



SWIM-MASTER

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I'M IN OVER MY HEAD

by ANGIE SINACORE

I looked over the checklist one more time - swim suits, sweat suits... and do not forget a FLASHLIGHT. As I packed the towels, swim goggles and the weeks supply of camp clothes, it all had a familiar, yet different ring. This time, the kids were not going to camp, I was. A middle aged mother! After all those years of watching and cheering our kids at track meets, horse shows, soccer and basketball games, it was suddenly going to be my turn to compete.

The 2-1/2 hour drive to swim camp was filled with anticipation. It had been thirty years since I spent a week at camp and I was not sure what to expect. I thought of myself as a "strong swimmer" after all, as a child didn't I see every Esther Williams movie three times!! As I approached my destination, the level of anxiety mounted and I began asking myself, "how did I get into this...and more appropriately, WHY?"

Maintaining a level of fitness is simply a way of life for our family. A ten mile bicycle ride, a racketball session, golf or a swim is part of the daily routine. I had been swimming laps of the pool for sometime and at age 42 decided that 42 lengths would make a good workout. Each birthday I would add another lap. I secretly relished the idea that I'd be the only 80 year old woman who could swim 80 laps of a pool! Was I in for a surprise to learn that other 80 year old women did swim and in fact are swimming competitively. For example, in the 80+ age group for women, the 1979 AAU National best times for 100 yard freestyle is 2:20.80; for 100 yards of the backstroke it is 2:23.68; and for the 100 yds of the breaststroke it is 3:06.11. A timely article in Family Health (February 1979) introduced me to Masters Swimming and that's how come I was going to camp!

Dr. Art Mayer, the Mid Atlantic Masters Swimming Chairman sums up the program as a fun physical fitness plan to encourage adults over 25 to swim regularly hoping to gain many important physical and mental health benefits. The list of these benefits includes improved cardiovascular and respiratory efficiency, help in the prevention of coronary heart disease, lowered blood pressure, relief from the normal tensions of the day, assistance in weight reduction and control programs and finally improved muscle tone with a better general physical appearance.

As I read the article I thought, so far so good. Those were all the reasons for which I was swimming. Masters swimmers, I learned, were men and women 25 years to 80 plus years old. They were retired, working, rich, poor, some swimming for the first time in their lives, others former olympic and national champions, former high school and college swimmers and handicapped persons as well. It seemed that Masters Swimming was truly an "equal opportunity employer!"

There are several phases to Masters Swimming. The "competition" can be that of swimming "against the clock" or at a local or regional meet. Lap swimming competition is done individually with timers and judges to attest the performance. The swim time is then phoned into the competitor who may be swimming in a different city and thus a "winner" determined. The other phase of Masters swimming is competition as we generally know it. Swimmers are divided into 5 year age groups starting at 25-29 years and going to age 90 or more. Those over 90 are in a class all by themselves.

Masters swimmers compete in four basic strokes - freestyle, backstroke, breaststroke and butterfly - and at several distances. As swimmers become more fit and advance from novice to accomplished swimmers, the improvement in one's time for 50 meters of freestyle, for example, can be most rewarding.

There was a good deal of teasing prior to my camp departure. It seemed our 19 year old told everyone in our small community that her mother was going to camp - not she! I'd be greeted in the supermarket with, "Hi Angie, I hear you're going to camp!..." followed by much laughter. Our 25 year olds got into the act too, and insisted I sew name tags in all my clothes. Evidently, I was not the only one who got teased. A 66 year old campmate was given a farewell party by all his friends. His wife thought since he had been "deprived" of a camp experience as a young boy it was better late than never and arranged for a royal sendoff. A vice principal in a school in Massachusetts usually spent her summers traveling throughout Europe, Russia, Etc. This year when her friends asked where she was going, she replied, Great Valley. When they asked what country that was in, she had to explain it was in the Enchanted Mountains of New York state - and she was not going to be a tourist, but a swimmer!

The miles were clicking away when a large dark brown wooden sign that said SKWIM loomed in front of me and I realized my adventure was about to begin. In smaller letters below SKWIM I read PERSEVERE. Ahead of me I saw a very narrow, uphill, dirt road and for the moment wondered if one needed to persevere merely to find the camp amidst the enchanted mountains or whether it was going to be the camp philosophy. After the first workout in the pool, I knew it was camp philosophy...for persevere I did!

I met the camp director, John Skehan* who warmly welcomed me. I finally understood where the word SKWIM was coming from. This camp is run by the beautiful Skehan family, Joh, Joanne, 8 children and two Irish setters - O'Brien and Shannon. The SK from Skehan plus swim equals one unique place called SKWIM. Coach Skehan showed me where the women's bunkhouse was located and said, "make yourself at home." As I unrolled my sleeping bag on a lower bunk in this somewhat spartan bunkhouse, I had that strange question come up again - what was I doing here in the 49th summer of my life?

I had enrolled in a Masters Development Camp for people who have a keen sense of the value of swimming. I chose to be there for one week with Masters swimmers from all over the country to develop some competency in all four competitive swim strokes. For the more experienced swimmers SKWIM fulfilled the need to train in a group. Generally speaking there are not great concentrations of Masters Swimmers in any one location. One usually trains by oneself without the benefits of that "team spirit" or a trained coach. SKWIM afforded us the opportunity to "take our marks" together, develop a four stroke competency and to be under the watchful eye of excellent coaches. Some of my campmates were seasoned competitors and had been swimming in meets for several years. Some of us were novices and had never experienced the "starting block butterflies" that come when the starter says, TAKE YOUR MARKS.

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Master Coach - College Swimming Coaches Association
Associated with NCAA Division I for 21 years

The camp day had begun and after breakfast there was a lecture at the Skwim Talking Tree. The Talking Tree was an aging apple tree that was at one time part of an orchard. It was now the meeting place for swimmers to learn from their coaches the "secrets of the trade". After this initial lecture where staff was introduced and the stroke of the day discussed, we walked down the hill to the pool. The pool was a swimmer's dream come true. It consisted of a fifty meter long course pool with an adjacent 25 yard pool...it's crystal clear water reflecting the blue sky that hovered over this mountain top haven was awesome.

In no time we were in the pool warming up with 200 meters of freestyle. That's 4 laps of a 50 meter pool or approximately 8 laps of the 25 yard pool I was used to swimming in. As I "freestyled" my way down that first lap, I kept thinking to myself, where is the end of the pool? After swimming in a 25 yard pool, a 50 mtr pool looks...and feels endless! We followed this with 100 meters of breaststroke, 100 meters of backstroke, 100 meters of the crawl kick and a repeat of 100 meters of breaststroke. Since we were men and women of all different ages, 25 to 72 years and different levels of swimming ability, the staff individualized much of our training. In retrospect, I marvel at how this was done, for we were all part of the group, yet progressing individually.

At this point in the morning workout, we were singled out for videotaping. This was a unique experience for all of us. With TV camera rolling and coach John Skehan commenting on our strokes into a cassette tape recorder, we "did our thing". For some reason 100 meters of the freestyle with a camera focused on me seemed a lot longer than any other 100 meters I had done that morning. We would get a chance to see our tapes and hear the comments at the evening's "cracker barrel" session. We all felt the videotaping was an invaluable teaching tool even though some of us cringed when we saw ourselves swimming on "TV". It was finally lunchtime and our comments during lunch reflected what a busy morning we had had and some of us wondered how we'd make it till sundown.

An hour's rest followed lunch and at 2 p.m. after some stretching exercises we were back in the pool. We warmed up with 200 meters of the crawl and then the new terminology started to fly. "100 meters each KPS"...I felt like the dumb rookie in the group. What does KPS mean? Since this day we were working on the crawl stroke, it meant we did 100 meters of the kick (flutter), 100 meters of the Pull (or arm stroke alone) and 100 meters of the entire Stroke. In addition we were introduced to hypoxic breathing. Whereas most swimmers will breathe on each stroke cycle, we were being asked to breathe in a prescribed pattern, that is, on every one, two or three cycles. In swimming the crawl, breathing on one side becomes a routine movement and for most swimmers a very comfortable arrangement. However, when your competition is swimming on your blind side (the side you do not turn to) and you need to keep tabs on his/her whereabouts, it is important to be able to breathe on either side when you are competing. The term bilateral breathing began to make sense, though it was more difficult for me to perform than to understand.

We counted the number of arm strokes it took us to get from one end of the pool to the other. We counted the number of seconds it took to reach the far end and then counted our pulse beats per minute. In fact, if I learned anything that first day, it was that from here on in the CLOCK and I would develop an intimate relationship. It was goodbye to my Esther Williams stroke and time to get down to business. It took me 1:06 to do 50 meters of freestyle. When I checked the long course records for 1979, I found the record for 50 meters of freestyle for women aged 50-54 was 33.7. When I wrote my first camp letter home that night, my parting words were, "I'm in over my head...blub...blub!"

We ended the afternoon session with 600 meters of the crawl and headed to the bunkhouse for still another change of clothes and preparation for dinner. After all the swimming we did, we arrived to the dining hall at a little slower pace than we did for lunch and were welcomed by the most incredible home cooked aromas. This did not look like a camp meal nor did it taste like a camp meal. Our cook was something special and she even prepared big glass jars filled with homemade cookies for our evening "cracker barrel" session.

Our day was not over yet. A stroke analysis movie was scheduled for 6:45 p.m. and then back in the pool by 8 p.m. We worked on turns, breakouts and finishes. We had to break out with a proper glide, no breath and with determination. Our finishes had to be fierce, with conviction, no slowing down as you anticipated the wall. In order to practice these, we would start swimming about 20 yards from the end of the pool and at the 15 yard mark we'd pour on the steam as Coach Skehan bellowed, "Give me a Bonaventure finish". My finishes were more the junior high school type finish than a college finish...but persevere I did! These finishes were hardly what a manicurist would recommend and the next day I was beginning to wonder how I was going to explain all the black and blue places on my body as well as the broken fingernails. We all tried swimming with the lights that evening. This was a unique underwater pacing device which enabled us to swim pool lengths at whatever preselected speed we wanted. You simply swam a pool length trying to keep up with the lights as they flashed on beneath you. There were 28 light references per 50 meters. I felt like the greyhound trying to catch the rabbit and never quite getting there.

At night, the campfire felt so warm in contrast to the cool mountain air. The hushed conversation centered on Masters Swimming. Those who had already competed shared their experiences with us. We also talked about how to be your own coach when we returned home, i.e. what makes for a good workout and how often to swim. It was a revelation to me to be in an environment where women in a "matter of fact" manner admitted their ages. Once you told someone your name, the next question was, "what stroke do you swim...and in what age group?" The real clincher came when I heard how anxious these women were to be a few years older so they could swim in the next age group! I thought to myself, am I hearing this right? What happened to the panic that is supposed to hit women on the threshold of their fiftieth birthday? What happened to the empty nest syndrome? What happened to the "depression" when the ophthalmologist says you need bifocals? I guess this is when I decided to stay with Masters Swimming. I giggled at the thought of being a TIGER at 72!

In spite of the campfire, the good conversation and the cook's home-made cookies, our weary bones and muscles urged us to head to the bunkhouse. I had only been at camp one day, but already my bunk mates felt like long-time friends. We made our final walk in the dark back to the bunkhouse using our flashlights as we would see eye dogs. What I thought of as a "spartan" bunkhouse suddenly took on the look of the Waldorf Astoria. My flashlight skimmed across my inviting sleeping bag stretched neatly over my bunk. I relished the thought of getting into something dry and warm. A postscript to my prayers that night was the hope that one of my bathing suits would be dry by 7 a.m. the next morning for Dawn Patrol (our pre-breakfast swim). It had been a long day and at times I thought I was seeing flashing lights telling me my "circuits" were overloaded. I had learned so much already...and I had five more days to go.



"I got in a little extra swimming practice last night coach... My water mattress broke!"

SWIMMING WORLD

MASTERS DIVING - INDOOR CHAMPIONSHIPS - 1980

USA MASTERS INDOOR NATIONAL CHAMPIONSHIPS
WOODLANDS, TX

May 24, 25, 1980

Results:

Womens 1 Meter

25-29	1 Jan Lucia, El Paso, TX	391.75
	2 Ann Kreiner, Woodlands, TX	294.90
39-44	1 Julie Hicks, Woodlands	177.05
50-54	1 Lillian Felderman,	
	Huntington Park, CA	189.90
	2 Irene Jenkins, Houston, TX	185.05
55-59	1 Kuni Schultz, Houston	220.19
60-64	1 Patty Fulton,	
	Mission Viejo, CA	202.75
	2 Candy Pew, Woodlands	127.70
70-74	1 Gerta Ross, Eugene, OR	120.60
	2 Freda Thompson, San Diego, CA	103.90
75-79	1 Viola Krahn, Mission Viejo	131.05

Womens 3 Meter

25-29	1 Jan Lucia	384.75
50-54	1 Irene Jenkins	220.10
60-64	1 Patty Fulton	197.00
70-74	1 Gerta Ross	121.75

Womens Grand Master

Group I	1 Jan Lucia	328.75
Group III	1 Patty Fulton	235.80
	2 Gerta Ross	197.10
	3 Lillian Felderman	186.15
	4 Freda Thompson	160.00

Mens 1 Meter

21-24	1 Takuya Nacpuchi, Springs, TX	366.75
	2 Mark McClain, Dads Club	359.85
	3 Donald Potthoff, Dads Club	316.70
25-29	1 Dave Moreau, Dads Club	480.55
30-34	1 Dave McKeehan, Dads Club	391.25
	2 Bill Babinger, Houston	216.45
35-39	1 Darrell Phillips,	
	Baton Rouge, LA	277.00
40-44	1 Fred Fox, Encinitas, CA	329.90
	2 Charles Teas, Corpus Cristi	240.10
	3 Harley T. Bonham, Kingwood, TX	187.30
45-49	1 Gary Bagley, Long Beach, CA	392.95
	2 Alec Dyer, Dads Club	222.85
50-54	1 Ed Craren, Lincoln, NE	265.95
	2 Pete Ayer, West Bend, WI	249.60
55-59	1 R.F. Amundsen, Ft.	
	Lauderdale, FL.	205.50
60-64	1 Dick Smith, Woodlands	224.90
	2 Dal Stauffer, Downey, CA	215.65
	3 Lyle Felderman,	
	Huntington Park, CA	212.35
	4 Ted Kersting, Park Ridge, IL	209.00
65-69	1 Ham Anderson, Bellaire, TX	136.40
70-74	1 Bill McAlister, Madera, CA	146.70
	2 Jose' Mons', Pico Rivera, CA	112.10
75-79	1 Cecil Bush, Akron, OH	124.00

Mens 3 Meter

21-24	1 Mark McClain	270.95
	2 Donald Potthoff	270.00
30-34	1 Dave McKeehan	370.65
35-39	1 Darrell Phillips	242.00
40-44	1 Fred Fox	295.40
	2 Charles Teas	274.60
	3 Harley T. Bonham	240.55
45-49	1 Gary Bagley	324.85
	2 Alec Dyer	256.75
50-54	1 Ed Craren	260.00
	2 Pete Ayer	244.05
55-59	1 Bob Amundsen	190.95
60-64	1 Lyle Felderman	246.05
	2 Dick Smith	234.65
	3 Dal Stauffer	229.00
	4 Ted Kersting	203.85
70-74	1 Bill McAlister	154.90
	2 Jose' Mons'	118.25
75-79	1 Cecil Bush	124.60

Mens Grand Master

Group I	1 Dave McKeehan	418.65
Group II	1 Gary Bagley	376.40
	2 Fred Fox	359.95
Group III	1 Bill McAlister	294.85
	2 Lyle Felderman	291.15
	3 Ted Kersting	287.90
	4 Ed Craren	282.55
	5 Dal Stauffer	279.90
	6 Dick Smith	259.90
	7 R.F. Amundsen	215.10
	8 Cecil Bush	205.60



GROUP PICTURE...



YOUNG GRAND MASTERS

GRAND MASTER I. & II

- L. FRED FOX
2ND G.M. II
- DAVE MCKEEHAN
1ST G.M. I
- JAN LUCIA
1ST G.M. I
- GARY BAGLEY
1ST G.M. II



WOMEN GR. MASTER III

- L. PATTY FULTON
- GERTA ROSS
- LILLIAN FELDERMAN
- FREDA THOMPSON

MATURE GRAND MASTERS



MEN GRAND MASTER III

- L. BILL McALISTER
- LYLE FELDERMAN
- TED KERSTING
- ED CRAREN
- DAL STAUFFER
- DICK SMITH

NATIONAL SHORT COURSE MASTERS SWIMMING CHAMPIONSHIPS



1. Mildred Anderson, June Krauser, Ransom Arthur, Enid Uhrich - winner of the 'Capt. Ransom J. Arthur M.D. Award' (along with Ed Reed, Sr.) and Ken Kimball
2. Walt and Annetta Pfeiffer from California
3. Jeannette Eppley, Ann Cerny and William Cerny
4. FLORIDA MASTERS' National Record breaking 55+ Women's 200 yard Medley Relay Team - Virginia Gest, Annaliese Zoeller, Zelda Griffin and Bardi Dendy
5. FLORIDA MASTERS' National Record breaking 55+ Women's 200 yard Freestyle Relay Team - Jan Smally, Zelda Griffin, Bardi Dendy and Virginia Gest
6. MARYLAND MASTERS TEAM - Back Row: Barbara Bowman, Don Anderson, Dave Fields, Fred Forshey, Mike O'Heeron, Carl Christensen, Paul Lovett and Carol Chidester
Front Row: Dot Wise, Nancy Brown, Barbara Brand, Marge Ramanauskas, Jeanne Mason and Sarah Allnutt
7. TEXAS GULF MASTERS - Ham Anderson, Graham Johnston, Mildred Anderson, Jim Crane and Tom Boak



1979 WORLD SWIMMING RANKINGS

My thanks to Gary Stutzel for Australian times and to Haike Holer for West German times. Most countries conduct little competition over the 50 meter course. There are many odd length pools in the World but this listing is restricted to 50 meter pool times only for the year 1979. Hopefully, it will encourage Masters swimmers throughout the World to swim in Long Course meets so their times may be considered for the 1981's WORLD RANKINGS!

WOMEN 25-29		200 METER INDIVIDUAL MEDLEY		100 METER BUTTERFLY		200 METER BREASTSTROKE					
50 METER FREESTYLE											
1	L.Skrifvars USA	29.26	1	D.Wise USA	2:40.99	1	B.Dunbar USA	1:12.02	1	B.Pronk CAN	3:07.07
2	C.Cronin-Schote USA	29.49	2	N.Walsh USA	2:47.10	2	L.Johnson USA	1:14.23	2	M.Jenfleiben GER	3:09.16
3	J.Hirsty USA	29.58	3	L.Skrifvars USA	2:47.90	3	A.Grams USA	1:14.90	3	I.Daland USA	3:11.60
4	R.Herd USA	29.66	4	S.Lee USA	2:48.69	4	P.Stanley USA	1:16.12	4	I.Sike USA	3:12.29
5	D.Glassman USA	29.80	5	C.Cronin-Schote USA	2:50.00	5	J.Stewart USA	1:17.11	5	T.Grottendieck GER	3:13.68
100 METER FREESTYLE											
1	H.Ernst USA	1:04.55	400 METER INDIVIDUAL MEDLEY		200 METER BUTTERFLY		50 METER BUTTERFLY				
2	L.Skrifvars USA	1:04.66	1	C.Ruppert USA	5:52.57	1	B.Dunbar USA	2:41.67	1	B.Richter USA	33.03
3	J.Hirsty USA	1:04.94	2	K.Wingeroth USA	5:58.53	2	L.Johnson USA	2:55.01	2	I.David USA	33.09
4	D.Wise USA	1:04.99	3	N.Walsh USA	6:05.40	3	P.Stanley USA	2:59.35	3	A.Mueller USA	33.38
5	M.Silva USA	1:05.29	4	C.Cronin-Schote USA	6:10.25	4	S.Schaffer USA	3:10.55	4	N.Ridout USA	33.46
200 METER FREESTYLE											
1	H.Ernst USA	2:20.00	5	S.Walsh USA	6:10.56	5	B.West USA	3:10.61	5	M.Soucheray USA	33.70
2	L.Skrifvars USA	2:20.60	WOMEN 30-34		200 METER INDIVIDUAL MEDLEY		100 METER BUTTERFLY				
3	D.Wise USA	2:21.08	50 METER FREESTYLE		1	L.Johnson USA	2:46.40	1	B.Richter USA	1:13.40	
4	J.Hirsty USA	2:22.69	1	B.Dunbar USA	30.00	2	B.Merten GER	2:49.09	2	A.Mueller USA	1:16.41
5	C.Ruppert USA	2:22.95	2	A.Grams USA	30.30	3	J.Gettling USA	2:50.36	3	I.David USA	1:16.47
400 METER FREESTYLE											
1	H.Ernst USA	5:00.45	3	L.Johnson USA	30.33	4	A.Grams USA	2:51.80	4	N.Ridout USA	1:19.80
2	L.Skrifvars USA	5:01.98	4	G.Stark AUS	30.74	5	B.Dunbar USA	2:53.00	5	M.Soucheray USA	1:20.22
3	D.Wise USA	5:04.15	5	E.Morris USA	30.90	400 METER INDIVIDUAL MEDLEY		200 METER BUTTERFLY			
4	C.Ruppert USA	5:07.68	100 METER FREESTYLE		1	A.Grams USA	5:57.61	1	B.Richter USA	2:58.04	
5	S.Lee USA	5:09.59	1	L.Johnson USA	1:05.70	2	L.Johnson USA	5:59.99	2	I.David USA	3:08.13
1500 METER FREESTYLE											
1	C.Ruppert USA	19:55.07	2	A.Grams USA	1:06.45	3	J.Gettling USA	6:15.41	3	J.Royer USA	3:12.38
2	D.Wise USA	20:20.20	3	B.Dunbar USA	1:06.52	4	B.West USA	6:20.02	4	B.Bennett USA	3:24.22
3	S.Lee USA	20:34.85	4	S.Tandy USA	1:11.22	5	J.Menard USA	6:25.72	5	L.Jones USA	3:51.06
4	B.Franceschini USA	20:42.02	5	S.Thoms USA	1:11.50	WOMEN 35-39		200 METER INDIVIDUAL MEDLEY			
5	J.Weber USA	21:08.03	200 METER FREESTYLE		50 METER FREESTYLE		400 METER INDIVIDUAL MEDLEY				
50 METER BACKSTROKE											
1	L.Skrifvars USA	33.33	1	A.Grams USA	2:24.34	1	N.Ridout USA	30.12	1	B.Richter USA	2:53.49
2	B.Anderson AUS	36.00	2	L.Johnson USA	2:24.51	2	D.Todd USA	30.16	2	B.Pronk CAN	2:53.95
3	M.Sutton USA	36.31	3	B.West USA	2:34.68	3	A.Mueller USA	30.53	3	B.Bennett USA	2:58.17
4	H.Ernst USA	36.49	4	J.Menard USA	2:35.18	4	B.Pronk CAN	31.07	4	C.Chidester USA	3:00.19
5	V.Reimer GER	36.56	5	S.Schaffer USA	2:39.30	5	J.Burrell USA	31.13	5	S.Will GER	3:01.92
100 METER BACKSTROKE											
1	L.Skrifvars USA	1:13.37	400 METER FREESTYLE		100 METER FREESTYLE		200 METER INDIVIDUAL MEDLEY				
2	S.Lee USA	1:15.87	1	A.Grams USA	5:01.50	1	N.Ridout USA	1:08.00	1	B.Richter USA	6:14.89
3	B.Anderson AUS	1:16.80	2	L.Johnson USA	5:18.65	2	A.Mueller USA	1:08.44	2	B.Bennett USA	6:30.44
4	D.Wise USA	1:17.17	3	L.Potter AUS	5:27.00	3	D.Todd USA	1:08.96	3	C.Chidester USA	6:35.76
5	H.Ernst USA	1:18.73	4	B.West USA	5:28.23	4	I.David USA	1:09.84	4	J.Royer USA	6:37.40
200 METER BACKSTROKE											
1	L.Skrifvars USA	2:37.14	5	J.Menard USA	5:30.33	5	M.Harlow USA	1:09.90	5	I.Daland USA	6:38.36
2	S.Lee USA	2:44.12	1500 METER FREESTYLE		200 METER FREESTYLE		50 METER FREESTYLE				
3	D.Wise USA	2:44.12	1	A.Grams USA	20:02.93	1	N.Ridout USA	2:31.10	1	H.Hoeler GER	31.84
4	H.Ernst USA	2:50.26	2	L.Johnson USA	21:25.79	2	B.Richter USA	2:33.80	2	B.Zaremski GER	33.48
5	N.Jannarone USA	2:52.90	3	J.Menard USA	21:38.57	3	B.Bennett USA	2:37.17	3	G.Planert GER	33.59
50 METER BREASTSTROKE											
1	D.Wise USA	39.00	4	B.West USA	21:58.29	4	M.Harlow USA	2:37.84	4	S.Kearney USA	33.61
2	C.Standerfer USA	40.28	5	S.Schaffer USA	22:23.35	5	J.Royer USA	2:38.25	5	H.Muelder GER	33.65
3	K.Treut USA	40.31	50 METER BACKSTROKE		400 METER FREESTYLE		100 METER FREESTYLE				
4	C.Walsh USA	40.39	1	G.Stark AUS	36.01	1	M.Harlow USA	5:31.02	1	H.Hoeler GER	1:13.04
5	H.Benson USA	40.60	2	L.Johnson USA	36.93	2	J.Royer USA	5:36.01	2	H.Muelder GER	1:15.96
100 METER BREASTSTROKE											
1	N.Walsh USA	1:24.77	3	B.Sallee USA	37.15	3	L.Weir USA	5:41.87	3	B.Zaremski USA	1:16.05
2	C.Walsh USA	1:28.25	4	B.Merten GER	37.53	4	J.Parks USA	5:42.28	4	S.Kearney USA	1:17.10
3	M.Wolff USA	1:29.81	5	B.Boeker GER	37.81	5	L.Woodman USA	5:43.45	5	J.Gray USA	1:20.38
4	L.McFadden USA	1:29.84	100 METER BACKSTROKE		1500 METER FREESTYLE		200 METER FREESTYLE				
5	G.Drake USA	1:29.84	1	G.Stark AUS	1:18.74	1	M.Harlow USA	21:43.31	1	H.Muelder GER	2:46.09
200 METER BREASTSTROKE											
1	N.Walsh USA	3:08.15	2	L.Johnson USA	1:22.38	2	J.Royer USA	22:18.15	2	H.Kayser GER	2:49.01
2	C.Walsh USA	3:08.80	3	A.Grams USA	1:22.60	3	I.David USA	22:47.00	3	B.Zaremski USA	2:49.49
3	G.Drake USA	3:11.08	4	M.Frank USA	1:24.07	4	L.Woodman USA	23:15.30	4	F.Saeyes CAN	2:58.39
4	S.Courtet USA	3:14.59	5	L.Crawford USA	1:24.96	5	J.Sherman USA	23:55.08	5	J.Gray USA	2:58.66
5	K.Treut USA	3:16.85	50 METER BACKSTROKE		50 METER BACKSTROKE		400 METER FREESTYLE				
50 METER BUTTERFLY											
1	D.Glassman USA	31.39	1	L.Johnson USA	2:52.88	1	B.Bennett USA	37.43	1	S.Rittenhouse USA	6:07.50
2	L.McKenzie AUS	31.93	2	S.Schaffer USA	3:05.37	2	D.Harke GER	37.72	2	B.Zaremski USA	6:08.11
3	M.Sutton USA	32.28	3	B.West USA	3:07.85	3	C.Vanderbush USA	38.06	3	F.Saeyes CAN	6:19.24
4	J.Warming GER	32.68	4	M.Rose USA	3:13.68	4	B.Richter USA	38.63	4	J.Collins USA	6:23.87
5	L.Skrifvars USA	33.04	5	P.Bradley USA	3:15.50	5	S.Will GER	38.96	5	H.Schulze USA	6:51.24
100 METER BUTTERFLY											
1	C.Ruppert USA	1:11.52	50 METER BREASTSTROKE		100 METER BACKSTROKE		1500 METER FREESTYLE				
2	K.Wingeroth USA	1:12.10	1	J.Gettling USA	38.08	1	J.Parks USA	1:20.30	1	B.Zaremski USA	24:11.27
3	D.Glassman USA	1:12.52	2	G.Essen GER	40.45	2	B.Bennett USA	1:20.67	2	S.Rittenhouse USA	24:38.26
4	N.Walsh USA	1:12.92	3	B.Dunbar USA	40.56	3	B.Pronk CAN	1:21.98	3	J.Collins USA	24:55.90
5	M.Sutton USA	1:17.17	4	C.Slimak USA	40.60	4	C.Chidester USA	1:24.47	4	J.Gray USA	24:56.44
200 METER BUTTERFLY											
1	K.Wingeroth USA	2:41.08	5	P.Stephan GER	40.61	5	C.Vanderbush USA	1:26.19	5	B.Gabriel USA	25:55.57
2	J.Mason USA	2:56.27	100 METER BREASTSTROKE		200 METER BACKSTROKE		50 METER BACKSTROKE				
3	B.Franceschini USA	2:58.21	1	Y.Cattrall CAN	1:23.11	1	J.Parks USA	2:54.10	1	H.Hoeler GER	38.51
4	D.Pohl USA	2:59.30	2	J.Gettling USA	1:25.20	2	B.Bennett USA	2:57.27	2	V.Meyer-Tonndorf GER	40.16
5	D.Blair USA	3:00.68	3	C.Slimak USA	1:29.19	3	B.Pronk CAN	2:59.00	3	R.Franke GER	40.37
200 METER INDIVIDUAL MEDLEY											
1	C.Ruppert USA	5:52.57	4	H.Noch GER	1:30.37	4	C.Chidester USA	2:59.45	4	S.Rittenhouse USA	1:32.42
2	K.Wingeroth USA	5:58.53	5	B.West USA	1:31.20	5	I.Daland USA	3:08.11	5	A.Lilly USA	42.30
3	N.Walsh USA	6:05.40	200 METER BREASTSTROKE		50 METER BREASTSTROKE		100 METER BACKSTROKE				
4	C.Cronin-Schote USA	6:10.25	1	Y.Cattrall CAN	3:02.60	1	M.Jenfleiben GER	38.19	1	H.Kayser GER	1:30.70
5	S.Walsh USA	6:10.56	2	H.Noch GER	3:12.44	2	I.Kelser GER	39.12	2	R.Franke GER	1:30.92
50 METER FREESTYLE											
1	B.Dunbar USA	30.00	3	J.Gettling USA	3:14.40	3	A.DiHberner GER	39.50	3	A.Fremerey GER	1:31.40
2	A.Grams USA	30.30	4	B.West USA	3:15.49	4	I.Sike USA	41.44	4	S.Rittenhouse USA	1:32.42
3	L.Johnson USA	30.33	5	S.Westnedge USA	3:15.58	5	A.Mueller USA	41.47	5	J.Oberweis USA	1:35.34
4	G.Stark AUS	30.74	50 METER BUTTERFLY		100 METER BREASTSTROKE		200 METER BACKSTROKE				
5	E.Morris USA	30.90	1	B.Dunbar USA	32.16	1	B.Pronk CAN	1:25.81	1	S.Rittenhouse USA	3:19.67
100 METER FREESTYLE											
1	L.Johnson USA	1:05.70	2	A.Grams USA	32.27	2	M.Jenfleiben GER	1:26.72	2	J.Collins USA	3:21.05
2	A.Grams USA	1:06.45	3	J.Gettling USA	33.12	3	I.Daland USA	1:29.51	3	C.Wilson USA	3:29.84
3	B.Dunbar USA	1:06.52	4	B.Merten GER	33.29	4	I.Sike USA	1:30.78	4	J.Oberweis USA	3:31.16
4	S.Tandy USA	1:11.22	5	P.Stanley USA	33.62	5	A.Barrett AUS	1:32.41	5	P.Klein USA	3:31.84
5	S.Thoms USA	1:11.50									

50 METER BREASTSTROKE

1 H.Karlises	GER	41.29
2 G.Kurz	GER	41.48
3 I.Vejnovic	GER	41.52
4 G.Leiseweber	GER	41.67
5 N.Hasse	GER	41.68

100 METER BREASTSTROKE

1 R.Franke	GER	1:34.05
2 I.Vejnovic	GER	1:34.16
3 A.Luedicke	GER	1:34.54
4 K.Hasse	GER	1:34.82
5 K.Kurlisch	GER	1:36.67

200 METER BREASTSTROKE

1 R.Franke	GER	3:20.50
2 D.Fheissen	GER	3:24.43
3 G.Leiseweber	GER	3:27.07
4 K.Karlisch	GER	3:27.89
5 I.Vejnovic	GER	3:32.06

50 METER BUTTERFLY

1 H.Holer	GER	33.86
2 F.Saeyes	CAN	37.51
3 G.Benthe	GER	37.85
4 H.Kayser	GER	38.00
5 H.Muelder	GER	38.10

100 METER BUTTERFLY

1 H.Holer	GER	1:18.90
2 F.Saeyes	CAN	1:29.85
3 S.Rittenhouse	USA	1:33.10
4 J.Collins	USA	1:34.25
5 J.Gray	USA	1:41.51

200 METER BUTTERFLY

1 S.Rittenhouse	USA	3:30.20
2 J.Collins	USA	3:37.32
3 B.Zaremski	USA	3:41.93
4 J.Gray	USA	3:48.41
5 A.Champ	USA	4:00.03

200 METER INDIVIDUAL MEDLEY

1 H.Holer	GER	3:03.40
2 H.Kayser	GER	3:13.00
3 A.Luedicke	GER	3:17.77
4 F.Saeyes	CAN	3:25.34
5 J.Gray	USA	3:26.02

400 METER INDIVIDUAL MEDLEY

1 S.Rittenhouse	USA	6:58.40
2 J.Gray	USA	7:08.22
3 B.Zaremski	USA	7:12.78
4 F.Saeyes	CAN	7:17.99
5 A.Champ	USA	7:34.90

WOMEN 45-49

50 METER FREESTYLE

1 J.Bruner	USA	31.75
2 R.Kamphausen	USA	33.40
3 H.Palmer	USA	34.39
4 J.Smith	USA	34.53
5 L.Stoinoff	USA	34.84

100 METER FREESTYLE

1 J.Bruner	USA	1:12.74
2 L.Stoinoff	USA	1:15.14
3 R.Kamphausen	USA	1:17.48
4 H.Palmer	USA	1:19.58
5 B.Wilson	AUS	1:20.13

200 METER FREESTYLE

1 L.Stoinoff	USA	2:44.19
2 R.Kamphausen	USA	2:51.30
3 B.Wilson	AUS	2:56.31
4 H.Palmer	USA	2:58.91
5 E.Metzger	GER	2:59.79

400 METER FREESTYLE

1 L.Stoinoff	USA	5:56.43
2 R.Kamphausen	USA	6:07.19
3 B.Wilson	AUS	6:08.70
4 H.Palmer	USA	6:21.54
5 J.Bruner	USA	6:43.27

1500 METER FREESTYLE

1 L.Stoinoff	USA	23:23.97
2 B.Wilson	AUS	24:33.34
3 H.Palmer	USA	25:21.02
4 J.Bruner	USA	25:35.48
5 N.Whitehall	USA	26:07.62

50 METER BACKSTROKE

1 C.Naier	GER	39.67
2 J.Bruner	USA	41.10
3 R.Kamphausen	USA	41.26
4 E.Metzger	GER	42.55
5 L.Stoinoff	USA	43.30

100 METER BACKSTROKE

1 R.Kamphausen	USA	1:30.28
2 L.Stoinoff	USA	1:37.57
3 S.Eisele	CAN	1:39.60
4 J.Bruner	USA	1:41.02
5 M.Yungel	USA	1:44.60

200 METER BACKSTROKE

1 R.Kamphausen	USA	3:20.55
2 L.Stoinoff	USA	3:21.93
3 J.Bruner	USA	3:32.75
4 J.Smith	USA	3:40.90
5 M.Yungel	USA	3:43.19

50 METER BREASTSTROKE

1 J.Smith	USA	44.43
2 J.Bruner	USA	44.56
3 A.Dueren	GER	44.58
4 L.Bogatko	USA	46.40
5 E.Jesiffer	GER	46.96

100 METER BREASTSTROKE

1 J.Bruner	USA	1:33.31
2 S.Eisele	CAN	1:39.66
3 A.Dueren	GER	1:40.50
4 E.Metzger	GER	1:41.36
5 J.Smith	USA	1:42.31

200 METER BREASTSTROKE

1 J.Bruner	USA	3:29.35
2 E.Metzger	GER	3:33.06
3 S.Eisele	CAN	3:34.84
4 T.Aubem	GER	3:39.55
5 J.Smith	USA	3:46.84

50 METER BUTTERFLY

1 N.Whitehall	USA	38.17
2 J.Oliver	CAN	40.87
3 J.Bruner	USA	40.99
4 A.Pipes	USA	41.78
5 J.Smith	USA	42.26

100 METER BUTTERFLY

1 J.Bruner	USA	1:31.86
2 N.Whitehall	USA	1:33.47
3 J.Oliver	CAN	1:38.19
4 A.Pipes	USA	1:38.80
5 P.Puckett	USA	1:53.78

200 METER BUTTERFLY

1 A.Pipes	USA	3:46.86
2 B.Wilson	AUS	3:54.31
3 M.Dabrock	USA	4:01.62
4 J.Smith	USA	4:12.75
5 P.Puckett	USA	4:24.14

200 METER INDIVIDUAL MEDLEY

1 H.Yungel	USA	3:12.00
2 J.Bruner	USA	3:13.88
3 E.Metzger	GER	3:18.49
4 R.Kamphausen	USA	3:27.35
5 J.Garbus	USA	3:34.24

400 METER INDIVIDUAL MEDLEY

1 J.Bruner	USA	7:01.51
2 J.Smith	USA	7:34.85
3 B.Wilson	AUS	7:35.30
4 A.Pipes	USA	7:45.67
5 J.Oliver	CAN	7:46.60

WOMEN 50-54

50 METER FREESTYLE

1 A.Adams	USA	36.33
2 C.Bruce	USA	36.40
3 J.Sansom	AUS	36.50
4 H.Gross	GER	37.38
5 N.Macbeth	USA	37.70

100 METER FREESTYLE

1 A.Adams	USA	1:20.97
2 J.Sansom	AUS	1:24.40
3 B.Turcotte	USA	1:27.14
4 J.McIntyre	USA	1:28.46
5 J.Krauser	USA	1:28.80

200 METER FREESTYLE

1 A.Adams	USA	2:57.79
2 J.Sansom	AUS	3:09.40
3 J.Krauser	USA	3:10.50
4 J.McIntyre	USA	3:15.52
5 C.Derr	USA	3:17.18

400 METER FREESTYLE

1 A.Adams	USA	6:16.16
2 J.Krauser	USA	6:32.95
3 J.Sansom	AUS	6:40.90
4 B.Turcotte	USA	6:52.63
5 J.McIntyre	USA	6:55.61

1500 METER FREESTYLE

1 J.Krauser	USA	25:25.64
2 J.Sansom	AUS	26:04.70
3 J.McDaris	USA	27:59.74
4 J.McIntyre	USA	28:24.93
5 C.Derr	USA	28:45.11

50 METER BACKSTROKE

1 A.Adams	USA	42.70
2 C.Bruce	USA	42.90
3 B.Turcotte	USA	43.76
4 N.Macbeth	USA	44.90
5 B.Stuollenberg	GER	45.57

100 METER BACKSTROKE

1 A.Adams	USA	1:32.93
2 B.Turcotte	USA	1:34.65
3 C.Bruce	USA	1:35.80
4 N.Macbeth	USA	1:38.15
5 J.McIntyre	USA	1:41.43

200 METER BACKSTROKE

1 A.Adams	USA	3:18.56
2 B.Turcotte	USA	3:26.02
3 N.Macbeth	USA	3:32.40
4 J.McIntyre	USA	3:40.82
5 T.Bolster	USA	3:44.60

50 METER BREASTSTROKE

1 E.Nestler	GER	44.19
2 J.Sansom	AUS	44.70
3 C.Taylor	USA	45.10
4 R.Henschel	GER	46.03
5 B.Stuollenberg	GER	46.34

100 METER BREASTSTROKE

1 E.Nestler	GER	1:39.10
2 J.Sansom	AUS	1:40.64
3 C.Taylor	USA	1:40.70
4 A.Adams	USA	1:44.35
5 V.Akerman	USA	1:46.06

200 METER BREASTSTROKE

1 E.Nestler	GER	3:35.73
2 C.Taylor	USA	3:40.75
3 J.Sansom	AUS	3:44.20
4 A.Adams	USA	3:45.86
5 H.Mahlke	GER	3:48.65

50 METER BUTTERFLY

1 A.Adams	USA	38.67
2 J.Sansom	AUS	41.76
3 E.Nestler	GER	42.65
4 J.Krauser	USA	43.51
5 R.Henschel	GER	43.84

100 METER BUTTERFLY

1 A.Adams	USA	1:33.36
2 J.Krauser	USA	1:37.13
3 J.Sansom	AUS	1:44.62
4 N.Macbeth	USA	1:44.63
5 E.Gruender	USA	1:46.19

200 METER BUTTERFLY

1 J.Krauser	USA	3:34.53
2 A.Adams	USA	3:36.60
3 J.Sansom	AUS	3:52.20
4 E.Gruender	USA	3:56.10
5 J.McIntyre	USA	4:50.15

200 METER INDIVIDUAL MEDLEY

1 A.Adams	USA	3:18.82
2 J.Krauser	USA	3:31.60
3 N.Macbeth	USA	3:32.74
4 J.Sansom	AUS	3:40.70
5 E.Gruender	USA	3:43.84

400 METER INDIVIDUAL MEDLEY

1 A.Adams	USA	6:58.70
2 J.Krauser	USA	7:28.47
3 N.Macbeth	USA	7:39.36
4 T.Bolster	USA	7:39.65
5 J.Sansom	AUS	7:49.30

WOMEN 55-59

50 METER FREESTYLE

1 D.Donnelly	USA	34.71
2 S.Erickson	USA	38.30
3 J.Merryman	USA	38.47
4 J.Pieretti	USA	39.29
5 H.Brueer	GER	39.41

100 METER FREESTYLE

1 D.Donnelly	USA	1:23.61
2 C.Costello	USA	1:24.60
3 S.Erickson	USA	1:28.92
4 H.Loesser	GER	1:30.76
5 D.LaChasse	USA	1:31.20

200 METER FREESTYLE

1 D.Donnelly	USA	3:05.64
2 S.Erickson	USA	3:14.90
3 C.Costello	USA	3:16.50
4 R.Manfredi	USA	3:22.92
5 J.Eppley	USA	3:23.67

400 METER FREESTYLE

1 S.Erickson	USA	6:52.20
2 R.Manfredi	USA	7:08.45
3 J.Eppley	USA	7:16.58
4 K.Harrison	USA	7:18.85
5 G.Altus	USA	7:19.89

1500 METER FREESTYLE

1 S.Erickson	USA	26:49.88
2 C.Costello	USA	27:29.70
3 J.Eppley	USA	28:20.65
4 G.Altus	USA	28:35.89
5 R.Manfredi	USA	28:46.68

50 METER BACKSTROKE

1 D.Donnelly	USA	41.59
2 L.Wolff	GER	43.36
3 M.Hammer	USA	45.41
4 D.LaChasse	USA	45.69
5 H.Loesser	GER	46.67

100 METER BACKSTROKE

1 D.Donnelly	USA	1:38.90
2 M.Hammer	USA	1:39.46
3 D.LaChasse	USA	1:41.22
4 S.Erickson	USA	1:44.11
5 J.Merryman	USA	1:44.39

200 METER BACKSTROKE

1 M.Hammer	USA	3:33.56
2 D.Donnelly	USA	3:37.17
3 S.Erickson	USA	3:43.81
4 G.Reinhold	USA	3:50.78
5 N.Phillips	USA	3:52.32

50 METER BREASTSTROKE

1 C.Costello	USA	47.20
2 B.Callaghan	AUS	47.60
3 M.Hammer	USA	48.52
4 K.Harrison	USA	51.48
5 S.Erickson	USA	51.57

100 METER BREASTSTROKE

1 C.Costello	USA	1:44.85
2 H.Loesser	GER	1:48.20
3 I.Fritze	GER	1:49.70
4 M.Hammer	USA	1:51.04
5 K.Harrison	USA	1:52.48

200 METER BREASTSTROKE

1 H.Loesser	GER	3:49.53
2 N.Pessel	USA	3:56.03
3 C.Costello	USA	3:59.91
4 I.Fritze	GER	4:05.47
5 K.Harrison	USA	4:09.49

50 METER BUTTERFLY

100 METER BUTTERFLY		
1 J. Osborne	USA	2:02.58
2 Z. Taft	USA	2:08.11
3 R. Wunderlich	USA	2:19.64
4 M. Anderson	USA	2:24.70
5 B. Nelson	USA	2:43.26
50 METER BUTTERFLY		
1 R. Simonton	USA	4:35.79
2 M. Anderson	USA	5:27.10
3 R. Steward	USA	7:48.45
200 METER INDIVIDUAL MEDLEY		
1 J. Osborne	USA	4:01.89
2 Z. Taft	USA	4:17.62
3 V. Thompson	USA	4:19.45
4 M. George	USA	4:20.22
5 B. Barrie	AUS	4:25.53
400 METER INDIVIDUAL MEDLEY		
1 J. Osborne	USA	8:44.18
2 R. Simonton	USA	8:31.83
3 M. Brown	USA	8:59.91
4 Z. Taft	USA	9:02.04
5 M. George	USA	9:03.52
WOMEN 65-69		
50 METER FREESTYLE		
1 D. Musselman	USA	39.44
2 M. Merlino	USA	40.90
3 N. Clark	USA	41.27
4 O. Jaggers	USA	44.42
5 G. Harnisch	GER	45.36
100 METER FREESTYLE		
1 D. Musselman	USA	1:32.60
2 M. Merlino	USA	1:36.49
3 N. Clark	USA	1:39.04
4 S. Sheppard	USA	1:49.00
5 H. Offenhauser	USA	1:52.04
200 METER FREESTYLE		
1 N. Clark	USA	3:41.52
2 S. Sheppard	USA	3:52.70
3 C. Ballard	USA	3:56.30
4 E. Muller	USA	4:31.35
5 G. Docter	USA	4:41.17
400 METER FREESTYLE		
1 N. Clark	USA	7:44.93
2 M. Merlino	USA	7:51.86
3 D. Musselman	USA	8:00.59
4 S. Sheppard	USA	8:11.20
5 C. Ballard	USA	8:14.80
1500 METER FREESTYLE		
1 M. Merlino	USA	29:57.60
2 H. Offenhauser	USA	32:29.36
3 G. Deal	USA	36:16.01
4 E. Bein	USA	37:18.50
5 E. Muller	USA	39:12.45
50 METER BACKSTROKE		
1 D. Musselman	USA	49.49
2 M. Merlino	USA	50.43
3 M. Butzbach	GER	54.10
4 D. Blassnig	GER	56.16
5 N. Clark	USA	59.10
100 METER BACKSTROKE		
1 D. Musselman	USA	1:51.70
2 M. Merlino	USA	1:52.68
3 E. Muller	USA	2:05.93
4 H. Offenhauser	USA	2:08.75
5 M. Scanlon	USA	2:17.10
200 METER BACKSTROKE		
1 M. Merlino	USA	4:06.05
2 M. Anderson	USA	4:37.58
3 E. Muller	USA	4:40.40
4 D. Cole	USA	4:59.78
5 E. Bein	USA	5:12.70
50 METER BREASTSTROKE		
1 M. Butzbach	GER	53.00
2 D. Blassnig	GER	53.51
3 G. Harnisch	GER	54.19
4 G. Schubert	GER	56.06
5 M. Merlino	USA	57.29
100 METER BREASTSTROKE		
1 M. Merlino	USA	2:03.56
2 M. Anderson	USA	2:10.10
3 H. Lochter	GER	2:16.00
4 E. Mattila	USA	2:21.17
5 E. John	USA	2:25.94
200 METER BREASTSTROKE		
1 M. Anderson	USA	4:40.96
2 M. Gottschalk	GER	5:00.84
3 E. Mattila	USA	5:05.71
4 H. Offenhauser	USA	6:36.70
50 METER BUTTERFLY		
1 M. Merlino	USA	55.07
2 H. Offenhauser	USA	1:00.78
3 M. Anderson	USA	1:01.70
4 E. Mattila	USA	1:09.06
5 G. Docter	USA	1:17.84
100 METER BUTTERFLY		
1 M. Merlino	USA	2:01.18
2 H. Offenhauser	USA	2:36.90
3 E. Mattila	USA	2:50.92
4 G. Docter	USA	3:11.37
200 METER BUTTERFLY		
1 M. Anderson	USA	5:35.50
2 H. Offenhauser	USA	5:48.12

200 METER INDIVIDUAL MEDLEY		
1 M. Merlino	USA	4:08.50
2 M. Anderson	USA	4:24.40
3 H. Offenhauser	USA	4:53.21
4 E. Mattila	USA	5:07.79
5 G. Docter	USA	6:01.47
400 METER INDIVIDUAL MEDLEY		
1 M. Merlino	USA	8:36.37
2 M. Anderson	USA	9:50.12
3 H. Offenhauser	USA	10:21.38
4 E. Mattila	USA	10:47.04
WOMEN 70-74		
50 METER FREESTYLE		
1 V. Cherriman	ENG	47.76
2 M. Bishop	AUS	48.23
3 E. Sargeant	AUS	50.49
4 R. Switzer	USA	52.04
5 M. McKechnie	USA	53.58
100 METER FREESTYLE		
1 V. Cherriman	ENG	1:50.60
2 R. Switzer	USA	1:54.50
3 M. Bishop	AUS	2:02.00
4 M. McKechnie	USA	2:05.70
5 H. Montgomery	USA	2:11.20
200 METER FREESTYLE		
1 V. Cherriman	ENG	3:58.11
2 R. Switzer	USA	4:11.73
3 M. McKechnie	USA	4:27.80
4 R. Shephard	USA	4:45.77
5 E. Somers	USA	5:26.20
400 METER FREESTYLE		
1 V. Cherriman	ENG	8:33.55
2 R. Switzer	USA	9:01.80
3 M. McKechnie	USA	9:04.07
4 E. Somers	USA	10:58.06
5 E. Landon	USA	10:58.37
1500 METER FREESTYLE		
1 V. Cherriman	ENG	33:58.89
2 R. Switzer	USA	34:35.06
3 M. McKechnie	USA	35:14.64
4 E. Somers	USA	42:30.53
5 J. Bennett	USA	44:11.22
50 METER BACKSTROKE		
1 H. Montgomery	USA	59.76
2 M. McKechnie	USA	1:00.61
3 E. Sargeant	AUS	1:01.20
4 R. Caplane	USA	1:12.61
5 R. Shephard	USA	1:14.23
100 METER BACKSTROKE		
1 M. McKechnie	USA	2:15.80
2 H. Montgomery	USA	2:16.45
3 R. Shephard	USA	2:28.33
4 R. Caplane	USA	2:37.88
5 R. Switzer	USA	2:55.74
200 METER BACKSTROKE		
1 M. McKechnie	USA	4:55.05
2 R. Shephard	USA	5:27.05
3 R. Caplane	USA	5:46.08
4 E. Landon	USA	6:09.34
5 S. Scott	USA	6:29.80
50 METER BREASTSTROKE		
1 R. Caplane	USA	1:13.58
2 M. Bishop	AUS	1:22.46
3 E. Somers	USA	1:29.40
4 S. Scott	USA	1:32.20
5 M. Campbell	USA	1:32.41
100 METER BREASTSTROKE		
1 R. Caplane	USA	2:43.00
2 H. Montgomery	USA	3:03.36
3 E. Somers	USA	3:09.33
4 S. Scott	USA	3:19.90
5 J. Bennett	USA	3:30.37
200 METER BREASTSTROKE		
1 E. Somers	USA	6:32.50
2 H. Bressie	USA	7:14.02
3 J. Bennett	USA	7:32.96
4 S. Scott	USA	7:56.40
50 METER BUTTERFLY		
1 J. Bennett	USA	1:11.99
2 R. Shephard	USA	1:32.18
100 METER BUTTERFLY		
1 J. Bennett	USA	2:52.06
2 H. Bressie	USA	4:24.10
200 METER INDIVIDUAL MEDLEY		
1 V. Cherriman	ENG	4:49.14
2 J. Bennett	USA	6:17.85
3 E. Somers	USA	6:44.29
4 S. Scott	USA	7:50.60
5 H. Bressie	USA	7:31.70
400 METER INDIVIDUAL MEDLEY		
1 J. Bennett	USA	12:53.23
2 E. Somers	USA	14:17.59
3 H. Bressie	USA	15:29.20
WOMEN 75-79		
50 METER FREESTYLE		
1 S. Fogle	USA	1:06.70
2 E. Landon	USA	1:07.97
3 E. Mauric	USA	1:13.68
4 M. Keller	USA	1:15.76
5 D. Hogan	USA	1:16.73

100 METER FREESTYLE		
1 M. McKechnie	USA	2:02.44
2 E. Mauric	USA	2:29.31
3 S. Fogle	USA	2:31.11
4 E. Landon	USA	2:33.40
5 M. Keller	USA	2:34.33
200 METER FREESTYLE		
1 M. McKechnie	USA	4:24.30
2 M. Keller	USA	5:14.04
3 E. Landon	USA	5:14.16
4 E. Mauric	USA	5:22.55
5 S. Fogle	USA	5:28.42
400 METER FREESTYLE		
1 M. McKechnie	USA	9:29.52
2 E. Mauric	USA	10:39.72
3 M. Keller	USA	11:10.38
4 S. Fogle	USA	11:29.47
5 E. Landon	USA	11:31.29
1500 METER FREESTYLE		
1 M. McKechnie	USA	36:11.35
2 E. Mauric	USA	41:19.45
3 M. Keller	USA	43:12.58
4 E. Landon	USA	45:00.20
5 M. Brown	USA	64:15.90
50 METER BACKSTROKE		
1 S. Fogle	USA	1:24.83
2 E. Landon	USA	1:28.84
3 J. Cameron	USA	2:40.90
100 METER BACKSTROKE		
1 H. McKechnie	USA	2:17.74
2 M. Keller	USA	2:54.12
3 E. Landon	USA	3:05.71
4 S. Fogle	USA	3:06.20
5 M. Brown	USA	3:20.67
200 METER BACKSTROKE		
1 M. McKechnie	USA	4:54.81
2 S. Fogle	USA	6:50.80
3 H. Brown	USA	7:02.80
4 D. Hogan	USA	7:10.37
50 METER BREASTSTROKE		
1 E. Landon	USA	1:19.90
2 E. Mauric	USA	1:33.98
3 J. Cameron	USA	2:53.51
100 METER BREASTSTROKE		
1 E. Landon	USA	2:52.50
2 E. Mauric	USA	3:13.43
200 METER BREASTSTROKE		
1 E. Landon	USA	6:04.29
2 E. Mauric	USA	6:42.21
50 METER BUTTERFLY		
1 S. Fogle	USA	1:26.18
WOMEN 80 +		
50 METER FREESTYLE		
1 F. Watkins	USA	1:14.07
2 P. Miller	USA	1:25.19
3 V. Farnance	AUS	1:32.75
4 J. Westlund	USA	1:59.61
100 METER FREESTYLE		
1 F. Watkins	USA	2:49.37
2 P. Miller	USA	3:15.54
200 METER FREESTYLE		
1 F. Watkins	USA	5:26.82
2 P. Miller	USA	6:42.35
3 R. Deal	USA	11:14.50
400 METER FREESTYLE		
1 R. Deal	USA	22:35.78
1500 METER FREESTYLE		
1 F. Watkins	USA	48:13.90
50 METER BACKSTROKE		
1 P. Miller	USA	1:25.47
2 V. Farnance	AUS	1:57.73
100 METER BACKSTROKE		
1 F. Watkins	USA	2:45.47
2 P. Miller	USA	3:06.16
50 METER BUTTERFLY		
1 R. Deal	USA	8:36.30
200 METER INDIVIDUAL MEDLEY		
1 R. Deal	USA	26:35.46
WOMEN 85-89		
50 METER FREESTYLE		
1 G. Jeffers	USA	25.53
2 V. Dasch	USA	25.54
3 M. Heather	USA	25.60
4 H. Biss	GER	25.63
5 R. Kozlowski	USA	25.80
100 METER FREESTYLE		
1 D. Martino	USA	57.21
2 T. Szuba	USA	57.31
3 V. Dasch	USA	57.79
4 G. Jeffers	USA	57.82
5 M. Heather	USA	57.90
200 METER FREESTYLE		
1 B. Philpot	USA	2:04.00
2 S. Baxter	USA	2:04.18
3 T. Szuba	USA	2:05.62
4 B. Townsend	USA	2:07.84
5 D. Martino	USA	2:07.97
400 METER FREESTYLE		
1 R. Burrows	USA	4:31.67
2 R. Townsend	USA	4:33.37
3 W. Penn	USA	4:35.50
4 D. Martino	USA	4:38.21
5 G. Steed	AUS	4:41.48

1500 METER FREESTYLE		
1 R. Burrows	USA	18:01.72
2 W. Penn	USA	18:32.83
3 T. Szuba	USA	18:45.86
4 D. Martino	USA	18:50.05
5 J. Parker	USA	19:06.70
50 METER BACKSTROKE		
1 G. Hidle	USA	29.10
2 J. Perout	USA	31.12
3 R. Bober	USA	31.32
4 R. Kozlowski	USA	31.50
5 T. Whitley	USA	31.68
100 METER BACKSTROKE		
1 R. Bober	USA	1:06.46
2 G. Hidle	USA	1:08.14
3 M. Heather	USA	1:09.79
4 B. Rader	USA	1:10.30
5 T. Hodgson	USA	1:10.74
200 METER BACKSTROKE		
1 T. Szuba	USA	2:18.87
2 P. Windroth	USA	2:24.37
3 R. Bober	USA	2:27.37
4 S. McMillen	USA	2:37.97
5 R. Heyer	USA	2:39.26
50 METER BREASTSTROKE		
1 R. Clark	USA	32.74
2 I. Emberson	USA	33.40
3 R. Morehead	USA	33.55
4 D. Anderson	USA	33.57
5 D. Brackett	USA	34.00
100 METER BREASTSTROKE		
1 R. Clark	USA	1:12.05
2 H. Dancglocke	GER	1:14.27
3 K. Nottrodt	GER	1:14.61
4 B. Brockway	USA	1:15.56
5 R. Morehead	USA	1:16.05
200 METER BREASTSTROKE		
1 R. Clark	USA	2:44.98
2 R. Burrows	USA	2:45.82
3 D. Anderson	USA	2:47.96
4 H. Bloch	GER	2:48.38
5 R. Morehead	USA	2:49.00
50 METER BUTTERFLY		
1 S. Baxter	USA	26.04
2 J. Venable	USA	27.60
3 P. Katz	USA	27.60
4 G. Hidle	USA	27.95
5 D. Martino	USA	27.98
100 METER BUTTERFLY		
1 S. Baxter	USA	59.20
2 R. Burrows	USA	1:00.00
3 D. Martino	USA	1:01.97
4 M. Heather	USA	1:02.28
5 D. Stabenow	GER	1:02.54
200 METER BUTTERFLY		
1 W. Penn	USA	2:22.91
2 K. Lathrop	USA	2:31.20
3 R. Morehead	USA	2:37.66
4 D. Levinson	USA	2:43.08
5 S. McMillen	USA	2:40.39
200 METER INDIVIDUAL MEDLEY		
1 T. Szuba	USA	2:16.32
2 R. Burrows	USA	2:19.92
3 S. Baxter	USA	2:20.52
3 P. Windrath	USA	2:24.69
4 R. Kozlowski	USA	2:27.40
5 R. Morehead	USA	2:28.00
400 METER INDIVIDUAL MEDLEY		
1 T. Szuba	USA	4:54.80
2 R. Burrows	USA	5:06.51
3 B. Philpot	USA	5:07.98
4 P. Windrath	USA	5:17.08
5 D. Martino	USA	5:17.64
MEN 30-34		
50 METER FREESTYLE		
1 B. Barthold	USA	24.50
2 F. Schlicher	USA	25.72
3 R. Carveth	USA	26.03
4 K. Rosen	GER	26.19
5 J. Stearns	USA	26.70
100 METER FREESTYLE		
1 F. Schlicher	USA	56.06
2 B. Barthold	USA	56.64
3 J. Sanders	USA	58.75
4 V. Capriles	USA	59.12
5 M. Garibaldi	USA	1:00.26
200 METER FREESTYLE		
1 F. Schlicher</		

50 METER BACKSTROKE

1 K. Rosen	GER	30.01
2 P. Wheat	USA	30.77
3 K. Arndt	GER	31.54
4 C. Dugan	USA	32.34
5 M. Vingling	USA	32.41

100 METER BACKSTROKE

1 B. Barthold	USA	1:07.70
2 K. Rosen	GER	1:08.37
3 V. Capriles	VEN	1:09.34
4 P. Wheat	USA	1:11.87
5 B. Palmer	USA	1:12.06

200 METER BACKSTROKE

1 B. Barthold	USA	2:29.36
2 L. Chase	USA	2:34.80
3 B. Palmer	USA	2:40.22
4 T. Ertel	USA	2:40.86
5 D. Goline	USA	2:42.99

50 METER BREASTSTROKE

1 S. Harrison	USA	33.84
2 W. Koller	USA	34.21
3 B. Conley	USA	34.38
4 A. Stark	USA	34.57
5 S. Guthrie	USA	34.72

100 METER BREASTSTROKE

1 A. Stark	USA	1:14.57
2 T. Gorski	USA	1:14.78
3 W. Koller	USA	1:15.78
4 G. Vonhausen	GER	1:16.96
5 S. Guthrie	USA	1:18.26

200 METER BREASTSTROKE

1 T. Gorski	USA	2:43.44
2 S. Harrison	USA	2:49.65
3 D. Brendle	USA	2:51.25
4 A. Stark	USA	2:51.76
5 W. Koller	USA	2:52.31

50 METER BUTTERFLY

1 F. Schlicher	USA	27.23
2 R. Ennis	USA	27.67
3 R. Kleffman	USA	28.80
4 C. Cramer	USA	28.81
5 L. Chase	USA	29.08

100 METER BUTTERFLY

1 F. Schlicher	USA	58.94
2 G. Betancourt	VEN	1:04.47
3 R. Ennis	USA	1:04.49
4 K. Bell	USA	1:05.19
5 J. Busch	USA	1:05.33

200 METER BUTTERFLY

1 K. Bell	USA	2:35.12
2 D. Walther	USA	2:39.80
3 J. Zeigler	USA	2:46.21
4 B. Bartling	USA	2:48.20
5 C. Pick	USA	2:55.60

200 METER INDIVIDUAL MEDLEY

1 F. Schlicher	USA	2:20.74
2 K. Bell	USA	2:30.09
3 V. Capriles	VEN	2:31.05
4 S. Harrison	USA	2:32.60
5 P. Wheat	USA	2:33.67

400 METER INDIVIDUAL MEDLEY

1 K. Bell	USA	5:26.89
2 L. Chase	USA	5:27.56
3 D. Thompson	USA	5:39.29
4 W. Cerny	USA	5:39.39
5 B. Bartling	USA	5:41.57

MEN 34-39

1 T. Caloheris	USA	26.00
2 T. Garton	USA	26.33
3 K. VonTagen	USA	26.50
4 B. Clark	USA	26.53
5 J. Geoghegan	USA	26.60

100 METER FREESTYLE

1 T. Garton	USA	57.69
2 T. Strahan	AUS	59.22
3 B. Lieb	USA	59.26
4 B. Clark	USA	59.41
5 L. Larson	USA	1:00.61

200 METER FREESTYLE

1 T. Garton	USA	2:09.20
2 J. Crane	USA	2:14.40
3 A. Cartwright	USA	2:16.27
4 B. Lieb	USA	2:16.28
5 T. Roeben	GER	2:16.70

400 METER FREESTYLE

1 T. Strahan	AUS	4:42.97
2 J. Crane	USA	4:46.48
3 J. Koorey	AUS	4:51.94
4 B. Lieb	USA	5:08.59
5 C. Mosso	USA	5:09.40

1500 METER FREESTYLE

1 J. Crane	USA	19:05.75
2 C. Mosso	USA	20:57.95
3 G. DeLong	USA	21:13.44
4 J. Morley	USA	21:15.84
5 D. Fields	USA	21:16.42

50 METER BACKSTROKE

1 J. Snooks	USA	31.33
2 D. Bretherton	USA	32.07
3 S. Thomson	USA	32.17
4 L. Schaefer	USA	32.25
5 R. Smith	USA	32.37

100 METER BACKSTROKE

1 L. Schaefer	USA	1:09.23
2 R. Smith	USA	1:10.44
3 J. Hartzell	USA	1:11.59
4 J. Heimann	USA	1:11.60
5 P. Betzer	USA	1:12.86

200 METER BACKSTROKE

1 L. Larson	USA	2:34.60
2 L. Schaefer	USA	2:36.94
3 J. Hartzell	USA	2:38.10
4 J. Heimann	USA	2:38.93
5 A. Cartwright	USA	2:39.00

50 METER BREASTSTROKE

1 H. Cole	USA	33.55
2 K. Doesburg	USA	33.56
3 R. Stanley	USA	33.74
4 R. Neeves	USA	33.90
5 J. Altenhofer	GER	34.50

100 METER BREASTSTROKE

1 R. Neeves	USA	1:15.49
2 R. Stanley	USA	1:16.47
3 H. Beer	GER	1:16.67
4 H. Cole	USA	1:16.74
5 J. Wanner	USA	1:17.79

200 METER BREASTSTROKE

1 R. Stanley	USA	2:48.11
2 J. Wanner	USA	2:49.35
3 R. Neeves	USA	2:53.89
4 D. West	USA	2:57.87
5 P. Betzer	USA	2:58.15

50 METER BUTTERFLY

1 D. Gillanders	USA	28.50
2 J. McGrath	USA	28.40
3 L. Larson	USA	28.57
4 J. Longstreth	USA	28.91
5 T. Calomeris	USA	29.26

100 METER BUTTERFLY

1 T. Garton	USA	1:03.71
2 G. DeLong	USA	1:05.13
3 A. Cartwright	USA	1:05.50
4 D. Gillanders	USA	1:06.00
5 L. Larson	USA	1:06.26

200 METER BUTTERFLY

1 P. Goode	USA	2:29.94
2 D. Gillanders	USA	2:34.30
3 L. Larson	USA	2:34.60
4 G. DeLong	USA	2:43.40
5 H. Roddin	USA	2:45.82

200 METER INDIVIDUAL MEDLEY

1 T. Garton	USA	2:27.04
2 L. Larson	USA	2:30.96
3 A. Cartwright	USA	2:31.72
4 R. Stanley	USA	2:33.70
5 R. Smith	USA	2:38.39

400 METER INDIVIDUAL MEDLEY

1 T. Garton	USA	5:26.16
2 A. Cartwright	USA	5:29.44
3 L. Larson	USA	5:35.41
4 H. Roddin	USA	5:44.69
5 R. Stanley	USA	5:51.74

MEN 40-44

1 C. Bechtel	USA	27.10
2 J. Bender	USA	27.43
3 C. Raven	USA	27.59
4 R. Hunkler	USA	27.65
5 E. Plesnik	GER	27.73

100 METER FREESTYLE

1 C. Bechtel	USA	1:00.62
2 T. Boyes	ENG	1:00.97
3 C. Raven	USA	1:01.22
4 W. VanHorn	USA	1:01.99
5 J. Bender	USA	1:02.51

200 METER FREESTYLE

1 W. VanHorn	USA	2:15.68
2 T. Boyes	ENG	2:16.14
3 C. Bechtel	USA	2:19.32
4 C. Raven	USA	2:23.90
5 C. Woolley	USA	2:24.60

400 METER FREESTYLE

1 W. VanHorn	USA	4:56.67
2 T. Boyes	ENG	4:57.46
3 D. Gallagher	USA	4:58.61
4 C. Woolley	USA	5:09.99
5 C. Raven	USA	5:11.78

1500 METER FREESTYLE

1 W. VanHorn	USA	20:01.76
2 C. Woolley	USA	20:30.16
3 R. Bosveld	USA	20:47.71
4 C. Raven	USA	21:02.40
5 J. Berthe	USA	21:16.11

50 METER BACKSTROKE

1 A. Smith	USA	33.34
2 B. Clayson	USA	33.44
3 B. Earley	USA	33.45
4 C. Bechtel	USA	34.04
5 D. Gillanders	USA	34.70

100 METER BACKSTROKE

1 A. Smith	USA	1:14.50
2 R. Martin	USA	1:14.75
3 B. Clayson	USA	1:15.09
4 C. Woolley	USA	1:17.86
5 C. Bechtel	USA	1:19.07

200 METER BACKSTROKE

1 D. Gallagher	USA	2:42.54
2 A. Sgith	USA	2:43.45
3 P. Ferguson	USA	2:45.12
4 R. Martin	USA	2:46.85
5 B. Clayson	USA	2:48.31

50 METER BREASTSTROKE

1 G. Schmach	GER	34.20
2 R. Tutepastell	GER	34.40
3 H. Winterbach	GER	34.67
4 G. Stusel	AUS	35.52
5 H. Keim	GER	35.68

100 METER BREASTSTROKE

1 G. Schmach	GER	1:16.65
2 D. Gallagher	USA	1:19.34
3 R. Tutepastell	GER	1:20.01
4 W. Bischoff	GER	1:20.94
5 J. Gilbert	USA	1:21.10

200 METER BREASTSTROKE

1 G. Schmach	GER	2:50.51
2 D. Gallagher	USA	2:55.73
3 W. Bischoff	GER	2:59.22
4 H. Lemcke	GER	2:59.46
5 P. Ferguson	USA	3:02.25

50 METER BUTTERFLY

1 D. Gillanders	USA	29.10
2 D. Drum	USA	29.21
3 T. Tashnick	USA	29.56
4 M. Richter	GER	30.09
5 A. Smith	USA	30.17

100 METER BUTTERFLY

1 D. Gillanders	USA	1:07.20
2 T. Tashnick	USA	1:07.76
3 D. O'Brien	USA	1:11.39
4 W. Timken	USA	1:12.53
5 E. Leskowitz	USA	1:12.79

200 METER BUTTERFLY

1 D. Gillanders	USA	2:39.50
2 K. Canterbury	USA	2:52.98
3 W. Timken	USA	2:58.92
4 B. Fasbender	USA	3:09.95
5 C. Schaumburg	USA	3:26.10

200 METER INDIVIDUAL MEDLEY

1 D. Gallagher	USA	2:34.01
2 T. Tashnick	USA	2:38.89
3 T. Boyes	ENG	2:40.58
4 P. Ferguson	USA	2:42.04
5 R. Martin	USA	2:45.01

400 METER INDIVIDUAL MEDLEY

1 D. Gallagher	USA	5:38.01
2 T. Tashnick	USA	5:45.61
3 T. Boyes	ENG	5:46.39
4 K. Canterbury	USA	5:46.62
5 W. Timken	USA	5:58.35

MEN 45-49

1 W. Dobler	USA	27.20
2 T. Lyndon	USA	28.08
3 H. Gideonse	USA	28.23
3 P. Gay	USA	28.23
3 B. Jones	USA	28.23

100 METER FREESTYLE

1 H. Begel	USA	1:03.29
2 J. Williams	AUS	1:03.77
3 T. Lyndon	USA	1:04.14
4 W. Dobler	USA	1:04.24
5 G. Johnston	USA	1:04.45

200 METER FREESTYLE

1 G. Johnston	USA	2:19.76
2 B. Jones	USA	2:22.67
3 W. King	USA	2:29.89
4 N. Palmer	USA	2:30.52
5 T. Lyndon	USA	2:32.77

400 METER FREESTYLE

1 G. Johnston	USA	4:53.47
2 B. Jones	USA	5:07.28
3 R. Ross	AUS	5:16.67
4 W. King	USA	5:27.26
5 N. Palmer	USA	5:29.64

1500 METER FREESTYLE

1 G. Johnston	USA	19:36.18
2 B. Jones	USA	21:45.00
3 A. Ross	AUS	21:50.00
4 W. Leengran	USA	22:05.60
5 N. Palmer	USA	22:10.53

50 METER BACKSTROKE

1 N. Palmer	USA	34.84
2 H. Gideonse	USA	35.02
3 L. Heiring	USA	35.06
4 H. Begel	USA	35.10
5 N. Palmer	USA	35.30

100 METER BACKSTROKE

1 B. Jones	USA	1:14.66
2 L. Heiring	USA	1:20.68
3 S. McConnell	USA	1:21.38
4 E. Choong	USA	1:21.64
5 F. Reynolds	USA	1:22.57

200 METER BACKSTROKE

1

100 METER BREASTSTROKE		50 METER BUTTERFLY		200 METER BUTTERFLY		400 METER INDIVIDUAL MEDLEY		100 METER FREESTYLE	
1 T. Haartz USA	1:23.71	1 K. Hergenroeder GER	34.32	1 E. Jennings USA	3:53.44	1 W. Pfeiffer USA	7:22.09	1 C. Ross USA	1:28.46
2 F. Klapproth GER	1:27.24	2 R. Pferdsdorf GER	34.77	1 D. Rankin USA	3:53.44	2 M. Sielski USA	7:37.39	2 J. McGuire USA	1:41.30
3 M. Mathews USA	1:29.02	3 P. Korte GER	34.90	3 P. Krup USA	3:55.73	3 D. Rowan USA	7:59.76	3 J. Anderson USA	1:47.07
4 G. Williams USA	1:29.76	4 A. Koblish USA	35.15	4 C. Croome USA	4:21.62	4 J. Donovan USA	8:25.51	4 F. Wilson AUS	1:56.69
5 A. Scherring GER	1:30.78	5 J. Schmidt USA	35.56	200 METER INDIVIDUAL MEDLEY		5 B. Grant USA	8:39.27	5 G. Van USA	2:02.72
METER BREASTSTROKE		100 METER BUTTERFLY		400 METER INDIVIDUAL MEDLEY		MEN 70-74		200 METER FREESTYLE	
1 F. Haartz USA	3:06.72	1 A. Koblish USA	1:24.32	1 R. Taft USA	3:03.96	50 METER FREESTYLE		1 C. Ross USA	3:24.25
2 M. Mathews USA	3:16.83	2 J. Woods USA	1:25.49	2 B. Davidson USA	3:09.28	1 L. Osborne USA	34.10	2 J. McGuire USA	4:09.54
3 E. Keith GER	3:16.97	3 K. Hergenroeder GER	1:26.00	3 D. Rankin USA	3:15.17	2 F. Griffiths AUS	34.36	3 J. Anderson USA	4:23.72
4 B. Weber USA	3:18.27	4 B. Merrick USA	1:28.80	4 F. Havlicek USA	3:16.42	3 A. Hargrave USA	35.55	4 R. Fletcher USA	4:45.96
5 F. Klapproth GER	3:18.47	5 C. Gosstyla USA	1:29.90	5 J. Welch USA	3:16.94	4 H. Eischmidt USA	35.89	5 I. Merritt USA	4:57.77
50 METER BUTTERFLY		200 METER BUTTERFLY		400 METER INDIVIDUAL MEDLEY		MEN 65-69		100 METER FREESTYLE	
1 H. Beigel USA	29.97	1 A. Koblish USA	3:16.24	1 B. Davidson USA	6:58.09	1 W. Bowersock USA	31.44	1 C. Ross USA	30:00.19
2 E. Emes USA	31.08	2 C. Gosstyla USA	3:33.70	2 R. Taft USA	7:00.16	2 G. Schmidt USA	32.54	2 R. Fletcher USA	40:13.54
3 C. Moss USA	31.92	3 E. Cronin USA	3:39.48	3 D. Rankin USA	7:00.20	3 B. Grant USA	32.67	3 I. Merritt USA	41:10.34
4 F. Klapproth GER	33.05	4 E. Walter USA	3:45.34	4 C. Wilson USA	7:49.82	4 R. Richardson USA	32.70	4 J. Anderson USA	41:33.24
5 R. Aust GER	34.30	5 B. Merrick USA	3:50.55	5 C. Croome USA	7:52.85	5 D. Rowan USA	33.10	5 J. Burns USA	47:26.00
100 METER BUTTERFLY		200 METER INDIVIDUAL MEDLEY		50 METER FREESTYLE		100 METER FREESTYLE		1500 METER FREESTYLE	
1 C. Moss USA	1:13.36	1 A. Koblish USA	3:03.60	1 W. Bowersock USA	31.44	1 L. Osborne USA	3:02.10	1 C. Ross USA	10:02.05
2 W. Wilson USA	1:15.81	2 J. Woods USA	3:05.18	2 G. Schmidt USA	32.54	2 G. Ryan AUS	3:05.10	2 R. Fletcher USA	10:02.65
3 H. Beigel USA	1:15.95	3 B. Merrick USA	3:10.73	3 B. Grant USA	32.67	3 A. Hargrave USA	3:16.20	3 J. Anderson USA	10:23.57
4 B. Weber USA	1:24.09	4 R. Hakomaki USA	3:12.22	4 R. Richardson USA	32.70	4 D. McAfee USA	3:21.02	4 R. Fletcher USA	10:25.82
5 T. Haartz USA	1:24.40	5 R. Funk GER	3:14.22	5 D. Rowan USA	33.10	5 G. Ryan AUS	3:26.53	5 I. Merritt USA	10:25.82
200 METER BUTTERFLY		400 METER INDIVIDUAL MEDLEY		100 METER FREESTYLE		200 METER FREESTYLE		50 METER BACKSTROKE	
1 C. Moss USA	3:06.25	1 A. Koblish USA	6:44.54	1 W. Bowersock USA	1:13.53	1 L. Osborne USA	6:28.18	1 J. Anderson USA	58.16
2 T. Haartz USA	3:16.58	2 J. Mackenzie USA	6:56.20	2 R. Richardson USA	1:14.84	2 L. Osborne USA	6:28.18	2 P. Unger USA	58.83
3 J. Marcus USA	3:21.11	3 R. Hakomaki USA	7:12.69	3 B. Grant USA	1:16.53	2 G. Ryan AUS	7:03.00	3 I. Merritt USA	1:06.14
4 D. Draves USA	3:21.51	4 C. Gosstyla USA	7:14.31	4 G. Schmidt USA	1:16.94	3 A. Hargrave USA	7:07.04	4 P. DeCramer USA	1:07.80
5 P. Rockwell USA	3:24.03	5 B. Merrick USA	7:14.61	5 M. Sielski USA	1:18.34	4 D. McAfee USA	7:14.37	5 J. Burns USA	1:12.40
200 METER INDIVIDUAL MEDLEY		MEN 60-64		50 METER FREESTYLE		1500 METER FREESTYLE		100 METER BACKSTROKE	
1 C. Moss USA	2:47.11	1 J. Welch USA	29.63	1 J. Welch USA	29.63	1 L. Osborne USA	26:05.88	1 J. McGuire USA	2:09.43
2 T. Haartz USA	2:53.03	2 A. Holden USA	30.65	2 A. Holden USA	30.65	2 D. McAfee USA	29:47.27	2 C. Ross USA	2:10.19
3 D. Draves USA	2:56.44	3 G. Hein GER	31.30	3 G. Hein GER	31.30	3 L. Chapin USA	30:41.19	3 J. Anderson USA	2:10.65
4 H. Knowlton USA	3:04.57	4 H. Boettcher GER	31.44	4 H. Boettcher GER	31.44	4 W. Stinson USA	31:19.89	4 P. DeCramer USA	2:23.00
5 R. Franks USA	3:07.35	5 H. Rawstrom USA	31.70	5 H. Rawstrom USA	31.70	5 J. Newton USA	31:21.18	5 I. Merritt USA	2:27.93
400 METER INDIVIDUAL MEDLEY		100 METER FREESTYLE		400 METER FREESTYLE		50 METER BACKSTROKE		200 METER BACKSTROKE	
1 C. Moss USA	6:12.17	1 J. Welch USA	1:05.60	1 H. Howe USA	6:02.46	1 W. Spence USA	42.00	1 J. Anderson USA	4:54.31
2 T. Haartz USA	6:27.58	2 F. Havlicek USA	1:11.21	2 R. Richardson USA	6:20.37	2 H. Eischmidt USA	44.00	2 I. Merritt USA	5:13.08
3 B. Weber USA	6:32.66	3 H. Bailey AUS	1:13.14	3 H. Ernen GER	6:45.19	3 L. Osborne USA	44.50	3 S. Bates USA	6:12.52
4 J. Marcus USA	6:37.14	4 J. Siefert USA	1:13.20	4 H. Anderson USA	6:47.48	4 L. Starr USA	45.70	4 S. Burns USA	6:38.40
5 H. Knowlton USA	6:44.05	5 H. Arendt GER	1:14.11	5 D. Rowan USA	6:49.02	5 W. Stinson USA	50.01	5 J. Scheu USA	6:59.85
MEN 55-59		200 METER FREESTYLE		50 METER BACKSTROKE		100 METER BACKSTROKE		50 METER BREASTSTROKE	
1 R. Hakomaki USA	29.65	1 J. Welch USA	2:30.39	1 R. Richardson USA	37.72	1 A. Hargrave USA	1:36.06	1 J. Anderson USA	55.24
2 J. Schmidt USA	30.04	2 R. Taft USA	2:43.66	2 H. Anderson USA	40.40	2 H. Eischmidt USA	1:39.60	2 P. DeCramer USA	55.88
3 F. Panke GER	30.08	3 H. Arendt GER	2:45.19	3 D. Rowan USA	40.61	3 L. Starr USA	1:47.00	3 A. Danielson USA	56.30
4 H. Pfeiffer GER	30.18	4 D. Rankin USA	2:45.98	4 E. Schofield USA	40.83	4 O. Sigrist USA	1:48.11	4 C. Cushman USA	1:01.50
5 B. Merrick USA	30.21	5 H. Rawstrom USA	2:51.35	5 W. Bowersock USA	40.90	5 E. MacKay USA	1:55.90	5 G. Langner USA	1:03.96
100 METER FREESTYLE		400 METER FREESTYLE		50 METER BACKSTROKE		200 METER BACKSTROKE		100 METER BREASTSTROKE	
1 J. Woods USA	1:08.12	1 J. Welch USA	5:28.90	1 H. Schwarz GER	37.72	1 A. Hargrave USA	3:29.67	1 A. Kallunki USA	2:01.47
2 J. Schmidt USA	1:08.16	2 D. Rankin USA	5:46.00	2 R. Oligschlaeger GER	40.40	2 H. Eischmidt USA	3:39.59	2 G. Van USA	2:08.80
3 R. Hakomaki USA	1:10.51	3 B. Davidson USA	6:03.54	3 D. Rowan USA	40.61	3 O. Sigrist USA	3:49.23	3 A. Danielson USA	2:15.20
4 A. Koblish USA	1:10.62	4 H. Bailey AUS	6:11.12	4 R. Richardson USA	40.83	4 L. Starr USA	3:52.00	4 P. DeCramer USA	2:16.00
5 B. Merrick USA	1:10.84	5 H. Rawstrom USA	6:14.04	5 G. Schmidt USA	40.90	5 A. Guth USA	4:15.13	5 J. Anderson USA	2:19.31
200 METER FREESTYLE		1500 METER FREESTYLE		50 METER BACKSTROKE		50 METER BREASTSTROKE		200 METER BREASTSTROKE	
1 J. Schmidt USA	2:36.93	1 J. Welch USA	22:03.54	1 D. Rowan USA	1:30.90	1 W. Spence USA	44.40	1 A. Kallunki USA	4:31.86
2 J. Woods USA	2:37.40	2 D. Rankin USA	22:18.32	2 M. Sielski USA	1:35.19	2 W. Share USA	49.25	2 P. DeCramer USA	5:00.71
3 A. Koblish USA	2:41.01	3 B. Davidson USA	24:31.93	3 R. Richardson USA	1:35.82	3 O. Sigrist USA	50.10	3 A. Danielson USA	5:11.10
4 B. Merrick USA	2:42.45	4 A. Harper USA	25:09.35	4 G. Schmidt USA	1:38.27	4 T. Johnson USA	52.64	4 G. Van USA	5:15.07
5 W. Kaye USA	2:45.23	5 H. Rawstrom USA	25:11.00	5 D. Malbrough USA	1:40.07	5 L. Osborne USA	52.96	5 G. Langner USA	5:15.10
400 METER FREESTYLE		50 METER BACKSTROKE		100 METER BREASTSTROKE		50 METER BUTTERFLY		50 METER FREESTYLE	
1 J. Woods USA	5:40.13	1 B. Kayser GER	38.40	1 D. Rowan USA	3:22.25	1 W. Share USA	1:47.83	1 T. Lane USA	51.89
2 J. Schmidt USA	5:40.88	2 B. Davidson USA	39.05	2 R. Richardson USA	3:34.39	2 H. Strothman USA	1:51.81	2 F. Allen USA	54.05
3 A. Koblish USA	5:47.33	3 D. Volk USA	39.70	3 M. Sielski USA	3:34.53	3 O. Sigrist USA	1:56.25	3 P. Spangler USA	1:04.07
4 W. Kaye USA	5:55.00	4 J. Welch USA	39.97	3 H. Hendy USA	3:49.93	4 A. Guth USA	1:57.27	100 METER FREESTYLE	
5 J. Edwards USA	6:11.50	5 G. Hein GER	40.90	5 D. Malbrough USA	3:55.08	5 E. MacKay USA	2:01.28	1 F. Allen USA	2:07.48
1500 METER FREESTYLE		100 METER BACKSTROKE		50 METER BREASTSTROKE		200 METER BREASTSTROKE		200 METER BUTTERFLY	
1 A. Koblish USA	23:18.15	1 R. Taft USA	1:26.32	1 W. Richter GER	40.56	1 A. Loentz GER	1:36.21	1 A. Kallunki USA	2:17.03
2 W. Kaye USA	23:39.57	2 D. Volk USA	1:30.54	2 K. Wittenberg GER	40.68	2 B. Allen USA	1:36.50	2 I. Merritt USA	2:58.28
3 J. Schmidt USA	24:26.04	3 B. Davidson USA	1:30.54	3 R. Oligschlaeger GER	41.46	3 W. Pfeiffer USA	1:38.47	200 METER BUTTERFLY	
4 B. Merrick USA	24:55.34	4 A. Harper USA	1:33.36	4 A. Loentz GER	41.46	4 F. Meier USA	1:39.95	1 Merritt USA	6:49.16
5 J. Edwards USA	25:01.38	5 C. Croome USA	1:35.39	5 H. Mier GER	41.61	5 K. Frederick USA	1:44.75	200 METER INDIVIDUAL MEDLEY	
50 METER BACKSTROKE		200 METER BACKSTROKE		100 METER BREASTSTROKE		50 METER BUTTERFLY		400 METER INDIVIDUAL MEDLEY	
1 F. Krusten GER	34.90	1 R. Taft USA	3:09.41	1 W. Pfeiffer USA	3:36.04	1 W. Stinson USA	47.24	1 P. DeCramer USA	4:50.28
2 E. Turley USA	37.32	2 J. Merritt USA	3:24.71	2 W. Richter GER	3:40.42	2 W. Osborne USA	48.17	2 J. Anderson USA	4:54.04
3 G. Jachs GER	37.74	3 F. Wiggan USA	3:28.71	3 F. Meier USA	3:43.69	3 S. Craigie USA	48.50	400 METER INDIVIDUAL MEDLEY	
4 P. Herron USA	37.78	4 D. Rankin USA	3:28.97	4 R. Clark USA	3:45.43	4 L. Finley USA	53.50	1 A. Kallunki USA	10:08.45
5 J. Woods USA	37.81	5 R. Guido USA	3:29.72	5 H. Ruckewoldt GER	3:53.86	5 A. Guth USA	53.57	2 I. Merritt USA	11:59.60
100 METER BACKSTROKE		50 METER BREASTSTROKE		200 METER BREASTSTROKE		100 METER BUTTERFLY		MEN 80 +	
1 A. Weeden USA	1:20.45	1 W. Minnick GER	39.00	1 W. Pfeiffer USA	3:36.04	1 W. Stinson USA	1:55.11	1 T. Lane USA	51.89
2 J. Woods USA	1:26.26	2 H. Wolf GER	40.49	2 W. Richter GER	3:40.42	2 A. Guth USA	2:00.99	2 F. Allen USA	54.05
3 E. Turley USA	1:26.75	3 R. Wurmbach GER	41.18	3 F. Meier USA	3:43.69	3 M. Young USA	2:04.96	3 P. Spangler USA	1:04.07
4 J. Truby USA	1:27.67	4 T. Lind USA	42.10	4 R. Clark USA	3:45.43	4 S. Craigie USA	2:14.10	100 METER FREESTYLE	
5 E. Walter USA	1:29.29	5 F. Havlicek USA	42.92	5 H. Ruckewoldt GER	3:53.86	5 H. Bender USA	2:29.78	1 F. Allen USA	2:07.48
200 METER BACKSTROKE		100 METER BREASTSTROKE		50 METER BUTTERFLY		200 METER BUTTERFLY		200 METER FREESTYLE	
1 A. Weeden USA	2:57.51	1 W. Minnick GER	1:28.10	1 H. Mier GER	36.50	1 W. Stinson USA	4:45.06	1 F. Allen USA	2:18.81
2 E. Walter USA	3:13.12	2 T. Lind USA	1:37.44	2 B. Grant USA	38.26	2 W. Stinson USA	4:55.11	2 P. Spangler USA	2:15.83
3 J. Woods USA	3:14.80	3 F. Havlicek USA	1:37.87	3 K. Wittenberg GER	38.31	3 A. Guth USA	4:12.90	3 J. Blumberg USA	2:18.81
4 J. Edwards USA	3:20.00	4 C. Wilson USA	1:38.10	4 W. Pfeiffer USA	39.13	4 W. Stinson USA	4:12.90	200 METER FREESTYLE	
5 J. Turby USA	3:20.15	5 B. Davidson USA	1:40.00	5 R. Zoeger GER	40.49	4 S. Craigie USA	4:13.10	1 F. Allen USA	9:41.79
50 METER BREASTSTROKE		200 METER BREASTSTROKE		100 METER BUTTERFLY		400 METER INDIVIDUAL MEDLEY		1500 METER FREESTYLE	
1 K. Hergenroeder GER	36.30	1 D. Rankin USA	3:34.22	1 W. Pfeiffer USA	1:33.81	1 A. Guth USA	8:36.71	1 F. Allen USA	37:05.50
2 R. Pferdsdorf GER	38.12	2 C. Wilson USA	3:47.36	2 M. Sielski USA	1:41.28	2 W. Stinson USA	9:12.41	50 METER BACKSTROKE	
3 R. Stockhausen GER	40.14	3 A. Harper USA	3:53.33	3 B. Grant USA	1:43.63	3 S. Craigie USA	9:27.24	1 T. Lane USA	1:00.10
4 B. McCabe AUS	40.52	4 P. Krup USA	3:59.47	4 C. Bartsch USA	1:45.30	4 M. Young USA	9:30.05	2 C. Wheeler USA	1:14.47
5 F. Panke GER	40.57	5 C. Croome USA	4:00.56	5 W. Stinson USA	1:58.90	5 A. Olanoff USA	9:49.16	100 METER BACKSTROKE	
100 METER BREASTSTROKE		50 METER BUTTERFLY		200 METER BUTTERFLY		MEN 75-79		50 METER BREASTSTROKE	
1 K. Hergenroeder GER	1:26.22	1 R. Taft USA	35.31	1 W. Pfeiffer USA	3:45.66	1 J. Anderson USA	39.75	1 T. Lane USA	2:18.85
2 P. Korte GER	1:28.20								

HINTS ON DOING THE BREASTSTROKE

The breaststroke rules require the swimmer to keep the head from being submerged except on the starts and turns, and the stroke has to be symmetric; i.e., your right and left arms or legs have to be doing the same thing. Also, the arms and legs must be under water during the race except for the start. The reason why the breaststroke is the slowest of the four basic racing strokes is that the arm recovery occurs under water, thereby pushing water the wrong way.

The kick is probably the most important part of the breaststroke since most people get more power from the legs than the arms. The best way to get the feel of the kick is to use a kickboard and see how few kicks you can take to go the length of the pool. With a reasonable glide, you should be able to negotiate each length with about 12-15 kicks, or 2 yards per thrust. In preparing to kick, the knees should be fully flexed so the heels almost touch the butt. The kick starts out slower than it ends, finishing with a whip motion in which water is pushed backwards mainly by the part of the legs below the knee. The soles of the feet should also be pushing backwards. The size of the angle between the legs, the wedge, is a matter of personal preference. The old wedge kick is used by most old-timers, but the modern breaststroke, with its very rapid turnover, uses a very narrow wedge in the so-called Whip kick. There should be little up-and-down action of the feet, which should be near, but below, the water surface at all times.

The arm stroke supplied Chet Jastremski, the first of the modern breaststrokers, with more power than the legs. In extending the arms forward ahead of you, remember that there is no point in having the palms face down - they should face out to the side, for you will be pulling in that direction. Many people also make the mistake of reaching too high up with the hands. In the full forward extension of the arms, they should be pointed forward and down rather than being perfectly horizontal. The hands should be perhaps 18 inches below the surface of the water. Also, the shoulders should also rotate so that there is shoulder action in the first part of the pull. The hands should pull past the head, shoulders, and the upper chest but too long an arm stroke should be avoided. If the hands are pulled all the way down to the stomach towards the knees you will find that you will go backwards when you try to recover to the starting position. The best way to convince yourself of this is to tie your ankles together and try to do a few laps with only the breaststroke pull. It simply cannot work with too long an arm stroke.

In breathing, the problem is to move the head as little as possible. Every time the head is raised for a breath, the arms have to waste some propulsion by directing force downward to counteract the weight of the head. People who seem to be bobbing up and down a lot must be wasting arm power. Most people tend to breathe just at the point of maximum arm pull, while some racers breathe a little later. However you do it, the rhythm must be maintained.

The "pull out" is the phase of the start or turn spent underwater. At the turn, about 4 seconds pass from the touch of the wall to the head emerging from underwater. You are allowed one arm pull and one kick before the head breaks the surface. The push-off can be maximized by putting your head down so you are looking at your navel and taking as long a glide as is consistent with speed. You have to time your arm pull and the subsequent kick so as to squeeze out every inch of underwater glide distance possible. Don't forget to be exhaling at all times underwater.

Finally, some people claim they just cannot do the breaststroke. This may be an erroneous feeling due to the fact that the stroke feels slow compared to other strokes. Compare your times with those of other people; you may be surprised.

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MASTERS NOTES SWIMMING

A SATISFIED SWIMMER - I've been in Masters Swimming about six years now and find it an ever increasingly satisfying and healthy activity. I will never forget the excitement we felt when

found ourselves with a third place in the 45+ women's relay. My individual medals were not outstanding, but for me, a real achievement. That's the best part of Masters; I'll be 60 this summer and am so thrilled to find my achieving days are not over by any means - with always new goals to conquer.....

NEWS OF JOHNNY - At 76, Johnny Weissmuller watches the sea, waiting to die. He has been in Acapulco, Mexico since late 1979 and has been in failing health since 1977. Dr. Ricardo Figueroa comments: "Most men would have been killed by the strokes he's had, but he lives for the reason he was a great swimmer - he has a magnificent, a magnificent heart.".....

YET ANOTHER PLEA - for the 200 fly & 400 I.M. (et al) in the Nationals. One of the major inequities of the National Masters Swimming Program is that there are four events (400 I.M., 200 Fly, 50 Breast, 50 Back) that are part of the National Top Ten program, yet are not swum in the SC Nationals. This imbalance should be corrected as soon as possible. There are several ways and combinations of ways this might be accomplished. I really believe the following scenario/s would be accepted by a majority of Masters Swimmers. GOAL To add the 400 IM, the 200 Fly, the 50 breast and the 50 back to the SC Nationals. MEANS: 1) Do not interfere with the one day reserved for the 1650. That's enough of a project in itself. 2) Add the 200 fly and 400 IM to the two days that do not have the 500 free. 3) Add one of the 50's to the day that

that has the 200 fly and the other 50 to the day that has the 500 free. 4) Call for volunteers to split a lane on the 500 free, said volunteers to swim first. 5) Reduce the number of events entered to five and events swum to four. (This is by far the most controversial of the time reducers. The ones who would be against it would be the superstars, the ones who finish in the top 3 places in 5 or 6 events.); but it would really open up the competition as there would be less people to compete for more awards, which means the average swimmer would have a much better chance of winning some kind of medal at the Nationals. - Dick Cheadle.....

FINGERS IN THE FREESTYLE - First, with the fore finger in front, find a flowing, free flying feel with the fingers. With the fifth finger, flash the front of the hand forward in a fiery flight from the femur. Finally, fetch (if it's feasible) your feeble forearm frontwards on the favoured flank, and if not fearsomely fatigued, feint the fingers fractionally forward like a fairy.....

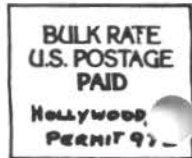
SPECIAL AWARD - Rita Shephard of the DC Masters Swim Team was honored with a 'Special Award' at the Seventh Annual Breakfast of Champions in Prince George's County, MD. Each year the Assoc. recognizes the achievements of the County residents aged 18 and younger. An exception to their age requirements was made by honoring Mrs. Shephard for her accomplishments as a Masters Swimmer. Rita, aged 71, placed in the 1979 Top Ten in every event she attempted.....

NEW BOOK - 'Not Afraid To Wade' was written to help Masters Swimmers. It can be ordered from your local bookstore or directly from Strode Publishers, Inc., 720 Church St. N.W., Huntsville, AL 35801. (\$5.95 + \$1.00 for shipping)...

FROM THE NAUTILUS AQUATIC CLUB NEWSLETTER - The age-old claim of swimmers that theirs is the most health-giving of all sports and the one most likely to insure longevity receives more and more confirmation from the medical and scientific communities. Latest to join this parade is the prestigious Hospital Corporation of America, with headquarters in Nashville, TN. The Corporation hands out thousands of dollars in bonuses to its employees who participate in a physical fitness program. And here is how they're paid: 4¢ a mile for bicycling; 16¢ a mile for running or walking; and 64¢ a mile for swimming. And who woughta know better than the hospital people?.....

RULES - Entry Blank states: Regular AAU Relay Rules apply. Results show, however, that ASSOCIATION relay teams were entered. It is increasingly obvious that our Relay Rules must be clarified. Also, an event is any race or series of races in a given stroke or distance. In a Freestyle event the swimmer may swim any style BUT it is still a Freestyle Event. An attempt will be made to clarify some of these rules for our Masters Swimmers. They are now located in the 1980 Official Rules for Competitive Swimming.....

SWIM-MASTER



June Krauser, Editor
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SWIM CALENDAR

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JULY-AUGUST 1980

JUL	12	SPA LC Santa Barbara - Mike Gilmore, P.O. Box 5901, Santa Monica, CA 90405
	12	1500 METER - Jaclynn Hirsty, 1711 Mass. Ave. N.W. #620, Washington, DC 20036
	12-13	PA LC - Nancy Ridout, 580 Sunset Pky., Novato, CA 94947
	13	SC - John H. Stauff, Ocean County College CN 2001, Toms River, NJ 08753
	19	25 mtr - Jack Mathews, Box 23, Grinnell, IA 50112
	25-27	LC - Leslie Samuels, Metairie YMCA, 3726 Hauma Blvd., Metairie, LA 70002
	19-20	LC - Nick Berenyi - 103 Wicker Ct., Charleston Hts., SC 29405
	27	SPA LC - Alicia Horst, 24 The Point, Coronado, CA 91228
	27	LC - St. Paul, MN - Contact Sharon Simpson, 459-8076
AUG	2-3	LC - Ann Badgerow, 824 Kyle St., San Jose, CA 95127
	2-3	DC LC - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
	2-3	LC INV - Jeff Archambault, 1150 Rankin St. F-9, Stone Mountain, GA 30083
	2-3	1 MI & 2 MI - Keith A. Barnes, 5046 N. Huntington Rd., Marion, IN 46952
	10	LC - Vickie Good, 667 Asbury Ln., Fairfield, CA 94537
	10	LC - Tab Tabereaux, P.O. Box #1, Bloomington, IN 47402
	10	LC - Meet Director, O*H*1*0 Masters, P.O. Box 8513, Canton, OH 44711
	15-16	LC - Dot Resseguie, P.O. Box 7, Tar Heel, NC 28392
	16-17	LC - Ron Bank, 51 Meadow Park, Bexley, OH 43209
	16-17	LC - Carol Tamme, 70 W. Encanto Blvd., Phoenix, AZ 85003
	17	LC - Janice Fountain, 8400 Westfield Blvd., Indianapolis, IN 46240
	22-23	LC - Lakeside Club, 2010 Trevilian Way, Louisville, KY 40205
	9-10	LC - Enid Uhrich, 25 Lafayette Rd., Newton Lwr. Falls, MA 02162
	3	LC + Skwim Camp (July 28-AUG 2 & Aug 4-Aug 9) John Skehan, Skwim Swim, Great Valley, NY 14741
29-SEP	1	NATIONAL LC CHAMPIONSHIPS - Santa Clara Pool - Cindy Baxter, 740 Clara Dr., Palo Alto, CA 94303
SEP	20	North-South Dual Meet - SC - Elfriede Rogers, 3710 Northridge, Concord, CA 94518
	21	SC - Virginia Hildebrant, 5167 Robinhood Dr., Willoughby, OH 44094
OCT	4	SC - Winnie MacKenzie, 1445 Civic Dr., Walnut Creek, CA
	11-12	SC - Allen W. Hahn, 3800 Cedar Ln., Columbia, MO 65201
	19	SC - Coronado Masters - Alicia Horst, 24 The Point, Coronado, CA 91228
	25-26	Oak Ridge SC - Bobbe Smith, 456 East Dr., Oak Ridge, TN 37830
	25-26	York SC - Cal Schaeffer, 36 N. Beaver St., York, PA 17401
NOV	15	SC Pentathlon - Randy Burton, 3331 Scotland Dr., North Highlands, CA 95660
	15-16	GCM Fall Meet - June Krauser, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305
DEC	6	SC - Sally Peterson, P.O. Box 1880, Truckee, CA 95734
	7	SC - Coronado Masters - Alicia Horst, 24 The Point, Coronado, CA 91228
OREGON AAU		- Earl Walter, 3904 SW 57 Av., Portland, OR 97225 JUL 11-12, AUG 13-14
1980 DIVING CALENDAR		- JUL 13 - Felix Grossman, 17960 Rancho Ave., Encino, CA 91316
AUG 29-31		- Bill McAlister, 14407 Rd. 23-1/2, Madera, CA 93637
OCT 18		- Tom Crosby, 1261 Nacion Ave., Chula Vista, CA 92011

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