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1000 SWUM IN CHICAGO - TIME STANDARDS USED

By Deborah Burnet and Ross Lambert

Twenty-two swimmers competed in the Chicago Illinois Masters 1000 Yard Invitational Swim Meet on Jan. 20 - the coldest day ever recorded in Chicago! This meet was unique in some other ways, as well. It was the first time the 1000 yard freestyle has been swum as a Masters swimming event, and it was the first meet to experiment with the idea of time standards.

The USMS national committee has asked Masters teams to study the use of time standards in meets. It is difficult to evaluate opinions unless a group of swimmers has experienced time standards. In this case, time standards were used to encourage qualified swimmers to compete for national records in the new event. Qualifying times were determined as follows: the tenth time from national Top Ten lists was taken for 1650 yards in each age group. This time was multiplied by 1000/1650 to determine a reasonable qualifying time for each age group. Those swimmers able to make the qualifying time were automatically accepted as entrants in the meet. "Consideration times" were set by adding 30 seconds to the qualifying times. Heats were filled by accepting swimmers submitting seed times within the consideration range. The following were the time standards used:

Ages	Qualifying		Consideration	
	Men	Women	Men	Women
25-29	11:05	12:30	11:35	13:00
30-34	11:06	13:00	11:35	13:30
35-39	11:55	13:30	12:25	14:00
40-44	12:30	14:30	13:00	15:00
45-49	12:55	15:00	13:25	15:30
50-54	13:10	16:15	13:40	16:45
55-59	14:20	17:00	14:50	17:30
60-64	14:55	17:40	15:25	17:40
65-69	15:40	22:50	16:10	23:20
70-74	18:20	25:15	18:50	25:45

Ages	Qualifying		Consideration	
	Men	Women	Men	Women
75-79	21:40	NAC	NAC	NAC
80-84	NAC	NAC	NAC	NAC

"NAC" indicated a category in which there was not adequate national level competition to determine cut-off times. Any persons in these groups submitting entries were considered.

Reactions to the idea of time standards were mixed. Many swimmers who did not make the time standards complained about being excluded. Some of the people who did make the standards liked the idea. They thought that the meet would run more quickly with only very competitive swimmers there. Participation would have been greater without time standards. Further survey work is planned to assess the reactions of Central Masters swimmers.

The 1000 yard freestyle became an official Masters event as of Jan. 1, 1985. This meet was the first to incorporate this event. The meet was designed to demonstrate the interest and competition available in the 1000 free. This event is the standard distance event at college dual meets, so it is important to many who swam in school. Record cold weather - 27 degrees below zero! - forced many swimmers to stay home.

The meet ran smoothly, despite the cold weather. Ross Lambert acted as meet director. Richard Santamaria provided various support services, including starting swimmers' cars hourly during the meet so they would not freeze up! National records were set by the winners of each age group. Outstanding performances included: Paul Hutinger (60), 13:40.11; Bill Mulliken (45), 11:59.06; Phil Dodson (31), 10:56.27; and Nancy Sodini (27), 11:45.42.

IN CASE OF INJURY by Lucille Griffin

About 10 years ago when I started competing, I also began to scan the meet results reprinted in SWIM-MASTER to size up the competition and decide which events to enter. With persistence, I figured, I could make the All-American list by the time I reached 80, and since I come from a line of very stubborn late bloomers, this estimate was not at all discouraging. It inspired a regular and progressively rougher work out which achieved the goal way ahead of schedule. So I was very surprised when a friend told me I had made it in the short course (ladies 40-44) listing for 1982--till I figured out that all the better backstrokers in my age group had either aged up, neglected to compete in short course that year, or dropped out of competition altogether, from injuries or other reasons. Now it is my turn to drop out for awhile, so I am announcing the fact to the ladies (45-49) as an encouragement and so they might plan their meet entries accordingly, and to all my other competitive friends who will do well to avoid the mistakes I made.

At our age we are just as liable to injuries as the youngsters but we take much longer to heal. I have always followed a careful warmup and stretching routine and believed that this would prevent all injuries. However, it does not prevent the aggravation of an injury received routinely in the non-swimming part of your life. I did myself in with fine hand sewing and overtime garden weeding in the spring of 1983. I developed bursitis and/or tendonitis in the right elbow.

Thinking it was just a little rheumatism to be exercised through, I continued workouts and weekly competitions. By the end of July it was swollen and very painful. My doctor gave me a steroid shot. Miraculously it seemed cured, so I competed at our East Coast Regionals about 2 weeks later. Elbow pain and swelling returned following the meet. For a few months I altered my strokes and changed my workout to take pressure off the elbow, but nothing brought relief. Near to despair, I quit swimming altogether, learned to brush my teeth, do my hair and eat with the left hand, handled correspondence by typing lefty, hunt and peck, and asked for a referral to the physical therapist.

She told me I had damaged the ligament that crosses over the inside of the elbow, probably at the last swim meet. I should have rested a full month following the steroid shot. With anti-inflammatory drugs, isometric exercises and ultra-sound treatments gradually the elbow has improved. However, the process was not an uninterrupted success. Following the therapy, I began at zero and increased my swimming distance

slowly, developing my workout through trial and error. Along the way, arthritis was discovered in my neck so I put aside the sprinter's mentality and resigned myself to no more hope of improvement in backstroke times.

Depressing? Yes, at first; then not so bad once I realized how lucky I am to be able to swim again -- indeed, how lucky I am to be a swimmer since the best therapy for arthritis is swimming. Perhaps some other swimmers who are condemned to work out in crowded lanes will understand my next reaction: I even felt lucky to have arthrities when I learned it gained me entry to the disabled swim hour where I get a lane all to myself!

As Ransom Arthur recommended several years ago, I am going to move into distance events once my elbow has completely healed. Meanwhile I do a workout which is about 50% kicking, with kick-emphasizing drills spaced between swims to alternately exercise and rest the bad arm, so that I can swim the maximum possible distance without fear of reinjury.

Here is my workout which some of you might like to try. I have been doing it with small variations for more than a month so I know it is quite safe. If you have an arm or shoulder injury it is a good plan for maintaining fitness while improving lung capacity and leg strength. If you are getting burned out on sprint and interval training, you might find yourself happier to return to those alternatives after you have tried this one:

5 x 200 free and drill alternating--
odds, swim at warmup pace; evens do a slow catchup stroke with 6 extra kicks per stroke to rest the arms. Don't stop, flip all turns
3 x (200 fly kick underwater, breath every 6th (100 back (or best stroke) FAST
100 free catchup warm down

2000 Swum continuously, takes about 40 min and is guaranteed to make the blood circulate. Occasionally I test myself on the second 1000 by increasing to 150's or 200's the 'best stroke' swims or by decreasing to 150's or 100's the dolphin kick upper body 'resting' intervals; but I cut back to the original workout patterns the moment the injury complains.

It's more than a year since I've been to a meet, and it might be another year before I'm back. Meanwhile I will combat boredom, waning incentive and the has-been blues by scanning SWIM-MASTER results, learning the names of my new competition and speculating about how many I might be able to beat.

POST SCRIPT - When you can no longer swim faster and the competitive demon hasn't been fully exorcised, there is still one recourse: learn to

swim better. So I have dredged up some criticisms that my friends and family have offered in years past and to which I paid little attention at the time because I was, after all, a swim coach with much more experience than any of my critics -- a very stupid attitude. Now that I have no choice, I am reforming.

"Did you realize that you were driving your head underwater on that last sprint set?" --Of course not, that's a novice's mistake. I wear my bathing cap lower on the forehead than most swimmers, so it just appears that my head is deeper because no forehead is visible. Well, maybe I should try the exercise I used to make the kids do: in free style catchup stroke you look at your hands when they are together in front of you during the pause between strokes when you are kicking extra beats. You shouldn't have to lift your head to see your hands; after each inhaled breath your head must return to the place from which you can see your hands. This is easier said than done, and I am still working on it.

"Your freestyle looks a little flat. I mean, it's pretty and smoothe, but it doesn't look like you're really trying." Well, that's a real puzzler. I swear if I ever said that one to any of my kids, I'll bite off my tongue. Anyway, the best swimmers always appear to swim without effort; this is a hallmark of their refined technique. Still, there might be something in that remark, poorly expressed, but nevertheless awaiting discovery by a stroke detective. "Flat" is the clue. It could mean that I am starting my catch before the shoulder has followed the arm into the stroke, so that my body stays always perfectly flat on the breast instead of swiveling a little from shoulder to shoulder.

Let's add a new wrinkle to my catchup stroke: don't begin each stroke from the position where hands are together stretched in front. Count 6 kicks in that position and on the 6th kick lean on the shoulder of the arm about to stroke until that arm is a hand's length ahead of the other, then stroke. That's using your shoulders, and since you have to watch what your hands are doing in front of you, your head is still in the good position. This one is not as hard as it sounds, but I'd better keep after it if I want to break that old flat habit and forestall future insults.

"You're certainly not gaining anything on those flip turns." --Well, of course I'm not. At my age isn't it good enough to be able to do them at all?

Definitely, here is another area for improvement. Now, what did I use to make the kids do...?

Shrugging Off Water Resistance

Starts and turns in the breaststroke are often the single most decisive factor in the outcome of breaststroke competition, including the IMs and medley relays. This is due to the fact that the underwater pullout is faster than the surface stroke and a greater advantage can be taken over the competition during the start and the turns. The efficiency of the underwater pullout in the breaststroke can be improved by adding one simple step designed to decrease the amount of frontal water resistance, or drag, placed upon the swimmer during the second glide period in the underwater pullout. This will increase the distance gained underwater off the start and turn. I call this added step the "shoulder shrug."

When pushing off the wall at the start of the turn and also at the start of the dive our breaststrokers are attempting to become as streamlined as possible by positioning the fingers, hands and stretched-out arms to create the feeling of an arrowhead cutting through the water. A feeling of streamlining can easily be taught during the first glide period since the arms are outstretched above the head. It is during the second glide period, while both hands are at the swimmer's side, that our breaststrokeers are not streamlining.

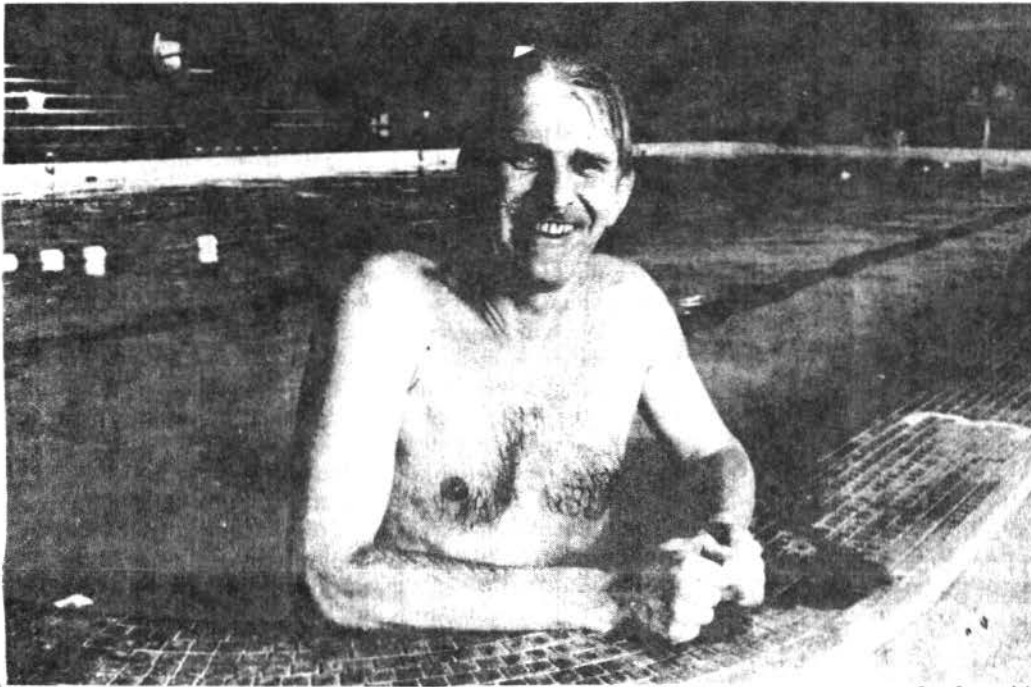
At the completion of the underwater arm stroke the swimmer's hands are at his side and his head and shoulders now become the "tip of the arrowhead." Streamlining in this position is inefficient and for the most part not attempted. During this phase of the pullout, the breaststroker is using the glide to decelerate to swimming speed. It is at this point that I coach my breaststrokers to become more streamlined by using the shoulder shrug. The shrug will create a much more efficient and streamlined glide position and give the breaststroker a welcome feeling of acceleration during the second glide period. Here is how it is done:

- Begin all starts and turns in a streamlined position and stretch.
- Complete the underwater arm stroke with your palms up and thumbs touching the side of your thighs.
- Attempt to touch your shoulders to your earlobes by shrugging your shoulders up.
- In order to shrug properly, you must rotate the upper arms inward to the center of the body.
- Keep your thumbs in contact with the thighs and slide them to the top of each thigh, palms now facing outward.
- You are now in the shoulder shrug position, streamlined, wrist to wrist, little fingers down. (Fig. 1)
- The shoulder shrug position is more streamlined and your breaststrokers will be able to feel the extra glide. Hold the shrug position until slowing down to swimming speed and then begin the arm recovery and kick to the surface.

This can be taught easily to all age groups. Coach your breaststroke swimmers to perform their starts and turns up to and including the addition of the shoulder shrug. At this point instruct them to hold that position until they come to a stop. They will get a better feel of the shrug's streamlining without complicating things with the arm recovery and kick to the surface. Once they have a feel for the shrug, continue with the remainder of the pullout and begin the stroke. ○

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Tom Lyndon in the pool: "Everyone says the biggest benefit is mental."

Donna Coveney photo

Swimming keeps him in swing

By WENDY DORE
Times staff

DANVERS — Tom Lyndon thought about swimming in a meet at age 41, and wondered what to wear — conservative adult swim trunks or one of those little Speedo racing suits?

"I wore boxer shorts and everyone else looked professional," Lyndon said. "But I knew I could do a decent 50-meter."

It was 1973 and the first swim

meet Lyndon had entered in 20 years.

Today, Lyndon, 52, business manager for the Danvers public schools, is president of New England Masters, a chapter of the international swim club that has thousands of members from ages 25 to 80.

"It took me a year to get the courage to go to a meet," he said. "You think it's going to be so scary, but it isn't."

As a student at Bowdoin College in Maine, Lyndon swam the 50-

meter freestyle in 23.7 seconds. Now, his best time in the same event is 24.7 seconds. In 1978 and 1979 he won the 100-meter freestyle in national masters competition, shaving 4 seconds off the national record the first year.

"You don't fade all that much," said a smiling Lyndon, who at 6-foot-3½ is a trim 180 pounds.

The masters swimming program was begun in 1970 by Dr. Ransom J. Arthur, a U.S. Navy doctor, who wanted to promote physical fitness through continued

exercise. The first meet was held in Amarillo, Texas, with 150 swimmers competing.

The program shot off the starting block and has grown to include more than 10,000 chapters in the United States and groups in more than 30 countries. Lyndon said the New England chapter grows about 20 percent each year.

Members range from past Olympic champions and competitors to those who have never raced. They're men and women, with a

steady stream of people in their 40s through 60s. They're a "broad group" from all backgrounds and occupations.

"Some like to compete — I do," Lyndon said. "It's a marvelous stimulus to keep in shape, exercise and stay fit." When Lyndon started in Masters Swimming he smoked, but has since quit and said swimming keeps him off the cigarettes and cigars.

As for the social aspects, Lyndon said, "I don't know a nicer group. It's low-key and about as apolitical a group as you'll ever find."

The physical advantages of swimming are well-documented. Studies have shown regular workouts improve the heart, arteries and lungs, lower blood pressure and reduce cholesterol in the blood. It has also been reported that master swimmers are more sexually active, have a more positive self-image and less anxiety. According to Dr. Fred Kasch of San Diego State University, a vigorous program of swimming may even counteract the effects of aging.

"Everyone says the biggest benefit is mental," Lyndon said. "It smooths stresses and anxieties on the short term or (in the morning) sets you up for the stresses of the day."

"I've heard some people say it pulled them through a tough time," he said. "It pulled one woman I know through a tough divorce."

Because the membership is spread over such a wide geographic area, the New England club doesn't regularly practice together. Members train on their own. Lyndon, for example, swims intense 50-minute workouts between two and four times a week at a pool in Wayland.

The meets, which are open to anyone interested for a small fee, are held twice a month at rotating locations in New England. At the smaller meets racers compete according to their previous times, at larger meets they compete in five-year age groups — 25 to 29, 30 to 34, and so on. (Swimmers must be 25 to compete officially; those between 20 and 24 can compete unofficially.)

"It's very true that people in masters swimming look forward to getting older so they can go into the next age group," Lyndon said. "I arranged to have a swim meet on my 50th birthday, and I came out smoking."

The oldest member of the New England chapter is 85-year-old Fred Allen, who several weeks ago competed in a 400-meter race.

The next big competition — expected to draw about 500 racers — will be April 14 and 15 at Harvard University. Nationals competition, which Lyndon is hoping to attend, will be four days of Memorial Day weekend in Los Angeles.

Although competition is important, it's the "fun" of masters swimming that Lyndon stressed. He said it's "an escape," "addictive" and "nothing profound," a group with a "lot of camaraderie."

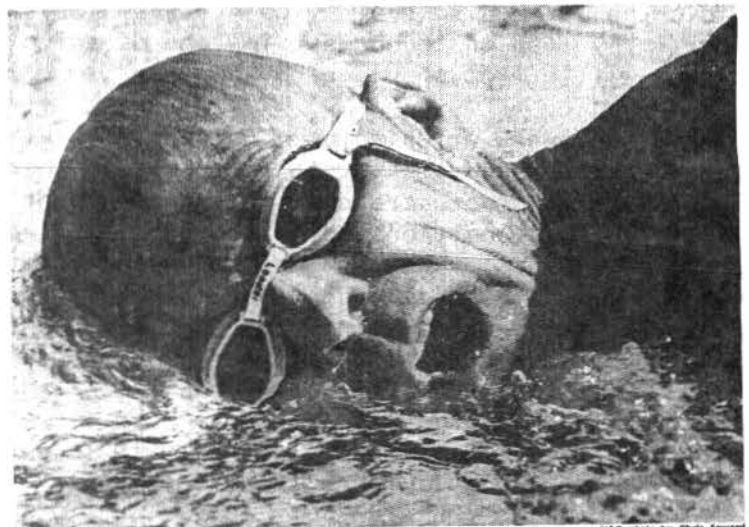
"Because masters swimming is structured in age groups, you immediately know someone's age so that's quickly out of the way," he said. "The swimsuits aren't flattering, and people don't know what you do or where you come from; it's 'I am what I am.'"

And, he said, "It doesn't make you any older."



Jane Kuhn of Raleigh makes move in heat of 50-meter breaststroke

N&O photo by Chris Seward



Henry Sostchuk of Middle Atlantic Masters goes all out in heat of 200 meter freestyle

N&O photo by Chris Seward

RESULTS

1984 EL CAMINO
WOODLAND HILLS 29 SEPT 1984
WOMEN 25-29

50 YARD FREESTYLE

Kimberly B. Worthen 28 25.76
Nanci E. Hanover 26 29.16
Kelly A. Sullivan 25 29.88
Stacy J. Henderson 26 31.61
Lynne McGinnis 28* 40.21

100 YARD FREESTYLE

Lucy Szatowski 26 1:05.83
Stacy J. Henderson 26 1:11.77
Lynne McGinnis 28* 1:31.80

50 YARD BACKSTROKE

Nanci E. Hanover 26 34.80
Stacy J. Henderson 26 34.97

100 YARD BREASTSTROKE

Nanci E. Hanover 26 1:33.23
Lynne McGinnis 28* 1:47.03

50 YARD BUTTERFLY

Kimberly B. Worthen 28 28.53
Kelly A. Sullivan 25 33.16
Lucy Szatowski 26 33.22
Stacy J. Henderson 26 35.37

200 YARD BUTTERFLY

Kimberly B. Worthen 28 2:20.54
200 YARD INDIVIDUAL MEDLEY
Kimberly B. Worthen 28 2:21.99
Lucy Szatowski 26 2:44.03
Lynne McGinnis 28* 3:49.59

WOMEN 30-34

50 YARD FREESTYLE

Cheryl Crooks 31 34.06
100 YARD FREESTYLE
Cheryl Crooks 31 1:21.92

50 YARD BACKSTROKE

Monica C. Buvick 31 35.44
200 YARD BACKSTROKE
Monica C. Buvick 31 2:44.35
100 YARD BREASTSTROKE
Monica C. Buvick 31 1:22.72

50 YARD BUTTERFLY

Cheryl Crooks 31 46.15
200 YARD INDIVIDUAL MEDLEY
Monica C. Buvick 31 2:36.62

WOMEN 35-39

50 YARD FREESTYLE

Kathy A. Kanter 38 33.70
Sandy Young 36 34.99
Lois Goodman 37 37.21
Dorotheanne Gohdes 37 38.14

100 YARD FREESTYLE

Kathy A. Kanter 38 1:22.16
Lois Goodman 37 1:22.74
Dorotheanne Gohdes 37 1:25.73

50 YARD BACKSTROKE

Katherine Watson 36 41.80
Dorotheanne Gohdes 37 42.06
Kathy A. Kanter 38 43.50
Lois Goodman 37 45.83

200 YARD BACKSTROKE

Katherine Watson 36 3:05.43
Dorotheanne Gohdes 37 3:13.60
100 YARD BREASTSTROKE
Kathy A. Kanter 38 1:38.69
Sandy Young 36 1:43.66
Dorotheanne Gohdes 37 1:46.00

50 YARD BUTTERFLY

Sandy Young 36 38.59
Katherine Watson 36 52.63
200 YARD BUTTERFLY
Katherine Watson 36 3:42.47
200 YARD INDIVIDUAL MEDLEY
Katherine Watson 36 3:23.69
Sandy Young 36 3:30.71

WOMEN 40-44

50 YARD FREESTYLE

Mary M. Martin 40 32.38
Bonnie Brady 43 35.82
Judy Cowlishaw 41 37.49
100 YARD FREESTYLE
Judy Cowlishaw 41 1:24.71
50 YARD BACKSTROKE
Mary M. Martin 40 37.42
Bonnie Brady 43 41.45

200 YARD BACKSTROKE

Bonnie Brady 43 3:36.26
100 YARD BREASTSTROKE
Mary M. Martin 40 1:36.32
Bonnie Brady 43 1:50.45

WOMEN 45-49

50 YARD FREESTYLE

Jeanne Little 47 33.77
Helen Geoffrion 45 34.76
100 YARD FREESTYLE
Jeanne Little 47 1:18.95
100 YARD BREASTSTROKE
Helen Geoffrion 45 1:42.39

200 YARD BUTTERFLY

Helen Geoffrion 45 3:42.30
200 YARD INDIVIDUAL MEDLEY
Helen Geoffrion 45 3:20.70

WOMEN 50-54

50 YARD FREESTYLE

Jacqueline Dunlop 53 32.44
Joyce Perry 54 44.42
100 YARD FREESTYLE
Jacqueline Dunlop 53 1:16.33
Malchia S. Olshan 53 1:25.57

200 YARD BREASTSTROKE

Jacqueline Dunlop 53 1:33.41
50 YARD BUTTERFLY
Jacqueline Dunlop 53 41.80
Malchia S. Olshan 53 48.52

200 YARD BUTTERFLY

Malchia S. Olshan 53 3:57.53
WOMEN 55-59

50 YARD FREESTYLE

Janet Wolver 55 35.97
Henderika Bryant 57 36.13
Elizabeth Elder 57 42.29

100 YARD FREESTYLE

Janet Wolver 55 1:21.83
Henderika Bryant 57 1:28.82
50 YARD BACKSTROKE
Janet Wolver 55 47.65

200 YARD BACKSTROKE

Anne B. Adams 56 3:01.39
100 YARD BREASTSTROKE
Anne B. Adams 56 1:36.70
Janet Wolver 55 1:43.09
Henderika Bryant 57 1:47.12

200 YARD BUTTERFLY

Anne B. Adams 56 3:13.59
200 YARD INDIVIDUAL MEDLEY
Janet Wolver 55 3:30.60
Henderika Bryant 57 DISQ

WOMEN 60-64

50 YARD FREESTYLE

Ruth H. Baar 61 36.35
Shirley Erickson 60 36.99
Maurine E. Kornfeld 62 41.32

100 YARD FREESTYLE

Ruth H. Baar 61 1:22.31
Grace Altus 60 1:26.53
Maurine E. Kornfeld 62 1:31.15

50 YARD BACKSTROKE

Shirley Erickson 60 42.30
Ruth H. Baar 61 47.98
Maurine E. Kornfeld 62 56.30

200 YARD BACKSTROKE

Shirley Erickson 60 3:27.04
Grace Altus 60 3:59.57
Maurine E. Kornfeld 62 4:24.74

100 YARD BREASTSTROKE

Grace Altus 60 1:58.26
50 YARD BUTTERFLY
Shirley Erickson 60 40.96
Grace Altus 60 47.81
Maurine E. Kornfeld 62 1:01.23

200 YARD BUTTERFLY

Shirley Erickson 60 3:45.72
WOMEN 65-69

100 YARD FREESTYLE

Ruth Ridenour 69 2:03.32
100 YARD BREASTSTROKE
Ruth Ridenour 69 2:29.17

200 YARD INDIVIDUAL MEDLEY

Ruth Ridenour 69 4:57.37
WOMEN 70-74

200 YARD BACKSTROKE

Maxine Merlino 72 3:49.45
100 YARD BREASTSTROKE
Maxine Merlino 72 1:52.88

200 YARD BUTTERFLY

Maxine Merlino 72 4:07.59
WOMEN 75-79

100 YARD BREASTSTROKE

Katherine Pelton 79 2:37.37
50 YARD BUTTERFLY
Katherine Pelton 79 1:17.44

200 YARD BUTTERFLY

Katherine Pelton 79 DISQ
200 YARD INDIVIDUAL MEDLEY
Katherine Pelton 79 DISQ

WOMEN 25-29

50 YARD FREESTYLE

Marc Whitman 26 23.50
William A. Cohn 26 24.77
Bruce Allen 25 25.04
Edward Rademacher 27 25.08

100 YARD FREESTYLE

Michael J. Fusco 25 25.40
Matthew J. Truxaw 25 25.72
Daniel Monroy 27 27.09
Bob Nakashima 28 32.51
Ronald L. Carr 27 32.60

100 YARD BREASTSTROKE

Marc L. Kelly 29 52.58
William A. Cohn 26 54.69
Bruce Allen 25 55.29

Michael J. Fusco 25 57.69

Edward Rademacher 27 58.24
Daniel Monroy 27 1:00.36
Matthew J. Truxaw 25 1:04.56
Bob Nakashima 28 1:19.21

50 YARD BACKSTROKE

Brian Cohn 26 32.64
Edward Rademacher 27 32.77
Bob Nakashima 28 40.66

200 YARD BACKSTROKE

Patrick W. Herrera 25 2:14.87
Brian Cohn 26 2:35.67
100 YARD BREASTSTROKE
Marc L. Kelly 29 1:12.27
Michael J. Fusco 25 1:19.29
Brian Cohn 26 1:21.39
Ronald L. Carr 27 1:23.38

50 YARD BUTTERFLY

Patrick W. Herrera 25 25.59
Edward Rademacher 27 27.44
William A. Cohn 26 29.19
Matthew J. Truxaw 25 30.15
Daniel Monroy 27 33.31

200 YARD BUTTERFLY

Bruce Allen 25 2:37.14
200 YARD INDIVIDUAL MEDLEY
Patrick W. Herrera 25 2:13.85
Michael J. Fusco 25 2:35.08
Matthew J. Truxaw 25 2:36.78

WOMEN 30-34

50 YARD FREESTYLE

Don Curtis 31 24.55
Michael D. McCloud 30 24.64
Barry Douglas 31 25.27
Thomas Shuck 30 28.42
Ira S. Wiedman 34 31.03

100 YARD FREESTYLE

Don Curtis 31 56.29
Barry Douglas 31 57.54
Thomas Shuck 30 1:03.07
Norman Garr 33 1:18.94

50 YARD BACKSTROKE

Don Curtis 31 34.42
100 YARD BREASTSTROKE
Paul G. Soto 31 1:09.05
Barry Douglas 31 1:22.09
Norman Garr 33 1:26.27
Ira S. Wiedman 34 1:27.13

50 YARD BUTTERFLY

Michael D. McCloud 30 28.18
Don Curtis 31 29.25
Barry Douglas 31 29.65
200 YARD INDIVIDUAL MEDLEY
Don Curtis 31 2:36.20
Thomas Shuck 30 2:52.19

WOMEN 35-39

50 YARD FREESTYLE

Jan B. Meyer 36 22.46
Younger T. Ajax 38 23.86
Michael D. Rohrbach 37 24.91

100 YARD FREESTYLE

Jan B. Meyer 36 51.17
Stephen E. Washburn 37 1:06.36
50 YARD BACKSTROKE
Younger T. Ajax 38 28.22
200 YARD BACKSTROKE
Richard Holland 37 2:44.19
Stephen E. Washburn 37 3:35.37

100 YARD BREASTSTROKE

Younger T. Ajax 38 1:03.99
Jan B. Meyer 36 1:07.51
Garrett S. Parsons 36 1:27.64
Stephen E. Washburn 37 1:28.34

50 YARD BUTTERFLY

Younger T. Ajax 38 26.81
Michael D. Rohrbach 37 27.08
Richard Holland 37 30.21

200 YARD BUTTERFLY

Stephen E. Washburn 37 3:42.52
200 YARD INDIVIDUAL MEDLEY
Jan B. Meyer 36 2:13.84
Younger T. Ajax 38 2:18.38
Michael D. Rohrbach 37 2:29.59
Glenn A. Gruber 35 2:29.60
Richard Holland 37 2:39.92
Stephen E. Washburn 37 3:10.95

WOMEN 40-44

Peter Ronay 41 24.60
Lawrence Nordell 43 25.73
Tim Weisberg 41 27.23
Toby Mussman 43 28.21
Gary McDowell 41 34.23

100 YARD FREESTYLE

Peter Ronay 41 57.41
Lawrence Nordell 43 58.03
Toby Mussman 43 1:04.93
Arthur Hale 42 1:09.97
Gary McDowell 41 1:17.29

50 YARD BACKSTROKE

Tim Weisberg 41 33.02
Arthur Hale 42 35.83
Gary McDowell 41 46.30

200 YARD BACKSTROKE

Tim Weisberg 41 2:50.43
Gary McDowell 41 3:17.17
100 YARD BREASTSTROKE
Arthur Hale 42 1:35.34
Toby Mussman 43 1:36.40

50 YARD BUTTERFLY

Lawrence Nordell 43 26.79
Peter Ronay 41 29.24
Bob F. Anderson 41 29.89
Tim Weisberg 41 31.33
Arthur Hale 42 33.39
Toby Mussman 43 33.83

200 YARD BUTTERFLY

Lawrence Nordell 43 2:22.46
Peter Ronay 41 2:41.48
Toby Mussman 43 3:15.06
200 YARD INDIVIDUAL MEDLEY
Peter Ronay 41 2:33.99
Bob F. Anderson 41 2:42.64

WOMEN 45-49

50 YARD FREESTYLE

Peter R. Taft 48 25.34
Edgar H. Frank 48 29.00
Lee R. Streit 48 32.38

100 YARD FREESTYLE

Peter R. Taft 48 55.10
Lee R. Streit 48 1:13.33
50 YARD BACKSTROKE
Edgar H. Frank 48 37.69
100 YARD BREASTSTROKE
Edgar H. Frank 48 1:16.00
Robert T. Rubin 48 1:28.21

50 YARD BUTTERFLY

Peter R. Taft 48 28.84
Edgar H. Frank 48 35.74
200 YARD INDIVIDUAL MEDLEY
Edgar H. Frank 48 2:46.49

WOMEN 50-54

50 YARD FREESTYLE

Bill Hebert 53 28.43
Sean Kelly 51 33.16
100 YARD FREESTYLE
Bill Hebert 53 1:06.28
Sean Kelly 51 1:21.05

200 YARD BACKSTROKE

Art Welch 52 2:56.70
100 YARD BREASTSTROKE
Bill Hebert 53 1:28.21
50 YARD BUTTERFLY
Art Welch 52 31.79
Bill Hebert 53 32.53

200 YARD BUTTERFLY

Art Welch 52 2:54.20
200 YARD INDIVIDUAL MEDLEY
Art Welch 52 2:48.68
Bill Hebert 53 2:52.61

WOMEN 55-59

50 YARD FREESTYLE

C. Frederick Schmidt 58 31.32
100 YARD FREESTYLE
C. Frederick Schmidt 58 1:15.26
50 YARD BACKSTROKE
C. Frederick Schmidt 58 45.34
100 YARD BREASTSTROKE
C. Frederick Schmidt 58 1:30.65
200 YARD INDIVIDUAL MEDLEY
C. Frederick Schmidt 58 3:24.73

WOMEN 60-64

50 YARD FREESTYLE

Bob Merrick 64 28.95
George Brinton 60 35.75
100 YARD FREESTYLE
Bob Merrick 64 1:04.46
50 YARD BACKSTROKE
Bob Merrick 64 35.67
George Brinton 60 45.24

200 YARD BACKSTROKE

George Brinton 60 4:18.29
50 YARD BUTTERFLY
Bob Merrick 64 34.13
Myron Newman 63 48.84

WOMEN 65-69

50 YARD FREESTYLE

Norman Fitzgerald 68 31.96
Edwin S. Allen Jr. 64 33.34
Herman Becker 67 37.57
100 YARD FREESTYLE
Norman Fitzgerald 68 1:21.68
50 YARD BACKSTROKE
Brion Winship 66 39.28
Norman Fitzgerald 68 45.40
Edwin S. Allen Jr. 64 47.49
Herman Becker 67 49.32

200 YARD BACKSTROKE

Brion Winship 66 3:12.31
100 YARD BREASTSTROKE
Norman Fitzgerald 68 1:50.58
Edwin S. Allen Jr. 64 1:55.42
50 YARD BUTTERFLY
Norman Fitzgerald 68 50.47
200 YARD INDIVIDUAL MEDLEY
Ted Bourie 66 DISQ

MEN 70-74

<u>50 YARD FREESTYLE</u>	
Woody Bowersock 71	24.40
Reg Richardson 73	32.06
<u>100 YARD FREESTYLE</u>	
Woody Bowersock 71	1:10.31
Bill Shott 74	1:14.46
Reg Richardson 73	1:14.86
<u>50 YARD BACKSTROKE</u>	
Reg Richardson 73	39.88
Woody Bowersock 71	41.62
<u>200 YARD BACKSTROKE</u>	
Reg Richardson 73	3:32.84
Ernie Hale 73	4:36.59
<u>100 YARD BREASTSTROKE</u>	
Bill Shott 74	1:32.08
Reg Richardson 73	1:34.99
Ernie Hale 73	1:52.39
<u>50 YARD BUTTERFLY</u>	
Bill Shott 74	36.99
Woody Bowersock 71	42.19
Ernie Hale 73	44.86
<u>200 YARD BUTTERFLY</u>	
Ernie Hale 73	5:34.79
<u>200 YARD INDIVIDUAL MEDLEY</u>	
Bill Shott 74	3:31.44
Ernie Hale 73	4:25.20

MEN 75-79

<u>50 YARD FREESTYLE</u>	
Sheldon White 79	44.74
<u>50 YARD BACKSTROKE</u>	
Sheldon White 79	57.53

* Denotes non SPMA swimmer

Programmed by Curt Mosso

SANTA BARBARA SPECIAL
Santa Barbara, CA 21 OCT. 1984

WOMEN 25-29

<u>50 YARD FREESTYLE</u>	
Tere Wachob 25	32.57
<u>50 YARD BACKSTROKE</u>	
Tere Wachob 25	40.27
<u>50 YARD BREASTSTROKE</u>	
Tere Wachob 25	40.51
Jeanette T. Coil 29	48.09
<u>50 YARD BUTTERFLY</u>	
Tere Wachob 25	35.61
Jeanette T. Coil 29	DISQ
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Tere Wachob 25	1:19.46
Jeanette T. Coil 29	1:38.10

WOMEN 30-34

<u>50 YARD FREESTYLE</u>	
Charlotte Gutierrez 31	29.27
Deborah R. Sides 31	33.28
Monica Fay 30	35.43
<u>50 YARD BACKSTROKE</u>	
Charlotte Gutierrez 31	36.69
Monica Fay 30	42.11
<u>50 YARD BREASTSTROKE</u>	
Charlotte Gutierrez 31	36.61
Deborah R. Sides 31	43.97
Monica Fay 30	DISQ
<u>50 YARD BUTTERFLY</u>	
Charlotte Gutierrez 31	32.14
Deborah R. Sides 31	36.25
Monica Fay 30	42.82
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Charlotte Gutierrez 31	1:23.70
Deborah R. Sides 31	1:26.90
Monica Fay 30	1:29.37

WOMEN 35-39

<u>50 YARD FREESTYLE</u>	
Sandy Young 37	36.30
<u>50 YARD BACKSTROKE</u>	
Sandy Young 37	51.28
<u>50 YARD BREASTSTROKE</u>	
Sandy Young 37	48.03
<u>50 YARD BUTTERFLY</u>	
Sandy Young 37	40.50
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Sandy Young 37	1:38.74

WOMEN 40-44

<u>50 YARD FREESTYLE</u>	
Jan Klein 41	40.46
Barbara Stephenson 42	1:09.09
<u>50 YARD BACKSTROKE</u>	
Jan Klein 41	53.40
Barbara Stephenson 42	1:27.84
<u>50 YARD BREASTSTROKE</u>	
Jan Klein 41	53.72
Barbara Stephenson 42	1:13.82
<u>50 YARD BUTTERFLY</u>	
Jan Klein 41	54.35
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Jan Klein 41	1:46.64

WOMEN 45-49

<u>50 YARD FREESTYLE</u>	
Marjorie C. Emerson 46	44.80
<u>200 YARD FREESTYLE</u>	
Marjorie C. Emerson 46	3:56.30

50 YARD BACKSTROKE

Marjorie C. Emerson 46	56.41
<u>50 YARD BREASTSTROKE</u>	
Marjorie C. Emerson 46	56.32

WOMEN 55-59

<u>50 YARD FREESTYLE</u>	
Henderika Bryant 57	37.83
<u>50 YARD BREASTSTROKE</u>	
Henderika Bryant 57	47.23
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Henderika Bryant 57	DISQ

WOMEN 60-64

<u>50 YARD FREESTYLE</u>	
Shirley Erickson 61	35.64
Ruth H. Baar 61	37.84
Grace Altus 60	39.86
<u>200 YARD FREESTYLE</u>	
Shirley Erickson 61	2:55.81
Grace Altus 60	3:05.59
Ruth H. Baar 61	3:07.95
<u>50 YARD BACKSTROKE</u>	
Shirley Erickson 61	44.29
Ruth H. Baar 61	48.17
Grace Altus 60	56.78
<u>50 YARD BREASTSTROKE</u>	
Shirley Erickson 61	46.34
Grace Altus 60	55.52

50 YARD BUTTERFLY

Shirley Erickson 61	39.23
Grace Altus 60	47.91
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Shirley Erickson 61	1:31.03
Grace Altus 60	1:44.69

WOMEN 65-69

<u>50 YARD FREESTYLE</u>	
Ruth Ridenour 69	57.47
<u>50 YARD BACKSTROKE</u>	
Ruth Ridenour 69	1:12.88
<u>50 YARD BREASTSTROKE</u>	
Ruth Ridenour 69	1:06.11
<u>50 YARD BUTTERFLY</u>	
Ruth Ridenour 69	1:14.49
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Ruth Ridenour 69	2:25.48

MEN 30-34

<u>50 YARD FREESTYLE</u>	
Don Curtis 31	26.44
Stephen Kotsenburg 33	30.41
<u>200 YARD FREESTYLE</u>	
Stephen Kotsenburg 33	2:39.86
<u>50 YARD BACKSTROKE</u>	
Don Curtis 31	37.17
<u>50 YARD BREASTSTROKE</u>	
Don Curtis 31	35.30
Stephen Kotsenburg 33	41.31
<u>50 YARD BUTTERFLY</u>	
Don Curtis 31	31.30
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Don Curtis 31	1:16.96

MEN 40-44

<u>50 YARD FREESTYLE</u>	
Dennis W. Holst 43	32.85
Jim Hockin 41	35.51
<u>200 YARD FREESTYLE</u>	
Bill H. Hamilton 42	3:18.65
<u>50 YARD BACKSTROKE</u>	
Dennis W. Holst 43	37.23
Jim Hockin 41	49.29
<u>50 YARD BREASTSTROKE</u>	
Dennis W. Holst 43	40.09
Jim Hockin 41	48.21
Bill H. Hamilton 42	48.35
<u>50 YARD BUTTERFLY</u>	
Dennis W. Holst 43	34.15
Jim Hockin 41	39.55
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Dennis W. Holst 43	1:19.01
Jim Hockin 41	1:34.07
Bill H. Hamilton 42	1:35.40

MEN 50-54

<u>50 YARD FREESTYLE</u>	
Edward L. Farrell 52	30.28
<u>50 YARD BREASTSTROKE</u>	
Edward L. Farrell 52	38.22
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Edward L. Farrell 52	1:22.51

MEN 55-59

<u>50 YARD FREESTYLE</u>	
Frank Pienne 59	27.20
<u>50 YARD BACKSTROKE</u>	
Frank Pienne 59	38.02
<u>50 YARD BREASTSTROKE</u>	
Frank Pienne 59	36.20
<u>50 YARD BUTTERFLY</u>	
Frank Pienne 59	29.89
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Frank Pienne 59	1:13.28

MEN 70-74

<u>50 YARD BACKSTROKE</u>	
Kurt Mylord 70	DISQ

* Denotes non SPMA swimmer

Programmed by Curt Mosso

SADDELEBACK MASTERS MEET
EL TORO, CA 14 OCT. 1984

WOMEN 25-29

<u>50 YARD FREESTYLE</u>	
Konni Selsor 27	31.86
Mary G. Barsaleau 26	35.17
Holly J. Powers 25	41.44
<u>200 YARD FREESTYLE</u>	
Bonnie Alice Sherar 27	2:16.15
Stacy J. Henderson 26	2:31.60
Mary G. Barsaleau 26	3:03.77
Lynne McGinnis 28*	3:12.97

500 YARD FREESTYLE

Bonnie Alice Sherar 27	5:57.66
Lori P. Belshe 29	7:16.27
Koani Selsor 27	7:41.55
Mary G. Barsaleau 26	8:10.84
Lynne McGinnis 28*	8:13.70

100 YARD BACKSTROKE

Stacy J. Henderson 26	1:15.52
Holly J. Powers 25	1:59.98
<u>50 YARD BREASTSTROKE</u>	
Lori P. Belshe 29	40.24
Mary G. Barsaleau 26	44.74
Holly J. Powers 25	49.50
Lynne McGinnis 28*	50.37
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Bonnie Alice Sherar 27	1:15.30
Lynne McGinnis 28*	1:49.75
Lori P. Belshe 29	DISQ

WOMEN 30-34

<u>50 YARD FREESTYLE</u>	
Marta Zaharson 31	31.09
Linda J. Chan 34	32.31
<u>200 YARD FREESTYLE</u>	
Linda J. Chan 34	2:51.03
<u>100 YARD BACKSTROKE</u>	
Marta Zaharson 31	1:31.59

50 YARD BREASTSTROKE

Linda J. Chan 34	46.60
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Marta Zaharson 31	1:20.04
Linda J. Chan 34	1:29.42
Debbie J. Jones 32	1:30.63

WOMEN 35-39

<u>50 YARD FREESTYLE</u>	
Sherilyn L. Ross 35	31.58
Lois Goodman 37	35.57
<u>200 YARD FREESTYLE</u>	
Barbara Dunbar 35*	2:16.15
Sherilyn L. Ross 35	2:38.48
Lois Goodman 37	3:05.95
<u>500 YARD FREESTYLE</u>	
Lois Goodman 37	8:05.09

100 YARD BACKSTROKE

Katherine Watson 36	1:27.14
Lois Goodman 37	1:45.03
<u>50 YARD BREASTSTROKE</u>	
Sherilyn L. Ross 35	41.99
Kathy A. Kantor 38	43.88
Katherine Watson 36	50.92

200 YARD BREASTSTROKE

Sherilyn L. Ross 35	3:12.70
Kathy A. Kantor 38	3:39.61
Katherine Watson 36	3:49.14
<u>100 YARD BUTTERFLY</u>	
Katherine Watson 36	1:47.55
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Sherilyn L. Ross 35	1:23.27
Kathy A. Kantor 38	1:33.53
Katherine Watson 36	1:35.92
Lois Goodman 37	1:42.84

WOMEN 40-44

<u>200 YARD FREESTYLE</u>	
Janet E. Royer 43	2:24.55
Bonnie Brady 43	3:01.52
<u>500 YARD FREESTYLE</u>	
Janet E. Royer 43	6:35.03
<u>100 YARD BACKSTROKE</u>	
Bonnie Brady 43	1:36.47
<u>50 YARD BREASTSTROKE</u>	
Bonnie Brady 43	43.83
<u>200 YARD BREASTSTROKE</u>	
Bonnie Brady 43	4:05.59
<u>100 YARD BUTTERFLY</u>	
Janet E. Royer 43	1:18.50
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Bonnie Brady 43	1:35.09

WOMEN 45-49

<u>50 YARD FREESTYLE</u>	
Jeanne Little 47	33.18
<u>200 YARD FREESTYLE</u>	
Jeanne Little 47	4:03.72
<u>500 YARD FREESTYLE</u>	
Jeanne Little 47	8:29.63

WOMEN 50-54

<u>50 YARD FREESTYLE</u>	
Jacqueline Dunlop 53	33.53
<u>50 YARD BACKSTROKE</u>	
Jacqueline Dunlop 53	41.91
<u>200 YARD FREESTYLE</u>	
Jacqueline Dunlop 53	3:25.57

100 YARD INDIVIDUAL MEDLEY
Jacqueline Dunlop 53 1:29.59

WOMEN 55-59

<u>50 YARD FREESTYLE</u>	
Janet Wolver 55	38.10
Kathy Dixon 57	42.49
<u>200 YARD FREESTYLE</u>	
Janet Wolver 55	3:01.91
<u>50 YARD BREASTSTROKE</u>	
Anne B. Adams 56	43.83
Janet Wolver 55	46.48
Kathy Dixon 57	49.66
<u>200 YARD BREASTSTROKE</u>	
Anne B. Adams 56	3:22.44
Janet Wolver 55	3:44.43
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Anne B. Adams 56	1:20.77
Janet Wolver 55	1:35.88
Kathy Dixon 57	1:48.88

WOMEN 70-74

<u>200 YARD FREESTYLE</u>	
Maxine Merlino 72	3:17.17
<u>500 YARD FREESTYLE</u>	
Maxine Merlino 72	8:41.08
<u>100 YARD BUTTERFLY</u>	
Maxine Merlino 72	1:57.84

WOMEN 75-79

<u>50 YARD FREESTYLE</u>	
Katherine Pelton 79	59.78
<u>50 YARD BREASTSTROKE</u>	
Katherine Pelton 79	1:10.92
<u>200 YARD BREASTSTROKE</u>	
Katherine Pelton 79	5:21.18
<u>100 YARD BUTTERFLY</u>	
Katherine Pelton 79	2:26.23
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Katherine Pelton 79	2:28.15

MEN 25-29

<u>50 YARD FREESTYLE</u>	
Dennis Skupinski 28	25.74
Keith C. Dodson 25	25.97
<u>200 YARD FREESTYLE</u>	
Edward Rademacher 27	26.65
<u>200 YARD BREASTSTROKE</u>	
Patrick W. Herrera 25	1:55.02
Brian Cohn 26	2:09.23
<u>500 YARD FREESTYLE</u>	
Brian Cohn 26	5:44.97
<u>100 YARD BACKSTROKE</u>	
Patrick W. Herrera 25	59.53
Keith C. Dodson 25	1:07.08
Brian Cohn 26	1:11.69
Edward Rademacher 27	1:15.08
<u>50 YARD BREASTSTROKE</u>	
Edward Rademacher 27	34.05
Brian Cohn 26	36.17
<u>100 YARD BUTTERFLY</u>	
Dennis Skupinski 28	1:01.08
Edward Rademacher 27	1:02.98
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Patrick W. Herrera 25	58.58
Edward Rademacher 27	1:06.47
Brian Cohn 26	1:08.71

MEN 30-34

<u>50 YARD FREESTYLE</u>	
Steve W. Erskine 34	25.47
Barry Douglas 31	25.83
Charlie T. Warren 31	26.48
Thomas Shuck 31	28.42
Tim L. Algier 31	29.05
<u>200 YARD FREESTYLE</u>	
Barry Douglas 31	2:11.54
Steve W. Erskine 34	2:14.60
Thomas Shuck 31	2:24.39
Tim L. Algier 31	2:30.35
<u>500 YARD FREESTYLE</u>	
Thomas Shuck 31	6:45.31
<u>100 YARD BACKSTROKE</u>	
Charlie T. Warren 31	1:08.17
Tim L. Algier 31	1:16.69
Charles R. Whitney 32	1:35.40
<u>50 YARD BREASTSTROKE</u>	
Paul G. Soto 31	31.12
Patrick Dwyer 33	31.18
Daniel E. Jensen 31	32.51
Barry Douglas 31	36.99
Charlie T. Warren 31	38.00
<u>200 YARD BREASTSTROKE</u>	
Daniel E. Jensen 31	2:34.75
<u>100 YARD BUTTERFLY</u>	
Barry Douglas 31	1:14.30
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Patrick Dwyer 33	1:01.44
Daniel E. Jensen 31	1:09.13
Charlie T. Warren 31	1:09.81
Steve W. Erskine 34	1:10.45
Tim L. Algier 31	1:15.05
Thomas Shuck 31	1:15.30

MEN 35-39

<u>50 YARD FREESTYLE</u>	
Ken Ziskin 36	24.89
Michael D. Rohrbach 37	25.93
Ken Zittner 35	27.92

Richard Michaels 19 24.45
M.J. Huszcz 37 33.90
200 YARD FREESTYLE
Richard Michaels 39 2:14.16
Allen K. Murray 39 2:14.24
James A. Frampton 37 2:21.80
M.J. Huszcz 37 2:49.85
Stephen E. Washburn 37 2:49.97
500 YARD FREESTYLE
Richard Michaels 39 6:01.17
James A. Frampton 37 6:39.17
100 YARD BACKSTROKE
Richard Michaels 39 1:28.67
Stephen E. Washburn 37 1:38.27
50 YARD BREASTSTROKE
Ken Ziskin 36 32.02
Wayne A. Smith 36 33.51
Allen K. Murray 39 33.82
James A. Frampton 37 34.51
M.J. Huszcz 37 41.52
200 YARD BREASTSTROKE
Allen K. Murray 39 2:36.81
100 YARD BUTTERFLY
Michael D. Rohrback 37 1:01.86
Stephen E. Washburn 37 1:22.84
100 YARD INDIVIDUAL MEDLEY
Michael D. Rohrback 37 1:05.46
Allen K. Murray 39 1:09.53
Ken Zittner 35 1:09.91
James A. Frampton 37 1:10.96
Richard Michaels 39 1:16.00
Stephen E. Washburn 37 1:17.26
M.J. Huszcz 37 1:34.11
MEN 40-44
50 YARD FREESTYLE
Tim Weisberg 41 27.24
Gary McDowell 41 33.12
200 YARD FREESTYLE
Tim Weisberg 41 2:32.23
Gary McDowell 41 2:45.94
500 YARD FREESTYLE
Tim Weisberg 41 7:07.25
100 YARD BACKSTROKE
Tim Weisberg 41 1:18.71
Arthur Hale 42 1:28.38
Gary McDowell 41 1:35.12
50 YARD BREASTSTROKE
Arthur Hale 42 38.07
100 YARD BUTTERFLY
Arthur Hale 42 1:36.26
100 YARD INDIVIDUAL MEDLEY
Horst P. Weiler 43 1:12.65
Arthur Hale 42 1:16.83
MEN 45-49
50 YARD FREESTYLE
Peter Fogarassy 45 27.72
Edgar H. Frank 48 30.55
Lee R. Streit 48 31.44
Charles S. Niederman 49 37.95
200 YARD FREESTYLE
Edgar H. Frank 48 2:38.47
Lee R. Streit 48 2:45.53
C S. Niederman 49 2:55.05
500 YARD FREESTYLE
Lee R. Streit 48 7:58.20
C S. Niederman 49 8:33.67
50 YARD BREASTSTROKE
Peter Fogarassy 45 32.31
Edgar H. Frank 48 35.46
Charles S. Niederman 49 45.71
200 YARD BREASTSTROKE
Peter Fogarassy 45 2:44.63
Edgar H. Frank 48 2:54.91
C S. Niederman 49 3:38.78
100 YARD INDIVIDUAL MEDLEY
Peter Fogarassy 45 1:08.22
Edgar H. Frank 48 1:15.18
MEN 50-54
50 YARD FREESTYLE
Steven Schofield 52 28.44
Bill Hebert 53 29.27
Phil Bortells 53 35.12
200 YARD FREESTYLE
Buddy G. Belshe 50 2:22.88
Art Welch 52 2:23.25
Bill Hebert 53 2:26.67
500 YARD FREESTYLE
Buddy G. Belshe 50 6:19.30
Art Welch 52 6:32.80
100 YARD BACKSTROKE
Orvel Larsen 51 1:17.49
Art Welch 52 1:23.02
50 YARD BREASTSTROKE
Orvel Larsen 51 37.13
Steven Schofield 52 38.53
Bill Hebert 53 39.92
200 YARD BREASTSTROKE
Steven Schofield 52 3:15.11
100 YARD BUTTERFLY
Art Welch 52 1:14.73
Bill Hebert 53 1:22.31

100 YARD INDIVIDUAL MEDLEY
Orvel Larsen 51 1:12.53
Buddy G. Belshe 50 1:12.99
Bill Hebert 53 1:15.71
Art Welch 52 1:15.79
Steven Schofield 52 1:15.94
MEN 55-59
200 YARD FREESTYLE
C Frederick Schmidt 58 2:44.43
500 YARD FREESTYLE
C Frederick Schmidt 58 6:59.78
50 YARD BREASTSTROKE
C. Frederick Schmidt 58 39.37
200 YARD BREASTSTROKE
C Frederick Schmidt 58 3:21.09
100 YARD INDIVIDUAL MEDLEY
C Frederick Schmidt 58 1:25.38
MEN 60-64
50 YARD FREESTYLE
Bob Merrick 64 29.54
500 YARD FREESTYLE
Bob Merrick 64 6:56.38
100 YARD BACKSTROKE
Bob Merrick 64 1:25.72
50 YARD BREASTSTROKE
Bob Merrick 64 37.99
100 YARD INDIVIDUAL MEDLEY
Bob Merrick 64 1:15.47
MEN 65-69
50 YARD FREESTYLE
Norman Fitzgerald 68 32.02
Edwin S. Allen Jr. 69 34.11
Max Luna 69 42.50
500 YARD FREESTYLE
Don Rankin 68 14:54.55
100 YARD BACKSTROKE
Cliff Croome 67* 1:37.49
Norman Fitzgerald 68 1:51.87
Edwin S. Allen Jr. 69 1:53.63
Max Luna 69 2:20.67
50 YARD BREASTSTROKE
Edwin S. Allen Jr. 69 50.43
100 YARD INDIVIDUAL MEDLEY
Norman Fitzgerald 68 1:33.88
Max Luna 69 2:24.04
MEN 70-74
50 YARD FREESTYLE
Woody Bowersock 71 30.13
Reg Richardson 73 32.36
Paul Seidel 70 41.06
200 YARD FREESTYLE
Woody Bowersock 71 2:44.72
Reg Richardson 73 2:48.56
500 YARD FREESTYLE
Woody Bowersock 71 7:57.47
Bill Shott 74 8:28.38
50 YARD BREASTSTROKE
Bill Shott 74 39.80
Reg Richardson 73 40.91
Paul Seidel 70 DTSQ
100 YARD BUTTERFLY
Bill Shott 74 1:39.95
Woody Bowersock 71 1:52.31
100 YARD INDIVIDUAL MEDLEY
Bill Shott 74 1:25.82
Reg Richardson 73 1:27.45
* Denotes non SPMA swimmer
Programmed by Curt Nosso
GREAT PUMPKIN SWIM MEET
RIVERSIDE, CA 27 OCT. 1984
WOMEN 25-29
50 YARD FREESTYLE
Jan Jones 26 31.61
Mary G. Barsaleau 26 34.14
Rosemary T. Flynn 25 35.20
Lynne McGinnis 28* 39.91
100 YARD FREESTYLE
Kimberly B. Worthen 29 56.62
Jan Jones 26 1:12.27
Rosemary T. Flynn 25 1:16.73
1650 YARD FREESTYLE
K B. Worthen 28 18:33.36
Lynne McGinnis 28* 27:16.34
50 YARD BACKSTROKE
Stacy J. Henderson 26 35.28
Mary G. Barsaleau 26 51.92
200 YARD BACKSTROKE
Stacy J. Henderson 26 2:49.49
100 YARD BREASTSTROKE
Mary G. Barsaleau 26 1:43.73
Lynne McGinnis 28* 1:48.44
50 YARD BUTTERFLY
Kimberly B. Worthen 28 28.94
Stacy J. Henderson 26 34.51
Rosemary T. Flynn 25 42.67
200 YARD BUTTERFLY
Kimberly B. Worthen 29 2:22.55
200 YARD INDIVIDUAL MEDLEY
Kimberly B. Worthen 29 2:23.39
Lynne McGinnis 28* 3:48.06

WOMEN 30-34
1650 YARD FREESTYLE
Alison A. Esses 30 22:35.88
100 YARD BREASTSTROKE
Bette R. High 30 1:24.89
200 YARD INDIVIDUAL MEDLEY
Bette R. High 30 3:00.26
WOMEN 35-39
50 YARD FREESTYLE
Linda J. Tepe 37 31.31
Karen L. Buechler 37 32.60
Lois Goodman 37 36.84
100 YARD FREESTYLE
Karen L. Buechler 37 1:14.34
Lois Goodman 37 1:24.11
1650 YARD FREESTYLE
Lois Goodman 37 28:12.20
50 YARD BACKSTROKE
Linda J. Tepe 37 38.26
Katherine Watson 36 41.81
Lois Goodman 37 47.75
200 YARD BACKSTROKE
Katherine Watson 36 3:03.51
Linda J. Tepe 37 3:04.50
100 YARD BREASTSTROKE
Linda J. Tepe 37 1:29.77
Katherine Watson 36 1:48.44
Lois Goodman 37 1:54.70
50 YARD BUTTERFLY
Linda J. Tepe 37 36.42
Karen L. Buechler 37 38.72
Katherine Watson 36 50.77
200 YARD BUTTERFLY
Katherine Watson 36 3:38.00
WOMEN 40-44
1650 YARD FREESTYLE
Janet E. Royer 43 23:15.47
200 YARD BACKSTROKE
Janet E. Royer 43 3:19.55
100 YARD BREASTSTROKE
Janet E. Royer 43 1:43.48
50 YARD BUTTERFLY
Janet E. Royer 43 36.01
200 YARD INDIVIDUAL MEDLEY
Janet E. Royer 43 3:01.44
Mary M. Martin 40 3:07.42
WOMEN 45-49
50 YARD FREESTYLE
Sylvia J. Glenn 46 35.39
Nancy L. Kennedy 47 43.19
100 YARD FREESTYLE
Sylvia J. Glenn 46 1:18.77
1650 YARD FREESTYLE
Sylvia J. Glenn 46 26:35.25
50 YARD BACKSTROKE
Sylvia J. Glenn 46 47.31
Nancy L. Kennedy 47 51.89
100 YARD BREASTSTROKE
Nancy L. Kennedy 47 1:49.45
50 YARD BUTTERFLY
Nancy L. Kennedy 47 48.67
WOMEN 55-59
50 YARD FREESTYLE
Helga L. Palmer 55 32.83
Kathy Dixon 57 40.36
100 YARD FREESTYLE
Helga L. Palmer 55 1:15.83
Janet Wolver 55 1:22.61
50 YARD BACKSTROKE
Kathy Dixon 57 50.47
200 YARD BACKSTROKE
Janet Wolver 55 3:49.94
100 YARD BREASTSTROKE
Kathy Dixon 57 1:48.22
50 YARD BUTTERFLY
Janet Wolver 55 48.04
200 YARD INDIVIDUAL MEDLEY
Janet Wolver 55 3:33.36
MEN 25-29
50 YARD FREESTYLE
Patrick W. Herrera 25 23.73
David Van Mowwerik 27* 27.26
Bob Cudney 25* 27.51
Chris Georges 26 27.72
100 YARD FREESTYLE
David Van Mowwerik 27* 58.53
Bob Cudney 25* 1:06.50
1650 YARD FREESTYLE
Patrick W. Herrera 25 18:09.19
Brian K. O'Connor 28 21:41.81
50 YARD BACKSTROKE
Patrick W. Herrera 25 27.22
100 YARD BREASTSTROKE
David Van Mowwerik 27* 1:18.45
Chris Georges 26 1:19.64
50 YARD BUTTERFLY
Patrick W. Herrera 25 26.51
David Van Mowwerik 27* 32.20
MEN 30-34
50 YARD FREESTYLE
Steve W. Brskine 34 25.29
Barry Douglas 31 25.44
Thomas Shuck 31 28.40

100 YARD FREESTYLE
Barry Douglas 37 56.73
Thomas Shuck 31 1:03.20
1650 YARD FREESTYLE
Thomas Shuck 31 23:04.62
100 YARD BREASTSTROKE
Dennis S. Kuewa 33 1:13.33
Barry Douglas 31 1:21.44
50 YARD BUTTERFLY
Barry Douglas 31 30.06
200 YARD INDIVIDUAL MEDLEY
Steve W. Brskine 34 2:37.78
MEN 35-39
50 YARD FREESTYLE
Michael D. Rohrback 37 26.50
Melvin Walker 38 26.58
James A. Frampton 37 28.77
Robert C. Hawley 38 35.80
100 YARD FREESTYLE
James A. Frampton 37 1:02.84
Robert C. Hawley 38 1:35.97
1650 YARD FREESTYLE
S E. Washburn 37 26:57.48
50 YARD BACKSTROKE
Michael D. Rohrback 37 32.84
James A. Frampton 37 36.25
200 YARD BACKSTROKE
Stephen E. Washburn 37 3:21.28
100 YARD BREASTSTROKE
Michael Stefanko 36 1:12.19
Wayne A. Smith 36 1:15.33
James A. Frampton 37 1:16.53
Melvin Walker 38 1:19.75
Stephen E. Washburn 37 1:27.33
50 YARD BUTTERFLY
Michael D. Rohrback 37 27.47
Michael Stefanko 36 29.43
Melvin Walker 38 30.01
Stephen E. Washburn 37 30.15
200 YARD INDIVIDUAL MEDLEY
Michael D. Rohrback 37 2:27.61
Michael Stefanko 36 2:38.77
Stephen E. Washburn 37 3:05.34
MEN 40-44
50 YARD FREESTYLE
Stephen Swenerton 41 27.84
Tim Weisberg 41 28.12
Jim Stewart 42 28.22
Donald P. Greywood 44 30.31
Gary McDowell 41 33.36
100 YARD FREESTYLE
Tim Weisberg 41 1:05.13
Jim Stewart 42 1:05.37
Donald P. Greywood 44 1:10.80
Gary McDowell 41 1:14.97
1650 YARD FREESTYLE
Jim C. McMurry 42 23:03.78
Gary McDowell 41 24:34.46
Donald P. Greywood 44 25:02.99
Jack Miyagawa 44 25:45.50
50 YARD BACKSTROKE
Tim Weisberg 41 33.95
Jim Stewart 42 33.33
Stephen Swenerton 41 42.81
Gary McDowell 41 44.03
200 YARD BACKSTROKE
Tim Weisberg 41 2:52.47
Jack Miyagawa 44 3:32.17
100 YARD BREASTSTROKE
Stephen Swenerton 41 1:30.22
Jack Miyagawa 44 1:32.56
50 YARD BUTTERFLY
Stephen Swenerton 41 36.14
Jim Stewart 42 37.72
200 YARD INDIVIDUAL MEDLEY
Jack Miyagawa 44 3:02.23
MEN 50-54
50 YARD FREESTYLE
Neal R. Palmer 54 27.44
Steven Schofield 52 28.26
Orvel Larsen 51 28.56
Bill Hebert 53 29.38
Phil Bortells 54 34.72
Silas H. Burnham 50 43.34
100 YARD FREESTYLE
Neal R. Palmer 54 1:01.70
Bill Hebert 53 1:03.81
Phil Bortells 54 1:20.56
Silas H. Burnham 50 1:34.92
1650 YARD FREESTYLE
Art Welch 52 22:07.66
Steven Schofield 52 23:31.92
50 YARD BACKSTROKE
Neal R. Palmer 54 32.20
Orvel Larsen 51 32.55
Steven Schofield 52 40.95
200 YARD BACKSTROKE
Art Welch 52 2:55.58
100 YARD BREASTSTROKE
Bill Hebert 53 1:27.69
Silas H. Burnham 50 1:49.53
Martin Welling 54 1:50.92

<u>50 YARD BUTTERFLY</u>		Elizabeth Shanklin 27	1:37.24	<u>100 yd. Free</u>	Karen Kilsch 43	1:15.03	<u>WOMEN 70-74</u>
Orvel Larsen 51	30.33	Marie Cattie 27	1:41.42	<u>Karen Kilsch 43</u>	2:00 yd. Free	Elsa Mattila 74	1:54.20
Steven Schofield 52	30.40	<u>100 yd. Back</u>		Karen Kilsch 43	2:49.04	<u>200 yd. Back</u>	
Art Welch 52	32.34	Elizabeth Shanklin 27	1:21.63	Sandra Mills 41	3:28.38	Elsa Mattila 74	4:17.29
Bill Hebert 53	32.59	<u>200 yd. Back</u>		<u>50 yd. Back</u>		<u>200 yd. Fly</u>	
<u>200 YARD BUTTERFLY</u>		Elizabeth Shanklin 27	2:52.23	Carol Chidester 40	1:33.35	Elsa Mattila 74	5:15.46
Art Welch 52	2:49.64	Marie Cattie 27	3:10.48	Ann Rotelli 44	1:47.56	<u>200 yd. IM</u>	
<u>200 YARD INDIVIDUAL MEDLEY</u>		Lisa Tubergen 28	1:33.41	Carole Kimble 41	1:19.38	Elsa Mattila 74	4:31.45
Art Welch 52	2:47.77	Joan Fellon 27	1:35.20	<u>100 yd. Back</u>		<u>WOMEN 75-79</u>	
Bill Hebert 53	2:51.86	Betty Myers 26	1:37.33	Carol Chidester 40	1:10.69	Rita Shephard 75	2:18.57
<u>MEN 55-59</u>		Cindy Collins 28	1:37.66	<u>200 yd. Back</u>		<u>100 yd. Back</u>	
<u>50 YARD FREESTYLE</u>		Karen Goodrowe 26	1:38.85	Carol Chidester 40	2:31.31	<u>200 yd. Back</u>	5:03.38
John W. Best Jr. 55	28.40	<u>100 yd. Breast</u>		<u>50 yd. Breast</u>		<u>50 yd. Fly</u>	1:19.90
<u>100 YARD FREESTYLE</u>		Lisa Tubergen 28	1:13.68	Anita Sciacca 41	1:42.70	<u>100 yd. IM</u>	2:30.77
John W. Best Jr. 55	1:07.23	<u>200 yd. Breast</u>		Martha Whitebsky 42	1:42.98	<u>MEN 25-29</u>	
<u>1650 YARD FREESTYLE</u>		Lisa Tubergen 28	2:46.05	Ann Rotelli 44	1:46.90	<u>50 yd. Free</u>	
John W. Best Jr. 55	27:46.80	<u>50 yd. Fly</u>		Sandra Mills 41	1:55.19	Kevin Kirchner 29	1:23.67
<u>MEN 60-64</u>		Lisa Tubergen 28	1:29.75	<u>100 yd. Breast</u>		Kenneth Sullivan 25	1:25.36
<u>50 YARD FREESTYLE</u>		Joan Fellon 27	1:30.38	Carol Chidester 40	1:21.93	Jerre Coleman 29	1:25.72
Bob Merrick 64	29.17	Betty Myers 26	1:30.80	Martha Whitebsky 42	1:34.15	Wayne Zimmerman 26	1:26.20
<u>1650 YARD FREESTYLE</u>		Joan Fellon 27	1:30.80	Anita Sciacca 41	1:36.58	<u>100 yd. Free</u>	
Bob Merrick 64	25:13.87	Anita Callahan 27	1:31.79	<u>200 yd. Breast</u>		Kevin Kirchner 29	1:52.98
<u>50 YARD BACKSTROKE</u>		Karen Goodrowe 26	1:35.27	Carol Chidester 40	2:55.89	Thom Graham 26	1:55.88
Bob Merrick 64	39.04	<u>100 yd. Fly</u>		Martha Whitebsky 42	3:14.14	Wayne Zimmerman 26	1:57.67
<u>200 YARD BACKSTROKE</u>		Anita Callahan 27	1:08.68	Anita Sciacca 41	3:37.08	<u>200 yd. Free</u>	
Bob Merrick 64	3:08.53	Cindy Collins 28	1:12.61	Karen Kilsch 43	1:38.94	Kevin Kirchner 29	2:00.32
<u>50 YARD BUTTERFLY</u>		Karen Goodrowe 26	1:24.09	<u>100 yd. IM</u>		Thom Graham 26	2:10.67
Bob Merrick 64	35.50	<u>200 yd. Fly</u>		Ann Rotelli 44	1:37.78	Jerre Coleman 29	2:17.85
<u>MEN 65-69</u>		Elaine Hochuli 29	2:24.49	Sandra Mills 41	2:00.88	<u>50 yd. Breast</u>	
<u>50 YARD FREESTYLE</u>		<u>100 yd. IM</u>		<u>100 yd. Breast</u>		Gerald Von Hoffmann 28	1:30.09
Andrew Holden 65*	27.92	Joan Fellon 27	1:08.04	Carol Chidester 40	1:21.93	Kenneth Sullivan 25	1:31.13
<u>100 YARD FREESTYLE</u>		Betty Myers 26	1:10.35	Martha Whitebsky 42	1:34.15	Robert Monshelmer 29	1:32.85
Andrew Holden 65*	1:02.00	Cindy Collins 28	1:11.81	Anita Sciacca 41	1:36.58	Jerre Coleman 29	1:34.45
<u>50 YARD BACKSTROKE</u>		Robin Hopkins 25	1:15.79	<u>WOMEN 45-49</u>		<u>100 yd. Breast</u>	
Brion Winship 66	39.11	Karen Goodrowe 26	1:19.56	Kay Brockwell 48	1:32.31	Gerald Von Hoffmann 28	1:06.08
<u>200 YARD BACKSTROKE</u>		<u>200 yd. IM</u>		<u>100 yd. Free</u>		Kenneth Sullivan 25	1:11.41
Brion Winship 66	3:15.20	Elaine Hochuli 29	2:27.12	Kay Brockwell 48	1:14.59	Robert Monshelmer 29	1:12.51
<u>100 YARD FREESTROKE</u>		Lisa Tubergen 28	2:30.64	<u>50 yd. Breast</u>		<u>200 yd. Breast</u>	
Andrew Holden 65*	1:28.69	Julie D'Ambrosia 29	2:44.51	Kay Brockwell 48	1:41.02	Kenneth Sullivan 25	2:40.06
<u>MEN 70-74</u>		Elizabeth Shanklin 27	2:48.44	<u>100 yd. Breast</u>		Gerald Von Hoffmann 28	1:25.99
<u>50 YARD FREESTYLE</u>		<u>WOMEN 30-34</u>		Kay Brockwell 48	1:34.55	Steven Machlin 29	1:28.64
Woody Bowersock 71	28.86	<u>50 yd. Free</u>		<u>200 yd. Breast</u>		<u>100 yd. Fly</u>	
Bill Shott 74	29.80	Joann Sevel 30	1:28.06	Kay Brockwell 48	1:34.55	Robert Monshelmer 29	1:04.07
Reg Richardson 73	32.22	Jane Kuhn 32	1:29.01	<u>100 yd. Breast</u>		<u>100 yd. IM</u>	
<u>100 YARD FREESTYLE</u>		Lynn Pacenta 32	1:30.94	Joann Lellich 45	2:48.63	Gerald Von Hoffmann 28	1:59.93
Woody Bowersock 71	1:09.72	Constance Meck 34	1:32.79	<u>100 yd. Fly</u>		Robert Monshelmer 29	1:05.06
Bill Shott 74	1:10.20	<u>100 yd. Free</u>		Joann Lellich 45	1:29.50	Steven Machlin 29	1:05.89
Reg Richardson 73	1:16.86	Lynn Pacenta 32	1:11.07	<u>200 yd. IM</u>		Kenneth Sullivan 25	1:07.78
<u>1650 YARD FREESTYLE</u>		Constance Meck 34	1:16.84	Joann Lellich 45	2:51.25	Jerre Coleman 29	1:08.13
Bill Shott 74	29:03.73	<u>200 yd. Free</u>		<u>WOMEN 50-54</u>		Thom Graham 26	2:29.52
<u>50 YARD BACKSTROKE</u>		Constance Meck 34	2:56.90	<u>50 yd. Free</u>		<u>50 yd. Free</u>	
Reg Richardson 73	42.25	<u>50 yd. Breast</u>		Betty Brey 52	1:31.36	Larry DeMille-Wagman 33	1:25.24
Bill Shott 74	44.16	Jane Kuhn 32	1:36.05	Betty Griffin 53	1:38.49	Paul Hartke 30	1:28.23
<u>200 YARD BACKSTROKE</u>		Mary Anderson 31	1:36.11	Stephanie Day 54	1:46.48	<u>100 yd. Free</u>	
Reg Richardson 73	3:13.78	Barbara Virag 30	1:40.30	Margery Jones 51	1:48.15	Bruce Mallette 31	1:52.19
Woody Bowersock 71	3:37.42	Lynn Pacenta 32	1:41.05	<u>100 yd. Free</u>		Paul Hartke 30	1:00.93
<u>100 YARD FREESTROKE</u>		Constance Meck 34	1:45.21	Betty Griffin 53	1:29.36	<u>200 yd. Free</u>	
Reg Richardson 73	1:39.70	<u>100 yd. Breast</u>		Betty Griffin 53	3:16.40	Dave Blum 31	2:18.47
<u>50 YARD BUTTERFLY</u>		Mary Anderson 31	1:19.42	<u>50 yd. Back</u>		Jim Miller 34	2:29.42
Bill Shott 74	40.51	<u>50 yd. Fly</u>		Margery Jones 51	1:55.22	<u>50 yd. Back</u>	
Woody Bowersock 71	43.33	Mary Anderson 31	1:31.81	Stephanie Day 54	1:56.49	Jack Katz 32	1:32.08
<u>MEN 75-79</u>		Joann Sevel 30	1:31.92	<u>100 yd. Breast</u>		Paul Hartke 30	1:34.68
<u>50 YARD FREESTYLE</u>		Barbara Virag 30	1:34.60	Stephanie Day 54	2:00.47	<u>100 yd. Back</u>	
Sheldon White 79	45.04	Lynn Pacenta 32	1:34.75	<u>100 yd. IM</u>		Ted Rabenko 30	1:06.94
<u>100 YARD FREESTYLE</u>		Constance Meck 34	1:40.26	Margery Jones 51	1:26.53	Jack Katz 32	1:10.39
Sheldon White 79	1:47.53	<u>100 yd. IM</u>		Stephanie Day 54	1:25.52	Paul Hartke 30	1:13.91
<u>* Denotes non SPNA swimmer</u>		Mary Anderson 31	1:12.90	<u>200 yd. Free</u>		<u>200 yd. Back</u>	
<u>Programmed by Curt Rosso</u>		Barbara Virag 30	1:18.77	Betty Brey 52	1:26.53	Ted Tabenko 30	2:26.31
		Lynn Pacenta 32	1:18.80	<u>WOMEN 60-64</u>		Dave Blum 31	2:45.15
		<u>WOMEN 35-39</u>		WOMEN 60-64		Paul Hartke 30	2:46.64
		<u>50 yd. Free</u>		<u>100 yd. Free</u>		<u>50 yd. Breast</u>	
		Jan Brand 39	1:28.04	Mimi Lee 64	3:07.69	Mark Walters 32	1:36.05
		Maureen Lindsey 37	1:38.18	<u>100 yd. Back</u>		Dave Blum 31	1:37.42
		Christine Malhoit 36	1:39.73	Mimi Lee 64	1:45.14	<u>100 yd. Breast</u>	
		Anne Swisher 37	1:41.39	<u>100 yd. Breast</u>		Dave Blum 31	1:20.75
		<u>100 yd. Free</u>		Mimi Lee 64	1:46.27	<u>200 yd. Breast</u>	
		Maureen Lindsey 37	1:30.60	<u>100 yd. IM</u>		Bruce Mallette 31	2:25.06
		Anne Swisher 37	1:33.62	Mimi Lee 64	3:40.31	Dave Blum 31	2:50.77
		<u>200 yd. Free</u>		<u>WOMEN 65-69</u>		<u>50 yd. Fly</u>	
		Anne Swisher 37	3:36.11	Helen Hummer 65	1:40.59	Mark Walters 32	1:28.50
		Christine Malhoit 36	3:42.54	Mary Lathram 69	1:47.30	Bob Jennings 31	1:29.22
		<u>50 yd. Back</u>		<u>100 yd. Free</u>		<u>100 yd. Fly</u>	
		Maureen Lindsey 37	1:50.50	Helen Hummer 65	1:30.65	Bruce Mallette 31	1:56.84
		<u>50 yd. Breast</u>		Mary Lathram 69	1:47.28	Mark Walters 32	1:05.05
		Melinda Cavis 35	1:48.05	<u>50 yd. Back</u>		Bob Jennings 31	1:08.28
		Maureen Lindsey 37	1:48.75	Mary Lathram 69	1:51.58	Jack Katz 32	1:07.02
		<u>100 yd. Breast</u>		Helen Hummer 65	1:54.49	Bob Jennings 31	1:11.13
		Nancy Pollsky 35	1:25.64	<u>100 yd. Back</u>		Mark Walters 32	1:11.25
		Melinda Cavis 35	1:42.32	Helen Hummer 65	1:58.31	Jim Miller 34	1:12.69
		<u>50 yd. Fly</u>		Mary Lathram 69	4:25.32	<u>200 yd. IM</u>	
		Jan Brand 39	1:31.42	<u>200 yd. Back</u>		Bruce Mallette 31	2:07.85
		Maureen Lindsey 37	1:49.94	Mary Lathram 69	1:50.69	Larry DeMille-Wagman 33	2:26.76
		<u>100 yd. Fly</u>		<u>50 yd. Fly</u>		Dave Blum 31	2:34.49
		Nancy Pollsky 35	1:17.13	Helen Hummer 65			
		<u>100 yd. IM</u>					
		Jan Brand 39	1:14.94				
		Marie Cattie 27	1:16.47				
		<u>200 yd. IM</u>					
		Jan Brand 39	2:49.17				
		<u>WOMEN 40-44</u>					
		<u>50 yd. Free</u>					
		Karen Kilsch 43	1:33.69				
		Carole Kimble 41	1:59.98				

MEN 35-39		50 yd. Fly	
50 yd. Free		Robert Aten 44	:30.18
Richard Forsyth 35	:24.68	100 yd. Fly	
Howard Blume 37	:25.95	Robert Aten 44	1:14.96
John Marlette 36	:26.58	200 yd. IM	
Gary Boyd 39	:26.84	Walter Meares 41	2:37.50
Philip Perkins 36	:27.31	Robert Aten 44	2:59.01
David Weiss 37	:27.73	MEN 45-49	
David Pothier 37	:28.22	50 yd. Free	
Frank DeLuca, Jr. 35	:28.64	Tim Foster 47	:26.53
Robert Axelrod 36	:30.03	Hans Reichelt 47	:27.35
100 yd. Free		Robert Parke 46	:31.33
Richard Forsyth 35	:54.06	Donald Walter 48	:38.56
John Marlette 36	:59.83	100 yd. Free	
Gary Boyd 39	1:03.07	Tim Foster 47	1:01.48
David Pothier 37	1:03.29	Robert Parke 46	1:11.59
Philip Perkins 36	1:04.15	Donald Walter 48	1:27.33
David Weiss 37	1:06.91	200 yd. Free	
Frank DeLuca, Jr. 35	1:08.36	Robert Parke 46	2:38.32
Robert Axelrod 36	1:10.38	Donald Walter 48	3:09.42
Rick Davis 36	1:15.32	50 yd. Back	
200 yd. Free		Dale McGinley 47	:31.37
John Flanagan 38	2:00.97	100 yd. Back	
Richard Forsyth 35	2:01.21	Dale McGinley 47	1:08.99
Jonathan Mayhew 35	2:12.06	Terry Schneider 46	1:28.45
John Marlette 36	2:15.39	Donald Walter 48	1:56.19
David Pothier 37	2:21.90	200 yd. Back	
Philip Perkins 36	2:33.12	Dale McGinley 47	2:36.00
David Weiss 37	2:37.34	Terry Schneider 46	3:07.24
Frank DeLuca, Jr. 35	2:43.80	100 yd. Breast	
Frank Osburn 35	2:45.09	Hans Reichelt 47	1:12.61
Rick Davis 36	2:57.88	William I. Jones 47	1:18.30
50 yd. Back		Tim Foster 47	1:22.67
Avraham Gilat 35	:33.12	Terry Schneider 46	1:24.84
David Pothier 37	:38.50	200 yd. Breast	
David Weiss 37	:39.08	Hans Reichelt 47	2:40.41
100 yd. Back		William I. Jones 47	2:52.29
Avraham Gilat 35	1:14.74	Terry Schneider 46	3:05.88
David Weiss 37	1:23.47	100 yd. Fly	
David Pothier 37	1:25.11	William I. Jones 47	1:10.93
200 yd. Back		100 yd. IM	
David Weiss 37	3:10.59	Dale McGinley 47	1:13.75
50 yd. Breast		200 yd. IM	
Thomas Anderson 37	:31.53	William I. Jones 47	2:33.49
William Moyer 39	:32.00	Hans Reichelt 47	2:34.26
Howard Blume 37	:33.45	Tim Foster 47	2:45.33
Frank Osburn 35	:36.09	Terry Schneider 46	2:55.13
Philip Perkins 36	:37.52	MEN 50-54	
Gary Boyd 39	:41.54	50 yd. Free	
100 yd. Breast		Ray Chen 51	:32.32
Thomas Anderson 37	1:09.54	Tazewell Banks 52	:38.00
William Moyer 39	1:11.03	100 yd. Free	
Howard Blume 37	1:17.94	Ray Chen 51	1:12.05
Frank Osburn 35	1:21.42	200 yd. Free	
Rick Davis 36	1:25.50	Kenneth Flynn 54	2:45.05
200 yd. Breast		50 yd. Back	
William Moyer 39	2:51.75	Tazewell Banks 52	:53.05
Howard Blume 37	2:56.07	100 yd. Back	
50 yd. Fly		Ray Chen 51	1:21.48
Jonathan Mayhew 35	:28.52	50 yd. Breast	
John Marlette 36	:30.13	Kenneth Flynn 54	:36.91
Howard Blume 37	:30.64	Tazewell Banks 52	:51.62
David Pothier 37	:30.87	100 yd. Breast	
Frank DeLuca, Jr. 35	:36.80	Kenneth Flynn 54	1:25.94
100 yd. Fly		Tazewell Banks 52	1:55.51
John Flanagan 38	:57.70	200 yd. Breast	
Jonathan Mayhew 35	1:07.70	Kenneth Flynn 54	3:08.29
Thomas Anderson 37	1:09.58	Tazewell Banks 52	4:16.63
200 yd. Fly		MEN 55-59	
John Flanagan 38	2:10.18	Bill Van-Balen 55	
Jonathan Mayhew 35	2:29.70	50 yd. Back	
100 yd. IM		John Woods 61	:49.54
Thomas Anderson 37	1:05.18	100 yd. Back	2:04.03
Jonathan Mayhew 35	1:06.65	200 yd. Back	4:25.51
Howard Blume 37	1:12.04	MEN 60-64	
200 yd. IM		50 yd. Free	
Jonathan Mayhew 35	2:24.45	John Woods 61	:30.00
MEN 40-44		Bill Campbell 61	:30.96
50 yd. Free		John Woods 61	:35.00
Robert Aten 44	:27.40	Albert Bove 60	:43.05
Edward Moylan 42	:36.20	100 yd. Back	
Norman Spangler 42	:36.82	John Woods 61	1:19.16
100 yd. Free		Albert Bove 60	1:31.57
David Lyons 41	:52.95	James Ferguson 60	1:47.96
Edward Moylan 42	1:25.38	200 yd. Back	
200 yd. Free		Albert Bove 60	3:24.11
David Lyons 41	2:00.72	50 yd. Breast	
Edward Moylan 42	3:20.25	Bill Campbell 61	:40.39
50 yd. Back		100 yd. Breast	
Norman Spangler 42	:51.44	Albert Bove 60	1:41.45
100 yd. Back		Albert Bove 60	3:43.16
Norman Spangler 42	1:54.46	50 yd. Fly	
200 yd. Back		John Woods 61	:31.93
Norman Spangler 42	4:05.09	James Ferguson 60	:52.80
50 yd. Breast		100 yd. IM	
Ronald Gregor 40	:32.83	John Woods 61	1:12.61
100 yd. Breast		Albert Bove 60	1:35.58
Ronald Gregor 40	1:14.49	James Ferguson 60	1:41.52
Walter Meares 41	1:18.01	200 yd. IM	
200 yd. Breast		John Woods 61	2:43.18
Ronald Gregor 40	2:48.34		

MEN 65-69		30-34 100 Y BUTTERFLY WOMEN	
Birch Davidson 66		DARLENE POHL,34	1:15.80
50 yd. Back	:36.71	KATHY GILL,30	U 1:23.75
50 yd. Breast	:38.16	30-34 100 Y INDIV. MED WOMEN	
50 yd. Fly	:33.80	DARLENE POHL,34	1:16.11
200 yd. Fly	3:12.93	KATHY GILL,30	U 1:21.77
100 yd. IM	1:15.50	VAL WYCKOFF,31	U 1:36.58
MEN 70-74		35-39 50 Y FREESTYLE WOMEN	
Bert Kassell 72		JULIE CORMAN,35*	28.02
50 yd. Free	:31.11	KATHY CRANDALL,36*	29.11
50 yd. Back	:48.94	MOLLY COLE,35	U 29.77
50 yd. Breast	:49.94	JAN PLESNER,38	30.69
50 yd. Fly	:45.23	KATHY RANDOL,36	37.56
100 yd. IM	1:38.61	35-39 100 Y FREESTYLE WOMEN	
MEN 75-79		JULIE CORMAN,35*	1:02.01
50 yd. Free	:34.50	KATHY CRANDALL,36*	1:04.64
100 yd. Free		MOLLY COLE,35	1:07.04
David McAfee 75	1:21.09	JAN PLESNER,38	1:08.95
David McAfee 75	3:04.82	GINNY SAUNDERS,37	1:22.77
200 yd. Free	3:38.05	KATHY RANDOL,36	1:28.07
David McAfee 75	5:09.56	SUSAN GIRARD,36	1:30.93
Herb Bender 75	4:24.86	35-39 200 Y FREESTYLE WOMEN	
200 yd. IM		JULIE CORMAN,35*	2:19.66
Herb Bender 75	:54.23	SUSAN GIRARD,36	3:15.88
Stanton Craigie 78	:57.54	KATHY RANDOL,36	3:31.45
50 yd. Back	4:42.66	LA VANDA A. OLIVER,38	4:01.80
50 yd. Breast		35-39 500 Y FREESTYLE WOMEN	
200 yd. Breast		SUSAN GIRARD,36	8:43.23
		LA VANDA A. OLIVER,38	11:04.40
		35-39 50 Y BACKSTROKE WOMEN	
		JULIE CORMAN,35*	32.04
		JAYNE CHASTAIN,39	U 36.60
		JAN PLESNER,38	U 38.80
		KATHY CRANDALL,36*	40.10
		35-39 100 Y BACKSTROKE WOMEN	
		JULIE CORMAN,35*	1:12.94
		JAYNE CHASTAIN,39	1:20.47
		GINNY SAUNDERS,37	U 1:33.70
		35-39 200 Y BACKSTROKE WOMEN	
		JAYNE CHASTAIN,39	2:51.98
		35-39 50 Y BREASTROKE WOMEN	
		KATHY CRANDALL,36*	37.24
		MOLLY COLE,35	38.83
		JAYNE CHASTAIN,39	44.04
		35-39 50 Y BUTTERFLY WOMEN	
		JAN PLESNER,38	36.86
		35-39 100 Y INDIV. MED WOMEN	
		KATHY CRANDALL,36*	1:13.52
		MOLLY COLE,35	1:19.12
		40-44 100 Y FREESTYLE WOMEN	
		BARBARA FRID,42	1:05.99
		40-44 200 Y FREESTYLE WOMEN	
		KAY TROXEL,41	4:49.92
		40-44 500 Y FREESTYLE WOMEN	
		KAY TROXEL,41	U13:01.09
		40-44 100 Y BACKSTROKE WOMEN	
		BARBARA FRID,42	U 1:17.21
		40-44 100 Y BUTTERFLY WOMEN	
		BARBARA FRID,42	U 1:17.46
		45-49 50 Y FREESTYLE WOMEN	
		SUSAN RITTENHOUSE,47	32.25
		NONA HANAN,46	34.13
		JUDY M MCCURDY,45	46.77
		LUCY MCIVER,45	49.16
		45-49 100 Y FREESTYLE WOMEN	
		LUCY MCIVER,45	1:50.84
		45-49 50 Y BACKSTROKE WOMEN	
		NONA HANAN,46	U 39.84
		45-49 50 Y BREASTROKE WOMEN	
		SUSANNE FOGELSON,46	41.95
		NONA HANAN,46	44.33
		JUDY M MCCURDY,45	1:01.65
		45-49 100 Y BREASTROKE WOMEN	
		SUSANNE FOGELSON,46	1:31.00
		45-49 200 Y BREASTROKE WOMEN	
		SUSANNE FOGELSON,46	0 3:16.55
		45-49 100 Y INDIV. MED WOMEN	
		SUSAN RITTENHOUSE,47	1:21.04
		NONA HANAN,46	1:24.56
		45-49 400 Y INDIV. MED WOMEN	
		SUSAN RITTENHOUSE,47	U 6:13.60
		50-54 50 Y FREESTYLE WOMEN	
		BEVERLY UNDERWOOD,50	1:03.73
		50-54 200 Y FREESTYLE WOMEN	
		BEV DIRKSEN,52	3:28.72
		50-54 500 Y FREESTYLE WOMEN	
		LAVELLE STOINOFF,51	6:27.12
		50-54 1650 Y FREESTYLE WOMEN	
		BEV DIRKSEN,52	U31:03.40
		50-54 50 Y BACKSTROKE WOMEN	
		BEVERLY UNDERWOOD,50	1:06.86
		50-54 50 Y BREASTROKE WOMEN	
		LAVELLE STOINOFF,51	0 43.86
		BEV DIRKSEN,52	55.37
		50-54 100 Y BREASTROKE WOMEN	
		LAVELLE STOINOFF,51	0 1:32.29
		BEVERLY DIRKSEN,53	2:04.71
		BEVERLY UNDERWOOD,50	U 2:57.91
		50-54 200 Y BREASTROKE WOMEN	
		LAVELLE STOINOFF,51	0 3:13.21

50-54 200 Y INDIV. MED WOMEN	
LAVELLE STAINOFF,51	U 2:58.09
60-64 100 Y FREESTYLE WOMEN	
ELFIE STEVENIN,63	2:18.68
60-64 200 Y FREESTYLE WOMEN	
ELFIE STEVENIN,63	5:04.36
60-64 100 Y BACKSTROKE WOMEN	
ELFIE STEVENIN,63	2:31.14
60-64 100 Y BUTTERFLY WOMEN	
ELFIE STEVENIN,63	U 3:05.17
60-64 400 Y INDIV. MED WOMEN	
ELFIE STEVENIN,63	12:11.95
25-29 50 Y FREESTYLE MEN	
ED DANNEWITZ,29	25.90
25-29 100 Y FREESTYLE MEN	
ANDY KYLER,27	1:11.94
25-29 1650 Y FREESTYLE MEN	
MATT DOUGLAS,27	20:19.52
25-29 50 Y BACKSTROKE MEN	
BRETT ARVIDSON,29	31.58
25-29 100 Y BACKSTROKE MEN	
ED DANNEWITZ,29	1:10.17
25-29 200 Y BACKSTROKE MEN	
BRETT ARVIDSON,29	2:26.37
25-29 50 Y BREASTROKE MEN	
ANDY KYLER,27	40.74
25-29 50 Y BUTTERFLY MEN	
CHARLIE VAN ROSSEN,28	27.72
25-29 100 Y BUTTERFLY MEN	
ED DANNEWITZ,29	29.47
25-29 100 Y BUTTERFLY MEN	
CHARLIE VAN ROSSEN,28	U 1:01.22
25-29 200 Y BUTTERFLY MEN	
CHARLIE VAN ROSSEN,28	2:24.72
25-29 100 Y INDIV. MED MEN	
BRETT ARVIDSON,29	1:04.24
25-29 200 Y INDIV. MED MEN	
ED DANNEWITZ,29	1:06.33
25-29 200 Y INDIV. MED MEN	
BRETT ARVIDSON,29	2:23.70
25-29 400 Y INDIV. MED MEN	
CHARLIE VAN ROSSEN,28	5:10.94
30-34 50 Y FREESTYLE MEN	
CHRIS HUGHES,32	U 24.08
30-34 100 Y FREESTYLE MEN	
TOM ANDERSEN,33	24.13
30-34 100 Y FREESTYLE MEN	
CHRIS HUGHES,32	52.45
30-34 200 Y FREESTYLE MEN	
TOM ANDERSEN,33	52.78
30-34 200 Y FREESTYLE MEN	
CHRIS HUGHES,32	1:59.22
30-34 1650 Y FREESTYLE MEN	
TOM ANDERSEN,33	2:00.60
30-34 1650 Y FREESTYLE MEN	
MARK BECKER,30	2:16.09
30-34 500 Y FREESTYLE MEN	
MICHAEL O'NEIL,34	2:22.38
30-34 500 Y FREESTYLE MEN	
TOM ANDERSEN,33	5:50.28
30-34 1650 Y FREESTYLE MEN	
MARK BECKER,30	6:11.95
30-34 1650 Y FREESTYLE MEN	
TOM ANDERSON,33	U20:15.67
30-34 50 Y BACKSTROKE MEN	
MARK BECKER,30	U21:52.79
30-34 50 Y BACKSTROKE MEN	
MICHAEL O'NEIL,34	U 31.50
30-34 100 Y BREASTROKE MEN	
MICHAEL O'NEIL,34	U 1:16.75
30-34 50 Y BUTTERFLY MEN	
CHRIS HUGHES,32	26.88
30-34 100 Y BUTTERFLY MEN	
MICHAEL O'NEIL,34	27.68
30-34 100 Y BUTTERFLY MEN	
CHRIS HUGHES,32	58.61
30-34 100 Y INDIV. MED MEN	
MARK BECKER,30	1:04.27
30-34 100 Y INDIV. MED MEN	
MICHAEL O'NEIL,34	1:05.28
35-39 50 Y FREESTYLE MEN	
DON SMITH,38	24.07
35-39 100 Y FREESTYLE MEN	
RICK RANDOL,37	28.82
35-39 100 Y FREESTYLE MEN	
MICHAEL J WINTERS,37	29.81
35-39 100 Y FREESTYLE MEN	
CHARLES NORDGAARD,35	31.64
35-39 100 Y FREESTYLE MEN	
MICHAEL MCRAE,35	32.88
35-39 100 Y FREESTYLE MEN	
NORMAN G KURZ,39	U 1:11.40
35-39 100 Y FREESTYLE MEN	
DON SMITH,38	53.76
35-39 100 Y FREESTYLE MEN	
RICK RANDOL,37	1:01.09
35-39 100 Y FREESTYLE MEN	
CHARLES NORDGAARD,35	1:03.72
35-39 100 Y FREESTYLE MEN	
MICHAEL MCRAE,35	1:08.65
35-39 100 Y FREESTYLE MEN	
MICHAEL J WINTERS,37	1:16.51
35-39 200 Y FREESTYLE MEN	
ROY LAMBERT,37	2:18.62
35-39 200 Y FREESTYLE MEN	
CHARLES NORDGAARD,35	2:20.41
35-39 200 Y FREESTYLE MEN	
BRIAN LANGLAIS,38	2:25.17
35-39 200 Y FREESTYLE MEN	
BUZ CARRIKER,36	U 2:29.77
35-39 500 Y FREESTYLE MEN	
GORDON GARLOCK,36	U 8:02.37
35-39 1650 Y FREESTYLE MEN	
CHARLES NORDGAARD,35	22:04.77
35-39 1650 Y FREESTYLE MEN	
ROY LAMBERT,37	U23:30.30
35-39 1650 Y FREESTYLE MEN	
MICHAEL MCRAE,35	U26:12.95
35-39 1650 Y FREESTYLE MEN	
GORDON GARLOCK,36	U27:36.49
35-39 50 Y BACKSTROKE MEN	
BRIAN LANGLAIS,38	U 34.70
35-39 50 Y BACKSTROKE MEN	
NORMAN G KURZ,39	U 45.10
35-39 100 Y BACKSTROKE MEN	
BRIAN LANGLAIS,38	1:16.41
35-39 100 Y BACKSTROKE MEN	
NORMAN G KURZ,39	2:04.01

35-39 200 Y BACKSTROKE MEN	
BRIAN LANGLAIS,38	2:39.38
35-39 50 Y BREASTROKE MEN	
RICK RANDOL,37	37.12
35-39 50 Y BREASTROKE MEN	
GORDON GARLOCK,36	40.40
35-39 50 Y BREASTROKE MEN	
MICHAEL MCRAE,35	U 45.83
35-39 100 Y BREASTROKE MEN	
ROY LAMBERT,37	1:17.65
35-39 100 Y BREASTROKE MEN	
DOUGLAS LIVERMORE,37	1:18.72
35-39 100 Y BREASTROKE MEN	
BUZ CARRIKER,36	U 1:22.84
35-39 100 Y BREASTROKE MEN	
GORDON GARLOCK,36	U 1:33.42
35-39 100 Y BREASTROKE MEN	
MICHAEL MCRAE,35	1:38.98
35-39 200 Y BREASTROKE MEN	
ROY LAMBERT,37	2:48.50
35-39 200 Y BREASTROKE MEN	
GORDON GARLOCK,36	3:20.15
35-39 50 Y BUTTERFLY MEN	
DON SMITH,38	27.80
35-39 50 Y BUTTERFLY MEN	
DOUGLAS LIVERMORE,37	31.14
35-39 100 Y INDIV. MED MEN	
DOUGLAS LIVERMORE,37	1:10.72
35-39 100 Y INDIV. MED MEN	
BRIAN LANGLAIS,38	U 1:14.61
35-39 100 Y INDIV. MED MEN	
BUZ CARRIKER,36	1:18.99
35-39 200 Y INDIV. MED MEN	
DOUGLAS LIVERMORE,37	2:37.95
40-44 50 Y FREESTYLE MEN	
CHRIS HIATT,44	26.97
40-44 50 Y FREESTYLE MEN	
ED URBANSKI,43	28.89
40-44 50 Y FREESTYLE MEN	
CHRIS HIATT,44	59.93
40-44 50 Y FREESTYLE MEN	
WALTER REID,44*	1:03.98
40-44 50 Y FREESTYLE MEN	
LES ESPARZA,41	1:16.69
40-44 100 Y FREESTYLE MEN	
ED URBANSKI,43	U 2:22.42
40-44 100 Y FREESTYLE MEN	
LES ESPARZA,41	3:26.03
40-44 500 Y FREESTYLE MEN	
LES ESPARZA,41	10:07.57
40-44 50 Y BACKSTROKE MEN	
ED URBANSKI,43	35.46
40-44 100 Y BACKSTROKE MEN	
ROBERT S SMITH,41	1:08.06
40-44 100 Y BACKSTROKE MEN	
CHRIS HIATT,44	U 1:10.77
40-44 100 Y BACKSTROKE MEN	
WALTER REID,44*	U 1:15.63
40-44 50 Y BREASTROKE MEN	
ROBERT S SMITH,41	U 31.40
40-44 50 Y BREASTROKE MEN	
WALTER REID,44*	32.82
40-44 50 Y BREASTROKE MEN	
LES ESPARZA,41	43.78
40-44 100 Y BREASTROKE MEN	
ROBERT S SMITH,41	U 1:11.52
40-44 100 Y BREASTROKE MEN	
WALTER REID,44*	1:13.36
40-44 100 Y BREASTROKE MEN	
LES ESPARZA,41	U 1:41.86
40-44 50 Y BUTTERFLY MEN	
ROBERT S SMITH,41	26.06
40-44 100 Y BUTTERFLY MEN	
ROBERT S SMITH,41	1:06.95
40-44 100 Y INDIV. MED MEN	
CHRIS HIATT,44	1:08.96
40-44 100 Y INDIV. MED MEN	
ED URBANSKI,43	1:14.83
45-49 50 Y FREESTYLE MEN	
BERT PETERSEN,45	U 26.18
45-49 50 Y FREESTYLE MEN	
ROBERT RHODES,48	31.35
45-49 50 Y FREESTYLE MEN	
JOE GAMBLIN,49	31.64
45-49 100 Y FREESTYLE MEN	
ROBERT RHODES,48	1:13.68
45-49 100 Y FREESTYLE MEN	
JOE GAMBLIN,49	1:14.45
45-49 500 Y FREESTYLE MEN	
BERT PETERSEN,45	6:14.40
45-49 50 Y BREASTROKE MEN	
BERT PETERSEN,45	34.08
45-49 50 Y BREASTROKE MEN	
JOE GAMBLIN,49	41.27
45-49 50 Y BREASTROKE MEN	
ROBERT RHODES,48	46.35
45-49 50 Y BUTTERFLY MEN	
JOE GAMBLIN,49	37.46
45-49 100 Y INDIV. MED MEN	
BERT PETERSEN,45	1:06.98
45-49 100 Y INDIV. MED MEN	
JOE GAMBLIN,49	U 1:27.48
50-54 50 Y FREESTYLE MEN	
L.NICK NORTON,50	U 32.14
50-54 50 Y FREESTYLE MEN	
TERRY MCCURDY,54	35.90
50-54 100 Y FREESTYLE MEN	
L.NICK NORTON,50	1:11.35
50-54 100 Y FREESTYLE MEN	
TERRY MCCURDY,54	1:19.25
50-54 500 Y FREESTYLE MEN	
L.NICK NORTON,50	7:36.78
50-54 1650 Y FREESTYLE MEN	
L.NICK NORTON,50	U26:58.00
50-54 50 Y BACKSTROKE MEN	
L.NICK NORTON,50	43.05
50-54 50 Y BACKSTROKE MEN	
TERRY MCCURDY,54	45.20
50-54 100 Y BACKSTROKE MEN	
TERRY MCCURDY,54	1:43.75
50-54 50 Y BREASTROKE MEN	
TERRY MCCURDY,54	1:03.02
55-59 50 Y FREESTYLE MEN	
ERIC GUEST,55	0 28.05
55-59 100 Y FREESTYLE MEN	
ERIC GUEST,55	0 1:03.97
55-59 200 Y FREESTYLE MEN	
ERIC GUEST,55	U 2:31.79
55-59 500 Y FREESTYLE MEN	
ERIC GUEST,55	U 7:05.30
55-59 50 Y BREASTROKE MEN	
DON VAN ROSSEN,55	0 34.26

55-59 100 Y BREASTROKE MEN	
DON VAN ROSSEN,55	0 1:18.80
55-59 200 Y BREASTROKE MEN	
DON VAN ROSSEN,55	0 2:51.80
55-59 200 Y BUTTERFLY MEN	
DON VAN ROSSEN,55	0 3:06.62
55-59 400 Y INDIV. MED MEN	
DON VAN ROSSEN,55	6:13.52
60-64 50 Y FREESTYLE MEN	
EARL WALTER,63	30.99
60-64 50 Y FREESTYLE MEN	
GILBERT YOUNG,62	32.78
60-64 50 Y FREESTYLE MEN	
JOE MALLON,63	43.58
60-64 100 Y FREESTYLE MEN	
EARL WALTER,63	1:10.17
60-64 100 Y FREESTYLE MEN	
JOE MALLON,63	1:34.08
60-64 200 Y FREESTYLE MEN	
EARL WALTER,63	2:45.85
60-64 200 Y FREESTYLE MEN	
KHOSROW SHADBEH,64	3:11.20
60-64 200 Y FREESTYLE MEN	
JOE MALLON,63	3:30.69
60-64 500 Y FREESTYLE MEN	
JOE MALLON,63	9:25.78
60-64 1650 Y FREESTYLE MEN	
GILBERT YOUNG,62	U26:08.52
60-64 1650 Y FREESTYLE MEN	
JOE MALLON,63	U32:52.89
60-64 50 Y BACKSTROKE MEN	
LOREN KERNES,63	U33:42.63
60-64 50 Y BACKSTROKE MEN	
KHOSROW SHADBEH,64	U 49.60
60-64 50 Y BREASTROKE MEN	
GILBERT YOUNG,62	45.72
60-64 100 Y BREASTROKE MEN	
KHOSROW SHADBEH,64	1:46.69
60-64 50 Y BUTTERFLY MEN	
GILBERT YOUNG,62	48.63
60-64 50 Y BUTTERFLY MEN	
KHOSROW SHADBEH,64	U 48.78
60-64 100 Y INDIV. MED MEN	
GILBERT YOUNG,62	1:28.42
60-64 100 Y INDIV. MED MEN	
KHOSROW SHADBEH,64	1:40.87
60-64 400 Y INDIV. MED MEN	
EARL WALTER,63	6:37.53
65-69 200 Y FREESTYLE MEN	
ART BRUGGER,67	0 2:56.99
65-69 500 Y FREESTYLE MEN	
ART BRUGGER,67	U 8:30.74
65-69 50 Y BACKSTROKE MEN	
ART BRUGGER,67	39.27
65-69 100 Y BACKSTROKE MEN	
ART BRUGGER,67	1:28.98
65-69 200 Y BACKSTROKE MEN	
ART BRUGGER,67	0 3:11.41
70-74 200 Y BACKSTROKE MEN	
DONALD W STEVENSON,72	3:23.72
70-74 100 Y BREASTROKE MEN	
DONALD W STEVENSON,72	U 1:40.90
70-74 200 Y BREASTROKE MEN	
DONALD W STEVENSON,72	3:34.09
70-74 200 Y INDIV. MED MEN	
DONALD W STEVENSON,72	3:31.83
70-74 400 Y INDIV. MED MEN	
DONALD W STEVENSON,72	7:47.25

Chicago Illinois Masters 1000 Yard Freestyle Invitational Meet
Central Sanction # 21512085
Jan. 20, 1985
25 yard pool

Women 25-29
Nancy Sodini 27 11:45.42
Lisa Lambert 26 12:31.12
Debbie Gortowski 25 12:53.07

Women 40-44
Betty Bennett 41 14:00.31

Women 65-69
Jeannette Eppley 65 16:47.04

Women 70-74
Ruth Halldorson 70 19:55.79

Men 20-24
Charlie Groen 24 10:46.35

Men 25-29
Kendall Banks 27 11:31.23

Men 30-34
Phil Dodson 31 10:56.27
Bruce Haffner 34 12:18.25
Charles McKelvey 34 13:00.25

Men 35-39
Walter Henebry 35 16:01.51

Men 40-44
Bob Rounds 42 12:34.91

Men 45-49
Bill Mulliken 45 11:59.06
Sam Kooistra 49 12:06.26
John LeBourgeois 46 13:01.31

Men 50-54
Steve Mullins 52 13:41.64

Men 55-59
Joseph Seliber 59 16:47.45

Men 60-64
Paul Butinger 60 13:40.11
Art Koblish 60 13:46.80
Bob Acker 63 15:36.59

Men 70-74
Dave Malbrough 71 17:29.09

Toledo Swimmer Award Winner At 72



— Blade Photo by Herral L
Max Herschel's training program includes cross-country skiing, table tennis, and an occasional workout on muscle-toning machines.

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Swimming News

LMSC CHAIRPERSONS & TOP TEN RECORDERS - Please make sure you understand the changes voted at our last convention. In addition to times swum in your own association, you may now record times your swimmers obtained elsewhere, but only under the following restriction: that you take the time from an official copy of the meet result which is given to you to keep for your records. Also, do NOT wait until after the deadline of submittal - JUNE 16, 1985. The National Championship results will be sent directly to the National Top Ten Recorder and need not be included in the Local Top Ten.

The Top Ten National Recorder: Enid Uhrich, Box 5039, Sun City Center, FL 33570

The Top Twenty National Relay Recorder; Bert Petersen, 2051 NE 137th Ave., Portland, OR 97230

The National Records Recorder: Jean Mason Bostwick, 3 Golden Hill Ct., Catonsville, MD 21228

Remember: All three recorders will close the books as of June 16, 1985 for all events swum before May 13, 1985.....

1985 RULE BOOKS - Rule books have been distributed to the LMSC's. If you wish to order your own copy of the Rule Book, please order them from Enid Uhrich, Box 5039, Sun City Center, FL 33570. Send a check made out to USMS, Inc. for \$6.00.....

LMSC's AND THE IRS - Chairman, please note ---- Ted Haartz reports that the IRS will issue separate EIN numbers for each LMSC. The national EIN number is NOT applicable for the LMSC's. USMS has filed all the forms with IRS last Dec. and are now waiting for the IRS to approve the group exemption and issue the LMSC's EIN numbers. Please be patient!.....

LMSC's AND INSURANCE - Kindler & Laucci (USMS insurance brokers) are issuing a list of "approved" activities. As soon as the list is available it will be sent to each LMSC Chairman..

MAJOR RULE CHANGE EFFECTIVE JAN. 25, 1985 - Dual Registration - Swimmer can simultaneously hold Masters and Senior registration and compete in both. This is found in the new 1985 Rule Book on page 114 (343.13). But remember, this is only for Masters Swimmers, 25 years of age & over.....
A CHALLENGE from Bill King of Arvada, CO - In Sept., 48 Rocky Mountain Masters Swimmers participated in a meet at Copper Mountain, CO. Their times were a bit slow because of the early season and altitude, however, the Rocky Mountain Masters claim a National and World Record of competing at 9,600 feet above sea level. If any organization in the United States or the World can better this incredible feat of Aquatic Trivia let them step forward and be heard. Bill also invites everyone to join the team at any meet. For further information, please contact Bill at (303) 423-4876.....

NOMINATIONS FOR USMS OFFICERS - The USMS Nominating committee requests any nominations be submitted no later than April 1, 1985. If you have any nomination that you wish the committee to consider, please send it to Gail M. Dummer, Dept. of Health & Phys. Ed., Michigan State University, East Lansing, MI 48824.....

MOTIVATION - (Reprinted from the St. Petersburg Masters Lap Lines, courtesy of FHT) - One of the most difficult tasks a coach faces is maintaining his swimmer's motivation and enthusiasm during the course of swim training. Masters swimmers can face even more difficult motivation problems. Despite the fact that most Masters swim because they want to, motivation for maximum effort practices may be difficult to maintain. Methods:
1. Train with someone else. While not always easy to arrange, training at least part of the time with someone else of a similar skill level usually helps increase the effort both swimmers put into a workout.
2. Challenge sets. In your spare time, and not during a workout, create a set that you believe you wouldn't be able to finish. i.e. If you have been doing 5 x 100 on 1:30, plan a day to try 8 x 100 on 1:30. Then, DO IT.
3. Get-out swims. Used by a group. One swimmer attempts a difficult swim, usually for time. As he attempts it, the rest cheer him on. Why? Because if the swimmer achieves the goal, practice is over. If not, everyone swims more. If alone, try a hard swim for a goal time and a set that you WILL do if you don't make the time.....

SWIM-MASTER

June Krauser, Editor
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SWIM CALENDAR

VOL XIV - No 2

FEBRUARY 1985

FEB 16	SC - Andy Knapp, 1020 Timberidge Rd., Harrah, OK 73045
16	1500 M - Ron Bank, 80 Pebble Beach Dr., Little Rock, AR 72212
16-17	SC - Ursula Fearon, 6615 Holiday Dr., Boise, ID 83709
16-17	SC - David A. Parler, 1639-F Juniper St., Charleston, SC 29407
16-17	SC - Joe Biondi, 216 Elizabeth St., Clearwater, FL 33519
23	SC - Curt Mosso, 5597 West Camino Cielo, Santa Barbara, CA 93105
23	SC - Ed Hunter, 423 Flemridge Ct., Cincinnati, OH 45231
23-24	SC - Barbara Protzman, 22 Walden Mill Way, Baltimore, MD 21228
23-24	SC - Colin Light, 1920 Webster Dr., Plano, TX 75075
23-24	SC - Chris Carey, 6421 Crestview, Orlando, FL 32810
24	SC - Ingrid Stine, 4119 N. Pittsburg, Chicago, IL 60634
MAR 3	SC - Curt Mosso, 5597 West Camino Cielo, Santa Barbara, CA 93105
9-10	SC - Skippy Mattson, %Dynamo Swim Ctr., 3119 Shallowford Rd., Chamblee, GA 30341
10	Clinic & Meet - Michael Meyers, 123 Hoover Lane, McMurray, PA 15317
10	SC - Alicia Coleman, 24 The Point, Coronado, CA 92118
16	SC - Jim Montgomery, P.O. Box 821102, Dallas, TX 75382
16	SC - Dr. Jan C. Huneke, 1158 Asbury Rd., Cincinnati, OH 45320
16	SC - Emmet Hines, 3855 Holman, Houston, TX 77004
16	SC - Dottie Whitcomb, 1981 Villafane Dr., Pensacola, FL 32503
16-17	SC - Ann Degnan, Rec Dept, Town Hall, Plainville, CT 06062
17	SC - Curt Mosso, 5597 West Camino Cielo, Santa Barbara, CA 93105
17	SC - DCM - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
23	SC - Jim Malley, 1805 S. Shields #G7, Ft. Collins, CO 80526
29-31	SC - Southern Regionals - Harold Ferris, 1116 44th Avenue NE, St. Petersburg, FL 33703
29-31	SC - Harry Rawstrom, Carpenter Sports Bldg., U of Delaware, Newark, DE 19711
30	SC - Joanita Reed, Rt. 20, Box 208 KK, San Antonio, TX 78218
30	SC - Curt Mosso, 5597 West Camino Cielo, Santa Barbara, CA 93105
30-31	SC - Region 8 - Karen Barnes, 12317 Teakwood Rd., Edmond, OK 73034
APR 6	SC - Jerianne Donnelly, 5 Piggott Lane, Avon, CT 06001
12-14	SC - Bill King, 6724 Kendall, Arvada, CO 80003
13-20-21	SC - Curt Mosso, 5597 West Camino Cielo, Santa Barbara, CA 93105 - SPMA SC Regionals
14	SC - DCM Pentathlon - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
20-21	SC - Leslie Milam, P.O. Box 19845, Raleigh, NC 27619
20-21	SC - Dave Eskin, 66 Audubon Dr., Chestnut Hill, MA 02167
26-28	SC - Richard Ferguson, c/o Ryall YMCA, 49 Deicke Dr., Glen Ellyn, IL 60137
MAY 9-12	USMS NATIONAL SC CHAMPIONSHIPS - Brown Deer, WI - Pam Mai, N47 W5450 Spring Ct., Cedarburg, WI 53021
17-20	Canadian Championships 25 M SC - Paul Boulding, 869 Hector Ave., Winnipeg, Manitoba, Canada R3M 2E7
25	SC - Jeroen Kok, 2201 NW 122nd #2609, OKC, OK 73120
AUG 8-14	Masters Games, Ruby Richmond, Box 1985 Station P, Toronto, Canada M5S 2Y7
17-20	USMS NATIONAL LC CHAMPIONSHIPS - Brown University, Providence, RI Anne Page, 399 Summer Ave., Reading, MA 01867

WISCONSIN MASTERS - Feb 2, Feb 17, Mar 9, Mar 23, Champ Apr 12-14

John Bauman, 9717 Saratoga Dr., Milwaukee, WI 53108

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