



SWIM-MASTER

VOL II - No 2 THE OFFICIAL PUBLICATION OF THE AAU MASTERS SWIMMING COMMITTEE APRIL 1973

WHAT'S IT ALL ABOUT?

By John R. Spannuth
National Aquatics Administrator

What is Masters Swimming all about? Why do we have the program and what is its future? These are the questions that we sometimes hear from people that don't have any idea what we are talking about when we mention "Masters Swimming".

Recently I read an article that was published in the Tampa Times sports section. The article was titled Beach Comes to Tampa to Get in Swim. The very well written article told about our National AAU Masters Swimming Vice-Chairman, Judge Robert E. Beach of St. Petersburg, Florida. In the article Bob was quoted on four very important points that all of us should think about all the time when we promote Masters Swimming. They are as follows:

1) "The Masters Program is fun and health oriented. We do not want to become overly competitive." If we forget Masters Swimming is a program designed to encourage people to swim on a regular basis and be concerned about their physical fitness, the entire program will "go down the drain". It has been proven through research that swimming is a most beneficial activity that a person can take part in. In swimming, you use more muscles of your body than any other sport. The physical fitness benefits are tremendous and should be our major selling point. The fun aspect is also important. During the time that people are in a city for a swimming meet, including Masters Swimming, they should get together with other Masters Swimmers, get to know each other, and "have a ball". All of us need more joy in our life, and the Masters Swimming program can help us to enjoy life more. Several people have asked why we have a banquet at our National Masters meet. The main reason is that we want to "break up the swimming meet" with a social gathering where all people connected with the Masters Swimming program can actually sit down and have a good meal while they are talking to other people about items of their mutual interest. Eliminating the banquet would eliminate the social aspect and much of the fun and joy connected with the Masters Swimming program. I definitely encourage all of you conducting meets to plan some type of "get together" where you give the meet participants an opportunity to relax.

2) "If I can get you to swim in one meet, I've got you hooked. The more you swim, the more interested you get." This statement is very true. Once you attend a meet, meet the many people there, and realize how good it is to "get away from it all" you are "hooked to Masters Swimming". During one of my recent visits to Los Angeles, I had a free afternoon and you can guess what I did! Of course, I looked for a Masters Swimming meet and went to see Anne Adams, Bill Damm, Reg Richardson and others compete in a swimming

meet held at Venice High School. I "had a ball" just walking around renewing acquaintances and talking about the National Masters Short Course Swimming Championships that will be held at Santa Monica, CA on May 18, 19 and 20, 1973.

3) "The YMCA possibly could rope off two of its four lanes to Masters and other swimmers in training during much of the day", said a Tampa YMCA physical education director. This is being done more and more throughout the country. People are recognizing that individuals definitely want to be able to swim lengths when they come to a swimming pool. It is very discouraging when you get to a pool and find that it is impossible to even swim to the other end of the pool. By roping off lanes for people that are interested in swimming lengths many more people will participate in regular conditioning activities.

4) "The boredom is a blessing, and a time to flush the outside world. It's an escape. Some of my better ideas come out of the pool." Many people say that swimming gets boring and monotonous, however, Bob Beach points out that it does give you an opportunity to just forget things and "flush the outside world". Bob also indicated that he gets many good ideas as he is swimming and I can testify that I have thought of many good ideas as I have been swimming lengths.

Bob Beach is one of our biggest promoters of Masters Swimming in this country. The article in the Tampa Times served as a tremendous public relations item for all of the people in one of the largest cities in Florida. Incidentally, Bob recently attended the 3rd Annual National AAU Aquatics Workshop and Planning Conference held in Indianapolis. Bob represented Masters Swimming well and gained the respect of all the conference participants. He spoke up for Masters Swimming and really "helped to sell Masters Swimming" to the people attending the conference. Bob is a fabulous "backup man" to our National AAU Masters Swimming Chairman, Capt. Ransom Arthur. With two top men like this "in our corner" we'll win by a knockout!

Below: John Spannuth after finishing a race at the 1972 LC National Championships.



New adult swim program makes splash

John Whittemore, a 73-year-old Santa Barbaran, likes to throw his body off the high board into the Los Banos Del Mar municipal swimming pool.

But he does not make much of a splash — he's too lean and too fit.

Swimming and diving for grown-ups from the ripe old age of 25 to 80, is making a big splash in town this week, however.

The Santa Barbara Aquatic Association, with City Recreation Department sponsorship, is beginning a formal masters swim program today.

MIKE HENRY, city director of beaches and pools, and Judge James Patillo, SBAA president, jointly announced Santa Barbara's participation in the nationally recognized adult recreation.

"Our SBAA programs with city support now give both young and old the opportunity to develop and maintain good physical conditioning," Patillo said. "Swimming by the entire family is encouraged."

"Our new senior swim program is just another important step toward increasing the degree of interest and participation in swimming locally," Henry commented.

THE NATIONAL masters swimming movement was established in 1970. Its founder was Dr. Ransom Arthur of the Navy Medical Neuropsychiatric Research Unit in San Diego. He became interested in starting the swimming program after observing the activity of the AAU master's track and field program. At 25, senior swimming starts at an earlier age than track.

Local supervised workouts will be held from 4:45 to 6:45 p.m. Monday through Friday. Signups will be taken daily this week from 8 a.m. to 5 p.m. at the municipal pool near the harbor.

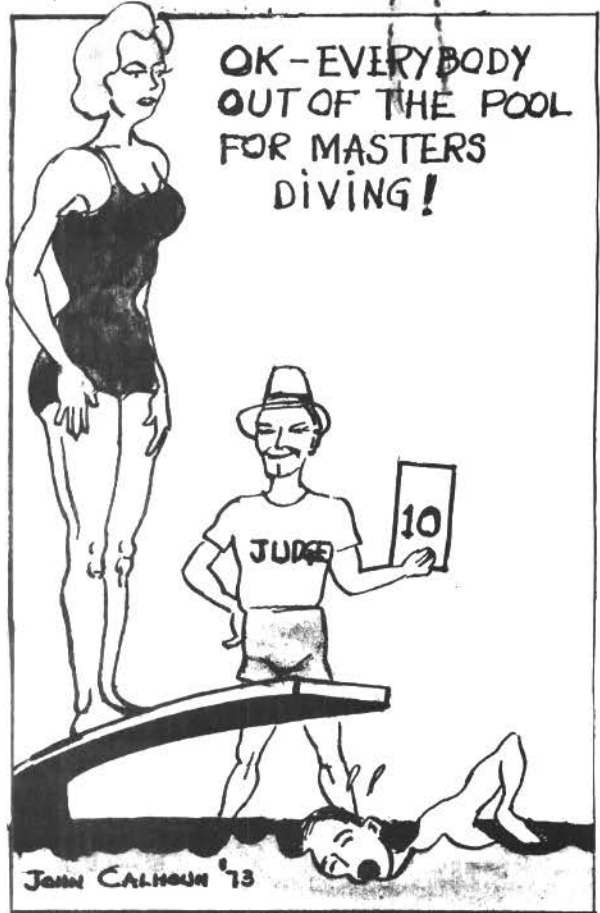
Medical checkups are strongly urged for those plunging from inactivity.



THE OLDEST AND HIGHEST member of the new Santa Barbara masters aquatic program is John Whittemore, who casually executes a full-gainer off the municipal pool's high diving board. His age? — 73.
—News-Press photos by Ray Borges



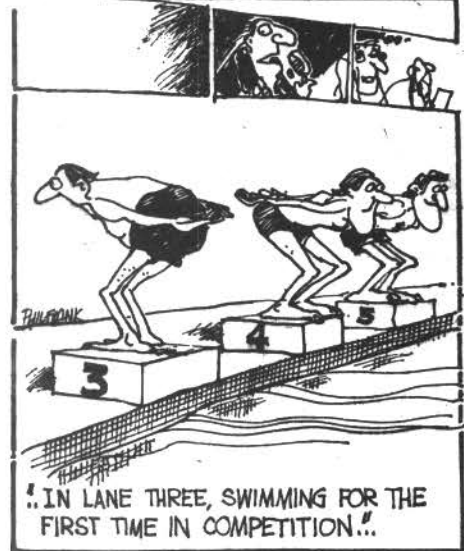
Reg Richardson



Chicago today, Saturday, Dec. 23, 1972

ON CAMPUS

With Phil Frank



Snow shoveling + hot shower = coronary. That's how it adds up, says Dr. Henry L. Taylor of the University of Minnesota. To begin with, he explains, 50 to 80 percent of middle-aged men have hardening of the arteries. The exercise expands blood vessels, leading to lower pressure. A hot shower expands them still further. If a man's coronary arteries are narrowed by atherosclerosis, the lowered pressure could result in a heart attack. Dr. Taylor's advice: Shape up to shovel out. . . .

EXERCISE, THE KEY TO RESTFUL SLEEP

Delta sleep, identified as deep sleep, is easily promoted by exercise, Dr. Frederick Baekeland of the Department of Psychiatry, State University of New York, says.

Fourteen college students, who were free of psychiatric and medical problems and accustomed to regular exercise, were studied. Dr. Baekeland reports in the *Archives of General Psychiatry*, Vol. 22, that delta sleep was much more prevalent on nights that the students exercised, than during a month-long period when exercise was prohibited. There was also indication that in the period of no exercise, the subjects suffered increasing anxiety and sexual tension.

SHORT COURSE RECORDS

SUBMITTED BY GAIL ONUSSEIT
Meet Results rec'd through
February 13, 1973

MEN	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-79	80 & OVER
50 yd FREE	21.3	22.8	24.2	24.8	25.8	25.3	27.2	27.4	32.1	47.0	
100 yd FREE	48.6	50.6	53.36	54.4	57.5	59.37	1:02.3	1:02.9	1:20.5	1:56.2	
200 yd FREE	1:48.5	1:54.0	2:00.1	2:03.06	2:10.6	2:12.6	2:19.65	2:30.37	3:22.5	3:16.9	
500 yd FREE	5:10.6	5:11.7	5:25.3	5:44.39	5:59.6	6:18.2	6:25.6	7:10.2	8:42.62	10:51.0	
1650 yd FREE	18:29.0	18:31.7	19:40.2	20:20.35	21:10.4	21:51.5	22:35.7	26:30.7	30:46.7	36:11.4	
100 yd BACK	56.5	57.0	1:04.3	1:07.4	1:06.9	1:07.0	1:22.1	1:12.5	1:30.2	3:07.6	
200 yd BACK	2:03.5	2:10.0	2:19.8	2:25.3	2:26.15	2:30.7	3:02.5	2:55.1			
100 yd BRST	1:00.38	1:03.2	1:10.4	1:13.94	1:15.3	1:13.6	1:21.3	1:26.4	1:34.0	2:00.1	
200 yd BRST	2:12.52	2:18.27	2:36.93	2:41.20	2:48.80	2:45.6	3:04.5	3:17.6	3:24.8	5:26.9	
50 yd FLY	24.52	24.3	26.1	27.77	28.6	29.6	32.9	34.6	36.6		
100 yd FLY	53.5	55.2	1:00.05	1:07.31	1:06.9	1:17.1	1:18.6	1:37.6			
100 yd I.M.	55.3	58.1	1:01.3	1:07.0	1:06.1	1:09.5	1:14.5	1:17.4			
200 yd I.M.	1:59.3	2:05.47	2:17.7	2:31.0	2:28.9	2:33.9	2:57.7	3:22.0			
200 yd F.R.	(25+)	1:29.7	(35+)	1:47.6	(45+)						
200 yd M.R.		1:48.0		2:07.1		3:54.9					

WOMEN	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-79	80 & OVER
50 yd FREE	26.8	28.0	28.3	29.0	30.9	32.2	37.4	39.0	56.5		
100 yd FREE	59.28	1:02.9	1:03.9	1:07.2	1:11.0	1:11.0	1:29.2	1:34.9	2:21.3		
200 yd FREE	2:10.6	2:22.3	2:22.7	2:42.6	2:40.3	2:59.1	3:44.4	4:00.0			
500 yd FREE	5:56.9	6:27.0	6:18.9	7:13.0	7:05.9	7:55.5	10:08.8	10:31.2	12:43.0	20:11.8	
1650 yd FREE	20:50.1	22:08.6	21:56.4	25:45.6	24:25.8	28:19.37	37:02.2	36:18.2			
100 yd BACK	1:09.9	1:15.84	1:13.9	1:18.9	1:24.0	1:28.1	1:38.5	1:39.0	2:49.4		4:53.8
200 yd BACK	2:36.4	2:46.5	2:55.4	2:48.0	3:06.8	3:26.6	4:51.5				
100 yd BRST	1:11.9	1:17.5	1:21.8	1:29.5	1:33.1	1:43.0	1:44.4		4:26.0		
200 yd BRST	2:36.2	3:02.9	2:59.9	3:15.5	3:19.5	3:54.8	3:58.2		5:21.6		
50 yd FLY	30.1	32.2	32.5	31.8	36.7	40.0	54.38				
100 yd FLY	1:09.6	1:11.1	1:17.3	1:22.4	1:21.4	1:50.0					
100 yd I.M.	1:10.3	1:12.6	1:14.1	1:18.0	1:23.6	1:24.5	2:22.8	2:30.5			
200 yd I.M.	2:34.8	2:35.0	2:51.5	2:58.2	3:02.4	3:19.8	4:21.0				
200 yd F.R.	(25+)	1:59.9	(35+)	2:16.4	(45+)						
200 yd M.R.		2:08.3		2:22.8							

78-Year-Old Cripple Who Learned to Swim at 73 Has Thrown Her Crutches Away

A 78-year-old woman who learned to swim at 73 as therapy after hip surgery swims at least a quarter of a mile every weekday — and has thrown her crutches away.

Miss Freda Mohr, retired executive director of the Jewish Family Service in Los Angeles, swims 36 lengths of a 38-foot pool.

Some days she does 50 laps, and hopes eventually to do 72 laps.



SWIMMING DID IT
Freda Mohr is now able to walk without crutches.

Miss Mohr said she learned how to swim in four months in 1967 "because doctors told me if I didn't swim I'd be in a wheelchair in a year."

She had never swum before, "but I was willing to try anything to get better and be able to walk."

Miss Mohr now does several strokes with ease — including the Australian crawl, backstroke and butterfly stroke.

Miss Mohr's physician, Dr. Thomas Gucker, III, said nine operations on both the woman's hips since she first fractured one in 1953, "have corrected her injuries, but if she didn't swim, she couldn't walk."

Miss Mohr takes a cab every weekday from her Los Angeles apartment to Orthopedica Hospital to swim in the pool there.

"It is my lifeline, for without it I would have to spend my life in a wheelchair," she explained to **THE ENQUIRER**.

— JACQUELINE HIMELSTEIN



TERRIFIC STAMINA: Freda Mohr swims 36 to 50 laps of a 38-foot pool every day using Australian crawl (above) and the backstroke (below).



Swim Competition Has Nude Bathers

SPENBOROUGH, England — Nearly 200 people from the United Kingdom competed in an international swimming gala — with a difference. "Swimmers and coaches may not wear clothes in the swimming hall, except that swimmers may use towels or wraps while waiting between races," says one of the rules.

However, this caused no embarrassment for the competitors because they are all members of the International Naturist Federation who took part in the fourth annual international swimming championships here at Spenborough Baths.

THE SCIENCE OF SWIMMING by Doc Councilsman is, according to Athletic Journal, "a dream of a book, covering just about everything on the teaching, coaching and study of swimming." They call it "a must for everyone connected with the teaching and coaching of the sport." Mechanical principles, starts, turns, pace, teaching and learning of skills, training techniques, dry land exercises, age-group, organization of practice, and training schedules of champions. Many excellent drawings and underwater sequence photographs. 1968. 457pp. \$10.75

The Science of SWIMMING



To get Dr. James Councilsman's book and a complete Aquatic Book List, write to Buck Dawson, International Swimming Hall of Fame, One Hall of Fame Drive, Ft. Lauderdale, FL 33316.

LETTER TO THE EDITOR:

I feel master swimmers are suffering from delusions of glory in thinking that their sport can either support or should have two national contests per year. Sure, in '72 we had two so-called nationals. But they were sponsored by the A.A.U. They were attended mostly by people in the region with a smattering of others flying in from out of town. It would be interesting to have the statistic of how many people entered both Short and Long course meets.

I think there should be one big get together every year. This way everyone could make the one supreme effort to attend. If most everyone in the nation showed up you would have a truly "national" swimming meet - not a regional swim meet disguised as a national. The way it is now with two nationals one right after the other most people choose one or the other.

Most people I mention this to say, "but LC & SC are different". I say that is asinine. Imagine someone saying "I'm great in the 200 yd but fall apart in the 200 mtr." The difference is mainly in the paperwork. I go along with the "something for everyone" idea on a local and regional basis to develop the sport -but the nationals should be a special and not too frequent affair.

The vast majority of masters swimmers are working people who swim in the program because it is a fun way to keep in shape and not for the glory. With just one nationals per year, resources both human and financial could be conserved and concentrated. A better and perhaps longer program could be provided. What I'm saying is that the first goal of the nationals should be to bring together swimmers from all corners of the nation for an unforgettable swim experience. Having two national meets, one three months after the other, is counter-productive to this goal.

I think there is a dash too much of glory lust in trying to copy just what the big boys do at this very embryonic stage in the development of masters swimming at the expense of having one good, broadly attended nationals per year.


Jim Cotton

SWIMMING - WHY DO IT?

By Mark Coughlin

The purpose of this writing is to hereinafter reassure the wives/husbands of Master Swimmers, parents of age group swimmers and skeptics. The following six unequivocal reasons are given as to WHY:

1) Swimming brings out the best in physical, psychological and physiological processes within the human composition. To some, this can be considered an integral part of that particular individual. It is a type of physical and mental therapy.

2) A family could gain much by centering their leisure life around such healthful activities as swimming (competitive/non-competitive), camping and other outdoor activities etc.

3) Whereas school and education should be considered of primary importance to the development of youth, swimming is an excellent developer of confidence, physical endurance and character which youth need to pursue life in a healthy and gainful manner.

4) Just as the three Trigonometrical functions (Sine, Cosine and Tangent) are reciprocals of their respective cosecant, secant and co-tangent functions, another reciprocal relationship can also be empirically shown in swimming: When an individual is in dire need, he should be helped by his fellow swimmers/coach. This was the case in question when a certain swimmer was helped 25 years ago. This fortunate swimmer was in turn able by persistent motivation and extended efforts able to help someone in like manner.

5) When one retires, one does not just want to stop living. To insure future happiness and fulfillment, one should prepare for the future well in advance. Truly "The Future" (as the enobled George Allen says) "Is Now." By alertness to the situation, one can well afford to spend the time in preparing for that day. This can best be served by turning to Aquatics.

6) The highest manifestation of Master's Swimming is: a) Insurance against heart disease, b) increased arresting of the aging process, c) prime health benefits, d) comradeship of people who share the same values, e) psychological and physical well being made a true reality.

EPILOGUE: Happiness is something which is difficult to measure. When one can enjoy a feeling of relaxation from the cares and stresses of modern civilization, this is a major breakthrough. Such is the role of the Masters Swimming. In essence, it constitutes an extension of youth.



Here is a picture of some of our swimmers. We are B.R. Ryall YMCA National '72 Long Course Swimming Champions. Located in Glen Ellyn, IL. Our coach, Watson Lawrence, is pictured at the right of the picture sitting on a diving board. Ryall Masters Swim Team is growing rapidly and we are looking forward to another National Championship at the University of Illinois, August 10-12. We are the sponsors. Please, everyone plan to attend.

----- Ronald L. Jones



Don Kane, 1972 Pacific Association A. A.U. President presents AAU Championship certificates to team captain Ann Kay of the San Mateo Marlins. Happily looking on is coach Ray Taft. Place - First San Francisco State University Master Swimming Championships, March 10-11. Dr. Hal Weatherbe broke two National (57 yrs) marks in 100 back, 1:18.4 and 200 back, 2:56.8. Ray Taft also broke (53 yrs) 100 fly record with a 1:16.2.

----- Zada Taft



We in Miami Springs are very proud of our Master swimmers. Our swimmers left to right are: John Paul, Buck Buchanan, Fausto Grana, John Rosol - standing Tom Meade and Karl Hoffmann. The four seated "Masters" are all Dad's of swimmers on our Miami Springs team. They all started swimming in our Masters program as probably result of watching their children swim. Tom Meade, head MSR coach and Karl Hoffmann, asst. coach, both keep in shape by regular workouts. ----- Joan Paul

RINCONADA WORKOUTS

Carol Macpherson and Cindy Baxter have organized the Rinconada Masters Swim Team under the auspices of the Palo Alto Recreation Dept. It is a wonderful opportunity for the skilled and non-skilled swimmer, and the former competitive swimmer to begin, or continue a regular exercise program. They ask their swimmers to attend 3 workouts a week. Some of their swimmers swim around 500 yards and others up to 2,000 yards depending on the level of the swimmer.

Virginia Royden writes, "We slipped on the ice on the pool deck in December and wondered if we weren't in the wrong sport." But the weather improved and all are again gungho.

Intermediate Workout - 1100 yds

1 x 200 free warm up
 2 x 100 free kick
 1 x 100 free pull
 1 x 100 free swim
 1 x 100 I.M. swim
 1 x 50 (k,p,s) back
 1 x 50 (k,p,s) breast
 1 x 100 free work down

Intermediate Workout - 1000 yds.

1 x 200 free warm up
 2 x 100 I.M. swim
 1 x 100 (k,p,s) I.M.
 4 x 25 fly swim
 2 x 100 free work down

Beginners Workout - 600 yds.

1 x 50 free warm up
 1 x 25 (k,p,s,k) free
 2 x 25 (s,k,p,s) free
 1 x 25 each stroke
 1 x 25 each stroke
 1 x 50 free work down

Beginners Workout - 850 yds.

1 x 100 free warm up
 2 x 50 (k,p,s) free
 1 x 50 back kick
 1 x 50 back swim
 1 x 50 breast kick
 1 x 50 breast swim
 1 x 25 (k,p,s) fly
 3 x 25 free sprint
 1 x 100 free work down

Intermediates Workout - 1,500 yds.

1x200 free warm up
 4x100 free kick, pull, swim
 1x100 fly
 1x100 back
 1x100 breast
 1x100 free
 5x 50 free, fly, back, breast
 2 min. rest
 1x250 free work down

Advanced Swimmers Workout - 2000 yds.

#1

1 x 500 free warm up
 1 x 100 I.M. swim
 1 x 200 I.M. swim
 1 x 400 I.M. swim
 1 x 200 I.M. swim
 1 x 100 I.M. swim
 1 x 100 (k,p,s) choice
 1 x 200 free work down

#4

1 x 200 free warm up
 1 x 800 free swim (for time)
 4 x 25 free sprint kick
 4 x 100 choice swim
 4 x 25 fly swim
 1 x 400 free work down

#6

1 x 200 free warm up
 4 x 50 (k,p,s) fly
 8 x 25 fly sprint 30/60
 1 x 100 free swim (easy)
 2 x 100 (k,p,s) free
 4 x 25 free sprint 20/30
 1 x 200 free work down

#2

1 x 500 (s,k,p,s) free

#3

1 x 400 free warm up
 4 x 50 free swim (progressive)
 1 x 100 free swim (easy)
 1 x 100 (k,p,s) each stroke
 1 x 100 free work down

#5

1 x 400 free warm up
 10 x 50 free swim (1½-2)(time-pace)
 1 x 100 free swim (easy)
 4 x 100 choice swim
 4 x 100 I.M. swim
 1 x 200 free work down

#7

1 x 200 free warm up
 4 x 50 (k,p,s) back
 8 x 25 back sprint 30/60
 1 x 100 free swim (easy)
 4 x 50 (k,p,s) breast
 8 x 25 breast sprint 30/60
 1 x 100 free work down

THESE INTERVALS ARE EXAMPLES WHICH CAN BE CHANGED TO YOUR OWN LEVEL.

ALFRED CORNING CLARK GYMNASIUM MASTERS

From 20 yards to mile in seven short months.
Excerpts from article by Pat Clinton

The first Masters Swim Meet in the North Eastern US was held at Rome, NY on March 5, 1972. Entering after a 30-year lapse in training for competition and only three wks preparation made the goal and the workouts much more challenging. Winning the three events that I entered made me more determined to continue.

Swimming alone in practice and travelling alone to meets isn't as much fun as having other swimmers involved. I looked over the locker room group for the adult Swim to Stay Fit program and the ladies who played squash for new candidates. Four gals finally said yes. Jane Hanson is the mother of two and a teacher of preschool children in the Head Start program. She had no prior competitive experience, no formal stroke instruction and was a very heavy smoker who quit cold after less than a week in the water. In August she won the LC National Championship title in her age group in the 100 and 200 mtr breast. Jane Huber is the mother of four, active in community affairs, a guide at the Farmer's Museum educational program and married to a Pan Am pilot engineer. When husband David found that he was elected to drive to meets he decided he might just as well swim too having had some experience in school. Unfortunately his work interferes a great deal with any steady training. Jane has advanced to the mile events doing it all backstroke and her time ranks her 5th nationally in her age group. Rexene Ashford is a Water Safety Instructor, mother of 5, part time graduate student, a guide at the Farmer's Museum educational program and wife of a doctor who was convinced later to also join the group. With no previous competitive experience she has progressed to the mile events swimming the entire distance breaststroke in a time that ranks sixth nationally in her age group.

Just to show how things go sometimes, we treasure some of the quotations. At the 1st meet, from Jane Huber, "Coach, what do I do if I can't finish?" Answer, "You finish if you have to dogpaddle!" Jane Hanson, after coming in behind so often began moving out in front and was overheard to comment, "Now that I don't see feet I get a little confused". Before and after our first 50 meter pool experience, "You mean there's no turn?" and "I don't believe I swam that whole thing." And for any woman who gets into Masters that unbelievable statement, "I can hardly wait

for my next birthday, I'll be the youngest in my age group!"

Pool time has never presented a problem because as Aquatic Director I have the key. In May, 1972 we began 7:30 am workouts to provide time for our working members to practice. Our initial quarter mile workouts grew to 1000 yards then 1500 yards and now to 2000 and 3000 yards per day. Today it is hard to remember how much persuasion I had to use in the beginning to get everyone to swim 40 to 60 yards without stopping.

The importance of this program lies not in the competition which is fun and an incentive to do but in the physical well being of our group. Smokers have become nonsmokers, the overweight have lost pounds and bad backs have improved dramatically. The women have gone to size smaller clothes without dieting and we all feel great mentally. The sense of accomplishment is very real and satisfying. It does take time to plan daily workouts, to strive to improve strokes, turns and dives, to reach specific goals and to psych the mind for the meets coming up, but it becomes so much a part of daily life that it doesn't appear to take time from anything else. Traveling to various cities, meeting new people with a common interest and often reassociation with competitors from the past all add up to a pleasant social program as well.

I am so very proud of the accomplishments these swimmers have made in the past seven months and we look forward to representing the A.C.C. gym as well as the New York State Adirondack Association in the forthcoming Short and Long Course Nationals in 1973.

MASTERS ALL-AMERICANS

INDIANAPOLIS, Ind. — The 1972 National AAU Masters Swimming All-American team was released recently by John Spannuth, AAU National Aquatics Administrator.

Any individual who has won a total of four events in the short course and/or long course National AAU Masters Swimming Championships automatically qualified for the All-American Masters Swimming Team.

25-29 — Ken Hammer, Lakewood A.C., Calif.; Cease Brown, U.S. Navy, Calif.; Terri Mejia, San Mateo Marlins, Calif.; Ann Todd, Fremont Hills, Calif.

30-34 — Lance Larsen, Huntington Beach, Calif.; Bill Wood, Spartan Water Polo, Mich.; Gretchen Ghent, Santa Clara, Calif.; Mary Oudegeest, Little Rock Dolphins, Ark.

35-39 — Burwell Jones, Sarasota YMCA, Fla.; Ann Champ, Riviera Club, Ind.; Helen Buss, St. Louis, Mo.; Connie Wilson, Beaverton, Ore.

40-44 — Peter VanDijk, Cleveland A.C., Ohio; Robert Kueny, Kenosha Youth Found., Wisc.; Anne Adams, San Fernando Valley A.C., Calif.; Barbara Reeve, Ridge Park S.C., Ill.; Gail Roper, Santa Rosa S.C., Calif.

45-49 — Paul Hutinger, Western Ill. Univ., Ill.; Duane Draves, Lakewood A.C., Calif.; Perry Rockwell, Platteville, Wisc.; Ransom Arthur, San Diego Navy, Calif.; June Krauser, Ft. Lauderdale A.C., Fla.; Mary Meekins, Ft. Lauderdale A.C., Fla.

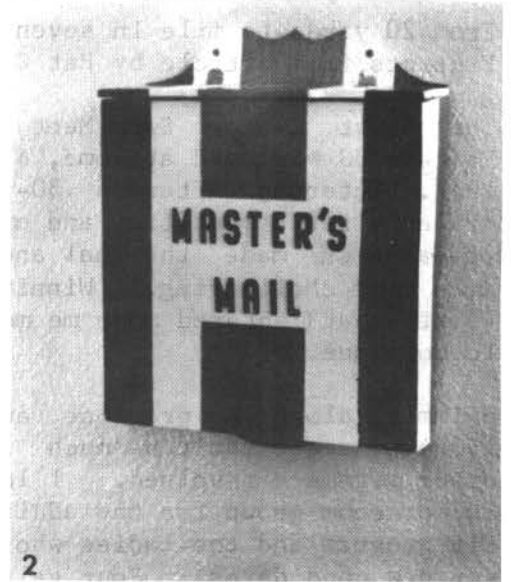
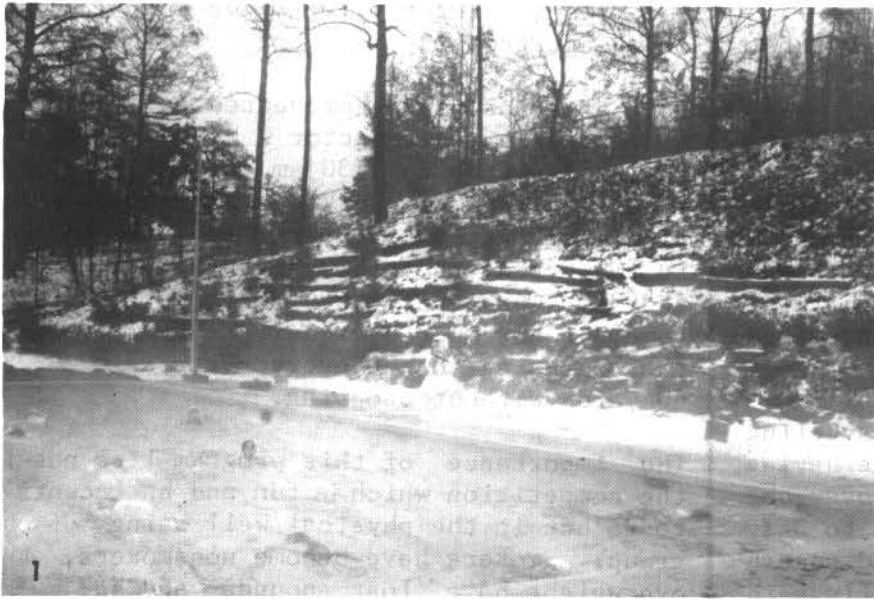
50-54 — Jim Welch, Waikiki S.C., Hawaii; Jim Counsilman, Gatorade S.C., Inc.; Jane McCollister, Marin A.C., Calif.; Zada Taft, San Mateo Marlins, Calif.

55-59 — Jim Eubank, Huntington Beach A.C., Calif.; Walt Pfeiffer, Rosemead S.C., Calif.; Mildred Anderson, Crystal Pool, Texas.

60-64 — Reg Richardson, Santa Barbara A.A., Calif.; Lyle Collet, San Mateo Marlins, Calif.; Marcelia Lammey, Riviera Club, Ind.

65-69 — Henry Johnson, Olympic Club, Calif.; Al Kallunki, The Hills, Calif.; Edna Segal, San Mateo Marlins, Calif.

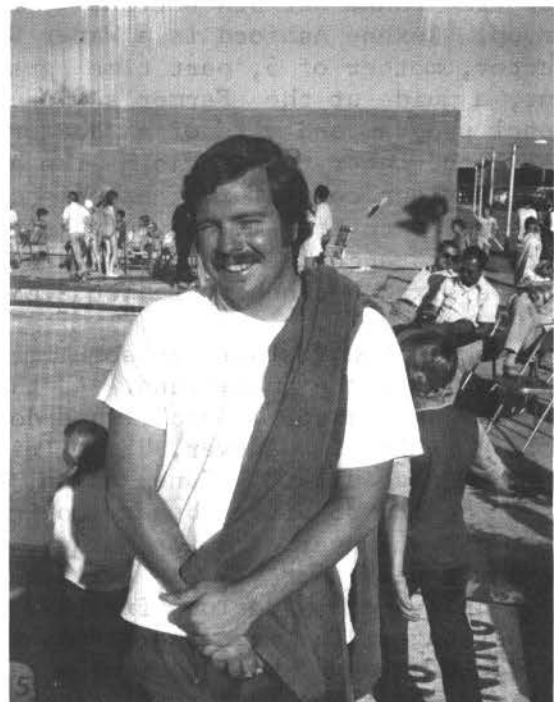
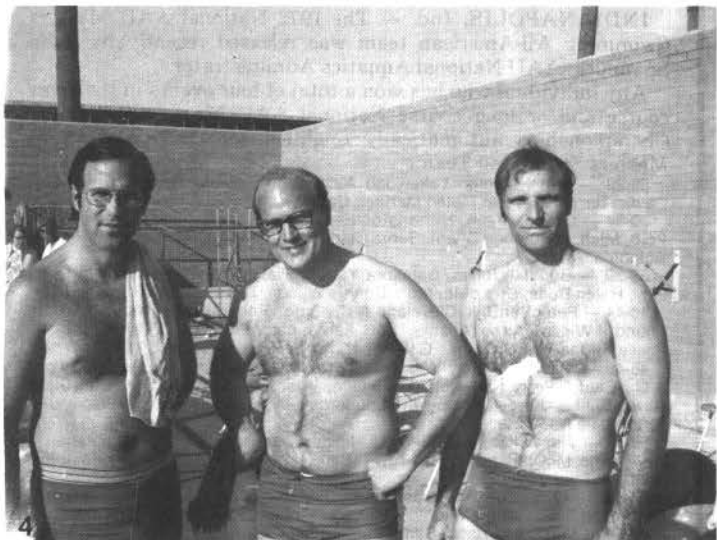
70-79 — Paul Dunakin, Ryall Masters, Ill.



- 1 - Nottaway Pool, Atlanta, GA, Decatur-DeKalb YMCA & Georgia Masters working out.
- 2 - Red, white and blue Master's Mail box located at North Shore Pool, St. Petersburg, FL.

ARIZONA MASTERS SWIM MEET PARTICIPANTS

- 3 - Maya Feldhuhn, Mona Lorant, Edie Gruender, Mr. & Mrs. Fred Bradley; Dennis Ahlmann & Dan Gruender in back.
- 4 - George Morgan, Dave Groseclose & Paul Goetz.
- 5 - Dave Schumann



MEET RESULTS

Times from the following Short Course meets have been compiled:

CORONADO MASTERS MEET

12/17/72 Denver, CO

NORTHGLENN MASTERS MEET

1/7/73 Denver, CO

BRISTOL GIRLS CLUB

1/13/73 Bristol, CT

WESTSIDE JEWISH COM. CENTER

1/21/73 Los Angeles, CA

MASTERS METCALF MEMORIAL SWIM

1/27/73 Orange, NJ

FLA GOLD COAST WINTER PROGRAM

1/7,21/73 & 2/4/73 Miami, FL

FLORIDA DEVELOPMENT MEET

2/3/73

LAKWOOD SWIM CLUB

11/25-11/73 Federal Way, WA

MILWAUKEE MUNICIPAL RECREATION

2/13/73 Milwaukee, WI

TOPEKA WINTER INVITATIONAL

2/16-18/73 Topeka, KS

WESTERN ILLINOIS UNIVERSITY

2/17/73 Macomb, IL

MASTERS SWIM MEET AT VENICE

2/18/73 Los Angeles, CA

GARDEN STATE SWIM POOL

2/24/73 Berkeley Heights, NJ

ATLANTA METRO MASTERS MEET

2/25/73 Atlanta, GA

MASTERS SWIM MEET

3/3/73 Tempe, AZ

SAN DIEGO MASTERS SPRINT MEET

3/4/73 San Diego, CA

SIXTH HAWAIIAN MASTERS MEET

3/4/73 Honolulu, HI

FGC SENIOR SC SWIMMING CHAMP.

3/10-11/73 Miami, FL

WOMEN 25-29

50 YARD FREESTYLE	
S. Coolidge 26	29.7
C. Walters	30.17
Sue Clavin 26	31.4
S. Tate	31.4
Mary Buntin	31.5
B. Perry	31.52
J. Barnes	35.25
Mary Matthews 25	37.5
Jacque Coan 29	39.0
Dee Berger 28	40.4
Sara Bond 27	40.92
100 YARD FREESTYLE	
Carol Clay 26	1:00.8
Irene David 29	1:05.2
C. Walters	1:08.77
Jane Hardy	1:14.5
Mary Buntin	1:15.8
B. Perry	1:16.68
Sandy Brown 29	1:17.9
Jane St. Clair 26	1:20.6
Ginny Bradley 28	1:23.9
Carol Thuhill 29	1:29.0
Jacque Coan 29	1:31.1
200 YARD FREESTYLE	
Sue Clavin 28	2:40.2
Ginny Bradley 28	3:03.6
Sandy Brown 29	3:09.6
500 YARD FREESTYLE	
C. Walters	7:30.48
1650 YARD FREESTYLE	
Sandy Brown 29	34:33.6
100 YARD BACKSTROKE	
Carol Clay 26	1:12.1
Jane Hardy	1:24.3
Sue Clavin 26	1:27.7
Dee Berger 28	1:46.7
200 YARD BACKSTROKE	
Sue Clavin 26	2:59.0
J. Barnes	3:26.75
100 YARD BREASTSTROKE	
J. Rasmussen 26	1:21.7
Carol Clay 26	1:25.7
Sue Clavin 26	1:33.8
Mary Ellen Matthews 25	1:34.4
B. Perry	1:37.44
Jean Maire	1:40.2
Jane St. Clair 26	1:40.3
Sara Bond 27	1:42.10
Carol Poste 26	1:46.30
50 YARD BUTTERFLY	
Irene David	29.8
J. Rasmussen 26	31.4
S. Coolidge 26	33.4
Sue Clavin 26	34.4
Mary Buntin	37.9

100 YARD BUTTERFLY	
J. Rasmussen 26	1:11.0
Carol Clay 26	1:18.5
100 YARD INDIVIDUAL MEDLEY	
J. Rasmussen 26	1:13.8
S. Tate	1:23.3
Irene David 29	1:24.5
Jane St. Clair 26	1:33.9
Carol Poste 26	1:40.35
200 YARD INDIVIDUAL MEDLEY	
J. Rasmussen 26	2:41.0

WOMEN 30-34

50 YARD FREESTYLE	
Gillian Ratcliffe	30.8
Judy Gannon 33	32.6
S. Stump	33.00
Roberta Eaton 34	35.3
Alice Zidek 34	36.4
Jean Abrams 34	36.5
Anne Hummel 32	36.7
100 YARD FREESTYLE	
Gillian Ratcliffe	1:09.4
Anne Hummel	1:21.0
S. Stump	1:23.76
Joanne Munise 33	1:25.5
Jean Abrams 34	1:26.6
Bev Coan 34	1:30.8
Jean Domitz 31	1:35.7
Barbara Cuna 32	1:48.6
200 YARD FREESTYLE	
Judy Gannon 33	2:47.3
Anne Hummel	3:01.7
Bev Coan 34	3:28.2
500 YARD FREESTYLE	
A. Heins	8:21.76
100 YARD BACKSTROKE	
Judy Gannon 33	1:22.6
Jane Hanson	1:29.8
Beverly Coon 34	1:45.9
Joanne Munise 33	1:49.4
Joan Domitz 31	1:58.3
100 YARD BREASTSTROKE	
Jane Hanson	1:32.9
Gillian Ratcliffe	1:33.5
Helen Geoffrion 34	1:34.5
A. Heins	1:34.84
Roberta Eaton 34	1:42.5
Joanne Munise 33	1:51.6
Judith Schulten 33	1:51.8
200 YARD BREASTSTROKE	
Helen Geoffrion 34	3:35.9
Judith Schulten 33	3:54.4
50 YARD BUTTERFLY	
Gillian Ratcliffe	35.1
Judy Gannon 33	38.7
Helen Geoffrion 34	44.2
Jean Abrams 34	50.5
100 YARD BUTTERFLY	
Helen Geoffrion 34	1:36.8
Joanne Munise 33	2:14.0
100 YARD INDIVIDUAL MEDLEY	
Gillian Ratcliffe 34	1:22.3
Judy Gannon 33	1:23.6
A. Heins	1:31.76
V. Stump	1:37.27
Jean Abrams 34	1:39.6
200 YARD INDIVIDUAL MEDLEY	
Gillian Ratcliffe	3:03.7
Helen Geoffrion 34	3:35.1

WOMEN 40-44

50 YARD FREESTYLE	
Edith Gruender 44	33.5
Maya Feldhuhn 43	35.0
C. Colvin	37.1
Jane Gravener	38.5
J. Amato	39.61
Margret Carey 42	43.9
Rexene Ashford	44.7
Marla Donchez 43	55.9
100 YARD FREESTYLE	
Anne Adams 44	1:11.8
Jane Gravener	1:20.66
Jane Gravener	1:23.0
Tink Bolster 44	1:27.6
Rexene Ashford	1:35.3
Anita Peterson	1:42.0
200 YARD FREESTYLE	
Anne Adams 44	2:36.5
Tink Bolster 44	3:06.3
Jane Gravener	3:09.2
Rexene Ashford	3:40.6
500 YARD FREESTYLE	
Delores Fortune 42	10:29.3
100 YARD BACKSTROKE	
Kay Manuel 43	1:32.5
V. Enos 40	1:33.4
Edith Gruender 44	1:35.4
Rexene Ashford	1:53.5
Patti Hutinger 40	2:33.2
200 YARD BACKSTROKE	
Anne Adams 44	2:59.5
V. Enos 40	3:24.9
Janet Partridge 40	3:29.8
J. Amato	3:57.13
Rita Mills 42	4:02.0
100 YARD BREASTSTROKE	
Anne Adams 44	1:32.2
Jane Gravener	1:38.8
Rexene Ashford	1:42.0
Edith Gruender 44	1:42.0
J. Anderson	1:42.70
Maya Feldhuhn 43	1:43.4
Rita Mills 42	1:43.8
Tink Bolster 44	1:44.7
50 YARD BUTTERFLY	
Anne Adams 44	37.0
Maggie Johnson 42	39.3
Edith Gruender 44	39.7
Maya Feldhuhn 43	41.5
R. Rook	50.7
J. Amato	52.24
100 YARD INDIVIDUAL MEDLEY	
Edith Gruender 44	1:26.0
J. Anderson	1:35.02
Maya Feldhuhn	1:38.0
V. Enos 40	1:38.4
R. Rook	1:39.8
200 YARD INDIVIDUAL MEDLEY	
V. Enos	3:37.3
Jane Gravener	3:37.9

WOMEN 35-39

50 YARD FREESTYLE	
Ginny Stephanos	29.2
Sue Kearney	29.3
E. Anderson 35	30.9
Betsy Jordan	31.3
Janet Lamott 37	31.6
Puck Parke 38	33.5
Evelyn Debes 37	34.4
Judy Gilbert 37	37.5
Kathy Ivanov 35	38.06
K. Vandeusen	38.5
Alice Vernon 39	38.91
Norma McKinney 38	40.0
Ann Degnan	41.8
Mary Goar 38	42.1
Betsy Packard 39	54.51
100 YARD FREESTYLE	
Ginny Stephanos	1:06.1
Sue Kearney	1:07.8
E. Anderson 35	1:12.2
Evelyn Debes 37	1:15.6
Kathy Ivanov 35	1:33.18
Mary Goar 37	1:35.1
Pewey Kramer 35	1:38.1
Ann Potts 37	1:45.5
Kay Helmick 37	2:26.1
200 YARD FREESTYLE	
Ginny Stephanos	2:33.2
Sue Kearney	2:39.6
E. Anderson 35	2:46.4
Evelyn Debes 37	2:49.4
N. Mahoney 37	3:00.1
Judy Gilbert 37	3:22.2
500 YARD FREESTYLE	
E. Anderson 35	7:49.8
N. Mahoney 37	8:19.0
Kathy Ivanov 35	8:48.28
Judy Gilbert 37	8:53.4
R. Mitchell	9:58.39
100 YARD BACKSTROKE	
Betsy Jordan 35	1:13.9
Ginny Stephanos	1:20.0
Janet Lamott 37	1:24.7
Evelyn Debes 37	1:30.6
Puck Parke 38	1:35.8
Judy Gilbert 37	1:40.5
Kathy Ivanov 35	1:46.10
Alice Vernon 39	1:47.33
200 YARD BACKSTROKE	
Evelyn Debes 37	3:14.5

100 YARD BREASTSTROKE	
Mona Lrant 36	1:38.5
Janet Lamott 37	1:42.4
Alice Vernon 39	1:45.60
Ginny Stephanos	1:47.6
L. Nakkim 35	1:55.0
Kathy Ivanov 35	1:55.76
Mary Goar 37	1:55.9
200 YARD BREASTSTROKE	
L. Nakkim 35	4:15.6
50 YARD BUTTERFLY	
Ginny Stephanos	33.4
Betsy Jordan 35	36.3
Janet Lamott 37	37.1
Mona Lrant 36	40.0
Puck Parke 38	41.7
Evelyn Debes 37	42.0
100 YARD BUTTERFLY	
Ginny Stephanos	1:30.6
100 YARD INDIVIDUAL MEDLEY	
Betsy Jordan 35	1:19.7
Janet Lamott	1:31.0
E. Anderson 35	1:32.6
Evelyn Debes 37	1:34.4
Mona Lrant 36	1:39.1
Alice Vernon 39	1:40.99
Kathy Ivanov 35	1:42.00
L. Nakkim 35	1:59.4
R. Mitchell	1:59.74
200 YARD INDIVIDUAL MEDLEY	
Evelyn Debes 37	3:18.4
Ginny Stephanos	3:24.3

WOMEN 40-44	
50 YARD FREESTYLE	
Edith Gruender 44	33.5
Maya Feldhuhn 43	35.0
C. Colvin	37.1
Jane Gravener	38.5
J. Amato	39.61
Margret Carey 42	43.9
Rexene Ashford	44.7
Marla Donchez 43	55.9
100 YARD FREESTYLE	
Anne Adams 44	1:11.8
Jane Gravener	1:20.66
Jane Gravener	1:23.0
Tink Bolster 44	1:27.6
Rexene Ashford	1:35.3
Anita Peterson	1:42.0
200 YARD FREESTYLE	
Anne Adams 44	2:36.5
Tink Bolster 44	3:06.3
Jane Gravener	3:09.2
Rexene Ashford	3:40.6
500 YARD FREESTYLE	
Delores Fortune 42	10:29.3
100 YARD BACKSTROKE	
Kay Manuel 43	1:32.5
V. Enos 40	1:33.4
Edith Gruender 44	1:35.4
Rexene Ashford	1:53.5
Patti Hutinger 40	2:33.2
200 YARD BACKSTROKE	
Anne Adams 44	2:59.5
V. Enos 40	3:24.9
Janet Partridge 40	3:29.8
J. Amato	3:57.13
Rita Mills 42	4:02.0
100 YARD BREASTSTROKE	
Anne Adams 44	1:32.2
Jane Gravener	1:38.8
Rexene Ashford	1:42.0
Edith Gruender 44	1:42.0
J. Anderson	1:42.70
Maya Feldhuhn 43	1:43.4
Rita Mills 42	1:43.8
Tink Bolster 44	1:44.7
50 YARD BUTTERFLY	
Anne Adams 44	37.0
Maggie Johnson 42	39.3
Edith Gruender 44	39.7
Maya Feldhuhn 43	41.5
R. Rook	50.7
J. Amato	52.24
100 YARD INDIVIDUAL MEDLEY	
Edith Gruender 44	1:26.0
J. Anderson	1:35.02
Maya Feldhuhn	1:38.0
V. Enos 40	1:38.4
R. Rook	1:39.8
200 YARD INDIVIDUAL MEDLEY	
V. Enos	3:37.3
Jane Gravener	3:37.9

WOMEN 45-49	
50 YARD FREESTYLE	
Pat Clinton	31.9
J. Cattanaach	37.56
G. Hinrichs	39.15
Ruth Lang 45	40.0
Betty Talbot 47	40.7
Margery Oldfield 49	42.70
Ruth Lawson 47	45.28
Charlotte Rafes 46	48.5
Doris Horensky 45	1:04.0
100 YARD FREESTYLE	
Pat Clinton	1:11.2
Jane Krauser 46	1:14.1
Nancy Hays 45	1:26.6
G. Hibrichs	1:28.16
Ruth Lang 45	1:30.1
Margery Oldfield 49	1:45.92
200 YARD FREESTYLE	
Jane Krauser 46	2:41.3
Pat Clinton	2:45.6
Judy Smith 47	3:05.2
Nancy Hays 45	3:16.5
Ruth Lang	3:19.7
Charlotte Rafes 46	4:08.2

500 YARD FREESTYLE	
June Krauser 47	7:10.8
Judy Smith 47	8:19.3
Betty Talbot 47	8:24.4
1650 YARD FREESTYLE	
Judy Smith 47	28:26.02
100 YARD BACKSTROKE	
Pat Clinton 45	1:24.8
Ruth Lang	1:51.2
Margery Oldfield 49	1:51.64
Betty Talbot 47	1:54.1
Ruth Lawson	2:10.60
Charlotte Rafes 46	2:11.6
Doris Horensky 45	2:53.0
100 YARD BREASTSTROKE	
Pat Clinton 45	1:42.1
Lois Lawson 49	1:44.1
J. Cattanaach	1:48.39
Ruth Lawson 47	1:56.56
Margery Oldfield 49	1:59.60
Ruth Lang	2:11.2
200 YARD BREASTSTROKE	
Betty Talbot 47	4:00.1
50 YARD BUTTERFLY	
Ruth Lang	54.9
Margery Oldfield 49	1:00.90
100 YARD BUTTERFLY	
June Krauser	1:20.8
100 YARD INDIVIDUAL MEDLEY	
G. Hinrichs	1:36.13
Judy Smith 47	1:38.0
J. Cattanaach	1:45.12
Ruth Lang 45	1:50.0
Margery Oldfield 49	1:54.33
Ruth Lawson 47	2:07.63
Charlotte Rafes 46	2:37.7
Doris Horensky 45	3:03.8
200 YARD INDIVIDUAL MEDLEY	
June Krauser	2:57.5

WOMEN 50-54	
50 YARD FREESTYLE	
Dorothy Donnelly	32.7
Jean Piertti	33.4
Bette Crowell 52	37.5
J. Wade 54	40.1
Maxine Carlson 53	46.6
Grace Foley 52	47.9
100 YARD FREESTYLE	
Dorothy Donnelly	1:16.5
Jean Piertti	1:19.0
Bette Crowell 52	1:26.9
J. Wade 54	1:32.5
Louise Jaheon	1:36.5
Nancy Lawrence 50	1:45.7
200 YARD FREESTYLE	
Rita Simonton 54	3:04.7
Bette Crowell 52	3:07.8
Nancy Lawrence 50	4:07.5
Grace Foley 52	4:08.1
500 YARD FREESTYLE </	

J. Kilks 29	2:11.4	J. Tobin	31.46	D. Gibson	57.91	100 YARD BUTTERFLY	Ken Koster 37	2:26.8	
Steve Engle 29	2:14.1	L. Kull	33.11	Bill Slaughter 32	58.4	Dave Emery 31	58.1	Wm Parks 36	2:28.1
Doug Mason 27	2:14.9	Paul Fledger 25	35.9	Bruce Swart 30	59.11	Mike Laux	59.4	Dave Lamott 37	2:30.8
John Sink 29	2:16.2	Mark Anastro 28	42.1	Bob Walden 33	59.5	George Spears 30	59.6	Herb Suskin 38	2:31.9
Larry Smith 25	2:17.0	100 YARD BUTTERFLY		D. Pistoll	59.72	Phillip Goode 30	1:00.7	Budd Symes 38	2:34.2
Chris Ludwig 27	2:18.0	Joel Burns 26	56.4	Bill Page 32	1:00.6	Dennis Weldon 33	1:00.8	Keith Martin 36	2:41.9
Gary Knox 27	2:21.3	Gerry DeLong 26	57.8	P. Vanhuysen	1:00.72	Tom Landis 30	1:03.0	Amar Lathi	2:42.4
Alan Blank 25	2:31.0	Paulo Figueiredo 26	58.0	John Bushman	1:00.8	James Loofbourrow 33	1:03.4	Walt Lincoln	2:46.3
Wm. Smith 25	2:37.8	Michael Sheperd 27	58.7	Phillip Goode 30	1:01.2	Dan Brown 30	1:03.5	George Kedrowsky 36	2:50.3
Angus Mackie	2:40.7	Bob Lemley 28	59.2	Bill Mills 30	1:03.68	Spencer Ryan 31	1:05.9	Fred Herr 36	2:54.4
J. Leong 26	2:45.0	R. Merritt 26	1:01.1	Jim Ferrell 31	1:03.7	Robert Horvath 30	1:08.9	Jerry Purdum	3:19.2
R. Takabayashi 25	2:47.9	W. Shibasaki 25	1:02.3	Charles Maddux 30	1:04.1	J. R. Harris 31	1:16.6	Bruce Vatcher 39	3:24.9
500 YARD FREESTYLE	2:54.8	George Olson 25	1:02.5	David Toreah 30	1:04.1	Scotty Roberts 33	1:17.0	500 YARD FREESTYLE	
Jay Platt 25	5:19.7	Chip Demarest 26	1:02.6	S. Rabinovitch 30	1:08.1	Daniel Levy 31	1:17.1	Buddy Belshe 38	6:02.5
Bill Damm 26	5:37.6	Ken Doesburg 29	1:07.8	Bernie Montalbano	1:10.3	100 YARD INDIVIDUAL MEDLEY		Gay Rosser 39	6:07.8
Steve Engle 29	5:55.2	Sandy Thatcher 29	1:16.0	Phil Landrum 33	1:11.2	Jack Geoghegan 30	1:03.0	R. McCray	6:10.7
George Brown 25	5:58.5	Mike Lyons 29	1:19.5	200 YARD FREESTYLE		Dave Emery 31	1:03.4	Alex Gilbert 39	6:52.0
Glyn Davies 28	6:06.0	Phillip Whitten	1:26.7	Tom Landis 30	1:58.0	Byron Stauffer 30	1:03.8	Scott Beelman 38	7:32.20
Jonathan Beall 25	6:06.1	100 YARD INDIVIDUAL MEDLEY		D. Kim 30	2:02.1	George Spears 31	1:04.1	Wayland Barber 37	7:48.01
B. Barnes	6:13.49	Dave Frank 28	1:00.2	George Spear 31	2:03.9	D. Kim 30	1:04.7	J. Mitchell	7:57.56
J. Diks 29	6:14.2	Bob Coleman 25	1:00.4	Jack Geoghegan	2:03.9	Mike Laux 31	1:04.7	A. Hodges	8:04.78
Chris Ludwig 27	6:22.6	David Myerburg 25	1:00.5	James Loofbourrow 33	2:05.2	Art Wahl 31	1:06.3	G. Kenry	8:24.30
M. Grinnin	6:26.14	Tom Johnson	1:01.2	Dan Brown 30	2:07.8	Jack Meyer 32	1:07.2	Tom Foley 38	11:01.5
T. W. Cole	6:39.77	N. Shibasaki 25	1:01.7	David Flores 30	2:08.0	Ernest Alex 33	1:07.4	1650 YARD FREESTYLE	
Tom Clavin 26	8:16.0	D. West	1:03.2	Dennis Donovan 30	2:09.0	David Flores 30	1:07.5	Robert Helmick 35	23:26.7
1650 YARD FREESTYLE		Mike Bryant 25	1:03.3	Bob Walden 33	2:13.0	Jack Meyer 32	1:07.9	J. Daniels 39	23:35.6
Jeff Cooke 27	20:21.2	Mark Ebel 25	1:03.5	Bill Page 32	2:13.7	Spencer Ryan 31	1:08.0	Tom Foley 38	39:42.5
Steve Engle 29	20:58.2	Jack Hogkiss 26	1:03.6	Robert Horvath 30	2:19.1	Bruce Swart 30	1:08.60	100 YARD BACKSTROKE	
Mark Ebel 25	21:27.2	T. W. Cole	1:04.0	Harold Hamilton 31	2:21.0	D. Gibson	1:08.84	Alan Johnson 35	1:06.1
100 YARD BACKSTROKE		George Brown 25	1:04.2	Ken Schultz 30	2:25.2	John Goetz 30	1:09.6	Larry Good 38	1:09.0
N. Shibasaki 25	1:00.5	David Polachek 28	1:04.2	Earl Gustky 32	2:25.4	B. Sakovich 30	1:09.9	Sandy Gideonse 38	1:10.3
Robert Burns	1:03.4	S. Yamamoto 25	1:04.3	Richard Gold 30	2:31.7	J. W. Hiles 33	1:10.1	Charles Faurot 37	1:11.1
Mike Bryant 25	1:03.8	Johnathan Beall 25	1:04.5	Phil Landrum 33	3:08.0	Mike Mahoney 33	1:10.5	J. Daniels 39	1:12.9
Charles Dugan	1:05.0	R. Merritt 26	1:05.3	500 YARD FREESTYLE		Scotty Roberts 33	1:10.6	Buddy Belshe 38	1:13.4
Mark Ebel 25	1:06.0	Jim Krauss 25	1:06.1	Lance Larson 32	5:29.7	Thomas Monahan 31	1:11.2	Gay Rosser 39	1:13.6
Jonathan Beall 25	1:08.5	G. Honda 25	1:06.4	Dick Stewart 32	5:35.0	Dave Groseclose	1:11.8	Donald Barrett 38	1:13.9
Jeff Pfister 27	1:09.5	Dave Alberstein 25	1:06.8	Burt Kanner 33	5:41.3	Wm Slaughter 32	1:13.0	Bob Schluter 38	1:14.4
Arthur Guenther 27	1:10.6	Bard Bruce 26	1:06.9	John Adam 31	5:46.8	Bob Schneider 31	1:13.00	David Holzhauser 36	1:14.8
John Sink 29	1:11.6	Ken Price 25	1:07.5	Pat Schlup 32	5:54.6	B. Bruner	1:13.6	Robert Helmhick 35	1:14.9
Wm. Smith 25	1:15.1	Steve Engle 29	1:07.6	George Spears 31	6:08.4	John Martindale 30	1:15.0	Amar Lathi	1:16.8
Phillip Whitten	1:15.4	Glyn Davies 28	1:08.4	Wm. Slaughter 32	6:19.5	R. Hartsfield 33	1:16.0	Bill Murray	1:17.5
Chester Slawinski 27	1:15.8	Bill Krauss 28	1:08.8	J. Bain Jr.	6:23.37	N. Yamashita 32	1:16.4	R. G. Morney 35	1:20.9
Sandy Thatcher 29	1:18.0	Chester Slawinski 27	1:09.2	Robt. Horvath 30	6:35.9	J. Yamashita 32	1:16.8	Ted Tilton 39	1:21.7
Richard Blough 29	1:20.14	Frank Dunlevy	1:09.2	Bruce Swart 30	6:50.51	J. R. Harris 31	1:16.8	Wayland Barber 37	1:22.24
Larry Smith 25	1:23.1	George Olson 25	1:09.6	Jack Meyer 32	6:59.0	Terry McHaultz 31	1:17.8	Scott Beelman 38	1:26.95
Mark Anastro 28	1:32.8	David Deutch 27	1:10.0	Bob Schneider 31	7:30.00	D. Pistoll	1:19.89	Dave Lamott 37	1:27.8
John Huminski	2:00.4	Bob Poste 29	1:11.90	D. Ward	7:32.76	W. Miyashiro 32	1:23.7	James Cross 36	1:36.8
200 YARD BACKSTROKE		Sandy Thatcher 29	1:12.2	W. Miyashiro 32	7:39.4	James Gray 31	1:28.0	Tom Fogley 38	1:48.7
Larry Raffaelli 29	2:20.4	Larry Smith 25	1:12.4	B. Bruner	8:16.37	Ian Beattie 34	1:28.5	200 YARD BACKSTROKE	
Mike Bryant 25	2:22.0	B. Haagensen	1:12.49	Phil Thomas 30	8:46.41	Jim Thomas 30	1:33.7	Wm. Parks 36	2:38.0
Dave Frank 28	2:23.5	David Schumann	1:13.3	1650 YARD FREESTYLE		200 YARD INDIVIDUAL MEDLEY		Ken Kasting 37	2:39.6
Paulo Figueiredo 26	2:24.4	Richard Blough 29	1:14.50	J. Wilcox 30	20:48.0	Jack Geoghegan	2:20.1	A. Hodges	2:39.61
N. Shibasaki 25	2:24.8	R. Arakaki 25	1:16.3	McElroy 31	21:31.7	Steve Rabinovitch 30	2:24.5	J. Daniels 39	2:42.8
D. West	2:37.02	Gary Ringe 28	1:16.4	Art Wahl 31	22:36.1	Byron Stauffer 30	2:28.3	G. Kenry	3:08.96
M. Wallace	2:38.08	Mike Lyons 29	1:16.9	Dave Emery 31	23:32.4	Art Wahl 31	2:30.5	Tom Fogley 38	3:39.7
Mike Stauffer 28	2:49.5	Alan Blank 25	1:18.8	Phil Landrum 33	31:09.3	Dennis Donovan 30	2:36.5	100 YARD BREASTSTROKE	
J. Tobin	3:24.5	L. Kull	1:22.69	100 YARD BACKSTROKE		MEN 35-39		B. Patten	1:14.48
100 YARD BREASTSTROKE		J. Leong 26	1:24.9	Dennis Donovan 30	1:09.6	50 YARD FREESTYLE		Louis Abel 36	1:16.1
Bob Coleman 25	1:02.4	Mark Anastro 28	1:28.5	Dennis Korklewski 30	1:11.6	Sandy Gideonse 38	24.9	Jerry Little 37	1:16.9
Ted Snow 26	1:07.5	200 YARD INDIVIDUAL MEDLEY		Jack Meyer 32	1:11.6	Jerry Zwirn 39	26.2	Buddy Belshe 38	1:18.0
Ken Doesburg 29	1:08.5	Bob Coleman 25	2:12.6	Phillip Goode 30	1:12.0	Scott Beelman 38	26.31	Keith Martin 36	1:18.1
Jay Platt 25	1:09.6	Jay Platt 25	2:14.59	Mike Mahoney 33	1:12.8	A. Hodges	26.61	Scott Beelman 38	1:18.89
Chas. Baumgardner 25	1:11.0	Dave Frank 28	2:16.7	Bruce Swart 30	1:13.05	Wayland Barber 37	26.65	Louis Abel	1:19.3
George Brown 25	1:11.3	Mike Bryant 25	2:17.9	John Martindale 31	1:13.3	Mel Siebold	27.1	Bob Rubin 36	1:20.9
Gordon Green	1:11.6	Gerry DeLong 26	2:19.0	Thomas Monahan 31	1:13.5	Herb Suskin 38	27.2	Alex Gilbert 39	1:21.4
Phillip Whitten	1:11.9	N. Shibasaki 25	2:22.3	Wm. Slaughter 32	1:13.5	Alex Gilbert 39	27.9	Paul Goetz 35	1:22.3
Jim Krauss 25	1:13.0	R. Merritt 26	2:23.2	John Even 34	1:13.8	Amar Lathi	28.2	Bill Malone 35	1:24.5
D. West	1:13.79	Paulo Figueiredo 26	2:27.0	Noel Scott 39	1:15.5	Walt Lincoln	28.60	Fred Herr 36	1:26.6
R. Takabayashi 25	1:14.0	Ted Snow 26	2:27.3	Hans Maeder 33	1:18.5	Skip Allen 35	28.8	Dave Lamott 37	1:26.8
Frank Knight 25	1:14.1	Joel Burns 26	2:27.9	Bob Schneider 31	1:19.14	Ed Elbert 39	28.8	Fred Herr 36	1:27.1
Chester Slawinski 27	1:14.2	Chas Baumgardner 25	2:27.6	David Yoreah 30	1:24.0	Paul Goetz 35	29.2	Allen Franze 39	1:27.6
David Deutch 27	1:14.6	Robert Burns	2:30.5	James Gray 31	1:31.9	Fred Herr 36	29.7	James Cross 36	1:28.1
Russ Haddad	1:16.5	Frank Dunlevy	2:31.6	Phil Landrum 34	1:33.1	Budd Symes 38	30.0	Skip Allen 35	1:29.3
Bard Bruce 26	1:17.1	Mike Stauffer 29	2:34.0	Ian Beattie 34	1:40.5	Pat McCaughey	30.1	Thomas Steffen 38	1:37.5
R. Arakaki 25	1:19.4	Phillip Whitten	2:35.0	Jim Thomas 30	1:52.0	George Kedrowsky 36	30.8	Wayland Barber 37	1:43.31
Larry Smith 25	1:22.4	John Sink 29	2:36.6	200 YARD BACKSTROKE		C. Lindell	30.3	Gilbert Saks 37	1:50.03
David Schumann 26	1:20.5	MEN 30-34		B. Bruner	2:48.31	George Krowosky 36	30.8	200 YARD BREASTSTROKE	
Richard Blough 29	1:27.40	50 YARD FREESTYLE		Bill Slaughter 32	2:48.5	G. Kenry	30.86	Jerry Little 37	2:49.5
Mike Lyons 29	1:28.8	Jack Geoghegan 30	23.0	100 YARD BREASTSTROKE		Bill Malone 35	30.8	Keith Martin 36	2:56.7
J. Tobin	1:31.08	Bryon Stauffer 30	23.5	Jim Ferrell 31	1:12.0	Dick Hunt 36	34.3	Alex Gilbert 39	3:02.9
300 YARD BREASTSTROKE		D. Kim 30	24.3	Ernest Alex 33	1:12.2	Gilbert Saks 37	34.60	Robert Rubin 36	3:08.4
Bob Coleman 25	2:25.1	Mike Laux 31	24.5	John Goetz 30	1:14.5	Bruce Vatcher 39	40.3	50 YARD BUTTERFLY	
Ted Snow 26	2:29.2	J. Bain Jr.	24.58	Scotty Roberts 33	1:14.7	100 YARD FREESTYLE		Sandy Gideonse 38	28.4
Jay Platt 25	2:30.55	F. Van Huysen	24.79	Hans Maeder 33	1:15.6	Gay Rosser 39	56.4	R. McCray	28.74
Joel Burns 26	2:42.4	B. Sakovich 30	25.2	Scotty Roberts 33	1:15.7	Charles Faurot 37	57.6	Bill Murray	29.7
Frank Knight 25	2:47.1	D. Gibson	25.26	J. Yamashita 32	1:16.8	J. renton 38	58.9	Mel Siebold	29.8
R. Takabayashi 25	2:59.8	Spencer Ryan 31	25.4	Bruce Swart 30	1:17.01	Buddy Belshe 38	59.0	Alex Gilbert 39	30.0
50 YARD BUTTERFLY		J. Yamashita 32	25.7	Ken Bechtol 30	1:18.6	Robert Helmhick 35	59.2	B. Patten	32.22
Frank Dunlevy	26.5	D. Pistoll	26.0	Jack Meyer 32	1:19.5	Mel Siebold	59.5	Scott Beelman 38	32.37
M. Wallace	26.57	Bruce Swart 30	26.02	P. Vanhuysen	1:20.83	Bob Coykendall	1:00.2	Jerry Little 37	32.8
Mark Ebel 25	26.7	Scotty Roberts 33	26.1	Dave Groseclose 30	1:22.2	R. McCray	1:00.25	Herb Suskin 38	32.8
N. Shibasaki 25	27.0	Dennis Weldon 33	26.1	David Yoreah 30	1:47.2	Scott Beelman 38	1:00.45	Fred Herr 36	32.9
R. Merritt 26	27.0	Bob Walden 33	26.5	200 YARD BREASTSTROKE		Larry Good 38	1:00.6	Amar Lathi	33.0
Dave Frank 28	27.0	Dennis Ahlmann 33	26.8	Dick Stewart 32	2:38.2	Jim Pope 36	1:02.1	Wayland Barber 37	33.58
S. Yamamoto 25	27.2	John Bushman	26.9	Pat Schlup 32	2:46.7	Ted Tilton 39	1:02.5	Louis Abel	33.6
Jeff Cooke 27	27.3	Dave Groseclose 30	27.1	Ken Bechtol 30	2:55.1	Alex Gilbert 39	1:03.4	Noel Scott 39	34.02
Gabor Fodor	27.4	David Flores 30	27.2	Jim Thomas 30	3:41.6	David Suhm 39	1:04.0	Skip Allen 35	34.3
D. Mishima 25	27.8	Richard Gold 30	27.2	50 YARD BUTTERFLY		Wayland Barber 37	1:04.43	Donald Barrett	34.6
T. W. Cole	27.92	Bill Mills 30	27.41	Jack Geoghegan	25.7	David Holzhauser 36	1:05.0	Paul Goetz 35	34.7
Dave Alberstein 25	28.0	Ken Schultz 30	27.6	Dave Emery 31	26.0	Amar Lathi	1:05.0	Dave Lamott 37	35.0
Jonathan Beall 25	28.2	B. Bruner	27.75	Herb Suskin 38	27.2	Bruce Vatcher 39	1:05.7	Bruce Vatcher 39	1:07.5
George Brown 25	28.2	Terry McNaultz 31	28.7	Skip Allen 35	28.1	100 YARD BUTTERFLY			
Jim Coughenour 26	28.25	D. Ward	29.08	James Cross 36	28.4	John Loft 35	1:08.6	John Loft 35	1:09.8
Russ Haddad	29.1	John Even 34	29.3	Noel Scott 39	28.85	Bill Murray	1:09.0	Bill Murray	1:10.8
M. Griffin	29.21	P. Jenka	29.38	Ed Elbert	29.30	Alex Gilbert 39	1:12.2	Alex Gilbert 39	1:11.5
Doug Mason 27	29.3	Harold Hamilton 31	29.5	Bud Holzschuh 39	29.4	Keith Martin 36	1:12.6	Keith Martin 36	1:12.2
B. Haagensen	29.39	Jim Thomas 30	33.0	Fred Herr 36	29.4	James Cross 36	1:12.6	James Cross 36	1:21.8
G. Honda 25	29.4	George Hoegan 33	33.1	J. Mitchell	29.8	Charles Faurot	1:12.9	Charles Faurot	1:23.0
Ronald Scott 29	29.4	Jack Meyer 32	35.0	Pat McCaughey	29.8	Herb Suskin 38	1:14.4	Herb Suskin 38	1:25.6
Phillip Whitten	29.4	Terry McNaultz 31	30.42	Thomas Steffen 38	30.42	Wayland Barber 37	1:16.1	100 YARD INDIVIDUAL MEDLEY	
J. Leong 26	29.6	Ric Condra 34	36.8	Bruce Vatcher 39	30.9	Bruce Vatcher 39	1:34.3	R. Tanabe 38	1:03.1
Jim Krauss 25	29.7	D. Leffingwell 30	43.8	200 YARD FREESTYLE		Jerry Zwirn 39	2:09.6	Jerry Zwirn 39	1:

Keith Martin 36	1:13.7	Lloyd Outten 41	7:19.4	Alec D. Penny 49	27.5	Robert White 45	31.9	Ed McVehil	1:22.4
Donald Barrett 38	1:16.1	Howard Bennett 43	7:41.4	R. T. Sanborn 49	28.7	Morgan Byers 45	33.9	Herb McAuley 50	1:29.8
Dave Lamott 37	1:17.5	Bill Rule 40	7:43.4	John Zagar 46	28.80	Jim Marcus 48	34.0	Bob Cowan 52	1:31.0
Paul Goetz 35	1:17.9	Curt Miller 40	7:51.7	Bill Glynn	28.7	G. Mack	34.1	Buck Rodgers	1:31.07
Wayland Barber 37	1:17.99	Walt Howe 44	8:21.4	Norman Bunick 48	28.7	Don Hubbard	34.3	D. Barnett	1:36.31
Ed Elbert 39	1:18.6	1650 YARD FREESTYLE		Alan Hausman 47	29.0	Robert Maurer 46	34.48	Max Hasbruck 51	1:48.4
Ted Tilton 39	1:19.0	Bob Miller 43	21:28.0	G. Mack	29.27	Howard Johnson 45	35.2	Strat Loucks 52	1:52.7
David Holzhauser 36	1:19.5	Art Welch 40	24:03.4	Robert Maurer 46	29.30	George Wussow 49	35.8	200 YARD INDIVIDUAL MEDLEY	
David Suhm 39	1:20.7	Jim Cotton 40	25:34.7	William Simpson 48	29.50	Lou Silverstein 46	36.6	Warren Kleist 51	2:52.5
James Cross 36	1:21.8	Bill Rule 40	26:13.6	Henry Lentzsch 48	29.8	Watson Lawrence 45	38.8	Herb McAuley 50	3:21.6
Herb Suckin 38	1:21.8	100 YARD BACKSTROKE		Don Hubbard 45	30.1	Bill Seligmann 47	39.6		
R. Morney 35	1:21.9	Jack Craigie 43	1:10.8	Frank Blair 47	30.2	Ken Coon 46	42.1	MEN 55-59	
C. Lindell	1:23.0	John Hiles 44	1:11.5	Ken Coon 46	31.4	Virgil Dallmann 47	45.24	50 YARD FREESTYLE	
J. Mitchell	1:23.03	Stan McConnell 41	1:11.6	Dan Sullivan 46	32.0	100 YARD BUTTERFLY		Austin Newman 57	29.5
Fred Herr 36	1:23.7	Gordon Ralph 41	1:14.0	Virgil Dallmann 47	32.40	Hal Onussett	1:07.0	J. Levitt	29.67
Allen Prange 39	1:24.0	Ken Rooney 40	1:14.7	Bob Lawson 48	32.50	Charlie Stephanos	1:15.6	Ham Anderson 58	29.80
Jim Pope 36	1:26.1	Ken Kimball 42	1:18.4	F. Trask 45	32.8	Henry Lentzsch 48	1:28.9	John McKenzie 56	30.4
Pat McCaughey 37	1:29.2	Elmer Korbai 42	1:21.7	Bill Seligmann 47	34.5	100 YARD INDIVIDUAL MEDLEY		Clifford Croome 56	30.7
Bruce Vatcher 39	2:13.1	Ken Dawson 42	1:22.0	J. Orff	34.5	Paul Huting 48	1:05.3	J. Holmes 57	31.7
200 YARD INDIVIDUAL MEDLEY		Alfred Stein 44	1:22.0	B. McDermott	36.24	Perry Rockwell 48	1:07.8	Leonard Longman 57	32.3
Buddy Belshe 38	2:32.9	Ted Haartz 44	1:22.4	Bill Hayes 48	39.9	Duane Draves 46	1:09.0	Bill Parmelee	32.4
Mel Stebold	2:38.0	Herb Nakama 42	1:22.8	100 YARD FREESTYLE		Jim Marcus 48	1:12.8	G. Mathes	35.33
Wm. Parke 36	2:38.2	Ray Cunningham 43	1:22.9	Perry Rockwell 48	58.0	Morgan Byers 45	1:16.6	Fred Stickele 58	35.5
Bill Burray	2:46.8	Art Welch 40	1:24.3	George VanDormolen	59.5	George Van Dormolen 46	1:16.6	Robert Olsen 55	36.5
Alex Gilbert 39	2:48.2	Lenrod Goldstone 43	1:24.3	Art Koblish 48	59.7	John Agar 46	1:18.17	Jim Bain Sr.	40.19
Ken Koster 37	2:48.2	Lloyd Outten 41	1:26.2	Duane Draves 46	59.8	Robert Maurer 46	1:18.17	100 YARD FREESTYLE	
Keith Martin 36	2:50.4	Curt Miller 40	1:31.4	Charlie Stephanos	1:00.8	F. Trask 45	1:19.0	Jim Welch 55	59.8
Amar Lathi	2:58.7	Walt Howe 44	1:37.5	Morgan Byers 45	1:01.3	Lou Silverstein 46	1:19.1	Austin Newman 57	1:09.0
Louis Abel	3:04.5	200 YARD BACKSTROKE		Dick Upsall 48	1:01.9	Eric Youngquist 45	1:21.2	Ham Anderson 58	1:10.40
Walt Lincoln	3:06.3	Bob Miller 44	2:30.8	Robert White 45	1:02.1	Norman Bunick 48	1:22.0	Tom Lind 55	1:12.5
		Jack Craigie 43	2:45.7	F. Trask 45	1:02.7	Henry Lentzsch 48	1:23.2	John Schertel 56	1:14.5
MEN 40-44		John Hiles 44	2:56.3	Richard Bland 47	1:03.7	L. Gronert	1:29.07	Bill Parmelee	1:17.5
50 YARD FREESTYLE		Art Welch 40	2:56.5	John Zagar 46	1:04.60	Alan Hausman 47	1:31.4	Leonard Longman 57	1:18.1
Ken Kimball 42	26.4	Ray Cunningham 43	3:10.4	Robert Maurer 46	1:04.74	Alan Hausman 47	1:33.0	G. Mathes	1:21.58
Dick Hannula	26.8	Lloyd Outten 41	3:35.5	John Blochlee	1:05.6	John Cemiry 49	1:33.6	Jim Bain Sr.	1:34.8
Ted Haartz	26.8	100 YARD BREASTSTROKE		Richard Sanborn	1:05.6	B. McClinton	1:37.9	200 YARD FREESTYLE	
Lenrod Goldstone	27.1	Jurgen Nebelung	1:16.6	Norm Bunick 48	1:06.9	J. Orff	1:37.9	Jim Welch 55	2:17.3
Jack Craigie 43	27.4	Dan Gruender 43	1:17.1	Eric Youngquist 45	1:07.1	Bill Seligmann 47	1:46.0	Austin Newman 57	2:33.8
H. Coleman 40	27.4	Jim Cotton 40	1:19.7	George Wussow 49	1:07.2	200 YARD INDIVIDUAL MEDLEY		Bill Parmelee	2:59.5
John Blochlee 40	27.8	Ted Haartz 44	1:20.1	Charles Flack 45	1:07.9	Duane Draves 46	2:32.6	Leonard Longman 57	3:01.5
B. Williams	27.85	Alfred Stein 44	1:20.6	John Cemiry 49	1:08.1	Hal Onussett	2:33.1	Fred Stickele 58	3:21.9
Alfanso Allen 43	28.8	Al Stein	1:22.4	Wm. Simpson 48	1:08.57	Charlie Stephanos	2:52.1	500 YARD FREESTYLE	
Lloyd Outten 41	29.0	Bud Schumacher 42	1:22.4	Alan Hausman 47	1:08.8	MEN 50-54		Jim Welch 55	6:20.3
A. Welch 40	29.2	Lenrod Goldstone 43	1:23.6	Bill Glynn	1:09.0	50 YARD FREESTYLE		Ham Anderson 58	7:27.12
Weldon Amerine 43	29.3	Dale Trinkla 41	1:25.6	Watson Lawrence 45	1:18.8	Warren Kleist 50	26.9	John McKenzie 56	7:41.7
Jerry Freitag 40	29.5	Curt Miller 40	1:27.1	Virgil Dallmann 47	1:18.80	Ed Reed Sr.	29.9	Leonard Longman 57	8:09.9
Ken Dawson 42	29.5	Don Dobrott 41	1:29.1	Robert Christensen 45	1:25.2	James Edwards	29.6	G. Mathes	8:41.90
Bud Schumacher 42	29.7	Eugene Gud 43	1:29.4	R. McDermott	1:28.31	Fred Robertson 51	30.1	M. Block	8:50.87
John Stahl 40	29.8	D. Freeman	1:35.63	Ken Lindl 46	1:32.7	Bob Cowan 52	30.3	1650 YARD FREESTYLE	
Alfred Stein 44	29.9	Art Welch 40	1:35.7	200 YARD FREESTYLE		W. Lindstrom	30.97	Jim Welch 55	22:02.9
Dan Gruender 43	30.4	Ken Rooney 40	1:36.5	Duane Draves 46	2:13.4	J. Himmel	33.38	Seessinghaus 58	27:41.5
Bill Rule 40	30.6	200 YARD BREASTSTROKE		Charlie Stephanos	2:15.3	Bill Varza	34.5	Leonard Longman 57	27:41.5
Robt. Harpster 42	31.0	Jim Cotton 40	2:59.7	Art Koblish	2:21.0	Strat Loucks 52	37.6	J. Holmes 57	29:29.3
Jerry Vickers 41	31.7	Stan McConnell 41	3:01.5	Dick Upsall	2:24.5	Albert Frost 51	40.1	100 YARD BACKSTROKE	
D. Freeman	31.92	Bud Schumacher 42	3:10.8	Alec D. Penny 49	2:28.5	J. Romano	40.31	Fred Wiggins	1:23.7
Peter Packard 40	32.60	Herb Nakama 42	3:17.0	R. T. Sanborn 49	2:31.6	Tom Dowell 50	41.1	John McKenzie 56	1:24.1
Don Johnson 41	32.8	John Bakklia 41	3:22.0	Richard Bland 47	2:38.0	100 YARD FREESTYLE		Clifford Croome 56	1:28.7
B. Stenjem 41	33.1	Art Welch 40	3:32.8	Henry Lentzsch 48	2:38.0	Herb McAuley 50	1:00.2	Tom Lind 55	1:28.9
Don Dobrott 40	33.4	50 YARD BUTTERFLY		F. Trask 45	2:39.7	Martin Foster 53	1:00.9	Stan Pudell	1:29.9
Al McCarthy 44	34.2	Stan McConnell 44	29.6	Don Hubbard 45	2:43.1	Warren Kleist 51	1:04.5	Ham Anderson 58	1:30.94
Walt Howe 44	36.3	H. Coleman 40	30.3	Don Sullivan 46	2:55.4	George Henry 50	1:04.5	Robert Coyle 58	1:40.4
Bryan Funk 40	43.6	Ben Rue 42	31.5	Ken Coon 46	2:59.1	James Edwards	1:05.8	200 YARD BACKSTROKE	
John O'Donnell 41	54.6	Bill Williams	31.54	Watson Lawrence 45	3:06.6	Ed Hinrichs	1:08.21	Fred Wiggins 57	3:07.1
100 YARD FREESTYLE		Elmer Korbai 42	32.9	Bill Seligmann 47	3:10.3	Cliff Wright 51	1:09.7	M. Block	3:40.52
Don Rosenthal 41	55.7	Jurgen Nebelung	33.0	500 YARD FREESTYLE		Ed Reed Sr.	1:10.1	100 YARD BREASTSTROKE	
Dan Malone 42	56.0	Al Stein	33.1	Duane Draves 46	6:12.1	W. Lindstrom	1:12.15	Tom Lind 55	1:19.0
Bob Beach	1:00.0	Art Welch 40	33.1	Frank Blair 47	6:25.5	D. Barnett	1:13.3	J. Levett	1:31.18
Dick Hannula 44	1:01.3	Robt. Harpster 42	33.4	F. Trask 45	6:51.7	Nelson Hunt 54	1:15.0	Stan Pugell	1:39.6
Lenrod Goldstone 43	1:01.4	Lloyd Outten 41	34.7	Robert Maurer 46	7:04.40	Thomas Hay 51	1:18.5	Ham Anderson 58	1:39.90
H. Coleman 40	1:01.9	Bud Schumacher 42	34.9	Jim Marcus 48	7:20.4	Bill Varza	1:21.1	Ed Robertson 58	1:42.0
John Kennedy 40	1:04.1	John Bakklia 41	34.9	Wm. Simpson 48	7:52.50	R. B. Richardson 53	1:33.6	200 YARD BREASTSTROKE	
Curt Miller 40	1:04.3	Dale Trinkla 41	37.0	B. McDermott	9:40.38	200 YARD FREESTYLE		Tom Lind 55	3:04.7
Alfred Stein 44	1:05.6	Don Dobrott 41	42.8	Virgil Dallmann 47	10:27.00	Martin Foster 53	2:22.0	Ed Richardson 58	3:55.2
John Stahl 40	1:06.5	Walt Howe 44	43.0	1650 YARD FREESTYLE		Warren Kleist 51	2:27.5	50 YARD BUTTERFLY	
A. Welch 40	1:06.7	Bill Slocum	45.2	Perry Rockwell 48	22:45.3	James Edwards	2:28.6	Tom Lind 55	34.2
Bill Rule 40	1:07.4	Don Johnson 41	45.8	Paul Huting 48	22:49.8	Cliff Wright 51	2:38.0	Ham Anderson 58	45.59
J. Cotton 40	1:07.5	100 YARD BUTTERFLY		Art Koblish 48	23:16.6	George Henry 50	2:41.2	M. Block	46.58
Lloyd Outten 41	1:07.5	Alfred Stein 44	1:14.2	Dick Upsall 48	23:27.3	Herb McAuley 50	2:44.5	100 YARD INDIVIDUAL MEDLEY	
Eugene Gud 43	1:08.5	Alfanso Allen 43	1:14.4	Watson Lawrence 45	33:04.6	Ed Reed Sr.	2:54.9	Tom Lind 55	1:17.3
Bob Harpster 42	1:11.0	Herb Nakama 42	1:15.4	100 YARD BACKSTROKE		Bill Varza	3:08.2	L. Levett	1:21.92
Alfanso Allen 43	1:08.6	Art Welch 40	1:16.3	Duane Draves 46	1:18.0	Strat Loucks 52	3:39.2	John McKenzie 56	1:25.9
Web Amerine	1:09.2	Lenrod Goldstone 43	1:17.3	Paul Huting 48	1:08.5	R. B. Richardson 53	3:44.0	200 YARD INDIVIDUAL MEDLEY	
Don Johnson 41	1:19.9	Bob Harpster 42	1:24.0	Dick Upsall 48	1:16.4	500 YARD FREESTYLE		Tom Lind 55	2:57.3
B. Stenjem 41	1:21.4	Eugene Gud 43	1:24.3	F. Trask 45	1:17.6	Joseph Sacher 54	7:29.2	MEN 60-64	
200 YARD FREESTYLE		Don Johnson 41	1:41.5	Jim Marcus 48	1:19.0	N. Barnett	8:05.22	50 YARD FREESTYLE	
Dan Malone 42	2:08.0	100 YARD INDIVIDUAL MEDLEY		R. T. Sanborn 49	1:20.0	J. Himmel	8:09.61	Mel Maxwell 61	29.8
Don Rosenthal 41	2:09.5	Bob Miller 43	1:07.7	John Zagar 46	1:20.23	1650 YARD FREESTYLE		Reg Richardson 61	29.8
P. Cole 42	2:13.7	Stan McConnell 41	1:10.7	Charlie Stephanos	1:21.0	Max Hasbruck 51	28:37.5	Sid Weinberg 60	32.0
Jack Craigie 43	2:16.5	Art Welch 40	1:13.6	Robert Maurer 46	1:22.36	100 YARD BACKSTROKE		Larry Smith	32.8
Lenrod Goldstone	2:21.1	H. Coleman 40	1:13.8	Frank Blair 47	1:24.4	James Edwards 50	1:21.4	Russ Hargreaves 63	44.0
Ken Kimball 42	2:24.4	Len Goldstone	1:15.2	Alan Hausman 47	1:27.6	George Henry 50	1:21.7	100 YARD FREESTYLE	
H. Coleman 40	2:25.0	John Stahl 40	1:15.3	Don Sullivan 46	1:28.0	Ed Reed Sr.	1:38.8	Reg Richardson 61	1:06.7
Bud Schumacher 42	2:29.2	Elmer Korbai 42	1:17.0	Lou Silverstein 46	1:29.5	Max Hasbruck	1:40.1	Wm. Miller 60	1:11.8
J. Cotton 40	2:30.3	Alfonso P. Allen 43	1:17.0	Henry Lentzsch 47	1:38.7	Strat Loucks 52	2:03.6	Herbert Zien 62	1:14.3
Ted Haartz	2:31.2	Jim Cotton 40	1:18.5	Virgil Dallmann 47	1:45.40	200 YARD BACKSTROKE		Larry Smith	1:19.3
Bill Mikoy Jr.	2:32.2	Gordon Ralph 41	1:18.7	Dick Kramer 49	1:58.2	J. Himmel	3:00.54	200 YARD FREESTYLE	
John Stahl 41	2:32.8	Art Welch 40	1:19.0	200 YARD BACKSTROKE		Cliff Wright 51	3:12.1	Reg Richardson 61	2:37.4
Curt Miller 40	2:34.0	Bud Schumacher 42	1:20.1	Duane Draves 46	2:28.5	100 YARD BREASTSTROKE		Mel Maxwell 61	2:59.8
A. Welch 40	2:34.7	Weldon Amerine 43	1:20.6	G. Mack	2:51.13	Tim Joyner 50	1:19.6	Al Guth 64	3:06.6
Lloyd Outten 41	2:35.2	Ken Dawson 42	1:20.8	100 YARD BREASTSTROKE		E. N. Hinrichs	1:24.98	500 YARD FREESTYLE	
Bill Rule 40	2:37.8	Dale Trinkla 41	1:24.4	Paul Huting 48	1:15.0	W. Lindstrom	1:25.72	Rufus Clark 61	8:54.5
Howard Bennett 43	2:38.3	D. Freeman	1:25.60	Duane Draves 46	1:18.5	Cliff Wright 51	1:28.8	Alfred Guth 64	8:59.1
Herb Nakama 42	2:39.3	Lloyd Outten 41	1:25.5	Wm. Simpson 48	1:21.08	Tom Dowell 50	1:30.4	Russ Hargreaves 63	10:05.4
Jerry Vickers 41	2:39.6	Don Dobrott 41	1:29.8	L. Gronert	1:24.89	Thomas Hays 51	1:36.4	100 YARD BACKSTROKE	
Ken Dawson 42	2:42.4	Walt Howe 44	1:30.0	Henry Lentzsch 47	1:31.7	G. Lutz	1:39.78	Larry Smith	1:16.1
Eugene Gud 43	2:48.7	200 YARD INDIVIDUAL MEDLEY		Robert Maurer 46	1:35.22	Buck Rogers	1:45.16	Sidney Wneberg 60	1:21.6
Bob Harpster 42	2:50.0	Jack Craigie 43	2:42.9	Charlie Stephanos	1:37.3	200 YARD BREASTSTROKE		Oscar Sgrist 64	1:32.5
John Kennedy 40	2:51.0	Ted Haartz 44	2:43.1	Bill Seligmann 47	1:44.7	Tim Joyner 50	3:01.2	Alfred Guth 64	1:44.1
Don Johnson 41	3:00.4	Walt Howe 44	2:54.8	Virgil Dallmann 47	1:50.09	50 YARD BUTTERFLY		Russ Hargreaves 63	1:59.0
Walt Howe 44	3:03.3	Herb Nakama 42	2:56.0	200 YARD BREASTSTROKE		Ed McVehil	32.9	Jim Fraser 63	2:02.2
Don Dobrott 41	3:18.4	W. Mkey Jr.	2:58.1	Howard Johnson 45	3:07.1	Tom Dowell 50	34.4	200 YARD BACKSTROKE	
Bill Williams	5:55.42	Art Welch 40	2:58.2	Jim Marcus 48	3:17.7	Buck Rogers	44.34	Al Guth 64	3:23.6
Dan Malone 42	5:59.9	Eugene Gud 43	3:11.5	Norman Bunick 48	3:22.0	Max Hasbruck 51	51.3	100 YARD BREASTSTROKE	
Bob Beach 42	6:04								

SWIM MEET SCHEDULE

APR 7	2nd Annual April Fool's Meet, Mike Laux (203) 227-0229
APR 7	Masters Events, Martin Marietta, John Tobin, Denver, CO
APR 14	Masters Events, Garden State Swim Pool Joseph B. Twaits, 649 Springfield Ave., Berkeley Heights, NJ 07922
APR 14	"100" Masters Meet, Chuck Hines, Route 4, Holly Hill Ct., Asheville, NC 28806 Bill Stewart, 352 Kinswick Rd., Charlotte, NC 28214
APR 14	Princeton YMCA Masters, Physical Director, Princeton, NJ
APR 14-15	Town North YMCA Masters Swim Meet, Southern Methodist University Ken Merton, Town North YMCA, 4332 Northaven Road, Dallas, TX 75229
APR 14-15	New Mexico Masters Swim Meet, Los Alamos High School Sam Jones, 2360 A 37th St., Los Alamos, NM 87544
APR 21-22	W.I.U. 3rd Annual Masters Meet, Paul Hutinger, Men's P.E. Dept., Macomb, IL
APR 27-29	Los Angeles Invitational Anne Adams, 17432 Osborne St., Northridge, CA 91324
APR 28-29	Eastern Masters Championships Roger Franks, 1116 Grinnell Road, Green Acres, Wilmington, DE 19803
MAY 4-5	East Coast Masters Invitational, Princeton University Mrs. Tink Bolster, 124 Parkside Drive, Princeton, NJ 08540
MAY 4-5	Englewood, Colorado Open Masters Swim Championships Jack Buchannon, 2693 S. Nigara, Denver, CO 80222
MAY 5-6	Westwood Masters Swim Meet, J. J. Mendenwald, Westwood Country Club, 1501 N. High School Rd., Indianapolis, IN 46224
MAY 12	Masters Events, Garden State Swim Pool Joseph B. Twaits, 649 Springfield Ave., Berkeley Heights, NJ 07922
MAY 18-20	NATIONAL AAU SHORT COURSE CHAMPIONSHIPS, Santa Monica, CA, Don Arnett Meet Director, Dept. of Rec & Pks, 1685 Main St., Santa Monica, CA 90401
MAY 26	Fun Meet, Los Angeles, c/o Anne Adams (above)
JUN 2-3	Oak Ridge Master Invitational, Oak Ridge Civic Center Swimming Pool Miss Becky Lee, P.O. Box 1, Oak Ridge, TN 37830
JUN 15-17	Senior Sports International, 5225 Wilshire Blvd., Suite #302 Los Angeles, CA 90036
JUN 16	Masters Events, Garden State Swim Pool, Joseph B. Twaits, c/o above
JUN 16-17*	University of Chicago Swim Club Championship Prep Meet Ross Lambert, 1401 E. 55th St., Chicago, IL 60615 * tentative date
JUL 6-8	Norwich Elks Masters, George Echentile, 6 Erie St., Norwich, NY 13815
JUL 20-22	Masters Events, Griffis AFB U. S. Air Force, Don McKee, 61 Karlen Rd., Rome, NY 13440
JUL 28-29	Mt. Sac, c/o Anne Adams, (above)
AUG 10-12	NATIONAL AAU LONG COURSE CHAMPIONSHIPS, Chicago, IL
AUG 25-26	Los Angeles Invitational, c/o Anne Adams (above)

200 YARD BREASTSTROKE

Rufus Clark 61	3:22.5
Reg Richardson 61	3:26.4
Alfred Guth 64	3:46.9
Dave Nowinson 62	4:50.6

50 YARD BUTTERFLY

Nel Maxwell 61	34.9
Alfred Guth 64	49.7

100 YARD BUTTERFLY

Nel Maxwell 61	1:39.6
Al Guth 64	1:45.4

100 YARD INDIVIDUAL MEDLEY

Reg Richardson 61	1:17.5
Nel Maxwell 61	1:24.8
Oscar Sigirist 64	1:41.3
Jim Fraser 63	1:54.4

200 YARD INDIVIDUAL MEDLEY

Reg Richardson 61	3:04.1
Al Guth 64	3:25.1

MEN 65-69

50 YARD FREESTYLE

H. T. Davis	39.62
Gerhard Mauric 69	47.1

100 YARD FREESTYLE

Gerhard Mauric 69	1:38.8
Cliff Brown 66	1:54.0
Edgar Groth 66	2:16.3

200 YARD FREESTYLE

Gerhard Mauric 69	3:49.8
Cliff Brown 66	4:40.5

500 YARD FREESTYLE

H. T. Davis	9:35.71
Gerhard Mauric 69	10:56.7

1650 YARD FREESTYLE

Cliff Brown	58:14.6
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100 YARD BREASTSTROKE

H. T. Davis	2:04.37
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200 YARD BREASTSTROKE

Gerhard Mauric 69	5:03.0
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MEN 70-79

50 YARD FREESTYLE

Clarence Ross 73	34.0
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200 YARD FREESTYLE

Clarence Ross 73	3:10.5
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NOTICE

Hamilton Anderson has accepted the position of Masters Historian. He will be needing information from each Association as to the original dates of the first Masters Swimming held and any other information that will be of interest. Please send to:

Hamilton Anderson
506 Bolivar
Houston, TX 77401



MASTERS NOTES SWIMMING

While attending the National Swimming Pool Institute's convention in Las Vegas, Mr. & Mrs. Howard Rossmore reported on the Masters Swimming Program to the NSPI Public Relations Committee. The committee felt it was a worthwhile project and will consider how it can assist the program. Mr. Rossmore spoke personally to many people at the convention and found practically zero recognition, but much interest. Two publications that might print material on Masters Swimming are: POOL NEWS, Fay Coupe, Editor, 3923 West 6th St., Los Angeles, CA 90005 and SWIMMING POOL WEEKLY, Henry Kinney, Editor, 3000 NE 30 Pl, Ft. Lauderdale, FL 33306.

All inquiries about the National SC meet to be held in Santa Monica, CA on May 18-20 should be sent to Meet Director Don Arnett, Dept. of Rec. & Pks., 1685 Main St., Santa Monica, CA 90401.

Young members of the St. Petersburg Recreation Department swim team have been winning trophies in various competitions for a number of years. Circuit Judge Robert Beach felt it a shame the trophies the youngsters worked to win were not displayed proudly by the city. At Beach's suggestion, the need for a trophy case is now in the works. Once the trophy case is prepared and installed, the rewards for the swimming youngsters' efforts will be in a place of honor for all to see and admire.

Don Bresnahan writes, "Even stealing from the US Mail won't prevent me from renewing Swim-Master!" It seems that Don's first check mailed in January was stolen from the US Mail pick-up box and had been found by a village workman. The police called to tell him and the check has been turned over to the US Postal Inspector. His second check got to me OK.

Bill Sewell, Oak Ridge, TN, Southeastern Master's Chairman, has put out a very complete and interesting 1972 Record Book. I understand that Winnie Krogsrud did much of the statistical work for their Association. If your Association does not have a Master's Records Chairman, have your chairman appoint one. Each Association should keep a list of their Masters Swimmers records - made either in their Association or at a meet outside of their Association.

Masters Entry Cards are now available from A.A.U. House. These cards are to be used by each AAU District Association in reporting the top times from their Association. They can also be used for meets. Send a check or money order with your name and address and quantity desired to: Book Order Department, A.A.U. House, 3400 West 86th Street, Indianapolis, IN 46268.

# of Cards	Price
500	\$ 7.00
1000	\$ 12.00
1500	\$ 17.00
2000	\$ 23.00
2500	\$ 28.00
3000	\$ 33.00
3500	\$ 39.00
4000	\$ 44.00
4500	\$ 49.00
5000	\$ 55.00
10000	\$109.00

The 1973 Swimming Rules Book is out and can also be purchased from the Book Department - Price, \$1.00. The AAU Code Book may be purchased for \$3.00 and will give you a better understanding of how the AAU is organized & what the rules and regulations are regarding general items.

Herb Zien, a Milwaukee publisher's representative on a business visit to Denver, showed up unexpectedly at the Northgienn Natatorium for the recent Rocky Mountain AAU Masters Development meet. Zien apparently believes in leaving his calling card in more ways than one. Swimming in the 50 yard freestyle for men 60-64, the out-of-state drop-in set a new RMAAU record with a time of 33.3. Herb writes, "Coming in as a complete stranger, I was given a warm welcome by their meet director, Bill Williams, who also saw to it that I met many of the swimmers. In addition to their friendly manner, I was very much impressed that the meet was conducted in a real spirit of good sportsmanship."

There are many ways in which Masters Swimmers may help "swimming". One example is the Trophy Case that Bob Beach was instrumental in securing for his team's trophies. There may be some way in which you can help at a high school meet or AAU meet as an official. You might be able to get a little publicity for swimming in your local paper. You may be able to help secure a little more pool time for a competitive team. You may be able to help organize a Swim-a-thon -- all information may be obtained by writing to the International Swimming Hall of Fame, One Hall of Fame Dr., Ft. Lauderdale, FL 33316.

SWIM-MASTER

5340 N. E. 17th Avenue
Ft. Lauderdale, FL 33308

FIRST CLASS



LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

SWIM-MASTER

THE OFFICIAL PUBLICATION OF THE
AAU MASTERS SWIMMING COMMITTEE

EDITOR: MRS. JUNE KRAUSER
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Ft. Lauderdale, FL 33308

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Presidential Sports Award
Post Office Box 129
Radio City Station
New York City, New York 10019

You will receive a log book to record your daily yardage; upon completing 44,000 yards you will receive a patch, a pin and a certificate.

In early June there will be a Swimming Rules meeting in Bartlesville, OK. Please purchase and read the 1973 AAU Official Rules for Swimming. Articles I, II, III and IX govern Masters Swimming. Write me your comments for rule changes by May 1, 1973 at the latest.

A PHILOSOPHY OF SWIMMING by Vince Herring, coach Rochester Swim Club- SWIM! SWIM! SWIM! There is no substitute! But you should swim with a purpose, a goal, and an objective. You should know why you are swimming. Your results are dependent upon the effort you put into your work. You must supply the energy. Success in swimming is available for everyone! Drive, ambition, and desire - the proper mental attitude will determine the amount of success. The results are what you cause. If you want it, success is available! Progressively aim higher! Keep looking at your own improvement as the criterion of progress. Don't limit your potential. Never give up!

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