



SWIM-MASTER

VOL V - No 1 OFFICIAL PUBLICATION OF THE MASTERS SWIMMING COMMITTEE JANUARY 1976

THE D.C. MASTERS SWIM TEAM

Written by RAY CHEN for Swim-Master

Success came to the Washington, D.C. Masters Swim Team in 1975 when it won the overall scoring titles at both Nationals. Despite the distance from the Washington area (1,000 miles to the SC Nationals at Ft. Lauderdale, FL and 600 miles to Knoxville, TN and the LC Nationals), about 45 team members attended the meets. Perhaps it will be helpful to other Masters teams to look at DC Masters and what makes the team click.

Origins of D.C. Masters. Way back in 1971, some local coaches attended a clinic in Montreal, and all they heard about from Jim Counsilman was "masters swimming" and how he had lost 40 lbs. The movement was growing in California, and there was talk of holding national championships. Coming back home, those interested in starting a masters program in Washington found a sympathetic ear in Stan Tinkham, coach at Northern Virginia Aquatic Club, who offered the pool for the first meet in the spring of 1972. Dr. John Heath, Betty Brey, Nancy Clark, Edie Adams, and Meredith Smith were among the organizers of the first few meets. Soon, people wanted to compete in out-of-town meets, and the DC Masters Swim Team was informally born to create viable relay teams. The first president was Dr. Heath, a psychiatrist and friend of Dr. Ransom Arthur, the venerable fountainhead of the masters movement. These two had served their psychiatric residencies together at the Bethesda Naval Hospital in the Washington, D.C. suburbs. Successive presidents have been Nancy Clark, Meredith Smith, Bob Husson, and in 1976 it will be Betty Brey.

Who Can Join DC Masters? To join, one has to be a member of the Potomac Valley association of the A.A.U. and pay \$15.00 a year. Washington is ringed by a 65-mile road called the Beltway, which unifies the suburban areas of Virginia and Maryland, so the team is drawn not only from the District of Columbia, but also from areas up to 15 miles away. About 100 people have joined this year, and the roster could well increase since the metropolitan area population is about 4 million. Swimming is a big sport around here, and age-group swimming has produced many national stars, of whom Hess Yntema and Melissa Belote are currently the best known.

Performance in National Meets. Before 1973, there were some members of the team who ventured west to compete in Nationals, but enough strength was not mustered until the LC meet in Chicago in 1973. Here the team took the women's and overall trophies. In 1974, DCM won the women's title and was 2nd overall at the SC Nationals in Ft. Lauderdale. In 1975, the men had improved, so the team won the women's, men's and overall scoring in both LC and SC Nationals. The team has not sent a large enough contingent out west to win any championships, although members have traveled as far as New Zealand to do masters swimming.

Training. Most DC Masters members practice at their local pools, such as the YMCA, community or municipal pool. In addition, in the last 2 years, there have been team practices at least once a week conducted by our coach, Joe Rodgers, the coach of the American University team. These are 1 hour practices at American U. consisting of interval training totalling about 3000 yards. In return for use of the pool, the team has contributed to

the purchase of swimming blocks and towards a scholarship fund. Joe Rodgers volunteers his time and threatens to swim with us this year and win 3 gold medals at the Nationals. During the LC season, the practices have been moved outdoors to facilities with 100-foot or 50-meter pools. This year, the American U. pool will be available up to 5 days a week to team members who pay an additional fee. Workouts before the Nationals are intensified, with time trials and practice on starts and turns.

Organization. The team is in the process of writing a formal constitution. At present, the officers are: Pres., Vice-Pres., Secretary, and Treasurer; and the officers change every year. We also have committees, each with a chairman, for 1) Meets, 2) Records, 3) Publicity and Information, 4) Telephone contact. The latter committee gets word to all members about club functions orally, and quickly. The records Chairman is needed to determine who swims in which relay, and who receives the awards for most improved swimmers. The meet chairman probably has the most responsibility.

Functions of the DC Masters Swim Team. What does a member get for his annual \$15.00? The team uses the funds to underwrite the costs of postage for meet notices and a monthly newsletter, to initiate the buying of team sweat-suits, to buy plaques and other awards given at the annual banquet, to pay for a yearly picnic, and to contribute to American University for use of their pool. In addition to sponsoring several (about 5) meets a year, members are offered charter flights to Nationals, and informed of carpools going to local, out-of-town meets (e.g., in Delaware, Pennsylvania, and New Jersey). There are also a couple of team meetings each year to socialize, look at films, and talk about Nationals.

Personnel of DC Masters. Unlike many Masters teams, the women of DC Masters are stronger than the men in terms of getting points in National competition. In numbers, there are about as many men as women. Experience has shown that members who are not interested in competition, or do not win an occasional medal, generally do not renew their membership the next year. In addition, there is an inevitable turnover of personnel due to transfers or changing interests; and this has been compensated for by recruiting of new members.

Some profiles of members: Elynn Morris, 26 - Has been a DC Master for a year and will be All-American due to her wins in the 50 and 100 frees at both SC and LC Nationals. (50 and 100 yd times: 25.7 and 56.1). A former shot putter and all-around athlete, Elynn is the baby of the team and likes to lift weights and run over people in her lane.

Dale Barnhard, 27 - Former national record holder in the breaststroke 10 years ago, last year barely missed the cut-off time for the National AAU's. This year, Dale won the 100 and 200 breast at Ft. Lauderdale (1:13.3 and 2:36.9) by wide margins. Always cheerful, Dale is no stranger to coach Rodgers, who coached her in age-group a long time ago.

Nina Harmer Thompson, 29 - Olympic team member in 1960 and 1964, Nina embarrasses all the guys in practice by passing them on her back. Won the 100 and 200 back at Ft. Lauderdale in 1:05.8 and 2:26.2. Diana Frost Todd, 31, - A Justice Dept. employee, Diana (with Elynn Morris) supplies another superfast freestyle leg for mixed and free relays. Diana won the 50 and 100 free at Ft. Lauderdale in 25.9 and 57.5. Patric Mills, 32 - A great motivator and

coach, Patric is something of a den mother at away meets. Took a 2nd at the Nationals in the 200 yd breast, then won both breast events in August at the LC Nationals. Julie Gideonse, 37 - Julie is our most reliable backstroker over 35, and also does a slow turnover freestyle. Attends all the meets with husband Sandy and the kids, and never smokes in the water. Mary Jane Sears Parks, 36 - Former Olympian and world record holder in the underwater breaststroke, Mary Jane won the 100 and 200 yd breast at the Nationals in 1:18.9 and 2:50.4. Also does IM and very valuable in relays. Betty Mullin Brey, 43 - 1956 Olympic freestyler, Betty was one of the founders of DC Masters and has recruited many of our best women swimmers. An All-American and the team's perennial high scorer, she rarely fails to win in the free and fly sprints since becoming a Masters swimmer. Kathryn Norton, 36 - An alternate member of the 1956 Olympic team, Kay does IM and back. She is only beginning to get in shape, and her husband brings a lot of enthusiasm with him to the meets when he works as timer and manager. Nancy Pessel, 55 - Won the 200 yd breast at the SC Nationals in 3:19.5 and did breast all the way in the 1650 in 28:47 for 4th place. Nancy then changed age groups and won both breast events at Knoxville; she will be hard to beat. Minna Hamner, 52 - Another Masters All-American, Minna does a double overhead backstroke with whip kick, keeping her head above water at all times. Minna is very outgoing and a great asset to the team. Helen Hummer, 56 - Wonder Woman achieves her All-American status by eating good natural foods and fasting every once in a while. Won the 1650 free at the Nationals in 26:55, bot her best, but 6 minutes ahead of 2nd place. Swims back and fly as well, and won 4 golds at Knoxville. Nancy Clark, 60 - All-American and voted Den Mother of the Year by her teammates for her devotion since the inception of the team. Nancy took golds in everything she entered in both Nationals this year, and holds the records for free and fly at several distances. Nellie Brown, 82 - Unsinkable Nellie has no competition in her age group but loves those golds anyway. Many papers have carried stories about Nellie, a retired 1st grade teacher, who speaks at community groups extolling the physical and spiritual benefits of Masters swimming.

The men have a way to go to catch up with the depth of the women's team but there are a number of star performers: George Boizelle, 26 - Former Cornell star, George is an age-group coach in suburban Maryland and the fastest swimmer on the team. Took the 100 and 200 yd breast in Ft. Lauderdale (1:01.95 and 2:15.1) and the 100 IM (55.4). Swims with yellow cap and Fu-Manchu mustache. Bob Husson, 30 - Bob has been All-American in breaststroke and won both golds in his specialty at Knoxville. Bob is this year's DC Masters president and married teammate Susie Shephard last year. Former Notre Dame great, kept the huge contingent at Ft. Lauderdale from getting lost. Ray Randall, 31 - does back and free best. Came to us from Denver, where he swam with Bill Williams. Ray goes about :51 for the 100 free and brings a different girl to each meet. Meredith Smith, 39 - Last year's DC Masters president and All-American in breaststroke, Meredith has been a fine leader and helped to originate charter flights, banquets, publicity, etc. One of the founders of the team. Sandy Gideonse, 41 - Former Yale great, Sandy was already All-American in free and fly when he came to us from California. Won everything he entered at the LC Nationals, as well as both flys at Ft. Lauderdale. Sandy is a Marine officer at the Pentagon. R.B. (Jocko) MacKenzie, 47 - We just lost Jocko to California, but while here, he was an All-American in free and back. With a crew cut, he looks just like the Marine officer that he is. Sheldon (Skip) Monsein, 41 - Former All-American backstroker from Pitt, Skip had trouble in college with Yoshi Oyakawa, and things aren't much different now. When Yoshi is absent, Skip picks up the golds, as he did at the LC Nationals at Knoxville. Skip has been generous in permitting the team to have orgies at his beautiful Bethesda, MD home. Ed (Mark Spitz) Emes, 46 - Ed has won many golds and held records in Masters swimming in fly and free. He hardly swam at all in school, yet has the clas-

sic dolphin fly for at least 85 yards. Mark Coughlin, 46 Mark is the local fanatic, going as far as to reduce his beer intake to swim faster. Does a strong breaststroke, and recently won the 100 M back in the Nationals with a double overhead stroke with whipkick. Matt Flanagan, 49 - Comes to club functions dressed like Mickey Mouse. Practices infrequently, yet dropped his time for 200 breast from 3:10 to 2:48, and will give Ransom Arthur a hard time for years to come. One of the team's 3 leading beer drinkers. Joe Rodgers, Sr. 47 - Not to be confused with our coach, who has the same name, Joe's main achievement is taking 5 minutes off his 1650 free time down to 21:57 without foregoing the weed. Claims the tar deposits hold open his lung's windpipes. Don Kutyna, 41 - Don just joined the team. When at Army, Don held the national record for the underwater breaststroke. He could be as good in the modern style soon. Dave McAfee, 65 - Dave is our fastest over-65 man and will be All-American by virtue of his 4 golds at Knoxville in August. He is team treasurer and handled some \$12,000 in club and charter flight monies.

Strengths and Weaknesses of DC Masters. DC Masters does well at National meets because of its size and quality, but so many swimmers would not travel so far if it were not also because of the team spirit and friendships all around. Going to Nationals is like a vacation with friends. The team is blessed with an abundance of people willing to work and ensure continuation of Masters swimming in this area. Unfortunately, the team has little to offer to the non-competitive weekend swimmer.

As for the competitive stance, the team lacks strength among the women in the long distance events. The men could use more depth, and there are no potential gold medalists between 50-65 or over 70, as far as Nationals go.

There has been a considerable turnover in personnel on the team, and if it were not for constant recruiting and publicity, the team would get progressively smaller. However, the future of the team is probably as secure as the future of Masters Swimming movement itself, since there are so many well-motivated team members.

The team has been faulted because it is not as unified as a college team which practices together daily. Moreover, the practices in the past have stressed only conditioning rather than individual stroke work. However, there are plans to improve the practice sessions, and the best swimmers all know each other. Given the wide range in ages in a group made of people with diverse interests, DC Masters probably does as well as most teams in terms of cohesiveness.

Those of us addicted to the news media can become obsessed with the faults and impersonality of society and develop a negative attitude towards the future. Masters swimming, and the DC Masters Swim Team, in particular, have provided a positive, participant, people-oriented program which has greatly enhanced the quality of life.

NATIONAL MASTERS SWIMMING FIVE YEAR AWARD

Have you participated in at least one Masters National Championship meet for five consecutive years? If so, you are entitled to purchase the National Masters Swimming Five Year Award patch for \$10.00.

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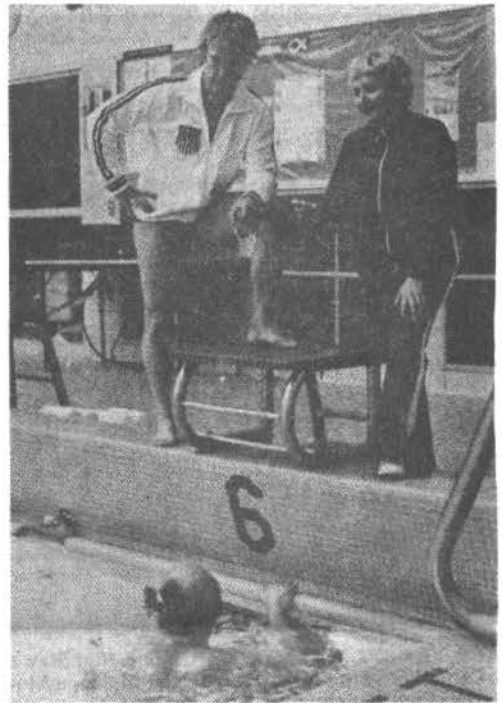
YMCA banquet



IT WAS A VERY HAPPY DAY for Louise Jones, right, who not only won the 1975 Special Award for her dedicated service to the Masters Swim Program but also welcomed home her daughter Terry, at left, who arrived that day after a 3 year residence in Florence, Italy. In center is proud husband and father John D. Jones.



Attending a CNCA Closed Workshop at Nova University in Ft. Lauderdale in November were Jane Katz, June Krauser, Donna de Varona and George Brunstad.



Delay aging with proper exercise is the message from Dr. Paul Hutinger, professor of physical education at Western Illinois University. His wife, Dr. Patricia Hutinger, professor of education at WIU, and Jim Hilliard (in the water) are also taking part in the physical fitness program. Photo by Don Johnson, WIU News Service.



TUG's Athletic Club held a Swim-Run-Swim at the ocean in San Diego, CA. The Masters participation was encouraging with 73 among the massive start.



"Rest Is Rust" is Paul Bragg's motto. At 94, Bragg keeps on looking to the future.

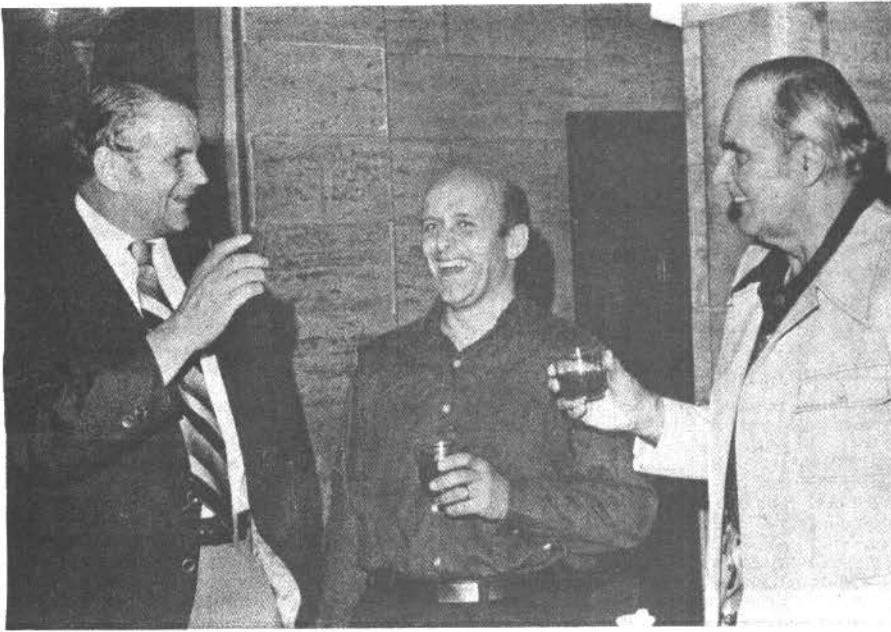
Bragg, like Theodore Roosevelt — was a frail, sickly child given up for dead at 14 when he contracted tuberculosis, one of the most feared diseases of that time.

BUT, LIKE Roosevelt, he found a miraculous cure in constant activity — "swimming, tennis, lots of sunshine" — and bounced back to become a wrestler on two U.S. Olympic teams, a veteran of "all the major battles of World War I," a practicing osteopath and expert on nutrition and physical fitness, a globe-hopping lecturer, and the author of more than 100 books on health.

"REST IS RUST" has become his motto. That, good food, lots of exercise in the form of one to five miles of jogging a day and hundreds upon hundreds of yards churning through the waters off Waikiki.

And Sunday, Paul Bragg became the oldest (sorry again, Mr. Bragg) person ever to swim competitively in an AAU-sanctioned meet.

In fact the only thing he hasn't done yet is to go to the moon. "As a boy I'd lie in bed all night and look up at the moon and wonder what it was like up there and whether man would ever set foot on it."



JACK VANBRUMMEN, Ken Allen and Hud Stewart, (left to right) were among 17 Canadian swimmers who traveled to Cooperstown last weekend to participate in the Fourth annual Leatherstocking Open Masters swim meet in Oneonta Sunday. The three were able to attend a buffet at the ACC gymnasium in Cooperstown Saturday night. Van Brummen and Allen are from the Oakville masters swim club in Ontario and Stewart is from the University of Toronto.



Some winners and local officials for the National Masters Synchronized Swimming Championship held Saturday at the Reading YMCA discuss the event. Left to right are Nancy Hunt Weiman, Washington, D.C., a grand master champion; John R. Spanuth, 500 Sycamore Road, West Reading, executive director of the U.S. Swimming Foundation; Mrs. Ruth Redstone of Detroit, Mich., at 69½, the oldest competitor, and June Light, 642 N. 3rd St., chairman of the YMCA Swimming Club. — Eagle Photo.



An All-American swimmer while at Princeton University, Dr. Stephen B. Kurtin, returned to competitive swimming 1½ years ago. Specializing in the butterfly and breast stroke, he has placed first in five Masters A.A.U. championships and ranks nationally among the top 10 in four events. Dr. Kurtin is assistant clinical professor of dermatology at Mount Sinai School of Medicine.

Effect on athlete of sex the day of a game

Q Will an athlete, for example a basketball player, be slowed down in his game if he has sex relations the afternoon of the game?

A Data available on the physiological demands of sexual relations in healthy young adults suggest that participation in sexual activities during the afternoon should not interfere with the performance of an athletic event such as a basketball game that evening. During sexual relations there can be marked changes in cardiopulmonary and metabolic function including tachycardia, elevated blood pressure, and hyperventilation. However, these changes are quite transient and should not produce any sustained fatigue that would influence athletic performance several hours later.

During sexual relations by a young, healthy male, there may be an increase in heart rate from a resting value of 70 beats per minute to as high as 170 to 180 beats per minute, in respiratory rate from 12 breaths per minute at rest to 30 to 60 breaths per minute during orgasm, and in systolic blood pressure of from 40 to 100 mm. Hg (e.g., 120 to 180 mm. Hg). Substantially smaller changes in heart rate and blood pressure have been reported during sexual relations for healthy middle-aged men and cardiac patients.

Based on the energy expenditure required, sexual relations should be classified as moderate level activity for healthy adults. Peak energy expenditure during coitus is approximately four to six times resting or six to eight kilocalories per minute. Most athletes have an aerobic capacity at least two to three times this level. Also this peak energy expenditure does not last for more than a minute or two. It is well established that conditioned athletes rapidly recover from even a maximum physical exertion of short duration. Complete recovery is achieved within one hour or less. Thus, contrary to the opinion of many athletes and coaches, the physiologic demands of sexual relations should not impair athletic performance later the same day.

If an athlete firmly believes sexual relations to be detrimental to his performance, he may "psych himself out" and perform below his capacity. It has been documented repeatedly that mental attitude or expectations of performance can significantly influence actual athletic achievement.

Thus, there seem to be no physiological reasons to abstain from sexual relations during the day of an athletic event as long as the athlete believes it will not hinder his performance. If the athlete believes such activity to be detrimental, he should attempt to rearrange his schedule or control his emotions to avoid a psychological conflict.

WILLIAM L. HASKELL, Ph.D.

William L. Haskell is Clinical Assistant Professor of Medicine, Stanford University School of Medicine, California.

Dear Comrades in Aquatics:

Being engaged in a research project regarding High School & AAU swimmers' scholastic achievements since 24 Feb. 1975 brings me to appeal to you for HELP. I must have a very high frequency (500+ samplings) to accomplish my objective: To show unequivocally that our young men and women discipline themselves in the water and thereby garner academic excellence.

I have already spoken to many of you and reiterate that this project has effects which go far beyond the 'Halls of Ivy'. Our cause is their cause, indivisible. The leaders of tomorrow are performing on the fields of Eton today. I will not rest until the matter is consummated. I ask your help and Gods.

Your humble servant in
Aquatics,

Mark P. Coughlin
13711 Loree Lane
Rockville, MD 20853

SWIMMER	AGE	SEX		SCHOOL	Scholastic Index	
		F	M		ABC/40	Numerical
A						
B						
C						
D						
E						
F						
G						
H						
I						
J						
K						
L						
M						
N						
O						
P						
h+						

R A T E I N C R E A S E S

It seems to be a continuing spiral - this rise in prices. First, the paper. Then, the printing. And now, the postage. As Swim-Master is a "break-even" operation, it is necessary to raise the subscription rates. Bills were mailed in December for the 001 subscribers before the postage rates went up 27%. In order to make up the \$1.00 difference, 001 bills will be mailed one month earlier this year (after 8 issues).


REFLECTIONS ON MEETS by Dick Mesirov

Most complaints/problems seem to center around the 1650/1500. Most of the bitching is about the slow heats, some of which take an hour or more. There is no reasonable way that I can think of, nor have I heard one offered in any of the many discussions I have had with swimmers from all parts of the country, to set up time standards for this or any event. However, it's almost universally agreed that "something" should and perhaps must be done. Here are several "somethings" which might help.

1. Seed the heats by time only, regardless of age, and swim the fastest heat first.
2. List some sort of time, say 35 minutes, as a standard for anyone under 65, and add that each heat will end after 40 minutes.
3. Usually, in competitive swimming, "freestyle" really means "front crawl". Yet, in almost every masters meet there are a few swimmers who will enter a freestyle event using back, breast, fly or even side stroke. This is not "competitive swimming", and regardless of what the original and stated purpose of the masters' programs, at the national championship level the program is strictly competitive.

Until some effort is made to set minimal standards of performance it appears that the masters program will loose some true competitors.

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THE JOLLY 1650

Oh, it's Sunday in Shabbona Park, and the morning's gray as lead,
And I have a dismal feeling that I should have stayed in bed,
And my mind is deeply troubled at the prospect that's in store,
Namely, 66 long and bleeding laps that I've never raced before.

For once I rashly made my pledge, with fire in my eye,
To swim the 1650 for the North Suburban "Y",
And I rue the day that I was such a braggart and a faker,
For now in old Shabbona's depths I'm going to meet my maker.

The heat's turned off in the locker room, and a deathly chill steals over ya,
They might as well have held this meet in the wastes of Lower Slobbovia.
So, on to the pool for my warm up; but the water just makes me colder,
And I'm thinking of changing my age group 'cause I feel at least 10 years older.

And who will be in my age group? I can tell right now, it's curtains,
There'll be five last minute deck entries, all 60 year old Mike Burtons.
I'm in for a shameful shellacking; to think of it I'm loth,
I've no choice of death or dishonor, 'cause I'm right on target for both.

The temperature's falling, the outlook's appalling and life has never been sadder;
I've a wildly galloping pulse rate and a most unquiet bladder.
My teeth are chattering castanets, my lips a ghastly blue,
God damn the North Suburban "Y" and Edie Terry too!

Oh, Edie is a paradox; her smile is quite delicious,
Her figure is arresting, but her temperament is vicious.
She flays us with her bull whip 'till the water's striped with gore,
Then, when we crawl out feebly, screams "Quitters! Sprint ten more!"

Now, shall I race with goggles? That would be the safe decision,
But that cuts out the starting box, which I need much more than vision.
Protection is for cowards; I'll leave my visual aids behind,
For, since I am about to die, why fuss over going blind?

Oh, "dulce est pro patria mori" and all that Latin crap,
But, believe me, I'm no patriot; I just got caught in a trap.
I could tell Edie I got sick--no, a lie I cannot tell her,
And there's the gun; and off I go--the poor man's John Kinsella.

Oh, the jolly 1650 (just keep still, my fluttering heart),
The lane on my left is vacant (some guy was really smart).
And the guy on my right just shot out of sight; I'll never see him again,
And I'm feeling pooped already and I haven't yet gone ten.

I swim back and forth, but wherever I am I can see no one else in the pool.
Have I flipped my lid? Or have they all climbed out and left me to play the fool?
The panic of loneliness licks my brain with little tongues of fear,
And I wish I could stop and call "Hey, fellows! Is anybody here?"

The counter signals 33--I'm half way out of this fix,
I must think of no more numbers now till I get to 46.
Though in between lurk pain, fatigue and the horrors of the shade,
Still at forty-six there's just twenty left; a cinch; I'll have it made.

The counter holds up 49, and it's like a ray of sun,
But on my next trip back the numbskull gives me 61.
Oh, there ain't no balm in Gilead; only griefs and sorrows mounting,
For here I am on life's last swim and I've got a comedian counting.

Next time he trumpets 53--but too late to make amends;
I'll count for myself, you untutored fool, until this blood bath ends.
And for my braggadocio I'm being held accountable;
Just 20 to go looked like such a breeze--but now 10 seems insurmountable.

On 58, as if by magic, phantoms come alive,
All my opponents reappear--there are two, three, four and five.
So where were you creeps when I needed you? You spurned my silent call;
I can make it alone; get lost again--you're a bunch of bastards all.

And at last the big one, 65--the reach, the touch, the turn;
I step on the gas and the engine responds--a few drops left to burn.
In the drunken joy of the closing sprint anxiety's swept away,
The race is done--what a blast it was! Euphoria holds sway.

And I'm filled with exultation, like a bird freed from his cage,
I'm the champ! I got a gold medal! (There was nobody else my age).
I've come through the gate of Hades and returned to the world of men,
This foolhardy feat I must never repeat; but I can't wait to try it again.

So, when it's sixteen-fifty time next year for ancient superjocks,
I shall step forth and take my place atop the starting box.
With terror in my heart, for sure, but fire in my eye,
And loins encased in the blue batik of the North Suburban "Y".

E.S. Howland

FOR THE RECORD

NEW ENGLAND MASTERS 10/5/75

Westfield, Mass.

WOMEN 25-29

50 yd. FREESTYLE

Janet Kerr 29.3

Christie Slimak 28.1

Joy Miller 33.4

K. Offenbauer 35.4

100 yd. FREESTYLE

Christie Slimak 1:01.0

Sue Tandy 1:05.8

Janet Kerr 1:06.0

Joy Miller 1:18.8

Nancy Offenbauer 1:23.9

200 yd. FREESTYLE

Janet Kerr 2:40.3

Christie Slimak 35.4

Nancy Offenbauer 43.2

200 yd. BACKSTROKE

Nancy Offenbauer 3:28.4

50 yd. BREASTSTROKE

Janet Kerr 40.9

Christie Slimak 1:17.6

50 yd. BUTTERFLY

Sue Tandy 37.7

Nancy Offenbauer 41.9

100 yd. IND. MEDLEY

Janet Kerr 1:18.3

Sue Tandy 1:21.4

Joy Miller 1:30.0

200 yd. IND. MEDLEY

Christie Slimak 2:41.0

Sue Tandy 3:03.9

WOMEN 30-34

Jane Katz 1:03.8

50 yd. BACKSTROKE

Janet Katz 35.1

50 yd. BREASTSTROKE

Janet Katz 40.3

100 yd. BREASTSTROKE

Janet Katz 1:26.6

50 yd. BUTTERFLY

Janet Katz 32.1

WOMEN 35-39

50 yd. FREESTYLE

Ann Viola 35.0

50 yd. BACKSTROKE

Ann Viola 40.4

100 yd. BACKSTROKE

Ann Viola 1:33.1

100 yd. IND. MEDLEY

Ann Viola 1:35.6

WOMEN 40-44

50 yd. FREESTYLE

Lynn Cromberry 35.2

100 yd. FREESTYLE

Lynn Cromberry 1:22.6

100 yd. FREESTYLE

Lynn Cromberry 3:02.9

100 yd. IND. MEDLEY

Lynn Cromberry 1:38.6

WOMEN 45-49

50 yd. FREESTYLE

Joan McIntyre 35.9

100 yd. FREESTYLE

Joan McIntyre 1:17.4

200 yd. FREESTYLE

Joan McIntyre 2:57.0

50 yd. BACKSTROKE

Joan McIntyre 44.2

200 yd. BACKSTROKE

Joan McIntyre 3:25.1

WOMEN 50-54

50 yd. FREESTYLE

Jean Beers 38.0

Frances Brill 1:05.6

Enid Ulrich 1:09.3

100 yd. FREESTYLE

Frances Brill 2:29.5

50 yd. BACKSTROKE

Enid Ulrich 1:10.9

100 yd. BREASTSTROKE

Jean Beers 1:54.7

WOMEN 55-59

50 yd. FREESTYLE

Hortense Kelly 53.3

Jean Baker 54.5

Charlotte Ovar 1:49.9

200 yd. FREESTYLE

Hortense Kelly 4:02.6

100 yd. BREASTSTROKE

Jean Baker 2:11.3

Hortense Kelly 4:21.8

50 yd. BREASTSTROKE

Jean Baker 56.1

WOMEN 60-64

50 yd. FREESTYLE

Helen Offenbauer 43.8

100 yd. FREESTYLE

Helen Offenbauer 1:36.3

200 yd. FREESTYLE

Helen Offenbauer 3:25.7

50 yd. BREASTSTROKE

Helen Offenbauer 1:11.3

100 yd. IND. MEDLEY

Helen Offenbauer 1:58.4

WOMEN 70-79

50 yd. FREESTYLE

Doris Hogan 1:00.0

50 yd. BACKSTROKE

Doris Hogan 1:25.6

50 yd. BREASTSTROKE

Doris Hogan 1:09.7

WOMEN RELAYS

FREE 25+

(Unofficial) Tandy, Viola, Slimak, Offenbauer 2:09.3

MEDLEY 25+

HEM Miller, Beers, McIntyre, Tandy 2:56.2

COED RELAYS

Conn Viola, Slimak, Platt, Sykes 25+ 1:52.4

HEM 45+ Hulme, Ulrich, Beers, McIntyre 2:16.5

MEN 25-29

50 yd. FREESTYLE

Robt. Mercer Jr 24.1

Bill Sykes 25.8

100 yd. FREESTYLE

Bill Sykes 1:00.0

MEN 30-34

50 yd. BACKSTROKE

Dennis Knus 32.0

100 yd. BACKSTROKE

Dennis Knus 1:12.1

50 yd. BUTTERFLY

Terry Platt 1:03.4

100 yd. IND. MEDLEY

Terry Platt 1:05.3

200 yd. IND. MEDLEY

Terry Platt 2:27.0

MEN 35-39

50 yd. FREESTYLE

Ted Ricks 32.1

100 yd. FREESTYLE

Richard Beal 1:11.7

Ted Ricks 1:13.6

200 yd. FREESTYLE

Ted Ricks 2:54.0

50 yd. BACKSTROKE

Bill Murray 32.5

Ted Ricks 37.8

200 yd. BACKSTROKE

Bill Murray 2:44.2

50 yd. BREASTSTROKE

Ted Ricks 37.0

50 yd. BUTTERFLY

Bill Murray 28.8

100 yd. BUTTERFLY

Bill Murray 1:06.2

200 yd. BUTTERFLY

Bill Murray 2:43.9

MEN 40-44

50 yd. FREESTYLE

Chuck White 27.5

William Christian 28.4

100 yd. FREESTYLE

William Christian 1:04.5

Ed Haber 1:04.8

Ed Sorel 1:11.4

200 yd. FREESTYLE

Ed Haber 2:28.4

William Christian 2:34.3

Chuck White 2:38.3

50 yd. BACKSTROKE

William Christian 35.1

100 yd. BACKSTROKE

George Brunstad 1:18.7

200 yd. BACKSTROKE

George Brunstad 1:27.9

100 yd. IND. MEDLEY

George Brunstad 1:14.9

Ed Sorel 1:19.5

William Christian 1:21.9

200 yd. IND. MEDLEY

George Brunstad 2:48.0

50 yd. BUTTERFLY

George Brunstad 33.3

Hulme 35.1

Ed Sorel 37.0

MEN 45-49

50 yd. FREESTYLE

Len Goldstone 26.6

Ernie Hulme 28.3

Jim Forbes 30.1

100 yd. FREESTYLE

Ernie Hulme 1:04.2

200 yd. FREESTYLE

Jim Forbes 33.5

100 yd. BREASTSTROKE

Ted Haartz 1:15.7

Jim Forbes 1:16.5

50 yd. BUTTERFLY

Len Goldstone 29.6

Ted Haartz 30.4

100 yd. BUTTERFLY

Len Goldstone 1:09.2

Ted Haartz 1:12.1

200 yd. BUTTERFLY

Ted Haartz 2:46.9

100 yd. IND. MEDLEY

Len Goldstone 2:36.4

WOMEN 50-54

50 yd. FREESTYLE

Chuck McCarthy 31.2

William Varza 37.6

100 yd. FREESTYLE

Jim Edwards 1:04.6

William Varza 1:27.2

50 yd. BACKSTROKE

Bill Rodenbach 33.6

100 yd. BACKSTROKE

Bill Rodenbach 1:15.4

200 yd. BACKSTROKE

Jim Edwards 2:47.9

50 yd. BREASTSTROKE

Chuck McCarthy 39.8

100 yd. BREASTSTROKE

Bill Rodenbach 1:28.2

Chuck McCarthy 1:30.7

50 yd. BUTTERFLY

Chuck McCarthy 38.6

William Varza 44.2

100 yd. BUTTERFLY

William Varza 1:41.2

100 yd. IND. MEDLEY

Bill Rodenbach 1:16.3

MEN 55-59

50 yd. FREESTYLE

Harry Bartlett 30.6

John Merrill 33.8

100 yd. FREESTYLE

Harry Bartlett 1:09.6

Harry Bartlett 2:42.8

50 yd. BACKSTROKE

William Ulrich 35.7

John Merrill 36.8

100 yd. BACKSTROKE

John Merrill 1:18.6

William Ulrich 1:19.4

200 yd. BACKSTROKE

John Merrill 2:53.9

100 yd. BREASTSTROKE

William Ulrich 39.5

Bernard Slavin 49.5

100 yd. BREASTSTROKE

Bernard Slavin 1:52.1

200 yd. BREASTSTROKE

Bernard Slavin 4:17.0

50 yd. BUTTERFLY

WOMEN 50-54	
50 yd, freestyle	
D. Donnelly 53	1:32.1
N. Phillips 54	1:35.7
100 yd, freestyle	
D. Donnelly 53	1:15.6
N. Phillips 54	1:21.7
200 yd, freestyle	
N. Phillips 54	3:09.5
1650 yd, freestyle	
Charlotte Costello 52	27:47.5
50 yd, back	
D. Donnelly 53	1:41.2
N. Phillips 54	1:43.5
G. Costello 52	1:43.9
100 yd, back	
D. Donnelly 53	1:34.6
N. Phillips 54	1:42.2
50 yd, breast	
G. Costello 52	1:42.0
100 yd, breast	
G. Costello 52	1:52.4
50 yd, fly	
G. Costello 52	1:59.4
100 yd, I.M.	
G. Costello 52	1:23.3
D. Donnelly 53	1:25.3
WOMEN 60-64	
50 yd, freestyle	
K. Lechner 62	1:49.2
100 yd, freestyle	
H. Offenhauser 63	1:35.4
K. Lechner 62	1:59.9
200 yd, freestyle	
H. Offenhauser 63	3:22.9
K. Lechner 62	4:20.2
1650 yd, freestyle	
H. Offenhauser 63	30:27.4
50 yd, back	
H. Offenhauser 63	1:54.2
K. Lechner 62	1:02.6
100 yd, back	
K. Lechner 62	1:03.0
50 yd, fly	
H. Offenhauser 63	1:01.4
100 yd, I.M.	
H. Offenhauser 63	4:21.9
WOMEN 65-69	
100 yd, freestyle	
E. Somers 68	2:04.2
100 yd, back	
E. Somers 68	2:36.2
100 yd, breast	
E. Somers 68	3:01.5
200 yd, breast	
E. Somers 68	5:27.4
100 yd, I.M.	
E. Somers 68	2:28.2
MEN 25-29	
50 yd, freestyle	
J. Basos 26	1:23.3
M. Cleary 26	1:24.4
B. Sykes 27	1:26.2
100 yd, freestyle	
L. Chase 27	1:52.6
M. Cleary 26	1:55.0
J. Basos 26	1:59.2
B. Sykes 27	1:02.2
200 yd, freestyle	
J. Basos 26	2:00.1
B. Sykes 27	2:20.3
1650 yd, freestyle	
J. Basos 26	19:45.8
50 yd, back	
L. Chase 27	1:29.0
100 yd, back	
L. Chase 27	1:03.8
50 yd, breast	
B. Bartolini 27	1:33.9
T. Piskan 26	1:34.5
100 yd, breast	
L. Chase 27	1:12.8
B. Bartolini 27	1:17.2
T. Piskan 26	1:21.9
50 yd, fly	
J. Basos 26	1:25.3
M. Cleary 26	1:28.2
100 yd, I.M.	
L. Chase 27	1:01.1
B. Bartolini 27	1:15.6
MEN 30-34	
50 yd, freestyle	
S. Ryan 34	1:24.9
J. Likins 30	1:25.9
B. White 32	1:27.2
100 yd, freestyle	
J. Likins 30	1:55.2
S. Ryan 34	1:57.4
200 yd, freestyle	
S. Likins 30	2:06.1
S. Ryan 34	2:12.4
B. White 32	2:13.2
50 yd, fly	
B. White 32	1:29.5
S. Ryan 34	1:30.8
100 yd, I.M.	
J. Likins 30	1:10.7
S. Ryan 34	1:11.1
200 yd, I.M.	
Jack Likins 30	2:15.2
MEN 35-39	
50 yd, freestyle	
S. Kurtin 36	1:37.2
K. Mullaney 35	1:28.9
R. Pauley 37	1:29.1
R. Hummel 37	1:33.0

100 yd, freestyle	
J. Zwicker 39	1:57.6
K. Mullaney 35	1:04.1
R. Pauley 37	1:15.0
R. Hummel 37	1:17.5
200 yd, freestyle	
J. Zwicker 39	2:09.1
B. Walden 36	2:11.8
K. Mullaney 35	2:51.7
R. Hummel 37	2:54.0
50 yd, back	
U. Andersen 37	1:35.3
100 yd, back	
J. Zwicker 39	1:13.4
D. Andersen 37	1:17.2
50 yd, breast	
S. Kurtin 36	1:33.8
D. Andersen 37	1:34.5
B. Walden 36	1:39.9
100 yd, breast	
J. Zwicker 39	1:15.7
D. Andersen 37	1:17.1
50 yd, fly	
S. Kurtin 36	1:28.8
B. Walden 36	1:34.4
R. Hummel 37	1:43.9
100 yd, I.M.	
D. Andersen 37	1:10.4
B. Walden 36	1:17.0
200 yd, I.M.	
J. Zwicker 39	2:29.3
MEN 40-44	
50 yd, freestyle	
W. Christian 44	1:28.9
F. Simpson 40	1:30.7
B. Graham 44	1:40.2
J. Lechner 40	1:44.3
100 yd, freestyle	
W. Christian 44	1:04.2
H. Lentzsch 50	1:06.3
K. Dawson 43	1:09.0
F. Simpson 40	1:10.2
J. Lechner 40	1:13.1
200 yd, freestyle	
W. Christian 44	2:30.7
J. Ketchum 43	2:33.9
A. Dawson 43	2:34.1
50 yd, back	
W. Christian 44	1:34.2
G. Brunstad 41	1:34.8
100 yd, back	
G. Brunstad 41	1:17.6
K. Dawson 43	1:21.0
200 yd, back	
K. Dawson 43	3:01.3
50 yd, breast	
J. Ketchum 43	1:30.0
100 yd, breast	
G. Brunstad 41	3:00.0
J. Ketchum 43	3:26.9
50 yd, fly	
F. Simpson 40	1:34.3
J. Ketchum 43	1:35.1
100 yd, I.M.	
G. Brunstad 41	1:14.1
J. Ketchum 43	1:20.5
F. Simpson 40	1:21.6
200 yd, I.M.	
G. Brunstad 41	2:55.0
F. Simpson 40	2:59.2
MEN 45-49	
50 yd, freestyle	
J. Forbes 49	1:29.6
K. McWilliam 47	1:31.9
J. Penabed 46	1:33.7
100 yd, freestyle	
N. Schueckler 48	1:59.2
L. Goldstone 46	1:59.5
K. McWilliam 47	1:11.4
J. Penabed 46	1:14.6
200 yd, freestyle	
N. Schueckler 48	2:14.1
L. Goldstone 46	2:15.2
K. McWilliam 47	2:46.4
J. Forbes 49	2:52.6
J. Penabed 46	2:54.9
1650 yd, freestyle	
N. Schueckler 48	21:56.3
J. Forbes 49	27:08.0
D. Herbst 47	31:18.0
L. Termette 49	34:59.1
50 yd, back	
B. Tannehill 47	1:31.0
B. Young 45	1:43.0
J. Penabed 46	1:45.0
100 yd, back	
N. Tannehill 47	1:09.1
N. Schueckler 48	1:27.5
200 yd, back	
N. Tannehill 47	2:37.7
N. Schueckler 48	2:53.7
50 yd, breast	
J. Forbes 49	1:53.7
K. McWilliam 47	1:41.9
L. Termette 49	1:44.0
D. Herbst 47	1:46.0
100 yd, breast	
J. Forbes 49	1:16.3
K. McWilliam 47	1:35.2
D. Herbst 47	1:40.4
200 yd, breast	
J. Forbes 49	2:52.5
50 yd, fly	
L. Goldstone 46	1:29.4
B. Young 45	1:33.3
100 yd, fly	
L. Termette 49	5:41.5

100 yd, I.M.	
L. Goldstone 46	1:08.2
B. Tannehill 47	1:10.0
N. Schueckler 48	1:13.9
B. Young 45	1:22.0
L. Termette 49	1:40.2
200 yd, I.M.	
L. Termette 49	3:53.4
MEN 50-54	
50 yd, freestyle	
J. Edwards 52	1:29.4
F. W. Shadbolt 51	1:30.1
K. Elberson 54	1:30.7
C. McCarthy 50	1:32.2
H. Lake 54	1:53.8
100 yd, freestyle	
J. Edwards 52	1:04.5
F. W. Shadbolt 51	1:09.6
200 yd, freestyle	
J. Edwards 52	2:27.0
H. Lentzsch 50	2:34.0
F. W. Shadbolt 51	2:42.0
A. Smith 54	4:21.1
1650 yd, freestyle	
R. Smith 54	55:00.0
50 yd, back	
G. Helbert 54	1:35.5
F. W. Shadbolt 51	1:39.0
100 yd, back	
J. Edwards 52	1:17.8
G. Helbert 54	1:23.6
K. Smith 54	2:41.8
200 yd, back	
J. Edwards 52	2:48.6
H. Lentzsch 50	1:37.3
K. Elberson 54	1:38.8
C. McCarthy 50	1:39.9
100 yd, breast	
H. Lentzsch 50	1:24.2
K. Elberson 54	1:27.1
C. McCarthy 50	1:29.5
50 yd, fly	
H. Lentzsch 50	1:36.5
C. McCarthy 50	1:36.8
100 yd, I.M.	
H. Lentzsch 50	1:20.4
MEN 55-59	
50 yd, freestyle	
M. Guido 59	1:51.1
100 yd, freestyle	
M. Guido 59	1:12.4
200 yd, freestyle	
M. Guido 59	2:46.4
50 yd, back	
G. Guido 59	1:37.4
100 yd, back	
K. Guido 59	1:21.8
MEN 60-64	
1650 yd, freestyle	
T. Hyer 61	50:14.5
MEN 65-69	
50 yd, freestyle	
H. Jagers 68	1:35.4
K. J. Kiernan 69	1:41.6
J. Lechner 66	1:51.0
100 yd, freestyle	
K. J. Kiernan 69	1:44.5
J. Lechner 66	2:02.8
200 yd, freestyle	
H. Jagers 68	3:19.3
U. Sigrist 67	3:25.5
J. Lechner 66	4:44.7
1650 yd, freestyle	
H. Jagers 68	28:46.0
50 yd, back	
H. Jagers 68	1:44.9
J. Lechner 66	1:05.4
100 yd, back	
H. Jagers 68	1:38.8
J. Lechner 66	2:39.5
200 yd, back	
H. Jagers 68	5:31.3
100 yd, breast	
U. Sigrist 67	1:42.2
50 yd, fly	
U. Sigrist 67	1:40.9
100 yd, I.M.	
U. Sigrist 67	1:29.7
S. Silbert 67	1:57.8
200 yd, I.M.	
S. Silbert 67	4:28.5
200 yd, MEDLEY RELAY	
Women 25+	
Gonn, Masters	2:28.5
(Hardy, Slinak, Offenhauser, Olmstead)	
A.C.C. Gym	2:44.9
(Koch-Weser, Johngren, Smith, Gurley)	
Women 35+	
A.C.C. Gym	2:44.2
(Huber, Lieb, Clinton, Ryan)	
Men 25+	
Expressway "Y"	2:10.7
(Helbert, Piskan, Cleary, Elberson)	
Men 35+	
Metro Masters	2:17.8
(Young, Dawson, Forbes, McWilliam)	
200 yd, MIXED RELAY	
Union Aquatic Club	1:54.0
(White, Basos, Jones, Clark)	
Tri-Cities Masters	2:15.9
(G. Andersen, D. Andersen, Karl, Pauley)	

MEN 65-69	
100 YARD FREESTYLE	
Clifford S. Brown 69	2:36.2
200 YARD FREESTYLE	
Clifford S. Brown 69	5:20.1
50 YARD BACKSTROKE	
Clifford S. Brown 69	1:08.6
200 YARD BACKSTROKE	
Clifford S. Brown 69	5:46.3
50 YARD BREASTSTROKE	
Clifford S. Brown 69	1:27.3
MASTERS DEVELOPMENT MEET	
10-18-75 Phoenix, AZ	
WOMEN 35-39	
50 YARD FREESTYLE	
Mona Lorant 38	38.0
50 YARD BREASTSTROKE	
Mona Lorant 38	46.8
200 YARD BREASTSTROKE	
Mona Lorant 38	4:05.7
100 YARD INDIVIDUAL MEDLEY	
Mona Lorant 38	1:45.9
WOMEN 40-44	
50 YARD FREESTYLE	
Mary Marenda 42	38.4
100 YARD FREESTYLE	
Mary Marenda 42	1:34.7
50 YARD BACKSTROKE	
Mary Marenda 42	47.8
50 YARD BREASTSTROKE	
Mary Marenda 42	1:03.8
100 YARD INDIVIDUAL MEDLEY	
Mary Marenda 42	1:47.6
WOMEN 45-49	
50 YARD FREESTYLE	
Maya Feldhuhn 45	41.6
200 YARD FREESTYLE	
Edith Gruender 47	2:54.1
50 YARD BACKSTROKE	
Edith Gruender 47	44.3
200 YARD BREASTSTROKE	
Maya Feldhuhn 45	4:09.7
200 YARD BUTTERFLY	
Edith Gruender 47	3:31.8
WOMEN 55-59	
50 YARD FREESTYLE	
Rose Steward 57	59.9
100 YARD FREESTYLE	
Rose Steward 57	2:14.1
200 YARD FREESTYLE	
Rose Steward 57	4:50.0
200 YARD BREASTSTROKE	
Rose Steward 57	5:24.8
100 YARD INDIVIDUAL MEDLEY	
Rose Steward 57	2:34.3
MEN 25-29	
50 YARD FREESTYLE	
Anders Bastman 27	23.2
Jeff Westlake 29	25.3
Niki Grigoriev 26	27.4
100 YARD FREESTYLE	
Anders Bastman 27	56.4
Jeff Westlake 29	57.2
Dave Gemmill 28	59.2
Niki Grigoriev 26	1:02.4
200 YARD FREESTYLE	
Anders Bastman 27	2:05.8
Jeff Westlake 29	2:14.6
50 YARD BACKSTROKE	
Jeff Westlake 29	34.2
Niki Grigoriev 26	36.6
50 YARD BREASTSTROKE	
Anders Bastman 27	33.5
200 YARD BREASTSTROKE	
Dave Gemmill 28	2:36.0
100 YARD INDIVIDUAL MEDLEY	
Anders Bastman 27	1:01.0
Dave Gemmill 28	1:04.0
Jeff Westlake 29	1:08.5
Niki Grigoriev 26	1:14.6
MEN 40-44	
50 YARD FREESTYLE	
Gary Nelson 40	28.3
200 YARD FREESTYLE	
Gary Nelson 40	3:20.1
50 YARD BACKSTROKE	
Gary Nelson 40	39.9
100 YARD INDIVIDUAL MEDLEY	
Gary Nelson 40	1:28.1
MEN 45-49	
50 YARD FREESTYLE	
Low Silverstein 49	30.1
Dan Gruender 45	31.3
Dale Marenda 48	32.1
100 YARD FREESTYLE	
Dan Gruender 45	1:08.8
Low Silverstein 49	1:10.0
Dale Marenda 48	1:18.0
200 YARD FREESTYLE	
Low Silverstein 49	2:31.4
Dan Gruender 45	2:32.7
50 YARD BACKSTROKE	
Dale Marenda 48	45.7
50 YARD BREASTSTROKE	
Dale Marenda 48	41.2
200 YARD BREASTSTROKE	
Dan Gruender 45	3:02.0
100 YARD INDIVIDUAL MEDLEY	
Low Silverstein 49	1:20.7
Dale Marenda 48	1:30.5
MEN 60-64	
50 YARD FREESTYLE	
Bill Wade 60	31.6
100 YARD FREESTYLE	
Bill Wade 60	1:11.3

MASTERS NORTH-SOUTH DUAL MEET	
10-18-75 ATASCADERO, CALIF.	
WOMEN 25-29	
50 YARD FREESTYLE	

50 YARD BUTTERFLY

Table with 2 columns: Name and Time. Includes Pat Breesse 39 (29.23), Gail A. Meehan 35 (33.34), Helen Geoffrion 37 (37.12), Joan Caldeira 36 (42.92), Mareta Zimmerman 39 (54.37).

100 YARD I. M.

Table with 2 columns: Name and Time. Includes Pat Breesse 39 (1:10.57), Gail A. Meehan 35 (1:17.10), Janice Gray 38 (1:20.80), Marty Childs 35 (1:21.89), Helen Geoffrion 37 (1:29.63), Joan Caldeira 36 (1:37.49).

50 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Janet Lamott 40 (29.87), Adrienne Pipes 41 (32.50), Mary Ann Kaufman 40 (32.56), M. A. Rasmussen 40 (37.48).

100 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Ann Kay 41 (1:07.75), Janet Lamott 40 (1:08.59), Mary Ann Kaufman 40 (1:19.83).

500 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Ann Kay 41 (7:03.66), Janet Lamott 40 (7:10.51), Cindy Baxter 43 (1:45.31), Jacqueline D. Smith 44 (1:35.58).

100 YARD BACKSTROKE

Table with 2 columns: Name and Time. Includes Cindy Baxter 43 (1:28.28), Jacqueline D. Smith 44 (1:33.09), Bobbie Callison 42 (1:42.07), M. A. Rasmussen 40 (1:56.93).

50 YARD BUTTERFLY

Table with 2 columns: Name and Time. Includes Ann Kay 41 (33.26), Jacqueline D. Smith 44 (37.12), Adrienne Pipes 41 (38.36), Bobbie Callison 42 (41.45).

100 YARD I. M.

Table with 2 columns: Name and Time. Includes Cindy Baxter 43 (1:43.79), Adrienne Pipes 41 (1:29.11), Bobbie Callison 42 (1:33.23), M. A. Rasmussen 40 (1:46.25).

500 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Berra Bennett 48 (30.01), Helga Linnea Palmer 45 (30.21), Martha Knochenhauer 48 (37.25), Shirley Anderson 47 (37.39), Cecile Naar 45 (42.65), Ivy Page 45 (56.49).

100 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Berra Bennett 48 (1:07.90), Helga Linnea Palmer 45 (1:12.25), Martha Knochenhauer 48 (1:28.00), Shirley Anderson 47 (1:29.85).

500 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Helga Linnea Palmer 45 (7:29.3), Martha Knochenhauer 48 (8:23.17), Barbara Odone 47 (8:27.43), Betty Talbot 49 (8:55.17), Shirley Anderson 47 (9:21.35).

100 YARD BACKSTROKE

Table with 2 columns: Name and Time. Includes Anne Adams 47 (1:21.34), Nancy Meserve 47 (1:42.05), Betty Talbot 49 (1:50.57), Ann Schroeder 49 (2:03.30).

100 YARD BREAST STROKE

Table with 2 columns: Name and Time. Includes Pat Henderson 46 (1:45.66), Barbara Odone 47 (1:46.04), Cecile Naar 45 (1:46.38), C. Meyer 46 (1:57.83), Ann Schroeder 49 (1:58.97), Betty Talbot 49 (2:04.17).

50 YARD BUTTERFLY

Table with 2 columns: Name and Time. Includes Anne Adams 47 (34.08), Berra Bennett 48 (35.33), Pat Henderson 46 (48.86), Nancy Meserve 47 (49.94), Cecile Naar 45 (50.72), C. Meyer 46 (58.85).

100 YARD I. M.

Table with 2 columns: Name and Time. Includes Anne Adams 47 (1:18.17), Barbara Odone 47 (1:42.89), Nancy Meserve 47 (1:45.75), Pat Henderson 46 (1:49.71), Ann Schroeder 49 (1:56.60).

50 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Sally Scholer 51 (33.82), Joy E. McDaris 50 (34.81), Alicia Horst 50 (37.34).

100 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Gerl Orasso 52 (1:18.75), Sally Scholer 51 (1:21.41), Grace T. Altus 51 (1:31.48), Alicia Horst 50 (1:33.39).

500 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Gerl Orasso 52 (7:51.37), Nan Limbaugh 50 (8:43.83).

100 YARD BACKSTROKE

Table with 2 columns: Name and Time. Includes Florence Carr 50 (1:34.91), Nan Linsagth 50 (1:38.80).

100 YARD BREAST STROKE

Table with 2 columns: Name and Time. Includes Alicia Horst 50 (1:32.28), Gerl Orasso 52 (1:39.01), Florence Carr 50 (1:42.37), Joy E. McDaris 50 (1:42.71).

50 YARD BUTTERFLY

Table with 2 columns: Name and Time. Includes Sally Scholer 51 (41.93), Grace T. Altus 51 (50.76).

100 YARD I. M.

Table with 2 columns: Name and Time. Includes Florence Carr 50 (1:31.65), Nan Limbaugh 50 (1:37.34), Joy E. McDaris 50 (1:42.62), Grace T. Altus 51 (1:50.24).

WOMEN 55-59

Table with 2 columns: Name and Time. Includes Jane McCollister 56 (36.09), Annetta Pfeiffer 57 (37.99), Isabel Moll 58 (49.51).

100 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Jane McCollister 56 (1:22.98), Annetta Pfeiffer 57 (1:29.70), Isabel Moll 58 (1:58.61).

500 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Jane McCollister 56 (8:13.17), Isabel Moll 58 (11:45.77).

100 YARD BACKSTROKE

Table with 2 columns: Name and Time. Includes Zada Taft 56 (1:38.15), Margaret George 68 (1:42.05), Annetta Pfeiffer 57 (1:45.55).

50 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Viola Thompson 57 (1:45.93), Margaret George 58 (1:47.71), Pat Matthiessen 59 (1:50.50).

100 YARD BUTTERFLY

Table with 2 columns: Name and Time. Includes Viola Thompson 57 (43.26), Zada Taft 56 (47.56), Pat Matthiessen 59 (55.95).

100 YARD I. M.

Table with 2 columns: Name and Time. Includes Zada Taft 56 (1:33.85), Viola Thompson 57 (1:36.93), Pat Matthiessen 59 (1:51.61).

500 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Edie Goldman 65 (42.18), Sue Johnston 65 (43.74).

100 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Edie Goldman 65 (1:43.21), Edie Goldman 65 (10:19.82).

100 YARD BACKSTROKE

Table with 2 columns: Name and Time. Includes Sue Johnston 65 (2:04.23), Edie Goldman 65 (2:07.41), Sue Johnston 65 (2:10.00).

50 YARD BUTTERFLY

Table with 2 columns: Name and Time. Includes Edie Goldman 65 (56.36).

100 YARD I. M.

Table with 2 columns: Name and Time. Includes Edie Goldman 65 (1:59.75).

500 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Edie Goldman 65 (42.18), Sue Johnston 65 (43.74).

100 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Edie Goldman 65 (1:43.21), Edie Goldman 65 (10:19.82).

100 YARD BACKSTROKE

Table with 2 columns: Name and Time. Includes Sue Johnston 65 (2:04.23), Edie Goldman 65 (2:07.41), Sue Johnston 65 (2:10.00).

50 YARD BUTTERFLY

Table with 2 columns: Name and Time. Includes Edie Goldman 65 (56.36).

100 YARD I. M.

Table with 2 columns: Name and Time. Includes Edie Goldman 65 (1:59.75).

500 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Edie Goldman 65 (42.18), Sue Johnston 65 (43.74).

100 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Edie Goldman 65 (1:43.21), Edie Goldman 65 (10:19.82).

MEN 45-49

Table with 2 columns: Name and Time. Includes Neal R. Palmer 45 (25.41), Ted Wilson 48 (25.66), Al Groh 48 (28.03), Ronald L. Cameron 45 (29.19).

100 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Ted Wilson 48 (57.84), Neal R. Palmer 45 (58.39), Carl Yates 48 (59.39), Al Groh 48 (1:02.30), Ronald L. Cameron 45 (1:09.67).

500 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Carl Yates 48 (6:03.36), Robert Cunningham 47 (6:40.98), Jerry Cunningham 46 (6:57.41), Tom Scotton 45 (7:06.00).

100 YARD BACKSTROKE

Table with 2 columns: Name and Time. Includes Agostino Arcidiacono 51 (26.33), Dore Schwab 53 (27.79), Fred Taloti 54 (28.77), Robert Bradford 53 (35.11).

100 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Agostino Arcidiacono 51 (1:00.52), Dore Schwab 53 (1:02.84), Fred Taloti 54 (1:03.20).

500 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Jim Marcus 50 (6:23.75), Fred Taloti 54 (6:29.97), Jack Burgan 52 (7:24.04).

100 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Jerry Siefert 57 (26.86), Jim Rielley 58 (27.27), John R. Robertson 55 (27.91), David C. Andre 56 (28.80), Alonzo M. Valentine 58 (33.71).

100 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Jerry Siefert 57 (1:03.82), Jim Riele 58 (1:06.42), David C. Andre 56 (1:06.43).

500 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Don Rankin 59 (6:19.71).

100 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Reg Richardson 64 (29.20), Gordon Carson 64 (31.37), Virgil R. Baxter 61 (37.77), Roy Erlanson 62 (39.25), Ernest Hale 64 (40.17), Eric E. James 64 (46.31).

100 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Reg Richardson 64 (1:08.28), Virgil R. Baxter 61 (1:30.72).

500 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Willard Johnston 65 (1:39.00).

100 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Bill Loughborough 65 (8:13.78), Alfred Guth 67 (8:38.53), Willard Johnston 65 (10:22.41).

50 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Bill Trask 72 (40.43), Gerhard Mauric 72 (42.15).

100 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Bill Trask 72 (1:32.21), Gerhard Mauric 72 (1:36.30).

500 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Bill Trask 72 (9:48.47).

100 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Jeffrey P. Brody 26 (1:01.90), Jim Allen 26 (1:04.12), Richard Willis 29 (1:18.99).

500 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Richard Burns 32 (1:05.43), Tom McCarty 30 (1:08.82), Jim Shaw 34 (1:09.29).

100 YARD BACKSTROKE

Table with 2 columns: Name and Time. Includes Richard Burns 32 (1:04.56), ODR Bill Earley 38 (1:04.56), Bob Coasins 35 (1:07.16), Barry Fasbender 38 (1:16.13).

MEN 30-34

Table with 2 columns: Name and Time. Includes Dave Frank 31 (1:09.64), Dick Reitman 34 (1:14.53).

100 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Scotty Roberts 36 (1:09.70), Bob Coasins 35 (1:14.54), John Rawlings 37 (1:20.53), Joel Macpherson 36 (1:23.48), Dallas Boggs 37 (1:23.61).

500 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Ashley Jones 44 (1:14.58), David Lamott 40 (1:18.79).

100 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Larry Larimore 48 (1:15.33), Robert Cunningham 47 (1:20.22), Jerry Cunningham 46 (1:20.74), Tom Scotton 45 (1:26.85).

500 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Ted Von Berckefeldt 53 (1:17.87), Jack Burgan 52 (1:23.14), Ed Barnes 53 (1:27.08).

100 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Tom Lind 57 (1:20.18), Ernie Neben 55 (1:20.98), John R. Robertson 55 (1:22.76), Ed Blackledge 59 (1:23.28), David C. Andre 56 (1:36.10).

100 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Walt Pfeiffer 61 (1:26.33), Harry Koppel 62 (1:29.45), Roy Erlanson 62 (1:44.58), Eric E. James 64 (1:58.47).

500 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Al Kallunki 71 (1:41.50), Gerhard Mauric 72 (2:16.50).

100 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes Ed Rudloff 28 (26.25), Leroy A. Craig 29 (27.21), Bruce Stock 27 (31.49).

50 YARD BUTTERFLY

Table with 2 columns: Name and Time. Includes Tom McCarty 30 (27.20), Jim Shaw 34 (28.11), Richard Burns 32 (28.57).

50 YARD BUTTERFLY

Table with 2 columns: Name and Time. Includes Scotty Roberts 36 (27.04), John Rawlings 37 (32.01), Joel Macpherson 36 (44.95).

50 YARD BUTTERFLY

Table with 2 columns: Name and Time. Includes Ashley Jones 44 (27.35), Art Welch 43 (29.06).

50 YARD BUTTERFLY

Table with 2 columns: Name and Time. Includes Duane L. Draves 49 (28.89), Carl Yates 48 (30.98), Richard Bennett 45 (33.07).

50 YARD BUTTERFLY

Table with 2 columns: Name and Time. Includes Ted Von Berckefeldt 53 (32.21), Agostino Arcidiacono 51 (32.22), Ed Barnes 53 (36.23).

50 YARD BUTTERFLY

Table with 2 columns: Name and Time. Includes Ray Taft 56 (33.56), Tom Lind 57 (34.53), Ed Blackledge 59 (35.30), Don Rankin 59 (35.90).

50 YARD BUTTERFLY

Table with 2 columns: Name and Time. Includes Walt Pfeiffer 61 (30.20), Ernest Hale 64 (47.84), Harry Koppel 62 (41.52), Bernard Silber 64 (50.08).

50 YARD BUTTERFLY

Table with 2 columns: Name and Time. Includes Bill Loughborough 65 (39.74), Alfred Guth 67 (41.78), Bob Blake 67 (1:09.21).

50 YARD BUTTERFLY

Table with 2 columns: Name and Time. Includes Duane L. Draves 49 (1:07.29), Neal R. Palmer 45 (1:08.61), Larry Larimore 48 (1:09.17), Richard Bennett 45 (1:14.74), Alfred J. Groh 48 (1:15.57).

MEN 60-64

Table with 2 columns: Name and Time. Includes Jim Marcus 50 (1:10.40), T. Von Berckefeldt 53 (1:12.63), Dore Schwab 53 (1:18.95), Jack Burgan 52 (1:19.40), Robert Bradford 53 (1:41.20).

100 YARD I. M.

Table with 2 columns: Name and Time. Includes Ray Taft 56 (1:11.39), Jim Riele 58 (1:15.42), Jerry Siefert 57 (1:17.49), Ernie Neben 55 (1:18.90), John R. Robertson 55 (1:19.21).

100 YARD I. M.

Table with 2 columns: Name and Time. Includes Reg Richardson 64 (1:19.79), Gordon Carson 64 (1:28.85), Harry Koppel 62 (1:34.70), Bernard Silber 64 (1:52.20), Ernest Hale 64 (1:52.02).

100 YARD I. M.

Table with 2 columns: Name and Time. Includes Bill Loughborough 65 (1:29.49), Alfred Guth 67 (1:37.07), Bob Blake 67 (2:14.21).

100 YARD I. M.

Table with 2 columns: Name and Time. Includes Al Kallunki 71 (1:36.89).

GOLD COAST MASTERS SWIM CLUB North Palm Beach 11-1-75

WOMEN 25-29

Table with 2 columns: Name and Time. Includes J. Thompson 27 (28.5), M. Borken 26 (30.0).

100 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes J. Menard 27 (1:06.9), M. Borken 26 (1:08.0).

200 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes C. Engelhardt 25 (2:24.6), J. Menard 27 (2:30.2).

50 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes N. Bernette 26 (38.3), M. Borken (39.5).

100 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes C. Engelhardt 25 (1:26.9), M. Borken 26 (1:27.3), J. Menard 27 (1:28.2).

50 YARD BUTTERFLY

Table with 2 columns: Name and Time. Includes J. Thompson 27 (29.9), J. Menard 27 (39.3).

200 YARD BUTTERFLY

Table with 2 columns: Name and Time. Includes C. Engelhardt 25 (2:34.0), J. Menard 27 (2:34.5), J. Menard 27 (6:23.2).

400 YARD FREESTYLE

Table with 2 columns: Name and Time. Includes J. Menard 27 (1:06.9), M. Borken 26 (1:08.0).

WOMEN 30-34

Table with 2 columns: Name and Time. Includes A. Parendes 34 (38.8).

100 YARD FREESTYLE

<u>50 YARD BACKSTROKE</u>		<u>100 YARD BREASTSTROKE</u>		<u>25 & OVER</u>		<u>WOMEN 45-49</u>		<u>50 YARDS BUTTERFLY</u>	
B. Dendy 54	48.0	R. Rohe 36	1:14.3	200 YARD MIXED FREE RELAY		Lalney Doonan 49	43.8	Robert Dalrymple 25	24.6
G. Lawton 52	59.3	<u>MEN 40-44</u>		SUNCOAST MASTERS SC	2:35.8	Carolyn Derr 47	48.3	Rick Goode 28	29.1
S. Borken 51	1:10.0	<u>50 YARD FREESTYLE</u>		Peterson, Wendt, Lawton, Hill		Lola Goodrich 46	50.2	Randy Ligh 25	27.0
<u>50 YARD BACKSTROKE</u>		<u>50 YARD FREESTYLE</u>		<u>45 & OVER</u>		<u>100 YARDS BACKSTROKE</u>		<u>100 YARDS BUTTERFLY</u>	
G. Lawton 52	51.9	G. Rosser 41	25.0	200 YARD MIXED FREE RELAY		Ruth Koss 48	58.2	Varney Hintlian 25	1:01.6
B. Dendy 54	51.9	D. Cole 40	26.0	SUNCOAST MASTERS SC	2:18.3	Lalney Doonan 49	1:42.4	Rick Goode 28	1:03.0
<u>WOMEN 55-59</u>		G. Nagel 41	27.3	Hellmann, Gest, Dendy, Rossmore		Ruth Koss 48	2:09.5	100 YARDS INDIVIDUAL MEDLEY	
<u>50 YARD FREESTYLE</u>		C. Kohnken 44	30.2	GOLD COAST MASTERS	2:55.2	Carolyn Derr 47	49.9	Robert Dalrymple 25	1:00.0
V. Gest 56	37.1	<u>100 YARD FREESTYLE</u>		Krauser, Muntz, Holmes, Ringel		<u>50 YARDS BUTTERFLY</u>		Ted Snow 28	1:03.1
E. Muntz 58	49.1	G. Rosser 41	55.0	<u>THE LAWRENCEVILLE SCHOOL</u>		<u>50 YARDS BUTTERFLY</u>		Jack Kroher 26	1:05.6
G. Wendt 55	54.7	<u>200 YARD FREESTYLE</u>		<u>LAWRENCEVILLE, NEW JERSEY</u>		<u>100 YARDS INDIVIDUAL MEDLEY</u>		Randy Ligh 25	1:07.3
<u>100 YARD FREESTYLE</u>		G. Rosser 41	2:08.3	<u>November 2, 1975</u>		<u>WOMEN 50-54</u>		<u>MEN 30-34</u>	
V. Gest 56	1:30.2	C. Kohnken 44	2:36.8	<u>WOMEN 24-29</u>		<u>50 YARDS FREESTYLE</u>		<u>50 YARDS FREESTYLE</u>	
E. Muntz 58	1:47.4	<u>50 YARD BACKSTROKE</u>		<u>50 YARDS FREESTYLE</u>		<u>50 YARDS FREESTYLE</u>		Jack Geoghegan 33	23.9
<u>50 YARD BACKSTROKE</u>		G. Rosser 41	1:14.0	Nancy Highberger 27	34.0	Jeanne Merryman 50	34.9	Jack Likins 31	25.3
V. Gest 56	44.6	<u>50 YARD BREASTSTROKE</u>		Catherine Maloney 25	2:53.2	Florence Melick 54	59.0	Douglas Stern 31	25.3
G. Wendt 55	1:36.0	G. Nagel 41	33.5	Terry Schafer 26	3:07.2	Jeanne Merryman 50	40.6	Paul Smith 31	25.8
<u>100 YARD BACKSTROKE</u>		J. McCarthy 43	35.0	Sheila O. Henry 27	40.4	Jeanne Merryman 50	44.0	Paul Prutzman 31	28.0
V. Gest 56	1:38.2	<u>100 YARD BREASTSTROKE</u>		Beth Maloney 25	40.9	Florence Melick 54	1:10.8	100 YARDS FREESTYLE	
<u>50 YARD BREASTSTROKE</u>		D. Cole 40	1:16.0	Terry Schafer 26	1:27.4	<u>100 YARDS BREASTSTROKE</u>		Jack Geoghegan 33	52.6
E. Muntz 58	55.0	G. Nagel 41	1:19.1	Catherine Maloney 25	1:31.5	<u>50 YARDS FREESTYLE</u>		Jack Likins 31	54.8
M. DeCarlo	58.7	<u>50 YARD BUTTERFLY</u>		Sheila O. Henry 27	1:31.5	<u>50 YARDS FREESTYLE</u>		Harry Hamilton 34	58.5
G. Wendt 55	1:08.9	G. Nagel 41	31.8	Elizabeth Winings 29	36.7	<u>100 YARDS FREESTYLE</u>		Joel Brotman 32	1:02.4
<u>100 YARD BREASTSTROKE</u>		H. Kern 43	2:46.6	Nancy Highberger 27	38.5	<u>50 YARDS BUTTERFLY</u>		100 YARDS FREESTYLE	
M. DeCarlo 55	2:41.4	<u>400 YARD INDIVIDUAL MEDLEY</u>		Catherine Maloney 25	1:24.3	<u>50 YARDS BUTTERFLY</u>		Jack Likins 31	2:02.2
G. Wendt 55	3:35.0	H. Kern 43	5:47.2	Elizabeth Winings 29	1:28.9	<u>100 YARDS BUTTERFLY</u>		Phillip Goode 32	2:02.4
<u>50 YARD BUTTERFLY</u>		<u>MEN 45-49</u>		<u>WOMEN 30-34</u>		<u>Women 55-59</u>		Harry Hamilton 34	2:06.4
M. DeCarlo 55	1:02.4	<u>50 YARD FREESTYLE</u>		Lynn Joesten 34	29.7	<u>50 YARDS FREESTYLE</u>		Sandy Thatcher 32	2:27.8
<u>WOMEN 65-69</u>		L. Holmes 46	27.3	Regina Schutler 30	49.5	<u>50 YARDS FREESTYLE</u>		<u>50 YARDS BACKSTROKE</u>	
<u>50 YARD FREESTYLE</u>		<u>50 YARD BACKSTROKE</u>		Jane Katz 32	1:03.0	<u>50 YARDS FREESTYLE</u>		Paul Smith 31	28.8
R. Switzer 67	49.5	L. Holmes 46	36.8	Valeria Pecce 32	2:27.0	<u>100 YARDS FREESTYLE</u>		Sandy Thatcher 32	34.7
<u>100 YARD FREESTYLE</u>		H. Hellmann 48	42.4	E. Atwood-Metz 32	2:40.9	<u>100 YARDS FREESTYLE</u>		100 YARDS BACKSTROKE	
R. Switzer 67	1:49.1	<u>100 YARD BACKSTROKE</u>		Lynn Joesten 34	2:28.0	<u>50 YARDS BACKSTROKE</u>		Paul Smith 31	1:02.9
<u>200 YARD FREESTYLE</u>		L. Holmes 46	1:23.7	E. Atwood-Metz 32	2:40.9	<u>50 YARDS BACKSTROKE</u>		Sandy Thatcher 32	1:16.5
R. Switzer 67	3:53.0	<u>50 YARD BREASTSTROKE</u>		Jane Katz 32	35.0	<u>50 YARDS BACKSTROKE</u>		100 YARDS FREESTYLE	
<u>50 YARD BACKSTROKE</u>		M. Hellmann 48	35.2	Jane Hardy 31	37.4	<u>50 YARDS BACKSTROKE</u>		Jack Geoghegan 33	1:03.1
R. Caplane 69	1:05.0	J. Schaefer 46	37.4	Valeria Pecce 32	1:17.9	<u>100 YARDS BACKSTROKE</u>		Jack Likins 31	1:06.7
<u>100 YARD BACKSTROKE</u>		<u>100 YARD BREASTSTROKE</u>		Jane Katz 32	1:22.1	<u>100 YARDS BACKSTROKE</u>		Sandy Thatcher 32	1:11.7
R. Caplane 69	2:19.5	H. Hellmann 48	1:20.0	Jane Hardy 31	1:22.1	<u>50 YARDS BREASTSTROKE</u>		Joel Brotman 32	1:16.0
<u>WOMEN 70-79</u>		J. Schaefer 46	1:24.0	<u>WOMEN 60-64</u>		<u>50 YARDS BREASTSTROKE</u>		Simon Schutler 31	1:16.3
<u>50 YARD FREESTYLE</u>		<u>50 YARD BUTTERFLY</u>		Lynn Joesten 34	29.7	<u>50 YARDS BREASTSTROKE</u>		Douglas Stern 31	1:13.9
S. Fogle 72	57.0	L. Holmes 46	30.0	Regina Schutler 30	49.5	<u>50 YARDS BREASTSTROKE</u>		Simon Schutler 31	1:23.4
<u>100 YARD FREESTYLE</u>		<u>400 YARD INDIVIDUAL MEDLEY</u>		Jane Katz 32	1:03.0	<u>50 YARDS BREASTSTROKE</u>		100 YARDS BUTTERFLY	
S. Fogle 72	2:11.5	J. Schaefer 46	6:49.7	Valeria Pecce 32	2:27.0	<u>50 YARDS BREASTSTROKE</u>		Jack Geoghegan 33	27.0
<u>50 YARD BACKSTROKE</u>		<u>MEN 50-54</u>		E. Atwood-Metz 32	2:40.9	<u>50 YARDS BREASTSTROKE</u>		Paul Prutzman 31	29.6
S. Fogle 72	1:12.0	<u>50 YARD FREESTYLE</u>		Lynn Joesten 34	2:28.0	<u>50 YARDS BREASTSTROKE</u>		Phillip Goode 32	58.2
<u>WOMEN 55 & OVER</u>		R. Ringel 52	28.8	E. Atwood-Metz 32	2:40.9	<u>50 YARDS BREASTSTROKE</u>		Paul Prutzman 31	1:11.5
<u>200 YARD MEDLEY RELAY</u>		<u>100 YARD FREESTYLE</u>		Jane Katz 32	35.0	<u>50 YARDS BREASTSTROKE</u>		100 YARDS INDIVIDUAL MEDLEY	
SUNCOAST MASTERS SC	4:50.3	R. Ringel 52	1:07.0	Jane Hardy 31	37.4	<u>50 YARDS BREASTSTROKE</u>		Jack Geoghegan 33	1:03.1
(Gest, DeCarlo, Wendt, Switzer)		<u>50 YARD BREASTSTROKE</u>		Valeria Pecce 32	1:17.9	<u>50 YARDS BREASTSTROKE</u>		Jack Likins 31	1:06.7
<u>MEN 25-29</u>		R. Ringel 52	39.5	Jane Katz 32	1:22.1	<u>50 YARDS BREASTSTROKE</u>		Sandy Thatcher 32	1:11.7
<u>50 YARD FREESTYLE</u>		<u>50 YARD BUTTERFLY</u>		Jane Hardy 31	1:22.1	<u>50 YARDS BREASTSTROKE</u>		Joel Brotman 32	1:16.0
T. Bazant 25	23.6	W. Jardine 52	33.7	E. Atwood-Metz 32	38.9	<u>50 YARDS BREASTSTROKE</u>		Simon Schutler 31	1:16.3
G. Burke 27	25.2	R. Ringel 52	37.1	Lynn Joesten 34	1:30.0	<u>50 YARDS BREASTSTROKE</u>		John Bender 35	24.3
C. Menard 28	32.6	<u>100 YARD BUTTERFLY</u>		Lynn Joesten 34	1:30.0	<u>50 YARDS BREASTSTROKE</u>		Amar Lathi 39	26.7
<u>100 YARD FREESTYLE</u>		W. Jardine 52	1:22.6	Lynn Joesten 34	1:30.0	<u>50 YARDS BREASTSTROKE</u>		Bob Walden 36	26.9
G. Burke 27	56.0	<u>200 YARD BUTTERFLY</u>		Jane Katz 32	1:12.6	<u>50 YARDS BREASTSTROKE</u>		Dick Cawthorne 38	27.7
T. Hill 28	56.6	W. Jardine 52	3:37.0	Valeria Pecce 32	1:13.7	<u>50 YARDS BREASTSTROKE</u>		Roger Smith 36	31.2
C. Menard 28	1:16.6	<u>400 YARD INDIVIDUAL MEDLEY</u>		E. Atwood-Metz 32	1:17.9	<u>50 YARDS BREASTSTROKE</u>		Dick Metz 37	36.1
<u>200 YARD FREESTYLE</u>		R. Ringel 52	6:28.6	Jane Hardy 31	1:21.9	<u>50 YARDS BREASTSTROKE</u>		100 YARDS FREESTYLE	
J. Roach 28	2:08.0	<u>MEN 55-59</u>		<u>WOMEN 35-39</u>		<u>50 YARDS FREESTYLE</u>		John Bender 35	54.5
T. Hill 28	2:14.8	<u>50 YARD FREESTYLE</u>		Jane Perkins 35	35.1	<u>50 YARDS FREESTYLE</u>		Bob Walden 36	59.4
D. Beutenmuller 28	2:22.0	H. Rossmore 55	29.3	Jane Perkins 35	1:25.0	<u>50 YARDS FREESTYLE</u>		Dick Cawthorne 38	1:07.7
C. Menard 28	3:00.0	<u>100 YARD FREESTYLE</u>		Frances Cura 37	2:52.7	<u>50 YARDS FREESTYLE</u>		Roger Smith 36	1:12.4
<u>50 YARD BACKSTROKE</u>		H. Rossmore 55	1:06.7	Jane Perkins 35	1:25.0	<u>50 YARDS FREESTYLE</u>		John Bender 35	2:08.1
J. Roach 28	30.4	<u>200 YARD FREESTYLE</u>		Frances Cura 37	2:52.7	<u>50 YARDS FREESTYLE</u>		Bob Walden 36	2:11.9
D. Beutenmuller 28	33.0	S. Pray 68	48.2	Carol Bredy 38	1:50.4	<u>50 YARDS FREESTYLE</u>		Robert Neeves 35	2:18.0
<u>100 YARD BACKSTROKE</u>		S. Pray 68	3:56.0	Jillie Walden 35	54.0	<u>50 YARDS FREESTYLE</u>		Roger Smith 35	2:42.0
J. Ziegler 29	1:14.5	<u>50 YARD BREASTSTROKE</u>		Jane Hardy 31	1:21.9	<u>50 YARDS FREESTYLE</u>		Dick Cawthorne 38	2:46.4
G. Burke 27	1:18.0	H. Rossmore 55	2:43.0	<u>WOMEN 45 + OVER</u>		<u>50 YARDS FREESTYLE</u>		Roger Smith 36	40.1
<u>50 YARD BREASTSTROKE</u>		<u>100 YARD BACKSTROKE</u>		<u>WOMEN 55 + OVER</u>		<u>50 YARDS FREESTYLE</u>		100 YARDS FREESTYLE	
T. Bazant 25	29.6	H. Rossmore 55	1:55.8	<u>Jersey Masters</u>		<u>50 YARDS FREESTYLE</u>		John Bender 35	2:08.1
J. Donnelly 26	31.1	<u>100 YARD BREASTSTROKE</u>		<u>(Gura, Moeller, Perkins, Maloney)</u>		<u>50 YARDS FREESTYLE</u>		Bob Walden 36	2:11.9
D. Beutenmuller 28	36.0	H. Rossmore 55	1:33.5	<u>Women 45 + OVER</u>		<u>50 YARDS FREESTYLE</u>		Robert Neeves 35	2:18.0
<u>100 YARD BREASTSTROKE</u>		<u>50 YARD FREESTYLE</u>		<u>Jersey Masters</u>		<u>50 YARDS FREESTYLE</u>		Roger Smith 35	2:42.0
T. Bazant 25	1:06.0	S. Pray 68	37.4	<u>(Melick, Koss, Derr, Doonan)</u>		<u>50 YARDS FREESTYLE</u>		Dick Cawthorne 38	2:46.4
J. Ziegler 29	1:10.5	S. Loeffler 69	46.7	<u>WOMEN 55 + OVER</u>		<u>50 YARDS FREESTYLE</u>		Roger Smith 36	40.1
J. Donnelly 26	1:11.0	<u>100 YARD FREESTYLE</u>		<u>Jersey Masters</u>		<u>50 YARDS FREESTYLE</u>		100 YARDS FREESTYLE	
<u>50 YARD BUTTERFLY</u>		R. Nelson 67	1:20.0	<u>(Haas, Jobson, Cleary, Gromek)</u>		<u>50 YARDS FREESTYLE</u>		Robert Neeves 35	30.8
D. Beutenmuller 28	26.7	S. Pray 68	1:29.8	<u>WOMEN 55 + OVER</u>		<u>50 YARDS FREESTYLE</u>		George Downs 37	31.6
J. Donnelly 26	28.6	<u>200 YARD FREESTYLE</u>		<u>Jersey Masters</u>		<u>50 YARDS FREESTYLE</u>		Stephen Kurtin 36	32.4
G. Burke 27	35.5	S. Pray 68	3:56.0	<u>(Haas, Jobson, Cleary, Gromek)</u>		<u>50 YARDS FREESTYLE</u>		Louis Abel 39	33.2
<u>100 YARD BUTTERFLY</u>		<u>50 YARD BACKSTROKE</u>		<u>200 YARDS FREESTYLE RELAY</u>		<u>50 YARDS FREESTYLE</u>		Jon Loft 37	38.3
J. Ziegler 29	1:07.9	S. Pray 68	48.2	<u>WOMEN 25 + OVER</u>		<u>50 YARDS FREESTYLE</u>		100 YARDS FREESTYLE	
J. Ziegler 29	1:07.9	S. Loeffler 69	56.6	<u>Jersey Masters</u>		<u>50 YARDS FREESTYLE</u>		Robert Neeves 35	1:07.9
<u>400 YARD INDIVIDUAL MEDLEY</u>		<u>100 YARD BACKSTROKE</u>		<u>(Gura, Maloney, Moeller, Perkins)</u>		<u>50 YARDS FREESTYLE</u>		George Downs 37	1:12.9
T. Bazant 25	4:52.2	S. Loeffler 69	2:09.0	<u>WOMEN 45 + OVER</u>		<u>50 YARDS FREESTYLE</u>		Louis Abel 39	1:18.4
J. Ziegler 29	5:22.0	<u>50 YARD BREASTSTROKE</u>		<u>Jersey Masters</u>		<u>50 YARDS FREESTYLE</u>		Jon Loft 37	1:26.1
D. Beutenmuller 28	5:39.9	G. Muntz 66	40.3	<u>(Doonan, Melick, Derr, Koss)</u>		<u>50 YARDS FREESTYLE</u>		100 YARDS BUTTERFLY	
T. Hill 28	6:13.9	B. Share 66	45.3	<u>WOMEN 55 + OVER</u>		<u>50 YARDS FREESTYLE</u>		Stephen Kurtin 36	28.1
<u>MEN 30-34</u>		S. Loeffler 69	48.1	<u>Jersey Masters</u>		<u>50 YARDS FREESTYLE</u>		Amar Lathi 39	28.9
<u>50 YARD FREESTYLE</u>		<u>100 YARD BREASTSTROKE</u>		<u>(Gromek, Haas, Jobson, Cleary)</u>		<u>50 YARDS FREESTYLE</u>		Jon Loft 37	30.0
R. Peterson 33	27.9	G. Muntz 66	1:32.0	<u>WOMEN 45 + OVER</u>		<u>50 YARDS FREESTYLE</u>		100 YARDS BUTTERFLY	
<u>100 YARD FREESTYLE</u>		S. Loeffler 69	2:27.0	<u>Jersey Masters</u>		<u>50 YARDS FREESTYLE</u>		Amar Lathi 39	1:09.4
R. Peterson 33	1:02.5	B. Share 66	1:40.2	<u>(Doonan, Melick, Derr, Koss)</u>		<u>50 YARDS FREESTYLE</u>		100 YARDS INDIVIDUAL MEDLEY	
<u>50 YARD BACKSTROKE</u>		<u>50 YARD BUTTERFLY</u>		<u>WOMEN 55 + OVER</u>		<u>50 YARDS FREESTYLE</u>		John Bender 35	1:08.5
G. DeLong 32	1:14.0	S. Pray 68	54.0	<u>Jersey Masters</u>		<u>50 YARDS FREESTYLE</u>		<u>MEN 40-44</u>	
<u>100 YARD BACKSTROKE</u>		<u>50 YARD FREESTYLE</u>		<u>(Doonan, Melick, Derr, Koss)</u>		<u>50 YARDS FREESTYLE</u>		<u>50 YARDS FREESTYLE</u>	
B. Duenkel 30	1:11.0	G. Muntz 66	47.8	<u>WOMEN 55 + OVER</u>		<u>50 YARDS FREESTYLE</u>		Joseph Robinson 40	25.0
<u>100 YARD BREASTSTROKE</u>		S. Loeffler 69	1:32.0	<u>Jersey Masters</u>		<u>50 YARDS FREESTYLE</u>		Fred Maguire 42	27.2
B. Duenkel 30	1:10.0	B. Share 66	1:40.2	<u>(Gromek, Haas, Jobson, Cleary)</u>		<u>50 YARDS FREESTYLE</u>		Richard Ellis 40	27.9
<u>50 YARD BUTTERFLY</u>		<u>100 YARD BREASTSTROKE</u>		<u>WOMEN 45 + OVER</u>		<u>50 YARDS FREESTYLE</u>		Ken Dawson 44	28.8
G. DeLong 32	26.9	G. Muntz 66	1:04.3	<u>Jersey Masters</u>		<u>50 YARDS FREESTYLE</u>		Nick Berenyi 43	30.7
<u>100 YARD BUTTERFLY</u>		S. Loeffler 69	2:24.0	<u>(Doonan, Melick, Derr, Koss)</u>		<u>50 YARDS FREESTYLE</u>		Jack Ferguson 40	31.1
J. Ziegler 29	1:07.9	<u>200 YARD</u>							

George Brunstad 41	35.5
Ken Dawson 44	36.1
100 YARDS BACKSTROKE	
Art Mayer 44	1:12.8
Ken Dawson 44	1:18.2
Kenneth Rooney 40	1:19.6
50 YARDS BREASTSTROKE	
Nick Berenyl 43	35.0
Fred Maguire 42	38.1
Jim Dolg 42	39.6
Walter Woodruff 43	43.1
100 YARDS BREASTSTROKE	
Nick Berenyl 43	1:18.4
Jim Dolg 42	1:26.6
George Brunstad	1:27.8
50 YARDS BUTTERFLY	
Jerry Zwirn 43	29.5
Richard Ellis 40	32.2
Walter Woodruff 43	33.6
100 YARDS BUTTERFLY	
Walter Woodruff 43	1:23.9
Richard Ellis 40	1:52.0
100 YARDS INDIVIDUAL MEDLEY	
Jerry Zwirn 43	1:08.9
George Brunstad 41	1:15.0
Richard Ellis 40	1:17.3
Walter Woodruff 43	1:20.4
MEN 45-49	
50 YARDS FREESTYLE	
Dan Sullivan 48	28.9
Ted Cotchan 47	29.2
Adrian Heffern 48	29.3
Jim Forbes 49	29.9
Tom Allen 45	30.2
100 YARDS FREESTYLE	
Ted Cotchan 47	1:07.0
50 YARDS BACKSTROKE	
Tom Allen 45	35.3
Dan Sullivan 48	36.0
Adrian Heffern 48	45.7
100 YARDS BACKSTROKE	
Dan Sullivan 48	1:20.5
Tom Allen 45	1:22.9
50 YARDS BREASTSTROKE	
Jim Forbes 49	33.4
Adrian Heffern 48	42.6
100 YARDS BREASTSTROKE	
Jim Forbes 49	1:15.7
Alfred Stein 46	1:19.9
50 YARDS BUTTERFLY	
Alfred Stein 46	30.0
Jim Forbes 49	35.2
Adrian Heffern 48	46.9
100 YARDS BUTTERFLY	
Alfred Stein 46	1:11.1
MEN 50-54	
50 YARDS FREESTYLE	
Dick Sanborn 52	29.3
P. Wayne Shadbolt 51	29.9
George Melick 51	34.0
100 YARDS FREESTYLE	
P. Wayne Shadbolt 51	1:09.4
200 YARDS FREESTYLE	
Gene Rogers 51	2:19.8
P. Wayne Shadbolt 51	2:40.0
50 YARDS BACKSTROKE	
Dick Sanborn 52	36.7
Gene Rogers 51	36.9
P. Wayne Shadbolt 51	39.4
100 YARDS BACKSTROKE	
Dick Sanborn 52	1:22.6
Gene Rogers 51	1:23.0
50 YARDS BREASTSTROKE	
George Melick 51	37.5
Chuck McCarthy 50	39.3
100 YARDS BREASTSTROKE	
Henry Lentzsch 50	1:22.3
George Melick 51	1:24.8
Chuck McCarthy 50	1:30.6
50 YARDS BUTTERFLY	
Chuck McCarthy 50	38.5
100 YARDS BUTTERFLY	
Henry Lentzsch 50	1:26.0
Chuck McCarthy 50	1:27.1
100 YARDS INDIVIDUAL MEDLEY	
Henry Lentzsch 50	1:16.7
MEN 55-59	
50 YARDS FREESTYLE	
Harry Rawstrom 58	27.3
Austin Newman 59	29.5
Edward Cronin 55	29.7
Clifford Iglay 56	30.2
Dick Guido 59	31.2
Graham Cummin 59	32.7
100 YARDS FREESTYLE	
Harry Rawstrom 58	1:04.9
Clifford Iglay 55	1:09.3
Austin Newman 59	1:10.4
Robert Lamson 56	1:33.5
200 YARDS FREESTYLE	
Harry Rawstrom 58	2:25.8
Austin Newman 59	2:32.9
Clifford Iglay 55	2:36.0
Clifford Iglay 55	2:44.0
Dick Guido 55	2:46.9
Robert Lamson 56	3:25.1
50 YARDS BACKSTROKE	
Graham Cummin 59	36.6
Dick Guido 59	37.7
100 YARDS BACKSTROKE	
Graham Cummin 59	1:19.5
Dick Guido 59	1:22.6
50 YARDS BREASTSTROKE	
John Sole 55	39.0
Clifford Iglay 55	46.1
Graham Cummin 59	46.2

100 YARDS BREASTSTROKE	
John Sole 55	1:25.4
Edward Cronin 55	1:26.1
Jim Pendergrass 56	1:26.4
50 YARDS BUTTERFLY	
Edward Cronin 55	34.5
John Sole 55	35.5
100 YARDS BUTTERFLY	
Edward Cronin 55	1:18.5
John Sole 55	1:20.0
Harry Rawstrom 58	1:23.5
MEN 60-64	
50 YARDS FREESTYLE	
Dave Rowan 62	28.7
Fred Stickle 60	33.6
Gabriel Mosner 62	34.7
Norman Thetford 61	37.2
100 YARDS FREESTYLE	
Dave Rowan 62	1:06.9
Fred Stickle 60	1:23.3
200 YARDS FREESTYLE	
Dave Rowan 62	2:42.8
50 YARDS BACKSTROKE	
Bob Coyle 62	41.9
Fred Stickle 60	45.4
100 YARDS BACKSTROKE	
Dave Rowan 62	1:21.5
Sid Weinberg 63	1:26.9
Bob Coyle 62	1:31.9
Fred Stickle 60	1:42.0
50 YARDS BREASTSTROKE	
Bob Coyle 62	55.2
100 YARDS BREASTSTROKE	
Bob Coyle 62	2:05.6
MEN 65-69	
50 YARDS FREESTYLE	
Harry Jagers 68	33.4
Bill Warner 65	41.4
John Lechner 66	48.8
100 YARDS FREESTYLE	
Harry Jagers 68	1:22.6
Bill Warner 65	1:37.5
John Lechner 66	2:03.8
200 YARDS FREESTYLE	
Bill Warner 65	3:59.3
John Lechner 66	4:38.0
50 YARDS BACKSTROKE	
Harry Jagers 68	46.0
Sidney Silbert 67	58.6
John Lechner 66	1:02.9
100 YARDS BACKSTROKE	
Oscar Sigrist 67	1:33.0
Harry Jagers 68	1:37.6
50 YARDS BREASTSTROKE	
Oscar Sigrist 67	45.3
100 YARDS BREASTSTROKE	
Oscar Sigrist 67	1:43.1
50 YARDS BUTTERFLY	
Sidney Silbert 67	56.5
100 YARDS BUTTERFLY	
Sidney Silbert 67	2:15.4
100 YARDS INDIVIDUAL MEDLEY	
Oscar Sigrist 67	1:31.1
Sidney Silbert 67	2:05.2
MEN 75-79	
50 YARDS FREESTYLE	
Clarence Ross 76	32.6
100 YARDS FREESTYLE	
Clarence Ross 76	1:12.9
200 YARDS FREESTYLE	
Clarence Ross 76	2:48.6
200 YARDS FREESTYLE RELAY	
MEN 25 + OVER	
Jersey Masters	1:44.7
(Goode, Likins, Thatcher, Hamilton)	
Metro Masters NY	1:49.5
(Smith, Dawson, Kurtin, Stern)	
200 YARDS FREESTYLE RELAY	
MEN 35 + OVER	
Jersey Masters	1:45.9
(Walden, Lathi, Robinson, Loft)	
New York A. C.	1:48.9
(Zwirn, Ellis, Rooney, Bender)	
MEN 45 + OVER	
Jersey Masters	1:58.1
(Sanborn, Stein, Lentzsch, Sullivan)	
Metro Masters NY	2:05.1
(Forbes, Cronin, Rogers, Guido)	
MEN 55 + OVER	
Middle Atlantic	2:01.0
(Rowan, Jagers, Cummin, Rawstrom)	
Jersey Masters	2:03.0
(Iglay, Ross, Pendergrass, Newman)	
200 YARDS MEDLEY RELAY	
MEN 25 + OVER	
Metro Masters NY	1:54.0
(Smith, Forbes, Kurtin, Stern)	
Jersey Masters	1:57.6
(Carrier, Goode, Thatcher, Likins)	

MEN 35 + OVER	
Jersey Masters	1:57.5
(Lathi, Downs, Loft, Robinson)	
New York A. C.	2:06.3
(Rooney, Zwirn, Ellis, Bender)	
Jersey Masters "B"	2:20.2
(Abel, Dolg, Woodruff, Cawthorne)	
MEN 45 + OVER	
Jersey Masters	2:11.3
(Sanborn, Melick, Stein, Sullivan)	
Metro Masters NY	2:25.0
(Rogers, Dawson, Cronin, Guido)	
MEN 55 + OVER	
Middle Atlantic	2:30.4
(Cummin, Jagers, Rowan, Rawstrom)	
Jersey Masters	2:34.1
(Stickle, Sigrist, Pendergrass, Newman)	
PORTLAND COMMUNITY COLLEGE MASTERS SWIM MEET NOVEMBER 9, 1975	
WOMEN 25-29	
50 YARD FREESTYLE	
Darlene Pohl 25	29.3
Judi Shaw 27	29.3
Susy Doolittle 27	34.8
100 YARD FREESTYLE	
Judi Shaw 27	1:08.4
1650 YARD FREESTYLE	
Darlene Pohl 25	23:15.8
50 YARD BACKSTROKE	
Susy Doolittle 27	46.9
50 YARD BREASTSTROKE	
Darlene Pohl 25	40.1
Susy Doolittle 27	46.3
50 YARD BUTTERFLY	
Darlene Pohl 25	32.2
100 YARD IND. MEDLEY	
Judi Shaw 27	1:21.6
WOMEN 30-34	
50 YARD FREESTYLE	
Alice Zbudusky 30	32.3
Gale Ritz 32	40.1
Claudia Kosmalaki 33	54.6
100 YARD FREESTYLE	
Alice Zbudusky 30	1:16.5
50 YARD BACKSTROKE	
Claudia Kosmalaki 33	52.4
100 YARD BACKSTROKE	
Alice Zbudusky 30	1:32.0
50 YARD BUTTERFLY	
Alice Zbudusky 30	34.4
100 YARD BUTTERFLY	
Alice Zbudusky 30	1:20.0
100 YARD IND. MEDLEY	
Alice Zbudusky 30	1:24.3
WOMEN 35-39	
50 YARD FREESTYLE	
Carol Fredley 36	34.5
Nancy DeWeese 35	58.2
50 YARD BACKSTROKE	
Carol Fredley 36	44.5
100 YARD BACKSTROKE	
Carol Fredley 36	1:39.4
WOMEN 40-44	
50 YARD FREESTYLE	
Geanie Wilson 41	37.1
Jeanne Kennett 40	42.6
Gwen Foley 44	46.5
Swannie Dobjaj 41	1:02.8
50 YARD BACKSTROKE	
Geanie Wilson 41	40.4
Jeanne Kennett 40	56.1
Gwen Foley 44	1:00.4
Swannie Dobjaj 41	1:01.5
50 YARD BREASTSTROKE	
Gwen Foley 44	51.8
Jeanne Kennett 40	1:09.1
WOMEN 45-49	
50 YARD FREESTYLE	
Erna Brockl 47	56.5
WOMEN 50-54	
50 YARD FREESTYLE	
Virginia Joslin 50	46.0
100 YARD FREESTYLE	
Virginia Joslin 50	1:46.5
50 YARD BACKSTROKE	
Virginia Joslin 50	54.2
100 YARD BACKSTROKE	
Elfie Stevenin 54	2:21.4
50 YARD BREASTSTROKE	
Virginia Joslin 50	59.2
100 YARD BREASTSTROKE	
Elfie Stevenin 54	2:47.8
50 YARD BUTTERFLY	
Elfie Stevenin 54	1:19.9
100 YARD IND. MEDLEY	
Elfie Stevenin 54	2:35.5
WOMEN 55-59	
50 YARD FREESTYLE	
Eileen Biglin 57	48.0
100 YARD FREESTYLE	
Eileen Biglin 57	1:51.5
50 YARD BACKSTROKE	
Eileen Biglin 57	1:18.6

WOMEN 60-64	
50 YARD FREESTYLE	
Clare Carey 63	46.3
100 YARD FREESTYLE	
Clare Carey 63	1:46.4
50 YARD BACKSTROKE	
Clare Carey 63	54.4
100 YARD BACKSTROKE	
Clare Carey 63	2:00.5
WOMEN 65-69	
50 YARD FREESTYLE	
Hazel Bressie 66	1:20.3
50 YARD BACKSTROKE	
Hazel Bressie 66	1:24.6
50 YARD BREASTSTROKE	
Hazel Bressie 66	1:29.0
MEN 20-24	
50 YARD FREESTYLE	
Tom Anderson 24	25.0
100 YARD FREESTYLE	
Tom Anderson 24	1:54.8
1650 YARD FREESTYLE	
Tom Anderson 24	20:34.8
50 YARD BACKSTROKE	
Brent Lamb 23	31.6
100 YARD BACKSTROKE	
Brent Lamb 23	1:10.5
50 YARD BUTTERFLY	
Brent Lamb 23	29.6
100 YARD IND. MEDLEY	
Brent Lamb 23	1:06.5
MEN 25-29	
50 YARD FREESTYLE	
Trond Williams 25	23.5
Robert Maestre 29	24.5
Pat Joseph 29	24.9
Ira Zaron 28	25.7
100 YARD FREESTYLE	
Pat Joseph 29	56.1
Ira Zaron 28	56.6
1650 YARD FREESTYLE	
Trond Williams 25	26:35.4
Doug Crichton 28	26:49.3
Jerry Peterson 27	45:36.4
50 YARD BACKSTROKE	
Kim Lintner 26	29.8
Robert Maestre 29	30.5
100 YARD BACKSTROKE	
Robert Maestre 29	1:07.7
50 YARD BUTTERFLY	
Randy Harris 27	31.6
Douglas Adams 26	32.2
Doug Huestis 27	35.4
100 YARD FREESTYLE	
Randy Harris 27	1:10.4
Douglas Adams 26	1:10.9
Doug Huestis 27	1:26.5
50 YARD BUTTERFLY	
Jed Cronin 27	26.6
Kim Lintner 26	27.0
100 YARD BUTTERFLY	
Jed Cronin 27	1:03.0
Doug Huestis 27	1:05.5
100 YARD IND. MEDLEY	
Kim Lintner 26	1:03.4
Pat Joseph 29	1:07.0
MEN 30-34	
50 YARD FREESTYLE	
Karl vonTagen 32	23.8
Joe Large 32	26.0
Harold Rose 33	30.0
100 YARD FREESTYLE	
Edward Ritz 31	1:18.1
1650 YARD FREESTYLE	
Karl vonTagen 32	22:40.5
Tom Emerson 30	25:44.3
Stuart Morris 32	27:07.0
50 YARD BACKSTROKE	
Karl vonTagen 32	32.5
Stuart Morris 32	37.1
Harold Rose 33	38.0
Edward Ritz 31	39.8
100 YARD BACKSTROKE	
Edward Ritz 31	1:26.9
50 YARD BUTTERFLY	
Joe Lonysa 32	30.5
100 YARD BUTTERFLY	
Tom Emerson 30	1:17.1
MEN 30-34	
100 YARD IND. MEDLEY	
Joe Lonysa 32	1:13.0
Tom Emerson 30	1:15.0
MEN 40-44	
50 YARD FREESTYLE	
Jim Bigler 40	28.9
Fred Sprenger 44	29.5
Brian Heard 41	34.0
100 YARD FREESTYLE	
Jim Bigler 40	1:13.2
Brian Heard 41	1:18.8
1650 YARD FREESTYLE	
Fred Sprenger 44	25:55.0
Jim Bigler 40	28:14.3
Ernest McCall 40	30:03.8
50 YARD BACKSTROKE	
Emmanuel Sang 44	42.0
Brian Heard 41	44.5
100 YARD BACKSTROKE	
Emmanuel Sang 44	1:35.2
Brian Heard 41	1:39.2
50 YARD BUTTERFLY	
Emmanuel Sang 44	40.5
100 YARD IND. MEDLEY	
Emmanuel Sang 44	1:40.4
MEN 45-49	
50 YARD FREESTYLE	
Chuck Harrison 49	31.9
James Snow 49	34.0
Hector Munn 45	38.0

100 YARD FREESTYLE	
Chuck Harrison 49	1:17.3
James Snow 49	1:17.5
1650 YARD FREESTYLE	
Chuck Harrison 49	27:51.3
Fred Bekhardt 49	29:54.1
50 YARD BACKSTROKE	
Donlan Jones 45	1:34.5
Hector Munn 45	1:44.0
50 YARD BREASTSTROKE	
Donlan Jones 45	1:38.0
James Snow 49	1:44.4
Hector Munn 45	1:50.4
50 YARD BUTTERFLY	
Fred Bekhardt 49	1:38.2
100 YARD BUTTERFLY	
Fred Bekhardt 49	1:27.7
100 YARD IND. MEDLEY	
Donlan Jones 45	1:18.6
MEN 50-54	
50 YARD FREESTYLE	
Earl Walter 54	29.4
1650 YARD FREESTYLE	
Earl Walter 54	27:41.7
50 YARD BREASTSTROKE	
Earl Walter 54	37.6
100 YARD IND. MEDLEY	
Earl Walter 54	1:18.0

7 Steps to a Longer Life

Men can add 11 years to their lives if they follow seven golden rules of behavior - including moderate drinking, no smoking, regular meal times and eight hours of sleep a night, a team of California researchers has found.

MASTERS SWIMMING NOTES

1976 LONG COURSE NATIONALS - The Sugar Creek Sports Club of St. Louis, MO was awarded the LC meet to be held AUG 20-22. However, these dates conflict with the National Junior Olympic Meet to be held in Memphis, TN. Wade Barber, Meet Director, has written and asked that the dates be changed to AUG 27-29. A notice should go out this week to the members of the National Masters Swimming Committee for vote. The reason for the change is that key people for running the meet will not be available on AUG 20-22. We will report on the vote in the next issue.....

VERY FIRST MASTERS SWIM MEET - Oklahoma's very first Masters Swim Meet will be held FEB 7-8. Martin Brody, Meet Director, reports, "this will be one of the finest-largest meets ever held. We already have entries coming from all over the country. This will be the most unusual meet you will ever attend. If you go to any out of state meet in '76 - This is the one!".....

JIM COTTON OF HAWAII WRITES - "Read in Ransom Arthur's 'Masters Corner' where two nationals a year 'should be our format in perpetuity.' I would like to express my personal opinion that it would be unwise to become locked into any perpetual decrees even if sent down from the Pope himself. We should remain flexible and rational enough to decide what's best for the times. June Krauser may tire of putting on Nationals or gas rationing may strike either of which might make one national per year more feasible. Or, perhaps 3 nationals per year - one for each zone! Let's keep open minds.....

SWIM-RUN-SWIM - Tug's 1st Annual Swim-Run-Swim (Swim 1/2 mile, Run 3-1/2 miles, Swim 1/2 mile) was held in September with 140 contestant, 126 finishers and 73 of the finishers were Masters Swimmers! Special awards were presented to Roger Prasser 30-34, 1st entrant; Betty Talbot 45-49, oldest female finisher; Jim Eubank 60 & Up, oldest male finisher.....

GRACE T. ALTUS WRITES - "Nearly 3-1/2 years ago when our three teenage daughters began to lose interest in AAU competition and my services as chauffeur to weekend meets were thus infrequently needed, I decided to turn swimmer myself. It's been an incredibly rewarding experience. There have been a series of milestones in very slow succession: breaking a minute in the 50-yard free (it took a long time, which shows you where I started!), much later going under two minutes in the 100 free, eventually moving a kickboard 25 yards in under a minute (it took two years) and finally this last summer swimming a consecutive 1500 meter freestyle and one terrifying competitive 50 meter butterfly. Weight loss, new friends, changing goals, more energy for my job, amused pride from my supportive husband and children--the benefits keep expanding. The enclosed reflections on one facet of my swimming might resonate with an occasional reader if you ever print verse in Swim Master. If not, you needn't return it; it was fun to write, just as night workouts quickly become. In any case, many thanks for your contribution to Masters Swimming and the delightful newsletter that provides so much pleasure each time it appears."

NIGHT WORKOUT, 1975

Always the reluctance, bordering on dread
As I drive towards the pool,
The air is always too cold, the deck forbidding,
The water suddenly menacing;
And I'm blinded by myopia and uncertainty
Glasses off, shaking numb hands in the night air.

Quick! And the warming ambience surrounds me,
The surge of autonomous action takes over,
The far end of the pool signals the gateway to joy
And the smooth tiles push off the next easy lap
Effortless and warm, muscles easy.
Swimming, my mantra; warmup my game.

I'M like the chess playing dog;
Does it matter not playing well?

Is that grey-haired woman trying butterfly?
She's finding her heaven,
A gasping, panting, dripping satisfaction
When the undulating rhythm finally clicks a little
And flailing turns almost to gliding,
When lungs respond, the night air warms
And friends reply.

I'm here and the world smiles.

Grace Altus.....

'PERSONAL ITEM' - Cat Stevens is great. I love you too.

The answer is yes.....

HARGRAVE SETS NATIONAL MARKS - Arthur Hargrave, 69, of the Aptos Cabrillo Masters Swim Team, won four first places in the Southern California Masters Championship at Lakewood in December. Hargrave set national records in the 50-yard backstroke and the 200-yard backstroke. He also won the 50-yard freestyle and the 100-yard freestyle. Hargrave holds national backstroke titles in the 100-meter, 200-meter, 50-yard, 100-yard and 200-yard events. He is a resident of Potbelly Beach in Aptos.....

DIVING NEWS BY JUDITH A. COBLE - I just returned from another great Potomac Valley Diving-Swim meet hosted by the DC Masters. As usual, their meet was a great success. By the time the diving cam around (in the middle of the meet) everyone was ready for a break. The officials were so efficient and the swimming events moved so swiftly that the diving break gave the swimming table a chance to catch up. This year's meet tripled in diving entries and the diving abilities ranged from National Champions to novice divers. As usual, the men out-numbered the women, 11 to 1. At long last it appears that more swim clubs are beginning to include diving in their swim meets. My club, York AC, sponsors two diving-swim meets a year and another club I do age group diving with sponsors Master Diving events along with age group and open diving, also twice a year. The DC Masters have been including diving in their annual fall meet, New Jersey sponsors a one meter meet in the spring, and this year Bob Neeves, U. of Delaware, is hoping to get a Masters Diving meet included with age group and open. In Texas diving is beginning to take off and Richard Lawler informs me that some meet directors are beginning to include diving with their swim meets even though the number of divers is quite small. The West coast makes the strongest showing in diving, where they have a regular diving league to cover the state of California. They schedule a diving meet once a month and throw a terrific bash after each meet. For more information on East Coast Diving write to Judith A. Coble, P.O. Box 2635, Hbg., PA 17103; in Texas write to Richard E. Lawler, Lawler Insurance Agency, 8210 Long Point, Houston, TX 77005 (mark mail personal); West Coast Diving write to Brud Cleveland, 1520 Bay St., Santa Monica, CA 90405; for National Diving information write to Ed Craren, Emergency Medical Service, 1003 "O" St., Lincoln, NE 68508 (mark mail personal). I would like to take this time to thank everyone for their inquiries about my daughter, Casey. At this point in time everything is beginning to look optimistic and she should be fully recovered within two years.....

AUSTRALIAN UNION OF SENIOR SWIMMERS INTERNATIONAL - The "A.U.S.S.I." has been formed to administer the swimming side of Masters Swimming throughout Australia and State affiliates will be formed shortly. At their first meeting the following officers were appointed: Bill Lough, President; Gary Stutzsel, Secretary; Alf Weekes, Treasurer; Frank Sykes, Asst. Secretary; John Kemp, Recorder and Registrar; and at-large members, G. Mortimer, A. Sparkes and Jack Brownjohn. A proposed visit to our country is being planned for '76.....

ENGLISH CHANNEL SWIMMER MARRIES - Tom Hetzel, who has swum the English Channel more times than any other swimmer tied the knot on November 29th marrying Marynell Etheredge.....

BROCHURE - "Never have so few taken so long to do so little", so wrote Bill Pflaum. But at least it is done! It is our "Swim for the health of it" Masters brochure to be used to introduce people to what Masters Swimming is all about. Thank you Bill - it is GREAT!.....

NATIONAL CHAMPIONSHIP MEETS - To add to Dick Mesirov's suggestion on some type of standard for National Championship meets, how about not being allowed to enter an event that you have never swam in a previous meet?.....

FIRST CLASSTO ALL OF YOU
HAPPY NEW YEAR**LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH**

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1976 SWIM CALENDAR

New England AAU - Enid Uhrich, 25 Lafayette, Rd., Newton Lower Falls, MA 02162
JAN 25, FEB 2, MAR 2, MAR 21, APT 6, APR 24-25, MAY 4, JUN 1
Ohio Association - Roy Stickney, 235 North Remington Road, Bexley, OH 43209
JAN 11, FEB 15, MAR 28, APR 25
Oregon Association - Connie Wilson, 10315 SE 82nd, Portland, OR 97266
JAN 31, MAR 21, JUN 6, JUL 18
Pacific Northwest Association - Steve Engel, 2005 So. 308th, Federal Way, WA 98002
JAN 10-11, FEB 28-29, APR 3-4, JUN 12-13, AUG 13-15
Inland Empire Association - Harry Lewis, E. 944-39th, Spokane, WA 99203
FEB 7-8, APR 24-25
Pacific Association - Dore Schwab, Gray Oaks Box 772, Ross, CA 94957
FEB 28-29, MAR 27-28, APR 17 &/or 18, MAY 1 &/or 2, JUN 12-13, JUL 10-11, JUL 30 or AUG 1, SEP 11-12, OCT 9-10, NOV 20-21, DEC 4 &/or 5 - (tentative schedule)
Minnesota Association - David J. Beardsley, 1380 Terrace Dr. #102, Roseville, MN 55113
JAN 26, FEB 16, MAR 15, APR 17, MAY 15
Wisconsin Association - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108
JAN 10, FEB 14, MAR 20, APR 10, MAY 1
Metropolitan Association - James Forbes, 8 Cambridge Ln., Bethpage, NY 11714
JAN 10, JAN 25, JAN 31, FEB 8, FEB 14, FEB 15
Florida Association - R. E. Beach, Judicial Bldg. #402, St. Petersburg, FL 33701
APR 2-4, MAY 28-30
Middle Atlantic Association - Dick Mesirov, 191 Presidential Blvd., Bala Cynwyd, PA 19004
JAN 10, MAR 14 (Philadelphia)
Florida Gold Coast Association - Millie Bergeron, 2541 Boundbrook Blvd. #112, WPB, FL 33406
JAN 25, MAR 21, MAY 2
JAN DC Masters Pentathlon - Bob Husson, 112-10th St. S.E., Washington, DC 20003
JAN 10 CT Midwinter - Daniel Davis, 434 Mis Ave., Hamden, CT 06514
JAN 24-25 Charlotte, NC - Kirk Canterbury, 6616 Rocky Falls Rd., Charlotte, NC 28211
FEB 7-8 Univ. of Oklahoma - Martin Brody, P.O. Box 14662, Okla. City, OK 73114
FEB 14-15 SWSC Miami - Al Sheeler, 16001 SW 92 Ave., Miami, FL 33157
FEB 14-15 Corpus Christi, TX - Charles Teas, 413 Claremore, Corpus Christi, TX 78412
FEB 15 Long Beach, CA - Sally Ann Peterson, 2107 San Vicente, Long Beach, CA 90815
FEB 28 North Miami, FL - Lee Singleton, City Pool, 13150 NE 8 Ave., North Miami, FL
MAR 20-21 San Antonio, TX - Neil Wilson, 8730 Bravo Valley, San Antonio, TX 78227
APR 3 Yale University - Jane Hardy, 49 Wilson Ave., Rowayton, CT 06853
APR 10-11 OHIO Championships - Tom Cloyes, 1642 Cleveland Ave., NW, Canton, OH 44703
APR 10-11 San Antonio, TX - Joanita Reed, Rte 3, Box 208 KK, San Antonio, TX 78218
APR 24-25 Kansas City, KS - Neal Scott, 7912 Roe Ave., Prairie Village, KS 66208
MAY 1-2 Texas A&M - Will Worley, 1001 Village, College Station, TX 78218
MAY 14-16 NATIONAL SC CHAMPIONSHIPS - Guy Barnicoat, 25211 Pacifica, Mission Viejo, CA 92675 - Mission Viejo Nadadores
MAY 15-16 NATIONAL DIVING - Ted Keller, SHOF, One Hall of Fame Drive, Ft. Lauderdale, FL 33316