



SWIM-MASTER

VOL V - No 8

OFFICIAL PUBLICATION OF THE MASTERS SWIMMING COMMITTEE

OCTOBER 1976

SPORTS MEDICINE NOTES TO MASTERS SWIMMERS

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Body Build and Aging

Many of you may remember my study of body build (somatotype) of men Masters swimmers conducted at the outdoor championships in Bloomington, IN, back in 1972. A major finding of these studies was that no significant difference in body build was found between swimmers in their 40's vs swimmers in their 50's. Similarly, Masters champions could not be readily differentiated from nonchampions on the basis of body build. Once a Masters swimmer obtains at least fair conditioning, his body build closely resembles that of other Masters swimmers.

Taking the average body build of Masters swimmers as a group, it was seen to be on the heavily muscled side (enomesomorph). This body build is in contrast to that of the average youthful swimmer of today whose body is on the lean and muscular side (ectomesomorph). At first, it seemed that the heavier features of the Masters swimmers' somatotype represented change secondary to aging. But when Dr. Lindsay-Carter and I reviewed somatotypes of 1948 Olympic swimmers (who are members of the same generation as the Masters swimmers studied in Bloomington), these results were very nearly the same as ours. In other words, the body build for champion male swimmers of this generation (born approximately between 1920 and 1930) has stayed remarkably the same over their lifetimes.

Decline of Swim Performance with Age

A second study, which was reported in Medicine in Science and Sports last year, dealt with the fall-off in swim performance across Masters' age groups. Dr. Arthur and I have examined Masters' records since the first meet in Amarillo, TX, in 1970. Regardless of the yearly improvement in record times, the fall-off over 35 years (25-29 yrs.) has always been very close to 1% per year. It's important to emphasize that this decline in swim performance is an average value. That means some people will decline faster, others slower, but the average will be 1% per year. It is also important to emphasize that this decline has been observed in individual swimmers who maintain nearly the identical swimming workouts year after year. Many Masters swimmers find that each year they lengthen their workouts, or swim harder during their time in the pool, than in past years. Such increases in training intensity will camouflage (for a while) the age-related fall-off in swim performance.

Decrements in maximal oxygen uptake (V_{O_2}) of 1% per year has been found in studies of sedentary adults, active athletes, as well as in world champions. All humans appear to experience a decline of approximately 1% per year in this vital physiological function, starting in their early 20's through old age. While sedentary men show a V_{O_2} of around 40 ml/kg/min at age 25 and decline towards 28 ml/kg/min by age 55, champion athletes have a V_{O_2} of around 70 ml/kg/min at age 25 and decline to a value near 50 ml/kg/min by age 65. A seeming paradox is that the champion athlete at age 55 has a higher V_{O_2} than does a sedentary man of 25 years. However, this doesn't mean that the trained athlete has reversed the aging process. Furthermore, a sedentary individual at, say, 45 years of age, can begin a physical fitness program and raise his maximal oxygen consumption

over a few years' time. Once again, although this individual has improved his physical condition, he has not avoided the aging process. Once he settles on his new level of activity, his 1% per year decline will again become evident. The advantage of training is that one's 1% per year decline is on a higher "glideslope" than that of the sedentary individual.

Finally, for freestyle and backstroke, the observed decline in Masters swim performance was slightly less than 1% per year--around .8% per year. For butterfly the fall-off was slightly more than 1% per year. As I pointed out in the article, it's great fun to extrapolate backwards in time, to the age of 25 or so, from your present times to estimate what you might have been able to swim in your youth if you trained then as you do today. When this is done with Masters champions' times, the results come very close to current-day records. This makes a good deal of sense since many of our current Masters champions were record holders in their youth--and certainly then didn't utilize the training methods and distances popular today.

The Rise and Fall of Body Energy

Utilizing swim records data from young age group champions through 50-59 years Masters champions, for boys and men, I constructed the following graph (Figure 1) which I label the rise and fall of body energy. Competitive swimming is perhaps one of humans' best measures of all-out cardiovascular and muscle performance. This "stress test" is continuously carried out by athletes in their early teens through old age. A standard time measurement of competitive swim performance then, such as the 100-yard freestyle event, illustrates the acquisition and ensuing gradual loss of body energy over 50 years of human life. As can be seen on the graph, there is a remarkably rapid acquisition of strength and performance during the teenage years--leading to world record performances by swimmer athletes in their late teens or early 20's. Then starts the 1% per year decline in performance which continues steadily to at least 60 years of age. (We need more data from older swimmers to extend these studies into age groups older than 55-59 years.) An encouraging finding in the observed decline of body energy is that energy doesn't "go all at once." The gradual, linear fall-off in swim performance (energy) suggests that aging is a regularized, gradual process. The 1% per year slope of the decline "reassures" us that at 60 years of age, for instance, a person is still 70% the person he was at 30 years of age.

An utilitarian aspect of Figure 1 is its use for swim meets where Masters and age group swimmers swim together. The graph helps to decide how to compose the heats. For example, 60-year old Masters swimmers and 10-year old age group swimmers would make an exciting race--champions in both groups would swim the 100-yard freestyle in slightly less than 1 min. Similarly, 40-year old Masters swimmers should be placed with 11-12-year old age group athletes; 30-year old Masters swimmers with 13-14-year old age groupers; and 25-year old Masters swimmers would be a close match for 15-17-year old age group swimmers.

The Diminishing Benefits of Increasing Workouts

A second graph (Figure 2) presents a composite of information provided me by Masters champions who continued year after year, regardless of the fact they had to improve their swim times each year, despite aging, to remain a champion. These men and women all found they had to extend their distance swum per day (as well as the intensity of the workouts) in order to achieve this goal. From this information I calculated a curve which summarizes the per-

centage gains swimmers achieve with progressive increases in distances swum.

If maximal swim performance is accepted to be that performance achieved on a daily workout of 22,000 yards per day, then per cent of maximal performance (% max) can be estimated for lesser distances. Increases in distances swum and concomitant increases in performance can be read off the curve. For example, swimming 1,000 yards a day allows one to achieve about 75% of his or her maximal performance. Increasing the workout from 1,000 to 2,000 yards per day is accompanied by a 10% (to 85% max) improvement in swim times. To gain another 10% improvement, however, (to 95% max), the swimmer must triple his distance--to nearly 7,000 yards per day. Finally, to achieve the remaining 5% (to 100% max) the swimmer must again triple the workout--to nearly 20,000 yards per day. As 20,000 yards requires about seven hours of swimming, very few Masters swimmers will achieve 100% maximal performance. Most of the Masters champions in my sample had gone from 75 and 80% max in 1971 to 95 to 97% max by 1975.

Thus, I counsel Masters swimmers that if they can only afford an hour a day to swim, they won't be a Masters champion but they can estimate if they would be in the running for a championship had they the time and desire to train longer. In other words, swimmers covering 2,000 yards per day can take their best time and see if a 10% improvement (which would come at 7,000 yards per day) would be competitive for a championship. If so, they can feel content that they have the potential of a Masters champion. Finally, for those swimmers who are still developing their swim skills and conditioning, this graph is an underestimation of their eventual performance. With increased swimming, they will improve their swim skills as well as their endurance. Thus, they should not be too discouraged if a projection of their current times does not come close to a current Masters record in their age group.

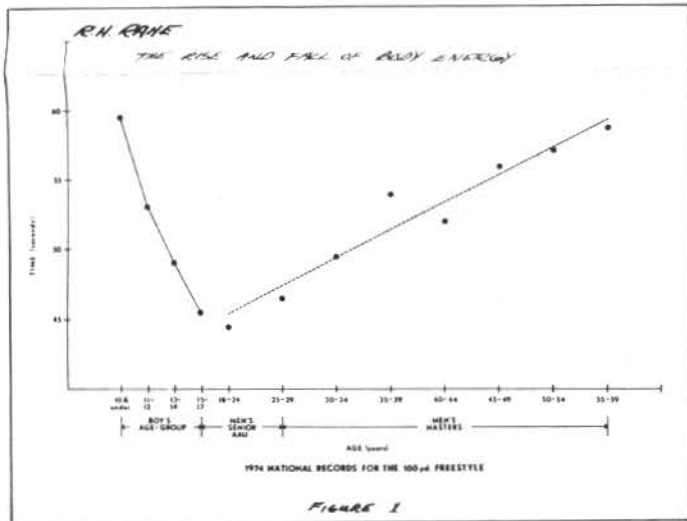


FIGURE 1

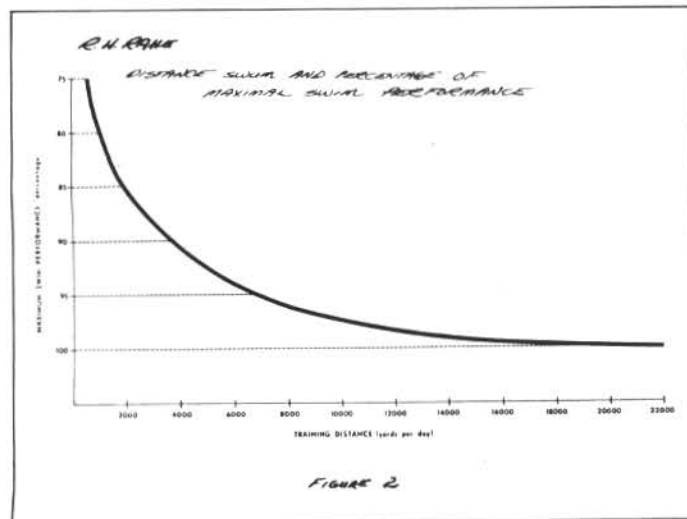


FIGURE 2

SWIMMING NEWS

CORRECTION: A mistake in the times printed from the SC Nations last month has been brought to my attention. Jamee Stewart won the 25-29 Women's 50 yard butterfly in the time of 28.1. The back-up time had to be used.....

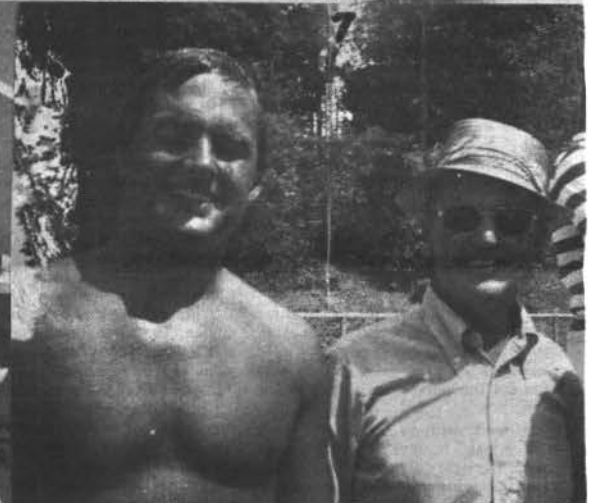
APOLOGY: The following letter was received from Daniel A. Per-Lee, Attorney at Law: "On page 12 of your June, 1976 issue, there appears an article, without attribution, under the headline 'Woman Swims to Beat Polio, Wins 5 Gold Medals at Age 82'. This article was taken nearly verbatim from an article written by my wife, Myra S. Mobil, which appeared on page D-1 of the May 20, 1975 issue of the Washington Post, and was published without the permission either of Miss Mobil or the Washington Post. Consequently, Miss Mobil is requesting that you publish in the next-occurring issue of Swim-Master, a proper attribution of this story and an apology for the failure so to attribute it in the June, 1976 issue. A prompt reply to this letter is expected." We are truly sorry for not giving Miss Mobil credit for the article that appeared in the June issue. Sometimes people send in articles without even the name of the paper. We just try to make Swim-Master newsy and representative of all Masters swimmers.....

RECORDS & TOP TEN September 15th was the end of the 1976 swimming year for records and top ten. Enid Uhrich, Ed Reed and Ted Haartz ask your continued cooperation in sending in the meet results. September 30th was their deadline for receiving meet results and/or Association Top Ten Times so that the National compilation can be completed, typed and published in December. Failure to have met the 9/30 deadline could mean that some swimmers' times will not be published. The pasted up copy of the Masters Top Ten Times for 1976 must be submitted to Al Schoenfield, Editor of Swimming World by November 5th. This does not give us much time to do all of this work! All data in correct event form from all meets should be sent to Ted Haartz, 155 Pantry Rd., Sudbury, MA 01776. If you have any problem, call Ted at work 617-263-2741 or at home 617-443-2977.....

CONGRATULATIONS were received from Carl O. Bauer, Father of A.A.U. Age-Group Swimming who visited us at the Nationals in St. Louis - "Dear June, A world of warm wishes today for a world of happiness always! With hearty congratulations to the 1976 A.A.U. Masters Championship Swimming Meet. More power to you!.....

FROM LAS VEGAS Louis P. Silverman writes, "After a 45-year hiatus in swimming competition, I got involved in swimming for exercise - swam in my first meet Aug. 15th, So Pac area Masters Swim meet - and got a bronze in 1500 mtr. 65-69 yr group. I am 'hooked' - met a nice group of people -".....
SERVICES for Richard Bosse, 79, were held 8/20. Daniel E. Whiteley, Jr. writes, "Dick's death was unexpected as he was always in excellent condition for his age and was getting ready for the National LC Championships in St. Louis when he died. A former national record holder in the 50 meter breaststroke, Dick was the Dean of the Southern Ohio Masters and was held in fond esteem by all his team mates. He was a volunteer life guard and swimming instructor at the downtown YMCA, giving unselfishly of his own time by helping the neophytes and the handicapped learn to swim. He contributed much to swimming here in Cincinnati and will certainly be missed.".....

PICTURES ON PAGE 3 FROM NATIONALS IN ST. LOUIS (1) Dr. Ransom Arthur, Dr. Bumpy Jones and Judith Coble; (2) Dale Trinka, Wade Barber (Happy Meet Director) and Ron Buss; (3) Molly (Botkin) Rossiter and Jennifer Parks; (4) Fred Schlicher (fastest Masters swimmer), Fred's father (follows Fred to the meets) and Ted Haartz; (5) Ann Graham (cup cake cutie); (6) Bill Lough, National President of the Australian Union of Senior Swimmers-International; (7) Tim Garton and Phil Moriarty (Yale Swim Coach); (8) Alex Dalmau of Caracas, Venezuela and from Ecuador, A. Sangster and Pedro Garcia; (9) Frank Sykes (member of the AUSSI Committee) and Mary Connolly, Honorary Treasurer of the AUSSI; (10) Hud Stewart of Canada and Larry Smith of the New England Masters; and (11) unidentified women getting attention from the doctor of the meet - John Nelson, Olympic swimmer in 1964 and 1968.....



NATIONALS

1976

Remember Buster Crabbe?

He's Written A Book For The Older Guys And Gals

THE MIAMI HERALD Friday, September 10, 1976

RICK RATLIFF
Knight Newspapers

We knew him first as a champion swimmer who portrayed a primitive jungle savage. We met him again posing as an interplanetary wanderer, then as a cowboy, and later still as a soldier of fortune.

And now, we return to his story. Buster Crabbe — alias Tarzan, alias Flash Gordon, alias Billy the Kid in the movies, and television's Captain Gallant of the French Foreign Legion — sits down at a table in a hotel coffee shop for lunch. He orders a \$3.50 collection of sliced turkey breast, baked ham and Swiss cheese on French bread with potato salad and garnish.

"And there's a dressing with that, right?" he asks. No, there isn't. "I'll have Thousand Island," he says anyway. "And how about a milkshake. Can I get a chocolate milkshake?"

Gee whiz, gang. There's something funny about all this. Crabbe is traveling around to push a book he has written, and the book, called "Energistics," is all about a program for physical fitness that stresses the need for proper diet.

Please stay tuned.

Crabbe is 68 now. With a shrug of his shoulders, he says he does not watch what he eats because "I don't put on weight." His book, he says, made recommendations for those who want to lose weight, but those suggestions do not apply to those who have no weight problems.

As for Crabbe's body, well, just look at him. He's a bit leathery, but slim; he says he weighs 180 pounds — the same as in 1933.

And he's strong. He works out three times a week, he says, and swims every chance he gets.

Despite his exercising, Crabbe says he is not the same man he was in the 1930s.

"I don't swim as fast, and I don't work as fast," he says. In 1932, Crabbe won an Olympic gold medal in the 400-meter freestyle — the first man to swim it in less than five minutes.

Until his victory, Crabbe recalls, he had planned to finish law school and become an attorney.

But his gold medal and his physique landed him a motion-picture contract with Paramount. He starred first in a 1933 film, "King of the Jungle," in which he played an African wild man captured and brought to the United States in a traveling animal act.

That year he also played Tarzan in the movie "Tarzan the Fearless." But, he admits, he never actually bellowed the famous Tarzan yell; that, he recalls, was a tape recording of the voices of a soprano, a baritone and a hog-caller. All he did, he says, was open his mouth.

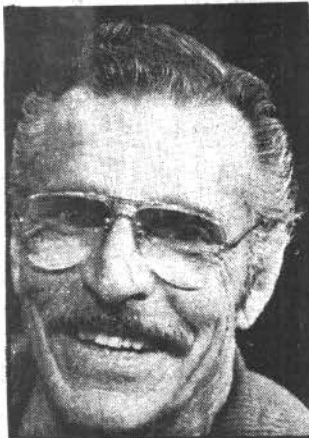
Crabbe ended up being type-cast for "strong and silent" roles.

"I was a helluva lot better actor than they ever gave me credit for being in the early days," he says. "I had had one year in law school. At least I could carry on an intelligent conversation. . . . I thought, 'But the word got out to the front office, 'This guy is pretty good, you know, but don't give him too much dialog, because the guy can't talk.' Pigeonholed. By my own studio."

While "pigeonholed" in the 1930s, Crabbe played science-fiction hero Flash Gordon in three movie serials later adapted for television.

He later played roles in cowboy films and other movies — more than 160 of them — but none brought him as much recognition as Flash Gordon, he says.

"That's what really kept me alive," he says, although he admits those early sci-fi thrillers — with their smoking



space ships, medieval-style costumes and vacuum-tube ray guns — look a bit silly these days.

But even so, he says, a "growing fraternity" of nostalgia buffs has embraced the movies and studied them intensely.

"They can tell me more about myself in these films than I can remember," he says. "I did the best job I could and tried to make it as believable as I could and apparently it has worked."

Those movies are more than 30 years old, and since they first appeared, many of Crabbe's contemporaries have either died or withered into senility.

But Crabbe has stayed fit, he says, and that's why he wrote the book — to keep other oldsters from turning into human pudding.

"I'm writing this book for the older guy and the older gal," he says. "I don't give a damn about the guys 25, 26 or 27 years old in regard to this book. . . . They can take care of themselves."

The "Energistics" includes recommended foods to eat, vitamins to swallow and exercises to perform — calisthenics on the land and in the water, isometrics, and suggested techniques for lessening tensions.

The exercises are not particularly strenuous, he says, but they aren't supposed to be. "You can't press these people," says Crabbe. "You've got to get them interested in doing something themselves."

The book stresses the importance of living clean — of not eating or drinking too much and of not smoking.

Hey, wait a minute. Didn't Crabbe just light up a menthol cigarette?

"It's one of the bad habits I haven't given up yet," he says. "I don't approve of smoking at all."

"People have been so congenial and our biggest problem is we are running out of equipment," observed Russ Dunn, 57, a former Empir Games swimmer and president of the New South Wales Branch of AUSSI.

The Australian group incorporated the name Seniors not only because it fit the acronym, but because "masters" implied a level of competition directed toward champions or professionals.

"ACTUALLY THIS IS all an elaborate plot intended to entice you into swimming for your health," explained Dunn.

Mrs. June Krauser, national chairman of the AAU Masters, says the activity "has scored a first in the aging struggle. We have swimmers literally looking forward to their 30th, 35th, 40th birthdays and so on so they can move into a new age group and beat the old-timers ahead of them."

And like any sport, it's often the little extra that brings victory—like shaving body hair or applying body oil for a quicker glide through the water.



THE GENERAL FLIES HOME. Winston W. Kratz, 70, retired Air National Guard general, won the men's 100-meter and 200-meter breaststroke events for 70-74 age group swimmers in the AAU National Masters meet at Sugar Creek Sports Club Friday. Gen. Kratz set a national record of 1:50.06 in the 100.

—Globe-Democrat photo by Bob Moore.

Age doesn't deter the swim veterans

By DAVE GAUMER

The muscular, well-tanned swimmer carefully applied body oil to his cleanly shaved arms and legs as he prepared for the 400-meter freestyle race.

The scene might have been at the Olympics in Montreal earlier this month, but instead it was at the Sugar Creek Sports Club Friday afternoon and the somewhat nervous competitor was not an eager teenager but a distinguished looking businessman in his early 60s.

"Most of our swimmers take this very seriously and are highly competitive," observed Ted Haartz, one of 514 swimmers entered in the four-day AAU National Long Course Masters Swimming championships at the St. Louis County club.

"BUT YOU KNOW the real winners aren't necessarily the ones who take home the medals, but the individual who comes out of a race with a broad grin able to say, 'Hey, I just swam the best time of my life,'" suggested Haartz, a 48-year-old production manager in a vinyl-processing plant in Sudbury, Mass., and national record chairman for the 25-and-over competitive swimming organization.

The United States Masters swimming program, launched in 1971, has gone international and a comparable group from Australia, known as the Australian Union of Senior Swimmers International (AUSSI) has a delegation of 23 swimmers competing in the St. Louis meet.

"We've only been organized officially for a year, but the program is going well and we are talking of holding a world

championship meet in Australia in 1978," notes Frank Sykes, 59, one of the leaders of the AUSSI group. "We've won 20 medals here already. . . . and we've still got two more days to go. That's pretty good isn't it?"

THE PRIDE of personal accomplishment and the physical rewards of good health are two of the biggest rewards for the program, which offers competition in five year age groups up to 80-and-over, notes Haartz.

"When we started we had age groups in 10-year segments and we only went up to age 45," recalls Haartz, a former Tufts University swimmer who renewed competitive swimming in a 1972 Masters meet. "Last year in the nationals at Knoxville we had a 70-79 age group and we had a cry of indignation from the 75-year-olds-and-up about having to swim against 'those young 70s,' so we added an age group (75-79)."

"IF THE REST of our tour is like the first week we're going to have a fabulous time," noted petite 41-year-old Mary Connolly who described herself as "the baby of the group."

Mrs. Connolly, another of three from the Sydney area, took up swimming in 1973 as part of a rehabilitation program following a serious illness. An outstanding hockey player, water skier and "net ball" (basketball) performer, Mrs. Connolly now rates as one of the top swimmers in her age group in Australia.

THE SOCIAL CONTACTS and friends one makes in such competition is another big bonus of Masters swimming, according to Haartz and the Australian group was quick to agree.

SHORT COURSE NATIONALS
MISSION VIEJO, CALIFORNIA

COMBINED TEAM SCORES

| | |
|----------------------------|------|
| San Mateo Marlins Masters | 1030 |
| Rinconada Masters | 887 |
| Long Beach Swim Club Mas. | 793 |
| DC Masters | 646 |
| Rocky Mountain Masters | 484 |
| Los Angeles Masters | 449 |
| Humuhumunukunuuiaua SC | 379 |
| California Technology | 369 |
| Marin Aquatic Club | 287 |
| San Diego Co. Swim Mas. | 285 |
| Mich. Masters Swim Club | 248 |
| Illinois Masters | 242 |
| Santa Barbara Swim Club | 232 |
| Coronado Masters Assn. | 224 |
| Connecticut Masters | 209 |
| Jersey Masters Swim Team | 191 |
| Metro Masters of New York | 164 |
| Huntington Beach Swim Club | 163 |
| Pacific Northwest Assn. | 152 |
| New England Masters SC | 140 |
| Mission Viejo Nadadores | 130 |
| Arizona Masters | 123 |
| Concord Masters | 118 |
| Gold Coast Masters | 102 |
| St. Petersburg Rec. Dept. | 91 |
| New Mexico Masters | 86 |
| Middle Atlantic Masters | 85 |
| St. Louis Masters | 81 |
| Texas Gulf Masters | 79 |
| Westside JCC | 72 |
| Suncoast Mas. Sarasota | 70 |
| DAVLS | 57 |
| Poway Masters Swim Assn. | 56 |
| Sacramento YMCA | 12 |

TOP WOMEN'S TEAM SCORES

| | |
|----------------------------|-----|
| Rinconada Masters | 645 |
| San Mateo Marlins Mas. | 615 |
| Long Beach Swim Club | 399 |
| DC Masters | 309 |
| Marin Aquatic Club | 204 |
| California Technology | 196 |
| Humuhumunukunuuiaua SC | 183 |
| Rocky Mountain Masters | 180 |
| Coronado Masters Assn. | 156 |
| Connecticut Masters | 130 |
| San Diego County Swim Mas. | 110 |
| Concord Masters | 109 |
| Pacific Northwest Assn. | 108 |
| Santa Barbara Swim Club | 108 |

TOP MEN'S TEAM SCORES

| | |
|----------------------------|-----|
| San Mateo Marlins Masters | 415 |
| Long Beach Swim Club | 394 |
| Los Angeles Masters | 361 |
| DC Masters | 337 |
| Rocky Mountain Masters | 304 |
| Rinconada Masters | 242 |
| Humuhumunukunuuiaua SC | 196 |
| San Diego County Swim Mas. | 175 |
| California Technology | 173 |
| Jersey Masters Swim Team | 167 |
| Mich. Masters Swim Club | 166 |
| Illinois Masters | 150 |
| Huntington Beach Swim Club | 147 |
| Montclair Hills Masters | 141 |
| Santa Barbara Swim Club | 124 |
| New England Masters SC | 120 |

East Coast LC Championships
Pitts., Pa. July 10 & 11, 1976

WOMEN 25-29

| | | |
|-------------|----|---------|
| 50 m free | | |
| S. Morris | 27 | 30.00 |
| P. Harris | 28 | 32.93 |
| S. Tandy | 27 | 33.54 |
| W. Topozian | 25 | 35.71 |
| 100 m free | | |
| S. Tandy | 27 | 1:15.85 |
| W. Topozian | 25 | 1:25.30 |
| 200 m free | | |
| S. Tandy | 27 | 2:43.20 |
| S. Morris | 27 | 2:43.61 |
| W. Topozian | 25 | 3:19.32 |
| 400 m free | | |
| S. Kilgour | 27 | 5:18.68 |
| S. Schaffer | 28 | 5:44.98 |
| S. Tandy | 27 | 5:51.76 |
| B. Byse | 25 | 6:14.64 |
| 100 m back | | |
| S. Schaffer | 28 | 1:32.72 |
| 200 m back | | |
| B. Byse | 25 | 3:18.92 |
| 50 m fly | | |
| S. Kilgour | 27 | 32.82 |
| S. Johnson | 26 | 33.52 |
| S. Morris | 27 | 38.42 |
| S. Tandy | 27 | 39.01 |
| W. Topozian | 25 | 47.77 |
| 100 m fly | | |
| S. Kilgour | 27 | 1:14.30 |
| P. Harris | 28 | 1:20.12 |
| S. Tandy | 27 | 1:41.08 |
| 200 m fly | | |
| S. Schaffer | 28 | 3:09.70 |
| 50 m breast | | |
| M. Dowling | 25 | 44.67 |

100 m breast

| | | |
|-------------|----|---------|
| S. Kilgour | 27 | 1:31.23 |
| S. Johnson | 26 | 1:35.47 |
| M. Dowling | 25 | 1:36.97 |
| S. Schaffer | 28 | 1:39.38 |
| K. Morris | 27 | 1:45.92 |

200 m breast

| | | |
|------------|----|---------|
| S. Kilgour | 27 | 3:16.95 |
| B. Byse | 25 | 3:26.93 |
| M. Dowling | 25 | 3:29.46 |

200 IM

| | | |
|------------|----|---------|
| N. Kilgour | 27 | 2:45.96 |
| S. Johnson | 26 | 2:55.66 |
| M. Dowling | 25 | 3:10.08 |
| S. Tandy | 27 | 3:19.07 |

WOMEN 30-34

| | | |
|---------------|----|-------|
| 50 m free | | |
| D. Todd | 32 | 29.98 |
| N. Kirkendall | 33 | 32.60 |
| J. Katz | 33 | 33.32 |

100 m free

| | | |
|---------------|----|---------|
| D. Todd | 32 | 1:09.04 |
| J. Katz | 32 | 1:15.55 |
| V. Pece | 33 | 1:12.44 |
| C. Brown | 31 | 1:17.91 |
| N. Kirkendall | 33 | 1:18.89 |

200 m free

| | | |
|---------------|----|---------|
| C. Brown | 31 | 2:47.97 |
| D. Todd | 32 | 2:54.34 |
| N. Kirkendall | 33 | 2:57.40 |

400 m free

| | | |
|----------|----|---------|
| C. Brown | 31 | 5:51.18 |
| P. Mills | 34 | 6:44.88 |

50 m back

| | | |
|---------------|----|-------|
| J. Katz | 33 | 40.62 |
| N. Kirkendall | 33 | 43.77 |
| J. Murphy | 32 | 44.21 |

100 m back

| | | |
|---------------|----|---------|
| C. Brown | 31 | 1:25.18 |
| J. Katz | 33 | 1:27.81 |
| N. Kirkendall | 33 | 1:37.36 |

200 m back

| | | |
|----------|----|---------|
| C. Brown | 31 | 3:00.61 |
|----------|----|---------|

50 m fly

| | | |
|---------------|----|-------|
| S. Peterson | 30 | 33.39 |
| D. Todd | 32 | 33.56 |
| V. Pece | 33 | 33.62 |
| J. Katz | 33 | 35.09 |
| N. Kirkendall | 33 | 39.29 |

100 m fly

| | | |
|-------------|----|---------|
| S. Peterson | 30 | 1:13.50 |
| C. Brown | 31 | 1:25.63 |

200 m fly

| | | |
|----------------|----|---------|
| J. Katz | 33 | 2:52.44 |
| S. Peterson | 30 | 2:52.82 |
| L. Atwood-Metz | 32 | 3:39.50 |

50 m breast

| | | |
|----------------|----|-------|
| J. Murphy | 32 | 42.32 |
| L. Atwood-Metz | 32 | 45.50 |

100 m breast

| | | |
|----------------|----|---------|
| J. Murphy | 32 | 1:29.34 |
| L. Atwood-Metz | 32 | 1:35.16 |

200 m breast

| | | |
|----------------|----|---------|
| J. Murphy | 32 | 3:16.61 |
| L. Atwood-Metz | 32 | 3:22.14 |

200 IM

| | | |
|----------------|----|---------|
| S. Peterson | 30 | 2:55.62 |
| V. Pece | 33 | 3:08.78 |
| C. Brown | 31 | 3:09.12 |
| D. Todd | 32 | 3:13.96 |
| L. Atwood-Metz | 32 | 3:14.15 |

400 IM

| | | |
|----------------|----|---------|
| J. Katz | 33 | 6:10.12 |
| L. Atwood-Metz | 32 | 6:52.35 |

WOMEN 35-39

| | | |
|------------|----|---------|
| 100 m free | | |
| L. Joesten | 35 | 1:18.58 |
| A. Jones | 38 | 1:19.87 |

200 m free

| | | |
|----------|----|---------|
| A. Jones | 38 | 3:01.87 |
|----------|----|---------|

50 m back

| | | |
|-----------|----|---------|
| J. Walden | 35 | 1:01.41 |
|-----------|----|---------|

100 m back

| | | |
|-----------|----|---------|
| J. Walden | 35 | 2:16.87 |
|-----------|----|---------|

50 m fly

| | | |
|------------|----|-------|
| L. Joesten | 35 | 36.38 |
| A. Jones | 38 | 42.35 |

100 m breast

| | | |
|----------|----|---------|
| A. Jones | 38 | 1:43.95 |
|----------|----|---------|

200 IM

| | | |
|------------|----|---------|
| L. Joesten | 35 | 3:07.98 |
| A. Jones | 38 | 3:42.85 |

WOMEN 40-44

| | | |
|------------|----|-------|
| 50 m free | | |
| N. Whedbee | 40 | 34.72 |
| J. Miller | 44 | 43.97 |

100 m free

| | | |
|------------|----|---------|
| S. Beheler | 41 | 1:31.71 |
| J. Morrow | 44 | 1:46.00 |
| J. Miller | 44 | 1:46.22 |

200 m free

| | | |
|-----------|----|---------|
| J. Miller | 44 | 3:52.47 |
|-----------|----|---------|

400 m free

| | | |
|------------|----|---------|
| N. Whedbee | 40 | 6:20.45 |
| J. Miller | 44 | 8:20.10 |

200 m back

| | | |
|------------|----|---------|
| N. Whedbee | 40 | 3:21.23 |
|------------|----|---------|

50 m fly

| | | |
|------------|----|-------|
| S. Beheler | 41 | 45.27 |
| J. Morrow | 44 | 56.10 |

200 IM

| | | |
|------------|----|---------|
| S. Beheler | 41 | 3:43.50 |
|------------|----|---------|

WOMEN 45-49

| | | |
|-----------|----|-------|
| 50 m free | | |
| G. Derr | 48 | 42.51 |
| C. Grant | 47 | 53.60 |

100 m free

| | | |
|----------|----|---------|
| J. Troy | 49 | 1:28.52 |
| G. Derr | 48 | 1:35.85 |
| C. Grant | 47 | 2:02.77 |

200 m free

| | | |
|---------|----|---------|
| J. Troy | 49 | 3:20.26 |
|---------|----|---------|

400 m free

| | | |
|---------|----|---------|
| G. Derr | 48 | 7:46.98 |
|---------|----|---------|

50 m back

| | | |
|---------------|----|---------|
| G. Derr | 48 | 57.16 |
| E. Chamberlin | 46 | 1:01.94 |

100 m back

| | | |
|---------------|----|---------|
| C. Grant | 47 | 2:21.42 |
| E. Chamberlin | 46 | 2:25.47 |

50 m fly

| | | |
|---------------|----|---------|
| T. Bolster | 48 | 47.91 |
| J. Troy | 49 | 49.92 |
| C. Derr | 48 | 56.23 |
| E. Chamberlin | 46 | 1:22.85 |

100 m fly

| | | |
|------------|----|---------|
| T. Bolster | 48 | 1:49.59 |
|------------|----|---------|

200 m breast

| | | |
|---------------|----|---------|
| T. Bolster | 48 | 1:47.08 |
| C. Grant | 47 | 2:15.97 |
| E. Chamberlin | 46 | 2:40.18 |

200 IM

| | | |
|------------|----|---------|
| T. Bolster | 48 | 3:47.99 |
|------------|----|---------|

WOMEN 50-54

| | | |
|--------------|----|-------|
| 50 m free | | |
| N. McConnell | 53 | 39.69 |
| J. Merryman | 53 | 41.05 |

100 m free

| | | |
|--------------|----|---------|
| N. McConnell | 53 | 1:33.99 |
| C. Knepp | 51 | 1:59.55 |

200 m free

| | | |
|--------------|----|---------|
| N. McConnell | 53 | 3:21.69 |
| C. Knepp | 51 | 4:10.67 |

400 m free

| | | |
|--------------|----|---------|
| N. McConnell | 53 | 7:06.16 |
|--------------|----|---------|

50 m back

| | | |
|--------------|----|-------|
| J. Merryman | 53 | 47.31 |
| N. McConnell | 53 | 41.03 |

100 m back

| | | |
|-------------|----|---------|
| J. Merryman | 53 | 1:46.50 |
| C. Knepp | 51 | 2:12.72 |

200 m back

| | | |
|-------------|----|---------|
| J. Merryman | 53 | 3:53.61 |
|-------------|----|---------|

50 m fly

| | | |
|--------------|----|-------|
| C. Costello | 53 | 42.57 |
| C. Costello | 53 | 47.94 |
| J. Merryman | 53 | 52.54 |
| N. McConnell | 53 | 57.19 |

100 m breast

| | | |
|--------------|----|---------|
| C. Costello | 53 | 1:45.53 |
| N. McConnell | 53 | 2:06.08 |

200 m breast

| | | |
|-------------|----|---------|
| C. Costello | 53 | 3:54.07 |
|-------------|----|---------|

200 IM

| | | |
|-------------|----|---------|
| C. Costello | 53 | 3:39.24 |
| J. Merryman | 53 | 4:06.60 |

WOMEN 55-59

| | | |
|------------|----|---------|
| 50 m free | | |
| A. Farrell | 57 | 53.32 |
| P. Melick | 55 | 1:10.43 |

50 m back

| | | |
|-----------|----|---------|
| P. Melick | 55 | 1:18.39 |
|-----------|----|---------|

50 m fly

| | | |
|------------|----|---------|
| A. Farrell | 57 | 1:11.21 |
|------------|----|---------|

100 m breast

| | | |
|------------|----|---------|
| N. Pessell | 55 | 49.82 |
| P. Melick | 55 | 1:30.72 |

200 m breast

| | | |
|------------|----|---------|
| N. Pessell | 55 | 1:45.61 |
| P. Melick | 55 | 3:14.06 |

200 m breast

| | | |
|------------|----|---------|
| N. Pessell | 55 | 3:38.93 |
|------------|----|---------|

WOMEN 25-29

| | | |
|-----------|----|-------|
| 50 m free | | |
| J. Getz | 28 | 33.08 |

100 m free

| | | |
|--------------|----|---------|
| M. Krug | 27 | 1:03.21 |
| M. Connellan | 29 | 1:06.67 |

200 m free

</

| 400 m free | | | 200 M Free | | | SIERRA VISTA INVITATIONAL | | | Joan Domitrz 34 | | | | | | | |
|--------------------------|----|---------|------------------|-----------------------|---------|---------------------------|-------------------|--------------|-----------------------|------------------------|------------------------|------------------|-----------------------|------------------------|--|--|
| H. Rawstrom | 59 | 6:02.76 | Robert Larsson | 30 | 2:17.67 | 7/24-25/76 | Sierra Vista, Az. | Barb Gore 31 | 2:09.41 | | | | | | | |
| D. Guido | 59 | 6:51.43 | Mark Vegt | 33 | 3:01.35 | | | | <u>200M FREESTYLE</u> | | | | | | | |
| E. Neilson | 59 | 7:03.34 | 400 M Free | | | | | | | Irene David 32 | | | | | | |
| 50 m back | | | | Gretchen Drake | 26 | 5:36.12 | | | | Joan Domitrz 34 | | | | | | |
| D. Guido | 59 | 4:2.11 | 100 M Breast | | | | | | | Barb Gore 31 | | | | | | |
| 100 m back | | | | Gretchen Drake | 26 | 1:32.66 | | | | 4:35.25 | | | | | | |
| D. Guido | 59 | 1:34.55 | 200 M Breast | | | | | | | <u>400M FREESTYLE</u> | | | | | | |
| 200 m back | | | | Gretchen Drake | 26 | 3:17.10 | | | | Betty Bennett 33 | | | | | | |
| D. Guido | 59 | 3:35.41 | 50 M Fly | | | | | | | Joan Domitrz 34 | | | | | | |
| 50 m breast | | | | Gretchen Drake | 26 | 36.45 | | | | 6:06.59 | | | | | | |
| H. Rawstrom | 59 | 4:7.27 | Women 25-29 | | | | | | | 6:16.88 | | | | | | |
| E. Cronin | 55 | 4:7.48 | 50 M Free | | | | | | | 9:31.32 | | | | | | |
| 100 m breast | | | | Sandra Bell | 36 | 39.55 | | | | <u>50M BACKSTROKE</u> | | | | | | |
| E. Neilson | 59 | 1:45.78 | 100 M Free | | | | | | | Betty Bennett 33 | | | | | | |
| E. Cronin | 55 | 3:31.03 | 200 M Free | | | | | | | Barb Gore 31 | | | | | | |
| E. Neilson | 59 | 3:43.52 | 50 M Back | | | | | | | 1:15.81 | | | | | | |
| 100 m fly | | | | Sandra Bell | 36 | 52.94 | | | | <u>100M BACKSTROKE</u> | | | | | | |
| E. Cronin | 55 | 1:36.22 | 100 M Breast | | | | | | | Betty Bennett 33 | | | | | | |
| MEN 60-64 | | | | Sandra Bell | 36 | 52.10 | | | | 1:28.11 | | | | | | |
| 50 m free | | | | 100 M Breast | | | | | | | <u>200M BACKSTROKE</u> | | | | | |
| A. Newman | 60 | 3:4.37 | 200 M Free | | | | | | | Betty Bennett 33 | | | | | | |
| S. Weinberg | 60 | 3:4.76 | 50 M Back | | | | | | | 3:12.73 | | | | | | |
| 100 m free | | | | Uta Kahn | 35 | 2:06.13 | | | | <u>50M BUTTERFLY</u> | | | | | | |
| B. Coyle | 63 | 1:34.94 | 200 M Breast | | | | | | | Irene David 32 | | | | | | |
| 200 m free | | | | Uta Kahn | 35 | 4:32.76 | | | | 3:07.91 | | | | | | |
| B. Coyle | 63 | 3:42.14 | Women 40-45 | | | | | | | 3:12.52 | | | | | | |
| 400 m free | | | | 400 M Free | | | | | | | 3:45.95 | | | | | |
| A. Newman | 60 | 6:25.70 | Jayne Bruner | 42 | 6:56.25 | | | | | | | 5:06.57 | | | | |
| 50 m back | | | | 50 M Back | | | | | | | <u>400M I.M.</u> | | | | | |
| G. Gummin | 60 | 3:9.49 | 100 M Breast | | | | | | | Betty Bennett 33 | | | | | | |
| S. Weinberg | 60 | 4:4.83 | Jayne Bruner | 42 | 1:38.51 | | | | | | | 3:07.91 | | | | |
| B. Coyle | 63 | 4:6.60 | 200 M Breast | | | | | | | | | | 3:12.52 | | | |
| 100 m back | | | | Jayne Bruner | 42 | 3:38.86 | | | | | | | 3:45.95 | | | |
| G. Gummin | 60 | 1:28.75 | Women 45-49 | | | | | | | | | | 5:06.57 | | | |
| S. Weinberg | 60 | 1:39.37 | 50 M Free | | | | | | | | | | <u>400M I.M.</u> | | | |
| B. Coyle | 63 | 1:39.45 | Darlyna Ferguson | 47 | 50.29 | | | | | | | Betty Bennett 33 | | | | |
| 200 m back | | | | Margaret Miller | 49 | 1:01.20 | | | | | | | 6:39.11 | | | |
| G. Gummin | 60 | 3:15.77 | 50 M Back | | | | | | | | | | 1:41.10 | | | |
| S. Weinberg | 60 | 3:54.00 | 100 M Breast | | | | | | | | | | 1:43.47 | | | |
| 50 m breast | | | | Darlyna Ferguson | 47 | 1:07.35 | | | | | | | 1:37.61 | | | |
| A. Newman | 60 | 50.32 | 200 M Free | | | | | | | | | | 7:54.68 | | | |
| 100 m breast | | | | Darlyna Ferguson | 47 | 5:37.50 | | | | | | | 8:16.35 | | | |
| B. Coyle | 63 | 2:27.28 | 50 M Back | | | | | | | | | | <u>50M BACKSTROKE</u> | | | |
| 200 m IM | | | | Darlyna Ferguson | 47 | 1:11.41 | | | | | | | Clarice Rossi 38 | | | |
| B. Coyle | 63 | 4:42.20 | 100 M Breast | | | | | | | | | | 1:49.35 | | | |
| MEN 65-69 | | | | Margaret Miller | 49 | 1:14.49 | | | | | | | 58.98 | | | |
| 50 m free | | | | 100 M Back | | | | | | | | | | <u>200M BACKSTROKE</u> | | |
| R. Thompson | 65 | 33.86 | 200 M Free | | | | | | | | | | Clarice Rossi 38 | | | |
| S. Craigie | 69 | 36.30 | 50 M Back | | | | | | | | | | 1:47.15 | | | |
| H. Jagers | 69 | 40.97 | 100 M Breast | | | | | | | | | | 1:47.15 | | | |
| H. Barr | 66 | 41.87 | 200 M Breast | | | | | | | | | | 1:46.96 | | | |
| L. Asher | 68 | 51.12 | 50 M Fly | | | | | | | | | | 1:46.96 | | | |
| 100 m free | | | | Darlyna Ferguson | 47 | 2:29.25 | | | | | | | 1:46.96 | | | |
| R. Thompson | 65 | 1:21.45 | Women 50-55 | | | | | | | | | | 1:46.96 | | | |
| H. Jagers | 69 | 1:41.26 | 50 M Free | | | | | | | | | | 1:46.96 | | | |
| L. Asher | 68 | 2:00.02 | Elizabeth Riley | 50 | 41.00 | | | | | | | 1:46.96 | | | | |
| 200 m free | | | | 50 M Back | | | | | | | | | | 1:46.96 | | |
| R. Thompson | 65 | 3:23.17 | Elizabeth Riley | 50 | 48.10 | | | | | | | 1:46.96 | | | | |
| H. Jagers | 69 | 3:43.32 | Women 55-59 | | | | | | | | | | 1:46.96 | | | |
| L. Asher | 68 | 4:28.23 | 50 M Free | | | | | | | | | | 1:46.96 | | | |
| 400 m free | | | | Janet McCuskey | 58 | 49.50 | | | | | | | 1:46.96 | | | |
| B. Craigie | 69 | 8:00.94 | 400 M Free | | | | | | | | | | 1:46.96 | | | |
| H. Jagers | 69 | 8:09.41 | 50 M Back | | | | | | | | | | 1:46.96 | | | |
| 50 m back | | | | Janet McCuskey | 58 | 8:17.64 | | | | | | | 1:46.96 | | | |
| H. Jagers | 69 | 57.72 | Ruth Wunderlich | 57 | 8:54.91 | | | | | | | 1:46.96 | | | | |
| 100 m back | | | | 50 M Back | | | | | | | | | | 1:46.96 | | |
| H. Jagers | 69 | 1:56.45 | Ruth Wunderlich | 57 | 56.01 | | | | | | | 1:46.96 | | | | |
| 200 m back | | | | 100 M Breast | | | | | | | | | | 1:46.96 | | |
| O. Sigrist | 67 | 4:07.64 | Ruth Wunderlich | 57 | 2:26.26 | | | | | | | 1:46.96 | | | | |
| H. Jagers | 69 | 4:10.75 | 200 M Breast | | | | | | | | | | 1:46.96 | | | |
| 50 m breast | | | | Ruth Wunderlich | 57 | 5:04.18 | | | | | | | 1:46.96 | | | |
| F. Hauff | 65 | 4:7.89 | 50 M Fly | | | | | | | | | | 1:46.96 | | | |
| H. Barr | 66 | 52.67 | Ruth Wunderlich | 57 | 1:04.16 | | | | | | | 1:46.96 | | | | |
| 100 m breast | | | | Women 65-69 | | | | | | | | | | 1:46.96 | | |
| F. Hauff | 65 | 1:47.54 | 50 M Free | | | | | | | | | | 1:46.96 | | | |
| H. Barr | 66 | 1:57.98 | 50 M Back | | | | | | | | | | 1:46.96 | | | |
| O. Sigrist | 67 | 1:59.97 | Rita Shephard | 67 | 54.90 | | | | | | | 1:46.96 | | | | |
| 200 m breast | | | | 400 M Free | | | | | | | | | | 1:46.96 | | |
| F. Hauff | 65 | 4:05.36 | Rita Shephard | 67 | 9:21.60 | | | | | | | 1:46.96 | | | | |
| O. Sigrist | 67 | 4:25.43 | 50 M Back | | | | | | | | | | 1:46.96 | | | |
| H. Barr | 66 | 4:35.15 | Rita Shephard | 67 | 1:07.45 | | | | | | | 1:46.96 | | | | |
| 50 m fly | | | | 100 M Back | | | | | | | | | | 1:46.96 | | |
| S. Craigie | 69 | 45.87 | Rita Shephard | 67 | 2:26.21 | | | | | | | 1:46.96 | | | | |
| O. Sigrist | 67 | 58.60 | 50 M Free | | | | | | | | | | 1:46.96 | | | |
| 100 m fly | | | | MEN 25-29 | | | | | | | | | | 1:46.96 | | |
| S. Craigie | 69 | 2:07.55 | 50 M Free | | | | | | | | | | 1:46.96 | | | |
| 200 m IM | | | | Nike Schneiderlochner | 31.82 | | | | | | | 1:46.96 | | | | |
| S. Craigie | 69 | 4:04.25 | 100 M Free | | | | | | | | | | 1:46.96 | | | |
| O. Sigrist | 67 | 4:18.49 | 200 M Free | | | | | | | | | | 1:46.96 | | | |
| 50 m free | | | | 100 M Breast | | | | | | | | | | 1:46.96 | | |
| H. Langer | 72 | 4:2.96 | 50 M Back | | | | | | | | | | 1:46.96 | | | |
| 100 m free | | | | 100 M Breast | | | | | | | | | | 1:46.96 | | |
| P. Jurczyk | 70 | 1:53.91 | 200 M Free | | | | | | | | | | 1:46.96 | | | |
| 200 m free | | | | 50 M Fly | | | | | | | | | | 1:46.96 | | |
| H. Langer | 72 | 3:32.91 | 100 M Breast | | | | | | | | | | 1:46.96 | | | |
| P. Jurczyk | 70 | 4:17.69 | 200 M Breast | | | | | | | | | | 1:46.96 | | | |
| 400 m free | | | | 50 M Fly | | | | | | | | | | 1:46.96 | | |
| H. Langer | 72 | 7:27.44 | 100 M Breast | | | | | | | | | | 1:46.96 | | | |
| 50 m back | | | | 200 M Breast | | | | | | | | | | 1:46.96 | | |
| P. Jurczyk | 70 | 59.71 | 50 M Fly | | | | | | | | | | 1:46.96 | | | |
| H. Langer | 72 | 1:07.91 | 100 M Breast | | | | | | | | | | 1:46.96 | | | |
| 100 m back | | | | 200 M Breast | | | | | | | | | | 1:46.96 | | |
| P. Jurczyk | 70 | 2:13.07 | 50 M Fly | | | | | | | | | | 1:46.96 | | | |
| 50 m breast | | | | 100 M Breast | | | | | | | | | | 1:46.96 | | |
| H. Langer | 72 | 1:03.58 | 200 M Breast | | | | | | | | | | 1:46.96 | | | |
| 100 m breast | | | | 50 M Fly | | | | | | | | | | 1:46.96 | | |
| H. Langer | 72 | 2:25.52 | 100 M Breast | | | | | | | | | | 1:46.96 | | | |
| 200 m breast | | | | 200 M Breast | | | | | | | | | | 1:46.96 | | |
| Sandpiper Swim Club | | | | 50 M Fly | | | | | | | | | | 1:46.96 | | |
| Masters Long Course Meet | | | | 100 M Breast | | | | | | | | | | 1:46.96 | | |
| Sequoia Pool | | | | 200 M Breast | | | | | | | | | | 1:46.96 | | |
| Columbus, Ohio | | | | 50 M Fly | | | | | | | | | | 1:46.96 | | |
| July 18, 1976 | | | | 100 M Breast | | | | | | | | | | 1:46.96 | | |
| | | | | 200 M Breast | | | | | | | | | | 1:46.96 | | |
| | | | | 50 M Fly | | | | | | | | | | 1:46.96 | | |
| | | | | 100 M Breast | | | | | | | | | | 1:46.96 | | |
| | | | | 200 M Breast | | | | | | | | | | 1:46.96 | | |
| | | | | 50 M Fly | | | | | | | | | | 1:46.96 | | |
| | | | | 100 M Breast | | | | | | | | | | 1:46.96 | | |
| | | | | 200 M Breast | | | | | | | | | | 1:46.96 | | |
| | | | | 50 M Fly | | | | | | | | | | 1:46.96 | | |
| | | | | 100 M Breast | | | | | | | | | | 1:46.96 | | |
| | | | | 200 M Breast | | | | | | | | | | 1:46.96 | | |
| | | | | 50 M Fly | | | | | | | | | | 1:46.96 | | |
| | | | | 100 M Breast | | | | | | | | | | 1:46.96 | | |
| | | | | 200 M Breast | | | | | | | | | | 1:46.96 | | |
| | | | | 50 M Fly | | | | | | | | | | 1:46.96 | | |
| | | | | 100 M Breast | | | | | | | | | | 1:46.96 | | |
| | | | | 200 M Breast | | | | | | | | | | 1:46.96 | | |
| | | | | 50 M Fly | | | | | | | | | | 1:46.96 | | |
| | | | | 100 M Breast | | | | | | | | | | 1:46.96 | | |
| | | | | 200 M Breast | | | | | | | | | | 1:46.96 | | |
| | | | | 50 M Fly | | | | | | | | | | 1:46.96 | | |
| | | | | 100 M Breast | | | | | | | | | | 1:46.96 | | |
| | | | | 200 M Breast | | | | | | | | | | 1:46.96 | | |
| | | | | 50 M Fly | | | | | | | | | | 1:46.96 | | |
| | | | | 100 M Breast | | | | | | | | | | 1:46.96 | | |
| | | | | 200 M Breast | | | | | | | | | | 1:46.96 | | |
| | | | | 50 M Fly | | | | | | | | | | 1:46.96 | | |
| | | | | 100 M Breast | | | | | | | | | | 1:46.96 | | |
| | | | | 200 M Breast | | | | | | | | | | 1:46.96 | | |
| | | | | 50 M Fly | | | | | | | | | | 1:46.96 | | |
| | | | | 100 M Breast | | | | | | | | | | 1:46.96 | | |
| | | | | 200 M Breast | | | | | | | | | | 1:46.96 | | |
| | | | | 50 M Fly | | | | | | | | | | 1:46.96 | | |
| | | | | 100 M Breast | | | | | | | | | | 1:46.96 | | |
| | | | | 200 M Breast | | | | | | | | | | 1:46.96 | | |
| | | | | 50 M Fly | | | | | | | | | | 1:46.96 | | |
| | | | | 100 M Breast | | | | | | | | | | 1:46.96 | | |
| | | | | 200 M Breast | | | | | | | | | | 1:46.96 | | |
| | | | | 50 M Fly | | | | | | | | | | 1:46.96 | | |
| | | | | | | | | | | | | | | | | |

| | | | | |
|--------------------------------|-----------------------------|---------------------------|----------------------------------|----------------------------------|
| 100m BACKSTROKE | 100m BACKSTROKE | 200m BREASTSTROKE | 50m BACKSTROKE | 50 Meter Breaststroke |
| Janet Meservey 61 2:23.61 | John Goetz 33 1:27.60 | Robert Kueny 45 3:04.33 | Chuck Wilson 61 4:41.44 | Doug Holmes(40) 43.98 |
| 50m BREASTSTROKE | 50m BREASTSTROKE | Dan Gruender 46 3:32.18 | Dave Malbrough 63 4:41.72 | 50 Meter Butterfly |
| Helen Curtis 60 1:20.45 | Ken Simpson 30 1:34.79 | Frank Feld 49 4:27.51 | George Trawicki 60 4:45.76 | Doug Holmes(40) 41.54 |
| 200m BREASTSTROKE | Robert Rounds 34 1:37.73 | 50m BUTTERFLY | James Knott 63 4:52.46 | 200 Meter Individual Med. |
| Janet Meservey 61 4:52.90 | Jim Becker 30 1:38.70 | Robert Kueny 45 4:33.47 | Ed Sebastian 64 1:00.95 | Doug Holmes(40) 3:21.88 |
| Helen Curtis 60 6:07.65 | John Goetz 33 1:39.63 | John Bauman 46 4:35.95 | 100m BACKSTROKE | Men 45-49 |
| 50m BUTTERFLY | 100m BREASTSTROKE | 100m BUTTERFLY | Dave Malbrough 63 1:40.57 | 100 Meter Freestyle |
| Helen Curtis 60 1:22.55 | Ken Simpson 30 1:17.10 | John Bauman 46 1:25.60 | Ed Sebastian 64 2:05.23 | Dick Bower(45) 1:08.87 |
| WOMEN 65-69 | George Runciman 33 1:27.40 | 200m BUTTERFLY | 50m BACKSTROKE | Men 60-64 |
| 50m FREESTYLE | Jim Becker 30 1:27.62 | Robert Kueny 45 3:106.03 | Dave Malbrough 63 3:45.39 | 50 Meter Freestyle |
| Elizabeth John 65 1:59.52 | John Goetz 33 1:28.26 | John Bauman 46 3:120.93 | 50m BREASTSTROKE | Joe P. Steiner(60) 34.67 |
| 200m FREESTYLE | Ken Simpson 30 2:57.08 | Ed Kirk 46 4:155.33 | George Trawicki 60 4:40.75 | 50 Meter Breaststroke |
| Elizabeth John 65 4:54.65 | Jim Becker 30 3:12.32 | 200m I.M. | James Knott 63 4:50.14 | Joe P. Steiner(60) 44.34 |
| 50m BACKSTROKE | John Goetz 33 3:16.89 | John Bauman 46 3:105.80 | 100m BACKSTROKE | 100 Meter Freestyle |
| Elizabeth John 65 1:10.12 | 50m BUTTERFLY | 400m I.M. | George Trawicki 60 1:37.36 | Joe P. Steiner(60) 1:21.65 |
| Elizabeth John 65 2:27.74 | Richard Mull 32 1:29.31 | John Bauman 46 6:47.95 | James Knott 63 2:02.08 | |
| 50m BREASTSTROKE | Robert Rounds 34 1:30.05 | NEW 50-54 | 200m BREASTSTROKE | |
| Elizabeth John 65 1:59.11 | Steve Barber 31 1:32.45 | 50m FREESTYLE | George Trawicki 60 3:32.70 | |
| 100m BREASTSTROKE | Jim Becker 30 1:32.99 | Perry Rockwell 51 4:31.17 | 100m BUTTERFLY | |
| Elizabeth John 65 2:20.89 | 100m BUTTERFLY | George Wussow 53 4:32.40 | Chuck Wilson 61 1:37.70 | |
| MEN 19-24 | Jim Becker 30 1:24.76 | M. Numerowski 52 4:48.55 | George Trawicki 60 1:48.26 | |
| 100m FREESTYLE | Steve Barber 31 1:26.02 | Luis Valle 53 4:50.41 | 200m BUTTERFLY | |
| Greg Jeffers 23 1:58.04 | 200m BUTTERFLY | 100m FREESTYLE | George Trawicki 60 4:02.81 | |
| Roger Ridenour 24 1:02.03 | Richard Mull 32 2:53.65 | Perry Rockwell 51 1:09.14 | 200m I.M. | |
| 200m FREESTYLE | Jim Becker 30 3:04.00 | Luis Valle 53 1:06.34 | Chuck Wilson 61 3:19.16 | |
| Greg Jeffers 23 2:16.81 | 200m I.M. | 400m FREESTYLE | 400m I.M. | |
| Roger Ridenour 24 2:33.60 | Steve Barber 31 3:120.57 | Paul Hutinger 51 5:37.10 | Chuck Wilson 61 7:29.09 | |
| 50m BUTTERFLY | 400m I.M. | James Edwards 53 5:55.18 | NEW 65-69 | |
| Greg Jeffers 23 1:28.89 | Steve Barber 31 7:38.70 | Luis Valle 53 9:30.91 | 50m FREESTYLE | |
| Roger Ridenour 24 1:29.04 | NEW 35-39 | George Wussow 53 4:47.32 | John Newton 67 1:45.97 | |
| 50m FREESTYLE | 50m FREESTYLE | Luis Valle 53 1:02.43 | 400m FREESTYLE | |
| Ron Krier 29 1:27.76 | Robert Schneider 35 1:31.72 | 100m BACKSTROKE | Oscar Sigrist 67 8:38.22 | |
| Art Luetke 29 1:28.51 | 200m FREESTYLE | James Edwards 53 1:29.91 | John Newton 67 8:38.89 | |
| Robert Becker 26 1:30.45 | Arnold Kleban 39 2:46.43 | Luis Valle 53 2:08.57 | 200m BREASTSTROKE | |
| 100m FREESTYLE | Phil Hellmuth 38 5:50.05 | 200m BACKSTROKE | Oscar Sigrist 67 4:22.50 | |
| Jim Kerwin 26 1:03.11 | Robert Schneider 35 6:22.98 | Luis Valle 53 5:03.01 | NEW 70-74 | |
| Ron Krier 29 1:04.82 | 50m BACKSTROKE | 50m BREASTSTROKE | 400m FREESTYLE | |
| Art Luetke 29 1:05.64 | Arnold Kleban 39 1:35.31 | Morris Eppley 54 4:42.10 | Irv Merritt 72 10:13.90 | |
| Dale Jenkins 26 1:06.84 | Robert Schneider 35 4:12.24 | George Wussow 53 4:47.77 | Cliff Brown 70 18:13.14 | |
| 200m FREESTYLE | 100m BACKSTROKE | M. Numerowski 52 1:15.07 | 100m BACKSTROKE | |
| Jim Kerwin 26 2:24.20 | Phil Hellmuth 38 1:33.77 | 200m BREASTSTROKE | Cliff Brown 70 3:26.58 | |
| M. Schneiderlochne(25) 2:35.81 | 200m BACKSTROKE | Paul Hutinger 51 3:24.03 | 50m BREASTSTROKE | |
| Art Luetke 29 2:48.59 | Arnold Kleban 39 2:58.29 | Morris Eppley 54 4:00.73 | Irv Merritt 72 1:16.61 | |
| 400m FREESTYLE | Ray Martin 38 3:01.73 | 50m BUTTERFLY | 100m BREASTSTROKE | |
| Todd Bryan 25 4:52.06 | 50m BUTTERFLY | Perry Rockwell 51 4:32.47 | Irv Merritt 72 3:01.53 | |
| Jim Kerwin 26 5:09.91 | Ray Martin 38 1:34.65 | Paul Hutinger 51 3:34.21 | 200m BREASTSTROKE | |
| M. Schneiderlochne(25) 5:11.15 | Robert Schneider 35 1:36.56 | George Wussow 53 1:39.44 | Irv Merritt 72 6:11.41 | |
| Mike Ross 28 5:12.30 | 200m I.M. | 100m BUTTERFLY | Irv Merritt 72 7:14.31 | |
| Dale Jenkins 26 5:31.86 | Robert Schneider 35 3:16.28 | Perry Rockwell 51 1:23.26 | 400m I.M. | |
| 50m BACKSTROKE | 400m I.M. | 200m BUTTERFLY | Irv Merritt 72 11:35.39 | |
| Ron Krier 29 1:34.57 | Robert Schneider 35 7:14.57 | Paul Hutinger 51 3:27.20 | NEW 75-79 | |
| Dale Jenkins 26 1:34.89 | NEW 40-44 | 200m I.M. | 50m FREESTYLE | |
| Robert Baker 29 1:37.97 | 200m FREESTYLE | Paul Hutinger 51 2:52.16 | Clarence Ross 76 4:37.30 | |
| Robert Becker 26 1:40.40 | Dale Petranec 41 2:57.49 | Perry Rockwell 51 3:07.81 | 400m FREESTYLE | |
| Robin Kleffman 28 1:41.26 | 400m FREESTYLE | NEW 55-59 | Clarence Ross 76 7:22.37 | |
| 100m BACKSTROKE | Dale Petranec 41 5:57.42 | 50m FREESTYLE | NEW 80+ | |
| Dale Jenkins 26 1:18.40 | 100m BREASTSTROKE | Lynn Surles 58 1:32.88 | 50m BREASTSTROKE | |
| M. Schneiderlochne(25) 1:22.45 | Tom Koenig 44 1:32.39 | Bob Acker 55 1:33.51 | William Stemler 80 1:01.82 | |
| 200m BACKSTROKE | Dale Petranec 41 1:47.38 | Norm Folker 58 1:41.94 | 100m BREASTSTROKE | |
| M. Schneiderlochne(25) 2:54.44 | 100m BUTTERFLY | Phil Reeve 56 1:43.20 | William Stemler 80 2:27.87 | |
| Robert Becker 26 3:16.86 | Dale Petranec 41 1:33.34 | 100m FREESTYLE | | |
| 50m BREASTSTROKE | 200m BUTTERFLY | Frank Havlicek 57 1:11.10 | | |
| William Koller 27 1:33.98 | Tom Koenig 44 3:34.98 | Norm Folker 58 1:36.89 | Louisiana State Swimming | |
| Ron Krier 29 1:39.06 | 200m I.M. | Bob Acker 55 2:50.07 | Championship | |
| Robert Becker 26 1:41.88 | Dale Petranec 41 3:14.00 | Norm Folker 58 3:45.17 | Alexandria, La. 50 Meter | |
| 100m BREASTSTROKE | Tom Koenig 44 6:41.73 | Bob Acker 55 6:15.92 | July 30, 1976 | |
| William Koller 27 1:16.23 | Dale Petranec 41 6:51.76 | Lynn Surles 58 6:24.40 | Women 25-29 | |
| Robert Baker 29 1:25.55 | NEW 45-49 | Bob McDermott 56 6:48.39 | 100 Meter Freestyle | |
| Robert Becker 26 1:34.86 | 50m FREESTYLE | Norm Folker 58 7:30.84 | Susan Epps(28) 1:23.50 | |
| 200m BREASTSTROKE | Paul Girdes 49 1:30.34 | 200m BACKSTROKE | 50 Meter Backstroke | |
| William Koller 27 2:52.82 | Bob White 49 1:31.26 | Bob McDermott 56 4:25.02 | Susan Epps(28) 43.71 | |
| Robert Baker 29 3:03.21 | Ed Kirk 46 1:32.48 | 50m BREASTSTROKE | Women 35-39 | |
| Robert Becker 26 3:28.70 | 100m FREESTYLE | Phil Reeve 56 4:51.15 | 50 Meter Backstroke | |
| 50m BUTTERFLY | Bob White 49 1:07.76 | 200m BREASTSTROKE | Linda Bower(35) 59.59 | |
| Robin Kleffman 28 1:29.28 | Paul Girdes 49 1:08.55 | Frank Havlicek 57 3:40.05 | 50 Meter Breaststroke | |
| Ron Krier 29 1:31.48 | Eric Youngquist 48 1:14.99 | 100m BUTTERFLY | Linda Bower(35) 43.62 | |
| 100m BUTTERFLY | Frank Feld 49 1:41.28 | Bob McDermott 56 2:00.39 | Men 25-29 | |
| Todd Bryan 25 1:09.39 | 200m FREESTYLE | Bob McDermott 56 4:17.01 | 50 Meter Backstroke | |
| Ron Krier 29 1:16.14 | Bob White 49 2:35.63 | Frank Havlicek 57 3:38.31 | Lacy Shaw(29) 46.87 | |
| M. Schneiderlochne(25) 1:19.05 | Paul Girdes 49 2:40.26 | Bob McDermott 56 4:17.01 | 50 Meter Butterfly | |
| 200m BUTTERFLY | Eric Youngquist 48 2:57.50 | Frank Havlicek 57 3:06.89 | Lacy Shaw(29) 36.93 | |
| M. Schneiderlochne(25) 3:19.43 | 400m FREESTYLE | Bob McDermott 56 4:01.80 | Men 30-34 | |
| 200m I.M. | Robert Kueny 45 5:51.05 | Bob McDermott 56 8:22.59 | 50 Meter Freestyle | |
| Jim Kerwin 26 2:42.57 | John Bauman 46 5:53.73 | NEW 60-64 | Wally Fall(32) 29.14 | |
| Robert Baker 29 2:45.08 | Paul Girdes 49 5:54.40 | 50m FREESTYLE | David McHugh(34) 35.96 | |
| 400m I.M. | Dan Gruender 46 6:35.77 | James Knott 62 1:37.30 | 50 Meter Breaststroke | |
| Robert Baker 29 6:07.82 | Ed Kirk 46 6:40.87 | Dave Malbrough 63 1:37.65 | Wally Fall(32) 40.34 | |
| NEW 30-34 | 50m BACKSTROKE | James Knott 63 1:34.81 | 50 Meter Butterfly | |
| 50m FREESTYLE | Jim Seegers 47 1:37.47 | 200m FREESTYLE | Wally Fall(32) 33.83 | |
| Robert Rounds 34 1:27.10 | Frank Feld 49 1:48.20 | James Knott 63 1:34.81 | 200 Meter Individual Med. | |
| 100m BACKSTROKE | 200m BACKSTROKE | Chuck Wilson 61 3:00.19 | Wally Fall(32) 3:19.45 | |
| Ron Pohlonki 32 1:03.20 | Jim Seegers 47 3:04.95 | Ed Sebastian 64 4:20.53 | Men 35-39 | |
| John Goetz 33 1:13.71 | 50m BREASTSTROKE | Chuck Wilson 61 6:41.85 | 50 Meter Freestyle | |
| 200m FREESTYLE | Robert Kueny 45 1:38.92 | Dave Malbrough 63 7:25.11 | Carlyn Cruzan(38) 30.10 | |
| Ron Pohlonki 32 2:22.40 | Dan Gruender 46 4:26.65 | James Knott 63 8:16.16 | 50 Meter Breaststroke | |
| Steve Barber 31 2:49.57 | Frank Feld 49 1:54.05 | Ed Sebastian 64 8:57.05 | Doug Holmes(40) 1:12.13 | |
| 50m BACKSTROKE | 100m BREASTSTROKE | | Elvin Choong(44) 1:23.46 | |
| Robert Rounds 34 1:33.77 | Robert Kueny 45 1:24.35 | | 50 Meter Backstroke | |
| John Goetz 33 1:38.85 | Frank Feld 49 2:02.53 | | Elvin T. Choong(44) 37.18 | |
| Ken Simpson 30 1:39.58 | | | Doug Holmes(40) 40.54 | |
| George Runciman 33 1:42.63 | | | | |

| | | | | | | | | | | | |
|-----------------------------|---------|------------------------|---------|-----------------------------|---------|-----------------------------|---------|------------------------|--------|----------------------|---------|
| 100 meter backstroke | | Fred Forshey 27 | 21:13.9 | Jim Rice 39 | 24:55.0 | Harold Fisher 51 | 1:36.0 | 400 meter freestyle | | G. Harold Langner 73 | 7:18.0 |
| Adeline Quinn 41 | 1:45.4 | Michael Janoska 27 | 24:10.5 | Ben Simon 38 | 33:21.2 | 400 meter freestyle | | 1500 meter freestyle | | G. Harold Langner 73 | 28:43.8 |
| 200 meter backstroke | | Burt Yankiver 26 | 24:58.7 | 100 meter backstroke | | Henry Lentzsch 50 | 6:15.5 | 100 meter backstroke | | G. Harold Langner 73 | 2:53.5 |
| Adeline Quinn 41 | 4:43.9 | Peter Schwenker 28 | 27:33.9 | Richard Meyer 35 | 1:19.0 | Jim Forbes 50 | 7:18.5 | G. Harold Langner 73 | 2:53.5 | Peter Jurczyk 70 | 5:15.4 |
| 100 meter backstroke | | 100 meter backstroke | | Drury Gallagher 37 | 1:21.2 | 1500 meter freestyle | | 200 meter backstroke | | G. Harold Langner 73 | 6:18.6 |
| Jan Moeller 41 | 1:52.1 | Larry Butler 27 | 1:08.1 | Ben Simon 38 | 1:32.2 | Jim Forbes 50 | 28:37.1 | Peter Jurczyk 70 | 5:15.4 | G. Harold Langner 73 | 6:18.6 |
| Phyllis Cinco 42 | 1:56.6 | Don Schaeberle 26 | 1:10.0 | Richard Silverstein 39 | 1:41.0 | Elliot Schofield 53 | 29:10.6 | 100 meter breaststroke | | G. Harold Langner 73 | 2:30.5 |
| 50 meter fly | | Larry Chase 28 | 1:12.0 | 200 meter backstroke | | Herman Tepper 51 | 2:03.2 | 50 meter fly | | G. Harold Langner 73 | 1:27.1 |
| Phyllis Cinco 42 | 43.9 | Fred Forshey 27 | 1:20.0 | Drury Gallagher 37 | 3:06.5 | 100 meter breaststroke | | 200 Individual Medley | | G. Harold Langner 73 | 5:32.1 |
| Jan Moeller 41 | 52.8 | Peter Schwenker 28 | 1:24.6 | Ben Simon 38 | 3:24.6 | Bill Brennan 53 | 1:46.8 | 50 meter fly | | G. Harold Langner 73 | 1:27.1 |
| 200 Meter Individual Medley | | 200 meter backstroke | | 100 meter breaststroke | | 200 meter breaststroke | | 200 Individual Medley | | G. Harold Langner 73 | 5:32.1 |
| Phyllis Cinco 42 | 4:03.2 | Don Schaeberle 26 | 2:40.4 | Drury Gallagher 37 | 3:06.5 | Jim Forbes 50 | 3:23.0 | G. Harold Langner 73 | 5:32.1 | | |
| 200 Meter Individual Medley | | Larry Chase 28 | 2:42.5 | Rich Neagle 39 | 2:01.4 | 50 meter fly | | | | | |
| Cont'd. | | Adolfo Santiago 26 | 2:55.6 | 200 meter breaststroke | | Henry Lentzsch 50 | 42.1 | | | | |
| Jan Moeller 41 | 4:13.1 | Peter Schwenker 28 | 3:22.9 | Drury Gallagher 37 | 3:15.0 | 100 meter fly | | | | | |
| Women 45-49 | | 100 meter breaststroke | | 50 meter fly | | Henry Lentzsch 50 | 1:42.6 | | | | |
| 50 meter freestyle | | Fred Forshey 27 | 1:21.2 | John Bender 37 | 31.2 | 200 meter Individual Medley | | | | | |
| Sieta Neuteboom 49 | 49.6 | Larry Chase 28 | 1:23.7 | Drury Gallagher 37 | 31.9 | Henry Lentzsch 50 | 3:31.6 | | | | |
| 100 meter freestyle | | Richard K-vies 28 | 1:24.8 | Ben Simon 38 | 36.3 | Men 55-59 | | | | | |
| Sieta Neuteboom 49 | 1:51.6 | Peter Schwenker 28 | 1:37.4 | Jim Rice 39 | 36.7 | 50 meter freestyle | | | | | |
| 1500 meter freestyle | | 200 meter breaststroke | | 100 meter fly | | Ed Reed 56 | 33.5 | | | | |
| Tink Bolster 48 | 30:21.4 | Larry Chase 28 | 3:07.0 | Drury Gallagher 37 | 1:19.4 | Richard Guido 59 | 35.2 | | | | |
| Sieta Neuteboom 49 | 35:51.0 | Peter Schwenker 28 | 3:46.0 | John Bender 37 | 3:00.9 | Peter Orsini 57 | 38.0 | | | | |
| 100 meter backstroke | | 50 meter fly | | Rich Neagle 39 | 3:28.2 | 100 meter freestyle | | | | | |
| Tink Bolster 48 | 1:49.0 | Fred Schlicher 28 | 27.0 | Men 40-44 | | Ed Reed 56 | 1:20.8 | | | | |
| 200 meter backstroke | | Don Schaeberle 26 | 29.0 | Jerry Zwirn 43 | 29.5 | Ed Neilson 59 | 1:24.1 | | | | |
| Tink Bolster 48 | 3:45.9 | Larry Butler 27 | 29.1 | Amar Lathi 40 | 29.8 | Ed Neilson 59 | 1:24.7 | | | | |
| 100 meter breaststroke | | Fred Forshey 27 | 29.4 | Richard Ellis 43 | 31.0 | Richard Guido | 1:25.8 | | | | |
| Sieta Neuteboom 49 | 2:06.7 | Bob Kolonowski 28 | 30.8 | D. Barr Clayton 41 | 32.8 | Vern Dawson | 1:44.7 | | | | |
| 50 meter fly | | Wilfredo Santiago | 33.5 | Andrew Ianarella 42 | 33.0 | 400 meter freestyle | | | | | |
| Tink Bolster 48 | 48.6 | Peter Schwenker 28 | 37.7 | Gyula Horvath 43 | 33.4 | Richard Guido 59 | 6:56.5 | | | | |
| 100 meter fly | | 100 meter fly | | 100 meter freestyle | | Ed Neilson 59 | 7:08.9 | | | | |
| Tink Bolster 48 | 1:49.2 | Fred Schlicher 28 | 59.6 | Richard Ellis 43 | 1:13.4 | Peter Orsini 57 | 7:12.7 | | | | |
| Women 50-54 | | Larry Butler 27 | 1:06.0 | Amar Lathi 40 | 1:14.1 | John Sole 58 | 7:35.6 | | | | |
| 50 meter freestyle | | Fred Forshey 27 | 1:07.5 | Andrew Ianarella 42 | 1:23.0 | 1500 meter freestyle | | | | | |
| Charlotte Costello 52 | 37.2 | Larry Chase 28 | 1:10.0 | 400 meter freestyle | | Richard Guido 59 | 27:45.5 | | | | |
| Jeanne Merryman 53 | 37.7 | 200 Individual Medley | | John Stahl 44 | 6:01.7 | Ed Neilson 59 | 28:34.3 | | | | |
| Eliz. Gannon 52 | 56.1 | Fred Schlicher 28 | 2:23.6 | Jerry Zwirn 43 | 6:18.6 | Peter Orsini 57 | 28:52.4 | | | | |
| 100 meter freestyle | | Larry Butler 27 | 2:29.8 | Richard Ellis 43 | 6:58.8 | Vern Dawson 59 | 33:33.1 | | | | |
| Eliz. Gannon 52 | 2:03.3 | Larry Chase 28 | 2:34.1 | 1500 meter freestyle | | 100 meter backstroke | | | | | |
| 400 meter freestyle | | Don Schaeberle 26 | 2:35.8 | John Stahl 44 | 24:37.1 | Richard Guido 59 | 1:37.7 | | | | |
| Charlotte Costello 52 | 7:06.6 | Fred Forshey 27 | 2:36.2 | Bruce Bernstein 40 | 25:38.1 | Peter Orsini 57 | 2:08.5 | | | | |
| Eliz. Gannon 52 | 11:02.0 | Bob Kolonowski 28 | 2:43.6 | Leonard Silverstein 42 | 29:05.3 | 200 meter backstroke | | | | | |
| 100 meter backstroke | | Adolfo Santiago 26 | 2:59.1 | 100 meter backstroke | | Richard Guido 59 | 3:31.3 | | | | |
| Jeanne Merryman 53 | 1:46.7 | Bill Sykes 27 | 3:11.5 | D. Barr Clayton 41 | 1:15.5 | 100 meter breaststroke | | | | | |
| 200 meter backstroke | | Men 30-34 | | Amar Lathi 40 | 1:26.4 | Ed Cronin 55 | 1:37.0 | | | | |
| Jeanne Merryman 53 | 3:59.7 | 50 meter freestyle | | Kenneth Rooney 44 | 1:33.5 | John Sole 58 | 1:41.0 | | | | |
| 100 meter breaststroke | | Jack Geoghegan 34 | 26.4 | Richard Ellis 43 | 1:35.5 | 200 meter breaststroke | | | | | |
| Charlotte Costello 52 | 1:41.6 | Ken Krueger 30 | 26.7 | Gyula Horvath 43 | 1:34.7 | Ed Neilson 59 | 3:45.1 | | | | |
| 200 meter breaststroke | | Michael Lonergan 33 | 28.9 | 200 meter backstroke | | 50 meter fly | | | | | |
| Jeanne Merryman 53 | 4:22.9 | Joseph Coplan 30 | 30.1 | D. Barr Clayton 41 | 2:52.5 | Ed Cronin 55 | 38.1 | | | | |
| 50 meter fly | | Bob Krener 31 | 41.8 | Gyula Horvath 43 | 3:35.7 | Ed Reed 56 | 43.0 | | | | |
| Charlotte Costello 52 | 4:43.6 | 100 meter freestyle | | Richard Ellis 43 | 3:53.1 | Ed Neilson 59 | 43.8 | | | | |
| Jeanne Merryman 53 | 4:22.9 | Don Sullivan 30 | 59.7 | 100 meter breaststroke | | John Sole 58 | 1:42.2 | | | | |
| Charlotte Costello 52 | 43.6 | Jack Geoghegan 34 | 1:01.0 | John Stahl 44 | 1:33.6 | Ed Reed 56 | 1:48.7 | | | | |
| Jeanne Merryman 53 | 48.8 | Daniel Davis 34 | 1:03.3 | Gyula Horvath 43 | 1:33.9 | 200 meter Individual Medley | | | | | |
| 100 meter fly | | Michael Lonergan 33 | 1:05.9 | Len Silverstein 42 | 1:40.6 | Ed Cronin 55 | 3:26.1 | | | | |
| Charlotte Costello 52 | 1:55.9 | Peter Periconi 33 | 1:17.6 | 200 meter breaststroke | | Ed Neilson 59 | 3:46.6 | | | | |
| 200 meter Individual Medley | | 400 meter freestyle | | John Stahl 44 | 3:23.6 | Richard Guido | 3:47.7 | | | | |
| Charlotte Costello 52 | 3:37.2 | Jack Geoghegan 34 | 5:12.5 | Gyula Horvath 43 | 3:25.1 | Ed Reed 56 | 3:54.7 | | | | |
| Jeanne Merryman 53 | 3:53.9 | Paul Smith 32 | 5:21.4 | Len Silverstein 42 | 3:45.0 | Men 60-64 | | | | | |
| Women 60-64 | | Michael Lonergan 33 | 6:11.3 | 50 meter fly | | 50 meter freestyle | | | | | |
| 50 meter freestyle | | Robert Krener 31 | 7:43.2 | Jerry Zwirn 43 | 32.4 | George Silvera 62 | 34.5 | | | | |
| Helen Offenhauser 64 | 51.7 | 1500 meter freestyle | | Amar Lathi 40 | 33.1 | William Yankiver 61 | 39.6 | | | | |
| 100 meter freestyle | | Dan Sullivan 30 | 19:15.3 | Richard Ellis 43 | 36.8 | 100 meter freestyle | | | | | |
| Helen Offenhauser 64 | 2:07.0 | Michael Lonergan 33 | 26:36.8 | Leonard Silverstein 42 | 42:39.4 | George Silvera 62 | 1:22.8 | | | | |
| 400 Meter freestyle | | Robert Krener 31 | 28:42.2 | 100 meter fly | | Jack Binder 63 | 2:04.2 | | | | |
| Helen Offenhauser 64 | 8:40.7 | Frank Rubin 34 | 29:45.5 | Amar Lathi 40 | 1:25.9 | 400 meter freestyle | | | | | |
| 100 meter backstroke | | 100 meter backstroke | | Len Silverstein 42 | 1:53.1 | Dave Rowan 62 | 7:04.9 | | | | |
| Helen Offenhauser 64 | 2:10.7 | Ken Krueger 30 | 1:10.6 | 200 meter Individual Medley | | William Yankiver 61 | 7:28.3 | | | | |
| 100 meter breaststroke | | Paul Smith 32 | 1:13.6 | Jerry Zwirn 43 | 3:00.9 | 1500 meter freestyle | | | | | |
| Helen Offenhauser 64 | 2:59.9 | Robert Krener 31 | 1:45.9 | John Stahl 44 | 3:07.9 | Austin Newman 60 | 25:46.7 | | | | |
| 50 meter fly | | Paul Smith 32 | 2:44.3 | Amar Lathi 40 | 3:09.9 | Dave Rowan 62 | 28:20.2 | | | | |
| Helen Offenhauser 64 | 1:09.8 | Sandy Thatcher 32 | 3:15.5 | Len Silverstein 42 | 3:37.2 | George Silvera 62 | 29:04.4 | | | | |
| 100 meter fly | | Robert Krener 31 | 3:56.9 | Men 45-49 | | William Yankiver 61 | 29:27.3 | | | | |
| Helen Offenhauser 64 | 3:40.8 | 100 meter breaststroke | | 50 meter freestyle | | 100 meter backstroke | | | | | |
| 200 meter Individual Medley | | Sandy Thatcher 32 | 1:35.6 | Bill Irwin 48 | 30.1 | Dave Rowan 62 | 1:33.6 | | | | |
| Helen Offenhauser 64 | 5:02.8 | 200 meter breaststroke | | Ted Haartz 48 | 30.6 | George Silvera 62 | 1:40.8 | | | | |
| Women 65 - 69 | | Robert Krener 31 | 4:21.7 | Bill Young 46 | 32.4 | 200 meter backstroke | | | | | |
| 400 meter freestyle | | 50 meter fly | | Alfonso Allen 46 | 34.3 | Dave Rowan 62 | 3:24.3 | | | | |
| Sally Scott 69 | 15:14.4 | Jack Geoghegan 34 | 28.9 | Len Goldstone 47 | 1:10.2 | George Silvera 62 | 3:52.1 | | | | |
| 1500 meter freestyle | | Dan Sullivan 30 | 31.6 | Ted Haartz 48 | 1:10.6 | 50 meter fly | | | | | |
| Eva Bein 66 | 33:54.8 | Michael Lonergan 33 | 33.6 | Bill Irwin 48 | 1:12.2 | George Silvera 62 | 41.4 | | | | |
| Sally Scott 69 | 61:10.6 | Daniel Davis 34 | 33.8 | Bill Young 46 | 1:15.8 | 200 meter Individual Medley | | | | | |
| 100 meter backstroke | | Peter Periconi 33 | 38.3 | 400 meter freestyle | | Dave Rowan 62 | 3:40.5 | | | | |
| Sally Scott 69 | 2:49.0 | 100 meter fly | | Bill Young 46 | 6:34.9 | George Silvera 62 | 3:53.5 | | | | |
| 200 meter backstroke | | Jack Geoghegan 34 | 1:07.6 | Bill Irwin 48 | 6:39.9 | Men 65-69 | | | | | |
| Sally Scott 69 | 5:56.6 | Joseph Coplan 30 | 1:10.1 | 1500 meter freestyle | | 50 meter freestyle | | | | | |
| 50 meter fly | | Dan Sullivan 30 | 2:42.9 | Ronald Golden 46 | 25:36.0 | Allen Cruickshank 65 | 35.3 | | | | |
| Sally Scott 69 | 7:35.4 | Jack Geoghegan 34 | 2:44.7 | Bill Irwin 48 | 28:58.8 | Harry Barr 66 | 44.0 | | | | |
| Sally Scott 69 | 2:09.9 | Sandy Thatcher 32 | 3:00.5 | 100 meter backstroke | | 100 meter freestyle | | | | | |
| 100 meter fly | | Men 35-39 | | Ted Haartz 48 | 1:33.1 | Allen Cruickshank 65 | 1:27.5 | | | | |
| Sally Scott 69 | 5:40.8 | 50 meter freestyle | | 100 meter breaststroke | | Harry Barr 66 | 1:38.5 | | | | |
| 200 meter Individual Medley | | John Bender 37 | 27.5 | Ted Haartz 48 | 1:26.9 | Charles Wood 68 | 1:40.1 | | | | |
| Sally Scott 69 | 7:42.5 | Richard Meyer 35 | 30.3 | Dan Herbat 47 | 1:55.6 | 400 meter freestyle | | | | | |
| Men 25 - 29 | | Richard Silverstein 39 | 30.8 | 200 meter breaststroke | | Charles Wood 68 | 8:05.8 | | | | |
| 50 meter freestyle | | Bob Walden 37 | 31.0 | Ted Haartz 48 | 3:12.0 | 1500 meter freestyle | | | | | |
| Fred Schlicher 28 | 25.6 | Ben Simon 38 | 32.8 | Dan Herbat 47 | 4:18.4 | Charles Wood 68 | 32:15.5 | | | | |
| Larry Butler 27 | 27.0 | Jim Rice 39 | 33.3 | 50 meter fly | | Oscar Sigrist 68 | 34:22.4 | | | | |
| Don Schaeberle 26 | 27.8 | 100 meter freestyle | | Alfonso Allen 46 | 32.8 | 100 meter backstroke | | | | | |
| Bill Sykes 27 | 29.8 | John Bender 37 | 1:01.8 | Len Goldstone 47 | 34.5 | Oscar Sigrist 68 | 1:51.7 | | | | |
| Pat Doyle 25 | 30.3 | Jim Rice 39 | 1:15.2 | Ted Haartz 48 | 34.7 | 200 meter breaststroke | | | | | |
| 100 meter freestyle | | Ben Simon 38 | 1:22.8 | Bill Young 46 | 41.7 | Harry Barr 66 | 1:57.7 | | | | |
| Fred Schlicher 28 | 56.8 | 400 meter freestyle | | Alfonso Allen 46 | 1:22.8 | Oscar Sigrist 68 | 1:58.5 | | | | |
| Larry Butler 27 | 58.6 | Harry Hamilton 35 | 5:00.7 | Ted Haartz 48 | 1:28.9 | Allan Cruickshank 65 | 2:10.8 | | | | |
| Bill Sykes 27 | 1:10.0 | Drury Gallagher 37 | 5:10.4 | Dan Herbat 47 | 1:55.6 | 200 meter breaststroke | | | | | |
| Wilfredo Santiago 29 | 1:13.2 | Bob Walden 37 | 5:37.1 | 200 meter Individual Medley | | | | | | | |

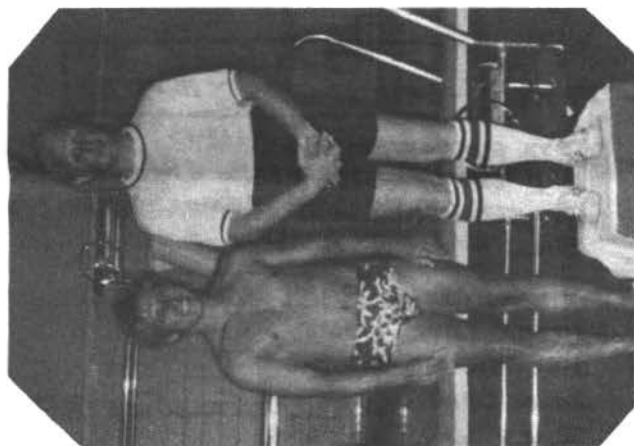
| | | | | |
|--|---|--|---|---|
| <u>100 Mtr Breaststroke</u> N. Barnette 1:39.5 F. Soule 1:41.2 F. Plemmons 1:41.4 N. Weaver 1:56.0 | <u>200 Mtr Breaststroke</u> G. Drake 3:14.2 N. Barnette 3:44.4 <u>50 Mtr Butterfly</u> G. Drake 34.6 F. Plemmons 37.6 N. Soule 42.1 <u>100 Mtr Butterfly</u> F. Plemmons 1:25.1 N. Soule 1:46.3 <u>200 Mtr Butterfly</u> A. Grams 2:52.4 F. Plemmons 3:15.6 <u>200 Mtr Individual Medley</u> G. Drake 2:54.9 C. Engelhardt 3:02.2 <u>400 Mtr Individual Medley</u> N. Soule 7:00.7 F. Plemmons 7:04.6 | <u>400 Mtr Individual Medley</u> J. Green 5:44.5 K. Dawson 5:55.9 MEN 40-44 <u>50 Mtr Freestyle</u> K. Canterbury 29.4 G. Nagel 30.3 T. Reissing 30.6 J. Pope 33.8 N. Nelson 38.1 <u>100 Mtr Freestyle</u> T. Reissing 1:12.9 N. Nelson 1:28.0 <u>200 Mtr Freestyle</u> N. Nelson 3:24.1 <u>400 Mtr Freestyle</u> N. Nelson 7:22.4 <u>1500 Mtr Freestyle</u> N. Bishop 30:46.5 G. Drake 30:51.9 <u>50 Mtr Backstroke</u> K. Canterbury 35.6 T. Reissing 37.1 N. Bishop 44.3 <u>100 Mtr Backstroke</u> T. Reissing 1:24.0 <u>200 Mtr Backstroke</u> K. Canterbury 2:48.8 T. Reissing 3:03.4 N. Bishop 3:32.2 <u>50 Mtr Breaststroke</u> B. Nagel 38.1 J. Pope 48.5 <u>100 Mtr Breaststroke</u> G. Nagel 1:36.9 <u>200 Mtr Breaststroke</u> G. Nagel 3:35.6 N. Bishop 3:54.7 <u>50 Mtr Butterfly</u> G. Nagel 36.1 <u>100 Mtr Butterfly</u> K. Canterbury 1:15.6 G. Nagel 1:34.5 <u>200 Mtr Butterfly</u> K. Canterbury 3:00.8 <u>200 Mtr Individual Medley</u> G. Nagel 3:09.8 N. Bishop 3:29.4 J. Pope 3:57.6 <u>400 Mtr Individual Medley</u> K. Canterbury 5:57.1 | <u>WOMEN 40-44</u> B. Glancy 44 36:09.0 <u>WOMEN 45-49</u> S. Kreplin 47 29:06.0 <u>WOMEN 55-59</u> H. Hummer 57 28:34.7 MEN 25-29 J. Parker 25 20:31.5 W. Foo 27 22:20.0 R. Grimes 29 23:57.5 MEN 30-34 J. Flanagan 30 20:25.4 M. Brodeky 30 23:08.4 G. Belenky 31 23:11.7 R. Randall 32 24:02.7 MEN 35-39 J. Berthe 39 22:48.1 K. Price 38 23:14.4 P. Sandler 36 25:29.6 L. Deege 36 27:54.1 MEN 40-44 D. Petranach 41 23:16.4 J. Kala 42 23:27.4 N. Berenyi 43 26:11.8 R. Chen 42 27:49.4 MEN 45-49 J. Alleva 48 21:32.0 J. Rodgers Sr 48 22:27.5 C. Bonfield 45 25:53.8 M. Coughlin 48 26:30.0 C. Moyer 46 28:53.3 MEN 50-54 G. Vissing 53 30:22.0 MEN 55-59 E. Draves 57 28:42.5 MEN 60-64 L. Pinnegan 62 35:21.4 MEN 65-69 D. McAfee 66 29:03.9 S. Cragle 69 32:07.0 H. Bender 67 32:49.2 H. Smith 69 36:39.2 | <u>50 Mtr Breaststroke</u> Sallie Humberger 34 47.03 <u>50 Mtr Butterfly</u> Sallie Humberger 34 38.98 Christine Martin 34 44.91 <u>100 Mtr Butterfly</u> Christine Martin 34 1:45.09 MEN 15-19 <u>50 Mtr Freestyle</u> Janet Royer 35 33.94 Marty Childs 36 36.36 Doris Gilbert 39 38.86 <u>100 Mtr Freestyle</u> Janet Royer 35 1:16.39 Betsy Jordan 39 1:17.86 Janice Gray 38 1:20.17 Sandra Riddle 37 1:20.48 Marty Childs 36 1:21.96 Doris Gilbert 39 1:30.32 <u>200 Mtr Freestyle</u> Janet Royer 35 2:54.48 Marty Childs 36 3:03.58 Sandra Riddle 37 3:03.58 Janet Royer 35 6:12.76 Janice Gray 38 6:13.50 Sandra Riddle 37 6:19.34 Doris Gilbert 39 7:27.64 <u>200 Mtr Backstroke</u> Betsy Jordan 39 38.09 Sandra Riddle 37 43.90 Marty Childs 36 47.12 <u>100 Mtr Backstroke</u> Betsy Jordan 39 1:22.48 Sandra Riddle 37 1:44.51 <u>200 Mtr Backstroke</u> Betsy Jordan 39 3:00.44 Sandra Riddle 37 3:42.23 <u>50 Mtr Breaststroke</u> Marty Childs 36 45.10 Janet Royer 35 47.04 Helen Geoffrion 37 49.20 <u>100 Mtr Breaststroke</u> Marty Childs 36 1:39.02 Janice Gray 38 1:42.93 Helen Geoffrion 37 1:49.61 <u>50 Mtr Butterfly</u> Janet Royer 35 39.21 Helen Geoffrion 37 42.38 Marty Childs 36 45.08 <u>100 Mtr Butterfly</u> Helen Geoffrion 37 1:44.54 Janice Gray 38 3:52.81 <u>200 Mtr Butterfly</u> Betsy Jordan 39 3:13.52 Janice Gray 38 3:19.40 Janet Royer 35 3:20.73 Marty Childs 36 3:25.06 <u>400 Mtr Individual Medley</u> Betsy Jordan 39 6:49.94 Janet Royer 35 7:10.11 MEN 40-44 <u>50 Mtr Freestyle</u> MaryAnn Rasmussen 41 40.87 Eunice Rawlings 40 51.98 <u>100 Mtr Freestyle</u> MaryAnn Rasmussen 41 1:37.11 Evelyn Debes 40 6:51.26 Adrienne Pipes 42 7:12.71 Janet Partridge 44 7:29.92 <u>1500 Mtr Freestyle</u> Evelyn Debes 40 27:19.10 Janet Partridge 44 30:22.20 <u>100 Mtr Backstroke</u> Margrit Graef 44 1:45.25 <u>200 Mtr Backstroke</u> Evelyn Debes 40 3:46.94 <u>50 Mtr Breaststroke</u> MaryAnn Rasmussen 41 1:02.33 Margrit Graef 44 3:51.43 Adrienne Pipes 42 4:58.68 MaryAnn Rasmussen 41 5:14.8 <u>100 Mtr Breaststroke</u> Adrienne Pipes 42 1:51.73 Margrit Graef 44 2:00.29 MaryAnn Rasmussen 41 2:05.11 <u>200 Mtr Breaststroke</u> Evelyn Debes 40 4:08.54 Adrienne Pipes 42 4:11.52 Janet Partridge 44 4:14.79 <u>200 Mtr Individual Medley</u> Evelyn Debes 40 3:48.83 Adrienne Pipes 42 3:49.97 Janet Partridge 44 4:03.79 MaryAnn Rasmussen 41 4:16.72 <u>400 Mtr Individual Medley</u> Adrienne Pipes 42 8:09.05 MaryAnn Rasmussen 41 8:53.63 MEN 45-49 <u>50 Mtr Freestyle</u> Helga L. Palmer 46 33.68 Anne Adams 48 35.54 Jacqueline Smith 45 35.76 Janet Wolyer 47 39.97 <u>100 Mtr Freestyle</u> Helga L. Palmer 46 1:18.44 Anne Adams 48 1:19.18 Jacqueline Smith 45 1:20.32 Ann Stanfel 45 1:25.64 Janet Wolyer 47 1:33.75 <u>200 Mtr Freestyle</u> Helga L. Palmer 46 2:58.73 Anne Adams 48 3:09.97 Jacqueline Smith 45 3:17.43 Ann Stanfel 45 3:26.66 Janet Wolyer 47 3:40.18 Janet Wolyer 47 4:04.11 MEN 50-54 <u>50 Mtr Freestyle</u> Geri Orosco 53 37.59 Lynn Orr 52 41.06 Joy McDaris 51 41.89 Kathleen Jones 50 43.50 Grace Altus 52 45.88 <u>100 Mtr Freestyle</u> Geri Orosco 53 1:25.60 <u>200 Mtr Freestyle</u> Kathleen Jones 50 3:46.65 Grace Altus 52 3:51.17 <u>400 Mtr Freestyle</u> Geri Orosco 53 7:05.16 Lynn Orr 52 28:07.25 Kathleen Jones 50 54.22 Lynn Orr 52 54.98 Grace Altus 52 56.42 <u>100 Mtr Backstroke</u> Grace Altus 52 2:03.60 <u>50 Mtr Breaststroke</u> Geri Orosco 53 50.83 Joy McDaris 51 52.30 <u>100 Mtr Breaststroke</u> Joy McDaris 51 1:50.67 <u>200 Mtr Breaststroke</u> Geri Orosco 53 3:55.35 Joy McDaris 51 4:06.48 <u>50 Mtr Butterfly</u> Geri Orosco 53 45.60 Joy McDaris 51 48.71 Kathleen Jones 50 57.08 Grace Altus 52 1:02.00 <u>100 Mtr Butterfly</u> Geri Orosco 53 1:47.77 <u>200 Mtr Individual Medley</u> Joy McDaris 51 4:05.89 MEN 55-59 <u>50 Mtr Freestyle</u> Annetta Pfeiffer 58 41.40 Viola Thompson 58 48.06 <u>100 Mtr Freestyle</u> Bette Crowell 56 1:32.52 Annetta Pfeiffer 58 1:36.25 Margaret George 59 1:41.78 <u>200 Mtr Freestyle</u> Annetta Pfeiffer 58 3:33.25 Bette Crowell 56 3:39.07 Margaret George 59 3:45.74 Lorraine Peterson 58 4:22.06 <u>400 Mtr Freestyle</u> Rita Simonon 58 7:26.16 Annetta Pfeiffer 58 7:27.98 Bette Crowell 56 7:42.62 Margaret George 59 7:51.50 Lorraine Peterson 58 9:17.38 <u>50 Mtr Backstroke</u> Annetta Pfeiffer 58 53.79 <u>100 Mtr Backstroke</u> Lorraine Peterson 58 2:15.23 <u>200 Mtr Backstroke</u> Margaret George 59 4:13.45 Lorraine Peterson 58 4:53.18 <u>50 Mtr Breaststroke</u> Viola Thompson 58 55.82 <u>100 Mtr Breaststroke</u> Viola Thompson 58 2:00.59 <u>200 Mtr Breaststroke</u> Viola Thompson 58 4:19.08 Bette Crowell 56 4:31.33 Margaret George 59 4:33.77 <u>400 Mtr Breaststroke</u> Viola Thompson 58 46.22 <u>100 Mtr Butterfly</u> Viola Thompson 58 2:01.66 <u>200 Mtr Butterfly</u> Rita Simonon 58 4:30.66 <u>200 Mtr Individual Medley</u> Viola Thompson 58 4:04.31 MEN 60-64 <u>50 Mtr Freestyle</u> Ruth Ridenour 61 1:03.67 <u>100 Mtr Freestyle</u> Grace Deal 63 2:09.17 <u>200 Mtr Freestyle</u> Ruth Ridenour 61 4:58.64 |
|--|---|--|---|---|

| | | | | | | | | | |
|--|---------|---|----------------------------------|---|-------------------------|---|--------------------|---|---|
| 50 Mtr Breaststroke Grace Deal 63 | 1:06.70 | 200 Mtr Backstroke Tom Lieser 34 Arthur Hale 34 | 2:57.86 4:22.36 | Rudolf Graef 44 Art Welch 43 | 1:24.82 1:31.56 | Frank Blair 50 John Itzel 54 | 3:30.89 4:53.73 | 100 Mtr Butterfly Walt Pfeiffer 62 Eldin Onsgard 64 | 1:37.08 2:09.62 |
| 100 Mtr Breaststroke Grace Deal 63 | 2:27.75 | 50 Mtr Breaststroke Fred Shaw 30 Thomas Thomson 31 Bill Berry 32 Arthur Hale 34 | 36.51 37.41 38.30 40.44 | William Parks 40 Art Welch 43 50 Mtr Backstroke William Parks 40 Bud Symes 41 Ron Richter 42 | 37.61 41.38 43.41 | Jack Burgan 53 Ransom Arthur 50 John Itzel 54 | 3:05.54 3:19.88 | 50 Mtr Breaststroke Jack Burgan 53 Don Rankin 60 200 Mtr Individual Medley | 4:07.26 4:37.26 1:33.20 1:33.20 2:10.24 |
| 200 Mtr Breaststroke Ruth Ridenour 61 | 6:49.96 | 50 Mtr Backstroke Dorothea Cole 66 | 1:05.77 | 100 Mtr Breaststroke Dorothea Cole 66 | 2:19.94 | 50 Mtr Butterfly Dorothea Cole 66 | 1:25.24 | 100 Mtr Individual Medley Eldin Onsgard 64 | 4:14.57 |
| 50 Mtr Breaststroke WOMEN 65-69 | | 100 Mtr Breaststroke Elizabeth Mauric 72 | 2:26.80 | 400 Mtr Freestyle Elizabeth Mauric 72 | 10:56.41 | 1500 Mtr Freestyle Elizabeth Mauric 72 | 41:08.61 | 100 Mtr Breaststroke Elizabeth Mauric 72 | 3:01.34 |
| 100 Mtr Freestyle Elizabeth Mauric 72 | 2:26.80 | 400 Mtr Freestyle Elizabeth Mauric 72 | 10:56.41 | 1500 Mtr Freestyle Elizabeth Mauric 72 | 41:08.61 | 100 Mtr Breaststroke Elizabeth Mauric 72 | 3:01.34 | 100 Mtr Individual Medley Tom Monahan 66 | 3:21.60 |
| 50 Mtr Breaststroke WOMEN 70-74 | | 100 Mtr Freestyle Elizabeth Mauric 72 | 2:26.80 | 400 Mtr Freestyle Elizabeth Mauric 72 | 10:56.41 | 1500 Mtr Freestyle Elizabeth Mauric 72 | 41:08.61 | 100 Mtr Breaststroke Elizabeth Mauric 72 | 3:01.34 |
| 100 Mtr Freestyle Elizabeth Mauric 72 | 2:26.80 | 400 Mtr Freestyle Elizabeth Mauric 72 | 10:56.41 | 1500 Mtr Freestyle Elizabeth Mauric 72 | 41:08.61 | 100 Mtr Breaststroke Elizabeth Mauric 72 | 3:01.34 | 100 Mtr Individual Medley Tom Monahan 66 | 3:21.60 |
| 50 Mtr Breaststroke WOMEN 25-29 | | 100 Mtr Freestyle Elizabeth Mauric 72 | 2:26.80 | 400 Mtr Freestyle Elizabeth Mauric 72 | 10:56.41 | 1500 Mtr Freestyle Elizabeth Mauric 72 | 41:08.61 | 100 Mtr Breaststroke Elizabeth Mauric 72 | 3:01.34 |
| 100 Mtr Freestyle Elizabeth Mauric 72 | 2:26.80 | 400 Mtr Freestyle Elizabeth Mauric 72 | 10:56.41 | 1500 Mtr Freestyle Elizabeth Mauric 72 | 41:08.61 | 100 Mtr Breaststroke Elizabeth Mauric 72 | 3:01.34 | 100 Mtr Individual Medley Tom Monahan 66 | 3:21.60 |
| 50 Mtr Breaststroke WOMEN 30-34 | | 100 Mtr Freestyle Elizabeth Mauric 72 | 2:26.80 | 400 Mtr Freestyle Elizabeth Mauric 72 | 10:56.41 | 1500 Mtr Freestyle Elizabeth Mauric 72 | 41:08.61 | 100 Mtr Breaststroke Elizabeth Mauric 72 | 3:01.34 |
| 100 Mtr Freestyle Elizabeth Mauric 72 | 2:26.80 | 400 Mtr Freestyle Elizabeth Mauric 72 | 10:56.41 | 1500 Mtr Freestyle Elizabeth Mauric 72 | 41:08.61 | 100 Mtr Breaststroke Elizabeth Mauric 72 | 3:01.34 | 100 Mtr Individual Medley Tom Monahan 66 | 3:21.60 |
| 50 Mtr Breaststroke WOMEN 35-39 | | 100 Mtr Freestyle Elizabeth Mauric 72 | 2:26.80 | 400 Mtr Freestyle Elizabeth Mauric 72 | 10:56.41 | 1500 Mtr Freestyle Elizabeth Mauric 72 | 41:08.61 | 100 Mtr Breaststroke Elizabeth Mauric 72 | 3:01.34 |
| 100 Mtr Freestyle Elizabeth Mauric 72 | 2:26.80 | 400 Mtr Freestyle Elizabeth Mauric 72 | 10:56.41 | 1500 Mtr Freestyle Elizabeth Mauric 72 | 41:08.61 | 100 Mtr Breaststroke Elizabeth Mauric 72 | 3:01.34 | 100 Mtr Individual Medley Tom Monahan 66 | 3:21.60 |
| 50 Mtr Breaststroke WOMEN 40-44 | | 100 Mtr Freestyle Elizabeth Mauric 72 | 2:26.80 | 400 Mtr Freestyle Elizabeth Mauric 72 | 10:56.41 | 1500 Mtr Freestyle Elizabeth Mauric 72 | 41:08.61 | 100 Mtr Breaststroke Elizabeth Mauric 72 | 3:01.34 |
| 100 Mtr Freestyle Elizabeth Mauric 72 | 2:26.80 | 400 Mtr Freestyle Elizabeth Mauric 72 | 10:56.41 | 1500 Mtr Freestyle Elizabeth Mauric 72 | 41:08.61 | 100 Mtr Breaststroke Elizabeth Mauric 72 | 3:01.34 | 100 Mtr Individual Medley Tom Monahan 66 | 3:21.60 |
| 50 Mtr Breaststroke WOMEN 45-49 | | 100 Mtr Freestyle Elizabeth Mauric 72 | 2:26.80 | 400 Mtr Freestyle Elizabeth Mauric 72 | 10:56.41 | 1500 Mtr Freestyle Elizabeth Mauric 72 | 41:08.61 | 100 Mtr Breaststroke Elizabeth Mauric 72 | 3:01.34 |
| 100 Mtr Freestyle Elizabeth Mauric 72 | 2:26.80 | 400 Mtr Freestyle Elizabeth Mauric 72 | 10:56.41 | 1500 Mtr Freestyle Elizabeth Mauric 72 | 41:08.61 | 100 Mtr Breaststroke Elizabeth Mauric 72 | 3:01.34 | 100 Mtr Individual Medley Tom Monahan 66 | 3:21.60 |
| 50 Mtr Breaststroke WOMEN 50-54 | | 100 Mtr Freestyle Elizabeth Mauric 72 | 2:26.80 | 400 Mtr Freestyle Elizabeth Mauric 72 | 10:56.41 | 1500 Mtr Freestyle Elizabeth Mauric 72 | 41:08.61 | 100 Mtr Breaststroke Elizabeth Mauric 72 | 3:01.34 |
| 100 Mtr Freestyle Elizabeth Mauric 72 | 2:26.80 | 400 Mtr Freestyle Elizabeth Mauric 72 | 10:56.41 | 1500 Mtr Freestyle Elizabeth Mauric 72 | 41:08.61 | 100 Mtr Breaststroke Elizabeth Mauric 72 | 3:01.34 | 100 Mtr Individual Medley Tom Monahan 66 | 3:21.60 |
| 50 Mtr Breaststroke WOMEN 55-59 | | 100 Mtr Freestyle Elizabeth Mauric 72 | 2:26.80 | 400 Mtr Freestyle Elizabeth Mauric 72 | 10:56.41 | 1500 Mtr Freestyle Elizabeth Mauric 72 | 41:08.61 | 100 Mtr Breaststroke Elizabeth Mauric 72 | 3:01.34 |
| 100 Mtr Freestyle Elizabeth Mauric 72 | 2:26.80 | 400 Mtr Freestyle Elizabeth Mauric 72 | 10:56.41 | 1500 Mtr Freestyle Elizabeth Mauric 72 | 41:08.61 | 100 Mtr Breaststroke Elizabeth Mauric 72 | 3:01.34 | 100 Mtr Individual Medley Tom Monahan 66 | 3:21.60 |
| 50 Mtr Breaststroke WOMEN 60-64 | | 100 Mtr Freestyle Elizabeth Mauric 72 | 2:26.80 | 400 Mtr Freestyle Elizabeth Mauric 72 | 10:56.41 | 1500 Mtr Freestyle Elizabeth Mauric 72 | 41:08.61 | 100 Mtr Breaststroke Elizabeth Mauric 72 | 3:01.34 |
| 100 Mtr Freestyle Elizabeth Mauric 72 | 2:26.80 | 400 Mtr Freestyle Elizabeth Mauric 72 | 10:56.41 | 1500 Mtr Freestyle Elizabeth Mauric 72 | 41:08.61 | 100 Mtr Breaststroke Elizabeth Mauric 72 | 3:01.34 | 100 Mtr Individual Medley Tom Monahan 66 | 3:21.60 |

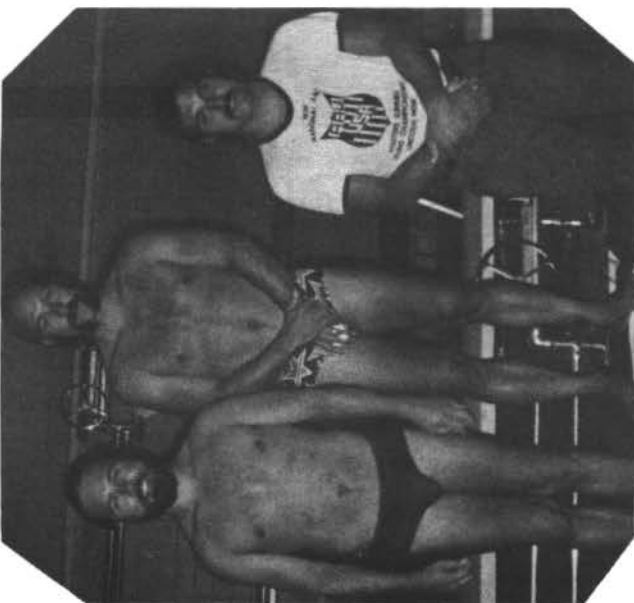
MASTERS DIVING - SUMMER NATIONALS - SEPT. 3-5, '76 - LINCOLN, NE.



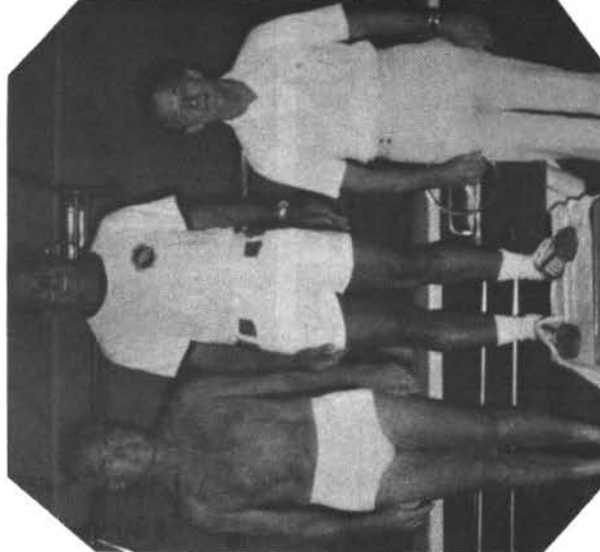
35-39 (L) FRED FOX, 2ND 1M & 3M.
(C) JOHN DEININGER, 1ST 1 & 3 M.
(R) KARL KLEMAN, 3RD 1 & 3 M.



30-34 (L) BOB WILSON, 1ST 3M, 2ND 1M.
(R) STEVE SORENSON, 1ST 1 METER.



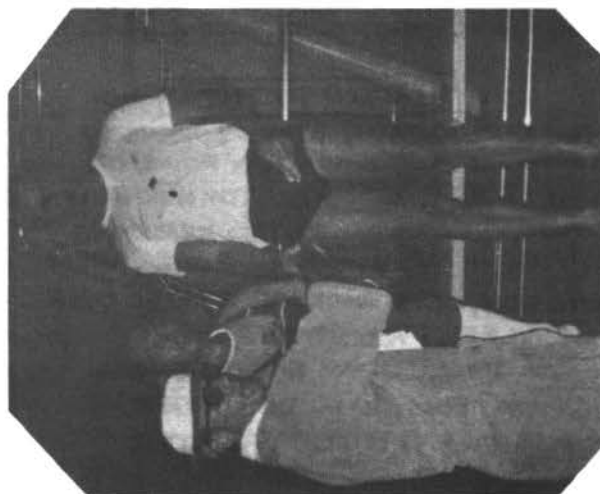
25-29 (L) JIM BRINSON, 1ST 3M, 2ND 1M.
(C) ROB WENKSTEDT, 1ST 1M, 2ND 3M.
(R) RAY POWERS, 3RD 1M, 3RD 3M.



50-59 (L) TED KERSTING, 2ND 1 & 3 M.
(C) TOM HAIRABEDIAN, 1ST 1 & 3 M.
(R) BILL BURGESS, 3RD 1 & 3 M.



45-49 (L) ALB DYER, 4TH 1 & 3 METER
PETE AYER, 2ND 1 & 3 METER
ED CRAVEN, 1ST 1M, 3RD 3M.
JACK HARBORNE, 1ST 3M, 3RD 1M.



40-44 (L) JIM STEVENS, 2ND 1 & 3 M.
(R) RICH LAWLER, 1ST 1 & 3 M.
(JIM WYON CLOWN DIVING EVENT)



MARY OBRIEN AWARDS 1ST TO FRANK M'GUIGAN, 2ND TO BILL M'ALISTER, 1 METER. BILL WON 3 METER & FRANK WAS 2ND (60-69)

JOLLY JOHN SABLE
1ST 1 METER
1ST 3 METER
(70-79)

L. GERTA ROSS
1ST 1M, 3M, (70-79)
1ST SR. GR. MASTER
R. MARSHA LUTZ
1ST 1M, 3M (25-29)
1ST GRAND MASTER

DR. BILL WEYRAUCH
CONGRATULATING
LOIS GOTTHARDT,
1ST 1M, 3M (30-34)



← TOP ROW - **45 & UP SENIOR GRAND MASTER**
L. GERTA ROSS, WOMEN'S CHAMP
JACK HARBOURNE, MEN'S CHAMP
ED CRAREN 2ND TOM HAIRABEDIAN 3RD
BILL M'ALISTER 4TH

← BOTTOM ROW - **GRAND MASTER**
L. MARSHA LUTZ, WOMEN'S CHAMP
JIM BRINSON, MEN'S CHAMP
JOHN DEININGER 2ND, FRED FOX 3RD
RICH LAWLER 4TH

GROUP PICTURE →

TOP ROW (L.) KARL KLEMAN, STEVE SORENSON
JIM STEVENS, JIM BRINSON, RAY POWERS,
ROB WENNSTEDT, 2ND ROW TOM HAIRABEDIAN
PETE AYER, BILL BURGESS, TED KERSTING
JACK HARBOURNE, 3RD ROW ED CRAREN
BOB WILSON, LOIS GOTTHARDT, ALEC DYER
RICH LAWLER, FRED FOX.
BOTTOM ROW JOLLY JOHN SABLE, MARSHA
LUTZ, GERTA ROSS, JOHN DEININGER,
FRANK M'GUIGAN, BILL M'ALISTER



NATIONAL AAU MASTERS DIVING CHAMPIONSHIPS
Lincoln, NE Sept. 3-5, 1976

Marsha Lutz (25-29) won the 1 meter, 3 meter and Grand Masters
Lois Gotthardt (30-34) won the 1 meter and 3 meter
Gerta Ross (70-79) won the 1 meter, 3 meter and Grand Masters

MEN 25-29

| | | | |
|---------|---------------|----|--------|
| 1 meter | Rob Wennstedt | NE | 425.15 |
| | Jim Brinson | OR | 413.60 |
| | Ray Powers | KS | 361.00 |
| 3 meter | Jim Brinson | OR | 454.45 |
| | Rob Wennstedt | NE | 451.95 |
| | Ray Powers | KS | 342.25 |

MEN 30-34

| | | | |
|---------|----------------|----|--------|
| 1 meter | S. Sorenson | NE | 359.35 |
| | B. Wilson | MN | 350.50 |
| 3 meter | Steve Sorenson | NE | 389.10 |

MEN 35-39

| | | | |
|---------|----------------|----|--------|
| 1 meter | John Deininger | WA | 378.55 |
| | Fred Fox | CA | 358.05 |
| | Karl Kleman | CA | 298.40 |
| 3 meter | John Deininger | WA | 442.55 |
| | Fred Fox | CA | 373.25 |
| | Karl Kleman | CA | 299.45 |

MEN 40-44

| | | | |
|---------|----------------|----|--------|
| 1 meter | Richard Lawler | TX | 304.95 |
| | Jim Stevens | IN | 225.20 |
| 3 meter | Richard Lawler | TX | 310.40 |
| | Jim Stevens | IN | 262.85 |

MEN 45-49

| | | | |
|---------|----------------|----|--------|
| 1 meter | Ed Craren | NE | 268.35 |
| | Pete Ayer | WI | 265.65 |
| | Jack Harbourne | VA | 259.95 |
| | Alec Dyer | TX | 187.25 |
| 3 meter | Jack Harbourne | VA | 300.05 |
| | Pete Ayer | WI | 279.85 |
| | Ed Craren | NE | 268.35 |
| | Alec Dyer | TX | 191.95 |

MEN 50-59

| | | | |
|---------|-----------------|----|--------|
| 1 meter | Bill Burgess | | |
| 1 meter | Tom Hairabedian | MO | 242.15 |
| | Ted Kersting | IL | 208.90 |
| | Bill Burgess | WA | 207.07 |
| 3 meter | Tom Hairabedian | MO | 264.95 |
| | Ted Kersting | IL | 227.10 |
| | Bill Burgess | WA | 185.10 |

MEN 60-69

| | | | |
|---------|----------------|----|--------|
| 1 meter | Frank McGuigan | CA | 216.80 |
| | Bill McAlister | CA | 211.45 |
| 3 meter | Bill McAlister | CA | 224.65 |
| | Frank McGuigan | CA | 213.40 |

MEN 70-79

| | | | |
|---------|------------|----|--------|
| 1 meter | John Sable | CA | 104.30 |
| 3 meter | John Sable | CA | 114.65 |

Some twenty Los Angeles swimmers travelled to Hawaii to compete in Hawaii's annual Labor Day week-end swims, consisting of a relay race across the Maui Channel (9.6 miles), a Masters Meet, and the Waikiki 2-mile Rough Water Swim.

Southern California entered three teams (6 swimmers each) to compete in this years 5th Annual Maui Channel Race. Eleven teams were entered this year--the largest field ever--including two teams from Canada.

The night before the Channel Race, a banquet was held in the Pioneer Inn Courtyard for all 66 swimmers. Enthusiasm for the race mounted as each team Captain introduced his/her team members to the group, and gound rules for the race were reviewed.

Early dawn found all eleven teams crossing the channel by boat, and the race began as the lead swimmer from each team began the race from a beach start on Lanai. At the beginning of the race conditions were very choppy as boats and swimmers spread out over the channel, however, conditions improved and surface waters calmed a bit and swimmers had only current conditions to deal with towards the end of the race.

Establishing a new record of 3 hrs, 17 min, and 18 sec, and winner of the Duke Kahanamoku Bowl was the Waikiki Swim Club-A Team. Close on their heels and also breaking the existing record was the Outrigger Canoe Club in a time of 3 hrs-30 min. The third place team - Waikiki Swim Club-B Team - also broke the existing record-their time was 3 hrs 34 min. The Los Angeles A Team finished 4th in 3 hrs 36 min 30 sec. The Toronto team placed 5th in 3 hrs 54 min and 57 sec, and the Waikiki Swim Club-C Team took 6th in a time of 4 hrs 2 min 10 sec just barely beating out the Maui team who finished a mere 10 sec behind WSC-C team in a time of 4 hrs 2 min 20 sec. The Los Angeles-B team placed 8th in 4 hrs 13 min 48 sec; WSC girls team 9th in 4 hrs 17 min 40 sec; Los Angeles-C Team 10th in 4 hrs 21 min 40 sec; and last but certainly not least was the Roach Family from Canada in 4 hrs 32 min and 45 sec.

The three Los Angeles teams were the only U.S. teams entered this year. This race is open to anyone, so how about some representation from other parts of the country. Next year's Channel Race Chairman is Jim Caldwell. Anyone interested in entering a team for next year should contact Jim at 275 Makaweli Place, Honolulu, HI 96825.

I personally want to thank Bob Rocheleau for the splendid job he did as this year's race Chairman. His tireless efforts made possible the successful swim we had this year. Speaking for the Los Angeles contingent, we all had a great time and we'll be back next year to do better.

By Dr. Tony Millar, Director Lewisham Sports Medicine Clinic, N.S.W.

"ON GROWING OLD"

The effects of aging of the human body have been studied for many years without any direct, positive answers being given to the question "Why do we age?" and "What happens when we do age?", but studies done over the years have shown that there are certain stages in life in which the average person changes some segments of the body which are involved in physical activity.

It is common knowledge that at puberty both boys and girls (but boys more so) develop an increase in muscular strength on which they are able to improve with strength building programs. Their capacity for endurance events continues to increase over the period up to 18-20-25 years of age and from then on any gains in this field tend to be minimal, and generally deterioration occurs.

When does the period of decrease start to occur? That is the question in which we are all interested, but answers are yet to come which prove conclusively that any stage is worse than the year before. Certainly, testing programs show that the vital capacity (that is, the amount of air that can be taken into the lungs) gradually increase until about 25-30 years of age, and after that it tends to decrease about 1% per annum in those who are kept physically active. This leads to some loss in the ability to take in oxygen from the air, and to pass it to the working muscle.

Changes occur in the arteries taking blood carrying oxygen from the lungs to the working muscles. We know that early in life, the age 15-20, some degenerative changes can be seen in the arteries, and these changes are the precursors of the problems of hardening of the arteries, atheroma, and arteriosclerosis, that are the major factors in coronary artery disease. With increasing age there is a diminution in the level to which the pulse rate can rise on maximal exercise. A 15 year old can raise a pulse rate of 220 without any significant problem, and yet in the 50 year old such a rate would be a serious matter in most cases, and indeed, would be liable to cause some damage to the heart muscle itself, as a result of the inefficient blood supply which would result. So when we are testing the older person for fitness we must remember that they are incapable of raising pulse rates to the same degree as the younger person, and corrections must be made in testing programs in order to compare the older person with the younger one.

The development of osteoarthritis in joints is a normal wear and tear process that occurs over the years and can be seen when x-rays are taken of joints of people who have shown no signs of symptoms related to joints. The arthritis itself is not sufficient to stop people being physically active, and indeed, assuming they kept their muscles in good tone and condition, activity could be considered as a helpful process in preventing the development of symptoms.

A review of performance levels in the older person, when looked at from the highest level, that is, those with world records, shows a gradual increase in times recorded. As one ages this applies to all distances in swimming, running and cycling, those sports in which power development and endurance capacity are the operative factors. Where skill is important, as in tennis, rather than the other factors, deterioration in performance is not so rapid, nor is it so marked. Persons can perform in their own age groups at any level required by that group, provided that they are aware of their own limitations and provided also that they train up to the standard rather than starting at a set standard which is far too high for their state of training. Much of the problem in the older person comes from starting physical activity at a level which is too high for their deteriorating tissues.

The advice offered to older people is -

1. Train regularly - twice a week at least.
2. After a lay-off start at half the previous intensity.
3. Gradually increase the intensity and duration of the training effort during the season.
4. If you have a health problem, seek medical advice early.

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1976 SWIM CALENDAR 1977

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|---|---|
| New England Masters Swim Club - Joy Miller, 401 Essex St., Hamilton, MA 01936 | |
| OCT 12, OCT 24, NOV 9, DEC 5, DEC 14, JAN 9, JAN 23, FEB 8, MAR 8, MAR 20, APR 12, MAY 10, APR 23-24, JUN 7 | |
| Pacific Association - Dore Schwab, Gray Oaks, Box 772, Ross, CA 94957 | |
| OCT 9-10, NOV 20-21, DEC 4/5 | |
| Inland Empire Association - Harry Lewis, 944 E. 39th, Spokane, WA 99203 | |
| NOV 20-21, MAR 12-13, APR 30-MAY 1 | |
| Pacific Northwest Association - Steve Engel, 2005 S. 308th, Federal Way, WA 98002 | |
| NOV 6-7, DEC 18-19, JAN 29-30, MAR 5-6, APR 2-3, JUN 4-5, JUL 16-17 | |
| Oregon Association - Connie Wilson, 10315 S.E. 82nd, Portland, OR 97266 | |
| NOV 6-7, JAN 15-16, FEB 26-27, APR 2-3, APR 22-24, JUN 11-12, AUG 12-14 | |
| OCT 10 | Palomar College - Jerry Siefert, 5619 Sandburg Ave., San Diego, CA 92122 |
| OCT 10 | Leatherstocking Open - Pat Clinton, ACC Gymnasium, Cooperstown, NY 13326 |
| OCT 15-16 | Glastonbury Open - Dot Donnelly, 401 Shuttle Meadow Av, New Britain, CT 06052 |
| OCT 25 | Watertown - David Beardsley, 1380 Terr. Dr. #102, Roseville, MN 55113 |
| NOV 6 | Bartlesville - Masters Swim Meet Dir., Phillips Petroleum Co., B-66 Adams Bldg., Bartlesville, OK 74004 |
| NOV 6-7 | Southeastern - John P. Crews, M.D., 101 Doctors' Bldg, Oak Ridge, TN 37830 |
| NOV 7 | SPA Diving - Brud Cleaveland, 1520 Bay St., Santa Monica, CA |
| NOV 7 | Ryall Relays - Beth Gabriel, 516 Ford St., Geneva, IL 60134 |
| NOV 13 | DC Masters - Bob Husson, 3282 Aberfoyle Pl. NW, Washington, DC 20015 |
| NOV 14 | New Canaan - Anne Hummel, 31 Nursery Road, New Canaan, CT 06840 |
| NOV 21 | Blue Hen Pentathlon - Harry Rawstrom, Carpenter Sports Bldg., University of Delaware, Newark, DE 19711 |
| NOV 26-27 | MASTERS SWIM CLINIC - Dr. Paul Hutinger, Western Illinois U., Macomb, IL ten. |
| DEC 5 | N. Suburban Y - Edie Terry, 1821 Sunnyside Cir., Northbrook, IL 60062 |
| DEC 18 | DC Masters 1650 - Bob Husson (above) |
| JAN 8 | Mid-Winter - Daniel Davis, 434 Mix Ave., Hamden, CT 06514 |
| JAN 14-15 | IL Inst. of Tech. - Frank Havlicek, 781 N. Milton Rd., Palatine, IL 60067 |
| JAN 22 | DC Masters - Bob Husson (above) |
| JAN 29-30 | UNCC Masters - Richard Bober, 5415 Finsbury Pl., Charlotte, NC 28211 |
| FEB 20 | Shabonna Sharks - Ingrid Stine - 4119 N. Pittsburg, Chicago, IL 60634 |
| MAR 13 | St. Chas. Park Dist., Meredith Scanlon, 71 McKinley, St. Charles, IL 60174 |
| APR 18-19 | WIU - Dr. Paul Hutinger, Western Illinois U., Macomb, IL |
| APR 30-MAY 1 | State Meet - Beth Gabriel (above) |