

# SWIM-MASTER

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## TRAINING TECHNIQUES FOR MASTER SWIMMERS

DR. PAUL HUTINGER, Assistant Professor, Western Illinois University, Macomb, Illinois

The Masters swimming program, recently approved by the A.A.U., is a wonderful opportunity for the skilled swimmer and the former competitive swimmer to begin or continue a regular exercise program. There are indications that the aging process, while it cannot be eliminated, can be slowed down by a daily exercise program. Swimming is one exercise which has a preventive effect on coronary disease, diminishing the deterioration of the cardio-vascular system. Other benefits include a slower resting heart rate, lowered blood pressure, increased lung volumes, lower levels of serum cholesterol, and a higher oxygen consumption potential. An increased sense of well-being and feeling of accomplishment are psychological benefits. The women have achieved not only benefits of weight loss, but a trim figure with firm muscle tone that can fit into a size 12.

How do you find time to train regularly? This question is frequently posed to Masters swimmers. Many extremely busy men have scheduled an hour a day to train. Masters Champions such as Dr. Ransom Arthur, Commander of the Navy Medical Research Unit in San Diego, and Dr. James Councilman, Indiana University Swimming Coach and Professor of Physical Education, have as demanding a schedule as anyone and know that the time used in training is worth the benefits. Dr. Councilman was more than 50 pounds overweight when he began training and is now a slim 185 pounds. He believes he has probably added ten years to his life with the loss of weight and change in life style. A swimmer must put regular training on a high priority list. The time spent each day will result in more time in the future years of a more vigorous life. A physical and mental sense of well-being enables a person to perform more efficiently in all areas of living.

The typical Masters swimmer, who believes in the benefits of the program, needs a device to measure and evaluate his improvement as well as allowing for the establishment of goals of both an immediate and long-term nature. Where does one start in training? The

logical place to start is at the swimmer's own level and depends on the work load he or she can handle without exhaustion. The enthusiasm of starting a training program should be buffered with caution. The participant must secure a complete physical examination including blood and urine analysis, blood pressure, and an exercise electrocardiogram as an evaluation of his general condition. The swimmer is then ready to organize and schedule his training.

The facilities and schedule may be a problem for some swimmers. Ideas that have worked for others include high schools, Y.M.C.A.'s colleges, swim clubs, and public pools. Check with the local A.A.U. swim coach as he usually has this same problem. Swim pools should have a lane set up for training at all hours that would not interfere with other activities going on at the same time. Schedules of most swimmers include a noon lunch time or after work training period; others train early in the morning.

The actual training program should include the following techniques and a pace clock or some method of timing plus using heart rate evaluation:

Marathon: Slow, easy swimming, usually at the early part of the season.

Fartlek: Long Distances of 800 yards or more at various speeds. This is usually used in early season and on days when easy workouts are wanted.

Over Distance: Training for 200 yard events by swimming repeats of 5 x 400 yards is an example of this technique.

Interval Training: The distance is less than the event for which you are training. The rest interval is not long enough for your heart rate to return to normal. An example is 10 x 100 yards on 1:30 or 2 minutes or 10 x 50 yards on 45 seconds or 1 minute. The rest period should not be longer than 10 to 30 seconds on the 50 yards or 20 to 60 seconds on the 100 yards. Research has indicated this method gives the best stimulus for improvement of the cardio-respiratory system.

**Repetition Training:** The rest interval is long enough with this method for the heart rate to almost completely recover. A heart rate of 160 or 180 recovers to about 120 to 110 within a minute rest, if in good condition. An example of this training is 10 x 50 yards on the 2 or 3 minutes. The distance used in this technique is short enough to enable the swimmer to swim at the speed used in his race. The technique is used more as the swimmer starts working on pace for competitive meets.

**Sprint Training:** The rest interval allows almost complete rest with 2 or 3 minutes rest between 50-yard repeats such as 5 x 50 on the 3 to 5 minutes or 10 x 25 on the 2 minutes. This is used as a means of increasing strength and for training before meets. This can cause stiff and sore muscles and should be used with caution. Slow, easy swimming afterwards or a hot shower will help prevent soreness.

**Stimulators:** This is a method to duplicate the stress of swimming your event and learning the pace for your event. An example of training for a 200-yard freestyle with a goal time of 2:10.0 is: A dive in 50 at :28.0 and push off 50 yards with ten seconds rest at times of :34.0, :34.0, and :34.0, giving an even pace. This technique fits into the tapering part of the training schedule and should not be used very often as it is exhausting.

How hard should a Masters swimmer train? This, of course, depends upon the goals you wish to achieve and the events you will swim. Short events of 50 and 100 yards can entail as little as 1,000 yards a day of repetition training. A four-year longitudinal study of a 47-year-old demonstrated a 1,000-yard program giving good results for the 50 and 100-yard events. An increase the next year to a 1,500-yard program gave a better repeating ability for several races in one day, and a better performance on the 200 and 400-yard events. An increase to 2,500 a day gave a 4% better performance in the 200 and 400 yds. An increase to 3,500 a day gave a 3% improvement but the training resulted in frequent periods of exhaustion and skipped workouts. This yardage could be maintained by alternating hard and easy days.

How can you evaluate your program? This can be an interesting part of your program and as satisfying as achieving a best time in a time trial or meet. The method is to swim a straight set of 10 x 100 yards (or some other set) with an interval of every two or three minutes. Time each repeat and try to keep them all on an even pace. Record the date, average time, and interval in a notebook.

DR. PAUL HUTINGER  
Assistant Professor, UIU



You should also check your heart rate and record after each repeat and set of repeats. The heart rate is taken immediately after a repeat for six seconds; multiply by ten for a better overall time or keep the same time but with a lower heart rate.

Another way to check your fitness level is the recovery heart rate. After checking your heart rate, rest one minute and check again. If the first rate was 160 or 180 and the recovery gives a rate of 110 to 120, you are demonstrating a high level of training. To add variety to the evaluation of your training progress, many different sets, strokes, kicking and pulling can be used. Examples are 5 x 100 yards kicking, 5 x 200 yards pulling, and 4 x 500 yards swimming. A pace time trial of a 1650 every several weeks is an excellent measurement of the fitness level and improvement of the swimmer.

In summary, the Master swimmer can achieve a high performance by 1,000 yards a day; however, a recommended yardage is 2,000 yards. The training program should consist of a mixed program of marathon, interval, and repetition methods with the long rest repeats used more often the closer the swimmer gets to the championship meets. A comparison of sets of repeats is a useful technique for evaluating the progression of the training program. The heart rate can be an indicator of work load and recovery rate can indicate fitness level.

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## 'OLDEST' SWIMMERS BREAK OLD RECORD

The country's oldest freestyle relay swimming team (in number of years, that is) set a new record in the 200 yards and over combined age group 200-yard freestyle men's relay event on Saturday night, April 1st at the DeKalb College pool.

The team, representing the Decatur-DeKalb YNCA in the Fifth Annual Dixie Classic Swim Meet, consisted of Bob Nelson, age 64, John Cerney, age 41, Jim Fraser, age 62, and Clarence Hickey, age 46, a combined total of 213 years.

The new record of 2:48.0 betters the old mark of 2:53.5 set in California in 1970.



## OUDEGEESTS LITTLE ROCK COACHES



Kees and Mary Oudegeest, coaches at the Little Rock Racquet Club, just hosted the 1st ARKANSAS INVITATIONAL MASTERS SWIMMING MEET.

Whatever the outcome of the meet it was already a tremendous success before it ever started.

Swimming pools around Little Rock suddenly saw adults in groups or individuals following a swim training program. Some adults felt somewhat uneasy about the whole deal, but the closer the meet came the more enthusiasm was shown.

Many swimmers that entered had never swum in a swim meet before. Other more experienced swimmers, were completely in the dark as to what times they could make. Their experience did not help them very much, since most of it was gained from 8 to 30 years ago.

When it was announced that a team trophy would be awarded everything really got serious. Even protests had to be handled and controversies to be resolved. Teams had fight songs and the enthusiasm really came to a climax in the last relays.

Little Rock, again proved itself to be a swimming team. Looking at the results, we must be proud that National Ranked swimmers participated, especially, Walter Jennings in the backstroke and former world record holder Mary Kok Oudegeest.

Other meets are planned and the next Masters Championships is planned for May 6 & 7.

At last I would like you to be familiar with Louise Brooks' poetic feelings about the Masters Swimming:

Early to bed

And late to rise

Your Mother ain't sick

She's been swimming the fly.

We wish all of you pleasant hours in the pool and let's upgrade those Arkansas times.

## Swimmers Set 17 Records

By JUDGE ROBERT E. BEACH, Vice-Chairman of Masters Swimming Committee

Beautiful Florida weather welcomed out of swimming retirement ex-olympian and former world record holder Dr. Burwell "Bump" Jones, 39, at the Second Southern Regional Masters Championships held in St. Petersburg, Florida, on March 24th, 25th and 26th.

Dr. Jones still retained his championship style by smashing six national records in the 35-39 men's age group. New records set by Dr. Jones are 1650 yd free, 19:52.4; 200 yd free, 2:02.3; 100 yd back, 1:06.2; 100 yd free, 53.8; 200 yd I.M., 2:32.0; and 500 yd free, 5:43.9.

Not to be outdone by the men, former national AAU champion, June Fogle Krauser, 45, co-starred with Dr. Jones in establishing six national records in the 45-49 women's age group. Records set by Mrs. Krauser are 1650 yd free, 24:44.0; 100 yd breast, 1:33.6; 100 yd fly, 1:23.9; 200 yd breast, 3:19.5; 50 yd fly, 36.7; and 200 yd I.M., 3:02.4.

Other national records set in the 40-44 men's age group were the 1650 yd free, 21:37.0 by Judge Robert E. Beach, 41; 45-49 men's age group, 50 yd free, 26.2 by Claude West, 47; 35-39 men's age group, 50 yd fly, 28.2 by Gaither Rosser, 38 (1952 U.S. Olympic team member); and 45-49 men's age group, 100 yd fly, 1:07.4 by Hal Onusseit.

Probably the most remarkable swim of the meet was a 200 yd freestyle by John McGuire, 68, in 3:30.0, establishing a national record in the 65-69 men's age group.

As an added attraction an exhibition 200 yd freestyle relay race between a team of four Florida circuit judges and a team of four lawyers all from St. Petersburg. The total combined ages of each relay team exceeded 140 years.

The lawyers won in 2:02.6 followed closely by the judges in 2:09.1. After the race the lawyers expressed regret for beating the judges but explained that they got carried away with the excitement of the race. Undaunted, the judges claim a national record in the 200 yd freestyle relay for circuit judges from the same circuit whose combined ages exceed 140 years and have issued a challenge to any other circuit judge relay team in the U.S. to beat their record.

Top Picture L to R; Claude West, June Krauser, John McGuire, Bob Beach, Hal Onusseit, Bump Jones. Bottom Picture L to R; Top-Ted Haartz, Jim Fraser, Steve Rabinovitch; Bottom-John Rangeley, Gay Rosser, Joe Biondi.



# CALENDAR

APR 14-16	2nd ANNUAL INTERMOUNTAIN MASTERS SWIM CHAMP., Englewood HS, Denver, CO Bill Williams, 2791 South Macon Circle, Denver, CO 80232 303-755-2840
APR 22	SPECIAL AF DISTANCE MEET - MASTERS 800, Air Force Academy, CO Bill Williams, 2791 South Macon Circle, Denver, CO 80232 303-755-2840
APR 22-23	SOUTHERN CALIFORNIA MASTERS INVITATIONAL, USC, Los Angeles, CA S.P.A.A.A.U. Swimming Committee, P.O. Box 977, No. Hollywood, CA 91603
APR 28-30	MASTERS INVITATIONAL SWIM COMPETITION, San Mateo, CA Ray Taft, 57 East 40th Ave., San Mateo, CA 94403
MAY 6-7	LITTLE ROCK RACQUET CLUB MASTERS MEET, (tentative) Kees Oudegeest, 20 Tally Ho Lane, Little Rock, AR 72207
MAY 12	HAWAIIAN SHORT COURSE MASTERS MEET Jim Cotton, P.O. Box 1314, Honolulu, HI 96807
MAY 13	LYNWOOD LONG COURSE, Lynwood, CA S.P.A.A.A.U. Swimming Committee, P.O. Box 977, No. Hollywood, CA 91603
MAY 19-21	NATIONAL A.A.U. MASTERS SC SWIMMING CHAMPIONSHIPS, San Mateo, CA John Spanruth, A.A.U. House, 3400 West 86th Street, Indianapolis, IN 46268
JUN 2	LAKWOOD A.C. - "200 Freestyle" - CA S.P.A.A.A.U. Swimming Committee, P.O. Box 977, No. Hollywood, CA 91603
JUN 11	SANTA ANA MEMORIAL, Santa Ana, CA S.P.A.A.A.U. Swimming Committee, P.O. Box 977, No. Hollywood, CA 91603
JUN 24-25	SENIOR SPORTS INTERNATIONAL, L.A. COLISEUM, Los Angeles, CA S.P.A.A.A.U. Swimming Committee, P.O. Box 977, No. Hollywood, CA 91603
JUL 23	HUNTINGTON MASTERS MILE, Huntington, IN Glen S. Hummer, R.R. #8, Huntington, IN 46754
AUG 11-12	LONG COURSE CHAMPIONSHIPS - MASTERS INVITATIONAL, Sherman Oaks, CA S.P.A.A.A.U. Swimming Committee, P.O. Box 977, No. Hollywood, CA 91603
AUG 11-13	NATIONAL A.A.U. MASTERS LC SWIMMING CHAMPIONSHIPS, Bloomington, IN Don B. Glass, R.R. #12, Box 335, Bloomington, IN 47401
SEP 2-4	LABOR DAY WEEKEND DOUBLE HEADER-REGIONAL & 2 MILE WAIKIKI ROUGH WATER SWIM Jim Cotton, P.O. Box 1314, Honolulu, HI 96807

## THANK YOU And on to Munich

My many thanks to Dr. Arthur who started the whole thing and Anne Adams who, without, the program would fall apart. This is the uplifting body stimulant my body needed and I hope to continue to compete until I am 100-years-old. Without this program I could not keep up the pace I do in my daily work. Thanx..just thanks.

Bob Cannon

"Don't bet against us," says Sherm Chavoor, US Women's Olympic Swimming Coach. "But victory for the gals won't be easy" he is quick to add. Swimmers set a total of 25 AAU and American records at the AAU National Swimming Championships held in Dallas, TX on April 5-8. The swimmers are now thinking seriously about Chicago and the Olympic Trials, August 2-6. AAU and Olympic officials agree that while Yank swimmers, both male and female, are swimming at an all-time best, so are swimmers from around the globe.

### MASTERS SWIM RECORDS - RELAYS

RELAYS	MEN 25-34	MEN 25+	MEN 140+	WOMEN 25-34	WOMEN 25+	WOMEN 140+
200 F.R. SC	1:40.1	1:36.9	1:41.1	2:27.0	2:10.1	2:10.1
200 M.R. SC	1:53.5	1:50.0	1:50.0	2:27.7	2:27.6	2:27.6
200 F.R. LC		1:53.1	2:04.6		2:31.4	
200 M.R. LC		2:41.3				

# Masters Swim Records

April 1, 1972

MEN	SC	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-79
50 Free		22.3	23.6	24.7	24.8	25.8	26.2	29.5	28.5	32.1	
100 Free		49.0	52.2	53.6	55.5	57.8	59.6	1:03.1	1:06.8		
200 Free		1:54.0	1:54.0	2:02.3	2:06.6	2:11.6	2:12.6	2:39.0	2:40.4	2:30.0	
400 Free		4:21.3	4:03.9	4:37.6	4:36.6	4:54.2	5:03.1	5:51.2	6:34.6		
500 Free		5:35.9	5:16.4	5:43.9	5:57.2	6:20.0	7:13.0	6:43.4	8:23.5		
1650 Free		19:58.5	21:47.0	19:52.4	21:37.0	21:10.4	24:16.4				
100 Back		58.0	1:01.8	1:06.8	1:08.2	1:06.9	1:09.0	1:25.4	1:16.9		
200 Back		2:18.5	2:12.4	2:34.4	2:36.3	2:27.9	2:55.8	3:11.7	3:25.6		
100 Breast		1:03.2	1:09.4	1:14.1	1:14.7	1:15.3	1:13.6	1:32.3	1:28.4	1:11.3	
200 Breast		2:25.6	2:32.5	2:45.4	2:45.7	2:49.1	2:45.6	3:04.5	3:23.3		
50 Fly		25.2	24.9	28.0	30.1	28.6	29.6	32.9			
100 Fly		53.6	57.1	1:03.8	1:09.9	1:07.4	1:17.1	1:22.0			
100 I.M.		58.6	1:00.1	1:06.6	1:07.7	1:06.1	1:09.5	1:14.5	1:25.4		
200 I.M.		2:13.2	2:10.0	2:29.4	2:37.6	2:31.2	2:53.9	2:58.0	4:30.9		
<b>WOMEN SC</b>											
50 Free		27.2	28.0	29.4	30.2	31.5	32.2	33.4	45.5	56.1	
100 Free		1:03.7	1:04.5	1:06.1	1:09.8	1:11.3	1:24.3	1:50.9	2:00.6		
200 Free		2:23.5	2:25.1	2:22.7	2:45.8	2:44.7	3:09.1	4:47.7			
400 Free		5:11.9	5:28.9	5:12.2	5:48.2	5:44.3	7:23.9	10:46.2			
500 Free		7:33.7	9:09.0	6:18.0	7:29.5	8:42.0	8:50.9				
1650 Free			41:08.7	21:56.4		24:44.0	54:30.7		36:18.2		
100 Back		1:16.4	1:17.0	1:21.6	1:23.7	1:29.5	1:35.7		2:11.7		
200 Back		2:42.3	2:46.5	3:10.6	3:10.0	3:54.6	3:29.1				
100 Breast		1:11.9	1:21.0	1:29.2	1:32.1	1:33.6	1:47.5				
200 Breast		2:36.2	3:02.9	3:40.3	3:15.5	3:19.5	3:55.8				
50 Fly		30.5	32.2	34.0	37.2	36.7	45.6				
100 Fly		1:11.8	1:11.1	1:19.1	1:32.3	1:23.9	1:53.9				
100 I.M.		1:13.5	1:12.6	1:19.1	1:19.8	1:27.4	1:31.3				
200 I.M.		2:41.7	2:35.0	2:51.5	2:58.2	3:02.4	3:42.5				
<b>MEN LC</b>											
50 Free		25.9	27.6	27.5	27.7	30.2	30.4		39.1		
100 Free		58.1	1:05.9	1:03.0	1:04.9	1:08.8	1:09.2	1:09.7	1:12.6	1:29.1	3:05.3
200 Free		2:12.3	3:07.0	2:25.9	2:25.9	2:35.6	2:38.6	2:36.0	2:55.5	3:27.9	4:56.0
400 Free		5:16.5	5:30.7	5:14.1	5:13.7	5:52.3	5:47.3	5:45.8	6:37.1	7:56.6	10:01.7
1500 Free		22:07.8	23:16.3	21:12.3	21:16.5	23:42.6	23:20.7	24:03.1	26:59.8	32:52.2	40:12.7
100 Back		1:11.7		1:17.4	1:15.0	1:16.5	1:18.7	1:37.3	1:30.3	2:06.3	
200 Back											
100 Breast		1:21.0	1:23.3	1:25.5	1:26.1	1:28.1	1:27.1	1:33.5	1:49.1	1:52.4	
200 Breast			3:14.9		3:12.8	3:57.5	3:12.8				
50 Fly		28.2	30.6	29.5		35.3	37.7		59.2		
100 Fly		1:09.1			1:41.5						
200 I.M.		2:38.8	2:48.4	2:58.3	3:11.9				4:10.9		
<b>WOMEN LC</b>											
50 Free		31.5	32.2	36.2	36.6	36.0					
100 Free		1:30.7	1:15.9	1:39.0	1:19.3	1:25.8	1:37.3	1:59.7	2:20.3		
200 Free		3:02.2	2:56.1	3:19.3	3:00.8	3:08.0	3:37.0	4:25.7	5:39.5		
400 Free		6:24.8		6:56.0	6:38.0	7:39.8	7:46.8	11:14.0	10:23.5		
1500 Free				28:09.0	26:04.1	29:46.6	32:52.0				
100 Back		1:22.3	1:36.2	1:39.6	1:37.2	1:39.3	1:46.8	2:20.4	3:10.8		3:12.6
200 Back											
100 Breast		1:22.2	1:34.6	1:41.6	1:42.0	1:47.1	2:14.4	2:02.4			3:10.8
200 Breast											
50 Fly		35.1	35.5			42.4					
100 Fly											
200 I.M.		2:58.2	3:31.3	3:25.8		3:30.2					

# SCOREBOARD

MASTERS CHRISTMAS INVITATIONAL  
Long Beach, CA  
Dec 18, 1971 25 Yd Pool

WOMEN  
25-34

100 YD FREESTYLE  
Shelly Armstrong, 27 1:32.5  
Jo Pierce, 26 1:41.5  
100 YD BREASTSTROKE  
Jo Pierce, 26 1:37.1  
Shelly Armstrong, 27 2:06.5  
100 YD INDIVIDUAL MEDLEY  
Shelly Armstrong, 27 2:00.8

35-44

100 YD FREESTYLE  
Anne Adams, 43 1:15.5  
Edith Gruender, 43 1:25.0  
Judy Gilbert, 36 1:31.0  
Joan Watt, 38 1:33.0

100 YD BACKSTROKE  
Anne Adams, 43 1:26.3  
Lois Briggs, 42 1:37.9  
Edith Gruender, 43 1:39.5  
Judy Gilbert, 36 1:47.5  
Joan Watt, 38 1:58.3

100 YD BREASTSTROKE  
Edith Gruender, 43 1:55.9  
100 YD BUTTERFLY  
Edith Gruender, 43 1:35.7  
Viola Thompson, 45 2:17.3

100 YD INDIVIDUAL MEDLEY  
Anne Adams, 43 1:24.0  
Edith Gruender, 43 1:35.3

45 & Over

100 YD FREESTYLE  
Betty Talbot, 46 1:29.1  
Betty Crowell, 51 1:29.9  
Viola Thompson, 53 1:41.0  
Annetta Pfeiffer, 53 1:46.1  
Dorothea Cole, 62 2:00.6

100 YD BACKSTROKE  
Betty Crowell, 51 1:35.7  
Annetta Pfeiffer, 53 1:54.6  
Viola Thompson, 53 1:58.1  
Muriel Virgo, 47 2:00.1  
Dorothea Cole, 62 2:11.7

100 YD BREASTSTROKE  
Betty Talbot, 46 1:54.5  
Muriel Virgo, 47 2:03.0  
Viola Thompson, 53 2:04.1

100 YD BUTTERFLY  
Annetta Pfeiffer, 53 2:57.3  
100 YD INDIVIDUAL MEDLEY  
Rita Simonton, 53 1:40.7  
Betty Talbot, 46 1:45.8  
Viola Thompson, 53 1:57.0  
Annetta Pfeiffer, 53 2:16.5

MEN  
25-34

100 YD FREESTYLE  
Lance Larson, 31 52.2  
Burt Kanner, 32 53.8  
Harry Wickens, 27 55.1  
Bill Hills, 32 56.2  
Pat Schlup, 31 58.2  
John Adams, 30 58.4  
Frans 58.4

100 YD BACKSTROKE  
Ken Krueger, 28 1:00.0  
Harry Wickens, 27 1:04.5  
Dave Pierce, 27 1:18.2  
Ric Condra, 33 1:47.5

100 YD BREASTSTROKE  
Ken Doesburg, 28 1:06.4  
Lance Larson, 31 1:10.9  
Pat Schlup, 31 1:12.5  
Harry Wickens, 27 1:13.6  
Ken Bechtol, 29 1:18.3  
Dave Pierce, 27 1:19.4

100 YD BUTTERFLY  
Harry Wickens, 27 59.6  
Burt Kanner, 32 1:00.1  
Jim Stauffer, 26 1:02.9  
Dick Stewart, 31 1:03.5  
Bill Hills, 32 1:05.3  
Robert Horvath, 29 1:09.6

100 YD INDIVIDUAL MEDLEY  
Lance Larson, 31 1:00.2  
Ken Doesburg, 28 1:02.6  
Harry Wickens, 27 1:03.0  
Dick Stewart, 31 1:04.8  
John Adams, 30 1:07.7  
Frans 1:07.7  
Pat Schlup, 31 1:09.5  
Richard Green, 26 1:11.4

35-44

100 YD FREESTYLE  
Brad Sturtevant, 38 55.4  
Buddy Belaha, 37 57.5  
Jack Craigie, 42 58.6  
Ken Kimball, 41 1:02.1  
Pedro Garcia, 41 1:02.5  
Norm Friese, 44 1:05.2  
Eugene Guds, 42 1:06.4  
Robert Hume, 35 1:09.0

100 YD BACKSTROKE  
Jack Craigie, 42 1:12.2

Ken Kimball, 41 1:12.5  
Robert Hume, 35 1:16.8  
Alex Gilbert, 38 1:23.2  
Norm Friese, 44 1:29.5  
Ray Jenkins, 45 1:32.0  
Lyle Lewis, 40 1:53.8  
Art Kochman, 42 1:59.4

100 YD BREASTSTROKE  
Brian Stuart, 36 1:19.7  
Alex Gilbert, 38 1:22.7  
Paul Novotny, 41 1:26.5  
Lyle Lewis, 40 1:26.6  
Eugene Guds, 42 1:30.3  
Ray Jenkins, 45 1:38.3

100 YD BUTTERFLY  
Buddy Belaha, 37 1:09.6  
Brian Stuart, 36 1:10.5  
Alex Gilbert, 38 1:10.9  
Paul Novotny, 41 1:14.6  
Jack Craigie, 42 1:16.0  
Norm Friese, 44 1:20.5  
Eugene Guds, 42 1:21.5  
Ken Kimball, 41 1:26.1  
Ray Jenkins, 35 1:38.3

100 YD INDIVIDUAL MEDLEY  
Buddy Belaha, 37 1:08.0  
Lois Briggs, 42 1:10.0  
Ken Kimball, 41 1:11.5  
Alex Gilbert, 38 1:12.5  
Robert Hume, 35 1:17.4  
Norm Friese, 44 1:20.0  
Paul Novotny, 41 1:21.0  
Eugene Guds, 42 1:22.5

45 & Over

100 YD FREESTYLE  
Duane Draves, 45 1:01.5  
John Bricker, 51 1:04.5  
Lyle Felderman 1:08.5  
John Caravan, 47 1:31.6  
Ralph Linea, 54 1:55.5

100 YD BACKSTROKE  
Duane Draves, 45 1:08.6  
Paul Herron, 50 1:09.0  
Rube Wolf, 45 1:09.6  
John Bricker, 51 1:22.9  
Walt Pfeiffer, 58 1:28.8

100 YD BREASTSTROKE  
Tom Lind, 54 1:21.1  
Duane Draves, 45 1:23.6  
Walt Pfeiffer, 58 1:25.6  
Rufus Clark, 60 1:33.7  
John Caravan, 47 1:35.3

100 YD BUTTERFLY  
Duane Draves, 45 1:18.6  
Walt Pfeiffer, 58 1:22.0  
John Bricker, 51 1:22.0  
Tom Lind, 54 1:26.2

100 YD INDIVIDUAL MEDLEY  
Rube Wolf, 45 1:08.7  
Duane Draves, 45 1:09.4  
Paul Herron, 50 1:09.5  
John Bricker, 51 1:17.5

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WAIKIKI LC MASTERS MEET  
Honolulu, HI  
Jan 30, 1972 50 M Pool

WOMEN  
25-29

50 M FREESTYLE  
Virginia Moore 46.4  
Marilyn Graeber 54.1

100 M FREESTYLE  
Virginia Moore 1:51.9

100 M BACKSTROKE  
Virginia Moore 2:12.0

100 M BREASTSTROKE  
Virginia Moore 2:12.0

100 M BUTTERFLY  
Virginia Moore 2:12.0

100 M INDIVIDUAL MEDLEY  
Virginia Moore 2:12.0

35-39

50 M FREESTYLE  
Natalie Naugle 37.9  
Natalie Naugle 7:29.5

100 M FREESTYLE  
Natalie Naugle 30:31.9

100 M BACKSTROKE  
Natalie Naugle 1:39.6  
Natalie Naugle 1:45.8

400 M FREESTYLE  
John Wilcox 5:42.0  
John Dikes 6:05.0

1500 M FREESTYLE  
Jim Hill 23:36.5

100 M BACKSTROKE  
John Wilcox 1:23.4

100 M BREASTSTROKE  
John Wilcox 1:31.3  
Bruce Barnes 1:33.3

50 M FREESTYLE  
Art Welch 31.8  
Jim Cotton 35.4

100 M FREESTYLE  
Art Welch 1:14.3

400 M FREESTYLE  
Art Welch 6:09.4  
Jim Cotton 6:42.0

1500 M FREESTYLE  
Art Welch 24:30.3  
Jim Cotton 27:40.0

100 M BACKSTROKE  
John Wilcox 1:28.6  
Mike Reed 3:35.5  
Jay Wilder 3:37.3  
Bruce Barnes 3:50.3

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SANTA MONICA MASTERS  
Santa Monica, CA  
Feb 13, 1972 25 Yd Pool

WOMEN  
25-34

100 YD FREESTYLE  
Susan Clavin, 25 1:14.2  
Shelly Armstrong, 27 1:30.0  
Beverly Coon, 33 1:32.1

500 YD FREESTYLE  
Susan Clavin, 25 7:33.7  
Beverly Coon, 33 9:09.0

100 YD BUTTERFLY  
Susan Clavin, 25 1:24.4  
Shelly Armstrong, 27 2:18.0

100 YD INDIVIDUAL MEDLEY  
Susan Clavin, 25 1:20.5  
Shelly Armstrong, 27 1:53.5

35-44

100 YD FREESTYLE  
Anne Adams, 43 1:12.3  
Evelyn Debes, 36 1:16.0  
Judy Gilbert, 36 1:31.7  
Janet Partridge, 39 1:36.0

500 YD FREESTYLE  
Anne Adams, 43 7:29.5  
Evelyn Debes, 36 7:48.0

100 YD BREASTSTROKE  
Anne Adams, 43 1:32.9  
Evelyn Debes, 36 3:10.6  
Janet Partridge, 39 3:34.0  
Judy Gilbert, 36 3:51.8

100 YD BUTTERFLY  
Anne Adams, 43 1:32.3  
100 YD INDIVIDUAL MEDLEY  
Anne Adams, 43 1:22.9  
Janet Partridge, 39 1:39.4

Jim Montrella 1:44.0  
500 YD FREESTYLE  
Bill Dann, 25 5:35.9  
Dick Stewart, 32 5:44.0  
Patrick Shlup, 31 5:56.4  
William Slaughter, 31 6:12.1  
Larry Toombs, 25 6:14.9  
John Bushman, 30 6:15.7  
Jim Montrella, 31 10:03.2

200 YD BACKSTROKE  
Rick Skarbo, 26 2:18.5  
Phillip Anderson, 29 2:34.7  
William Slaughter, 31 2:45.3  
Jim Montrella, 31 3:56.0

100 YD BREASTSTROKE  
Ken Doesburg, 28 1:05.2  
Dick Stewart, 32 1:13.8  
Patrick Shlup, 31 1:13.8  
Robert Harlin, 29 1:16.4  
Ken Bechtol, 29 1:18.0  
John Bushman, 30 1:24.3  
Jim Montrella, 31 1:31.1

100 YD BUTTERFLY  
Gary Langendoen, 26 56.2  
Dick Stewart, 32 1:02.3  
Larry Toombs, 25 1:04.5  
Phillip Anderson, 29 1:06.0  
John Bushman, 30 1:09.6  
Robert Harlin, 29 1:11.0  
Jim Montrella, 31 2:22.2

100 YD INDIVIDUAL MEDLEY  
Ken Doesburg, 28 1:04.0  
Phillip Anderson, 29 1:07.0  
Dave Pierce, 27 1:08.9  
John Bushman, 30 1:12.8  
Ken Bechtol, 29 1:13.5  
Jeff Bryant, 30 1:13.9

35-44

100 YD FREESTYLE  
Don Rosenthal, 40 57.8  
Buddy Belaha, 37 58.5  
Jack Craigie, 42 59.8  
Carl Yates, 44 1:01.8  
Marvin Burns, 43 1:02.0  
Norm Friese, 44 1:06.8  
Ray Jenkins, 35 1:11.0  
Tom Wirt, 40 1:11.5

500 YD FREESTYLE  
Carl Yates, 44 5:57.2  
Buddy Belaha, 37 5:57.4  
Pedro Garcia, 42 6:13.0  
Don Rosenthal, 40 6:17.4  
Julio Molina, 36 6:28.4  
Walt Reeves, 37 6:51.0  
Norm Friese, 44 7:17.0  
Ray Jenkins, 35 7:28.2  
Tom Wirt, 40 8:07.7  
Roy Anderson, 37 8:48.4

200 YD BACKSTROKE  
Jack Craigie, 42 2:38.3  
Walt Reeves, 37 2:41.0  
Carl Yates, 44 2:41.5  
Alex Gilbert, 38 3:11.0  
Norm Friese, 44 2:23.7

100 YD BREASTSTROKE  
Marvin Burns, 43 1:16.8  
Norman Litwak, 38 2:20.5  
Alex Gilbert, 38 1:21.9  
Howard Johnson, 44 1:24.0  
Tom Wirt, 40 1:25.5  
Pavel Novotny, 41 1:26.9  
Lyle Lewis, 40 1:32.0  
Ray Jenkins, 35 1:32.0

100 YD BUTTERFLY  
Buddy Belaha, 37 1:11.2  
Alex Gilbert, 38 1:11.8  
Carl Yates, 44 1:13.7  
Pavel Novotny, 41 1:17.7  
Howard Johnson, 44 1:21.4  
Ray Jenkins, 35 1:27.7

100 YD INDIVIDUAL MEDLEY  
Buddy Belaha, 37 1:08.4  
Marvin Burns, 43 1:12.5  
Jack Craigie, 42 1:13.5  
Alex Gilbert, 38 1:13.5  
Carl Yates, 44 1:15.8  
Walt Reeves, 37 1:16.5  
Howard Johnson, 44 1:19.0  
Norm Friese, 44 1:24.1  
Roy Anderson, 37 1:32.0

45 & Over

100 YD FREESTYLE  
Duane Draves, 45 59.3  
Martin Foster, 52 1:01.8  
Reg Richardson, 60 1:09.8  
Robert Ketchum, 45 1:14.2

500 YD FREESTYLE  
Martin Foster, 52 7:13.0  
Robert Ketchum, 45 7:52.7  
Alfred Guth, 63 8:29.9

200 YD BACKSTROKE  
Duane Draves, 45 2:28.4  
Bill Loughborough, 61 4:12.3

100 YD BREASTSTROKE  
Tom Lind, 54 1:19.2  
Reg Richardson, 60 1:32.0  
Bill Loughborough, 61 1:40.1  
Ken Coon, 45 1:45.5

100 YD BUTTERFLY  
Tom Lind, 54 1:17.1

100 YD INDIVIDUAL MEDLEY  
Duane Draves, 45 1:08.3  
Tom Lind, 54 1:16.0

Alfred Guth, 63 1:36.3  
Ken Coon, 45 1:39.7  
Bill Loughborough, 61 1:41.0  
Robert Ketchum, 45 1:47.0

200 YD MEDLEY RELAY MEN 140-  
LAC - Draves, Jenkins, 7:13.7  
Pierce, Ketchum

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GEORGIA MASTERS SWIM ASSOC  
Atlanta, GA  
Mar 4, 1972 25 Yd Pool

WOMEN  
25-29

50 FREESTYLE  
Susan Westnedge 33.2

50 YD BACKSTROKE  
Susan Westnedge 40.5

50 YD BREASTSTROKE  
Susan Westnedge 39.0

100 YD BUTTERFLY  
Susan Westnedge 1:27.3

30-34

50 YD FREESTYLE  
Penelope Jennings 36.4  
Sally Steffen 40.0

50 YD BACKSTROKE  
Sally Steffen 43.7

35-39

50 YD BREASTSTROKE  
Marcia Schumacher 54.8

100 YD BREASTSTROKE  
Marcia Schumacher 2:03.1

40-44

100 FREE  
Dent Bloodworth 1:17.8

200 YD FREESTYLE  
Dent Bloodworth 2:57.8

100 YD BACKSTROKE  
Dent Bloodworth 1:24.5

MEN  
25-29

50 YD FREESTYLE  
John H. Boles 24.2  
Robert Willis 25.0  
Bo Holland 25.3  
Michael Walsh 26.8

100 YD FREESTYLE  
John Boles 56.7  
Robert Willis 57.2

200 YD FREESTYLE  
W. R. Callen 2:18.1

500 YD FREESTYLE  
Scott Parsons 7:21.8

50 YD BUTTERFLY  
James B. Pope 36.2

40-44  
50 YD FREESTYLE  
John C. Cery 33.4  
100 YD FREESTYLE  
Robert E. Beach 1:03.7  
200 YD FREESTYLE  
Robert E. Beach 2:15.8  
500 YD FREESTYLE  
Robert E. Beach 6:24.5  
R. D. Kimbrough 6:31.1  
1650 YD FREESTYLE  
Robert E. Beach 22:01.9  
50 YD BREASTSTROKE  
John C. Cery 40.5

45-49  
50 YD FREESTYLE  
Clarence Hickey 38.5  
100 YD FREESTYLE  
Clarence Hickey 1:29.5  
500 YD FREESTYLE  
Clarence Hickey 11:25.3  
50 YD BREASTSTROKE  
Clarence Hickey 44.3

60 & Over  
50 YD FREESTYLE  
James Frazer 34.9  
100 YD FREESTYLE  
Robert Nelson 1:19.5  
James Frazer 1:18.5  
200 YD FREESTYLE  
Robert Nelson 3:03.0  
50 YD BREASTSTROKE  
James Frazer 47.2

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ROME OPTIMIST CLUB MASTERS  
Rome, NY  
Mar 5, 1971 25 Yd Pool

WOMEN  
25-34  
50 YD FREESTYLE  
Carol Clay, 25 27.2  
Lisa Jensen, 33 33.3  
Ann Rudolph, 36 1:19.5  
50 YD BACKSTROKE  
Carol Clay, 25 32.3  
Lisa Jensen, 33 45.4  
Ann McDowell, 31 59.1  
Ann Rudolph, 36 1:20.7  
50 YD BREASTSTROKE  
Carol Clay, 25 38.7  
Lisa Jensen, 33 49.9  
50 YD BUTTERFLY  
Carol Clay, 25 30.5  
Lisa Jensen, 33 51.2

35 & Over  
50 YD FREESTYLE  
Patricia Clinton, 44 32.3  
Marilyn Ott, 43 33.5  
Betty Echentille, 47 40.9  
Ginny Rowland, 38 42.0  
Dottie May, 38 42.3  
Joan Penabed 47.7  
Elizabeth Lupinaki, 46 48.8  
Evalyn Gurney, 40 49.3  
Alma Hurvits, 47 49.5  
Ruth Lechner, 39 50.4  
Katherine Krout, 40 51.7  
50 YD BACKSTROKE  
Patricia Clinton, 44 38.9  
Marilyn Ott, 43 44.0  
Betty Echentille, 47 48.4  
Elizabeth Lupinaki, 46 55.3  
Alma Hurvits, 47 55.7  
50 YD BREASTSTROKE  
Elizabeth Lupinaki, 46 48.2  
Valme Grant, 46 48.7  
Ginny Rowland, 38 49.0  
Marilyn Ott, 43 50.7  
Dottie May, 38 57.6  
Ruth Lechner, 39 1:01.2  
Betty Echentille, 47 1:08.0  
Alma Hurvits, 47 1:18.6  
50 YD BUTTERFLY  
Patricia Clinton, 44 43.8

40-44  
50 YD FREESTYLE  
Dave Martin, 29 23.5  
Bill Murphy, 27 24.7  
Sam Frazer, 25 24.9  
James Parker, 27 25.2  
John Grant, 26 26.0  
Barry Gross, 25 26.1  
Eric MacDonald 26.5  
Gary Clark, 27 27.2  
Joseph Loffredo, 32 28.4  
Charles Colonese, 27 30.6  
Bob Newkirk, 31 43.3  
50 YD BACKSTROKE  
Sam Frazer, 25 28.8  
Scott Woodburn, 28 29.5  
Dave Martin, 29 30.0  
James Parker, 27 31.4  
Eric MacDonald 32.5  
John Grant, 26 33.0

Barry Gross, 25 33.7  
Gary Clark, 27 34.6  
John Bohanski, 32 41.1  
50 YD BREASTSTROKE  
Sam Frazer, 25 31.6  
Scott Woodburn, 28 32.3  
James Parker, 27 32.4  
Eric Mac Donald 32.6  
Gary Clark, 27 35.5  
Barry Gross, 25 35.6  
Charles Colonese, 27 37.0  
John Bohanski, 32 43.2  
50 YD BUTTERFLY  
Bill Murphy, 27 26.5  
Dave Martin, 29 26.5  
Scott Woodburn, 28 27.3  
Sam Frazer, 25 27.5  
James Parker, 27 27.9  
Gary Clark, 27 28.4  
Barry Gross, 25 28.5  
Eric MacDonald 28.5  
Charles Colonese, 27 36.0

35 & Over  
50 YD FREESTYLE  
Alfred Stein, 43 28.7  
Lee Hidy, 37 28.8  
Edward Leahy, 44 27.7  
Bob Cornell, 39 33.1  
Ed Mockrish, 49 33.6  
George Echentille, 45 34.5  
Dean Arden, 46 35.8  
James Cole, 35 36.4  
Charles Gurney, 39 37.2  
Harry Bonn, 36 37.3  
John Eposito, 52 37.8  
George Vlahides, 47 43.5  
Joe Klope, 48 44.0  
John Lechner, 62 46.9  
Don Rudolph, 36 1:10.2  
50 YD BACKSTROKE  
Paul Cigliotti 34.4  
Alfred Stein, 43 36.0  
Lee Hidy, 37 37.7  
Edward Leahy, 44 39.0  
George Echentille, 45 48.0  
Don McKee, 37 Disq.  
50 YD BREASTSTROKE  
Alfred Stein, 43 35.7  
Lee Hidy, 37 38.9  
Dean Arden, 46 42.5  
Edward Leahy, 44 47.4  
John Lupinaki, 45 49.6  
George Echentille, 45 49.9  
George Vlahides, 47 1:05.7  
50 YD BUTTERFLY  
Alfred Stein, 43 31.9  
Lee Hidy, 37 34.0  
James Cole, 35 47.5

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HAWAIIAN REGIONAL LC MASTERS  
Honolulu, HI  
Mar 12, 1972 50 M Pool

WOMEN  
25-29  
50 M FREESTYLE  
Betty Ann Cary 33.6  
Joan Verner 34.8  
Susan Sinek 38.6  
100 M FREESTYLE  
Carolyn Lino 2:10.5  
400 M FREESTYLE  
Joan Verner 6:24.8  
100 M BACKSTROKE  
Betty Ann Cary 1:22.3  
Joan Verner 1:35.4  
50 M BUTTERFLY  
Judy Rasmussen 35.1  
Joan Verner 39.5  
200 M INDIVIDUAL MEDLEY  
Judy Rasmussen 3:12.6

30-34  
50 M FREESTYLE  
Eve Anderson 34.6  
Lida Chase 39.7  
Ellen Harding 43.3  
Kay Ney 43.4  
100 M FREESTYLE  
Eve Anderson 1:27.5  
100 M BACKSTROKE  
Noel Marie Garlich 2:01.3  
Lida Chase 2:06.3  
100 M BREASTSTROKE  
Ivanellie Roe 1:34.6  
Lynn Nakkis 2:05.4  
50 M BUTTERFLY  
Ivanellie Roe 35.5

35-39  
50 M FREESTYLE  
Natalie Naugle 36.2  
200 M FREESTYLE  
Natalie Naugle 3:19.3  
Virginia Enos 3:21.8  
400 M FREESTYLE  
Natalie Naugle 6:56.0  
Virginia Enos 7:21.0  
1500 M FREESTYLE  
Natalie Naugle 28:09.0  
Sonia Trapani 43:54.8

100 M BACKSTROKE  
Virginia Enos 1:40.2  
Sonia Trapani 2:43.3  
200 M INDIVIDUAL MEDLEY  
Sonia Trapani 5:42.9

40-44  
50 M FREESTYLE  
Rita Mundt 44.9  
Doris La Croix 1:27.1  
1500 M FREESTYLE  
Rita Mundt 36:14.5

50-54  
200 M FREESTYLE  
Helen Perry Thomas 3:47.9  
100 M BACKSTROKE  
Helen Perry Thomas 1:34.4  
1500 M FREESTYLE  
Helen Perry Thomas 32:52.0

200 M FREE RELAY 25 & OVER  
SSC - Chase, Nakkis, Verner, Hoe 2:31.4  
WSC - Ney, Naugle, Enos 2:38.3  
Anderson

MEN  
25-29  
50 M FREESTYLE  
Jim Baird 28.0  
John Madison 28.2  
Bill Sakovich 28.4  
Kurt Pfister 28.8  
Paul Johnstone 29.2  
Bob Foster 34.0  
100 M FREESTYLE  
Roger Cundall 1:05.3  
Paul Johnstone 1:07.1  
John Madison 1:07.9  
Jim Hill 1:10.8  
Bob Clark 1:16.4  
200 M FREESTYLE  
Jim Hill 2:26.8  
Larry Loganbill 2:27.8  
Sarry Lino 3:07.1  
400 M FREESTYLE  
Larry Loganbill 5:16.5  
Jim Hill 5:19.0  
Jim Baird 5:24.8  
John Wilcox 5:26.0  
Paul Johnstone 5:44.2  
John Dilks 5:43.3  
Bruce Allender 5:51.8

1500 M FREESTYLE  
Larry Loganbill 22:07.8  
100 M BACKSTROKE  
Ray Fernandez 1:17.2  
Bill Sakovich 1:20.7  
John Wilcox 1:21.1  
Bob Foster 1:37.0  
Robert Cary 1:48.3  
100 M BREASTSTROKE  
John Wilcox 1:27.6  
Bruce Barnes 1:29.6  
Barry Lino 1:36.0  
John Harding 1:44.3  
Robert Cary 1:49.2  
50 M BUTTERFLY  
Cappy Sheeley 29.5  
Richard Herritt 31.1  
Ray Fernandez 31.4  
Jim Baird 31.8  
Bruce Barnes 40.2  
200 M INDIVIDUAL MEDLEY  
Cappy Sheeley 2:44.7  
John Wilcox 2:44.7

45-49  
50 M FREESTYLE  
Fred King 34.6  
100 M BACKSTROKE  
Fred King 1:57.5

50-54  
50 M FREESTYLE  
Jim Welch 30.4  
Wm Richardson 33.6  
100 M FREESTYLE  
Jim Welch 1:09.9  
200 M FREESTYLE  
Jim Welch 2:39.7  
400 M FREESTYLE  
Jim Welch 5:47.3  
1500 M FREESTYLE  
Jim Welch 23:20.7

55-59  
100 M FREESTYLE  
Tom Haynie 1:15.1

60-64  
50 M FREESTYLE  
K Wori 39.1  
Alfred Guth 44.8  
100 M FREESTYLE  
Alfred Guth 2:00.6  
200 M FREESTYLE  
Alfred Guth 4:29.0  
400 M FREESTYLE  
Alfred Guth 8:22.9  
1500 M FREESTYLE  
Alfred Guth 36:02.6  
100 M BACKSTROKE  
Alfred Guth 2:08.2  
100 M BREASTSTROKE  
Alfred Guth 1:59.7  
50 M BUTTERFLY  
Alfred Guth 39.2  
200 M INDIVIDUAL MEDLEY  
Alfred Guth 4:10.9

70-74  
200 M FREESTYLE  
Wally Laury 4:56.0  
400 M FREESTYLE  
Wally Laury 10:01.7  
1500 M FREESTYLE  
Wally Laury 40:12.7

200 M FREE RELAY 25+  
TA (Wilcox, Johnstone, Baird, Sakovich) 3:07.5  
OCC (Kilbourne, Cundall, Loganbill, Davis) 3:16.6  
L (Clark, Tamabe, Honda, Woolsey) 3:43.2  
50 M FREESTYLE  
Sonny Tamabe 27.9  
Ron Honda 30.1  
Paul Kanada 30.4

Fred Middleton 30.6  
Art Welch 31.4  
100 M FREESTYLE  
Fred Middleton 1:11.2  
Bob Mack 1:13.3  
Jim Welch 1:16.0  
Jim Cotton 1:19.3

200 M FREESTYLE  
Fred Middleton 2:44.2  
Art Welch 2:50.9  
Jim Cotton 2:55.6  
Bill Woolsey 5:24.7  
Art Welch 5:50.8  
Fred Middleton 6:12.0  
Jim Cotton 6:25.1  
1500 M FREESTYLE  
Art Welch 23:53.1  
Jim Cotton 26:15.6  
Frank Trapani 29:50.1  
Henry Burnes 36:13.4

100 M BACKSTROKE  
John Welser 1:17.4  
Paul Kanada 1:27.3  
Art Welch 1:28.6  
100 M BREASTSTROKE  
Art Welch 1:46.7  
50 M BUTTERFLY  
Sonny Tamabe 29.5  
Ron Honda 32.5  
36.0  
200 M INDIVIDUAL MEDLEY  
John Welser 3:03.3  
Art Welch 3:09.3  
Ron Honda 3:19.4

40-44  
50 M FREESTYLE  
Dick Cleveland 27.7  
Louis Herman 30.5  
Herman Clark 30.6  
Shay Auerbach 40.5  
100 M FREESTYLE  
Herman Clark 1:13.3  
200 M FREESTYLE  
Lou Herman 2:55.3  
400 M FREESTYLE  
Louis Herman 6:33.2  
Fred Trank 7:19.7  
1500 M FREESTYLE  
Louis Herman 27:49.6

45-49  
50 M FREESTYLE  
Fred King 34.6  
100 M BACKSTROKE  
Fred King 1:57.5

50-54  
50 M FREESTYLE  
Jim Welch 30.4  
Wm Richardson 33.6  
100 M FREESTYLE  
Jim Welch 1:09.9  
200 M FREESTYLE  
Jim Welch 2:39.7  
400 M FREESTYLE  
Jim Welch 5:47.3  
1500 M FREESTYLE  
Jim Welch 23:20.7

55-59  
100 M FREESTYLE  
Tom Haynie 1:15.1

60-64  
50 M FREESTYLE  
K Wori 39.1  
Alfred Guth 44.8  
100 M FREESTYLE  
Alfred Guth 2:00.6  
200 M FREESTYLE  
Alfred Guth 4:29.0  
400 M FREESTYLE  
Alfred Guth 8:22.9  
1500 M FREESTYLE  
Alfred Guth 36:02.6  
100 M BACKSTROKE  
Alfred Guth 2:08.2  
100 M BREASTSTROKE  
Alfred Guth 1:59.7  
50 M BUTTERFLY  
Alfred Guth 39.2  
200 M INDIVIDUAL MEDLEY  
Alfred Guth 4:10.9

70-74  
200 M FREESTYLE  
Wally Laury 4:56.0  
400 M FREESTYLE  
Wally Laury 10:01.7  
1500 M FREESTYLE  
Wally Laury 40:12.7

200 M FREE RELAY 25+  
TA (Wilcox, Johnstone, Baird, Sakovich) 3:07.5  
OCC (Kilbourne, Cundall, Loganbill, Davis) 3:16.6  
L (Clark, Tamabe, Honda, Woolsey) 3:43.2  
50 M FREESTYLE  
Sonny Tamabe 27.9  
Ron Honda 30.1  
Paul Kanada 30.4

VENICE MASTERS INVITATIONAL  
Venice, CA  
Mar 12, 1972 25 Yd Pool

WOMEN  
25-29

50 YD FREESTYLE  
Cecilia Brown, 27 30.0  
Susan Clavin 30.5  
200 YD FREESTYLE  
Cecilia Brown, 27 2:23.5  
200 YD BREASTSTROKE  
Cecilia Brown, 27 3:15.0  
50 YD BUTTERFLY  
Cecilia Brown, 27 31.6  
Susan Clavin, 25 32.6  
200 YD INDIVIDUAL MEDLEY  
Cecilia Brown, 27 2:41.7

30-34  
50 YD FREESTYLE  
Beverly Coon, 33 40.6  
200 YD FREESTYLE  
Beverly Coon, 33 3:30.0  
200 YD BREASTSTROKE  
Helen Geoffrion, 33 3:40.8  
50 YD BUTTERFLY  
Helen Geoffrion, 33 40.0  
100 YD BACKSTROKE  
Beverly Coon, 33 1:52.8  
200 YD INDIVIDUAL MEDLEY  
Helen Geoffrion, 33 3:40.4

35-39  
50 YD FREESTYLE  
Evalyn Debas, 36 33.5  
Judy Gilbert, 36 42.0  
200 YD FREESTYLE  
Evalyn Debas, 36 2:46.9  
Judy Gilbert, 36 3:31.6  
100 YD BACKSTROKE  
Evalyn Debas, 36 1:26.0  
Janet Partridge, 39 1:38.8  
Judy Gilbert, 36 1:44.5  
50 YD BUTTERFLY  
Janet Partridge, 39 46.2  
200 YD INDIVIDUAL MEDLEY  
Evalyn Debas, 36 3:21.3  
Janet Partridge, 39 3:35.6

40-44  
50 YD FREESTYLE  
Anne Adams, 43 31.6  
Edith Gruender, 43 34.5  
Rita Mills, 41 43.5  
200 YD FREESTYLE  
Edith Gruender, 43 2:51.0  
100 YD BACKSTROKE  
Anne Adams, 43 1:23.7  
Rita Mills, 41 1:50.5

200 YD BREASTSTROKE  
Anne Adams, 43 3:15.5  
Rita Mills, 41 3:37.3  
50 YD BUTTERFLY  
Anne Adams, 43 39.0  
Edith Gruender, 43 39.8  
200 YD INDIVIDUAL MEDLEY  
Anne Adams, 43 2:58.2  
Edith Gruender, 43 3:16.5

45-49  
50 YD FREESTYLE  
Betty Talbot, 46 39.4  
Margo Melnikoff, 46 40.9  
Muriel Virgo, 47 48.1  
200 YD FREESTYLE  
Betty Talbot, 46 3:06.6  
Muriel Virgo, 47 3:57.8  
100 YD BACKSTROKE  
Betty Talbot, 46 1:49.1  
Muriel Virgo, 47 1:51.9  
200 YD BREASTSTROKE  
Betty Talbot, 46 3:58.2  
Muriel Virgo, 47 4:19.4

50-54  
50 YD FREESTYLE  
Rita Simonon, 53 37.5  
Betts Crowell, 51 39.6  
Violea Thompson, 54 40.9  
Ruth Alexander, 54 41.4  
200 YD FREESTYLE  
Rita Simonon, 53 3:09.1  
Betts Crowell, 51 3:27.0  
Violea Thompson, 54 3:31.7  
Annetta Pfeiffer, 54 3:54.0  
100 YD BACKSTROKE  
Betts Crowell, 51 1:35.8  
Annetta Pfeiffer, 54 1:55.4  
Violea Thompson, 54 1:56.6  
200 YD BREASTSTROKE  
Violea Thompson, 54 4:22.4  
50 YD BUTTERFLY  
Violea Thompson, 54 49.8  
Annetta Pfeiffer, 54 1:07.5  
200 YD INDIVIDUAL MEDLEY  
Rita Simonon, 53 3:42.5

55 & Over  
50 YD FREESTYLE  
Dorothea Cole, 62 56.1  
100 YD BACKSTROKE  
Dorothea Cole, 62 2:12.4  
Johnnie Balaha, 63 2:19.4

200 YD MEDLEY RELAY 140s  
SFVAC 2:40.7

Jack Lin 3:01.5  
Ray Jutkins 3:02.8

San Fernando Valley AC 2:10.0  
Lakewood AC "B" 2:11.4

Burwell Jones, 39 1:04.2  
Edward Schelonka, 39 1:09.3  
Ted Haarts, 43 1:24.4

William Beler, 27 53.9  
Bill Clark, 32 58.8  
Bill Friebus, 25 58.9

MEN  
25-29

50 YD FREESTYLE  
Ken Krueger 22.8  
Gary Langendoen 23.1  
Charles Buddemeyer 24.0  
Tom Landis 24.2  
Ronald Scott 24.4  
Robert Smith 24.4  
Larry Raffaelli 24.4  
200 YD FREESTYLE  
Bill Damm 1:58.5  
Tom Landis 2:02.0  
John Montrella 2:03.0  
Charles Buddemeyer 2:03.5  
Ian Gordon 2:10.0  
D.Ve Pierce 2:15.3  
100 YD BACKSTROKE  
Rick Skarbo 58.0  
Robert Smith 1:00.8  
Larry Raffaelli 1:02.5  
Dave Frank 1:05.5  
Ben Whitfield 1:08.1  
200 YD BACKSTROKE  
John Montrella 2:43.0  
Stuart Leonard 2:50.8  
Robert Harlin 2:53.4  
50 YD BUTTERFLY  
Rick Skarbo 25.2  
Gary Langendoen 25.5  
Ken Krueger 25.5  
Charles Buddemeyer 26.1  
Robert Smith 26.5  
Tom Landis 26.7  
200 YD INDIVIDUAL MEDLEY  
Charles Buddemeyer 2:18.3  
Dave Frank 2:23.2  
Tom Landis 2:23.6  
John Montrella 2:24.2  
Robert Smith 2:27.4  
Dave Pierce 2:33.7

40-44  
50 YD FREESTYLE  
Don Rosenthal 25.0  
Art Briner 27.2  
Carl Yates 27.2  
Kenneth Kimball 27.5  
Eugene Guds 28.7  
Lloyd Outten 28.8  
200 YD FREESTYLE  
Don Rosenthal 2:08.5  
Carl Yates 2:09.3  
Jack Craigie 2:13.0  
Kenneth Kimball 2:26.4  
Lloyd Outten 2:30.7  
Howard Bennett 2:42.6  
100 YD BACKSTROKE  
Jack Craigie 1:10.4  
Kenneth Kimball 1:12.0  
Lloyd Outten 1:36.5  
Walt Howe 1:41.6  
Lyle Lewis 1:48.9  
200 YD BACKSTROKE  
Tom Wirt 3:02.6  
Pavel Novotny 3:09.7  
Lyle Lewis 3:17.9  
Bob Cannon 3:19.5  
Jack Bakula 3:19.9  
Eugene Guds 3:20.0  
50 YD BUTTERFLY  
Carl Yates 30.8  
Pavel Novotny 32.6  
Eugene Guds 35.1  
Robert Harper 36.0  
Jack Bakula 36.6  
Tom Wirt 37.6  
200 YD INDIVIDUAL MEDLEY  
Jack Craigie 2:37.6  
Carl Yates 2:41.1  
Kenneth Kimball 2:56.0  
Tom Wirt 3:08.9  
Eugene Guds 3:09.5

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SOUTHERN REGIONAL MASTERS  
St. Petersburg, FL  
Mar 24-26, 1972 25 Yd Pool  
WOMEN  
45 & Over  
50 YD FREESTYLE  
June Fogle Krauser, 43 34.6  
1650 YD FREESTYLE  
June Fogle Krauser 24:44.0  
100 YD BREAFASTROKE  
June Fogle Krauser 1:33.6  
200 YD BREAFASTROKE  
June Fogle Krauser 3:19.5  
50 YD BUTTERFLY  
June Fogle Krauser 36.7  
100 YD BUTTERFLY  
June Fogle Krauser 1:23.9  
200 YD INDIVIDUAL MEDLEY  
June Fogle Krauser 3:02.4  
MEN  
25-34  
50 YD FREESTYLE  
John Rangeley, 30 24.4  
Steve Rabinovitch, 29 24.8  
John Sink, 27 27.3  
George Hillard, 30 27.3  
John Rangeley, 30 34.5  
200 YD FREESTYLE  
Gerry DeLong, 25 2:11.1  
John Sink, 27 2:17.0  
Dan Northway, 29 2:25.6  
Joe Biondi, 29 2:30.6  
500 YD FREESTYLE  
John Sink, 27 6:26.1  
George Hillard, 30 6:32.9  
Thornton DeWitt, 32 6:40.9  
1650 YD FREESTYLE  
Joe Biondi, 29 24:39.8  
100 YD BACKSTROKE  
Gerry DeLong, 25 1:10.2  
John Sink, 27 1:11.4  
Joe Biondi, 29 1:17.2  
John Zeigler, 26 1:18.6  
100 YD BREAFASTROKE  
Steve Rabinovitch, 29 1:06.3  
Wm. Whorley, Jr. 31 1:10.5  
John Zeigler, 26 1:10.7  
George Hillard, 30 1:11.4  
Roy Rohe, 33 1:12.5  
Joe Biondi, 29 1:17.0  
200 YD BREAFASTROKE  
Steve Rabinovitch, 29 2:31.6  
Gerry DeLong, 25 2:35.4  
John Zeigler, 26 2:36.0  
50 YD BUTTERFLY  
Gerry DeLong, 25 25.6  
John Rangeley, 30 25.9  
Steve Rabinovitch, 29 27.7  
100 YD BUTTERFLY  
Gerry DeLong, 25 56.8  
John Rangeley, 30 59.8  
Thornton DeWitt, 32 1:08.4  
John Zeigler, 26 1:09.1  
200 YD INDIVIDUAL MEDLEY  
Gerry DeLong, 25 2:24.4  
John Zeigler, 26 2:30.0  
John Sink, 27 2:32.0

45 & Over  
50 YD FREESTYLE  
Claude West, 47 26.2  
Read Ringel, 49 26.9  
Alan Waites, 49 28.6  
Charles Dunworth, 56 32.6  
James Fraser, 62 34.4  
100 YD FREESTYLE  
Claude West, 47 59.1  
Read Ringel, 49 1:00.3  
Alan Waites, 49 1:04.7  
James Fraser, 62 1:26.1  
John McGuire, 68 3:30.0  
500 YD FREESTYLE  
Read Ringel, 49 6:23.0  
1650 YD FREESTYLE  
Read Ringel, 49 22:51.5  
Hal Onnusselt, 47 23:07.0  
100 YD BACKSTROKE  
Hal Onnusselt, 47 1:17.4  
Charles Dunworth, 56 1:35.1  
100 YD BREAFASTROKE  
Hal Onnusselt, 47 1:27.9  
200 YD BREAFASTROKE  
Hal Onnusselt, 47 3:16.2  
50 YD BUTTERFLY  
Hal Onnusselt, 47 28.6  
100 YD BUTTERFLY  
Hal Onnusselt, 47 1:07.4  
200 YD INDIVIDUAL MEDLEY  
Hal Onnusselt, 47 2:35.3  
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W.I.U. MASTERS MEET

Macomb, IL  
Mar 31-Apr 2, 1972 25 Yd Pool  
WOMEN  
25-34  
50 YD FREESTYLE  
Barbara Stephens, 33 33.7  
100 YD BACKSTROKE  
Barbara Stephens, 33 1:40.7  
50 YD BUTTERFLY  
Corinna Parkes, 31 37.0  
100 YD BUTTERFLY  
Corinna Parkes, 31 1:35.4  
200 YD INDIVIDUAL MEDLEY  
Corinna Parkes, 31 1:25.3  
100 YD INDIVIDUAL MEDLEY  
Corinna Parkes, 31 3:14.4

35-44

50 YD FREESTYLE  
Joy Davis, 42 39.1  
100 YD FREESTYLE  
Helen Buss, 36 1:06.1  
Joan Buxton, 39 1:29.7  
Joy Davis, 42 1:33.5  
200 YD FREESTYLE  
Helen Buss, 36 2:22.7  
Minta Glass, 37 3:42.8  
500 YD FREESTYLE  
Helen Buss, 36 6:18.0  
Mita Glass, 37 10:00.5  
1650 YD FREESTYLE  
Helen Buss, 36 21:56.4  
100 YD BACKSTROKE  
Joy Davis, 42 1:41.5  
Patti Hutinger, 39 2:29.3  
200 YD BACKSTROKE  
Patti Hutinger, 39 5:44.1  
100 YD BREAFASTROKE  
Joy Davis, 42 1:44.2  
Joan Buxton, 39 1:48.7  
200 YD BREAFASTROKE  
Joan Buxton, 39 4:12.6  
50 YD BUTTERFLY  
Helen Buss, 36 34.0  
100 YD BUTTERFLY  
Helen Buss, 36 1:19.1  
100 YD INDIVIDUAL MEDLEY  
Joan Buxton, 39 1:46.5  
200 YD INDIVIDUAL MEDLEY  
Helen Buss, 36 2:51.5  
200 YD FREE RELAY 25s  
IC (Stephens, Parkes, Buxton, Davis) 2:30.2  
200 YD MEDLEY RELAY 25s  
IC (Stephens, Parkes, Buxton, Davis) 2:46.7

45 & Over

MEN  
25-34  
50 YD FREESTYLE  
Donald McIntosh, 29 23.0  
Raymond Kittendorf, 26 23.5  
William Beler, 27 23.8  
William Friebus, 25 26.1  
Ralph Kryder, 27 27.1  
Gary Hill, 27 28.7  
100 YD FREESTYLE  
Don McIntosh, 29 51.7  
George Klumb, 27 53.7

30-34

50 YD FREESTYLE  
Lance Larson 23.8  
Ray Bray 24.3  
But Kanner 25.0  
Jerry Hill 25.4  
Bill Mills 25.5  
William Slaughter 26.0  
200 YD FREESTYLE  
Lance Larson 1:55.5  
But Kanner 2:02.0  
Dick Stewart 2:03.9  
Ed Spencer 2:04.2  
Patrick Schlop 2:06.0  
William Slaughter 2:13.4  
100 YD BACKSTROKE  
Ray Bray 1:06.6  
John Bushman 1:12.4  
William Slaughter 1:13.3  
200 YD BREAFASTROKE  
Lance Larson 2:33.0  
Patrick Schlop 2:35.2  
50 YD BUTTERFLY  
Ed Spencer 24.9  
Lance Larson 26.5  
Bill Mills 27.3  
Jerry Hill 27.4  
Ray Bray 27.6  
Dick Stewart 27.8  
200 YD INDIVIDUAL MEDLEY  
Dick Stewart 2:21.5  
Patrick Schlop 2:29.4  
John Bushman 2:45.4

45-49  
50 YD FREESTYLE  
Duane Draves 26.8  
Dick Chatterton 28.4  
Jim Marcus 29.1  
Ken Coon 29.4  
Robert Ketchum 32.5  
200 YD FREESTYLE  
Duane Draves 2:13.0  
Jim Marcus 2:26.5  
Robert Ketchum 2:52.4  
100 YD BREAFASTROKE  
Duane Draves 1:08.2  
Jim Marcus 1:18.7  
200 YD BREAFASTROKE  
Jim Marcus 2:59.5  
50 YD BUTTERFLY  
Duane Draves 29.7  
Dick Chatterton 33.3  
Jim Marcus 34.4  
Robert Ketchum 49.4  
200 YD INDIVIDUAL MEDLEY  
Duane Draves 2:33.5  
Jim Marcus 2:50.8  
Dick Chatterton 3:14.5

50-54

50 YD FREESTYLE  
John Bricker 27.7  
100 YD FREESTYLE  
John Bricker 2:29.5  
100 YD BACKSTROKE  
John Bricker 1:15.9  
200 YD BREAFASTROKE  
Tom Lind 2:57.5  
50 YD BUTTERFLY  
Tom Lind 32.7  
John Bricker 33.5  
200 YD INDIVIDUAL MEDLEY  
John Bricker 2:53.9  
Wom Lind 2:57.3

55 & Over

50 YD FREESTYLE  
Reg Richardson, 60 28.8  
Thomas Monahan, 61 31.7  
William Loughborough, 61 37.5  
200 YD FREESTYLE  
Reg Richardson, 60 2:40.4  
Melvin Maxwell, 60 3:05.4  
William Loughborough, 61 3:22.8  
100 YD BACKSTROKE  
Thomas Monahan, 61 1:30.3  
Walter Pfeiffer, 58 1:31.0  
Wm Loughborough, 61 1:53.6  
200 YD BREAFASTROKE  
Walter Pfeiffer, 58 3:06.5  
Reg Richardson, 60 3:23.3  
Rufus Clark, 60 3:27.9  
Wm Loughborough, 61 4:16.7  
50 YD BUTTERFLY  
Walter Pfeiffer, 58 33.6  
200 YD INDIVIDUAL MEDLEY  
Walter Pfeiffer, 58 2:58.0  
Wm Loughborough, 61 4:30.9  
200 YD MEDLEY RELAY 140s  
PH 88 1:54.2  
Huntington Beach SC 1:56.9  
Lakewood AC "A" 2:06.6

35-39

50 YD FREESTYLE  
Bradford Sturtevant 25.5  
Richard Elliott 25.5  
Herb Suskin 26.6  
Alex Gilbert 28.5  
Roy Anderson 30.4  
Jim Berry 34.6  
200 YD FREESTYLE  
Bradford Sturtevant 2:03.4  
Buddy Belahs 2:05.7  
Julio Molina 2:22.5  
Jack Lin 2:38.0  
Ray Jutkins 2:39.8  
Roy Anderson 3:00.0  
100 YD BACKSTROKE  
Richard Pihl 1:18.4  
Jack Lin 1:20.9  
Ray Jutkins 1:30.1  
Bob Kalkoff 1:33.4  
200 YD BREAFASTROKE  
Alex Gilbert 3:06.8  
Ray Jutkins 3:18.1  
Roy Anderson 3:56.8  
50 YD BUTTERFLY  
Richard Elliott 28.0  
Alex Gilbert 29.7  
Buddy Belahs 30.0  
Herb Suskin 32.9  
Jack Lin 34.2  
Roy Anderson 39.4  
200 YD INDIVIDUAL MEDLEY  
Buddy Belahs 2:29.4  
Richard Elliott 2:36.5  
Alex Gilbert 2:50.5  
Herb Suskin 3:00.9

50 YD FREESTYLE  
Ferry Rockwell, 47 25.8  
James Courter, 46 26.1  
Art Koblish, 48 26.2  
Dick Upsell, 47 28.7  
Ken Carey, 48 30.5  
100 YD FREESTYLE  
Ferry Rockwell, 47 58.8  
Art Koblish, 48 59.7  
James Courter, 46 59.7  
Dick Upsell, 47 1:02.4  
Max Hasbrouck, 51 1:24.0  
200 YD FREESTYLE  
Ralph Stephens, 37 26.4  
Albert Zamsky, 42 28.3  
Elmer Korbal, 42 28.8  
John Bartkiewicz, 40 28.9  
George Hopkins, 30 30.8  
100 YD FREESTYLE  
Bob Helmick, 35 1:00.0  
Ralph Stephens, 37 1:01.3  
John Bartkiewicz, 40 1:04.7  
Elmer Korbal, 42 1:05.5  
George Knorr, 43 1:16.9  
200 YD FREESTYLE  
Ralph Stephens, 37 2:25.3  
Albert Zamsky, 42 2:31.1  
John Bartkiewicz, 40 2:33.5  
Elmer Korbal, 42 2:37.6  
100 YD BREAFASTROKE  
Elmer Korbal, 42 7:28.9  
John Bartkiewicz, 40 7:30.0  
1650 YD FREESTYLE  
Bob Helmick, 35 23:29.0  
Elmer Korbal, 42 24:12.3  
100 YD BACKSTROKE  
Ford Parkes, 35 1:34.9  
200 YD BACKSTROKE  
Ford Parkes, 35 3:23.4  
100 YD BREAFASTROKE  
Jack Ewing, 40 1:42.5  
200 YD BREAFASTROKE  
Jack Ewing, 40 4:13.1  
50 YD BUTTERFLY  
Ralph Stephens, 37 32.8  
Albert Zamsky, 42 34.4  
100 YD INDIVIDUAL MEDLEY  
Ralph Stephens, 37 1:16.1  
Albert Zamsky, 42 1:17.6



Art Koblish, 48 2:18.8  
 James Courter, 46 2:19.8  
 Dick Upsall, 47 2:21.5  
**500 YD FREESTYLE**  
 Perry Rockwell, 47 6:30.7  
 Art Koblish, 48 6:38.7  
 Dick Upsall, 47 6:46.6  
 Max Hasbrouck, 51 8:55.5  
**1650 YD FREESTYLE**  
 Paul Hutinger, 47 22:18.0  
 Art Koblish, 47 23:44.7  
 Dick Upsall, 47 24:30.7  
**100 YD BACKSTROKE**  
 Paul Hutinger, 47 1:06.9  
 Max Hasbrouck, 51 1:51.5  
**200 YD BACKSTROKE**  
 Paul Hutinger, 47 2:28.7  
 Max Hasbrouck, 51 4:08.4  
**100 YD BREASTSTROKE**  
 Ken Carey, 48 1:28.1  
**50 YD BUTTERFLY**  
 Perry Rockwell, 47 29.0  
 Paul Hutinger, 47 29.6  
 Ken Carey, 47 37.2  
**100 YD BUTTERFLY**  
 Perry Rockwell, 47 1:10.4  
**100 YD INDIVIDUAL MEDLEY**  
 Paul Hutinger, 47 1:06.2  
 James Courter, 46 1:14.4  
 Ken Carey, 48 1:20.2  
**200 YD INDIVIDUAL MEDLEY**  
 Paul Hutinger, 47 2:31.2  
 Ken Carey, 48 3:21.5  
**200 YD FREE RELAY 25+**  
 Ryall (Clark, Zamsky, Korbai, Hill) 1:51.2  
 WIU (Belles, Hopkins, Hutinger, Freebus) 2:00.0  
**200 YD MEDLEY RELAY 25+**  
 Ryall (Clark, Zamsky, Korbai, Hill) 2:06.5  
 UC (Carey, Costa, Upsall, Lambert) 2:08.9  
 WIU (Belles, Preibus, Hopkins, Hutinger) 2:13.0  
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 LRRC MASTERS MEET  
 Little Rock, AR  
 Mar 25-26, 1972 25 Yd Pool  
 WOMEN  
 25-34  
**50 YD FREESTYLE**  
 Mary Oudegeest 29.6  
 Linda Ratliff 34.8  
 Mary Clay O'Leary 35.1  
 Lillian O'Konaki 37.3  
 Jackie Amussen 44.6  
 Mary Beth Fraser 56.9  
 Maude Stringfield 58.9  
 Brenda Smith 59.7  
**100 YD FREESTYLE**  
 Mary Oudegeest 1:06.4  
 Barbara Tracy 1:26.0  
 Jackie Amussen 1:42.6  
 Lucia Jones 1:47.3  
 Mary Beth Fraser 2:23.5  
 Maude Stringfield 2:23.5  
 Brenda Smith 2:36.4  
**200 YD FREESTYLE**  
 Mary Oudegeest 2:25.1  
 Barbara Tracy 3:14.2  
 Joan Campbell 3:17.4  
 Lucia Jones 3:51.3  
**100 YD BACKSTROKE**  
 Mary Oudegeest 1:17.0  
 Mary Clay O'Leary 1:37.8  
 Barbara Tracy 1:38.1  
 Lillian O'Konaki 1:51.8  
**200 YD BACKSTROKE**  
 Mary Oudegeest 2:46.5  
**100 YD BREASTSTROKE**  
 Linda Ratliff 1:43.1  
 Barbara Tracy 1:45.3  
 Lillian O'Konaki 1:49.7  
 Mary Beth Fraser 3:02.6  
**50 YD BUTTERFLY**  
 Barbara Tracy 48.9  
 Mary Beth Fraser 1:24.9  
**200 YD INDIVIDUAL MEDLEY**  
 Mary Oudegeest 2:42.3  
 35-44  
**50 YD FREESTYLE**  
 Mary Lou Jaworski 33.4  
 Jean Brenner 40.4  
 Norris Major 44.7  
 Carolyn Gatchell 46.8  
 Jane Schultz 52.8  
 Carol Hayden 1:07.8  
**100 YD FREESTYLE**  
 Mary Lou Jaworski 1:20.2  
 Jean Brenner 1:42.2  
 Mary Sanders 1:52.6  
 Jane Schultz 2:07.4  
**100 YD BACKSTROKE**  
 Norris Major 1:43.8  
 Carla Farmer 1:44.0  
 Jean Brenner 1:48.1  
 Peggy Ebbing 1:49.3  
 Carolyn Gatchell 2:09.4  
 Mary Sanders 2:27.4

**200 YD BACKSTROKE**  
 Mary Lou Jaworski 3:32.0  
 Jean Brenner 3:41.8  
**100 YD BREASTSTROKE**  
 Carla Farmer 1:37.1  
 Peggy Ebbing 1:39.4  
 Joan Campbell 1:40.1  
 Carolyn Gatchell 2:18.1  
**200 YD BREASTSTROKE**  
 Carla Farmer 3:35.8  
 Peggy Ebbing 3:37.6  
 Jane Schultz 5:31.2  
**50 YD BUTTERFLY**  
 Mary Lou Jaworski 40.5  
 Joan Campbell 1:47.3  
**200 YD INDIVIDUAL MEDLEY**  
 Mary Lou Jaworski 3:25.1  
 Joan Campbell 3:30.4  
 45-54  
**50 YD FREESTYLE**  
 Mary Betts 43.0  
 Louise Brooks 44.5  
 Mary Casto 45.3  
**100 YD FREESTYLE**  
 Mary Betts 1:43.3  
 Louise Brooks 1:52.7  
 Mary Casto 1:56.2  
**100 YD BACKSTROKE**  
 Mary Betts 1:58.2  
 Louise Brooks 2:00.4  
 Jean Porter 2:05.9  
**200 YD BACKSTROKE**  
 Jean Porter 4:47.7  
**100 YD BREASTSTROKE**  
 Louise Brooks 2:05.5  
 Mary Casto 2:07.1  
 Jean Porter 2:21.4  
**200 YD BREASTSTROKE**  
 Jean Porter 5:34.5  
**50 YD BUTTERFLY**  
 Louise Brooks 59.4  
**200 YD FREE RELAY 25-34**  
 LRYV "A" 2:27.0  
 MSG "A" 3:13.0  
 LRYV "B" 3:14.6  
**200 YD MEDLEY RELAY 25-34**  
 LRYV "A" 2:52.4  
 LRRC 3:29.1  
 LRYV "B" 3:33.7  
 MSG 3:58.4  
**200 YD FREE RELAY 140+**  
 LRRC "A" 2:28.1  
 LRYV 2:41.0  
 MSG 3:02.4  
 LRRC 3:13.8  
**200 YD MEDLEY RELAY 140+**  
 LRYV 2:54.4  
 LRRC "A" 2:58.5  
 LRRC "B" 3:21.4  
 MSG 3:28.5  
 MEN  
 25-34  
**50 YD FREESTYLE**  
 Tommy Townsend 28.3  
 Luther Armstrong 29.1  
 Harry Brace 29.8  
 Louie Allred 30.1  
**100 YD FREESTYLE**  
 Luther Armstrong 1:03.5  
**200 YD FREESTYLE**  
 Charles Matthews 2:39.0  
 Harry Brace 2:50.1  
 Tommy Townsend 3:18.6  
**100 YD BACKSTROKE**  
 Charles Matthews 1:18.5  
 Don Amussen 1:29.1  
**200 YD BACKSTROKE**  
 Charles Matthews 3:37.9  
 Tommy Townsend 3:49.8  
**100 YD BREASTSTROKE**  
 Luther Armstrong 1:21.9  
 Louie Allred 1:29.1  
 Don Amussen 1:30.9  
**200 YD BREASTSTROKE**  
 Luther Armstrong 3:17.5  
 Louie Allred 3:27.7  
**50 YD BUTTERFLY**  
 Louie Allred 32.6  
 Luther Armstrong 33.8  
**200 YD INDIVIDUAL MEDLEY**  
 Charles Matthews 2:49.5  
 35-44  
**50 YD FREESTYLE**  
 Jeff Davis 28.0  
 Larry Tracy 28.9  
 Jim Scott 29.8  
 Tom Bridgers 30.2  
 George Brenner 32.1  
 Bob Hayden 37.4  
**100 YD FREESTYLE**  
 Kees Oudegeest 1:02.4  
 Jeff Davis 1:05.2  
 Harry Tracy 1:11.1  
 Larry Tracy 1:11.5  
 Tom Bridgers 1:13.5  
 Ross Stanley 1:15.6  
 Bob Hayden 1:29.1  
**200 YD FREESTYLE**  
 Kees Oudegeest 2:31.2  
 Jeff Davis 2:31.5

Bob Hayden 3:33.1  
**100 YD BACKSTROKE**  
 Bob Hayden 2:08.3  
**200 YD BACKSTROKE**  
 Kees Oudegeest 3:04.7  
 Larry Tracy 3:16.0  
**100 YD BREASTSTROKE**  
 Kees Oudegeest 1:23.1  
 Larry Tracy 1:30.9  
**50 YD BUTTERFLY**  
 Kees Oudegeest 31.9  
 Jeff Davis 35.7  
 Larry Tracy 35.9  
**200 YD INDIVIDUAL MEDLEY**  
 Kees Oudegeest 2:53.4  
 Larry Tracy 3:04.0  
 Jeff Davis 3:15.4  
 45-54  
**50 YD FREESTYLE**  
 John Brooks 30.3  
 Walter Jennings 30.9  
 Kenneth Jones 31.8  
 Jimmy Miller 32.7  
 Felix Swan 34.3  
 John Landwehr 40.7  
**100 YD FREESTYLE**  
 John Brooks 1:09.4  
 Kenneth Jones 1:15.4  
 Felix Swan 1:24.4  
**200 YD FREESTYLE**  
 John Brooks 2:46.8  
 Kenneth Jones 2:58.6  
 Felix Swan 3:36.7  
**100 YD BACKSTROKE**  
 Walter Jennings 1:17.5  
 John Brooks 1:34.2  
 Felix Swan 1:40.5  
 Kenneth Jones 1:46.9  
 Jimmy Miller 2:02.1  
 John Landwehr 2:06.9  
**200 YD BACKSTROKE**  
 Walter Jennings 2:55.5  
**100 YD BREASTSTROKE**  
 John Landwehr 1:42.3  
 Felix Swan 2:14.6  
**200 YD BREASTSTROKE**  
 John Landwehr 3:54.6  
 Felix Swan 4:59.3  
**200 YD FREE RELAY 25-34**  
 LRYV 2:08.8  
**200 YD MEDLEY RELAY 25-34**  
 MSG 2:14.4  
 LRYV 2:29.4  
**200 YD FREE RELAY 140+**  
 MSG 1:59.5  
 LRRC 2:05.6  
 LRYV 2:06.4  
**200 YD MEDLEY RELAY 140+**  
 MSG 2:16.0  
 LRRC 2:27.7  
 LRYV 2:29.5  
 \*\*\*\*\*  
 CONNECTICUT MASTERS INV  
 Wilton, CT  
 Apr 1, 1972 25 Yd Pool  
 WOMEN  
 25-29  
**50 YD FREESTYLE**  
 Mary Suintin 31.5  
 Beth Retko 32.5  
 Pam Bohlen 33.0  
**100 YD FREESTYLE**  
 Mary Suintin 1:13.1  
 Jane Hardy 1:18.5  
**200 YD FREESTYLE**  
 Jane Hardy 2:53.2  
**100 YD BACKSTROKE**  
 Jane Hardy 1:27.7  
**50 YD BREASTSTROKE**  
 Jane Hardy 45.6  
**50 YD BUTTERFLY**  
 Mary Suintin 36.5  
**100 YD INDIVIDUAL MEDLEY**  
 Mary Suintin 1:23.1  
 30-34  
**50 YD FREESTYLE**  
 Ginny Stephanos 30.3  
 Gillian Hall Ratcliffe 31.5  
 Jean Johnson 31.7  
**100 YD FREESTYLE**  
 Marilyn DeFilippo 1:16.8  
 Ginny Stephanos 1:17.6  
 Patricia Turner 1:20.8  
**200 YD FREESTYLE**  
 Ginny Stephanos 2:46.8  
 Marilyn DeFilippo 2:48.0  
 Jean Johnson 3:09.7  
**50 YD BACKSTROKE**  
 Jean Johnson 35.7  
 Ginny Stephanos 39.2  
 Marilyn DeFilippo 39.3  
**100 YD BACKSTROKE**  
 Jean Johnson 1:21.4  
 Marilyn DeFilippo 1:25.2  
**50 YD BREASTSTROKE**  
 H. Christie Snow 50.0  
**100 YD BREASTSTROKE**  
 Ginny Stephanos 1:48.5  
 H. Christie Snow 2:48.4

**50 YD BUTTERFLY**  
 Gillian Ratcliffe 36.0  
 Jean Johnson 36.3  
 Patricia Turner 37.2  
 Marilyn DeFilippo 39.6  
 Ginny Stephanos 41.8  
**100 YD BUTTERFLY**  
 Jean Johnson 1:23.3  
 Ginny Stephanos 1:42.4  
**100 YD INDIVIDUAL MEDLEY**  
 Ginny Stephanos 1:22.0  
 Marilyn DeFilippo 1:22.5  
 Gillian H. Ratcliffe 1:23.7  
 Patricia Turner 1:27.0  
 35-39  
**50 YD FREESTYLE**  
 Susan Kearney 30.8  
 Barbara Lord 35.9  
 Jeanne Franklin 38.8  
 Jane Hanson 42.3  
**100 YD FREESTYLE**  
 Susan Kearney 1:08.0  
 Jeanne Franklin 1:37.6  
**200 YD FREESTYLE**  
 Susan Kearney 2:36.4  
**50 YD BACKSTROKE**  
 Jane Huber 44.5  
 Jeanne Franklin 44.8  
 Nancy Adams 1:12.2  
**50 YD BREASTSTROKE**  
 Jeanne Franklin 50.8  
 Mary Louise Graf 56.3  
 40-44  
**50 FREE**  
 Patricia Clinton 32.6  
 June Gravenor 35.7  
 Diane Wright 36.9  
 Joan Glass 37.6  
 Joan Galvin 37.8  
**100 YD FREESTYLE**  
 Pat Clinton 1:16.2  
**50 YD FREESTYLE**  
 June Gravenor 3:23.0  
**50 YD BACKSTROKE**  
 Patricia Clinton 39.2  
 Diane Wright 43.7  
 Renee Ashford 1:00.0  
**50 YD BREASTSTROKE**  
 Patricia Clinton 45.0  
 Diane Wright 46.3  
 Renee Ashford 51.3  
**100 YD BREASTSTROKE**  
 June Gravenor 1:39.0  
 Renee Ashford 2:00.0  
**50 YD BUTTERFLY**  
 Patricia Clinton 42.9  
**100 YD INDIVIDUAL MEDLEY**  
 Patricia Clinton 1:27.0  
 June Gravenor 1:36.0  
 Joan Galvin 1:44.6  
 45-49  
**50 YD FREESTYLE**  
 Carol Schell 38.9  
 Rita Elliot 41.5  
 Jackie Smith 44.7  
**50 YD BACKSTROKE**  
 Ruth Billard 42.5  
 Carol Schell 42.8  
 Rita Elliot 52.5  
 Millie Tolleit 1:03.8  
 50-54  
**50 YD FREESTYLE**  
 Dorothy Donnelly 33.4  
 Jean Pieretti 35.3  
**50 YD BACKSTROKE**  
 Dorothy Donnelly 42.3  
 Jean Pieretti 42.5  
**100 YD INDIVIDUAL MEDLEY**  
 Dorothy Donnelly 1:31.3  
 MEN  
 25-29  
**50 YD FREESTYLE**  
 Ed Reed, Jr. 24.5  
 Bob Holster 24.5  
 Thomas Disleri 25.0  
 Dan D via 25.0  
 Bill Murphy 25.0  
 Sandy Bowen 26.3  
 Rick Rollins 26.5  
 Scott Davis 26.9  
 Carl Trambicki 28.2  
 John Haminski 55.9  
**100 YD FREESTYLE**  
 Bob Holster 53.6  
 Rick Rollins 59.5  
 Scott Davis 1:01.1  
 Carl Trambicki 1:04.3  
**200 YD FREESTYLE**  
 Ed Reed, Jr. 2:00.9  
 Jim Brophy 2:05.9  
 Bob Holster 2:19.7  
 Dan Davis 2:11.4  
 Prescott Hurl 2:18.8  
 Sandy Bowen 2:23.5  
 Brian Kennedy 2:48.8  
**50 YD BACKSTROKE**  
 Warren French 28.9  
 John Staelin 29.0  
 Richard Wallace 33.2  
 Rick Rollins 35.4  
 Larry Frank 35.8

**100 YD BACKSTROKE**  
 Warren French 1:06.6  
 John Staelin 1:07.8  
 Richard Wallace 1:13.6  
 Rick Rollins 1:20.2  
 Allen Dodson 1:37.3  
 John Haminski 2:07.0  
**50 YD BREASTSTROKE**  
 Barry Koffer 32.4  
 Paul O'Gorman 35.1  
 John Staelin 38.0  
 Rick Rollins 38.0  
**100 YD BREASTSTROKE**  
 Ed Reed, Jr. 1:09.0  
 Rick Rollins 1:34.0  
**50 YD BUTTERFLY**  
 Bill Murphy 26.8  
 Brian Kennedy 27.5  
 Bob Holster 27.6  
 Thomas Disleri 27.6  
 Sandy Bowen 29.5  
**100 YD BUTTERFLY**  
 Bill Murphy 59.5  
 Brian Kennedy 1:01.0  
 Barry Koffer 1:07.0  
 Rick Rollins 1:09.8  
**100 YD INDIVIDUAL MEDLEY**  
 Ed Reed, Jr. 1:00.6  
 Barry Koffer 1:06.1  
 Dan Davis 1:07.5  
 Sandy Bowen 1:12.4  
 Scott Davis 1:15.5  
 Brian Kennedy 1:38.7  
 30-34  
**50 YD FREESTYLE**  
 Mike Laux 24.7  
 Joe Brophy 25.3  
 Jim Myerberg 25.4  
 Al Johnson 27.1  
 John Kirkman 27.5  
 Bob Allan 29.5  
 Dave Vove 29.6  
 Frank Simon, Jr. 37.1  
**100 YD FREESTYLE**  
 Jim Myerberg 56.4  
 Mike Laux 57.8  
 Al Johnson 1:00.6  
 Bob Allan 1:09.1  
 Dave Vove 1:09.1  
**200 YD FREESTYLE**  
 Jim Myerberg 2:10.2  
 Mike Laux 2:13.2  
 Al Johnson 2:17.2  
 Dave Vove 2:35.7  
 Robert Allan 2:48.7  
**50 YD BACKSTROKE**  
 Al Johnson 31.0  
 Dave Kohler 32.5  
 John Kirkman 33.6  
 C. R. Parker 36.6  
**100 YD BACKSTROKE**  
 Al Johnson 1:09.0  
 Mike Laux 1:22.6  
 Bob Parker 1:24.6  
**50 YD BREASTSTROKE**  
 Mike Laux 35.6  
**100 YD BREASTSTROKE**  
 Dave Kohler 1:19.3  
 Mike Laux 1:26.6  
**50 YD BUTTERFLY**  
 Mike Laux 27.0  
 Joe Brophy 27.8  
 C. R. Parker 34.0  
**100 YD BUTTERFLY**  
 Mike Laux 1:00.0  
 Bob Parker 1:17.0  
**100 YD INDIVIDUAL MEDLEY**  
 Mike Laux 1:05.8  
 Dave Kohler 1:07.5  
 Bob Allan 1:23.5  
 35-39  
**50 YD FREESTYLE**  
 Mel Siebold 26.4  
 Mike Whiteaker 27.2  
 Tom Turner 32.3  
 John Gracey 33.6  
 Bob Rubin 39.1  
**100 YD FREESTYLE**  
 Mel Siebold 59.6  
 Michael Whitehouse 1:01.0  
 Bob Coykendall 1:01.1  
**200 YD FREESTYLE**  
 Mel Siebold 2:17.1  
 Bob Coykendall 2:19.8  
 Mike Whitehouse 2:23.0  
 John Grady 3:16.4  
**50 YD BACKSTROKE**  
 Tom Turner 38.0  
**50 YD BREASTSTROKE**  
 Bob Rubin 37.4  
**100 YD BREASTSTROKE**  
 Bob Rubin 1:22.8  
**50 YD BUTTERFLY**  
 Mel Siebold 29.5  
 Bob Rubin 42.6  
 40-44  
**50 YD FREESTYLE**  
 Ted Haarts 25.9  
 Charlie Stephanos 27.1  
 Edward Bernstein 28.2  
 Ed Leahy 29.3  
 Al Stein 29.7

John Stahl	29.8	Herrick Ridlow	42.5	George Van Dormolen	2:21.5	<u>100 YD BACKSTROKE</u>		<u>200 FREE RELAY 25+ WOMEN</u>	
Jim Burns	29.9	<u>100 YD BREASTSTROKE</u>		Jim Forbes	2:59.4	Bill Uhrich	1:19.7	WASS (Johnson, Buntin, Hardy, Stephano)	2:14.0
Milton Marks	29.9	Ted Haarts	1:17.7	Don Irwin	3:08.8	Myron Smith	1:35.4	<u>200 MILEY RELAY 25+ WOMEN</u>	
Tom Snell	30.0	Al Stein	1:22.5	Leo Kanis	3:46.9	<u>50 YD BREASTSTROKE</u>		WASS (Johnson, Buntin)	2:36.3
Kenneth Teller	31.3	John Stahl	1:22.9	<u>50 YD BREASTSTROKE</u>		L. Curtis	42.9	<u>200 FREE RELAY 140+ WOMEN</u>	
Herrick Ridlow	32.5	Milton Marks	1:26.8	Jim Forbes	36.4	<u>50 YD BUTTERFLY</u>		BCC (Kaccliff, Donnelly)	2:10.1
Norm Schmog	34.1	Norm Schmog	1:33.3	<u>100 YD BREASTSTROKE</u>		Bill Uhrich	36.3	WCC (Kotko, Bohlen)	2:49.8
<u>100 YD FREESTYLE</u>		<u>50 YD BUTTERFLY</u>		Jim Forbes	1:22.9	<u>100 YD INDIVIDUAL MILEY</u>		WH (Smith, Graf, Glass, Wright)	3:11.1
Ted Haarts	1:00.5	Ted Haarts	30.1	<u>50 YD BUTTERFLY</u>		55-59		WP (Elliot, Van Zandt, Towles, Lord)	3:11.1
Charlie Stephano	1:00.5	Al Stein	33.0	Leo Kanis	48.8	Bill Parmelee	30.8	<u>200 MILEY RELAY 140+ WOMEN</u>	
Ed Leahy	1:09.0	John Stahl	34.0	<u>100 YD INDIVIDUAL MILEY</u>		Sid Lund	30.9	BCC (Kotko, Donnelly, Kaccliff, Billard)	2:40.2
Al Stein	1:09.9	<u>100 YD BUTTERFLY</u>		Hal Onussett	1:10.0	<u>100 YD FREESTYLE</u>		CG (Huber, Clinton, Ashford, Hanson)	3:02.9
<u>200 YD FREESTYLE</u>		Al Stein	1:19.7	George Van Dormolen	1:17.5	Sid Lund	1:12.1	WH (Glass, Graf, Wright, Smith)	3:17.0
Ted Haarts	2:26.0	<u>100 YD INDIVIDUAL MILEY</u>		Jim Forbes	1:27.5	<u>200 YD FREESTYLE</u>		<u>200 FREE RELAY 25+ MEN</u>	
Charlie Stephano	2:26.4	Ted Haarts	1:08.9	Leo Kanis	1:52.8	Bill Parmelee	2:55.1	WCC (Brophy, Brophy, Rollins, Lantz)	1:39.4
A. Kaskiewicz	2:30.2	Al Stein	1:15.4	<u>50-54</u>		Sid Lund	2:55.4	<u>200 FREE RELAY 140+ MEN</u>	
John Stahl	2:34.2	John Stahl	1:16.6	David Tyler	27.9	<u>50 YD BREASTSTROKE</u>		BCV "A" (Haarts, Murphy, Onussett, Dimerl)	1:42.2
Ed Leahy	2:38.4	Bill Slocum	1:30.5	Bill Uhrich	29.1	Stanley Pudell	39.4	WCC (Dofaco, Tyler, Kaskiewicz, Davis)	1:49.3
Tom Snell	2:43.9			Ed Reed, Sr.	29.3	<u>100 YD BREASTSTROKE</u>		LIM (Stahl, Smelling, Leahy, VanDormolen)	1:58.0
Smelling	3:10.5			Steel Melkin	31.5	Stanley Pudell	1:37.5	WCC "B" (Reed, Parker, Smith, Stephano)	1:58.8
Richard Ackermann	3:47.7			<u>100 YD FREESTYLE</u>					
<u>50 YD BACKSTROKE</u>				David Tyler, Jr.	1:01.0				
Al Kaskiewicz	30.9			Ed Reed Sr.	1:11.2				
Slocum	41.1			Steele Melkin	1:20.2				
<u>100 YD BACKSTROKE</u>				<u>200 YD FREESTYLE</u>					
Al Kaskiewicz	1:11.1			David Tyler, Jr.	2:18.8				
<u>50 YD BREASTSTROKE</u>				Bill Uhrich	35.0				
Al Stein	36.5			Myron Smith	43.1				
John Stahl	37.0								
Milton Marks	37.6								
Norm Schmog	40.6								

## Masters Short Course Meet Set

San Mateo, California, has been selected as the site for the first National AAU Masters Short Course Swimming Championships, to be held May 19-21 in that northern California city.

Open to any competitor over the age of 25, this first national AAU competition is expected to draw over 400 entries. Those interested should write Aquatics Administrator John Spanuth at AAU House in Indianapolis for entry information. Completed entries will be due some time in early May.

An official AAU Masters award medal has been specially designed for the winners of this competition. Though two previous national short course meets for Masters swimmers have been held (in Amarillo, Texas, in 1970 and 1971), the San Mateo meet will be the first under the AAU banner and the most important to the development of this most promising program.

## MARK YOUR CALENDAR NOW

## Masters Swim Meet

ASHEVILLE, N.C. - Two national records were broken as swimmers from six cities competed in the North Carolina AAU Masters Swimming Championships held April 6 at the Asheville YMCA pool.

The 200-yard Freestyle Relay in the 25-34 age of Randy Wade (25), Jim Reynolds (29), John Boles (29), and Jim Edwards (25) finished in 1:33.7, bettering the listed record of 1:37.5 and a pending mark of 1:36.6 recently recorded by the Gatorade Swim Club of Bloomington, Indiana. The splits were Wade 23.5, Reynolds 23.9, Boles 23.9 and Edwards 22.4.

Lynn Beaulieu, also in the 25-29 age category splashed the 200 yard backstroke in 2:21.5 erasing the listed national mark of 2:22.6.

Numerous other times were turned in which should rate near the top in 1972 National Masters competition:

Edwards, 50 free - 23.1, 100 free - 50.7 and 200 free - 1:58.3.

Boles, 50 free - 24.2 and 100 free - 54.4.

Wade, 100 I.M. - 1:02.9.

John Marshall, 25-29 men's 100 fly - 1:03.4.

Betty Hoffman, women's 30-34 100 back - 1:55.2

Irv Hoffman, men's 30-34 100 free - 1:01.8.

Bill Ferrell, men's 30-34 100 free - 1:02.0.

Chuck Hines, men's 35-39 200 back - 2:41.1, 50 fly - 30.3.

Bill Powell, men's 60-64 50 free - 38.5.

The host Asheville YMCA team, winning ten of the twenty events, earned the high point trophy.

# Heart Data Vast, Needs Publicizing

LIFE BEGINS  
AT 40

robert peterson

We can be grateful Congress is appropriating a major sum for cancer research, but we also need to battle heart disease - the nation's No. 1 killer. Nearly a million men, women and children die from heart and circulatory ills every year.

Most physicians claim that more exercise, pursued on a regular every-day basis, would help reduce the incidence of heart disease, but most of us go right on riding when we should be walking. Most of us know a sedentary life has inherent dangers, but we delay launching an exercise plan that could strengthen heart muscles, improve blood circulation and help burn up excess cholesterol lipids in our blood stream.

Physicians claim that people should practice moderation in all things, yet most people continue to be immoderate in one or more things, whether it be the consumption of martinis, staying up late at night or losing their tempers.

Maybe instead of launching a multi-million dollar campaign for further research on heart disease, we should spend just a few million to publicize what is already known. No less a scientist than Dr. Paul Dudley White once told me in an interview that "the death toll could be halved if people simply practiced what is already known about preventing heart disease."

# Keeping Fit After 60

By ELEANOR HART  
Herald Staff Writer

Keeping fit after 60 is a matter of swimming...."It's how you exercise that counts," says Vincent J. Gallagher, a six footer, who weighs the same 175 pounds he weighed as an Olympic rowing champion in 1920. "Most people skip a few days. That's no good. You have to exercise over a period of years, consistently. Otherwise, you tear yourself up."

At age 25, says the 72-year old silver haired associate realtor, is a good time to start.

"You start going down then and by the time you're 35, you've got a big waistline."

Vincent gets up at 6 a.m. and swims in his 30-foot pool at his home in Coral Gables. But his favorite swimming hole is the 100-foot pool at the Bath Club, where he likes to plunge at noon-time. Sixteen laps, 550 yards a day, is his average.

"I don't feel good if I don't swim," he says. He swims year round, despite the temperature. "Most Miamians shy away from the water when the temperature is below 80, but I don't feel exhilarated when it's warm."

A retired naval commander, he participated in the Olympics at Antwerp, Belgium, when the U.S. Naval Academy Crew was awarded the Helms Hall of Fame Award. He is loaded with medals awarded for swimming and rowing prowess. In his book, golf doesn't rate. "Swimming," he says firmly, "is best for someone my age."



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# Sex and the Athletic Girl

LONDON — (AP) — Girl athletes make better lovers and are much sexier than less active women, a British sex expert said Thursday.

"Athletes are physical creatures," explained Dr. Christine Pickard, a consultant on birth control and sex problems.

"Their bodies are important to them. The physical sensations, touch, the ripple of muscles play a central role in their lives."

HOW ABOUT those huge women whose activities in sports arenas make puny men tremble?

"From the fuss surrounding the Olympic sex tests for women, one might gain the impression that women's sports clubs are harboring myriads of males masquerading as females in order to gain unfair advantage on the field," Dr. Pickard complained.

"Women athletes, except for the very rare exceptions are real women."

GENERALLY, said Dr. Pickard, girl athletes "are much more interested in sex and physically more responsive than their less active sisters.

"In other words they are more sexy."

Dr. Pickard, a keen swimmer and tennis player, advised men:

"Don't let the girl athletes' developed muscles put you off. That merely means she hasn't let herself go to seed as so many women have. And muscles are surely much better than either scrawn or flab. Quite a good proportion of these ladies are pretty too."

Peter Browne, European 800 meters finalist, was among several British men athletes who agreed with the doctor.

"My wife, Jean, is an athlete and without delving too deeply I certainly have no complaints."

Dr. Pickard told men to be careful:

"If you want the passive type — be warned — you'd better look elsewhere."

# SWIM-MASTER

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## FIRST CLASS



LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

## MASTERS SWIMMING NOTES

Our many thanks to all of you so interested in the Masters Swimming Program. We now have 303 subscribers...Ted Haartz, who keeps track of the Master's Ten Best Times, would like to point out that some meet summaries are being received without the ages of the swimmers on them. Since the records and times are kept in 5-year age-groups, it is imperative to know the swimmer's age on the first day of the meet so that all swimmers get proper recognition in their correct age-group....Stanley Swartz of Pittsburgh, would like to initiate a National Identification Card for traveling Masters swimmers. When you visit a city and need a pool to work out in, this card would admit you to a Master's workout in that city where one is available. Al Rose, Aquatic Director at Y-IKC in Pgh. has such a program with 17 sessions available each week. At the Decatur DeKalb YMCA in Atlanta, their pool schedule includes times for Masters Swimming. Ransom Arthur has invited Masters swimmers to work out with his team while in San Diego (write first). The Swimming Hall of Fame Pool is open to the public from 11am - 4 pm and anyone can work out for 80¢....John Spannuth writes, "Wilson Trophy Co., has just agreed to sell a special Masters Swimming medal. They will have gold, silver and bronze medals. These will be in a plastic box and have a ribbon. The

cost is 70¢ per medal plus tax, and no other charges. If you are interested in purchasing these special Masters Swimming medals, contact Mr. Charles Wilson, c/o Wilson Trophy Co., P.O. Box 9596, St. Louis, MO 63161..... Monika Boyles Sublette is the new "Aquatic Pro" at Tempe Racquet and Swim Club in Phoenix, Arizona. They offer the Masters Program as a year round program. Monika, married and 31 years old, is working on her PhD in Phys Ed. She was a member of her native West German National Team and has coached for the past 12 years. She is currently Masters Swimming Chairman for Arizona and coach of the Tempe Racquet & Swim Club team....Met Bob Nugent (Rutgers 1952 - NYAC 1945-1952) at the SHOF during Easter week... Competing in the Florida Gold Coast AAU Open Senior SC Swim. Champ. were Masters swimmers Dan Malone, 41, Steve Rabinovitch, 29, Roy Rohe, 33 and Gerry DeLong, 25.....The first Masters swimming meet in the NE United States was held in Rome, NY on March 5th. Many 1sts were achieved; a. First Masters meet in the NE; b. First over 60 swimmer to compete in Rome; c. "Youngest" lady swimmer to compete in Rome; d. First meet director in Rome to compete in his own meet; e. First Rome meet director to be disqualified in his own meet. Meet director? Why it was Don McKee..... Jack Barnett, Australia's International diving coach, is in Ft. Lauderdale for the International Diving Meet. Jack is in charge of the Masters Divers in Australia and mentioned that they have had a Masters Swimming and Diving Program for ages 30-75, in five year groups, for a number of years. It has been suggested that the US have a Telegraphic meet with Australia in the near future...