



SWIM-MASTER

VOL III - No 8 THE OFFICIAL PUBLICATION OF THE AAU MASTERS SWIMMING COMMITTEE NOVEMBER 1974

ANNUAL CONVENTION

The Annual Convention of the Amateur Athletic Union was held at the Shoreham Americana Hotel in Washington, D.C. October 13-19, 1974. Approximately 50 people attended the spirited Masters Swimming Committee meeting held on October 16th. Legislation passed to add the 55 & over age group to the relays. Also, a four-day program for a National Championship will appear in the book in case it is needed.

Your AAU application for next year contains a box marked "Master Athlete". If you are going to participate in only Masters meets, be sure and check that box.

If you are the AAU Masters Swimming Chairman for your Association, please check with your Secretary or President and be sure your name was submitted to the National AAU office.

Ted Haartz has volunteered to be our Records Chairman and to oversee our Tabulation. All meet results and/or records should be sent to Ted Haartz, 155 Pantry Rd., Sudbury, MA 01776.

There was no bid from Zone II (Central) for the 1975 SC Nationals and so it will again be held at the Swimming Hall of Fame Pool in Ft. Lauderdale on May 16, 17, 18. Entry information will be available by the middle of March. This time we will try a single entry sheet for each individual plus a summary sheet of entries for each team along with the relay entries. Send requests to June Krauser, 5340 N.E. 17th Avenue, Ft. Lauderdale, FL 33334. The LC Nationals were awarded to Oak Ridge, TN and will be held at the University of Tennessee in Knoxville on August 29,30,31. Dr. John Crews, 105 W. Malta Rd., Oak Ridge, TN 37830, will answer all inquiries.

Our thanks to the DC Masters who arranged pool time for us at American University with coach Joe Rogers. They hosted a work-out and social for us on Thursday evening. I enjoyed it so much that I am going to try and arrange something for next year's convention to be held in New Orleans, Dec. 1-6, 1975.

OFFICIAL RULES

MASTERS SWIMMING

A. OBJECTIVES OF MASTERS SWIMMING PROGRAMS:

1. To offer the opportunity to continue conditioning or reinstitute conditioning in those 25 years of age or over who were formerly athletes or swimming enthusiasts.
2. To encourage and promote physical fitness and improvements in health in those older individuals not previously involved in competitive or recreational programs.
3. To offer encouragement to individuals, clubs, organizations, and communities in the organizing and conducting of life-long physical, recreational, and competitive masters programs.
4. To enhance fellowship amongst participants in masters programs.
5. To stimulate interest in masters programs at all levels of involvement — physical educators, clubs, organizations, recreation directors, communities, medical societies, and higher educational institutions.
6. To stimulate research in the physiology and psychology of masters participation at basic and clinical research levels, and further to investigate the benefits of continued exercise programs on aging processes, cardiopulmonary involvement, orthopedic problems, and other preventable debilitating processes.

B. GOALS OF MASTERS SWIMMING PROGRAMS:

1. To outline safe masters programs in swimming for individuals 25 years of age or over, taking cognizance of previous swimming prowess or participation, non-participation, gradual programming, physical condition, and "medical wellness" of proposed participants.
2. To propose proper swim training for older age groups.
3. To consider programs which will provide goals towards which older participants can work, and motivation for continuing exercise regimens in spite of the inconveniences and the stresses of adult life.
4. To set up proper age and ability groupings in the establishment of masters swimming programs, with well planned balancing of events, and limitation of duration and stresses of competitive programs with relation to these factors.
5. To promote adequate medical examination, and certification of participants for masters programs, and suggest minimal requirements (standardized or otherwise).
6. To seek assistance for research programs in the medical aspects of masters programs, and coordinate, if possible, present research programs in these areas.

C. RULES FOR MASTERS SWIMMING:

1. **Registration** — Masters competition is open to all registered athletes possessing a regular AAU card or a Masters AAU registration card. These cards are available from the AAU District Registration Chairman.
2. **Age Groups:**
 - a. *Group 1* — 25-34, 35-44, 45-54, 55 and older for individual events. Relays, 25 and over, 35 and over, 45 and over, and 55 and over.

b. *Group II* — 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-79, 80 and older for individual events. Relays, 25 and over, 35 and over, 45 and over, and 55 and over.

c. National Championship meets shall consist of the age groupings in Group II above.

3. **Eligibility** — The eligibility of a participant for a particular age group will be determined by his age as of the first day of the meet.

4. **Entry Fees** — Entry fees for Masters events shall not be more than \$2.00 per individual event and \$5.00 per relay event.

5. **Swimming Rules** — Articles I, II and III of the AAU Swimming Rules to govern all Masters competitions with the following exceptions:

a. Times shall not be subject to the provisions of **Article XII, B, 3, a, (3)** — as it concerns placement in such race.

b. Times may be submitted for **Masters** records only.

c. Breaststroke kick may be used when doing butterfly.

d. Age groups and sexes may be combined so that no swimmer has to swim alone and lanes may be filled.

e. The forward start may be taken from the starting block, the pool deck or a push from the wall.

f. Competitors shall be allowed to swim in only one freestyle relay, one medley relay and one mixed freestyle relay per meet.

g. All masters events shall be conducted on a timed final basis.

6. **Times** — The ten best times nationally in each division shall be published annually for the events listed under Section 7 below:

a. All times must be made in actual sanctioned AAU competitive meets (Senior events, Masters events, or sanctioned International competition).

b. Times are to be forwarded not later than September 15 of each year to the National Masters Chairman and the National Masters Archivist. Times to be submitted for national records are to be sent to the National Masters Archivist within 30 days from date accomplished.

c. Each Association is responsible for reporting the top ten times in each event made in its association area only, even though the times were made by swimmers from other Associations.

7. **Events** — The following events may be conducted for each age group:

Short Course (25 yards)

- 50-100-200-500-1650 yards Freestyle
- 50*-100-200 yards Backstroke
- 50*-100-200 yards Breaststroke
- 50-100-200* yards Butterfly
- 100-200-400* yards Individual Medley
- 200 yards Medley Relay
- 200 yards Freestyle Relay
- 200 yards Mixed Freestyle Relay (2 female and 2 male)

Long Course (50 meters)

- 50-100-200-400-1500 meters Freestyle
- 50*-100-200 meters Backstroke
- 50*-100-200 meters Breaststroke
- 50-100-200* meters Butterfly
- 200-400* meters Individual Medley
- 200 meters Medley Relay
- 200 meters Freestyle Relay
- 200 meters Mixed Freestyle Relay (2 female and 2 male)

Note: It is not necessary to conduct all of the above events in meets. However, each age division should include the shorter distances (freestyle, backstroke, breaststroke and butterfly event plus the individual medley and relays).

*These events are not included in the National Championships.

8. National Championship Meets:

a. National AAU Masters Swimming Championships shall be awarded in the following categories:

- (1) Men's & Women's Short Course Swimming Championships
- (2) Men's & Women's Long Course Swimming Championships

b. The Short Course meet shall be held between April 1 and May 30.

c. The Long Course meet shall be held between July 15 and September 15.

Note: Check National Senior LC dates and National Age Group-Junior Olympic dates for conflict.

d. The following rotation system shall be used when awarding the National Championships:

Year	Zone I (west)	Zone II (central)	Zone III (east)
1974	Long Course		Short Course
1975		Short Course	Long Course
1976	Short Course	Long Course	
1977	Long Course		Short course
1978		Short Course	Long Course

e. Competitors may swim in a maximum of 5 individual events in the National meet with a maximum of 3 individual events per day. Competitors shall be allowed to swim in only one freestyle relay, one medley relay, and one mixed freestyle relay per meet.

f. Entry fees for National Championship meets shall be \$2.00 for individual events and \$5.00 for relays. The entry fee shall remain the property of the National AAU. A \$10.00 per person surtax per swimmer may be charged (for national championship meets only). Five dollars of the fee shall be used by the meet sponsor to pay meet expenses, and at least \$5.00 shall be used to provide each contestant with a free banquet ticket for the Saturday evening banquet.

g. Three-Day program for championship meets — (Women's events shall precede Men's).

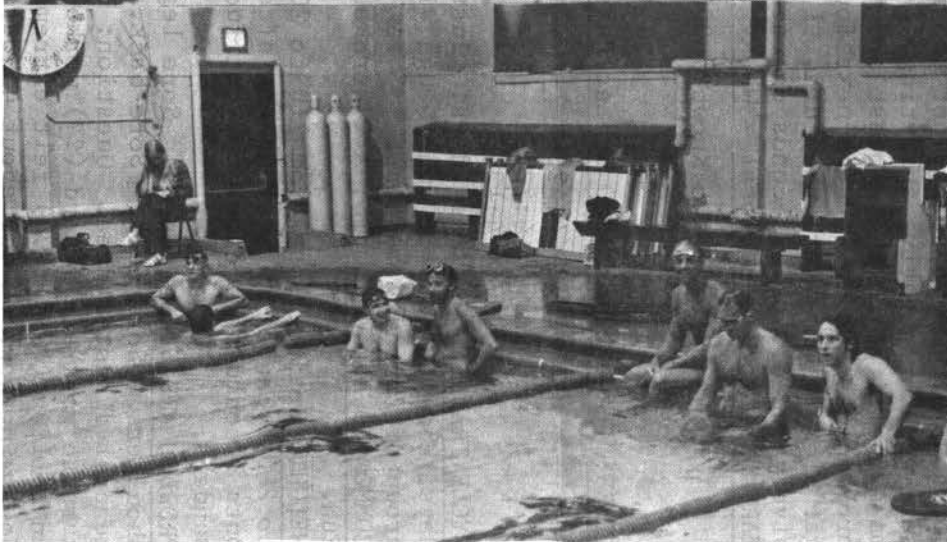
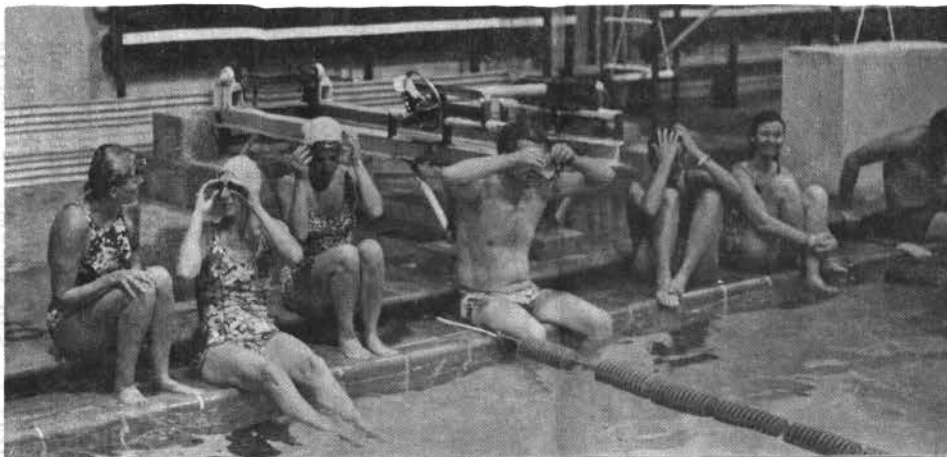
Short Course	Long Course
1st day	
1650 yd free	1500m free
200 yd free relay	200m free relay
2nd day	
100 yd free	100m free
200 yd back	200m back
50 yd fly	50m fly
100 yd breast	100m breast
200 yd free	200m free
200 yd IM	200m IM
200 yd medley relay	200m medley relay
200 yd mixed free relay	200m mixed free relay
3rd day	
100 yd back	100m back
50 yd free	50m free
200 yd breast	200m breast
100 yd fly	100m fly
100 yd IM	400m free
500 yd free	

h. Four-Day program for championship meets — (Women's events shall precede Men's)

FIRST DAY	SECOND DAY	THIRD DAY	FOURTH DAY
200 Back	200 I.M.	200 Free	1650/1500 Free
50 Free	50 Fly	100 Fly	
200 Breast	100 Breast	100 Back	
100 I.M.	500 Free	100 Free	
200 F.R.	200 M.R.	200 Mixed Relay	

9. **All-America Team** — An All-America team shall be selected each year. Any individual who has either won a total of four (4) events in the Short Course and/or Long Course National AAU Masters Swimming Championships or placed 1st in four (4) events in the National Ten Best Times List shall automatically qualify for the All-America Masters Swimming Team. At least one man and woman in each age group (Group II Age Groupings) shall be named to the Team. The Masters Swimming All-America Selection Sub-Committee shall select a person or persons so that every age group is represented and may name additional people to an age group with the automatic qualifiers should the circumstances warrant it. Certificates and/or patches shall be awarded to members of the All-America Team.

10. **Medical Examination** — Each competitor is strongly encouraged to have a complete medical evaluation before beginning Masters training. In addition, it is also recommended that each competitor have a physical check up immediately prior to Masters competition in order to insure his physical readiness for participation. Medical evaluation forms are available upon request by writing to the National AAU Aquatics Office.



DC MASTERS AND AAU CONVENTION GUESTS BY BOB HUSSON

1. Cindy Baxter (Palo Alto, CA), Carol Pence Taylor (Ballwin, MO), ?, Dale Petranech (DC), Anne Adams (Los Angeles, CA), Susi Shephard (DC).
2. Nancy Clark and June Krauser.
3. DC Masters and one Minnesota guest (David Beardsley).
4. DC Masters and Convention guests.
5. Party Time after workout.

HOW I TRAINED FOR THE 200 MTR BREAST IN 1974

FRED FARLEY, LAST PLACE FINISHER,
LONG COURSE 200 METER BREAST,
AGE GROUP 45-49
(APOLOGIES TO BILL WILLIAMS)

GOAL SETTING: I picked as my goal the ability to finish a 200 meter breaststroke race in 1974. I decided to try for an average of 10,000 yards a week, but after awhile, I found this impossible due to work and over exertion. I settled for about 6,000 yards per week. At all times I kept in mind that my competition was probably working much harder than I. What I had going for me was ...nothing. I was the chasor and everyone else was the chasee, looking back and laughing. Living and working at a lower altitude, I knew gave me a much lesser oxygen utilization when swimming in competition. In other words, I was really pooped when swimming.

WORKOUTS AND COACHING: I had two old dogs who worked me over all winter. I placed my trust in them; after all, who else would bother with another old dog like me. I guess they brought me along at the right pace anyway. I came in last. We worked all sets negative splitting. Of course, it took me two years to know what I was doing, not knowing what sets were or negative splitting. We would make the first 50 the slowest and my biggest problem was not to let the next four 50's get slower. However, they did. I progressively added 5 or 6 seconds on each 50.

YARDAGE:

Age	Year	Total	Wk.Avg.	Daily
44	1972	Who Knows?	6000?	1900?
45	1973	"	"	"
46	1974	"	"	"

TIMES:

Age	Year	200 Breast	Pulse Rt	am	pm
44	1972	4:42.6		Yes	Yes
45	1973	4:22.2		Yes	Yes
46	1974	4:13.3		Yes	Yes

CYCLE TRAINING: No easy days. Just hard days. Whew!! Lots of fun though with large group of friendly masters.

COMMON TO ALL WORKOUTS: All strokes. Pain. Fun.

WEIGHT: Gradual loss from 210 to 200 and back to 210 because I was so hungry after workouts I could have eaten two hot fudge nut sundaes.

PROBLEM AREAS: Sore arms. Sore legs. Sore shoulders. Sore neck. Sore back. I was a general disaster area. Question: How to return to work after hard (??) workout. Early in buildup (1973-1974) felt extreme fatigue following workout for about 4 hours. Later in 1974 was able to handle 1800 yard workout and still found no decrease in extreme fa-

tigue following workout for about 4 hours. After especially long days, 1900 yards, it usually took a week to recover. This coming year I expect to try for at least one 2100 yard day and several 2000 yard days. In all likelihood this year and the next might be the last two I can stand these heavy workouts. I think I will drop back to 1800-1900 yards a day three or four days a week for the rest of my life. Unfortunately, all the swimmers I swim against are big guns and my prospects of giving them a good race are negligible. However, someone has to enter the races and make them look good.

CLOSING COMMENT: If I didn't have fun with a glorious group of people (San Mateo Marlins), I wouldn't keep up this brutal swimming regime. If it ever comes to the point where I don't enjoy Masters swimming, the Hell with it.

EDITOR'S COMMENT: I enjoyed reading Bill Williams' article on training for the 1650 in last month's issue. And I equally enjoyed this article by Fred Farley! I only hope that everyone can read, enjoy and grasp the meaning of this article for this is what Masters Swimming is all about.



—Associated Press

'C-C-COOL MAN' could well be what physical culturist Jack LaLanne, left, is saying as he is helped from the water at San Francisco after swimming from Alcatraz Island. LaLanne, of Hollywood, Calif., turned 60 a week ago so he celebrated, a bit late, by negotiating the two miles of 58-degree water from Alcatraz to San Francisco's Aquatic Park in 87 minutes with hands and legs shackled and towing a 1,000-pound boat.

NATIONALS

LONG COURSE SWIMMING CHAMPIONSHIPS

Santa Clara, California
Sept. 6, 7, 8 1974

WOMEN 25-29

50 Meter Freestyle

C Morgan 26	CalT	2:29.70
A Grams 27	VanM	2:29.71
S Peterson 28	LBSC	3:30.23
N Williams 27	NAM	3:30.32
M Toppel 26	Rin	3:30.62
S Sargeant 27	SBAA	3:30.68
M Fenstermacher 27	LBSC	3:30.88
L Johnson 27	LBSC	3:31.42
J Burdick 27	Un	3:31.20
T Mejia 28	SM	3:32.00
K Ecker 27	AM	3:32.26
N Bellinger 28	NAC	3:32.35
C Skolnick 29	SMM	3:35.59
M Latham 26	CalT	3:34.73
C Scott 25	TAC	3:38.62
K Jacobs 25	MAC	3:39.27
G Clark 26	HM	4:40.17
L Riedel 26	CSC	4:43.18

100 Meter Freestyle

M Williams 27	NAM	1:06.08
A Grams 27	VanM	1:06.36
M Fenstermacher 27	LBSC	1:06.80
S Peterson 23	LBSC	1:07.02
J Burdick 27	Un	1:08.24
C Morgan 26	CalT	1:08.30
L Johnson 27	LBSC	1:09.32
S Sargeant 27	SBAA	1:09.52
T Mejia 28	SM	1:12.94
C Walters 29	DEN	1:13.48
K Ecker 27	AM	1:13.74
M Latham 26	CalT	1:19.57
C Scott 25	TAC	1:31.03
K Jacobs 25	MAC	1:31.36
I Riedel 26	CSC	1:32.47
S Colver 27	SMM	1:35.12

200 Meter Freestyle

M Brems 25	BSC	2:22.63
A Grams 27	VanM	2:27.25
K Duncan 27	LBSC	2:31.6
S Peterson 23	LBSC	2:33.38
S Schaffer 26	Ryall	2:42.66
K Ecker 27	AM	2:42.95
T Mejia 28	SM	2:45.81
P Deming 26	BOLY	2:54.70
N Stupka 27	Ryall	3:11.21
M Latham 26	CalT	3:14.15
S Colver 27	SMM	3:21.05

400 Meter Freestyle

M Brems 25	BSC	5:07.74
K Duncan 27	LBSC	5:18.04
L Johnson 27	LBSC	5:29.23
S Schaffer 26	Ryall	5:46.38
T Mejia 28	SM	5:43.67
J Reeder 26	Rin	5:52.35
C Walters 29	DEN	6:01.34
P Deming 26	BOLY	6:16.39
L Riedel 26	CSC	7:16.37

400 Meter Butterfly

M Brems 25	BSC	1:12.47
A Grams 27	VanM	1:13.35
S Sargeant 27	SBAA	1:13.62
E Rockholm 26	AM	1:14.50
C Walters 29	DEN	1:26.29
K King 26	SMM	1:35.63

200 Meter Individual Medley

M Brems 25	BSC	2:44.34
M Williams 27	MAM	2:49.16
M Fenstermacher 27	LBSC	2:49.63
L Johnson 27	LBSC	2:51.50
M Toppel 26	Rin	2:51.99
J Reeder 26	Rin	2:54.02
S Sargeant 27	SBAA	2:56.59
J Burdick 27	Un	2:58.72
E Rockholm 26	AM	2:59.16
P Deming 26	BOLY	3:10.47
N Bellinger 28	MAC	3:11.71
K King 26	SMM	3:26.99

50 Meter Freestyle

D Todd 30	Un	3:30.15
N Riddout 32	MAC	3:30.93
I David 30	Ryall	3:32.25
N Kirkendall 31	Un	3:32.50
C Jewell 32	Nima	3:35.65
J Knapp 30	DEA	3:34.74
S Brown 31	Un	3:37.17
C McDonald 31	MAC	3:37.66
R Riddell 33	FS	3:40.60
C Martin 32	CalT	4:03.31
S Lovotti 33	KK	4:45.65

100 Meter Freestyle

N Riddout 32	MAC	1:10.17
D Todd 30	Un	1:10.49
N Kirkendall 31	Un	1:12.39
I David 30	Ryall	1:16.47
S Shephard 30	DC	1:17.70
R Riddell 33	FS	1:19.34
N Childs 34	CalT	1:23.64
E Roepke 33	SM	1:25.52
C McDonalds 31	MAC	1:26.47
C Martin 32	CalT	1:29.87
J Estes 30	SMM	1:38.73

200 Meter Freestyle

N Riddout 32	MAC	2:37.83
S Royston 32	SMM	2:46.82
N Kirkendall 31	Un	2:48.81
R Riddell 33	FS	2:49.77
S Shephard 30	DC	2:54.81
C Martin 32	CalT	3:23.60
J Estes 30	SMM	3:42.04

400 Meter Freestyle

N Riddout 32	MAC	5:39.07
S Royston 32	SMM	5:57.61
S Antonchuk 30	SMM	6:03.62
R Riddell 33	FS	6:12.95
G Meehan 34	Rin	6:13.67
C Jewell 32	Nima	6:15.31
S Shephard 30	DC	6:16.18
I David 30	Ryall	6:30.13
C Martin 32	CalT	7:07.94
S Lovotti 33	KK	7:14.10
M Siddons 30	SMM	8:00.60

1500 Meter Freestyle

J Katz 31	Un	22:02.48
S Royston 32	SMM	23:38.27
C Jewell 32	Nima	23:58.79
S Antonchuk 30	SMM	24:06.42
G Meehan 34	Rin	24:39.47
S Shephard 30	DC	25:17.77
C Martin 32	CalT	28:40.20
S Lovotti 33	KK	29:23.88
L DeVictoria 32	SMM	30:15.67
S Brown 31	Un	30:32.38
M Siddons 30	SMM	31:19.70

100 Meter Backstroke

J Katz 31	Un	1:24.19
N Kirkendall 31	Un	1:27.24
M Bergeron 34	GOM	1:29.58
P Mills 32	Un	1:31.56
M Jaquith 33	Rin	1:32.65
S Royston 32	SMM	1:32.90
G Meehan 34	Rin	1:36.17
S Brown 31	Un	1:44.05
J Coble 32	Un	1:54.00

200 Meter Backstroke

J Katz 31	Un	2:57.02
N Kirkendall 31	Un	3:09.49
S Royston 32	SMM	3:17.62
M Jaquith 33	Rin	3:18.34
G Meehan 34	Rin	3:20.28
P Mills 32	Un	3:24.70
S Brown 31	Un	3:48.08
J Coble 32	Un	4:10.47
M Siddons 30	SMM	4:15.16
M Bergeron 34	GOM	Disq.

50 Meter Butterfly

I David 30	Ryall	1:32.83
D Todd 30	Un	1:33.10
N Riddout 32	MAC	1:34.46
C Jewell 32	Nima	1:37.28
C McDonald 31	MAC	1:39.94
M Jaquith 33	Un	1:44.42
L DeVictoria 32	SMM	1:45.40

100 Meter Butterfly

J Katz 31	Un	1:15.03
D Todd 30	Un	1:20.95
I David 30	Ryall	1:20.98
N Bergeron 34	GOM	1:24.66
N Childs 34	CalT	1:42.21
E Roepke 33	SMM	1:57.17
M Siddons 30	SMM	1:58.37
L DeVictoria 32	SMM	2:03.16

200 Meter Individual Medley

J Katz 31	Un	2:55.40
S Antonchuk 30	SMM	3:07.53
P Mills 32	Un	3:08.47
M Bergeron 34	GOM	3:08.63
G Meehan 34	Rin	3:11.53
N Childs 34	CalT	3:25.53
M Jaquith 33	Rin	3:30.02
E Roepke 33	SMM	3:41.60
M Siddons 30	SMM	4:05.53

50 Meter Freestyle

P Brosoo 38	SMM	1:31.81
J Thornburg 36	TGM	1:33.59
B Zaremski 37	KAN	1:33.81
E Anderson 36	HMSC	1:44.27
S Garratt 37	SM	1:55.26
J Washington 37	DAQ	1:56.37
G Bourreau 38	SH	1:59.75

100 Meter Freestyle

N O'Reilly 36	Un	3:38.60
G Marques 38	SMM	4:21.13
S Foster 36	SMM	4:51.16
N Zimmerman 38	SMM	4:55.50
B Murphy 38	MAC	4:56.68

200 Meter Freestyle

B Brosoo 38	SMM	1:10.65
J Thornburg 36	TGM	1:14.52
J Lakont 38	Cor	1:14.81
J Collins 35	Cor	1:18.02
E Anderson 36	IFU	1:18.72
B Zaremski 37	KAN	1:20.10
S Garratt 37	SM	1:20.41
D Pockham 39	Rin	1:21.60
J Hathaway 39	DAQ	1:24.17
J Washington 37	DAQ	1:28.31
S Riddle 35	Cor	1:27.58
T Seldon 38	SMM	1:29.33
G Bourreau 39	SH	1:29.33
D Tidmore 36	Un	1:30.00
M O'Reilly 36	Un	1:32.27
G Marques 38	SMM	1:37.17
M Zimmerman 38	SMM	1:51.85

400 Meter Freestyle

C Macpherson 36	Rin	2:37.76
J Lamott 38	Cor	2:49.48
J Thornburg 36	TGM	2:49.42
E Anderson 36	HMSC	3:00.99
B Zaremski 37	KAN	3:01.77
J Hathaway 39	Rin	3:05.31
S Garratt 37	SM	3:07.34
J Washington 37	DAQ	3:08.83
S Riddle 35	Cor	3:14.00
J Jeffers 37	Con	3:15.27
T Seldon 38	SMM	3:18.23
G Marques 38	SMM	3:27.05

1500 Meter Freestyle

C Macpherson 36	Rin	22:38.55
J Thornburg 36	TGM	24:45.84
B Zaremski 37	KAN	25:02.73
S Garratt 37	SM	25:43.31
J Washington 37	DAQ	26:00.96
E Anderson 36	HMSC	26:00.96
T Seldon 38	SMM	26:31.46
S Riddle 35	Cor	27:31.60

100 Meter Backstroke

B Brosoo 38	SMM	1:24.01
B Jordan 37	Rin	1:27.55
B Gabriel 35	Ryall	1:27.56
C Wilson 39	Un	1:36.60
S Garratt 37	SM	1:41.45
B Hinshaw 37	DEA	1:43.03
J Jeffers 37	Con	1:43.12
G Bourreau 39	SH	2:12.81

200 Meter Backstroke

E Lambert 36	CHI	1:33.75
M Connolly 36	SMM	1:36.30
D Tidmore 36	Cor	2:05.99

50 Meter Freestyle

B Brosoo 38	SMM	1:31.81
J Thornburg 36	TGM	1:33.59
B Zaremski 37	KAN	1:33.81
E Anderson 36	HMSC	1:44.27
S Garratt 37	SM	1:55.26
J Washington 37	DAQ	1:56.37
G Bourreau 38	SH	1:59.75

100 Meter Freestyle

N O'Reilly 36	Un	3:38.60
G Marques 38	SMM	4:21.13
S Foster 36	SMM	4:51.16
N Zimmerman 38	SMM	4:55.50
B Murphy 38	MAC	4:56.68

200 Meter Freestyle

B Brosoo 38	SMM	1:10.65
J Thornburg 36	TGM	1:14.52
J Lakont 38	Cor	1:14.81
J Collins 35	Cor	1:18.02
E Anderson 36	IFU	1:18.72
B Zaremski 37	KAN	1:20.10
S Garratt 37	SM	1:20.41
D Pockham 39	Rin	1:21.60
J Hathaway 39	DAQ	1:24.17
J Washington 37	DAQ	1:28.31
S Riddle 35	Cor	1:27.58
T Seldon 38	SMM	1:29.33
G Bourreau 39	SH	1:29.33
D Tidmore 36	Un	1:30.00
M O'Reilly 36	Un	1:32.27
G Marques 38	SMM	1:37.17
M Zimmerman 38	SMM	1:51.85

400 Meter Freestyle

C Macpherson 36	Rin	2:37.76
J Lamott 38	Cor	2:49.48
J Thornburg 36	TGM	2:49.42
E Anderson 36	HMSC	3:00.99
B Zaremski 37	KAN	3:01.77
J Hathaway 39	Rin	3:05.31
S Garratt 37	SM	3:07.34
J Washington 37	DAQ	3:08.83
S Riddle 35	Cor	3:14.00
J Jeffers 37	Con	3:15.27
T Seldon 38	SMM	3:18.23
G Marques 38	SMM	3:27.05

1500 Meter Freestyle

C Macpherson 36	Rin	22:38.55
J Thornburg 36	TGM	24:45.84
B Zaremski 37	KAN	25:02.73
S Garratt 37	SM	25:43.31
J Washington 37	DAQ	26:00.96
E Anderson 36	HMSC	26:00.96
T Seldon 38	SMM	26:31.46
S Riddle 35	Cor	27:31.60

100 Meter Backstroke

B Brosoo 38	SMM	1:24.01
B Jordan 37	Rin	1:27.55
B Gabriel 35	Ryall	1:27.56
C Wilson 39	Un	1:36.60
S Garratt 37	SM	1:41.45
B Hinshaw 37	DEA	1:43.03
J Jeffers 37	Con	1:43.12
G Bourreau 39	SH	2:12.81

200 Meter Backstroke

E Lambert 36	CHI	1:33.75
M Connolly 36	SMM	1:36.30
D Tidmore 36	Cor	2:05.99

50 Meter Freestyle

Relays MIXED

25+ 200 M. Freestyle Relay Mixed
Rinconada Masters A 1:52.35
Long Beach Swim Club 1:52.64
Cal Tech 1:54.19
San Mateo Marin Masters A 1:56.87
Marin Aquatic Club A 1:56.97
Arizona Masters 2:01.86
San Mateo Marin Masters B 2:07.45
DeAnza A 2:05.89
San Mateo Marin Masters C 2:06.02
Rinconada Masters B 2:08.72
Marin Aquatic Club B 2:10.25
Rinconada Masters C 2:11.63
San Mateo Marin Masters A 2:04.62
Rinconada Masters A 2:05.41
San Mateo Marin Masters B 2:10.10
Rinconada Masters B 2:10.18
Connecticut Masters 2:10.30
San Mateo Marin Masters C 2:25.15
Rinconada Masters C 2:16.00
Cal Tech Disq

Relays- MEN

25+ 200 M. Freestyle Relay
Cal Tech A 1:40.61
Rinconada Masters A 1:42.61
San Mateo Marin Masters A 1:45.29
Marin Aquatic Club 1:46.34
Rinconada Masters B 1:46.60
Rinconada Masters C 1:50.02
Arizona Masters 2:04.91
Cal Tech B 2:05.30
Rinconada Masters D 2:05.53
35+ 200 M. Freestyle Relay
Cal Tech A 1:47.35
Cal Tech B 1:51.30
The Olympic Club 1:51.58
Rinconada Masters A 1:55.70
San Mateo Marin Masters 1:59.94
Coronado Masters Assoc. A 1:59.42
Rinconada Masters B 2:04.39
D.C. Masters 2:07.00
Cal Tech C 2:14.68
45+ 200 M. Freestyle Relay
San Mateo Marin Masters A 1:56.50

50 Meter Freestyle
B Boyer 29 CalT :25.01
K Hammer 29 Rin :25.82
K. Krueger 28 CalT :26.25
M. Garibaldi 28 SMM :26.31
D Oliver 27 Rin :26.41
G Langendoen 29 CalT :26.52
T Heller 28 UN :26.64
D Schmidt 28 LA :26.73
D Knott 28 Rin :26.81
C Emmett 26 SMM :27.13
G Jacobs 26 MAC :27.40
B Pughe 26 MAC :28.05
J Allen 25 SMM :28.20
E Rudloff Jr. 27 SMM :28.46
G Higgins 26 Rin :28.54
S Hatch 26 NCA :28.64
T Hill 26 SMS :28.92
J Kelly 27 AH :29.92
D Matheson 29 DAU :30.55
S Whiting 28 AH :30.92
R Hall 27 AY :32.98

100 Meter Freestyle
M Garibaldi 28 SMM :57.78
D Curtis 26 TGM :58.36
K Hammer 29 Rin :58.64
E Duncan 29 LBSC :59.26
G Langendoen 29 CalT :59.27
B Boyer 29 CalT :59.35
L Guy 25 Rin :59.82
D Gray 28 SMM :59.90
T Heller 28 UN :1:00.14
G Thompson 28 SMM :1:00.31
J Wilson 25 HSC :1:01.49
D Knott 28 Rin :1:01.94
G Jacobs 26 MAC :1:02.49
D Davies 29 SBAA :1:02.91
D McGowan 28 DEB :1:04.28
M Hoppin 27 DEB :1:04.87
C Emmett 26 SMM :1:06.05
B Newman 25 Rin :1:06.72
T Hill 26 SMS :1:08.36
D Matheson 24 DAU :1:09.57
R Hall 27 AY :1:15.92

25+ 200 M. Medley Relay
Rinconada Masters A 1:55.80
Cal Tech A 1:57.00
Rinconada Masters B 2:02.20
San Mateo Marin Masters A 2:04.02
Santa Clara Swim Club 2:04.50
Santa Barbara Aquatic Assoc. 2:06.70
Marin Aquatic Club 2:07.50
San Mateo Marin Masters B 2:07.69
Arizona Masters 2:17.24
Cal Tech B 2:48.48
Rinconada Masters C Disq
35+ 200 M. Medley Relay
Cal Tech A 2:06.37
Cal Tech B 2:11.30
The Olympic Club 2:14.83
Rinconada Masters A 2:15.73
D.C. Masters 2:17.31
San Mateo Marin Masters A 2:17.40
DeAnza A 2:24.30
San Mateo Marin Masters B 2:30.57
Cal Tech C 2:32.57
Rinconada Masters B 2:33.61
45+ 200 M. Medley Relay (men)
San Mateo Marin Masters A 2:17.45
San Mateo Marin Masters B 2:23.03
Cal Tech A 2:23.40
Rinconada Masters A 2:24.56
New England Masters 2:31.15
San Mateo Marin Masters C 2:37.46
Rinconada Masters B 2:45.50
San Mateo Marin Masters D 2:51.83
San Mateo Marin Masters E 3:04.72

50 Meter Freestyle
B Boyer 29 CalT :25.01
K Hammer 29 Rin :25.82
K. Krueger 28 CalT :26.25
M. Garibaldi 28 SMM :26.31
D Oliver 27 Rin :26.41
G Langendoen 29 CalT :26.52
T Heller 28 UN :26.64
D Schmidt 28 LA :26.73
D Knott 28 Rin :26.81
C Emmett 26 SMM :27.13
G Jacobs 26 MAC :27.40
B Pughe 26 MAC :28.05
J Allen 25 SMM :28.20
E Rudloff Jr. 27 SMM :28.46
G Higgins 26 Rin :28.54
S Hatch 26 NCA :28.64
T Hill 26 SMS :28.92
J Kelly 27 AH :29.92
D Matheson 29 DAU :30.55
S Whiting 28 AH :30.92
R Hall 27 AY :32.98

100 Meter Freestyle
M Garibaldi 28 SMM :57.78
D Curtis 26 TGM :58.36
K Hammer 29 Rin :58.64
E Duncan 29 LBSC :59.26
G Langendoen 29 CalT :59.27
B Boyer 29 CalT :59.35
L Guy 25 Rin :59.82
D Gray 28 SMM :59.90
T Heller 28 UN :1:00.14
G Thompson 28 SMM :1:00.31
J Wilson 25 HSC :1:01.49
D Knott 28 Rin :1:01.94
G Jacobs 26 MAC :1:02.49
D Davies 29 SBAA :1:02.91
D McGowan 28 DEB :1:04.28
M Hoppin 27 DEB :1:04.87
C Emmett 26 SMM :1:06.05
B Newman 25 Rin :1:06.72
T Hill 26 SMS :1:08.36
D Matheson 24 DAU :1:09.57
R Hall 27 AY :1:15.92

200 Meter Freestyle
M Garibaldi 28 SMM 2:07.25
D Curtis 26 TGM 2:08.24
E Duncan 29 LBSC 2:12.74
L Guy 25 Rin 2:14.72
D Gray 28 SMM 2:14.74
J Wilson 25 HSC 2:16.29
G Davies 29 SBAA 2:16.24
L Faust 28 OC 2:18.48
J Allen 25 SMM 2:22.63
D Matheson 29 DAU 2:38.92
R Hall 27 AY 2:49.09
G Whiting 28 AH 2:55.82

400 Meter Freestyle
D Curtis 26 TGM 4:32.56
M Garibaldi 28 SMM 4:33.21
M Garibaldi 25 UN 4:35.82
W Damm 28 CalT 4:43.45
E Duncan 29 LBSC 4:52.25
J Wilson 25 HSC 4:53.90
G Davies 29 SBAA 4:57.37
D Gray 28 SMM 4:58.58
R Cumming 27 MAC 5:28.69
D Matheson 29 DAU 5:48.14
G Whiting 28 AH 6:35.10

1500 Meter Freestyle
A Shestakov 25 UN 18:29.00
D Curtis 26 TGM 18:40.69
M Garibaldi 28 SMM 18:41.20
W Damm 28 CalT 18:49.82
J Wilson 25 HSC 19:12.90
E Duncan 29 LBSC 19:47.40
G Davies 29 SBAA 20:23.35
D Oliver 27 Rin 21:18.32
R Cumming 27 MAC 21:16.37
G Whiting 28 AH 22:17.60

100 Meter Backstroke
A Shestakov 25 UN 1:06.68
T Birnie 28 SMM 1:07.48
K Krueger 28 CalT 1:08.29
J Malley 28 Rin 1:08.63
M Bryant 27 AY 1:12.46
J Allen 25 SMM 1:13.49
T El ridge 29 Rin 1:15.24
K McCrery 29 Rin 1:16.31
R Cumming 27 MAC 1:18.42
M Hoppin 27 DEB 1:22.07
R Hall 27 AY 1:39.31

200 Meter Backstroke
A Shestakov 25 UN 2:26.88
J Malley 28 Rin 2:30.33
T Bernie 28 SMM 2:34.47
K Krueger 28 CalT 2:35.47
J Allen 25 SMM 2:40.11
M Bryant 27 AY 2:40.93
R Cumming 27 MAC 2:49.55
T Elridge 29 Rin 2:50.94

100 Meter Breaststroke
M Cohen 28 MAM 1:12.81
J Faunce 25 Rin 1:13.47
R Hussion 29 DC 1:16.85
G Jacobs 26 MAC 1:17.63
M Hoppin 27 DEB 1:18.08
J Keyser 27 AM 1:20.29
T Smith 26 UN 1:21.29
R Hoffman 29 DC 1:22.26
B Pughe 26 MAC 1:23.92
J Kelly 27 AH 1:24.03
H Stefanko 26 UN 1:25.16
B Newman 25 Rin 1:27.12
C Yeager 25 SV 1:27.16
P Waddell 26 DEB 1:31.84

200 Meter Breaststroke
M Cohen 28 MAM 2:44.41
J Faunce 25 Rin 2:47.00
R Hussion 29 DC 2:48.47
P Watta 27 JEA 2:54.91
G Jacobs 26 MAC 2:58.11
J Keyser 27 AM 3:04.60
J Kelly 27 AH 3:05.90
M Stefanko 26 UN 3:16.20
J P Waddell 26 DEB 3:30.84

50 Meter Fly
D Oliver 27 Rin :28.04
G Langendoen 29 CalT :28.04
K Hammer 29 Rin :28.26
B Boyer 29 CalT :28.45
T Elridge 29 Rin :29.19
D McGowan 28 SBAA :29.63
G Thompson 28 SMM :29.63
C Emmott 26 SMM :30.17
E Rudloff Jr 27 SMM :30.70
S Hatch 26 NCA :30.77
G Higgins 26 Rin :30.84
C Yeager 25 AV :31.27
J Keyser 27 AM :31.61
J Kelly 27 AH :31.84
G Whiting 28 AH :40.42

100 Meter Fly
G Langendoen 29 CalT 1:00.84
D Oliver 27 Rin 1:03.77
K Hammer 28 Rin 1:04.42
K Krueger 28 CalT 1:04.78
J Malley 28 Rin 1:05.28
E Duncan 29 LBSC 1:07.33
T Elridge 29 Rin 1:08.45
M Bryant 27 AY 1:08.58
C Yeager 25 SV 1:10.76
E Rudloff Jr 27 SMM 1:10.79
K McCrery 29 Rin 1:13.03

200 Meter I.M.
A Shestakov 25 UN 2:24.81
J Faunce 25 Rin 2:28.31
G Langendoen 29 CalT 2:32.85
G Davies 29 SBAA 2:33.25
J Malley 28 Rin 2:35.16
P Watts 27 DEB 2:35.86
M Bryant 27 AY 2:36.37
L McGowan 28 SBAA 2:39.15
J Wilson 25 HSC 2:39.53
G Jacobs 26 MAC 2:44.97
M Hoppin 27 DEB 2:47.37
C Yeager 25 SV 2:51.52
B Newman 25 Rin 2:53.10
H Stefanko 26 UN 2:57.51

MEM* 30-39
S Clark 31 MAC :25.48
T Barton 32 UN :26.08
K Von Tegen 30 USMC :26.10
B Clark 32 HM :26.49
J McGrath 31 CalT :26.91
D Corbet 32 Rin :27.30
D Frank 30 LBSC :27.62
R Cumming 27 MAC :28.38
B Swain 30 CalT :28.41
B Kishi 33 SMM :30.30
D Jones 31 SMM :30.31
D Reitman 33 BHV :31.04
M Palmer 33 BHV :31.04

100 Meter Freestyle
T Barton 32 UN :56.25
S Clark 31 MAC :56.86
J McGrath 31 CalT :57.85
G Hill Jr. 30 CalT :58.28
K Von Tegen 30 USMC :58.56
B Clark 32 HM :1:00.63
D Corbet 32 Rin :1:02.58
C Rogers 32 DEB :1:02.70
B Swain 30 Rin :1:03.31
D Reitman 33 MAC :1:07.96
D Jones 31 SMM :1:08.96
M Palmer 33 BHV :1:09.84
R Mitchell 31 Rin :1:10.94

200 Meter Freestyle
G Hill Jr 30 CalT 2:07.01
T Barton 32 UN 2:09.27
J McGrath 31 CalT 2:11.92
K Von Tegen 30 USMC 2:17.29
C Rogers 32 DEB 2:23.57
J Bushman 32 SBAA 2:27.88
T Crocker 31 SDC 2:32.74
C Maunz 34 SBAA 2:36.55
M Palmer 33 BHV 2:41.33
T Barton 32 UN 2:46.44

400 Meter Freestyle
G Hill Jr 30 CalT 4:37.60
G Warren 30 Tac 4:47.79
A Cartwright 32 Rin 5:05.50
S Engel 31 AY 5:07.35
C Rogers 32 DEB 5:12.43
C Maunz 34 SBAA 5:31.70
J Rangeley 33 SMS 5:35.54

1500 Meter Freestyle
G Warren 30 Tac 18:49.21
C Rogers 32 DEB 21:47.29
M Boyers 30 UN 24:13.04
100 Meter Backstroke
R Kendrick 30 Rin 1:10.94
D Frank 30 LBSC 1:12.54
A Cartwright 32 Rin 1:13.56
J Sobel 30 Rin 1:16.82
J Bushman 32 SBAA 1:24.88

200 Meter Backstroke
R Kendrick 30 Rin 2:39.13
A Cartwright 32 Rin 2:39.87
D Frank 30 LBSC 2:43.34
B Sobel 30 Rin 2:46.02
J Bushman 32 SBAA 2:59.04
M Boyers 30 UN 3:02.10

100 Meter Breaststroke
T Canlis 30 LW 1:11.75
P Hait 34 SCSC 1:16.34
G Warren 30 Tac 1:17.72
R Kendrick 30 Rin 1:18.90
C Maunz 34 SBAA 1:19.81
D Frank 30 LBSC 1:20.52
S Engel 31 AY 1:21.68
G Koch 33 DEB 1:23.36
D Reitman 33 Rin 1:23.57
T Crocker 31 SDC 1:24.74
D Jones 31 SMM 1:28.59
B Fischer 32 UN 1:28.74
B Foehr 32 OC 1:29.43

200 Meter Breaststroke
T Canlis 30 LW 2:40.78
G Warren 30 Tac 2:48.95
R Kendrick 30 Rin 2:49.53
S Engel 31 AY 2:54.34
C Maunz 34 SBAA 3:00.97
G Koch 33 DEB 3:07.85
D Jones 31 SMM 3:10.19
T Crocker 31 SDC 3:11.38
B Fischer 32 UN 3:17.69
J Bushman 32 SBAA 3:19.10

100 Meter Fly				100 Meter Fly				100 Meter Fly				100 Meter Fly			
J McGrath 31	CalT	1:01.56		B Kanner 35	CalT	1:03.67		T Osborne 41	Rin	1:40.70		E G Jones 49	SMM	3:28.71	
A Cartwright 32	Rin	1:05.35		G Worthington 37	Cor	1:06.99		R Frenzel 43	UN	1:41.79		J Killeen 49	SMM	3:37.41	
J Rangeley 33	SMS	1:06.00		B Fassbender 37	Rin	1:21.38		200 Meter Backstroke				400 Meter Freestyle			
S Engel 31	AY	1:11.15		A Kleban 37	NSY	1:23.32		U McConnell 42	HD	2:48.79		C Yates 47	Rin	5:00.99	
D Orbet 32	Rin	1:11.19		H Lenartz 39	DEA	1:26.73		U Burnside 42	UC	2:50.20		U Draves 48	KC	5:27.26	
B Clark 32	DM	1:12.28		J Petranec 39	DC	1:29.26		S Monsein 40	UC	2:51.53		J Marcus 49	CalT	5:48.68	
G Koch 33	DEA	1:20.33		U Schipper 38	SMM	1:39.03		B Belshe 40	HB	2:59.36		R Cunningham 46	SMM	5:54.16	
200 Meter I.H.				200 Meter I.H.				200 Meter I.H.				200 Meter I.H.			
G Warren 30	Tac	2:28.43		T Macedo 35	Rin	2:42.38		F Sulzbach 40	SMM	3:05.84		A Groh 47	Rin	5:54.50	
R Kendrick 30	Rin	2:30.83		H Roberts 35	CalT	2:42.53		J Reynolds 42	SoCal	3:09.10		L Silverstein 48	YSC	6:19.30	
A Cartwright 32	Rin	2:35.59		G Worthington 37	Cor	2:48.62		P Hathaway 43	Rin	3:10.72		E Kerswill 48	Rin	6:23.70	
S Engel 31	AY	2:38.52		A Kleban 37	NSY	2:50.29		K Dawson 43	NYAC	3:29.21		D Sutton 47	SACY	6:28.71	
T Canlis 30	LW	2:43.68		W Parks 38	UN	2:56.12		G Brunstad 40	ConnT	3:29.69		L Lewis 45	SMM	6:30.65	
A Sobel 30	Rin	2:46.13		A Stevens 36	BULY	3:01.21		100 Meter Breaststroke				1500 Meter Freestyle			
J Bushman 32	SUAA	2:49.09		J Bohan 38	SMM	3:03.94		R Taylor 41	SY	1:32.51		C Yates 47	Rin	20:10.81	
D Jones 31	SMM	2:59.45		U Petranec 39	UC	3:16.28		A Jones 43	UN	1:25.30		F Blair 48	SMM	23:27.90	
B Foehr 32	OC	2:59.83		J Schipper 38	SMM	3:27.75		N Lupavolo 40	MV	1:25.46		R Cunningham 46	SMM	24:05.70	
B Fischer 32	UN	3:00.35		T Tisch 35	Rin	Disq		U Rosenthal 42	CalT	1:26.05		N Frieze 46	RH	24:23.10	
M Palmer 33	BHY	3:01.03		MEN 40-44				G Connelly 44	SMM	1:27.83		L Silverstein 48	YSC	25:07.16	
M Finley 34	CON	3:09.61		50 Meter Freestyle				U Gruender 44	AM	1:28.54		E G Jones 49	SMM	29:42.53	
MEN 35-39				50 Meter Freestyle				A Gilbert 41	CalT	1:28.89		F Farley, Sr 46	SMM	31:43.70	
50 Meter Freestyle				D Hill 42	OC	:26.49		W Thornburg 41	SACY	1:30.58		100 Meter Backstroke			
H Roberts 35	CalT	:27.33		S Gideonse 40	CalT	:27.00		H Fallant 40	MAC	1:31.64		U Draves 48	KC	1:15.93	
W Van Horn 35	DC	:27.35		U Rosenthal 42	CalT	:27.41		B Schumacher 44	SDC	1:31.76		J Prata 46	SMM	1:16.19	
B Earley 37	COR	:27.70		R Smith 41	GKCM	:27.78		T Osborne 41	Rin	1:40.28		P Hutinger 49	WIM	1:16.55	
W McMaster 35	CalT	:28.10		B Burnside 42	CalT	:28.23		E Mann 44	DC	1:41.55		H Knowlton 45	UN	1:19.96	
F Parrish 38	Rin	:28.23		B Sturtevant 40	CalT	:28.33		R Cannon 44	RSC	1:43.06		D Stupfel 46	SMM	1:21.83	
E Minshaw 37	DLA	:28.44		R Begg 40	DEA	:28.58		B Gogin 44	OC	1:47.19		A Groh 47	Rin	1:25.24	
R Foster 36	Rin	:28.57		N Palmer 44	CalT	:28.74		F Schenstrom 43	DEA	1:54.99		T Willson 47	SMM	1:25.28	
A Snider 37	CPS	:28.84		J Sulzbach 40	SMM	:29.68		200 Meter Breaststroke				J Cunningham 45	CalT	1:26.04	
G Worthington 37	Cor	:29.27		B Jimenez 43	SMM	:29.87		N Lupavolo 40	MV	2:59.67		C Mark 46	DC	1:29.84	
J O'Reilly 39	UN	:29.57		D Steinele 42	Rin	:30.46		R Taylor 41	SY	3:05.80		J Forbes 48	BPSC	1:40.88	
D Wudike 39	SMM	:30.30		F Brown 41	CalT	:30.69		W Davis 40	CalT	3:13.12		J Killeen 49	SMM	1:49.10	
R Willis 39	SMM	:30.53		D Rice 42	OC	:30.77		A Gilbert 41	CalT	3:13.30		200 Meter Backstroke			
J Schipper 38	SMM	:31.07		S Monsein 40	DC	:31.23		D Gruender 44	AM	3:17.72		U Draves 48	KC	2:45.64	
H Pelloux 39	Cor	:32.80		L Mann 44	DC	:31.64		G Connelly 44	SMM	3:18.09		P Hutinger 49	WIM	2:47.54	
R Meehan 35	Rin	:34.13		E Kirk 44	CSSC	:32.40		W Thornburg 41	SACY	3:22.17		J Prata 46	SMM	2:48.92	
100 Meter Freestyle				K Dawson 43	NYAC	:32.76		H Fallant 40	MAC	3:26.45		H Knowlton 45	UN	2:59.24	
B Kanner 35	CalT	:58.90		R Cannon 44	RSC	:33.01		E Mann 44	DC	3:36.65		D Stupfel 46	SMM	3:03.49	
E Minshaw 37	DLA	1:01.42		W Hoffman 41	Rin	:33.11		G Brunstad 40	ConnM	3:44.33		J Cunningham 45	CalT	3:05.94	
H Roberts 35	CalT	1:02.55		F Schenstrom 43	DEA	:34.98		B Gogin 44	OC	4:01.90		J Marcus 49	CalT	3:06.76	
J O'Reilly 39	UN	1:02.60		R Frenzel 43	UN	:37.53		50 Meter Fly				A Groh 47	Rin	3:06.77	
R Foster 36	Rin	1:04.70		100 Meter Freestyle				S Gideonse 40	CalT	:30.23		M Coughlin 46	DC	3:09.94	
A Snider 37	CPS	1:04.81		B Jones 41	SMS	:58.91		A Jones 43	UN	:30.28		F Blair 48	SMM	3:20.53	
B Van Horn 35	DC	1:07.75		D Rosenthal 42	CalT	1:02.19		R Begg 40	DEA	:31.20		J Killeen 49	SMM	4:07.08	
R Meehan 35	Rin	1:17.30		B Sturtevant 40	CalT	1:04.03		S McConnell 42	HB	:32.63		F Farley Sr 46	SMM	4:11.41	
D Petranec 39	DC	1:23.60		R Smith 41	GKCM	1:04.54		A Welch 41	LBSC	:33.10		100 Meter Breaststroke			
J Collins 37	Cor	1:45.24		R Begg 40	DEA	1:04.82		A Gilbert 41	CalT	:33.59		T Haartz 46	NEM	1:25.14	
200 Meter Freestyle				S Gideonse 40	CalT	1:05.69		W Thornburg 41	SACY	:33.67		B Weber 47	CSC	1:26.37	
B Kanner 35	CalT	2:08.57		N Palmer 44	CalT	1:06.44		F Reynolds 42	SoCal	:34.16		J Marcus 49	CalT	1:30.23	
E Minshaw 37	DEA	2:18.39		D Rice 42	OC	1:08.83		R Cannon 44	RSC	:39.52		J Forbes 48	BPSC	1:30.49	
J O'Reilly 39	UN	2:21.19		F Brown 41	CalT	1:10.62		J Sulzbach 40	SMM	Disqu.		M Coughlin 46	DC	1:30.89	
J duPont 35	SCSC	2:23.23		E Mann 44	UC	1:12.25		100 Meter Fly				L Larimore 47	NFA	1:31.16	
A Snider 37	CPS	2:34.92		J Vickers 43	Cor	1:13.98		S Gideonse 40	CalT	1:15.37		J Cunningham 45	CalT	1:32.64	
B Fassbender 37	Rin	2:37.86		L Kirk 44	CSSC	1:16.04		A Gilbert 41	CalT	1:16.66		R Arthur 48	UN	1:32.64	
R Willis 39	SMM	2:51.55		W Hoffman 41	AM	1:18.25		A Welch 41	LBSC	1:16.74		R Cunningham 46	SMM	1:33.20	
R Meehan 35	Rin	3:36.04		D Gruender 44	Rin	1:18.80		W Thornburg 41	SACY	1:19.70		J Wakabayashi 46	Rin	1:35.54	
400 Meter Freestyle				T Thomas 40	DEA	1:22.19		S McConnell 42	HB	1:20.83		E Kerswill 48	Rin	1:36.66	
B Kanner 35	CalT	4:33.14		F Schenstrom 43	DEA	1:23.62		R Begg 40	DEA	Not finish		C Lashovich 47	SMM	1:41.67	
E Minshaw 37	DEA	5:00.41		T Osborne 41	Rin	1:26.01		200 Meter I.H.				L Sutton 47	SACY	1:44.59	
J duPont 35	SCSC	5:01.83		200 Meter Freestyle				B Jones 41	SMS	2:29.70		K Osborn 47	Rin	2:38.11	
J O'Reilly 39	UN	5:02.12		B Jones 41	SMS	2:09.08		B Belshe 40	HB	2:49.49		200 Meter Breaststroke			
B Fassbender 37	Rin	5:40.14		B Sturtevant 40	CalT	2:21.55		S McConnell 42	HB	2:51.43		T Haartz 46	NEM	3:09.10	
A Snider 37	CPS	5:43.52		R Smith 41	GKCM	2:26.29		A Jones 43	UN	2:54.05		B Weber 47	CSC	3:10.53	
R Foster 36	Rin	5:43.90		D Rice 42	OC	2:34.41		B Schumacher 44	SDC	3:12.29		M Coughlin 46	DC	3:18.08	
A Stevens 36	BULY	5:57.12		N Palmer 44	CalT	2:39.24		W Thornburg 41	SACY	3:14.45		R Arthur 48	UN	3:20.43	
D Petranec 39	UC	6:18.13		B Jimenez 43	SMM	2:40.83		S Monsein 40	DC	3:20.28		J Cunningham 45	CalT	3:20.46	
1500 Meter Freestyle				U Schumacher 44	SDC	2:47.20		G Brunstad 40	ConnM	3:27.21		L Larimore 47	NFA	3:20.76	
B Kanner 35	CalT	10:54.26		E Mann 44	DC	2:49.62		K Dawson 43	NYAC	3:32.30		P Cunningham 46	SMM	3:23.90	
J O'Reilly 39	UN	20:18.70		F Brown 41	CalT	2:51.77		R Roche 41	OC	3:39.57		J Marcus 49	CalT	3:24.30	
J duPont 35	SCSC	20:23.55		K Dawson 43	NYAC	2:58.11		MEN 45-49				J Forbes 48	BPSC	3:24.55	
K Martin 37	SBAA	22:37.32		E Vickers 43	Cor	2:58.46		50 Meter Freestyle				J Wakabayashi 46	Rin	3:30.04	
A Snider 37	Rin	23:18.41		E Kirk 44	CSSC	3:02.17		T Willson 47	SMM	:29.21		E Kerswill 48	Rin	3:37.65	
A Stevens 36	BULY	25:05.59		T Thomas 40	DEA	3:10.35		R Heritier 46	DLT	:29.24		H Knowlton 45	UN	3:38.20	
D Petranec 39	UC	24:54.05		T Osborne 41	Rin	3:27.54		E Emes 45	UC	:29.28		F Farley Sr 46	SMM	4:13.26	
100 Meter Backstroke				T Osborne 41	Rin	3:27.54		J Rodder 46	Rin	:29.37		50 Meter Fly			
T Macedo 37	Rin	1:10.43		400 Meter Freestyle				C Yates 47	Rin	:29.67		E Emes Jr. 45	DC	:30.50	
B Earley 37	Cor	1:13.91		B Jones 41	SMS	4:38.82		J Prata 46	SMM	:30.03		P Hutinger 49	WIM	:32.68	
A Kleban 37	NSY	1:14.00		B Sturtevant 40	CalT	4:59.60		T Haartz 46	NEM	:30.14		B Weber 47	DC	:33.57	
W McMaster 35	CalT	1:15.10		R Smith 41	GKCM	5:18.32		L Larimore 47	NFA	:30.23		U Draves 48	KC	:33.86	
A Stevens 36	BULY	1:18.54		D Rice 42	OC	5:29.53		D Sutton 47	SACY	:31.04		D Lonski 45	SMM	:34.01	
J Bohan 38	SMM	1:20.69		A Gilbert 41	CalT	5:41.24		J Woods 47	Rin	:31.92		D Stupfel 46	SMM	:36.12	
W Parks 38	UN	1:21.00		A Welch 41	LBSC	5:45.80		R Anderson 46	Rin	:32.27		N Frieze 46	RH	:37.88	
R Willis 39	SMM	1:24.57		N Palmer 44	CalT	5:53.42		N Frieze 46	RH	:33.51		L Sutton 47	SMM	:36.51	
200 Meter Backstroke				B Jimenez 43	SMM	5:56.40		J Bell 48	MAC	:34.30		J Cunningham 46	SMM	:39.86	
T Macedo 37	Rin	2:35.48		E Mann 44	DC	6:13.66		J Killeen 49	SMM	:38.27		L Wallace 46	SMM	:42.30	
W McMaster 35	CalT	2:43.64		F Brown 41	CalT	6:13.74		E G Jones 49	SMM	:39.46		R Campbell 46	Rin	:48.32	
E Minshaw 37	DEA	2:46.09	</												

MEN 50-54
50 Meter Freestyle
 D Schwab Jr 52 MAC :29.75
 W Kleist 52 DEN :30.30
 T Von Berckefeldt 53 SHM :30.56
 J Schmidt 51 UN :30.62
 J Watkins 50 CalT :30.79
 J Robertson 54 SHM :31.79
 W Simpson 50 TSC :34.26
 L Valle 51 SSM :47.59

100 Meter Freestyle
 D Schwab Jr 52 MAC 1:08.12
 T Von Berckefeldt 53 SHM 1:08.34
 J Schmidt 51 UN 1:09.15
 W Kleist 52 DEN 1:09.35
 F Teidl 53 Hay 1:10.33
 J Robertson 54 SHM 1:17.58
 W Simpson 50 TSC 1:18.98
 F Coghlan 50 OC 1:22.77
 E Warner 54 SSM 1:29.43
 R Nichols 50 DEA 1:30.76

200 Meter Freestyle
 A Koblish 50 UN 2:31.81
 F Teidl 53 Hay 2:33.83
 J Edwards 51 NEM 2:37.78
 J Schmidt 51 UN 2:43.19
 W Kleist 52 DEN 2:43.43
 D Schwab Jr 52 MAC 2:49.57
 F Coghlan 50 OC 3:05.29
 W Simpson 50 TSC 3:10.21
 R McDermott 50 CSC 3:11.08
 E Warner 54 SSM 3:28.82

400 Meter Freestyle
 F Teidl 53 Hay 5:32.95
 J Edwards 51 NEM 5:37.96
 W Kleist 52 DEN 5:49.93
 J Councilman 53 GAT 5:51.33
 J Schmidt 51 UN 6:04.57
 W Stadig 51 TGM 6:15.40
 J Burgan 51 CalT 6:24.60
 R McDermott 50 CSC 6:44.40
 J Robertson 54 SHM 6:47.30

1500 Meter Freestyle
 F Teidl 53 Hay 22:17.30
 J Edwards 51 NEM 22:38.80
 A Koblish 50 UN 22:39.14
 J Schmidt 51 UN 25:03.96
 F Coghlan 50 OC 25:50.73
 R McDermott 50 CSC 27:00.98
 L Valle 51 SSM 39:20.87

100 Meter Backstroke
 P Herron 53 CalT 1:19.39
 A Hellman 52 MUST 1:23.65
 J Edwards 51 NEM 1:30.26
 L Valle 51 SSM 1:30.10
 R McDermott 51 CSC 2:05.56

200 Meter Backstroke
 P Herron 53 CalT 2:52.88
 J Edwards 51 NEM 3:10.59
 A Hellman 52 MUST 3:13.68
 W Stadig 51 TGM 3:13.09
 R McDermott 51 CSC 4:30.75
 L Valle 51 SSM 4:45.60

100 Meter Breaststroke
 J Councilman 53 GAT 1:28.38
 T Von Berckefeldt 53 SHM 1:29.22
 W Simpson 50 TSC 1:31.81
 J Burgan 51 CalT 1:34.28
 J Robertson 54 SHM 1:36.48
 E Barnes 52 SHM 1:39.85
 R Stadig 51 TGM 1:40.09
 W Nichols 50 DEA 1:46.30

200 Meter Breaststroke
 J Councilman 53 GAT 3:15.86
 T Von Berckefeldt 53 SHM 3:19.44
 W Simpson 50 TSC 3:23.90
 J Burgan 51 CalT 3:30.96
 J Robertson 54 SHM 3:38.32
 E Barnes 52 SHM 3:42.22

50 Meter Fly
 A Koblish 50 UN :34.70
 D Schwab Jr 52 MAC :35.83
 W Kleist 52 DEN :36.31
 T Von Berckefeldt 53 SHM :36.59
 E Barnes 52 SHM :38.67
 J Burgan 51 CalT :39.05

100 Meter Fly
 A Koblish 50 UN 1:21.01
 W Stadig 51 TGM 1:25.98
 J Councilman 53 GAT 1:27.60
 D Schwab Jr. 52 MAC 1:37.40

J Siefert 56 SDC 1:09.56
 J Reilly 57 Rin 1:17.36
 L Felderman 55 LBSO 1:17.86
 E Reed, Sr. 55 NEM 1:15.79
 T Lind 56 LBSO 1:19.77
 G Furlong 57 SENC 1:19.85
 J Keating 56 SHM 1:22.06
 N Zoller 57 OLY 1:28.76
 D Zinke 56 Rin 1:37.37

200 Meter Freestyle
 J Welch 56 HMSC 2:30.46
 J Crews 55 OBY 2:31.40
 H Foster 55 CalT 2:28.44
 D Rankin 58 CalT 2:44.08
 J Siefert 56 SDC 2:50.09
 E Dallman 55 MOST 2:57.25
 G Furlong 57 SENC 3:02.24
 E Reed, Sr. 55 NEM 3:07.68
 J McKenzie 57 CalT 3:09.31

400 Meter Freestyle
 J Welch 56 HMSC 5:27.32
 J Crews 55 OBY 5:29.18
 H Foster 55 CalT 5:47.06
 D Rankin 58 CalT 5:49.88
 E Dallman 55 MOST 6:15.47
 J McKenzie 57 SHM 6:43.91
 H Weatherbe 58 SHM 6:44.78
 G Furlong 57 SENC 6:46.50

1500 Meter Freestyle
 J Welch 56 HMSC 21:50.8
 D Rankin 58 CalT 23:00.26
 E Dallman 55 MOST 24:38.22
 G Cummin 58 MAH 26:58.21
 J McKenzie 57 CalT 28:10.79
 G Furlong 57 SENC 28:53.19

100 Meter Backstroke
 D Tyler 55 ConnM 1:21.37
 R Taft 55 SHM 1:23.63
 H Weatherbe 58 SHM 1:31.90
 G Cummin 58 MAH 1:52.90
 T Lind 56 LBSO 1:34.10
 J Keating 56 SHM 1:42.56
 J McKenzie 57 CalT 1:43.05
 N Zoller 57 OLY 2:14.74

200 Meter Backstroke
 R Taft 55 SHM 3:07.32
 H Weatherbe 58 SHM 3:20.00
 J Siefert 56 SDC 3:27.20
 H Weatherbe 58 SHM 3:25.91
 J McKenzie 57 CalT 3:44.65
 J Keating 56 SHM 3:43.79
 N Zoller 57 OLY 4:49.74
 T Lind 56 LBSO Disq.

100 Meter Breaststroke
 W Wells 56 SHM 1:34.58
 J Reilly 57 Rin 1:36.11
 E Sprockin 57 VLM 1:38.55
 E Dallman 55 MOST 1:40.79

200 Meter Breaststroke
 W Wells 56 SHM 3:32.09
 J Reilly 57 Rin 3:35.16
 D Rankin 58 CalT 3:39.72
 E Sprockin 57 VLM 3:40.26
 E Dallman 55 MOST 3:44.35

50 Meter Butterfly
 H Taft 55 SHM :33.30
 J Crews 55 OBY :34.22
 E Jennings, Jr. 59 SPFD :34.58
 D Tyler 55 ConnM :35.04
 L Felderman 55 LBSO :38.12
 E Reed, Sr. 55 NEM :40.76
 W Wells 56 SHM :44.69

100 Meter Butterfly
 J Crews 55 OBY 1:23.15
 R Taft 55 SHM 1:24.61
 E Jennings, Jr. 59 SPFD 1:32.82
 E Reed, Sr. 55 NEM 1:40.50
 W Wells 56 SHM 1:57.07

200 Meter Individual Medley
 R Taft 55 SHM 3:01.52
 D Tyler 55 ConnM 3:13.38
 J Reilly 57 Rin 3:20.04
 D Rankin 58 CalT 3:26.34
 W Wells 56 SHM 3:40.39

1500 Meter Freestyle
 L Mary 62 HEM 25:57.07
 H Anderson 60 GYM 26:24.24
 W Johnston 63 Rin 35:55.25

100 Meter Backstroke
 L Smith 62 HEM 1:27.44
 G Corson 63 HEM 1:25.24
 T Monahan 64 LBSO 1:37.00
 H Anderson 60 RGH 1:30.45
 N Maxwell 62 HB 1:45.40
 G White 60 Rin 2:01.61

200 Meter Backstroke
 L Smith 62 HEM 3:24.56
 G Corson 63 HEM 3:28.45
 T Monahan 64 LBSO 3:46.04
 W Johnston 63 Rin 5:23.04

100 Meter Breaststroke
 W Pfeiffer 60 LBSO 1:30.32
 H Koppel 61 SMI 1:44.25
 R Loughborough 64 OLY 1:47.20
 R Erlanson 60 MAC 1:57.56
 B Silber 62 Rin 2:22.43
 K Pettigrew 60 SHM 2:23.08
 L McCroery 63 CalT Disq.

200 Meter Breaststroke
 W Pfeiffer 60 LBSO 3:39.53
 R Loughborough 64 OLY 4:00.99
 H Koppel 61 SMI 4:16.57
 R Erlanson 60 MAC 4:24.23
 G White 60 Rin 4:45.20
 B Silber 62 Rin 5:15.90

50 Meter Butterfly
 W Pfeiffer 60 LBSO :36.81
 G Pfeiffer 60 LBSO :38.50
 R Loughborough 64 OLY :47.79
 G White 60 Rin :56.17
 B Silber 62 Rin :50.91
 T Monahan 64 LBSO 1:00.88

100 Meter Butterfly
 W Pfeiffer 60 LBSO 1:37.87
 R Loughborough 64 OLY 2:00.33

200 Meter Individual Medley
 W Pfeiffer 60 LBSO 3:28.37
 G Corson 63 HEM 3:30.44
 W Loughborough 64 OLY 3:51.26
 G White 60 Rin 4:27.62

50 Meter Freestyle
 L Osborne 65 HMSC :55.06
 D McAfee 65 DCM :55.70
 C Mitchell 67 SHM :56.51
 H Jagers 67 MAN :58.30
 B Blake 66 Rin :46.38

100 Meter Freestyle
 L Osborne 65 HMSC 1:14.00
 D McAfee 65 DCM 1:21.02
 C Mitchell 67 SHM 1:22.49
 W Greer 67 Un 1:33.02

200 Meter Freestyle
 L Osborne 65 HEM 2:40.16
 D McAfee 65 DC 3:25.80
 H Jagers 67 SHM 3:30.50
 C Mitchell 67 SHM 3:54.07
 D Brown 68 Un 5:43.45

MEN 70-79
50 METER FREESTYLE
 F. Bradley 71 AM 1:36.18
 C. Ross 75 JM 1:36.51
 B. Trask 71 MM 1:44.66
 L. Sorrell 79 AM 1:12.31

100 METER FREESTYLE
 C. Ross 75 JM 1:23.52
 F. Bradley 71 AM 1:25.19
 B. Trask 71 MM 1:40.92

200 METER FREESTYLE
 C. Ross 75 JM 3:18.98
 B. Trask 71 MM 3:42.68

400 METER FREESTYLE
 C. Ross 75 JM 7:16.00
 B. Trask 71 MM 8:17.00

1500 METER FREESTYLE
 C. Ross 75 JM 29:35.35
 A. Kallunki 70 MM 32:43.25

100 METER BACKSTROKE
 A. Kallunki 70 MM 1:54.10

200 METER BACKSTROKE
 A. Kallunki 70 MM 4:15.08

50 METER BUTTERFLY
 A. Kallunki 70 MM 50.60

100 METER BUTTERFLY
 A. Kallunki 70 MM 1:08.74

OVERALL TEAM SCORES
 Rinconada Masters 1312
 San Mateo Marlin Masters 1209
 Cal Tech 953
 Long Beach Swim Club 280
 Marin Aquatic Club 228
 Texas Gulf Masters 204
 Arizona Masters 168
 Deanza Masters 162
 Montclair Hills Masters 148
 D.C. Masters 141
 Middle Atlantic Masters 133
 Coronado Masters Association 131
 Connecticut Masters 128
 Hawaii Masters 127
 Ryall Masters Swim Club 117
 Celebrity Sports Center 105
 New England Masters 103
 Concord Masters 100
 Olympic Club 100
 Santa Barbara Aquatic Club 96
 Santa Monica Masters 91
 Jersey Masters 86
 Huntington Beach Swim Club 56
 Folsom Swim Club 55
 Oak Ridge Masters 52
 Donor Athletic Clubs 52
 Gold Coast Masters 49
 San Diego Co. Swim Masters 47
 Belmont-San Carlos Masters 45
 Capital East Sea Devils 45
 Vanderbilt Masters 45
 San Marcos Aquatic Club 42

Greater Kansas City Masters 40
 Kramer Club 39
 Tug's Athletic Club 36
 Western Illinois Masters 36
 Gatorade 35
 Santa Clara Swim Club 35
 Ridge Park Swim Club 34
 U.S.M.C. 34
 Suncoast Masters of Sarasota 33
 Auburn Y.M.C.A. 32
 Buehler Y.M.C.A. 30
 Detroit Athletic Club 27
 St. Petersburg Rec. Dept. 24
 Nima 23
 Alfred Corning Clark Gym 23
 Hayward Swim Club 22
 Lake Washington Swim Club 21
 Sacramento Y 20
 Fresno Swim Club 18
 North County Aquatics 18
 Boulder Y Masters 18
 Topeka Swim Club 17
 North Sub Y 17
 3:32.93
 Mission Viejo 14
 Northridge Family A.C. 14
 University of Toronto 14
 City of Plano Swimmers 11
 Enolie Y 9
 Rio Hondo 9
 No. California Senior Track Club 8
 Yauapai Swim Club 7
 Shabbona Sharks Masters 6
 Southend Rowing Club 6
 Bethpage Swim Club 5
 Hartnell Swim Club 5
 Davis Aquadarts 4
 Kona Kai 3
 Saddleback Valley Aquatics 2
 Lawrence Aquatics 2
 New York Athletic Club 1



Ray Chen is in trouble with his DC Masters teammates for saying that nobody worked. Actually, several members do work. i.e. Two members working out at the annual banquet: Meredith Smith and former Olympian Betty Brey.



Sally Antonchuck and John Robertson, co-captains of the San Mateo Master Marlins, display the trophies won by their team at the Santa Clara Long Course Nationals. Sally is holding the high point award won by the women and John shows the 2nd place trophy won by the men swimmers.



Anny Kay, another superb swimmer for the San Mateo Master Marlins, accomplished the almost impossible when she won four first place medals at the LC meet. This rare feat made her an "instant" All-American.



Nancy Ridout, winner of 10 National Championships in 1973 is being presented with a new kick board by Walt Wells. Walt noticed in Chicago that she had brought an old beat up board from CA and said, "I'll buy you a new one if you win 5 races."

U.A. Woman, 65, Wins 5 Medals in National Swim Meet

Trains With Kids, Coaches, 'Old Ladies' at UAHS Pool

By Helen McClave

Upper Arlington may not have a little old lady in tennis shoes as in the popular song of a few years back, or a little old lady who's selling a car cheap after driving it only to church on Sundays, but it does have a little old lady who just splashed her way to five medals in national swimming competition at Santa Clara, Calif.

She doesn't look like a little old lady. She looks like a proud and happy champion, which she is.

She is Mrs. Rita Shephard, 65, of 2527 Mt. Holyoke Rd., who won three gold medals and two silver medals in the National Men's and Women's Long Course Masters Swimming Championships at the Santa Clara International Swim Center in California Sept. 6-8.

Her story is one of the new beginnings that occur sometimes in a person's life.

For years Rita was a housewife and mother, not working for money outside the home. She always loved the water, and as a volunteer taught swimming in the Red Cross program off and on for 30 years. She has one daughter, Susan, who is with the Defense Department in Washington, D. C.

Several years after a divorce, at the age of 53, Rita polished up her shorthand and typing skills. Some clue to the qualities that eventually made her a champion may lie in the way she went about finding work.

She practiced like crazy, went to the state em-

ployment agency, underwent tests of office skills, and was told she was good, that she should command a salary commensurate with her ability. She demanded, and got, a good salary.

She retired Feb. 1 this year as executive secretary to Robert K. Dodson, 1604 Berkshire Rd., of Dodson Lindblom Associates, Inc. "I ran the office and most of the 20 to 30 men," Rita said with a laugh. Although officially retired, she continued to help part-time at the office until May.

Then she went the route of leisurely lunches and shopping with friends, feeling heavy because she was, she said, thick in the middle. She hadn't been active in swimming for 12 years because the requirements of a full-time job left her with no time or stamina for the water.

Susan Shephard, Rita's daughter, had swum competitively for Ohio State University, where she was vice president of the Swan Club of synchronized swimmers. Later Susan swam competitively...she still does...with the Washington, D. C. Masters Swim Club in the U. S. and International Masters swimming competitions.

Here is the part hard to believe: Rita Shephard, at home in Upper Arlington with her dog and cat, decided it would be fun to try that. She made the decision 11 weeks before she brought home the five medals.

Up to then, her swimming had become only a fun thing of "let's swim to the raft," she said.

Sticking a swim suit in her purse, she went to Upper Arlington High School June 18 and told coaches Joanne Awe and Todd Grant she was going to try to get in shape for a national meet at Santa Clara, but first she had to learn fast turns and other facets of competition swimming. She had read that the Upper Arlington Swim Club taught this to kids.

"At the high school they thought I was crazy, and I was," Rita said, "but Mr. Grant, the head coach, said I could go in and swim with the kids."

Five days a week, she swam with Upper Arlington Bear Cubs 11 to 16 years of age in the high school natatorium. The kids wondered what she was doing there. Some assumed she was a coach. The concept of a woman in her 60's training for athletic competition was new to them. Mr. Grant couldn't believe it either at first, Rita said.

"I wasn't very good. I was staler than I thought. My breathing was not good. My endurance was down. I had been sitting at a desk 12 years. One length of the 25-yard high school pool was it for me.

"They put a kick board in my hands to keep me from stroking, and said 'kick.' Later they gave me a foam rubber pull buoy to put between my legs to keep me from kicking, so I would concentrate on my arms.

My free (style) was good except for two minor corrections; I wasn't holding my head low enough and I wasn't relaxed on the kick."

Two weeks before the Santa Clara meet Coach Grant took Rita to the Sunshine Pool in Columbus to get used to the 50-meter, Olympic-size tank. "The 50-meter pool scared me to death after looking at 25 yards," Rita said.

"I had to stop with 50 meters; I felt I couldn't go another stroke, and yet two weeks later I went 200. Swimming is funny; it's mental."

Previous to the meet, Rita's physician examined her and gave her a note that said she was in excellent health and able to participate in a full swimming program. It gave Rita pleasure to overhear the doctor say to an associate, "That's the swimmer."

By the time the nationals rolled around, Rita was a trim 118 pounds for her five feet three inches height and "swimming had taken my stomach off," she commented.



MRS. RITA SHEPHARD wears with pride six gold medals won in the regional Potomac Valley Long Course Masters swimming competition and, from the recent Masters nationals in Santa Clara, Calif., three gold medals and two silver medals. Mrs. Shephard is 65 years old.

He swims for fun, records at age 65

by BOB ZIENTARA

He works slowly, with deliberate strokes.

With paddles strapped to his hands, Gene Steinken, Forest Lake resident, goes through his daily swimming workout at the Beuhler YMCA in Palatine.

Steinken, approaching the age of 66, holds two national AAU records for freestyle swimming in the 65-to-69 age group set at a Milwaukee YMCA swim meet Aug. 3 and 4.

"I used to swim in competition meets years ago," said Steinken, taking a break from his workout. "Since then, I swim for my own amusement.

"Last November, I started to train again for the amateur meets," continues Steinken. "I was quite surprised how well I did after laying off for 40 or 45 years."

Steinken, who swam for a living in competition sponsored by the 1933 Chicago World's Fair and mid-Depression swim races in Toronto, says he's kept in shape throughout the years.

"Every morning, I do 20 chin-ups and 20 pushups. Then I jog a mile, and then skip rope. I swim an average of three miles a day. I'm not as good as the younger swimmers," he said with a shy grin. "They do about five miles of swimming each day."

STEINKEN SAYS THAT although he's pushing hard, he can't quite approach his old times. "I held the Illinois State record for the 200 meter freestyle 'way back when," he says.

"My time then was 2.19, and now the record I set for the same event last week is 3.15." Steinken's time for the record-setting 400 meter freestyle was 7.06, some 32 seconds faster than the old record.

Steinken is retired from a photo-engraving career that saw him helping with rotogravure processes on Playboy Magazine.

At Forest Lake, Steinken keeps busy instructing children's swimming classes every Tuesday at South Beach.

The new amateur swimming star has been getting some ribbing from his relatives. "I have a lot of nephews and nieces who want to know if I want to live forever or something.

"I don't want to live forever. I just want to feel good," he adds. "There's nothing wrong with that, is there?"

IN THE YMCA POOL, Steinken swims about two miles, then goes home for a rest.

"At my age, you tire faster. So I go home and eat a little something, maybe have a glass of wine. In the evening, I swim again in the lake."

Steinken uses the plastic paddles and a pair of long woolen pants to add weight and drag to his body. It strengthens his arms and legs, he says.

"Psyching up" for the races is another competitive lesson Steinken has had to learn in his AAU meets.

"You have to think 'win' or you're dead. I don't psyche up for a race as much as I point myself, mentally in the direction of one particular race. It has some interesting effects.

"For example, my last meet, I swam a great 200 meters, then a bad 100. I just hadn't prepared myself mentally for the hundred and I didn't do well."

THE PARK RIDGE native originally learned to swim in the waters of the Des Plaines River (cleaner, back then), and water-filled quarry pits around his neighborhood.

"I went to some swim marathons after high school. One was a 15 mile swim in Toronto. I had to be pulled out of the water in that one, after some cramps developed.

"There were other meets in Long Island, the Chicago World's Fair and the Catalina Island swim. During the Depression, that was one way to make some money, and you needed money badly then."

In the YMCA-AAU meets, Steinken competes solely in freestyle events. "I

tried backstroke for awhile, but I didn't do too well.

Steinken draws his biggest enjoyment out of winning the races, and proving to younger contestants that you don't have to be a kid to be an athlete.

"I recently swam one of the most satisfying races I've ever been in. A guy was leading me by three or four lengths. I caught up with him the last 20 yards and beat him by four tenths of a second. Boy, did that feel good!" he laughed.

STEINKEN SAYS HE'S swimming with the blessings of his doctor (Ben H. Pessis of Lake Zurich).

"I visited him last week for a full checkup; the EKG, blood analysis and so forth. He said I was in perfect health, and now he wants me to teach him how to swim for exercise."



SWIM-MASTER

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THE DENVER POST ZONE 1 Wed., Aug. 14, 1974

Densts Can Boast of Real 'Blue Ribbon' Mom



DOROTHY DENST, 60, PLUNGED INTO SWIMMING 13 YEARS AGO

Now she leaves the "security blanket" of the pool for 1½-mile races at Bow Mar Lake.

By KATHY GARNOR

When the three Denst children boast of having a "blue ribbon" mom, they mean it literally.

Dorothy Denst, at 60 years old, is a distance swimmer who competes regularly in the women's 55-up section at master swimming meets.

Two weeks ago, she clocked 90 minutes, 41 seconds in the annual Rocky Mountain AAU Masters distance swim at Bow Mar Lake.

"I have a lot of blue ribbons at home," the senior athlete noted after practicing for the upcoming Crestmoor Open, Aug. 16, 17 and 18 at Crestmoor Pool.

"I didn't swim a stroke until 13 years ago. My husband John mountain climbs but he doesn't swim. I just decided that I wanted to learn how," she recalled.

Denst began competing four years ago because she feels that "it gives you something to work toward—a goal."

"The goals in Master's swim programs are individual and personal. For example, I have always swam the drawl. This year, I decided to compete in the backstroke events. Practicing the backstroke was one of my goals," she said.

The goals a master swimmer sets are sometimes a bit off-beat. For example, Denst said that this is the first year she has learned to "go off the starting block."

"I have always jumped off the side of the pool, sacrificing the thrust that a swimmer gets

from going off the block. I would always hit the water and hurt myself with the force after using the blocks. I've conquered that this year," she said proudly.

Although Dorothy is the only swimmer in her family, her husband and three children, Caroline, Eva and Hank, cheer her on from the sidelines.

Denst swims at least one half to five eighth of a mile every day.

"I'm a very relaxed swimmer. That's probably why I'm a good distance swimmer. A sprinter is keyed up. I have been working on sprints, however, and I intend to enter the 50 and 100 freestyle and backstroke events," she said.

Denst's usual events are the mile, the one-half mile and 400-foot freestyle and backstroke.

Her mentors are Karen Bronson from Crestmoor and Lou Parker from Denver Public Schools.

"I've worked with Karen on the backstroke this summer. Last winter when the pool (Crestmoor) closed, Lou Parker coached the team at George Washington."

How did she feel about swimming in the Bow Mar Lake?

"At first it was kind of frightening. The pool is a real security blanket. But they had buoys placed every ¼ mile. The swimmer had to circle each buoy three times. Also, there were a lot of life-saving boats and guards. After 400 feet, you got used to the water," she said.

MASTERS NOTES SWIMMING

News Wire Services

WASHINGTON—Not since Mark Spitz has a swimmer gotten so much attention.

President Gerald Ford, peeling off a maroon robe, plunged into his backyard swimming pool before dinner yesterday while a dozen photographers recorded his form.

"This is not a burlesque," he said as he shucked the robe. His dive into the 40-foot-long pool splashed water on the cameramen, who scrambled from one end of the pool to the other as the President slowly worked his way through various swim strokes — including the crawl, the butterfly, the breast stroke and the back stroke.

He stopped only once. "Let me pull my pants up," he explained.

The President, who has 200 pounds well distributed over his six-foot-plus frame, jokingly ordered the photographers to cease when he prepared to climb out of the pool: "No pictures getting out of the pool. That's the worst."

As he slipped back into his robe, Ford said he usually tries to swim between 35 and 40 laps per day — half in the morning and half before dinner.

It helps "keeps my stomach down," he said, patting his flat, well-muscled abdomen.

Ford will give up the swimming pool when he moves into the White House, probably later this week.

The White House pool was converted to a press headquarters in the Nixon administration, and Ford said he will miss his own pool "very badly."

"I don't think I'd better ask Congress for that (funds for a White House pool) at the moment," Ford said during brief banter with reporters.

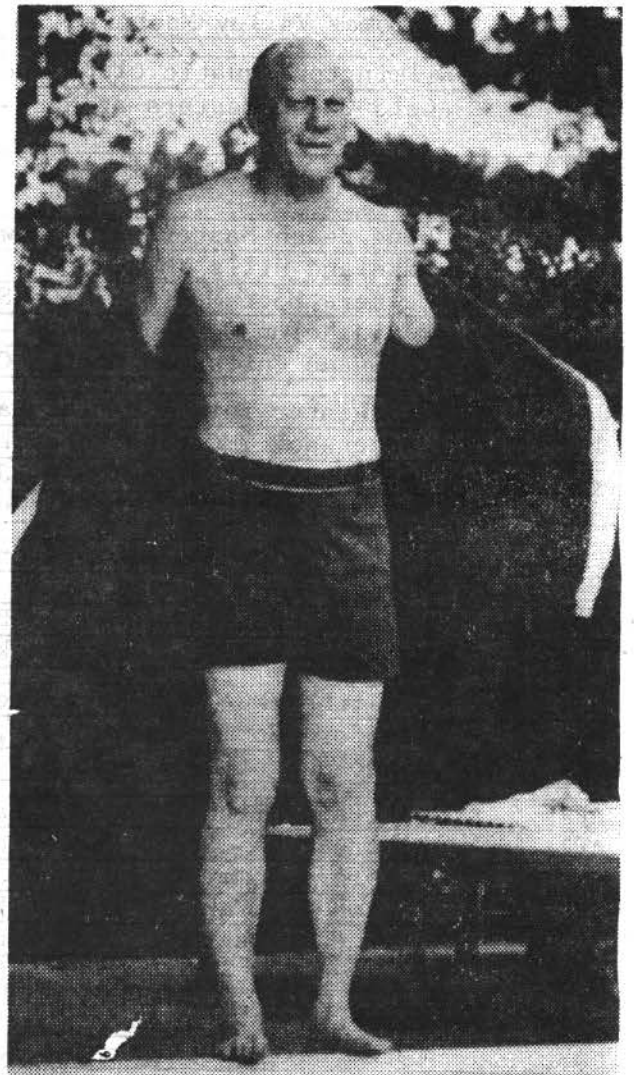
ALL AMERICAN SELECTION: A correction has been made to the 1973 All-American Team and Al Kallunki has been selected in the 65-69 age group. Bump Jones, Chairman, writes: "With the increasing basis for selection for this year, it would seem likely that confusion will arise with the listing of the ten best times. After the publication of the ten best times, I believe it appropriate to wait a period of approximately one month so that all swimmers will have a chance to register corrections and errors before we select the All-American team for 1974.".....

RECORDS: This year (1974-1975) Ted Haartz is going to be our Records Chairman. He is also going to oversee the Top Ten Times tabulation. We are hoping that everyone that conducts a sanctioned AAU Masters Meet in a 25 yard course or a 50 meter or 55 yard course will send a copy of the meet results to Ted Haartz, 155 Pantry Rd., Sudbury, MA 01776 and to Swim-Master.....

TOP TEN TIMES TABULATION: Ted has set up two committees: 1) Enid Uhrich will be in charge of the Women's Top Ten and Ed Reed, Sr. will be in charge of the Men's Top Ten. We would like to initiate a top ten listing to be kept by each AAU Association as is done in Age Group Swimming. If you know the person in your Association that is willing to do this, please send their name and address to Ted. If this is done in each association, it will help the committee and also become a cross check. To do this, you must keep the top ten times done in your association including everyone who swims in your meets even though they may be from another association.....

RULES: The only rule change for 1975 is the addition of the Freestyle, Medley and Mixed Freestyle relays for the 55 and over age group. John Spanuth is our Rules Chairman for next year. Write to John at 4101 Meadow Hill Lane, Fairfax, VA.....

NATIONALS: This SC Nationals will be held in Ft. Lauderdale again this year at the Swimming Hall of Fame Pool. The Oceanside Holiday Inn will again be the Headquarters. They have already received reservations for that weekend for the meet - May 16-18. Contact the Holiday at Ala & Las Olas Blvd. or call 305/525-8421. Be sure and mention that you will be competing in the Masters Swimming Championships.....



'This is not a burlesque'.

AP Wirephotos

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



FIRST CLASS



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SWIM MEET SCHEDULE

NOV 10	North/South Dual Meet - Anne Adams, 17432 Osborne St., Northridge, CA 91234
NOV 16*	Red Shield Community Pool - Steve Engle 2041 NE 105th, Seattle, WA 98125
NOV 16-17*	San Marcus, TX - Ronald Austin, 516 Burleson, San Marcus, TX 78727
NOV 16-17	Parkway Community Schools - Dale Trinko, 75 Thomas Terr., Edwardsville, IL
NOV 23	West Essex YMCA - Joe Twaits, Lakeland Hills YMCA, Mountain Lakes, NJ
NOV 23	Potomas Valley Masters - Robert Follit, 11710 Indian Ridge Road, Reston, VA
DEC 1	Wilmington Aquatic Club - Bob Mattson, 2150 New Castle Av, New Castle, DE
DEC 1	Gold Coast Masters at NPB - Millie Bergeron, 4010 Tanglewood North, Apt. 605 Palm Beach Gardens, FL 33403
DEC 3	Medford High School - 1650 Free - Enid Uhrich, 25 Lafayette, RD, Newton Lower Falls, MA 02162
DEC 7	Long Beach Masters at Lakewood - Anne Adams (above)
DEC 7-8	Lakeland Hills YMCA, Mountain Lakes, NJ - Joe Twaits (above)
DEC 8	Masters Meet Medford High School - Enid Uhrich (above)
DEC 15*	Pentathelon - Auburn YMCA - Steve Engle (above)
DEC 21-22	Coronado Christmas Meet - Coronado Navy Swimming Assn., Box 63, Coronado, CA
JAN 11	Mid-Winter Inv. - Daniel Davis, 51 Kaye-Vue Dr., Hamden, CT 06514
JAN 11	Hackensack YMCA, Hackensack, NJ - Joe Twaits (above)
JAN 19*	Bellevue East Side YMCA - Steve Engle (above)
JAN 26	Brown University Masters Meet - Enid Uhrich (above)
FEB 1	West Essex YMCA, Livingston, NJ - Joe Twaits (above)
FEB 8-9	Masters Meet at York, PA
FEB 16-17*	Del Mar College - Charles B. Teas, 413 Claremore, Corpus Christi, TX 78412
FEB 22	Hackensack H.S., Hackensack, NJ - Joe Twaits (above)
MAR 2*	Sno-lino YMCA - Steve Engle (above)
MAR 15	Cranford Comm. Center Pool, Cranford, NJ - Joe Twaits (above)
MAR 22-23	Alamo Heights, TX - Joanita Reed, Rt #2, Box 208KK, San Antonio, TX 78218
APR 5	Lakeland Hills YMCA, Mountain Lakes, NJ - Joe Twaits (above)
APR 6*	Auburn YMCA - Steve Engle (above)
APR 20	Cranford Comm. Center Pool - Relay Carnival - Joe Twaits (above)
APR 25-27*	Regionals, Yakino - Steve Engle (above)
APR 26-27	Northeast Regional Championships - Enid Uhrich (above)
APR 26-27	Eastern Masters Championships - Robert Mattson (above)
MAY 2-3	Princeton U East Coast Meet - Tink Bolstar, 124 Parkside, Dr, Princeton NJ
MAY 4	Totem Lake Meet - Bob Miller, 8645 Juanita Dr., N.E., Kirkland, WA 98033
MAY 16-18	NATIONAL SC CHAMPIONSHIPS - June Krauser, 5340 N.E. 17th Ave., Ft. Lauderdale, FL
AUG 29-31	NATIONAL LC CHAMPIONSHIPS - Dr. John Crews, 105 W Malta Rd, Oak Ridge, TN

* Tentative