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ADVICE FOR THE SWIMMER'S BODY DR. PAUL HUTINGER

Hyperventilation

- Q. What advantage is there to heavy breathing before swimming a race?

 Does this give extra oxygen to the body so I can use during the race?
- A. The technique of heavy breathing or voluntary hyperventilation, used by some top sprint swimmers, has been demonstrated to be an advantage in sprint events. Both coach and swimmer should understand the basic concepts of the breathing mechanism and the role of oxygen and carbon dioxide in controlled breathing.

Automatic breathing is controlled by the respiratory center located in the brain stem (upper area of the neck). It is activated when CO₂ (carbon dioxide) reaches a certain level. This occurs about 12 times a minute. The oxygen content within the body is a back-up system. Low levels of oxygen will activate receptors for the body to supply more oxygen; however, the system does not have the rapid feedback potential of CO₂. The body continually operates various feedback mechanisms to maintain a constancy of the internal environment, or homeostasis.

The red blood cells are normally saturated with oxygen to about a 99 per cent level, as physiologically hyperventilation does little to help with the oxygen supply since the body cannot store oxygen. Hyperventilation does have the effect of reducing the concentration level of CO₂ in the blood, producing a buffering effect and decreasing the desire to breathe.

Research studies, such as the most recent by Dr. Robert Neeves, an exercise physiologist and masters swimming champion, demonstrate an advantage for hyperventilation. Neeves found an improvement in time of 1.12 seconds for the 100 yard freestyle and a reduction of

breathing by 24 per cent. He recommends a 30 second period of hyperventilation prior to swimming an event. This takes some planning and timing however, to be ready for the start of a race.

Personally, I have found hyperventilation is useful in the 100 and 200 yard individual medley events in masters swimming. In the 200 yard IM, the ventilation enabled me to maintain a two stroke breathing pattern for the butterfly without undue stress, then I can start the backstroke without the usual feeling of breathlessness.

How much deep breathing should you do? Besides the 30 second guideline, you can use several other keys. Do not prolong hyperventilation to the point of dizziness, but just to the beginning of feeling light-headed or having tingling feelings in the tips of the fingers, then reduce the frequency of breathing. Hyperventilation can also cause unconsciousness, impair judgement and reaction time, so use it with caution. It does not produce any permanent damage to the body. But if hyperventilation is used with underwater swimming for distance, it can increase the probability of blacking out, which could be fatal!

Effects of Aging Performance

- Q. I am a 35-year-old master swimmer and would like to know what kind of performance I can achieve in the 100 and 200 yard freestyle events. I swam:52 and 1:55 in college.
- A. A major part of the aging phenomenon seems to be related to inactivity over the years. Your swimming performance depends upon at least four major factors, besides age. These include your natural abilities, the amount of training time, your stroke efficiency, and psychological attributes. If you used outdated or inadequate training techniques in college, using newer improved methods will

play an important role in predicting your performance since up-to-date training will produce better performance for you.

If all the above factors are about the same, and only age is considered, your physical work capacity will decline at the rate of one per cent a year, according to data presented by Dr. Ransom Arthur in an article reviewing masters swimming records published in Medicine and Science in Sports. In another area, a study of three master track champions aged 72-74 years, who had trained for the past five years was done by Dr. Jack Wilmore, who cited endurance values for the athletes at about 60 per cent of the 20-25 year old level. We do not have longitudinal data on individuals related to the effects of continuous year-round training extended over 30 to 40 years.

An interesting procedure for master swimmers is to work backwards and predict what your present-day time for an event would have given you as a 20-25 year-old. For example, my 1:05 100yard backstroke as a 51-year-old master swimmer would have given me a:48.7 (figuring a one per cent decline over each of 30 years) however in actuality I was a 1:05 backstroker at the University of Iowa in 1947. After reviewing individual longitudinal data on several other master swimmers, and allowing for improved technique, I feel the decline is more likely to be .5 per cent a year. Firm data in this area will be obtained in the future with the masters track and swimming programs and Cooper's aerobic program in Dallas.

Another predictor for you that may be more practical than the earlier theoretical approach was developed at the Human Performance Laboratory at Western Illinois University. It is applicable to a 25 yard pool and for the 100 yard event. The test consists of timing the swimmer for a 10 yard swim, using the head as it passes the markers for accuracy. The test, which demonstrates maximum velocity that you can generate, can be done with or without breathing. The score (or time) is multiplied by 10.5 to predict the best time that can be achieved for the 100 yard event. If you have a :05.2 for the 10 yards, it computes to a :54.6 predicted time. (For details, see "Hints for Masters," AW, July, '75.)

Per Cent Effort for Training

- Q. How fast should I train, and how much rest should I take between repeats?
- A. Many swimmers use the subjective measurement of how they feel when doing repeat swims. Percentage of maximum effort provides a more objective measure. You can determine the percent of your effort by taking your best (maximum) time for a distance such as :57 for the 100 yards, and dividing it by your repeat times. Or divide your best time by the percentage

Forbes Carhie states that his swimmers, primarily distance specialists, frequently train at 90 per cent effort (or 90 per cent of their best time for a specific distance). In Swimming Technique, Summer, 1975, he said that Jenny Turrall recovered from a 90 per cent training 400 meter swim with heart rates of 168 per minute to 60 at 30 seconds and 48 in one minute. Turrall apparently can easily recover from 90 per cent efforts.

of effort to find the time you wish to do.

A swimmer's ability to train at 90 per cent effort would depend upon fitness level, which can easily be determined by heart rate recovery. Some swimmers will have to rest longer between repeats to maintain a high percentage of effort. In training Shirley Babashoff, Mark Schubert uses a series of 10 x 100m at 83 per cent effort on 1:15, 5 x 100m at 85 per cent on 1:10, and 5 x 100m at 90 per cent on 1:10. Bob Miller (Totem Lake Swim Team) frequently has his swimmers working at 90 per cent effort on 7000 yard quality days, according to an article about his training techniques.

Individualize your per cent effort and see what you can successfully use in training. Use your heart rate as an indicator of how hard you are working and the recovery rate to know how much rest to take between repeats. Maximum heart rate declines as you get older, so the master swimmer will need to know his or her maximum heart rate, which can be roughly determined from Table 1.

Table 1.

Maximum heart rate and age

Age	Max.	Hear	t Rate
20 years old	200	to	220
30 years old	190	to	200
40 years old	180	to	190
50 years old	170	to	180
60 years old	160	to	170
70 years old	150 t	0 160	O

Determine your own maximum heart rate from swimming some time trials. There is a variation among individuals on maximum heart rate. The recovery rate can give an indication of your fitness level. A drop of 160 to 110 in one minute of rest during a set of 10 x 100 yard repeats demonstrates a good fitness level with 80 per cent effort swims.

Q. What are the benefits of swimming regularly? I am not interested in competition and do not enjoy racing or participating in masters meets.

A. Regular training programs have demonstrated many beneficial effects. A recent research study published in The Physician and Sportsmedicine cites the results of a six month aerobic fitness program. The subjects were 58 California male physicians. Twelve smoked, 39 were obese, 33 had undesirable fat levels in blood serum, 16 had hypertension, and 8 had abnormal EKG tests under stress (indicating narrowing of the coronary arteries). The retest after six months of exercise showed a decrease in percent of body fat from 24% to 19%. The resting heart rate went from 82 to 67 beats per minute. Blood pressure dropped from 142/90 to 130/82. Blood fats were reduced by 17% for cholesterol and 30% for triglycerides. Most significant was that seven of the eight with the abnormal cardiograph segment improved and their physical work capacity improved by a factor of eight.

Dr. Herbert de Vries, professor of physiology at the University of Southern California investigated the areas of physiological aging at the Gerontology Research Center. He found that a proper program of exercise increased the functional ability of the heart, lungs, and physical work capacity. The older men in the study achieved percentages of improvement similar to that of young men.

There is also a good indication that exercise has anti-aging effects on the brain, thereby delaying the onset of senility. Dr. de Vries asserts in his book Vigor Regained, that a planned exercise program made 70-year-olds function as though they were 30 years younger. The research described was sponsored by the US Administration on Aging and involved over 100 subjects ranging in age from 50 to 87 years.

Apparently there are benefits of a regular training program for children, according to lung volume measurements on subjects in Sweden done by Dr. Per-Olaf Astrand. He states that training during adolescence will eventually increase vital capacity and total lung capacity. After about the age of 30, the vital capacity decreases.

Several recent studies published in Medicine and Science in Sports demonstrate that bone density is improved with physical activity in 60- and 70-year-olds. One study showed that the exercise group increased bone density by about 2% while the non-exercise group was losing about 2%. Osteoporosis is a problem affecting many older individuals, especially postmenopausal women.

Since swimming regularly is definitely a program of physical exercise, the benefits cited above may be yours even though you do not care to compete in masters meets. Regular exercise pays off with great benefits for most people.

Q. I am a 45-year-old master swimmer and I recently read that for me to improve my performance, I have to increase my yardage. I only have an hour a day to train, averaging about 2500 yards, yet I would like to improve my performance. Can I do it?

A. Yes, you may be able to improve performance without increasing your yardage although it will probably mean changing your workout somewhat. Many master swimmers are trying to use training techniques of age group and senior programs, and are successful in increasing yardage to improve performance.

Swimmers, however, should explore alternate methods of training since everyone has different potential and responds individually to various stress training techniques. Successful programs have been developed by individuals. For example, Dr. Roger Bannister ran his world mile track record of under four minutes in 1954 by using a modified training program of less time and yardage. While in medical school, he found that he had limited time, so he used a quality program of straight sets such as 10 x 440 yards as his basic program. Ken Popejoy, a Chicago law student, used a quality program in 1975 to achieve a 3:53 world class mile time.

Older athletes have also achieved outstanding performances with unorthodox programs. John Walker, as a 54-year-old in 1975, trained every other day for six months, with 6-10 months a day at a pace of 7:15 to 7:30, and ran a 2:44 marathon. This would be similar to a 54-year-old swimmer doing two miles per session every other day and doing 2:00 for the 200 freestyle and 19:10 for the 1650 freestyle.

Remember that the swimmer does not need to train for a two to three hour performance as does the marathoner, so a program similar to Bannister's and Popejoy's, modified for swimmers, would be basic training of 10 x 100 yards on two minutes. The energy systems within the body that would be trained enable the swimmer

* to achieve good performances in the 100, 200 and 500 yard events, or middle distance events. The very short races, such as the 50 yards and long races such as the 1650 use different energy exchange systems, 95% anaerobic and 95% aerobic, respectively.

Another example from masters track is Jack Pennington, a 54-year-old Australian who ran a 2:13 for the 800 meters and a mile in 4:40 in 1972, with only 15 miles a week training. This would be equal to a swimmer doing about 6,000 yards a week. Pennington had trained on 60 miles a week as a youth in the '50s with a best mile time of 4:35. This points up the fact that master swimmers should investigate alternate methods of training because for some, shorter yardage but

higher quality work will enhance performance

In the fall of 1975, I used a modified program of 5000 yards a week and posted times in meets for the 100 yard events which were close to my best times. The 100 back time of 1:06.1 is close to my national record time of 1:05.4 while the 100 IM time of 1:05.3 compares favorably to the national record time of 1:04.7 for the 50-54 age group.

A St. Louis master swimmer, Helen Buss, a 39-year-old mother of five, found she could only train every other day this fall, and was amazed in a recent meet when she posted freestyle times of 1:03, 2:19, and 6:18 for the 100, 200, and 500 events. Two of those times equalled her best performances, She was, however,

doing high quality work in her workout.

To find out how to get the most performance from your potential, with the minimum time, include the following concepts: (1) practice at racing speed; (2) use 80 to 85% effort for your basic repeats. Following is an example of training for the 100 and 200 backstroke with best times of 1:05 and 2:24. Warm up with 200 yards of swimming, 100 yards of kicking. You can use progressives for the straight set if you wish more warm up. Basic set of 20 x 50 yards back on 1:00 average time of :36, which is about 85% effort and is racing speed for the 200 back, Cool down with the 200 yard easy swim. This practice session would take 30 minutes. •

BRIDGING THE SWIMMING GENERATION GAP

Our original intention was to have a New England Masters Pentathalon but the results turned out to have far-reaching benefits to our younger swimmers. Since each Master Swimmer participating in a pentathalon has to swim every event, we realized that we would not have enough heats of swimmers in our 8-lane pool to give us adequate time to rest between each event. We were planning to swim the 50 fly, 50 back, 50 breast, 50 free and 100 IM in that order. We were faced with two choices; either have a non-swimming pause for approximately 1/2 hour between each event or find another group to swim in each interim.

Since some of our members are AAU and recreational team coaches, we asked two groups to join us. In addition, many of our members had swimming offspring who were too young for masters or were members of AAU swim teams and these were also asked to swim along with us. We sanctioned the masters events and made heats of the under 25 groups in between each event. We had 5 heats of Masters and 11 heats of youngsters. Each heat of youngsters were divided into 8 & under, 9,10,11,12,13-14,15-19, 20-24 and also grouped by sex. The under 25 swimmers were only competing within their own clubs but the unofficial atmosphere created a great interest in one another and in the older swimmers.

Because each swimmer always swam in the same lane and the same heat for each event, there was no complicated paper work and all swimmers stayed together as a heat. They had no trouble getting to the blocks quickly and they had more time to socialize and to watch each other. Parents and coaches moved among the youngsters, pointing out

older swimmers with good strokes, turns, or starts. The youngsters cheered for their parents and their coaches and friends and a lot of good-natured ribbing was exchanged.

This occurred in 1975 and all year our youngsters were adking when we would have a repeat of this meet. The 1976 meet was even more successful. As coach of the Woburn Boys Club I can report that every single one of the 53 swimmers from our team did his or her best time ever in at least one stroke! Five of our girls volunteered to time at our next Masters meet because they found so much to learn from watching them. This is certain to become an annual event for all of the teams involved.

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Toby Blumenthal, 42 2:09.41 50 YARD BREASTSTROKE Lucy Kutyna, 40 44.46	200 YARD FREESTYLE Jim Parker, 25 1:57.65	500 YARD FREESTYLE	Al Allen, 46 29.29	Dave McAfee, 66 7:53.48 Harry Jaggers, 69 8:40.90 Lester Asher, 67 11:12.48
100 YARD BREASTSTROKE Lucy Kutyna, 40 1:39.05	Barry Adamson, 28 2:04.90 Tom Krug, 27 2:05.13	Joe Berte, 39 6:16.6 Ben Leise, 39 6:31.3	7 Hal Begel, 46 1:03.4 1 Ed Emes 46 1:03.8	5 50 YARD BACKSTROKE R Harry Jaggers, 69 48,60
100 YARD 1M Joyce Miller, 44 2:02.83	Jack Krohmer, 26 2:07.28 Jack Markle, 29 2:07.47	Dick Cheadle, 38 6:37.8 John Swivel, 35 6:56.2	4 Al Allen, 46 1:08.8 5 100 YARD IM	Vic DiFilippo, 66 50.56
		4	Ed Emes, 46 1:10.2	

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	100 YARD BACKSTROKE	100 yd Backstroke		100 vd Brosstroke					
	50 TAKD BREASTSTROKE	Jessie Watson 30 1:2	6.12	100 vd Breastroke Margaret George 59	1:51.04	200 vd Individual Medle Ken Krueger 30	2.13.07	200 vd Backstroke Jerry Cunninghan 47	2194.19
		Leslie Marshall 30 1:2	7.19	Lorraine I. Peterson57		Bob Williams 33	2:26.18	50 vd Breastroke	
	Harry Barr, 66 1:43.89	200 ud Beeksteeles		wire simon cou 3/	アイ フィー ンロ	Tom Crocker 33 Bambi Kishi 34	2+30.69	Larry Larimore 48 Herb Nakama 45	35.10
	50 YARD FLY Stanton Craigie, 69 38.63	Jessie Watson 30 3:1	3.90	200 vd Individual Medle Rita Simonton 57	31 32.25	James Perrell 34	2:44.59	Russell Hawkes 45 Hal Nichols 47	36.58 36.95
	Vic DiFilippo, 66 46.72	50 vd Breastroke	0,00	WOMEN 60-64		Roger Prasser 31 John Schwarz 34	3:08.03	Brockway Clark 45	37.09
	Stanton Craigie, 69 1:47.72	Jessie Watson 30 4 Grace Brors 34 5	0.08	50 vd Freestyle Irene VanVorst 63		Jim Thomas 34 MEN 35-39	3114.93	Jerry Cunningham 47 Tom Scotton 45	37.36 37.66
	100 YARD IM			Ruth Ridenour 61 200 vd Freestvle	57.80	50 yd Freestyle	02/ 42/	Jack Craigie 46	39.70
		Janet E. Royer 34 1:3	77466	200 vd Fraestyle Ruth Ridenour 61 500 vd Fraestyle	4125.30	Hill Karlau 30	25.34	Warren Keuhn 46 100 yd Breastroke	41,01
	MEN 70-74 500 YARD FREESTYLE	Grace Brors 34 1:4 200 yd Individual Medley	7.7.2	warn widehoar of T	2:30.71	Roger Sterneck 36 John Rawlings 37	25.98	Larry Larimore 48 Herb Nakama 45	1:16.02
	Harold Languer, 72 7:54.29	MaryLee Christensen 30 2:4	4.40	100 vd Backstroke Irene VanVorst 63	2:02.04	Frank Newquist 38	26.89	Jerry Cunningham 47	1:20.84
	100 YARD BACKSTROKE Harold Languer, 72 2:19.14	Janet E. Rover 34 310 WOMEN 35-39	3.48	WOMEN 65-69		William Parks 30	28.25	Brockway Clark 45 Russell Hawkes 45	1:21.56
	50 YARD BREASTSTROKE Harold Languer, 72 56.56	50 vd Freestyle		100 vd Backstroke Dorothea Cole 66	2109.54	Jim Crawford 35	29.39	Tom Scotton 45 Warren Keuhn 46	1:25.33
	100 YARD IM			200 yd Backstroke	h.30 oc	Patrick Schlup 35	2103.27	100 vd Butterfly	1:38.05
	Harold Languer, 72 2:18.77	Eunice Rawlings 39 4	16.85	Dorothea Cole 66 WOMEN 20-74	4:17.95	Frank Newquist 38 Roger Sterneck 36	2:12.28	Jack Craigie 46 200 vd Individual Med	1:08.92
	MEN 75 +	200 vd Freestyle Doris Gilbert 39 3:1	1.39	200 vd Freestyle Elizabeth C. Mauric 71		Jim Crawford 35	2:44.58	Jack Craigle 46	2135.46
	Clarence Ross, 76 33.40	100 vd Backstroke Mary Taschner 39 1:4					5131.81	Neal R. Palmer 45 Tom Scotton 45	2:39.90
	TOU THE PALLOTTER		0.16	Elizabeth C. Mauric 71	2135.49	Frank Newquist 38	6:09.84	Brockway Clark 45	2:49.12
	200 YARD FREESTYLE	(O ud Bronstroke		50 vd Freestyle		Jim Crawford 35 100 vd Backstroke		Hal Nichols 47 MEN 50-54	3:06.19
		Helen Geoffrion 37 4 Mary Taschner 39 4	9.02	50 vd Freestyle Roy Kropp 29 Kenneth W. Cox 25		Bill Earley 39	1:07.20	50 vd Freestyle' John Watkins 52	26.89
	500 YARD FREESTYLE	100 vd Breastroke	4 00	Rick Wilson 28	26.17	200 vd Backstroke Bill Earley 39	2:37.91	Norm Buvick 51	28.40
	CO VIDE DECIGEOUS OFF	100 vd Butterfly		Daniel Beckman 27		50 vd Breastroke Charles Maunz 35	30 82	200 yd Freestyle Duane Draves 50	2:15.82
	Joe Hackney, 77 1:00.09	Helen Geoffrion 37 1:3 200 yd Individual Medley	4.58	200 vd Freestyle Kenneth W. Cox 25		Scotty Roberts 36	32.33	John Watkins 52	2.33.22
	Joe Hackney, 77 2:14.10	Helen Geoffrion 37 3:0	10.41			William Parks 39 John Rawlings 37	34,19	Duane Draves 50	6:20.59
	200 YARD MEDLEY RELAY	Doris Gilbert 39 3+3 WOMEN 40-44	00.09	500 vd Freestyle		Robert Rubin 39	36.91	200 vd Backstroke Duane Draves 50	2:29.56
	MEN 25+ York YMCA 2:02.17	50 vd Freestyle MaryAnn Rasmussen 41	27.05	100 vd Backstroke		100 vd Breastroke Charles Maunz 35	1:09.32	50 vd Breastroke	
	(Leise, Carlip, Thomas, Wallace) MEN 35+	SOO AG LISSERTATE	,,,,,	Neil Speckman 28	1:27.38	Scotty Roberts 36 Patrick Schlup 35	1:09.76	Norm Buvick 51 Jack Burgan 53	36.62 36.86
	Metro Masters 2:19.26	Evelyn Debes 40 2:5 500 vd Freestyle	3.84	50 yd Breastroke Jack Hoagland 25		William Parks 39	1:15.16	Ransom Arthur 50	37.72
	(Rogers, Forbes, Johnsen, Barr) MEN 45+	Evelyn Debes 40 7:0	15.67	Neil Speckman 28 100 vd Breastroke	40.88	100 vd Butterfly Roger Sterneck 36	1:08.06	100 yd Breastroke Norm Buvick 51	1+21+17
	Middle Atlantic Masters 2:04.47	200 yd Backstroke Evelyn Debes 40 3:1	30 01			Frank Newquist 38 William Parks 39		Jack Burgan 53	1:25.52
	(Franks, Mesirov, Begel, Evans) MEN 55+	50 vd Breastroke	12.25	Jack Hosgland 25	1:15.30	200 vd Individual Medle	Y	Jack Burgan 53	1:32.15
	Middle Atlantic Masters 2:34.43		10 24	Neil Speckman 28 Daniel Beckman 27	1:36.90	Patrick Schlup 35 Bill Earley 39	2:24.53	200 yd Individual Med Duane Draves 50	1ey 2:31.71
	(Rawstrom, Neilson, Cummin, Jaggers)	100 vd Breastroke Margrit Graef 44 1:	13.28	200 vd Individual Medle	Y	William Parks 39	2:33.31	Jack Burgan 53	3104.56
	BEVERLY HILLS MEET	wat Authi vasmassen at Tt	53.99	Rick Wilson 28 Daniel Beckman 27	2:34.91	Prank Newquist 38 Charles Maunz 35	2:37.79	MEN 55-59 50 vd Freestyle	
	Beverly Hills, California		42.91	Neil Speckman 28 MEN 30-34		Roger Sterneck 36 MEN 40-44	2:40.07	Martin Foster 56	27.86
	Mar. 20, 1976 25 yd pool	200 yd Individual Medley Evelyn Debes 40 3:2	21.00	50 vd Freestyle	resent to resi	50 vd Freestyle		Jerry Siefert 58 Jorge Zorilla 56	28.40
	WOMEN 25-29 50 vd Preestyle	MaryAnn Rasmussen 41 31	31.18	Map Cole 34 Carl F. Neuman 32	24.71	J. Michael Delaney 42 David Newquist 40		Don Rankin 59 Ted Neward 57	29.30 30.49
	Christine Schroeder 26 29.49 Virginia M. Warren 27 29.88	EA wet Presentials		DOO WILLIAMS))	24.97	Burkel & Connet like	27.84	Charles Ganzel 55	33.91
	Marie 2, Latham 27 30.00	Jacqueline D. Smith 45 Ivy Page 45	31.42 51.65	John Bales 31 Bambi Kishi 34		Larry Myers 44 Dick Campbell 42	30.85	200 vd Freestyle Martin Foster 56	2:24.05
	Cindy Lane 29 31.62 Cynthia D. Lambert 27 32.67	1 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	on ha	Harold Spinks 30 Arthur Hale 33	20140	Edgar H. Frank 40 Nino Cupaluolo 41	30.89	Bob Merrick 55 Don Rankin 59	2:27.25
	200 vd Preestyle Kathie W. Duncan 28 2:15.23	Helga Linnea Palmer 46 21	37.87	DILL Derry 11	29.59	200 vd Freestyle		Jorge Zorilla 56	2:40.59
	Lucy Johnson 28 2:19.05	500 yd Freestyle Helga Linnea Palmer 46 7:2		E.W. Duncan 30	1,58,61	Bradford Sturtevant 42	2:26.03	John Bricker 55 Charles Ganzel 55	3:04.19
	Sally Ann Peterson 29 2:20.01 Joy Mosse 25 2:24.47	100 vd Backstroke		Curtis Mosso 33	2:07.26	Dick Campbell 42	2142.08	500 vd Freestyle Bob Merrick 55	7:19.36
	Susan Sargeant 29 2:31.56 Virginia M. Warren 27 2:32.92	(BEC TO SEE SEE SEE SEE SEE SEE SEE SEE SEE SE	45.93	Bob Williams 33			2. 46 21	100 vd Backstroke	
	Marie Z. Latham 27 2:42.16	Anne Adams 47 21	1000	George Toberman 34	2:21.59	Soo vd Freestyle	5133.28	Jorge Zorilla 56 Jerry Siefert 58	1:25.25
	500 yd Freestyle Kathie W. Duncan 28 6:07.76	Rita B. Mills 45	50.03	Michael A. Colonnese32 James R. Ferrell 34	2:21.99	J. Michael Delaney 42		Don Rankin 59	1:27.55
	Barbara Dunbar 27 6:10.91	Jacqueline D. Smith 45	40.73		****	Dick Campbell 42 David Newquist 40	7155.62	200 yd Backstroke Don Rankin 59	3:09.22
	Joy Mosse 25 6:50.68 Cynthia D. Lambert 27 8:05.69	Rita B. Mills 45	46.05	500 va Freestyle	5129.55	Stan McConnell Wh		Jorge Zorilla 56 50 vd Breastroke	3:10.29
	100 vd Backstroke	TOO AN DIEGOTIONS		Curtie Mosso 33	0100.75	Amt Walah 43	1:18.02	Tom Lind 58	35.12
	Marie 2. Latham 27 1:35.62		34.50 46.29	Bob Williams 33	6:20.08	Robert Gledt 41	1:34.96	Ernie Neben 55 Ted Neward 57	38.47
	200 vd Backstroke Joy Mosse 25 2:45.34	200 vd Individual Medley Jacqueline D. Smith 45 3:		Michael Colonnese 32 John Bales 31	6:28.20	200 vd Backstroke Stan McConnell 44		Don Rankin 59 100 yd Breastroke	39.00
	THE TAXABLE PARTY OF THE PROPERTY OF THE PROPE	WOMEN CO-CH	17.77	Roger Prasser 31	7:19.89	Robert Gledt 41	3:09.67	Tom Lind 58	1:21.26
	Barbara Dunbar 27 35.39	50 vd Freestyle	36.26	Jim Thomas 34	7:58.63	J. Michael Delaney 42	34.71	Bob Merrick 55	1:23.97
	Cindy Lane 29 36.32 Gail Dummer 25 37.59	Grace Altus 52	40.78	Ken Kruegen 30		Nino Cupaiuolo 41 Walt Wilson 40	35.81	Ted Neward 57 100 vd Butterfly	1:27.74
		200 vd Freestyle Grace Altus 52 3:	22.56	100 vd Backstroke		Para a M. Panale 110	36.59	Bob Merrick 55	1:21.21
	Cynthia D. Lambert 27 43.35	Betty Talbot 50 3:	22.60	Dave Frank 32		Art Welch 43	42.42	200 vd Individual Med Bob Merrick 55	2:5%.47
	100 vd Breastroke Cindy Lane 29 1:18.68	Lynn Orr 52 8:	19.74	Tom Lieser 34 Arthur Hale 33	1:11.64	100 vd Breastroke Nine Cupaluolo 41		Ted Neward 57 MEN 60-64	3:06.49
	Sally Ann Peterson 29 1:19.73		41.55 51.92	200 vd Backstroke Dave Frank 32	2120	Walt Wilson 40	1:16.59	50 vd Freestyle	
	T Tabaras 20 3.00 03	100 vd Backstroke	48.06	Tom Lieser 34	21 39 . 34	Rudolf Graef 44 Edgar H. Frank 40	1:18.97	Reg Richardson 64 Jim Eubank 60	28,21
	Virginia M. Warren 27 1:29.05 100 yd Butterfly	200 vd Backstroke		Han Cala 34			1:34.02	200 vd Freestyle	
	Barbara Dunbar 27 1:04.01 Kathie W. Duncan 28 1:08.40	Betty Talbot 50 3: Grace Altus 52 3:	48.31		30.70	100 vd Butterflv Art Welch 43	1:07.02	Jim Eubank 60 Reg Richardson 64	2:35.27
	Lucy Johnson 28 1:10.78			Dave Frank 32 Harold Spinka 30 Thomas Thomson 31	32.54	200 vd Individual Medl Stan McConnell 44	e <u>y</u> 2,35 20	Reg Richardson 64	19.9
	Christine Schroeder 26 1:18.68 200 vd Individual Medley	100 ud Bussetnoka	52.24	Bill Berry 31		J. Michael Delaney 42 Art Welch 43	2:38.67	200 vd Individual Med Reg Richardson 64	
	Barbara Dunbar 27 2:29.33 Sally Ann Peterson 29 2:37.69	200 vd Individual Medley	U5.02	John Bales 31			2148,32	MEN 65-69	31000
	Lucy Johnson 28 2:37.92	Grace Altus 52 3:	54.43	100 vd Breastroke	30.03	David Newquist 40	3102.95	50 vd Freestyle Tom Monahan 65	31.47
	Joy Mosse 25 2:44.27	50 vd Preestyle	200	Dave Prank 32 Hap Cole 34	1:07.85	Edgar H. Frank 40	3:06.26	Ronald Drummond 69 Leonard Chapin 67	36.80 37.08
	Virginia M. Wannan 27 2:48 64	Margaret George 59	38.60	naroid Spinka 30				Ernest Hale 65	42.50
	WOMEN 30-34	Lorraine I, Peterson 57 200 vd Freestyle	49.91	Bill Berry 31	1:15.58	Jack Graigie 40	27.18	200 yd Freestyle Tom Monahan 65	2154.40
	MaryLee Christensen 30 30.45	Bette F. Crowell 55 3:	04.50	Anthum Wala 22	1.26.94	Hal Nichols 47	31.43	Alfred Guth 67 500 vd Freestyle	3:09.91
7/1	Leslie Marshall 30 31.62	Rita Simonton 57 3: Margaret George 59 3:	16.04	HOPOT TROUBLE TE	1:27.95	Warren Keuhn 40	35.03	Leonard Chapin 67	8148.20
	Grace Brors 34 34.98	500 vd Freestyle Margaret George 59		E.W. Duncan 30	58.82	200 yd Freestyle	2:16.64	100 yd Backstroke Tom Monahan 65	1:27.60
	MaryLee Christensen 30 2:24.85	100 vd Backstroke	57.70	Bob Williams 33 Curtis Mosso 33	1:04.64	500 vd Fraestyle Neal R. Palmer 45		Ronald Drummond 69	2:08.60
	Janet E. Royer 34 2:36.18 500 vd Freestyle MaryLee Christensen 30 6:39.85	200 yd Backstroke		Michael Colonness 32	1 . 00 60	TOO A O DRONG CLONG		200 vd Backstroke Tom Monahan 65	3:16.66
	MaryLee Christensen 30 6:39.85 Janet E. Royer 34 7:13.44	50 vd Breastroke	26.94	Roger Prasser 31	1:13.25	Neal R. Palmer 45 Brockway Clark 45 Hal Nichols 47	1:19.72	Alfred Guth 67 Ronald Drummond 69	3132.48 5104.96
			47.06	James Perrell 34	1114.05	Hal Nichols 47 Warren Keuhn 46	1121.47	50 yd Breastroke Ernest Hale 65	48.67
		Lorraine I. Peterson57 1:				THE RESERVE OF THE STATE OF THE	2-37410	Ronald Drummond 69	49.42

100 and Berneley						
Ernest Hale 65 1:51.27	50 YARD BUTTERFLY Greg Stenger 29 26.60	200 YARD BREASTSTROKE	WOMEN 40-44		100 yd Backstroke	
Ronald Drummond 69 2:07.06	Don Beuttenmuller 28 27.40	Joseph Kapit 60 3:36.20 50 YARD BUTTERFLY	50 yd Freestyle Connie Wilson 41	:37.10	Cecil Kribs 34 200 yd Backstroke	1:19.70
Alfred Guth 67 1:45.85 Ernest Hale 65 1:51.15	Jim Donnelly 27 28 30	Charlie Dunworth 60 40.00 Clifford Straus 63 41.80	Jeanne Kennett 41 200 vd Freestyle	:40,10	Cecil Kribs 34 50 yd Breaststroke	2:57.90
200 vd Individual Medley Alfred Guth 67 3:29.04 MEN 70-74	100 YD INDIVIDUAL MEDLEY	100 YARD BUTTERFLY Clifford Streus 63 1:38.70	Jeanne Kennett 41 50 yd Backstroke	3:31.50	Stuart Morris 32 50 yd Butterfly	: 37. 30
50 vd Freestyle	Wallace Burke 25 1:09.20	Charlle Dumworth 60 1:29.70	Jeanne Kennett 41 100 yd Backstroke	:52.30	Coburn Grabenhorst 31 MEN 40-44	:25.10
Charles Cushman 73 58.66	David Sellg 28 1:13.60	MEN 65-69 50 YARD FREESTYLE	Connie Wilson 41 200 yd Backstroke	1:21.10	50 yd Freestyle Robin Hesse 41	:27.70
Gerhard Mauric 72 3:50.86 Charles Cushman 73 4:57.31	50 YARD FREESTYLE	Robert Nelson 68 34.70 200 YARD BACKSTROKE	Connie Wilson 41 50 vd Butterfly	2:58.60	Fred Sprenger 44 Brian Heard 41	: 29.20
Gerhard Mauric 72 10:27.30	Ed Trausneck 32 36.00	Maurice Young 67 4:10.00 50 YARD BREASTSTROKE	Jeanne Kennett 41 WOMEN 45-49	:52,20	100 yd Freestyle Fred Sprenger 44	1:05.10
Gerhard Mauric 72 2:14.68	K.C. Dawson 30 56.00	B111 Share 66 43.50 Maurice Young 67 45.50	50 yd Freestyle Mary Anne Wolfe 49	:35.00	Robin Hesse 41 Brian Heard 41	1:05,20
WOMEN 25 and over 200 yd Free Relay	Ron Peterson 33 1:03.20 200 YARD FREESTYLE	BIII Share 66 1:35.30	50 yd Backstroke Mary Anne Wolfe 49	:42.00	200 yd Freestyle Fred Sprenger 44	2:25.90
Long Beach Swim Club 1:53.59 (Johnson, Duncan, Latham,	K.C. Dawson 30 2:11.50 Ron Peterson 33 2:24.30	Maurice Young 67 1:47.00 200 YARD BREASTSTROKE	100 vd Backstroke Mary Anne Wolfe 49	1:34.50	500 yd Freestyle Fred Sprenger 44	6:35.30
Peterson) MEN	K.C. Dawson 30 35.50	Bill Share 66 3:88.50 50 YARD BUTTERFLY	200 yd Backstroke Mary Anne Wolfe 49	3:29.30	50 yd Breaststroke Brian Heard 41	:42.30
25 and over 200 vd Free Relay Long Beach Swim Club 1:38.18	Ron Peterson 33 36.00 Ed Trausneck 32 41.80	Maurice Young 67 47.10 MEN 70-74	WOMEN 50-54 50 yd Freestyle		100 yd Breaststroke Brian Heard 41	1:37.90
(Duncan, Hoaglund, Frank, Cold)	John Zeigler 30 2:34.50	50 YARD FREESTYLE Henry Strothmann 70 38.10	Virginia Joslin 50 100 yd Backstroke	:45.20	MEN 45-49 50 yd Freestyle	1.11.50
MIXED 35 and over 200 vd Medley Rly.	John Zeigler 30 32.50	Sig Langner 74 40.10 Peter Jurczyk 70 40.30	Elfie Stevenin 54 50 yd Breaststroke	2:21.20	John Stone 49 Leo Haglund 45	: 34.00
Mission Viejo 2:24.70 (Graef, Graef, Schlup,	Bill Alonso 33 32.60 100 YARD BREASTSTROKE	Fritz Babendererde 70 52.30 100 YARD FREESTYLE	Virginia Joslin 50 200 yd Breaststroke	:59.10	100 yd Freestyle John Stone 49	: 35.60
Brors)	John Zeigler 30 1:10.20 Bill Alonso 33 1:14.00	Peter Jurczyk 70 1:33.70 Sig Langner 74 1:36.30	Elfie Stevenin 54 50 yd Butterfly	6:23.90	Leo Haglund45 Fred Eckhardt 49	1:23.00
GOLD COAST INVITATIONAL	John Zeigler 30 2:35.60	200 YARD FREESTYLE Peter Jurczyk 70 3:46.50	Elfie Stevenin 54 100 yd Ind. Medley	1:23.80	200 yd Freestyle Leo Haglund 45	1:19.00
Lake Worth, FL 3-21-76	John Zeigler 30 2:31.90	Sig Languer 74 4:08.40 50 YARD BACKSTROKE	Elfie Stevenin 54 WOMEN 55-59	2:41.60	500 yd Freestyle Leo Haglund 48	9:10.50
WOMEN 25-29 50 YARD FREESTYLE	50 YARD BREASTSTROKE	Sig Loeffler 70 51.80 Peter Jurczyk 70 53.00	50 yd Freestyle Eileen Biglin 57	:47.60	50 yd Backstroke Donlan Jones 46	: 31, 40
JoAnne Schroeder 27 29.50 Linda Crawford 27 33.70	Don Short 39 33.20 50 YARD BUTTERFLY	Fritz Babendererde 70 1:12.60 Sig Langner 74 1:14.80	100 yd Freestyle Eileen Biglin 57	1:45.00	50 yd Breaststroke Donlan Jones 46	: 59, 20
Jackie Thompson 28 1:01.80	Don Short 39 30.00 MEN 40-44	200 YARD BACKSTROKE Sig Loeffler 70 4:22.50	50 yd Backstroke Eileen Biglin 57	1:14.00	50 yd Butterfly Fred Eckhardt 49	:40.40
Marian Borken 26 1:11.80 Linda Crawford 27 1:18.50	Gay Rosser 42 25.00	60 YARD BREASTSTROKE Henry Strothmann 70 42.30	WOMEN 60-64 50 yd Freestyle	1.11.00	200 yd Butterfly Fred Eckhardt 49	1:10.50
Jackie Thompson 28 2:30.50	Gay Rosser 42 55.40	Sig Loeffler 70 49.40 Fritz Babendererde 70 1:07.80	Clair Carey 60 50 yd Backstroke	:44.70	100 yd Ind. Medley Fred Eckhardt 49	1:29.70
50 YARD BREASTSTROKE Marti Waterman 25 39.90	Gay Rosser 42 2:11.00	100 YARD BREASTSTROKE Henry Strothmann 70 1:41.60	Clare Carey 60 WOMEN 65-69	:54.00	200 yd Ind. Medley Donlan Jones 46	
Diane Morrissey 28 47.00 100 YARD BREASTSTROKE	Charles Kohnken 44 2:25.60 200 YARD BACKSTROKE	Sig Loeffler 70 1:57.10 Fritz Babendererde 70 2:31.40	50 yd Freestyle Hazel Bressie 67	1:30.90	MEN 50-54 50 yd Freestyle	3:04.20
Marti Waterman 25 1:28.90 Marian Borken 26 1:30.20	Charles Kohnken 44 3:12.80 50 YARD BREASTSTROKE	200 YARD BREASTSTROKE Sig Loeffler 70 4:25.60	500 yd Freestyle Hazel Bressie 67	17: 15. 30	James Holland 52 Chuck Harrison 50	:29,50
Diane Morrissey 28 1:41.30 200 YARD BREASTSTROKE	Herb Kern 44 34.70 50 YARD BUTTERFLY	100 YARD INDIVIDUAL MEDLEY Peter Jurczyk 70 2:09.60	50 yd Backstroke Hazel Bressie 67	1:29.00	100 yd Freestyle James Holland 52	1:09.00
Jo Anne Schroeder 27 3:17.60 50 YARD BUTTERFLY	Gay Rosser 42 28.20 Herb Kern 44 29.20	200 MIXED FREE RELAY 25+	50 vd Breaststroke Hazel Bressie 67	1:25.20	Chuck Harrison 50 200 yd Freestyle	1:11.20
Marti Waterman 25 34.70 Linda Crawford 27 39.00	Gay Rosser 42 1:04.20	North Miami Swim Team 1:54.00 (Borken, Thompson, Ryan, Alons) Suncoast Masters 2:16.20	100 yd Breaststroke Hazel Bressie 67	3:16.50	Earl Walter 54 Chuck Harrison 50	2:40.50
Jackie Thompson 28 1:15.00	Herb Kern 44 1:09.10 100 YARD INDIVIDUAL MEDLEY	Suncoast Masters 2:16.20 (Waterman, Burke, Morrisset, Donnelly)	MEN 25-29	3120130	500 yd Freestyle Chuck Harrison 50	7:54.40
Marian Borken 26 1:20.40 Marti Waterman 25 1:26.00	Charles Kohnken 44 1:20.50 MEN 45:49	Sometry	50 yd Freestyle Tom Andersen 25 Pat Joseph 29	:24.10	50 yd Butterfly Earl Walter 54	: 34.70
Linda Crawford 27 1:29.50 WOHEN 30-34	SO YARD FREESTYLE Ralph Mercer 48 29.90	Tigard Swim Center Meet March 28, 1976	Gerard Cromin 27 Scott McKay 28	125.60	100 yd Butterfly Earl Walter 54	1:21.50
April Parendes 34 50 Yd Freestyle 37.40	Ralph Mercer 48 1:07.60	Tigard, Oregon WOMEN 25-29	Doug Crichton 29 100 yd Freestyle	: 31.10	200 yd Butterfly Earl Walter 54	1:070
100 Yd Freestyle 1:28.10 50 Yd Backstroke 49.50	Tom Whiteleather 45 1:11.60 200 YARD FREESTYLE Ralph Mercer 48 2:40.90	50 yd Freestyle Judi Shaw 27 :30,00	Tom Andersen 25 Doug Huestis 28	:54.10	MEN 60-64 50 yd Freestyle	
100 Yd Ind. Medley 1:45.90 WOMEN 35-39	50 YARD BACKSTROKE	Susy Doolittle 27 :33.70 100 yd Freestyle	Pat Joseph 29 Scott McKay 28	:55.40 1:02.60	Donald Stevenson bi 100 yd Freestyle	:33.00
Christa Saragoni 39 36.50	Hans Hellmann 48 44.70 50 YARD BREASTSTROKE Hans Hellmann 48 35.60	Darlene Pohl 26 1:05.40 Judi Shaw 27 1:06.90	Doug Crichton 29 200 yd Freestyle	1:05,90	John Downey 60	1:15.70
50 YARD BREASTSTROKE Christa Saragoni 39 44.10	Hans Hellmann 48 35.60 100 YARD BREASTSTROKE Hans Hellmann 48 1:22.60	200 yd Freestyle Judi Shaw 27 2:43.70	Tom Andersen 25 Doug Huestis 28	2:05.10	200 yd Freestyle Donald Stevenson to	3:01.30
50 YARD BUTTERFLY Millie Bergeron 36 31.80	Joe Schaefer 46 1:25.60 200 YARD BREASTSTROKE	50 yd Backstroke Susan Snyder 27 :36,90	500 yd Freestyle Tom Andersen 25	5:43.30	John Downey oo 500 yd Freestyle	3:11.00
Millie Bergeron 36 1:19.20	Hans Hellmann 48 3:11.40	Susy Doolittle 27 :45.50 Rita Rathkey 27 :50.20	Doug Crichton 29 50 yd Backstroke	7:04.50	John Downey 60 100 Ind. Medley	-:47.60
Anne McGuire 41	Joe Schaefer 46 3:13.50 100 YARD BUTTERFLY Joe Schaefer 46 1:19.20	200 yd Backstroke Susan Snyder 27 2:48,20	Jon Stout 29 100 yd Backstroke	:27.90	Donald Stevenson of 200 yd Ind. Medley	1:30,40
50 Yd Breaststroke 37,50 100 Yd Breaststroke 1:23,20 200 Yd Breaststroke 3:04,40	100 YARD INDIVIDUAL MEDLEY Ralph Mercer 48 1:29.70	50 yd Breaststroke Susy Doolittle 27 :46,50	Jon Stout 29 Robert Maestre 25	1:03.50	Donald Stevenson 65 MEN 65-69	\$155.00
100 Yd Ind. Medley 1:20.60	200 YARD INDIVIDUAL MEDLEY	200 yd Breaststroke Susan Snyder 27 3:12,80	200 yd Backstroke Robert Maestre 25	2:240	50 yd Freestyle Max Strauss 66	:40,90
June Krauser 49 100 Yd Freestyle 1:16.80	Joe Schaefer 46 3:08.90 MEN 50-54 50 YARD FREESTYLE	50 yd Butterfly * Darlene Pohl 26 :31.90	- 50 yd Breaststroke Randy Harris 27	:11.50	500 yd Freestyle Max Strauss bb	10:10
200 Yd Freestyle 2:43.50	Reed Ringel 53 28.20 Alan Hausman 50 29.00	100 yd Butterfly Darlene Pohl 26 1:12,60	Daniel Peitscher 28 100 yd Breaststroke	: 39.60	50 yd Breaststroke Max Strauss bb	:45.40
200 Yd Breaststroke 3:23.60 50 Yd Butterfly 37.20 100 Yd Butterfly 1:22.20	100 YARD FREESTYLE W. S. Jardine 52 1:05.70	200 yd Butterfly Susan Snyder 27 3:06.80	Randy Harris 27 50 yd Butterfly	1:11.50	100 Ind. Medley Max Strauss bo	1:50,00
WOMEN 50-54	Alan Hausman 50 1:11.20 200 YARD FREESTYLE	200 yd Ind. Medley Darlene Pohl 26 2:42.90	Gerard Cronin 27 100 yd Butterfly	:26.70	MEN 75-79 50 yd Freestyle	
Lena Berg 53 50 Yd Freestyle 43.20	Reed Ringel 53 2:22.50 50 YARD BACKSTROKE	Susan Snyder 27 2:46.40 WOMEN 30-34	Doug Huestis 28 Gerard Cronin 27	1:02.50	John Hamodt 76	1:05.00
50 Yd Backstroke 55.50 50 Yd Breaststroke 51.40	Reed Ringel 53 35.80 Alan Hausman 50 41.00	50 yd Freestyle Betty Mayer 34 :43.30	200 yd Butterfly Doug Huestis 28	2:24.60	RELAYS MEN 20-24	
Rose Caplane 69	200 YARD BACKSTROKE Reed Ringel 53 3:05.20	500 yd Freestyle Alice Zabudsky 31 7:17.30	100 yd Ind. Medley Tom Andersen 25	1:07.10	200 yd Medley Relay Exhibition	1:57.00
100 Yd Freesytle 2:14.30 50 Yd Backstroke 1:02.00	50 YARD BUTTERFLY W. S. Jardine 52 32.80	50 yd Backstroke Betty Mayer 34 :50.00	Scott McKay 28 200 yd Ind. Medley	1:14.~0	Johnson, J. Cronin.	
100 Yd Breaststroke 2:23.70 MEN 25-29 50 YARD FREESTYLE	Reed Ringel 53 35.30 Alan Hausman 50 39.30	50 yd Breaststroke Alice Zabudsky 3l :41.80	Jon Stout 29 Par Joseph 29	2:22.20	P.Joseph) Exhibition	1:59.00
George Burke 27 25.30	100 YARD BUTTERFLY W. S. Jardine 52 1:21.50	Betty Mayer 34 1:04.20 100 yd Breaststroke	MEN 30-34 50 yd Freestyle	5447474847	B. Docrge, T. Anderson	1)
Don Beuttenmuller 28 25.40 Jim Ryan 28 25.80 David Selig 28 27.70	Alan Hausman 50 1:27.70	Alice Zabudsky 31 1:30,40 200 yd Butterfly	Karl vonTagen 32 Paul Murphy 32	:23.70	Coed Relay 200 yd Mixed Freestyle	Relav
100 YARD FREESTYLE George Burke 27 57.40	MEN 55-59 Stan Fisher 57	Alice Zabudsky 31 3:11.60 200 yd Ind. Medley	Coburn Grabenhorst 31 Cecil Kribs 34	:25.20	Exhibition (S.Doolittle, S.Snyd	2:11.40
50 YARD BACKSTROKE Don Beuttenmuller 28 31.30	50 Yd Freestyle 35.40 100 Yd Freestyle 1:34.40	Alice Zabudsky 31 2:55.00 WOMEN 35-39	100 yd Freestyle Karl vonTagen 32	:53.20	D.Peitscher,P.Murp	
Wallace Burke 25 32.90 David Selig 28 36.10	50 Yd Backstroke 42.70 MEN 60-64	50 yd Freestyle Penney DeAngeles 35 :35.00	Paul Murphy 32 200 yd Freestyle	:54.00		
200 YARD BACKSTROKE Wallace Burke 25 2:36.10	50 YARD FREESTYLE Charlie Dunworth 60 32.40	Janeth Shaw 37 :35.00 50 yd Backstroke Laneth Shaw 37 :41.50	Paul Murphy 32 Stuart Morris 32	2:06.00 2:33.60 2:37.00		
50 YARD BREASTSTROKE Jim Donnelly 31.50	Charlie Dunworth 60 1:12.40	Penney De Angeles 35 :51.40	Daniel Green 30 Cecil Kribs 34	2:46.50		
Greg Stenger 32.70 100 YARD BREASTSTROKE	Joseph Kapit 60 43.40	50 yd Breaststroke Penney DeAngeles 35 :53.50	500 yd Freestyle Karl vonTagen 32 Stuart Morris 32	5:56.10 7:06.20		
Jim Donnelly 1:11.20 200 YD BREASTSTROKE	Clifford Straus 63 43.40 100 YARD BREASTSTROKE Joseph Kapit 60 1:35.60		Daniel Green 30 50 yd Backstreke	7:42.40		
Jim Donnelly 2:36.60	Joseph Kapit 60 1:35.60	6	Cecil Kribs 34	: 34.50		
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FIFTH ANNUAL APRIL	Ann Marie Viola, 38 3:06.03 Sue Scutt, 36 3:21.00	50 Yard Back Jean Pieretti, 55 40,75	100 Yard Fly	1:00,21	Dave Fleming, 15
FOOLS MEET AT YALE	50 Yard Back	100 Yard Back	Varney Hintlian, 26 Rick Amira, 26	1:06.53	Jack McCoy, 35 28, 20
UNIVERSITY 4/1/76	Ann Marie Viola, 38 40,61	Jean Pieretti, 55 1:29.58	100 Yard IM	1:40. 73	Bill Murray, 38 28,86
WOMEN 25-29 50 Yard Free	100 Yard Back	Hortense Kelly, 56 2:05.17	Larry Butler, 27	57.69	100 Yard Fly
Sue Tendy, 27 28.40	Judy Parker, 39 1:36.42	100 Yard IM	Thomas Kelley, 28	1:12.26	Drury Gallagher, 37 1:05,70
Georgia Miller, 29 29,85	50 Yard Breast	Jean Pieretti, 55 1:55, 15	200 Yard IM	ar vary make	200 Yard Fly
Peggy Giota, 25 33.25	Judy Parker, 39 44.68 Helen Arthur, 35 47.10	200 Yard IM Jean Pieretti, 55 3:19,75	Rick Amira, 26	2:31.86	Bill Murray, 38 2:45,06 100 Yard IM
MaryGail Foss, 27 33.3	100 Yard Breast	WOMEN 60-64	400 Yard IM Larry Butler, 27	4.10 60	Drury Gallagher, 37 1:04,51
Ellen Maloney, 29 42.11	Alice Jones, 37 1:33,43	50 Yard Free	Varney Hintlian, 26	4:38.60	Jack McCoy, 35 1:07. 04
Christie Slimak, 27 1:01.99	Anne Hummel, 36 1:38, 12	Susan Haywood, 62 39.70	MEN 30-34	4,20,40	Dave Fleming, 35 1:08, 22
Christie Slimak, 27 1:01.99 Sue Tendy, 27 1:02.05	Judy Parker, 39 1:40.37	Helen Offenhauser, 63 44.27	50 Yard Free		Bill Murray, 38 1:08, 37
Georgia Miller, 29 1:11.83	100 Yard Fly	Pense Cleary, 64 48.09	Jack Likins, 31	24.32	Trent Toensing, 37 1:09, 80
Clarissa Olmsted, 27 1:12.83	Alice Jones, 37 1:32,37	Ilona Censor, 62 49.87	Terry Platt, 32	24.63	Gene Sullivan, 19 1:22.9
MaryGail Foss, 27 1:42.73	100 Yard IM	100 Yard Free	Daniel Davis, 33	24.68	Ron Hummel, 37 1:36,00
200 Yard Free	Ann Marie Viola, 38 1:31.15	Pense Cleary, 64 1:56, 86	Al Devereaux, 32	25.60	200 Yard IM
Christie Slimak, 27 2:18,08	400 Yard IM Anne Hummel, 36 6:54,00	Susan Haywood, 62 3:07.43	David Kirby, 33	26.62	Drury Gallagher, 37 2:21.59
Sue Tendy, 27 2:20.06	Anne Hummel, 36 6:54,00 WOMEN 40-44	Helen Offenhauser, 63 3:38, 18	Robert O'Brien, 31	30.64	400 Yard IM
50 Yard Back	50 Yard Free	50 Yard Back	Jack Likins, 31	53.01	Drury Gallagher, 37 5:14, 14
Betty O'Connor, 29 34, 11	Sue Kearney, 41 28.77	Helen Offenhauser, 63 52,60	Daniel Davis, 33	54.77	Bill Murray, 38 5:33,61
Ellen Maloney, 29 50.43	Phyllis Cinco, 42 32, 33	Pense Cleary, 64 58, 10	David Kirby, 33	58,63	MEN 40-44
Betty O'Copper 39	100 Yard Free	Rona Censor, 62 1:10.54	Al Devereaux, 32	59.16	50 Yard Free Joe Robinson, 40 24. BZ
Betty O'Connor, 29 1:14, 70 Christie Slimak, 27 1:16, 19	Sue Kearney, 41 1:03.43	100 Yard Back	Angelo Arecchi, 32	1:00.06	Joe Robinson, 40 24.BZ Walt Lincoln, 42 26.54
Carolyn Gatesy, 26 1:17.10	Donna Edelbaum, 42 1:20,51	Pense Cleary, 64 2:11, 21	Robert O'Brien, 31	1:11.99	Richard Ellis, 43 27,59
200 Yard Back	200 Yard Free	50 Yard Fly	200 Yard Free		Edward Sorel, 40 27,59
Betty O'Connor, 29 2:40,47	Sue Kearney, 41 2:28.84	Helen Offenhauser, 63 1:01,81	Jack Likins, 31	1:58.08	Wade Holland, 40 27,87
50 Yard Breast	50 Yard Back	Helen Offenhauser, 63 2:03.42	Daniel Davis, 33	2:05.65	Howard Schloemer, 43 28,08
Christie Slimak, 27 36,02	Phyllis Cinco, 42 42.22	WOMEN 65-69	Joseph Coplan, 30	2:06.77	Pickett Simpson, 40 30, 10
Cathy Maloney, 25 38,34	Jan Moeller, 41 46.26	100 Yard Free	Bruce Allender, 32 David Kirby, 33	2:10.69	Steve Sheppard, 40 10.64
MaryGail Foss, 27 45.37	50 Yard Breast Phyllis Cinco, 42 44.14	Evelyn Somers, 68 2:01,43	Al Devereaux, 32	2:18.91	100 Yard Free
Christia Slimah 27	100 Yard Breast	200 Yard Free	50 Yard Back	W. C. M. S. C.	Joe Robinson, 40 57, 99
Christie Slimak, 27 1:19.90 Cathy Maloney, 25 1:23.61	Donna Edelbaum, 42 1:39.45	Evelyn Somers, 68 4:16.97	Paul Smith, 31	28,54	Walt Lincoln, 42 58.83 Richard Ellis, 43 1:02.68
Clarissa Olmsted, 27 1:28, 49	50 Yard Fly	100 Yard Back	John Weick, 33	30.47	George Brunstad, 41 1:06,75
50 Yard Fly	Jan Moeller, 41 39.57	Evelyn Somers, 68 2:35,25	Sandy Thatcher, 32	35,62	Pickett Simpson, 40 1:07,41
Georgia Miller, 29 33, 93	Donna Edelbaum, 42 39.70	100 Yard Breast	Daniel Flynn, 34	35.95	Steve Sheppard, 40 1:13, 97
Sue Tendy, 27 34,39	100 Yard Fly	Evelyn Somers, 68 2:34.59	Robert O'Brien, 31	47.28	Lou Abel, 40 1:17.94
Cathy Maloney, 25 35,58	Donna Edelbaum, 42 1:31,24	100 Yard IM Evelyn Somers, 68 2:29.79	100 Yard Back	0.0.20	200 Yard Free
Peggy Gioia, 25 36,42	Jan Moeller, 41 1:39,24		Paul Smith, 31	1:03.71	Joe Robinson, 40 Z:16.88
100 Yard IM	100 Yard IM	WOMEN 25+ 200 Free Relay	John Weick, 33	1:07.83	Walt Lincoln, 42 2:18,55
Betty O'Connor, 29 1:15, 36	Phyllis Cinco, 42 1:31.97	Conn. Masters 2:03, 37	Sandy Thatcher, 32 Daniel Flynn, 34	1:14.98	Ed Haber, 43 2:21, 38
Cathy Maloney, 25 1:20.40	Jan Moeller, 41 1:36.07 200 Yard IM	(Sautter, Miller,	50 Yard Fly		Howard Schloemer, 43 2:23, 36
Peggy Gioia, 25 1:28.83	Donna Edelbaum, 42 3:20,79	Olmsted, Slimak)	Terry Platt, 32	26.51	Roy Aibel, 42 2:42,59
200 Yard IM Peggy Gioia, 25 3:12.96	Jan Moeller, 41 3:26.09	Metro Masters 2:03.94	Michael Laux, 34	27.52	Steve Sheppard, 40 3:00, 53
Peggy Gioia, 25 3:12.96 400 Yard IM	WOMEN 45-49	(Katz, Murphy,	Jack Likins, 31	27.54	50 Yard Back Richard Ellis, 43 36,06
Cathy Maloney, 25 6:22, 70	50 Yard Free	Gioia, Metz)	Al Devereaux, 32	28, 36	Larry Raisfeld, 40 36,09
WOMEN 30-34	Joanne Reilly, 45 35.92	WOMEN 25+	Sandy Thatcher, 32	31.13	100 Yard Back
50 Yard Free	Ruth Koss, 48 47.69	200 Medley Relay	Robert O'Brien, 31	41, 18	Stan Krok, 42 1:10,08
Barb Sautter, 30 32,79	100 Yard Free	Conn. Masters "A" 2:10.69	100 Yard Fly		George Brunstad, 41 1:19,0)
Alica Giuffra, 31 41,91	Joan McInture, 47 1:20.04	(O'Connor, Rogers,	Michael Laux, 34	1:00.58	Larry Raisfeld, 40 1:21, 32
100 Yard Free	Joanne Reilly, 45 1:23, 34	Slimak, Gatesy) Metro Masters 2:22.96	Terry Platt, 32	1:00.92	200 Yard Back
Jane Katz, 32 1:03,41	Ruth Koss, 48 2:04.26	(Murphy, Metz,	Joe Coplan, 30 David Kirby, 33	1:01.48	Stan Krok, 42 2:37, 30
Barb Sautter, 30 1:19.64	Joan McInture, 47 3:01.00	Gioia, Katz)	Angelo Arecchi, 32	1:05.84	Richard Ellis, 43 3:05, 10
200 Yard Free	50 Yard Back	Jersey Masters 2:48.24	200 Yard Fly		50 Yard Breast John Jurkowski, 40 32,49
Barb Sautter, 30 2:58, 10 50 Yard Back	Joan McInture, 47 41.99	T	Angelo Arecchi, 32	2:47.84	John Jurkowski, 40 32.49 Lou Abel, 40 32.85
Jane Hardy, 31 37,00	Ruth Koss, 48 57.90	Moeller, Giuffra)	100 Yard IM		Tony Mosa, 40 36, 22
Jane Murphy, 31 38.03	100 Yard Back	Conn. Masters "B" 2:58.60	Jack Likins, 31	1:02.97	100 Yard Breast
Alica Giuffra, 31 52, 13	Joan McInture, 47 1:31, 19		Terry Platt, 32	1:03.75	John Jurkowski, 40 1:13,58
100 Yard Back	Ruth Koss, 48 2:06.37		Paul Smith, 31	1:06,87	Lou Abel, 40 1:15, 13
Jane Katz, 32 1:13, 16	50 Yard Breast	WOMEN 35+	Al Devereaux, 32	1:07.46	Tony Mosa, 40 1;22,12
Jane Hardy, 31 1:19.71	Joanne Reilly, 45 41.84		John Weick, 33	1:10.69	George Brunstad, 41 1:25.79
200 Yard Back	Joanne Reilly, 45 1:32,40		Sandy Thatcher, 32	1:11.52	200 Yard Breast
Jane Hardy, 31 2:53.63	Joanne Reilly, 45 1:32,40 200 Yard Breast	Parker, Kearney)	Daniel Flynn, 34 Robert O'Brien, 31	1:28.78	Lou Abel, 40 2:45,46
50 Yard Breast Sue Rogers, 33 36.33	Tink Bolster, 46 3:26.02	2 00 00	200 Yard IM		John Jurkowski, 40 2:47,17 50 Yard Fly
Jane Murphy, 31 37.55	400 Yard IM	(Koss, Arthur,	Michael Laux, 34	2:22.30	Charles Stott, 42 31.44
Liz Atwood-Metz 39.03	Tink Bolster, 46 7:06.58		Terry Platt, 32	2:27, 10	Richard Ellis, 43 32,52
Barb Sautter, 30 43.44	Joan McInture, 47 7:14.55	WOMEN 45+	Paul Smith, 31	2:44.45	George Brunstad, 41 33, 32
Alica Giuffra, 31 47,15	WOMEN 50-54	Conn. Masters 2:43.03	400 Yard IM		Pickett Simpson, 40 33,41
100 Yard Breast	50 Yard Free		Michael Laux, 34	5:28.57	Tony Mosa, 40 33,54
Sue Rogers, 33 1:19.97	Dorothy Donnelly, 54 31.57 Charlotte Costello, 53 33.78	and the second second	Sandy Thatcher, 32	5:44,21	Wade Holland, 40 34.30
Jane Murphy, 31 1:22, 49	Charlotte Costello, 53 33.78 Nancy Phillips, 54 36,55	AATTAL DE DO	MEN 35-39 50 Yard Free		100 Yard Fly
Liz Atwood-Metz, 32 1:24,68 Alica Giuffra, 31 1:41.87	Estelle Garr, 52 55.55	50 Yard Free	John Bender, 37	23.9	Charles Stott, 40 1:11.12 Pickett Simpson, 40 1:21.14
200 Yard Breast	Frances Brill, 54 56.4	Larry Phippen, 26 23,19	Trent Toensing, 37	24.1	Edward Sorel, 40 1:25,85
Jane Murphy, 31 2:57.37	100 Yard Free	Dan Sullivan, 29 23.74	Thomas Wall, Jr., 3	7 25.0	100 Yard IM
Liz Atwood-Metz, 32 2:59.01	Nancy Phillips, 54 1:21.39		Jack McCoy, 35	26.4	Charles Stott, 42 1:15,67
50 Yard Fly	Frances Brill, 54 2:17.9		Tom Gilmartin, 35	29.70	Wade Holland, 40 1:16.47
Jane Katz, 32 31,05	Charlotte Osvas, 54 3:40.59	Larry Phippen, 26 49.20 Larry Butler, 27 51.02	Gene Sullivan, 39	31, 72	Howard Schloemer, 431:17, 49
Liz Atwood-Metz, 32 37.03	Nancy Phillips, 54 3:07.2		100 Yard Free	53,69	Pickett Simpson, 40 1:20, 75
100 Yard Fly	50 Yard Back	Varney Hintlian, 26 52, 14	John Bender, 37 Trent Toensing, 37	58.89	Larry Raisfeld, 40 1:26, 16
Jane Katz, 32 1:08.06 100 Yard IM	Dorothea Katz, 53 57.6	200 Yard Free	Tom Gilmartin, 35	1:09, 17	Eugene Sikes, 44 1:26.43 200 Yard IM
Jane Katz, 32 1:11.64	Martha Garofalo, 52 1:09.9		200 Yard Free		George Brunstad, 41 2:45,38
Sue Rogers, 33 1:12.02	100 Yard Back	Varney Hintlian, 26 1:59, 33	Bob Walden, 36	2:07.84	Eugene Sikes, 44 3:23.93
Liz Atwood-Metz, 32 1:22,08	Dorothy Donnelly, 54 1:29.4		Ron Hummel, 37	2:47,63	400 Yard IM
200 Yard IM	Dorothea Katz, 53 2:04.0		50 Yard Back	65 63	Charles Stott, 42 6:10,76
Jane Katz, 32 2:33.06	Dorothea Katz, 53 4:44.2	Thomas Kelley, 28 32.84	Trent Toensing, 37	33.92	Eugene Sikes, 44 7:26.00
WOMEN 35-39	50 Yard Breast	Larry Butler, 27 58.60	Gene Sullivan, 39	38. 37	MEN 45-49
50 Yard Free	Charlotte Costello, 53 42.5		Bill Murray, 38	1:11.25	50 Yard Free Francis Dooley, 47 25.85
Alice Jones, 37 30.71 Ann Marie Viola, 38 34.26	Martha Garofalo, 52 1:09.7	50 Yard Breast	Trent Toensing, 37	1:15,29	Ham Milroy, 45 26,27
Ann Marie Viola, 38 34.26 Helen Arthur, 35 36.72	100 Yard Breast	Ted Snow, 29 30, 11	Gene Sullivan, 39	1:28.77	Charles White, 45 27,43
Sue Scutt, 36 39, 93	Charlotte Costello, 53 1:31.2		50 Yard Breas	<u> </u>	Winthrop Wilson, 49 27.98
100 Yard Free	Martha Garofalo, 52 2:30.1		Stephen Kurtin, 37	32.44	Jurgen Nebelung, 47 28, 32
Alice Jones, 37 1:08.41	50 Yard Fly Charlotte Costello, 53 38, 3		Gene Sullivan, 39	37, 85 50, 13	Ernie Hulme, 47 28.34
Anne Hummel, 36 1:20, 77	400 Yard IM	Ted Snow, 29 2:24, 18	Ron Hummel, 37 100 Yard Brea	50.13	Milton Marks, 45 28.61 William Christian, 45 28.62
Judy Parker, 38 1:21,75	Charlotte Costello, 53 7:04.9		Jack McCoy, 35	1:11.06	Bill Young, 46 28.80
Sue Scutt, 36 1:29,00 200 Yard Free	WOMEN 55-59	Larry Phippen, 26 25.59	Drury Gallagher, 37	1:12.24	M. T. Ergin, 49 30.55
Alice Jones, 37 2:33.69	50 Yard Free	Joel Gitlin, 27 27,00	Stephen Kurtin, 37	1:18.06	Robert McWilliams, 47 32, 13
Anne Hummel, 36 3:00, 27	Jean Pieretti, 55 32.2		200 Yard Brea	st	
Judy Parker, 39 3:05.29	200 Yard Free	. 7	Jack McCoy, 35	2:41.09	
	Hortense Kelly, 56 3:58.8				

100 Yard Free		1.4		
	100 Yard IM	200 Yard Free	Metro Masters 2:11,89	100 YD IM
Francis Donley, 47 59.16	Bill Rodenbach, 52 1:15,83	Bill Warner, 65 3:32.34	(Raisfeld, Forbes,	Tom Ertel 28 1:04.87
Charles White, 45 1:00.29	Chuck McCarthy, 51 1:27,52 400 Yard IM	George Campbell, 68 3:44.92 Jim Kiernan, 66 4:01.64	Young, Sheppard) New England Masters 2:17.08	Ron Krier 29 1:05.48 Mike Justus 25 1:10.03
Winthrop Wilson, 49 1:03.25	Henry Lentzsch, 50 6:23,59	100 Yard Back	MEN 45+	Robert Becker 26 1:15.71
Ernie Hulme, 47 1:03.77	MEN 55-59	Oscar Sigrist, 67 1:37.18	Conn. Masters 2:03,08	MEN 30-34
William Christian, 45 1:07.77	50 Yard Free	50 Yard Breast	(Dooley, Goldstone,	500 YD FREESTYLE
M. T. Ergin, 49 1:15.03	Cliff Iglay, 57 30, 16	Harry Barr, 66 44:90		Lew Brumm 33 6:56.74
Robert McWilliams, 47 1:17, 15 200 Yard Free	William Varza, 55 35.00	Abe Olanoff, 69 47, 96	Jersey Masters 2:06.48	50 YD BREASTSTROKE
Len Goldstone, 46 2:14.65	100 Yard Free Cliff Iglay, 57 1:10.52	Abe Olanoff, 69 1:44,03	(Sanborn, Lentzsch, Stein, Sullivan)	John Goetz 33 :34.87
Winthrop Wilson, 49 2:20,49	William Varza, 55 1:21,90	Harry Barr, 66 1:45.58	New England Masters 2:09.58	John Goetz 33 1:15.35
Ham Milroy, 45 2:21, 97	200 Yard Free	200 Yard Breast	(Smith, Bartlett,	100 YD BUTTERFLY
Charles White, 45 2:31.30	Cliff Iglay, 57 2:40.74	Abe Olanoff, 69 3:47.34	Uhrich, Hulme)	Lew Brumm 33 1:00.53
Robert McWilliams, 47 2:48. 16	Richard Guido, 59 2:44.09	Harry Barr, 66 4:00.35	MEN 55+	200 YD IM
Ernie Hulme, 47 2:55, 26 50 Yard Back	50 Yard Back Bill Uhrich, 55 35.79	50 Yard Fly Abe Olanoff, 69 54.07	Metro Masters 2:27, 30 (Guico, Barr,	John Goetz 33 2:37.81 MEN 35-39
Fred Bartlett, 45 35.22	John Merrill, 59 36,99	100 Yard IM	Cronin, Cruickshank)	100 YD FREESTYLE
William Christian, 45 35,24	Dick Guido, 59 37.51	Oscar Sigrist, 67 1:29.42	Conn. Masters 2:30.97	Allen Grant 35 1:09.58
Dan Sullivan, 49 35,40	Cliff Iglay, 57 42, 15	Abe Olanoff, 69 1:51.22	(Sautter, Varza,	200 YD FREESTYLE
William Stocum, 46 42,79	100 Yard Back	200 Yard IM Oscar Sigrist, 67 3:44.18	Merrill, Bartlett) Jersey Masters 2:32,55	Allen Grant 35 2:41.00
Fred Bartlett, 45 1:17.06	Bill Uhrich, 55 1:18.15 John Merrill, 59 1:20.89	MEN 70-74	Jersey Masters 2:32,55 (Coyle, Sigrist,	Allen Grant 35 7:17.84
Dan Sullivan, 49 1:19, 36	Dick Guido, 59 1:22,59	50 Yard Free	Pendergrass, Stickel)	50 YD BREASTSTROKE
William Christian, 45 1:20, 27	200 Yard Back	G. Harold Languer, 72 37, 10	MIXED FREE RELAY	Allen Grant 35 :41.72
200 Yard Back	John Merrill, 59 3:04,80	Henry Francis, 70 43.45	25+	MEN 40-44
Fred Bartlett, 45 2:49.18 Dan Sullivan, 49 2:58.11	50 Yard Breast	David Evans, 73 48.03	Conn. Masters "A" 1:42.69	100 YD FREESTYLE
Dan Sullivan, 49 2:58, 11 William Christian, 45 3:03, 10	Edward Cronin, 55 37, 33 Richard Close, 59 45, 20	G. Harold Languer, 72 1:22.87	(Miller, Slimak, Phippen, Davis)	J. C. Brenton 41 1:01.57
M. T. Ergin, 49 3:30.99	100 Yard Breast	David Evans, 73 1:48.17	Metro Masters "A" 1:53, 96	J. C. Brenton 41 2:20.20
50 Yard Breast	Edward Cronin, 55 1:24.63	Henry Francis, 70 1:51.77	(Katz, Murphy,	100 YD IM
Jurgen Nebelung, 47 33, 95	Richard Close, 59 1:46.68	200 Yard Free	Smith, Weick)	J. C. Brenton 41 1:10.71
Milton Marks, 45 35, 96	200 Yard Breast Edward Cronin, 55 3:08, 58	G. Harold Languer, 72 2:58.29	Conn. Masters "B" 1:54, 22	MEN 45-49
William Slocum, 46 39, 92 Robert McWilliams, 47 41, 4	Edward Cronin, 55 3:08.58 Richard Close, 59 3:59,69	50 Yard Back Henry Francis, 70 55.93	(Laux, Olmsted, Platt, Sautter)	100 YD FREESTYLE Paul Girdes 48 1:00.51
Leo Tersmette, 49 43.48	50 Yard Fly	50 Yard Breast	New England Masters 1:59.73	Eric Youngquist 48 1:02.29
100 Yard Breast	Bill Uhrich, 55 31,60	David Evans, 73 1:00.87	(Tendy, McIntyre,	Prank Feld 48 1:23.82
Jurgen Nebelung, 47 1:12.91	Edward Cronin, 55 32,55	100 Yard Breast	Butler, Toensing)	200 YD FREESTYLE
Alfred Stein, 47 1:18.73	William Varza, 55 43.91	G. Harold Languer, 72 2:04.56	Metro Masters "B" 2:10,40	Bob White 48 2:17.11
Charles White, 45 1:24, 12 Milton Marks, 45 1:25, 26	Leon Katz, 55 46.57 100 Yard Fly	50 Yard Fly Henry Francis, 70 58.33	(Gioia, Metz, Raisford, Amira)	Eric Youngquist 48 2:20.62 Paul Girdes 48 2:21.59
William Slocum, 46 1:28,18	Jim Pendergrass, 57 1:32.01	G. Harold Languer, 72 1:11,59	35+	500 YD FREESTYLE
M. T. Ergin, 49 1:35,86	Leon Katz, 55 1:52.92	100 Yard IM	Jersey Masters 2:03.78	John Bauman 45 6:32.35
Robert McWilliams, 47 1:36.08	200 Yard Fly	Henry Francis, 70 2:13.81	(Moeller, Arthur,	Paul Girdes 48 6:35.58
200 Yard Breast	Leon Katz, 55 4:08, 10	MEN 75-79	Robinson, McCoy)	Eric Youngquist 48 6:43.0:
Jurgen Nebelung, 47 2:43.69	Bill Uhrich, 55 1:20,70	50 Yard Free Earl Lyon, 75 48.70	Conn. Masters "A" 2:05,73 (Brunstad, Kearney,	Robert Kueny 45 6:58.85 100 YD BACKSTROKE
Leo Teramette, 49 3:47,62 50 Yard Fly	Leon Katz, 55 1:34, 55	50 Yard Back	Viola, Gilmartin)	Frank Feld 48 1:28.84
Len Goldstone, 46 30, 16	William Varza, 55 1:41,71	Earl Lyon, 75 58.17	Conn. Masters "B" 2:15,48	50 YD BREASTSTROKE
Ham Milroy, 45 30, 54	Z00 Yard DM	100 Yard Back	(Hummel, Parker,	Robert Kueny 45 :33.46
Bill Young, 46 32,53	Bill Uhrich, 55 2:51.62 Jim Pendergrass, 57 3:01.17	Earl Lyon, 75 2:11.09 50 Yard Breast	Scutt, White)	Prank Feld 48 :42.02 100 YD BREASTSTROKE
Robert McWilliams, 47 40.86 100 Yard Fly	William Varza, 55 3:51.06	Earl Lyon, 75 1:06,43	Conn. Masters 2:07.50	Robert Kueny 45 . 1:13.09
Len Goldstone, 46 1:08, 20	400 Yard IM	100 Yard Breast	(Schofield, Shadbolt,	John Bauman 45 1:25.16
Alfred Stein, 47 1:09, 22	Jim Pendergrass, 57 6:35.93	Earl Lyon, 75 2:39.36	Phillips, Pieretti) Metro Masters 2:21, 2	Frank Feld 48 1:32.83
Leo Tersmette, 49 1:54, 91	Leon Katz, 55 8:06,67 MEN 60-64	FREE RELAY MEN 25+	Metro Masters 2:21.2 (Costello, Censor,	Robert Kueny 45 1:13.17
200 Yard Fly Alfred Stein, 47 3:00.64	50 Yard Free	Conn. Masters 1:36.78	Young, Forbes)	John Bauman 45 1:13.71
100 Yard IM	John Sautter, 61 29.25	(Phippen, Laux,	<u>55+</u>	200 YD BUTTERFLY
Len Goldstone, 46 1:08.68	Harry Bartlett, 60 30,95	Platt, Gitlin)	Jersey Masters 2:26.41	John Bauman 45 2:56.53
1	Fred Stickel, 61 33,40	New England Masters 1:37, 11	(Haywood, Cleary,	200 YD IM
Fred Bartlett, 45 1:15.88				Seb White 40 2.15 50
Milton Marks, 45 1:19.94	Jack Binder, 63 51,24	(Toensing, Butler,	Pendergrass, Iglay)	Bob White 48 2:35,58 Robert Kueny 45 2:37,32
Milton Marks, 45 1:19.94 Bill Young, 46 1:21, 22		(Toensing, Butler, Sullivan, Murray) MEN 35+		Bob White 48 2:35.58 Robert Kueny 45 2:37.32 John Bauman 45 2:49.24
Milton Marks, 45 1:19, 94 Bill Young, 46 1:21, 22 400 Yard IM Leo Tersmette, 49 8:28, 34	Jack Binder, 63 51,24 100 Yard Free Harry Bartlett, 60 1:09,34 John Sautter, 61 1:12,73	(Toensing, Butler, Sullivan, Murray) MEN 35+ Jersey Masters 1:57,57	RESULTS	Robert Kueny 45 2:37.32
Milton Marks, 45 1:19.94 Bill Young, 46 1:21.22 400 Yard IM Leo Tersmette, 49 8:28, 34 MEN 50-54	Jack Binder, 63 51,24 100 Yard Free Harry Bartlett, 60 1:09,34 John Sautter, 61 1:12,73 Fred Stickel, 61 1:21,48	(Toensing, Butler, Sullivan, Murray) <u>MEN 35+</u> Jersey Masters 1:57,57 (Sanborn, Robinson,	RESULTS Wauwatosa, Wisconsin	Robert Kueny 45 2:37.32 John Bauman 45 2:49.24 MEN 50-54 100 YD FREESTYLE
Milton Marks, 45 1:19,94 Bill Young, 46 1:21,22 400 Yard IM Leo Tersmette, 49 MEN 50-54 50 Yard Free	Jack Binder, 63 51,24 100 Yard Free Harry Bartlett, 60 1:09,34 John Sautter, 61 1:12,73 Fred Stickel, 61 1:21,48 Jack Binder, 63 1:53,75	(Toensing, Butler, Sullivan, Murray) MEN 35+ Jersey Masters 1:57,57 (Sanborn, Robinson, Lentzsch, Stott)	RESULTS	Robert Kueny 45 2:37.32 John Bauman 45 2:49.24 MEN 50-54 100 YD FREESTYLE Perry Rockwell 51 1:02.09
Milton Marks, 45 Bill Young, 46 400 Yard IM Leo Teramette, 49 MEN 50-54 50 Yard Free Dick Sanborn, 52 1:19, 94 1:21, 22 21, 23 221, 23	Jack Binder, 63 51,24 100 Yard Free Harry Bartlett, 60 1:09,34 John Sautter, 61 1:12,73 Fred Stickel, 61 1:21,48 Jack Binder, 63 200 Yard Free	(Toensing, Butler, Sullivan, Murray) <u>MEN 35+</u> Jersey Masters 1:57,57 (Sanborn, Robinson,	RESULTS Wauwatosa, Wisconsin April 10, 1976 25 Yd Pool Sanction #75-69	Robert Kueny 45 2:37.32 John Bauman 45 2:49.24 MEN 50-54 100 YD FREESTYLE Perry Rockwell 51 1:02.09 200 YD FREESTYLE
Milton Marks, 45 1:19,94 Bill Young, 46 1:21,22 400 Yard IM Leo Tersmette, 49 MEN 50-54 50 Yard Free	Jack Binder, 63 51,24 100 Yard Free Harry Bartlett, 60 1:09,34 John Sautter, 61 1:21,73 Fred Stickel, 61 1:21,48 Jack Binder, 63 1:53,75 200 Yard Free Harry Bartlett, 60 2:43,87 John Sautter, 61 2:55,14	(Toensing, Butler, Sullivan, Murray) MEN 35+ Jersey Masters 1:57,57 (Sanborn, Robinson, Lentzsch, Stott) MEN 45+ Conn. Masters "A" 1:46,43 (Dooley, White,	RESULTS Wauwatosa, Wisconsin April 10, 1976 25 yd Pool Sanction #75-69 WOMEN 30-34	Robert Kueny 45 2:37.32 John Bauman 45 2:49.24 MEN 50-54 100 YD FREESTYLE Perry Rockwell 51 1:02.09
Milton Marks, 45 Bill Young, 46 400 Yard IM Leo Tersmette, 49 MEN 50-54 50 Yard Free Dick Sanborn, 52 Jim Forbes, 50 Jim Edwards, 53 P. Wayne Shadbolt, 51 21:19, 94 1:19, 94 1:21, 22 21, 35 21, 35 21, 35 21, 35 22, 35 23, 35 24, 35 25, 36 27, 35 28, 36 29,	Jack Binder, 63 100 Yard Free Harry Bartlett, 60 John Sautter, 61 Jack Binder, 63 200 Yard Free Harry Bartlett, 60 John Sautter, 61 John Sautter, 61 John Sautter, 61 John Sautter, 61 Jack Binder, 63 447,44	(Toensing, Butler, Sulivan, Murray) MEN 35± Jersey Masters (Sanborn, Robinson, Lentzsch, Stott) MEN 45± Conn. Masters "A" (Dooley, White, Milroy, Goldstone)	RESULTS Wauwatosa, Wisconsin April 10, 1976 25 Yd Pool Sanction #75-69 WOMEN 30-34	Robert Kueny 45 2:37.32 John Bauman 45 2:49.24 MEN 50-54 100 YD FREESTYLE Perry Rockwell 51 2:26.48 500 YD FREESTYLE Perry Rockwell 51 6:30.93
Milton Marks, 45 Bill Young, 46 1:21, 22 400 Yard IM Leo Tersmette, 49 MEN 50-54 50 Yard Free Dick Sanborn, 52 Jim Forbes, 50 Jim Edwards, 53 P. Wayne Shadbolt, 51 Elliett Schofield, 53 21:19, 94 1:19, 94 1:21, 22 1:21, 94 1:21, 94 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 94 1:21, 22 1:21, 94 1:21, 94 1:21, 22 1:21, 94 1:21, 94 1:21, 22 1:21, 94 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 94 1:21, 22 1:21, 94 1:21, 94 1:21, 22 1:21, 94 1:21, 94 1:21, 22 1:21, 94 1:21,	Jack Binder, 63 51, 24 100 Yard Free Harry Bartlett, 60 1:09, 34 John Sautter, 61 1:12, 73 Fred Stickel, 61 1:21, 48 Jack Binder, 63 1:53, 75 200 Yard Free Harry Bartlett, 60 2:43, 87 John Sautter, 61 2:55, 14 Jack Binder, 63 4:47, 44 50 Yard Back	(Toensing, Butler, Sullivan, Murray) MEN 35+ Jersey Masters 1:57.57 (Sanborn, Robinson, Lentzsch, Stott) MEN 45+ Conn. Masters "A" 1:46.43 (Dooley, White, Milroy, Goldstone) New England Masters 1:51.95	RESULTS Wauwatosa, Wisconsin April 10, 1976 25 yd Pool Sanction #75-69 WOMEN 30-34	Robert Kueny 45 2:37.32 2:49.24 MEN 50-54 100 YD FREESTYLE Perry Rockwell 51 2:02.09 200 YD FREESTYLE Perry Rockwell 51 2:26.48 500 YD FREESTYLE Perry Rockwell 51 6:30.93 100 YD BUTTERFLY
Milton Marks, 45 Bill Young, 46 Leo Tersmette, 49 MEN 50-54 50 Yard Free Dick Sanborn, 52 Jim Forbes, 50 Jim Edwards, 53 P. Wayne Shadbolt, 51 Elliett Schofield, 53 William Taylor, 52 Lin Taylor, 52 William Taylor, 52 William Taylor, 52 Lin Forbes, 50 Jim Edwards, 53 Jim Edwards, 54 Ji	Jack Binder, 63 100 Yard Free Harry Bartlett, 60 John Sautter, 61 Jack Binder, 63 L21,48 Jack Binder, 63 John Sautter, 61 John Sautter, 61 Jack Binder, 63 50 Yard Back Larry Smith, 64 Joy Yard Free Larry Smith, 64 Jack Binder, 63 John Sautter, 61 John Sautter, 61 John Sautter, 63 John Sautter, 64 John Sautter, 63 John Sautter, 64 John Sautter,	(Toensing, Butler, Sulivan, Murray) MEN 35± Jersey Masters (Sanborn, Robinson, Lentzsch, Stott) MEN 45± Conn. Masters "A" (Dooley, White, Milroy, Goldstone)	RESULTS Wauwatosa, Wisconsin April 10, 1976 25 Yd Pool Sanction #75-69 WOMEN 30-34 100 YD FREESTYLE Jean Staerkel 34 1:35.65 200 YD FREESTYLE Jean Staerkel 34 3:42.18	Robert Kueny 45 2:37.32 2:49.24 MEN 50-54 100 YD FREESTYLE Perry Rockwell 51 1:02.09 200 YD FREESTYLE Perry Rockwell 51 2:26.48 500 YD FREESTYLE Perry Rockwell 51 6:30.93 100 YD BUTTERFLY Perry Rockwell 51 1:10.33
Milton Marks, 45 Bill Young, 46 1:21, 22 400 Yard IM Leo Tersmette, 49 MEN 50-54 50 Yard Free Dick Sanborn, 52 Jim Forbes, 50 Jim Edwards, 53 P. Wayne Shadbolt, 51 Elliett Schofield, 53 21:19, 94 1:19, 94 1:21, 22 1:21, 94 1:21, 94 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 94 1:21, 22 1:21, 94 1:21, 94 1:21, 22 1:21, 94 1:21, 94 1:21, 22 1:21, 94 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 22 1:21, 94 1:21, 94 1:21, 22 1:21, 94 1:21, 94 1:21, 22 1:21, 94 1:21, 94 1:21, 22 1:21, 94 1:21,	Jack Binder, 63 51, 24 100 Yard Free Harry Bartlett, 60 1:09, 34 John Sautter, 61 1:12, 73 Fred Stickel, 61 1:21, 48 Jack Binder, 63 1:53, 75 200 Yard Free Harry Bartlett, 60 2:43, 87 John Sautter, 61 2:55, 14 Jack Binder, 63 4:47, 44 50 Yard Back	(Toensing, Butler, Sullivan, Murray) MEN 35+ Jersey Masters 1:57.57 (Sanborn, Robinson, Lentzsch, Stott) MEN 45+ Conn. Masters "A" 1:46.43 (Dooley, White, Milroy, Goldstone) New England Masters 1:51.95 (Hulme, Edwards, Bartlett, Wilson) Conn. Masters "B" 1:57.71	RESULTS Wauwatosa, Wisconsin April 10, 1976 25 Yd Pool Sanction #75-69 WOMEN 30-34 100 YD FRESSTYLE Jean Staerkel 34 1:35.65 200 YD FRESSTYLE Jean Staerkel 34 3:42.18 50 YD BACKSTROKE	Robert Kueny 45 2:37.32 2:49.24 MEN 50-54 100 YD FREESTYLE Perry Rockwell 51 2:26.48 500 YD FREESTYLE Perry Rockwell 51 6:30.93 100 YD BUTTERFLY Perry Rockwell 51 6:30.93 200 YD BUTTERFLY
Milton Marks, 45 Bill Young, 46 1:21.22 400 Yard IM Leo Tersmette, 49 MEN 50-54 50 Yard Free Dick Sanborn, 52 Jim Forbes, 50 Jim Edwards, 53 P. Wayne Shadbolt, 51 Elliett Schoffeld, 53 William Taylor, 52 100 Yard Free Dick Sanborn, 52 1:19.94 1:21.22 22.33 29.55 29.55 29.57 P. Wayne Shadbolt, 51 Elliett Schoffeld, 53 William Taylor, 52 100 Yard Free Dick Sanborn, 52 Jim Edwards, 53 1:10.38 1:10.6, 01	Jack Binder, 63 100 Yard Free Harry Bartlett, 60 John Sautter, 61 Jack Binder, 63 200 Yard Free Harry Bartlett, 60 John Sautter, 61 Jack Binder, 63 50 Yard Back Larry Smith, 64 Stanley Pudell, 60 Bob Coyle, 63 Fred Stickel, 61 51, 24 1:09, 34 1:12, 73 1:21, 48 1:53, 75 2:43, 87 2:55, 14 4:7, 44 33, 97 34, 97 34, 97 34, 97 34, 97 34, 97 34, 97 35, 97 36, 97 37 38, 97 38	(Toensing, Butler, Sullivan, Murray) MEN 35+ Jersey Masters 1:57.57 (Sanborn, Robinson, Lentzsch, Stott) MEN 45+ Conn. Masters "A" 1:46.43 (Dooley, White, Milroy, Goldstone) New England Masters 1:51.95 (Hulme, Edwards, Bartlett, Wilson) Conn. Masters "B" 1:57.71 (Christian, Schofield,	RESULTS Wauwatosa, Wisconsin April 10, 1976 25 Yd Pool Sanction #75-69 WOMEN 30-34 100 YD FREESTYLE Jean Staerkel 34 1:35.65 200 YD FREESTYLE Jean Staerkel 34 3:42.18 50 YD BACKSTROKE Jean Staerkel 34 :48.54	Robert Kueny 45 2:37.32 2:49.24 MEN 50-54 100 YD FREESTYLE Perry Rockwell 51 2:26.48 500 YD FREESTYLE Perry Rockwell 51 6:30.93 100 YD BUTTERFLY Perry Rockwell 51 6:30.93 200 YD BUTTERFLY
Milton Marks, 45 Bill Young, 46 400 Yard IM Leo Tersmette, 49 MEN 50-54 50 Yard Free Dick Sanborn, 52 Jim Forbes, 50 Jim Edwards, 53 P. Wayne Shadbolt, 51 Elliott Schofield, 53 William Taylor, 52 100 Yard Free Dick Sanborn, 52 Lim Edwards, 53 P. Wayne Shadbolt, 51 Elliott Schofield, 53 William Taylor, 52 Jim Edwards, 53 P. Wayne Shadbolt, 51 Liot, 00 L	Jack Binder, 63 100 Yard Free Harry Bartlett, 60 John Sautter, 61 Jack Binder, 63 200 Yard Free Harry Bartlett, 60 John Sautter, 61 Jack Binder, 63 50 Yard Back Larry Smith, 64 Stanley Pudell, 60 Bob Coyle, 63 Fred Stickel, 61 100 Yard Back	(Toensing, Butler, Sullivan, Murray) MEN 35+ Jersey Masters (Sanborn, Robinson, Lentzsch, Stott) MEN 45+ Conn. Masters "A" 1:46.43 (Dooley, White, Milroy, Goldstone) New England Masters (Hulme, Edwards, Bartlett, Wilson) Conn. Masters "B" 1:57.71 (Christian, Schofield, Shadbolt, Rodenbach)	RESULTS Wauwatosa, Wisconsin April 10, 1976 25 Yd Pool Sanction #75-69 WOMEN 30-34 100 YD FREESTYLE Jean Staerkel 34 1:35.65 200 YD FREESTYLE Jean Staerkel 34 3:42.18 50 YD BACKSTROKE Jean Staerkel 34 :48.54 WOMEN 35-39 100 YD FREESTYLE	Robert Kueny 45 John Bauman 45 2:49.24 MEN 50-54 100 YD FREESTYLE Perry Rockwell 51 2:00 YD FREESTYLE Perry Rockwell 51 1:02.09 2:36.48 500 YD FREESTYLE Perry Rockwell 51 1:00 YD BUTTERFLY Perry Rockwell 51 2:26.48 1:00 YD BUTTERFLY Perry Rockwell 51 2:47.06 MEN 55-59 100 YD FREESTYLE
Milton Marks, 45 Bill Young, 46 400 Yard IM Leo Teramette, 49 MEN 50-54 50 Yard Free Dick Sanborn, 52 Jim Forbes, 50 Jim Edwards, 53 P. Wayne Shadbolt, 51 Elliett Schofield, 53 William Taylor, 52 100 Yard Free Dick Sanborn, 52 100 Yard Free Dick Sanborn, 52 1 100 Yard Free Dick Sanborn, 52 1 101.38 1 106.01 P. Wayne Shadbolt, 51 Elliott Schofield, 53 1:06.01 Elliott Schofield, 53 1:08.43	Jack Binder, 63 100 Yard Free Harry Bartlett, 60 John Sautter, 61 Jack Binder, 63 John Sautter, 61 John Sautter, 63 John Sautter, 63 John Sautter, 63 John Sautter, 61 John Sautter, 61 John Sautter, 61 John Sautter, 63 So Yard Back Larry Smith, 64 John Sautter, 63 John Sautter, 64 John Sautter, 64 John Sautter, 64 John Sautter, 64 Jils, 13	(Toensing, Butler, Sullivan, Murray) MEN 354 Jersey Masters (Sanborn, Robinson, Lentzsch, Stott) MEN 454 Conn. Masters "A" 1:46.43 (Dooley, White, Milroy, Goldstone) New England Masters (Hulme, Edwards, Bartlett, Wilson) Conn. Masters "B" 1:57.71 (Christian, Schofield, Shadbolt, Rodenbach) Metro Masters (Forbes, Young,	RESULTS Wauwatosa, Wisconsin April 10, 1976 25 Yd Pool Sanction #75-69 WOMEN 30-34 100 YD FREESTYLE Jean Staerkel 34 1:35.65 200 YD FREESTYLE Jean Staerkel 34 3:42.18 50 YD BACKSTROKE Jean Staerkel 34 4 48.54 WOMEN 35-39 100 YD FREESTYLE Jean Nitkowski 35 1:22.60	Robert Kueny 45 John Bauman 45 2:47.32 2:49.24 MEN 50-54 100 YD FREESTYLE Perry Rockwell 51 200 YD FREESTYLE Perry Rockwell 51 2:26.48 500 YD FREESTYLE Perry Rockwell 51 000 YD BUTTERFLY Perry Rockwell 51 2:00 YD BUTTERFLY Perry Rockwell 51 2:47.06 MEN 55-59 100 YD FREESTYLE Lynn Surles 58 2:00 YD ERRESTYLE Lynn Surles 58 2:37.32 2:49.24 2:47.06
Milton Marks, 45 Bill Young, 46 400 Yard IM Leo Tersmette, 49 MEN 50-54 50 Yard Free Dick Sanborn, 52 Jim Forbes, 50 Jim Edwards, 53 P. Wayne Shadbolt, 51 Elliott Schofield, 53 William Taylor, 52 Jim Edwards, 53 P. Wayne Shadbolt, 51 Elliott Schofield, 53 Jim Edwards, 53 P. Wayne Shadbolt, 51 Liol. 38 Liol. 34 Liol. 38 Liol.	Jack Binder, 63 100 Yard Free Harry Bartlett, 60 John Sautter, 61 Jack Binder, 63 John Sautter, 61 John Sautter, 63 200 Yard Free Harry Bartlett, 60 John Sautter, 61 Jack Binder, 63 50 Yard Back Larry Smith, 64	(Toensing, Butler, Sullivan, Murray) MEN 35+ Jersey Masters (Sanborn, Robinson, Lentzsch, Stott) MEN 45+ Conn. Masters "A" 1:46.43 (Dooley, White, Milroy, Goldstone) New England Masters (Hulme, Edwards, Bartlett, Wilson) Conn. Masters "B" 1:57.71 (Christian, Schofield, Shadbolt, Rodenbach) Metro Masters (Forbes, Young, Cruickshank, McWilliams)	RESULTS Wauwatosa, Wisconsin April 10, 1976 25 Yd Pool Sanction #75-69 WOMEN 30-34 100 YD FREESTYLE Jean Staerkel 34 1:35.65 200 YD FREESTYLE Jean Staerkel 34 3:42.18 50 YD BACKSTROKE Jean Staerkel 34 WOMEN 35-39 100 YD FREESTYLE Jean Nitkowski 35 Kay Juechter 39 1:23.72	Robert Kueny 45 John Bauman 45 WEN 50-54 100 YD FREESTYLE Perry Rockwell 51 200 YD FREESTYLE Perry Rockwell 51 2:26.48 500 YD FREESTYLE Perry Rockwell 51 1:00.99 100 YD BUTTERFLY Perry Rockwell 51 200 YD BUTTERFLY Perry Rockwell 51 200 YD FREESTYLE Lynn Surles 58 200 YD FREESTYLE 2:47.06 Lynn Surles 58 200 YD FREESTYLE 2:47.06
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Masters Compete At Brophy



THE OLDEST competitor at the WIU Masters Swimming Meet being held at Brophy Hall this weekend is 77 year old Frances Watkins, who is pictured here on the left at the start of the 50 yard backstroke. She is swimming next to 75 year old Winifred Hughes.

(Journal Photo)



MACOMB RESIDENTS swimming in the sixth annual WIU Masters Swimming meet are pictured above. They are front row, from left, Gil Belles, Joan DePuy, Cathy Prange, Nancy Begley, Patti Hutinger, Charlene Distefano and Paul Hutinger. Back row from left, Jim Hilliard, Chick Flack, Jay Balderson, Joan Domitrz, Jerry Purdum, Mark Tatge, Gregg Jeffers and Brian L'Hommedieu. (Journal Photo)

By ALAN ICENOGLE

A different kind of competition is going on at WIU's sixth annual Masters Swimming meet being held this weekend at Western Illinois University's Brophy Hall Pool.

As 77 year old Frances Watkins of Chicago, the oldest competitor at the meet says, "I like to improve my time each time I swim, but I don't always do it. I also try to swim in good form," added Miss Hughes after completing the 50 yard backstroke. three seconds slower than her time at the same meet a year ago. "I almost always mess up on a turn," she added.

National age group records are kept, but to most masters swimmers the personal records and the extra bonuses of swimming seem to be more important.

"Its definitely promoted my physical condition," says Miss Watkins, who swims three times weekly at distances of 1,500 meters free style plus some backstroke.

Miss Watkins has been swimming in masters meets since 1973 when she was a mere lass of 74.

"I was swimming at Chicago Circle," remembers Miss Watkins "when they were planning and preparing for a meet there and someone persuaded me to enter—and I'm glad they did."

Miss Watkins swims in two or three of the meets a year.

Over 80 swimmers from Texas, Kansas, Missouri, Iowa, Nebraska, Indiana and Wisconsin as well as Illinois are competing in the masters meet at WIU, which is under the direction of Paul Hutinger, at 51, himself a holder of many age group records.

Miss Watkins highly recommends swimming as recreation. "I think it's probably the best exercise for people to get and stay in good physical condition," says Miss Watkins, who says she was always interested in sports but settled on swimming "Because you don't need a team or partner and you're not dependant on the weather."

"I'm afraid I won't make a very interesting story, but I guess that most people think that by the time you're 77 you should be in a wheel chair, "Miss Watkins, who doesn't look a day over 65, adds.

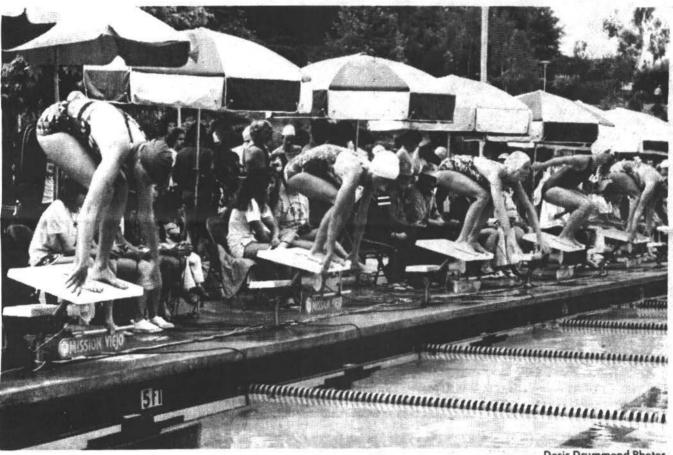
The oldest swimmer at the meet admits that there are days when she just doesn't feel like taking a 1,500 meter dip in the pool, but adds that "I go anyway and I'm always glad I do."

NATIONAL SHORT COURSE MASTERS SWIMMING CHAMPIONSHIPS

8-The Daily Sun-Post

Tuesday, May 18, 1976

San Clemente, CA



Doris Drummond Photos



The three day short course AAU Masters National Championships, held at Mission Viejo Marguerite Recreation Center, May 14, 15, and 16, attracted more than fifty former national and Olympic swimmers, as well as many others. In Masters swimming programs, the contestants compete in five year age group categories, beginning with 25 to 29, and ending with 80 and over. Among formerly well-known swimmers at the event were, from left, Ray Hakomaki, Mary Jane Sears Parks and Burwell Jones. Hakomaki, swimming in the 55 to 59 age group, graduated from the University of Minnesota in 1943, where he represented the University in the NCAA Championships. He is presently the Masters record holder in the 50 and 100 yard freestyle in his age bracket. Mrs. Parks, a 1956 Olympic bronze medalist, defended two events in the Masters. She swims in the 35 to 39 year old group. Jones represented the USA in the 1952 Olympics. In the 40 to 44 age group he holds 27 National Masters records.









Seattle's Miller Named Pine Crest Swim Coach

By JOHN WOLIN Staff Writer

.Bob Miller, the man who developed Rick and Lynn Colella, has been named the new head swim coach at Pine Crest school.

Miller, 47, replaces the resigned Rose Mary Dawson, who served in the position since the resignation of U. S. Women's Olympic coach Jack Nelson just over a year ago.

The 1974 American Swim Coaches Association Coach of the Year, Miller comes to Pine Crest from Seattle. He served there as the head swim coach for Juanita High and the Totem Lake Swim Club.

The Colellas came out of Totem Lake, but Miller has also had swimmers in the '56, '60, and '68 Olympics. He was an Olympian himself in the 1956 Games, competing in the Modern Pentathlon which includes horse back riding, epee fencing, pistol shooting, 300-meter swim, and 2½ mille run.

As one of the Pan Am Games swim coaches coaches this past summer, Miller is well aware of the swimming programs already established in the Fort Lauderdale area.

"I realize Jack Nelson has built quite an empire and I think he does a great job," said Miller. "But there are enough good swimmers in this area for two strong teams. Pine Crest is an excellent place for a base to start one.

Miller, who has his Masters degree in physical education from the University of Washington, swam for the Huskies as an undergraduate. He competed in the 1951 NCAA championships.

After college, he helped built four Olympic Swim Schools in he Seattle area. He has operated them for 15 years in conjunction with his two partners.

Former 1500-meter world record holder Steve Kraus is one of the swimmers Miller developed through the club.

Tribune Chronicle, Warren, O., Thur., May 13, 1976

Gains half distance by swimming

WINDSOR, 'Canada (AP)

— It's 624 miles from here to
the Olympic site in Montreal
and 74-year-old Boyne "Ben"
Wiseman has covered about
half the distance — swimming.

However, he's not stroking across Lake Erie and down the Welland canal. The project is part of a recreation center swimming program and the participants do their swimming in the pool.

swimming in the pool.

The program was set up for people who swim during the noon hour, and Wiseman is the oldest of 13 participants. He's also leading.

pants. He's also leading.
His philosophy: "Life begins at 70 and I'm only four years older than that."

AT THE NATIONAL CHAMPIONSHIPS IN MISSION VIEJO, CALIFORNIA

- 1. Judge Robert E. Beach presents the Capt. Ransom J. Arthur, M.D. Award to Ted Haartz, the 1975 recipient. Ted writes: "I would like to take this opportunity, through the medium of Swim-Master, to thank the Ransom Arthur Award Committee in particular, and all the Masters swimmers in general, for the very high honor bestowed on me at the Short Course Nationals at Mission Viejo. The receipt of this award was a singular honor which I will always cherish. My association with Masters swimming these past 6 years has provided a sense of fulfillment, achievement, enjoyment and general good health. I have never had the good fortune and opportunity to be associated with a more congenial and wonderful group of people. I also wish to take the opportunity to thank Enid Uhrich and Ed Reed for the untold hours they have put into the tabulation of times. Without their help, the total job would have become impossible. Once again, thank you. Sincerely, Ted Haartz"
- Patric Mills (DC Masters), Jane Katz (Metro Masters of New York) and Cease Brown (Navy).

AT THE LONG COURSE MEET IN ST. PETERSBURG, FLORIDA

- 3. From Texas Joanne May, Graham Johnston and Jamie Stewart
- From Georgia Vernon Dasch, Fred Stokes, John Quanrud and Dan Rueff
- 5. From Tennessee Judy and James Green

Carpenters Clown Way To Diving Title

The Miami-based Carpenters clown diving team won its event to highlight yesterday's competition in the AAU Masters Indoor Diving Championships at the Hall of Fame pool.

The Cid Brooks-led Carpenters used a multitude of props to keep the sparse crowd laughing as they scored 228 points.

Wearing British bowlers and continually talking it up with the crowd,

Masters Diving at Hall of Fame

25:99 — 1. Sleve Greymorning, Bayshore, N. Y., 231:98, 36-48 — 1. Nate holt, Brandon, 480:0, 25:39 — 1. Fred Fox, San Juan, Calif., 286, 20, 46-48 — 1. Rich Lawier, Houston, Tex., 290:00; 2. Jerry Anderson, Junier, 307.35, 65-69 — 1. Jack Harbourne, Fairfax, Va. 291.35; 2. Ed Crarer, Lincoln, Neb., 279.35; 3. James T. Moore, Fort Lauderdsle, 241.00; 29:69 — 1. Brud Cleaverdand, Santa Monica, Calif., 244.10; 2. John Edwards, Miami, 203.75, 46-49 — 1. Bill McAlister, Madera, Calif., 716.50; 2. Charite Diehl, Miami, 209.00; 3. Joseph Mone, 199.25, 79-79 — 1. John Sable, Santa Monica, Calif., 113.7.

1. Sid Brooks, Miami, 244.00; 2. William Cunninsham, Miami, 236.00; 3. Brud Cleveland, Santa Monica, Calif., 214.00; 4. Nate Holt, Brandon, 210.00; 5. Joseph Mone, Pico Rivers, Calif., 165.00. Team Cleven Divine

 The Carpenters, Miami, 228.00; 2. Johnny and Jimmy, Miami, 204.00.

Grand Masters

1. Nate Holt, Brandon, 470.30: 2. Richard Lawler Houston, 449.90: 3. Jerry Anderson, Jupiter, 435.75.

 Jack Calhoun, Pompano Beach, 327,15; 2. Jack Harbourne, Fairfax, Va., 287,75; 1. Bill McAlister, Madera, Calil., 280,85; 4. Brud Cleaveland, Santa Monica, Calil., 250, 10.

WOMEN

25-27 — 1 Lf. Marsha Lutz, USAF, Fairfield, Callf., 347.30; 2. Nancy Holt, Brandon, 328.30, 36-34 — 1. Judith Cobie, Harrisburg, Pa., 292.80, the Johnny (Bowers) and Jimmy (Goodhead) team from Miami scored 204 points for second place.

In the individual clown diving competition, area divers again dominated the action with Brooks winning with 244 points. He was trailed by Miami's Bill Cunningham, 226; Brud Cleaveland, Santa Monica, Calif., 214. Nate Holt Brandon, 210; and

214; Nate Holt, Brandon, 210; and Joseph Mone, Pico Rivers, Calif., 168.

"Both of the clown diving acts were tremendous," said Ted Kellar, the meet director. "It could have easily gone either way. It was very difficult to pick between the two.

"There's really no comparison between the Miami teams and the California divers. The Miami guys, are really show people. They come to perform."

In other events yesterday, Holt had the highest score among the men competing on the three-meter board, winning the 30-34 age group with 406.00 points.

Lt. Marsha Lutz of the USAF at Fairfield, Calif., was the highest woman scorer on the one-meter board, taking the 25-29 age group national title with 347.30 points.

Holt was also the top scorer among the Grand Masters with 470.30 points, and Jack Calhoun of Pompano Beach led the Senior Grand Masters with 327.15.



JOHN COPELAND / Miami Herald Staff

A COURTLY BOW to the judges concludes Joe Mone's dive in the Masters Tournament at Fort Lauderdale's Swimming Hall of Fame pool. Mone, 69, is still active as a comedy diver in Las Vegas. From 1925 to 1928 he was senior diving champion, in 1933 he was in the cast of the Watercade at the World's Fair and, during the 1960's, coached at Sarasota High School.

Woman Swims to Beat Polio, Wins 5 Gold Medals At Age 82

ALEXANDRIA, Va. — Nellie Brown can make your head swim — if you watch her splash through the Alexandria YMCA pool in one of her daily, non-stop half-mile workouts.

Mrs. Brown, who retired at age 77 after teaching in Roanoke and Alexandria public schools for 42 years, spends five mornings a week at the Y, helping handicapped children learn to swim after she swims a half-mile and takes classes in water ballet. Since she began swimming regularly at age 68, she has logged about 600 miles in workouts.

Now 82, she recently decided to swim competitively, joining the Washington, D.C., Masters Swim Team. She wears thick glasses because of sight defects and never puts her head under water.

A childhood case of polio left Mrs. Brown with a left arm and leg shorter than their counterparts. When she was 40 and taking summer classes at a Virginia college to renew her teaching certificate, a young physical education instructor taught her to swim. Swimming loosened her muscles and she found she could walk with less difficulty. It wasn't until 1961, when she was 68, that Mrs. Brown started swimming regularly.

She travels extensively and has taken a swim in bodies of water from the Pacific Ocean to the Sea of Galilee. She also is active in her church and frequently gives talks to church groups and older persons about Y swim programs and mission studies. One of her recent talks was titled, "The Last Years of Our Lives are the Best Years of Our lives."



Masters Diving
At Hall Of Fame

MAS | ERSNOTES

SHORT COURSE NATIONAL CHAMPIONSHIPS - On behalf of the 820 people representing 103 Clubs we wish to thank Guy Barnicoat and all of the people at Mission Viejo for making the meet so enjoyable. Mark Schubert, coach of the Mission Viejo Nadadores, worked hard setting up those beautiful lane lines! Guy writes, "Just a note in retrospect to tell you and the swimmers you represent how much we, 'The Mission Viejo Nadadores', enjoyed having you at our facilities for your 1976 Short Course National Championships. This meet will be a lasting experience that we will not forget. Your people were outstanding in quality swims as well as congeniality. They were an inspiration to our swimmers, both old and young. This was our club's first experience with Masters Swimming and we made some mistakes, but we hope that the plus factors overruled our minus qualities and that you consider the Mission Viejo Nadadores and our Community for future competitive meets. Again, on behalf of the Community, the Mission Viejo Nadadores, I want to express our sincere thanks to you and your swimmers, without whom there would have been no meet! ALL AMERICAN CERTIFICATES - The certificates and patches were given out at the SC Nationals to those who were there OR were sent to those that I could find addresses for. However, a few remain that I cannot find an address anywhere and if anyone knows the addresses, please send them to me for: Gary Dilly, Yoshi Oyakowa, Bill Wood, Al Kallunki, Susan Peterson and Bee Johnston...... LONG COURSE NATIONAL CHAMPIONSHIPS - Wade Barber and his group in St. Louis are considering using the four day meet format as set out on page 64 of the Swimming Rule Book. 3rd Day 1st Day 2nd Day 4th Day

200 back 200 I.M. 200 Free 50 free 100 Fly

1500 Free

50 Fly 100 Brst 200 brst 100 Back 200 F.R.

400 Free 100 Free 200 M.F.R. 200 M.R.

The meet would start Thursday, August 26th..... TESTIMONIAL - Donna Edelbaum writes, "...1'm 42 years old and have participated in Masters for over 2-1/2 years. is one of the greatest programs I've ever heard of, and it has completely changed my life. I have never been in such good shape. The people in the program are marvelous, and I feel fortunate that I can be a part of an organization that has such leaders as Enid, Bill; Jim Edwards, and the rest."..... BROCHURES - Our SWIM TODAY brochures have gone fast - almost 7,000 have been distributed. One letter received goes like this: "Dear Ms. Krauser; I've just finished reading an article in a small thirty page magazine which appeared with my mail today. The magazine is called Pool 'n Patio, and addressed to Pool Owner. Apparently it is a sample copy. Now normally, this magazine along with the advertisments and other assorted 'junk mail' would be deposited in the waste basket and forgotten. But on the cover of the magazine was a list of the articles it was presenting. The article that caught my eye and thus is prompting this letter was entitled 'A Masterful Way to Shape Up,' written by Burt Lifshiz. The article was a most interesting article to me. In fact, before I was half way through the article, I had to turn the pages quickly to find out if the author gave an address or information regarding further information on where I can get involved. Masters Swimming sounds like a winner to me and should be my cup of tea. I am probably a typical applicant. Age 41, over weight, smoke too much, work at a desk job and trying desperately to conquer all of the above. Being captain of the high school swim team in my youth and enjoying swimming and the spirit of competition is still fresh in my memory. Please send information about the Swimming Masters in my location. Thank you. David G. Strom!....

MOMENTS OF GLORY by MARK COUGHLIN - An opic of four voy ages around the sun constitutes the glorious resurrection of youth which has perpetually captivated the souls of many adults in the Metropolitan Washington area, and indeed middle-aged America. Last Sunday, 28 March, our team celebrated an anniversary which began in early May 1972. Three team championships later we are yet hungry for more victories over obesity, cancer, alcoholism, age and the number one killer, Heart Disease. One of the prime generators of drive and training regimen is our venerable coach, Joe Rogers of American University. Truly he is more responsible for our success than any one besides our Prophet, and Founder Ransom J. Arthur, the Father of Masters Swimming. Individually, we all have our own reasons; collectively we enjoy companionship, team spirit and the estasy of performing in the art of competitive swimming, at a level sometimes greater than 95% when we were in our prime. May, with the help of God, this continue indefinitely for all of us as we continue our celestial journey..... SENATE JOINT RESOLUTION #19 MASTERS SWIM PROGRAM - Rosalie Silber Abrams introduced the following resolution to the Senate of Maryland: A Senate Joint Resolution concerning Masters Swim Program FOR the purpose of requesting certain officers of the Commission on Physical Fitness to initiate a Masters Swim program for those age groups prone to heart disease. WHEREAS, The number of Americans afflicted with heart disease has increased steadily over the past thirty years; and WHEREAS, Exercise is an effective means of redicing heart disease because it assists the heart in pumping blood more efficiently throughout the body; and WHEREAS, Swimming is an exercise which has a dramatic effect in reducing the cholesterol level, a major ingredient in heart disease; and WHEREAS, Swimming is the most popular participatory sport and an exercise which people who are prone to contracing heart disease can perform and enjoy; and WHEREAS, Even the peripheral aspects of swimming such as wading, floating, and merely standing in water, have beneficial effects on the heart, and WHERE-AS, the State Commission on Physical Fitness has responsibility to initiate programs which protect and improve the physical fitness of the residents of this State; now, therefore, be it RESOLVED BY THE GENERAL ASSEMBLY OF MARY-LAND, That the Chairman and Executive Director of the Commission of Physical Fitness be requested to initiate a Masters Swim program which permits the participation of those age groups prone to heart disease; and be it further RESOLVED, That copies of this Resolution be sent to Mr. Harry D. Kaufman, Chairman, Commission on Physical Fitness, 610 N. Howard St., Baltimore, MD 21201..... AN INTERVIEW - Gina Lollobrigida recently interviewed Dr. Henry Kissinger. Q. How can you relax? A. I like to swim. Swimming is the best sport to keep fit the whole time, to get energy. The rest of the time...as you said, I'm working..... SYMPATHY - We wish to express our deepest sympathies to Bill Markert on the recent death of his wife. Bill is Director of Communications for the National Swimming Pool Institute and has attended several of our Championship WHAT MASTERS SWIMMING MEANS TO ME - Bill Rule, May 1974 -First, Master's swimming means much nicer medals than I usually got when I was a highschool, college freshman, and AAU swimmer. Second, it means friendly competition. Master's swimming makes me set and meet specific goals that are essential to get my body to function as well as it can in my fight against cancer. I swam in my first Master's meet in August of 1972, one year after a malignant tumor caused removal of part of my left foot. I entered every meet in the Seattle area in 1972, 73, and 74. My cancer wasn't cured but I developed new strength and endurance. This spring, a malignant tumor formed within my brain, causing seizures and paralysis of my left arm. The tumor was removed but my arm was still paralyzed. On the day I left the hospital I started swimming. My goal was to swim the 200 vd free in the May 11 meet. By accomplishing that goal, I regained most of the function of my left arm. Wm. Rule died on Friday, Dec. 5, 1975 at the age of 44. In spite of the hardships inflicted by cancer his courageous outlook has perhaps enriched the lives of all he touched..



2308 N.E. 19th Avenue Ft. Lauderdale, FL 33305



FIRST CLASS



LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

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1976 SWIM CALENDAR

Hawaii Association - Richard Merritt, 4326 Aukai Ave., Honolulu, HI 96816 Ohio Association - Roy Stickney, 235 North Remington Rd., Bexley, OH 43209 JUN 6, JUL 11, AUG 1, AUG 14-15 Oregon Association - Connie Wilson, 10315 SE 82nd, Portland, OR 97266 JUN 6, JUL 18 Pacific Northwest Association - Steve Engel, 2005 So. 308th, Federal Way, WA 98002 JUN 5, JUL 10-11, AUG 13-14 Pacific Association - Dore Schwab, Gray Oaks, Box 772, Ross, CA 94957 JUN 12-13, JUL 10-11, JUL 30 or AUG 1, SEP 11-12, OCT 9-10, DEC 4/5 NOV 20-21 Southern Pacific Association - Don Rankin, 11731 Heathcliff Dr., Santa Ana, CA 92705 JUN 6, JUN 19, JUL 10, JUL 24, AUG 14-15, AUG 29, SEP 18 Southern Pacific Diving Schedule - Brud Cleaveland, 1520 Bay St., Santa Monica, CA JUN 12-13, JUL 11, NOV 7 Oakville Inv. - Ken Allen, 132 Cross Ave., Oakville, Ontario, Canada 5-6 JUN 12-13 Sr. Olympics (Swimming, Diving and Water Polo) - Judy Bell, Aquatics Div., Los Angeles County Rec. Dept., 155 W. Washington Blvd., Los Angeles, CA Tar Heel LC - Dick Lortie, 1227 S. Hawthorne, Winston Salem, NC 27103 JUN 26 JUN 27 Oak Park, IL - Howard J. Amey, 28601 Enrico Fermi Ct., Box J, Warrenville, JUL 18 Schaumburg, IL - Irene David, 1808 Epping Pl, Schaumburg, IL 60194 JUL 24 NATIONAL LONG DISTANCE CHAMPIONSHIPS - Clifford S. Brown, N76W22300 Cherry Hill Road, Sussex, WI 53089 JUL 24-25 WBP-LC - Don Short, 408 Lighthouse Dr., North Palm Beach, FL 33408 JUL 30-31 LC - Mush Van Dolson, County of Nassau, Dept. of Rec. and Parks, AUG 1 Eisenhower Park, East Meadow, NY 11554 JUL 31 Duke University - Dot Ressigue, Box 7, Tar Heel, NC 28392 JUL 31-AUG 1 Bi-Centennial - Ray Chen, 9713 Digging Rd., Gaithersburg, MD 20760 LC-Atlanta - Fred Stokes, 1654 Cody Circle, Tucker, GA 30084 AUG LC-Conn. - Enid Uhrich, 25 Lafayette Rd., Newton, MA 02162 AUG 14-15 AUG 26-29 NATIONAL LC CHAMPIONSHIPS - Wade Barber, 7314 Whitehaven Dr., St. Louis, MO 4-6 SEP 4 (Maui Channel Swim), 5 (LC meet), 6 (Rough Water) Bob Rocheleau, 6229 Kawaihae Pl., Honolulu, HI 96825

ROUGH WATER (OCEAN) SWIMS - CALIFORNIA - JUN 27 Santa Barbara; JUL 3 Huntington Beach; JUL 4 Coronado; JUL 10 Newport Beach; JUL 11 Santa Monica; JUL 18 Imperial Beach; JUL 24 Zuma Beach (Malibu) & Coronado; JUL 25 Coronado Triathlon (bicycle-swim-run), San Francisco, & Seal Beach; AUG 1 Hermosa Beach; AUG 7 Hermosa Beach; AUG 14 Santa Cruz; AUG 15 Laguna Beach; AUG 21 Santa Monica; AUG 22 Long Beach; SEP 4 Maui Channel 6-person relay; SEP 6 Oceanside & Waikiki Beach Honolulu; SEP 12 La Jolla; SEP 18 Sr. Olympics Ocean Aquatics at Zuma Beach; SEP 19 San Diego Swim-Run-Swim. For info, send stamped, self-addressed envelope to Betty Talbot, 8328 Stewart Ave., Los Angeles, CA 90045.