VOL VIII - No 8

USA NATIONAL PUBLICATION FOR MASTERS SWIMMERS

OCTOBER 1979

## SOME RESULTS OF HIGH ALTITUDE CONDITIONING by Jack Warren

During the past seven years, the Rocky Mountain Masters Swimming program has attained a level of interest and popularity that has exceeded the initial goals anticipated by the developers of the program here in Colorado. Although the majority of our swimmers come from Denver, there are contingents from Boulder, Colorado Springs and from other exotic places like Vail and Durango. The things that distinguish RMM swimmers are their friendliness, enthusiasm and the fact that they train at altitude. It is this latter characteristic that I wish to talk about and share with you.

I believe there is a general understanding regarding high altitude conditioning. That is, for a swimmer who trains at altitude, it can be expected that he will improve his performance on the order of 4 to 7% when swimming at sea level over distances such as the 500 and 1650 yard events. Also, little or no improvement can be expected in the events up to and including 200 yards except in the ability to recover in a shorter period of time.

Putting it another way, for the same amount of effort by the cardiovascular system, a swimmer who trains at altitude can improve his performance at sea level from 4 to 7% in the 500 and 1650.

The exercise physiologists that I have talked with in this area confirm that these are reasonable expectations. Although they are mainly into 'track', they mentioned that the high altitude effect would also apply to distance swimming. Seeking further advice. I mentioned my intention of taking pulse measurements of master swimmers competing in the Denver Open and for comparison, at the Nationals at Mission Viejo. While encouraging me to follow up with this plan, they suggested that more useful data could be obtained from the taking of blood samples and measurements of residual oxygen in lung volume. These data would, of course, have to be collected immediately following a vigorous effort both at an altitude and a sea level location for comparison.

Since I lacked the knowledge and training to undertake the collection of such sophistecated data, not to mention the required instrumentation, I decided to go ahead with my original plan recognizing that although the data would be considered crude, it might still be useful.

Accordingly, pulse data is presented from eight RMM swimmers. These data was collected immediately following completion of their efforts at Denver, Colorado and at Mission Viego, California. For consistency, the pulse information was measured at the arotid artery with a six second count. The elapsed times are shown to indicate the quality of the effort. Ages and resting pulses are also listed. Where data is omitted, the event was either scratched or pulse measurements were not collected.

As has been mentioned before, this has been a very crude approach to what I believe to be a very interesting facet of Masters conditioning. My basic motivation for pursuing these tests was a suggestion that heavy exercise places less strain on the heart at altitude than at sea level. The logic behind this apparent paradox is this; heavy exercise at sea level is limited by the ability of the heart to pump blood. At altitude, exercise is limited by the ability of the diaphragm and chest muscles to move air in and out of the lungs. This lung function will then limit the amount of exercise before maximum stress is placed on the heart. Further, the amount of exercise that can be performed at altitude is less than at sea level, suggesting less cardiac work.

In order to substantiate this, one would look for noticeable increases in pulse rates for sea level efforts. As the reader can see, there is insufficient evidence to support this theory. Whether or not the few increases suggest that there might be some validity to the theory, I'm not sure. Perhaps the theory would be much more in evidence at a higher altitude than Denver.

An interesting adjunct to my original intention was uncovered when I computed speed. As an example, Bill Williams had an improvement of 82 seconds from altitude to sea level in the 1650. His average speed over this course, altitude to sea level, was 1.34 to 1.44 yards per second.

His additional effort at sea level amounts to 3.6 inches per second. I particularly wish to thank Hank and Karen Zentgraf who helped me collect the pulse data and my colleagues who graciously accepted to participate in this experiment.

#### ALTITUDE - SEA LEVEL COMPARISONS

SWIMMER	AGE/PULSE*	200 YDS	500 YDS	1650 YDS
JIM GREEN	45/54	2:55.66/160 XXXXXXXXXXX	7:52.99/160 7:31.40/145	27:18.00/170 26:07.00/170
ED TALMAGE	59/70	2:59.77/XXX 2:56.10/XXX	8:35.76/152 7:41.30/160	28:22.65/140 29:04.37/130
HERB WALLOWER	57/62	2:29.41/150 2:31.20/150	7:28.66/180 7:06.53/180	
WARREN KLEIST	57/48	2:24.61/150 2:21.27/144	6:52.46/140 6:33.92/180	
HANK ZENTGRAF	44/59	2:29.24/182 2:23.00/170	7:38.76/172 7:08.06/185	28:43.73/172 26:22.98/172
BILL WILLIAMS	48/55	2:11.32/156 2:03.84/170	XX XX XX XX 5:34.61/200	20;25.63/168 19:03.00/170
DON MAY	41/60	2:12.74/190 2:12.16/170	6:12.71/190 6:00.37/170	21:58.67/200 21:09.43/190
TERRY ANDERSON	38/55	2:14.53/164 2:13.07/XXX	6:32.03/176 5:54.14/176	22:11.44/158 21:03.87/192

<sup>\*</sup>RESTING

#### MASTER SKWIMMING

by Ruth Albert

Master swimmers no longer have to lack training, conditioning and knowledge of their sport. At Skwim Swimming camp in Great Valley, NY, adult swimmers now have the advantage of their younger swimming counterparts.

For the first two weeks in August, I had the pleasure of learning all about competitive swimming with other Master swimmers. Rather than limiting the curriculum to talking and viewing swimming, the emphasis was always on doing water work. No matter what level the swimmer was at, instruction and practice were always geared to the individuals vitality and ability.

In addition to acquiring swimming skill, the participants learned how to be their own coaches. There were daily critical video tapings of each swimmer The audio portion of these tapes were given to the participants so that progress and suggestions c uld be followed at home

The camp ran on a four day cycle, with each

day stressing a different stroke Five to seven hours a day were spent in the water. The in-water workouts, team practices, and instruction were supplemented wit films, video tapes, and talks on swimming strokes and techniques. Conditioning, stretching, and power exercises were used before some of the swimming sessions. In addition, a one hour series of physiological tests were administered to participants so that they could get an idea of their own level of fitness.

The individualization and variety of this program made it most worthwhile to me as a novice Master swimmer. However, I am sure that any Master swimmer at any level would learn a lot at Skwim.

One warning - Skwim is a camp so bunkhouse living, gang showers, limited electricity, and lots of walking must be expected. However, since most of the time is spent swimming in a heated outdoor 50 meter pool, one hardly notices the lack of modern conveniences. Details on next summer's program: John Skehan, Skwim Swimming, Great Valley, NY 14741.



## Counsilman: one Channel swim enough

DOVER, ENGLAND [AP]-James "Doc" Counsilman, a 58-year-old swimming coach from Indiana University, became the oldest person ever to swim the English Channel on Friday, despite almost being run over by a Russian ship on the way.

Counsilman completed the grueling 21 mile swim from England to France in  $13\frac{1}{2}$  hours. He touched ground on a sandy strip under a cliff near Cap Gris Nez, France, and immediately returned by boat to

Weary and aching, he told a reporter on hand to greet him at Folkestone Harbor: "Now I know what it's like to belong to one of the most exclusive clubs in the world-those who've swum the English Cahnnel.

He added: "There was one very scary moment, and that was when we were nearly run down by a Russian freighter

TOM HETZEL. Counsilman's trainer who followed alongside the swimmer in a pilot boat, said the Russian ship ignored warning blasts from the boat's siren and came within 100 yards of them before changing

We all thought we would have to abandon the boat or at least pull the swimmer out of the water. But at the last minute, the Russian ship steered away from said Hetzel, 43, from Corpus Christi, Tex.

Counsilman's wife, Marge, 54, and Ray Scott, chairman of the Channel Swimming Association, also were aboard the pilot boat.

Hetzel said a protest was lodged with the British Coast Guard.

COUNSILMAN WORE a track suit over his bathing

suit as he got off the pilot boat and slipped into a "Tonight I am a tired but happy man," he said before departing. "It has been an ambition of mine for many years. I don't plan to do it again. I look upon

hannel swimming like marriage—once is enough."

His wife echoed the thought. "Well, it was an experience," she said, "but I don't think I want to go on another channel swim."

Before Counsilman set off, Hetzel covered Counsilman with a mixture of petroleum jelly and lanolin to keep out the cold.

Counsilman set out from Shakespeare Beacp, Dover, at 6:15 a.m. and touched down in France just after

7:30 p.m. local time. The Bloomington, Ind., grandfather wore a stars and stripes bathing suit, similar to the trunks worn by American Olympic swimmers he has trained, including

Mark Spitz, winner of nine gold medals in 1972

COUNSILMAN SAID he "started off well but swallowed a lot of sea water and this slowed me down. I also swam into jelly fish, but they didn't bite. Perhaps I was too old for that.

"It's been a greal experience. It feels great to be the oldest person in the world to have swum the English Cahnnel, but it was very tiring.

The previous record was held by Scotsman Ned Bar-nie, who made the crossing in 1951 at age 55.

Counsilman, far from being sick of swimming, said he planned to take a dip first thing Saturday. But this time it will be in Dover's heated indoor municipal pool to get the kinks out of his muscles. He plans to return home Tuesday

## On your mark, get set, go

When Dennis Watson, a financial analyst for RJR Foods, Inc., steps onto a swimmer's starting block before a race, he feels more than just the exhilaration of competition—he feels at home.

Watson is back into competitive swimming for the first time since college. At Ashland College in Ohio. Watson swam on the varsity swim team for two years.

"I feel more physically fit now than I have in seven years," he said.

Watson now competes locally in swim meets sponsored by the North Carolina Association of the Amateur Athletic Union. He swims in the Master's Program which pits swimmers of the same sex and age range against each other. The age range for Watson's group is 25-29.

#### Toughest competitor

"My toughest competitor is a swimmer who is 25. I'm nearly 30; plus, the other swimmer is in construction work which keeps him physically fit.

To keep ahead of the competition. Watson works out five times a week. I'm pleased with my progress since started last January." he said. "When I got in the pool last year, I could hardly swim 500 meters without killing myself. Now I regularly do 1,600 to 2,000 meters in one hour and I feel great

Watson's regular workout is enough to make an average swimmer beg for water wings. He starts out by swimming 200 meters as a swimming exercise "just to get relaxed and warmed up.

Then he usually swims 500 meters of free style and times himself. "I try to stay under seven and one-half minutes.

He varies his practice by swimming four 50-meter breaststroke sprints within 40 seconds, taking a 45-second break between each 50 meters.

#### Breaststroke runs

Next. Watson swims either two 200-meter breaststroke runs within two and one-half minutes with a one-minute break or 100 meters of breaststroke within 90 seconds with a 45-second break between runs.

"Now you can see why it's tiring," Watson said with a grin.

"I've really gotten back into the swimming habit," he said. "I've felt so great since I started training again. I've lost 17 pounds since last January-the only problem I have now is buying new suits. My shoulders have increased two inches and my waist has trimmed down a good bit."

Another benefit that Watson has seen from training is in his cardiovascular system. "I've checked my heart rate from the beginning. I've gotten it down to 145 beats per minute from 180 or 190 after finishing 500 meters of freestyle

Watson has to be cautious during workouts because of previous sports injuries. He severed his kneecap and now has a fiberglass kneecap. He also has two pins in his right

All Watson's training has paid off for him in titles. This year he captured the N.C. State Championship in Masters competition. He has won several first places and is nationally

In a regional race held in High Point, N.C., in December, both Watson and his wife placed first. Watson took first place in the 50-, 200-and 500-yard freestyle, and his wife Doro, who also swims in the Masters Program, placed first in 50- and 100yard freestyle and 100-yard breaststroke. Watson placed second in the men's 100-yard breaststroke and third in the 100 individual medley Mrs. Watson came in second in the 50-yard breaststroke event

Mrs. Watson has been in the Masters program since April. During that time she has taken nine first places. Her strongest event, she says, is the 50 meter freestyle event. Often Mrs. Watson will enter meets that Dennis is swimming in. They give each other support and encouragement during

His goal is to place in the top 10 at the National Masters competition to be held in May.

"I know it's a lot of pressure to place on myself." he said "Basically, I'm pleased when I cut my times every time I race. Just as long as my times improve. I'm happy.

#### Your Checklist

To get the most out of your swimming, you should swim at least three nonconsecutive days a week. Make sure to warm up slowly before each workout. Your swim should last at least 20 minutes and be sufficiently vigorous so that your heart beat rises to about 80 percent of its maximum attainable rate.

To calculate your maximum attainable heart rate—the highest number of beats per minute of which your heart is capablesimply subtract your age from 220. If you are 50, your MHR will be about 170.

The following are the approximate heart rates you should try to maintain during your workouts:

Age	MHR	Beats per minute during swim
30	190	142-162
40	180	135-153
50	170	128-145
60	160	120-136
70	150	113-128
80	140	105-119
90	130	98-111

PARADE • MAY 20, 1979



MASTER SWIMMERS AND DIVERS

Gulf Coast Area outstanding master swimmer and divers Richard Lawler, Georgia McCarthy and Graham Johnson receive trophies.

Recently, at the annual awards dinner for outstanding AAU athletes held at the Meyerland Club, many outstanding adult swimmers and divers of the Meyerland area were honored.

Richard Lawler, Georgia McCarthy and Graham Johnson were honored for their aquatic achievements

during the swimming season of AAU competition.

This year, the Gulf area is credited with a total of five Master All-American swimmers who are Dana Curtis, Jim Crane, Graham Johnson, Jo Anne May and George McCarthy, of which a majority are from the Meverland area.

MASTERS DIVING OUTDOOR NATIONALS IRVINE, CALIF. AUGUST 25-27,1979





GROUP PICTURE - 55 STRONG!





1. Pry Bagley 2. Bill Mealister

5. Pelix Grossman
4. Tem Hairabedian
5. Ed Craren
6. Ted A Kersting
7. Dal Stauffer

8. Brud Cleavelend 9. Bill Burgess

10. John Riley

### WOMEN SENIOR GRAND MASTERS

1. Ida Wilson 2. Lillian Felderman



			40
		70.75	
NATIONAL AAU MASTERS	OUTDOOR	40-45 Kim Pearman	346.62
DIVING CHAMPIONSHIPS	/25 27/20	Kyran McGowan	255.21
Irvine, California 8	125-27/19	45-49	233.21
MENS 1 METER		Gary Bagley	344.43
21-24		Ed Craren	308.91
Mark Peckham	374.61	Tom Crosby	292.17
Brian Ronk	260.40	Mack Brown	290.25
Mark Dailey	243.09	Bill Murray	226.83
25-29		50-54	
Patrick Eaton	542.64	Doug Rucker	243.00
Doug Simons	441.15	55-59	
Rich Wilson	436.83	Tom Hairabedian	299.94
Roland Bell	397.20	Peter Baxter	194.91
Bacil Shirley	335.19	60-64	260 /2
Norman Evans	322.92	Lyle Felderman Dal Stauffer	260.43
30-34 Jahn Commo Loop	200 10	Brud Cleaveland	244.50
John Samuelson	399.18	Ted Kersting	237.21
Dale Welk Gregg Shuff	378.69 377.01	Bill Burgess	229.47
Davis McKeehan	357.12	Don Brand	201.87
John Ivey	309.57	Norman J. Fitzgerald	189.78
35-39	302.31	65-69	
Karl F. Kleman	345.75	Bill McAlister	252.21
Michael Palmer	292.20	70 & over	
Harry Rodenkirk	215.35	John Riley	137.88
40-45		Kenneth Rayner	134.85
Kim H. Pearman	315.20	Jose Mone	128.97
Kyran McGowan	249.75	William Guerin	116.82
45-49		Don Davis	103.38
Gary Bagley	365.45	MENS GRAND MASTER	
Felix Grossman	306.55	John Samuelson	414.24
Ed Craren	299.40	Rich Wilson Gregg Shuff	386.88 375.66
Tom Crosby Mack Brown	274.95 263.10	David McKeehan	356.04
Bill Murray	233.75	Karl Kleman	348.69
50-55	233.73	MENS SR. GRAND MAST	
Doug Rucker	233.05	Gary Bagley	337.66
55-59		Bill McAlister	297.03
Tom Hairabedian	273.60	Felix Grossman	282.24
Peter Baxter	174.80	Tom Hairabedian	279.30
60-64		Ed Craren	276.42
Dal Stauffer	220.00	Ted Kersting	270.33
Brud Cleaveland	218.60	Dal Stauffer	268.65
Bill Burgess	213.50	Brud Cleaveland Bill Burgess	256.98 249.78
Ted Kersting	207.25	John Riley	243.84
Lyle Felderman Don Brand	203.00	John Kiley	243.04
Norman Fitzgerald	139.75	WOMENS 1 METER	
65-69	133.73	21-24	
Bill McAlister	241.90	Jan Smith	372.18
Harold R. Johnson	161.90	Carol Pike	340.29
70 & over		25-29	
John Riley	141.75	Jerrie Adair-Weiss	438.18
Kenneth Rayner	118.80	Jan Lucia	356.40
Don Davis	113.90	Glory Thomas-Severt	352.86
Jolly John Sable	108.00	30-34	222.06
Jose Mone	104.65	Judy Wade-Bell 35-39	333.96
MENS 3 METER		Marilyn Taylor	301.41
21-24 Wards Paraleter	267 17	50-54	301.41
Mark Peckham Mark Dailey	367.17 280.20	Ida Wilson	253.80
25-29	200.20	55-59	
Doug Simon	506.10	Patty Fulton	231.39
Patrick Eaton	451.74	Virginia Newman	225.15
Rich Wilson	405.42	70 & over	
Roland Bell	390.37	Viola Krahan	126.81
Bacil Shirley	341.76	Gerta Ross	120.36
Norman Evans	338.76	WOMENS 3 METER	
30-34	272	21-24 Jan Smith	275 01
John Samuelson	446.70	Jan Smith Carol Pike	375.81 330.84
David McKeehan Greg Shuff	416.91	25-29	330.04
John Ivey	300.06	Jerrie Adair-Weiss	432.83
35-39	300.00	Jan Lucia	361.80
Karl F. Kleman	395.15	Glory Thomas-Severt	312.39
Harry Rodenkirk	315.57	35-39	
		Marilyn Taylor	288,10
		50-54	0/0
		Ida Wilson	260.05

Ida Wilson

260.05

## **MASTERS DIVING**

by ED CRAREN

Bigger and better than ever! That describes the 1979 Masters Diving outdoor national championships held at the Heritage Park Pools in Irvine, CA, August 25-27, 1979.

Meet directors Larry Brennan and Lyle Felderman deserve plaudits for conducting an exemplary championship meet.

Fifty-five divers from nine states participated. The diver traveling furthest was Kyran McGowan from Fort Lauderdale, FL.

National Chairman Bill McAlister's scrapbooks and memorabilia of the history of Masters Diving were a highlight of the banquet.

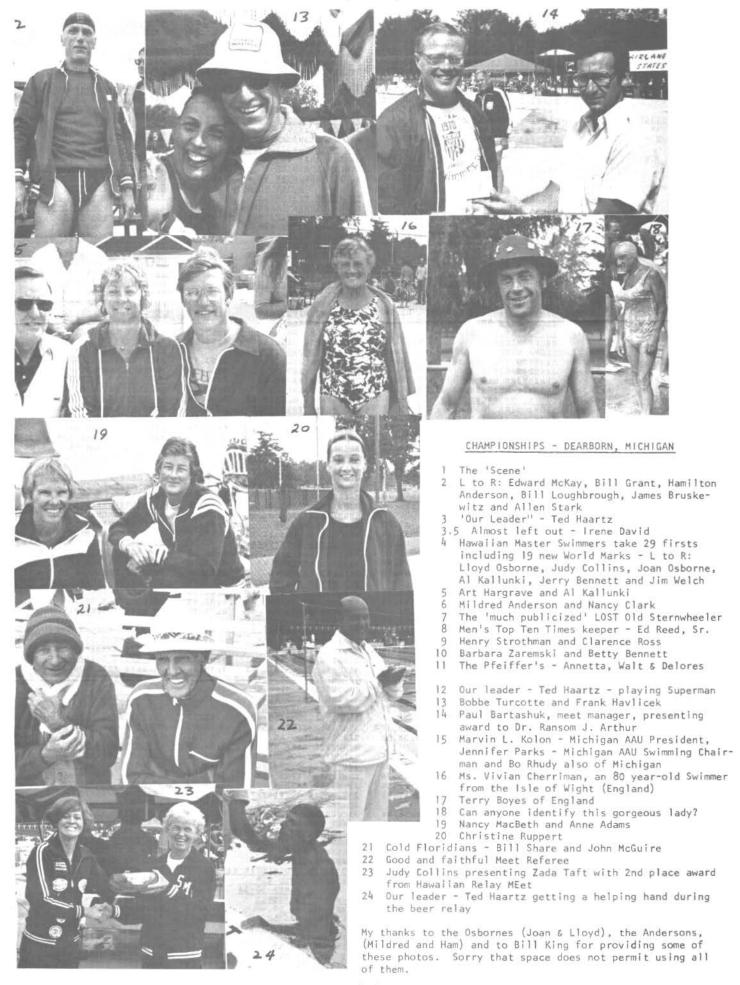
High point award (if we had one) would go to Gary Bagley, 45, who won championships in one meter, three meter, and platform in his age group and also won the Senior Grand Masters championship. Gary uses a maxi-list of optionals: forward 3-1/2, back 2-1/2, reverse 2-1/2, inward 2-1/2, back 2-1/2 twister, and a forward double twister. Coupled with two wins at the indoor meet, Gary has won six gold medals this year.

The next BIG EVENT for Masters Divers will be on Sunday, November 25, 1979 in Las Vegas, Nevada in conjunction with the AAU national convention. During the day we will have an indoor diving meet at the University of Nevada-Las Vegas. That evening we will hold the Masters Diving convention meeting to discuss prospective rule changes, elect a chairman for 1980-81, and clarify master diving's relationships with the competitive Diving Committee. You are needed - plan to be there!

70 & over	
Gerta Ross	143.15
WOMENS GRAND MA	
Jerrie Adair-Weiss	419.25
Jan Lucia	316.38
Marilyn Taylor	310.25
WOMENS SR. GRAND	MASTER
Ida Wilson	234.90
Lillian Felderman	183.99
MENS PLATFOR	M
21-34	
Gregg Shuff	289.30
Pat Eaton	259.30
David McKeehan	165.45
35-49	
Gary Bagley	217.75
Kim Pearman	205.60
Peter Xiques	195.25
Karl Kleman	186.65
Mack Brown	176.40
Bill Murray	136.00
50 & over	
Frank Mcguigan	171.10
Dal Stauffer	165.70
Bill McAlister	161.50
Tom Hairabedian	134.30
John Riley	133.15
Ted Kersting	114.55
Brud Cleaveland	106.25
Bill Burgess	101.25
Peter Baxter	87.85
WOMENS PLATFO	RM
21-34	
Jan Smith	203.05
Jan Lucia	150.45

## 1979 NATIONAL AAU LONG COURSE CHAMPIONSHIPS





LONG COURSE PROTONALS		_	
VAN HUYS, CAL 11 AUG. 197	LUCY JOHNSON 32 1:15.55	50 METER BUTTERPLY	400 ASTER PREESTYLE
WOMEN 25-29	200 METER INDIVIDUAL MEDLEY	EVELYN DEBES 43 43.53 M. A. RASMUSSEN 44 51.47	ANNE ADAMS 51 6:27.87 JOY MCDARIS 54 7:26.40
50 METER PREESTYLE	JOANNE MENABO 31* 3:01.81	100 METER BUTTERFLY	50 NETER BACKSTROKE
LYNN SKRIPVARS 28* 29-7	**************************************	H. A. RASHUSSEN 44 1:54.89	JOY HCDARIS 54 49.28
DEBBIE BRADBURY 27 33.2	2001 201100 <u>211-88</u>	HELEN GEOFFRION 40 1:59-15	JAMET WOLVER 50 53.70
DEANNA HEMPHILL 26 33.9 ROBIN WHAM 26 34.8	43444444	200 METER BUTTERFLY	MARY GOE 54 54.60
AND BALASHOV 27 39-1	**	JANICE GRAY 41 3:48.41	100 METER BACKSTROKE
PANELA HEAD 27 39.1		EVELYN DEBES 43 4:08.79	HARILYN ACORD 52 1:54.16
100 METER PREESTILE	CAROL PLOURNOY 36 35-49	M. A. RASMUSSEN 44 4:11.21 200 METER INDIVIDUAL MEDLEY	200 METER BACKSTROKE MARY GOE 54 4:44.97
M. ANNE SILVA 25* 1:05.2		JANICE GRAY 41 3: 26-02	50 RETER BREASTSTROKE
LYNN SKRIPVARS 28* 1:05.3	BARBARA STEPHENSON 37 1:13.70	H. A. RASHUSSEN 44 3:53.25	JANET WOLVER 50 54.20
CAROL WALSH 25 1:11-1	which with the first that the first that the state of the state of the first that the state of t	400 METER INDIVIDUAL MEDLEY	100 METER BREASTSTROKE
DEANNA HEMPHILL 26 1:14.1	Daniel Contract	JANICE GRAY 41 7:08-22	JAWET WOLVER 50 2:01.14
BOBIN WHAM 26 1:21.0	packs hadren or	EVELYN DEBES 43 8:07.92	200 METER BREASTSTROKE
ANN BALASHOV 27 1:27.6 LAURA WRIGHT 28* 1:30.2		M. A. RASHUSSEN 44 8:20.93	JOY MCDARIS 54 3:53.99
PAMELA HEAD 27 1:32-2		SO METER PRESENTE	50 METER BUTTERFLY
200 METER PREESTYLE	BECKY RICHTER 35 2:33-80	50 METER FREESTYLE HELGA LINNEA PALMER 49 35.35	JANET WOLVER 50 56-11 WOMEN 55-59
LYNN SKRIPVARS 28* 2:24.7		JACQUELINE SHITH 48 36.11	50 METER PREESTILE
CAROL WALSH 25 2:35.5		ADRIENNE PIPES 45* 37.71	GRACE ALTUS 55 43.88
DEB3A BLAIR 27 2:35.8	[1]	JENNIPER PIKE 49 44.75	MARJORIE CROOME 57* 46.36
DEANNA HEMPHILL 26 2:40-4	[H]	SANDI GAGNON 46 45.96	PHYLLIS SWIDER 56 47.56
ANN BALASHOV 27 3:15.4		MALCHIA S. OLSHAN 48 46.65	100 METER FREESTYLE
ROBIN WHAM 26 DN 400 METER PREESTYLE	CHRISTINE MARTIN 37 7:08.35	HURIEL GANZER 46. 47.92	SHIRLEY ERICKSON 55 1:30.94
DEBLA BLAIR 27 5:27-1		SHIRLEY BAIRD 48 54-09	JEAN SCPHERSON 57 1:32.32 DOROTHY LACHASSE 55 1:35.13
DEANNA HEMPHILL 26 5:49-6		H- LINNEA PALMER 49 1:19.58	GRACE ALTUS 55 1:38.38
LAUBA WRIGHT 28* 7:18.0	50 METER BACKSTROKE	JACQUELINE SMITH 48 1:22.80	PHYLLIS SNYDER 56 1:50.13
50 METER BACKSTROKE	MARYLOU JAQUITH 38* 42.54	ADRIENNE PIPES 45* 1:26.97	200 METER PREESTYLE
LYNN SKRIFVARS 28* 34-1		JENNIFER PIKE 49 1:37.00	GRACE ALTUS 55 3:33.80
ANN BALASHOV 27 52.3		SHIRLEY BAIRD 48 1:55.69	PHYLLIS SNYDER 56 3:49.33
100 METER BACKSTBOKE LYNN SKRIFVARS 28* 1:13-3	BECKY BICHTER 35 1:26-70 1LONA SIKE 38 1:32-31	MALCHIA S. OLSHAN 48 1:59.55	400 HETER PREESTYLE
BARBARA HOUNSELL 28 1:25-0		H. LINNER PALMER 49 3:03.17	GRACE ALTUS 55 7:19.89 JEAN HCPHERSON 57 7:37.52
JOY MOSSE 28 1:27.4		H. LINNEA PALMER 49 3:03.17 JENNIPER PIKE 49 3:39.65	JEAN ACPHERSON 57 7:37.52 BETTE F. CROWELL 59 7:58.16
200 METER BACKSTROKE	CHRISTINE MARTIN 37 1:55.94	JANET PARTRIDGE 47 3:41.68	1500 METER PREESTYLE
LYNN SKRIFVARS 28* 2:37-1	BARBARA STEPHENSON 37 3:54-28	SHIRLEY BAIRD 48 4:03.26	SHIRLEY ERICKSON 55 27:23.99
JOY MOSSE 28 3:02.0	200 BETER BACKSTROKE	MALCHIA S. OLSHAN 48 4:30.05	50 METER BACKSTROKE
DEBRA BLAIR 27 3:03.6	1) - Internal State (1) 10 10 10 10 10 10 10 10 10 10 10 10 10	400 BETER PREESTYLE	DOROTEY LACHASSE 55 45.69
BARBARA HOUNSELL 28 3:04.3		H. LINNEA PALMER 49 6:22.59	SHIRLEY ERICKSON 55 49.20
50 METER BREASTSTROKE	CHBISTINE MARTIN 37 4:05.68	ADRIENNE PIPES 45* 6:53.74	JEAN MCPHERSON 57 56.34
CAROL WALSH 25 40-3 ROSIN WHAM 26 44-8		JEWNIPER PIKE 49 7: 34.33	MARJORIE CROOME 57* 1:01.17
PAMELA HEAD 27 47-4		SHIRLEY BAIRD 48 8:40.02	PHYLLIS SWYDER 56 1:01.37 100 METER BACKSTROKE
100 BETER BREASTSTROKE	ILONA SIKE 38 1:33.23	JANET PARTRIDGE 47 29: 45-12	SHIBLEY ERICKSON 55 1:47.30
CAROL WALSH 25 1:29-3		JENNIFER PIKE 49 30:49.83	200 HETER BACKSTROKE
BARBARA HOUNSELL 28 1:39.3		50 METER BACKSTROKE	DOROTHY LACHASSE 55 3:43.17
BOBIN WHAM 26 1:39.4	B	MORIEL GANZER 46 47-58	BETTE P. CROWELL 59 4:08-55
PAMELA HEAD 27 1:46.5		JENNIFER PIKE 49 58-26	50 HETER BREASTSTROKE
DEBBIE BRADBORY 27 1:47.0	Andrew Marie and Andrew Andrew Marie and Andrew Andrew Marie and Andrew Marie and Andrew Marie and Andrew Ma	SHIRLEY BAIRD 48 1:00.85	DOROTHY LACHASSE 55 58-14
CAROL WALSH 25 3:08.8	BECKY BICHTER 35 33.03 DIANA TODD 35* 34.24	SANDI GAGNON 46 1:01.30	PHYLLIS SNYDER 56 58.46
CAROL WALSH 25 3:08-8 DEBRA BLAIR 27 3:22-7		HALCHIA S. OLSHAN 48 1:07.37	JEAN MCPHERSON 57 59.26 NARJORIE CROOME 57* 1:09.14
ROBIN WHAM 26 3:38-5	[1] (A. 18 15 15 15 15 15 15 15 15 15 15 15 15 15	MURIEL GANZER 46 1:50-68	NARJORIE CROONE 57* 1:09-14 100 HETER BREASTSTROKE
50 NETER BUTTERFLY	BECKY RICHTER 35 1:13.40	JANET PARTRIDGE 47 1:51.78	PHYLLIS SMIDER 56 1:07.01
LYNN SKRIPVARS 28* 33.0		SHIRLEY BAIRD 48 2:05-45	SHIRLEY BRICKSON 55 1:58-42
CAHOL WALSH 25 36.1		200 BETER BACKSTROKE	200 METER BREASTSTROKE
DESBIE SRADBURY 27 36.3		JACQUELINE SMITH 48 3:40.90	SHIRLEY ERICKSON 55 4:21.25
ANN BALASHOV 27 48-9		MURIEL GANZER 46 4:03.43	PHYLLIS SHYDER 56 4:33.57
CAROL WALSH 25 1:29-4	JANET E BOYES 38 3:04-65	SHIRLEY BAIRD 48 4:20.27	50 METER BUTTERPLY
CAROL WALSH 25 1:29.4 200 BETER BUTTERPLY	JANET E BOYER 38 3:04-65 400 METER INDIVIDUAL MEDLEY	50 METER BREASTSTROKE JACQUELINE SMITH 48 45.86	SHIRLEY ERICKSON 55 45.96 MARJORIE CROOME 57* 54.84
DEBRA BLAIR 27 3:00.6		ARRIENNE PIPES 45* 51.09	GRACE ALTOS 55 55.32
JOY MOSSE 28 3:08.8		SURIEL GANZER 46 57-95	PHYLLIS SNYDER 56 1:03.80
CAHOL WALSH 25 3:10.7		SANDI GAGNON 46 1:01.13	100 BETER BUTTERFLY
200 BETES INDIVIDUAL MEDLEY	PATRICIA KLEIN 43 35.33	MALCHIA S. OLSHAN 48 1:10.44	SHIRLEY ERICKSON 55 1:58.63
M. ANNE SILVA 25* 2:50.2		100 METER BREASTSTROKE	GRACE ALTUS 55 2:14.48
CAROL WALSH 25 2:52-8		JACQUELINE SHITH 48 1:46.37	200 METER BUTTERPLY
DEBRA BLAIR 27 2:54-9 BARBARA HOUNSELL 28 3:01-7		MURIEL GANZER 46 2:07-72 50 METER BUTTERFLY	SHIRLEY ERICKSON 55 4:16.73 GRACE ALTUS 55 5:02.66
DEANNA HEMPHILL 26 3:05.7		JACQUELINE SMITH 48 42.60	200 METER INDIVIDUAL MEDLEY
400 METER INDIVIDUAL MEDLEY	JANICE GRAY 41 1:20.38	ADRIENNE PIPES 45* 43.07	BETTE F. CROWELL 59 3:57.24
DEBRA BLAIR 27 6:23.9	N. A. BASHUSSEN 44 1:34.54	SANDI GAGNON 46 57.93	GRACE ALTUS 55 4:25.84
DEANNA HEMPHILL 26 6:37-9	200 METER PREESTYLE	JENNIPER PIKE 49 1:04-45	400 RETER INDIVIDUAL MEDLET
CAROL WALSH 25 DIS		MALCHIA S. OLSHAN 48 1:06.96	SHIRLEY ERICKSON 55 8:07.64
WOMEN 30-34	PATRICIA KLEIN 43 3:13.47	100 BETER BUTTERPLY	GRACE ALTUS 55 9:28-92
50 METER PRESTYLE LUCY JOHNSON 32 31-0	EVELYN DEBES 43 3: 15.76 DORIS GILBERT 42 3: 31.54	ADRIENNE PIPES 45* 1:43.04 JENNIFER PIKE 49 2:24.93	WOMEN 60-64
LUCY JOHNSON 32 31.0 SHERBY MCNEY 31 39.6		JENNIFER PIKE 49 2: 24-93 200 BETEB BUTTERPLY	50 METER FREESTYLE ANNETTA PPEIPPER 61 43.09
LUCILIE ELLERBE 33 44-4		ADRIENNE PIPES 45* 3:50-67	RUTH RIDENOUR 64 1:00.19
100 METER PREESTYLE	JANICE GRAY 41 24:56.44	JACQUELINE SMITH 48 4: 12-75	100 METER PREESTYLE
JOANNE MENASD 31* 1:12-5		JANET PARTRIDGE 47 DISQ	ANNETTA PPEIPPER 61 1:43-47
LUCILLE ELLEBBE 33 1:45-8		200 METER INDIVIDUAL MEDLEY	RUTH RIDENOUR 64 2:12.49
200 BETEB PBBESTYLE	EILEEN J. DOUPE 42 30:25.04	JACQUELINE SMITH 48 3:34-79	200 METER PREESTYLE
JOANNE MENARD 31* 2:36-1 SHERBY MCNEY 31 3:40-7		ADRIENNE PIPES 45* 3:37.50 JENNIPER PIKE 49 4:30.09	RITA SIMONTON 61 3:39.69
SHERBY MCNEY 31 3:40.7	PATRICIA KLBIN 43 42.82 VI ELLIOTT 41 1:11.83	JENNIPER PIKE 49 4: 30.09 400 METER INDIVIDUAL MEDLEY	ANNETTA PPEIFFER 61 3:44.46 400 METER FREESTYLE
LUCY JOHNSON 32 5:18.6		ADRIENNE PIPES 45# 7:49.48	ANNETTA PPEIFFER 61 7:57.61
JOANNE MENARD 31* 5:30-3		HOMEN 50-54	50 NETER BACKSTROKE
1500 METER PREESTYLE	FILEEN J. DOUPE 42 2:32.37	50 METER PREESTYLE	ANNETTA PFEIFFER 61 54.12
JOANNE MENARD 31* 21:41.1	200 METER BACKSTROKE	JAMET WOLVER 50 40.77	MARGARET GEORGE 62 54.73
100 BETER BACKSTBOKE	PATRICIA KLEIN 43 3:31.84	MARILYN ACORD 52 42.11	VIOLA THOMPSON 61 57.39
LUCY JOHNSON 32 1:22.3		ANNE ADAMS 51 1:22.39	ANNETTA PPEIPPER 61 2:00.66
50 METER BREASTSTROKE SIEGRIED DOORGEEST 32 1:01.3		ANNE ADAMS 51 1:22.39 JANET WOLVER 50 1:33.65	MARGARET GEORGE 62 2:01.70
100 METER BREASTSTECKE	100 METER BREASTSTROKE	JOY MCDARIS 54 1:34-78	200 BETER BACKSTROKE
SIEGRIED DOORGEEST 32 2:18-9		MARY GOE 54 1:39.68	MARGARET GEORGE 62 4:23.28
200 METER EREASISTROKE	200 METER BREASTSTROKE	200 METER FREESTYLE	50 METER BREASTSTROKE
JOANNE MENARD 31# 3:19.3	JANICE GRAY 41 3:42-95	JANET WOLVER 50 3:33.54	VIOLA THOMPSON 61 58.91
SIEGRIED DOORGEEST 32 4:51.0		MARILIN ACORD 52 3:37.81	MARGABET GEORGE 62 1:01.46
	(	Tab.	

A						
HARGARET GEORGE 62 2:10-70	MIXED 25+ CAL TECH	2:00.70	SO METER BUTTERPLY		GARY MCDOWELL 36	1:34-68
RUTH RIDEBOUR 64 2:51.34	WHAT, HEMPHILL, MURPHY, H		ROBERT WALSH 28	28.00 31.77	WELL BUCHBINDER 36	1:40-64
MARGARET GEORGE 62 4:32.29		2:01.16	STEVE NEALE 27	32, 15	WILLIAM HAMILTON 37 200 METER PREESTYLE	1:59.46
WIGHA THOMPSON 61 4:33.28	GILMORE, HOUNSELL, BUSCH, JOHNSON		WILLIAM SWANSON 26	33.38	CURT MOSSO 37	2:26.16
RUTH RIDENOUR 64 5:42.00		2:29.18	DAVID DUNBAR 29* JIM JANIS 29	33.76 41.42	JON BALES 35	2:29.80
50 METER BUTTERPLY MARGARET GFORGE 62 1:07-01	GREENSERG, GILBERT, DEBE	S,	100 METER BUTTERFLY	41.42	ROBERT BERGSTROM 38 400 BETER PREESTILE	2:54.86
MARGARET GEORGE 62 1:07-01 RUTH RIDENOUR 64 1:20-33	KREIGER SANTA BABBARA	2:31.45	MICHAEL HEATHER 25	1:02-28	CURT HOSSO 37	5:13.47
200 METER BUTTERFLY	MOSSO, PODOB, OLSHAN, BAL		WILLIAM J. PENN 27	1:02-73	JON BALES 35	5:39.90
RITA SIMONTON 61 4:35.79	MIXED 35+		DAVID LEVINSON 29* WILLIAM SWAHSON 26	1:09.32	BOBERT BERGSTROM 38	5:51.73 5:52.56
MARGARET GEORGE 62 DISC 200 METER INDIVIDUAL MEDLEY		2:13.48	200 METER BUTTERFLY	1121100	TON CROCKER 36* 1500 BETER PREESTYLE	3:32.30
VIOLA THOMPSON 61 4:19-45	LARSON, DOESBERG, GANSER RICHTER		WILLIAM J. PENN 27	2:22.91	CURT MOSSO 37	21:40.26
MARGARET GEORGE 62 4:33-10		2:19.44	DAVID LEVINSON 29*	2:43.08	STEPHEN SAYLOR 36	22:41-60
BUTH RIDENOUR 64 5:27.52	JOHNSON, BALES, PALMER, D		R. S. TOWNSEND 25*	2:28.58	JON BALES 35 ROBERT BERGSTROM 38	22:44.49
RITA SIMONTON 61 8:48.40	EL CAMINO PIKE, KLEIN, SCHOFIELD,	2:41.58	DAVID LEVINSON 29*	2:42.02	50 METER BACKSTROKE	22133130
WudEN 65-69	SCHN EIDEAU		BOBERT WALSH 28	2:50.55	ROBERT S. SHITH 36	32.37
50 METER FREESTYLE	MIXED 55+		ROB SWANSON 25 400 METER INDIVIDUAL H	DISQ	STUART THORSON 35	32.76 34.19
GRETCHEN DOCTER 69 58.27 200 METER FREESTYLE		2:51.02	DAVID LEVINSON 29*	5:46.61	LANCE LARSON 39 JAMES MCGRATH 36*	34. 27
GRETCHEN DOCTER 69 4:41-17	SPEAR, PPEIPPEB, GEORGE, PFEIPPER		ROBERT WALSH 28	6:29.86	ROBERT BERGSTROM 38	41.90
50 METER BACKSTROKE	MEN_25-29		men 30-34		NEIL BUCHBINDER 36	49-01
MAXINE MERLINO 67 51_07	50 METER PRESTYLE	22010	50 METER PRESTYLE PETER F. WISHER 32	27.20	GARY MCDOWELL 36 100 METER BACKSTROKE	52.83
GRETCHEN LCCTER 69 1:26-10	MICHABL HEATHER 25 DUFF MURPHY 25	25-60	BEID RIMENSBERGER 32	29-47	LANCE LARSON 39	1:13.44
MAXINE MEBLINO 67 1:53.19	MICHAEL GILBORE 26	27-68	DONALD E. DUNBAR 30*	30.16	STUART THOMSON 35	1:13.59
GRETCHEN LOCTER 69 2:56-08	JIM JANIS 29	28.71	ALAN HARTLEY 31	30-81	ROBERT BERGSTROM 38	1:30.29
200 METER BACKSTROKE GRETCHEN DOCTER 69 b: 12. 73	WILLIAM SWAMSON 26	28.81	EOB COOPER 34 100 HETER PREESTYLE	36.33	STUART THOMSON 35	2:46.50
50 MZTER BREASTSTROKE	PETER FRITZ 29 ROB SWANSON 25	29.85	PETER F. WISHER 32	1:01-84	BOBERT S. SMITH 36	2:46.54
BAXINE MERLINO 67 57.29	DAVID DUNBAB 29*	30.99	JOSEPH BUSCH 31	1:03.01	ROBERT BERGSTROM 38	3:04.31
100 SETER BREASTSTROKE	SCOTT MACKIE 26	31.31	DAVID ZEMER 33* DONALD E. DUNBAR 30*	1:05.20	WILLIAM HAMILTON 37	4:27.22
MAXINE MERLINO 67 2:04.90 50 METER BUITERPLY	CARY MCGREGOR 28 LARRY FODOR 28	31.68	THOMAS THOMSON 34	1: 12-90	50 METER BREASTSTROKE HAP COLE 38	35.24
MAXINE MERLING 67 55-07	100 METER FREESTYLE	33.21	200 METER PREESTYLE		KEN DOESBURG 35	35.64
GRETCHEN LOCTER 69 1:17-84	MICHAEL HEATHER 25	57.90	PETER P. WISNER 32	2:20.39	GARRY JORNSON 37	36.03
GRETCHEN DOCTER 69 6:01.47	R. S. TOWNSEND 25*	58.90	JOSEPH BUSCH 31 DONALD E. DUNBAR 30*	2:23.66	TON CROCKER 36* JON BALES 35	39.05 41.57
WOMEN 75-79	WILLIAM J. PENN 27 DUPP MURPHY 25	1:00.38	THOMAS THOMSON 34	2:36.01	BEIL EUCHBINDER 36	52.39
100 SETEB FREESTYLE	MICHAEL GILMORE 26	1:03.02	MIKE GREENBERG 33	3:03-75	WILLIAM HABILTON 37	1:04.88
ELIZABETH MAURIC 75 2:29.31	STEVE BEALE 27	1:03.45	BOB COOPER 34	3:09.04	100 METER BREASTSTEOK	
200 METER FREESTYLE ELIZABETH MAURIC 75 5:22.55	BOB SWANSON 25 WILLIAM SWANSON 26	1:04-66	JOSEPH BUSCH 31	5:19.32	KEN DOESBURG 35 GARRY JOHNSON 37	1:23.15
50 METER BREASTSTBOKE	ROBERT WALSH 28	1:08.13	DONALD E. DUNBAR 30*	5:46.89	200 METER BREASTSTROK	
ELIZABETH MAURIC 75 1:33.98	PETER PRITZ 29	1:08.61	MIKE GREENBERG 33	6:43.61	TOH CROCKER 36*	3:13.52
100 METER BREASTSTROKE ELIZABETH MAURIC 75 3:13-43	CARY MCGREGOR 28 JOHN L. ZYSKIND 28	1:12.32	TIM LOVEWELL 33 1500 BETER FREESTYLE	7:08.97	WILLIAM HAMILTON 37	5:15.76
200 METER BREASTSTROKE	SCOTT MACKIE 26	1:14-28		23:00.11	50 METER BUTTERFLY JAMES HCGRATH 36*	28.40
ELIZABETH MAURIC 75 6:42.21	LARRY PODOR 28	1:15.30		26:38.50	LANCE LARSON 39	28.57
HOMEN 19+ 200 METES FREESTYLE RELAY	200 METER FREESTYLE		100 METER BACKSTROKE BEG BRUSKEWITZ 32	1:21.94	STUART THORSON 35	31.25
CAL TECH 2:16-21	R. S. TOWNSEND 25* WILLIAM J. PENN 27	2:07.84	BCB COOPER 34	1:34.57	GARRY JOHNSON 37 JON BALES 35	32.29 32.62
WHAM, HEMPHILL, MCGREGOR, PALMER	MICHAEL GILMORE 26	2:19.63	200 METER BACKSTROKE		MICHAEL KRIEGER 37	34.85
SANTA BARBARA 2:25.24	STEVE NEALE 27	2:22.15	REG BRUSKEWITZ 32 MIKE GREENBERG 33	2:58.15	100 BETER BUTTERFLY	
PODOR, BALASHOV, MITCHELL, CARLA MISTLE	ROBERT WALSH 28 JIM JANIS 29	2:35.12	50 SETER BREASTSTROKE	3: 43. 70	LANCE LARSON 39 STUART THOUSON 35	1:07.97
200 METER MEDLEY BELAY	JOHN L. ZYSKIND 28	2:38-21	DAVID ZEMER 33*	35-95	MICHAEL KRIEGER 37	1:24.67
CAL TECH 2:46.30 HEMPHILL, WHAM, MCGHEGOB, MARTIN	CARY SCHEGOR 28	2:39.18	PETER F. WISHER 32 TIM LOVEWELL 33	36-40	JON BALES 35	1:28.01
SANTA BARBARA 2:48.81	PETER PRITZ 29 400 BETER PREESTYLE	2:39.89	100 METER BREASTSTROKE	47.52	200 METER BUTTERPLY	2:55.18
FODOR, MITCHELL, NISTLE,	R. S. TOWNSEND 25*	4:33.37	PETER P. WISNER 32	1:21.51	CURT MOSSO 37 JON BALES 35	3:42.94
BALASHOV	WILLIAM J. PENN 27	4:35.50	THOMAS THOMSON 34	1:24-41	200 BETER INDIVIDUAL	
HOMEN 25+ 200 METER MEDLEY RELAY	MICHAEL GILMORE 26	5:09.91	ALAN HARTLEY 31 HIKE GREENBERG 33	1:27.90	LANCE LARSON 39	2:36.98
TBOJANS 2:34-21	JOHN L. ZYSKIND 28 DUPP MURPHY 25	5:26.28	200 BETER BREASTSTROKE		ROBERT S. SMITH 36 CURT MOSSO 37	2:50.52
RICHTER, GANZER, HOUNSELL,	ROBERT WALSH 28	5:54.26	THOMAS THOMSON 34	3:03.02	BEN 40-44	2.34.24
JOHNSON SIMI VALLEY DISO	CARY MCGREGOR 28	5:54.74	PETER F. WISNER 32 JOSEPH BUSCH 31	3:04.02	50 METER FREESTYLE	
DOORGEEST, ELLERBE, ERVEN,	1500 METER PREESTYLE WILLIAM J. PENN 27	18:32.83	TIM LOVEWELL 33	3:05.17 3:35.45	PETER R. TAFT 43* DAVID W. NEWQUIST 44	28.96 31.80
ELLIOT	JOHN L. ZYSKIND 28	21:22.26	50 METER BUTTERPLY		STEPHEN JENNINGS 41	32.45
WOMEN 35+		21:59.94	JOSEPH BUSCH 31 REG BRUSKEWITZ 32	30-45	100 METER PREESTILE	
CAL TECH PREESTYLE HELAY 3:04.95	BRENT LANB 27 50 NETER BACKSTROKE	25:29-30	ALAN HARTLEY 31	32.49 33.29	PETER R. TAPT 43* STEPHEN JENNINGS 41	1:04.07
MARTIN, PFEIFFER, THOMPSON,	MICHAEL HEATHER 25	31.90	REID RIMENSBERGER 32	36.50	EDGAR H. PRANK 43	1: 15. 38
GEORGE	WILLIAM SWANSON 26	36.03	100 METER BUTTERFLY		STANLEY BROSMAN 44	1:26.50
200 METER MEDLEY RELAY SANTA BARBARA 4:11.67	100 HETER BACKSTROKE	1.00 70	JOSEPH BUSCH 31 200 METER INDIVIDUAL M	1:06.20	200 HETER PREESTYLE	
BAIRD, RIDENOUR, BASHUSSEN,	MICHAEL HEATHER 25 WILLIAM SWANSON 26	1:09.79	JOSEPH BUSCH 31	2:40-37	ALEX ROGIC 43 STEPHEN JENNINGS 41	2:45.89
DOCTER	ROBERT WALSH 28	1:21-46	REG BRUSKEWITZ 32	2:52-41	400 METER PREESTYLE	2.39.02
WOMEN 45+	200 METER BACKSTROKE		MIKE GREENBERG 33	3: 37.76	ALBX ROGIC 43	6:06.30
200 METER FREESTYLE RELAY SANTA BARBARA "A" 2:44-55	DAVID LEVINSON 29* ROBERT WALSH 28	2:52.93	THOMAS THOMSON 34 400 METER INDIVIDUAL B	DISQ	STEPREN JENNINGS 41	6:28.95
ERICKSON, ALTUS, MCDARIS,	50 NETER BREASTSTROKE	2.30.33	JOSEPH BUSCH 31	5:42.32	ED GALLAGHER 44 1500 METER PREESTYLE	7:03.59
LA CHASSE SANTA BARBARA "B" 3:50-07	STEVE NEALE 27	35. 25	MIKE GREENBERG 33	7:50.63	BARRY FASBENDER 42*	23:24.26
BAIRD, DOCTER, RIDENGUR, OLSHAN	DUFF MURPHY 25 GREG HARRISON 27	36.92 37.67	50 METER FREESTYLE		ALEX ROGIC 43	24:52.51
200 METER MEDLEY BELAY	ROB SWANSON 25	38.15	LANCE LARSON 39	26.93	ED GALLAGHER 44 50 METER BACKSTROKE	28:14.10
SANTA BARBARA 3:30.14 PRICKSON MCDARIS ALTUS OLSHAN	LARRY PODOR 28	40-59	JAMES MCGRATH 36*	27.78	ED GALLAGHER 44	37.61
PRICKSON, MCDAHIS, ALTUS, OLSHAN 200 METER PREESTYLE RELAY	100 BETER BREASTSTROKE STEVE NEALE 27	1:17-81	JON BALES 35	28.35 29.06	DAVID W_ NEWQUIST 44	41.76
MIXED 19+	DAVID LEVINSON 29*	1:22-91	BOBERT BERGSTROM 38	33.61	EDGAR H. PRANK 43 STANLEY BROSMAN 44	45.10 47.34
EL CAMINO 2:02.44			NEIL BUCHBINDER 36	35.18	STEPHEN JENNINGS 41	52.34
WINKER, WALSH, WIENER,	DOFF MURPHY 25					
RIMENSBERGER	ROB SWANSON 25	1:26.80	GABY MCDOWELL 36 100 METER PREESTYLE	39.73	100 METER BACKSTROKE	1.25 (2
SANTA BARBARA 2:13.97	ROB SWANSON 25 LARRY PODOR 28 200 METER BREASTSTROKE	1:26.80	100 METER PREESTILE LANCE LARSON 39	1:00.61	ED GALLAGHER 44	1:25.68
SANTA BABBARA 2:13.97 SWANSON, BALASHOV, FODOR, MACKIE	ROB SWANSON 25 LARRY PODOR 28 200 METER BREASTSTROKE STEVE NEALE 27	1:35.20 2:50.57	100 METER PREESTYLE LANCE LARSON 39 ROBERT S. SMITH 36	1:00.61	ED GALLAGHER 44 BARRY FASBENDER 42* 200 NETER BACKSTROKE	1:27.94
SANTA BARBARA 2:13.97	ROB SWANSON 25 LARRY PODOR 28 200 METER BREASTSTROKE STEVE NEALE 27 DAVID LEVINSON 29*	1:35.20 2:50.57 2:58.33	100 METER PREESTILE LANCE LARSON 39	1:00.61 1:03.31 1:05.48	ED GALLAGHER 44 BARRY PASBENDER 42* 200 METER BACKSTROKE BARRY PASBENDER 42*	1:27.94
SANTA BABBARA 2:13.97 SWANSON, BALASHOV, FODOB, MACKIE CAL TECH 2:20.31	ROB SWANSON 25 LARRY PODOR 28 200 METER BREASTSTROKE STEVE NEALE 27 DAVID LEVINSON 29*	1:35.20 2:50.57	100 HETER PREESTILE LANCE LARSON 39 BOBERT 5. SMITH 36 JON BALES 35	1:00.61	ED GALLAGHER 44 BARRY FASBENDER 42* 200 NETER BACKSTROKE	1:27.94

SAME STATE   18   18   18   18   18   18   18   1	50 HETER BREASTSTROKE EDGAR B. FRANK 43	22 20	100 METER BUTTERFLY ART WELCH 46	1:19.36	100 BETER BACKSTROKE		RUPUS CLARK 68	3:45.43
STATE   STAT	DAVID W. MEMQUIST 44	43.90	STAN SCCONNELL 47	1:24.08	CHET GOSSTYLA 59 PETER LEE 56	1:34.37		4:50.92
10.				1:30.39		3+28-79	WALTER PPEIFFER 65	
STATE NAME   19.00   SOLD   STATE					PETER LES 56	3:53.99	100 METER BUTTERFLY	name and parties
100   ALTHONOMY   120,000   100,00	DAVID W. NEWQUIST 44	1:43.06	200 METER INDIVIDUAL S	EDLEY	- 프로젝트 (100mm - 2007 - 1200 E.C.)	4:21.77		2:26.10
ADDIT	ED GALLAGHER 44	DISQ					WALTER PFEIFFER 65	
SAME PARTIES   12,20,20   100 SCHERACES   12,20,20   100 SCHERACES   10,20   10,00					PETER LEE 56		200 METER INDIVIDUAL M	EDLET
Second College   1977   1971	BARRY PASBENDER 42*	3:29.93	BUD SCHUMACHER 49*	3:22.56	JACK BURGAN 56	1:43-19		
The part of the part   19.00   10.00	50 METER BUTTERPLY	3:52-62	400 METER INDIVIDUAL B	EDLEY		3:49-12		
STATEMEN   186-72   20   SCHOOL STATE   7:10.2   20   STATE   STATEMEN   2.2   20   2.2   2.					50 METER BUITEBFLY		西島州 70-74	
STATE   PROPERTY   118-17   10-18   118-17   10-18   118-17   10-18   118-17   10-18   118-17   10-18   10-1	STEPHEN JENNINGS 41			7:10.21				41-90
A	BARRY FASBENDER 42*	1:18.37	50 METER PREESTYLE	19		1:33-75		42.20
200   STATE   STITLE					CHET GOSSTYLA 59		LEONARD A. CHAPIN 71	
ADD   STITL   IDDITIONAL PROMEST   1975   18   18   18   18   18   18   18   1	200 NETER EUTTERPLY		ALFONSO TORKES 50	34.64				1:49.86
A. S.	400 METER INDIVIDUAL 8		WILLIAM FRENCH SR. 51	35.31				
20					BOB MERRICK 59	3:16-19	400 METER PREESTYLE	
THILLIAN OF SERVEY   20.56   ALTHONOUS SOURCES   110.00			100 METER FREESTYLE	1 - 09 30	400 METER INDIVIDUAL MI	EDLEY	50 METER BACKSTROKE	
Transport	50 METER FREESTYLE		RICHARD BLAND 53	1:16-03		7:25.70		
NOT SCHOOL OF CALLARS 54   1-10.59   ACCRAD MATCH 80   1-10.50   ACCRAD MATCH 80   ACCAD MATCH 80   ACCRAD MATCH					50 METER PREESTYLE	21 70		
DATED T. MARK 5  10.11.11.10.10.11.11.10.10.11.11.10.11.11	ROY SORGE 47	30.59			RICHARD BARTON 60	36.37	ALFRED GUTH 71	
1.00   SITES PRINTED	STEVEN SCHOFIELD 47		200 METER FREESTYLE					2:36.57
## HICHARD A 1874 7   111-30   SUBJECT   1557-09   STORE PRESTITE   111-30   SUBJECT   1557-09   STORE PRESTITE   121-30   SUBJECT   121-30   SUBJ					100 BETER PREESTYLE		ALPRED GUTH 71	
STATE OF SCHOOL 17   111.2   3	100 METER FREESTYLE			3:34.33	200 BETER PREESTYLE		50 METER BREASTSTROKE	
DOUS COURAGES 99   119.51   0.0 SILERE PRESTITE   119.51   0.0	ART WELCH 46		JIM MARCUS 54			2:45.98		1:21.87
DUD SCHWARCHE 49*  117.99  118.51  119				6:12.85	DON BANKIN 63	5:46.07	ALPRED GUTH 71	1:58.56
DO REPORT AND THE PRESTITE PRE	BUD SCHUMACHER 49*	1:17.99			CLIFF CROOME 62*	42.13	ALPRED GUTH 71	4:10.38
12.4.5   Successful   1.2.5.5   Successful	ED PARRELL 46		50 METER BACKSTROKE			1:35.39		54.58
AFT NECKS 46		1:24.51			200 BETER BACKSTROKE	3 - 35 39	LEONARD A. CHAPIN 71	
STEPPER SCHOPLED   73   370,722   300 ANTE PRESTILE   55.99   300 ANTE PRESTILE   55.99   300 ANTE PRESTILE   550,000 ANTE   500 A	ART WELCH 46				50 METER BREASTSTROKE			2:11.63
DAVID T. CAN AS 3,03,95 100 ARTES HEADSTORMS 1:21,70 UN RANKI **03 1:42,99 200 ARTES FRENCH SCHOTTER **1			KONHAD SCHNEIDAU 54			45.34		4:59-50
ART WELCA 46  5.50.07  LOU SILVESTEIN 519  EILLING J. REST 47  6.06.67  20.0 ATTE BACKSTROKE  1.31.97  6.06.67  20.0 ATTE BACKSTROKE  20.0 ATTE BACKSTROKE		3:03.95		1:21.70	DON RANKIN 63	1:42-89	200 METER INDIVIDUAL M	EDLEY
STEVER SCHOPLED 47 6:50.5.27 ORBAD SCHWEIDAD 59 2:16.69 SO MITTER BUTTER!! 10.00 REGION TO STATE BUTTER! 10.00 REGION TO STATE BUTTER!! 10.00 REGION TO STATE BUTTER!! 10.00 REGION TO STATE BUTTER! 10.00 REGION TO STATE BUTTER! 10.00 REGION TO STATE	ART WELCH 46				DON HANKIN 63		400 METER INDIVIDUAL M	BDLEY
STEVEN SCHOFTELD 47  FILL OR STATE AND JOHNSON 51  FILL OR SKRAMSTAD 45- STAN ACCOMENIAL 47  OFFICE W. LAUSEN 46  FOR FARELL 46  OFFICE AND JOHNSON 51  FOR FAREL 46  OFFICE AND JOHNSON 51  FOR FAREL 46  OFFICE AND JOHNSON 51  FOR FARELL 46  OFFICE AND JOHNSON 51  FOR FARELL 46  OFFICE AND JOHNSON 51  FOR FAREL 46  OFFICE AND JOHNSON 51  FOR FARE FUTTERFIT  FOR FAREL 46  OFFICE AND JOHNSON 51  FOR FARE FUTTERFIT STATE  OFFICE AND JOHNSON 51  FOR FARE FUTTERFI	WILLIAM J. KENT 47		KOMBAD SCHNEIDAU 54			4:02.68		8: 57.10
STATE   STAT				3:12.94	CLIFF CROOME 62*		200 METER PREESTYLE RE	1.53 96
STEVEN SCHOPLED 47   22:34.81   ALA NICHOLS 50   3-28   ALA NICHOLS 50   ALA NI	BILL GRAY 45			3:23.00	GENE WADE 64		MORPHY, HEATHER, KELVES	
SOURCH PROCESSING NAME   SOURCE   SOU	BUD SCHUMACHER 49*	24:46.96	JIM MARCUS 54			1:39.09		1:59.45
LIOTO SKRAHSTAD 45° 5718 NCCONRELL 47 LOY SKRAHSTAD 45° ART WELCH 46 LOY SKRAHSTAD 47° LOY SKRAHSTAD 45° ART WELCH 46 LOY SKRAHSTAD 47° LOY SKRAHSTAD 48° ART WELCH 46 LOY SKRAHSTAD 48° LOY SKR		28:34.81		45-93		2:03.02		
Description   19	LLOYD SKRAMSTAD 45*				DON BANKIN 63		HAMILTON, MOSSO, HARRIS	
3   3   3   3   3   3   3   3   3   3			JIM MARCUS 54	1:32.76		EDLEY		
PRAME C. PEYNOLDS 4  1:22.57   1:22.57   1:25.59   1:2		46.84						
SOUR ALTER AND	FRANK E. REYNOLDS 47			34.55	DON BANKIN 63	7:17.89	CAL TECH	2:15.99
151.2   LOU SILVESTRIN 53   1:43.96   RECHARGOS   33.94   34.04   54.35   59   62086 R. SCHNIDT 65   34.04   57.45   50   MRITE BERSTITENCE   41.28			BOYD JOHNSON 51			1:32-03		OK,
200 HETER BACKSTROKE STAN MCCONNELL 47 LLOUD SKRAMSTAD 45* 3109.45 310				1:43.96		33.94		
LIOTO SKRAMSTAD 55  ART WELCH 46  CORT MILLER 47  CORT MILLER 47  ON RICHTER 45  CORT MILLER 47  ON RICHTER 45  ON TRIBER BREATTSTROKE  CORT MILLER 47  ON RICHTER 45  ON RICHTER 44  ON RICHTER 45  ON RICHTER 46  ON RICHTER 45  ON R	200 METER BACKSTROKE			4:35,59	GEORGE R. SCHMIDT 65*	34-04	SANTA BARBARA "B"	2:43.09
10 SILVERSTEIN 53   3:19.75   GRORGE R. SCHMIDT 65   1:20.78   CONTRILLER 47   41.28   40.45   41.65   CONTRILLER 49   41.65   CONTRILLER 47   43.16   CONTRILLER 49   41.65	LLOYD SKRAMSTAD 45*	3:09.45	200 BETER INDIVIDUAL M	EDLEY	100 SETES PREESTYLE		STEPHENSON	U.N.
CURT NILLER 47   40.93   HAL WICKINES 54   7:00.33   AL WICKINES 54   AL WICKINES		3:13.12	LOU SILVERSTEIN 53*	3:19.75				LAY
CHARLES STEPHENSON 49 BUD SCHUNACHER 49* BULLIAM J. KENT 47 STEVEN SCHOFIELD 47 A4.12 SOURT ALLER 47 BUD SCHUNACHER 49* BUD SCH	CURT MILLER 47				200 NETER PREESTYLE	2.57.85	EL CAMINO	
NILLIAN J. KENT 47   43.16   BEN 55-59   STEVEN SCHOFIELD 47   44.38   Assert 46   Assert 47   Assert 46   Assert 47   Assert 46   Assert 47   Assert 46   Assert 47   Assert 47   Assert 46   Assert 47   Asser	CHARLES STEPHENSON 49	41.65	JIM MARCUS 54	7:00.33	400 NETER PREESTYLE		MCDOWELL, BUCHBINDER	
STEVEN SCHOFIELD 47 44.12 50 SETES FEESTYLE ORDER 1500 HETES FEESTYLE HALD SPEAR 55 37.73 1500 HETES FEESTYLE HALD SPEAR 55 39.89 100 HETES FEESTYLE HALD SPEAR 55 129.06 EEG RICHARDSON 67 1:41.04 BEGINALD SPEAR 55 129.06 EEG RICHARDSON 67 42.41 HALDER 47 3:29.10 SCHOPIELD 47 BOD SCHOWACHER 49* 3:29.10 SUD SCHOWACHER 49* 3:37.78 EEGINALD SPEAR 55 37.78 EEGINALD SPEAR 55 129.06 HETES BESTILE HALDER 47 BOD METES FEESTYLE STEVEN SCHOFIELD 47 3:46.84 400 METES FEESTYLE CHARLES STEPHENSON 49 3:50.91 SOO METES FEESTYLE STEVEN SCHOFIELD 47 3:46.84 400 METES FEESTYLE SCHOFIELD 47 3:46.84 400 M			THE REAL PROPERTY AND ADDRESS OF THE PARTY AND	7: 14.71				
BILL GRAY 45   46.30	STEVEN SCHOFIELD 47	44.12	50 SETEB FERESTYLE	17 71	GEORGE R. SCHMIDT 65*	DISQ	200 METER MEDLEY RELAY	
CURT MILLER 47	BILL GRAY 45		PETER LEE 56		RUFUS CLASK 68		BALES, SPEAR, PPEIFFER,	JOHNSON
BUD SCHUMACHER 49* 1:43.53 DAVID J. FORD 57 1:36.39 GEORGE R. SCHHIDT 65* 200 METER BESASTSTROKE CURT MILLER 47 3:29.10 200 METER PRESSTYLE ROBE MERRICK 59 2:48.65 GEORGE R. SCHHIDT 65* 1:36.51 STEVEN SCHOFLELD 47 35.95 DAVID J. FORD 57 1:36.39 GEORGE R. SCHHIDT 65* 1:36.61 1:36.61 1:36.61 1:36.61 MSAC ACQUARTICS 2:04.03 GEORGE R. SCHHIDT 65* 1:41.59 BLAND, PARRELATICS 2:04.03 GEORGE R. SCHHIDT 65* 1:46.61 MSAC ACQUARTICS 2:04.03 GEORGE R. SCHHIDT 65* 1:41.59 BLAND, PARRELATICS 2:04.03 GEORGE R. SCHHIDT 65* 1:46.61 MSAC ACQUARTICS 2:04.03 GEORGE R. SCHHIDT 65* 1:41.59 BLAND, PARRELATICS 2:04.03 GEORGE R. SCHHIDT 65* 1:46.61 MSAC ACQUARTICS 2:04.03 GEORGE R. SCHHIDT 65* 1:41.59 GEORGE R. SCHHIDT 65* 1:41.59 GEORGE R. SCHHIDT 65* 1:41.59 GEORGE R. SCHHIDT 65* 1:46.61 MSAC ACQUARTICS 2:04.03 GEORGE R. SCHHIDT 65* 1:41.59 GEORGE R. SCHHIDT 65* 1:41.59 GEORGE R. SCHHIDT 65* 1:41.59 GEORGE R. SCHHIDT 65* 1:46.61 MSAC ACQUARTICS 2:04.03 GEORGE R. SCHHIDT 65* 1:41.59 GEORGE R. SCHIDT 65* 1:41.59 GEORGE R. SCHIDT 65* 1:41.59 GEORGE R. SCHIDT 65* 1:41.59 GEORGE R. SCH	CURT MILLER 47	1:30.72		1:10.84				3:04,24
Description				1:29.06				
RON RICHTER 45  BUD SCHUMACHER 49*  3:37.78  REGINALD SPEAR 55  3:13.55  RENIE HALE 68  2:20.95  STEVEN SCHOPLELD 47  3:46.84  40.0 METER PRESTYLE CHARLES STEPHENSON 49  3:50.91  BOB MERRICK 59  6:19.13  50 METER BUTTERPLY STAN MCCONNELL 47  33.93  BOB MERRICK 59  6:19.13  50 METER BUTTERPLY CURT HILLER 47  34.72  50 METER BACKSTROKE ART WELCH 46  34.85  ART WELCH 46  34.85  ART WELCH 46  35.39  MARVIN LEVINE 55  WILLIAM J. KENT 47  35.95  DAVID J. FORD 57  STEVEN SCHOPLELD 47  35.95  DAVID J. FORD 57  48.65  GEORGE R. SCHNIDT 65*  1:41.59  2:14.59  2:14.59  2:48.65  GEORGE R. SCHNIDT 65*  1:41.59  2:20.95  ERNIE HALE 68  2:20.95  ERNIE HALE 68  2:20.95  ARISE BEASTSTROKE MALTER PREIFFER 65  44.51  200 METER MELLER, KENT MEN 65+  200 METER BELAY  LONG BEACH MASTERS  3:01.53  MCPHERSON, GUTH, HALE, CHAPIN  44.51  CHAPLES STEVEN SCHOPLELD 47  35.95  DAVID J. FORD 57  45.06  45.06  46.55  ERNIE HALE 68  2:11.29  BLAND, FARREL, HILLER, KENT MEN 65+  200 METER BELAY  LONG BEACH MASTERS  3:30.03  44.51  LONG BEACH MASTERS  3:30.03  MCPHERSON, GUTH, HALE, CHAPIN  44.51  LONG BEACH MASTERS  3:30.03  MCPHERSON, GUTH, HALE, CHAPIN  44.51  200 METER BEBASISTEGKE  BULLIAM J. KENT 47  35.39  MARVIN LEVINE 55  44.51  200 METER BEBASISTEGKE  BULL HALE 68  220 METER BEBASISTEGKE  BULL HALE 68  2211.29  MCPHERSON, GUTH, HALE, CHAPIN  44.51  200 METER BEBASISTEGKE  BULL HALE 68  220 METER BEBASISTEGKE  BULL HALE 68  2211.29  MCPHERSON, GUTH, HALE, CHAPIN  44.51  200 METER BEBASISTEGKE  BULL HALE 68  220 METER BELAY  LONG BEACH MASTERS  3:30.03  MCPHERSON, GUTH, HALE, CHAPIN  44.51  200 METER BELAY  LONG BEACH MASTERS  3:30.03  MCPHERSON, GUTH, HALE, CHAPIN  44.51  200 METER BELAY  LONG BEACH MASTERS  3:30.03  MCPHERSON, GUTH, HALE, CHAPIN  44.51  200 METER BELAY  LONG BEACH MASTERS  2:01.53  MCPHERSON, GUTH, HALE 15  MCPHERSON, GUTH, HALE 15  MCPHERSON, GUTH, HALE 15  MCPHERSON,	200 SETER BREASTSTROKE		PETER LEE 56		100 METER BACKSTROKE		200 METER FREESTYLE RE	
STEVEN SCHOPIELD 47				2:48.65				
CHARLES STEPHENSON 49 3:50.91 30B MERRICK 59 6:19.13 REG RICHARDSON 67 3:34.56 LONG BEACH MASTERS 3:01.53 50 METER DITTERPLY 1500 NETES PRESTYLE 26:21.87 50 METER DITTERPLY 200 METER MEDIET RELAY 2	BUD SCHUMACHER 49*	3:37.78	REGINALD SPEAR 55		ERNIE HALE 68	2:20.95	MEN 65+	
STAN MCCONNELL 47  33.93  BOB MERRICK 59  26:21.87  WALTER PFEIFFER 65  44.51  40.50  BUFUS CLARK 68  44.50  LONG BEACH MASTERS  3:30.03  ART WELCH 46  34.85  ART WELCH 46  ORVEL W. LARSEN 46  WILLIAM J. KENT 47  35.63  PETER LEE 56  WALTER PEEFFER 65  44.51  40.50  MCPHERSON, GUTH, HALE, CHAPIN  # DENOTES NON SPAAAU SWIMMER  46.25  ERNIE HALE 68  2:11.29  STEVEN SCHOFFELD 47  35.95  DAVID J. POBD 57  45.06  WALTER PFEIFFER 65  3:36.04	CHARLES STEPHENSON 49		BOB MERRICK 59	6:19.13	REG BICHARDSON 67	3:34.56	LONG BEACH MASTERS	3:01.53
ART WELCH 46 34.85 PAUL M. HERRON 59 37.78 ERNIE HALE 68 50.47 MCPHERSON, GUTH, HALE, CHAPIN ORVEL M. LARSEN 46 35.39 MARVIN LEVINE 55 43.38 100 METER BERASISTROKE DENOTES NON SPANAU SWIMMER WILLIAM J. KENT 47 35.63 PETER LEE 56 46.25 ERNIE HALE 68 2:11.29 STEVEN SCHOOLIELD 47 35.95 DAVID J. PORD 57 45.06 200 METER BELASTSTROKE WALTER PPRIFFER 65 3:36.04	STAN MCCONNELL 47		BOB MERRICK 59	26:21.87	WALTER PREIFFER 65		200 METER MEDLEY BELAY	
ORVEL W. LARSEN 46 35.39 MARVIN LEVINE 55 43.38 100 METER BREASISTROKE * DENOTES NON SPANAU SWIMMER WILLIAM J. KENT 47 35.63 PETER LEE 56 46.25 EBNIE HALE 68 2:11.29 STEVEN SCHOPLELD 47 35.95 DAVID J. FORD 57 45.06 200 METER BREASISTROKE WALTER PPRIFFER 65 3:36.04	CORT MILLER 47 ART WELCH 46	34.72	50 METER BACKSTROKE					
STEVEN SCHOOLIELD 47 35.95 DAVID J. FORD 57 45.06 200 BETER BREASTSTROKE WALTER PREIFFER 65 3:36.04	ORVEL W. LARSEN 46	35.39	MARVIN LEVINE 55	43.38	100 BETER BREASISTECKE			
	STEVEN SCHOFFELD 47				200 BETES BREASTSTROKE		PROGRAMMED BY CURTIS M	osso
10						1:36-04		
				- 1	U			

# SWIMMINGNOTES

LONG COURSE NATIONALS - Dearborn Recreation Dolphins did a wonderful job of putting on the meet. The officiating was outstanding and the people were much more cooperative than the weather! The Hyatt Regency was a gorgeous hotel and the nearby shopping center was my downfall. I came home with a zerox copy of all the results but the 1500 meter freestyle. These results were not 100% accurate, could not be reproduced and some were not readable. And so to date I have not received any other copy of the results and will have to wait for a printable copy. It is a shame that results or our Nationals cannot be available within a week of the meet............ ALFRED GUTH, LONG BEACH MASTERS REPORTS - Masters Swimming tragically lost a champion, a modest and unassuming human being. Dr. George S. Hill was found dead in one hangar of Torrance CA airport, shot in the head execution style. The newsmedia reported that he was an Olympic swimmer. He is listed in the Top Ten for 1978 in all freestyle events, for National and SPA AAU. He was 35 years old and competed for Southern CA clubs. He displayed flawless form in all his races..... ENID UHRICH AND HER NEW TOY - If you noticed, our Top Ten SC times were done on Enid's new Apple II Computer. She also had her 'new toy' in Dearborn to help with the results of the I found it fascinating and as she works with it there will be many ways that it can help Masters swimming. She will send anyone an up-to-date (but unofficial) printout of the records (SC or LC). The cost will be \$2.00 + a large self addressed stamped envelope...... MARRIED COUPLES - The St. Petersburg Rec. Dept. team thinks it had the most married couples competing at the Venice meet this summer. They had 8 couples: the Lee Ballards, Earl Coopers, Gene Jennings, John Augustines, Abrasha Brainens, Charles Kohnkens, Peter Betzers and Conways.......... GOOD MORNING AMERICA - Hopefully most of you got to see Nellie Brown on Thursday, August 30th on Good Morning America. Nellie did an excellent job and it was quite nice for Masters Swimming. A TASTE OF INTERNATIONAL COMPETITION by Jim Bigler - On March 17th, I was lucky enough to be on vacation in England and had included a side trip to participate in the 6th Annual Senior Swim Competition sponsored by the Hurth Swim Club of Cologne, West Germany, in my plans. I had learned of the meet through the national publication, SWIM MASTER, and a few 'phone calls to the local AAU office showed me how relative-

		□New	Renewal	
		ONE YEAR	- NINE ISSUES	
USA	\$6.00	- CANADA	\$8.00 - FOREIGN	\$10.00
NAME	E			

2308 NE 19 Ave., Ft. Lauderdale, FL 33305

Mail To: SWIM-MASTER

ly painless it is to secure an AAU Travel Permit. This travel permit is a letter of introduction sent in your behalf to the foreign athletic association and attests to your amateur standing. The West German Consolate advised that no visa was required when staying less than 6 months on a U.S. passport. The entry form and meet description which I received was in German, but most of the important words, such as event titles, were recognizable and with the help of some German speeking friends, we were able to determine that the fine print and rules were very similar to AAU Masters rules. The events were all 50m in a 25m pool in 5 year age groups. The Hurth Swim Club's director, Mr. Gert Fuchs, offered to try and find lodging with one of the club members. We didn't hear before we left on vacation. but we were not disappointed. We were met by Gert and transported to the home of Peter and Terese Fruchtl. Our hosts spoke little English and we spoke little German. We spent a little over 24 hours with our hosts and some of their friends and even without a cidtionary, communication was not a real problem. It turned out there were over 300 entrants and over 750 starts to be run off in 5 hours, in a 6-lane pool. This was accomplished with a level of precision I have never before witnessed. It was deck-seeded and the entrants were called up in groups of 6 during the preceeding heat which gave about 30 seconds to get on the blocks. Starts were fast with little chance of false starting. The meet was closely judged and there were 5 individual and 6 relay disqualifications for stroke, turn and start infractions. The competition was stiff with winning times for the men's 50m free ranging from 25.4 in the 20-24 age group to 32.8 in the 65-69. The meet was followed later in the evening by a rousing dance and party at which awards and presentations were made. Following this were several delightful house parties. We toured Cologne the following day and then returned to London......

June Krauser, Editor 2308 N.E. 19th Avenue Ft. Lauderdale, FL 33305 BULK RATE U.S. POSTAGE PAID HOLLYWOOD, FL PERMIT 972

## swim today . . .

...swim for the health of it!

#### LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

VOL	VIII -	NO 8 SWIM CALENDAR OCTOBER 1979
OCT	6 6-7	Walnut Creek Masters SC - Mixed Events - PA AAU Navy Jax - Dr. Chris Chappel 7500 Powers ve. #152, Jacksonville, FL 32217
	7 7 12-13 14	Leatherstocking Open - Jane Johngren, c/o ACC Gym, Cooperstown, NY 13326 West End Y - Virginia Hildebrant, 5167 Robinhood Dr., Willoughby, OH 44094 Glastonbury Open - Bob Gerstung, P.O. Box 261, Glastonbury, CT 06033 MASTERS CLINIC - Etobicoke Olympium, Toronto - Eleanor Jarvis or Beth Whittall
	21 27-28	(416) 742-3872 SC - Alicia Horst, 571 Marina Ave., Coronado, CA 92118 Southeastern - Kay Miller 620 Michigan Ave , Oak Ridge, TN 37830
NOV	3 3-4 10 10-11 17 18 18	Sacramento Masters - Sacramento Y Pentathlon SC SC - Alan Blank, 5504 Corby, Omaha, NE 68104 Clinic & Mini-Meet - Multnomah A.C., 1849 SW Salmon St., Portland, OR 97207 SHOF SC - June Krauser, 2308 NE 19 Ave., Ft. Lauderdale, FL 33305 SC - Leslie Thompson, 1933 Dewey, Bartlesville, OK 74003 Pentathlon - Harry Rawstrom, Carpenter Sports Bldg., U of Del., Newark, DE Aqua-Terra Biathlon - Dan Sullivan, 495 Watchung Ave., Bloomfield, NJ 07003
DEC	9 12	SC - Alicia Horst, 571 Marina Ave., Coronado, CA 92118 0*H*I*O Masters - Meet Director, P.O. Box 8513, Canton, OH 44711
JAN	13	0*H*I*O Masters - Pieter Cath, 29749 Harvard Rd., Cleveland, OH 44122
APR	26-27	0*H*I*O Masters - Meet Director, P.O. Box 8513, Canton, OH 44711
MAY	16-18 1980	NATIONAL SHORT COURSE CHAMPIONSHIPS - Ft. Lauderdale, FL - SHOF Pool June Krauser, 2308 NE 19 Ave., Ft. Lauderdale, FL 33305  NOTE: The information sheet and entry blank are now available. Any person wishing a copy please send a self addressed stamped envelope.

\*Mail 3 copies of meet results to: Enid Uhrich, 25 Lafayette Rd., Newton Lwer Fls, MA 02162 \*

SUNCOAST MASTERS GET REVENGE...NEW JERSEY MASTERS THROW IN GOGGLES - The 3rd annual "Humu" relays are now history and the SUNCOAST MASTERS avenged their 1978 loss by outdistancing the field. The men led the women in accounting for 23 new national records as compared to 14 for the women. The "Humu" Hawaiian Postal Relay has now reached maturity and has established a stable format, entry rules and entry fee base. However, we are always looking for ways to improve and welcome your suggestions throughout the year. We hope you will continue to participate with us in this fun event......

OVE	RALL TEAM STANDING1979	- HAWA	IIAN	RELAYS
	,	WOM	MEN	TOT
1.	Suncoast Masters Sarasota	223	179	402
2.	San Mateo Marlins	186	143	329
3.	SPA Masters	103	212	315
4.	HUMUHUMUNUKUNUKUAPUAA	108	140	248
5.	St. Petersburg Rec.Dept.	61	86	147
6.	Illinois Masters	0	93	93