



SWIM-MASTER

VOL IX - NO 2

USA NATIONAL PUBLICATION FOR MASTERS SWIMMERS

FEBRUARY 1980

THE AGONY OF THE DRY LAND SWIMMER

by Dr. Jane Katz



Dr. Jane Katz is perhaps one of the best known woman swimmers over the age of 35. She has represented U.S. in many international aquatic competitions. She has been an All-American for the past five years and holds several Masters US records & Masters World Records. Jane has been teaching swimming for over 15 yrs

and is currently a full professor of health and physical education at Bronx Community College of the City University of New York.

On the night of Friday, June 17th at 7:30, returning from a weekend retreat replete with swimming, running, and relaxing (and not so anxious to return to the pace of the Big Apple), I was involved in an automobile accident that could be called a stroke of luck, although it was serious for me. As a passenger, we were proceeding south within the speed limits, toward the city, on a good road. Suddenly a drunken driver unexpectedly cut into our path, causing our car to smash into him almost head-on.

I was thinking as an athlete at those very moments that the crash was in progress. Questions such as: Will I be paralyzed? What bones are broken? Is there a deformity? What will I look like? came fleeting across my mind. Those agonizing moments are etched in my memory and seem much longer than the actual few seconds in which they occurred. When we finally stopped I looked around and saw that the car was totally demolished. I began to slowly move my body parts, one by one, to discover the extent of my injuries. My neck and back hurt terribly, but could move. A main sigh of relief came. I tried to talk; my neck continued to hurt; however I would speak. My legs ached; I felt blood all around them. Multiple cuts on my right leg were being patched up by local people immediately. My right arm retained its mobility (another small blessing-being right handed).

With great difficulty I felt the end of my left arm. I could feel the fingers but they could not move. I looked at this arm and saw that it was broken. Looking at my left arm was horrible for me. The entire wrist area was deformed, out of place, bruised and swollen. I could not move it.

I tried to get up, but the pains and bruises all over my body were too great. I requested that no one move me until the ambulance arrived. As the mechanics of the travels from the car accident to the hospital via ambulance were taking place, I continued to think as an athlete. The accident would necessitate a change of plans. The dreadful prospect of the limitations on my life began to take shape: no teaching, no aquatic shows, no competitions, no freedom of movement. For most people, vocational and avocational activities revolve around being healthy and fit. This is true in particular for an athlete. I knew immediately upon impact that my training would be altered tremendously.

My thoughts reverted to the days just prior to the accident. I was looking forward to the long course summer season in New York where, as an AAU Masters Swimmer I train with the City College of New York Swim Team. We worked out in the outdoor facility of Roberto Clemente State Park. Our coach, Marcy Rodriguez, is someone I have known for 25 years. I have trained with the team for five years. Marcy and the team have always provided both physical and psychological support for my continued participation in swimming.

After the initial shock of having the accident, the following day was filled with collecting my thoughts and feelings of trauma. However, on the next day I began to propel myself forward mentally with the decision that I would not allow myself to vegetate during this period of time. Thus I began the Agony and Ecstasy of the Dry-Land Swimmer. The dry-land swimming has created an opportunity for me to have a new perspective.

Day 1: I began some mild calisthenics, mainly for the lower body. I did 25 sets of side leg lifts and finished up with 25 leg crosses, stabilizing the lower back. These were performed while resting comfortably in bed. After a few

"V" sit-ups I felt that at least I had done something active. The next day I continued my exercises at home; however I added vigor and power to the movements! I did the same exercises twice and added abdominal leg lifts. By placing both hands over my head, including the casted arm, one leg alternately is raised into the air while the other leg is bent. At the same time, the upper body rotates. I also practiced a few leg lifts and took some long walks, because without the customary car travel, transportation was a consideration. All of this exercise is on a day when the shock of a serious accident was still resonating throughout by body with ripples of pain.

After the dry land exercises were apparently successful, I made the transition to the pool. The ensuing water exercises, which I began on the third day, could be applied to anyone who wishes to keep their dry-look dry and not get their hair and face wet, even if their arm is broken!

My first "swim" after the accident was facilitated by a myriad of ingenious, make-shift, invented equipment. My arm was wrapped in a series of plastic bags with rubber bands holding them in place. The plastic bags were secured above the cast, which extended to my biceps. I used an inflated wing to buoy my arm above water level, although I do not normally use flotation devices.

I started with a gentle warm-up of lightly and slowly immersing myself into the pool of The Apple, a local health spa. I began to do 20 jumping jacks, or bobs, in place to become accustomed to the water temperature while holding onto the edge of the pool with my right arm. Then off to the steps for some basic flutter kicks. Just getting into the water and submerging my body felt great! Then the procedure of making these practice kicks, breathing and one arm movements less than interminally boring, and maybe even interesting, began. A few minutes of regular supine flutter kicks with my left arm placed on the deck of the pool, while sitting approximately waist deep in the water, seemed like a lot of work, but that was only the beginning! Next came rolling over to the prone position. By going to the opposite edge of the pool, I was able to support my left arm while flutter kicking in a prone position. Subsequently I added breathing as well as a small arm sculling movement with my free arm. That seemed a bit strenuous for the first try, so I decided to sit on a step and do some breathing exercises. I added an arm motion to that. A few steps of walking followed in the progression. The sequence of practice of the skills was often changed but a few minutes were always

devoted to each one. In between I did stretching exercises, such as extending one leg at a time to the deck while balancing on the other.

After twenty minutes of this, my first workout, with the cast on my left arm, was completed. I did not even get my hair wet!

The next day I went to a local Y pool and was a bit more enthusiastic about working out. I preceded my swim with a jog around Central Park and supported my broken arm totally by holding it to my chest. The main problems were balance and perspiration. However, the determination to work out was still there.

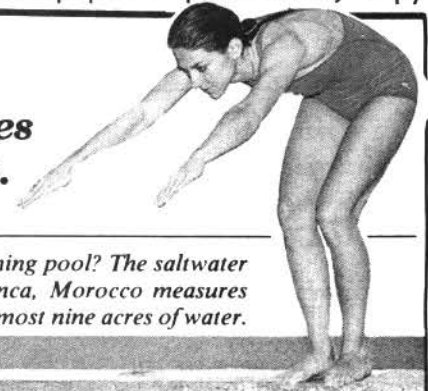
Each day thereafter I did some light calisthenics, jogged two miles, swam, and occasionally did some light Nautilus weightlifting exercises, using one arm, and extensive leg work, particularly with the bicycle machine.

Eventually my mobility increased and at the same time I was able to maintain a reasonably good level of fitness during the post-accident weeks. I am aware of a steady improvement and look forward to the day when my workouts will resume at the pre-accident training level. The human body is an elegant machine with tremendous recuperative power. I am dedicated to hastening the healing process, with attention to both the mental and physical aspects. I have gained a new perspective on the fragility of life and the sturdiness of the body. I have had a new swimming experience, too--swimming on dry land; and hopefully returning to the ecstasy of swimming.

WORKOUT SCHEDULE

June 21	20 min	described above
June 22	40 min	pool and Nautilus + jogging
June 23	1 hour	pool
June 24	1 hour	pool & jogging
June 25	1 hour	pool & jogging
June 26	1 hour	pool & jogging
June 27	1 hour	pool & weights 4 reps/10#
June 28	1 hr 40 min	pool & weights
June 29	30 min	pool & 1 mile jog
June 30	30 min	pool & 1-1/2 mile jog
July 1	50 min	kicking
July 2	1 hour	pool & 2 mi jog & weights
July 3	45 min	kick & jog & weights
July 4		Holiday - walking
July 5	1 hour	200 yd free, back, breast
July 6	1 hr 15 min	swim & kick & jog
July 7	40 min	3500 yd workout & 1-1/2 mi jog
July 8	1 hr 30 min	1500 swim & 1-1/2 mi jog
July 9	1 hr	200 yd swimming & jog & wts
July 10	1 hour	2500 mtr & jogging
July 11	1 hr 20 min	3500 meters & jogging
July 12		same with progression to normal workouts

SWIMMING *A good workout in the water makes use of almost every muscle in your body.*



Your Own Workout

Boston University swim coach Raegh Wetmore suggests this five-step plan to get you into shape:

Step 1: Swim one lap, then rest for 10 seconds. Repeat 10 times. (A lap is the distance from one end of the pool to the other. Standard length is 25 yards.)

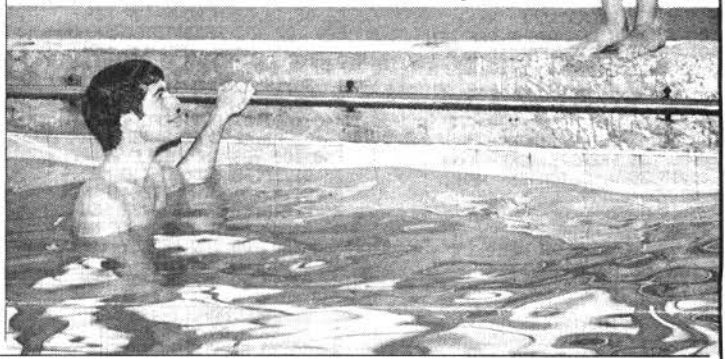
Step 2: When you can make eight laps without tiring, double the distance to 16 (400 yards). Rest 10 seconds after every two laps.

Step 3: Swim eight laps consecutively, then rest for 10 seconds. Repeat.

Step 4: Swim 16 laps consecutively, then rest for 30 seconds. Repeat. (To minimize the risk of developing tendinitis in your shoulders, Wetmore recommends staying at step four for two weeks.)

Step 5: You should now be able to swim 32 laps (one-half mile) without stopping. Do this three times a week to keep your lungs, heart and muscle system in tip-top shape.

The world's largest swimming pool? The saltwater Orthlieb Pool in Casablanca, Morocco measures 480 by 75 meters. That's almost nine acres of water.



The boredom of swimming mile after mile during practice is the biggest obstacle a competitive swimmer has to overcome, according to University of Tennessee swim coach Ray Bussard.

"Picture it this way," says Bussard. "Go home and put on a bathing suit. Cover your ears with earmuffs, put on gloves and dark glasses. Go into a closet with a five-watt light bulb and sit there—three and a half hours a day, six days a week."

Improving Your Stroke

The distance from one end of the pool to the other can seem infinite, especially to the swimmer just beginning a lap program. These tips on improving your crawl stroke will make the going easier.

Body moves: Keep your body parallel to the surface and in a streamlined position. Don't submerge your head completely—the water should come to just below your hairline. Roll your body only slightly when you stroke; too much movement in either direction will slow you down.

Arm forces: Don't overexert your arms by digging straight down toward the bottom of the pool. You'll get just as far, and with less effort, if your arms just skim the water. Angle each arm into the water, with the elbow slightly bent. Reach forward, fingers together, and pull the water toward your chest. Push the water back so that you've made an S with your arm.

Getting a kick out of it: The kick comes from the hips and thighs, not the knees. Kick upward with straight legs, using your feet almost like flippers. Try counting six kicks for every arm cycle.

Catching your breath: Don't lift your head out of the water to breathe. Instead, rotate your head from the neck, to one side only. Inhale when your head is turned to the furthest point, exhale when your face is back in the water.

In the Beginning

The first swim meet on record took place in Japan in 1603. But the British are credited with starting the growth of swimming as a popular sport. In fact, the word "swimming" derives from the Old English "swimman." After Captain Matthew Webb became the first man to swim the

English Channel in 1875, pools were built all over London and the first swimming associations were formed.

Competitive swimming emerged in the U.S. when the first AAU meet was held in 1893. Three years later, freestyle swimming events were part of the first modern Olympic games.

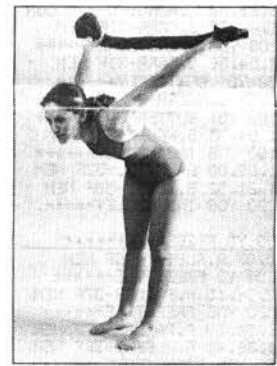
TUNE-UP

Looking good in your swimsuit starts with a flat stomach. This exercise will do the trick:

Lie down on your back, arms stretched over your head, fingers and toes pointed. All in one motion, lift your legs and upper body off the floor and touch your toes. (Your buttocks should be the only part of you still on the floor.) Hold and count to five.

Stiff shoulders can cause tendinitis when you swim. Here's a simple exercise that will stretch your shoulder muscles:

Grip a towel in both hands behind your back. Lift your arms as far overhead as you can. Reverse the movement with the towel overhead, reaching backward and downward, until your shoulders feel loose.



CRAMPS

You're more likely to develop a leg cramp—rather than stomach cramps—when you swim after a meal. Why? Because a large amount of blood goes to your stomach to aid in digestion, leaving your extremities short on circulation and prone to cramps.

To work out a leg cramp: Float on your back and bring the leg close to the surface. Massage the leg to relax the tissue and help the blood circulate. Knead the muscle with both hands several times, alternately rubbing up and down and pinching the flesh. Then slowly exercise the leg.



"Not only will swimming work almost every muscle in your body, but your cardiovascular system will also benefit tremendously."

—BILLY FORRESTER,
Olympic medalist and
Auburn University
student

For the Record

NEW ENGLAND MASTERS ANNUAL HAL ORUSSETT MEMORIAL MEET HARVARD UNIVERSITY DECEMBER 1979

F25 50 YD FREESTYLE*****

1 27.03 J.HELICK-25F NEH

2 30.32 L.PIEHLER-28F NEH

F25 100 YD FREESTYLE*****

1 01.09.43 N.JANNARONE-26F NEH

F25 200 YD FREESTYLE*****

1 02.48.28 A.YELMOKAS-25F NEH

F25 500 YDS FREESTYLE*****

1 08.51.07 L.PIEHLER-28F NEH

2 07.21.81 K.BURNETT-25F NEH

3 07.27.87 H.GRAETZ-25F UNA

4 08.04.84 P.READ-25F NEH

F25 50 YDS BACKSTROKE*****

1 36.98 L.PIEHLER-28F NEH

2 40.88 D.FINCH-27F NEH

F25 100 YDS BACKSTROKE*****

1 01.10.88 N.JANNARONE-26F NEH

2 01.20.09 L.PIEHLER-28F NEH

F25 200 YDS BACKSTROKE*****

1 02.32.96 N.JANNARONE-26F NEH

2 03.07.61 P.READ-25F NEH

F25 50 YDS BREASTSTROKE*****

1 33.18 J.HELICK-25F NEH

F25 100 YDS BREASTSTROKE*****

1 01.13.30 J.HELICK-25F NEH

F25 50 YDS BUTTERFLY*****

1 33.16 A.YELMOKAS-25F NEH

2 35.47 K.BURNETT-25F NEH

3 36.62 D.FINCH-27F NEH

F25 100 YDS BUTTERFLY*****

1 01.09.65 N.JANNARONE-26F NEH

2 01.39.22 D.FINCH-27F NEH

F25 100 YDS IND.MEDLEY*****

1 01.21.19 A.YELMOKAS-25F NEH

2 01.23.65 D.FINCH-27F NEH

3 01.25.31 P.READ-25F NEH

F25 200 YDS IND.MEDLEY*****

1 02.38.55 N.JANNARONE-26F NEH

F30 50 YD FREESTYLE*****

1 26.96 C.BROOKS-32F UNA

2 29.28 S.TENDY-30F NEH

3 32.80 J.ROMAYKO-34F CON

4 34.76 B.RYAN-31F UNA

F30 100 YD FREESTYLE*****

1 01.09.23 S.TENDY-30F NEH

2 01.12.82 J.ROMAYKO-34F CON

3 01.30.69 C.BROOKS-34F UNA

F30 200 YD FREESTYLE*****

1 02.15.27 S.HALSH-30F NEH

F30 500 YDS FREESTYLE*****

1 07.27.50 J.ROMAYKO-34F CON

2 09.53.93 P.TANGURY-34F UNA

F30 50 YDS BACKSTROKE*****

1 33.67 D.UUSTAL-33F NEH

2 38.98 B.FRANCO-32F CON

3 45.70 B.RYAN-31F UNA

4 46.18 C.BROOKS-34F UNA

F30 100 YDS BACKSTROKE*****

1 01.11.31 D.UUSTAL-33F NEH

2 01.49.37 C.BROOKS-32F UNA

F30 200 YDS BACKSTROKE*****

1 02.56.60 B.FRANCO-32F CON

F30 50 YDS BREASTSTROKE*****

1 35.34 D.UUSTAL-33F NEH

2 50.18 J.ROMAYKO-34F CON

F30 100 YDS BREASTSTROKE*****

1 01.29.00 J.ROMAYKO-34F CON

2 01.48.77 J.CARR-31F NEH

F30 200 YDS BREASTSTROKE*****

1 03.54.56 J.CARR-31F NEH

F30 50 YDS BUTTERFLY*****

1 27.56 S.HALSH-30F NEH

F30 100 YDS BUTTERFLY*****

1 01.04.35 S.HALSH-30F NEH

F30 100 YDS IND.MEDLEY*****

1 01.09.00 D.UUSTAL-33F NEH

2 01.21.52 S.TENDY-30F NEH

F30 200 YDS IND.MEDLEY*****

1 01.21.52 S.TENDY-30F NEH

F35 50 YD FREESTYLE*****

1 45.87 R.ALBERT-36F NEH

F35 200 YD FREESTYLE*****

1 02.34.15 P.PALMER-37F NEH

F35 500 YDS FREESTYLE*****

1 08.58.59 P.PALMER-37F NEH

2 11.31.48 R.ALBERT-36F NEH

F35 50 YDS BACKSTROKE*****

1 41.71 J.JOHNIGREN-36F UNA

2 54.34 R.ALBERT-36F NEH

F35 100 YDS BACKSTROKE*****

1 03.31.80 J.JOHNIGREN-36F UNA

F35 50 YDS BREASTSTROKE*****

1 43.55 R.OSTENSON-36F NEH

2 45.77 J.JOHNIGREN-36F UNA

F35 100 YDS BREASTSTROKE*****

1 01.31.73 P.PALMER-37F NEH

2 01.31.61 R.OSTENSON-36F NEH

F35 200 YDS BREASTSTROKE*****

1 03.17.04 R.OSTENSON-36F NEH

F35 100 YDS BUTTERFLY*****

1 01.23.59 P.PALMER-37F NEH

F35 100 YDS IND.MEDLEY*****

1 02.02.83 R.ALBERT-36F NEH

F40 50 YD FREESTYLE*****

1 37.50 J.MUNISE-41F NEH

F40 100 YD FREESTYLE*****

1 01.27.60 H.HOHN-40F NEH

F40 200 YD FREESTYLE*****

1 03.07.34 J.MUNISE-41F NEH

F40 500 YDS FREESTYLE*****

1 08.16.32 J.MUNISE-41F NEH

F40 50 YDS BACKSTROKE*****

1 46.78 H.HOHN-40F NEH

2 49.60 A.ODELL-41F NEH

F40 100 YDS BACKSTROKE*****

1 01.47.84 A.ODELL-41F NEH

F40 200 YDS BACKSTROKE*****

1 03.37.77 A.ODELL-41F NEH

F40 500 YDS BACKSTROKE*****

1 01.51.84 U.ROBB-43F NEH

F40 50 YDS BUTTERFLY*****

1 36.19 C.DOND-41F NEH

2 47.89 U.ROBB-43F NEH

F40 100 YDS BUTTERFLY*****

1 02.02.42 U.ROBB-43F NEH

F40 100 YDS IND.MEDLEY*****

1 01.27.60 C.DOND-41F NEH

2 01.39.31 J.MUNISE-41F NEH

3 01.40.68 U.ROBB-43F NEH

4 01.58.63 A.ODELL-41F NEH

F40 200 YDS IND.MEDLEY*****

1 03.43.23 J.MUNISE-41F NEH

2 03.45.00 U.ROBB-43F NEH

F45 50 YD FREESTYLE*****

1 39.36 U.NAPOLI-48F NEH

2 46.58 H.DOYLE-45F NEH

3 49.30 E.LYMAN-47F NEH

F45 200 YD FREESTYLE*****

1 03.25.26 U.NAPOLI-48F NEH

F45 500 YDS FREESTYLE*****

1 09.40.27 U.NAPOLI-48F NEH

F45 200 YDS BACKSTROKE*****

1 10.30.10 E.LYMAN-47F NEH

F45 100 YDS BACKSTROKE*****

1 04.10.01 E.LYMAN-47F NEH

F45 100 YDS IND.MEDLEY*****

1 01.54.56 U.NAPOLI-48F NEH

2 01.55.32 E.LYMAN-47F NEH

F45 200 YDS IND.MEDLEY*****

1 04.17.64 E.LYMAN-47F NEH

F50 50 YD FREESTYLE*****

1 33.85 H.MARTIN-50F NEH

2 51.50 D.CRAVEN-54F NEH

F50 100 YD FREESTYLE*****

1 01.18.28 J.HCINTVRE-51F NEH

2 01.54.51 D.CRAVEN-54F NEH

F50 200 YD FREESTYLE*****

1 02.53.08 J.HCINTVRE-51F NEH

F50 500 YDS FREESTYLE*****

1 07.34.47 J.HCINTVRE-51F NEH

F50 50 YDS BACKSTROKE*****

1 07.45.62 H.MARTIN-50F NEH

F50 100 YDS BACKSTROKE*****

1 41.91 H.MARTIN-50F NEH

2 62.86 D.CRAVEN-54F NEH

F50 100 YDS BACKSTROKE*****

1 01.31.49 J.HCINTVRE-51F NEH

F50 100 YDS IND.MEDLEY*****

1 01.29.00 H.MARTIN-50F NEH

F50 200 YDS IND.MEDLEY*****

1 03.26.12 J.HCINTVRE-51F NEH

F55 50 YD FREESTYLE*****

1 31.15 D.DONNELLY-57F CON

2 35.54 N.PHILLIPS-58F CON

3 35.54 N.PHILLIPS-58F CON

4 51.64 I.HYERS-56F UNA

F55 100 YD FREESTYLE*****

1 01.19.41 N.PHILLIPS-58F CON

F55 200 YD FREESTYLE*****

1 03.02.45 N.PHILLIPS-58F CON

F55 50 YDS BACKSTROKE*****

1 40.67 D.DONNELLY-57F CON

2 56.03 E.WRIGHT-55F NEH

3 61.17 I.HYERS-56F UNA

F55 100 YDS BACKSTROKE*****

1 01.29.41 D.DONNELLY-57F CON

2 01.36.10 N.PHILLIPS-58F CON

3 02.05.49 J.BAKER-59F NEH

F55 50 YDS BREASTSTROKE*****

1 55.98 J.BAKER-59F NEH

F55 100 YDS BREASTSTROKE*****

1 02.06.16 J.BAKER-59F NEH

F55 50 YDS BUTTERFLY*****

1 59.13 J.BAKER-59F NEH

F55 100 YDS BUTTERFLY*****

1 01.22.81 D.DONNELLY-57F CON

2 01.57.72 E.WRIGHT-55F NEH

3 02.01.00 J.BAKER-59F NEH

F60 50 YD FREESTYLE*****

1 42.79 B.SPEARS-61F UNA

2 42.91 H.RIGGS-64F UNA

F60 500 YDS FREESTYLE*****

1 09.55.75 U.MACDONALD-60F NEH

F60 100 YDS BACKSTROKE*****

1 02.06.01 H.NENTHORTH-63F NEH

F60 50 YDS BREASTSTROKE*****

1 50.93 U.MACDONALD-60F NEH

2 53.10 H.RIGGS-64F USC

3 54.75 H.NENTHORTH-63F NEH

F60 100 YDS BREASTSTROKE*****

1 01.57.49 H.NENTHORTH-63F NEH

F60 200 YDS BREASTSTROKE*****

1 04.11.88 H.NENTHORTH-63F NEH

F60 100 YDS IND.MEDLEY*****

1 01.48.61 B.SPEARS-61F UNA

2 01.52.73 U.MACDONALD-60F NEH

F60 200 YDS IND.MEDLEY*****

1 04.22.16 H.NENTHORTH-60F NEH

H20 100 YD FREESTYLE*****

1 00.55.77 H.GULOH-24H NEH

2 00.57.87 S.LATTER-24H UNA

H20 200 YD FREESTYLE*****

1 02.09.17 H.GULOH-24H NEH

3 30.89 P.SIMPSON-44H UNR
 4 31.90 K.HEIDMAN-40H NEM
 H40 100 YD FREESTYLE*****
 1 01.03.72 L.JENETT-41H UNR
 2 01.05.14 P.GRIGG-40H NEM
 3 01.06.34 E.DUPLESSIS-40H NEM
 4 01.10.21 K.HEIDMAN-40H NEM
 5 01.10.21 P.SIMPSON-44H UNR
 6 01.13.15 F.SIMMONS-42H NEM
 H40 200 YD FREESTYLE*****
 1 02.31.60 P.GRIGG-40H NEM
 2 02.43.41 K.HEIDMAN-40H NEM
 3 02.48.35 E.DUPLESSIS-40H NEM
 H40 500 YDS FREESTYLE*****
 1 06.49.15 P.GRIGG-40H NEM
 2 07.02.70 K.HEIDMAN-40H NEM
 3 07.37.41 F.SIMMONS-42H NEM
 H40 50 YDS BACKSTROKE*****
 1 25.71 D.BARR CLAYSON-44H NEM
 2 25.00 D.COOK-44H NEM
 H40 100 YDS BACKSTROKE*****
 1 01.06.04 D.BARR CLAYSON-44H NEM
 H40 200 YDS BACKSTROKE*****
 1 02.24.21 D.BARR CLAYSON-44H NEM
 2 02.44.51 D.COOK-44H NEM
 H40 50 YDS BREASTSTROKE*****
 1 34.56 D.BARR CLAYSON-44H NEM
 2 37.00 C.BROWN-41H NEM
 3 37.00 C.BROWN-41H NEM
 H40 100 YDS BREASTSTROKE*****
 1 01.21.69 C.BROWN-41H NEM
 H40 50 YDS BUTTERFLY*****
 1 31.57 C.BROWN-41H NEM
 2 35.51 P.SIMPSON-44H UNR
 H40 100 YDS BUTTERFLY*****
 1 01.02.35 G.POND-40H NEM
 2 01.20.07 P.SIMPSON-44H UNR
 H40 200 YDS BUTTERFLY*****
 1 03.20.95 P.SIMPSON-44H UNR
 H40 100 YDS IND.MEDLEY*****
 1 01.16.17 C.BROWN-41H NEM
 2 01.21.81 K.HEIDMAN-40H NEM
 H45 50 YD FREESTYLE*****
 1 25.50 D.READ-45H NEM
 2 26.26 T.LYNDON-48H NEM
 3 27.90 D.HULVEY-47H NEM
 4 28.94 K.HERMAN-45H NEM
 5 30.23 C.DYSON-45H NEM
 6 30.30 D.BONIER-47H NEM
 7 32.96 H.HARTMANN-49H NEM
 H45 100 YD FREESTYLE*****
 1 00.59.81 D.READ-45H NEM
 2 00.59.40 T.LYNDON-48H NEM
 3 01.00.67 T.HEBSTER-46H NEM
 4 01.04.38 K.HERMAN-45H NEM
 5 01.08.21 C.DYSON-45H NEM
 6 01.18.05 H.HARTMANN-49H NEM
 H45 200 YD FREESTYLE*****
 1 02.16.72 T.LYNDON-48H NEM
 2 02.27.26 E.HABER-46H NEM
 3 02.31.21 K.HERMAN-45H NEM
 4 02.42.71 C.DYSON-45H NEM
 H45 500 YDS FREESTYLE*****
 1 06.23.02 T.LYNDON-48H NEM
 2 06.30.70 E.HABER-46H NEM
 3 06.51.57 K.HERMAN-45H NEM
 4 07.20.40 C.DYSON-45H NEM
 5 07.40.07 D.BONIER-47H NEM
 H45 50 YDS BACKSTROKE*****
 1 31.53 D.HULVEY-47H NEM
 2 47.56 H.HARTMANN-49H NEM
 H45 100 YDS BACKSTROKE*****
 1 01.10.94 D.HULVEY-47H NEM
 H45 200 YDS BREASTSTROKE*****
 1 03.16.20 E.HABER-46H NEM
 H50 50 YD FREESTYLE*****
 1 28.59 E.HULVE-51H NEM
 2 28.87 E.STRUCKUS-54H NEM
 3 30.84 H.FLORENHOFT-54H NEM
 4 35.39 C.RANDALL-51H NEM
 H50 100 YD FREESTYLE*****
 1 01.09.09 H.FLORENHOFT-54H NEM
 H50 200 YD FREESTYLE*****
 1 02.25.24 E.HULVE-51H NEM
 2 03.04.56 C.RANDALL-51H NEM
 H50 500 YDS FREESTYLE*****
 1 06.03.79 H.WILSON-52H NEM
 2 08.09.45 C.RANDALL-51H NEM
 H50 50 YDS BACKSTROKE*****
 1 36.53 E.HULVE-51H NEM
 2 39.47 E.STRUCKUS-54H NEM
 H50 100 YDS BACKSTROKE*****
 1 01.20.27 E.HULVE-51H NEM
 H50 200 YDS BACKSTROKE*****
 1 02.55.50 E.HULVE-51H NEM
 H50 50 YDS BREASTSTROKE*****
 1 33.00 T.HARTZ-51H NEM
 2 36.95 E.STRUCKUS-54H NEM
 3 42.57 H.FLORENHOFT-54H NEM
 H50 100 YDS BREASTSTROKE*****
 1 01.12.73 T.HARTZ-51H NEM
 H50 50 YDS BUTTERFLY*****
 1 34.13 E.STRUCKUS-54H NEM
 H50 200 YDS BUTTERFLY*****
 1 02.40.46 T.HARTZ-51H NEM
 H50 100 YDS IND.MEDLEY*****
 1 01.12.36 H.WILSON-52H NEM

H55 50 YD FREESTYLE*****
 1 26.76 H.UHRICH-59H NEM
 2 32.21 B.WRIGHT-59H NEM
 3 32.93 O.BRESKY-56H NEM
 4 35.59 U.OUCHAKOF-55H CON
 H55 100 YD FREESTYLE*****
 1 01.17.90 O.BRESKY-56H NEM
 2 01.29.90 F.GAJENSKI-56H NEM
 H55 200 YD FREESTYLE*****
 1 02.30.63 J.EDWARDS-56H NEM
 2 03.10.51 U.OUCHAKOF-55H CON
 H55 500 YDS FREESTYLE*****
 1 06.44.60 J.EDWARDS-56H NEM
 2 06.16.22 O.BRESKY-56H NEM
 3 09.22.15 O.BRESKY-56H NEM
 4 09.50.53 U.OUCHAKOF-55H CON
 H55 50 YDS BACKSTROKE*****
 1 34.01 I.KATZ-55H NEM
 2 49.42 U.OUCHAKOF-55H CON
 H55 100 YDS BACKSTROKE*****
 1 01.15.04 I.KATZ-55H NEM
 2 01.20.57 J.EDWARDS-56H NEM
 3 01.26.66 H.UHRICH-59H NEM
 4 01.37.84 D.ESKIN-59H NEM
 H55 200 YDS BACKSTROKE*****
 1 02.51.00 I.KATZ-55H NEM
 2 02.54.05 J.EDWARDS-56H NEM
 H55 500 YDS BREASTSTROKE*****
 1 42.27 D.ESKIN-59H NEM
 2 46.20 B.WRIGHT-59H NEM
 H55 100 YDS BREASTSTROKE*****
 1 01.38.65 D.ESKIN-59H NEM
 H55 50 YDS BUTTERFLY*****
 1 31.66 H.UHRICH-59H NEM
 2 36.83 B.WRIGHT-59H NEM
 H55 100 YDS IND.MEDLEY*****
 1 01.18.54 H.UHRICH-59H NEM
 2 01.27.79 B.WRIGHT-59H NEM
 H55 200 YDS IND.MEDLEY*****
 1 03.03.84 H.UHRICH-59H NEM
 H60 50 YD FREESTYLE*****
 1 41.33 B.HCCARTHY-62H NEM
 H60 100 YD FREESTYLE*****
 1 01.09.20 E.REED-60H NEM
 2 01.28.10 H.HCCARTHY-62H NEM
 H60 200 YD FREESTYLE*****
 1 02.45.74 L.ANTONELLIS-60H NEM
 2 03.23.41 B.HCCARTHY-62H NEM
 H60 500 YDS FREESTYLE*****
 1 07.41.50 L.ANTONELLIS-60H NEM
 2 09.02.30 B.HCCARTHY-62H NEM
 H60 50 YDS BACKSTROKE*****
 1 35.93 J.HERRILL-62H CON
 H60 100 YDS BACKSTROKE*****
 1 01.22.80 J.HERRILL-62H CON
 H60 200 YDS BACKSTROKE*****
 1 02.55.83 J.HERRILL-62H CON
 H60 500 YDS BREASTSTROKE*****
 1 45.77 E.REED-60H NEM
 H60 50 YDS BUTTERFLY*****
 1 35.68 E.REED-60H NEM
 H60 200 YDS BUTTERFLY*****
 1 03.40.93 L.ANTONELLIS-60H NEM
 H65 50 YDS BREASTSTROKE*****
 1 40.70 D.ERION-66H NEM
 H65 100 YDS BREASTSTROKE*****
 1 01.35.69 D.ERION-66H NEM
 H65 200 YDS BREASTSTROKE*****
 1 03.38.51 D.ERION-66H NEM
 H65 50 YDS BUTTERFLY*****
 1 46.73 D.ERION-66H NEM
 H65 100 YDS IND.MEDLEY*****
 1 01.37.24 D.ERION-66H NEM
 H70 100 YD FREESTYLE*****
 1 01.33.67 A.OLANOFF-73H NEM
 2 01.42.33 J.BRINES-70H NEM
 H70 200 YD FREESTYLE*****
 1 04.07.48 J.BRINES-70H NEM
 H70 50 YDS BREASTSTROKE*****
 1 47.19 A.OLANOFF-73H NEM
 H70 100 YDS BREASTSTROKE*****
 1 01.46.21 A.OLANOFF-73H NEM
 H70 200 YDS BREASTSTROKE*****
 1 03.50.45 A.OLANOFF-73H NEM

25+ MEDLEY RELAY MEN
 NEM Dossy, Bullock, Myers, Cooper
 1:59.4

S.P.R.D. WINTER DEVELOPMENT
 MEET, NORTH SHORE POOL
 ST. PETERSBURG, FLORIDA
 JANUARY 13, 1980

WOMEN 25-29
 JOANNE EICHER 26 SPR
 100 YD FREESTYLE 1:03.14
 50 YD BREASTSTROKE 40.12
 100 YD I.M. 1:15.27

WOMEN 40-44
 MARY THOMAS 44 SPR
 200 YD BUTTERFLY 4:06.28

WOMEN 45-49
 100 YD FREESTYLE
 JOY CLINGMAN 45 SPR 1:41.44
 ROBIN BOON 46 SPR 1:56.27

100 YD BACKSTROKE
 ROBIN BOON 46 SPR 2:00.17
 50 YD BREASTSTROKE
 ROBIN BOON 46 SPR 1:00.01
 WOMEN 55-59
 ELEANOR BRAININ56 SPR
 50 YD BREASTSTROKE 1:12.66
 WOMEN 60-64
 MIMS JENNINGS 60 SPR
 200 YD BUTTERFLY 4:36.18
 WOMEN 65-69
 WINN KENNEDY 66 SPR
 100 YD FREESTYLE 2:11.70
 100 YD BACKSTROKE 3:15.97
 50 YD BREASTSTROKE 1:29.26
 MEN 30-34
 100 YD FREESTYLE
 BRUCE BARTLING 31 SPR 55.48
 50 YD BREASTSTROKE
 DAN BRENDEL 30 SPR 32.09
 M. MCMILLAN 30 PM 33.16
 50 YD BUTTERFLY
 M. MCMILLAN 30 PM 32.96
 DAN BRENDEL 30 SPR 35.26
 100 YD I.M.
 M. MCMILLAN 30 PM 1:10.20
 DAN BRENDEL 30 SPR 1:11.22
 MEN 35-39
 PETER BETZER 37 SPR
 100 YD BACKSTROKE 1:09.95
 50 YD BREASTSTROKE 33.21
 200 YD BUTTERFLY 2:57.37
 100 YD I.M. 1:14.08
 MEN 45-49
 WEST DUPES 47 SPR
 100 YD FREESTYLE 1:19.01
 MEN 50-54
 100 YD FREESTYLE
 KIRBY MALONE 50 SPR 1:23.83
 SCOTT RAMSEY 52 SPR 1:32.38
 100 YD BACKSTROKE
 KIRBY MALONE 50 SPR 1:24.37
 SCOTT RAMSEY 52 SPR 1:32.18
 50 YD BUTTERFLY
 KIRBY MALONE 50 SPR 44.00
 100 YD I.M.
 KIRBY MALONE 50 SPR 1:33.43
 MEN 55-59
 50 YD BREASTSTROKE
 ABRASHA BRAININ57 SPR 37.56
 TOM GLOYES 58 SPR 37.88
 50 YD BUTTERFLY
 TOM GLOYES 58 SPR 35.80
 ABRASHA BRAININ57 SPR 39.65
 100 YD I.M.
 TOM GLOYES 58 SPR 1:27.30
 MEN 60-64
 JOHN AUGUSTINE 61 SPR
 100 YD FREESTYLE 1:33.25
 MEN 65-69
 100 YD FREESTYLE
 FRANK TILLOTSON65 SPR 1:31.55
 100 YD BACKSTROKE
 FRANK TILLOTSON65 SPR 1:35.39
 50 YD BREASTSTROKE
 JOHN BROWN 65 SPR 43.54
 WILLIAM COLEMAN68 MNY 50.13
 50 YD BUTTERFLY
 GENE JENNINGS 65 SPR 34.72
 JOHN BROWN 65 SPR 49.35
 200 YD BUTTERFLY
 GENE JENNINGS 65 SPR 3:30.71
 JOHN BROWN 65 SPR 3:52.18
 100 YD I.M.
 FRANK TILLOTSON65 SPR 1:39.14
 MEN 70-74
 JAMES PIERCE 72 M
 50 YD BREASTSTROKE 52.90
 50 YD BUTTERFLY 1:11.46

Mt Hood Community College
 Short Course - 10/28/79
 Oregon Masters Swimming
 WOMEN 25-29
 50 Free
 Barb Hafdahl 25 1:29.52
 Christy Hartman 26 1:28.53
 Barbara O'Brien 25 1:30.00
 Teri Perrine 26 1:30.80
 Janey Jacobs 28 1:32.41
 Karen Johnson 27 1:34.23
 Terri Barker 27 1:48.77
 100 Free
 Barb Hafdahl 25 1:05.16
 Karen Johnson 27 1:17.26
 Terri Barker 27 1:49.97
 200 Free
 Barb Hafdahl 25 2:19.79
 Barbara O'Brien 25 2:29.02
 500 Free
 Darlene Pohl 29 6:09.20
 Barb Hafdahl 25 6:26.72

50 Back
 Barbara O'Brien 1:36.85
 100 Back
 Nancy Watson 26 1:37.52
 200 Back
 Nancy Watson 26 3:21.30
 50 Breast
 Christy Hartman 1:33.19
 Janey Jacobs 28 1:39.03
 Teri Perrine 26 1:39.17
 Amy Brewster 28 1:45.08
 Nancy Watson 26 1:45.13
 100 Breast
 Teri Perrine 26 1:25.47
 Sherril Kamara 1:48.06
 Terri Barker 27 2:34.35
 200 Breast
 Nancy Watson 26 3:25.39
 50 Fly
 Darlene Pohl 29 1:30.47
 200 Fly
 Darlene Pohl 29 2:36.60
 100 I.M.
 C. Hartman 26 1:10.91
 Janey Jacobs 28 1:24.40
 200 I.M.
 S. Kamara 26 3:24.65
 400 I.M.
 Darlene Pohl 29 5:30.24
 WOMEN 30-34
 50 Free
 Ann Brown 32 1:28.41
 S. Rousseau 32 1:29.37
 Cheryl Shay 32 1:31.96
 R. Torbett 32 1:39.79
 100 Free
 Ann Brown 32 1:03.54
 S. Rousseau 32 1:07.15
 Cheryl Shay 32 1:12.66
 R. Torbett 32 1:13.79
 200 Free
 Cheryl Shay 32 2:45.22
 500 Free
 R. Torbett 32 7:13.28
 50 Back
 Sue Snyder 30 1:34.42
 100 Back
 Sue Snyder 30 1:17.60
 200 Back
 Sue Snyder 30 2:42.13
 50 Breast
 S. Rousseau 32 1:39.20
 R. Torbett 32 1:53.61
 100 Breast
 Cheryl Shay 32 1:37.06
 50 Fly
 Ann Whitmyer 32 1:29.94
 Sandy Rousseau 32 1:30.72
 100 Fly
 Ann Whitmyer 32 1:06.80
 Sandy Rousseau 32 1:12.20
 200 I.M.
 Sue Snyder 30 2:38.91
 Ann Brown 32 2:48.54
 WOMEN 35-39
 50 Free
 Jean Kinzey-Lee 39 1:36.02
 100 Free
 Jean Kinzey-Lee 39 1:21.87
 200 Free
 Jean Kinzey-Lee 39 3:09.12
 50 Back
 Barbara Frid 37 1:35.49
 Jean Kinzey-Lee 39 1:47.53
 100 Back
 Barbara Frid 37 1:16.91
 200 Back
 Barbara Frid 37 2:49.53
 50 Breast
 Jean Kinzey-Lee 39 1:51.35
 100 I.M.
 Barbara Frid 37 1:19.98
 WOMEN 40-44
 50 Free
 Susan Rittenhouse 41 1:30.10
 Joan Whisman 43 1:34.83
 50 Back
 Sue Rittenhouse 41 1:33.50
 100 Back
 Connie Wilson 44 1:23.08

200 Back
 Connie Wilson 44 3:01.23
 50 Breast
 Kris Holcomb 40 4:2.09
 Mary Ann Henion 40 4:50.28
 100 Breast
 Kris Holcomb 40 1:33.48
 Joan Whisman 43 1:48.17
 200 Breast
 Kris Holcomb 40 3:38.58
 Mary Ann Henion 40 4:01.68
 50 Fly
 Sue Rittenhouse 41 1:34.33
 Mary Ann Henion 40 1:00.04
 100 I.M.
 Connie Wilson 44 1:36.22
 WOMEN 45-49
 50 Fly
 Nadine Whitehall 45 1:36.60
 100 Fly
 N. Whitehall 45 1:25.80
 200 Fly
 N. Whitehall 45 3:16.40
 200 I.M.
 N. Whitehall 45 3:07.23
 400 I.M.
 N. Whitehall 45 6:39.82
 WOMEN 50-54
 50 Free
 Maggie Wells 53 1:41.05
 50 Back
 Maggie Wells 53 1:48.88
 WOMEN 55-59
 100 Free
 Elfie Stevenin 58 2:23.42
 200 Free
 Elfie Stevenin 58 5:11.50
 50 Fly
 Elfie Stevenin 58 1:21.97
 100 I.M.
 Elfie Stevenin 58 2:35.56
 WOMEN 65-69
 50 Free
 Ruth Swan 67 1:41.05
 500 Free
 Ruth Swan 67 10:40.53
 Elva Coombs 65 11:36.71
 50 Breast
 Elva Coombs 65 1:18.82
 100 Breast
 Elva Coombs 65 2:17.49
 200 Breast
 Elva Coombs 65 4:56.23
 WOMEN 70-74
 50 Free
 Hazel Bressie 70 15:14.83
 100 Back
 Hazel Bressie 70 2:47.06
 200 Fly
 Hazel Bressie 70 8:14.20
 100 I.M.
 Hazel Bressie 3:22.62
 400 I.M.
 Hazel Bressie 14:09.30
 WOMEN 75-79
 50 Free
 Martha Keller 1:01.06
 100 Free
 M. Keller 78 2:13.62
 200 Free
 M. Keller 78 4:51.21
 500 Free
 M. Keller 78 12:52.56
 50 Back
 M. Keller 78 1:07.86
 MEN 25-29
 50 Free
 Chris Hughes 27 1:24.30
 Bob Seay 25 1:25.10
 Chris Bouck 26 1:25.36
 R. Clarke 28 1:27.73
 100 Free
 Chris Hughes 27 1:52.27
 Chris Bouck 26 1:55.28
 S. Rosenberg 26 1:00.29
 Kevin Hill 27 1:00.45

200 Free
 Chris Bouck 26 2:07.77
 Mike Davis 25 2:14.79
 David Johnson 28 2:15.77
 Ted Gilbert 28 2:31.28
 Robert Maestre 29 2:32.74
 Richard Clarke 28 2:36.76
 500 Free
 Mike Davis 25 6:20.03
 Chris Bouck 26 6:20.95
 David Johnson 28 6:29.90
 Robert Maestre 29 6:40.00
 200 Back
 Robert Maestre 29 2:27.32
 Richard Clarke 28 3:08.54
 100 Breast
 Kevin Hill 27 1:21.77
 50 Fly
 Chris Hughes 27 1:26.03
 Bob Seay 25 1:27.41
 Ted Gilbert 28 1:31.63
 Kevin Hill 27 1:31.67
 100 Fly
 Chris Hughes 27 1:01.30
 Mike Davis 25 1:06.70
 200 Fly
 Roy Abramowitz 25 2:08.50
 Steve Rosenberg 26 2:36.60
 100 I.M.
 Richard Clarke 28 1:19.97
 200 I.M.
 Roy Abramowitz 25 2:11.36
 Steve Rosenberg 26 2:27.66
 Robert Maestre 29 2:39.57
 400 I.M.
 Robert Maestre 29 5:40.31
 MEN 30-34
 50 Free
 Vern Dasch 30 1:23.16
 Dale Vaughan 34 1:25.36
 John Rippey 30 1:26.05
 100 Free
 Vern Dasch 30 1:50.36
 Dale Vaughan 34 1:58.11
 Pat Caudill 34 1:03.84
 200 Free
 Vern Dasch 30 1:52.98
 John Rippey 30 2:20.61
 500 Free
 Vern Dasch 30 5:15.39
 Pat Caudill 34 6:39.31
 50 Back
 Mike McColly 33 1:30.46
 Dale Vaughan 34 1:32.37
 Pat Caudill 34 1:36.42
 100 Back
 Mike McColly 33 1:07.29
 200 Back
 Mike McColly 33 2:29.26
 Bob Hubbard 31 2:41.13
 50 Breast
 Dale Vaughan 34 1:33.88
 Pat Caudill 34 1:38.99
 50 Fly
 John Rippey 30 1:29.55
 Pat Caudill 34 1:36.48
 100 I.M.
 Mike McColly 33 1:08.32
 John Rippey 30 1:08.47
 Dale Vaughan 34 1:11.98
 Bob Hubbard 31 1:16.08
 400 I.M.
 Mike McColly 33 5:42.79
 MEN 35-39
 50 Free
 Gary Johnson 36 1:26.74
 Brian Frid 36 1:27.46
 Roy Watters 35 1:27.83
 100 Free
 Brian Frid 36 1:59.93
 Gary Johnson 36 1:00.53
 Roy Watters 35 1:01.02
 200 Free
 Roy Watters 35 2:22.21
 500 Free
 Roy Watters 35 6:39.52
 100 Breast
 Brian Frid 36 1:18.57
 200 Breast
 Brian Frid 36 2:58.06
 50 Fly
 Barry Carlson 37 1:29.60

100 I.M.
 Brian Frid 36 1:12.05
 Barry Carlson 37 1:14.49
 Gary Johnson 36 1:15.63
 200 I.M.
 Barry Carlson 37 2:48.34
 Gary Johnson 36 2:56.71
 400 I.M.
 Barry Carlson 37 6:26.22
 MEN 40-44
 50 Free
 Jim Bigler 44 1:28.80
 100 Free
 Jim Bigler 44 1:03.47
 200 Free
 Jim Bigler 44 2:26.09
 50 Back
 C.Schaumburg 41 1:33.14
 Jim Bigler 44 1:35.00
 100 Back
 C.Schaumburg 1:11.20
 200 Back
 C.Schaumburg 2:33.32
 50 Breast
 Don Howard 41 1:39.19
 100 Breast
 Don Howard 41 1:27.82
 200 Breast
 Don Howard 41 3:08.65
 100 I.M.
 C.Schaumburg 1:09.50
 Jim Bigler 44 1:19.85
 Don Howard 41 1:29.92
 200 I.M.
 Don Howard 41 3:13.28
 MEN 45-49
 50 Free
 Fred Sprenger 1:29.36
 100 Free
 F. Sprenger 48 1:05.97
 200 Free
 F. Sprenger 48 2:24.25
 500 Free
 Kirk Adams 46 6:12.91
 Fred Sprenger 6:26.32
 50 Breast
 Walter Hart 49 1:50.38
 100 Breast
 Walter Hart 1:53.13
 200 Breast
 Emmanuel Sang 3:28.79
 Walter Hart 4:08.07
 50 Fly
 E. Sang 48 1:39.82
 100 I.M.
 E. Sang 48 1:45.54
 Walter Hart 1:59.83
 MEN 50-54
 50 Free
 Eric Guest 50 1:28.36
 Paul Thompson 1:30.46
 M. Popovich 52 1:30.56
 Sam Ierulli 50 1:32.56
 Lee Miesen 52 1:34.74
 100 Free
 Eric Guest 50 1:05.05
 P. Thompson 53 1:07.57
 Sam Ierulli 50 1:12.79
 Lee Miesen 52 1:25.73
 200 Free
 P. Thompson 53 2:42.31
 Sam Ierulli 50 2:43.03
 500 Free
 Sam Ierulli 50 7:18.84
 50 Breast
 Eric Guest 50 1:37.11
 100 Breast
 Eric Guest 50 1:24.20
 Lee Miesen 52 1:25.98
 100 I.M.
 Lee Miesen 52 1:24.67
 MEN 55-59
 50 Free
 Gilbert Young 57 1:32.45
 Joseph Mallon 58 1:44.17
 100 Free
 Earl Walter 58 1:07.83
 200 Free
 Gilbert Young 57 2:47.53

500 Free
 Gilbert Young 57 7:57.63
 Joseph Mallon 58 10:24.26
 50 Back
 Gilbert Young 57 1:39.75
 100 Fly
 Earl Walter 58 1:22.70
 200 Fly
 Earl Walter 58 3:14.80
 400 I.M.
 Earl Walter 58 6:20.17
 MEN 60-64
 50 Free
 Bob Schmidt 64 1:39.04
 50 Breast
 Bob Schmidt 64 1:45.04
 100 Breast
 Bob Schmidt 64 1:43.35
 MEN 65-69
 50 Free
 Don Stevenson 67 1:33.55
 Syd Hendy 66 1:34.04
 Kelly Bagby 65 1:12.02
 50 Back
 Syd Hendy 66 1:40.27
 Kelly Bagby 65 1:25.21
 100 Back
 Syd Hendy 66 1:31.51
 200 Back
 Syd Hendy 66 3:24.90
 50 Breast
 Kelly Bagby 65 1:13.53
 100 Breast
 Don Stevenson 67 1:36.61
 Kelly Bagby 65 2:44.83
 200 Breast
 Don Stevenson 67 3:30.78
 Kelly Bagby 65 6:11.41
 100 I.M.
 Don Stevenson 67 1:31.07
 200 I.M.
 Don Stevenson 67 3:23.23
 MEN 70-74
 50 Free
 H. Eisenschmidt 72 1:33.75
 John Hoey 70 1:37.77
 100 Free
 John Hoey 70 1:23.81
 200 Free
 Herb Eisenschmidt 3:09.90
 John Hoey 70 3:20.52
 500 Free
 John Hoey 70 9:59.88
 50 Back
 H. Eisenschmidt 72 1:40.17
 John Hoey 70 1:44.29
 100 Back
 H. Eisenschmidt 1:28.21
 200 Back
 H. Eisenschmidt 3:15.67

DC MASTERS 8TH ANNUAL FALL CLASSIC SWIM MEET
 MONTGOMERY COLLEGE SWIMMING POOL
 SATURDAY, NOVEMBER 3, 1979

WOMEN 25 TO 29
 50 YD FREESTYLE
 BOWMAN, BARBARA 25 1:29.67
 COX, JUDITH 25 1:29.74
 LEWIS, NANCY 26 1:29.83
 CAHILL, SUSAN 28 1:30.20
 LENNON, MAUREEN 25 1:30.91
 HIDALGO, SUSAN 26 1:33.13
 SLATTEP, BARBARA 29 1:39.96
 BPRHAN, JUDY 29 1:42.62
 NEUMAN, DEBORAH 29 1:43.37
 100 YD FREESTYLE
 RUPPERT, CHRISTINE 28 1:01.54
 BOWMAN, BARBARA 25 1:03.69
 COX, JUDITH 25 1:04.34
 LEWIS, NANCY 26 1:06.88
 HOOVER, JILL 26 1:10.35
 BROOKS, JENNIFER 27 1:11.14
 CAHILL, SUSAN 28 1:11.61
 HIDALGO, SUSAN 26 1:16.07
 DUNNEP, GAIL 28 1:17.60
 HIPPER, MARY 26 1:20.88
 LENNON, MAUREEN 25 1:21.05
 SLATTEP, BARBARA 29 1:32.67
 200 YD FREESTYLE
 HOOVER, JILL 26 2:36.06
 HIDALGO, SUSAN 26 2:51.75
 NEUMAN, DEBORAH 29 3:26.38

500 YD FREESTYLE		50 YD BREASTSTROKE		200 YD FREESTYLE		200 YD FREESTYLE	
LEF, SUSAN 25	5:55.28	CHIDESTEP, CAROL 35	:39.86	HAUPT, JEANNE 56	3:21.00	DELEAN, MICHAEL 29	2:03.92
MASON, JEANNE 27	6:24.36	WITEBSKY, MARTHA 37	:42.06	FUSSELMAN, GLADYS 59	3:52.05	ANDERSON, DON 28	2:04.35
NEUMAN, DEBORAH 29	9:20.48	100 YD BREASTSTROKE		WITTENBERG, LEISL 55	4:04.22	HACKENZIE, JAMIE 25	2:13.23
50 YD BACKSTROKE		WITEBSKY, MARTHA 37	1:36.13	500 YD FREESTYLE		BOPKINS, JIH 28	2:19.25
LEWIS, NANCY 26	:35.80	200 YD BREASTSTROKE		ALLNOTT, SARAH 55	10:05.14	BARTON, DAN 25	2:27.09
BROOKS, JENNIFER 27	:37.11	CHIDESTEP, CAROL 35	3:04.36	50 YD BACKSTROKE		STONE, WILLIAM 26	2:29.32
NIPPER, MARY 26	:40.93	WITEBSKY, MARTHA 37	3:21.04	MERRYMAN, JEANNE 56	:40.01	500 YD FREESTYLE	
NEPMAN, JUDY 29	:51.81	50 YD BUTTERFLY		HANNER, MINNA 56	:43.01	DELEAN, MICHAEL 29	5:33.14
NEUMAN, DEBORAH 29	:52.59	CHIDESTEP, CAROL 35	:32.55	PFESSEL, NANCY 59	:48.04	HACKENZIE, JAMIE 25	6:03.99
100 YD BACKSTROKE		100 YD INDIV MEDLEY		HAUPT, JEANNE 56	:48.22	BARTON, DAN 25	7:29.21
LEE, SUP 25	1:09.97	CHIDESTER, CAROL 35	1:15.65	FUSSELMAN, GLADYS 59	:56.22	BULLOCK, STANLEY 27	9:37.48
RUPPERT, CHRISTINE 28	1:10.36	200 YD INDIV MEDLEY		100 YD BACKSTROKE		50 YD BACKSTROKE	
MORRISON, PAT 27	1:19.84	WITEBSKY, MARTHA 37	3:23.09	MERRYMAN, JEANNE 56	1:29.05	BULLOCK, STANLEY 27	:45.85
BROOKS, JENNIFER 27	1:21.59	MILLER, PATRICIA 36	3:24.32	HANNER, MINNA 56	1:29.39	100 YD BACKSTROKE	
DUMMER, GAIL 28	1:26.34	400 YD INDIV MEDLEY		PFESSEL, NANCY 59	1:40.90	ENGELSTAD, PETER 26	1:01.31
NIPPER, MARY 26	1:30.21	CHIDESTEP, CAROL 35	5:43.30	WITTENBERG, LEISL 55	2:07.87	200 YD BACKSTROKE	
NEUMAN, DEBORAH 29	1:51.20	WOMEN 40 TO 44		200 YD BACKSTROKE		YOLHELSON, ROGER 28	2:33.79
BERMAN, JUDY 29	2:01.53	50 YD FREESTYLE		HANNER, MINNA 56	3:09.92	50 YD BREASTSTROKE	
200 YD BACKSTROKE		BROWN, NANCY 43	:31.03	CARTER, BABS 55	4:15.45	ANDERSON, DON 28	:29.76
LEF, SUSAN 25	2:32.50	HARRIS, SUMNER 41	:33.93	50 YD BREASTSTROKE		WELDON, KIRBY 28	:31.03
BROOKS, JENNIFER 27	3:02.15	100 YD FREESTYLE		HANNER, MINNA 56	:42.74	THELEMAN, BILL 25	:32.25
SPRINGER, FRISKY 26	3:09.13	BROWN, NANCY 43	1:10.06	PFESSEL, NANCY 59	:45.60	SOLES, MIKE 25	:34.09
NEUMAN, DEBORAH 29	3:50.55	HARRIS, SUMNER 41	1:19.85	LEE, HINI 59	:46.67	BARTON, DAN 25	:34.34
50 YD BREASTSTROKE		HARRIS, SUMNER 41	1:19.85	WITTENBERG, LEISL 55	:50.93	100 YD BREASTSTROKE	
ANDERSON, MARY 26	:35.47	ALLEVA, MARGARET 42	1:30.00	HAUPT, JEANNE 56	:54.28	ANDERSON, DON 28	1:06.30
GAUTHIER, JULIA 27	:36.95	200 YD FREESTYLE		100 YD BREASTSTROKE		BULLOCK, STANLEY 27	2:19.37
MORRISON, PAT 27	:38.07	ALLEVA, MARGARET 42	3:24.09	PFESSEL, NANCY 59	1:39.94	200 YD BREASTSTROKE	
HOOPER, JILL 26	:38.20	50 YD BACKSTROKE		ALLNOTT, SARAH 55	1:40.72	ANDERSON, DON 28	2:26.47
100 YD BREASTSTROKE		BROWN, NANCY 43	:37.50	LEE, HINI 59	1:44.72	WELDON, KIRBY 28	2:33.40
HOOPER, JILL 26	1:22.43	HARRIS, SUMNER 41	:43.24	WITTENBERG, LEISL 55	1:58.25	BARTON, DAN 25	2:55.95
MORRISON, PAT 27	1:24.67	100 YD BACKSTROKE		CARTER, BABS 55	2:02.19	BULLOCK, STANLEY 27	4:20.38
DUMMER, GAIL 28	1:33.02	BROWN, NANCY 43	1:19.22	200 YD BREASTSTROKE		50 YD BUTTERFLY	
200 YD BREASTSTROKE		200 YD BACKSTROKE		PFESSEL, NANCY 59	3:30.06	KAISER, MICHAEL 29	:26.68
HOOPER, JILL 26	2:56.82	ALLEVA, MARGARET 42	3:40.50	WITTENBERG, LEISL 55	4:07.45	YOLHELSON, ROGER 28	:27.46
MORRISON, PAT 27	2:59.67	50 YD BREASTSTROKE		50 YD BUTTERFLY		CROLEY, JOHN 29	:28.18
STRINGER, FRISKY 26	3:07.29	HARRIS, SUMNER 41	:43.11	MERRYMAN, JEANNE 56	:40.78	HACKENZIE, JAMIE 25	:28.20
50 YD BUTTERFLY		100 YD BREASTSTROKE		LEE, HINI 59	:52.09	STONE, WILLIAM 26	:30.41
BOWMAN, BARBARA 25	:31.64	BROWN, NANCY 43	1:31.06	100 YD BUTTERFLY		100 YD BUTTERFLY	
ANDERSON, MARY 26	:32.35	HARRIS, SUMNER 41	1:33.93	CARTER, BABS 55	2:04.93	HACKENZIE, JAMIE 25	1:05.49
LEWIS, NANCY 26	:32.99	100 YD INDIV MEDLEY		100 YD INDIV MEDLEY		WELDON, KIRBY 28	1:09.29
COX, JUDITH 25	:33.73	HARRIS, SUMNER 41	1:34.04	MERRYMAN, JEANNE 56	1:28.41	BULLOCK, STANLEY 27	1:56.18
GAUTHIER, JULIA 27	:35.54	WOMEN 45 TO 49		HANNER, MINNA 56	1:32.35	100 YD INDIV MEDLEY	
100 YD BUTTERFLY		50 YD FREESTYLE		LEE, HINI 59	1:38.76	YOLHELSON, ROGER 28	1:03.56
RUPPERT, CHRISTINE 28	1:08.54	BREY, BETTY 47	:30.34	200 YD INDIV MEDLEY		KAISER, MICHAEL 29	1:04.19
MASON, JEANNE 27	1:09.34	TREIBER, MARY ANN 48	:38.93	LEE, HINI 59	3:35.53	SOLES, MIKE 25	1:06.69
DUMMER, GAIL 28	1:32.35	GLANCY, BARBARA 47	:39.36	CARTER, BABS 55	3:57.32	BARTON, DAN 25	1:45.13
100 YD INDIV MEDLEY		100 YD FREESTYLE		400 YD INDIV MEDLEY		BULLOCK, STANLEY 27	1:47.70
COX, JUDITH 25	1:13.00	BREY, BETTY 47	1:06.53	LEE, HINI 59	7:42.85	200 YD INDIV MEDLEY	
BOWMAN, BARBARA 25	1:13.22	200 YD FREESTYLE		CARTER, BABS 55	8:23.24	DELEAN, MICHAEL 29	2:25.63
GAUTHIER, JULIA 27	1:20.33	GLANCY, BARBARA 47	3:28.19	WOMEN 60 TO 64		400 YD INDIV MEDLEY	
200 YD INDIV MEDLEY		500 YD FREESTYLE		50 YD FREESTYLE		ANDERSON, DON 28	5:04.97
COX, JUDITH 25	2:46.31	GLANCY, BARBARA 47	9:10.12	LATHRAM, HARY 64	:47.53	HEN 30 TO 34	
MASON, JEANNE 27	5:28.80	50 YD BACKSTROKE		MURPHY, LORRAINE 61	:51.57	50 YD FREESTYLE	
WOMEN 30 TO 34		GLANCY, BARBARA 47	:48.61	MURPHY, LORRAINE 61	:51.87	CULHANE, KEVIN 32	:24.91
50 YD FREESTYLE		TREIBER, MARY ANN 48	:48.72	LATHRAM, HARY 64	:53.32	ANDERSON, TOM 32	:26.40
MCCORKLE, ELIZ. 30	:29.13	200 YD BACKSTROKE		100 YD BACKSTROKE		MCINTYRE, DONALD 33	:26.51
DEGRUCHY, KATHY 31	:34.28	GLANCY, BARBARA 47	3:54.01	LATHRAM, HARY 64	2:01.90	MEYER, JACK 33	:29.13
YELTON, LINDA 30	:34.40	50 YD BREASTSTROKE		200 YD BACKSTROKE		TRIMMER, THOMAS 33	:31.51
MCCLARY, DOLLY 30	:36.76	TREIBER, MARY ANN 48	:52.48	LATHRAM, HARY 64	4:35.60	COMBY, GENE 30	:33.71
FLANAGAN, KATHY 30	:51.58	50 YD BUTTERFLY		WOMEN 65 TO 69		100 YD FREESTYLE	
100 YD FREESTYLE		BREY, BETTY 47	:30.76	50 YD FREESTYLE		MEYER, JACK 33	1:04.42
DEGRUCHY, KATHY 31	:47.10	100 YD INDIV MEDLEY		ABRAHAM, GERTRUDE 69	2:16.49	WEBB, TIM 30	1:04.47
50 YD BACKSTROKE		GLANCY, BARBARA 47	1:47.65	200 YD FREESTYLE		COMBY, GENE 30	1:11.84
BRADLEY, PAMELA 30	:36.52	WOMEN 50 TO 54		ABRAHAM, GERTRUDE 69	4:43.73	TRIMMER, THOMAS 33	1:16.02
DEGRUCHY, KATHY 31	:40.95	50 YD FREESTYLE		100 YD BACKSTROKE		MEYER, JACK 33	2:24.16
MCCASLAND, KATHY 30	:44.16	SCHAFFER, DOROTHEA	:47.93	ABRAHAM, GERTRUDE 69	2:18.47	MCINTYRE, DONALD 33	2:27.22
100 YD BACKSTROKE		100 YD FREESTYLE		100 YD BREASTSTROKE		WEBB, TIM 30	2:27.26
BRADLEY, PAMELA 30	1:19.32	SCHAFFER, DOROTHEA	1:57.26	HATTILA, ELSA 69	2:05.30	COMBY, GENE 30	2:43.31
DEGRUCHY, KATHY 31	1:31.00	200 YD FREESTYLE		100 YD INDIV MEDLEY		500 YD FREESTYLE	
MCCLARY, DOLLY 30	1:31.54	SCHAFFER, DOROTHEA	4:00.41	HATTILA, ELSA 69	2:03.94	FLANAGAN, JOHN 33	5:32.70
WOMEN 30 TO 34 (C)		50 YD BACKSTROKE		200 YD INDIV MEDLEY		WEBB, TIM 30	6:20.60
50 YD FREESTYLE		HALL, LUDWINE 52	:55.59	HATTILA, ELSA 69	4:32.35	COMBY, GENE 30	7:31.79
BRADLEY, PAMELA 30	:38.61	WOMEN 50 TO 54 (C)		800 YD INDIV MEDLEY		50 YD BACKSTROKE	
RAHANAUSKAS, MARGE 34	:38.95	100 YD BACKSTROKE		HATTILA, ELSA 69	9:44.18	STEVENS, JAMES F. 31	:30.46
YELTON, LINDA 30	:44.84	HALL, LUDWINE 52	1:59.13	WOMEN 70 TO 74		MORGAN, RONALD 34	:30.84
MCCLARY, DOLLY 30	:46.19	HUBER, MATHILDE 52	2:49.12	50 YD FREESTYLE		MCINTYRE, DONALD 33	:32.10
MCCASLAND, KATHY 30	:46.95	100 YD BREASTSTROKE		SHEPARD, RITA 70	1:50.65	TRIMMER, THOMAS 33	:39.15
100 YD BREASTSTROKE		HALL, LUDWINE 52	1:46.02	100 YD BACKSTROKE		100 YD BACKSTROKE	
FAMANAUSKAS, MARGE 34	1:25.00	MICHAELS, DOROTHY 52	2:11.60	SHEPARD, RITA 70	2:20.50	STEVENS, JAMES F. 31	1:05.28
BPADLEY, PAMELA 30	1:25.23	HUBER, MATHILDE 52	2:12.92	50 YD BUTTERFLY		CULHANE, KEVIN 32	1:08.54
MCCASLAND, KATHY 30	1:46.24	200 YD BREASTSTROKE		SHEPARD, RITA 70	1:45.44	MORGAN, RONALD 34	1:08.84
200 YD BREASTSTROKE		HALL, LUDWINE 52	3:46.00	100 YD INDIV MEDLEY		MCINTYRE, DONALD 33	1:18.47
YELTON, LINDA 30	3:49.30	MICHAELS, DOROTHY 52	4:38.31	200 YD FREESTYLE		100 YD BACKSTROKE	
50 YD BUTTERFLY		HUBER, MATHILDE 52	4:43.70	SHEPARD, RITA 70	2:22.03	STEVENS, JAMES F. 31	2:24.39
MCCORKLE, ELIZ. 30	:32.02	100 YD BUTTERFLY		50 YD FREESTYLE		MORGAN, RONALD 34	2:33.38
YELTON, LINDA 30	:41.76	MICHAELS, DOROTHY 52	2:46.35	100 YD FREESTYLE		MCINTYRE, DONALD 33	2:50.06
100 YD INDIV MEDLEY		100 YD INDIV MEDLEY		ENGELSTAD, PETER 26	:23.29	50 YD BREASTSTROKE	
MCCORKLE, ELIZ. 30	1:15.42	MICHAELS, DOROTHY 52	2:25.73	KAISER, MICHAEL 29	:23.39	CULHANE, KEVIN 32	:30.37
MCCLARY, DOLLY 30	1:28.75	200 YD INDIV MEDLEY		THELEMAN, BILL 25	:23.57	ANDERSON, TOM 32	:31.25
YELTON, LINDA 30	1:33.31	MICHAELS, DOROTHY 52	5:07.75	YOLHELSON, ROGER 28	:24.61	GERRARD, JACK 30	:38.50
200 YD INDIV MEDLEY		400 YD INDIV MEDLEY		SOLES, MIKE 25	:24.81	50 YD BUTTERFLY	
RAMANAUSKAS, MARGE 34	2:52.07	MICHAELS, DOROTHY 52	10:54.54	HACKENZIE, JAMIE 25	:25.62	FLANAGAN, JOHN 33	:26.04
WOMEN 35 TO 39		WOMEN 55 TO 59		BARTON, DAN 25	:27.70	ANDERSON, TOM 32	:30.53
50 YD FREESTYLE		50 YD FREESTYLE		RICHARDSON, KEN 29	:34.34	MEYER, JACK 33	:31.35
WENTWORTH, VERA 38	:32.45	MERRYMAN, JEANNE 56		100 YD FREESTYLE		GERRARD, JACK 30	:31.87
50 YD BACKSTROKE		HAUPT, JEANNE 56		ENGELSTAD, PETER 26	:50.49	100 YD BUTTERFLY	
WENTWORTH, VERA 38	:37.46	FUSSELMAN, GLADYS 59		KAISER, MICHAEL 29	:52.99	FLANAGAN, JOHN 33	:57.25
MILLER, PATRICIA 36	:42.95	100 YD FREESTYLE		THELEMAN, BILL 25	:54.50	100 YD INDIV MEDLEY	
100 YD BACKSTROKE		MERRYMAN, JEANNE 56		DELEAN, MICHAEL 29	:55.45	CULHANE, KEVIN 32	1:02.37
CHIDESTEP, CAROL 35	1:12.87	HAUPT, JEANNE 56		HACKENZIE, JAMIE 25	:57.29	MCINTYRE, DONALD 33	1:14.10
WENTWORTH, VERA 38	1:24.02	FUSSELMAN, GLADYS 59		BULLOCK, STANLEY 27	1:32.60	GERRARD, JACK 30	1:19.94
MILLER, PATRICIA 36	1:32.38					400 YD INDIV MEDLEY	
						MORGAN, RONALD 34	5:28.85

MEN 35 TO 39
50 YD FREESTYLE
 SINGER, CRAIG 36 :28.53
 PABST, RICHARD 35 :29.49
 STOTT, MIKE 36 :30.87
 WENTWORTH, JAMES 39 :33.91
 JONES, JOE 36 :36.78
100 YD FREESTYLE
 SINGER, CRAIG 36 1:03.28
 LOVETT, PAUL 38 1:03.92
 STOTT, MIKE 36 1:07.22
 WENTWORTH, JAMES 39 1:18.26
200 YD FREESTYLE
 SINGER, CRAIG 36 2:21.09
 STOTT, MIKE 36 2:31.41
500 YD FREESTYLE
 HERSHEY, DAVID 39 6:07.78
 LOVETT, PAUL 38 6:24.57
 SINGER, CRAIG 36 6:41.13
 STOTT, MIKE 36 6:48.11
 HEARES, WALTER 36 7:05.61
 PABST, RICHARD 35 7:27.66
50 YD BACKSTROKE
 HERSHEY, DAVID 39 :28.90
100 YD BACKSTROKE
 HERSHEY, DAVID 39 1:02.85
200 YD BACKSTROKE
 HERSHEY, DAVID 39 2:17.91
 FIELDS, DAVE 35 2:54.70
50 YD BREASTSTROKE
 GREGER, RONALD 35 :32.22
 HEARES, WALTER 36 :34.33
 GERNSTEIN, TERRY 37 :36.94
100 YD BREASTSTROKE
 GREGER, RONALD 35 1:13.08
 GERNSTEIN, TERRY 37 1:16.87
200 YD BREASTSTROKE
 GREGER, RONALD 35 2:47.31
 GERNSTEIN, TERRY 37 2:50.27
50 YD BUTTERFLY
 HEARES, WALTER 36 :29.31
 PABST, RICHARD 35 :34.34
100 YD BUTTERFLY
 FIELDS, DAVE 35 1:06.91
 HEARES, WALTER 36 1:09.62
100 YD INDIV MEDLEY
 GERNSTEIN, TERRY 37 1:15.24
 WENTWORTH, JAMES 39 1:33.92
200 YD INDIV MEDLEY
 FIELDS, DAVE 35 2:37.88
 LOVETT, PAUL 38 2:52.93
400 YD INDIV MEDLEY
 FIELDS, DAVE 35 5:46.82

MEN 40 TO 44
50 YD FREESTYLE
 BECHTEL, CHARLES 41 :24.03
 DEANDRADE, FLOYD 40 :29.08
 PARKE, ROBERT 41 :29.08
 KERR, PHILIP 44 :29.90
 FERGUSON, GERALD 44 :30.21
 MCCOY, JIM 42 :33.48
100 YD FREESTYLE
 BECHTEL, CHARLES 41 :54.08
 O'HEERON, MICHAEL 40 1:04.82
 KERR, PHILIP 44 1:07.73
 PARKE, ROBERT 41 1:08.02
 MCCOY, JIM 42 1:17.77
200 YD FREESTYLE
 BECHTEL, CHARLES 41 2:04.39
 PARKE, ROBERT 41 2:40.02
 KERR, PHILIP 44 2:41.07
500 YD FREESTYLE
 SMITH, ARTHUR 40 5:55.26
 DEANDRADE, FLOYD 40 6:20.63
50 YD BACKSTROKE
 SMITH, ARTHUR 40 :28.41
 GOODWIN, BOB 43 :29.24
 DEANDRADE, FLOYD 40 :33.69
 FERGUSON, GERALD 44 :37.74
100 YD BACKSTROKE
 SMITH, ARTHUR 40 1:04.45
 DEANDRADE, FLOYD 40 1:10.80
 GOODWIN, BOB 43 1:11.04
200 YD BACKSTROKE
 SMITH, ARTHUR 40 2:23.57
 DEANDRADE, FLOYD 40 2:38.43
50 YD BREASTSTROKE
 GOODWIN, BOB 43 :34.13
100 YD BREASTSTROKE
 GOODWIN, BOB 43 1:18.97
 O'HEERON, MICHAEL 40 1:24.54
50 YD BUTTERFLY
 BECHTEL, CHARLES 41 :26.90
 SMITH, ARTHUR 40 :27.26
 O'HEERON, MICHAEL 40 :32.69
100 YD BUTTERFLY
 O'HEERON, MICHAEL 40 1:16.08
100 YD INDIV MEDLEY
 BECHTEL, CHARLES 41 1:04.94
200 YD INDIV MEDLEY
 O'HEERON, MICHAEL 40 2:51.16
400 YD INDIV MEDLEY
 GOODWIN, BOB 43 6:07.91

MEN 45 TO 49
50 YD FREESTYLE
 ADAMS, TW 45 :28.30
 BONFIELD, CHARLES 49 :29.69
 MOYER, CHARLIE 49 :33.33
 BANKS, TAZEWELL 47 :34.17
100 YD FREESTYLE
 BONFIELD, CHARLES 49 1:09.70
 BRYAN, RON 45 1:15.18
200 YD FREESTYLE
 BERENYI, NICHOLAS 47 2:34.21
 BRYAN, RON 45 3:01.45
500 YD FREESTYLE
 BERENYI, NICHOLAS 47 7:05.67
50 YD BACKSTROKE
 BONFIELD, CHARLES 49 :39.03
 HESLER, DARRELL 47 :40.27
 ADAMS, TW 45 :42.36
 BANKS, TAZEWELL 47 :52.42
 MOYER, CHARLIE 49 :52.48
100 YD BACKSTROKE
 HESLER, DARRELL 47 1:31.20
 BANKS, TAZEWELL 47 2:01.80
200 YD BACKSTROKE
 CHEN, RAY 46 2:58.43
 BANKS, TAZEWELL 47 4:23.14
50 YD BREASTSTROKE
 CHEN, RAY 46 :36.00
 ADAMS, TW 45 :38.78
 MOYER, CHARLIE 49 :44.90
100 YD BREASTSTROKE
 CHEN, RAY 46 1:19.18
200 YD BREASTSTROKE
 CHEN, RAY 46 2:55.49
 BERENYI, NICHOLAS 47** DQ **
50 YD BUTTERFLY
 ADAMS, TW 45 :34.81
 BONFIELD, CHARLES 49 :36.77
 BRYAN, RON 45 :42.82
 MOYER, CHARLIE 49 :45.03
100 YD INDIV MEDLEY
 BONFIELD, CHARLES 49 1:23.18
 ADAMS, TW 45 1:29.68
 BANKS, TAZEWELL 47 1:46.29
200 YD INDIV MEDLEY
 CHEN, RAY 46 2:48.98
 BONFIELD, CHARLES 49 3:04.61
 MOYER, CHARLIE 49 3:53.20
 BANKS, TAZEWELL 47 4:03.27
400 YD INDIV MEDLEY
 BERENYI, NICHOLAS 47 6:04.57
 CHEN, RAY 46 6:04.95

MEN 50 TO 54
50 YD FREESTYLE
 EMES, EDWARD JR. 50 :26.33
 ALLEVA, JOHN 51 :28.72
 PLANAGAN, MATT 53 :29.04
 GOLDBLOOM, NORMAN :34.35
100 YD FREESTYLE
 EMES, EDWARD JR. 50 :59.90
 ALLEVA, JOHN 51 1:02.40
200 YD FREESTYLE
 ALLEVA, JOHN 51 2:24.28
 KUNIHOLM, ROLAND 50 2:46.70
50 YD BACKSTROKE
 PLANAGAN, MATT 53 :37.56
 JAFFE, EUGENE 50 1:25.31
100 YD BACKSTROKE
 JAFFE, EUGENE 50 2:46.68
200 YD BACKSTROKE
 COUGHLIN, MARK 51 3:02.64
50 YD BREASTSTROKE
 PLANAGAN, MATT 53 :35.69
 COUGHLIN, MARK 51 :36.19
 EMES, EDWARD JR. 50 :39.63
 GOLDBLOOM, NORMAN :39.80
100 YD BREASTSTROKE
 COUGHLIN, MARK 51 1:22.53
 GOLDBLOOM, NORMAN 1:34.16
200 YD BREASTSTROKE
 COUGHLIN, MARK 51 3:01.55
50 YD BUTTERFLY
 EMES, EDWARD JR. 50 :26.65
 ALLEN, ALFONSO 50 :29.59
 PLANAGAN, MATT 53 :32.65
200 YD INDIV MEDLEY
 ALLEN, ALFONSO 50 2:55.16
 KUNIHOLM, ROLAND 50 3:01.90
400 YD INDIV MEDLEY
 ALLEN, ALFONSO 50 6:08.94
 KUNIHOLM, ROLAND 50 6:38.24

MEN 55 TO 59
50 YD FREESTYLE
 WILLY, SCROGGIE 59 :28.72
 WOODWARD, WILLIAM 57 :29.07
 ROVE, AL 55 :34.94
100 YD FREESTYLE
 WOODWARD, WILLIAM 57 1:07.59
 WILLY, SCROGGIE 59 1:08.02
200 YD FREESTYLE
 DODGE, HARRY 57 2:38.01
 WOODWARD, WILLIAM 57 2:40.35
50 YD BACKSTROKE
 DODGE, HARRY 57 1:04.56
100 YD BACKSTROKE
 WILLY, SCROGGIE 59 :37.76
 LEE, PETER 56 :39.40
 BOVE, AL 55 :42.54
 FRANCIS, CURT 58 1:02.86
100 YD BACKSTROKE
 WILLY, SCROGGIE 59 1:27.79
 BOVE, AL 55 1:29.72
 LEE, PETER 56 1:30.68
 FRANCIS, CURT 58 2:09.04
200 YD BACKSTROKE
 BOVE, AL 55 3:16.62
 FERGUSON, JAMES 55 4:23.50
 FRANCIS, CURT 58 4:48.30
50 YD BREASTSTROKE
 DODGE, HARRY 57 :41.02
 FRANCIS, CURT 58 ** DQ **
100 YD BREASTSTROKE
 DODGE, HARRY 57 1:32.90
 FRANCIS, CURT 58 1:42.99
200 YD BREASTSTROKE
 FRANCIS, CURT 58 3:54.26
 FERGUSON, JAMES 55 4:35.00
100 YD INDIV MEDLEY
 WILLY, SCROGGIE 59 1:24.58
 BOVE, AL 55 1:31.38
 LEE, PETER 56 1:31.92

MEN 60 TO 64
50 YD FREESTYLE
 MURPHY, FRANK 61 :33.05
 CLAYTON, FRED 60 :33.65
 STRUTHERS, WILLIAM 61 :35.63
100 YD FREESTYLE
 MURPHY, FRANK 61 1:14.10
 STRUTHERS, WILLIAM 61 1:21.62
200 YD FREESTYLE
 MURPHY, FRANK 61 2:55.16
 STRUTHERS, WILLIAM 61 3:08.48
500 YD FREESTYLE
 MURPHY, FRANK 61 8:02.22
 STRUTHERS, WILLIAM 61 8:30.00
 SAPERSTEIN, SIDNEY 63 10:21.96
50 YD BACKSTROKE
 ROWE, WILLIAM 63 :37.53
 STRUTHERS, WILLIAM 61 :43.32
 MURPHY, FRANK 61 :44.71
 CLAYTON, FRED 60 :45.84
 SAPERSTEIN, SIDNEY 63 1:17.89
100 YD BACKSTROKE
 HIGGINS, JOHN 63 1:19.07
 ROWE, WILLIAM 63 1:21.31
 SAPERSTEIN, SIDNEY 63 2:40.53
200 YD BACKSTROKE
 HIGGINS, JOHN 63 3:00.87
 ROWE, WILLIAM 63 3:11.00
 STRUTHERS, WILLIAM 61 3:43.14
50 YD BREASTSTROKE
 CLAYTON, FRED 60 :44.08
 SAPERSTEIN, SIDNEY 63 1:11.01
100 YD BREASTSTROKE
 HIGGINS, JOHN 63 1:24.64
 CLAYTON, FRED 60 1:48.05
 SAPERSTEIN, SIDNEY 63 2:25.54
200 YD BREASTSTROKE
 HIGGINS, JOHN 63 3:16.73
 SAPERSTEIN, SIDNEY 63** DQ **
100 YD INDIV MEDLEY
 MURPHY, FRANK 61 1:35.64
200 YD INDIV MEDLEY
 HIGGINS, JOHN 63 2:57.75

MEN 65 TO 69
50 YD FREESTYLE
 MILLER, FRANCIS 66 :36.29
 ABRAHAM, ALBERT 68 :43.35
100 YD FREESTYLE
 MILLER, FRANCIS 66 1:26.94
200 YD FREESTYLE
 MILLER, FRANCIS 66 3:33.70
 FINNEGAN, LES 65 3:44.09
500 YD FREESTYLE
 MILLER, FRANCIS 66 9:52.63
 FINNEGAN, LES 65 9:55.22
50 YD BACKSTROKE
 FINNEGAN, LES 65 :46.92
100 YD BACKSTROKE
 FINNEGAN, LES 65 1:49.71
200 YD BACKSTROKE
 FINNEGAN, LES 65 3:53.32
50 YD BREASTSTROKE
 O'CONNOR, MICHAEL 69 :43.24
 ABRAHAM, ALBERT 68 :48.11
100 YD BREASTSTROKE
 O'CONNOR, MICHAEL 69 1:51.22
 ABRAHAM, ALBERT 68 1:56.42
200 YD BREASTSTROKE
 ABRAHAM, ALBERT 68 4:23.45
 O'CONNOR, MICHAEL 69 4:39.50
50 YD BUTTERFLY
 O'CONNOR, MICHAEL 69 :45.24

MEN 70 TO 74
50 YD FREESTYLE
 NCAPPE, DAVE 70 :33.52
 NEDANI, RENATO 70 :41.40

100 YD FREESTYLE
 CRAIGIE, STANTON 73 1:20.89
200 YD FREESTYLE
 CRAIGIE, STANTON 73 3:09.47
50 YD BACKSTROKE
 OSSA, WILHELM E. 70 :55.61
 NEDANI, RENATO 70 1:05.82
100 YD BACKSTROKE
 NCAPPE, DAVE 70 1:42.77
 OSSA, WILHELM E. 70 2:02.65
200 YD BACKSTROKE
 OSSA, WILHELM E. 70 4:33.49
50 YD BREASTSTROKE
 OSSA, WILHELM E. 70 :48.49
 NCAPPE, DAVE 70 :52.46
 NEDANI, RENATO 70 ** DQ **
100 YD BREASTSTROKE
 CRAIGIE, STANTON 73 1:48.50
 OSSA, WILHELM E. 70 1:54.81
200 YD BREASTSTROKE
 OSSA, WILHELM E. 70 4:14.98
50 YD BUTTERFLY
 NEDANI, RENATO 70 :59.93
100 YD BUTTERFLY
 CRAIGIE, STANTON 73 1:50.05
100 YD INDIV MEDLEY
 NCAPPE, DAVE 70 4:40.59

ARIZONA MASTERS - 489-SW-MX-9
 Short Course - 25 yards
 Valencia Pool, Phoenix, Arizona
 October 13, 1979

WOMEN 25-29
50 YARD FREE
 1. Martha Wing, 29 32.17
 2. Bonnie Jacobson, 29 36.32
 3. Rebecca Caveness, 27 36.5
 4. Bee Torrey, 27 38.50
 5. Anita Miller, 28 45.9

100 YARD FREE
 1. Martha Wing, 29 1:11.6
 2. Debra Rybka, 27 1:22.21
 3. Bonnie Jacobson, 29 1:23.7

200 YARD FREE
 1. Carol Tamme, 27 2:35.6
 2. Bonnie Jacobson, 29 3:06.9
 3. Anita Miller, 28 3:44.9

1650 YARD FREE
 1. Anita Miller, 28 35:44.0

50 YARD BACK
 1. Jolynn Wagner, 26 35.1
 2. Carol Tamme, 27 39.37
 3. Bonnie Jacobson, 29 43.53
 4. Debra Rybka, 27 44.05
 5. Bee Torrey, 27 47.56

50 YARD BREAST
 1. Debra Rybka, 27 42.5
 2. Rebecca Caveness, 27 43.8
 3. Martha Wing, 29 44.41
 4. Bee Torrey, 27 49.47

100 YARD BREAST
 1. Rebecca Caveness, 27 1:41.30

200 YARD BREAST
 1. Debra Rybka, 27 3:35.58

50 YARD FLY
 1. Jolynn Wagner, 26 33.5

100 YARD IM
 1. Jolynn Wagner, 26 1:16.80
 2. Debra Rybka, 27 1:25.9
 3. Rebecca Caveness, 27 1:34.9

WOMEN 30-34
50 YARD FREE
 1. Ellen Alfredo, 34 41.4

100 YARD FREE
 1. Diane Brumbaugh, 32 1:24.50
 2. Ellen Alfredo, 34 1:34.13

200 YARD FREE
 1. Linda Riedel, 31 3:03.2
 2. Diane Brumbaugh, 32 3:07.0

1650 YARD FREE
 1. Diane Brumbaugh, 32 29:08.01

50 YARD BACK
 1. Ellen Alfredo, 34 56.12

<u>50 YARD BREAST</u>	
1. Linda Riedel, 31	46.5
<u>100 YARD BREAST</u>	
1. Linda Riedel, 31	1:39.49
<u>50 YARD FLY</u>	
1. Linda Riedel, 31	45.82
<u>100 YARD IM</u>	
1. Linda Riedel, 31	1:35.36
2. Diane Brumbaugh, 32	1:41.30
<u>WOMEN 35-39</u>	
<u>50 YARD FREE</u>	
1. Janet Raphael, 39	39.0
<u>50 YARD BACK</u>	
1. Janet Raphael, 39	46.21
<u>WOMEN 45-49</u>	
<u>50 YARD FREE</u>	
1. Pat Bresee, 45	46.9
2. Jean Clester, 48	48.3
<u>100 YARD FREE</u>	
1. Nalani Morris, 47	1:24.1
2. Jean Clester, 48	1:54.18
<u>1650 YARD FREE</u>	
1. Jean Clester, 48	35:52.0
<u>50 YARD BREAST</u>	
1. Nalani Morris, 47	49.0
2. Jean Clester, 48	58.1
3. Pat Bresee, 45	1:06.20
<u>200 YARD BREAST</u>	
1. Nalani Morris, 47	3:49.1
<u>50 YARD FLY</u>	
1. Pat Bresee, 45	1:06.9
<u>100 YARD IM</u>	
1. Pat Bresee, 45	2:09.12
<u>WOMEN 50-54</u>	
<u>50 YARD FREE</u>	
1. Edie Gruender, 51	35.0
2. Elizabeth J. Ditsworth, 50	45.6
3. Madeleine Rondeau, 53	54.6
<u>100 YARD FREE</u>	
1. Elizabeth J. Ditsworth, 50	1:52.85
2. Madeleine Rondeau, 53	2:01.58
<u>200 YARD FREE</u>	
1. Madeleine Rondeau, 53	4:22.50
<u>1650 YARD FREE</u>	
1. Elizabeth J. Ditsworth, 50	35:23.1
2. Madeleine Rondeau, 53	38:06
<u>50 YARD BREAST</u>	
1. Madeleine Rondeau, 53	1:08.86
<u>100 YARD BREAST</u>	
1. Edie Gruender, 51	1:49.23
<u>50 YARD FLY</u>	
1. Elizabeth J. Ditsworth, 50	55.5
<u>100 YARD IM</u>	
1. Edie Gruender, 51	1:30.2
2. Elizabeth J. Ditsworth, 50	1:58.2
<u>200 YARD IM</u>	
1. Edie Gruender, 50	3:21.93
<u>WOMEN 55-59</u>	
<u>1650 YARD FREE</u>	
1. Barbara Golseth, 59	31:31.7
<u>200 YARD BACK</u>	
1. Barbara Golseth, 59	3:36.82
<u>50 YARD BREAST</u>	
1. Barbara Golseth, 59	52.22
<u>100 YARD BREAST</u>	
1. Barbara Golseth, 59	1:52.06
<u>100 YARD IM</u>	
1. Barbara Golseth, 59	1:42.6

<u>WOMEN 60-64</u>	
<u>1650 YARD FREE</u>	
1. Rose Steward, 61	38:31.1
<u>50 YARD BACK</u>	
1. Rose Steward, 61	1:08.02
<u>100 YARD BACK</u>	
1. Rose Steward, 61	2:21.30
<u>200 YARD FLY</u>	
1. Rose Steward, 61	6:18.2
<u>100 YARD IM</u>	
1. Rose Steward, 61	2:28.92
<u>WOMEN 70-74</u>	
<u>50 YARD FREE</u>	
1. Evelyn Jensen, 70	1:19.39
<u>50 YARD BACK</u>	
1. Evelyn Jensen, 70	1:14.1
<u>MEN 25-29</u>	
<u>50 YARD FREE</u>	
1. Don Edgell, 27	25.1
2. Rob Fitzgerald, 27	26.38
3. Steve Maxcy, 29	32.5
<u>100 YARD FREE</u>	
1. Steve Maxcy, 29	1:15.72
<u>1650 YARD FREE</u>	
1. Rob Fitzgerald, 27	22:08.75
<u>200 YARD BACK</u>	
1. Don Edgell, 27	2:42.9
<u>50 YARD FLY</u>	
1. Rob Fitzgerald, 27	27.7
<u>100 YARD FLY</u>	
1. Don Edgell, 27	1:06.40
<u>100 YARD IM</u>	
1. Rob Fitzgerald, 27	1:06.70
2. Don Edgell, 27	1:07.1
<u>MEN 30-34</u>	
<u>50 YARD FREE</u>	
1. Steve Barber, 34	26.67
2. Rick Griffith, 32	27.67
<u>100 YARD FREE</u>	
1. Rick Griffith, 32	1:04.5
<u>200 YARD FREE</u>	
1. Rick Griffith, 32	2:37.99
<u>50 YARD BACK</u>	
1. Steve Barber, 34	34.6
<u>50 YARD BREAST</u>	
1. Steve Barber, 34	35.8
2. Dana Free, 31	39.2
<u>100 YARD BREAST</u>	
1. Dana Free, 31	1:25.6
<u>50 YARD FLY</u>	
1. Steve Barber, 34	29.2
<u>100 YARD IM</u>	
1. Dana Free, 31	1:15.40
<u>MEN 35-39</u>	
<u>50 YARD FREE</u>	
1. Barry Friedman, 36	29.96
<u>100 YARD FREE</u>	
1. John Brumbaugh, 37	1:05.45
<u>200 YARD FREE</u>	
1. John Brumbaugh, 37	2:21.28
<u>1650 YARD FREE</u>	
1. John Brumbaugh, 37	24:26.46
2. Barry Friedman, 36	24:49.7
<u>100 YARD IM</u>	
1. John Brumbaugh, 37	1:20.0
<u>MEN 40-44</u>	
<u>50 YARD FREE</u>	
1. E. Alan Raphael, 41	28.08
<u>100 YARD FREE</u>	
1. E. Alan Raphael, 41	1:02.1

<u>200 YARD FREE</u>	
1. E. Alan Raphael, 41	2:20.68
<u>50 YARD BREAST</u>	
1. E. Alan Raphael, 41	37.72
<u>MEN 45-49</u>	
<u>50 YARD FREE</u>	
1. Cal Phillips, 47	28.33
2. Dan Gruender, 49	33.13
<u>200 YARD FREE</u>	
1. Dan Gruender, 49	2:46.31
<u>1650 YARD FREE</u>	
1. Dan Gruender, 49	26:00.8
<u>50 YARD BACK</u>	
1. Cal Phillips, 47	38.53
<u>100 YARD BACK</u>	
1. Cal Phillips, 47	1:25.06
<u>50 YARD BREAST</u>	
1. Dan Gruender, 49	35.9
2. Cal Phillips, 47	40.01
<u>100 YARD BREAST</u>	
1. Dan Gruender, 49	1:21
<u>100 YARD IM</u>	
1. Cal Phillips, 47	1:16.7
2. Dan Gruender, 49	1:18.4
<u>MEN 50-54</u>	
<u>50 YARD FREE</u>	
1. Ron Melinski, 50	29.51
2. Ted Harris, 50	37.3
<u>100 YARD FREE</u>	
1. Ron Melinski, 50	1:14.2
<u>200 YARD FREE</u>	
1. Ted Harris, 50	3:09.1
<u>50 YARD BACK</u>	
1. Ted Harris, 50	48.01
<u>50 YARD BREAST</u>	
1. Ted Harris, 50	56.4
<u>MEN 55-59</u>	
<u>50 YARD FREE</u>	
1. Ken Shaw, 59	44.0
<u>50 YARD BREAST</u>	
1. Ken Shaw, 59	48.31
<u>100 YARD BREAST</u>	
1. Ken Shaw, 59	1:46.97
<u>100 YARD IM</u>	
1. Ken Shaw, 59	1:50.5
<u>MEN 65-59</u>	
<u>50 YARD FREE</u>	
1. A. G. Long, 65	36.10
<u>50 YARD BREAST</u>	
1. A. G. Long, 65	44.37
<u>100 YARD BREAST</u>	
1. A. G. Long, 65	1:42.31
<u>MEN 70-74</u>	
<u>50 YARD FREE</u>	
1. Bill Stinson, 70	35.6
2. Edmund Deuss, 74	38.2
3. Sam Maxcy, 71	40.2
<u>100 YARD FREE</u>	
1. Edmund Deuss, 74	1:32.30
2. Sam Maxcy, 71	1:41.7
<u>200 YARD FREE</u>	
1. Edmund Deuss, 74	3:36.80
2. Sam Maxcy, 71	3:39.9
<u>50 YARD BACK</u>	
1. Bill Stinson, 70	47.7
<u>50 YARD BREAST</u>	
1. Bill Stinson, 70	49.0
<u>50 YARD FLY</u>	
1. Bill Stinson, 70	43.17
<u>100 YARD IM</u>	
1. Bill Stinson, 70	1:40.6

<u>AAU MASTERS DIVING</u>	
<u>CALIFORNIA GOLD CUP CHAMPIONSHIPS</u>	
<u>CHULA VISTA, CA. Oct. 13, 1979</u>	
<u>Women 1 and/or 3 meter Diving</u>	
<u>70 & up</u>	
1. Freda Thompson	106.90
<u>50-59</u>	
1. Ida Wilson	256.45
2. Patty Fulton	239.00
<u>30-39</u>	
1. Marilyn Taylor	327.10
<u>21-29</u>	
1. Jan Smith	378.00
2. Carol Pike	368.20
3. Leta Van Tuyl	344.35
4. Glory Severt	338.15
<u>Men 1 and/or 3 meter Diving</u>	
<u>70 and up</u>	
1. John Sable	142.90
2. Don Davis	136.60
<u>60-69</u>	
1. Del Stauffer	253.60
2. Bill McAllister	250.05
3. Lyle Felderman	239.70
4. Brud Cleaveland	220.65
5. Don Brand	166.90
6. Harold Johnson	139.05
<u>50-59</u>	
1. Peter Baxter	178.60
<u>40-49</u>	
1. Tom Crosby	318.25
2. Gary Bagley	263.85
3. Bill Murray	256.10
<u>30-39</u>	
1. Mike Murphy	460.50
2. Greg Shuff	448.65
3. John Samuelson	442.70
4. Dale Welk	439.30
5. Brian Robbins	429.10
6. Dan Smith	377.50
<u>21-29</u>	
1. Paul Smith	389.05
<u>Las Vegas AAU Masters Diving</u>	
<u>November 25, 1979</u>	
<u>Women 50-59</u>	
Patty Fulton	230.05
Virginia Newman	219.10
<u>Women 70-up</u>	
Gerta Ross	102.30
<u>Men 30-39</u>	
Dick List	448.15
Greg Shuff	397.10
David McKeenan	394.55
<u>Men 40-49</u>	
Gary Bagley	352.10
Fred Fox	316.90
Tom Crosby	298.40
<u>Men 50-59</u>	
Peter Baxter	298.40
<u>Men 60-69</u>	
Ted Kersting	258.00
Bill McAllister	256.50
Brud Cleaveland	223.95
Don Brand	174.75
Gene Wade	172.30
Harold Johnson	150.20
<u>Men 70-up</u>	
John Riley	132.30
John Sable	109.55
Joe Mone	105.60
<u>Special Grand Prix</u>	
Gary Bagley	256.80
Bill McAllister	254.25
Dick List	250.30
Greg Shuff	247.45
Fred Fox	240.45
Brud Cleaveland	232.30
Tom Crosby	231.90
David McKeenan	231.00
Ted Kersting	223.65
Gerta Ross	214.80



Swim Hall of Fame Gets President With Practice

By STEVE SONSKY
Herald Staff Writer

Having just recessed the Delaware dressed as George Washington, Jack Kelly should find his mission in Fort Lauderdale today considerably simpler.

All he'll need to do today is accept his nomination (already in the bag) to the largely ceremonial post of new president of the International Swimming Hall of Fame.

Ceremonial things, of course, become one's obligation in America when one is a member of the Philadelphia Kelly family.

And with his three sisters (including kid sister Grace, the one-time actress and now Princess of Monaco) all married off, only 52-year-old Jack is left to be the standard bearer of the Kelly name.

Thus, on Christmas Day in Pennsylvania, Jack Kelly found himself on the Delaware River in white wig and colonial garb, playing old George before 10,000 onlookers in the state's annual commemoration of the historic trip.

"I WAS A galley slave for years. This was only my second time as Washington," Kelly joked shortly after arriving Wednesday night to the dry refuge of a Fort Lauderdale hotel room. "Yeah, they finally moved me up to commander-in-chief."

The Philadelphia masonry contractor, (his father made him work

for three years as a bricklayer as his initiation in the family business), city councilman, and former Olympic oarsman accepts his latest post with aplomb.

His appointment as Hall of Fame president is an outgrowth of his active interest in swimming and his friendship with Hall of Fame Executive Director Buck Dawson. Years ago, when he was one of the national vice-presidents of the Amateur Athletic Union (AAU), Kelly said, he supported Dawson's initiatives to get the Swimming Hall of Fame located in Fort Lauderdale.

He later became president of the AAU (from 1970 to '72), was its national chairman of swimming from '72 through '76, and is currently first vice president of the U.S. Olympic Committee.

IRONICALLY, Kelly's own athletic achievements were not in swimming, but in rowing. He was on four U.S. Olympic rowing teams (1948 through 1960), won two Pan American Games gold medals in 1955 and 1959, captured the world individual rowing championship in Amsterdam in 1949, and won England's coveted Henley Regatta — sort of the Wimbledon of rowing — in 1947 and again in '49.

He still counts his first Henley triumph as his greatest thrill as an athlete. "My father (an Olympic rowing champion himself) had been denied the right to compete in the

Henley," Kelly recalled. "Well that, along with being Irish and beating the English at their own game, made that all a very big thing for us. Also, all my sisters were there, and my mother, so it was quite a thrill.

"You know, back in those days," he laughed, "Grace Kelly was known as Jack Kelly's sister. Things have changed quite a bit since."

But not Jack. He still looks like a rowing champion, even fit enough to keep up with the international jet-setting of his famous niece, the Princess Caroline. (In actuality, he still is a champion, having won the National Masters Rowing Championship this year in the over-50 age bracket.)

HE IS A solid man who looks rather like an astronaut. He is classically square-jawed. His short hair is slicked straight back and he wears tortoise shell glasses (taken off for photographs).

Kelly's interest in competitive swimming grew out of his desire to bring major swim events to an Olympic pool built in Philadelphia by his millionaire industrialist father back when John Sr. headed that city's parks commission. Jack's efforts earned the city the AAU National Championship meets in 1955, '57, '61, '67, and '76.

Similarly, in his new position in

Ironman Scott Tours Hawaii

DAVE SCOTT doesn't need to wait for the Olympics in Moscow, U.S.S.R., or Moscow, Idaho, to prove his athletic prowess.

Scott completed more than 140 miles of swimming, bicycling and running in a record nine hours 30 minutes to capture the third annual Ironman Triathlon at Honolulu.

His time broke the 11-hour 15-minute mark established by Tom Warren last year.

Scott, coach of the 400-member Masters Aquatics Swimming Club in Davis, Calif., began his ultra-endurance conquest with a 2.4-mile swim off Waikiki Beach, then immediately changed clothes to bicycle 112 miles around Oahu. He completed the day with a 26-mile 385-yard marathon.

Scott, a three-time winner of the annual 2.4-mile Waikiki Roughwater Swim, completed the swim leg in 51 minutes, the bike portion in five hours three minutes and the marathon in about 3½ hours.

— WALTER KRIETSCH

300 ENTER OTTER MASTERS

This year's famous Otter Masters Tournament moved from its usual venue in Westminster to the more attractive pool at Swiss Cottage, although the Lord Mayor of Westminster still took the trouble to cross the borough boundary in order to declare the event open. This heralded the start of a hectic competition for over 300 competitors from all over Britain and abroad in 81 events.

Internationals Take Part

For inexplicable reasons numbers of entries and standards achieved do vary quite markedly across age-groups, with some groups being quite weak overall and others very strong. In the latter category was the men aged 40-44, where Terry Boyes (who must, after his American successes, be considered one of the world's leading Masters swimmers) had to battle out several events with former famous international and Olympic swimmers Graham Symonds and Graham Sykes. Particularly satisfying for Boyes must have been the butterfly; in his heyday Symonds was easily the best in Britain, now they battle it out stroke-for-stroke with Boyes getting the touch. That's what makes Masters swimming so fascinating.

European Champion Comes Back

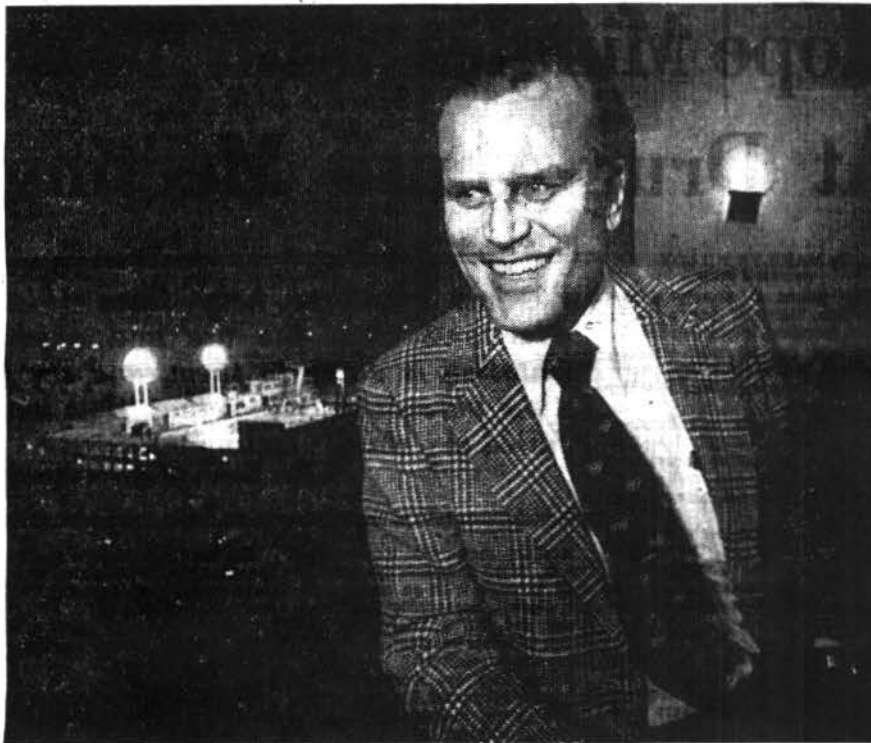
Many other famous names from the past took part. It was good to see Roy Romain, European butterfly champion in 1947, return to win three events in the over-sixties. Olympians Geoff Thwaites, Athol Still, Ronnie Burns and Ron Roberts all scored notable victories. And it was nice to see Jill Norfolk (née Whyman), former world backstroke record-holder, return to the water watched by her two children, to win, of course, the backstroke.

The day finished, for many of the competitors, at a highly enjoyable disco event organised by Otter SC, where they continued to demonstrate that you can get most out of life by staying active.

Change of Law Required

Whilst still hoping for a change of Law (FINA) to allow amateurs and professionals to compete together in Masters events without the amateur losing his right to compete in amateur competition subsequently, Otter SC have stated that they will maintain their successful promotion of Masters swimming with another major event in 1980.

THE SWIMMING TIMES DECEMBER 1979



— JOHN COPELAND/Miami Herald Staff

Jack Kelly, Best Known for His Rowing, Is Backing a New Sport ... Princess Grace's brother is Swimming Hall of Fame's new president

Fort Lauderdale, he hopes to work to bring more major swimming events to the Hall of Fame to increase its visibility both nationally and locally.

Those publicity efforts, however,

will probably not include visits by his royal sister. "The only time she comes over (to the States) now is for an occasional vacation or meetings of 20th Century Fox — she's still on their board," Kelly noted.

"But I've been to a few of your discos here," he smiled. "Not bad; I'd be more likely to get her daughter and (Caroline's husband, Philippe) Junot down. Fort Lauderdale's more their scene."

SWIM-MASTER

SUBSCRIPTION FORM

New Renewal

ONE YEAR - NINE ISSUES

USA - \$ 7.00 FOREIGN - \$ 11.00

NAME _____

ADDRESS _____

Mail To: SWIM-MASTER
2308 NE 19 Ave., Ft. Lauderdale, FL 33305

MASTERS NOTES
SWIMMING

SUBSCRIPTION RATE INCREASE - Five increases in printing costs in 1979 necessitates an increase in the subscription rate for SWIM-MASTER. As of January 1, 1980 the rate will be \$7.00 per year (USA) and \$11.00 per yr (Foreign). This rate is for 9 issues. Anyone sending last yrs rate will receive only 7 issues unless the additional \$1.00 is received immediately upon receipt of this notice. Check the address label for renewal date. If it says 280, this is your last issue unless you renew.....

ALL-AMERICAN ADDITIONS - Ted Haartz takes full credit for omissions in the All-American list last month and apologizes to those whose names appear below:

- W 60-64 & 65-69 - Mildred Anderson
- M 25-29 - Rick Bober
- W 25-29 - D. Glassman
- W 40-44 - M. Spencer

Also, delete the name Horne in M 65-69. Anyone wishing an All-American Certificate and Patch, please send your name and address with a check to A.A.U. for \$3.00 to Ted Haartz, 155 Pantry Rd., Sudbury, MA 01776.....

SWIMMER KILLED IN PLANE CRASH - Air Force Major Rowland Stanley was killed Jan. 26th when the Navy jet he and another military pilot were flying crashed in a farmer's field 4 mi west of the Patuxent Naval Air Test Center in St. Marys County. Stanley, competing for the Western YMCA based Maryland Masters team, was ranked in the Top Ten in the 35-39 age group. His widow Pat, is also a nationally-ranked Maryland Masters swimmer.....

RUN AIDS HUNGER PROJECT - She did it! 52-year-old Joanita Reed ran her age in miles and raised more than \$2,000 in pledges to go toward

the end of world hunger. "I never could have made it without the support of so many people," Joanita said after she crossed the finish line. Starting her 52-mile run a little before 7 am, the spry swimming instructor and director of Alamo Heights' adult swimming program completed her journey in less than 10 hours. More than 20 people ran at least part of the 52-mile route with the German native who has been training for more than a year now to run her age to support The Hunger Project. Joanita personally experienced hunger during her childhood in World War II Germany and would do it again to help end world hunger. Congratulations.....

FROM DEAN C. ROGERS, JR. OF VIRGINIA - Dean writes: I swam varsity swimming in college 2 out of 4 years, the remaining 2 yrs being ineligible due to poor grades. There has always been a strong desire in my heart to resume swimming training because of the strong physical and emotional benefits I received when I trained every day. This area of the country (western shores of the Chesapeake Bay) has abundant water resources, due to a jellyfish which ruins the tidal areas in most of the summer recreation areas. Even a great many of the watermen who fish, crab, and tong oysters for a living cannot swim! I believe the potential for organized swimming in this area is immense although virtually untapped. Thanks for your help.....

1980 UNITED STATES AQUATIC SPORTS CONVENTION - This first annual convention will be held at Snowbird, Utah from Monday Sep. 29th through Sat. October 4th. Snowbird is 31 miles from Salt Lake International Airport. You will want to make your travel plans as far in advance as possible. Sometime in the spring the Aquatic liaison in each Association will receive a brochure with an 800 number to call to make your reservations. This number will be a direct line to United Airlines' Convention Service Air Reservation Desk. Snowbird is also served by American Airlines, Frontier, Hughes Airwest, Texas International and Western Airlines. More information will follow and keep in touch with your Association Swimming Committee.....

SWIMMING THE 1650 - I swam next to Bumpy in the 1650 F.S. last weekend. By the time I finished he had already taken his shower, dressed and was ready for dinner! (from Bill King).....

THOUGHT FOR THE DAY - "When th going gets tough, the sprinters get out." (Old Sternwheeler).....

NATIONAL SC SWIMMING CHAMPIONSHIPS - Eight entries have already been received! Please note: the Bahia-Mar Hotel has been filled for May 16 with a Convention - sorry!.....

AND ON A FINISHING NOTE - To learn to think, we must therefore exercise our limbs, our senses, and our body organs which are tools of the intellect; and to get the best use out of these tools, the body which supplies us with them must be strong and healthy. (Jean Jacques Rousseau, 1712-1778)

SWIM-MASTER

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

SWIM CALENDAR

VOL IX - NO 2

FEBRUARY 1980

FEB 16	Ridgewood YMCA - Carol Baker, 112 Oak St., Ridgewood, NJ 07450
16-17	Baltimore - Barbara Bowman, 10330 Malcom Cir, Apt K, Cockeysville, MD 21030
17	San Diego - Dave Dunbar, 5703 La Jolla Hermosa, La Jolla, CA 92037
22-23	Manchester Open - Mel Siebold, 41 Center St., Manchester, CT 06040
MAR 1	Bridgewater - Bob Macionis, Box 6300 Garretson Rd., Bridgewater, NJ 08807
1-2	Lubbock Y - Gene Hildreth, 3102 36th St., Lubbock, TX 79413
1-2	SC - Herb Huddleston, Orlando Rec Dept, 649 W. Livingston St., Orlando, FL 32801
2	SPA at Irvine - Mike Gilmore, P.O. Box 5901, Santa Monica, CA 90405
8	Upper Mainline Y - Arthur Mayer, 1024 Elkton Rd., Neward, DE 19711
8	Invitational - Laura Foley, 8604-108 St., Edmonton, Alberta T6E 4M4 Canada
8	Powel Crosley Y - Ed Hunter, 423 Flemridge Ct., Cincinnati, OH 45231
8	Disco-Etobicoke Olympium - Beth Whittall, P.O. Box 413, Schomberg, Ont. L0G 1T0 Canada
8-9	TX A&I - Ron Hunt & Dave Gillanders, Campus Box 198, Texas A&I U, Kingsville, TX 78363
9	Bethpage HI - Jim Forbes, 8 Cambridge Ct., Bethpage, NY 11714
9	SC - Mainline Y - Jody Schmidt, 1416 Berwyn-Paoli Rd., Berwyn, PA 19312
15-16	SC - Mrs. J. Whitcomb, 1981 Villafane Dr., Pensacola, FL 32503
15-16	SC - Lisa Watson, 1466 E. Druid Vallay Dr., Atlanta, GA 30329
15-16	SC & Diving - John George, 913 E. 10, Edmond, OK 73034
15-16	Los Altos - Jean Howe, 264 Avalon Dr, Los Altos, CA 94022
16	SC Hurth - Gert Fuchs, Benfleetstraße 11, 5000 Köln 40, West Germany
22	Westfield YMCA - Jim McCarthy, 138 Ferris Place, Westfield, NJ 10709
23	Midland Masters - Jim Work, 3409 Lawndale, Midland, MI 48640
29-30	Rinconada SC - Cindy Baxter, 740 Calra Dr., Palo Alto, CA 94303
29-30	SC - Thomas D. Boak, Jr., 2720 N. Logrun Cir., The Woodlands, TX 77380
APR 5	Hawaiian Postal Relays - Jerry Bennett, 45-090 Namoku St., Kaneohe, HI 96744
11-13	Northern Masters at Gateshead, Tyne & Wear, England - Ronnie Burns, 1, The Dell, Fulbeck, Morpeth, Northumberland, Great Britain
11-13	Southern Regional - Joe Biondi, 216 Elizabeth St., Clearwater, FL 33519
12	Yale - Steve Broker, 76 Diamond St., New Haven, CT 06515
19-20	SC - Bill Kloppe, 213 Osceola Ave., Nashville, TN 37209
19-20	Harvard - Tom Lyndon, 54 Walnut St. #7, Waltham, MA 02154
19-20	Michigan Finals - Bill King, 3620 Greenway, Royal Oak, MI 48073
19-20	York Dutch - Cal Schaeffer, 47 E. Philadelphia St., York, PA 17401
25-27	SC - Jack Buchannan, 29195 Hinstead Dr., Evergreen, CO 80439
25-27	East Coast - Bob Macionis, Bridgewater Com. Pool, Box 6300, Bridgewater, NJ 09907
26-27	O*H*I*O Masters - Meet Director, P.O. Box 8513, Canton, OH 44711
22-26	Masters Swim Camp - US Sports Camps, P.O. Box 6546, Charlottesville, VA 22906
MAY 16-18	NATIONAL SHORT COURSE CHAMPIONSHIPS - Ft. Lauderdale, FL - SHOF Pool June Krauser, 2308 NE 19 Ave., Ft. Lauderdale, FL 33305 (self ad stamped env please)
23-25	YMCA Masters National Championships - Cal Schaeffer, 47 E. Philadelphia St., York, PA
23-25	St. Pete LC - Joe Biondi, 216 Elizabeth St., Clearwater, FL 33519
JUL 25-27	LC - Leslie Samuels, Metairie YMCA, 3726 Hauma Blvd., Metairie, LA 70002
CENTRAL AAU	- P. Windrath, 1821 Howard St., F., St. Charles, IL 60174 FEB 23-24, MAR 9, APR 4-5, APR 20, MAY 2-4
DC MASTERS	- Dave McAfee, 510 E. Broad St., Falls Church, VA 22046 - MAR 8, APR 12, JUL 12, AUG 2-3
OREGON AAU	- Earl Walter, 3904 SW 57 Ave., Portland, OR 97225 - FEB 17, MAR 16, APR 4-5, MAY 3-4, JUN 8, JUL 11-12, AUG 13-14
CORONADO MASTERS	- Alicia Horst, 24 The Point, Coronado, CA 92118 - MAR 16, MAY 25, JUL 27, OCT 19, DEC 7
WISCONSIN AAU	- John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108 - MAR 1, MAR 22 - APR 12-13
OHIO AAU	- Roy Stickney, 499 N. Columbia Ave, Bexley, OH 43209 - FEB 17, MAR 23, APR 20
Mail 3 copies of meet results to: Enid Uhrich, 25 Lafayette Rd., Newton Lwr Falls, MA 02162**	