

## SAN MATEO MARLINS

The following is mostly from memory but Ray and Zada Taft have been swimming together since 1936. They met at Crystal Plunge in San Francisco at 16 years of age and were both under the tutelage of Charlie Sava. They opened their own swim school, with a veterans loan in San Mateo, 1955, started an age group team and then a parents team to help parents somewhat understand what their swimmers were going through.

In 1969 they heard of the Senior Olympics for those over 40 years of age and Ray went and won. Ray talked Zada into going in 1970 and surprise, she won too! Zada had never won anything ever before. From the first A.A.U. Masters Nationals held in San Mateo in 1972 through the U.S.M.S. Short Course Nationals at Stanford University in 1987, Ray and Zada have managed to go to at least one National Masters Championship a year, depending on distance and time. Ray has won from five to seven events at every National he's been to and holds records in almost every event in the Pacific Association.

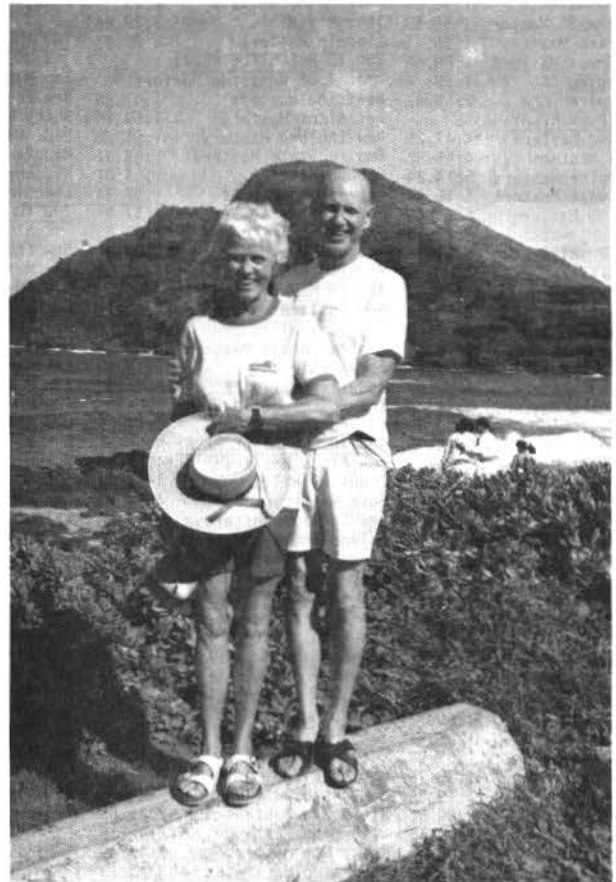
Ray won six gold medals in 1984 in New Zealand and five gold medals with three World Records in Japan in 1986.

Zada usually places at the Nationals, and sometimes gets the gold. She tries to swim every event every year, both short and long course. In 1975, she made Top Ten in every event possible - Short Course and Long Course. They both swim in all the local open water events and are usually first or second. Ray has made All-American every year since it was established and Zada has made it quite a number of times.

Zada's goal is to be the oldest woman to swim across the Golden Gate and in from Alcatraz and to date, she is. The cold water is becoming difficult. Eleven years running Ray & Zada have won their age group at the Waikiki 2 plus mile swim. Ray has won his age group in the 5 mile Waikiki every time he has been there and Zada won once. They have been to every Pacific Association Sanctioned Masters meet since its inception, except one. They love their weekend vacations at swim meets. The people, swimmers and officials are the most gracious, cour-

teous, helpful, happy, healthy and fun loving people on earth.

Ray and Zada Taft ARE San Mateo Marlins!



## TRUE OR FALSE: A ONE MINUTE QUIZ

1. A calorie is a measure of food energy.
2. Your body requires some amounts of about 50 different nutrients.
3. Eating nutritious foods is not important as long as you take vitamin pills.
4. Iron deficiency is a common nutrient deficiency in the U.S.
5. Sugars and starches are carbohydrates.
6. Fat has more than twice the calories of carbohydrates.
7. A high-protein and low-carbohydrate diet is the key to losing weight.
8. Sodium has no place in the diet.

Answers to the quiz on page 11.

# Top Ten

## TOP TEN SC RELAYS

### WOMEN 19+

200 YD MEDLEY  
San Diego Swim Masters\*2:04.18  
Pacific Northwest 2:04.64  
San Diego Swim "B" 2:04.65  
Oregon Masters 2:07.22  
New England Masters 2:07.38  
Santa Clara Masters 2:09.17  
Walnut Creek Masters 2:12.35  
Maryland Masters 2:13.47  
Inland Empire Masters 2:13.48  
Davis Aquatic Masters 2:13.96

200 YD FREESTYLE  
Pacific Northwest \*1:48.84  
Oregon Masters 1:49.98  
Maryland Masters 1:51.12  
Monterey Peninsula M 1:54.23  
Lincoln Masters 1:56.17  
Santa Clara SC Masters 1:56.50  
Walnut Creek Masters 1:58.11  
Central Coast Masters 1:58.60  
Inland Empire "A" 1:58.74  
Inland Empire "B" 1:59.42

400 YD MEDLEY RELAY  
New England Masters \*4:47.25  
St. Louis Masters 4:49.92  
Inland Empire Masters 5:14.24  
Central Coast Masters 5:16.44  
Mission Bay Masters 5:23.63  
Pacific Northwest 5:49.20  
Saddleback Valley 5:59.98

400 YD FREESTYLE RELAY  
Strawberry Canyon \*3:55.39  
Santa Clara SC Masters 4:11.58  
New England Masters 4:14.43  
Los Altos Masters 4:18.09  
Walnut Creek Masters 4:34.14  
Mission Bay Masters 4:37.07  
Inland Empire Masters 4:38.28  
Lincoln Masters 5:20.93  
Inland Empire "B" 5:49.98  
Central Coast Masters 5:50.35

800 YD FREESTYLE RELAY  
Strawberry Canyon \*8:35.58  
Santa Clara SC Masters 9:14.19  
Walnut Creek "A" 9:19.14  
Inland Empire Masters 9:27.67  
Walnut Creek "C" 9:51.40  
Central Coast Masters 9:55.34  
Walnut Creek "B" 10:19.33  
Strawberry Canyon "B" 12:44.01

WOMEN 25+

200 YD MEDLEY RELAY  
Walnut Creek Masters \*1:52.62  
San Diego Swim Mas 1:55.17  
Westside Masters 1:55.56  
D.C. Masters 1:55.98  
Rinconada Masters 1:58.75  
Ladera Oaks 1:59.56  
Longhorn Aquatics 2:00.51  
Husky 2:00.54  
Walnut Creek "B" 2:00.67  
New England Masters 2:00.76

200 YD FREESTYLE RELAY  
\*1:37.79 Westside Masters  
Walnut Creek Masters 1:39.66  
San Diego Swim Mas 1:40.79  
D.C. Masters 1:41.47  
New England Masters 1:43.78  
Rinconada Masters 1:44.16  
Lone Star Masters 1:44.31  
Westside Masters 1:45.03  
Los Altos Masters 1:45.32  
Ladera Oaks 1:45.64  
El Segundo Masters 1:45.67

400 YD MEDLEY RELAY  
New England Masters \*4:38.53  
St. Louis Masters 4:38.55  
Boca Masters "A" 4:54.71  
Las Vegas Masters 4:58.83  
Boca Masters "B" 5:00.93  
New England "B" 5:04.12  
Inland Empire "A" 5:05.71  
Empire State Masters 5:16.70  
Inland Empire "B" 5:35.29  
Inland Empire "C" 7:26.60

400 YD FREESTYLE RELAY  
New England Masters \*3:51.58  
El Segundo Masters 4:04.72  
Walnut Creek "B" 4:10.64  
Lynbrook Aquatics 4:12.13  
Santa Cruz Masters 4:13.33  
Peninsula Covenant 4:16.29  
Walnut Creek "C" 4:17.73  
Boca Masters 4:18.77  
Strawberry Canyon 4:18.80  
New England "B" 4:25.07

### 800 YD FREESTYLE RELAY

New England Masters \*8:45.03  
Lynbrook Aquatics \*8:51.01  
Strawberry Canyon 9:05.29  
Los Altos Masters 9:07.00  
Las Vegas Masters 9:56.60  
New England "B" 9:58.73  
Central Coast Masters 10:13.12  
Inland Empire 10:50.98  
Strawberry Canyon "B" 11:42.78  
Industry Hills 11:43.92

### WOMEN 35+

200 YD MEDLEY RELAY  
\*2:02.02 Westside Masters  
Westside Masters 2:03.04  
Los Altos Masters 2:04.75  
Oregon Masters 2:05.92  
New England Masters 2:06.40  
Empire State Masters 2:11.54  
Maryland Masters 2:14.27  
Alameda Masters 2:15.59  
Rocky Mtn. Masters 2:19.59  
Industry Hills 2:20.86  
Lincoln Masters 2:21.23

### 200 YD FREESTYLE RELAY

\*1:47.05 Westside Masters  
Westside Masters 1:47.88  
Los Altos Masters 1:50.15  
New England Masters 1:51.28  
Empire State Masters 1:52.07  
Oregon Masters 1:54.01  
Pacific Northwest 1:57.34  
Maryland Masters 1:57.81  
Industry Hills 1:59.53  
Alameda Masters 2:00.31  
Rocky Mtn Masters 2:01.08

400 YD MEDLEY RELAY  
New England Masters \*4:52.72  
Industry Hills 5:21.72  
Central Coast Masters 5:46.23  
Boca Masters 5:52.42  
Industry Hills "B" 6:01.65  
Inland Empire "A" 6:06.72  
Inland Empire "B" 8:17.95

400 YD FREESTYLE RELAY  
Los Altos Masters \*4:18.09  
Industry Hills 4:54.64  
Boca Masters 4:59.81  
New England Masters 5:02.68  
Inland Empire Masters 5:18.42  
Lincoln Masters 5:59.38  
Cleveland Master Cats 6:19.11

### 800 YD FREESTYLE RELAY

Empire State Masters \*9:00.25  
Los Altos Masters 9:21.50  
New England Masters 9:47.31  
Industry Hills 9:47.33

WOMEN 45+

200 YD MEDLEY RELAY  
Tampa Aquatic "C" \*2:17.76  
Pacific Northwest 2:18.76  
Southern Cal. AM 2:22.27  
San Diego Swim Mas 2:23.96  
Rinconada Masters 2:26.85  
Lexington Masters 2:42.15  
Rocky Mtn Masters 2:43.09  
San Mateo Marlins 2:43.13  
Sacramento Ass of Mas 2:43.76  
Lincoln Masters 2:53.58

### 200 YD FREESTYLE RELAY

Tampa Aquatic \*1:58.14  
Southern Cal AM 2:01.90  
Pacific Northwest 2:03.25  
San Diego Swim Mas 2:09.18  
Rinconada Masters 2:10.31  
Empire State Masters 2:10.56  
San Mateo Marlins 2:15.84  
Lincoln Masters 2:25.14  
Walnut Creek Masters 2:26.76  
Pacific Northwest "B" 2:29.57

400 YD MEDLEY RELAY  
Santa Barbara SC \*6:38.86

400 YD FREESTYLE RELAY  
San Diego Swim Mas \*5:08.21  
Strawberry Canyon AM 5:40.91  
Industry Hills 7:03.86

800 YD FREESTYLE RELAY  
San Diego Swim Mas \*11:08.22  
Strawberry Canyon AM 12:16.60  
Inland Empire 14:36.52

### WOMEN 55+

200 YD MEDLEY RELAY  
New England Masters \*2:36.25  
Walnut Creek Masters 2:42.02  
New England "B" 2:45.80  
Santa Barbara Swim C 2:54.73  
Pacific Northwest 2:54.87  
Los Altos Masters 3:03.83  
Rinconada Masters 3:03.91  
San Mateo Marlins 3:05.35  
New England "C" 3:16.26

### New England "D" 3:23.87

### 200 YD FREESTYLE RELAY

New England Masters \*2:14.94  
New England "B" 2:21.54  
Walnut Creek Masters 2:24.14  
Arizona Masters 2:27.61  
Santa Barbara Swim C 2:29.53  
Los Altos Masters 2:34.96  
Pacific Northwest 2:37.27  
Rinconada Masters 2:44.02  
Tampa Aquatic 2:46.55  
New England "C" 2:49.05

### 400 YD MEDLEY RELAY

Santa Barbara Swim \*6:34.11

400 YD FREESTYLE RELAY  
New England Masters \*5:34.52  
Arizona Masters 5:49.36  
Walnut Creek Masters 5:53.62

800 YD FREESTYLE RELAY  
Santa Barbara Swim C \*12:19.87  
Walnut Creek Masters 13:00.22  
Industry Hills 15:27.12

### WOMEN 65+

200 YD MEDLEY RELAY  
\*3:09.55 Lincoln Masters  
San Mateo Marlins 3:17.67  
New England Masters 3:18.27  
Rocky Mtn Masters 3:26.36  
D.C. Masters 3:41.40  
Middle Atl Masters 3:55.27  
Rinconada Masters 4:07.52  
Lincoln Masters 4:14.56

### 200 YD FREESTYLE RELAY

\*2:52.04 Lincoln Masters  
New England Masters 2:52.89  
San Mateo Marlins 2:57.98  
D.C. Masters 3:00.35  
Rocky Mtn Masters 3:07.48  
Walnut Creek Masters 3:21.91  
Middle Atl Masters 3:22.82  
Lincoln Masters 3:32.58  
San Mateo Marlins "B" 3:49.53

400 YD FREESTYLE RELAY  
New England Masters \*6:33.80  
San Mateo Marlins 7:25.83  
Walnut Creek Masters 7:42.63

800 YD FREESTYLE RELAY  
San Mateo Marlins \*15:52.19  
Walnut Creek Masters 16:53.86

### WOMEN 75+

200 YD MEDLEY RELAY  
Walnut Creek Masters \*5:39.54

200 YD FREESTYLE RELAY  
\*4:29.97 Humahuma  
#####  
#####  
#####

MEN 19+

200 YD MEDLEY RELAY  
Walnut Creek Masters \*1:44.83  
West Hollywood SC 1:45.45  
Pacific Northwest 1:45.63  
Golden Gate Masters 1:47.72  
San Diego Swim Mas 1:48.09  
Texas Aquatics Mas 1:48.32  
Maryland Masters 1:50.43  
Pacific Northwest 1:51.95  
San Diego "B" 1:52.09

### 200 YD FREESTYLE RELAY

Texas Aquatics Mas \*1:31.73  
West Hollywood S.C. 1:33.38  
So Cal Aquatic Mas 1:34.18  
South Bay Waves 1:34.21  
Walnut Creek Masters 1:34.41  
Lincoln Masters 1:35.10  
Rockford YMCA Masters 1:35.20  
Missouri Valley Mas 1:35.26  
Inland Empire 1:35.52  
Pacific Northwest 1:35.69

### 400 YD MEDLEY RELAY

South Bay Waves \*4:02.13  
UCI Masters 4:17.07  
Mission Bay Masters 4:20.02  
New England Masters 4:27.29  
Inland Empire 4:49.60  
Pacific Northwest 4:50.06  
St. Louis Masters 4:59.97  
Industry Hills 5:00.99  
Inland Empire "B" 5:30.29

### 400 YD FREESTYLE RELAY

South Bay Waves \*3:27.97  
San Diego Swim Mas 3:28.16  
Walnut Creek Masters 3:31.85  
Los Altos Masters 3:40.72  
Mission Bay Masters 3:40.96  
Rockford YMCA Masters 3:56.45  
Santa Clara SC Mas 4:04.81  
Walnut Creek "B" 4:05.02  
Strawberry Canyon 4:09.39  
Inland Empire 4:15.10

### 800 YD FREESTYLE RELAY

Walnut Creek Masters \*7:51.28  
New England Masters 8:29.16  
Santa Clara SC Mas 9:17.61

### MEN 25+

200 YD MEDLEY RELAY  
\*1:34.30 Lone Star Masters  
Valley Forge Masters 1:35.81  
Lone Star Masters 1:37.16  
The Olympic Club 1:37.53  
Belmont Shore 1:37.87  
Southern Cal A.M. 1:38.03  
Mills Aquatic Mas 1:38.08  
D.C. Masters 1:38.57  
Walnut Creek Masters 1:38.80  
San Jose Aquatics 1:39.09  
Lynbrook Aquatic 1:39.47

### 200 YD FREESTYLE RELAY

\*1:23.92 Lone Star Masters  
Lone Star Masters 1:24.62  
The Olympic Club 1:25.34  
Valley Forge 1:25.68  
D.C. Masters 1:27.71  
Lynbrook Aquatic 1:27.96  
Lone Star Masters "B" 1:27.99  
Southern Cal AM 1:28.27  
Mills Aquatic Masters 1:28.89  
Rocky Mtn Masters 1:28.90  
Cal Tech Pac 1:29.42

### 400 YD MEDLEY RELAY

Texas Aquatics Mas \*3:44.49  
San Diego Swim Mas 3:52.95  
El Segundo Masters 3:55.30  
Bolts 3:59.04  
Pacific Northwest 4:03.72  
Las Vegas Masters 4:04.77  
Boca Masters 4:04.89  
Metro Aquatics 4:04.99  
Mission Viejo Masters 4:05.53  
Vonnrvivuy Masters 4:06.93

### 400 YD FREESTYLE RELAY

Lynbrook Aquatics \*3:19.80  
El Segundo Masters 3:21.39  
Texas Aquatics Mas 3:22.46  
Walnut Creek Masters 3:22.89  
Lynbrook Aquatics "B" 3:31.22  
San Mateo Marlins 3:32.44  
Connecticut Masters 3:33.95  
Las Vegas Masters 3:34.32  
Santa Cruz 3:34.82  
Belmont Shores SC 3:34.85

800 YD FREESTYLE RELAY  
Lynbrook Aquatics \*7:28.59  
Walnut Creek Masters 7:30.32  
El Segundo Masters 7:40.90  
San Mateo Marlins 7:47.21  
Lynbrook Aquatics "B" 7:57.71  
Bolts 8:06.66  
Las Vegas Masters 8:06.89  
Walnut Creek "B" 8:21.75  
Lynbrook Aquatics "C" 8:22.45  
Los Altos Masters 8:26.59

### MEN 35+

200 YD MEDLEY RELAY  
Southern Cal AM \*1:40.83  
Valley Forge 1:43.21  
Ladera Oaks 1:44.08  
Rocky Mtn Masters 1:44.18  
The Olympic Club 1:44.40  
Walnut Creek Masters 1:44.40  
South Bay Waves 1:46.45  
Husky Swim Club 1:46.78  
San Diego Swim Mas 1:47.32  
Lone Star Masters 1:48.70

### 200 YD FREESTYLE RELAY

\*1:28.69 Trojan Swim Club  
Ladera Oaks 1:29.65  
The Olympic Club 1:31.03  
Rocky Mtn Masters 1:31.38  
Southern Cal AM 1:31.67  
Husky Swim Club 1:32.67  
Walnut Creek Masters 1:32.95  
New England Masters 1:34.08  
San Mateo Marlins 1:34.75  
San Diego Swim Mas 1:34.93  
Empire State Masters 1:35.74

400 YD MEDLEY RELAY  
San Diego Swim Mas \*4:06.16  
Boca Masters 4:20.45  
Mission Viejo Masters 4:28.37  
New England Masters 4:30.48  
Inland Empire 4:45.11  
El Segundo Masters 4:56.82  
Las Vegas Masters 5:08.51  
Inland Empire "B" 5:43.07

### 400 YD FREESTYLE RELAY

San Diego Swim Mas \*3:35.06  
Walnut Creek Masters 3:39.79  
Los Altos Masters 3:41.25  
San Mateo Marlins 3:43.25  
New England Masters 3:44.53

Strawberry Canyon 3:49.89  
Walnut Creek "B" 3:53.36  
Lynbrook Aquatics 3:54.67  
Boca Masters 3:56.71  
Mission Viejo Masters 4:01.72

### 800 YD FREESTYLE RELAY

Southern Cal AM \*8:08.95  
Walnut Creek Masters 8:16.85  
Lynbrook Aquatics 8:23.32  
Los Altos Masters 8:46.91  
Santa Cruz Masters 9:21.41  
Inland Empire 9:31.31  
Walnut Creek "B" 9:47.09  
New England Masters 11:01.96

### 200 YD MEDLEY RELAY

\*1:51.41 The Olympic Club  
Connecticut Masters 1:51.63  
The Olympic Club 1:53.35  
Pacific Northwest 1:53.66  
New England Masters 1:55.21  
San Diego Swim Mas 1:55.85  
Rinconada Masters 1:56.83  
D.C. Masters 1:58.65  
San Mateo Marlins 1:59.35  
Humuhumunukunuaupuaa 1:59.75  
El Segundo Masters 2:01.00

### 200 YD FREESTYLE RELAY

\*1:35.63 The Olympic Club  
The Olympic Club 1:37.24  
Empire State Masters 1:37.94  
Connecticut Masters 1:40.95  
San Diego Swim Mas 1:41.61  
The Olympic Club "B" 1:42.38  
Rinconada Masters 1:42.73  
Pacific Northwest 1:42.73  
Trojan Swim Club 1:43.11  
D.C. Masters 1:44.01  
Humuhumunukunuaupuaa 1:44.65

### 400 YD MEDLEY RELAY

San Diego Swim Mas \*4:49.59  
Boca Masters 4:50.61  
Inland Empire 5:12.63  
Industry Hills 5:44.94  
New England Masters 5:48.52  
Inland Empire "B" 8:16.08

400 YD FREESTYLE RELAY  
San Diego Swim Mas \*4:12.42  
Inland Empire 4:21.40  
San Mateo Marlins 4:28.09  
Walnut Creek Masters 4:29.06  
Boca Masters 4:50.39  
7 Inland Empire "B" 5:07.43  
Knoxville Westside Y 5:08.02

### 800 YD FREESTYLE RELAY

Inland Empire \*9:52.40  
Walnut Creek Masters 10:16.96  
San Diego Swim Mas 10:18.76  
San Mateo Marlins 10:37.23  
New England Masters 11:24.56  
Inland Empire "B" 12:20.62

### MEN 55+

200 YD MEDLEY RELAY  
Southern Cal AM \*1:57.74  
New England Masters 2:03.60  
Southern Cal AM "B" 2:06.40  
The Olympic Club 2:09.82  
Industry Hills 2:10.67  
Rinconada Masters 2:11.72  
New England "B" 2:14.10  
Georgia Killer Whales 2:16.88  
Sacramento Ass of Mas 2:21.23  
Humuhumunukunuaupuaa 2:21.37

### 200 YD FREESTYLE RELAY

\*1:42.59 Industry Hills  
Southern Cal AM 1:44.68  
The Olympic Club 1:47.80  
San Diego Swim Mas 1:50.61  
New England Masters 1:50.94  
Southern Cal AM "B" 1:52.80  
Rinconada Masters 1:53.00  
Humuhumunukunuaupuaa 1:55.97  
New England Masters "B" 1:56.45  
Georgia Killer Whales 1:58.09  
Los Altos Masters 2:02.30

### 400 YD MEDLEY RELAY

New England Masters \*5:11.79  
Wisconsin Masters 5:36.79  
New England "B" 7:35.34

400 YD FREESTYLE RELAY  
New England Masters \*4:25.43  
Southern Cal AM 5:13.00  
New England "B" 5:40.89

### 800 YD FREESTYLE RELAY

New England Masters \*10:04.39



MEN 65+	
200 YD MEDLEY RELAY	
San Mateo Marlins	*2:14.04
Oregon Masters	2:17.89
Oregon Masters "B"	2:39.90
Long Beach Masters	2:37.70
Lone Star Masters	2:38.47
Empire State Masters	2:38:49
Middle Atl Masters	2:38.58
D.C. Masters	2:39.85
New England Masters	2:41.06
Pacific Northwest	2:42.83
200 YD FREESTYLE RELAY	
San Mateo Marlins	*1:56.41
Oregon Masters	2:01.43
Middle Atl Masters	2:02.95
D.C. Masters	2:06.27
Long Beach Masters	2:10.60
Oregon Masters "B"	2:11.69
Walnut Creek Masters	2:19.99
Lone Star Masters	2:20.15
New England Masters	2:21.38
Rinconada Masters	2:25.62
400 YD MEDLEY RELAY	
New England Masters	*7:09.82
MEN 75+	
200 YD MEDLEY RELAY	
*3:01.85 Long Beach Masters	
Rinconada Masters	3:15.62
200 YD FREESTYLE RELAY	
*2:26.59 Jersey Masters	
Rinconada Masters	2:49.18
Jersey Masters	2:59.78
*****	
*****	
MIXED 19+	
200 YD MEDLEY RELAY	
Berkeley AC Masters	*1:51.84
Boca Masters	1:53.07
Santa Barbara SC	1:53.40
New England Masters	1:54.76
Walnut Creek Masters	1:55.45
Sacramento Masters	1:56.51
Metro Aquatic Club	1:57.18
Maryland Masters	1:57.92
Monterey Peninsula	1:58.99
Lincoln Masters	1:59.31
200 YD FREESTYLE RELAY	
Ladera Oaks	*1:37.52
Strawberry Canyon AM	1:39.36
Berkeley AC Masters	1:39.98
Walnut Creek	1:40.86
Santa Barbara SC	1:41.93
Maryland Masters	1:43.79
Los Altos Masters	1:44.14
Lincoln Masters	1:44.40
Walnut Creek "B"	1:44.79
New England Masters	1:45.43
400 YD MEDLEY RELAY	
Santa Barbara SC	*4:09.80
New England Masters	4:26.36
Belmont Shores Swim	4:28.30
Lakeside Masters	4:28.67
Inland Empire	4:36.19
Central Coast Masters	4:38.36
New England "B"	4:50.51
Central Coast Masters	4:38.36
Inland Empire "B"	5:29.97
Inland Empire "C"	5:47.68
400 YD FREESTYLE RELAY	
Lincoln Masters	*3:53.21
Saddleback Valley	3:58.21
Lincoln Masters "B"	3:59.68
Lakeside Masters	4:01.80
Valley Forge "A"	4:03.24
Valley Forge "B"	4:03.30
New England Masters	4:05.78
Inland Empire "A"	4:06.68
Inland Empire "B"	4:17.93
Central Coast Masters	4:18.61
800 YD FREESTYLE	
Saddleback Valley A	*9:03.83
Industry Hills	9:11.99
Inland Empire "A"	9:48.59
Inland Empire "B"	9:50.64
MIXED 25+	
200 YD MEDLEY RELAY	
D.C. Masters	*1:43.17
Walnut Creek Masters	1:43.96
Lone Star Masters	1:44.56
Mills Aquatic Masters	1:45.09
Rocky Mtn Masters	1:45.61
Valley Forge	1:47.38
Lynbrook Aquatics	1:47.61
Rinconada Masters	1:47.62
Central Florida Mas	1:47.76
El Segundo Masters	
200 YD FREESTYLE RELAY	
Lone Star Masters	*1:30.65
Walnut Creek Masters	1:32.06
San Diego Swim Masters	1:33.97

Rinconada Masters	1:34.37
D.C. Masters	1:35.02
Lynbrook Aquatics	1:35.09
Valley Forge	1:35.38
Texas Aquatics	1:35.46
Rocky Mtn Masters	1:35.69
Sacramento Ass of Mas	1:35.84
400 YD MEDLEY RELAY	
El Segundo Masters	*4:24.47
South Bay WAVes	4:26.67
Inland Empire "A"	4:44.66
Wisconsin Masters "A"	4:44.83
D.C. Masters	4:47.13
New England Masters	5:07.25
Inland Empire "B"	5:21.41
Inland Empire "C"	5:26.18
Inland Empire "D"	5:28.53
Wisconsin Masters "B"	5:34.76
400 YD FREESTYLE RELAY	
San Diego Swim Mas	*3:36.34
South Bay Waves	3:46.61
Chicago Masters	3:47.11
Lincoln Masters	3:47.32
Mecklenburg Aquatic	3:50.95
New England Masters	3:58.36
El Segundo Masters	4:00.28
Lincoln Masters "B"	4:06.19
Chicago Masters "B"	4:08.99
Inland Empire "A"	4:13.13
800 YD FREESTYLE RELAY	
San Diego Swim Mas	*8:09.45
El Segundo Masters	8:18.57
St. Louis Masters	8:38.66
New England Masters	8:40.20
South Bay Waves	8:46.61
Inland Empire "A"	9:14.89
Empire State Masters	9:16.39
New England "B"	9:21.97
El Segundo Masters "B"	9:45.95
Mission Viejo Masters	10:21.67
MIXED 35+	
200 YD MEDLEY RELAY	
*1:48.59 New England Masters	
Ladera Oaks	1:49.28
Los Altos Masters	1:52.77
Empire State Masters	1:54.24
Rocky Mtn Masters	1:55.06
Westside Masters	1:55.24
Oregon Masters	1:55.76
Walnut Creek Masters	2:01.17
Maryland Masters	2:02.09
Westside Masters "B"	2:02.32
Valley Forge Masters	2:02.41
200 YD FREESTYLE RELAY	
*1:37.33 Westside Masters	
Los Altos Masters	1:38.52
Westside Masters	1:39.60
Ladera Oaks	1:40.34
New England Masters	1:42.80
Rocky Mtn Masters	1:43.73
Walnut Creek Masters	1:44.13
Oregon Masters	1:44.79
Tamalpais Aquatic	1:46.74
San Diego Swim Mas	1:46.88
Humuhumunukunuaupaa	1:47.89
400 YD MEDLEY RELAY	
Empire State Masters	*4:37.26
Virginia Masters	4:49.11
Wisconsin Masters	4:59.21
Inland Empire "A"	5:03.13
Virginia Masters "B"	5:24.67
Inland Empire "B"	5:55.56
Central Coast Masters	6:34.29
Inland Empire "C"	6:45.12
Wisconsin Masters "B"	6:49.41
400 YD FREESTYLE RELAY	
San Diego Swim Mas	*4:04.97
Lincoln Masters "A"	4:16.48
Valley Forge Masters	4:17.82
New England Masters	4:18.42
D.C. Masters	4:21.92
Virginia Masters	4:23.69
Southern Cal AM	4:25.26
Central Coast Masters	4:37.37
Reading Y	4:39.77
New England "B"	4:42.91
800 YD FREESTYLE RELAY	
Inland Empire	*10:12.33
Virginia Masters	10:34.83
Industry Hills	11:06.41
MIXED 45+	
200 YD MEDLEY RELAY	
Pacific Northwest	*2:03.26
San Diego Swim Mas	2:06.25
Humuhumunukunuaupaa	2:08.49
Tamalpais Aquatic	2:09.27
Rinconada Masters	2:10.62
San Mateo Marlins	2:11.06
Southern Cal AM	2:13.20
Pacific Northwest "B"	2:13.69

Empire State Masters	2:14.54
San Diego Swim Mas "B"	2:14.92
200 YD FREESTYLE RELAY	
*1:47.28 D.C. Masters	
Tamalpais Aquatic	1:48.56
Pacific Northwest	1:48.71
San Diego Swim Mas	1:51.93
Rinconada Masters	1:53.52
San Mateo Marlins	1:54.80
Maryland Masters	1:58.77
Rinconada Masters "B"	2:00.51
San Diego Swim Mas "B"	2:01.03
Knoxville Westside Y	2:01.54
Rocky Mtn Masters	2:02.48
400 YD FREESTYLE RELAY	
San Diego Swim Mas	*4:44.74
Knoxville Westside Y	4:48.47
Middle Atl Masters	5:06.16
Lincoln Masters	5:41.22
New England Masters	5:41.74
Inland Empire	6:17.46
800 YD FREESTYLE RELAY	
New England Masters	*11:53.83
St. Louis Masters	13:19.20
MIXED 55+	
200 YD MEDLEY RELAY	
*2:12.02 New England Masters	
Southern Cal AM	2:12.73
New England Masters	2:16.14
New England "B"	2:18.65
Arizona Masters	2:19.67
Middle Atl Masters	2:24.99
Los Altos Masters	2:29.20
Rinconada Masters	2:29.35
New England "C"	2:36.36
Wisconsin Masters	2:36.71
Walnut Creek Masters	2:37.49
200 YD FREESTYLE RELAY	
Southern Cal AM	*1:56.25
New England Masters	1:57.72
New England "B"	2:02.46
Arizona Masters	2:08.92
Los Altos Masters	2:09.31
Walnut Creek Masters	2:09.77
Rinconada Masters	2:13.05
New England "C"	2:13.60
Sacramento Ass of Mas	2:14.98
Rocky Mtn Masters	2:15.13
400 YD MEDLEY RELAY	
New England Masters	*5:25.18
Inland Empire	7:40.55
400 YD FREESTYLE RELAY	
New England Masters	*4:34.21
Middle Atl Masters	5:22.94
Newport Beach Masters	6:42.50
Inland Empire	7:52.24
Leaning Tower Gators	8:15.49
800 YD FREESTYLE RELAY	
New England Masters	*10:28.18
New England "B"	13:40.56
Inland Empire "A"	16:26.05
Inland Empire "B"	17:12.06
MIXED 65+	
200 YD MEDLEY RELAY	
*2:27.90 Lincoln Masters	
Connecticut Masters	2:29.78
Connecticut Masters "B"	2:32.26
San Mateo Marlins	2:34.94
D.C. Masters	2:57.27
Walnut Creek Masters	3:02.07
San Mateo Marlins "B"	3:05.67
Middle Atl Masters	3:09.43
Jersey Masters	3:10.24
Rocky Mtn Masters	3:20.35
D.C. Masters "B"	3:28.35
200 YD FREESTYLE RELAY	
*2:10.27 Lincoln Masters	
Connecticut Masters	2:13.53
San Mateo Marlins	2:14.82
D.C. Masters "A"	2:25.01
Long Beach Masters	2:29.17
Wisconsin Masters	2:31.97
New England Masters	2:38.20
San Mateo Marlins "B"	2:41.59
Middle Atl Masters	2:41.85
Pacific Northwest	2:45.13
D.C. Masters "B"	2:51.09
400 YD MEDLEY RELAY	
New England Masters	*7:09.29
400 YD FREESTYLE RELAY	
Connecticut Masters	*5:15.84
Middle Atl Masters	6:29.60
800 YD FREESTYLE RELAY	
Long Beach Masters	*13:20.72
MIXED 75+	
200 YD MEDLEY RELAY	
Rinconada Masters	*3:28.37
San Mateo Marlins	5:00.30

200 YD FREESTYLE RELAY	
Rinconada Masters	*2:44.49
Industry Hills	3:57.52
San Mateo Marlins	4:04.85
400 YD MEDLEY RELAY	
Industry Hills	*10:56.58
* NATIONAL RECORD	
*****	
*****	
87 SPMA LC CHAMPS	
LOS ANGELES, CA 9 AUG. 1987	
87-15	50 Meter Pool
WOMEN 19-24	
50 METER FREESTYLE	
Zeina Bawab 24*	30.49
Linda K. Parrish 24	31.02
Jamie L. Smith 23	31.48
Denise R. Pickford 22	32.84
Shari K. Chun 20	33.58
Penny E. Smyth 23	34.78
Dina L. Kubba 24	38.16
100 METER FREESTYLE	
Denise R. Pickford 22	1:09.24
Jamie L. Smith 23	1:10.07
Jody A. Adams 24	1:11.84
Penny E. Smyth 23	1:20.71
Shari K. Chun 20	1:26.31
200 METER FREESTYLE	
Zeina Bawab 24*	2:31.40
Linda K. Parrish 24	2:31.93
Jamie L. Smith 23	2:34.48
Jody A. Adams 24	2:37.86
Dina L. Kubba 24	3:04.70
Penny E. Smyth 23	3:18.77
400 METER FREESTYLE	
Linda K. Parrish 24	5:21.98
Jamie L. Smith 23	5:28.36
Jody A. Adams 24	5:34.48
Dina L. Kubba 24	6:35.07
800 METER FREESTYLE	
Linda K. Parrish 24	10:52.54
Jamie L. Smith 23	11:21.69
Dina L. Kubba 24	13:57.20
1500 METER FREESTYLE	
Dina L. Kubba 24	26:42.29
50 METER BACKSTROKE	
Jamie L. Smith 23	36.81
Denise R. Pickford 22	36.81
Erika J. Faulkner 23	40.86
Penny E. Smyth 23	48.32
100 METER BACKSTROKE	
Jamie L. Smith 23	1:20.72
Erika J. Faulkner 23	1:30.05
200 METER BACKSTROKE	
Jamie L. Smith 23	2:58.69
Erika J. Faulkner 23	3:13.03
50 METER BREASTSTROKE	
Denise R. Pickford 22	39.62
100 METER BREASTSTROKE	
Denise R. Pickford 22	1:24.30
200 METER BREASTSTROKE	
Denise R. Pickford 22	3:05.24
50 METER BUTTERFLY	
Denise R. Pickford 22	33.32
Jody A. Adams 24	36.50
Shari K. Chun 20	45.75
100 METER BUTTERFLY	
Zeina Bawab 24*	1:14.40
200 METER INDIVIDUAL MEDLEY	
Linda K. Parrish 24	2:47.29
Jody A. Adams 24	3:01.09
Jamie L. Smith 23	3:01.39
Erika J. Faulkner 23	3:15.66
WOMEN 25-29	
50 METER FREESTYLE	
Cathy Moylan 29	30.40
Barbara A. Ringhofer 26	33.78
Linda J. Cranston 29	34.36
Donna M. Doran 27	42.02
Lisa J. Donenfeld 26	44.89
Tracy A. Becker 28	49.10
100 METER FREESTYLE	
Claudia P. O'Brien 27	1:10.98
Vicki R. Smith 28	1:12.82
B. A. Ringhofer 26	1:20.84
Sandy L. Wood 25	1:22.15
Donna M. Doran 27	1:37.83
Tracy A. Becker 28	1:48.08
200 METER FREESTYLE	
Bonnie L. Durdy 28	2:27.32
Michelle A. Luce 27	2:54.15
Sandy L. Wood 25	3:05.96
Tracy A. Becker 28	3:42.65
P. J. Whittington 29	3:48.06

400 METER FREESTYLE  
Bonnie L. Durdy 28 4:53.75  
Suzanne R. Dodd 26 5:15.98  
Teresa Sheppard 28 5:26.26  
Michelle A. Luce 27 6:09.80  
Sandy L. Wood 25 6:21.84  
Tracy A. Becker 28 7:34.97  
P J Whittington 29 8:00.30  
50 METER FREESTYLE  
Bonnie L. Durdy 28 10:15.90  
Teresa Sheppard 28 12:02.82  
Sandy L. Wood 25 12:49.18  
Tracy A. Becker 28 15:57.97  
P J Whittington 29 16:27.93  
100 METER FREESTYLE  
Teresa Sheppard 28 22:21.33  
Sandy L. Wood 25 25:05.34  
Tracy A. Becker 28 29:39.11  
P J Whittington 29 32:08.24  
50 METER BACKSTROKE  
Vicki R. Smith 28 37.31  
Teresa Sheppard 28 38.49  
Cyathia M. Leigh 27 39.64  
Linda J. Cranston 29 39.79  
Michelle A. Luce 27 41.62  
Sandy L. Wood 25 44.53  
100 METER BACKSTROKE  
Bonnie L. Durdy 28 1:15.98  
Nancy S. Mitchell 25 1:23.98  
Teresa Sheppard 28 1:23.78  
Vicki R. Smith 28 1:25.79  
Linda J. Cranston 29 1:28.45  
Sandy L. Wood 25 1:34.92  
P J Whittington 29 2:04.41  
200 METER BACKSTROKE  
Betsy R. Cleary 27 2:29.55  
Bonnie L. Durdy 28 2:46.66  
Teresa Sheppard 28 3:08.34  
Sandy L. Wood 25 3:17.33  
P J Whittington 29 4:56.52  
50 METER FREESTYLE  
Nancy S. Mitchell 25 38.14  
Vicki R. Smith 28 41.58  
Linda J. Cranston 29 41.81  
Barbara A. Ringhofer 26 46.88  
Donna M. Doran 27 57.56  
Lisa J. Donenfeld 26 58.15  
100 METER FREESTYLE  
Nancy S. Mitchell 25 1:19.98  
Suzanne R. Dodd 26 1:29.61  
Vicki R. Smith 28 1:31.29  
Bonnie L. Durdy 29 1:33.68  
Linda J. Cranston 29 1:34.40  
B A. Ringhofer 26 1:42.88  
200 METER FREESTYLE  
Nancy S. Mitchell 25 2:50.04  
Vicki R. Smith 28 3:17.39  
B A. Ringhofer 26 3:37.16  
50 METER BUTTERFLY  
Betsy R. Cleary 27 31.27  
Nancy S. Mitchell 25 32.52  
Cyathia M. Leigh 27 33.52  
Suzanne R. Dodd 26 35.81  
Vicki R. Smith 28 36.29  
Michelle A. Luce 27 42.57  
100 METER BUTTERFLY  
Nancy S. Mitchell 25 1:08.75  
P J Whittington 29 1:28.03  
200 METER BUTTERFLY  
Betsy R. Cleary 27 2:25.64  
Nancy S. Mitchell 25 2:26.53  
Teresa Sheppard 28 3:21.34  
P J Whittington 29 5:07.79  
100 METER INDIVIDUAL MEDLEY  
Nancy S. Mitchell 25 2:33.44  
Bonnie L. Durdy 28 2:42.60  
Vicki R. Smith 28 3:02.07  
400 METER INDIVIDUAL MEDLEY  
Nancy S. Mitchell 25 5:23.57  
Bonnie L. Durdy 28 5:38.17  
Suzanne R. Dodd 26 6:05.86  
Teresa Sheppard 28 6:35.46  
P J Whittington 29 10:48.32  
WOMEN 35-39  
50 METER FREESTYLE  
Karen Mellick 30 30.47  
Marie E. Fay 30 31.58  
Nola A. MacDonald 34 35.54  
Ellen M. Lohneiss 34 36.03  
Helen R. Ricketts 33 39.50  
Marysue Eads 32 39.62  
Paola Hathaway 31 40.04  
Annette Buhl 30 40.53  
Cyathia Perkins 34 45.55  
100 METER FREESTYLE  
Charlotte Gutierrez 34 1:08.08  
Catherine Neville 30 1:09.04  
Marie E. Fay 30 1:12.07  
E M. Walters 31 1:25.74  
Melinda A. Kalin 30 1:26.15  
Ellen M. Lohneiss 34 1:26.73  
Cyathia Perkins 34 1:44.00  
200 METER FREESTYLE  
Catherine Neville 30 2:29.95  
Charlotte Gutierrez 34 2:32.30  
Marie E. Fay 30 2:39.39  
Nola A. MacDonald 34 2:57.87  
E M. Walters 31 3:13.50  
Ellen M. Lohneiss 34 3:15.13  
400 METER FREESTYLE  
Catherine Neville 30 4:57.36  
Charlotte Gutierrez 34 5:15.36  
Alison Asher Esses 33 5:43.13  
Donna L. Petty 32 6:10.96  
Nola A. MacDonald 34 6:14.61  
Lori P. Belste 32 6:31.42  
Paola Hathaway 31 6:33.22  
Ellen M. Lohneiss 34 6:50.60  
Cyathia Perkins 34 8:22.20  
800 METER FREESTYLE  
Sandy Neilson 31 10:25.51  
Alison Asher Esses 33 11:59.54  
Donna L. Petty 32 12:53.64  
Paola Hathaway 31 13:26.50  
Lori P. Belste 32 13:33.59  
Ellen M. Lohneiss 34 14:30.46  
Cyathia Perkins 34 17:08.11

1500 METER FREESTYLE  
Catherine Neville 30 19:42.49  
Sandy Neilson 31 20:14.55  
Alison Asher Esses 33 23:05.68  
Donna L. Petty 32 25:12.90  
Paola Hathaway 31 25:41.75  
Lori P. Belste 32 25:50.22  
Ellen M. Lohneiss 34 27:38.25  
50 METER BACKSTROKE  
Mario E. Fay 30 40.98  
Nola A. MacDonald 34 42.49  
Tia Stack 33 43.09  
Helen R. Ricketts 33 50.74  
Cyathia Perkins 34 57.66  
100 METER BACKSTROKE  
E M. Walters 31 1:52.35  
Helen R. Ricketts 33 1:52.42  
200 METER BACKSTROKE  
Donna L. Petty 32 3:49.35  
E M. Walters 31 3:49.35  
50 METER BUTTERFLY  
Karen Mellick 30 37.12  
Charlotte Gutierrez 34 39.68  
Nola A. MacDonald 34 45.11  
Marysue Eads 32 48.74  
Annette Buhl 30 50.16  
Ellen M. Lohneiss 34 52.40  
100 METER BUTTERFLY  
Karen Mellick 30 1:21.91  
Charlotte Gutierrez 34 1:27.84  
Donna L. Petty 32 1:34.94  
Alison Asher Esses 33 1:37.57  
Marie E. Fay 30 1:44.81  
E M. Walters 31 1:55.13  
Melinda A. Kalin 30 1:55.31  
Ellen M. Lohneiss 34 1:59.93  
200 METER BUTTERFLY  
Karen Mellick 30 2:53.08  
Charlotte Gutierrez 34 3:05.49  
Donna L. Petty 32 3:20.06  
Alison Asher Esses 33 3:26.29  
Nola A. MacDonald 34 3:30.25  
Lori P. Belste 32 3:36.48  
Annette Buhl 30 3:48.13  
E M. Walters 31 4:06.64  
50 METER BUTTERFLY  
Karen Mellick 30 33.60  
Charlotte Gutierrez 34 34.34  
Catherine Neville 30 35.01  
Marie E. Fay 30 39.84  
Melinda A. Kalin 30 48.38  
Elizabeth M. Walters 31 49.31  
Helen R. Ricketts 33 DISQ  
100 METER BUTTERFLY  
Catherine Neville 30 1:16.00  
Alison Asher Esses 33 1:25.64  
Donna L. Petty 32 1:25.81  
Helen R. Ricketts 33 1:25.73  
200 METER BUTTERFLY  
Catherine Neville 30 2:57.00  
Alison Asher Esses 33 3:12.21  
Donna L. Petty 32 3:34.01  
200 METER INDIVIDUAL MEDLEY  
Catherine Neville 30 2:44.24  
Charlotte Gutierrez 34 2:48.95  
Donna L. Petty 32 3:01.36  
Alison Asher Esses 33 3:07.03  
Marie E. Fay 30 3:08.34  
E M. Walters 31 3:43.07  
400 METER INDIVIDUAL MEDLEY  
Catherine Neville 30 5:54.49  
Donna L. Petty 32 6:32.59  
Alison Asher Esses 33 6:38.53  
WOMEN 40-44  
50 METER FREESTYLE  
Barbara Dunbar 38 30.37  
Sherry Kitzrell 35 33.30  
Janis M. Wikander 35 34.36  
Judy A. Bloor 35 35.58  
Jamie Diamond 39 39.07  
Robin A. Savalli 37 43.47  
Lori L. Weaver 35 43.48  
Patricia F. McKinnon 39 49.77  
100 METER FREESTYLE  
Lisa M. Jones 37 1:14.90  
Sherry Kitzrell 35 1:15.61  
Gini Burns 36 1:28.45  
Robin A. Savalli 37 1:40.87  
P F. McKinnon 39 1:50.44  
200 METER FREESTYLE  
Sherry Kitzrell 35 2:41.66  
Lisa M. Jones 37 2:41.87  
Lori L. Weaver 35 3:44.49  
P F. McKinnon 39 4:20.36  
400 METER FREESTYLE  
Barbara Dunbar 38 4:57.45  
Sherry Kitzrell 35 5:36.57  
Lisa M. Jones 37 5:48.79  
Katherine Watson 39 6:43.95  
Judy A. Bloor 35 6:46.69  
800 METER FREESTYLE  
Sherry Kitzrell 35 11:23.96  
Lisa M. Jones 37 12:12.53  
Katherine Watson 39 14:00.34  
Judy A. Bloor 35 14:07.26  
Loree A. Bryer 37 14:52.95  
1500 METER FREESTYLE  
Sherry Kitzrell 35 22:10.55  
Lisa M. Jones 37 23:16.12  
Katherine Watson 39 27:06.73  
Loree A. Bryer 37 28:35.33  
P F. McKinnon 39 34:56.37  
50 METER BACKSTROKE  
Judy A. Bloor 35 43.71  
Gini Burns 36 47.52  
Bonni B. Johnson 38 55.76  
Robin A. Savalli 37 56.79  
E M. Walters 31 1:06.06  
100 METER BACKSTROKE  
Janis M. Wikander 35 1:29.09  
Judy A. Bloor 35 1:37.17  
Katherine Watson 39 1:38.83  
Jamie Diamond 39 1:41.21  
Lori L. Weaver 35 1:50.84  
Robin A. Savalli 37 2:07.37  
Bonni B. Johnson 38 2:18.22  
200 METER BACKSTROKE  
Katherine Watson 39 3:27.53  
Judy A. Bloor 35 3:36.13  
Bonni B. Johnson 38 5:13.32

50 METER BREASTSTROKE  
Janis M. Wikander 35 48.39  
Robin A. Savalli 37 55.25  
Bonni B. Johnson 38 59.83  
Lori L. Weaver 35 1:02.70  
P F. McKinnon 39 1:08.52  
100 METER BREASTSTROKE  
Lisa M. Jones 37 1:48.19  
Robin A. Savalli 37 2:01.53  
Gini Burns 36 2:03.71  
P F. McKinnon 39 2:30.88  
200 METER BREASTSTROKE  
Lisa M. Jones 37 3:49.71  
P F. McKinnon 39 5:10.63  
50 METER BUTTERFLY  
Judy A. Bloor 35 42.23  
100 METER BUTTERFLY  
Barbara Dunbar 38 1:12.28  
Judy A. Bloor 35 1:49.06  
200 METER BUTTERFLY  
Sherry Kitzrell 35 3:34.18  
Katherine Watson 39 4:07.43  
200 METER INDIVIDUAL MEDLEY  
Lisa M. Jones 37 3:15.32  
Sherry Kitzrell 35 3:17.86  
Janis M. Wikander 35 3:22.14  
Katherine Watson 39 3:44.38  
400 METER INDIVIDUAL MEDLEY  
Sherry Kitzrell 35 7:08.36  
Lisa M. Jones 37 7:14.54  
Katherine Watson 39 7:51.34  
WOMEN 45-49  
50 METER FREESTYLE  
Kaeti Ecker 40 34.33  
Tina Baxter 44 36.43  
100 METER FREESTYLE  
Lucy Johnson 40 1:08.93  
Mimi Frank 40 1:17.24  
Tina Baxter 44 1:24.83  
Sarah Ferguson 44 1:40.55  
200 METER FREESTYLE  
Tina Baxter 44 2:43.10  
Lois Goodman 40 3:15.03  
Sarah Ferguson 44 3:56.13  
400 METER FREESTYLE  
Lucy Johnson 40 5:30.77  
Kaeti Ecker 40 5:41.22  
Linda J. Tepe 40 6:20.06  
Lois Goodman 40 6:51.33  
8:31.73  
800 METER FREESTYLE  
Linda J. Tepe 40 13:04.40  
Lois Goodman 40 14:21.92  
200 METER BACKSTROKE  
Mimi Frank 40 37.28  
Lucy Johnson 40 39.67  
Linda J. Tepe 40 42.09  
Tina Baxter 44 44.45  
100 METER BACKSTROKE  
Kaeti Ecker 40 1:31.92  
Linda J. Tepe 40 1:34.75  
Dorotheanne Henne 40 1:43.40  
Lois Goodman 40 1:49.01  
Sarah Ferguson 44 2:12.34  
200 METER BACKSTROKE  
Mimi Frank 40 3:03.54  
Kaeti Ecker 40 3:17.09  
Linda J. Tepe 40 3:29.62  
Lois Goodman 40 3:56.86  
50 METER BUTTERFLY  
Linda J. Tepe 40 46.09  
Dorotheanne Henne 40 59.24  
Pavn Robinson 40 59.51  
Tina Baxter 44 DISQ  
100 METER BUTTERFLY  
Linda J. Tepe 40 1:41.71  
Linda J. Tepe 40 1:43.48  
Pavn Robinson 40 2:01.05  
200 METER BUTTERFLY  
Linda J. Tepe 40 3:40.26  
Tina Baxter 44 3:42.54  
50 METER FREESTYLE  
Lucy Johnson 40 33.68  
Kaeti Ecker 40 42.07  
Lois Goodman 40 53.58  
100 METER BUTTERFLY  
Linda J. Tepe 40 1:36.59  
200 METER BUTTERFLY  
Lois Goodman 40 4:27.19  
200 METER INDIVIDUAL MEDLEY  
Kaeti Ecker 40 3:08.88  
Lois Goodman 40 3:54.78  
400 METER INDIVIDUAL MEDLEY  
Lucy Johnson 40 6:22.19  
Kaeti Ecker 40 6:48.10  
Linda J. Tepe 40 7:06.23  
Lois Goodman 40 8:19.40  
WOMEN 45-49  
100 METER FREESTYLE  
Janet E. Royer 46 1:18.23  
Sylvia J. Glenn 49 1:31.93  
Barbara Stephenson 45 3:00.23  
200 METER FREESTYLE  
Janet E. Royer 46 2:47.80  
Sylvia J. Glenn 49 3:22.72  
Barbara Stephenson 45 6:22.43  
400 METER FREESTYLE  
Janet E. Royer 46 5:33.87  
Barbara Stephenson 45 12:59.61  
800 METER FREESTYLE  
Janet E. Royer 46 11:35.47  
Sylvia J. Glenn 49 14:31.29  
Anne E. Mackenzie 46 25:12.44  
Barbara Stephenson 45 25:47.48  
1500 METER FREESTYLE  
Janet E. Royer 46 24:08.14  
Sylvia J. Glenn 49 27:58.35  
50 METER BACKSTROKE  
Sylvia J. Glenn 49 53.46  
Barbara Stephenson 45 1:58.95  
200 METER BACKSTROKE  
Sylvia J. Glenn 49 4:03.22  
Barbara Stephenson 45 1:47.64  
100 METER BACKSTROKE  
Sylvia J. Glenn 49 1:57.12  
Barbara Stephenson 45 3:53.91

200 METER BREASTSTROKE  
Janet E. Royer 46 3:44.89  
Barbara Stephenson 45 8:18.50  
50 METER BUTTERFLY  
Barbara Stephenson 45 1:51.04  
100 METER BUTTERFLY  
Janet E. Royer 46 1:34.97  
200 METER BUTTERFLY  
Janet E. Royer 46 3:34.01  
200 METER INDIVIDUAL MEDLEY  
Janet E. Royer 46 3:11.10  
Janet E. Royer 46 6:54.10  
WOMEN 50-54  
50 METER FREESTYLE  
Adrienne Pipes 53 40.26  
Barbara W. Friedrich 50 41.84  
Colette T. Bertsch 54 48.50  
100 METER FREESTYLE  
B W. Friedrich 50 1:36.24  
200 METER FREESTYLE  
Betsy Jordan 50 3:08.13  
B W. Friedrich 50 3:32.54  
400 METER FREESTYLE  
Betsy Jordan 50 6:23.14  
B W. Friedrich 50 7:36.43  
Colette T. Bertsch 54 10:01.99  
800 METER FREESTYLE  
Virginia M. Clark 51 23:16.09  
1500 METER FREESTYLE  
Adrienne Pipes 53 26:41.57  
50 METER BACKSTROKE  
Betsy Jordan 50 39.26  
Adrienne Pipes 53 52.84  
Barbara W. Friedrich 50 55.18  
100 METER BACKSTROKE  
Betsy Jordan 50 1:28.16  
200 METER BACKSTROKE  
Betsy Jordan 50 3:13.83  
50 METER BACKSTROKE  
Adrienne Pipes 53 51.20  
100 METER BACKSTROKE  
Adrienne Pipes 53 1:55.30  
50 METER BUTTERFLY  
Betsy Jordan 50 42.14  
Adrienne Pipes 53 45.03  
100 METER BUTTERFLY  
Betsy Jordan 50 1:47.22  
200 METER BUTTERFLY  
Betsy Jordan 50 3:47.78  
200 METER INDIVIDUAL MEDLEY  
Betsy Jordan 50 7:25.25  
Adrienne Pipes 53 8:44.08  
Colette T. Bertsch 54 5:43.54  
400 METER INDIVIDUAL MEDLEY  
Betsy Jordan 50 7:17.64  
Adrienne Pipes 53 7:58.10  
WOMEN 55-59  
50 METER FREESTYLE  
Jacqueline Dunlop 56 38.05  
Gay Collins 57 41.82  
100 METER FREESTYLE  
Jacqueline Dunlop 56 1:30.24  
Janet Volver 58 1:35.94  
Gay Collins 57 1:36.87  
Muriel Ridland 56 2:12.52  
V R. Feierabend 55 2:29.25  
200 METER FREESTYLE  
Janet Volver 58 3:34.87  
Gay Collins 57 3:37.09  
400 METER FREESTYLE  
Janet Volver 58 7:36.38  
Gay Collins 57 7:51.81  
Betty Garwood 59 8:35.40  
800 METER FREESTYLE  
Anne B. Adams 59 12:56.86  
Janet Volver 58 15:25.43  
1500 METER FREESTYLE  
Janet Volver 58 29:24.05  
100 METER BACKSTROKE  
Jacqueline Dunlop 56 46.61  
V R. Feierabend 55 1:09.73  
100 METER BACKSTROKE  
Gay Collins 57 1:59.29  
50 METER BACKSTROKE  
Jacqueline Dunlop 56 49.48  
Janet Volver 58 54.10  
100 METER BACKSTROKE  
Jacqueline Dunlop 56 1:50.76  
Janet Volver 58 1:59.23  
Muriel Ridland 56 2:39.75  
200 METER BACKSTROKE  
Jacqueline Dunlop 56 3:58.35  
50 METER BUTTERFLY  
Jacqueline Dunlop 56 47.75  
Gay Collins 57 52.25  
Janet Volver 58 53.59  
Muriel Ridland 56 DISQ  
100 METER BUTTERFLY  
Gay Collins 57 2:05.87  
200 METER BUTTERFLY  
Anne B. Adams 59 3:39.87  
200 METER INDIVIDUAL MEDLEY  
Jacqueline Dunlop 56 3:47.87  
Janet Volver 58 4:10.58  
WOMEN 60-64  
50 METER FREESTYLE  
Ruth H. Bear 64 40.51  
Kathy M. Dixon 60 46.56  
100 METER FREESTYLE  
Ruth H. Bear 64 1:33.98  
Grace Altus 63 1:38.78  
200 METER FREESTYLE  
Shirley Erickson 63 3:25.90  
Ruth H. Bear 64 3:27.09  
Grace Altus 63 3:33.55  
400 METER FREESTYLE  
Shirley Erickson 63 7:07.03  
Grace Altus 63 7:27.82  
Ruth H. Bear 64 7:39.75  
800 METER FREESTYLE  
Grace Altus 63 15:08.47  
1500 METER FREESTYLE  
Shirley Erickson 63 28:17.98  
Grace Altus 63 28:28.77

50 METER BACKSTROKE  
Ruth H. Bear 64 57.17  
Kathy M. Dixon 60 57.37  
100 METER BACKSTROKE  
Shirley Erickson 63 1:51.50  
Kathy M. Dixon 60 2:09.58  
200 METER BACKSTROKE  
Grace Altus 63 4:41.66  
50 METER BUTTERFLY  
Sandy Stinson 64 50.78  
Kathy M. Dixon 60 57.79  
100 METER BUTTERFLY  
Sandy Stinson 64 1:56.55  
Kathy M. Dixon 60 2:09.70  
Grace Altus 63 2:32.86  
200 METER BUTTERFLY  
Sandy Stinson 64 4:09.64  
Grace Altus 63 5:12.27  
50 METER BUTTERFLY  
Kathy M. Dixon 60 50.65  
Sandy Stinson 64 55.84  
Grace Altus 63 58.30  
100 METER BUTTERFLY  
Sandy Stinson 64 2:02.88  
Kathy M. Dixon 60 2:04.14  
Grace Altus 63 2:17.18  
200 METER BUTTERFLY  
Sandy Stinson 64 4:28.98  
200 METER INDIVIDUAL MEDLEY  
Shirley Erickson 63 4:04.86  
Kathy M. Dixon 60 4:24.27  
400 METER INDIVIDUAL MEDLEY  
Sandy Stinson 64 8:22.01  
WOMEN 65-69  
50 METER FREESTYLE  
Laurine E. Kornfeld 65 46.13  
Louise Johnson 68 46.76  
Sharon G. Smith 69 1:27.97  
100 METER FREESTYLE  
Laurine E. Kornfeld 65 1:47.72  
Louise Johnson 68 1:50.78  
Sharon G. Smith 69 3:09.87  
200 METER FREESTYLE  
Louise Johnson 68 4:10.89  
Lillian N. Thompson 66 4:50.43  
Sharon G. Smith 69 6:34.03  
400 METER FREESTYLE  
Rita Sinton 69 7:30.98  
Laurine E. Kornfeld 65 7:54.74  
Louise Johnson 68 8:52.13  
Lillian N. Thompson 66 DISQ  
800 METER FREESTYLE  
M E. Kornfeld 65 16:46.61  
Louise Johnson 68 18:03.33  
1500 METER FREESTYLE  
Rita Sinton 69 29:16.05  
M E. Kornfeld 65 33:23.72  
100 METER BACKSTROKE  
Louise Johnson 68 1:09.16  
Lillian N. Thompson 66 1:18.56  
100 METER BACKSTROKE  
Rita Sinton 69 1:57.99  
Laurine E. Kornfeld 65 2:13.23  
Lillian N. Thompson 66 2:58.75  
200 METER BACKSTROKE  
Laurine E. Kornfeld 65 4:35.86  
Lillian N. Thompson 66 6:07.61  
50 METER BREASTSTROKE  
Viola Thompson 69 1:03.90  
Louise Johnson 68 1:12.03  
100 METER BREASTSTROKE  
Viola Thompson 69 2:17.95  
Louise Johnson 68 2:37.55  
50 METER BUTTERFLY  
Viola Thompson 69 57.06  
Louise Johnson 68 1:03.17  
Lillian N. Thompson 66 1:40.84  
100 METER BUTTERFLY  
Viola Thompson 69 2:09.91  
200 METER BUTTERFLY  
Viola Thompson 69 5:07.98  
200 METER INDIVIDUAL MEDLEY  
Rita Sinton 69 4:09.29  
Viola Thompson 69 4:33.91  
Lillian N. Thompson 66 6:05.98  
400 METER INDIVIDUAL MEDLEY  
Rita Sinton 69 8:48.63  
WOMEN 70-74  
50 METER FREESTYLE  
Myrtle W. Welch 71 1:03.77  
100 METER FREESTYLE  
Ruth Ridenour 72 2:25.48  
Myrtle W. Welch 71 2:28.74  
200 METER FREESTYLE  
Ruth Ridenour 72 5:13.92  
Myrtle W. Welch 71 5:36.53  
400 METER FREESTYLE  
Ruth Ridenour 72 10:47.91  
800 METER FREESTYLE  
Edna Hesthal 70 16:36.16  
Myrtle W. Welch 71 23:47.18  
50 METER BACKSTROKE  
Myrtle W. Welch 71 1:27.73  
100 METER BACKSTROKE  
Myrtle W. Welch 71 3:15.36  
200 METER BACKSTROKE  
Myrtle W. Welch 71 6:51.58  
100 METER BACKSTROKE  
Ruth Ridenour 72 3:28.22  
200 METER INDIVIDUAL MEDLEY  
Ruth Ridenour 72 6:20.37  
400 METER INDIVIDUAL MEDLEY  
Ruth Ridenour 72 13:30.07  
WOMEN 75-79  
50 METER FREESTYLE  
Johnnie Belshe 79 1:07.28  
Margaret R. Carr 75 1:10.41  
100 METER FREESTYLE  
Margaret R. Carr 75 2:33.62  
1500 METER FREESTYLE  
Maxine Merlino 75 33:01.50  
50 METER BACKSTROKE  
Margaret R. Carr 75 1:12.08  
Johnnie Belshe 79 1:13.31  
100 METER BACKSTROKE  
Margaret R. Carr 75 2:50.63  
Johnnie Belshe 79 2:51.89  
200 METER BACKSTROKE  
Margaret R. Carr 75 5:54.28  
Johnnie Belshe 79 6:20.21





<b>50 METER BUTTERFLY</b> Gary Langsdon 41 28.30 Boo Gallas 40 29.44 Paul Shane 40 31.24 Worsam H. Carpenter 40 31.93 Jerry Richards 41 32.54 Dennis H. McWulty 41 33.65 Neal T. Wiener 43 36.01 Brock Fraser 44 36.69	<b>100 METER BUTTERFLY</b> Paul Shane 40 1:13.05 Dennis H. McWulty 41 1:22.13 Neal T. Wiener 43 1:29.71 Stephen Saylor 44 1:29.71 <b>200 METER BUTTERFLY</b> Boo Gallas 40 2:28.52 Dennis H. McWulty 41 3:21.06 Stephen Saylor 44 3:32.75 <b>300 METER INDIVIDUAL MEDLEY</b> Robert T. Hopper 42 2:48.26 Worsam H. Carpenter 40 2:48.55 Stephen Saylor 44 2:57.77 Jerry Richards 41 3:00.70 Brock Fraser 44 3:10.23 Larry G. Lamsan 44 3:14.00 <b>400 METER INDIVIDUAL MEDLEY</b> Boo Gallas 40 5:35.81 Stephen Saylor 44 6:50.09 <b>500 METER FREESTYLE</b> Tegze (Tex) Haraszti 46 28.29 Lawrence Nordell 46 28.83 Patrick Wickens 46 29.60 Jim Stewart 45 31.37 Stephen Jennings 49 32.10 Arthur Hale 45 34.56 Mike Dwight 46 35.12 Richard G. Berg 49 49.10 <b>100 METER FREESTYLE</b> Robert Williams 45* 1:03.09 Lawrence Nordell 46 1:05.91 Jim Stewart 45 1:13.14 Walter Littenberg 46 1:18.27 Richard G. Berg 49 1:49.20 <b>200 METER FREESTYLE</b> T (Tex) Haraszti 46 2:16.56 Patrick Wickens 46 2:19.55 Robert Williams 45* 2:23.86 Curt Mosso 45 2:31.33 Patrick Schlup 47 2:34.70 Fred G. Banaag 48 2:43.68 Jim Stewart 45 2:59.57 Richard G. Berg 49 4:09.78 <b>300 METER FREESTYLE</b> T (Tex) Haraszti 46 4:54.39 Patrick Wickens 46 4:58.46 Robert Williams 45* 5:08.16 Curt Mosso 45 5:19.41 Stephen Jennings 49 5:38.81 Fred G. Banaag 48 5:57.27 Richard G. Berg 49 8:33.20 <b>400 METER FREESTYLE</b> T (Tex) Haraszti 46 10:24.63 Robert Williams 45* 10:46.24 Curt Mosso 45 11:31.07 Fred G. Banaag 48 12:03.93 Richard G. Berg 49 17:43.22 <b>500 METER FREESTYLE</b> Patrick Wickens 46 19:52.74 Robert Williams 45* 20:30.00 Curt Mosso 45 21:44.26 Stephen Jennings 49 22:29.90 Fred G. Banaag 48 22:47.75 <b>600 METER FREESTYLE</b> Tegze (Tex) Haraszti 46 34.30 Jim Stewart 45 42.79 Walter Littenberg 46 43.01 <b>700 METER FREESTYLE</b> Jim Stewart 45 1:46.35 <b>800 METER FREESTYLE</b> Curt Mosso 45 3:28.22 Jim Stewart 45 3:35.11 <b>900 METER FREESTYLE</b> Tegze (Tex) Haraszti 46 36.68 George E. Downs 48 36.74 Peter Riddle 49* 41.86 Arthur Hale 45 44.34 Mike Dwight 46 45.46 <b>1000 METER FREESTYLE</b> Pete Riddle 49* 1:35.84 <b>200 METER BREASTSTROKE</b> Patrick Schlup 47 3:02.29 George E. Downs 48 3:04.27 Curt Mosso 45 3:26.01 Pete Riddle 49* 3:36.90 <b>300 METER BREASTSTROKE</b> Robert Williams 45* 29.88 Lawrence Nordell 46 30.19 Jim Stewart 45 40.56 <b>400 METER BREASTSTROKE</b> Lawrence Nordell 46 1:08.00 <b>500 METER BREASTSTROKE</b> Lawrence Nordell 46 2:41.25 Curt Mosso 45 2:57.91 <b>600 METER BREASTSTROKE</b> T (Tex) Haraszti 46 2:59.15 Robert Williams 45* 2:43.01 Patrick Schlup 47 2:49.88 Curt Mosso 45 2:57.47 Fred G. Banaag 48 3:08.64 Jim Stewart 45 3:32.23 <b>700 METER BREASTSTROKE</b> Robert Williams 45* 6:00.95 Curt Mosso 45 6:30.82 <b>800 METER BREASTSTROKE</b> Peter R. Taft 51 28.84 Bill Earley 50 28.89 Joseph A. Klein 54 29.91 Jerry V. Dunlap 52 30.18 Bob Best 54 30.40 Lloyd Skraastad 53* 31.28 Frank Baxter 51 31.35 Robert L. Wiborg 53 33.21 Sam L. Sanders 52 36.79 James A. Jeffers 53 37.52 John E. Cosby 50 50.86 <b>900 METER BREASTSTROKE</b> Peter R. Taft 51 1:03.84 Jerry V. Dunlap 52 1:07.32	<b>100 METER BACKSTROKE</b> Bill Earley 50* 1:08.12 Frank Baxter 51 1:11.95 Robert L. Wiborg 53 1:14.06 Gordon C. Hally 51 1:16.34 C. S. Niederman 52 1:24.12 John A. Jeffers 53 1:28.41 John E. Cosby 50 1:46.10 <b>200 METER BACKSTROKE</b> Art Welch 54 2:41.39 Jerry V. Dunlap 52 2:42.03 Robert L. Wiborg 53 2:46.68 Joseph A. Klein 54 2:48.60 Frank Baxter 51 2:56.39 C. S. Niederman 52 3:18.12 <b>300 METER BACKSTROKE</b> Buddy G. Belshe 53 5:31.05 Art Welch 54 5:35.94 Robert L. Wiborg 53 5:56.25 Gordon C. Hally 51 6:35.93 C. S. Niederman 52 6:57.98 Silas H. Burnham 52 7:38.12 John E. Cosby 50 8:24.79 <b>400 METER BACKSTROKE</b> Art Welch 54 11:31.72 Buddy G. Belshe 53 11:31.95 John Kidland 54 11:32.44 C. S. Niederman 52 14:25.12 Silas H. Burnham 52 15:30.32 John E. Cosby 50 17:23.01 Ronald J. Clark 51 17:53.72 <b>500 METER BACKSTROKE</b> Buddy G. Belshe 53 22:18.13 Art Welch 54 22:18.77 C. S. Niederman 52 28:33.60 <b>600 METER BACKSTROKE</b> Bill Earley 50* 34.35 Lloyd Skraastad 53* 36.21 Bill D. Dykstra 50 36.57 Sam L. Sanders 52 45.22 <b>700 METER BACKSTROKE</b> Bill D. Dykstra 50 1:21.86 Bill Earley 50* 1:22.58 Lloyd Skraastad 53* 1:24.62 Frank Baxter 51 1:29.33 Sam L. Sanders 52 1:38.11 C. S. Niederman 52 1:48.30 <b>800 METER BACKSTROKE</b> Bill Earley 50* 3:01.43 Lloyd Skraastad 53* 3:08.15 Buddy G. Belshe 53 3:09.63 Bill D. Dykstra 50 3:12.49 Art Welch 54 3:22.78 Sam L. Sanders 52 3:34.43 C. S. Niederman 52 3:53.66 <b>900 METER BACKSTROKE</b> Bob Best 54 36.94 Lloyd Skraastad 53* 40.58 Sam L. Sanders 52 40.95 James A. Jeffers 53 46.59 Charles S. Niederman 52 47.06 <b>1000 METER BACKSTROKE</b> Bob Best 54 1:25.46 Sam L. Sanders 52 1:32.76 C. S. Niederman 52 1:44.25 James A. Jeffers 53 1:44.49 <b>200 METER BREASTSTROKE</b> Bob Best 54 3:10.95 Sam L. Sanders 52 3:25.50 James A. Jeffers 53 3:48.80 C. S. Niederman 52 3:51.13 Silas H. Burnham 52 4:11.00 <b>300 METER BREASTSTROKE</b> Peter R. Taft 51 31.18 Bob Best 54 33.26 Art Welch 54 36.75 <b>400 METER BREASTSTROKE</b> Art Welch 54 1:22.41 <b>500 METER BREASTSTROKE</b> Buddy G. Belshe 53 3:17.25 Art Welch 54 3:20.22 <b>600 METER BREASTSTROKE</b> Bob Best 54 2:56.01 Buddy G. Belshe 53 2:58.92 Bill Earley 50* 3:04.66 Art Welch 54 3:10.29 <b>700 METER BREASTSTROKE</b> Bob Best 54 6:28.02 Buddy G. Belshe 53 6:31.37 Art Welch 54 6:49.52 John Kidland 54 DISQ <b>800 METER BREASTSTROKE</b> M. J. Burns 54 <b>900 METER BREASTSTROKE</b> Robert Congelliere 58 30.22 Don Baker 56* 31.56 Steven Schofield 55 33.11 Patry O'Brien 55 34.63 Lawrence A. Dellota 58 37.31 <b>1000 METER BREASTSTROKE</b> Don Baker 56* 1:09.86 Robert Congelliere 58 1:10.47 Steven Schofield 55 1:13.51 Bill Hebert 56 1:14.59 Patry O'Brien 55 1:20.61 Lawrence A. Dellota 58 1:37.90 <b>200 METER FREESTYLE</b> Peter Buckley 56 2:34.76 Steven Schofield 55 2:46.94 Bill Hebert 56 2:55.15 Patry O'Brien 55 3:08.27 <b>300 METER FREESTYLE</b> Peter Buckley 56 5:35.22 Steven Schofield 55 6:02.47 Bill Hebert 56 6:15.94 Don Wilson 58 7:24.33 <b>400 METER FREESTYLE</b> Steven Schofield 55 12:32.68 Bill Hebert 56 13:17.57 Don Wilson 58 15:20.91 L. A. Dellota 58 18:03.91 <b>500 METER FREESTYLE</b> Steven Schofield 55 24:33.14 Bill Hebert 56 26:13.67 Don Wilson 58 29:33.72 <b>600 METER FREESTYLE</b> Bill Hebert 56 38.25 Stan McConnell 55 38.45 Don Baker 56* 40.14 Don Wilson 58 57.42	<b>100 METER BACKSTROKE</b> Bernard M. Kahn 57 1:25.30 Stan McConnell 55 1:27.57 Don Baker 56* 1:29.07 Bill Hebert 56 1:35.27 <b>200 METER BACKSTROKE</b> Stan McConnell 55 3:07.28 <b>300 METER BACKSTROKE</b> Fred Leipziger 59 40.42 Don Baker 56* 43.19 Lawrence A. Dellota 58 45.66 Martin Welling 57 49.66 Don Wilson 58 55.13 <b>400 METER BACKSTROKE</b> Fred Leipziger 59 1:31.23 Don Baker 56* 1:38.36 Lawrence A. Dellota 58 1:50.34 Martin Welling 57 1:56.39 <b>500 METER BACKSTROKE</b> Fred Leipziger 59 3:24.53 Steven Schofield 55 3:51.72 Lawrence A. Dellota 58 4:18.12 Martin Welling 57 4:26.51 <b>600 METER BACKSTROKE</b> Steven Schofield 55 35.95 Stan McConnell 55 36.55 Bill Hebert 56 38.17 Don Baker 56* 38.96 Arthur P. Williams 59 45.38 Don Wilson 58 48.25 <b>700 METER BACKSTROKE</b> Bill Hebert 56 1:41.07 Don Wilson 58 2:04.63 <b>800 METER BACKSTROKE</b> Steven Schofield 55 3:51.74 Bill Hebert 56 4:53.49 Don Wilson 58 5:56.04 <b>900 METER BACKSTROKE</b> Stan McConnell 55 3:10.70 Don Baker 56* 3:17.45 Don Wilson 58 3:42.75 <b>1000 METER BACKSTROKE</b> Bill Hebert 56 7:32.23 Steven Schofield 55 7:41.42 Don Wilson 58 9:06.20 <b>MEN 60-64</b> <b>50 METER FREESTYLE</b> Frank Plesse 62 29.95 George Brinton 63 37.79 <b>100 METER FREESTYLE</b> Frank Plesse 62 1:09.41 George Brinton 63 1:27.97 W. Jason Walker 63 1:30.77 <b>200 METER FREESTYLE</b> Frank Plesse 62 2:48.66 Lou Silverstein 61* 3:02.83 <b>300 METER FREESTYLE</b> Lou Silverstein 61* 6:21.32 Peter Lee 64 6:49.58 W. Jason Walker 63 7:15.00 <b>400 METER FREESTYLE</b> Ed Allen Jr. 71 12:44.59 Max Luna 72 13:17.54 <b>500 METER FREESTYLE</b> Ed Allen Jr. 71 13:50.75 Peter Lee 64 DISQ <b>600 METER FREESTYLE</b> Lou Silverstein 61* 25:47.75 <b>700 METER FREESTYLE</b> George Brinton 63 52.03 <b>800 METER FREESTYLE</b> Lou Silverstein 61* 1:35.91 Marvin Levine 63 1:49.02 George Brinton 63 2:05.13 <b>900 METER FREESTYLE</b> Lou Silverstein 61* 3:24.79 Leland (Lee) C Arth 62 3:36.94 <b>1000 METER FREESTYLE</b> Leland (Lee) C Arth 62 42.47 Peter Lee 64 47.74 W. Jason Walker 63 50.81 George Brinton 63 1:00.91 <b>200 METER BREASTSTROKE</b> Leland (Lee) C Arth 62 1:42.70 W. Jason Walker 63 1:50.91 Peter Lee 64 1:52.04 George Brinton 63 2:18.99 <b>300 METER BREASTSTROKE</b> Leland (Lee) C Arth 62 3:39.63 W. Jason Walker 63 3:54.35 Peter Lee 64 3:57.56 <b>400 METER BREASTSTROKE</b> Frank Plesse 62 33.83 Leland (Lee) C Arth 62 39.84 George Brinton 63 52.27 W. Jason Walker 63 53.48 <b>500 METER BREASTSTROKE</b> Frank Plesse 62 1:30.77 Leland (Lee) C Arth 62 1:36.21 Lou Silverstein 61* 1:48.88 W. Jason Walker 63 2:07.91 <b>600 METER BREASTSTROKE</b> Leland (Lee) C Arth 62 3:51.61 W. Jason Walker 63 4:48.74 <b>700 METER BREASTSTROKE</b> Frank Plesse 62 8:31.05 Leland (Lee) C Arth 62 8:31.42 Lou Silverstein 61* 8:36.73 Peter Lee 64 8:44.36 W. Jason Walker 63 8:59.86 George Brinton 63 9:34.28 <b>800 METER BREASTSTROKE</b> Leland (Lee) C Arth 62 7:07.52 Lou Silverstein 61* 7:16.04 Peter Lee 64 8:15.26 W. Jason Walker 63 8:30.96 <b>900 METER BREASTSTROKE</b> George Liskow 66 34.60 Heraan Becker 69 43.42 <b>1000 METER BREASTSTROKE</b> Bob Merrick 67 1:18.84 George Liskow 66 1:25.70 Heraan Becker 69 1:38.14 <b>200 METER BUTTERFLY</b> Bob Merrick 67 1:18.84 George Liskow 66 1:25.70 Heraan Becker 69 1:38.14 <b>300 METER BUTTERFLY</b> Bob Merrick 67 2:56.71 George Liskow 66 3:26.53 Heraan Becker 69 3:31.63 <b>400 METER BUTTERFLY</b> Heraan Becker 69 7:13.11 George Liskow 66 7:24.70 T. R. Johnson Jr. 65 10:00.36	<b>600 METER FREESTYLE</b> Bob Merrick 67 13:36.70 Heraan Becker 69 14:54.39 T. R. Johnson Jr. 65 21:40.94 <b>700 METER FREESTYLE</b> Bob Merrick 67 26:29.20 Heraan Becker 69 27:28.92 George Liskow 66 29:54.02 Boyce C. Erin 67 37:25.27 T. R. Johnson Jr. 65 42:32.74 <b>800 METER FREESTYLE</b> Heraan Becker 69 55.98 <b>900 METER FREESTYLE</b> Heraan Becker 69 2:02.10 T. R. Johnson Jr. 65 2:47.09 <b>1000 METER FREESTYLE</b> Heraan Becker 69 4:23.38 T. R. Johnson Jr. 65 6:01.61 <b>200 METER BREASTSTROKE</b> Heraan Becker 69 1:09.76 <b>300 METER BREASTSTROKE</b> Bob Merrick 67 1:41.12 T. R. Johnson Jr. 65 3:10.04 <b>400 METER BREASTSTROKE</b> Bob Merrick 67 3:38.78 T. R. Johnson Jr. 65 6:29.31 <b>500 METER BREASTSTROKE</b> Bob Merrick 67 42.76 <b>600 METER BREASTSTROKE</b> Bob Merrick 67 1:39.19 Heraan Becker 69 3:07.03 <b>700 METER BREASTSTROKE</b> T. R. Johnson Jr. 65 6:46.27 <b>800 METER BREASTSTROKE</b> Bob Merrick 67 3:22.78 <b>900 METER BREASTSTROKE</b> T. R. Johnson Jr. 65 12:48.34 <b>MEN 70-74</b> <b>50 METER FREESTYLE</b> Ed Allen Jr. 71 39.10 Norman Fitzgerald 71 39.41 <b>100 METER FREESTYLE</b> Norman Fitzgerald 71 1:32.62 Max Luna 72 2:00.78 <b>200 METER FREESTYLE</b> Norman Fitzgerald 71 3:37.85 Max Luna 72 4:35.48 <b>300 METER FREESTYLE</b> Max Luna 72 9:54.61 <b>400 METER FREESTYLE</b> John Stinson 74 15:14.22 <b>500 METER FREESTYLE</b> Norman Fitzgerald 71 34:37.45 <b>600 METER FREESTYLE</b> Ed Allen Jr. 71 52.47 Norman Fitzgerald 71 54.03 Max Luna 72 1:23.29 <b>700 METER FREESTYLE</b> Max Luna 72 3:01.49 <b>800 METER FREESTYLE</b> Ed Allen Jr. 71 4:31.67 Max Luna 72 6:10.16 <b>900 METER FREESTYLE</b> Ed Allen Jr. 71 1:03.98 <b>1000 METER FREESTYLE</b> Norman Fitzgerald 71 2:18.57 John Stinson 74 4:20.95 <b>200 METER BUTTERFLY</b> Norman Fitzgerald 71 1:01.30 Max Luna 72 1:35.22 <b>300 METER BUTTERFLY</b> John Stinson 74 1:54.68 Max Luna 72 4:05.63 <b>400 METER BUTTERFLY</b> John Stinson 74 4:27.74 <b>500 METER BUTTERFLY</b> John Stinson 74 3:59.67 <b>600 METER BUTTERFLY</b> John Stinson 74 8:29.21 <b>MEN 75-79</b> <b>50 METER FREESTYLE</b> Reg Richardson 75 36.26 Bill Shott 77 37.31 Lawrence J. McWulty 75 44.24 <b>100 METER FREESTYLE</b> Reg Richardson 75 1:27.41 Bill Shott 77 1:31.15 <b>200 METER FREESTYLE</b> Reg Richardson 75 3:24.38 <b>300 METER FREESTYLE</b> Reg Richardson 75 7:34.41 Alfred Guth 79 9:06.32 <b>400 METER FREESTYLE</b> Bill Shott 77 16:25.63 Alfred Guth 79 19:41.10 DISQ <b>500 METER FREESTYLE</b> Bill Shott 77 31:51.44 Alfred Guth 79 38:38.77 <b>600 METER FREESTYLE</b> Reg Richardson 75 47.32 John M. Burnside 77 57.47 <b>700 METER FREESTYLE</b> Reg Richardson 75 1:51.88 Thomas M. Monahan 77 1:52.25 Peter Buckley 56 2:18.51 <b>800 METER FREESTYLE</b> Reg Richardson 75 4:20.88 Alfred Guth 79 4:56.35 <b>900 METER FREESTYLE</b> Bill Shott 77 48.08 John M. Burnside 77 DISQ <b>1000 METER FREESTYLE</b> Reg Richardson 75 1:53.78 Alfred Guth 79 1:59.41 Bill Shott 77 2:23.74 <b>200 METER BREASTSTROKE</b> Bill Shott 77 4:29.71 Alfred Guth 79 4:47.16 <b>300 METER BREASTSTROKE</b> John M. Burnside 77 49.36 Bill Shott 77 50.00 <b>400 METER BREASTSTROKE</b> Bill Shott 77 2:09.30 Alfred Guth 79 2:35.06 Thomas M. Monahan 77 Alfred Guth 79 6:00.61 Bill Shott 77 2:50.28	<b>200 METER INDIVIDUAL MEDLEY</b> John M. Burnside 77 4:13.93 Bill Shott 77 4:19.21 <b>400 METER INDIVIDUAL MEDLEY</b> Alfred Guth 79 10:29.82 <b>MEN 80-84</b> <b>50 METER FREESTYLE</b> Charles McCallister 83 55.91 Reuben F. Kove 83 1:17.29 <b>100 METER FREESTYLE</b> Charles McCallister 83 2:27.54 Reuben F. Kove 83 2:47.00 <b>200 METER FREESTYLE</b> Charles McCallister 83 1:21.63 Reuben F. Kove 83 2:03.66 <b>300 METER FREESTYLE</b> Charles McCallister 83 1:52.06 <b>400 METER FREESTYLE</b> Charles McCallister 83 4:29.37 <b>WOMEN 120*</b> <b>200 METER FREESTYLE RELAY</b> Las Vegas Masters Ralph Robinson 30 Sarah Ferguson 44 Robin A. Savalli 37 Bonni B. Johnson 38 2:48.79 <b>WOMEN 160*</b> <b>200 METER FREESTYLE RELAY</b> Industry Hills Kaeti Ecker 40 Linda J. Teppe 40 Jane E. Boyer 46 Sherry Kittrell 35 2:18.07 Industry Hills B Lois Goodman 40 Katherine Watson 39 Janet Wolver 58 Judy A. Bloore 35 2:43.50 <b>WOMEN 200*</b> <b>200 METER FREESTYLE RELAY</b> San Diego Swim Masters Betsy Jordan 50 Adrienne Pipes 53 Barbara Dunbar 38 Viola Thompson 69 2:37.97 <b>WOMEN 240*</b> <b>200 METER FREESTYLE RELAY</b> Santa Barbara Swim Club Shirley Erickson 63 Grace Altus 63 Ruth H. Baar 64 Gay Collins 57 2:48.48 Newport Beach Masters Myrtle W. Wolch 71 Betty Garwood 59 Kathy M. Dixon 60 Louise Johnson 68 3:31.83 <b>MEN 190*</b> <b>200 METER FREESTYLE RELAY</b> Santa Barbara Swim Club A Marc T. Ruh 23 Brad J. Eigen 26 Gardner Howland 27 Paul W. McGinnis 33 1:44.66 South Bay Waves A Robert H. Whitley 38 Tom R. Lineil 24 Roger S. Bartels 27 William J. Purcell 27 1:44.73 <b>MEN 170*</b> <b>200 METER FREESTYLE RELAY</b> L.A.A.C. Masters A Peter W. Wilson 38 Robert L. Schuchard 35 Elmar Steffe 23 Jim P. Ferstel 27 1:48.33 Southern California AM A Robert B. Hudek 25 Michael Heather 33 Chris Dale 30 Clay Evans 33 1:50.25 <b>MEN 160*</b> <b>200 METER FREESTYLE RELAY</b> Caltch-PAC Masters Lawrence Nordell 46 George R. Downs 48 Robert T. Hopper 42 Peter F. Wisner 40 1:55.30 Las Vegas Masters A James D. Shannon 40 Fred Leipziger 59 Bill D. Dykstra 50 Brock Fraser 44 2:05.64 <b>MEN 200*</b> <b>200 METER FREESTYLE RELAY</b> San Diego Swim Masters A Bill Earley 50 Lloyd Skraastad 53 Don Baker 56 Robert Williams 45 1:57.60 Southern California AM A Art Welch 54, Bill Hebert 56 Peter Buckley 56 Steven Schofield 55 2:11.00 <b>MEN 240*</b> <b>200 METER FREESTYLE RELAY</b> Santa Barbara Swim Club A John Kidland 54 Reg Richardson 75 Curt Mosso 45 Heraan Becker 69 2:49.78 Southern California AM A George Brinton 63 Lawrence A. Dellota 58 Don Wilson 58 W. Jason Walker 63 3:08.05 <b>MEN 280*</b> <b>200 METER FREESTYLE RELAY</b> Long Beach Masters A Ed Allen Jr. 71 Alfred Guth 79 Thomas M. Monahan 77 Bill Shott 77 2:50.28
--	--	---	--	---	---





HAM ANDERSON, USMS HISTORIAN, WAS QUITE BUSY WITH HIS CAMERA AT THE CONVENTION IN ATLANTA IN SEPTEMBER. HE HAS SENT THIS GROUP OF PHOTOS FOR POSTERITY! TOP (L-R) STEVE SCHOFIELD, KEVIN KELLY, DAVE GRAY, ART SMITH, MIDDLE (L-R) BILL BARTHOLD, JANE MOORE, WALT REID, JIM MILLER. BOTTOM (L-R) MEL GOLDSTEIN, TINA MARTIN, FRANK TILLOTSON, BOBBI TURCOTTE. THANKS HAM, FOR ALL THE PHOTOS THAT YOU SUPPLY TO SWIM-MASTER. (MILDRED, TOO)

# Swimming rivals walking, aerobics to improve health

**Ena Naunton**

Health Watch



**I**t's getting close to that time of year when the cry goes up, "Everyone into the pool!"

Now comes news from the American Heart Association that swimming is even better for our health than we thought. Furthermore, we don't get too old for it to do us good.

A recent study by cardiologists and exercise physiologists at the University of Texas Health Science Center showed that sedentary adults may improve the function of their hearts after only 12 weeks of intensive swim training.

The Dallas-based team put nine men and three women, aged 30 to 48, through an exercise-bicycle test to measure how their bodies used oxygen, before and after

the three-month swimming program. The later test showed a 20 percent improvement in what's known as maximal oxygen uptake. It also showed that their hearts were beating and circulating blood more efficiently.

Measurements of blood pressure in the legs during exercises on land also showed improved blood flow.

Most significant, the researchers said, was that the improvement equaled the results of walking or running aerobics programs of similar length.

"The first couple of weeks, they swam 30 to 45 minutes per session and six sessions per week," said Dr. Gunnar Blomqvist, professor of medicine and physiology and the senior author of the study. "In the beginning, the distances were quite variable, but toward the end of the 12-week training period, they averaged two miles per session."

Swimming has long been recognized as

an overall toning exercise. It is also more comfortable in Florida in the summer than running.

In 1982, in his book, *The Aerobics Program for Total Wellbeing* (Bantam, \$9.95), Dr. Kenneth Cooper, the originator of aerobics training, rated swimming as the second-best aerobic exercise and even put it ahead of jogging and running. What was No. 1? Cross-country skiing.

## Question of rhythm

However, until the recent Texas study, some health experts had suggested swimming was not as efficient as other aerobic activities for getting what's called the training effect on the heart. The principal question concerns the touch-and-turn involved in swimming laps. This was seen as interrupting the constant exercise rhythm that gets the heartbeat up to the most beneficial training zone and holds it there for a prescribed time, usually 20 to 30 minutes.

Blomqvist said the workouts in Dallas were a mixture of continuous and interval-training (some fast and some slow intervals of swimming).

"I think the touch-and-turn would be perfectly all right, so long as you did it in a reasonably continuous fashion," Blomqvist said. "You need to keep going probably for at least a couple of minutes to stimulate the cardiovascular system."

Most people don't have access to Olympic-size swimming pools or long, narrow lap-pools. Those with back yard pools usually have to make do with about 30 feet of swimming length.

## Sustain heart rate

"The key always is to sustain your heart rate at a certain heart-training zone, which, in middle-aged people of 45 years and average fitness, would be 130 to 140 beats a minute," said Dr. Jack Young, director of the health and fitness institute at Doctors' Hospital in Coral Gables. Thirty minutes of that, three times a week, would be beneficial, he said.

But what about the touch-and-turn slowdown?

"That depends how efficient you are at grabbing hold and turning,"

said Young. "Competitive swimmers who do flip turns are extending as much effort and cardiac output doing the flip turn." Making an aggressive approach to touching and pushing off from the end of the pool might help keep up the heart rate, he said.

"In a 35-foot pool like my own, I would say you have got to learn how to be efficient, effective and rapid in making those turns. Don't use the time pushing off the side of the pool as a relaxation time."

## Little room needed

Would it be better to swim around rather than from end to end in a small pool?

Young said he didn't think the smaller pools would have enough space to do that.

"I couldn't do it in my pool," he said.

It's surprising what some people can achieve in a little bit of water, though. I once watched Jack LaLanne, 72, the celebrated body builder, harness himself with a clothesline to the railing of one of those bucket-shaped pools on a cruise ship. Thus tethered, he swam, hard, against the resistance of the tether for 20 minutes or so. He said he uses that kind of activity for daily workouts. There was certainly no question that the septuagenarian was in excellent physical shape for any age.

As with all exercise programs, especially for the middle-aged, the American Heart Association accompanies the latest report with this caveat: "Persons over age 40 would benefit from seeing a doctor before beginning a swim training program."

## Begin slowly

And, even if you get the go-ahead, don't overdo at the beginning.

A few of the participants in the Dallas study developed some aches and pains in their shoulders — caused, the researchers said, by starting too fast and poor swimming technique. Over the long haul, though, the swimmers had no serious joint injuries. The researchers believe they have demonstrated not only that swimming is excellent exercise for the previously sedentary heart, but that there is less likely to be bone or muscle injury than with other aerobic exercise.



# FREESTYLE

TOM LYNDON

AN 85 YEAR OLD LADY WOULD PICK MORE DAISIES "If I had my life to live over again, I would relax, I would limber up, I would be sillier than I have been this go-round. I would take more chances. I would take more trips. I would climb more mountains, swim more rivers and watch more sunsets. I would eat more ice cream and fewer beans. I would have more actual problems and fewer imaginary ones. I wouldn't live so many years in front of each day. I would start barefoot earlier in the spring and stay that way later in the fall. I wouldn't work so hard. I'd ride more merry-go-rounds and pick more daisies."

If she and I were living our lives over, I suspect we would get along right fine. But would we be doing the Masters swimming bit? I think we might. To me, Masters swimming is indicative of a way of life, and, as such, is more than swimming laps or competing in races. It means I have put certain priorities on my physical fitness, allocation of time, and reward values.

There is no way I can justify Masters swimming for taking the time it takes if all I can point to is a second or two faster in a race from time to time or my ability to be not so out of breath at the top of a flight or two of stairs. I can get some solid justification when I combine the second or two and not so out of breath with the distinct enhancement the process of swimming exercise and meeting some goals gives my overall need to feel in charge of myself and able to appreciate the variety of life that is so precious to me but all too frequently missed when I focus perhaps too much on more traditional values.

The 85 year old lady might not take to the water the way I do, but I am sure she would understand what I'm talking about and I feel I understand where she is "coming from".

MARTINA NAVRATILOVA'S STANDARDS "Whoever said, 'It's not whether you win or lose that counts' probably lost. When you're a winner, you have to set the standard for excellence wherever you go. You have to be able to come up with, time and again, one consistently great performance after another. It's grueling." For those of you who can settle for nothing less than the best, stick that on your bathroom mirror instead of thoughts of ice cream, sunsets, and picking more daisies.

DESCENDING SETS Recently I tried something new in my workout routine. And let me assure you, I get as rigid about what I do in my workouts as many others do. The thought of doing it another way both puzzled me and frightened me. It puzzled me because I have no reference points as to what will be considered "good" and "bad" in terms of my performance. It frightened me because I have doubts that I can perform this new way in a satisfactory way. Descending sets means to swim faster at the end than at the start. Rule One is don't start out fast. Rule Two is start out slow. Got the idea? Everything else flows from

there. A few examples:

« Swim any distance that is divisible by 3 (or 2 or 4, etc), such as 450 yards. Check your time as you finish your first 150. Swim the second 150 faster than the first 150 (1 second faster is OK in my book). Look at your time when you finish your 300. Swim the third 150 faster than your second 150. Don't pause between the 150's.

« Same as above but pause about 15 seconds between each 150..

« Swim 9 x 100. Swim the first three, descending as described in either way above. Swim your middle three the same as the first three. Ditto the last three.

« Swim 9 x 100. Do as above, but swim each 100 within each set of three faster than the corresponding 100 in the previous set of three.

These descending sets have at least five advantages.

First: You get to know your pace better. If you don't, these sets are definitely not for you. It takes some getting used, opening the throttle up a little bit more each time.

Second: You get the feeling of swimming at different speeds. Aside from opening up the throttle, you get the sensation of moving faster juxtaposed to the previous lengths' slower speed.

Third: You learn to hold a pace when you are tired. Yes, this sort of set can put some real demands on you towards the end. But remember that the first parts of this set are not demanding and you are able to look ahead during these less taxing parts to the tough parts and prepare yourself for the push it takes.

Fourth: You feel so damn smug when you are able to pick up the pace- even a little bit- when you would normally be slowing down. Since I am conditioned to slowing up early in a race, it has taken some major getting used to when I have to pick up the pace in the middle.

Fifth: The slower parts of the set are a good time to pay close attention to your stroke mechanics. While you are swimming the slower parts, you are not working too hard. Lacking the stress of trying to hold a tough pace, I am very comfortable with putting my mind on what is happening in the water instead of how to keep it happening. I work on taking fewer strokes per length and sensing where my hands and elbows are.

Descending sets are now part of my daily routine. I use them for at least one part of my workout, which frequently has four or five parts. Try doing two or three IM's descending. I find this is a superb time to think about all four strokes and, needless to say, this is proving educational. The hotshots call descending times within a race "negative splitting". I think that has a nice ring to it.

I hope that New England Masters don't mind sharing Tom Lyndon's page with the world! This is reprinted from thier Newsletter - NEM NEWS - editor, J. K. Edwards. Thanks!

## IOC ENCOURAGES LONG DISTANCE SWIMMING

The International Olympic Committee has put on the modern Olympic Games for almost 100 years. These Games bring together the best athletes from around the world to compete against each other. International brotherhood and understanding is thus fostered. His Excellency Juan Antonio Samaranch, president of the IOC, and the Mayor of Evian, Mr. Henri Buet, thought up another Olympic competition--The International Crossing of Lake Geneva, the largest lake inside Europe, 11.8 km. from Evian-les-Bains, France (known for its water) to Lausanne, Switzerland, the headquarters of the IOC and FINA (the International Swimming Federation). The competition was co-sponsored by the two cities, Evian and Lausanne, the French and Swiss Swimming Federations, FINA and the International Olympic Committee. This is the first swimming competition sponsored by the IOC other than the Olympics!

The crossing will alternate directions each year as will the dates. When the finish is in Lausanne, the competition will be on the Swiss National Day, August 1st. When the finish is in Evian-les Bains, the race will be on Bastille Day, July 14, the French National Day. The first "crossing" took place on August 1, 1987. This date coincided with the 50th Anniversary of the death of Baron Pierre de Coubertin, the founder of the modern Olympic movement and the 50th Anniversary of the founding of the Belle Rive Plage (plunge), the finish of this years race.

Three continents and numerous nations were represented in this Olympic first. United States Swimming did not have the official invitation for the September scheduling meeting, so the US did not field a national team. However, Dr. Ken Krueger, "Nutrition and Exercise" instructor at Mt. San Antonio College put together a team to represent "Southern California Swimming" (teams were to include 2 girls and 4 men).

The team was Alexa Reetz, 18 of Buena Park, was 1986 Women's FINA Cup Champion (only one man beat her in Lake Windemere, England. Erika Reetz, Alexa's twin, was a co-10 mile US champion. Both are students. Dan Bartlett, 30 of Hermosa Beach, was the 1986 US Five mile champion and record holder. He is head age group coach for "surfside". Bill Damm, 41 of Pasadena, was many times US Open and Masters 10 mile champion. He is a computer specialist. Dr. Brad Sturtevant, 53 of Pasadena, is many times All American Masters long distance swimmer. He is a professor of aeronautical engineering at Cal-Tech. Dr. Ken Krueger, 41 of Irvine, is a former NCAA Champion at the University of Southern California and US and World Masters Champion. He

teaches at Charter Oak and Mt. San Antonio College. The Southern California Swimming Team met many notable IOC officials at a reception at IOC Headquarters. Most notable was His Excellency Juan Antonio Samaranch.

This broad spectrum team competed against some of the best long distance swimmers the world has to offer.

The organization of the competition was fantastic. The only problem was race day. The race started with a strong wind and cold water 63° which dropped to 60°. Many of the boats went off course, including Southern California Swimming who swam almost 10 miles not 7.5. The winning Egyptian team swam a smarter, more correct course. Southern California took Second. Alexa and Erika were second and third women. Bill Damm was third man and Dr. Sturtevant finished twelfth. Dr. Krueger dropped out because of cramps. Thank God, because he was on shore to assist Dan Bartlett who had hypothermia 200 yards from shore. His temperature went as low as 80°--near death. The Crossing organization and Cantonal Hospital are to be thanked for their efficiency in saving Dan. (I hope other organizations plan so well for such contingencies).

Mahmoud El Sayed Nayel of Egypt won the mens division while Claudine Lutholf of Switzerland won the womens division.

Bill, 41 and Brad, 53 received a beautiful trophy to encourage Masters Swimming. (Everyone competed as US Swimmers, no Masters).

The IOC has shown the world that it supports long distance swimming. "I hope that the United States Swimming will send a National Team next year and that Southern California Swimming will also be invited to return. (tradition!)."

.....written by Ken Krueger.....



Dr. Ken Krueger, kneeling, poses with the team--(l-r) Dan Bartlett, Alexa Reetz, Bill Damm, Erika Reetz and Dr. Brad Sturtevant.



# SWIM-MASTER

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

- 9 Issues per Year
- Championship Results
- Top Ten Times
- Special Articles

Please enter my subscription as shown below:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

- |                                  |  |          |
|----------------------------------|--|----------|
| <input type="checkbox"/> New     | <input type="checkbox"/> 1 year        | \$ 9.00  |
| <input type="checkbox"/> Renewal | <input type="checkbox"/> 1 yr. foreign | \$ 15.00 |

## Swimming News

### Answers

- 1. True** — And if the number of calories eaten is greater than the number of calories used by the body, the food energy is stored as fat.
- 2. True** — About 50 nutrients have been determined to be essential for health. Federal regulations, however, only specify that eight of these nutrients must be included in product labeling.
- 3. False** — There's more to good nutrition than just taking your vitamins. A nutritious diet provides protein, fat, carbohydrates, calories, fiber, minerals, and some vitamins you usually don't get from vitamin pills.
- 4. True** — Iron deficiency is especially common in women, because their iron requirement is higher. Anemia, a common blood disorder, may be related to insufficient iron.
- 5. True** — Sugar is a simple carbohydrate; starch is a complex carbohydrate, converted to simple sugars during digestion.
- 6. True** — A teaspoon of fat has 45 calories while a teaspoon of sugar contains 16 calories.
- 7. False** — The key to losing weight is eating fewer calories, becoming more physically active, or combining both.

**8. False** — The body needs about 200 mg of sodium per day to maintain its water balance. While 1100 to 3300 mg of sodium per day is considered safe, Americans consume far more — averaging between 2400 to 7200 mg per day. High salt (sodium) consumption is strongly associated with high blood pressure (hypertension), which affects one in six Americans.

*Courtesy of Memorial Times, Memorial Hospital, Hollywood, Florida*

**SUN UP TO SUNDOWN SWIM RAISES \$25,000 FOR MAKE-A-WISH FOUNDATION** - On Saturday, October 17, 1987, the Houstonian Masters Swim Team staged an incredible sun up to sundown swim-a-thon to help raise funds for the Make-A-Wish Foundation. The twelve hour charity event, the second annual for the swim team, raised 25,000 for Make-A-Wish Foundation - an organization dedicated to grant the wishes of children with few tomorrows, and also gave their families special memories. We have granted thousands of wishes to children throughout the world. The Make-A-Wish swim-a-thon was started by Sam Seiple, the Fitness Director and swim coach at the Houstonian. This special event featured six teams of eight to ten swimmers, swimming in relay fashion. Each team participant swam 10 minutes every turn for a 12-hour span. The Houstonian Masters Swim Team, which was currently third at the 1987 Long Course Masters nationals had members of all abilities and ages. Former All-Americans and weekend lappers alike stroked their way through the event, amassing a total of a 148 miles swim for the day. Swimmers and other volunteers raised funds through dollars pledged for total miles swam. In addition, food for all swimmers was provided by Ron McMillan of MacDonald's restaurant chain, Ken Aspromonte of Houston Distributing donated Coors Light Beer and Larry Poe of Southwest Sony donated the stereo system. According to event chairman, Sam Seiple, the success of the event was largely due to the enthusiasm of the Houstonian Masters Swim Team. "It was through their efforts and concerns for children in our city that the event was such an overwhelming success," said Seiple. "As a result of that success we are already planning another swim-a-thon to take place in 1988.".....

**BREASTSTROKE RULE SW7** - Following is the official FINA interpretation. After the start and after each turn, the swimmer is permitted, as previously, to take one arm stroke completely back to the legs and return the arms to the original forward position, and one leg kick, while wholly submerged. The head must break the surface of the water during the first part of the second arm stroke, that is, before the hands begin to turn inward at the widest part of the second arm stroke. At least once during each cycle after the first, part of the swimmer's head must actually come out of the water. NOTE: The head may submerge during part of the stroke provided that it clearly emerges once during each stroke cycle.....

# 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 XVI - No 9

NOV-DEC 1987

NOV	21-22	SCM - Steve Wycoff, Sheppard Swim Center, 1115 Cornelia Rd., Anderson, SC 29621
	22	SC - J. M. Rodier, 18625 Mustard Seed Ct., Germantown, MD 02874
	29	SC - Judi Haig, 410 N. Broadway, E. Providence, RI 02914
	29	SC - Eileen Natoli, 80 Pinewoods Ave., Troy, NY 12180
DEC	5	SC - Sally Ann Peterson, P.O. Box 9122, Truckee, CA 95737
	5	SCM - Rob Copeland, 242 Hedgerow Rd., Bridgewater, NJ 08807
	6	SCM - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
	6	SC - Alicia Coleman, 24 The Point, Coronado, CA 92118
	11-12	SC - Larry Bjork, 15801 5th Place S., Seattle, WA 98116
	12-13	SCM - Mission Bay, Judy Meyer, 10333 Diego Drive South, Boca Raton, FL 33428
	12-13	SCM - Bill Babcock, 66 Maison Dr., Covington, LA 70433 (504) 893-2207
	13	SC - Claudia Nerreau, White Plains YMCA, White Plains, NY 10605
	13	1000/1650 Free, David Diehl, 12511 Littleton St., Silver Spring, MD 20906
	20	5 mi (Waikiki Bay) James K. Anderson, 3176 E. Manoa Rd., Honolulu, HI 96822
	29	ISHOF Ocean Mile Swim (9 am) One Hall of Fame Dr., Ft. Lauderdale, FL 33316
JAN		ONE HOUR SWIM
	1	1 Mile - Pacific Ocean, Ray Falk, 424 W. 38th St., San Pedro, CA 90731
	9	SC - Daniel H. Davis, 104 Ardmore St., Hamden, CT 06517
	9-10	SC - OMS, 18476 Timbergrove Ct., Lake Oswego, OR 97034
	9-10	SC - Y Spartaquatics, POB 2823, Spartanburg, SC 29304
	17	SC - Relay Meet, Ed Wojtowicz, JCC, 18900 NE 25 Ave., North Miami Beach, FL 33180
	16	SC - Al Burnham, 264 Wyckoff Rd., Eatontown, NJ 07724
	22-24	SC - Joan Diercks, 7005 Kingman Dr., Indianapolis, IN 46256
	24	SC - Lafayette College, Tom Pickel, 1149 Garden St., Easton, PA 18042
	30	SC - Robin Smith, 58 Wake Rd., Upper Saddle River, NJ 07458
	30-31	SC - John Kortheuer, 3331 Windsor Dr., Charlotte, NC 28209
FEB	6	Pentathlon - OMS, 18476 Timbergrove Ct., Lake Oswego, OR 97034
	12-13	SC - Ken Hickey, 905 Muldoon Rd., A-35, Anchorage, AK 99504
	13-14	SC - Dick Bower, 600 Haring Road, Metairie, LA 70001
	27	Pentathlon - San Diego Imperial
MAR	4-5	Pentathlon - OMS, 18476 Timbergrove Ct., Lake Oswego, OR 97034
	6	SC - Ed Wojtowicz, JCC, 18900 NE 25 Ave., North Miami Beach, FL 33180
	12-13	SC - Dynamo Community Swim Center, Atlanta, GA
	13	SC - Ann Degnan, Plainville Parks & Rec (203) 747-6022
	19	Pentathlon - Meadows Park Pool, Boca Raton, FL
	26-27	SC - Maury Schott, %Triad Masters Swimming, POB 10428, Greensboro, NC 27404
ARKANSAS MASTERS		- Ron Bank, 80 Pebble Beach Dr., Little Rock, AR 72212 Jan 16,30; Feb 13, 20; Mar 26; June 18; July 16
MAY	13-16	CANADIAN MASTERS SCM CHAMPIONSHIPS - Vancouver, B.C.
	19-22	USMS SC NATIONALS - Huddie Murray, % Tx Swim Ctr, 1900 E Campus Dr, Austin TX 78705
AUG	25-28	USMS LC NATIONALS - 1988 USMS LC Champ, 717 South Road, East Aurora, NY 14052
OCT	10-15	2nd FINA/MSI WORLD MASTERS SWIMMING CHAMPIONSHIPS - Australia

#####