



IN MEMORY

It is with great sadness that I report the death of Dr. Ransom J. Arthur, the "Father of Masters Swimming". He died on October 28th in Lisbon, Portugal. Ransom and his wife Fran were on their "trip of a lifetime" - a cruise on the Mediterranean Sea. He had wanted to take this cruise since boyhood. They both became ill with an airborne virus. Ransom was hospitalized in Lisbon where he died. When the doctor came to tell Fran of his death he spoke of an error on his history chart - they had him listed as 84 years old and the doctor said they all thought he was about 40 years old. The truth is that he was 63 years old. They have two daughters - one living in Portland, OR and the other in Fredericksburg, VA.

During the 1950's and 1960's, Dr. Arthur had considerable experience in coaching and training people in the Navy and continued to compete himself past the age of 40. The Navy team had swimmers of various ages and it was clear to Dr. Arthur that, with appropriate training methods, it was possible for adults to compete in meets without undue danger. It was also obvious that the prospect of actual competition in a future meet provided a goal and a framework for continuous daily practice which would otherwise have become boring and tedious.

During the 1960's, Dr. Arthur contacted various members of the sports establishment with the idea of beginning a competitive program in swimming for adults. The idea was received tepidly. However, in 1969 a very fortunate event occurred. John Spannuth was elected president of the American Swim Coaches Association and after reading a paper detailing the health benefits which might be expected from an adult competitive swimming program, John offered the facilities of the Amarillo Aquatics Club, Amarillo, TX for the purpose of the first national meet which was held in 1970.

The first meet had a relatively small number of swimmers but it demonstrated that it was entirely possible to stage a swim competition for men and women over 25, that it could be done safely, that races in all strokes and

distances were possible, and that such a meet would be the source of a great deal of challenge and pleasure to the participants. The second national meet was held a year later in Amarillo, and at that time Dr. Arthur and Dr. Richard Rahe undertook medical studies on some of the competitors. They were able to confirm that actual competition was a feasible enterprise for older people and that there were no apparent adverse aftereffects following racing in otherwise healthy individuals. The group of participants was found to be in excellent physical condition, with slow resting pulses, healthy low blood pressure in relationship to age averages, and generally sound cardiovascular systems.

In 1971 it was felt that the program lacked national organizational backup. I was asked to develop the rules and procedures for submission to the AAU. Masters Swimming became an official AAU activity at the National AAU Convention in October, 1971 at Lake Placid, NY. In November of 1971 the Council for National Cooperation in Athletics (CNCA) sponsored a closed workshop on Masters Swimming at their meeting at Yale Univ. A list of questions and answers evolved from that workshop and were distributed throughout the country to help promote the program.

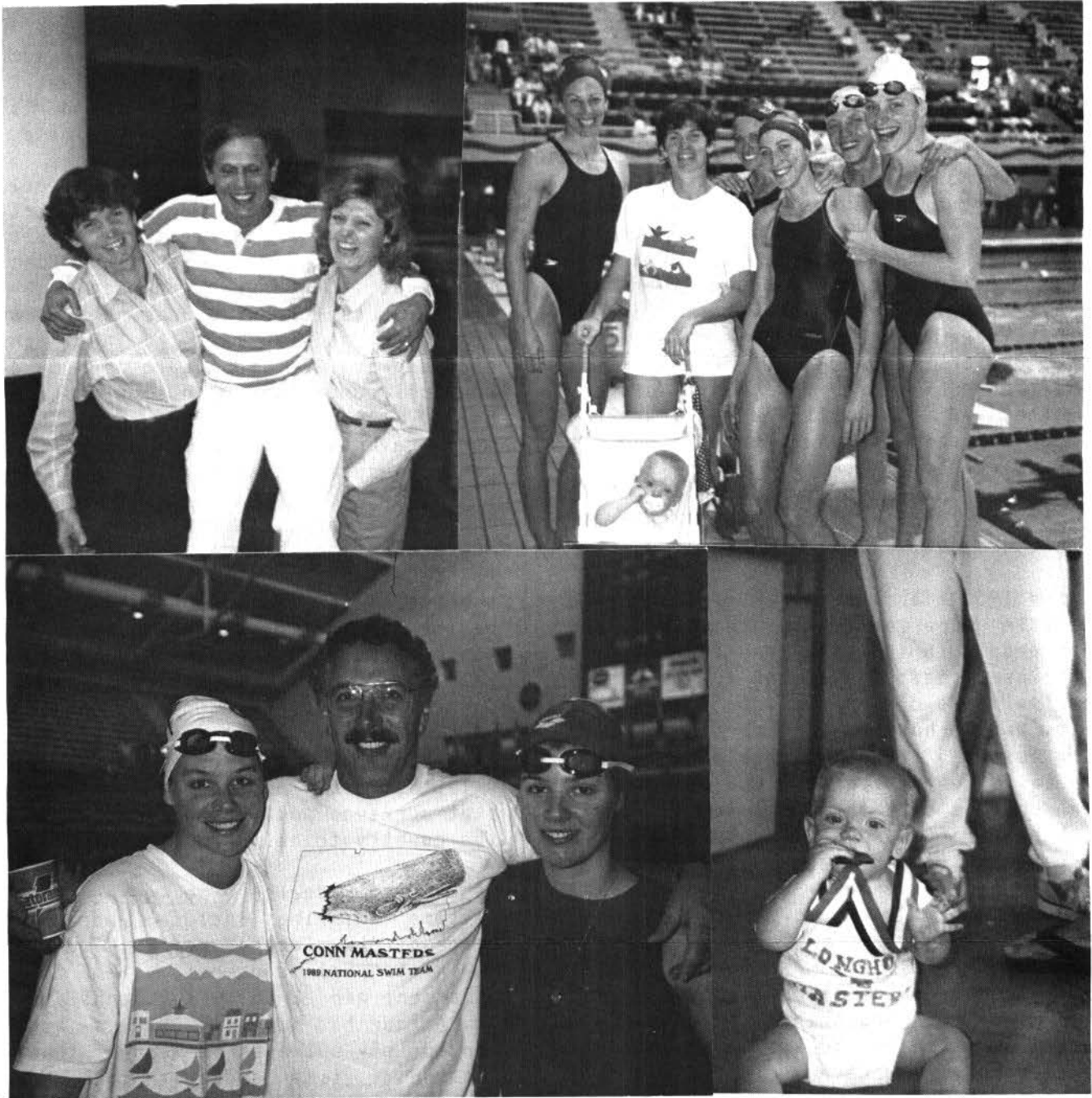
Other individuals who were pioneers of Masters Swimming include Judge Robert E. Beach of St. Petersburg, FL; Ted Haartz and the late Hal Onusseit; Ham and Mildred Anderson; and Enid Uhrich and Ed Reed, Sr. Dr. Arthur had hoped to have a very loosely run society but even he warned that with the passing of time and with increased growth would have to come more stringent rules and procedures.

The year 1990 will bring the Second Decade of Masters Swimming to a close. It will be a great year for Masters Swimming and for Dr. Ransom J. Arthur as he is to be honored as the first Masters Swimmer to be inducted into the International Swimming Hall of Fame. It is with deep regret that he will not be there to accept this award. I hope that many Masters Swimmers will be in attendance to honor him. Remember - if it were not for his dedication and perseverance there would be no MASTERS SWIMMING PROGRAM!

1989/3RD PAN PACIFIC MASTERS AQUATIC GAMES

October 6-15, 1989

Indianapolis



Huddie Murray of Longhorn Masters sent in the above pictures taken in Indianapolis. She also sent some titles to go along with the pictures. Upper left: Mel Goldstein being lifted to "new heights" by Huddie Murray and Stephanie Walsh. Upper right: A "bevy" of breastrokers (from left) Leslie Osborne, Huddie Murray (w/Lesley), Lisa Bennett, Jeanne Hanisch, Susan Richmond and Gina Gatti. Bottom left: "Conn. Masters" from left: Sheila Mortell, Mike Laux and Maureen Mortell. Bottom right: Hmm... real gold! Lesley Claire Murray w/Mom's medal. Some statistics from the meet: 1,100 swimmers entered the meet with 5,096 splashes. That makes the number of events entered per swimmer about 4.63 with a 6 event maximum. There were 1,587 scratches which meant a lot of empty lanes. 57% of the swimmers bettered their seed time. There were approximately 680 heats which took approximately 24 hours to complete. Two courses were used and so this took approximately 4.2 min per heat. This was a very leisurely run meet which made it most enjoyable to attend. Indianapolis did an outstanding job running this meet and the pool is magnificent!

RESULTS FOR AGES 25 THROUGH 29 ✓

50 METERS FREESTYLE			
1) FABRIZIO, LIZ	27	USA BSM	1:26.93
100 METERS FREESTYLE			
1) FABRIZIO, LIZ	27	USA BSM	1:59.17
200 METERS FREESTYLE			
1) GARNER, DIANE	25	USA SCAD	2:06.47
400 METERS FREESTYLE			
1) GARNER, DIANE	25	USA SCAD	4:26.18
800 METERS FREESTYLE			
1) CARLISLE-SELLANI, S.	26	USA NBM	9:36.32
50 METERS BACKSTROKE			
1) GARNER, DIANE	25	USA SCAD	1:38.63
100 METERS BACKSTROKE			
1) GARNER, DIANE	25	USA SCAD	1:04.66
200 METERS BACKSTROKE			
1) GARNER, DIANE	25	USA SCAD	2:28.66
50 METERS BREASTSTROKE			
1) GATTI, GINA	26	USA LAKE	1:36.45
100 METERS BREASTSTROKE			
1) GATTI, GINA	26	USA LAKE	1:17.68
200 METERS BREASTSTROKE			
1) GATTI, GINA	26	USA LAKE	2:47.88
50 METERS BUTTERFLY			
1) FABRIZIO, LIZ	27	USA BSM	1:31.16
100 METERS BUTTERFLY			
1) KING, LAURI	29	USA RNM	1:07.24
200 METERS BUTTERFLY			
1) FRAZIER, KATHY	29	USA UNAT	2:36.72
100 METERS INDIVIDUAL MEDLEY			
1) KING, LAURI	29	USA RNM	1:18.85
200 METERS INDIVIDUAL MEDLEY			
1) GARNER, DIANE	25	USA SCAD	2:24.87
400 METERS INDIVIDUAL MEDLEY			
1) KING, LAURI	29	USA RNM	5:27.93

RESULTS FOR AGES 30 THROUGH 34 ✓

50 METERS FREESTYLE			
1) MORTELL, MAUREEN	32	USA CONN	1:28.79
100 METERS FREESTYLE			
1) BRANCH, KATHERINE	32	USA CONN	1:03.89
200 METERS FREESTYLE			
1) SCHMITT, MELINDA	38	USA LAKE	2:13.72
400 METERS FREESTYLE			
1) BRANCH, KATHERINE	32	USA CONN	4:42.31
800 METERS FREESTYLE			
1) ISEPI, ESTER	31	SUI SFA	9:46.46
50 METERS BACKSTROKE			
1) CRAIG, JEANNE	34	USA NBM	1:34.48
100 METERS BACKSTROKE			
1) DEBLAN, LAURIE	32	USA WPN	1:16.86
200 METERS BACKSTROKE			
1) BRANCH, KATHERINE	32	USA CONN	2:35.87
50 METERS BREASTSTROKE			
1) SCOTT, LORI	33	USA UCI	1:38.65
100 METERS BREASTSTROKE			
1) BONNETT, LISA	33	USA VMST	1:18.13
200 METERS BREASTSTROKE			
1) ISEPI, ESTER	31	SUI SFA	2:49.16
50 METERS BUTTERFLY			
1) MORTELL, MAUREEN	32	USA CONN	1:31.71
100 METERS BUTTERFLY			
1) MURRAY, HUDDIE	32	USA LONG	1:09.89
200 METERS BUTTERFLY			
1) MURRAY, HUDDIE	32	USA LONG	2:38.73
100 METERS INDIVIDUAL MEDLEY			
1) BONNETT, LISA	33	USA VMST	1:11.95
200 METERS INDIVIDUAL MEDLEY			
1) MURRAY, HUDDIE	32	USA LONG	2:32.75
400 METERS INDIVIDUAL MEDLEY			
1) MURRAY, HUDDIE	32	USA LONG	5:21.25

RESULTS FOR AGES 35 THROUGH 39 ✓

50 METERS FREESTYLE			
1) HIRSTY, JACKI	37	USA DOM	1:27.68
100 METERS FREESTYLE			
1) HIRSTY, JACKI	37	USA DOM	1:00.75
200 METERS FREESTYLE			
1) GARNER, DIANE	37	USA DOM	2:12.69
400 METERS FREESTYLE			
1) SKIFF, SUSAN	35	USA DOM	5:04.58
800 METERS FREESTYLE			
1) BEINKE, LORIANNE	36	USA IOWA	10:13.97
50 METERS BACKSTROKE			
1) GRIMS, ANN	36	USA NDM	1:36.51
100 METERS BACKSTROKE			
1) MEAKINS, GRILL	36	USA TEXS	1:19.81
200 METERS BACKSTROKE			
1) BAMBER, LINDA	35	USA FAST	2:57.55
50 METERS BREASTSTROKE			
1) OSBORNE, LESLIE	35	USA TEXS	1:34.63
100 METERS BREASTSTROKE			
1) OSBORNE, LESLIE	35	USA TEXS	1:16.70
200 METERS BREASTSTROKE			
1) OSBORNE, LESLIE	35	USA TEXS	2:58.93
50 METERS BUTTERFLY			
1) BRENNER, BETH	36	USA PNA	1:31.26
100 METERS BUTTERFLY			
1) SKIFF, SUSAN	35	USA DOM	1:18.53
200 METERS BUTTERFLY			
1) SKIFF, SUSAN	35	USA DOM	2:38.99
100 METERS INDIVIDUAL MEDLEY			
1) HIRSTY, JACKI	37	USA DOM	1:11.55
200 METERS INDIVIDUAL MEDLEY			
1) KOHN, CATHERINE	36	USA SLAM	2:35.52
400 METERS INDIVIDUAL MEDLEY			
1) KOHN, CATHERINE	36	USA SLAM	5:42.11

RESULTS FOR AGES 40 THROUGH 44 ✓

50 METERS FREESTYLE			
1) PRITCH, MAGDOJNA	41	HUN SB	1:29.89
100 METERS FREESTYLE			
1) YORI, ROSARIO	40	PER RL	1:05.17
200 METERS FREESTYLE			
1) YORI, ROSARIO	40	PER RL	2:26.94
400 METERS FREESTYLE			
1) DIERCKS, JOAN	41	USA GISA	5:21.79
800 METERS FREESTYLE			
1) DIERCKS, JOAN	41	USA GISA	11:02.21
50 METERS BACKSTROKE			
1) PRITCH, MAGDOJNA	41	HUN SB	1:34.42
100 METERS BACKSTROKE			
1) WALSH, STEPHANIE	40	USA FORG	1:28.53
200 METERS BACKSTROKE			
1) POLLMANN, MARY	44	USA LINC	3:00.35
50 METERS BREASTSTROKE			
1) PIERSON, GINGER	43	USA OREG	1:38.53
100 METERS BREASTSTROKE			
1) PIERSON, GINGER	43	USA OREG	1:23.95
200 METERS BREASTSTROKE			
1) PIERSON, GINGER	43	USA OREG	3:04.59
50 METERS BUTTERFLY			
1) WISE, SHARON	42	USA GISA	1:32.84
100 METERS BUTTERFLY			
1) WALSH, STEPHANIE	40	USA FORG	1:15.32
200 METERS BUTTERFLY			
1) WALSH, STEPHANIE	40	USA FORG	2:47.77
100 METERS INDIVIDUAL MEDLEY			
1) PIERSON, GINGER	43	USA OREG	1:19.83
200 METERS INDIVIDUAL MEDLEY			
1) WALSH, STEPHANIE	40	USA FORG	2:49.87
400 METERS INDIVIDUAL MEDLEY			
1) WALSH, STEPHANIE	40	USA FORG	5:55.15

RESULTS FOR AGES 45 THROUGH 49 ✓

50 METERS FREESTYLE			
1) RIDOUT, NANCY	47	USA TAM	1:38.85
100 METERS FREESTYLE			
1) RIDOUT, NANCY	47	USA TAM	1:07.98
200 METERS FREESTYLE			
1) RIDOUT, NANCY	47	USA TAM	2:32.44
400 METERS FREESTYLE			
1) MALEY, MARYPAT	46	USA CPMM	5:45.78
800 METERS FREESTYLE			
1) MALEY, MARYPAT	46	USA CPMM	12:00.39
50 METERS BACKSTROKE			
1) EBERVARY, MARTA	46	HUN SB	1:36.85
100 METERS BACKSTROKE			
1) EBERVARY, MARTA	46	HUN SB	1:19.81
200 METERS BACKSTROKE			
1) EBERVARY, MARTA	46	HUN SB	2:58.52
50 METERS BREASTSTROKE			
1) MURPHY-SHERMAN, JANE	45	USA EMP	1:43.47
100 METERS BREASTSTROKE			
1) BOLGER, ERICA	45	USA LINC	1:28.83
200 METERS BREASTSTROKE			
1) BURKE, DOROTHY	49	USA SLAM	3:16.61
50 METERS BUTTERFLY			
1) MOELLEN, BARBARA	46	USA HLJ	1:33.93
100 METERS BUTTERFLY			
1) RIDOUT, NANCY	47	USA TAM	1:18.79
200 METERS BUTTERFLY			
1) DAVID, IRENE	45	USA LINC	3:14.99
100 METERS INDIVIDUAL MEDLEY			
1) RIDOUT, NANCY	47	USA TAM	1:19.18
200 METERS INDIVIDUAL MEDLEY			
1) BENNETT, BETTY	46	USA LINC	2:56.88
400 METERS INDIVIDUAL MEDLEY			
1) BENNETT, BETTY	46	USA LINC	6:25.42

RESULTS FOR AGES 50 THROUGH 54 ✓

50 METERS FREESTYLE			
1) GRIFFIN, LUCILLE	51	USA VMST	1:32.78
100 METERS FREESTYLE			
1) LAWKE, JAYNE	50	USA SPN	1:12.67
200 METERS FREESTYLE			
1) LAWKE, JAYNE	50	USA SPN	2:41.83
400 METERS FREESTYLE			
1) SEIDL, JUTTA	52	FRG DSVN	5:53.86
800 METERS FREESTYLE			
1) RITTDHOUSE, SUSAN	51	USA SDSM	12:38.71
50 METERS BACKSTROKE			
1) KONIG, ANGELA	52	USA TAM	1:41.88
100 METERS BACKSTROKE			
1) KONIG, ANGELA	52	USA TAM	1:26.91
200 METERS BACKSTROKE			
1) KONIG, ANGELA	52	USA TAM	3:18.19
50 METERS BREASTSTROKE			
1) ANDRADO, CYNTHIA	50	BRA GSR	1:43.78
100 METERS BREASTSTROKE			
1) LEILICH, JOHNN	50	USA DOM	1:28.56
200 METERS BREASTSTROKE			
1) LEILICH, JOHNN	50	USA DOM	3:11.28
50 METERS BUTTERFLY			
1) LAWKE, JAYNE	50	USA SPN	1:36.43
100 METERS BUTTERFLY			
1) LAWKE, JAYNE	50	USA SPN	1:22.64
200 METERS BUTTERFLY			
1) RADONKER, SPERRY	50	USA TAM	3:11.83
100 METERS INDIVIDUAL MEDLEY			
1) LEILICH, JOHNN	50	USA DOM	1:24.62
200 METERS INDIVIDUAL MEDLEY			
1) LEILICH, JOHNN	50	USA DOM	3:18.31
400 METERS INDIVIDUAL MEDLEY			
1) SEIDL, JUTTA	52	FRG DSVN	6:39.81

RESULTS FOR AGES 55 THROUGH 59 ✓

50 METERS FREESTYLE			
1) BRUNER, JAYNE	55	USA DOM	1:31.83
100 METERS FREESTYLE			
1) BRUNER, JAYNE	55	USA DOM	1:11.63
200 METERS FREESTYLE			
1) KAY, ANN	55	USA SMM	2:57.14
400 METERS FREESTYLE			
1) KEINO, FUJIMOTO	56	JPN NECT	6:43.58
800 METERS FREESTYLE			
1) PIPES, ADRIENNE	55	USA SDSM	13:34.24
50 METERS BACKSTROKE			
1) ADAMS, LAVERNE	55	USA TAM	1:42.72
100 METERS BACKSTROKE			
1) ADAMS, LAVERNE	55	USA TAM	1:31.58
200 METERS BACKSTROKE			
1) ADAMS, LAVERNE	55	USA TAM	3:19.26
50 METERS BREASTSTROKE			
1) MCGUIRE, ANNE	55	USA GOLD	1:43.79
100 METERS BREASTSTROKE			
1) BRUNER, JAYNE	55	USA DOM	1:38.86
200 METERS BREASTSTROKE			
1) MCGUIRE, ANNE	55	USA GOLD	3:32.58
50 METERS BUTTERFLY			
1) KAY, ANN	55	USA SMM	1:48.41
100 METERS BUTTERFLY			
1) MCGUIRE, ANNE	55	USA GOLD	1:35.53
200 METERS BUTTERFLY			
1) MCGUIRE, ANNE	55	USA GOLD	3:33.41
100 METERS INDIVIDUAL MEDLEY			
1) BRUNER, JAYNE	55	USA DOM	1:24.19
200 METERS INDIVIDUAL MEDLEY			
1) BRUNER, JAYNE	55	USA DOM	3:13.18
400 METERS INDIVIDUAL MEDLEY			
1) MCGUIRE, ANNE	55	USA GOLD	7:05.88

RESULTS FOR AGES 60 THROUGH 64 ✓

50 METERS FREESTYLE			
1) ADAMS, ANNE	61	USA SCAD	1:35.33
100 METERS FREESTYLE			
1) ADAMS, ANNE	61	USA SCAD	1:19.68
200 METERS FREESTYLE			
1) ADAMS, ANNE	61	USA SCAD	2:56.21
400 METERS FREESTYLE			
1) RUSS, BETTY	62	USA OHIO	6:18.38
800 METERS FREESTYLE			
1) RUSS, BETTY	62	USA OHIO	12:48.37
50 METERS BACKSTROKE			
1) WALKER, CLARR	63	USA NEM	1:39.68
100 METERS BACKSTROKE			
1) WALKER, CLARR	63	USA NEM	1:29.13
200 METERS BACKSTROKE			
1) WALKER, CLARR	63	USA NEM	3:17.45
50 METERS BREASTSTROKE			
1) SHOOKLEY, MIDIEY	68	USA ELSN	1:58.98
100 METERS BREASTSTROKE			
1) SHOOKLEY, MIDIEY	68	USA ELSN	1:58.99
200 METERS BREASTSTROKE			
1) KRAUSER, JUNE	63	USA GOLD	3:52.86
50 METERS BUTTERFLY			
1) ADAMS, ANNE	61	USA SCAD	1:39.64
100 METERS BUTTERFLY			
1) KRAUSER, JUNE	63	USA GOLD	1:38.14
200 METERS BUTTERFLY			
1) KRAUSER, JUNE	63	USA GOLD	3:35.38
100 METERS INDIVIDUAL MEDLEY			
1) WALKER, CLARR	63	USA NEM	1:27.58
200 METERS INDIVIDUAL MEDLEY			
1) KRAUSER, JUNE	63	USA GOLD	3:32.23
400 METERS INDIVIDUAL MEDLEY			
1) KRAUSER, JUNE	63	USA GOLD	7:12.48

RESULTS FOR AGES 65 THROUGH 69 w

50 METERS FREESTYLE			
1) DONNELLY, DOROTHY	67	USA CONN	1:37.85
100 METERS FREESTYLE			
1) DONNELLY, DOROTHY	67	USA CONN	1:126.73
200 METERS FREESTYLE			
1) DONNELLY, DOROTHY	67	USA CONN	3:113.56
400 METERS FREESTYLE			
1) MEYER, MARGERY	66	USA CALIF	6:59.85
800 METERS FREESTYLE			
1) MEYER, MARGERY	66	USA CALIF	14:36.28
50 METERS BACKSTROKE			
1) STEADMAN, DORIS	65	USA JERS	1:48.48
100 METERS BACKSTROKE			
1) STEADMAN, DORIS	65	USA JERS	1:138.41
200 METERS BACKSTROKE			
1) STEADMAN, DORIS	65	USA JERS	3:115.72
50 METERS BREASTSTROKE			
1) CHRISTIAN, BETTY	67	USA MOVY	1:48.23
100 METERS BREASTSTROKE			
1) CHRISTIAN, BETTY	67	USA MOVY	1:151.21
200 METERS BREASTSTROKE			
1) CHRISTIAN, BETTY	67	USA MOVY	3:58.88
50 METERS BUTTERFLY			
1) MERRMAN, JEANNE	66	USA FORG	1:47.84
100 METERS BUTTERFLY			
1) McGAUGHEY, SUE	67	USA SPCD	2:09.96
100 METERS INDIVIDUAL MEDLEY			
1) DONNELLY, DOROTHY	67	USA CONN	1:147.37

200 METERS INDIVIDUAL MEDLEY			
1) DONNELLY, DOROTHY	67	USA CONN	3:54.93
400 METERS INDIVIDUAL MEDLEY			
1) HONELL, JRE	66	USA MOH	9:18.17

RESULTS FOR AGES 70 THROUGH 74 w

50 METERS FREESTYLE			
1) DONOVAN, LOUISE	71	USA LINC	1:48.42
100 METERS FREESTYLE			
1) DONOVAN, LOUISE	71	USA LINC	1:135.11
200 METERS FREESTYLE			
1) DONOVAN, LOUISE	71	USA LINC	3:35.73
400 METERS FREESTYLE			
1) DONOVAN, LOUISE	71	USA LINC	7:42.91
800 METERS FREESTYLE			
1) BROWNE, IVY	74	USA REND	17:45.23
50 METERS BACKSTROKE			
1) DONOVAN, LOUISE	71	USA LINC	1:53.96
100 METERS BACKSTROKE			
1) BROWNE, IVY	74	USA REND	2:113.88
200 METERS BACKSTROKE			
1) SALLY, JOY	72	USA MOH	4:38.88
50 METERS BREASTSTROKE			
1) SALLY, JOY	72	USA MOH	1:00.32
100 METERS BREASTSTROKE			
1) SALLY, JOY	72	USA MOH	2:16.81
200 METERS BREASTSTROKE			
1) SALLY, JOY	72	USA MOH	5:02.97
50 METERS BUTTERFLY			
1) DONOVAN, LOUISE	71	USA LINC	1:54.11
100 METERS BUTTERFLY			
1) LENI, MARIA	74	BRA BM	2:111.55
200 METERS BUTTERFLY			
1) MUNDERLOH, RUTH	71	USA OHIO	5:46.93
100 METERS INDIVIDUAL MEDLEY			
1) LENI, MARIA	74	BRA BM	1:59.44
200 METERS INDIVIDUAL MEDLEY			
1) SANSON, MARGARET	72	USA OPM	5:28.89
400 METERS INDIVIDUAL MEDLEY			
1) MUNDERLOH, RUTH	71	USA OHIO	11:00.98

RESULTS FOR AGES 75 THROUGH 79 w

50 METERS FREESTYLE			
1) KELLEHER, MARIE	76	USA VMST	1:52.21

100 METERS FREESTYLE			
1) KELLEHER, MARIE	76	USA VMST	2:45.92
200 METERS FREESTYLE			
1) KELLEHER, MARIE	76	USA VMST	4:34.78
400 METERS FREESTYLE			
1) DURSTON, JEAN	75	USA MOH	8:26.14
800 METERS FREESTYLE			
1) KELLEHER, MARIE	76	USA VMST	19:41.85
50 METERS BACKSTROKE			
1) PULLMAN, HEDY	78	USA DOM	1:23.18
200 METERS BACKSTROKE			
1) MATTILA, ELSA	79	USA DOM	4:58.83
50 METERS BREASTSTROKE			
1) PULLMAN, HEDY	78	USA DOM	1:51.86
100 METERS BREASTSTROKE			
1) RIORGAN, DOROTHY	77	USA LAKE	3:14.59
200 METERS BREASTSTROKE			
1) RIORGAN, DOROTHY	77	USA LAKE	7:09.68
100 METERS BUTTERFLY			
1) DURSTON, JEAN	75	USA MOH	2:28.89
200 METERS BUTTERFLY			
1) DURSTON, JEAN	75	USA MOH	4:58.48
100 METERS INDIVIDUAL MEDLEY			
1) DURSTON, JEAN	75	USA MOH	2:09.35
200 METERS INDIVIDUAL MEDLEY			
1) DURSTON, JEAN	75	USA MOH	4:44.89
400 METERS INDIVIDUAL MEDLEY			
1) DURSTON, JEAN	75	USA MOH	9:57.88

RESULTS FOR AGES 80 THROUGH 84 w

50 METERS FREESTYLE			
1) DOLCE, JULIA	88	USA JERS	1:48.76
100 METERS FREESTYLE			
1) DOLCE, JULIA	88	USA JERS	1:54.23
200 METERS FREESTYLE			
1) DOLCE, JULIA	88	USA JERS	4:17.73
400 METERS FREESTYLE			
1) DOLCE, JULIA	88	USA JERS	9:28.58
800 METERS FREESTYLE			
1) DOLCE, JULIA	88	USA JERS	19:28.52
50 METERS BACKSTROKE			
1) DOLCE, JULIA	88	USA JERS	1:06.51
100 METERS BACKSTROKE			
1) SCOTT, SALLY	82	USA GOLD	2:48.26
200 METERS BACKSTROKE			
1) SCOTT, SALLY	82	USA GOLD	5:49.89
50 METERS BREASTSTROKE			
1) BLENTHEN, PAULINE	82	USA GISA	2:14.96
200 METERS BUTTERFLY			
1) SCOTT, SALLY	82	USA GOLD	8:54.81
100 METERS INDIVIDUAL MEDLEY			
SCOTT, SALLY	82	USA GOLD	DISQUAL
400 METERS INDIVIDUAL MEDLEY			
1) SCOTT, SALLY	82	USA GOLD	15:15.42

RESULTS FOR AGES 85 THROUGH 89 w

50 METERS FREESTYLE			
1) McKEDONIE, MARIAN	85	USA SPM	1:03.78
100 METERS FREESTYLE			
1) BAUSCHER, ANNA	87	USA MIDA	3:01.15
200 METERS FREESTYLE			
1) McKEDONIE, MARIAN	85	USA SPM	5:33.83
400 METERS FREESTYLE			
1) McKEDONIE, MARIAN	85	USA SPM	24:05.34
50 METERS BACKSTROKE			
1) McKEDONIE, MARIAN	85	USA SPM	1:13.57
100 METERS BACKSTROKE			
1) BAUSCHER, ANNA	87	USA MIDA	2:52.17
200 METERS BACKSTROKE			
1) McKEDONIE, MARIAN	85	USA SPM	6:00.16
100 METERS INDIVIDUAL MEDLEY			
1) BAUSCHER, ANNA	87	USA MIDA	4:32.97
200 METERS INDIVIDUAL MEDLEY			
1) BAUSCHER, ANNA	87	USA MIDA	9:49.36

RESULTS FOR AGES 25 THROUGH 29 w

50 METERS FREESTYLE			
1) LILLEY, JAMES	29	USA RRM	1:23.73
100 METERS FREESTYLE			
1) LILLEY, JAMES	29	USA RRM	1:52.55
200 METERS FREESTYLE			
1) MELLS, BRAD	28	USA MOVY	1:54.80
400 METERS FREESTYLE			
1) MELLS, BRAD	28	USA MOVY	4:11.78
800 METERS FREESTYLE			
1) GROOTENHUIS, DAVID	29	USA LINC	8:56.96
50 METERS BACKSTROKE			
1) BRITTI, CLAY	28	USA LONE	1:27.25
100 METERS BACKSTROKE			
1) BRITTI, CLAY	28	USA LONE	1:58.42
200 METERS BACKSTROKE			
1) MELLS, BRAD	28	USA MOVY	2:09.12
50 METERS BREASTSTROKE			
1) WALDMAN, JOHN	27	USA LONE	1:29.88
100 METERS BREASTSTROKE			
1) WALDMAN, JOHN	27	USA LONE	1:05.89
200 METERS BREASTSTROKE			
1) McCLAFFERTY, PETER	26	USA SCAD	2:24.68
50 METERS BUTTERFLY			
1) LILLEY, JAMES	29	USA RRM	1:25.77
100 METERS BUTTERFLY			
1) MELLS, BRAD	28	USA MOVY	1:57.87
200 METERS BUTTERFLY			
1) TUCKER, JIM	28	USA RRM	2:13.12
100 METERS INDIVIDUAL MEDLEY			
1) LILLEY, JAMES	29	USA RRM	1:58.82
200 METERS INDIVIDUAL MEDLEY			
1) BRITTI, CLAY	28	USA LONE	2:12.28
400 METERS INDIVIDUAL MEDLEY			
1) McCLAFFERTY, PETER	26	USA SCAD	4:57.51

RESULTS FOR AGES 30 THROUGH 34 w

50 METERS FREESTYLE			
1) GAINES, RODY	38	USA UNAT	1:22.82
100 METERS FREESTYLE			
1) GAINES, RODY	38	USA UNAT	1:58.51
200 METERS FREESTYLE			
1) GAINES, RODY	38	USA UNAT	1:58.91
400 METERS FREESTYLE			
1) GAINES, RODY	38	USA UNAT	4:02.66
800 METERS FREESTYLE			
1) STEPHENSON, DAN	32	USA MICH	8:34.26
50 METERS BACKSTROKE			
1) LEHMAN, FRITZ	38	USA RANA	1:28.64
100 METERS BACKSTROKE			
1) LEHMAN, FRITZ	38	USA RANA	1:01.39
200 METERS BACKSTROKE			
1) LEHMAN, FRITZ	38	USA RANA	2:15.67
50 METERS BREASTSTROKE			
1) HOFSTETTER, RICHARD	33	USA GISA	1:38.11
100 METERS BREASTSTROKE			
1) LYDICH, ALLEN	32	USA RANA	1:08.83
200 METERS BREASTSTROKE			
1) SMITH, ERIC	33	USA RRM	2:37.39
50 METERS BUTTERFLY			
1) DOUGLASS, WILL	38	USA SCAD	1:27.89
100 METERS BUTTERFLY			
1) HERSEY, JAY	33	USA SCAD	1:58.38
200 METERS BUTTERFLY			
1) GOERKE, DAN	38	USA GRAY	2:16.71
100 METERS INDIVIDUAL MEDLEY			
1) DOUGLASS, WILL	38	USA SCAD	1:01.81
200 METERS INDIVIDUAL MEDLEY			
1) PRINTER, MATTHEW	38	USA LEXI	2:22.22
400 METERS INDIVIDUAL MEDLEY			
1) COPELAND, ROB	33	USA BAC	4:59.15

RESULTS FOR AGES 35 THROUGH 39 w

50 METERS FREESTYLE			
1) VICKERY, BILL	35	USA GISA	1:23.98
100 METERS FREESTYLE			
1) VICKERY, BILL	35	USA GISA	1:53.94
200 METERS FREESTYLE			
1) WOOD, LARRY	35	USA TEXS	1:59.38
400 METERS FREESTYLE			
1) WOOD, LARRY	35	USA TEXS	4:21.47
800 METERS FREESTYLE			
1) WOOD, LARRY	35	USA TEXS	9:13.76
50 METERS BACKSTROKE			
1) WASH, MEL	35	USA TEXS	1:28.85
100 METERS BACKSTROKE			
1) WASH, MEL	35	USA TEXS	1:01.98
200 METERS BACKSTROKE			
1) KENNY, GARY	35	USA MOVY	2:28.68
50 METERS BREASTSTROKE			
1) VICKERY, BILL	35	USA GISA	1:31.94
100 METERS BREASTSTROKE			
1) VICKERY, BILL	35	USA GISA	1:09.88
200 METERS BREASTSTROKE			
1) HARRISON, GREGORY	37	USA PNR	2:28.35
50 METERS BUTTERFLY			
1) VICKERY, BILL	35	USA GISA	1:28.78
100 METERS BUTTERFLY			
1) PERRIN, THOMAS	38	USA GISA	1:00.82
200 METERS BUTTERFLY			
1) WOOD, LARRY	35	USA TEXS	2:22.49
100 METERS INDIVIDUAL MEDLEY			
1) WASH, MEL	35	USA TEXS	1:01.17
200 METERS INDIVIDUAL MEDLEY			
1) EVANS, CLAY	35	USA SCAD	2:15.67
400 METERS INDIVIDUAL MEDLEY			
1) EVANS, CLAY	35	USA SCAD	4:53.16

RESULTS FOR AGES 40 THROUGH 44 w

50 METERS FREESTYLE			
1) LAKE, HOMER	48	USA NEM	1:25.12
100 METERS FREESTYLE			
1) La MONTAGNE, JAMES	41	USA RBR	1:55.51
200 METERS FREESTYLE			
1) POLANSKY, KEVIN	48	USA RRM	2:01.81
400 METERS FREESTYLE			
1) POLANSKY, KEVIN	48	USA RRM	4:18.45
800 METERS FREESTYLE			
1) POLANSKY, KEVIN	48	USA RRM	9:01.28
50 METERS BACKSTROKE			
1) COOLEY, RIC	48	USA RRM	1:29.78
100 METERS BACKSTROKE			
1) COOLEY, RIC	48	USA RRM	1:04.58
200 METERS BACKSTROKE			
1) SPIEKER, TOD	41	USA TOD	2:22.17
50 METERS BREASTSTROKE			
1) HENNE, PAUL	43	USA SCAD	1:31.33
100 METERS BREASTSTROKE			
1) HERNANDEZ, RAFAEL	43	MEI ANA	1:18.78
200 METERS BREASTSTROKE			
1) HERNANDEZ, RAFAEL	43	MEI ANA	2:38.16
50 METERS BUTTERFLY			
1) THOMAS, DICK	41	USA LAM	1:27.56
100 METERS BUTTERFLY			
1) McPHERSON, ANDREW	42	USA ARIZ	1:00.79
200 METERS BUTTERFLY			
1) GALLAS, BOB	42	USA SCAD	2:16.15
100 METERS INDIVIDUAL MEDLEY			
1) COOLEY, RIC	48	USA RRM	1:02.38
200 METERS INDIVIDUAL MEDLEY			
1) CALVERT, JOHN	44	USA MARY	2:18.73
400 METERS INDIVIDUAL MEDLEY			
1) CALVERT, JOHN	44	USA MARY	5:00.76

RESULTS FOR AGES 45 THROUGH 49 M

50 METERS FREESTYLE			
1) WOODROW, RICHARD	45 USA LD	:25.46	
100 METERS FREESTYLE			
1) LUDWIG, KEEFE	46 USA UNAT	:56.64	
200 METERS FREESTYLE			
1) CAZALET, EDWARD	47 USA LAM	2:07.64	
400 METERS FREESTYLE			
1) CAZALET, EDWARD	47 USA LAM	4:33.39	
800 METERS FREESTYLE			
1) BOYD, RICHARD	46 USA DREG	9:32.34	
50 METERS BACKSTROKE			
1) CSIKANY, JOSEF	46 HUN SB	:31.01	
100 METERS BACKSTROKE			
1) BURNS, RICHARD	46 USA TAM	1:06.90	
200 METERS BACKSTROKE			
1) BURNS, RICHARD	46 USA TAM	2:28.51	
50 METERS BREASTSTROKE			
1) BOK, THOMAS Jr.	46 USA LAM	:33.13	
100 METERS BREASTSTROKE			
1) BOK, THOMAS Jr.	46 USA LAM	1:13.91	
200 METERS BREASTSTROKE			
1) KENDRICK, RALPH	45 USA WEST	2:41.44	
50 METERS BUTTERFLY			
1) WOODROW, RICHARD	45 USA LD	:27.62	
100 METERS BUTTERFLY			
1) WAGNER, JOHN	46 USA KICH	1:07.00	
200 METERS BUTTERFLY			
1) KENDRICK, RALPH	45 USA WEST	2:38.18	
100 METERS INDIVIDUAL MEDLEY			
1) BAUSCHARD, RICHARD	45 USA OHIO	1:07.07	
200 METERS INDIVIDUAL MEDLEY			
1) KENDRICK, RALPH	45 USA WEST	2:27.78	
400 METERS INDIVIDUAL MEDLEY			
1) CAZALET, EDWARD	47 USA LAM	5:17.02	

RESULTS FOR AGES 50 THROUGH 54 M

50 METERS FREESTYLE			
1) SMITH, JOHN	51 USA HLJ	:26.65	
100 METERS FREESTYLE			
1) PROEBSTING, ROBERT	52 USA LAM	:59.00	
200 METERS FREESTYLE			
1) PROEBSTING, ROBERT	52 USA LAM	2:15.95	
400 METERS FREESTYLE			
1) VAN HORN, WILLIAM	51 USA TOC	5:00.01	
800 METERS FREESTYLE			
1) GALLAGHER, DRURY	50 USA EMP	9:50.17	
50 METERS BACKSTROKE			
1) SMITH, JOHN	51 USA HLJ	:31.42	
100 METERS BACKSTROKE			
1) SMITH, JOHN	51 USA HLJ	1:10.07	
200 METERS BACKSTROKE			
1) SMITH, JOHN	51 USA HLJ	2:39.19	
50 METERS BREASTSTROKE			
1) MULLIKEN, WILLIAM	50 USA LINC	:34.64	
100 METERS BREASTSTROKE			
1) GALLAGHER, DRURY	50 USA EMP	1:14.72	
200 METERS BREASTSTROKE			
1) GALLAGHER, DRURY	50 USA EMP	2:45.11	
50 METERS BUTTERFLY			
1) PROEBSTING, ROBERT	52 USA LAM	:29.45	
100 METERS BUTTERFLY			
1) PROEBSTING, ROBERT	52 USA LAM	1:06.66	
200 METERS BUTTERFLY			
1) PROEBSTING, ROBERT	52 USA LAM	2:36.01	
100 METERS INDIVIDUAL MEDLEY			
1) GALLAGHER, DRURY	50 USA EMP	1:07.60	
200 METERS INDIVIDUAL MEDLEY			
1) GALLAGHER, DRURY	50 USA EMP	2:31.52	
400 METERS INDIVIDUAL MEDLEY			
1) GALLAGHER, DRURY	50 USA EMP	5:28.01	

RESULTS FOR AGES 55 THROUGH 59 M

50 METERS FREESTYLE			
1) HILL, DONALD	57 USA TOC	:26.60	
100 METERS FREESTYLE			
1) HILL, DONALD	57 USA TOC	1:00.00	
200 METERS FREESTYLE			
1) KING, BILL	56 USA RNM	2:28.31	
400 METERS FREESTYLE			
1) BUCKLEY, PETER	59 USA DKTA	5:10.20	
800 METERS FREESTYLE			
1) LEENGRAN, WAYNE	58 USA LINC	11:02.21	
50 METERS BACKSTROKE			
1) DYKAMA, YOSHI	56 USA SHOM	:32.69	
100 METERS BACKSTROKE			
1) DYKAMA, YOSHI	56 USA SHOM	1:12.17	
200 METERS BACKSTROKE			
1) BEATTIE, JACK	55 USA HLJ	2:41.11	
50 METERS BREASTSTROKE			
1) SANGUILY, MANUEL	56 USA CONN	:33.77	
100 METERS BREASTSTROKE			
1) SANGUILY, MANUEL	56 USA CONN	1:16.41	
200 METERS BREASTSTROKE			
1) SANGUILY, MANUEL	56 USA CONN	2:51.47	
50 METERS BUTTERFLY			
1) DOBLER, WALLY	55 USA MICH	:30.24	
100 METERS BUTTERFLY			
1) NAKIYA, NISRYASU	57 JPN MIST	1:17.20	
200 METERS BUTTERFLY			
1) SANGUILY, MANUEL	56 USA CONN	2:53.71	
100 METERS INDIVIDUAL MEDLEY			
1) DOBLER, WALLY	55 USA MICH	1:12.79	
200 METERS INDIVIDUAL MEDLEY			
1) BEATTIE, JACK	55 USA HLJ	2:44.51	
400 METERS INDIVIDUAL MEDLEY			
1) GOOD, LARRY	55 USA LINC	6:04.55	

RESULTS FOR AGES 60 THROUGH 64 M

50 METERS FREESTYLE			
1) HAARTZ, FREDERICK	61 USA NEH	:30.31	
100 METERS FREESTYLE			
1) WHITE, ROBERT	62 USA MNAC	1:11.52	
200 METERS FREESTYLE			
1) KONISHI, SHIZUO	63 JPN ANTA	2:53.39	
400 METERS FREESTYLE			
1) YOUNGQUIST, ERIC	61 USA ENM	5:25.30	
800 METERS FREESTYLE			
1) UPSALL, RICHARD	64 USA UNAT	12:57.04	
50 METERS BACKSTROKE			
1) HUTINGER, PAUL	64 USA LINC	:35.27	
100 METERS BACKSTROKE			
1) HUTINGER, PAUL	64 USA LINC	1:18.90	
200 METERS BACKSTROKE			
1) FRANKS, ROGER	62 USA MIDA	2:49.02	
50 METERS BREASTSTROKE			
1) MOSS, CHARLES	61 USA MICH	:37.99	
100 METERS BREASTSTROKE			
1) VAN ROSSEN, DONALD	60 USA OREG	1:23.19	
200 METERS BREASTSTROKE			
1) HAARTZ, FREDERICK	61 USA NEH	3:09.24	
50 METERS BUTTERFLY			
1) ROCKWELL, PERRY	64 USA MNAC	:32.99	
100 METERS BUTTERFLY			
1) MOSS, CHARLES	61 USA MICH	1:19.42	
200 METERS BUTTERFLY			
1) MOSS, CHARLES	61 USA MICH	3:00.04	
100 METERS INDIVIDUAL MEDLEY			
1) HUTINGER, PAUL	64 USA LINC	1:16.52	
200 METERS INDIVIDUAL MEDLEY			
1) MOSS, CHARLES	61 USA MICH	2:53.03	
400 METERS INDIVIDUAL MEDLEY			
1) MOSS, CHARLES	61 USA MICH	6:19.49	

RESULTS FOR AGES 65 THROUGH 69 M

50 METERS FREESTYLE			
1) FLORANCE, JOHN	66 USA BMSC	:30.27	
100 METERS FREESTYLE			
1) FLORANCE, JOHN	66 USA BMSC	1:10.36	
200 METERS FREESTYLE			
1) RICHARDS, JOHN	67 USA LAM	2:42.09	
400 METERS FREESTYLE			
1) RICHARDS, JOHN	67 USA LAM	5:50.17	
800 METERS FREESTYLE			
1) TATOLA, FRED	68 USA SHMM	12:17.16	
50 METERS BACKSTROKE			
1) SANDERZ, GEORGE	66 USA LINC	:37.48	
100 METERS BACKSTROKE			
1) SANDERZ, GEORGE	66 USA LINC	1:25.44	
200 METERS BACKSTROKE			
1) SANDERZ, GEORGE	66 USA LINC	3:15.23	
50 METERS BREASTSTROKE			
1) GREENBERG, BARTON	65 USA ONH	:40.02	
100 METERS BREASTSTROKE			
1) GREENBERG, BARTON	65 USA ONH	1:27.91	
200 METERS BREASTSTROKE			
1) GREENBERG, BARTON	65 USA ONH	3:20.02	
50 METERS BUTTERFLY			
1) CRAGG, PAUL	68 USA OHIO	:41.10	
100 METERS BUTTERFLY			
1) CRAGG, PAUL	68 USA OHIO	1:39.35	
200 METERS BUTTERFLY			
1) CRAGG, PAUL	68 USA OHIO	3:50.66	
100 METERS INDIVIDUAL MEDLEY			
1) MOOS, JOHN	66 USA DCN	1:25.10	
200 METERS INDIVIDUAL MEDLEY			
1) GARDSE, NORMAN	65 USA MIDA	3:47.60	
400 METERS INDIVIDUAL MEDLEY			
1) CRAGG, PAUL	68 USA OHIO	8:21.15	

RESULTS FOR AGES 70 THROUGH 74 M

50 METERS FREESTYLE			
1) GREEN, JAMES	70 USA MICH	:33.32	
100 METERS FREESTYLE			
1) SIBLES, LYNN	72 USA MNAC	1:17.96	
200 METERS FREESTYLE			
1) CREWS, JOHN	70 USA ORN	2:50.02	
400 METERS FREESTYLE			
1) CREWS, JOHN	70 USA ORN	6:06.96	
800 METERS FREESTYLE			
1) CREWS, JOHN	70 USA ORN	12:26.56	
50 METERS BACKSTROKE			
1) TAFT, RAY	70 USA SHMM	:38.44	
100 METERS BACKSTROKE			
1) TAFT, RAY	70 USA SHMM	1:24.30	
200 METERS BACKSTROKE			
1) TAFT, RAY	70 USA SHMM	3:07.57	
50 METERS BREASTSTROKE			
1) KRUP, PAUL	72 USA OHIO	:41.26	
100 METERS BREASTSTROKE			
1) KRUP, PAUL	72 USA OHIO	1:33.23	
200 METERS BREASTSTROKE			
1) CERER, ANTON	72 USA OHIO	3:31.22	
50 METERS BUTTERFLY			
1) KRUP, PAUL	72 USA OHIO	:38.51	
100 METERS BUTTERFLY			
1) KRUP, PAUL	72 USA OHIO	1:31.04	
200 METERS BUTTERFLY			
1) CERER, ANTON	72 USA OHIO	3:31.97	
100 METERS INDIVIDUAL MEDLEY			
1) TAFT, RAY	70 USA SHMM	1:21.07	
200 METERS INDIVIDUAL MEDLEY			
1) TAFT, RAY	70 USA SHMM	3:00.13	
400 METERS INDIVIDUAL MEDLEY			
1) TAFT, RAY	70 USA SHMM	6:50.27	

RESULTS FOR AGES 75 THROUGH 79 M

50 METERS FREESTYLE			
1) WOODFORD, DEXTER	75 USA OHIO	:35.97	
100 METERS FREESTYLE			
1) WOODFORD, DEXTER	75 USA OHIO	1:21.44	
200 METERS FREESTYLE			
1) WOODFORD, DEXTER	75 USA OHIO	2:59.20	
400 METERS FREESTYLE			
1) WOODFORD, DEXTER	75 USA OHIO	6:23.01	
800 METERS FREESTYLE			
1) WOODFORD, DEXTER	75 USA OHIO	13:17.26	
50 METERS BACKSTROKE			
1) SCHWARTZ, HANNE	77 FRG SSFB	:43.31	
100 METERS BACKSTROKE			
1) TOKUSHI, YONEDA	75 JPN HESH	1:39.22	
200 METERS BACKSTROKE			
1) TOKUSHI, YONEDA	75 JPN HESH	3:30.14	
50 METERS BREASTSTROKE			
1) OFFNER, MIKE	75 USA BOLT	:46.13	
100 METERS BREASTSTROKE			
1) OFFNER, MIKE	75 USA BOLT	1:44.72	
200 METERS BREASTSTROKE			
1) OFFNER, MIKE	75 USA BOLT	3:53.52	
50 METERS BUTTERFLY			
1) GRANT, WILLIAM	75 USA SLAM	:44.09	
100 METERS BUTTERFLY			
1) GRANT, WILLIAM	75 USA SLAM	2:01.30	
200 METERS BUTTERFLY			
1) THORNBERG, CARL	77 USA SPN	4:59.25	
100 METERS INDIVIDUAL MEDLEY			
1) GRANT, WILLIAM	75 USA SLAM	1:43.93	
200 METERS INDIVIDUAL MEDLEY			
1) DONOVAN, JERRY	75 USA LINC	4:23.99	
400 METERS INDIVIDUAL MEDLEY			
1) THORNBERG, CARL	77 USA SPN	8:56.09	

RESULTS FOR AGES 80 THROUGH 84 M

50 METERS FREESTYLE			
1) NELSON, ROBERT	81 USA SURF	:42.30	
100 METERS FREESTYLE			
1) NELSON, ROBERT	81 USA SURF	1:40.99	
200 METERS FREESTYLE			
1) MAXWELL, JOHN	81 USA GISA	4:22.61	
400 METERS FREESTYLE			
1) MAXWELL, JOHN	81 USA GISA	9:16.92	
800 METERS FREESTYLE			
1) NEWTON, JOHN	81 USA LINC	DISQUAL	
50 METERS BACKSTROKE			
1) NELSON, ROBERT	81 USA SURF	1:04.33	
50 METERS BREASTSTROKE			
1) KOYAMA, KENOSUKE	81 JPN RYEI	:53.28	
100 METERS BREASTSTROKE			
1) KOYAMA, KENOSUKE	81 JPN RYEI	2:09.06	
200 METERS BREASTSTROKE			
1) KOYAMA, KENOSUKE	81 JPN RYEI	5:26.26	

RESULTS FOR AGES 85 THROUGH 89 M

50 METERS FREESTYLE			
1) LANGNER, GUS	86 USA CONN	:44.61	
100 METERS FREESTYLE			
1) LANGNER, GUS	86 USA CONN	1:41.46	
200 METERS FREESTYLE			
1) LANGNER, GUS	86 USA CONN	3:48.20	
400 METERS FREESTYLE			
1) LANGNER, GUS	86 USA CONN	7:59.39	
800 METERS FREESTYLE			
1) LANGNER, GUS	86 USA CONN	16:56.42	
100 METERS BREASTSTROKE			
1) LANGNER, GUS	86 USA CONN	2:31.20	

Results of Pan Pacific Masters Aquatic Games Competition (winners only):

Synchronized Swimming

SOLO

25-29	Holly Vargo Brown	168.180
30-39	Sharon Burlingame Mitchell, New England	149.547
40-49	Nancy Weiman, DC Synchronmasters	154.407
50-59	Peg Hogan, OCTIPI	145.123
60-69	Marian Kretschmer, Dayton	122.453
70-79	Louise Wing, New England	121.277

DUET

25-29	Brigitte Ammereller, Carolin Biersack, DSV Muenchen	140.620
30-39	Sharon Burlingame Mitchell, Carol LaBranche, New England	147.850
40-49	Beth Carey, Carol Motyka-Miller, Aqua Masters	116.727
50-59	Ragnar Doerward, Rosa Marie Doerwald, Norther Pikes	103.492
60-69	Carolyn Madden, Marty Strawser, Dayton	100.808
70-79	Louise and Fred Wind, New England (routine only)	52.680

TRIO

25+	Leineke Keihl, Mary Kay Kretschmer, Karen Walton, Dayton	138.186
35+	Sue Bessette, Beth Carey, Carol Motyka-Miller, Aqua Masters	127.689
50+	Sue Dmytryszyn, Mary Hosty, Carol Westerfeld, St. Louis	108.426

TEAM

25+	Michigan (Scotti Nichols, Peggy Brady, Patti Poiner, Debby Hoepner, Carrie Tluczek, Rhonda Oliver)	134.058
35+	Buffalo (Margaret Diamond, Joanne Fleischman, Clare Hans, Patricia Rankin, Nancy Schoepperle)	110.486
50+	Dayton (Madeline Coons, Marian Kretschmer, Shirley Monce, Jean Schlagetter, Vera Stewart)	112.363
65+	Dayton (Jess Eastwood, Carolyn Madden, Marg McClung, Jean McMaken, Marty Strawser)	102.843

DIVING - Men

One Meter

25-29	Joseph Greenwell, Branton Jetstream	521.30
30-34	Anthony Perriello, unatt.	475.40
35-39	Craig Lincoln, unatt.	534.55
40-44	Don Shkimba, unatt.	275.20
45-49	Richard Blough, Canto	346.66
50-54	John Deininger, unatt.	307.10
55-59	Gary Bagley, McCormick	325.00
60-64	Gilbert La Londe, unatt.	223.85
65-69	Bert Williams, USC	214.15
70-74	Floyd Stauffer, Southern Cal	231.65
75-79	John Williams, Catawba Valley	170.30

Three Meter

25-29	Joseph Greenwell, Branton Jetstream	491.35
30-35	Robin Moberg, Ivalaon Hills	431.40
35-39	Craig Lincoln, unatt.	449.80
40-44	Julian Krug, Pitt Aquatic	327.50
45-59	Richard Blough, Canto	359.20
50-54	John Deininger, unatt.	314.45
55-59	Gary Bagley, McCormick	340.10
60-64	Gilbert La Londe, unatt.	201.65
65-69	Tom Hairabedian, Kansas City	209.10
70-74	Frank McGuigan, Fidalgo	248.30
75-79	John Williams, Catawba Valley	208.80

Platform

25-29	Joseph Greenwell, Branton Jetstream	340.70
30-39	Robin Moberg, Tualatin Hills	283.30
40-49	Istvan Hernadvolgyi, unatt	229.95
50-59	John Deininger, unatt.	222.10
60-69	Tom Hairabedian, Kansas City, 148.50	
70-79	Frank McGuigan, Fidalgo	164.30

DIVING - Women

One Meter

25-29	Shauna Tamanko, unatt.	335.60
30-34	Carol Cooper-Brennan, unatt.	366.55
35-39	Margaret Curtis, unatt.	317.20
40-44	Aniella Klaverstyn, Balmoral	295.55
45-49	Elizabeth Hoffmann, unatt.	292.60
50-54	Greetje Lugthart, Morgenstond	283.65
55-59	Ibone de Belausteguigoitia, unatt.	258.60
60-64	Ida Wilson, Crown Valley	212.20
65-69	Patty Fulton, unatt.	189.00
70-74	Reiko Nishizawa, Nishizawa	154.40

Three Meter

25-29	Shauna Tamanko, unatt.	401.85
30-34	Liz Kraft, Mustang	418.60
370-75	Margaret Curtis, unatt.	370.75
40-44	Aniella Klaverstyn, Balmoral	332.40
45-49	Elizabeth Hoffmann, unatt.	340.50
50-54	Greetje Lugthart, Morgenstond	294.80
55-59	Ibone de Belausteguigoitia, unatt.	244.05
60-64	Ida Wilson, Crown Valley	209.85
65-69	Patty Fulton, unatt.	203.15

Platform

25-29	Lori Hillman, Woodlands	164.65
30-39	Liz Kraft, Mustang	257.95
40-49	Mary Pohmann, unatt.	124.95
50-59	Greetje Lugthart, Morgenstond	189.85
60-69	Patty Fulton, unatt.	118.55

Synchronized Diving

Men

25-39	John McGhee - Woodlands, Robin Moberg- Tualatin Hills	271.40
40-54	John Deininger, Steve Grey morning, unatt.	184.75
50 +	John Conner - Holmes Lumber, Mel Nash - Pitt Aquatic	166.15

Women

25-39	Lori Hillman, Debbi Tarbes, - Woodlands	177.50
40-54	Dixie Ashton - unatt, Bonnie Eisler - Tualatin Hills	133.95
55 +	Betty Christian - Twisters, Patty Fulton - unatt.	138.90

Mixed

25-34	Lori Hillman - Woodlands, Craig Lincoln - unatt.	222.10
40-54	Debbie Tarbes, Bill Tipton, - Woodlands	142.70
55 +	Alan Plowman - Mosman, Aniella Klaverstyn - Balmoral	170.40

Long-Distance Swimming

Men

Two miles

25-29	Jim Barber, Indianapolis, IN	44.08
30-34	Rob Copeland, Somerset, NJ	43.18
35-39	Rick Walton, Kokomo, IN	46.25
40-44	Keith Bell, Ventura, CA	44.30
45-49	Harry Wickens, Vincennes, IN	48.21
50-54	Kent Price, Palo Alto, CA	47.54
55-59	Fred Lehman, Norridge, IL	59.35
60-64	Tom Logan, Mount Maunganui, New Zealand	1:06:15
65-69	Albert Weidenbusch, Gambier, OH	1:10:31
75-79	Dexter Woodford, Akron, OH	1:06:20

1.5 miles

25-29	Jim Barber, Indianapolis, IN	32.52
30-34	Rob Copeland, Somerset, NJ	32.12
35-39	Art Lorentsen, Fairfield, OH	34.07
40-44	Keith Bell, Ventura, CA	33.55
45-49	Leo Bruning, Tulsa, OK	36.40
50-54	Kent Price, Palo Alto, CA	38.22
55-59	Henry Hungerford, Wayne, PA	44.15
60-64	Peter Loy, Auckland, New Zealand	1:00:43
64-69	Elliot Schofield, Greenwich, CT	53.19
75-79	Dexter Woodford, Akron, OH	51.19

Long-Distance Swimming

Women

Two miles

25-29	Diane Green, Tucker, GA	47.57
30-34	Marguerite Meyer, Santa Cruz, CA	45.52
35-39	Shirley Loftus, Afton, VA	49.17
40-44	Susan Westnedge, Atlanta, GA	56.09
45-49	MaryPat Maley, Cincinnati, OH	1:05.59
54-59	Marlene Mendex, Niteroi, Brazil	1:01:32
60-64	Betty-Jane Russ, Akron, OH	1:04:40
65-69	Margery Meyer, Carmel, CA	1:15:35

1.5 miles

25-29	Diane Green, Tucker, GA	35.33
30-34	Marguerite Meyer, Santa Cruz, CA	36.18
35-39	Gayle Benty, Sacramento, CA	37.11
40-44	Heather Haugland, Boston, MA	47.40
55-59	Marlene Mendes, Niteroi, Brazil	48.00
60-64	Betty-Jane Russ, Akron, OH	47.25
65-69	Marion Chadwick, Mercer Island, WA	1:16:58
70-74	Ivy Browne, Reno, WV	1:07:37

WATER POLO TOURNAMENT

30+

35+

40+

50+

Final Results

25+ (exhibition)

1. Air Force

1. Santa Monica
2. Chicago Apostles
3. Gold Coast
4. Natatorium Renegades

1. Ancient Mariners
2. Daisy
3. International (Guam)

1. Michigan

1. Clayton



Sportsmedicine

Trish Stemrich, R.P.T.
President,
Florida Sportsmedicine Center



Nutrition

Maria Gomez, M.S., R.D.
Glenbeigh Hospital of Miami

Self Treatment Question . . . *Ice Better Than Heat?*

Everybody's experienced one kind of muscle, tendon or ligament injury or another. One of the most misunderstood treatments is whether to use heat or cold on the painful area.

A frequent mistake in self-treating a sports injury is to inappropriately use heat on an injured area. In nearly every instance, you should apply ice to a new soft tissue injury rather than heat.

To understand whether heat or cold is correct for your injury, it helps to understand the process that occurs to the injured tissues.

At the time of injury, both bleeding and inflammation begin in the area. Bleeding results from actual tearing or crushing of blood vessels. In some cases, such as a sprained ligament or muscle tear, bleeding can result in increased swelling, pain and loss of function. Even if bleeding is not visible from bruising or swelling, such as minor tendinitis or muscle strain, it still occurs.

Inflammation is the process by which the body removes dead tissue in preparation for healing. During inflammation, blood vessels in tissues surrounding the injury expand and allow plasma and white blood cells to enter the injured tissue. This process is essential in combating infection and initiating healing.

"A frequent mistake in self-treating a sports injury is to inappropriately use heat on an injured area."

As long as an area is inflamed, healing cannot be completed. In sports related injuries, the goal is to reduce the inflammation immediately.

A damaged tendon or muscle is always inflamed and inflammation is heat. If you apply additional heat to the injured area, you direct more blood flow to that area, increasing the swelling and pain.

Ice, on the other hand, works in the opposite way. Ice cools the injured area, reduces inflammation and swelling — allowing for the healing process to begin. If you suffer from a new injury such as tendinitis, shin splints or a minor muscle strain, use ice as soon as possible.

During a more serious acute injury such as an ankle sprain, knee derangement or muscle tear, it is extremely important to control hemorrhage and minimize the inflammatory process. There's a popular acronym to remember recommended treatment — RICE: Rest, Ice, Compression and Elevation. More serious injuries that limit function should be evaluated by a physician immediately following your RICE treatment.

The size of your injury determines the best way to use ice. If you have a small localized pain such as a tendinitis on the side of your knee or elbow, massage the area with an ice cube or a paper cup with frozen water in it. Peel some paper from the cup to expose the ice and massage the injured area ten minutes. Use a chemical ice pack or large bag of ice when treating a strained hamstring or sore back.

Heat has its place in rehabilitating injuries, but only after acute inflammation has subsided and chance for further bleeding has passed. At this point, heat can have a therapeutic effect by increasing blood flow and bringing oxygen and nutrients to the damaged area.

To decide whether your body part is still inflamed, simply check the temperature with the back of your hand and compare it to other uninvolved areas. An increase in temperature is an indication of inflammation. If inflammation has subsided, switching to 20 minute heat treatments may be beneficial in the healing process.

However, any condition treated with ice and rest for five days but remains inflamed and painful should be evaluated by a qualified physician. □

Tricky Food Labels

Misleading labels contribute even more chaos to the already confusing state of affairs confronting the nutri-conscious shopper. Such terms as natural, low cal, dietetic and reduced calorie are commonplace on most supermarket shelves. But what these terms actually mean might surprise you.

Imitation: Some foods are labeled as "imitations" of other foods. Under FDA regulation, the word "imitation" must be used on the label when the product is not as nutritional as the product resembles. If a product is similar to an existing one and just as nutritious, a new name is given rather than calling it "imitation." For example, eggless products that are nutritionally equivalent to eggs have been given names such as Eggbeaters and Scramblers. "Imitation" does not mean "lower in calories." For example, imitation sour cream has more calories than regular sour cream.

Low Calorie: A low calorie food is one that contains no more than 40 calories per serving. Foods naturally low in calories must be labeled so this fact is clear (for example, "celery, a low-calorie food" rather than "low-calorie celery").

Organic/Natural: Under FDA regulations these terms have no real meaning other than implying the ingredients are derived from natural sources. Example: candy bars and 100% orange juice are both natural.

Reduced Calorie: A reduced calorie food is one having a calorie reduction of at least one-third from the compared food. The label must describe the comparison on which the calorie reduction claim is based.

Diabetic: Foods represented as being useful in the diet of a diabetic must be accompanied by nutrition labeling. If the food is not a reduced-calorie food (many are not), it must state, "this food is not a reduced-calorie food."

Diet or Dietetic: A product lower in calories than the regular product or fulfilling a special dietary purpose such as dietetic for low sodium diets (low-sodium products may still be high in fat and/or calories).

Lite: "Lite" generally means the product's calories have been reduced by one-third. However, this is not always the case. Stella Dora lite bread sticks have the same number of calories as regular bread sticks, they are just lower in sodium. Many light pancake mixes have the same number of calories as regular pancake mixes. There the lite refers to the texture of this thinner batter.

Enriched: A product where a fraction of the vitamins and minerals removed in processing have been added back. Example: enriched white bread — four of the 22 known nutrients lost during processing are returned.

Fortified: Vitamins and minerals not naturally found in foods within the package have been chemically added. Example: vitamin C to Tang; vitamins A and D to milk.

No cholesterol: Cholesterol content less than regular product. A cholesterol-reduced product can still contain just as many calories and fat as the regular product. Example: Dormin's Low Cholesterol Cheese.

Juices versus Drink or Punch: Juice usually refers to natural juice derived from fruit or vegetables without added sugar — water may be added, however, as in orange juice from concentrate. Drinks or punch contain varying amounts of natural juice, sugar and water. Example: Hawaiian Punch is a drink containing 10% fruit juice. A product can be labeled juice and still contain added sugar. Example: Adams Grapefruit Juice (in small lettering underneath — sugar added). Artificially flavored drinks contain less than 10% fruit juice.

As long as you're checking out labels, don't forget about serving size. Typical marketing tricks used to sell products to calorie conscious buyers include:

Tuna at only 60 calories per 2 oz. serving. However, the can holds 3-1/4 oz. which equals 100 calories/can.

Diet frozen ice cream at 63 calories for 3-1/2 oz. serving which is sold in an 8 oz. single serving container or 144 calories.

A low calorie frozen fried chicken food with only 260 calories per serving. However, the single serving container holds 2 servings or 520 calories per box. □

FREESTYLE.....Tom Lyndon

THE WONDERFUL WORLD OF WIMP WORKOUTS...

Recently I noted that some of the country's great swimmers did what would surely be called "wimp workouts" by the more compulsive and yard conscious competitors. I solicited examples of these less than awesome workouts. I would appreciate receiving more to further flesh out my files. Rush them to me (Federal Express if you wish) c/o Wimp Workouts, 9 Sunset Road, Wellesley, MA 01281.

Milt Franklin's letter caught my eye with his opening gambit of "I have never written to a president before...". Milt, 57, who is not training now and calls himself a couch potato, is perhaps even more wimpy than I had in mind. Nevertheless, he graciously told me how it was when he swam masters for less than a year in '86.

600 warmup with kick, pull and swim 200's

200 free pull/rest 30 sec.

200 fly broken with 10 second rests at 50's/rest 30

4 x 50 fly kick/rest 10

200 free pull/rest 30 sec.

200 back broken with 10 second rests at 50's/rest 30

4 x 50 back kick/rest 10

200 free pull/rest 30 sec.

200 breast broken with 10 sec.rests at 50's/rest 30

4 x 50 breast kick/rest 10

10 x 25 free on 40 sec.

200 free loosen up

"Much of the workout was agony for me and I usually did not finish although I tried. I was the oldest by at least 20 years on the team." "Three times a week for 5 hours." Off this, he swam a 1:26 100 back 36 years after making high school All American with a 1:01 in 1950.

Now his athletics consist of golf "ride of course", yard work, and coaching swimming. Responding to a warmup and warmdown query, he allows that "just getting in and out of bed is a struggle." One of his current, favorite sets is "floating on my back and just being able to breathe." His current regimen shows what can happen to the swimmer who has achieved what he set out to do or found the process of achieving not to his liking. Despite his presenting his workouts as wimpy, they sound oppressive to me and destined to destroy his swimming vim.

It seems to me Milt went at it too fast, invited too much pain, burned himself out quickly, then couldn't reslot himself into a way of swimming that, while being a compromise, would keep him in the water. I hope he re-thinks his decision and opts for a truly wimp workout that he will feel good about getting out of the bed to enjoy.

All is not over, natatorily, for Milt. He coaches the Hockomock Y in North Attleboro, MA, 3 nights a week.

"and just about every weekend. Giving back to the sport what Max Read gave me many years ago is not all bad." (Ed. note: Max Read was the father and coach of Don Read, suspected by some of owning several patents on the Wimp Workout, but, nonetheless, a decidedly successful fiftyish sprinter.)

John Fizur, 36, out of Brandon, VT, considers himself a wimp workout swimmer. Reading descriptions of some of his workouts tired me, but these meet wimp standards.

500 freestyle warmup

200 backstroke

5 x 100 of something

Cool down

Change outfits and do 45 minutes of "Mixed Impact Aerobics".

Ballet class 8-10 am

30 minute break

1000 free

500 back

In his five years of uncoached and swimming alone masters, he has lowered his 50 back from 49 to 44 to 40 to 39 to 36 seconds. That impresses me a lot in terms of what staying with wimp workouts can do, and is certainly different from Milt's meteoric story.

Bill Ryan, 38, from Somerville, MA, was swift at 18, with a 23.2 50 free and 51.9 100 free. "I swam as a child from age 9 to age 19." He's been swimming masters for four years and now does 23.9 and 56.9. I think he has made sense of using wimp workouts to strike a good balance that allows him to keep at it and enjoy it, as well.

"When I am building conditioning I try for 1,000 to 1,500 yards three times a week. When I am in shape, I try for 1,500 to 2,000 yards three times a week. I get too tired after a workout longer than this. Swimming during lunch hour limits the time available...I swim about 9 1/2 months a year... This is about 40 weeks of 'serious wimp training' per year... I have only one goal: to keep swimming as long as I can."

Bill swims with a group, although none of them have competed in masters. His workouts' general pattern:

Warmup (300-500 yards)

1,000 yard "Main" set

Shorter set ("maybe if time and desire allows")

Short warmdown (50-100 yards)

The 1000 set is 50's, 100's, pyramids to 150, and slow/fast mixes. His favorite is 7 x 100 fast interspersed with 7 x 50 slow. An objective is to avoid boredom. "Progressions are good because counting above "5" is tough with this group."

More wimp workouts soon. Keep those cards and letters pouring in. Thanks Martha, Liz and Tom. 9-89

SWIM-MASTER

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SWIMMING NEWS

CLINIC IN ALASKA - Judy Meyer writes that she was fortunate to be allowed to conduct a clinic in Cordova, Alaska last February. Toby Rilling, a seaman by day and a Masters Coach by night has done a fantastic job of building a program with 30 to 40 swimmers in a town of 2,000 fishermen. Cordova was breathtaking. Judy saw glaciers and other sights from a small plane, bald eagles, moose, sea otters and received an education of the fishing industry. After two days of clinics with very eager swimmers she traveled to Anchorage for the State Championships. The meet is always held during Alaska's annual Fun Rendezvous - a festival with tournaments of all kinds, food fest, dog-sled races, ice sculpture contests and more. Judy recommends if you have a chance, join them in Alaska. Contact Toby Rilling, P.O. Box 585, Cordova, AK 99574.....

Travel - 1990 World Championships - Brazil

USMS has appointed three official travel agencies to provide air, ground, and tour packages for the 3rd FINA/MSI Masters World Championships to be held in Rio de Janeiro, Brazil from August 6-13, 1990. Interested USMS swimmers are encouraged to contact these travel agents. Be aware that prices may vary according to the point of departure, the quality of accommodations, and types of additional services.

- * *VIP Supertravel*, 146 East Southmore, P.O. Box 1557, Pasadena, TX 77501. (800) 397-5861 or (713) 473-3312.
- * *Ponte Vedra Travel*, 2280 South Third Street, Pablo Plaza, Jacksonville Beach, FL 32250. (800) 833-SWIM or (904) 241-3271.
- * *Away To Travel*, 7314 NE Fremont, Portland, OR 97213. (800) 638-5723 or (503) 281-1234.

Does this sound familiar? This is the unfortunate story of Bubbles, one of our patients who is now well on the road to recovery. Every year, we at False Start Hospital treat hundreds just like Bubbles. Swimaholism is not something you can treat yourself. It's a disease that requires special treatment. At False Start, we understand this disease and all the pain that goes with it. We intervene to get you out of the pool and back on your feet, and then teach you how to control your habit so you can make a fresh start. If you or any one you love exhibits any of the symptoms listed below, please call False Start and let us help you get back on the starting blocks of life.

The Swimaholic Warning Signs

- You have an excessive appetite and an inability to gain weight.
- Your skin is dry and flakes when you scratch it.
- Your hair has lost its color and stands straight up when dry.
- You wake up in a swimming pool two or more times a week.
- You have missed your spouse's birthday for a swim meet the last five years in a row.
- Co-workers complain frequently of smelling chlorine in the office.
- You plan family vacations around swim camps, swim meets and workouts.
- Your youngest child's first words were "take your marks."
- You frequently confuse your address with your 1650 time.
- You call you coach for pre-event advice before engaging in sex.
- You feel Dorothy Donnelly should run for president
- You never heard of Gumblegate because you swim during morning television shows.
- Carbo's, coaches and pace clocks have replaced wine, women and song.
- Your waterproof watch has moisture under the crystal.
- You give matching his and hers Speedos as wedding presents.
- You own your own non-turbulent lane line.
- You recently changed jobs just so you could be on time for a workout.
- Your idea of an ideal house is one with enough room for a lap pool in the basement.
- There is a copy of *SWIM* magazine on the coffee table.
- You have saved all back issues of *SWIM* magazine.

False Start Hospital
Call 1-HOW-DRY-IARE

From *SWIM* Magazine, May/June, 1989, by Knome D. Plume (honest!)

SWIM-MASTER

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



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SWIM CALENDAR

VOL XVIII - NO 9

NOV-DEC 1989

- NOV 18 SCM- SPMA MEET AT PIERCE COLLEGE
18-19 SC - GORDON GRAY, P.O. BOX 84, KEYPORT, WA 98345
19 SC - PENTATHLON - JAN HUNEKE, 8068 ASBURY HILLS DR., CINCINNATI, OH 45255
19 SC - DR. ART MAYER, 1024 ELKTON RD, NEWARK, DE 19711
26 SC - JUDI HAIG, 410 NO. BROADWAY, EAST PROVIDENCE, RI 02914
- DEC 1-3 MASTERS WATER POLO CHAMPIONSHIPS - BRYAN WEAVER, 2519 NELSON AV NO D, REDONDO BEACH, CA 90278
3 SC - ALICIA COLEMAN, 24 THE POINT, CORONADO, CA 92118
9 SC - EDSC, MASTERS MEET, P. O. BOX 1066, ENUMCLAW, WA 98022
9 SC - VICKY HUSEMAN, 477 MORRUE, CINCINNATI, OH 45238
9-10 SCM- JUDY MEYER, 10333 DIEGO DR. SOUTH, BOCA RATON, FL 33428
29 ISHOF MILE OCEAN SWIM, BOB DUENKEL, ONE HALL OF FAME DR., FT. LAUDERDALE, FL 33316
- JAN 6 SC - DANIEL H. DAVIS, 104 ARDMORE ST., HAMDEN, CT 06517
14 SC - ED MELANSON, 2900 GLENGARRY DR., KETTERING, OH 45420
27 SC - PAUL ATKINSON, 560 GRANGE HALL RD., BEAVERCREEK, OH 45430
27-28 SC - TAMPA, FL SHORT COURSE MEET
- FEB 3 SC - RANDY KING, 1140 ROSALLE DR., VAN WERT, OH 45891
4 SCM- SDI, 1135 GARNET-K, SAN DIEGO, CA 92109
10 SC - BOB JAMIESON, 8519 PRINGLE DR., CINCINNATI, OH 45231
10 SC - 1650/1000 - LEO LETENDRE, 267 GLANDORE DR., MANCHESTER, MO 63021
18 SC - SCOTT PECZE, 3414 DOOR ST NO. 303 B, TOLEDO, OH 43607
23-25 SC - BETHANNE BREISACHER, 2700 LAVENDER ST., NEW ORLEANS, LA 70122
24-25 SC - FOREST HILLS, FL - SHORT COURSE MEET
25 SC - PENTATHLON, SDI, 1135 GARNET-K, SAN DIEGO, CA 92109
- MAR 2-3 SC - LAURA CHASE, 1317 DUCREST, COLUMBUS, OH 43220
10 SC - PENTATHLON - BILL KIRKLAND, 780 SW 3RD ST., BOCA RATON, FL 33468
11 SC - ALICIA COLEMAN, 24 THE POINT, CORONADO, CA 92118
11-12 SC - LEO LETENDRE, 267 GLANDORE DR., MANCHESTER, MO 63021

NATIONAL AND INTERNATIONAL MASTERS SWIMMING SCHEDULE

- MAY 18-21, 1990 USMS SC NATIONALS, ED BARTCH, 203 KENNEDY ATHLETIC CENTER, LOS ANGELES, CA 90089
AUG 7-12, 1990 3RD FINA/MSI WORLD CHAMPIONSHIPS, ABMN - AV.PRES. VARGAS, 418/801, RIO DE JANEIRO, BRAZIL 20071
AUG 17-20, 1990 USMS LC NATIONALS, DEL HANSON, 10 NORTH TIMBERTOP DR., THE WOODLANDS, TX 77380
SEP 19-23, 1990 USMS NATIONAL CONVENTION, PITTSBURGH, PA
MAY 16-19, 1991 USMS SC NATIONALS, NASHVILLE, TN
AUG 22-25, 1991 USMS LC NATIONALS, ELIZABETHTOWN, KY
SEP 15-22, 1991 USMS NATIONAL CONVENTION, LOUISVILLE, KY
JUN 27-JUL 5, 1991 4TH FINA/MSI WORLD CHAMPIONSHIPS, INDIANAPOLIS, IN