



SWIM-MASTER

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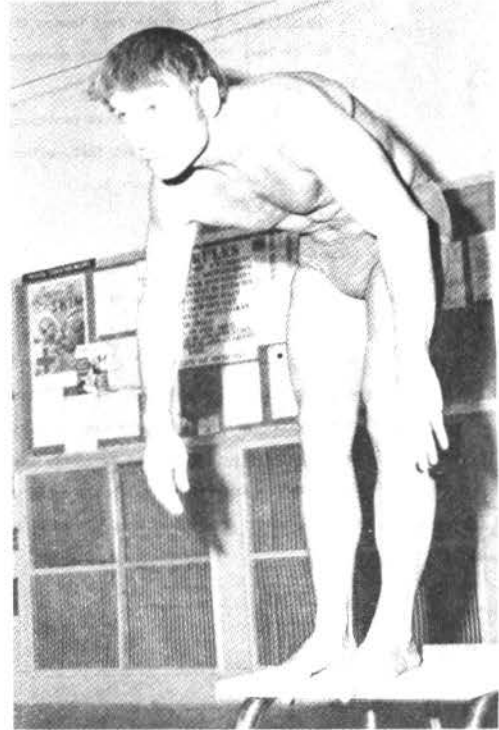
FLEXIBILITY EXERCISES FOR MASTERS SWIMMERS

by
Dr. Paul W. Hutinger
Anatomy and Physiology
Western Illinois University

A part of the aging process, human beings tend to lose flexibility in addition to losing hair, teeth, vision, and hearing. Heredity gives some individuals a greater range of joint movement from the beginning. Flexibility, or range of movement, means that the joint is readily bent without liability to break or injure. If joints, tendons, and ligaments are not moved through their maximum range regularly, the individual loses this movement potential. Flexibility is both a desirable and an important characteristic for the swimmer since it permits a maximum use of strength and coordination.

Over a period of years, some loss of flexibility seems to be irreversible, however a large portion can be maintained. The sooner the older swimmer recognizes this fact and works on regaining and maintaining flexibility, the smaller will be the total loss of movement capability. Although it slows down the aging process that limits the normal range of movement, work on flexibility will also lead to more efficient movements in swimming performance. A swimmer with relatively flexible ankles has the potential for more effective force in propulsion on every down beat of the foot since the water is driven backward and downward at a more favorable angle when the ankle is in hyperextension. The flip-like weaving of the ankle up and down roughly resembles the fish tail action and is demonstrated in underwater photography. In the use of the arms and shoulders, flexibility is a great asset because movements may be made more easily, without disturbing the important aspect of body balance which is a condition necessary for minimum resistance.

Indeed, there are many benefits to be reaped when the Master swimmer includes flexibility work in regular practice. Many movements described below can be used to test flexibility, record performance on each exercise in a notebook. Check frequently and record results.



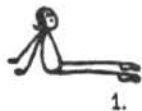
Improvement will be rapid at first, then will level off. Immediate improvement will be evident in some areas, however others will take longer.

Flexibility exercises can become an integral part of the workout, many being performed on the pool deck or in the water between sets of repeats. Before doing forced stretching, the free swinging arm exercises suggested provide an excellent general warm up. Positions should be held a minimum of five seconds. Start with five repeats and increase regularly and comfortably. Do not vigorously force joint movement. Performance levels are noted with some of the movements.

Swimming itself will improve the flexibility of many of the joints of the body. Greater improvement can be achieved, however, by gently forced movements. Along with greater flexibility, such movements will also increase strength. Equal flexibility and muscular force on each side of a joint are needed to insure maximum efficiency and range of movement. Continued and frequent practice will keep the individual at a high flexibility performance level, delaying the restricted range of movement that comes with aging and enhancing swimming performance.

individual at a high flexibility performance level, delaying the restricted range of movement that comes with aging and enhancing swimming performance.

Ankle Flexibility



1.



2.



3.

1. **Plantar flexion.** Point the toes, attempting to achieve a 180° angle, which is excellent. The foot will be in a straight line with the front of the lower leg. See Figure 1.
2. **Dorsiflexion.** Cook the foot toward the body. An angle of 90° or less is excellent. This movement is important for breaststrokers. See Figure 2.
3. **Dorsiflexion.** Assume a squat position, feet pointed straight ahead. Keep the feet flat, without the heels leaving the deck. See Figure 3.

Shoulder Flexibility



4.



5.



6.

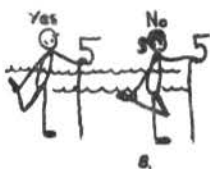


7.

1. **Backward flexion.** Stand by a door frame, back towards the frame. Place the palm of the right hand on the frame at shoulder height, arm straight. Look over the left shoulder. If you can see your hand, flexibility is good. Repeat with the other hand and arm. See Figure 4.
2. **Backward flexion.** Do the movements described in the preceding exercise in the pool, using the shallow end pool gutter instead of a door frame. See Figure 5.

3. **Posterior arm stretching.** Stand with feet apart, then grasp hands behind the back, fingers interlaced. Reverse the hands so palms are outward, bend at waist, pull arms over head as far as possible with back parallel to the floor. Arms should be straight up at a 90° angle for excellent flexibility. See Figure 6.
4. **Posterior arm flexion.** Reach over the right shoulder with the right hand and reach behind with the left hand. Grasp the fingers, or better yet, the hands. Reverse for the opposite side. See Figure 7. Most individuals are more flexible with their right arm over their right shoulder.

Hip Flexibility



8.



9.

1. **Quadriceps.** Stand on left leg, grasp right hand to right ankle, behind the back. Pull knee backward as far as possible, gently. The leg should be in a straight line with the body, or past 180° for good flexibility. See Figure 8. The quadriceps (four major muscles on the front of the thigh) are stretched in this exercise. Repeat with the left leg.
2. **Hamstrings.** Assume a standing position, keeping legs straight. Bend forward and touch finger tips to the floor. Excellent flexibility ratings are achieved by touching the palms of the hands to the floor, without bending the knees. See Figure 9. This measure of forward flexibility is easy

to improve, but does not seem to benefit overall flexibility and swimming performance as much as some of the other movements suggested in these exercises. It is, however, probably the most common test used to check flexibility.

Back Flexibility



10.



11.



12.



13.



14.



15.



16.



17.

1. **Extension.** Lying on stomach, anchor feet under a chair or have someone hold them down. Keep hands behind neck, then raise upper body as high as possible, chin up. Have someone measure the height of the chin from the floor with a tape or yardstick. See Figure 10. Measurements less than 10 inches indicate poor flexibility; 10-13 inches, average; 14-17 inches, good; 18 inches and above, excellent. A correction factor for height is necessary since a person five feet tall cannot be directly compared to a six-footer. Add two inches to the actual measurement for five feet, one inch for five feet six inches. Use actual measurement for five feet eight and above. This movement will give both strength and flexibility when used as an exercise.
2. **Forced back extension.** Lying on stomach, push shoulders up slowly with the arms, back arched and hips and legs on the floor, legs together. See Figure 11. Both back extensions are useful for preventing lower back problems.

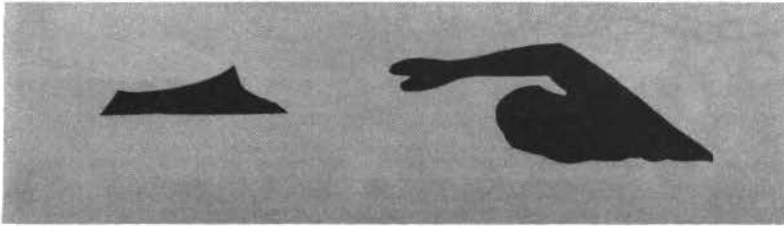
3. **Sit ups.** Forward flexibility should include sit ups with the knees bent. Bending the knees involves the abdominal muscles which are usually in need of strengthening. The arms can be extended for ease in performance. See Figure 12.
4. **Forward flexion.** Sitting on the floor with legs straight in front, hands behind the head, bend forward. See Figure 13. Touching the head to the knees indicates excellent flexibility. This movement can also be done with a partner gently forcing the shoulder and head through the movement. See Figure 14.

General Warm Up

1. **Single arm circles.** Standing, swing one arm at a time in giant circles. Repeat with the other arm. See Figure 15.
2. **Double arm swinging.** Swing both arms forward in giant arm circles, then swing both arms backwards in circles. See Figure 16. An even more difficult movement involves swinging one arm forward and the other backward, in giant circles, at the same time.
3. **Forward and back.** Swing the arms forward at chest height, allowing the arms to come together in front, then swing them backward vigorously. See Figure 17.

WAIKIKI SWIM CLUB

PO BOX 1314
HONOLULU HI 96807



December 3, 1973

Mrs. June Krauser
Swim Master
5340 N.E. 17th Ave.
Ft. Lauderdale, Florida 33308

Dear June;

You are putting us on! Judy Rasmussen in the last Swim Master ventured the opinion that having both national meets during the school year is poor planning because it works against the more distant and less affluent members of our swim family. Your reply was to read page 2! The only germane thing I could find on page 2 was that it was legal to have the meet on September 6, 7, 8 (Rule 8c). The legality, June, of course was not Judy's point, but I will take the bait.

Moving down your brief further we find reference to section 101.6 of the AAU Code. Pulling this several hundred page volume off the shelf, I find 14 paragraphs of rules about rules: Rules sub committees, Nationals Sports Supervision Committees, Law and Legislation Committee, Boards of Governors, 2/3 votes, 3/4 votes of those present at the national convention (next year's convention is in Spain) ad nauseum.

Which brings me to my main question: Why should we continue to remain in the AAU? In the beginning the AAU, really John Spanuth, gave us crucial start-up help. But we have paid for this help in cash, some \$10 - \$15,000 in Nationals entries fees in '72 and '73. John Spanuth was one of the few, if not the only person, in the professional AAU power structure that saw the good MS could do. But the AAU did not seem to get as turned on by adult athletics as the adult athletes. Some rumor has it that John's doing such a good job for MS was what undermined his position at HQ.

I simply cannot understand what good it now does us to be in the AAU. I know it's sort of fun to wear AAU/USA patches and let people confuse us with real national champions- but it's also a little wierd. I know it's sort of fun to play amateur lawyer--politician, go on junkets to paper-work conventions, rassel-hassel with labyrinthine pyramids of committees, Sub committees, sub sub committees, ad hoc committees, Boards of governors, Supervising committees and mountains on mountains of rules, and clauses and sub sections and code books and sports rules books, but it also is a little wierd if we are going to be true to our founding father's philosophy of the necessary minimum of rules and a maximum of swimming and fellowship.

Just think, if we were not in the AAU, a master's club wanted to put on a Nationals, they could put it on at the convenience of master's swimmers and not at the convenience of some fat cigar chewing associate committee that has minimal or anti interest in the MS program. If some change was necessary we could either (a) just do it or (b) vote on it at our own convention held at the Nationals Swim meet each year. (Judy, be sure to go to Spain next year.)

The big payoff would of course be the elimination of our handing over the entire nationals entry fee. Think what a difference \$5000 would make to a potential nationals sponsor. Putting on the meet would be less of a big money gamble, grubbing around for donations, etc. A much better meet could be put on what with money for more hired officials, better electronic timing, etc.

We can't be staying in the AAU for the records keeping because we do all of our own records keeping, thanks to Messrs. Haartz and Onusseit.

World's record and Olympic hopeful athletics require a formal, disciplined, semi legal organization due to the size of the vast multi sports program and especially due to the seriousness of the stakes and the quarrels this could cause.

But will someone please stand up and tell me why Masters Swimming must be in the AAU?

Jim Cotton

SWIM MASTERS EDITORIAL FOR JIM COTTON'S LETTER

EDITORIAL:

We are replying to the very important issue raised by Jim's letter. It is obviously necessary that we continue to periodically examine our organizational structure in order that it should remain maximally useful to the overall Master's program.

Why should we continue to remain in the AAU? First, to take advantage of the enormous benefit of the administrative framework--both at the National and local levels. How many local registration chairmen are from Masters swimming? None to our knowledge. The local AAU swimming people help us organize our clubs and meets. Many Masters swimmers are just getting back to swimming after many years of inaction and new Masters swimmers know little about swimming programs. We can use these AAU people to help us with our program.

Second, there is prestige in being a recognized AAU activity. The AAU is the National Governing body of swimming and as such a member of FINA (world governing body of aquatics). Masters Swimming will be recognized all over the world as an AAU Program.

Third, we can benefit the AAU Age Group and Senior Swimming programs by demonstrating to our youth that swimming can be a lifelong activity. Our young people look forward to our Masters Program. They are indoctrinated with AAU and/or NCAA rules (both groups are working toward greater uniformity of rules) and programs.

Fourth, as our program grows, so grows the necessity of rules--just as in any society. Those of us in West Yellowstone accepting the ONLY bid for our 1974 LC National Championships did not realize what a furor it would cause! It was considered better to have the meet than not to have the meet. We were thinking of OUR swimmers and OUR program. In any case, the Championship meets occur within the school year in some districts but not in others across the country.

Fifth, Many of our swimmers are AAU coaches, many are parents of AAU swimmers, and if we pulled out of the AAU now, some would regard us as an enemy. The issue of entry fee money is being negotiated. For this year, our meet sponsors are turning over only one-half of the entry fees to the National AAU. If it can be demonstrated that this is best for our program, for our meet sponsors, and for the National AAU, perhaps it will become a standing condition of our contract with the AAU. We are not, of course, compelled to be in the AAU but, in truth, all of us who have been in leadership positions within Masters swimming are convinced that the benefits of AAU membership far outweigh the liabilities at present. This may not always be so and at some future time our position no doubt will be reconsidered. But for now we think it would be a serious error to separate ourselves from the powerful organizational backing of the AAU.

If you do wish to have possible rule changes considered, the 1974 Masters Swimming Rules Chairman, Pete Combes, has asked that any suggestions for rule changes be directed to him. Address your suggestions to Pete Combes, Chairman, Masters Swimming Rules Committee, RCSA, Box 644, Columbia, SC 29260. Amendments to our rules will be discussed and voted on at the National AAU Convention to be held in Washington, DC (NOT in Spain) on 13-19 October 1974.

JUNE KRAUSER
Chairman, National AAU Masters Swimming Committee

ROBERT BEACH
Vice-Chairman, National AAU Masters Swimming Committee

RANSON J. ARTHUR, M. D.
Chairman, Goals, Objectives and Medical Aspects

Sylvia D. Bailey

A year ago last fall, I first heard of the Masters swim movement. I talked on the phone to coach Carol Macpherson, whose number was posted on the bulletin board at the club where I swam for therapy. I told her I was 66, and perhaps too old for so much exertion. She said, "absolutely NO." I still hesitated as I thought of my various injuries and operations, as well as my heart attack and the subsequent illness. Next I decided to go to the open meeting to secure more information on the Masters' program. In December, 1972, I went to Rinconada pool to see what was going on in the water. I swam for Cindy Baxter, one of the coaches, and met the minimum requirements, as I was confident I could.

I was brought up in Hawaii. Years ago I trained with "Bad" Center, along with Buster Crabbe, Warren Kealoha, and Duke Kahanamoku, all of whom became Olympic Champions. In those days I was a small, frail teenager. As only the best swam in competition, and as I was certainly not one of those, I never swam in a meet in my youth. Swimming was a way of life in Honolulu where I lived. It enabled me to surf, canoe, and have fun in the water.

By January, 1973, our club, the Rinconada Masters, was a going concern. True, we only had 15 swimmers, but the word was passed from person to person that the club had come into existence, and our ranks began to swell. We received welcome publicity when our local newspaper, the Palo Alto Times, published an article, with portraits, about our attractive coaches, Cindy and Carol, describing what they were doing to improve physical fitness in the community. Increasing numbers of interested people phoned or came to see us. Today I am one of more than 100 members of the Rinconada Masters.

In the beginning I went home from the workouts exhausted, even though we were urged to rest if we got tired or out of breath. To my amazement I soon discovered that we were all tired, even those much younger than I. I thought to myself, "Well, if these young swimmers feel as I do, maybe I'll make it after all." I stuck it out, gradually getting stronger, as did all of the rest of us. Then I discovered that my back, injured in diving years ago, was better and that I did not have to rely on a girdle to hold me together.

My doctor was pleased with my general health, and instead of having to report to him at least once a month, I was told to come back when I got ready to do so. At first he had said, "No competition," but he relented after a few months. I went to my first swimming meet and swam the 50 yard freestyle, breaking the national record as I did it. That was a tiring day for me, but as we relaxed over lunch together before we started home, I felt lots better. Right then and there I vowed never to come a long way to a swimming meet and swim in only one event. I never have!

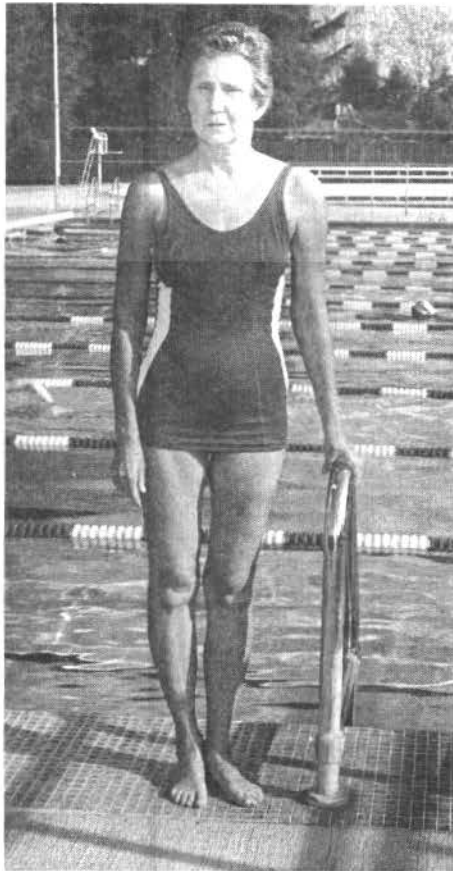
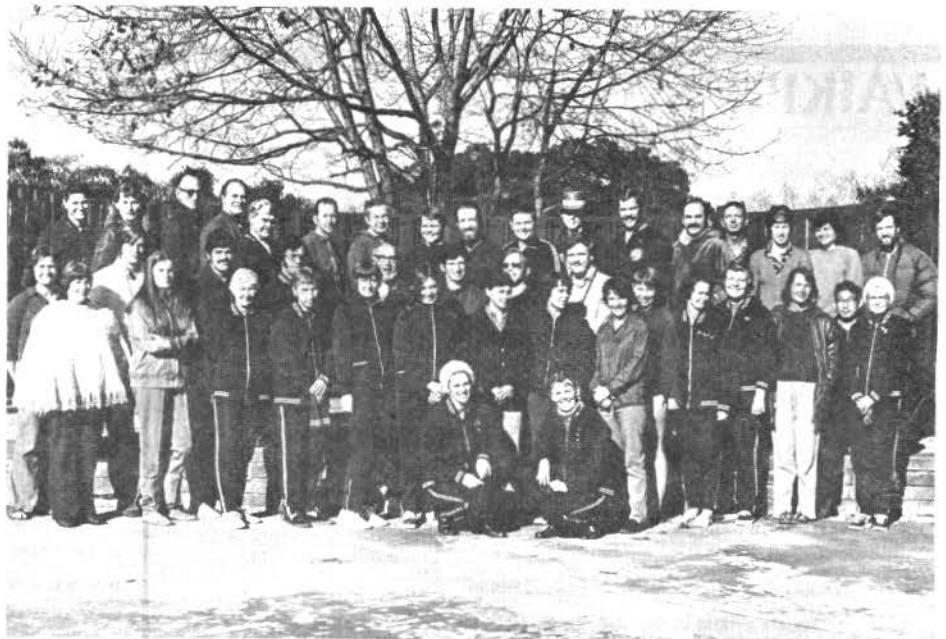
When I first started with the Masters I said very firmly to coach Cindy Baxter that I would never swim more than 50 yards at a time without resting. That resolution was soon broken and I was doing hundreds, and then two hundreds and more. I learned the butterfly, which was nonexistent when I was young. I finally swam it successfully in a meet. The saying about teaching an old dog new tricks certainly applies to me in this instance. Yes, the butterfly is doubly difficult -- to learn and to execute.

A whole year has gone by, and I have competed in seven swimming meets, including the Nationals at Santa Monica. I have won gold medals and hold national records. My health and spirits are better, even though I celebrated my 67th birthday last June. I have a lot of new friends who share this common interest. For someone my age, a varied group of associates, from young to old, is a real blessing.

I do agree with Captain Ransom J. Arthur on the point he made recently concerning sprinting as a preparation for competition. I would go even further and say that sprinting has only a very small place in the training or conditioning of the older swimmer. I do not think any of us have twenty or even ten 50 yard sprints to spare--one or two, yes. The all-out effort at a swimming meet has to be the high point for my age group and for many who are considerably younger.

I train just three days a week, doing about 1500 yards at a session. I actually swim more often than that, as I need the limbering up that swimming gives me. Usually I swim on three more days purely for recreation and pleasure. Just before meets I spend several weeks trying to get in five training periods per week. As I have always liked going to all

RINCONADA MASTERS TEAM



SYLVIA D. BAILEY



CAROL TAIT MACPHERSON & CINDY BAXTER

RINCONADA MASTERS SWIM TEAM

The Rinconada Masters Swim Team was organized in January of 1973 with 15 swimmers under the coaching of Carol Tait Macpherson and Cindy Baxter. Now there are 120 swimmers ranging from National Champions to Physical Fitness swimmers.

When the program was started it was felt that a good Masters Program should start at the physical fitness level and work toward individual goals. The success of the program is based on the fact that the physical fitness swimmers are just as important as the top competitors. The majority of the coaches' time is spent with the physical fitness swimmers.

The Rinconada Masters Program is more than just swimming - it is very social. They have time trials with spaghetti feeds, pot luck dinner parties, bar-b-quees, and fun days.

The two coaches - Carol Tait Macpherson and Cindy Baxter - have different backgrounds accounting for the success of the Program. Carol has a competitive background while Cindy has taught swimming for 16 years. This helps close the gaps and is a tremendous advantage to the swimmers.

The Rinconada Masters are sponsoring the 1974 National AAU Masters Swimming Championships to be held at the Santa Clara International pool on September 6-7-8.

swimming meets, I soon found that I enjoyed the competitive part of the Masters program. It is a pleasure to watch as well as to participate.

My husband is not a swimmer. He just does a good strong dog paddle when he feels the need of some therapy in very warm water. But he is a staunch supporter of our team, takes in the meets, and thoroughly enjoys himself. He thinks that the Rinconada Masters' program, with its emphasis on fitness first and competition second, is one of the greatest things that has happened to me in recent years.

RECORDS

MASTERS RECORDS - OLD VS. NEW SYSTEM

By H. F. 'Hal' Onusseit, Records Chairman

INTRODUCTION: There is no change in establishing a Masters record: you still have to swim your head off and do it faster than has ever been done in your age group. However, I am proposing a new method of submitting times for records.

PRESENT METHOD: Very few formal record applications are being made. Most of my information comes from the following sources: 1) Meet Results (about 95%); 2) Time Cards, and 3) Miscellaneous (personal letters, newspaper clippings, "SWIM-MASTER" or "SWIMMING WORLD" results. The major problem with the present system is the time required to scrutinize the 100 or so meet results. This is aggravated by the fact that very few meets are tabulated to expedite record-keeping, tabulation of top ten or inclusion in "SWIM-MASTER"; namely, listing by age groups and not by events. Happily, this situation is improving.

I have found it necessary to scrutinize all meet results since I have found that even when records are indicated in the results the following breakdown occurs: 1) Only about 80% are actually new records. 2) About 20% of marked records are not records. Sometimes these are merely superseded records and should, of course, be included when the meet officials are unaware of faster times in other parts of the country. Often, though, they are simply errors. 3) About 20% of records are picked up by myself and are simply omissions. I notice that older women are particularly discriminated against. I theorize that everyone tabulating results figures that times slower than his own simply couldn't be national records! However, we still have vacancies, as for example the 50 meter free for women 70-79. We have record times for every distance through 1500 meters but no one has ever done the 50 meter free!

One problem with record-keeping that is hard to understand until you try it yourself is the enormity of the job. For example, would you believe that adding those few events this year (200 fly, 400 IM, etc.) would increase the record holders by 208 and the top ten times by 2080 names! My system of record keeping requires recording the times on 3 specially-made forms. When records change 3 to 5 times

in a year a lot of tabulating is done. I hope that people proposing new events realize that each new event means 44 new records and 440 top ten names for Ted. (1 event x 2 (men and women) x 2 (LC and SC) x 11 (age groups) = 44)

PROPOSED METHOD FOR REPORTING RECORDS: Some suggestions have been made that we require formal submission of record times, not unlike that required for American or World records. Perhaps we will get to that point but I would like to try an interim system first.

I am asking each record holder to send the information directly to me:

Hal Onusseit
33 Barrows Road
Reading, MA 01867

The information can be sent on ordinary stationery but must include all the necessary data. To help everyone to include all the data think of NASTY DIET which stands for:

Name
Age or 5 year Age Group
Sex (male or female)
Time (min., seconds, etc. of new record)
Yards or Meters (length of pool)
Date of record swim
Initialed by timers or meet official
Event (distance and stroke)
Town (city and state of swim meet)

I would like to emphasize a few points: 1) Do not be bashful about submitting times. A superseded time causes no problem at all. If you've never heard of a better time consider it a new record. 2) Be accurate. As Ted Haartz mentioned in regard to top ten times, errors in time have been a problem. An error, even if finally corrected, will often nullify true record breaking performances since we simply cannot retabulate the old results. 3) If you want to verify a record be sure to enclose a self-addressed, stamped envelope. 4) Be prompt. Send in the record time as soon as you can.

SUMMARY: This season I am asking all record-breakers to submit their new record times directly to me. I still want to receive meet results but the burden for reporting records is now on the record-breaker and not on the meet director. This is especially true of relays where many meet results include only the team, making no mention of the team members.

This is admittedly an interim system and as Masters Swimming continues to grow we may have to have a more formal reporting system. This might include record applications sent to national regions which would then report their records for National consideration.

MASTERS SWIMMING NOTES

THANK YOU! To all of you meet directors that typed your meet results for SWIM-MASTER a great big thank you. It really saved many hours of work. I suggested using 30 spaces for the results but forgot that I use elite type. So if you use pica type please use only 27 spaces.....

A note from Mildred Anderson with the sad news that her grandson had been seriously hurt in a motorcycle accident. We hope that he is doing much better now.....

Many of you get to Florida at one time or another and today Ed Reed, Jr. was working out at the SHOF pool. Ed is swimming coach at Brown University and has his team down working out inbetween semesters.....

Cease Brown writes from England that they do not have much momentum in the Masters Program over there. They have just the one meet in the fall of the year and this year it was held in a 33-1/3 yd pool. Some of the times are listed in this issue's meet results.....

Alex Gilbert writes that five Masters Swimmers "gave up" their Christmas holiday to participate in the 1973 Tahiti Aquathletics Symposium, held in Papeete, Tahiti. The "suffers" included Anne Adams, Dolly Burke, Don Rosenthal, Herb Nakama and Alex Gilbert. The mission of the Symposium was to aid in establishing Tahiti as the South Pacific Center for Aquathletics, Underwater Research & Education, and Sports Nutrition & Food Service. This project was undertaken by the Kalos Kagathas Foundation, Bruce S. Hopping, conceper and chairman in collaboration with Daniel Videau, Governor of French Polynesia. This project is a vast and highly worthwhile undertaking deserving all the help and support of the Masters Swimming Program. The Symposium offered Stroke Clinics by George Haines, Rick Rowland, Frank Brooks, Jack Fullerton and Buzz Thayer. These clinics were well attended by the Tahiti swimmers, many of whom show good potential for the future. We were told that organized competitive swimming is only about four years old in the Tahitian Islands and no interest has as yet been generated for a masters program. Therefore, to draw some attention to Masters Swimming, Anne, Herb, Frank and Alex swam an exhibition 800 meter relay during the North vs South meet while Don served as starter for the meet.....

And speaking of traveling, Dick Rahe is really putting together a good trip for Masters Swimmers to New Zealand and Australia. It will just be a "social" trip as teams are not yet organized in those country for Masters Swimming. Hopefully, some interest in Masters Swimming will be generated by this group just visiting these countries. Anyone wishing further information may contact Dr. Richard Rahe, NELC CODE 8000, San Diego, CA 92152.....

Information on the SC National Championships to be held at the Swimming Hall of Fame Pool in Fort Lauderdale on May 17-19 will be mailed out late in February. Information will be sent to the Secretary of each Association, Clubs participating in last year's SC Championships and members of the National AAU Masters Swimming Committee. Unattached Masters Swimmers may write for information to June F. Krauser, 5340 N.E. 17th Ave., Ft. Lauderdale, FL 33308.....

And speaking of the SC Nationals, California Masters can save \$120 on Airfare according to Alex Gilbert. Masters Swimmers wishing to attend May's SC Nationals departing from either Los Angeles or San Francisco can acquire a round trip coach ticket on National Airlines for \$212.00 (a \$120 savings over the regular coach fare) through an arrangement being worked out by the SPAAAU Masters Swimming Committee. One special advantage of this particular arfangement is that the swimmer purchasing his ticket through this plan can set his own flight schedule rather than having to travel with a group. Also, under investigation is a seven nights tour package, three nights in Ft. Lauderdale and four nights either in Nassau or Montego Bay. Included is rooms, ground transportation, tickets to Disneyworld, floor shows and air transportation from Los Angeles or San Francisco (no meals) for an-

estimated cost of \$370.00 per person, double occupancy. Anyone interested in participating in either tour plan should contact Alex Gilbert, 9866 Mariposa Ave., Fountain Valley, CA 92708, phone (714) 968-0311, before Feb. 25th. Masters Swimming Rules Chairman for this year is Pete Combes of Columbia, SC. Pete sent out a letter to the members of the Rules Committee that we wish to share with you. Pete writes, "Thought I'd touch base with everyone on my list and take this opportunity to wish all of you a very Merry Christmas and a Happy New Year. My conceptualization of the role of a Masters Rules Sub-Committee is to screen and carefully consider any proposed rule changes to help provide a better Masters Swimming Program. Our program is still in its infancy. We have a great number of inexperienced participants who did not come up through AAU swimming programs. Because of this, we may develop a tendency to invent our own complete set of special rules just for Masters Swimmers. This tendency should be resisted. It is to everyones benefit that swimming rules be as consistant as possible from the youngest age-grouper to the oldest Masters Swimmer. In this way it will help encourage a continuous participation all the way up as well as fit into the public image of swimming in general. Rule changes we make, should be in the areas of: defining age-groups, championship procedures, and other similar categoeries which can follow the form of other AAU Swimming programs. We will need our own special exception rules such as retaining the breaststroke kick on the butterfly. These however, should be resisted and kept to a minimum. Our only justification for special exception rules should be, to allow participation by those who could not participate without those exceptions. Our rules to date reflect (I think) similar thinking, and I commend the judgement to those who have been responsible. We need to carry on in a like manner. One of the items we need to discuss during the upcoming year is an established procedure for our National Championships to include: preset dates, a qualification system, etc. A good time to get together about this and other items those of you on the sub-committee may have, would be during the SC Championships in May." Anyone wishing to send a suggestion to Pete on our rules may write to him at RCSA, Box 6444, Columbia, SC...

MASTERS CORNER



By Capt. Ransom J. Arthur

Dave Dutrow of Hampton, Virginia, one of our most faithful and expert Masters swimmers had a heart attack at the Chicago meet. He has made an excellent recovery and he has some words of advice for other Masters swimmers.

"(1) Read November "Readers' Digest" article on heart attacks. It could save your life.

"(2) Make sure you have major medical protection or that you can self-insure yourself for about \$10,000.

"(3) Don't assume pain or pressure is indigestion. Get a medical opinion and if none is available, assume the pain is a heart attack and act accordingly. In my ignorance, I probably would have swum the 50 free had I elected to stay entered in it since the pain was just starting. Think what a large oxygen debt would do to a heart that is already starved for oxygen. The attack would probably have been fatal at the end of the race.

"(4) Make sure there is a doctor in attendance when you swim in a meet, and even in practice there should be a knowledgeable person available — perhaps another swimmer.

"(5) If you are attending a meet by yourself make sure someone at the meet knows something about you. I don't know how they did it, but the Pfeiffers from California and Barbara Reeves from Chicago were able to get my clothes, sweats and baggage from the pool and hotel to the hospital, and I'll be eternally grateful for their help.

"(6) It can happen to you! I didn't believe it could happen to me and it wasn't until I was wired and piped to the bed in the ICU that I finally admitted the truth. I was having a heart attack and swimming probably saved my life."

As I have mentioned in previous columns, each meet sponsor should make sure in advance that appropriate resuscitation equipment is available and that one knows whom to call if an emergency arises. It won't happen often but it will happen — be prepared!

Crystal Pools Swim Champ



HIGH POINT WINNERS - JAMES CRANE (31), LOU SHIELDS (33), CHARLES TEAS (35), MILDRED ANDERSON (59), ?, HAM ANDERSON (59)

Crystal Pools scored 564 points to far outdistance its nearest rivals in the second Houston Masters men's and women's swimming championships.

Corpus Christi with 191 points was second in the event completed Sunday at the Houston Swim Club. Other team points were: Wharton 135; Meyerland 107; San Marcus 80; College Station 32 and Jewish Community Center 24.

Lou Shields of Crystal, James Crane of the Dad's Club and Charles Teas of Corpus Christi tied for the top honors in the 25-39 age group, all with 80 points.

Other high point winners by divisions were: 40-49 — Bill Van Houten, Crystal, 80; 50-54 — Bill Stadia, Meyerland, 78; 40-54 — Marge Oldfield, Crystal, 80; 55-over — Mildred Anderson, Crystal, 80, and Hamilton Anderson, Crystal, 76.

Fewer Attacks

Vigorous Found Strong of Heart

By ROBERT MUSEL

LONDON (UPI) — Sportsmen and keep-fit enthusiasts always accepted it as an article of faith. The trouble was scientific research did not confirm their deeply held belief that exercise was good for the heart.

Now, a team of British doctors has issued a report that may help explain why some previous researchers have been wary of linking exercise with the health of the coronary artery system.

In a massive study involving 16,882 British civil servants, the doctors found significantly fewer heart attacks among men who exercised — but only if the exercise came under the heading of "Vigorous."

Light exercise did not have the same effect, according to a report to the medical weekly, *The Lancet*, by Dr. D. J. Sheenan of the Medical Advisory Service of the Civil Service Department and five colleagues.

In the study, the civil servants, male office workers aged 40 to 64, were asked to record their activities for a Friday and Saturday and complete a questionnaire on habits and personal history.

"In men recording vigorous

exercise, the relative risk of developing coronary disease was about a third that in comparable men who did not and in men reporting much of it still less," the report said.

"Vigorous exercise," it went on, "apparently protected against rapidly fatal heart attack, and other first clinical attacks of coronary disease alike, throughout middle age."

Since the survey in 1968-1970, 232 of the men have suffered a first clinical heart attack. A computer matched the card of each of the sufferers with those of two other workers not so affected. The total results showed that only 11 per cent of the heart attack victims had reported vigorous activities against 26 per cent of the men they were compared with.

"Vigorous" exercises were defined as including swimming, workouts of more than 10 minutes, brisk walks of at least half an hour, climbing more than 500 steps over a weekend, heavy work such as digging in a garden.

"On the face of it," the report said, "the hypothesis that coronary heart disease is a modern epidemic in part because the body is deficient in the exercise it needs is supported."

Tanker, 66, Not 'Old'

By KATHY GAYNOR

Harold T. Davis, a 66-year-old senior planning clerk for Martin Marietta Corp. is proof incarnate that the "masters" in masters swimming isn't a euphemism for "old."

The dapper bachelor, originally from Philadelphia via Baltimore, dropped in on the three-day Crestmoor Masters open swimming meet last weekend long enough to pick up one first (1,500 meter freestyle), four seconds (100, 200, 400 freestyle and 200 breaststroke), a third (50 freestyle) and a fourth (50 breaststroke).

In addition to his aquatic accomplishments at Crestmoor, the clerk was distinguished by being the oldest entry from a field of more than 100.

In that short period, he has earned not only numerous local laurels, but has grabbed a third and fourth in two national

meets.

"Last year I finished fourth in the 1,650-yard freestyle. I also placed in three other events. That meet was at San Mateo, Calif. This year, the nationals were at Santa Monica, Calif. I had a third in the 1,650 and placed in four other events," he said.

He was asked how often does a 66-year-old tanker work out to keep as fit as someone at least 20 years younger?

"I get off work at 3:30. Usual-

ly I swim for about two hours," Davis explained.

Who masked what has been his most rewarding moment in masters swimming, he replied, "Actually, it was when I got a 'convert.' From about 200 people I've talked to about masters swimming, I finally got a friend to come out to Crestmoor. I was more thrilled at that than winning any more trophies. I don't know how she's doing, but the important thing is that she's here competing," Davis said.

FROM THE DENVER POST

Harold T. Davis with on the left ----- Dr. Ellen Money and on the right ----- Pat Kamm.



MEET RESULTS

FORT LAUDERDALE MASTERS SWIM
10-28-73 Ft. Lauderdale, FL

WOMEN 25-29

100 YARD BACKSTROKE	Dianne Redmond 29	1:24.0
100 YARD FREESTYLE	Dianne Redmond 29	1:30.2
50 YARD BUTTERFLY	Dianne Redmond 29	31.6

WOMEN 30-34

50 YARD BUTTERFLY	Millie Bergeron 33	31.0
200 YARD INDIVIDUAL MEDLEY	Millie Bergeron 33	2:49.8

WOMEN 35-39

50 YARD FREESTYLE	Anne McGuire 39	31.6
100 YARD FREESTYLE	Peggy Wienants 39	33.1
50 YARD BUTTERFLY	Stella Taylor	1:35.6

WOMEN 40-44

200 YARD FREESTYLE	Stella Taylor	3:23.9
100 YARD BACKSTROKE	Stella Taylor	2:04.3
100 YARD FREESTYLE	Anne McGuire 39	1:22.7

WOMEN 45-49

50 YARD FREESTYLE	Mary Ann Meekins 47	30.9
100 YARD FREESTYLE	June Krauser 47	35.0
50 YARD BUTTERFLY	Mary Ann Meekins 47	1:11.1

WOMEN 50-54

200 YARD FREESTYLE	Mary Ann Meekins 47	2:38.3
100 YARD BACKSTROKE	June Krauser 47	1:29.5
50 YARD BUTTERFLY	June Krauser 47	1:34.0

WOMEN 55-59

50 YARD FREESTYLE	Lena Berg 50	48.0
100 YARD FREESTYLE	Lena Berg 50	1:48.5

WOMEN 60-64

50 YARD FREESTYLE	Betty Stevens 55	42.2
100 YARD FREESTYLE	Rachel Morrill 69	2:14.2

WOMEN 65-69

200 YARD FREESTYLE	Rachel Morrill 69	5:08.9
50 YARD BUTTERFLY	Sia Fogle 70	1:01.6

WOMEN 70-79

100 YARD FREESTYLE	Sia Fogle 70	2:12.0
50 YARD BUTTERFLY	Sia Fogle 70	4:51.8

WOMEN 35 & OVER

200 YARD FREESTYLE RELAY	FLAC (Krauser, Bruce, Meekins, McGuire)	2:09.6
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WOMEN 25-29

50 YARD FREESTYLE	Gary Langley 26	23.6
100 YARD FREESTYLE	Tim Hill 26	24.1

WOMEN 30-34

50 YARD BUTTERFLY	Eric Orrell 26	24.2
100 YARD FREESTYLE	Henry Dominich 26	29.2

WOMEN 35 & OVER

200 YARD FREESTYLE RELAY	Masters of Florida (Malone, Bernardino, Rosser, Holmes)	1:47.5
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WOMEN 25-29

100 YARD FREESTYLE	Bob Duenkel 28	2:00.0
50 YARD BUTTERFLY	John Zeigler 27	2:15.7

WOMEN 30-34

100 YARD FREESTYLE	Bob Duenkel 28	1:08.8
50 YARD BUTTERFLY	John Zeigler 27	1:10.0

WOMEN 35-39

100 YARD FREESTYLE	Eric Orrell 26	1:29.9
50 YARD BUTTERFLY	Frank Tyson 29	25.6

WOMEN 40-44

100 YARD FREESTYLE	John Zeigler 27	2:17.2
50 YARD BUTTERFLY	Mike Kight 29	32.7

100 YARD BREASTSTROKE

Roy Robe 34	1:15.4
Gerry DeLong 30	25.8
Al Franklin 30	29.1

200 YARD INDIVIDUAL MEDLEY

Gerry DeLong 30	2:17.2
Al Franklin 30	3:01.1

50 YARD FREESTYLE

Gay Rosser 39	24.3
Dudley Cole 38	26.8

100 YARD FREESTYLE

Gay Rosser 39	31.7
Frank Bernardino 36	31.7

200 YARD FREESTYLE

Gay Rosser 39	55.4
Frank Bernardino 36	27.8

50 YARD BUTTERFLY

Gay Rosser 39	27.8
Dudley Cole 38	29.2

100 YARD INDIVIDUAL MEDLEY

Dudley Cole 38	31.8
Tom Whiteleather 43	25.6

200 YARD INDIVIDUAL MEDLEY

Dudley Cole 38	2:59.0
Herb Kern 41	29.6

50 YARD FREESTYLE

Tom Whiteleather 43	25.6
Dan Malone 43	25.8

100 YARD FREESTYLE

Herb Kern 41	26.7
Herb Kern 41	29.0

200 YARD FREESTYLE

Herb Kern 41	31.7
Dan Malone 43	57.6

50 YARD BUTTERFLY

Dan Malone 43	1:13.6
John Guralchuk 44	2:07.4

100 YARD INDIVIDUAL MEDLEY

John Guralchuk 44	2:30.2
Fred Eberhart 40	3:01.2

200 YARD BACKSTROKE

Loring Holmes 44	1:29.9
Schaefer 44	1:22.5

50 YARD BUTTERFLY

Herb Kern 41	29.6
John Guralchuk 44	32.1

100 YARD FREESTYLE

Loring Holmes 44	32.2
Herb Kern 41	2:39.5

200 YARD INDIVIDUAL MEDLEY

Loring Holmes 44	3:08.0
Hans Hellmann 46	1:26.1

50 YARD BUTTERFLY

Hans Hellmann 46	36.2
Hans Hellmann 46	3:39.7

100 YARD INDIVIDUAL MEDLEY

Hans Hellmann 46	1:04.3
Reed Ringel 50	1:09.5

100 YARD INDIVIDUAL MEDLEY

Pattie Hewitt 26	1:17.1
Mary Buntin 29	1:25.0

WOMEN 30-34

Carol O'Hara 32	.34.3
Jane Johngren 30	.35.1

50 YARD FREESTYLE

Rita Cunningham 33	.36.3
Janet Williams 31	.39.2

100 YARD FREESTYLE

Jane Johngren 30	1:21.4
Joanne Munise 34	1:23.1

200 YARD FREESTYLE

Janet Williams 31	1:23.5
Janet Williams 31	1:29.5

50 YARD BACKSTROKE

Rita Cunningham 33	46.3
Janet Williams 31	47.2

100 YARD BACKSTROKE

Jane Johngren 30	47.2
Carol O'Hara 32	48.0

200 YARD BACKSTROKE

Janet Williams 31	49.0
Rita Cunningham 33	1:46.0

50 YARD BUTTERFLY

Rita Cunningham 33	53.0
Janet Williams 31	53.4

100 YARD BUTTERFLY

Jane Johngren 30	1:06.4
Joanne Munise 34	1:46.1

200 YARD BUTTERFLY

Joanne Munise 34	44.4
Rita Cunningham 33	49.5

50 YARD INDIVIDUAL MEDLEY

Joanne Munise 34	4:34.8
Rita Cunningham 33	1:39.0

100 YARD INDIVIDUAL MEDLEY

Joanne Munise 34	1:39.0
Rita Cunningham 33	1:39.8

200 YARD INDIVIDUAL MEDLEY

Joanne Munise 34	7:59.0
Joanne Field 39	1:43.0

50 YARD FREESTYLE

Joanne Field 39	44.1
John Samp 25	47.4

100 YARD FREESTYLE

John Samp 25	1:06.4
Bob Walden 34	3:49.9

200 YARD FREESTYLE

Bob Walden 34	42.3
John Samp 25	42.7

50 YARD BUTTERFLY

John Samp 25	1:34.9
Walt Zorkers 27	3:27.8

100 YARD BUTTERFLY

Walt Zorkers 27	45.8
Ed Lerner 29	1:40.8

MEN 25-29

50 YARD FREESTYLE	John Samp 25	24.3
50 YARD FREESTYLE	Ed Lerner 29	25.6

100 YARD FREESTYLE

John Samp 25	26.0
Ed Lerner 29	26.2

200 YARD FREESTYLE

John Samp 25	26.5
Ed Lerner 29	27.3

50 YARD BACKSTROKE

Bob Asquith 26	30.5
Bob Clauson 25	30.5

100 YARD BACKSTROKE

Bob Asquith 26	1:07.1
Bob Asquith 26	1:07.1

200 YARD BACKSTROKE

Bob Asquith 26	2:28.8
John Samp 25	35.8

50 YARD BUTTERFLY

John Samp 25	28.3
Dave Johnson 25	31.0

100 YARD BUTTERFLY

Dave Johnson 25	32.3
Alan Blank 25	33.2

200 YARD BUTTERFLY

Walt Zorkers 27	2:49.4
Ed Lerner 29	28.3

50 YARD INDIVIDUAL MEDLEY

Ed Lerner 29	31.0
Dave Johnson 25	32.3

100 YARD INDIVIDUAL MEDLEY

Dave Johnson 25	33.2
Alan Blank 25	33.2

200 YARD INDIVIDUAL MEDLEY

Walt Zorkers 27	2:44.0
Ed Lerner 29	1:06.4

50 YARD FREESTYLE

Bob Asquith 26	1:06.4
John Samp 25	1:09.7

100 YARD FREESTYLE

Bob Asquith 26	1:13.4
John Samp 25	1:15.3

200 YARD FREESTYLE

John Samp 25	2:32.2
Jack Geobegan 31	25.8

50 YARD BACKSTROKE

John Samp 25	25.8
Bob Walden 34	28.3

100 YARD BACKSTROKE

Bob Walden 34	32.2
John Samp 25	52.0

200 YARD BACKSTROKE

Bob Walden 34	58.2
John Samp 25	1:01.8

50 YARD BUTTERFLY

John Samp 25	1:03.9
Harry Hamilton 32	5:57.8

100 YARD BREASTSTROKE

Ted Hartz 45	1:16.5	
200 YARD BREASTSTROKE	Ted Hartz 45	2:50.5

50 YARD BUTTERFLY

Hal Onusseit 49	29.4
Bill Russell 48	31.6

100 YARD BREASTSTROKE		MEN 25-29		200 YARD IM		100 YARD BREASTSTROKE		Moorestown S.C.		2.05.2	
Diana Todd 30	1.26.88	50 YARD FREESTYLE		David Flores 31	2.26.05	Roger Franks 46	1.20.03	Suburban S.C.	1.22.74	2.10.38	
Stacy Frey 30	1.37.68	John Flanagan 27	24.27	Davis Roberts 31	2.32.23	Jim Forbes 47	1.22.74	York "Y" B	1.27.73	2.44.22	
Maree Kelleher 33	1.44.34	Bob Locke 28	24.46	John Sink 30	2.33.36	Henry Lentzsch 48	2.44.32	35 & Over			
200 YARD BREASTSTROKE		John Lane 27	24.56	Sandy Thatcher 30	2.44.32	200 YARD BREASTSTROKE		Wilm. A.C. (Mattson, Franks, Rash, Mc Ginley) 2.02.39			
Maree Kelleher 33	3.41.35	Jay Platt 26	24.73	MEN 35-39		Roger Franks 46	2.56.81	12-07,08,09, 1973			
50 YARD FLY		Jack Hodgins 26	24.88	50 YARD FREESTYLE		Dick Mesirov 47	3.07.09	Corpus Christi, Texas			
Diana Todd 30	32.23	Jim Guise 28	25.86	John Owen 36	25.75	Jim Forbes 47	3.15.48				
Stacy Frey 30	32.50	Craig Wallace 27	26.28	John Mc Ginley 35	28.03	Jim Hodges 46	3.22.41				
Nancy Breen 30	32.52	Ron Keller 27	32.42	Joseph Berthe 37	28.71	50 YARD FLY					
Lynn Joesten 32	32.90	100 YARD FREESTYLE		Tom Shue 36	31.66	Roger Franks 46	33.28				
100 YARD FLY		John Lane 27	53.42	Dave Welch 35	35.10	Dan Lipkin 45	34.75				
Lynn Joesten 32	1.16.24	Jay Platt 26	53.53	100 YARD FREESTYLE		Dick Mesirov 47	35.50				
100 YARD IM		Bob Locke 28	54.35	Dave Mc Intyre 36	54.29	Jim Forbes 47	35.97				
Nancy Breen 30	1.13.13	Gary Henderson 28	54.99	Joseph Berthe 37	1.05.55	100 YARD FLY					
Nancy Mattson 31	1.22.67	Jack Hodgins 26	55.08	John Mc Ginley 35	1.09.41	Jim Hodges 46	2.00.57				
Stacy Frey 30	1.27.00	Tom Opila 25	59.68	Tom Shue 36	1.13.23	100 YARD IM					
Maree Kelleher 33	1.31.71	Craig Wallace 27	59.76	Dave Welch 35	1.23.26	Jim Forbes 47	1.22.97				
Judith Coble 32	1.46.06	Tim Carr 29	1.00.65	200 YARD FREESTYLE		200 YARD IM					
200 YARD IM		Don Keller 27	1.17.35	Dave Mc Intyre 36	2.05.77	Jim Hodges 46	3.31.06				
Nancy Breen 30	2.46.44	200 YARD FREESTYLE		Bill Rash 36	2.08.62	MEN 50-54					
Lynn Joesten 32	2.49.34	Jay Platt 26	1.55.76	Joe Berthe 37	2.30.58	50 YARD FREESTYLE					
WOMEN 35-39		John Lane 27	1.58.56	Richard Cheadle 36	2.36.5	J. W. Freeberry 51	30.25				
100 YARD FREESTYLE		Lee Hitchner 26	1.58.81	Tom Shue 36	2.49.64	Charles Gartner 54	36.71				
Jan Moeller 38	1.27.80	Barry Adamson 26	2.09.20	100 YARD BACKSTROKE		J. W. Freeberry 51	49.0				
200 YARD BACKSTROKE		Craig Wallace 27	2.26.45	Bill Rash 36	1.16.15	Charles Gartner 54	57.47				
Nancy Whedbee 37	3.06.08	100 YARD BACKSTROKE		John Mc Ginley 35	2.23.38	Ed Hall 52	1.11.08				
100 YARD BREASTSTROKE		James Massam 28	1.09.28	Dave Mc Intyre 36	2.59.19	J. W. Freeberry 51	1.29.16				
Jan Moeller 38	1.45.42	200 YARD BACKSTROKE		Richard Cheadle 36	2.59.19	Charles Gartner 54	57.6				
200 YARD BREASTSTROKE		Elam Hitchner 26	2.16.54	100 YARD BREASTSTROKE		100 YARD BACKSTROKE					
Nancy Whedbee 37	3.22.76	Michael Cohen 27	1.08.92	Bill Malone 36	1.16.19	Ed Hall 52	1.13.22				
50 YARD FLY		John Robertson 26	1.11.01	John Mc Ginley 35	1.22.73	Ed Hall 52	1.08.15				
Jan Moeller 38	45.25	John Flanagan 27	1.11.32	Dave Welch 35	1.50.85	Ed Hall 52	1.32.38				
100 YARD IM		Jack Hodgins 26	1.14.62	200 YARD BREASTSTROKE		J. W. Freeberry 51	32.09				
Nancy Whedbee 37	1.20.84	Don Snyder 26	1.16.71	Bill Malone 36	2.53.60	Ed Hall 52	41.64				
Lynn Joesten 38	1.39.44	Ron Keller 27	1.40.13	50 YARD FLY	28.20	J. W. Freeberry 51	1.19.9				
200 YARD IM		200 YARD BREASTSTROKE		Jon Owen 36	29.04	Ed Hall 52	2.14.0				
Nancy Whedbee 37	2.50.42	Michael Cohen 27	2.29.45	Paul Barren 37	29.50	J. W. Freeberry 51	3.12.4				
WOMEN 40-44		John Robertson 26	2.37.45	Richard Cheadle 36	29.50	MEN 55-59					
50 YARD FREESTYLE		Don Snyder 26	2.47.30	100 YARD FLY		Austin Newman 58	30.07				
Joan Sullivan 40	42.89	John Flanagan 27	26.06	Dave Mc Intyre 36	1.01.69	Al Mc Kee 55	30.74				
100 YARD FREESTYLE		Ed Gray 28	26.82	Paul Barren 37	1.05.9	Cal Schaeffer 56	31.05				
Lisa Bogatko 44	1.27.68	Philip Gibbs 29	28.08	Richard Cheadle 36	1.13.29	Cal Schaeffer 56	1.10.75				
Joan Sullivan 40	1.35.56	Ed Johnson 29	28.18	John Mc Ginley 35	1.15.39	Cal Schaeffer 56	1.29.30				
Barbara Avakian 40	1.38.94	Jim Massam 28	28.28	200 YARD IM		Austin Newman 58	1.29.30				
200 YARD FREESTYLE		Jack Hodgins 26	28.30	Bill Rash 36	2.32.35	Al Mc Kee 55	1.23.70				
Joan Sullivan 40	3.23.09	Don Snyder 26	28.74	MEN 40-44		Cal Schaeffer 56	1.31.41				
100 YARD BACKSTROKE		Tom Opila 25	29.94	50 YARD FREESTYLE		Cal Schaeffer 56	1.31.41				
Joan Sullivan 40	1.47.10	100 YARD BUTTERFLY		Alfonso Allen 44	27.46	Al Mc Kee 56	1.18.91				
200 YARD BACKSTROKE		John Flanagan 27	58.07	Ken Dawson 43	29.37	Al Mc Kee 56	1.18.91				
Joan Sullivan 40	3.42.06	Jay Platt 26	1.03.57	Jay Miller 41	29.44	MEN 65-69					
100 YARD BREASTSTROKE		Philip Gibbs 24	1.05.69	Harold Berger 42	30.17	50 YARD FREESTYLE					
Lisa Bogatko 44	1.35.71	100 YARD IM		Nick Berenyi 41	31.80	Harry Jagers 66	1.04.94				
Barbara Avakian 40	1.48.35	Barry Adamson 26	1.00.87	200 YARD FREESTYLE		Harry Jagers 66	1.10.38				
Kay Meckelnburg 43	1.56.1	Ed Gray 28	1.02.24	Ken Dawson 43	1.04.94	Harry Jagers 66	1.13.60				
200 YARD BREASTSTROKE		Gary Henderson 28	1.05.37	Nick Berenyi 41	1.07.71	200 YARD BACKSTROKE					
Barbara Avakian 40	3.54.89	Neil Haubein 27	1.06.42	Jay Miller 41	1.10.38	Oscar Sigrist 65	1.22.82				
Kay Meckelnburg 43	4.13.41	Roger Soro 26	1.08.22	Harold Berger 42	1.13.60	200 YARD IM	3.19.50				
100 YARD IM		Don Snyder 26	1.09.32	200 YARD FREESTYLE RELAY		25 & Over	1.43.53				
Lisa Bogatko 44	1.33.01	Tom Opila 25	1.09.84	Henry Hungerford 40	2.58.8	Wilm. A.C. (Hitchner, Gray, Snyder, Haubein)	1.41.51				
Kay Meckelnburg 43	2.05.41	200 YARD IM		Ken Dawson 43	2.29.71	Vesper B.C.	1.43.22				
WOMEN 45-49		Elam Hitchner 26	2.13.34	Nick Berenyi 41	2.36.42	MEN 75-79					
50 YARD FREESTYLE		Barry Adamson 26	2.19.42	Alfonso Allen 44	3.00.44	50 YARD FREESTYLE					
Ruth Koss 46	52.97	Jay Platt 26	2.19.74	100 YARD BACKSTROKE		Joseph Hackney 75	1.22.8				
100 YARD IM		Henry Frey 29	2.25.66	Ken Dawson 43	1.22.8	100 YARD FREESTYLE	45.86				
Ruth Koss 46	2.31.60	MEN 30-36		200 YARD BACKSTROKE		Joseph Hackney 75	1.23.1				
50 YARD FLY		Mike Hamilton 30	23.99	Ken Dawson 43	3.00.46	200 YARD FREESTYLE	3.59.8				
Ruth Koss 46	1.12.1	Davis Roberts 31	24.73	Bob Mattson 42	1.12.17	Joseph Hackney 75	2.11.65				
WOMEN 50-54		Walter Meares 30	27.01	Nick Berenyi 41	1.18.90	200 YARD FREESTYLE RELAY					
50 YARD FREESTYLE		Mike Hamilton 30	52.78	Alfonso Allen 44	1.23.49	25 & Over	2.58.8				
Peg Gallagher 50	34.54	David Flores 31	55.92	Harold Berger 42	1.33.01	Wilm. A.C. (Hitchner, Gray, Snyder, Haubein)	1.41.51				
100 YARD FREESTYLE		Neal Mc Donnell 33	56.33	200 YARD BREASTSTROKE		Newark Nomads	1.43.22				
Peg Dickens 52	1.22.98	Walter Meares 30	1.00.29	Nick Berenyi 41	2.58.8	York "Y" (Massam, Guise, Carlip, Owen)	1.44.06				
200 YARD FREESTYLE		200 YARD FREESTYLE		Bill Clinton 42	1.04.42	Suburban S.C. (Mc Donnell, Devlin, Hungerford, Carr)	1.44.27				
Peg Dickens 52	3.08.92	Mike Hamilton 30	2.00.00	Alfonso Allen 44	1.07.30	Moorestown S.C. (Gibbs, Kingsberry, Adamson, Evans)	1.47.06				
100 YARD BACKSTROKE		David Flores 31	2.06.29	100 YARD IM		York "Y" B (Keller, Berger, Miller, Shue)	2.18.53				
Helen Hummer 54	1.44.48	Walter Meares 30	2.15.83	Bob Mattson 42	1.12.17	25 & Over	1.53.86				
200 YARD BACKSTROKE		John Sink 30	1.06.63	Henry Hungerford 40	1.14.62	Wilm. A.C. (Mattson, Franks, Rash, Mc Ginley)	1.46.35				
Helen Hummer 54	3.42.82	Sandy Thatcher 30	1.14.47	Alfonso Allen 44	1.17.27	Wilm. A.C. (Hitchner, Gray, Snyder, Haubein)	1.54.46				
Peg Pickens 52	3.54.21	200 YARD BACKSTROKE		Ken Dawson 43	2.25.89	York "Y" B (Keller, Berger, Miller, Shue)	1.57.69				
100 YARD BREASTSTROKE		Neal Mc Donnell 33	2.30.68	200 YARD IM		Moorestown S.C. (Gibbs, Kingsberry, Adamson, Evans)	1.59.08				
May Hatchard 51	1.52.86	John Sink 30	2.41.21	Bob Mattson 42	2.25.89	Vesper B.C.	1.59.56				
200 YARD BREASTSTROKE		100 YARD BREASTSTROKE		MEN 45-49		50 METER FREESTYLE					
May Hatchard 51	4.08.3	Harry Carlip 30	1.17.74	50 YARD FREESTYLE		Warg Oldfield 50	49.8				
50 YARD FLY		Harry Carlip 30	2.51.02	Farrell Devlin 46	26.61	100 METER FREESTYLE	2.10.7				
Peg Pickens 52	59.40	Sandy Thatcher 30	3.03.49	Stewart Evans 47	26.80	200 METER FREESTYLE	4.53.5				
100 YARD IM		50 YARD FLY		Jerry Mark 48	28.49	400 METER FREESTYLE	10.09.6				
Helen Hummer 54	1.45.5	Mike Hamilton 30	26.11	Daniel Lipkin 45	32.23	50 METER BACKSTROKE	58.7				
100 YARD IM		Davis Roberts 31	26.70	100 YARD FREESTYLE		50 METER BACKSTROKE	2.06.6				
Peg Pickens 52	1.50.06	David Flores 31	28.63	Jerry Mark 48	1.00.43	200 METER BACKSTROKE	4.48.6				
200 YARD IM		100 YARD FLY		Farrell Devlin 46	1.00.71	50 METER BUTTERFLY	1.06.3				
Helen Hummer 54	3.41.99	Mike Hamilton 30	1.00.05	Stewart Evans 47	1.02.21	25 & Over	1.16.9				
200 YARD FREE RELAY		David Flores 31	1.06.49	Dick Mesirov 47	1.09.70	MEN 50-54					
25-35 Years	2.45.74	John Sink 30	1.08.35	200 YARD FREESTYLE		Warg Oldfield 50	49.8				
Wilm. A.C. (Meckelnburg, Cairns, Hatchard, Mattson)		Daniel Levy 32	1.10.22	Jerry Mark 48	2.19.16	100 METER FREESTYLE	2.10.7				
		Neal Mc Donnell 33	1.06.82	Stewart Evans 47	2.28.68	200 METER FREESTYLE	4.53.5				
		Sandy Thatcher 30	1.13.03	Dick Mesirov 47	2.39.28	400 METER FREESTYLE	10.09.6				
		Harry Carlip 30	1.13.64	Dan Lipkin 45	3.04.09	50 METER BACKSTROKE	58.7				
				Him Hodges 46	3.20.47	100 METER BACKSTROKE	2.06.6				
				200 YARD BACKSTROKE		200 METER BACKSTROKE	4.48.6				
				Jim Hodges 46	4.04.32	50 METER FREESTYLE	1.07.4				
						100 METER FREESTYLE	2.42.5				
						50 METER BACKSTROKE	58.6				
						100 METER BACKSTROKE	1.15.8				
						200 METER BACKSTROKE	2.44.6				

200 METER BACKSTROKE	Mildred Anderson 4:35.6	100 METER FREESTYLE	Pete Hawk 1:28.6	200 YARD FREESTYLE	Joe Wharton 28 2:33.3	50 YARD BUTTERFLY	Alex Gilbert 40 29.0
Dorothy Fraley 59 5:45.2	Roy Munroe 1:44.0	200 YARD FREESTYLE	Deborah Peckham 34 2:48.6	Dave Frank 29 2:58.5	Bradford Sturtevant 40 29.7	Neal Palmer 43 30.6	
50 METER BREASTSTROKE	Ponville Kelly 2:07.6	200 METER FREESTYLE	Christine Martin 32 3:13.1	200 YARD FREESTYLE	Brian Magree 26 2:01.9	Tom Mitchell 40 32.6	
Mildred Anderson 54.5	Bill Stadig 51 3:02.8	100 YARD FREESTYLE	WOMEN 35-39	Paul Dimotakis 28 2:21.5	MEM 30-34	Donald Johnson 42 33.1	
Dorothy Fraley 59 1:27.8	Pete Hawk 3:16.2	Betsy Jordan 36 1:10.5	200 YARD BREASTSTROKE	James Loofbourrow 33 2:38.5	Dick Stewart 33 2:38.5	Bud Schumacher 43 34.7	
Mildred Anderson 2:01.3	Ponville Kelly 4:43.2	Dudley Tidmore 36 1:18.1	50 YARD FREESTYLE	Scotty Roberts 34 2:43.7	Bruce Vatcher 40 59.2	Alex Gilbert 40 34.9	
Dorothy Fraley 59 3:05.5	Bill Stadig 6:30.4	Adrienne Pipes 39 1:21.0	100 YARD FREESTYLE	James Loofbourrow 33 2:49.5	Bruce Vatcher 40 36.4	Bud Schumacher 43 36.5	
200 METER BREASTSTROKE	Pete Hawk 7:25.7	Betsy Jordan 36 33.7	200 YARD FREESTYLE	Mel Chaskin 32 3:01.5	Jerry Cunningham 44 38.5	Curt Miller 41 38.9	
Mildred Anderson 4:24.5	Ponville Kelly 10:29.7	Dudley Tidmore 36 43.0	50 YARD FREESTYLE	Tom Landis 31 53.0	Bruce Vatcher 40 53.4	200 YARD INDIVIDUAL MEDLEY	
50 METER BUTTERFLY	Pete Hawk 30:22.8	Betsy Jordan 36 35.4	100 YARD FREESTYLE	Robert Horvath 31 58.8	Alex Gilbert 40 2:46.8	Bradford Sturtevant 40 2:05.0	
Mildred Anderson 1:59.1	Roy Munroe 36:30.9	Adrienne Pipes 39 43.6	200 YARD FREESTYLE	Jim Ferrell 31 1:01.5	Bud Schumacher 43 2:58.2	Jack Craigie 44 2:10.8	
100 METER BUTTERFLY	Roy Munroe 2:23.2	Dudley Tidmore 36 45.4	50 YARD FREESTYLE	T 1:01.5	200 YARD FREESTYLE	Tom Mitchell 40 2:24.8	
Mildred Anderson 5:06.8	Bill Stadig 4:100.3	50 YARD FREESTYLE	200 YARD FREESTYLE	1:03.4	Alex Gilbert 40 2:25.2	Bruce Vatcher 40 2:37.6	
200 METER IND. MEDLEY	Ray Nicol 39.7	Betsy Jordan 36 43.4	200 YARD FREESTYLE	William McMaster 34 29.6	Bruce Vatcher 40 3:32.6	200 YARD FREESTYLE	
Mildred Anderson 4:41.5	Ray Nicol 1:30.7	Adrienne Pipes 39 48.5	50 YARD FREESTYLE	James Loofbourrow 33 30.5	200 YARD FREESTYLE	Jack Craigie 44 2:10.8	
400 METER IND. MEDLEY	Ray Nicol 3:36.3	Dudley Tidmore 36 49.0	100 YARD FREESTYLE	Dick Stewart 33 31.3	Alex Gilbert 40 2:25.2	Bruce Vatcher 40 2:37.6	
Mildred Anderson 10:57.6	Bill Stadig 4:15.2	200 YARD FREESTYLE	200 YARD FREESTYLE	33.9	Bruce Vatcher 40 3:32.6	200 YARD FREESTYLE	
NEW 30-34	Ray Nicol 3:36.3	Betsy Jordan 36 2:55.1	50 YARD FREESTYLE	40.1	200 YARD FREESTYLE	200 YARD FREESTYLE	
50 METER FREESTYLE	Bill Stadig 4:15.2	200 YARD FREESTYLE	100 YARD FREESTYLE	48.5	200 YARD FREESTYLE	200 YARD FREESTYLE	
Haynie Glasgow 32 30.2	Roy Munroe 52.6	200 YARD FREESTYLE	100 YARD FREESTYLE	50.2	200 YARD FREESTYLE	200 YARD FREESTYLE	
100 METER FREESTYLE	Bill Stadig 1:38.0	200 YARD FREESTYLE	100 YARD FREESTYLE	50.4	200 YARD FREESTYLE	200 YARD FREESTYLE	
Haynie Glasgow 32 1:10.5	Roy Munroe 4:18.5	200 YARD FREESTYLE	100 YARD FREESTYLE	47.4	200 YARD FREESTYLE	200 YARD FREESTYLE	
100 METER BACKSTROKE	Bill Stadig 1:38.0	200 YARD FREESTYLE	100 YARD FREESTYLE	1:12.2	200 YARD FREESTYLE	200 YARD FREESTYLE	
Haynie Glasgow 32 1:25.8	Roy Munroe 4:18.5	200 YARD FREESTYLE	100 YARD FREESTYLE	1:31.1	200 YARD FREESTYLE	200 YARD FREESTYLE	
50 METER BREASTSTROKE	Bill Stadig 1:38.0	200 YARD FREESTYLE	100 YARD FREESTYLE	1:42.9	200 YARD FREESTYLE	200 YARD FREESTYLE	
Haynie Glasgow 32 38.8	Roy Munroe 4:18.5	200 YARD FREESTYLE	100 YARD FREESTYLE	1:43.8	200 YARD FREESTYLE	200 YARD FREESTYLE	
50 METER BUTTERFLY	Bill Stadig 38.6	200 YARD FREESTYLE	100 YARD FREESTYLE	48.5	200 YARD FREESTYLE	200 YARD FREESTYLE	
Haynie Glasgow 32 44.7	Roy Munroe 49.2	200 YARD FREESTYLE	100 YARD FREESTYLE	50.2	200 YARD FREESTYLE	200 YARD FREESTYLE	
100 METER BUTTERFLY	Bill Stadig 1:25.0	200 YARD FREESTYLE	100 YARD FREESTYLE	50.4	200 YARD FREESTYLE	200 YARD FREESTYLE	
Haynie Glasgow 32 1:27.2	Roy Munroe 4:18.5	200 YARD FREESTYLE	100 YARD FREESTYLE	47.4	200 YARD FREESTYLE	200 YARD FREESTYLE	
200 METER IND. MEDLEY	Bill Stadig 3:19.5	200 YARD FREESTYLE	100 YARD FREESTYLE	1:00.1	200 YARD FREESTYLE	200 YARD FREESTYLE	
Haynie Glasgow 32 3:12.8	Roy Munroe 4:15.9	200 YARD FREESTYLE	100 YARD FREESTYLE	1:28.6	200 YARD FREESTYLE	200 YARD FREESTYLE	
NEW 35-39	Bill Stadig 3:22.7	200 YARD FREESTYLE	100 YARD FREESTYLE	1:28.8	200 YARD FREESTYLE	200 YARD FREESTYLE	
50 METER FREESTYLE	Roy Munroe 4:15.9	200 YARD FREESTYLE	100 YARD FREESTYLE	1:35.5	200 YARD FREESTYLE	200 YARD FREESTYLE	
Charles Teas 35 29.0	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	38.2	200 YARD FREESTYLE	200 YARD FREESTYLE	
100 METER FREESTYLE	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	53.0	200 YARD FREESTYLE	200 YARD FREESTYLE	
Charles Teas 35 1:07.1	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	56.5	200 YARD FREESTYLE	200 YARD FREESTYLE	
200 METER FREESTYLE	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	40.8	200 YARD FREESTYLE	200 YARD FREESTYLE	
Thomas Hetzel 37 2:57.6	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	1:00.1	200 YARD FREESTYLE	200 YARD FREESTYLE	
400 METER FREESTYLE	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	3:09.5	200 YARD FREESTYLE	200 YARD FREESTYLE	
Charles Teas 35 5:50.1	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	3:51.2	200 YARD FREESTYLE	200 YARD FREESTYLE	
Thomas Hetzel 37 6:27.5	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	44.5	200 YARD FREESTYLE	200 YARD FREESTYLE	
1500 METER FREESTYLE	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	54.3	200 YARD FREESTYLE	200 YARD FREESTYLE	
Thomas Hetzel 37 25:39.5	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	3:18.1	200 YARD FREESTYLE	200 YARD FREESTYLE	
50 METER BACKSTROKE	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	3:50.3	200 YARD FREESTYLE	200 YARD FREESTYLE	
Charles Teas 35 37.8	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	1:25.1	200 YARD FREESTYLE	200 YARD FREESTYLE	
Thomas Hetzel 37 50.0	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	1:35.9	200 YARD FREESTYLE	200 YARD FREESTYLE	
100 METER BACKSTROKE	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	44.8	200 YARD FREESTYLE	200 YARD FREESTYLE	
Charles Teas 35 1:23.4	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	48.7	200 YARD FREESTYLE	200 YARD FREESTYLE	
Thomas Hetzel 37 1:42.9	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	59.2	200 YARD FREESTYLE	200 YARD FREESTYLE	
200 METER BACKSTROKE	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	53.5	200 YARD FREESTYLE	200 YARD FREESTYLE	
Charles Teas 35 3:02.1	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	3:30.9	200 YARD FREESTYLE	200 YARD FREESTYLE	
50 METER BREASTSTROKE	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	3:31.4	200 YARD FREESTYLE	200 YARD FREESTYLE	
Thomas Hetzel 37 49.7	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	1:31.5	200 YARD FREESTYLE	200 YARD FREESTYLE	
100 METER BREASTSTROKE	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	44.0	200 YARD FREESTYLE	200 YARD FREESTYLE	
Thomas Hetzel 37 1:44.1	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	1:01.6	200 YARD FREESTYLE	200 YARD FREESTYLE	
200 METER BREASTSTROKE	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	1:07.5	200 YARD FREESTYLE	200 YARD FREESTYLE	
Thomas Hetzel 37 3:35.4	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	28.5	200 YARD FREESTYLE	200 YARD FREESTYLE	
50 METER BUTTERFLY	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	29.3	200 YARD FREESTYLE	200 YARD FREESTYLE	
Charles Teas 35 34.3	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	43.1	200 YARD FREESTYLE	200 YARD FREESTYLE	
100 METER BUTTERFLY	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	45.2	200 YARD FREESTYLE	200 YARD FREESTYLE	
Charles Teas 35 1:18.3	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	29.3	200 YARD FREESTYLE	200 YARD FREESTYLE	
200 METER BUTTERFLY	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	31.5	200 YARD FREESTYLE	200 YARD FREESTYLE	
Thomas Hetzel 37 5:57.5	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	32.4	200 YARD FREESTYLE	200 YARD FREESTYLE	
200 METER IND. MEDLEY	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	33.5	200 YARD FREESTYLE	200 YARD FREESTYLE	
Charles Teas 35 2:54.9	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	Diag.	200 YARD FREESTYLE	200 YARD FREESTYLE	
400 METER IND. MEDLEY	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	34.7	200 YARD FREESTYLE	200 YARD FREESTYLE	
Thomas Hetzel 37 7:19.2	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	34.8	200 YARD FREESTYLE	200 YARD FREESTYLE	
NEW 40-44	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	35.4	200 YARD FREESTYLE	200 YARD FREESTYLE	
50 METER FREESTYLE	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	35.7	200 YARD FREESTYLE	200 YARD FREESTYLE	
Bill Vanhouten 43 35.2	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	36.0	200 YARD FREESTYLE	200 YARD FREESTYLE	
50 METER BACKSTROKE	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	36.2	200 YARD FREESTYLE	200 YARD FREESTYLE	
Bill Vanhouten 43 47.9	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	36.5	200 YARD FREESTYLE	200 YARD FREESTYLE	
100 METER BACKSTROKE	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	37.1	200 YARD FREESTYLE	200 YARD FREESTYLE	
Bill Vanhouten 43 1:49.4	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	42.2	200 YARD FREESTYLE	200 YARD FREESTYLE	
200 METER BACKSTROKE	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	55.4	200 YARD FREESTYLE	200 YARD FREESTYLE	
Bill Vanhouten 43 4:16.3	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	2:42.0	200 YARD FREESTYLE	200 YARD FREESTYLE	
50 METER BREASTSTROKE	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	2:09.5	200 YARD FREESTYLE	200 YARD FREESTYLE	
Bill Vanhouten 43 53.1	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	2:11.0	200 YARD FREESTYLE	200 YARD FREESTYLE	
100 METER BREASTSTROKE	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	2:28.9	200 YARD FREESTYLE	200 YARD FREESTYLE	
Bill Vanhouten 43 1:54.1	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	2:59.2	200 YARD FREESTYLE	200 YARD FREESTYLE	
200 METER BREASTSTROKE	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	3:02.3	200 YARD FREESTYLE	200 YARD FREESTYLE	
Bill Vanhouten 43 4:30.1	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	55.4	200 YARD FREESTYLE	200 YARD FREESTYLE	
50 METER BUTTERFLY	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	57.6	200 YARD FREESTYLE	200 YARD FREESTYLE	
Bill Vanhouten 43 1:54.3	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	57.9	200 YARD FREESTYLE	200 YARD FREESTYLE	
200 METER IND. MEDLEY	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	1:03.0	200 YARD FREESTYLE	200 YARD FREESTYLE	
Bill Vanhouten 43 4:02.4	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	1:05.6	200 YARD FREESTYLE	200 YARD FREESTYLE	
400 METER IND. MEDLEY	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	1:06.1	200 YARD FREESTYLE	200 YARD FREESTYLE	
Bill Vanhouten 43 8:59.4	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	1:07.2	200 YARD FREESTYLE	200 YARD FREESTYLE	
NEW 45-49	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	1:08.5	200 YARD FREESTYLE	200 YARD FREESTYLE	
50 METER FREESTYLE	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	1:14.0	200 YARD FREESTYLE	200 YARD FREESTYLE	
Steve Odrobina 45 30.8	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	1:29.8	200 YARD FREESTYLE	200 YARD FREESTYLE	
John Westervelt 31.3	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	31.2	200 YARD FREESTYLE	200 YARD FREESTYLE	
100 METER FREESTYLE	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	32.8	200 YARD FREESTYLE	200 YARD FREESTYLE	
Steve Odrobina 45 1:10.5	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	33.9	200 YARD FREESTYLE	200 YARD FREESTYLE	
John Westervelt 1:20.1	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	35.8	200 YARD FREESTYLE	200 YARD FREESTYLE	
200 METER FREESTYLE	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	36.9	200 YARD FREESTYLE	200 YARD FREESTYLE	
Hay DuVall 4:00.4	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	38.9	200 YARD FREESTYLE	200 YARD FREESTYLE	
400 METER FREESTYLE	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE	59.9	200 YARD FREESTYLE	200 YARD FREESTYLE	
Hay DuVall 8:18.2	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE		200 YARD FREESTYLE	200 YARD FREESTYLE	
100 METER BACKSTROKE	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE		200 YARD FREESTYLE	200 YARD FREESTYLE	
Hay DuVall 1:56.2	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE		200 YARD FREESTYLE	200 YARD FREESTYLE	
50 METER BREASTSTROKE	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE		200 YARD FREESTYLE	200 YARD FREESTYLE	
Steve Odrobina 42.2	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE		200 YARD FREESTYLE	200 YARD FREESTYLE	
50 METER BUTTERFLY	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE		200 YARD FREESTYLE	200 YARD FREESTYLE	
Steve Odrobina 37.3	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE		200 YARD FREESTYLE	200 YARD FREESTYLE	
100 METER BUTTERFLY	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE		200 YARD FREESTYLE	200 YARD FREESTYLE	
Steve Odrobina 1:30.6	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE		200 YARD FREESTYLE	200 YARD FREESTYLE	
NEW 50-55	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE		200 YARD FREESTYLE	200 YARD FREESTYLE	
50 METER FREESTYLE	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE		200 YARD FREESTYLE	200 YARD FREESTYLE	
Ray Nicol 33.6	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE		200 YARD FREESTYLE	200 YARD FREESTYLE	
Peter Hawk 39.1	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE		200 YARD FREESTYLE	200 YARD FREESTYLE	
Ponville Kelly 55.4	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE		200 YARD FREESTYLE	200 YARD FREESTYLE	
100 METER FREESTYLE	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE		200 YARD FREESTYLE	200 YARD FREESTYLE	
Martha Childs 33 1:13.4	Bill Stadig 6:57.4	200 YARD FREESTYLE	100 YARD FREESTYLE		200 YARD FREEST		

MEN 65-69	
200 YARD BREASTROKE	
Alfred Guth 65	3:34.7
50 YARD BUTTERFLY	
Alfred Guth 65	44.5
50 YARD BREASTROKE	
Alfred Guth 65	46.2
200 YARD INDIVIDUAL MEDLEY	
Alfred Guth 65	3:29.2
200 YARD FREESTYLE	
Alfred Guth 65	3:12.5

MASTERS SWIMMING MEET
12-08-73 Iowa City, Iowa

WOMEN 30-34	
50 YARD FREESTYLE	
Cherie Gothe 31	33.5
100 YARD BACKSTROKE	
Corinna Parkes 32	1:28.5
100 YARD BREASTROKE	
Cherie Gothe 31	1:32.1
100 YARD IND. MEDLEY	
Corinna Parkes 32	1:21.9
Cherie Gothe 31	1:28.5
50 YARD BUTTERFLY	
Corinna Parkes 32	37.0

WOMEN 35-39	
50 YARD FREESTYLE	
Barbara Stephens 36	36.3
Jan Hubel 38	40.9
100 YARD FREESTYLE	
Glenda Sharp 38	1:22.8
Jan Hubel 38	1:36.3
100 YARD BREASTROKE	
Glenda Sharp 38	1:29.0
Christiana Knorr 39	1:40.8
100 YARD IND. MEDLEY	
Glenda Sharp 38	1:29.9

WOMEN 40-45	
50 YARD FREESTYLE	
Judy Chadima 44	40.9
Fatti Hutinger 41	59.6
100 YARD BACKSTROKE	
Judy Chadima 44	1:33.5
Fatti Hutinger 41	2:08.1

MEN 25-29	
50 FREESTYLE	
Dan O'Hearn 27	23.5
John Mummy 25	25.1
Frank Cornie 25	25.4
Charles Strief 25	25.7
Dave Strief 28	26.1
Norman Tinanoff 28	27.2
Jim Varera 25	29.1
100 FREESTYLE	
Dan O'Hearn 27	54.4
John Mummy 25	56.2
Dave Strief 28	58.4
Charles Strief 25	1:01.2
Jim Varera 25	1:08.1
100 YARD BACKSTROKE	
Norman Tinanoff 28	1:08.2
100 YARD BREASTROKE	
Frank Cornie 25	1:11.0
Ralph Kryder 28	1:12.8
50 BUTTERFLY	
Frank Cornie 25	27.9
Lee Prewitt 28	28.0
John Mummy 25	28.3
Norman Tinanoff 28	28.7
Ralph Kryder 28	29.6
100 IND. MEDLEY	
Dan O'Hearn 27	1:04.5
Ralph Kryder 28	1:06.4
Chuck Strief 25	1:13.7
Lee Prewitt 28	1:17.8
Jim Varera 25	1:18.0

MEN 30-34	
100 FREESTYLE	
David Seyfried 33	1:02.5
100 YARD BACKSTROKE	
David Seyfried 33	1:07.5

MEN 35-39	
50 YARD FREESTYLE	
Ralph Stephens 39	27.5
100 YARD FREESTYLE	
George Brenton 39	1:01.1
Ralph Stephens 39	1:01.1
100 YARD BACKSTROKE	
Ford Parkes 36	1:32.5
50 YARD BUTTERFLY	
George Brenton 39	29.6
Ralph Stephens 39	30.7
100 YARD IND. MEDLEY	
George Brenton 39	1:09.9

MEN 40-44	
50 YARD FREESTYLE	
Dennis Roberson 40	26.3
Jack Ewing 41	33.6
100 YARD FREESTYLE	
Dennis Roberson 40	1:00.0
George Knorr 43	1:14.9
Jack Ewing 41	1:21.1
100 YARD BREASTROKE	
Dennis Roberson 40	1:23.1
George Knorr 43	1:26.4
100 YARD IND. MEDLEY	
George Knorr 43	1:30.6

MEN 45-49	
50 YARD FREESTYLE	
Ferry Rockwell 49	26.3
John Baylis 48	40.4
100 YARD FREESTYLE	
Ferry Rockwell 49	1:00.6

100 YARD BACKSTROKE	
Paul Hutinger 48	1:07.9
Dale Henry 47	1:24.9
John Baylis 48	1:42.2
100 YARD BREASTROKE	
Dale Henry 47	1:26.8
50 YARD BUTTERFLY	
Perry Rockwell 49	28.5
Paul Hutinger 45	29.2
100 YARD IND. MEDLEY	
Paul Hutinger 48	1:05.1
Dale Henry 47	1:16.1

MEN 50-54	
50 YARD FREESTYLE	
George Henry 50	29.0
Max Hasbrouck 52	36.9
100 YARD FREESTYLE	
George Henry 50	1:08.4
100 YARD BACKSTROKE	
George Henry 50	1:22.2
Max Hasbrouck 52	1:50.1
100 YARD BREASTROKE	
Richard Vormbrock 52	1:32.6
50 YARD BUTTERFLY	
Richard Vormbrock 52	37.3
Max Hasbrouck 52	47.4
100 YARD IND. MEDLEY	
Richard Vormbrock 52	1:32.1

WOMEN 50-64	
50 YARD FREESTYLE	
Frank X. Weiler 61	31.1
100 YARD BREASTROKE	
Frank X. Weiler 61	1:27.1
100 YARD BACKSTROKE	
Irving Yeber 73	1:49.5
WOMEN 200 YARD FREESTYLE RELAY	
Christiana Knorr 39	
Corinna Parkes 32	
Jan Hubel 38	
Barbara Stephens 36	2:41.4

WOMEN 70-74	
100 YARD BACKSTROKE	
Irving Yeber 73	1:49.5

MEN 200 YARD FREESTYLE RELAY	
Chuck Stief 25	
Dave Strief 28	
Frank Cornie 25	
Philip Schroeder 27	1:40.0
John Mummy 25	
Ralph Kryder 28	
Dave Seyfried 33	
Ralph Stephens 39	1:45.4
Dale Henry 47	
Ford Parkes 36	
George Knorr 43	
Norm Tinanoff 28	2:06.9
200 YARD MEDLEY RELAY	
Dave Seyfried 33	
Ralph Kryder 28	
Lee Prewitt 25	
John Mummy 25	1:54.4
Dave Strief 28	
Frank Cornie 25	
Fritz Keefner 34	
Philip Schroeder 27	1:54.4
Norman Tinanoff 28	
George Knorr 43	
Ralph Stephens 39	
Dale Henry 47	2:12.3

MEN 40-44	
50 YARD FREESTYLE	
Gay Rosser 40	25.1
Tom Whiteleather 43	26.1
Brodie Atwater 40	27.2
Ralph Johnson 41	27.7
Jim McCarthy 41	29.5
Gay Rosser 40	55.3
Jim McCarthy 41	1:08.5
Tom Whiteleather 43	1:15.7
50 YARD FREESTYLE	
Gay Rosser 40	6:13.6
100 YARD BACKSTROKE	
Herb Kern 41	36.5
50 YARD BREASTROKE	
Jim McCarthy 41	35.5
Herb Kern 41	36.0
Joseph Schaefer 44	36.7
200 YARD BREASTROKE	
Joseph Schaefer 44	3:17.8
100 YARD BUTTERFLY	
Gay Rosser 40	1:07.7
100 YARD INDIVIDUAL MEDLEY	
Herb Kern 41	1:08.7

WOMEN 35-39	
50 YARD FREESTYLE	
Anne McGuire 39	7:37.2
50 YARD BREASTROKE	
Anne McGuire 39	37.3
Natalie Clement	44.2
200 YARD BREASTROKE	
Anne McGuire 39	3:11.0
Natalie Clement 35	3:34.5
100 YARD INDIVIDUAL MEDLEY	
Anne McGuire 39	1:20.1
Natalie Clement	1:44.6

WOMEN 45-49	
50 YARD FREESTYLE	
June Krauser 47	7:18.5
50 YARD BREASTROKE	
June Krauser 47	43.9
200 YARD BREASTROKE	
June Krauser 47	3:26.8
WOMEN 50-54	
50 YARD FREESTYLE	
Lena Berg 50	46.9
WOMEN 70-79	
50 YARD FREESTYLE	
Sis Fogle 70	58.0
100 YARD FREESTYLE	
Sis Fogle 70	2:09.5
50 YARD BACKSTROKE	
Sis Fogle 70	1:12.0

MEN 25-29	
100 YARD FREESTYLE	
William Dorney 26	51.6
500 YARD FREESTYLE	
Bob Duemkel 28	5:48.8
Don Beuttenmiller 26	7:28.3

50 YARD BACKSTROKE	
William Dorney 26	27.5
Sam Freas 27	29.4
200 YARD BACKSTROKE	
Bob Duemkel 28	2:30.0
Sam Freas 27	2:35.3
50 YARD BREASTROKE	
John Zeigler 27	32.8
Don Beuttenmiller 26	37.2
200 YARD BREASTROKE	
John Zeigler 27	2:38.0
100 YARD BUTTERFLY	
Carl Robie 28	56.1
Tom Sawicki 28	1:03.2
John Zeigler 27	1:05.1
100 YARD INDIVIDUAL MEDLEY	
William Dorney 26	58.5
Carl Robie 28	1:01.2
Bob Duemkel 28	1:07.6
Tom Sawicki 28	1:08.1
John Zeigler 27	1:08.2

MEN 30-34	
100 YARD FREESTYLE	
Ray DelValle 34	1:06.2
Carl Plaskett 32	1:14.6
500 YARD FREESTYLE	
Gerry DeLong 30	6:00.3
Carl Plaskett 32	9:03.0
200 YARD BACKSTROKE	
Joe Biondi 30	2:51.5
50 YARD BREASTROKE	
Joe Biondi 30	32.9
Ray DelValle 34	39.4
200 YARD BREASTROKE	
Gerry DeLong 30	2:36.3
Joe Biondi 30	2:43.4
100 YARD BUTTERFLY	
Gerry DeLong 30	57.5
100 YARD INDIVIDUAL MEDLEY	
Gerry DeLong 30	1:04.2
Joe Biondi 30	1:10.8

MEN 35-39	
50 YARD FREESTYLE	
N. Gene Nagel 39	26.1
Frank Bernadino 36	27.4
Rick Puentes 36	29.5
Ray Fleites 36	30.9
100 YARD FREESTYLE	
N. Gene Nagel 39	57.2
Ray Fleites 36	1:15.3
500 YARD FREESTYLE	
N. Gene Nagel 39	6:13.7
50 YARD BACKSTROKE	
John Risher 37	31.2
200 YARD BACKSTROKE	
John Risher 37	2:43.5
50 YARD BREASTROKE	
Roy Robe 35	33.5
N. Gene Nagel 39	33.6
Chris Wilson 39	40.0
200 YARD BREASTROKE	
Roy Robe 35	2:49.0
W.C. Ballard 36	3:36.0
Chris Wilson 39	3:48.6
100 YARD BUTTERFLY	
Frank Bernadino 36	1:11.6
John Risher 37	1:25.5
100 YARD INDIVIDUAL MEDLEY	
John Risher 37	1:10.0
Frank Bernadino 36	1:18.5

MEN 40-44	
50 YARD FREESTYLE	
Gay Rosser 40	25.1
Tom Whiteleather 43	26.1
Brodie Atwater 40	27.2
Ralph Johnson 41	27.7
Jim McCarthy 41	29.5
Gay Rosser 40	55.3
Jim McCarthy 41	1:08.5
Tom Whiteleather 43	1:15.7
50 YARD FREESTYLE	
Gay Rosser 40	6:13.6
100 YARD BACKSTROKE	
Herb Kern 41	36.5
50 YARD BREASTROKE	
Jim McCarthy 41	35.5
Herb Kern 41	36.0
Joseph Schaefer 44	36.7
200 YARD BREASTROKE	
Joseph Schaefer 44	3:17.8
100 YARD BUTTERFLY	
Gay Rosser 40	1:07.7
100 YARD INDIVIDUAL MEDLEY	
Herb Kern 41	1:08.7

MEN 45-49	
50 YARD FREESTYLE	
Jack Calhoun 48	28.3
100 YARD FREESTYLE	
Reed Ringel 50	1:04.0
500 YARD FREESTYLE	
Reed Ringel 50	6:39.1
100 YARD INDIVIDUAL MEDLEY	
Reed Ringel 50	1:19.1
WOMEN 55-59	
100 YARD FREESTYLE	
Charles Durworth 57	1:13.5
50 YARD FREESTYLE	
Charles Durworth 57	31.0
50 YARD BACKSTROKE	
Frank Tillotson 59	40.5
Charles Durworth 57	42.5
200 YARD BACKSTROKE	
Frank Tillotson 59	3:26.5
100 YARD INDIVIDUAL MEDLEY	
Charles Durworth 57	1:32.8

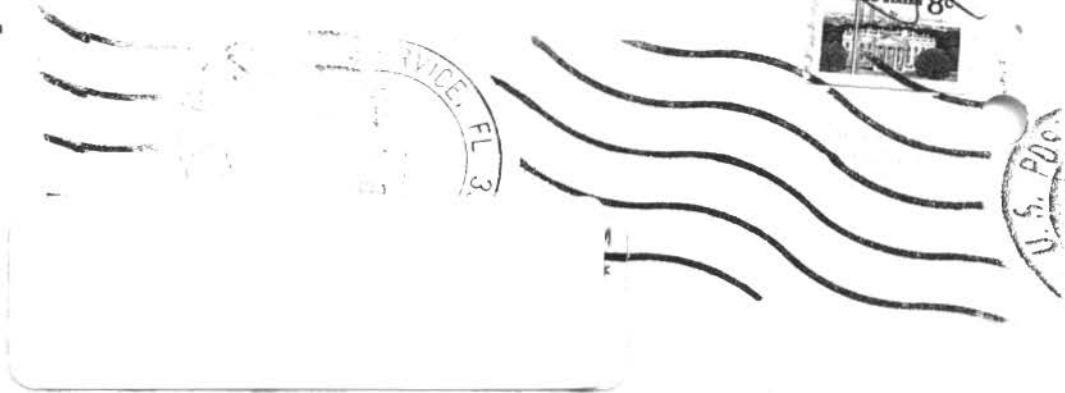
MEN 60-64	
50 YARD FREESTYLE	
Clifford Straus 61	35.4
50 YARD BREASTROKE	
Clifford Straus 61	42.9
200 YARD BREASTROKE	
Clifford Straus 61	3:47.0
WOMEN 65-69	
50 YARD FREESTYLE	
Vic Zoble 66	33.5
100 YARD FREESTYLE	
Vic Zoble 66	1:29.2
WOMEN 70-79	
50 YARD FREESTYLE	
Joseph Scheu 70	50.7
100 YARD FREESTYLE	
Joseph Scheu 70	2:12.3
WOMEN 25 & OVER	
200 YARD MEDLEY RELAY	
SPRD (Risher, Biondi, Sawicki, Nagel)	1:56.6
Masters of Florida	2:05.9
WOMEN 35 & OVER	
200 YARD MEDLEY RELAY	
SPRD	2:35.9

WOMEN 20-25	
50 YARD FREESTYLE	
Pam B Deming 26	BY 1:28.8
100 YARD BACKSTROKE	
Pam B Deming 26	BY 1:20.6
Julie Barnes 26	CST 1:25.4
200 BREASTSTROKE	
Pam B Deming 26	BY 3:17.7
Julie Barnes 26	CST 3:36.4
WOMEN 30-34	</

SWIM-MASTER

5340 N. E. 17th Avenue
Ft. Lauderdale, FL 33308

FIRST CLASS



LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

SWIM MEET SCHEDULE

FEB 3, 10, 17	Celebrity - Jerry Kemper, 888 South Colorado Blvd., Denver, CO
FEB 8-10	York, PA - Alfonso P. Allen, 9812 Nuirfield Dr., Upper Marlboro, MD 20870
FEB 9	Uni. of Miami - Millie Bergeron, 7755 SW 86 St., C-203, Miami, FL 33143
FEB 10	Lake Erie AAU - Harold Urban, 2247 Walter Rd., West Lake, OH 44145
FEB 10	Coronado Pool - Ed McVehil, 3601 Leeds Lane, Colorado Springs, CO 80907
FEB 16	E. L.A. Com. Col. - Jack Burgan, 9682 Hillhaven Av., Tujunga, CA 91042
FEB 16	Georgia - Jon Martindale, 509 Kenridge Circle, Stone Mountain, GA 30083
FEB 16	Central Bergen Y - Joseph B. Twaits, Jr., Garden State Swim Pool, 649 Springfield Ave., Berkeley Heights, NJ 07992
FEB 22-23	Columbia Aquatics - Nick Berenyi, 5503 Green Dory Ln., Columbia, MD 21044
FEB 24	Relays - William E. Mann, 4420 Marigold Lane, Littleton, CO 80123
MAR 3, 10, 17, 24, 31	Celebrity Masters Meets - Jerry Kemper (above)
MAR 3	Palomar College - Betsy Jordan, 5842 Corral Way, La Jolla, CA 92037
MAR 9	Masters Swim Meet at Central Bergen YMCA - Joseph B. Twaits, Jr. (above)
MAR 10	Coronado Pool Meet (includes diving) - Ed McVehil (above)
MAR 16-17	Masters Swim Meet - Joe Schultz, P.O. Box 173, Springfield, IL 62703
MAR 17	Lwonia Y - Jean Garbus, 35169 Sansburn, Westend, MI 48185
MAR 21	Santa Monica - Brud Cleveland, 1520 Bay St., Santa Monica, CA 90405
MAR 22-24	Southern Masters - Robert E. Beach, Judicial Bldg. 402, St. Pete., FL 33701
MAR 24	Santa Monica - Anne Adams, 17432 Osborne St., Northridge, CA 91324
MAR 31	Lake Erie AAU - Harold Urban (above)
APR 6	3rd Annual April Fools Meet - Jane Hardy, 49 Wilson Ave., Rowayton, CT
APR 6	Los Alamos Masters Meet - Sam Jones, 2360 A 37th St., Los Alamos, NM 87544
APR 12-13	WIU - Dr. Paul Hutinger, 815 N. Charles, Macomb, IL 61455
APR 20-22	U.S.C. Masters Regional at Los Angeles - Anne Adams (above)
APR 26-28	Intermountain - Bill Williams, 2791 So. Macon Cir., Denver, CO
APR 27	Masters Meet at Garden State Swim Pool - Joseph B. Twaits, Jr. (above)
APR 27-28	Eastern Open - Wilmington Swim School, 2150 New Castle Av., New Castle, DE
MAY 3-4	Princeton Invitational - Tink Bolster, 124 Parkside Dr., Princeton, NJ
MAY 17-19	NATIONAL AAU MASTERS SC SWIMMING CHAMPIONSHIPS AT SHOF POOL IN FT. LAUD. - June Krauser, 5340 N.E. 17th Ave., Ft. Lauderdale, FL 33308
MAY 18	Mission Viego Masters LC - Anne Adams (above)
JUN 7	Lakewood "200" - Anne Adams (above)
JUL 20	Santa Barbara Masters - Anne Adams (above)
JUL 24-25	NATIONAL AAU MASTERS LONG DISTANCE SWIMMING CHAMPIONSHIPS AT LAKE PLACID - Rev. J. Bernard Fell, Sports Dir., Olympic Arena, Lake Placid, NY 12946
AUG 17-18	Masters L. A. Invitational - Anne Adams (above)
SEP 6-8	NATIONAL AAU MASTERS LC SWIMMING CHAMPIONSHIPS AT SANTA CLARA Bill Baker, 1071 Nottingham Way, Los Altos, CA 94522