



SWIM-MASTER

VOL VI - No 6

USA NATIONAL PUBLICATION FOR MASTERS SWIMMERS

AUGUST 1977

STRENGTH TRAINING FOR THE MASTER SWIMMER

by

Paul Hutinger

The majority of Master swimmers, both men and women, can benefit from a strength training program in terms of physical fitness, muscle tonus and increased performance. Several of the principles and concepts must be considered for scientific application.

The body will adapt to stresses placed on it with an overload greater than average bringing about changes. Strength, once established, is lost more slowly than endurance. A 40 or 50 year old maintains a great percentage of the strength he/she had as a 20 year old. Some pathological conditions, disease, or injuries, may limit the Master swimmer. Joint and tendon problems such as bursitis, tendonitis, tennis elbow or arthritis may be restrictive. However, in most cases, a mild individualized program can be beneficial.

The program should be started even more slowly than the beginning swimming training. Isometrics should be used with great caution by older swimmers because of increased blood pressure during the effort. The valsalva maneuver, making an effort against a closed glottis, can instantaneously elevate the systolic blood pressure to over 200 mmHg. The same holds true for lifting weights or using pulley weights. Those efforts, however, are more easily controlled. In lifting weights, the Master swimmer must always exhale while making the maximum effort in order to avoid the valsalva effect.

The aging body of the Master swimmer needs some special considerations when planning a strength training program. Strength type exercises may adversely affect the musculo-skeletal systems of the Master swimmer. Therefore, such exercises must not be done indiscriminately.

Only about 20 pounds of force is needed to pull yourself through the water. Strength development of a high resistance type is of questionable value for the distance swimmer, but it could be useful to the sprinter.

The muscles developed should be specific for the sport and specific to the movement pattern of the stroke. Excess development of particular muscle groups could interfere with range of movement and flexibility. An example of overdevelopment is sometimes seen in the rhomboid group (between the scapula) and the deltoid group (shoulder muscles.)

Out of the water there are three fundamental methods of developing strength. They are isotonic (same force - weights and pulleys), isometric (same length - pulling or pushing against any immovable object), and isokinetic (same speed - use of machines such as the mini-gym and lumex machine). There are advantages and disadvantages for each of the methods. There are several good references for deciding which of these methods to use, as an individual: The Science of Swimming by Dr. James Counsilman and Complete Weight Training Book by Bill Reynolds.

ANNOUNCING

MASTER SWIMMERS LANE 4 NEWSLETTER

Original articles -- training techniques -- new ideas, research in Sports Medicine and Exercise Physiology reviewed with application to Master Swimmers -- written, edited, and published by: DR. PAUL HUTINGER -- published 6 times a year for \$10.00.

MASTER SWIMMERS LANE 4 - Subscription Form
One Year - 6 issues - \$10 - 1st issue 7/77

NAME _____

ADDRESS _____

Mail to: Dr. Paul Hutinger, 815 North Charles
Macomb, IL 61455

EDITOR'S NOTE: Paul Hutinger's new publication is not to take the place of Swim Master but is to be of a more technical nature. We will be using articles from his publication from time to time. Some day there will be a book on us Masters swimmers.

National YMCA Masters Championships

Exclusive for SWIM-MASTER by Les Finnegan

The 2nd Annual National YMCA Masters Championships turned into a record-setting spree in every sense of the word.

At least 140 records were set in the various age-group events; a record number of teams, 48 from all over the country, participated, and a record number of individual swimmers set a new mark.

The three-day meet was held at Montclair State College, Montclair, NJ, June 17-19, with the rash of new records attributable, in part, to the fact that a substantial number of the competitors had come fresh from the 13th National Masters Swimming Championships in Fort Lauderdale.

Defending National Champion Montclair, with 40 swimmers, easily turned back its nearest rivals, Baltimore Central Y and the Nautilus Aquatic Club of Washington, DC Central Y. Montclair's total for the 19 events was 711, which better than doubled Baltimore's 324 and the 317 for Nautilus. Baltimore had 11 swimmers, Nautilus 12.

The brilliant assault on the year-old Y record book started on the first day as five new national Y records were set in the 1650 free. Equally impressive was the number of age group records set in other events. They included: 6 new records in the 50 free; 4 in the 100 free; 6 in the 200 free; 6 in the 500 free; 5 in the 50 back; 5 in the 100 back; 7 in the 200 back; 7 in the 50 breast; 7 in the 100 breast; 8 in the 200 breast; and similar numbers of new records in the other events.

The record-setting and the record number of participants provided vigorous evidence that the YMCA Masters Nationals are becoming an institution that is probably here to stay on the Masters scene. The Washington, DC, Y which will have a new building and a fast modern pool by the start of 1978 is bidding for next years National Y Masters Championships.

Coaches and participants in both the 1976 and 1977 meets agreed that training preparations for the Montclair championships were much more serious and intensive than for the previous year. For example, the 15-year-old Nautilus Aquatic Club, the country's

oldest competitive masters group, for the first time in its history found its members working out twice a day in preparation for Montclair. It paid off: the NAC swam off with 11 national records, 8 in individual events and 3 in relays.

Defending champion Montclair was a powerhouse in all events and entered a strong and versatile contingent of women swimmers, 17 out of their 40 total. More than half the Baltimore team was from the distaff side; Nautilus had only one woman. The average age of this year's participants was believed somewhat older than for 1976.

Many of the 140 new national records were highly impressive times and while not, on the whole, as speedy as the National Masters at Lauderdale, still offered the promise of a definite future challenge. Part of the reason for this, as already noted, is that some of the most outstanding National Masters Championship swimmers are now starting to come to the National YMCA Masters competition.



PICTURES: 1. Lollie Keller, Aquatic Director of the Montclair YMCA, presenting team trophies at the conclusion of Championships. (L-to-R) Keller, Clarence Ross of the Montclair Y which successfully defended its championship; S.T. Godski and Nancy Brown, of the second-place winner Greater Baltimore YMCA; and Les Finnegan, of the Nautilus AC., Washington, DC Central YMCA 3-rd place team. 2. The powerhouse Montclair, NJ YMCA Swim team that successfully defended its team championships held on June 17-18-19, 1977. 3. Second place team winner, National YMCA Masters Swimming Championships, the Greater Baltimore, MD YMCA Masters Swim Team. 4. Third place team winner, Central Washington, DC YMCA Masters Swim Team. 5. Four first places and a new national record plus a second are enough to make any man smile and that's what Esko Hallila, (55-59) of the Nautilus AC was doing. 6. Eight swimmers after winning 8 records. Front row (l-to-r): Tony Vertuno, Peter Taft and Dale Petranec. Second row: Shari Danch, Les Finnegan and Esko Hallila. Back row: Art Young and Bob Garrett.



Rose Blossoms At 70 To Win Swim Awards

By JODY HOMER
Sun-Tattler Staff

Rose Caplane's thin, wiry legs hoisted her aging 93-pound frame off the edge of the diving board and into the air at Ft. Lauderdale's Hall of Fame Swimming Pool.

As she climbed out of the water after executing her dive, a young man shyly rambled up to her and said, "I hope you don't mind, but I have to ask you this. How old are you?"

"I get asked that question at least seven or eight times a day when I come to the pool," said Rose who turns 71 in September. "Some people even want to take my picture," she added with a laugh. "It doesn't make any difference to me, so I let them."

NO ONE has informed Rose Caplane that 70-year-old women are not supposed to dive off high boards, do hand stands in their living rooms or break national swimming records.

On May 14, this Hollywood resident competed in five individual events and three relays in the National AAU Masters Swimming Championship in Ft. Lauderdale. She took home six first place ribbons and two second place ribbons, breaking records in her age group for the 100 and 200-yard breaststroke and the 100-yard backstroke.

The Masters swimming program had its start in San Diego in the early 1960's. Events are conducted in compliance with AAU rules and broken down according to sex and age, divided into five-year segments.

"I usually win all five events I enter," said Rose, a Masters competitor since 1974, "and I would have won all five this time except my foot slipped on the turn in the 100-freestyle. I pushed off against the light and slipped."

MRS. CAPLANE took a boat from her home in Bavaria, Germany to New York City in 1927. Her first job, naturally enough, was at a swimming pool.

"In Germany I swam long distance races through the rivers and canals," she said. "Children in my town were taught to swim in a pool next to the river. But the competitions were held in the canals."

While doing odd jobs at a New York private pool, Rose met a comedian and joined his act.

"I was a sort of gymnast," she said. "I'd taken ballet lessons, gymnastics, fiddle and piano lessons. He would throw me around in the act. A type of comedy adagio. I had to do somersaults, flips, things like that."

AFTER TWO husbands, both of whom have passed away, and more than 20 years in show business as a vaudevillian, dancer and even part-time song writer, this five-foot dynamo moved to Florida.

Rose competes in Masters swimming meets several times a year and has walls covered with first place ribbons. In 1974 she received All-American status and was named one of the 10 best swimmers in the country in her age group.

"I think I would be a cripple if I didn't swim," said Mrs. Caplane, who has lived alone since her second husband died in 1971. "I'm alone now and I don't like to sit around playing bridge. I do go ballroom dancing sometimes and I still put a sheet on the living room floor and exercise every day."

Rose swims at the Hall of Fame Pool several times a week. Most days she goes 1,000 meters. That's 20 laps without stopping.

ROSE DRIVES herself to the Ft. Lauderdale pool and catches rides with fellow masters competitors in other parts of Florida. Her one gripe with the city of Hollywood is that there is no pool here.

"When I first moved here in 1965," she said, "I swam at the pool on Johnson Street by the beach. Now that they've taken that down just to put up some palm trees, there is no place close-by to swim. I know so many elderly people who would love to use a pool but they have no way of getting to Ft. Lauderdale."

Rose swims every stroke except butterfly and considers the breaststroke her strongest. Her time in this month's national meet for the 200-breaststroke was 5:07.27.

Of the 602 swimmers at the national masters meet, ("I had to fight for a parking place," Rose said.) the eldest was an 83-year-old woman. Mrs. Caplane had 4-6 swimmers in her age group competing against her in each event.

"I really wanted to win that day," she said, "because there were two women who came all the way from California. They have all the advantages there. I guess I wanted to show them up."

Rose Caplane is a healthy, vibrant woman. She doesn't drink, not even coffee, and gets plenty of exercise. After a swimming meet is over, instead of taking a nap or konking out in front of the television, Rose says she eats. And eats.

"After the championship I ate five meals the next day," she said. "I just couldn't seem to get enough."



Sun-Tattler Photo By Stephanie Swerdlin

FEISTY 70-YEAR-OLD ROSE CAPLANE WITH HER RIBBONS

"I Think I Would Be A Cripple If I Didn't Swim"



On Wednesday, July 13th, Fort Lauderdale's Stella Taylor took one of her final practice swims at the Swimming Hall of Fame prior to leaving for England where she will attempt to be the first woman to swim the English Channel round-trip, non-stop. Stella, 45, who has been swimming only for the past 7 years, is a former nun but has already made an international name for herself as a marathon swimmer. Her most recent achievement was to conquer Lake George in upstate New York, setting a record for the 45-mile route in 26 hours and 51 minutes, beating the old record set by an ex-marine, by nearly 4 hours.

Table with multiple columns listing names, times, and categories (e.g., 100 yd FREESTYLE, 150 yd FREESTYLE, etc.). Includes various swimming events and relay teams.

200 Yd. Breaststroke Christa Dorsey 39 3:39.3 L. Minnigerode 35 3:40.0 100 Yd. I.M. Barb Zerevski 39 1:21.8 Patty Lee 35 1:34.4 L. Minnigerode 35 1:37.5 200 Yd. I.M. Barb Zerevski 39 3:02.8 WOMEN 35-39 400 Yd. I.M. Barb Zerevski 39 6:22.1 WOMEN 45-49 50 Yd. Breaststroke Carol Taylor 48 40.8 100 Yd. Breaststroke Carol Taylor 48 1:29.9 200 Yd. Breaststroke Carol Taylor 48 3:17.7 100 Yd. Butterfly Carol Taylor 48 1:34.0 100 Yd. I.M. Carol Taylor 48 1:28.7 200 Yd. Butterfly Carol Taylor 48 3:18.0 WOMEN 55-59 50 Yd. Freestyle Marie Kreipe 57 51.9 50 Yd. Backstroke Marie Kreipe 57 58.4 50 Yd. Breaststroke Marie Kreipe 57 57.9 MEN 25-29 50 Yd. Freestyle Chip Glidden 26 26.4 Ted Hoff 27 26.7 100 Yd. Freestyle Chip Glidden 26 58.5 Ted Hoff 27 58.9 200 Yd. Freestyle Ted Hoff 27 2:16.5 Dennis Elwell 27 2:32.2 500 Yd. Freestyle Ted Hoff 27 6:19.7 1650 Yd. Freestyle Ted Hoff 27 22:41.0 50 Yd. Backstroke Chip Glidden 26 30.2 50 Yd. Breaststroke Jim Wheeler 27 31.2 200 Yd. Breaststroke Jim Wheeler 27 2:34.7 50 Yd. Butterfly Dennis Elwell 27 31.8 Ted Hoff 27 32.3 100 Yd. I.M. Chip Glidden 26 1:05.0 Ted Hoff 27 1:10.6 Dennis Elwell 27 1:14.5 200 Yd. I.M. Chip Glidden 26 2:23.4 400 Yd. I.M. Chip Glidden 26 5:25.9 MEN 30-34 50 Yd. Freestyle Jim Mchenry 33 26.1 Bob Barber 30 30.0 100 Yd. Freestyle Jim Mchenry 33 1:00.9 Tony Williams 31 1:02.6 Frank Wiebert 30 1:04.0 1650 Yd. Freestyle Tony Williams 31 23:56.9 50 Yd. Backstroke David Schmidt 31 30.1 200 Yd. Backstroke Frank Wiebert 30 2:51.6 50 Yd. Breaststroke Bob Barber 30 33.0 100 Yd. Breaststroke Bob Barber 30 1:16.5 Jim Mchenry 33 1:19.6 200 Yd. Breaststroke Jim Mchenry 33 2:53.6 Bob Barber 30 2:55.6 50 Yd. Butterfly David Schmidt 31 28.2 Jim Mchenry 33 34.3 100 Yd. I.M. Jim Mchenry 33 1:10.5 200 Yd. I.M. Frank Wiebert 30 2:44.5 MEN 35-39 50 Yd. Freestyle Vance Mellen 36 25.8 Dick Dunn 39 30.5 Jim Horner 35 31.0 Bernie Levitch 39 40.7 100 Yd. Freestyle Vance Mellen 36 58.3 Jim Horner 35 1:14.6 Bernie Levitch 39 1:38.2 200 Yd. Freestyle Vance Mellen 36 2:20.3 Jim Horner 35 2:40.8 500 Yd. Freestyle Vance Mellen 36 6:56.8 Jim Horner 35 7:43.2 Jerry Springett 35 8:34.6 50 Yd. Backstroke Jerry Springett 35 40.2 Dick Dunn 39 40.3 100 Yd. Backstroke Jerry Springett 35 1:35.9 MEN 35-39 50 Yd. Breaststroke Vance Mellen 36 37.5 Dick Dunn 39 38.5 Bernie Levitch 39 49.0 100 Yd. Breaststroke Dick Dunn 39 1:29.6 50 Yd. Butterfly Bob Kent 36 27.9 Dick Dunn 39 29.6 Vance Mellen 36 31.4 Jim Horner 35 34.2 Bernie Levitch 39 39.3 100 Yd. Butterfly Jim Horner 35 1:18.8 Dick Dunn 39 1:20.0 Bernie Levitch 39 1:58.4 100 Yd. I.M. Bob Kent 36 1:15.8 Dick Dunn 39 1:18.4 200 Yd. I.M. Bernie Levitch 39 3:52.0 MEN 40-44 50 Yd. Freestyle John George 41 26.6 Wilf Arnold 40 27.0 Allen Hahn 43 28.7 Mark Hitt 41 30.1 Herman Headrick 42 30.6 100 Yd. Freestyle Al Coxon 41 54.1 Mark Hitt 41 1:04.6 Allen Hahn 43 1:08.7 Herman Headrick 42 1:04.3 200 Yd. Freestyle Al Coxon 41 2:04.0 J. C. Brenton 43 2:15.9 Mark Hitt 41 2:27.5 Herman Headrick 42 2:39.1 500 Yd. Freestyle Mark Hitt 41 6:55.5 John George 41 6:56.5 Herman Headrick 42 7:32.2 1650 Yd. Freestyle Mark Hitt 41 23:57.0 John George 41 24:40.0 50 Yd. Backstroke John George 41 32.7 100 Yd. Backstroke Al Coxon 41 1:05.3 John George 41 1:15.8 MEN 40-44 200 Yd. Backstroke John George 41 2:48.4 50 Yd. Breaststroke Wilf Arnold 40 32.6 John George 41 38.6 100 Yd. Breaststroke Allen Hahn 43 1:23.4 50 Yd. Butterfly J. C. Brenton 43 29.9 Herman Headrick 42 40.0 100 Yd. Butterfly Herman Headrick 42 1:27.2 100 Yd. I.M. J. C. Brenton 43 1:10.5 Herman Headrick 42 1:23.0 200 Yd. I.M. Al Coxon 41 2:23.4 Herman Headrick 42 3:02.6 400 Yd. I.M. Al Coxon 41 5:27.3 J. C. Brenton 43 5:40.5 Herman Headrick 42 6:38.8 MEN 45-49 50 Yd. Freestyle O. J. Wardell 49 39.2 100 Yd. Freestyle D. J. Wardell 49 1:28.3 200 Yd. Freestyle O. J. Wardell 49 3:18.5 50 Yd. Backstroke Herb Martin 47 31.0 O. J. Wardell 49 52.1 100 Yd. Backstroke Herb Martin 47 1:01.1 O. J. Wardell 49 2:32.9 200 Yd. Backstroke Herb Martin 47 2:40.2 50 Yd. Butterfly O. J. Wardell 49 54.0 200 Yd. I.M. Herb Martin 47 2:51.5 MEN 50-54 50 Yd. Freestyle Del Brown 52 30.8 Don Ashlock 50 31.3 100 Yd. Freestyle Del Brown 52 1:09.5 200 Yd. Freestyle Del Brown 52 2:49.8 1650 Yd. Freestyle Don Ashlock 50 34:19.9 50 Yd. Backstroke Del Brown 52 37.0 100 Yd. Backstroke Del Brown 52 1:22.6 MEN 55-59 50 Yd. Freestyle John Garrett 58 32.0 100 Yd. Freestyle John Garrett 58 1:15.9 200 Yd. Freestyle John Garrett 58 2:53.3 Max Hasbrouck 56 2:59.7 50 Yd. Backstroke John Garrett 58 42.9 100 Yd. Backstroke John Garrett 58 1:41.1 200 Yd. Backstroke John Garrett 58 3:46.9 50 Yd. Breaststroke Max Hasbrouck 56 55.5 50 Yd. Butterfly Max Hasbrouck 56 47.0 100 Yd. Butterfly Max Hasbrouck 56 1:52.3 100 Yd. I.M. John Garrett 58 1:34.5 Max Hasbrouck 56 1:43.4 200 Yd. I.M. Max Hasbrouck 56 3:43.5 400 Yd. I.M. Max Hasbrouck 56 7:49.5 MEN 60-64 50 Yd. Freestyle BTill Grant 63 28.9 500 Yd. Freestyle BTill Grant 63 7:09.2 50 Yd. Backstroke BTill Grant 63 38.0 200 Yd. Backstroke BTill Grant 63 1:15.4 50 Yd. Breaststroke BTill Grant 63 42.3 50 Yd. Butterfly BTill Grant 63 33.1 100 Yd. Butterfly BTill Grant 63 1:23.0 MEN 65-69 50 Yd. Freestyle BTill Stinson 68 35.5 100 Yd. Freestyle BTill Stinson 68 1:26.8 500 Yd. Freestyle BTill Stinson 68 8:54.8 1650 Yd. Freestyle BTill Stinson 68 31:21.0 50 Yd. Backstroke BTill Stinson 68 45.5 50 Yd. Butterfly BTill Stinson 68 42.3 100 Yd. Butterfly BTill Stinson 68 1:56.7 100 Yd. I.M. BTill Stinson 68 1:36.4 RELAYS-MIXED 25+ 200 Yd. Freestyle Relay K. C. Masters 1:58.8 (Livingston, Zerevski, Hoff, Glidden) RELAYS-WOMEN 25+ 200 Yd. Medley Relay K. C. Masters 2:19.6 (Livingston, Poste, Doezema, Zerevski) Topeka Masters 2:54.0 (Hagler, Griffin, Lee, Callen) RELAYS-MEN 25+ 200 Yd. Medley Relay K. C. Masters 2:02.4 (Martin, Barber, Glidden, Hoff)	50 Yard Backstroke M. McDonald 52 51.989 J. Pope 34 53.433 100 Yard Backstroke M. McDonald 52 1:14.361 J. Pope 34 1:14.889 200 Yard Backstroke J. Wellman 34 2:53.475 100 Yard Breaststroke B. Palmer 52 1:23.627 50 Yd. Butterfly B. Wilson 33 42.243 100 Yard Ind. Med. J. Pope 34 1:13.233 B. Wilson 33 1:14.057 D. Wellman 34 1:16.308 B. Palmer 34 1:18.374 Men 35 - 39 50 Yd. Freestyle J. Johnson 35 25.278 T. Fortson 38 28.242 100 Yard Freestyle J. Johnson 35 56.143 T. Fortson 38 1:02.777 200 Yard Freestyle J. Johnson 35 2:05.197 T. Fortson 38 2:24.731 500 Yard Freestyle T. Fortson 38 6:54.699 1650 Yard Freestyle J. Johnson 35 21:19.875 100 Yard Butterfly B. Barton 38 1:05.999 100 Yard Ind. Med. T. Fortson 38 1:17.324 Men 40 - 44 50 Yd. Freestyle B. Robertson 41 25.432 K. Canterbury 41 25.867 D. Goodley 44 30.034 B. Mosbrook 40 31.425 H. Darlington 41 32.004 100 Yard Freestyle K. Canterbury 41 56.112 B. Robertson 41 56.142 D. Goodley 44 1:10.419 H. Darlington 41 1:16.613 B. Mosbrook 40 1:18.898 200 Yard Freestyle K. Canterbury 41 2:09.340 N. Berenyl 44 2:34.074 B. Mosbrook 40 2:57.181 500 Yard Freestyle B. Mosbrook 40 8:23.532 1650 Yard Freestyle N. Berenyl 44 25:05.697 50 Yard Backstroke K. Canterbury 41 30.246 B. Mosbrook 40 38.804 100 Yard Backstroke B. Mosbrook 40 1:30.661 200 Yard Backstroke D. McIntyre 42 2:18.321 B. Mosbrook 40 2:19.554 50 Yard Breaststroke B. Mosbrook 40 41.827 100 Yard Breaststroke N. Berenyl 44 1:16.268 K. Canterbury 41 1:16.303 B. Mosbrook 40 1:13.247 H. Darlington 41 1:16.161 200 Yard Breaststroke N. Berenyl 44 2:49.993 50 Yard Butterfly D. Goodley 44 32.091 B. Robertson 41 32.943 H. Darlington 41 35.443 200 Yard butterfly D. McIntyre 42 2:24.244 N. Berenyl 44 2:18.177 100 Yard Ind. Med. B. Robertson 41 1:08.594 D. Goodley 44 1:21.739 J. Mosbrook 40 1:26.026 200 Yard Ind. Med. D. McIntyre 42 2:16.749 K. Canterbury 41 2:22.656 500 Yard Ind. Med. K. Canterbury 41 5:03.399 N. Berenyl 44 6:10.355 Men 45 - 49 A. Mayer 45 29.297 K. Dawson 46 29.748 A. Hunt 49 32.263 100 Yard Freestyle K. Dawson 46 1:11.356 A. Hunt 49 1:22.817 200 Yard Freestyle A. Mayer 45 2:33.111 K. Dawson 46 2:36.082 500 Yard Freestyle A. Mayer 45 7:09.6 K. Dawson 46 7:20.580 50 Yard Backstroke A. Mayer 45 32.4 K. Dawson 46 37.512 100 Yard Backstroke A. Mayer 45 1:14.759 K. Dawson 46 1:22.836 200 Yard Backstroke A. Mayer 45 2:42.643 K. Dawson 46 2:56.546 50 Yard Breaststroke A. Hunt 49 46.827 100 Yard Ind. Med. A. Mayer 45 1:19.972 K. Dawson 46 1:21.982 WOMEN 25 - 29 50 Yard Freestyle J. Russell 25 34.353 S. Wherley 27 36.750 100 Yard Freestyle S. Wherley 27 1:23.609 50 Yard Backstroke S. Masters 27 42.318 100 Backstroke S. Masters 27 1:47.386 50 Yard Breaststroke F. Plemons 27 35.857 J. Russell 25 41.925 S. Masters 27 43.181 100 Yard Breaststroke F. Plemons 27 1:28.281 J. Russell 25 1:32.475 200 Yard Breaststroke F. Plemons 27 3:16.294 J. Russell 25 3:28.661 50 Yard Butterfly F. Plemons 27 35.465 100 Yard Butterfly F. Plemons 27 1:20.725 200 Yard Butterfly F. Plemons 27 3:03.616 200 Yard Ind. Med. F. Plemons 27 3:02.678 400 Yard Ind. Med. F. Plemons 27 6:34.713 WOMEN 30 - 34 E. Mosbrook 35 50 Yard Free 33.909 100 Yard Free 1:13.780 200 Yard Free 2:43.474 500 Yard Free 7:21.653 1650 Yard Free 25:52.655 50 Yard Back 44.173 100 Yard Back 1:33.906 200 Yard Back 3:18.105 50 Yard Fly 45.299 100 Yard Ind. Med. 1:31.261 WOMEN 35 - 39 K. Cronson 37 50 Yard Free 1:24.894 200 Yard Free 3:02.608 500 Yard Free 8:01.163 100 Yard Back 1:49.196 100 Yard Breast 1:30.380 200 Yard Breast 3:18.255 100 Yard Fly 1:37.201 400 Yard I.M. 6:58.615 WOMEN 40 - 44 50 Yard Free 33.910 M. Spencer 40 38.614 S. Beetham 44 41.890 F. Widman 40 45.201 100 Yard Free 1:14.802 M. Spencer 40 1:28.672 S. Beetham 44 1:33.102 M. Reed 40 1:39.480 D. Reilly 43 1:41.430 200 Yard Free 2:53.837 M. Spencer 40 3:12.934 S. Beetham 44 3:13.652 500 Yard Free 8:02.488 M. Spencer 40 9:11.462 1650 Yard Free 33:54.821 D. Reilly 43 45.491 M. Spencer 40 46.471 S. Beetham 44 49.601 100 Yard Back 1:34.143 M. Reed 40 2:11.016 200 Yard Back 4:18.215 F. Widman 40 4:22.662 50 Yard Breast 44.662 D. Reilly 43 45.666 M. Reed 40 48.888 100 Yard Breast 1:43.377 D. Reilly 43 1:48.767 200 Yard Breast 3:36.672 D. Reilly 43 3:46.149 50 Yard Butterfly 48.815 S. Beetham 44 48.815 100 Yard Ind. Med. 1:29.091 M. Spencer 40 1:49.026 D. Reilly 43 1:49.026 S. Beetham 44 1:49.026 WOMEN 55 - 59 D. Reesquie 55 50 Yard Free 32.54 50 Yard Fly 38.00 100 Yard Fly 1:35.99 100 Yard I.M. 1:26.90 WOMEN 60 - 64 N. Clark 62 50 Yard Free 37.36 100 Yard Free 1:27.92 90 Yard Fly 82.36 WOMEN 65 - 69 M. Haikinen 65 50 Yard Back 58.47 50 Yard Breast 55.33
--	--

HARTNELL COLLEGE MASTERS
April 26 - 27, 1977
156 Homestead Avenue
Salinas, California 93901

WOMEN -- 25-29
50 Yd. Free
1. Susan Roy :26.77
2. Janet Milliman :33.93

Sam Booth 25 :28.00
Doug Huestis 29 :25.00
Randy Hills 25 :29.50
William Byrne 28 :31.40
100 yd Butterfly
Doug Huestis 29 1:02.00
Ernie Glass 27 1:06.90
200 yd Butterfly
Doug Huestis 29 2:23.10
100 yd IM
Kim Lintner 27 1:02.50
Randy Hills 25 1:06.00
William Byrne 28 1:10.70
200 yd IM
Michael Kubick 27 2:10.90
MEN 30-34
50 yd Freestyle
Paul Murphy 33 :23.60
Cic Worthing 34 :29.20
Robert Remington 32 :30.20
100 yd Freestyle
Paul Murphy 33 :53.10
Steven Barrett 30 :55.20
Dan Zenor 30 :56.20
Tim Justice 34 1:00.50
Russell Hall 30 1:05.50
Robert Remington 32 1:10.10
200 yd Freestyle
Steven Barrett 30 2:02.50
Paul Murphy 33 2:03.00
Tim Justice 34 2:22.60
Russell Hall 30 2:28.20
50 yd Freestyle
Steve Engel 33 5:39.30
Steven Barrett 30 5:57.50
Stuart Morris 33 6:47.50
Tim Justice 34 7:04.40
150 yd Freestyle
Steven Barrett 30 21:07.90
Stuart Morris 33 22:52.90
50 yd Backstroke
William Schubach 33 1:27.50
John Stout 30 1:28.10
Hap Clarke 33 1:32.00
Robert Remington 32 1:38.90
Tim Justice 34 1:40.50
100 yd Backstroke
William Schubach 33 1:01.50
John Stout 30 1:02.80
Earl Showerman 32 1:06.40
Hap Clarke 33 1:09.90
Russell Hall 30 1:19.80
200 yd Backstroke
William Schubach 33 2:16.30
Hap Clarke 33 2:18.00
50 yd Breaststroke
Doug Critchon 30 1:35.60
100 yd Breaststroke
Doug Critchon 30 1:18.70
Stuart Morris 33 1:22.30
Robert Remington 32 1:23.70
200 yd Breaststroke
Doug Critchon 30 2:50.30
50 yd Butterfly
Dan Zenor 30 :28.20
Russell Hall 30 :33.30
100 yd Butterfly
Steve Engel 33 1:02.70
200 yd Butterfly
Steve Engel 33 2:16.70
100 yd IM
William Schubach 33 1:02.90
Paul Murphy 33 1:03.10
Hap Clarke 33 1:12.30
Russell Hall 30 1:12.50
Robert Remington 32 1:20.70
William Schubach 33 2:17.90
Steve Engel 33 2:21.00
Dan Zenor 30 2:27.70
Earl Showerman 32 2:32.90
Hap Clarke 33 2:41.90
Stuart Morris 33 2:49.40
400 yd IM
Steve Engel 33 4:52.20
Earl Showerman 32 5:38.20
MEN 35-39
50 yd Freestyle
Joe Santry 36 :27.60
Cecil Kribs 35 :27.90
Robert Murphy 36 :29.10
Ray Jeffries 39 :30.90
100 yd Freestyle
Charles Schaumburg 38 1:59.60
Harry Lewis 35 1:00.40
Robert Murphy 36 1:08.10
Ray Jeffries 39 1:12.70
200 yd Freestyle
Harry Lewis 35 2:13.00
Bob Jacobs 35 2:13.20
Ralph Mohr 35 2:20.70
Mark Gates 37 2:21.50
Cecil Kribs 35 2:26.30
Robert Murphy 36 2:50.70
Dave Eng 39 2:50.80
Ray Jeffries 39 2:59.20
500 yd Freestyle
Harry Lewis 35 5:58.60
Joe Santry 36 6:32.50
Robert Murphy 36 7:42.70
Dave Eng 39 7:57.00
1650 yd Freestyle
Ralph Mohr 35 22:15.60
Robert Murphy 36 28:03.60
Dave Eng 39 28:14.40
50 yd Backstroke
Cecil Kribs 35 :33.80
Harry Lewis 35 21:27.60
100 yd Backstroke
Charles Schaumburg 38 1:14.70
Cecil Kribs 35 1:15.80
200 yd Backstroke
Bob Jacobs 35 2:46.00
Cecil Kribs 35 2:49.40

50 yd Breaststroke
Armin Arndt 36 :31.30
Tom Long 39 :33.20
100 yd Breaststroke
Armin Arndt 36 1:05.40
Tom Long 39 1:12.30
Mark Gates 37 1:15.90
Charles Schaumburg 38 1:21.90
200 yd Breaststroke
Armin Arndt 36 2:32.00
Tom Long 39 2:35.80
50 yd Butterfly
Joe Santry 36 :31.00
Ralph Mohr 35 :31.90
Dave Eng 39 :35.30
100 yd Butterfly
Charles Schaumburg 38 1:10.20
Mark Gates 37 1:10.50
Dave Eng 39 1:24.60
200 yd Butterfly
Ralph Mohr 35 2:37.30
100 yd IM
Bob Jacobs 35 1:05.50
Armin Arndt 36 1:06.50
200 yd IM
Bob Jacobs 35 2:27.10
Armin Arndt 36 2:27.20
Mark Gates 37 2:30.60
Charles Schaumburg 38 2:34.30
Joe Santry 36 2:34.40
400 yd IM
Bob Jacobs 35 5:22.30
Harry Lewis 35 5:35.30
Mark Gates 37 5:40.00
MEN 40-44
50 yd Freestyle
Kirk Adams 43 :28.70
Jim Bigler 41 :39.00
P.T. Tutmark 44 :34.30
Brian Heard 42 :34.70
100 yd Freestyle
James Davies 42 1:03.90
Jim Bigler 41 1:04.20
Kirk Adams 43 1:06.00
P.T. Tutmark 44 1:16.40
200 yd Freestyle
James Davies 42 2:25.50
Kirk Adams 43 2:27.80
Jim Bigler 41 2:35.00
P.T. Tutmark 44 2:51.20
500 yd Freestyle
James Davies 42 6:46.90
Kirk Adams 43 6:47.50
Jim Bigler 41 7:09.70
P.T. Tutmark 44 7:46.10
1650 yd Freestyle
James Davies 42 23:50.50
Jim Bigler 41 26:02.30
100 yd Backstroke
Tom Foley 42 1:32.80
200 yd Backstroke
Tom Foley 42 3:11.10
50 yd Breaststroke
Ron Taylor 43 :33.50
Brian Heard 42 :43.00
100 yd Breaststroke
Ron Taylor 43 1:13.00
John Thomas 41 1:35.30
Brian Heard 42 1:37.00
200 yd Breaststroke
Ron Taylor 43 2:39.10
100 yd Butterfly
James Davies 42 1:14.70
John Thomas 41 1:41.90
200 yd Butterfly
John Thomas 41 3:47.90
Tom Foley 42 4:07.30
200 yd IM
John Thomas 41 3:17.90
Tom Foley 42 3:24.50
400 yd IM
John Thomas 41 7:01.70
Tom Foley 42 7:27.60
MEN 45-49
50 yd Freestyle
Robert Dorse 45 :26.70
Eric Guest 47 :28.30
George Burgess 45 :30.40
Steve Anson 48 :33.20
Leo Haglund 49 :35.50
100 yd Freestyle
Robert Dorse 45 1:00.70
Eric Guest 47 1:04.10
Fred Springer 46 1:04.50
Steve Anson 48 1:16.90
Leo Haglund 49 1:22.50
200 yd Freestyle
Fred Springer 46 2:20.20
Robert Dorse 45 2:26.50
Leo Haglund 49 3:15.80
500 yd Freestyle
Fred Springer 46 6:15.60
Charles Sheldon 47 7:00.30
Robert Dorse 45 7:02.30
Tom Taylor 46 7:15.10
Leo Haglund 49 8:54.50
1650 yd Freestyle
Fred Springer 46 21:52.70
Tom Taylor 46 25:05.50
Leo Haglund 49 32:46.80
50 yd Backstroke
Donlan Jones 47 :33.60
Steve Anson 48 :40.80
100 yd Backstroke
Charles Sheldon 47 1:12.80
Donlan Jones 47 1:28.10
200 yd Backstroke
Charles Sheldon 47 2:46.70
Donlan Jones 47 3:05.20
50 yd Breaststroke
Don Van Rossen 48 :35.00
Tom Taylor 46 :35.90
George Burgess 45 :37.80
Lee Miesien 49 :38.40

Donlan Jones 47 :39.70
Steve Anson 48 :46.70
100 yd Breaststroke
Don Van Rossen 48 1:15.50
Tom Taylor 46 1:23.90
Lee Miesien 49 1:25.90
Emmanuel Sang 46 1:42.60
200 yd Breaststroke
Tom Taylor 46 3:09.40
Lee Miesien 49 3:11.40
Emmanuel Sang 46 3:25.70
50 yd Butterfly
George Burgess 45 :34.70
100 yd IM
Charles Sheldon 47 1:13.70
George Burgess 45 1:18.50
Lee Miesien 49 1:35.00
Emmanuel Sang 46 1:41.40
200 yd IM
Charles Sheldon 47 2:47.90
Emmanuel Sang 46 4:03.00
400 yd IM
Donlan Jones 47 6:57.70
MEN 50-54
50 yd Freestyle
James Holland 53 :28.70
John Koruga 50 :30.30
James Snow 50 :32.10
Chuck Harrison 51 :32.20
100 yd Freestyle
James Holland 53 1:06.40
Chuck Harrison 51 1:15.40
200 yd Freestyle
James Holland 53 2:42.60
Chuck Harrison 51 2:43.80
500 yd Freestyle
Chuck Harrison 51 7:30.50
1650 yd Freestyle
Jim Hershey 50 25:23.90
James Snow 50 27:09.00
Chuck Harrison 51 27:36.20
50 yd Backstroke
John Koruga 50 :38.80
100 yd Butterfly
Fred Eckhardt 50 :35.30
John Koruga 50 :39.00
100 yd Backstroke
Fred Eckhardt 50 1:26.10
200 yd Butterfly
Fred Eckhardt 50 3:10.80
100 yd IM
James Snow 50 1:27.20
200 yd IM
Fred Eckhardt 50 3:19.20
400 yd IM
Fred Eckhardt 50 6:50.30
MEN 55-59
200 yd Freestyle
Larry Straker 56 2:58.30
50 yd Backstroke
Earl Walter 55 :33.10
50 yd Backstroke
Larry Straker 56 1:39.60
100 yd Backstroke
Earl Walter 55 1:15.30
Larry Straker 56 1:33.00
200 yd Backstroke
Earl Walter 55 2:47.50
200 yd Butterfly
Earl Walter 55 3:15.50
400 yd IM
Earl Walter 55 6:13.30
MEN 60-64
50 yd Freestyle
Don Stevenson 64 :32.30
Neil Farnham 60 :33.30
Glenn Peterson 64 :45.50
Kelly Bagby 62 :50.00
100 yd Freestyle
Don Stevenson 64 1:15.00
Neil Farnham 60 1:17.10
200 yd Freestyle
Don Stevenson 64 2:58.90
John Downey 62 3:04.90
500 yd Freestyle
Don Stevenson 64 8:24.20
John Downey 62 8:26.70
Glenn Peterson 64 11:41.70
1650 yd Freestyle
John Downey 62 29:40.20
Glenn Peterson 64 39:58.50
50 yd Backstroke
Syd Hendy 64 1:40.70
Neil Farnham 60 1:41.90
100 yd Backstroke
Syd Hendy 64 1:29.90
Neil Farnham 60 1:39.30
200 yd Backstroke
Syd Hendy 64 3:28.30
50 yd Breaststroke
Karl Frederick 63 :39.30
Neil Farnham 60 :45.70
Bob Schmidt 61 :46.10
Kelly Bagby 62 :58.90
100 yd Breaststroke
Bob Schmidt 61 1:50.00
Kelly Bagby 62 2:25.50
200 yd Breaststroke
Karl Frederick 63 3:22.90
Don Stevenson 64 3:31.60
Bob Schmidt 61 4:12.30
Kelly Bagby 62 5:28.00
50 yd Butterfly
Karl Frederick 63 1:38.00
MEN 65-69
50 yd Freestyle
Max Strauss 67 :39.00
100 yd Freestyle
John Hoey 67 8:23.40
1650 yd Freestyle
John Hoey 67 36:39.50
Bob Hunter 65 45:11.70

50 yd Backstroke
Max Strauss 67 :47.10
Bob Hunter 65 :57.70
100 yd Backstroke
Bob Hunter 65 2:08.50
200 yd Backstroke
Bob Hunter 65 4:39.80
50 yd Breaststroke
Bob Hunter 65 1:16.20
100 yd IM
Max Strauss 67 1:55.50
MEN 75-79
100 yd Freestyle
Roy Webster 76 2:11.60
200 yd Freestyle
Roy Webster 76 5:01.20
1650 yd Freestyle
Roy Webster 76 61:30.10
50 yd Breaststroke
Roy Webster 76 1:03.60
100 yd Breaststroke
Roy Webster 76 2:31.90
MEN 50+
50 yd Freestyle
Collister Wheeler 83 :46.20
100 yd Freestyle
Collister Wheeler 83 1:44.60
WOMEN 25 & UP
200 yd Free Relay
Inland Empire Ass'n (Tendy,Whitehall,Phelan,Worthing) 2:06.60
WOMEN 35 & UP
200 yd Freestyle Relay
Pacific Northwest Assn (Musselman,Lehman,Abrams,Dearbom) 2:10.70
WOMEN 45 & UP
200 yd Medley Relay
Pacific Northwest Assn (Holm,Carlson,Latta,Twight) 3:29.10
200 yd Freestyle Relay
Pacific Northwest Assn (Latta,Hiles,Holm,Carlson) 3:59.70
MEN 25 & UP
200 yd Medley Relay
Pacific Northwest Assn (Schubach,Kubicek,Angel,Murphy) 1:53.90
200 yd Freestyle Relay
Pacific Northwest Assn (Engel,Murphy,Kubicek,Schubach) 1:39.90
Inland Empire Assn (Arndt,Murphy,Justice,Worthing) 1:50.60
Pacific Northwest Assn (Hall,Remington,Hampton,Howsen) 2:18.70
MEN 35 & UP
200 yd Medley Relay
Pacific Northwest Assn (Taylor,Jacobs,Adams,Long) 2:02.00
Oregon Assn (Santry,Schaumburg,Gates,VanRossen) 2:03.20
Inland Empire Assn (Sheldon,Lewis,Arndt,Murphy) 2:06.00
Pacific Northwest Assn (Thomas,Davies,Foley,Jeffries) 2:31.20
200 yd Freestyle Relay
Oregon Assn (Schaumburg,Santry,Gates,Kribs) 1:47.60
Pacific Northwest Assn (Long,Jacobs,Adams,Taylor) 1:47.60
Pacific Northwest Assn (Jeffries,Thomas,Davies,Foley) 2:08.10
Oregon Assn (Burgess,Sang,Harrison,Tutmark) 2:10.20
MEN 45 & UP
200 yd Medley Relay
Oregon Assn (Springer,Jones,Burgess,Eckhardt) 2:16.50
200 yd Freestyle Relay
Oregon Assn (Guest,Walter,Holland,Jones) 1:53.50
Pacific Northwest Assn (Straker,Koruga,Fredrick,Taylor) 2:02.60
MEN 55 & UP
200 yd Medley Relay
Oregon Assn (Walter,Stevenson,Farnham,Hendy) 2:32.40
HUNTINGTON BEACH PIER SWIM
July 2, 1977
MEN 25-39
Miles Evans, La Bahia 11:33
Preston Drake, SOGAL 12:39
Peter Eich, HBSC 13:53
MEN 40&Over
Buddy Beltshe, HBSC 11:41
Bill Phillips, SBT 13:15
Brockway Clark, SBT 15:14
WOMEN 25&Over
Debby Doesburg, UNA 19:19
Betty Talbot, LBM 21:53
Wendy Wylie, HBSC 21:54

DIVING TITLES
NAAU MASTERS DIVING CHAMPIONSHIPS
Belmont Plaza, Long Beach, CA
21-22 May 1977
WOMEN 1 METER
25-29 Marsha Lutz 376.50
30-34 Sara Takii 302.37
Jessie Watson 239.34
45-49 Ida Wilson 278.70
Lillian Felderman 240.12
60-69 Freda Thompson 116.69
70 + Gerta Ross 118.68
WOMEN 3 METER
25-29 Marsha Lutz 392.52
30-34 Sara Takii 280.74
45-49 Ida Wilson 287.76
70 + Gerta Ross 122.40
WOMEN GRAND MASTER (25-44)
Marsha Lutz 406.23
WOMEN SENIOR GRAND MASTER
45 + Ida Wilson 263.34
Lois Wood 236.01
Gerta Ross 152.85
Freda Thompson 133.89
MEN 1 METER
25-29 Rich Wilson 421.56
Eldin Ousgano 358.56
Dennis Taylor 289.14
30-34 John Samuelson 378.21
Greg Shuff 347.88
Robert Wilhite 345.30
35-39 Karl Klemm 322.47
Fred Fox 320.97
F. Schlichting, Jr 309.87
Harry Rodenkirk 223.80
Ron Walker 175.50
40-44 Rich Lawler 264.30
Felix Grossman 261.12
Tom Crosby 249.12
45-49 Jack Harbourn 312.39
Ed Craren 274.44
Doug Rucker 250.50
Bill Murray 227.67
50-59 Brud Cleaveland 243.27
Lyle Felderman 242.16
Jack Roth 237.33
Ted Kersting 235.41
Bill Burgess 172.47
Ralph Gambina 225.03
60-69 Frank McGuigan 225.03
Bill McAllister 221.55
Floyd Stauffer 206.55
John Riley 191.39
Norman Fitzgerald 157.80
Don Brand 156.60
70 + John Sable 113.79
Sol Josepher 99.78
F. Schlichting, SR 92.88
MEN 3-METER
25-29 Dennis Taylor 339.30
Rich Wilson 327.57
30-34 John Samuelson 439.80
Greg Shuff 423.78
Robert Wilhite 344.76
35-39 Fred Fox 334.98
Karl Klemm 259.53
Harry Rodenkirk 191.31
Ron Walker 297.42
Tom Crosby 284.07
40-44 Rich Lawler 274.57
Felix Grossman 270.57
45-49 Ed Craren 358.92
Jack Harbourn 308.19
Doug Rucker 305.46
Bill Murray 269.97
50-59 Lyle Felderman 300.39
Brud Cleaveland 271.89
Jack Roth 268.03
Ted Kersting 264.03
Bill Burgess 246.24
Ralph Gambina 234.18
60-69 Frank McGuigan 259.17
Floyd Stauffer 257.37
Bill McAllister 235.17
John Riley 229.59
Don Brand 176.16
Gene Wade 155.37
70 + John Sable 124.47
Sol Josepher 102.84
MEN CLOWN DIVING
1. Brud Cleaveland
2. Fred Fox
3. Jack Roth
MEN GRAND MASTERS
25-44 Rich Wilson 493.89
John Samuelson 480.03
Greg Shuff 445.41
Rich Lawler 442.20
Fred Fox 416.40
SENIOR GRAND MASTERS
45 + Ed Craren 290.43
Jack Harbourn 271.14
Lyle Felderman 270.54
Floyd Stauffer 256.02
Bill McAllister 249.57
John Riley 239.40
John Riley 208.23

MASTERS DIVING - INDOOR NATIONALS - MAY 21-22, 1977

BELMONT PLAZA, LONG BEACH, CALIF.

WOMEN - ALL AGE GROUPS



TOP LEFT: MARSHA LUTZ - 25-29, 1ST 1M, 3M, GR. MASTER
 SARA TAKII - 30-34, 1ST 1M, 3M.
 IDA WILSON - 45-49, 1ST 1M, 3M, SR. GR. MASTER
 BOTTOM: JESSIE WATSON - 30-34, 2ND 1 METER
 LIL FELDERMAN - 45-49, 2ND 1 METER
 FREDA THOMPSON - 60-69, 1ST 1 METER
 GERTA ROSS - 70+, 1ST 1M, 3M, 3RD SR. G. M.

MEN - 25 TO 29



L. DENNIS TAYLOR - 1ST 3M, 3RD 1M.
 RICH WILSON - 1ST 1M, 2ND 3M.
 ELDIN OUSGAND - 2ND 1M.

35-39



TOP L: FRED FOX - 1ST 3M, 2ND 1M.
 KARL KLEMAN - 1ST 1M, 2ND 3M.
 FRED SCHLICHTING JR., 3RD 1M
 BOTTOM: JOHN RILEY, MEET DIRECTOR
 HARRY RODENKIRK - 4TH 1M, 3RD 3M.
 RON WALKER - 5TH 1M, 4TH 3M.



MEN - 30 TO 34
 L. BOB WILHITE, 3RD 1M, 3M
 JOHN SAMUELSON, 1ST 1M, 3M
 GREG SHUFF, 2ND 1M, 3M

40-44



L. RICH LAWLER - 1ST 1M, 3M.
 TOM CROSSBY - 2ND 3M, 3RD 1M.
 FELIX GROSSMAN - 2ND 1M, 3RD 3M.

45-49



L. ED CRAREN - 1ST 3M, 2ND 1M.
 JACK HARBOURNE - 1ST 1M, 2ND 3M.
 DOUG RUCKER - 3RD 1M, 3M
 BILL MURRAY - 4TH 1M, 3M

MASTERS DIVING - INDOOR NATIONALS (CONTINUED)

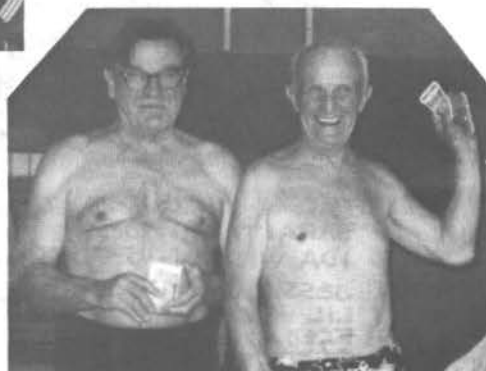
BELMONT PLAZA
OLYMPIC POOL

LONG BEACH, CA
MAY 21-22, 1977



50-59

TOP L: BRUD CLEVELAND -
1ST 1 M, 2ND 3 M.
LYLE FELDERMAN - 1ST 3 M,
2ND 1 M, JACK ROTH - 3RD 1, 3 M.
BOTTOM L: TED KERSTING -
4TH 1, 3 M - BILL BURGESS,
5TH 1, 3 M - RALPH
GAMBINA, 6TH 1, 3 M.



60-69

TOP L: BILL McALISTER, 2ND 1 M,
3RD 3 M - FRANK McGUIGAN,
1ST 1 M, 3 M - FLOYD
STAUFFER, 2ND 3 M, 3RD 1 M.
BOTTOM L: DON BRAND, 5TH 3 M,
6TH 1 M - JOHN RILEY, 4TH
1 M, 3 M. - NORMAN FITZ-
GERALD, 5TH 1 M.



70 & OVER

L: FRED SCHLICHTING SR.
3RD 1 METER
JOLLY JOHN SABLE
1ST 1 METER, 3 METER



CLOWN DIVING

L: JACK ROTH - 3RD
BRUD CLEVELAND - 1ST
FRED FOX - 2ND



GRAND MASTERS (25-44)

TOP L: RICH WILSON, 1ST - JOHN SAMUELSON, 2ND
BOTTOM L: GREG SHUFF, 3RD - RICH LAWLER 4TH
FRED FOX, 5TH

SENIOR GRAND MASTERS (45 UP)

TOP L: JACK HARBOURNE, 2ND - ED CRAREN, 1ST
- LYLE FELDERMAN, 3RD
BOTTOM L: JACK ROTH, 6TH - FLOYD STAUFFER, 4TH
- BILL McALISTER, 5TH - JOHN RILEY, 7TH

MASTERS SWIMMING NOTES

1977 LONG COURSE NATIONAL CHAMPIONSHIPS - Events 9-10 HAVE BEEN CANCELLED! Do not enter the extra I.M. Only the 200 I.M. is to be swum in the Long Course National Championships. The printer thought he was correcting an error by Jack Zappone and took it upon himself to include the 100 I.M. as an event. It has caused Jack Zappone lots of problems and so we hope that all of you entering the meet will eliminate that event (9-10) on your entry blank. Jack reports that he has sent out 900 entry forms and so it looks like we will have a good size meet. We will have an Open Rules Meeting on Friday, August 26th.....

THE FIRST - Frank Coughlan decided to test the waters on both the Atlantic and Pacific Coasts this past Memorial Day with a plunge into the New York Harbor in the morning followed up with a dip in the San Francisco Bay that afternoon. Asked why he undertook the double effort, Coughlan said simply, "I wanted to be the first.".....

MASTERS SWIMMERS DON'T GROW OLD, THEY JUST RUST AWAY.....

EDITORIAL COMMENT: Oregon AAU Masters Aqua-Master - I have, unfortunately, become more aware in recent meets of the tendency for some of our members to put down in various ways the slower swimmers among us. I would like to dwell for a minute on the purposes of Masters Swimming and reaffirm them in all our minds. If I may quote from the National Masters brochure -- "The Masters Swimming Program is designed as a fun and physical fitness program..." "Just as important as swimming against others is the competition of swimming against yourself". Let us not forget that the person slower than ourselves may be working much harder and getting more out of it. Be generous with your praise for others efforts and remember the real reason we're swimming --- and that is to feel good and have fun.....

GOOD SPORTS AWARD - A gold medal to Debbie Birkner of Batavia who jumped in and swam 50 yards butterfly in a relay team at the State Championships although eight months pregnant!!! Debbie plans to compete regularly after the baby is born three weeks hence. Husband Jim expects to survive the coming event and swim with us too.....
Edith Rubo, 70, of Batavia swam in her first meet in Naperville and won a State Championship in the 1650. She also placed second in the 500. Now she thinks she'll try some of the shorter events.....

SWIMMING IS #1 - Anywhere you look nowadays, someone is writing about the 'Fitness Boom'. National magazines, talk shows, the newspapers, everyone is concerned about fitness. This is nothing new to Masters Swimming, of course. We have been leading the pack for years. One of the most interesting facts that keeps reappearing in every article about fitness shows that swimming is one of the best exercises for the body. Again, this is nothing new, and every time I hear of a runner's stress fracture or shin splints, I feel again that SWIMMING IS #1!.....

MAUI CHANNEL SWIM - The race starts on Saturday, Sep. 3rd, at 8:30 a.m. As of July 6th, there are 10 entries for the Sixth Annual Maui Channel Swim: Los Angeles S, Los Angeles Stokers, San Franciscans, Toronto, Tattersalls (Australia), Outrigger, Makawao, Waikiki AA, Waikiki A, and Waikiki Wahines.....

NEWS RELEASE - The Pacific Association, AAU Masters Short Course Swimming Championships held at Davis, CA June 3-5, 1977 attracted a large and record-shattering group of Masters swimmers. Participants included 325 entrants, 27 teams, and several unattached swimmers. Eleven National and 63 Pacific Association records were bettered. Outstanding individual performances were recorded by a number of swimmers including: Fred Lappe, 72, Tamalpais Masters (3 N.R. and 5 P.A. records); Jean Durston, 62, Concord Masters (3 P.A.R.); Marianne Brems, 28, San Mateo Marlins (3 N.R. and P.A.R.); Mike Macklin, 40, Woodland Masters (3 P.A.R.). In addition, 81-year-old William Boedt of the Gold Country Masters provided inspiration by completing the 50-

yard freestyle in 1:28.70 for a P.A.R. First place team was the Davis Aquatic Masters coached by Dave Scott with a point total of 1503; the second and third place teams were the San Mateo Marlins and the Tamalpais Masters with 894 and 432 points, respectively.....
THE FIRST ANNUAL HAWAIIAN POSTAL RELAY MEET - It's a little late but I hope that lots of you entered this relay meet. The Hawaiian Humuhumunukunukuapua'a challenge the world, or more appropriately, the seas, to a variety of relay events. They contend that schools of Humus are faster than San Mateo Mussels, South Texas Tunicates, Rocky Mountain Oysters, D.C. Diatoms, Gold Coast Gastropods, Michigan Mollusks, Coronado Crinoids, Arizona Algae, Long Beach Bryozoans, L.A. Amphipods, Rinconada Radiolarians, and New England Nudibranchs, as well as the other near-sessile critters in Masters swimming. The results of this challenge should be interesting.....

MASTERS SWIM ATTRACTS ADULTS OF ALL AGES - This news release was prepared by William P. Markert, Director of Communications for the National Swimming Pool Institute. The NSPI has helped publicize the Masters Swim Program with their contacts with newspapers throughout the country. Swimming is listed as one of America's most popular outdoor recreation activities, but the Masters program is now making it acceptable to exercise in the pool as well. The NSPI reports that concern for individual health may also be a factor in the growth in popularity of residential pools. There are now well over a million of them and an increasingly popular feature is a regular swimming lane to encourage children's swim team development as well as parents' conditioning programs.....

FINA SWIMMING WORLD NEWS

By Robert H. Helmick
Honorary Secretary of FINA

Masters Competition. It was brought to the Bureau's attention that some international competitions were planned in Masters competition. The new FINA Rule GR11 governs Masters swimming and authorizes competitors, with a minimum age of 25 years, to include amateurs who are no longer engaged in competition and professionals. However, this rule specifically prohibits international competitions.

The Bureau did clarify that it would still be possible to hold international competitions for competitors 25 years of age and older but such competitions would have to be restricted to competitors who meet the general amateur definition. GR11 was adopted at the last Congress in order to insure that those officials and administrators who compete in domestic Masters competition would not forfeit their amateur status, and therefore cease to be qualified to act as officials and administrators in FINA Federations or at FINA controlled competitions such as the Olympics and World Championships. GR11 accomplishes this.

However, the exclusion of international competitions was one of the conditions to adoption insisted upon by those who did not favor allowing professionals in this category. This will undoubtedly create some difficulties for the promoters of Masters competitions and it would be anticipated that additional legislation will be proposed in this regard.



SWIM-MASTER SUBSCRIPTION FORM

One Year (9 issues)....\$ 6.00 (USA)
(Canada, Mexico, P.R.) \$ 7.00
PLEASE PRINT \$10.00 (Foreign)

NAME _____

ADDRESS _____

ZIP _____

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

SWIM-MASTER

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



FIRST CLASS

Have Your Blood Pressure Checked

LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

VOL VI - No 6

SWIM CALENDAR

-
- OREGON ASSOCIATION - Connie Wilson, 10315 S.E. 82, Portland, OR 97266
AUG 12-14 (Regionals), SEP 5 (Columbia River Swim)
-
- OZARK ASSOCIATION - David McIntyre, 517 Elizabeth Dr., St. Louis, MO 63119
OCT 29-30, DEC 3-4, FEB 11-12, MAR 11-12
-
- NEW ENGLAND ASSOCIATION - Judy Puleston, 95 Mathewson Rd., Barrington, RI 02806
AUG 13-14, OCT 23, DEC 4, JAN 29, APR 22-23
-
- AUG 7 Open One Mile - Nate Roblin, Box 126, Grove, OK 74344
AUG 13-14 SMS LC - Nat Johnson, 520 Givens St., Sarasota, FL 33581
AUG 13-14 Regionals LC - Dan Rankin, 11731 Heathcliff Dr., Santa Ana, CA 92705
AUG 13-14 DC LC - Bob Husson, 3282 Aberfoyl Pl., N.W., Washington, DC 20015
AUG 14 HI - Dave Drum, 99-1440 Aiea Hts. Dr., Aiea, HI 96701
AUG 19-21 KY - Gary Weisenthal, 2010 Trevillian Way, Louisville, KY 40205
AUG 21 Freeport, L.I., NY, LC - Lois O'Donnell, 45 Miller Pl., Levittown, NY 11756
AUG 25-28 NATIONAL LC CHAMP - Jack Zappone, N 1311 Superior, Spokane, WA 99202
AUG 27-28 Donner Park - Tom Bigley, Jr., 3445 Riverside Dr., Columbus, IN 47201
-
- SEP 3 Maui Channel Swim - Jim Caldwell, 275 Makaweli Pl, Honolulu, HI 96825
SEP 5 Waikiki Rough Water Swim - Dept. of P&R, 650 S. King St., Honolulu, HI 96813
SEP 10-11 Fayetteville Y - Jean Smith, 2717 Ft. Bragg Rd, Fayetteville, NC 28303
SEP 24 Swim-Run-Swim - Tug's A.C., 4650 Mission Blvd., San Diego, CA 92109
SEP 24-25 MUTS SC - John & DeeDee Owens, 3501 Sheffield, Arlington, TX 76013
SEP 25 Willoughby Y - Virginia Hildebrant, 5167 Robinhood Dr., Willoughby OH 44094
-
- OCT 9 U of VA - Karin Stronach, 134 Brinkman Dr., Hampton, VA 23666
OCT 14-15 Glastonbury - Bob Gerstung, P.O. Box 261, Glastonbury, CT 06033
OCT 22-23 Southeastern - Eileen Schappel, 932 W. Outer Dr., Oak Ridge, TN 37830
OCT 29-30 York Dutch Masters - Cal Schaeffer, 47 E. Philadelphia St., York, PA 17401

DIVING CALENDAR

-
- AUG 13 John Samuelson, 230 Dolphin Cove Ct., Del Mar, CA 92014
SEP 10 Lyle Draves, 5732 Geyser Ave., Tarzana, CA 91356
OCT 8 Fred Fox, 30162 Branding Iron Rd., San Juan Capistrano, CA 92675
NOV 6 Tom Crosby, 1261 Nacion Ave., Chula Vista, CA 92011
-

OCEAN SWIMS - Aug 7, Hermosa Beach; Aug 14, Santa Cruz and Laguna Beach; Aug 20, Santa Monica; Aug 21, Long Beach; Aug 26-28 Oceanside (Body Surfing); Sep 5, Oceanside; Sep 11 La Jolla; Sep 17, Malibu; for information send self-addressed stamped envelope to Betty Talbot, 8328 Stewart Ave., Los Angeles, CA 90045 (213) 670-3251.
