



SWIM-MASTER

VOL VIII - No 2

USA NATIONAL PUBLICATION FOR MASTERS SWIMMERS

FEBRUARY 1979

1978's National AAU All-Americans Masters Swimming

WOMEN 25-29

P. Baier
N. Begley
Kathryn Eaton
Patti Eller
Janet Gettling
D. Newmann
Madeleine Noppen
Mary Beth Phelan
Christine Ruppert
Lynn Skrifvars
S. Tufts
Dot Wise

WOMEN 30-34

Kathy Duncan
Mimi Frank
Anne Grams
Lucy Johnson
Jo May
S. Roy
Christie Slimak
Peggie Sugg
Diane Todd
Diane Uustal

WOMEN 35-39

Betty Bennett
Nancy Breen
P. Cullum
C. DeLuca
Marcy Harlow
Marylou Haughland
Jane Katz
Carol Macpherson
Christine McCullough
Ardeth Mueller
M. Parks
Susan Peterson
Nancy Ridout
I. Sike

WOMEN 40-44

Nancy Brown
Jayne Bruner
Helen Buss
Juanita Correa
Betsy Jordan
Angela Konig
Anne LeMaire
Anne McGuire

WOMEN 45-49

Anne Adams
Cindy Baxter
Betty Brey

Cynthia Joan Bruce
B. Callison
Helga Palmer
A. Pisciotta
Betty Smith
Jacqueline Smith
Ann Stanfel
Lavelle Stoinoff
Carol Taylor

WOMEN 50-54

Anne Adams
Betty Bennett
Tink Bolster
Alicia Horst
June Krauser
Bobbi Turcotte

WOMEN 55-59

Charlotte Costello
Dorothy Donnelly
Jeannette Eppléy
Minna Hammer
Jeanne Merryman
Peg Pickens
Geri Orosco
Dorothy Ressiguie
D. Wasniak

WOMEN 60-64

Viola Andresen
J. Durston
Margaret George
Dawn Musselman
Joan Osborne
Rita Simonton
Viola Thompson

WOMEN 65-69

Georgia McCarthy
Maxine Merlino
Dawn Musselman
Elna Sandeman

WOMEN 70-74

Rose Caplane
Kathleen Eschmann
E. Muric
Hazel Montgomery
Katherine Pelton
Sally Scott
Evelyn Somers
Ruth Switzer

WOMEN 75-79

Ruth Deal

C. Cameron
Doris Hogan
Frances Watkins

WOMEN 80 & OVER

Nellie Brown
L. Florence
Pearl Miller

MEN 25-29

Don Anderson
Bill Barthold
Rick Bober
R. Dalrymple
Joe Dietrich
Bruce Fisher
B. Gage
B. Hamilton
Timothy Huesken
G. Jeffers
Paul Katz
P. O'Connor
P. O'Keefe
P. O'Malley
R. Orr
Martin Pedley
C. Percy
Fred Schlicher
R. Whitechurch

MEN 30-34

Bill Bacon
Michael Cohen
Hap Cole
David Gray
Dana Curtis
John Flanagan
J. Katis
Ken Krueger
Avraham Melamed
A. Michel
Tom Peek
Fred Schlicher
Arthur Smith
Tod Spieker
Dan Sullivan
K. Tillman

MEN 35-39

Steve Clark
Hap Cole
James Crane
Timothy Garton
Jack Geoghegan
Phil Goode
Thompson Mann

F. McAbee
Robert Neeves
John Pringle
Paul Thompson
Robert Williams

MEN 40-44

Charles Bechtel
Kirk Canterbury
D. Barr Clayton
Al Coxon
Wally Dobler
D. Dunn
Edward Hinshaw
Burwell Jones
Thomas Long
Dave McIntyre
Roger Nekton
Manuel Sanguily
Carl Woolley
George Worthington

MEN 45-49

Hal Beigel
D. Brown
Ed Emes
Ron Johnson
Graham Johnston
Burwell Jones
Don Hill
Robert Kueny
Tom Lyndon
Neal Palmer
Manuel Sanguilly

MEN 50-54

John Alleva
Duane Draves
Ted Haartz
Paul Hutingier
Art Kobligh
Bob Heritier
Charles Moss
Roy Stickney
Robert Tannehill
Ted Willson
Win Wilson
Carl Yates

MEN 55-59

J. Burgan
John Crews
M. Eppléy
Raymond Hakomaki
Paul Herron
Jurgen Schmidt

Ray Taft
Ted vonBerckefeldt

MEN 60-64

B. Allen
Bill Burrell
Frank Havlicek
John Higgins
Walt Pfeiffer
Don Rankin
Harry Rawstrom
George Trawicki
W. Webb
Jim Webb
Jim Welch
Chuck Wilson
Bill Woosley
David Volk

MEN 65-69

Jack Bartlett
Woodrow Bowersock
S. Henty
Herbert Howe
Harry Koppel
Robert Lawrence
Frank Meier
H. Perry
Reg Richardson
Bill Stinson
W. Webb
Benton Wood

MEN 70-74

L. Chapin
Stanton Craigie
Alfred Guth
Arthur Hargrave
R. Johns
G. Langner
Fred Lappe
Winston Kratz
A. Olanoff
A. Rule
Henry Strothman

MEN 75-79

John Anderson
August Danielson
S. Rosen
Clarence Ross

MEN 80 & OVER

Tom Lane
R. Simmonds
Collister Wheeler

* All registered AAU Master Swimmers who are holders of first place in any Top Ten individual swimming event, as of
* the date of the last day of the championship meet for that course, shall be declared an All American for that year.
* The above 1978 All Americans are entitled to a patch and certificate. Please send your name, address and \$2.00 to:
* Amateur Athletic Union, John Jackson, 3400 West 86th Street, Indianapolis, IN 46268 to cover postage and handling.
* Please correct any misspelled name.

WHAT IS TOP TEN?

by

Ted Haartz

Our annual Short Course and Long Course Top Ten Times and Records compilation mean a lot of things to a lot of people. First and foremost, it is a general statement reflecting how rapidly various groups of swimmers were able to cover specific distances with specific strokes in specific age groups. It reflects the current state of development of Masters swimming.

Secondly, it represents a "labor of love". The 9 - 10 thousand lines of information in its printed form represent but a small fraction of data which is received. There is no magic involved. Some very dedicated people, both on the local and national level, devote many hours to compiling association and national Top Tens. They strive for accuracy. Unfortunately, errors in the form of duplication, typos, transpositions, misspellings, wrong age groups, incorrect times, and omissions do occur. (Errors which are called to our attention within a month of publication, are corrected in a subsequent issue of Swim Master.)

On the other hand, Top Ten is a form of recognition. It is also a standard by which other swimmers set goals for themselves. However, because of the volumes of work involved and because Top Ten is a statement of the current "state of the art" and not terribly important as a historical document, we cannot accede to requests to change data that is 2 or 3 years old, or correct some of the minor misspellings and typos once they are printed. We would suggest that each swimmer be sure that his/her times are correct in meet results, whether these results are forwarded directly to the National Top Ten committee or to the local association committee for compilation. Providing your best times and their dates is much easier on all of us if done before Top Ten is published.

HOW I TRAIN?

by

Edward L. Emes, Jr.

My best times come from training up to 750 yds four times a week, easy pace with a survival 50 fly (that pace at which I can finish without discomfort). Increased yardage yields slower times and when an event becomes laborious I have been known to stop. This isn't meant to demean those who work long and hard, but my program is for one who recognizes the benefits

of swimming but doesn't enjoy it all that much. The advantage of my program is that it is more efficient (law of diminishing returns), and one has more excuses for not doing well along with a nice bath.

MASTERS SWIMMING WORKS FOR ALL

by

Ken Krueger

Many older people think swimming is something to do only on a sunny day with some good wine (drinks) to cool off and relax. This idea is refuted by the ever growing Masters Swimming program. Swimming for the older age groups should always be recreational. The water is a relaxing, non-gravitational media, perfect for (1) people with joint problems, it doesn't aggravate joints like jogging does, (2) pregnant women, (3) overweight (obese) people, the water bouys them and lets them exercise without discomfort, (4) secretary spread, kicking with fins is great for this, (5) asmatics, the regular breathing is very beneficial according to many medical studies, (6) people with back problems, etc.

As men and women get into the business-working life, they tend to forget the benefits of exercise. They want a martini and easy chair when they arrive home from work exhausted. Yet today many people realize that vigorous exercise, such as swimming, after the mental strain of work, relaxes you. Consequently you don't need a martini and you feel invigorated after a hard workout.

The benefits of swimming for older age groups may be better realized through the following examples: Ben Sheybeler, 49, reduced his pulse rate from 80 to 60, thus lowering the possibility of a heart attack. The heart grew more efficient. Dr. Ernest Hale, 67, came to me at 64 with a desire of winning a medal at National Masters Championships when he turned 65. He had never competed before. After one year of training he won a gold medal in a relay, plus other medals. After his second year of training he won the 100 fly at Masters Nationals in Ft. Lauderdale. Bonnie Christofferson, 41, lost over 45 pounds firmly. Bob Fehn, 53, who after having a heart attack is swimming daily with only half a heart, but is months ahead of other similar cases in his recovery/rehabilitation. Also increasing feeling in his legs. Ken Krueger, 32, was paralyzed years ago in a diving accident after having been an All American Swimmer at U.S.C. Part of his therapy was, and is, swimming. He has since become mobile and has set various Masters National records. Continued on next page

SAMPLE PROGRAM

Three years ago I started an adult swimming for fitness and conditioning class at Mt. San Antonio College in Walnut, CA. Blessed with a beautiful 25 yd by 50 mtr pool (water 78°) and good Southern California weather the program blossomed.

We have swimmers from 18 to 68 years old. Many are married with children working, etc. Consequently the watch word for the program is FLEXIBILITY. You must have a fairly individualized program. We break ours up into three categories. One, those who want to swim laps on their own. Two, swimmers who want us to give them a workout to get, or stay, in shape. Three, competitive swimmers, from local to World Masters Championships. We give all three stroke work.

During warm weather we spend 15 minutes on flexibility exercises, which become more important the older you get. Workouts vary, individually, from 800 - 5,000 yards. Strokes and distances vary. I encourage the swimmers, especially the older ones, to use fins for kicking drills. This helps improve ankle flexibility and leg strength, usually lacking in older swimmers. This kicking also improves the vascular system of the legs, one cause of heart attacks and strokes.

Masters swimming goes hand in hand with the AAU age group and senior programs. It is a logical continuum. In our program they work out in different lanes of the pool at the same time. We are a mutually encouraging team. The youngsters see the "old folks" train hard, consequently they feel bad if they slack off. The old folks train hard to be "young again", like their young compatriots. Public pools including colleges could be utilized more effectively if they had adult education programs at various times during the day and evening. Sections of the pool could be used for Masters conditioning classes, housewives swimming, handicapped swimming, lessons for adults who could then go on to the conditioning classes. There are senior citizens who do not go out at night so classes for conditioning could be held at the same time as day swimming classes. Most Y's do not have set programs for swimming. They should. High School and college pools go unused most of the day. Let's utilize the latent potential of both pool and adult by setting up adult swimming for fitness and conditioning.

SUMMARY: I would like to see other programs like this throughout the United States and the world. (There are 2,000 swimmers in one Masters club in Germany). Sedentary adults are ones most in need of exercise. Let's give them all a chance. Olympic hopefuls are not the only ones in need of encouragement.

SAMPLE WORKOUTS

from

Old Sternwheeler's Masters Monthly

This month, we are going to write an 8 workout sequence for the beginner swimmer. The guy or gal who just came from his/her doctor's office, stress test, and clean bill of cardio-vascular health.

Day 1
12 x 1 length swims,
rest completely
between swims,
use any stroke.

Total Yds. 300

Day 2
4 x 25 EZ Swim
2 x 25 EZ Kick,
with kickboard
4 x 25 EZ Swim
2 x 25 EZ Kick
4 x 25 EZ Swim
Total: 400

Day 3
4 x EZ Swim
2 x 25 EZ Kick
50 Swim, non-stop
2 x 25 Pull
6 x 25, rest as
needed
Total: 400

Day 4
8 lengths, on the house
75 Swim
50 Kick
25 Choice
6 x 25 leave when pulse
reaches 110.
Total: 500

Day 5
6 x 25 EZ Swim
100 Kick, rest as
needed.
14 x 25, alternate
Kick, swim, & pull.
Total: 600 yds.

Day 6
6 lengths, EZ
4 x 25 Kick,
short rest
3 x 50, go when
pulse is 100.
2 sets of
4 x 25, with a
short rest.
50 EZ Choice
Total: 650 Yds.

Day 7
4 x 25 Swim
4 x 25 Kick
4 x 25 Pull
4 x 25 Swim
Short rest
100 Non-stop
6 x 25, short
rest.
50 Cool down
Total: 700 yds.

Day 8
100 EZ Swim
2 x 50 Swim
4 x 25 Swim
100 EZ Kick
2 x 50 Kick
4 x 25 Kick
100 EZ Swim
50 Swim Strong
50 EZ Cool Down
Total: 800 yds.

Competitive Swimming Helps Him Master Aging



Chuck Wilson's swimming keeps him 63 years young

MILWAUKEE SENTINEL
By JILL LIEBER

Chuck Wilson has found a way to turn back time.

The 63 year old Whitefish Bay man began a new life three years ago, opening doors to a younger spirit and a healthier body. All Wilson did was dust off his old bathing suit, buy a pair of goggles and dig through his linen closet for a large towel.

And after 35 years of being a land lover, Wilson took the plunge. He began swimming competitively again.

"I had to rekindle the old spirit," he joked. "Sometimes ex-jocks get that urge. And now, I feel like a new person."

Wilson was a world class freestyler in his early 20s and qualified for the 400 meter relay team in the 1936 Berlin Olympics. A former football and basketball player during his high school years in Chicago, Wilson gave up both sports when he entered the University of Chicago. He said his body couldn't take the wear and tear.

Always a sports nut, he then tried swimming as a means to stay in shape. Soon he found himself among a select few in the world. But the thrill of victory didn't last too long.

— Sentinel Photo by Ronald Overdahl

"The last competitive swimming I did was in 1940," Wilson said. "At that time, I was in the top four nationally and in the top 10 in world rankings."

"But then I laid off for 35 years. Oh, I picked up golf. You know, the usual sports, but I didn't ever get back in the water. I can't give any reason for that except that I couldn't find a place to swim. After competing so much, I had no desire to really look for a pool or a swim club. I was burned out. I had had it with swimming."

But over the years the once slender, muscular young man found himself ballooning to a mammoth 280 pound old man. Then one day, when he was feeling a bit under the weather, Wilson looked at himself in the mirror. What he saw was an older, more pale man than he had remembered.

That shock, combined with the news from his doctor that he had diabetes, got Wilson moving again. His doctor ordered him to lose weight and start exercising.

"I decided to join the Masters swimming program both for physical fitness and the competition," Wilson said. The Masters program is for

swimmers over the age of 25. The group of Milwaukee swimmers works out at Wauwatosa West High School from 7:30 to 8:30 p.m. every Monday, Wednesday and Thursday.

"It is a great program because it gives me a reason to get in shape," he

**'Too many people hit 65
and sit around waiting
for their funerals.'**

said. "The competition gives me a purpose, a goal."

"This program is great for ex-jocks because you can get a complete workout in a minimal amount of time. Football, basketball and tennis are all sports which need more than one person. But swimming, gee, you can jump in a pool all by yourself and get a workout in a half hour or an hour if you're willing to do the work."

Wilson now holds national records in the 100 yard individual medley (1:11.56) and 100 yard butterfly (1:15.98). His record in the 200 yard butterfly 3:04.10, which he set last year, was recently broken.

Wilson said that many adults — even those who are in their 30s — are scared off by the Masters program. The word "race" turns them off.

"A lot of people think they aren't good enough," Wilson said. "I remember running into a woman out at Pulaske High School who was a fine swimmer. She had swum all her life and even taught swimming. But she was afraid to join the Masters group."

"That way of thinking really surprises me. Our society is competitive. We win and lose all the time. We strive for goals daily. And to be afraid of a swim meet?"

Wilson also laughs at age.

"I never think about age until I write it on the entry forms," he said. "I have been to clinics concerning Masters swimming. And one third of all the lectures have to do with the mental approach. A lot of people tend to relax too much and say, 'Ah, the heck with it.'"

"Well, the mental alertness of the people involved in the Masters program is phenomenal. Too many people hit 65 and sit around waiting for their funerals."

"I have worked out with many swim clubs in the area, and in the summer with high school kids," Wilson said. "And they can't believe that I am as old as their grandparents because most of their grandparents don't do any form of vigorous exercise."

"I get such a kick out of swimming with the kids. But I'll tell you, when the 10 or 12 year old girls beat the heck out of me, it makes me so mad. Really, I couldn't begin to swim like them."

Wilson is also amazed at the heavy training programs in which swimmers are now involved. He is logging more

yards right now — up to 2,000 a day — than he did when he was a world class swimmer.

"We used to take a hot shower and jump in the pool and swim a couple hundred yards," Wilson said. "I work harder now than I ever did. When I was swimming, men wore full suits like the women wear today. It wasn't until around 1940 that men were allowed to wear trunks."

"It changed the men's times immensely. I wouldn't be surprised to see the gals wear trunks in the future — with what they wear to swim nowadays, they might as well."

"And when I think of the times... Why the average high school swimmer today could have been an Olympian back when I was young. I remember swimming when Johnny Weissmuller's world record in the 100 freestyle was 59 seconds. Now, the state high school girls' record is about 53 seconds."

"Swimming has the reputation now of being a country club sport," he said. "Years ago it was a military sport. The Japanese Olympic team that creamed the United States team in 1932 was made up of Army men. The whole team was later wiped out in an underwater mission. The Japanese had them planting mines."

Wilson stopped and laughed. He was a Navy man in World War II.

"There were times when I never thought I'd live past 48," Wilson said. "During World War II, I never thought I'd reach 30. And now here I am with two national records in Masters swimming. I never planned to be doing this."

"I've spent a lot of my own time and money in swimming. I don't even want to tell you how much money I've spent, but it is cheaper than belonging to a country club."

"You know, I hardly play golf anymore — and I used to play two or three times a week before I started swimming. Well, I played two rounds last summer, and I have taken five or 10 strokes off my 18 hole score. I attribute that to all the swimming I do. Swimming has developed my rhythm and my shoulders and upper body."

"It's funny. A little while ago I went to a doctor with a bad shoulder. He was one of the top orthopedic surgeons in the country. And you know what he told me? He told me I needed to exercise."



Jill Lieber
SPORTS COLUMNIST

1978 SHORT COURSE RECORDS

WOMEN	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80 +
50 free	25.24	25.31	26.53	27.50	28.50	29.69	30.64	33.16	35.58	41.40	59.47	1:14.71
100 free	55.16	57.16	59.46	1:01.32	1:02.80	1:07.25	1:08.51	1:16.20	1:24.44	1:37.80	2:14.95	2:43.15
200 free	2:02.30	2:05.66	1:12.57	2:17.12	2:19.50	2:32.33	2:35.87	3:03.30	3:21.37	3:49.45	4:51.00	5:49.49
500 free	5:25.68	5:38.25	5:54.17	6:05.10	6:20.20	6:59.20	7:21.05	8:11.38	8:53.95	10:14.90	18:56.10	18:23.67
1650 free	18:49.89	19:40.81	19:46.80	21:05.69	21:53.07	24:07.90	25:35.02	27:56.87	29:55.14	35:51.00	42:38.14	66:53.90
50 back	30.30	29.47	30.50	32.50	34.80	37.79	39.60	40.80	43.95	55.00	1:09.16	1:15.17
100 back	1:05.40	1:07.90	1:08.83	1:11.49	1:15.30	1:19.18	1:26.37	1:30.30	1:40.54	2:00.80	2:24.35	2:47.66
200 back	2:21.18	2:27.64	2:31.51	2:39.62	2:42.70	2:50.00	3:08.20	3:21.52	3:37.33	4:27.30	8:37.04	5:44.14
50 breast	32.20	35.26	36.40	36.70	36.90	40.30	40.00	47.20	49.70	59.01	1:03.73	1:24.08
100 breast	1:10.18	1:16.69	1:18.10	1:19.03	1:18.86	1:28.20	1:30.51	1:45.10	1:46.20	2:09.00	2:34.07	3:06.11
200 breast	2:32.40	2:43.15	2:50.41	2:50.07	2:54.70	3:17.20	3:14.87	3:40.84	3:54.82	4:51.00	5:42.31	-----
50 fly	27.72	28.03	28.52	28.90	30.70	34.22	35.90	41.36	47.28	1:01.69	3:53.00	-----
100 fly	1:01.12	1:02.62	1:03.34	1:09.00	1:11.15	1:21.12	1:29.75	1:43.86	1:49.29	2:31.86	-----	-----
200 fly	2:15.24	2:26.41	2:27.45	2:50.00	2:42.30	3:01.20	3:31.46	4:01.59	3:55.36	-----	-----	-----
100 I.M.	1:04.21	1:05.46	1:08.42	1:09.70	1:11.35	1:17.19	1:22.54	1:34.45	1:37.43	2:11.40	6:27.14	-----
200 I.M.	2:18.53	2:23.60	2:31.34	2:35.13	2:34.41	2:51.31	3:05.40	3:33.81	3:36.14	4:54.28	-----	-----
400 I.M.	4:56.24	5:16.41	5:37.30	5:44.17	5:34.80	6:15.40	6:46.85	7:39.30	7:39.41	10:37.90	-----	-----
200 F.R.	1:43.31		1:55.26		2:07.57		2:25.77		3:09.91			
200 M.R.	1:58.01		2:11.21		2:27.15		2:57.00		4:51.90			
200 M.F.R.	1:35.07		1:41.74		1:50.08		1:58.89		2:27.27			
MEN	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80 +
50 free	21.30	21.73	22.19	23.15	22.85	24.68	25.20	26.53	27.64	30.70	32.03	41.37
100 free	46.62	48.27	49.18	51.39	52.33	56.75	56.84	58.85	1:03.90	1:10.65	1:12.90	1:39.20
200 free	1:43.71	1:47.02	1:50.82	1:51.63	1:57.09	2:07.35	2:08.50	2:13.21	2:28.10	2:48.40	2:48.60	3:33.80
500 free	4:44.78	4:57.68	5:04.02	5:09.20	5:18.20	5:50.78	5:58.77	6:08.60	6:46.59	7:50.40	7:47.28	10:54.00
1650 free	16:56.86	17:36.69	17:34.73	18:25.66	18:31.86	20:13.06	20:58.39	21:36.04	23:26.43	26:41.59	27:30.40	39:46.00
50 back	25.37	25.37	27.17	28.20	29.57	29.70	31.48	32.60	36.05	36.30	45.80	55.90
100 back	55.50	56.24	56.84	1:00.20	1:01.59	1:05.40	1:09.30	1:11.10	1:19.50	1:20.80	1:42.60	1:59.41
200 back	2:01.45	2:06.24	2:07.80	2:15.89	2:15.70	2:24.50	2:30.70	2:47.37	3:02.11	3:03.60	3:57.42	-----
50 breast	28.30	28.40	29.24	30.40	29.87	32.19	33.12	35.01	35.02	40.40	49.16	53.90
100 breast	1:00.38	1:01.81	1:04.04	1:06.86	1:06.62	1:11.68	1:14.21	1:18.30	1:25.55	1:34.42	1:57.64	2:11.24
200 breast	2:12.52	2:18.27	2:22.75	2:28.84	2:32.14	2:41.43	2:51.32	2:54.09	3:11.40	3:36.16	4:21.60	5:00.69
50 fly	23.59	23.87	25.12	25.45	25.88	27.76	29.18	30.70	34.50	37.60	59.00	-----
100 fly	51.13	53.01	55.40	57.93	1:00.07	1:04.75	1:07.22	1:15.98	1:26.93	1:37.68	-----	-----
200 fly	1:57.60	2:00.52	2:07.59	2:18.32	2:21.89	2:31.90	2:43.24	3:01.75	3:34.93	3:47.95	-----	-----
100 I.M.	54.87	55.80	57.59	59.62	59.60	1:04.53	1:07.84	1:11.56	1:16.94	1:27.65	2:09.90	-----
200 I.M.	1:59.22	2:05.47	2:06.94	2:12.80	2:12.90	2:26.68	2:34.99	2:44.22	2:59.78	3:25.73	-----	-----
400 I.M.	4:26.90	4:39.28	4:45.35	4:56.11	5:03.09	5:22.90	5:44.39	5:53.40	7:04.60	7:45.81	-----	-----
200 F.R.	1:27.63		1:31.76		1:41.52		1:48.33		2:08.59			
200 M.R.	1:39.25		1:45.21		1:56.08		2:08.47		2:28.91			

1978 LONG COURSE RECORDS

WOMEN	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80 +
50 free	28.22	29.45	30.56	31.56	32.40	33.70	34.63	36.23	40.00	50.15	1:10.03	1:37.83
100 free	1:03.98	1:05.54	1:08.29	1:10.67	1:09.85	1:17.45	1:16.55	1:25.86	1:32.60	1:54.54	2:35.42	3:37.81
200 free	2:22.84	2:22.80	2:29.97	2:35.00	2:38.20	2:56.80	2:54.10	3:23.47	3:43.90	4:19.53	6:12.19	7:07.50
400 free	4:57.65	5:01.50	5:10.73	5:22.40	5:36.70	6:09.52	6:23.80	7:22.42	7:59.30	9:03.19	13:01.00	15:17.93
1500 free	19:19.62	20:39.41	20:42.04	21:23.78	23:01.60	24:19.40	26:02.31	29:05.13	30:49.40	35:52.89	46:56.21	68:35.20
50 back	33.71	34.58	35.18	38.10	39.70	41.18	44.79	47.50	50.60	56.04	1:15.01	2:13.00
100 back	1:13.40	1:16.88	1:19.89	1:24.30	1:26.14	1:31.66	1:38.92	1:44.68	1:50.80	2:08.20	2:42.29	4:10.51
200 back	2:41.40	2:48.07	2:51.84	3:01.75	3:07.02	3:15.01	3:31.62	3:57.74	4:13.30	4:57.38	5:54.02	-----
50 breast	38.10	38.20	40.80	41.89	43.00	45.30	47.85	49.40	55.80	1:08.28	1:20.90	-----
100 breast	1:21.07	1:25.02	1:31.10	1:33.86	1:29.80	1:41.60	1:40.19	1:52.50	2:04.70	2:32.16	3:01.87	-----
200 breast	3:00.47	3:05.60	3:20.50	3:21.17	3:15.85	3:41.94	3:34.85	4:17.64	4:28.43	5:47.12	7:06.04	-----
50 fly	30.81	32.16	33.20	34.40	36.00	38.26	41.57	47.18	54.54	1:11.80	4:57.06	-----
100 fly	1:08.38	1:12.57	1:17.63	1:24.25	1:21.32	1:31.24	1:44.27	1:58.50	2:09.20	2:38.76	-----	-----
200 fly	2:41.59	2:49.10	2:59.85	3:05.80	3:16.40	3:29.54	3:57.32	4:31.50	4:33.30	6:17.42	-----	-----
200 I.M.	2:38.52	2:47.70	2:51.47	3:06.13	2:55.61	3:18.40	3:29.39	3:50.10	4:11.30	5:24.10	-----	-----
400 I.M.	5:35.29	6:05.30	6:04.18	6:26.90	6:29.10	7:04.25	7:42.12	8:28.68	8:42.66	12:00.40	-----	-----
200 F.R.	2:02.15		2:13.46		2:19.85		2:40.81		4:35.54			
200 M.R.	2:18.50		2:33.50		2:46.82		3:08.15		5:13.44			
200 M.F.R.	1:52.27		1:57.17		2:04.41		2:15.26		3:05.21			
MEN	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80 +
50 free	24.79	25.45	25.56	26.47	26.25	28.75	28.56	30.20	30.30	35.10	35.95	49.16
100 free	54.38	55.51	56.63	58.91	1:02.44	1:04.47	1:06.23	1:07.06	1:11.89	1:23.50	1:24.16	1:52.97
200 free	2:05.49	2:02.11	2:08.57	2:09.08	2:15.33	2:26.40	2:29.71	2:34.64	2:49.10	3:17.60	3:13.40	4:15.10
400 free	4:28.65	4:31.01	4:33.14	4:38.82	4:48.49	5:14.20	5:24.47	5:36.58	5:59.67	6:59.64	7:05.95	9:30.30
1500 free	17:40.50	18:05.49	18:06.20	18:41.90	19:07.05	22:07.66	21:50.12	22:28.74	25:07.50	28:02.14	28:36.98	38:36.30
50 back	28.76	29.21	28.04	32.63	33.30	34.95	34.61	37.60	39.42	41.45	48.66	59.54
100 back	1:03.61	1:05.00	1:03.00	1:10.67	1:15.93	1:16.10	1:19.67	1:20.74	1:33.30	1:36.10	2:00.12	2:12.99
200 back	2:21.99	2:19.85	2:19.40	2:40.18	2:40.81	2:46.52	2:56.55	3:11.25	3:28.40	3:30.10	4:28.65	5:05.23
50 breast	32.20	32.31	33.96	35.22	33.91	38.00	39.90	39.96	43.10	47.40	54.30	58.81
100 breast	1:06.87	1:09.30	1:15.62	1:18.79	1:15.47	1:24.19	1:29.00	1:31.77	1:39.54	1:49.43	2:10.15	2:26.30
200 breast	2:33.04	2:33.51	2:51.00	2:59.57	2:54.31	3:08.36	3:25.09	3:21.95	3:39.59	4:04.63	4:57.35	5:40.12
50 fly	26.70	26.70	28.00	28.50	29.50	31.50	33.30	35.03	42.70	45.60	53.50	-----
100 fly	58.56	59.07	1:03.67	1:09.08	1:14.43	1:15.55	1:22.05	1:30.90	1:43.30	1:55.75	1:55.75	-----
200 fly	2:13.14	2:14.24	2:30.27	2:49.20	3:01.02	3:12.06	3:30.54	3:37.44	4:04.80	4:47.13	4:47.13	-----
200 I.M.	2:15.55	2:18.78	2:29.63	2:29.70	2:37.60	2:47.55	3:01.52	3:08.46	3:32.40	3:55.81	5:43.79	-----
400 I.M.	5:07.69	5:01.43	5:24.26	5:41.96	5:37.40	6:15.10	6:31.18	6:57.10	8:16.85	8:26.15	-----	-----
200 F.R.	1:40.61		1:46.69		1:54.59		2:00.28		2:27.99			
200 M.R.	1:55.80		2:02.60		2:11.65		2:24.42		2:58.67			

For the Record

N.C. Championships
Fayetteville, N.C.
Sept. 8, 9, 10, 1978

MEN 25 - 29

50 Yard Free	
Glenn Garella 27	22.88
Rick Bober 27	23.90
Claude Maugein 25	26.59
Dick Ulmer 28	27.76
100 Yard Free	
Rick Bober 27	51.33
Glenn Garella 27	52.27
Brooks Teal 26	58.18
Claude Maugein 25	1:01.34
Dick Ulmer 28	1:02.17
200 Yard Free	
Brooks Teal 26	2:14.27
Claude Maugein 25	2:17.99
Dick Ulmer 28	2:29.29
500 Yard Free	
Rick Bober 27	5:25.98
Dennis Watson 29	7:17.96
Mark Fischman 29	7:30.66
1650 Yard Free	
Ryan Stanley 29	22:11.81
Mark Fischman 29	25:24.15
50 Yard Back	
Rick Bober 27	27.73
Glenn Garella 27	31.09
Brooks Teal 26	35.94
Dick Ulmer 28	40.58
100 Yard Back	
Rick Bober 27	58.72
200 Yard Back	
Rick Bober 27	2:19.83
Dick Ulmer 28	3:17.20
50 Yard Breast	
Dennis Watson 29	33.43
Glenn Garella 27	33.98
Dick Ulmer 28	35.78
100 Yard Breast	
Dennis Watson 29	1:16.82
Glenn Garella 27	1:19.38
Dick Ulmer 28	1:20.34
200 Yard Breast	
Dennis Watson 29	2:51.71
Mark Fischman 29	3:04.10
50 Yard Fly	
Glenn Garella 27	25.80
100 Yard Fly	
Glenn Garella 27	1:00.32
Rick Bober 27	1:01.98
200 Yard Fly	
Glenn Garella 27	2:59.75
Mark Fischman 29	3:50.90
100 Yard Ind. Med.	
Dennis Watson 29	1:12.24
Mark Fischman 29	1:17.75
200 Yard Ind. Med.	
Glenn Garella 27	2:28.98
Mark Fischman 29	2:54.59
400 Yard Ind. Med.	
MEN 30 - 34	
50 Yard Free	
Al Wheatley 30	24.86
Jim Thompson 30	27.45
Randy Polisky 32	31.36
100 Yard Free	
Al Wheatley 30	56.41
Jim Thompson 30	1:06.82
Randy Polisky 32	1:16.50
200 Yard Free	
Al Wheatley 30	2:07.79
Neal Craven 31	2:11.42
Jim Thompson 30	2:34.90
500 Yard Free	
Al Wheatley 30	6:00.82
Neal Craven 31	6:25.54
Jim Thompson 30	7:21.09
Luis Revelle 33	7:32.51
Randy Polisky 32	11:55.70
1650 Yard Free	
Al Wheatley 30	21:12.96
Jim Thompson 30	26:10.48
50 Yard Back	
Al Wheatley 30	33.20
Jim Thompson 30	33.63
Luis Revelle 33	35.48
Randy Polisky 32	37.50
100 Yard Back	
Luis Revelle 33	1:17.84
Jim Thompson 30	1:23.36
200 Yard Back	
Jim Revelle 33	2:49.47
Jim Thompson 30	3:13.00
Norvin Dickerson 31	3:35.92
50 Yard Breast	
Norvin Dickerson 31	35.42
Al Wheatley 30	36.59
Jim Thompson 30	39.20
Luis Revelle 33	42.23
100 Yard Breast	
Norvin Dickerson 31	1:16.94
Neal Craven 31	1:18.07
Luis Revelle 33	1:37.56
Jim Thompson 30	1:38.93
200 Yard Breast	
Norvin Dickerson 31	2:48.39
50 Yard Fly	
Neal Craven 31	27.34
Al Wheatley 30	28.55
Luis Revelle 33	40.84
100 Yard Fly	
Neal Craven 31	1:01.87
Al Wheatley 30	1:06.35
200 Yard Fly	
Neal Craven 31	2:36.15
Norvin Dickerson 31	3:44.79
100 Yard Ind. Med.	
Al Wheatley 30	1:07.17
Neal Craven 31	1:07.62

Jim Thompson 30	1:18.46
Luis Revelle 33	1:23.14
200 Yard Ind. Med.	
Neal Craven 31	2:31.43
400 Yard Ind. Med.	
Luis Revelle 33	7:06.32
MEN 35 - 39	
50 Yard Free	
Russ Keeney 35	26.24
100 Yard Free	
Russ Keeney 35	58.03
200 Yard Free	
Russ Keeney 35	2:35.53
500 Yard Free	
Russ Keeney 35	6:37.71
1650 Yard Free	
Charles Simmons 38	26:32.59
David Butler 35	29:58.46
50 Yard Back	
Russ Keeney 35	34.49
100 Yard Back	
Charles Simmons 38	34.92
Russ Keeney 35	36.10
200 Yard Back	
Charles Simmons 38	1:18.23
500 Yard Back	
Charles Simmons 38	3:08.76
1650 Yard Back	
Russ Keeney 35	28.16
100 Yard Fly	
Russ Keeney 35	1:04.54
200 Yard Fly	
Russ Keeney 35	2:47.44
500 Yard Ind. Med.	
Russ Keeney 35	2:30.94
MEN 40 - 44	
50 Yard Free	
Kirk Canterbury 41	25.42
Tom Fortson 40	30.07
Milton Gee 41	31.20
Ben White 42	33.11
Bob Mosbrook 41	33.32
100 Yard Free	
Kirk Canterbury 41	56.34
Tom Fortson 40	58.69
Milton Gee 41	1:07.94
Ben White 42	1:18.03
Bob Mosbrook 41	1:19.18
200 Yard Free	
Tom Fortson 40	2:15.00
Milton Gee 41	2:41.99
Ben White 42	2:58.15
Bob Mosbrook 41	2:59.14
500 Yard Free	
Kirk Canterbury 41	5:35.07
Tom Fortson 40	6:16.82
Milton Gee 41	7:26.85
Ben White 42	8:26.93
Bob Mosbrook 41	8:42.00
1650 Yard Free	
Ben White 42	29:11.52
50 Yard Back	
Kirk Canterbury 41	29.38
Milton Gee 41	39.54
Ben White 42	43.53
100 Yard Back	
Kirk Canterbury 41	1:02.88
John Huson 43	1:23.09
Bob Mosbrook 41	1:43.79
200 Yard Back	
Tom Fortson 40	2:57.11
John Huson 43	3:12.00
Milton Gee 41	3:22.35
Ben White 42	3:37.30
Bob Mosbrook 41	3:47.81
50 Yard Breast	
John Huson 43	37.12
Tom Fortson 40	37.30
Milton Gee 41	37.62
Ben White 42	42.51
Bob Mosbrook 41	43.72
100 Yard Breast	
Kirk Canterbury 41	1:17.56
John Huson 43	1:26.61
Ben White 42	1:35.07
Bob Mosbrook 41	1:41.52
200 Yard Breast	
John Huson 43	3:10.22
Ben White 42	3:34.61
50 Yard Fly	
Kirk Canterbury 41	28.12
Tom Fortson 40	31.15
Milton Gee 41	39.74
100 Yard Fly	
Kirk Canterbury 41	1:04.17
John Huson 43	1:26.03
200 Yard Fly	
John Huson 43	3:26.40
Milton Gee 41	4:24.63
100 Yard Ind. Med.	
Tom Fortson 40	1:09.96
Ben White 42	1:27.84
Bob Mosbrook 41	1:31.59
200 Yard Ind. Med.	
Kirk Canterbury 41	2:21.65
Tom Fortson 40	2:46.60
John Huson 43	2:59.11
Bob Mosbrook 41	3:27.63
400 Yard Ind. Med.	
Kirk Canterbury 41	4:56.28
Tom Fortson 40	5:54.95
MEN 45 - 49	
50 Yard Free	
John Korthueer 47	28.37
Raymond Snead 49	29.18
"Snag" Holmes 49	29.75
Norman Smith 45	30.72
Fred Haynie 45	31.02
Howard Odgen 49	40.71
100 Yard Free	
John Korthueer 47	1:05.67

Raymond Snead 49	1:09.13
Norman Smith 45	1:09.24
200 Yard Free	
Fred Haynie 45	2:47.99
500 Yard Free	
Fred Haynie 45	7:59.53
Norman Smith 45	8:00.86
John Korthueer 47	8:01.61
Raymond Snead 49	8:30.09
Howard Odgen 49	9:53.70
1650 Yard Free	
Fred Haynie 45	28:04.20
"Snag" Holmes 49	28:24.85
Howard Odgen 49	35:00.82
50 Yard Back	
John Korthueer 47	33.25
"Snag" Holmes 49	40.45
Raymond Snead 49	44.79
Howard Odgen 49	49.87
100 Yard Back	
John Korthueer 37	1:16.00
"Snag" Holmes 49	1:25.09
200 Yard Back	
John Korthueer 47	3:01.25
"Snag" Holmes 49	4:20.41
50 Yard Breast	
John Korthueer 47	36.39
Norman Smith 45	36.57
Fred Haynie 45	41.01
Raymond Snead 49	41.84
Howard Odgen 49	45.58
100 Yard Breast	
Norman Smith 45	1:26.78
John Korthueer 45	1:27.67
Fred Haynie 45	1:30.90
Raymond Snead 49	1:39.77
Howard Odgen 49	1:43.66
200 Yard Breast	
Fred Haynie 45	3:19.08
Howard Odgen 49	3:39.71
50 Yard Fly	
"Snag" Holmes 49	32.57
Raymond Snead 49	36.91
Fred Haynie 45	37.28
Howard Odgen 49	44.32
100 Yard Fly	
"Snag" Holmes 49	1:27.17
Fred Haynie 45	1:44.70
Howard Odgen 49	1:51.33
200 Yard Fly	
"Snag" Holmes 49	4:43.86
100 Yard Ind. Med.	
John Korthueer 47	1:12.86
Fred Haynie 45	1:21.94
"Snag" Holmes 49	1:22.29
Howard Odgen 49	1:41.52
200 Yard Ind. Med.	
John Korthueer 47	2:56.12
"Snag" Holmes 49	3:00.66
Fred Haynie 45	3:09.96
Howard Odgen 49	3:50.74
400 Yard Ind. Med.	
"Snag" Holmes 49	8:06.62
MEN 50 - 54	
50 Yard Free	
Dave Frech 51	34.91
100 Yard Free	
Walt Boyle 54	1:10.39
Dave Frech 51	1:20.83
200 Yard Free	
Walt Boyle 54	2:36.22
Earl Edwards 50	3:55.75
500 Yard Free	
Walt Boyle 54	7:05.70
Dave Frech 51	9:09.54
Earl Edwards 50	10:35.40
1650 Yard Free	
Walt Boyle 54	25:08.63
Earl Edwards 50	34:52.51
50 Yard Back	
Dave Frech 51	41.16
100 Yard Back	
Dave Frech 51	1:29.18
200 Yard Back	
Dave Frech 51	3:22.35
Earl Edwards 50	4:38.46
50 Yard Breast	
Dave Frech 51	44.22
100 Yard Breast	
Dave Frech 51	1:40.81
50 Yard Fly	
Earl Edwards 50	45.74
200 Yard Ind. Med.	
Earl Edwards 50	5:04.01
MEN 55 - 59	
50 Yard Free	
Herb McAuley 56	26.22
Robert Amundsen 56	27.07
Luis Valle 55	41.09
100 Yard Free	
Herb McAuley 56	1:01.66
Robert Amundsen 56	1:03.81
Luis Valle 55	1:50.33
500 Yard Free	
Herb McAuley 56	7:28.13
Robert Amundsen 56	9:21.37
Luis Valle 55	10:33.23
1650 Yard Free	
Herb McAuley 56	25:20.57
Luis Valle 55	35:03.71
50 Yard Back	
Robert Amundsen 56	36.59
Luis Valle 55	48.46
100 Yard Back	
Robert Amundsen 56	1:21.75
Herb McAuley 56	1:24.39
Luis Valle 55	1:52.12
200 Yard Back	
Luis Valle 55	3:56.74
500 Yard Back	
Luis Valle 55	9:21.37
1650 Yard Back	
Robert Amundsen 56	37.85
Herb McAuley 56	39.69
100 Yard Breast	
Herb McAuley 56	1:28.88
Robert Amundsen 56	1:30.98

200 Yard Breast	
Chet Gosstyla 58	3:19.72
50 Yard Fly	
Herb McAuley 56	30.37
Chet Gosstyla 58	33:83
Robert Amundsen 56	38.80
100 Yard Fly	
Chet Gosstyla 58	1:19.07
200 Yard Ind. Med.	
Chet Gosstyla 58	1:18.39
500 Yard Ind. Med.	
Chet Gosstyla 58	3:00.35
400 Yard Ind. Med.	
Chet Gosstyla 58	6:25.89
MEN 60 - 64	
50 Yard Free	
Bill Grant 64	29.91
100 Yard Free	
Bill Grant 64	1:08.46
200 Yard Free	
Bill Grant 64	2:41.43
Sulo Heikkinen 60	5:04.19
500 Yard Free	
Sulo Heikkinen 60	13:18.03
1650 Yard Free	
Sulo Heikkinen 60	50:50.38
50 Yard Back	
Bill Grant 64	38.77
100 Yard Back	
Sulo Heikkinen 60	2:30.31
200 Yard Back	
Sulo Heikkinen 60	2:38.43
50 Yard Fly	
Bill Grant 64	34.10
100 Yard Fly	
Bill Grant 64	1:27.16
200 Yard Fly	
Bill Grant 64	3:36.08
MEN 65 - 69	
50 Yard Free	
Herb Bender 69	38.63
Ed Sebastian 66	44.63
100 Yard Free	
Herb Bender 69	1:26.89
Ed Sebastian 66	1:37.87
Geo. McSpadden 66	1:40.99
200 Yard Free	
Herb Bender 69	3:15.74
Geo McSpadden 66	3:47.70
500 Yard Free	
Herb Bender 69	8:45.53
Ed Sebastian 66	10:01.77
1650 Yard Free	
Herb Bender 69	31:16.98
Ed Sebastian 66	33:53.65
Geo. McSpadden 66	37:42.64
50 Yard Back	
Ed Sebastian 66	49.20
100 Yard Back	
Ed Sebastian 66	1:49.17
200 Yard Back	
Ed Sebastian 66	4:01.21
50 Yard Breast	
Herb Bender 69	54.08
100 Yard Breast	
Herb Bender 69	1:58.12
200 Yard Breast	
Herb Bender 69	4:15.26
50 Yard Fly	
Herb Bender 69	52.31
MEN 70 - 74	
Daryell Korthueer 72	
50 Yard Free	43.52
100 Yard Free	1:49.03
WOMEN 25 - 29	
50 Yard Free	
Nancy Polisky 29	30.91
Friskye Stringer 25	33.34
Diane Dorsett 28	40.72
100 Yard Free	
Friskye Stringer 25	1:13.93
Dorothea Watson 27	1:18.82
200 Yard Free	
Friskye Stringer 25	2:39.23
500 Yard Free	
Friskye Stringer 25	7:31.38
Nancy Polisky 29	7:54.45
50 Yard Back	
Nancy Polisky 29	35.01
Friskye Stringer 25	39.43
100 Yard Back	
Friskye Stringer 25	3:31.27
50 Yard Breast	
Nancy Polisky 29	36.76
Friskye Stringer 25	42.32
Dorothea Watson 27	43.12
Diane Dorsett 28	49.45
100 Yard Breast	
Nancy Polisky 29	1:22.02
Friskye Stringer 25	1:34.55
200 Yard Breast	
Friskye Stringer 25	

WOMEN 55-59		
50 Yard Free		
Dot Ressegue 96	31.54	
Helen Fedziuk 99	53.43	
100 Yard Free		
Dot Ressegue 96	1:10.71	
200 Yard Free		
Dot Ressegue 96	2:39.26	
500 Yard Free		
Dot Ressegue 96	7:22.57	
1650 Yard Free		
Helen Fedziuk 99	39:06.95	
50 Yard Back		
Helen Fedziuk 99	1:04.13	
100 Yard Back		
Helen Fedziuk 99	2:30.12	
200 Yard Back		
Helen Fedziuk 99	5:10.74	
50 Yard Breast		
Dot Ressegue 96	46.24	
50 Yard Fly		
Helen Fedziuk 99	1:03.05	
100 Yard Fly		
Helen Fedziuk 99	2:24.77	
200 Yard Fly		
Helen Fedziuk 99	5:18.70	
100 Yard Ind. Med.		
Dot Ressegue 96	1:25.8	
100 Yard Ind. Med.		
Dot Ressegue 96	1:25.80	
Helen Fedziuk 99	2:21.47	
200 Yard Ind. Med.		
Dot Ressegue 96	3:10.05	
Helen Fedziuk 99	5:15.49	
400 Yard Ind. Med.		
Dot Ressegue 96	6:47.42	
Helen Fedziuk 99	10:49.80	
WOMEN 50 - 64		
50 Yard Free		
Eliz. Thompson 61	1:05.60	
100 Yard Free		
Eliz. Thompson 61	2:23.05	
200 Yard Free		
Eliz. Thompson 61	4:58.28	
500 Yard Free		
Ruth Wunderlich 60	9:55.16	
Eliz. Thompson 61	13:13.92	
1650 Yard Free		
Ruth Wunderlich 60	34:23.23	
100 Yard Back		
Ruth Wunderlich 60	1:52.02	
200 Yard Back		
Ruth Wunderlich 60	4:04.15	
50 Yard Breast		
Ruth Wunderlich 60	58.46	
Eliz. Thompson 61	1:38.21	
100 Yard Breast		
Ruth Wunderlich 60	2:06.07	
Eliz. Thompson 61	3:25.80	
200 Yard Breast		
Ruth Wunderlich 60	4:27.70	
100 Yard Ind. Med.		
Ruth Wunderlich 60	1:53.01	
200 Yard Ind. Med.		
Ruth Wunderlich 60	4:04.58	
WOMEN 65 - 69		
50 Yard Breast		
Marie Heikkinen 66	56.29	
WOMEN 200 Yard Free Relay		
45+		
Virginia Masters	3:35.12	
(Talley, Fedziuk, Carter Thompson)		
WOMEN 200 Yard Medley Relay		
25+		
Virginia Masters	3:57.77	
(Mosbrook, Poliak, Fedziuk Carter)		
200 Yard MIXED Relay		
25+		
Fayetteville YMCA	1:58.57	
(Ressegue, Plemmons, Wheatley, Simons)		
35+		
Virginia Masters	2:48.84	
(Mosbrook, Talley, Carter Odgen)		
45+		
Virginia Masters	2:54.78	
(Fedziuk, Thompson, Sneed Amundsen)		
MEN 20 YARD FREE RELAY		
25+		
Tarheel Masters	1:44.21	
(Bober, Garella, Ulmer Dickerson)		
35+		
Tarheel Masters	1:50.33	
(Huson, Fortson, Keeney Canterbury)		
Virginia Masters	2:14.81	
(Mosbrook, Odgen, Sneed Amundsen)		
45+		
Tarheel Masters	2:19.44	
(Smith, Korthauer, Frech, Korthauer)		
MEN 200 YARD MEDLEY RELAY		
25+		
Tarheel Masters	1:55.6	
(Bober, Garella, Ulmer Dickerson)		
35+		
Tarheel Masters	1:59.9	
(Keeney, Huson, Fortson Canterbury)		
45+		
Tarheel Masters	2:26.3	
(Mosbrader, Frech, Smith Korthauer)		

EASTERN HILLS SWIM MEET		
ARIZONA MASTERS		
September 23, 1978		
Tucson, Arizona 25yd. pool		
WOMEN 25-29		
50 Yd. Freestyle		
Kathy Townsend 25	36.00	
100 Yd. Freestyle		
Debra Rybka 26	1:20.80	
Kathy Townsend 25	1:21.81	
200 Yd. Freestyle		
Debra Rybka 26	3:12.45	
Kathy Townsend 25	3:12.89	
50 Yd. Backstroke		
Sandy Baker 28	35.10	
Kathy Townsend 25	45.80	
100 Yd. Backstroke		
Kathy Townsend 25	1:44.35	
200 Yd. Backstroke		
Debra Rybka 26	4:03.70	
100 Yd. Breaststroke		
Debra Rybka 26	1:40.34	
200 Yd. Breaststroke		
Debra Rybka 26	3:47.29	
WOMEN 30-34		
50 Yd. Freestyle		
Sally Walker 34	35.27	
100 Yd. Freestyle		
Sally Walker 34	1:24.20	
50 Yd. Backstroke		
Janet Gettling 30	34.16	
Sally Walker 34	41.56	
100 Yd. Backstroke		
Sally Walker 34	4:8.48	
50 Yd. Butterfly		
Janet Gettling 30	29.71	
100 Yd. Butterfly		
Janet Gettling 30	1:06.80	
200 Yd. Butterfly		
Janet Gettling 30	2:31.65	
100 Yd. Ind. Medley		
Janet Gettling 30	1:08.00	
WOMEN 35-39		
50 Yd. Freestyle		
Martha Cline 38	33.90	
100 Yd. Freestyle		
Martha Cline 38	1:16.46	
50 Yd. Backstroke		
Lin Jen. Inn 36	39.70	
Lois Zuniga 36	49.25	
100 Yd. Backstroke		
Lin Jenkins 36	1:26.24	
100 Yd. Breaststroke		
Lin Jenkins 36	1:31.50	
200 Yd. Breaststroke		
Lin Jenkins 36	3:22.47	
200 Yd. Ind. Medley		
Lin Jenkins 36	3:07.40	
WOMEN 40-44		
Miana Shuman 41		
50 Yd. Freestyle	36.25	
50 Yd. Backstroke	45.89	
50 Yd. Breaststroke	45.90	
200 Yd. Breaststroke	3:48.01	
WOMEN 45-49		
Dorothy Murray 48		
50 Yd. Freestyle	42.15	
100 Yd. Freestyle	1:40.81	
200 Yd. Freestyle	3:43.30	
50 Yd. Backstroke	55.60	
100 Yd. Backstroke	1:59.40	
WOMEN 50-54		
Elie Gruender 50		
50 Yd. Freestyle	36.30	
100 Yd. Freestyle	1:20.91	
200 Yd. Freestyle	3:00.10	
50 Yd. Butterfly	41.60	
100 Yd. Butterfly	1:35.49	
WOMEN 55-59		
Barbara Golsath 58		
100 Yd. Backstroke	1:48.50	
50 Yd. Breaststroke	50.75	
50 Yd. Butterfly	51.80	
100 Yd. Butterfly	2:01.50	
200 Yd. Ind. Medley	3:55.24	
WOMEN 60-64		
Rose Steward 60		
50 Yd. Freestyle	1:01.07	
50 Yd. Backstroke	1:13.60	
50 Yd. Breaststroke	1:15.19	
200 Yd. Breaststroke	5:33.10	
200 Yd. Ind. Medley	5:20.28	
WOMEN 65-69		
50 Yd. Freestyle		
Mina Dolgin 68	1:30.13	
200 Yd. Freestyle		
Judy Gordon 66	4:05.58	
50 Yd. Backstroke		
Judy Gordon 66	1:17.00	
100 Yd. Backstroke		
Mina Dolgin 68	3:30.60	
50 Yd. Breaststroke		
Judy Gordon 66	1:17.31	
50 Yd. Butterfly		
Judy Gordon 66	1:22.34	
MEN 25-29		
50 Yd. Freestyle		
Alan Thomas 29	23.67	
Ed Kingham 27	24.02	
Bill Brucato 27	26.97	
50 Yd. Backstroke		
Kevin Murphy 27	28.09	
100 Yd. Backstroke		
Kevin Murphy 27	1:01.40	

Steve Hedberg 25	1:05.17	
Paul Laes 27	1:12.35	
200 Yd. Backstroke		
Kevin Murphy 27	2:16.59	
Paul Laes 27	2:38.45	
100 Yd. Breaststroke		
Steve Hedberg 25	1:09.47	
50 Yd. Butterfly		
Ed Kingham 27	26.49	
Paul Laes 27	26.70	
Alan Thomas 29	27.60	
Bill Brucato 27	28.60	
100 Yd. Butterfly		
Ed Kingham 27	58.50	
Paul Laes 27	58.75	
Bill Brucato 27	1:08.24	
200 Yd. Butterfly		
Paul Laes 27	2:29.30	
200 Yd. Ind. Medley		
Steve Hedberg 25	2:14.31	
MEN 30-34		
50 Yd. Freestyle		
Larry Winter 30	24.01	
Bill Blackorby 30	25.40	
50 Yd. Backstroke		
Larry Winter 30	29.34	
Bill Blackorby 30	31.67	
50 Yd. Breaststroke		
Bill Blackorby 30	35.90	
Paul Coleman 30	36.01	
100 Yd. Breaststroke		
Paul Coleman 30	1:23.13	
50 Yd. Butterfly		
Larry Winter 30	28.23	
Paul Coleman 30	30.34	
Bill Blackorby 30	30.68	
MEN 35-39		
50 Yd. Freestyle		
Wayne Bean 35	27.12	
100 Yd. Freestyle		
Wayne Bean 35	1:02.30	
Dave Miller 37	1:09.56	
200 Yd. Freestyle		
Bill Nolan 39 (un)	2:23.01	
100 Yd. Backstroke		
Bill Nolan 39 (un)	1:12.37	
200 Yd. Backstroke		
Bill Nolan 39 (un)	2:39.00	
50 Yd. Butterfly		
Dave Miller 37	37.00	
200 Yd. Ind. Medley		
Bill Nolan 39 (un)	2:44.80	
Dave Miller 37	3:18.78	
MEN 45-49		
50 Yd. Freestyle		
Charlie Vaughn 46	29.05	
100 Yd. Freestyle		
Dan Gruender 49	1:16.24	
200 Yd. Freestyle		
Dan Gruender 49	2:49.45	
50 Yd. Backstroke		
Ted Harris 49	45.40	
200 Yd. Backstroke		
Ted Harris 49	3:38.90	
50 Yd. Breaststroke		
Dan Gruender 49	35.10	
Charlie Vaughn 46	33.30	
Ted Harris 49	51.91	
100 Yd. Breaststroke		
Dan Gruender 49	1:18.62	
Charlie Vaughn 46	1:34.39	
Ted Harris 49	1:55.12	
200 Yd. Breaststroke		
Dan Gruender 49	3:04.30	
Charlie Vaughn 46	3:29.30	
Ted Harris 49	4:09.25	
MEN 60-64		
Lou Fall 64		
50 Yd. Freestyle	30.00	
50 Yd. Backstroke	40.26	
50 Yd. Breaststroke	42.80	
WOMEN:		
25+ 200 Yd. Freestyle Relay		
Arizona Masters	2:20.00	
(Jenkins, Cline, Townsend, Rybka)		
MEN:		
25+ 200 Yd. Freestyle Relay		
Arizona Masters "A"	1:35.24	
(Blackorby, Winter, Kingham, Thom)		
Arizona Masters "B"	1:42.60	
(Brucato, Laes, Murphy, Hedberg)		
MIXED:		
25+ 200 Yd. Freestyle Relay		
Arizona Masters	1:43.02	
(Hedberg, Baker, Gettling, Murphy)		
45+ 200 Yd. Freestyle Relay		
Arizona Masters	2:21.76	
(Gruender, Murray, Fall, Gruender)		

500 Yd. FREESTYLE		
Marianne Brems 29	5:47.27	
Suzanne Newcome 31	8:03.72	
100 Yd. BACKSTROKE		
Marianne Brems 29	1:11.87	
Judy Mitchell 25	1:36.09	
100 Yd. BREASTSTROKE		
Michele Morey 28	1:20.08	
Kim Peterman 26	1:26.54	
Kim Peterman 26	1:33.48	
50 Yd. BUTTERFLY		
Marianne Brems 29	29.06	
Kim Peterman 26	31.87	
100 Yd. INDIV. MEDLEY		
Michele Morey 28	1:11.28	
WOMEN 30-34		
50 Yd. FREESTYLE		
Rada Getty 32	31.63	
Suzanne Newcome 31	34.48	
Barbara Wright 34	35.08	
Kathie Forte 30	36.49	
Pat Kieselhorst 34	39.98	
Marilyn Brandt 30	41.46	
Terry Ruddy 30	43.59	
100 Yd. FREESTYLE		
Lucy Johnson 31	1:00.12	
Barbara Wright 34	1:17.82	
Sue Summers 30	1:18.03	
Kathie Forte 30	1:20.66	
Marilyn Brandt 30	1:29.47	
500 Yd. FREESTYLE		
Lucy Johnson 31	6:04.72	
Kaeti Ecker 31	6:21.51	
100 Yd. BACKSTROKE		
Mimi Frank 31	1:13.71	
Sue Summers 30	1:46.86	
100 Yd. BREASTSTROKE		
Jill Knapp 34	1:25.95	
Kathie Forte 30	1:31.80	
Sue Summers 30	1:38.31	
Rada Getty 32	1:39.51	
Marilyn Brandt 30	1:42.38	
Pat Kieselhorst 34	1:48.79	
50 Yd. BUTTERFLY		
Jill Knapp 34	36.82	
Rada Getty 32	37.28	
Suzanne Newcome 31	40.10	
Pat Kieselhorst 34	53.22	
100 Yd. INDIV. MEDLEY		
Mimi Frank 31	1:14.76	

WOMEN 45-49		100 Yd FREESTYLE		500 Yd FREESTYLE		100 Yd FREESTYLE		500 Yd FREESTYLE	
50 Yd FREESTYLE		John Osterlich 29	51.31	Kent Price 40	6:01.19	Reg Richardson 67	1:08.35	SALLIE HUMBERGER 36	1:30.45
Helga L. Palmer 48	31.63	Mal Jester 29	53.39	Keith Martin 41	6:40.12	Benton Wood 68	1:10.07	CHRISTINE MARTIN 36	1:40.84
Nanch MacBeth 49	34.52	James Farrell 29	55.13	Tony Bedford 40	7:59.24	Roy Erlanson 65	1:29.48	50 YARD BREASTSTROKE	
Betty McMillan 49	39.63	Randy Q. Ligh 28	58.64	100 Yd BACKSTROKE		Don Neefe 69	1:35.00	HELEN GEOFFRION 39	42.61
100 Yd FREESTYLE		Paul Jorgensen	1:04.20	Kent Price 40	1:12.54	500 Yd FREESTYLE		ELLEN K. SHOCKRO 36	51.45
Helga L. Palmer 48	1:12.73	500 Yd FREESTYLE		100 Yd BREASTSTROKE		Reg Richardson 67	7:21.22	JANET E ROYER 37	1:26.81
Bobble Callison 45	1:17.18	Randy Whitchurch 25	5:13.71	David Lamott 43	1:20.21	Reg Wood 69	7:37.71	SALLIE HUMBERGER 36	1:29.56
Nancy MacBeth 49	1:17.34	John Osterlich 25	5:24.15	Howard C. Kyle 42	1:28.96	100 Yd BACKSTROKE		HELEN GEOFFRION 39	1:41.13
Betty McMillan 49	1:28.12	Charles Ward 26	5:59.39	50 Yd BUTTERFLY		Tom Monahan 68	1:28.90	ELLEN K. SHOCKRO 36	1:56.30
Shirley Baird 47	1:39.67	Randy Q. Ligh 28	6:24.99	Kent Price 40	29.75	Don Neefe 69	1:58.39	50 YARD BUTTERFLY	
500 Yd FREESTYLE		David Lamott 43	30.65	David Lamott 43		Harold Connors 66	2:38.07	CAROL JEWELL 36	33.35
Helga L. Palmer 48	7:15.37	100 Yd INDIV MEDLEY		100 Yd INDIV MEDLEY		100 Yd BREASTSTROKE		CHRISTINE MARTIN 36	37.43
Cindy Baxter 45	7:39.26	Jim Allen 29	5:06.86	David Lamott 43	1:11.86	Harold Perry 67	1:28.75	HELEN GEOFFRION 39	38.50
100 Yd BACKSTROKE		Coleman Montgomery 27	1:07.70	Howard C. Kyle 42	1:19.59	Harry Kappel 65	1:30.84	100 YARD BUTTERFLY	
Cindy Baxter 45	1:26.90	Matt Oliver 28	1:07.70	MEN 45-49		Roy Erlanson 65	1:44.81	JANET E ROYER 37	1:17.80
Nancy Meserve 49	1:37.73	Robert Walsh 27	1:15.18	50 Yd FREESTYLE		Walter Slike 65	2:16.90	SALLIE HUMBERGER 36	1:31.93
Shirley Baird 47	1:51.48	100 Yd BREASTSTROKE		John Bleck	29.42	50 Yd BUTTERFLY		CHRISTINE MARTIN 36	1:32.58
100 Yd BREASTSTROKE		Mal Jester 29	1:08.39	Edward R. Schamet 49	29.72	Harry Kappel 65	38.98	100 YARD INDIVIDUAL MEDLEY	
Jacqueline Smith 47	1:28.95	David A. Levinson 28	1:08.82	Art Welch 46	29.90	Harold Perry 67	40.71	JANET E ROYER 37	1:17.18
Cindy Baxter 45	1:29.83	Chris Southers 27	1:14.57	Edd McSorley 48	34.59	Harold Connors 66	53.52	CAROL JEWELL 36	1:18.27
Nancy Meserve 49	1:48.08	50 Yd BUTTERFLY		Frank R. Petuya 45	35.92	Walter Slike 65	59.06	SALLIE HUMBERGER 36	1:20.25
Shirley Baird 47	2:01.87	John Osterlich 29	26.14	100 Yd FREESTYLE		100 Yd INDIV MEDLEY		CHRISTINE MARTIN 36	1:31.45
50 Yd BUTTERFLY		Chris Southers 27	26.27	Edward R. Schamet 49	1:06.20	Reg Richardson 67	1:27.14	WOMEN 50-54	
Jacqueline Smith 47	37.65	David A. Levinson 28	26.62	John Bleck	1:06.71	Roy Erlanson 65	1:48.37	50 YARD FREESTYLE	
Bobble Callison 45	37.92	Coleman Montgomery 27	26.81	Gerald Smith 48	1:09.88	Walter Slike 65	2:11.07	100 YARD FREESTYLE	
Nancy MacBeth 49	39.37	Charles Ward 26	28.34	Edd McSorley 48	1:17.01	MEN 70-74			
100 Yd INDIV MEDLEY		Douglas Reid 27	28.53	Frank R. Petuya 45	1:18.91	50 Yd FREESTYLE		Art Rule 73	31.12
Jacqueline Smith 47	1:22.09	Robert Walsh 27	29.48	500 Yd FREESTYLE		Art Rule 73	31.12	JANICE GRAY 40	1:11.99
Bobbie Callison 45	1:25.96	100 Yd INDIV MEDLEY		Neal Palmer 48	6:15.59	Art Hargrave 71	32.16	PATRICIA KLEIN 42	1:15.45
Nancy Meserve 49	1:36.94	Randall Whitchurch 25	58.88	Art Welch 46	6:31.75	100 Yd FREESTYLE		50 YARD BACKSTROKE	
Betty McMillan 49	1:47.40	David A. Levinson 28	1:02.39	Gerald Smith 48	7:19.08	Art Rule 73	1:18.76	PATRICIA KLEIN 42	40.22
WOMEN 50-54		Chris Southers 27	1:03.90	100 Yd BACKSTROKE		50 Yd FREESTYLE		ELLEN J. DOUPE 41	1:03.62
Shirley Erickson 54	35.84	Jim Allen 29	1:04.12	Neal Palmer 48	1:12.24	Art Hargrave 71	8:08.19	100 YARD BACKSTROKE	
Ruthanne Dickerson 53	36.34	Matt Oliver 28	1:04.52	Ashley Jones 46	1:15.02	Leonard Chapin 70	8:51.00	JANICE GRAY 40	1:27.80
Pat Kemeny 50	36.63	Charles Ward 26	1:06.76	Gerald Smith 48	1:28.42	100 Yd BACKSTROKE		100 YARD BREASTSTROKE	
100 Yd FREESTYLE		James Farrell 29	1:07.37	100 Yd BREASTSTROKE		Art Hargrave 71	1:22.24	JANICE GRAY 40	1:30.35
Ruthanne Dickerson 53	1:20.60	Robert Walsh 27	1:09.59	Ashley Jones 46	1:18.29	Art Rule 73	1:22.36	100 YARD BUTTERFLY	
Pat Kemeny 50	1:24.18	MEN 70-74		John Bleck	1:20.63	Leonard Chapin 70	2:08.60	JANICE GRAY 40	1:25.16
Martha Knochenhauer 51	1:29.02	50 Yd FREESTYLE		Steven Schofield 46	1:32.12	100 Yd BREASTSTROKE		100 YARD INDIVIDUAL MEDLEY	
500 Yd FREESTYLE		Richard Ennis 33	24.77	Edd McSorley 48	1:35.43	Alfred Guth 70	1:38.90	JANICE GRAY 40	1:29.07
Shirley Erickson 54	7:45.20	Jim Shoemaker 32	26.77	50 Yd BUTTERFLY		Al Kallunki 74	1:40.07	PATRICIA KLEIN 42	1:27.05
Elfriede Rogers 50	8:04.53	Gene Orloff 33	28.49	Art Welch 46	30.73	50 Yd BUTTERFLY		WOMEN 45-49	
100 Yd BACKSTROKE		Steve Nelson 34	29.65	Steven Schofield 46	32.40	Alfred Guth 70	43.78	HELGA LINNEA PALMER 48	30.50
Shirley Erickson 54	1:29.09	Daniel Weinberg 31	34.28	Edward Schamer 49	34.14	Al Kallunki 74	47.59	JACQUELINE D. SMITH 47	31.22
Pat Kemeny 50	1:46.20	100 Yd FREESTYLE		100 Yd INDIV MEDLEY		100 Yd INDIV MEDLEY		JANET WOLVER 49	35.82
Martha Knochenhauer 51	1:48.94	Dave Gray 32	52.46	Ashley Jones 46	1:08.04	Alfred Guth 70	1:34.55	100 YARD FREESTYLE	
100 Yd BREASTSTROKE		Dave Frank 34	54.31	Neal Palmer 48	1:08.80	Al Kallunki 74	1:42.52	HELGA LINNEA PALMER 48	1:10.42
Elfriede Rogers 50	1:37.72	Richard Ennis 33	55.21	Frank R. Petuya 45	1:41.73	MEN 75-79		JACQUELINE D. SMITH 47	1:11.91
50 Yd BUTTERFLY		Darryl Swenson 32	56.51	MEN 50-54		50 Yd FREESTYLE		JANET WOLVER 49	1:22.40
Martha Knochenhauer 51	49.02	David Darlow 34	1:01.39	50 Yd FREESTYLE		Bill Traak 75	42.65	SHIRLEY BAIRD 47	1:42.90
Ruthanne Dickerson 53	53.59	Gene Orloff 33	1:03.69	Alfred Groh 51	28.41	Joseph Barley 75	45.20	50 YARD BACKSTROKE	
100 Yd INDIV MEDLEY		Steve Nelson 34	1:10.82	Norm Buvick 53	28.92	100 Yd FREESTYLE		JACQUELINE D. SMITH 47	41.38
Elfriede Rogers 50	1:33.92	500 Yd FREESTYLE		Alfred Groh 51	1:03.19	Bill Traak 75	1:34.97	SHIRLEY BAIRD 47	54.91
100 Yd BACKSTROKE		Jim Shoemaker 32	5:12.49	Ed Kerawill 52	1:03.46	Joseph Barley 75	1:55.62	100 YARD BACKSTROKE	
Zada Taft 59	1:36.31	100 Yd BACKSTROKE		Norm Buvick 53	1:06.55	Bill Traak 75	9:43.83	SHIRLEY BAIRD 47	1:54.18
100 Yd BREASTSTROKE		Jon Katis 32	1:04.84	William French Sr 50	1:14.24	Joseph Barley 75	11:30.33	50 YARD BREASTSTROKE	
Betty Barnes 55	2:04.25	Mike Piazza 32	1:09.07	500 Yd FREESTYLE		Paul Spangler 79		JANET WOLVER 49	47.84
50 Yd BUTTERFLY		Dave Frank 34	1:10.34	Ed Kerawill 52	6:17.76	100 Yd BREASTSTROKE		100 YARD BREASTSTROKE	
Zada Taft 59	46.07	Jon Katis 32	1:10.80	Jim Marcus 53	6:32.22	Shirley Baird 47	2:33.92	JANET WOLVER 49	2:04.66
100 Yd INDIV MEDLEY		Gene Orloff 33	1:11.88	William French Sr 50	8:14.93	CALLECH MASTERS INVITATIONAL PASADENA, CALIF. 15 OCT. 1978		SHIRLEY BAIRD 47	37.99
Zada Taft 59	1:37.55	David Darlow 34	1:13.24	Jim Marcus 53	1:15.55	WOMEN 25-29		JACQUELINE D. SMITH 47	37.99
WOMEN 60-64		Jim Frampton 31	1:13.55	Alfred Groh 51	1:18.56	50 YARD FREESTYLE		100 YARD BUTTERFLY	
50 Yd FREESTYLE		Jim Shoemaker 32	1:21.30	William French Sr 50	1:33.34	MARY NORAH HARDESTY 28	30.39	HELGA LINNEA PALMER 48	1:31.20
Jean Durston 64	41.87	Bill Huey 32	1:22.60	100 Yd BREASTSTROKE		ROBIN WHAM 25	31.36	100 YARD INDIVIDUAL MEDLEY	
Margaret George 61	42.83	Daniel Weinberg 31	1:39.42	Norm Buvick 53	1:18.73	TERRY GOSTOW 29	31.72	JANET WOLVER 49	1:39.34
Mary J. Reeves 61	46.06	50 Yd BUTTERFLY		George Cunningham 53	1:23.79	50 YARD FREESTYLE		SHIRLEY BAIRD 47	1:57.38
100 Yd FREESTYLE		Richard Ennis 33	25.23	Marvin Levine 54	1:25.36	BARBARA DUNBAR 29*	58.75	WOMEN 50-54	
Jean Durston 64	1:33.02	Jon Katis 32	25.39	50 Yd BUTTERFLY		MARY NORAH HARDESTY 28	1:08.07	JOEY MCDARIS 53	34.90
500 Yd FREESTYLE		Darryl Swenson 32	27.96	John Jorgensen 53	30.20	ROBIN WHAM 25	1:10.12	GRACE ALTUS 54	37.16
Jean Durston 64	8:24.93	Mike Piazza 32	29.00	George Cunningham 53	34.20	50 YARD BACKSTROKE		100 YARD FREESTYLE	
Margaret George 61	9:20.00	Bill Huey 32	31.34	Marvin Levine 54	38.70	JUDY REUTER 25	33.09	SHIRLEY ERICKSON 54	1:18.05
Lottie Pakaluk 62	1:13.53	100 Yd INDIV MEDLEY		100 Yd INDIV MEDLEY		CHRISTINE SCHRODER 29*	37.73	JOEY MCDARIS 53	1:23.39
100 Yd BACKSTROKE		Dave Gray 32	1:01.60	Jim Marcus 53	1:13.82	MARY NORAH HARDESTY 28	39.05	GRACE ALTUS 54	1:29.30
Margaret George 61	1:46.83	Dave Frank 34	1:02.09	George Cunningham 53	1:19.22	100 YARD BACKSTROKE		SHIRLEY ERICKSON 54	42.72
Helen Roumasset 63	2:07.18	Mike Piazza 32	1:07.48	MEN 55-59		JUDY REUTER 25	1:11.20	SHIRLEY ERICKSON 54	1:30.70
100 Yd BREASTSTROKE		David Darlow 34	1:07.70	Dore Schwab 55	28.32	CHRISTINE SCHRODER 29*	1:24.75	JOY MCDARIS 53	44.31
Viola Thompson 60	1:46.03	Jim Frampton 31	1:11.18	Robert Bradford 56	36.16	BARBARA DUNBAR 29*	35.40	SHIRLEY ERICKSON 54	42.80
Helen Roumasset 63	2:10.28	Bill Huey 32	1:21.97	Gordan Harrah 43	44.72	ROBIN WHAM 25	39.64	GRACE ALTUS 54	49.26
50 Yd BUTTERFLY		MEN 35-39		Dore Schwab 55	1:03.37	TERRY GOSTOW 29	44.50	100 YARD BUTTERFLY	
Viola Thompson 60	42.15	50 Yd FREESTYLE		Robert Bradford 56	1:36.80	ROBIN WHAM 25	1:28.52	GRACE ALTUS 54	1:56.00
Mary J. Reeves 61	57.05	Al Cartwright 36	24.76	Ray Taft 59	6:35.07	JUDY REUTER 25	30.80	100 YARD INDIVIDUAL MEDLEY	
Helen Roumasset 63	1:01.49	Jim Shaw 37	26.86	100 Yd BACKSTROKE		CHRISTINE SCHRODER 29*	32.40	JOY MCDARIS 53	1:30.30
100 Yd INDIV MEDLEY		Steven Timbrook 39	27.55	500 Yd FREESTYLE		100 YARD BUTTERFLY		GRACE ALTUS 54	1:45.95
Viola Thompson 60	1:39.83	Raymond Gordon 36	32.15	Ray Taft 59	1:21.81	BARBARA DUNBAR 29*	1:03.79	50 YARD FREESTYLE	
Mary J. Reeves 61	2:04.67	Steve Harvey 36	36.17	Ed Barnes 56	1:24.62	JUDY REUTER 25	1:08.59	BETTY F. CROWELL 58	1:22.96
WOMEN 65-69		50 Yd FREESTYLE		Robert Bradford 56	1:42.56	100 YARD INDIVIDUAL MEDLEY		100 YARD BACKSTROKE	
100 Yd FREESTYLE		George Wright 35	58.48	Dore Schwab 55	32.37	JUDY REUTER 25	1:09.97	BETTY F. CROWELL 58	1:37.91
Maxine Merlino 66	1:35.62	Jim Shaw 37	58.59	Ed Barnes 56	33.80	CHRISTINE SCHRODER 29*	1:19.02	BETTY F. CROWELL 58	1:32.30
Irene VanVorst 65	1:42.47	Steven Timbrook 39	1:01.26	100 Yd INDIV MEDLEY		ROBIN WHAM 25	1:21.23	WOMEN 60-64	
500 Yd FREESTYLE		Richard Reitman 37	1:02.25	Ray Taft 59	1:15.66	WOMEN 30-34		50 YARD FREESTYLE	
Maxine Merlino 66	9:02.40	Raymond Gordon 36	1:15.49	Ed Barnes 56	1:19.87	DIANA TODD 34*	26.50	MARGARET GEORGE 61	41.76
100 Yd BACKSTROKE		Steve Harvey 36	1:22.45	MEN 60-64		MARIE T LATHAM 30	30.24	RUTH RIDENOUR 63	58.04
Maxine Merlino 66	1:46.53	Al Cartwright 36	5:45.85	50 Yd FREESTYLE		LOIS A. GOODMAN 31	36.73	100 YARD FREESTYLE	
Grace Deal 65	2:00.65	Steven Timbrook 39	6:50.70	William H. Johnston 60	29.37	100 YARD FREESTYLE		MARGARET GEORGE 61	1:37.99
100 Yd BREASTSTROKE		Michael McKinlay 35	1:14.59	Voldemars Miezitis 62	34.77	DIANA TODD 34*	1:00.32	LOTTIE P. PAKALUK 62	2:00.14
Bernice Wayne 68	2:10.19	George Wright 35	1:32.35	Virgil Baxter 63	40.78	50 YARD BREASTSTROKE		RUTH RIDENOUR 63	2:00.54
Irene VanVorst 65	2:12.21	Steve Harvey 36	1:04.77	100 Yd FREESTYLE		REDA GETTY 32	1:40.08	50 YARD BACKSTROKE	
50 Yd BUTTERFLY		Mike Wood 36	1:13.33	Don Rankin 62	1:08.17	JUDY REUTER 25	1:09.97	100 YARD BUTTERFLY	
Bernice Wayne 68	58.71	Richard Reitman 37	1:15.86	William H. Johnston 60	1:10.47	MARY NORAH HARDESTY 28	1:18.76	VIOLA	

<u>100 YARD FREESTYLE</u>	
MAXINE MERLINO 66	1:25.15
IRENE VAN VORST 65	1:39.36
<u>50 YARD BACKSTROKE</u>	
IRENE VAN VORST 65	55.14
ELIZABETH C. BURNS 68	1:13.58
<u>100 YARD BACKSTROKE</u>	
MAXINE MERLINO 66	1:38.70
<u>50 YARD BREASTSTROKE</u>	
IRENE VAN VORST 65	57.08
<u>100 YARD BREASTSTROKE</u>	
MAXINE MERLINO 66	1:50.70
<u>100 YARD BUTTERFLY</u>	
MAXINE MERLINO 66	1:49.92
<u>WOMEN 70-74</u>	
<u>50 YARD FREESTYLE</u>	
KATHERINE L. PELTON 73	54.90
<u>50 YARD BACKSTROKE</u>	
KATHERINE L. PELTON 73	1:02.45
<u>50 YARD BREASTSTROKE</u>	
KATHERINE L. PELTON 73	1:05.00
<u>50 YARD BUTTERFLY</u>	
KATHERINE L. PELTON 73	1:14.17
<u>100 YARD INDIVIDUAL MEDLEY</u>	
KATHERINE L. PELTON 73	2:29.07
<u>MEN 25-29</u>	
<u>50 YARD FREESTYLE</u>	
THOMAS W. BARNETT 25	23.37
CHRIS A. SOUGHERS 27	24.46
BEN S. GAGE 29	24.47
DAVID DUNBAR 28*	26.30
DONALD E. DUNBAR 29*	26.63
<u>100 YARD FREESTYLE</u>	
BEN S. GAGE 29	51.27
THOMAS W. BARNETT 25	53.25
CHRIS A. SOUGHERS 27	54.57
ROBERT WALSH 27	1:00.00
DONALD E. DUNBAR 29*	1:00.18
DAVID DUNBAR 28*	1:00.76
<u>50 YARD BACKSTROKE</u>	
THOMAS W. BARNETT 25	27.73
MICHAEL GILMORE 25	29.55
CHRIS A. SOUGHERS 27	31.43
<u>100 YARD BACKSTROKE</u>	
ROBERT WALSH 27	1:13.43
DONALD E. DUNBAR 29*	1:20.00
<u>50 YARD BREASTSTROKE</u>	
BEN S. GAGE 29	29.84
TOM COLDREN 26	31.60
DOUGLAS REID 27	32.72
THOMAS W. BARNETT 25	33.71
CHRIS A. SOUGHERS 27	35.65
<u>100 YARD BREASTSTROKE</u>	
BEN S. GAGE 29	1:07.00
TOM COLDREN 26	1:11.76
ROBERT WALSH 27	1:18.33
<u>50 YARD BUTTERFLY</u>	
MICHAEL GILMORE 25	26.34
CHRIS A. SOUGHERS 27	27.09
TOM COLDREN 26	27.25
DOUGLAS REID 27	27.66
<u>100 YARD BUTTERFLY</u>	
TOM COLDREN 26	1:05.64
DAVID DUNBAR 28*	1:12.87
ROBERT WALSH 27	1:13.20
<u>100 YARD INDIVIDUAL MEDLEY</u>	
BEN S. GAGE 29	1:00.98
THOMAS W. BARNETT 25	1:01.25
MICHAEL GILMORE 25	1:01.46
TOM COLDREN 26	1:04.81
DOUGLAS REID 27	1:05.84
ROBERT WALSH 27	1:08.28
<u>MEN 30-34</u>	
<u>50 YARD FREESTYLE</u>	
JON BALES 34	25.71
MIKE CORNING 32	27.32
RICHARD MICHAELS 33	27.99
<u>100 YARD FREESTYLE</u>	
DAVID DARLOW 34	58.20
JON BALES 34	58.25
RICHARD MICHAELS 33	1:02.14
THOMAS THOMSON 33	1:03.41
MIKE CORNING 32	1:05.35
MIKE GREENBERG 32	1:10.97
<u>50 YARD BACKSTROKE</u>	
MIKE CORNING 32	37.42
BILL BERRY 34	39.97
<u>100 YARD BACKSTROKE</u>	
MIKE GREENBERG 32	1:25.76
<u>50 YARD BREASTSTROKE</u>	
ED HEINRICH 32	31.05
DAVID DARLOW 34	32.93
THOMAS THOMSON 33	33.54
BILL BERRY 34	33.67
ALAN HARTLEY 31	34.98
JON BALES 34	35.53
<u>100 YARD BREASTSTROKE</u>	
ED HEINRICH 32	1:10.63
DAVID DARLOW 34	1:12.59
THOMAS THOMSON 33	1:16.40
BILL BERRY 34	1:17.49
ALAN HARTLEY 31	1:17.65
MIKE GREENBERG 32	1:30.46
<u>50 YARD BUTTERFLY</u>	
ED HEINRICH 32	26.83
JON BALES 34	29.10
MIKE CORNING 32	30.17
ALAN HARTLEY 31	30.49
THOMAS THOMSON 33	32.14
RICHARD MICHAELS 33	33.33
BILL BERRY 34	35.10
<u>100 YARD BUTTERFLY</u>	
JON BALES 34	1:06.14
ALAN HARTLEY 31	1:13.33
MIKE GREENBERG 32	1:43.60
<u>100 YARD INDIVIDUAL MEDLEY</u>	
ED HEINRICH 32	1:04.82
THOMAS THOMSON 33	1:12.26
MIKE GREENBERG 32	1:24.15
<u>MEN 35-39</u>	
<u>50 YARD FREESTYLE</u>	
ROBERT P. WASHINGTON 36	24.77
STUART THOMSON 35	25.37
CURT MOSSO 36	26.06
GEORGE WRIGHT 36	26.75

<u>MEN 40-44</u>	
<u>50 YARD FREESTYLE</u>	
RUSSELL JACKSON 37	27.04
STEVE HARVEY 36	35.01
<u>100 YARD FREESTYLE</u>	
ROBERT P. WASHINGTON 36	56.80
CURT MOSSO 36	56.85
GEORGE WRIGHT 36	57.36
STEVE ENGEL 35*	58.31
STEVE HARVEY 36	1:24.61
<u>50 YARD BACKSTROKE</u>	
STUART THOMSON 35	29.81
RUSSELL JACKSON 37	31.05
GEORGE WRIGHT 36	33.51
HAP PALMER 35	36.61
ROBERT BERGSTROM 37	39.49
STEVE HARVEY 36	44.66
<u>100 YARD BACKSTROKE</u>	
ROBERT S. SMITH 35	1:02.21
STUART THOMSON 35	1:06.26
WILLIAM H. JEWELL 37	1:08.40
STEVE ENGEL 35*	1:11.96
GEORGE WRIGHT 36	1:13.31
HAP PALMER 35	1:22.26
ROBERT BERGSTROM 37	1:23.40
STEVE HARVEY 36	1:38.68
<u>50 YARD BREASTSTROKE</u>	
HAP COLE 37	30.02
RUSSELL JACKSON 37	37.00
HAP PALMER 35	38.22
<u>100 YARD BREASTSTROKE</u>	
HAP COLE 37	1:08.24
ROBERT S. SMITH 35	1:11.00
STEVE ENGEL 35*	1:16.76
HAP PALMER 35	1:25.69
<u>50 YARD BUTTERFLY</u>	
STUART THOMSON 35	27.60
CURT MOSSO 36	28.37
RUSSELL JACKSON 37	32.62
<u>100 YARD BUTTERFLY</u>	
ROBERT S. SMITH 35	1:02.70
WILLIAM H. JEWELL 37	1:03.40
CURT MOSSO 36	1:03.57
STEVE ENGEL 35*	1:08.18
<u>100 YARD INDIVIDUAL MEDLEY</u>	
ROBERT S. SMITH 35	1:51.14
GEORGE WRIGHT 36	1:07.33
STEVE ENGEL 35*	1:08.75
ROBERT BERGSTROM 37	1:24.78
<u>MEN 45-49</u>	
<u>50 YARD FREESTYLE</u>	
BRADFORD STURTEVANT 44	25.31
PETER R. TAFT 42*	25.36
LYMAN E. MORRIS 41	25.75
FRANK BECKER 40	28.21
DAVID T. KAN 44	28.70
STEPHEN O. JENNINGS 40	30.40
BILL GRAY 44	31.96
MIKE DOONEY 43	33.62
<u>100 YARD FREESTYLE</u>	
BRADFORD STURTEVANT 44	56.58
PETER R. TAFT 42*	56.65
FRANK BECKER 40	1:05.18
ALEX ROGIC 42	1:06.62
DAVID T. KAN 44	1:07.29
STEPHEN O. JENNINGS 40	1:08.70
BILL GRAY 44	1:14.72
MIKE DOONEY 43	1:17.65
<u>50 YARD BACKSTROKE</u>	
LYMAN E. MORRIS 41	32.07
ED GALLAGHER 43	32.73
<u>100 YARD BACKSTROKE</u>	
ED GALLAGHER 43	1:15.70
<u>50 YARD BREASTSTROKE</u>	
LYMAN E. MORRIS 41	34.47
BILL GRAY 44	42.10
JOHN R. AUSTIN 42	42.86
STEPHEN O. JENNINGS 40	43.57
<u>100 YARD BREASTSTROKE</u>	
BILL GRAY 44	1:35.83
STEPHEN O. JENNINGS 40	1:39.35
JOHN R. AUSTIN 42	1:45.62
<u>50 YARD BUTTERFLY</u>	
LYMAN E. MORRIS 41	29.00
BRADFORD STURTEVANT 44	29.15
PETER R. TAFT 42*	30.40
JERRY LAPIN 44	31.77
FRANK BECKER 40	34.23
STEPHEN O. JENNINGS 40	42.08
<u>100 YARD BUTTERFLY</u>	
JERRY LAPIN 44	1:25.72
<u>100 YARD INDIVIDUAL MEDLEY</u>	
LYMAN E. MORRIS 41	1:07.99
FRANK BECKER 40	1:16.32
BILL GRAY 44	1:27.87
<u>MEN 45-49</u>	
<u>50 YARD FREESTYLE</u>	
NEAL R. PALMER 48	25.90
ED FARRELL 46	28.11
HUBERT STOKELY 48	28.25
ART WELCH 46	29.10
<u>100 YARD FREESTYLE</u>	
NEAL R. PALMER 48	57.10
HUBERT STOKELY 48	1:03.91
ART WELCH 46	1:04.58
JOHN E. BLECK 45	1:06.80
ED FARRELL 46	1:08.40
STEVEN E. SCHOFIELD 46	1:10.02
<u>50 YARD BACKSTROKE</u>	
ORVEL W. LARSEN 45	32.89
STEVEN E. SCHOFIELD 46	40.75
<u>100 YARD BACKSTROKE</u>	
ORVEL W. LARSEN 45	1:18.13
ART WELCH 46	1:19.53
<u>50 YARD BREASTSTROKE</u>	
JOHN E. BLECK 45	36.63
<u>100 YARD BREASTSTROKE</u>	
JOHN E. BLECK 45	1:21.25
<u>50 YARD BUTTERFLY</u>	
ART WELCH 46	31.08
<u>100 YARD BUTTERFLY</u>	
NEAL R. PALMER 48	1:09.54
NEAL R. PALMER 48	1:18.04
<u>100 YARD INDIVIDUAL MEDLEY</u>	
JOHN E. BLECK 45	1:14.85
ORVEL W. LARSEN 45	1:15.39
STEVEN E. SCHOFIELD 46	1:20.38

<u>MEN 50-54</u>	
<u>50 YARD FREESTYLE</u>	
LARRY LARIMORE 50	29.09
WILLIAM FRENCH SR. 51	31.52
GERALD MARTINEZ 50	32.68
<u>100 YARD FREESTYLE</u>	
DUANE L. DRAVES 52	1:00.73
JIM MARCUS 53	1:02.42
LARRY LARIMORE 50	1:08.10
WILLIAM FRENCH SR. 51	1:09.10
GERALD MARTINEZ 50	1:13.74
<u>50 YARD BACKSTROKE</u>	
MARVIN LEVINE 54	38.96
WILLIAM FRENCH SR. 51	41.08
<u>100 YARD BACKSTROKE</u>	
DUANE L. DRAVES 52	1:12.27
JIM MARCUS 53	1:17.08
WILLIAM FRENCH SR. 51	1:36.24
<u>50 YARD BREASTSTROKE</u>	
LARRY LARIMORE 50	37.72
MARVIN LEVINE 54	41.88
GERALD MARTINEZ 50	49.64
<u>100 YARD BREASTSTROKE</u>	
JIM MARCUS 53	1:18.17
DUANE L. DRAVES 52	1:23.41
<u>50 YARD BUTTERFLY</u>	
GERALD MARTINEZ 50	36.16
<u>100 YARD BUTTERFLY</u>	
DUANE L. DRAVES 52	1:11.68
JIM MARCUS 53	1:16.65
<u>100 YARD INDIVIDUAL MEDLEY</u>	
DUANE L. DRAVES 52	1:10.55
JIM MARCUS 53	1:10.72
MARVIN LEVINE 54	1:29.10
GERALD MARTINEZ 50	1:30.92
WILLIAM FRENCH SR. 51	1:37.44
<u>MEN 55-59</u>	
<u>50 YARD FREESTYLE</u>	
BOB MERRICK 58	27.33
DAVID J. FORD 56	31.67
<u>100 YARD FREESTYLE</u>	
DAVID J. FORD 56	1:23.90
<u>50 YARD BACKSTROKE</u>	
BOB MERRICK 58	35.06
DAVID J. FORD 56	42.18
<u>50 YARD BREASTSTROKE</u>	
JACK BURGAN 55	37.50
BOB MERRICK 58	37.50
<u>100 YARD BREASTSTROKE</u>	
JACK BURGAN 55	1:29.87
<u>50 YARD BUTTERFLY</u>	
BOB MERRICK 58	34.23
JACK BURGAN 55	36.46
<u>100 YARD BUTTERFLY</u>	
JACK BURGAN 55	1:26.71
<u>MEN 60-64</u>	
<u>50 YARD FREESTYLE</u>	
CLIFF CROOME 61*	29.44
DON RANKIN 62	30.71
<u>100 YARD FREESTYLE</u>	
CLIFF CROOME 61*	1:09.88
DON RANKIN 62	38.28
WILLIAM A. KRAUSS 60	41.59
WILLIAM A. KRAUSS 60	45.49
<u>100 YARD BACKSTROKE</u>	
CLIFF CROOME 61*	1:24.43
<u>50 YARD BREASTSTROKE</u>	
TOM LIND 61	36.18
CLIFF CROOME 61*	39.33
DON RANKIN 62	39.51
<u>100 YARD BREASTSTROKE</u>	
TOM LIND 61	1:25.13
<u>50 YARD BUTTERFLY</u>	
DON RANKIN 62	36.98
WILLIAM A. KRAUSS 60	40.08
<u>100 YARD BUTTERFLY</u>	
DON RANKIN 62	1:29.32
<u>100 YARD INDIVIDUAL MEDLEY</u>	
WILLIAM A. KRAUSS 60	1:35.35
<u>MEN 65-69</u>	
<u>50 YARD FREESTYLE</u>	
WALTER SLIKE 65	40.71
<u>100 YARD FREESTYLE</u>	
WALTER SLIKE 65	1:38.50
<u>50 YARD BACKSTROKE</u>	
WALTER SLIKE 65	1:03.57
<u>100 YARD BACKSTROKE</u>	
WALTER SLIKE 65	2:10.36
<u>MEN 70-74</u>	
<u>50 YARD FREESTYLE</u>	
LEONARD A. CHAPIN 70	37.28
DON NEEFE 70	37.96
CONRAD SKARSTEN 70	48.96
<u>100 YARD FREESTYLE</u>	
LEONARD A. CHAPIN 70	1:23.01
ALFRED GUTH 70	1:28.02
<u>50 YARD BACKSTROKE</u>	
DON NEEFE 70	50.62
LEONARD A. CHAPIN 70	55.86
<u>100 YARD BACKSTROKE</u>	
ALFRED GUTH 70	1:42.87
DON NEEFE 70	1:56.73
<u>50 YARD BREASTSTROKE</u>	
ALFRED GUTH 70	46.89
CONRAD SKARSTEN 70	1:02.78
<u>50 YARD BUTTERFLY</u>	
LEONARD A. CHAPIN 70	50.48
<u>100 YARD BUTTERFLY</u>	
ALFRED GUTH 70	1:48.82
<u>100 YARD INDIVIDUAL MEDLEY</u>	
ALFRED GUTH 70	1:37.64
LEONARD A. CHAPIN 70	1:54.82
<u>MEN 75-79</u>	
<u>50 YARD FREESTYLE</u>	
CHARLES CUSHMAN 76	51.00
<u>100 YARD FREESTYLE</u>	
CHARLES CUSHMAN 76	2:01.02
<u>50 YARD BACKSTROKE</u>	
CHARLES CUSHMAN 76	52.80
<u>100 YARD BACKSTROKE</u>	
CHARLES CUSHMAN 76	2:25.60

<u>AUTUMN EXETER MEET</u>	
<u>EXETER ACADEMY, N.H.</u>	
October 22, 1978	
<u>WOMEN 25-29</u>	
Jane Hoemer, 26	
200 free	2:48.0
100 back	1:29.3
<u>WOMEN 30-34</u>	
Kathy Nekton, 30	
50 free	35.4
<u>WOMEN 35-39</u>	
Elizabeth Donker, 36	
50 free	36.0
100 free	1:24.0
50 breast	50.1
<u>WOMEN 40-44</u>	
<u>50 freestyle</u>	
Nell Casey, 44	45.5
<u>100 freestyle</u>	
Joanne Field	1:27.9
Nell Casey, 44	1:48.0
<u>200 freestyle</u>	
Ann Elliott, 40	3:53.7
<u>50 backstroke</u>	
Joanne Field, 44	1:43.6
Ann Elliott, 40	2:01.6
<u>50 breaststroke</u>	
Nell Casey, 44	56.7
Ann Elliott, 40	1:05.0
<u>100 individual medley</u>	
Joanne Field, 44	1:36.0
Ann Elliott, 40	2:08.1
<u>WOMEN 45-49</u>	
Bether Lyman, 46	
200 free	4:09.7
50 back	53.5
100 back	1:54.2
200 breast	4:11.7
100 ind. medley	1:57.7
<u>WOMEN 50-54</u>	
<u>50 freestyle</u>	
Joan McIntyre, 50	35.2
Eleanor Foley, 51	56.3
<u>100 freestyle</u>	
Joan McIntyre, 50	1:18.0
Elinor Wright, 54	1:38.5
Eleanor Foley, 51	2:02.7
<u>200 freestyle</u>	
Joan McIntyre, 50	2:53.1
Eleanor Foley, 51	4:20.9
<u>50 backstroke</u>	
Joan McIntyre, 50	40.2
<u>200 backstroke</u>	
Joan McIntyre, 50	3:12.8
Elinor Wright, 54	4:15.8
<u>50 breaststroke</u>	
Elinor Wright, 54	58.5
<u>WOMEN 55-59</u>	
<u>50 freestyle</u>	
Dorothy Donnelly, 56	31.5
<u>100 freestyle</u>	
Dorothy Donnelly, 56	1:20.0
Violet MacDonald, 59	1:41.7
Jean Baker, 58	1:56.5
<u>200 freestyle</u>	
Dorothy Donnelly, 56	3:00.7
Violet MacDonald, 59	3:53.6
<u>50 backstroke</u>	
Dot Donnelly, 56	43.0
Violet MacDonald, 59	53.1
Jean Baker, 58	57.5
<u>200 backstroke</u>	
V. MacDonald, 59	

P.N.A. MASTERS SWIM MEET		50 Yd. FLY		100 Yd. FREE		200 Yd. FREE		500 Yd. FLY		100 Yd. FLY		50 Yd. FREE		100 Yd. FREE		200 Yd. FREE		500 Yd. FREE	
Northshore Pool, Bothell, W/		Jean Abrams 39		Dennis Power 28		Kirk Adams 44		Karl Frederick 64		Francis Jowett 68		Ann Elliott, 40		Ann Elliott, 40		Ann Elliott, 40		Ann Elliott, 40	
October 22, 1978		Karen Kohler 38		Tom Hagen 26		500 Yd. FREE		MEN 65-69		Art Erickson 67		Bev Renaud, 40		Bev Renaud, 40		Bev Renaud, 40		Bev Renaud, 40	
		Yvonne Brehan 38		Bob Ramsey 26		John Thomas 42		50 Yd. FREE		Francis Jowett 68		1650 YARD FREESTYLE		1650 YARD FREESTYLE		1650 YARD FREESTYLE		1650 YARD FREESTYLE	
		100 Yd. I. M.		George Risch 29		Tom Foley 44		Francis Jowett 68		133.5		Ann Elliott, 40		Ann Elliott, 40		Ann Elliott, 40		Ann Elliott, 40	
		Gretchen Anderson 36		200 Yd. FREE		200 Yd. BACK		50 Yd. FREE		133.5		50 YARD BACKSTROKE		50 YARD BACKSTROKE		50 YARD BACKSTROKE		50 YARD BACKSTROKE	
		1:26.4		1:26.4		2:09.9		1:33.4		1:33.5		Ronnie Kamphausen, 44		Ronnie Kamphausen, 44		Ronnie Kamphausen, 44		Ronnie Kamphausen, 44	
		Joy Rogers 36		Tom Hagen 26		2:10.1		3:14.4		1:21.2		Ann Elliott, 40		Ann Elliott, 40		Ann Elliott, 40		Ann Elliott, 40	
		1:30.8		1:30.8		2:12.7		3:10.9		1:52.8		100 YARD BACKSTROKE		100 YARD BACKSTROKE		100 YARD BACKSTROKE		100 YARD BACKSTROKE	
		Evelyn Williams 28		Bob Ramsey 26		2:12.0		3:10.9		1:52.8		Ronnie Kamphausen, 44		Ronnie Kamphausen, 44		Ronnie Kamphausen, 44		Ronnie Kamphausen, 44	
		1:32.6		1:32.6		2:12.0		3:10.9		1:52.8		1:20.2		1:20.2		1:20.2		1:20.2	
		M. Fredlund 26		Dennis Power 28		500 Yd. FREE		200 Long 41		4:27.9		Ann Elliott, 40		Ann Elliott, 40		Ann Elliott, 40		Ann Elliott, 40	
		1:34.1		1:34.1		3:19.9		2:12.0		4:27.9		2:00.5		2:00.5		2:00.5		2:00.5	
		Julie Horne 28		Bruce Maclay 29		200 Yd. FREE		200 Long 41		4:27.9		50 YARD BREASTSTROKE		50 YARD BREASTSTROKE		50 YARD BREASTSTROKE		50 YARD BREASTSTROKE	
		1:06.7		1:06.7		3:19.9		2:12.0		4:27.9		Judy Parker, 42		Judy Parker, 42		Judy Parker, 42		Judy Parker, 42	
		1:09.7		1:09.7		3:19.9		2:12.0		4:27.9		100 YARD BREASTSTROKE		100 YARD BREASTSTROKE		100 YARD BREASTSTROKE		100 YARD BREASTSTROKE	
		1:14.1		1:14.1		3:19.9		2:12.0		4:27.9		1:36.8		1:36.8		1:36.8		1:36.8	
		1:44.2		1:44.2		3:19.9		2:12.0		4:27.9		50 YARD BUTTERFLY		50 YARD BUTTERFLY		50 YARD BUTTERFLY		50 YARD BUTTERFLY	
		8:27.3		8:27.3		3:19.9		2:12.0		4:27.9		43.1		43.1		43.1		43.1	
		N. Fredlund 26		Dennis Power 28		3:19.9		2:12.0		4:27.9		100 YARD IND. MEDLEY		100 YARD IND. MEDLEY		100 YARD IND. MEDLEY		100 YARD IND. MEDLEY	
		1:06.7		1:06.7		3:19.9		2:12.0		4:27.9		2:13.6		2:13.6		2:13.6		2:13.6	
		1:09.7		1:09.7		3:19.9		2:12.0		4:27.9		2:00.5		2:00.5		2:00.5		2:00.5	
		1:14.1		1:14.1		3:19.9		2:12.0		4:27.9		3:28.0		3:28.0		3:28.0		3:28.0	
		1:44.2		1:44.2		3:19.9		2:12.0		4:27.9		WOMEN 45-49		WOMEN 45-49		WOMEN 45-49		WOMEN 45-49	
		8:27.3		8:27.3		3:19.9		2:12.0		4:27.9		50 YARD FREESTYLE		50 YARD FREESTYLE		50 YARD FREESTYLE		50 YARD FREESTYLE	
		N. Fredlund 26		Dennis Power 28		3:19.9		2:12.0		4:27.9		58.4		58.4		58.4		58.4	
		1:06.7		1:06.7		3:19.9		2:12.0		4:27.9		32:45.4		32:45.4		32:45.4		32:45.4	
		1:09.7		1:09.7		3:19.9		2:12.0		4:27.9		37:32.2		37:32.2		37:32.2		37:32.2	
		1:14.1		1:14.1		3:19.9		2:12.0		4:27.9		45.7		45.7		45.7		45.7	
		1:44.2		1:44.2		3:19.9		2:12.0		4:27.9		1:37.9		1:37.9		1:37.9		1:37.9	
		8:27.3		8:27.3		3:19.9		2:12.0		4:27.9		1:51.9		1:51.9		1:51.9		1:51.9	
		N. Fredlund 26		Dennis Power 28		3:19.9		2:12.0		4:27.9		3:40.8		3:40.8		3:40.8		3:40.8	
		1:06.7		1:06.7		3:19.9		2:12.0		4:27.9		1:56.9		1:56.9		1:56.9		1:56.9	
		1:09.7		1:09.7		3:19.9		2:12.0		4:27.9		1:57.3		1:57.3		1:57.3		1:57.3	
		1:14.1		1:14.1		3:19.9		2:12.0		4:27.9		4:15.8		4:15.8		4:15.8		4:15.8	
		1:44.2		1:44.2		3:19.9		2:12.0		4:27.9		WOMEN 50-54		WOMEN 50-54		WOMEN 50-54		WOMEN 50-54	
		8:27.3		8:27.3		3:19.9		2:12.0		4:27.9		50 YARD FREESTYLE		50 YARD FREESTYLE		50 YARD FREESTYLE		50 YARD FREESTYLE	
		N. Fredlund 26		Dennis Power 28		3:19.9		2:12.0		4:27.9		57.9		57.9		57.9		57.9	
		1:06.7		1:06.7		3:19.9		2:12.0		4:27.9		2:05.1		2:05.1		2:05.1		2:05.1	
		1:09.7		1:09.7		3:19.9		2:12.0		4:27.9		4:23.3		4:23.3		4:23.3		4:23.3	
		1:14.1		1:14.1		3:19.9		2:12.0		4:27.9		9:29.9		9:29.9		9:29.9		9:29.9	
		1:44.2		1:44.2		3:19.9		2:12.0		4:27.9		11:02.3		11:02.3		11:02.3		11:02.3	
		8:27.3		8:27.3		3:19.9		2:12.0		4:27.9		37:48.5		37:48.5		37:48.5		37:48.5	
		N. Fredlund 26		Dennis Power 28		3:19.9		2:12.0		4:27.9		52.1		52.1		52.1		52.1	
		1:06.7		1:06.7		3:19.9		2:12.0		4:27.9		4:13.7		4:13.7		4:13.7		4:13.7	
		1:09.7		1:09.7		3:19.9		2:12.0		4:27.9		1:00.3		1:00.3		1:00.3		1:00.3	
		1:14.1		1:14.1		3:19.9		2:12.0		4:27.9		WOMEN 55-59		WOMEN 55-59		WOMEN 55-59		WOMEN 55-59	
		1:44.2		1:44.2		3:19.9		2:12.0		4:27.9		50 YARD FREESTYLE		50 YARD FREESTYLE		50 YARD FREESTYLE		50 YARD FREESTYLE	
		8:27.3		8:27.3		3:19.9		2:12.0		4:27.9		34.7		34.7		34.7		34.7	
		N. Fredlund 26		Dennis Power 28		3:19.9		2:12.0		4:27.9		1:18.8		1:18.8		1:18.8		1:18.8	
		1:06.7		1:06.7		3:19.9		2:12.0		4:27.9		43.0		43.0		43.0		43.0	
		1:09.7		1:09.7		3:19.9		2:12.0		4:27.9		3:24.4		3:24.4		3:24.4		3:24.4	
		1:14.1		1:14.1		3:19.9		2:12.0		4:27.9		1:35.8		1:35.8		1:35.8		1:35.8	
		1:44.2		1:44.2		3:19.9		2:12.0		4:27.9		WOMEN 65-69		WOMEN 65-69		WOMEN 65-69		WOMEN 65-69	
		8:27.3		8:27.3		3:19.9		2:12.0		4:27.9		50 YARD FREESTYLE		50 YARD FREESTYLE		50 YARD FREESTYLE		50 YARD FREESTYLE	
		N. Fredlund 26		Dennis Power 28		3:19.9		2:12.0		4:27.9		45.7		45.7		45.7		45.7	
		1:06.7		1:06.7		3:19.9		2:12.0		4:27.9		9:29.6		9:29.6		9:29.6		9:29.6	
		1:09.7		1:09.7		3:19.9		2:12.0		4:27.9		58.2		58.2		58.2		58.2	
		1:14.1		1:14.1		3:19.9		2:12.0		4:27.9		2:12.0		2:12.0		2:12.0		2:12.0	
		1:44.2		1:44.2		3:19.9		2:12.0		4:27.9		2:00.6		2:00.6		2:00.6		2:00.6	
		8:27.3		8:27.3		3:19.9		2:12.0		4:27.9		WOMEN 70-74		WOMEN 70-74		WOMEN 70-74		WOMEN 70-74	
		N. Fredlund 26		Dennis Power 28		3:19.9		2:12.0		4:27.9		1:00.9		1:00.9		1:00.9		1:00.9	
		1:06.7		1:06.7		3:19.9		2:12.0		4:27.9		2:09.9		2:09.9		2:09.9		2:09.9	
		1:09.7		1:09.7		3:19.9		2:12.0		4:27.9		11:29.0		11:29.0		11:29.0		11:29.0	
		1:14.1		1:14.1		3:19.9		2:12.0		4:27.9		2:38.7		2:38.7		2:38.7		2:38.7	
		1:44.2		1:44.2		3:19.9		2:12.0		4:27.9		58.8		58.8		58.8		58.8	
		8:27.3		8:27.3		3:19.9		2:12.0		4:27.9		1:03.2		1:03.2		1:03.2		1:03.2	
		N. Fredlund 26		Dennis Power 28		3:19.9		2:12.0		4:27.9		2:22.2		2:22.2		2:22.2		2:22.2	
		1:06.7		1:06.7		3:19.9		2:12.0		4:27.9		7:17.6		7:17.6		7:17.6		7:17.6	
		1:09.7		1:09.7		3:19.9		2:12.0		4:27.9		36.7		36.7		36.7		36.7	
		1:14.1		1:14.1		3:19.9		2:12.0		4:27.9		1:27.3		1:27.3		1:27.3		1:27.3	
		1:44.2		1:44.2		3:19.9		2:12.0		4:27.9		29.5		29.5		29.5		29.5	
		8:27.3		8:27.3		3:19.9		2:12.0		4:27.9		38.2		38.2		38.2		38.2	
		N. Fredlund 26		Dennis Power 28		3:19.9		2:12.0		4:27.9		40.3		40.3		40.3		40.3	
		1:06.7		1:06.7		3:19.9		2:12.0		4:27.9		1:35.5		1:35.5		1:35.5		1:35.5	
		1:09.7		1:09.7		3:19.9		2:12.0		4:27.9		29.4		29.4		29.4		29.4	
		1:14.1		1:14.1		3:19.9		2:12.0		4:27.9		1:12.5		1:12.5		1:12.5		1:12.5	
		1:44.2		1:44.2		3:19.9		2:12.0		4:27.9		1:14.5		1:14.5		1:14.5		1:14.5	
		8:27.3		8:27.3		3:19.9		2:12.0		4:27.9		1:17.5		1:17.5		1:17.5		1:17.5	
		N. Fredlund 26		Dennis Power 28		3:19.9		2:12.0		4:27.9		33.5		33.5		33.5		33.5	
		1:06.7		1:06.7		3:19.9		2:12.0		4:27.9		38.2		38.2		38.2		38.2	
		1:09.7		1:09.7		3:19.9													

MEN 35-39
50 YARD FREESTYLE
 Mike O'Hara, 37 27.0
 Richard Hahn, 36 28.7
 Steve Alexander, 37 29.2
100 YARD FREESTYLE
 Mike O'Hara, 37 1:00.3
 Richard Hahn, 36 1:03.1
 Steve Alexander, 37 1:07.7
200 YARD FREESTYLE
 Mike O'Hara, 37 2:18.5
 Richard Hahn, 36 2:23.2
500 YARD FREESTYLE
 Mike O'Hara, 37 6:30.1
 Richard Hahn, 36 6:48.4
1650 YARD FREESTYLE
 Richard Hahn, 36 24:30.1
 Mario Vecchione, 36 31:01.0
50 YARD BACKSTROKE
 Mike O'Hara, 37 36.6
100 YARD BACKSTROKE
 Richard Wallace, 36 1:18.4
50 YARD BREAStroke
 Steve Alexander, 37 34.1
100 YARD BREAStroke
 Steve Alexander, 37 1:18.3
MEN 40-44
50 YARD FREESTYLE
 Clark Robison, 40 30.1
 Pickett Simpson, 43 30.9
 David Burman, 40 36.3
100 YARD FREESTYLE
 George Brunstad, 44 1:00.3
 Jim Johnsen, 43 1:00.4
 Mel Siebold, 43 1:00.4
 Bob Coykendall, 41 1:01.1
 Pickett Simpson, 43 1:09.8
 L. Clark Robison, 40 1:19.0
200 YARD FREESTYLE
 Jim Johnsen, 43 2:16.9
 Bob Coykendall, 41 2:19.4
500 YARD FREESTYLE
 Mel Siebold, 43 6:12.6
 Bob Coykendall, 41 6:18.4
 Jim Johnsen, 43 6:28.0
1650 YARD FREESTYLE
 Mel Siebold, 43 21:39.0
 Bob Coykendall, 41 22:13.4
 Jim Johnsen, 43 23:18.5
200 YARD BUTTERFLY
 George Brunstad, 44 2:12.6
100 YARD BREAStroke
 Jim Johnsen, 43 1:20.8
50 YARD BUTTERFLY
 Mel Siebold, 43 30.0
 Pickett Simpson, 43 36.3
100 YARD BUTTERFLY
 Mel Siebold, 43 1:08.0
 Pickett Simpson, 43 1:25.0
200 YARD BUTTERFLY
 Pickett Simpson, 43 3:23.2
100 YARD IND. MEDLEY
 Jim Johnsen, 43 1:09.9
 George Brunstad, 44 1:11.1
 David Burman, 40 1:32.2
200 YARD IND. MEDLEY
 David Burman, 40 3:40.2
MEN 45-49
50 YARD FREESTYLE
 Tom Lyndon, 47 25.5
 Jim Pitts, 48 26.9
 Charles White, 47 27.4
 Art Tebbens, 49 27.6
100 YARD FREESTYLE
 Tom Lyndon, 47 57.1
 Jim Pitts, 48 59.5
 Charles White, 47 1:01.8
 Bill Christian, 47 1:02.5
200 YARD FREESTYLE
 Tom Lyndon, 47 2:12.9
 Jim Pitts, 48 2:20.0
500 YARD FREESTYLE
 Tom Lyndon, 47 6:17.8
 Art Tebbens, 49 6:33.3
 Bill Christian, 47 7:41.9
1650 YARD FREESTYLE
 Tom Lyndon, 47 21:57.4
 Art Tebbens, 49 23:14.7
50 YARD BACKSTROKE
 Art Tebbens, 49 35.6
 Charles White, 47 38.1
100 YARD BACKSTROKE
 Art Tebbens, 49 1:20.5
 Eugene Sikes, 47 1:37.0
200 YARD BACKSTROKE
 Bill Christian, 47 2:46.2
50 YARD BUTTERFLY
 Eugene Sikes, 47 34.2
100 YARD BUTTERFLY
 Eugene Sikes, 47 1:24.7
200 YARD IND. MEDLEY
 Tom Lyndon, 47 1:12.5
 Jim Pitts, 48 1:16.4
 Charles White, 47 1:18.4
 Bill Christian, 47 1:20.1
 Eugene Sikes, 47 1:26.6
200 YARD IND. MEDLEY
 Eugene Sikes, 47 3:10.1
MEN 50-54
50 YARD FREESTYLE
 Ernie Hulme, 50 28.4
 E.J. Struckus, 53 28.6
 Wayne Shadbolt, 54 29.4
 V. Ouchakof, 54 35.1
100 YARD FREESTYLE
 Ted Haartz, 50 1:00.0
 Ernie Hulme, 50 1:03.3
 Wayne Shadbolt, 54 1:04.2
 V. Ouchakof, 54 1:22.2
200 YARD FREESTYLE
 Wayne Shadbolt, 54 2:31.9
 V. Ouchakof, 54 3:13.2
500 YARD FREESTYLE
 V. Ouchakof, 54 9:03.0

1650 YARD FREESTYLE
 V. Ouchakof, 54 31:04.5
50 YARD BACKSTROKE
 Ernie Hulme, 50 36.2
 Wayne Shadbolt, 54 38.8
 E.J. Struckus, 53 40.0
 V. Ouchakof, 54 45.0
100 YARD BACKSTROKE
 Ernie Hulme, 50 1:19.2
 E.J. Struckus, 53 1:30.1
200 YARD BACKSTROKE
 Ernie Hulme, 50 2:56.9
50 YARD BREAStroke
 Ted Haartz, 50 32.9
 E.J. Struckus, 54 36.4
100 YARD BREAStroke
 Ted Haartz, 50 1:15.0
50 YARD BUTTERFLY
 E.J. Struckus, 53 34.7
100 YARD BUTTERFLY
 Ted Haartz, 50 1:09.0
100 YARD IND. MEDLEY
 Wayne Shadbolt, 54 1:21.2
MEN 55-59
50 YARD FREESTYLE
 Robert Mihalko, 55 32.6
 Wm. Varza, 57 37.9
100 YARD FREESTYLE
 Elliot Schofield, 56 1:12.7
 Robert Mihalko, 55 1:13.5
 Bob Wright, 57 1:15.3
 Wm. Varza, 57 1:28.4
200 YARD FREESTYLE
 Elliot Schofield, 56 2:55.7
 Robert Mihalko, 55 2:58.6
500 YARD FREESTYLE
 Elliot Schofield, 56 7:59.6
1650 YARD FREESTYLE
 Jim Edwards, 55 23:28.8
 Elliot Schofield, 56 28:21.9
 Roger Ellsbury, 57 29:48.7
 Ernest Oakman, 58 35:14.0
50 YARD BACKSTROKE
 Elliot Schofield, 56 39.7
 Wm. Varza, 57 53.9
100 YARD BACKSTROKE
 Bill Christian, 57 1:14.6
 Elliot Schofield, 56 1:34.2
 Bob Wright, 57 1:43.9
50 YARD BREAStroke
 Bob Wright, 57 43.3
 Wm. Varza, 57 50.5
50 YARD BUTTERFLY
 Robert Mihalko, 55 37.5
 Bob Wright, 57 40.5
100 YARD IND. MEDLEY
 Bob Wright, 57 1:29.1
 Wm. Varza, 57 1:40.0
MEN 60-64
50 YARD FREESTYLE
 Bob Knapp, 61 29.1
 Harry Bartlett, 62 30.4
 Dick Guido, 61 31.9
 Don Erion, 64 38.3
 Bill McCarthy, 60 40.5
100 YARD FREESTYLE
 Harry Bartlett, 62 1:09.8
 Dick Guido, 61 1:11.9
 Bill McCarthy, 61 1:27.4
 Don Erion, 64 1:30.9
200 YARD FREESTYLE
 Harry Bartlett, 62 2:40.1
 Dick Guido, 61 2:40.2
 Bill McCarthy, 60 3:19.2
500 YARD FREESTYLE
 Harry Bartlett, 62 7:29.5
 Bill McCarthy, 60 8:51.7
1650 YARD FREESTYLE
 Richard Guido, 61 26:34.7
 Bill McCarthy, 60 31:23.2
50 YARD BACKSTROKE
 Bob Knapp, 61 35.3
 Dick Guido, 61 39.6
 Roger Chamberlain, 61 40.8
100 YARD BACKSTROKE
 Roger Chamberlain, 61 3:12.4
 Don Erion, 64 39.8
 Roger Chamberlain, 61 40.4
 Don Erion, 64 42.5
200 YARD BACKSTROKE
 Roger Chamberlain, 61 1:30.6
 Don Erion, 64 1:34.0
100 YARD IND. MEDLEY
 Bob Knapp, 61 1:19.3
 Roger Chamberlain, 61 1:25.9
 Don Erion, 64 1:41.7
MEN 75-79
50 YARD FREESTYLE
 Earl Lyon, 77 53.5
100 YARD FREESTYLE
 Harold Langner, 75 8:23.6
1650 YARD FREESTYLE
 Harold Langner, 75 28:50.5
50 YARD BACKSTROKE
 Earl Lyon, 77 1:01.0
100 YARD BACKSTROKE
 Earl Lyon, 77 2:23.1
50 YARD BREAStroke
 Earl Lyon, 77 1:05.3
100 YARD BREAStroke
 Harold Langner, 75 1:56.7
 Earl Lyon, 77 2:40.3
200 YARD BREAStroke
 Harold Langner, 75 4:11.4
50 YARD BUTTERFLY
 Harold Langner, 75 1:06.9

WOMEN
25-29
50 yd Free
 Joan Runkel : 27.16
 Karen Duncanson : 36.23
50 yd Free - B
 Kathleen Murphy : 36.37
 Marilyn Lott : 41.33
100 yd Free
 Joan Runkel : 1:01.38
 Karen Duncanson : 1:22.40
200 yd Free
 Joan Runkel : 2:20.6
50 yd Back - B
 Marilyn Lott : 51.45
50 yd Breat
 Karen Duncanson : 51:19
50 yd Back
 Kathleen Murphy : 44.15
 Marilyn Lott : 1:10.3
100 yd Breat - B
 Kathleen Murphy : 1:37.88
50 yd Fly
 Joan Runkel : 52.98
 Karen Duncanson : 1:43.5
50 yd Fly - B
 Marilyn Lott : 1:00.52
30-34
50 yd Free
 Susan Thomas : 29.04
 Kathy Longhouse : 39.10
100 yd Free
 Susan Thomas : 1:05.91
 Kathy Longhouse : 1:31.1
50 yd Back
 Susan Thomas : 37.68
 Kathy Longhouse : 47.9
100 yd Breat
 Susan Thomas : 1:29.84
35-39
50 yd Free
 Lynne Weir : 28.99
 Joyce Burrell : 29.07
 Carol Rhudy : 36.14
100 yd Free
 Joyce Burrell : 1:02.57
200 yd Free
 Lynne Weir : 2:32.7
50 yd Back
 Joyce Burrell : 36.6
 Sue Swanton : 41.04
 Carol Rhudy : 44.22
100 yd Back
 Joyce Burrell : 1:20.79
 Sue Swanton : 1:35.12
200 yd Back
 Sue Swanton : 3:31.18
50 yd Breat
 Carol Rhudy : 42.78
100 yd Breat
 Carol Rhudy : 1:35.4
200 yd IM
 Lynne Weir : 2:52.63
40-44
50 yd Free
 Jayne Bruner : 29.77
50 yd Back
 Jayne Bruner : 36.45
 Jean Garbus : 43.86
 Tova Orbeck : 49.20
100 yd Back
 Jean Garbus : 1:37.49
200 yd Back
 Jean Garbus : 3:25.58
50 yd Breat
 Jayne Bruner : 37.93
 Tova Orbeck : 44.54
100 yd Breat
 Jayne Bruner : 1:23.82
 Tova Orbeck : 1:39.47
50-54
50 yd Free
 Alice Brandon : 40.87
50 yd Free - B
 Dee French : 1:14.21
200 yd Free
 Alice Brandon : 3:28.7
50 yd Back
 Darlene Ferguson : 47.91
50 yd Back - B
 Dee French : 1:20.45
100 yd Back
 Darlene Ferguson : 1:49.22
200 yd Back
 Darlene Ferguson : 4:03.52
50 yd Fly
 Darlene Ferguson : 58.25
55-59
50 yd Back
 Marilyn Ewbank : 1:45.22
100 yd Back
 Marilyn Ewbank : 1:37.92
200 yd Back
 Marilyn Ewbank : 3:30.0
50 yd Breat
 Luise Runkel : 55.50
100 yd Breat
 Luise Runkel : 1:58.33
60-64
50 yd Free
 Frances Horse : 42.43
50 yd Back
 Ruth Brown : 1:23.59
80-84
50 yd Free
 Leola Smith : 1:14.34
100 yd Free
 Leola Smith : 2:40.5
50 yd Back
 Leola Smith : 1:43.58

Bill Frederick : 25.18
 K. Fogarty : 25.46
 Steve Hinchman : 27.53
50 yd Free - B
 Rick Woodcock : 29.66
 Jim Work : 33.28
100 Free
 Mark Vanderkay : 54.39
 Brian Lee : 54.56
 Bill Frederick : 56.58
 Steve Hinchman : 1:00.29
 Karl Nitz : 1:06.0
 Clyde Dawson : 1:07.10
100 yd Free - B
 Rick Woodcock : 1:12.92
 Jim Work : 1:15.24
200 yd Free
 Brian Lee : 2:02.80
50 yd Back
 Al Gooch : 42.47
200 yd Back
 Eob Schoen : 2:31.44
50 yd Breat
 Steve Smith : 30.65
 Bob Schoen : 32.0
 Al Gooch : 34.98
50 Breat - B
 Rick Woodcock : 36.85
 Jim Work : 44.69
100 yd Breat
 S. Smith : 1:09.43
 Mark Vanderkay : 1:10.68
 Al Gooch : 1:19.05
 Karl Nitz : 1:39.39
100 yd Breat - B
 Rick Woodcock : 1:23.6
50 yd Fly
 B. Kempton : 31.1
 Clyde Dawson : 32.02
 Nitz Karl : 38.98
100 yd Fly
 Clyde Dawson : 1:20.56
 Karl Nitz : 1:34.02
200 yd IM
 Bob Schoen : 2:22.31
30-34
50 yd Free
 Rick Bauschard : 23.6
 S. Tod : 25.08
 D. McWhirter : 26.50
 Bruce McFarland : 27.7
 T. Tomlinson : 28.58
100 yd Free
 Rick Bauschard : 54.13
 Bruce McFarland : 59.30
200 yd Free
 Andy Rapp : 2:46.94
100 yd Back
 Andy Rapp : 1:23.58
200 yd Back
 Andy Rapp : 3:00.17
50 yd Breat
 Dick Henlotter : 32.14
100 yd Breat
 Dick Henlotter : 1:10.88
 T. Tomlinson : 1:25.17
50 yd Fly
 Rick Bauschard : 26.83
 William Brown : 27.9
 D. McWhirter : 29.00
 S. Tod : 28.58
 Bruce McFarland : 31.4
100 yd Fly
 William Brown : 1:04.48
200 yd IM
 Dick Henlotter : 2:34.9
 Dave McWhirter : 2:38.3
50 yd Free
 Don Cox : 26.49
 Ed Shaw : 29.31
50 yd Free - B
 Berge Najarian : 31.29
100 yd Free
 Bob Pierce : 1:08.46
 Rich Olson : 1:18.45
100 yd Free - B
 Berge Najarian : 1:16.24
50 yd Back
 Don Cox : 31.89
 Ed Shaw : 37.13
50 yd Back - B
 Berge Najarian : 45.51
100 yd Back
 Ed Shaw : 1:25.5
200 yd Back
 Rich Olson : 3:54.7
50 yd Breat
 George Runciman : 31.27
 Don Cox : 33.77
100 yd Breat
 George Runciman : 1:12.2
 Rich Olson : 1:39.7
100 yd Fly
 Bob Pierce : 1:20.85
40-44
50 yd Free
 Wally Dobler : 24.40
 Jerry Garbus : 29.15
 Tom O'Keefe : 30.83
50 yd Free - B
 David Askenazy : 31.34
 Mark Moore : 33.58
100 yd Free
 Jerry Garbus : 1:05.87
 Sam Kasley : 1:09.07
 Tom O'Keefe : 1:11.93
100 yd Free - B
 David Askenazy : 1:11.0
200 yd Free
 Jerry Garbus : 2:32.06
 David Askenazy : 2:39.84
50 yd Back
 Tom O'Keefe : 38.45
 Sam Kasley : 40.7
100 yd Back
 Wally Dobler : 1:11.19

200 yd Back
 Don Carlson : 3:32.85
50 yd Breat
 Don Carlson : 1:48.18
50 yd Fly
 Wally Dobler : 26.75
 Ray Martin : 30.45
 M. Moore : 34.41
 D. Cardin : 40.92
100 yd Fly
 Ray Martin : 1:09.99
 Sam Kasley : 1:40.42
200 yd IM
 Wally Dobler : 2:34.32
 Ray Martin : 2:44.83
 Don Carlson : 3:32.34
45-49
50 yd Free
 Mitch Jacque : 27.78
 Tom Koenig : 29.21
 Bob Lamb : 29.34
 Hank Hoover : 30.15
100 yd Free
 Bill King : 1:00.8
 Mitch Jacque : 1:02.0
 Ed Campbell : 1:11.5
200 yd Free
 Bill King : 2:19.31
 Mitch Jacque : 2:21.01
50 yd Back
 Bob Lamb : 35.96
 Hank Hoover : 41.35
100 yd Back
 Don Hildum : 1:12.2
 Bob Lamb : 1:31.7
50 yd Breat
 Tom Koenig : 34.0
 Hank Hoover : 36.7
 Ken Cook : 39.5
100 yd Breat
 Tom Koenig : 1:16.4
 Ken Cook : 1:31.64
50 yd Fly
 Don Hildum : 31.92
 Bob Lamb : 38.18
100 yd Fly
 Don Hildum : 1:17.02
200 yd IM
 Tom Koenig : 2:41.61
 Don Hildum : 2:43.93
50-54
50 yd Free
 Bob Heritier : 27.1
50 yd Free - B
 Dick Evans : 38.78
100 yd Free
 Bob Heritier : 55.99
100 yd Free - B
 Dick Evans : 1:29.5
50 yd Back
 Charles Moss : 34.6
50 yd Back - B
 Dick Evans : 54.29
200 yd Back
 Charles Moss : 2:52.71
50 yd Breat
 Charles Moss : 34.9
 Dick Evans : 57.23
100 yd Breat
 Charles Moss : 1:19.08
55-59
50 yd Free
 Don Wuerfel : 30.78
 Ed Sokolowski : 38.45
50 yd Back
 Don Wuerfel : 36.5
 Ed Sokolowski : 49.94
50 yd Breat
 Don Wuerfel : 42.6
60-64
50 yd Free
 Bill Burrell : 27.81
 Art Berg : 31.5
100 yd Free
 Art Berg : 1:14.63
200 yd Free
 Art Berg : 2:55.94
50 yd Back
 Bill Burrell : 34.76
 Art Berg : 43.43
50 yd Breat
 Bill Burrell : 40.28
50 yd Fly
 Bill Burrell : 33.16
65-69
50 yd Free
 Ed Brown : 32.05
 Edward Braden : 41.86
100 yd Free
 Ed Brown : 1:16.69
200 yd Free
 Ed Brown : 3:04.89
50 yd Back
 Howard Braden : 2:16.51
100 yd Back
 Howard Braden : 2:03.7
100 yd Fly
 Howard Braden : 2:17.19
70-74
50 yd Free
 James Pierce : 39.31
 Art Boyer : 1:38.68
50 yd Back
 James Pierce : 1:07.67
 Art Boyer : 1:39.54
50 yd Breat
 James Pierce : 56.32
50 yd Fly
 James Pierce : 1:04.6


MASTERS SWIMMING NOTES

NAUTILUS AQUATIC CLUB NEWSLETTER - For canniness and sheer ingenuity there's no substitute for experience--either in the water or alongside it. A veteran Master swimmer, because he loves swimming and likes swimmers, took a part-time job as a lifeguard at a large private pool. For much of the day the pool is nearly empty and our lifeguard sat up on the guard chair getting more and more bored. Reading was, of course, absolutely prohibited to the guards, as it always should be, but small radios weren't. Eventually our guard had it up to here with the kind of music that fills the airwaves these days; and it was then that his fertile mind went to work. Like all of us, our guard hadn't gotten around to reading a great many books he wanted to when he was younger. The guard job and the empty pool would have been the ideal opportunity to catch up..but reading was barred. Finally the brilliant idea struck. Cassetts for the blind! Many thousands of books, both fiction and non-fiction, have been recorded on cassettes for non-sighted people. Our guard found they weren't difficult to borrow because in return he volunteered to do some reading for the program. So now our guard sits contentedly high on his guard chair, a quietly whirring cassette alongside him, and in his ear a little amplifier plug. There's a pleased smile on our guard's face as he looks out over the nearly empty pool.

GETTING A CLUB OR ORGANIZATION ACTIVE IN THE AAU

1. Purchase the following AAU publications:
 - a. Directory - listing all national committees and local members
 - b. Swimming rule book
 - c. AAU Code Book - tells how the AAU is organized and lists rules for registration
2. Contact the Secretary of your Association. (Located in the Directory). Your Secretary can tell you how to join your Association and can give you other Association information.
3. Contact the Registration Chairman of your Association. (Located in the Directory) Your Reg. Chair. can give you a supply of registration forms. Each one of your swimmers who wishes to participate in AAU meets must be registered.
4. Contact your Association Masters Chairman for information on meets and where to get meet information.

After you have accomplished the above items, you should be ready to become active in the AAU program. It will be necessary for your club or organization to have a constitution and by-laws before being eligible to join your Association. Your Sec. will send you a sample copy.....

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SWIM-MASTER RENEWALS - There is still some confusion over when to renew! Look at the above subscription form. If you see a red stamp... TIME TO RENEW...then this is your last issue unless you renew. Now look at the number on your label. The first number is the last issue that you will receive in the year of the last two numbers. i.e. 379 - The third issue of 1979 will be your last issue.....

TOP TEN PATCHES and/or NUMERALS - You can order these from Harry Fox, 0*H*1*0 Masters Swim Club, P.O. Box 922, Massillon, OH 44646, if you were listed in the National Top Ten. Send details of where you were listed with \$3.00 for a patch and 50 cents for a numeral.....

NATIONAL MASTERS SWIMMING PATCHES - These newly designed red, white and blue AAU patches can be purchased through SWIM-MASTER for \$2.00. Just send your request to June Krauser, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305.....

1979 LONG COURSE NATIONAL CHAMPIONSHIPS -There is a distinct possibility that the prospective dates of August 24-27, 1979 for the pool at the University of Texas at Austin may be in conflict with maintenance operations which are often scheduled at that time of year. So, with Detroit being second in our bidding at San Antonio, our 1979 LC meet might have to be rescheduled for Detroit.

A TALE OF SIX CITIES! - I am convinced that Therese DeFarge was there with her knitting and was screaming for my head to drop into the basket, and, certainly, Charles Darnay could not have been more worried. His was a Paris prison -- mine a large medical center. On Nov. 7 I was sentenced to a ten day term at the St. Elizabeth Medical Center in Lafayette, IN with my left eye 7mm out of its socket with pain at times to want to climb the walls. Three doctors could not find the cause after brain scans, thyroid scan, orbital scans, spinal tap, blood tests, fluid tests, skin tests, IV's with antibiotics, cortisone pills, and extensive eye examinations. Hope the doctors find the culprit, but surely a Sidney Carton will come along...Irv Merritt.....

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

swim today...

...swim for the health of it!

LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

VOL VIII - No 2 - FEB 1979

SWIM CALENDAR

FEB 11	SC - Dave Collas, 2054 Harris Rd., Seven Mile, OH 45213
11	SPA - Margaret George, 159 S. Allen #106, Pasadena, CA 91106
23-24	SC - Mol Siobold, Manchester Rec Dept, 41 Center St., Manchester, CT 06040
MAR 9-11	JAX Inv SC - J. E. Davis, Jr., 4258 Rapallo Rd., Jacksonville, FL 32210
10-11	Swimming & Diving - John George, 913 E. 10, Edmond, OK 73034
10	SPA - Margaret George, 159 S. Allen #106, Pasadena, CA 91106
11	SC - George Echentile, Norwich High School, Norwich, NY 13815
17	6th International Senior Swim Competition - Pool Hurth near Colone Gert Fuchs, BenfleetsraBe 11, 5023 Weiden, Germany
17	SPA - Margaret George, 159 S. Allen #106, Pasadena, CA 91106
17-18	Ga State U - Ted Reissing, 5102 Hidden Branches Dr., Atlanta, GA 30338
17	Powell Crosley Y SC - Ed Hunter, 423 Flemridge Ct., Cincinnati, OH 45231
18	SC - Charles Moss, 2206 Cranbrook Dr., Midland, MI 48640
31-APR 1	O*H*I*O Masters - Harry Fox, P.O. Box 922, Massillon, OH 44646
APR 1	England LC - Arthur Ayres, 109 Overslade Crescent, Coventry CV6 2AX England
6-8	Southern Regional - Joe Biondi, 216 Elizabeth St., Clearwater, FL 33519
7	Yale U - Jane Hardy, 49 Wilson Ave., Rowayton, CT 06853
7-8	WI State Meet - John Bauman, 9717 Saratoga Dr., Coledonia, WI 53108
7-8	Spring Meet - Joanita Reed, Rt #3, Box 208 KK, San Antonio, TX 78218
21	Pentathlon - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
21	Australian Champ - Gary Stutsel, 299 Bexley Rd., Bexley No., N.S.W., Australia 2207
21-22	SC - Dot Ressiguie, P.O. Box 7, Tar Heel, NC 28392
27-29	East Coast Inv - Bob Macionis, Bridgewater Com. Pool, Box 6300, Bridgewater, NJ
28-29	Texas A&M - Will Worley, 1001 Village Dr., College Station, TX 77840
28-29	York Dutch Meet - Cal Schaeffer, 2826 Eastwood Dr., York, PA 17402
APRIL	Hiawaiian Postal Relays - Kay Harrison, 1350 Ala Moana Blvd. #1904, Hono., HI
MAY 4-7	NATIONAL AAU SC CHAMPIONSHIPS - Mission Viejo, CA Mark Schubert, P.O. Box 2071, Mission Viejo, CA 92675
5-6	SC - Bill Kloppe, 213 Osceola Ave., Nashville, TN 37209
25-27	St. Pete LC - Joe Biondi, 216 Elizabeth St., Clearwater, FL 33519
JUL 8	1500 Mtr Free - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
AUG 4-5	DC LC - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
18	Powell Crosley Y - Ed Hunter, 423 Flemridge Ct., Cincinnati, OH 45231
MASTERS DIVING - Bill McAlister, 14407 Road 23-1/2, Madera, CA 93637	
FEB 11, MAR 17, APR 28-29, MAY 25-27, JUN 16, JUL 8, AUG 24-27, SEP 8-9, SEP 24, OCT 13	
Western PA League Meets - FEB 18, MAR 18, APR 21-22	
IE ASSO. - Gene Sayre, W. 2321 Dalton, Spokane, WA 99205 MAR 18, APR 27-29	
PNA - Fred Wiggin, 16741 - 15 Ave. N.W., Seattle, WA 98177 MAR 3-4, APR 20-22	
OR ASSO. - Earl Walter, 3904 S.W. 57 Ave., Portland, OR 97221 MAR 11, APR 7-8	
NJ ASSO. - Eric Snyder, P.O. Box 684, Chatham, NJ 07928 FEB 2, FEB 17, MAR 3, MAR 31, APR 21	
OHIO ASSN - Roy Stickney, 499 N. Columbia Ave., Bexley, OH 43209 FEB 25, MAR 25, APR 29	
FLA ASSO - Joe Biondi, 216 Elizabeth St., Clearwater, FL 33519 FEB 9, 23, MAR 9, 23, APR 20	
MAY 16-18 - 1980 NATIONAL AAU SC CHAMPIONSHIPS - SHOF POOL in Ft. Lauderdale, FL	
June Krauser, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305	
CORONADO MASTERS - Alicia Horst, 571 Marina Ave., Coronado, CA 92118 MAR 18, MAY 27, JUL 29	

*** Mail 3 copies of meet results to: Erid Uhrich, 25 Lafayette Rd., Newton Lwr Fls, MA 02162