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## NATIONAL A.A.U. MEN'S AND WOMEN'S SHORT COURSE MASTERS SWIMMING CHAMPIONSHIPS

May 16, 17, 18, 1980



# Masters Swimming Event Is Also an Age Barometer

By ROB SEITZ  
Herald Writer

The National AAU Men's and Women's Masters Swimming Championships are a time to rekindle old friendships, make new acquaintances and determine how one's body is progressing or regressing since the last meet.

Perhaps the most difficult concept a former swimming great must accept is the body can't do what it used to.

Ann McGuire understands this. McGuire, 45, a former Purdue University swimming star under 1952 Olympic Swim Coach Dick Papenuth, enjoys the challenge national swim meets bring out — not only in herself, but also from the people she races.

Sunday, at the Hall of Fame pool in Fort Lauderdale, she had a chance to compare her times to swimmers in her age group from around the country.

"I swim and run every day," said McGuire, a physical education teacher at Trinity Lutheran middle school in Delray Beach. "I try to keep in shape, but each year it gets tougher to swim competitively. I enjoy swimming in the nationals cause it gives me a chance to see people that I haven't seen in years."

"There was a girl from Purdue, Anitra Giles, that I bumped into. I hadn't seen her since 1960. There are a lot of Purdue girls down, which is great. These meets give everybody a chance to reminisce about 'the good old days' and find out how everyone else is doing."

McGuire is also a runner and she finished 11th for women in the recently held City of Fort Lauderdale Heart Run. But her first love is swimming.

"I enjoy running, but I think that swimming is something I will do forever," she said. "I've been swimming since I was 14."

In her heyday, McGuire swam on the 1950 Purdue national championship team and four years later, her Purdue 400 medley relay team posted a world's record.

McGuire now swims with the Gold Coast Masters team, enabling her to compete in bi-monthly AAU meets and the two national championships, the long and short courses.

The short course was run this past weekend, while the long course will be held in late August in Santa Clara, Calif.

McGuire won the 1,650 and the 200 individual medley events in the 40-45 age group (the minimum age to compete in AAU Master meets is 25). She finished the mile in 23:33.203 and the 200 IM in 2:53.15.

But it was Gold Coast's relay teams that sparkled. The 200 freestyle squad consisting of: Cynthia

Bruce, Blanche Jacobs (Plantation High swim coach), Marianne Meekins and McGuire set a meet record with a 2:04.71 time, bettering the old mark by nearly three seconds.

The 200 medley team, with June Krauser swimming in place of Meekins finished with a time of 2:22.95, breaking the old record (2:27.15). And both the A and B 200 mixed freestyle teams came in first place.

Gay Rosser and Dan Malone were McGuire's and Bruce's male counterparts for the A team. They finished with a 1:51.97 mark, while Jacobs and Meekins teamed with

Bob Miller and Dudley Cole, finishing with a time of 1:56.78.

Bruce, who swims in the 50-55 age group, is one of the seasoned veterans on the Gold Coast team. She was a University of Miami swimmer "many years ago" and held 11 national records during her collegiate career. Her favorite events were the backstroke and individual medleys.

She got her 76-year-old mother, Sis Fogla, started in swimming. At her daughter's urging, Fogla entered the 100 freestyle and 50 butterfly and won both events.

By HAL HABIB  
Herald Writer

Swimmer David Wilkie gave businessman David Wilkie the day off Saturday. Wilkie didn't have to climb a mountain for TV cameras, promote an amateur athletic fund or cut any ribbons at a grand opening. Instead, he did what he does best — swim.



WILKIE

The former Olympic gold medalist and Miami star won the 100-yard breaststroke at the National AAU Men's and Women's Masters Championships at the Hall of Fame Pool in Fort Lauderdale. It was a triumphant homecoming for Wilkie. Many of the almost 1,000 swimmers turned to watch him break the meet record by 1.865 seconds with a 58.515. Wilkie, swimming for McEwan's Export Masters team of Scotland, tuned up for the race by finishing the 50 butterfly in 28.192 in last place.

Coming back really brings back the feeling of being a swimmer again," Wilkie said. "I graduated in 1977 and I've been back five times since but not to swim. It's nice for me to relive the memories, to see the program at the University of Miami and relive some of the nicest days of my life."

A BUSY schedule that limited Wilkie's training to two weeks concerned him before the race. He is involved in a swimwear company, a foundation to aid amateur swimmers, a sports promotion company and a television network. He also does personal appearances. "I've only become a businessman in the last two years," said Wilkie, who owns the world record in the 200-meter breaststroke. "People tend to forget what David Wilkie or Mark Spitz or Joe Namath is, so you have to do things outside your sport. Someone new will always take over for you."

One of Wilkie's projects included three television mini-series in Scotland. The first, "Winning with Wilkie," was a 13-week instructional series on swimming. He followed that with "Wilkie on Water," a series in which he tried various water sports for the first time, and "Wilkie in Winter," which ran 10 weeks. The popular shows were written by another former Olympian, Athole Still.

## Wilkie Takes Care of Business Again

Sunday, May 18, 1980 MIAMI HERALD

# Masters Swimmers Proving Older Is Better

During his youth, Gray was a national small college record holder in the 200, 500 and 1,650 freestyle events for the University of California at Santa Barbara. But his best college time in the 1,650 was 17:23.

"I think I learned a little bit more about myself," Gray said of the improvement with age, "when to go hard, when not to go hard. You get a little older, you get a little better."

BEN SIMON is one of those who got better, a lot better in fact, but still not enough to make people notice. Unless it's the way the New York corrections officer goes about and Sunday beginning at 9 each morning.

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# RESULTS

### 200 YD BREASTSTROKE

1	M Phelan 28	USA	2:39.55
2	J Pasavento 28	LAM	2:39.86
3	C Schulbach 26	USA	2:46.21
4	S Pierre 25	DCM	2:47.28
5	D Neumayer 28	SS	2:52.16
6	D Hemphill 27	RMA	2:54.42
7	L McFallen 26	RMA	2:57.11
8	J Hoover 26	DCH	2:58.31
9	M Hayence 25	PSM	2:58.77
10	D Wlenkotte 25	GER	3:11.50
11	S Simblest 28	NEM	3:32.20
12	S Rosens 29	TCA	3:32.21

### 50 YD BUTTERFLY

1	M Middlel 29	RMA	27.09
2	D Glassman 26	DCM	27.47
3	C Ruppert 29	WMAC	28.10
4	S Skiff 25	SLM	28.49
5	T Freerks 26	SLM	29.05
6	K Hogan 26	RMA	29.56
7	D Kinloch 26	OM	29.74
8	J McCroan 26	SOY	29.75
9	S Shandler 29	UNA	29.80
10	F Jefferson 26	GCM	30.06
11	N Engel 25	FM	30.34
12	M Low 25	OM	30.36
13	S Pierre 25	DCM	30.38
14	B Bowman 25	MM	30.39
15	J Cole 27	GCH	31.03
16	J Brooks 28	DCRD	31.07
17	L Dallymple 27	GM	32.50
18	J Runkel 27	PJM	32.63
19	M Hayence 25	PSM	33.20
20	L McFallen 26	RMA	34.15
21	J Green 28	TENN	35.54
22	J Schutt 29	OHIO	37.36
23	R Sickendeck 28	GER	37.82
24	D Wlenkotte 25	GER	41.15

### 1650 YD FREESTYLE

1	M Stevens 26	UNA	18:41.97
2	D Wise 28	MM	19:21.61
3	J Eicher 26	SPAF	19:48.42
4	C Schulbach 26	LAM	20:42.64
5	J Mason 28	MM	20:54.76
6	P Geiger 27	SPAF	20:58.42
7	D Brummel 28	SLM	21:03.41
8	D Neumayer 28	SS	21:21.36
9	C Tanne 28	AM	22:05.54
10	A Andrews 29	CONN	23:11.21
11	J Green 28	TENN	23:19.78
12	G Mullane 28	RMA	24:20.76
13	D Fazio 25	CONN	24:45.11
14	K Osterloh 28	UNA	26:01.05
15	M Carruthers 26	FM	28:35.78
16	C Carey 26	FM	Disq.

### 100 YD BACKSTROKE

1	T Freerks 26	SLM	1:02.95
2	S Lee 26	DCM	1:06.80
3	J Pasavento 28	UNA	1:08.19
4	S Skiff 25	DCM	1:08.70
5	C Ruppert 29	DCM	1:08.87
6	K Iliopoulos 26	GM	1:09.02
7	N Jannaron 26	NEM	1:09.97
8	C Cronin 27	OM	1:10.56
9	B Osborn 25	TH	1:12.21
10	D Neumayer 28	SS	1:15.00
11	S Pierre 25	DCM	1:15.74
12	K Bartoshuk 26	SOS	1:17.42
13	C Tanne 28	AM	1:17.67
14	L Dallymple 27	GM	1:18.13
15	D Hemphill 27	BRY	1:18.91
16	J Brooks 28	DCRD	1:18.95
17	J Scott 27	OM	1:22.61

### 200 YD BACKSTROKE

1	T Freerks 26	SLM	2:19.03
2	J Pasavento 28	DCM	2:23.62
3	S Lee 26	DCM	2:24.93
4	M A Stevens 26	GM	2:28.50
5	K Iliopoulos 26	GM	2:29.31
6	N Jannaron 26	NEM	2:33.08
7	B Osborn 25	TH	2:33.33
8	J Mason 28	MM	2:40.25
9	D Neumayer 28	SS	2:42.39
10	C Tanne 28	AM	2:47.92
11	D Brummel 28	SLM	2:51.67
12	K Bartoshuk 26	SOS	2:52.44
13	G Hunter 28	GCM	2:54.63
14	C Carey 26	FM	3:09.69

### 100 YD BUTTERFLY

1	M Middlel 29	RMA	1:00.16
2	D Glassman 26	WMAC	1:01.18
3	C Ruppert 29	DCM	1:01.52
4	S Skiff 25	DCM	1:03.84
5	S Chandler 29	UNA	1:04.06
6	M A Stevens 26	UNA	1:04.87
7	J Mason 28	MM	1:07.39
8	M Low 25	OM	1:07.41
9	K Iliopoulos 26	GM	1:07.62
10	J McCroan 26	SOY	1:07.69
11	D Kinloch 26	OM	1:07.97
12	B Osborn 25	TH	1:08.93
13	D Brummel 28	SLM	1:15.04

### 100 YD INDIVIDUAL MEDLEY

1	D Wlenkotte 25	GER	1:03.95
2	J Hirsty 27	DCM	1:04.77
3	J Hirsty 27	DCM	1:04.93
4	S Chandler 29	UNA	1:07.83
5	F Jefferson 26	GCH	1:08.24
6	N Engel 25	FM	1:08.75
7	B Bowman 25	MM	1:10.41
8	K Iliopoulos 26	GM	1:11.33
9	D Kinloch 26	OM	1:13.10
10	L Dallymple 27	GM	1:13.48
11	D Hejtmank 26	BRY	1:14.07
12	J Runkel 27	MIM	1:14.45
13	K Bartoshuk 26	SOS	1:15.08
14	J Brooks 28	DCRD	1:15.33
15	L McFallen 26	RMA	1:15.41
16	R Andrews 29	CONN	1:17.68
17	P Geiger 27	SPAF	1:19.03
18	J Scott 27	OM	1:21.46
19	J Green 28	TENN	1:21.66
20	D Wlenkotte 25	GER	1:26.25
21	D Fazio 25	CONN	1:26.42
22	S Simblest 28	MIM	1:35.81

### 200 YD INDIVIDUAL MEDLEY

1	T Freerks 26	SLM	2:18.87
2	C Ruppert 29	DCM	2:20.55
3	J Pasavento 28	UNA	2:22.97
4	S Chandler 29	UNA	2:27.13
5	K Iliopoulos 26	GM	2:29.91
6	S Pierre 25	DCM	2:30.81
7	C Cronin 27	OM	2:31.00
8	J Mason 28	MM	2:31.69
9	V Cimarno 26	OM	2:38.28
10	D Hemphill 27	UNA	2:43.21
11	L McFallen 26	RMA	2:44.00
12	P Geiger 27	SPAF	2:44.66
13	L Dallymple 27	GM	2:46.74
14	J Hoover 26	DCM	2:48.34
15	K Bartoshuk 26	SOS	2:56.11
16	D Wlenkotte 25	GER	3:07.97

### WOMEN 30-34

1	M Tillman 31	SLM	27.35
2	P Parthmore 30	MUTS	27.87
3	S Tredy 31	NEM	27.93
4	C Klimak 32	CONN	28.01
5	M Lush 34	OM	28.61
6	E Jarvis 33	OM	30.06
7	J McNeill 30	RMA	30.37
8	M Rose 31	SPAF	30.48
9	B Ertrac 32	GER	31.37
10	A Bertram 32	GER	33.03
11	J Roshau 33	PNA	33.76
12	D McClary 31	DCM	34.72
13	D Barnhard 32	DCM	34.94
14	G Hopp 34	GER	52.16

### 100 YD FREESTYLE

1	L Johnson 32	TSC	58.06
2	M Tillman 31	SLM	1:00.05
3	S Baker 30	AM	1:01.83
4	M Ramanaukas 34	MM	1:02.42
5	J Menard 32	GCM	1:02.84
6	S Tredy 31	NEM	1:02.93
7	C Klimak 32	CONN	1:03.00
8	M Lush 34	OM	1:03.37
9	P Parthmore 30	MUTS	1:03.90
10	D Graham 33	OM	1:04.63
11	B Brand 30	MIM	1:05.45
12	C Zoeg 30	MM	1:09.27
13	J Roshau 33	GER	1:12.76
14	J Roshau 33	PNA	1:16.97
15	J Soto 32	AM	1:17.98

### 200 YD FREESTYLE

1	L Johnson 32	TSC	2:06.57
2	M Tillman 31	SLM	2:07.59
3	S Walsh 30	NEM	2:11.97
4	B West 32	GCH	2:13.60
5	J Menard 32	GCH	2:16.45
6	S Baker 30	AM	2:18.53
7	S Schaffer 32	DCM	2:19.16
8	G Graham 33	OM	2:22.57
9	M Lush 34	OM	2:22.80
10	K Saperstein 30	UNA	2:25.23
11	H Brans 30	MM	2:27.52
12	B Brand 30	MM	2:31.90
13	J McNeill 30	NEM	2:33.97
14	S Tredy 31	NEM	2:33.97
15	H Castner 32	SPAF	2:43.16
16	L Lebsack 31	RMA	2:43.43
17	N Stupka 33	IM	2:44.07
18	L Broker 33	CONN	2:44.43
19	M Lebsack 31	RMA	2:48.27
20	J Soto 32	AM	2:57.89

### 500 YD FREESTYLE

1	M Tillman 31	SLM	5:42.96
2	L Johnson 32	TSC	5:51.55
3	S Walsh 30	NEM	5:52.58
4	B West 32	GCH	6:02.25
5	J Menard 32	GCM	6:04.07
6	S Baker 30	AM	6:04.64
7	S Schaffer 32	DCM	6:12.13
8	S Tredy 31	NEM	6:23.82
9	Graham 33	OM	6:28.66
10	M Ramanaukas 34	MM	6:35.02
11	K Saperstein 30	UNA	6:36.28
12	S Westedge 34	GM	6:43.78
13	J McNeill 30	RMA	6:55.27
14	G Champane 30	MIM	6:56.52
15	M Lebsack 31	RMA	7:04.77
16	R Cranmer 34	MM	7:10.85
17	L Stupka 33	IM	7:14.20
18	L Lebsack 33	IM	7:25.44
19	L Broker 33	CONN	7:26.83
20	A Hein 31	SAY	9:54.07

### 1650 YD FREESTYLE

1	J Menard 32	GCH	20:27.37
2	D Drake 30	OHIO	21:07.35
3	S Baker 30	AM	21:38.75
4	J Bollman 32	RMA	22:01.11
5	K Saperstein 30	UNA	22:19.28
6	S Tredy 31	NEM	22:52.25
7	S Westedge 34	GM	23:05.17
8	J McNeill 30	RMA	23:34.13
9	G Champane 30	MIM	23:56.42
10	M Lebsack 31	RMA	24:17.67
11	N Stupka 33	IM	25:02.17
12	L Lebsack 33	IM	25:05.27
13	L Berry 34	CONN	25:09.23
14	L Broker 33	CONN	26:40.05
15	G House 31	RMA	26:47.71
16	A Hein 31	SAY	33:44.98
17	J Carr 32	NEM	36:48.30

### 100 YD BACKSTROKE

1	D Ustall 33	NEM	1:08.47
2	M Rose 31	SPAF	1:13.05
3	S Schaffer 32	DCM	1:15.47
4	L Berry 34	IM	1:15.61
5	R Cranmer 34	RMA	1:16.53
6	H Koch 33	GER	1:17.36
7	M Brahes 31	MAM	1:17.74
8	G Graham 33	OM	1:18.22
9	J Bollman 32	RMA	1:19.23
10	E Jarvis 33	OM	1:21.01
11	N Stupka 33	IM	1:25.53
12	L Broker 33	CONN	1:26.32
13	J Watson 34	PSM	1:26.98
14	D McClary 31	DCM	1:27.33
15	L Lebsack 33	RMA	1:32.11
16	B Brand 30	MM	1:32.84

### 200 YD BACKSTROKE

1	D Ustall 33	NEM	2:31.79
2	S Schaffer 32	DCM	2:39.89
3	L Berry 34	OM	2:45.56
4	S Baker 30	AM	2:47.25
5	G Graham 33	OM	2:47.69
6	R Cranmer 34	RMA	2:47.86
7	H Koch 33	GER	2:48.10
8	J Bollman 32	RMA	2:48.75
9	M Brahes 31	MAM	2:53.64
10	E Jarvis 33	OM	2:56.43
11	J Watson 34	PSM	3:05.58
12	N Stupka 33	IM	3:05.88
13	D McClary 31	DCM	3:08.76
14	L Broker 33	CONN	3:12.08
15	L Lebsack 33	RMA	3:12.54
16	M Lebsack 31	RMA	3:34.45

### 100 YD BREASTSTROKE

1	Y Cattrall 31	OM	1:11.56
2	J Gettling 31	AM	1:13.83
3	C Klimak 32	CONN	1:14.64
4	D Ustall 33	NEM	1:14.96
5	D Barnhard 32	DCM	1:16.45
6	H Koch 33	GER	1:18.74
7	S Westedge 34	GM	1:19.52
8	P Smith 33	GCH	1:20.74
9	G Champane 30	MIM	1:20.77
10	C Zoeg 30	GM	1:22.43
11	M Ramanaukas 34	MM	1:22.93
12	J Watson 34	PSM	1:25.57
13	E Hopp 31	GER	1:25.65
14	M Rose 31	SPAF	1:25.95
15	G House 31	RMA	1:28.65
16	J Roshau 33	PNA	1:32.90
17	J Carr 32	NEM	1:45.89
18	G Hopp 34	GER	1:42.06
19	A Hein 31	SAY	1:51.81

### 200 YD BACKSTROKE

1	Y Cattrall 31	OM	2:37.34
2	J Gettling 31	AM	2:42.45
3	G Drake 30	OH	





50 YD BUTTERFLY			5 M Jennings 60 SPAF 3:47.61			500 YD FREESTYLE			11 Arizona Masters-----1:59.24			12 The Olympic Club B -----1:34.07		
1 C Costello 57			6 V MacDonald 61 NEM 3:54.38			1 R Switzer 72 FM 9:57.32			12 St Pete Aquatic Florida-----1:59.31			13 Illinois Masters -----1:34.28		
2 S Erickson 56			7 R Wunderlich 61 OHIO 3:56.44			2 G Abraham 70 DCM 11:57.40			13 Eicher,Rose,Castner,Geiger			14 D C Masters -----1:34.49		
3 J Merriman 57 MAM 4:11.16			8 J Abbott 60 GCM 3:58.26			1650 YD FREESTYLE			13 Rockymountain Masters 'B'---2:06.75			15 Thelemans,Wright,Myerberg,Smith		
4 Z Griffin 57 FM 4:25.77			9 L Jones 62 GCH 4:26.48			1 R Switzer 72 FM 32:58.73			14 Rockymountain Masters 'C'---2:17.60			16 Maryland Masters-----1:37.25		
5 A Schafer 57 OHIO 4:46.61			10 L Peterson 61 CT 4:30.11			2 E Vein 70 MMY 34:59.24			15 Florida Masters-----2:19.21			17 Rockymountain Masters B ---1:37.70		
6 A Hottinger 58 RHM 5:32.42			100 YD BREASTSTROKE			3 G Abraham 70 DCM 41:01.75			15 Florida Masters-----2:19.21			18 Gold Coast Masters C -----1:37.78		
7 J Baker 59 NEM 1:00.14			1 E Rauner 60 GER 1:31.57			100 YD BACKSTROKE			1 D C Masters 'A'-----1:56.65			19 Caracas Masters Venezuela 1:40.28		
8 M Schiborski 56 WMAC 1:04.50			2 M Eicker 60 GER 1:35.21			1 M Butzbach 70 GER 1:53.36			2 New England Masters-----2:01.56			20 St Pete Aquatic FL -----1:44.27		
9 A Menary 59 UNA 1:20.27			3 J McColister 61 TAM 1:44.21			2 K Eschmann 72 MMY 2:09.13			3 Florida Masters 'A'-----Disq.			21 Florida Masters 'A'-----1:37.64		
100 YD BUTTERFLY			4 V MacDonald 61 NEM 1:46.15			3 R Shephard 71 DCM 2:13.14			4 Ontario Masters 'B'-----Disq.			22 New York Masters-----1:46.11		
1 C Costello 57			5 A Zoeller 62 FT 1:49.55			4 R Caplane 73 GCM 2:14.84			5 Ontario Masters 'B'-----Disq.			23 New York Masters-----1:46.11		
2 S Erickson 56			6 M George 63 CM 1:50.63			5 M Gottschalk 70 GER 2:16.28			6 Gold Coast Masters 'A'-----2:07.97			24 New York Masters-----1:46.11		
3 A Schafer 57 OHIO 1:51.90			7 L Rosen 61 GER 1:53.86			6 G Abraham 70 DCM 2:20.08			7 Hunter,West,Cole,Jefferson			25 New York Masters-----1:46.11		
4 B Carter 56 VM 1:57.77			8 V Andresen 63 GCM 1:55.79			7 L Black 72 JH 3:31.24			8 Arizona Masters-----2:14.33			26 New York Masters-----1:46.11		
5 J Baker 59 NEM 2:10.43			9 B Stevens 63 GCM 2:23.12			100 YD BACKSTROKE			9 St. Pete Aquatic FL-----2:16.03			27 New York Masters-----1:46.11		
100 YD INDIVIDUAL MEDLEY			100 YD BREASTSTROKE			1 E Vein 70 MMY 4:10.68			10 Arizona Masters-----2:14.33			28 New York Masters-----1:46.11		
1 D Donnelly 58 CONN 1:22.64			1 E Rauner 60 GER 3:25.81			2 R Shepherd 71 DCM 4:41.10			11 Florida Masters-----2:18.30			29 New York Masters-----1:46.11		
2 D LaChasse 56 SBSC 1:26.79			2 M Eicker 60 GER 3:35.44			3 M Gottschalk 70 GER 4:41.39			12 Florida Masters-----2:18.30			30 New York Masters-----1:46.11		
3 Z Griffin 57 FM 1:36.29			3 M George 63 FT 3:58.23			4 K Eschmann 72 MMY 4:42.63			13 Florida Masters-----2:18.30			31 New York Masters-----1:46.11		
4 S Allnut 56 MAM 1:37.94			4 A Zoeller 62 FT 4:00.33			5 R Caplane 73 GCM 4:52.23			14 Florida Masters-----2:18.30			32 New York Masters-----1:46.11		
5 A Schafer 57 OHIO 1:41.64			5 V MacDonald 61 NEM 4:00.44			6 G Abraham 70 DCM 4:57.03			15 Florida Masters-----2:18.30			33 New York Masters-----1:46.11		
6 J Haupt 56 MAM 1:41.69			6 M Jennings 60 FM 4:23.85			100 YD BREASTSTROKE			16 Florida Masters-----2:18.30			34 New York Masters-----1:46.11		
7 B Dendy 59 FM 1:42.06			7 L Peterson 61 CT 5:05.75			1 M Butzbach 70 GER 1:46.10			17 Florida Masters-----2:18.30			35 New York Masters-----1:46.11		
8 I Tremmel 55 GER 1:47.99			50 YD BUTTERFLY			2 M Lochter 70 GER 1:57.38			18 Florida Masters-----2:18.30			36 New York Masters-----1:46.11		
9 J Baker 59 NEM 2:00.64			1 J Epley 60 IM 35.32			3 B Wayne 70 SHM 2:06.77			19 Florida Masters-----2:18.30			37 New York Masters-----1:46.11		
10 M Schiborski 56 WMAC 2:14.02			2 M Pfannmuller 60 GER 45.07			4 M Gottschalk 70 GER 2:12.61			20 Florida Masters-----2:18.30			38 New York Masters-----1:46.11		
11 A Menary 59 UNA 2:35.48			3 R Wunderlich 61 OHIO 51.34			5 R Caplane 73 GCM 2:21.26			21 Florida Masters-----2:18.30			39 New York Masters-----1:46.11		
12 E Uhrich 55 NEM 3:05.96			4 J Hargreaves 61 SBSC 53.23			100 YD INDIVIDUAL MEDLEY			22 Florida Masters-----2:18.30			40 New York Masters-----1:46.11		
200 YD INDIVIDUAL MEDLEY			40 YD BUTTERFLY			1 M Butzbach 70 GER 3:50.81			23 Florida Masters-----2:18.30			41 New York Masters-----1:46.11		
1 C Costello 57			1 J Epley 60 IM 1:23.43			2 M Gottschalk 70 GER 4:35.74			24 Florida Masters-----2:18.30			42 New York Masters-----1:46.11		
2 Z Griffin 57 FM 2:33.42			2 E Taft 60 SHM 1:48.55			3 R Caplane 73 GCM 5:19.43			25 Florida Masters-----2:18.30			43 New York Masters-----1:46.11		
3 M Schafer 57 OHIO 3:42.80			3 R Wunderlich 61 OHIO 2:04.55			4 S Scott 72 MMY 6:29.63			26 Florida Masters-----2:18.30			44 New York Masters-----1:46.11		
4 B Carter 56 VM 3:47.88			100 YD INDIVIDUAL MEDLEY			1 B Wayne 70 SHM 55.04			27 Florida Masters-----2:18.30			45 New York Masters-----1:46.11		
5 J Baker 59 NEM 4:34.29			1 J Epley 60 IM 1:30.16			2 R Shepherd 71 DCM 1:07.54			28 Florida Masters-----2:18.30			46 New York Masters-----1:46.11		
WOMEN 60-64			2 E Rauner 60 GER 1:34.28			3 K Eschmann 72 MMY 1:08.06			29 Florida Masters-----2:18.30			47 New York Masters-----1:46.11		
50 YD FREESTYLE			3 Z Taft 60 SHM 1:38.83			4 S Scott 72 MMY 1:43.23			30 Florida Masters-----2:18.30			48 New York Masters-----1:46.11		
1 R Halbsguth 63 GER 34.97			4 L Johnson 61 NBM 1:45.46			100 YD BUTTERFLY			31 Florida Masters-----2:18.30			49 New York Masters-----1:46.11		
2 V Andresen 63 GCM 35.36			5 R Wunderlich 61 OHIO 1:51.24			1 B Wayne 70 SHM 2:12.39			32 Florida Masters-----2:18.30			50 New York Masters-----1:46.11		
3 J Mulligan 62 OHIO 35.51			6 M Jennings 60 SPAF 1:51.98			2 S Scott 72 MMY 4:12.92			33 Florida Masters-----2:18.30			51 New York Masters-----1:46.11		
4 M Pfannmuller 60 GER 35.66			7 E Randall 64 MIM 1:58.64			100 YD INDIVIDUAL MEDLEY			34 Florida Masters-----2:18.30			52 New York Masters-----1:46.11		
5 L Johnson 61 NBM 37.02			200 YD INDIVIDUAL MEDLEY			1 V Cherriman 72 ENG 1:52.62			35 Florida Masters-----2:18.30			53 New York Masters-----1:46.11		
6 V Gest 61 GM 37.77			1 J Epley 60 IM 3:23.09			2 B Wayne 70 SHM 2:00.85			36 Florida Masters-----2:18.30			54 New York Masters-----1:46.11		
7 A Pfeiffer 62 IHAC 38.00			2 Z Taft 60 SHM 3:34.84			3 R Shephard 71 DCM 2:20.72			37 Florida Masters-----2:18.30			55 New York Masters-----1:46.11		
8 J Abbott 60 GCM 38.02			3 M George 63 CT 3:54.67			4 E Landon 76 RM 2:42.41			38 Florida Masters-----2:18.30			56 New York Masters-----1:46.11		
9 B Bailly 60 AUS 38.76			4 M Jennings 60 SPAF 4:05.74			5 S Scott 72 MMY 2:50.97			39 Florida Masters-----2:18.30			57 New York Masters-----1:46.11		
10 E Randall 64 MIM 39.58			5 R Wunderlich 61 OHIO 4:08.82			50 YD INDIVIDUAL MEDLEY			40 Florida Masters-----2:18.30			58 New York Masters-----1:46.11		
11 L Rosen 61 GER 42.75			WOMEN 65-69			1 V Cherriman 72 ENG 4:09.94			41 Florida Masters-----2:18.30			59 New York Masters-----1:46.11		
12 L Jones 62 IM 43.19			50 YD FREESTYLE			2 B Wayne 70 SHM 4:26.40			42 Florida Masters-----2:18.30			60 New York Masters-----1:46.11		
13 L Heath 60 RHM 44.62			1 G Harnisch 66 GER 39.49			3 S Scott 72 MMY 6:09.33			43 Florida Masters-----2:18.30			61 New York Masters-----1:46.11		
14 G Fusselman 60 MAM 44.75			2 A McAfee 67 DCM 49.64			50 YD FREESTYLE			44 Florida Masters-----2:18.30			62 New York Masters-----1:46.11		
15 B Stevens 63 GCM 45.21			3 E Wilder 66 IRCC 55.68			1 G Harnisch 66 GER 1:31.36			45 Florida Masters-----2:18.30			63 New York Masters-----1:46.11		
16 A Roy 60 ACC 47.49			100 YD FREESTYLE			2 S Marsh 66 RHM 1:43.42			46 Florida Masters-----2:18.30			64 New York Masters-----1:46.11		
17 A Zoeller 62 FM 53.74			3 R Ridenour 65 SBSC 1:55.54			3 M Keller 79 MH 1:00.11			47 Florida Masters-----2:18.30			65 New York Masters-----1:46.11		
100 YD FREESTYLE			4 L Elliott 65 RHM 2:06.31			100 YD FREESTYLE			48 Florida Masters-----2:18.30			66 New York Masters-----1:46.11		
1 J McColister 61 TAM 1:19.82			5 A Wilder 66 IRCC 2:19.22			1 S Fogle 76 GCH 2:10.52			49 Florida Masters-----2:18.30			67 New York Masters-----1:46.11		
2 V Andresen 63 GCM 1:21.17			200 YD FREESTYLE			2 E Landon 76 RM 2:11.20			50 Florida Masters-----2:18.30			68 New York Masters-----1:46.11		
3 J Mulligan 62 OHIO 1:21.83			1 S Stephens 67 WST 4:14.02			3 Kellier 79 SHM 2:11.23			51 Florida Masters-----2:18.30			69 New York Masters-----1:46.11		
4 R Halbsguth 63 GER 1:21.96			2 W Kennedy 67 SPAF 4:18.89			1 M McKechnie 75 SPAF 4:00.20			52 Florida Masters-----2:18.30			70 New York Masters-----1:46.11		
5 V Gest 61 GM 1:26.92			3 R Ridenour 65 SBSC 4:22.55			2 S Fogle 76 GCH 4:36.59			53 Florida Masters-----2:18.30			71 New York Masters-----1:46.11		
6 E Rauner 60 GER 1:28.20			4 J Gordon 67 AM 4:37.46			3 M Keller 79 MH 4:47.25			54 Florida Masters-----2:18.30			72 New York Masters-----1:46.11		
7 A Pfeiffer 62 IHAC 1:28.80			5 L Elliott 65 RHM 4:42.04			1 NICHAN MASTERS			55 Florida Masters-----2:18.30			73 New York Masters-----1:46.11		
8 J Abbott 60 GCM 1:30.27			6 A Wilder 66 IRCC 5:11.15			1 M McKechnie 75 SPAF 10:51.70			56 Florida Masters-----2:18.30			74 New York Masters-----1:46.11		
9 E Randall 64 MIM 1:31.18			500 YD FREESTYLE			2 M Keller 79 MH 12:19.85			57 Florida Masters-----2:18.30			75 New York Masters-----1:46.11		
10 B Bailly 60 AUS 1:32.44			1 S Marsh 66 RHM 10:34.65			1650 YD FREESTYLE			58 Florida Masters-----2:18.30			76 New York Masters-----1:46.11		
11 L Jones 62 IM 1:38.04			2 R Ridenour 65 SBSC 11:06.57			1 M McKechnie 75 SPAF 36:35.38			59 Florida Masters-----2:18.30			77 New York Masters-----1:46.11		
12 G Fusselman 60 MAM 1:38.54			3 S Stephens 67 WST 11:12.34			2 E Landon 76 RM 39:38.98			60 Florida Masters-----2:18.30			78 New York Masters-----1:46.11		
13 A Roy 60 ACC 1:40.67			4 L Elliott 65 RHM 11:36.49			3 M Keller 79 MH 41:51.48			61 Florida Masters-----2:18.30			79 New York Masters-----1:46.11		
14 L Peterson 61 CT 1:46.78			5 A Wilder 66 IRCC 13:51.57			100 YD BACKSTROKE			62 Florida Masters-----2:18.30			80 New York Masters-----1:46.11		
200 YD FREESTYLE			1550 YD FREESTYLE			1 M McKechnie 75 SPAF 2:02.28			63 Florida Masters-----2:18.30			81 New York Masters-----1:46.11		
1 J McColister 61 TAM 2:56.58			1 S Marsh 66 RHM 36:34.03			2 S Fogle 76 GCM 2:44.26			64 Florida Masters-----2:18.30			82 New York Masters-----1:46.11		
2 J Mulligan 62 OHIO 3:01.69			2 S Stephens 67 WST 37:28.54			200 YD BACKSTROKE			65 Florida Masters-----2:18.30			83 New York Masters-----1:46.11		
3 E Rauner 60 GER 3:08.59			3 D Dent 65 RHM 40:18.47			1 M McKechnie 75 SPAF 4:25.13			66 Florida Masters-----2:18.30			84 New York Masters-----1:46.11		
4 V Gest 61 GM 3:13.52			100 YD BACKSTROKE			2 E Landon 76 RM 5:17.17			67 Florida Masters-----2:18.30			85 New York Masters-----1:46.11		
5 L Johnson 61 NBM 3:14.39			1 S Marsh 66 RHM 1:56.47			50 YD BUTTERFLY			68 Florida Masters-----2:18.30			86 New York Masters-----1:46.11		
6 A Pfeiffer 62 IHAC 3:17.76			2 D Elliott 65 RHM 2:04.80			1 S Fogle 76 GCH 1:14.72			69 Florida Masters-----2:18.30			87 New York Masters-----1:46.11		
7 E Randall 64 MIM 3:30.48			3 D Dent 65 RHM 2:19.69			50 YD FREESTYLE			70 Florida Masters-----2:18.30			88 New York Masters-----1:46.11		
8 J Abbott 60 GCM 3:34.72			4 J Gordon 67 AM 2:26.62			1 P Miller 82 MVN 1:14.90			71 Florida Masters-----2:18.30			89 New York Masters-----1:46.11		
9 G Fusselman 60 MAM 3:40.71			5 W Kennedy 67 SPAF 2:32.84			2 N Brown 86 DCM 1:30.79			72 Florida Masters-----2:18.30			90 New York Masters-----1:46.11		
10 L Jones 62 IM 3:41.31			200 YD BACKSTROKE			100 YD FREESTYLE			73 Florida Masters-----2:18.30			91 New York Masters-----1:46.11		
11 A Roy 60 ACC 3:41.47			1 M Anderson 65 TGM 4:05.93			1 P Miller 82 MVN 2:51.98			74 Florida Masters-----2:18.30			92 New York Masters-----1:46.11		
12 L Peterson 61 CT 3:56.11			2 S Marsh 66 RHM 4:13.93			2 N Brown 86 DCM 3:23.43			75 Florida Masters-----2:18.30			93 New York Masters-----1:46.11		
13 B Bailly 60 AUS Disq.			3 S Stephens 67 WST 4:26.81			3 R Deal 81 UNA 4:10.81			76 Florida Masters-----2:18.30			94 New York Masters-----1:46.11		
500 YD FREESTYLE			4 D Dent 65 RHM 4:44.31			200 YD FREESTYLE			77 Florida Masters-----2:18.30			95 New York Masters-----1:46.11		
1 J McColister 61 TAM 7:55.61			1 M Anderson 65 TGM 1:52.38			1 P Miller 82 MVN 6:00.44			78 Florida Masters-----2:18.30			96 New York Masters-----1:46.11		
2 B Bailly 60 AUS 8:30.67			2 W Kennedy 67 SPAF 2:44.07			2 N Brown 86 DCM 7:24.12			79 Florida Masters-----2:18.30			97 New York Masters-----1:46.11		
3 J Hargreaves 61 SBSC 8:31.35			200 YD BREASTSTROKE			3 R Deal 81 UNA 9:00.67			80 Florida Masters-----2:18.30			98 New York Masters-----1:46.11		
4 J Mulligan 62 OHIO 8:36.84			1 M Anderson 65 TGM 3:51.85			100 YD BACKSTROKE			81 Florida Masters-----2:18.30			99 New York Masters-----1:46.11		
5 A Pfeiffer 62 IHAC 8:44.58			2 W Kennedy 67 SPAF 5:54.61			1 P Miller 82 MVN 5:57.89			82 Florida Masters-----2:18.30			100 New York Masters-----1:46.11		
6 V Gest 61 GM 8:49.48			50 YD BUTTERFLY			2 P Miller 82 MVN 8:38.81			83 Florida Masters-----2:18.30			101 New York Masters-----1:46.11		
7 L Johnson 61 NBM 8:57.59			1 G Harnisch 66 GER 54.38			100 YD INDIVIDUAL MEDLEY			84 Florida Masters-----2:18.30			102 New York Masters-----1:46.11		
8 G Fusselman 60 MAM 9:38.11			2 J Gordon 67 AM 1:10.35			1 R Deal 81 UNA 6:23.57			85 Florida Masters-----2:18.30			103 New York Masters-----1:46.11		
9 V MacDonald 61 NEM 9:44.17			100 YD INDIVIDUAL MEDLEY			25+ RELAYS			86 Florida Masters-----2:18.30			104 New York Masters-----1:46.11		
10 L Heath 60 RHM 9:44.24			1 G Harnisch 66 GER 1:50.02			1 DCM 'A'-----1:43.66			87 Florida Masters-----2:18.30			105 New York Masters-----1:46.11		
11 A Zoeller 62 FM 10:55.68			2 J Gordon 67 AM 1:10.35			2 Skyf, Lee, Ruppert, Hirsty			88 Florida Masters-----2:18.30			106 New York Masters-----1:46.11		
1650 YD FREESTYLE			3 J McColister 61 TAM 27:22.50			100 YD FREESTYLE			89 Florida Masters-----2:18.30			107 New York Masters-----1:46.11		
1 J Epley 60 IM 26:22.54			4 J Hargreaves 61 SBSC 29:50.49			1 P Miller 82 MVN 5:57.89			90 Florida Masters-----2:18.30			108 New York Masters-----1:46.11		
2 J McColister 61 TAM 27:22.50			5 L Johnson 61 NBM 30:34.29			2 R Deal 81 UNA 8:38.81			91 Florida Masters-----2:18.30			109 New York Masters-----1:46.11		
3 J Hargreaves 61 SBSC 29:50.49			1 G Harnisch 66 GER 1:50.02			200 YD FREESTYLE			92 Florida Masters-----2:18.30			110 New York Masters-----1:46.11		
4 L Johnson 61 NBM 30:34.29			2 R Ridenour 65 SBSC 2:12.79			1 R Deal 81 UNA 6:23.57			93 Florida Masters-----2:18.30			111 New York Masters-----1:46.11		
5 B Bailly 60 AUS 31:36.73			3 D Dent 65 RHM 2:22.06			WOMEN 200 YD FREESTYLE RELAY			94 Florida Masters-----2:18.30			112 New York Masters-----1:46.11		
6 L Heath 60 RHM 34:16.88			4 J Gordon 67 AM 2:39											

9 OHIO A -----1:53.81	7 Rockymountain Masters B --2:10.41
Greenfield,Lilly,Boyle,Bowshard	Buchanan,Mann,Wallower,Quirke
10 Florida Masters -----2:02.96	8 Pensacola SM -----2:13.41
Keenan,Danart,Beattie,Stearns	Rosasco,McSheehy,Whitcomb,McSheehy
11 Rocky Mountain Masters -----2:04.04	9 D C Masters -----2:14.55
Jones,Pudin,Jones,Chesnoe	Emes,Brey,DeSagasti,Flanagan
12 St Pete Aquatic F1 -----2:08.14	10 OHIO A -----2:19.16
Cameron,Thomas,Boon,Pyhel	Lamb,Kakos,Ferguson,Kakos
13 Gold Coast Masters C -----2:09.65	11 Middle Atlantic Masters -----2:21.88
Miller,Taylor,Leskovitz,McIntyre	Richards,Stratton,Hagan,Franks
14 Middle Atlantic Masters -----2:40.27	12 SCH - Germany -----2:23.87
Melick,Melick,Tulenan,Rowan	Kaser,Aussem,Eich,Schober
Ontario Masters -----Disq.	Ontario Masters A & B -----Disq.
Michigan Masters -----Disq.	Michigan Masters -----Disq.
<b>MEN 200 YD FREESTYLE RELAY</b>	
1 Rocky Mountain Masters A--1:29.27	1 New England Masters A -----1:39.94
Abrahams,Ogilby,Lieb,Garton	Lyndon,Reid,Yorzzyk,Wilson
2 The Olympic Club A -----1:31.31	2 Gold Coast Masters A -----1:41.29
Hill,Mann,Rauen,Clark	Rosser,Cole,Miller,Malone
3 Trojan Swim Club -----1:33.51	3 Florida Masters -----1:48.26
Smith,Thomson,Roberts,Larson	Beattie,MacDonald,Hellman,Thomas
4 Gold Coast Masters A -----1:34.01	4 New England Masters B -----1:49.65
Buchan,Meng,Winn,McCarthy	Haartz,Mulvey,Allen,Hulme
5 OHIO -----1:35.37	5 OHIO -----1:49.91
Banschard,Greenfield,Boyle,Schaffner	VanDijk,Volk,Kakos,Fox
6 Florida Masters A -----1:36.97	6 Metro Masters of New York-1:50.87
Keenan,Curland,Guthrie,Stearns	Tebbens,Sanguilly,Rooney,Silverstein
7 D C Masters -----1:37.18	7 Rockymountain Masters -----1:52.89
Bechtel,Goodwin,Taft,Worthington	Williams,Talmage,Donald,McComb
8 The Olympic Club B -----1:40.36	8 Gold Coast Masters B -----1:54.92
Cartwright,Clevenger,Bohan,Cook	Pandak,Holmes,Busse,Miller
9 Gold Coast Masters B -----1:41.05	9 D C Masters -----1:56.22
McIntyre,Duenkel,Leskovitz,Foster	Emes,Cben,Dodge,Flanagan
10 Pensacola S M -----1:41.57	10 SCAE - Germany -----1:59.48
Seely,Barrett,McSheehy,Hullen	Haus,Willich,Dulks,Liesner
11 St Pete Aquatic FL -----1:43.62	11 Metro Masters B -----2:02.20
Cameron,Betzer,Plaskett,Pyhel	Briesemeister,Guido,Nellon,Rowe
12 New England Masters -----1:45.19	12 SCH - Germany -----2:28.99
Snooks,Clayson,Hamilton,Hunter	Conrad,Lurssen,Paul,Tremmel
13 Rockymountain Masters B -----1:45.90	Ontario Masters -----Disq.
O'Brien,James,May,Lanum	Ontario Masters -----Disq.
14 Florida Masters B -----1:47.40	<b>MEN 200 YD MEDLEY RELAY</b>
Campbell,Mahaffey,Kibby,Tucker	1 New England Masters A -----1:52.37
15 Michigan Masters A -----1:49.02	Mulvey,Haartz,Yorzzyk,Read
Rhudy,Spear,Knor,Koenig	2 Gold Coast Masters A -----1:55.21
16 Tamalpais Aquatic Masters-1:49.72	Miller,Cole,Rosser,Malone
O'Rooff,Cooper,Cunningham,Smith	3 Jersey Masters -----2:02.19
17 Wisconsin Masters A C -----1:55.44	Rooney,Sanguilly,Tebbens,Silverstein
Hellmuth,Bauman,Wilson,Mueny	4 Florida Masters -----2:02.34
Michigan Masters B -----Disq.	Beattie,Hellman,MacDonald,Thomas
D C Masters B -----Disq.	5 OHIO -----2:06.63
18 OHIO -----2:06.63	Volk,Kakos,Fox,VanDijk
19 WSF - Germany -----2:06.76	6 WSF - Germany -----2:06.76
Kayser,Wissing,Ruckewold,Middledorf	7 Gold Coast Masters B -----2:10.00
20 Gold Coast Masters B -----2:10.00	Miller,McCarthy,Holmes,Pandak
21 Michigan Masters A & B -----2:10.00	8 Rockymountain Masters -----2:15.72
22 DC Masters B -----2:22.80	McComb,Wallower,Williams,Quirke
23 D C Masters -----2:22.80	9 D C Masters -----2:22.80
24 Dodge,Chen,Flanagan,Murphy	10 Metro Masters B -----2:28.69
25 Row,Neilon,Briesemeister,Guido	11 SCH - Germany -----2:31.38
12 CONN -----2:45.45	Conrad,Paul,Hoffmann,Bohmer
13 Chamberlain,Langner,Brumstad,	14 CONN -----2:45.45
Ouchakoff	Chamberlain,Langner,Brumstad,
14 St Pete Aquatic -----Disq.	Ouchakoff
Ontario Masters -----Disq.	15 St Pete Aquatic -----Disq.
New England Masters B -----Disq.	Ontario Masters -----Disq.
Michigan Masters A -----Disq.	16 Illinois Masters -----2:23.91
17 Illinois Masters -----2:23.91	Eppley,Huttiger,Newton,Jones
18 Florida Masters -----3:29.42	19 Florida Masters B -----2:25.21
Small,McGuire,Glatton,Boiswell	20 Howard,Gest,Smally,Hutchinson
21 Ontario Masters -----Disq.	21 SCH - Germany -----2:25.52
22 Lurssen,Tremmel,Lurssen,Tremmel	23 New England Masters -----2:29.07
24 Edwards,Baker,MacDonald,Uhrich	25 Michigan Masters -----2:58.48
26 Rosenkrantz,Runkel,Bingham,Randall	27 Merriman,Hagan,Stratton,Haupt
28 Merriman,Hagan,Stratton,Haupt	29 SCH - Germany -----2:58.94
30 Tremmel,Lurssen,Aussem,Eich	31 Florida Masters -----3:29.42
32 Small,McGuire,Glatton,Boiswell	33 Ontario Masters -----Disq.
34 New England Masters -----1:57.96	35 Lyndon,Martin,McIntyre,Reid
36 Rockymountain Masters A --1:58.34	37 Mann,Anderson,Williams,McComb
38 Florida Masters -----2:04.09	39 MacDonald,Boswell,Sahagian,Thomas
40 Tamalpais Aquatic Masters-2:07.14	41 Cunningham,Hoey,McCollister,Cooper

27 R Pickler 25	RIN	52.35	17 G Carrigan 27	FM	1:02.10
28 Venable 28	MAM	52.37	18 R Pickler 25	RIN	1:05.86
29 B Kloppe 28	NAC	52.43	19 G Adams 25	ENG	1:06.01
30 R Ruth 27	FM	52.50	20 S Cheney 28	SPAF	1:06.05
31 J Marshall 26	TAM	52.76	21 E Young 28	SM	1:06.48
32 M Gilmore 27	TSC	53.16	22 R Bergholtz 26	SOY	1:06.87
33 J Keswick 27	PSM	53.28	23 E King 28	TOC	1:07.09
34 S Freeks 28	SLM	53.55	24 J Keswick 27	PSM	1:07.37
35 D Edgett 28	AM	54.09	25 D Archbold 25	FM	1:14.01
36 R Diwell 27	OM	54.23	<b>200 YD BACKSTROKE</b>		
37 D Carlson 27	TOC	54.27	1 R Whitchurch 27	RIN	2:00.11
38 R Vancher 26	RHM	54.30	2 P O'Keefe 29	NYAC	2:02.59
39 R Bergholtz 26	SOY	54.42	3 C Wolff 28	RHM	2:03.87
40 B Gianniny 29	UNA	54.50	4 R Hassett 25	TERR	2:04.43
41 T Hight 29	UNA	54.69	5 R Bober 29	FM	2:07.55
42 B Coset 26	SRN	55.04	6 J Murphy 29	FM	2:09.39
43 K Frederick 28	HIM	55.23	7 C Claffin 26	GM	2:10.40
44 B French 25	OHIO	55.46	8 H Green 28	GM	2:10.40
45 G Adams 25	ENG	55.97	9 R Siggs 28	UNA	2:10.41
46 S Latter 25	NEM	58.91	10 A Cockburn 26	UNA	2:11.98
47 J Middleton 26	ENG	1:03.78	11 S McMillen 26	IRCC	2:13.42
48 G Wilson 25	SAY	1:16.60	12 H Steingass 25	DCDR	2:11.30
<b>200 YD FREESTYLE</b>					
1 J Griffith 27	TOC	1:45.36	17 J Marshall 26	TAM	2:17.87
2 W Mills 28	SASA	1:45.55	18 E King 28	TOC	2:18.87
3 B Carter 25	UNA	1:47.54	19 D Meyers 27	TCA	2:19.82
4 P Brunson 28	NHM	1:48.00	17 R Rawson 28	TOC	2:20.76
5 M Paglia 25	HIM	1:48.84	18 G Adams 25	ENG	2:21.09
6 J Dietrich 27	TOC	1:49.19	19 D Phelan 27	JM	2:21.89
7 D Tocer 25	IM	1:49.25	20 E Young 28	SM	2:25.48
8 D Hague 26	SASC	1:49.86	21 S Cheney 28	SPAF	2:31.06
9 S Meisel 25	FM	1:50.00	<b>100 YD BREASTSTROKE</b>		
10 R Hansen 25	DCDR	1:50.22	1 D Wilkie 26	SASA	58.51
11 P O'Keefe 29	NYAC	1:50.53	2 C Miltonberger 28	FM	59.82
12 J Yates 26	UNA	1:50.56	3 T Shead 27	GCM	1:01.28
13 G Carrigan 27	FM	1:50.71	4 R Hassett 25	TERR	1:02.54
14 B Sturgess 28	MUTS	1:52.48	5 M Paglia 25	HIM	1:02.76
15 S McMillen 26	IRCC	1:53.54	6 G Leach 26	UNA	1:03.09
16 L Krauser 26	UNA	1:54.89	7 C Russell 27	GSC	1:03.81
17 B Kloppe 28	NAC	1:55.22	8 P Bretscher 28	UNA	1:04.19
18 D Phelan 27	JM	1:55.65	9 F Hubbell 27	UNA	1:04.27
19 D Abbott 29	LAC	1:55.91	10 C Chappel 28	FM	1:04.68
20 S Freeks 28	SLM	1:56.39	11 L Chaisson 27	DCDR	1:04.79
21 B Coset 26	SRN	1:56.45	12 D Anderson 28	MM	1:05.07
22 R Pickler 25	RIN	1:56.65	13 J Banks 25	AMSC	1:05.65
23 R Bober 29	TM	1:58.04	14 R Armstrong 29	OM	1:07.45
24 J Keswick 27	PSM	1:58.80	15 A Dailey 25	ASC	1:07.45
25 R Rawson 28	TOC	1:59.45	16 A Moyes 26	TOC	1:07.50
26 D Carlson 27	TOC	1:59.56	17 W Thelemann 25	DCM	1:07.97
27 E King 28	TOC	1:59.72	18 N Rottmann 29	FM	1:09.12
28 M Gilmore 27	TSC	2:00.37	19 C Graham 26	FM	1:09.28
29 D Edgett 28	AM	2:01.69	20 A Cockburn 26	UNA	1:09.56
30 R Diwell 27	OM	2:02.30	21 K Lynch 25	OHIO	1:11.02
31 T Mester 28	FM	2:04.60	22 W Park 27	OHIO	1:11.31
32 R Ruth	FM	2:05.48	<b>200 YD BREASTSTROKE</b>		
33 R Vancher 26	RHM	2:05.80	1 D Wilkie 26	SASA	2:08.41
34 S Latter 25	NEM	2:11.51	2 R Hassett 25	TERR	2:14.49
35 G Wilson 25	SAY	2:44.48	3 M Paglia 25	HIM	2:14.75
<b>500 YD FREESTYLE</b>					
1 B Carter 25	UNA	4:48.95	5 C Chappel 28	FM	2:22.03
2 P Brunson 28	NHM	4:53.86	6 G Leach 26	UNA	2:22.61
3 M Paglia 25	HIM	4:54.77	7 C Russell 27	GSC	2:22.92
4 R Whitchurch 27	RIN	5:01.66	8 L Chaisson 27	DCDR	2:23.97
5 J Dietrich 27	TOC	5:05.59	9 D Anderson 28	MM	2:24.31
6 S McMillen 26	IRCC	5:11.59	10 C Miltonberger 28	FM	2:25.12
7 D Archbold 25	FM	5:14.17	11 L Graham 26	FM	2:30.74
8 L Chaisson 27	DCDR	5:14.40	12 N Rottmann 29	OM	2:30.84
9 B Kloppe 28	NAC	5:15.18	13 A Cockburn 26	UNA	2:32.50
10 R Siggs 28	UNA	5:17.03	14 S Dailey 25	ASC	2:33.80
11 B Coset 26	SRN	5:18.02	15 W Park 27	OM	2:34.73
12 W Bastie 27	FM	5:24.69	16 W Bastie 27	FM	2:35.44
13 E King 28	TOC	5:25.70	17 C Holthaus 29	SLM	2:39.21
14 D Anderson 28	MM	5:27.07	18 A Moyes 26	TOC	Disq.
15 D Phelan 27	JM	5:27.11	<b>50 YD BUTTERFLY</b>		
16 L Krauser 26	UNA	5:27.30	1 R Hansen 25	DCDR	23.67
17 S Freeks 28	SLM	5:35.24	2 M Heather 26	TSC	23.77
18 N Rottmann 29	OM	5:35.42	3 D Hague 26	SASC	23.98
19 A Cockburn 26	UNA	5:37.80	4 J Murphy 29	FM	24.04
20 C Holthaus 29	SLM	5:38.75	5 R Dalrymple 28	NYAC	24.07
21 D Carlson 27	TOC	5:40.40	6 P Katz 29	NYAC	24.27
22 T Mester 28	UNA	5:42.74	7 W Mills 28	SASA	24.39
23 E Young 28	SM	5:47.54	8 B Mallette 27	UNA	24.46
24 D Edgett 28	AM	5:49.82	9 J Kierstead 29	HAM	24.53
25 R Diwell 27	OH	5:55.48	10 K Jerrett 29	FM	24.54
26 R Vancher 26	RHM	6:06.96	11 B Sturgess 28	MUTS	24.68
27 D Beutenmuller 29	GCM	6:30.91	12 P Bretscher 28	UNA	24.80
28 J Lodie 25	NEM	6:35.24	13 C Hudgell 25	OM	24.94
29 G Wilson 25	SAY	7:35.73	14 R Robertson 25	LAC	24.96
<b>1650 YD FREESTYLE</b>					
1 B Carter 25	UNA	16:56.18	16 D Wagner 26	AM	25.22
2 P Brunson 28	NHM	17:23.30	17 R Wright 29	DCM	25.41
3 M Paglia 25	HIM	17:43.49	18 L Chaisson 27	DCDR	25.44
4 J Atkinson 29	UNA	18:15.58	19 L Krauser 26	UNA	25.46
5 R Siggs 28	UNA	18:19.74	20 R Slama 29	GCM	25.58
6 D Archbold 25	FM	18:24.77	21 D Abbott 29	LAC	25.80
7 L Krauser 26	UNA	18:45.32	22 C Claffin 26	GM	25.84
8 R Bober 29	TM	18:49.96	23 H Steingass 25	DCDR	26.00
9 S McMillen 26	IRCC	18:56.20	24 R Ruth 27	FM	26.04
10 B Kloppe 28	NAC	19:02.24	25 R Armstrong 29	OM	26.42
11 J Keswick 27	PSM	19:29.55	26 T Magnuson	RHM	26.50
12 C Holthaus 29	SLM	19:37.70	27 J Marshall 27	TAM	26.58
13 W Park 27	OM	19:47.77	28 M Gilmore 27	TSC	26.65
14 E King 28	TOC	19:51.93	29 C Graham 26	FM	26.79
15 E Young 28	SM	20:01.83	30 B Coset 26	SRN	26.94
16 T Mester 28	UNA	20:15.49	31 B Gianniny 29	UNA	26.98
17 M Gilmore 27	TSC	20:55.44	32 T Mester 28	UNA	28.00
18 D Edgett 28	AM	20:31.63	33 D Meyers 27	TCA	28.14
19 J Lodie 25	NEM	22:52.26	34 D Wilkie 26	SASA	28.19
20 G Wilson 25	SAY	26:16.28	35 R Vancher 26	RHM	28.72
<b>100 YD BACKSTROKE</b>					
1 T Hight 29	UNA	55.15	37 J Middleton 26	ENG	30.56
2 R Whitchurch 27	RIN	55.40	<b>100 YD BUTTERFLY</b>		
3 P O'Keefe 29	NYAC	55.91	1 M Heather 26	TSC	52.10
4 C Wolff 28	RHM	56.40	2 J Griffith 27	TOC	52.26
5 M Paglia 25	UNA	56.50	3 R Hansen 25	DCDR	52.30
6 C Claffin 26	GM	57.15	4 J Murphy 29	FM	53.54
7 H Green 28	GM	57.68	5 D Hague 26	SASC	53.93
8 R Siggs 28	UNA	58.26	6 B Mallette 27	UNA	54.45
9 R Bober 29	TM	59.20	7 R Carter 25	UNA	54.78
10 R Wright 29	DCM	59.56	8 R Dalrymple 28	NYAC	54.81
11 S McMillen 26	IRCC	1:00.20	9 P Bretscher 28	UNA	54.82
12 H Steingass 25	DCDR	1:00.26	10 J Venable 28	MAM	55.52
13 J Marshall 26	TAM	1:01.21	11 D Wagner 26	AM	55.83
14 R Rawson 28	TOC	1:01.77	12 R Whitchurch 27	RIN	55.88
15 D Phelan 27	JM	1:01.77	13 G Bastie 29	FM	56.06
16 D Meyers 27	TCA	1:01.99	14 C Wolff 28	RHM	56.41
			15 C Hudgell 25	OM	56.54



16 T Whitley 28	AM	57.34
17 S McMillen 25	IRCC	57.38
18 W Bastie 27	FM	57.84
19 D Abbott 29	LAC	58.16
20 B Coset 26	SRN	58.90
21 S Freerks 28	SLH	59.04
22 M Steingas 25	DCRD	59.48
23 K Bloppe 28	NAC	1:00.53
24 M Gilmore 27	TSC	1:01.23
25 R Ruth 27	FM	1:01.72
26 W Park 27	OM	1:01.87
27 D Edgell 28	AM	1:01.93
28 E Young 28	SM	1:06.07
29 D Archbold 25	FM	1:06.50
30 J Middleton 26	ENG	1:18.08

100 YD INDIVIDUAL MEDLEY		
1 D Wilkie 26	SASA	53.89
2 W Mills 28	SASA	54.69
3 R Hassett 25	TERR	55.19
4 C Miltenberger 28	FM	55.23
5 C Wolff 28	RMM	55.58
6 T Shead 27	GCM	55.60
7 F Hubbell 27	UNA	55.69
8 B Hallette 27	UNA	55.92
9 S Heisel 25	FM	55.95
10 M Heather 26	TSC	55.99
11 J Murphy 29	FM	56.14
12 R Robertson 25	LAC	56.23
13 C Claffin 26	GM	56.61
14 Y Yates 26	UNA	57.39
15 T Whitley 28	AM	57.88
16 P O'Keefe 29	NYAC	57.90
17 R Wright 29	DCH	58.14
18 D Tocer 25	IM	58.23
19 R Dalrymple 28	NYAC	58.38
20 C Russell 27	GSC	58.58
21 J Banks 25	AMSC	58.61
22 C Hudgell 25	OM	58.72
23 R Armstrong 29	OM	59.40
24 J Venable 28	MAM	59.65
25 G Leach 26	UNA	59.99
26 G Bastie 29	FM	1:00.05
27 D Wagner 26	AM	1:00.41
28 D Anderson 28	HM	1:00.95
29 C Graham 26	FM	1:01.84
30 R Bergholtz 26	SOY	1:01.95
31 R Rawson 28	TOC	1:03.18
32 B Gianniny 29	UNA	1:03.53
33 S Cheney 28	SPAF	1:03.56
34 K Lynch 25	OHIO	1:03.56
35 R Gilman 29	GCM	1:03.60
36 A Hayes 26	TOC	1:04.11
37 B Frederick 28	MIM	1:06.55
38 R Yancer 26	RMM	1:06.65

200 YD INDIVIDUAL MEDLEY		
1 J Griffith 27	TOC	2:00.01
2 R Hassett 25	TERR	2:00.60
3 B Hallette 27	UNA	2:01.65
4 C Wolff 28	RMM	2:02.10
5 R Whitchurch 27	RIN	2:02.41
6 R Robertson 25	LAC	2:02.78
7 J Murphy 29	FM	2:03.90
8 T Shead 27	GCM	2:04.33
9 S Heisel 25	FM	2:04.83
10 D Tocer 25	IM	2:05.63
11 S McMillen 26	IRCC	2:06.88
12 P Bretscher 28	UNA	2:07.31
13 C Chappel 28	FM	2:09.08
14 A Cockburn 26	UNA	2:10.21
15 R Siggis 28	UNA	2:10.22
16 C Russell 27	GSC	2:12.53
17 D Anderson 28	HM	2:16.01
18 N Rottmann 29	OM	2:16.15
19 S Freerks 28	SLH	2:16.77
20 J Keswilt 27	PSM	2:21.74
21 W Park 27	OM	2:22.66
22 E Young 28	SM	2:23.39
23 C Holtzhaus 29	SLH	2:24.81
24 S Cheney 28	SPAF	2:26.61
25 S Latta 25	NEM	2:28.50

50 YD FREESTYLE		
1 B Barthold 31	TOC	21.97
2 H Lane 30	NYAC	22.39
3 D Gray 34	SHM	22.53
4 A Nash 31	NIM	22.74
5 J Osterloh 31	TOC	22.74
6 J Tanner 30	PSM	22.76
7 T Jarvis 34	OM	22.77
8 J Hanchester 33	GCM	22.82
9 C Sellers 33	RMM	23.02
10 T Ralph 31	GCM	23.09
11 D Thomas 32	DCRD	23.15
12 J Lapides 30	NYAC	23.40
13 M Anderson 31	SRN	23.47
14 J Kurz 30	SL	23.63
15 S Broker 33	CONN	23.64
16 T Hodges 33	OM	23.80
17 R Rokisky 30	MNYH	23.85
18 V Hintlian 30	NYAC	24.00
19 C Cowan 30	GCM	24.08
20 B Bartling 32	SPAF	24.64
21 B Bird 33	OM	24.95
22 B Palmer 31	TAM	25.17
23 G Burke 31	FM	25.18
24 J Kriptomor 30	SOY	25.25
25 L Goodman 32	RMM	25.31
26 D Beutenmuller 32	GCM	26.35
27 M Stein 32	NEM	27.09
28 R Belloso 32	GER	27.88
29 H Happ 34	CNR	37.87

100 YD FREESTYLE		
1 B Barthold 31	TOC	48.08
2 F Schlicher 32	NEM	48.36
3 R Morehead 30	FM	49.14
4 H Lane 30	NYAC	49.46
5 D Gray 34	SHM	49.50
6 C Robinson 32	SLOS	49.71
7 T Jarvis 34	OM	49.76
8 J Osterloh 31	TOC	50.47
9 J Tanner 30	PSM	50.66
10 K Polansky 30	RMM	50.75
11 A Nash 31	MIM	50.96
12 J Lapides 30	NYAC	51.23
13 C Sellers 33	UNA	51.66
14 H Tlehr 30	GCM	51.71
15 J Manchester 33	DCRD	51.72
16 D Thomas 32	SL	51.76
17 T Ralph 31	JCR	51.76
18 S Broker 33	CONN	52.06
19 C Curtis 33	TENN	52.25
20 V Hintlian 30	PST	52.28
21 W Hancock 31	NYAC	52.54
22 V Binction 30	TOC	52.60
23 M Garibaldi 34	SRN	52.66
24 M Anderson 31	RMM	52.75
25 B Abbott 33	GCM	53.04
26 C Cowan 30	OM	53.34
27 T Hodges 33	DM	56.44
28 B Bird 33	HMST	59.41
29 C Knupp 31	RHM	59.79
30 L Goodman 32	FM	1:01.88
31 G Burke 31	NEM	1:02.55
32 M Stein 32	RMM	1:02.73
33 K Carney 32	CHV	1:05.60
34 R Belloso 32	CMV	1:05.60

100 YD BREASTSTROKE		
1 R Morehead 30	FM	1:03.51
2 F Forshey 31	MM	1:03.99
3 V Koller 31	WMAC	1:04.26
4 M Murphy 31	MIM	1:04.52
5 T Spieker 38	IM	1:04.58
6 S Broker 33	CONN	1:05.15
7 D Campbell 31	OH	1:05.15
8 R Krogsrud 33	GM	1:05.50
9 B Dubois 31	RHM	1:05.78
10 C Cowan 30	GCM	1:07.05
10 D Demski 33	HSC	1:07.46
11 M Tkeofok	OH	1:08.09
11 M Rockwood 33	UNA	1:08.16
12 R Long 30	SPAF	1:08.32
13 D Brendle 31	GCM	1:09.07
14 L Hunter 30	GM	1:09.47
15 J Zeigler 34	CHV	1:11.34
16 A Steiner 33	DCM	1:12.15
17 M Nova 31	RMM	1:12.81
18 V Daniels 32	SOY	1:13.44
19 J Kempthorne 30	RMM	1:15.22
20 K Carney 32	FM	1:20.01
21 J Turner 33	OM	1:35.60
22 K Senter 34	GER	1:36.07
23 H Happ 34		

200 YD BREASTSTROKE		
1 R Morehead 30	FM	2:19.50
2 F Forshey 31	MM	2:20.27
3 D Levinson 30	RIN	2:23.64
4 C Kolar 31	IM	2:23.82
5 R Dubois 31	MIM	2:24.78
6 R Hagelin 33	UNA	2:25.52
7 W Knier 31	WMAC	2:25.83
8 D Demski 33	HSC	2:26.61
9 K Polansky 30	RMM	2:28.04
10 D Brendle 31	SPAF	2:29.88
11 C Cowan 30	GCM	2:30.12
12 M Murphy 31	MIM	2:30.13
13 M Rockwood 33	OM	2:30.73
14 J Ziegler 34	GM	2:31.44
15 R Long 30	UNA	2:33.40
16 A Steiner 33	CHV	2:38.79
17 W Cerny 32	DC	2:41.50
18 M Nova 31	DCM	2:42.97
19 V Daniels 32	RMM	2:43.48
20 K Carney 32	RMM	2:44.65
21 J Turner 33	FM	2:50.96
22 H Happ 34	GER	3:25.51

50 YD BUTTERFLY		
1 T Jarvis 34	OM	24.64
2 C Robinson 32	SLOS	24.79
3 J Kurz 30	SL	25.01
4 J Hanchester 33	GCM	25.12
5 J Tanner 30	PSM	25.46
6 T Ralph 31	GCM	25.61
7 J Lapides 30	NYAC	25.65
8 D Thomas 32	DCRD	25.80
9 H Tlehr 30	UNA	25.95
10 B Bird 33	OM	26.08
11 D Cholekis 33	GCM	26.09
12 G Betancourt 34	CHV	26.24
13 J Baglinger 33	TOC	26.70
14 T Hodges 33	OM	26.79
15 V Hintlian 30	NYAC	26.83
16 B Abbott 33	RMM	26.91
17 J Kempthorne 30	SOY	27.60
18 M Rockwood 33	OM	27.63
19 B Boyer 33	NEF	27.72
20 M Stein 32	SPAF	31.72

100 YD BUTTERFLY		
1 F Schlicher 32	NEM	52.13
2 F Forshey 31	MM	55.02
3 C Robinson 32	SLOS	55.06
4 T Jarvis 34	OM	55.30
5 H Tlehr 30	UNA	55.92
6 D Levinson 30	RIN	56.58
7 J Kurz 30	SL	56.25
8 C Curtis 33	TENN	57.05
9 J Tanner 30	PSM	57.24
9 B Abbott 33	RMM	57.24
11 T Ralph 31	GCM	57.26
12 G Betancourt 34	CHV	57.54
13 J Lapides 30	NYAC	58.02
14 C Sellers 33	RMM	58.32
15 M Garibaldi 34	TOC	58.87
16 V Hintlian 30	NYAC	59.74
17 E Rudloff 32	TOC	59.91
18 B Bird 33	OM	59.95
19 H Rockwood 33	OM	1:01.89
20 B Boyer 33	SPAF	1:02.17
21 J Kempthorne 30	SOY	1:03.69

100 YD INDIVIDUAL MEDLEY		
1 R Morehead 30	FM	56.37
2 B Barthold 31	TOC	56.94
3 L Chose 31	ZAC	57.96
4 V Capriles 32	CHV	58.76
5 H Tlehr 30	UNA	59.05
6 S Broker 33	CONN	59.31
7 R Krogsrud 33	OH	59.40
8 H Lane 30	NYAC	59.65
9 D Campbell 31	SHM	59.96
10 J Hanchester 33	GCM	1:00.20
11 J Baglinger 33	TOC	1:00.32
12 M Anderson 31	SRN	1:00.52
13 W Koller 31	WMAC	1:01.35
14 T Hodges 33	OM	1:01.87
15 M Murphy 31	MIM	1:02.03
16 R Dubois 31	MIM	1:02.14
17 A Nash 31	IM	1:02.40
18 C Kolar 31	IM	1:02.74
19 D Demski 33	HSC	1:03.13
20 V Daniels 32	RMM	1:04.52
21 B Palmer 31	TAM	1:05.11
22 B Boyer 33	SPAF	1:07.29
23 K Carney 32	RMM	1:08.82
24 G Burke 31	FM	1:09.93
25 M Nova 31	DCM	1:10.85
26 D Beutenmuller 32	GCM	1:12.39
27 L Goodman 32	RMM	1:13.26
28 M Stein 32	NEM	1:13.95
29 B Podewitz 33	FM	1:14.38

200 YD INDIVIDUAL MEDLEY		
1 F Schlicher 32	NEM	2:00.37
2 R Morehead 30	FM	2:03.79
3 F Forshey 31	MM	2:07.05
4 L Chose 31	ZAC	2:07.31
5 T Spieker 38	RIN	2:10.49
6 S Broker 33	CONN	2:11.41
7 D Campbell 31	SHM	2:11.72
8 V Capriles 32	CHV	2:12.27
9 D Levinson 30	RIN	2:12.32
10 W Babcock 31	PST	2:12.79
11 V Hintlian 30	NYAC	2:13.06
12 J Baglinger 33	TOC	2:14.91
13 R Krogsrud 33	OM	2:16.13
14 C Kolar 31	IM	2:17.06
15 W Koller 31	WMAC	2:17.92
16 M Anderson 31	SRN	2:18.53
17 R Dubois 31	MIM	2:19.99
18 B Bartling 32	SPAF	2:20.02
19 D Demski 33	HSC	2:20.46
20 J Zeigler 34	GM	2:21.38
21 T Pearce 34	ENG	2:21.41
22 W Cerny 32	DC	2:22.41
23 B Boyer 33	SPAF	2:31.47
24 C Knupp 31	NEM	2:33.63
25 B Hanley 30	CHV	2:34.45
26 K Carney 32	RMM	2:35.28

50 YD FREESTYLE		
1 S Clark 36	TOC	21.99
2 R Abrahams 35	RHM	22.41
3 J Stearns 35	FM	22.77
4 B Lieb 39	UNA	22.79
5 K Ludwig 36	RMM	22.81
6 R Smith 36	TSC	22.89
7 R Baushard 35	SASA	22.92
8 R Baushard 35	OHIO	22.98
9 H Greenfield 35	OHIO	23.30
10 B Clark 38	H MU	23.35
11 J McCarthy 35	TAM	23.62
12 G Smith 37	GCM	23.70
13 C Winn 39	GCM	23.78
14 D Buchan 36	GCM	23.84
15 J Gordon 35	ENG	23.99
16 P Meng 37	GCM	24.28
17 R Schmarje 38	MSC	24.53
18 B Rhudy 38	HIM	24.63
19 B Keenan 36	FM	24.87
20 P Mullen 37	PSM	24.89
21 J Curland 35	FM	25.29
22 S Barber 35	AM	25.72
23 W Seely 36	PSM	26.39
24 M Jones 36	RMM	26.85
25 B McIntjies 39	FM	27.24
26 G Orloff 35	TAM	27.44
27 R Donners 38	GER	27.75
28 P Lovett 39	MM	28.14
29 B Tillye 36	OM	28.98
30 J Harding 39	OH	29.33
31 G Haynes 38	MUTS	29.73
32 D Lush 35	OM	29.78
33 J Hardy 37	CMV	32.07
34 J Wentworth 39	DCM	32.55
35 M Shaw 35	ENG	39.44

100 YD FREESTYLE		
1 T Garton 37	RMC	49.66
2 S Clark 36	TOC	49.77
3 K Ludwig 36	UNA	50.20
4 R Abrahams 35	RMM	50.45
5 R Smith 36	TSC	50.57
6 B Lieb 39	RHM	51.05
7 R Baushard 35	SASA	51.24
8 R Baushard 35	OHIO	51.39
9 H Greenfield 35	OHIO	52.05
10 J McCarthy 35	GCM	52.07
11 D Buchan 36	GCM	52.47
12 J Stearns 35	FM	52.50
13 B Clark 38	HUMU	52.69
14 R Pohlanski 36	MIM	52.76
15 J Crane 35	DC	52.88
16 J Gordon 35	ENG	52.94

<b>50 YD BUTTERFLY</b>		UNA 24.84	11 C Christensen 42	MM 56.21	<b>200 YD BREASTSTROKE</b>		11 W King 46	MM 59.08	<b>200 YD BREASTSTROKE</b>	
1 K Lodwig 36	UNA	24.84	12 G Worthington 42	DCM 56.70	1 G Schmach 42	GER 2:23.32	12 W McSheehy 48	PSM 59.35	1 M Sanguilly 47	MMNY 2:33.61
2 R Ennis 35	SMH	24.87	13 R Foster 41	GCM 57.28	2 D Gallagher 41	UNA 2:27.22	13 D McComb 45	RRM 1:00.10	2 R Kueny 49	WMAC 2:36.75
3 S Clark 36	TCC	24.88	14 T Fortson 41	TH 57.52	3 B Mulliken 40	IM 2:30.23	14 G Brunstad 45	CONN 1:00.91	3 L Silberstein 46	MMNY 2:37.08
4 L Larson 39	TSC	25.11	15 T Gregory 43	MM 1:00.55	4 S Roberts 41	ISC 2:31.10	15 K Kimball 49	SDC 1:02.27	4 H Williams 48	MIM 2:45.62
5 R Smith 36	TSC	25.34	16 M O'Heeron 40	MM 1:02.37	5 T Boyle 40	OHIO 2:38.54	16 J Cooper 47	TAM 1:03.42	5 H Williams 45	RRM 2:47.28
6 R Abrahams 35	RHM	25.35	17 J Kibby 41	FM 1:04.54	6 W Reeves 40	FM 2:40.79	17 V Lohr 47	ENG 1:03.56	6 G Brunstad 49	CONN 2:50.20
7 R Bauschard 35	OHIO	25.95	18 G Doerffel 42	GCM 1:05.10	7 G Dieckhoff 44	GER 2:41.63	18 C Kohnken 48	SPAF 1:03.16	7 R Chen 46	DCM 2:51.
8 B Lieb 39	RHM	26.17	19 J Davis 41	FM 1:07.40	8 T Fortson 41	TM 2:42.01	19 R Teran 45	MEX 1:04.68	8 V Lohr 47	ENG 2:54.
9 S Guthrie 35	FM	26.21	20 M Owin 41	GER 1:12.10	9 W Timken 41	OHIO 2:45.09	20 M Allen 49	NEM 1:05.05	9 J Cooper 47	TAM 2:58.03
10 G Smith 38	TAM	26.29	<b>200 YD FREESTYLE</b>		10 M O'Heeron 40	MM 2:47.99	21 E Liesner 49	GER 1:08.73	10 J Kaufmann 45	TTM 2:58.33
11 J McCarthy 35	GCM	26.46	1 E Hinshaw 42	UNA 1:55.82	11 C Brown 41	NEM 2:52.71	22 R Nellen 47	MMHY 1:09.66	11 J Bauman 49	UNAC 3:00.33
12 P Cameron 36	SPAF	27.16	2 C Bechtel 42	DCM 1:58.38	12 G Doerffel 42	GCM 3:06.20	23 D Wilson 45	MAM 1:10.51	12 E Gass 47	UNA 3:14.67
13 T Spear 37	MIM	27.44	3 B Robertson 43	UNA 2:01.75	13 D Holmes 44	HSC 3:06.58	24 G Busse 48	GCM 1:11.43	<b>50 YD BUTTERFLY</b>	
14 G Winn 39	GCM	27.74	4 C Raven 41	TCC 2:02.07	14 S Scherzer 42	CONN 3:17.17	25 B Lamb 48	OHIO 1:12.04	1 T W Dobler 46	MIM 25.25
15 W Heares 36	DCRD	27.91	5 B Mulliken 40	IM 2:03.09	15 H Renna 43	TAM 3:31.33	26 F Carro 49	CMV 1:28.71	2 B Yorzyk 46	NEM 26.48
16 R Phillips 38	GCM	27.92	6 F Williams 40	NHM 2:03.79	<b>50 YD BUTTERFLY</b>		<b>200 YD FREESTYLE</b>		3 D Hill 48	TCC 26.99
17 B Rudy 38	MIM	27.96	7 A Coxon 44	SLM 2:03.82	1 G Worthington 42	DCM 25.91	1 G Johnston 49	TGM 2:01.16	4 G Rosser 46	GCM 27.64
18 P Hullen 37	PSM	28.01	8 P Taft 44	DCM 2:07.93	2 A Smith 40	DCM 26.10	2 H Williams 49	RRM 2:05.95	5 D Brown 46	SMH 28.16
19 D Fields 35	MM	28.02	9 J Bender 41	NYAC 2:08.00	3 G LaPrise 40	IM 26.22	3 D Malone 49	GCM 2:07.90	6 R Weick 46	GM 28.82
20 B Keenan 36	FM	28.05	10 C Christensen 42	MM 2:09.40	4 C Bechtel 42	DCM 26.44	4 J Brenton 45	HM 2:09.38	7 G Miller 48	GCM 29.07
21 R Schmarje 38	MSC	28.28	11 T Fortson 41	TH 2:09.93	5 J Bohan 44	TCC 26.54	5 G Brunstad 45	CONN 2:11.79	8 A Still 46	SASA 29.17
22 G Gurland 35	FM	28.30	12 R Foster 41	GCM 2:11.61	6 C Raven 41	NYAC 27.01	6 B Yorzyk 46	NEM 2:12.64	9 R Kueny 49	WMAC 29.49
23 C Hossa 37	SASC	28.31	13 D May 43	RRM 2:12.09	7 J Bender 41	NYAC 27.12	7 T Lyndon 48	NEM 2:14.24	10 R Teran 45	MEX 29.95
24 G Lanun 38	RHM	29.49	14 E Leskovitz 43	GCM 2:12.30	8 P Taft 44	DCM 28.11	8 W King 46	MIM 2:14.53	11 R Vaness 47	GER 30.17
25 R Donners 38	GER	31.18	15 D Barrett 40	PSM 2:12.36	9 B Hunter 40	SCM 28.14	9 R Burns 47	SASA 2:16.14	12 J Masters 49	SS 30.50
26 W Seely 36	PSM	32.07	16 R Lederer 44	NSY 2:12.36	10 E Leskovitz 43	GCM 28.26	10 D McComb 45	RRM 2:17.69	13 A Welch 47	LBM 30.79
27 B Tilly 36	OM	33.17	17 J Davis 40	FM 2:19.08	11 D Campbell 40	GCM 28.26	11 D Hill 49	MIM 2:18.21	14 R Chen 46	DCM 31.06
<b>100 YD BUTTERFLY</b>			18 J Knorr 44	MIM 2:19.32	12 J Buzzard 44	SC 28.74	12 R Beach 49	SPAF 2:19.28	15 V Lohr 47	ENG 32.41
1 R Ennis 35	SMH	55.02	19 P Hellmuth 42	MIM 2:25.05	13 D McIntyre 42	GCM 28.77	13 C Kohnken 48	OHIO 2:24.39	16 B Lamb 48	OHIO 36.60
2 T Garton 37	RHM	55.41	20 T Gregory 43	MAM 2:27.11	14 T Mahaffy 44	FM 28.95	14 N Kakos 49	OHIO 2:24.39	17 R Nellen 47	MMNY 39.28
3 R Abrahams 35	RHM	55.51	21 D Holmes 44	HSC 2:29.71	15 R Dunn 42	NHM 29.34	15 J Cooper 47	TM 2:34.38	<b>100 YD BUTTERFLY</b>	
4 L Larson 39	TSC	55.68	22 C Brown 41	NEH 2:31.58	16 C Christensen 42	MM 30.28	16 K Dawson 49	MAM 2:41.06	1 B Yorzyk 46	NEM 58.16
5 S Clark 36	TCC	56.50	<b>500 YD FREESTYLE</b>		17 R Lederer 44	NSY 30.35	17 D Wilson 45	GCM 2:44.01	2 W Dobler 46	NIM 58.72
6 G DeLong 36	GCM	57.22	1 E Hinshaw 42	UNA 5:06.98	18 G Nickerson 40	FM 30.88	18 G Busse 48	GCM 2:44.01	3 G Rosser 46	GCM 1:05.60
7 H Greenfield 35	OHIO	58.91	2 K Canterbury 44	TH 5:23.08	19 J Kibby 41	FM 31.33	<b>500 YD FREESTYLE</b>		4 R Kueny 49	WMAC 1:07.99
8 H Roddin 38	MIM	59.70	3 D Gallagher 41	UNA 5:25.10	20 C Brown 41	NEM 31.78	1 G Johnston 49	TGM 5:24.26	5 A Welch 47	LBM 1:08.20
9 T Spear 37	MIM	59.73	4 C Raven 41	TCC 5:40.85	<b>100 YD BUTTERFLY</b>		2 H Williams 49	RRM 5:42.47	6 J Masters 49	SS 1:08.51
10 G Smith 38	TAM	1:00.47	5 B Mulliken 40	IM 5:41.47	1 G Worthington 42	DCM 58.14	3 G Brunstad 45	CONN 5:54.61	7 T Koenig 46	MIM 1:08.79
11 B Lieb 39	RHM	1:00.93	6 A Smith 40	DCM 5:41.85	2 A Smith 40	DCM 59.62			8 R Burns 47	SASA 1:09.14
12 J Green 35	TENN	1:01.35	7 F Williams 40	NHM 5:43.08	3 E Leskovitz 43	GCM 1:02.41			9 D Malone 49	GCM 1:10.26
13 A Galletly 37	SASA	1:01.39	8 W May 43	RHM 5:52.69	4 D O'Brien 44	RRM 1:02.80			10 G Miller 48	GCM 1:11.61
14 R Phillips 38	GCM	1:03.09	9 D O'Brien 44	RHM 5:54.22	5 R Martin 42	MIM 1:02.84			11 R Teran 45	HEX 1:13.24
15 C Hossa 37	SASC	1:03.53	10 W Timken 41	OHIO 5:56.69	6 T Boyle 40	OHIO 1:02.08			12 J Bauman 49	WMAC 1:15.20
16 D Fields 35	MM	1:03.71	11 T Fortson 41	TH 6:04.60	7 W Timken 41	OHIO 1:03.39			<b>100 YD INDIVIDUAL MEDLEY</b>	
17 S Barber 35	AM	1:06.79	12 M Tucker 40	FM 6:06.37	8 F Williams 40	NHM 1:03.67			1 B Jones 47	FM 1:02.22
18 B Tilly 36	OM	1:16.29	13 E Leskovitz 43	GCM 6:07.93	9 T Mahaffy 44	FM 1:04.88			2 W Dobler 46	MIM 1:03.18
<b>100 YD INDIVIDUAL MEDLEY</b>			14 J Knorr 44	MIM 6:16.67	10 M Fassbender 42	RIN 1:08.08			3 D Brown 46	SMH 1:04.16
1 T Garton 37	RHM	57.33	15 F DeAndrade 41	RES 6:17.04	11 B Simon 42	MMNY 1:11.58			4 D Hill 48	TCC 1:05.21
2 R Smith 36	TSC	57.80	16 B Fassbender 42	RIN 6:21.80	12 R Dunn 42	MVM 1:14.28			5 R Weick 46	OM 1:05.69
3 R Bauschard 35	OHIO	59.75	17 B Simon 42	MMNY 7:02.77	<b>100 YD INDIVIDUAL MEDLEY</b>				6 A Still 46	SASA 1:06.25
4 L Schaefer 39	OHIO	59.89	18 T Gregory 43	MAM 7:06.15	1 D Gallagher 41	UNA 1:01.03			7 R Vaness 47	GER 1:06.29
5 R Ennis 35	SMH	1:00.07	<b>1650 YD FREESTYLE</b>		2 S Roberts 41	TSC 1:01.17			8 D Cole 45	GCM 1:06.96
6 B Clark 38	HUMU	1:00.57	1 K Canterbury 44	TH 18:36.51	3 E Hinshaw 42	UNA 1:01.48			9 R Burns 47	SASA 1:09.45
7 S Guthrie 35	FM	1:01.28	2 F Williams 40	MM 20:11.61	4 C Bechtel 42	DCM 1:02.29			10 L Skramstad 46	SDC 1:10.60
8 G DeLong 36	GCM	1:01.55	3 R Martin 42	MIM 20:19.36	5 R Martin 42	MIM 1:03.70			11 D McComb 45	RHM 1:13.66
9 H Roddin 38	MIM	1:02.29	4 D O'Brien 44	RRM 20:46.12	6 A Coxon 44	SLM 1:03.73			12 W McSheehy 48	PSM 1:12.99
10 H Helme 38	SASA	1:03.24	5 W Timken 41	OHIO 20:46.89	7 B Goodwin 43	DCM 1:04.23			13 S Masters 49	SS 1:13.88
11 A Galletly 37	MIM	1:03.29	6 D Campbell 40	RRM 20:52.44	8 J Bohan 44	TCC 1:04.73			14 H Kakos 49	OHIO 1:15.31
12 J Snooks 37	NEM	1:04.00	7 D May 43	RRM 20:56.38	9 B Robertson 43	UNA 1:05.54			15 E Liesner 49	GER 1:18.93
13 B Rudy 38	MIM	1:04.00	8 E Leskovitz 43	GCM 21:30.33	10 G Schmach 42	GER 1:05.76			16 R Nellen 47	MMNY 1:26.
14 B Duengel 35	GCM	1:04.51	9 P Hellmuth 42	RIN 21:37.35	11 T Boyle 40	OHIO 1:05.98			17 B Lamb 48	OHIO 1:28.
15 W Ledgard 35	PERU	1:05.68	10 B Fassbender 42	RIN 21:55.95	12 D Campbell 40	FM 1:06.27			<b>200 YD INDIVIDUAL MEDLEY</b>	
16 P Cameron 36	SPAF	1:05.92	11 F DeAndrade 41	RES 22:03.49	13 D Clayton 44	NEM 1:07.46			1 W Dobler 46	MIM 2:19.79
17 G Burke 35	UNA	1:05.16	12 J Knorr 44	RIN 22:16.35	14 D O'Brien 44	RHM 1:07.54			2 G Johnston 49	TGM 2:20.28
18 D Heintz 35	UNA	1:06.07	13 R Foster 41	GCM 22:50.26	15 C Christensen 42	MM 1:10.23			3 D Brown 46	SMH 2:21.80
19 R Clevenger 35	TCC	1:07.31	14 B Simon 42	MMNY 30:32.77	16 M Tucker 40	FM 1:10.60			4 R Kueny 49	WMAC 2:28.06
20 D Buchan 35	GCM	1:07.35	<b>100 YD BACKSTROKE</b>		17 T Gregory 43	NAM 1:12.72			5 R Weick 46	OM 2:28.25
21 B Finlay 37	OM	1:08.27	1 A Smith 40	DCM 1:01.69	18 M O'Heeron 40	NM 1:13.13			6 J C Brenton 45	HM 2:29.59
22 G Lanun 38	RHM	1:09.18	2 D Campbell 40	FM 1:02.80	19 J Kibby 41	FM 1:13.48			7 G Brunstad 45	CONN 2:30.33
23 R Schmarje 38	MSC	1:09.78	3 K Canterbury 44	TH 1:03.59	20 P Hellmuth 42	MIM 1:15.33			8 H Williams 49	RRM 2:31.47
24 R Donners 38	GER	1:10.79	4 L Cook 42	TCC 1:04.82	21 R Dunn 42	GCM 1:15.77			9 R Vaness 47	GER 2:33.90
25 J Harding 39	OM	1:15.56	5 C Clayton 44	NEM 1:05.26	22 G Doerffel 42	NEM 1:16.71			10 L Silberstein 46	MMNY 2:33.34
26 G Haynes 38	MUTS	1:16.82	6 A Coxon 44	SLM 1:05.32	<b>200 YD INDIVIDUAL MEDLEY</b>				11 T Koenig 48	MIM 2:38.04
27 D Hooter 35	UNA	1:20.76	7 J Bohan 44	TCC 1:06.71	1 E Hinshaw 42	UNA 2:13.01			12 R Chen 46	DCM 2:44.01
<b>200 YD INDIVIDUAL MEDLEY</b>			8 B Goodwin 43	GCM 1:06.96	2 D Gallagher 41	UNA 2:13.28			13 J Masters 49	SS 2:46.31
1 L Larson 39	TSC	2:06.58	9 D McIntyre 42	DCM 1:09.45	3 B Mulliken 40	IM 2:17.01			14 L Skramstad 46	SOC 2:47.75
2 T Garton 37	RHM	2:06.98	10 G Nickerson 40	FM 1:10.88	4 K Canterbury 44	TH 2:19.58			15 J Bauman 49	WMAC 2:49.33
3 C Ogilby 37	RHM	2:10.52	11 D Barrett 40	PSM 1:12.64	5 G Worthington 42	DCM 2:21.62			J Beatlie 45	FM Disq.
4 S Clark 36	TCC	2:14.29	12 R Lederer 44	NSY 1:12.67	6 G Schmach 42	GER 2:23.93			<b>MEN 50-54</b>	
5 G De Long 36	GCM	2:14.33	13 F DeAndrade 41	RES 1:13.05	7 A Coxon 44	SLM 2:23.96			1 C Thomas 52	FM 25.62
6 H Roddin 38	MIM	2:16.01	14 D May 43	RHM 1:13.15	8 R Martin 42	MIM 2:24.16			2 B Heritler 51	MIM 25.66
7 B Clark 38	HUMU	2:16.77	15 P Hellmuth 42	RHM 1:14.83	9 W Timken 41	OHIO 2:25.73			3 P VanDijk 51	OHIO 25.71
8 J Green 35	TENN	2:18.92	16 D Holmes 44	HSC 1:18.29	10 D O'Brien 44	RCC 2:26.85			4 E Ems 51	DCM 26.41
9 A Galletly 37	SASA	2:19.71	<b>200 YD BACKSTROKE</b>		11 J Bohan 44	TCC 2:27.84			5 R MacDonald 51	FM 26.73
10 H Helme 38	GCM	2:21.23	1 A Smith 40	DCH 2:16.83	12 T Mahaffy 44	FM 2:30.60			6 S Prager 52	UNA 27.02
11 B Duengel 35	GCM	2:23.44	2 D Campbell 40	FM 2:19.11	13 D Barrett 40	PSM 2:36.28			7 R Allen 50	DCM 27.75
12 T Thomson 35	TSC	2:24.40	3 K Canterbury 44	TH 2:22.24	14 B Fassbender 42	RIN 2:37.08				



5 R Franks 53	MAM	2:19.66	3 E Enes 51	DCM	1:10.74	100 YD BREASTSTROKE	9 C Dunworth 64	UNA	7:49.29		
6 C Yates 52	RIN	2:19.78	4 C Thomas 52	FM	1:11.25	1 S Mann 55	RHM	1:15.24	MUTS	7:50.32	
7 A Tebbens 50	MNMY	2:20.19	5 A Scherring 51	GER	1:11.33	2 B Greenberg 55	UNA	1:18.41	DCM	7:59.29	
8 E Hulme 51	NEH	2:22.29	6 G Scholz 50	GER	1:11.73	3 J MacKenzie 56	DCM	1:19.32	JM	8:10.22	
9 G Scholz 50	GER	2:24.20	7 G Unkel 53	GER	1:12.78	4 K Mann 59	GER	1:20.22	OHIO	9:20.06	
10 E Richards 51	MAM	2:26.68	8 E Richards 51	MAM	1:13.80	5 H Kivi 56	OH	1:22.24	1650 YD FREESTYLE		
11 F Huebner 53	GER	2:39.45	9 M Flanagan 54	DCM	1:13.80	6 G Helick 55	MAM	1:23.05	T J Crews 60	TENN	21:19.06
12 G Dannenberg 52	GER	2:39.66	10 N Dittl 50	GER	1:14.36	7 J Koser 58	GER	1:24.27	2 H Arendt 62	GER	22:27.72
13 D Kozak 50	OM	2:42.21	11 J Puckett 50	MUTS	1:17.42	8 A Brainin 57	SPAF	1:26.01	3 E Moran 62	RACH	23:35.06
14 R Briesemeister 54	MNMY	Disq.	12 J Forbes 54	MAM	1:18.49	9 H Tremmel 59	GER	1:26.91	4 H Bally 61	AUS	24:38.08
15 B Miller 51	GCM	5:49.76	13 G Cunningham 54	TAM	1:19.13	10 F Plenne 55	RHM	1:29.16	5 D Guido 62	RHM	25:57.17
16 W Wilson 53	NEM	6:08.97	14 F Huebner 53	GER	1:19.86	11 H Dodge 58	BCN	1:37.81	6 H Moseley 61	FM	25:59.19
17 R Franks 53	MAM	6:15.80	15 D Prince 53	MUTS	1:21.44	12 D Howard 55	FM	1:40.21	7 H Moseley 61	TENN	26:53.25
18 E Hulme 51	NEH	6:21.55	16 L Hiesen 53	MAC	1:24.20	13 A Knapp 59	GCM	1:50.46	8 A Curtis 60	MUTS	27:35.01
19 S Prazer 52	UNA	6:47.64	17 R Briesemeister 54	MNMY	1:31.05	14 N Knapp 59	RHM	1:50.46	9 A Rawlins 61	ENG	27:44.39
20 G Dannenberg 52	GER	7:12.22	18 T Quirke 50	RHM	1:33.19	15 B Loft 64	UNA	1:50.46	10 A Watters 60	DCM	27:48.65
21 R Rosasco 54	PSM	7:28.01	19 J Forbes 54	RHM	1:33.19	16 L Young 61	SM	1:50.46	11 F Murphy 61	MAM	28:33.93
22 J Daily 52	OHIO	7:43.25	200 YD INDIVIDUAL MEDLEY			17 J Augustin 61	SPAF	33:11.05	12 E Talmage 60	OHIO	32:31.63
23 W Wilson 53	NEH	21:20.46	1 B Miller 51	GCM	2:26.87	18 A Watters 60	CEC	33:22.72	13 H Austine 61	SPAF	33:11.05
24 C Yates 52	RIN	21:36.00	2 T Smith 52	YPM	2:33.48	19 J Preuss 69			20 L Miller 67	DCM	36:77
25 H Fox 50	OHIO	22:49.61	3 T Haartz 52	NEM	2:34.04	20 R Schell 65			21 W Schnell 65	MNMY	36:74
26 G Scholz 50	GER	23:10.92	4 R MacDonald 51	FM	2:38.48	21 N Katan 66			22 N Katan 66	GCM	39:67
27 A Tebbens 50	MNMY	23:22.29	5 R Franks 53	MAM	2:42.32	22 J Schell 65			100 YD FREESTYLE		
28 M Maloney 53	NYAC	23:41.33	6 A Scherring 51	GER	2:42.57	1 T Sexton 65			H H Sixton 65	HUMU	1:04.99
29 R Rosasco 54	PSM	25:42.15	7 A Allen 50	DCDR	2:45.50	2 B Bowersock 66			2 W Bowersock 66	OAA	1:05.13
30 T Roach 54	OM	26:29.54	8 G Unkel 53	GER	2:51.27	3 B Grant 66			3 B Grant 66	SLM	1:06.00
31 R Briesemeister 54	MNMY	27:07.87	9 H Flanagan 54	DCM	2:51.27	4 R Richardson 68			4 R Richardson 68	SBSC	1:06.35
32 J Pandak 54	GCM	27:22.66	10 L Holmes 51	GCM	2:51.77	5 K Lemmon 67			5 K Lemmon 67	DCM	1:08.11
33 W Wilson 53	GCM	1:06.23	11 T Roach 54	OM	2:53.73	6 J Sauter 65			6 J Sauter 65	CONN	1:09.65
34 R Franks 53	MAM	1:09.26	12 J Puckett 50	MUTS	2:55.38	7 G Schmidt 66			7 G Schmidt 66	CH	1:12.34
35 T Smith 52	YPM	1:10.32	13 J Daily 52	OHIO	3:07.29	8 E Greenwood 66			8 E Greenwood 66	ENG	1:14.53
36 R Coxhead 51	SPAF	1:14.32	14 L Hiesen 53	MAC	3:11.40	9 H Amante 65			9 H Amante 65	FM	1:19.06
37 E Richards 51	MAM	1:15.31	50 YD FREESTYLE			10 A Cruickshank 69			10 A Cruickshank 69	MNMY	1:19.33
38 E Hulme 51	NEH	1:16.52	1 T J McAlley 57	GM	25.59	11 W Wolff 67			11 W Wolff 67	SPAF	1:19.90
39 A Scherring 51	GER	1:17.81	2 S Mann 55	RHM	26.11	12 R Taft 60			12 R Taft 60	DCM	1:29.51
40 J Puckett 50	MUTS	1:20.89	3 F Plenne 55	RHM	26.47	13 D O'Gly 62			13 D O'Gly 62	MNMY	1:31.47
41 B Weir 50	NEM	1:21.21	4 J Florence 57	UNA	27.55	14 T O'Gly 64			14 T O'Gly 64	GCM	1:30.83
42 L Holmes 51	GCM	1:24.73	5 R Amundson 57	GCM	27.60	15 L Young 61			15 L Young 61	SM	1:34.40
43 C Rosasco 54	PSM	1:35.22	6 J Truby 55	RHM	27.82	200 YD BACKSTROKE			16 E Erion 66		
44 H Dulks 54	GER	1:40.55	7 H Wallower 58	RHM	28.65	1 T J Welch 62			17 W Schnell 65	MNMY	1:34.51
45 B Miller 51	GCM	1:06.23	8 W Shadbolt 55	CONN	29.15	2 E Hall 58			18 N Katan 66	GCM	1:47.65
46 R Franks 53	MAM	1:09.26	9 R Feldman 57	GCM	29.25	3 B Ulrich 59			19 J Preuss 69		
47 T Smith 52	YPM	1:35.23	10 W Jardine 56	GCM	29.53	4 R Amundson 57			200 YD FREESTYLE		
48 R Coxhead 51	SPAF	2:41.03	11 W Schuber 57	TENN	30.99	5 W Shadbolt 55			T H Sexton 65	HUMU	2:27.55
49 E Hulme 51	NEH	2:48.09	12 R McBride 57	TENN	30.99	6 H Kivi 56			2 R Richardson 68	SBSC	2:33.20
50 G Scholz 50	GER	2:52.98	13 O Bresky 56	NEM	32.74	7 H Tremmel 59			3 H Ernen 67	GER	2:34.30
51 R Richards 51	MAM	2:54.40	14 V Ouchakof 56	CONN	37.01	8 A Brainin 57			4 W Bowersock 66	OAA	2:36.04
52 J Puckett 50	MUTS	2:56.26	15 D Howard 55	FM	40.83	9 H Tremmel 59			5 K Lemmon 67	DCM	2:40.60
53 L Holmes 51	GCM	3:03.90	100 YD FREESTYLE			10 G Hohmann 55			6 H Anderson 66	TGM	2:42.67
54 B Weir 50	NEM	3:04.04	1 T J McAlley 57	GM	58.31	11 A Knapp 59			7 P Brinko 65	UNA	2:46.91
55 T Haartz 52	NEH	1:13.09	2 E Hall 58	TM	59.19	12 R Taft 60			8 G Sprink 65	FM	2:54.40
56 A Leininger 52	GER	1:15.38	3 J Woods 56	YPM	59.25	13 D O'Gly 62			9 H Amante 65	FM	3:24.09
57 A Scherring 51	FA	1:16.83	4 S Mann 55	RHM	1:00.55	14 T O'Gly 64			10 F Miller 67	DCM	3:29.95
58 R MacDonald 51	MNMY	1:17.42	5 F Plenne 55	RHM	1:01.76	15 L Young 61			11 W Schnell 65	MNMY	3:45.92
59 J Forbes 54	OHIO	1:17.52	6 J Truby 55	RHM	1:02.69	16 L Young 61			12 A Abraham 69	DCM	4:06.37
60 H Flanagan 54	DCM	1:19.40	7 J Florence 57	UNA	1:02.81	200 YD INDIVIDUAL MEDLEY			13 N Katan 66	GCM	4:10.43
61 H Hellmann 52	FM	1:21.16	8 H Wallower 58	RHM	1:03.03	1 T Putterling 55			500 YD FREESTYLE		
62 L Hiesen 53	MAC	1:22.27	9 R Amundson 57	GCM	1:03.03	2 E Hall 58			1 T H Sexton 65	HUMU	6:47.90
63 D Prince 53	MUTS	1:22.61	10 W Shadbolt 55	CONN	1:05.39	3 J MacKenzie 56			2 R Richardson 68	SBSC	7:14.96
64 S Prazer 52	UNA	1:22.85	11 W Jardine 56	GCM	1:05.47	4 W Jardine 56			3 W Bowersock 66	OAA	7:27.94
65 G Cunningham 54	TAM	1:22.89	12 W Schuber 57	GER	1:05.64	5 B Ulrich 59			4 H Anderson 66	TGM	7:30.54
66 T Roach 54	OM	1:23.28	13 R McBride 57	TENN	1:09.75	6 H Kivi 56			5 H Schwarz 68	GER	7:33.02
67 J Daily 52	OHIO	1:24.21	14 D Howard 55	FM	1:14.92	7 G Hohmann 55			6 P Brinko 65	UNA	7:47.63
68 B Weir 50	NEM	1:27.20	15 O Bresky 56	NEM	1:16.55	8 G Jones 55			7 G Sprink 65	FM	7:55.26
69 F Lasa 51	GCM	1:30.53	16 V Ouchakof 56	CONN	1:22.93	9 H Tremmel 59			8 E Greenwood 66	ENG	8:07.49
70 R Arthur 54	MAC	1:32.55	17 L Valle 57	SS	1:54.34	10 G Hohmann 55			9 B Loughborough 69	TOC	8:41.38
71 C Rosasco 54	PSM	1:32.89	200 YD FREESTYLE			11 J Augustin 61			10 F Tillotson 65	SPAF	8:45.85
72 T Quirke 50	RHM	1:36.58	1 J Woods 56	YPM	2:15.90	12 W Schuber 57			11 F Miller 67	DCM	9:28.89
73 H Dulks 54	GER	1:39.84	2 S Mann 55	RHM	2:16.58	13 O Bresky 56			12 A Abraham 69	DCM	10:49.40
74 H Paul 53	GER	1:55.15	3 J Edwards 57	NEM	2:22.52	14 W Jardine 56			13 N Katan 66	GCM	11:12.77
75 T Haartz 52	NEH	2:41.65	4 W Shadbolt 55	CONN	2:26.41	15 D Howard 55			1650 YD FREESTYLE		
76 R MacDonald 51	FM	2:51.47	5 H Wallower 58	RHM	2:27.53	16 J Augustin 61			T H Sexton 65	HUMU	23:10.20
77 J Forbes 54	MNMY	2:55.76	6 J Florence 57	UNA	2:30.37	17 A Watters 60			2 R Richardson 68	SBSC	25:53.25
78 M Flanagan 54	DCM	2:59.34	7 W Schuber 57	GER	2:31.18	18 A Watters 60			3 H Anderson 66	TGM	26:35.31
79 G Cunningham 54	TAM	3:00.08	8 J Truby 55	RHM	2:31.81	19 J Augustin 61			4 W Bowersock 66	OAA	26:54.31
80 T Roach 54	OM	3:02.91	9 R McBride 57	TENN	2:42.45	200 YD BACKSTROKE			5 H Schwarz 68	GER	27:05.73
81 L Hiesen 53	MAC	3:02.95	10 O Bresky 56	NEM	2:53.41	1 T J Welch 62			6 E Greenwood 66	ENG	27:24.30
82 H Hellmann 52	FM	3:05.58	11 W Jardine 56	GCM	2:59.73	2 R Taft 60			7 P Brinko 65	UNA	27:39.04
83 J Daily 52	OHIO	3:11.90	12 V Ouchakof 56	CONN	3:19.78	3 J Crews 60			8 G Sprink 65	FM	28:16.62
84 R Arthur 54	MAC	3:13.07	13 L Valle 57	SS	4:15.20	4 P Krup 62			9 J Donovan 66	OHIO	28:34.02
85 J Puckett 50	MUTS	3:16.81	500 YD FREESTYLE			5 H Wolf 61			10 W Hutchinson 65	FM	31:58.85
86 S Prazer 52	UNA	3:26.98	1 J Woods 56	YPM	6:18.17	6 C Croome 63			11 A Abraham 69	DCM	35:26.15
87 A Tebbens 50	MNMY	3:41.45	2 J Edwards 57	NEM	6:36.87	7 B Davidson 61			100 YD BACKSTROKE		
88 M Flanagan 54	DCM	3:51.59	3 W Jardine 56	GCM	6:49.86	8 G Clemens 62			T H Schwarz 68	GER	1:17.61
89 G Unkel 53	GER	3:51.96	4 J MacKenzie 56	DCM	6:58.82	9 A Watters 60			2 D Rowan 66	MAM	1:20.03
90 A Scherring 51	GER	3:52.43	5 W Schuber 57	GER	7:09.03	10 A Watters 60			3 R Reinstaedtler 67	GER	1:24.90
91 L Holmes 51	GCM	3:52.67	6 G Jones 55	TOC	7:18.89	11 K Ruhmann 63			4 B Grant 66	SLM	1:26.24
92 D Kozak 50	OM	3:52.89	7 H Wallower 58	RHM	7:19.51	12 J Augustin 61			5 H Anderson 66	SPAF	1:29.93
93 D Prince 53	MUTS	3:53.56	8 R McBride 57	TENN	7:32.62	13 W Jardine 56			6 F Tillotson 65	TGM	1:31.38
94 H Hellmann 52	FM	3:41.11	9 O Bresky 56	NEM	8:10.38	14 H Anderson 60			7 J Cooley 69	JM	1:41.67
95 G Cunningham 54	TAM	3:42.26	1650 YD FREESTYLE			15 L Young 61			8 W Hutchinson 65	FM	1:41.96
96 R Briesemeister 54	MNMY	35.11	1 T J Welch 62	HUMU	26.40	16 J Augustin 61			9 J Preuss 69	MNMY	1:52.09
97 J Pandak 54	GCM	35.89	2 H Wallower 58	MAM	27.92	17 A Watters 60			200 YD BACKSTROKE		
98 J Daily 52	OHIO	36.39	3 G Huestis 60	UNA	28.11	18 A Watters 60			T H Schwarz 68	GER	2:53.52
99 F Huebner 53	GER	36.96									

50 YD BUTTERFLY

1 B Grant 66	SLM	33.18
2 D Rowan 66	MAM	33.72
3 E Jennings 65	SPAF	33.80
4 J B Coon 69	TGM	36.48
5 J Sautter 65	CONN	37.73
6 O Wulff 67	NEM	38.47
7 G Wade 65	UNA	38.68
8 A Cruickshank 69	MHNY	45.04
9 B Loughborough 69	TOC	46.26
10 W Hutchinson 65	FM	48.98
11 J Cooley 69	JM	50.95

100 YD BUTTERFLY

1 W Pfeiffer 66	IHAC	1:19.60
2 C Wilson 65	WMAC	1:26.34
3 J B Coon 69	TGM	1:31.20
4 O Wulff 67	NEM	1:33.80
5 G Wade 65	UNA	1:37.81
6 J Donovan 66	OHIO	1:44.77

100 YD INDIVIDUAL MEDLEY

1 R Richardson 68	SBSC	1:17.08
2 C Wilson 65	WMAC	1:17.36
3 W Pfeiffer 66	IHAC	1:18.02
4 D Rowan 66	MAM	1:19.45
5 B Grant 66	SLM	1:20.03
6 J Sautter 65	CONN	1:24.86
7 R Reinstaedtler 67	GER	1:25.22
8 O Wulff 67	NEM	1:28.44
9 D Erion 66	NEM	1:31.48
10 J B Coon 69	TGM	1:35.51
11 J Cooley 69	JM	1:38.03
12 W Hutchinson 65	FM	1:41.22
13 L Parker 67	RMM	2:04.42

200 YD INDIVIDUAL MEDLEY

1 W Pfeiffer 66	IHAC	2:52.21
2 C Wilson 65	WMAC	2:58.65
3 D Rowan 66	MAM	3:01.27
4 J Sautter 65	CONN	3:20.40
5 J Donovan 66	OHIO	3:24.08
6 O Wulff 67	NEM	3:27.53
7 B Loughborough 69	TOC	3:34.81
8 J Brown 65	SPAF	3:44.69
9 W Hutchinson 65	FM	4:01.88
10 L Parker 67	RMM	4:51.94

MEN 70-74

1 W Spence 72	GCM	30.21
2 F Herrmann 70	GER	31.55
3 A Hargrave 73	SMM	31.65
4 E MacKay 71	TOC	32.41
5 D McAfee 70	DCM	32.84
6 F Willach 70	GER	33.10
7 G Sobel 70	MHNY	33.31
8 H Ritter 72	GER	33.41
9 S Craigie 73	DCDR	33.58
10 W Steimel 72	GER	34.03
11 L Finley 72	TSMC	34.46
12 L Starr 71	AM	34.93
13 W Molloy 70	SPAF	35.11
14 G Doerffel 70	MAM	37.42
15 J Newton 71	IM	38.74
16 L B Cherriman 73	ENG	40.00
17 A Olanoff 74	NEM	40.53
18 F Babendererde 74	GCM	59.61

100 YD FREESTYLE

1 F Herrmann 70	GER	1:10.58
2 W Spence 72	GCM	1:11.55
3 G Sobel 70	MHNY	1:13.53
4 E MacKay 71	TOC	1:14.01
5 D McAfee 70	DCM	1:15.63
6 W Steimel 72	GER	1:16.20
7 F Willach 70	GER	1:17.53
8 H Ritter 72	GER	1:20.14
9 R Nelson 72	GCM	1:20.28
10 L Finley 72	TSMC	1:21.43
11 J Newton 71	IM	1:25.57
12 W Molloy 70	SPAF	1:26.23
13 H Deutzmann 70	GER	1:27.98
14 H Barr 70	MHNY	1:29.48
15 L B Cherriman 73	ENG	1:36.01
16 F Babendererde 74	GCM	2:15.60

200 YD FREESTYLE

1 A Hargrave 73	SMM	2:51.87
2 D McAfee 70	DCM	2:52.86
3 G Sobel 70	MHNY	2:53.18
4 W Steimel 72	GER	2:57.57
5 E MacKay 71	TOC	3:01.69
6 W Molloy 70	SPAF	3:11.11
7 R Nelson 72	GCM	3:15.66
8 J Newton 71	IM	3:16.86
9 P Jurczyk 74	IRCC	3:32.73
10 L B Cherriman 73	ENG	3:39.90
11 F Babendererde 74	GCM	5:18.85

500 YD FREESTYLE

1 A Hargrave 73	SMM	8:04.37
2 D McAfee 70	DCM	8:07.05
3 W Steimel 72	GER	8:17.07
4 B Stinson 71	OMSC	8:24.10
5 E MacKay 71	TOC	8:26.61
6 J Newton 71	IM	8:36.82
7 W Share 71	NMST	9:15.52
8 H Stewart 70	CAN	9:16.18
9 F Babendererde 74	GCM	16:01.63

1650 YD FREESTYLE

1 D McAfee 70	DCM	28:08.54
2 J Newton 71	IM	29:12.79
3 H Stewart 70	OM	31:39.88
4 A Rosenkrantz 70	MIM	35:28.71

100 YD BACKSTROKE

1 A Hargrave 73	SMM	1:22.99
2 L Starr 71	AM	1:31.63
3 O Sigrist 71	JM	1:33.45
4 G Doerffel 70	MAM	1:37.65
5 H Deutzmann 70	GER	1:38.38
6 E MacKay 71	TOC	1:39.00
7 P Jurczyk 74	IRCC	1:48.59
8 M Ossa 70	VM	1:56.59
9 H Stewart 70	OM	2:01.70

200 YD BACKSTROKE

1 A Hargrave 73	SMM	3:09.63
2 O Sigrist 71	JM	3:26.63
3 L Starr 71	AM	3:28.16
4 P Jurczyk 74	IRCC	3:28.16
5 G Doerffel 70	MAM	4:01.69
6 H Stewart 70	OM	4:08.19
7 W Ossa 70	VM	4:09.44

100 YD BREASTSTROKE

1 H Ruckewoldt 71	GER	1:26.60
2 F Willach 70	GER	1:27.51
3 W Spence 72	GCM	1:27.63
4 F Herrmann 70	GER	1:30.00
5 W Share 71	NMST	1:34.11
6 H Deutzmann 70	GER	1:37.33
7 W Ossa 70	VM	1:47.46
8 A Olanoff 74	NEM	1:49.29
9 H Barr 70	MHNY	1:50.69

200 YD BREASTSTROKE

1 H Ruckewoldt 71	GER	3:19.48
2 W Share 71	NMST	3:22.72
3 A Olanoff 74	NEM	3:53.59
4 W Ossa 70	VM	3:59.54
5 H Barr 70	MHNY	4:09.72

50 YD BUTTERFLY

1 F Willach 70	GER	35.66
2 W Steimel 72	GER	38.01
3 H Ruckewoldt 71	GER	38.57
4 B Stinson 71	OMSC	40.46
5 S Craigie 73	DCDR	40.80
6 O Sigrist 71	JM	41.01
7 L Finley 72	TSMC	49.21
8 H Barr 70	MHNY	52.85
9 A Olanoff 74	NEM	56.32
10 S Silbert 72	JM	58.61

100 YD BUTTERFLY

1 H Ruckewoldt 71	GER	1:31.62
2 B Stinson 71	OMSC	1:40.82
3 S Craigie 73	DCDR	2:00.19
4 S Silbert 72	JM	2:33.39

100 YD INDIVIDUAL MEDLEY

1 F Herrmann 70	GER	1:24.51
2 F Willach 70	GER	1:25.03
3 H Ruckewoldt 71	GER	1:25.59
4 O Sigrist 71	JM	1:29.20
5 B Stinson 71	OMSC	1:35.08
6 S Craigie 73	DCDR	1:37.68
7 L Finley 72	TSMC	1:44.14
8 A Olanoff 74	NEM	1:50.87
9 G Doerffel 70	MAM	1:57.04

MEN 75-79

1 M Vogt 75	JM	32.51
2 T Cureton 78	UNA	37.08
3 P DeCramer 76	GCM	37.35
4 J Herschel 76	NMST	38.58
5 J Burns 77	MHNY	40.59
6 S Bates 77	FM	59.45

100 YD FREESTYLE

1 M Vogt 75	JM	1:15.91
2 H Langner 76	CONN	1:25.24
3 J McGuire 76	SPAF	1:27.42
4 J Moore 77	GCM	1:34.43
5 J Herschel 76	NMST	1:35.93
6 J Burns 77	MHNY	1:39.88
7 S Bates 77	FM	2:22.50

200 YD FREESTYLE

1 H Langner 76	CONN	3:05.96
2 M Vogt 75	JM	3:06.18
3 J McGuire 76	SPAF	3:41.81
4 S Bates 77	FM	4:00.58

500 YD FREESTYLE

1 H Langner 76	CONN	8:30.57
2 J Burns 77	MHNY	12:19.99
3 J Scheu 76	FM	14:39.28
4 P Dunakin 78	IM	15:36.14

1650 YD FREESTYLE

1 H Langner 76	CONN	28:32.65
2 F Lappe 75	WCM	30:07.55
3 J Burns 77	MHNY	43:32.27
4 J Scheu 76	FM	51:06.16
5 P Dunakin 78	IM	63:37.09

100 YD BACKSTROKE

L T Johnson 75	NAM	1:47.36
2 T Cureton 78	UNA	1:50.61
3 P DeCramer 76	GCM	1:58.65
4 S Bates 77	FM	2:29.16
5 P Dunakin 78	IM	2:56.25

200 YD BACKSTROKE

1 F Lappe 75	WCM	3:29.38
2 T Johnson 75	NAM	4:01.68
3 T Cureton 78	UNA	4:05.02
4 J Moore 77	GCM	4:36.69
5 S Bates 77	FM	5:24.77
6 J Burns 77	MHNY	5:30.65
7 J Scheu 76	FM	6:01.22
8 P Dunakin 78	IM	6:03.16

100 YD BREASTSTROKE

1 T Johnson 75	NAM	1:52.46
2 P DeCramer 76	GCM	1:56.34

200 YD BREASTSTROKE

1 F Lappe 75	WCM	3:56.09
2 H Langner 76	CONN	4:22.46
3 T Johnson 75	NAM	4:22.84
4 J Scheu 76	FM	8:29.88
5 P Dunakin 78	IM	10:00.52

100 YD INDIVIDUAL MEDLEY

1 M Vogt 75	JM	1:41.25
2 F Lappe 75	WCM	1:42.80
3 P DeCramer 76	GCM	1:48.64
4 T Cureton 78	UNA	1:49.09
5 J Scheu 76	FM	3:05.48

200 YD INDIVIDUAL MEDLEY

1 F Lappe 75	WCM	3:48.81
2 T Cureton 78	UNA	4:05.00
3 P DeCramer 76	GCM	4:17.53

50 YD FREESTYLE

1 C Ross 80	JM	35.72
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100 YD FREESTYLE

1 C Ross 80	JM	1:19.32
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200 YD FREESTYLE

1 C Ross 80	JM	3:06.69
2 F Allen 81	NEM	4:11.33

1650 YD FREESTYLE

1 C Ross 80	JM	29:26.39
2 F Allen 81	NEM	37:54.74

100 YD BACKSTROKE

1 C Ross 80	JM	1:53.68
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50 YD BUTTERFLY

1 F Allen 81	NEM	1:26.17
100 YD INDIVIDUAL MEDLEY		
1 F Allen 81	NEM	2:31.11

TWO RECORD ATTEMPTS

MEN 200 YD MEDLEY RELAY		
J Bohan 44 TOC 50 back		28.91
WOMEN 200 YD MEDLEY RELAY		
C Bruce 52 GCM 50 Back		35.89

TEAM SCORES

1 GOLD COAST MASTERS S.C.	528
2 D C MASTERS	488
3 ROCKYMOUNTAIN MASTERS	378
4 NEW ENGLAND MASTERS	227
5 FLORIDA MASTERS	220
6 TAMALPAIS AQUATIC MASTERS	191
7 MARYLAND MASTERS	178
8 ILLINOIS MASTERS	156

WOMEN

1 GOLD COAST MASTERS	395
2 FLORIDA MASTERS	380
3 NEW ENGLAND MASTERS	379
4 ROCKYMOUNTAIN MASTERS	328
5 THE OLYMPIC CLUB	325
6 D C MASTERS	282
7 MIDDLE ATLANTIC MASTERS	172
8 TROJAN SWIM CLUB	147

MEN

1 GOLD COAST MASTERS	923
2 D C MASTERS	770
3 ROCKYMOUNTAIN MASTERS	706
4 NEW ENGLAND MASTERS	606
5 FLORIDA MASTERS	600
6 ILLINOIS MASTERS	299
7 MIDDLE ATLANTIC MASTERS	283
8 CONN. MASTERS	256

NOTE: Team scores were compiled by using points for individual events and relays with the Mixed Relay pts divided in half - half for the Men's pts and half for the Women's pts.

FACES IN THE CROWD - FRONT PAGE

- David Wilkie
- Ed Emes
- Ransom Arthur
- Anne Adams
- Viienne Cherriman
- Manuel Sanguily
- Ted Haartz
- Dorothy Donnelly
- Paul Huting
- Carin Cone Vanderbush
- Thomson Mann
- Fred Schlicher
- Gerry DeLong
- John Crews
- Bill Yorzyk
- Jayne Brunner
- Jack Kelly, Penn Mutual Rep., and Jon Buzzard
- Reg Richardson
- Betty Mullen Brey
- John Higgins

NOTE: My thanks to all of those who helped make this National Championship a success - especially my Mother, Sis Fogle, my Sister, Cynthia Bruce, my son and his wife, Larry and Sheryl Krauser and my daughter, Janice. I will keep the tapes and cards until July 15th if anyone has any questions.

NOTICE TO ALL DIRECTORS OF MEETS & TOP TEN CHAIRMEN: For all short course meets held after the short course championships: 1. Events must now be separated into categories up to 90+ (instead of 80+)

2. Relays must now be separated into ten year age groups through 75+ (instead of 65+)

3. We will now include a new event - the MIXED MEDLEY RELAY

4. All relays must include the full club name, the age group & the full names of all four swimmers.

5. All events must include the full name, age (not just age group) of each swimmer. (You need only write the full name & age in the first event the swimmer enters.)

These rules were voted on by the national delegates because we are getting so big that there often is more than one or two swimmers with the same name in the same age group. PLEASE DO NOT USE NICKNAMES.

SHORT COURSE TOP TEN CLOS



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### Four ways to avoid injury

Such injuries as "tennis elbow," "runner's knee," and "swimmer's shoulder" can be depressing. They're called wear-and-tear injuries, and they're depressing because in every case, the first step in treatment is to stop whatever is causing the problem, and many of you will become depressed when you can't exercise. In most cases you will be on the sidelines for a few weeks—longer if your doctor's instructions are not followed.

Such injuries have not been done to you, you have done them to yourself. You may have overtrained and failed to stop when you felt a warning pain. You may have a physical abnormality and persisted in your sport in spite of warning pains. You may have neglected to prepare the involved muscles for the sport you want to pursue.

The injury can be cured with specific exercises, which will also prevent the problem from recurring—but only if the exercise regimen is followed religiously. Even if the rehabilitation period seems drawn out, it is necessary, and it does not preclude your maintaining your physical condition and returning to your sport.

Here are a few simple suggestions to help you accomplish your double goal: rehabilitation of your injured muscle, ligament, or joint; and prevention of a second injury.

#### 1 Don't overtrain

Don't perform the same heavy workout every day. This approach doesn't improve conditioning; it promotes injury.

Instead, follow the professional athlete's practice: Follow a hard workout day with an easy one. A hard workout causes some minor damage to the muscles, which takes about 48 hours to heal. You may feel good at the end of a session, but wake up sore the next morning. Wear-and-tear injury results when you attempt another hard workout while the muscles are

still sore. Give them a chance to heal while you do something less demanding.

Mark Cameron, America's top weight-lifter, plays Ping-Pong on his easy days.

#### 2 Heed warning signs

1. A one-spot pain—in your elbow, calf, wrist, shoulder, wherever—is nature's way of telling you to stop the workout immediately. Damage is almost inevitable if you ignore the warning.

2. If your muscles feel heavy and tired at the start of a workout, don't follow through as scheduled. Substitute an easier workout, and return to the heavy one the following day.

3. Prepare carefully for a change in your routine. Increase muscle-strengthening and tendon-lengthening exercises before adding mileage to your run, for example. Or before moving on to heavier weights. This rule applies to all sports.

#### 3 Loosen inflexible muscles

Vigorous exercise causes slight muscle injury, as noted. As the muscles heal, they shorten, leaving them more susceptible to wear-and-tear injury. The muscles must be stretched between workouts, using exercises directed to the muscles affected.

1. For example, if you are a bicyclist, your quadriceps (muscles above the knee) and calf muscles must be stretched.

2. If your sport requires running, you need to stretch your calf, hamstring (back of the upper leg), and inner thigh muscles, and lower back.

3. Swimmers must stretch the biceps, triceps, and supraspinatus muscles (upper arm and shoulder).

4. And weight-lifters must condition all muscle groups, especially the biceps and triceps.

#### 4 Adapt to structural abnormalities

Structural abnormalities are problems such as flat feet or floating kneecap, which can be corrected either with devices or with specific exercises. If you have such problems, it's advisable to correct them before starting a physical conditioning program. Otherwise, you run an increased risk of injury.

If you have flat feet, you may risk developing runner's knee unless you wear arch supports or have special inserts made for your shoes. If you have a pronounced curve in your lower back, you are more likely to develop low back pain. Unequal leg lengths, if not recognized and compensated for, can cause hip pain on the side of the longer leg.

Your physician can recognize these and other problems, and help you devise ways to correct them—which is why a physical examination is so important before you start a training program.

A Modern Medicine "patient aid"—tear out and photocopy

# SWIM-MASTER

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

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## SWIM CALENDAR

VOL IX - No 5

JUNE 1980

JUN 14-15 Sarasota SC - Natalie Clement, 4528 Falcon Ridge Dr., Sarasota, FL 33583  
15 SPA LC - Janet Royer, 11834 S Colima Rd., Whittier, CA 90604  
21 SC - Iowa - Jack Mathews, Box 23, Grinnell, IA 50112  
21-22 LC - Winnie MacKenzie, 1445 Civic Dr., Walnut Creek, CA  
28 Biathlon - Ed Spilka, SO S.F. P&R Dept., P.O. Box 711, S. San Francisco, CA 94080  
28 Irvine - Curt Mosso, 5597 W Camino Cielo, Santa Barbara, CA 93105

JUL 5-6 Las Vegas LC - Las Vegas A.C., 4604 Heidi Cir., Las Vegas, NV 89102  
12 SPA LC Santa Barbara - Mike Gilmore, P.O. Box 5901, Santa Monica, CA 90405  
12-13 PA LC - Nancy Ridout, 580 Sunset Pky., Novato, CA 94947  
19 25 MTR - Jack Mathews, Box 23, Grinnell, IA 50112  
25-27 LC - Leslie Samuels, Metairie YMCA, 3726 Hauma Blvd., Metairie, LA 70002  
27 SPA LC - Alicia Horst, 24 The Point, Coronado, CA 91228

AUG 2-3 LC - Ann Badgerow, 824 Kyle St., San Jose, CA 95127  
2-3 LC INV - Jeff Archambault, 1150 Rankin St. F-9, Stone Mountain, GA 30083  
10 LC - Vickie Good, 667 Asbury Ln., Gairfield, CA 94537  
15-16 LC - Dot Resseguie, P.O. Box 7, Tar Heel, NC 28392  
17 Biathlon - Redwood Shores, 350 Marine World Pky., Redwood City, CA 94064  
29-SEP 1 NATIONAL LC CHAMPIONSHIPS - Santa Clara, Cindy Baxter, 740 Clara Dr., Palo Alto, CA 94303 (415) 326-6630

OCT 19 SC - Coronado Masters - Alicia Horst, 24 The Point, Coronado, CA 91228

NOV 15-16 GCM Fall Meet - June Krauser, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305

DEC 7 SC - Coronado Masters - Alicia Horst, 24 The Point, Coronado, CA 91228

OREGON AAU - Earl Walter, 3904 SW 57 Av., Portland, OR 97225 JUN 8, JUL 11-12, AUG 13-14

Ocean swims every weekend, June 28 to October 12. Various events of 1/2 mile, 1-mi, 2-mi, 3-mi, 10-mi swims, Biathlons, Triathlons, and Run-Swim-Runs. Send self-addressed stamped envelope to Betty Talbot, 8328 Stewart Ave., Los Angeles, CA 90045. (213) 670-3251

JUL 20 3 and 10 mile LONG DISTANCE NATIONAL AAU OPEN WATER CHAMPIONSHIPS at Seal Beach, CA  
Bob Griffith, 1225 Catalina Ave., Seal Beach, CA 90740 (213) 431-9644 or 430-0549

1980 DIVING CALENDAR - JUN 14 - Paula Jean Pope, 415 Del Norte Rd., Ojai, CA 92023

JUL 13 - Felix Grossman, 17960 Rancho Ave., Encino, CA 91316

AUG 29-31 - Bill McAlister, 14407 Rd. 23-1/2, Madera, CA 93637

OCT 18 - Tom Crosby, 1261 Nacion Ave., Chula Vista, CA 92011

\*\*Mail 3 copies of meet results to: Enid Uhrich, 25 Lafayette Rd., Newton Lwr Falls, MA 02162\*\*