



# SWIM-MASTER

VOL IX - No 8

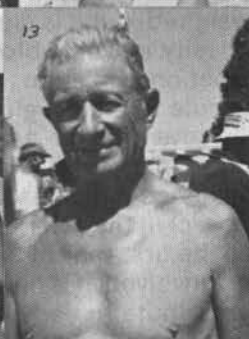
USA NATIONAL PUBLICATION FOR MASTERS SWIMMERS

OCTOBER 1980

## MASTERS CHAMPIONSHIPS

**1980 National A.A.U.  
Men's and Women's Long Course  
at  
Santa Clara International Swim Center**

1. Gustavo Betancourt, Vincente Capriles & Edmundo Fernandez from Venezuela; 2. Mark Chatfield representing the Trojans; 3. Co-Meet Directors - Cindy Baxter & Carol Macpherson; 4. Graham Johnston from Texas and John Crews from Tenn.; 5. Clarence Ross of New Jersey and Reg Richardson from Santa Barbara; 6. Nancy Macbeth from Arizona and Margaret George from Pasadena; 7. Jacalyn Hirsty from DC and Mike Gilmore from Santa Monica; 8. Jon Buzzard from Indianapolis; 9. Barbara Wilson from Australia; 10. Zada Taft of the San Mateo Marlins; 11. Dale Petranec from DC; 12. Dawn Musselman from the Pacific Northwest; 13. Bill Share from Florida; 14. Geoff Burke & the monkey that got on his back; 15. Ted Haartz our National Chairman from New England; 16. Ranson Arthur our Past National Chairman from Portland; 17. Gail Roper from Rinconada; 18. Sharon Finneran from the Trojans; 19. Ralph Kendrick; 20. Steve Clark from San Francisco; 21. Millie Larsen from Dallas; 22. Jane Murphy-Sherman from New York; 23. Mike Stamm from the Trojans; 24. Han & Mildred Anderson from Texas; 25. Bill Mulliken from Illinois.



# PREVENTING HEART DISEASE THROUGH EXERCISE AND DIET

Bernard Silber, M.D. *Rinconada Masters*

Can exercise help prevent heart disease? Let's look at some examples:

Conductors of London's double-decker buses walk up and down stairs all day while the bus drivers are almost totally sedentary. There is half the incidence of heart disease among the conductors as compared with the drivers.

In communal living groups in Israel, the annual incidence of coronary disease and death from heart attacks was three times greater in sedentary workers than those in physically active jobs.

The incidence of heart disease in the average American is about seven times that of the comparable—but much more physically active—men of Crete.

By the age of thirty, aging effects and the sedentary living of modern life have produced various diseases and disabilities such as obesity, chronic low-back strain, weak abdominal muscles, high emotional tension, high pulse rates, low muscle strength, and increased susceptibility to cardiovascular diseases.

A number of factors have been found to be associated with an increased risk of coronary disease. Studies indicate that exercise, as a means of preventing heart disease, has as much or more merit than any other preventive measure, though diet certainly also plays a large part. Other considerations should still be weighed, but it is clear that lack of exercise, along with obesity, elevated blood cholesterol, cigarette smoking, emotional tension, and high blood pressure all contribute to the development of coronary heart disease.

Prevention of heart disease should start in childhood, particularly in regard to a healthy diet. Medical evidence indicates that fatty substances can begin to collect in the arteries at a very early age—even as early as the first year of a child's life. Although many factors are involved, it is believed that the diet of the young may contribute to early signs of coronary disease. It is im-

portant for all age groups, not just older people, to cut down on saturated fats, such as fried foods, butter, and animal fats. This applies very specifically to the younger members of the Masters, for just as you are never too old to swim, you are never too young to pay attention to your diet.

It is advisable for everyone, and particularly those of age thirty-five or older, to have a medical examination before embarking on an intensive exercise program. This should include an exercise electrocardiographic (ECG or EKG) test. This test is performed while the subject exercises on a stationary bicycle or treadmill, and the heart rate, rhythm, and action are monitored during the test. This helps determine the workload that can be imposed on the heart as well as being a way to detect the presence of heart disease which may not be otherwise symptomatic.

There are various kinds of exercise that are available to most people: walking, jogging, cycling, and, of course, swimming. Swimming provides exercise not only for your heart but for all muscle groups. Swimming the crawl at 50 yards a minute is the equivalent of running at 7 mph or performing heavy labor. Swimming the breaststroke at 40 yards a minute is equal to running at 5½ mph or climbing stairs.

Interval training is probably more beneficial to increase cardiovascular fitness than prolonged slower training. Training should be on a regular lifetime basis, for inactivity causes the body to become flabby very rapidly. Regular physical demands must be made on your body to maintain an adequate level of fitness.

For further information, you may wish to consult *The New Aerobics*, by Dr. Kenneth Cooper (paperback, \$1.25), an excellent guide to exercising and conditioning, or Dr. Pritikin's book (paperback, \$3.50) on diet and exercise.

To summarize:

Swimming helps reduce the possibility of coronary heart disease.

Swimming helps reduce cholesterol levels.

Swimming helps in weight reduction.

Swimming improves breathing.

Swimming improves muscle tone and joint movements.

Swimming makes you feel better.



*International*

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*become a life member!*

YES! Here's my check for \$100.00 (or \$25.00 as my first installment over a four-year period).

I understand I will receive my special gold pass, patch, and free admission to the Hall of Fame at any time.

Swimming is an important part of my "Life", and I want to continue my support of this great sport and its International Shrine.

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ADDRESS \_\_\_\_\_

## **From the beginning.**

### **The Rinconada Masters**

In 1971 and 1972 a group of adults calling themselves the Fremont Hills Swim Team met every Wednesday evening for cocktails and forty-five minutes of relaxed swimming in the Fremont Hills Country Club Pool. A few members of this group ventured to a Masters' Swim Meet in San Mateo—a new experience for most of them.

Then came the 1972 Masters' Short Course Nationals. Again this event was held in San Mateo, and it was sponsored by the San Mateo Recreation Department and the San Mateo Marlins. Some of this original Fremont Hills group participated, joined by Carol Tait Macpherson, Hall of Fame National Champion, and her husband Joel, ten swimmers in all. Ebullient Cindy Baxter officiated as stroke-and-turn judge, but laughed at the idea of getting really wet. By the fall of 1972, through the invaluable cooperation of the Palo Alto Recreation Department and Tom Osborne, head of the aquatic program, Cindy and Carol started to organize a Masters' Program at the Rinconada Pool. Carol Macpherson and Cindy Baxter, both swimming instructors and coaches with many years of experience, were persuaded to serve as the coaches.

By January of 1973, Rinconada Masters became a full-fledged club with fifteen members and the two coaches. Emphasis on physical fitness, as well as on swimming skills, was the backbone of the program. The coaches asked the swimmers to come to at least three of the eight workouts a week so as to keep in good physical condition. The members found that the sociability, both at the pool and at the club parties, promoted camaraderie and relaxation. Enthusiasm for the program caused rapid growth, for by the end of 1973 the club had expanded to more than 100 members, with 45 of them holding A.A.U. cards.

In May of 1973 the Rinconada Masters sent twenty-five members to Santa Monica in Southern California for the Short Course National Championship Meet. They won second place, among ninety-six competing clubs, winning numerous gold medals and establishing 18 new national records.

In 1974 nineteen members flew to Ft. Lauderdale, Florida, for the Short Course National Championships held at the swimming Hall of Fame Pool. The result was a fourth place for the team out of more than 100 teams entered, and a third place for the women's team. Rinconada swimmers won 24 gold medals and established 18 new national records.

Since 1974 when they sponsored the National Masters Long Course Championship Meet at Santa Clara International Pool through the 1980 National Masters Short Course Championship meet in Fort Lauderdale, Florida, the Rinconada Masters have won three Women's and two Combined championships; and placed in the top three times. National records, national individual and relay titles and improved performances continue on and on.

Now in 1980 as your hosts again at the Santa Clara International Pool in Santa Clara, California in this the 10th year of Masters national level competition Rinconada welcomes you and wishes you, "fast water."

#### **HOST CLUB—RINCONADA MASTERS**

Carol Tait Macpherson & Cindy Baxter, Co-Directors

## **A.History**

### **Master's Swimming Update**

Ten years old and growing fast—that's Masters Swimming. Born in May 1970 with 49 competitors (34 men and 14 women) at the first Masters Nationals in Amarillo, Texas, it has grown to several thousand competitors not only nationally but worldwide also. This year's Nationals totals nearly a thousand entrants.

First conceived in the 1960's by long time swimming enthusiast Dr. Ransom A. Arthur, competitions to promote physical fitness for older swimmers has proved itself. Dr. Arthur persuaded then American Swimming Coaches Association President, John Spanuth to host the Amarillo, Texas, Nationals. Early participants in that meet included; Dr. Arthur, Ham & Mildred Anderson, Richard Rabe, and Paul Hutinger. Since that time former swim greats, such as; Steve Clark, Carin Cone Vanderbush, Gail Peters Roper, Lance Larson, Barbara Jensen Jackson, Steve Baxter, David Wilkie and Wanda Werner Cavanaugh and non-competitive background swimmers; Nellie Brown, Ted Haartz, Ed Kerswell and Cindy Baxter, have swelled the ranks. National meets have been held from Spokane to Fort Lauderdale, from Providence, Rhode Island to Mission Viejo, California. Competitors have traveled from Australia, England, Canada, New Zealand, West Germany, Italy, Brazil and Mexico to swim.

Swim Master, edited by June Krauser and Swim Swim, edited by Mike Gilmore give Masters their own publications. Dr. Arthur writes a column in Swimming World, and Sports medicine has begun to note the masters swimmer.

James "Doc" Councilman, former swimmer and famed Indiana coach has become the oldest (58) master of the English Channel.

From Dr. Arthur's Amarillo, Texas beginning to conquering the English Channel to an unrestricted future, Masters swimming promises an exciting new decade.

### **MASTERS SWIMMING—BOARD OF DIRECTORS**

#### **Officers:**

Ted Haartz, President  
Mike Laux, Vice President  
Enid Uhrich, Secretary  
Reg Richardson, Treasurer

#### **Committee Chairpersons:**

RULES: June Krauser  
RECORDS: Ted Haartz  
FINANCE: Reg Richardson  
MEDICAL: Manuel Sanguily, MD  
LEGAL: Michael Laux  
MEN & WOMEN'S TABULATIONS & CHAMPIONSHIPS:  
Enid Uhrich

#### **Zones:**

A-Dale Petranec, Potomac Valley Assn.  
B-Mildred Anderson, Gulf Assn.  
C-Jill Oberweis, Central Assn.  
D-Cindy Baxter, Pacific Assn.

#### **Past Chairpersons:**

June Krauser  
Ransom J. Arthur, MD

# Tam Masters host long course meet

## Veteran swimmers after more national records

By Ralph Chatoian

Jane McCollister and Nancy Ridout will try to add to their list of national and Pacific Association AAU records this weekend when the Tamalpais Aquatic Masters, a group of swimmers aged 21 to 70, hosts a long course meet at the Indian Valley Colleges pool.

Approximately 150 swimmers from 26 Northern California clubs are expected to compete Saturday and Sunday, competition beginning at 9 a.m. each day.

There will be events in freestyle, backstroke, breaststroke and butterfly in all the adult age groups.

"Indian Valley is a fast pool," said Tam swim coach Marie McSweeney. "We expect some national records to be broken."

Members of the Marin County club range in age from 21-year-old Suzanne Heim of San Rafael to 70-year-old John Morrison of Sebastopol. Although most of the swimmers live in Marin County, some come from San Francisco and from as far away as Sacramento and Stockton. The out-of-towners do most of their practicing on their own and join the other Tam swimmers at the meets that are held throughout the Bay Area.

Ridout, 38, of Novato, competes in the 35-39 age group. She holds national marks in the 50-meter free (30:12), the 100-meter free (1:08:0) and is part of the Tam 200-yard freestyle relay team that has a U.S.

record of 1:53.76 for women over 35. Others on that team are Laurie Hoey, Charlotte Jenkins and Sue Archer. Ridout also holds a national age group record for covering 4,500 yards in one hour. In addition to her age group national records, she has 10 Pacific Association AAU marks in freestyle and butterfly events.

Ridout, a teacher at Good Shepherd Nursery School in Novato, grew up in Ohio and started competitive AAU swimming at age 13. While attending University of Michigan she swam on AAU teams and competed in both swimming and water polo. Her AAU women's water polo team won national championships in 1961, '62 and '63.

She gave up swimming in 1964 and didn't get back into it until 1972 a short time after Marin Swim Club coach Don Swartz began the masters program in Marin. Now she is one of the best in the land for her age, training an hour and a half a day for six days a week, covering 4,000 to 5,000 yards of water a day.

Ridout is the masters swimmers records chairman for the Pacific Association and a vice president of the P.A. Masters Swim Committee. She is married, with two sons, 8 and 11 ("They're into baseball and soccer, not swimming.") Her husband, George, is a distance runner and competes in races ranging in length from six miles to marathon distance.

How long does Nancy expect to

compete in age group masters swimming? "Until I die. I really love it. It's great for you...you meet a lot of people and it keeps you in great condition."

McCollister is 61 and competes in the 60-64 age group where she holds national records in the 200-yard free (2:54.85), 500-yard free (7:55.61) and 100-yard breaststroke (1:44.21), and holds a national record of 3,410 yards in one hour. In addition she holds nine P.A. records in the 55-59 age group and 12 in the 60-64 age group for freestyle and breaststroke events. And like Ridout, McCollister has been a member of the All-American Masters team the last six years.

McCollister was born in San Antonio, Tex. and reared as a daughter of an Army officer.

"I lived all over the world," she said. "I learned to swim in Panama. It was the only cool thing to do."

When she was 13 McCollister returned to the states with her family and began competing in AAU swimming against women much more mature because that was before age group youth swimming. She was the youngest swimmer at the U.S. Olympic trials and finished far down the pack.

McCollister attended University of Texas and was one of two women who trained and worked out with the men's swim team. Remember, these were the pre-Title IX days and there were no women's swim teams at

some of the major universities. She later got a chance for collegiate competition by transferring to the University of Pennsylvania which had a women's swim team. She also swam on the Penn Athletic Club AAU team and competed in the senior nationals in 1936.

McCollister earned her masters degree, began teaching, and in 1941 discontinued her competitive swimming. It ended up as a 30-year layoff from the sport. She didn't get back to it until 1971 when Swartz began his masters program in the Marin S.C.

She said she will continue competitive swimming "as long as I can keep moving."

"It is a marvelous program. The competition isn't the big thing, it's the conditioning for every level of ability."

McCollister retired last year as a teacher at Vallecito School in the Dixie School District. Her husband is a retired Army officer.

According to McSweeney, who has coached the masters program in Marin County for four years, many of the 75 members of the Tam Masters were not involved in competitive swimming as youngsters, but took it up as adults.

No, these hard-working swimmers are not kids any more. But you would never know it by the enthusiastic way they go about their sport. In the world of masters swimming, they make a big splash.



Jane McCollister (left) and Nancy Ridout  
Eight national records between them

By Jim Kain

## Hawaii's 'old' swimmers are tops — just check the world rankings

The Sunday Star-Bulletin & Advertiser Honolulu, July 27, 1980

By Ann Miller

Advertiser Sports Writer

During one of Lloyd Osborne's races at a National Meet for Masters swimmers, a man yelled down at the 71-year-old Yale graduate, "You damn Yale men: You never know when to give up."

For Osborne and the other 90 members of the Waikiki Masters Swim Club, it's not a matter of knowing when to give up. It's a matter of realizing they don't have to give up. And, especially for those members over 60 years old, it's a matter of proving there is no reason to give up. They are the best swimmers of their age groups in the world.

The 1979 World Swimming Rankings for the AAU-sanctioned Masters Swimmers were released this month. Anyone over 25 qualifies as a Masters swimmer. The individual events are broken down to five-year categories. Relays, which are coed, are divided into 10-year blocks.

The list of top five swimmers in events for women and men over 60 looks like a page torn from the Oahu phone book.

Osborne is listed in eight categories alone. His wife Joan, 64, holds 10 records. John Anderson, 77, is listed in 12 different events. Jim Welch, 62, also holds eight marks. In the 142 events for men and women over 60, swimmers from Hawaii qualify 58 times—and there are over 10,000 swimmers from the U.S., Canada, West Germany, Australia and England in the program.

"Well, our conditions for swimming are rather nice here, don't you think?" Joan Osborne says with a smile when asked why Hawaii is so dominant.

"I don't know," Welch, also smiling, answers to the same question. "Unless all us old people came over here to retire."

Carin Vanderbush, 40, who took a silver medal in the backstroke at the 1956 Olympics in Melbourne, thinks she knows why her older teammates are so dominant.

"People in Hawaii live longer," she says. "There's no change in climate. The weather is always moderate. And our facilities are wonderful."

Vanderbush is a good example of how most Masters swimmers begin. She started swimming at eight, was 16 when she competed in the Olympics, retired from swimming at 20 and "hadn't been near a pool" in 19 years. She joined the Masters last year and placed in the top five in two

### Sunday Sports Special

backstroke events, even though at 39 she was the oldest in her age category (35-39).

"We all can't wait until we get to our next age group," Vanderbush says, in direct contrast to all those her age who look forward to their 40th birthday with about as much anticipation as a turkey has for Thanksgiving.

"You generally do your best in a new age group," Lloyd Osborne says. "You get slower and slower each year. Then you look forward to your next birthday so you can start beating people again. I've been two years in my age group. Now the younger guys have started crimping my times."

Osborne, who looks like he's 71 going on 41, began swimming in high school. He captained the Yale swim team at a time when it was in the process of winning 162 straight dual meets. He continued swimming competitively in the Navy service league until 1942.

He heard about the Masters program in 1972 when Buster Crabbe was in Hawaii trying to drum up interest for the AAU. When he joined the same year — it was also Hawaii's first year to have a club — he hadn't swum competitively in 30 years.

He now trains four or five times a week at the Kaneohe District Park, swimming about 2,000 meters a day. It must help. In a recent local meet he set three Hawaiian records.

The Waikiki Club holds local meets every other week starting two months before the Nationals. The times from those meets and the Nationals constitute the World Rankings.

The Masters have held National meets since 1973 in both short course (25 yards) and long course (50 meters). The World Rankings began in 1978, only for the long course times.

Osborne had quite a few reasons to get back into swimming.

"I have big feet, I guess," he says at first, and then gets serious. "I've been

swimming all my life. It comes natural to me. It keeps me healthy. I don't have the right physical build to run and swimming is always fun."

His wife Joan thought she was just "tagging along" when she started in the Masters.

"I didn't swim until I was 57," she says. "But I'm allergic to the heat, I can't golf and I don't like to walk. When I started swimming I did it very badly. Lloyd would swim 1,500 meters and I would swim 300 yards in an hour. I thought I was very brave. But it's amazing what the body can do."

When Lloyd asked her if she'd like to go to the National Meet with him in 1973, Joan said she thought about "all the sewing and needlepoint I could do there. Then I found myself in the pool."

"It takes a certain kind of person at my age not to have her hair pinned up and properly styled. My friends call me the wet one, but as long as Lloyd approves of my behavior I don't care what anybody else thinks. He would rather have me healthy below the neck—even if I do look like hell from the neck up."

Welch swims 3,000-4,000 meters a day since he joined the Masters in 1972. Before that he hadn't swum seriously since his college days in Florida.

"The Masters is just for fun," he says quietly. "I enjoy the swimming, the training, the nationals and the competition. And, of course, the people."

For Anderson, it's pretty much the same. He grew up swimming on Waikiki, stopped after high school and didn't swim between 1926-1976.

"The Masters is wonderful," he says. "I do it for my health. I don't really train. My wife and I swim about three-fourths of a mile each when we practice. But if our team gets together at the next National Meet (in Santa Clara over Labor Day weekend) we could clean up. Hawaii should be No. 1. We can swim all year long and you can't beat that."

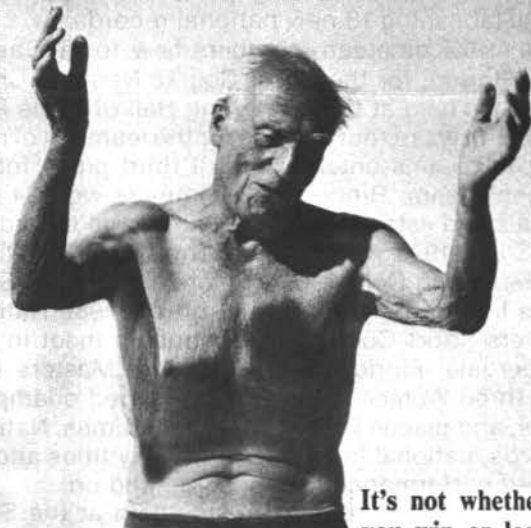
Vanderbush talks about the Masters enthusiastically not only in terms of swimming records, but, especially, in terms of the social aspects.

"The people are so wonderful," she says. "They are all so supportive of each other. What I would really like to do is bring my mother to a Masters meet to see how healthy and happy all these people are. They all feel so good."

And all because they just didn't know when to quit.



Joan and Lloyd Osborne



It's not whether you win or lose

Fred Allen of Gloucester, age 81, is on the starting block (right) for the 200-meter freestyle in Masters meet yesterday at Brown University's Smith Swim Center. Allen shows his form (above) and at end of race (left) he comments on his performance, "I finished."

—Journal-Bulletin Photos by WILLIAM K. DABY



50 M BREASTSTROKE

Fernando Lasa 51 46.70  
 50 M BUTTERFLY  
 Loring Holmes 51 37.70  
 Fernando Lasa 51 43.80  
 200 M BUTTERFLY  
 Loring Holmes 51 4:37.70  
 200 M INDIVIDUAL MEDLEY  
 Loring Holmes 51 4:07.40

MEN 60-64

50 M FREESTYLE  
 Rudolph Hirsch 62 34.60  
 Stan Fisher 61 41.00  
 100 M FREESTYLE  
 Rudolph Hirsch 62 1:25.90  
 Stan Fisher 61 1:42.40  
 50 M BACKSTROKE  
 Stan Fisher 61 48.30  
 100 M BACKSTROKE  
 Stan Fisher 61 1:51.80  
 200 M BACKSTROKE  
 Stan Fisher 61 4:12.20

MEN 70-74

William Share 71  
 100 M Backstroke 1:59.50  
 50 M Breaststroke 48.10  
 100 M Breaststroke 1:47.40

MEN 75-79

PERC DE CREMER 76  
 50 M Freestyle 49.70  
 50 M Backstroke 1:04.00  
 50 M Breaststroke 1:03.40  
 50 M Butterfly 1:00.00  
 200 M Individual Medley 5:16.50

TEXAS A & I UNIVERSITY  
 LONG COURSE MEET  
 MARCH 8 & 9, 1980

WOMENS 25-29

100 M FREESTYLE  
 DEBORA DEES 25 1:30.22  
 50 M BACKSTROKE  
 DEBORA DEES 25 45.84  
 50 M BUTTERFLY  
 DEBORA DEES 25 41.85  
 WOMENS 30-34  
 100 M FREESTYLE  
 JO MAY 31 1:33.42  
 200 M FREESTYLE  
 JO MAY 31 3:14.83  
 400 M FREESTYLE  
 JO MAY 31 6:19.03  
 100 M BACKSTROKE  
 JO MAY 31 1:42.97  
 200 M BACKSTROKE  
 JO MAY 31 3:32.22  
 100 M BUTTERFLY  
 JO MAY 31 1:45.63  
 200 M BUTTERFLY  
 JO MAY 31 3:53.03  
 200 M IND. MED.  
 JO MAY 31 3:39.62  
 400 M IND. MED.  
 JO MAY 31 7:36.10

WOMENS 50-54

50 M FREESTYLE  
 CHARLOTTE RAFES 53 51.94  
 100 M FREESTYLE  
 CHARLOTTE RAFES 53 1:48.51  
 200 M FREESTYLE  
 CHARLOTTE RAFES 53 4:00.62  
 400 M FREESTYLE  
 CHARLOTTE RAFES 53 8:04.38  
 1500 M FREESTYLE  
 CHARLOTTE RAFES 53 32:26.24  
 50 M BACKSTROKE  
 CHARLOTTE RAFES 53 1:05.24  
 100 M BACKSTROKE  
 CHARLOTTE RAFES 53 2:12.35  
 200 M BACKSTROKE  
 CHARLOTTE RAFES 53 4:44.73

WOMENS 55-59

100 M FREESTYLE  
 FRAN WOOLSEY 56 1:24.45  
 200 M FREESTYLE  
 FRAN WOOLSEY 56 5:04.44  
 400 M FREESTYLE  
 FRAN WOOLSEY 56 10:32.60  
 100 M BACKSTROKE  
 FRAN WOOLSEY 56 2:45.72  
 200 M BACKSTROKE  
 FRAN WOOLSEY 56 5:33.60  
 100 M BUTTERFLY  
 FRAN WOOLSEY 56 3:11.10  
 200 M BUTTERFLY  
 FRAN WOOLSEY 56 6:37.92  
 200 M IND. MED.  
 FRAN WOOLSEY 56 5:51.50  
 400 M IND. MED.  
 FRAN WOOLSEY 56 11:34.11

WOMENS 60-64

50 M FREESTYLE  
 DORTHY GLIDDEN 60 38.72  
 CANDY PEW 63 56.88  
 100 M FREESTYLE  
 DORTHY GLIDDEN 60 1:37.18  
 CANDY PEW 63 2:51.02  
 200 M FREESTYLE  
 CANDY PEW 63 6:07.07  
 1500 M FREESTYLE  
 DORTHY GLIDDEN 60 30:53.95  
 50 M BACKSTROKE  
 DORTHY GLIDDEN 60 53.75  
 CANDY PEW 63 1:09.88  
 100 M BACKSTROKE  
 DORTHY GLIDDEN 60 2:10.02  
 200 M BACKSTROKE  
 DORTHY GLIDDEN 60 4:41.87  
 50 M BREASTSTROKE  
 DORTHY GLIDDEN 60 58.78  
 CANDY PEW 63 1:15.45  
 100 M BREASTSTROKE  
 CANDY PEW 63 2:42.56  
 200 M BREASTSTROKE  
 CANDY PEW 63 5:54.02  
 50 M BUTTERFLY  
 CANDY PEW 63 1:21.74  
 200 M IND. MED.  
 CANDY PEW 63 6:07.72  
 1 M DIVING  
 CANDY PEW 63 FIRST

WOMENS 65-69

400 M FREESTYLE  
 MILDRED ANDERSON 65 10:06.94  
 1500 M FREESTYLE  
 MILDRED ANDERSON 65 38:23.22  
 100 M BACKSTROKE  
 MILDRED ANDERSON 65 2:10.06  
 200 M BACKSTROKE  
 MILDRED ANDERSON 65 4:41.88  
 50 M BREASTSTROKE  
 MILDRED ANDERSON 65 57.87  
 100 M BREASTSTROKE  
 MILDRED ANDERSON 65 2:10.37  
 200 M BREASTSTROKE  
 MILDRED ANDERSON 65 4:44.44  
 100 M BUTTERFLY  
 MILDRED ANDERSON 65 2:24.72  
 200 M IND. MED.  
 MILDRED ANDERSON 65 4:53.25  
 400 M IND. MED.  
 MILDRED ANDERSON 65 13:07.34

MENS PREMASTERS

50 M FREESTYLE  
 KEVIN PFISTER 19 27.63  
 ROCK KNUDSEN 21 29.87  
 100 M FREESTYLE  
 KEVIN PFISTER 19 59.95  
 ROCK KNUDSEN 21 1:10.67  
 200 M FREESTYLE  
 KEVIN PFISTER 19 2:19.13  
 400 M FREESTYLE  
 KEVIN PFISTER 19 5:06.74  
 ROCK KNUDSEN 21 6:47.73  
 50 M BACKSTROKE  
 ROCK KNUDSEN 21 38.02  
 100 M BACKSTROKE  
 KEVIN PFISTER 19 1:17.78  
 ROCK KNUDSEN 21 1:34.09  
 50 M BREASTSTROKE  
 ROCK KNUDSEN 21 41.74  
 50 M BUTTERFLY  
 KEVIN PFISTER 19 29.11  
 ROCK KNUDSEN 21 32.02  
 100 M BUTTERFLY  
 KEVIN PFISTER 19 1:07.07  
 ROCK KNUDSEN 21 1:27.75  
 200 M IND. MED.  
 KEVIN PFISTER 19 2:43.29  
 400 M IND. MED.  
 KEVIN PFISTER 19 5:56.97

MENS 25-29

50 M FREESTYLE  
 DANIEL WERNLI 26 31.63  
 STEVE KACZMAREK 28 33.06  
 BEN WEAVER 29 39.12  
 100 M FREESTYLE  
 STEVE RUBIN 26 1:13.91  
 STEVE KACZMAREK 28 1:13.95  
 BEN WEAVER 29 1:49.97  
 200 M FREESTYLE  
 DANIEL WERNLI 26 2:52.56  
 400 M FREESTYLE  
 STEVE RUBIN 26 6:38.11  
 STEVE KACZMAREK 28 6:55.73  
 50 M BACKSTROKE  
 STEVE KACZMAREK 28 48.85  
 BEN WEAVER 29 53.53  
 100 M BACKSTROKE  
 STEVE KACZMAREK 28 37.80  
 DANIEL WERNLI 26 41.52  
 BEN WEAVER 29 1:03.55

100 M BREASTSTROKE

STEVE KACZMAREK 28 1:27.36  
 STEVE RUBIN 26 1:32.64  
 BEN WEAVER 29 2:52.24  
 200 M BREASTSTROKE  
 STEVE KACZMAREK 28 3:27.77  
 50 M BUTTERFLY  
 STEVE RUBIN 26 36.11  
 MENS 30-34  
 50 M FREESTYLE  
 GARY CARTER 30 28.35  
 100 M FREESTYLE  
 GARY CARTER 30 1:05.14  
 200 M FREESTYLE  
 GARY CARTER 30 2:32.62  
 50 M BREASTSTROKE  
 GARY CARTER 30 52.06  
 50 M BUTTERFLY  
 GARY CARTER 30 34.82  
 100 M BUTTERFLY  
 GARY CARTER 30 1:16.64

MENS 35-39

50 M FREESTYLE  
 MICHAEL HANKAMER 35 43.02  
 100 M FREESTYLE  
 MICHAEL HANKAMER 35 1:50.55  
 MENS 40-44  
 50 M FREESTYLE  
 DAVID GILLANDERS 40 28.33  
 100 M FREESTYLE  
 DAVID GILLANDERS 40 1:08.95  
 200 M FREESTYLE  
 DAVID GILLANDERS 40 2:37.40  
 RALPH GECKLE 43 3:28.31  
 400 M FREESTYLE  
 DAVID GILLANDERS 40 5:46.74  
 RALPH GECKLE 43 7:32.50  
 1500 M FREESTYLE  
 DAVID GILLANDERS 40 23:30.99

50 M BACKSTROKE

DAVID GILLANDERS 40 33.62  
 RALPH GECKLE 43 43.05  
 100 M BACKSTROKE  
 DAVID GILLANDERS 40 1:21.05  
 RALPH GECKLE 43 1:39.10  
 200 M BACKSTROKE  
 RALPH GECKLE 43 3:35.20  
 100 M BREASTSTROKE  
 RALPH GECKLE 43 2:17.83  
 50 M BUTTERFLY  
 DAVID GILLANDERS 40 29.74  
 100 M BUTTERFLY  
 DAVID GILLANDERS 40 1:08.56  
 200 M BUTTERFLY  
 DAVID GILLANDERS 40 3:00.20  
 200 M IND. MED.  
 RALPH GECKLE 43 4:03.47

MENS 55-59

50 M FREESTYLE  
 ALLEN HELLMAN 58 34.36  
 100 M FREESTYLE  
 ALLEN HELLMAN 58 1:27.62  
 200 M FREESTYLE  
 ALLEN HELLMAN 58 3:28.98  
 50 M BACKSTROKE  
 ALLEN HELLMAN 58 39.76  
 100 M BACKSTROKE  
 ALLEN HELLMAN 58 1:32.31  
 200 M BACKSTROKE  
 ALLEN HELLMAN 58 3:32.80  
 MENS 60-64  
 50 M FREESTYLE  
 PHILIP F. GOODRICH 62 43.85  
 100 M FREESTYLE  
 PHILIP F. GOODRICH 62 1:45.74  
 200 M FREESTYLE  
 PHILIP F. GOODRICH 62 4:04.94  
 400 M FREESTYLE  
 PHILIP F. GOODRICH 62 9:12.96  
 50 M BACKSTROKE  
 PHILIP F. GOODRICH 62 56.36  
 50 M BREASTSTROKE  
 PHILIP F. GOODRICH 62 1:00.19

MENS 65-69

50 M FREESTYLE  
 HAMILTON ANDERSON 65 36.70  
 100 M FREESTYLE  
 HAMILTON ANDERSON 65 1:24.04  
 200 M FREESTYLE  
 HAMILTON ANDERSON 65 3:10.69  
 400 M FREESTYLE  
 HAMILTON ANDERSON 65 6:51.62  
 50 M BACKSTROKE  
 HAMILTON ANDERSON 65 48.79  
 50 M BREASTSTROKE  
 HAMILTON ANDERSON 65 56.80  
 100 M BREASTSTROKE  
 HAMILTON ANDERSON 65 2:10.37  
 1 M DIVING

DC MASTERS 1500 M SWIM  
 JULY 12, 1980 - GLENMONT POOL

W 25-29  
 Chris Ruppert (29) 19:49.24  
 Jacalyn Hirsty (27) 20:35.64  
 Dot Wise (29) 20:40.00  
 Jeanne Mason (28) 22:20.82  
 Barb Bowman (25) 23:16.60  
 Jill Hoover (26) 25:27.00  
 Jennifer Brooks (28) 26:56.69  
 Jo Ann Woodham (25) 30:58.17  
 Deborah Newman (29) 33:10.39  
 W 30-34  
 Lynn Hazelwood (34) 25:47.00  
 Claire Parkinson (32) 27:16.21  
 Diddo Clark (30) 27:31.23  
 Sarah Welch (33) 27:43.66  
 Dolly McClary (31) 31:18.54  
 W 35-39  
 Cease Brown (35) 23:06.55  
 Elsie Neely (37) 54:41.00  
 W 40-44  
 Judy Collins (41) 26:41.64  
 W 45-49  
 Betty Griffin (49) 34:31.24  
 W 55-59  
 Minna Hammer (57) 29:51.78  
 W 60-64  
 Mimi Lee (60) 30:14.71  
 Helen Hummer (61) 30:18.60  
 Gladys Fusselman (60) 34:38.54  
 W 65-69  
 Mary Lathram (65) 42:37.66  
 W 70-74  
 Rita Shephard (71) 37:56.10  
 Elsa Mattila (70) 39:21.85

M 25-29  
 Robert Hansen (25) 20:06.01  
 Don Anderson (28) 20:46.02  
 Jim Parker (29) 21:46.30  
 Keith Morgan (25) 22:30.64  
 M 30-34  
 Woody Bedell (30) 22:25.24  
 Steve Hogan (31) 25:09.21  
 Gene Comey (30) 27:03.25  
 M 35-39  
 Jim Myerberg (38) 22:10.42  
 Dave Fields (35) 22:13.00  
 Paul Lovett (39) 23:28.03  
 Mike Stott (37) 24:08.80  
 Walter Meares (37) 24:24.97  
 M 40-44  
 George Worthington (43) 21:36.10  
 Arthur Smith (41) 21:43.70  
 Floyd DeAndrade (41) 22:36.50  
 Robert Parke (41) 28:31.28  
 M 45-49  
 Dale Petranec (45) 23:21.00  
 Ray Chen (46) 27:44.45  
 Ed Overton (45) 29:45.32  
 Tazewell Banks (48) 33:55.77  
 M 50-54  
 Charlie Moyer 28:59.64  
 M 55-59  
 Harry Dodge (58) 26:41.15  
 James Ferguson (56) 34:51.90  
 M 60-64  
 Frank Murphy (62) 28:41.11  
 M 65-69  
 Doc Schofield (66) 28:45.56  
 Kelly Lemmon (68) 28:54.64  
 Francis Miller (67) 34:47.57  
 Les Finnegan (66) 37:55.00  
 M 70-74  
 Dave McAfee (70) 29:22.07  
 Stanton Craigie (73) 32:28.95  
 M 75-79  
 T.W. Johnson (75) 36:51.65

HAWAIIAN ASSOCIATION A.A.U.  
 University of Hawaii Pool  
 WAIKIKI SWIM CLUB 7/27/80 and 8/3/80

WOMEN 25-29  
 200m. breast  
 Robbie Chandler 29 8:24.03  
 400m. I.M.  
 Robbie Chandler 7:06.48  
 WOMEN 30-34  
 50m. Free  
 Susan Coolidge 33 33.60  
 50m. breast  
 Susan Coolidge 42.60  
 100m. breast  
 Susan Coolidge 1:38.05

HOW PACIFIC ASSOCIATION MASTERS RANKED  
IN 1979 WORLD TOP FIVE

Table with 4 columns: Age/Event, Name, Time, and another Name. Includes categories like WOMEN 35-39, WOMEN 40-44, WOMEN 45-49, etc., with events such as 200m. free, 400m. free, 100m. back, etc.

Table with 4 columns: Age/Event, Name, Time, and another Name. Includes categories like Women 25-29, Women 30-34, Women 40-44, etc., with events such as 50 meter free, 100 meter free, 200 meter free, etc.

Table with 4 columns: Age/Event, Name, Time, and another Name. Includes categories like 100 meter back, 200 meter back, 50 meter breast, etc., with names like Kay, Baxter, Pisciotto, etc.

Women 65-69  
 100 meter free  
 5. 1:49.12 J. Durston  
 200 meter free  
 4. 4:00.41 J. Durston  
 400 meter free  
 5. 8:13.23 J. Durston  
 1500 meter free  
 4. 37:01.00 E. Goldman  
 50 meter back  
 5. 58.56 B. Johnston  
 100 meter back  
 5. 2:11.48 B. Johnston  
 50 meter breast  
 5. 56.77 E. Sandeman  
 100 meter breast  
 2. 2:04.96 E. Sandeman  
 5. 2:17.20 J. Durston  
 50 meter fly  
 4. 1:03.29 E. Sandeman  
 100 meter fly  
 2. 2:17.60 E. Sandeman  
 200 meter IM  
 3. 4:45.01 E. Sandeman  
 5. 5:02.67 E. Goldman

Women 70-74  
 50 meter back  
 4. 1:11.31 M. Bronson  
 100 meter back  
 5. 2:44.56 M. Bronson

Men 25-29  
 50 meter free  
 1. 24.20 M. Pedley  
 200 meter free  
 2. 2:04.18 S. Baxter  
 400 meter free  
 5. 4:40.49 D. Scott  
 50 meter back  
 4. 31.50 J. Robinson  
 100 meter back  
 2. 1:06.77 R. Whitchurch  
 5. 1:10.10 J. Robinson  
 200 meter back  
 5. 2:39.05 J. Lucas  
 50 meter breast  
 5. 33.90 G. Miller  
 50 meter fly  
 1. 26.04 S. Baxter  
 100 meter fly  
 1. 58.24 S. Baxter  
 200 meter fly  
 4. 2:43.08 D. Levinson  
 200 meter IM  
 3. 2:20.52 S. Baxter

Men 30-34  
 50 meter free  
 1. 24.50 B. Barthold  
 5. 26.50 M. Jester  
 100 meter free  
 2. 56.64 B. Barthold  
 5. 1:00.26 M. Garibaldi  
 200 meter free  
 2. 2:08.46 B. Barthold  
 3. 2:10.74 M. Garibaldi  
 400 meter free  
 2. 4:38.37 M. Garibaldi  
 5. 4:43.51 B. Barthold  
 1500 meter free  
 2. 18:53.85 M. Garibaldi  
 50 meter back  
 2. 30.47 M. Haaks  
 4. 31.40 T. Spieker  
 100 meter back  
 1. 1:07.70 B. Barthold  
 2. 1:07.78 T. Spieker  
 5. 1:10.90 D. Ennis  
 200 meter back  
 1. 2:26.86 T. Spieker  
 2. 2:29.36 B. Barthold  
 50 meter breast  
 5. 34.63 G. Jacobs  
 100 meter breast  
 4. 1:15.83 M. Jester  
 200 meter breast  
 2. 2:48.65 M. Jester  
 50 meter fly  
 2. 27.51 D. Ennis  
 3. 28.70 J. Katis  
 100 meter fly  
 3. 1:04.49 D. Ennis  
 4. 1:05.17 J. Katis  
 200 meter fly  
 1. 2:29.03 J. Katis  
 4. 2:42.50 D. Ennis  
 400 meter IM  
 1. 5:21.04 A. Shestakov  
 4. 5:30.22 J. Katis  
 5. 5:38.88 T. Spieker

Men 35-39  
 200 meter free  
 3. 2:16.27 A. Cartwright  
 400 meter free  
 2. 4:45.02 P. Thompson  
 5. 4:58.80 A. Cartwright  
 200 meter back  
 5. 2:39.00 A. Cartwright  
 200 meter breast  
 3. 2:51.85 M. Hull  
 50 meter fly  
 4. 28.87 M. Hull  
 100 meter fly  
 3. 1:05.50 A. Cartwright  
 200 meter fly  
 2. 2:34.21 A. Cartwright  
 200 meter IM  
 3. 2:31.72 A. Cartwright  
 400 meter IM  
 2. 5:29.40 A. Cartwright

Men 40-44  
 50 meter free  
 2. 27.20 C. Raven  
 100 meter free  
 3. 1:01.22 C. Raven  
 4. 1:01.99 W. VanHorn  
 200 meter free  
 1. 2:15.68 W. VanHorn  
 4. 2:23.27 C. Raven  
 400 meter free  
 1. 4:56.67 W. VanHorn  
 5. 5:11.78 C. Raven  
 1500 meter free  
 1. 20:01.76 W. VanHorn  
 4. 21:02.40 C. Raven  
 50 meter back  
 1. 33.25 J. Bohan  
 200 meter fly  
 4. 3:07.54 B. Fasbender  
 5. 3:22.81 K. Price

Men 45-49  
 50 meter free  
 3. 28.23 P. Gay  
 50 meter back  
 1. 33.52 D. Brown  
 100 meter back  
 2. 1:17.02 D. Brown  
 3. 1:19.38 R. Bennett  
 200 meter back  
 1. 2:55.10 R. Bennett  
 3. 2:59.30 D. Brown  
 200 meter IM  
 2. 2:48.77 D. Brown  
 50 meter free  
 3. 29.10 B. Johnson  
 200 meter free  
 5. 2:34.60 E. Kerswill  
 400 meter free  
 2. 5:26.15 E. Kerswill  
 1500 meter free  
 4. 22:29.36 E. Kerswill  
 50 meter back  
 3. 36.10 B. Johnson  
 100 meter back  
 4. 1:21.70 B. Johnson  
 400 meter IM  
 5. 6:41.85 E. Kerswill

Men 55-59  
 50 meter free  
 2. 30.00 D. Schwab  
 200 meter fly  
 4. 3:40.86 E. Barnes

Men 60-64  
 100 meter free  
 3. 1:12.86 R. Taft  
 200 meter free  
 2. 2:43.35 R. Taft  
 400 meter free  
 3. 5:59.82 R. Taft  
 5. 6:07.77 E. Moran  
 1500 meter free  
 3. 24:29.60 R. Taft  
 4. 24:31.20 E. Moran  
 50 meter back  
 1. 38.30 R. Taft  
 100 meter back  
 1. 1:26.32 R. Taft  
 4. 1:33.16 E. Moran  
 200 meter back  
 1. 3:09.41 R. Taft  
 2. 3:21.82 E. Moran  
 200 meter breast  
 2. 3:46.75 R. Taft  
 4. 3:52.30 E. Blackledge  
 50 meter fly  
 1. 35.31 R. Taft

100 meter fly  
 5. 1:39.38 R. Taft  
 200 meter fly  
 5. 4:42.46 E. Blackledge  
 200 meter IM  
 1. 3:03.96 R. Taft  
 400 meter IM  
 2. 7:00.16 R. Taft

Men 65-69  
 400 meter free  
 5. 6:48.67 B. Wood  
 100 meter breast  
 5. 1:43.66 H. Perry  
 200 meter fly  
 4. 4:24.69 J. Bartlett

Men 70-74  
 50 meter free  
 3. 34.73 A. Rule  
 4. 35.55 A. Hargrave  
 100 meter free  
 1. 1:18.80 A. Rule  
 4. 1:22.70 A. Hargrave  
 200 meter free  
 1. 2:59.33 A. Rule  
 4. 3:16.20 A. Hargrave  
 400 meter free  
 1. 6:25.38 A. Rule  
 4. 7:09.04 A. Hargrave  
 50 meter back  
 1. 40.60 A. Rule  
 2. 41.97 A. Hargrave  
 100 meter back  
 1. 1:33.92 A. Rule  
 2. 1:35.88 A. Hargrave  
 200 meter back  
 1. 3:29.67 A. Hargrave  
 50 meter breast  
 2. 48.03 S. Bernstein  
 100 meter breast  
 3. 1:52.33 S. Bernstein  
 200 meter breast  
 5. 4:24.60 F. Lappe

Men 75-79  
 400 meter free  
 1. 8:58.05 A. Kallunki  
 50 meter back  
 1. 52.69 F. Lappe  
 2. 54.30 A. Kallunki  
 100 meter back  
 1. 1:51.56 F. Lappe  
 50 meter breast  
 1. 51.20 A. Kallunki  
 2. 54.67 F. Lappe  
 100 meter breast  
 1. 1:58.20 A. Kallunki  
 2. 2:04.25 F. Lappe  
 200 meter breast  
 1. 4:27.35 A. Kallunki  
 50 meter fly  
 3. 56.26 A. Kallunki  
 100 meter fly  
 1. 2:17.03 A. Kallunki  
 200 meter IM  
 1. 4:21.51 A. Kallunki  
 400 meter IM  
 1. 10:08.45 A. Kallunki

Corvallis - Oregon  
 Long Course - 6/8/80  
 Oregon Masters Swimming

WOMEN 25-29  
 50 Free  
 Barb Hafdahl 26 :32.97  
 Peggy Mulcahy(N) :34.28  
 Katie Buck 25 :35.73  
 Janey Jacobs 29 :36.24  
 Susan Frasier 26 :41.36  
 Barbara Cockle(N) 26 :46.30  
 Terri Barker 27 :54.35  
 100 Free  
 Barb Hafdahl 26 1:12.77  
 Katie Buck 25 1:20.35  
 Susan Frasier 26 1:30.09  
 Terri Barker 27 1:54.06

200 Free  
 Teri Perrine 27 3:04.96  
 Barbara Cockle 26 4:13.35  
 400 Free  
 Teri Perrine 27 6:29.59  
 Barbara Cockle 26 8:59.44  
 50 Back  
 Peggy Mulcahy(N) :47.20  
 100 Back  
 Peggy Mulcahy 27 1:47.03  
 Nancy Watson 27 2:00.26

200 Back  
 Nancy Watson 27 4:11.60  
 50 Breast  
 Janey Jacobs 29 :45.32  
 Susan Frasier 26 :46.53  
 Nancy Watson 27 :52.88  
 Terri Barker 27 :59.53

100 Breast  
 Teri Perrine 27 1:40.94  
 Nancy Watson 27 1:52.46  
 Terri Barker 27 2:02.64

200 Breast  
 Teri Perrine 27 3:40.61

50 Fly  
 Katie Buck 25 :37.69  
 Janey Jacobs 29 :42.42  
 Peggy Mulcahy :44.47

WOMEN 30-34  
 50 Free  
 Cheryl Shay 32 :35.53

100 Free  
 Cheryl Shay 32 1:20.61  
 Kay Bartholomew 32 1:37.06

200 Free  
 Cheryl Shay 32 3:05.29

400 Free  
 Kay Bartholomew 32 7:34.17

50 Back  
 Sue Snyder 32 :40.14  
 Cheryl Shay 32 :45.02

100 Back  
 Sue Snyder 32 1:28.43

200 Back  
 Sue Snyder 32 3:07.31

50 Breast  
 Kay Bartholomew 32 :54.55

100 Breast  
 Sue Snyder 32 1:36.22  
 Kay Bartholomew 32 1:54.35

200 Breast  
 Kay Bartholomew 32 4:01.79

200 I.M.  
 Sue Snyder 32 2:58.80

WOMEN 35-39  
 50 Free  
 Patty Petersen :40.15

200 Free  
 Linda Jones 38 3:13.03

50 Breast  
 Patty Petersen :53.95

50 Fly  
 Linda Jones 38 :43.97  
 Patty Petersen :48.53

400 I.M.  
 Linda Jones 38 7:39.64

WOMEN 40-44  
 50 Free  
 Sue Rittenhouse 42 :34.11  
 Mary Ann Henion 40 :50.83

100 Free  
 Sue Rittenhouse 42 1:18.16

200 Free  
 Sue Rittenhouse 42 2:55.93  
 400 Free  
 Sue Rittenhouse 42 6:14.79

50 Breast  
 Mary Ann Henion 40 :56.61  
 100 Breast  
 Mary Ann Henion 40 2:03.05  
 200 Breast  
 Mary Ann Henion 40 4:26.59



WOMEN 50-54		MEN 35-39		MEN 65-69		100 Meter Breaststroke	
50 Free		50 Free		100 Breast		100 Meter Breaststroke	
Ellen Zimmerman(N)54	1:54.25	Karl Von Tagen 36	1:27.69	Jim Holland 56	2:02.09	Peg Wirt	1:47.78
50 Back		Gary Wright 36	1:31.04	50 Fly		200 Meter Breaststroke	
Maggie Wells 54	1:54.40	Don McCrea 39	1:31.06	Earl Walter 59	1:39.23	Peg Wirt	3:57.63
100 Back		Roy Watters 36	1:32.56	100 Fly		200 Meter Butterfly	
Maggie Wells 54	1:57.01	Alan Hall(N) 38	1:37.24	Earl Walter 59	1:42.22	Helen Buss 44	3:11.08
50 Breast		Ron Blair 36	1:01.84	200 Fly		400 Meter Ind. Medley	
Maggie Wells 54	1:56.84	100 Free		Earl Walter 59	3:37.78	Helen Buss 44	6:37.61
50 Fly		Karl Von Tagen 36	1:00.78	MEN 65-69		Women 45-49	
Maggie Wells 54	1:06.15	Roy Watters 36	1:13.64	200 Back		400 Meter Freestyle	
WOMEN 55-59		Don McCrea 39	1:16.29	Don Stevensen 68	3:56.89	Ann Champ 45	7:02.30
50 Free		Ron Blair 36	2:00.72	200 Breast		1500 Meter Freestyle	
Rhonda Lohikoski 57	1:56.81	200 Free		Don Stevensen 68	4:03.68	Carol Peffley 49	29:24.16
100 Breast		Roy Watters 36	2:53.12	100 Fly		100 Meter Breaststroke	
Elfie Stevenin 58	3:24.19	400 Free		Don Stevensen 68	1:59.56	Carol Peffley 49	1:53.34
200 Breast		Roy Watters 36	6:05.15	200 I.M.		200 Meter Butterfly	
Elfie Stevenin 58	6:48.82	50 Back		Don Stevensen 68	3:53.38	Ann Champ 45	3:53.50
50 Fly		Karl Von Tagen 36	1:35.29	400 Meter Ind. Medley		Ann Champ 45	7:30.09
Elfie Stevenin 58	1:28.71	Don McCrea 39	1:38.47	MEN 25-29		Men 25-29	
100 Fly		Alan Hall(N) 38	1:54.20	I.U. Masters Annual Long Course		50 Meter Freestyle	
Elfie Stevenin 58	3:26.75	Ron Blair 36	1:12.70	August 10, 1980, Bloomington, Ind.		Terry Harris 25	29.80
200 I.M.		100 Back		Women 25-29		100 Meter Freestyle	
Elfie Stevenin 58	6:13.93	Ron Blair 36	2:30.04	50 Meter Freestyle		Terry Harris 25	1:07.23
200 Free Relay - (25 Plus)		200 Back		Susan Medwid 27	32.16	Gordon Evans 29	1:13.70
Sue Snyder 32	2:34.04	Ron Blair 36	5:28.45	Marilyn Edmunds 28	33.63	200 Meter Freestyle	
Patty Petersen 35		50 Breast		Peggy Kirk 27	45.04	Terry Harris 25	2:31.76
Nancy Watson 27		Gary Wright 36	1:40.85	100 Meter Freestyle		400 Meter Freestyle	
Peggy Mulcahy 28		Alan Hall 38	1:49.52	Susan Medwid 27	1:15.50	Terry Harris 25	5:34.96
MEN 25-29		100 Breast		Marilyn Edmunds 28	1:18.73	1500 Meter Freestyle	
50 Free		Gary Wright 36	1:35.74	200 Meter Freestyle		James Hoyt 25	21:55.48
Joe Burgess 27	1:28.43	50 Fly		Nancy Van Ryn 25	3:03.69	Terry Harris 25	23:08.41
100 Free		Karl Von Tagen 36	1:30.40	Janice Fountain 27	3:18.04	Gordon Evans 29	25:16.77
Joe Burgess 27	1:04.15	Roy Watters 36	1:35.42	400 Meter Freestyle		200 Meter Butterfly	
200 Free		Alan Hall 38	1:42.23	Janice Fountain 27	6:50.74	Gordon Evans 29	4:00.29
Joe Burgess 27	2:30.11	MEN 40-44		1500 Meter Freestyle		200 Meter Individ. Medley	
400 Free		50 Free		Nan Hawkins 25	25:38.41	James Hoyt 25	2:53.26
Joe Burgess 27	5:37.61	Chris Hiatt 40	1:31.31	100 Meter Backstroke		400 Meter Individ. Medley	
50 Breast		Jim Bigler 44	1:33.91	Nan Hawkins 25	1:33.80	James Hoyt 25	6:26.01
Richard Weil 28	1:41.20	100 Free		Nancy Van Ryn 25	1:38.93	Gordon Evans 29	7:02.86
100 Breast		Jim Bigler 44	1:13.22	Dee Bales 25	1:43.20	Men 30-34	
Richard Weil 28	1:30.89	Chris Hiatt 40	1:13.38	200 Meter Ind. Medley		50 Meter Freestyle	
200 Breast		200 Free		Nan Hawkins 25	3:14.60	Alan Johnson 34	37.86
Richard Weil 28	3:30.09	Jim Bigler 44	2:50.70	Susan Medwid 27	3:14.84	100 Meter Freestyle	
50 Fly		400 Free		Nancy Van Ryn 25	3:29.82	Alan Johnson 34	1:26.77
Mike Petersen 27	1:32.46	Jim Bigler 44	6:09.64	Dee Bales 25	3:39.90	400 Meter Freestyle	
100 Fly		50 Back		Women 30-34		Wayne Winston 30	5:36.40
Mike Petersen 27	1:11.87	Chris Hiatt 40	1:36.19	50 Meter Freestyle		1500 Meter Freestyle	
200 Fly		200 Back		Trudi Patterson 30	33.68	Wayne Winston 30	22:20.92
Mike Petersen 27	2:44.44	Chris Hiatt 40	3:17.62	Lorraine Shaffer 33	35.37	Men 35-39	
400 I.M.		50 Fly		Veronica Philbin 30	35.39	50 Meter Freestyle	
Mike Petersen 27	5:55.60	Jim Bigler 44	1:43.02	Patricia Curry 33	1:01.86	Bud Grell 35	26.17
MEN 30-34		MEN 50-54		100 Meter Freestyle		Alan Somers 39	27.60
50 Free		50 Free		Trudi Patterson 30	1:15.50	Jeffrey Cooke 35	28.19
Roger Brown 31	1:29.37	Eric Guest 50	1:32.12	200 Meter Freestyle		Michael Parks 35	28.71
100 Free		Sam Ierulli 50	1:37.52	Trudi Patterson 30	2:46.74	Richard Reed 36	30.58
Roger Brown 31	1:11.61	100 Free		Lorraine Shaffer 33	6:02.47	Michael Casper 37	35.39
Bruce Thompson 31	1:15.10	Eric Guest 50	1:13.25	Veronica Philbin 30	1:33.70	100 Meter Freestyle	
Pat Caudill 34	1:16.06	Sam Ierulli 50	1:23.51	100 Meter Breaststroke		Bud Grell 35	1:00.14
200 Free		Lee Miesen 53	1:38.64	Veronica Philbin 30	1:49.51	Alan Somers 39	1:02.88
Pat Caudill 34	2:52.60	200 Free		200 Meter Ind. Medley		Jeffrey Cooke 35	1:05.07
Bruce Thompson 31	2:53.18	Sam Ierulli 50	3:07.84	Lorraine Shaffer 33	3:26.39	Richard Reed 36	1:13.61
400 Free		400 Free		Women 35-39		Michael Casper 37	1:20.93
Pat Caudill 34	6:09.66	Sam Ierulli 50	6:42.48	50 Meter Freestyle		Bruce Jaffee 35	1:21.73
Bruce Thomson 31	6:13.24	50 Breast		Wanda Reese 38	42.52	200 Meter Freestyle	
50 Back		Eric Guest 50	1:43.64	Carol Walters 39	44.51	Alan Somers 39	2:20.17
Mike McColly 34	1:33.65	Lee Miesen 53	1:44.96	100 Meter Freestyle		Michael Casper 37	2:58.32
Pat Caudill 34	1:41.90	100 Breast		Carol Walters 39	1:46.92	400 Meter Freestyle	
100 Back		Lee Miesen 53	1:40.98	200 Meters Freestyle		Alan Somers 39	4:52.82
Mike McColly 34	1:14.90	200 Breast		Carol Walters 39	4:01.49	Jeffrey Cooke 35	5:19.43
Pat Caudill 34	1:38.28	Lee Miesen 53	3:50.48	1500 Meters Freestyle		Michael Casper 37	6:36.53
200 Back		200 I.M.		Betty Bennett 37	23:40.87	1500 Meter Freestyle	
Mike McColly 34	2:48.52	Lee Miesen 53	4:00.29	100 Meters Backstroke		Alan Somers 39	19:53.37
Robert Maestre 30	3:05.94	MEN 55-59		Betty Bennett 37	1:23.64	Bruce Jaffee 35	27:11.54
100 Fly		50 Free		Wanda Reese 38	1:59.48	Robert Clifford 38	29:37.33
Doug Huestis 32	1:09.47	Jim Holland 56	1:34.99	Carol Walters 39	2:04.68	100 Meter Breaststroke	
200 Fly		Gil Young 58	1:36.66	200 Meter Ind. Medley		George Dodge 35	1:26.72
Doug Huestis 32	2:47.80	100 Free		Betty Bennett 37	3:01.44	Michael Parks 35	1:27.67
Robert Maestre 30	3:25.36	Gil Young 58	1:20.41	400 Meter Ind. Medley		200 Meter Breaststroke	
200 I.M.		Jim Holland 56	1:21.96	Betty Bennett 37	6:26.28	Michael Parks 35	3:14.64
Robert Maestre 30	6:14.68	200 Free		Women 40-44		George Dodge 35	3:16.10
		Gil Young 58	3:04.71	200 Meter Freestyle		200 Meter Butterfly	
		400 Free		Helen Buss 44	2:44.02	George Dodge 35	3:32.13
		Gil Young 58	6:42.49	400 Meter Freestyle		200 Meter Individ. Medley	
		50 Breast		Helen Buss 44	5:39.75	Michael Parks 35	3:02.53
		Jim Holland 56	1:54.43	Peg Wirt 43	8:33.71	George Dodge 35	3:13.45
				1500 Meter Freestyle		Men 45-49	
				Helen Buss 44	22:03.12	50 Meter Freestyle	
				100 Meter Backstroke		James Kirts 45	31.98
				Emmalee Tarry 41	1:37.76	Russell Salmon 46	1:16.02
						James Kirts 45	1:21.11
						200 Meter Freestyle	
						Russell Salmon 46	2:52.57
						400 Meter Freestyle	
						Russell Salmon 46	6:20.67
						100 Meter Breaststroke	
						James Kirts 45	1:43.50
						200 Meter Breaststroke	
						James Kirts 45	3:55.72



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MASTERS NOTES  
SWIMMING NOTES

LONG COURSE NATIONALS AT SANTA CLARA, CA - What a marvelous meet! Those who didn't attend missed one of our best Nationals. Wanda Werner Cavanaugh and Rex Wolf did an excellent job with an informative program. On the first few pages you will find some articles reprinted from their program. My thanks to John Kirschner for first, picking me up at the airport in S.F. and second, for being one of the world's best go-fors. The doughnuts were great! The weather co-operated as best it could for CA. With approximately 920 people and only 9 lanes it seemed to point to very long days. However, our able meet directors Cindy Baxter and Carol Macpherson came up with a unique idea for trimming loads of time each day! Women's and Men's heats were alternated. All of the Women's heats started at one end and all of the Men's heats started at the other end. When the heat in the water was almost completed, the heat from the opposite end was started. The heat that was finished was allowed to remain in the water (next to the lane rope) until the heat swimming had made their turn. For me (at the tender age of 54) this was the most delightful experience of the entire meet - I didn't have to rush to get out of the water! Running the meet this way necessitated Officials and timing equipment for both ends of the pool. This could also be accomplished in a 25 yard pool that had starting blocks at both ends. i.e. There was a potential of 31 heats the first day. By saving 1 minute per heat, it cut 2 hrs - 31 min off the time of running the events. If there was a fault, it was the small print for the heats. No results yet, but they are due soon. EDITORIAL.....

JEAN GARBUS OF MICHIGAN MASTERS WRITES - Paul Reinke, 45, former Master swimmer, died of an inoperable brain tumor in Kailua, HI on July 7th. He was the NCAA breaststroke champion in 1957 swimming for Michigan State University and participated in Master's competition mostly with Michigan Masters since 1970 - always in the Top 10 and several times an All American.....

GAY ROSSER REPORTS - He was saddened by the death of his 86 year old uncle - Larry - who was a Master's Champion in 1974 at the Short Course meet in Ft. Lauderdale.....

SEND IN MEET RESULTS - Jean Meservey writes, "Perhaps a note in S M regarding the importance of sending in meet results promptly and always would be helpful. I lost out on LC Top-Ten in 1979 because results not sent in (also for the World 5). I only had one chance to swim LC and made an effort to make that one meet - to no avail." I am sure that this has happened to many of us and my best suggestion is for all swimmers that are interested in getting the results of the meets to ENID UHRICH, check with the meet director a week after the meet and make sure that the meet director knows Enid's address and how important it is that she get three copies of the meet results.....

FOREIGNERS AT NATIONALS? - Ken Krueger writes, "Foreigners at Nationals? was a big question at the Santa Clara Nationals. Let's welcome these 'legal entries' with open arms. Are we to be isolationists again, when we know from experience that it's competition that's made American swimming great. Let's take on the challenge of the world. Masters swimming was founded to encourage swimming by all. Let's do it! Masters swimming was founded for comraderie. Let's extend a warm greeting to our foreign friends, whether they're from Venezuela, Switzerland, Canada, Germany or wherever! Foreigners do not deserve to be on our National 10 Best Times list, only on the World Best. Let competition and comraderie be our call.".....

TOP TEN PATCHES - For those interested in these patches please contact Harry A. Fox, 1616 Amsterdam St. N., Massillon, OH 44646.....

RULES - What fun I have reading all of the letters telling me of all of the rule infractions that occur at our Masters Meets! The one I hear most is the swimming of different events at the same time. This is usually done in order to save time. I see and hear about illegal breaststroke kick. It seems that many stroke and turn judges wish to overlook these infractions for us oldsters. Well, my only suggestion is - protest at the meet to the referee. Settle these rule infractions at the time and place that they occur.....

SNOWBIRD, UTAH - The First Annual Aquatic Convention will be held Sept. 29-Oct. 4, 1980. The Masters committee meeting will be held on Friday, Oct. 3rd. Hope all Assns. will be represented...

# SWIM-MASTER

June Krauser, Editor  
2308 N.E. 19th Avenue  
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## SWIM CALENDAR

VOL IX - No 8

OCTOBER 1980

OCT	4	SC - Winnie MacKenzie, 1445 Civic Dr., Walnut Creek, CA
	4-5	SC - Betsy Durrant, 211 - 66 St., Virginia Beach, VA 23451
	11-12	SC - Gene M. Hildreth, 3211 19th, Lubbock, TX 79410
	11-12	SC - Allen W. Hahn, 3800 Cedar Ln., Columbia, MO 65201
	12	SC - O*H*I*O, Pieter Cath, 29749 Harvard Rd., Cleveland, OH 44122
	12	Leatherstocking - Jane Johngren, ACC Gym, Cooperstown, NY 13326
	12	Bayview Y - Ken Turner, 1209 Bay Rd., Webster, NY 14580
	17-18	SC - York Dutch, Cal Schaeffer, 36 N. Beaver St., York, PA 17401
	18-19	SC - York Dutch - Fay Beck, 747 W. Locust St., York, PA 17404
	18	LC - NFM - Jacksonville, FL - Jim Davis
	18	SC - Tom Crosby, 1261 Nacion Ave., Chula Vista, CA 92011
	19	SC - Coronado Masters - Alicia Horst, 24 The Point, Coronado, CA 91228
	25-26	SC - Oak Ridge - Kay S. Miller, 620 Michigan Ave., Oak Ridge, TN 37830
	25-26	MASTERS SYNCHRONIZED SWIMMING CHAMPIONSHIPS Peg Hogan, Crenshaw Pool, Keller Hall, U of Richmond, VA 23173
	25	SC - Mike Gilmore - P.O. Box 5901, Santa Monica, CA 90405
	25	Relay Meet - Jill Elliott, YWCA, 52 Ottawa St. N., Hamilton, Ontario L8H 3Y7
NOV	9	SC - Mike Gilmore (above)
	9	Pentathlon - Judie Oliver, No. Pks & Rec, 5100 Yonge St., Willowdale, Ontario
	15	SC Pentathlon - Randy Burton, 3331 Scotland Dr., North Highlands, CA 95660
	15-16	SC - GCM Fall Meet - June Krauser, 2308 N.E. 19 Ave., Ft. Lauderdale, FL 33305
	16	Biathlon - Dan Sullivan, 495 Watchung Av., Bloomfield, NJ 07003
	23	Pentathlon - Harry W. Rawstrom, U of Delaware, Newark, DE 19711
DEC	6	SC - Sally Peterson, P.O. Box 1880, Truckee, CA 95734
	7	SC - Coronado Masters - Alicia Horst, 24 The Point, Coronado, CA 91228
	7	SASC - Scottish Amateur Swimming Association Invitational
	7-8	NFM Decathlon - Tallahassee
	6-7	SC - O*H*I*O. Meet Director. P.O. Box 8513, Canton, OH 44711
	14	Scarboro - Sheila Marsden, 36 Bernadine St., Scarboro, Ontario M1P 4M2
JAN	2-3	Masters Clinic - Pine Crest School - Bob Miller, 1501 NE 62 St., Ft. Laud., FL
	11	SC - O*H*I*O - Pieter Cath (above)
	31-FEB	1 Alderwood - Ted Roach, 3590 Keneff Cres, Mississauga, Ontario, Canada
FEB	22	Centennial Pool - Mary Weaver, 426 Brant St., Burlington, Ontario L7R 3Z6
APR	3-5	So. Regionals - Joe Biondi, 216 Elizabeth St., Clearwater, FL 33519
	11-12	Ontario Champ. - Beth Whittall, P.O. Box 413, Schonberg, Ontario L0G 1T0
MAY	23-26	US MASTERS NATIONAL SC - Irvine, CA - Mike Gilmore, P.O. Box 5901, Santa Monica, CA
	29-31	St. Pete LC - Joe Biondi (above)
AUG	13-16	US MASTERS NATIONAL LC - Darlene Ferguson, P.O. Box 8513, Canton, OH 44711
OHIO		- Ron J. Bank, 51 Meadow Park Ave., Bexley, OH 43209 OCT 5, DEC 7, FEB 1, APR 5
NEM		Meets - OCT 12, OCT 19, DEC 7 - J. K. Edwards, 2 Thayer St., Providence, RI 02906

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