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BUCK DAWSON'S HISTORICAL/HYSTERICAL HIGHLIGHTS

By: Buck Dawson

Reprinted from ASCA Newsletter:

I was delighted when ASCA asked me to write an ISHOF historical column as a regular feature. Certainly our swimming history is not all jokes, but it's the funny experiences that we remember most. Most of us can recall a morning workout when a swimmer stumbles in half asleep and takes off his robe only to find that he'd forgotten his suit.

Swimming has a sense of humor that goes beyond those endless training sessions and the further back we go in swimming history, the funnier it becomes. Since most people are much more interested in swimmers than in swimming, the characters in swimming will be the subject of this column. There seems to be a fine line between historical and hysterical, and between the Hall of Fame and the Hall of Shame.

While most of these sketches will focus on swimmers from our past, this first column is a brag sheet about famous people who were swimmers. After all, if your friends don't care about what you do in the pool you can at least let them know how many famous people did it in the pool before you made your splash.

I guess we'd be hard pressed to bring people in off the street to see swimming history in the Hall of Fame if we didn't have swimmers who have since made it big in the movies, government or the business world. Who else but a swimmer, Ben Franklin, has his picture on the \$100 bill and who else but a swimmer signed the bill as Secretary of the Treasury, William E. Simon? Bill Simon is also President of the Hall of Fame, past President of the U.S. Olympic Committee and was a damn good prep school swimmer before he got out of the pool to do all that other stuff. Mr. Franklin is even more amazing. In addition to that \$100 bill that everybody understands, just add water and you'll find the first water skier when he took off his clothes and pulled himself across a lake by kite. He was also the first American to use fins and to do stunts and figures (synchronized swimming) on an international trip. He amazed the guests on a boat trip down the Thames by taking off his clothes (Ben was always taking off his clothes) and amusing his friends with water stunts. He was

the first American Swim coach and later proved with canal boats and canals what we have finally figured out for ourselves, that deep water is faster than shallow water.

Ben Franklin was not the first statesman to swim. That honor belongs to either Plato or Alexander the Great known as the Great Long Distance Swimmer. Plato, the swimming philosopher, said "hey man, any Greek who can't swim isn't educated," but it was Lord Byron much later who swam across the Hellespont on some kind of a wager to prove that Leander was no flake, when he decided to swim across and catch Hero (a girl, this was long before the equal rights amendment so Hero was still Hero instead of Heronic).

Copying the Greeks, Julius Caesar stipulated in his recruiting posters that any Roman soldier had to swim to be in Caesar's personal legion. Leonardo de Vinci, another Roman, invented hand paddles although it was never been quite clear whether he was using them in the water to wash off the paint or to swim faster. He may have been the first swimmer with tendonitis.

River swims were a big deal long before the 50 meter pool. Louis XI swam every day in the Seine, Charlemagne (without his armor) in the English Channel, and John Quincy Adams in the Potomac. A female reporter who was having trouble getting Adams to talk sat on his clothes which he had removed for his daily swim. The reporter said, "Now Mr. President, no interview, no clothes". "Very well madam, ready or not here I come," said Adams as he emerged from his swim as the reporter fled in terror. Chairman Mao, as late as 1966, performed a well publicized swim in the Yangtze near Peking. He was reported to have swum 9.3 miles down river in 65 minutes which would certainly be some kind of Chinese fire drill for a 72 year old man.

One of the most unique swims was made by Lotte Moore Schommel (inventor of the grease suit) who swam down river from the state house in Albany to Gracy Mansion in New York City carrying a message in her bathing cap from Governor Al Smith to Mayor Jimmy Walker. Forty years later, Julie Ridge left the nudy play, Old Calcutta, to be the

Continued on next page

first person to swim around Manhattan twice. Julie reversed the trend in this article by putting her clothes back on for the swim. Winston Churchill swam for his team at Harrow and Barry Goldwater did the same at Stanton. John F. Kennedy was on the first Harvard University team that beat Yale but he saved his swimming heroics for a P.T. boat rescue in WWII. Franklin Roosevelt played softball water polo and swam to stay fit after Polio made anything but water exercise impossible for him. Cousin Teddy liked cold ocean swims and William Howard Taft, who was our largest U.S. President weighing 300 pounds, once got himself stuck in a bathtub. That became his aquatic feat. Finally our current president, Ronald Reagan, was a life-guard who has 22 saves to his record.

So these are a few of the swimmers who made a political impression in the world. In the next issue, I will write about swimmers who have made it big in the movies, sports and television.



YOUR MUSCLES GO TO POT WHEN YOU STOP TRAINING

Ann Svanson sent me an interesting article for translation into layman-understandable English. The paper is entitled: "Muscle Changes During De-Training: What happens to muscle composition after training is stopped?". The authors are 6 people headed by Dr. Dave Costill, a well-known exercise physiologist and a top ten Masters swimmer in the 45-49 group. Since many collegiate swimmers take a month off after their conference championships, the question arises, "Is this good practice? Do the muscles go soft during the layoff?" The authors did a study to answer these questions.

Eight highly trained swimmers averaging 21 yrs of age and used to swimming 10,900 yards a day were the subjects. Their muscle composition and blood chemistries were measured during training and each week for 4 weeks after training was abruptly stopped. Somehow or other, Dr. Costill and associates persuaded the swimmers to have needle biopsies taken each week from their deltoid muscles. What this means is that a hollow needle is stuck into the muscle and a small piece (35-55 milligrams) is removed for microscopic and biochemical study. In addition, each week the swimmers did a 200 yd free at 90% followed by having their blood taken for measurement of lactic acid concentration.

The scientists found that after only 1 week of inactivity, there was a big drop in the muscle respiratory capacity, or QO_2 . (The QO_2 is the amount of oxygen which can be used by a given amount of muscle in an hour, and is a measure

of how efficiently muscle can burn fuel.) This quantity went from 5174 to 2559 after only 1 week, and stayed low in weeks 2 and 4. For comparison, non-swimmers who never trained, had QO_2 values averaging 1849. Another finding was that the de-trained swimmers had higher lactic acid levels after their 90% effort 200 yd free. Whereas they averaged levels of 4.2 when fully trained, after 1 week the level was 6.3, and after 4 weeks, it was 9.7. This meant that the effort was more anerobic and less aerobic. In other words, the body was less efficient in moving oxygen to the muscles, because with enough oxygen, less lactic acid would have formed. In addition, with better circulation, lactic acid is moved out more efficiently and metabolized.

The authors mention other people's data showing that de-training has little effect on the whole body oxygen uptake capacity of swimmers, expressed as VO_{2max} . This quantity is similar to the QO_2 , but refers to the whole body; it is usually measured by having a person exercise on a treadmill. A highly trained person can move a lot of blood and oxygen through the lungs and will have a high VO_{2max} . The question then arises, how can the QO_2 fall by more than 50% and there is no change in VO_{2max} ? The answer is probably that the VO_{2max} decreases more gradually and VO_{2max} is a reflection of muscles used in running. If the VO_{2max} were measured using only the shoulder muscles, there would be a drop in the swimmers.

The main conclusions derived from this study are: 1) muscle respiratory capacity drops markedly in 1 week after cessation of training. 2) Oxygen transport is measurably decreased after 1 week and is still falling at 4 weeks. Glycogen content of the muscles was also noted to fall on de-training.

The implied significance of these findings is that it is not good to stop training altogether. Ann Svanson says that this "might be of interest to many of our swimmers, as I know many of them take several weeks off after Nationals -- or at other times!"

While the paper is a very good one, I wonder whether the swimmers also recovered very rapidly from de-training. Perhaps it is even good to de-train and then re-train. When you carbohydrate load, you are supposed to first deplete your system of glycogen and then suddenly eat a lot of spaghetti. The body tries to replace the glycogen and ends up storing a greater-than-usual amount. This "overshoot" phenomenon could conceivably operate when swimmers de-train and then re-train. However, we will have to await more studies from Dr. Costill or others. Parenthetic-

ally, one hopes that similar studies can be done without taking muscle biopsies frequently from such trained athletes. There are modern techniques using nuclear magnetic resonance and positron emission tomography which could possibly spare the subjects this kind of trauma.
(Reprinted from DC Masters Wavemaker)



WHAT YOU NEED TO KNOW ABOUT A TRAINING DIET

Why is carbohydrate important for performance?

Fatigue is common after hard physical training day-after-day, especially when you work out twice a day. You might blame your exhaustion on a "bad day". But if you are always tired it might be due to your diet.

When you exercise, you draw on energy stored as carbohydrate in muscles. This energy comes from the foods you have eaten. During a two-hour workout, you can easily use up all your stored carbohydrate. Unless you are eating enough foods high in carbohydrate, the carbohydrate level in your muscles will not be replenished for the next day's training.

Suppose you eat a diet low in carbohydrate. After just three days of two-hour workouts, your muscle carbohydrate can be nearly used up. You are a candidate for fatigue. However, on a high carbohydrate diet after the same workouts, your muscle carbohydrate level can be almost as high as it was before you began training. So you can have the energy to train and compete at your top performance level by eating a diet high in carbohydrate throughout the season.

REMEMBER - Cereals, breads, pasta, muffins, pancakes, rolls, and other grain products are high in carbohydrate. All fruits and vegetables are also good sources of carbohydrate. Yogurt, milk shakes, cocoa, and ice cream all contain carbohydrate. With the exception of dry beans and peas, foods from the Meat Group are low in carbohydrate. Cakes, pies, cookies, soft drinks, and other sugary foods are high in carbohydrate but low in most other nutrients.



MASTERS SWIMMING CAMPS

Do you have the time, money, and inclination to spend 3-5 days in total immersion in masters swimming? Camps are not only for kids, you know, and lately there seem to be many masters swimmers who enjoy "working vacations," gaining new or honing old skills, exhausting workouts, and the great fun and fellowship that is the hallmark of masters swimming. The following is a list of camps that were in successful operation last year. If you know of other camps for masters swimmers, send the information to the USMS National Office so that we can update our files.

ALABAMA - Don Gambril Swim Camps, Inc., University of Alabama, Tuscaloosa. One week and 3 day weekend packages available during June and July. Contact: Don Gambril Swim Camps, Inc., 2 Old North River Place, Northport, AL 35406.

CALIFORNIA - Rick Rowland Swim and Water Polo Camp, Pepperdine University, Malibu, CA. Contact: Rick Rowland Swim and Water Polo Camp, 25731 W. Cline Rd., Calabasas, CA 91302.

FLORIDA - Mission Bay Aquatic Training Center, Boca Raton, FL. One week and 2-3 day weekend camps during June and July. Contact: Mission Bay Aquatic Training Center Masters Program, 10333 Diego Drive South, Boca Raton, FL 33428.

NEW YORK - Masters Swim Clinic, University of Rochester, Zornow Sports Center, Rochester, NY. Contact: Pat Skehan, Zornow Sports Center, University of Rochester, Rochester, NY 14627.

VIRGINIA - Virginia Swim Camps, Eastern Connecticut University, Willimantic, CT. Contact: Ron Good, P.O. Box 70, Quinque, VA 22965.



ATTENTION: WORLD TRAVELERS

Margaret Samson, editor of *Masters Swimming International (MSI) News*, is accepting registrations for meet information for the 2nd FINA/MSI World Masters Swimming Championships to be held in Brisbane, Australia October 8-14, 1988. To receive meet information, send your name, age group, club, address, both home and work telephone numbers and a self-addressed, stamped envelope to:

Margaret Samson
Publicity Officer, MSI
49 North Altadena Drive
Pasadena, CA 91107, USA

Phone: (818)793-2582

MSI News is prepared to assist swimmers with meet information, advice and assistance, conditions to be expected, help with remittances, finding roommates and providing for special needs.

The most recent issue of *MSI News* lists over 17 international meets. If you plan to travel internationally and are interested in competing in masters swimming meets, contact Margaret Samson for meet information or for a subscription (\$5 in US dollars) to *MSI News*. Be sure to enclose a self-addressed, stamped envelope with each request.

CAFFEINE: CAN IT HELP IMPROVE MY (SWIMMING) PERFORMANCE?

Masters swimming records are getting broken with great regularity these days. How do they do it? What's the big secret? The endless search for the competitive edge often leads athletes to try just about anything in an attempt to improve on their best time. Recently, caffeine has been touted as an ergogenic aid, (something which will assist or improve exercise capabilities). Does it work? What is it supposed to do? Can it be of any harm?

A great deal of research has been done on caffeine in an attempt to determine whether or not this drug, which is freely available in various beverages (coffee, tea, cola) as well as over-the-counter pills (ie Wake-Ups, No-Doze, etc.) will improve performance. It is a known fact that caffeine is a central nervous system stimulant. Many of us use it to wake us up in the morning (and in some cases, to keep us going all day!). Students who have neglected their studies have been known to use caffeine to keep themselves awake all night, cramming for an exam. (only to fall asleep as the exam begins). This arousal, which caffeine is known to effect, may somehow be linked to improved athletic performance. At least that is what some people would have us believe.

In a research study published in 1979, it was clearly shown that ingestion of caffeine (250 mg one hour before exercise and another 250 mg divided between the start of exercise and at 15 minute intervals during the exercise), increased work output for trained cyclists riding bicycle ergometers for a two hour period (Ivy et al, 1979). It was concluded in this study that the caffeine improved the exercise performance by permitting greater work output without increasing the rate of using carbohydrates (blood glucose and muscle glycogen) in the exercising muscles. It is known that caffeine will increase the rate of release of free fatty acids from adipose tissue, resulting in a greater availability of fats for metabolism. The extra work accomplished by the cyclists was apparently done using these extra fats, so the rate of depletion of glycogen was not altered at the higher work rate. If you have read this far don't stop now!

This single research study is not the final answer on whether or not caffeine will improve your performance. Other researchers have conducted similar studies with less than convincing results. In 1985, a

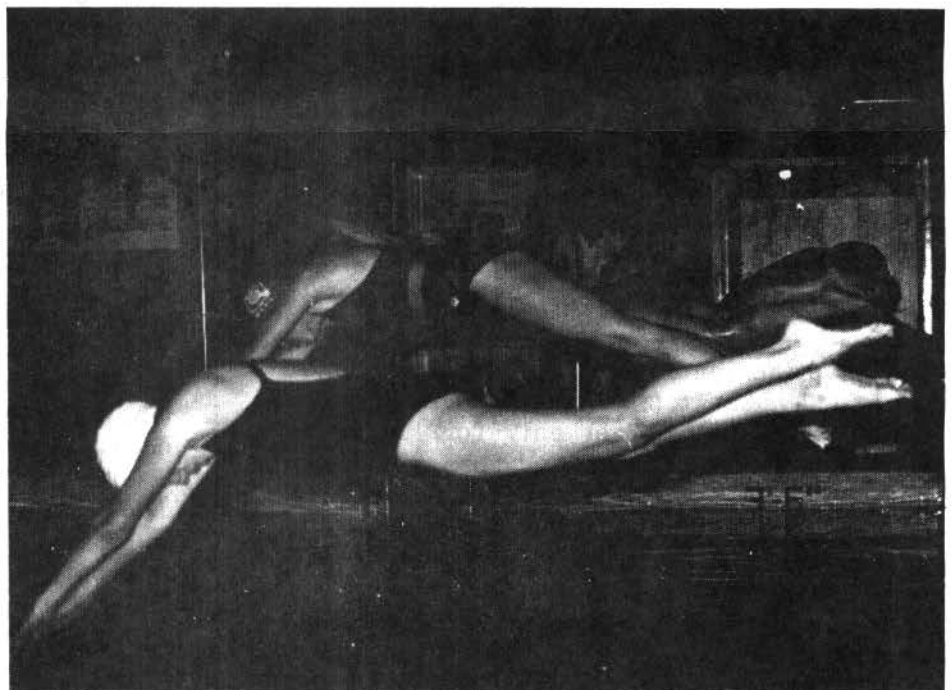
study was published which showed no change in substrate utilization with caffeine ingestion (400 mg) 60 minutes prior to exercise (Casal and Leon, 1985). Subjects in this study were trained marathon runners and the exercise they were required to do was to run on a treadmill at 75% of their maximal oxygen uptake (about 244 meters per minute). This was not quite as fast as they would go while competing in a marathon.

Now what do you do? One study says go for it, the other says don't bother. Actually, there are other studies as well, but no conclusive argument can be presented. To make matters worse (for us), researchers don't seem to be interested in swimmers (swimming mills are not very common). Another point is worth considering. These studies have emphasized endurance performance, where the event time is measured in hours and minutes rather than minutes, seconds and tenths of seconds. In competitive swimming, where most events are of a sprint nature, and even the 1500 meter swim is relatively short in comparison, it is unlikely that increased fat metabolism is going to help. In other words, the metabolic effects of caffeine - if they are real - would be unlikely to assist the swimmer in any event; 1500 meters or shorter (unless it takes you a couple of hours to complete it!).

There are also other factors to consider. Caffeine, as mentioned above, is a central nervous system stimulant. One thing caffeine will do is stimulate the sympathetic nervous system, which will then stimulate the heart. That may be OK up to a certain point, but 400 mg of caffeine can result in cardiac arrhythmias. Anyone with consideration for their cardiovascular system should avoid this kind of antagonism. You don't need it! Also, caffeine is a diuretic. This has two potentially negative consequences:

- 1) dehydration can be a result, and dehydration is known to impair physical exercise performance, and
- 2) the starter won't hold up the meet while you go relieve yourself...

In conclusion, there appears to be very little evidence to suggest that you should take caffeine in an effort to improve your swimming performance. There are probably more negative aspects than positive ones. I would like to leave you with a poorly guarded secret which will likely be of considerable benefit in helping you improve your swimming. This "secret" has helped many great athletes acquire international fame and big endorsement contracts. Furthermore, this is probably the secret used by many of these masters athletes who are setting new records at a blistering pace. TRAIN HARDER...



RESULTS

SOUTHEASTERN MASTERS CHAMPIONSHIPS

Oak Ridge, Tennessee
November 1 and 2, 1986
(25 yd. pool)

19-24 WOMENS 100 YD FREE	SARA C. HALLUM	22 BYM	1:26.77
19-24 WOMENS 200 YD FREE	SARA C. HALLUM	22 BYM	3:08.04
19-24 WOMENS 500 YD FREE	SARA C. HALLUM	22 BYM	8:18.54
19-24 WOMENS 50 YD BREAST	SARA C. HALLUM	22 BYM	50.72
19-24 WOMENS 100 YD BREAST	SARA C. HALLUM	22 BYM	1:50.34
19-24 WOMENS 200 YD BREAST	SARA C. HALLUM	22 BYM	3:53.11
19-24 WOMENS 200 YD IM	JUDIE R. WILSON	32 MOC	2:42.78
19-24 WOMENS 50 YD FREE	JUDITH KATTERMANN	27 UNSC	25.95
	DANA B. WEDEL	26 BYM	26.97
	LAURIE WERT	27 MAC	33.17
	LINDA SHELLE	28 GPAC	33.99
25-29 WOMENS 100 YD FREE	JUDITH KATTERMANN	27 UNSC	57.57
	MARY ELLEN PALKER	28 SST	1:03.84
	JENNIFER A. WETZEL	27 SST	1:06.11
	DANA B. WEDEL	26 BYM	1:06.58
	LINDA SHELLE	28 GPAC	1:14.41
	LAURIE WERT	27 MAC	1:14.70
25-29 WOMENS 200 YD FREE	JUDITH KATTERMANN	27 UNSC	2:05.34
	JENNIFER A. WETZEL	27 SST	2:18.88
	LINDA SHELLE	28 GPAC	2:38.01
	LAURIE WERT	27 MAC	2:38.01
25-29 WOMENS 500 YD FREE	JUDITH KATTERMANN	27 UNSC	5:39.72
	JENNIFER A. WETZEL	27 SST	6:07.96
	LINDA SHELLE	28 GPAC	7:08.64
25-29 WOMENS 50 YD BACK	MARY ELLEN PALKER	28 SST	32.44
	DANA B. WEDEL	26 BYM	36.75
25-29 WOMENS 100 YD BACK	MARY ELLEN PALKER	28 SST	1:12.27
	DANA B. WEDEL	26 BYM	1:19.36
25-29 WOMENS 50 YD BREAST	DANA B. WEDEL	26 BYM	38.26
	LAURIE WERT	27 MAC	40.52
25-29 WOMENS 100 YD BREAST	JUDITH KATTERMANN	27 UNSC	1:18.00
	DANA B. WEDEL	26 BYM	1:22.13
	LAURIE WERT	27 MAC	1:29.16
25-29 WOMENS 200 YD BREAST	JUDITH KATTERMANN	27 UNSC	3:14.03
25-29 WOMENS 50 YD FLY	MARY ELLEN PALKER	28 SST	30.35
	JENNIFER A. WETZEL	27 SST	33.10
	DANA B. WEDEL	26 BYM	34.22
	LINDA SHELLE	28 GPAC	40.83
25-29 WOMENS 100 YD FLY	JENNIFER A. WETZEL	27 SST	1:12.03
	MARY ELLEN PALKER	28 SST	1:13.93
	LINDA SHELLE	28 GPAC	1:34.77
25-29 WOMENS 100 YD IM	MARY ELLEN PALKER	28 SST	1:13.26
	JENNIFER A. WETZEL	27 SST	1:14.73
	LAURIE WERT	27 MAC	1:23.16
25-29 WOMENS 200 YD IM	JENNIFER A. WETZEL	27 SST	2:39.84
25-29 WOMENS 400 YD IM	JENNIFER A. WETZEL	27 SST	5:38.13
30-34 WOMENS 50 YD FREE	SANDY BAXTER	32 SST	28.61
	DEBBIE R. WILSON	32 MOC	29.75
	ANN M. SIMS	34 MOC	31.35
	HILARY K. JOHNSON	34 BYM	33.02
	SHARON R. FLEENOR	33 BYM	34.67
30-34 WOMENS 100 YD FREE	DEBBIE R. WILSON	32 MOC	1:03.43
	ANN M. SIMS	34 MOC	1:07.16
	MARTI WHITNEY	34 GNM	1:09.81
	HILARY K. JOHNSON	34 BYM	1:17.36
	SHARON R. FLEENOR	33 BYM	1:20.33
30-34 WOMENS 200 YD FREE	PATRICIA A. MATTON	33 GM	2:16.56
	ANN M. SIMS	34 MOC	2:27.96
	MARTI WHITNEY	34 GNM	2:35.31
	SANDY BAXTER	32 SST	2:35.88
	SHARON R. FLEENOR	33 BYM	2:44.09
	CHERYL BINGHAM	33 ORN	3:10.15
30-34 WOMENS 500 YD FREE	PATRICIA A. MATTON	33 GM	5:50.05
	ANN M. SIMS	34 MOC	6:31.02
	MARTI WHITNEY	34 GNM	6:43.04
	SANDY BAXTER	32 SST	7:43.01
	CHERYL BINGHAM	33 ORN	8:34.90
30-34 WOMENS 50 YD BACK	MARY DOWLEN	31 CM	34.97
	PATRICIA A. MATTON	33 GM	35.30
	SANDY BAXTER	32 SST	38.83
	DEBBIE R. WILSON	32 MOC	38.95
	ANN M. SIMS	34 MOC	38.95
	MARTI WHITNEY	34 GNM	40.66
	CHERYL BINGHAM	33 ORN	45.80
30-34 WOMENS 100 YD BACK	MARY DOWLEN	31 CM	1:16.70
	DEBBIE R. WILSON	32 MOC	1:20.65
	SANDY BAXTER	32 SST	1:24.39
	MARTI WHITNEY	34 GNM	1:25.46
	CHERYL BINGHAM	33 ORN	1:37.35
30-34 WOMENS 200 YD BACK	PATRICIA A. MATTON	33 GM	2:37.95
	MARY DOWLEN	31 CM	2:44.18
2,45-87	DEBBIE R. WILSON	32 MOC	2:45.87
2,56-36	MARTI WHITNEY	34 GNM	2:56.36
3,22-82	CHERYL BINGHAM	33 ORN	3:22.82
30-34 WOMENS 50 YD BREAST	PATRICIA A. MATTON	33 GM	35.41
	HILARY K. JOHNSON	34 BYM	37.79
	MARY DOWLEN	31 CM	37.98
	ANN M. SIMS	34 MOC	38.81
	CHERYL BINGHAM	33 ORN	44.80
30-34 WOMENS 100 YD BREAST	PATRICIA A. MATTON	33 GM	1:15.42
	MARY DOWLEN	31 CM	1:22.49
	ANN M. SIMS	34 MOC	1:26.11
	DEBBIE R. WILSON	32 MOC	1:27.44
	HILARY K. JOHNSON	34 BYM	1:27.44
	CAROL O. WEAVER	32 GNM	1:33.70
	SHARON R. FLEENOR	33 BYM	1:41.19
30-34 WOMENS 200 YD BREAST	PATRICIA A. MATTON	33 GM	2:47.03
	ANN M. SIMS	34 MOC	2:54.75
	MARTI WHITNEY	34 GNM	3:11.04
	SANDY BAXTER	32 SST	3:18.87
	CAROL O. WEAVER	32 GNM	3:19.24
	HILARY K. JOHNSON	34 BYM	3:33.87
	CHERYL BINGHAM	33 ORN	3:36.46
30-34 WOMENS 50 YD FLY	SANDY BAXTER	32 SST	32.06
	PATRICIA A. MATTON	33 GM	32.47
	DEBBIE R. WILSON	32 MOC	33.83
	CAROL O. WEAVER	32 GNM	34.21
	MARY DOWLEN	31 CM	34.21
	SHARON R. FLEENOR	33 BYM	39.55
	HILARY K. JOHNSON	34 BYM	39.64
30-34 WOMENS 200 YD FLY	MARY DOWLEN	31 CM	2:49.31
30-34 WOMENS 100 YD IM	PATRICIA A. MATTON	33 GM	1:11.18
	ANN M. SIMS	34 MOC	1:14.94
	DEBBIE R. WILSON	32 MOC	1:19.08
	HILARY K. JOHNSON	34 BYM	1:33.87
	SHARON R. FLEENOR	33 BYM	1:35.93
30-34 WOMENS 200 YD IM	PATRICIA A. MATTON	33 GM	2:30.19
	DEBBIE R. WILSON	32 MOC	2:42.12
	ANN M. SIMS	34 MOC	2:43.03
	MARY DOWLEN	31 CM	2:44.47
	MARTI WHITNEY	34 GNM	2:55.83
	CAROL O. WEAVER	32 GNM	3:01.90
	CHERYL BINGHAM	33 ORN	3:21.32
30-34 WOMENS 400 YD IM	MARY DOWLEN	31 CM	5:55.66
	MARTI WHITNEY	34 GNM	6:15.81
	CHERYL BINGHAM	33 ORN	7:18.37
35-39 WOMENS 50 YD FREE	WINIFRED S. PRALL	38 GM	30.26
	COLLEEN P. MILLER	35 SST	31.19
	CONSTANCE M. BOUGHAM	35 GM	32.16
	JUDIE S. HERRON	37 ORN	32.20
	NANCY K. EDLUND	43 SWOM	32.20
	MARY PAT MALEY	43 SWOM	33.04
	CRYSTAL L. RYMER	39 CMC	35.52
	GAIL S. TOMIMATSU	35 VM	35.52
	JEANNE SCANNAPIEGO	39 CMC	39.77
35-39 WOMENS 100 YD FREE	SUSANNE E. CHANDLER	35 BYM	1:01.01
	WINIFRED S. PRALL	38 GM	1:10.00
	JUDIE S. HERRON	37 ORN	1:10.97
	COLLEEN P. MILLER	35 SST	1:13.12
	CRYSTAL L. RYMER	39 CMC	1:21.57
	GAIL S. TOMIMATSU	35 VM	1:21.57
	JEANNE SCANNAPIEGO	39 CMC	1:34.16
35-39 WOMENS 200 YD FREE	SUSANNE E. CHANDLER	35 BYM	2:14.21
	WINIFRED S. PRALL	38 GM	2:15.73
	JUDIE S. HERRON	37 ORN	2:46.55
	GAIL S. TOMIMATSU	35 VM	2:59.27
35-39 WOMENS 500 YD FREE	SUSANNE E. CHANDLER	35 BYM	5:49.83
	WINIFRED S. PRALL	38 GM	6:07.19
	JUDIE S. HERRON	37 ORN	7:53.19
	COLLEEN P. MILLER	35 SST	7:53.52
35-39 WOMENS 50 YD BACK	COLLEEN P. MILLER	35 SST	39.12
	CONSTANCE M. BOUGHAM	35 GM	39.77
	SANDRA CATHEY	37 MAC	41.21
	CRYSTAL L. RYMER	39 CMC	44.91
35-39 WOMENS 100 YD BACK	COLLEEN P. MILLER	35 SST	1:28.56
	CONSTANCE M. BOUGHAM	35 GM	1:49.49
	SANDRA CATHEY	37 MAC	1:50.30
	CRYSTAL L. RYMER	39 CMC	1:46.15
35-39 WOMENS 200 YD BACK	SANDRA CATHEY	37 MAC	3:11.24
	CONSTANCE M. BOUGHAM	35 GM	3:21.21
35-39 WOMENS 50 YD BREAST	CONSTANCE M. BOUGHAM	35 GM	40.02
	COLLEEN P. MILLER	35 SST	40.56
	SANDRA CATHEY	37 MAC	41.38
	JUDIE S. HERRON	37 ORN	44.89
	GAIL S. TOMIMATSU	35 VM	44.89
	CRYSTAL L. RYMER	39 CMC	46.77
35-39 WOMENS 100 YD BREAST	SUSANNE E. CHANDLER	35 BYM	1:17.96
	CONSTANCE M. BOUGHAM	35 GM	1:22.02
	SANDRA CATHEY	37 MAC	1:23.32
	JUDIE S. HERRON	37 ORN	1:33.69
	GAIL S. TOMIMATSU	35 VM	1:38.69
	CRYSTAL L. RYMER	39 CMC	1:49.65
	JEANNE SCANNAPIEGO	39 CMC	1:53.08
35-39 WOMENS 200 YD BREAST	CONSTANCE M. BOUGHAM	35 GM	3:13.50
	SANDRA CATHEY	37 MAC	3:15.69
	JUDIE S. HERRON	37 ORN	3:25.33
	GAIL S. TOMIMATSU	35 VM	3:25.33
	CRYSTAL L. RYMER	39 CMC	4:12.75
35-39 WOMENS 50 YD FLY	SUSANNE E. CHANDLER	35 BYM	35.97
	WINIFRED S. PRALL	38 GM	35.97
	COLLEEN P. MILLER	35 SST	36.31
	CRYSTAL L. RYMER	39 CMC	45.70
35-39 WOMENS 100 YD FLY	SUSANNE E. CHANDLER	35 BYM	1:04.45
	WINIFRED S. PRALL	38 GM	1:24.99
35-39 WOMENS 200 YD FLY	SUSANNE E. CHANDLER	35 BYM	2:23.15
	WINIFRED S. PRALL	38 GM	3:08.97
	SANDRA CATHEY	37 MAC	3:21.34
35-39 WOMENS 100 YD IM	SUSANNE E. CHANDLER	35 BYM	1:08.46
	COLLEEN P. MILLER	35 SST	1:20.12
1,22-94	WINIFRED S. PRALL	38 GM	1:22.94
1,26-71	JUDIE S. HERRON	37 ORN	1:26.71
1,37-18	CRYSTAL L. RYMER	39 CMC	1:37.18
35-39 WOMENS 200 YD IM	SUSANNE E. CHANDLER	35 BYM	2:26.51
	WINIFRED S. PRALL	38 GM	2:57.51
	SANDRA CATHEY	37 MAC	3:00.10
	CRYSTAL L. RYMER	39 CMC	3:51.08
35-39 WOMENS 400 YD IM	SUSANNE E. CHANDLER	35 BYM	5:19.56
	WINIFRED S. PRALL	38 GM	6:25.91
	SANDRA CATHEY	37 MAC	6:30.72
40-44 WOMENS 50 YD FREE	JESSIE B. WATSON	40 GPAC	30.03
	NANCY K. EDLUND	43 SWOM	31.58
	MARY PAT MALEY	43 SWOM	31.58
	BENTLEY MARANE	43 GM	33.50
	SHERRY K. BROWN	42 CMC	35.02
	MARY A. MEAD	44 MAN	35.11
	KATHY K. ETHIER	41 UNFN	38.12
40-44 WOMENS 100 YD FREE	NANCY K. EDLUND	43 SWOM	1:07.46
	MARY PAT MALEY	43 SWOM	1:11.74
	BENTLEY MARANE	43 GM	1:14.50
	KATIE COTTRELL	41 ORN	1:21.33
	MARY M. ELLIOTT	42 CMC	1:21.59
	KATHY K. ETHIER	41 UNFN	1:25.72
	SHERRY K. BROWN	42 CMC	1:25.87
	MARY A. MEAD	44 MAN	1:30.80
40-44 WOMENS 200 YD FREE	MARY PAT MALEY	43 SWOM	2:35.42
	NANCY K. EDLUND	43 SWOM	2:37.52
	JESSIE B. WATSON	40 GPAC	2:47.90
	BENTLEY MARANE	43 GM	2:48.88
	KATIE COTTRELL	41 ORN	2:49.67
	KATHY K. ETHIER	41 UNFN	3:14.70
40-44 WOMENS 500 YD FREE	MARY PAT MALEY	43 SWOM	6:53.00
	JESSIE B. WATSON	40 GPAC	7:38.86
	BENTLEY MARANE	43 GM	7:46.62
	NANCY K. EDLUND	43 SWOM	7:50.18
	KATHY K. ETHIER	41 UNFN	8:54.88
40-44 WOMENS 50 YD BACK	MARY M. ELLIOTT	42 CMC	43.03
	BENTLEY MARANE	43 GM	44.06
	MARY A. MEAD	44 MAN	54.15
40-44 WOMENS 100 YD BACK	MARY M. ELLIOTT	42 CMC	1:36.04
	MIRIAM C. GAITSKILL	41 GM	1:41.33
40-44 WOMENS 200 YD BACK	JESSIE B. WATSON	40 GPAC	3:22.60
	MIRIAM C. GAITSKILL	41 GM	3:35.20
40-44 WOMENS 50 YD BREAST	JESSIE B. WATSON	40 GPAC	38.51
	KATIE COTTRELL	41 ORN	42.12
	MARY A. MEAD	44 MAN	47.03
	SHERRY K. BROWN	42 CMC	48.33
	MARY M. ELLIOTT	42 CMC	48.96
40-44 WOMENS 100 YD BREAST	JESSIE B. WATSON	40 GPAC	1:27.08
	MARY PAT MALEY	43 SWOM	1:35.31
	KATIE COTTRELL	41 ORN	1:37.47
	MARY A. MEAD	44 MAN	1:45.75
	SHERRY K. BROWN	42 CMC	2:07.44
40-44 WOMENS 200 YD BREAST	JESSIE B. W		

60-64 WOMENS 200 YD BACK		25-29 MENS 50 YD BREAST		30-34 MENS 200 YD IM		TOM WILLINGHAM	41 GNM	1:04.23
JUNE F. KRAUSER 60 GCM	3:18.52	DIRK CRANDELL 28 BYM	28.27	MIKE PHILLIPS 30 GNM	2:17.73	VINCENT GALLO	42 GCM	1:04.88
BETSY J MONTGOMERY 61 GCM	3:53.25	MATTHEW A. PAINTER 27 LM	30.46	LOUIS WAMP 30 SST	2:18.86			
60-64 WOMENS 200 YD BREAST		WENDELL H. TAYLOR 29 BM	30.90	DAVID A. PARLER 30 CM	2:21.53	40-44 MENS 200 YD FREE		
JUNE F. KRAUSER 60 GCM	3:32.44	JOE SHAKE 28 SST	31.23	DAVID A. BRIGGS 33 SST	2:26.40	DOUG BUCHAN 43 GCM	2:07.90	
60-64 WOMENS 50 YD FLY		STEVEN T. HEBBLE 29 ORM	33.35			DOUG HELLERSON 40 GNM	2:08.60	
JUNE F. KRAUSER 60 GCM	40.54	SCOTT FLEMING 29 ORM	33.03	30-34 MENS 400 YD IM		SCOTT GUTHRIE 41 CM	2:10.37	
60-64 WOMENS 100 YD FLY		DAVID HAMILTON 28 GNM	40.02	LOUIS WAMP 30 SST	5:01.02	JOHN E. ZIEGLER 40 CM	2:15.75	
JUNE F. KRAUSER 60 GCM	1:30.02	25-29 MENS 100 YD BREAST		DAVID A. PARLER 30 CM	5:25.01	VINCENT GALLO 42 GCM	3:19.27	
60-64 WOMENS 200 YD FLY		DIRK CRANDELL 28 BYM	1:03.60	35-39 MENS 50 YD FREE		BERNARD WHITE 43 MAC	2:28.67	
JUNE F. KRAUSER 60 GCM	3:15.62	MATTHEW A. PAINTER 27 LM	1:06.79	RICHARD BOBER 35 MAC	24.34	PHILLIP W. PARRIS 43 BYM	2:41.59	
60-64 WOMENS 100 YD IM		WENDELL H. TAYLOR 29 BM	1:07.54	JOHN W. WOODWARD 35 BYM	25.09	DOUG BUCHAN 43 GCM	5:54.72	
JUNE F. KRAUSER 60 GCM	1:49.42	JOE SHAKE 28 SST	1:12.19	ED MILLER 36 SST	25.20	SCOTT GUTHRIE 41 CM	5:56.70	
60-64 WOMENS 200 YD IM		STEVEN T. HEBBLE 28 ORM	1:18.76	CHARLES E. HENSLEE 38 BYM	28.61	DOUG HELLERSON 40 GNM	5:57.42	
JUNE F. KRAUSER 60 GCM	3:15.62	SCOTT FLEMING 29 ORM	1:22.51	JAMES L. BAGWELL 37 MAC	28.61	VINCENT GALLO 42 GCM	6:04.47	
60-64 WOMENS 100 YD IM		25-29 MENS 200 YD BREAST		JOHN R. GIBSON 39 UNTN	33.60	TOM WILLINGHAM 41 GNM	6:29.04	
JUNE F. KRAUSER 60 GCM	1:29.45	DIRK CRANDELL 28 BYM	2:26.36	JOSEPH D. ABRAHAM 35 BAY	34.74	40-44 MENS 50 YD FREE		
BETSY J MONTGOMERY 61 GCM	1:40.92	MATTHEW A. PAINTER 27 LM	2:29.43	35-39 MENS 100 YD FREE		WAYNE L. STEVENSON 41 ORM	33.70	
60-64 WOMENS 200 YD IM		25-29 MENS 50 YD FLY		RICHARD BOBER 35 MAC	53.73	PHILLIP W. PARRIS 43 BYM	35.72	
JUNE F. KRAUSER 60 GCM	3:16.52	WENDELL H. TAYLOR 29 BM	26.49	ED MILLER 36 SST	57.02	WILLARD G. NEVE 40 CMC	36.12	
60-64 WOMENS 400 YD IM		JOE SHAKE 28 SST	26.71	JAMES L. BAGWELL 37 MAC	1:03.00	JOHN ZEIGLER 40 CM	39.82	
JUNE F. KRAUSER 60 GCM	6:38.29	DIRK CRANDELL 28 BYM	27.13	CHARLES E. HENSLEE 38 BYM	1:03.26	40-44 MENS 100 YD BACK		
65-69 WOMENS 50 YD FREE		WILLIAM R. LUEHRING 29 GCM	27.78	JOSEPH D. ABRAHAM 35 BAY	1:03.10	JOHN ZEIGLER 40 CM	1:16.97	
MARY LEE WATSON 65 GNM	40.21	MATTHEW A. PAINTER 27 LM	29.11	JOHN B. KLINE 35 GCM	1:26.81	WAYNE L. STEVENSON 41 ORM	1:17.38	
65-69 WOMENS 100 YD FREE		CHRIS GRAY 27 KWSY	29.13	35-39 MENS 200 YD FREE		40-44 MENS 200 YD BACK		
MARY LEE WATSON 65 GNM	1:25.76	STEVEN T. HEBBLE 28 ORM	30.03	BOB COUCH 39 CTM	1:59.31	JOHN ZEIGLER 40 CM	2:50.37	
65-69 WOMENS 200 YD FREE		25-29 MENS 100 YD FLY		JOHN W. WOODWARD 35 BYM	2:05.22	40-44 MENS 50 YD BREAST		
MARY LEE WATSON 65 GNM	3:10.22	CHRIS GRAY 27 KWSY	1:03.27	CHARLES E. HENSLEE 38 BYM	2:32.41	SCOTT GUTHRIE 41 CM	31.38	
65-69 WOMENS 500 YD FREE		25-29 MENS 200 YD FLY		JAMES L. BAGWELL 37 MAC	3:00.76	JOHN ZEIGLER 40 CM	32.64	
MARY LEE WATSON 65 GNM	8:11.56	CHRIS GRAY 27 KWSY	2:14.17	JOSEPH D. ABRAHAM 35 BAY	3:05.59	VINCENT GALLO 42 GCM	33.72	
65-69 WOMENS 100 YD BACK		25-29 MENS 100 YD IM		BRUCE A. TOMKINS 35 ORM	3:05.59	STEVE BARDEN 41 MOC	34.05	
MARY LEE WATSON 65 GNM	50.67	DIRK CRANDELL 28 BYM	59.13	JOHN R. GIBSON 39 UNTN	3:14.47	BERNARD WHITE 43 MAC	40.31	
65-69 WOMENS 200 YD BACK		SCOTT P. PLACE 28 BYM	59.76	35-39 MENS 500 YD FREE		WAYNE L. STEVENSON 41 ORM	40.82	
MARY LEE WATSON 65 GNM	1:43.13	CHRIS GRAY 27 KWSY	59.80	RICHARD BOBER 35 MAC	5:29.59	40-44 MENS 100 YD BREAST		
65-69 WOMENS 500 YD FREE		MATTHEW A. PAINTER 27 LM	1:00.43	BOB COUCH 39 CTM	5:33.61	SCOTT GUTHRIE 41 CM	1:12.35	
MARY LEE WATSON 65 GNM	3:38.38	WENDELL H. TAYLOR 29 BM	1:01.88	JAMES L. BAGWELL 37 MAC	6:50.00	JOHN ZEIGLER 40 CM	1:12.39	
65-69 WOMENS 100 YD BREAST		JOE SHAKE 28 SST	1:05.31	JOSEPH D. ABRAHAM 35 BAY	7:57.09	STEVE BARDEN 41 MOC	1:13.23	
MARY LEE WATSON 65 GNM	2:06.82	WILLIAM R. LUEHRING 29 GCM	1:05.31	JOHN B. KLINE 35 GCM	8:33.67	VINCENT GALLO 42 GCM	1:14.28	
65-69 WOMENS 200 YD BREAST		STEVEN T. HEBBLE 28 ORM	1:08.44	BRUCE A. TOMKINS 35 ORM	8:35.08	40-44 MENS 200 YD BREAST		
MARY LEE WATSON 65 GNM	4:17.15	25-29 MENS 200 YD IM		35-39 MENS 50 YD BACK		JOHN ZEIGLER 40 CM	2:38.30	
65-69 WOMENS 100 YD IM		CHRIS GRAY 27 KWSY	2:10.09	RICHARD BOBER 35 MAC	28.11	VINCENT GALLO 42 GCM	2:52.43	
MARY LEE WATSON 65 GNM	1:46.47	SCOTT P. PLACE 28 BYM	2:11.75	JOHN W. WOODWARD 35 BYM	31.03	40-44 MENS 50 YD FLY		
70-74 WOMENS 50 YD FREE		MATTHEW A. PAINTER 27 LM	2:14.94	MICHAEL BRYANT 36 SST	32.83	DAVID A. GIBSON 40 ORM	27.01	
MARY LEE WATSON 65 GNM	3:38.38	WENDELL H. TAYLOR 29 BM	2:20.03	ED MILLER 36 SST	36.39	SCOTT GUTHRIE 41 CM	27.50	
65-69 WOMENS 100 YD BREAST		JOE SHAKE 28 SST	2:20.03	CHARLES E. HENSLEE 38 BYM	37.45	DOUG HELLERSON 40 GNM	27.89	
MARY LEE WATSON 65 GNM	2:06.82	WILLIAM R. LUEHRING 29 GCM	2:31.86	JOHN R. GIBSON 39 UNTN	38.93	BERNARD WHITE 43 MAC	29.00	
65-69 WOMENS 200 YD BREAST		STEVEN T. HEBBLE 28 ORM	2:45.00	JOHN B. KLINE 35 GCM	48.28	WAYNE L. STEVENSON 41 ORM	32.12	
MARY LEE WATSON 65 GNM	4:17.15	25-29 MENS 400 YD IM		35-39 MENS 100 YD BACK		40-44 MENS 100 YD FLY		
65-69 WOMENS 100 YD IM		CHRIS GRAY 27 KWSY	4:44.73	RICHARD BOBER 35 MAC	1:00.86	SCOTT GUTHRIE 41 CM	1:03.10	
MARY LEE WATSON 65 GNM	1:46.47	SCOTT P. PLACE 28 BYM	4:45.19	JOHN W. WOODWARD 35 BYM	1:09.67	BERNARD WHITE 43 MAC	1:07.36	
70-74 WOMENS 50 YD FREE		30-34 MENS 50 YD FREE		JOHN W. WOODWARD 35 BYM	1:24.59	40-44 MENS 200 YD FLY		
MARY LEE WATSON 65 GNM	1:46.47	TOM YOUNGER 30 SST	22.97	CHARLES E. HENSLEE 38 BYM	1:24.38	SCOTT GUTHRIE 41 CM	1:03.10	
70-74 WOMENS 100 YD FREE		LOUIS WAMP 30 SST	23.46	JOHN R. GIBSON 39 UNTN	1:28.06	DOUG HELLERSON 40 GNM	1:05.97	
MARY LEE WATSON 65 GNM	3:38.38	DAVID A. BRIGGS 33 SST	24.93	JOSEPH D. ABRAHAM 35 BAY	1:48.76	DOUG HELLERSON 40 GNM	1:06.75	
65-69 WOMENS 200 YD FREE		WILLIAM R. LUEHRING 29 GCM	24.95	35-39 MENS 200 YD BACK		BERNARD WHITE 43 MAC	1:15.11	
MARY LEE WATSON 65 GNM	2:06.82	MATTHEW A. PAINTER 27 LM	25.36	RICHARD BOBER 35 MAC	2:16.43	WAYNE L. STEVENSON 41 ORM	1:15.98	
65-69 WOMENS 500 YD FREE		WENDELL H. TAYLOR 29 BM	25.44	REIN S. SCHULL 39 GNM	3:02.26	40-44 MENS 100 YD IM		
MARY LEE WATSON 65 GNM	4:17.15	JOE SHAKE 28 SST	27.38	JOHN R. GIBSON 39 UNTN	3:19.40	SCOTT GUTHRIE 41 CM	1:05.97	
65-69 WOMENS 100 YD IM		LARRY DAVIS 34 BYM	27.38	BRUCE A. TOMKINS 35 ORM	3:23.10	DOUG HELLERSON 40 GNM	1:06.75	
MARY LEE WATSON 65 GNM	1:46.47	WILSON SIMS, JR. 33 MCM	29.16	JOSEPH D. ABRAHAM 35 BAY	4:02.46	BERNARD WHITE 43 MAC	1:13.11	
70-74 WOMENS 50 YD FREE		30-34 MENS 100 YD FREE		35-39 MENS 50 YD BREAST		WAYNE L. STEVENSON 41 ORM	1:15.98	
MARY LEE WATSON 65 GNM	3:38.38	TOM YOUNGER 30 SST	51.28	ED MILLER 36 SST	34.04	40-44 MENS 200 YD IM		
65-69 WOMENS 200 YD FREE		LOUIS WAMP 30 SST	53.05	JOHN W. WOODWARD 35 BYM	35.54	JOHN ZEIGLER 40 CM	2:29.75	
MARY LEE WATSON 65 GNM	2:06.82	DAVID A. BRIGGS 33 SST	53.05	BRUCE A. TOMKINS 35 ORM	39.47	SCOTT GUTHRIE 41 CM	2:29.84	
65-69 WOMENS 500 YD FREE		PAT YORK 32 BYM	56.81	GREGOR D. TOMKINS 35 ORM	39.47	BERNARD WHITE 43 MAC	2:42.06	
MARY LEE WATSON 65 GNM	4:17.15	TIMOTHY J. MCCOLLUM 31 UNTN	59.21	JOHN R. GIBSON 39 UNTN	46.98	45-49 MENS 50 YD FREE		
65-69 WOMENS 100 YD IM		FREDRICK C. FARMER 31 UNTN	1:08.98	35-39 MENS 100 YD BREAST		KENNETH MILLER 48 SST	25.91	
MARY LEE WATSON 65 GNM	1:46.47	WILSON SIMS, JR. 33 MCM	1:08.99	BRUCE A. WEAVER 35 GNM	1:12.16	JOHN E. EBERLY 49 SST	27.35	
70-74 WOMENS 50 YD FREE		30-34 MENS 200 YD FREE		MICHAEL BRYANT 39 MOC	1:16.55	MILTON GEE 49 MAC	29.19	
MARY LEE WATSON 65 GNM	3:38.38	TIMOTHY J. MCCOLLUM 31 UNTN	2:14.00	ED MILLER 36 SST	1:29.51	ROY L. GARRETT 46 MAM	29.67	
65-69 WOMENS 200 YD FREE		PAT YORK 32 BYM	2:14.00	DAVID VOGEL 39 KWSY	1:36.40	ANDREW J. STILL 48 BYM	31.05	
MARY LEE WATSON 65 GNM	2:06.82	TIMOTHY J. MCCOLLUM 31 UNTN	2:42.21	35-39 MENS 200 YD BREAST		45-49 MENS 100 YD FREE		
65-69 WOMENS 500 YD FREE		WILSON SIMS, JR. 33 MCM	2:42.21	BRUCE A. WEAVER 35 GNM	2:36.01	KENNETH MILLER 48 SST	57.97	
MARY LEE WATSON 65 GNM	4:17.15	30-34 MENS 500 YD FREE		DAVID VOGEL 39 KWSY	3:26.53	JOHN E. EBERLY 49 SST	1:05.83	
65-69 WOMENS 100 YD IM		DAVID A. PARLER 30 CM	5:54.98	35-39 MENS 50 YD FLY		ROY L. GARRETT 46 MAM	1:08.16	
MARY LEE WATSON 65 GNM	1:46.47	PAT YORK 32 BYM	6:28.90	RICHARD BOBER 35 MAC	26.86	45-49 MENS 200 YD FREE		
70-74 WOMENS 50 YD FREE		TIMOTHY J. MCCOLLUM 31 UNTN	6:36.36	JOHN W. WOODWARD 35 BYM	28.80	KENNETH MILLER 48 SST	2:12.99	
MARY LEE WATSON 65 GNM	3:38.38	WILSON SIMS, JR. 33 MCM	7:40.50	ED MILLER 36 SST	28.80	JOHN E. EBERLY 49 SST	2:30.94	
65-69 WOMENS 200 YD FREE		30-34 MENS 50 YD BACK		MICHAEL BRYANT 39 MOC	29.28	MILTON GEE 49 MAC	2:40.17	
MARY LEE WATSON 65 GNM	2:06.82	TOM YOUNGER 30 SST	26.32	JOHN FREDERIC 39 MOC	29.95	45-49 MENS 500 YD FREE		
65-69 WOMENS 500 YD FREE		DAVID A. PARLER 30 CM	31.01	JAMES L. BAGWELL 37 MAC	30.22	KENNETH MILLER 48 SST	6:20.81	
MARY LEE WATSON 65 GNM	4:17.15	JEFFREY PALKER 30 SST	31.42	CHARLES E. HENSLEE 38 BYM	31.94	JOHN E. EBERLY 49 SST	6:28.75	
65-69 WOMENS 100 YD IM		LARRY DAVIS 34 BYM	36.18	CHARLES E. HENSLEE 38 BYM	32.25	ROY L. GARRETT 46 MAM	6:54.90	
MARY LEE WATSON 65 GNM	1:46.47	WILSON SIMS, JR. 33 MCM	35.36	BRUCE A. TOMKINS 35 ORM	39.42	DOUG JEFFORDS 45 GNM	7:23.16	
70-74 WOMENS 50 YD FREE		30-34 MENS 100 YD BACK		JOHN R. GIBSON 39 UNTN	39.62	45-49 MENS 100 YD BACK		
MARY LEE WATSON 65 GNM	3:38.38	TOM YOUNGER 30 SST	1:00.19	35-39 MENS 200 YD BREAST		KENNETH MILLER 48 SST	34.59	
65-69 WOMENS 200 YD FREE		DAVID A. PARLER 30 CM	1:07.18	BRUCE A. WEAVER 35 GNM	2:36.01	JOHN E. EBERLY 49 SST	34.79	
MARY LEE WATSON 65 GNM	2:06.82	JEFFREY PALKER 30 SST	1:12.01	DAVID VOGEL 39 KWSY	3:26.53	ANDREW J. STILL 48 BYM	36.20	
65-69 WOMENS 500 YD FREE		MIKE PHILLIPS 30 GNM	1:13.32	35-39 MENS 50 YD FLY		BOB KOENIG 49 BAY	37.16	
MARY LEE WATSON 65 GNM	1:46.47	LARRY DAVIS 34 BYM	1:18.44	RICHARD BOBER 35 MAC	26.86	ROY L. GARRETT 46 MAM	42.63	
70-74 WOMENS 50 YD FREE		30-34 MENS 200 YD BACK		JOHN W. WOODWARD 35 BYM	28.80	45-49 MENS 200 YD BREAST		
MARY LEE WATSON 65 GNM	3:38.38	TOM YOUNGER 30 SST	2:16.62	ED MILLER 36 SST	28.80	KENNETH MILLER 48 SST	34.59	
65-69 WOMENS 100 YD IM		DAVID A. PARLER 30 CM	2:28.64	REIN S. SCHULL 39 GNM	3:04.51	JOHN E. EBERLY 49 SST	34.79	
MARY LEE WATSON 65 GNM	1:46.47	30-34 MENS 50 YD BREAST		JAMES L. BAGWELL 37 MAC	3:16.57	BOB KOENIG 49 BAY	37.16	
65-69 WOMENS 200 YD FREE		TOM YOUNGER 30 SST	29.85	DAVID VOGEL 39 KWSY	3:26.52	ROY L. GARRETT 46 MAM	42.63	
MARY LEE WATSON 65 GNM	2:06.82	MIKE PHILLIPS 30 GNM	30.61	35-39 MENS 100 YD IM		45-49 MENS 50 YD FREE		
65-69 WOMENS 500 YD FREE		DAVID A. BRIGGS 33 SST	31.47	BOB COUCH 39 CTM	1:03.25	ANDREW J. STILL 48 BYM	1:18.13	
MARY LEE WATSON 65 GNM	1:46.47	DAVID A. PARLER 30 CM	31.68	JOHN W. WOODWARD 35 BYM	1:05.72	MILTON GEE 49 MAC	1:28.27	
70-74 WOMENS 50 YD FREE		LARRY LOVELACE 32 UNTN	34.46	ED MILLER 36 SST	1:13.46	45-49 MENS 200 YD BACK		
MARY LEE WATSON 65 GNM	3:38.38	LARRY DAVIS 34 BYM	35.32	JAMES L. BAGWELL 37 MAC	1:16.16	JOHN E. EBERLY 49 SST	3:00.84	
65-69 WOMENS 100 YD IM		30-34 MENS 100 YD BREAST		CHARLES E. HENSLEE 38				

45-49 MENS 100 YD IM			
KENNETH MILLER	48 SST	1:12.03	
DONALD W. HASTINGS	46 KWSY	1:12.13	
MILTON GFF	49 MAC	2:53.04	
BOB KOENIG	49 BAY	1:17.91	
JOHN E. EBERLY	49 SST	1:32.17	
45-49 MENS 200 YD IM			
DONALD W. HASTINGS	46 KWSY	2:41.25	
MILTON GFF	49 MAC	2:53.04	
BOB KOENIG	49 BAY	3:01.08	
45-49 MENS 400 YD IM			
DONALD W. HASTINGS	46 KWSY	5:59.99	
BOB KOENIG	49 BAY	6:53.57	
50-54 MENS 50 YD FREE			
YOSH OYAKAWA	53 SWOM	26.38	
WILLIAM F. ROBERTSON	50 MAC	26.50	
LARRY SHANNON	53 BM	26.81	
KIRK CANTERBURY	50 MAC	26.87	
WILLIAM LAUER	52 KWSY	27.69	
JIMMY R. NOONAN	54 UNTN	38.86	
50-54 MENS 100 YD FREE			
YOSH OYAKAWA	53 SWOM	58.10	
KIRK CANTERBURY	50 MAC	59.24	
WILLIAM LAUER	52 KWSY	1:01.07	
LARRY SHANNON	53 BM	1:01.61	
50-54 MENS 200 YD FREE			
KIRK CANTERBURY	50 MAC	2:07.58	
WILLIAM F. ROBERTSON	50 MAC	2:10.93	
YOSH OYAKAWA	53 SWOM	2:13.94	
WILLIAM LAUER	52 KWSY	2:21.95	
LARRY SHANNON	53 BM	2:28.42	
JIMMY R. NOONAN	54 UNTN	3:15.73	
50-54 MENS 500 YD FREE			
KIRK CANTERBURY	50 MAC	5:58.78	
WILLIAM F. ROBERTSON	50 MAC	6:14.34	
LARRY SHANNON	53 BM	6:59.76	
JIMMY R. NOONAN	54 UNTN	8:59.43	
50-54 MENS 50 YD BACK			
YOSH OYAKAWA	53 SWOM	29.40	
WILLIAM LAUER	52 KWSY	37.24	
JIMMY R. NOONAN	54 UNTN	42.57	
JOHN JOHNSON	53 ORM	44.93	
50-54 MENS 100 YD BACK			
YOSH OYAKAWA	53 SWOM	1:05.85	
WILLIAM LAUER	52 KWSY	1:20.38	
JIMMY R. NOONAN	54 UNTN	1:34.73	
JOHN JOHNSON	53 ORM	1:39.85	
50-54 MENS 200 YD BACK			
YOSH OYAKAWA	53 SWOM	2:39.67	
JOHN JOHNSON	53 ORM	3:32.90	
JIMMY R. NOONAN	54 UNTN	3:40.92	
50-54 MENS 50 YD BREAST			
WANG LAU	50 KWSY	33.33	
LARRY SHANNON	53 BM	33.83	
JOHN JOHNSON	53 ORM	43.60	
JIMMY R. NOONAN	54 UNTN	49.01	
50-54 MENS 100 YD BREAST			
WANG LAU	50 KWSY	1:13.00	
LARRY SHANNON	53 BM	1:23.19	
JOHN JOHNSON	53 ORM	1:36.37	
50-54 MENS 200 YD BREAST			
WANG LAU	50 KWSY	2:44.58	
JOHN JOHNSON	53 ORM	3:32.33	
50-54 MENS 50 YD FLY			
KIRK CANTERBURY	50 MAC	29.27	
WILLIAM F. ROBERTSON	50 MAC	29.79	
LARRY SHANNON	53 BM	31.14	
WILLIAM LAUER	52 KWSY	31.66	
WANG LAU	50 KWSY	31.66	
JIMMY R. NOONAN	54 UNTN	43.78	
50-54 MENS 100 YD FLY			
KIRK CANTERBURY	50 MAC	1:07.40	
WILLIAM LAUER	52 KWSY	1:09.59	
LARRY SHANNON	53 BM	1:10.70	
50-54 MENS 200 YD FLY			
KIRK CANTERBURY	50 MAC	2:36.67	
WANG LAU	50 KWSY	2:47.38	
WILLIAM LAUER	52 KWSY	3:05.74	
LARRY SHANNON	53 BM	3:10.39	
50-54 MENS 100 YD IM			
KIRK CANTERBURY	50 MAC	1:08.18	
WILLIAM F. ROBERTSON	50 MAC	1:09.70	
WILLIAM LAUER	52 KWSY	1:11.67	
WANG LAU	50 KWSY	1:12.54	
LARRY SHANNON	53 BM	1:12.54	
JIMMY R. NOONAN	54 UNTN	1:34.55	
JIMMY R. NOONAN	54 UNTN	1:37.82	
50-54 MENS 200 YD IM			
KIRK CANTERBURY	50 MAC	2:28.08	
WANG LAU	50 KWSY	2:39.08	
WILLIAM LAUER	52 KWSY	3:04.56	
JOHN JOHNSON	53 ORM	3:41.56	
50-54 MENS 400 YD IM			
KIRK CANTERBURY	50 MAC	5:13.14	
55-59 MENS 50 YD FREE			
JOHN D. KORTHEUER	55 MAC	26.50	
RICHARD C. BREITEN	57 BM	30.27	
JIM NELSON	57 ORM	30.66	
LOUIS F. DUNLAVY	59 CMC	31.31	
WILLIS MOORE	59 CMC	32.01	
ROBERT F. HILL	58 KWSY	39.46	
55-59 MENS 100 YD FREE			
JOHN D. KORTHEUER	55 MAC	59.33	
LOUIS F. DUNLAVY	59 CMC	1:13.35	
WILLIS MOORE	59 CMC	1:16.25	
JIM NELSON	57 ORM	1:16.25	
RICHARD C. BREITEN	57 BM	1:20.60	
ROBERT F. HILL	58 KWSY	1:30.85	
55-59 MENS 200 YD FREE			
ROBERT F. HILL	58 KWSY	3:25.16	
55-59 MENS 500 YD FREE			
JIM NELSON	57 ORM	8:30.86	
ROBERT F. HILL	58 KWSY	9:17.84	
55-59 MENS 50 YD BACK			
LOUIS F. DUNLAVY	59 CMC	38.89	
RICHARD C. BREITEN	57 BM	40.11	
WILLIS MOORE	59 CMC	42.78	
ROBERT F. HILL	58 KWSY	55.72	
55-59 MENS 100 YD BACK			
JOHN D. KORTHEUER	55 MAC	1:16.30	
LOUIS F. DUNLAVY	59 CMC	1:33.91	

55-59 MENS 50 YD BREAST			
JOHN D. KORTHEUER	55 MAC	31.78	
JIM NELSON	57 ORM	38.17	
LOUIS F. DUNLAVY	59 CMC	44.17	
LOUIS F. DUNLAVY	59 CMC	48.21	
55-59 MENS 100 YD BREAST			
JOHN D. KORTHEUER	55 MAC	1:11.93	
JIM NELSON	57 ORM	1:29.24	
55-59 MENS 200 YD BREAST			
JIM NELSON	57 ORM	3:27.91	
55-59 MENS 50 YD FLY			
JOHN D. KORTHEUER	55 MAC	29.46	
LOUIS F. DUNLAVY	59 CMC	36.23	
JIM NELSON	57 ORM	36.49	
WILLIS MOORE	59 CMC	44.05	
ROBERT F. HILL	58 KWSY	51.26	
55-59 MENS 100 YD FLY			
JOHN D. KORTHEUER	55 MAC	1:09.86	
JIM NELSON	57 ORM	1:31.39	
55-59 MENS 100 YD IM			
JOHN D. KORTHEUER	55 MAC	1:07.32	
LOUIS F. DUNLAVY	59 CMC	1:27.27	
JIM NELSON	57 ORM	1:27.61	
WILLIS MOORE	59 CMC	1:31.39	
ROBERT F. HILL	58 KWSY	1:55.07	
55-59 MENS 200 YD IM			
JIM NELSON	57 ORM	3:26.10	
60-64 MENS 50 YD FREE			
JOHN W. WOODS	63 DC	27.89	
REBER W. MCBRIDE	63 ORM	31.33	
WILSON SIMS	61 MOM	38.38	
HOWARD W. STOKER	61 UNTN	40.18	
60-64 MENS 100 YD FREE			
JOHN W. WOODS	63 DC	1:01.41	
REBER W. MCBRIDE	64 ORM	1:20.37	
60-64 MENS 200 YD FREE			
WILLIAM L. MARSHALL	60 ORM	2:59.44	
ROBERT W. MCBRIDE	64 ORM	3:01.45	
60-64 MENS 500 YD FREE			
JOHN W. WOODS	63 DC	6:31.53	
REBER W. MCBRIDE	64 ORM	8:30.34	
HOWARD W. STOKER	61 UNTN	8:33.98	
60-64 MENS 50 YD BACK			
JOHN W. WOODS	63 DC	33.07	
WILLIAM L. MARSHALL	60 ORM	44.47	
WAYNE S. MONTGOMERY	61 MOM	48.12	
HOWARD W. STOKER	61 UNTN	1:01.77	
60-64 MENS 100 YD BACK			
WILLIAM L. MARSHALL	60 ORM	1:40.06	
WAYNE S. MONTGOMERY	61 MOM	1:49.66	
HOWARD W. STOKER	61 UNTN	2:07.34	
60-64 MENS 200 YD BACK			
WILLIAM L. MARSHALL	60 ORM	3:34.44	
WAYNE S. MONTGOMERY	61 MOM	3:59.98	
HOWARD W. STOKER	61 UNTN	4:42.64	
60-64 MENS 500 YD BACK			
JOHN W. WOODS	63 DC	38.82	
WILLIAM L. MARSHALL	60 ORM	44.93	
HOWARD W. STOKER	61 UNTN	50.35	
WAYNE S. MONTGOMERY	61 MOM	51.59	
60-64 MENS 100 YD BREAST			
WILLIAM L. MARSHALL	60 ORM	1:45.93	
HOWARD W. STOKER	61 UNTN	1:51.41	
WAYNE S. MONTGOMERY	61 MOM	2:00.23	
60-64 MENS 200 YD BREAST			
JOHN W. WOODS	63 DC	3:18.51	
WILLIAM L. MARSHALL	60 ORM	3:53.91	
HOWARD W. STOKER	61 UNTN	4:06.69	
60-64 MENS 50 YD FLY			
JOHN W. WOODS	63 DC	34.14	
WILLIAM L. MARSHALL	60 ORM	39.93	
60-64 MENS 100 YD FLY			
JOHN W. WOODS	63 DC	1:19.22	
60-64 MENS 100 YD IM			
JOHN W. WOODS	63 DC	1:15.44	
WILLIAM L. MARSHALL	60 ORM	1:32.33	
60-64 MENS 200 YD IM			
JOHN W. WOODS	63 DC	2:47.60	
WILLIAM L. MARSHALL	60 ORM	3:31.44	
65-69 MENS 50 YD FREE			
JIM JOHNSON	66 CMC	34.94	
65-69 MENS 200 YD FREE			
JIM JOHNSON	66 CMC	2:33.37	
65-69 MENS 500 YD FREE			
JIM JOHNSON	66 CMC	9:26.22	
65-69 MENS 50 YD BREAST			
JIM JOHNSON	66 CMC	59.25	
65-69 MENS 100 YD IM			
JIM JOHNSON	66 CMC	1:53.43	
80-84 MENS 50 YD FREE			
VIRGIL A. MIRACLE	81 ORM	50.28	
80-84 MENS 100 YD FREE			
VIRGIL A. MIRACLE	81 ORM	2:01.58	
80-84 MENS 50 YD BACK			
VIRGIL A. MIRACLE	81 ORM	1:01.35	
80-84 MENS 100 YD BACK			
VIRGIL A. MIRACLE	81 ORM	2:16.87	

WOMEN'S RESULTS			
INDIAN WRESTLERS FALL SWIM CLASSIC			
50 yd. Freestyle			
Place	Name	Age	Time
20-24			
1	Jennifer Burns	23	26.52
2	Diane Blythe	23	26.66
25-29			
1	Brenda Cartwright	26	26.28
2	Marie Ward	28	27.83
3	Lori Smith	27	30.71
4	Leslie LeCount	28	31.02
5	Lori Heidrich	25	31.24
6	Liz Hanes	27	31.33
30-34			
1	Mary Ann Stevens	33	27.45
2	Frances Gregerson	31	28.16
3	Susan Francis	33	28.26
4	Ann Krug	32	29.09
5	Anne Healey	31	29.49
6	Elizabeth Taylor	32	29.93
7	Wendy Harvey	32	31.38
8	Pam Noble	31	32.05
9	Rebecca Pauledes	30	32.21
10	Mary Kelley	30	33.39
11	Patricia Baldwin	31	34.68
35-39			
1	Sharon Wise	39	27.54
2	Sally Hasbrook	38	27.90
3	Meegan Wilson	38	30.69
4	Gail Dummer	35	35.92
5	Julia Hoellein	39	40.79
40-44			
1	Sharon Receveur	41	34.20
45-49			
1	Ingrid Stine	47	33.04
50-54			
1	Anne Johnson	50	37.02
2	Mary Anna Moeller	53	51.80
55-59			
1	Carol Ferguson	55	33.97
2	Paula Crouch	56	39.51
60-64			
1	Joanne Marshall	62	49.58
2	Lois Ormond	62	50.20
3	Suzanne Gardner	64	54.22
65-69			
1	Louise Donovan	68	35.29
75-79			
1	Audre Gibbs	79	1:39.73
100 yd. Freestyle			
20-24			
1	Tina Marie Childress	22	57.58
2	Jennifer Burns	23	58.19
3	Marie Tamer	24	1:11.12
25-29			
1	Brenda Cartwright	26	59.40
2	Leslie LeCount	28	1:08.95
3	Liz Hanes	27	1:09.38
4	Lori Heidrich	25	1:10.69
5	Leslie Voit	25	1:12.85
30-34			
1	Mary Ann Stevens	33	58.94
2	Frances Gregerson	31	1:01.05
3	Susan Francis	33	1:02.66
4	Anne Healey	31	1:06.30
5	Ann Krug	32	1:06.89
6	Anne Campbell	34	1:07.13
7	Wendy Harvey	32	1:08.79
8	Elizabeth Taylor	32	1:09.28
9	Rebecca Pauledes	30	1:11.89
10	Pam Noble	31	1:13.99
11	Patricia Baldwin	31	1:17.09
12	Mary Kelley	30	1:19.06
13	Janice Fountain	33	1:28.14
14	M.Kitty Grant	33	1:33.48
35-39			
1	Sally Hasbrook	38	1:01.72
2	Patricia Ellis	35	1:08.58
3	Meegan Wilson	38	1:10.40
4	Julia Hoellein	39	1:28.58
5	Cathy Holdt	39	1:34.45
40-44			
1	Mary Pohlmann	41	1:09.85
2	Sara Sachs	41	1:14.88
3	Sharon Receveur	41	1:18.88
50 yd. Backstroke			
20-24			
1	Carol Ferguson	55	1:16.20
2	Paula Crouch	56	1:33.77
60-64			
1	Joanne Marshall	62	1:46.18
2	Lois Ormond	62	2:01.43
3	Suzanne Gardner	64	2:09.06
25-29			
1	Beth Mauer	28	30.40
2	Leslie LeCount	28	37.23
3	Lori Heidrich	25	37.60
4	Lori Smith	27	38.85
30-34			
1	Mary Graves	30	34.51
2	Susan Francis	33	35.62
3	Nan Witcher	31	35.73
4	Anne Healey	31	37.54
5	Pam Noble	31	44.87
6	Mary Kelley	30	47.99
35-39			
1	Sally Hasbrook	38	37.12
2	Lorraine Shaffer	39	39.21
3	Gail Dummer	35	44.12
4	Cathy Holdt	39	47.29

30-34			
1	Anne Campbell	34	2:26.67
2	Barbara Spieth	34	2:31.58
3	Rebecca Pauledes	30	2:32.12
4	Anne Healey	31	2:36.00
35-39			
1	Cynthia Jones	36	2:14.54
2	Sharon Wise	39	2:15.44
3	Patricia Ellis	35	2:38.88
4	Julia Hoellein	39	3:11.96
40-44			
1	Pat Maley	43	2:31.40
55-59			
1	Carol Ferguson	55	2:56.57
2	Sonia Harris	59	4:49.02
60-64			
1	Joanne Marshall	62	3:43.5

40-44	50-54	55-59	60-64	75-79	80-84	85-89	90-94	95-99
1 Mary Pohlmann 41 36.62	1 Gladys Olsen 60 1:53.82	1 Sally Hasbrook 38 1:14.10	1 Ann Champ 51 38.75	20-24 1 Gina Gerding 23 2:37.53	2 Lorraine Shaffer 39 1:23.34	50-54 1 Yosh Oyakawa 53 25.59	1	
1 Mary Jane Mullins 55 45.81	20-24 2 Caroline Thompson 24 2:43.80	3 Irvin Collins 51 29.37	1 Ann Champ 51 38.75	1 Wendy Harvey 32 3:14.09	4 Bev Arnold 37 1:33.80	2 Lee Parkinson 51 30.00	2	
2 Sonia Harris 59 1:01.36	30-34 1 Carol Taylor 57 3:26.03	3 Robert Kast 52 32.04	1 Mary Ann Stevens 33 1:09.86	2 Camille Dean 34 3:22.76	4 Cathy Holdt 39 1:48.31	4 Jim Meek 54 36.35	3	
1 Beth Mauer 28 1:04.02	45-49 1 Ingrid Stine 47 3:22.43	5 Maury Poulter 54 37.60	2 Mary Graves 30 1:17.01	3 Patricia Baldwin 31 3:31.37	1 Susan Jewell 43 1:27.91	6		
2 Leslie Voit 25 1:27.44	50-54 1 Margaret Wirt 50 3:38.32	1 Donel Dietzer 55 30.71	3 Nan Witcher 31 1:21.58	4 Cathy Holdt 39 3:47.94	2 Sharon Receveur 41 1:37.87	5		
3 Lori Smith 27 3:10.35	55-59 1 Carol Taylor 57 3:26.03	2 Ivan Chalfie 55 31.73	4 Anne Campbell 34 1:24.19	1 Meegan Wilson 38 3:02.75	3 Mary Moeller 53 2:33.30	6		
1 Mary Graves 30 2:46.93	60-64 1 Gladys Olsen 60 3:50.19	3 Bill Webber 56 49.00	1 Mary Pohlmann 41 1:21.37	2 Gail Dummer 35 3:22.06	1 Ann Champ 51 1:24.14	1		
2 Anne Campbell 34 2:48.75	50 yd. Butterfly 1 Diane Blythe 23 30.22	4	2 Mary Ann Stevens 33 29.76	3 Bev Arnold 37 3:31.91	2 Anne Johnson 50 1:37.02	2		
1 Mary Pohlmann 41 2:52.21	20-24 1 Diane Blythe 23 30.22	1	3 Ann Krug 30 35.24	4 Cathy Holdt 39 3:47.94	3 Mary Moeller 53 2:33.30	3		
2 Pat Maley 43 3:17.34	25-29 1 Cynthia Jones 36 2:44.36	1	1 Sharon Wise 39 30.46	1 Ingrid Stine 47 3:22.43	4	1		
1 Margaret Wirt 50 3:46.49	40-44 1 Pat Maley 43 2:59.20	1	2 Cynthia Jones 36 30.61	1 Margaret Wirt 50 3:38.32	1	2		
2 MaryAnna Moeller 53 4:56.19	45-49 1 Ingrid Stine 47 3:14.71	1	3 Marie Ward 28 32.05	2 Susan Jewell 43 3:10.32	1	3		
1 MaryJane Mullins 55 3:32.56	50-54 1 Mary Moeller 53 5:08.65	1	4 Lori Heidrich 25 34.08	2 Susan Jewell 43 3:10.32	1	4		
2 Sonia Harris 59 4:45.90	60-64 1 Gladys Olsen 60 3:51.95	1	5 Lori Smith 27 37.36	3	1	5		
1 Gladys Olsen 60 3:57.06	400 yd. Ind. Medley 1 Carol Thompson 24 5:11.80	1	1 Mary Ann Stevens 33 29.76	1 Amy Lepping 26 28.15	2	6		
1 Joanie Imler 28 38.98	25-29 1 Amy Lepping 26 28.15	1	2 Ann Krug 30 35.24	2 Mary Chris Curl 29 29.14	1	7		
2 Lori Smith 27 45.63	40-44 1 Pat Maley 43 2:59.20	1	3 Mary Grave 30 35.24	3 Marie Ward 28 32.05	2	8		
1 Camille Dean 34 33.24	45-49 1 Ingrid Stine 47 3:14.71	1	1 Sharon Wise 39 30.46	4 Lori Heidrich 25 34.08	3	9		
2 Frances Gregerson 31 35.51	50-54 1 Mary Moeller 53 5:08.65	1	2 Cynthia Jones 36 30.61	5 Lori Smith 27 37.36	4	10		
3 Ann Krug 32 37.27	60-64 1 Gladys Olsen 60 3:51.95	1	3 Lorraine Shaffer 39 34.15	1 Mary Ann Stevens 33 29.76	1	11		
4 Elizabeth Taylor 32 39.45	400 yd. Ind. Medley 1 Carol Thompson 24 5:11.80	1	4 Chavette Fye 35 42.86	2 Ann Krug 30 35.24	2	12		
1 Meegan Wilson 38 37.04	25-29 1 Amy Lepping 26 4:47.59	1	1 Susan Jewell 43 38.87	3 Mary Grave 30 35.24	3	13		
2 Sally Hasbrook 38 38.14	40-44 1 Beth Mauer 28 2:21.27	1	2 Sharon Receveur 41 42.07	1 Sharon Wise 39 30.46	4	14		
3 Gail Dummer 35 40.78	50-54 1 Mary Moeller 53 5:08.65	1	1 Anne Champ 51 37.42	2 Cynthia Jones 36 30.61	1	15		
4 Bev Arnold 37 43.09	60-64 1 Gladys Olsen 60 3:51.95	1	2 Anne Champ 51 37.42	3 Lorraine Shaffer 39 34.15	2	16		
5 Cathy Holdt 39 49.71	400 yd. Ind. Medley 1 Carol Thompson 24 5:11.80	1	3 Anne Champ 51 37.42	4 Chavette Fye 35 42.86	3	17		
1 Anne Champ 51 40.95	25-29 1 Amy Lepping 26 4:47.59	1	1 Mary Jane Mullins 55 42.73	1 Susan Jewell 43 38.87	4	18		
2 Margaret Wirt 50 43.46	40-44 1 Beth Mauer 28 2:21.27	1	2 Mary Jane Mullins 55 42.73	2 Sharon Receveur 41 42.07	1	19		
3 Anne Johnson 50 47.77	50-54 1 Mary Moeller 53 5:08.65	1	1 Lois Ormond 62 1:01.18	1 Anne Champ 51 37.42	2	20		
1 Carol Taylor 57 42.90	60-64 1 Gladys Olsen 60 3:51.95	1	100 yd. Butterfly 1 Caroline Thompson 24 1:06.73	2 Anne Champ 51 37.42	3	21		
2 Carol Ferguson 55 47.90	400 yd. Ind. Medley 1 Carol Thompson 24 5:11.80	1	2 Lisa Ann Etnyre 22 1:07.89	3 Anne Champ 51 37.42	4	22		
1 Lois Ormond 62 58.55	25-29 1 Amy Lepping 26 4:47.59	1	1 Mary Chris Curl 29 1:04.11	4 Anne Champ 51 37.42	1	23		
1 Susan Jewell 43 1:36.57	40-44 1 Beth Mauer 28 2:21.27	1	2 Mary Chris Curl 29 1:04.11	1 Anne Champ 51 37.42	2	24		
1 Ingrid Stine 47 1:35.76	50-54 1 Mary Moeller 53 5:08.65	1	30-34 1 Barbara Spieth 34 1:19.93	2 Anne Champ 51 37.42	3	25		
1 Margaret Wirt 50 1:36.89	60-64 1 Gladys Olsen 60 3:51.95	1	1 Cynthia Jones 36 1:12.19	3 Anne Champ 51 37.42	4	26		
2 Anne Johnson 50 1:44.06	400 yd. Ind. Medley 1 Carol Thompson 24 5:11.80	1	2 Patricia Ellis 35 1:21.62	4 Anne Champ 51 37.42	1	27		
1 Carol Taylor 57 1:34.01	25-29 1 Amy Lepping 26 2:15.43	1	1 Lorraine Shaffer 39 1:21.42	1 Anne Champ 51 37.42	2	28		
	40-44 1 Beth Mauer 28 2:21.27	1	2 Ingrid Stine 47 1:30.66	2 Anne Champ 51 37.42	3	29		
	50-54 1 Mary Moeller 53 5:08.65	1	100 yd. Butterfly 1 Caroline Thompson 24 1:06.73	3 Anne Champ 51 37.42	4	30		
	60-64 1 Gladys Olsen 60 3:51.95	1	2 Lisa Ann Etnyre 22 1:07.89	4 Anne Champ 51 37.42	1	31		
	400 yd. Ind. Medley 1 Carol Thompson 24 5:11.80	1	1 Mary Chris Curl 29 1:04.11	1 Anne Champ 51 37.42	2	32		
	25-29 1 Amy Lepping 26 4:47.59	1	2 Mary Chris Curl 29 1:04.11	2 Anne Champ 51 37.42	3	33		
	40-44 1 Beth Mauer 28 2:21.27	1	30-34 1 Barbara Spieth 34 1:19.93	3 Anne Champ 51 37.42	4	34		
	50-54 1 Mary Moeller 53 5:08.65	1	1 Cynthia Jones 36 1:12.19	4 Anne Champ 51 37.42	1	35		
	60-64 1 Gladys Olsen 60 3:51.95	1	2 Patricia Ellis 35 1:21.62	1 Anne Champ 51 37.42	2	36		
	400 yd. Ind. Medley 1 Carol Thompson 24 5:11.80	1	1 Lorraine Shaffer 39 1:21.42	2 Anne Champ 51 37.42	3	37		
	25-29 1 Amy Lepping 26 4:47.59	1	45-49 1 Ingrid Stine 47 1:30.66	3 Anne Champ 51 37.42	4	38		
	40-44 1 Beth Mauer 28 2:21.27	1	100 yd. Butterfly 1 Caroline Thompson 24 1:06.73	4 Anne Champ 51 37.42	1	39		
	50-54 1 Mary Moeller 53 5:08.65	1	2 Lisa Ann Etnyre 22 1:07.89	1 Anne Champ 51 37.42	2	40		
	60-64 1 Gladys Olsen 60 3:51.95	1	1 Mary Chris Curl 29 1:04.11	2 Anne Champ 51 37.42	3	41		
	400 yd. Ind. Medley 1 Carol Thompson 24 5:11.80	1	2 Mary Chris Curl 29 1:04.11	3 Anne Champ 51 37.42	4	42		
	25-29 1 Amy Lepping 26 4:47.59	1	30-34 1 Barbara Spieth 34 1:19.93	4 Anne Champ 51 37.42	1	43		
	40-44 1 Beth Mauer 28 2:21.27	1	1 Cynthia Jones 36 1:12.19	1 Anne Champ 51 37.42	2	44		
	50-54 1 Mary Moeller 53 5:08.65	1	2 Patricia Ellis 35 1:21.62	2 Anne Champ 51 37.42	3	45		
	60-64 1 Gladys Olsen 60 3:51.95	1	1 Lorraine Shaffer 39 1:21.42	3 Anne Champ 51 37.42	4	46		
	400 yd. Ind. Medley 1 Carol Thompson 24 5:11.80	1	45-49 1 Ingrid Stine 47 1:30.66	4 Anne Champ 51 37.42	1	47		
	25-29 1 Amy Lepping 26 4:47.59	1	100 yd. Butterfly 1 Caroline Thompson 24 1:06.73	1 Anne Champ 51 37.42	2	48		
	40-44 1 Beth Mauer 28 2:21.27	1	2 Lisa Ann Etnyre 22 1:07.89	2 Anne Champ 51 37.42	3	49		
	50-54 1 Mary Moeller 53 5:08.65	1	1 Mary Chris Curl 29 1:04.11	3 Anne Champ 51 37.42	4	50		
	60-64 1 Gladys Olsen 60 3:51.95	1	2 Mary Chris Curl 29 1:04.11	4 Anne Champ 51 37.42	1	51		
	400 yd. Ind. Medley 1 Carol Thompson 24 5:11.80	1	30-34 1 Barbara Spieth 34 1:19.93	1 Anne Champ 51 37.42	2	52		
	25-29 1 Amy Lepping 26 4:47.59	1	1 Cynthia Jones 36 1:12.19	2 Anne Champ 51 37.42	3	53		
	40-44 1 Beth Mauer 28 2:21.27	1	2 Patricia Ellis 35 1:21.62	3 Anne Champ 51 37.42	4	54		
	50-54 1 Mary Moeller 53 5:08.65	1	1 Lorraine Shaffer 39 1:21.42	4 Anne Champ 51 37.42	1	55		
	60-64 1 Gladys Olsen 60 3:51.95	1	45-49 1 Ingrid Stine 47 1:30.66	1 Anne Champ 51 37.42	2	56		
	400 yd. Ind. Medley 1 Carol Thompson 24 5:11.80	1	100 yd. Butterfly 1 Caroline Thompson 24 1:06.73	2 Anne Champ 51 37.42	3	57		
	25-29 1 Amy Lepping 26 4:47.59	1	2 Lisa Ann Etnyre 22 1:07.89	3 Anne Champ 51 37.42	4	58		
	40-44 1 Beth Mauer 28 2:21.27	1	1 Mary Chris Curl 29 1:04.11	4 Anne Champ 51 37.42	1	59		
	50-54 1 Mary Moeller 53 5:08.65	1	2 Mary Chris Curl 29 1:04.11	1 Anne Champ 51 37.42	2	60		
	60-64 1 Gladys Olsen 60 3:51.95	1	30-34 1 Barbara Spieth 34 1:19.93	2 Anne Champ 51 37.42	3	61		
	400 yd. Ind. Medley 1 Carol Thompson 24 5:11.80	1	1 Cynthia Jones 36 1:12.19	3 Anne Champ 51 37.42	4	62		
	25-29 1 Amy Lepping 26 4:47.59	1	2 Patricia Ellis 35 1:21.62	4 Anne Champ 51 37.42	1	63		
	40-44 1 Beth Mauer 28 2:21.27	1	1 Lorraine Shaffer 39 1:21.42	1 Anne Champ 51 37.42	2	64		
	50-54 1 Mary Moeller 53 5:08.65	1	45-49 1 Ingrid Stine 47 1:30.66	2 Anne Champ 51 37.42	3	65		
	60-64 1 Gladys Olsen 60 3:51.95	1	100 yd. Butterfly 1 Caroline Thompson 24 1:06.73	3 Anne Champ 51 37.42	4	66		
	400 yd. Ind. Medley 1 Carol Thompson 24 5:11.80	1	2 Lisa Ann Etnyre 22 1:07.89	4 Anne Champ 51 37.42	1	67		
	25-29 1 Amy Lepping 26 4:47.59	1	1 Mary Chris Curl 29 1:04.11	1 Anne Champ 51 37.42	2	68		
	40-44 1 Beth Mauer 28 2:21.27	1	2 Mary Chris Curl 29 1:04.11	2 Anne Champ 51 37.42	3	69		
	50-54 1 Mary Moeller 53 5:08.65	1	30-34 1 Barbara Spieth 34 1:19.93	3 Anne Champ 51 37.42	4	70		
	60-64 1 Gladys Olsen 60 3:51.95	1	1 Cynthia Jones 36 1:12.19	4 Anne Champ 51 37.42	1	71		
	400 yd. Ind. Medley 1 Carol Thompson 24 5:11.80	1	2 Patricia Ellis 35 1:21.62	1 Anne Champ 51 37.42	2	72		
	25-29 1 Amy Lepping 26 4:47.59	1	1 Lorraine Shaffer 39 1:21.42	2 Anne Champ 51 37.42	3	73		
	40-44 1 Beth Mauer 28 2:21.27	1	45-49 1 Ingrid Stine 47 1:30.66	3 Anne Champ 51 37.42	4	74		
	50-54 1 Mary Moeller 53 5:08.65	1	100 yd. Butterfly 1 Caroline Thompson 24 1:06.73	4 Anne Champ 51 37.42	1	75		
	60-64 1 Gladys Olsen 60 3:51.95	1	2 Lisa Ann Etnyre 22 1:07.89	1 Anne Champ 51 37.42	2	76		
	400 yd. Ind. Medley 1 Carol Thompson 24 5:11.80	1	1 Mary Chris Curl 29 1:04.11	2 Anne Champ 51 37.42	3	77		
	25-29 1 Amy Lepping 26 4:47.59	1	2 Mary Chris Curl 29 1:04.11	3 Anne Champ 51 37.42	4	78		
	40-44 1 Beth Mauer 28 2:21.27	1	30-34 1 Barbara Spieth 34 1:19.93	4 Anne Champ 51 37.42	1	79		
	50-54 1 Mary Moeller 53 5:08.65	1	1 Cynthia Jones 36 1:12.19	1 Anne Champ 51 37.42	2	80		
	60-64 1 Gladys Olsen 60 3:51.95	1	2 Patricia Ellis 35 1:21.62	2 Anne Champ 51 37.42	3	81		
	400 yd. Ind. Medley 1 Carol Thompson 24 5:11.80	1	1 Lorraine Shaffer 39 1:21.42	3 Anne Champ 51 37.42	4	82		
	25-29 1 Amy Lepping 26 4:47.59	1	45-49 1 Ingrid Stine 47 1:30.66	4 Anne Champ 51 37.42	1	83		
	40-44 1 Beth Mauer 28 2:21.27	1	100 yd. Butterfly 1 Caroline Thompson 24 1:06.73	1 Anne Champ 51 37.42	2	84		
	50-54 1 Mary Moeller 53 5:08.65	1	2 Lisa Ann Etnyre 22 1:07.89	2 Anne Champ 51 37.42	3	85		
	60-64 1 Gladys Olsen 60 3:51.95	1	1 Mary Chris Curl 29 1:04.11	3 Anne Champ 51 37.42	4	86		
	400 yd. Ind. Medley 1 Carol Thompson 24 5:11.80	1	2 Mary Chris Curl 29 1:04.11	4 Anne Champ 51 37.42	1	87		
	25-29 1 Amy Lepping 26 4:47.59	1	30-34 1 Barbara Spieth 34 1:19.93	1 Anne Champ 51 37.42	2	88		
	40-44 1 Beth Mauer 28 2:21.27	1	1 Cynthia Jones 36 1:12.19	2 Anne Champ 51 37.42	3	89		
	50-54 1 Mary Moeller 53 5:08.65	1	2 Patricia Ellis 35 1:21.62	3 Anne Champ 51 37.42	4	90		
	60-64 1 Gladys Olsen 60 3:51.95	1	1 Lorraine Shaffer 39 1:21.42	4 Anne Champ 51 37.42	1	91		
	400 yd. Ind. Medley 1 Carol Thompson 24 5:11.80	1	45-49 1 Ingrid Stine 47 1:30.66	1 Anne Champ 51 37.42	2	92		

4	William Timmer	35	1:14.10
5	Michael Mahoney	37	1:16.99
40-44			
1	Steve Crane	40	1:06.69
2	Chris Rivers	40	1:18.69
45-49			
1	Bob Patterson	47	1:20.76
2	Waller Clements	49	1:51.72
3	Med Obrey	47	1:54.24
50-54			
1	Lee Parkinson	51	1:22.41
2	Francis Connelly	51	1:27.59
55-59			
1	Ivan Chalfie	55	1:22.63
60-64			
1	Jack Florance	63	1:21.95
2	Burr Lamar	62	1:34.41
70-74			
1	Boyd Sigler	71	2:43.62
<u>200 yd. Ind. Medley</u>			
25-29			
1	Mike Slowey	28	2:09.68
2	Dave Oplinger	28	2:15.00
30-34			
1	Dave Engelbert	30	2:18.78
2	John Burczak	32	2:30.58
3	James Kytas	34	2:44.11
35-39			
1	Edwin Pyle	37	2:12.50
2	Clay Kolar	37	2:17.62
3	William Timmer	35	2:50.57
50-54			
1	David Costill	50	2:17.25
55-59			
1	Bob Terry	59	3:07.79
60-64			
1	Doug Strong	61	3:22.49
70-74			
1	Jerry Donovan	72	3:50.59
2	Boyd Sigler	71	5:49.84
<u>400 yd. Ind. Medley</u>			
30-34			
1	Dave Engelbert	30	5:01.01
2	James Kytas	34	5:57.43
35-39			
1	Bill Tingley	36	4:43.45
2	Clay Kolar	37	4:56.81
3	Rick Walton	35	5:03.15
4	William Timmer	35	6:15.48
45-49			
1	Bill Mulliken	47	5:00.70
2	Ernie Alix	47	5:53.93
50-59			
1	David Costill	50	5:00.44
2	Francis Connelly	51	7:36.12
60-64			
1	Art Kelley	60	6:50.08
2	Burr Lamar	62	7:11.38



INDIANA MEET
Pictures by Pat Maley

A - Meet Directors Mel Goldstein, Dave Costill, Bob Thomas
 B - Indiana - Mark Ward, Sally Hasbrook, Bob Terry, John Vasu, Joanie Imler
 C - Ozark - Penny Taylor, Art Kelley
 D - Lakeside - Row 1 - Richard Korfhage, Amy Lepping, Al Gilsdorf, Row 2 - Duck Voit, Gina Gerding, Caroline Thompson, Carol Ferguson, Sharon Receuver
 E - Lakeside - Row 1 - Pat Curl, Larry Isom, Row 2 - Lynn & Richard Scheu, Chris Rivers
 F - Ohio - Row 1 - Jack Florance, Joe Sachs, Patty & Bob Kast, Row 3 - Ed Pyle
 G - Lincoln - Row 1 - Barb Speth, Louise & Jerry Donovan, Row 2 - Cindy Jones, Sonia Harris, Dick Upsall, Burr Lamar, Gladys Olson, Clay Kolar



OAK RIDGE, TN MEET
Pictures by Joanne & Bill Marshall

(1) Yoshi & Mike Oyakawa
 (2) Mike Phillips, Susi Chandler
 (3) Mary Dowlen, Howard Stoker
 (4) Montgomery Masters - Wilson Sims, Sr., Wilson Sims, Jr., Ann Montgomery Sims, Wayne & Betsy Montgomery
 (5) Gold Coast Masters - Vincent Gallo, June Krauser, Doug Buchan
 (6) Bill Marshall, Andrew Still
 (7) Jim Bagwell, Ed Miller, Richard Bober, Ruth Bagwell (2nd) Merry Robertson, Kirk Canterbury, Milton Gee, Sandra Cathey, Bernie White
 (8) Pat Maley, Joe Abraham
 (9) Tom Younger, Judith Kattermann, David Parler, Ed Miller, Louie Wamp, John Eberly, Colleen Miller, Jennifer Wetzel, Scott Guthrie, Bentley Marane
 (10) Linda Shiell, Sally Menk, Jessie Watson, Boris Coley, Nancy Edlund, Grace Ruckstuhl
 (11) Mike Phillips, Louie Wamp, David Hamilton
 (12) Louise & Chip Taylor, Richard Breitenfeld, Larry Shannon



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ALL AMERICANS - The listing of All-Americans for 1986 will contain SC, LC and SCM Top Ten Time first place winners. We will have to wait for the SC meter Top Ten Times before compiling the list.....

DID YOU KNOW - Scott Guthrie's motorcycle racing feats continue. He set four (4) more motorcycle world speed records in August, and in October designed and tuned (John Long of Miami rode) the cycle that captured the US national championship for the fastest class of road racing. He now currently holds thirteen (13) World speed records, and plans to return for more this coming August.....

DAVID VOLK, LENS DESIGNER - Dr. David Volk, 69, an ophthalmologist died in January, from complications after open-heart surgery. Dr. Volk invented lenses that are used worldwide. Since 1946, he had received more than 18 U.S. patents. He also conceived methods of producing his inventions. David was a resident of Pepper Pike, Ohio.....

STUPID SWIMMING JOKES - Why did the swimmer wear his cap and goggles to the bar? (He heard there was a pool room in back). Why did the golfer decide to start swimming? (He figured that if he took that many strokes on the course, he would have good endurance for swimming). Why didn't the farmer take his rabbit to the pool? (He didn't want to get his hare wet).....

CALENDAR

- APR 1-4 - AUSSI Nationals, Perth AUSTRALIA
 4-5 - SC - Region VIII - Ron Banks (501) 224-7571 - Ft. Smith, AR
 7-8 - US Senior Athletic Games 50 & over - Judy Meyer, POB 3088, Boca Raton, FL 33431
 11 - SC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
 11-12 - SC - Dick Joanis, P.O. Box 19845, Raleigh, NC 27619
 11-12 - SC - South Central Zone - Larry Wood (214) 445-2125 - Irving, TX
 12 - SCM- Bill Steuart, 330 W 20 Ave., San Mateo, CA 94403
 24-26 - Swedish Swimming Federation, Idrottens Hus, S-123 87 Farsta, SWEDEN
 24-26 - SC - Jay Fitzgerald, P.O. Box 2672, Santa Clara, CA 95051
 25 - SC - Cal Schaeffer, 2826 Eastwood Dr., York, PA 17402
 25 - SC - Paul Blair (501) 225-5748 - Little Rock, AR
 25 - SC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
 25-26 - SC - Breadbasket Zone - Wayde Mulhern (612) 784-7020
 25-26 - SC - Judy Meyer, Mission Bay ATC, POB 3088, Boca Raton, FL (305) 488-2001
 25-26 - SC - DIXIE ZONE - John Brucato, 213 Osceola Ave., Nashville, TN 37209

ARKANSAS - Ron Bank, 80 Pebble Beach Dr., Little Rock, AR 72212
 Feb 14-1500 m, Mar 7-sc, Apr 4/5-sc, Jun 20-1500 m, Jul 25-1c

SAN DIEGO IMPERIAL - SDSM - Dunbar, 5703 La Jolla Hermosa Ave., La Jolla, CA 92037
 Feb 28, Apr 11

CORONADO MASTERS ASSOCIATION - Alicia Coleman, 24 The Point, Coronado, CA 92118
 Mar 8-sc, May 31-1c, Aug 2-1c, Oct 11-sc, Dec 6-sc

MAY 1987 USMS SC NATIONALS - P.O. Box 809, Los Altos, CA 94023 (Fri-Mon) May 15-18

AUG 1987 USMS LC NATIONALS - The Woodlands, TX (Fri-Mon) Aug 21-24

MAY 1988 USMS SC NATIONALS - Austin, TX - May 19-25 (Thur-Sun)

AUG 1988 USMS LC NATIONALS - Buffalo, NY Aug 25-28 (Thur-Sun)

OCT 1988 2nd FINA/MSI WORLD MASTERS SWIMMING CHAMPIONSHIPS, Australia Oct. 8-14 contact:
 Margaret Samson, 49 North Altadena Drive, Pasadena, CA 91107

AUG 1990 3rd WORLD MASTERS SWIMMING CHAMPIONSHIPS, Rio De Janeiro, Brazil - Aug 7-12

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SWIM-MASTER

June Krauser, Editor
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SWIM CALENDAR

VOL XVI - No 2

FEB 1987

FEB	7	SC - Ed Nessel, YMCA, 1340 Martine Ave., Scotch Plains, NJ 07076
	7	SC - Pentathlon - OMS, 18478 Timber Grove Ct., Lake Oswego, OR 97034
	7-8	SC - Larry Wood, 1912 N. Irving Hts., Irving, TX 75061
	8	SC - Pentathlon - Joann Leilich, 4913 Kingston Dr., Annandale, VA 22003
	8	SC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
	8	SC - Jack Mathews (515) 236-3668 - Iowa City, IA
	8	SC - Relays - Bill Steuart, 330 W 20 Ave., San Mateo, CA 94403
	8	SC - Harry Grogan, PO Box 15388, Seattle, WA 98115
	13-14	SC - Ken Hickey, 905 Muldoon Rd. A-35, Anchorage, AK 99504
	14	SC - Mary Lou Jaworski (501) 664-4268 - Little Rock, AR
	14	SC - OMS, 18478 Timbergrove Ct., Lake Oswego, OR 97034
	14-15	SC - David A. Parler, 1639-F Juniper St., Charleston, SC 29407
	14-15	SC - Leo Letendre (314) 394-6395 - St. Louis, MO
	14-15	SC - Tina Wolfe - Cascade S.C., P.O. Box 15388, Seattle, WA 98115
	15	SC - Stephanie Walsh, 27 E. Central Ave., Apt. J-5, Paoli, PA 19301
	20-22	SCM- Central Florida Masters, Chris Carey, 6421 Crestview Rd., Orlando, FL 32810
	14-15	SC - Cathi Covert, 10521 SW 107 St., Miami, FL 33176
	21-22	SC - Kris Wingenroth, 5310 Greenbriar #8, Houston, TX 77005
	28	SC - Carol M. Remen, 3805 Magnolia Dr., Palo Alto, CA 94306
	28	SC - 50 & Over - Aqua Crest in Delray Beach, FL - (305) 964-4822 for Registration
	28 - Mar 1	SC - Stephen E. Brown, P.O. Box 786, Laurel, MD 20707
MAR	1	SC - M. L. Ebert, 425 Bridgetown Pike, Langhorne, PA 19047
	1	SC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
	1	SC - Jack Mathews (515) 236-3668 - Iowa City, IA
	7	SC - Ron Banks (501) 224-7571 - Ft. Smith, AR
	7	SC - Woody Acton (405) 848-9802 - Stillwater, OK
	14	1650 - Marge Rudie, 100 Taunton Ave., Catonsville, MD 21228
	14	SC - Carol M. Remen, 3805 Magnolia Dr., Palo Alto, CA 94306
	14	SC - Emit Hines, 3855 Holman, Houston, TX 77004
	14-15	SC - CT Masters
	14-15	SC - Bob Anderson, 4549 H Northside Pky., Atlanta, GA 30339
	14-15	SCM - Alice Hlinak, MuhlvsstraBe 49a, D-2300 Kiel, West Germany
	14	SC - Bill Kirkland, 710 NW 37 St., Ft. Lauderdale, FL 33309
	15	Clinic - Judy Meyer, %MBATC, P.O. Box 3088, Boca Raton, FL 33431 (305) 488-2001
	15	Pentathlon - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
	20-22	SC - Zone 1 Champ., Ben Van Dyk, 7 Joel Rd., South Yarmouth, MA 02664
	21	SC - Shamrock Sports Fest - Forest Sullivan, 1752 N. Woodhouse Rd., Va. Bch, VA
	21	SC - Andy Knapp, 1020 Timberridge Rd., Harrah, OK 73045
	21-22	SC - Roger Bird (913) 831-3355 - Kansas City Blazers Meet
	21-22	SC Relays - Lucille Griffin, Rt 2 Box 42, Newport, VA 24128
	27-29	SC - Southern Regional SC Championships, St. Petersburg, FL
	28	SC - John Killeen, 1528 Campus Dr., Berkeley, CA 94708
	28	SC - Jim Montgomery, 3503 Fairmount Ave., Dallas, TX 75219
	28-29	SC - Maury Schott, 2205 New Garden Rd., Apt. 2901, Greensboro, NC 27410
	29	SC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108

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