United States Masters Swimming

SWIM-MASTER

VOL XX - No 8 USA NATIONAL PUBLICATION FOR MASTERS SWIMMING OCT NOV 1991

1990-91 USMS NATIONAL TOP 10 TABULATION
SHORT COURSE YARDS
RELAYS

PLEASE SEND ALL CORRECTIONS TO WALT REID 11114 111th ST SW TACOMA WA 98498

****
RELAYS: WOMEN 200 YD. FREE
****

19 +

R:HOLMES LUMBER 91 1:41.90
- MARY WAYTE
- JULIE GINDEN
- SUDI MILLER
- KATIE ADAMS

HOLMES LUMBER J 1:41.90
- MARY WAYTE 26
- JULIE GINDEN 28
- SUDI MILLER 24
- KATIE ADAMS 34

TOM 1:42.91
- PAIGE WINTERS 24
- MARTHA MARTIN 42
- ROSEMARIE SEAMAN 33
- MARGARET KELLER 26

H2OUSTON SWIMS 1:44.98
- STACY JONES 25
- SUSAN EICHER 28
- ANNE BERNHARD 26
- SHERRI WELDON 20

AUSTENACIOUS 1:46.66
- KAY BLACKWOOD 22
- MARY HUGHES 32
- HUDDIE MURRAY 34
- BONNIE RHODES 31

DURHAM AQUATIC 1:48.29
- SHEREEN BARRY 20
- LINDA SUHS 23
- DARCY TYRELL 26
- SHERYL WATKINS 26

MICHIGAN 1:48.36
- CORRIN CONVIS 26
- TRACY PECK 24
- LAURA JOHNSON 26
- MARILYN EARLY 33

EMPIRE STATE MA 1:52.37
- KYRA JEBE 24
- MOLLY CLARK 24
- SUSAN FULTON 27
- ALICIA QUIJANO 27

FOREST HILLS AQ 1:52.66
- DONNA JUNGBLUTH 24
- KIM LEWIS 20
- S.MC BRIER 23
- TAMMY REYNOLDS 25

ROCKFORD YMCA 1:53.65
- TONIANN VANDERHEY 26
- SHARON DOLBY-BECK 28
- SUSAN LUNDSTROM 24
- TAMMY RIEGER 28

TISB 1:55.02
- CHRISTINE LITTLE 25
- REBECCA PYLE 35
- JENNIFER THOMPSON 28
- CAROL JACOBSEN 24

25 +

R:LONE STAR 89 1:37.40
- LISA JACKSON
- BRIGITTE HEUER
- L.MORRISON-CASEY
- AMY PLESS

HOUSTONIAN CLUB 1:37.80
- CORRIN CONVIS 26
- TORI SMITH 25
- DEBBIE RISEN 25
- BRIGITTE HEUER 30

MUSIC CITY MAST 1:38.91
- AMY CAULKINS 30
- CLAIRE MCCALL 27
- TRACY CAULKINS 28
- CAROL CARR 28

WALNUT CREEK MA 1:40.72
- PAULA ROEMER 30
- MARJORIE JENSEN 29
- BETSY HENRY 31
- WENDY INGRAHAM 27

ROCKY MOUNTAIN 1:41.52
- LAURI NICHOLS 31
- CATHY BUJORIAN 32
- SANDRA BOLDING 27
- KATHY GARNIER 30

TEAM ORLANDO MA 1:41.77
- MARGARET KELLER 26
- ROSEMARIE SEAMAN 33
- ROSALIE CRETIN 28
- MARTHA MARTIN 42

LONE STAR MASTE 1:41.83
- L.MORRISON-CASEY 37
- MALINDA ARVESEN 35
- VAL KERR-HAGUE 30
- AMY PLESS 28

MARYLAND MASTER 1:44.56
- ELAINE FINCHAM 36
- DENISE FRECH 29
- ANNE SCHULTE 32
- JAMIE GORSKI 30

NEW ENGLAND MAS 1:44.61
- JENNIFER LUKER 34
- LISA ROURKE 28
- ALLISON UZZO 26
- BETSY LIND 27

GEORGIA KILLER 1:44.67
- BETH GARDNER 25
- LINDLEY DOUGHTY 32
- ANNE PETERS 26
- ROBIN ZUBECK 29

SO. CALIFORNIA 1:44.72
- DIANE GRANER 27
- BONNIE ADAIR 38
- DIANA TODD 47
- SHANNON SULLIVAN 36

35 +

R:HOLMES LUMBER 89 1:46.81
- JANE HARPER
- SUSAN HALFACRE
- PATRICIA MATTSON
- SUSAN WHITE

NEW ENGLAND MAS 1:48.75
- PAMELA POMERS 40
- ANN MCDERMOTT 36
- BRENDA DAVIS 40
- SUE TENDY 42

EMPIRE STATE 1:49.44
- DALE STRICKLAND 43
- CHRISTINE ZIMMET 43
- GWEN DEELY 41
- KAREN FARNSWORTH 35

VIRGINIA MASTER 1:52.60
- SALLY BRUCE 40
- PATRICIA CHAPPELL 36
- TERRY GAULT 40
- LISA BENNETT 35

HOLMES LUMBER J 1:52.84
- JANE HARPER 38
- SUSAN HALFACRE 39
- BARBARA HOELLEN 48
- DEBORAH MOORE 41

LINCOLN MASTERS 1:54.18
- S. LINDSAY MEAD 35
- KATHLEEN RODERER 35
- HEIDI REMAK 39
- CYNTHIA JONES 41

GEORGIA KILLER 1:54.53
- PATRICIA MATTSON 37
- KATE FARRAR 40
- YVONNE VANCE 36
- F.WILLIAMSON 43

LONGHORN MASTER 1:58.84
- K.TREBESINER 37
- JAMIE STEWART 42
- M.MARCANTONIO 41
- MARY NUHN 45

MARYLAND MASTER 1:58.98
- ANN LINZ 38
- SUSAN LEVICKAS 43
- MARSE BURLEY 45
- BARBARA PROTZMAN 36

DC MASTERS 1:59.94
- ANDREA HAINES 43
- SUSAN SCHAFFER 43
- E.MCCORKLE 41
- ANN LYTTLE 43

COLONIALS *1776 2:01.01
- STEPHANIE WALSH 41
- KATHRYNE CLARK 37
- PATRICIA TIMMINS 37
- J.GREULICK-BYRON 41

45 +

R:TAMALPAIS 89 1:55.87
- CHARLOTTE JENKINS
- ANGELA KONIG
- SPERRY RADEMAKER
- NANCY RIDOUT

DC MASTERS 2:05.66
- VICKIE CONNOLLY 47
- PATRICIA SHEAFER 51
- JOANN LEILICH 52
- JAYNE BRUNER 57

ROCKY MOUNTAIN 2:08.88
- BARBARA KLAUS 50
- JUDY REED 47
- KAREN ZENTGRAF 49
- MARY PUDIM 51

LINCOLN MASTERS 2:09.58
- MARY POHLMANN 46
- CLARICE ROSSI 53
- DIANNE SHERWOOD 50
- COLLEEN MALMEN 47

NEW ENGLAND MAS 2:11.05
- AAGJE CARON 49
- SUSAN BLAKE 52
- ISABEL LYNDON 51
- EVELYN HAUSBERGER 47

EMPIRE STATE 2:11.72
- J.MURPHY-SHERMAN 46
- ANN JOHNSEN 55
- LIDA GASCHKE 59
- ALICE JONES 52

SDSM 2:12.32
- BETSY T. JORDAN 54
- PEGGY A. LEONG 46
- ADRIENNE S. PIPES 56
- SUSAN RITTENHOUSE 53

DC MASTERS 2:12.33
- BETTY GRIFFIN 60
- ANN SVANSON 45
- BARBARA ZAREMSKI 53
- NANCY KIRKENDALL 48

ST. PETERSBERG 2:16.91
- LYNN BROMNSTEIN 45
- SANDY STEER 51
- ELAINE BROMWICH 48
- JAYNE LAMBKE 51

H2OUSTON SWIMS 2:19.11
- LESLIE SMITH 50
- SANDY CATTARIN 51
- GINNY SIMMONS 50
- RENEE PROTOPAPAS 61

LINCOLN MASTERS 2:23.21
- PATRICIA BRUMMET 45
- JOHANNA CUMMINGS 49
- HENRIETTA BERNING 57
- NANCY MURPHY 48

55 +

R:NEW ENGLAND 91 2:14.01
- CLARA WALKER
- BILLIE BURRILL
- HARRIET FORKEY
- DIANE REED

NEW ENGLAND MAS 2:14.01
- CLARA WALKER 64
- BILLIE BURRILL 70
- HARRIET FORKEY 58
- DIANE REED 60

WALNUT CREEK MA 2:23.19
- ANN PISCIOTTA 60
- JOAN ALEXANDER 59
- BETTY BARABASH 62
- DONNA MONROE 57

SAN DIEGO SWIM 2:35.56
- DIANA SILVA 68
- ALICIA COLEMAN 65
- JANET LAMOTT 55
- ROBERTA TURCOTTE 63

CONN MASTERS 2:38.84
- RONNIE KAMPHAUSEN 57
- NANCY PHILLIPS 69
- MARIE WICKLUN 77
- DOROTHY DONNELLY 69

SAN MATEO MASTE 2:46.02
- INGEBORG KUHN 55
- M.KNOCHENHAUER 63
- AUDREY ETIENNE 74
- NANCY BARNES 61

LINCOLN MASTERS 2:50.72
- ELIZABETH COLBURN 73
- RITA COSTELLO 68
- CLARA SOTAK 66
- ELIZABETH MOORE 56

ST PETE MASTERS 2:51.76
- JOY CLINGMAN 56
- MARY LOU MITCHELL 60
- BARBARA ALLEN 57
- BEVERLEY TUCKER 56

HUMUHUMU 2:53.38
- DIANE STOWELL 57
- BETH BLICKFELDT 65
- CHARLOTE COSTELLO 68
- JOAN OSBORNE 74

HOLMES LUMBER J 2:55.45
- GERTRUD ZINT 73
- SYLVIA EISELE 61
- JUNE REYNOLDS 69
- MILLIE HUPP 75

ST PETE MASTERS 3:40.82
- FRANCES CICHANSKI 74
- MARY BOAZ 62
- BETTY MARSHALL 63
- BARBARA JARVIS 59

65 +

R:SANTA BARBARA 89 2:24.64
- SHIRLEY ERICKSON
- GRACE ALTUS
- DOROTHY LA CHASSE
- RUTH BAAR

ST. LOUIS MASTE 2:56.87
- ANNALOU CARRIER 70
- REGAN KENNER 67
- EDITH HENDRY 80
- DORIS PETERS 68

HOLMES LUMBER J 2:57.38
- BERTRUD ZINT 73
- JUNE REYNOLDS 69
- MARJORIE NEWMAN 67
- RACHEL ERWIN 71

DC MASTERS 3:02.57
- HELEN HUMMER 72
- ELSA MATTILA 80
- LORRAINE MURPHY 72
- NANCY CLARK 76

WALNUT CREEK MA 3:03.91
- SALLY JOY 74
- JEAN DURSTON 76
- MARY JANE REEVES 74
- JAE HOWELL 68

ROCKY MOUNTAIN 3:29.54
- LOIS ELLERT 76
- LUELLA HEATH 71
- AGOTA FRONS 71
- A.HOTTINGER 69

PMA 3:48.02
- PAT MATTHIESEN 74
- MARION MUELLER 79
- LEE HOLM 76
- MAIDNE CARLSON 71

75 +

R:ST PETE 89 3:54.91
- ELLEN WALBOLT
- CELIA BALLARD
- MARIAN MCKECHNIE
- WIN KENNEDY

NO RELAY TEAMS

****
RELAYS: WOMEN 200 YD. MEDLEY
****

19 +

R:LAKESIDE 88 1:58.61
- CHRIS CURL
- GINA GATTI
- AMY POPE
- MELINDA SCHMITT

H2OUSTON SWIMS 1:59.01
- STACY JONES 25
- LESLIE RONACHER 26
- ANNE BERNHARD 26
- SHERRI WELDON 20

TOM 1:59.70
- PAIGE WINTERS 24
- MARGARET KELLER 26
- MARTHA MARTIN 42
- EILEEN O'BRIEN 29

U. OF SAN FRANC 2:00.16
- JILL ROTHKOPF 24
- LORETTA SOFFE 24
- JILL ASCH 24
- MARY LEE 22

HOLMES LUMBER J 2:00.34
- KATIE ADAMS 34
- JULIE GINDEN 28
- SUDI MILLER 24
- C.APICELLA 30

AUSTENACIOUS 2:01.15
- HUDDIE MURRAY 34
- KAY BLACKWOOD 22
- BONNIE RHODES 31
- MARY HUGHES 32

MICHIGAN 2:02.11
- MARILYN EARLY 33
- CORRIN CONVIS 26
- TRACY PECK 24
- LAURA JOHNSON 26

EMPIRE STATE MA 2:04.41
- KYRA JEBE 24
- MOLLY CLARK 24
- KRISTEN HANSTEAD 25
- ALICIA QUIJANO 27

WALNUT CREEK MA 2:04.88
- SUZY HANSEN 27
- KIM COLLENTINE 24
- COLLEEN HAZLETT 28
- MARGIE JENSEN 29

DURHAM AQUATIC 2:06.00
- LINDA SUHS 23
- PAMELA LINDRODS 25
- SHEREEN BARRY 20
- SUSAN KALMEY 25

LOS ALTOS MASTE 2:09.12
- DENICE CAZALET 23
- MARY DOUGHERTY 29
- P.MCFATE-JOHNSON 34
- LINDA LIPINSKI 30

25 +

R:HOUSTONIAN 91 1:49.19
- TORI SMITH
- CORRIN CONVIS
- DEBBIE RISEN
- BRIGITTE HEVER

HOUSTONIAN CLUB 1:49.19
- TORI SMITH 25
- CORRIN CONVIS 26
- DEBBIE RISEN 25
- BRIGITTE HEUER 30

MUSIC CITY MAST 1:52.29
- CLAIRE MCCALL 27
- JOAN DYER 31
- AMY CAULKINS 30
- CAROL CARR 28

ROCKY MOUNTAIN 1:53.86
- SANDRA BOLDING 27
- CATHY BUJORIAN 32
- LAURI NICHOLS 31
- KATHY GARNIER 30

GEORGIA KILLER 1:53.88
- LINDLEY DOUGHTY 32
- PAMELA BIRSINGER 26
- ROBIN ZUBECK 29
- BETH GARDNER 25

TEAM ORLANDO MA 1:54.27
- MARGARET KELLER 26
- ROSEMARIE SEAMAN 33
- ROSALIE CRETIN 28
- MARTHA MARTIN 42

LONE STAR MASTE 1:54.37
- AMY PLESS 28
- MALINDA ARVESEN 35
- VAL KERR-HAGUE 30
- L.MORRISON-CASEY 37

WALNUT CREEK MA 1:54.53
- PAM BOSCOVICH 28
- SARA SHAND 27
- C.MCNAMARA-LEWIS 28
- PAULA ROEMER 29

SO. CALIFORNIA 1:56.03
- DIANE GRANER 27
- DIANNA TATE 30
- BONNIE ADAIR 38
- DIANA TODD 47

WALNUT CREEK MA 1:59.30
- PENNY LEACH 28
- LAURIE KILMARTIN 26
- DEBBIE BARBER 28
- WENDY INGRAHAM 27

U. OF SAN FRANC 1:59.33
- MICHELE YOUNG 27
- KRISTIN MURPHY 25
- CORY NUGENT 27
- MARTHA OLSEN 31

35 +

R:HOLMES LUMBER 89 2:00.72
- JANE HARPER
- PATRICIA MATTSON
- SUSAN HALFACRE
- SUSAN WHITE

LINCOLN MASTERS 2:04.36
- LINDA THOMAS 39
- PATRICIA BRUMMET 45
- KATHLEEN RODERER 35
- GUILLEMETTE JOHNS 36

EMPIRE STATE 2:06.83
- CHRISTINE ZIMMET 43
- KAREN FARNSWORTH 35
- DALE STRICKLAND 43
- GWEN DEELY 41

MARYLAND MASTER 2:07.81
- ELAINE FINCHAM 36
- MARSE BURLEY 45
- BARBARA PROTZMAN 36
- ANN LINZ 38

VIRGINIA MASTER 2:09.01
- SALLY BRUCE 40
- LISA BENNETT 35
- TERRY GAULT 40
- PATRICIA CHAPPELL 36

LOS ALTOS MASTE 2:09.72
- LAURA VAL 39
- CATHY SCHULBACH 38
- KRISTI KING 43
- TERESA HESSLER 39

OREG 2:09.88
- BARBARA FRID 48
- GINGER L PIERSON 45
- CLAUDIA COKE 36
- SANDI ROUSSEAU 43

NEW ENGLAND MAS 2:10.28
- BRENDA DAVIS 40
- ANN MCDERMOTT 36
- SUE TENDY 42
- PAMELA POMERS 40

SBAY 2:13.28
- CAROLE IWAMOTO 35
- J SANTILLAND 38
- MIMI FRANK 43
- PATRICIA LIEBEY 38

COLONIALS *1776 2:14.33
- C.SCHROEDER 41
- KATHLEEN LONA 42
- STEPHANIE WALSH 41
- J.GREULICK-BYRON 40

LONGHORN MASTER 2:15.89
- JAMIE STEWART 42
- M.MARCANTONIO 41
- K.TREBESINER 37
- MARY NUHN 45

45 +

R:D C MASTERS 91 2:12.67
- NANCY KIRKENDALL
- JOANN LEILICH
- JAYNE BRUNER
- ANN SVANSON

DC MASTERS 2:12.67
- NANCY KIRKENDALL 48
- JOANN LEILICH 52
- JAYNE BRUNER 57
- ANN SVANSON 45

TAMALPAIS AQ. M 2:24.48
- BONNIE WINN 47
- CHARLOTTE JENKINS 52
- NANCY RIDOUT 49
- ANGELA KONIG 50

ROCKY MOUNTAIN 2:26.54
- KAREN ZENTGRAF 49
- BARBARA KLAUS 50
- JUDY REED 47
- MARY PUDIM 51

LINCOLN MASTERS 2:28.59
- MARY POHLMANN 46
- CLARICE ROSSI 53
- DIANNE SHERWOOD 50
- COLLEEN MALMEN 47

EMPIRE STATE 2:28.76
- J.MURPHY-SHERMAN 46
- ALICE JONES 52
- ANN JOHNSEN 55
- LIDA GASCHKE 59

SDSM 2:33.89
- BETSY T. JORDAN 54
- PEGGY A. LEONG 46
- ADRIENNE S. PIPES 56
- SUSAN RITTENHOUSE 53

ST. PETERSBERG 2:35.54
- LYNN BROMNSTEIN 45
- SANDY STEER 51
- ELAINE BROMWICH 48
- JAYNE LAMBKE 51

NEW ENGLAND MAS 2:35.97
- ISABEL LYNDON 51
- SUSAN BLAKE 52
- EVELYN HAUSBERGER 47
- AAGJE CARON 49

STRAWBERRY CANY 2:38.30
- PAM JOHNSON-LIEB 45
- SUSAN GARFIN 48
- SUSAN ANSON 50
- JOAN SPANGLER 47

TAMALPAIS AQ. M 2:44.68
- TERRY MORSE 56
- BLENDA CARROLL 47
- LAURIE STOELTING 47
- RUTH WINN 48

55 +

R:NEW ENGLAND 91 2:33.85
- CLARA WALKER
- DONNA EDELBAUM
- HARRIETT FORKEY
- DIANE REED

NEW ENGLAND MAS 2:33.85
CLARA WALKER 64
DONNA EDELBAUM 57
HARRIET FORKEY 58
DIANE REED 60
CONN MASTERS 2:48.22
NANCY PHILLIPS 69
SUZANNE GRAHAM 64
RONNIE KAMPHAUSEN 57
DOROTHY DONNELLY 69
RINCONADA MASTE 2:49.30
PATSY WEISS 68
CINDY BAXTER 58
BOBBIE CALLISON 58
NAN BLACKLEDGE 66
SAN DIEGO SWIM 2:50.52
DIANA SILVA 68
ALICIA COLEMAN 65
JANET LAMOTT 55
ROBERTA TURCOTTE 63
WALNUT CREEK MA 2:50.79
DONNA MONROE 57
ANN PISCIOTTA 60
JOAN ALEXANDER 59
BETTY BARABASH 62
HAWAII 2:53.38
DIANE STOWELL 57
BETH BLICKDELDT 65
C.COSTELLO 68
JOAN OSBORNE 74
MARYLAND MASTER 2:57.72
CAROL KNEPP 65
SARAH ALLNUTT 67
NANCY BROWN 55
DEANNA NICHOLS 69
LAKESIDE MASTER 3:11.91
MARY JANE MULLINS 60
CAROL FERGUSON 59
JOYCE VOIT 56
MEME HABICH 75
ST PETE MASTERS 3:26.73
BARBARA ALLEN 57
WIN KENNEDY 77
BEVERLEY TUCKER 56
MARY LOU MITCHELL 60
HOLMES LUMBER J 3:30.31
JUNE REYNOLDS 69
GERTRUD IINT 73
SYLVIA EISELE 61
MILLIE HUPP 75

65 +
R:SANTA BARBARA 89 2:55.36
DOROTHY LA CHASSE
SHIRLEY ERICKSON
GRACE ALTUS
RUTH BAAR
ST. LOUIS MASTE 3:22.04
ANNALOU CARRIER 70
RESAN KENNER 67
DORIS PETERS 68
EDITH HENDRY 80
WALNUT CREEK MA 3:24.51
SALLY JOY 74
JACQUIE PLACAK 65
JAE HOWELL 68
PAT PREVETI 69
HOLMES LUMBER J 3:27.77
MARJORIE NEWMAN 67
GERTRUD IINT 73
JUNE REYNOLDS 69
RACHEL ERWIN 71
DC MASTERS 3:34.04
LORRAINE MURPHY 72
ELSA MATTILA 80
HELEN HUMMER 72
NANCY CLARK 76
SAN MATEO MASTE 3:44.63
AUDREY ETIENNE 74
HILDA BUEL 77
ZADA TAFT 71
HELEN ROUMASSET 75
ROCKY MOUNTAIN 3:54.38
LUELLA HEATH 71
AGOTA FROHS 71
A.HOTTINGER 69
LOIS ELLERT 76
PNA 4:23.72
MARION MUELLER 79
PAT MATTHIESEN 74
MAXINE CARLSON 71
LEE HOLM 76

75 +
R:ST PETE 90 5:14.33
MARIAN MCKECHNIE
RIA MAE MANN
WIN KENNEDY
ELLEN WALBOLT
NO RELAY TEAMS

****
RELAYS: WOMEN 400 YD. FREE
****

19 +
R:U OF SAN FRAN 91 3:52.34
LORETTA SOFFE
JILL ASCH
KATHY LONG
MARY LEE
U. OF SAN FRANC 3:52.34
LORETTA SOFFE 24
JILL ASCH 24
KATHY LONG 23
MARY LEE 21
WALNUT CREEK MA 4:01.64
KIM COLLENTINE 24
ANN PETERS 27
MARGIE JENSEN 29
SUZY HANSEN 27
GENNY CARPS E 4:07.60
GILL BURRIACK 27
LISA ROBERTS 31
GAYLE DUDLEY 24
PATTY RUPP 27
EMPIRE STATE MA 4:09.48
MONICA LEE 23
MARYBETH COMINS 26
AVERY MEYERS 24
EILEEN LOVELESS 24
U OF SAN FRANCI 4:09.87
NATALIE EFFA 23
JENNIFER HART 24
SUSAN DUDGEON 23
JILL ROTHKOPF 24
BMSC 4:16.83
LAURA CHASE 30
JENNIFER ADAMS 25
ERIKA PAYTON 23
PAMELA FRIEL 37
STANFORD MASTER 4:21.27
JILL SAMUELS 23
TANYA KNE 24
KIM WALSH 22
SHERRY LINGARTEN 25
EMPIRE STATE MA 4:22.79
JUDY WHITING 31
LISSA BOUMENS 28
HEATHER TAMAR 19
EILEEN GORRY 23
AFAM 4:26.84
LISA BRITT 22
KELLY A. LAZERSON 29
MARIANNE YOUNG 31
JUDY HUPP 26
TRIAD MASTERS 4:33.16
KANDEE SPAIN 27
JILL STEPHENSON 27
JENNY WYNN 23
PEGGY WYNN 37

25 +
R:WALNUT CREEK 91 3:37.75
CAREN LEWIS
PAULA KOBNER
WENDY INGRAHM
SARA SHAND
WALNUT CREEK MA 3:37.75
CAREN LEWIS 28
PAULA ROEMER 30
WENDY INGRAHAM 27
SARA SHAND 27
U. OF SAN FRANC 3:50.97
MICHELE YOUNG 26
JENNIFER SCANLON 30
MARGARET STIER 31
DIANA ZOCK 26
LOS ALTOS MASTE 3:53.56
LESLEY CHEQUER 25
CINDY MCCOLL 31
K.CHEQUER-PFEIFFE 32
DARBY ELLEMAN 30
WALNUT CREEK MA 3:53.92
KATHLEEN MENCH 28
PAM BOSCOVICH 28
COLLEEN HAZLETT 28
BETSY HENRY 31
CONN MASTERS 3:56.46
JULIE STEWART 29
SARAH EICHER 34
KATHERINE BRANCH 33
SHEILA MORTELL 29
EMPIRE STATE MA 3:59.40
ALICIA QUIJANO 27
KAREN FARNSWORTH 35
MARCIA CLEVELAND 26
CHERYL KUPAN 26
SBAY 4:03.69
ANN T. FINLEY 28
DEDE G. MOORE 31
CATHY MOYLAN 33
J CONSTABLE 27
TAMALPAIS AQ. M 4:04.39
CHRIS WINN 25
SUZIE DODS 31
SHARON SALZMAN 31
SUZANNE HEIM 30
U. OF SAN FRANC 4:05.52
SIDNEY HILBURN 26
KAREN ABLARD 26
CAROL BADGER 27
CLAUDIA HERMAN 27
WHQO 4:05.69
ANDREA DEVUONO 28
J SALLES-CUNHA 38
SUSAN FERLINS 25
MORRI SPANG 34

35 +
R:LOS ALTOS 89 4:06.91
C.FERRIS-JOHNSON
THERESA HESSLER
LAURA VAL
KATHY BRIGGS
SBAY 4:23.24
J SANTILLAND 38
CAROLE IWAMOTO 35
ELLEN M. LOHNEISS 38
PATRICIA LIEGEY 38
U. OF SAN FRANC 4:32.85
PHYLLIS QUINN 36
ANN SASAKI 41
CATHY HUANG 41
MARY SAAL 37
SAN DIEGO SWIM 4:39.17
BARBARA G DUNBAR 42
LAURA MELDRUM 37
BETSY JORDAN 54
MARILYN A S FINK 36
ST PETE MASTERS 4:52.26
JAYNE LAMBKE 51
MARY BARKER 40
LYN VAN VOORST 40
PAM GEIGER 37
RINCONADA MASTE 5:06.44
JUDITH SCHWARTZ 36
KATHY CARL 37
SUSAN SPRINGER 52
LORI FULLER 36
TAMALPAIS AQ. M 5:11.05
KIM ORLOFF 37
KAREN MCGEE 37
TERRY MORSE 56
GLENDA CARROLL 47
SCAQ 5:16.79
BONNIE M. ADAIR 38
SHANNON SULLIVAN 36
KATHLEEN CONTE 44
TIA STACK 37
U. OF SAN FRANC 5:43.77
SUSAN COBIE 58
GAIL ROPER 63
SARAH DAVIS 67
MARTHA CAMPBELL 42
LAKESIDE MASTER 6:17.21
BARBA BANASZYNSKI 43
MARY ANN STONE 57
WENDY HARVEY 36
PATSY KAELIN 39
HEARTLAND S A M 6:22.12
JUDY TILARD 56
CECILY MC NEIL 45
CAROL SING 49
CHRISTINE BIBY 43

45 +
R:TAMALPAIS 89 4:38.18
ANGELA KONIG
LAVERNE ADAMS
CHARLOTTE JENKINS
NANCY RIDOUT
TAMALPAIS AQ. M 4:45.53
CHARLOTTE JENKINS 52
RUTH WINN 46
BONNIE WINN 47
NANCY RIDOUT 49
MINNESOTA 5:46.50
BARB NELSON 57
KATHIE THEIS 58
CYNTHIA STOKES 56
MARIANNE SCHULZE 53
ST PETE MASTERS 5:46.74
JACQUELYN PIPER 53
SANDY STEER 51
BARBARA ALLEN 57
JAYNE LAMBKE 51
O+H+I+O MASTERS 6:07.74
LUISE EASTON 52
LILLY KRON 59
MARIANNE BROGAN 55
ROBERTA BOBERSKI 50
U. OF SAN FRANC 6:23.20
MARY ALLEN 58
BARBARA LAMBERTO 45
NANCY STRETCH 51
ANN RICHARDSON 49
SAN MATEO MASTE 6:55.48
AUDREY ETIENNE 74
ZADA TAFT 71
HILDA BUEL 77
LYNNE DEVICTORIA 49
HSAM 7:03.50
CAROL SING 49
CECILY C. MCNEIL 45
TRISH A. HUNTER 57
ANN J. MARTIN 61

55 +
R:WALNUT CREEK 91 5:30.85
DONNA MONROE
ANN PISCIOTTA
BETTY BARABASH
ELFREIDE ROBERS
WALNUT CREEK MA 5:30.85
DONNA MONROE 57
ANN PISCIOTTA 60
BETTY BARABASH 62
ELFRIEDE ROBERS 63
RINCONADA MASTE 5:51.56
BOBBIE CALLISON 58
CINDY BAXTER 58
NAN BLACKLEDGE 66
PATSY WEISS 68
CONN MASTERS 6:09.23
RONNIE KAMPHAUSEN 57
NANCY PHILLIPS 69
MARIE WICKLUN 77
DOROTHY DONNELLY 69
ST PETE MASTERS 7:03.74
JOY CLINGMAN 56
MARY BOAZ 61
BEVERLEY TUCKER 55
BARBARA ALLEN 57

65 +
R:SANTA BARBARA 89 5:32.88
SHIRLEY ERICKSON
GRACE ALTUS
RUTH BAAR
DOROTHY LA CHASSE
WALNUT CREEK MA 7:05.68
PAT PREVETI 69
JEAN DURSTON 76
JAE HOWELL 68
SALLY JOY 74

****
RELAYS: WOMEN 400 YD. MEDLEY
****

19 +
R:EMPIRE STATE 91 4:20.17
MARCIA CLEVELAND
MONICA LEE
CHERYL KUPAN
DEANNA COLACITO
EMPIRE STATE MA 4:20.17
MARCIA CLEVELAND 26
MONICA LEE 23
CHERYL KUPAN 26
DEANNA COLACITO 23
DAVIS AQUATIC M 4:25.20
CHRIS CHICHESTER 27
YULYN JEW 21
ANNA SCOTT 28
KATHY FLORIO 20
AFAM 4:36.00
ANNA R. PLANTIER 27
LISA BRITT 22
KIMBERLY D. ARATA 30
KELLY A. LAZERSON 29
GENNY CARPS A 4:36.68
CORNELIA KAMP 26
GAYLE DUDLEY 24
GILL BURRIACK 27
IRENE RUPP 25
EMPIRE STATE MA 4:50.90
ANN HOLMES 29
MOLLY CLARK 24
KYRA JEBE 24
KRISTEN HANSTEAD 25
MINNESOTA 4:56.65
VICKY SANDBERG 34
KIM ROSENWINKEL 29
KAREN BOSVELD 23
SUE KURAK 31
EMPIRE STATE MA 5:00.18
LAURA BRIGGS 26
HEATHER TAMAR 19
EILEEN GORRY 23
C.PATTERSON 32
SCAQ 5:09.12
RAMSEY M. BIEBER 23
LOUISE C. BOTTO 24
PAMELA S. FIX 31
MARY HICKEY 34
ALMADEN SWIM RA 5:11.39
JANICE LESSYNA 23
MANDY MCCLELLAN 36
JEAN RESLER 41
MARILYN BLISS 44
CAPITAL ATHLETI 5:14.29
M.JOURNEY-LYNN 35
NANCY STUMP 25
MELISSA ZAHARIAS 22
EILSSA KRATZER 28

25 +
R:CONNECTICUT 91 4:16.21
SHEILA MORTELL
LAURA SHAW
MARGARET MORTELL
J. BERGETHON
CONN MASTERS 4:16.21
SHEILA MORTELL 29
LAURA SHAW 25
MARGARET MORTELL 26
J.BERGETHON 27
COLONIALS '1776 4:24.10
MAUREEN KILGARIFF 33
AMY GRACE 32
DIANE MUNTZER 28
KATHY FRAZIER 30
LAKESIDE MASTER 4:24.76
NANCY C LEWIS 35
GINA GATTI 27
AMY POPE 30
MELINDA L SCHMITT 32
WALNUT CREEK MA 4:24.80
PAM BOSCOVICH 28
CATHY COOLEY 33
DEBBIE FLANSBURG 25
PAULA ROEMER 29
SAN DIEGO SWIM 4:34.72
MARILYN A S FINK 36
BARBARA G DUNBAR 41
JANE WORDEN 27
BETH KNIGHT 31
SCAQ 4:34.96
DIANE M. GRANER 26
DIANNA C. TATE 29
MARIANNE KELLY 28
MOLLY WELSH 32
LOS ALTOS MASTE 4:39.70
CINDY MCCOLL 28
MARY DOUGHERTY 29
LESLIE CHEQUER 25
KAREN BREMS 28
WALNUT CREEK MA 4:41.44
BETSY HENRY 30
MARGIE JENSEN 29
DEBBIE BARBER 27
KATHLEEN MENCH 28
NEW ENGLAND 4:42.21
KIM SODDWIN 33
PAULA POLLARD 27
NANCI SIROIS 32
MYLA JORDAN 27
LOS ALTOS MASTE 4:43.99
LUCILLE GLASSMAN 27
CINDY WONG 25
KATHLEEN VANCURA 29
PATTY MCFATE 34

35 +
R:LOS ALTOS 90 4:38.42
LAURA VAL
CATHY SHULBACH
CAROLYN BOAK
THERESA HESSLER
COLONIALS "1776 4:53.56
C.SCHROEDER 41
KATHLEEN LOWA 42
STEPHANIE WALSH 41
J.BREULICK-BYRON 40
SAN DIEGO SWIM 4:55.61
BETSY JORDAN 53
FRANCESCA DRUM 49
BARBARA G DUNBAR 42
MARILYN A S FINK 36
EMPIRE STATE MA 4:58.53
CHRISTINE ZIMMET 43
JOAN ZULLO 42
KAREN FARNSWORTH 35
SUZANNE RAGUE 40
SCAQ 5:05.35
BONNIE M. ADAIR 38
TIA STACK 37
SHANNON SULLIVAN 36
KATHLEEN CONTE 44
SAN DIEGO SWIM 5:18.25
LAURA MELDRUM 37
ALLISON PRICE 39
SUSAN WESTON 40
WENDY WATSON 41
IEM 5:23.07
MARGARET HAIR 35
CYNTHIA TAGGART 35
CAROLYN KENT 45
MAIDY KRESS 40
SBAY 5:32.07
CAROLE SHIGAKI 35
J SANTILLAND 38
PATRICIA LIEGEY 38
JEANNE ADAMS 48
ADIRONDACK MAST 5:41.19
VIRGINIA NEUMAN 47
LINDA SIMKINS 44
BETSY OWENS 40
ALII CLEMENTE 37
ST PETE MASTERS 5:53.23
MARY BARKER 40
PAM BEIGER 37
JAYNE LAMBKE 51
LYN VAN VOORST 40
LAKESIDE MASTER 6:17.21
BARBA BANASZYNSKI 43
MARY ANN STONE 57
WENDY HARVEY 36
PATSY KAELIN 39

45 +
R:TAMALPAIS 90 5:24.17
ANGELA KONIG
RUTH WINN
NANCY RIDOUT
CHARLOTTE JENKINS
DC MASTERS 5:38.38
NANCY KIRKENDALL 48
JOANN LEILICH 52
ANN SVANSON 45
PAT SHEAFER 50
O+H+I+O MASTERS 6:33.42
LUISE EASTON 52
LILLY KRON 59
ROBERTA BOBERSKI 50
DORIS LOCKER 47
MINNESOTA 7:29.70
KATHIE THEIS 59
BARB NELSON 58
MARIANNE SCHULZE 53
MARILYN LENTZ 58
HSAM 8:19.94
CECILY C. MCNEIL 45
ANN J. MARTIN 61
CAROL SING 49
TRISH A. HUNTER 57

55 +
R:RINCONADA 88 6:11.61
NAN BLACKLEDGE
CINDY BAXTER
BOBBIE CALLISON
SALLY SCHOLER
WALNUT CREEK MA 6:39.61
ELFREIDE ROGERS 62
JOAN ALEXANDER 58
DONNA MONROE 57
BETTY BARABASH 62
CONN MASTERS 6:54.56
MARIE WICKLUN 77
DOROTHY DONNELLY 69
RONNIE KAMPHAUSEN 57
NANCY PHILLIPS 69

65 +
R:SANTA BARBARA 89 6:47.55
DOROTHY LACHASSE
SHIRLEY ERICKSON
GRACE ALTUS
RUTH BAAR
SAN MATEO MASTE 8:11.29
HILDA BUEL 76
MAUDENE SCHULZE 66
ZADA TAFT 71
AUDREY ETIENNE 73
ARIZONA 8:42.24
JO LACY 73
ROSE STEWARD 72
RUTH MANFREDI 67
MARGARET NAGLE 74

****
RELAYS: WOMEN 800 YD. FREE
****

19 +
R:STRAWBERRY CANYB7 8:35.58
M. BUVICK
L. COLANDRO
H. VAUGHN
L. WITTSTOCK
EMPIRE STATE MA 8:44.10
MONICA LEE 23
CHERYL KUPAN 26
AVERY MEYERS 24
DEANNA COLACITO 23
DAVIS AQUATIC M 8:47.82
YULYNN JEW 21
C.CHICHESTER 27
KIM MCCORD 30
MELISSA BEATY 33
U. OF SAN FRANC 8:52.30
LORETTA SOFFE 24
JILL ROTHKOPF 24
MARY LEE 22
JESSICA JACOBI 23
LOS ALTOS MASTE 9:07.47
DENISE CAZALET 22
LUCILLE GLASSMAN 29
P.MCFATE-JOHNSON 34
KRISTY KING 43
STANFORD MASTER 9:25.68
JULIE FAQUE 33
PATTY HAMS 36
TANYA KNE 24
ANNA HAGENS 30
EMPIRE STATE MA 9:57.41
MICHELLE HOROWITZ 29
MOLLY CLARK 24
KYRA JEBE 24
ALICIA QUIJANA 27
AFAM 10:04.91
MARIANNE YOUNG 31
LISA BRITT 22
KELLY A. LAZERSON 29
JUDY HUPP 26
EMPIRE STATE MA 10:09.57
EILEEN GORRY 23
AMEY LARMORE 27
JUDY WHITING 31
C.PATTERSON 32
SCAQ 10:21.94
RAMSEY M. BIEBER 23
LISA M. CHANG 23
LOUISE C. BOTTO 24
PAMELA S. FIX 31
SBAY 11:41.68
MARIA E. AVILA 21
SANDRA J. FENNIG 32
CHRISTINE BAXTED 27
NADINE THOMPSON 31

25 +
R:WALNUT CREEK 91 8:13.04
WENDY INGRAHM
DEBBIE BARBER
SUZY HANSEN
SARA SHAND
WALNUT CREEK MA 8:13.04
WENDY INGRAHAM 28
DEBBIE BARBER 28
SUZY HANSEN 27
SARA SHAND 27
CONN MASTERS 8:38.00
SARAH EICHER 34
JULIE STEWART 29
J.BERGETHON 27
KATHERINE BRANCH 33
LOS ALTOS MASTE 8:39.99
LINDA LIPINSKI 29
K.CHEQUER-PFEIFFE 31
DARBY ELLEMAN 30
LESLEY CHEQUER 25
U. OF SAN FRANC 8:45.48
MICHELE YOUNG 26
JENNIFER SCANLON 27
MICHELLE WOODS 26
KAREN ABLARD 26
EMPIRE STATE MA 9:11.48
GWEN DEELY 41
MARCIA CLEVELAND 26
M.CHARLAF 30
KAREN FARNSWORTH 34
SBAY 9:12.01
ANN T. FINLEY 28
DEDE G. MOORE 31
CATHY MOYLAN 33
J CONSTABLE 27
COLONIALS "1776 9:13.31
C.SCHROEDER 41
PATTY LYNCH 29
MAUREEN KILGARIFF 33
DIANE MUNTZER 28
WALNUT CREEK MA 9:13.40
SUSAN NOLTE 30
SHARON ODELL 37
SARAH BURCH 28
PAM BOSCOVICH 27
U. OF SAN FRANC 9:36.06
CAROL BADGER 31
CLAUDIA HERMAN 28
THERESE O'NEILL 29
CORY MUGENT 27
SCAQ 9:36.53
DIANE M. GRANER 26
MARIANNE KELLY 28
MOLLY WELSH 32
DIANNA C. TATE 29

35 +
R:LOS ALTOS 90 8:52.11
LAURA VAL
CAROLYN BOAK
DEE HAYRIE
CATHY SCHULBACH

EMPIRE STATE MA 9:54.75
GWEN DEELY 41
JOAN ZULLO 42
SUZANNE RAGUE 40
CHRISTINE ZIMMET 43
U. OF SAN FRANC 9:57.97
SUSAN ALLEN 46
PHYLLIS QUINN 35
CATHY HUANG 35
MARY SARL 37
COLONIALS *1776 10:21.29
PATRICIA TIMMINS 36
KATHLEEN LOWA 42
LINDA COLLINS 36
C.SCHROEDER 41
ST PETE MASTERS 11:00.02
NANCY KIERNAN 35
MARY BARKER 40
LYN VAN VOORST 40
PAM GEIGER 37
SBAY 11:04.16
J SANTILLANO 38
PATRICIA LIEBEY 38
JEANNE ADAMS 48
ELLEN M. LOHNEISS 38
IEM 11:31.59
CAROLYN KENT 45
DONNA MESSENGER 49
MAIDY KRESS 39
MARGARET HAIR 35
U. OF SAN FRANC 11:44.00
SUSAN COBB 40
MARTHA CAMPBELL 42
JOAN HILTON 36
ANNE SASAKI 41
EMPIRE STATE MA 12:21.12
ROSALIND HEITHER 44
KATE KNIGHT-PERRY 55
PHYLLIS SPRINGER 41
JANE ALPERT 43

45 +
R:TAMALPAIS 88 10:24.25
CHARLOTTE JENKINS
RUTH WINN
LAVERNE ADAMS
NANCY RIDOUT
EMPIRE STATE MA 11:02.93
LIDA GASCHKE 59
KATE KNIGHT-PERRY 55
ALICE JONES 52
JANE KATZ 47
SDSM 11:38.58
BETSY T. JORDAN 54
PEGGY A. LEONG 46
ADRIENNE S. PIPES 56
SUSAN RITTENHOUSE 53
LOS ALTOS MASTE 11:40.36
GRACE VOSS 47
ARLENE PROEBSTING 47
CLAIRE ANDERSON 55
DELLA SEHORN 63
MINNESOTA 13:22.64
MARIANNE SCHULZE 53
MARILYN LENTZ 58
BARB NELSON 58
KATHIE THEIS 59
HSAM 14:54.13
CAROL SING 49
CECILY C. MCNEIL 45
ANN J. MARTIN 61
TRISH A. HUNTER 57

55 +
R:WALNUT CREEK 91 12:01.67
DONNA MONROE
ELFRIEDE ROGERS
JOAN ALEXANDER
ANN PISCIOTTA
WALNUT CREEK MA 12:01.67
DONNA MONROE 57
ELFRIEDE ROGERS 62
JOAN ALEXANDER 59
ANN PISCIOTTA 60
CONN MASTERS 12:38.89
DOROTHY DONNELLY 69
SUZANNE GRAHAM 64
RONNIE KAMPHAUSEN 57
NANCY PHILLIPS 69
RINCONADA MASTE 12:57.6
CINDY BAXTER 58
NAN BLACKLEDGE 66
PATSY WEISS 68
BOBBIE CALLISON 58
U. OF SAN FRANC 14:33.28
MARY ALLEN 58
PAIZ MEZEY 65
SARAH DAVIS 67
GAIL ROPER 61
ST PETE MASTERS 14:48.38
JOY CLINGMAN 56
BEVERLEY TUCKER 55
MARY BOAZ 61
BARBARA ALLEN 57
WALNUT CREEK MA 14:59.96
JEAN DUNCAN 57
JEAN DURSTON 76
MARYJANE REEVES 72
JAE HOWELL 68

65 +
R:SANTA BARBARA 89 12:14.80
SHIRLEY ERICKSON
GRACE ALTUS
RUTH BAAR
DOROTHY LA CHASSE
NO RELAY TEAMS
****
RELAYS: M E N 200 YD. FREE
****
19 +
R:CONNECTICUT 91 1:27.94
BILL HYATT
MATT ROSSI
JIM BERNHARDT
BILL EVISON
CONN MASTERS 1:27.94
BILL HYATT 34
MATT ROSSI 23
JIM BERNHARDT 31
BILL EVISON 23
GEORGIA KILLER 1:28.42
RANDAL HYRE 27
TOM NORTHCUTT 25
DAN GOERKE 32
WHITNEY FOSTER 24
MICHIGAN 1:29.16
MICHAEL BELL 22
BOB JENNINGS 25
DAN BEATTY 25
KIP SCHWAP 23
LONGHORN MASTER 1:29.41
ANDERS RASMUSSEN 27
CRAIG PARADEE 22
MICHAEL GIROD 28
HARLAN LAWSON 20
COLONIALS *1776 1:29.43
ANDREW ELLIS 22
PETER DARDARIS 32
EDGAR BORJA 30
MICHAEL CASCIATO 31
WALNUT CREEK MA 1:30.12
JOHN CUSTER 30
MARK GORDIN 29
BRAD GOTHBERG 29
CHRIS BOND 24
CHICAGO SMELTS 1:33.21
CHRISTOPHER LAYTO 32
MICHAEL MCGUIRE 36
DAMON MACKERT 27
MARK HOUSTON 24
CCTY 1:33.79
GREG M. MORTIMER 36
MIKE T. FRAZER 30
DAVID P. KASTIGAR 26
CHRISTOPHER HALL 23
MARYLAND MASTER 1:35.09
NICK BURLEY 36
CURTIS JORDAN 24
JOHN PROTZMAN 33
BUCKEY CLEMSON 35
PNA 1:35.30
GARY LADD 38
JOHN BORDI 23
JEFF PARADEE 31
STEVE FREEBORN 35

25 +
R:HOUSTONIAN CLUB90 1:23.34
JOHN SMITH
JEFF FREY
CLAY BRITT
SAM SEIPLE
HOUSTONIAN CLUB 1:23.89
JOHN SMITH 29
STUART KNOWLES 27
ROBERT KILLEEN 29
JAMES PRINGLE 27
THE OLYMPIC CLU 1:25.57
ROBERT LAGER 30
SEAN MURPHY 27
ROBERT PLACAK 32
DAVID LUNDBERG 30
MICHIGAN 1:25.73
MIKE SCHMITZ 32
MICHAEL KOWALSKI 27
GLENN COLE 31
MARK NOETZEL 28
HOUSTONIAN CLUB 1:26.35
SAM SEIPLE 31
WENDELL SMITH 35
DEAN PUTTERMAN 29
JEFF FREY 29
GEORGIA KILLER 1:26.87
MICHAEL MCCOOL 28
ANDREW PULSIFER 25
MARK NEDZA 30
KURT WIENANTS 28
WALNUT CREEK MA 1:26.89
STEPHEN STAHL 26
GREG REMMERT 28
THOMAS FRISTOE 31
DAVID COOL 30
EMPIRE STATE MA 1:27.87
TOM PEDERSON 32
RICK REYNOLDS 30
STEVEN FISHER 28
BRUCE HAYES 28
ROCKY MOUNTAIN 1:27.99
DAVID GRAY 32
ALLEN HIGHNOTE 27
HARRY HENDON 34
JIM LILLEY 31
SO. CALIFORNIA 1:28.44
PETER MCCLAFFERTY 28
GERRY RODRIGUES 28
WILLIAM DOUGLASS 31
KEN MIRCH 35
SBAY 1:28.90
ROBERT EBERWINE 30
BRIAN E. KELCA 30
NORM G. MATTE 26
CHUCK PONTHIER 28

35 +
R:LONE STAR 90 1:25.72
JAMES MONTGOMERY
RICHARD HESS
TRIP HEDRICK
DAVID HAGUE
COLONIALS *1776 1:25.91
STU MARVIN 35
CHARLES NORELLI 36
MARK SCHUMAN 35
BOB KROTEE 36
HOLMES LUMBER J 1:27.08
DOUG MARTIN 38
JOHN STEIN 39
JEFF PEROUT 38
RICHARD ABRAHAMS 46
LONE STAR MASTE 1:27.22
DAVID HAGUE 37
RICHARD HESS 36
JAMES MONTGOMERY 36
FREDDIE FERRARO 41
MICHIGAN 1:30.53
JAME BRADFORD 38
DENNIS CARTER 37
BRENT SWEITZER 38
KURT GERHARDT 40
ROCKY MOUNTAIN 1:30.62
RUSS MARSH 35
CHUCK FISCHER 39
JEFF GILBERT 35
TOM WHATLEY 39
THE OLYMPIC CLU 1:31.61
BILL BARTHOLD 42
STUART CORLISS 35
JOHN FOOTE 40
RANDY WILLIAMS 39
SO. CALIFORNIA 1:31.82
PETER O'KEEFFE 40
STEVEN MURPHY 40
BOD GALLAS 43
CLAY EVANS 37
MUSIC CITY MAST 1:32.55
BILL RODRIGUEZ 37
LARRY LOVELACE 36
ANDREW TODD 40
STEVEN SMARTT 41
WALNUT CREEK MA 1:32.67
CRAIG DENNIS 45
JOHN ROEMER 35
MAL JESTER 42
JAMES DELACY 44
GEORGIA KILLER 1:33.72
GLENN CROOKS 38
REED FARRIS 36
HAMILTON GADD 44
RIC JOHNSON 35

45 +
R:TAMALPAIS 90 1:32.89
HARRY GREENFIELD
BOB OLSEON
RICHARD BURNS
RICHARD BAUSCHARD
TAMALPAIS AQUAT 1:35.22
HARRY GREENFIELD 46
DANIEL PER-LEE 47
RICHARD BURNS 47
BOB OLSON 46
DC MASTERS 1:36.47
JOHN CALVERT 45
HARRY SOBER 48
WILLIAM NEWMAN 51
TIM MILLER 45
THE OLYMPIC CLU 1:36.98
MICHAEL GARIBALDI 45
JAMES ELDER 48
CHARLES RAVEN 52
RICHARD BASSI 50
HOLMES LUMBER J 1:40.60
JOHN SMITH 52
DOUG HELLERSON 45
BILL ABBOTT 45
KEVIN KELLY 48
SOUTHWEST OHIO 1:40.68
DANIEL WHITELEY 46
YOSHI OYAKAWA 57
JOSEPH LAMMERT 51
RICHARD SMITH 45
MARYLAND MASTER 1:41.53
C.OSTROM 45
JACK ILIFF 46
PETER OROSZLAN 47
NED DALY 46
CONN MASTERS 1:41.59
PETER CRUMBINE 52
JOE COPLAN 45
MIKE LAUX 49
JACK GEOGHEGAN 48
EMPIRE STATE MA 1:43.59
PETER LUSK 53
AVRAHAM MELAMED 46
JAMES JOHNSEN 55
DRURY GALLAGHER 52
ROSE 1:44.50
JOHN S. HYATT 47
STEPHEN L. SAYLOR 48
BOB COALE 51
GARY LANGENDOEN 45
GEORGIA KILLER 1:44.72
KENNETH MILLER 53
DAVID GRANT 47
JOHN ZEIGLER 45
WILLIAM MERRILL 47

55 +
R:OLYMPIC CLUB 90 1:42.55
PHILIP GAY
DON WUDTKE
PHILIP CHAPMAN
DONALD HILL
THE OLYMPIC CLU 1:47.34
PHILIP CHAPMAN 60
JAMES BOHAN 55
DONALD WUDTKE 56
ROBERT KAHL 57
SO. CALIFORNIA 1:47.58
JERRY DUNLAP 55
PETER TAFT 55
BILL HEBERT 60
PARRY O'BRIEN 59
NEW ENGLAND MAS 1:49.49
TOM LYNDON 59
WIN WILSON 64
TED HAARTZ 63
DON READ 56
MICHIGAN 1:50.70
WILLIAM CLEMONS 62
CHARLIE MOSS 62
CHARLES MAAS 56
ROBERT HERITIER 62
SDSM 1:54.59
LLOYD SKRAMSTAD 56
GORDON H. GILLIN 60
KENNETH KIMBALL 60
DONALD BAKER 69
HOLMES LUMBER J 1:54.94
JACK BEATTIE 56
THOMAS KOENIG 59
TELFAIR MAHAFFY 55
JAMES TAYLOR 58
ST PETE MASTERS 1:56.65
DUDLEY DE GROOT 63
HAROLD FERRIS 60
CHARLES KOHNKEN 59
THOMAS SMITH 62
NEW ENGLAND MAS 1:57.29
ERNIE HULME 62
BARR CLAYSON 55
MONROE ALLEN 60
ART SCOTT 58
GEORGIA KILLER 1:58.52
HAL STOLZ 56
ELMER SCHNITZER 62
IRWIN STOLZ 61
HERB MCAULEY 68
LINCOLN MASTERS 1:59.58
DREW GEER 57
STEPHEN MULLINS 58
JOE SELIBER 65
RICHARD HANLEY 55

65 +
R:S. CAL AQUATIC 99 1:55.12
JURGEN SCHMIDT
FRANK PIEMIME
BOB MERRICK
GEORGE BRINTON
SO. CALIFORNIA 2:00.51
GEORGE BRINTON 66
LEE ARTH 66
FRANK PIEMME 66
BOB MERRICK 70
ORE 2:01.74
GERALD HUESTIS 71
EARL WALTER 69
FORBES MACK 72
ANDREW HOLDEN 71
DC MASTERS 2:04.04
MATTHEW FLANAGAN 65
FRANK MURPHY 72
SCROGGIE WILEY 70
JOHN WOODS 67
HOLMES LUMBER J 2:04.66
RICHARD AVERY 68
BILL UHRICH 70
HARWELLL MOSELEY 72
ROGERS HOLMES 69
ROCKY MOUNTAIN 2:07.95
JACK TRUBY 66
RICHARD WOOD 69
JOHN WRENN 70
HUGH RICHARDS 70
O*H*I*O MASTERS 2:08.28
DEXTER WOODFORD 77
PAUL KRUP 73
NELSON OTIS 75
KEITH CARTER 66
BMSC 2:16.08
EDWARD HABAN 65
WARREN FOSTER 65
SAMIR GHARBO 65
WILLIAM BROCK 68
COLONIALS *1776 2:19.74
JOHN EMANUEL 66
HENRY SHOSTCHUK 73
NORMAN GARSOE 67
CHARLES BREEDING 75
LBM 2:21.51
WOODY BOMERSOCK 77
ERNEST VAN HORN 74
WILLIAM DEMASTUS 66
BRION WINSHIP 73
IEM 2:21.82
WIL DOLPHIN 65
DUANE DRAVES 65
SID ROSEN 70
BILL ODMAN 71

75 +
R:D C MASTERS 91 2:24.77
BERT KASSELL
CHARLES ROY
DAVID MCAFEE
KELLEY LEMMON
DC MASTERS 2:24.77
BERT KASSELL 78
CHARLES ROY 77
DAVID MCAFEE 81
KELLEY LEMMON 79
HOLMES LUMBER J 2:26.82
WILLIAM GRANT 77
WILLIAM MACKEY 75
FRANK TILLOTSON 76
CHARLIE DUNWORTH 75
LONE STAR MASTE 2:32.87
BENNETT ALLEN 77
JESSE COON 80
LARRY HART 79
TEX ROBERTSON 82
ST PETE MASTERS 2:39.90
KERMIT HOTVEDT 76
JAMES MITCHELL 78
FRED WALBOLT 78
JOHN JOHNSTON 75
****
RELAYS: M E N 200 YD. MEDLEY
****
19 +
R:GEORGIA KILLER 91 1:38.06
RANDAL HYRE
MICHAEL MCCOOL
MARK NEDZA
WHITNEY FOSTER
GEORGIA KILLER 1:38.06
RANDAL HYRE 27
MICHAEL MCCOOL 28
MARK NEDZA 30
WHITNEY FOSTER 24
LONGHORN MASTER 1:38.64
ANDERS RASMUSSEN 27
MARK STOHRER 29
MICHAEL GIROD 28
HARLAN LAWSON 20
COLONIALS *1776 1:38.98
PETER DARDARIS 32
MICHAEL CASCIATO 31
EDGAR BORJA 30
ANDREW ELLIS 22
CONN MASTERS 1:39.21
BILL EVISON 23
RAY SNYDER 25
MATT ROSSI 23
JIM BERNHARDT 31
MICHIGAN 1:40.05
DAN BEATTY 25
BOB JENNINGS 25
JAY JONES 29
KIP SCHWAP 23
LINCOLN MASTERS 1:40.60
DAN DUMFORD 23
CHRISTOPHER QUINN 28
TIM SCHNITTKER 24
SCOTT BEUTLER 29
FXCM 1:40.62
BRIAN ELLIS 22
JEFF MAJOR 35
JOHN WOODWORTH 49
PAUL DODGE 24
WALNUT CREEK MA 1:41.63
KERRY O'BRIEN 34
BRAD GOTHBERG 29
CHRIS BOND 24
DAVID COOL 30
U. OF SAN FRANC 1:42.55
GREG LESSER 22
PERRY WU 23
DAVE SCHRAVEN 24
JOHN GAVENMAN 24
LOS ALTOS MASTE 1:43.78
GREG DOYAS 28
TOM DUGAN 32
JEFF KLINE 32
BOB MAYER 22

25 +
R:LONE STAR 91 1:31.54
MOOK RHODENBAUGH
GREG RHODENBAUGH
BOBBY PATTEN
TRIP HEDRICK
LONE STAR MASTE 1:31.54
MOOK RHODENBAUGH 27
GREG RHODENBAUGH 28
BOBBY PATTEN 28
TRIP HEDRICK 37
HOUSTONIAN CLUB 1:32.99
JEFF FREY 29
DEAN PUTTERMAN 29
STUART KNOWLES 27
JOHN SMITH 29
HOUSTONIAN CLUB 1:34.62
MICHAEL CREASER 25
JAMES PRINGLE 27
SAM SEIPLE 31
ROBERT KILLEEN 29
THE OLYMPIC CLU 1:36.32
DAVID LUNDBERG 30
ROBERT LAGER 30
ROBERT PLACAK 32
MIKE KECK 31
WALNUT CREEK MA 1:37.25
MARK GORDIN 29
THOMAS FRISTOE 31
STEPHEN STAHL 26
GREG REMMERT 28
ROCKY MOUNTAIN 1:37.96
ALLEN HIGHNOTE 27
DAVID GRAY 32
HARRY HENDON 34
JIM LILLEY 31
U. OF SAN FRANC 1:39.13
KIRK JENSEN 30
JOHN DEARBORN 25
JOHN MCCOMISH 25
MATT JONES 27
SO. CALIFORNIA 1:39.20
WILLIAM DOUGLASS 31
PETER MCCLAFFERTY 28
GERRY RODRIGUES 28
KEN MIRCH 35
DC MASTERS 1:39.30
CLAY BRITT 30
MATTHEW KANZLER 34
PIERRE SCHMITZ 25
JOHN SAYRE 28
MICHIGAN 1:40.27
TODD BRIGGS 28
JOHN STENRDOS 28
MARK NOETZEL 29
MIKE SCHMITZ 32

35 +
R:COLONIALS 1776 91 1:36.66
STU MARVIN
DAVE SCHMINKE
MARK SCHUMAN
CHARLES NORELLI
COLONIALS *1776 1:36.66
STU MARVIN 35
DAVE SCHMINKE 41
MARK SCHUMAN 35
CHARLES NORELLI 36
THE OLYMPIC CLU 1:42.31
FRED FERROGGIARO 37
STUART CORLISS 35
JOHN FOOTE 40
BILL BARTHOLD 42
ROCKY MOUNTAIN 1:42.36
TOM WHATLEY 39
RUSS MARSH 33
JEFF GILBERT 33
KEVIN POLANSKY 41
GREATER KNOXVIL 1:42.92
MATTHEW BRADLEY 37
DIRK VANHOESEN 41
BYRON SNOW 39
WILL ARTLEY 36
LONE STAR MASTE 1:42.97
JIM CAPERS 39
RICHARD HESS 36
DAVID HAGUE 37
FREDDIE FERRARO 41
MICHIGAN 1:43.07
BRENT SWEITZER 38
GREG BRANNICK 35
KURT GERHARDT 40
DENNIS CARTER 37
SO. CALIFORNIA 1:43.45
PETER O'KEEFFE 40
PAUL HENNE 44
BOD GALLAS 43
STEVEN MURPHY 40
HOLMES LUMBER J 1:45.08
GUY GIBBENS 39
JEFF PEROUT 38
RICHARD ABRAHAMS 46
DOUG MARTIN 38
SBAY 1:45.15
MARC L. KELLY 36
BRYAN P. WEAVER 37
MARK A. RUBKE 38
CHRIS LANSBERG 37
DC MASTERS 1:45.46
GARY WEABER 38
ED KENEHAN 40
K.BACA 36
JAMES DENSMORE 35

45 +
R:TAMALPAIS 90 1:46.68
RICHARD BURNS
DOUGLAS STEVENS
HARRY GREENFIELD
RICHARD BAUSCHARD
TAMALPAIS AQUAT 1:47.49
RICHARD BURNS 47
DANIEL PER-LEE 47
HARRY GREENFIELD 46
BOB OLSON 46
DC MASTERS 1:49.78
JOHN CALVERT 45
TIM MILLER 45
HARRY SOBER 48
WILLIAM NEWMAN 51
MARYLAND MASTER 1:50.59
JACK ILIFF 46
PETER OROSZLAN 47
C.OSTROM 45
NED DALY 46
LOS ALTOS MASTE 1:52.37
ED CAZALET 48
TOM BOAK 47
BOB PROEBSTING 53
DAVE GRAY 45
WALNUT CREEK MA 1:52.65
DON BROWN 57
BILL BROWN 47
CRAIG DENNIS 45
DENNIS BLEDSOE 52
HOLMES LUMBER J 1:52.70
JOHN SMITH 52
BILL ABBOTT 45
DOUG HELLERSON 45
KEVIN KELLY 48
THE OLYMPIC CLU 1:53.19
RICHARD BASSI 50
JAMES FUSSELL 46
JAMES ELDER 48
MICHAEL GARIBALDI 45
CONN MASTERS 1:53.89
JACK GEOGHEGAN 48
JACK MCCOY 50
MIKE LAUX 49
DAN DAVIS 48
SOUTHWEST OHIO 1:56.87
JON HEIMANN 49
JOSEPH LAMMERT 51
DANIEL WHITELEY 46
YOSHI OYAKAWA 57
EMPIRE STATE 1:57.28

JOHN FULOP 50
DRURY GALLAGHER 52
AVRAHAM MELAMED 46
JAMES JOHNSEN 55

55 +
R:S. CAL AQUATIC 87 1:57.74
BOYD JOHNSON
DON HESTER
FRANK REYNOLDS
FRANK PIEMME
NEW ENGLAND MAS 2:00.49
BARR CLAYSON 55
TED HAARTI 63
WIN WILSON 64
DON READ 56
HOLMES LUMBER J 2:01.02
JACK BEATTIE 56
THOMAS KOENIG 59
TELFAIR MAHAFFY 55
ANDY SEARS 60
THE OLYMPIC CLU 2:04.70
JAMES BOHAN 55
PHILIP CHAPMAN 60
ROBERT KAHL 57
DONALD WUDTKE 56
SO. CALIFORNIA 2:05.01
JERRY DUNLAP 55
PETER TAFT 55
FARRY O'BRIEN 59
BILL HEBERT 60
WALNUT CREEK MA 2:05.47
DON BROWN 57
STAN MORNER 56
MIKE MILLIMAN 56
CHET WERSHILA 62
LINCOLN MASTERS 2:07.61
H. J. SEEGERS 61
DREN GEER 57
JOHN MASTERS 60
SAM KOOISTRA 55
ROCKY MOUNTAIN 2:11.79
SAM DOWNING 57
BOB PATTEN 56
DENNIS O'BRIEN 55
HANK ZENTGRAF 56
BIRMINGHAM SWIM 2:12.08
DICK BREITENFELD 62
ROGER MCCANDLESS 57
LARRY SHANNON 58
DOUGLAS SHOOK 67
ST PETE MASTERS 2:15.04
THOMAS SMITH 63
RAY BURNS 55
HAROLD FERRIS 60
DUDLEY DE GROOT 63
SWOM 2:15.77
YOSHI OYAKAWA 57
JACK WOOLEDGE 57
WALTER LINCOLN 57
ROBERT BLOEBAUM 64

65 +
R:S. CAL AQUATIC 90 2:12.78
BOB MERRICK
LEE ARTH
JURGEN SCHMIDT
FRANK PIEMME
SCAQ 2:11.17NV
GEORGE M. BRINTON 66
LEE C. ARTH 66
JURGEN B. SCHMIDT 68
FRANK M. PIEMME 66
GREG 2:21.94
EARL WALTER 69
FORBES J MACK 72
ANDREW W HOLDEN 71
GERALD A HUESTIS 71
HOLMES LUMBER J 2:22.20
RICHARD AVERY 68
BILL UHRICH 70
ROGERS HOLMES 69
HARWELLL MOSELEY 72
D+H+I+O MASTERS 2:26.52
NELSON OTIS 75
PAUL KRUP 72
KEITH CARTER 66
DEXTER WOODFORD 77
ROCKY MOUNTAIN 2:26.96
JACK TRUBY 66
JOHN WRENN 70
HUGH RICHARDS 70
RICHARD WOOD 69
DC MASTERS 2:31.73
SCROGGIE WILEY 70
MATTHEW FLANAGAN 65
JOHN WOODS 67
FRANK MURPHY 72
COLONIALS "1776 2:42.87
HENRY SHOSTCHUK 73
NORMAN GARSOE 67
JOHN EMANUEL 66
CHARLES BREEDING 75
ST PETE MASTERS 2:42.87
BILL MOLVIE 72
ROBERT PATTON 69
ABRASHA BRAININ 68
THOMAS JACOBSEN 72
LBM 2:43.31
BRION WINSHIP 73
ERNEST VAN HORN 74
WILLIAM DEMASTUS 66
WOODY BOMERSOCK 77
LINCOLN MASTERS 2:46.05
GEORGE GANDSEY 67
ELMER FIERCE 76
BOB MORSE 71
DICK UPSALL 66

75 +
R:HOLMES LUMBER 91 2:50.76
WILLIAM MACKEY
FRANK TILLOTSON
WILLIAM GRANT
CHARLIE DUNWORTH
HOLMES LUMBER J 2:50.76
WILLIAM MACKEY 75
FRANK TILLOTSON 76
WILLIAM GRANT 77
CHARLIE DUNWORTH 75
LONE STAR MASTE 2:57.26
TEX ROBERTSON 82
BENNETT ALLEN 77
JESSE COON 80
LARRY HART 79
DC MASTERS 3:08.25
DAVID MCAFEE 81
CHARLES ROY 77
BERT KASSELL 78
KELLEY LEMMON 79
ST PETE MASTERS 3:14.34
JAMES MITCHELL 78
WILLIAM MOLLOY 81
JOHN JOHNSTON 75
KERMIT HOTVEDT 76
****
RELAYS: M E N 400 YD. FREE
****
19 +
R:LOS ALTOS 91 3:20.51
BOB MAYER
JEHL KLIVE
GREG DOYOS
BOB DUGEN
LOS ALTOS MASTE 3:20.51
BOB MAYER 22
JEFF KLINE 32
GREG DOYAS 28
BOB DUGAN 29
AFAM 3:20.54
PETER J. DOUGLASS 26
ALAN W. ARATA 29
ROBERT B. CANINO 30
J WIERZBANOWSKI 19
U. OF SAN FRANC 3:21.41
GREG LESSER 23
SCOTT ABRAMS 23
PERRY WU 24
DAVE SCHRAVEN 24
DAVIS AQUATIC M 3:24.92
CHRIS OSHIRO 32
TODD BAILEY 20
MICHAEL COLLINS 25
ANDY MCPHERSON 44
WALNUT CREEK MA 3:27.47
MIKE HEANEY 24
JOHN CUSTER 30
STEVE BREITER 34
BRAD GOTHBERG 28
MICHIGAN 3:30.60
DAVE SHEPHERD 35
SEAN HICKMAN 22
CLARK BUXTON 31
ALLAN AHONEN 29
GENNY CARPS A 3:33.92
JEFFREY BERCAW 24
MIKE FEDORYSHYN 39
BRIAN SHAW 27
PAUL IRVINE 30
WH20 3:37.90
PHILIF HAYMAN 29
KELLY KING 32
MARC NEIGHEOR 29
LUIS SALAZAR 24
MINNESOTA 3:40.98
RANDY BURGESS 32
KEVIN RICHTER 36
JIM STEWART 24
THOR ANDERSON 23
WH20 3:41.82
MAURO BORDOVSKY 34
NEIL FENN 38
MARC BERENSON 29
JIM MOORE 24

25 +
R:WALNUT CREEK 91 3:14.38
STEVE STAHL
TOM FRISTOE
DAVE COOL
GREG REMMERT
WALNUT CREEK MA 3:14.38
STEVE STAHL 26
TOM FRISTOE 31
DAVE COOL 30
GREG REMMERT 28
U. OF SAN FRANC 3:15.05
KIRK JENSEN 30
DEAN PANZICA 28
MIKE RICHMAN 29
MATT JONES 27
SCAQ 3:17.68
PETER MCCLAFFERTY 28
GERRY RODRIGUES 28
PETER L. SHOWLER 25
JERRY S. SHANDREW 25
EMPIRE STATE MA 3:18.11
STEVEN FISHER 28
TOM PEDERSON 32
RICK REYNOLDS 30
BRUCE HAYES 28
SBAY 3:20.74
ROBERT EBERWINE 30
BRIAN E. KELCA 30
FRANK BIRD 27
CHUCK PONTHIER 28
U. OF SAN FRANC 3:21.54
DOUG SMITH 29
JOHN MCCOMISH 25
DIXON KANE 25
DOUG COOK 28
WH20 3:22.93
KURT MURDOCH 25
BRUCE MENEFEE 32
DAVID NEWMAN 25
PETER DOBSON 28
RINCONADA MASTE 3:28.10
TOM 30
KEN FATTLAR 34
CHARLES CASE 28
KURT KOZLOWSKI 32
DCAC 3:28.79
JOSE CUNNINGHAM 34
DREW FITZMORRIS 30
DAVID GREER 25
JAY FISETTE 35
ESMC 3:34.56
RICK REYNOLDS 30
LORING MCALPIN 30
PAUL FORTOUL 32
BUCK BROKER 35

35 +
R:S CALIF AQ 90 3:23.76
PETER O'KEEFFE
RICK PHILLIPS
JOHN SECUNDA
FRED HUBBELL
SBAY 3:25.12
CHRIS LANSBERG 37
MARC L. KELLY 36
MARK A. RUBKE 38
MICHAEL PATTERSON 36
MICHIGAN 3:32.36
ROGER LYONS 38
BRENT SWEITZER 38
BILL REID 40
KURT GERHARDT 40
WH20 3:33.96
MARK CHATFIELD 37
JON BAUER 38
BRIAN MURPHY 42
TOM REUDY 36
WALNUT CREEK MA 3:37.60
JOHN ROEMER 35
CHARLIE HANSEN 38
JIM KING 44
DON DAVIS 46
U. OF SAN FRANC 3:41.19
RICK CRAFTS 36
MICHAEL STRAUSZ 40
KENT FORD 37
TAITE DARLINGTON 35
EMPIRE STATE MA 3:42.08
AVRAHAM MELAMED 46
BUCK BROKER 35
CARLES CARSON 36
JOHN EGAN 38
MANATEE AQ. MAS 3:42.27
GRANT INMAN 39
TOM ALDERSON 39
BRUCE FERGUSON 40
PETER ALAMEDA 35
U. OF SAN FRANC 3:43.68
JAMES SEMNERT 35
JEFF BUTLER 41
FRANK HATCH 35
RANDY WESLEY 39
WH20 3:43.85
MIKE MEALIFFE 50
MARK SPRATT 35
PAUL FIGUEIREDO 44
JIM WISECARVER 40
U. OF SAN FRANC 3:45.05
MARTY DALTON 42
RICH ATONDO 41
JOHN DONNER 40
MIKE NEVIN 42

45 +
R:LOS ALTOS 91 3:42.14
TOM BOAK
DAVE GRAY
JERRY HIGGINS
ED CAZALET
LOS ALTOS MASTE 3:42.14
TOM BOAK 47
DAVE GRAY 45
JERRY HIGGINS 46
ED CAZALET 48
TAMALPAIS AQ. M 3:46.78
HUGH WINN 49
MARK LYON 47
DOUG STEVENS 48
RICH BURNS 48
RINCONADA MASTE 3:53.88
JIM SHAW 49
BILL LORTON 48
JACK HALLIDAY 53
JOHN SELMER 45
STANFORD MASTER 4:05.92
STEPHEN HAYASHI 45
BARRY FASBENDER 53
BEN WISCKOL 50
BILL PAGE 50
SAN MATEO MASTE 4:06.23
DON GALINE 45
DON DALY 45
STAN FANKO 53
BILL STEWART 53
HSAM 4:09.79
DAVID SZUCH 48
RONALD E. CATTON 46
MICHAEL PHILLIPS 49
RONALD WILLIAMSON 52
WALNUT CREEK MA 4:11.04
DENNIS BLEDSOE 47
BILL BROWN 47
JIM BATTERSBY 46
MIKE MILLIMAN 56
CONN MASTERS 4:24.95
PETER CRUMBINE 52
JOE COPLAN 45
MIKE LAUX 49
JACK GEOGHEGAN 48
SWOM 4:25.60
RICHARD SMITH 45
DAVID ABINERI 47
ROBERT WILLIAMS 52
GREGORY SCHRAND 48
LAKESIDE MASTER 4:33.80
GLENN HUBBUCH 45
RICHARD SCHEU 50
LARRY KEATON 47
PETER KAUFMANN 50

55 +
R:WALNUT CREEK 91 4:17.74
CHET WERSHILA
STAN MORNER
STAN PEDDER
DON BROWN
WALNUT CREEK MA 4:17.74
CHET WERSHILA 62
STAN MORNER 57
STAN PEDDER 57
DON BROWN 57
NEW ENGLAND 4:19.23
TED HAARTI 63
BARR CLAYSON 55
AL CRAIG 63
DON READ 56
ST PETE MASTERS 4:22.40
RAYMOND BURNS 55
CHARLES KOHMEN 59
DUDLEY DE GROOT 63
THOMAS SMITH 63
RINCONADA MASTE 4:31.13
ED KERSWILL 65
AUGUST MOTMANS 63
ALDO DA ROSA 73
DICK BENNETT 60
LOS ALTOS MASTE 4:38.58
JACK MCCANN 69
JOHN PONISCHIL 64
JAY CRADDOCK 70
JOHN RICHARDS 68
SWOM 4:45.92
RICHARD CHISHOLM 56
YOSHI OYAKAWA 57
ROBERT BLOEBAUM 64
FRANK SAMOYA 65
WISCONSIN 5:30.56
THOMAS MICHELSON 59
SAM COUNTRYMAN 56
DONALD KILB 64
HARLAN DRAKE 62

65 +
R:S CALIF AQU 90 4:28.95
FRANK PIEMME
BOB MERRICK
JURGEN SCHMIDT
LEE ARTH
D+H+I+O MASTERS 5:14.66
PIERCE BRAY 67
DEXTER WOODFORD 77
PAUL KRUP 73
KEITH CARTER 66
ST PETE MASTERS 5:42.84
TOM JACOBSEN 72
ROBERT ATWOOD 70
BILL MOLVIE 70
JOHN JOHNSTON 75
RINCONADA MASTE 6:04.77
CHARLES FAIRCHILD 65
GARY OTT 67
PAT KELLER 72
JOE IRVINE 80
LBM 6:13.59
NORMAN FITZGERALD 74
ERNEST VAN HORN 74
DON NEEFE 82
WOODY BOMERSOCK 77
WALNUT CREEK MA 6:30.36
ERNIE SMITH 70
BOB HALL 69
ERNIE KASNER 67
BILL JOHNSTON 72

75 +
R:LONG BEACH 88 7:02.17
TOM MONOHAN
LEN CHAPIN
AL GUTH
JOHN BURNSIDE
NO RELAY TEAMS
****
RELAYS: M E N 400 YD. MEDLEY
****
19 +
R:CONNECTICUT 91 3:41.61
BILL EVISON
RAY SNYDER
MATT ROSSI
JIM BERNHARDT
CONN MASTERS 3:41.61
BILL EVISON 23
RAY SNYDER 25
MATT ROSSI 23
JIM BERNHARDT 31
SLAQ 3:42.72
RICHARD DREWELOW 21
RANDY S. MILLER 32
CHRIS EDDINGTON 24
JEFFREY S. HABER 28
GENNY CARPS A 3:52.88
JOHN FERRARI 41
CARL SALATINO 32
SARY AUSTIN 32
JAMES MIERS 48
COLONIALS "1776 3:56.94
CHUCK LA BENSKI 24
ALAN DONATELLI 27
BARR KERR 26
DAVE MONROE 25
AFAM 3:57.71
KIRK W. CLEAR 23
ROBERT B. CANINO 30
ALAN W. ARATA 29
PETER J. DOUGLASS 26
WH20 4:04.74
LUIS R. SALAZAR 24
MATTHEW W. KNIGHT 29
MARC L. NEIGHBOR 29
R MASTROBERTI 26
MICHIGAN 4:10.39
FRANK THOMPSON 39
DAN BEATTY 24
CATELIER 30
TOM HAWKINS 25
SBAY 4:11.53
EDWIN T. HARTE 24
FRANK BIRD 27
STEVE C. KIRCHNER 30
TIMOTHY HAMILTON 29
BERKELY AQUATIC 4:12.88
BILL REICHLE 43
LARRY VAN HORN 37
TOM LAWSON 31
BRAD MAGEE 24
W.K.Y GREEN GATOR 4:24.84
RON FINLEY 32
LYNN D OLSON 43
CORY RUDD 20
JEFF STEVENS 37

25 +
R:EMPIRE STATE 91 3:38.42
RICK REYNOLDS
MIKAEL JOHANSSON
BRUCE HAYES
STEVEN FISHER
EMPIRE STATE MA 3:38.42
RICK REYNOLDS 30
MIKAEL JOHANSSON 26
BRUCE HAYES 28
STEVEN FISHER 28
SCAQ 3:41.70
PETER L. SHOWLER 25
PETER MCCLAFFERTY 28
JERRY S. SHANDREW 25
GERRY RODRIGUES 28
WALNUT CREEK MA 3:41.81
JOHN BOEGMAN 27
JOHN ROEMER 35
STEVE STAHL 26
GREG REMMERT 28
SBAY 3:43.63
ROBERT EBERWINE 30
BRIAN E. KELCA 30
CHUCK PONTHIER 28
NORM G. MATTE 26
MVN 3:54.08
RICHARD M. HAYDON 26
MICHAEL GILLESPIE 25
JAMES M. DAVISON 32
PATRICK DUGGAN 27
LOS ALTOS MASTE 3:58.37
BILL OLIVER 29
DARREN MCCARTHY 25
GREG DOYAS 27
TOM DUGAN 31
SUNY BINGHAMTON 3:59.69
STEVE KRISTEK 32
PHILIP CAMPON 32
TOM MEADE 43
JERRETT NEWBY 33
SANTA ROSA MAST 4:03.17
TIM BIRNIE 45
BOB STRAND 45
M. HANNIS 33
R. BARTELS 30
SAN MATEO MASTE 4:03.41
ROB ALANDT 29
ERIC MASK 26
SCOTT POWELL 29
RAY GOLDBERG 32
EMPIRE STATE MA 4:03.83
MICHAEL PENABAD 29
JACK STAVROS 30
TOD WURST 31
FITZROY LUE 31

35 +
R:S CALIF AQ 90 3:50.05
PETER O'KEEFFE
PAUL HENNE
BOO GALLAS
RICK PHILLIPS
SCAQ 3:54.51
PETER R. O'KEEFFE 40
DAVID L. ESTEY 35
FRED HUBBELL 38
KEN M. MIRCH 35
EMPIRE STATE MA 3:56.63
CHARLES CARSON 36
SKIP BARTHOLD 36
JOHN CRAIG 36
JOHN EGAN 38
WH20 4:03.55
MARK W. CHATFIELD 37
JON F. BAUER 38
BRIAN A. MURPHY 42
MARK W. SPRATT 35
DAVIS AQUATIC M 4:05.61
RAND SCHAAL 40
TOM MCKENNA 40
ANDY MCPHERSON 44
DENNIS WILSON 41
LAKESIDE MASTER 4:08.67
WILLIAM TINGLEY 40
JAMES GOODWIN 43
JOHN NOLAN 41
TOM FINNEGAN 44
LOS ALTOS MASTE 4:09.05
DICK THOMAS 42
MABRY TYSON 42
CARL COLVARD 35
FRED MITCHELL 38
SBAY 4:10.05
MICHAEL PATTERSON 36
MARC L. KELLY 36
CHRIS LANSBERG 37
MARK A. RUBKE 38
WALNUT CREEK MA 4:25.80
MIKE PIAZZA 42
JOHN KAPUT 36
JIM DELACY 44
CRAIG DENNIS 44
SAN MATEO MASTE 4:26.84
TOM TOBIN 42
RANDY CORT 43
RANDY BROWN 42
GARY BRENNER 43
STRAWBERRY CANY 4:31.02
FRED POWELL 35
PAUL RIDGEWAY 36
JEREMY COHEN 42
RALPH ELDER 38

45 +
R:CONN 90 4:15.51
JACK GEOGHEGAN
JACK MCCOY
MIKE LAUX
RON MOLNAR
CONN MASTERS 4:16.79
JACK GEOGHEGAN 48
JACK MCCOY 50
MIKE LAUX 49
PETER CRUMBINE 52
EMPIRE STATE MA 4:28.43
PETER LUSK 53
DRURY GALLAGHER 52
AVRAHAM MELAMED 46
JAMES JOHNSON 55
ROSE 4:29.29
JOHN S. HYATT 47
BOB COALE 51
GARY LANGENDOEN 45
STEPHEN L. SAYLOR 48
LOS ALTOS MASTE 4:42.30
KENT PRICE 52
JOHN RICHARDS 68
ED CAZALET 48
JIM DULEY 50
HSAM 4:44.68
MICHAEL PHILLIPS 49
DAVID SZUCH 48
DOUGLAS SELBY 45
RONALD E. CATTON 46
ST PETE MASTERS 4:49.86
PETER BETZER 48
RAYMOND BURNS 55
STEVE GRAU 45
JOHN BISHOP 45
COLONIALS "1776 5:07.30
ROGER FRANKS 64
MARK OTTINGER 45
JACK KIRLIN 52
DON MACRAE 56
SBAY 5:07.98
PATRICK WICKENS 50
CHICK MCILROY 52
STEVE W. WOOD 47
ROBERT D. SCOLES 69
WALNUT CREEK MA 5:09.93
DENNIS BLEDSOE 51
NEIL STRATTON 48
BILL BROWN 47
PIERCE MCGHEE 55
LOS ALTOS MASTE 5:21.09
RALPH PERRY 62
TOM TISCH 51
BARRY DOOLEY 46
JAY CRADDOCK 70

55 +
R:WALNUT CREEK 91 4:55.98
MIKE MILLIMAN
CHET WERSHILA
STAN MORNER
STAN PEDDER
WALNUT CREEK MA 4:55.98
MIKE MILLIMAN 56
CHET WERSHILA 62
STAN MORNER 56
STAN PEDDER 56
SAN DIEGO SWIM 5:16.73
KEN KIMBALL 60
GORDON GILLIN 60
JOHN W GOODE 57
DAVE DRUM 55
SWOM 5:24.87
ROBERT BLOEBAUM 64
JACK WOOLEDGE 57
YOSHI OYAKAWA 57
RICHARD CHISHOLM 56
ADIRONDACK MAST 5:29.30
BRIAN HEAD 57
PATRICK QUINN 60
HERB ALVARADO 57
S PETREQUIN 59
D+H+I+O MASTERS 5:43.68
PETER VAN DIJK 62
PIETER CATH 60

JOHN DAILY 63
DOUG BROGAN 58
ST PETE MASTERS 6:01.41
HAROLD FERRIS 59
ABRASHA BRAININ 68
CHARLES KOHNKEN 59
DUDLEY DE GROOT 63
WISCONSIN 6:27.80
ALEX MACGILLIS 62
JOHN PALLIN 70
JOHN BAUMAN 60
LYNN SURLES 73
SAN MATEO MASTE 7:13.94
JOE KAUFMAN 86
ROBERT SCHULZE 68
RAY TAFT 71
DOUG HOLT 55

65 +
R:OREGON 88 5:31.68
GERALD HUESTIS
ROBERT MORRISON
EARL WALTER
GILBERT YOUNG
SCAQ 5:23.58NV
GEORGE M. BRINTON 66
BOB MERRICK 70
JURGEN B. SCHMIDT 68
FRANK M. PIEMME 66
O+H+I+O MASTERS 5:54.42
PIERCE BRAY 67
ANTON CERER 74
KEITH CARTER 66
GEORGE RAFTER 74

75 +
R:LONG BEACH 89 7:38.85
TOM MONAHAN
AL GUTH
WOODY BOWERSOCK
JOHN BURNSIDE
NO RELAY TEAMS
****
RELAYS: M E N 800 YD. FREE
****
19 +
R:CONNECTICUT 91 7:27.68
MATTI ROSSI
BILL EVISON
DON SKEOCH
JAKE GULICK
CONN MASTERS 7:27.68
MATT ROSSI 22
BILL EVISON 23
DON SKEOCH 28
JAKE GULICK 32
SANTA CLARA MAS 7:30.02
CAMERON REID 30
P.COHEN-HADRIA 24
BOB STONE 29
MICHAEL R. MOORE 27
DAVIS AQUATIC M 7:44.95
ANDY MCPHERSON 44
MARK WILLIAMS 22
CHRIS OSHIRO 32
MICHAEL COLLINS 25
U. OF SAN FRANC 8:03.45
GREG LESSER 22
RANDY WESLEY 39
SCOTT ABRAMS 22
DANA STANLEY 27
BERKELY AQUATIC 8:18.50
ROB COPELAND 34
BRAD MAGEE 24
TOM LAWSON 31
CHRIS YARD 25
WHCO 8:21.58
LUIS R. SALAZAR 24
R MASTROBERTI 26
MATTHEW W. KNIGHT 29
KELLY K. KING 32
EMPIRE STATE MA 8:34.32
BRIAN TYLER 30
KARL BUTTERER 23
SKIP BARTHOLD 36
DANA EVANS 37
ECSC 8:35.14
CHARLIE MATTHEWS 26
CARL J. CEMBRANO 22
STEVEN SCHOFIELD 59
STEPHEN R. PECK 34
LOS ALTOS MASTE 8:38.00
RICH FERTELL 31
JOHN WALKER 26
STEVE BRUENWALD 29
BOB MAYER 22
COLONIALS *1776 8:48.74
GARROW KERR 27
CHUCK LA BENSKI 24
DAVE MONROE 25
RALPH KAISER 38

25 +
R:OLYMPIC CLUB 91 7:13.09
SEAN MURPHY
DAVID LUNDBERG
MIKE KECK
STU CORLISS
THE OLYMPIC CLU 7:13.09
DAVID LUNDBERG 30
SEAN MURPHY 27
STU CORLISS 34
MIKE KECK 31
EMPIRE STATE MA 7:14.89
STEVEN FISHER 28
WILLIAM HENNESSY 30
RICK REYNOLDS 30
BRUCE HAYES 28
WALNUT CREEK MA 7:14.90
GREG REMMERT 28
STEVE BREITER 34
STEVE STAHL 27
TOM FRISTOE 31
SCAQ 7:24.05
GERRY RODRIGUES 28
PETER L. SHOWLER 25
JIM BELARDI 34
PETER MCCLAFFERTY 28
LOS ALTOS MASTE 7:31.80
GREG DOYAS 28
JEFF KLINE 32
TOM DUGAN 32
FRED MITCHELL 38
U. OF SAN FRANC 7:35.95
MIKE RICHMAN 30
DEAN PANZICA 28
SCOTT ADAMS 26
DIXON KANE 25
STANFORD MASTER 7:39.21
TOM MONICA 32
MATT KREDICH 25
SPENCER ELDRED 34
JOE MADER 27
SAN DIEGO SWIM 7:46.23
ALAN VOISARD 30
MICHAEL SLOMEY 33
MARK WUSSLER 35
JEFF MILTON 34
SBAY 7:56.01
ROBERT EBERWINE 30
CHUCK PONTHIER 28
FRANK BIRD 27
TIMOTHY HAMILTON 28
WALNUT CREEK MA 8:03.48
KERRY O'BRIEN 34
CHRIS NOLTE 34
VINCE MORALES 34
BRAD GOTHBERG 28

35 +
R:CHICAGO 88 7:41.22
NICK KESSLERING
BRUCE HAFFNER
GEORGE WENDT
JEFF PEROUT
SBAY 7:44.17
MARK A. RUBKE 38
CHRIS LANGBERG 37
MICHAEL PATTERSON 36
MARC L. KELLY 36
GENNY CARPS G 8:11.51
PAUL REYNOLDS 39
MARK LUTTERBEIN 39
AL CAMERON 35
MIKE FEDORYSHYN 39
EMPIRE STATE MA 8:21.06
BUCK BROKER 35
TERRY LAUGHLIN 40
JOHN EGAN 38
JON EINSIDLER 40
U. OF SAN FRANC 8:21.51
MICHAEL STRAUSZ 40
TAITE DARLINGTON 35
DAVE SENNERT 35
RICK CRAFTS 39
CONN MASTERS 8:23.67
LOU FABRIZIO 37
BILL GEOGHEGAN 40
DAVE SAMUELSOHN 39
PAUL MCCLINTOCK 40
WHCO 8:28.62
MARK W. SPRATT 35
BRIAN A. MURPHY 42
JON F. BAUER 38
PAULO FIGUEIREDO 44
WALNUT CREEK MA 8:30.02
CHARLIE TUPITZA 35
STEVE SLEEPER 43
CHARLIE HANSEN 38
JOHN ROEMER 35
SCAQ 8:35.66
PETER R. O'KEEFFE 40
FRED HUBBELL 38
MICHAEL HEATHER 36
KEN M. MIRCH 35
HSAM 8:48.89
LEE MENCH 38
DAVID E. SAPPER 36
DAVID L. BUTLER 43
TERRY A. THOMPSON 44
SAN DIEGO SWIM 8:52.78
JOHN M MILLER 41
PAUL BARNETT 37
RON MARCIKIC 41
WILLIAM BEHUN 39

45 +
R:LOS ALTOS 91 8:25.87
DAVID GRAY
ED CAZALET
BOB PROBESTING
KENT PRICE
LOS ALTOS MASTE 8:25.87
DAVE GRAY 45
ED CAZALET 48
BOB PROBESTING 53
KENT PRICE 52
TAMALPAIS AQ. M 8:30.13
HUGH WINN 49
DOUG STEVENS 47
RICH BURNS 47
MARK LYON 46
ROSE 8:40.03
JOHN S. HYATT 47
BOB COALE 51
GARY LANGENDOEN 45
STEPHEN L. SAYLOR 48
CONN MASTERS 8:40.43
JACK GEOGHEGAN 48
MIKE LAUX 49
RON MOLNAR 48
DAN DAVIS 48
WALNUT CREEK MA 9:01.51
MIKE PIAZZA 45
JIM BATTERSBY 47
BILL BROWN 47
DON DAVIS 46
ALASKA 9:07.07
DAVID SCHMIDT 45
DANIEL BLAKE 45
RAY HAMILTON 47
ED HOLSTEN 47
STANFORD MASTER 9:09.50
BILL PAGE 50
BARRY FASBENDER 53
BEN WISCKOL 50
STEVE HAYASHI 45
U. OF SAN FRANC 10:58.22
TIM CALLAHAN 49
TIM GARDNER 45
BERT HUFFMAN 48
INGO DALAMUNDER 50
IEM 14:42.58
GARRY HARN 55
SID ROSEN 70
DAVE DABOLL 54
BILL MESSENGER 61
HSAM 37:00.00
DAVID SZUCH 48
RONALD E. CATTON 46
MICHAEL PHILLIPS 49
RONALD WILLIAMSON 52

55 +
R:NEW ENGLAND 91 9:56.38
AL CRAIG
BARR CLAYSON
DON REED
TED HAARTZ
NEW ENGLAND 9:56.38
AL CRAIG 63
BARR CLAYSON 55
DON READ 56
TED HAARTZ 63
ST PETE MASTERS 10:45.99
HAROLD FERRIS 59
CHARLES KOHNKEN 59
DUDLEY DE GROOT 63
RAYMOND BURNS 55
SDSM 10:52.41
DONALD BAKER 60
GORDON H. GILLIN 60
KENNETH KIMBALL 60
LLOYD SKRAMSTAD 56
ADIRONDACK MAST 11:41.22
BRIAN HEAD 57
RICKETT SIMPSON 56
S PETREQUIN 59
PATRICK QUINN 60
LBM 14:07.34
DON NEEFE 82
WOODY BOWERSOCK 77
NORMAN FITZGERALD 74
EMILE W. ACHEE 64

65 +
R:OREGON 88 11:47.75
GERALD HUESTIS
EARL WALTER
ROBERT MORRISON
GILBERT YOUNG
SCAQ 10:37.32NA
LEE C. ARTH 66
JURGEN B. SCHMIDT 68
FRANK M. PIEMME 66
BOB MERRICK 70
SAN MATEO MASTE 12:33.48
JOE KAUFMAN 86
ED MORAN 73
FRED TAIOLI 70
RAY TAFT 71
U. OF SAN FRANC 14:50.38
VICTOR DEKALB 65
JIM FRANKEL 67
FRED ROGERS 68
BOB MCCUSKER 77

75 +
R:ST. PETE 90 13:46.24
WILLIAM MOLLOY
FRANK TILLOTSON
KERMIT HOTVEDT
FRED WALBOLT
NO RELAY TEAMS
****
RELAYS: MIXED 200 YD. FREE
****
19 +
R:HOLMES LUMBER 91 1:31.65
SUDI MILLER
THOMAS SMITH
MARY WAYTE
RICHARD ABRAHAMS
HOLMES LUMBER J 1:31.65
SUDI MILLER 24
THOMAS SMITH 29
MARY WAYTE 26
RICHARD ABRAHAMS 46
HOUSTON SWIMS 1:35.11
DAVID GUTHRIE 30
STACY JONES 25
SHERRI WELDON 20
JAMES ELGIN 33
U. OF SAN FRANC 1:36.30
GREG LESSER 22
DAVE SCHRAVEN 24
JILL ASCH 24
LORETTA SOFFEE 24
GEORGIA KILLER 1:37.05
MIKE MASTERS 25
YVETTE ROGERS 32
LINDLEY DOUGHTY 32
WHITNEY FOSTER 24
TEAM ORLANDO 1:37.71
PAIGE WINTERS 24
EILEEN O'BRIEN 29
JIM DAVIS 38
P. GLENN TREMBL 31
COLONIALS *1776 1:37.90
PETER DARDARIS 32
DIANE MUNTZER 28
PATRICIA LYNCH 29
ANDREW ELLIS 22
TEAM ORLANDO MA 1:37.91
ROSEMARIE SEAMAN 33
STUART LONDON 24
ROSALIE CRETIN 28
L.MEISENHEIMER 32
WALNUT CREEK MA 1:37.91
MIKE HEANEY 24
BETSY HENRY 31
SUZY HANSEN 27
GREG REMMERT 28
LINCOLN MASTERS 1:37.95
LIZ FABRIZIO 29
JOSEPH SHEHAN 28
EMILEE GRUPP 23
KURT HOEFERLE 22
GENNY CARPS E 1:38.56
JEFFREY BERGAW 24
IRENE PUPP 25
GAYLE DUDLEY 24
BRIAN SHAW 27

25 +
R:S. CAL AQUATIC 90 1:29.40
CHUCK PONTHIER
DIANE GRANEF
KRISTINE BUSH
PETER MCCLAFFERTY
HOUSTONIAN CLUB 1:29.53
JOHN SMITH 29
STUART KNOWLES 27
BRIGITTE HEUER 30
DEBBIE RISEN 25

LONE STAR MASTE 1:30.29
MOOK RHODENBAUGH 27
GREG RHODENBAUGH 28
AMY PLESS 28
VAL KERR-HAGUE 30
WALNUT CREEK MA 1:32.15
STEVE STAHL 27
SARA SHAND 27
WENDY INGRAHAM 28
TOM FRISTOE 31
ROCKY MOUNTAIN 1:32.46
DAVID GRAY 32
LAURI NICHOLS 31
CATHY BUJORIAN 32
JIM LILLEY 31
GEORGIA KILLER 1:33.87
MICHAEL MCCOOL 28
ROBIN ZUBECK 29
BETH GARDNER 25
KURT WIENANTS 28
MICHIGAN 1:34.10
MIKE SCHMITZ 32
CORRIN CONVIS 26
KIM POGUE 26
MICHAEL KOWALSKI 27
U. OF SAN FRANC 1:34.88
MATT JONES 27
JOHN MCCOMISH 25
MARTHA OLSEN 31
MICHELE YOUNG 27
DC MASTERS 1:34.93
PIERRE SCHMITZ 25
ANITA CALLAHAN 33
BETH O CONNOR 30
CLAY BRITT 30
MUSIC CITY MAST 1:35.14
BILL RODRIGUEZ 37
AMY CAULKINS 30
CLAIRE MCCALL 27
LARRY LOVELACE 36
SWIM WITH AEROB 1:35.30
BRYAN AUSTIN 35
JERRY HEIDENREICH 41
KRISTIN HENDERSON 30
KRISSY MACCURDY 38

35 +
R:LONE STAR 91 1:34.75
TRIP HEDRICK
RICHARD HESS
MALINDA ARVESEN
L. MORRISON-CASEY
LONE STAR MASTE 1:34.75
TRIP HEDRICK 37
RICHARD HESS 36
MALINDA ARVESEN 35
L.MORRISON-CASEY 37
HOLMES LUMBER J 1:37.01
JEFF PEROUT 38
JANE HARPER 38
SUSAN HALFACRE 39
DOUG MARTIN 38
SO. CALIFORNIA 1:37.35
PETER O KEEFFE 40
DIANA TODD 47
BONNIE ADAIR 38
CLAY EVANS 37
NEW ENGLAND MAS 1:39.32
EDWIN PYLE 41
FRED SCHLICHER 42
SUE TENDY 42
PAMELA POWERS 40
TEAM ORLANDO MA 1:39.38
MARTHA MARTIN 42
SUSAN VANROYEN 46
DAVID WESLEY 38
C.MILTENBERGER 39
COLONIALS *1776 1:39.78
STU MARVIN 35
CHARLES NORELLI 36
J.SREULICH-BYRON 41
STEPHANIE WALSH 41
GEORGIA KILLER 1:40.14
GLENN CROOKS 38
F.WILLIAMSON 43
PATRICIA MATTSON 37
RIC JOHNSON 35
LONGHORN MASTER 1:41.50
LARRY WOOD 37
JAMIE STEWART 42
DAVID VANDAM 35
K.TEBESINER 37
VIRGINIA MASTER 1:41.96
PATRICIA CHAPPELL 36
BILL KLOFFE 39
RICHARD STRINGER 41
LISA BENNETT 35
MARYLAND MASTER 1:42.83
ELAINE FINCHAM 36
NICK BURLEY 36
BARBARA PROTZMAN 36
BUCKEY CLEMSON 35

45 +
R:TAMALPAIS 90 1:41.83
HARRY GREENFIELD
ANGELA KONIG
NANCY RIDOUT
RICHARD BAUSCHARD
TAMALPAIS AQUAT 1:43.80
HARRY GREENFIELD 46
CHARLOTTE JENKINS 52
RICHARD BURNS 47
NANCY RIDOUT 49
LOS ALTOS MASTE 1:44.69
DAVE GRAY 45
ARLENE PROEBSTING 47
CAROLYN BOAK 45
ED CAZALET 48
DC MASTERS 1:46.46
JOHN CALVERT 45
NANCY KIRKENDALL 48
ANN SVANSON 45
WILLIAM NEWMAN 51
DC MASTERS 1:50.35
TIM MILLER 45
JOANN LEILICH 52
BARBARA ZAREMSKI 53
HARRY SOBER 48
ROCKY MOUNTAIN 1:50.99
F.WENDELKEN 52
MARY PUDIM 51
JUDY REED 47
BOB LIEB 50
MARYLAND MASTER 1:51.07
NED DALY 46
NANCY BROWN 55
MARGE BURLEY 45
C.OSTROM 45
LINCOLN MASTERS 1:53.58
MARY POHLMANN 46
COLLEEN MALMEN 47
PETER JACKSON 51
BILL MULLIKEN 51
HOLMES LUMBER J 1:54.22
JOHN SMITH 52
ERNESTINE BEATTIE 54
DOUG HELLERSON 45
BARBARA HOELLEN 48
EMPIRE STATE 1:54.41
DRURY GALLAGHER 52
ALICE JONES 52
J.MURPHY-SHERMAN 46
JOHN FULOP 50
NEW ENGLAND MAS 1:54.91
BEN VANDYK 46
DAVID FLEMING 50
AAGJE CARON 49
EVELYN HAUSBERGER 47

55 +
R:SOUTHERN CAL 87 1:56.25
JOHN HOWE
ANN ADAMS
PETER BUCKLEY
GAIL ROPER
NEW ENGLAND MAS 1:56.38
DON READ 56
CLARA WALKER 64
WIN WILSON 64
DIANE REED 60
EMPIRE STATE 2:03.95
JAMES JOHNSEN 55
ANN JOHNSEN 55
LIDA GASCHKE 59
RICHARD ELLIS 58
WALNUT CREEK MA 2:05.63
CHET WERSHILA 62
DONNA MONROE 57
ANN PISCIOTTA 60
DON BROWN 57
LOS ALTOS MASTE 2:06.48
JACK MCCANN 69
BERNA BENNETT 63
DELLA SEHORN 63
JOHN RICHARDS 68
RINCONADA MASTE 2:08.29
AUGIE MOTMANS 63
BOBBIE CALLISON 58
CINDY BAXTER 58
DICK BENNETT 60
NEW ENGLAND MAS 2:08.44
ART SCOTT 58
TED HAARTZ 63
JOAN MCINTYRE 62
HARRIET FORKEY 58
ROCKY MOUNTAIN 2:11.15
DENNIS O'BRIEN 55
FRANCES HOLMES 63
PEGGY BUCHANNAN 58
HANK ZENTGRAF 56
ARIZONA MASTERS 2:11.15
CHARLES BALDWIN 60
DAN GRUENDER 61
EDIE GRUENDER 62

NANCY MACBETH 62
DC MASTERS 2:12.43
BETTY GRIFFIN 60
RAYMOND CHEN 57
JAYNE BRUNER 57
KENNETH FLYNN 61
WALNUT CREEK MA 2:14.69
MIKE MILLIMAN 56
JOAN ALEXANDER 58
BETTY BARABASH 62
STAN MORNER 58

65 +
R:LINCOLN 85 2:10.27
FRANK HAVLICEK
WESTLEY WEBB
JEANNETTE EPPLEY
LOUISE KELLEY
WALNUT CREEK MA 2:15.31
ROY ERLANDSON 77
BOB HALL 69
SALLY JOY 74
PAT PREVETI 69
DC MASTERS 2:20.87
HELEN HUMMER 72
NANCY CLARK 76
SCROGGIE WILEY 70
JOHN WOODS 67
RINCONADA MASTE 2:21.29
ALDO DA ROSA 73
NAN BLACKLEDGE 66
PATSY WEISS 68
ED KERSWILL 65
HOLMES LUMBER J 2:25.42
RICHARD AVERY 68
GERTRUD ZINT 73
JUNE REYNOLDS 69
ROGERS HOLMES 69
ST. LOUIS MASTE 2:26.87
DORIS PETERS 68
ANNALOU CARRIER 70
ART KELLEY 65
ROBERT BLAKE 66
LINCOLN MASTERS 2:27.99
RITA COSTELLO 68
CLARA SOTAK 66
GEORGE GANDSEY 67
DICK UPSALL 66
SAN MATEO MASTE 2:29.15
AUDREY ETIENNE 74
ZADA TAFT 71
RAY TAFT 71
ED MORAN 73
CONN MASTERS 2:30.75
DOROTHY DONNELLY 69
NANCY PHILLIPS 69
ROGER CHAMBERLAIN 73
TOM JACKSON 70
COLONIALS *1776 2:31.50
CHARLES BREEDING 75
MARTHA BARNETT 65
JEANNE MARRYMAN 68
HENRY SHOSTCHUK 73
WALNUT CREEK MA 2:32.49
ERNIE SMITH 70
JACQUIE PLACAK 65
JAE HOWELL 68
BILL JOHNSTON 72

75 +
R:RINCONADA 87 2:44.49
ART RULE
BEE JOHNSON
ELLEN TAIT
JOE IRVINE
RINCONADA MASTE 3:08.16
BEE JOHNSTON 80
ED BLACKLEDGE 75
ELLEN TAIT 80
JOE IRVINE 80
DC MASTERS 3:15.59
HEDY PULLMAN 80
CHARLES ROY 77
ELSA MATTILA 80
BERT KASSELL 78
ST PETE MASTERS 3:22.06
ELLEN WALBOLT 78
WIN KENNEDY 77
FRED WALBOLT 78
KERMIT HOTVEDT 76
****
RELAYS: MIXED 200 YD. MEDLEY
****
19 +
R:HOLMES LUMBER 91 1:43.03
MARY WAYTE
MARC LAPALME
SUDI MILLER
RICHARD ABRAHAMS
HOLMES LUMBER J 1:43.03
MARY WAYTE 26
MARC LAPALME 25

SUDI MILLER 24
RICHARD ABRAHAMS 46
WALNUT CREEK MA 1:44.04
PAMELA BOSCOVICH 28
THOMAS FRISTOE 31
CHRIS BOND 24
WENDY INGRAHAM 27
GEORGIA KILLER 1:45.24
LINDLEY DOUGHTY 32
TOM NORTHCUTT 25
BETH GARDNER 25
WHITNEY FOSTER 24
HOUSTON SWIMS 1:45.57
STACY JONES 25
DAVID GUTHRIE 30
JAMES ELGIN 33
SHERRI WELDON 20
HOUSTONIAN CLUB 1:46.53
JOHN SMITH 29
JUDY SMITH 22
TORI SMITH 25
JAMES PRINGLE 27
LINCOLN MASTERS 1:47.75
SHIRLEY SUTER 27
MARY KUSKOWSKI 22
TIM SCHNITTKER 24
DAN DUMFORD 23
TEAM ORLANDO MA 1:49.85
MARGARET KELLER 26
ROSEMARIE SEAMAN 33
STUART LONDON 24
L.MEISENHEIMER 33
COLONIALS "1776 1:50.66
STACY ANDERSON 32
KRIS KESTER 26
EDGAR BORJA 30
ANDREW ELLIS 22
MARYLAND MASTER 1:51.07
JOHN PROTZMAN 33
CURTIS JORDAN 24
ANNE SCHULTE 32
JAMIE GORSKI 30
FLORIDA AQUATIC 1:51.76
CHRIS STEVENSON 26
LAUREEN WELTING 25
MIGUEL LOPEZ 22
GWEN SHONKWILER 33

25 +
R:LONE STAR 91 1:39.01
MOOK RHODENBAUGH
GREG RHODENBAUGH
VAL KERR-HAUGE
AMY PLESS
LONE STAR MASTE 1:39.01
MOOK RHODENBAUGH 27
GREG RHODENBAUGH 28
VAL KERR-HAGUE 30
AMY PLESS 28
HOUSTONIAN CLUB 1:41.32
MICHAEL CREASER 25
CORRIN CONVIS 26
STUART KNOWLES 27
BRIGITTE HEUER 30
HOUSTONIAN CLUB 1:42.57
JEFF FREY 29
DEAN PUTTERMAN 29
DEBBIE RISEN 25
REBECCA WETZEL 29
ROCKY MOUNTAIN 1:43.03
ALLEN HIGHNOTE 27
DAVID GRAY 32
LAURI NICHOLS 31
CATHY BUJORIAN 32
DC MASTERS 1:44.04
CLAY BRITT 30
JOHN SAYRE 28
BETH O'CONNOR 30
PAMELA MAXWELL 26
MUSIC CITY MAST 1:44.42
AMY CAULKINS 30
SYD LOVELACE 27
TRACY CAULKINS 28
BILL RODRIGUEZ 37
GEORGIA KILLER 1:45.34
ANDREW PULSIFER 25
PAMELA BIRSINGER 26
ROBIN ZUBECK 29
KURT WIENANTS 28
SO. CALIFORNIA 1:45.70
DIANE GRANER 27
PETER MCCLAFFERTY 28
DIANNA TATE 30
WILLIAM DOUGLASS 31
MICHIGAN 1:46.08
MICHAEL KOWALSKI 27
CORRIN CONVIS 26
MARY NOETZEL 28
MARILYN EARLY 33
AFAM 1:47.12
JUDY HUPP 26
ALAN W. ARATA 29

KIMBERLY D. ARATA 30
PETER J. DOUGLASS 26

35 +
R:S. CAL AQUATIC 90 1:47.90
BONNIE ADAIR
CLAY EVANS
PAUL HENNE
DIANA TODD
SO. CALIFORNIA 1:48.47
PETER O'KEEFFE 40
BONNIE ADAIR 38
DIANA TODD 47
PAUL HENNE 44
LONE STAR MASTE 1:48.50
RICHARD HESS 36
GINNY BROWN 36
L.MORRISON-CASEY 37
TRIP HEDRICK 37
HOLMES LUMBER J 1:50.28
JEFF PEROUT 38
JANE HARPER 38
DOUG MARTIN 38
SUSAN HALFACRE 39
COLONIALS "1776 1:50.28
STU MARVIN 35
MARK SCHUMAN 35
STEPHANIE WALSH 41
J.GREULICH-BYRON 41
EMPIRE STATE 1:52.53
DALE STRICKLAND 43
SKIP BARTHOLD 36
R.KOLONKOWSKI 43
KAREN FARNSWORTH 35
MARYLAND MASTER 1:53.32
NICK BURLEY 36
BUCKEY CLEMSON 35
ELAINE FINCHAM 36
BARBARA PROTZMAN 36
GEORGIA KILLER 1:54.02
GLENN CROOKS 38
PATRICIA MATTSON 37
RIC JOHNSON 35
F.WILLIAMSON 43
LONGHORN MASTER 1:54.41
DAVID VANDAM 35
JAMIE STEWART 42
LARRY WOOD 37
K.TREBESINER 37
SAN DIEGO SWIM 1:54.88
JEFFERY C MILTON 35
RONALD A MARCIKIC 41
BARBARA G DUNBAR 42
MARILYN A S FINK 36
NEW ENGLAND MAS 1:55.40
FRED SCHLICHER 42
EDWIN PYLE 41
SUE TENDY 42
PAMELA POWERS 40

45 +
R:LOS ALTOS 90 1:56.70
EDWARD CAZALET
CAROLYN BOAK
KEEFE LODWIG
ARLENE PROEBSTING
TAMALPAIS AQUAT 1:57.81
RICHARD BURNS 47
DANIEL PER-LEE 47
CHARLOTTE JENKINS 52
NANCY RIDOUT 49
DREG 1:59.08
ROBERT S SMITH 47
GINGER PIERSON 45
RICHARD BOYD 47
BARBARA FRID 48
DC MASTERS 2:00.38
JOHN CALVERT 45
JOANN LEILICH 52
HARRY SOBER 48
ANN SVANSON 45
MARYLAND MASTER 2:01.09
JACK ILIFF 46
C.OSTROM 45
MARGE BURLEY 45
NANCY BROWN 55
LINCOLN MASTERS 2:05.29
MARY POHLMANN 46
PETER JACKSON 51
BILL MULLIKEN 51
COLLEEN MALMEN 47
DC MASTERS 2:05.94
NANCY KIRKENDALL 48
TIM MILLER 45
WILLIAM NEWMAN 51
BARBARA ZAREMSKI 53
ST PETE MASTERS 2:07.02
PETER BETZER 48
ELAINE BROMWICH 48
JACK PHYEL 46
JAYNE LAMBKE 51

NEW ENGLAND MAS 2:07.48
EVELYN HAUSBERGER 47
BEN VANDYK 46
DAVID FLEMING 50
SUSAN BLAKE 52
HOLMES LUMBER J 2:08.99
ERNESTINE BEATTIE 54
JOHN SMITH 52
DOUG HELLERSON 45
BARBARA HOELLEN 48
COLONIALS "1776 2:09.17
MARGARET LAND 54
JACK KIRLIN 52
BILL LABARR 50
MARY ANN MCCLAIN 49

55 +
R:NEW ENGLAND 85 2:12.02
WALKER
TED HAARTZ
WILSON
MARTIN
NEW ENGLAND MAS 2:12.40
BARR CLAYSON 55
CLARA WALKER 64
WIN WILSON 64
DIANE REED 60
ARIZONA MASTERS 2:22.63
CHARLES BALDWIN 60
DAN GRUENDER 61
EDIE GRUENDER 62
NANCY MACBETH 62
NEW ENGLAND MAS 2:25.33
DON READ 56
DONNA EDELBAUM 57
HARRIET FORKEY 58
TED HAARTZ 63
EMPIRE STATE 2:26.64
RICHARD ELLIS 58
ANN JOHNSEN 55
JAMES JOHNSEN 55
LIDA GASCHKE 59
HOLMES LUMBER J 2:27.85
JACK BEATTIE 56
SYLVIA EISELE 61
TELFAIR MAHAFFY 55
JOAN GLARATON 64
DC MASTERS 2:29.52
BETTY GRIFFIN 60
RAYMOND CHEN 57
JAYNE BRUNER 57
KENNETH FLYNN 61
WALNUT CREEK MA 2:30.22
DON BROWN 57
CHET MERSHILA 62
JOAN ALEXANDER 58
BETTY BARABASH 61
ST PETE MASTERS 2:32.08
BARBARA ALLEN 57
BEVERLEY TUCKER 56
THOMAS SMITH 63
DUDLEY DE GROOT 63
WALNUT CREEK MA 2:32.70
BETTY MCMILLAN 61
STAN MORNER 57
MIKE MILLIMAN 57
DONNA MONROE 58
RALEIGH AREA 2:33.03
BERNIECE GREETHAM 64
ELLEN WELLES 60
C.LEBOURGEDIS 56
DICK WEBBER 61

65 +
R:LINCOLN 85 2:27.90
ED SHEA
FRANK HAVLICEK
GERTRUDE ZINT
LOUISE KELLEY
ST. LOUIS MASTE 2:39.25
ANNALOU CARRIER 70
REGAN KENNER 67
ART KELLEY 65
ROBERT BLAKE 66
HOLMES LUMBER J 2:41.73
RICHARD AVERY 68
GERTRUD ZINT 73
ROGERS HOLMES 69
JUNE REYNOLDS 69
DC MASTERS 2:42.01
JOHN WOODS 67
MATTHEW FLANAGAN 65
HELEN HUMMER 72
NANCY CLARK 76
SAN DIEGO SWIM 2:47.52
DIANA SILVA 68
ALICIA COLEMAN 65
CLIFF CROOME 74
JERRY SIEFERT 73
MARYLAND MASTER 2:50.99
CAROL KNEPP 65
BEACH SCHULTZ 69

SARAH ALLNUTT 67
WALTER SOMPAYRAC 77
NEW ENGLAND MAS 2:57.58
JAMES EDWARDS 68
JEAN ZULICH 70
BILLIE BURRILL 70
DWIGHT BROWN 66
ROCKY MOUNTAIN 2:59.23
LUELLA HEATH 71
HUGH RICHARDS 70
JOHN WRENN 70
AGOTA FROHS 71
HOLMES LUMBER J 3:02.42
MARJORIE NEWMAN 67
BILL UHRICH 70
HARWELLL MOSELEY 72
RACHEL ERWIN 71
LINCOLN MASTERS 3:07.08
GEORGE GANDSEY 67
CLARA SOTAK 66
BOB MORSE 71
RITA COSTELLO 68
CONN MASTERS 3:15.06
NANCY PHILLIPS 69
DOROTHY DONNELLY 69
VAL OUCHAKOF 67
HARRY BARTLETT 75

75 +
R:D.C. MASTERS 88 3:18.44
RITA SHEPARD
ELSA MATTILA
KELLEY LEMMON
BERT KASSELL
DC MASTERS 4:07.91
DAVID MCAFEE 81
ELSA MATTILA 80
BERT KASSELL 78
HEDY PULLMAN 80

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RELAYS: MIXED 400 YD. FREE
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19 +
R:WALNUT CREEK 90 3:37.95
DAVE COOL
DANIELLE LASALLE
ANN FOSTER
JOHN CUSTER
EMPIRE STATE MA 3:43.76
MONICA LEE 23
WILLIAM HENNESSY 30
DEANNA COLACITO 23
MICHAEL MAHON 24
AFAM 3:46.02
THOMAS H. KOMP 21
KIRK W. CLEAR 23
KIMBERLY D. ARATA 30
ANNA R. PLANTIER 27
CONN MSATERS 3:47.43
STUART BARTON 23
SHEILA MORTELL 29
J.BERGETHON 27
EMMOT HIBSON 26
COLONIALS "1776 3:51.22
CHUCK LA BENSKI 24
ANDREW KRAMER 28
DIANE MUNTIER 28
AMY GRACE 32
CONN MASTERS 3:51.46
GENEVE EHINGER 22
DANA LAIRD 28
JEFF BURT 22
JAKE GULICK 32
RALEIGH AREA 3:56.80
JOHN ARMFIELD 25
DAWN ARMFIELD 20
LAURA VANDERBERG 24
GORDY BLACKWELL 23
LINCOLN 4:14.19
DAVID WENDEL 23
JULIA MELGEY 28
CORA BUCKOWICH 34
SCOTT HONES 24
TRAID MASTERS 4:19.39
JIM WYNN 35
PEGGY WYNN 37
JENNY WYNN 23
MIKE WYNN 27
WH20 4:21.29
LUIS R. SALAZAR 24
ERIN T. CHILDS 33
P MASTROBERTI 26
JOANNE T. ALLEN 22
GOLW 4:26.99
DEREK S. HANSON 26
ERIKA J. FAULKNER 27
LINDA K. FARRISH 28
BRIAN BROTHERTON 23

25 +
R:LINCOLN 90 3:30.65

LIZ FABRIZIO
BOB YOUNG
ANN LEWIS
MARK VANDEVENTER
WH20 3:39.23
ANDREA J. DEVUONO 28
BRUCE K. MENEFEE 32
MORRI SPANG 34
ROBERT A. FUENTES 27
ADIRONDACK MAST 3:45.83
JOHN BERRY 25
DONNA WILBUR 26
TAMMY NIGHTINGALE 25
MATT CLARK 34
GOLW 3:46.54
NANCY S. MITCHELL 29
JENNIFER A. BARRY 29
JEFF S. HOPKINS 25
JOSEPH C. PICKELL 25
COLONIALS "1776 3:46.69
GARR KERR 26
DAVE MONROE 25
DEBBIE CAIN 34
KATHY FRAZIER 30
EMPIRE STATE MA 3:48.06
ETIENNE MA 33
ELAINE BRAUN 26
BARBARA WITTE 29
MIKE RITTER 27
NEW ENGLAND MAS 3:55.98
YVONNE HALL 28
MIKE HIRST 30
STUART URBAN 30
ROB WETTACH 34
BERKELEY AQUATI 3:56.28
JUDY LEE 41
SUE LAWSON 31
ROB COPELAND 34
CHRIS YARD 25
RIVR 4:06.95
ANDREW R. REIKES 27
STEVEN G. BEHRENS 25
DOROTHY COLLIER 31
STEVEN D. COLLIER 32
ST PETE MASTERS 4:11.04
RALPH BROWER 28
MARY KYLE 28
C SWANSON 28
FRED LEADBETTER 30
TRIAD MASTERS 4:11.21
KANDEE SPAIN 27
JILL STEPHENSON 27
ERIC MILLER 34
DON EVANS 29

35 +
R:LOS ALTOS 90 3:40.82
CAROLYN BOAK
LARIE VAL
FRED MITCHELL
ED CAZALET
SAN DIEGO SWIM 3:49.24
BARBARA G DUNBAR 41
MARILYN AS FINK 36
RONALD MARCIKIC 41
WILLIE WACHOB 38
COLONIALS "1776 3:57.34
MICHAEL SLENKER 44
C.SCHROEDER 41
STEPHANIE WALSH 41
BOB KROTEE 36
EMPIRE STATE MA 4:02.81
CHRISTINE ZIMMET 43
SUZANNE RAGUE 40
BUCK BROKER 35
JOHN EGAN 38
ST PETE MASTERS 4:13.53
JOHN BISHOP 45
ANNE PAGE 42
MARY BARKER 40
TOM ATKINS 36
ADIRONDACK MAST 4:21.89
DAVE SADOWSKY 37
LINDA SIMMINS 44
A CLEMENTE 37
JERALD BOPE 44
LINCOLN 4:32.54
BEN HAAN 36
FLOW WOLF 36
PATRICIA BRUMMET 45
TOM DOETSCH 38
WHCO 4:55.33
ARIEL G. LEVIN 40
JAY R. OLSON 41
JESSICA W. SEATON 38
RAFAEL E. MONTIJO 42
HSAM 4:58.91
LARRY R. SMITH 45
RONALD WILLIAMSON 52
SHERYL T. DACSO 40
CHRISTINE BIBY 43

LINCOLN 5:31.36
ALLAN JOHNSTON 41
CLARICE ROSSI 53
G.JOHNSTON 36
ANDY ZOLTNERS 45

45 +
R:TAMALPAIS 90 4:02.83
MARK LYON
ANGELA KONIG
NANCY RIDOUT
DOUG STEVENS
EMPIRE STATE MA 4:20.58
DRURY GALLAGHER 52
ALICE JONES 52
JANE KATZ 47
PETER LUSK 53
DC MASTERS 4:27.14
ANN SVANSON 45
DALE MCGINLEY 53
THOM BURGESS 48
NANCY KIRKENDALL 48
SDSM 4:30.19
DONALD BAKER 60
BETSY T. JORDAN 54
PEGGY A. LEONG 46
BILL EARLEY 54
ST PETE MASTERS 4:50.92
STEVE GRAU 45
JACQUELYN PIPER 53
JAYNE LAMBKE 51
PETER BETZER 48
COLONIALS "1776 4:56.17
BILL LA BARR 50
CHARLES OTTINGER 45
ELIZABETH KRUPKA 53
MARGARET LAND 54
O+H+I+O MASTERS 5:13.08
DOUG BROGAN 58
LILLY KRON 59
ROBERTA BOBERSKI 50
JULIO APONTE 45
ADIRONDACK MAST 5:15.56
PICKETT SIMPSON 56
MARY LOU SCHULTZ 51
ANN MARIE BELLEM 51
S PETREQUIN 59
O+H+I+O MASTERS 5:17.66
LUISE EASTON 52
GERALD MEYER 46
DORIS LOCKER 47
ROBERT CRADDOCK 46

55 +
R:NEW ENGLAND 87 4:34.21
T. LYNDON
T. HAARTZ
M. MARTIN
D. REED
CONN MASTERS 4:57.29
SUZANNE GRAHAM 64
MEL SEIBOLD 57
RONNIE KAMPHAUSEN 57
ARNIE GREEN 59
SDSM 5:20.63
LLOYD SKRAMSTAD 56
ADRIENNE S. PIPES 56
BOBBI TURCOTTE 63
KENNETH KIMBALL 60
ST PETE MASTERS 5:35.99
BEVERLEY TUCKER 55
BARBARA ALLEN 57
HAROLD FERRIS 59
CHARLES KOHNKEN 59

65 +
R:CONNECTICUT 87 5:15.84
D. DONNELLY
N. PHILLIPS
R. CHAMBERLAIN
J. JERROLD
CONN MASTERS 5:41.00
DOROTHY DONNELLY 69
NANCY PHILLIPS 69
HARRY BARTLETT 75
WAYNE SHADBOLT 66
LBM 5:47.15
WILLIAM DEMASTUS 66
MAURINE KORNFELD 69
ERNEST VAN HORN 74
WOODY BOWERSOCK 77
COLONIALS "1776 5:56.26
CHARLES BREEDING 75
MARTHA BARNETT 65
JEANNE MERRYMAN 68
HENRY SHOSTCHUK 73

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RELAYS: MIXED 400 YD. MEDLEY
****

19 +
R:U OF SAN FRAN 91 3:58.70
JILL ROTHKOPF

PERRY WU
DAVE SCHRAVEN
LORETTA SOFFE
U. OF SAN FRNCI 3:58.70
JILL ROTHKOPF 24
PERRY WU 24
DAVE SCHRAVEN 24
LORETTA SOFFE 24
CONN MASTERS 4:02.69
BILL EVISON 23
LAURA SHAW 25
MARGARET MORTELL 27
DON SKEOCH 28
LOS ALTOS MASTE 4:11.99
DENICE CAZALET 23
MATT STOLL 27
TOM DUGAN 31
MELISSA ZAHARIAS 22
WALNUT CREEK MA 4:13.47
STEVE BREITER 34
KIM COLLENTINE 24
VINCE MORALES 34
KATHLEEN MENCH 28
DAVIS AQUATIC M 4:14.59
CHRIS OSHIRO 32
KEN DOO 24
YULYNN JEW 21
KIM MCCORD 30
ALMADEN SWIM RA 4:18.05
JANICE LESYNA 24
MANDY MCCLELLAN 36
ED FERNANDEZ 34
TOM SAVASO 36
COLONIALS "1776 4:21.15
CHUCK LA BENSKI 24
ANDREW KRAMER 28
DIANE MUNTIER 28
DEBBIE CAIN 34
LOS ALTOS MASTE 4:23.25
GREG DOYAS 28
MARY DOUGHERTY 29
BOB MAYER 22
CINDY WONG 25
EMPIRE STATE MA 4:25.32
ALICIA QUIJANO 27
LANCE MCREADY 23
EILEEN LOVELESS 24
MICHAEL MAHON 24
MINNESOTA 4:27.19
VICKY SANDBERG 34
BETH BJORK 28
TOM ZEMLIN 23
PETE MAGEE 53

25 +
R:WALNUT CREEK 91 3:51.18
PAM BOSCOVICH
TOM FRISTOE
STEVE STAHL
SARA SHAND
WALNUT CREEK MA 3:51.18
PAM BOSCOVICH 28
TOM FRISTOE 31
STEVE STAHL 26
SARA SHAND 27
WALNUT CREEK MA 3:59.77
DAVE COOL 29
STEVE BREITER 34
KERRY O'BRIEN 33
ROB STONE 29
WH20 4:01.88
ANDREA J. DEVUONO 28
ROBERT A. FUENTES 27
BRUCE K. MENEFEE 32
MORRI SPANG 34
LOS ALTOS MASTE 4:03.41
CINDY MCCOLL 31
DARREN MCCARTHY 25
GREG DOYAS 28
LESLEY CHEQUER 25
RINCONADA MASTE 4:10.13
JIM LAMBERT 30
CHARLES CASE 28
DIANE MUNSON 30
WENDY ANDERSON 25
U. OF SAN FRANC 4:11.31
KIRK JENSEN 28
KRISTIN MURPHY 25
DEAN PANZICA 28
JENNIFER SCANLON 27
DAVIS AQUATIC M 4:14.36
C.CHICHESTER 27
MICHAEL COLLINS 25
MELISSA BEATY 33
ANDREW MCPHERSON 43
RINCONADA MASTE 4:14.80
KIM ELSBACH 28
KEN FATLAR 34
LISA STRAMPACH 32
KURT KOSLOWSKI 32
SAN MATEO MASTE 4:17.71
HOLLY CURL 29

CRAIG SIHNER 31
LANE POMS 25
ED SCHMIDT 29
GENNY CARPS A 4:33.64
HWANG SCHWEITER 30
DAVID LAWRENCE 25
MARK PAGE 29
PAUL REYNOLDS 39

35 +
R:EMPIRE STATE 91 4:10.00
KAREN FARNSWORTH
SKIP BARTHOLD
JOHN EGAN
CHRIS ZIMMET
EMPIRE STATE MA 4:10.00
KAREN FARNSWORTH 35
SKIP BARTHOLD 36
JOHN EGAN 38
CHRISTINE ZIMMET 43
LOS ALTOS MASTE 4:18.17
LAURA VAL 38
MABRY TYSON 42
CARL COLVARD 35
THERESA HESSLER 38
U. OF SAN FRANC 4:30.87
KENT FORD 37
MARTY DALTON 36
KATHY HUANG 35
MARY SAAL 35
WALNUT CREEK MA 4:31.05
STEVE BUNDY 38
SHARON ODELL 37
MIKE PRUETT 38
DEBBIE FLANSBURG 35
ST LOUIS 4:31.95
CATHY KOHN 37
LEO LETENDRE 37
ARDETH MUELLER 49
GARY JEWELL 40
LOS ALTOS MASTE 4:35.44
DICK THOMAS 42
CATHY SCHULBACH 37
KRISTI KING 42
FRED MITCHELL 38
U. OF SAN FRANC 4:54.46
FRANK HATCH 36
RICHARD ATONDO 41
PHYLLIS QUINN 36
ANN SASAKI 41
TAMALPAIS AQ. M 4:54.72
KIM ORLOFF 39
GARY PARLAPIANO 44
KAREN MCGEE 37
DUNCAN GAMLEN 42
CARSON VALLEY M 4:58.05
VICKI SMERDON 41
ADRIENNE HARDT 39
TODD CONNELLY 39
ROB BASTIEN 38
RINCONADA MASTE 5:02.37
DAVE LEVINSON 40
JUDITH SCHWARTZ 36
KERRY FALLA 36
SUE MCGLENNON 40

45 +
R:DC MASTERS 90 4:34.11
DALE MCGINLEY
JOANN LEILICH
BOB BENNETT
JAYNE BRUNER
TAMALPAIS AQ. M 4:39.86
RICH BURNS 47
DOUG STEVENS 48
NANCY RIDOUT 49
CHARLOTTE JENKINS 52
LOS ALTOS MASTE 4:59.51
DELLA SEHORN 63
C.BOAK 45
ED CAZALET 48
JIM DULEY 51
TAMALPAIS AQ. M 5:04.15
BONNIE WINN 46
RUTH WINN 47
MARK LYON 47
HUGH WINN 49
RINCONADA MASTE 5:06.01
SUE SPRINGER 52
BILL LORTON 48
JOHN SELMER 45
CAROL REMEN 52
ST PETE MASTERS 5:06.50
PETER BETZER 48
ELAINE BROMWICH 47
JAYNE LAMBKE 51
JOHN BISHOF 45
WALNUT CREEK MA 5:06.95
DENNIS BLEDSOE 51
CAROL LAIRD 48
BILL BROWN 47
DONNA MONROE 57

EMPIRE STATE MA 5:07.92
DRURY GALLAGHER 52
JANE KATZ 47
ALICE JONES 52
PETER LUSK 53
SDSM 5:18.35
BETSY T. JORDAN 54
PETER RIDDLE 53
SUSAN RITTENHOUSE 53
BILL EARLEY 54
STRAWBERRY CANY 5:27.67
ARLENE WAKSBURG 45
JERRY ABAD 52
KATE COLEMAN 48
BILL BEDARD 55
CPMM 5:28.85
E.B. LUNKEN 49
CHRIS GILLIGAN 47
PHIL HENGEN 46
PAT MALEY 47

55 +
R:WALNUT CREEK 91 5:17.37
DON BROWN
ANN PISCIOTTA
STAN MORNER
BETTY BARABASH
WALNUT CREEK MA 5:17.37
DON BROWN 57
ANN PISCIOTTA 60
STAN MORNER 57
BETTY BARABASH 62
RINCONADA MASTE 5:26.90
DICK BENNETT 60
CINDY BAXTER 58
BOBBIE CALLISON 58
AUGIE MOTMANS 63
LOS ALTOS MASTE 5:43.12
JACK MCCANN 69
JOHN RICHARDS 68
DELLA SEHORN 63
CLARINE ANDERSON 55
WALNUT CREEK MA 5:52.83
MIKE MILLIMAN 57
ELFRIEDE ROGERS 63
JOAN ALEXANDER 57
CHET WERSHILA 62
ST PETE MASTERS 5:58.27
BARBARA ALLEN 57
BEVERLEY TUCKER 55
RAYMOND BURNS 55
DUDLEY DE GROOT 63
ST LOUIS 6:01.45
WILLIAM CANNON 60
HELEN BUSS 55
CAROL TAYLOR 61
PAUL BROCKSMITH 58
SDSM 6:04.23
LLOYD SKRAMSTAD 56
DONALD BAKER 60
ADRIENNE S. PIFES 56
BOBBI TURCOTTE 62
WISCONSIN 6:28.01
DORIS KLITZKE 55
SAM COUNTRYMAN 56
THOMAS MICHELSON 59
S.HASSELBACHER 64
U. OF SAN FRANC 6:54.17
TERRY CARLISLE 62
RICH SCHOMBERG 62
GAIL ROPER 61
MARY ALLEN 58
TAMALPAIS AQ. M 7:12.49
MARTY HILL 58
DORE SCHWAB 68
GEORGE CUNNINGHAM 65
C.CUNNINGHAM 64

65 +
R:RINCONADA 91 5:54.09
NON BLACKLEDGE
PATSY WEISS
ALDO DA ROSA
ED KERSWISS
RINCONADA MASTE 5:54.09
NAN BLACKLEDGE 66
PATSY WEISS 68
ALDO DA ROSA 73
ED KERSWISS 65
COLONIALS '176 6:21.25
JEANNE MERRYMAN 68
NORMAN GARSOE 67
JANE DOUGHERTY 69
CLARENCE WEBB 68
CONN MASTERS 6:42.98
NANCY PHILLIPS 69
ROGER CHAMBERLAIN 72
BURRIS LAMARR 67
DOROTHY DONNELLY 69
WALNUT CREEK MA 7:02.40
PAT PREVETZ 69
JAE HOWELL 68
BILL JOHNSTON 72

ERNIE SMITH 70
SAN MATEO MASTE 7:13.68
ZADA TAFT 71
ROBERT SCHULZE 68
RAY TAFT 71
AUDREY ETIENNE 73
LBM 7:27.99
BRION WINSHIP 73
WOODY BOMERSOCK 77
MAXINE O. MERLINO 78
MAURINE KORNFELD 69
WALNUT CREEK MA 8:30.11
SALLY JOY 74
ERNIE KASSNER 67
JEAN DUNCAN 76
BOB HALL 69

75 +
R:RINCONADA 91 9:27.58
BERNIE SILBER
BERNARD SILBER
ED BLACKLEDGE
ELLEN TAIT
RINCONADA MASTE 9:27.58
BERNICE SILBER 78
BERNARD SILBER 79
ED BLACKLEDGE 75
ELLEN TAIT 80
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RELAYS: MIXED 800 YD. FREE
****
19 +
R:WALNUT CREEK 90 7:54.16
GREG REMMERT
ANN FOSTER
DANIELLE LASALLE
TOM FRISTOE
LOS ALTOS MASTE 8:09.20
DENICE CAZALET 21
BOB DUGAN 29
BILL OLIVER 29
MELISSA ZAHARIAS 22
GEM 8:14.39
JAY B. ERICSSON 40
M.J. LOVELAND 23
MICHAEL W. DUNHAM 28
JOHN A. HEILBRON 24
SAN DIEGO SWIM 8:35.12
MICHELLA SOTELO 25
HEATHER WOLFENDEN 21
GREGORY ALLEN 22
ROD J HANSEN 22
WALNUT CREEK MA 8:40.87
CHRIS NOLTE 33
SUSAN NOLTE 30
MARCIA WHITE 27
MIKE HEANEY 24
MOUNTAIN VIEW M 8:59.07
LINDA GLAVE 24
CHRIS CAMPBELL 29
MO CHAMBERS 32
BLAKE WAGNER 24
AFAM 9:18.75
ANNA R. PLANTIER 27
SHAREN S. SMITH 27
KIRK W. CLEAR 23
DAVE A. LAZERSON 28
ALMADEN SWIM RA 9:21.63
ED FERNANDEZ 36
JANICE LESYNA 23
DAVE CLARE 40
MARILYN BLISS 44
STRAWBERRY CANY 9:26.16
ELIZABETH KUBIS 21
LIANNE VOELM 24
WILSON LAI 21
WALT WEAVER 21
GENNY CARPS I 10:14.87
GARY AUSTIN 32
EILLEEN HAWKES 31
JEFFREY BERCAW 24
SUSAN HAYES 28

25 +
R:WALNUT CREEK 91 7:41.32
JOHN BOEGMAN
CATHY COOLEY
SARA SHAND
GREG REMMERT
WALNUT CREEK MA 7:41.32
JOHN BOEGMAN 27
CATHY COOLEY 33
SARA SHAND 26
GREG REMMERT 28
EMPIRE STATE MA 7:55.01
JACK NELSON 25
MARYBETH COMINS 26
KAREN FARNSWORTH 35
MIKE RITTER 27
WALNUT CREEK MA 8:08.17
STEVE STAHL 26
CAROL LEE-HELTZEL 35
MARGIE JENSEN 29

ROB STONE 29
LOS ALTOS MASTE 8:18.48
LESLEY CHEQUER 25
MARK STOUT 29
GREG DOYAS 27
P.MCFATE-JOHNSON 34
SANTA ROSA MAST 8:18.65
R. BARTELS 30
H. BARTELS 30
A. HENDRICKSON 27
T. BIRNIE 45
AFAM 8:19.79
KIMBERLY D. ARATA 30
ALAN W. ARATA 29
KAREN A. BURTON 28
PETER J. DOUGLASS 26
BERKELY AQUATIC 8:30.13
JUDY LEE 41
PAM OLSON 44
BILL REICHLE 43
LARRY VAN HORN 37
TAMALPAIS AQ. M 8:58.38
DAVE KENYON 38
SHARON SALZMAN 32
JAY WIGGER 39
SUZIE DODS 30
ST PETE MASTERS 9:00.28
ART HALTUNEN 40
MEG LAMBKE 26
LORI STAUCH 26
WAYNE REILLY 31
STRAWBERRY CANY 9:04.52
KIRK JOHNSON 31
CHRIS BIEBER 25
KATHY STRIBEL 32
PAUL EDRES 27

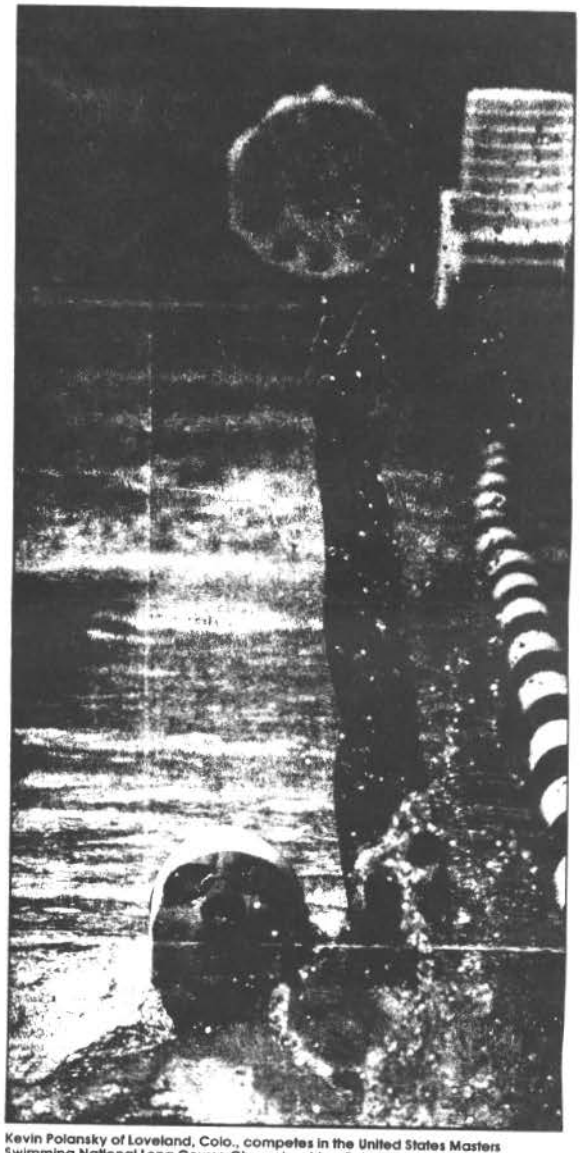
35 +
R:LOS ALTOS 91 8:29.88
ED CAZALET
FRED MITCHELL
THERESA HESSLER
C FERRIS-BOAK
LOS ALTOS MASTE 8:29.88
ED CAZALET 47
FRED MITCHELL 38
THERESA HESSLER 38
C.BOAK 45
WALNUT CREEK MA 8:35.02
DEBBIE FLANSBURG 35
SHARON ODELL 37
CRAIG DENNIS 44
JOHN ROEMER 35
CONN MASTERS 9:08.31
DEBBIE STEPHEN 38
JERIANNE DONNELLY 41
LOU FABRIZIO 35
JACK GEOGHEGAN 48
STRAWBERRY CANY 9:12.89
JEREMY COHEN 42
SARA RICHARDSON 43
HEIDI STETTNER 37
RALPH ELDER 38
ST PETE MASTERS 10:03.62
MARY BARKER 40
PETER BETZER 48
STEVE GRAU 45
JAYNE LAMBKE 51
LOS ALTOS MASTE 10:23.66
KRISTI KING 43
DONNA BARETTO 47
VLADIMIR IVAN 43
KENT PRICE 52
SAN DIEGO SWIM 11:18.28
DICK NORDQUEST 43
DEBORAH LAIRD 35
DENNIS KASISCHKE 44
WENDY WATSON 40
GENNY CARPS E 11:35.88
DENISE EVERITT 38
STANLEY HATTMAN 52
LYNN ALSMEYER 44
TOM GALLAGHER 36

45 +
R:TAMALPAIS 90 9:22.35
DOUG STEVENS
NANCY RIDOUT
RUTH WINN
HUGH WINN
EMPIRE STATE 11:07.20
FOSTER DE JESUS 55
R. HEITNER 45
ANN JOHNSEN 55
KAL KAUSTIALA 48
ADIRONDACK MAST 11:45.85
PICKETT SIMPSON 56
MARY LOU SCHULTZ 51
ANN MARIE BELLUM 51
SCOTT PETREQUIN 59

55 +
R:NEW ENGLAND 87 10:28.18
C. WALKER
D. REED
T. HAARTZ
T. LYNDON
WALNUT CREEK MA 11:01.84
STAN MORNER 57
DONNA MONROE 57
BETTY BARABASH 62
DON BROWN 57
ST PETE MASTERS 11:45.66
BEVERLEY TUCKER 55
BARBARA ALLEN 57
CHARLES KOHNKEN 59
RAYMOND BURNS 55
TAMALPAIS AQ. M 12:15.53
DORE SCHWAB 68
MARTY HILL 58
NOAH KRALL 70
LAVERNE ADAMS 56
WALNUT CREEK MA 12:24.50
BOB NOOTBAR 55
JEAN DUNCAN 58
BETTY MCMILLAN 61
PIERCE MCGHEE 61
SAN MATEO MASTE 12:53.72
INGEBORG KUHN 55
M.KNOCHENHAUER 63
MARK TAYLOR 59
DOUG HOLT 59
STRAWBERRY CANY 15:56.08
EARL HYDE 70
ANN BURROUGHS 61
JEAN HYDE 68
TOM MCCALL 67

65 +
R:CONNECTICUT 91 12:33.35
WAYNE SHADBOLT
ROGER CHAMBERLAIN
NANCY PHILLIPS
DOT DONNELLY
CONN MASTERS 12:33.35
WAYNE SHADBOLT 66
ROGER CHAMBERLAIN 72
NANCY PHILLIPS 69
DOROTHY DONNELLY 69
ST LOUIS 13:03.74
DORIS PETERS 68
ANNALOU CARRIER 70
DON SERY 66
ROBERT BLAKE 66
SAN MATEO MASTE 13:25.38
AUDREY ETIENNE 73
ZADA TAFT 71
ROBERT SCHULZE 68
RAY TAFT 71
LBM 13:43.41
ERNEST VAN HORN 74
MAURINE KORNFELD 69
MAXINE O. MERLINO 78
WILLIAM DEMASTUS 66

75 +
R:ST. PETE 89 16:04.30
JAMES MITCHELL
CELIA BALLARD
WIN KENNEDY
FRED WALBOLT
NO RELAY TEAMS



Kevin Polansky of Loveland, Colo., competes in the United States Masters Swimming National Long Course Championships. Polansky owns 12 national records and 10 world records.

BANKS BARBADOS MASTERS INTERNATIONAL

209 swimmers from 35 clubs and eight countries were entered in this International meet Oct. 3-7. Rob Copeland, Ardeth Mueller, Richard Kane, Jerry Heidenreich, Don McCullough, Vicki Buccino and June Krauser were among the Americans that broke existing World Records. Angus Edghill of Barbados broke two World Records. We stayed in the Casuarina Beach Club on the ocean which Angus' company owns. He also was responsible for the pool which was 25 meters wide and 50 meters long. There was also a 25 meter teaching pool which we didn't use because we only swam one eight lane 25 meter course. As I understand it, this is the best pool in the Caribbean. They had automatic timing and computerized results. There were swimmers from California, Texas, St. Louis, New England, South Dakota, Illinois and Florida along with Canada, Venezuela, Antigua, Switzerland and the United Kingdom. The Casuarina was only 5 or 10 minutes from the pool. There were many restaurants and shops within walking distance. No TV's in the rooms but all rooms are equiped with a stove and ice box. There are three buildings four stories high with no elevators! However, we ended up with a nice room on the first floor. It was a lovely 25 meter meet.

ANGUS EDGHILL: sets unofficial 45 -49 age group swim record in the 1 500 metres, and now aims to set new marks in the 200 and 400 metres.

CONVENTION - LOUISVILLE, KY

Your 1991 registration expires on Dec. 31, 1991. With your renewal for 1992 your fee will most likely go up BUT you will receive SWIM magazine for next year. There is suppose to be eight pages inserted with USMS news. However, Top 10 times would take more than the eight pages and so there will be a subscription (somewhere in this newsletter) for you to send $12.00 to the National Office of USMS in order to receive The TOP 10 times for all three courses first class mail. A single Top 10 list will be $6.00. This will be approximately 25 pages and will include World Records when they are available.

Other items of interest include:

1. If there is no other warm-up/warm-down area available in pools of 5 lanes or more, one lane shall be set aside for warm-up/warm-down during the conduct of the meet.

2. Results, tapes, timing printouts, time cards, heat sheet, timers' heat sheets or swimmer lists, and other information used to compile results and records shall be kept for a minimum of one year.

3. If your pool is 4' deep or deeper at the starting end, your starting block may be 36" above the water. If between 3'-6" and under 4', the blocks may be only 18" above the water. If under 3'-6", swimmers must start off the deck or in the water.

4. Age groups, sexes, and events of the same distance 200 yards or longer may be combined so that no swimmer has to swim alone and lanes may be filled.

5. "One piece" has been deleted from the costume rule allowing for 2 piece suits to be worn in competition.

6. In case you don't realize, all swimmers are to submit a copy of their registration card with ALL meet entries.

7. When reporting relay results be sure to include: 1) USMS registered Club name of relay; 2) full names of all 4 relay team members and ages; and 3) sex when it is a mixed relay.

Next year's convention will be held in Minneapolis, MN in September.

Remember, with the exception of registration fee, rules become effective Jan. 1st, 1992.

WANT TO MASTER FOOD LABELS?

Clip this wallet-size guide and take it shopping with you.

This card presents intake allowances for general guidance only. If you have specific nutritional needs or questions, please consult a physician or nutritionist.

DAILY NUTRIENT ALLOWANCES FOR WOMEN	
CALORIES	1,600 Calories
TOTAL FAT	Less than 53 grams
SATURATED FAT	Less than 18 grams
CHOLESTEROL	Less than 300 mgs
CARBOHYDRATES	At least 220 grams
PROTEIN	46 to 50 grams
SODIUM	1,100 to 3,300 mgs max.
FIBER	20 to 30 grams

YOUR DAILY **LABEL-MATE™**

This card presents intake allowances for general guidance only. If you have specific nutritional needs or questions, please consult a physician or nutritionist.

DAILY NUTRIENT ALLOWANCES FOR MEN	
CALORIES	2,200 Calories
TOTAL FAT	Less than 73 grams
SATURATED FAT	Less than 24 grams
CHOLESTEROL	Less than 300 mgs
CARBOHYDRATES	At least 302 grams
PROTEIN	58 to 63 grams
SODIUM	1,100 to 3,300 mgs max.
FIBER	20 to 30 grams

YOUR DAILY **LABEL-MATE™**

How To Use This Nutrition Aid

Use this guide with food nutrition labels to compare the label's single serving information to recommended levels for a full day. Simply hold guide next to label and align each nutrition listing on label with identical category on guide.

First Lady Barbara Bush, who swims regularly for exercise in the White House pool, encountered an unexpected and unwelcome guest during a dip not too long ago.

"A dark shadow swam past me," Mrs. Bush told us. "I didn't think anything of it until it passed by again. So I stopped my laps and looked up. I was sharing the pool with a huge rat.

"George was throwing horseshoes and immediately came over—yes, I screamed a time or two—and he did in the rat." No word on whether the President made a ringer.

Here adapted from cardiologist Stephen R. Yarnall M.D., are 9 more up-to-date reasons why you should swim before eating, turning the old cliche on its head.

1. It helps you keep a workout appointment with yourself. If you choose a meal each day, before which to schedule your workout, you won't forget to exercise and you're not likely to forget to eat afterward.
2. It keeps you honest. No excuses! (No swim-ee, no eat-ee) You'll have to eat sometime, so if you discipline yourself to swim before eating, your fitness resolution is protected.
3. It helps digestion. Swim on an empty stomach and you won't get those notorious and much feared cramps.
4. It helps your workout. Muscles get the full benefit of your blood circulation. By exercising on an empty stomach, none of your blood is tied up helping digestion.
5. It helps your heart. When you swim after eating, both your stomach and muscles need blood flow. This can mean lessened blood flow to your heart, which can be dangerous if you have heart trouble.
6. It helps you maintain a healthful weight. Moderate brisk exercise before a meal causes your blood sugar level to go up, helping to take the edge off your appetite. (see above for more discussion of this question)
7. It helps burn excess body fat. Swimming when your blood sugar is lowest (before eating) mobilizes free fatty acids, which help burn stored body fat for fuel.
8. It helps you feel better. A moderate brisk swim workout will inject a flood of endorphins into the bloodstream, increasing alertness, improving your mood, and decreasing fatigue. You'll be less likely to overeat to satisfy a psychological hunger.
9. It helps your food taste better. When you swim before eating, you'll feel fresh and relaxed when you eat. And because your healthful workout will still be fresh in your mind, you'll probably eat more conscientiously.

SUBSCRIPTION FOR TOP 10

USMS Records, USMS Top 10 Times and World Records for individuals and relays will be sent first class mail for $ 12.00 for 1972. There will be three issues: 1) April (SCM); 2) Sept. (SCY); and 3) Dec. (LCM).

Send your $12.00 made out to USMS to:
Dorothy Donnelly
2 Peter Ave.
Rutland, MA 01543

Name _____

Address _____

City, St, Zip _____

SWIM-MASTER
June Krauser, Editor
2308 NE 19th Ave
Ft. Lauderdale, FL 33305

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SWIM CALENDAR

OCT-NOV 1991

OCT	26	SCY - South Florida Senior Games, SHOF Aquatic Complex
	27	SCY - John Ogden, 64 McDonald St., Glens Falls, NY 12801
	27	SCY - Betsy Durrant, 211 66th St., Virginia Beach, VA 23451
NOV	3	SCM - Aliso Hills Pentathlon, LA area, Alison Mitchell 714-581-1135
	8-10	SCY - Joe Biondi, 1501 N Belcher Rd., # 229, Clearwater, FL 34625
	9-10	SCM - Steve Wycoff, 405 Blackberry Ln., Anderson, SC 29625
	10	SCY - Rarkrose H.S., Portland, OR
	17	SCY - N. Kitsap H.S., Poulsbo, WA
	23	SCM - SPMA - Steve Schofield 818-992-1820
	23-24	LCM - OAHU CLUB, 6800 Hawaii Kai Drive, Honolulu, HI 96825
	24	SCY - Kim Hartle, 10011 Stedwick Rd, Gaithersburg, MD 20879
	24	SCY - Winter warm-ups at Brown, Providenc
	30-Dec 1	SCM - Gregg Tye, 2503 Seacrest Blvd., Delray Beach, FL 33444
DEC		SCY - 1000/1650 - David Diehl, 12511 Little St, Silver Spring, MD 20906
	1	SCY - Dave Sadpwslu. RD #2 bpx 52A, Petersburg, NY 12138
	1	SCY - Alicia Coleman, 24 The Point, Coronado, CA 92118
	8	SCM - Anacortes Community Pool, Anacortes, WA
	13-15	SCY - Judy Bonning, 12441 Royal Palm Blvd., Coral Springs, FL 33065
	14-15	SCM - Regionals - CA - Alison Mitchell 714-581-1135
	21	SCM - John Zell, PO Box 230125, Anchorage, AK 99523
JAN		One Hour Postal Swim -
	19	SCY - Hazen Pool, Kent, WA
	25-26	SCY - University of South Florida, Tampa, FL
FEB	1-2	SCY - Gregg Tye, 2503 Seacrest Blvd., Delray Beach, FL 33444
	1or8	SCY - Tualitin Hills Pentathlos Meet, Beaverton, OR
	28-29	SCY - New Orleans, LA - Mardi Gras Meet
	Mar 1	

NATIONAL AND INTERNATIONAL

MAY 21-24 1992	USMS NATIONAL SC CHAMPIONSHIPS, Hill Carrow, POB 19324, Raleigh, NC 27619
JUN 27-JUL 5 1992	4TH WORLD MASTERS SWIMMING CHAMPIONSHIPS, INDIANAPOLIS, IN
AUG 20-23 1992	USMS NATIONAL LC CHAMPIONSHIPS, Hugh Moore, 29920 2nd Pl SW, Federal Way, WA
APR 10-17 1993	5TH PAN PACIFIC MASTERS SWIMMING CHAMPIONSHIPS, HAMILTON, NEW ZEALAND
JUN-JUL 1994	5TH WORLD MASTERS SWIMMING CHAMPIONSHIPS, MONTREAL, CANADA
1995	6th PAN PACIFIC MASTERS SWIMMING CHAMPIONSHIPS, PERTH, AUSTRALIA