



# SWIM-MASTER

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## Swimmer's Ear

Michael B. Strauss, MD  
Wendy Groner-Strauss, PhD  
Robert W. Cantrell, MD

*Dr. Strauss is associate director of the baromedical department, Memorial Hospital Medical Center, Long Beach, California, and clinical instructor in orthopedic surgery, UCLA School of Medicine. Dr. Groner-Strauss is a clinical pharmacist in the Long Beach area, and Dr. Cantrell is Fitzhugh Professor and chairman, department of otolaryngology and maxillofacial surgery, University of Virginia Medical Center, Charlottesville.*

**S**wimmers suffer from otitis externa five times more than nonswimmers.<sup>1</sup> This problem is so common in swimmers that it is usually referred to as swimmer's ear. Otitis externa interferes with aquatic activities, and therefore is primarily a nuisance rather than a life-threatening condition. Although it usually causes little disability, two saturation dives in the North Sea were stopped because of incapacitating otitis externa, and several others were disrupted.<sup>2</sup>

A latency period of two to three days often occurs before symptoms of swimmer's ear manifest themselves, so the logical association with swimming or diving is not always made. Infections of the ear canal need not be associated with swimming and diving. However, in most instances there is an introduction of water into the ear canals, whether from bathing, showering, humidity, or accidental immersion.

### Anatomic Considerations

The anatomy of the ear canal (figure 1) lends itself to ear infections. Water easily enters the long narrow ear canal during swimming, and moisture retained there may initiate a chain of events leading to otitis externa. If it spreads inward, contiguous ear structures are affected.

Diving mammals have made adaptations that prevent external ear problems. Seals, for example, have external skin flaps that cover their ear openings during dives and prevent water from entering the ear canals. Porpoises have no external auditory canal openings.

### Interacting Factors

Three factors interact to cause ear infec-

tions: warmth, moisture, and microorganisms such as bacteria and fungi (figure 2). Since the temperature inside the ear canal is ideal for multiplication of microbes, it is almost always a factor in the genesis of ear infections.

Retained moisture is the critical variable in the development of ear canal infections. The longer the exposure—in bathing, showering, swimming, diving, and other humid environments—the greater the chance for infection.

Once moisture is retained in the canal, a self-perpetuating process may result (figure 3). Moisture tends to wash away the natural protective coating of cerumen (wax coating) and thus allow the skin to macerate. Maceration may also result from absorption of water in the canal.

Microorganisms normally do not live in the ear canal, but the canal is often exposed to them while bathing, showering, and swimming. These organisms multiply if the canal lining or the cerumen is disrupted, but they cause no difficulties if the skin of the canal remains healthy.

### Individual Variations

Some individuals are prone to ear canal infections. Four factors predispose them to these conditions: first, excessively curved, narrowed, or partially obstructed ear canals (from cysts, bony growth, ear wax plugs, allergies, and dermatitides) tend to trap water. Such problems should be detected on a medical examination and corrected, if possible.

The second factor is the protection of the acid mantle of the cells lining the ear canal. Normally the ear canal lining is slightly acidic, which tends to retard the growth of microorganisms. Multiplication of microorganisms and softening of the external layer of the ear canal convert the canal from an acidic to a basic environment. Reestablishment of the acidic environment is of fundamental importance in controlling and treating ear canal infections. Individual variations in the effectiveness of the acid mantle may explain why some people are prone to ear canal infections while others are not, even when exposures are essentially identical.

The cerumen coating is the third factor. Insufficient cerumen can be as troublesome as too much. Absence of cerumen causes itching in the ear canal, so the temptation is to scratch with a fingernail or sharp object. Scratches disrupt the con-

tinuity of the ear canal lining and provide the opportunity for microorganisms to multiply.

The final factor is that of dermatitides affecting the ear canal linings. Such conditions compromise the protective factors of the canal lining.

### Symptoms and Signs

Itching and pain are the main symptoms of swimmer's ear. Tenderness may be noted when pressure is applied around the external auditory meatus, the ear lobe is pulled, or the jaw is rocked from side to side. Suppurative discharge from the ear canal indicates severe infections. Decreased hearing may be caused by the accumulation of debris in the canal.

Symptoms of ear canal infections are easily differentiated from ear squeeze (barotrauma). Ear squeeze symptoms, including pain, decreased hearing, ringing in the ear, inability to "clear" the ears, and possibly blood-tinged sputum, occur during the descent phase of a dive and are noted immediately.<sup>3</sup> In contrast, the symptoms of swimmer's ear manifest themselves hours or even days after exposure.

Even though ear canal infections are considered minor problems, symptoms should not be disregarded. If the inflammation moves inward, it can lead to a middle ear infection, interference with balance and hearing, and even brain infection. These complications are especially true for the very young, the elderly, and those with compromised immunologic defense mechanisms (patients on high steroid doses, on immunosuppressors, with gammaglobulinopathies, etc.).

### Prevention

Otitis externa can be prevented or minimized by drying the ear canals after diving. Vigorously shaking the head or jumping with the head tilted to one side is effective in removing trapped water from the ear canal. Fanning the ear canal opening will have a drying effect too.

A hair dryer is even more effective.

Use of cotton-tipped applicators to dry the canal or remove ear wax should be avoided because (1) it may push the cerumen against the tympanic membrane; (2) it may abrade the canal lining, making it more susceptible to microorganisms; and (3) it may remove the ear wax that coats the canal.

*Swimmer's ear is one of the few diving disorders in which use of drugs is advocated as a first-line measure for preven-*

tion and treatment.<sup>4</sup> Application of appropriate ear drops after exposure will prevent swimmer's ear. They usually contain a combination of ingredients: alcohols and glycols to reduce moisture, and boric or acetic acid (vinegar) to inhibit the rapid multiplication of microorganisms and to help maintain the lining mantle of the ear canal in its normal acid state.

Ear plugs do not prevent moisture from entering the ear because they do not provide water-tight seals. Sealing agents like petroleum jelly add to the accumulation of debris and trapping of moisture after the plugs are removed. If the plugs are inserted too firmly, they could cause pressure ischemia of the canal lining and make it more susceptible to microorganisms. If used while descending, the plugs can be forced deeply into the ear canals, making removal difficult or impossible.

### Treatment

Medical attention is required for an infection of the ear canal. Alcohol to dry the moisture, acetic acid to restore the acid mantle, and antibiotics to impede bacterial growth are frequently used. If the canal is swollen and tender, a cotton wick soaked with Burow's solution (aluminum acetate solution) is inserted. The wick is kept saturated with the solution until the swelling resolves, usually in 24 to 48 hours. Swelling causes the pain symptoms associated with external otitis. Once the swelling has subsided, a properly trained person should remove debris from the ear canal. Then the desiccating, acidifying, and antibiotic ear drop regimen is instituted.

### Summary

Ear canal infections may be minor in terms of their severity, but their frequency qualifies them as significant diving and swimming medical problems. Aquatic activities leave water that is frequently contaminated in the external ear canal. This retained moisture becomes the critical variable in the genesis of otitis externa.

Immediate treatment is essential when symptoms of ear canal infections are noted. These infections respond rapidly when properly treated. The diver or swimmer, however, should not resume swimming until the infection has resolved. Limiting interactions of the factors that contribute to ear canal infections should prevent recurrences. Individuals who have recurring ear canal infections require evaluation by an ear specialist. ■

Figure 1. Anatomy of the human ear

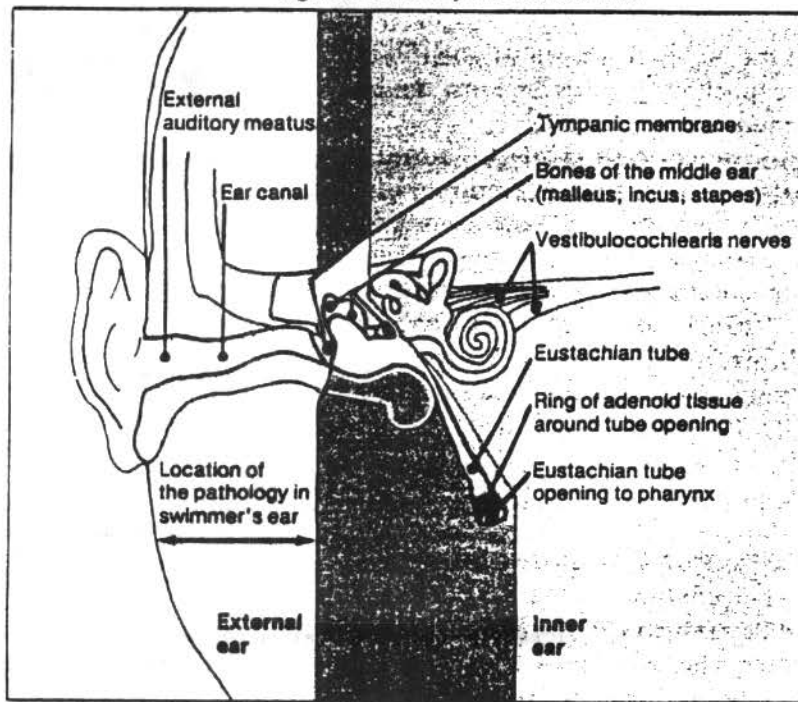


Figure 2. Factors that interact in the genesis of otitis externa

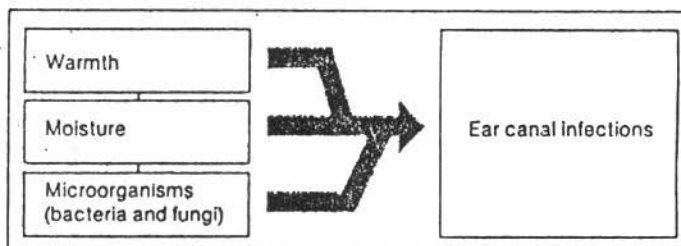
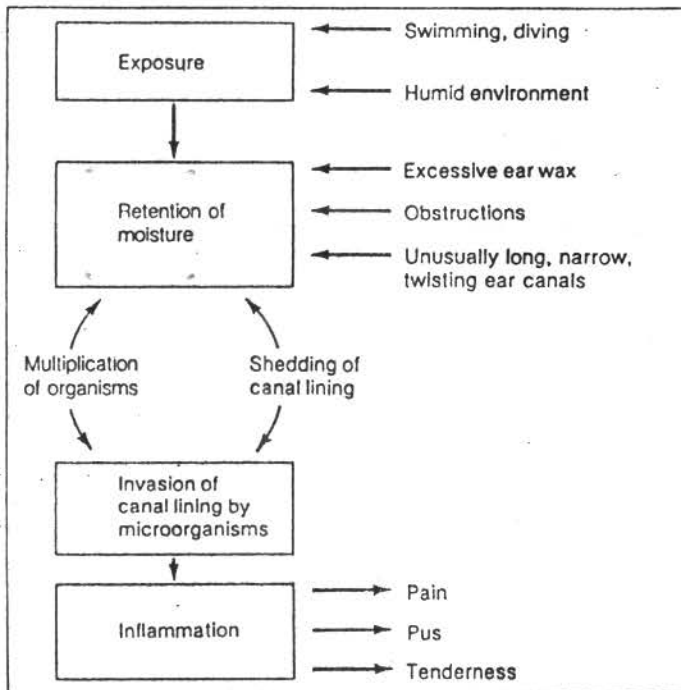


Figure 3. The vicious circle in swimmer's ear



**References**

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2. Alcock SR: Acute otitis externa in divers working in the North Sea: a microbiological survey of seven saturation divers. VI International Hyperbaric Congress. University of Aberdeen, 1977
3. Strauss MB, Cantrell RW: Ear and sinus barotrauma in diving. Phys Sportsmed 2:38, August 1974
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1934

LENORE KIGHT WINGARD

20 National Freestyle  
Championships  
1933-1934-1935-1936

21 American Freestyle  
Records

7 World Records - all  
in Freestyle

3 National Championship  
Relays  
1932-1933-1934

Sullivan Memorial Award  
1934 - 5th  
1935 - 2nd

OLYMPIC GAMES  
1932 - 2nd - 400 mtr  
1st - Relay  
1936 - 3rd - 400 mtr

Masters Records  
70-74 age group  
50-100-200 yd freestyle



1984



PICTURED AT LEFT - Ella Peckham (Walnut Creek Masters) and Aldo Vieira da Rosa (Rinconada Masters) after completing the 1650 yards butterfly race. A total of 17 swimmers demonstrated their stamina by completing the race. Ella is 83 and swam the distance in 1 hour and 4 minutes.

PICTURED ABOVE - Members of the Arkansas Masters Swim Club Ron Bank-Mary lou Jaworski-Rick Field (three in the back) Laverne Anderson-Ida Hlavacek-Hope Vowell



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I read, with considerable interest, "Making a Beauty Splash" in the FEB, 1984 SWIM-MASTER. I, as you know, am a newcomer to swimming. I was 45 when I learned to swim; entered my first-ever competition in 1977, at the age of 52. Hence, I read all the articles on swimming, dieting, warm-up, swim-down, etc. While I agree with many of the things which Jane Katz advocates, I feel obliged to point out some of the things which I do differently. Some, of course, are gender related, some are matters of preference and the rest are enforced by the situation in which I live, work and swim. In addition, I'd hate to have some other "late starter" think that masters swimming is as complicated as Ms. Katz makes it sound.

My life has become more organized as a result of my swimming. My "figure" is better than BM (before masters), but I can't claim a "toned figure" or "youthful skin" (I'm still working on the toning bit, but I think the youthful skin goal is unreachable for me). I've noticed that most women, and some younger men, are quite concerned about their hair. Since I don't have much left, I certainly don't worry about extra washings. I did think about putting conditioner on the tips of the hair in my beard and mustache, but that seems like a lot of work (do you think it would be a good think to do?).

Rather than arrange my swim around my day, I arrange my day around my swim time. It took a while to convince my colleagues not to schedule meetings between 11 am and 1 pm, but I have managed to do it. Invitations to lunch before 12:30 are not accepted, and the number of 10-12 am meetings I agree to is small.

My preparations for swimming are much less involved. Our pool opens at 11:15 am and it's a race for the lanes. It is out of the clothes, into your suit, grab your goggles, pull-buoy, paddles and GO! We have 15-25 swimmers in our workout group. There are another 6-10 regulars who swim slow enough that circle swimming with them is impossible. Hence, preparation before swimming must be minimized and warm-up is done in the pool. Actual swimming lasts 30-60 minutes, depending on how hard I want to work on a given day. There's always someone who quits at 1000 yards and at least one who wants to go 4K. Our Lunch Bunch works out 7 times a week, although not all swimmers make it every day.

After swimming comes a hot shower, washing of hair, etc. Then it is food and liquid time.

If Ms. Katz wants to drink water, that's OK, but a cold can of beer tastes better and has a lot more nutritional value than plain water.

Putting on make-up in the car may be all right for Ms. Katz, but I hope she does it before she starts to drive. It is frustrating to follow a car down a busy street when you realize that the driver of the car in front of you is putting on eye shadow and looking in the rear view mirror instead of watching the road. My "make-up" is limited to an occasional use of moisturizer on my face, but never while I'm driving.

My final comments have to do with the "complete locker" she maintains. I don't know the size of her locker, but mine is 12" x 18" by 36". I keep 2 suits and alternate their use. This is necessary since the locker is unvented and it takes 2 days for the suit to dry (I hate putting on a wet suit, particularly when it is cold). This also means that I can't leave a wet towel in the locker - if I did, and missed 2 days, the towel and suits would be covered with mildew. If I kept have of the rest of her list in the locker, there'd be no place to hang the clothes I take off. My locker contains:

- 2 suits
- goggles
- nose clip
- cap (to keep the sun off bald head)
- paddles
- pull buoy
- ear drops

Those are what I consider as the essentials - I carry my towel and, in an emergency, borrow anything else I need. (I thought about brining in a hair dryer, just to see the effect it would have).

Keep running these good articles, I learn something from all of them. I may even try the lamb's wool and petroleum jelly - I hate ear infections.

EDITORS NOTE: This was a letter that I received from Howard and I enjoyed it so much that I thought some of the rest of you might enjoy reading it. Hope you don't mind sharing it, Howard!



Southern Connecticut  
Mid-Winter Invitational  
1/7/84  
Sanction #02-84 25 yd.  
\*National Record

Women 25-29

<u>50 yd. Freestyle</u>	
Marsha Roth 28	28.662
Barbara Anderson 28	28.681
Kathy Shanahan 25	29.135
Dani Hutchins 26	30.395
Randi Knudsen 27	30.547
Lynn Satkowski 29	32.087
J. Levin 28	38.796
<u>100 yd. Freestyle</u>	
Marsha Roth 28	1:04.253
Barbara Anderson 28	1:06.202
Randi Knudsen 27	1:08.463
Kathy Shanahan 25	1:08.552
Darcy Fazio 29	1:15.993
Lynn Satkowski 29	1:17.334
Maraide Prior 27	1:18.524
<u>200 yd. Freestyle</u>	
Peggy Erlenkotter 26	2:20.918
Randi Knudsen 27	2:30.098
Kathleen Terrio 27	2:33.306
Darcy Fazio 29	2:46.548
Lynn Satkowski 29	2:54.989
J. Levin 28	3:06.80
Carolyn Smith 25	3:16.686
<u>500 yd. Freestyle</u>	
Darcy Fazio 29	7:17.234
<u>50 yd. Backstroke</u>	
Sue Langenhan 26	30.179
<u>100 yd. Backstroke</u>	
Cathy Kirkpatrick 26	1:19.349
Maraide Prior 27	1:29.627
<u>200 yd. Backstroke</u>	
Dani Hutchins 26	2:44.236
Cathy Kirkpatrick 26	2:47.81
<u>50 yd. Breaststroke</u>	
Peggy Erlenkotter 25	37.844
Kathy Shanahan 25	40.204
Maraide Prior 27	44.114
Carolyn Smith 25	48.654
<u>100 yd. Breaststroke</u>	
Peggy Erlenkotter 26	1:24.187
Kathleen Terrio 27	1:25.782
Carolyn Smith 25	1:49.000
<u>200 yd. Breaststroke</u>	
Peggy Erlenkotter 26	2:55.749
Kathleen Terrio 27	3:04.077
J. Levine 28	3:18.535
<u>50 yd. Butterfly</u>	
Sue Langenhan 26	29.047
Barbara Anderson 28	32.240
<u>100 yd. Butterfly</u>	
Dani J. Hutchins 23	1:11.8
Barbara Anderson 28	1:22.6
<u>200 yd. Butterfly</u>	
Sue Langenhan 26	2:25.72
Dani J. Hutchins 26	2:44.138
<u>100 yd. I.M.</u>	
Sue Langenhan 26	1:04.513
Kathy Shanahan 25	1:19.769
Maraide Prior 27	1:25.820
Lynn Satkowski 29	1:32.913
J. Levin 28	1:36.337
<u>200 yd. I.M.</u>	
Peggy Erlenkotter 26	2:35.968
Kathleen Terrio 27	2:52.561
Darcy Fazio 29	3:04.497
<u>400 I.M.-Sue Langenhan 26</u>	5:09.93
<u>Women 30-34</u>	
<u>50 yd. Freestyle</u>	
Jerianne Donnelly 33	29.891
Martha McCarney 31	30.259
Suzanne Ragur 33	30.383
Patty Spector 32	35.721
Ellen Lippmann 32	36.750
Vivien Abrams 34	37.113
Barbara Florentine 33	37.941
<u>100 yd. Freestyle</u>	
Suzanne Ragur 33	1:05.209
Jerianne Donnelly 33	1:06.843
Karen Gaucher 33	1:09.347
Barbara Levine 30	1:19.454
Vivien Abrams 34	1:19.602
Kim Conner 31	1:26.853
<u>200 yd. Freestyle</u>	
Suzanne Ragur 33	2:20.442
Vivien Abrams 34	2:51.881
Barbara Levine 30	3:02.50
Kim Conner 31	3:11.23
<u>500 yd. Freestyle</u>	
Suzanne Ragur 33	6:11.931
Vivien Abrams 34	7:38.969
Kim Conner 31	8:35.863

<u>50 yd. Backstroke</u>	
Karen Gaucher 33	39.486
<u>50 yd. Breaststroke</u>	
Martha McCarney 31	40.132
Patty Spector 32	42.985
Karen Gaucher 33	43.162
Ellen Lippmann 32	43.729
Kim Conner 31	46.341
<u>100 yd. Breaststroke</u>	
Ellen Lippmann 32	1:36.83
<u>200 yd. Breaststroke</u>	
Patty Spector 32	3:17.020
<u>50 yd. Butterfly</u>	
Karen Gaucher 33	40.69
<u>100 yd. I.M.</u>	
Karen McCarney 31	1:16.157
Karen Gaucher 33	1:22.517
<u>Women 35-39</u>	
<u>50 yd. Freestyle</u>	
Christie Slimak 35	28.433
Barbara Sautter 38	34.491
Jane Alpert 36	35.689
Barbara Provato 36	37.137
<u>100 yd. Freestyle</u>	
Jane Murphy Sherman 39	1:10.974
Jane Alpert 36	1:19.183
<u>200 yd. Freestyle</u>	
Jane Alpert 36	2:59.517
<u>50 yd. Backstroke</u>	
Barbara Sautter 38	43.732
<u>50 yd. Breaststroke</u>	
Christie Slimak 35	34.856
Barbara Provato 36	43.813
Barbara Sautter 38	44.380
<u>100 yd. Breaststroke</u>	
Christie Slimak 35	1:17.935
<u>100 yd. Butterfly</u>	
Lois Weiner 35	1:33.1
<u>200 yd. Butterfly</u>	
Lois Weiner 35	3:36.111
<u>100 yd. I.M.</u>	
Christie Slimak 35	1:12.650
Jane Murphy Sherman 39	1:18.327
Barbara Sautter 38	1:30.948
<u>200 yd. I.M.</u>	
Jane Murphy Sherman 39	2:50.434
<u>400 yd. I.M.-Lois Weiner 35</u>	6:49.30
<u>Women 40-44</u>	
<u>50 yd. Freestyle</u>	
Barbara Thurber 40	34.656
Nancy Dobie 41	41.000
<u>100 yd. Freestyle</u>	
Rita Hochenberg 44	1:11.095
Barbara Thurber 40	1:22.656
Nancy Dobie 41	1:33.372
<u>200 yd. Freestyle</u>	
Nancy Dobie 41	3:39.495
<u>500 yd. Freestyle</u>	
Nancy Dobie 41	9:57.154
<u>50 yd. Backstroke</u>	
Barbara Thurber 40	40.092
<u>100 yd. Backstroke</u>	
Barbara Thurber 40	1:32.011
<u>100 yd. Breaststroke</u>	
Rita Hochenbers 44	1:28.065
<u>200 yd. Breaststroke</u>	
Rita Hochenbers 44	3:04.658
<u>100 yd. Butterfly</u>	
Rita Hochenberg 44	1:27.3
<u>200 yd. I.M.</u>	
Rita Hochenberg 44	3:01.25
<u>Women 45-49</u>	
<u>50 yd. Freestyle</u>	
Ronnie Kamphausen 49	28.989
Pat Wells 47	37.994
<u>100 yd. Freestyle</u>	
Laverne Adams 49	1:10.985
Judy Parker 47	1:19.053
Patricia Moynahan 49	1:32.53
<u>200 yd. Freestyle</u>	
Laverne Adams 49	2:51.144
<u>500 yd. Freestyle</u>	
Judy Parker 47	7:28.808
<u>50 yd. Backstroke</u>	
Ronnie Kamphausen 49	37.30
Pat Wells 47	47.00
<u>100 yd. Backstroke</u>	
Ronnie Kamphausen 49	1:21.47
Patricia Moynahan 49	1:50.67
<u>200 yd. Backstroke</u>	
Ronnie Kamphausen 49	2:56.762
<u>50 yd. Breaststroke</u>	
Pat Wells 47	52.174
<u>100 yd. Breaststroke</u>	
Pat Wells 47	1:53.350
<u>50 yd. Butterfly</u>	
Laverne Adams 49	46.391
<u>100 yd. Butterfly</u>	
Laverne Adams 49	1:33.4
Judy Parker 47	1:40.4

<u>100 yd. I.M.</u>	
Ronnie Kamphausen 49	1:18.672
Pat Wells 47	1:40.984
<u>200 yd. I.M.</u>	
Laverne Adams 49	3:07.627
Judy Parker 47	3:10.757
<u>Women 50-54</u>	
<u>50 yd. Freestyle</u>	
Marjorie Martin 54	32.183
Sylvia Eselson 54	39.881
Barbara Stanley 50	42.40
<u>100 yd. Freestyle</u>	
Marjorie Martin 54	1:14.354
Sylvia Eselson 54	1:30.430
Barbara Stanley 50	1:39.593
<u>200 yd. Freestyle</u>	
Barbara Stanley 50	3:43.565
<u>50 yd. Backstroke</u>	
Betty Pitts 52	46.257
<u>100 yd. Backstroke</u>	
Marjorie Martin 54	1:27.914
Betty Pitts 52	1:39.079
Barbara Stanley 50	2:03.209
<u>200 yd. Backstroke</u>	
June Gravener 52	3:17.630
Betty Pitts 52	3:32.10
<u>50 yd. Breaststroke</u>	
Sylvia Eselson 54	50.089
<u>200 yd. Breaststroke</u>	
June Gravener 52	3:31.996
<u>100 yd. Butterfly</u>	
June Gravener 52	3:39.826
<u>100 yd. I.M.</u>	
Marjorie Martin 54	1:27.116
June Gravener 52	1:33.761
Sylvia Eselson 54	1:54.951
Barbara Stanley 50	1:58.765
<u>200 yd. I.M.</u>	
June Gravener 52	3:18.696
<u>Women 55-59</u>	
<u>50 yd. Backstroke</u>	
Clara Walker 57	36.67
<u>100 yd. Backstroke</u>	
Clara Walker 57	1:19.65
<u>200 yd. Backstroke</u>	
Clara Walker 57	2:56.19
<u>100 yd. Breaststroke</u>	
Clara Walker 57	1:28.80
<u>Women 60-64</u>	
<u>50 yd. Freestyle</u>	
Dot Donnelly 62	33.17
Nancy Phillips 62	36.37
<u>100 yd. Freestyle</u>	
Dot Donnelly 62	1:14.13
Nancy Phillips 62	1:22.34
<u>200 yd. Freestyle</u>	
Dot Donnelly 62	2:58.71
<u>500 yd. Freestyle</u>	
Nancy Phillips 62	8:31.80
<u>50 yd. Backstroke</u>	
Nancy Phillips 62	43.93
<u>100 yd. Backstroke</u>	
Nancy Phillips 62	1:35.42
<u>100 yd. I.M.</u>	
Dot Donnelly 62	1:31.39
<u>Women 65-69</u>	
<u>50 yd. Freestyle</u>	
Marie Wicklun 69	39.98
Flori Sturmark 65	53.46
Hilda Stark 65	58.30
<u>100 yd. Freestyle</u>	
Marie Wicklun 69	1:31.56
Flori Sturmark 65	1:47.02
Hilda Stark 65	2:14.61
<u>50 yd. Backstroke</u>	
Hilda Stark 65	1:17.40
<u>100 yd. Backstroke</u>	
Marie Wicklun 69	1:36.85
Flori Sturmark 65	2:35.81
Hilda Stark 65	2:44.16
<u>Women 70-74</u>	
<u>50 yd. Freestyle</u>	
Pearl Sobel 70	59.18
<u>50 yd. Breaststroke</u>	
Pearl Sobel 70	1:17.02

<u>Women 25+</u>	
<u>200 yd. Medley Relay</u>	
Abrams 34	2:32.75
Rague 33	
Lippmann 32 (Metro Masters)	
Sherman 39	
<u>Women 35+</u>	
<u>200 yd. Medley Relay</u>	
Thurber 40	2:52.72
Weiner 35	
Stanley 51 (Metro Masters)	
Eselson 54	
<u>Men 25+</u>	
<u>200 yd. Medley Relay</u>	
Darcy 30	1:56.21
Mitchell 28	
Switteart 31 (Metros)	
Smith 26	
Locketell 30	2:09.21
Webber 27	
Hallwood 29 (Metros)	
Clagget 41	
<u>Men 35+</u>	
<u>200 yd. Medley Relay</u>	
Young 37	2:13.78
DiPaola 35	
DiSimone 41 (Metros)	
Monahan 42	
<u>Men 45+</u>	
<u>200 yd. Medley Relay</u>	
Hulme 55	2:15.0
Burbank 50	
Edwards 61 (NEM)	
Read 49	
<u>Metro Master</u>	
Sengstock 47	2:17.92
Gallagher 45	
Johnson 49	
Pitts 53	
<u>Conn. Masters</u>	
Scherzer 46	2:18.41
Vogt 47	
Jerrold 61	
Marks 53	
<u>Metro Master</u>	
Cobar 48	2:38.13
Smithurst 48	
Stickler 50	
Kapp 47	
<u>Men 55+</u>	
<u>200 Medley Relay</u>	
Perillo 62	2:52.55
Forbes 51	
Davis 56 (Metro Master)	
D'ambra 56	
<u>Men 65+</u>	
<u>Connecticut Masters</u>	
Merrill 66	2:19.03
Chamberlain 66	
Knapp 66	
Sautter 69	
<u>Metro Masters</u>	
Guido 66	2:46.80
Eager 67	
Barr 74	
Sober 73	
<u>25+</u>	
<u>200 yd. Mixed Medley Relay</u>	
<u>Conn. Masters</u>	
Herd 26	2:09.47
Terric 27	
Nosal 28	
Roth 28	
<u>Red Tide</u>	
Kirkpatrick 25	2:12.23
Levin 28	
Erlanger 29	
Morris 25	
<u>35+</u>	
<u>NEM</u>	
Moynahan 49	2:20.64
McCarney 36	
Dalby 34	
Rowe 30	

45+	
<u>NEM</u>	
Walker 57	2:18.86
Burbank 50	
Martin 54	
Read 49	
<u>Conn. Masters</u>	
Adams 48	2:25.74
Kamphausen 49	
Scherzer 47	
Vogt 47	
<u>Metro Master</u>	
Pitts 52	2:35.46
Evelson 54	
Tebbens 54	
Pitts 53	
<u>200 yd. Free Relay</u>	
45+	
<u>Metro Master A</u>	
Gallagher 45	1:49.64
Tebbens 54	
Kapp 48	
Pitts 53	
55+	
<u>Metro Master</u>	
Dambra	2:35.87
Davis 56	
Forbes 57	
Perillo 62	
45+	
<u>200 yd. Free Mixed Relay</u>	
<u>Metro Master</u>	
Pitts 53	2:38.16
Tebbens 54	
Pitts 52	
Stanley	
<u>Men 25-29</u>	
<u>50 yd. Freestyle</u>	
William Skelley 25	23.02
Niel Mitchell 28	25.19
Richard Smith 26	25.25
Clive Hallwood 29	25.27
Robert Erlanger 29	25.86
Michael Lancaster 28	26.36
Dennis Darling 27	26.54
Bill Ferro 26	27.06
Stephen Bergethon 27	27.70
<u>100 yd. Freestyle</u>	
Bill Skelley 25	51.37
Gilbert Olson 28	54.24
Neil Mitchell 28	54.97
Clive Hallwood 29	55.19
Dean Morris 25	55.35
Dennis Darling 27	58.33
Richard Smith 26	58.85
Bill Ferro 26	59.34
Michael Lancaster 28	59.98
<u>200 yd. Freestyle</u>	
Clive Hallwood 29	2:01.57
Thomas Nosal 28	2:01.43
Gilbert Olsen 28	2:02.90
Carlos Lloreda 29	2:05.08
Dean Morris 25	2:07.23
Bob Webber 27	2:11.43
<u>500 yd. Freestyle</u>	
Clive Hallwood 29	5:36.53
<u>50 yd. Backstroke</u>	
Bob Webber 27	30.13
Bill Ferro 26	30.47
Robert Erlanger 29	32.91
<u>100 yd. Backstroke</u>	
Bob Webber 27	1:04.67
Richard Smith 26	1:15.18
John Herd 26	1:18.53
<u>200 yd. Backstroke</u>	
Bob Webber 27	2:22.17
Carlos Lloreda 29	2:22.63
John Herd 26	2:45.60
<u>50 yd. Breaststroke</u>	
Bill Skelley 25	29.31
Stephen Bergethon 27	31.49
Robert Erlanger 29	33.55
Richard Smith 26	33.77
Niel Mitchell 28	34.92
<u>100 yd. Breaststroke</u>	
Stephen Bergethon 27	1:08.43
Rob Erlanger 29	1:13.85
<u>200 yd. Breaststroke</u>	
Stephen Bergethon 27	2:28.85
Richard Smith 26	2:53.09
John Herd 26	2:55.93
<u>50 yd. Butterfly</u>	
Bill Ferro 26	30.80
<u>100 yd. Butterfly</u>	
Bob Webber 27	1:07.54

<u>100 yd. I.M.</u>	
Neil Mitchell 28	1:03.96
Dennis Darling 27	1:06.72
Bob Webber 27	1:06.82
Bill Ferro 26	1:09.28
<u>200 yd. I.M.</u>	
Carlos Lloreda 29	2:19.45
Thomas Nosal 28	2:20.27
Neil Mitchell 28	2:23.94
Dean Morris 25	2:26.27
400 I.M.-Stephen Bergethon	5:16.25
<u>Men 30-34</u>	
<u>50 yd. Freestyle</u>	
John Lapides 34	24.21
Mike Rowe 30	24.92
Alan Sokolow 33	25.25
Blake Swihart 31	25.61
Robert Darcy 30	25.83
Mike Lockatell 30	26.56
David Post 30	31.47
Robert Theroux 34	34.55
<u>100 yd. Freestyle</u>	
John Lapides 34	54.28
Alan Sokolow 33	55.26
Mike Rowe 30	55.33
Reed Ameden 30	55.49
Scott Smith 30	58.29
Fred Dalby 34	59.18
Mike Lockatell 30	1:00.58
David Post 30	1:08.42
Robert Theroux 34	1:24.64
<u>200 yd. Freestyle</u>	
Mike Rowe 30	2:09.07
Scott Smith 30	2:09.66
David Post 30	2:38.41
Robert Theroux 34	3:38.41
<u>50 yd. Backstroke</u>	
Robert Theroux 34	46.12
<u>50 yd. Breaststroke</u>	
Robert Darcy 30	32.26
Alan Sokolow 33	34.70
Blake Swihart 31	36.08
Robert Theroux 34	40.55
<u>100 yd. Breaststroke</u>	
Rob Darcy 30	1:12.08
Blake Swihart 31	1:15.17
Scott Smith 30	1:15.85
<u>200 yd. Breaststroke</u>	
Robert Darcy 30	2:46.22
<u>50 yd. Butterfly</u>	
Fred Dalby 34	30.48
<u>100 yd. Butterfly</u>	
Reed Ameden 30	1:03.70
Fred Dalby 34	1:09.14
<u>100 yd. I.M.</u>	
Alan Sokolow 33	1:05.18
B. Swihart 31	1:06.22
Robert Darcy 30	1:07.24
Scott Smith 30	1:08.97
<u>200 yd. I.M.</u>	
Alan Sokolow 33	2:22.64
Reed Ameden 30	2:28.33
Fred Dalby 34	2:33.15
Scott Smith 30	2:34.50
<u>Men 35-39</u>	
<u>50 yd. Freestyle</u>	
J.A. McCarthy 39	24.25
Stephen Broker 36	24.65
Ted Bears 38	25.34
Paul Epstein 37	28.13
Charles Horgan 39	29.25
Lawrence Juskot 35	30.46
Coulter Young 37	33.35
Bill Golos 36	34.20
<u>100 yd. Freestyle</u>	
Stephen Broker 36	54.03
John McCarthy 39	54.07
Ted Bears 38	57.66
Steven Barber 37	1:00.65
Charles Horgan 39	1:04.31
Paul Epstein 37	1:06.64
<u>200 yd. Freestyle</u>	
Stephen Broker 36	2:01.43
Charles Horgan 39	2:21.78
William Such 35	2:25.95
Paul Epstein 37	2:33.10
Outler Young 37	2:50.81
<u>100 yd. Backstroke</u>	
Bob Cahill 36	1:11.32
Bill Golos 36	1:39.37
<u>200 yd. Backstroke</u>	
Bob Cahill 36	2:38.10
Bill Golos 36	3:48.52
<u>50 yd. Breaststroke</u>	
Al Mulcahy 35	31.65
James DiPaola 35	31.96
Phil Prather 35	33.93

<u>100 yd. Breaststroke</u>	
James DiPaola 35	1:09.48
Al Mulcahy 36	1:10.96
Phil Prather 35	1:16.56
Steve Barbee 37	1:18.31
Paul Epstein 37	1:24.25
<u>200 yd. Breaststroke</u>	
James DiPaola 35	2:34.49
Al Mulcahy 35	2:35.56
Phil Prather 35	2:49.44
<u>50 yd. Butterfly</u>	
James DiPaola 35	27.67
Bob Cahill 36	32.11
<u>100 yd. Butterfly</u>	
James DiPaola 35	1:01.98
Bob Cahill 36	1:15.57
Joe Coplan 38	1:02.20
Ted Bears 38	1:03.20
<u>200 yd. Butterfly</u>	
Bill Golas 36	3:36.73
Joseph Coplan 38	2:22.45
<u>100 yd. I.M.</u>	
Stephen Broker 36	1:02.15
Paul Epstein 37	1:16.05
Lawrence Juskot 35	1:16.43
Bill Golas 36	1:30.17
<u>200 yd. I.M.</u>	
Joseph Coplan 38	2:30.89
Steven Barbee 37	2:40.74
William Juch 35	2:51.08
<u>Men 40-44</u>	
<u>50 yd. Freestyle</u>	
J. Bendon 44	24.90
Mike Clogget 41	27.03
Robert Komenda 44	27.69
Richard Monahan 42	28.59
John O'Malley 43	30.02
Doug Cleford 42	30.07
Raymond Thornberg 44	33.34
Sal DiFranco 41	35.13
<u>100 yd. Freestyle</u>	
J. Bendon 44	56.20
Mike Clogget 41	59.73
Robert Komenda 44	1:02.45
Richard Monahan 42	1:04.29
Doug Cleford 42	1:12.34
Raymond Thornberg 44	1:17.04
Sal DiFranco 41	1:22.89
<u>200 yd. Freestyle</u>	
Daniel Davis 41	2:11.28
Robert Komenda 44	2:21.62
Richard Monahan 42	2:24.53
<u>50 yd. Backstroke</u>	
Peter Michel 40	33.61
Bernhard 41	35.57
Doug Cleford 42	39.77
Raymond Thornburg 44	44.55
John O'Malley 43	48.45
<u>100 yd. Backstroke</u>	
John Bender 44	1:16.19
Mike Clogget 41	1:20.67
<u>50 yd. Breaststroke</u>	
Peter Michel 40	31.97
Jim DeSimone 41	36.81
Edward Morgan 44	38.13
John O'Malley 43	39.11
Mike Clogget 41	41.19
<u>100 yd. Breaststroke</u>	
Pete Michel 40	1:10.85
Mike Laux 42	1:15.39
Jim DeSimone 41	1:23.02
John O'Malley 43	1:29.18
<u>200 yd. Breaststroke</u>	
Peter Michel 40	2:41.04
Jim DeSimone 41	3:02.35
Robert Komenda 44	3:09.44
John O'Malley 43	3:27.18
<u>50 yd. Butterfly</u>	
Peter Michel 40	29.50
Jim DeSimone 41	32.36
Edward Morgan 44	35.28
Doug Cleford 42	35.63
Raymond Thornburg 44	50.06
<u>100 yd. Butterfly</u>	
Mike Laux 42	1:01.80
John Bender 44	1:08.92
Edward Morgan 44	1:24.28
<u>200 yd. Butterfly</u>	
Edward Morgan 44	3:10.81
<u>100 yd. I.M.</u>	
Mike Laux 42	1:04.48
John Bender 44	1:09.53
Richard Monahan 42	DQ
Doug Cleford 42	DQ
Raymond Thornburg 44	DQ
<u>200 yd. I.M.</u>	
Mike Laux 42	2:24.67
Jim DeSimone 41	2:53.94

<u>Men 45-49</u>	
<u>50 yd. Freestyle</u>	
Donald Read 49	25.93
Peter Crumline 45	26.62
Oswald Kapp 45	27.87
James Johnson 48	28.15
Bruce Vogt 47	28.37
Everett Smethurst 48	28.55
Robert Coykendall 46	28.87
Bernard Sengstock 46	29.53
Peter Milliken 47	31.68
Pickett Simpson 48	32.52
Alan Cober 48	34.27
<u>100 yd. Freestyle</u>	
Peter Crumline 45	1:00.43
Donald Read 49	1:01.52
James Johnson 48	1:01.60
Robert Coykendall 46	1:02.54
Oswald Kapp 45	1:03.74
Lou Silverstein 44	1:04.01
Everett Smethurst 48	1:04.37
George Brunstad 49	1:05.92
Pickett Simpson 48	1:12.51
Peter Milliken 47	1:12.93
Alan Cober 48	1:28.04
<u>200 yd. Freestyle</u>	
Drury Gallagher 45	2:06.54
Robert Coykendall 46	2:21.88
Oswald Kapp 45	2:25.51
Lou Silverstein 49	2:29.61
<u>500 yd. Freestyle</u>	
Robert Coykendall 46	6:42.64
<u>50 yd. Backstroke</u>	
Kent Atkins 45	34.13
Bruce Vogt 47	35.50
<u>100 yd. Backstroke</u>	
Kent Atkins 45	1:14.58
Bruce Vogt 47	1:17.94
Bernard Sengstock 46	1:22.52
<u>200 yd. Backstroke</u>	
Drury Gallagher 45	2:30.61
Kent Atkins 45	2:49.91
Bernard Sengstock 46	3:05.42
Bruce Vogt 47	3:09.70
<u>50 yd. Breaststroke</u>	
Peter Crumline 45	34.76
Lou Abel 47	35.77
Peter Milliken 47	36.85
Kelton Burbank 49	37.10
Bruce Vogt 47	37.30
<u>100 yd. Breaststroke</u>	
Lou Abel 47	1:21.97
Peter Milliken 47	1:22.95
<u>200 yd. Breaststroke</u>	
Drury Gallagher 45	2:34.41
George Brunstad 49	2:57.99
Lou Abel 47	3:02.96
Kelton Burbank 49	3:18.31
Saul Scherzer 46	3:21.58
<u>50 yd. Butterfly</u>	
Kent Atkins 45	31.85
Pickett Simpson 48	37.81
<u>100 yd. Butterfly</u>	
George Brunstad 49	1:14.10
Pickett Simpson 48	1:36.27
<u>200 yd. Butterfly</u>	
Drury Gallagher 45	2:31.02
Len Silverstein 49	2:57.16
Lou Abel 47	3:35.47
Pickett Simpson 49	3:41.55
<u>100 yd. I.M.</u>	
James Johnson 48	1:11.97
Kent Atkins 45	1:15.84
Everett Smethurst 48	1:16.00
Peter Milliken 47	1:23.46
Saul Scherzer 46	1:30.47
<u>200 yd. I.M.</u>	
Drury Gallagher 45	2:19.34
George Brunstad 49	2:41.52
Len Silverstein 49	2:50.44
Lou Abel 47	3:09.19
Oswald Kapp 45	DQ
400 yd. I.M.- Drury Gallagher	5:04.24
<u>Men 50-54</u>	
<u>50 yd. Freestyle</u>	
James Pitts 53	27.30
William Christian 53	28.73
Milton Marks 53	29.10
Richard Ellis 51	29.38
John Graney 50	30.84
<u>100 yd. Freestyle</u>	
James Pitts 53	1:00.91
William Christian 53	1:05.14
Milton Marks 53	1:05.58
John Graney 50	1:10.14
David Stickler 50	1:10.33
<u>200 yd. Freestyle</u>	
James Pitts 53	2:21.37
David Stickler 50	2:41.82
John Graney 50	2:45.69



300 yd. Freestyle	
John Grawen 50	7:30.73
50 yd. Backstroke	
Richard Elks 51	42.20
Ernie Hulme 55	36.85
100 yd. Backstroke	
William Christian 53	1:15.62
Richard Ellis 51	1:24.98
John Graney 50	1:29.06
200 yd. Backstroke	
William Christian 53	2:50.37
Richard Ellis 51	3:30.62
50 yd. Breaststroke	
Milton Marks 53	35.33
Richard Ellis 51	44.94
100 yd. Breaststroke	
Richard Ellis 51	2:10.09
50 yd. Butterfly	
Art Tebbens 54	31.53
100 yd. Butterfly	
Art Tebbens 54	1:18.98
200 yd. Butterfly	
Art Tebbens 54	3:01.99
100 yd. I.M.	
David Stickler 50	1:22.98
William Christian 53	DQ
200 yd. I.M.	
Art Tebbens 54	2:59.37
David Stickler 50	3:05.36
Men 55-59	
50 yd. Freestyle	
Ray Lavendier 58	28.91
Wayne Shadbolt 59	29.88
Lucian Dambra 56	36.23
William Davis 56	39.81
100 yd. Freestyle	
Wayne Shadbolt 59	1:05.47
Lucian Dambra 56	1:21.11
200 yd. Freestyle	
Wayne Shadbolt 59	2:28.01
Lucian Dambra 56	3:04.15
100 yd. Backstroke	
Ernie Hulme 55	1:22.62
200 yd. Backstroke	
Ernie Hulme 55	3:01.67
50 yd. Breaststroke	
James Forbes 57	36.81
William Davis 56	42.61
100 yd. Breaststroke	
James Forbes 57	1:28.31
Bill Davis 56	1:40.66
200 yd. Breaststroke	
James Forbes 57	3:38.63
50 yd. Butterfly	
Ray Lavendier 58	31.01
100 yd. I.M.	
Ernie Hulme 55	1:18.15
Ray Lavendier 58	1:19.44
Wayne Shadbolt 59	1:21.70
Men 60-64	
50 yd. Freestyle	
Jerry Jarrold 61	30.11
C.E. Harris 62	32.16
Elliot Schofield 61	32.53
Tom Jackson 62	36.36
Ernie Kassner 60	43.03
100 yd. Freestyle	
C.E. Harris 62	1:11.58
200 yd. Freestyle	
Jerry Jarrold 61	2:30.31
Jim Edwards 61	2:38.81
C. Harris 62	2:42.12
Elliot Schofield 61	2:46.93
50 yd. Freestyle	
C. Harris 62	7:23.20
Elliot Schofield 61	7:47.41
50 yd. Backstroke	
Elliot Schofield 61	37.75
Anthony Perrillo 62	50.63
100 yd. Backstroke	
Tom Jackson 62	1:27.03
Elliot Schofield 61	1:29.28
C. Harris 62	1:34.29
200 yd. Backstroke	
Jim Edwards 61	3:05.20
Tom Jackson 62	3:12.06
50 yd. Breaststroke	
Norman Garsoe 60	39.46
Ray Walker 64	40.97
Anthony Perrillo 62	43.41
Ernie Kassner 60	45.27
100 yd. Breaststroke	
Norman Garsoe 60	1:28.76
Anthony Perrillo 62	1:37.53
200 yd. Breaststroke	
Norman Garsoe 60	3:15.75
Ray Walker 64	3:25.18
Ernie Kassner 60	3:35.94
Anthony Perrillo 62	3:42.90

50 yd. Butterfly	
Jerry Jarrold 61	33.11
200 yd. Butterfly	
Ray Walker 64	3:38.89
100 yd. I.M.	
Jerry Jarrold 61	1:14.23
Anthony Perrillo 62	1:43.82
200 yd. I.M.	
Jerry Jarrold 61	2:48.57
Jim Edwards 61	3:18.13
Men 65-69	
50 yd. Freestyle	
John Sautter 69	30.58
Roger Chamberlain 66	32.47
William Struthers 65	38.67
100 yd. Freestyle	
Dick Guido 66	1:17.31
William Struthers 65	1:32.77
200 yd. Freestyle	
Roger Chamberlain 66	2:57.58
William Struthers 65	3:43.94
500 yd. Freestyle	
William Struthers 65	9:52.34
50 yd. Backstroke	
John Merrill 66	38.51
100 yd. Backstroke	
John Merrill 66	1:24.57
Roger Chamberlain 66	1:30.25
Dick Guido 66	1:36.70
William Struthers 65	1:46.76
200 yd. Backstroke	
John Merrill 66	3:04.99
50 yd. Breaststroke	
Roger Chamberlain 66	39.03
Murray Eager 67	41.38
John Sautter 69	42.80
100 yd. Breaststroke	
Murray Eager 67	1:38.46
200 yd. Breaststroke	
Murray Eager 67	3:44.23
50 yd. Butterfly	
Bob Knapp 66	35.27
100 yd. Butterfly	
Bob Knapp 66	1:30.30
200 yd. Butterfly	
Dick Guido 66	3:33.86
100 yd. I.M.	
John Sautter 69	1:27.28
200 yd. I.M.	
John Sautter 69	3:32.39
Men 70-74	
Gerson Sobel 73	32.53
Don Erion 70	38.47
100 yd. Freestyle	
Gerson Sobel 73	1:15.64
200 yd. Freestyle	
Gerson Sobel 73	3:07.04
50 yd. Breaststroke	
Don Erion 70	42.50
Harry Barr 74	49.53
100 yd. Breaststroke	
Harry Barr 74	1:58.22
200 yd. Breaststroke	
Don Erion 70	3:37.23
50 yd. Butterfly	
Harry Barr 74	58.24
100 yd. I.M.	
Harry Barr 74	1:54.79
Men 80-84	
50 yd. Freestyle	
Gus Langner 80	38.45
Tony Lopez 84	1:11.21
100 yd. Freestyle	
Gus Langner 80	1:28.40
200 yd. Freestyle	
Gus Langner 80	3:10.82
100 yd. Backstroke	
Tony Lopez 84	3:02.96
200 yd. Backstroke	
Tony Lopez 84	6:22.94
50 yd. Breaststroke	
Gus Langner 80	*50.42
100 yd. Breaststroke	
Gus Langner 80	*1:56.56
200 yd. Breaststroke	
Gus Langner 80	*4:11.85
100 yd. I.M.	
Tony Lopez 84	3:45.52

SOUTH GATE SWIM MEET - 1983	
SOUTH GATE, CA 11 DEC. 1983	
WOMEN 25-29	
50 YARD FREESTYLE	
Kim Worthen 27	25.33
Catherine Neville 26*	26.47
Julie Paque 25	27.78
Diane Dagosta 27	28.03
Toni O'Donnell 28	28.04
Anne M. Wade 26	28.91
Lynn Kubasek 25	33.97
Karen French 29	40.69
Lynne McGinnis 27*	40.81
200 YARD FREESTYLE	
Kim Worthen 27	2:00.53
Catherine Neville 26*	2:03.29
Diane Dagosta 27	2:09.62
Toni O'Donnell 28	2:22.48
Lynne McGinnis 27*	3:18.02
100 YARD BACKSTROKE	
Catherine Neville 26*	1:11.59
Toni O'Donnell 28	1:13.67
Elaine Pong 26	1:18.84
Lynn Kubasek 25	1:34.13
Lynne McGinnis 27*	1:58.94
50 YARD BREASTSTROKE	
Diane Dagosta 27	42.80
Lynne McGinnis 27*	58.48
200 YARD BREASTSTROKE	
Kim Worthen 27	2:47.11
100 YARD BUTTERFLY	
Kim Worthen 27	1:02.74
Catherine Neville 26*	1:04.17
100 YARD INDIVIDUAL MEDLEY	
Kim Worthen 27	1:06.77
Diane Dagosta 27	1:12.53
Elaine Pong 26	1:12.66
Toni O'Donnell 28	1:14.38
Anne M. Wade 26	1:17.06
Lori Hocker 28	1:27.06
Lynne McGinnis 27*	1:49.10
WOMEN 30-34	
50 YARD FREESTYLE	
Barbara Held 30	26.20
Debbie Bradbury 32	27.99
Bettina Schendel 32	37.48
Marye' E. Leslie 31	37.54
Cheryl Crooks 30	39.12
200 YARD FREESTYLE	
Barbara Held 30	2:05.88
Debbie Bradbury 32	2:22.84
Bettina Schendel 32	3:37.18
Marye' E. Leslie 31	3:44.27
100 YARD BACKSTROKE	
Barbara Held 30	1:11.70
50 YARD BREASTSTROKE	
Marye' E. Leslie 31	1:00.38
100 YARD BUTTERFLY	
Barbara Held 30	1:03.74
Debbie Bradbury 32	1:11.69
100 YARD INDIVIDUAL MEDLEY	
Barbara Held 30	1:08.38
Marye' E. Leslie 31	1:50.34
WOMEN 35-39	
100 YARD BACKSTROKE	
Katherine Watson 35	1:28.26
50 YARD BREASTSTROKE	
Katherine Watson 35	52.96
200 YARD BREASTSTROKE	
Katherine Watson 35	3:57.32
100 YARD BUTTERFLY	
Katherine Watson 35	1:45.26
100 YARD INDIVIDUAL MEDLEY	
Katherine Watson 35	1:35.17
WOMEN 40-44	
50 YARD FREESTYLE	
Diana Todd 40	26.25
Judy Crowell 41	30.50
Joan Jeter 44	32.66
Bonnie Brady 42	34.73
Barbara Stephenson 41	1:09.14
200 YARD FREESTYLE	
Diana Todd 40	2:13.96
Janet E Royer 42	2:32.37
Joan Jeter 44	2:44.13
Bonnie Brady 42	2:56.85
100 YARD BACKSTROKE	
Bonnie Brady 42	1:31.55
Janet E Royer 42	1:33.92
Jan Klein 40	1:57.90
50 YARD BREASTSTROKE	
Diana Todd 40	35.91
Helen Geoffrion 44	42.49
Judy Crowell 41	42.57
Joan Jeter 44	43.33
Jan Klein 40	52.37
200 YARD BREASTSTROKE	
Janet E Royer 42	3:11.53
Ann M. Carlyle 43	3:41.33
Barbara Stephenson 41	5:37.26
100 YARD BUTTERFLY	
Janet E Royer 42	1:21.75
Ann M. Carlyle 43	1:54.02
Jan Klein 40	2:00.18

100 YARD INDIVIDUAL MEDLEY	
Diana Todd 40	1:10.29
Joan Jeter 44	1:27.24
Helen Geoffrion 44	1:27.57
Bonnie Brady 42	1:32.56
Ann M. Carlyle 43	1:39.49
Jan Klein 40	1:46.44
WOMEN 50-54	
50 YARD FREESTYLE	
Janet Wolver 54	36.99
100 YARD BACKSTROKE	
Janet Wolver 54	1:45.19
50 YARD BREASTSTROKE	
Janet Wolver 54	48.29
200 YARD BREASTSTROKE	
Janet Wolver 54	3:59.06
100 YARD INDIVIDUAL MEDLEY	
Janet Wolver 54	1:36.98
WOMEN 55-59	
50 YARD FREESTYLE	
Mary Goe 58	37.92
200 YARD FREESTYLE	
Anne B. Adams 55	2:36.96
Grace Altus 59	3:07.49
100 YARD BACKSTROKE	
Anne B. Adams 55	1:23.88
Mary Goe 58	1:32.79
Grace Altus 59	1:54.17
200 YARD BREASTSTROKE	
Grace Altus 59	4:12.47
100 YARD BUTTERFLY	
Anne B. Adams 55	1:23.17
Grace Altus 59	1:47.81
100 YARD INDIVIDUAL MEDLEY	
Grace Altus 59	1:45.31
WOMEN 60-64	
50 YARD FREESTYLE	
Shirley Erickson 60	35.53
Bette P. Crowell 63	37.42
100 YARD BACKSTROKE	
Shirley Erickson 60	1:36.08
50 YARD BREASTSTROKE	
Shirley Erickson 60	46.55
200 YARD BREASTSTROKE	
Shirley Erickson 60	3:47.88
100 YARD INDIVIDUAL MEDLEY	
Shirley Erickson 60	1:31.83
Bette P. Crowell 63	1:36.04
WOMEN 65-69	
50 YARD FREESTYLE	
Rita Simonton 65	38.91
Ruth Ridenour 69	52.45
100 YARD BACKSTROKE	
Ruth Ridenour 69	2:32.29
50 YARD BREASTSTROKE	
Ruth Ridenour 69	1:06.13
200 YARD BREASTSTROKE	
Rita Simonton 65	3:52.97
100 YARD BUTTERFLY	
Rita Simonton 65	1:55.36
100 YARD INDIVIDUAL MEDLEY	
Ruth Ridenour 69	2:19.08
WOMEN 70-74	
200 YARD FREESTYLE	
Maxine Merlino 71	3:24.66
200 YARD BREASTSTROKE	
Maxine Merlino 71	3:55.78
100 YARD BUTTERFLY	
Maxine Merlino 71	1:56.58
WOMEN 75-79	
200 YARD BREASTSTROKE	
Katherine Pelton 78	5:25.53
100 YARD INDIVIDUAL MEDLEY	
Katherine Pelton 78	2:29.45
WOMEN 19+	
200 YARD MEDLEY RELAY	
Marina Masters	
Sharon Hase 21	
Lorrie Sison 24	
Barbara Held 30	
Teresa O'Neill 20	2:11.94
MIXED 19+	
200 YARD FREESTYLE RELAY	
Industry Hills	
Michael Heather 29	
N. Hershman 29	
Joan Jeter 44	
Janet Poyer 42	1:56.44
WOMEN 19+	
200 YARD FREESTYLE RELAY	
Cal Tech Swim Club	
Ken Reardon 24	
Kris Lewis 24	
Roger Rowani 22	
Chris Cosgr 23	1:40.29
WOMEN 25+	
200 YARD FREESTYLE RELAY	
South Bay Waves	
Dave Forstar 26	
Dave Evans 26	
Steve Schmidt 27	
Harty Smith 33	1:46.66

<u>MEN 35+</u>	
<u>200 YARD FREESTYLE RELAY</u>	
Glendale Y Swim Club	
Dennis Battener 37	
Alex Rogic 47	
Peter Beer 35	
Steve Washburn 36	1:56.17
<u>MEN 65+</u>	
<u>200 YARD FREESTYLE RELAY</u>	
Long Beach Masters	
Jack Garneau 67	
Brian Winship 65	
Norman Fitzgerald 67	
Woody Bowersock 70	2:10.09
<u>MEN 19-24</u>	
<u>50 YARD FREESTYLE</u>	
Craig Gauger 21	22.61
Kris Larsen 22	23.63
Chris M. Cosner 22	24.36
Al E. Wash 20	26.53
<u>200 YARD FREESTYLE</u>	
Craig Gauger 21	1:54.48
Roger Rosani 22*	1:56.67
Ken Beardon 24	1:58.39
<u>100 YARD BACKSTROKE</u>	
Roger Rosani 22*	1:03.42
Al E. Wash 20	1:10.62
<u>50 YARD BREASTSTROKE</u>	
Kris Larsen 22	31.19
Ken Beardon 24	31.72
Al E. Wash 20	37.27
<u>200 YARD BREASTSTROKE</u>	
Craig Gauger 21	2:25.86
Ken Beardon 24	2:27.34
<u>100 YARD BUTTERFLY</u>	
Al E. Wash 20	1:14.04
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Craig Gauger 21	59.48
Roger Rosani 22*	59.66
Kris Larsen 22	1:02.43
Ken Beardon 24	1:03.03
Chris M. Cosner 22	1:04.58
Al E. Wash 20	1:09.64
<u>MEN 25-29</u>	
<u>50 YARD FREESTYLE</u>	
David L. Forster 26	24.50
Lance M. Bumbara 28	24.80
Tim Seagondollar 29	24.89
Edward Rademacher 27	25.41
Morri Spang 27*	26.67
David Evans 26	27.55
David Kramer 29	28.58
<u>200 YARD FREESTYLE</u>	
Steve Schmidt 27	1:58.95
Tim Seagondollar 29	2:06.32
Lance M. Bumbara 28	2:12.29
David Hershman 29	2:16.86
David Kramer 29	2:34.02
<u>100 YARD BACKSTROKE</u>	
Lance M. Bumbara 28	1:12.86
Edward Rademacher 27	1:12.86
<u>50 YARD BREASTSTROKE</u>	
Edward Rademacher 27	33.31
Lance M. Bumbara 28	33.90
<u>200 YARD BREASTSTROKE</u>	
Steve Schmidt 27	2:42.59
David Hershman 29	2:55.59
<u>100 YARD BUTTERFLY</u>	
Edward Rademacher 27	1:01.46
David Hershman 29	1:17.17
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Edward Rademacher 27	1:04.52
David L. Forster 26	1:06.12
Lance M. Bumbara 28	1:07.09
Tim Seagondollar 29	1:09.71
David Hershman 29	1:13.04
<u>MEN 30-34</u>	
<u>50 YARD FREESTYLE</u>	
Bryan Weaver 30	23.66
Ed French 34	24.42
Wynn Miller 33	26.41
Greg K. Stebbins 32	26.52
Ken Zittler 34	26.84
Martin Smith 33	27.37
Jay Cigna 30	30.28
Mark O'Brien 31	31.44
<u>200 YARD FREESTYLE</u>	
John Townsend 30	2:09.75
Martin Smith 33	2:13.48
Jay Cigna 30	2:49.93
Mark O'Brien 31	3:12.61
<u>100 YARD BACKSTROKE</u>	
Clay Evans 30	58.20
John Townsend 30	1:09.26
Glenn A. Gruber 34	1:11.48
Ken Zittler 34	1:19.32
<u>50 YARD BREASTSTROKE</u>	
Bryan Weaver 30	30.25
Stan Searcy 34	30.79
Jeff Kiesel 32	32.26
Wynn Miller 33	33.19
Brook Cross 33	33.87
Glenn A. Gruber 34	34.70
Martin Smith 33	34.93

Jay Cigna 30	38.53
Ken Zittler 34	44.44
<u>200 YARD BREASTSTROKE</u>	
Stan Searcy 34	2:31.59
Jeff Kiesel 32	2:41.56
Martin Smith 33	2:46.81
<u>100 YARD BUTTERFLY</u>	
Clay Evans 30	54.70
Brook Cross 33	1:00.83
Jeff Kiesel 32	1:01.47
John Townsend 30	1:07.81
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Bryan Weaver 30	1:00.40
Stan Searcy 34	1:03.17
Jeff Kiesel 32	1:03.47
Brook Cross 33	1:03.64
Ed French 34	1:05.90
Wynn Miller 33	1:07.48
Ken Zittler 34	1:16.76
Jay Cigna 30	1:21.12
Mark O'Brien 31	1:23.06
<u>MEN 35-39</u>	
<u>50 YARD FREESTYLE</u>	
Dave Frank 39	23.99
Richard Michelangelo 37	24.77
Denis Battener 37	26.20
Alan A. Hartley 36	26.27
Robert D. Washburn 35	27.59
Jim Shilling 38	29.25
Steven Tyler 37	34.09
<u>200 YARD FREESTYLE</u>	
Denis Battener 37	2:11.90
Robert D. Washburn 35	2:19.97
Jim Shilling 38	2:38.12
Stephen E. Washburn 36	2:42.78
<u>100 YARD BACKSTROKE</u>	
Denis Battener 37	1:23.42
Stephen E. Washburn 36	1:30.75
Steven Tyler 37	1:37.34
<u>50 YARD BREASTSTROKE</u>	
Dave Frank 39	31.06
Allen K. Murray 39	34.00
Paul Shane 37	34.36
Jim Shilling 38	35.94
Richard Michelangelo 37	35.96
Richard Holland 36	36.94
Steven Tyler 37	37.99
Stephen E. Washburn 36	39.03
<u>200 YARD BREASTSTROKE</u>	
Allen K. Murray 39	2:33.48
Alan A. Hartley 36	2:46.86
Jim Shilling 38	3:13.66
Stephen E. Washburn 36	3:22.35
<u>100 YARD BUTTERFLY</u>	
Paul Shane 37	1:05.62
Steven Tyler 37	1:30.64
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Dave Frank 39	1:01.42
R Michelangelo 37	1:07.61
Paul Shane 37	1:08.93
Allen K. Murray 39	1:10.00
Richard Holland 36	1:10.37
Jim Shilling 38	1:16.04
Stephen E. Washburn 36	1:21.56
Steven Tyler 37	1:22.40
<u>MEN 40-44</u>	
<u>50 YARD FREESTYLE</u>	
Tegze (Tex) Haraszti 42	24.70
Peter Ronay 41	24.94
Jim Stewart 42	28.54
Robert Bergstrom 42	31.03
Jim Crowwell 42	32.94
Gary McDowell 40	34.33
William S. Dickey 44	34.72
<u>200 YARD FREESTYLE</u>	
T (Tex) Haraszti 42	2:01.13
Peter Ronay 41	2:12.95
Gary McDowell 40	2:57.42
<u>100 YARD BACKSTROKE</u>	
T (Tex) Haraszti 42	1:04.92
Robert Bergstrom 42	1:23.12
Jim Stewart 42	1:23.55
Gary McDowell 40	1:38.29
<u>50 YARD BREASTSTROKE</u>	
Tegze (Tex) Haraszti 42	32.85
Peter Ronay 41	38.92
Jim Crowwell 42	41.11
<u>100 YARD BUTTERFLY</u>	
Peter Ronay 41	1:09.72
<u>100 YARD INDIVIDUAL MEDLEY</u>	
T (Tex) Haraszti 42	1:02.11
Peter Ronay 41	1:09.39
Jim Stewart 42	1:19.62
<u>MEN 45-49</u>	
<u>50 YARD FREESTYLE</u>	
Peter R. Taft 47	25.50
Alex Rogic 47	28.95
<u>200 YARD FREESTYLE</u>	
Peter R. Taft 47	2:14.91
Alex Rogic 47	2:22.46
<u>100 YARD BACKSTROKE</u>	
Alex Rogic 47	1:21.56
<u>200 YARD BREASTSTROKE</u>	
Buddy G. Belshe 49	3:04.82

<u>100 YARD BUTTERFLY</u>	
Peter R. Taft 47	1:10.04
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Buddy G. Belshe 49	1:11.03
Alex Rogic 47	1:20.37
<u>MEN 50-54</u>	
<u>50 YARD FREESTYLE</u>	
Roy Sorge 52	28.34
Steven Schofield 51	28.40
Orvel Larsen 50	28.89
Edward L. Farrell 51	29.00
Art Welch 51	29.07
Earl Crapo 51	29.83
Sean Kelly 51	37.75
<u>200 YARD FREESTYLE</u>	
Art Welch 51	2:22.45
Earl Crapo 51	2:46.53
<u>100 YARD BACKSTROKE</u>	
Orvel Larsen 50	1:14.20
Art Welch 51	1:20.62
Earl Crapo 51	1:37.95
<u>50 YARD BREASTSTROKE</u>	
Edward L. Farrell 51	37.77
Orvel Larsen 50	38.09
Steven Schofield 51	39.71
<u>200 YARD BREASTSTROKE</u>	
Edward L. Farrell 51	3:08.99
Steven Schofield 51	3:12.20
<u>100 YARD BUTTERFLY</u>	
Art Welch 51	1:10.53
Steven Schofield 51	1:20.97
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Orvel Larsen 50	1:12.51
Art Welch 51	1:16.28
Roy Sorge 52	1:18.37
Earl Crapo 51	1:25.26
<u>MEN 55-59</u>	
<u>50 YARD FREESTYLE</u>	
Frank Piesse 58	25.98
Donald Hester 57	28.42
Don W. Conklin 55	28.69
W. Jason Walker 59	38.08
George Brinton 59	38.23
<u>200 YARD FREESTYLE</u>	
Frank Piesse 58	2:22.53
W. Jason Walker 59	3:39.26
<u>100 YARD BACKSTROKE</u>	
George Brinton 59	1:14.45
Don W. Conklin 55	1:20.89
Frank Feld 56*	1:33.22
W. Jason Walker 59	1:49.44
<u>50 YARD BREASTSTROKE</u>	
Donald Hester 57	34.49
George Brinton 59	1:01.03
<u>200 YARD BREASTSTROKE</u>	
Donald Hester 57	3:01.39
Don W. Conklin 55	3:14.25
<u>100 YARD BUTTERFLY</u>	
Frank Piesse 58	1:14.19
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Frank Piesse 58	1:09.67
Donald Hester 57	1:12.61
Don W. Conklin 55	1:14.67
Frank Feld 56*	1:36.00
W. Jason Walker 59	1:59.86
<u>MEN 60-64</u>	
<u>50 YARD FREESTYLE</u>	
Bob Herrick 63	29.08
David J. Ford 61	34.27
Ralph P. Huestis 62	36.47
<u>200 YARD FREESTYLE</u>	
Bob Herrick 63	2:28.24
David J. Ford 61	3:23.92
<u>100 YARD BACKSTROKE</u>	
David J. Ford 61	1:43.86
<u>50 YARD BREASTSTROKE</u>	
Bob Herrick 63	37.58
<u>200 YARD BREASTSTROKE</u>	
Bob Herrick 63	3:07.23
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Bob Herrick 63	1:15.78
Ralph P. Huestis 62	1:34.02
<u>MEN 65-69</u>	
<u>50 YARD FREESTYLE</u>	
Jack Garneau 67	30.91
Edwin S. (Jr.) Allen 68	32.85
Norman Fitzgerald 67	33.38
Herman Becker 66	35.65
Max Luna 68	42.08
<u>200 YARD FREESTYLE</u>	
Jack Garneau 67	2:47.58
Herman Becker 66	3:01.51
<u>100 YARD BACKSTROKE</u>	
Brian Winship 65	1:26.40
Jack Garneau 67	1:26.42
Herman Becker 66	1:38.37
Norman Fitzgerald 67	1:41.53
E S. (Jr.) Allen 68	1:44.67
Max Luna 68	2:27.55
<u>50 YARD BREASTSTROKE</u>	
Herman Becker 66	48.71
Norman Fitzgerald 67	52.60
<u>100 YARD BUTTERFLY</u>	
Norman Fitzgerald 67	2:24.50

<u>100 YARD INDIVIDUAL MEDLEY</u>	
Norman Fitzgerald 67	1:39.67
Max Luna 68	2:36.85
<u>MEN 70-74</u>	
<u>50 YARD FREESTYLE</u>	
Woody Bowersock 70	29.53
Bill Shott 73	30.87
Beg Richardson 72	32.20
<u>200 YARD FREESTYLE</u>	
Woody Bowersock 70	2:54.90
Bill Shott 73	3:09.32
<u>100 YARD BACKSTROKE</u>	
Beg Richardson 72	1:35.06
Woody Bowersock 70	1:36.03
<u>50 YARD BREASTSTROKE</u>	
Bill Shott 73	40.57
Beg Richardson 72	41.50
<u>200 YARD BREASTSTROKE</u>	
Beg Richardson 72	3:35.09
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Bill Shott 73	1:26.40
Beg Richardson 72	1:27.74
<u>MEN 75-79</u>	
<u>50 YARD FREESTYLE</u>	
Don Beebe 75	40.66
Sheldon White 78	46.83
<u>200 YARD FREESTYLE</u>	
Sheldon White 78	3:10.49
Leonard A. Chapin 75	3:19.16
<u>100 YARD BACKSTROKE</u>	
Don Beebe 75	1:55.20
Leonard A. Chapin 75	2:07.34
Sheldon White 78	2:13.04
<u>50 YARD BREASTSTROKE</u>	
Leonard A. Chapin 75	1:02.82
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Leonard A. Chapin 75	1:56.12
* Denotes non SPMA swimmer	
Programmed by Curt Mosso	
ARKANSAS MASTERS SWIM CLUB	
MID-WINTER SHORT COURSE MEET	
LITTLE ROCK, ARK. SANCTION#23-1484	
JANUARY 21, 1984 25 YD. INDOOR POOL	
<u>Women 25-29</u>	
Renee Mann 27	
50 yd. Freestyle	0:42.16
200 Yd. Freestyle	4:10.98
50 yd. Backstroke	0:54.44
100 yd. Backstroke	1:58.89
<u>Women 30-34</u>	
Kathy Bay 33	
50 yd. Freestyle	0:32.02
100 yd. Freestyle	1:14.28
50 yd. Breaststroke	0:43.65
50 yd. Butterfly	0:41.53
<u>Women 40-44</u>	
100 yd. Freestyle	1:23.33
Ida Hlavacek 41	1:23.33
100 yd. Backstroke	1:31.04
Ida Hlavacek 41	1:31.04
Sally Moore 44	2:16.76
100 yd. Breaststroke	1:59.78
Sally Moore 44	1:59.78
200 yd. Breaststroke	4:34.57
Ida Hlavacek 41	3:34.57
100 yd. Ind. Medley	1:28.50
Ida Hlavacek 41	1:28.50
Sally Moore 44	2:08.78
400 yd. Ind. Medley	7:08.93
Ida Hlavacek 41	7:08.93
<u>Women 50-54</u>	
50 yd. Freestyle	0:50.43
Jacqueline Wright 50	0:50.43
Vera Stocks 50	1:01.80
500 yd. Freestyle	10:23.52
Peggy Ebbing 50	10:23.52
50 yd. Backstroke	1:01.52
Jacqueline Wright 50	1:01.52
50 yd. Breaststroke	1:23.25
Zora Caple 54	1:23.25
Jacqueline Wright 50	1:37.50
200 yd. Breaststroke	4:01.30
Peggy Ebbing 50	4:01.30
<u>Women 65-69</u>	
Laverne Anderson 65	USMS #2
50 yd. Backstroke	0:56.75
50 yd. Breaststroke	0:57.04
Laverne Anderson 65	0:57.04
100 yd. Breaststroke	2:09.08
200 yd. Breaststroke	4:40.38
<u>Men 25-29</u>	
50 yd. Freestyle	0:24.84
T.Martin Davis 29	0:24.84
Brett Davis 27	0:26.74
100 yd. Freestyle	1:09.23
Jack Oberholtzer 27	1:09.23
200 yd. Freestyle	2:03.83
Brent Peterson 28	2:03.83



500 yd. Freestyle		100 yd Backstroke		100 yd Individual Medley		200 yd Breaststroke		50 yd Breaststroke	
Brent Peterson 28	5:49.60	Elaine Hochuli 28	1:14.45	Maureen Lindsey 36	1:40.78	Mattila Elsa 73	4:44.11	Yohn Shambourger 30	32.16
50 yd. Backstroke		Cindy Collins 28	1:16.11	WOMEN 40 - 44		WOMEN 75 - 79		Jack Katz 31	33.46
T. Martin Davis 29	0:30.84	50 yd Breaststroke Novice		50 yd Freestyle		Rita Shephard 75	1:57.84	100 yd Breaststroke	
Brett Davis 27	0:31.94	Millicent Kaplan 28	57.86	Judy Decker 41	30.05	50 yd Backstroke		Charles Wight 30	1:06.51
50 yd. Butterfly		50 yd Breaststroke		Sidney Henderson 41	34.28	100 yd Backstroke		John Tierney 31	1:29.98
Brett Davis 27	0:28.08	Lisa Tubergen 27	34.01	100 yd Freestyle		Rita Shephard 75	1:03.80	200 yd Breaststroke	
100 yd. Ind. Medley		Wendell Gray 27	35.02	Judy Decker 41	1:08.80	100 yd Backstroke		Don Anderson 32	2:30.16
Brett Davis 27	1:10.49	Susan Lipsey 26	39.28	Charlene Burke 42	1:14.70	Rita Shephard 75	2:21.83	50 yd Butterfly	
Jack Oberholtzer 27	1:11.15	Diana Gilpatrick 29	46.82	200 yd Freestyle		Rita Shephard 75	4:54.17	Adrain Haywood 31	26.54
Men 30-34		100 yd Breaststroke		Judy Decker 41	2:34.74	50 yd Breaststroke		Mark Walters 31	28.16
50 yd. Freestyle		Lisa Tubergen 27	1:15.00	Charlene Burke 42	2:46.12	Emma Jones 79	2:21.76	Steven Salyberg 33	28.80
Tyler Baber 33	0:24.98	Marie Wagner 27	1:22.05	500 yd Freestyle		50 yd Butterfly		Adrain Haywood 31	1:00.21
100 yd. Freestyle		Susan Lipsey 26	1:26.35	Charlene Burke 42	7:29.09	Rita Shephard 75	1:13.82	Mark Walters 31	1:03.76
John Bumpers 33	0:53.74	200 yd Breaststroke		50 yd Backstroke		100 yd Individual Medley		200 yd Butterfly	
Tyler Baber 33	0:55.51	Lisa Tubergen 27	2:49.52	Charlene Burke 42	41.51	Rita Shephard 75	2:25.76	Yohn Shambourger 30	3:09.49
200 yd. Freestyle		Susan Lipsey 26	3:08.90	100 yd Backstroke		100 yd Individual Medley		100 yd Individual Medley	
Tyler Baber 33	2:05.06	50 yd Butterfly Novice		Charlene Burke 42	1:31.03	50 yd Freestyle		Larry D. Wagner 32	1:05.12
Fred Schlegel 31	2:41.64	Millicent Kaplan 28	56.21	200 yd Backstroke		Dean Fochios 29	22.81	Frank Shafroth 34	1:06.34
500 yd. Freestyle		50 yd Butterfly		Charlene Burke 42	3:08.80	Mark Winters 29	24.48	Mark Walters 31	1:11.89
Fred Schlegel 31	7:43.78	Elaine Hochuli 28	28.02	50 yd Breaststroke		Rodney Peltzer 27	24.58	John Tierney 31	1:26.27
100 yd. Breaststroke		Lisa Tubergen 27	29.93	Judy Decker 41	37.05	Jay Johnson 26	25.13	50 yd Freestyle	
Fred Schlegel 31	1:44.28	Betty Meyers 26	30.72	100 yd Breaststroke		Bob Blanton 25	25.38	Wayne Harteke 35	25.42
200 yd. Butterfly		Cindy Collins 28	31.25	Judy Decker 41	1:24.24	Wout Kymmell 29	29.67	Toby Shannon 35	25.53
John Bumpers 33	2:14.18	Barbara Bowman 29	31.35	WOMEN 45 - 49		Dean Fochios 29	50.59	Anthony Young 39	26.34
Men 35-39		Joan Fallon 26	31.71	100 yd Freestyle		Rodney Peltzer 27	54.20	Davis Schwartz 39	26.48
50 yd. Freestyle		Wendelle Gray 27	32.88	Margaret Alleva 47	1:33.91	Mark Winters 29	54.86	Chet Fryjoff 36	27.04
Doug Rawn 38	0:27.56	Glynn O'Donnell 28	32.44	Margaret Alleva 47	1:46.34	George Inman 29	1:01.28	Gerald Edlin 37	28.82
100 yd. Freestyle		Dianna Gilpatrick 29	42.56	200 yd Backstroke		200 yd Freestyle		Bill Doyle 35	29.08
Ron Bank 36	1:00.00	Elaine Hochuli 28	2:20.88	Margaret Alleva 47	3:44.55	Wout Kymmell 29	2:27.78	Robert Axelrod 35	30.19
500 yd. Freestyle		Glynn O'Donnell 28	2:55.96	50 yd Breaststroke		500 yd Freestyle		Mark Lipsey 35	30.41
Ken Anson 39	6:43.00	100 yd Individual Medley		Joann Leilich 45	37.74	John Protzman 26	5:15.95	100 yd Freestyle	
Ron Bank 36	7:43.00	Deborah Cain 27	1:04.35	100 yd Breaststroke		Wout Kymmell 29	6:28.58	Wayne Harteke 35	55.53
50 yd. Backstroke		Lisa Tubergen 27	1:09.57	Joann Leilich 45	1:19.81	Paul Hartke 29	6:56.49	Kenneth Bergquist 39	56.12
Doug Rawn 38	0:34.87	Joan Fallon 26	1:10.62	Joann Leilich 45	1:19.63	50 yd Backstroke Novice		Anthony Young 39	58.06
100 yd. Backstroke		Marie Wagner 27	1:19.61	200 yd Individual Medley		Paul Hartke 29	35.69	Richard Tompkins 37	59.67
Ken Anson 39	1:10.88	Millicent Kaplan 28	1:48.79	Joann Leilich 45	2:51.83	50 yd Backstroke		Chet Fryjoff 36	59.85
50 yd. Breaststroke		Barbara Bowman 29	2:32.49	WOMEN 50 - 54		Crail Gordon 25	27.12	Davis Schwartz 39	1:00.97
Doug Rawn 38	0:36.00	Joan Fallon 26	2:32.63	50 yd Freestyle		Paul Hartke 29	34.94	Toby Shannon 31	1:01.37
50 yd. Butterfly		Marie Wagner 27	2:47.94	Audrey Fluke 50	1:25.20	100 yd Backstroke		Stephen Hogan 35	1:02.08
Doug Rawn 38	0:30.24	WOMEN 30 - 34		100 yd Freestyle		Crail Gordon 25	58.92	Jet Lowe 37	1:02.51
100 yd. Butterfly		50 yd Freestyle		Mary Ann Treiber 53	1:29.77	Paul Hartke 29	1:17.45	Gerald Edlin 37	1:05.53
Ken Anson 39	1:12.59	Jacki Cox 30	27.44	50 yd Backstroke Novice		200 yd Backstroke		Robert Axelrod 35	1:13.62
Ron Bank 36	1:18.39	Jacki Hirsty 31	28.96	Audrey Fluke 50	1:56.45	John Protzman 26	2:08.96	200 yd Freestyle	
100 yd. Ind. Medley		Claudia Roe 33	30.92	200 yd Backstroke		Crail Gordon 25	2:12.50	Wayne Harteke 35	2:03.59
Ken Anson 39	1:09.54	Karen Stiefel 34	34.63	50 yd Breaststroke Novice		Wout Kymmell 29	2:55.74	Anthony Young 39	2:08.21
Doug Rawn 38	1:11.40	100 yd Freestyle		Audrey Fluke 50	1:20.93	Jay Johnson 26	31.87	Chet Fryjoff 36	2:15.25
Ron Bank 36	1:13.90	Jacki Hirsty 31	55.30*	WOMEN 60 - 64		Bob Blanton 25	31.98	Richard Tompkins 37	2:15.55
Men 40-44		Jacki Hirsty 31	2:00.11*	50 yd Freestyle		100 yd Breaststroke		Davis Schwartz 39	2:19.27
Rick Field 41		Gloria Parks 31	2:46.78	Helen Hummer 64	40.32	Bob Blanton 25	1:09.10	Jet Lowe 37	2:26.03
50 yd. Breaststroke	0:32.06	50 yd Freestyle		100 yd Freestyle		Jay Johnson 26	1:10.37	500 yd Freestyle	
100 yd. Breaststroke	1:09.79	Jacki Hirsty 31	2:00.11*	Helen Hummer 64	1:30.91	Jay Johnson 26	1:11.51	John Flanagan 37	5:16.95
100 yd. Ind. Medley	1:09.08	Gloria Parks 31	2:46.78	100 yd Freestyle		Bob Monsheimer 28	1:11.51	Wayne Harteke 35	6:00.17
Men 50-54		500 yd Freestyle		Helen Hummer 64	3:18.27	George Inman 29	1:14.12	Richard Tompkins 37	6:19.78
Larry Meyer 53		Jacki Hirsty 31	5:31.85	200 yd Freestyle		200 yd Breaststroke		Jet Lowe 37	6:55.67
50 yd. Backstroke	0:31.83	Diddo Clark 34	6:29.99	Helen Hummer 64	8:32.23	Bob Blanton 25	2:32.24	Robert Axelrod 35	7:46.21
100 yd. Backstroke	1:10.94	Sandy Doyle 30	6:51.59	500 yd Freestyle		50 yd Butterfly		50 yd Backstroke Novice	
		50 yd Backstroke		Helen Hummer 64	8:32.23	Mark Winters 29	25.87	Gerald Edlin 37	40.90
		Cecilia McCloskey 34	31.96	Helen Hummer 64	8:32.23	Rodney Peltzer 27	25.91	Mark Lipsey 35	46.36
		Claudia Roe 33	37.32	100 yd Backstroke		Bob Monsheimer 28	27.23	50 yd Backstroke	
		Gloria Parks 31	38.87	Mini Lee 63	1:45.88	Jay Johnson 26	29.96	Toby Shannon 35	35.07
		100 yd Backstroke		200 yd Backstroke		100 yd Butterfly		Gerald Edlin 37	40.70
		Jacki Hirsty 31	1:12.87	Mini Lee 63	3:38.58	Rodney Peltzer 27	1:00.26	100 yd Backstroke	
		200 yd Backstroke		50 yd Butterfly		Bob Monsheimer 28	1:01.97	Steven Highley 35	1:08.10
		Cecilia McCloskey 34	2:22.25	Helen Hummer 64	49.45	100 yd Individual Medley		Toby Shannon 35	1:32.25
		50 yd Breaststroke Novice		Mini Lee 63	54.72	Mark Winters 29	1:01.03	200 yd Backstroke	
		Gloria Parks 31	44.30	50 yd Breaststroke		Dean Fochios 29	1:02.75	Steven Highley 35	2:29.77
		50 yd Breaststroke		Helen Hummer 64	1:56.26	Bob Monsheimer 28	1:03.03	Stephen Hogan 35	2:40.27
		Claudia Roe 33	41.97	Mini Lee 63	2:04.10	George Inman 29	1:08.14	50 yd Breaststroke	
		100 yd Breaststroke		200 yd Butterfly		Jay Johnson 26	1:15.44	Mike Cohen 37	31.51
		Sandy Doyle 30	1:21.27	Helen Hummer 64	4:21.53	50 yd Freestyle		Mark Lipsey 35	36.73
		50 yd Butterfly Novice		Mini Lee 63	4:24.37	Charles Wight 30	22.84	Gerald Edlin 37	37.37
		Karen Stiefel 34	41.22	WOMEN 65 - 69		Adrain Haywood 31	24.43	100 yd Breaststroke	
		Claudia Roe 33	41.30	50 yd Freestyle		Larry D. Wagner 32	25.18	Nike Cohen 37	1:07.96
		50 yd Butterfly		Mary Lathram 68	46.17	Mark Walters 31	28.16	Bill Doyle 35	1:16.17
		Judy Cox 30	30.05	100 yd Freestyle		100 yd Freestyle		Mark Lipsey 35	1:20.91
		Diddo Clark 34	35.60	Lorraine Murphy 65	1:46.94	Charles Wight 30	50.54	Gerald Edlin 37	1:27.36
		Gloria Parks 31	35.94	Betty Hickok 65	2:33.04	Larry D. Wagner 32	56.89	200 yd Breaststroke	
		100 yd Butterfly		Betty Hickok 65	5:45.00	Ted Sherwin 32	1:00.57	Nike Cohen 37	2:32.08
		Diddo Clark 34	1:21.68	500 yd Freestyle		Jim Miller 33	1:01.88	Richard Tompkins 37	3:03.73
		100 yd Individual Medley		Betty Hickok 65	15:20.55	200 yd Freestyle		Jet Lowe 37	3:05.28
		Cecilia McCloskey 34	1:08.41	50 yd Backstroke		Don Anderson 32	2:04.56	Mark Lipsey 35	3:08.10
		Judy Cox 30	1:09.34	Mary Lathram 68	51.89	Don Anderson 32	2:18.32	50 yd Butterfly	
		Sandy Doyle 30	1:16.91	Lorraine Murphy 65	57.49	Ted Sherwin 32	2:18.32	Anthony Young 39	28.96
		Claudia Roe 33	1:24.63	200 yd Backstroke		500 yd Freestyle		Richard Tompkins 37	29.13
		200 yd Butterfly		Mary Lathram 68	1:58.53	Don Anderson 32	5:35.30	100 yd Butterfly	
		Diddo Clark 34	3:08.32	200 yd Backstroke		Jack Katz 31	6:03.91	John Flanagan 37	57.50
		100 yd Individual Medley		Mary Lathram 68	4:13.41	Frank Shafroth 34	6:19.63	Richard Tompkins 37	1:08.27
		Cecilia McCloskey 34	2:26.54	Lorraine Murphy 65	4:45.10	John Tierney 31	7:15.77	Anthony Young 39	1:08.29
		Judy Cox 30	2:35.98	Betty Hickok 65	5:33.18	50 yd Backstroke		Jet Lowe 37	1:20.02
		WOMEN 35 - 39		WOMEN 70 - 74		Jack Katz 31	31.22	200 yd Butterfly	
		50 yd Freestyle		50 yd Freestyle		Jim Miller 33	35.81	John Flanagan 37	2:08.97
		Maureen Lindsey 36	37.86	Mattila Elsa 73	48.82	100 yd Backstroke		Kenneth Bergquist 39	2:23.29
		100 yd Freestyle		50 yd Backstroke		Ted Sherwin 32	1:12.58	Richard Tompkins 37	2:46.26
		Maureen Lindsey 36	1:28.80	Mattila Elsa 73	56.31	Jim Miller 33	1:19.57	100 yd Individual Medley	
		200 yd Freestyle		50 yd Breaststroke		200 yd Backstroke		Richard Tompkins 37	1:09.06
		Elsie Neely 39	3:50.32	Mattila Elsa 73	58.47	Don Anderson 32	2:26.62	Stephen Hogan 35	1:11.94
		500 yd Freestyle		100 yd Breaststroke		Ted Sherwin 32	2:35.20	Bill Doyle 35	1:16.75
		Elsie Neely 39	14.20.58	Mattila Elsa 73	2:07.26	Frank Shafroth 34	2:40.03	Gerald Edlin 37	1:22.61
		100 yd Breaststroke				Jim Miller 33	2:54.80		
		Elsie Neely 39	2:19.70						

D.C. Department of Recreation  
Masters Swim Meet  
29 January 1984  
Washington D.C.

Sanction No. 84-1(25 Yd Pool)

WOMEN 25 - 29

50 yd Freestyle

Deborah Cain 27 25.89

Betty Myers 26 27.61

Barbara Bowman 26 27.96

Joan Fallon 26 28.12

Wendelle Gray 27 29.76

Marie Wagner 27 32.18

Susan Lipsey 26 32.62

Diana Gilpatrick 29 33.15

Millicent Kaplan 28 39.47

Maryanne Sottile 26 44.78

100 yd Freestyle

Deborah Cain 27 55.59

Cindy Collins 28 58.98

Betty Meyers 26 1:01.21

Millicent Kaplan 28 1:28.33

200 yd Individual Medley	Richard Tompkins	37 2:33.95
MEN 40 - 44		
50 yd Freestyle	Bill Newman	44 25.39
200 yd Freestyle	Jerome Yurow	42 26.92
50 yd Backstroke	Roy Pinchot	43 27.67
	Jeffrey Clarke	41 29.51
	Norman Spangler	42 37.29
100 yd Freestyle	Bill Newman	44 57.68
	Roy Pinchot	43 1:01.99
200 yd Freestyle	Bill Newman	44 2:11.84
	Roy Pinchot	43 2:25.43
500 yd Freestyle	Jerome Yurow	42 6:36.52
100 yd Backstroke	Arthur Smith	44 29.82
	David Diehl	42 32.38
	Jeffrey Clarke	41 41.23
	Norman Spangler	42 50.32
200 yd Backstroke	Arthur Smith	44 1:06.01
	David Diehl	42 1:15.63
	Roger Golden	41 1:24.02
	Norman Spangler	42 1:53.85
200 yd Breaststroke	Arthur Smith	44 2:24.75
	David Diehl	42 2:53.04
	Norman Spangler	42 4:09.29
50 yd Breaststroke	David Diehl	42 40.76
	Ted Murray	43 41.81
200 yd Breaststroke	Jerome Yurow	42 33.29
	Jeffrey Clarke	41 44.27
	Ted Murray	43 3:28.02
50 yd Butterfly	Ted Murray	43 37.47
100 yd Butterfly	Roger Golden	41 29.62
	Jerome Yurow	42 29.74
	Roy Pinchot	43 31.12
	Jeffrey Clarke	41 34.60
	Roger Golden	41 1:04.71
	Roy Pinchot	43 1:18.96
	Ted Murray	43 1:27.58
200 yd Butterfly	Roger Golden	41 2:28.94
	Ted Murray	43 3:20.60
100 yd Individual Medley	Jerome Yurow	42 1:10.94
	Roy Pinchot	43 1:13.74
	Jeffrey Clarke	41 1:24.06

200 yd Individual Medley	Roger Golden	41 2:45.45
	Roy Pinchot	43 2:48.70
	Ted Murray	43 3:04.47
MEN 45 - 49		
50 yd Freestyle	Tim Foster	46 26.13
	George Murray	47 29.46
	Ashley Brown	46 36.27
100 yd Freestyle	Tim Foster	46 1:00.05
	Robert Parke	45 1:14.46
	Ashley Brown	46 1:18.84
	Don Walter	48 1:28.73
500 yd Freestyle	Robert Parke	45 7:32.60
	George Murray	47 7:42.29
50 yd Backstroke	George Murray	47 40.56
100 yd Backstroke	Richard Hay	46 36.44
	Richard Hay	46 1:24.10
	Don Walter	48 2:00.31
MEN 55 - 59		
50 yd Freestyle	Win Wilson	56 26.81
	Valentine Speigel	59 32.91
	Bob Cyrus	55 35.74
100 yd Freestyle	Win Wilson	56 59.51
	Ed. Richards	55 1:04.67
	John Alleva	55 1:08.38
	Valentine Speigel	59 1:12.50
200 yd Freestyle	John Alleva	55 2:27.29
	Win Wilson	56 5:59.94
	John Alleva	55 6:09.27
	Valentine Speigel	59 8:07.54
50 yd Backstroke	Ed. Richards	55 34.27
100 yd Backstroke	Win Wilson	56 1:20.53
	Bob Cyrus	55 2:00.94
200 yd Backstroke	Bob Cyrus	55 4:56.46
50 yd Breaststroke	Norm. Rainer	55 39.04
	Bob Cyrus	55 42.28
100 yd Breaststroke	Ed Richards	55 1:24.06
	Bob Cyrus	55 1:37.44
200 yd Breaststroke	Norm Rainer	55 3:35.70
	Bob Cyrus	55 4:00.72

50 yd Butterfly	Win Wilson	56 30.20
	Bob Cyrus	55 40.52
200 yd Butterfly	John Alleva	55 2:51.61
100 yd Individual Medley	Win Wilson	56 1:12.34
	Bob Cyrus	55 1:43.47
200 yd Individual Medley	Norm. Rainer	55 3:17.97
	Bob Cyrus	55 3:51.65
MEN 60 - 64		
50 yd Freestyle	Bill Campbell	60 29.91
	Ranjan Borra	61 48.57
100 yd Freestyle	Ranjan Borra	61 2:07.06
50 yd Backstroke	Bill Campbell	60 45.19
100 yd Backstroke	Ranjan Borra	61 1:02.48
	Ranjan Borra	61 2:31.15
50 yd Breaststroke	Ranjan Borra	61 1:20.03
	Bill Campbell	60 39.61
50 yd Breaststroke	Ashley Brown	46 46.18
	Don Walter	48 48.71
100 yd Breaststroke	George Murray	47 38.88
	Richard Hay	46 38.98
	Ashley Brown	46 45.48
200 yd Breaststroke	Don Walter	48 1:48.38
	W.I. Jones	46 2:47.67
50 yd Butterfly	George Worthington	46 26.81
	Tim Foster	46 31.36
	Richard Hay	46 31.93
	George Murray	47 34.22
100 yd Butterfly	George Worthington	46 1:00.95
200 yd Butterfly	George Worthington	46 2:29.53
	W.I. Jones	46 2:40.28
100 yd Individual Medley	Tim Foster	46 1:14.00
	Richard Hay	46 1:15.50
200 yd Individual Medley	George Worthington	46 2:25.51
	W.I. Jones	46 2:31.76
	Richard Hay	46 2:57.67

MEN 50 - 54		
50 yd Freestyle	Harold Berger	53 30.51
	Tom Dewey	52 33.34
	Edward Abramic	51 36.42
100 yd Freestyle	Tom Dewey	52 1:12.19
200 yd Freestyle	Paul Geithner	53 2:35.49
	Tom Dewey	52 2:49.44
	Edward Abramic	51 3:49.71
500 yd Freestyle	Tom Dewey	52 7:27.83
50 yd Breaststroke	Harold Berger	53 41.07
100 yd Breaststroke	Paul Geithner	53 2:59.93
200 yd Breaststroke	Paul Geithner	53 3:15.58
	Edward Abramic	51 D.Q.
50 yd Butterfly	Donald Rice	50 32.25
	Harold Berger	53 38.83
100 yd Butterfly	Donald Rice	50 1:16.37
	Donald Rice	50 1:17.93
	Paul Geithner	53 1:20.44
	Harold Berger	53 1:33.74
200 yd Individual Medley	Donald Rice	50 2:53.49
	Paul Geithner	53 2:55.35

50 yd Butterfly Novice	Bill Campbell	60 41:14
MEN 65 - 69		
50 yd Freestyle	Will Loebenstein	69 37.23
100 yd Freestyle	Will Loebenstein	69 1:42.92
50 yd Backstroke	Norris Fluke	66 42.22
	Will Loebenstein	69 49.84
100 yd Backstroke	Will Loebenstein	69 2:05.64
200 yd Backstroke	Norris Fluke	66 3:10.59
	Frank Murphy	65 3:16.65
	Will Loebenstein	69 4:54.16
50 yd Breaststroke	Will Loebenstein	69 51.51
100 yd Breaststroke	Will Loebenstein	69 1:53.15
200 yd Breaststroke	Norris Fluke	66 3:38.64
	Will Loebenstein	69 4:37.68
50 yd Butterfly	Norris Fluke	66 3:41.12
100 yd Individual Medley	Frank Murphy	65 1:29.27
200 yd Individual Medley	Norris Fluke	66 3:13.30
	Frank Murphy	65 3:14.89
MEN 70 - 74		
50 yd Freestyle	Bert Kassell	71 31.29
100 yd Freestyle	Bert Kassell	71 7:01.16
50 yd Backstroke	Bert Kassell	71 49.96
100 yd Backstroke	Bert Kassell	71 53.02
50 yd Breaststroke	Bert Kassell	71 1:28.51
100 yd Breaststroke	Bert Kassell	71 45.31
50 yd Butterfly	Bert Kassell	71 1:41.05
100 yd Individual Medley	Bert Kassell	71 1:41.05
MEN 75 - 79		
50 yd Freestyle	Stanton Craigie	77 36.82
100 yd Freestyle	Stanton Craigie	77 53.53
50 yd Backstroke	Stanton Craigie	77 54.69

## In Tennessee —

# Ridger Crews named to Swimming Hall of Fame



JOHN CREWS

Oak Ridger John Crews has been named as one of five new inductees into the Tennessee Swimming Hall of Fame.

He will be honored along with the other inductees at a dinner hosted by Tennessee swimming coach Ray Bussard at 7 p.m., Friday, Feb. 24 at the UT Aquatic Center.

This is the first year in the three year history of the Hall of Fame that five swimmers have been chosen to receive the honor. The other 1983 inductees include: Reba Morton Kennedy of Knoxville, Dave Edgar of Ft. Lauderdale, Fla., John Pataky, swim coach at the McCallie School in Chattanooga, and Dick Faden, coach of the Memphis State Aquatic Club.

Crews, originally from Knoxville but an Oak Ridger since 1947, and former swimmer for the University of Tennessee for one year, is currently a member of the Oak Ridge Masters Swim Team.

He came to Oak Ridge with his wife, Nancy, to begin a medical practice after he received an M.D. degree from the University of Tennessee at Memphis. He still operates that practice from his office in the Doctor's Building, which he will soon move from. The Crews have three children.

He began his Masters swimming career in 1972 at a meet in Pittsburgh, Penn., which he attended as an independent swimmer along with former Atomic City Aquatic Club coach Winifred Krogrude. On the way home from Pittsburgh the two initiated the ground work for a Masters program in Oak Ridge.

Between 1979 and the present Crews has compiled 42 National Championship wins, mostly in freestyle and butterfly events.

During that period he took a break from competition swimming, due to an injury to his shoulder, from the summer of 1980 until this past August, when

he competed in the National Long Course meet in Indianapolis.

At the Nationals this summer, Crews took first places in the 1500 Meter Free and the 100 Meter Free for the 60-64 age group. He also placed second in the 200 Meter Fly and the 400 Meter Fly.

Crews follows a strict training schedule. Before the Nationals in August he was swimming twice a day for a total distance of 34,000 yards per day, five days per week. He worked out at the Municipal outdoor pool at noon and moved to the Civic Center for late afternoon workout. According to Crews, interval swimming takes up most of the training time.

His next meet is planned for this weekend as the Oak Ridge Masters travel to Charlotte, N.C.

At one point in his swimming career, around 1939, Crews had his eyes set on the Olympic Gold. But the outbreak of World War I in 1940 cancelled the Olympic Games, and Crews' chance for the Olympic opportunity. After the war he did not become interested in swimming again until 1972 when the Oak Ridge Civic Center indoor pool opened.

"That was the first time I had an opportunity to seriously concentrate on swimming," he said. Crews was named as an Master All-American for nine consecutive years, from 1973-1981. At one time during this period he held as many as 13 National Records in the 55-59 and 60-64 age groups.

Crews will be joined by Knoxville Reba Morton Kennedy. Kennedy's long career in swimming includes a National Junior record in the 400 Meter Relay when she swam with the Louisville (Ky.) Lakeside Swim Team and went to finals of the Olympic qualifying meets in 1948.

Kennedy broke records all over the Southeast during her swimming career and held one National Junior record in the 100 Free which stood for over ten years.

Kennedy turned pro and swam with the Johnny Weismuller Water Capers, toured with the Toronto Sportsman Show throughout South and Central America, and appeared in several video productions, including an Esther Williams' TV special.

Also being honored on Feb. 24 will be Dave Edgar, former University of Tennessee swimmer and member of the 1972 Olympic Swim Team. Between the years 1970-1973 Edgar held the National records for the 50 and 100 Meter Free. In the 1972 Olympic Edgar was a member of the 400 Meter Free Relay which won first place.

McCallie Coach John Pataky is the fourth inductee into the Hall of Fame. During his years at McCallie Pataky has compiled a 148-113 dual meet record.

Memphis State Aquatic Club Coach Dick Faden acquired three state AAU age group records in the 1960's during his career as coach at MSU.

Phone: 482-1021

# Ridger Sports

obell, Sports Editor

THE OAK RIDGER, OAK RIDGE, TENNESSEE, THURSDAY, JANUARY 26, 1984 Page 12



# SWIM-MASTER

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## Swimming News

### CORRECTIONS TO RELAY TOP TEN - LONG COURSE .....

#### WOMEN 200 M Free 65+

2 St. Petersburg                      3:40.04  
Cichanski, Schimpf, Ballard, Kennedy

#### WOMEN 200 M MEDLEY 65+

1 St. Petersburg                      4:09.68  
Schimpf, Schultz, Kennedy, Ballard

#### MIXED 200 M MEDLEY RELAY 65+

4 St. Petersburg                      same  
add Schimpf, Johnston

#### MEN 200 M FREE RELAY

7 St. Petersburg 45+                      2:06.65  
Risher, Ferris, Kohnken, Hutcheson

8 St. Petersburg 65+                      2:59.46  
Briscoe, Johnston, Tillotson, McGuire

#### MEN 200 M MEDLEY RELAY

7 St. Petersburg 35+                      2:07.73  
Maguire, Betzer, Boyer, Pyhel

8 St. Petersburg 45+                      2:22.75  
Coxhead, Burns, Risher, Hutcheson

8 St. Petersburg 65+                      3:18.28  
Mackey, Johnston, Stinson, Briscoe

#### ADDITIONS TO ALL AMERICAN.....

MEN 35-39 Richard Bauschard & Thomas Meehan

A three way tie with R. Cargill.....

#### 1983 PMS SWIMMERS OF THE YEAR - Dr. John Richards

is a busy pediatrician and member of the Los Altos (California) Masters. He has been club treasurer, and this year serves as liaison with the city of Los Altos. John is working hard for his club to keep their pool open and available

for Masters's and Senior Citizen physical fitness. Dr. Richard's hard training under coach Randy Kalbus paid off in 1982 when he won his first National Championship at the LC meet in Portland. Still improving, in 1983 he won all the breaststroke events in his 60-64 age group at both SC and LC National meets. John established National Records in both the 50 y & 50 m breaststroke events in 1983 and more recently has lowered the 50 y mark further. Look out if Dr. John Richards decides to apply his practice to other strokes!

Pat Matthiesen is an energetic member of the San Mateo Master:Marlins (65-69) and Secretary for Pacific Masters Swimming. Inbetween part-time work, and her own swim training, she types, publishes and distributes meeting minutes and a monthly newsletter for Pacific Masters Swimming's 2000+ members and 40+ teams. Pat is a regular attendee at one of both USMS Championships. In the 1983 LC meet in Indianapolis, she won the 200 M butterfly and placed 2nd and 3rd in the 200 and 400 IM's respectively. Pat achieved Pacific Masters Swimming Top Ten in every event she swam in in 1983, as well as several National Top Ten listings. Pat was a 1983 Masters's All-American. She also competes in open water swims and won her age group in three PMS open water swims in 1983, including the PMS Open Water Championships at Lake Berreyessa.....

#### SWIMMING REPLACES JOGGING AS LATEST TREND IN EXERCISE - Jogging's moment seems to be over.

There are still plenty of jogging maniacs, but the fad is wilting. For one thing, more people are aware - painfully aware - of jogging's pitfalls, such as jogger's knee and jogger's ankle. The dogs bark, and the caravan moves on to the swimming hole. SUCCESS magazine says that the number of regular swimmers will grow by 5 percent a year for the next five years. A recent Harris poll reported that 26 million adults swim regularly, compared with 17 million who jog regularly. Swimming is relaxing, but it is also good exercise, said Dr. Albert Kattus, director of cardiac rehabilitation at Santa Monica Hospital in California. "You're using your entire body, unlike jogging and cycling, which benefit the legs," Kattus said. "In racquet sports, you work one side of the body more than the other." Swimming conditions the heart, gently tones all major muscle groups and burns up fat. Depending on the pace you set, you expend 400 to 800 calories an hour while swimming. Ane, finding a place to swim should not be a problem; there are about 2 million pools in this country. Swimmers even speak of a "swimming High." "You feel totally alive, with no concern for the future or any sense of self-evaluation," said Dr. Keith Bell, an Austin, Texas, sports psychologist and therapist. "For the moment you're absorbed in the flow of life."



# SWIM-MASTER

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LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

## SWIM CALENDAR

VOL XIII - No 3

MARCH - APRIL 1984

Month	Date	Event	Location
APR		Hawaiian Postal Relays, Kay Harrison, 98-487 Koauka Loon, #B1003, Aila, HI 96701	
	1	SC - Jack Geoghegan, 155 Osborn Rd., Rye, NY 10580 (April Fools' Meet)	
	6-8	SC - Dixie Regionals, Harold Ferris, 1116-44 Ave. No., St. Petersburg, FL 33703	
	7	SC - Tim Groy, Westfield Y, 138 Ferris Place, Westfield, NJ 07090	
	7-8	SC - Nick Kakos, P.O. Box 8513, Canton, OH 44711	
	8	SC - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046	
	8	SC - Carolyn Ferris-Johnson, 2711 Levin Ct., Mountain View, CA 94040	
	13-14	EOMAC - Lynn Wilkinson, 1185 Queen Victoria Ave., Mississauga, Ont. L5H 3H2 CANADA	
	13-15	A.U.S.S.I. - Brian Hird, P.O. Box 456, Sutherland 2232 AUSTRALIA	
	13-15	SC - Gail Dummer, 3331 John Hinckle Place, Bloomington, IN 47401	
	13-15	SC - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108	
	13-15	SC - Monty Karnes, Flint YMCA, 411 E. 3 St., Flint, MI 48502	
	13-15	SC - Mike Cook, 215 Ottawa, Joliet, IL 60451	
	13-15	SC - Arnie Dowd, 8254 Johnson St., Arvada, CO 80005	
	14-15	SC - David Wskin, 66 Audubon Dr., Chestnut Hill, MA 02167	
	14-15	SC - Tom Boak, 63 Huntsman's Horn Circle, Woodlands, TX 77380	
	20-21	SC - Paul Hutinger, 815 N. Charles, Macomb, IL 61455	
	24-28	1st Int. Champ., Convention Mgt. Ser. of N.Z., P.O. Box 2607, Christchurch N.Z.	
	21-28-29	SC - Nancy Ridout, 580 Sunset Pkwy., Navato, CA 94947	
	27-29	SC - Peter Jurczyk, 5610 Hickory Dr., Ft. Pierce, FL 33450 (Indian River C.C.)	
	27-29	SC - Delores Wentis, 537 Sunnybrook Terr., Port St. Lucie, FL 33452	
	27-29	SC - Bruce Haffner, 5453 Lakewood Ave., Chicago, IL 60640	
	28	SC - Rick Field, 22 Kensington, Conway, AR 72032	
	28	SC - Cal Schaeffer, 2826 Eastwood Dr., York, PA 17402 (York Dutch Masters)	
	28-29	Falun Sweden - The Swedish Swimming Federation, Idrottens Hus, 123 87 Farsta, Sweden	
	28-29	SC - Will Worley, 1001 Village Dr., College Station, TX 77840	
	28-29	SC - Mary Sigler, 1032 Davidson Rd., Nashville, TN 37205	
MAY	4-5	SC - Charles Weidanz, Lakeland Hills Y, P.O. Box 6, Mountain Lakes, NJ 07046	
	5	SC - Cecil Whitiker, 776 NE 125 St., Parks & Rec Dept, North Miami, FL 33161	
	5-6	SC - Will Worley, 1001 Village Dr., College Station, TX 77840	
	11-13	Canadian Champ., Steve Gosse, 10516 - 35 Ave., Edmonton, Alberta T6J 2L9 CANADA	
	13	SC - Sandy Reece-Martens, 2037 Cardinal Way, Fairfield, CA 94533	
	18-20	SC - YMCA NATIONALS - Tobias Baedeker, 4545 Marshall Rd., Kettering, OH 45429	
	26-29	SC - USMS NATIONALS - Tina Martin, 3320 Primavera St., Pasadena, CA 91107	
JUN	2	Int. Meet SG MBB-Munich, Heinz Siegel, Eduard Schmidstr.32, 8000 Munich 92, W. Ger.	
	10	LC - Pentathlon, Alicia Coleman, 24 The Point, Coronado, CA 92118	
	16-17	LC - Kerry O'Brien, 125 Player Ct., Walnut Creek, CA 94598	
	16-17	LC - Natalie Clement, 4528 Falcon Ridge Dr., Sarasota, FL 33583	
	16-17	LC - SENIOR OLYMPICS - Senior Olympics '84, 5726 Wilshire Blvd., Los Angeles, CA 90036	
	20-24	Dixie Masters Swim Camp - Peter Mullen, Brenau College, Box 4743, Gainesville, GA 30501	
	22-24	LC - Tom Fay, MFR & CC, Maryland Farms, Brentwood, TN 37027	
AUG	23-26	LC - USMS NATIONALS - Hill Carrow, 2901 Sandia Dr., Raleigh, NC 27607	
		LONG DISTANCE MEETS - Dale Petranek, 1008 Oaklyn Ct., Voorhees, NJ 08043	

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