

National Best Times

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Table of swimming records with columns for time, name, and event details. Includes events like 50 MTR FREESTYLE W25-29, 100 MTR FREESTYLE W25-29, etc.

Table with multiple columns listing names, dates, and scores. Includes names like BUTTERFLY W(60-64), SHIRLEY ERICKSON 60, RUTH MANFREDI 60, etc. The table is organized in columns and contains a large volume of data.

58.00 CHARLES NIGHT 30
58.04 DONALD RACON 30
200 MTR FREESTYLE-MEN 30-34
2.00.55 M MC CONICA 1983
02.03.78 J MC CONICA 33 NATLS
02.03.78 J MC CONICA 33 NATLS
02.07.48 L GILCHRIST 30
02.07.85 LARRY WOOD 30
02.08.92 W CASEY CLAFIN 30
02.09.26 JAMES DEAN 30
02.10.79 RICK PHILLIPS 30
02.11.49 WILLIAM J OSWALD 30
02.12.42 JAMES W DEAN 30
02.12.63 MARK F WORDEN 32
400 MTR FREESTYLE-MEN 30-34
04.16.32 J MC CONICA 1983
04.26.74 J MC CONICA 33 NATLS
04.26.74 DOUG BELL 31
04.37.31 DON WAGNER 31
04.37.31 LARRY WOOD 30
04.38.83 MARK F WORDEN 32
04.40.00 WILLIAM OSWALD 30
04.41.25 FRED FERROGGIARO 30
04.41.93 TOM PALMGREN 30
04.44.27 JOHN D OSTERLO 34
1500 MTR FREESTYLE-MEN 30-34
15.00.47 J MC CONICA 1983
18.05.27 WILLIAM PENN 32
18.13.71 J MC CONICA 33 NATLS
18.13.71 J MC CONICA 33 NATLS
18.26.06 FRED FERROGGIARO 30
18.41.63 MIKE K CAFFERY 31
18.41.63 LARRY WOOD 30
19.05.41 MARK F WORDEN 32
19.05.41 JOHN D OSTERLO 34
19.15.57 KEVIN POLANSKY 34
19.15.57 JAMES W DEAN 30
50 MTR BACKSTROKE-MEN 30-34
28.35 D FARMER 1984
28.35 DON FARMER 34 NATL SPLIT
29.36 STEVE STOCKSDALE 30 NATLS
29.36 MARK W CHATFIELD 31
29.49 B MALLETTE 31 NATL SPLIT
30.05 RICHARD BOBER 33
30.07 WILLIAM TINGLEY 34
30.49 HUBBELL 31
30.49 FRED FERROGGIARO 30
100 MTR BACKSTROKE-MEN 30-34
1.02.21 P D KEEFFE 1983
1.03.88 W STOCKSDALE 30 NATLS
1.03.88 W CASSEL CLAFIN 30
1.04.43 BRUCE MALLETTE 31
1.04.89 RICHARD BOBER 33
1.04.89 WILLY TINGLEY 34
1.08.79 MARK BOERNER 33
1.09.52 KENT FORD 30
1.10.76 WILLIAM J OSWALD 30
1.10.82 JEFFREY J PEROUT 31
200 MTR BACKSTROKE-MEN 30-34
2.00.49 FRANK WARDNER 35 NATLS
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2.01.77 W CASEY CLAFIN 30
2.02.58 B MALLETTE 31 NATLS
2.02.58 STEVE STOCKSDALE 30
2.25.37 RICHARD BOBER 33
2.28.29 WILLIAM TINGLEY 34
2.31.43 MICHAEL H WEAHER 30
2.35.16 WILLIAM OSWALD 30
2.35.44 CLAY EVANS 30
2.35.44 JOHN DUKES 31
50 MTR BREASTSTROKE-MEN 30-34
30.88 M MILTENBERGER 1982
32.79 DUJG RYERSON 30
32.79 BRYAN HUNKE 30
33.00 FRED B HUBBELL 33
33.09 RONALD A MARCICIA 33
33.13 CHARLES WIGHT 30 NATLS
33.42 D LEDTENDRE 31
34.21 STEVE STOCKSDALE 30
34.44 TOM DUKES 31
100 MTR BREASTSTROKE-MEN 30-34
01.12.19 J O JASTREMSKI 1977
01.13.59 MARK W CHATFIELD 31
01.14.05 GREG HARRISON 32
01.15.40 DOUG RYERSON 30
01.16.32 FRED B HUBBELL 33
01.16.53 CHARLES WIGHT 30
01.17.29 TOM DUKES 31
01.18.18 CLAY EVANS 30
200 MTR BREASTSTROKE-MEN 30-34
02.25.79 JASTREMSKI 1977
02.37.93 GREG HARRISON 32
02.43.45 BILL VICKERY 30 NATLS
02.46.44 TOM D HOGREN 30
02.49.62 DAVID LEVINSON 34
02.49.85 DON BILCHRIST 30
02.52.08 MICHAEL H WEAHER 30
02.52.08 DOUG RYERSON 30
02.52.19 TOM DUKES 31
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26.63 J FERRIS 1982
26.83 JOHN FODTE 33
27.12 PETER HUNKE 30 NATLS
27.12 FRED B HUBBELL 33
27.18 JAMES F GRIFFITH 30
27.26 BRUCE MALLETTE 31
27.30 JOHN D HANSEN 32
27.39 CLAY EVANS 30
27.39 BIAN HUNKE 30
27.69 MARK W CHATFIELD 31
100 MTR BUTTERFLY-MEN 30-34
58.96 JAMES F GRIFFITH 30
01.01.68 D GOLDEN 33 NATLS
01.01.95 DON BILCHRIST 30
01.02.50 JAMES F GRIFFITH 30
01.02.50 JOHN F FODTE 33
01.03.28 ALAN BELL 34
01.03.38 DAVID LEVINSON 34
01.04.19 LARRY WOOD 30
01.05.34 PETER E MUNGER 32
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1.00.19 J WILLIAMS 1982
1.02.19.59 JAMES GRIFFITH 30
1.02.19.96 DON BILCHRIST 30 NATLS
1.02.23.16 TOM D PALMGREN 30
1.02.23.71 DAVID LEVINSON 34
1.02.28.48 HUBBELL 31
1.02.28.48 MICHAEL H WEAHER 30
1.02.29.36 ALAN BELL 34
1.02.29.43 MARK F WORDEN 32
1.02.31.38 BIAN HUNKE 30
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2.18.78 F SCHLICHER 1983
02.19.77 BRUCE MALLETTE 31 NATL
02.20.70 JASTREMSKI 1977
02.20.84 STEVE STOCKSDALE 30
02.23.94 DON BILCHRIST 30
02.24.33 DON WAGNER 31
02.27.43 DOUG BELL 31
02.28.43 FRED FERROGGIARO 30
02.28.56 JAMES W DEAN 30
02.28.56 JEFFREY J PEROUT 31
02.30.51 CRAIG BENEDICT 33
400 MTR IND.MEDLEY-MEN 30-34
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05.03.97 DON BILCHRIST 30 NATLS
05.07.24 JIM MC CONICA 33
05.11.13 TOM D PALMGREN 30
05.11.13 BRUCE MALLETTE 31
05.13.82 DOUG BELL 31
05.17.18 DAVID LEVINSON 34
05.17.18 LARRY WOOD 30
05.22.45 JAMES W DEAN 30
05.23.52 WILLIAM TINGLEY 34
05.25.97 HUGH MOORE 30

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1.15.60 M SANGUILY 1983
01.19.03 J KORTHEUER 53 NATLS
02.01.10 MANUEL SANGUILY 51
01.25.67 THOMAS KOENIG 52
01.27.12 LEONARD SILVERSTEIN 50
01.28.07 ROBERT KAHN 50
01.30.42 DONALD W BROWN 50
01.30.42 NICHOLAS M BERENYI 51
01.31.17 ROBERT KAHN 50
01.31.23 GRAHAM JOHNSTON 53
01.31.92 ROBERT CURRAN 52
200 MTR BREASTSTROKE-MEN 50-54
02.58.90 M SANGUILY 1983
03.02.92 J KORTHEUER 53 NATLS
03.06.40 GRAHAM JOHNSTON 53
03.10.02 LEONARD SILVERSTEIN 50
03.13.42 NICHOLAS M BERENYI 561
03.14.72 THOMAS KOENIG 52
03.15.40 JERRY M NAMEE 50
03.15.42 ROBERT KURZMAN 53
03.18.96 RON TAYLOR 51
03.20.66 JOSEPH L BITZER 52
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31.74 DONALD L BROWN 50
32.55 LARRY SHANNON 51 NATLS
32.55 FRANK WOLF 57
33.11 ALFONSO ALLEN 54
33.84 WILLIAM M ANDREW 53
33.84 CHARLES LEBOURGEOIS 50
33.76 DUDLEY TARLTON 54
33.99 MANNY SANGUILY 51
34.21 HERB KERN 52
34.21 JOHN WASTON 54
100 MTR BUTTERFLY-MEN 50-54
1.07.13 B YORZYK 1983
01.18.23 JOHN MASTERS 54 NATLS
01.20.57 FRED WILSON 57
01.20.81 ART WELCH 51
01.20.90 LARRY SHANNON 51
01.21.90 AL FONDO ALLEN 54
01.22.75 CHARLES LEBOURGEOIS 50
01.24.53 DUDLEY TARLTON 54
01.25.00 DONALD CAMERON 54
01.25.00 ROBERT KURZMAN 53
01.25.83 JOHN KALAS 51
200 MTR BUTTERFLY-MEN 50-54
2.23.79 B YORZYK 1983
02.59.69 JOHN MASTERS 54 NATLS
03.03.86 LEONARD SILVERSTEIN 50
03.06.73 CHARLES LEBOURGEOIS 50
03.07.25 FRED WILSON 57
03.11.85 JOSEPH C BITZER 52
03.12.13 ART WELCH 51
03.21.96 NICHOLAS M BERENYI 53
03.21.96 ROBERT KAHN 50
03.29.38 TOM SCOTTION 52
03.31.69 SANDO 50
200 MTR IND.MEDLEY-MEN 50-54
2.40.13 B YORZYK 1983
02.44.58 GRAHAM JOHNSTON 53
02.46.07 DON BROWN 51 NATLS
02.49.19 RAYMOND W BRUNSTAD 50
02.53.25 GEORGE G BRUNSTAD 50
02.53.84 FRANK REYNOLDS 52
02.57.78 JOHN D KORTHEUER 53
02.59.88 BOBBY BELMONT 53
02.59.47 STAN MC CONNELL 52
03.00.64 MANUEL SANGUILY 51
03.01.19 JOHN WASTON 54
400 MTR IND.MEDLEY-MEN 50-54
5.46.74 G JOHNSTON 1981
05.52.16 GRAHAM JOHNSTON 53
06.06.26 DON BROWN 51 NATLS
06.08.86 JERRY M NAMEE 50
06.23.74 BUDDY G BELSHE 50
06.26.63 CHARLES LEBOURGEOIS 50
06.28.49 LEONARD SILVERSTEIN 50
06.29.90 JOHN MASTERS 53
06.30.25 ROBERT KAHN 50
06.30.39 BURWELL JONES 51

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28.87 BOYD W JOHNSON 56
29.24 BOB HERITIER 56 NATLS
29.29 WILLIAM IRWIN 56
29.89 FRANK PIERCE 59
30.10 RUBE WOLF 57
30.44 RAYMOND THAYER 58
30.44 EUGENE CLUNKY 56
30.56 WILLIAM H PHILLIPS 56
30.56 WIN WILSON 57 NATL SPLIT
30.57 SKAT 58
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1.04.38 B HERITIER 1983
01.05.06 BOB HERITIER 56 NATLS
01.05.18 W WILSON 57 NATLS
01.06.14 BOYD W JOHNSON 56
01.07.40 FRANK W PIERCE 59
01.10.00 WILLIAM IRWIN 56
01.10.00 PETER VAN DIJK 55
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01.11.19 DON W CONKLN 56
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02.30.00 PETER VAN DIJK 55
02.40.78 WILLIAM IRWIN 56
02.41.02 BERNI GUTTILA 59
02.42.47 ERIC YOUNGQUIST 56
02.43.75 FRED WILSON 57
02.45.75 GEORGE A ERMSELL 57
02.46.66 SKIP MAN 59
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05.46.82 BOB HERITIER 56
05.46.83 ELMER SCHNITZER 56
05.52.36 BERNI GUTTILA 59
05.59.08 EFREN M FIERRO 55
06.00.70 MORRIS M MATHEWS 56
06.03.04 ROGER FRANKS 57
06.06.03 FRED TRASK 56
06.06.03 SKIP MAN 59
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21.56.23 WIN WILSON 57 NATLS
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23.47.09 ERIC YOUNGQUIST 56
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24.13.09 FRED WILSON 57
24.13.09 FRANK PIERCE 59
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38.60 ED RICHARDS 56
38.87 JIM SEGGERS 55
38.97 BOB HERITIER 56
39.13 JACK WEEDEN 57
39.32 DUANE DRAVES 58
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01.23.13 ERIC YOUNGQUIST 56
01.24.32 JIM SEGGERS 55
01.25.13 PETER VAN DIJK 55
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01.29.56 BOYD W JOHNSON 56
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01.30.05 ALBERT VAN DE WEGHE 57
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03.07.91 JIM SEGGERS 55
03.10.18 JACK WEEDEN 57
03.11.34 RALPH COXHEAD 55
03.11.86 RUBE WOLF 57
03.12.28 ROGER FRANKS 57
03.15.25 WILLIAM H PHILLIPS 56
03.15.72 TED HAARTZ 56
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41.05 DOUGLAS SCOTT 57
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41.95 JIM NELSON 55
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01.40.14 ART KELLEY 58
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03.29.63 ART KELLEY 58
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03.43.66 RANDY BRADSHAW 59
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1.52.56 WIN WILSON 57 NATLS
1.52.56 RUBE WOLF 57
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01.36.17 LUMAN SUTTON 57
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3.04.49 C MOSS 1983
03.22.12 AARON KURTZMAN 55 NATL
03.26.14 MORRIS M MATHEWS 56
03.26.14 GUYON WYNN 57
03.42.73 ART KELLEY 48
03.47.81 RUBE WOLF 57
03.49.63 JOHN PANDAK 58
04.05.49 JIM PATTEN 55
04.20.34 RANDY BRADSHAW 59
04.52.13 BLYNN JOHNSON 58
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03.03.00 RUBE WOLF 57
03.03.00 ROBERT W PHILLIPS 56
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03.06.73 MORRIS M MATHEWS 56
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31.08 JOHN RICHARD 62
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31.86 TED VONCKERFELD 62
31.93 JACK MC CANN 62
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01.12.02 ARTHUR KOBLISH 50
01.12.60 J HERBERT MC AULEY 61
01.12.60 JOHN RICHARD 62
01.13.77 BOB MERRICK 64
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02.28.07 ARTHUR KOBLISH 50
02.46.83 RAY FREDERICK 60
02.48.84 BOB MERRICK 64
02.50.79 JOHN RICHARD 60
02.51.99 WAYNE SHADOLT 60
02.50.99 JOHN FLORANCE 61
02.51.99 IRVING KATZ 60
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5.28.90 J WELCH 1979
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37.52 IRVING KATZ 60
38.43 ROGERS HOLMES 62
39.28 EARL WALTER 63
39.40 JACK MC CANN 62
39.58 JOHN WOODS 60
39.61 LUIS E SERRANO 62
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03.11.19 ROGERS HOLMES 62
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40.50 JOHN RICHARD 62
40.50 JOHN B LAIRD 63
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43.06 ROGERS HOLMES 62
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01.33.07 W SIMPSON 60 NATLS
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36.51 JURGEN SCHMIDT 61
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01.32.83 BOB MERRICK 64
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01.41.01 PAUL CRAGO 64
01.41.01 EARL WALTER 63
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03.28.84 ED RUDLOFF SR-NZ
03.40.64 BOB MERRICK 64
03.40.64 CHESTER GOBSTYL 64
03.48.21 EARL WALTER 63
03.51.42 DAN MILES 63
03.52.62 ALDO DA ROSA 66
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04.13.20 JOHN BRICKER 64
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02.58.03 IRVING KATZ 60 NATLS
03.04.98 RAY TAFT 64
03.04.98 EDWARD HALL 62
03.13.19 JOHN WOODS 60
03.15.01 EDWARD RUDLOFF SR 60
03.15.63 BOB MERRICK 64
03.16.20 JERRY JARROLD 62
03.22.44 ARTHUR KOBLISH 60
03.26.33 EARL WALTER 63
03.26.33 JOHN RICHARD 62
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6.32.33 P POWLISON 1982
06.32.86 IRVING KATZ 60 NATLS
06.32.86 BOB MERRICK 64
06.57.37 ARTHUR KOBLISH 60
07.08.62 JOHN WOODS 60
07.08.62 EDWARD RUDLOFF SR 60
07.16.28 BOB MERRICK 64
07.21.05 DAN MILES 63
07.30.37 EARL WALTER 63
07.42.04 CHESTER GOBSTYL 64
07.45.99 PETER LEE 61
50 MTR FREESTYLE-MEN 65-69
29.30 B DAVIDSON 56 NATL SPLIT
31.25 ANDREW HOLDEN 65 NATLS
31.25 JAMES W WELCH 66
32.30 HARRY RAWSTROM 67
32.38 PETE T OKUMOTO 67
33.67 RAY TAFT 65
33.67 GUS D CLEMENS 65
33.28 WILLIAM JOHNSTON 66
33.77 DONALD R PETERSON 67
33.77 JAC GARNAU 66
100 MTR FREESTYLE-MEN 65-69
1.08.15 J WELCH 1983
01.10.15 ANDREW W HOLDEN 65
01.10.15 EDWARD W HOLDEN 66
01.11.50 RAY TAFT 65
01.16.20 GUS D CLEMENS 65
01.16.20 DONALD RUMFOLD 67
01.17.04 HARRY RAWSTROM 67
01.18.81 FRANK M MURPHY 66
01.20.23 JERRY R SIEPERT 66
01.21.19 JAC GARNAU 66
01.21.23 HARWELL MOSELEY 65
200 MTR FREESTYLE-MEN 65-69
2.27.58 JIM WELCH 66 NATLS
02.42.83 BIRCH DAVIDSON 65
02.46.81 RAY TAFT 65
02.49.29 EDWARD W HOLDEN 66
02.52.44 ALDO DA ROSA 66
02.69.04 GUS D CLEMENS 65
02.71.34 WILLIAM MURPHY 66
03.03.72 PETE T OKUMOTO 67
03.06.49 HARWELL MOSELEY 65
03.07.09 RICHARD GUIDO 66
400 MTR IND.MEDLEY-MEN 65-69
5.38.79 J WELCH 1983
05.35.38 JIM WELCH 66 NATLS
06.29.23 ALDO DA ROSA 66
06.11.87 EDWARD W HOLDEN 66
06.20.75 FRANK MURPHY 66
06.20.75 ALBERT VAN DE WEGHE 57
06.35.45 GUS D CLEMENS 65
06.36.22 PETE T OKUMOTO 67
06.41.23 LYNN SULLIVAN 67
06.42.14 NORRIS FLUKE 67
1500 MTR FREESTYLE-MEN 65-69
23.04.59 J WELCH 1983
24.45 CLEVELAND CROOME 67
24.59.34 FRANK MURPHY 66
25.48.58 RICHARD GUIDO 66
26.26.65 EDWARD SHEA 67
26.26.65 NORRIS FLUKE 67
27.00.62 GUS D CLEMENS 65
27.38.01 JERRY R SIEPERT 66
27.38.01 HARRY RAWSTROM 67
27.46.29 HERMAN BECKER 66
28.05.79 PETE T OKUMOTO 67
50 MTR BACKSTROKE-MEN 65-69
37.92 RAY TAFT 65 CA 6/17
40.16 ALBERT VAN DE WEGHE 67
41.11 WELCH 66 NATLS
40.57 WILLIAM ROBE 64
40.86 HARRY LIBER 65 NATL SPLIT
41.07 ANDREW W HOLDEN 65
41.36 BEANS H YAMAMOTO 67
42.75 BRION WINSHP 66
43.01 CLIFF CROOME 67
40.20 BOB CUTTER 66
200 MTR BACKSTROKE-MEN 65-69
1.27.48 R TAFT 1984
01.27.48 RAY TAFT 65 CA 6/17
01.29.57 ALBERT VAN DE WEGHE 67
01.30.24 EDWARD W HOLDEN 66
01.35.44 EDWARD MORAN 66
01.35.55 WILLIAM ROBE 68
01.36.01 CLIFF CROOME 67
01.36.01 BRION WINSHP 66
01.39.40 JACK GARNAU 68
01.40.52 JOHN MERRILL 67
200 MTR BACKSTROKE-MEN 65-69
3.13.05 D VOLT 1983
03.13.34 RAY TAFT 65
03.13.34 HARRY LIBER 65 NATLS
03.25.69 EDWARD MORAN 66
03.30.51 ALDO DA ROSA 66
03.33.41 BOB MERRICK 64
03.33.41 BRION WINSHP 66
03.37.62 CLIFF CROOME 67
03.38.62 ROGER CHAMBERLAIN 67
03.43.71 HANSEL WILSON 60
03.43.71 RICHARD GUIDO 66
50 MTR BREASTSTROKE-MEN 65-69
1.33.92 A RUFF 1983
40.87 ALDO DA ROSA 66 CA 6/17
40.94 PAUL KRUP 66 NATLS
43.16 TOM LIND 66
43.16 JOHN BIRCH 66
44.48 ROGER CHAMBERLAIN 67
45.34 MICHAEL OFFNER 69
45.78 HANSEL WILSON 60
46.26 ANDREW HOLDEN 65
46.26 RUSS WITTE 67
46.43 EDGAR BLACKLEDGE 68
100 MTR BREASTSTROKE-MEN 65-69
1.31.99 A DA ROSA 1984
01.30.94 PAUL KRUP 66 NV
01.31.99 ALDO DA ROSA 66 CA 6/17
01.32.92 RAY TAFT 65
01.36.97 BIRCH DAVIDSON 65 NATLS
01.41.50 ANDREW HOLDEN 65
01.41.50 CHARLES SALIE 62
01.43.63 ROGER CHAMBERLAIN 67
01.43.85 RUSS WITTE 67
01.45.98 CAL SCHAEFFER 66
01.45.98 CAL SCHAEFFER 66
200 MTR BREASTSTROKE-MEN 65-69
3.27.47 A DA ROSA 1984
03.27.47 ALDO DA ROSA 66 CA 6/16
03.33.03 CLIFF CROOME 65 NATLS
03.36.53 RAY TAFT 65
03.37.83 PAUL KRUP 66
03.37.83 BRION WINSHP 66
03.58.14 RUSS WITTE 67
03.58.35 ROGER CHAMBERLAIN 67
04.05.47 ROBERT C JOHNSON 67
04.05.47 ROBERT C JOHNSON 67
04.12.34 NORRIS FLUKE 67
50 MTR BUTTERFLY-MEN 65-69
1.33.25 ANDREW HOLDEN 65 NATLS
1.36.06 RAY TAFT 65
1.37.71 JIM WELCH 66
1.37.71 CHARLES SALIE 62
1.39.37 HARWELL MOSELEY 65
1.40.39 CLIFF CROOME 67
1.41.64 WILLIAM JOHNSTON 66
1.41.64 ALDO DA ROSA 66
42.66 ROGER CHAMBERLAIN 67
42.78 CAL SCHAEFFER 66
100 MTR BUTTERFLY-MEN 65-69
1.29.32 A HOLDEN 1984
01.29.32 ANDREW HOLDEN 65 NATLS
01.34.80 RAY TAFT 65
01.34.80 PAUL KRUP 66
01.37.94 ALDO DA ROSA 66
01.39.47 HARWELL MOSELEY 65
01.44.63 ROGER CHAMBERLAIN 66
01.48.65 CLIFF CROOME 67
01.50.81 ALBERT VAN DE WEGHE 67
01.52.47 MICHAEL OFFNER 69
01.52.47 RAY TAFT 65
200 MTR BUTTERFLY-MEN 65-69
3.34.69 B DAVIDSON 1984
03.34.69 B DAVIDSON 65 NATLS
03.34.69 HARRY MURPHY 66
03.47.51 PAUL KRUP 66
04.00.47 RICHARD GUIDO 67
04.00.47 RICHARD GUIDO 67
04.19.85 WILLIAM JOHNSTON 66
04.21.31 CLIFF CROOME 67
04.31.10 PAUL ANTONELLI 66
04.31.10 LOU ANTONELLI 66
04.51.48 RALPH BOLAR
200 MTR IND.MEDLEY-MEN 65-69
1.33.92 A HOLDEN 1984
03.14.73 BIRCH DAVIDSON 65 NATLS
03.16.95 ANDREW W HOLDEN 65
03.20.60 RAY TAFT 65
03.26.97 ALBERT VAN DE WEGHE 67
03.38.17 ROGER CHAMBERLAIN 67
03.39.08 HARWELL MOSELEY 65
03.39.44 CLIFF CROOME 67
03.39.44 HARRY MURPHY 66
03.47.06 TOM LIND 66
03.53.40 JERRY R SIEPERT 66
400 MTR IND.MEDLEY-MEN 65-69
6.38.29 B DAVIDSON 1984
06.38.29 B DAVIDSON 65 NATLS
06.58.29 BIRCH DAVIDSON 65 NATLS
07.46.77 RICHARD GUIDO 67
07.46.77 RICHARD GUIDO 67
08.09.06 ROGER CHAMBERLAIN 67
08.17.17 CLIFF CROOME 67
08.26.99 ALBERT VAN DE WEGHE 67
08.26.78 LOU ANTONELLI 66
08.29.70 GEORGE TRAWICK 68
08.34.77 ROBERT STRINGHAM 68
08.34.77 EDWARD W HOLDEN 66

50 MTR FREE-MEN 70-74
29.35 KELLEY LEMMON 73 NAT SPLIT
32.82 WOODY BOWERSOCK 71
34.10 DEXTER WOODFORD 71
34.10 BILL SHOTT 74
34.31 BILL SHOTT 74
34.35 BERT KASSELL 70
34.40 BERSON SOBEL 74
35.64 REG RICHARDSON 72
36.25 GENE CROSSETT 70
100 MTR BUTTERFLY-MEN 70-74
1.11.61 K LEMMON 1983
01.12.19 KELLY LEMMON 72 NATLS
01.19.49 DEXTER WOODFORD 71
01.20.99 BILL H GRANT 70
01.22.55 BILL SHOTT 74
01.25.18 REG RICHARDSON 72
01.25.79 BOB SELL 70
200 MTR FREESTYLE-MEN 70-74
2.44.36 K LEMMON 1983
02.56.46 DEXTER WOODFORD 71
03.05.19 BERT KASSELL 70
03.07.25 GARY WEISENTHAL 70
03.08.19 REG RICHARDSON 72
03.11.66 JERRY DONOVAN 70

Table with 4 main columns: Rank, Name, Time, and Name. Contains swimmer names, club names, and times for various events like 100m Freestyle, 200m Freestyle, and 400m Freestyle.

WESTSIDE Gawboy, Cudda, Weaver, Bell	1:50.12	TAMALPAIS Maguire, Cooper, Cunningham, Dewitt	2:28.61	LAKEVIEW Tingley, Davenport, Schuler, Bell	2:04.30	CAROLINA A Sonner, Donovan, Haynie, Corr	2:26.19	LONE STAR Casey, Wolfe, Levinson, Vanderbogart	1:53.44
PASADENA A.C. Nordehl, Chlasta, Ronay, Cooper	1:50.17	PNA Crossett, Burton, Koruga, McAndrew	2:29.59	NEW ENGLAND Hanna, Crowder, Moivig, King	2:05.32	TROJAN Larson, Frank, Hebert, Schmidt	2:26.57	LAND OF LINCOLN Schackie, Burnell, Shurer, Johnson	1:53.60
NEW ENGLAND Crowder, Moivig, Hanna, Whiten	1:50.19	WALNUT CREEK Pedder, Kuffman, Martinez, Sanford	2:30.99	DICK BOWER BOLTS Proctor, Ekberg, Weidner, Cusno	2:05.97	MIDDLE ATLANTIC Mayer, Hungerford, Barrett, Harrison	2:29.55	CAROLINA A Carrow, Willoughby, Fields, Breiter	1:54.58
SOLANO Hall, Thayer, McCormick, Esparza	1:50.21	CONNECTICUT Duchakof, Chamberlain, Lagner, Brunstad	2:39.24	STROH'S STROKERS Hass, Fields, Miller, Detender	2:06.19	TAMALPAIS Cunningham, Cooper, DeWitt, Maguire	2:48.87	CAROLINA B Bell, Welch, Marr, Gilchrist	1:55.78
ST. LOUIS Oswald, Letendre, Toebe, Jewell	1:50.30	LAKEVIEW Weisenthal, Kaufmann, Trusty, Sims	2:39.73	ST. LOUIS Oswald, Letendre, Jewell, Toebe	2:06.33	WALNUT CREEK Martinez, Hall, Pedder, Sandord	3:00.84	WALNUT CREEK A Killingsworth, Malin, O'Brien, Wilson	1:56.11
DICK BOWER BOLTS Weidner, Mills, Clark, Ekberg	1:50.42	VIRGINIA Ossa, Wilmore, Sullivan, James	2:42.55	INDUSTRY HILLS Ellis, Underwood, Heather, Greenamyer	2:06.36	WISCONSIN Bauman, Countryman, Kueny, Dwyer	3:01.74	SOUTHWEST Jensen, Vogel, Gettling, Schmidt	1:56.37
LONE STAR Wezty, Boak, Levinson, Vanderbogart	1:50.45	DAVIS Schroeder, Thomson, Gilmer, Peder	2:44.54	EL CAMINO Bumbers, Herrera, Douglas, Rademacher	2:07.90	CONNECTICUT Chamberlain, Langner, Brunstad, Duchakof	3:06.73	WALNUT CREEK B O'Brien, Stone, Stevens, Ford	1:57.06
EL SEGUNDO Wisdom, Cohn, Lansberg, Fusco	1:51.97	CAROLINA B Steel, Schneider, Kach, Stroupe	2:55.14	PNA Palmer, Harrison, Moore, Tempest	2:09.70	PNA McAndrew, Burton, Koruga, Crossett	3:07.64	GREATER INDIANA Vickery, Speith, Shedron, McKinney	1:57.89
VIRGINIA B Blanton, Miller, Dougherty, Sims	1:51.99	DICK BOWER BOLTS Offner, Marino, Brickson, Wiegand	3:06.14	DAVIS A Rollins, Critchfield, Nunn, Caton	2:09.72	DAVIS Schroeder, Gilmer, Thomson, Peder	3:08.15	CHARLESTON Fisette, Pasevento, Poole, Parler	1:59.13
VIRGINIA Blanton, Klahn, Havens, Farmer	1:52.69	55+		CAROLINA C Trumbull, Boyd, Cuker, Coleman	2:15.36	CAROLINA B Stroupe, Koch, Schneider, Koenig	3:20.26	LAKEVIEW A Curl, Schuler, Tingley, Kleinert	2:00.34
35+		NEW ENGLAND A Wilson, Katz, Hulme, Haartz	2:04.99	PIRANHA SPORTS CLUB Khodada, Grisoli, Vreeland, Newport	2:17.43	DICK BOWER BOLTS B Wiegand, Brickson, Offner, Marino	3:20.51	VIRGINIA B Cayce, Crouse, Dougherty, Sims	2:00.35
OHIO Baushard, Greenfield, Van Cura, Olsen	1:48.88	TROJAN Conklin, Merrick, Johnson, Wolfe	2:06.66	DAVIS B Flocker, Graven, Rollins, Veress	2:18.46	55+		DC RECREATION Kirchner, Gray, Meares, Roe	2:01.10
NEW ENGLAND A Fowler, King, Schlicher, Asquith	1:49.82	GEORGIA Erswell, Tyson, Mitchell, McAuley	2:13.31	35+		NEW ENGLAND A Katz, Haartz, Wilson, Hume	2:20.00	NEW ENGLAND B Moivig, Heinrich, Daymond, Whitten	2:01.38
MARINA Ajax, Holland, Goeden, Michelangelo	1:52.15	OHIO Morris, Daily, Liber, Woodford	2:17.82	NEW ENGLAND A Whitten, Daily, Schicher, Fowler, Asquith	2:00.27	TROJAN Johnson, Merrick, Wolfe, Conklin	2:25.69	RIVERSIDE A Burns, Rohrbach, Kuewa, Munck	2:01.51
DC Bergquist, Bluefield, Lyons, Husson	1:52.17	CAROLINA A Fearn, Proctor, Gubbing, Gosstyla	2:19.82	DC Bluefield, Husson, Lyons, Berwaist	2:04.63	GEORGIA Erswell, Tyson, McAuley, Mitchell	2:34.02	NEW ENGLAND C Fowler, Lynch, Yelmokas, Fontaine	2:03.49
SAN MATEO MARLINS Campbell, Taft, Brown, Galine	1:52.50	MIDDLE ATLANTIC Franks, Sastchok, Kretschmer, Richards	2:20.29	OHIO Baushard, Olsen, Greenfield, Van Cura	2:07.55	CAROLINA A Proctor, Fearn, Gosstyla, Greethan	2:36.88	35+	
VIRGINIA Holswade, Pope, McGill, Sultan	1:53.97	SAN MATEO Moran, Wells, Taft, Taioli	2:27.28	SAN MATEO MARLINS Brown, Campbell, Galine, Kowloski	2:08.89	MIDDLE ATLANTIC Franks, Richards, Melick, Kretschmer	2:37.03	NEW ENGLAND A Schlicker, Page, Tandy, Asquith	1:54.73
IRVINE Moffitt, Murray, Schlup, Porter	1:54.26	CAROLINA B Reynolds, Soller, Formo, Greatham	2:30.73	WALNUT CREEK McCreary, Kenton, Jester, Basos	2:10.14	OHIO Liber, Dailey, Krup, Morris	2:39.43	CONNECTICUT McCarthy, Slimak, Geoghegan, Kamphausen	1:56.93
MAC MASTERS White, Smith, Alexander, McGinty	1:54.95	CONNECTICUT Lavender, McCarthy, Chamberlain, Shadbolt	2:30.90	DAVIS McKinlay, Huestis, Jensen, Lieberman	2:10.37	SAN MATEO Moran, Wells, Taft, Taioli	2:45.12	OHIO Bauschard, Whitner, Luster, Greenfield	1:58.36
CONNECTICUT Geoghegan, Lacy, McCarthy, Silverstein	1:55.06	VIRGINIA Howell, Hutton, Barnes, Bosher	2:31.17	CONNECTICUT Geoghegan, Silverstein, Laux, McCarthy	2:11.76	WISCONSIN Field, Christensen, White, Drake	2:47.34	DC A Bergquist, Kirkendall, Brand, Lyons	1:58.94
WALNUT CREEK Basos, McCreary, Kenton, Jester	1:56.28	PNA Koruga, Rosik, Young, Kleinist	2:36.64	IRVINE Mackline, Porter, Murray, Moffitt	2:13.11	PNA Kleinist, Koruga, Dotson, Young	2:58.85	OREGON Chase, Pierson, Frid, Warner	1:58.96
VIRGINIA Green, Vitaliano, Holswade, Wellman	1:57.82	WISCONSIN Drake, Feld, Dwyer, White	2:42.26	LOUISVILLE Finnegan, Dodge, Rueff, Hunt	2:14.62	ST. LOUIS Bergman, Kelley, Grant, Schettler	2:59.11	VIRGINIA Decker, Durrant, McGill, Sultan	2:02.64
LAKEVIEW A Ronniger, Goodwin, Ambrose, Hubbuch	1:58.32	WALNUT CREEK Leach, Johnston, Perry, Hall	2:50.93	LAKEVIEW A Goodwin, Ambrose, Hubbuch, Ronniger	2:14.72	VIRGINIA Bosher, Ossa, Hall, Hutton	3:02.47	SAN DIEGO Dunbar, Jordan, Jackson, Day	2:05.73
DAVIS AQUATIC Jensen, Huestis, Bracchi, McKinlay	1:58.51	65+		MACMASTERS Smith, Waite, Gee, Alexander	2:16.28	CAROLINA B Gubbins, Reynolds, Formo, Soller	3:07.00	DAVIS A Lane, Nunn, Huestis, Jensen	2:06.81
CAROLINA A Stanley, Kahmescher, Paesler, Dillen	1:59.35	MIDDLE ATLANTIC Davidson, Rowan, Schaeffer, Rawstrom	2:13.69	RIVERSIDE Demunche, Frampton, Best, Rohrbach	2:17.54	WALNUT CREEK Kasner, Perry, Johnston, Leach	3:11.10	CONNECTICUT Slimak, Kamphausen, Laux, Geoghan	2:07.21
D.C. RECREATION Allen, Meares, Reichelt, Yurov	2:02.77	DC Kassel, Murphy, Lemmon, McAfee	2:19.39	CAROLINA A Dilley, Olsen, Kohmescher, Paesler	2:20.28	65+		WALNUT CREEK Basos, Schoenrock, Zozel, Jester	2:08.23
OHIO Olson, Eisinger, Ryan, Vancura	2:04.65	LONG BEACH Winship, Fitzgerald, Garnaus, Shott	2:24.69	VIRGINIA Holswade, Sultar, Snead, Pope	2:21.04	MIDDLE ATLANTIC Rowan, Schaeffer, Davidson, Rawstrom	2:39.21	MARINA A Ghodes, Ajax, Goeden, Jeter	2:08.42
LOUISVILLE Finnegan, Dodge, O'Malley, Hunt	2:04.85	RINCONADA Blackledge, Wheeler, Irvine, Reilly	2:34.49	PIRANHA SPORTS CLUB Snyder, Reimers, Gayle, Babcock	2:22.49	DC Murphy, Lemmon, Fite, Kassel	2:51.50	CAROLINA A Kohmescher, Balckwell, Cappel, Dilly	2:10.75
PIRANHA SPROTS CLUB Snyder, Gayle, Reimers, Babcock	2:05.14	ST. PETERSBURG Mackey, Briscoe, Stinson, Walbolt	2:47.27	SAN JOSE McCann, Caldwell, Gibson, Erikson	2:28.82	LONG BEACH Winship, Fitzgerald, Garnaus, Shott	2:59.29	DICK BOWER BOLTS Bower, Campbell, Lambke, Witts	2:11.31
RIVERSIDE Rohrbach, Nakama, Demunck, Greywood	2:12.78	PNA Penfield, Frederick, Jowett, Crossett	2:48.98	OREGON Warner, Caudill, Langlais, Smith	2:29.78	RINCONADA Blackledge, Wheeler, Reilly, Irvine	3:00.99	LONE STAR Hearn, Ashworth, Boak, Welly	2:11.61
SANTA BARBARA Holst, Brooks, Farrell, Piemme	2:15.49	LONG BEACH Shott, Chapin, White, Bowersock	2:57.12	LAND OF LINCOLN B Mullins, Koblisch, Masters, Knoistra	2:32.26	ST. PETERSBURG Mackey, Stinson, Tilotson, Briscoe	3:14.41	TAMALPAIS Cooper, DeWitt, Jenkins, Ridout	2:11.71
45+		75+		LAKEVIEW Cannon, Goodwin, Tucker, Ronniger	2:36.94	GAMBLE - NIPPERT YMCA Fletcher, Witte, Salie, Faison	3:17.99	LAKEVIEW A Ronniger, King, Noe, Goodwin	2:11.85
GREATER INDIANA Costill, Goldstein, Myers, McKinney	1:53.61	JERSEY Sigrist, Silbert, Strothman, Dotterweich	3:13.54	SACRAMENTO Sutton, Mynard, Turner, Myers	2:37.05	LAND OF LINCOLN Strizek, Woljefk, Cureton, Newton	4:14.82	LINCOLN Bennett, Topley, David, Olson	2:12.95
DC Worthington, Smith, Bettis, Bechtel	1:55.85	MEN'S 200 M MEDLEY RELAY		45+		75+		STRAWBERRY CANYON Barker, Cohen, Spangler, Garfin	2:14.38
MACMASTERS Kortheiner, Robertson, Canterbury, O'Donnell	1:56.91	DC T. Wolf, Kanzler, Hansen, Densore	1:52.30	GREATER INDIANA McKinney, Costill, Goldstein, Myers	2:09.68	JERSEY Sigrist, Strothman, Silbert, Dotterweich	3:48.96	PNA Corman, Crandell, Reid, Foley	2:14.87
NEW ENGLAND Lyndon, Hopkins, Clayton, Read	1:58.96	LAND OF LINCOLN Johnson, Kolar, Schackie, Boerner	1:55.11	DC Smith, Worthington, Bettis, Bechtel	2:13.58	200 M MIXED FREESTYLE RELAY		45+	
SAN DIEGO Holden, Earley, Kimball, Goode	2:02.36	CAROLINA A Mallette, Duke, Gilchrist, Derks	1:56.94	MACMASTERS Canterbury, Kortever, O'Donnell, Robertson	2:13.99	DC A Hirsty, Skiff, Kanzler, Wolf	1:47.20	DC A Worthington, Brey, Lefflich, Bechtel	2:03.14
DICK BOWER BOLTS Bower, Duplessis, Beaver, LeBourgeois	2:03.01	WALNUT CREEK Morales, Haven, O'Brien, Wilson	1:59.83	DICK BOWER BOLTS A Beaver, Bower, Duplessis, LeBourgeois	2:18.64	VIRGINIA A Cain, Tubergren, Havens, Marchionda	1:49.34	PNA Correa, Gindroz, Addleman, Johnson	2:05.06
TROJAN Reynolds, Larsen, Frank, Hebert	2:06.90	SAN JOSE Wheeler Krage, Bacci, Dawson	2:02.53	NEW ENGLAND Clayton, Hopkins, Read, Lyndon	2:19.96	NEW ENGLAND A Crowder, Hanna, Test, Crowder	1:50.96	DC B Bettis, Grates, Collins, Smith	2:11.89
MIDDLE ATLANTIC Harrison, Mayer, Barlett, Hungerford	2:07.84	VIRGINIA Sims, Dougherty, Marchionda, Blanton	2:02.60	SAN DIEGO Goode, Earley, Fiero, Kimball	2:24.76	SAN DIEGO Siva, Lutz, Marcikic, Heinrich	1:51.24	OREGON Guest, Whisman, Petersen, Rittenhouse	2:12.14
VIRGINIA Snead, Hall, Sullivan, James	2:10.52	CAROLINA B DeSelm, Lydick, Ryland, Forsyth	2:03.19	VIRGINIA Sullivan, Wilmore, McGill, James	2:25.94	DC B Hansen, Ruppert-Prosch, Densmore	1:51.58	NEW ENGLAND A Reid, Lyndon, Blake, Read	2:17.35
CAROLINA A Koenig, Carr, Haynie, Olsen	2:12.44	LONE STAR Welly, Boak, Vanderbogart, Levinson	2:03.70						

PNA	2:17.79	ADDLEMAN, ADAMS, DEARBORN, Gindroz	WALNUT CREEK	3:05.23	DURSTON, PERRY, REEVES, Johnston	NEW ENGLAND B	2:18.84	CAROLINA B	3:17.87	DAY, KOENIG, KOCH, Camak
MARYLAND	2:20.88	BROWN, DALLUM, JOHNSON, Christensen	MIDDLE ATLANTIC	3:10.87	SHOSTCHUK, KELLOGG, MULLER, Rowan	DC A	2:19.15	SANTA BARBARA	3:28.51	PIEMME, BECKER, HAYES, Olshan
CONNECTICUT	2:21.60	BRUNSTAD, SILVERSTIEN, GRAVENER, Donnelly	ST. PETERSBURG	3:23.28	TILLOTSON, SCHIMPF, COOPER, Mackey	SAN DIEGO	2:19.25	CRIMSON TIDE	3:34.09	DONAHUE, BELL, DUNLAP, Ferguson
SAN MATEO	2:22.19	PICCIOTTA, TAIOLI, KAY, Stewart	LAKESIDE	4:04.85	BOWERS, WEISENTHAL, SIMMS, Riordan	LONE STAR	2:20.37	NEW ENGLAND B	3:45.26	READ, WENTWORTH, LYMAN, Lyndon
ST. LOUIS	2:27.80	PETERS, SCHESSLER, BUSS, Francis	200 M MIXED MEDLEY RELAY			OREGON	2:21.97	PIRANHA SPROTS CLUB	3:56.22	KARIKER, RODRIGUE, GAYLE, Collins
JERSEY	2:28.57	KURTZMAN, BOORMAN, HAMILTON, Katz	25+			VIRGINIA	2:22.26	MIDDLE ATLANTIC	4:06.82	MAYER, BARRETT, MELICK, Kellogg
OHIO	2:35.54	BROGAN, BROGAN, KAKOS, Kakos	DC A	1:58.51	WOLF, SKIFF, KANZLER, Hirsty	DAVIS A	2:22.27	55+		
CAROLINA A	2:37.10	DONAVAN, STROUPE, CAMAK, Haynie	DC B	2:05.37	DENSMORE, HANSEN, HOCULI, Ruppert-Prosch	DC B	2:23.41	NEW ENGLAND	2:32.28	WALKER, WILSON, HAARTZ, McIntyre
WALNUT CREEK	2:40.15	HOWELL, MONROE, SANFORD, Brown	VIRGINIA A	2:06.21	CAIN, TUBERGAN, MARCHIONDA, Harens	SCHAFER, BERGQUIST, BLUEFIELD, Svanson	2:27.95	MIDDLE ATLANTIC	2:44.79	FRANKS, TROY, MELICK, Derr
LAKESIDE	2:44.52	TRUSTY, MULLINS, FERGUSON, Kaufmann	GREATER INDIANA	2:06.58	LEE, VICKERY, SHEDRON, Myer	PNA	2:28.83	CAROLINA A	2:58.85	PROCTOR, GOSSTYLA, CRANDALL, Ressequie
JERSEY B	2:49.39	MCINTOSH, DOLCE, FRAZE, Harris	SAN DIEGO	2:06.69	RUCKER, MARCICIC, NEVILLE, Lutz	CAROLINA A	2:31.88	OHIO	3:00.57	DAILEY, RUSS, MORRIS, Hill
CAROLINA B	2:55.43	STROUPE, SMITH, DAY, Schneider	WALNUT CREEK A	2:08.68	KILLINGSWORTH, O'BRIEN, STEVENS, Wilson	PAESLER, CAPPS, KOHMESCHER, Blackwell	2:33.26	CONNECTICUT	3:03.50	MERRILL, CHAMBERLAIN, BILLARD, Phillips
PIRANHA, SPORTS CLUB	2:59.72	KARIKER, CASPER, DUTRO, Gayle	CAROLINA A	2:09.29	WILLOUGHBY, DUKE, FIELDS, Gilchrist	STRAWBERRY CANYON	2:35.60	PNA	3:13.36	CARLSON, KLEIST, DOTSON, Koruga
DICK BOWER BOLTS	3:00.07	BEAVER, MANN, CASSERI, LeBourgeois	CAROLINA B	2:10.08	MALLETTE, KUHN, KYDLAND, Marr	VIRGINIA	2:37.57	CAROLINA B	3:19.43	GUBBINS, DOWNS, FEARN, Wessner
NEW ENGLAND B	3:09.85	WALKER, WENTWORTH, CLAYSON, Lyman	NEW ENGLAND A	2:10.43	CROWDER, DAYMOND, HANNA, Crowder	DAVIS B	2:38.02	TAMALPAIS	3:32.95	CUNNINGHAM, CUNNINGHAM, MCCOLLISTER Maguire
55+			CHARLESTON	2:11.77	PASEVENTO, PARLER, FISETTE, Poole	PIRANHA SPROTS CLUB	2:39.40	WISCONSIN	3:42.32	FELD, KANEHL, DRAKE, Sciborski
NEW ENGLAND	2:15.75	HAARTZ, WALKER, MCINTYRE, Wilson	LAND OF LINCOLN	2:12.38	SHURER, SCHACKLE, RUBINO, Burnett	DICK BOWER BOLTS	2:39.40	DC	4:14.52	SHEPHARD, SAPPERSTEIN, LEE McAfee
MID ATLANTIC	2:25.34	RICHARDS, TROY, MERRYMAN, Franks	WALNUT CREEK	2:13.26	LONE STAR	55+		WALNUT CREEK	4:16.92	BIDWELL, WEIL, LEACH, Hall
CAROLINA A	2:26.01	RESSEQUIE, GREETHAM, PROCTOR, Crandall	LONE STAR	2:13.26	MORRISON, BOAK, VANDERBOGART, Wolfe	DC A	2:17.15	65+		
OHIO A	2:28.09	MORRIS, DAILY, HILL, Russ	VIRGINIA B	2:13.59	FARMER, POLISKY, BLANTON, Cayce	SMITH, BREY, LEILICH, Bechtel	2:22.31	LAND OF LINCOLN	2:58.22	MALBROUGH, ZINT, KNOTT, Kelley
TAMALPAIS	2:55.54	CUNNINGHAM, CUNNINGHAM, MCCOLLISTER Maguire	WALNUT CREEK B	2:14.01	FORD, WALSH, O'BRIEN, Krutsch	PNA	2:23.76	SAN MATEO	2:59.95	TAFT, TAFT, MORAN, Etienne
WISCONSIN	2:58.19	KANEHL, KENDALL, FELD, Drake	NEW ENGLAND B	2:14.41	TEST, MOLVIG, MELICK, King	DC B	2:33.76	DC A	3:03.30	MURPHY, CLARK, LEMMON, Hummer
CAROLINA B	3:02.32	SOLLER, WESSNER, DOWNS, Reynder	DAVIS A	2:14.63	LEONARD, DUNBAR, GULICK, Jensen	OREGON	2:34.38	OHIO	3:10.62	LIBER, WIENDERLICK, KRUP, Mulligan
VIRGINIA	3:03.77	HUTTON, HUTTON, CARTER, Bosher	RIVERSIDE	2:18.40	KUWA, KUWA, ROHRBACK, McAllister	RITTENHOUSE, GUIEST, PETERSEN, Stainoff	2:36.64	LONG BEACH	3:12.22	MERLINO, SIMONTON, SHOTT, Garnaus
WALNUT CREEK	3:44.25	BIDWELL, WEIL, LEACH, Hall	DICK BOWER BOLTS	2:18.60	WEIDNER, EKBERG, FRANZ, Shaugnessy	MARYLAND	2:40.39	DC B	3:36.14	KASSEL, FITE, LATHRAM, Murphy
65+			CONNECTICUT	2:21.31	DONNELLY, HUTCKINS, LAUX, Golden	JERSEY	2:40.39	WALNUT CREEK	3:39.83	DURSTON, PERRY, JOHNSTON, Johnston
DC A	2:29.99	MURPHY, CLARK, HUMMER, Lemmon	EL SEGUNDO	2:23.81	BROWN, WARNER, FUSCO, Lansberg	HAMILTON, KURTZMAN, KATZ, Boorman	2:45.68	ST. PETERSBURG	3:47.51	MCKECHNIE, SCHIMPF, TILLOTSON, Kackey
SAN MATEO	2:34.91	TAFT, MORAN, TAFT, Etienne	NEW ENGLAND	2:07.77	HAUSBERGER, SCHLICHER, FOWLER, Page	CONNECTICUT	2:52.49	LAKESIDE	4:25.69	BOWERS, RIORDAN, SIMMS, Weisenenthal
LONG BEACH	2:37.85	SHOTT, SIMONTON, MERLINO, Bowersock	OREGON	2:09.30	WARNER, CHASE, FRID, Pierson	CONNECTICUT	2:52.49	CAROLINA	4:48.49	ETCHELLS, STEEL, HEIKKINEN, Paesler
LONG BEACH	2:40.20	SHOTT, SIMONTON, MERLINO, Garnaus	CONNECTICUT	2:17.03	KAMPHAUSEN, GEOGHEGAN, SLIMAK, McCarthy	DAVIS A	2:52.49	DICK BOWER BOLTS		
DC B	2:53.77	KASSEL, LATHRAM, MURPHY, Fite	LAND OF LINCOLN	2:17.98	BENNET, LAMBERT, KOLAR, Nyweide	NEW ENGLAND	2:56.11	CASSERI, BOWER, BOWER, LeBourgeois		
			NEW ENGLAND	2:07.77		LAND OF LINCOLN	2:58.22	ST. PETERSBURG		
			HAUSBERGER, SCHLICHER, FOWLER, Page			PNA	3:02.34	COOPER, BURNS, TUCKER, Ferris		

U.S.M.S. LC RECORDS 1984

WOMEN!	25-29!	30-34!	35-39!	40-44!	45-49!	50-54!	55-59!	60-64!	65-69!	70-74!	75-79!	80-84!	85-89!	90+!
50FREE!	27.38!	27.90!	29.03!	29.10!	30.43!	31.48!	34.07!	35.68!	36.97!	39.29!	48.18!	1.03.51!	1.06.49!!
100!	59.34!	1.00.98!	1.03.82!	1.07.15!	1.09.42!	1.12.10!	1.16.55!	1.20.10!	1.28.40!	1.34.38!	1.50.49!	2.28.58!	2.48.56!!
200!	2.12.20!	2.15.80!	2.22.11!	2.26.62!	2.33.11!	2.40.36!	2.54.10!	3.00.61!	3.24.23!	3.34.67!	4.10.57!	5.24.06!	6.13.73!!
400!	4.38.73!	4.42.88!	5.03.70!	5.11.25!	5.28.88!	5.37.91!	6.06.92!	6.34.26!	7.11.84!	7.51.94!	8.46.15!	11.18.98!	13.22.48!!
1500!	18.37.62!	19.03.24!	19.51.26!	20.42.11!	21.26.16!	22.46.28!	23.55.10!	26.21.54!	28.36.39!	31.04.57!	34.24.50!	42.56.35!!!
50BACK!	31.92!	32.42!	35.15!	37.18!	37.64!	39.93!	39.00!	44.93!	47.31!	49.38!	1.01.68!	1.09.41!	1.14.83!!
100!	1.08.44!	1.11.85!	1.19.48!	1.19.54!	1.21.04!	1.30.52!	1.27.61!	1.39.48!	1.46.95!	1.51.41!	2.17.74!	2.41.24!	2.49.73!!
200!	2.32.37!	2.37.70!	2.51.11!	2.50.18!	2.59.45!	3.14.57!	3.11.43!	3.34.05!	3.50.16!	4.02.01!	4.54.81!	5.47.09!	5.51.69!!
50BRST!	35.80!	36.34!	37.04!	40.53!	39.88!	40.70!	43.82!	45.86!	49.22!	59.79!	1.13.83!	1.29.99!	1.42.40!!
100!	1.20.85!	1.22.30!	1.24.02!	1.29.88!	1.29.80!	1.31.55!	1.40.19!	1.43.73!	1.50.29!	2.06.46!	2.44.41!	3.21.14!	3.32.03!!
200!	2.55.33!	3.01.70!	3.05.62!	3.13.84!	3.12.90!	3.28.31!	3.34.95!	3.54.87!	4.05.90!	4.26.93!	5.56.57!	7.11.50!	7.45.92!!
50 FLY!	29.92!	30.02!	32.22!	32.16!	34.07!	35.38!	37.10!	41.90!	50.33!	58.94!	1.13.89!	1.20.39!	1.35.90!!
100!	1.07.06!	1.09.90!	1.10.36!	1.13.77!	1.21.32!	1.24.40!	1.32.64!	1.38.21!	2.01.18!	2.11.66!	2.45.93!	3.23.16!	3.22.83!!
200!	2.29.24!	2.33.32!	2.36.20!	2.52.70!	3.09.78!	3.15.92!	3.33.54!	3.48.20!	4.28.41!	4.37.05!	6.00.78!	7.29.49!	7.40.47!!
200 IM!	2.32.91!	2.38.49!	2.44.21!	2.47.96!	2.55.61!	3.06.10!	3.11.30!	3.38.12!	4.03.97!	4.10.91!	5.47.08!	6.19.56!	7.08.59!!
400!	5.29.87!	5.43.12!	5.40.56!	5.55.13!	6.29.10!	6.35.20!	6.54.78!	7.48.30!	8.34.84!	8.47.36!	12.18.46!	13.42.24!	14.16.56!!
FR.REL!	1.55.69!	2.08.63!	2.19.85!	2.36.98!	3.12.11!	5.54.54!								
MED.RL!	2.10.63!	2.13.64!	2.21.33!	2.36.50!	3.25.89!	3.46.33!								
MX.FR!	1.47.20!	1.53.87!	2.01.61!	2.15.26!	2.29.99!	4.11.34!								
MX.MED!	1.58.51!	2.07.77!	2.17.15!	2.32.07!	2.58.22!	6.06.92!								

MEN!	25-29!	30-34!	35-39!	40-44!	45-49!	50-54!	55-59!	60-64!	65-69!	70-74!	75-79!	80-84!	85-89!	90+!
50FREE!	22.59!	24.50!	25.31!	25.25!	26.12!	26.16!	27.43!	28.83!	29.30!	29.35!	32.50!	38.95!	50.74!	59.88!
100!	51.25!	54.25!	55.38!	56.36!	58.76!	59.25!	1.04.38!	1.04.22!	1.08.15!	1.11.61!	1.18.53!	1.33.72!	2.07.87!	2.14.06!
200!	1.53.78!	2.00.55!	2.00.45!	2.07.90!	2.09.30!	2.18.30!	2.26.31!	2.27.03!	2.38.11!	2.44.86!	2.57.83!	3.31.79!	5.22.40!!
400!	4.15.37!	4.16.32!	4.21.98!	4.38.82!	4.37.15!	4.52.42!	5.16.83!	5.28.90!	5.38.79!	6.08.19!	6.27.76!	7.23.09!	11.19.63!!
1500!	16.57.32!	17.10.80!	17.50.69!	18.23.82!	18.34.73!	19.39.09!	21.28.64!	22.03.54!	23.04.59!	25.16.56!	26.08.40!	28.54.95!	41.06.87!!
50BACK!	27.86!	28.35!	28.04!	29.94!	30.90!	32.78!	34.13!	35.75!	37.92!	40.60!	40.47!	53.92!	1.02.40!	2.16.90!
100!	1.00.30!	1.02.21!	1.03.00!	1.07.73!	1.10.12!	1.11.27!	1.18.54!	1.20.74!	1.27.48!	1.33.92!	1.32.92!	2.06.19!	2.43.70!	5.04.51!
200!	2.12.99!	2.17.20!	2.19.40!	2.30.58!	2.35.57!	2.39.44!	2.51.91!	2.56.45!	3.13.05!	3.29.67!	3.34.86!	4.33.53!	6.13.80!!
50BRST!	30.73!	30.88!	32.01!	32.39!	33.91!	33.85!	37.48!	39.01!	40.21!	41.44!	48.70!	54.29!	1.06.00!	2.12.09!
100!	1.06.87!	1.09.30!	1.11.43!	1.11.58!	1.15.47!	1.15.60!	1.22.57!	1.30.04!	1.31.99!	1.33.20!	1.56.11!	2.04.84!	2.43.08!	5.16.03!
200!	2.30.96!	2.33.51!	2.40.81!	2.43.01!	2.54.31!	2.53.76!	3.11.74!	3.21.95!	3.27.47!	3.36.00!	4.16.44!	4.47.25!	6.23.90!!
50 FLY!	25.14!	26.63!	27.31!	27.56!	29.20!	29.97!	32.52!	33.99!	35.21!	38.79!	48.31!	57.67!	1.40.01!!
100!	56.34!	58.94!	58.59!	1.02.05!	1.06.65!	1.07.13!	1.14.20!	1.23.30!	1.29.32!	1.39.69!	2.01.37!	3.26.62!!!
200!	2.06.88!	2.12.57!	2.12.91!	2.27.47!	2.38.72!	2.33.79!	3.04.49!	3.10.88!	3.34.69!	3.43.08!	4.34.59!	11.41.94!!!
200 IM!	2.14.02!	2.18.78!	2.21.50!	2.23.60!	2.32.06!	2.40.16!	2.50.42!	2.56.57!	3.13.98!	3.21.96!	4.01.34!	4.43.29!!!
400!	4.51.18!	4.59.05!	4.59.66!	5.15.84!	5.27.32!	5.46.74!	6.14.01!	6.32.33!	6.59.29!	7.29.78!	8.53.00!	10.44.82!!!
FR.REL!	1.38.14!	1.44.32!	1.48.76!	2.00.28!	2.13.69!	3.13.54!								
MED.RL!	1.50.00!	1.57.15!	2.06.03!	2.16.81!	2.39.21!	3.48.96!								

RONNIE PEACODK KAMPHAUSEN WROTE, "I am 49 years old and can't wait to turn 50 to move into a new competitive age group! I achieved All-American in backstroke events and Best in the World for my age group (45-49 years) in 1978-79 and 1979-80. I rank in the Top Ten fastest swimmers in the country in all freestyle, backstroke, and two in individual medley distances. . . I find that competing at my age is an unusual experience. . . I am joined by my Quaker aunt, Elsa Peacock Mattila who, at age 73 years, is also an All-American and holds the national record for her age group in such demanding events as the 400 Individual Medley." The author is a member of Stony Run Friends Meeting (Baltimore, MD) and attends Litchfield Hills Friends Meeting (Woodbury, CT.)

Blurred vision, the smell of chlorine, bubbles, blue splashes, outdoor sparkles, clean and slippery—all feelings and impressions of a swimmer. Throw in more people and there's laughter and playfulness, intensity, and speed. The feelings of motion through water—cutting and pushing—conjure up an aquatic existence once past. No wonder I feel at home . . .

My particular sport at age 49 is Masters Swimming, and it's getting me through my middle ages with joy and vigor. The Masters Swimming program opens the fitness doors to older athletes, encouraging them to practice regularly and develop physically beneficial skills. Swimming with a state-wide team of athletes from age twenty to eighty plus years, I train harder and swim longer than I did as a teenager. I compete against others of similar age throughout the year.

How sports fit into a Quaker way of life, has not been consciously addressed in my athletic endeavors over the years. It just seemed natural to strap on the goggles and pull on the bathing suit. Given innate ability and some competitive inclination, it was a natural "next step" to climb the competitive starting blocks.

I've always considered sports "secular" in nature. As a youngster, there was polite recognition of my achievements: "Thee did very nicely in thy swimming I hear" from Friends at my Meeting. Somehow sports participation was very extracurricular—easy and escapist; such activities seemed irrelevant, if not irreverent, to the important things in life.

Still, sports have been a very real part of every Friends School of which I have been a part. As a student at Baltimore Friends, a collegian at Earlham, and briefly as a Physical Education teacher at Moorestown Friends, sports were indeed integral. Sportsmanship and dignity in defeat were emphasized, but we also played to win and practiced for a high level of performance on the athletic field. It was only at Earlham that I remember good-natured kidding of the cheerleaders for exhorting the Quakers to belligerence (i.e., "Sock it to 'em, Quakers," or "Hit 'em again harder, HARDER!") Though un-Quakerly, the cheers persist on Friendly gridirons. Yes, Quakers play and swim to win!

Maybe my Quaker upbringing is showing, but I've always puzzled over opponents at athletic contests who

publicly pray or make the sign of the cross as if to invoke special consideration. Does an athlete require some special attention? There are even those who assume the title "Christian Athletes" and take an evangelical approach to sports. I'm not sure if it is "Christian" to defeat an opponent; it would seem more Christian to assist another team in its own best effort, perhaps even at one's own expense. Certainly God does not take sides in these events. If my own concentration to put forth a "best effort" could be considered prayerful, maybe I've had my own private moments of communion with inner resources. I may be winning because of this, but certainly not because I wear a T-shirt with "I'm a Quaker" emblazoned on the front.

As a person who values and tries to nurture her identity as a Friend, I continue to be a sportswoman of a serious kind. As with religion, athletics require a certain discipline and devotion, particularly at my age. My physical efforts are serious, and I devote much time and energy to the swimming, but I know I laugh more—and probably love more—because of such endeavors. To date, I have not been "elдерed" for these activities!

Masters play down winning, and instead try to aim for a "personal best" in competition. It may be that that approach fits into a more mature, Christian ideal. I find myself growing hoarse as I cheer for the eighty-year old to complete his swimming event, or for the novice who swims an extra lap. I would like to think my relations with these fellow athletes are consistent with Fox's advice to, "Walk cheerfully over the earth answering that of God in every one."

Among Masters swimmers, there are smiles and good natured moans and an absolute loss of inhibitions. Once outfitted in a lycra swimsuit, there are no pretenses. Wrinkles, bulges, and baldness stand out on the relative nakedness of these athletes. There is no place for makeup and elaborate hairdos; this activity is consistent with a Quaker's need and desire for simplicity. In addition, alcohol and tobacco don't mix with athletics, and that should appeal to the Quaker in each of us.

There are times when Sunday swim meets detract from Meeting participation. (In my little Meeting in the Litchfield Hills of Connecticut, each absent person is a hole!) But, feeling enriched and refreshed through sports, I am better in tune with myself and better able to respond to others in the Meeting and beyond. Wholesome recreation has a place in Quaker way of life, even if defined in the sports vernacular. Perhaps the degree of devotion helps to determine the value. Just as Quakers do not make a distinction between the secular and religious, we view life as a sum of the parts. There is no "laity" among us; we are a priesthood of believers and seekers whatever our garb or activity. We try to let "our lives speak."

Most of us admire and emulate the skills of a musician, artist, or articulate peace activist. But what happens if your skill is on the athletic field, or—to put it bluntly—you are a born female jock? Fortunately our society allows us to express our talents in diverse ways. For me it often means expressing myself physically in a creative and positive way. Maybe my light shines a little brighter when viewed through water . . . ◀

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Swimming News

SCOTT GUTHRIE SETS THREE WORLD RECORDS - But, not in swimming! He had a world swimming record in 1982 but in 1984 at Salt Flats, Utah, he set three world records in three days in motorcycle speed racing. In 1974, Guthrie set four records and he wanted to set five this year but the weather loomed as the biggest obstacle in his way. The last two years were the wettest in Utah history but Scott managed to average 171.866 miles per hour to shatter the previous mark of 149.560. This was on his personally designed 750cc Yamaha. His second record was in the no wind protection category and he averaged 156.973 to break the previous mark of 153.678. His third record was in the 750cc modified frame/alter engine class and he was clocked in 162.895 mph with the previous mark being 146.199 mph. In spite of the possible lost chance at his goal of breaking five records, Guthrie took an optimistic point of view, "I'm terribly pleased. The consolation is the three records in three days, and I don't believe anyone else has matched it." **CONGRATULATIONS.....**

PROGRESSION IN MASTERS SWIMMING TRAINING FOR INEXPERIENCED SWIMMERS BY DICK BOWER - Regular participation in training is much more important for Masters swimmers that it is for younger swimmers. As little as 30 minutes 2-3 times a week can produce significant healthful gains in

the efficiency of the lungs and the cardio-vascular system, if continued on a regular basis. However just as significant losses in efficiency will result from weeks when there is no participation. It seems that the older the individual, the more rapid the decline. Just witness the number of deaths which occur shortly after retirement. This is undoubtedly due to a large reduction in the overall activity of the individual, but it does show the vital necessity of a minimal level of exercise for prolonged life. We don't expect that a Masters swimmer who misses a few workouts is also going to simultaneously cut down on all other forms of exercise in his/her overall lifestyle but we must recognize that the swimming ability of the person will diminish. Let's get back to the benefits of training as little as 30 minutes for 2-3 days a week. Obviously more training would be better and it would be easier to guarantee positive results. However proper planning and diligence can make up for a lot of wasted time. On a minimal training schedule it is necessary to have a progression in the intensity of exercise in order to gain the physiological benefits. That means keeping a record of your progress, and making sure that you gradually do more. Here are some of the ways you can measure your progress, starting with the easiest for beginners: 1) At first you will not be able to swim more than 1-2 lengths without stopping. So you should count the number of lengths you do, in total, in your allotted training period. It will not matter how much you rest. Just keep a record of the total number of lengths done. 2) As soon as you can swim more than 2 lengths continuously try to see how many lengths you can do without stopping. When you have to stop, rest and continue again, rest, continue, etc. Keep track of the greatest number of lengths you can swim without stopping and also your total number of lengths in each session. You do not have to improve each time you swim but you will improve as the weeks go by. 3) When you can swim 20 or more lengths (that is 500 yards in a 25 yd pool) time yourself for 500 yards. Record this time and time yourself again every month or so. 4) When you find you can continue swimming easily at a slow pace, count how many lengths you can do in 6 minutes, swimming easily. It doesn't matter how long your pool is. Then do your 6 min number of lengths 3 times in a row, starting once every 7 minutes. This means you will have approximately one minute of rest out of each 7 min. When you get used to this, pay attention to your time for each repeat and try to make your first time the slowest and your third time the fastest. This is called descending times and is the healthiest way to train. Do this drill and try to improve gradually. You won't improve every week but you will improve as the months go by. When your average time get to 5:45 add an additional length to the number you are doing.....

SWIM-MASTER

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LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

SWIM CALENDAR

VOL XIII - No 9

NOV-DEC 1984

NOV 24-25	SC - Florida State Champ. - June Krauser, 2308 N.E. 19th Ave., Ft. Laud., FL 33305
	SC - Irving Bonawitz, 20A Bender Lane, Delmar, NY 12054
DEC 1	SC - Sally Peterson, P.O. Box 1880, Truckee, CA 95734
1	SC - Curt Mosso, 5597 West Camino Cielo, Santa Barbara, CA 93105
1	SC - Barb/Brian Frid, Swim Cellar, 10230 SW Parkway, Portland, OR 97225
1-2	SC - Anderson Swim Centers, 1115 Cornelia Rd., Anderson, SC 29621
2	SC - Alicia Coleman, 24 The Point, Coronado, CA 92118
8	SC - Vicki Huseman, 477 Morrvue, Cincinnati, OH
8-9	SC - Husky Foster, PNA - Rick Ingraham, 5909 Reid Dr. NW, Gig Harbor, WA 98335
9	SC - Reid Lewis, JCC, 18900 NE 25 Ave., North Miami Beach, FL 33180
16	SC - JCC - Chris Ruppert-Prosch, 3380 N. Dickerson St., Arlington, VA 22207
22	SC - Relays - Jim Montgomery, P.O. Box 821002, Dallas, TX 75231
JAN	ONE HOUR SWIM - DC Masters - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
5	SC - Daniel H. Davis, 104 Ardmore St., Hamden, CT 06517
12	SC - Chris Reynolds, 5619 Crestview, Fairfield, OH 45014
19	SC - Ron Bank, 80 Pebble Beach Dr., Little Rock, AR 72212
19-20	SC - Jim Bell, Philosophy Dept., CPR-259, U of So. Florida, Tampa, FL 33620
20	SC - Sue Collins, Ohio Wesleyan U, Delaware, OH 43015
20	SC - Alfonso Allen, DC Dept. of Rec., 9812 Muirfield, Upper Marlboro, MD 20870
FEB 9	SC - Ed Levy, 7979 Symphony Dr., Cincinnati, OH 45242
16	SC - Andy Knapp, 1020 Timberidge Rd., Harrah, OK 73045
16-17	SC - David A. Parler, 1639-F Juniper St., Charleston, SC 29407
16-17	SC - Joe Biondi, 216 Elizabeth St., Clearwater, FL 33519
23	SC - Ed Hunter, 423 Flemridge Ct., Cincinnati, OH 45231
23-24	SC - Barbara Protzman, 22 Walden Mill Way, Baltimore, MD 21228
23-24	SC - Colin Light, 1920 Webster Dr., Plano, TX 75075
MAR 9-10	SC - Skippy Mattson, %Dynamo Swim Ctr., 3119 Shallowford Rd., Chamblee, GA 30341
16	SC - Dr. Jan C. Huneke, 1158 Asbury Rd., Cincinnati, OH 45230
29-31	SC - Southern Regionals in St. Petersburg, FL
30-31	SC - Region VIII - Janet Latham, 2732 Somerset Pl., OKC, OK 73113
APR 20-21	SC - Larry Kreitzer, 304 W. 42nd, Austin, TX 75751
27-28	SC - Region III
27-28	SC - Rick Field, 22 Kensington, Conway, AR 72030
27-28	SC - Will Worley, 1001 Village Dr., College Station, TX 77840
MAY 9-12	USMS NATIONAL SC CHAMPIONSHIPS - Brown Deer, WI - Mrs. Pam Mai, % Steve Betts, 9250 N. Green Bay Rd., Brown Deer, WI 53209
17-20	Canadian Championships 25 M SC - Paul Boulding, 869 Hector Av., Winnipeg, Manitoba, Canada R3M 2E7
25	SC - Jeroen Kok, 2201 NW 122nd #2609, OKC, OK 73120
AUG 8-14	Masters Games, Ruby Richmond, Box 1985 Station P, Toronto, Canada M5S 2Y7
17-20	USMS NATIONAL LC CHAMPIONSHIPS - Brown University, Providence, RI Anne Page, 399 Summer Ave., Reading, MA 01867

WISCONSIN MASTERS - Dec 8, Jan 12, Feb 2, Feb 17, Mar 9, Mar 23, Champ Apr 12-14,
John Bauman, 9717 Saratoga Dr., Milwaukee, WI 53108

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