



9th, 16th October 1988

WORLD MASTERS SWIM '88 INC.

The 2nd FINA/MSI World Masters Swimming Championships have been expanded to include 1m, 3m, and tower diving championships plus an exhibition 12 team water polo competition for players aged 35 & over.

The World Masters Championships are open to all Masters competitors who are registered with a national organization which is a member of either F.I.N.A. or M.S.I. (Masters Swimming International). Swimmers and divers aged 25 and older represent their club and cannot participate as representatives of their country. Likewise water polo teams must be club teams not national teams. All competitors are responsible for their own expenses which include travel, accommodation, food, and entry fees.

The 1st World Masters Swim, held in Tokyo in 1986 attracted 3500 swimmers. The addition of diving and water polo is expected to increase the number of competitors to over 4000, however the relaxed atmosphere plus the added attractions of World Expo-88 and Australia's 200th birthday celebrations will ensure that every competitor will have an enjoyable visit to Australia.

Brisbane, Australia's third largest city, has a subtropical climate. You can expect days to be sunny and dry with an average temperature of 22 Celsius (72 F). Nights will be cooler, but the temperature seldom drops below 16 degrees C (61 F). It is daylight at 5 a.m. and not quite dark by 6:30 p.m.

Brisbane is the capital of Queensland, Australia's sunshine state, home of the Great Barrier Reef and of the Gold Coast area which is famous for its surf beaches, sophisticated night life and casino.

The swimming and diving (for competitors 25 years and older) will be conducted in the indoor Chandler complex which was built in 1982 for the Commonwealth Games. The water polo carnival will be held at the recently renovated Fortitude Valley pool.

To ensure easy access between these pools, the social venues, and the hotel areas, Jetset

Tours (Qld) has arranged a series of ground packages which will ensure a trouble-free stay in Brisbane. Air travel and pre and post Meet tours can also be arranged.

Brisbane would love to see you in October 1988 as would the worldwide fraternity of Masters swimmers. For details contact World Masters Swim '88 Inc., GPO Box 2262, Brisbane, Qld 4001 Australia. Telex: AA40776, Facsimile: Australia 7-229-9496.

Travel agents are invited to contact Jetset Tours at the above Telex and Fax numbers.

Gary Stutsel, Chairman
FINA MASTERS COMMITTEE
President MSI

Registration Day

Sunday, 9th October will be a great day. It's the first day of the swim and is compulsory registration day for all swimmers. We'll be making a day of it down at Chandler with all pools open and available for training and followed up by the "Great Aussie Barbeque". Registration commences at 7 a.m. and closes at 5 p.m. REMEMBER, HOWEVER, NO REGISTRATION - NO CARDS: NO CARDS - NO SWIM. As an example, if you have entered for six events, you must receive six cards, one for each event. You can appreciate that officials will have to be tough on competitors who do not cooperate. This is an enormous event. Over 4000 swimmers are expected and your co-operation will be appreciated.

Medals! Medals!

Even if you compete in only one event at the World swim, you can win a medal. Placegetters from first to tenth in EVERY individual event receive a medal - not just for overall in your age group. As a result, medals constitute a large part of the cost of running the event. Over four thousand medals will be awarded at a budgeted cost of more than \$32,000.

Central Australian Masters Games

Scheduled between the 20th-23rd, for info write Central Australian Masters Games Office, PO Box 1095, Alice Springs. NT 5750 Australia.

FREESTYLE.....Tom Lyndon

NEW, SCIENTIFIC WORKOUT CONCEPTS...David Salo's physiology column in *Swimming World* presents some new thinking on how to train. He starts by acknowledging that many coaches believe everything starts with a "strong aerobic base" (which I take to mean a lot more yardage than I care to contemplate). "Urbancheck (University of Michigan coach Jon Urbancheck), like many other coaches, believes in the early development of a strong aerobic base and opts for generally increasing mileage to satisfy this need." Many Olympic hopefuls log 15,000 yards daily. That's bad news.

Here's the good news. "He recognizes, however, there is a point at which a continued increase in the training yardage will not account for significant gains in aerobic capacity, and once the maximum capacity is attained an altered training emphasis should begin (i.e., shift from aerobic to more anaerobic). This attainment of maximum aerobic capacity occurs within eight weeks of endurance-oriented training and...requires a minimal amount of training to be maintained at this level. In addition, because of the minimum amount of training required to maintain this aerobic capacity, a substantial drop in the training yardage can occur..."

I find it hard to accept that I can build my aerobic base in only 8 weeks, if I push my yardage high enough. Maybe that's the hooker. If attainment requires 15,000 yards, I will never get to my aerobic base, because 1,500-2,000 is my norm, 3,000 is a lot, and 5,000 is followed by prone activities. I wonder what would happen if I put in 5,000 regularly? I'll never know unless I'm at least semi-retired, have not too many physical and other afflictions, and am still curious. How much less (hopefully) yardage do older swimmers require for their aerobic bases?

"(Urbancheck and Everett Uchiyama, So Cal Aquatics coach) follow the first 10 weeks of training with more speed specific work where the focus becomes oriented toward the more anaerobic aspects, often termed lactate tolerance, or anaerobic endurance, etc." This is what I believe in, aerobic base or no. Workouts should have at least one set that burns you out a bit in each of the swims. This makes you intimately involved with lactate tolerance, which causes that burning, aching and pain in our muscles and lungs. Lactate is the residue of used up effort and ends up where it can give you varying levels of signals. The body does learn to live with the repeated bad news of lactate buildup in the body.

Urbancheck uses monthly maximum effort 2,000 to 3,000 yard swims to determine how his swimmers relate to their aerobic peaks. (Do the flyers fly a 3,000?) Unfortunately the article does

not give any clues about how to relate the timed swims to where you should be. I find that concept tantalizing, since I expect there is a strong correlation and I certainly do not want to be working out any extra yards. Are you up for a monthly 3,000 yard time trial to find out where you're at?

Once the aerobic peak has been attained, both coaches use a set of monthly maximum effort 100's on a 6 to 8 minute interval to project their swimmers' competitive (race) performances for 100 yards and 200 yards. Urbancheck has found the race 100's are swum at about 90% of the "maximum effort" time. Therefore, if your 100's average to 1:20, your race 100 would be 1:08. He doubles the average 100 time to get the race 200. When I was swimming my fastest, I frequently swam a hard set of 4 x 100 on 4 minutes. At that time my race 100 was 1 to 2 seconds faster than 90% of the "maximum effort" swims, while my 200 was 2 to 4 seconds slower. Close.

To make sure the swimmers are giving their all in the 100 sets, their pulses are taken for 10 seconds at the finish of each swim. "A minimum requirement of 30-35 is expected (this represents over 90% of maximum heart rate)". He calls 30-35 OK for 90%, based on this. The maximum heart rate is 240. The swimmers are about 20 years old. He subtracts 20 from 240 leaving 220. He subtracts 10% (22) from the 220 leaving 198. The swimmers' 30-35 range for 10 seconds is the equivalent of 180-210 for 60 seconds. These counts bracket 198.

Older swimmers should reduce their 10 second counts by 1-1/2 beats for every 10 years over 20. At age 56 that puts me at 25-30. For the past 10 years I've been in that range on hard sets, so it seems to be applicable to me. I do know, from talking with other swimmers, that pulse norms do not apply to everyone. One competitor of mine tops 30. Another never gets to 25. They both swim hard.

Somehow, I would think, by now, the thousands of coaches, some of whom have a voracious appetite for making sense of the millions of recorded swim times residing in their notebooks, and the numerous researchers pouring over the existing data and carrying out new studies aided by omnivorous little computers to crunch numbers would have it all figured out.

There are computer programs on the market that claim to do some of this by taking your physical condition and each day's workout info in to output where you are at and what you need to do and not do. I may have to put myself in their "hands" to find out more. Anyone had themselves examined this way?

Another article reprinted from *NEM NEWS* - May 1988. I hope you enjoy these as much as I do! Gives us all something to think about.

Eating Fruits Before A Race

Send your nutrition questions to nutrition expert Linda Houtkooper, c/o Swimming World, P.O. Box 45497, Los Angeles, CA 90045.

Q: If I have a banana, orange or another fruit before a race, how long does it take before the carbohydrates start to give me energy?

J.K., Armonk, N.Y.

A: Most of the carbohydrate in fruit is in the form of sugar, a simple carbohydrate. The rest of the carbohydrate is in the form of the complex carbohydrates, starch and fiber. The amount of time it takes your body to digest and absorb the simple carbohydrates in fruits depends on what else you have eaten. If your stomach is empty and you eat only fruit, the simple carbohydrates or sugars will be digested and absorbed from your gut into your bloodstream in about 15 to 30 minutes. The sugar from the digested fruit circulating in your bloodstream is called glucose.

The starch in fruit takes longer to digest. First, the starch must be broken down into simple carbohydrates, sugars, by enzymes in your gut and then the sugars are absorbed. As a result, the sugars from starch will take a little more time to get into your bloodstream. The dietary fiber in the fruit will not be absorbed but will pass through your gut and will be excreted in a bowel movement.

The main fuel for your brain cells is the blood sugar glucose. Your muscle cells use mainly glucose and fat as fuel sources. Your body stores glucose in your liver and some muscle cells. So you can supply your cells with glucose fuel from the glucose you are absorbing from the digested fruit in your gut and from glucose stored in your liver and muscles. So, even if you don't eat

anything containing glucose before a race your body will have its stored glucose ready to supply your muscles with fuel for the race.

... If regular salad dressing is added ... the fat content will be equal to or greater than in a hamburger.

Q: How much ice cream do I need to eat to get the same amount of calcium as a glass of low-fat milk contains? How much calcium do I need every day?

A: An eight-ounce glass of low-fat milk will contain about 300 milligrams of calcium and 120 calories. To get 300 milligrams of calcium from ice cream, you need to eat 1 3/4 cups of ice cream which contains 475 calories; 1 3/4 cups of ice milk contains 325 calories and will also give you 300 milligrams of calcium.

Your calcium requirements vary depending on your age. Check the following chart to find out the Recommended Dietary Allowance for someone your age:

Age in Years	Calcium (mgs.) RDA
6-10	800
11-18	1200
19-51+	800*

* Note: for female athletes ages 19-51, the National Institute of Health consensus recommends 1,000 to 1,500 milligrams.

Q: My friend eats salads at fast food places and she said they are better for me than a hamburger because they are low in fat. Is she right?

A: If your friend eats a salad made from fresh vegetables and chooses low-calorie dressing she will be eating less fat than if she ate a hamburger. However, if regular salad dressing is added to the salad, the fat content will be equal to or greater than that in a hamburger.

Other salads such as chef salads, taco salads and seafood salads vary in fat content. The following comparison from two fast-food menus will help you decide if your friend is right.

Menu Item	Calories per Serving	Grams of Fat	Fat as % Calories
Jack-in-the-Box Chef Salad no dressing	295	18	55
Chef Salad w/regular dressing	451	33	66
Chef Salad w/reduced calorie dressing	375	22	53
Taco Salad	377	24	57
Vegetable Salad w/cheese, no dressing	51	3	53
Vegetable Salad w/cheese and regular dressing	207	18	78
Vegetable Salad w/cheese and reduced calorie dressing	131	7	48
Hamburger	288	13	41
McDonald's Chef Salad no dressing	226	13	52
Chef Salad w/regular dressing	384	29	68
Chef Salad w/reduced-calorie dressing	251	14	50
Shrimp Salad no dressing	102	2.6	23
Shrimp Salad w/regular dressing	260	18.6	64
Shrimp Salad w/reduced-calorie vinaigrette dressing	127	3.6	26
Garden Salad (vegetables and cheese) no dressing	91	5.5	54
Garden Salad w/regular dressing	249	21.5	78
Garden Salad w/reduced-calorie dressing	116	6.5	50
Hamburger	263	11.3	39

About the Author

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DR. SPRINT

(reprinted from Aqua-Master,
Oregon's newsletter)



CHOLESTEROL - You are going to die someday. Statistically, the cause will be heart disease, cancer, or an accident. It will probably be heart disease since it causes more deaths than cancer and accidents combined.

The good news is you have some control over the quality and perhaps quantity of your life. As a Masters swimmer you are a pioneer in the concept of exercise throughout life. Long after the runner, skier, or football player uses up their body, you can be a viable athlete. More importantly, you can be experimenters in the Dr. Sprint theory of "wagging-your-tail-on-the-day-you-die".

I felt very mortal recently when I got my blood cholesterol checked. My total blood fats count was 257! I was classified as a high-risk person! How can a top ranked, National record holder be classified as a heart disease high-risk individual? It was no mistake. I should have seen it coming years ago. Last year my cholesterol level was 227. Ten years ago my tests averaged 180. Ten years ago I was a semi-vegetarian health nut. In the last five years I've swam increasingly slower as my blood fat count increased.

For most people, heart disease is simply blood pressure damaging arteries and the damage causes blood fats to accumulate in the walls of your blood vessels. If you have high blood pressure & high blood fats, you get thick artery walls and a smaller diameter opening for blood to flow through. It's a gradual process, you'll hardly notice it. Don't be fooled, it is a major reason why you swim slower as you age. The best situation is to have low blood pressure and low cholesterol.

MY DOG ATE BETTER THAN ME - My dog "hundo" eats the simplest dog food I can buy. It's just ground up corn, wheat, and soybeans without sweeteners, chickens or cows added. One pound of food a day keeps this 47 pound lean athletic German Shorthair as the best example of how to live a life. When I give her a cob of corn (without butter) she promptly strips off every kernel (and sometimes eats the cob for roughage), she devours potatoes (without butter or sour cream) and when I'm cutting up broccoli & cauliflower (her favorite) she drools after the stems. I, of course, only ate the broccoli with cheese on top. I now realize my dog ate better than me. While I succumbed to the taste sensations of fatty foods and the convenience of fast foods "Hundo" merely ate to live. While I swam slower over the last 5 years, my 5 year old dog swam faster!

I know how Hundo will die. She will not slow down before her time. She will want to walk the day before and maybe even chase a thrown ball or point at a bird. Hundo will wag her tail on her last day.

WHAT IS YOUR SCORE? - Do you know your cholesterol count? Most Masters watch their diet but few know their count. Don't let your doctor just say "your cholesterol is OK", get the actual number. You should take control of your health. It cost me \$5.00 for my test through a mass American Heart Association cholesterol screening. Next time you see one advertised, get your score. Ignorance of your count is like swimming a race and not getting your time.

You don't deserve to die by the heart disease slow strangulation method. Your swimming will naturally slow with age. Heart disease accelerates this natural slowing. Based upon my studies your swimming shouldn't slow by more than about .3% per year. If you are slowing down at closer to a 1% rate you should be alarmed. Remember also that swimming technique changes and workout methods can play a big role in any measured slowdown/speedup. In Masters swimming, winning or losing isn't important, few care how fast you are. Everyone is looking at their own time. A good lifetime goal might be to get slower at a slow rate (once you have mastered perfect technique - which takes about half a lifetime).

If your cholesterol count is too high, don't despair. Nathan Pritikin, a leading advocate of low-fat, high-complex-carbohydrate diet reduced his cholesterol level from 280 to 94 in about 30 years. An autopsy in 1985 showed he had almost a complete absence of atherosclerosis - no raised plaques, soft and pliable arteries just like a young man. Doctors were amazed that a man of about 70 could achieve this. What a master athlete he would have made!

Hundo, like you, has a stretching and exercising program, she prefers the taste of steak and cheese but lives on grains and vegetables. As the years progress she'll start having some poor days but she'll always snap back. The day will come when she fails to wake up and people will remark that just yesterday she played like a puppy. Now that's the way to live!

Will Hundo live a better life than you?

Think of it as a competition.

Robert Smith

DISCOVERING HOW TO HYDROPLANE

A Self Study in Sprinting

Below are some excerpts from an article written by N. Douglas Smith, Sacramento Masters swimmer and high school coach. An exciting experience in 1985 watching James Born break the 20-second barrier in the 50-yard freestyle led Smith to consider the effects of hydroplaning on swimmers. The article explains some of the reasoning behind hydroplaning:

"Propulsive strength demands high, horizontal body position, and high head and body position are vital in maximizing propulsion (strength = propulsion)."

"High body position depends on buoyancy and propulsion: increasing buoyancy involves full deep breaths, relaxation, and body composition. Horizontal body position relies on power to maximize leg propulsion through a six beat flutter kick."

"Maximum leg propulsion balances lowered hips due to a high head and chest creating the entire body to hydroplane. Pulling with high bent elbows increases power by reducing frontal resistance requiring less strength to maintain momentum".

Also considered are methods of reaching the hydroplaning potential:

"TIPS TO TRAIN"

--Power kick with fins keeping head up and arms along sides of body, or 6-beat flutter on kickboard (fins optional); Kick on side, optional - continuous, shallow kick.

--Vertical kicking drills with hands held up (flutter, dolphin, breaststroke, or egg-beater.)

--Pulling drills with hand paddles and pull buoys maintaining high, bent elbows (inner-tube optional). Catch out, pull in to waist, push out past hips: Inverted S Curve.

--Stretch body swim accentuating streamline reach and minimizing stroke count.

--Catch-up crawl drill maintaining full extension and reach - one hand always extended forward, pull doesn't begin until hands touch (good for reach.)

--Scooter drill using kickboard for balance as one arm pulls.

--Bilateral breathing alternating sides. (Previous 4 drills improve streamline towards axis, stroke reach, and balance. Begin kicking in a streamline position. The swimmer gradually adds the stroke to the kick. Concentrate on proper head and body position. This will help swimmers to learn to stay in a streamlined position.)

--Breath control drills involving full, deep breaths maintaining stroke rhythm and output based on anaerobic energy. Limit number of

breaths.

--Closed fist drills (slowly opening hand) to build a sense of resistance to hand in order to maximize propulsion potential - also develops kinesthetic awareness for arm pull efficiency: tension throughout pull.

--High elbow, finger drag - wide elbow with pull.

--Heads up crawl forcing high elbows and high head (look up and straight ahead - slowly lower eyebrows to surface, 6-beat flutter kick.)

--Stroke count: swim a 25 or 50 and count the number of strokes. Try to decrease the number of strokes each time a 25 or 50 is repeated. Swim an easy to moderate pace and do not exaggerate the stroke. This is a good drill to improve distance per stroke.

--Stroke count + time: same as above except the swimmer adds his/her time to the number of strokes. The object is to swim a fast time with a low number of strokes. Work on maintaining distance per stroke with a fast stroke rate.

--Turn-over: swim 25 yards as 12-1/2 fast + 12-1/2 easy. On the first half of the 25 try to move arms as fast as possible. The emphasis is on rapid arm movement, not distance per stroke. Good for developing or enhancing speed.

--Timed turns: when the swimmer's head passes the backstroke flags start the watch. When the head returns to the flags stop the watch."

Also recommended is a good weight training program for conditioning and power. Pre-season and early season are good times to power train (fewer repetitions at a slower pace with heavier weights.) Sprinters in competition use lighter weights to increase repetitions and speed of repetitions.

In conclusion, Smith recommends: "Train to bread pain barriers in order to create new comfort zones and thresholds of discomfort. New frontiers in pain pave the steps towards realizing potential. Sprinters must train with 100% output resting enough so that output can be maximum; concentration is never overlooked. 100% output intervals prepare sprinters physically and mentally for short, high intensity swims. Sprint drills improve endurance for short races...Explore the hydroplaning possibilities."

Ed. Note: Found this article among the papers I save from Newsletters and forgot to note which Newsletter! For this I apologize, but thanks for sending me all the Newsletters!

100 YARD BACKSTROKE Peter R. O'Keefe 37 57.43 Steve B. Clark 35 1:02.63 Peter W. Wilson 39 1:08.01 Robert A. Rosen 38 1:11.76 Edward M. Shaiman 39 1:17.22 50 YARD BREASTSTROKE Robert H. Whitley 38 31.13 Wayne A. Smith 39 33.02 Brian (W) Murphy 36 33.25 William L. Cox 39 45.03 200 YARD BREASTSTROKE Robert H. Whitley 38 2:25.82 Wayne A. Smith 39 2:39.33 100 YARD BUTTERFLY Mark A. Rubke 35 56.05 Peter R. O'Keefe 37 57.96 Robert H. Whitley 38 59.53 James R. Kriss 38 1:05.41 200 YARD INDIVIDUAL MEDLEY Steve B. Clark 35 1:48.22 Robert H. Whitley 38 2:16.31 Edward M. Shaiman 39 2:42.18 MEN 40-44 50 YARD FREESTYLE Rick L. Goeden 40 24.81 Michael Walton 42 27.13 Dennis M. McNulty 41 27.87 Paul Shane 41 28.92 Timothy Flynn 41 29.07 200 YARD FREESTYLE Dennis M. McNulty 41 2:24.81 John E. Doggett 44 2:30.53 1650 YARD FREESTYLE Richard Michaels 42 20:29.09 Dennis M. McNulty 41 20:28.27 John E. Doggett 44 22:50.92 100 YARD BACKSTROKE Paul B. Henne 41 1:06.71 Paul B. Henne 41 28.83 Wm. J. Charbonneau 41* 30.90 Paul Shane 41 32.51 Michael Walton 42 32.82 Rick L. Goeden 40 33.39 Timothy Flynn 41 37.30 200 YARD BREASTSTROKE Paul B. Henne 41 2:30.66 Wm. J. Charbonneau 41* 2:35.79 Rick L. Goeden 40 2:52.85 100 YARD BUTTERFLY Paul Shane 41 1:04.80 Dennis M. McNulty 41 1:13.13 200 YARD INDIVIDUAL MEDLEY Paul B. Henne 41 2:22.71 MEN 45-49 A. Duffe Fryling 49 27.39 Ronald C. Durkee 48 28.56 Jack K. Wood 45 30.20 John J. Zupun 46 37.46 200 YARD FREESTYLE Ronald C. Durkee 48 2:29.93 John J. Zupun 46 3:03.89 1650 YARD FREESTYLE John J. Zupun 46 27:34.97 Jack K. Wood 45 38.06 A. Duffe Fryling 49 40.90 John J. Zupun 46 46.78 200 YARD BREASTSTROKE John J. Zupun 46 3:39.88 Ronald C. Durkee 48 1:18.38 MEN 50-54 50 YARD FREESTYLE Jeff Farrell 51 24.50 Peter R. Taft 52 25.76 200 YARD FREESTYLE Peter R. Taft 52 2:13.22 Jerry V. Dunlap 52 2:21.59 100 YARD BACKSTROKE Gary A. Grandi 50 1:27.27 Jeff Farrell 51 32.71 James A. Jeffers 54 39.41 200 YARD BREASTSTROKE James A. Jeffers 54 3:21.10 Jeff Farrell 51 1:06.49 Peter R. Taft 52 1:13.35 Gary A. Grandi 50 1:28.21 200 YARD INDIVIDUAL MEDLEY Jeff Farrell 51 2:27.81 James A. Jeffers 54 3:22.73 MEN 55-59 50 YARD FREESTYLE Peter Buckley 57 27.99 Steven Schofield 56 29.36 Parry O'Brien 56 29.73 Don Wilson 58 34.04 200 YARD FREESTYLE Peter Buckley 57 2:16.83 Steven Schofield 56 2:28.17 Parry O'Brien 56 2:38.66 1650 YARD FREESTYLE Steven Schofield 56 24:11.40 100 YARD BACKSTROKE Stan McConnell 56 1:14.20 Parry O'Brien 56 1:29.73 Don Wilson 58 1:51.66 50 YARD BREASTSTROKE Bob Best 55 33.04 Parry O'Brien 56 41.18 200 YARD BREASTSTROKE Bob Best 55 2:49.67 Steven Schofield 56 3:24.48 100 YARD BUTTERFLY Bob Best 55 1:17.14 Steven Schofield 56 1:23.25 Don Wilson 58 1:41.92 200 YARD INDIVIDUAL MEDLEY Bob Best 55 2:42.11 Stan McConnell 56 2:47.82 Don Wilson 58 3:34.55 MEN 60-64 50 YARD FREESTYLE George Brinton 63 32.12 200 YARD FREESTYLE George Brinton 63 2:57.26 W. Jason Walker 63 3:01.24 1650 YARD FREESTYLE Frank Piemme 63 22:03.10 L. (Lee) C Arth 63 23:48.67 100 YARD BACKSTROKE Frank Piemme 63 1:24.03 Leland (Lee) C Arth 63 1:31.71 George Brinton 63 1:34.80 50 YARD BREASTSTROKE Frank Piemme 63 35.93 W. Jason Walker 63 44.22 George Brinton 63 49.04 200 YARD BREASTSTROKE Donald K. Hester 61 3:05.99 Leland (Lee) C Arth 63 3:07.29 100 YARD BUTTERFLY Leland (Lee) C Arth 63 1:31.21 200 YARD INDIVIDUAL MEDLEY Frank Piemme 63 2:44.64 Leland (Lee) C Arth 63 3:05.75 MEN 65-69 50 YARD FREESTYLE Jurgen B. Schmidt 65 28.71 Stanton H. Clift 66 58.25 200 YARD FREESTYLE Jurgen B. Schmidt 65 2:35.61 Bob Merrick 67 2:40.19 1650 YARD FREESTYLE Jurgen B. Schmidt 65 24:41.24 100 YARD BACKSTROKE T. R. Johnson Jr. 65 2:35.84 Bob Merrick 67 39.37 T. R. Johnson Jr. 65 1:11.45 200 YARD BREASTSTROKE Bob Merrick 67 3:12.72 T. R. Johnson Jr. 65 5:22.74 100 YARD BUTTERFLY T. R. Johnson Jr. 65 2:37.77 200 YARD INDIVIDUAL MEDLEY Bob Merrick 67 3:02.11 T. R. Johnson Jr. 65 5:06.25 MEN 70-74 50 YARD FREESTYLE Norman Fitzgerald 71 35.03 Ernest B. Van Horn 71 3:05.04 Norman Fitzgerald 71 3:23.27 100 YARD BACKSTROKE Brion Winship 70 1:24.75 Ernest B. Van Horn 71 1:40.01 Norman Fitzgerald 71 1:57.69 50 YARD BREASTSTROKE Ernest B. Van Horn 71 46.70 Brion Winship 70 53.28 200 YARD BREASTSTROKE Ernest B. Van Horn 71 3:48.36 Norman Fitzgerald 71 4:21.16 200 YARD FREESTYLE Reg Richardson 76 3:02.79 Bill Shott 78 DNF 100 YARD BACKSTROKE Reg Richardson 76 1:39.80 50 YARD BREASTSTROKE Bill Shott 78 41.41 Reg Richardson 76 42.75 200 YARD BREASTSTROKE Bill Shott 78 3:49.84 John M. Burnside 78 3:58.85 200 YARD INDIVIDUAL MEDLEY Bill Shott 78 3:46.54 MIXED 19+ 200 YARD FREESTYLE RELAY South Bay Waves Robert H. Whitley 38 Cynthia L. Griffith 27 Therese M. Nugent 24 Mike Griffith 27 1:41.80 MEN 25+ 200 YARD FREESTYLE RELAY Ojai Valley Raquet Club Rick L. Goeden 40 David E. Guggenheim 29 Jim Barrett 39 Robert S. Stone 32 1:51.72 * Denotes non SPMA swimmer Programmed by Curt Moss

MEN 40-44
50 YARD FREESTYLE
Charles D. Gooding 40 27.31
Michael Walton 42 27.50
Dennis M. McNulty 41 27.60

100 YARD FREESTYLE
Gary Langendoen 42 54.42
Fred L. Shaw 42 57.99
Mike D. Rohrbach 41 58.71

200 YARD FREESTYLE
Charles D. Gooding 40 59.85
Dennis M. McNulty 41 1:02.86
Michael Walton 42 1:03.18

400 YARD FREESTYLE
Gary Langendoen 42 5:03.06
Mike D. Rohrbach 41 5:23.44
Allan B. Cutrow 41 5:53.88

800 YARD FREESTYLE
Frans D. Nelson 45 25.36
A. Duffe Fryling 49 27.71
Jack K. Wood 45 30.23

1600 YARD FREESTYLE
Peter A. Singer 48 33.20
Edward D. Holly 48 43.50
100 YARD FREESTYLE
A. Duffe Fryling 49 1:05.59

400 YARD INDIVIDUAL MEDLEY
Frank Plemme 63 5:55.12
Leland (Lee) C Arth 63 6:20.14

200 YARD BACKSTROKE
T. R. Johnson Jr. 65 5:43.69
Bob Merrick 67 1:27.68
T. R. Johnson Jr. 65 2:33.01

400 YARD BACKSTROKE
T. R. Johnson Jr. 65 6:11.69
Bob Merrick 67 1:22.15
T. R. Johnson Jr. 65 2:22.34

800 YARD BACKSTROKE
T. R. Johnson Jr. 65 10:47.24
Woody Bowersock 74 31.26
Norman Fitzgerald 71 33.37

1600 YARD BACKSTROKE
Ernest B. Van Horn 71 1:23.19
Ed Allen Jr. 72 1:25.73
Ernest B. Van Horn 71 45.11

3200 YARD BACKSTROKE
Ernest B. Van Horn 71 3:42.33
Norman Fitzgerald 71 1:51.77
Ed Allen Jr. 72 2:03.67

50 YARD FREESTYLE
Jurgen B. Schmidt 65 29.55
Stanton H. Clift 66 52.90

100 YARD FREESTYLE
Jurgen B. Schmidt 65 1:09.12
Bob Merrick 67 1:09.69

200 YARD FREESTYLE
T. R. Johnson Jr. 65 5:43.69
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800 YARD FREESTYLE
T. R. Johnson Jr. 65 10:47.24
Woody Bowersock 74 31.26
Norman Fitzgerald 71 33.37

1600 YARD FREESTYLE
Ernest B. Van Horn 71 1:23.19
Ed Allen Jr. 72 1:25.73
Ernest B. Van Horn 71 45.11

50 YARD FREESTYLE
Jurgen B. Schmidt 65 29.55
Stanton H. Clift 66 52.90

100 YARD FREESTYLE
Jurgen B. Schmidt 65 1:09.12
Bob Merrick 67 1:09.69

200 YARD FREESTYLE
T. R. Johnson Jr. 65 5:43.69
Bob Merrick 67 1:27.68
T. R. Johnson Jr. 65 2:33.01

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T. R. Johnson Jr. 65 6:11.69
Bob Merrick 67 1:22.15
T. R. Johnson Jr. 65 2:22.34

800 YARD FREESTYLE
T. R. Johnson Jr. 65 10:47.24
Woody Bowersock 74 31.26
Norman Fitzgerald 71 33.37

1600 YARD FREESTYLE
Ernest B. Van Horn 71 1:23.19
Ed Allen Jr. 72 1:25.73
Ernest B. Van Horn 71 45.11

50 YARD FREESTYLE
Jurgen B. Schmidt 65 29.55
Stanton H. Clift 66 52.90

100 YARD FREESTYLE
Jurgen B. Schmidt 65 1:09.12
Bob Merrick 67 1:09.69

200 YARD FREESTYLE
T. R. Johnson Jr. 65 5:43.69
Bob Merrick 67 1:27.68
T. R. Johnson Jr. 65 2:33.01

400 YARD FREESTYLE
T. R. Johnson Jr. 65 6:11.69
Bob Merrick 67 1:22.15
T. R. Johnson Jr. 65 2:22.34

800 YARD FREESTYLE
T. R. Johnson Jr. 65 10:47.24
Woody Bowersock 74 31.26
Norman Fitzgerald 71 33.37

1600 YARD FREESTYLE
Ernest B. Van Horn 71 1:23.19
Ed Allen Jr. 72 1:25.73
Ernest B. Van Horn 71 45.11

Programmed by Curt Mosso

PHNCPHM
04-10-88
SHORT COURSE YARDS
P = P.N.A. RECORD

WOMEN 10-14

50 YD. FREE
MARCIA HAYES 25 FNA 1:01.11
LISA DONALDSON 29 FNA 1:06.82

WOMEN 15-19

50 YD. FREE
MARCIA HAYES 25 FNA 1:01.11
LISA DONALDSON 29 FNA 1:06.82

WOMEN 20-24

50 YD. FREE
MARCIA HAYES 25 FNA 1:01.11
LISA DONALDSON 29 FNA 1:06.82

WOMEN 25-29

WOMEN 30-34

WOMEN 35-39

WOMEN 40-44

WOMEN 45-49

WOMEN 50-54

WOMEN 55-59

WOMEN 60-64

WOMEN 65-69

WOMEN 70-74

WOMEN 75-79

WOMEN 80-84

WOMEN 85-89

WOMEN 90-94

WOMEN 95-99

WOMEN 100+

WOMEN 45-49

50 YD. FREE
ANN GINDROZ 49 FNA 34.01
CAMILLA FOREMAN 46 FNA 38.64
JUDY HARRISON 48 FNA 44.11

100 YD. FREE
ANN GINDROZ 49 FNA 1:43.46

200 YD. FREE
ANN GINDROZ 49 FNA 3:00.63
VICKI PARRY 48 FNA 3:45.36

500 YD. FREE
ANN GINDROZ 49 FNA 1:55.38
VICKI PARRY 48 FNA 1:50.63

1650 YD. FREE
ANN GINDROZ 49 FNA 24:45.98
VICKI PARRY 48 FNA 27:04.30

50 YD. BACK
ANN GINDROZ 49 FNA 26.45
CAMILLA FOREMAN 46 FNA 51.78
VICKI PARRY 48 FNA 50.96

100 YD. BACK
ANN GINDROZ 49 FNA 1:21.94

200 YD. BACK
ANN GINDROZ 49 FNA 3:01.46

500 YD. BACK
ANN GINDROZ 49 FNA 29.67

1000 YD. BACK
ANN GINDROZ 49 FNA 1:26.20
VICKI PARRY 48 FNA 1:47.88

200 YD. BRST
ANN GINDROZ 49 FNA 3:04.53

200 YD. FLY
ANN GINDROZ 49 FNA 3:47.58

1650 YD. I.M.
ANN GINDROZ 49 FNA 1:21.97

400 YD. I.M.
ANN GINDROZ 49 FNA 7:01.21

WOMEN 55-59

50 YD. FREE
CYNTHIA ROSIK 55 FNA 40.67
MARGARET WINNIE 55 FNA 42.53
PEGGY POMEROY 58 FNA 48.87
DOROTHY KLEIST 56 FNA 59.35

100 YD. FREE
PEGGY POMEROY 58 FNA 1:57.41
DOROTHY KLEIST 56 FNA 2:21.82

50 YD. BACK
JANET KAVADAS 57 FNA 52.69
DOROTHY KLEIST 56 FNA 1:08.26

200 YD. BACK
JANET KAVADAS 57 FNA 3:55.47

50 YD. BRST
CYNTHIA ROSIK 55 FNA 49.07
MARGARET WINNIE 55 FNA 50.54
ANNE MARSTON 58 FNA 1:05.60
DOROTHY KLEIST 56 FNA 1:05.79
PEGGY POMEROY 58 FNA 1:07.48

100 YD. BRST
CYNTHIA ROSIK 55 FNA 1:47.64
JANET KAVADAS 57 FNA 1:54.53
MARGARET WINNIE 55 FNA 1:58.54
ANNE MARSTON 58 FNA 2:03.87
DOROTHY KLEIST 56 FNA 2:22.62
PEGGY POMEROY 58 FNA 2:27.53

200 YD. BRST
CYNTHIA ROSIK 55 FNA 3:59.80
JANET KAVADAS 57 FNA 4:08.48
MARGARET WINNIE 55 FNA 4:14.17
ANNE MARSTON 58 FNA 4:53.41

50 YD. FLY
JANET KAVADAS 57 FNA 55.14
CYNTHIA ROSIK 55 FNA 55.99

100 YD. I.M.
JANET KAVADAS 57 FNA 1:51.18
CYNTHIA ROSIK 55 FNA 1:51.84
MARGARET WINNIE 55 FNA 1:56.93
DOROTHY KLEIST 56 FNA 2:28.02

WOMEN 60-64

50 YD. FREE
JULIA MORRISH 64 FNA 43.66

200 YD. FREE
PATRICIA DOTSON 61 FNA 2:50.88
BETTY KERCHEVAL 63 FNA 3:35.20

1650 YD. FREE
PATRICIA DOTSON 61 FNA 25:53.93

50 YD. BACK
BETTY KERCHEVAL 62 FNA 48.70
JULIA MORRISH 64 FNA 51.81
MARYAN BURKE 62 FNA 55.65

100 YD. BACK
BETTY KERCHEVAL 62 FNA 1:47.67
JULIA MORRISH 64 FNA 1:52.66

200 YD. BACK
MARYAN BURKE 62 FNA 4:13.39

50 YD. BRST
MARYAN BURKE 62 FNA 1:02.40

100 YD. BRST
MARYAN BURKE 62 FNA 2:15.53

50 YD. FLY
PATRICIA DOTSON 61 FNA 40.04
BETTY KERCHEVAL 63 FNA 51.90

100 YD. FLY
PATRICIA DOTSON 61 FNA 1:30.91

100 YD. I.M.
BETTY KERCHEVAL 62 FNA 1:49.69
MARYAN BURKE 62 FNA 2:09.96

200 YD. I.M.
PATRICIA DOTSON 61 FNA 3:23.00
BETTY KERCHEVAL 63 FNA 3:55.41

WOMEN 65-69

50 YD. FREE
MURIEL FLYNN 65 FNA 37.99

100 YD. FREE
MURIEL FLYNN 65 FNA 1:26.85
MARION CHADWICK 66 FNA 1:52.05

200 YD. FREE
MARION CHADWICK 66 FNA 3:55.45
HELEN SCHUCHART 69 FNA 4:23.04

500 YD. FREE
MARION CHADWICK 66 FNA 10:08.52

1650 YD. FREE
MARION CHADWICK 66 FNA 34:15.61

50 YD. BRST
MURIEL FLYNN 65 FNA 49.66 R
HELEN SCHUCHART 69 FNA 1:08.26

100 YD. BRST
MURIEL FLYNN 65 FNA 1:45.62 R
HELEN SCHUCHART 69 FNA 2:41.89

200 YD. BRST
MURIEL FLYNN 65 FNA 3:46.17

50 YD. FLY
HELEN SCHUCHART 69 FNA 1:15.63

200 YD. I.M.
MURIEL FLYNN 65 FNA 3:42.04 R

WOMEN 70-74

50 YD. FREE
MARY M. MAHON 74 FNA 51.78
LEE HOLM 73 FNA 56.99

100 YD. FREE
MARY M. MAHON 74 FNA 1:55.86
LEE HOLM 73 FNA 2:08.77

200 YD. FREE
LEE HOLM 73 FNA 4:31.57

500 YD. FREE
MARY M. MAHON 74 FNA 10:59.34
LEE HOLM 73 FNA 12:00.61

1650 YD. FREE
LEE HOLM 73 FNA 39:16.68

50 YD. BACK
MARY M. MAHON 74 FNA 1:06.70

100 YD. BACK
LEE HOLM 73 FNA 2:31.84

WOMEN 75-79

100 YD. BACK
MARION MUELLER 76 FNA 2:13.80 R

200 YD. BACK
MARION MUELLER 76 FNA 5:01.49

100 YD. BRST
MARION MUELLER 76 FNA 3:22.79

200 YD. BRST
MARION MUELLER 76 FNA 6:59.16

100 YD. FLY
MARION MUELLER 76 FNA 4:12.07 R

100 YD. I.M.
MARION MUELLER 76 FNA 2:42.89

MEN 19-24

50 YD. FREE
BRUCE BORNFLETH 20 HSKY 22.91
BRYAN CUSTER 22 FNA 24.01
STEVEN HINRICHSEN 24 FNA 26.35
JOHN PARKER 23 FNA 28.56

100 YD. FREE
SHAWN RASMUSSEN 23 FNA 52.01
JOHN PARKER 23 FNA 1:05.68

200 YD. FREE
SHAWN RASMUSSEN 23 FNA 1:55.53
BRYAN CUSTER 22 FNA 1:59.75

500 YD. FREE
SHAWN RASMUSSEN 23 FNA 5:02.36

50 YD. BRST
BRUCE BORNFLETH 20 HSKY 29.22
JOHN PARKER 23 FNA 32.90

100 YD. BRST
BRUCE BORNFLETH 20 HSKY 1:03.82
JOHN CROWLEY 22 FNA 1:11.53
JOHN PARKER 23 FNA 1:16.00

200 YD. BRST
BRUCE BORNFLETH 20 HSKY 2:19.28 R
JOHN CROWLEY 22 FNA 2:37.12
JOHN PARKER 23 FNA 2:50.32

50 YD. FLY
BRUCE BORNFLETH 20 HSKY 25.87
STEVEN HINRICHSEN 24 FNA 30.27

100 YD. FLY
BRUCE BORNFLETH 20 HSKY 56.63

200 YD. FLY
JOHN CROWLEY 22 FNA 2:37.94

100 YD. I.M.
STEVEN HINRICHSEN 24 FNA 1:06.43
JOHN PARKER 23 FNA 1:14.91

200 YD. I.M.
SHAWN RASMUSSEN 23 FNA 2:10.33
JOHN CROWLEY 22 FNA 2:23.47
STEVEN HINRICHSEN 24 FNA 2:26.26

400 YD. I.M.
SHAWN RASMUSSEN 23 FNA 4:41.70

MEN 25-29

50 YD. FREE
PETER MARCUS 28 FNA 22.81
CHRIS HALL 27 HSKY 23.06
MARK APPLEBY 29 FNA 23.10
RON STEVENS 29 FNA 24.28
MITCH NOVACK 29 FNA 25.37
WILLIAM HEMLEY 27 FNA 25.87
TOM KRETZLER 27 FNA 26.49

100 YD. FREE
PAUL CRAIG 28 FNA 49.59
PETER MARCUS 28 FNA 49.81
CHRIS HALL 27 HSKY 50.43
MARK APPLEBY 29 FNA 51.94
ROBERT BANKIN 27 FNA 55.03
WILLIAM HEMLEY 27 FNA 56.40
TOM KRETZLER 27 FNA 56.77

200 YD. FREE
MARK AMBERSON 27 HSKY 1:48.04 R
FETE COLBECQ 26 HSKY 1:48.12
STEVE SCHMIDT 26 FNA 1:48.88
TOM O'BRIEN 29 FNA 1:53.81
THOMAS GRANDINE 29 HSKY 1:55.05

MEN 30-34

50 YD. FREE
DAVID SCHMALZ 33 FNA 22.08
JOHN UNDERBRINK 31 FNA 22.49
LUTIS TROUPE 31 FNA 24.29
PAT BOHNET 33 HSKY 25.09
DENNIS DACEY 33 HSKY 27.22
BRIAN FUNK 33 FNA 27.57
STEWART ELLISON 30 FNA 28.38

100 YD. FREE
DAVID SCHMALZ 33 FNA 52.60
CURTIS TROUPE 31 FNA 53.09
JOHN UNDERBRINK 31 FNA 54.57

MEN 35-39

100 YD. FREE
PAT BOHNET 33 HSKY 55.09
STEPHEN FREEBORN 32 FNA 55.43
JEFF WNUK 33 FNA 57.70
BILL RAYNOLDS 31 FNA 57.88
DENNIS DACEY 33 HSKY 1:00.81
STEWART ELLISON 30 FNA 1:02.77
MARTIN BROTDNV 31 FNA 1:03.40
JAY PARKER 33 FNA 1:08.43

200 YD. FREE
SCOTT WEIR 30 HSKY 1:56.40
PAT BOHNET 33 HSKY 1:59.34
CURTIS TROUPE 31 FNA 1:59.76
DAVID SCHMALZ 33 FNA 2:00.03
MATTHEW SMITH 31 FNA 2:03.88
KEVIN O'SHEA 33 FNA 2:09.48
JEFF WNUK 33 FNA 2:11.48
DENNIS DACEY 33 HSKY 2:12.42
MARK KROLL 33 FNA 2:15.20
MARTIN BROTDNV 31 FNA 2:23.21
ROBERT GJERTSEN 30 FNA 2:44.87

500 YD. FREE
PAT BOHNET 33 HSKY 5:29.94
CURTIS TROUPE 31 FNA 5:33.52
HUGH MOORE 33 FNA 5:44.19
JEFF WNUK 33 FNA 5:53.87
DENNIS DACEY 33 HSKY 6:05.75

1650 YD. FREE
DENNIS DACEY 33 HSKY 20:49.48
WAYNE METHNER 34 FNA 22:21.88
WENDELL STAMPS 34 FNA 24:55.22

MEN 40-44

50 YD. BACK
SCOTT WEIR 30 HSKY 27.00
FETE RAY 34 HSKY 29.12
ALLEN HATCHEL 30 FNA 29.21
JEFF WNUK 33 FNA 35.59
JAY PARKER 33 FNA 38.45

100 YD. BACK
SCOTT WEIR 30 HSKY 57.33
ALLEN HATCHEL 30 FNA 1:03.04
FETE RAY 34 HSKY 1:04.92
MATTHEW SMITH 31 FNA 1:08.63
JAY PARKER 33 FNA 1:23.81

200 YD. BACK
SCOTT WEIR 30 HSKY 2:09.28
FETE RAY 34 HSKY 2:21.07
MATTHEW SMITH 31 FNA 2:27.28
DAVID SCHMALZ 33 FNA 2:28.79
JOHN UNDERBRINK 31 FNA 2:30.25
MARK KROLL 33 FNA 2:40.69

500 YD. BACK
STEVE JACK 32 FNA 29.65
JOEL EDWARDS 30 FNA 31.30
BILL RAYNOLDS 31 FNA 32.28
DONALD GILL 34 FNA 32.19
PAT BOHNET 33 HSKY 33.41
BRIAN FUNK 30 FNA 35.63

100 YD. BRST
STEVE JACK 32 FNA 1:06.17
PAT BOHNET 33 HSKY 1:12.11
ROD STEVENS 30 HSKY 1:12.48
DONALD GILL 34 FNA 1:13.41
MARTIN BROTDNV 31 FNA 1:15.80
BRIAN FUNK 30 FNA 1:17.68
ROBERT GJERTSEN 30 FNA 1:34.84

200 YD. BRST
WAYNE METHNER 34 FNA 2:35.58
BILL RAYNOLDS 31 FNA 2:38.14
MARK KROLL 33 FNA 2:42.06
DONALD GILL 34 FNA 2:45.06
MARTIN BROTDNV 31 FNA 2:48.26

500 YD. BRST
JOEL EDWARDS 30 FNA 24.83
SCOTT WEIR 30 HSKY 25.17
DAVID SCHMALZ 33 FNA 26.38
STEPHEN FREEBORN 32 FNA 26.46
ALLEN HATCHEL 30 FNA 27.01
HUGH MOORE 33 FNA 27.63
PETE RAY 34 HSKY 28.23
MICHAEL EVANS 33 FNA 29.62
JEFF WNUK 33 FNA 29.85
KEVIN O'SHEA 33 FNA 31.21
ROBERT GJERTSEN 30 FNA 35.69
MARTIN BROTDNV 31 FNA 38.88

100 YD. FLY
JOEL EDWARDS 30 FNA 55.45
SCOTT WEIR 30 HSKY 56.99
HUGH MOORE 33 FNA 1:00.23
STEPHEN FREEBORN 32 FNA 1:01.46
ALLEN HATCHEL 30 FNA 1:02.28
MICHAEL EVANS 33 FNA 1:04.80
ROBERT GJERTSEN 30 FNA 1:21.80

200 YD. FLY
HUGH MOORE 33 FNA 2:17.53
JOHN UNDERBRINK 30 FNA 2:28.77
WAYNE METHNER 34 FNA 2:27.49
MICHAEL EVANS 33 FNA 2:35.54
MARK KROLL 33 FNA 2:55.62

1650 YD. I.M.
JOEL EDWARDS 30 FNA 58.13
ALLEN HATCHEL 30 FNA 1:02.68
DAVID SCHMALZ 32 FNA 1:03.08
STEPHEN FREEBORN 32 FNA 1:04.02
PETE RAY 34 HSKY 1:05.22

MEN 45-49

50 YD. FREE
PAT BOHNET 33 HSKY 22.08
JOHN UNDERBRINK 31 FNA 22.49
LUTIS TROUPE 31 FNA 24.29
PAT BOHNET 33 HSKY 25.09
DENNIS DACEY 33 HSKY 27.22
BRIAN FUNK 33 FNA 27.57
STEWART ELLISON 30 FNA 28.38

100 YD. FREE
DAVID SCHMALZ 33 FNA 52.60
CURTIS TROUPE 31 FNA 53.09
JOHN UNDERBRINK 31 FNA 54.57

MEN 50-54

50 YD. FREE
PAT BOHNET 33 HSKY 22.08
JOHN UNDERBRINK 31 FNA 22.49
LUTIS TROUPE 31 FNA 24.29
PAT BOHNET 33 HSKY 25.09
DENNIS DACEY 33 HSKY 27.22
BRIAN FUNK 33 FNA 27.57
STEWART ELLISON 30 FNA 28.38

100 YD. FREE
DAVID SCHMALZ 33 FNA 52.60
CURTIS TROUPE 31 FNA 53.09
JOHN UNDERBRINK 31 FNA 54.57

MEN 55-59

50 YD. FREE
PAT BOHNET 33 HSKY 22.08
JOHN UNDERBRINK 31 FNA 22.49
LUTIS TROUPE 31 FNA 24.29
PAT BOHNET 33 HSKY 25.09
DENNIS DACEY 33 HSKY 27.22
BRIAN FUNK 33 FNA 27.57
STEWART ELLISON 30 FNA 28.38

100 YD. FREE
DAVID SCHMALZ 33 FNA 52.60
CURTIS TROUPE 31 FNA 53.09
JOHN UNDERBRINK 31 FNA 54.57

MEN 60-64

50 YD. FREE
PAT BOHNET 33 HSKY 22.08
JOHN UNDERBRINK 31 FNA 22.49
LUTIS TROUPE 31 FNA 24.29
PAT BOHNET 33 HSKY 25.09
DENNIS DACEY 33 HSKY 27.22
BRIAN FUNK 33 FNA 27.57
STEWART ELLISON 30 FNA 28.38

100 YD. FREE
DAVID SCHMALZ 33 FNA 52.60
CURTIS TROUPE 31 FNA 53.09
JOHN UNDERBRINK 31 FNA 54.57

MEN 65-69

50 YD. FREE
PAT BOHNET 33 HSKY 22.08
JOHN UNDERBRINK 31 FNA 22.49
LUTIS TROUPE 31 FNA 24.29
PAT BOHNET 33 HSKY 25.09
DENNIS DACEY 33 HSKY 27.22
BRIAN FUNK 33 FNA 27.57
STEWART ELLISON 30 FNA 28.38

100 YD. FREE
DAVID SCHMALZ 33 FNA 52.60
CURTIS TROUPE 31 FNA 53.09
JOHN UNDERBRINK 31 FNA 54.57

MEN 70-74

50 YD. FREE
PAT BOHNET 33 HSKY 22.08
JOHN UNDERBRINK 31 FNA 22.49
LUTIS TROUPE 31 FNA 24.29
PAT BOHNET 33 HSKY 25.09
DENNIS DACEY 33 HSKY 27.22
BRIAN FUNK 33 FNA 27.57
STEWART ELLISON 30 FNA 28.38

100 YD. FREE
DAVID SCHMALZ 33 FNA 52.60
CURTIS TROUPE 31 FNA 53.09
JOHN UNDERBRINK 31 FNA 54.57

MEN 75-79

50 YD. FREE
PAT BOHNET 33 HSKY 22.08
JOHN UNDERBRINK 31 FNA 22.49
LUTIS TROUPE 31 FNA 24.29
PAT BOHNET 33 HSKY 25.09
DENNIS DACEY 33 HSKY 27.22
BRIAN FUNK 33 FNA 27.57
STEWART ELLISON 30 FNA 28.38

100 YD. FREE
DAVID SCHMALZ 33 FNA 52.60
CURTIS TROUPE 31 FNA 53.09
JOHN UNDERBRINK 31 FNA 54.57

MEN 80-84

50 YD. FREE
PAT BOHNET 33 HSKY 22.08
JOHN UNDERBRINK 31 FNA 22.49
LUTIS TROUPE 31 FNA 24.29
PAT BOHNET 33 HSKY 25.09
DENNIS DACEY 33 HSKY 27.22
BRIAN FUNK 33 FNA 27.57
STEWART ELLISON 30 FNA 28.38

100 YD. FREE
DAVID SCHMALZ 33 FNA 52.60
CURTIS TROUPE 31 FNA 53.09
JOHN UNDERBRINK 31 FNA 54.57

MEN 85-89

50 YD. FREE
PAT BOHNET 33 HSKY 22.08
JOHN UNDERBRINK 31 FNA 22.49
LUTIS TROUPE 31 FNA 24.29
PAT BOHNET 33 HSKY 25.09
DENNIS DACEY 33 HSKY 27.22
BRIAN FUNK 33 FNA 27.57
STEWART ELLISON 30 FNA 28.38

100 YD. FREE
DAVID SCHMALZ 33 FNA 52.60
CURTIS TROUPE 31 FNA 53.09
JOHN UNDERBRINK 31 FNA 54.57

MEN 90-94

50 YD. FREE
PAT BOHNET 33 HSKY 22.08
JOHN UNDERBRINK 31 FNA 22.49
LUTIS TROUPE 31 FNA 24.29
PAT BOHNET 33 HSKY 25.09
DENNIS DACEY 33 HSKY 27.22
BRIAN FUNK 33 FNA 27.57
STEWART ELLISON 30 FNA 28.38

100 YD. FREE
DAVID SCHMALZ 33 FNA 52.60
CURTIS TROUPE 31 FNA 53.09
JOHN UNDERBRINK 31 FNA 54.57

MEN 95-99

50 YD. FREE
PAT BOHNET 33 HSKY 22.08
JOHN UNDERBRINK 31 FNA 22.49
LUTIS TROUPE 31 FNA 24.29
PAT BOHNET 33 HSKY 25.09
DENNIS DACEY 33 HSKY 27.22
BRIAN FUNK 33 FNA 27.57
STEWART ELLISON 30 FNA 28.38

100 YD. FREE
DAVID SCHMALZ 33 FNA 52.60
CURTIS TROUPE 31 FNA 53.09
JOHN UNDERBRINK 31 FNA 54.57

MICHAEL EVANS 37 PNA 1:06.55
BRIAN FUNK 30 PNA 1:10.57
JAY PARKER 33 PNA 1:19.56
200 YD. I.M.
JOEL EDWARDS 30 PNA 2:07.74
HUGH MOORE 33 PNA 2:18.51
PETE RAY 34 HSKY 2:20.13
STEPHEN FREEBORN 32 PNA 2:22.50
MATTHEW SMITH 31 PNA 2:23.38
MICHAEL EVANS 33 PNA 2:26.85
FOO STEVENS 26 HSKY 2:34.48
MARTIN BROTONOV 31 PNA 2:47.51
ROBERT GJERTSEN 30 PNA 3:10.55
400 YD. I.M.
JOEL EDWARDS 30 PNA 4:51.68
HUGH MOORE 33 PNA 5:04.60
JOHN UNDERBRINK 30 PNA 5:05.00
MATTHEW SMITH 31 PNA 5:08.36
WAYNE METHNER 34 PNA 5:10.55
STEPHEN FREEBORN 32 PNA 5:16.77
MARK KROLL 33 PNA 5:29.54

M E N 25-39

50 YD. FREE
BILL HAYES 36 HSKY 23.30
RICHARD PETERSON 36 PNA 23.35
GORDON CLARK 36 PNA 23.74
T. HENNINGSGARD 36 PNA 24.69
LARRY WRIGHT 39 HSKY 24.92
S. HUNT 35 PNA 25.14
MARK SCHUBERT 38 HSKY 26.62
HAROLD JOHANSON 37 PNA 28.36
KENTON BOLTE 36 HSKY 29.88
JAMES WILKERSON 39 PNA 30.07
SCOTT LEWIS 37 PNA 30.76
BRUCE LOMAX 36 PNA 34.59
DENNIS MORGAN 38 PNA 38.19
100 YD. FREE
RICHARD PETERSON 36 PNA 51.65
BILL HAYES 36 HSKY 51.88
CLIFF RIGSBEE 35 HSKY 53.59
LARRY WRIGHT 39 HSKY 54.41
CASH O'DONNELL 39 HSKY 55.91
S. HUNT 35 PNA 55.93
T. HENNINGSGARD 36 PNA 57.92
CHUCK SPENCER 39 PNA 1:06.11
SCOTT LEWIS 37 PNA 1:09.20
JAMES WILKERSON 39 PNA 1:13.78
BRUCE LOMAX 36 PNA 1:18.54
DENNIS MORGAN 38 PNA 1:26.01
200 YD. FREE
RICHARD PETERSON 36 PNA 1:58.20
CLIFF RIGSBEE 35 HSKY 2:01.65
DICK JOHNSON 37 PNA 2:03.46
CASH O'DONNELL 39 HSKY 2:04.64
BILL HAYES 36 HSKY 2:06.19
T. HENNINGSGARD 36 PNA 2:11.11
DANIEL WADE 38 HSKY 2:24.45
DON ENGELBACH 39 PNA 2:25.20
JOHN PROKOP 38 PNA 2:33.58
BRUCE LOMAX 36 PNA 2:57.28
JAMES WILKERSON 39 PNA 3:04.67
500 YD. FREE
CLIFF RIGSBEE 35 HSKY 5:37.17
JOHN DEWIT 35 PNA 5:38.97
JEFF GROSS 37 HSKY 5:46.87
CASH O'DONNELL 39 HSKY 5:47.61
BOBBY GALLEGOS 37 PNA 6:17.17
T. HENNINGSGARD 36 PNA 6:20.46
DENNIS MORGAN 38 PNA 8:47.35
1650 YD. FREE
IAN THOMPSON 38 PNA 19:17.41
JEFF GROSS 37 HSKY 19:43.59
CLIFF RIGSBEE 35 HSKY 19:53.62
BOBBY GALLEGOS 37 PNA 22:12.91
T. HENNINGSGARD 36 PNA 22:58.86
JOHN PROKOP 38 PNA 25:12.04
DENNIS MORGAN 38 PNA 31:02.12

KENTON BOLTE 36 HSKY 35.19
JAMES WILKERSON 39 PNA 36.70
CHUCK SPENCER 39 PNA 37.92
100 YD. BRST
GREGORY HARRISON 36 PNA 1:03.28
MIKE JACKSON 38 PNA 1:09.26
IAN THOMPSON 38 PNA 1:11.13
DICK JOHNSON 37 PNA 1:13.93
JEFF GROSS 37 HSKY 1:15.09
KENTON BOLTE 36 HSKY 1:17.61
HAROLD JOHANSON 37 PNA 1:17.93
JOHN PROKOP 38 PNA 1:18.16
BOBBY GALLEGOS 37 PNA 1:20.83
DANIEL WADE 38 HSKY 1:20.92
JAMES WILKERSON 39 PNA 1:22.92
CHUCK SPENCER 39 PNA 1:27.73
200 YD. BRST
GREGORY HARRISON 36 PNA 2:16.56
IAN THOMPSON 38 PNA 2:34.58
KENTON BOLTE 36 HSKY 2:56.14
50 YD. FLY
GORDON CLARK 36 PNA 26.07
LARRY WRIGHT 39 HSKY 26.33
BILL HAYES 36 HSKY 28.05
MIKE JACKSON 36 PNA 28.30
MARK SCHUBERT 38 HSKY 29.20
DICK JOHNSON 37 PNA 29.71
JEFF GROSS 37 HSKY 30.55
HAROLD JOHANSON 37 PNA 37.47
KENTON BOLTE 36 HSKY 37.80
100 YD. FLY
LARRY WRIGHT 39 HSKY 58.93
200 YD. FLY
IAN THOMPSON 38 PNA 2:35.35
JEFF GROSS 37 HSKY 2:37.19
BOBBY GALLEGOS 37 PNA 2:45.40
100 YD. I.M.
GORDON CLARK 36 PNA 59.69
LARRY WRIGHT 39 HSKY 1:01.44
DON ENGELBACH 39 PNA 1:11.56
KENTON BOLTE 36 HSKY 1:18.69
CHUCK SPENCER 39 PNA 1:23.42
200 YD. I.M.
LARRY WRIGHT 39 HSKY 2:17.38
RICHARD PETERSON 36 PNA 2:18.84
DICK JOHNSON 37 PNA 2:24.82
JEFF GROSS 37 HSKY 2:30.48
BOBBY GALLEGOS 37 PNA 2:42.93
HAROLD JOHANSON 37 PNA 2:47.70
JOHN PROKOP 38 PNA 2:54.37
400 YD. I.M.
GREGORY HARRISON 36 PNA 4:40.50 P
IAN THOMPSON 38 PNA 5:04.22
BOBBY GALLEGOS 37 PNA 5:46.72

M E N 40-44

50 YD. FREE
NICK CUMMINGS 42 PNA 24.46
PAUL MURPHY 44 PNA 26.18
TIM PFLUEGER 40 PNA 26.68
PETE NORTHRUP 40 PNA 26.80
HOP BAILEY 40 HSKY 27.39
FORREST GERMAN 44 PNA 27.82
PATRICK O'NEIL 41 PNA 32.13
CHARLIE DUNFORD 44 PNA 34.68
100 YD. FREE
RICK STAFFORD 40 PNA 58.76
PAUL MURPHY 44 PNA 57.03
HOP BAILEY 40 HSKY 58.19
PETE NORTHRUP 40 PNA 59.95
STEVEN PETERSON 41 PNA 1:00.39
FORREST GERMAN 44 PNA 1:02.50
PATRICK O'NEIL 41 PNA 1:17.49
CHARLIE DUNFORD 44 PNA 1:18.17
FOREST BROOKS 40 PNA 1:55.72
200 YD. FREE
HOP BAILEY 40 HSKY 2:08.35
BRIAN LANGLAIS 42 PNA 2:18.27
DAVE FITZPATRICK 40 PNA 2:20.97
FORREST GERMAN 44 PNA 2:24.68
GORDON GRAY 42 PNA 2:25.07
FOREST BROOKS 40 PNA 4:11.06
500 YD. FREE
HOP BAILEY 40 HSKY 5:58.98
GORDON GRAY 42 PNA 6:41.92
FOREST BROOKS 40 PNA 11:25.06
1650 YD. FREE
GORDON GRAY 42 PNA 23:23.08
50 YD. BACK
MICHAEL MC KINLAY 44 PNA 29.38
BRIAN LANGLAIS 42 PNA 33.55
GORDON GRAY 42 PNA 35.12
PATRICK O'NEIL 41 PNA 45.20
FOREST BROOKS 40 PNA 1:07.79
100 YD. BACK
MICHAEL MC KINLAY 44 PNA 1:03.14
BRIAN LANGLAIS 42 PNA 1:12.79
GORDON GRAY 42 PNA 1:18.41
FOREST BROOKS 40 PNA 2:23.18
200 YD. BACK
MICHAEL MC KINLAY 44 PNA 2:22.27
BRIAN LANGLAIS 42 PNA 2:40.00

GORDON GRAY 42 PNA 2:44.59
FOREST BROOKS 40 PNA 5:04.32
50 YD. BRST
NICK CUMMINGS 42 PNA 31.53
RICK STAFFORD 40 PNA 32.86
STEVEN PETERSON 41 PNA 33.31
TIM PFLUEGER 40 PNA 33.38
FORREST GERMAN 44 PNA 37.74
100 YD. BRST
RICK STAFFORD 40 PNA 1:10.37
NICK CUMMINGS 42 PNA 1:11.08
TIM PFLUEGER 40 PNA 1:14.25
STEVEN PETERSON 41 PNA 1:14.91
200 YD. BRST
RICK STAFFORD 40 PNA 2:33.14
STEVEN PETERSON 41 PNA 2:43.49
50 YD. FLY
PETER LIEMKIO 40 PNA 27.62
NICK CUMMINGS 42 PNA 27.62
HOP BAILEY 40 HSKY 29.79
DAVE FITZPATRICK 40 PNA 30.26
FORREST GERMAN 44 PNA 33.39
100 YD. FLY
PETER LIEMKIO 40 PNA 1:04.25
MICHAEL MC KINLAY 44 PNA 1:07.53
BRIAN LANGLAIS 42 PNA 1:16.41
200 YD. FLY
MICHAEL MC KINLAY 44 PNA 2:24.68
NICK CUMMINGS 42 PNA 1:04.50
PAUL MURPHY 44 PNA 1:08.43
STEVEN PETERSON 41 PNA 1:08.78
TIM PFLUEGER 40 PNA 1:08.94
PATRICK O'NEIL 41 PNA 1:41.91
200 YD. I.M.
MICHAEL MC KINLAY 44 PNA 2:44.54
HOP BAILEY 40 HSKY 2:26.29
PETER LIEMKIO 40 PNA 2:36.22
STEVEN PETERSON 41 PNA 2:36.34
400 YD. I.M.
BRIAN LANGLAIS 42 PNA 5:51.43
GORDON GRAY 42 PNA 5:54.57

M E N 45-49

50 YD. FREE
DONALD MILES 45 PNA 24.70
DAVID DEMOREST 45 PNA 30.36
100 YD. FREE
DONALD MILES 45 PNA 58.68 P
JOHN COUNTRYMAN 45 PNA 1:02.09
BARY RASMUSSEN 47 PNA 1:05.84
200 YD. FREE
JOHN COUNTRYMAN 45 PNA 2:17.78
BARY RASMUSSEN 47 PNA 2:23.79
LEE CARLSON 47 PNA 2:30.59
DAVID DEMOREST 45 PNA 2:36.26
500 YD. FREE
BARY RASMUSSEN 47 PNA 6:37.50
LEE CARLSON 47 PNA 6:57.94
50 YD. BACK
LEE CARLSON 47 PNA 33.80
WALT REID 47 PNA 34.45
100 YD. BACK
LEE CARLSON 47 PNA 1:15.50
GARY RASMUSSEN 47 PNA 1:20.09
200 YD. BACK
LEE CARLSON 47 PNA 2:50.33
GARY RASMUSSEN 47 PNA 2:56.95
50 YD. BRST
WALT REID 47 PNA 34.84
DAVID DEMOREST 45 PNA 37.68
100 YD. BRST
WALT REID 47 PNA 1:18.42
DAVID DEMOREST 45 PNA 1:22.76
200 YD. BRST
JOHN COUNTRYMAN 45 PNA 2:52.29
WALT REID 47 PNA 2:52.53
DAVID DEMOREST 45 PNA 3:05.55
50 YD. FLY
DONALD MILES 45 PNA 28.78
WALT INGRAM 45 PNA 29.60
100 YD. FLY
WALT INGRAM 45 PNA 1:07.51
100 YD. I.M.
WALT INGRAM 45 PNA 1:10.29
WALT REID 47 PNA 1:11.15
LEE CARLSON 47 PNA 1:18.67
DAVID DEMOREST 45 PNA 1:22.24
200 YD. I.M.
WALT REID 47 PNA 2:41.81
JOHN COUNTRYMAN 45 PNA 2:48.52
400 YD. I.M.
WALT INGRAM 45 PNA 5:43.72

M E N 50-54

50 YD. FREE
LOWELL JOHNSON 50 PNA 25.40
DAVID ADDELMAN 53 PNA 26.67
100 YD. FREE
LOWELL JOHNSON 50 PNA 58.12 R
DAVID ADDELMAN 53 PNA 1:01.63

200 YD. FREE
LOWELL JOHNSON 50 PNA 2:27.61
50 YD. BACK
LOWELL JOHNSON 50 PNA 32.50
200 YD. BACK
TOM FOLEY 53 PNA 3:24.87
50 YD. BRST
DAVID ADDELMAN 53 PNA 36.79
MICHAEL DAVIS 50 PNA 41.30
100 YD. BRST
DAVID ADDELMAN 53 PNA 1:26.39
MICHAEL DAVIS 50 PNA 1:37.95
200 YD. BRST
TOM FOLEY 53 PNA 3:30.05
50 YD. FLY
LOWELL JOHNSON 50 PNA 30.13
DAVID ADDELMAN 53 PNA 30.24
MICHAEL DAVIS 50 PNA 36.81
100 YD. FLY
TOM FOLEY 53 PNA 1:32.25
200 YD. FLY
FRANK NEQUIST 50 PNA 3:07.20
TOM FOLEY 53 PNA 3:47.71
100 YD. I.M.
DAVID ADDELMAN 53 PNA 1:11.82
FRANK NEQUIST 50 PNA 1:19.21
200 YD. I.M.
TOM FOLEY 53 PNA 3:12.10
MICHAEL DAVIS 50 PNA 3:25.48
400 YD. I.M.
FRANK NEQUIST 50 PNA 6:15.22 P
TOM FOLEY 53 PNA 6:56.46

M E N 55-59

50 YD. FREE
BOB BORSE 56 PNA 27.06
WAYNE BERNHARD 55 PNA 33.36
100 YD. FREE
BOB BORSE 56 PNA 1:02.22
WAYNE BERNHARD 55 PNA 1:14.29
200 YD. FREE
BOB BORSE 56 PNA 2:28.87
BENNIE DOTSON 59 PNA 3:00.89
SAMUEL CLARKE 58 PNA 3:25.58
500 YD. FREE
WAYNE BERNHARD 55 PNA 7:26.04
1650 YD. FREE
TOM TAYLOR 57 PNA 23:01.02
JACK AWAMINE 55 PNA 28:20.95
50 YD. BRST
TOM TAYLOR 57 PNA 35.94 P
BOB BORSE 56 PNA 36.57
JACK AWAMINE 55 PNA 40.98
BENNIE DOTSON 59 PNA 41.82
100 YD. BRST
TOM TAYLOR 57 PNA 1:20.90
JACK AWAMINE 55 PNA 1:33.06
BENNIE DOTSON 59 PNA 1:33.12
200 YD. BRST
TOM TAYLOR 57 PNA 3:02.14
50 YD. FLY
BOB BORSE 56 PNA 32.75
BENNIE DOTSON 59 PNA 43.50
100 YD. FLY
JACK AWAMINE 55 PNA 1:32.87
100 YD. I.M.
BOB BORSE 56 PNA 1:12.46
TOM TAYLOR 57 PNA 1:18.70
200 YD. I.M.
TOM TAYLOR 57 PNA 2:53.35
JACK AWAMINE 55 PNA 3:23.81

M E N 60-64

50 YD. FREE
RAY FREDERICK 64 PNA 29.11
EDWARD MORTARTY 63 PNA 34.96
BILL CASTNER 60 PNA 35.91
100 YD. FREE
RAY FREDERICK 64 PNA 1:07.05
200 YD. FREE
RAY FREDERICK 64 PNA 2:33.20
VERNON BRYANT 60 PNA 3:15.09
50 YD. BACK
RAY FREDERICK 64 PNA 38.13
BILL CASTNER 60 PNA 41.85
EDWARD MORTARTY 63 PNA 44.85
100 YD. BACK
RAY FREDERICK 64 PNA 1:23.02
200 YD. BACK
RAY FREDERICK 64 PNA 2:57.81
50 YD. BRST
EDWARD MORTARTY 63 PNA 43.99
VERNON BRYANT 60 PNA 47.61
100 YD. BRST
EDWARD MORTARTY 63 PNA 1:44.50
VERNON BRYANT 60 PNA 1:49.89
50 YD. FLY
EDWARD MORTARTY 63 PNA 52.93
100 YD. I.M.
BILL CASTNER 60 PNA 1:36.20

M E N 65-69
50 YD. FREE
WARREN KLEIST 66 PNA 29.92
100 YD. FREE
WARREN KLEIST 66 PNA 1:08.22
200 YD. FREE
WARREN KLEIST 66 PNA 2:19.17
JAKE NEWLAND 66 PNA 4:37.65
500 YD. FREE
JAKE NEWLAND 66 PNA 12:50.31
50 YD. BACK
JAKE NEWLAND 66 PNA 1:11.27
200 YD. BACK
JAKE NEWLAND 66 PNA 5:54.56
200 YD. BRST
JAKE NEWLAND 66 PNA 5:44.37
50 YD. FLY
WARREN KLEIST 66 PNA 38.87
100 YD. I.M.
WARREN KLEIST 66 PNA 1:22.15 P
200 YD. I.M.
WARREN KLEIST 66 PNA 3:04.24
JAKE NEWLAND 66 PNA 5:31.56

M E N 70-74

50 YD. FREE
GENE CROSSETT 74 PNA 33.84
EVERETT CASSELL 74 PNA 42.24
100 YD. FREE
GENE CROSSETT 74 PNA 1:18.12
EVERETT CASSELL 74 PNA 1:44.73
200 YD. FREE
GENE CROSSETT 74 PNA 2:50.70
EVERETT CASSELL 74 PNA 3:58.20
1650 YD. FREE
GENE CROSSETT 74 PNA 27:48.42
50 YD. BACK
EVERETT CASSELL 74 PNA 1:11.36
50 YD. BRST
EVERETT CASSELL 74 PNA 55.50
100 YD. BRST
EVERETT CASSELL 74 PNA 2:12.89

M E N 75-79

50 YD. FREE
ALLAN SACHS 75 PNA 35.28
100 YD. FREE
ALLAN SACHS 75 PNA 1:32.03
200 YD. FREE
ALLAN SACHS 75 PNA 3:15.84
500 YD. FREE
ALLAN SACHS 75 PNA 9:24.36 P
50 YD. BACK
ALLAN SACHS 75 PNA 47.29
100 YD. BACK
ALLAN SACHS 75 PNA 1:48.91

M E N 80-84

50 YD. BACK
JIM PENFIELD 80 PNA 47.34 P
100 YD. BACK
JIM PENFIELD 80 PNA 1:44.81 P
100 YD. BRST
JIM PENFIELD 80 PNA 1:52.77 R
50 YD. FLY
JIM PENFIELD 80 PNA 46.82 M
100 YD. FLY
JIM PENFIELD 80 PNA 2:04.13 N
100 YD. I.M.
JIM PENFIELD 80 PNA 1:42.03 N

RELAYS-WOMEN 200 YD. FREE

19 +
KIM HEMLEY 20 PNA 1:55.81
KATHLEEN FLYNN 20
KAREN HERDE 24
TERESA WEYDERT 34
DENISE CATZLET 20 HSKY 2:05.46
JUDY WESTON 30

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Swimming News

1988 RANSOM J. ARTHUR AWARD - It was announced in Austin, TX that this year's award was won by John R. Spannuth. John was the person who provided the leadership to organize the Masters Swimming program. He pulled everything together to get the program approved by the National AAU. He organized and directed the 1st ever National Masters Swimming meet held in Amarillo, TX in May of 1970. John has been President of the American Swimming Coaches Association, National Aquatics Administrator for the AAU, Ex. Dir. of the U.S. Swimming Foundation, and Ex. Dir. of the Int. Special Olympics for the Kennedy Foundation. Currently, John is the Sr Aquatics Director for the YMCA in Norman, OK.....



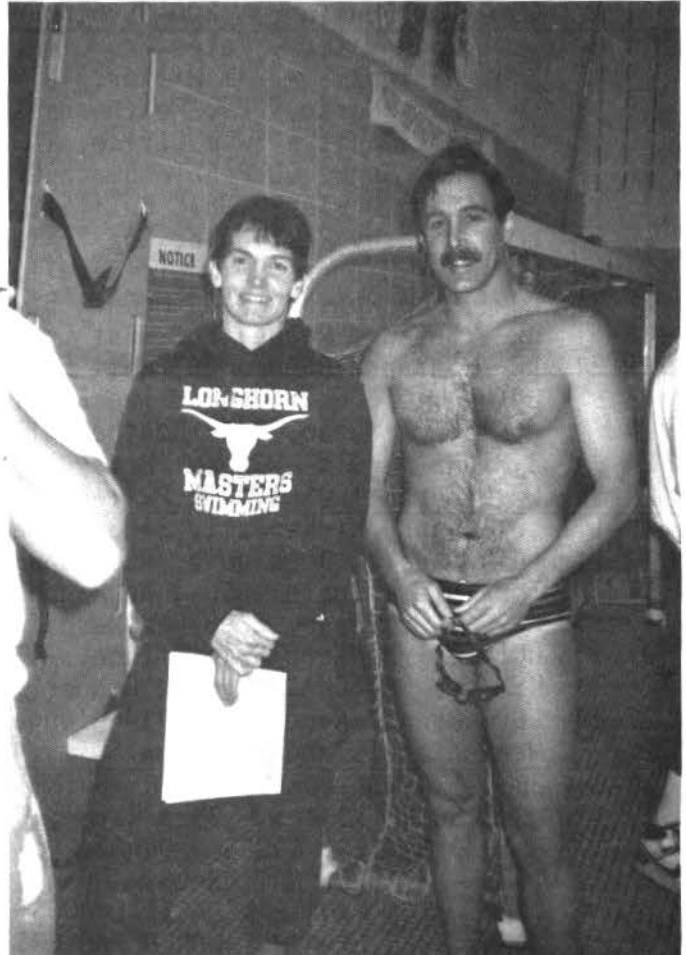
JOHN SPANNUTH

1992 FINA/MSI WORLD CHAMPIONSHIPS - Thought these Championships would go to Canada (the recommendation of the FINA Masters Committee) but when the vote came to the FINA Bureau, they voted for the USA and Indianapolis, IN. The only drawback is that the swimmers from the host country (USA) will be limited in the number of events that they can enter.....

AUSTIN, TX - SC NATIONALS - Huddie Murray and Ed Danehy did an astounding job in running this meet with 1405 participants! The largest meet ever, outside of California. Thanks for all the se good swims.....



WILL & KITTY WORLEY



HUDDIE MURRAY & KEITH BELL

SWIM-MASTER

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June Krauser, Editor
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LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

SWIM CALENDAR

VOL XVII - No 5

JUNE 1988

JUN 11	LC - Las Vegas, NE - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
18	LC - Ron Bank, 80 Pebble Beach Dr., Little Rock, AR 72212
19-20	LC - North Carolina State Games
24-26	LC - Maracaibo, Venezuela, David E.Morrill, M-91 Jet Int'l., POB 020010, Miami, FL
25	LC - Mishawaka Summerfest Swim Meet, 600 E 3rd St., Mishawaka, IN 46544
25-26	LC - Judy Meyer, 10333 Diego Dr. So., Boca Raton, FL 33428
25-26	LC - Elaine Dorris, 5101 Maryland Way, Brentwood, IN 37027
25-26	LC - Nancy Miller, 3741 Reed's Landing Cir., Midlothian, VA 23113
26	1500 M - David Diehl, 12511 Littleton St., Silver Spring, MD 20906
26	LC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
26	LC - Bobby Gallegos, 1315 Garrison, Port Orchard, WA 98366
31	LC - Tom Dunning, 11200 SE 6th, Bellevue, WA 98004
JUL 9	1 MI Open Water - Peter Crumbine, 3 Copper Bch Rd., Greenwich, CT 06830
9	2 MI Nationals - Jim Miller, 1417 Johnson Willis Dr., Richmond, VA 23235
9	LC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
10	LC - SDI Masters Swim Office, 1135 Garnet-K, San Diego, CA 92109
16	LC - Ron Bank, 80 Pebble Beach Dr., Little Rock, AR 72212
16-17	LC - Mary Dowlen, 106 C Bull St., Charleston, SC 29401
16-17	LC - Dorothy Ressiguie, Box 7, Tar Heel, NC 28392
21	LC - SCI Masters Swim Office, 1135 Garnet-K, San Diego, CA 92109
22-24	LC - Lisa Watson, 2104 Howell Blvd., Duluth, GA 30136
16	LC - Suzanne Rague, 263 West End Ave. #9-C, New York, NY 10023
22-24	LC - Suzanne Rague, 263 West End Ave. #9-C, New York, NY 10023
24	LC - Alicia Coleman, 24 The Point, Coronado, CA 92118
24	LC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
24	3 MI Nationals - George Mcvey, 477 Antlers Dr., Rochester, NY 14618
29-31	LC - Chris Truhol, 612 Pall-A-Grille Way #3, St. Petersburg, FL 33706
Aug 13-14	LC - Nancy Kirkendall, 3403 Gilden Dr., Alexandria, VA 22305
13-14	LC - Dorothy Ressiguie, P.O. Box 7, Tar Heel, NC 28392
14	Terrible Tripple - Suzanne Rague, 263 West End Ave. #9-C, New York, NY 10023
7-13-14	LC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
21	LC - SDI Masters Swim Office, 1135 Garnet-K, San Diego, CA 92109
25-28	USMS LC NATIONALS - Gene Donner, 717 South Road, East Aurora, NY 14052
27-28	LC - Brenda Hennessy, 1414 Glengarry Rd., Jacksonville, FL 32207
27	Manhattan Island Marathon Swim, 438 W 37 St., Suite 5-H, NY, NY 10018
OCT 10-15	2nd FINA/MSI WORLD MASTERS SWIMMING CHAMPIONSHIPS - Brisbane, Australia
MAY 1989	USMS SC NATIONALS - Boca Raton, FL
JUL 23-AUG 5 1989	MASTERS GAMES - Denmark
AUG 17-20 1989	- USMS LC NATIONALS - Grand Forks, ND
OCT 7-15 1989	- 1st FINA PAN PACIFIC AQUATIC GAMES - Indianapolis, IN
AUG 7-13 1990	- 3rd FINA/MSI WORLD MASTERS SWIMMING CHAMPIONSHIPS - Rio de Janeiro, Brazil
	1992 - 4th FINA/MSI WORLD MASTERS SWIMMING CHAMPIONSHIPS - Indianapolis, IN

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