



# SWIM-MASTER

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## TRAINING ON 1500 YARDS A DAY AND STILL A WINNER?

by

Dr. Paul Hutinger, Professor  
Western Illinois University

A pervasive myth related to yardage and performance has invaded Masters swimming. If you asked about it, most Master swimmers and coaches hold the somewhat erroneous idea that the only way to improve performance is to increase one's yardage. Since most Master swimmers are caught up in the activities necessary to carry on work and family responsibilities, we know that they have only limited training time available. Since this is almost universally the case with Master swimmers, many of them rationalize that because they only have 30 to 40 minutes a day, five days a week, they cannot possibly achieve a higher performance level.

Not so! There are some alternate methods of training that will bring results. In order to arrive at a satisfactory training program, the Master swimmer will do well to carefully consider percent effort (intensity) and its relationship to training yardage. Coaches of world class swimmers have found that by training at 80 per cent effort or higher, yardage may be reduced from 18,000 to 12,000 yards a day with an increase in performance. This same principle was used by the author in short course training from September, 1975 to May, 1976. The usual training yardage of 2,500 was reduced to 1,500 yards a day. The intensity of effort was maintained at 80 per cent for all but several hundred yards warm up and cool down. An example follows:

### QUALITY TRAINING

- 200 yard warm up
- 10 x 50 crawl on 1:00 average :31.5
- 4 x 50 kick on 1:15 average :50
- 5 x 100 IM on 2:00 average 1:19
- 100 yards easy cool down

Total yardage: 1500 Total Time: 30-40 minutes

If you decide to try a similar training program, I recommend that six to eight weeks of distance swimming precede the higher intensity training. Gradually work into the quality training in order to avoid sore muscles.

High quality training, but lowered yardage, earned me 10 first place National Masters ratings for 1976 on the 25 yard course for the 50-54 age group. In addition, this same training was responsible for two personal best times in the 100 yard freestyle (:56.75) and the 200 yard breaststroke (2:46.4). I also had two good distance performances with a national record of 5:26.8 in the 400 yard IM and a 1650 yard time of 21:38. Quality training also seemed to give as good a capacity for repeat performance in meets as my earlier longer yardage training program. For example, in a meet at Whitefish Bay, Wisconsin, I swam a :56.75 100 yard freestyle, 2:10.34 200 yard freestyle, 6:06.31 500 yard freestyle, and a 21:38.46 for the 1650. These times were national first place times for the 50-54 age group for 1976.

The quality program has been advocated and practiced by coaches with world class swimmers, including Jack Nelson, Dick Jochums, and Don Talbot, the Canadian coach. The quality program I followed included only 25, 50, and 100 yard repeats since the race speed for all events except the 1650 was specifically practiced with that format. Longer distances such as 500 yard repeats are much easier to maintain even at 90 per cent effort. A 500 yard best time of 6:00 minutes would give a 6:35 for a

90 per cent effort and is much easier than doing 90 per cent effort of 10 x 50 on 1 minute at :28.5, based on a best 50 time of :25.8.

Be sure that you understand the following principles if and when you decide to embark upon a quality program. Very likely it can help you achieve the most out of your training.

1. Training should be close to race speed for your events. Since most events are 50, 100, and 200 yard events, the training should be one-fourth to one-half the race distance.

2. Specificity of training develops the physiological energy systems to their highest efficiency, especially the anaerobic system which is trained in the 1 to 30 second work intervals. This important performance system is not developed in the long slow distance training.

3. Stroke timing and efficiency is developed and enhanced by quality work. Both stroke timing and coordination are changed at different velocities, so the training speed must be similar to the specific one used in competition for the most positive effect.

4. The per cent effort for each 50 yards of a 200 yard event is between 80 to 85 per cent, so training should approximate this level of effort.

5. The distance per stroke (an important stroke efficiency concept) can be maintained in a race if the training is similar to the racing speed. Many swimmers overstroke and rush the recovery during the excitement of competition.

6. Training programs should be based on yardage and intensity, with a lower yardage and higher intensity program operating most effectively when training time is limited.

7. Use caution in adjusting to any drastic change in stress factors related to your training. Some individuals may have shoulder joint problems in training at a higher intensity.

In conclusion, remember that I performed at the same level, even improving some of my times, with a change from a daily yardage of 2,500 to one of 1,500 with higher intensity work based on 80 per cent effort. I also experienced less stress symptoms than during the previous year with the shorter, but higher quality workout.

World class coaches also use this training principle of intensity and yardage to design effective training programs. Remember too that higher intensity does not mean all out sprints! Master swimmers can profit by investigating the use of this principle in their own training. If you decide to try it, be sure to give the high quality program adequate time to demonstrate positive results. Don't make your decision about its effectiveness after only a one month trial. Give it time to work for you.

## MASTERS NOTES SWIMMING

NATIONAL SHORT COURSE CHAMPIONSHIPS - Inquiries have been arriving about the SC meet. All letters are being filed and when the information is ready all letters will be answered. I do not anticipate the information being ready before March, so please do not worry.....

(Continued on next page)

Often I am asked if Swim-Master takes ads. So far I have not taken ads as there is just so much room and I would rather use the space for our own news. However, when a friend of mine stopped by my office and showed me pendants (right) I thought perhaps you might be interested. If there was enough interest among the Masters Swimmers, they could make a special die with the word MASTERS on B. They are very pretty and would make nice high point awards or special awards.....

**POSSIBLE NEW IDEA:** Jan Moeller asks if the availability of a patch with "Top 10" printed thereon - and perhaps the event name - for a fee, of course, to those who wish to purchase them. Just a thought but a good incentive to try harder.....

**ANSWER FOR JAN:** Harry Fox, President of the O\*H\*1\*0 has designed a top 10 Masters Patch and would like to advertise and sell thru Swim master. Perhaps you could contact Harry, Jan, at 1616 Amherst St. NE, Massillon, OH 44646.....

**IN MEMORIAM:** Larry Smith, of Newton, MA, who died on Saturday 20 November 1976.....

**PROBLEMS?** - If any of you have specific problems on training or conducting meets effectively we would like to hear from you and perhaps some of our readers could help you. Many of these problems are common to a large number of us.

**FOUND!** - John Spanuth has been found! He is the Senior Physical Director at the Anderson, Indiana YMCA. He can be reached at (317) 644-7796 and write c/o YMCA, P.O. Box 231, Anderson, IN 46015. John in continuing with the US Swimming Foundation - but in his spare time.....

**WORLD CHAMPIONSHIPS, 1977** - Arrangements for the proposed World Masters Swimming Championships tentatively arranged for Equador in October, 1977, have slowed down due to lack of communication. John D. Miller (Jack), a former competitor who lives in Puerto Rico (Vieques), is taking leadership to organize such a meet at that time in the 50 meter pool at San Juan. If this is something you would like to see develop, please drop notes to Jack, Ransom Arthur and June Krauser, who are enthusiastic about the proposed change.

John D. Miller                      June Krauser  
Box 747                                      2308 N.E. 19th Ave.  
Vieques, Puerto Rico 00765      Ft. Lauderdale, FL 33305

Ransom J. Arthur M.D.  
11361 Isleta  
Los Angeles, CA 90049

This will give Jack something to show officials in Puerto Rico that many will participate, and it will help June and Dr. Arthur in planning and it will provide a mailing list for entry blanks. If there is sufficient interest, Jack has assured me the meet can be arranged. This memo to All Masters Swimmers is from Harry Rawstrom.....

**FROM CONNECTICUT** - Yale University has been kind enough to allow the Connecticut Masters to use their facilities once a month at no charge for meets. And so the CT Masters voted to donate to the University a set of Moriarty back-stroke starting blocks in recognition of their support. Also, Paul Katz, who is not Yale's Assistant Swim Coach will be joining the Conn. Masters after waiting his 4 months unattached period.....

**1977 AAU DIRECTORY** - A special price of \$3.00 has been established for National Committee members for the 1977 AAU Directory.....

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actual size

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**ANNOUNCING** - The Splash of Our Life! New Entry: John Otto Hetzel. Entry Date: December 4, 1977. Seed Time: 11:28 pm. Lap Length: 21 inches; Weigh In: 7 lbs 6-3/4 oz. Proud Starters: Marynell & Tom Hetzel.....

**PENTATHALON:** The DC Masters Swim Team runs a Pentathlon Swim Meet annually, and scores the swimmers in each event (50 back, breast, fly and free plus 100 IM) based on the time achieved compared to the 40-44 National Record. 1000 pts are earned for equalling the record, and 4 points (2 pts in the case of the 100 IM) are added or subtracted for each 0.1 second faster or slower than the record. The winner of the Pentathlon is the swimmer in each age group, with the greatest score. For ease of scoring, a swimmer programmed a computer to run 10 sets of tables (5 for men, 5 for women) containing the time and points for each event, and scores over a wide range. Other teams may wish to use these tables, and offer to run sets and mail to anyone requesting them. If you feel it is worthwhile, the DC Masters will sell them at their cost, \$5.00, postpaid anywhere in the world. Checks should be made payable to DC Masters Swim Team and mailed to Arthur C. Smith III, 337 Chesapeake Dr., Great Falls, VA 22066. We have found that the tables greatly speed up scoring and reduce errors as well. If anyone has any questions, please contact Art.....

**TOURS** - It seems that several Masters Swimmers work for Travel Agencies and have arranged some special tours for Masters Swimmers. The 1977 AAU INTERNATIONAL SWIMALONG is scheduled for June 30-July 16 and visits 3 great cities Amsterdam, Copenhagen and Stockholm. If interested, write to Sarah Freschi, Mathews Travel Center, 15300 Ventura Blvd., Sherman Oaks, CA 91403. The other tour is the Masters Orient Swim Tour, July 16-31 to Japan and Hong Kong. If interested contact Margaret George, 112 So. Ave. 66 #24, Los Angeles, CA 90042 (213) 257-2745.....

**SOUTHERN AAU CHAMPIONSHIPS** - by Joanne Marshall

Oak Ridge Masters and the Oak Ridge Recreation Department hosted the 4th Annual Southeastern A.A.U. Championships at the Oak Ridge Civic Center pool on November 6 and 7. A colorful 4-inch patch - depicting the atom for Oak Ridge, the mountains and lakes of East Tennessee and the swimming emblem, and reading "SEAAU Championships, Oak Ridge, Tennessee" were given to all participants in the meet. At the 2-day meet, six new national records were set and one tied. Dorothy Resseguie, 55, Tar Heel Masters, North Carolina set records 50 fly (38.4), 200 IM (3:05.4) and 400 IM (6:52.3). June Krauser, 50, Gold Coast Masters, Florida 200 Fly (3:02.2) and 400 IM (6:22.2). Irvin Merritt, 73, West Lafayette White Shards Masters, Indiana, 200 yd fly (5:34.6). Five 1975 All-Americans participated in the meet: Anne Grams (25-29), Dorothy Resseguie (50-54), John Crews (55-59), Mildred Anderson (60-64) and Irvin Merritt (70-79). High Point winners were Gretchen Drake and Rick Krogsrud (25-29), Bonnie Mosbrook and Gerry de Long (30-34), Natalie Johnson and Charles Bechtel (35-39), Rita-Al Jones and Gay Rosser & Kirk Canterbury (40-44), Nancy Logan and Norman Schueckler (45-49), June Krauser and John Woods (50-54), Dorothy Resseguie and Dick Lindauer (55-59), Mildred Anderson and George Silvera (60-64), Ruth Switzer (65-69) and Irvin Merritt (70-74). Dr. Crews was master of ceremonies at the Saturday evening banquet which featured Winnie Krogsrud's 1976 "Funny Film" starring the women of the Oak Ridge Masters team. Gay Rosser brought along his guitar this year, and for everyone's enjoyment played and sang. In summing it all up, Dr. John Crews, meet Director, says, "It was a fast meet, and competition was terrific for high-point awards in several divisions. The success of the meet was due to the great number of swimmers who traveled to Oak Ridge to take part in our 4th Annual Southeastern AAU Championships. We look forward to seeing all of you at our next meet!".....

**1977 ALL AMERICAN SELECTION** - All registered AAU Master Swimmers who are holders of first place in any Top Ten swimming event, as of the date of the last day of the Championship meet for that course, shall be declared an All American for that year. All top ten times, as well as national record times should be in the hands of the National Masters Records Chairman within 35 days from the date of the last day of the championship for that course.....



**MASTERS** — A strong desire to stay competitive and a love for swimming have pushed these seven Baton Rougeans to continuing their careers in the pool a bit further than others who simply leave the sport to the youngsters. They are in front Bunny Epps, Bobbie Scull, Chris Rojas and Ray

Mut. In the back row is Harris Copenhaver, Joe Paul Steiner and Carlyn Cruzan. They compete in regulation meets and have named themselves as the Baton Rouge Master Swimmers.

— Photo by Charles Gerald

#### PICTURES

- 1 Women competing in St. Louis included: Louise Jones (55-59) Illinois Masters, Nancy Clark (60-64) DC Masters, Dawn Musselman (60-64) UNA, Joan Osborne (60-64) Humuhumu S.C.
- 2 COLLEGIATE SWIM CAPTAINS (RETREADED) Frank Booth, Stanford, 1932  
Ray Thompson, Naval Academy, 1933  
Lloyd Osborne, Yale, 1932
- 3 The 1976 National Championship Relay for 65 & Over - Medley & Free Herb Bender, Dr. Wilson Scott, Capt. Ray Thompson and Dave McAfee representing the DC Masters
- 4 Masters Meet, Oct. 3, 1976 held in Phoenix, AZ
- 5 Showing their trophies are: Jane Katz, N.Y.C., best in meet; Glastonbury Swim Coach - Brian Gillie; Doris Hogan, MA, runner-up; Paul Katz, New Haven, best in meet for men





" DO IT TOGETHER " - HUSBANDS & WIVES  
SWIMMING IN NATIONAL CHAMPIONSHIPS AT ST. LOUIS  
PICTURES - COURTESY OF LLOYD OSBORNE OF HAWAII  
TOP TO BOTTOM ROW ONE  
 EDNA & HERB LANDON - RYALL MASTERS  
 SKIP & LOUISE MANN - ROCKY MTN. MASTERS  
 MORRIS & JEANNETTE EPPLEY - ILLINOIS MASTERS  
 ROBERT & RUTH BAKER - NORTHERN SHORES A.C.  
 WALT & ANNETTE PFEIFFER - CAL TECH  
 BUMPY & RITA-AL JONES - SUNCOAST MASTERS

TOP TO BOTTOM ROW TWO  
 NANCY & WATSON LAWRENCE - RYALL MASTERS  
 HICKEY & MATT SIELSKI - ILLINOIS MASTERS  
 HANK & KAREN ZENTGRAF - ROCKY MTN. MASTERS  
 FRANK & BUNNY HAVLICEK - ILLINOIS MASTERS  
 WADE & BARBARA BARBER - ST LOUIS MASTERS  
 JANIS & GRAHAM JOHNSTON - TEXAS GULF MASTERS  
TOP TO BOTTOM ROW THREE  
 HY & EVIE GOLDMAN - SAN MATEO MARLINS  
 ROBIN & ELAINE KLEFFMAN - NORTHERN SHORES A.C.

JUDY & JIM GREEN - OAK RIDGE MASTERS  
 RUSS & GWEN DUNN - AUSSI  
 HAM & MILDRED ANDERSON - TEXAS GULF MASTERS  
 MIMS & GENE JENNINGS - ST. PETERSBURG REC. DEPT.  
TOP TO BOTTOM ROW FOUR  
 DON & PEG GREETHAM - SOUTHERN OHIO MASTERS  
 VION & WARREN KAYE - NORTHERN SHORES A.C.  
 DOUG & BESS BARRIE - AUSSI  
 JUNE & BILL MOFFIT - GOLD COAST MASTERS  
 JOAN & LLOYD OSBORNE - HUMUHUMUNUKUNUKU S.C.  
 NANCY & FRANK CLARK - D.C. MASTERS



100 Meter Freestyle

Table of swimmers and times for 100 Meter Freestyle. Includes names like Dorothy L. Hesseguie, Helen Huseman, Nancy Phillips, and times ranging from 1:16.55 to 2:09.35.

Table of swimmers and times for 200 Meter Freestyle. Includes names like Dorothy L. Hesseguie, Jeanette Eplly, Annette Pfeiffer, and times ranging from 2:54.1 to 3:59.10.

Table of swimmers and times for 400 Meter Freestyle. Includes names like Dorothy L. Hesseguie, Jeanette Eplly, Nancy Pessel, and times ranging from 6:23.80 to 9:07.82.

Table of swimmers and times for 100 Meter Backstroke. Includes names like Nancy Phillips, Margaret George, Marian C. Jennings, and times ranging from 1:49.89 to 2:10.02.

Table of swimmers and times for 200 Meter Backstroke. Includes names like Nancy Pessel, Margaret George, Helen Huseman, and times ranging from 3:40.59 to 4:57.87.

Table of swimmers and times for 400 Meter Backstroke. Includes names like Nancy Pessel, Margaret George, Helen Huseman, and times ranging from 7:14.81 to 9:07.82.

Table of swimmers and times for 800 Meter Freestyle. Includes names like Dawn Huseman, Nancy Clark, Georgia McCarthy, and times ranging from 1:26.23 to 2:09.35.

Table of swimmers and times for 1200 Meter Freestyle. Includes names like Dawn Huseman, Nancy Clark, Mickey Sleski, and times ranging from 1:25.88 to 2:09.35.

Table of swimmers and times for 1600 Meter Freestyle. Includes names like Joan Osborne, Nancy Clark, Helen Offenhauser, and times ranging from 1:25.88 to 2:09.35.

Table of swimmers and times for 2000 Meter Freestyle. Includes names like Joan Osborne, Nancy Clark, Helen Offenhauser, and times ranging from 1:25.88 to 2:09.35.

Table of swimmers and times for 2400 Meter Freestyle. Includes names like Joan Osborne, Nancy Clark, Helen Offenhauser, and times ranging from 1:25.88 to 2:09.35.

Table of swimmers and times for 2800 Meter Freestyle. Includes names like Joan Osborne, Nancy Clark, Helen Offenhauser, and times ranging from 1:25.88 to 2:09.35.

Table of swimmers and times for 3200 Meter Freestyle. Includes names like Joan Osborne, Nancy Clark, Helen Offenhauser, and times ranging from 1:25.88 to 2:09.35.

100 Meter Freestyle

Table of swimmers and times for 100 Meter Freestyle. Includes names like Colin C. Ballard, Eric Goldan, Rita Shepard, and times ranging from 1:43.91 to 2:02.95.

Table of swimmers and times for 200 Meter Freestyle. Includes names like Rita Shepard, Eric Goldan, Rita Shepard, and times ranging from 3:54.54 to 5:08.49.

Table of swimmers and times for 400 Meter Freestyle. Includes names like Rita Shepard, Eric Goldan, Rita Shepard, and times ranging from 7:50.66 to 9:08.49.

Table of swimmers and times for 1500 Meter Freestyle. Includes names like Rita Shepard, Eric Goldan, Rita Shepard, and times ranging from 33:04.91 to 38:23.14.

Table of swimmers and times for 200 Meter Individual Medley. Includes names like Rita Shepard, Eric Goldan, Rita Shepard, and times ranging from 2:16.62 to 4:35.80.

Table of swimmers and times for 400 Meter Individual Medley. Includes names like Rita Shepard, Eric Goldan, Rita Shepard, and times ranging from 8:50.66 to 11:25.30.

Table of swimmers and times for 800 Meter Individual Medley. Includes names like Rita Shepard, Eric Goldan, Rita Shepard, and times ranging from 17:42.13 to 23:18.28.

Table of swimmers and times for 1200 Meter Individual Medley. Includes names like Rita Shepard, Eric Goldan, Rita Shepard, and times ranging from 25:00.67 to 31:02.13.

Table of swimmers and times for 1600 Meter Individual Medley. Includes names like Rita Shepard, Eric Goldan, Rita Shepard, and times ranging from 38:23.14 to 45:53.98.

Table of swimmers and times for 2000 Meter Individual Medley. Includes names like Rita Shepard, Eric Goldan, Rita Shepard, and times ranging from 50:00.67 to 58:51.13.

Table of swimmers and times for 2400 Meter Individual Medley. Includes names like Rita Shepard, Eric Goldan, Rita Shepard, and times ranging from 58:51.13 to 68:00.67.

Table of swimmers and times for 2800 Meter Individual Medley. Includes names like Rita Shepard, Eric Goldan, Rita Shepard, and times ranging from 68:00.67 to 78:51.13.

Table of swimmers and times for 3200 Meter Individual Medley. Includes names like Rita Shepard, Eric Goldan, Rita Shepard, and times ranging from 78:51.13 to 90:00.67.

100 Meter Freestyle

Table of swimmers and times for 100 Meter Freestyle. Includes names like Rocky Mountain Masters B, Michigan Masters, St. Louis Masters, and times ranging from 2:00.95 to 2:10.84.

Table of swimmers and times for 200 Meter Freestyle. Includes names like Rocky Mountain Masters, Michigan Masters, St. Louis Masters, and times ranging from 3:58.44 to 4:23.79.

Table of swimmers and times for 400 Meter Freestyle. Includes names like Rocky Mountain Masters, Michigan Masters, St. Louis Masters, and times ranging from 7:50.66 to 8:23.79.

Table of swimmers and times for 1500 Meter Freestyle. Includes names like Rocky Mountain Masters, Michigan Masters, St. Louis Masters, and times ranging from 33:04.91 to 38:23.14.

Table of swimmers and times for 200 Meter Mixed Freestyle Relay. Includes names like Rocky Mountain Masters, Michigan Masters, St. Louis Masters, and times ranging from 2:16.62 to 4:35.80.

Table of swimmers and times for 400 Meter Mixed Freestyle Relay. Includes names like Rocky Mountain Masters, Michigan Masters, St. Louis Masters, and times ranging from 8:50.66 to 11:25.30.

Table of swimmers and times for 800 Meter Mixed Freestyle Relay. Includes names like Rocky Mountain Masters, Michigan Masters, St. Louis Masters, and times ranging from 17:42.13 to 23:18.28.

Table of swimmers and times for 1200 Meter Mixed Freestyle Relay. Includes names like Rocky Mountain Masters, Michigan Masters, St. Louis Masters, and times ranging from 25:00.67 to 31:02.13.

Table of swimmers and times for 1600 Meter Mixed Freestyle Relay. Includes names like Rocky Mountain Masters, Michigan Masters, St. Louis Masters, and times ranging from 38:23.14 to 45:53.98.

Table of swimmers and times for 2000 Meter Mixed Freestyle Relay. Includes names like Rocky Mountain Masters, Michigan Masters, St. Louis Masters, and times ranging from 50:00.67 to 58:51.13.

Table of swimmers and times for 2400 Meter Mixed Freestyle Relay. Includes names like Rocky Mountain Masters, Michigan Masters, St. Louis Masters, and times ranging from 58:51.13 to 68:00.67.

Table of swimmers and times for 2800 Meter Mixed Freestyle Relay. Includes names like Rocky Mountain Masters, Michigan Masters, St. Louis Masters, and times ranging from 68:00.67 to 78:51.13.

Table of swimmers and times for 3200 Meter Mixed Freestyle Relay. Includes names like Rocky Mountain Masters, Michigan Masters, St. Louis Masters, and times ranging from 78:51.13 to 90:00.67.

200 Meter Freestyle

Table of swimmers and times for 200 Meter Freestyle. Includes names like (Cooper, Tillotson, McGuire, Jennings), A USUI B, and times ranging from 4:27.50 to 5:19.11.

Table of swimmers and times for 400 Meter Freestyle. Includes names like (Cooper, Tillotson, McGuire, Jennings), A USUI B, and times ranging from 9:07.82 to 10:16.04.

Table of swimmers and times for 800 Meter Freestyle. Includes names like (Cooper, Tillotson, McGuire, Jennings), A USUI B, and times ranging from 18:14.65 to 21:08.34.

Table of swimmers and times for 1200 Meter Freestyle. Includes names like (Cooper, Tillotson, McGuire, Jennings), A USUI B, and times ranging from 26:11.76 to 31:02.13.

Table of swimmers and times for 1600 Meter Freestyle. Includes names like (Cooper, Tillotson, McGuire, Jennings), A USUI B, and times ranging from 34:16.04 to 40:00.67.

Table of swimmers and times for 2000 Meter Freestyle. Includes names like (Cooper, Tillotson, McGuire, Jennings), A USUI B, and times ranging from 42:15.30 to 49:07.82.

Table of swimmers and times for 2400 Meter Freestyle. Includes names like (Cooper, Tillotson, McGuire, Jennings), A USUI B, and times ranging from 49:07.82 to 56:00.67.

Table of swimmers and times for 2800 Meter Freestyle. Includes names like (Cooper, Tillotson, McGuire, Jennings), A USUI B, and times ranging from 56:00.67 to 63:00.67.

Table of swimmers and times for 3200 Meter Freestyle. Includes names like (Cooper, Tillotson, McGuire, Jennings), A USUI B, and times ranging from 63:00.67 to 70:00.67.

Table of swimmers and times for 3600 Meter Freestyle. Includes names like (Cooper, Tillotson, McGuire, Jennings), A USUI B, and times ranging from 70:00.67 to 77:00.67.

Table of swimmers and times for 4000 Meter Freestyle. Includes names like (Cooper, Tillotson, McGuire, Jennings), A USUI B, and times ranging from 77:00.67 to 84:00.67.

Table of swimmers and times for 4400 Meter Freestyle. Includes names like (Cooper, Tillotson, McGuire, Jennings), A USUI B, and times ranging from 84:00.67 to 91:00.67.

Table of swimmers and times for 4800 Meter Freestyle. Includes names like (Cooper, Tillotson, McGuire, Jennings), A USUI B, and times ranging from 91:00.67 to 98:00.67.



200 Meter Breaststroke

Table with 3 columns: Rank, Name, Time. Includes entries like 1 William Koller 27 TOSA 2:46.18, 2 Allen L. Stark 27 TOM 2:48.47, etc.

50 Meter Freestyle

Table with 3 columns: Rank, Name, Time. Includes entries like 1 Fred Schlicher 26 USN 26.70, 2 Paul Katz 26 MI 27.00, etc.

100 Meter Freestyle

Table with 3 columns: Rank, Name, Time. Includes entries like 1 Fred Schlicher 26 USN 59.56, 2 Paul Katz 26 MI 1:00.41, etc.

200 Meter Freestyle

Table with 3 columns: Rank, Name, Time. Includes entries like 1 Fred Schlicher 26 USN 2:16.11, 2 Larry Chase 26 ZAC 2:18.77, etc.

400 Meter Freestyle

Table with 3 columns: Rank, Name, Time. Includes entries like 1 Carl Woolley 39 MI 5:01.92, 2 Ray Kaye, Jr. 39 MI 5:04.81, etc.

800 Meter Freestyle

Table with 3 columns: Rank, Name, Time. Includes entries like 1 Carl Woolley 39 MI 20:09.26, 2 John du Pont 37 SC 21:12.22, etc.

1600 Meter Freestyle

Table with 3 columns: Rank, Name, Time. Includes entries like 1 Ray Martin 39 MI 1:14.28, 2 Arnold Kleban 38 MI 1:19.30, etc.

3200 Meter Freestyle

Table with 3 columns: Rank, Name, Time. Includes entries like 1 Bill Milliken 37 MI 2:53.40, 2 Robert E. Heeves 35 MI 2:58.71, etc.

50 Meter Backstroke

Table with 3 columns: Rank, Name, Time. Includes entries like 1 Ray Martin 39 MI 28.10, 2 Gary LaPrise 36 MI 28.85, etc.

100 Meter Backstroke

Table with 3 columns: Rank, Name, Time. Includes entries like 1 Bill Milliken 37 MI 1:11.90, 2 Franklin S. Cibula 35 UN 1:18.26, etc.

200 Meter Backstroke

Table with 3 columns: Rank, Name, Time. Includes entries like 1 Sandy Oldenow 42 DCM 1:01.44, 2 Al Coxon 40 SLM 1:03.96, etc.

400 Meter Backstroke

Table with 3 columns: Rank, Name, Time. Includes entries like 1 Burwell Jones 43 SWS 4:52.90, 2 Peter Danan 41 OMS 2:23.03, etc.

Table with 3 columns: Rank, Name, Time. Includes entries like 5 Lin Weiring 42 OMS 2:43.57, 6 Barney Hungerford 43 HJANO 2:44.40, etc.

100 Meter Backstroke

Table with 3 columns: Rank, Name, Time. Includes entries like 1 Burwell Jones 43 SWS 1:12.07, 2 Al Coxon 40 SLM 1:14.42, etc.

200 Meter Backstroke

Table with 3 columns: Rank, Name, Time. Includes entries like 1 Robert M. Kueny 45 TOSA 5:02.15, 2 Roy Stickey 49 SOM 1:23.60, etc.

400 Meter Backstroke

Table with 3 columns: Rank, Name, Time. Includes entries like 1 Tom Koenig 44 MI 1:26.23, 2 Bill Kansas 40 NSAC 1:26.82, etc.

800 Meter Backstroke

Table with 3 columns: Rank, Name, Time. Includes entries like 1 Carl Woolley 39 MI 5:01.92, 2 Ray Kaye, Jr. 39 MI 5:04.81, etc.

1600 Meter Backstroke

Table with 3 columns: Rank, Name, Time. Includes entries like 1 Carl Woolley 39 MI 20:09.26, 2 John du Pont 37 SC 21:12.22, etc.

3200 Meter Backstroke

Table with 3 columns: Rank, Name, Time. Includes entries like 1 Ray Martin 39 MI 1:14.28, 2 Arnold Kleban 38 MI 1:19.30, etc.

50 Meter Butterfly

Table with 3 columns: Rank, Name, Time. Includes entries like 1 Cliff Whitlow 45 MI 28.63, 2 Bob Hartley 49 TOM 29.48, etc.

100 Meter Butterfly

Table with 3 columns: Rank, Name, Time. Includes entries like 1 Cliff Whitlow 45 MI 1:09.09, 2 Bill Kansas 40 NSAC 1:10.29, etc.

200 Meter Butterfly

Table with 3 columns: Rank, Name, Time. Includes entries like 1 Cliff Whitlow 45 MI 2:37.09, 2 Ted Haarts 42 DCM 2:45.78, etc.

400 Meter Butterfly

Table with 3 columns: Rank, Name, Time. Includes entries like 1 Cliff Whitlow 45 MI 10:09.09, 2 Bill Kansas 40 NSAC 10:12.29, etc.

800 Meter Butterfly

Table with 3 columns: Rank, Name, Time. Includes entries like 1 Cliff Whitlow 45 MI 20:09.26, 2 John du Pont 37 SC 21:12.22, etc.

200 Meter Backstroke

Table with 3 columns: Rank, Name, Time. Includes swimmers like Paul Hultinger, Harry Dodge, and Lynn Jones.

100 Meter Freestyle

Table with 3 columns: Rank, Name, Time. Includes swimmers like Jim Forbes, Matt Flanagan, and William S. Simpson.

50 Meter Freestyle

Table with 3 columns: Rank, Name, Time. Includes swimmers like Jim Forbes, Matt Flanagan, and William S. Simpson.

200 Meter Freestyle

Table with 3 columns: Rank, Name, Time. Includes swimmers like Raymond J. Hakomaki, Jim Welch, and Harry W. Navstrom.

100 Meter Freestyle

Table with 3 columns: Rank, Name, Time. Includes swimmers like Jim Welch, Raymond J. Hakomaki, and Harry W. Navstrom.

50 Meter Freestyle

Table with 3 columns: Rank, Name, Time. Includes swimmers like Jim Welch, Raymond J. Hakomaki, and Harry W. Navstrom.

200 Meter Freestyle

Table with 3 columns: Rank, Name, Time. Includes swimmers like Jim Welch, Raymond J. Hakomaki, and Harry W. Navstrom.

100 Meter Freestyle

Table with 3 columns: Rank, Name, Time. Includes swimmers like Jim Welch, Raymond J. Hakomaki, and Harry W. Navstrom.

400 Meter Freestyle

Table with 3 columns: Rank, Name, Time. Includes swimmers like Lloyd Osborne, Gene Steinkin, Sr., and Harry Jaggers.

1500 Meter Freestyle

Table with 3 columns: Rank, Name, Time. Includes swimmers like Lloyd Osborne, Gene Steinkin, Sr., and Harry Jaggers.

200 Meter Backstroke

Table with 3 columns: Rank, Name, Time. Includes swimmers like Oscar Sigrist, Bill Loughborough, and Herb Bender.

200 Meter Freestyle

Table with 3 columns: Rank, Name, Time. Includes swimmers like Bill Stinson, Bill Loughborough, and Herb Bender.

200 Meter Individual Medley

Table with 3 columns: Rank, Name, Time. Includes swimmers like Bill Loughborough, Oscar Sigrist, and Ernest Hale.

1500 Meter Freestyle

Table with 3 columns: Rank, Name, Time. Includes swimmers like Grant Gustin, Hamilton H. Anderson, and Dave Malbrough.

100 Meter Backstroke

Table with 3 columns: Rank, Name, Time. Includes swimmers like Lawrence J. Smith, John H. Higgins, and Chase Wilson.

200 Meter Freestyle

Table with 3 columns: Rank, Name, Time. Includes swimmers like John H. Higgins, Chase Wilson, and Walt Pfeiffer.

CORRECTIONS TO 1976 TOP TEN TIMES

Table with 3 columns: Event, Name, Time. Lists corrections for various events like 100 yd Brst E. Christenson, 100 yd Brst E. Christenson, etc.





<b>100 yd Individual Medley</b>	<b>100 yd Individual Medley</b>	<b>200 yd Freestyle</b>	<b>100 yd Freestyle</b>	Neal R. Palmer 46	1:07.54
Neal Palmer 46	1:08.09	Reg Richardson 65	1:18.99	Larry Larimore 49	1:11.40
Brockway Clark 46	1:10.74	Alfred Guth 38	1:16.73	Richard Bennett 45	1:14.73
William Phillips 49	1:11.09	Ernest Hale 65	1:46.36	<b>MEN 50-54</b>	
Larry Larimore 49	1:11.42	<b>MEN 70-74</b>		<b>50 yd Freestyle</b>	
Tom Scotton 46	1:12.24	<b>50 yd Freestyle</b>		John Jorgensen 51	26.94
Gordon Gillin 45	1:14.14	Geoff Ryan 70 AUS	33.72	Dore Schwab 52	27.44
Ken Kimball 46	1:14.28	<b>100 yd Freestyle</b>		Norm Buwick 51	27.68
Hal Nichols 47	1:19.17	Geoff Ryan 70 AUS	1:18.59	Dick Erlenkotter 54	31.94
<b>MEN 50-54</b>		<b>MEN 80 +</b>		<b>100 yd Freestyle</b>	
<b>50 yd Freestyle</b>		<b>50 yd Breastroke</b>		John Jorgensen 51	1:00.50
A. Arcidiacono 52	26.28	Thomas Lane 82	55.67	Ed Kerwill 50	1:02.18
Duane Draves 50	27.52	<b>NORTH-SOUTH DUAL MEET</b>		Norm Buwick 51	1:02.71
Jim Marcus 51	27.56	Atascadero, California		Jack Cunningham 54	1:14.87
John Jorgensen 51	27.99	October 2, 1976: 25 yd pool		Dick Erlenkotter 54	1:16.87
Jack Burgan 53	31.49	<b>100 yd Individual Medley</b>		<b>200 yd Freestyle</b>	
<b>100 yd Freestyle</b>		Pat Breesee 40	1:12.25	Ed Kerwill 50	2:17.46
Jim Marcus 51	1:01.27	Mary Kaufman 40	1:26.56	John Jorgensen 51	2:20.22
<b>50 yd Breastroke</b>		Laurie Hoey 41	1:28.45	Jim Marcus 51	2:42.40
Duane Draves 50	6:25.96	M.A. Rasmussen 41	1:39.86	Dick Erlenkotter 54	2:53.92
<b>50 yd Breastroke</b>		<b>50 yd Freestyle</b>		Jack Cunningham 54	2:59.50
Duane Draves 50	32.54	Tony La Bianca 25	23.59	Robert Bradford 54	3:21.94
John Jorgensen 51	34.74	George Tomlinson 29	24.62	<b>100 yd Breastroke</b>	
A. Arcidiacono 52	35.53	Allan K. Rosen 27	25.46	Ed Barnes 54	1:26.46
Jack Burgan 53	37.50	<b>100 yd Freestyle</b>		Robert Bradford 54	1:46.15
<b>50 yd Breastroke</b>		Tony La Bianca 25	53.23	<b>100 yd Breastroke</b>	
Jim Marcus 51	42.50	George Tomlinson 29	53.98	Norm Buwick 51	1:20.75
<b>50 yd Breastroke</b>		Allan K. Rosen 27	1:00.36	Ed Kerwill 50	1:22.78
John Jorgensen 51	35.44	<b>200 yd Freestyle</b>		Ed Barnes 54	1:28.63
Jack Burgan 53	36.48	George Tomlinson 29	2:01.12	Jack Cunningham 54	1:39.48
Duane Draves 50	36.77	Jerry Homstad 27	2:08.71	<b>50 yd Butterfly</b>	
John Jorgensen 51	36.88	Allan K. Rosen 27	2:19.15	Dore Schwab 52	32.53
A. Arcidiacono 52	40.69	<b>100 yd Breastroke</b>		Robert Bradford 54	44.06
<b>50 yd Butterfly</b>		Corey Stanbury 25	1:00.97	<b>100 yd Individual Medley</b>	
Duane Draves 50	29.89	<b>100 yd Breastroke</b>		Jim Marcus 51	1:13.03
A. Arcidiacono 52	31.19	Rob Klausmeyer 27	1:14.86	Ed Barnes 54	1:16.85
Jim Marcus 51	32.36	<b>50 yd Butterfly</b>		Dore Schwab 52	1:19.26
John Jorgensen 51	33.22	Jerry Homstad 27	31.03	<b>MEN 55-59</b>	
Jack Burgan 53	33.92	Corey Stanbury 25	1:03.36	<b>50 yd Freestyle</b>	
<b>100 yd Individual Medley</b>		Rob Klausmeyer 27	1:05.29	Jim Reilly 59	27.83
Duane Draves 50	1:10.20	Jerry Homstad 27	1:05.68	John Robertson 55	30.09
John Jorgensen 51	1:11.08	<b>MEN 30-34</b>		Wm Muller 56	36.25
Jim Marcus 51	1:11.16	<b>50 yd Freestyle</b>		<b>100 yd Freestyle</b>	
A. Arcidiacono 52	1:16.93	Thompson Mann 33	23.14	Jim Reilly 59	1:05.79
Jack Burgan 53	1:18.79	Curtis Mossa 34	25.03	John Robertson 56	1:14.12
<b>MEN 55-59</b>		David Raden 33	34.50	<b>200 yd Freestyle</b>	
<b>50 yd Freestyle</b>		<b>100 yd Freestyle</b>		Ray Taft 57	2:24.86
Jerry Siefert 58	27.62	Thompson Mann 33	52.30	<b>100 yd Breastroke</b>	
Paul Herron 56	27.90	Curtis Mossa 34	56.86	Ray Taft 57	1:14.18
Robert Cowan 56	28.78	<b>200 yd Freestyle</b>		Tom Lind 58	1:20.22
Frank Sykes 57 AUS	32.40	John Selmer 32	2:06.31	John Robertson 55	1:32.41
John Winter 59 AUS	33.17	Curtis Mossa 34	2:06.76	Wm Muller 56	1:40.53
Les Mortimer 58 AUS	33.23	David Raden 33	3:12.04	<b>50 yd Butterfly</b>	
Joe McCarthy 56 AUS	36.50	<b>100 yd Breastroke</b>		Ray Taft 57	30.79
Frank Jacobs 56 AUS	49:28	Thompson Mann 33	2:55.22	Tom Lind 58	34.20
<b>100 yd Freestyle</b>		Bill Huey 30	3:14.33	<b>100 yd Individual Medley</b>	
Les Mortimer 58 AUS	1:13.58	John Selmer 32	3:37.39	Jim Reilly 59	1:12.51
Frank Sykes 57 AUS	1:14.52	<b>100 yd Individual Medley</b>		Tom Lind 58	1:16.10
John Winter 59 AUS	1:20.43	Ann Cuneo 50	30.12	<b>MEN 60-64</b>	
Joe McCarthy 56 AUS	1:32.03	Shirley Erickson 52	33.50	<b>50 yd Freestyle</b>	
<b>50 yd Freestyle</b>		Sally Scholrs 52	37.38	Roy Erlanson 63	31.41
Frank Sykes 57 AUS	7:52.02	<b>100 yd Freestyle</b>		Virgil Baxter 62	39.99
<b>50 yd Breastroke</b>		Ann Cuneo 50	1:08.54	<b>100 yd Freestyle</b>	
Paul Herron 56	32.79	Shirley Erickson 52	1:14.97	Don Rankin 60	1:07.08
Luis Serrano 55	35.72	Grace Altus 52	1:27.20	Roy Erlanson 63	1:34.27
Robert Cowan 56	36.12	Joyce Jones 50	1:28.00	<b>200 yd Freestyle</b>	
Jerry Siefert 58	37.45	Jeanne Rathburn 50	1:40.41	Ed Blackledge 60	2:27.66
Joe McCarthy 56 AUS	51.75	<b>200 yd Freestyle</b>		Don Rankin 60	3:29.21
<b>50 yd Breastroke</b>		Ann Cuneo 50	2:35.50	Ed Blackledge 60	1:27.65
Paul Herron 56	36.26	Shirley Erickson 52	2:55.22	Ed Blackledge 60	1:36.33
Jerry Siefert 58	39.71	Grace Altus 52	3:14.33	Walt Pfeiffer 62	1:30.34
Robert Cowan 56	40.07	Nan Limbaugh 51	3:18.21	Virgil Baxter 62	1:47.66
<b>50 yd Butterfly</b>		Jeanne Rathburn 50	3:37.39	<b>50 yd Butterfly</b>	
Paul Herron 56	31.13	<b>100 yd Breastroke</b>		Walt Pfeiffer 62	35.78
Robert Cowan 56	32.85	Joyce Jones 50	41.65	Ed Blackledge 60	45.70
Jerry Siefert 58	33.24	Jeanne Rathburn 50	44.56	<b>100 yd Individual Medley</b>	
<b>100 yd Individual Medley</b>		<b>100 yd Breastroke</b>		Walt Pfeiffer 62	1:18.94
Paul Herron 56	1:09.20	Joyce Jones 50	50.55	<b>MEN 65-69</b>	
Robert Cowan 56	1:16.46	<b>100 yd Individual Medley</b>		<b>50 yd Freestyle</b>	
Jerry Siefert 58	1:17.59	Flo Carr 51	1:29.48	Reg Richardson 65	29.48
<b>MEN 60-64</b>		Joyce Jones 50	1:32.83	Gordon Corson 65	31.12
<b>50 yd Freestyle</b>		Sally Schlor 52	1:33.00	Leonard Chapin 68	37.56
Sid Simpson 61 AUS	28.39	<b>50 yd Freestyle</b>		<b>100 yd Freestyle</b>	
Don Rankin 60	29.33	Jane McCallister ?	36.69	Reg Richardson 65	1:09.71
Bill Lough 61 AUS	31.56	Annetta Pfeiffer 58	37.43	Leonard Chapin 68	1:23.68
Walter Slike 63	39.02	<b>100 yd Freestyle</b>		<b>200 yd Freestyle</b>	
<b>100 yd Freestyle</b>		Jane McCallister ?	1:22.49	Leonard Chapin 68	3:10.01
Sid Simpson 61 AUS	1:05.91	Annetta Pfeiffer 58	1:27.82	Gordon Corson 65	1:27.58
Bill Lough 61 AUS	1:20.30	<b>100 yd Breastroke</b>		<b>100 yd Breastroke</b>	
<b>50 yd Breastroke</b>		Jane McCallister ?	2:57.53	Leonard Chapin 68	1:45.11
Don Rankin 60	40.70	Annetta Pfeiffer 58	3:18.66	Reg Richardson 65	1:19.01
Walter Slike 63	49.92	<b>100 yd Breastroke</b>		Gordon Corson 65	1:26.78
<b>50 yd Breastroke</b>		Zada Taft 57	1:35.83	<b>MEN 70-74</b>	
Don Rankin 60	39.12	Margaret George 59	1:41.85	<b>50 yd Freestyle</b>	
Walter Slike 63	49.92	<b>100 yd Breastroke</b>		Hy Goldman 70	51.63
<b>50 yd Butterfly</b>		Viola Thompson 58	1:46.12	<b>100 yd Freestyle</b>	
Don Rankin 60	35.90	Margaret George 59	1:47.51	Gates Poss 72	1:28.46
Walter Slike 63	55.04	Zada Taft 57	1:53.84	Hy Goldman 70	2:15.30
<b>100 yd Individual Medley</b>		<b>100 yd Individual Medley</b>		<b>100 yd Breastroke</b>	
Don Rankin 60	1:17.65	Viola Thompson 58	41.73	Gates Poss 72	2:03.11
Walter Slike 63	2:00.34	<b>100 yd Individual Medley</b>		Al Kallunki 72	1:42.09
<b>MEN 65-69</b>		Zada Taft 57	1:36.09	Gates Poss 72	1:52.21
<b>50 yd Freestyle</b>		Margaret George 59	1:37.88	<b>50 yd Butterfly</b>	
Reg Richardson 65	29.32	<b>50 yd Freestyle</b>		Al Kallunki 72	47.66
Leonard Chapin 68	36.44	Isabella Poss 62	50.97	<b>100 yd Individual Medley</b>	
Alfred Guth 68	37.41	<b>100 yd Freestyle</b>		Al Kallunki 72	1:34.54
Ernest Hale 65	38.69	Isabella Poss 62	1:50.95	<b>MEN 75-79</b>	
<b>100 yd Freestyle</b>		<b>200 yd Freestyle</b>		<b>50 yd Freestyle</b>	
Leonard Chapin 68	1:24.12	Maxine Merlino 64	3:29.00	Gates Poss 72	1:28.46
<b>500 yd Freestyle</b>		Ruth Ridenour 61	4:07.76	Hy Goldman 70	2:15.30
Leonard Chapin 68	8:49.79	<b>100 yd Breastroke</b>		<b>100 yd Breastroke</b>	
<b>50 yd Breastroke</b>		Isabella Poss 62	2:08.54	Gates Poss 72	2:03.11
Reg Richardson 65	38.11	Ruth Ridenour 61	2:21.09	Al Kallunki 72	1:42.09
Alfred Guth 68	46.27	<b>100 yd Breastroke</b>		Gates Poss 72	1:52.21
Ernest Hale 65	50.52	Pat Mathiesen 60	1:50.74	<b>50 yd Butterfly</b>	
<b>50 yd Breastroke</b>		Maxine Merlino 64	1:50.92	Al Kallunki 72	47.66
Reg Richardson 65	38.86	Ruth Ridenour 61	2:42.05	<b>100 yd Individual Medley</b>	
Alfred Guth 68	45.92	<b>100 yd Individual Medley</b>		Reg Richardson 65	1:10.12
Ernest Hale 65	48.78	Ann Kay 42	1:08.09	Neal R. Palmer 46	1:12.59
<b>50 yd Butterfly</b>		Carl Morton 40	1:18.72	Jerry Cunningham 47	1:21.01
Reg Richardson 65	35.24	Mary Kaufman 40	1:19.82	<b>100 yd Breastroke</b>	
Alfred Guth 68	40.96	<b>50 yd Freestyle</b>		Ashley Jones 45	1:14.61
Ernest Hale 65	44.28	Edie Goldman 66	44.50	Larry Larimore 49	1:17.26
				Jerry Cunningham 47	1:22.95
				Edwin McSorley 46	1:52.72
				<b>50 yd Butterfly</b>	
				Ashley Jones 45	30.72
				Al Groh 49	36.82
				<b>100 yd Individual Medley</b>	
				Ashley Jones 45	1:06.55

TOP TEN CHAIRMEN\*\*\*MEET DIRECTORS\*\*\*MASTERS CHAIRMEN\*\*\* SAVE THIS PAGE

Here are your 1976-77 addresses and regulations for eligibility for TOP TEN and for ALL AMERICAN:

1. Send THREE copies of each sanctioned meet to: Enid Uhrich, 25 Lafayette Road, Newton, Mass. 02162. She will distribute two of these copies to Ted Haartz and Ed Reed Sr. and keep one for her use. Do not send records to Ted Haartz.
2. All meets must take place on or before the last day of the National Championship for that course and the results must be in her hands no later than 35 days after the championship. All meet results must be prepared by sex and age group with the events in the following order. 50-100-200-500-1560 Free; 50-100-200 Back; 50-100-200 Breast; 50-100-200 Fly; 100-200-400 IM and similarly for long course.
3. On the top of each meet result please print the name and address of the person that should be contacted in case any questions arise. At the end of each season, when preparing the top ten list please include the date each event was swum by each name.
4. When preparing the meet results PLEASE use the entire first name and no nicknames. E.Jones and L.Jones can be the same person, called Elizabeth at one meet and Liz at the next. We have two B.Jordans in one age group, two S.Petersons in another and many other similar names. Also, please include the swimmer's exact age, if you know it.
5. Since the All American will be the fastest swimmer in each event, this time will have to be verified just like the records are verified. Therefore, check the time listed in the chart following these rules and be sure to include the actual time card or machine printout with the necessary three timers signatures or the referees signature for a machine printout if the time is faster than the one listed in the charts. YOU MUST HAVE A VERIFIED TIME TO BE CONSIDERED FOR EITHER A RECORD OR FOR ALL-AMERICAN.

SHORT COURSE WOMEN'S TIMES

EVENT	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
50 FR	25.5	26.6	26.9	27.9	29.5	30.5	31.5	35.5	41.5	50.2	1:01.8	1:29.9
100 FR	57.0	58.8	1:01.2	1:02.4	1:07.6	1:08.3	1:10.8	1:21.9	1:40.0	2:01.1	2:40.5	3:19.9
200 FR	2:05.5	2:14.7	2:19.9	2:19.2	2:36.8	2:41.0	2:45.3	3:07.4	3:47.9	4:30.2		7:02.3
500FR	5:35.8	6:08.9	6:18.0	6:23.3	6:57.0	7:02.7	7:44.9	8:44.1	10:09	13:55		18:58
1650FR	20:11	21:10	21:28	23:17	24:16	26:51	26:55	29:40	35:10	39:27	42:39	
50BK	31.4	31.4	33.9	36.3	36.8	39.6	42.6	43.3	53.2	1:16	1:14	1:53
100 BK	1:07.9	1:08.3	1:12.2	1:18.5	1:18.1	1:23.0	1:31.4	1:36.0	1:58.7	2:35.2	2:39.1	4:11.6
200BK	2:29.7	2:35.5	2:38.3	2:50.4	2:56.4	3:10.4	3:19.3	3:39.6	4:27.0	5:53.9		8:34.0
50BR	33.0	36.3	37.4	38.7	39.2	42.5	45.7	51.0	55.1	1:11	1:04	
100BR	1:10.7	1:19.3	1:23.9	1:24.8	1:24.5	1:31.0	1:40.5	1:56.4	2:05.8	2:43.4	2:34.3	
200BR	2:35.6	2:53.0	3:00.5	3:11.0	3:07.6	3:20.1	3:38.3	4:12.6	5:07.7	5:19.3	5:55.3	
50FL	28.2	28.9	30.6	30.3	33.6	36.8	39.5	48.2	55.7	1:17.8		
100FL	1:03.7	1:06.4	1:09.8	1:16.0	1:18.3	1:30.9	1:43.0	1:59.3	2:54.1			
200FL	2:30.2	2:41.5	2:54.9	2:56.5	3:02.4	3:47.1	3:48.0	4:40.5				
100IM	1:05.4	1:08.7	1:11.9	1:11.5	1:15.7	1:24.1	1:29.1	1:39.1	2:00.0			
200IM	2:24.0	2:32.8	2:38.9	2:51.9	2:49.0	3:06.0	3:14.9	4:00.7	4:47.0			
400IM	5:06.4	5:42.4	5:44.2	6:07.0	6:10.3	6:58.4	7:30.0	8:47.6				

PLEASE ADD THE FOLLOWING MEETS TO YOUR CALENDAR

FEB 26-27 Georgia SC - Curt Fehn, 2515 N.E. Expwy; Apt. R-16, Atlanta, GA 30345

MAR 12-13 Crawfish Open - Paul Hebert, Jr., 8438 Wartelle Ave., Baton Rouge, LA 70816



MEN'S SHORT COURSE TIMES

EVENT	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
50FR	21.7	22.2	23.1	23.4	25.1	25.8	26.2	28.0	28.7	33.2	43.4	1:12.6
100FR	48.7	48.7	51.9	53.0	56.1	58.2	57.8	1:04.0	1:05.3	1:20.2	1:39.4	
200FR	1:48.4	1:51.6	1:54.5	1:58.7	2:05.7	2:10.7	2:12.0	2:24.2	2:36.1	3:09.3	3:44.5	
500FR	4:51.7	5:04.2	5:19.0	5:23.2	5:54.2	6:07.0	5:07.8	6:38.5	7:30.6	8:21.0	10:00	
1650FR	17:36	17:50	18:26	18:49	21:00	21:53	21:41	24:08	27:53	29:34	35:58	
50BK	26.2	26.6	28.2	28.7	30.7	31.6	32.9	36.2	36.3	48.0		
100BK	57.8	57.1	1:03.2	1:03.6	1:08.0	1:07.4	1:10.7	1:20.4	1:23.8	1:45.9		
200BK	2:08.5	2:11.5	2:22.7	2:25.0	2:31.2	2:27.2	2:41.1	2:54.8	3:11.6	4:09.0		
50BR	28.6	29.8	30.4	31.3	33.0	33.5	34.9	36.4	39.8	44.2	55.5	
100BR	1:03.6	1:05.3	1:06.5	1:07.3	1:11.9	1:15.4	1:18.6	1:18.9	1:30.1	1:38.4	2:06.8	
50FL	24.1	24.4	26.3	25.8	26.8	29.5	30.1	31.9	38.8	44.2		
100FL	53.0	56.8	58.4	1:03.1	1:03.4	1:06.0	1:11.4	1:19.7	1:37.3	2:17.0		
200FL	2:02.6	2:10.5	2:29.8	2:26.5	2:39.1	2:47.2	2:56.7	3:12.5	3:53.0			
100IM	56.1	57.2	1:01.7	1:02.3	1:05.1	1:08.0	1:09.7	1:14.1	1:28.4	1:40.7		
200IM	2:03.7	2:10.5	2:18.4	2:22.3	2:30.3	2:31.1	2:38.8	2:49.5	3:23.2	3:39.6		
400IM	4:34.7	4:49.3	5:02.7	5:03.7	5:34.5	5:29.8	5:50.8	6:18.0	7:29.2			

WOMEN'S LONG COURSE TIMES

EVENT	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
50FR	29.7	30.3	31.0	32.2	34.2	35.5	35.9	39.6	48.9	1:02.2	1:15.3	1:44.5
100FR	1:05.1	1:09.3	1:09.1	1:13.4	1:19.0	1:20.3	1:22.5	1:35.9	1:55.5	2:25.9	3:03.4	3:43.7
200FR	2:24.7	2:35.5	2:35.5	2:55.1	2:59.0	3:09.9	3:20.0	3:27.8	4:17.1	5:12.5		7:07.5
400FR	5:03.4	5:31.1	5:38.7	6:08.6	6:20.2	6:52.2	6:55.0	7:46.8	9:01.7	11:20		16:40
1500FR	20:49	22:33	23:35	24:11	24:41	27:09	27:04	33:25	36:45	39:55	46:57	
50BK	36.40	36.10	38.10	41.20	42.30	46.60	49.90	58.00	1:01.8	1:26.5	1:20.2	2:13.0
100BK	1:22.2	1:22.3	1:23.8	1:33.6	1:34.8	1:44.1	1:48.9	2:02.4	2:17.3	3:08.2	3:08.0	4:37.6
200BK	2:56.0	2:27.2	3:00.2	3:22.6	3:07.8	3:37.6	3:57.7	4:07.8	4:56.4	6:31.9	5:54.1	
50BR	39.4	41.6	44.1	44.9	45.2	48.8	54.8	58.0	1:06.1	1:15.8		
100BR	1:28.9	1:31.1	1:37.2	1:35.8	1:40.0	1:46.4	1:58.4	2:03.9	2:20.9	3:03.0	3:29.9	
200BR	3:10.7	3:19.9	3:31.1	3:30.7	3:35.8	3:47.4	4:16.6	4:47.8	4:50.0	6:12.5		
50FL	32.0	32.4	34.9	37.7	40.7	42.6	46.1	56.7	1:08.5	1:17.6		
100FL	1:12.9	1:13.1	1:20.9	1:30.7	1:36.0	1:47.7	1:58.4	2:15.5	2:50.0	3:26.5		
200FL	2:50.8	2:53.0	3:29.0	3:21.6	3:33.6	4:06.5	4:25.0	5:24.4	8:46.2			
200IM	2:47.8	2:54.0	3:05.8	3:18.2	3:28.0	3:36.6	3:58.9	4:15.6	5:15.0	5:24.1		
400 IM	6:13.1	6:31.6	7:00.9	7:04.4	7:14.1	7:57.7	8:34.5	10:12				

MEN'S LONG COURSE TIMES

EVENT	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
50FR	25.2	25.8	25.9	27.5	28.4	29.7	30.0	32.3	32.9	36.7	44.3	2:04.9
100FR	57.6	58.6	58.9	1:01.4	1:04.4	1:07.3	1:07.4	1:12.8	1:15.0	1:28.0	2:00.4	
200FR	2:06.2	2:07.5	2:19.1	2:23.0	2:20.9	2:32.5	2:36.9	2:47.4	3:05.7	3:22.5	4:27.0	
400FR	4:34.3	4:37.7	5:00.7	5:07.8	4:53.1	5:32.9	5:30.1	5:54.7	6:05.8	7:13.1	9:48.7	
1500FR	18:09	19:29	19:48	21:32	19:22	22:28	22:01	25:75	28:50	40:30	39:52	
50BK	29.9	30.1	34.6	33.0	37.0	36.3	37.6	39.5	41.3	59.7	3:07.7	
100BK	1:08.1	1:07.3	1:14.6	1:14.4	1:19.3	1:20.4	1:26.5	1:28.7	1:41.3	2:07.7	6:19.7	
200BK	2:29.4	2:32.6	2:46.2	2:46.4	2:56.0	2:55.9	3:13.0	3:16.4	3:47.8	4:45.0	6:35.6	
50BR	34.3	35.1	36.1	37.4	37.4	40.4	41.0	42.5	46.3	52.4	1:08.1	
100BR	1:14.5	1:16.2	1:19.3	1:24.1	1:23.6	1:29.0	1:34.0	1:33.2	1:46.3	1:57.2	2:34.2	
200BR	2:48.5	2:52.6	2:54.2	3:07.4	3:07.6	3:17.4	3:28.5	3:28.6	4:05.3	4:21.0	5:41.4	
50FL	27.9	28.1	28.8	30.6	30.3	33.3	36.0	37.8	46.1	56.7	1:09.5	
100FL	1:03.6	1:06.3	1:14.6	1:15.6	1:16.7	1:18.5	1:28.8	1:37.7	1:56.5	2:46.9		
200FL	2:34.2	2:36.9	3:01.0	3:00.8	3:06.0	3:17.3	3:35.7	3:51.3	5:44.0	6:24.3		
200IM	2:25.7	2:32.0	2:41.3	2:44.1	2:52.1	2:51.5	3:06.8	3:11.1	3:56.8	4:22.0		
400IM	5:41.1	5:43.9	6:05.2	6:12.3	6:41.3	6:19.2	6:58.0	7:10.3	8:16.8	9:21.3		

\* 200 BR (SC) 2:24.2 2:25.2 2:26.9 2:34.1 2:38.5 2:50.7 2:56.9 2:59.1 3:29.6 3:40.6 5:02.0

# 1976 MASTERS ALL AMERICAN MEN'S AND WOMEN'S SWIMMING TEAMS

ALL AMERICAN SELECTIONS ANNOUNCED BY CHAIRMAN - BARBARA REEVE

## WOMEN

### 25-29

Marianne Brems 27  
Susan Byrne 26  
Barbara Dunbar 27

### 30-34

Jane Katz 32  
Jane Murphy 31  
Jennifer Parks 32  
Diana Todd 31  
Susan Peterson

### 35-39

Betsy Jordan 39  
Carol Macpherson 37  
Ardith Mueller 35  
Lynn Joseten 39  
Lynne Weir 35

### 40-44

Cindy Baxter 43  
Pat Bresee 40  
Helen Buss 40  
Anne McGuire 40

### 45-49

Anne Adams 47  
Hilga Palmer 46  
Barbara Reeve 47  
Gail Roper 48  
Carol Taylor 47  
Ann Stanfel 45

### 50-54

Charlotte Costello 52  
Ann Cuneo 50  
June Krauser 50

### 55-59

Jeannette Eppley 56  
Nancy Pessel 55  
Jean Pieretti 55  
Dorothy Ressiguie 55

### 60-64

Mildred Anderson 61  
Pat Matthiesen 60  
Dawn Musselman 62  
Joan Osborn 60  
Nancy Clark

### 65-69

Celia Ballard 65  
Dorothea Cole 66  
Edie Goldman 65  
Beatrice Wayne 66

### 70-74

Sylvia Bailey 70  
Edna Landon 72  
Elizabeth Mauric 71

### 75-79

Doris Hogan 75  
Frances Watkins 78

### 80 & Over

Nellie Brown

## MEN

### 25-29

Thomas Ludwig 27  
Fred Schlicher 28

### 30-34

John Flanagan 30  
Tim Garton 33  
Ken Krueger 30

### 35-39

Ray Martin 39  
Neal McDonnell 35  
Paul Thompson 35

### 40-44

Sandy Gideonse 42  
Burwell Jones 43

### 45-49

Graham Johnston 45  
Robert Kueny 45  
Bill Williams 45

### 50-54

Duane Draves 50  
Jim Forbes 50  
Paul Hutingner 51  
Perry Rockwell 51

### 55-59

John Crews 56  
Ray Hakomaki 55  
Paul Herron 56  
Jim Welch 58

### 60-64

Jim Eubank 60  
John Higgins 60  
Eugene Jennings 61  
Walt Pfeiffer 62  
Larry Smith 64

### 65-69

Frank Booth 65  
Stanton Craigie 69  
Arthur Hargrave 69  
Bill Loughborough 65  
Lloyd Osborne 67

### 70-74

Theodore Johnson 71  
Al Kallunki 72  
Winston Kratz 70  
Harold Langner 73  
Irvin Merritt 72

### 75-79

Clarence Ross 76

### 80 & Over

Collister Wheeler 82



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## FIRST CLASS

*Best Wishes for a  
Happy New Year*

LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

VOL VI - No 1

# SWIM MEET SCHEDULE

NEW ENGLAND MASTERS SWIM CLUB - Joy Miller, 401 Essex St., Hamilton, MA 01936 JAN 16, JAN 30, FEB 8, MAR 8, MAR 20, APR 12, MAY 10, APR 23-24, JUN 7	
INLAND EMPIRE ASSOCIATION - Harry Lewis, 944 E. 39th, Spokane, WA 99203 MAR 12-13, APR 30-MAY 1	
PACIFIC NORTHWEST ASSOCIATION - Steve Engel, 2005 S. 308th, Federal Way, WA 98002 JAN 29-30, MAR 5-6, APR 2-3, JUN 4-5, JUL 16-17	
OREGON ASSOCIATION - Connie Wilson, 10315 S.E. 82nd, Portland, OR 97266 JAN 15-16, FEB 26-27, APR 2-3, APR 22-24, JUN 11-12, AUG 12-14	
NEW JERSEY ASSOCIATION - Bob Walden, 19 Hawthorne Dr., New Providence, RI 07974 JAN 29, FEB 12, FEB 26, APR 30-MAY 1	
WISCONSIN ASSOCIATION - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108 JAN 8, FEB 12, MAR 12, APR 2	
CORONADO MASTERS - 1019 7th St., Coronado, CA 92118 MAR 20, MAY 29, JUL 10	
OHIO ASSOCIATION - Roy Stickney, 235 N. Remington Rd., Bexley, OH 43209 JAN 16, FEB 13, MAR 27, APR 24	
JANUARY	FIRST US ONE HOUR SWIM (Postal Meet) Individual and Team - Dale Petranec, #1112, 2059 Huntington Ave., Alexandria, VA 22303
JAN 8	Mid-Winter - Daniel Davis, 434 Mix Ave., Hamden, CT 06514
JAN 9	Ambassador College - Don Rankin, 11731 Heathcliff Dr., Santa Ana, CA 92705
JAN 14-16	Morrison H.S. - Jay Hasbrouck, 643 Genessee Ave., Morrison, IL 61270
JAN 22	DC Masters - Bob Husson, 3282 Aberfoyle Pl. NW, Washington, DC 22015
JAN 29-30	UNCC Masters - Richard Bober, 5415 Finsbury Pl., Charlotte, NC 28211
FEB 12	North Miami - Lee Singleton, City Pool, 13150 NE 8 Ave., North Miami, FL 33161
FEB 12-13	Topeka - Robert Schneider, 2537 Morningside, Topeka, KS 66614
FEB 13	Belmont Plaza - Sally Peterson, 2107 San Vicente Ave., Long Beach, CA 90815
FEB 19	Powell Crosley Y - Ed Hunter, 423 Flemridge Ct., Cincinnati, OH 45231
FEB 19-20	Winter Festival - Diane & Kevin O'Connor, 4922 Snowy Reach, Columbia, MD 21044
FEB 19-20	University of Oklahoma - Martin Brody, P.O. Box 14662, Oklahoma City, OK 73114
FEB 20	Shabonna Sharks - Ingrid Stine, 4119 N. Pittsburg, Chicago, IL 60634
FEB 27	Metro Inv. - James Forbes, 8 Cambridge Ct., Bethpage, NY 11714
MAR 13	St. Chas. Park Dist. - Meredith Scanlon, 71 McKinley, St. Charles, IL 60174
MAR 19	Van Wert Y - John Decker, 241 W. Main St., Van Wert, OH 45891
MAR 26-27	Branin Natatorium - O*H*I*O Masters, P.O. Box 922, Massillon, OH 44646
APR 1-3	Southern SC - Robert E. Beach, c/o Judicial Bldg. #402, St. Petersburg, FL 33701
APR 2	April Fool's Meet - Jane Hardy, 49 Wilson Ave., Rowayton, CT 06853
APR 18-19	WIU - Dr. Paul Hutinger, Western Illinois University, Macomb, IL 61455
APR 30-MAY 1	State Meet - Beth Gabriel, 516 Ford St., Geneva, IL 60134
MAY 13-15	NATIONAL SC CHAMP. - June Krauser, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305
MAY 27-29	Southern LC - Robert E. Beach (above)