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1	Photos with captions - 91st Annual Convention
2	She's still wet behind the ears, by Belinda Busteed (on Margaret George)
2	Photo Dr. Don Rankin receiving service award from Margaret George
2	Medals for Margaret (about Margaret George)
2	Dublin Masters a Success (Second Dublin's Masters Tournament)
3-10	1978 A.A.U. LCM National 10 Best Times (1978 LCM Top Ten)
6,9-10	1978 Top Ten LCM Relays
10	Errata - 1978 Top Ten Short Course Corrections
10	Arizona Masters Valencia Lane meet results, SCY, Phoenix AZ - 10/14/1978
10	AAU Diving results, 6th Annual Chula Vista Invitational 1 and/or 3 Meter
11	How They Train - John T. Bender; Dana A. Curtis; Ken Krueger
12	A.U.S.S.I. News, by Carol Davis
12	British Swimmers Dominate in America (AAU Masters LC Championships)
13	Masters Swimming Notes - 1978 National AAU Convention, San Antonio, TX - legislation passed
13	Masters Star Cruiser (from the Old Sternwheeler)
13	Dual Meet With Brown Women's Varsity and NEM, 11/18/1978
14	Swim Calendar

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1	1978's National AAU All-Americans - Masters Swimming
2	What is Top Ten? by Ted Haartz
2	How I Train by Edward L. Ames, Jr.
2-3	Masters Swimming Works for ALL by Ken Krueger
4	Competitive Swimming Helps Him Master Aging by Jill Lieber, Milwaukee Sentinel (about Chuck Wilson)
5	1978 Short Course Records - no names
6	1978 Long Course Records - no names
7-8	For the Record - N.C. Championships; SCY, Fayetteville. NC - 9/8-10/1978
8	Eastside Hills Swim Meet Arizona Masters, SCY, Tucson, AZ - 9/23/1978
8-9	North - South Dual Meet - Masters; SCY - Atascadero, CA - 9/30/1979
9-10	Caltech Masters Invitational, SCY, Pasedena, CA - 10/15/1978
10	Autumn Exeter Meet, Exeter Academy, SCY, NY 10/22/1978
11	P.N.A. Masters Swim Meet, SCY, Northshore Pool, Bothell, WA - 10/22/1978
11-12	Masters Swimming Meet, SCY, Glastonbury, Conn, 10-28-1978
12	Michigan Masters Swim Meet, SCY, 12/16/1978
13	Masters Swimming Notes - Nautilus Aquatic Club Newsletter (about cassettes on tape for guards)
13	Getting a Club or Organization Active in the AAU
13	Swim-Master Renewals
13	Top Ten Patches and/or Numerals
13	National Masters Swimming Patches
13	1979 Long Course National Championships
13	A Tale Of Six Cities by Irv Merritt
14	Swim Calendar

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1	Psychocybernetics For Masters Swimmers by Paul Hutinger, Professor Western Illinois University
2	At 57, he learns how to channel all his energy by David Condon - Chicago Tribune (about Doc Councilman)
2	Teacher Overcomes Diving Injury, Clinches Medals At Toronto Meet (about Ken Krueger)
3	Metro Masters Swim Club; Story about Dawn Musselman, American Way Feb 1979 - photo of Dr Jane Katz and Captain George Brunstad
4	2nd Annual Maryland State Masters championships by Les Finnegan
5-6	For the Record - Southeastern AAU Masters Championships, SCY, Oak Ridge, Tenn, 10/28-29/1978
6-7	York Dutch Masters, SCY, 10/28-29/1978
7-8	DC Masters Fall Classic, SCY, Washington, DC, 11/4/1978
8-9	Fif*h Annual Pen*a*hlon, SCY, Rio Hondo, CA; 11/4/1978
9	Results from Utica Shelby Aquatics Masters Swimming Meet, SCY, 11/17/78
9-10	Gold Coast Masters Fall Swim Meet, SCY, SMOF pool, 11/18-19/1978
10	D.C. Masters 1650 Yard Free, Rockville Maryland; 12/9/1978
10	Diving - AAU Masters Diving Results, Long Beach CA, 2/11/1979
11	Noland Pilot Turns Aquatic Skills To AAU Gold, about Bob Amundsen
11	Professor 'Discovers' Swimming (about Dr. Harry Hutson)
12	Photos, Sis (Florence) Fogel and Gaither Rosser
12	At 71, He's Making Up for Lost Time - by pete jeff, The Miami Herald, 12/21/1978 (about Bob Nelson)
13	Masters Swimming Notes - 1979 Long Course Nationals – Comments from Ted Haartz
13	1979 Ransom J. Arthur, M.D. Award Committee
13	Another Note by Ted Haartz
13	Note From England from Ernest Warrington (Professionals still not allowed to compete in Masters as per FINA rules)
13	From the Nautilus Aquatic Club Newsletter
13	1979 Short Course Nationals
13	Comments From Top Ten Committee (Miller, Muller, Mueller)
14	Swim Calendar

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1-3	Conditioning by June F. Krauser
3	At 68, She's Still in the Swim by Tom Faupl, The Milkaukee Journal (about Elizabeth John)
4	Photos, Corpus Christi Masters; Tommy Kirksmith, Mildred Anderson, Joanita Reed, Jamie Stewart
4	The Author - A Born-Again Swimmer - Phillip Whitten
5-8	1978's World Best (1978 LCM Worlds Top Five)
8	Photo, Erika Voglsang, Gunter Schmah, Hannes Schwartz, June Krauser
9	Photos, 9th Southern Regional
10	1979 National Masters One Hour Swim Results
11	1979 Short Course Records (No Names)
12	1979 Long Course Records (No Names)
13-14	Masters Swimming Notes - Statement by Tink Bolster, Jersey Masters
13	Speaking Of Meet Results
13	News From Canada (new chairman - Bonnie Pronk)
13	Some Good News From New Jersey (about Austin Newman)
13	Man Swims 1,700 Miles in Basement (tethered swimming)
13	New Cereal (Masters Flakes)
13	Discontinuation (of "I Made It in Swim Master" T-Shirts)
13	Patches (New AAU design)
14	Swim Calendar
14	Writing A Book - Phillip Whitten
14	Skwim Swimming '79
14	All Knowing Old Sternwheeler Says
14	Time To Renew

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1	Food For Thought - The Vegetarian Side by Professor Joyce Bloom
2	5 World Records No Sweat for Fogle by Peter F. Jeff, Herald Sports Writer
2	A swimmer who's olderand faster (about Ted Haartz) by Art Ballou - Special to The Globe
3	Your Breasts by abby avin belsom
3	Old Sternwheeler's Masters Monthly (Reprinted from May issue - about working out alone)
4	1979 National AAU Masters Short Course Championships article, Mission Viejo, CA
4	Photos - Captain Ransom J. Arthur, M.D. Award - Zada Taft; Marynell, John and Tom Hetzel; Marianne Bremes
4	Photo captions for page 5
5	Photos, 1979 Nationals
6	Richard Lawler - At 43 he keeps diving, aiming for title at 65 by Elizabeth Bennett - Post Reporter, the Houston Post, March 11, 1979
6	Water exercises - Hydrocalisthenics
7-9	For the Record - A.U.S.S.I. National Swim, LCM, North Sydney - 4/21-22/1979
9-12	9th Annual Southern Regional Short Course Meet Results, SCY, St Petersburg, FL 4/6-8/1979
12	Diving - AAU Masters Diving results; San Joaquin Valley Invitational; Madera CA, 4/28-29/1979
13	Masters Swimming Notes - Davis Aquatics Masters (Pacific Association Masters Swimming Championships March 31 and April 7-8 1979)
13	Pope Pool - Pool for the Pope
13	Little Known Fact (First person to swim the English Channel 1875)
13	Records And Top Ten
13	Letter from Roberta Kresch
13	Top Ten Patches
13	National Masters Swimming Patch
13	National Long Course Championships
13	Old Sternwheeler's Masters Monthly (about Judy Collins)
13	Swimming World (Belated credit to Swimming-World for photo of Jamie Stewart page 4 May 1979 Swim-Master)
13	Letter From Sue Kreplin
13	World Best Change - errata - 100 Breaststroke and Peg Pickens and G. Orosco
13	Letter From Gary Stutsel, National Secretary, Australian Union Of Senior Swimmers (Fifth National Swim of AUSSI - April 21-22, 1979)
14	Swim Calendar

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1	Masters Swimming - Lifetime Vigorus Swimming For Health, Fun and Sport (a history) - by June Krauser - June 1979
2	Masters Diving 1979 Indoor Nationals, May 26-27, 1979 (25 divers - 21 men, 4 women) Results and Photos
3-12	1979 Masters AAU National Short Course Swimming Championships, SCY, Mission Viejo, CA - 5/4-7/1979
12	1979 Masters AAU National Short Course Swimming Championships Team scores and photos, Mission Viejo, CA - 5/4-7/1979
13	Masters Swimming Notes - Does Masters Swimming Protect Against Fatal Coronaries?
13	Do You Use Goggles?
13	Parade - May 20, 1979 - (Philip Whitten did it again - article in Parade Masters promotes Masters Swimming)
13	Swim Master Subscribers (Thank you from Zada Taft about receiving the Captain Ransom J. Arthur Award)
13	S.C. National Championship Meet Results
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6-7	Womens (1979 Relays SCY Top Ten)
12-13	Mens Relays (1979 Relays SCY Top Ten)
13	Back-Paddling, The Days of the Rubber Helmet Return by Nickie McWhirter, Knight-Ridder News Service
13	Mother, daughter team up, create waves, by George E. Van (News Special Writer)
14	Life Begins at 30 For East Aurora's Mann, by Tom Gaffney, Buffalo Courier-Express, Sunday August 5, 1979
14	Doc Councilman pic - Fort Lauderdale News, Friday June 22, 1979
14	Why Channel Swim? Challenge, adventure, by James E. Counsilman, The Journal Gazette, Sunday July 1, 1979
14	Jay Maeder's People Column, The Miami Harold, Saturday August 4, 1979, (Buster Crabbe with Gil Gerard)
15-16	Masters Swimming Notes - Additional Goggle Straps
15	Your Rate of Improvement (reprinted from DC Masters Wave Maker)
15	Report On Canadian Masters Championships
15	Lane 5's Prayer (borrowed from Tom Wolfe)
15	From the Nautilus Aquatic Club Newsletter (about Jimmy Carter)
15-16	Final Comment
16	Swim Calendar
16	Subscription Information

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1-2	Some Results of High Altitude Conditioning by Jack Warren
2	Master Skwimming - by Ruth Albert
3	On your mark, get set, go (about Dennis Watson)
3	Counsilman - one Channel swim enough
3	Your Checklist (Parade May 20, 1979)
3	Masters Swimmers and Divers (receive AAU awards at annual awards dinner) [Richard Lawler, Georgia McCarthy and Graham Johnston]
4	Photos - Masters Diving Outdoor Nationals, Irvine, CA, 8/25-27/1979
5	Results - National AAU Masters Outdoor Diving Championships. Irvine, CA, 8/25-27/1979
5	Masters Diving by Ed Craren (about Masters Diving Outdoor Nationals, Irvine, CA, 8/25-27/1979)
6-7	Photos - 1979 National AAU Long Course Championships Captions on page 7.
8-10	Results - Long Course Regionals Van Nuys, CA; 8/11/1979 (Programmed by Curtis Mosso)
11-12	Masters Swimming Notes - Long course Nationals
11	Alfred Guth, Long Beach Masters Reports (about Dr. George S. Hill's death)
11	Enid Uhrich and Her New Toy (Apple II Computer)
11	Married Couples
11	Good Morning America (Nellie Brown)
11	A Taste Of International Competition by Jim Bigler
12	Swim Calendar
12	Suncoast Masters Get Revenge New Jersey Masters Trow in Goggles
12	Overall Team Standing1979 Hawaiian Relays

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9	Open Records – with names
10-15	Pacific Association 1979 Long Course Top Ten
10-12	Pacific Association 1979 Long Course Top Ten - Women
12	Pacific Association 1979 Long Course Top Ten Women Relays
12	National AAU Masters Long Distance Championships, Reported by Les Finnegan
13-15	Pacific Association 1979 Long Course Top Ten Men
15	Pacific Association 1979 Long Course Top Ten Relays Men
16	Photos 1979 A.A.U. Long Course National Championships Results (Oscar Sigrist, Hamilton and Mildred Anderson, The David Gillanders etc)
17-21	1979 AAU Long Course National Championship Results LCM, Dearborn, MI - 8/23-26/1979
22	A Fitting Way to Pool Healthy Knowledge, The Sunday Times London England October 15, 1978
23	Masters Swimming Notes - Long Course National Meet Results
23	Nancy Lawrence of West Chicago Writes
23	Short Course Top Ten Corrections (Errata 1979 SCY Top Ten)
23	Results of Beer Relay
23	Mrs Martha Keller Writes
23	And Yet Another
23	National Masters Championships
24	Swim Calendar