



SWIM-MASTER

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Happy New Year!

91st ANNUAL CONVENTION

- 1 Ted Haartz, Vee Toner and Bob Helmick, AAU President
- 2 Gulf Assn. delegates: Charles & Ann Glancy, Helen Viola, Nancy Bruce and Hamilton Anderson
- 3 Ted Haartz presenting Mildred and Hamilton Anderson with Capt. Ransom J. Arthur, M.D. Award
- 4 Michael Laux, Masters legal advisor & CT President
- 5 Hamilton Anderson and Phill Hansel
- 6 Ham, Ted and June Krauser at Aquatics Luncheon
(Photos by the Andersons)



She's still wet behind ears

By BELINDA BUSTEED
Staff Writer

If there were a mold on how to grow old gracefully, Margaret George would be it, says a swimming teammate.

But Miss George, a champion swimmer since her childhood with no plans of stopping, is doing nothing of the kind — growing old that is.

"I'm not too keen on having my birthdate in the paper," she said, drying off after a lunchtime swim for the photographer in the Caltech pool. "People say, 'How marvelous' and you're really not marvelous. It's how it should be. You're not accepting limitations, I guess."

Miss George competes in the 60 to 65-year-old category with the Caltech Master Swimmers and is the new chairwoman of the Southern Pacific Association, Master's Swim Committee, part of an international network of swimmers from 18 to 80 or so — some retired and some aspiring greats.

"I knew I wasn't Olympic caliber," Miss George says of her own ranking. "I was sort of number two. But no, it never bothered me. Competitive swimming is a pretty tough life."

Miss George grew up in Pretoria, South Africa, where she competed nationally and taught swimming. (She still has a brother, sister-in-law and three nieces there.) After her parents died and freed her lifestyle with a small inheritance, she decided to come to the United States. She sailed from Cape Hope and landed in Boston, where she studied Christian Science nursing.

Circumstances took her to London, where she practiced nursing for a while, and then back to the United States, where she ended up working at a nursing home in Highland Park.

That chapter finished, she worked as an accountant in the Los Angeles garment district, taking her breakfast and work clothes to the Glendale Y in the mornings so that she could get in shape for Master's Swimming, which she started in 1972, one year after it was approved by the Amateur Athletics Union.

In 1973 she became a United States citizen, won five national titles and was named All American. Since then she has competed in every national meet and in the first international meet, in Toronto, Canada, from which she took home a first, a third, a fourth and two fifth places.

"I swim almost every event in the book, so I can almost always find an event where I place in the first three," she explained.

Last year Miss George decided she'd like a job closer to home, Highland Park, and began working as a senior accountant at Caltech.

The move also made a lunch hour swim only a walk

away. In the summer she slacked off, however, because of the walk, the exercise and the hot dressing rooms, swimming was more heating than cooling. Besides, master swimmers already work out four evenings a week and she can practice on weekends.

Now that the weather is cooler, she's thinking about jogging on the track during her lunch hour to strengthen her legs a bit for swimming.

Soon she'll also be able to walk to work: Now that the job is closer to home, she's moving the home even closer to the job and will start renting an apartment about a mile away from campus at the end of the month. Then in November she'll be traveling to San Antonio, Texas, for the Master's National Convention.

"I've tried tennis and I've played golf but they don't satisfy me like swimming. I don't look at it from a health point of view. It's just something I enjoy doing. It's my main interest. And I think swimmers are among the best people in the world," she said.



SWIMMING THROUGH LIFE — Margaret George swims for the fun of it; the travel and the people.

Medals for Margaret

Margaret George is a senior accounting clerk at Caltech who swims—often and well. In May of this year she came back from the Master's Swimming Program national championship meets in San Antonio, Texas, with one gold, three silver, and two bronze medals.

Those six swimming awards are not by any means the first that Margaret George has captured, but they are the first since she began working at Caltech in November.

As a young swimmer in her native South Africa, Margaret

competed nationally, but by the time she came to this country in 1963 she was out of the age group considered qualified for competitive swimming.

Nevertheless she continued to swim for pleasure and conditioning. Then six years ago, a Master's Swimming Program was started, with competition for people over 25 and categories for every five years over that. (Margaret is in the 60-64 age group.)

After working with the Caltech Swim Club master's section for



Margaret George works out seven hours a week in the Caltech pool.

DUBLIN MASTERS A SUCCESS

The Second Dublin Masters Tournament
This year's Masters Tournament proved more successful than the 1977 venture, and the Iveagh Pool last October, was packed with spectators and former champions. The competition is very keen in Master Age Group swimming and there were some very exciting races.

The long awaited clash between Andy Hunter and Donnacha O'Dea in the 25/29 age group, resulted in a win for Andy with a 32.7 for the 60m freestyle. O'Dea, a winner of 50 Irish titles in his day, got his revenge in the 60m butterfly, which he won in 36.5.

Other title winners were Susan Maguire (City of Cork), Margaret McGoldrick (Otter S.C.) and Claire O'Dwyer (Otter S.C.) 30/34 year Group, Kay McGinlay (Curragh S.C.) 35/39 Group. The great "Square" McCartney (Wellington) improved his 1977 placings and times, winning titles in the 50/59 age group. Bob Spicer (St James S.C.) won the backstroke title in this group.

The relay events proved to be very exciting with all six finalists within six seconds of the winning time. Dunlin S.C. just managed to head off Leander S.C. by 0.4, to win the Women's title. In the Men's event, nine teams competed and it was won by the Half Moon S.C.

Over 300 people attended the reception after the gala and the following were elected to the Master Hall of Fame. Dr. Marguerite Mason (Dublin S.C.), Irish champion 1926/1930, Peggy St John Nolan (Pembroke S.C.), Irish champion 1931/1933, Mildred Purcell (Pembroke S.C.), Irish champion 1934/1938.

International Masters Tournament
In the International Masters Tournament at Marshall Street Baths on 21st October, nine swimmers competed from the Dublin Swimming Club. Neil Kennedy won the 100m breaststroke in 1:21.00, in the 40/45 age group, with Fergus Barron winning a silver in the 45/49 age group.



DR. DON RANKIN accepting Certificate (plaque) of appreciation for his years of 'OUTSTANDING AND DEDICATED SERVICE' as chairperson of Southern Pacific Association-AAU Masters Swimming Committee. Award was presented by MARGARET GEORGE, the succeeding chairperson, at dinner following the 6th annual NORTH/SOUTH dual meet at Atascadero, California. (Photo by Don Neefe)

1978 A.A.U. NATIONAL 10 BEST TIMES

Compiled by: TED HAARTZ, Records; ED REED, Men's Top Ten; ENID UHRICH, Women's Top Ten

In The usual manner the * indicates a new record. The # I have used to indicate the first place for a non American swimmer. Where there is no record listed this also constitutes a new open record. The ** indicates the first place for an American swimmer in that event and where there is no record listed it also constitutes a new American record. In any event it is an indicator for the All American selection.

Women 25-29 Long Course

50 Meters Freestyle

1 K Eaton 25	*28.22
2 M Noppen 27	28.87
3 B Dunbar 29	29.35
4 S Byrne 28	29.45
5 L Skrifvars 27	29.66
6 C Ruppert 27	30.25
7 J White 25	30.30
8 C Brewton 25	30.50
9 D Illis 27	30.88
10 S Spencer-Horne 26	30.90

100 Meters Freestyle

1 M Noppen 27	#1.01.72
2 C Ruppert 27	**1.03.98
3 P Baier 25	1.04.96
4 B Dunbar 29	1.05.20
5 S Byrne 28	1.05.30
6 D Wise 27	1.05.75
7 L Skrifvars 27	1.06.00
8 J White 25	1.08.00
9 C Brewton 25	1.08.10
10 R Troxell 25	1.08.41

200 Meters Freestyle

1 M Noppen 27	#2.18.88
2 D Wise 27	**2.22.44
3 S Byrne 27	2.23.89
4 P Baier 25	2.26.21
5 B Dunbar 29	2.28.06
6 J White 25	2.32.70
7 G Drake 28	2.35.66
8 S Spencer-Horne 27	2.36.30
9 P Courtet 25	2.36.81
10 V Hudgins	2.37.12

400 Meters Freestyle

1 P Baier 25	*4.57.65
2 C Ruppert 27	4.58.49
3 D Wise 27	5.08.66
4 S Byrne 28	5.11.09
5 L Skrifvars 27	5.14.36
6 R Troxell 25	5.22.61
7 G Drake 28	5.24.27
8 J Stewart 29	5.24.60
9 P Courtet 25	5.24.96
10 C Brewton 25	5.30.50

500 Meters Freestyle

1 C Ruppert 27	*19.19.62
2 P Baier 25	19.48.59
3 B Dunbar 29	20.58.77
4 D Wise 27	21.01.15
5 P Courtet 25	21.13.45
6 V Hudgins	21.24.37
7 J Stewart 29	22.05.80
8 J White 25	22.14.30
9 C Brewton 25	22.20.00
10 J Menard 29	22.42.30

50 Meters Backstroke

1 L Skrifvars 27	*33.71
2 C Pflugheber 25	34.19
3 C Brewton 25	35.40
4 B Dunbar 29	37.20
5 J Reuter 25	37.34
6 C Gatesy 27	38.20
8 C Morse 29	38.20
8 M Ryzow 25	38.60
9 M Rose 29	38.68
10 J Gettling 29	39.10

100 Meters Backstroke

Record: L Skrifvars '77	1.13.40
1 L Skrifvars 27	1.14.63
2 C Pflugheber 25	1.15.14
3 K Eaton 25	1.18.47
4 C Morse 29	1.21.10
5 N Jannarone 25	1.21.29
6 C Ruppert 27	1.21.34
7 D Neumayer 26	1.22.54
8 C Wyman 25	1.23.33
9 S Walsh 29	1.23.56
10 V Huseman 26	1.24.58

200 Meters Backstroke

Record: L Skrifvars '77	2.41.40
1 D Wise 27	2.44.84
2 P Baier 25	2.53.31
3 C Morse 29	2.54.52
4 N Jannarone 25	2.57.43
5 D Neumayer 26	2.59.63
6 V Huseman 26	3.00.10
7 C Wyman 25	3.04.36
8 C Dietrick 25	3.04.60
9 J Stewart 29	3.04.70
10 S Snyder 29	3.06.90

50 Meters Breaststroke

1 J Gettling 29	*38.10
2 D Illis 27	38.93
3 B Dunbar 29	39.75
4 D Wise 27	40.23
5 K Treut 26	40.50
6 J Partin 28	41.00
7 M Phelan 26	41.10
8 J White 25	41.20
8 C Inwalle 28	41.20
10 M Morey 28	41.60

100 Meters Breaststroke

Record: D Barnhard '74	1.21.07
1 J Gettling 29	1.23.93
2 M Phalon 27	1.24.34
3 D Wise 27	1.25.80

4 K Eaton 25	1.26.03
5 K Treut 26	1.27.55
6 B Anderson 26	1.28.84
7 B Dunbar 29	1.28.93
9 G Drake 28	1.29.25
9 D Illis 27	1.30.01
10 C Dietrick 25	1.31.50

200 Meters Breaststroke

Record: D Barnhard '74	3.00.47
1 M Phalon 27	3.03.28
2 D Wise 27	3.05.60
3 G Drake 28	3.11.93
4 J Gettling 29	3.12.40
5 K Eaton 25	3.15.36
6 D Illis 27	3.15.61
7 B Anderson 26	3.17.35
8 C Dietrick 25	3.18.30
9 K Treut 26	3.20.98
10 C Inwalle 28	3.22.80

50 Meters Butterfly

1 K Eaton 25	*30.81
2 B Dunbar 29	31.30
3 S Walsh 29	31.67
4 M Noppen 27	31.80
5 C Pflugheber 25	32.12
6 J Stewart 29	32.50
7 S Byrne 28	32.56
8 L Skrifvars 27	33.00
9 C Brewton 25	33.30
10 J Gettling 29	33.70

100 Meters Butterfly

1 C Ruppert 27	*1.08.38
2 B Dunbar 29	1.09.08
3 S Walsh 29	1.11.83
4 J Stewart 29	1.14.20
5 M Breen 25	1.15.89
6 J Gettling 29	1.16.20
7 D Wise 27	1.17.21
8 C DeGoff 29	1.19.10
9 J White 25	1.19.30
10 J Torly 28	1.19.54
10 J Mason 26	1.19.54

200 Meters Butterfly

Record: B Dunbar '77	2.41.59
1 C Ruppert 27	2.42.61
2 J Reuter 25	2.44.14
3 J Stewart 29	2.51.40
4 J Mason 26	3.02.99
5 C Engelhardt 28	3.03.50
6 C Dietrick 25	3.11.60
7 D Pohl 28	3.14.00
8 P Plemmons 27	3.22.50
9 S Snyder 29	3.24.40
10 J Douglas 29	3.26.15

200 Meters Individual Medley

1 C Ruppert 27	*2.38.52
2 D Wise 27	2.39.71
3 M Noppen 27	2.43.74
4 S Spencer-Horne 27	2.45.00
5 B Dunbar 29	2.47.90
6 G Drake 28	2.53.02
7 L Skrifvars 27	2.53.20
8 J White 25	2.53.40
9 J Gettling 29	2.57.00
10 C DeGoff 29	2.58.10

400 Meters Individual Medley

1 C Ruppert 27	*5.35.29
2 S Walsh 29	5.58.65
3 J Stewart 29	6.10.20
4 J Gettling 29	6.20.27
5 C Dietrick 25	6.25.77
6 S Snyder 29	6.32.30
7 J Mason 26	6.34.02
8 S Tendy 29	6.38.62
9 S Bell 25	6.38.78
10 C Engelhardt 28	6.48.80

Women 30-34

50 Meters Freestyle

1 D Todd 34	*29.45
2 A Grams 31	30.00
3 C Johnson 33	30.50
4 L Johnson 31	30.74
5 A Brown 30	30.80
6 S A Peterson 31	31.29
7 I David 34	31.40
8 J Gettling 30	31.77
9 C Slimak 30	32.13
10 M Rossiter 31	32.20

100 Meters Freestyle

1 L Johnson 31	*1.05.54
2 A Grams 31	1.05.80
3 D Todd 34	1.05.89
4 C Johnson 33	1.08.00
5 J Gettling 30	1.08.81
6 B West 30	1.09.86
7 A Brown 30	1.10.10
8 B Edwards 33	1.10.70
9 I David 34	1.10.88
10 S A Peterson 31	1.11.16

200 Meters Freestyle

1 A Grams 31	*2.22.80
2 L Johnson 31	2.30.02
3 C Johnson 33	2.31.90
4 M Richardson 30	2.33.30
5 J Gettling 30	2.34.00
6 J Menard 30	2.37.96
7 F Harris 30	2.38.10

8 B West 30	2.39.74
9 S Schaffer 30	2.40.47
10 K King 30	2.40.55

400 Meters Freestyle

Record: A Grams '77	5.01.50
1 L Johnson 31	5.19.52
2 C Johnson 33	5.23.30
3 M Richardson 30	5.26.60
4 J Menard 30	5.31.45
5 K King 30	5.33.68
6 J May 30	5.35.50
7 K Ecker 31	5.35.56
8 S Schaffer 30	5.39.43
9 P Harris 30	5.40.70
10 V Mann 33	5.42.40

500 Meters Freestyle

Record: J Katz '76	20.39.41
1 J May 30	21.44.43
2 K Ecker 31	21.44.93
3 J Menard 30	22.04.43
4 B West 30	22.13.60
5 C Brown 33	22.25.06
6 I David 34	22.54.85
7 M Frank 31	22.57.17
8 S Schaffer 30	22.58.71
9 S Westledge 32	23.39.02
10 J Sherman 34	23.44.58

50 Meters Backstroke

Record: C McCullough '75	34.58
1 L Johnson 31	36.20
2 P Harris 30	38.40
3 J Trenck 34	38.90
4 M Rossiter 34	39.30
5 J Gettling 30	39.65
6 L Hagler	40.09
7 J Chastain 32	40.40
8 W Griene	41.30
9 L McHenry	41.92
10 M Abbey 31	42.80

100 Meters Backstroke

Record: J Parks '76	1.16.88
1 D Uustal 31	1.18.08
2 L Johnson 31	1.23.61
3 J French 34	1.24.05
4 C Chidester 34	1.24.77
5 P Harris 30	1.25.85
6 C Brown 33	1.26.45
7 S Schaffer 30	1.27.35
8 J Keller 34	1.27.60
9 J Hardy 34	1.29.75
10 J Chastain 32	1.30.10

200 Meters Backstroke

Record: J Parks '76	2.48.07
1 D Uustal 31	2.53.78
2 L Johnson 31	2.58.87
3 J Trenck 34	3.00.83
4 C Chidester 33	3.02.26
5 C Brown 33	3.03.74
6 S Schaffer 30	3.04.39
7 P Harris 30	3.07.46
8 J Bolland	3.15.96
9 J Chastain 32	3.16.10
10 J Hardy 34	3.17.36

50 Meters Breaststroke

1 J Gettling 30	*38.20
2 S Roy 30	38.81
3 S A Peterson 31	41.26
4 J Sherman	41.53
5 C Lane 31	41.93
6 S Westledge 32	42.04
7 J Farmer 31	42.53
8 D Todd 34	42.60
9 B West 30	42.76
10 M McKinney 30	45.30

100 Meters Breaststroke

1 J Gettling 30	*1.25.02
2 S Roy 30	1.26.13
3 C Lane 30	1.28.43
4 C Slimak 30	1.29.47
5 J Sherman 34	1.31.15
6 S Westledge 32	1.31.60
7 B West 30	1.31.82
8 D Todd 34	1.33.72
9 S A Peterson 31	1.34.04
10 J Farmer 31	1.35.49

200 Meters Breaststroke

1 S Roy 30	*3.05.60
2 J Gettling 30	3.12.60
3 C Lane 30	3.13.31
4 S Westledge 32	3.14.55
5 J Sherman 34	3.15.55
6 B West 30	3.15.80
7 C Slimak 30	3.17.23
8 D Uustal 31	3.18.22
9 S A Peterson 31	3.24.19
10 J Menard 30	3.27.50

50 Meters Butterfly

Record: V Pecce '75	32.16
1 D Todd 34	32.80
2 L Johnson 31	33.48
3 B Edwards 33	33.50
4 I David 34	33.58
5 P Harris 30	33.62
6 J Gettling 30	33.70
7 C Johnson 33	33.90
8 M Richardson 30	34.00
9 K Martin 32	34.44
10 A Brown 30	34.70

100 Meters Butterfly

Record: S Peterson '75	1.12.57
1 L Johnson 31	1.14.49
2 P Harris 30	1.15.02
3 A Grams 31	1.15.30
4 I David 34	1.17.02

5 C Johnson 33	1.17.50
6 J Gettling 30	1.17.98
7 M Richardson 30	1.19.30
8 K Martin 32	1.22.30
9 A Brown 30	1.23.50
10 S Gusman 32	1.24.00

200 Meters Butterfly

Record: A Grams '77	2.49.10
1 K Duncan 30	2.53.62
2 J Gettling 30	2.56.14
3 P Harris 30	3.00.24
4 I David 34	3.14.64
5 S Schaffer 30	3.16.16
6 A Zabriskie 33	3.21.03
7 J May 30	3.23.70
8 K Watson 30	4.00.36

200 Meters Individual Medley

1 L Johnson 31	*2.47.70
2 A Grams 31	2.52.00
3 J Gettling 30	2.55.00
4 B West 30	2.56.66
5 P Harris 30	2.57.58
6 A Brown 31	3.00.13
7 J Farmer 31	3.01.82
8 S Gusman 32	3.03.20
9 C Chidester 33	3.04.52
10 B Edwards 33	3.05.20

7 M Bergeron 38	1.29.86	3 H Buss 42	1.15.43	8 J Lamott 42	43.40	100 Meters Backstroke		6 M Wolfe 52	39.50
8 J Collins 39	1.32.21	4 B Zaremski 41	1.16.03	9 J Washington 41	43.60	Record: B Reeve*76	1.26.14	7 J Krauser 52	39.76
9 J Royer 36	1.35.43	5 M Gray 43	1.17.92	10 J Moeller 43	45.17	1 L Stoinoff 45	1.34.19	8 P Kerner 50	39.90
10 L Jenkins 36	1.36.49	6 A Konig 40	1.18.00			2 C Baxter 46	1.35.04	9 A Horst 52	40.20
200 Meters Backstroke		7 M Smith 40	1.19.78	100 Meters Butterfly		3 J McIntyre 49	1.36.60	10 L Doonan 51	40.65
1 B Bennett 35	*2.51.84	8 J Gray 40	1.20.32	Record: H Buss*76	1.24.25	4 S Kreplin 49	1.39.67	100 Meters Freestyle	
2 J Katz 35	2.07.76	9 L Hoey 43	1.21.10	1 H Buss 42	1.26.58	5 I Roberts 49	1.40.92	Record: D Donnelly*74	1.17.45
3 B Fronk 35	2.55.03	10 N Whitehall 44	1.23.50	2 N Whitehall 44	1.34.60	6 B Callison 45	1.42.10	1 A Adams 50	1.21
4 B Frid 36	3.10.12	200 Meters Freestyle		3 S Rittenhouse 40	1.34.70	7 D Mann 46	1.44.33	2 B Bennett 50	1.2
5 P Mills 36	3.12.30	Record: H Buss*76	2.35.00	4 J Washington 41	1.39.90	8 N MacBeth 49	1.45.20	3 R Turcotte 51	1.24
6 M Bergeron 38	3.19.11	1 H Buss 42	2.39.10	5 S Culbertson 40	1.40.97	9 J Smith 47	1.45.40	4 D LaChasse 54	1.26.18
7 J Collins 39	3.20.40	2 B Zaremski 41	2.49.75	6 A Pipes 44	1.46.48	10 A Pisciotta 47	1.45.80	5 S Erickson 54	1.28.14
8 L Jenkins 36	3.26.35	3 S Kearney 43	2.53.15	7 B Zaremski 41	1.46.48	200 Meters Backstroke		6 J Krauser 52	1.29.39
9 J Royer 36	3.29.14	4 M Smith 40	2.58.29	8 D Werry 41	1.48.10	Record: B Reeve*76	3.07.02	7 K Wolfe 52	1.30.20
10 S Swanton 39	3.32.01	5 D Werry 41	3.00.50	9 C Lowengrub 40	1.52.30	1 L Stoinoff 45	3.19.84	8 C Derr 50	1.30.44
50 Meters Breaststroke		6 S Rittenhouse 40	3.01.58	10 E Debes 42	1.56.05	2 C Baxter 46	3.24.80	9 J McDiaris 53	1.33.25
Record: A McGuire*74	40.80	7 A Konig 40	3.01.70	200 Meters Butterfly		3 S Kreplin 49	3.34.60	10 E Rogers 50	1.36.95
1 P Cullum 37	44.10	8 J Gray 40	3.03.66	Record: H Buss*76	3.05.80	4 J McIntyre 49	3.36.55	200 Meters Freestyle	
2 I Sike 37	44.15	9 L Hoey 43	3.07.10	1 H Buss 42	3.18.45	5 I Roberts 49	3.40.59	Record: D Resnig*76	2.56.80
3 C McCullough 36	45.52	10 M Nygren 40	3.13.40	2 J Gray 40	3.19.25	6 J Huber 46	3.55.86	1 A Adams 50	2.56.81
4 L Weir 37	45.87	400 Meters Freestyle		3 S Culbertson 40	3.40.30	7 D Mann 46	3.59.14	2 J Krauser 52	3.05.20
5 J Royer 36	45.84	Record: H Buss*76	5.22.40	4 S Rittenhouse 40	3.41.60	8 N Meserve 49	4.01.70	3 B Bennett 50	3.06.80
6 I Stine 39	45.95	1 H Buss 42	5.38.50	5 B Zaremski 41	3.50.88	9 S Baird 47	4.20.58	4 R Turcotte 50	3.08.53
7 S Humberger 36	46.45	2 N Brown 42	6.00.61	6 D Werry 41	3.54.50	10 E Lyman 45	4.16.81	5 S Erickson 54	3.12.67
8 L Jenkins 36	47.10	3 B Zaremski 41	6.10.01	7 A Pipes 44	3.55.22	50 Meters Breaststroke		6 C Derr 50	3.15.21
9 M Smith 39	48.70	4 S Rittenhouse 40	6.21.68	8 A Champ 42	3.59.40	Record: G Roper*74	43.00	7 K Harrison 54	3.19.30
10 C Paris 36	49.00	5 D Werry 41	6.22.60	9 M Hassmussen 43	4.08.34	1 B Smith 49	44.28	8 M Wolfe 52	3.23.93
100 Meters Breaststroke		6 J Gray 40	6.22.85	10 M Thomas 42	4.11.06	2 C Taylor 49	45.48	9 M Wolfe 52	3.25.90
American Record:		7 M Smith 40	6.22.93	Record: G Roper*73	3.06.13	3 J Smith 47	46.52	10 E Rogers 50	3.30.70
B Gabriel*75	1.31.10	8 C Morton 42	6.35.00	1 N Brown 42	3.11.25	4 A Pisciotta 47	46.90	400 Meters Freestyle	
1 B Fronk 35	*1.24.80	9 A Konig 40	6.36.20	2 S Kearney 43	3.18.91	5 M Graef 46	47.46	Record: J Krauser*76	6.09.52
2 I Sike 37	*1.35.90	10 J Bruner 44	6.38.15	3 J Gray 40	3.20.74	6 G Gladwell 46	47.55	1 A Adams 50	6.12.22
3 C Macpherson 39	1.37.20	1500 Meters Freestyle		4 A McGuire 43	3.29.90	7 C Baxter 46	47.73	2 J Krauser 52	6.26.47
4 P Mills 36	1.37.65	Record: H Buss*76	21.23.78	5 L Hoey 43	3.30.00	8 G Gladwell 46	48.30	3 B Bennett 50	6.31.30
5 J Royer 37	1.37.79	1 N Brown 42	23.44.87	6 A Champ 43	3.30.44	9 R Roper 48	48.50	4 R Turcotte 50	6.43.28
6 P Cullum 37	1.37.90	2 B Zaremski 41	24.28.41	7 R Kamphauser 44	3.31.36	10 N MacBeth 49	48.60	5 S Erickson 54	6.46.49
7 E Roepke 37	1.40.92	3 J Gray 40	24.46.89	8 D Werry 41	3.31.70	100 Meters Breaststroke		6 C Derr 50	6.56.01
8 I Stine 39	1.43.89	4 D Werry 42	25.57.20	9 B Zaremski 41	3.31.71	Record: G Roper*74	1.29.80	7 D LaChasse 54	7.07.07
9 S Humberger 36	1.44.32	5 N Whitehall 44	26.07.19	10 N Whitehall 44	3.32.85	1 A Pisciotta 47	1.41.20	8 K Harrison 54	7.13.10
10 S Andersson 36	1.47.00	6 S Rittenhouse 40	27.03.33	400 Meters Individual Medley		2 M Graef 46	1.43.14	9 M Wolfe 52	7.13.47
200 Meters Breaststroke		7 C Morton 42	27.03.33	Record: H Buss*76	6.26.90	3 C Baxter 46	1.43.90	10 J McDiaris 53	7.14.55
American Record:		8 M Dabrock 44	27.14.20	1 H Buss 42	6.26.93	4 C Taylor 49	1.44.53	1500 Meters Freestyle	
M Haugland*77	3.20.50	9 M Nygren 40	27.21.90	2 N Brown 42	6.46.13	5 J Smith 47	1.45.13	Record: J Krauser*76	24.19.40
1 B Fronk 35	*3.06.22	10 E Debes 42	28.57.94	3 J Bruner 44	6.59.49	6 B Callison 45	1.46.42	1 A Adams 50	24.47.17
2 I Sike 36	*3.24.66	100 Meters Backstroke		4 J Gray 40	7.09.15	7 P Puckett 46	1.47.40	2 J Krauser 52	24.58.32
3 J Katz 35	3.24.84	Record: P Breesee*76	38.10	5 B Zaremski 41	7.13.88	8 L Bogatko 48	1.48.56	3 S Erickson 54	27.08.29
4 J Royer 36	3.27.93	1 B Jordan 41	38.90	6 A Champ 43	7.20.44	9 E Christian 45	1.49.88	4 C Derr 50	27.49.50
5 C Macpherson 39	3.33.30	2 M Gray 43	39.01	7 S Kearney 43	7.21.36	10 G Gladwell 46	1.40.95	5 K Harrison 54	28.24.40
6 P Cullum 37	3.35.70	3 S Rittenhouse 40	40.10	8 D Werry 41	7.28.40	200 Meters Breaststroke		6 J McDiaris 53	28.26.38
7 P Mills 36	3.38.35	4 A Konig 40	40.50	9 N Whitehall 44	7.41.19	Record: G Roper*74	3.15.85	7 M Knochenhauer 51	29.08.39
8 M Childs 38	3.39.61	5 C Macpherson 40	40.62	10 R Kamphauser 44	7.40.40	1 A Pisciotta 47	3.37.10	8 J Reed 50	29.26.17
9 I Stine 39	3.41.08	6 J Bruner 44	41.18	Women 45-49		2 C Baxter 46	3.41.34	9 G Altus 54	29.45.88
10 E Roepke 37	3.43.93	7 R Van Egmond 42	41.50	50 Meters Freestyle		3 M Graef 46	3.45.29	10 B Garwood 50	31.35.28
50 Meters Butterfly		8 C Wilson 43	42.49	Record: G Roper*74	32.40	4 P Puckett 46	3.48.80	50 Meters Backstroke	
Record: P Breesee*75	33.20	9 L Hoey 43	43.80	1 H Palmer 48	33.88	5 B Callison 45	3.49.10	Record: B Turcotte*77	41.18
1 N Breen 35	33.50	10 J Oberweis 40	44.20	2 L Stoinoff 45	34.04	6 L Bogatko 48	3.56.20	1 A Adams 50	42.90
2 M Soucheray 37	34.07	100 Meters Backstroke		3 J Smith 47	34.82	7 B Smith 45	4.01.82	2 R Turcotte 51	43.65
3 C DeLuca 35	34.39	Record: P Breesee*76	1.24.30	4 D Mann 46	35.85	7 E Christian 45	4.01.82	3 S Erickson 54	45.91
4 N Ridout 36	34.70	1 A Konig 40	1.29.10	5 B J Highland 48	37.29	8 G Gladwell 46	4.03.92	4 J Krauser 52	49.14
5 T Bertelink 36	36.42	2 B Jordan 41	1.28.20	6 S Kreplin 49	37.39	10 BJ Highland 48	4.05.13	5 T Bolster 50	49.30
6 M Bergeron 38	36.76	3 M Gray 43	1.28.33	7 G Collins 47	37.45	50 Meters Butterfly		6 M Wolfe 52	50
7 C Macpherson 39	36.80	4 C Macpherson 40	1.30.30	8 N MacBeth 49	38.10	Record: G Roper*74	35.00	7 N Riebaugh 53	50
8 J Royer 36	37.30	5 S Rittenhouse 40	1.31.50	9 J Kolver 49	39.27	1 J Smith 47	42.20	8 B Garwood 50	53
9 L Woodman 35	37.30	6 A Champ 42	1.35.26	10 B Smith 47	40.20	2 B Callison 45	43.80	9 P McMillan 51	55.47
10 P Cullum 37	37.71	7 C Wilson 43	1.35.26	100 Meters Freestyle		3 B J Highland 48	45.23	10 A Horst 52	55.50
100 Meters Butterfly		8 R Van Egmond 42	1.37.00	Record: G Roper*74	1.09.85	4 G Gladwell 46	45.36	100 Meters Backstroke	
1 C DeLuca 35	*1.17.63	9 B Zaremski 41	1.41.45	1 L Stoinoff 45	1.16.00	5 P Puckett 46	45.80	Record: B Turcotte*77	1.31.66
2 N Ridout 36	1.21.60	10 L Hoey 43	1.41.50	2 H Palmer 48	1.17.48	6 N MacBeth 49	45.90	1 A Adams 50	1.32.13
3 M Soucheray 37	1.21.62	200 Meters Backstroke		3 J Smith 47	1.19.34	7 H Palmer 48	46.30	2 R Turcotte 51	1.32.99
4 B Bennett 35	1.22.37	Record: B Jordan*77	3.01.75	4 D Mann 46	1.22.49	8 S Kreplin 49	46.35	3 D LaChasse 54	1.38.61
5 M Bergeron 38	1.24.69	1 A Konig 40	3.12.90	5 A Berquist 45	1.26.11	9 E Gruender 49	46.60	4 S Erickson 54	1.40.92
6 J Royer 36	1.27.79	2 N Brown 42	3.13.48	6 S Kreplin 49	1.28.27	10 B Smith 45	46.94	5 G Hinricks	1.46.27
7 P Wasson 37	1.38.64	3 C Macpherson 40	3.13.89	7 J McIntyre 49	1.28.38	100 Meters Butterfly		6 L Zittel 51	1.49.21
8 C Martin 36	1.40.09	4 S Rittenhouse 40	3.16.90	8 A Pisciotta 47	1.29.10	Record: G Roper*74	1.21.32	7 J Krauser 52	1.49.48
9 J Covin 35	1.43.18	5 M Gray 43	3.18.34	9 N MacBeth 49	1.29.10	1 B Callison 45	1.40.40	8 L Doonan 51	1.49.50
10 W Geoffrian 39	1.49.38	6 R Kamphauser 44	3.20.73	10 J Wolva 49	1.29.97	2 A Pisciotta 47	1.41.50	9 E Rogers 50	1.49.70
200 Meters Butterfly		7 C Wilson 43	3.16.08	200 Meters Freestyle		3 H Palmer 48	1.44.68	10 N Limbaugh 53	1.57.00
1 C DeLuca 35	*2.59.85	8 A Champ 42	3.27.89	Record: G Roper*74	2.38.20	4 E Gruender 49	1.46.01	200 Meters Backstroke	
2 B Bennett 35	3.15.08	9 R Van Egmond 42	3.32.10	1 L Stoinoff 45	2.45.70	5 N MacBeth 49	1.48.00	1 A Adams 50	*3.15.01
3 N Ridout 36	3.17.90	10 L Hoey 43	3.37.80	2 H Palmer 48	3.02.43	6 B J Highland 48	1.49.45	2 R Turcotte 51	3.21.52
4 J Royer 36	3.19.61	50 Meters Breaststroke		3 J Smith 47	3.07.70	7 P Puckett 46	1.50.35	3 D LaChasse 54	3.35.92
5 C Martin 36	3.47.34	Record: A McGuire*76	41.89	4 J McIntyre 49	3.11.69	8 G Gladwell 46	1.55.62	4 S Erickson 54	3.42.55
6 S Humberger 36	3.53.67	1 J Bruner 44	43.68	5 A Berquist 45	3.19.41	9 E Soss 45	1.58.40	5 J Krauser 52	3.46.71
7 J Covin 35	3.55.00	2 A McGuire 43	44.10	6 B J Highland 48	3.20.25	10 S Kreplin 49	1.58.47	6 G Hinricks	3.48.02
8 S Thatcher 35	4.16.48	3 R VanEgmond 42	45.10	7 S Kreplin 49	3.21.66	200 Meters Butterfly		7 E Rogers 50	3.54.50
9 H Geoffrian 39	4.21.41	4 C MacPherson 40	45.76	8 P Puckett 46	3.23.80	Record: G Roper*74	3.16.40	8 L Zittel 51	3.56.02
10 L Jenkins 36	4.24.25	5 L Hoey 43	46.40	9 J Huber 46	3.26.93	1 A Adams 49	3.42.33	9 N Limbaugh 53	4.04.80
200 Meters Individual Medley		6 M Spencer 42	47.60	10 M Graef 46	3.27.29	2 C Baxter 46	3.46.99	10 B Garwood 50	4.18.75
1 J Katz 35	*2.51.47	7 B Culbertson 40	49.63	400 Meters Freestyle		3 H Palmer 48	3.52.44	50 Meters Breaststroke	
2 E Fronk 35	2.53.83	8 S Newell 40	50.00	Record: G Roper*74	5.36.70	4 A Pisciotta 47	3.54.70	1 A Horst 52	*4.50.30
3 N Breen 35	2.58.60	9 A Pipes 43	50.02	1 L Stoinoff 45	5.53.70	5 B Callison 45	3.59.30	2 A Adams 50	4.67.60
4 B Bennett 35	2.59.45	10 A Konig 40	50.10	2 H Palmer 48	6.17.56	6 N MacBeth 49	4.04.20	3 V Akkerman 50	4.72.92
5 C Macpherson 39	3.02.70	10 M Nygren 40	50.10	3 J McIntyre 49	6.54.80	7 E Soss 45	4.19.40	4 J Reed 50	4.88.07
6 J Royer 36	3.06.19	100 Meters Breaststroke		4 G Roper 48	6.55.10	8 B McMillan 49	4.44.92	5 E Rogers 50	50.20
7 C Martin 36	3.07.47	Record: A McGuire*76	1.33.86	5 E Gruender 49	7.02.08	9 B Odone 48	4.55.20	6 J McDiaris 53	50.98
8 M Soucheray 37	3.13.62	1 J Bruner 44	1.37.32	6 J Huber 46	7.19.35	200 Meters Individual Medley		7 J Krauser 52	51.91
9 P Mills 36	3.15.08	2 A McGuire 43	1.38.60	7 P Buchannon 45	7.24.41	Record: G Roper*74	2.55.61	8 P Kerner 50	52.60
10 M Bergeron 38	3.16.16	3 R VanEgmond 42	1.38.70	8 B Callison 45	7.24.60	1 C Baxter 46	3.30.14	9 K Harrison 54	52.80
400 Meters Individual Medley		4 L Hoey 43	1.42.70	9 E Soss 45	7.30.30	2 B Callison 45	3.31.30	10 B Garwood 50	54.30
1 J Katz 35	*6.04.18	5 J Gray 40	1.43.76	10 Odonon 48	7.38.40	3 J Smith 47	3.33.74	100 Meters Breaststroke	
2 B Bennett 35	6.23.49	6 J Hinsdale 40	1.47.78	1500 Meters Freestyle		4 N MacBeth 49	3.38.70	Record: G Costello*76	1.41.60
3 J Royer 36	6.41.57	7 J Parker 42	1.50.42	Record: G Roper*74	23.01.60	5 H Palmer 48	3.43.33	1 T Bolster 50	

4 J Krauser 52	42.78	7 E Sagasti 56	1:58.72	7 R Simonton 60	1:42.85	100 Meters Butterfly		5 M Miller	1:03.72
5 S Erickson 54	46.66	8 M Schafer 58	1:59.50	8 J McConkey 60	1:46.48	Record: J Osborne '77	1:58.50	6 E Mattila 68	1:06.40
6 T Bolster 50	47.60	9 V Thompson 60	2:02.24	9 V Thompson 60	1:48.06	1 R Simonton 60	2:05.40	7 B Johnston 68	1:07.40
7 D LaChasse 54	51.64	10 J Smally 56	2:03.55	10 M George 61	1:48.50	2 V Thompson 60	2:09.50	8 E Goldman 68	1:08.90
8 K Harrison 54	51.90	200 Meters Backstroke		200 Meters Freestyle		3 P Matthiesen 62	2:25.63	9 W Scanlon 67	1:19.95
9 E Rogers 50	53.00	Record: D Musselman '76		Record: D Musselman '76		4 M Reeves 61	2:36.20	10 E Hoffman 69	1:20.40
10 E Christiansen 53	55.80	1 M Hanner 55	*3:31.62	1 J Osborne 62	3:23.47	5 M Anderson 63	2:48.75	100 Meters Breaststroke	
Meters Butterfly		2 D Donnelly 56	3:43.13	2 R Simonton 60	3:30.85	6 R Steward 60	4:00.90	1 E Sandeman 65	*2:04.70
A Adams 50	*1:31.24	3 N Phillips 57	3:47.85	3 J Brown 61	3:34.19	7 R Simonton 60	*4:31.50	2 M Merlino 65	2:06.76
2 J Krauser 52	1:35.57	4 Z Taft 59	4:02.50	4 M Durston 64	3:36.80	8 M George 61	4:50.74	3 M Miller 68	2:15.50
3 K Rogers 50	2:03.50	5 B Crowell 58	4:05.14	5 N Clark 64	3:45.58	9 M Anderson 63	5:31.08	4 G Janarone 65	2:18.77
4 K Turcotte 51	2:04.01	6 G Orocco 55	4:08.42	6 V Thompson 60	3:48.42	10 R Steward 60	8:04.71	5 E Jannarone 65	2:20.15
5 C Derr 50	2:08.97	7 E Sagasti 56	4:12.99	7 J McConkey 60	3:49.28	200 Meters Individual Medley		6 E John 67	2:23.55
6 G Altus 54	2:19.44	8 B Golseth 58	4:17.20	8 W VanRysel 61	3:50.61	1 J Osborne 62	*3:50.10	7 E Mattila 68	2:25.65
7 G Lawton 54	2:27.97	9 M Schafer 55	4:19.67	9 M George 61	4:00.58	2 R Simonton 60	4:05.11	8 E Muller 66	2:37.57
8 M Schiborski 54	3:23.90	10 M Jennings 58	4:20.11	10 M Reeves 61	4:05.10	3 V Thompson 60	4:09.61	200 Meters Breaststroke	
200 Meters Butterfly		1 C Costello 55	*47.85	400 Meters Freestyle		4 M George 61	4:20.06	1 M Merlino 65	*4:28.43
Record: J Krauser '77	3:29.54	2 M Hanner 55	49.31	1 J Osborne 62	*7:22.42	5 P Matthiesen 62	4:27.77	2 E Sandeman 65	4:30.09
1 A Adams 50	3:32.01	3 N Pessel 58	53.25	2 R Simonton 60	7:27.88	6 N Clark 64	4:27.86	3 A Jannarone 65	4:54.22
2 J Krauser 52	3:34.29	4 B Dendy 57	54.43	3 J Durston 64	7:34.00	7 M Reeves 61	5:07.38	4 M Miller 68	4:55.51
3 T Bolster 50	3:52.37	5 R Schiffler 57	55.31	4 J McConkey 60	7:46.13	8 R Roumasset 63	5:09.80	5 E Mattila 68	5:20.53
4 E Rogers 50	4:24.90	6 G Orocco 55	55.50	5 N Clark 64	8:00.80	9 E McKeon 64	5:47.80	6 G McCarthy 65	5:24.00
5 E Christiansen 53	4:51.40	7 M Lee 58	56.36	6 W VanRysel 61	8:03.07	10 R Steward 60	5:11.52	7 G Deal 65	5:25.84
6 G Altus 54	5:03.98	8 B Golseth 58	58.40	7 M George 61	8:11.64	400 Meters Individual Medley		8 H Offenhausser 66	6:20.50
7 G Lawton 54	5:59.71	9 V Macdonald 59	58.50	8 M Reeves 61	8:20.60	1 R Simonton 60	*8:28.58	9 R Bressie 69	7:12.30
8 M Schiborski 54	5:59.71	10 B Lawrence 58	59.59	9 L Peterson 60	8:33.55	2 M George 61	8:53.01	50 Meters Butterfly	
200 Meters Individual Medley		100 Meters Breaststroke		10 L Jones 60	8:46.69	3 V Thompson 60	8:57.37	1 C McCarthy 65	*54.54
1 A Adams 50	*3:18.40	1 P Pickens 56	*1:40.19	1500 Meters Freestyle		4 M Anderson 63	10:00.26	2 G Merlino 65	1:02.38
2 J Krauser 52	3:27.71	2 C Costello 55	1:42.83	1 R Simonton 60	*29:05.13	5 R Steward 60	12:53.28	3 H Offenhausser 66	1:10.60
3 T Bolster 50	3:37.89	3 M Hanner 55	1:51.50	2 M Brown 61	29:05.41	Women 65-69		4 E Goldman 68	1:13.50
4 R Turcotte 51	3:44.47	4 M Hanner 55	1:52.63	3 J Osborne 64	29:43.50	50 Meters Freestyle		5 J Bennett 69	1:22.30
5 E Rogers 50	3:48.70	5 G Orocco 55	1:55.00	4 J Durston 64	30:32.54	1 G McCarthy 65	*40.00	6 L Bennett 66	1:34.07
6 S Erickson 54	3:51.18	6 R Schiffler 57	1:55.87	5 M George 61	31:08.79	2 D Musselman 65	40.11	100 Meters Butterfly	
7 D LaChasse 54	3:53.56	7 M Lee 58	1:58.82	6 W VanRysel 61	31:54.90	3 M Merlino 65	42.98	1 M Merlino 65	*2:09.20
8 K Harrison 54	3:57.80	8 E Sagasti 56	1:59.43	7 L Peterson	34:19.44	4 D Jagers 66	42.98	2 E Sandeman 65	2:22.70
9 M Knochenhauer 51	4:15.36	9 M Peterson 59	2:03.83	8 M Reeves 61	35:28.85	5 C Ballard 67	48.70	3 H Offenhausser 66	2:38.01
10 N Limbaugh 53	4:15.70	10 B Dendy 57	2:08.93	9 J Jones 60	35:54.79	6 H Offenhausser 66	51.85	4 E Mattila 68	2:59.30
400 Meters Individual Medley		200 Meters Breaststroke		10 J Meservey 63	36:24.93	7 E Offenhausser 66	52.30	5 J Bennett 69	3:10.10
1 A Adams 50	*7:04.25	Record: N Pessel '76	3:34.85	50 Meters Backstroke		8 S Sheppard 66	52.60	6 H Bressie 69	4:07.66
2 J Krauser 52	7:15.06	1 C Costello 55	3:47.56	American Record:		9 G Deal 65	52.83	200 Meters Butterfly	
3 T Bolster 50	7:35.23	2 M Hanner 55	3:50.35	D Musselman '77	47.50	10 E Sandeman 65	53.20	1 M Merlino 65	*4:33.70
4 R Turcotte 51	7:56.40	3 M Hanner 55	4:07.34	1 W VanRysel 61	*45.49	100 Meters Freestyle		2 H Offenhausser 66	6:06.70
5 E Rogers 50	8:14.20	4 E Sagasti 56	4:11.33	2 V Anderson	*48.50	1 D Musselman 65	*1:32.60	3 L Bennett 66	9:57.93
6 J Reed 50	8:14.20	5 B Crowell 58	4:13.18	3 M George 61	53.30	2 M Merlino 65	1:35.74	200 Meters Individual Medley	
7 G Altus 54	9:37.80	6 M Lee 58	4:46.20	4 M Jewett 63	54.30	3 G McCarthy 65	1:36.00	Record: M Merlino '77	4:11.30
8 G Lawton 54	11:04.78	7 R Carlson 58	4:49.50	5 V Thompson 60	57.30	4 C Ballard 67	1:47.42	1 M Merlino 66	4:12.10
9 M Schiborski 54	11:25.22	8 M Wunderlich 59	5:04.71	6 E McKeon 64	59.70	5 S Sheppard 66	2:05.15	2 E Sandeman 65	4:36.50
Women 55-59		9 M Jennings 58	5:05.64	7 J Meservey 63	1:01.03	6 H Offenhausser 66	2:15.80	3 H Offenhausser 66	4:54.47
50 Meters Freestyle		10 B Dendy 57	5:09.40	8 J Durston 64	1:01.70	7 G Deal 65	2:01.30	4 E Goldman 68	5:13.10
1 D Donnelly 56	*34.63	50 Meters Butterfly		9 V Cooper 60	1:01.84	8 E Goldman 68	2:01.50	5 E Mattila 68	5:13.22
2 D Rissig 56	35.20	1 C Costello 55	*41.57	10 M Reeves 61	1:03.60	9 R Sheppard 66	2:05.15	6 G Doctor 68	6:00.37
3 J Pieretti 58	38.29	2 J Eppley 55	43.00	100 Meters Backstroke		10 E Mattila 68	2:05.41	7 J Bennett 69	6:33.70
4 N Phillips 57	39.06	3 G Orocco 55	49.00	American Record:		200 Meters Freestyle		8 L Bennett 66	6:36.80
5 B Dendy 59	39.60	4 H Hummer 59	50.39	D Musselman '76	1:44.68	1 D Musselman 65	*3:43.90	9 H Bressie 69	7:39.60
6 H Hummer 59	40.60	5 B Dendy 57	52.22	1 W VanRysel 61	*1:42.62	2 C Ballard 67	3:46.47	400 Meters Individual Medley	
7 M Lee 58	41.11	6 M Schafer 55	53.99	2 M George 61	*1:57.59	3 G McCarthy 65	3:49.50	1 M Merlino 65	*8:42.66
8 J Smally 56	41.20	7 B Crowell 58	54.57	3 M Jewett 63	2:00.68	4 M Merlino 65	3:50.02	2 H Offenhausser 66	10:20.23
9 B Crowell 58	41.38	8 R Schiffler 57	55.04	4 L Peterson	2:12.20	5 S Sheppard 66	3:52.17	3 E Mattila 68	11:02.47
10 J Eppley 58	41.59	9 Z Taft 59	55.90	5 M Anderson 64	2:16.56	6 G Deal 65	4:16.98	4 D Cole 67	12:18.95
100 Meters Freestyle		10 B Lawrence 58	58.70	6 J Durston 64	2:18.90	7 R Sheppard 69	4:29.13	5 H Bressie 69	15:25.30
Record: D Rissig '76	1:16.55	100 Meters Butterfly		7 J Meservey 63	2:19.13	8 D Cole 67	4:29.13	Women 70-74	
D Donnelly 56	1:17.91	1 J Eppley 58	*1:44.27	8 V Cooper 60	2:22.08	9 R Lechner 65	5:01.12	50 Meters Freestyle	
J Pieretti 58	1:25.82	2 C Costello 55	1:44.87	9 M Reeves 61	2:25.18	10 M McCue 65	5:27.54	1 V Cherriman 70	*47.51
N Phillips 57	1:30.56	3 G Orocco 55	1:54.30	200 Meters Backstroke		400 Meters Freestyle		2 K Eschmann 70	*50.15
4 B Dendy 57	1:31.22	4 H Hummer 59	2:02.27	American Record:		1 G McCarthy 65	*7:59.30	3 R Switzer 70	53.26
5 B Crowell 58	1:35.60	5 Z Taft 59	2:05.80	D Musselman '76	3:57.74	2 M Merlino 65	8:08.95	4 H Montgomery 71	57.40
6 H Hummer 59	1:36.17	6 B Dendy 57	2:15.26	1 W VanRysel 61	*3:50.37	3 C Ballard 67	8:10.34	5 K Pelton 72	1:00.15
7 J McPherson 56	1:36.67	7 M Schafer 55	2:22.25	2 M George 61	*4:28.28	4 H Offenhausser 66	8:12.48	6 M Brown 74	1:15.48
8 M Lee 58	1:36.73	8 P Pickens 56	2:22.25	3 P Matthiesen 62	4:28.28	5 S Sheppard 66	8:21.20	7 L Brown 74	1:15.94
9 B Lawrence 58	1:37.39	9 W Paulsen 55	2:39.37	4 M Jewett 63	4:32.37	6 B Johnston 68	8:59.83	8 S Scott 71	1:16.51
10 Z Taft 59	1:40.88	10 N Lawrence 58	2:40.47	5 J Meservey 63	4:38.99	7 G Deal 65	9:02.61	9 T Murdoch 72	1:22.30
200 Meters Freestyle		200 Meters Butterfly		6 J Durston 64	4:50.20	8 R Sheppard 69	9:03.17	10 H Smyth 71	1:25.10
Record: D Rissig '76	2:54.10	1 J Eppley 58	*3:57.32	7 B Havlicek 60	5:14.90	9 E Goldman 68	9:21.60	100 Meters Freestyle	
1 D Rissig 56	3:02.00	2 G Orocco 55	4:10.86	8 P Sidorski 61	5:20.70	10 E Sandman 65	9:31.40	1 V Cherriman 70	*1:54.78
2 D Donnelly 56	3:04.84	3 R Simonton 59	4:35.09	9 M Anderson 64	5:27.57	1500 Meters Freestyle		2 K Eschmann 70	*1:54.58
3 G Orocco 55	3:11.60	4 Z Taft 59	4:51.80	10 L Elbert	5:47.46	1 M Merlino 65	*30:49.40	3 R Switzer 70	1:59.18
4 J Pieretti 58	3:20.69	5 M Jennings 58	5:43.17	50 Meters Breaststroke		2 G McCarthy 65	31:24.06	4 H Montgomery 71	2:24.09
5 H Hummer 59	3:22.88	6 F Woolsey 56	5:57.20	Record: M Anderson '75	49.40	3 H Offenhausser 66	32:19.08	5 Mauric 74	2:24.11
6 N Phillips 57	3:24.98	7 M DeCarlo 58	6:10.13	1 V Thompson 60	53.68	4 B Johnston 68	34:53.40	6 M Brown 74	2:24.11
7 J Eppley 58	3:28.02	8 E Stevenin 57	8:28.20	2 V Anderson 61	55.70	5 E Goldman 68	37:01.80	7 E Somers 71	2:29.13
8 R Simonton 59	3:33.70	9 R Steward 59	8:55.90	3 M Anderson 63	57.30	6 E Muller 66	38:21.54	8 K Pelton 72	2:34.75
9 P Pickens 56	3:35.78	200 Meters Individual Medley		4 B Skoczek 61	57.39	7 R Lechner 65	41:32.83	9 T Murdoch 72	2:41.00
10 B Crowell 58	3:38.25	Record: D Rissig '76	3:29.39	5 M Jewett 63	59.10	8 M Mueller 66	42:55.80	10 H Smyth 71	3:12.20
400 Meters Freestyle		1 D Donnelly 56	3:33.55	6 J Durston 64	59.60	9 M McCue 65	44:49.37	200 Meters Freestyle	
Record: D Rissig '76	6:23.80	2 C Costello 55	3:34.29	7 M Wentworth 62	1:00.90	10 G Abraham 68	46:08.90	1 V Cherriman 70	*4:04.96
1 G Orocco 55	6:39.89	3 M Lee 58	4:01.90	8 M George 64	1:00.95	50 Meters Backstroke		2 R Switzer 70	*4:19.53
2 J Eppley 58	7:05.27	4 B Crowell 58	4:02.84	9 J Meservey 63	1:01.97	1 G McCarthy 65	*50.60	3 K Pelton 72	5:09.57
3 H Hummer 59	7:13.76	5 J Eppley 58	4:03.20	10 P Sidorski 61	1:02.20	2 D Musselman 65	50.70	4 E Somers 71	5:11.75
4 J Pieretti 58	7:14.98	6 Z Taft 59	4:12.70	100 Meters Breaststroke		3 M Merlino 65	51.05	5 O Newton 70	7:04.20
5 M Hanner 55	7:19.48	7 B Dendy 57	4:17.58	Record: M Anderson '75	1:52.50	4 M Miller	54.88	500 Meters Freestyle	
6 N Phillips 57	7:32.80	8 M Schafer 55	4:20.48	1 V Thompson 60	1:57.86	5 G Deal 65	1:00.00	1 V Cherriman 70	*8:29.55
7 J McPherson 56	7:47.18	9 B Lawrence 58	4:31.49	2 B Skoczek 61	2:10.66	6 B Johnston 68	1:01.50	2 R Switzer 70	*9:03.19
8 M Lee 58	7:49.57	10 M Jennings 58	4:37.41	3 P Matthiesen 62	2:11.24	7 S Sheppard 66	1:02.35	3 E Somers 71	10:33.20
9 B Golseth 58	7:50.82	400 Meters Individual Medley		4 M Wentworth 62	2:11.29	8 M Scanlon 67	1:02.55	4 Eauric 74	10:33.39
10 N Pessel 58	8:00.84	1 C Costello 55	*7:42.12	5 J Meservey 63	2:12.08	9 E Goldman 68	1:03.04	5 T Murdoch 72	11:52.40
1500 Meters Freestyle		2 D Rissig 56	7:48.10	6 J Durston 64	2:12.62	10 G McConkey 67	1:05.30	6 M Brown 74	12:51.94
Record: D Rissig '76	26:02.31	3 J Eppley 58	7:48.10	7 M Anderson 63	2:12.62	100 Meters Backstroke		7 R Switzer 70	14:44.40
1 H Hummer 59	27:50.30	4 R Simonton 59	8:34.33	8 M George 61	2:15.52	1 D Musselman 65	*1:50.80	1500 Meters Freestyle	
2 J Krauser 52	28:37.24	5 J Pieretti 58	8:40.29	9 J Durston 64	2:16.70	2 M Merlino 65	1:55.19	1 V Cherriman 70	*33:45.40
3 M Hanner 55	28:54.02	6 M Lee 58	8:45.83	10 E Hillin 60	2:16.60	3 G McCarthy 65	1:56.28	2 R Switzer 70	*35:52.89
4 J Pieretti 58	29:28.44	7 Z Taft 59	8:55.57	200 Meters Breaststroke		4 E Muller 66	2:08.27	3 M McKechnie 73	38:21.44
5 H Hummer									

200 Meters Backstroke		200 Meters Medley Relay		7 Metro-New York	3:29.47	10 San Mateo "B"	2:38.30	6 J Eller 28	1:07.63
1 K Eschmann 70	*4:57.38	Rec: Mid ATL Mast '74	2:18.50	(Katz, Nellin, Costello, Eschmann)		(Cunningham, Odone, Kochenhaus, Brown)		7 G Wolff 26	1:09.69
2 M McKechnie 73	4:57.39	1 San Diego	2:19.47	(Skrifvars, Partin, Dunbar, Christensen)		Mixed 55+		8 C Leydorf 27	1:09.70
3 E Somers 71	6:14.40	2 DC	2:20.09	(Trenck, Todd, Ruppert, McCorkle)		1 Connecticut	*2:15.26	9 A Ackerman 27	1:09.73
4 S Scott 71	6:15.54	3 Arizona	2:20.89	(Pflugheber, Gettling, Keller, Baker)		(Pieretti, Donnelly, Erich, Knapp)		10 W Berthold 29	1:10.13
5 O Newton 70	9:01.60	4 New England "A"	2:20.99	(Jannarone, Walsh, Tandy, Morse)		2 San Mateo	2:21.50	200 Meters Backstroke	
50 Meters Breaststroke		5 Maryland	2:22.91	(Chidester, Wise, Mason, Harris)		(VonHerckefeldt, Taft, Orsoco, Taft)		Record W Dorney '75	2:21.98
Record: R Caplane '77	1:08.28	6 Metro-New York	2:23.06	(Anderson, Sherman, Katz, Byrne)		3 Long Beach	2:33.89	1 T Hueken	2:22.
1 H Montgomery 71	1:11.60	7 New England "B"	2:25.35	(Craffey, Wyman, Fowler, Steucek)		(Simonon, Rankin, Crowell, Neber)		2 R Whitchurch 25	2:25.1
2 K Felton 72	1:17.20	8 MOST	2:30.64	(True, Truit, Seidel, Lott)		4 New England	2:41.70	3 R Bober 27	2:26.24
3 R Caplane 71	1:19.98	9 Connecticut	2:31.86	(Hardy, Slikak, Miller, Kearney)		(Brown, Baker, Edwards, Read)		4 K Moehlmann 26	2:30.78
4 T Murdock 72	1:42.20	10 Tampa Palms	2:34.00	(Cuneo, Hoey, Ridout, Mann)		5 Middle Atlantic	2:43.43	5 W Barthold 29	2:34.08
100 Meters Breaststroke		Women 55+		200 Meters Freestyle Relay		6 Illinoia	2:44.31	6 D Castner 25	2:35.80
Record: R Caplane '77	2:32.16	Rec: San Mateo '74	2:13.46	(Garratt, Kay, Dooling, Tamalpais)		(Sielski, Eppley, Sielski, Havlicek)		7 J Secunda 29	2:36.67
1 R Caplane 71	2:43.10	1 Connecticut	2:31.86	(Garratt, Kay, Dooling, Tamalpais)		7 Valley Swim Club	2:47.56	8 C Stانبury 27	2:36.81
2 K Felton 72	2:57.53	2 Connecticut	3:26.55	(Phillips, Donnelly, Pieretti, Offenhaus)		(Spears, Rogers, Riggs, Tyler)		9 H Green	2:36.93
3 E Mauric 74	3:09.36	3 DC "B"	3:55.86	(Wiley, Sagasti, Lee, Shephard)		8 St Petersburg	3:01.44	10 G Moran 26	2:39.20
4 T Murdock 72	3:32.70	4 New England	4:25.75	(MacDonald, Wentworth, Baker, Hogan)		(McKechnie, Jennings, Cooper, Jennings)		50 Meters Breaststroke	
200 Meters Breaststroke		5 Concord	4:10.50	(Durston, Oswald, Barnes, Smyth)		9 CRST	3:02.80	Record T Ludwig '76	32.20
Record: R Caplane '77	5:47.12	6 Illinois	2:44.31	(Sielski, Eppley, Sielski, Havlicek)		(Denst, Hottinger, Nielson, Goldhammer)		1D Anderson 26	33.88
1 K Felton 72	6:03.87	200 Meters Medley Relay		1 DC "A"	*3:08.15	(Muller, Jannerone, Vogt, Weinberg)		2 M Simon 26	34.80
2 R Caplane 71	6:08.10	1 Connecticut	3:26.55	(Hanner, Pessel, Hummer, Clark)		(Anderson, McConkey, Montgomery, Osborne)		3 J Benedict 27	34.90
3 E Mauric 74	6:16.19	2 Connecticut	3:26.55	(Phillips, Donnelly, Pieretti, Offenhaus)		3 Metro-New York	3:21.22	4 S Neale 26	34.99
4 T Murdock 72	7:50.90	3 DC "B"	3:55.86	(Wiley, Sagasti, Lee, Shephard)		4 DC	3:24.64	5 R Tropp 29	35.20
5 S Scott 71	8:12.78	4 New England	4:25.75	(MacDonald, Wentworth, Baker, Hogan)		(Abraham, Thompson, McAfee, Shephard)		6 C Scott 29	35.50
50 Meters Butterfly		5 Sarasota	4:50.40	(Smally, Stewart, DeCarlo, Rambaldi)		5 Connecticut	3:37.70	7 J Donnelly 29	35.90
1 V Cherriman 70	#1:06.43	6 Concord	4:51.70	(Smyth, Durston, Barnes, Oswald)		Mixed 65+		8 J Wheeler 28	35.93
2 K Felton 72	*1:11.80	Women 65+		200 Meters Freestyle Relay		1 New Jersey	*3:05.21	Record D McKensie '72	1:05.87
100 Meters Butterfly		Rec: San Mateo '74	2:13.46	(Garratt, Kay, Dooling, Tamalpais)		2 Hawaii	3:13.30	1 A Aguarrere 25	#1:09.90
1 K Felton 72	*2:38.76	1 Connecticut	2:31.86	(Hardy, Slikak, Miller, Kearney)		(Anderson, McConkey, Montgomery, Osborne)		2 T Huesken	*1:13.97
200 Meters Butterfly		2 Connecticut	3:26.55	(Phillips, Donnelly, Pieretti, Offenhaus)		3 Metro-New York	3:21.22	3 D Anderson 26	1:14.43
1 K Felton 72	*6:17.42	3 DC "B"	3:55.86	(Wiley, Sagasti, Lee, Shephard)		4 P Boulding 26	1:15.07	4 S Harrison 29	1:16.40
200 Meters Individual Medley		4 New England	4:25.75	(MacDonald, Wentworth, Baker, Hogan)		5 S Harrison 29	1:16.40	6 P Neale 26	1:16.54
Record: S Bailey '76	5:24.10	5 Concord	4:51.70	(Smyth, Durston, Barnes, Oswald)		7 P Forshay 29	1:17.10	8 M Simon 26	1:18.90
1 S Scott 71	8:19.45	Women 75-79		200 Meters Freestyle Relay		9 J Donnelly 29	1:19.28	10 E Wolff 27	1:19.34
400 Meters Individual Medley		Rec: Humuhumunukunua	4:35.54	(McConky, Cameron, Montgomery, Bennett)		200 Meters Breaststroke		Record K Pope '72	2:33.04
Record: S Bailey '77	12:00.40	1 San Mateo	2:38.28	(McConky, Cameron, Montgomery, Bennett)		1 A Aguarrere 25	#2:37.02	2 D Anderson 26	*2:45.71
1 S Scott 71	17:13.68	5 New Jersey	2:38.54	(Nicholson, DeLuca, Moeller, Highland)		3 P Boulding 26	2:48.49	4 S Harrison 29	2:48.76
50 Meters Freestyle		6 Illinois	2:48.73	(Bennett, Rossi, Havlicek, Turcotte)		5 M Simon 26	2:54.40	6 D Johnson 25	2:54.91
Record: P Watkins '76	1:10.03	7 Glenmore	2:51.70	(Brees, Nygren, Fernandez, Montoya)		7 D Levinson 28	2:55.03	8 M Jester 29	2:55.20
1 P Watkins 79	1:14.50	8 New England "A"	2:56.64	(Elliot, Munise, McIntyre, Higbie)		9 B Weaver 26	2:55.98	10 J Parker 27	2:56.37
2 D Hogan 77	1:14.50	9 New England "B"	3:24.46	(Puleston, Wright, Lyman, Gauthier)		50 Meters Butterfly		Record P Schlicher '76	26.70
3 J Cameron 78	1:38.60	10 St Petersburg	3:47.93	(Nagel, Jennings, Thomas, Augustine)		1 P O'Connor 25	27.06	1 P O'Connor 25	27.30
100 Meters Freestyle		200 Meters Medley Relay		200 Meters Freestyle Relay		2 W Barthold 29	25.55	3 J Oesterloh 29	27.46
Record: P Watkins '77	2:35.42	Rec: St Louis Mast '76	2:33.50	(Busa, Snorbus, Mueller, Burke)		3 H Lane 29	25.63	4 B Gage 28	27.52
1 P Watkins 79	2:35.88	1 Tampa Palms	3:02.80	(Tamalpais)		4 P Katz 28	25.91	5 E Wolff 28	26.30
2 D Hogan 77	2:48.27	2 Rinconada	3:06.20	(Limbaugh, Callison, MacPherson, Christiansen)		6 S Hedberg 25	26.31	7 J Wilson 25	26.31
3 J Cameron 78	3:46.90	3 Sacramento YMCA	3:08.28	(Cort, Hoey, Ridout, Mann)		8 J Wilson 25	26.31	9 R Bober 27	26.41
200 Meters Freestyle		4 Illinois	3:08.76	(DADS)		10 B Haffner 27	26.45	100 Meters Freestyle	
1 D Hogan 77	*6:12.19	200 Meters Medley Relay		7 Arizona	2:00.07	Record K Hammer '72	54.38	6 D Castner 25	2:01.90
2 J Cameron 78	*7:56.00	Rec: St Louis Mast '76	2:33.50	(Hedberg, Gettling, Winter, Tamme)		1 W Barthold 29	57.06	7 J Oesterloh 29	2:02.77
1 D Hogan 77	*13:01.00	1 Connecticut	3:26.55	(Phillips, Donnelly, Pieretti, Offenhaus)		2 G Jeffers	57.21	8 J Eller 28	2:08.87
2 J Cameron 78	18:23.70	2 Connecticut	3:26.55	(Phillips, Donnelly, Pieretti, Offenhaus)		3 J Oesterloh 29	58.04	9 A Peck 26	2:09.07
3 R Deal 79	23:38.07	3 DC	3:53.16	(Highly, Rupper, Todd, Parker)		4 B Gage 28	58.38	100 Meters Butterfly	
1500 Meters Freestyle		4 Maryland	4:54.96	(Wise, Harris, Stanley, Gorsak)		5 E Wolff 28	58.50	Record P Schlicher '76	58.56
Record: P Watkins '76	46:56.21	5 Connecticut	4:56.75	(Slikak, Miller, Haffner, Broker)		6 D Whiting 25	58.65	1 R Orr 27	1:00.60
50 Meters Backstroke		6 New England "C"	1:59.41	(Wyman, Craffey, Rastetter, Davis)		7 S Hedberg 25	59.05	2 R Forshay 29	1:02.77
1 P Watkins 79	*1:15.01	7 Arizona	2:00.07	(Hedberg, Gettling, Winter, Tamme)		8 J Secunda 29	59.22	3 G Hilde 25	1:03.10
2 J Cameron 78	3:02.80	8 Tampa Palms	2:01.60	(Cort, Hoey, Ridout, Mann)		9 D Castner 25	59.30	4 J Salvatore 28	1:04.24
100 Meters Backstroke		9 DADS	2:02.60	(Johnston, May, Brewton, Williams)		10 R Cooley 29	59.49	5 G Bastie 27	1:05.41
1 P Watkins 79	*2:42.29	200 Meters Freestyle Relay		10 Texas Gulf	2:02.60	Record K Hammer '72	2:05.49	6 D Levinson 28	1:05.60
Record: P Watkins '76	5:54.02	Rec: St Louis Mast '76	2:33.50	(Busa, Snorbus, Mueller, Burke)		1 R Bober 27	2:10.35	7 C Leydorf 27	1:05.94
1 R Deal 79	11:42.12	1 Connecticut	3:26.55	(Phillips, Donnelly, Pieretti, Offenhaus)		2 W Barthold 29	2:10.89	8 D Castner 25	1:06.20
50 Meters Breaststroke		2 Rinconada	3:06.20	(Limbaugh, Callison, MacPherson, Christiansen)		3 G Jeffers	2:11.47	9 J Poote 27	1:07.05
Record: D Hogan '77	1:20.90	3 Sacramento YMCA	3:08.28	(Cort, Hoey, Ridout, Mann)		4 R Whitchurch 25	2:13.20	10 R Williams 28	1:07.40
100 Meters Breaststroke		4 Illinois	3:08.76	(DADS)		5 P Katz 28	2:13.70	200 Meters Butterfly	
Record: D Hogan '77	3:01.87	200 Meters Medley Relay		7 Arizona	2:00.07	6 J Parker 27	2:14.06	Record P Schlicher '76	2:13.14
1 D Hogan 77	3:24.03	Rec: St Louis Mast '76	2:33.50	(Hedberg, Gettling, Winter, Tamme)		7 D Whiting 25	2:15.27	1 P Katz 28	2:26.70
2 J Cameron 78	6:13.30	1 Connecticut	3:26.55	(Phillips, Donnelly, Pieretti, Offenhaus)		8 R Williams 28	2:15.40	2 G Hilde 25	2:34.60
200 Meters Breaststroke		2 Connecticut	3:26.55	(Phillips, Donnelly, Pieretti, Offenhaus)		9 S Freeks 26	2:15.55	3 D Levinson 28	2:38.96
1 D Hogan 77	*7:06.04	3 DC	3:53.16	(Highly, Rupper, Todd, Parker)		10 J Secunda 29	2:15.62	4 E King 26	2:44.10
50 Meters Butterfly		Women 55+		400 Meters Freestyle		Record W Babcock '75	4:28.65	5 L Troxell 27	2:48.37
1 R Deal 79	*4:57.06	Rec: Rinconada '74	2:19.85	(Nicholson, Moeller, Snyder, Goode)		1 B Gage 28	4:46.70	6 R Delanis 25	2:52.79
Women 80+		1 San Mateo	2:54.50	(MacBeth, Herzog, Cullum, Marquardt)		2 R Whitchurch 25	4:47.40	7 P Laes 26	2:51.20
50 Meters Freestyle		2 RMOCO, Soss, Odone, Taft)	2:57.39	(RMOCO, Soss, Odone, Taft)		3 R Bober 27	4:48.28	8 W Mixson 27	2:53.90
1 N Brown 85	*1:37.83	3 New Jersey	2:59.53	(Bolster, Muller, Doonan, Boorman)		4 M Worden 26	4:49.12	9 D Kennell 27	3:01.70
2 L Florence	1:47.21	4 O'H'I'O	3:07.98	(Christian, Ferguson, Smith, McKillop)		5 R Watson 29	4:51.81	10 S Freeks 27	3:06.05
100 Meters Freestyle		200 Meters Freestyle Relay		200 Meters Freestyle Relay		6 J Oesterloh 29	4:53.00	200 Meters Individual Medley	
1 L Florence	*3:37.81	Rec: Rinconada '74	2:19.85	(Nicholson, Moeller, Snyder, Goode)		7 W Barthold 29	4:54.64	Record P Bates '72	2:15.55
200 Meters Freestyle		1 San Mateo	2:54.50	(MacBeth, Herzog, Cullum, Marquardt)		8 C Bowman 26	4:55.27	1 T Huesken	2:24.52
Record: N Brown '75	7:07.50	2 RMOCO, Soss, Odone, Taft)	2:57.39	(RMOCO, Soss, Odone, Taft)		9 T Mann 29	4:55.55	2 R Whitchurch 25	2:26.50
1 L Florence	7:17.79	3 New Jersey	2:59.53	(Bolster, Muller, Doonan, Boorman)		10 L Markel 28	4:56.70	3 P Forshay 29	2:28.80
2 W Brown 85	7:34.10	4 O'H'I'O	3:07.98	(Christian, Ferguson, Smith, McKillop)		1500 Meters Freestyle		4 R Cooley 29	2:29.08
1500 Meters Freestyle		200 Meters Freestyle Relay		200 Meters Freestyle Relay		Record W Babcock '74	17:40.50	5 F O'Connor 25	2:29.50
1 L Florence	*15:17.93	Rec: Rinconada '74	2:19.85	(Nicholson, Moeller, Snyder, Goode)		1 F O'Malley 29	19:18.60	6 S Harrison 25	2:30.40
2 N Brown 85	15:36.91	1 San Mateo	2:54.50	(MacBeth, Herzog, Cullum, Marquardt)		2 J Bauble 26	19:22.71	7 C Chappel	2:31.24
50 Meters Backstroke		2 RMOCO, Soss, Odone, Taft)	2:57.39	(RMOCO, Soss, Odone, Taft)		3 C Bowman 26	19:27.10	8 C Wolff 26	2:33.18
Record: N Brown '77	68:35.20	3 New Jersey	2:59.53	(Bolster, Muller, Doonan, Boorman)		4 J Parker 27	19:34.61	9 D Anderson 26	2:33.66
50 Meters Backstroke		4 O'H'I'O	3:07.98	(Christian, Ferguson, Smith, McKillop)		5 R Bober 26	19:44.26	10 C Stانبury 27	2:34.08
Record: N Brown '75	2:13.00	200 Meters Freestyle Relay		200 Meters Freestyle Relay		6 T Mann 29	19:45.64	400 Meters Individual Medley	
1 N Brown 85	*4:10.51	Rec: Rinconada '74	2:46.82	(Stimpson, Roper, Scholer, Bennett)		7 W Mixson 27	20:20.50	Record P Schlicher '76	5:07.69
Women 25+		1 San Diego	2:04.00	(Silva, Partin, Skrifvars, Dunbar)		8 P Larson 28	20:29.79	1 R Orr 27	5:25.00
200 Meters Freestyle Relay		4 Metro-New York	2:05.80	(Katz, Anderson, Hengst, Byrne)		9 J Emberson 27	20:35.10	2 D Levinson 28	5:28.94
Rec: Long Beach '74	2:02.40	5 Maryland	2:08.12	(Chidester, Mason, Harris, Wise)		10 T Kampf	20:45.90	3 S Harrison 25	5:31.86
(Peterson, Johnson, Duncan, Hayes-Frank)		6 New England "B"	2:09.51	(Wyman, Schaffer, Craffey, Jannarone)		50 Meters Backstroke		4 V Hintlian 28	5:37.36
1 New England "A"	2:02.51	7 Connecticut	2:11.42	(Miller, Kamhausen, Kearney, Slikak)		1 T Huesken	*28.76	5 G Spohn 29	5:48.28
2 D C	2:03.81	8 Connecticut	2:11.42	(Miller, Kamhausen, Kearney, Slikak)		2 R McKay 25	29.60	6 S Bastie 25	5:48.49
(Todd, Schaffer, Puppert, McCorkle)		200 Meters Medley Relay		200 Meters Medley Relay		3 D Hilde 25	30.10	7 R Fardew 29	5:53.11
3 San Diego	2:04.00	Rec: Rinconada '74	2:46.82	(Stimpson, Roper, Scholer, Bennett)					

10 P Wianer 30	27.30	8 T Lloyd 33	28.84	6 T Calomeris 35	1.12.50	5 P Gay 44	1.03.53	100 Meters Butterfly			
10 T Lloyd 33	27.30	9 G DeLong 34	28.90	7 P Betser 36	1.13.26	6 R Nekton 40	1.03.79	Record S Gideonse '76			1.09.08
100 Meters Freestyle		10 R Holmlund 34	29.03	8 F Nelson 35	1.13.50	7 C Christensen 40	1.03.88	1 W Dohler 44			1.10.54
1 F Schlicher 30	*55.51	100 Meters Butterfly		9 M McKinlay 35	1.13.50	8 C Woolley 41	1.04.07	2 T Boyes 42			1.13.80
2 J Gordon 33	57.42	1 F Schlicher 30	*59.07	10 J Snooks 35	1.15.80	9 D Read 43	1.04.33	3 K Canterbury 42			1.15.92
3 D Gray 32	58.20	2 A Melamed 34	1.02.04	200 Meters Backstroke		10 W Earley 41	1.04.67	4 C Bechtel 40			1.16.48
4 J Stafford 30	58.24	3 D Ennis 34	1.03.33	1 T Mann 35	*2.19.40	200 Meters Freestyle		5 C Rosser 44			1.16.82
5 J Peterson 30	58.70	4 G Betancourt 32	1.04.52	2 D Hershey 37	2.26.28	Record B Jones '74	2.09.08	6 A Coxon 42			1.17.64
6 J Hill 34	58.77	5 J Katis 32	1.05.00	3 J Helmann 36	2.36.25	1 T Boise 42	*2.16.03	7 W Murray 41			1.19.75
7 J Sanders 31	58.90	6 R Kleffman 30	1.05.02	4 J Pringle 35	2.36.67	2 C Bechtel 40	*2.19.80	8 M Siebold 43			1.20.03
8 J Krueger 32	1.00.61	7 K Bell 30	1.05.06	5 M McKinlay 35	2.41.60	3 C Woolley 41	2.20.06	9 P Ferguson 40			1.20.36
9 D Ennis 34	1.00.68	8 G DeLong 34	1.06.06	6 D Bretherton 36	2.41.80	4 K Canterbury 42	2.21.63	10 B Fabsbender 41			1.20.54
10 B Bartling 30	1.00.72	9 D Walthe 31	1.06.20	7 P Betser 36	2.43.81	5 A Coxon 42	2.22.32	200 Meters Butterfly			
200 Meters Freestyle		10 K Krueger 32	1.07.24	8 R Boder 35	2.45.27	6 J LeBourgeois 40	2.22.90	Record B Jones '77			2.49.20
1 F Schlicher 30	*2.02.11	200 Meters Butterfly		9 L Schaeffer 37	2.45.35	7 P Duncan 42	2.24.67	*1 A Coxon 42			3.08.33
2 T Spieker 30	2.07.91	Record A Melamed '75	2.14.24	10 T Garton 35	2.48.81	8 C Christensen 40	2.26.30	2 B Fabsbender 41			3.12.40
3 D Gray 32	2.08.30	1 J Katis 32	2.31.60	50 Meters Breaststroke		9 G Rosser 44	2.28.38	3 C LeBourgeois 40			3.21.40
4 J Stafford 30	2.09.37	2 L Faust 31	2.32.80	1 T McAbee 36	*33.96	10 G Brunstad 44	2.30.53	4 C Schaumburg 44			3.25.30
5 G Hill 34	2.09.46	3 K Bell 30	2.33.15	2 C Mauns 38	34.50	400 Meters Freestyle		5 R Burns 42			3.27.25
6 J Sanders 31	2.10.50	4 J Green	2.34.51	3 R Neeves 38	34.70	Record B Jones '75	4.38.82	6 D Petranec 43			3.30.17
7 K Bell 30	2.12.81	5 M Smithers 30	2.37.50	4 G Runciman 36	34.92	1 T Boise 42	#4.55.86	7 R Richter 44			3.33.73
8 W Cerny 30	2.13.00	6 E Duncan 32	2.40.89	5 P Whitten 35	35.74	2 C Woolley 41	*#4.59.34	8 J Risher 42			3.51.49
9 B Bartling 30	2.16.42	7 K Dawson 33	2.45.04	6 P Whitten 35	35.98	3 K Canterbury 42	5.00.63	9 A Lathi 42			3.52.90
10 J Kates 32	2.18.20	8 D Huestis 30	2.45.17	7 E Fernandez 36	36.20	4 A Coxon 42	5.08.59	10 J Thomas 42			4.12.80
400 Meters Freestyle		9 J Zeigler 32	2.45.70	7 A Arndt 37	36.20	5 C Bechtel 40	5.10.97	200 Meters Individual Medley			
1 T Spieker 30	*4.31.01	10 C Pick 30	2.46.53	8 R Stanley 36	36.30	6 J LeBourgeois 40	5.12.30	Record B Jones '74			2.29.70
2 W Cerny 30	4.39.50	200 Meters Individual Medley		9 R Nekton 40	36.38	7 R Nekton 40	5.12.85	1 T Boyes 42			*2.37.82
3 K Bell 30	4.40.29	1 F Schlicher 30	*2.18.78	10 L Diamond 38		8 G Rosser 44	5.18.82	2 A Coxon 42			*2.42.13
4 G Hill 34	4.40.45	2 K Bell 30	2.30.29	100 Meters Breaststroke		9 C Christensen 40	5.19.34	3 P Ferguson 40			2.43.01
5 J Sanders 31	4.45.80	3 T Spieker 30	2.30.66	1 R Neeves 38	*1.15.52	10 P Duncan 42	5.21.06	4 R Nekton 40			2.44.75
6 D Gray 32	4.45.80	4 J Katis 32	2.32.40	2 R Stanley 35	1.17.02	1500 Meters Freestyle		5 G Worthington 40			2.45.10
7 J Stafford 30	4.51.80	5 B Bartling 30	2.35.97	3 J Pringle 35	1.19.12	Record B Jones '74	18.41.90	6 K Canterbury 42			2.46.60
8 G Davies 33	4.52.15	6 R Kolonowski 30	2.36.03	4 W Mulliken 39	1.19.39	1 C Woolley 41	20.02.86	7 D Drum 42			2.47.50
9 S Johnson 30	4.52.40	7 E Rudloff 30	2.36.30	5 P Whitten 35	1.20.88	2 R Nekton 40	20.35.44	8 W Earley 41			2.49.73
10 B Bartling 30	4.55.36	8 G Davies 33	2.36.41	6 G Runciman 36	1.21.21	3 K Price 40	21.15.35	9 G Brunstad 44			2.56.02
1500 Meters Freestyle		9 J Selmer 33	2.36.50	7 E Fernandez 37	1.21.46	4 J Berthe 41	21.19.11	10 W Dohler 44			2.56.24
1 T Spieker 30	*18.05.49	10 G DeLong 34	2.36.57	8 C Mauns 38	1.21.70	5 P Ferguson 40	21.37.02	400 Meters Individual Medley			
2 W Cerny 30	18.44.10	400 Meters Individual Medley		9 R Pomeroy 35	1.21.74	6 B Belske 44	21.55.19	Record B Jones '77			5.41.96
3 K Bell 30	18.58.23	1 F Schlicher 30	*5.01.43	10 P Betser 36	1.21.94	7 P Duncan 42	22.00.19	Open Record T Boyes '78			5.38.52
4 G Hill 34	19.13.00	2 T Spieker 30	5.18.14	Record A Arndt '77	2.51.00	8 D Petranec 43	22.13.92	1 T Boyes 42			*5.38.52
5 Dama 31	19.15.05	3 K Bell 30	5.27.05	1 R Neeves 38	2.52.29	9 M Siebold 43	22.21.88	2 K Canterbury 42			*5.45.43
6 E Duncan 32	19.18.13	4 J Katis 32	5.29.00	2 W Mulliken 39	2.53.53	10 P Hellmuth 40	22.26.90	3 R Nekton 40			5.57.54
7 R Larson 31	19.28.10	5 W Cerny 30	5.33.90	3 H Cole 37	2.54.64	50 Meters Backstroke		4 A Coxon 42			5.59.60
8 J Green 33	19.40.41	6 M Smithers 30	5.35.60	4 R Stanley 35	2.56.51	1 A Coxon 42	*32.63	5 P Ferguson 40			6.03.45
9 G Davies 33	19.58.14	7 R Kolonowski 30	5.37.03	5 D Gifford 37	2.57.40	2 W Earley 41	32.75	6 R Martin 41			6.22.66
10 B Bartling 30	20.21.10	8 J Green 33	5.37.12	6 P Whitten 35	2.57.41	3 D Clayton 42	33.13	7 D Drum 42			6.25.30
50 Meters Backstroke		9 G Davies 33	5.37.24	7 R Pomeroy 35	2.57.80	4 J Bohan 42	33.30	8 C Schaumburg 40			6.30.00
1 K Krueger 32	*29.21	10 A Pearce 32	5.42.97	8 R Brawer 35	3.00.41	5 C Bechtel 40	34.92	9 B Belske 44			6.30.39
2 F Schlicher 30	29.92	Men 15-39		9 A Arndt 37	3.00.50	6 J Risher 42	35.20	10 M Siebold 43			6.30.86
3 R Hemmington 31	31.40	50 Meters Freestyle		10 E Fernandez 37	3.02.41	7 D Cook 43	35.40	Men 45-49			
4 T Spieker 30	32.27	Record S Jackman '76	25.56	50 Meters Butterfly		8 L Weiring 43	35.50	50 Meters Freestyle			
5 W Johnson 34	32.43	1 S Clark 35	25.60	1 S Clark 35	*28.00	9 A Kleban 41	35.56	1 D Hill 45			*26.25
6 R Ennis 34	32.80	2 T Mann 35	25.60	2 J Geoghegan 36	28.23	10 A Calderwood 43	35.71	2 H Begel 49			27.80
7 M McKinlay 34	32.80	3 J Geoghegan 36	25.96	3 T Calomeris 35	29.07	100 Meters Backstroke		3 B Jones 45			28.09
8 J Stout 31	32.80	4 B Clark 36	26.60	4 D Gllanderis 39	29.40	Record B Jones '73	1.10.67	4 T Lyndon 46			28.19
9 C Dugan 32	32.90	5 P Sague 36	27.00	5 E Snyder 35	29.61	1 K Canterbury 42	1.12.82	5 N Palmer 47			28.43
10 H Burns 30	32.99	6 E Snyder 35	27.19	6 T Garton 35	29.80	2 W Earley 41	1.12.88	6 E Ems 49			29.09
100 Meters Backstroke		7 R Boder 35	27.20	7 T Mann 35	29.91	3 A Coxon 42	1.13.40	7 A Jones 46			29.10
Record T Mann '73	1.05.00	8 T Calomeris 35	27.24	8 A Cartwright 36	30.00	4 D Clayton 43	1.13.41	8 F Reynolds 46			29.36
1 K Krueger 32	1.05.34	9 C Winn 37	27.30	9 I Goode 35	30.06	5 P Ferguson 40	1.16.11	9 G Johnston 47			29.70
2 Spieker 30	1.05.78	10 C Raven 39	27.31	10 M Laux 35	30.18	6 C Schaumburg 40	1.19.01	10 E Webster 45			30.00
3 Gordon 33	1.08.59	100 Meters Freestyle		100 Meters Butterfly		7 L Weiring 43	1.19.27	100 Meters Freestyle			
4 Livingood 33	1.09.03	1 S Clark 35	*56.63	Record B Kanner '74	1.03.67	8 C Bechtel 40	1.19.88	Record G Johnston '76			1.02.44
5 R Burns 30	1.11.78	2 J Geoghegan 36	58.01	1 J Geoghegan 36	1.04.11	9 E McCullough 40	1.20.33	1 T Lyndon 46			1.02.89
6 M McKinlay 34	1.12.20	3 T Garton 35	58.22	2 C Clark 35	1.04.70	10 D Cook 43	1.20.58	2 J Johnston 47			1.04.50
7 D Ennis 34	1.12.87	4 T Mann 35	59.40	3 F Goode 35	1.05.27	200 Meters Backstroke		3 N Palmer 47			1.04.55
8 R Smith 34	1.13.35	5 D Hershey 38	59.86	4 A Cartwright 36	1.05.70	Record B Jones '76	2.40.18	4 H Begel 49			1.05.36
9 W Johnson 34	1.13.44	6 E Snyder 35	1.01.14	5 E Snyder 35	1.07.08	1 K Canterbury 42	2.41.10	5 F Reynolds 46			1.06.80
10 W Earley 30	1.13.44	7 T Calomeris 35	1.01.36	6 T Calomeris 35	1.07.22	2 D Clayton 43	2.43.95	6 E Ems 49			1.07.36
200 Meters Backstroke		8 E Fernandez 37	1.01.51	7 M Laux 36	1.08.56	3 A Coxon 42	2.44.05	7 E Webster 45			1.07.40
1 T Spieker 30	*2.19.85	9 C Raven 39	1.01.52	8 R Tesch 37	1.08.97	4 W Earley 41	2.45.42	8 A Jones 46			1.07.80
2 J Gordon 33	2.29.79	10 J Crane 36	1.01.70	9 D Pond 38	1.09.53	5 P Ferguson 40	2.50.99	9 D Rice 45			1.08.00
3 K Krueger 32	2.36.79	200 Meters Freestyle		10 A Gusman 35	1.09.60	6 L Weiring 43	2.55.70	10 H Williams 47			1.08.14
4 D Good 30	2.39.30	Record B Kanner '74	2.08.57	200 Meters Butterfly		7 C Schaumburg 40	2.57.06	200 Meters Freestyle			
5 M McKinlay 34	2.40.70	1 J Geoghegan 36	2.13.60	1 P Goode 35	*2.30.27	8 E McCullough 40	2.57.71	Record G Johnston '76			2.15.33
6 W Earley 30	2.43.51	2 D Hershey 38	2.13.63	2 A Cartwright 36	2.33.80	9 W Murray 41	3.00.59	1 G Johnston 47			2.19.50
7 R Smith 34	2.44.75	3 J Crane 36	2.13.80	3 T McAbee 36	2.37.70	10 R Martin 40	3.03.60	2 H Williams 47			2.27.18
8 T Gorski 31	2.44.76	4 C Neuman 35	2.21.60	4 R Tesch 37	2.40.00	50 Meters Breaststroke		3 N Palmer 47			2.30.30
9 W Johnson 34	2.44.79	5 W Mulliken 39	2.22.00	5 H Roddin 35	2.41.36	Record W Davis '76	35.22	4 J Kalas 45			2.33.37
10 E Rudloff 30	2.45.00	6 P Schlup 38	2.22.14	6 P Schlup 38	2.44.47	1 D Dunn 42	37.50	5 T Lyndon 46			2.33.39
50 Meters Breaststroke		7 C Raven 39	2.22.80	7 A Gusman 35	2.45.60	2 G Nagel 43	37.56	6 W Jeffries 47			2.33.42
Record K Merton '75	32.31	8 L Larson 37	2.23.29	8 D Gllanderis 39	2.48.50	3 W Parks 42	38.40	7 F Reynolds 46			2.35.13
1 H Cole 33	34.57	9 P Sague 36	2.23.79	9 C Mossa 36	2.54.73	4 R Burns 42	38.98	8 D Rice 45			2.35.20
2 G Jacobs 30	34.70	10 D Davis 36	2.24.35	10 W Mulliken 38	2.57.47	5 H Fallant 44	39.00	9 A King 45			2.37.10
3 S Guthrie 33	35.12	400 Meters Freestyle		200 Meters Individual Medley		6 A Gabor 42	39.40	10 L Goldstone 49			2.37.40
4 J Wanner 34	35.40	Record B Kanner '74	4.33.14	1 T McAbee 36	*2.29.63	7 B Symes 44	39.43	400 Meters Freestyle			
5 E Fugate 30	35.42	1 J Crane 36	4.39.80	2 J Pringle 35	2.32.36	8 D Lamott 42	40.00	Record G Johnston '76			4.48.49
6 Anderson 31	35.41	3 P Schrup 38	4.52.83	3 E Snyder 35	2.32.52	9 G Lyons 42	40.20	1 G Johnston 47			4.51.30
7 P Schliemann 33	36.00	4 F Goode 35	4.57.89	4 A Cartwright 36	2.33.50	10 R Chen 44	40.40	2 B Jones 45			4.56.19
8 J Zeigler 32	36.02	5 A Somers 36	4.58.40	5 J Geoghegan 36	2.36.27	100 Meters Breaststroke		3 H Williams 47			5.13.98
9 S Gorski 31	36.05	6 A Gusman 35	5.00.30	6 L Larson 37	2.38.37	Record W Davis '75	1.18.79	4 N Palmer 47			5.28.93
10 R Cort 30	36.10	7 H Hamilton 37	5.08.60	7 W Mulliken 39	2.40.45	1 R Nekton 40	1.25.21	5 T Lyndon 46			5.30.58
100 Meters Breaststroke		8 D Davies 36	5.10.05	8 D Bretherton 36	2.42.40	2 W Parks 42	1.25.53	6 W Jeffries 47			5.31.10
Record C Jastrenski '72	1.09.30	9 R Boder 35	5.11.13	9 R Tesch 37	2.43.38	3 L Abel 42	1.26.94	7 D Hill 46			5.31.52
1 M Cohen 32	1.14.77	10 W Van Horn 39	5.11.19	10 R Stanley 35	2.44.05	4 G Nagel 43	1.27.46	8 D Rice 45			5.36.30
2 H Cole 33	1.15.24	1500 Meters Freestyle		400 Meters Individual Medley		5 L Silverstein 44	1.27.60	9 F Sprenger 47			5.39.82
3 P Pederson 30	1.17.07	1 J Pringle 35	*5.24.26	1 J Pringle 35	*5.24.2						

4 F Reynolds 46	1:20.28	4 J Woods 54	1:07.50	100 Meters Butterfly	6 E Walter 57	1:30.39	4 J Siefert 60	1:13.84	
5 D Brown 45	1:20.60	5 C Yates 51	1:07.60	1 C Moss 50	*1:15.55	7 R Merrick 58	1:31.23	5 C Wilson 62	1:14.28
6 S McConnell 46	1:20.67	6 E Kerswill 52	1:08.90	2 W Wilson 51	1:18.56	8 W Pearson 57	1:32.00	6 J Brouk 61	1:14.94
7 A Mayer 46	1:21.57	7 J Jorgensen 53	1:09.72	3 T Haartz 50	1:20.25	9 A Curtis 1	1:33.97	7 L Surlles 60	1:15.77
8 E Choong 45	1:21.90	8 T Haartz 50	1:09.77	4 A Koblish 54	1:26.93	10 G Wiley 57	1:35.54	8 L Pickett 62	1:16.00
9 S Hadley 47	1:22.10	9 J Allava 50	1:10.30	5 W Jardine 54	1:29.47	200 Meters Backstroke		9 D Rankin 62	1:16.04
10 H Martin 47	1:23.60	10 E Hulme 50	1:10.66	6 J Marcus 53	1:30.22	Record P Herron '77	2:56.55	10 E Moran 60	1:16.74
200 Meters Backstroke		200 Meters Freestyle		7 R Maurer 52	1:32.80	1 F Herron 58	2:56.77	200 Meters Freestyle	
1 B Jones 45	*2:40.81	Record C Yates '77	2:26.40	8 C Cunningham 53	1:34.60	2 J Edwards 55	3:07.33	1 J Welch 60	*2:
2 R Bennett 47	2:55.90	1 W Wilson 51	2:27.68	9 C McCarthy 53	1:34.86	3 R Taft 59	3:10.90	2 H Rawstrom 61	2:4:
3 D Brown 45	3:04.80	2 R Heritler 50	2:29.05	10 B Weber 51	1:35.85	4 E Walter 57	3:15.57	3 E Moran 60	2:47.29
4 H Martin 47	3:05.00	3 J Allava 50	2:32.54	200 Meters Butterfly		5 A Hellman 56	3:15.57	4 F Havlicek 60	2:49.02
4 G Miller 46	3:05.00	4 J Woods 54	2:32.55	1 A Koblish 54	*3:12.06	6 W Uhrich 58	3:33.03	5 D Rankin 62	2:50.63
6 A Mayer 47	3:05.01	5 R White 51	2:35.83	2 J Marcus 53	3:21.61	7 A Curtis 1	3:33.48	6 C Wilson 63	2:53.51
7 W Christian 47	3:06.01	6 E Kerwill 52	2:39.40	3 W Jardine 54	3:23.80	8 R Merrick 58	3:33.60	7 L Surlles 60	2:56.33
8 J Ridland 45	3:07.16	7 D Draves 52	2:39.85	4 D Draves 52	3:25.20	9 R Ringel 55	3:39.38	8 J Siefert 60	2:57.29
9 A Welch 45	3:07.37	8 E Hulme 50	2:41.24	5 A Groh 51	3:36.70	10 G Wiley 57	3:39.44	9 H Sexton 63	2:58.60
10 J Seegers 49	3:07.80	9 R Maurer 52	2:41.54	6 W Stadig 53	3:41.20	50 Meters Breaststroke		10 A Newman 62	3:00.46
50 Meters Breaststroke		10 A Koblish 54	2:41.94	7 P Eckhardt	3:43.40	Record E Blackledge '75	39.90	400 Meters Freestyle	
1 M Sanguilly 45	*33.91	8 J Burgan 54	3:44.94	8 J Burgan 54	3:44.94	1 T VonBerckefeldt 56	40.40	1 J Welch 60	*5:36.58
2 R Kueny 47	37.30	9 G Cunningham 52	3:46.80	9 G Cunningham 52	3:46.80	2 J Burgan 55	41.32	2 D Rankin 61	5:57.30
3 A Jones 44	39.36	200 Meters Individual Medley		200 Meters Individual Medley		3 W Baugher 56	42.18	3 H Rawstrom 61	6:00.86
4 W Thornburg 45	39.60	Record P Hutinger '76	2:47.55	Record P Hutinger '76	2:47.55	4 R Taft 59	42.70	4 E Moran 60	6:02.95
5 R Graef 46	39.64	1 C Moss 50	2:49.47	1 C Moss 50	2:49.47	5 J Richards 56	43.00	5 L Surlles 60	6:20.78
6 H Nakama 48	40.12	2 T Haartz 50	2:52.48	2 T Haartz 50	2:52.48	6 R Merrick 57	43.12	6 J Siefert 60	6:25.16
7 T Koenig 46	40.20	3 R White 51	2:58.13	3 R White 51	2:58.13	7 E Walter 57	43.60	7 H Sexton 63	6:31.00
8 D Gruender 48	40.40	4 W Phillips 50	2:59.70	4 W Phillips 50	2:59.70	7 N Moise 57	43.60	8 H Anderson 64	6:31.69
9 M Berenyi 45	40.75	5 D Draves 52	3:01.00	5 D Draves 52	3:01.00	9 T Cloyes 56	43.88	9 R Guido 61	6:33.35
10 C Miller 45	40.76	6 J Marcus 53	3:01.26	6 J Marcus 53	3:01.26	10 A Brainin 55	43.98	10 A Newman 62	6:34.19
100 Meters Breaststroke		7 R Woods 54	3:02.01	7 R Woods 54	3:02.01	100 Meters Breaststroke		1500 Meters Freestyle	
1 M Sanguilly 45	*1:15.47	8 R Tannehill 50	3:04.60	8 R Tannehill 50	3:04.60	Record T Lind '75	1:29.00	1 J Welch 60	*22:28.74
2 R Kueny 47	1:24.36	9 M Mathews 51	3:10.40	9 M Mathews 51	3:10.40	1 T VonBerckefeldt 56	1:29.60	2 D Rankin 62	22:53.86
3 T Koenig 46	1:26.22	10 A Groh 51	3:10.70	10 A Groh 51	3:10.70	2 T Cloyes 56	1:35.75	3 E Moran 60	24:07.12
4 W Thornburg 45	1:27.90	200 Meters Individual Medley		200 Meters Individual Medley		3 R Merrick 58	1:35.89	4 H Rawstrom 61	25:14.96
5 N Berenyi 45	1:28.51	Record D Draves '76	6:15.10	Record D Draves '76	6:15.10	4 W Baugher 57	1:36.87	5 H Sexton 63	25:16.20
6 V Lohr 45	1:30.42	1 T Haartz 50	6:31.91	1 T Haartz 50	6:31.91	5 A Brainin 55	1:37.26	6 R Guido 61	26:18.96
7 H Nakama 48	1:31.10	2 D Draves 52	6:32.89	2 D Draves 52	6:32.89	6 J Burgan 55	1:37.27	7 A Newman 62	26:21.21
8 R Graef 46	1:31.19	3 J Marcus 53	6:40.83	3 J Marcus 53	6:40.83	7 N Richards 56	1:38.10	8 H Anderson 64	27:02.72
9 D Gruender 48	1:32.09	4 R Tannehill 50	6:47.39	4 R Tannehill 50	6:47.39	8 J Moise 57	1:39.20	9 J Merrick 61	27:08.67
10 H Fox 49	1:32.32	5 E Kerwill 52	6:49.30	5 E Kerwill 52	6:49.30	9 W Fernandez 56	1:39.80	10 J Coon 63	27:11.69
200 Meters Breaststroke		6 A Groh 51	6:53.90	6 A Groh 51	6:53.90	10 C Gosetyla	1:43.30	50 Meters Backstroke	
1 M Sanguilly 45	*2:54.31	7 J Jardine 54	7:03.21	7 J Jardine 54	7:03.21	Record T VonBerckefeldt '73	3:25.09	Record L Smith '76	37.60
2 R Kueny 47	3:05.95	8 N Schueckler 51	7:24.04	8 N Schueckler 51	7:24.04	1 R Hakomaki 57	3:25.88	1 D Volk 61	39.42
3 A Jones 46	3:12.08	9 L Silverstein 52	7:26.20	9 L Silverstein 52	7:26.20	2 E Nelson 57	3:32.14	2 C Schmidt 63	40.90
4 N Berenyi 45	3:13.19	10 S Odobrina 52	7:36.68	10 S Odobrina 52	7:36.68	3 J Richards 56	3:34.35	3 C Wilson 63	41.61
5 T Koenig 46	3:15.15	Men 55-59		Men 55-59		4 R Merrick 58	3:34.89	4 W Grant 64	42.60
6 W Thornburg 45	3:16.40	50 Meters Freestyle		50 Meters Freestyle		5 T Cloyes 56	3:35.42	5 E Moran 60	42.63
7 H Nakama 48	3:20.69	Record R Hakomaki '76	28.56	Record R Hakomaki '76	28.56	6 J Burgan 55	3:37.75	6 C Croome 61	42.70
8 R Graef 46	3:20.84	1 R Hakomaki 57	29.37	1 R Hakomaki 57	29.37	7 A Brainin 55	3:38.67	7 J Brouk 61	43.02
9 J Bauman 48	3:23.31	1 J Schmidt 55	29.37	1 J Schmidt 55	29.37	8 C Gosetyla	3:44.56	8 J Siefert 60	43.80
10 E Kendall 45	3:33.20	2 J Florance 55	29.87	2 J Florance 55	29.87	9 W Stadig 55	3:50.00	9 D Brouk 61	44.00
50 Meters Butterfly		3 J Clark 56	30.30	3 J Clark 56	30.30	10 R Ringel 55	3:51.95	10 T Lind 50	44.18
Record E Ems '77	29.50	4 T VonBerckefeldt 56	30.50	4 T VonBerckefeldt 56	30.50	50 Meters Butterfly		100 Meters Backstroke	
1 E Ems 49	30.40	6 W Baugher 57	30.55	6 W Baugher 57	30.55	Record R Taft '74	33.30	Record L Smith '72	1:20.74
2 B Jones 45	30.86	7 H McCauley 55	30.86	7 H McCauley 55	30.86	1 J Schmidt 55	34.90	1 J Higgins 62	1:28.34
3 A Jones 46	30.90	8 G Wiley 57	31.00	8 G Wiley 57	31.00	2 R Hakomaki 57	34.92	2 D Rowan 64	1:28.43
4 H Begel 49	30.91	9 T Cloyes 56	31.10	9 T Cloyes 56	31.10	3 R Taft 59	35.10	3 J Merrick 61	1:29.28
5 H Fox 49	32.25	10 W Pearson 57	31.24	10 W Pearson 57	31.24	4 W McCauley 55	35.70	4 D Volk 61	1:29.50
6 A Allen 48	32.31	100 Meters Freestyle		100 Meters Freestyle		5 W Uhrich 58	36.00	5 E Moran 60	1:29.67
7 F Reynolds 46	32.35	Record J Welch '74	1:06.23	Record J Welch '74	1:06.23	6 J Crews 58	36.41	6 R Knapp 62	1:31.42
8 S McConnell 46	32.98	1 J Schmidt 55	1:07.35	1 J Schmidt 55	1:07.35	7 D Schwab 56	36.50	7 R Guido 61	1:
9 W Thornburg 45	33.40	2 J Florance 55	1:07.59	2 J Florance 55	1:07.59	8 F Havlicek 59	37.05	8 W Grant 64	1:
10 A Welch 45	33.78	3 R Hakomaki 57	1:08.80	3 R Hakomaki 57	1:08.80	9 N Moise 57	38.70	9 C Croome 61	1:
200 Meters Butterfly		4 R Merrick 58	1:10.79	4 R Merrick 58	1:10.79	10 E Barnes 56	38.70	10 F Wigger 62	1:39.30
Record C Moss '75	1:14.43	5 J Clark 56	1:11.50	5 J Clark 56	1:11.50	100 Meters Backstroke		200 Meters Backstroke	
1 H Begel 49	1:14.52	6 R Taft 59	1:11.61	6 R Taft 59	1:11.61	Record J Higgins '72	*3:11.25	Record J Higgins '72	3:11.25
2 W Thornburg 45	1:16.30	7 W Baugher 55	1:12.16	7 W Baugher 55	1:12.16	1 J Crews 58	1:22.05	2 D Rankin 62	3:11.44
3 A Welch 45	1:18.12	8 M Foster 59	1:12.56	8 M Foster 59	1:12.56	2 J Burgan 55	1:26.16	3 J Rowan 64	3:13.50
4 J Masters 48	1:19.43	9 R Herron 58	1:12.78	9 R Herron 58	1:12.78	3 W Stadig 55	1:31.66	4 E Moran 60	3:18.34
5 H Fox 49	1:19.67	10 R Cowan 57	1:12.84	10 R Cowan 57	1:12.84	4 R Taft 59	1:32.00	5 R Guido 61	3:24.86
6 F Reynolds 46	1:19.73	200 Meters Freestyle		200 Meters Freestyle		5 F Havlicek 59	1:33.60	6 W Sleski 64	3:27.52
7 A Allen 48	1:19.78	Record J Welch '76	2:29.71	Record J Welch '76	2:29.71	6 R Merrick 58	1:34.93	7 D Volk 61	3:27.59
8 H Williams 47	1:21.73	1 J Crews 58	2:33.73	1 J Crews 58	2:33.73	7 E Walter 57	1:37.60	8 D Rankin 61	3:34.73
9 L Goldstone 49	1:22.14	2 E Schmidt 55	2:37.85	2 E Schmidt 55	2:37.85	8 W Uhrich 58	1:38.57	9 C Wilson 63	3:34.74
10 J Masters 48	1:23.74	3 R Taft 59	2:41.70	3 R Taft 59	2:41.70	9 E Neben 57	1:40.23	10 C Croome 61	3:35.60
200 Meters Butterfly		4 F Taioli 57	2:44.50	4 F Taioli 57	2:44.50	100 Meters Butterfly		50 Meters Breaststroke	
Record J Craigle '76	3:01.02	5 J Edwards 55	2:46.75	5 J Edwards 55	2:46.75	Record E Cronin '76	3:30.54	1 B Allen 64	*39.96
1 R Kueny 47	3:05.53	6 R Merrick 58	2:49.10	6 R Merrick 58	2:49.10	1 J Burgan 55	3:33.89	2 A Bennett 64	40.80
2 A Welch 45	3:05.97	7 W Baugher 57	2:52.66	7 W Baugher 57	2:52.66	2 W Stadig 55	3:41.20	3 T Lind 60	41.35
3 H Kern 46	3:16.39	8 W Acker 57	2:55.97	8 W Acker 57	2:55.97	3 E Walter 57	3:44.30	4 W Wells 60	41.50
4 J Masters 48	3:18.23	9 W Odman	2:55.80	9 W Odman	2:55.80	4 E Barnes 56	3:45.70	5 E Blackledge 62	42.67
5 N Berenyi 45	3:18.63	10 M Foster 59	2:55.97	10 M Foster 59	2:55.97	5 R Merrick 57	3:47.28	6 H Koppel 64	44.50
6 J Bauman 47	3:19.62	400 Meters Freestyle		400 Meters Freestyle		6 R Taft 59	3:47.28	7 J Brouk 61	44.63
7 T Mulcahey 45	3:21.02	Record J Welch '76	5:24.47	Record J Welch '76	5:24.47	7 H McCauley 55	3:50.43	8 D Volk 61	44.65
8 H Nakama 48	3:24.15	1 J Crews 58	5:24.99	1 J Crews 58	5:24.99	8 R Taft 59	4:10.50	9 D Rankin 62	44.87
9 R Hertog 47	3:30.70	2 J Schmidt 55	5:46.08	2 J Schmidt 55	5:46.08	9 H McCauley 55	5:30.43	10 C Croome 61	45.20
10 J Kalas 45	3:33.19	3 R Taft 59	5:50.58	3 R Taft 59	5:50.58	200 Meters Individual Medley		100 Meters Breaststroke	
200 Meters Individual Medley		4 J Edwards 55	5:53.40	4 J Edwards 55	5:53.40	Record R Taft '74	3:01.52	Record J Higgins '76	1:31.77
1 B Jones 45	*2:37.60	5 B Erlich 59	5:59.65	5 B Erlich 59	5:59.65	1 H Taft 59	3:02.00	1 B Allen 64	1:32.37
2 D Brown 45	2:51.60	6 F Taioli 57	6:01.43	6 F Taioli 57	6:01.43	2 R Hakomaki 57	3:04.19	2 A Bennett 64	1:33.10
3 W Travis 45	2:52.40	7 R Merrick 58	6:09.84	7 R Merrick 58	6:09.84	3 F Havlicek 59	3:14.25	3 J Higgins 62	1:33.48
4 H Williams 47	2:55.19	8 H Dodge 56	6:18.34	8 H Dodge 56	6:18.34	4 J Burgan 55	3:15.51	4 E Blackledge 62	1:36.21
5 A Jones 46	2:56.50	9 W Baugher 57	6:22.99	9 W Baugher 57	6:22.99	5 B Erlich 59	3:16.12	5 C Wilson 63	1:37.58
6 L Goldstone 49	2:58.76	10 M Foster 59	6:23.39	10 M Foster 59	6:23.39	6 R Merrick 58	3:18.70	6 W Wells 60	1:37.76
7 N Palmer 47	3:00.60	1500 Meters Freestyle		1500 Meters Freestyle		7 R Cowan 57	3:19.75	7 F Havlicek 60	1:39.42
8 H Kern 46	3:00.70	1 J Crews 58	*21:30.12	1 J Crews 58	*21:30.12	8 C Gosetyla	3:25.98	8 T Lind 60	1:40.47
9 R Kueny 47	3:01.12	2 J Edwards 55	23:30.00	2 J Edwards 55	23:30.00	9 W Stadig 55	3:26.40	9 D Rankin 61	1:41.17
10 T Lyndon 45	3:02.75	3 R Taft 59	23:46.19	3 R Taft 59	23:46.19	10 W Uhrich 58	3:29.46	10 K Frederick 64	1:43.21
200 Meters Individual Medley		4 J Schmidt 55	23:49.14	4 J Schmidt 55	23:49.14	400 Meters Individual Medley		200 Meters Breaststroke	
Record P Herron '77	3:26.40	5 F Taioli 57	23:50.70	5 F Taioli 57	23:50.70	Record J Higgins '76	3:21.95	Record J Higgins '76	3:21.95
1 B Jones 45	*5:37.40	6 E Erlich 59	24:08.59	6 E Erlich 59	24:08.59	1 J Crews 58	3:40.59	1 J Higgins 62	3:27.69
2 D Brown 45	5:40.59	7 R Herron 58	25:04.39	7 R Herron 58	25:04.39	2 J Burgan 55	3:40.72	2 C Wilson 63	3:32.36
3 F Reynolds 46	6:29.15	8 E Walter 57	25:26.64	8 E Walter 57	25:26.64	3 R Hakomaki 57	3:43.49	3 E Blackledge 62	3:33.49
4 R Kueny 47	6:32.91	9 R Merrick 58	25:35.32	9 R Merrick 58	25:35.32				

100 Meters Butterfly
 1 C Havlicek 60 *1.30.90
 2 C Wilson 63 1.32.47
 3 J Higgins 62 1.39.43
 4 C Croome 61 1.40.82
 5 P Krup 60 1.41.24
 6 M Grant 64 1.41.48
 7 Jennings 63 1.42.12
 8 Rankin 61 1.44.15
 9 Blackledge 62 1.46.16
 10 E Cadey 64 1.50.70

200 Meters Butterfly
 Record W Pfeiffer '76 3.37.44
 1 D Rankin 62 3.51.49
 2 C Croome 61 3.58.15
 3 C Wilson 63 3.58.47
 4 M Sielski 64 4.01.20
 5 G Crone 61 4.06.38
 6 W Wells 60 4.31.70
 7 J Brown 63 4.50.28

200 Meters Individual Medley
 Record J Higgins '76 3.08.46
 1 F Havlicek 60 3.14.24
 2 J Higgins 62 3.14.41
 3 C Wilson 63 3.17.63
 4 E Blackledge 63 3.25.16
 5 D Rankin 62 3.25.28
 6 H Rawstrom 61 3.27.31
 7 M Sielski 64 3.30.73
 8 C Croome 61 3.35.90
 9 W Grant 64 3.37.48
 10 D Volk 61 3.38.75

400 Meters Individual Medley
 1 J Higgins 62 *6:57.10
 2 D Rankin 62 7:08.75
 3 C Wilson 63 7:19.11
 4 E Blackledge 62 7:46.57
 5 C Croome 61 7:48.67
 6 D Rowan 64 7:59.73
 7 E Cadey 64 8:04.10
 8 W Grant 64 8:07.61
 9 W Wells 60 8:57.80
 10 E Jennings 63 9:00.66

Men 65-69
50 Meters Freestyle
 Record L Collet '75 30.30
 1 W Bowersock 65 31.51
 2 R Lawrence 66 32.65
 3 R Richardson 66 32.90
 4 F Booth 67 33.29
 5 G Sobel 68 33.90
 6 B Wood 68 34.00
 7 S Weinberg 65 34.02
 8 L Osborne 69 34.41
 9 W Webb 65 34.44
 10 R Thompson 67 35.33

100 Meters Freestyle
 Record F Booth '76 1:11.89
 1 R Richardson 66 1:14.81
 2 W Bowersock 65 1:14.87
 3 L Osborne 69 1:18.15
 4 Lawrence 66 1:18.18
 5 Booth 67 1:18.37
 6 J Weinberg 65 1:18.78
 7 R Portman 65 1:20.00
 8 W Murphy 65 1:20.17
 9 W Webb 65 1:21.55
 10 G Sobel 68 1:22.62

200 Meters Freestyle
 Record R Richardson '77 2:49.10
 1 R Richardson 66 2:50.83
 2 L Osborne 69 2:54.84
 3 W Bowersock 65 3:05.44
 4 R Portman 65 3:08.70
 5 W Murphy 65 3:09.05
 6 B Wood 68 3:10.00
 7 R Coth 67 3:15.52
 8 S Weinberg 65 3:18.17
 9 D McAfee 69 3:19.57
 10 D Stevenson 66 3:27.47

400 Meters Freestyle
 1 H Howe 66 *5:59.67
 2 R Richardson 66 6:18.50
 3 L Osborne 69 6:30.60
 4 C Roth 67 6:52.13
 5 R Portman 65 6:54.80
 6 W Bowersock 65 6:57.22
 7 W Murphy 65 6:59.25
 8 B Wood 68 6:59.50
 9 D McAfee 69 7:23.27
 10 B Stinson 69 7:28.36

1500 Meters Freestyle
 1 H Howe 66 *25:07.50
 2 L Osborne 69 26:22.30
 3 W Murphy 65 28:34.95
 4 W Bowersock 65 29:01.04
 5 D McAfee 69 29:16.73
 6 D Malbrough 65 29:56.51
 7 R Clark 67 29:58.22
 8 W Stinson 69 30:07.79
 9 W Loughborough 67 30:33.82
 10 E Onsgard 66 31:09.13

50 Meters Backstroke
 Record T Monahan '76 39.42
 1 W Webb 65 40.92
 2 R Richardson 66 42.30
 3 D Malbrough 65 43.28
 4 W Bowersock 65 43.48
 5 S Hendy 65 44.10
 6 W Murphy 65 44.56
 7 G Corson 67 44.70
 8 R Lawrence 66 45.00
 9 L Starr 69 45.41
 10 R Coyle 65 47.66

100 Meters Backstroke
 Record A Hargrave '75 1:33.30
 1 W Webb 65 1:37.19
 2 D Malbrough 65 1:40.12
 3 S Hendy 65 1:40.40
 4 S Weinberg 65 1:42.47
 5 R Coyle 65 1:45.43
 6 G Corson 67 1:45.80
 7 W Murphy 65 1:46.22
 8 B Wood 68 1:48.50
 9 L Starr 69 1:49.98
 10 J Cooley 67 1:50.29

200 Meters Backstroke
 Record A Hargrave '75 3:28.40
 1 R Richardson 66 3:38.78
 2 W Webb 65 3:39.89
 3 S Hendy 65 3:48.14
 4 S Weinberg 65 3:50.42
 5 B Wood 68 3:50.70
 6 R Coyle 65 3:50.72
 7 D Malbrough 65 3:59.06
 8 J Bartlett 66 4:04.00
 9 W Murphy 65 4:04.72
 10 W Loughborough 67 4:09.09

50 Meters Breaststroke
 1 H Koppel 65 *43.10
 2 H Perry 66 44.60
 3 R Richardson 66 44.70
 4 R Bernstein 69 45.50
 5 S Clark 67 46.72
 6 R Lawrence 66 46.96
 7 F Meier 66 47.40
 8 W Share 69 47.40
 9 E Hale 67 48.10
 10 J Coon 67 48.67

100 Meters Breaststroke
 1 F Meier 66 *3:39.59
 2 H Perry 66 3:42.01
 3 H Koppel 65 3:55.72
 4 H Perry 66 3:57.20
 5 W Share 69 3:59.46
 6 R Richardson 66 4:03.30
 7 W Loughborough 67 4:06.88
 8 D Stevenson 66 4:06.90
 9 J Coon 67 4:15.58
 10 R Erlanson 65 4:34.54

200 Meters Breaststroke
 Record R Richardson '77 42.70
 1 J Bartlett 66 43.40
 2 S Weinberg 65 43.79
 3 R Richardson 66 45.40
 4 E Hale 67 46.09
 5 H Koppel 65 46.23
 6 R Lawrence 66 46.55
 7 J Coon 67 47.30
 8 W Stinson 69 47.40
 9 W Bowersock 65 47.67
 10 C Straus 66 47.80

100 Meters Butterfly
 1 J Bartlett 66 *1:43.30
 2 C Straus 66 1:54.00
 3 W Stinson 69 1:54.60
 4 H Koppel 65 1:55.57
 5 J Coon 66 1:56.74
 6 E Hale 67 2:05.72
 7 M Young 69 2:11.54
 8 W Loughborough 67 2:15.63

200 Meters Butterfly
 Record J Bartlett '77 4:04.80
 1 J Bartlett 66 4:08.40
 2 A Guth 69 4:36.55
 3 W Stinson 69 4:51.30
 4 E Hale 67 5:10.95

200 Meters Individual Medley
 Record R Richardson '77 3:32.30
 1 R Richardson 66 3:40.69
 2 B Wood 68 3:55.40
 3 D Stevenson 66 3:55.66
 4 W Loughborough 67 4:03.88
 5 C Straus 66 4:04.50
 6 J Coon 67 4:05.70
 7 D Guth 66 4:08.55
 8 A Guth 69 4:10.98
 9 W Stinson 69 4:17.20
 10 E Onsgard 66 4:21.48

400 Meters Individual Medley
 Record A Guth '76 8:16.85
 1 W Stinson 69 8:59.70
 2 W Loughborough 67 9:01.38
 3 W Murphy 65 9:05.42
 4 E Onsgard 66 9:21.66
 5 E Hale 67 9:42.77
 6 J Coon 67 9:49.40

Men 70-74
50 Meters Freestyle
 1 A Hargrave 71 *35.10
 2 M Vogt 73 35.58
 3 S Craigie 71 36.31
 4 H Eisen Schmidt 71 36.98
 5 J Rogers 72 37.35
 6 J McGuire 74 38.20
 7 L Chapin 70 39.50
 8 R Nelson 70 40.38
 9 J Wallace 73 40.40
 10 J Glandon 70 42.60

100 Meters Freestyle
 1 A Hargrave 71 *1:23.60
 2 M Vogt 73 1:25.79
 3 H Eisen Schmidt 71 1:27.50
 4 S Craigie 71 1:30.30
 5 J McGuire 74 1:31.39
 6 L Chapin 70 1:32.54
 7 J Rogers 72 1:36.08
 8 R Nelson 70 1:36.83
 9 C Wood 70 1:36.97
 10 J Glandon 70 1:38.70

200 Meters Freestyle
 1 A Hargrave 71 *3:17.60
 2 H Eisen Schmidt 71 3:26.59
 3 L Chapin 70 3:33.79
 4 G Langner 74 3:42.10
 5 J Glandon 70 3:44.20
 6 J McGuire 74 3:45.67
 7 P Lappe 74 3:45.90
 8 J Wallace 73 3:46.30
 9 C Wood 70 3:46.70
 10 R Nelson 70 3:50.07

400 Meters Freestyle
 Record G Langner '76 6:59.64
 1 L Chapin 70 7:42.53
 2 J McPherson 73 7:58.51
 3 S Lappe 74 7:58.80
 4 C Wood 70 8:01.18
 5 S Craigie 71 8:06.20
 6 J McGuire 74 8:21.31
 7 J Glandon 70 8:26.30
 8 R Nelson 70 8:32.82
 9 J Wallace 73 8:37.50
 10 P Jurczyk 72 8:42.95

1500 Meters Freestyle
 Record C Ross '75 28:02.14
 1 F Lappe 74 30:35.60
 2 L Chapin 70 30:45.52
 3 G Langner 74 30:50.67
 4 G Langner 74 31:03.10
 5 S Craigie 71 33:24.58
 6 C Wood 70 33:33.93
 7 J McGuire 74 34:54.80
 8 P Jurczyk 72 35:54.40
 9 H Jagers 71 37:06.97
 10 H Smith 71 38:01.71

50 Meters Backstroke
 Record A Hargrave '77 41.45
 1 A Hargrave 74 43.00
 2 H Eisen Schmidt 71 45.40
 3 P Lappe 74 50.30
 4 P Jurczyk 72 50.92
 5 S Craigie 71 52.80
 6 L McLaughlin 71 53.29
 7 S Loeffler 72 55.60
 8 T Johnson 73 56.88
 9 H Jagers 71 58.95
 10 J McGuire 74 1:00.50

100 Meters Backstroke
 1 A Hargrave 71 *1:36.10
 2 H Eisen Schmidt 71 1:40.90
 3 O Sigrist 70 1:43.49
 4 P Lappe 74 1:48.60
 5 H Strothman 72 1:53.60
 6 T Johnson 73 1:56.15
 7 H Jagers 71 2:00.90
 8 H Jagers 71 2:06.71
 9 P Jurczyk 72 2:06.85
 10 L McLaughlin 71 2:08.99

200 Meters Backstroke
 1 A Hargrave 71 *3:30.10
 2 F Lappe 74 3:42.40
 3 H Eisen Schmidt 71 3:42.80
 4 O Sigrist 70 4:00.95
 5 H Strothman 72 4:12.00
 6 A Guth 70 4:15.58
 7 H Jagers 71 4:20.83
 8 M Young 70 4:22.46
 9 P Jurczyk 71 4:33.11
 10 S Loeffler 72 4:41.07

50 Meters Breaststroke
 Record H Strothman '77 47.40
 1 W Kratz 72 50.18
 2 T Johnson 73 50.78
 3 A Olanoff 72 52.80
 4 A Kallunki 74 53.60
 5 S Craigie 71 55.20
 6 S Loeffler 72 56.57
 7 P DeCremier 74 58.70
 8 G Langner 74 1:03.80
 9 W Kleber 71 1:08.91
 10 I Merritt 74 1:12.13

100 Meters Breaststroke
 Record W Kratz '76 1:49.43
 1 W Kratz 72 1:54.84
 2 O Sigrist 70 1:55.23
 3 H Strothman 73 1:56.47
 4 T Johnson 73 1:57.54
 5 A Kallunki 74 2:02.80
 6 A Olanoff 72 2:05.00
 7 S Loeffler 72 2:28.30
 8 W Kleber 71 2:32.83
 9 I Merritt 74 2:45.24
 10 D Haines 72 2:45.52

200 Meters Breaststroke
 1 A Guth 71 *4:04.63
 2 O Sigrist 70 4:14.41
 3 W Kratz 72 4:19.13
 4 H Strothman 72 4:25.13
 5 A Olanoff 72 4:29.97
 6 T Johnson 73 4:34.18
 7 A Kallunki 74 4:37.00
 8 M Young 70 4:44.67
 9 S Loeffler 72 5:24.04
 10 L McLaughlin 71 5:50.32

50 Meters Butterfly
 Record S Craigie '77 45.60
 1 S Craigie 71 47.20
 2 A Guth 70 49.33
 3 T Johnson 73 51.28
 4 M Young 70 54.49
 5 O Sigrist 70 55.35
 6 A Kallunki 74 55.50
 7 L Chapin 70 56.06
 8 J Wallace 73 56.40
 9 J McGuire 74 1:01.51
 10 A Olanoff 72 1:05.30

100 Meters Butterfly
 1 A Guth 71 *1:55.75
 2 S Craigie 71 2:15.30
 3 I Merritt 74 2:44.99
 4 S Silbert 70 2:53.67
 5 G Langner 74 3:26.00

200 Meters Butterfly
 1 A Guth 71 *4:47.13
 2 S Craigie 71 5:24.20
 3 I Merritt 74 6:26.18

200 Meters Individual Medley
 1 A Guth 71 *3:55.81
 2 S Craigie 71 4:12.00
 3 H Strothman 72 4:14.96
 4 O Sigrist 70 4:14.96
 5 M Young 70 4:27.77
 6 A Kallunki 71 4:31.30
 7 A Olanoff 72 4:42.60
 8 P DeCremier 74 5:12.10
 9 S Silbert 70 5:27.75
 10 I Merritt 74 5:31.00

400 Meters Individual Medley
 1 A Guth 71 *8:26.15
 2 S Craigie 71 9:35.38
 3 I Merritt 74 11:36.29

50 Meters Freestyle
 Record G Ross '76 *35.95
 1 C Ross 79 38.22
 2 J Anderson 75 40.67
 3 J Burns 75 45.15
 4 W Traak 75 48.20
 5 F Allen 79 51.31
 6 S Rosen 79 53.10
 7 D Evans 76 53.42
 8 R Fletcher 78 54.04
 9 C Cushman 75 56.50
 10 P Dunakin 77 59.45

100 Meters Freestyle
 Record C Ross '76 1:24.16
 1 C Ross 79 1:31.41
 2 J Anderson 75 1:45.10
 3 J Burns 75 1:52.46
 4 W Traak 75 1:56.30
 5 F Allen 79 1:58.55
 6 R Fletcher 78 2:04.14
 7 S Langner 77 2:08.75
 8 C Cushman 76 2:15.82
 9 S Rosen 79 2:23.40

200 Meters Freestyle
 Record C Ross '76 3:13.40
 1 C Ross 79 3:21.04
 2 W Traak 75 4:18.30
 3 J Burns 75 4:26.48
 4 F Allen 79 4:33.80
 5 R Fletcher 78 4:42.56
 6 S Langner 77 5:32.96
 7 D Evans 76 5:41.66
 8 P Dunakin 77 6:07.73

400 Meters Freestyle
 Record C Ross '76 7:05.95
 1 C Ross 79 7:07.18
 2 G Langner 75 7:18.01
 3 W Traak 75 9:15.50
 4 F Allen 79 9:17.21
 5 J Anderson 75 9:47.90
 6 R Fletcher 78 10:00.67
 7 J Burns 75 10:02.18
 8 S Langner 77 11:13.01
 9 R Webster 77 13:07.51

1500 Meters Freestyle
 Record C Ross '76 28:36.98
 1 G Langner 75 29:01.42
 2 F Allen 79 35:50.06
 3 G Mauric 75 39:03.71
 4 R Fletcher 78 39:29.95
 5 R Webster 77 54:37.50

50 Meters Backstroke
 1 J Anderson 75 *48.66
 2 C Fletcher 75 59.80
 3 S Rosen 79 1:08.10
 4 F Allen 79 1:18.44
 5 J Risher 75 1:18.98
 6 R Webster 77 1:43.80
 7 S Langner 77 2:00.69

100 Meters Backstroke
 2:00.12
 1 C Ross 79 2:00.73
 2 J Anderson 75 2:17.60
 3 C Fletcher 75 2:19.97
 4 G Langner 75 2:36.80
 5 S Rosen 79 2:52.21
 6 P Dunakin 77 2:58.68
 7 J Risher 75 4:07.69
 8 S Langner 77 4:07.69

200 Meters Backstroke
 4:28.65
 1 C Ross 79 4:43.15
 2 J Anderson 75 5:46.99
 3 J Burns 75 6:49.29
 5 J Risher 75 6:52.17
 6 S Langner 77 8:42.50

50 Meters Breaststroke
 54.30
 1 J Anderson 75 1:00.67
 2 C Cushman 76 1:05.20
 4 J Whittemore 78 1:07.88
 5 C Fletcher 75 1:08.22
 6 K Storz 78 1:11.30
 7 P Dunakin 77 2:20.60

100 Meters Breaststroke
 2:10.15
 1 J Anderson 75 2:15.35
 2 G Langner 75 2:20.71
 3 C Cushman 76 2:39.63
 4 A Beffie 77 2:41.40
 5 S Rosen 79 3:10.80
 6 K Storz 78 3:12.96
 7 P Dunakin 77 5:57.91

200 Meters Breaststroke
 4:57.35
 1 G Langner 75 5:12.77
 2 C Cushman 76 5:22.72
 3 J Anderson 75 6:11.38
 4 A Beffie 77 6:25.40
 5 R Webster 77 7:11.30
 6 K Storz 78 12:24.29

50 Meters Butterfly
 53.50
 1 J Anderson 75 1:06.10
 2 S Rosen 79 1:23.78

200 Meters Individual Medley
 5:43.79
 1 S Rosen 79 6:49.16
 2 T Lane 83 7:52.20
 3 R Simmonds 85 8:52.90
 4 I Kasten 83 1:11.11

100 Meters Freestyle
 Record C Wheeler '77 1:52.97
 1 C Wheeler 85 1:57.40
 2 R Simmonds 85 2:08.30
 3 I Kasten 83 2:58.24

200 Meters Freestyle
 4:15.10
 1 C Wheeler 85 4:39.10
 2 R Simmonds 85 4:39.10

400 Meters Freestyle
 9:30.30
 1 C Wheeler 85 10:11.90
 2 R Simmonds 85 11:00.03

1500 Meters Freestyle
 38:36.30
 1 C Wheeler 85 38:36.30
 2 R Simmonds 85 38:36.30

50 Meters Backstroke
 *59.54
 1 T Lane 84 1:12.30
 2 C Wheeler 85 1:12.30

100 Meters Backstroke
 *2:12.99
 1 T Lane 84 2:12.99
 2 C Wheeler 85 2:12.99

200 Meters Backstroke
 *5:05.23
 1 T Lane 84 5:05.23
 2 C Wheeler 85 5:05.23

50 Meters Breaststroke
 *58.81
 1 T Lane 84 58.81
 2 C Wheeler 85 58.81

100 Meters Breaststroke
 *2:26.30
 1 T Lane 84 2:26.30
 2 C Wheeler 85 2:26.30

200 Meters Breaststroke
 *5:40.12
 1 T Lane 84 5:40.12
 2 C Wheeler 85 5:40.12

Men 25+
200 Meter Freestyle Relay
 Record CAL TECH '74 1:40.61
 1 New York Athletic (Samuelson,Secunda,Hintlian, Lane) 1:44.16
 2 New England "A" (Schlicher,Bright,Davis,Holmlund) 1:48.70
 3 Olympic Club (Mann,Rawson,Rudloff,Barthold) 1:49.80
 4 Walnut Creek (Turrin,Stewart,Katie,Jester) 1:50.90
 5 San Mateo Marlins (Eglinger,Lasher,Ennis,Gray) 1:51.87
 6 Connecticut (Haffner,Siebold,Spohn,Broker) 1:51.90
 7 Primo-Santa Clara (Mennell,Bonnett,Kampe,Swenson) 1:51.98
 8 Maryland (Christensen,Fields,Gorski,Cole) 1:53.74
 9 New England "B" (Schliemann,King,Salviatore,Murphy) 1:54.49
 10 DC (Harrison,Woo,Highley,Parker) 1:55.80

200 Meters Medley Relay
 Record Rinconada '74 1:59.42
 1 Olympic Club (Rawson,Barthold,Poote,Clark) 1:59.64
 2 New England "A" (Schlicher,Schlieman,Holmlund,Brunson) 1:59.90
 3 San Mateo Marlins (Allen,Simon,Ennis,Gray) 2:03.10
 4 Westside Stokers (Gillmore,Gage,Lumsden,Brockbank) 2:03.81
 5 New England "B" (Bright,Whiting,Salvatore,Davis) 2:04.74
 6 Connecticut (Burns,Haffner,Broker,Spohn) 2:07.00
 7 DC (Highley,Harrison,Woo,Richardson)

6 Tamalpais (Lyons, Pallant, Smith, Schwab)	2:16.10	10 New England "B" (Eskin, Wright, Antonellis, Kaschak)	3:20.76	Men 50-54 50 Yards Butterfly 1 P Huttinger 53	28.20	100 Yd. BREASTSTROKE Malani Morris 46 1:47.4 Mays Feldhuhn 48 1:53.1 EJ. Ditsworth 49 2:13.15	30 Yd. BREASTSTROKE Dale Marena 51 41.0 50 Yd. BUTTERFLY Dale Marena 51 40.5 100 Yd. INDIVIDUAL MEDLEY Lou Silverstein 52 1:21.5 Dale Marena 51 1:23.3 400 Yd. INDIVIDUAL MEDLEY Lou Silverstein 52 6:54.7	
8 SPRU (Betzler, Biendi, Burns, Nagel)	2:18.51	Men 65+ 200 Meters Freestyle Relay 1 Jersey "A" (Weinberg, Vogt, Ross, Sigrist)	*2:27.99	100 Yards Backstroke Record: E. Hall '77 P Herron '75	1.09.30 1.09.30	50 Yd. BUTTERFLY Malani Morris 46 3:50.36 Mays Feldhuhn 48 48.09 EJ. Ditsworth 49 54.9 EJ. Ditsworth 49 1:59.4	50 Yd. FREESTYLE A. Gillis Long 64 33.4 100 Yd. FREESTYLE Louis Fall 64 1:12.5 A. Gillis Long 64 1:21.3 50 Yd. BACKSTROKE Louis Fall 64 39.8 Brod Cleveland 60 40.9 Brod Cleveland 60 1:32.5 50 Yd. BREASTSTROKE Louis Fall 64 40.6 Brod Cleveland 60 40.9 A. Gillis Long 64 42.1 100 Yd. BREASTSTROKE A. Gillis Long 64 1:35.0 200 Yd. BREASTSTROKE Brod Cleveland 60 3:25.1 100 Yd. INDIVIDUAL MEDLEY Brod Cleveland 60 1:27.5	
9 Georgia (Perruson, Pope, Tesch, Gadol)	2:21.56	2 New England (Kaschak, Schaller, Wulff, Hayden)	2:46.12	Men 60-64 50 Yards Freestyle Record: W. Pfeiffer '75	30.20	WOMEN 50-54 100 Yd. FREESTYLE Edie Gruender 50 1:19.6 50 Yd. BACKSTROKE Edie Gruender 50 44.9 200 Yd. BUTTERFLY Edie Gruender 50 3:28.7 100 Yd. INDIVIDUAL MEDLEY Edie Gruender 50 6:59.4	50 Yd. FREESTYLE A. Gillis Long 64 33.4 100 Yd. FREESTYLE Louis Fall 64 1:12.5 A. Gillis Long 64 1:21.3 50 Yd. BACKSTROKE Louis Fall 64 39.8 Brod Cleveland 60 40.9 Brod Cleveland 60 1:32.5 50 Yd. BREASTSTROKE Louis Fall 64 40.6 Brod Cleveland 60 40.9 A. Gillis Long 64 42.1 100 Yd. BREASTSTROKE A. Gillis Long 64 1:35.0 200 Yd. BREASTSTROKE Brod Cleveland 60 3:25.1 100 Yd. INDIVIDUAL MEDLEY Brod Cleveland 60 1:27.5	
10 Illinois (Kleban, Gifford, Mullikin, Koblisch)	2:23.47	3 DC (McAfee, Smith, Bender, Thompson)	2:48.60	Men 70-74 50 Yards Freestyle Record: G Muntz '75	36.64	WOMEN 55-59 100 Yd. FREESTYLE Barbara Golseth 58 1:32.9 50 Yd. BACKSTROKE Barbara Golseth 58 47.6 100 Yd. BREASTSTROKE Barbara Golseth 58 1:53.0 200 Yd. BUTTERFLY Barbara Golseth 58 4:15.5 100 Yd. INDIVIDUAL MEDLEY Barbara Golseth 58 7:57.8	50 Yd. FREESTYLE Lee Starr 53 34.5 50 Yd. BACKSTROKE Lee Starr 53 42.0 100 Yd. BACKSTROKE Lee Starr 53 1:33.2	
Men 45+ 200 Meters Freestyle Relay Record Michigan Masters	1:54.59	4 Illinois (Newton, Meler, Young, Kleber)	2:48.73	Men 75-79 50 Yards Backstroke Record: G Muntz '75	38.30	WOMEN 60-64 100 Yd. FREESTYLE Rose Steward 50 2:16.1 100 Yd. BACKSTROKE Rose Steward 50 2:31.7 100 Yd. BREASTSTROKE Rose Steward 50 2:40.3 200 Yd. BUTTERFLY Rose Steward 50 6:57.8 100 Yd. INDIVIDUAL MEDLEY Rose Steward 50 2:33.1	50 Yd. FREESTYLE Sam Maxey 70 43.5 100 Yd. FREESTYLE Sam Maxey 70 1:33.2 50 Yd. BACKSTROKE Sam Maxey 70 52.1 100 Yd. BACKSTROKE Sam Maxey 70 1:04.3	
1 New England "A" (Haartz, Webster, Wilson, Lyndon)	1:56.32	5 Jersey "B" (Cooley, Silbert, Strothman, Coyle)	2:53.33	Men 80-84 50 Yards Freestyle Record: R Richardson 66	6:50.68	WOMEN 65-69 100 Yd. FREESTYLE Judith Jordan 66 2:06.6 50 Yd. BACKSTROKE Judith Jordan 66 1:17.8 100 Yd. BREASTSTROKE Judith Jordan 66 1:22.6 200 Yd. BUTTERFLY Judith Jordan 66 1:17.3 100 Yd. INDIVIDUAL MEDLEY Judith Jordan 66 2:37.0	25+ 200 Yd. MEDLEY RELAY ARIZONA MASTERS D. Rybka, C. Tamme, L. Keuper, M. Schreiner 35+ 200 Yd. MEDLEY RELAY ARIZONA MASTERS L. Jenkins, D. Shuman, S. Walters, M. Cline 45+ 200 Yd. MEDLEY RELAY ARIZONA MASTERS J. Ditsworth, N. Morris, M. Marena, M. Feldhuhn	
2 San Mateo Marlins (Cunningham, Jones, Brown, Willson)	1:57.40	6 Montclair Hills (Frank, Perry, Corson, Hargrave)	2:57.00	Men 85-89 50 Yards Backstroke Record: H Perry 66	38.30	Men 30-34 50 Yd. FREESTYLE Eric Brendenburg 25 26.0 100 Yd. FREESTYLE Eric Brendenburg 25 57.6 100 Yd. BACKSTROKE Larry Wolfe 26 1:05.3 Eric Brendenburg 25 28.1 Larry Wolfe 26 28.2 100 Yd. INDIVIDUAL MEDLEY Larry Wolfe 26 1:05.5	55+ 200 Yd. MEDLEY RELAY ARIZONA MASTERS L. Starr, G. Long, B. Cleveland, L. Fall	
3 San Diego County (Kimball, Phillips, Clark, Gillin)	2:05.00	7 Long Beach (Chapin, Hale, Guth, Clark)	3:19.20	Men 90-94 50 Yards Freestyle Record: R Richardson 66	38.80	Men 35-39 50 Yd. FREESTYLE Dave Miller 36 28.2 John Brumbaugh 36 29.9 100 Yd. FREESTYLE John Brumbaugh 36 1:06.6 50 Yd. BACKSTROKE Bill Nolan 39 33.2 John Brumbaugh 36 47.2 50 Yd. BREASTSTROKE Dave Miller 37 37.8 200 Yd. BREASTSTROKE John Brumbaugh 36 3:15.6 200 Yd. BUTTERFLY Bill Nolan 39 DC 100 Yd. INDIVIDUAL MEDLEY John Brumbaugh 36 1:22.6 100 Yd. INDIVIDUAL MEDLEY Bill Nolan 39 5:40.5	Women 21-29 Glory Severt 348.90 Women 50-59 Lillian Felderman 194.10 Women 60-69 Freda Thompson 165.40 Men 40-49 Tom Crosby 302.85 Ernie Contreras 301.00 Men 50-59 Doug Rucker 194.50 Lyle Felderman 152.55 Men 60-69 Bill McAllister 262.60 John Stark 193.40 Men 70+ John Soble 143.55 Mixed Doubles Team Diving Glory Severt-Tom Crosby 226.1 Freda Thompson-Doug Rucker 197. Lillian & Lyle Felderman 182.50	
4 New England "B" (Struckus, Bartlett, Allen Hulme)	2:08.02	8 Middle Atlantic (Guth, Clark, Hale, Chapin)	3:16.14	Men 95-99 50 Yards Backstroke Record: H Perry 66	38.80	Men 40-44 50 Yd. FREESTYLE Roy Grifflith 41 33.6 100 Yd. FREESTYLE Roy Grifflith 41 1:12.1	Men 45-49 50 Yd. FREESTYLE Calvin Phillips 46 27.6 Dan Gruender 48 31.9 50 Yd. BACKSTROKE Calvin Phillips 46 33.4 100 Yd. BACKSTROKE Calvin Phillips 46 1:18.6 50 Yd. BREASTSTROKE Dan Gruender 48 35.6 100 Yd. BREASTSTROKE Dan Gruender 48 1:21.5 200 Yd. BREASTSTROKE Dan Gruender 48 2:59.4 100 Yd. INDIVIDUAL MEDLEY Dan Gruender 48 1:18.8 Calvin Phillips 46 1:19.5	Men 50-54 50 Yd. FREESTYLE Dale Marena 51 30.9 100 Yd. FREESTYLE Lou Silverstein 52 1:10.0 Dale Marena 51 1:14.4 100 Yd. BACKSTROKE Lou Silverstein 52 1:23.5
5 Niagara (Goldstone, Schueckler, Tannehill, McVey)	2:08.07	9 Illinois (Guth, Clark, Hale, Chapin)	3:16.14	Men 100-104 50 Yards Freestyle Record: H Perry 66	38.80	Men 55-59 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	Men 60-64 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	
6 Middle Atlantic (Begel, Mayer, Hungerford, Melick)	2:08.23	10 Gold Coast Masters (Krauser, Engelhardt, DeGoff, Best)	4:02.00	Men 105-109 50 Yards Backstroke Record: H Perry 66	38.80	Men 10-14 50 Yd. FREESTYLE Judith Jordan 66 2:06.6 50 Yd. BACKSTROKE Judith Jordan 66 1:17.8 100 Yd. BREASTSTROKE Judith Jordan 66 1:22.6 200 Yd. BUTTERFLY Judith Jordan 66 1:17.3 100 Yd. INDIVIDUAL MEDLEY Judith Jordan 66 2:37.0	Men 15-19 50 Yd. FREESTYLE Martha Cline 37 32.9 Sandy Walters 38 33.3 100 Yd. FREESTYLE Lin Jenkins 37 1:10.9 Martha Cline 37 1:15.9 50 Yd. BACKSTROKE Lin Jenkins 37 37.5 Sandy Walters 38 40.9 50 Yd. BREASTSTROKE Lin Jenkins 37 39.8 Sandy Walters 38 51.6 200 Yd. BREASTSTROKE Lin Jenkins 37 3:13.5 50 Yd. BUTTERFLY Sandy Walters 38 41.4 100 Yd. INDIVIDUAL MEDLEY Lin Jenkins 37 1:21.0	
7 Metro-New York (Brines, Brennen)	2:13.39	11 Jersey "A" (Coyle, Weinberg, Sigrist, Vogt)	3:07.37	Men 110-114 50 Yards Freestyle Record: H Perry 66	38.80	Men 15-19 50 Yd. FREESTYLE Martha Cline 37 32.9 Sandy Walters 38 33.3 100 Yd. FREESTYLE Lin Jenkins 37 1:10.9 Martha Cline 37 1:15.9 50 Yd. BACKSTROKE Lin Jenkins 37 37.5 Sandy Walters 38 40.9 50 Yd. BREASTSTROKE Lin Jenkins 37 39.8 Sandy Walters 38 51.6 200 Yd. BREASTSTROKE Lin Jenkins 37 3:13.5 50 Yd. BUTTERFLY Sandy Walters 38 41.4 100 Yd. INDIVIDUAL MEDLEY Lin Jenkins 37 1:21.0	Men 20-24 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	
8 Michigan (Nicole, Sullivan, Newman, Lynch)	2:19.92	12 Jersey "B" (Cooley, Strothman, Silbert, Rose)	3:24.70	Men 115-119 50 Yards Backstroke Record: H Perry 66	38.80	Men 25-29 50 Yd. FREESTYLE Eric Brendenburg 25 26.0 100 Yd. FREESTYLE Eric Brendenburg 25 57.6 100 Yd. BACKSTROKE Larry Wolfe 26 1:05.3 Eric Brendenburg 25 28.1 Larry Wolfe 26 28.2 100 Yd. INDIVIDUAL MEDLEY Larry Wolfe 26 1:05.5	Men 25-29 50 Yd. FREESTYLE Ferry Johnson 30 35.8 50 Yd. BACKSTROKE Ferry Johnson 30 58.0 50 Yd. BREASTSTROKE Ferry Johnson 30 46.2 100 Yd. BREASTSTROKE Ferry Johnson 30 1:44.7	
9 Jersey (Nicole, Sullivan, Newman, Lynch)	2:19.92	13 New England (Allen, Brines, Wulff, Hayden)	4:02.00	Men 120-124 50 Yards Freestyle Record: H Perry 66	38.80	Men 30-34 50 Yd. FREESTYLE Ferry Johnson 30 35.8 50 Yd. BACKSTROKE Ferry Johnson 30 58.0 50 Yd. BREASTSTROKE Ferry Johnson 30 46.2 100 Yd. BREASTSTROKE Ferry Johnson 30 1:44.7	Men 35-39 50 Yd. FREESTYLE Dave Miller 36 28.2 John Brumbaugh 36 29.9 100 Yd. FREESTYLE John Brumbaugh 36 1:06.6 50 Yd. BACKSTROKE Bill Nolan 39 33.2 John Brumbaugh 36 47.2 50 Yd. BREASTSTROKE Dave Miller 37 37.8 200 Yd. BREASTSTROKE John Brumbaugh 36 3:15.6 200 Yd. BUTTERFLY Bill Nolan 39 DC 100 Yd. INDIVIDUAL MEDLEY John Brumbaugh 36 1:22.6 100 Yd. INDIVIDUAL MEDLEY Bill Nolan 39 5:40.5	
10 Georgia (McAuley, Gosstyla, Nelson, Schnitzer)	2:20.29	14 Middle Atlantic (Guth, Clark, Hale, Chapin)	3:16.14	Men 125-129 50 Yards Backstroke Record: H Perry 66	38.80	Men 40-44 50 Yd. FREESTYLE Roy Grifflith 41 33.6 100 Yd. FREESTYLE Roy Grifflith 41 1:12.1	Men 45-49 50 Yd. FREESTYLE Calvin Phillips 46 27.6 Dan Gruender 48 31.9 50 Yd. BACKSTROKE Calvin Phillips 46 33.4 100 Yd. BACKSTROKE Calvin Phillips 46 1:18.6 50 Yd. BREASTSTROKE Dan Gruender 48 35.6 100 Yd. BREASTSTROKE Dan Gruender 48 1:21.5 200 Yd. BREASTSTROKE Dan Gruender 48 2:59.4 100 Yd. INDIVIDUAL MEDLEY Dan Gruender 48 1:18.8 Calvin Phillips 46 1:19.5	
200 Meters Freestyle Relay Record TOSA Swim Club '76	2:11.65	15 Jersey "A" (Coyle, Weinberg, Sigrist, Vogt)	3:07.37	Men 130-134 50 Yards Freestyle Record: H Perry 66	38.80	Men 50-54 50 Yd. FREESTYLE Dale Marena 51 30.9 100 Yd. FREESTYLE Lou Silverstein 52 1:10.0 Dale Marena 51 1:14.4 100 Yd. BACKSTROKE Lou Silverstein 52 1:23.5	Men 55-59 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	
1 San Mateo Marlins (Brown, Cunningham, Jones, Willson)	2:13.90	16 Jersey "B" (Cooley, Strothman, Silbert, Rose)	3:24.70	Men 135-139 50 Yards Backstroke Record: H Perry 66	38.80	Men 55-59 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	Men 60-64 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	
2 Middle Atlantic (Mayer, Melick, Hungerford, Begel)	2:17.22	17 New England (Allen, Brines, Wulff, Hayden)	4:02.00	Men 140-144 50 Yards Freestyle Record: H Perry 66	38.80	Men 60-64 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	Men 65-69 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	
3 New England (Bartlett, Haartz, Wilson, Lyndon)	2:18.93	18 Jersey "A" (Coyle, Weinberg, Sigrist, Vogt)	3:07.37	Men 145-149 50 Yards Backstroke Record: H Perry 66	38.80	Men 65-69 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	Men 70-74 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	
4 Niagara (Tannehill, McVey, Goldstone, Schueckler)	2:22.41	19 Jersey "B" (Cooley, Strothman, Silbert, Rose)	3:24.70	Men 150-154 50 Yards Freestyle Record: H Perry 66	38.80	Men 70-74 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	Men 75-79 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	
5 San Diego County (Kimball, Phillips, Clark, Gillin)	2:25.20	20 Jersey "A" (Coyle, Weinberg, Sigrist, Vogt)	3:07.37	Men 155-159 50 Yards Backstroke Record: H Perry 66	38.80	Men 75-79 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	Men 80-84 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	
6 Metro-New York (Guido, Sangulliy, Young, Brinesmeister)	2:31.28	21 Jersey "B" (Cooley, Strothman, Silbert, Rose)	3:24.70	Men 160-164 50 Yards Freestyle Record: H Perry 66	38.80	Men 80-84 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	Men 85-89 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	
7 Jersey (Sanborn, Lynch, Nicole, Newman)	2:32.32	22 New England (Allen, Brines, Wulff, Hayden)	4:02.00	Men 165-169 50 Yards Backstroke Record: H Perry 66	38.80	Men 85-89 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	Men 90-94 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	
8 Kisilewale (Levine, Simmers, Draven, Russell)	2:37.03	23 Jersey "A" (Coyle, Weinberg, Sigrist, Vogt)	3:07.37	Men 170-174 50 Yards Freestyle Record: H Perry 66	38.80	Men 90-94 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	Men 95-99 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	
9 OHIO (Volk, Catn, Fox, Kakos)	2:40.37	24 Jersey "B" (Cooley, Strothman, Silbert, Rose)	3:24.70	Men 175-179 50 Yards Backstroke Record: H Perry 66	38.80	Men 95-99 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	Men 100-104 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	
10 Metro-New York "B" (Mellen, Forbes, Brennan, Katz)	2:46.29	25 Jersey "A" (Coyle, Weinberg, Sigrist, Vogt)	3:07.37	Men 180-184 50 Yards Freestyle Record: H Perry 66	38.80	Men 100-104 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	Men 105-109 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	
Men 55+ 200 Meters Freestyle Relay	2:00.28	26 Jersey "B" (Cooley, Strothman, Silbert, Rose)	3:24.70	Men 185-189 50 Yards Backstroke Record: H Perry 66	38.80	Men 105-109 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	Men 110-114 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	
1 Illinois (Pearson, Baugher, Schmidt, Havlicek)	2:00.28	27 Jersey "A" (Coyle, Weinberg, Sigrist, Vogt)	3:07.37	Men 190-194 50 Yards Freestyle Record: H Perry 66	38.80	Men 110-114 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	Men 115-119 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	
2 San Mateo Marlins (Wood, Taioli, Taft, VonBerkefeldt)	2:09.20	28 Jersey "B" (Cooley, Strothman, Silbert, Rose)	3:24.70	Men 195-199 50 Yards Backstroke Record: H Perry 66	38.80	Men 115-119 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	Men 120-124 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	
3 New England "A" (Uhrich, Antonellis, Edwards, Reed)	2:14.74	29 Jersey "A" (Coyle, Weinberg, Sigrist, Vogt)	3:07.37	Men 200-204 50 Yards Freestyle Record: H Perry 66	38.80	Men 120-124 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	Men 125-129 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	
4 St Petersburg (Cooper, Brainen, McGuire, Jennings)	2:19.57	30 Jersey "B" (Cooley, Strothman, Silbert, Rose)	3:24.70	Men 205-209 50 Yards Backstroke Record: H Perry 66	38.80	Men 125-129 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	Men 130-134 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	
5 Gold Coast (Fisher, Jardine, Ringel, Holmes)	2:20.07	31 Jersey "A" (Coyle, Weinberg, Sigrist, Vogt)	3:07.37	Men 210-214 50 Yards Freestyle Record: H Perry 66	38.80	Men 130-134 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	Men 135-139 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	
6 Walnut Creek (Smith, Stringham, Johnson, Clark)	2:22.50	32 Jersey "B" (Cooley, Strothman, Silbert, Rose)	3:24.70	Men 215-219 50 Yards Backstroke Record: H Perry 66	38.80	Men 135-139 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	Men 140-144 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	
7 Middle Atlantic (Nielsen, Jagers, Rowan, Rawstrom)	2:28.89	33 Jersey "A" (Coyle, Weinberg, Sigrist, Vogt)	3:07.37	Men 220-224 50 Yards Freestyle Record: H Perry 66	38.80	Men 140-144 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	Men 145-149 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	
8 MOST (Helman, Allen, Nicol, Dallman)	2:30.80	34 Jersey "B" (Cooley, Strothman, Silbert, Rose)	3:24.70	Men 225-229 50 Yards Backstroke Record: H Perry 66	38.80	Men 145-149 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	Men 150-154 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	
9 Long Beach (Simonton, Rankin, Crowell, Neben)	2:33.89	35 Jersey "A" (Coyle, Weinberg, Sigrist, Vogt)	3:07.37	Men 230-234 50 Yards Freestyle Record: H Perry 66	38.80	Men 150-154 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	Men 155-159 50 Yd. FREESTYLE Nancy Marena 45 48.7 100 Yd. BACKSTROKE Malani Morris 46 1:55.7 Dorothy Murray 48 1:56.5	
10 New England								

HOW THEY TRAIN

"I would like to reply to Art Smith's article in the November-December SWIM-MASTER, page 5, on training. I swim for the New York Athletic Club, and although we do have a team, the varied schedules of the members generally results in our having to train ourselves. Needless to say, this takes a degree of will power particularly when one is trying to force oneself through "repeats." I am amazed that the D.C. team can find the time and energy to put in workouts of 4000-5000 yards a day. In my case, since I travel a great deal abroad, I just can not find the time to put in more than about 1500 yards. Even if I had the time to swim Art's workouts, I'm afraid that the toll on an old man of forty would be severe, resulting in my yawning through most of the day. Agreed, if one is to swim distances in excess of 100 yards, 1500 yard workouts are insufficient, and I feel it even on the last lap of my 100's. I just can't find the time to put in that kind of daily yardage. Lately, however, I have been experimenting with weights, and I feel that they can be helpful for swimmers with time constraints such as mine. I feel much stronger in the water, and my shorter events (50's) have improved quite a bit as the result. The longer events, however, do entail the extensive yardage that the D.C. group puts in." - John T. Bender, III

"I am writing in response to the recent articles concerning training methods. I began training on January 30, 1978 after being out of the water for 6 months. Due to time and pool availability limitations I used a concentrated workout without a warmup. I have noticed over the years that I had not needed much warmup and would not necessarily recommend the program to others. In the 110 days until the Nationals in May, I worked out 64 days. Starting with either a hard 500 or 1000 depending upon my mental state that day, the first 100 was coasting, the 2nd, 3rd, and occasionally 4th was a tightening process, then a hard push at the end. This was followed by an easy 300 alternating back and breast. A series of 40 to 10 100s on 75 sec was the basic part of the workout with an easy 200 to loosen down. The longest workout was 2400 yards and the shortest 1100 with the average 1700. My fastest 500 from a dry start was 5:11, the best 1000 - 10:45 and the best series of 10x100s averaged 60.5. These all occurred in the last 3 weeks of training. I cannot recommend the program to others, but it allowed me at age 30 to set 5:02 and 17:36 for the 500 and 1650 at the Nationals which were both close to the goals I set when I began. I hope this may be of interest to other master swimmers on a tight time schedule!" Dana A. Curtis of Houston, TX

"We are happy to supply you with the individual pace card, weekly goal sets and a typical workout of our Rocky Mountain AAU 60-64 Champion Matt Block. Matt is a hematologist at the University of Colorado Medical Center and is coached by Celebrity Rapids Swim Team's Ross Yancher, 24.

Matt	Goal Time	SC	Splits
200 FR	2:45		39/42/42/42
500 FR	7:45		hold 1:33
1650 FR	28:00		hold 1:42
200 BK	3:35		52/55/55/55
200 FL	4:20		1:00/1:06/1:06/1:06

Weekly Goal Sets:

- 10 x 100 FR @ race pace @ 2:00/1:50/1:40
- 5 x 100 stroke (alternating FL & BK)
- Progressive 1-5 @ 2:30/2:15/2:00/1:45
- 3-6 x 500 progressive 1-3@
9:00/8:30/8:00
- 12 x 50 @ pace progressing through season
from long rest to short rest

Typical Workout from 1978 (12-6)

Dryland exercise and isometric stretching

- 10 x 75 fly (3-2-1 drill/push drill/full stroke @25's) Pr 1-5 @ 1:45
- 3 x 500 Pr @ 9:00
- 4 x 300 pull/kick/swim (100 ea) @ 6:00
(one each stroke)
- 5 x 100 negative split (best stroke) on surgical tubing @ 2:30
- 12 x 50 @ 200 pace with active rest (slow swimming) between pace swims
- 200 swim down
- Total of 4,750 yards
- Matt's favorite workouts include technique work on flip turns and slink starts."

"HOW I TRAIN--REBUTTAL by Ken Krueger -----
I was interested to read the article by Arthur C. Smith III of DC Masters in the November-December 1978 edition, page 5. He states that I work out only two times per week until a month before Nationals; then five times per week. He missed the whole idea of my article. I continue to swim because I don't just swim to stay in shape. I run, play volleyball, push weights, sail, body surf, water ski, etc. I am essentially a sprinter: free, back and fly--so I tailor my workouts to fit my objectives. This last summer in preparation for the Toronto World Championships I trained up to 2,000 meters regularly, all summer, for a specific goal. I achieved it. The most I have trained in one day since 1968 (at USC) is 4000 meters--once. I would quit swimming if I did 4000 meters daily. I respect both Art Smith and John Flanagan's workouts--I use similar ones on my students. We fit their program to them, mine to me."

A.U.S.S.I. NEWS



Carine Swimming Club officials (l. to r.): GLENYS McDONALD, BRIAN SMITH, PHIL JOSE, KAY COX (front), LUCY PEARCE, LYN SMITH, JOHN CANNINGS

By CAROL DAVIS
National Publicity Officer
WEST AUSTRALIA

The growth of AUSSI (The Australian Union of Senior Swimmers International) in Western Australia is a constant source of delight to the National Body. It would seem that enthusiasm for adult fitness through swimming abounds in the "West".

There are now four clubs, CARINE, the first club in the State, which has 50 members and swims every Wednesday night, 8 p.m., at Kevin Duff's Health Club—473 Beach Road, Carine.

MELVILLE, also 50 members, meet every Thursday night 7 p.m. during winter, Kevin Duff's Health Club, 160 Canning Highway, East Fremantle; in summer, Booragoon Aquatic Centre, Booragoon.

SOUTH HEDLAND with 14 members swim Sunday mornings at the South Hedland High School pool.

ROCKINGHAM is a new group who are at the moment only swimming during the summer months at the Rockingham Aquatic Centre.

State Secretary, Glenys McDonald, is rightfully proud of the progress made over the last 12 months—she particularly points out the enthusiasm of the Hedland group which is about 1,770 kl. from Perth—which

means that interest must be sustained from within the group.

Two Carine members travelled across for the Melbourne Nationals, a wonderful effort.

In September this year the Western Australians will host the Inaugural Interstate Swim Meet—and are hoping AUSSI swimmers from the East will find their way across to take part.

HUNTER CLUB

A carnival hosted by AUSSI's Hunter (Newcastle) Club in June attracted 50 swimmers from nine clubs.

An extensive programme was well handled by the swimmers and the organisers who were trialling a new system of card entry and recording.

No records were broken, but the meet's top times were Terry Smith (30), St. George 50 m. bk/s 38.8, 50 f/s 34.4; Barbara Newby (35), Tamworth 400 f/s 6.14.7; Emily Watson (56), Cronulla/Suth. 400 m. f/s 7.41.5; Bob Lawson Hunter (50) br/s 37.7; Bob Ford (39), Hunter 400 m. f/s 5.20.6, 50 bk/s 35.07; Jim Williams (46), Tamworth 50 fly. 34.06, 50 f/s 28.7.

A poolside BBQ followed the swim, and members were able to socialise, and catch up on chit-chat.

BRITISH SWIMMERS DOMINATE IN AMERICA

Six British swimmers went out to the AAU Master Long Course Championships last month and more than made their presence felt. Over 500 swimmers, from ten countries, competed in the Championships at Rhode Island. Many ex Olympic champions took part in the event and put up some impressive times, Steve Clark, former Olympic champion, set a new meet record in the 35/39 Division. Nellie Brown, 85 years young, swam in the 50m freestyle race, in this the eighth Annual AAU Masters.

British Swimmers Are Impressive

Six British swimmers competed in the Championships and they won 22 place medals between them. The swimmers Miss Willy van Rysel, Valerie Cherriman, Terry Boyes, John Gordon, Vic Lohr and A. Pearce.

Six Gold Medals for Terry

Terry Boyes (Yorks City) an ex British International many years ago, took up a new lease on his International swimming and he was at his best in Rhode Island. Terry won six gold medals: freestyle 100m 1:01.04, 200m 2:16.03, 400m 4:55.86, 100m butterfly 1:13.80, individual medley 200m 2:37.82 and 400m 5:38.52; these were all in the 40/44 years age group.

British Master Championships

The ASA Swimming Committee have had a working party on this event and it is possible that recommendations will be made at the 1979 ASA Council Meeting to institute British Master Age Group Swimming in 1979.

Every organisation has its personalities, and A.U.S.S.I. (Australian Union of Senior Swimmers International) is no exception. We are very proud of all our senior members, and the many who have overcome illness or handicaps to participate in our programmes.

Two gentlemen in their eighties, Barney Brownjohn and Fritz Lough, are a familiar sight at A.U.S.S.I. meets scooping the pool, in their age groups.

Both keep truly physically fit and Fitz' world record for the 400 m. Freestyle at the recent "Nationals" is a testament to his fitness.

In South Australia Josi Sansom is proud to be called a fitness fanatic.

Josi is a rather remarkable lady. In 1948 she was chosen to represent Holland, however a bout of tuberculosis shattered her hopes of "Olympic Gold".

Not daunted by bouts of ill health and the loss of one lung, Josi competed in the U.S.A. Masters Championships and won 1 gold, 3 silver and 4 bronze medals.

This year she top scored at the A.U.S.S.I. National Titles and in August is off to Canada for the first Aquatic Championships.

Josie coaches the Adelaide Masters A.U.S.S.I. group, and although she demands high standards from the group, she is a very popular and loved lady.

Another remarkable lady is Beryl Grace from Narooma. Beryl was crippled with arthritis, pain was a daily companion, and a wheelchair Beryl's future.

In a last ditch effort Beryl decided to learn to swim, aided by her brother a swimming coach she began each day a very painful programme.

Last year Beryl achieved her 1500 m. award, she competes regularly at A.U.S.S.I. meets and now is mastering other strokes.

She is a very modest person and only tells her story to give hope to other arthritis sufferers.

A new directive from the National Committee is urging all clubs to undertake an Aerobic Fitness Programme — True physical fitness is not measured by strength or muscular development but rather by the capacity of the heart and the lungs to deliver oxygen and blood to the tissues. This is called Aerobic Power.

Programmes have been drawn up taking all standards of fitness into consideration, members are advised to begin a programme below their considered standard, aim for X points per week, stabilise, then progress to a higher standard.

Swimming programmes can be supplemented by jogging, running, cycling and walking. A complete medical check with regular blood pressure checks is advisable.

For further information about A.U.S.S.I. please contact the National Secretary, Gary Stutsel, 299 Bexley Road, BEXLEY NORTH.

June Krauser, Editor
2308 N.E. 19th Avenue
Ft. Lauderdale, FL 33305

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LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

VOL VIII - No 1 - JAN 1979

SWIM CALENDAR

JAN	NATIONAL ONE HOUR SWIM - Dale Petranec, 2059 Huntington Av #1112, Alexandria, VA
JAN 13	SC - James M. Morgan, 4656 Farcrest Ct., Cincinnati, OH 45239
14	OHIO - Pieter Cath, 29749 Harvard Rd., Cleveland, OH 44122
21	SPAAU - Curt Mosso, 5597 W. Camino Cielo, Santa Barbara, CA 93105
26-28	U of M D - Tom Levickas, 9 Mallow Hill Rd., Baltimore, MD 21229
27	NEM Mid-Winter - J. K. Edwards, 2 Thayer St., Providence, RI 02906
27-28	Sunbelt - John Huson, 4013 Columbine Cir., Charlotte, NC 28211
FEB 3	SC - Lin Jenkins, 7632 E. 29 St., Tucson, AZ 85710
3-4	Fort Dodge SC - Joseph Flaherty, Ft. Dodge YMCA, 1422 1st Ave. S, Fort Dodge, IA 50501
11	SC - Dave Collas, 2054 Harris Rd., Seven Mile, OH 45213
MAR 9-11	JAX Inv SC - J. E. Davis, Jr., 4258 Rapallo Rd., Jacksonville, FL 32210
10-11	Swimming & Diving - John George, 913 E. 10, Edmond, OK 73034
17	6th International Senior Swim Competition - Pool Hurth near Colone Gert Fuchs, BenfleetsraBe 11, 5023 Weiden, Germany
17	Powell Crosley Y SC - Ed Hunter, 423 Flemridge Ct., Cincinnati, OH 45231
18	SC - Charles Moss, 2206 Cranbrook Dr., Midland, MI 48640
31-APR 1	0*H*1*0 Masters - Harry Fox, P.O. Box 922, Massillon, OH 44646
APR 1	England LC - Arthur Ayres, 109 Overslade Crescent, Coventry CV62AX England
6-8	Southern Regional - Joe Biondi, 216 Elizabeth St., Clearwater, FL 33519
7-8	Spring Meet - Joanita Reed, Rt #3, Box 208 KK, San Antonio, TX 78218
21	Pentathlon - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
21	Australian Champ - Gary Stutsel, 299 Bexley Rd., Bexley No., N.S.W., Australia 2207
21-22	SC - Dot Ressiguie, P.O. Box 7, Tar Heel, NC 28392
28-29	Texas A&M - Will Worley, 1001 Village Dr., College Station, TX 77840
28-29	York Dutch Meet - Cal Schaeffer, 2826 Eastwood Dr., York, PA 17402
MAY 4-7	NATIONAL AAU SC CHAMPIONSHIPS - Mission Viejo, CA Mark Schubert, P.O. Box 2071, Mission Viejo, CA 92675
25-27	St. Pete LC - Joe Biondi, 216 Elizabeth St., Clearwater, FL 33519
JUL 8	1500 Mtr Free - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
AUG 4-5	DC LC - Dave McAfee (above)
18	Powell Crosley Y - Ed Hunter, 423 Flemridge Ct., Cincinnati, OH 45231
24-27	NATIONAL AAU LC CHAMPIONSHIPS - University of Texas Pool at Austin Bud Dallman, 435 Kerlick Ln., New Braunfels, TX 78130 <i>DEAR BOB W. Mich</i>
Western Pennsylvania Y Masters Swimming Association (League meets)	
JAN 21, FEB 18, MAR 18, APR 21-22	
INLAND EMPIRE ASSOCIATION - Gene Sayre, W. 2321 Dalton, Spokane, WA 99205	
JAN 14, MAR 18, APR 27-29	
PACIFIC NORTHWEST ASSOCIATION - Fred Wiggin, 16741-15th Ave., N.W., Seattle, WA 98177	
JAN 20-21, MAR 3-4, APR 20-22	
OREGON ASSOCIATION - Earl Walter, 3904 S.W. 57th Ave., Portland, OR 97221	
FEB 4, MAR 11, APR 7-8	
NEW JERSEY ASSOCIATION - Please send stamped, self-addressed envelope to Eric Snyder, P.O. Box 684, Chatham, NJ 07928 JAN 20, FEB 2, FEB 17, MAR 3, MAR 31, APR 21	
OHIO ASSOCIATION - Roy Stickney, 499 N. Columbia Ave., Bexley, OH 43209	
JAN 28, FEB 25, MAR 25, APR 29	
FLORIDA ASSOCIATION - Joe Biondi, 216 Elizabeth St., Clearwater, FL 33519	
JAN 12, 26; FEB 9, 23; MAR 9, 23; APR 20	
MAY 16-18, 1980 NATIONAL AAU SC CHAMPIONSHIPS - SHOF Pool in Ft. Lauderdale, FL	
June Krauser, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305	
Mail 3 copies of meet results to: Enid Uhrich, 25 Lafayette Rd., Newton Lwr Fls, MA 02162	