



# SWIM-MASTER

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**MASTERS SWIMMING - LIFETIME VIGOROUS SWIMMING FOR HEALTH, FUN AND SPORT** - by June F. Krauser

June, 1979

The masters Swimming Program was designed as a physical fitness program to encourage people to swim on a regular basis and be concerned about their physical fitness. The objectives of the program include: 1) To encourage and promote physical fitness and health in adult individuals not previously involved in competitive recreational programs; 2) To offer the opportunity for continued conditioning and/or to reinstitute conditioning for former athletes over 25 years-of-age; 3) To encourage individuals, educators, recreational leaders, schools, medical societies, clubs, organizations, and communities to organize and conduct life-long physical, recreational, and competitive masters programs; 4) To enhance fellowship among participants; 5) To stimulate research in the physiology and psychology of adult participation at basic and clinical research levels, and to investigate the benefits of continued exercise programs on aging processes, cardiopulmonary involvement, orthopedic problems and other preventable debilitating processes. Summing up the reasons for the Masters Swimming Program, we would say first would be the HEALTH - physical fitness aspect; second would be the FUN - social aspect; and third would be the SPORT - competition.

Between 1966-1969 the media and medical world were coming across with the heavy message that ill health and under-exercise are closely linked. Dr. Ransom Arthur of the Navy Medical Neuropsychiatric Research Unit became interested in developing a masters program for swimming after observing the activity of the AAU's Masters Track & Field Program. Dr. Arthur wrote of his interest to John Spanuth, then President of the American Swimming Coaches Association, and the two joined forces in promoting a Masters Swimming Program. The Navy supported Dr. Arthur by providing funds for research into the physical effects of a regular swimming program for adults. A team of eight Navy doctors made extensive tests on the participants in the first National Masters swimming meet held in 1970. Swimming was found to be one of the most healthful forms of exercise and regular exercise results in benefits to the cardiovascular-respiratory systems. The aging process can be slowed down by a daily exercise program and regular exercise lowers the level of serum cholesterol. Swimming on a regular basis can help prevent coronary disease. At the AAU's National Convention in Lake Placid, New York, in October 1971, the Joint Swimming Committee voted to adopt and promote the Masters Swimming Program as an official AAU activity.

Currently, the Masters Swimming Program starts at age 25. Most top swimmers in our country are usually through with competition when they graduate from college. The age groups are broken down into 5-year groupings with 80 & over being the last age group. A beautiful feature of masters swimming is that it has room for all types. It allows long-term competitors to continue a career that may have begun a quarter-century earlier. It encourages one-time competitors to re-enter the sport. And it reserves space for those who've never competed. Surprisingly, prior experience and even continuing experience are not prerequisites for success in this category. Experience apparently isn't all it is cracked up to be because each of these three types - the regulars, the returners and the new-comers - have contributed their record setters. If there is a message in all this, it would be: make the most of experience if you've had it, but experience isn't essential. Apparently it's never too late to atone for sins of over-indulgence and under-exercise.

Those who enter the Masters Swimming Program do so for many different reasons. Weight - too much of it - is a common and obvious force pushing people into some type of exercise program. Many begin for more serious medical reasons than weight such as heart irregularities, asthma, ulcers, and high blood pressure. The therapeutic effects of exercise have at times been dramatic. Some athletes have reached out far beyond physical fitness to capture the deeper pleasures that swimming can give such as spiritual as well as the unique social side. As one airline pilot said, "You just have to admire people who mix Gatorade and beer".

Competition contributes little to health and fitness. In fact, maximum fitness may best be achieved by avoiding racing and the stress that goes with it. But to down-play the role of motivation via competition would be to ignore an obvious and powerful lure of masters swimming. Primarily, it's the feeling of accomplishment. When you swim your fastest time, you feel terribly pleased. Competition is also a personal measuring device for improvement of performance. Records in every age group are improving so fast it's hard to keep up with them. Life is a steady process of slowing down but an individual's times can, of course, improve as he ages, providing conditioning and opportunity improve. And some old swimmers can beat young ones. With masters swimming, a swimmer can now race those in his own age group as he is no longer limited to racing against open competition that gets progressively younger and tougher. They get tougher in his own age group but that's what competition is all about - equals racing on equal terms. Any physically fit swimmer 25 & over should be permitted to compete regardless of his skills or ability. The establishment of records is of secondary importance. Also, masters swimming refuses to exclude so-called professionals so that anyone over 25 may compete regardless of professional status. While opportunity expands, so does participation. It works both ways: meets develop more swimmers, swimmers demand more meets. Such supply and demand works at all levels of the sport. But in masters swimming there's an additional factor at work. Everyone gets older; new blood is continually pumped into the program. If masters swimming accomplished nothing else, it has scored a first in the aging struggle. It has swimmers literally looking forward to their 30th birthdays, and their 35th, and their 40th, etc.

In the beginning, many of the masters swimming races were lonely. There were many winners - but few competitors. But in a few short years, those winners had all the company they could want. Of no group is the old expression, "pride goeth before a fall" truer than of Masters Swimming Champions because it is so easy to drop from first to below third in the course of a year, even while improving one's own time. Masters swimming changes that fast. And it's still changing, expanding and improving at a dizzying rate. And even though you don't win, you may be setting personal records. In the aging process, nature provides some compensations. Psychologically, the older you are the tougher you are. The masters swimming boom has progressed to the point where anyone who wants it can find competition commensurate with his abilities. The master swimmer is limited by family and occupational obligations, but he also has the financial means to explore the swimming world. Age marches steadily upward, adding its inevitable limitations and nowhere is this more obvious than in the records list.

The International Swimming Federation helps to provide tangible evidence of the legitimization of Masters Swimming and it is now recognized as an integral part of aquatics along with the age group and senior programs.

# MASTERS DIVING 1979 INDOOR NATIONALS

## MASTERS DIVING - INDOOR NATIONALS

On Saturday and Sunday, May 26 & 27, 1979, the Masters Diving Indoor National Championships were held at the Gerald Ford Natatorium in Grand Rapids, Michigan. The divers had to contend with gasoline shortages and standby airline reservations but everyone finally arrived and the meet went off in fine shape. Meet Director Jeff Alward deserves kudos for his yeoman efforts in bringing together the top group of Masters Divers for this year's indoor championship meet.

Twenty-five divers (21 men & 4 women) competed in the various age groups from the one meter and three meter boards.

Meet Director Jeff Alward won the 25-29 one meter, Men's Grand Master, and the special Grand Prix event.

The two outstanding woman divers were Jane Manchester Cole, winner of both the one & three meter events in the women's 25-29 age group and the Women's Grand Master championship and Gerta Ross, 73 years young, winner of the one and three meter events in her age group, and the Women's Sr. Grand Masters Championship.

Winner of the Men's Sr. Grand Masters event was Ed Craren of Lincoln, Nebraska.

Meet results and pictures of the National Indoor Masters Diving championships are elsewhere in this issue. The outdoor championships are scheduled for Heritage Park Pools in Irvine, California during August 24-27, 1979.

SENIOR GRAND MASTERS



### NATIONAL AAU MASTERS INDOOR DIVING CHAMPIONSHIPS Grand Rapids, MI 5/26-27/79

#### MENS 1 METER

21-24	
Mike O'Brien	426.50
James Warner	409.10
Tom Ponset	376.95
Brett Stockreef	332.95
25-29	
Jeff Alward	487.70
Alan Doering	482.55
Gary Cole	406.00
30-34	
David McKeenan	368.10
Lou Adams	277.55
35-39	
John Case	404.55
40-44	
Fred Fox	285.00
45-49	
Gary Bagley	338.35
Ed Craren	327.35
Jack Harbourne	286.30
55-59	
Robert Amundson	209.55
60-64	
Ted Kerating	235.95
Dal Stauffer	211.85
65-69	
Bill McAlister	227.10
70 & over	
Cecil Bush	142.80
<u>MENS 3 METER</u>	
21-24	
James Warner	415.85
Mike O'Brien	409.25
Tom Erley	408.30
Brett Stockreef	323.80
25-29	
Alan Doering	535.10
Jeff Alward	532.45
Gary Cole	435.30
30-34	
David McKeenan	414.15
John Griff	366.40
40-44	
Fred Fox	301.40
45-49	
Gary Bagley	389.40
Ed Craren	333.55
Duncan Erley	304.15

55-59	
Robert Amundson	209.55
60-64	
Ted Kerating	251.95
Dal Stauffer	246.40
65-69	
Bill McAlister	241.40
70 & over	
Cecil Bush	134.50
<u>MENS GRAND MASTER</u>	
Jeff Alward	485.80
Fred Fox	360.25
<u>MENS SR. GRAND MASTER</u>	
Ed Craren	322.21
Bill McAlister	302.35
Dal Stauffer	295.30
Robert Amundson	232.25

#### WOMENS 1 METER

25-29	
Jane Manchester Cole	444.90
Jan Lucia	374.90
30-34	
Jan Okopny	308.15
70 & over	
Gerta Ross	130.25

#### WOMENS 3 METER

25-29	
Jane Manchester Cole	458.50
Jan Lucia	390.65
70 & over	
Gerta Ross	133.20

#### WOMENS GRAND MASTER

Jane Manchester Cole	463.25
Jan Lucia	457.95

#### WOMENS SR. GRAND MASTER

Gerta Ross	201.70
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#### GRAND PRIX

(Special Event-Men & Women)	
Jeff Alward	287.86
Jane Cole	287.10
Alan Doering	278.90
Ted Kerating	261.36
Bill McAlister	256.80
John Case	251.18
Dal Stauffer	248.80
Gary Bagley	239.70
Dave McKeenan	234.53
Gerta Ross	226.70
Jan Lucia	220.68
Mike O'Brien	219.11
Brett Stockreef	200.40



YOUTH ...



EXPERIENCE!

1979 MASTERS AAU  
NATIONAL  
SHORT COURSE SWIMMING  
CHAMPIONSHIPS

WOMEN'S TIMES

NS 50 YD FREESTYLE  
25 - 29

Middel, Marcia	25.59
Baier, Patti	25.60
Brown, Barbara	25.92
Skifvars, Lynn	26.07
Sutton, Mary	26.36
McClements, Lyn	26.42
Morris, Elynn	26.45
Simay, Elaine	26.56
Doman, Debra	26.59
Hogan, Karen	26.71
Morey, Michele	27.23
Fujimoto, Deirdre	27.27
Howell, Pamela	27.91
Troxell, Roberta	27.98
Schleuning, Susy	28.04
Damenhower, Monica	28.42
Casey, Sharon	28.68
Loague, Averil	29.04
Pastel, Mary	29.57
Smith, Joan	29.64
Tamme, Carol	29.86
Burning, Babs	30.27
Hixon, Lisa	30.71
Egasse, Jeanne	31.54
Richardson, Camilla	31.74
Zumbrun, Anne	32.49
Hill, Dara	33.30

30 - 34

Estes, Penny	26.06
Dunbar, Barbara	26.42
Edwards, Bonnie, C.	27.26
Brown, Ann	27.36
Peterson, Sally A.	27.68
Zamanigan, Chris	27.78
Reisa, Collette	27.87
Tendy, Susan	28.57
Wight, Karen	28.92
Cramer, Richelle	29.26
Crawford, Liz	29.37
Schaffer, Patricia	29.38
Smith, Teresa	29.74
Frank, Marianne	29.79
Latham, Marie	29.79
Donahue, Margaret	30.00
Doesburg, Deborah	30.08
Chastain, Jayne	31.02
Anderson, Liz	31.19
Newquist, Lana	31.40
Robertson, Susan	31.54
Lynch, Susan	31.61
Bailey, Ellen	31.84
Newcome, Suzanne	31.92
Alexander, Donna	33.85
Zarn, Nancy	35.25
Beady, Linda	39.12
Fordis, Fran	41.70

35 - 39

Todd, Diana	26.26
Ridout, Nancy	26.83
Peterson, Susan	27.76
Harlow, Nancy	27.93
David, Irene	28.00
Kirkendall, Nancy	28.68
Cavanaugh, Wanda	28.73
Rossiter, Molly	28.74
Riddell, Roberta	28.80
Woodman, Lisa	28.90
Mooney, Eileen	29.43
Robbins, Donna	30.37
Humburg, Sallie	30.82
Rogers, Joy	31.32
Bailey, Rosalind	32.42
Anderson, Gretchen	32.70
McGonigal, Louise	33.14
Sargent, Robyn	33.34
Walker, Sally	33.45
Arrighi, Barbara	33.99
McLeod, Joan	36.50
Paris, Carlene	38.65
Walter, Marjory	38.96
Bindman, Terry	41.15
Cook, Roberta	42.20
Shaw, Julie	42.35
Stephanson, Barbara	1.17.56

40 - 44

Correa, Juanita	27.96
Thornburg, Jane	28.80
Zaremski, Barbara	29.40
LaMott, Janet	30.15
Konig, Angela	31.04
Jenkins, Charlotte	31.09
Collins, Judith	31.72
Gall, Betty	31.94
Munn, Susan	32.13
Hindsdale, Jane	32.43
Boddaert, Evelyn	32.44
Dearborn, Susan	33.51
Hawkins, Tanako	34.51
Hewitt, Halle	35.48
Zatman, Mari	35.53
Shuman, Diana	35.83
Amesbury, Judith	35.91
Connolly, Mary	35.91
Carley, Rua	36.86
Cannon, Marcia	38.58
Schroeder, Lynn	39.31
Doupe, Eileen	41.40
Mitchell, Joyce	48.13
Fyfe, Nancy	54.29

45 - 49

Palmer, Helga	30.60
Zasun, Kay	30.94
Smith, Jacqueline	30.97
Hann, Dena	31.23
Gatch, Olive	32.90
Berning, Henrietta	33.59
Callison, Bobbie	34.77
Monroe, Donna	34.81
Campbell, Joan	35.52
Howard, Shirley	37.01
Smith, Joan	41.54
Olshan, Malchia	43.47
Baird, Shirley	45.37

50 - 54

Bennett, Berna	30.00
Bruce, Cynthia	31.53
Turcotte, Bobbi	34.25
Weaver, Mary	35.01
McMillan, Betty	35.33
Wolver, Janet	35.35
Kemeny, Pat	35.89
Acord, Marilyn	36.10
Dickerson, Ruthanne	36.53
Hann, Louise	36.80
Christiansen, Elayne	39.96
Barabash, Betty	40.18
Stafford, Dena	40.47
Garwood, Elizabeth	41.78
Talbot, Betty	45.79
Dickson, Joan	54.47

55 - 59

Donnelly, Dorothy L.	31.08
Lachasse, Dorothy	33.27
Erickson, Shirley	33.39
Merryman, Jeanne	33.63
McPherson, Jean	36.09
Crowell, Bette	37.33
Abbott, Joyce	39.10
Callaghan, Betty	39.73
Croome, Marjorie	40.14
Abbott, Doris	40.73
Oswald, Eileen	47.33
Scott, Dorothy	51.54

60 - 64

Hummer, Helen	35.97
Osborne, Joan	36.09
Pfeiffer, Annetta	37.76
Jobson, Louise	39.12
Reeves, Mary Jane	45.62
Farnell, Anne	47.14
Pakaluk, Lottie	50.49
Rodenour, Ruth	51.18
Steward, Rose	57.63

65 - 69

Musselman, Dawn	33.89
Jammers, Olga	40.77
Ballard, Celia	43.00
Marsh, Susan	43.60
Johnston, Beatrice	44.14
Mueller, Marion	48.96
SILBER, Bernice	53.43
Squires, Lois	54.95

70-74

Cherriman, Vivienne	40.95
Sargent, Ethel	42.94
Bishop, Mamie	43.18
Montgomery, Hazel	49.31
Belsho, Minnie	58.26
Keil, Margaret	59.27
Smyth, Helen	1.08.21
Rowan, Lillian W.	1.19.44

75 - Up

Miller, Pearl	1.19.64
Deal, Ruth	2.52.40

NS 100 YD FREESTYLE  
25 - 29

Middel, Marcia	56.51
Baier, Patti	56.53
Skifvars, Lynn	56.57
Wise, Dot	57.03
McClements, Lyn	57.25
Doman, Debra	58.73
Ruppert, Christine	59.09
Hogan, Karen	1.00.17
Sutton, Mary	1.00.29
Morris, Elynn L.	1.00.31
Troxell, Roberta	1.00.33
Howell, Pamela	1.00.80
Partin, Jeannette	1.00.86
Morey, Michele	1.01.05
Schleuning, Susy	1.01.65
Olson, Debee	1.01.86
Casey, Sharon	1.03.10
Litman, Jackie	1.03.20
Baker, Sandy	1.04.02
Stern, Henrietta	1.04.38
Peterman, Kim	1.04.70
Loague, Averil	1.04.74
Gill, Kathy	1.05.09
Hemphill, Deanna	1.06.06
Burning, Babs	1.06.77
Myers, Hannah	1.07.06
McNeill, Jan	1.07.30
Rose, Lucy	1.07.30
Wham, Robin	1.07.47
Egasse, Jeanne	1.07.56
Pastel, Mary	1.08.18
Gorham, Paige	1.09.79
Hixson, Lisa	1.08.53
Bailey, Ellen	1.10.98

Mullane, Ginger	1.11.81
Richardson, Camilla	1.13.06
Ames, Donna	1.20.37

30 - 34

Johnson, Lucy	57.72
Dunbar, Barbara	57.76
Estes, Penny	58.38
John, Fanny	58.74
Jones-Kay, Susan	58.74
Brown, Ann	1.00.05
Edwards, Bonnie C.	1.00.51
Peterson, Sally	1.02.15
Tendy, Susan	1.02.48
Christensen, Mary	1.03.38
Menard, Joanne	1.03.93
Reiss, Collette	1.03.97
Walters, Cynthia	1.04.00
Wight, Karen	1.04.58
Schaffer, Patricia	1.04.64
Crandell, Kathrine	1.04.73
Crawford, Liz	1.06.43
Hastings, Mary	1.08.26
Doesburg, Deborah	1.08.99
Sanders, Barbara	1.09.21
Donahue, Margaret	1.09.52
Robertson, Susan	1.10.36
Latham, Marie	1.11.40
Anderson, Liz	1.11.70
Gettv, Reda	1.15.34
Pohl, Mary Ann	1.16.13
Alexander, Donna	1.22.16
Zarn, Nancy	1.22.83
Irvine, Jane	1.25.95

35 - 39

Todd, Diana	59.03
Ridout, Nancy	59.34
Harlow, Nancy	1.00.45
Breen, Nancy	1.01.84
David, Irene	1.02.04
Riddell, Roberta	1.02.55
Kirkendall, Nancy	1.03.12
Cavanaugh, Wanda	1.03.77
Rossiter, Molly	1.03.95
MacFarlane, Jackie	1.04.73
Royer, Janet	1.04.18
Woodman, Lisa	1.05.01
Jewell, Carol	1.07.02
Rogers, Joy	1.09.48
Hough, Marny	1.12.69
Burns, Kathleen	1.13.19
Anderson, Gretchen	1.13.94
Arrighi, Barbara	1.14.19
Bailey, Rosalind	1.15.53
Walker, Sally	1.17.36
Hekkers, Louise	1.18.33
Stark, Lorna	1.18.34
Horton, Mary	1.18.45
Pudim, Marv	1.20.15
McLeod, Joan	1.23.43
Walter, Marjory	1.29.41
Lopez, Patricia	1.32.45
Bindman, Terry	1.34.54
Cook, Roberta	1.36.81

40 - 44

Correa, Juanita	1.01.84
Thornburg, Jane	1.04.45
Zaremski, Barbara	1.07.03
LaMott, Janet	1.08.02
Konig, Angela	1.08.29
Munn, Susan	1.10.50
Jenkins, Charlotte	1.10.97
McCullagh, Pauline	1.11.16
Werry, Dot	1.12.92
Hindsdale, Jane	1.12.28
Boddaert, Evelyn	1.13.37
Gall, Betty	1.14.44
Dakins, Tanako	1.17.38
Dearborn, Susan	1.19.23
Zatman, Mari	1.19.36
Jacobson, Ellen	1.27.58
Rangel, Lesley	1.25.15
Connolly, Mary	1.27.18
Schroeder, Lynn	1.30.66
Cannon, Marcia	1.33.14
Mitchell, Joyce	1.56.68
Fyfe, Nancy	2.03.46

45 - 49

Stoinoff, Lavelle	1.07.30
Palmer, Helga	1.08.90
Esasun, Kay	1.10.01
Hann, Dena	1.10.22
Wilson, Barbara	1.12.37
Oliver, Judie	1.12.37
Anderson, Jody	1.14.38
Gatch, Olive	1.18.02
Berning, Henrietta	1.18.37
Monroe, Donna	1.19.07
Howard, Shirley	1.23.90
Smith, Joan	1.31.36
Neumann, Ann	1.39.62
Ditsworth, Elizabeth	1.46.48

50 - 54

Bennett, Berna	1.09.46
Bruce, Cynthia	1.14.28
Truender, Edie	1.17.43
Turcotte, Bobbi	1.17.80
Dickerson, Ruthanne	1.20.35
Acord, Marilyn	1.22.30
Weaver, Mary	1.22.62
Kemeny, Pat	1.23.31
McMillan, Betty	1.24.75
Wolver, Janet	1.24.60
Grant, Margot	1.25.79
Hann, Louise	1.32.41
Barabash, Betty	1.34.21
Talbot, Betty	1.39.32
Dickson, Joan	1.56.19

55 - 59

Donnelly, Dorothy	1.08.98
Lachasse, Dorothy	1.19.30
McPherson, Jean	1.21.77
Altus, Grace	1.23.07
Merryman, Jeanne	1.24.28
Ott, Emily	1.30.82
Abbott, Joyce	1.30.84
Snyder, Phyllis	1.32.10
Grace, Beryl	1.36.42
Hottfinger, Ana-Mary	1.37.57
Abbott, Doris	1.37.84
Oswald, Eileen	1.51.85
Scott, Dorothy	1.53.22

60 - 64

Hummer, Helen	1.20.76
McCollister, Jane	1.21.43
Simonton, Rita	1.26.64
Pfeiffer, Annetta	1.29.22
Jobson, Louise	1.32.50
Durston, Jean	1.33.66
Reeves, Mary Jane	1.40.52
Knipp, Lorraine	1.42.92
Ridenour, Ruth	1.51.56
Pakaluk, Lottie	1.53.31

65 - 69

Musselman, Dawn	1.18.06
Johnston, Beatrice	1.39.40
Marsh, Susan	1.40.96
Ballard, Celia	1.41.18
Vanvorst, Irene	1.42.32
Squires, Lois	2.01.95
Silber, Bernice	2.04.82

70 - 74

Cherriman, Vivienne	1.34.21
Bishop, Mamie	1.42.91
Sargent, Ethel	1.44.99
Montgomery, Hazel	1.58.12
Keil, Margaret	2.10.55
Smyth, Helen	2.32.85
Rowan, Lillian	3.27.97

80 - 84

Miller, Pearl	3.01.16
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NS 200 YD FREESTYLE  
25 - 29

Wise, Dot	2.01.89
Baier, Patti	2.03.53
Skifvars, Lynn	2.05.76
Middel, Marcia	2.07.43
Doman, Debra	2.07.44
Ruppert, Christine	2.08.09
Huska, Joy	2.09.99
Lee, Susan	2.10.31
Troxell, Roberta	2.11.02
Olson, Debee	2.11.09
Walsh, Carol	2.16.50
Casey, Sharon	2.18.90
Bell, Sharon	2.19.20
Litman, Jackie	2.19.82
Baker, Sandy	2.21.19
Bratrude, Claudia	2.21.90
Tamme, Carol	2.22.80
Hemphill, Deanna	2.22.96
Stern, Henrietta	2.22.97
Myers, Hannah	2.25.80
Howell, Pamela	2.25.99
Brummel, Diane	2.26.44
Gill, Kathy	2.27.65
Loague, Averil	2.27.78
Rose, Lucy	2.27.81
McNeill, Jan	2.30.84
Hixson, Lisa	2.34.01
Ransenberger, Lynn	2.35.48
Gorham, Paige	2.35.66
Mullane, Ginger	2.35.86
White, Dorothy	2.38.66
Hill, Dara	2.50.74
Ames, Donna	2.59.24

30 - 34

Bress, Marianne	2.05.79
Johnson, Lucy	2.06.54
Dunbar, Barbara	2.10.03
Johnson, Carolyn	2.10.73
West, Barbara	2.15.63
Edwards, Bonnie	2.17.07
Ecker, Kaeti	2.17.14
Menard, Joanne	2.18.02
Tendy, Susan	2.21.49
Walters, Suzanne	2.25.53
Bills, Cynthia	2.26.64



NS 500 YD FREESTYLE  
25 - 29

Table with 2 columns: Name and Time. Includes swimmers like Baier, Patti; Wise, Dot; Skrifvars, Lynn; Olson, Debee; Lee, Susan; Schleuning, Susy; Baker, Sandy; Bell, Sharon; Casey, Sharon; Tammé, Carol; Litman, Jackie; Cruickshank, Debi; Brummel, Diane; Bratrude, Claudia; Gill, Kathy; Stern, Henrietta; Mason, Jeanne; Egasse, Jeanne; Hemphill, Deanna; McNeill, Jan; Rose, Lucy; Saal, Mary; Loague, Averil; Gorham, Paige; Mullaney, Ginger; White, Dorothy.

30 - 34

Table with 2 columns: Name and Time. Includes swimmers like Brems, Marianne; Johnson, Lucy; Johnson, Carolyn; Menard, Joanne; Estes, Penny; Ecker, Kaeti; Schaffer, Susan; Tandy, Susan; Hastings, Mary; Sanders, Barbara; Robertson, Susan; Watson, Katherine; Pohl, Mary Ann; Jones, Beatrice; Pro, Mollie; Irvine, Jane.

35 - 39

Table with 2 columns: Name and Time. Includes swimmers like Kats, Dr. Dane; Harlow, Marcy; Ridout, Nancy; Keller, Jill; Royer, Janet; Bennett, Betty; MacFarlane, Jackie; Daland, Ingrid; Woodman, Lisa; Jewell, Carol; Hough, Marny; Kirkendall, Nancy; Clark, Mimi; Bailey, Rosalind; Martin, Christine; Horton, Mary; Stark, Lorna; Arrighi, Barbara; Zentgraf, Karen; Sargent, Robyn; Hecker, Louise; Walker, Sally; Cook, Roberta; Chesloff, Toni.

40 - 44

Table with 2 columns: Name and Time. Includes swimmers like MacPherson, Carol; McCullagh, Pauline; Zremski, Barbara; Collins, Judith; Thornburg, Jane; Munn, Susan; Werry, Dot; Debes, Evelyn; Stine, Ingrid; Dellinger, Marlene; Zatsman, Maria; Carley, Rusa; Dearborn, Susan; Hewitt, Halle; Doupe, Eileen; Strawcher, Wendy.

45 - 49

Table with 2 columns: Name and Time. Includes swimmers like Stoinoff, Lavelle; Kay Ann; Wilson, Barbara; Palmer, Helga; Anderson, Jody; Eason, Kay; Buchanan, Peggy; Jones, Rita-Al; Bogatko, Lisa; Twilight, Janet; Howard, Shirley; Neumann, Anne.

50 - 54

Table with 2 columns: Name and Time. Includes swimmers like Krauser, June; Gruender, Edie; McDaris, Joy; Stafford, Dena; Wolver, Janet; McMillan, Betty; Kemeny, Pat; Garwood, Elisabeth; Barabash, Betty; Dickson, Joan.

55 - 59

Table with 2 columns: Name and Time. Includes swimmers like Orosco, Geri; Lachasse, Dorothy; Altus, Grace; Harrison, Kay; McPherson, Jean; Ott, Emily; Golseth, Barbara; Hottinger, Ana-Mary; Jorgensen, Helen; Abbott, Doris; Abbott, Joyce; Grace, Beryl; Scott, Dorothy; Oswald, Eileen.

60 - 64

Table with 2 columns: Name and Time. Includes swimmers like McCollister, Jane; Humber, Helen; Osborne, Joan; Praifer, Annetta; Durston, Jean; Reeves, Mary Jane; Knipp, Loraine; Pakaluk, Lottie; Ridenour, Ruth.

World National Record

65 - 69

Table with 2 columns: Name and Time. Includes swimmers like Musselman, Dawn; Ballard, Celia; Marsh, Susan; Squires, Lois; Mueller, Marion; McConkey, Gratia; Cherriman, Vivienne; Shephard, Rita; Bennett, Jerry; Sayth, Helen; Newton, Olive.

70 - 74

Table with 2 columns: Name and Time. Includes swimmers like Mauric, E.; Baier, Patti; Olson, Debee; Pohl, Darlene; Brummel, Diane; Bell, Sharon; Cruickshank, Debi; Tammé, Carol; Egasse, Jeanne; Mason, Jeanne; Bratrude, Claudia; Baker, Sandy; Myers, Hannah; Lital, Jackie; Saal, Mary; McNeill, Jan; Gorham, Paige; Mullaney, Ginger.

30 - 34

Table with 2 columns: Name and Time. Includes swimmers like Brems, Marianne; Johnson, Carolyn; Ecker, Kaeti; Menard, Joanne; West, Barbara; Schaffer, Susan; Tandy, Susan; Brummel, Diane; Walters, Cynthia; Sanders, Barbara; Smith, Teresa; Watson, Katherine; Berry, Lynn; Jones, Beatrice; Pro, Mollie; Howse, Genevieve.

35 - 39

Table with 2 columns: Name and Time. Includes swimmers like Harlow, Marcy; MacFarlane, Jackie; Daland, Ingrid; Royer, Janet; David, Irene; Woodman, Lisa; Jewell, Carol; Kirkendall, Nancy; Riddell, Roberta; Horton, Mary; Martin, Christine; Stark, Lorna; Robbins, Donna; Hecker, Louise; Leskovita, Joan; Zentgraf, Karen; Walker, Sally; Pudis, Mary; Chesloff, Toni; Hough, Marny.

40 - 44

Table with 2 columns: Name and Time. Includes swimmers like MacPherson, Carol; Rittenhouse, Susan; Zaremski, Barbara; Collins, Judith; Munn, Susan; Thornburg, Jane; Dabrock, Marty; Dellinger, Marlene; Hewitt, Halle; Strawcher, Wendy.

45 - 49

Table with 2 columns: Name and Time. Includes swimmers like Stoinoff, Lavelle; Wilson, Barbara; Palmer, Helga; Anderson, Jody; Buchanan, Peggy; Monroe, Donna; Smith, Joan; Howard, Shirley; Ditsworth, Elisabeth.

50 - 54

Table with 2 columns: Name and Time. Includes swimmers like Krauser, June; Gruender, Edie; Rogers, Elfriede; McDaris, Joy; McMillan, Betty; Dickson, Joan.

55 - 59

Table with 2 columns: Name and Time. Includes swimmers like Erickson, Shirley; Altus, Grace; Harrison, Kay; Taft, Zada; Hottinger, Ana-Mary; Grace, Beryl.

60 - 64

Table with 2 columns: Name and Time. Includes swimmers like McCollister, Jane; Durston, Jean; Pfeiffer, Annetta; Knipp, Loraine; Pakaluk, Lottie; Farrell, Anne; Steward, Rose; Denst, Dorothy.

65 - 69

Table with 2 columns: Name and Time. Includes swimmers like Musselman, Dawn; Deal, Grace; Mueller, Marion.

70 - 74

Table with 2 columns: Name and Time. Includes swimmers like Cherriman, Vivienne.

75 - 79

Table with 2 columns: Name and Time. Includes swimmers like Mauric, E.

NS 50 YD BUTTERFLY

Table with 2 columns: Name and Time. Includes swimmers like Middel, Marcia; Ruppert, Christine; McClements, Lyn; Fujimoto, Beirdre; Reuter, Judith; Sutton, Mary; Huska, Joy; Hogan, Karen; Doman, Debra; Brown, Barbara; Morey, Michele; Pastel, Mary; Pohl, Darlene; Walsh, Carol; Troxell, Roberta; Peterman, Kim; Loague, Averil; Partin, Jeannette; Gill, Kathy; Howell, Pamela; Faust, Tricia; Smith, Joan; Mosse, Joy; Cruickshank, Debi; Brummel, Diane; Richardson, Camilla; Durning, Babs; Ranzenberger, Lynn; Saal, Mary; Egasse, Jeanne; Rybka, Debra; McCrea, Carrie; Rose, Lucy.

30 - 34

Table with 2 columns: Name and Time. Includes swimmers like Dunbar, Barbara; Gettling, Janet; Johnson, Carolyn; Edwards, Bonnie; Estes, Penny; Reiss, Collette; Brown, Ann; Christensen, Mary; Cramer, Richelle; Walters, Cynthia; Peterson, Sally Ann; Dills, Suzanne; Cattrall, Yvonne; Wight, Karen; Schaffer, Patricia; Lathan, Marie; Lynch, Susan; Werbin, Gal; Doesburg, Deborah; Chastain, Jayne; Anderson, Liz; Getty, Reda; Newcome, Suzanne; Newquist, Lana.

35 - 39

Table with 2 columns: Name and Time. Includes swimmers like Peterson, Susan; Ridout, Nancy; Todd, Diana; Breen, Nancy; David, Irene.

Table with 2 columns: Name and Time. Includes swimmers like Cavanaugh, Wanda; Jewell, Carol; Keller, Jill; Rossiter, Molly; Riddell, Roberta; Humberga, Sallie; Burns, Kathleen; Martin, Christine; Hecker, Louise; Arrighi, Barbara; Walter, Marjory; Paris, Carlena.

40 - 44

Table with 2 columns: Name and Time. Includes swimmers like Rittenhouse, Susan; Collins, Judith; McGuire, Anne; Geoffrion, Helen; Pipes, Adrienne; Munn, Susan; Gall, Betty; Thornburg, Jane; Werry, Dot; Dabrock, Marty; Carley, Rusa; Connolly, Mary; Anlad, Chaya; Hinsdale, Jane; Zatsman, Mari; Hewitt, Halle.

45 - 49

Table with 2 columns: Name and Time. Includes swimmers like Kay, Ann; Oliver, Judie; Smith, Jacqueline; Mann, Dena; Taylor, Carol; Buchanan, Peggy; Callison, Bobbie; Eason, Kay; Bogatko, Lisa; Graef, Margrit; Berning, Henrietta; Ditsworth, Elisabeth; Kleist, Dorothy.

50 - 54

Table with 2 columns: Name and Time. Includes swimmers like Adams, Anne; Bennett, Berna; Krauser, June; Gruender, Edie; MacBeth, Nancy; Carr, Florence; Turcotte, Bobbi; Roach, Thelma; Meserve, Nancy; Hann, Louise; Stupfel, Gloria; Dickerson, Ruthanne.

60 - 64

Table with 2 columns: Name and Time. Includes swimmers like Hummer, Helen; Thompson, Viola; Osborne, Joan; Brummett, Rita; Reeves, Mary Jane; Farrell, Anne; Denst, Dorothy; Steward, Rose.

65 - 69

Table with 2 columns: Name and Time. Includes swimmers like Merlino, Maxine; Sandeman, Elna; Wayne, Bernice; Johnston, Beatrice; Squires, Lois.

NS 100 YD BUTTERFLY

Table with 2 columns: Name and Time. Includes swimmers like McClements, Lyn; Reuter, Judith; Ruppert, Christine; Middel, Marcia; Huska, Joy; Fujimoto, Beirdre; Brown, Barbara; Pflugheber, Carol; Pohl, Darlene; Mason, Jeanne; Morey, Michele; Gill, Kathy; Walsh, Carol; Hogan, Karen; Mosse, Joy; Brummel, Diane; Bell, Sharon; Cruickshank, Debi; White, Dorothy; Hixson, Lisa.

30 - 34

Table with 2 columns: Name and Time. Includes swimmers like Dunbar, Barbara; Johnson, Lucy; Gettling, Janet; Johnson, Carolyn; Christensen, Mary; Cramer, Richelle; Reiss, Collette; Dills, Suzanne; Brown, Ann; Schaffer, Patricia; Walters, Cynthia; Lynch, Susan; Watson, Katherine; House, Genevieve.

35 - 39

Table with 2 columns: Name and Time. Includes swimmers like Peterson, Susan; David, Irene; Todd, Diana; Breen, Nancy; Harlow, Marcy; Rossiter, Molly; Royer, Janet; Kirkendall, Nancy; Riddell, Roberta; McGonigal, Louise; Martin, Christine; Pudis, Mary.

40 - 44

Table with 2 columns: Name and Time. Includes swimmers like Rittenhouse, Susan; McGuire, Anne; Collins, Judith; Lamott, Janet; Pipes, Adrienne; Geoffrion, Helen; Debes, Evelyn; Dellinger, Marlene; Rasmussen, Mary Ann; Dabrock, Marty.

45 - 49

Table with 2 columns: Name and Time. Includes swimmers like Kay, Ann; Oliver, Judie; Taylor, Carol; Callison, Bobbie; Smith, Jacqueline; Anderson, Jody; Palmer, Helga; Eisele, Sylvia; Monroe, Donna; Twilight, Janet; Neumann, Anne; Kleist, Dorothy.

50 - 54

Table with 2 columns: Name and Time. Includes swimmers like Adams, Anne; Krauser, June; Gruender, Edie; MacBeth, Nancy; Carr, Florence; Rogers, Elfriede; Roach, Thelma; Meserve, Nancy; Christiansen, Elyanne; Stupfel, Gloria.

55 - 59

Table with 2 columns: Name and Time. Includes swimmers like Costello, Charlotte; Erickson, Shirley; Orosco, Geri; Altus, Grace; Taft, Zada; Ott, Emily; Golseth, Barbara.

60 - 64

Table with 2 columns: Name and Time. Includes swimmers like Hummer, Helen; Simonson, Rita; Thompson, Viola; Anderson, Mildred; Roumasset, Helen; Farrell, Anne; Steward, Rose.

WOMENS 100 YD BACKSTROKE

Table with 2 columns: Name and Time. Includes swimmers like Skrifvars, Lynn; Pflugheber, Carol; Reuter, Judith; Lee, Susan; Middel, Marcia; Daneshower, Monica; Mosse, Joy; Tammé, Carol; Stern, Henrietta; Durning, Babs; Smith, Joan; Lucero, Sharon; Morris, Elynn; McCrea, Carrie; Gorham, Paige; Egasse, Jeanne.

<b>30 - 34</b>	Frank, Marianne 1.09.78	Ullstall, Diann 1.10.38	Smith, Teresa 1.12.42	Crawford, Liz 1.14.25	Cattrall, Yvonne 1.15.37	Schaffer, Susan 1.15.96	Berry, Lynn 1.16.02	Crandell, Kathrine 1.16.42	Christensen, Mary 1.17.66	Chastain, Jayne 1.17.78	Bollman, Jean 1.18.70	Cramer, Richelle 1.19.28	Jones, Beatrice 1.34.18	Pohl, Mary Ann 1.36.27	Zarn, Nancy 1.41.60	Irvine, Jane 1.49.48																				
<b>35 - 39</b>	Bennett, Betty 1.09.57	Mooney, Eileen 1.12.28	Peterson, Susan 1.13.89	Keller, Jill 1.15.39	Rossiter, Molly 1.15.43	Vanderbush, Carin 1.16.79	Rogers, Joy 1.18.20	Jenkins, Lin 1.19.04	Mills, Patric 1.19.15	McGonigal, Louise 1.25.18	Childs, Martha 1.25.40	Anderson, Gretchen 1.25.86	Burns, Kathleen 1.26.03	Zentgraf, Karen 1.27.26	Hough, Harny 1.31.66																					
<b>40 - 44</b>	Correa, Juanita 1.13.69	Konig, Angela 1.16.90	Boddaert, Evelyn 1.17.85	Rittenhouse, Susan 1.19.64	Hoy, Laurie 1.23.16	Collins, Judith 1.23.54	Jenkins, Charlotte 1.24.07	Lamott, Janet 1.26.38	Munn, Susan 1.27.42	Debes, Evelyn 1.28.16	Zatman, Maria A. 1.33.33	Amiad, Chaya 1.33.91	Stine, Ingrid 1.34.14	Amesbury, Judith 1.35.82	Shuman, Diana 1.35.72	McGee, Nancy 1.36.73	Connolly, Mary 1.41.90	Cannon, Marcia 1.46.36	James, Marietta 1.51.36	Schroeder, Lynn 1.55.58	Mitchell, Joyce 2.07.59	Fyfe, Nancy 2.43.12														
<b>45 - 49</b>	Campbell, Joan 1.21.94	Baxter, Cindy 1.23.10	Stoinoff, Lavelle 1.23.64	Hann, Denia 1.25.26	Berning, Henrietta 1.28.54	Oliver, Judie 1.29.75	Graef, Margrit 1.30.09	Eason, Kay 1.30.10	Eisele, Sylvia 1.31.53	Monroe, Donna 1.42.29	Howard, Shirley 1.43.04	Baird, Shirley 1.44.69																								
<b>50 - 54</b>	Bruce, Cynthia 1.22.70	Turcotte, Bobbi 1.23.98	MacBeth, Nancy 1.25.87	Carr, Florence 1.31.13	Meserve, Nancy 1.33.88	Acord, Marilyn 1.35.19	Weaver, Mary 1.39.47	Wolver, Janet 1.40.69	Grant, Margot 1.42.78	Hann, Louise 1.43.41	Garwood, Elizabeth 1.43.83	Stupfel, Gloria 2.16.44																								
<b>55 - 59</b>	Donnelly, Dorothy 1.27.84	Lachasse, Dorothy 1.29.00	Merryman, Jeanne 1.29.42	Erickson, Shirley 1.34.78	Callaghan, Betty 1.34.78	Allnutt, Sarah 1.37.12	Taft, Zada 1.40.25	Abbott, Joyce 1.49.16	McPherson, Jean 1.49.76	Croome, Marjorie 1.53.48	Jorgensen, Helen 1.59.02	Wilcox, Marie 1.20.83	Grace, Beryl DISQ																							
<b>60 - 64</b>	Pfeiffer, Annetta 1.47.20	Knipp, Loraine, A 1.58.91	Roumasset, Helen 2.00.65	Denst, Dorothy 2.15.91																																
<b>55 - 69</b>	Musselman, Dawn 1.34.28	Marsh, Susan 1.53.23	Johnston, Beatrice 1.56.35	Hueller, Marion 1.59.30	Jagers, Olga 2.02.80	Silber, Bernice 2.08.46	McConkey, Gracia 2.10.49																													
<b>65 - 69</b>	Musselman, Dawn 1.34.28	Marsh, Susan 1.53.23	Johnston, Beatrice 1.56.35	Hueller, Marion 1.59.30	Jagers, Olga 2.02.80	Silber, Bernice 2.08.46	McConkey, Gracia 2.10.49																													
<b>70 - 74</b>	Montgomery, Hazel 1.56.35	Sargent, Ethel 2.09.08	Shepherd, Rita 2.17.70	Smyth, Helen 2.50.47	Rowan, Lillian 3.07.77	Keil, Margaret 3.08.98	Newton, Olive 3.50.54																													
<b>75 - 79</b>	Deal, Ruth 4.38.28																																			
<b>NS 200 YD BACKSTROKE</b>	<b>25 - 29</b>	SKrifvars, Lynn 2.20.44	Reuter, Judith 2.23.40	Lee, Susan 2.26.77	Huska, Joy 2.38.94	Blair, Debra 2.41.31	Mossa, Joy 2.43.52	Mason, Jeanne 2.44.17	Stern, Henrietta 2.51.02	Tamco, Carol 2.52.83	Lucero, Sharon 2.54.27	McCrea, Carrie 3.00.94	Corhan, Paige 3.04.63	Ames, Donna 3.30.08																						
<b>30 - 34</b>	Brens, Marianne 2.27.24	Johnson, Lucy 2.32.02	Ullstall, Diann 2.34.89	Frank, Marianne 2.35.66	Smith, Teresa 2.39.47	Schaffer, Susan 2.43.36	Berry, Lynn 2.45.87	Bollman, Jean 2.49.14	Crawford, Liz 2.53.26	Crandell, Kathrine 2.53.77	Chastain, Jayne 2.56.09	Newcome, Suzanne 3.06.87																								
<b>35 - 39</b>	Bennett, Betty 2.32.65	Katz, Dr. Dane 2.37.86	Keller, Jill 2.40.67	Vanderbush, Carin 2.50.85	Jenkins, Lin 2.54.70	Rogers, Joy 2.54.78	Kirkendall, Nancy 2.55.02	McGonigal, Louise 3.01.80	Zentgraf, Karen 3.08.70	Burns, Kathleen 3.10.33	Anderson, Gretchen 3.15.75	Walker, Sally 3.24.81	Stark, Lorna 3.31.20	Martin, Christine 3.33.67	Walter, Marjorie 3.54.72	Shaw, Julie 4.04.67																				
<b>40 - 44</b>	Correa, Juanita 2.40.11	McPherson, Carol 2.45.27	Konig, Angela 2.51.04	Boddaert, Evelyn 3.01.96	Lamott, Janet 3.01.94	Jenkins, Charlotte 3.10.91	Shuman, Diana 3.27.45	Stine, Ingrid 3.27.56	Amiad, Chaya 3.29.78	McGee, Nancy 3.31.05	Cannon, Marcia 3.50.52	James, Marietta 4.04.65	Kay, Ann 2.57.22	Stoinoff, Lavelle 2.59.74	Campbell, Joan 3.03.32	Baxter, Cindy 3.04.40	Buchanan, Peggy 3.19.26	Eisele, Sylvia 3.21.80	Baird, Shirley 3.42.22	Twight, Janet 3.54.40	Smith, Joan 4.03.48	Newmann, Anne 4.35.41														
<b>50 - 54</b>	Adams, Anne 2.56.64	MacBeth, Nancy 3.04.72	Turcotte, Bobbi 3.05.84	Bruce, Cynthia 3.11.12	Rogers, Elfriede 3.23.96	Meserve, Nancy 3.26.61	McMillan, Betty 3.47.53	Talbot, Betty 3.48.63	Christiansen, Llyayne 3.56.35	Stupfel, Gloria 4.56.72																										
<b>55 - 59</b>	Lachasse, Dorothy 3.09.24	Erickson, Shirley 3.15.54	Merryman, Jeanne 3.25.15	Taft, Zada 3.33.35	Golseth, Barbara 3.39.56	Crowell, Betty 3.51.40	Abbott, Joyce 3.57.72	Jorgensen, Helen 4.20.54																												
<b>60 - 64</b>	George, Margaret 3.39.27	Anderson, Mildred 4.01.62	Knipp, Loraine 4.13.88	Roumasset, Helen 4.17.29	Denst, Dorothy 4.57.92	Peterson, Lorraine 4.34.40																														
<b>65 - 69</b>	Merlino, Maxine 3.44.54	Marsh, Susan 4.10.82	Mueller, Marion 4.20.78																																	
<b>70 - 74</b>	Montgomery, Hazel 4.81.64	Shepherd, Rita 4.30.55	Belahe, Minnie 4.56.80	Smyth, Helen 5.55.24																																
<b>80 +</b>	Miller, Pearl 6.19.71	Deal, Ruth 12.13.73																																		
<b>100 YD BREASTSTROKE</b>	<b>25 - 29</b>	Wise, Dot 1.13.00	Phelan, Mary Beth 1.13.20	Schleuning, Susy K. 1.16.49	Pastel, Mary 1.17.01	Walsh, Carol 1.17.03	Partin, Jeannette 1.17.08	Danenhower, Monica 1.17.08	Morey, Michele 1.19.00	Zumbrun, Anne 1.20.43	Hemphill, Deanna 1.22.97	Peterman, Kim 1.24.46	Richardson, Camilla 1.25.03	Rybak, Debra 1.28.53	Hill, Dara 1.32.83	Ames, Donna 1.36.51																				
<b>30 - 34</b>	Jones-Ray, Susan 1.09.58	Cattrall, Yvonne 1.13.31	Gettling, Janet 1.13.84	Ullstall, Diann 1.16.25	Crandell, Kathrine 1.18.06	Peterson, Sally Ann 1.19.02	West, Barbara 1.19.09	Menard, Joanne 1.20.78	Werbin, Gail 1.25.44	Donahue, Margaret 1.26.44	Lynch, Susan 1.27.80	Bailey, Ellen 1.27.94	Hastings, Mary 1.29.59	Kaemmerlen, Susan 1.30.18	Genevieve 1.32.71	Robertson, Susan 1.33.25	Newcome, Suzanne 1.33.41	Beaty, Linda 1.33.80	Irvine, Jane 1.36.03																	
<b>35 - 39</b>	Daland, Ingrid 1.15.72	Sike, Ilona 1.19.27	Todd, Diana 1.19.48	Dewell, Carol 1.21.78	Jenkins, Lin 1.24.78	Mills, Patric 1.25.34	Sargent, Robyn 1.27.02	Childs, Martha 1.27.38	Anderson, Gretchen 1.29.25	Humbarga, Sallie 1.29.83	Burns, Kathleen 1.31.48	Paris, Carlene 1.34.04	Pudim, Mary 1.41.37	Bindman, Terry 1.43.96	Robbins, Donna DISQ																					
<b>40 - 44</b>	McGuire, Anne 1.20.54	Hoy, Laurie 1.28.04	Stine, Ingrid 1.28.85	Hingsdale, Jane 1.31.07	Connolly, Mary 1.31.67	Geoffrion, Helen 1.31.49	Boddaert, Evelyn 1.31.63	McGee, Nancy 1.36.33	Dellinger, Marlene 1.36.53	Pipes, Adrienne 1.36.73	Hewitt, Halle 1.41.61	Shuman, Diana 1.43.28	Amiad, Chaya 1.44.86	Schroeder, Lynn 1.49.65	Jacobson, Ellen 1.50.65																					
<b>45 - 49</b>	Eisele, Sylvia 1.26.08	Taylor, Carol 1.26.35	Baxter, Cindy 1.27.55	Smith, Jacqueline 1.29.73	Bogatch, Lisa 1.29.98	Graef, Margrit 1.30.44	Getch, Olive 1.35.37	Twight, Janet 1.43.03	Smith, Joan 1.56.14	Ditworth, Elisabeth 1.58.57	Newman, Anne 1.59.13	Kleist, Dorothy 2.16.88																								
<b>50 - 54</b>	Horst, Alicia 1.29.54	McDaris, Joy 1.33.03	Bruce, Cynthia 1.34.27	Carr, Florence 1.38.27	Roach, Thelma 1.38.53	Weaver, Mary 1.42.63	Walver, Janet 1.43.78	Kemeny, Pat 1.45.08	Hann, Louise 1.47.93	Garwood, Elizabeth 1.49.84	Grant, Margot 1.50.94	Stafford, Dana 1.55.81																								
<b>55 - 59</b>	Costello, Charlotte 1.31.74	Callaghan, Betty 1.37.12	Harrison, Kay 1.37.87	Allnutt, Sarah 1.39.58	Orosco, Geri 1.42.54	Snyder, Phyllis 1.47.47																														
<b>60 - 64</b>	McCollister, Jane 1.45.41	George, Margaret 1.49.62	Thompson, Viola 1.52.27	Anderson, Mildred 1.55.72	Roumasset, Helen 2.07.13	Peterson, Lorraine 2.14.23	Ridenour, Ruth 2.30.50																													
<b>65 - 69</b>	Sandeman, Elna 1.52.18	Vanvorst, Irene 2.02.58	Johnston, Beatrice 2.05.40	Wayne, Bernice 2.10.26	Zentai, Milena 3.13.13																															
<b>70 - 74</b>	Montgomery, Hazel 2.25.43	Bailey, Sylvia 2.38.88																																		
<b>NS 200 YD BREASTSTROKE</b>	<b>25 - 29</b>	Phelan, Mary Beth 2.42.05	Pastel, Mary 2.47.81	Partin, Jeannette 2.48.80	Danenhower, Monica 2.50.26	Schleuning, Susy K. 2.50.30	Walsh, Carol 2.51.51	Huska, Joy 2.55.58	Blair, Debra 2.57.46	Hemphill, Deanna 2.57.47	Zumbrun, Anne 2.59.91	Bell, Sharon 3.00.98	McNeill, Jan 3.05.42	Wham, Robin 3.14.14	Rybak, Debra 3.24.64	Wood, Regina 3.26.04	Witner, Nancy 3.41.11																			
<b>30 - 34</b>	Jones-Ray, Susan 2.35.26	Cattrall, Yvonne 2.41.71	Gettling, Janet 2.45.89	Ullstall, Diann 2.53.06	West, Barbara 2.54.34	Menard, Joanne 2.56.53	Crandell, Kathrine 2.56.55	Schaffer, Susan 2.58.18	Lynch, Susan 3.07.14	Werbin, Gail 3.08.40	Donahue, Margaret 3.10.46	Ecker, Kaeti 3.13.10	Bailey, Ellen 3.13.48	Kaemmerlen, Susan 3.15.35	Genevieve 3.21.42	Irvine, Jane 3.32.38	Pro, Mollie 3.34.02																			
<b>35 - 39</b>	Daland, Ingrid 2.41.13	Sike, Ilona 2.48.08	MacFarlane, Jackie 2.58.19	DeWelle, Carol 3.04.04	Royer, Janet 3.04.51	Jenkins, Lin 3.07.41	Sargent, Robyn 3.19.31	Paris, Carlene 3.28.07	Pudim, Mary 3.36.41																											
<b>40 - 44</b>	McGuire, Anne 3.04.16	McCullagh, Pauline 3.08.98	Hoy, Laurie 3.15.82	Stine, Ingrid 3.15.82	Geoffrion, Helen 3.23.86	Dellinger, Marlene 3.28.30	McGee, Nancy 3.31.87	Amiad, Chaya 3.42.28	Hewitt, Halle 3.44.67	Dearborn, Susan 3.47.35	Shuman, Diana 3.52.69	Jacobson, Ellen 3.58.94																								
<b>45 - 49</b>	Eisele, Sylvia 3.09.80	Taylor, Carol 3.16.33	Graef, Margrit 3.17.38	Baxter, Cindy 3.18.32	Callison, Bobbi3 3.22.05	Bogatch, Lisa 3.23.89	Getch, Olive 3.27.03	Buchanan, Peggy 3.29.38	Twight, Janet 3.51.85	Baird, Shirley 4.19.99	Kleist, Dorothy 5.01.51																									
<b>50 - 54</b>	Horst, Alicia 3.19.54	McDaris, Joy 3.24.71	Roach, Thelma 3.27.73	Rogers, Elfriede 3.29.31	Carr, Florence 3.40.48	Garwood, Elizabeth 4.05.40	Christiansen, Elyayne 4.25.94	Riddell, Roberts 4.33.79																												
<b>55 - 59</b>	Costello, Charlotte 3.23.34	Orosco, Geri 3.34.99	Callaghan, Betty 3.38.53	Harrison, Kay 3.44.03	Snyder, Phyllis 3.53.63	Golseth, Barbara 3.55.87	Jorgensen, Helen 4.45.26	Oswald, Eileen 5.17.97																												
<b>60 - 64</b>	McCollister, Jane 3.50.91	George, Margaret 3.53.02	Thompson, Viola 4.04.85	Roumasset, Helen 4.33.83	Peterson, Lorraine 4.59.43	Ridenour, Ruth 5.14.39	Steward, Rose 5.36.52																													
<b>65 - 69</b>	Merlino, Maxine 3.53.08	Sandeman, Elna 4.05.33	Wayne, Bernice 4.54.70	Zentai, Milena 7.00.61																																
<b>70 - 74</b>	Bennett, Jerry 6.32.90																																			
<b>100 YD INDIVIDUAL MEDLEY</b>	<b>25 - 29</b>	Wise, Dot 1.04.34	McClements, Lyn 1.04.40	Brown, Barbara 1.05.65	Reuter, Judith 1.06.22	Dolan, Debra 1.06.85	Sutton, Mary Lee 1.07.05	Lee, Susan 1.09.46	Sinay, Elaine 1.09.73	Partin, Jeannette 1.11.30	Walsh, Carol 1.10.34	Danenhower, Monica 1.11.48	Morey, Michele 1.11.49	Hogan, Karen 1.11.69	Fujimoto, Deirdre 1.11.92	Casey, Sharon 1.12.48	Crickshank, Debi 1.13.05	Litman, Jackie 1.13.11	Pastel, Mary 1.13.30	Gill, Kathy 1.13.45	Pohl, Darlene 1.13.60	Mason, Jeanne 1.13.85	Stern, Henrietta 1.15.67	Howell, Pamela 1.16.49	Myers, Hannah 1.16.73	Smith, Joan 1.16.78	Zumbrun, Anne 1.18.08	Richardson, Camilla 1.18.62	Burning, Babs 1.20.10	Lucero, Sharon 1.20.87	McCrea, Carrie 1.21.76	Rybak, Debra 1.23.56	White, Dorothy 1.24.48	Ames, Donna 1.29.80		
<b>30 - 34</b>	Jones-Ray, Susan 1.05.20	Brens, Marianne 1.06.52	Ullstall, Diann 1.07.50	Gettling, Janet 1.07.75	Estes, Penny 1.07.84	Dunbar, Barbara G. 1.08.02	West, Barbara 1.09.93	Brown, Ann 1.10.54	Frank, Marianne 1.10.99	Peterson, Sally Ann 1.11.37	Edwards, Bonnie C. 1.11.44	Cattrall, Yvonne 1.11.68	Crawford, Liz 1.12.31	Dills, Suzanne 1.12.42	Ecker, Kaeti 1.13.13	Christensen, Mary 1.13.28	Reiss, Collecte 1.14.01	Walters, Cynthia 1.14.62	Wight, Karen 1.16.17	Werbin, Gail 1.16.45	Smith, Teresa 1.16.95	Cramer, Richelle 1.16.96	Berry, Lynn 1.17.14	Chastain, Jayne 1.17.45	Donahue, Margaret 1.19.26	Hastings, Mary 1.20.87	Sanders, Barbara 1.20.98	Newcome, Suzanne 1.22.52	Bailey, Ellen 1.23.03	Jones, Beatrice 1.25.08	Anderson, Liz 1.25.34	Lathan, Marie 1.26.76	Pohl, Mary Ann 1.27.43	Howse, Genevieve 1.30.94	Pro, Mollie 1.31.41	Irvine, Jane 1.33.92
<b>35 - 39</b>	Peterson, Susan, B. 1.08.87	Todd, Diana 1.09.23	Ridout, Nancy 1.09.70	Breen, Nancy 1.10.91	Bennett, Betty 1.10.98	Katz, Dr. Dane 1.12.23	Yaller, Jill 1.12.69	Cavanaugh, Wanda 1.13.82	Dewell, Carol 1.14.19	Daland, Ingrid 1.14.51	Rossiter, Molly 1.14.56	Vanderbush, Carin 1.15.97	Riddell, Roberts 1.16.32	Jewell, Carol 1.16.92	Burns, Kathleen 1.21.39	Robbins, Denna 1.21.91	Childs, Martha 1.21.93	Rogers, Joy 1.22.20	Humbarga, Sallie 1.22.41	McGonigal, Louise 1.23.46	Zentgraf, Karen 1.24.43	Walker, Sally 1.27.41	Arwright, Barbara 1.29.71	Hekkers, Louise 1.32.55	Stark, Lorna 1.33.89											

Horton, Mary	1.38.24	Hemphill, Deanna	2.41.03	65 - 69	9 ROCKY MT. "B"	2:17.38	32 ROCKY MT.	1:56.48
Walter, Marjory	1.41.75	Bell, Sharon	2.41.75	Merlino, Maxine	3.37.73	Boliman, Richardson, Walters, McNeill	Goodman, Lucero, Williams, May	
Paris, Carlene	1.43.60	Mosse, Joy	2.42.22	Sandeman, Elna	4.03.54	10 ARIZONA "B"	33 ROCKY MT.	1:57.20
Birdman, Terry	1.49.09	Brummel, Diane	2.42.13	Deal, Grace	4.20.20	Dorning, Tamme, Jenkins, Baske	Nova, Ranzenberger, Boliman, Alspaugh	
Shaw, Julie	1.55.01	Smith, Joan	2.51.58	Wayne, Bernice	4.40.88	11 SBSC	34 TAM "B"	1:58.80
40 - 44		McNeill, Jan	2.54.14	Gordon, Judith	5.35.64	McCrea, Danenhauer, Humberger, Donahue	Palmer, Alexander, Arrighi, Alexander	
MacPherson, Carol	1.13.33	Richardson, Camilla	2.57.00	40 - 44		12 PNA	35 AUSSI "A"	2:03.03
Rittenhouse, Susan	1.18.38	Lucero, Sharon	2.58.22			Amlad, Crandell, Dillis, Dearborn	Connolly, McLeod, Campbell, Wyatt	
McCullagh, Pauline	1.18.95	Ranzenberger, Lynn	2.58.83	70 - 74		13 ROCKY MT. "C"	36 DAVID "B"	2:03.18
Konig, Angela	1.19.04	Rose, Lucy	3.00.82	Bailey, Sylvia	5.09.18	Lucero, Rose, Ranzenberger, Mullane	Rushon, Irvine, Bailey, Bailey	
McGuire, Anne	1.19.41	White, Dorothy	3.02.02	Bennett, Jerry	5.29.57	14 NL	37 ROCKY MT.	2:05.38
Hoey, Laurie	1.20.60	McCrea, Carrie	3.03.11	80 +		Cruickshank, Howard, Wilson, Fyfe	Jones, Jones, Howe, Tobin	
Boddaert, Evelyn	1.20.85	30 - 34		Ruth Deal	DISQ	15 DAVID "B"	38 DAVID "E"	2:11.18
Werry, Dot	1.24.53	Brens, Marianne	2.20.88	25 +		Pohl, Pro, Smith, Hastings	Mary Ann, Takamatsu, Pro, Frampton	
Hinsdale, Jane	1.25.25	Brans-Ray	2.22.48	1 DC	1:45.92	35 +	35 +	
Pines, Adrienne	1.25.92	Johnson, Lucy	2.25.21	2 GOLD COAST MASTERS	2:12.74	1 TAM	1 DC "A"	1:40.81
Stine, Ingrid	1.29.10	Gettling, Janet	2.28.65	3 DC	2:18.83	2 GOLD COAST MASTERS	2 TAM "A"	1:46.16
Carley, Rna	1.30.99	West, Barbara	2.32.72	4 PNA	2:21.85	Kirkondall, Mills, Todd, Hummer	Schwab, Mooney, Ridout, Smith	
Dabrock, Marty	1.31.59	Frank, Marianne	2.33.33	5 CT	2:27.95	Rogers, Jewell, Alderson, Corea	3 RINCON "A"	1:46.21
Zatman, Mari	1.32.77	Ustual, Diann	2.35.22	6 RINCON	2:28.61	Childs, Geoffrin, Martin, Palmer	Shaw, MacPherson, Cavanaugh, Hinshaw	
Connolly, Mary	1.33.39	Ecker, Kaeti	2.36.11	7 ARIZONA	2:29.89	8 RINCON	4 HSC "A"	1:48.98
Amlad, Chaya	1.36.73	Edwards, Bonnie, C.	2.37.32	8 SBSC	2:30.22	9 CMA	Earley, Drum, Collins, Vanderbusch	
McGee, Nancy	1.38.87	Peterson, Sally Ann	2.37.44	9 SBSC	2:30.22	10 DAVID "B"	5 ROCKY MT.	1:49.90
Schroeder, Lynn	1.43.50	Brown, Ann	2.36.79	10 ARIZONA "B"	2:00.80	11 DAVID "A"	Lieb, Zentgraf, Harlow, Zentgraf	
45 - 49		Dillis, Susanne	2.39.49	Jenkins, Durning, Tamme, Rybka	2:01.55	12 DAVID "B"	6 CH "A"	1:51.08
Smith, Jacqueline	1.20.54	Crawford, Liz	2.42.86	Catrrail, Robertson, Berry, Crawford	2:01.56	13 MISSION "B"	7 PNA "A"	1:52.15
Oliver, Judie	1.22.31	Boliman, Jean	2.44.88	Durant, Smith, Hastings, Bailey	2:02.67	14 ROCKY MT.	8 HVN "A"	1:52.44
Callison, Bobbie	1.22.80	Smith, Teresa	2.47.17	Bratrude, Graef, Weiblin, Thornburg	2:03.94	15 TAM "B"	9 ETOB "A"	1:52.44
Baxter, Cindy	1.23.84	Tendy, Susan	2.47.20	Mullane, Lucero, Rose, Lynch	2:05.79	16 DAVID "B"	10 AHSC "A"	1:57.30
Taylor, Carol	1.23.84	Walters, Cynthia	2.47.20	Dillis, Kathy, Dearborn, Dabrock	2:06.34	17 DAVID "B"	11 DAVID "A"	1:57.82
Wilson, Barbara	1.26.47	Berry, Lynn	2.51.28	Peterman, Alexander, Wright, Anderson	2:21.29	18 ROCKY MT.	12 TSC "A"	1:57.83
Elsale, Sylvia	1.27.59	Hastings, Mary	2.54.25	17 ROCKY MT.	2:21.29	19 ROCKY MT.	13 ARIS "A"	1:58.40
Hann, Dena	1.28.29	Sanders, Barbara	2.56.23	Ranzenberger, Boliman, Crammer, Richardson	2:22.30	20 ROCKY MT.	14 ROCKY MT.	1:59.86
Campbell, Joan	1.28.88	Lynch, Susan	3.02.22	18 DAVID "C"	2:22.30	21 ROCKY MT.	15 TAM "B"	2:08.48
Bogatzko, Lisa	1.31.06	Mewcome, Suzanne	3.02.47	19 ARIZONA "B"	2:22.30	22 ROCKY MT.	16 DAVID "B"	2:09.91
Gatch, Olive	1.34.11	Watson, Katherine	3.02.47	20 ROCKY MT.	2:22.30	23 ROCKY MT.	17 DAVID "B"	2:14.17
Berning, Henrietta	1.34.37	Howse, Genevieve	3.17.88	21 ROCKY MT.	2:22.30	24 ROCKY MT.	18 DAVID "C"	2:31.57
Twight, Janet	1.42.30	35 - 39		22 ROCKY MT.	2:22.30	25 ROCKY MT.	19 ARIS "A"	2:37.57
Baird, Shirley	1.52.45	Peterson, Susan	2.31.00	23 ROCKY MT.	2:22.30	26 ROCKY MT.	20 CT "A"	1:49.98
Ditworth, Elizabeth	1.54.59	Katz, Dr. Dane	2.33.95	24 ROCKY MT.	2:22.30	27 ROCKY MT.	21 ROCKY MT.	1:46.72
Kleist, Dorothy	2.14.95	Bennett, Betty	2.34.39	25 ROCKY MT.	2:22.30	28 ROCKY MT.	22 ROCKY MT.	1:56.72
50 - 54		Breen, Nancy	2.36.40	26 ROCKY MT.	2:22.30	29 ROCKY MT.	23 ROCKY MT.	1:56.82
Adams, Anne	1.19.05	Daland, Ingrid	2.38.45	27 ROCKY MT.	2:22.30	30 ROCKY MT.	24 ROCKY MT.	1:59.72
Bennett, Berna	1.22.71	MacFarlane, Jackie	2.39.22	28 ROCKY MT.	2:22.30	31 ROCKY MT.	25 ROCKY MT.	2:01.54
Bruce, Cynthia	1.23.71	Dewell, Carol	2.43.28	29 ROCKY MT.	2:22.30	32 ROCKY MT.	26 ROCKY MT.	2:05.88
MacBeth, Nancy	1.25.53	Cavanaugh, Wanda	2.47.67	30 ROCKY MT.	2:22.30	33 ROCKY MT.	27 ROCKY MT.	2:06.40
Carr, Florence	1.27.16	Royer, Janet	2.48.05	31 ROCKY MT.	2:22.30	34 ROCKY MT.	28 ROCKY MT.	2:06.97
Roach, Thelma	1.32.86	Jewell, Carol	2.50.05	32 ROCKY MT.	2:22.30	35 ROCKY MT.	29 ROCKY MT.	2:08.33
Weaver, Mary	1.34.28	Childs, Martha	2.55.58	33 ROCKY MT.	2:22.30	36 ROCKY MT.	30 ROCKY MT.	2:09.21
Meserve, Nancy	1.35.04	Jenkins, Lyn	2.55.90	34 ROCKY MT.	2:22.30	37 ROCKY MT.	31 ROCKY MT.	2:11.19
Wolver, Janet	1.35.21	Hough, Marj	3.04.41	35 ROCKY MT.	2:22.30	38 ROCKY MT.	32 ROCKY MT.	2:11.86
Dickerson, Ruthanne	1.37.45	Horton, Mary B.	3.23.54	36 ROCKY MT.	2:22.30	39 ROCKY MT.	33 ROCKY MT.	2:12.93
Hann, Louise	1.38.70	40 - 44		37 ROCKY MT.	2:22.30	40 ROCKY MT.	34 ROCKY MT.	2:12.93
Barabash, Betty	1.55.73	MacPherson, Carol	2.39.75	38 ROCKY MT.	2:22.30	41 ROCKY MT.	35 ROCKY MT.	2:12.93
55 - 59		McCullagh, Pauline	2.50.91	39 ROCKY MT.	2:22.30	42 ROCKY MT.	36 ROCKY MT.	2:12.93
Donnelly, Dorothy	1.23.50	McGuire, Anne	2.54.93	40 ROCKY MT.	2:22.30	43 ROCKY MT.	37 ROCKY MT.	2:12.93
Costello, Charlotte	1.25.10	Zaremski, Barbara	2.56.29	41 ROCKY MT.	2:22.30	44 ROCKY MT.	38 ROCKY MT.	2:12.93
Lachasse, Dorothy	1.25.99	Konig, Angela	2.56.55	42 ROCKY MT.	2:22.30	45 ROCKY MT.	39 ROCKY MT.	2:12.93
Harrison, Kay	1.26.39	Hoey, Laurie	2.56.97	43 ROCKY MT.	2:22.30	46 ROCKY MT.	40 ROCKY MT.	2:12.93
Crowell, Betty	1.26.25	Werry, Dot	3.03.85	44 ROCKY MT.	2:22.30	47 ROCKY MT.	41 ROCKY MT.	2:12.93
Allnut, Sarah	1.40.56	Geoffrin, Helen	3.09.63	45 ROCKY MT.	2:22.30	48 ROCKY MT.	42 ROCKY MT.	2:12.93
Snyder, Phyllis	1.45.54	Danes, Adrienne	3.11.60	46 ROCKY MT.	2:22.30	49 ROCKY MT.	43 ROCKY MT.	2:12.93
Ott, Emily	1.48.07	DeLinger, Marlene	3.15.20	47 ROCKY MT.	2:22.30	50 ROCKY MT.	44 ROCKY MT.	2:12.93
Hottinger, Ang-Mary	2.00.76	Rasmussen, Mary Ann	3.20.52	48 ROCKY MT.	2:22.30	51 ROCKY MT.	45 ROCKY MT.	2:12.93
Grace, Beryl	2.06.24	Zatman, Mari	3.21.86	49 ROCKY MT.	2:22.30	52 ROCKY MT.	46 ROCKY MT.	2:12.93
60 - 64		Dabrock, Marty	3.22.00	50 ROCKY MT.	2:22.30	53 ROCKY MT.	47 ROCKY MT.	2:12.93
Osborne, Joan	1.35.67	Dearborn, Susan	3.22.47	51 ROCKY MT.	2:22.30	54 ROCKY MT.	48 ROCKY MT.	2:12.93
Simonon, Rita	1.39.47	45 - 49		52 ROCKY MT.	2:22.30	55 ROCKY MT.	49 ROCKY MT.	2:12.93
Thompson, Viola	1.42.84	Kay, Ann	2.53.92	53 ROCKY MT.	2:22.30	56 ROCKY MT.	50 ROCKY MT.	2:12.93
George, Margaret	1.43.52	Baxter, Cindy	2.59.47	54 ROCKY MT.	2:22.30	57 ROCKY MT.	51 ROCKY MT.	2:12.93
Durston, Jean	1.50.15	Callison, Bobbie	3.00.01	55 ROCKY MT.	2:22.30	58 ROCKY MT.	52 ROCKY MT.	2:12.93
Jobson, Louise	1.51.14	Wilson, Barbara	3.04.81	56 ROCKY MT.	2:22.30	59 ROCKY MT.	53 ROCKY MT.	2:12.93
Anderson, Mildred	1.52.24	Smith, Jacqueline	3.05.46	57 ROCKY MT.	2:22.30	60 ROCKY MT.	54 ROCKY MT.	2:12.93
Roumasset, Helen	2.00.32	Taylor, Carol	3.05.98	58 ROCKY MT.	2:22.30	61 ROCKY MT.	55 ROCKY MT.	2:12.93
Farrell, Anne	2.14.63	Buchanan, Peggy	3.07.64	59 ROCKY MT.	2:22.30	62 ROCKY MT.	56 ROCKY MT.	2:12.93
Denst, Dorothy	2.19.47	Oliver, Judie	3.07.03	60 ROCKY MT.	2:22.30	63 ROCKY MT.	57 ROCKY MT.	2:12.93
65 - 69		Anderson, Jody	3.11.08	61 ROCKY MT.	2:22.30	64 ROCKY MT.	58 ROCKY MT.	2:12.93
Merlino, Maxine	1.37.75	Graef, Margit	3.11.08	62 ROCKY MT.	2:22.30	65 ROCKY MT.	59 ROCKY MT.	2:12.93
Sandeman, Elna	1.51.75	Bogatzko, Lisa	3.15.36	63 ROCKY MT.	2:22.30	66 ROCKY MT.	60 ROCKY MT.	2:12.93
Johnston, Beatrice	1.58.03	Ditworth, Elizabeth	4.54.85	64 ROCKY MT.	2:22.30	67 ROCKY MT.	61 ROCKY MT.	2:12.93
Deal, Grace	1.58.69	50 - 54		65 ROCKY MT.	2:22.30	68 ROCKY MT.	62 ROCKY MT.	2:12.93
VanVorst, Irene	2.02.69	Adams, Anne	2.52.43	66 ROCKY MT.	2:22.30	69 ROCKY MT.	63 ROCKY MT.	2:12.93
Wayne, Bernice	2.08.81	MacBeth, Nancy	3.05.34	67 ROCKY MT.	2:22.30	70 ROCKY MT.	64 ROCKY MT.	2:12.93
Gordon, Judith	2.33.99	Krauser, June	3.05.81	68 ROCKY MT.	2:22.30	71 ROCKY MT.	65 ROCKY MT.	2:12.93
70 - 74		Fogers, Elfride	3.16.62	69 ROCKY MT.	2:22.30	72 ROCKY MT.	66 ROCKY MT.	2:12.93
Cherriman, Vivienne	1.57.45	Rurcotte, Bobbi	3.18.79	70 ROCKY MT.	2:22.30	73 ROCKY MT.	67 ROCKY MT.	2:12.93
Shepherd, Rita	2.23.92	McDaris, Joy	3.20.30	71 ROCKY MT.	2:22.30	74 ROCKY MT.	68 ROCKY MT.	2:12.93
Bailey, Sylvia	2.24.66	Meserve, Nancy	3.31.11	72 ROCKY MT.	2:22.30	75 ROCKY MT.	69 ROCKY MT.	2:12.93
Bennett, Jerry	2.30.31	Christiansen, Elayne	3.56.53	73 ROCKY MT.	2:22.30	76 ROCKY MT.	70 ROCKY MT.	2:12.93
75-79		Stupfel, Gloria	4.37.84	74 ROCKY MT.	2:22.30	77 ROCKY MT.	71 ROCKY MT.	2:12.93
Deal, Ruth	6.48.78	55 - 59		75 ROCKY MT.	2:22.30	78 ROCKY MT.	72 ROCKY MT.	2:12.93
NS 200 YD IND. MEDLEY		Donnelly, Dorothy	3.08.96	76 ROCKY MT.	2:22.30	79 ROCKY MT.	73 ROCKY MT.	2:12.93
25 - 29		Costello, Charlotte	3.13.56	77 ROCKY MT.	2:22.30	80 ROCKY MT.	74 ROCKY MT.	2:12.93
Wise, Dot	2.20.47	Harrison, Kay	3.25.47	78 ROCKY MT.	2:22.30	81 ROCKY MT.	75 ROCKY MT.	2:12.93
Baier, Patti	2.21.54	Merryman, Jeanne	3.34.61	79 ROCKY MT.	2:22.30	82 ROCKY MT.	76 ROCKY MT.	2:12.93
Rewter, Judith	2.22.05	Taft, Zada	3.45.06	80 ROCKY MT.	2:22.30	83 ROCKY MT.	77 ROCKY MT.	2:12.93
Brown, Barbara	2.22.66	Golseth, Barbara	3.49.18	81 ROCKY MT.	2:22.30	84 ROCKY MT.	78 ROCKY MT.	2:12.93
Ruppert, Christine	2.26.06	60 - 64		82 ROCKY MT.	2:22.30	85 ROCKY MT.	79 ROCKY MT.	2:12.93
McClements, Lyn	2.26.06	Osborne, Joan	3.30.49	83 ROCKY MT.	2:22.30	86 ROCKY MT.	80 ROCKY MT.	2:12.93
Hruska, Joy	2.26.10	Simonon, Rita	3.30.79	84 ROCKY MT.	2:22.30	87 ROCKY MT.	81 ROCKY MT.	2:12.93
Down, Debra	2.26.46	Thompson, Viola	3.47.81	85 ROCKY MT.	2:22.30	88 ROCKY MT.	82 ROCKY MT.	2:12.93
Walsh, Carol	2.27.92	Durston, Jean	4.08.00	86 ROCKY MT.	2:22.30	89 ROCKY MT.	83 ROCKY MT.	2:12.93
Denenhower, Monica	2.32.52	Anderson, Mildred	4.03.54	87 ROCKY MT.	2:22.30	90 ROCKY MT.	84 ROCKY MT.	2:12.93
Pohl, Darlene	2.32.77	Reeves, Mary Jane	4.24.12	88 ROCKY MT.	2:22.30	91 ROCKY MT.	85 ROCKY MT.	2:12.93
Cruickshank, Deld	2.34.50	Farrell, Anne	4.49.47	89 ROCKY MT.	2:22.30	92 ROCKY MT.	86 ROCKY MT.	2:12.93
Litman, Jackie	2.37.50	Denst, Dorothy	4.52.99	90 ROCKY MT.	2:22.30	93 ROCKY MT.	87 ROCKY MT.	2:12.93
Mason, Joanne	2.39.53	Steward, Rose	5.17.09	91 ROCKY MT.	2:22.30	94 ROCKY MT.	88 ROCKY MT.	2:12.93
	2.40.43			92 ROCKY MT.	2:22.30	95 ROCKY MT.	89 ROCKY MT.	2:12.93
				93 ROCKY MT.	2:22.30	96 ROCKY MT.	90 ROCKY MT.	2:12.93
				94 ROCKY MT.	2:22.30	97 ROCKY MT.	91 ROCKY MT.	2:12.93
				95 ROCKY MT.	2:22.30	98 ROCKY MT.	92 ROCKY MT.	2:12.93
				96 ROCKY MT.	2:22.30	99 ROCKY MT.	93 ROCKY MT.	2:12.93
				97 ROCKY MT.	2:22.30	100 ROCKY MT.	94 ROCKY MT.	2:12.93
				98 ROCKY MT.	2:22.30			
				99 ROCKY MT.	2:22.30			
				100 ROCKY MT.	2:22.30			











40 - 44

Table with 2 columns: Name and Time. Includes Gallagher, Drury; Cook, Lewis, Jr.; Clayson, Barr; Earley, Bill; Price, Kent; Jones, Sam; May, Don; Nolan, William; Bohan, James; Lederer, Rudolph; Fasbender, Barry; Skranstad, Lloyd; Horton, Jack; Gallagher, Edward; Bell, Robert.

45 - 49

Table with 2 columns: Name and Time. Includes Brown, Don; Bennett, Richard; Knowlton, Horace; McConnell, J.; Reynolds, Frank; Graef, Rudolf; Belashe, Buddy; Ridland, John; Welch, Arthur; Clark, Brockway; Kimball, Ken; Miller, Curtis; Frenzel, Richard; Mucha, Yaro; Green, James; Thomson, Captane.

50 - 54

Table with 2 columns: Name and Time. Includes Draves, Duane; Groh, Alfred; Johnson, Boyd; Wolf, Rube, Jr.; Marcus, Jim; Stupfel, Don; Silverstein, Lou.

55 - 59

Table with 2 columns: Name and Time. Includes Hall, Edward; Woods, John; Edwards, James; Serrano, Luis; Cowan, Robert; Curtis, Alex; Miles, Dan; Talmage, Ed; Boyle, Walt; Donald, Fred; Lee, reter; Bradford, Robert; Concannon, George; Valle, Luis.

60 - 64

Table with 2 columns: Name and Time. Includes Moran, Edward; Barosa, Aldo; Croome, Cliff; Guido, Richard; Chamberlain, Roger.

65 - 69

Table with 2 columns: Name and Time. Includes Rosan, Dave; Caddey, Eugene; Wood, Benton; Bartlett, Jack; Sebastian, Edward; Silber, Bernard.

70 - 74

Table with 2 columns: Name and Time. Includes Hargrave; Sigrist, Oscar; Starr, Lee; Alfred, Guth; Jagers, Harry; McPherson, James; McClintock, Winston.

100 YD BREASTSTROKE

25-29

Table with 2 columns: Name and Time. Includes Marcikic, Ronald; Makuta, Jim; Cooley, Richard; Glass, Dennis; Shilling, John; Wolff, Chuck; Anderson, Donald; Whitley, Robert; rease, Jeff; Neale, Stephen; Levinson, David; Miller, Guy; Zill, Leonard; Hanneke, Mark; Worden, Mark; Turrin, Mark; Harrison, James; Foote, John.

Table with 2 columns: Name and Time. Includes Morgan, Bradford; Griffin, William; Walsh, Robert; Overcashier, Steve; Drullias, William; Saunders, Geoff; Abert, Dana; Baker, Rick; Borden, reter; Gary, Omary.

30-34

Table with 2 columns: Name and Time. Includes Ludwig, Thomas; Jester, Mal; Forshey, Fred; Smith, Arthur; Anderson, Thomas; Gemmill, Dave; Brody, Jeffrey; Shaw, F; Whatt, raul; Rockwood, Mike; Harris, Randall; Heinrich, Edwin; Meyring, Dennis; Thomson, Thomas; Steiner, Andes; Frampton, James; Nova, Michael; Hunsaker, Gary; Flanagan, John; Mills, Jerry; Alspaugh, Robert; Schifani, William; Cleveenger, Robert; Lee, Jeff.

35 - 39

Table with 2 columns: Name and Time. Includes Cole, Hap; Stanley, Rowland; Doesburg; Fernandez, Edmundo; Frank, Eldon; Rabinovitch, Steven; Betzer, reter; Boak, Jr., Thomas; Gwin, Gregory; Millard, John; Johnson, Gerry; Reitman, Richard; Finlay, Brian; Winn, Hugh; Wood, Michael; Evans, Rick; Handelsman, Neil; Lanum, George; Crocker, Thomas; Taylor, Tom; Kilbourne, Charles; Smith, Arthur; Laskett, Carl; Livak, Joe; Foehr, William; Walden, Bob; Clarkson, Denis; Elliot, John; McKinlay, Michael; Hale, Arthur.

40 - 44

Table with 2 columns: Name and Time. Includes Roberts, Howard; Gallagher, Drury; Long, Thomas; Silverstein, Leonard; Symes, Budd; Frank, E; Timken, William; Clayson, Barr; Bohan, James; Lamott, David; Harry, Joe; Newquist, David; Skranstad, Lloyd; Esher, Bill.

45 - 49

Table with 2 columns: Name and Time. Includes Sangully, Manuel; Kueny, Robert; Rosenthal, Donald; Taylor, Ron; Davis, W.; Berenyi, Nicholas; Thornburg, William; Gruender, Daniel; Fox, Harry; Richter, Ronald; Miller, Curtis; Bauman, John; Mucha, Yaro; Schumacher, Bud; Vaughan, Charles; Schofield, Steven.

50 - 54

Table with 2 columns: Name and Time. Includes Haarts, Ted; Mathews, Mo; Marcus, Jim; Burns, Marvin; Cunningham, Robert; Gatch, Hayward; Larimore, Oglvie; Missen, Lee; Cunningham, George; Roach, Ted; Cunningham, Jerry; Myers, Norman; Arthur, Ranson; Simmers, G.E.

55 - 59

Table with 2 columns: Name and Time. Includes Sangster, Alejandro; Simpson, William; Oakes, Thomas; Kivi, Henry; Merrick, Robert; Mackenzie, John; Richards, John; Cloyes, Tom; rowers, Dick; Neben, Ernest; Buryan, Jack; Frost, Albert, E.; Barnes, Ed; Wallower, Herb; Levine, Marvin; Utt, Gareth; Cunningham, Jack; Challoner, Fred; McDermott, Bob; Shaw, Kenneth.

60 - 64

Table with 2 columns: Name and Time. Includes Lind, Tom; Barosa, Aldo; Davidson, Birch; Cleaveland, Brud; Croome, Cliff; Wheeler, Dar; Chamberlain, Roger; Long, A.G.

65 - 69

Table with 2 columns: Name and Time. Includes rfeiffer, Walt; rerry, Harold; Koppel, Harry; Frederick, Karl; Clark, Rufus; Erion, Don; Donovan, Jerry; Seidel, Paul; Hale, E.; Silber, Bernard; Sebastian, Edward.

70 - 74

Table with 2 columns: Name and Time. Includes Sigrist, Oscar; Guth, Alfred; MacKay, Edward; Walther, Edq; McClintock, W.; Maxcy, Sam.

75 - 79

Table with 2 columns: Name and Time. Includes Kallunki, Al; Langner, Harold; Decremet, cerc.

80 plus

Table with 2 columns: Name and Time. Includes Lane, Tom; Rosen, Saul; Chackney, Joseph.

200 YD BREASTSTROKE

Table with 2 columns: Name and Time. Includes Shilling, John; Anderson, Donald; Glass, Dennis; Makuta, Jim; Levinson, David; Marcikic, Ronald; Whitley, Robert; Pease, Jeff; Bertocci, Loren; Morgan, Bradford; Zill, Leonard; Cockburn, Alistair; Miller, Guy; Jordan, Michael; Hanneke, Mark; Woo, Walter; Borden, reter.

30 - 34

Table with 2 columns: Name and Time. Includes Smith, Arthur; Forshey, Fred; Jester, Mal; Shestakov, Alek; Gemmill, Dave; Shaw, F.; Anderson, Thomas; Rockwood, Mike; Meyring, Dennis; Katis, Jon; Thomson, Thomas; Johnson, Harold; Harris, Randall; Steiner, Andres; Wyatt, raul; Heinrich, Edwin; Frampton, James; Alexander, Don; Mills, Jerry; McCarty, Tom; Cleveenger, Robert; Hunsaker, Gary; Nova, Michael; Alspaugh, Robert.

35 - 39

Table with 2 columns: Name and Time. Includes Cole, Hap; Stanley, Rowland; Gwin, Gregory; Betzer, reter; Boak, Thomas; Fernandez, Edmundo; Doesburg, K.; Finlay, Brian.

Table with 2 columns: Name and Time. Includes Reitman, Richard; Crocker, Thomas; Lanum, George; Wood, Michael; Handelsman, Neil; Taylor, Tom; Kilbourne, Charles; Walden, Bob; Clarkson, Denis.

40 - 44

Table with 2 columns: Name and Time. Includes Roberts, Howard; Long, Thomas; Gallagher, Drury; Timken, William; Silverstein, Leonard; Frank, E.; Brunstad, George; Symes, Budd; Fasbender, Barry; Lamott, David; Kenry, George.

45 - 49

Table with 2 columns: Name and Time. Includes Sanguily, Manuel; Kueny, Robert; Davis, W.; Bereny, Nicholas; Thornburg, William; Graef, Rudolf; Black, John; Bauman, John; Miller, Curtis; Nakama, Herbert; Gruender, Daniel; Mucha, Yaro; Richter, Ronald; Vaughan, Charles; Gray, Jr., Fleming; Gray, William.

50 - 54

Table with 2 columns: Name and Time. Includes Haartz, Ted; Cunningham, Robert; Mathews, Mo; Marcus, Jim; Cunningham, George; Larimore, Oglvie; Gatch, Hayward; Cunningham, Jerry; Roach, Ted; Myers, Norman; Missen, Lee; Simmers, G.E.; Schaidt, C. Frederi.

55 - 59

Table with 2 columns: Name and Time. Includes Sangster, Alejandro; Simpson, William; Oakes, Thomas; Crews, John; Niles, Ernest; Miles, Dan; Mackenzie, John; Merrick, Robert; Kivi, Henry; Richards, John; Cloyes, Tom; Barnes, Ed; Buryan, Jack; Taft, Ray; Oct, Gareth; Levine, Marvin.

60 - 64

Table with 2 columns: Name and Time. Includes Rankin, Donald; Barosa, Aldo; Lind, Tom; Cleaveland, Brud; Wheeler, Dar; Chamberlain, Roger.

65 - 69

Table with 2 columns: Name and Time. Includes rfeiffer, Walt; Clark, Rufus; Frederick, Karl; rerry, Harold; Erion, Don; Koppel, Harry; Donovan, Jerry; Anderson, Hamilton; Hale, E.; Silber, Bernard.

nding American Record

70 - 74

Table with 2 columns: Name and Time. Includes Guth, Alfred; Sigrist, Oscar; MacKay, Edward; Walther, Ed; McClintock, Winston.

75 - 79

Table with 2 columns: Name and Time. Includes Kallunki, Al; Langner, Harold; Merritt, irv.

80 plus

Table with 2 columns: Name and Time. Includes Chackney, Joseph.

100 YD IND MEDLEY

25 - 29

Table with 2 columns: Name and Time. Includes Furniss, Steve; Baxter, Steven; Stamma, Michael; Wolff, Chuck; Cooley, Richard; Glass, Dennis; Katz, raul; Griffith, James; Koslowski, Rick; Whatchurch, Randall; Hedberg, Steve; Townsend, Scott; Marcikic, Ronald; Hassett, Chris; Whitley, Tom; Shilling, John; Whitley, Robert; Cockburn, Alistair; Anderson, Donald; Hafer, Gary; Foote, John; rease, Jeff; Nyrell, Stephen; Tresselt, Donald; Miller, Guy; Gilmore, Michael; Turrin, Mark; Rawson, Ronald; Burstein, Larry; Lintz, Steve; Oliver, Matthew; Rogers, Hal; Vogler, Bill; Abbott, Dens; Walsh, Robert; Boenig, Thomas; Coset, Bill; Fuerman, Ross; Barnes, Jeffrey; Murphy, Duff; Brockbank, Doug; Hiroshima, Wayne; Kelly, Sean; Jordan, Michael; Harrison, James; Overcashier, Steve; Yancher, Ross; Woo, Walter; Carlson, Donald; Swanson, William; Griffin, William; Wallace, Steve; Stoner, Gregory; Saunders, Geoff; Hart, Gary.

30 - 34

Table with 2 columns: Name and Time. Includes Schlicher, Fred; Barthold, Bill; Krueger, Ken; Capriles, Vicente; Katis, Jon; Oliver, Dick; Hopper, Robert; Trombold, Steve; Meyring, Dennis; Flanagan, John; Beglinger, James; Selles, Carl; Ennis, Dick; Betancourt, Gustavo; Brody, Jeffrey; Wyatt, raul; Abbott, Bill; Havens, Don; Busch, Joseph; Johnson, Harold; Heinrich, Edwin; Geline, Don; Basos, John; Boyer, Robert; Mills, Jerry; Anderson, Thomas; McCarty, Tom; Von Dech, Roger; Ranson, Ken; Rockwood, Mike; Bales, Jon; ralmr, Bill; Morrill, David; Frederick, Doug; Hahn, Chuck; Miller, Curt; Steiner, Andres; Reganold, John; Hunsaker, Gary; Frampton, James; Hayashi, Stephen; Nova, Michael; Diehw, John; Reid, Timothy; Goodman, Larry; Rushton, Michael; Takatsutsu, Junta.

35 - 39

Table with 2 columns: Name and Time. Includes Smith, Robert; Garton, Tim; Clark, Steve; VonTagen, Karl; Larson, Lance; Frank, Eldon; Cartwright, Allan; Lodwig, Keeffe; Fernandez, Edmundo; Bray, Raymond; Landis, Thomas; Raffaelli, Larry.

Nelson, Frans	1.03.52	Mackenzie, John	1.20.22	Mills, Jerry	2.22.21	60 - 64	5 RINCON	1:47.96	
McKnight, Jeff	1.03.55	Burgan, Jack	1.21.44	Boyer, Robert	2.23.55	Rankin, Donald	2.52.39	Kerswill, Stevenson, Groh, Bennett	1:48.91
Bittick, Charles	1.03.95	Beyle, Walt	1.22.08	Galine, Don	2.24.24	Croome, Cliff	2.55.80	6 SDSCM	Clark, Gillin, Phillips, Kimball
Johnson, Bill	1.04.26	Powers, Dick	1.22.59	Thomson, Thomas	2.24.69	Siefert, Jerry	3.08.13	7 SMHM	Brown, Stuppel, Blith, Cunningham
Chapelle, Marv	1.04.36	Wiley, Scroggie	1.23.00	Thomson, Ken	2.24.90	Lind, Tom	3.10.17	8 NBA	Markus, Dicky, Watkins, Draves
Doesburg, K.	1.04.46	Levine, Marvin	1.23.00	Nequist, Michael	2.26.23	Cleaveland, Brud	3.14.23	9 CT	Sturtevant, Palmer, Spear, Kroese
Evans, Rick	1.04.74	Kivl, Henry	1.25.19	Rockwood, Mike	2.26.93	Johnston, William	3.24.59	10 PNA	Adams, Caddy, Taylor, Koruga
Johnson, Garry	1.04.90	Watters, Alexander	1.26.99	Miller, Curt	2.29.82	Krauss, William	3.48.16	11 LOSAL	Pomson, Patch, Richards, Rodder
Betzner, reter	1.05.05	Frost, Albert	1.30.15	Prampton, James	2.30.73			12 ARIS	Vaughn, Milinski, Gruender, Starr
Smith, Arthur	1.05.41	Lee, reter	1.30.84	Hunsaker, Gary	2.35.12			13 RINCON	1 SDSCM
Reitman, Richard	1.05.65	Kimble, Kenneth	1.33.90	Diehm, John	2.36.07			14 ARIS	Holden, Cowan, Siefert, Arcidiacono
Winn, Hugh	1.05.72	Yeomans, James	1.34.30	Reid, Timothy	2.37.82			15 RINCON	Wallower, Donald, Powers, Kliest
Sagues, reter	1.06.11	Bradford, Robert	1.37.57	Carr, Richard	2.44.34			16 RINCON	3 LBSC
Warlington, Robert	1.06.32			Horse, William	2.52.65			17 RINCON	Neben, Burgan, Lind, Menick
Livak, Joe	1.08.03			nealy, Bob	2.52.65			18 RINCON	4 MAN
Lanum, George	1.08.18			Shaw, F.	DISQ			19 RINCON	Rawstrom, Jagers, Rowan, Davidson
Gray, reter	1.08.39				DISQ			20 RINCON	5 RINCON
Taylor, Tom	1.08.64							21 RINCON	Wheeler, Ott, Concannon, DaRosa
McKinlay, Michael	1.08.48							22 RINCON	6 SMHM
Wood, Michael	1.09.37							23 RINCON	Bradford, Bartlett, Baines, Taroli
Finlay, Brian	1.09.72							24 RINCON	7 ARIS
Lyon, Mark	1.10.87							25 RINCON	Long, Shaw, Cleaveland, Maxi
Foehr, William	1.12.91							26 RINCON	65+
Handelsman, Neil	1.13.15							27 RINCON	1 SMHM
Jones, Marvin	1.17.60							28 RINCON	Koppel, Bruno, Bartlett, Wood
Clarkson, Denis	1.19.15							29 RINCON	2 LBSC
Hamilton, William	1.50.00							30 RINCON	3 MON
								31 RINCON	Chapin, Guth, Hale, Monahan
								32 RINCON	3 MON
								33 RINCON	1 CMA
								34 RINCON	Stamm, Makuta, Topar, Kozlowski
								35 RINCON	2 RINCON
								36 RINCON	Whelchur, Shiebing, Baxter, VanOech
								37 RINCON	3 TSC
								38 RINCON	Krueger, Ludwig, Lupnio, Krumholz
								39 RINCON	4 ROCKY MT.
								40 RINCON	Wolff, Cooley, Solles, Abbott
								41 RINCON	5 SMHM
								42 RINCON	Beglinger, Shestakov, Ennis, Gray
								43 RINCON	6 WAL
								44 RINCON	Patchings, Jester, Katis, Rogers
								45 RINCON	7 OLY
								46 RINCON	Rawson, Barthold, Foote, McDonald
								47 RINCON	8 RINCON
								48 RINCON	Spicker, Levinson, Barnes, Oliver
								49 RINCON	9 TSC
								50 RINCON	10 SMHM
								51 RINCON	Gallin, Cort, Oliver, VanTogen
								52 RINCON	11 TAM
								53 RINCON	Alexander, Craig, Quinn, Smith
								54 RINCON	12 DAVIS
								55 RINCON	Cuckovich, Scott, Lieberman, Brockbank
								56 RINCON	13 CTA
								57 RINCON	Bales, Murphy, Nelson, Johnson
								58 RINCON	14 RINCON
								59 RINCON	Shilbing, Johnson, Barnes, Spieker
								60 RINCON	15 DC
								61 RINCON	16 SBSC
								62 RINCON	17 ROCKY MT.
								63 RINCON	18 DAVIS
								64 RINCON	19 WAL
								65 RINCON	20 TSC
								66 RINCON	21 OLY
								67 RINCON	22 TAM
								68 RINCON	23 OLY
								69 RINCON	24 OLY
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								97 RINCON	52 OLY
								98 RINCON	53 OLY
								99 RINCON	54 OLY
								100 RINCON	55 OLY



# Nationals

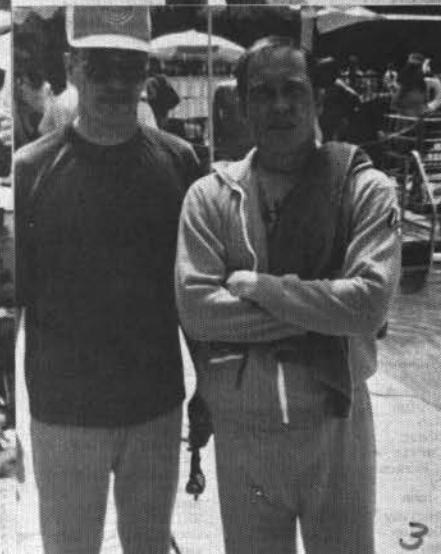
13 ROCKY MT.	2:05.29
Anderson, Weber, Tubin, Zentgraf	
14 OLY "B"	2:10.08
Mackay, Poehr, Rowan, VanHorn	
15 SHMM	2:10.95
Frenzel, Taylor, Thompson, Killeen	
16 DAVIS	2:13.19
Hotton, Schroeder, White, Blackman	
17 RINCON	2:20.45
Bell, Kilbain, Price, Stevenson	
18 ETOB	2:22.09
Kivi, Findley, Roach, Challmar	
19 ROCKY MT "C"	2:34.23
Strickland, Kenry, Jones, Hay	
45 +	
1 TSC	2:00.86
Wolf, Burns, Wolf, Rosenthal	
2 DC	2:04.57
Wiley, Adams, Emes, Gideonse	
3 ROCKY MT.	2:04.86
Truby, Mann, Begg, Williams	
4 SHMM	2:05.75
Stupfel, Cunningham, Brown, Smith	
5 NB	2:07.90
Draves, Larimore, Dicky, Watkins	
6 RINCON	2:07.97
Bennett, Karswilli, Grob, Yates	
7 SDCSM	2:08.28
Gilllin, Phillips, Clark, Kimball	
8 HSAC	2:11.50
Farrel, Richter, Miller, Bland	
9 LOSAL	2:19.12
Patch, Richards, Ponisch, Rodder	
55 +	
1 RINCON	2:32.48
Dahasu, Ott, Wheeler, Concannon	
2 SDCSM	2:12.44
Holden, Croome, Cowan, Seferit	
3 LBSC	2:13.56
Wetmore, Lind, Merrick, Foster	
4 ROCKY MT.	2:14.35
Talmage, Powers, Klein, Wallower	
5 ARIZ	2:42.58
Starr, Long, Cleveland, Maxcy	
6 MAH	3:15.00
Jaggers, Hackney, Rowan, Rawstrom	
7 SHMM	NT
65 +	
1 SHMM	2:38.46
Wood, Koppel, Bartlett, Bruno	
2 MON	2:39.79
Hargrave, Corson, Perry, Trask	
3 LBSC	2:39.83
Monahan, Clark, Guth, Chapin	

## TEAM SCORES

<b>WOMEN</b>	
Rinconada Masters	480.5
San Mateo Master Marlins	311.5
Rocky Mountain Masters	278
DC Masters Swim Team	264
California Technology	261
Humuhumunukunua'pua'a	233
Gold Coast Masters	230
Santa Barbara Swim Club	223
Arizona Masters	211
Tamapais Masters	188.5

<b>MEN</b>	
Trojan Swim Club	407
Rinconada Masters	385
San Mateo Master Marlins	381
Rocky Mountain Masters	328
Olympic Club	304
San Diego County Swim M.	274.5
DC Masters Swim Team	236
Long Beach Swim Club Mas.	202.5
Humuhumunukunua'pua'a	198
Santa Barbara Swim Club	146

<b>COMBINED</b>	
Rinconada Masters	865.5
San Mateo Master Marlins	692.5
Rocky Mountain Masters	606
DC Masters Swim Team	500
Trojan Swim Club	435
Humuhumunukunua'pua'a	431
California Technology	406
San Diego County Swim M.	404.5
Long Beach Swim Club Mas.	387
Santa Barbara Swim Club	369



PICTURES BY ROBERT L. HERITIER OF DETROIT, MI - (1) Just finished the 100 free in 50-54 age group - Ed Emes (DC Masters), Bob Heritier (Michigan Masters) and Peter Van Dijk (Ohio Masters) - (2) Carl Yates of Rinconada, 50-54 age group - (3) Harry Fox (left) and Tim Timken (right) of the O\*H\*1\*0 Masters - (4) Sandy Gideonse of DC Masters - and (5) L to R: Bill Phillips (50-54 PSA), Bud Knowlton (45-49 Rocky Mt.) and Neal Palmer (45-49 Cal Tech). Bob also writes, "Saw the meet facilities at Dearborn and I was impressed. The facilities are new and first class (clean, modern with nice big locker rooms, etc.). Also, the site itself is very attractive...sits in the middle of a wooded (Pine tree) park."



HUMUHUMUNUKUNUA'PUA'A OLD MEN AT MISSION VIEJO S.C. NATIONALS. AL KALLUNKI (LEFT) 75-79, TOOK 5 FIRST PLACES (ALL NEW NATIONAL RECORDS) ONE SECOND PLACE. LLOYD OSBORNE (RIGHT) 70-74, TOOK 5 FIRST PLACES (ALL NEW NATIONAL RECORDS) ONE SECOND PLACE.



HUMUHUMUNUKUNUA'PUA'A SWIMMERS AT THE S.C. NATIONALS MISSION VIEJO. L. TO R. KAY HARRISON, CARIN VANDERBUSH GRATIA MCCONKEY, JERRY BENNETT, BILL EARLEY, LLOYD OSBORNE, JOAN OSBORNE.

# MASTERS NOTES SWIMMING

DOES MASTERS SWIMMING PROTECT AGAINST FATAL CORONARIES? To answer the question, we need to know how many heart deaths occurred among masters swimmers in a given period of time, as compared with other people the same age. Let us use the figures for 1973, when there were 714,000 coronary fatalities in the over 25 population of 97,000,000. This means that the death rate in this population was 736 per 100,000 people. In other words, in any group of 100 people this age, you would expect 0.736 deaths per year, or 5 to 6 deaths every 8 years. D.C. Masters has had an average membership of over 100 every year for 8 years and there have been no heart attack deaths. If there are 5000 masters swimmers in the country, you would expect 37 heart attack deaths each year among them if they were only average physically. In 8 years we might have expected to hear of over 300 deaths, but the impression is that there have been very, very few. (The protective effect in marathon running is really impressive. Of 40,000 registered marathoners, there have been only 1 or 2 controversial heart deaths ever, while you would expect 20 to 30 yearly in such a large group.).....

DO YOU USE GOGGLES? - Goggles have made it big on the swimming scene. Originally thought of as an impediment, goggles are now being used by most competitive swimmers both in practices and in races. Although I tried goggles a long time ago, they never felt right, and I never used them until a couple of years ago. Swimming with "bare eyes", I frequently had chlorine burn, which became uncomfortable during swimming and would cut short the time I felt like spending in the pool. Bright lights looked like they were ringed with halos, and hours later, my eyes would still be irritated and tearing. When the eyes feel tired, one feels tired all over. The constant production of tears results in frequent nose-blowing because the tears are conducted down into the nasal sinuses. When I found a pair of goggles which worked, it was a revelation in comfort. I found that I felt like staying in the water longer, and bloodshot eyes were a thing of the past. My co-workers no longer thought of me as an alcoholic (little did they know). Some people are able to dive in with goggles, but this requires making the straps very tight. I usually do not wear goggles in races unless I start in the water. Incidentally, goggles are excellent to use in the ocean. Goggles fail for a number of reasons:

They get lost. One solution is to buy a pair with white straps and write your name and phone on them with a marking pen. 2) The straps get looser and break. Some stores sell replacement straps, or you can get by with a string of heavy

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rubber bands. 3) The lenses get fogged up due to scratches. Anti-fog compounds are also sold. 4) The rubber seals around the lenses wear out. Surprisingly, these seals last a long time. Usually something else gives before the seals. 5) You get tired of the color of the lenses. I do not know what color to recommend. I use yellow. Pink or red would cut out a lot of light because most light underwater looks blue. (D.C. Masters Publication).....  
PARADE - MAY 20, 1979 - Well, Phillip Whitten did it again! That was such a nice article that appeared in Parade Magazine that Sunday in May. The article appeared on May 20th; on Tues., May 22nd Ted Haartz reported that he had 400 requests for information; on Friday, May 25th, Ted reported that he had received 6000 letters; and on Friday, June 1st Ted reported that 8000 letters had arrived and still counting. Our sincere thanks to Phil for getting such great publicity. Ted has farmed out the requests so that they can all get answered. If any of you get a call from a new masters swimmer, please help him get started.....

SWIM MASTER SUBSCRIBERS - Dear Swimming Friends, Thank you for helping me to receive the highest award a masters swimmer could ever hope to receive, the "Captain Ransom J. Arthur, M.D. Award". The award was a complete surprise to me, and still a mystery as to how I was chosen. Needless to say I do love to swim and I do love to compete but don't most of us? Any swim or any event is a challenge, a joy of effort, and the folks you meet at swimming are the most delightful to be found anywhere. Any success I may have had has been due to the encouragement of my most wonderful husband Ray Taft. He should have won the award because I only follow in his footsteps. Thanking all of you. Swimmably yours, Zada Taft.  
S.C. NATIONAL CHAMPIONSHIP MEET RESULTS - It was a tough fight Ma, but we won! Or, did we? For Questions and Corrections please write to Joyce Smith, 22961 Luciana, Mission Viejo, CA 92691. DO NOT WRITE SWIM-MASTER!! ....



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**LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH****SWIM CALENDAR**

VOL VIII - No 6

JULY-AUGUST 1979

JUL	13-15	LC - Nat Clement, 5632 Granada Dr., #138, Sarasota, FL 33581
	14-15	LC - Jamie Stewart & Fran Woolsey, 4630 Woolridge Rd., Corpus Christie, TX 78413
	15	SPA LC - Margaret George, 159 S. Allen, #106, Pasadena, CA 91106
	21	NATIONAL AAU MASTERS LONG DISTANCE SWIMMING CHAMPIONSHIPS (2 mi) Dale Petranech, 2059 Huntington Ave., #1112, Alexandria, VA 22303
	22	NATIONAL AAU MASTERS MARATHON SWIM (10 mi) Bob Griffith, 1225 Catalina Ave., Seal Beach, CA 90740
	28	SPA LC - Margaret George (above)
	28	LC - Dot Resseguie, P.O. Box 7, Tar Heel, NC 28392
	29	Coronado - Alicia Horst, 571 Marina Ave., Coronado, CA 92118
AUG	4-5	DC - Ray Chen, 9713 Digging Rd., Gaithersburg, MD 20760
	4-5	Region XII LC - Tacoma, WA
	4-5	LC "Hot'Lanta" - Jeff Archambault, 15 Shellbark, Rd., Decatur, GA 30035
	4	LC - Larry Holley, 870 N.E. 192 St., North Miami Beach, FL 33162
	5	LC - O*H*I*O Masters, P.O. Box 8513, Canton, OH 44711
	11-12	LC - Chris Scott, 2512 P Street, Sacramento, CA 95616 (916) 451-3311
	11-12	SPA Regional Meet - Margaret George (above)
	11-12	LC at Brown U - J.K. Edwards, 2 Thayer St., Providence, RI 02906
	17-18	LC - KY Masters, Lakeside Club, 2010 Trevilian Way, Louisville, KY 40205
	17-18	LC Regional - Dennis West, 8225 Marshall Ct., Arvada, CO 80003
	23-26	NATIONAL LC CHAMPIONSHIPS - c/o National Masters, P.O. Box 406, Dearborn Hts., MI 48127 - Paul Bartashuk (313) 846-3971
	25	Powel Crosley Y - Ed Hunter, 423 Flemridge Ct., Cincinnati, OH 45231
	26-27	5 km & 12 km Relay - Lake Ontario - Ted Roach, Box 339, Pt. Credit, Ont., L5G 4L9 Canada
SEP	1	Hawaiian 10 Mile Rough Water Relay
	3	Hawaiian 2 Mile Rough Water Swim
	9	NATIONAL AAU LD OPEN WATER CHAMP. (3 mi) Dave Lamott, 2425 Palermo Dr., San Diego, CA 92106
	16	PA SC - Verne Scott, 646 Elmwood Dr., Davis, CA 95616
	30	YMCA - Virginia Hildebrant, 5167 Robinhood Dr., Willoughby, OH 44094
	30	North-South Meet at Atascadero, CA
OCT	6	Walnut Creek Masters SC - Mixed Events - PA AAU
	7	Leatherstocking Open - Jane Johngren, c/o ACC Gym, Cooperstown, NY 13326
	7	West End Y - Virginia Hildebrant (above)
NOV	3	Sacramento Masters - Sacramento Y Pentathlon SC
	18	Pentathlon - Harry Rawstrom, Carpenter Sports Bldg., U of Del., Newark, DE 19711
	18	Aqua-Terra Biathlon - Dan Sullivan, 495 Watchung Ave., Bloomfield, NJ 07003
OCT 14		MASTERS CLINIC - Etobicoke Olympium, Toronto - Eleanor Jarvis or Beth Whittai (416) 742-3872
MAY 16-18 1980		NATIONAL SHORT COURSE CHAMPIONSHIPS - Ft. Lauderdale, FL - SHOF Pool June Krauser, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305
		MASTERS DIVING - Bill McAlister, 14407 Road 23-1/2, Madera, CA 93637
		AUG 24-27 (Nationals), SEP 8-9, SEP 24, OCT 13

\*Mail 3 copies of meet results to: Enid Uhrich, 25 Lafayette Rd., Newton Lwr Fls, MA 02162\*