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1	1984 All-Americans
2	Photos of 12th South Eastern Masters Championships, Oak Ridge, TN, Oct 27-28, 1984
3-5	Results - 12th South Eastern Masters Championships, SCY,Oak Ridge, TN, 1-/27-28/1984
5	Results - Arkansas Masters Swim Club Fall Short Course Meet, Little Rock, AR, October 6, 1984
6	Gold medals make Shannon a master of the pool at age 51, by Ray Melick, Birmingham Post-Herald (about Larry Shannon.
7	Masters Swimming International World Records at June 1984 - Men (with names)
8	Masters Swimming International World Records at June 1984 - Women (with names)
9	Coping at Nationals -reprinted from DC Masters Wave Maker
10	The Cutting Edge - Learning by doing, swimming and thinking, by Dr. Bob Hopper
10	Take Your Mark by Brian S. Frid
11	Swimming News - Physiological Characteristics of Women Masters Swimmers by Gail Dummer
11	Attention LMSC Chairmen - From USMS Registrar
11	1984 LCM and SCY Top Ten Errata
11	Omissions from YMCA Nationals
12	Swim Calendar

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1	an official Masters Event as of Jan. 1, 1985)
2-3	In Case of Injury by Lucille Griffin
3	Shrugging Off Water Resistance - John DeMarie - Swimming Technique - November 1984-January 1985 (during Breaststroke pullout)
4	Swimming keeps him in swing by Wendy Dore (about Tom Lyndon)
4	Photos - Jane Kuhn; Henry Sostchuk
5-6	Results - 1984 El Camino; SCY, Woodland Hills, 9/29/1984
6-8	Santa Barbara Special, SCY, Santa barbara, CA, 10/21/1984
8-9	DC Masters Fall Classic, SCY, Potomac Valley MSC; Montgomery College pool, Rockville, MD, 11/3/1984
9-10	Eugene U of O unofficial time from outside Oregon, SCY
10	Toledo Swimmer Award Winner at 72 (Max Herschel
11	Swimming News - LMSC chairpersons & Top Ten Recorders - rules changes
11	1985 Rule Book (ready)
11	LMSC's and the IRS - EIN numbers for LMSCs
11	LMSC's and Insurance
11	Major Rule Change Effective January 25, 1985 - Dual registration in USA swimming allowed for swimmer 25 and over
11	A Challenge from Bill King
11	Nominations For USMS Officers
11	Motivation (Reprinted from St Petersburg Masters Lap Lanes)
12	Swim Calendar

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1-2	Skin Care for the Master Swimmer by Burwell (Bumpy) Jones, M.D. Dermatologist, Sarasota, FL
2	We Are What We Think We Are! We Can Become Whatever We Decide to Become!
3	Photos - Barbara Evans, Jim Bell, Melisa Snell & Beverly Bickell, etc.
4	If You're in a Really Tough Race and It Really Hurts, Why Finish? by Dick Cheadle (Reprinted from the DC Masters Wave Maker)
5	Coach's Corner - Joann Brislin, Husky Masters (reprinted from the WET SET, the Official PNA Masters Newsletter)
6-7	Results - Westside Swim Meet 1984, SCY, Culver City, CA - 11/18/1984
7-8	1984 Cal Tech Masters Swim, SCY, South Gate, CA - 12/1/1984
8-10	Eleventh Annual Sunbelt Region Masters, SCY, Charlotte, NC - 1/26/1985
11	Swimming News - YMCA Nationals
11	Material Needed For Master Swim
11	Warm-up Periods At Meets
11	Rules (seeding)
11	Swimsee (underwater mirror)
12	Swim Calendar

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1-2	Nutrition and Exercise - The Health Twins - by Dr. Kenneth Krueger
3	1984 Long-Distance USMS All Americans
4	Photos with captions
5-8	1985 U.S. Masters Hour Swim
8	My Mom Is All Wet by Nancy Martin (Poem about Doris Steadman)
9	1984 United States Masters Swimming Records - Short Course (revised 1984)
10	At 73, she's finally beat a lifetime of arthritis by Pat Hunter - Advertiser Medical Writer (about Lee Jordan)
11	Swimming News - USMS SC Season Ends May 12th
11	The Wet Workout
11	Corrections to (1984) LC Top Ten (Errata)
11	Coaches Organize
11	Time Standards - a study
12	Swim Calendar

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1-2	How I Train IN Masters swimming by Burwell (Bumpy) Jones, M.D.
3	Photos Masters Swimming National Short Course Championships
4-5	On Dietary Ignorance by Hans J. Kugler, PhD
6	For the Record- Results 1985 El Segundo Long Event, SCY, El Segundo, CA, SCY, 3/3/1985
6-7	1985 Cal Tech Pentathlon, SCY, Pasadena, CA, 3/7/1985
7-8	Tempe Swim Devils Spring Fever Swim Meet, McClintock High School, SCY, Tempe, AZ, 3/23/1985
8-9	April Fools SCSU, SCY, New Haven, Conn, 3/30/85
9-10	St Patrick's Day Invitational, SCY, Georgia, 3/9-10/1985
11	Swimming News - USMS National Short Course Championships
11	A Reader's Comment
11	Weight Loss Record
11	Ryall Wins Swim Championship
11	Note To LMSC Chairmen
11	Guess Who Came To Swim by Dick Collins (About Doc Councilman)
11	Notes On Swimming From Aerobics Expert Dr. Kenneth Cooper
11	Reminder To All Meet Directors
12	Swim Calendar

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1-12	1985 National Short Course Championships
13	Why Do Your Muscles Get Sore? by Bryant Stamford, PhD. (Reprinted from The Physician and Sportsmedicine, A McGraw-Hill Publication November 1984
14	Swim Calendar

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1	Message from Michael A. Laux
1	Publications of Interest to Masters Swimmers
2	Why We Swim by John Jerome
3-5	Special Publication - Up Date - Masters Swimming - Lifetime Vigorous Swimming For Health, Fun and Sport (A history)
6	Lists of National Meetings, Officers, National Championships
7	1984 All Americans
8	The Information Network; (About Masters Swimming)
3	Members of Executive Committee, Committee chairpersons, Zone Committee, Local Masters Swimming Committees (52)

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1-11	1985 National SCY 10 Best Times (1985 SCY Top Ten)
10-11	1985 SCY Top Ten Relays
12	1985 USMS SCY Records, no names
13	Swimming News Editorial (Top Ten)
13	Congratulations (to Diane & Leo Letendre)
13	Masters Coaching Association News (from George Bole)
13	1st FINA/MSI World Masters Swimming Championships
13	In the Swim Of Things (Jane Katz)
13	Medal Opportunities At Nationals
13	New Book by Lucille Griffin - Teach Yourself to Swim the Racing Strokes
13	Motivational Stuff (from Aqua-Master - The 10 Dismal "D's")
14	Swim Calendar

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1	Photos - 1985 National Long Course Championships (photos by Mildred Anderson and June Krauser)
2-11	Results - 1985 National Long Course Championships. Providence, RI, 8/17-20/1985 (Edited for space)
12	Mastering his destiny with confident strokes by Eric Almeida, Journal-Bulletin Sports Writer -(about Kelly Lemmon)
12	Swimming Walsh sisters enjoy poolside reunions and success by Sean McAdam - special to the Journal-Bulletin (about Stephanie, Tez and Huddie Walsh)
13	Swimming News - National Convention - 1985 Annual Meeting in Phoenix, AZ Sept. 11-15
13	Masters Aquatic Coaching Association
13	Swimmer's Ear
14	Swim Calendar

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- 1-11 Women's Short Course National Champion American USMS Record Holder 1970-1979 (some USMS history) records history
- National Meetings 1971-1985; National Officers; National Championships SCY and LCM locations

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1-8	1985 LCM National 10 Best Times (1985 LCM Top Ten)
8	United States Swimming Sports Medicine Information Series - Training (food) Table Guide
8	Swimmer's Diet and Nutritional Myths
9	Photos - New Officers
10	Cruise Intervals As Adapted For Masters, June 1985, by Dick Bower
10	Team Scores For Long Course Nationals in RI
11	Swimming News - In and Around the Industry ("pike/scoop" racing dive)
11	First World Masters Games
11	Long Course Nationals
11	Masters Aquatic Coaches Association
11	Tired Of The Standard Medal
11	House Our Swimmers Tonight
11	Southern Masters Swimming Award Categories
11	When It Is Time To Renew Swim-Master
12	Swim Calendar