



SWIM - MASTER

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SKIN CARE FOR THE MASTER SWIMMER

Burwell (Bumpy) Jones, M.D.

Dermatologist, Sarasota, FL

Suncoast Masters, Sarasota, FL

There are two basic skin problems for the Master Swimmer. The first is dehydration and dryness and second is sun damage with its associated skin degeneration and cancer. Each of these problems is worse with older people and each must be considered by those who swim regularly.

The year-round swimmer will always be bothered by asteatosis (loss of normal oils) and xerosis (dryness) of the skin. This is especially severe in winter months with lower temperatures and lower humidity. The use of hot water, excessive soaps and frequent pool immersions will produce dry, scaly and uncomfortable skin. Flaking and itching will be common and continued abuse can produce areas of hard dry scales which may appear as patches of fish scales (ichthyosis) or scattered areas of fine red, broken skin (nummular eczema). Even more significant problems such as skin ulcers or infections have had their onset with the simple problems of abuse or poor care. The swimmer must confront the normal problems of everyone with added insult of daily immersion in the pool and its chemicals. When dryness presents and frequent swimming is necessary:

1. Keep showers or baths tepid to warm, no hot.
2. Use soap sparingly and mostly in the folds of the body (intertriginous areas) consider a superfatted soap such as Basis or Dove.
3. Rinse pool water off after swimming and while wet cover body with a liberal amount of baby-oil or a bath oil such as Keri oil. Leave on for several minutes and pat dry. This helps to hydrate the outer keratin layer of the skin.
4. After drying, use a mild lubricant on at least the arms and legs. There are a number of pleasant commercial products and each person may have to experiment to find a product that is comfortable. Avoid perfumed or multiple ingredient products. Excellent products include Mointurel, Keri lotion, Nutraderm, Nivea and plain vaseline (petrolatum). Some people may wish to apply this type of product several times a day or before swimming to help prevent dehydration. Vaseline (petrolatum) when liberally applied can help prevent chafing of thighs and axillae for long workouts or long races.
5. Keep shaving (faces or legs) to a minimum

during the "dry" season. When necessary, repeat the moisturizing steps mentioned above and avoid alcoholic after-shaves or body lotions which only increase dryness.

6. Hair should be rinsed with fresh water after each training session but shampooing is not necessary that often. A good conditioning rinse alone is often quite sufficient for good hair care and shampooing can be done intermittently with a mild product such as Johnson's or DHS shampoo. Discolored hair from pool water can often be avoided in this manner.

Sun damage is a significant summer problem in northern latitudes and a year-round problem for the southern swimmer. Actinic degeneration of the skin is seen on exposed areas even in teenagers in the south and is progressively severe in the older people. As most are aware, it is the major cause of lines, wrinkles, saggy skin, blotchy pigmented skin, pre-cancerous growths (actinic keratoses) and cancers of the skin (basal cell carcinomas and squamous cell carcinomas). It is also a significant factor in mole cancers (melanomas). The fair skinned swimmer has the greatest risk and must take more protective measures than darker skinned individuals. Those people with light colored eyes (blue or green) and blond or red hair must use protection, especially those who have a family history of skin cancers. However, even darker skinned swimmers can show significant damage to their skin after only a few years exposure and poor protection. Some of the protective measures that can be used are:

1. Wear protective shirts (white) and brimmed hats whenever possible, essentially, to and from the pool and for other activities. A thin white tee-shirt can be worn for stroke drills, kicking, starts and turns.
2. Wear a cap for out-door work-outs (protects ears, forehead and balding heads).
3. Wear a visor or old hat for kicking.
4. **WEAR A SUNSCREEN DAILY** to all exposed areas. Sun damage is accumulative but some structures within the skin can repair themselves if given appropriate protection. Many sunscreens are partially absorbed into the keratin layer of the skin and a daily application in the morning after shaving or before make-up is applied will form a residual deposit which makes the sunscreen progressively more effective. All sunscreens wash off to some extent so that a better effect is

obtained by more frequent applications. At least get into a habit of daily morning applications for the most sensitive areas of the face, neck, chest, arms and hands.

Sunscreens are rated by a number (generally 2 - 15) on the container. This number indicates the multiple of the protection beyond the earliest burn (minimal erythema dose). Thus a number 4 protects for 4 periods of time beyond that which would cause a burn. Nearly all swimmers should use a number 15 (numbers beyond that are essentially advertising gimmicks).

Many sunscreens are available and several different chemicals are used. The commonest and most protective contains PABA or PABA esters. Unfortunately, some people are allergic to this chemical or other chemicals in the sunscreen and those people must avoid them. Common PABA containing sunscreens for swimmers include: Pre-Sun, Total Eclipse and Sundown. Some non-PABA sunscreens include A-fil, Maxafil, Sol-Bar, U-Val and R.V. Paque. For an extremely sun sensitive swimmer I have often suggested the mechanical devices as listed and then: apply the #15 PABA sunscreen copiously to exposed areas, one hour

before exposure. Repeat application at the pool followed by another application of a different sunscreen such as RVP or R.V. Paque. If possible, exposure should be avoided during the mid day hours (10 am to 2 pm).

Eye and eyelid problems are generally prevented with the use of protective swim goggles. Again, the use of white vaseline before and after swimming will maintain eyelid comfort and eye rinses are generally not necessary. Many forms of contact dermatitis will initially present with eyelid itching or swelling and may indicate an abnormal reaction to a sunscreen that is otherwise well tolerated on the general skin surface. This can occur as the goggles hold the offending agent in contact with the eyelids rather than allowing it to rinse off.

Masters Swimming is designed for a life-long conditioning program. By following these simple measures the master swimmer can generally continue a year-round training program which avoids the discomfort of dry skin and helps prevent the danger of sun damaged skin but still allows the benefits of a daily training program.

We Are What We Think We Are! We Can Be Whatever We Decide to Become!

Read and reread the thoughts you'll find here; commit the words to memory. Action compelling thoughts can change your life and the lives of everyone you know or meet. They can lead the way to achievement of your fondest dreams and your highest aspirations.

Attitudes are nothing more than habits of thoughts . . . and habits can be acquired. We are where we are, and what we are, because of the dominating thoughts that occupy our minds.

The power of personal motivation comes from a definite, personalized plan of action, and the application of that plan every day of our lives.

If we are not making the progress that we would like to, and are capable of making, it is simply because our goals are not clearly defined.

When we set goals for ourselves, they work in two ways: We work on them, and they work on us.

Goal-setting is the strongest human force for self-motivation.

No one ever accomplishes anything of consequence without a goal.

Once we have set a goal, believe firmly and equivocally that we will reach it.

The greater our belief, the more rapid our progress will be.

Don't waste time with regret for all the goals we failed to set in our yesterdays that are past. Goal direction begins today for the successful future we can create.

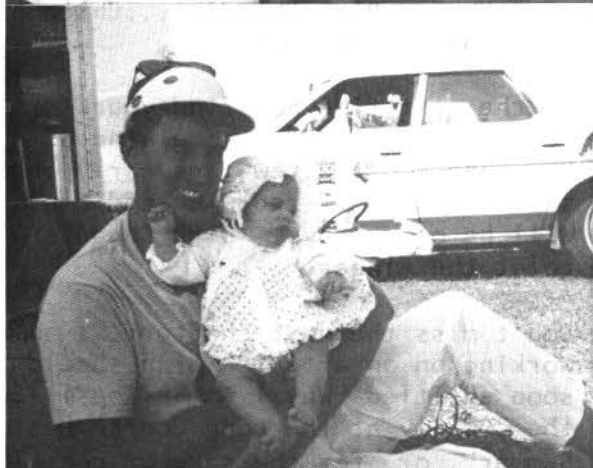
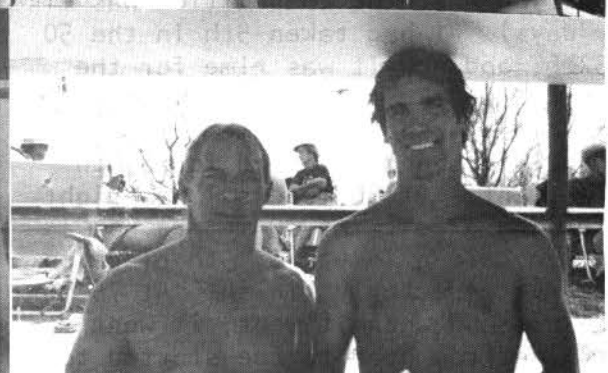
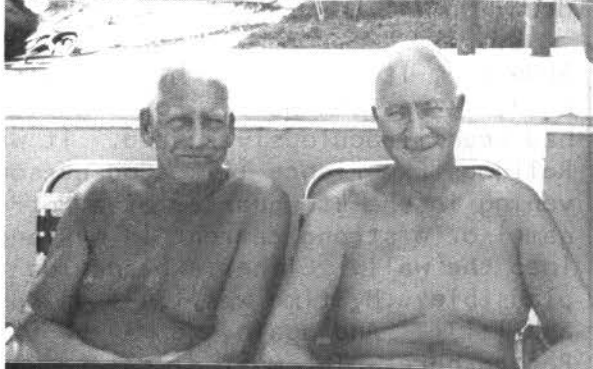
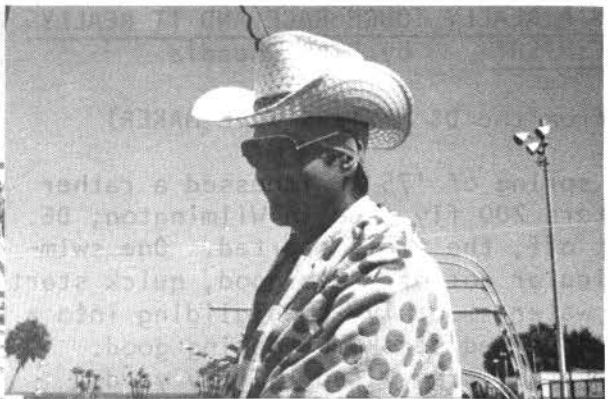
The person who sets a high goal and strives for its attainment, inspires everyone around him. That person climbs steadily and others follow.

We first must form habits—then habits form us. In our individual drives toward a successful future, if we do not consciously form good habits, we will unconsciously form bad ones.

It's just as easy to form the habit of succeeding as it is to succumb to the habit of failure.

It is a psychological fact that we can influence our environment and thoughts.

If we do consciously and with high purpose, we can change our habits and attitudes for the better!



LEFT TO RIGHT - TOP TO BOTTOM

BARBARA EVANS

JIM BELL

MELISA SNELL & BEVERLY BICKELL

WILL WORLEY & JESSIE COON

EUGENE JENNINGS & BILL STINSON

CAL WINN & LISA WOODMAN & MIKE PEARL

BOB HERITIER & GRAHAM JOHNSTON

GERRY DE LONG & JIM DONNELLY

JOHN MAGUIRE & DAUGHTER

IF YOU'RE IN A REALLY TOUGH RACE AND IT REALLY HURTS, WHY FINISH? by Dick Cheadle

(Reprinted from the DC MASTERS WAVE MAKER)

Back in the spring of '75 I witnessed a rather unusual Masters 200 fly race in Wilmington, DE. The gun went off, the field started. One swimmer in particular got off to a good, quick start slicing the water smoothly, then gliding into a strong yet contained stroke. Looking good. Twenty-five yards. Easy. Zap. Fifty yards. Still looking great. Zap. Seventy-five yards. Still strong. Pop, up out of the water and into the shower. And that was that. The remaining one-hundred and twenty-five yards were left to be swum perhaps another day. For whatever reason that swimmer decided that there were other things to do at that particular point in time that were more pressing than an additional 125 yards of fly. I was quite impressed. Here was an individual who escaped from what might have been a very unpleasant situation with grace and dignity, with a certain amount of dash. The swimmer became a role model for me for years to come. To avoid personal embarrassment we will not name the swimmer here; for the sake of this article let's just call him Ed Emes.

Now let's drift back to August of '73, the Long Course Nationals in Chicago. The team is doing well. The men's 35+ medley relay of Dick Cheadle (back), Meredith Smith (breast), Ed Emes (fly) and Al Allan (free) had just taken 2nd place. (Shows you what the competition was like in the early days). I had taken 5th in the 50 fly with a 32.6, and now it was time for the 100 fly. I pictured the race out in my mind; splits of 36+ and 43+ should put me just under 1:20, which would probably be good for a 4th place. Off we went. At 50 meters I was right at 36+ and feeling great. At 70 meters no change. Cruising along in 4th or 5th place on my way to a very respectable finish. At 75 mtr it started to go, and when it went, it went fast. Everything from head to toe started to fall apart. At 80 mtr it was over. No longer a race or competition or DCM or anything, it was now purely a question of survival. By 85 mtr I knew I was in deep, deep trouble. I started breathing to the side to see if I could alert any of my teammates on the side by the look on my face that I might need to be hauled out of the water. You can imagine what that looked like. The first one I saw was Ed Emes. He was lying on the deck beating both fists into the tile, rocking convulsively with laughter. No help there. Then I saw Betty Brey, Dot Gates and Nancy Kirkendall. They were sort of huddled together, staring at me, transfixed, mesmerized. They looked like three Sunday strollers who had just seen a puppy run over by an eighteen-wheel-

er. A strong sense of tragedy, yet personal helplessness. No help there either. At 90 mtr I became very afraid that I was going to drown. (New World Record: first Masters swimmer ever to actually drown in the middle of a race.) My forward motion had virtually stopped. My elbows were locked in close to my body, my wrists were making small, 5" concentric circles, my feet were settling to the bottom. I was "swimming" butterfly straight up and down, bottom to ceiling. I thought very seriously about wrapping myself around the lane divider. I almost did it, except that a number of small logistical problems began racing through my mind...what about the next heat? Would the starter be able to start the race with a 6'-4", 220 pound (at that time) thing wrapped head to toe around the lane divider 10 meters from the starting blocks?...What if the lane divider snapped? Certainly I would go right to the bottom with my end...Maybe they could unfasten both ends of the divider so that the meet could continue. And I could go to sleep (as in putting a pet to sleep) in the bowels of a coiled lane drum.

Suddenly, it was over. My chin hit something hard, it was the wall. For whatever reason, I had been miraculously spared. It was either a Religious Experience (like God personally intervening in the 4th quarter of a Notre Dame football game) or a strong current in my lane had swept me into the wall. Either explanation is equally plausible...My time was 1:43+ on splits of 36+ and 1:17+. And again, we may be talking World Record here. The most disparate splits ever in a 100 meters race.

So, what do we have here?...Wilmington, DE and Chicago...Two people facing potentially the same disaster, handling it in two very different ways. One with style and a certain amount of class, the other making a complete fool out of himself... The one probably forgetting the whole thing the next day, the other still bearing strong mental scars from the experience. (To this day people who I haven't seen in years look at me, then say..'hey...Dick Cheadle!...Chicago, '73...and then they crack up.)

So the next time you find yourself in an uncomfortable position in some kind of a tough race, hey, knock off a few laps early and go get yourself a bottle of red wine and a steak. There will be other days. Dick Cheadle will never point the finger.

Don't miss the next chapter. I am currently working on an article which should be finished soon entitled "Why I Am Seriously Considering the 200 Fly at the Long Course Nationals Next Summer", or, for the sake of consciousness, I might call it "Death Wish II".

COACH'S CORNER

Now that we are one month into 1985, how are those New Year's resolutions concerning your swimming coming along? I saw these "25 Dynamic Ds" in a Master's Runners newsletter and thought they would be great to share with Master's swimmers. When you need a little inspiration or some help identifying a problem area in your training, refer to these helpful "Ds"!

The 25 DYNAMIC "Ds"

1. DEFINE: Define what you hope to achieve. What will it take for you to feel you have succeeded?
2. DESIRE: Do you want it--GO FOR IT! Without desire there is only disaster.
3. DETERMINATION: Are you willing to put in the hard work required? To make a few sacrifices?
4. DECISION: Make up your mind to do it. This is where you make a commitment.
5. DREAM: Visualize yourself in perfect form and harmony--then make your actions fit the picture.
6. DESIGN: Map out a plan and work out a program to reach your goals.
7. DIVISION: Set immediate and intermediate goals that lead to your long term goal.
8. DEDICATION: Make adjustments in your lifestyle and eliminate as many conflicts as possible. But don't make divorce another D!
9. DISCIPLINE: Exercise self-control in the ways that correct, mold and strengthen good habits.
10. DARE AND DEFY: Be willing to take some risks and try new strategies--No gall, no glory!
11. DILIGENCE: The other side of #10--risks are necessary, but regard for one's health and well-being is a must.
12. DEVELOPMENT: This means arduous training!! The other Ds mean nothing without work.
13. DRIVE: Pursue your goal with vigor, spirit, and intensity.
14. DEPTH: Dig deep into your reserves when you need to.
15. DISTANCE: This is the quantitative aspect of your training. You need to know what sort of yardage is required to meet your goals.
16. DASH: The other side of the distance coin. How much quality and sprint work do you need?
17. DISTRIBUTE: Pace yourself. Distribute your effort effectively in each workout, and through each week, month and year.
18. DIET: Watch to make sure you are getting the right nutrients and right types of food.
19. DELIGHT: Take pleasure in the pursuit. Enjoy the feeling of a hard workout well done.
20. DWELL on the DIRECTION: Focus on your goals--Concentrate.
21. DOCUMENT: Keep a log or diary and record your efforts and notes about training.
22. DISCERN and DISCOVER: Study your log. Learn from it. Monitor your progress.
23. DEITY: Most athletes include God when they discuss success. Each can interpret deity in his or her own way.
24. DON'T DELAY: Meet the challenge without procrastination.
25. DELIVER: Good luck with your training!!

See you on the deck,

Joann Brislin, Husky Masters

(reprinted from the WET SET, the Official PNA Masters Newsletter)

RESULTS

WESTSIDE SWIM MEET 1984
CULVER CITY, CA 18 NOV. 1984

WOMEN 25-29

<u>50 YARD FREESTYLE</u>	
Dawn C. Garrett 25	28.45
Dana Patrick 25	29.44
Norine E. Koch 25	30.69
Andrea L. Worthen 25	30.84
Lisa E. Tanner 26	32.19
Linda Hood 26*	38.92
Lynne McGinnis 28*	41.55
<u>200 YARD FREESTYLE</u>	
Catherine Neville 27*	2:10.25
Bonnie Alice Sherar 28	2:12.95
Lynne McGinnis 28*	3:14.56

<u>500 YARD FREESTYLE</u>	
Catherine Neville 27*	5:37.75
Stacy J. Henderson 26	6:47.88
Norine E. Koch 25	7:02.08
Lori P. Belshe 29	7:02.53
Lynne McGinnis 28*	8:18.59
<u>100 YARD BACKSTROKE</u>	
Catherine Neville 27*	1:10.73
Barbara Buelow 28*	1:12.55
Cheryl Brown 26	1:16.09
Tracy J. Henderson 26	1:16.99
Bonnie Alice Sherar 28	1:20.86

<u>50 YARD BUTTERFLY</u>	
Lori P. Belshe 29	39.51
Norine E. Koch 25	39.70
Stacy J. Henderson 26	44.44
<u>200 YARD BREASTSTROKE</u>	
Lynne McGinnis 28*	1:52.42
<u>100 YARD BUTTERFLY</u>	
Catherine Neville 27*	1:05.14
Cheryl Brown 26	1:13.52
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Bonnie Alice Sherar 28	1:13.04
Cheryl Brown 26	1:14.28
Dawn C. Garrett 25	1:14.56
Norine E. Koch 25	1:17.19
Stacy J. Henderson 26	1:19.78
Lori P. Belshe 29	1:21.28
Lisa E. Tanner 26	1:23.37
Lynne McGinnis 28*	1:51.84

<u>WOMEN 30-34</u>	
<u>50 YARD FREESTYLE</u>	
Barbara Held 30	26.17
Allison A. Esses 30	30.15
Marta Zaharson 31	30.99
Kim Shockley 32	31.47
Francesca Luzuriaga 30	31.97
Elizabeth Poljeman 30	32.39
<u>200 YARD FREESTYLE</u>	
Barbara Held 30	2:07.26
Linda S. Sinila 34	2:44.81
Marta Zaharson 31	2:46.23
<u>500 YARD FREESTYLE</u>	
Barbara Held 30	5:39.83
Kim Shockley 32	6:45.50
Linda S. Sinila 34	7:27.33
<u>100 YARD BACKSTROKE</u>	
Francesca Luzuriaga 30	1:24.94
Linda S. Sinila 34	1:31.03
<u>50 YARD BREASTSTROKE</u>	
Marta Zaharson 31	43.31

<u>200 YARD BREASTSTROKE</u>	
Allison A. Esses 30	2:59.29
<u>100 YARD BUTTERFLY</u>	
Barbara Held 30	1:03.37
Allison A. Esses 30	1:17.73
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Barbara Held 30	1:09.33
Marta Zaharson 31	1:21.26
Francesca Luzuriaga 30	1:23.47
Kim Shockley 32	1:23.64

<u>WOMEN 35-39</u>	
<u>50 YARD FREESTYLE</u>	
Lucy Johnson 37	27.89
Leeanne Naftali 36	33.94
Kathy A. Kanter 38	34.34
Sandy Young 37	35.19
Lois Goodman 37	35.93
Dorothianne Gohdes 37	39.67
Suzette M. Wallace 39	44.58
<u>200 YARD FREESTYLE</u>	
Lucy Johnson 37	2:11.58
Kathy A. Kanter 38	3:15.23
<u>500 YARD FREESTYLE</u>	
Katherine Watson 36	7:32.73
Lois Goodman 37	8:03.36
Loree A. Bryer 35	8:33.04
<u>100 YARD BACKSTROKE</u>	
Katherine Watson 36	1:27.37
Dorothianne Gohdes 37	1:33.89
Lois Goodman 37	1:40.77
Sandy Young 37	1:44.37

50 YARD BREASTSTROKE

Kathy A. Kanter 38	45.34
Sandy Young 37	46.86
Dorothianne Gohdes 37	48.06
Katherine Watson 36	50.81
Lois Goodman 37	51.44
Suzette M. Wallace 39	DISQ

<u>200 YARD BREASTSTROKE</u>	
Kathy A. Kanter 38	3:41.09
Dorothianne Gohdes 37	3:51.28
<u>100 YARD BUTTERFLY</u>	
Lucy Johnson 37	1:07.89
Sandy Young 37	1:41.17
Katherine Watson 36	1:48.88
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Kathy A. Kanter 38	1:33.14
Sandy Young 37	1:33.62
Katherine Watson 36	1:34.11
Dorothianne Gohdes 37	1:36.00
Lois Goodman 37	1:37.15

<u>WOMEN 40-44</u>	
<u>50 YARD FREESTYLE</u>	
Diana F. Todd 41	26.66
<u>200 YARD FREESTYLE</u>	
Diana F. Todd 41	2:19.92
<u>100 YARD BACKSTROKE</u>	
Janet E. Royer 43	1:33.84
<u>50 YARD BREASTSTROKE</u>	
Diana F. Todd 41	37.48
<u>200 YARD BREASTSTROKE</u>	
Janet E. Royer 43	3:12.44
<u>100 YARD BUTTERFLY</u>	
Diana F. Todd 41	1:07.55
Janet E. Royer 43	1:21.42
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Janet E. Royer 43	1:22.36

<u>WOMEN 45-49</u>	
<u>50 YARD FREESTYLE</u>	
Joan Jeter 45	30.52
Jeanne Little 47	34.11
Sylvia J. Glenn 46	35.45
Margot Saxer 48	40.26
Barbara A. Nadel 47	42.72
<u>200 YARD FREESTYLE</u>	
Joan Jeter 45	2:33.35
Sylvia J. Glenn 46	2:55.37
Jeanne Little 47	2:58.53
Evelyn M. Debes 48	3:04.04
<u>500 YARD FREESTYLE</u>	
Joan Jeter 45	7:06.51
Sylvia J. Glenn 46	7:42.53
Evelyn M. Debes 48	8:07.14
Jeanne Little 47	8:09.70
Barbara A. Nadel 47	9:31.11
<u>100 YARD BACKSTROKE</u>	
Evelyn M. Debes 48	1:34.99
<u>50 YARD BREASTSTROKE</u>	
Joan Jeter 45	41.09
Helen Geoffrion 45	43.83
Margot Saxer 48	44.20
Sylvia J. Glenn 46	47.66
Barbara A. Nadel 47	53.75
<u>200 YARD BREASTSTROKE</u>	
Joan Jeter 45	3:14.22
Helen Geoffrion 45	3:34.50
Margot Saxer 48	3:37.15
<u>100 YARD BUTTERFLY</u>	
Evelyn M. Debes 48	1:45.06
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Helen Geoffrion 45	1:31.50
Sylvia J. Glenn 46	1:35.15

<u>WOMEN 50-54</u>	
<u>50 YARD FREESTYLE</u>	
Jacqueline Dunlop 53	35.23
Joyce Perry 54	45.08
<u>100 YARD BACKSTROKE</u>	
Joyce Perry 54	2:00.80
<u>50 YARD BREASTSTROKE</u>	
Jacqueline Dunlop 53	42.69
<u>200 YARD BREASTSTROKE</u>	
Jacqueline Dunlop 53	3:25.45
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Jacqueline Dunlop 53	1:30.23

<u>WOMEN 55-59</u>	
<u>200 YARD FREESTYLE</u>	
Janet Wolver 55	3:05.67
<u>100 YARD BACKSTROKE</u>	
Anne B. Adams 56	1:26.04
Janet Wolver 55	1:47.19
<u>50 YARD BREASTSTROKE</u>	
Janet Wolver 55	47.77
<u>200 YARD BREASTSTROKE</u>	
Janet Wolver 55	3:53.03
<u>100 YARD BUTTERFLY</u>	
Anne B. Adams 56	1:22.61
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Janet Wolver 55	1:37.94

<u>WOMEN 60-64</u>	
<u>50 YARD FREESTYLE</u>	
Shirley Erickson 61	35.47
Bette F. Crowell 64	37.64
<u>200 YARD FREESTYLE</u>	
Grace Altus 60	3:05.03

500 YARD FREESTYLE

Shirley Erickson 61	7:56.12
Grace Altus 60	8:07.00
<u>100 YARD BACKSTROKE</u>	
Shirley Erickson 61	1:34.33
<u>200 YARD BREASTSTROKE</u>	
Shirley Erickson 61	3:45.58
Grace Altus 60	4:09.36
<u>100 YARD BUTTERFLY</u>	
Shirley Erickson 61	1:41.77
Grace Altus 60	1:49.39
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Grace Altus 60	1:45.37

<u>WOMEN 65-69</u>	
<u>200 YARD FREESTYLE</u>	
Nancy Knapp 65	4:06.22
<u>100 YARD BACKSTROKE</u>	
Nancy Knapp 65	2:23.87
<u>200 YARD BREASTSTROKE</u>	
Rita Simonton 66	3:53.06
<u>100 YARD BUTTERFLY</u>	
Rita Simonton 66	1:53.59

<u>WOMEN 70-74</u>	
<u>50 YARD FREESTYLE</u>	
Ruth Ridenour 70	55.04
<u>100 YARD BACKSTROKE</u>	
Ruth Ridenour 70	2:26.00
<u>50 YARD BREASTSTROKE</u>	
Maxine Merlino 72	52.69
Ruth Ridenour 70	1:06.09
<u>200 YARD BREASTSTROKE</u>	
Maxine Merlino 72	3:56.40
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Maxine Merlino 72	1:42.86
Ruth Ridenour 70	2:16.59

<u>WOMEN 80-84</u>	
<u>200 YARD FREESTYLE</u>	
Elizabeth Mauric 80	5:08.12
<u>500 YARD FREESTYLE</u>	
Elizabeth Mauric 80	13:18.06
<u>200 YARD BREASTSTROKE</u>	
Elizabeth Mauric 80	6:30.56

<u>WOMEN 85-89</u>	
<u>50 YARD FREESTYLE</u>	
Sandy M. MacDonald 29	23.01
Geof W. Brewer 25	23.64
Craig W. Dougherty 28	23.99
Michael J. Fusco 25	24.89
Dennis Skupinski 28	25.42
Ken Beardon 25	25.64
Mitchell Netburn 28	26.19
Steve W. Barnard 27	26.33
Edward Rademacher 27	26.39
Barron A. Cudda 29	26.97
Daniel Monroy 27	27.26
David Orlovski 27	28.16
Lawrence E. Larson 27	28.17
William Wraith 27	28.83
Gary M. Montemayor 28	29.99
Paul Oranski 25	38.64

<u>200 YARD FREESTYLE</u>	
Sandy M. MacDonald 29	1:50.28
Barton Gawboy 27	1:55.44
Noel D. Jolivet 25	2:03.39
Paul G. Vidano 25	2:04.37
Brian Cohn 26	2:08.40
Lawrence E. Larson 27	2:11.56
Steve W. Barnard 27	2:11.84
Mitchell Netburn 28	2:20.88
David Orlovski 27	2:26.15
Brian D. Weintraub 27	2:27.69
<u>500 YARD FREESTYLE</u>	
Patrick W. Herrera 25	5:15.39
Daniel Monroy 27	6:28.33
Brian D. Weintraub 27	6:54.23
R Donald Peppy 28	7:12.17

<u>100 YARD BACKSTROKE</u>	
Patrick W. Herrera 25	58.89
Sandy M. MacDonald 29	59.45
Noel D. Jolivet 25	1:05.73
Paul G. Vidano 25	1:06.37
Geof W. Brewer 25	1:07.12
Ron Pearlman 27	1:09.55
Brian Cohn 26	1:09.62
Barron A. Cudda 29	1:11.06
Edward Rademacher 27	1:13.14
Gary M. Montemayor 28	1:21.75
<u>50 YARD BREASTSTROKE</u>	
Ken Beardon 25	31.97
Chris Georges 26	33.64
Edward Rademacher 27	34.37
Lawrence E. Larson 27	35.78
Brian Cohn 26	36.83
Ronald L. Carr 27	36.86
Robert Donald Peppy 28	38.72
Daniel Monroy 27	39.44
Paul Oranski 25	52.55

<u>200 YARD BREASTSTROKE</u>	
Barton Gawboy 27	2:25.55
Marc L. Kelly 29	2:28.20
Ron Pearlman 27	2:30.81
Brian Cohn 26	2:54.17
William Wraith 27	3:07.73
Ronald L. Carr 27	3:11.23

100 YARD BUTTERFLY

Sandy M. MacDonald 29	52.73
Patrick W. Herrera 25	58.59
Dennis Skupinski 28	1:00.36
Edward Rademacher 27	1:02.77
Barron A. Cudda 29	1:04.53
Brian Cohn 26	1:05.92
Mitchell Netburn 28	1:06.90
David Orlovski 27	1:12.47
Daniel Monroy 27	1:15.44

<u>100 YARD INDIVIDUAL MEDLEY</u>	
Barton Gawboy 27	58.70
Paul G. Vidano 25	1:02.73
Geof W. Brewer 25	1:03.47
Ken Beardon 25	1:03.91
Ron Pearlman 27	1:04.77
Noel D. Jolivet 25	1:04.88
Edward Rademacher 27	1:06.01
Barron A. Cudda 29	1:07.58
Michael J. Fusco 25	1:07.97
Daniel Monroy 27	1:15.09

<u>WOMEN 30-34</u>	
<u>50 YARD FREESTYLE</u>	
Bryan Weaver 31	23.44
Mike Greenanayer 30	24.78
Barry Douglas 31	25.83
Scott A. Beasley 34	27.06
Kennan Derby 30	27.12
John K. Kocker 30	27.39
Paul L. Johnson 33	28.00
Kevin W. Farrell 34	29.00
Ira S. Wiedman 34	32.48
John M. Duke 33	32.72
<u>200 YARD FREESTYLE</u>	
Clay Evans 31	1:50.69
Barry Douglas 31	2:14.37
Kevin W. Farrell 34	2:18.66

<u>500 YARD FREESTYLE</u>	
Jeff (James) Strnad 32	5:37.40
Kevin W. Farrell 34	6:28.23
<u>100 YARD BACKSTROKE</u>	
Jeff (James) Strnad 32	1:02.72
Scott A. Beasley 34	1:09.00
Jeffrey P. Estep 31	1:10.50
Michael Suttle 31	1:14.80
<u>50 YARD BREASTSTROKE</u>	
Bryan Weaver 31	29.92
Dennis S. Kuewa 33	32.66
Mike Greenanayer 30	33.94
Barry Douglas 31	36.37
Ira S. Wiedman 34	38.94

<u>200 YARD BREASTSTROKE</u>	
Daniel E. Jensen 31	2:35.04
William T. Chiaro 33	2:42.73
Dennis S. Kuewa 33	2:45.69
Ira S. Wiedman 34	3:09.36
<u>100 YARD BUTTERFLY</u>	
Jeff (James) Strnad 32	58.51
Michael Suttle 31	1:04.14
Paul L. Johnson 33	1:11.12
Barry Douglas 31	1:12.22
<u>100 YARD INDIVIDUAL MEDLEY</u>	
Mike Greenanayer 30	1:08.15
Kennan Derby 30	1:13.99

<u>WOMEN 35-39</u>	
<u>50 YARD FREESTYLE</u>	
Jan B. Meyer 37	22.89
Younger T. Ajax 38	23.70
Rick L. Goeden 36	24.89
Ken Ziskin 36	24.99
Brian A. (H) Murphy 36	25.22
Michael D. Rohrback 37	25.61
Richard A. Lawrence 37	26.04
Jack C. Little 35	26.74
Hal E. Hunt 39	26.90
Reynold Kalstrom 39	27.06
George Romine 39	27.40
Stewart Mims 37	28.08
Christopher Polk 36	29.01

<u>200 YARD FREESTYLE</u>	
Ken Ziskin 36	2:08.42
Michael D. Rohrback 37	2:12.29
Jack C. Little 35	2:21.73
Hal E. Hunt 39	2:24.33
<u>50 YARD BREASTSTROKE</u>	
Jan B. Meyer 37	5:54.67
Reynold Kalstrom 39	6:16.84
Stephen E. Washburn 37	7:16.67
<u>100 YARD BACKSTROKE</u>	
Richard Holland 37	1:12.75
Stewart Mims 37	1:14.81
Stephen E. Washburn 37	1:30.31

<u>50 YARD BREASTSTROKE</u>	
Younger T. Ajax 38	28.70
Jan B. Meyer 37	30.14
Ken Ziskin 36	30.73
Michael Stefanko 36	32

200 YARD BREASTSTROKE

Younger T. Ajax 38 2:23.06
Ken Ziskin 36 2:29.69
Michael Stefanko 36 2:47.58
Reynold Kalstrom 39 2:59.17
Melvin Walker 38 2:59.77
Stephen E. Washburn 37 3:44.91
100 YARD BUTTERFLY
Jan B. Meyer 37 58.44
Michael D. Rohrbach 37 1:02.78
George Rosine 39 1:05.66
Richard A. Lawrence 37 1:04.34
Stephen E. Washburn 37 1:28.19

100 YARD INDIVIDUAL MEDLEY
Jan B. Meyer 37 58.24
Younger T. Ajax 38 1:01.06
Richard Holland 37 1:08.75
Michael Stefanko 36 1:09.15
David C. Burkenroad 35 1:10.08
George Rosine 39 1:10.22
Melvin Walker 38 1:12.50
Reynold Kalstrom 39 1:13.14
Stewart Sims 37 1:15.47
Christopher Polk 36 1:17.72
Allan B. Cutrow 38 1:19.09
Stephen E. Washburn 37 1:20.86

MEN 40-44

50 YARD FREESTYLE
Tim Weisberg 41 27.04
Willard L. Maxwell 41 28.59
Toby Mussen 43 28.89
Edward M. Barrish 43 31.39
John Beeley 40 32.62
Gary McDowell 41 35.06

200 YARD FREESTYLE
Stephen Saylor 42 2:11.81
Tim Weisberg 41 2:21.01
Toby Mussen 43 2:33.95
Edward M. Barrish 43 2:47.23
Gary McDowell 41 2:47.33
500 YARD FREESTYLE
Stephen Saylor 42 5:53.17
Gary McDowell 41 7:34.51

100 YARD BACKSTROKE
William Slaughter 44 1:16.97
Tim Weisberg 41 1:17.01
John Beeley 40 1:30.67
Gary McDowell 41 1:31.66

50 YARD BREASTSTROKE
Willard L. Maxwell 41 41.14
Toby Mussen 43 44.73
John Beeley 40 DISQ

200 YARD BREASTSTROKE
Toby Mussen 43 3:31.39
100 YARD BUTTERFLY
Stephen Saylor 42 1:08.92

100 YARD INDIVIDUAL MEDLEY
William Slaughter 44 1:11.26
Willard L. Maxwell 41 1:16.19
Toby Mussen 43 1:21.92
John Beeley 40 1:23.97
Edward M. Barrish 43 DISQ

MEN 45-49

50 YARD FREESTYLE
Bob H. Walden 45 27.19
Edgar H. Frank 48 30.09

500 YARD FREESTYLE
Alex Rogic 48 6:27.39
100 YARD BACKSTROKE
Edgar H. Frank 48 1:27.87

50 YARD BREASTSTROKE
Edgar H. Frank 48 34.88
200 YARD BREASTSTROKE
Edgar H. Frank 48 2:49.20

100 YARD INDIVIDUAL MEDLEY
Edgar H. Frank 48 1:15.59

MEN 50-54

50 YARD FREESTYLE
Jack M. Peck 50 28.12
Steven Schofield 52 28.12
Bill Hebert 53 28.95
Earl Crapo 52 30.50
Sean Kelly 51 34.77
Silas H. Burnham 50 44.09

200 YARD FREESTYLE
Buddy G. Belshe 50 2:19.83
Art Welch 52 2:24.39
Jack M. Peck 50 2:28.83
Earl Crapo 52 2:45.89
Sean Kelly 51 3:12.44

500 YARD FREESTYLE
Buddy G. Belshe 50 6:13.91
Art Welch 52 6:25.03
Steven Schofield 52 6:48.76
Bill Hebert 53 7:03.62
Jack M. Peck 50 7:04.31
100 YARD BACKSTROKE
Orvel Larsen 51 1:17.75
Buddy G. Belshe 50 1:19.62
Art Welch 52 1:20.69
Jack M. Peck 50 1:22.59
Earl Crapo 52 1:36.44

50 YARD BREASTSTROKE

Orvel Larsen 51 39.08
Bill Hebert 53 40.88
Silas H. Burnham 50 48.00
200 YARD BREASTSTROKE
Bill Hebert 53 3:09.03
Steven Schofield 52 3:15.20
100 YARD BUTTERFLY
Art Welch 52 1:14.29
Steven Schofield 52 1:21.73
100 YARD INDIVIDUAL MEDLEY
Buddy G. Belshe 50 1:11.99
Orvel Larsen 51 1:15.15
Bill Hebert 53 1:16.91
Art Welch 52 1:17.25
Earl Crapo 52 1:25.61
Sean Kelly 51 1:49.29

MEN 55-59

50 YARD FREESTYLE
Frank Piemme 59 26.28
Don Wilson 55 36.72
Bill Rowan 59 43.56
200 YARD FREESTYLE
Frank Piemme 59 2:29.56
Don Wilson 55 3:32.41
Bill Rowan 59 3:38.88

500 YARD FREESTYLE
Bill Rowan 59 9:47.44
100 YARD BACKSTROKE
Frank Piemme 59 1:21.22
Bill Rowan 59 2:05.89

50 YARD BREASTSTROKE
Donald Hester 58 34.70
200 YARD BREASTSTROKE
Donald Hester 58 3:00.33
100 YARD BUTTERFLY
Frank Piemme 59 1:17.84

100 YARD INDIVIDUAL MEDLEY
Frank Piemme 59 1:11.55
Donald Hester 58 1:14.64
Bill Rowan 59 2:08.81

MEN 60-64

50 YARD FREESTYLE
Bob Merrick 64 28.77
W. Jason Walker 60 35.23
George Brinton 60 35.31

200 YARD FREESTYLE
Bob Merrick 64 2:30.86
George Brinton 60 3:34.77

500 YARD FREESTYLE
Bob Merrick 64 7:04.50
George Brinton 60 8:41.22

100 YARD BACKSTROKE
Bob Merrick 64 1:22.72
W. Jason Walker 60 1:49.44
George Brinton 60 1:49.69

50 YARD BREASTSTROKE
W. Jason Walker 60 50.45
George Brinton 60 1:01.51

100 YARD BUTTERFLY
Bob Merrick 64 1:21.12
100 YARD INDIVIDUAL MEDLEY
W. Jason Walker 60 1:39.22

MEN 65-69

50 YARD FREESTYLE
Norman Fitzgerald 68 32.25
Edwin S. Allen Jr. 69 33.73

200 YARD FREESTYLE
Norman Fitzgerald 68 3:06.88
100 YARD BACKSTROKE
Norman Fitzgerald 68 1:36.53

50 YARD BREASTSTROKE
Norman Fitzgerald 68 48.97
Edwin S. Allen Jr. 69 49.14

100 YARD INDIVIDUAL MEDLEY
Norman Fitzgerald 68 1:36.69

MEN 70-74

50 YARD FREESTYLE
Woody Bowersock 71 29.19
Bill Shott 74 30.37
Ernie Hale 74 42.22

200 YARD FREESTYLE
Woody Bowersock 71 2:52.67
Bill Shott 74 3:06.80

MEN 75-79

50 YARD FREESTYLE
Sheldon White 79 44.61
200 YARD FREESTYLE
Sheldon White 79 4:08.82
100 YARD BACKSTROKE
Sheldon White 79 2:11.94
* Denotes non SPMA swimmer

Programmed by Curt Mosso

1984 CAL TECH MASTERS SWIM SOUTH GATE, CA 1 DEC. 1984

WOMEN 25-29

50 YARD FREESTYLE
Norine E. Koch 25 30.15
Tere Wachob 25 31.42
Lisa E. Tanner 26 31.51
Stacy J. Henderson 26 31.69
Kathleen St. John 25 32.14
Elizabeth A. Palmer 26 34.34
Mary G. Barsaleau 26 34.94
Shelley Smith 26 35.06
Lynne McGinnis 28* 41.03

100 YARD FREESTYLE
Catherine Neville 27* 58.69
Norine E. Koch 25 1:07.66
Lisa E. Tanner 26 1:09.67
Lori P. Belshe 29 1:10.73
Tere Wachob 25 1:12.55
Shelley Smith 26 1:20.50
Lynne McGinnis 28* 1:32.53

50 YARD BACKSTROKE
Debbie E. Sutherland 26 31.88
Catherine Neville 27* 34.34
Stacy J. Henderson 26 35.75
Allison Jolly 28 37.26
Lisa E. Tanner 26 38.99
Lori P. Belshe 29 41.51
Mary G. Barsaleau 26 51.60

200 YARD BACKSTROKE
D E. Sutherland 26 2:32.67
Catherine Neville 27* 2:34.61
Allison Jolly 28 3:01.92

100 YARD BREASTSTROKE
Norine E. Koch 25 1:22.50
Lori P. Belshe 29 1:27.91
Kathleen St. John 25 1:30.66
Mary G. Barsaleau 26 1:36.84
Lynne McGinnis 28* 1:49.44

50 YARD BUTTERFLY
Catherine Neville 27* 29.77
Tere Wachob 25 34.77
Stacy J. Henderson 26 35.03
Lori P. Belshe 29 35.44
Lisa E. Tanner 26 36.89

200 YARD BUTTERFLY
Catherine Neville 27* 2:22.22
200 YARD INDIVIDUAL MEDLEY
Tere Wachob 25 2:51.14
Lynne McGinnis 28* DISQ

WOMEN 30-34

50 YARD FREESTYLE
Debbie Bradbury 33 28.20
Alison A. Esses 30 30.00
Mary S. Noel 31 33.88

100 YARD FREESTYLE
Susan V. Lee 30 1:04.38
Alison A. Esses 30 1:07.22
Mary S. Noel 31 1:15.26

50 YARD BACKSTROKE
Susan V. Lee 30 33.83
Debbie Bradbury 33 37.86

200 YARD BACKSTROKE
Susan V. Lee 30 2:41.56
Alison A. Esses 30 2:55.51

100 YARD BREASTSTROKE
Janice A. Hagen 30 1:19.94
Alison A. Esses 30 1:24.53
Mary S. Noel 31 1:41.23

50 YARD BUTTERFLY
Debbie Bradbury 33 31.72
200 YARD BUTTERFLY
Debbie Bradbury 33 2:43.92
Janice A. Hagen 30 2:48.00

50 YARD BACKSTROKE

Lucy Johnson 37 33.51
Kathy A. Kanter 38 43.59
Lois Goodman 37 45.04
200 YARD BACKSTROKE
Lois Goodman 37 3:46.50
100 YARD BREASTSTROKE
Leeanne Naftali 36 1:34.72
Nancy Lee Roberts 36 1:36.75
Kathy A. Kanter 38 1:40.33
Lois Goodman 37 1:49.15

50 YARD BUTTERFLY

Lucy Johnson 37 29.56

WOMEN 40-44

50 YARD FREESTYLE
Diana F. Todd 41 26.84
Janet E. Royer 43 31.92
Bonnie Brady 43 36.48

100 YARD FREESTYLE
Diana F. Todd 41 59.35
Ann M. Carlyle 44 1:30.59

50 YARD BACKSTROKE
Bonnie Brady 43 42.40
Jan Klein 41 53.31
Barbara Stephenson 42 1:32.92

200 YARD BACKSTROKE
Bonnie Brady 43 3:30.31
100 YARD BREASTSTROKE
Bonnie Brady 43 1:47.51

50 YARD BUTTERFLY
Diana F. Todd 41 29.36
Ann M. Carlyle 44 51.09

200 YARD BUTTERFLY
Diana F. Todd 41 2:45.67
200 YARD INDIVIDUAL MEDLEY
Janet E. Royer 43 2:59.41
Ann M. Carlyle 44 3:40.83

WOMEN 45-49

50 YARD FREESTYLE
Joan Jeter 45 30.47
Jeanne Little 47 32.69
Sylvia J. Glenn 46 35.29

100 YARD FREESTYLE
Joan Jeter 45 1:10.39
Jeanne Little 47 1:16.69
Sylvia J. Glenn 46 1:17.56

50 YARD BACKSTROKE
Joan Jeter 45 43.66

100 YARD BREASTSTROKE
Joan Jeter 45 1:32.86
Helen Geoffrion 45 1:37.48

50 YARD BUTTERFLY
Sylvia J. Glenn 46 44.50
200 YARD INDIVIDUAL MEDLEY
Helen Geoffrion 45 3:19.83
Sylvia J. Glenn 46 3:28.94

WOMEN 50-54

50 YARD FREESTYLE
Jacqueline Dunlop 53 33.84
Joyce Perry 54 44.12

100 YARD FREESTYLE
Jacqueline Dunlop 53 1:19.29
Joyce Perry 54 1:37.20

50 YARD BUTTERFLY
 Grace Altus 60 46.86
 Sandy Stinson 61 47.49
 Maurine E. Kornfeld 63 1:00.86
200 YARD BUTTERFLY
 Shirley Erickson 61 3:36.28
 Grace Altus 60 4:02.64
200 YARD INDIVIDUAL MEDLEY
 Shirley Erickson 61 3:19.80
 Grace Altus 60 3:41.86
400 YARD INDIVIDUAL MEDLEY
 Grace Altus 60 8:00.92

WOMEN 65-69
100 YARD BREASTSTROKE
 Rita Simonon 66 1:50.36
50 YARD BUTTERFLY
 Rita Simonon 66 52.58
200 YARD BUTTERFLY
 Rita Simonon 66 4:10.66
200 YARD INDIVIDUAL MEDLEY
 Rita Simonon 66 3:39.61

WOMEN 70-74
50 YARD FREESTYLE
 Maxine Merlino 72 37.92
100 YARD FREESTYLE
 Ruth Ridenour 70 2:02.62
100 YARD BREASTSTROKE
 Ruth Ridenour 70 2:26.23
200 YARD INDIVIDUAL MEDLEY
 Maxine Merlino 72 3:42.40
 Ruth Ridenour 70 5:03.08
400 YARD INDIVIDUAL MEDLEY
 Ruth Ridenour 70 10:33.45

WOMEN 25-29
50 YARD FREESTYLE
 William A. Cohn 26 23.91
 Steve D. Sutherland 26 24.59
 Dennis Skupinski 28 25.32
 Thomas T. Burger 28 25.37
 Edward Rademacher 28 26.14
 Mitchell Netburn 27 26.23
 Bob Larzelere 28 26.92
 Anthony S. Geller 27 27.15
 David Orlovski 27 28.31
 Robert Donald Peppy 28 29.17
 Gary M. Montenayor 28 29.26
 James W. Geddes 28 29.75
100 YARD FREESTYLE
 Scott H. Christie 29 53.23
 Steve D. Sutherland 26 53.99
 William A. Cohn 26 54.03
 Thomas T. Burger 28 56.47
 Edward Rademacher 27 59.40
 Mitchell Netburn 28 1:00.98
 Anthony S. Geller 27 1:02.23
 David Orlovski 27 1:04.09
 R Donald Peppy 28 1:05.19
 Bob Larzelere 28 1:07.61

50 YARD BACKSTROKE
 Dennis Skupinski 28 31.29
 Edward Rademacher 27 33.42
 Bob Larzelere 28 36.79
 Gary M. Montenayor 28 37.92
 Robert Donald Peppy 28 41.50
 James W. Geddes 28 41.73
200 YARD BACKSTROKE
 Gary M. Montenayor 28 3:08.66
100 YARD BREASTSTROKE
 Ken Reardon 25 1:07.20
 Mike A. Moser 25 1:09.51
 Thomas T. Burger 28 1:11.66
 Edward Rademacher 27 1:15.09
 Mitchell Netburn 28 1:24.99

50 YARD BUTTERFLY
 Dennis Skupinski 28 26.59
 William A. Cohn 26 26.75
 Steve D. Sutherland 26 27.39
 Edward Rademacher 27 27.95
 Mitchell Netburn 28 28.08
 Mike A. Moser 25 28.56
 Brian Cohn 26 28.66
 Thomas T. Burger 28 29.22
 Anthony S. Geller 27 30.01
 David Orlovski 27 31.39
 Bob Larzelere 28 33.97
 James W. Geddes 28 37.37

200 YARD BUTTERFLY
 Brian Cohn 26 2:28.31
 David Orlovski 27 2:52.62
200 YARD INDIVIDUAL MEDLEY
 Scott A. Begin 27 2:09.40
 Brian Cohn 26 2:24.90
400 YARD INDIVIDUAL MEDLEY
 Brian Cohn 26 5:12.50

WOMEN 30-34
50 YARD FREESTYLE
 Charlie T. Warren 31 25.40
 Jonathan J. Berry 30 26.40
 Kevin W. Farrell 34 29.14
 Ben Schwartz 31 30.37
 Ira S. Wiedman 34 32.01
 Steve Blano 30 34.31

100 YARD FREESTYLE
 Clay Evans 31 50.07
 Jonathan J. Berry 30 1:02.04
 Kevin W. Farrell 34 1:03.59
 Charlie T. Warren 31 1:04.70
 Ben Schwartz 31 1:08.64
 Ira S. Wiedman 34 1:10.45
 Steve Blano 30 1:17.55
50 YARD BACKSTROKE
 Charlie T. Warren 31 28.92

200 YARD BACKSTROKE
 Charlie T. Warren 31 2:29.08
100 YARD BREASTSTROKE
 Paul G. Soto 31 1:08.34
 Dennis S. Kueva 34 1:11.39
 Jonathan J. Berry 30 1:14.73
 Kevin W. Farrell 34 1:23.17
 Ira S. Wiedman 34 1:25.88
50 YARD BUTTERFLY
 Jonathan J. Berry 30 33.80
200 YARD INDIVIDUAL MEDLEY
 Clay Evans 31 2:06.36
 Jonathan J. Berry 30 2:46.88

WOMEN 35-39
50 YARD FREESTYLE
 Ken Ziskin 36 24.58
 Michael D. Rohrback 38 25.14
 Neil Korostoff 35 25.78
 Chris D. Kaufman 38 26.06
 Alan A. Hartley 37 26.23
 Robert D. Washburn 36 27.34
 Robert C. Hanley 37 36.44
100 YARD FREESTYLE
 Ken Ziskin 36 54.75
 Michael D. Rohrback 38 56.48
 Chris D. Kaufman 38 56.94
 Neil Korostoff 35 57.01
 Glenn A. Gruber 35 57.04
 Robert D. Washburn 36 1:00.67
 Robert C. Hanley 37 1:27.20

50 YARD BACKSTROKE
 Chris D. Kaufman 38 30.50
 Richard Holland 37 33.88
 Alan A. Hartley 37 36.83
200 YARD BACKSTROKE
 Stephen E. Washburn 37 3:19.43
100 YARD BREASTSTROKE
 Ken Ziskin 36 1:06.77
 Wendell Jackson 39* 1:14.25
 Alan A. Hartley 37 1:15.58
 Stephen E. Washburn 37 1:27.89

50 YARD BUTTERFLY
 Michael D. Rohrback 38 27.15
 Chris D. Kaufman 38 27.89
 Stephen E. Washburn 37 30.33
 Wendell Jackson 39* 31.00
200 YARD INDIVIDUAL MEDLEY
 Michael D. Rohrback 38 2:25.92
 Glenn A. Gruber 35 2:26.95
 Wendell Jackson 39* 2:40.85
 Stephen E. Washburn 37 3:23.01
400 YARD INDIVIDUAL MEDLEY
 Stephen E. Washburn 37 7:01.94

WOMEN 40-44
50 YARD FREESTYLE
 Tegze (Tex) Haraszti 43 24.47
 Peter Ronay 42 25.04
 Tim Weisberg 41 26.70
 Jim R. Ferrell 42 27.73
 Gary McDowell 41 33.33
100 YARD FREESTYLE
 Tegze (Tex) Haraszti 43 53.84
 Peter Ronay 42 57.81
 Stephen Saylor 42 59.18
 Tim Weisberg 41 1:02.39
 Arthur Hale 42 1:14.28

50 YARD BACKSTROKE
 Tegze (Tex) Haraszti 43 29.75
 Tim Weisberg 41 34.59
 Arthur Hale 42 40.50
 Gary McDowell 41 42.36
200 YARD BACKSTROKE
 Tim Weisberg 41 2:56.66
 Gary McDowell 41 3:13.17
100 YARD BREASTSTROKE
 Jim R. Ferrell 42 1:16.31
 Arthur Hale 42 1:30.37

50 YARD BUTTERFLY
 Peter Ronay 42 28.56
 Stephen Saylor 42 29.56
 Arthur Hale 42 31.44
 Jim R. Ferrell 42 31.97
 Gary McDowell 41 38.69
200 YARD BUTTERFLY
 Stephen Saylor 42 2:45.40
200 YARD INDIVIDUAL MEDLEY
 T (Tex) Haraszti 43 2:19.64
 Peter Ronay 42 2:33.73
 Stephen Saylor 42 2:38.12
 Gary McDowell 41 38.69

WOMEN 45-49
50 YARD FREESTYLE
 Peter R. Taft 48 25.56
 Edgar H. Frank 48 29.83
 Charles S. Wiederman 49 37.95
100 YARD FREESTYLE
 Peter R. Taft 48 56.29
 Edgar H. Frank 48 1:08.37
 C S. Niederman 49 1:22.11
50 YARD BACKSTROKE
 Edgar H. Frank 48 39.58
 Charles S. Wiederman 49 46.99
100 YARD BREASTSTROKE
 Edgar H. Frank 48 1:15.72
 C S. Niederman 49 1:37.70
50 YARD BUTTERFLY
 Peter R. Taft 48 28.80
 Edgar H. Frank 48 34.22

WOMEN 50-54
50 YARD FREESTYLE
 Budd Symes 50 28.59
 Steven Schofield 52 29.00
 Earl Crapo 52 29.26
100 YARD FREESTYLE
 Buddy G. Belshe 50 1:01.83
 Bill Hebert 53 1:05.36
 Earl Crapo 52 1:07.99
50 YARD BACKSTROKE
 Bill Hebert 53 35.80
 Earl Crapo 52 40.55
 Steven Schofield 52 42.01
200 YARD BACKSTROKE
 Art Welch 52 2:52.55
 Steven Schofield 52 3:19.51
100 YARD BREASTSTROKE
 Budd Symes 50 1:21.59
 Buddy G. Belshe 50 1:22.64
50 YARD BUTTERFLY
 Steven Schofield 52 31.40
 Art Welch 52 31.55
 Earl Crapo 52 38.31
200 YARD BUTTERFLY
 Art Welch 52 2:44.04
 Bill Hebert 53 3:10.88
200 YARD INDIVIDUAL MEDLEY
 Buddy G. Belshe 50 2:37.94
 Art Welch 52 2:46.42
400 YARD INDIVIDUAL MEDLEY
 Buddy G. Belshe 50 5:43.35
 Art Welch 52 5:53.25

WOMEN 55-59
100 YARD BREASTSTROKE
 Donald Hester 58 1:20.06
50 YARD BUTTERFLY
 Donald Hester 58 37.39
200 YARD BUTTERFLY
 Donald Hester 58 3:03.68
200 YARD INDIVIDUAL MEDLEY
 Donald Hester 58 2:54.44

WOMEN 60-64
50 YARD FREESTYLE
 Bob Merrick 64 29.23
 David J. Ford 62 34.61
 George Brinton 60 36.37
100 YARD FREESTYLE
 Bob Merrick 64 1:05.73
 David J. Ford 62 1:24.58
 George Brinton 60 1:29.75
50 YARD BACKSTROKE
 George Brinton 60 45.91
 David J. Ford 62 47.28
200 YARD BACKSTROKE
 David J. Ford 62 3:53.83
 George Brinton 60 4:11.50
100 YARD BREASTSTROKE
 Bob Merrick 64 1:22.46
200 YARD INDIVIDUAL MEDLEY
 Bob Merrick 64 2:51.95
400 YARD INDIVIDUAL MEDLEY
 Bob Merrick 64 6:22.85

WOMEN 65-69
50 YARD FREESTYLE
 Andrew Holden 65* 28.25
 Jack Garnaus 68 31.08
 Norman Fitzgerald 68 31.70
 Edwin S. Allen Jr. 69 33.34
 Max Luna 69 41.55
100 YARD FREESTYLE
 Andrew Holden 65* 1:01.95
 Jack Garnaus 68 1:12.48
 Edwin S. Allen Jr. 69 1:18.20
 Norman Fitzgerald 68 1:20.69
50 YARD BACKSTROKE
 Brian Winship 66 38.01
 Jack Garnaus 68 39.40
 Edwin S. Allen Jr. 69 45.92
 Norman Fitzgerald 68 47.89
 Max Luna 69 54.83
200 YARD BACKSTROKE
 Brian Winship 66 3:14.29
100 YARD BREASTSTROKE
 Andrew Holden 65* 1:29.34

WOMEN 70-74
50 YARD FREESTYLE
 Woody Bowersock 71 29.46
 Bill Shott 74 30.15
 Reg Richardson 73 32.00
100 YARD FREESTYLE
 Woody Bowersock 71 1:08.38
 Bill Shott 74 1:15.09
50 YARD BACKSTROKE
 Reg Richardson 73 40.45
 Woody Bowersock 71 42.26
 Ernie Hale 74 53.11
200 YARD BACKSTROKE
 Ernie Hale 74 4:28.06
100 YARD BREASTSTROKE
 Bill Shott 74 1:33.09
 Reg Richardson 73 1:33.94
 John Stinson 72 1:40.62

50 YARD BUTTERFLY
 Bill Shott 74 38.53
 John Stinson 72 42.04
 Woody Bowersock 71 43.45
 Ernie Hale 74 50.66
200 YARD BUTTERFLY
 John Stinson 72 3:37.25
 Ernie Hale 74 5:25.53
200 YARD INDIVIDUAL MEDLEY
 John Stinson 72 3:23.88
400 YARD INDIVIDUAL MEDLEY
 John Stinson 72 7:27.80
 Woody Bowersock 71 7:48.88

WOMEN 75-79
50 YARD FREESTYLE
 Sheldon White 79 44.09
100 YARD FREESTYLE
 Sheldon White 79 1:50.44
50 YARD BACKSTROKE
 Sheldon White 79 58.47
 * Denotes non SPMA swimmer

Programmed by Curt Mosso

ELEVENTH ANNUAL SUREBELT REGION MASTERS
 CHARLOTTE N.C. 01-26-1985

women 25-29 50 freestyle
 1 FIELD-WALSH, JOANN 27 1:28.25
 2 POOLE, CHERYL 28 1:28.4
 3 WEBSTER, ANGELA 25 1:28.41
 4 MARR, KRISTA 25 1:29.38
 5 DOWD, SANDRA 25 1:31.67
 6 HINES, BETH 28 1:32.86
 7 SCHOFIELD, HOLLY 28 1:37.12

women 25-29 100 freestyle
 1 FIELD-WALSH, JOANN 27 1:01.52
 2 DOWD, JANE 28 1:02.28
 3 WEBSTER, ANGELA 25 1:02.52
 4 TUCKER, ALEXANDER 26 1:03.1
 5 POOLE, CHERYL 28 1:03.29
 6 WETZEL, JENNIFER 25 1:05.12
 7 GOODWIN, SANDY 25 1:05.31
 8 MARR, KRISTA 25 1:05.85
 9 HINES, BETH 28 1:09.15

women 25-29 200 freestyle
 1 NICHOLS, PAT 26 2:12.43
 2 FIELD-WALSH, JOANN 27 2:16.98
 3 WETZEL, JENNIFER 25 2:19.19
 4 GOODWIN, SANDY 25 2:25.34
 5 HINES, BETH 28 2:25.9
 6 MARR, KRISTA 25 2:27.81
 7 POOLE, CHERYL 28 2:29.19

women 25-29 500 freestyle
 1 NICHOLS, PAT 26 6:00.54
 2 WETZEL, JENNIFER 25 6:09.21
 3 HINES, BETH 28 6:31.04
 4 DOWD, SANDRA 25 7:21.45

women 25-29 50 backstroke
 1 FIELD-WALSH, JOANN 27 1:32.59
 2 MARR, KRISTA 25 1:35.56
 3 SCHOFIELD, HOLLY 28 1:41.01
 4 HINES, BETH 28 1:41.2
 5 DOWD, SANDRA 25 1:41.24

women 25-29 100 backstroke
 1 FIELD-WALSH, JOANN 27 1:10.43
 2 WETZEL, JENNIFER 25 1:17.74
 3 MARR, KRISTA 25 1:17.75
 4 HINES, BETH 28 1:26.57
 5 SCHOFIELD, HOLLY 28 1:29.00

women 25-29 200 backstroke
 1 FIELD-WALSH, JOANN 27 2:35.14
 2 NICHOLS, PAT 26 2:49.65
 3 HINES, BETH 28 2:56.59
 4 GOODWIN, SANDY 25 3:36.22

women 25-29 50 breaststroke
 1 POOLE, CHERYL 28 1:39.19
 2 WEBSTER, ANGELA 25 1:40.81
 3 MARR, KRISTA 25 1:41.56
 4 GOODWIN, SANDY 25 1:42.57
 5 WETZEL, JENNIFER 25 1:52.71
 6 POOLE, CHERYL 28 1:52.72

women 25-29 100 fly
 1 NICHOLS, PAT 26 1:08.74
 2 WETZEL, JENNIFER 25 1:12.79
 3 MARR, KRISTA 25 1:16.11

women 25-29 200 fly	1 NICHOLS, FAT 26	2:30.53	4 RIDGEWAY, TRISH 36	1:20.48	women 55-59 50 fly	1 GREETHAM, BERNICE 58	1:43.3	men 30-34 50 freestyle	1 CLAFLIN, CASEY 31	1:23.29			
2 DOWD, SANDRA 25	2:35.67	6 MONAHAN, CAROL 39	1:29.91	women 55-59 100 individual medley	1 GREETHAM, BERNICE 58	1:32.86	2 MALLETTE, BRUCE 32	1:23.6	2 ROBER, RICHARD 32	1:23.92			
women 25-29 100 individual medley	1 NICHOLS, FAT 26	1:11.92	7 BAYS, SUSAN 36	1:42.04	women 55-59 200 individual medley	1 GREETHAM, BERNICE 58	3:22.18	4 STEVENS, HERB 32	1:25.1	5 DUNAWAY, KEMP 33	1:25.84		
2 MARR, KRISTA 25	1:14.19	women 35-39 200 freestyle	1 MORGAN, SUSAN 35	2:42.83	women 60-64 100 freestyle	1 DUTCHER, HELEN 64	2:08.99	6 HARPER, JAMES 32	1:26.16	7 BROXERMAN, GREG 34	1:26.47		
3 FOGLE, CHERYL 28	1:17.32	1 FRALL, WINNIE 36	2:43.74	women 60-64 200 freestyle	1 DUTCHER, HELEN 64	4:45.27	8 TRUMBULL, STEPHEN 32	1:26.71	9 YOUNG, BRENT 33	1:27.41			
4 HINES, BETH 28	1:21.27	3 COTTRELL, KATIE 39	3:21.6	women 60-64 400 backstroke	1 DUTCHER, HELEN 64	4:56.82	10 MORAN, TOM 31	1:28.43	11 YORK, PAT 30	1:29.2			
5 DOWD, SANDRA 25	1:25.36	4 MONAHAN, CAROL 39	3:30.15	men 25-29 50 freestyle	1 FIELDS, JOHN 28	1:22.1	12 MCCLURE, JOHN 34	1:30.32	1 CLAFLIN, CASEY 31	1:52.96			
women 25-29 400 individual medley	1 NICHOLS, FAT 26	5:52.24	women 35-39 500 freestyle	1 KUHN, CYNTHIA 35	6:50.78	2 YOUNGER, TOM 28	1:23.02	3 MALLETTE, BRUCE 32	1:53.73	4 STEVENS, HERB 32	1:53.97		
2 MARR, KRISTA 25	6:44.59	2 RIDGEWAY, TRISH 36	9:02.11	women 35-39 100 backstroke	1 CATHEY, SANDRA 35	1:42.82	3 CRANDELL, DIRK 26	1:23.22	5 MALLETTE, BRUCE 32	1:57.73			
women 25-29 400 individual medley	1 NICHOLS, FAT 26	5:32.97	women 35-39 50 backstroke	2 FRALL, WINNIE 36	1:43.35	4 GRAHAM, THOMAS 27	1:24.45	6 STEVENS, HERB 32	1:57.97	7 BROXERMAN, GREG 34	1:59.4		
2 FIELD-WALSH, JOHANN 27	5:34.26	1 CATHEY, SANDRA 35	1:42.82	1 KUHN, CYNTHIA 35	1:42.79	5 AVANT, RON 27	1:24.95	8 YOUNG, BRENT 33	1:58.24	9 TRUMBULL, STEPHEN 32	1:59.35		
3 METZEL, JENNIFER 25	5:37.63	2 CATHEY, SANDRA 35	1:43.42	2 HERRON, JUDIE 35	1:44.06	6 BLACHMON, CHRISTOP 28	1:25.16	10 WATBEL, ALAN 30	1:59.37	11 BROXERMAN, GREG 34	1:59.74		
women 30-34 50 freestyle	1 CHANDLER, SUSANNE 33	1:28.56	3 WAHIDUIST, SUSANNE 39	1:48.06	4 WAHIDUIST, SUSANNE 39	1:48.06	7 KAHIN, STEVE 29	1:27.94	12 MARYLS, BARRY 32	1:59.4	13 GATZDECK, ROBERT 32	1:00.29	
2 PESAVENTO, JAN 33	1:29.06	1 KUHN, CYNTHIA 35	1:42.79	women 35-39 200 backstroke	1 CATHEY, SANDRA 35	3:16.36	8 HAYNSWORTH, HUGH 27	1:27.94	14 YOUNG, BRENT 33	1:02.1	15 MORAN, TOM 31	1:03.42	
3 BUTLER, PEGGY 31	1:29.26	2 CATHEY, SANDRA 35	1:43.24	women 35-39 100 backstroke	1 KUHN, CYNTHIA 35	3:16.36	9 KAHIN, STEVE 29	1:27.94	16 YORK, PAT 30	1:04.63	17 MCCLURE, JOHN 34	1:11.45	
4 McNAMARA, KATIE 30	1:29.76	3 WAHIDUIST, SUSANNE 39	1:48.06	women 35-39 50 breaststroke	1 CATHEY, SANDRA 35	1:32.24	10 FUCHS, DAN 27	1:56.79	men 30-34 200 freestyle	1 CLAFLIN, CASEY 31	1:52.89		
5 MILAM, LESLIE 31	1:29.87	2 CATHEY, SANDRA 35	1:43.24	women 35-39 100 breaststroke	2 HERRON, JUDIE 35	1:37.22	11 HAYNSWORTH, HUGH 27	1:01.76	2 ROBER, RICHARD 32	1:59.11	3 MALLETTE, BRUCE 32	1:57.73	
6 TULL-LEGRAND, BETH 30	1:30.87	3 WAHIDUIST, SUSANNE 39	1:48.06	women 35-39 200 breaststroke	3 COTTRELL, KATIE 39	1:38.28	12 RAY, DAVID 29	1:06.48	4 TRUMBULL, STEPHEN 32	1:57.89	5 MALLETTE, BRUCE 32	1:57.73	
7 MILLER, COLLEEN 33	1:31.15	4 WAHIDUIST, SUSANNE 39	1:48.06	women 35-39 400 breaststroke	5 MONAHAN, CAROL 39	1:55.54	13 MCBRIDE, JACK 28	1:09.48	6 YOUNG, BRENT 33	2:07.89	7 TRUMBULL, STEPHEN 32	2:07.89	
8 BAXTER, SANDY 30	1:31.29	women 35-39 50 fly	1 FRALL, WINNIE 36	1:36.75	women 35-39 100 fly	1 FRALL, WINNIE 36	1:36.75	men 25-29 200 freestyle	1 FIELDS, JOHN 28	1:53.49	8 YOUNG, BRENT 33	2:07.89	
9 WIFE, PATTY 33	1:36.09	2 RIDGEWAY, TRISH 36	1:41.87	women 35-39 200 fly	2 WAHIDUIST, SUSANNE 39	2:08.29	2 LEE, DOUG 28	1:53.49	3 MALLETTE, BRUCE 32	2:07.89	4 YOUNG, BRENT 33	2:07.89	
10 COFE, CYNTHIA 33	1:36.29	1 FRALL, WINNIE 36	1:36.75	women 35-39 400 fly	1 FRALL, WINNIE 36	4:37.67	3 WALSH, MICHAEL 26	2:05.52	5 MALLETTE, BRUCE 32	2:07.89	6 YOUNG, BRENT 33	2:07.89	
11 BARRON, DONNA 31	1:36.53	2 WAHIDUIST, SUSANNE 39	2:08.29	women 35-39 100 individual medley	1 CATHEY, SANDRA 35	3:17.46	4 GRAHAM, THOMAS 27	2:05.61	7 CARROLL, ROBERT 31	2:33.44	8 YORK, PAT 30	2:35.17	
women 30-34 100 freestyle	1 CHANDLER, SUSANNE 33	1:01.25	1 FRALL, WINNIE 36	1:36.75	women 35-39 200 individual medley	2 HERRON, JUDIE 35	3:14.24	5 FUCHS, DAN 27	2:07.72	men 30-34 500 freestyle	1 ROBER, RICHARD 32	5:28.66	
2 PESAVENTO, JAN 33	1:03.55	2 RIDGEWAY, TRISH 36	1:41.87	women 35-39 500 freestyle	3 COTTRELL, KATIE 39	4:48.26	6 RAY, DAVID 29	2:07.72	2 MALLETTE, BRUCE 32	5:28.66	3 PALMGREN, TOM 30	5:24.02	
3 MILAM, LESLIE 31	1:03.96	1 FRALL, WINNIE 36	1:36.75	women 35-39 1000 fly	4 WAHIDUIST, SUSANNE 39	1:48.45	7 KAHIN, STEVE 29	2:07.72	4 TRUMBULL, STEPHEN 32	5:50.23	5 WATBEL, ALAN 30	6:23.07	
4 BUTLER, PEGGY 31	1:04.9	2 WAHIDUIST, SUSANNE 39	2:08.29	women 35-39 200 fly	1 FRALL, WINNIE 36	2:02.4	8 HAYNSWORTH, HUGH 27	2:07.72	6 GATZDECK, ROBERT 32	6:59.01	men 30-34 50 backstroke	1 CLAFLIN, CASEY 31	1:26.07
5 McNAMARA, KATIE 30	1:05.7	1 CATHEY, SANDRA 35	1:43.24	women 35-39 400 fly	2 CATHEY, SANDRA 35	3:17.46	9 KAHIN, STEVE 29	2:07.72	2 ROBER, RICHARD 32	1:27.78	3 STEVENS, HERB 32	1:27.85	
6 BAXTER, SANDY 30	1:09.8	3 WAHIDUIST, SUSANNE 39	1:48.06	women 35-39 100 individual medley	1 KUHN, CYNTHIA 35	2:15.02	10 FUCHS, DAN 27	2:07.72	4 YOUNG, BRENT 33	1:35.3	5 MCCLURE, JOHN 34	1:37.85	
7 MILLER, COLLEEN 33	1:09.93	4 WAHIDUIST, SUSANNE 39	1:48.06	women 35-39 200 backstroke	2 FRALL, WINNIE 36	2:10.3	11 HAYNSWORTH, HUGH 27	2:07.72	men 30-34 100 backstroke	1 CLAFLIN, CASEY 31	1:57.25		
8 McEDOWN-ICE, ROSIL 32	1:14.91	women 35-39 400 backstroke	1 FRALL, WINNIE 36	2:10.3	women 35-39 400 individual medley	1 FOGLE, JEANNE 41	6:29.47	12 RAY, DAVID 29	2:07.72	2 MALLETTE, BRUCE 32	1:57.25		
9 REEVES, JUNIE 34	1:15.46	1 CATHEY, SANDRA 35	1:43.24	women 40-44 50 freestyle	1 FOGLE, JEANNE 41	1:33.5	8:08.51	1 PARLER, DAVID 29	2:21.26	3 STEVENS, HERB 32	1:57.25		
10 COFE, CYNTHIA 33	1:19.43	2 CATHEY, SANDRA 35	1:43.24	women 40-44 100 freestyle	2 LWDEN, NANCY 43	1:34.55	8:08.51	2 WILSON, BRIAN 25	2:21.72	4 ROBER, RICHARD 32	1:57.25		
11 WIFE, PATTY 33	1:23.25	3 WAHIDUIST, SUSANNE 39	1:48.06	women 40-44 200 freestyle	3 MARANE, BENTLEY 41	1:37.78	men 25-29 50 breaststroke	1 CRANDELL, DIRK 26	2:28.56	5 EIWEN, BILL 31	1:57.25		
12 BARRON, DONNA 31	1:23.25	1 FRALL, WINNIE 36	1:36.75	women 40-44 400 freestyle	1 FOGLE, JEANNE 41	1:15.09	2 YOUNGER, TOM 28	2:28.56	6 TRUMBULL, STEPHEN 32	1:14.45	7 WATBEL, ALAN 30	1:17.86	
women 30-34 200 freestyle	1 CHANDLER, SUSANNE 33	2:12.14	2 RIDGEWAY, TRISH 36	1:41.87	women 40-44 100 backstroke	2 LWDEN, NANCY 43	1:15.92	3 FARLER, DAVID 29	2:31.63	8 YOUNG, BRENT 33	1:19.29		
2 PESAVENTO, JAN 33	2:21.75	1 FRALL, WINNIE 36	1:36.75	women 40-44 200 backstroke	3 MARANE, BENTLEY 41	1:20.39	4 MCBRIDE, JACK 28	2:31.63	9 ANDERSON, ROBERT 32	1:16.09	1 CLAFLIN, CASEY 31	2:08.44	
3 BUTLER, PEGGY 31	2:25.21	2 WAHIDUIST, SUSANNE 39	2:08.29	women 40-44 400 backstroke	4 MEAD, MARY 43	1:29.39	5 RAY, DAVID 29	2:31.63	2 ROBER, RICHARD 32	2:16.7	3 STEVENS, HERB 32	2:19.26	
women 30-34 500 freestyle	1 CHANDLER, SUSANNE 33	5:54.33	1 FRALL, WINNIE 36	1:36.75	women 40-44 200 freestyle	1 LWDEN, NANCY 43	2:16.09	6 RAY, DAVID 29	2:31.63	4 ANDERSON, ROBERT 32	3:33.85		
2 PESAVENTO, JAN 33	6:14.39	2 RIDGEWAY, TRISH 36	1:41.87	women 40-44 500 freestyle	2 MARANE, BENTLEY 41	3:04.1	2 MARANE, BENTLEY 41	3:04.1	men 30-34 50 breaststroke	1 EIWEN, BILL 31	1:30.28		
3 BUTLER, PEGGY 31	7:22.73	1 FRALL, WINNIE 36	1:36.75	women 40-44 1000 fly	3 MARANE, BENTLEY 41	4:37.67	1 LWDEN, NANCY 43	4:37.67	2 STEVENS, HERB 32	1:31.08	3 BRIGGS, DAVID 32	1:31.15	
women 30-34 100 backstroke	1 PESAVENTO, JAN 33	1:35.97	2 RIDGEWAY, TRISH 36	1:41.87	women 40-44 200 freestyle	1 LWDEN, NANCY 43	2:16.09	women 40-44 200 freestyle	1 LWDEN, NANCY 43	2:16.09	4 YOUNG, BRENT 33	1:31.9	
2 TULL-LEGRAND, BETH 30	1:37.89	1 FRALL, WINNIE 36	1:36.75	women 40-44 400 freestyle	2 MARANE, BENTLEY 41	3:04.1	women 40-44 400 freestyle	2 MARANE, BENTLEY 41	3:04.1	5 YOUNG, BRENT 33	1:31.9		
3 MILLER, COLLEEN 33	1:38.9	2 CATHEY, SANDRA 35	1:43.24	women 40-44 100 backstroke	3 MARANE, BENTLEY 41	4:37.67	women 40-44 100 backstroke	3 MARANE, BENTLEY 41	4:37.67	6 YOUNG, BRENT 33	1:31.9		
4 BAXTER, SANDY 30	1:40.25	1 KUHN, CYNTHIA 35	1:42.79	women 40-44 200 backstroke	4 MEAD, MARY 43	1:29.39	women 40-44 200 backstroke	4 MEAD, MARY 43	1:29.39	7 ANDERSON, ROBERT 32	1:36.09		
5 WIFE, PATTY 33	1:44.65	women 40-44 400 backstroke	1 FRALL, WINNIE 36	2:10.3	women 40-44 400 freestyle	1 FOGLE, JEANNE 41	6:29.47	women 40-44 400 freestyle	1 FOGLE, JEANNE 41	6:29.47	1 CLAFLIN, CASEY 31	2:08.44	
6 BARRON, DONNA 31	1:49.84	women 40-44 1000 fly	2 WAHIDUIST, SUSANNE 39	2:08.29	women 40-44 1000 fly	2 LWDEN, NANCY 43	8:08.51	women 40-44 1000 fly	2 LWDEN, NANCY 43	8:08.51	2 ROBER, RICHARD 32	2:16.7	
women 30-34 200 backstroke	1 PESAVENTO, JAN 33	1:12.55	1 FRALL, WINNIE 36	1:36.75	women 40-44 200 freestyle	3 MARANE, BENTLEY 41	4:37.67	women 40-44 200 freestyle	3 MARANE, BENTLEY 41	4:37.67	3 STEVENS, HERB 32	2:19.26	
2 EIWEN, GINNY 32	1:17.19	2 RIDGEWAY, TRISH 36	1:41.87	women 40-44 500 freestyle	4 MEAD, MARY 43	1:29.39	women 40-44 500 freestyle	4 MEAD, MARY 43	1:29.39	4 ANDERSON, ROBERT 32	3:33.85		
3 WATBEL, BECKY 30	1:26.45	1 FRALL, WINNIE 36	1:36.75	women 40-44 1000 fly	1 FOGLE, JEANNE 41	6:29.47	women 40-44 1000 fly	1 FOGLE, JEANNE 41	6:29.47	men 30-34 100 backstroke	1 CLAFLIN, CASEY 31	1:57.25	
4 WIFE, PATTY 33	1:35.16	2 RIDGEWAY, TRISH 36	1:41.87	women 40-44 200 freestyle	2 LWDEN, NANCY 43	8:08.51	women 40-44 200 freestyle	2 LWDEN, NANCY 43	8:08.51	2 MALLETTE, BRUCE 32	1:57.25		
women 30-34 200 backstroke	1 WIFE, PATTY 33	2:40.5	1 FRALL, WINNIE 36	1:36.75	women 40-44 400 freestyle	3 MARANE, BENTLEY 41	4:37.67	women 40-44 400 freestyle	3 MARANE, BENTLEY 41	4:37.67	3 STEVENS, HERB 32	1:57.25	
2 PESAVENTO, JAN 33	2:46.5	2 RIDGEWAY, TRISH 36	1:41.87	women 40-44 1000 fly	4 MEAD, MARY 43	1:29.39	women 40-44 1000 fly	4 MEAD, MARY 43	1:29.39	4 ROBER, RICHARD 32	1:57.25		
3 WATBEL, BECKY 30	3:04.2	1 FRALL, WINNIE 36	1:36.75	women 40-44 200 freestyle	1 LWDEN, NANCY 43	2:16.09	women 40-44 200 freestyle	1 LWDEN, NANCY 43	2:16.09	5 EIWEN, BILL 31	1:57.25		
4 McEDOWN-ICE, ROSIL 32	3:13.2	2 RIDGEWAY, TRISH 36	1:41.87	women 40-44 400 freestyle	2 MARANE, BENTLEY 41	3:04.1	women 40-44 400 freestyle	2 MARANE, BENTLEY 41	3:04.1	6 TRUMBULL, STEPHEN 32	1:14.45		
5 BINGHAM, CHERYL 31	3:49.28	1 FRALL, WINNIE 36	1:36.75	women 40-44 100 backstroke	3 MARANE, BENTLEY 41	4:37.67	women 40-44 100 backstroke	3 MARANE, BENTLEY 41	4:37.67	7 WATBEL, ALAN 30	1:17.86		
women 30-34 50 breaststroke	1 EIWEN, GINNY 32	1:24.76	2 RIDGEWAY, TRISH 36	1:41.87	women 40-44 200 backstroke	4 MEAD, MARY 43	1:29.39	women 40-44 200 backstroke	4 MEAD, MARY 43	1:29.39	8 YOUNG, BRENT 33	1:19.29	
2 PESAVENTO, JAN 33	1:35.61	1 FRALL, WINNIE 36	1:36.75	women 40-44 400 backstroke	1 LWDEN, NANCY 43	2:16.09	women 40-44 400 backstroke	1 LWDEN, NANCY 43	2:16.09	9 ANDERSON, ROBERT 32	1:16.09		
3 McNAMARA, KATIE 30	1:36.09	2 RIDGEWAY, TRISH 36	1:41.87	women 40-44 1000 fly	2 MARANE, BENTLEY 41	3:04.1	women 40-44 1000 fly	2 MARANE, BENTLEY 41	3:04.1	1 CLAFLIN, CASEY 31	2:08.44		
4 TULL-LEGRAND, BETH 30	1:37.95	1 FRALL, WINNIE 36	1:36.75	women 40-44 200 freestyle	3 MARANE, BENTLEY 41	4:37.67	women 40-44 200 freestyle	3 MARANE, BENTLEY 41	4:37.67	2 ROBER, RICHARD 32	2:16.7		
5 COFE, CYNTHIA 33	1:40.61	2 RIDGEWAY, TRISH 36	1:41.87	women 40-44 400 freestyle	4 MEAD, MARY 43	1:29.39	women 40-44 400 freestyle	4 MEAD, MARY 43	1:29.39	3 STEVENS, HERB 32	2:19.26		
6 BAXTER, SANDY 30	1:41.48	1 FRALL, WINNIE 36	1:36.75	women 40-44 1000 fly	1 LWDEN, NANCY 43	2:16.09	women 40-44 1000 fly	1 LWDEN, NANCY 43	2:16.09	4 ANDERSON, ROBERT 32	3:33.85		
7 COFE, CYNTHIA 33	1:41.91	2 RIDGEWAY, TRISH 36	1:41.87	women 40-44 200 freestyle	2 MARANE, BENTLEY 41	3:04.1	women 40-44 200 freestyle	2 MARANE, BENTLEY 41	3:04.1	men 30-34 50 breaststroke	1 EIWEN, BILL 31	1:30.28	
8 McEDOWN-ICE, ROSIL 32	1:42.1	1 FRALL, WINNIE 36	1:36.75	women 40-44 400 freestyle	3 MARANE, BENTLEY 41	4:37.67							

5 ECHOLS, EDDIE 32	2:27.6	men 40-44 100 backstroke	1 McAY, JIM 43	1:09.88	men 45-49 400 individual medley	1 CANTERBURY, IIR 48	5:19.26	men 65-69 50 backstroke	1 CREWS, JOHN 65	1:41.44
6 HARPER, JAMES 32	2:28.52		2 MARTINDALE, JON 42	1:15.62	men 50-54 50 freestyle	1 HAYNIE, FRED 52	1:31.96	men 65-69 100 backstroke	1 CREWS, JOHN 65	1:30.27
7 WAIBEL, ALAN 30	2:30.81		3 WHITE, BERNIE 41	1:18.12	men 50-54 100 freestyle	2 LOCKE, BILL 53	1:38.1	men 65-69 200 backstroke	1 CREWS, JOHN 65	3:17.1
8 PROVERMAN, GREG 34	2:31.18		4 WARD, PAUL 42	1:24.9	men 50-54 200 freestyle	1 KOENIG, TOM 53	1:05.47	men 65-69 50 breaststroke	1 CREWS, JOHN 65	1:41.42
9 DUNAWAY, JEMP 35	2:33.86		5 HOOP, DOUGLAS 43	1:25.13	men 50-54 400 freestyle	2 HAYNIE, FRED 52	1:11.04	men 65-69 100 breaststroke	1 CREWS, JOHN 65	1:30.39
10 MCDONALD, JAMES 32	2:34.59		1 WILMOUTH, SAM 42	3:09.04	men 50-54 100 breaststroke	3 LOCKE, BILL 53	1:26.63	men 65-69 50 fly	1 CREWS, JOHN 65	1:32.37
11 ANDERSON, ROBERT 32	3:12.29		2 HOOP, DOUGLAS 43	3:17.84	men 50-54 200 breaststroke	4 HAYNIE, FRED 52	1:40.76	men 65-69 100 individual medley	1 CREWS, JOHN 65	1:18.73
men 30-34 400 individual medley			3 WARD, PAUL 42	3:19.95	men 50-54 400 breaststroke	1 JOHNSON, JOHN 51	7:21.14	men 65-69 200 individual medley	1 CREWS, JOHN 65	2:57.44
1 CLARIN, CASEY 31	4:27.48		4 KUTLER, DAVID 41	3:23.79	men 50-54 100 fly	1 BERENYI, NICK 52	7:37.37	men 70-74 50 freestyle	1 WILLIAMS, JOHN 73	1:48.73
2 LEWIS, DANIEL 32	4:36.72		men 40-44 50 breaststroke		men 50-54 200 backstroke	2 JOHNSON, JOHN 51	7:45.22	men 70-74 100 freestyle	1 WILLIAMS, JOHN 73	1:43.63
3 HEDLER, JAMES 32	5:47.59		1 GUTHRIE, SCOTT 40	1:30.19	men 50-54 400 backstroke	2 LOCKE, BILL 53	1:57.88	men 70-74 200 freestyle	1 WILLIAMS, JOHN 73	2:05.95
men 35-39 50 freestyle			2 McAY, JIM 43	1:36.18	men 50-54 100 breaststroke	1 FORTHEUER, JOHN 53	1:18.43	men 70-74 50 backstroke	1 WILLIAMS, JOHN 73	1:49.3
1 VANHOESEN, DIRK 35	1:22.78		3 FISSETTE, GEORGE 42	1:38.14	men 50-54 200 breaststroke	2 BERENYI, NICK 52	1:28.67	men 70-74 100 backstroke	1 WILLIAMS, JOHN 73	2:20.63
2 GIBSON, DAVID 39	1:24.47		4 MARTINDALE, JON 42	1:40.56	men 50-54 400 breaststroke	3 JOHNSON, JOHN 51	1:37.34	men 70-74 50 breaststroke	1 WILLIAMS, JOHN 73	1:06.45
3 FORSYTH, RICHARD 35	1:25.18		5 GEHRM, JOHN 42	1:50.98	men 50-54 100 fly	4 LOCKE, BILL 53	2:12.41	men 70-74 100 breaststroke	1 WILLIAMS, JOHN 73	2:20.36
4 MILLER, ED 35	1:25.23		men 40-44 100 breaststroke		men 50-54 200 fly	1 BERENYI, NICK 52	3:08.07	men 70-74 200 backstroke	1 WILLIAMS, JOHN 73	9:99.99
5 FERGERSON, TOM 35	1:28.55		1 GUTHRIE, SCOTT 40	1:13.68	men 50-54 400 fly	2 JOHNSON, JOHN 51	3:27.95	men 70-74 50 individual medley	1 WILLIAMS, JOHN 73	1:00.56
6 NEW, CHARLES 37	1:29.05		2 BUTLER, DAVID 41	1:29.01	men 50-54 100 breaststroke	1 FORTHEUER, JOHN 53	1:22.68	men 70-74 100 individual medley	1 WILLIAMS, JOHN 73	1:52.88
7 BRITT, JAMES 38	1:29.42		3 GUTHRIE, SCOTT 40	1:29.01	men 50-54 200 breaststroke	2 KOENIG, TOM 53	1:22.04	women 25-34 200 freestyle relay	1 DURHAM, MASTERS	1:57.55
8 WALTER, BILL 36	1:30.01		4 MARTINDALE, JON 42	2:42.61	men 50-54 400 breaststroke	3 JOHNSON, JOHN 51	1:37.99	1 HARR, FIELDS, ANDERSON, KUHN	2 RALEIGH MASTERS	2:06.69
men 35-39 100 freestyle			5 SPANSHI, EDWARD 43	3:41.55	men 50-54 100 fly	4 JOHNSON, JOHN 51	1:43.12	2 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:09.79
1 FORSYTH, RICHARD 35	1:55.32		men 40-44 50 fly		men 50-54 200 fly	1 BERENYI, NICK 52	3:01.58	1 TULL, LOWDEN, CATHEY, REEVES	1 HARR, FIELDS, ANDERSON, KUHN	2:06.69
2 MILLER, ED 35	1:56.54		1 GUTHRIE, SCOTT 40	1:27.25	men 50-54 400 fly	2 JOHNSON, JOHN 51	3:25.22	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
3 GIBSON, DAVID 39	1:57.19		2 FISSETTE, GEORGE 42	1:28.29	men 50-54 100 breaststroke	3 JOHNSON, JOHN 51	3:35.22	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
4 SMITH, JAMES 38	1:57.94		3 WHITE, BERNIE 41	1:28.4	men 50-54 200 breaststroke	4 JOHNSON, JOHN 51	3:35.22	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
5 WATSON, DENNIS 35	1:03.82		4 MORRIS, MIKE 42	1:28.83	men 50-54 400 breaststroke	1 KOENIG, TOM 53	1:22.04	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
6 BRITT, JAMES 38	1:04.47		5 McAY, JIM 43	1:28.88	men 50-54 100 fly	2 KOENIG, TOM 53	1:24.16	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
7 NEW, CHARLES 37	1:04.75		6 HOOP, DOUGLAS 43	1:31.42	men 50-54 200 fly	3 BERENYI, NICK 52	1:39.99	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
8 BLYTHE, SKIP 36	1:04.82		7 MARTINDALE, JON 42	1:31.42	men 50-54 400 fly	4 JOHNSON, JOHN 51	1:43.12	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
9 WALTER, BILL 36	1:09.47		8 BUTLER, DAVID 41	1:40.78	men 50-54 100 breaststroke	1 FORTHEUER, JOHN 53	1:11.4	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
10 EBERS, STEVE 36	1:10.25		9 WILMOUTH, SAM 42	1:41.02	men 50-54 200 breaststroke	2 KOENIG, TOM 53	1:15.79	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
men 35-39 200 freestyle			men 40-44 100 fly		men 50-54 400 breaststroke	3 BERENYI, NICK 52	1:25.26	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
1 FORSYTH, RICHARD 35	2:03.29		1 GUTHRIE, SCOTT 40	1:03.88	men 50-54 100 fly	4 HAYNIE, FRED 52	1:27.68	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
2 MILLER, ED 35	2:12.76		2 MORRIS, MIKE 42	1:04.02	men 50-54 200 fly	5 JOHNSON, JOHN 51	1:35.42	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
3 SMITH, JAMES 38	2:13.1		3 WHITE, BERNIE 41	1:04.02	men 50-54 400 fly	1 BERENYI, NICK 52	3:01.58	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
4 GIBSON, DAVID 39	2:21.99		4 FISSETTE, GEORGE 42	1:10.19	men 50-54 100 breaststroke	2 JOHNSON, JOHN 51	3:25.22	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
5 WATSON, DENNIS 35	2:25.57		5 HOOP, DOUGLAS 43	1:14.88	men 50-54 200 breaststroke	1 KOENIG, TOM 53	1:22.37	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
6 NEW, CHARLES 37	2:26.72		men 40-44 200 fly		men 50-54 400 fly	2 LOCKE, BILL 53	1:49.61	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
7 EBERS, STEVE 36	2:26.72		1 HOOP, DOUGLAS 43	2:07.69	men 50-54 100 fly	1 FORTHEUER, JOHN 53	1:10.06	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
8 WALTER, BILL 36	2:44.69		men 40-44 100 individual medley		men 50-54 200 fly	2 BERENYI, NICK 52	1:32.88	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
men 35-39 500 freestyle			1 McGINTY, BILL 42	1:04.56	men 50-54 400 fly	1 FORTHEUER, JOHN 53	1:10.06	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
1 VANHOESEN, DIRK 35	8:02.5		2 GUTHRIE, SCOTT 40	1:04.73	men 50-54 100 breaststroke	2 BERENYI, NICK 52	1:32.88	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
2 JOHNSCHEN, ROBERT 37	8:12.94		3 FISSETTE, GEORGE 42	1:13.44	men 50-54 200 breaststroke	1 BERENYI, NICK 52	3:06.97	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
3 GIBSON, DAVID 39	7:01.59		4 HOOP, DOUGLAS 43	1:14.05	men 50-54 400 breaststroke	2 HAYNIE, FRED 52	3:19.47	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
4 NEW, CHARLES 37	7:03.23		5 BUTLER, DAVID 41	1:22.79	men 50-54 100 individual medley	1 HAYNIE, FRED 52	3:49.04	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
5 FERGERSON, TOM 35	7:13.78		men 40-44 200 individual medley		men 50-54 200 individual medley	2 HAYNIE, FRED 52	3:49.04	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
men 35-39 50 breaststroke			1 GUTHRIE, SCOTT 40	2:26.86	men 50-54 400 individual medley	1 FORTHEUER, JOHN 53	1:07.52	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
1 WALTER, BILL 36	1:37.45		2 HOOP, DOUGLAS 43	2:24.27	men 50-54 100 breaststroke	2 HAYNIE, FRED 52	1:19.33	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
men 35-39 100 backstroke			3 BUTLER, DAVID 41	2:16.31	men 50-54 200 breaststroke	3 JOHNSON, JOHN 51	1:33.29	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
1 HILDEBRAND, SKIP 35	1:14.81		4 WILMOUTH, SAM 42	2:19.82	men 50-54 400 breaststroke	4 LOCKE, BILL 53	1:57.56	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
2 BRITT, JAMES 38	1:20.37		1 WHITE, BERNIE 41	5:52.94	men 50-54 100 individual medley	1 BERENYI, NICK 52	2:54.51	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
3 WALTER, BILL 36	1:25.64		2 HOOP, DOUGLAS 43	6:25.03	men 50-54 200 individual medley	2 HAYNIE, FRED 52	2:58.92	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
men 35-39 200 backstroke			3 BUTLER, DAVID 41	7:04.24	men 50-54 400 individual medley	3 JOHNSON, JOHN 51	3:24.94	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
1 ZEIGLER, JOHN 39	2:17.74		men 45-49 50 freestyle		men 50-54 100 fly	1 BERENYI, NICK 52	6:15.07	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
2 JOHNSCHEN, ROBERT 37	2:50.25		1 MILLER, KENNETH 47	1:25.89	men 50-54 200 fly	2 HAYNIE, FRED 52	6:49.12	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
3 WALTER, BILL 36	3:04.08		2 WAHLQUIST, HAROLD 45	1:26.79	men 50-54 400 fly	1 FORNA, ARNOLD 57	3:18.18	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
men 35-39 500 breaststroke			3 GEE, MILTON 48	1:29.85	men 50-54 100 breaststroke	2 MARSHALL, BILL 59	1:22.2	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
1 VANHOESEN, DIRK 35	1:29.45		4 STROUPE, MIKE 47	1:26.22	men 50-54 200 breaststroke	3 RICHARDS, JOSEPH 56	1:38.64	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
2 HILDEBRAND, SKIP 35	1:31.44		5 APPLEBAUM, BILL 49	1:37.08	men 50-54 400 breaststroke	1 FORNA, ARNOLD 57	1:13.79	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
3 ZEIGLER, JOHN 39	1:33.09		1 MILLER, KENNETH 47	1:56.01	men 50-54 100 fly	2 MARSHALL, BILL 59	1:14.22	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
4 FORSYTH, RICHARD 35	1:33.45		2 ROBERTSON, BILL 48	1:59.37	men 50-54 200 fly	1 FORNA, ARNOLD 57	1:14.22	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
5 WATSON, DENNIS 35	1:33.97		3 CANTERBURY, KIRK 48	1:00.46	men 50-54 400 fly	2 MARSHALL, BILL 59	1:14.22	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
6 MILLER, ED 35	1:34.27		4 WAHLQUIST, HAROLD 45	1:02.29	men 50-54 100 breaststroke	3 RICHARDS, JOSEPH 56	1:45.28	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
7 BRITT, JAMES 38	1:35.64		5 GEE, MILTON 48	1:05.82	men 50-54 200 breaststroke	1 MARSHALL, BILL 59	2:16.74	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
8 NEW, CHARLES 37	1:37.67		6 GLEN, JAMES 46	1:13.66	men 50-54 400 breaststroke	2 RICHARDS, JOSEPH 56	3:55.01	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
9 ATHINSON, TOM 35	1:37.88		7 SMITH, THOMAS 46	1:10.96	men 50-54 100 individual medley	1 MARSHALL, BILL 59	8:19.26	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
men 35-39 100 breaststroke			1 MILLER, KENNETH 47	2:11.15	men 50-54 200 individual medley	1 MARSHALL, BILL 59	1:48.67	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
1 VANHOESEN, DIRK 35	1:05.76		2 ROBERTSON, BILL 48	2:12.76	men 50-54 400 individual medley	2 RICHARDS, JOSEPH 56	1:55.52	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
2 HILDEBRAND, SKIP 35	1:10.46		3 CANTERBURY, KIRK 48	2:12.9	men 50-54 100 breaststroke	1 MARSHALL, BILL 59	1:39.9	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
3 ZEIGLER, JOHN 39	1:12.26		4 WAHLQUIST, HAROLD 45	2:19.4	men 50-54 200 breaststroke	1 FORNA, ARNOLD 57	3:21	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
4 WATSON, DENNIS 35	1:16.08		5 APPLEBAUM, BILL 49	2:25.99	men 50-54 400 breaststroke	2 MARSHALL, BILL 59	3:43.33	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
5 BRITT, JAMES 38	1:17.49		6 GLEN, JAMES 46	4:02.96	men 50-54 100 fly	3 RICHARDS, JOSEPH 56	4:55.28	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
6 JOHNSCHEN, ROBERT 37	1:19.97		men 45-49 200 freestyle		men 50-54 200 fly	1 FORNA, ARNOLD 57	1:25.52	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
men 35-39 500 backstroke			1 MILLER, KENNETH 47	2:11.15	men 50-54 400 fly	2 RICHARDS, JOSEPH 56	1:52.85	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
1 HILDEBRAND, SKIP 35	2:50.3		2 ROBERTSON, BILL 48	2:12.76	men 50-54 100 breaststroke	1 FORNA, ARNOLD 57	1:25.52	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
2 BRITT, JAMES 38	2:50.49		3 CANTERBURY, KIRK 48	2:12.9	men 50-54 200 breaststroke	2 RICHARDS, JOSEPH 56	1:52.85	1 RALEIGH MASTERS	1 COGER, STROUP, NICHOLS, MILAS	2:06.69
men 35-39 100 fly			4 WAHLQUIST, HAROLD 45	2:19.4	men 50					

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Swimming News

YMCA NATIONALS - These championships will be held at the new Justus Aquatic Center in Orlando, FL on May 3-4-5. The entry deadline is March 22nd. In order to be eligible to compete in the meet representing your local YMCA association, each YMCA must be a member in good standing with the YMCA of the USA. Each swimmer must be a full privilege member of the YMCA represented for a minimum of 90 days prior to the first day of the meet. Also, each individual must have participated in at least one formal closed YMCA meet OR in two open (Masters) meets representing the Y. Now that means that the Y must be a member club of USMS and your registration card states that you represent said Y. But, you may compete in a closed Y meet for your local Y (no matter what your USMS registration card says) and be sure to bring those official results to the meet with you - just in case of a question. Even though the Justus A.C. is indoors, it is not a heated building. Bring a sweat suit.....

MATERIAL NEEDED FOR SWIM MASTER - I just know that someone out there takes pictures. Also, don't we get publicity any more? Haven't had anyone send me tid-bits for a long time. If you think you have something that interests you, please pass it on as it might interest others..

WARM-UP PERIODS AT MEETS - Ray Taft sent me a note about one of his swimmers that was injured

in the warm-up pool at Industry Hills and had to miss a few of her events. Even after 4 months of healing, she is still not up to par. I also recall when Bumpy Jones and his wife Rita-Al were warming up and he came off a wall and hit her in the eye. Needless to say, she had quite a black eye for awhile. So, Ray has come up with the following recommendation for 'warm up' periods at swimming meets. In the Pacific Association the USS Age Group Program has the following regulations: Prior to Meet -- Lanes 1 & 6, push offs 1-4 lengths including backstroke starts. Lanes 2 & 5, dives 1/2 to 1 length. Lanes 3 & 4, any other warm-up, no diving. During the meet, NO DIVING in any warm-up area. Ray has suggested the following for Masters Swimming: Lane 1, sprints, dive, backstroke starts. Lane 2, 19-29 year age group. Lane 3, 30-44. Lane 4, 45-54. Lane 5, 55-64. Lane 6, 65 & over or slower swimmers. Then for an 8-lane pool it is suggested: Lane 1, sprints. Lane 2, sprints, dive, backstroke starts. Lane 3 through 8, same age groups as above. A swimmer may swim in any lane or age group if they maintain a peer level of speed and skill of that lane. The host team can set signs at the end of the lanes to guide the swimmers. A notice should be included in the meet information. Another suggestion would be 2 lanes fly, 2 lanes back, 2 lanes breast, and 2 lanes free. The best suggestion is NO DIVING in the warm up area EXCEPT for a designated lane or lanes.

RULES - Meet Directors, please take note of an often ignored rule - (E) (10) on page 157 of the 1985 Rule Book. It states: It is recommended that when swimmers are seeded by time and not by age groups, the fastest two swimmers in each age group shall not be seeded into outside lanes. They shall be moved in one lane, or given the center lane in the next slowest heat, whichever is the most appropriate placement. Guess this rule should be pointed out to those individuals that seed meets. Some pools this would not matter. e.i., the SHOF pool in Ft. Lauderdale, where there is really no outside lane (next to a gutter).....

SWIMSEE - The unbreakable underwater mirror! It allows the swimmer to see from 55 feet away under water. It instantly corrects mechanics in all strokes with bio-reflective feedback. It is an expandable interlocking system. Ralph Kryder gave a demonstration at the College Coaches Forum at Xmas time and the Justus A.C. has quite a few of these mirrors. They come 4 x 4 feet or 4 x 8 feet. They can be laid on the bottom of the pool, or hung on the side of the pool. You can swim over them or into them. You can do a flip turn off of them, but at times, you think you are going to run into yourself. If you are interested in a brochure and information, write to Kryder Aquatic Industries, 16407 Millpoint, Houston, TX 77059. Have heard nothing but good comments on this new product.....

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June Krauser, Editor
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SWIM CALENDAR

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MARCH - APRIL 1985

MAR	16	Jim Montgomery, P.O. Box 821102, Dallas, TX 75382
	16	SC - Dr. Jan C. Huneke, 1158 Asbury Rd., Cincinnati, OH 45320
	16	SC - Emmet Hines, 3855 Holman, Houston, TX 77004
	16	SC - Dottie Whitcomb, 1981 Villafane Dr., Pensacola, FL 32503
	16-17	SC - Ann Degnan, Rec Dept, Town Hall, Plainville, CT 06062
	17	SC - Curt Mosso, 5597 West Camino Cielo, Santa Barbara, CA 93105
	17	SC - DCM - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
	23	SC - Jim Malley, 1805 S. Shields #G7, Ft. Collins, CO 80526
	23	SC - Don LaFrenz, 1594 Portland Ave., Berkeley, CA 94707
	29-31	SC - Southern Regionals - Harold Ferris, 1116 44th Ave. NE, St. Petersburg, FL 33703
	29-31	SC - Harry Rawstrom, Carpenter Sports Bldg., U of Delaware, Newark, DE 19711
	30	SC - Mary Shadbolt, 60 George Ave., Norwalk, CT 06851
	30	SC - Joanita Reed, Rt. 20, Box KK, San Antonio, TX 78218
	30	SC - Curt Mosso, 5597 West Camino Cielo, Santa Barbara, CA 93105
	30-31	SC - Region 8 - Karen Barnes, 12317 Teakwood Rd., Edmond, OK 73034
APR		Hawaiian Relays - Kay M. Harrison, 98-487 Koauka LP. B-1003, Aiea, HI 96701
	6	SC - Jerianne Donnelly, 5 Piggott Lane, Avon, CT 06001
	6-13-14	SC - Nancy Ridout, 580 Sunset Parkway, Novato, CA 94947
	12-14	SC - Bill King, 6724 Kendall, Arvada, CO 80003
	13-20-21	SC - Curt Mosso, 5597 West Camino Cielo, Santa Barbara, CA 93105
	14	SC - DCM Pentathlon - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
	20-21	SC - Leslie Milam, P.O. Box 19845, Raleigh, NC 27619
	20-21	SC - Dave Eskin, 66 Audubon Dr., Chestnut Hill, MA 02167
	21	SC - Joseph P. Maiurano, 5 Natoli Ave., Norwich, NY 13815
	26-28	SC - Richard Ferguson, c/o Ryall YMCA, 49 Deicce Dr., Glen Ellyn, IL 60137
	27	SC - Rick Field, 22 Kensington, Conway, AR 72032
	27	SC - Will Worley, 1001 Village Dr., College Station, TX 77848
	27-28	SC - Rob Copeland, 4209 Madison St., Omaha, NE 68107
	27-28	SC - Steve Dempsey, 213 Osceola Ave., Nashville, TN 37209
	28	SC - Larry Kreitzer, 394 W 42, Austin, TX 73115
	28	SC - Cathy Schulbach, 1921 Rock St. #8, Mountain View, CA 94043
MAY	3-5	SC - YMCA NATIONALS - Orlando, FL - 4545 Marshall Rd., Kettering, OH 45429
	9-12	USMS NATIONAL SC CHAMPIONSHIPS - Pam Mai, N47 W5450 Spring Ct., Cedarburg, WI 53021
	17-20	25 m SC - Canadian Champ. - Paul Boulding, 869 Hector Ave., Winnipeg, Man. Canada
	25	SC - Jeroen Kok, 2201 NW 122nd #2609, OKC, OK 73120
JUN	1-2	LC - Stan Flanagan, 1954 Woodvine, Houston TX 77855
	2	LC - Pentathlon - Alicia Coleman, 24 The Point, Coronado, CA 92118
AUG	8-14	Masters Games, Ruby Richmond, Box 1985 Station P, Toronto, Canada M5S 2Y7
	17-20	USMS NATIONAL LC CHAMPIONSHIPS - Brown University, Providence, RI Anne Page, 399 Summer Ave., Reading, MA 01867

WISCONSIN MASTERS - Mar 23, Apr 12-14 - John Bauman, 9717 Saratoga Dr., Milwaukee, WI 53108
Long Distance Swimming - Dale Petranec, 1008 Oaklyn Court, Voorhees, NJ 08043

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