

Page

- 2 Vol. XIX, No. 1, January 1990
- **3** Vol. XIX, No. 2, February 1990
- 4 Vol. XIX, No. 3, March-April 1990
- 5 Vol. XIX, No. 4, April-May 1990
- 6 Vol. XIX, No. 5, June-July 1990
- **7** Vol. XIX, No. 6, July-August **1990**
- **8** Vol. XIX, No. 7, September 1990
- 9 Vol. XIX, No. 8, September-October 1990
- 10 Vol. XIX, No. 9, November-December 1990

Page Vol. XIX, No. 1, January 1990

1-9	1989 USMS National LCM Top 10 Tabulation - Long Course Meters
9	Swimming Hall of Fame breaks new ground by Meg Keller
10	Swim Calendar

Page Vol. XIX, No. 2, February 1990

Swim Calendar

10

1	All In The Family by Terry Laughlin - Swimming World
2	Dr. Sprint - Cerebral Workout (Reprinted from Aqua-Master - the Oregon Newsletter. Thanks Robert Smith)
3	Freestyle - Some New Year Resolves by Tom Lyndon
3	Szep cartoon in Boston Globe 1/90 - description
4	Pictures by Deck Steadman
4	They top world times at UND by Scott Winter - Herald Staff Writer (about Julia Dolce and Marian McKechnie)
5-6	Results - Southeastern Masters Championships, SCY, Oak Ridge, TN; 10/28-29/1989
7	Drug Use in Swimming by David P. Tempest, M.D.
8	Recreation - Older swimmers not like fish out of water when it comes to sex by Gordon Slovut (Star Tribune)
9	Backstroke Recommendation Offered
9	Munich + Twenty = Barcelona (about Mark Spitz)
9	Travel - 1990 World Championships - Brazil
9	Alligator given new home - Indianapolis News

Page Vol. XIX, No. 3, March-April 1990

1	How Much Should I Exercise? by Bryant Stamford, PhD (Vol 17, July 89, The Physician and Sportsmedicine
2	Freestyle - Some Psyches I've Known by Tom Lyndon (5/89)
3	In the summer of 1950 by Celia Morris (about E.A. Snapp, Jr, Celia Morris and Dave McComb)
4	Swimmer getting faster and faster by Mel Dupaix (about Bob Bailie)
5	1973 A.A.U. Masters Long Course, 100 Breaststroke Photo of Roy Stickney, Ted Haartz, Ransom Arthur, Mark Coughlin, Jim Forbes, and Gerald Williams
6	Results -Great Britain Masters Championships, Coventry 50 M pool, 11/3-5/1989
6-7	Results - English National Masters, Bournemouth 25 M pool, 10/20-22/1989
7-8	Results - Poulseo, SCY, 11-18-89
8	1989 Pierce Fall Get Ready Meet, SCM, Pierce College, Woodland Hills; 10/01/89
9	Swimming News - Safety Note from Leo Letendre
9	An Interesting Event (about Suzanne Dods swimming the length of Lake Tahoe)
9	Letter To Editor from Jeff Bankson
9	Editor's note
10	Swim Calendar

Page Vol. XIX, No. 4, April-May 1990

1989 USMS National Top Ten SCM
1989 USMS National Top Ten SCM Relays (Clubs only)
World Masters In Rio by Geoff Stokes
Swim Calendar

Page Vol. XIX, No. 5, June-July 1990

1	1989 USMS All-Americans
2	The pool is the well of the soul where creative energies recover by Sara Rimer (Good Health Magazine - April 29, 1990)
3	The Crawl Revisited
4	Photos, National 1990 SCY Swimming Championships May 18-21. 1990
5-6	1990 One Hour National Championships Results
7-9	Masters World LC Records - May 1990 (with names)
9	May 1990 Masters World LC Relay Records (teams only)
9	1989 Speedo World Masters Top 10
9	Dr. Ransom Arthur - ISHOF Honoree, accepted by June Krauser at Fran Arthur's request
10	Swim Calendar

Page Vol. XIX, No. 6, July-August 1990

1	Southeastern Master Swimmer
2	Fit Over 40 - Masters athletes are proving the link between exercise and aging well by David Arnold; photos by Tom Herde (about Ted Haartz)
3	Comparison Times For Women - SC Nationals - Los Angeles, CA; May 18-21, 1990 (first place and 10th or last place)
4	Comparison Times For Men - SC Nationals - Los Angeles, CA; May 18-21, 1990 (first place and 10th or last place)
5	Freestyle by Tom Lyndon (from July/August 1990 Swim Magazine)
6	Battling Jet Lag by Trish Stemrich, R.P.T. Sportsmedicine
7-9	Masters World Swimming Records Short Course Meters as at May 1 1990 (with names)
9	From the Editor - (Time to retire Swim-Master)
9	Masters World Swimming Records Relays Short Course Meters as at May 1 1990
10	Swim Calendar

Page Vol. XIX, No. 7, September 1990

1	Rio De Janeiro - Brazil by June Krauser
1	USMS Long course Nationals - Woodlands
1	4th Pan Pacific Masters Swimming Championships
1	From the Editor - Swim-Master to retire
2-11	USMS and World Records - prepared by Walter Reid and Gail Dummer
10-11	Relay USMS and World Records
12	Swim Calendar

Page Vol. XIX, No. 8, September-October 1990

1-9	1989-1990 SCY USMS National Top Ten
9	From the Editor - Swim-Master to retire at end of 1991
9	Philip Whitten needs stories for book
9	Physical Fitness Saves Lives by Ian Thompson, MD
9	1989 USMS National Top Ten SCM Errata
10	Swim Calendar

Page Vol. XIX, No. 9, November-December 1990

1-7	1989 - 1990 SCY National Top Ten Relays
7	USMS 1990 Convention Highlights, Sept 19-23 - Registration year changed to calendar year, 19-24 can swim in National Championship meets, time standards for national meets approved,
7	Goose-Bump Time – San Francisco Examiner - photo (Roger Bartel - 10 K race)
8	Photos 1990 Convention
9	From the Editor, Swim Masters to retire at the end of 1991 (after 20 years)
9	Smith Named To Oak Ridge Sports Hall Of Fame (Bobbe Smith)
9	Photos - Ocean Bathing Suit Company
10	Swim Calendar