



# SWIM-MASTER

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## National 10 Best Times

THIS LIST IS PREPARED BY ENID UHRICH, 25 LAFAYETTE ROAD, NEWTON MASS. 02162 AND ALL QUESTIONS ABOUT IT SHOULD BE SENT DIRECTLY TO HER. DO NOT WRITE TO THE PUBLISHERS OF THIS TOP TEN LIST.

STARTING WITH THE 1982 TOP TEN RECORDS THERE IS A CHANGE OF POLICY ABOUT PUBLISHING CORRECTIONS. ONLY ERRORS IN THE RECORD OR THE FIRST PLACE TIME WILL BE PUBLISHED. HOWEVER IF YOUR TIME SHOULD HAVE BEEN ON THIS LIST AND YOU WISH TO ORDER A TOP TEN PATCH. THEN YOU CAN HAVE YOUR TIME VERIFIED BY SENDING ME THE FOLLOWING INFORMATION: 1) A COPY OF THE MEET-INCLUDING THE DATE, PLACE, NAME OF MEET. MEET SANCTION NUMBER 2) YOUR NAME, AGE, USMS #, AND YOUR TIME FOR THE MEET WITH A CIRCLE AROUND IT. 3) A STAMPED, SELF-ADDRESSED ENVELOPE. IF ALL YOUR INFORMATION IS CORRECT - AND - A COPY OF THAT MEET HAD BEEN SENT TO ME IN THE CORRECT TIME AND FORMAT. THEN I WILL SEND YOU A VERIFICATION THAT WILL PERMIT YOU TO GET YOUR PATCH.

IF YOUR PROBLEM IS A RELAY, THEN QUESTIONS SHOULD BE SENT TO OUR RELAY TOP TEN CHAIRMAN: TINA MARTIN, 3320 PRIMAVERA, PASADENA CA, 91107. IF YOUR TOP TEN PATCHES CAN BE OBTAINED BY WRITING TO HARRY FOX 710 Oxford Ave. N.E. Massillon, OH 44646.

27.94 J. HIRSTY 1980	20.19.11 CATHERINE CHAY 27	01.28.40 CAROL RUBINO 25	02.46.05 ADRIENNE WALTER 28	05.35.69 FRISTINA KING 34
28.55 ANN HALEY 25 NATIONALS	50 MTR BACKSTROKE W25-29	200 MTR BREASTSTROKE W25-29	400 MTR IND. MEDLEY W25-29	05.36.56 STEPHANIE WALSH 32
28.64 KIMBERLY W-MOGALIAN 26	32.85 TERRY FREERKS 29 MO 6/20	2.55.33 K. MELICK 1982	5.29.87 F. MOGALIAN 1981	1500 MTR FREESTYLE W30-34
29.09 LORI CLARK 27	32.87 LORI CLARK 27 NATIONALS	02.55.33 KAREN MELICK 25 CA 7/18	05.36.45 KIMBERLY W-MOGALIAN 26	19.45.34 C. RUPPERT 1981
29.14 MARILYN SILVA 27	33.81 KATHY KILLINGSWORTH 27	03.00.61 SIDNEY SWAYMAN 28	05.46.40 SIDNEY SWAYMAN 28	20.38.00 VALERIE FISHER 30
29.28 BARBARA HELD 28	34.45 JENNIFER KEMP 26	03.04.36 JUDY MELICK 28	05.48.28 ELAINE HOCHULI 27	21.01.68 BARBARA LINDSLEY 30
29.39 KATHY KILLINGSWORTH 27	34.94 SUSAN SKIFF 27	03.05.14 JANE LOVERIN 25	05.48.41 JANE LOVERIN 25	21.34.30 DIANE BRUMBLE 31
29.55 BAYLE MC CABE 25	35.35 MICHAEL RYZOW 29	03.05.55 CAROL RUBINO 25	05.57.45 ADRIENNE WALTER 28	21.46.58 SUZANNE RAGUE 31
29.55 KAREN MELICK 25	35.35 MARY TINGLES 25	03.08.62 ANN HALEY 25	05.55.73 CATHERINE CHAY 27	21.57.19 NANCY HARRIS 32
29.73 SUSAN SKIFF 27	35.82 CHRIS LASELL 26	03.08.89 CATHERINE SCHULBACH 28	05.56.37 LAURIE EMERSON 26	22.02.40 SHERRY KITTRELL 30
29.81 LESLIE JONES 29	35.99 DALE REPSHAW 29	03.09.34 LISA BENNETT 26	06.00.21 DORIS KIMURA 26	22.08.45 JOANNE MENARD 34
29.86 TERRY S CLARKE 27	36.22 MARILYN SILVA 28	03.13.23 SHELLY HUGHES 27	06.04.40 MARY ELLEN DASH 27	22.08.99 DIDDO CLARK 32
100 MTR FREESTYLE W25-29	100 MTR BACKSTROKE W25-29	03.16.83 MARY BAUER 26	06.06.91 JOANNE EICHER 29	22.11.21 JANET GETTLING 34
1.01.36 J. HIRSTY 1980	1.10.97 L. SKRIFVARS 1980	50 MTR BUTTERFLY W25-29		22.13.89 MOLLY LEAMON 32
01.01.93 K. W-MOGALIAN 26 NATLS	01.14.83 TERRY FREERKS 29	30.38 D. OLAGBAMAN 1980		50 MTR BACKSTROKE W30-34
01.02.54 ANN HALEY 25	01.15.06 LORI CLARK 27 NATLS	30.50 ANN HALEY 25 NATIONALS		50 MTR BACKSTROKE W30-34
01.03.03 MARILYN SILVA 27	01.16.84 CHRIS LASELL 26	30.51 BARBARA HELD 28		33.77 L. SKRIFVARS 1981
01.03.88 KATHY KILLINGSWORTH 27	01.18.89 JENNIFER KEMP 27	31.14 CINDY SCHILLING 29		34.83 LYNN SKRIFVARS 31
01.03.91 CINDY SCHILLING 29	01.18.94 HEIDI ERNST 29	31.16 LORI CLARK 27		35.10 JULIE ANN CORMAN 33
01.04.70 HEIDI ERNST 29	01.19.04 MARILYN SILVA 28	31.20 SUSAN SKIFF 27		35.98 CHRISTINE NARY 30
01.05.03 CATHERINE NEVILLE 25	01.19.11 CHARLENE EMERICH 25	31.25 ELAINE HOCHULI 27		36.30 BONNIE ROSS 30
01.05.15 LESLIE JONES 29	01.19.25 DEBY EDWARDS 28	31.40 KIMBERLY W-MOGALIAN 26		36.34 TANYA MANSIGH 33
01.06.33 LESLIE BELDEN 27	01.19.27 DALE REPSHAW 29	31.91 TERRY S CLARKE 27		36.97 JUDITH BELFORD 33
01.06.46 ANITA WALKER 25	01.19.33 SUSAN SKIFF 27	32.15 CHARLENE EMERICH 25		37.19 JAN PESAVENTO 30
200 MTR FREESTYLE W25-29	200 MTR BACKSTROKE W25-29	32.19 KAREN MELICK 25		38.59 MORGAN KILLA 30
2.13.29 J. HIRSTY 1980	2.36.48 L. SKRIFVARS 1980	100 MTR BUTTERFLY W25-29		39.09 SUSAN SCHAFFER 34
02.13.86 K. W-MOGALIAN 26 NATLS	02.44.53 KATHY KILLINGSWORTH 27	1.08.38 C. RUPPERT 1978		39.64 BUE SNYDER 33
02.15.18 BARBARA HELD 28	02.45.93 TERRY FREERKS 29	01.08.69 BARBARA HELD 28 NATLS		100 MTR BACKSTROKE W30-34
02.20.28 CATHERINE NEVILLE 25	02.47.79 KIMBERLY W-MOGALIAN 26	01.10.38 MELINDA WHITCOMB 26		1.11.85 L. SKRIFVARS 1981
02.21.48 HEIDI ERNST 29	02.47.97 CHRIS LASELL 26	01.11.10 SUSAN SKIFF 27		01.16.54 LYNN SKRIFVARS 31
02.21.53 MARILYN SILVA 27	02.51.18 DORIS KIMURA 26 NATLS	01.11.10 SUSAN SKIFF 27		01.18.15 TANYA MANSIGH 33 NATLS
02.21.68 SIDNEY SWAYMAN 28	02.51.52 LORI CLARK 27	01.11.14 KIMBERLY W-MOGALIAN 26		01.18.96 JULIE ANN CORMAN 33
02.24.73 LESLIE JONES 29	02.52.03 SUSAN HELMICH 26	01.11.38 ELAINE HOCHULI 27		01.20.54 JUDITH BELFORD 33
02.26.19 CHARLENE EMERICH 25	02.53.16 CATHERINE JAGUNIS 29	01.11.92 CHARLENE EMERICH 25		01.20.78 CHRISTINE RUPPERT 31
02.26.90 ELAINE HOCHULI 27	02.55.29 DEBY EDWARDS 28	01.12.97 CATHERINE NEVILLE 25		01.22.12 BONNIE ROSS 30
02.26.99 KIMBERLY HANSEN 25	02.55.92 LEE REICHENBACH 27	01.14.08 LESLIE JONES 29		01.22.52 JAN PESAVENTO 30
400 MTR FREESTYLE W25-29	50 MTR BREASTSTROKE W25-29	01.14.34 CHRIS LASELL 26		01.23.87 SUSAN SNYDER 33
4.44.85 B. HELD 1982	36.20 K. MELICK 1982	200 MTR BUTTERFLY W25-29		01.24.39 CHRISTINE NARY 30
04.44.85 BARBARA HELD 28 NATLR	36.20 KAREN MELICK 25 NATLS	2.29.24 B. HELD 1982		01.25.91 VICTORIA HUSEMAN 30
04.47.46 KIMBERLY W-MOGALIAN 26	37.37 ANN HALEY 25	02.29.24 BARBARA HELD 28 NATLS		200 MTR BACKSTROKE W30-34
04.56.69 SIDNEY SWAYMAN 28	37.39 LISA BENNETT 26	02.40.00 ELAINE HOCHULI 27		2.38.28 L. SKRIFVARS 1981
04.57.81 CATHERINE NEVILLE 25	37.42 SIDNEY SWAYMAN 28	02.41.09 CATHERINE NEVILLE 25		02.49.59 TANYA MANSIGH 33 NATLS
05.03.88 LAURIE EMERSON 27	37.74 MELINDA WHITCOMB 26	02.43.94 KRISTIN WINGENROTH 28		02.55.27 JULIE ANN CORMAN 33
05.05.74 ELAINE HOCHULI 27	38.15 JUDY MELICK 28	02.46.83 LAURIE EMERSON 27		02.56.20 JUDITH BELFORD 33
05.07.64 JOAN EICHER 28	38.91 JANE LOVERIN 25	02.49.20 MARY ELLEN DASH 27		03.00.88 JAN PESAVENTO 30
05.08.34 DIANE DAGOSTA 25	39.00 CAROL RUBINO 25	02.49.40 MARY ELLEN DASH 27		03.03.84 MORGAN KULLA 30
05.09.13 ADRIENNE WALTER 28	39.25 TERESA HOLLEY 29	02.51.73 LORRAINE SOMMERS 25		03.04.35 DEBRA BLAIR 30
05.10.12 CHRIS LASELL 26	39.42 HEIDI BENSON 29	02.57.29 DORIS KIMURA 26		03.04.46 SUSAN SNYDER 33
1500 MTR FREESTYLE W25-29	100 MTR BREASTSTROKE W25-29	03.05.43 CHRISTINE CARRIERE 27		03.05.72 STEPHANIE WALSH 32
18.48.98 B. HELD 1982	1.20.85 K. MELICK 1982	200 MTR IND. MEDLEY W25-29		03.06.27 CATHERINE BROOKS 33
18.48.98 BARBARA HELD 28 NATLS	01.20.85 KAREN MELICK 25 NATLS	2.36.12 A. HALEY 1982		03.06.48 SUSAN SCHAFFER 34
18.58.97 CAROL LEE 26 CA 7/16	01.23.43 ANN HALEY 25	02.36.12 ANN HALEY 25 NATIONALS		50 MTR BREASTSTROKE W30-34
19.08.38 K. W-MOGALIAN 26 CA 7/16	01.23.96 SIDNEY SWAYMAN 28	02.38.11 KIMBERLY W-MOGALIAN 26		37.57 D. WISE 1981
19.12.71 SIDNEY SWAYMAN 28	01.24.11 CAROL RUBINO 25	02.41.77 MELINDA WHITCOMB 26		05.11.37 JEANNETTE BAUER 32 NAT
19.48.31 CATHERINE NEVILLE 25	01.24.53 LISA BENNETT 26	02.42.31 SIDNEY SWAYMAN 28		05.20.20 BARBARA LINDSLEY 30
19.52.84 KAY SWITZER 27	01.25.06 JANE LOVERIN 25	02.42.48 TERRY FREERKS 29		05.22.58 SUSI CHANDLER 31
20.05.00 ELAINE HOCHULI 27	01.25.11 JUDY MELICK 28	02.42.83 HEIDI ERNST 29		05.25.27 MOLLY LEAMON 32
20.12.95 DIANE DAGOSTA 25	01.25.74 MELINDA WHITCOMB 26	02.42.92 JANE LOVERIN 25		05.26.12 SUZANNE RAGUE 31
20.16.15 JOANNE EICHER 28	01.28.55 NANCY BELLANTONE 28	02.44.85 KAREN MELICK 25		05.27.57 NANCY HARRIS 32
		02.45.13 SUSAN SKIFF 27		05.34.41 DIDDO CLARK 32
				05.35.47 JOANNE MENARD 34



200 MTR IND.MEDLEY W45-49 48.77 LILLY KRON 50  
 2.55.61 G.ROPER 1974 48.80 PATRICIA PUCKETT 50  
 03.10.71 BETSY JORDAN 45 NATLS 49.10 IRMA REIMER 50  
 03.12.12 JAYNE BRUNER 48 50.22 ANNE ADAMS 54  
 03.15.21 NANCY BROWN 46 . 100 MTR BREASTSTROKE W50-54  
 03.20.39 DIANE STOWELL 49 . 01.35.63 G.ROPER 1981  
 03.23.40 LIN JENKINS 47 01.37.62 GAIL ROPER 53  
 03.25.56 ROBERTA KAMPHAUSEN 48 01.38.85 ANN PISCIOTTA 51 NATLS  
 03.27.45 BOBBIE CALISON 49 01.43.00 LILLY KRON 50  
 03.27.97 JANET LAMOTT 46 01.43.85 CINDY BAXTER 50  
 03.28.73 BARBARA ZAREMSKI 45 01.43.92 JACQUELINE DUNLOP 51  
 03.36.36 ANN CHAMP 47 01.44.34 PATRICIA PUCKETT 50  
 . 400 MTR IND.MEDLEY W45-49 01.45.55 ILSE PEREA 51  
 6.29.10 G.ROPER 1974 01.45.69 IRMA REIMER 50  
 06.45.62 BETSY JORDAN 45 NATLS 01.47.36 MARGIT GRAEF 50  
 06.58.03 NANCY BROWN 46 01.47.42 ANNE ADAMS 54  
 07.07.30 JAYNE BRUNER 48 . 200 MTR BREASTSTROKE W50-54  
 07.21.86 BARBARA ZAREMSKI 45 . 3.28.49 G.ROPER 1980  
 07.29.38 ANN CHAMP 47 03.29.98 GAIL ROPER 53  
 07.33.43 BOBBIE CALISON 49 03.32.70 ANN PISCIOTTA 51 NATLS  
 07.38.93 NADINE WHITEHALL 48 03.39.62 LILLY KRON 50  
 07.44.61 ADRIENNE PIPES 48 03.46.50 ILSE PEREA 51  
 07.48.33 DOT MERRY 46 03.47.09 CINDY BAXTER 50  
 09.04.08 CATHIE FALEY 46 03.48.03 IRMA REIMER 50  
 \*\*\*\*\* 03.48.48 JACQUELINE DUNLOP 51  
 . 50 MTR FREESTYLE W50-54 03.52.56 PATRICIA PUCKETT 50  
 32.49 G.ROPER 1982 03.52.73 LISA BOGATKO 52  
 32.49 GAIL ROPER 53 CA 7/10 03.52.84 ANNE ADAMS 54  
 34.02 DENA MANN 50 . 50 MTR BUTTERFLY W50-54  
 34.24 MARGARET TIMMONS 52 . 35.58 G.ROPER 1981  
 35.54 JACQUELINE DUNLOP 51 35.88 GAIL ROPER 53  
 35.58 JOAN MC INTYRE 53 36.48 BETTY BREY 50  
 35.72 BETTY BREY 50 40.26 ANNE ADAMS 54  
 36.60 ANNE ADAMS 54 41.00 DENA MANN 50 NATIONALS  
 36.90 DIANE REED 51 41.51 RUTH KAEZ 52  
 37.03 RUTH KAEZ 52 45.17 MARGARET TIMMONS 52  
 39.69 CAROLYN DERR 54 45.20 CHARLOTTE COSTELLO 50  
 . 100 MTR FREESTYLE W50-54 45.62 ANN PISCIOTTA 51  
 1.13.08 G.ROPER 1982 45.68 BETTY KAKOS 51  
 01.15.08 GAIL ROPER 53 CA 7/17 46.30 EDIE GRUENDER 53  
 01.17.16 DENA MANN 50 . 100 MTR BUTTERFLY W50-54  
 01.17.56 MARGARET TIMMONS 52 . 1.25.69 G.ROPER 1982  
 01.20.67 ANNE ADAMS 54 01.25.69 GAIL ROPER 53 CA 7/10  
 01.25.29 RUTH KAEZ 52 01.25.78 ANNE ADAMS 54  
 01.25.58 JACQUELINE DUNLOP 51 01.27.70 BETTY BREY 50  
 01.26.72 BETTY BREY 50 01.27.70 ANN PISCIOTTA 51  
 01.26.76 CAROLYN DERR 54 01.47.40 EDIE GRUENDER 53  
 01.27.01 JOAN MCINTYRE 53 01.55.36 JUNE GRAVENIER 51  
 01.27.20 LIBBY HEATH 53 01.56.17 DOROTHY LA PORTE 53  
 . 200 MTR FREESTYLE W50-54 01.57.86 BARBARA GLANCY 50  
 2.41.91 G.ROPER 1982 02.04.11 MALCHIA S OLSHAN 51  
 02.41.91 GAIL ROPER 53 CA 7/18 02.04.69 NANCY MESERVE 53  
 02.58.33 DENA MANN 50 . 200 MTR BUTTERFLY W50-54  
 02.57.54 MARGARET TIMMONS 52 . 3.15.92 G.ROPER 1982  
 03.00.30 ANNE ADAMS 54 03.15.92 GAIL ROPER 53 CA 7/17  
 03.09.19 DIANE REED 51 03.40.10 ANNE ADAMS 54  
 03.10.47 JOAN MC INTYRE 53 03.46.51 ANN PISCIOTTA 51 NATLS  
 03.14.31 ANN PISCIOTTA 51 04.05.56 EDIE GRUENDER 53  
 03.17.56 LIBBY HEATH 53 04.11.11 JACQUELINE DUNLOP 51  
 03.20.01 JACQUELINE DUNLOP 51 04.18.40 DOROTHY LAPORTE 52  
 03.22.28 EDIE GRUENDER 53 04.24.92 MALCHIA OLSHAN 51  
 . 400 MTR FREESTYLE W50-54 04.25.34 CINDY BAXTER 50  
 5.51.08 G.ROPER 1982 04.32.04 JOAN MC INTYRE 53  
 05.51.08 GAIL ROPER 53 NATLS 04.32.60 JUNE GRAVENIER 51  
 05.21.83 ANNE ADAMS 54 . 200 MTR IND.MEDLEY W50-54  
 06.22.74 MARGARET TIMMONS 52 . 3.06.12 G.ROPER 1980  
 06.46.15 LIBBY HEATH 53 03.08.73 GAIL ROPER 53  
 06.50.00 ANN PISCIOTTA 51 03.23.31 ANNE ADAMS 54  
 06.54.98 JOAN MCINTYRE 53 03.35.34 ANN PISCIOTTA 51  
 07.03.89 EDIE GRUENDER 53 03.39.31 PATRICIA PUCKETT 50  
 07.08.93 BETTY MC MILLAN 53 03.39.45 J.DUNLOP 51 NATIONALS  
 07.15.37 CAROLYN DERR 54 03.40.39 MARGARET TIMMONS 42  
 07.16.51 MALCHIA S OLSHAN 51 03.44.18 LILLY KRON 50  
 . 1500 MTR FREESTYLE W50-54 03.47.17 ELFRIEDE ROGERS 54  
 23.47.65 G.ROPER 1982 03.47.95 ANN DALLAM 51  
 23.47.65 GAIL ROPER 53 CA 8/15 03.48.28 EDIE GRUENDER 53  
 24.59.29 ANNE ADAMS 54 . 400 MTR IND.MEDLEY W50-54  
 28.25.00 EDIE GRUENDER 53 . 6.35.20 G.ROPER 1982  
 28.29.39 BETTY MC MILLAN 53 06.33.20 GAIL ROPER 53 NATIONALS  
 28.44.17 LISA BOGATKO 51 07.11.25 ANNE ADAMS 54  
 28.44.93 DOROTHY LAPORTE 52 07.25.37 ANN PISCIOTTA 51  
 28.59.01 CINDY BAXTER 50 07.25.42 CINDY BAXTER 50  
 29.33.65 MALCHIA S OLSHAN 51 07.46.39 LILLY KRON 50  
 29.53.53 JUNE GRAVENIER 51 07.48.42 ELFRIEDE ROGERS 54  
 30.08.23 JOANITA REED 07.49.62 JOYCE BAHLER 52  
 . 50 MTR BREASTSTROKE W50-54 07.54.45 EDIE GRUENDER 53  
 40.91 G.ROPER 1980 08.01.59 JUNE GRAVENIER 51  
 41.47 GAIL ROPER 53 08.09.47 JOAN MC INTYRE 53  
 43.21 BETTY BREY 50 \*\*\*\*\*  
 44.14 ANNE ADAMS 54 . 50 MTR FREESTYLE W55-59  
 44.68 MARGARET TIMMONS 52 . 34.07 C.WALKER 1981  
 44.72 DENA MANN 50 NATIONALS 35.04 CLARA WALKER 56 NATIONALS  
 45.72 JACQUELINE DUNLOP 51 37.15 FLORENCE CARR 56  
 46.23 MARIA YUNGEL 50 37.85 BETTY JANE RUSS 55  
 47.23 JOAN MC INTYRE 53 38.04 MARY ANNE WOLFE 56  
 47.58 RUTH KAEZ 52 38.14 LOUISE HEPNER 56  
 47.88 ANN PISCIOTTA 51 38.18 BOBBI TURCOTTE 55  
 . 100 MTR BACKSTROKE W50-54 38.33 JEANNE MERRYMAN 59  
 1.30.52 G.ROPER 1980 38.72 JEAN SCHORBUS 56  
 01.31.99 GAIL ROPER 53 39.06 MARGARET MORRISON 59  
 01.36.49 ANNE ADAMS 54 40.02 DELLA SEHORN 55  
 01.37.67 DENA MANN 50 NATIONALS . 100 MTR FREESTYLE W55-59  
 01.40.66 JACQUELINE DUNLOP 51 . 1.16.55 D.RESSIGUIE 1976  
 01.42.30 ANN PISCIOTTA 51 01.24.42 FLORENCE CARR 57 NATLS  
 01.43.50 JOAN MC INTYRE 53 01.25.72 BOBBI TURCOTTE 55  
 01.46.42 JUNE GRAVENIER 51 01.25.72 LOUISE HEPNER 56  
 01.46.91 ANN DALLAM 51 01.27.49 BETTY JANE RUSS 55  
 01.52.20 BETTY PITTS 51 01.27.54 MARGARET MORRISON 59  
 01.52.73 DOROTHY KANEHL 54 01.28.56 MARY ANNE WOLFE 56  
 . 200 MTR BACKSTROKE W50-54 01.29.12 PATRICIA DOTSON 55  
 3.15.01 G.A.DAMMS 1978 01.29.86 JEANNE MERRYMAN 59  
 03.18.67 GAIL ROPER 53 01.31.99 JUNE KRAUSER 56  
 03.27.68 CINDY BAXTER 50 NATLS 01.33.53 RUTH BAAR 59  
 03.31.95 ANNE ADAMS 54 . 200 MTR FREESTYLE W55-59  
 03.37.35 JOAN MC INTYRE 53 . 2.54.10 D.RESSIGUIE 1976  
 03.40.37 JACQUELINE DUNLOP 51 03.06.36 BOBBI TURCOTTE 55 NATLS  
 03.41.33 MARIA YUNGEL 50 03.07.72 JUNE KRAUSER 56  
 03.45.76 JUNE GRAVENIER 51 03.09.77 FLORENCE CARR 57  
 03.51.63 ANN DALLAM 51 03.12.56 PATRICIA DOTSON 55  
 03.56.69 MARY JANE MULLINS 51 03.15.14 BETTY JANE RUSS 55  
 04.05.03 NANCY MESERVE 53 03.15.99 MARY ANNE WOLFE 56  
 . 50 MTR BREASTSTROKE W50-54 03.20.31 RUTH MANFREDI 58  
 43.54 G.ROPER 1981 03.24.50 CHARLOTTE COSTELLO 59  
 44.64 GAIL ROPER 53 03.25.67 GRACE ALTUS 58  
 46.14 ANN PISCIOTTA 51 03.25.83 MURIEL FLYNN 59  
 46.31 JACQUELINE DUNLOP 51 . 400 MTR FREESTYLE W55-59  
 47.80 LISA BOGATKO 52 . 6.23.80 D.RESSIGUIE 1976  
 48.41 CINDY BAXTER 50 06.33.02 JUNE KRAUSER 56 NATLS  
 48.59 ILSE PEREA 51 06.42.93 FLORENCE CARR 57  
 06.43.46 PATRICIA DOTSON 55





Table with columns for names, scores, and names. Contains a long list of names and associated numerical values, organized in approximately 26 columns.

Table with 4 columns of names and numbers, organized into 10 vertical sections. The text is dense and contains many names and numbers, likely a list of participants or scores for an event. The text is partially cut off on the right side.





78.17	LOUIS BELMOUR 78 NATLS	02.52.10	ABRAHAM DLANOFF 76	04.04.27	THOMAS CURETON 81	400 MTR IND. MEDLEY M(80-84)	200 YD BUTTERFLY MEN (65-89)		
100	MTR BREASTSTROKE M75-79	02.58.80	HARRY WEDLER 75	06.50.50	LEROY WEBSTER 81	10.48.40	T.CURETON 1981	NO RECORD	
1.58.20	A.KALLUNKI 1979	03.08.77	IRVIN MERRITT 78	400	MTR FREESTYLE M(80-84)	11.11.76	THOMAS CURETON 81	200 YD I.M. MEN (85-89)	
01.58.30	AL KALLUNKI 78 NATLS	05.15.13	JOSEPH SCHEU 78	7.38.23	C.ROSS 1980	50	MTR FREESTYLE M(85-89)	NO RECORD	
02.00.50	HENRY STROTHMANN 76	200	MTR BUTTERFLY M75-79	08.46.54	CLARENCE ROSS 83 NATLS	50.74	T.LANE 1981	400 MTR I.M. MEN (85-89)	
02.09.99	ABRAHAM DLANOFF 76	5.22.84	S CRAIGIE 1982	1500	MTR FREESTYLE M(80-84)	59.23	JACK BLUMBERG 85	NO RECORD	
02.14.64	STANTON CRAIGIE 75	05.22.84	STANTON CRAIGIE 75 NAT	31.41.66	C.ROSS 1980	59.32	COLLISTER WHEELER 89 NATL	50 MTR FREESTYLE MEN 90+	
02.23.50	AUGUST DANIELSSON 79	06.13.06	FRED LAPPE 78	35.09.50	CLARENCE ROSS 83 NATLS	60.69	THOMAS LANE 88	NO RECORD	
02.30.53	SIG LOEFFLER 76	07.23.86	IRV MERRITT 78	59.16.78	LEROY WEBSTER 81	100	MTR FREESTYLE M(85-89)	02.07.46	LUDWIG MAGENER 91 NATL
02.35.27	HARRY WEDLER 75	11.39.04	JOSEPH SCHEU 78	50	MTR BACKSTROKE M(80-84)	2.07.87	C WHEELER 1982	100 MTR FREESTYLE MEN 90+	
02.55.75	ANTHONY LIUDZIUS 77	200	MTR IND.MEDLEY M75-79	54.28	T CURETON 1982	02.07.87	COLLISTER WHEELER 89 NA	4.54.76	L MAGENER 1982
03.17.16	LOUIS BELMOUR 78	4.21.09	F.LAPPE 1980	00.54.28	THOMAS CURETON 81 NATL	02.24.08	JACK BLUMBERG 85	104.54.76	LUDWIG MAGENER 91 NATL
03.21.63	IRVIN MERRITT 78	04.24.81	STANTON CRAIGIE 75	01.18.04	STAN BATES 80	04.14.46	ISADORE VASTIN 87	200	MTR FREESTYLE MEN 90+
200	MTR BREASTSTROKE M75-79	04.29.73	ARTHUR HARGRAVE 75	01.45.07	LEROY WEBSTER 81	200	MTR FREESTYLE M(85-89)	NO RECORD	
200	MTR BREASTSTROKE M75-79	04.30.67	AL KALLUNKI 78	02.39.20	WHIT CRAIG 83	5.22.40	J BLUMBERG 1982	400	MTR FREESTYLE MEN 90+
04.32.01	AL KALLUNKI 78 NATLS	04.43.10	HENRY STROTHMAN 76	100	MTR BACKSTROKE M(80-84)	05.22.40	J.BLUMBERG 85 CA 8/14	NO RECORD	
04.26.00	HENRY STROTHMANN 76	04.50.21	ABRAHAM DLANOFF 76	2.06.19	T.CURETON 1981	400	MTR FREESTYLE M(85-89)	1500	MTR FREESTYLE MEN 90+
04.44.54	ABRAHAM DLANOFF 76	05.43.70	IRV MERRITT 78	02.09.29	THOMAS CURETON 81 NATL	11.19.63	J.BLUMBERG 85 CA 8/14	NO RECORD	
05.15.20	GUS LANGNER 79	08.33.09	JOSEPH SCHEU 78	200	MTR BACKSTROKE M(80-84)	11.19.63	J.BLUMBERG 85 CA 8/14	50	MTR BACKSTROKE MEN 90+
05.28.60	AUGUST DANIELSSON 79	400	MTR IND.MEDLEY M75-79	4.33.53	T.CURETON 1981	1500	MTR FREESTYLE M(85-89)	2.16.91	L MAGENER 1982
06.04.30	SIG LOEFFLER 76	9.36.97	S CRAIGIE 1982	04.52.28	THOMAS CURETON 81	45.22.05	R SIMMONS 1981	100	MTR BACKSTROKE MEN 90+
06.07.33	ANTHONY LIUDZIUS 77	09.36.97	STANTON CRAIGIE 75 NAT	06.24.56	STAN BATES 80	50	MTR BACKSTROKE M(85-89)	100	MTR BACKSTROKE MEN 90+
06.47.30	IRVIN MERRITT 78	10.20.87	AL KALLUNKI 78	50	MTR BREASTSTROKE M(80-84)	01.12.00	THOMAS LANE 88	05.04.51	LUDWIG MAGENER 91 NATL
10.29.50	JOSEPH SCHEU 78	12.27.80	IRV MERRITT 78	58.81	T.LANE 1978	01.31.00	JACK BLUMBERG 85	200	MTR BACKSTROKE MEN 90+
50	MTR BUTTERFLY M75-79	01.23.77	LEROY WEBSTER 81	01.23.77	LEROY WEBSTER 81	100	MTR BACKSTROKE M(85-89)	NO RECORD	
49.34	F.DECRENER 1979	02.00.55	WHIT CRAIG 83	02.00.55	WHIT CRAIG 83	2.43.70	T.LANE 1981	50	MTR BREASTSTROKE MEN 90+
00.52.07	STANTON CRAIGIE 75 NAT	100	MTR BREASTSTROKE M(80-84)	2.26.30	T.LANE 1978	03.05.50	JACK BLUMBERG 85	2.12.09	L MAGENER 1982
00.56.04	HARRY WEDLER 75	00.42.24	THOMAS CURETON 81 NATLS	02.37.00	LEROY WEBSTER 81 NATL	200	MTR BACKSTROKE M(85-89)	02.12.09	LUDWIG MAGENER 91 NATL
00.56.05	PERC DE CREMER 77	00.47.50	CLARENCE ROSS 83	200	MTR BREASTSTROKE M(80-84)	6.13.80	J.BLUMBERG 1982	100	MTR BREASTSTROKE MEN 90+
00.59.17	JOHN WALLACE 77	01.01.00	SOL JOSEPHER 81	5.40.12	T.LANE 1978	06.13.80	J.BLUMBERG 85 CA 8/14	5.18.03	L MAGENER 1982
01.00.15	AL KALLUNKI 78	01.08.84	STAN BATES 80	06.37.94	THOMAS CURETON 81 NATL	50	MTR BREASTSTROKE M(85-89)	05.16.07	LUDWIG MAGENER 91 NATL
01.05.20	HENRY STROTHMANN 76	01.19.01	LEROY WEBSTER 81	50	MTR BUTTERFLY M(80-84)	1.06.00	T.LANE 1981	200	MTR BREASTSTROKE MEN 90+
01.08.08	ARTHUR HARGRAVE 75	100	MTR FREESTYLE M(80-84)	58.97	F.ALLEN 1979	100	MTR BREASTSTROKE M(85-89)	NO MORE RECORDS	
01.10.05	ABRAHAM DLANOFF 76	1.33.72	C.ROSS 1980	100	MTR BUTTERFLY M(80-84)	2.43.00	T.LANE 1981		
01.12.71	IRVIN MERRITT 78	01.39.79	CLARENCE ROSS 83 NATLS	NO RECORD		03.03.01	THOMAS LANE 88		
01.16.04	HARRY WEDLER 75	01.46.27	THOMAS CURETON 81	200	MTR BUTTERFLY M(80-84)	200	MTR BREASTSTROKE M(85-89)		
100	MTR BUTTERFLY M75-79	02.49.05	LEROY WEBSTER 81	NO RECORD		05.23.90	T.LANE 1981		
2.15.70	A.KALLUNKI 1980	200	MTR FREESTYLE M(80-84)	200	MTR IND. MEDLEY M(80-84)	50	MTR BUTTERFLY M(85-89)		
02.18.37	STANTON CRAIGIE 75	3.39.69	C.ROSS 1981	4.55.18	T.CURETON 1981	NO RECORD			
02.48.00	FRED LAPPE 78	03.48.32	CLARENCE ROSS 83 NATL	05.05.09	THOMAS CURETON 81 NATL	100	YD BUTTERFLY MEN (85-89)		
						NO RECORD			

# Two stay young in Masters swimming

By Ralph Thornton  
Staff Writer

Life begins at 35, or 61, or whenever you choose, if you're in the swim.

That is the advice of two Minnesotans who know. Between them, they won seven national titles and set two national records at the recent U.S. Masters Swim Championships in Woodlands, Texas.

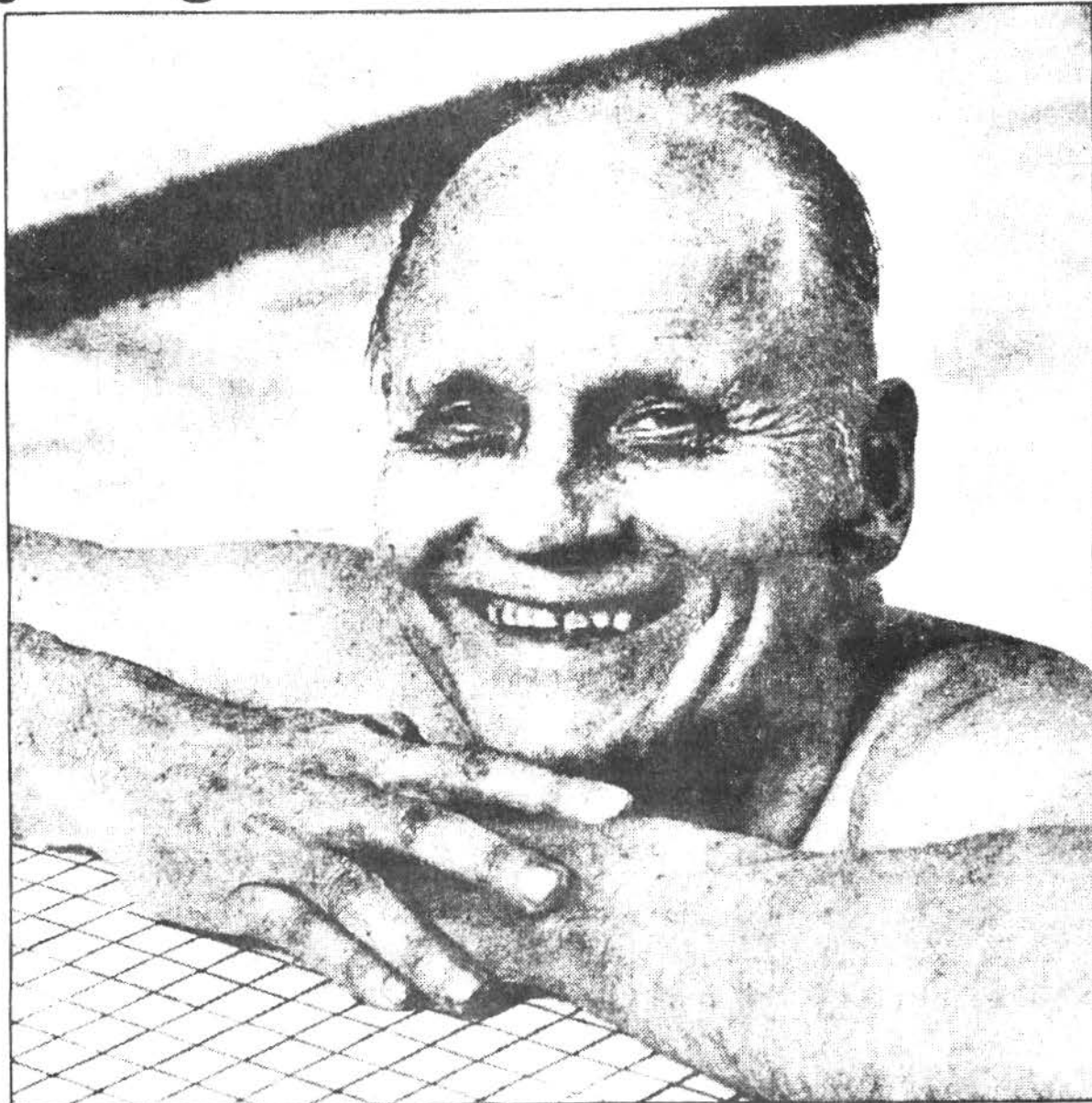
And both only recently took the sport up — again.

"I hadn't swam for 25 years," said Ray Hakomaki of Roseville, former captain of the University of Minnesota swimming team in 1943 under Coach Niels Thorpe. "Then I started in again, to get into shape after ballooning to over 205 pounds."

Hakomaki, now a trim 175-pounder who will be 62 in October, won the 50- and 100-yard freestyle championships for the 60-64 age group at the nationals, in addition to the 100-, 200- and 400-yard individual medleys, and he was third in the 200 breaststroke. He broke his own record in the 50 free with a time of :25.53, just 53-hundredths of a second slower than his best high school time when he was in Gilbert, Minn.

He still owns the U.S. record for the 100 free in the 55-59 age group that he set several years ago.

Another former Luken, Virgil Luken of Minnetonka, won the 100-yard breaststroke in the 34-39 age group with a national record time of 1:02.55, just 1.3 seconds off his best college time. Luken, who will be 40 in September, also won the 200 breaststroke and was fourth in the 50.



Staff Photo by Art Hager

# U.S.M.S. LC RECORDS 9/82

!WOMEN!	25-29!	30-34!	35-39!	40-44!	45-49!	50-54!	55-59!	60-64!	65-69!	70-74!	75-79!	80-84!	85-89!	90+
50FREE!	27.94!	28.69!	29.42!	30.25!	30.43!	32.49!	34.07!	35.68!	36.97!	41.81!	52.93!	1.03.51!	1.32.63!	.....
! 100 !	1.01.36!	1.03.56!	1.03.82!	1.08.57!	1.09.42!	1.13.08!	1.16.55!	1.20.10!	1.28.40!	1.35.45!	2.02.44!	2.28.58!	3.54.33!	.....
! 200 !	2.13.29!	2.18.79!	2.23.10!	2.30.19!	2.33.11!	2.41.91!	2.54.10!	3.00.61!	3.27.35!	3.37.41!	4.24.30!	5.24.06!	8.57.90!	.....
! 400 !	4.44.85!	4.53.36!	5.06.26!	5.22.40!	5.28.88!	5.51.08!	6.23.80!	6.34.26!	7.19.87!	8.17.17!	9.29.52!	11.18.98!	18.39.66!	.....
!1500 !	18.48.98!	19.45.34!	20.25.14!	21.23.78!	21.26.16!	23.47.65!	25.33.35!	26.21.54!	29.19.17!	31.16.70!	36.11.35!	42.56.35!	.....	.....
50BACK!	32.85!	33.77!	35.15!	37.18!	37.64!	40.91!	39.17!	46.50!	47.31!	53.26!	1.01.68!	1.09.41!	2.24.73!	.....
! 100 !	1.10.97!	1.11.85!	1.19.48!	1.21.47!	1.21.04!	1.30.52!	1.28.52!	1.44.68!	1.46.95!	1.59.62!	2.17.74!	2.41.24!	7.13.98!	.....
! 200 !	2.36.48!	2.38.28!	2.51.45!	2.59.22!	2.59.45!	3.15.01!	3.11.43!	3.47.32!	3.50.16!	4.14.23!	4.54.81!	5.48.47!	.....	.....
50BRST!	36.20!	37.57!	38.97!	41.40!	40.84!	43.54!	44.10!	48.93!	55.30!	1.02.70!	1.13.83!	1.30.60!	2.51.97!	.....
! 100 !	1.20.85!	1.22.70!	1.26.32!	1.31.27!	1.29.80!	1.35.63!	1.40.19!	1.52.50!	2.03.56!	2.06.46!	2.44.41!	3.21.14!	5.38.35!	.....
! 200 !	2.55.33!	3.05.60!	3.06.83!	3.15.53!	3.15.85!	3.28.49!	3.34.85!	3.59.72!	4.24.50!	4.26.93!	5.56.57!	7.11.50!	13.42.69!	.....
50 FLY!	30.38!	32.14!	32.22!	33.56!	36.00!	35.58!	40.12!	42.37!	52.87!	1.05.54!	1.13.89!	1.20.68!	.....	.....
! 100 !	1.08.38!	1.09.91!	1.12.56!	1.14.78!	1.21.32!	1.25.69!	1.39.01!	1.38.21!	2.01.18!	2.11.66!	2.45.93!	.....	.....	.....
! 200 !	2.29.24!	2.33.32!	2.49.28!	2.54.97!	3.09.78!	3.15.92!	3.34.72!	3.48.20!	4.28.41!	4.37.05!	6.00.78!	13.01.80!	.....	.....
200 IM!	2.36.12!	2.38.49!	2.44.21!	2.49.02!	2.55.61!	3.06.12!	3.14.15!	3.38.12!	4.05.51!	4.10.91!	5.47.08!	6.24.53!	.....	.....
! 400 !	5.29.87!	5.43.12!	5.52.87!	6.08.97!	6.29.10!	6.35.20!	7.25.25!	7.48.30!	8.34.84!	8.51.65!	12.22.99!	.....	.....	.....
FR.REL!	1.56.15!	2.08.63!	2.19.85!	2.36.98!	3.22.33!	5.54.54!	.....	.....	.....	.....	.....	.....	.....	.....
MED.RL!	2.14.79!	2.22.70!	2.39.15!	3.06.64!	4.13.79!	.....	.....	.....	.....	.....	.....	.....	.....	.....
MX.FR!	1.47.46!	1.55.55!	2.01.61!	2.15.26!	2.37.47!	4.11.34!	.....	.....	.....	.....	.....	.....	.....	.....
MX.MED!	2.03.43!	2.10.68!	2.27.83!	2.41.46!	3.18.32!	6.06.92!	.....	.....	.....	.....	.....	.....	.....	.....

! MEN !	25-29!	30-34!	35-39!	40-44!	45-49!	50-54!	55-59!	60-64!	65-69!	70-74!	75-79!	80-84!	85-89!	90+
50FREE!	23.89!	24.50!	25.31!	26.00!	26.12!	26.49!	28.56!	28.83!	30.30!	31.85!	33.75!	38.95!	50.74!	2.07.46
! 100 !	51.23!	54.25!	56.63!	57.70!	58.76!	1.00.78!	1.06.23!	1.05.40!	1.11.89!	1.12.40!	1.19.04!	1.33.72!	2.07.87!	4.54.36
! 200 !	1.53.78!	2.01.26!	2.05.06!	2.09.08!	2.09.30!	2.18.75!	2.29.71!	2.30.39!	2.48.01!	2.49.06!	2.57.83!	3.39.69!	5.22.40!	.....
! 400 !	4.17.49!	4.21.96!	4.26.48!	4.38.82!	4.37.15!	4.52.42!	5.24.11!	5.28.90!	5.59.67!	6.24.02!	6.27.76!	7.38.23!	11.19.63!	.....
!1500 !	17.04.02!	17.10.80!	17.53.89!	18.23.82!	18.42.70!	19.39.09!	21.30.12!	22.03.54!	24.51.54!	26.02.41!	26.08.40!	31.41.66!	45.22.05!	.....
50BACK!	28.75!	29.21!	28.04!	30.89!	33.01!	33.29!	34.61!	35.75!	38.93!	40.60!	40.47!	54.28!	1.02.40!	2.16.90
! 100 !	1.01.68!	1.04.33!	1.03.00!	1.09.35!	1.12.80!	1.15.33!	1.18.54!	1.20.74!	1.27.52!	1.33.92!	1.32.92!	2.06.19!	2.43.70!	5.04.51
! 200 !	2.14.07!	2.19.85!	2.19.40!	2.23.66!	2.40.81!	2.45.53!	2.51.91!	2.59.40!	3.16.25!	3.29.67!	3.34.86!	4.33.53!	6.13.80!	.....
50BRST!	30.98!	32.31!	32.01!	34.40!	33.91!	36.55!	38.55!	39.52!	40.44!	43.68!	51.20!	58.81!	1.06.00!	2.12.09
! 100 !	1.106.87!	1.09.30!	1.13.25!	1.15.80!	1.15.47!	1.21.99!	1.28.94!	1.30.04!	1.33.40!	1.40.87!	1.58.20!	2.26.30!	2.43.08!	5.16.03
! 200 !	2.30.96!	2.33.51!	2.43.96!	2.49.12!	2.54.31!	3.04.04!	3.16.92!	3.21.95!	3.36.04!	3.45.01!	4.21.18!	5.40.12!	6.23.90!	.....
50 FLY!	25.48!	26.63!	27.31!	28.21!	29.20!	29.97!	32.52!	33.99!	38.26!	41.35!	49.34!	58.97!	.....	.....
! 100 !	56.93!	58.94!	1.03.42!	1.02.05!	1.06.65!	1.13.36!	1.15.04!	1.23.30!	1.33.81!	1.48.09!	2.15.70!	.....	.....	.....
! 200 !	2.06.88!	2.12.57!	2.27.79!	2.27.47!	2.38.72!	2.57.59!	3.07.22!	3.31.96!	3.45.66!	4.07.92!	5.22.84!	.....	.....	.....
200 IM!	2.14.02!	2.18.78!	2.27.04!	2.23.98!	2.32.06!	2.40.88!	2.57.15!	3.03.96!	3.24.35!	3.27.87!	4.21.09!	4.55.18!	.....	.....
! 400 !	4.52.11!	5.01.43!	5.19.36!	5.15.84!	5.27.32!	5.46.74!	6.14.01!	6.32.33!	7.22.09!	7.41.59!	9.36.97!	10.48.40!	.....	.....
FR.REL!	1.38.14!	1.45.04!	1.48.96!	2.00.28!	2.18.70!	4.02.48!	.....	.....	.....	.....	.....	.....	.....	.....
MED.RL!	1.50.00!	1.59.12!	2.06.88!	2.22.86!	2.46.51!	4.19.82!	.....	.....	.....	.....	.....	.....	.....	.....

# SWIM-MASTER SUBSCRIPTION FORM

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# Swimming News

**SUBSCRIPTION RATE INCREASE** - In order to keep up with the many printing increases and the postage increases in the past two years, the subscription rate has been increased by \$1.00 for both USA & Foreign subscriptions. My thanks to those who send extra money just because they think SWIM-MASTER's worth it!.....

**1983 SHORT COURSE NATIONALS** - Information is not yet available. It will be available sometime in January. If you wish to send a self-addressed stamped envelope (large size) I will send the information when available. But in the meantime, I do have information on the three hotels that we have used in the past. I am sorry to report.

that the hotel right across the street from the pool is going to be closed during the dates of our meet. No reservations may be made after March 1, 1983. The hotel is up for sale and is most likely going to be sold for a time-sharing unit. Or, it might be sold to Holiday Inns. The Holiday Inn will be the Headquarters Hotel and their rates will be \$35 per room - 1-2-3-4 persons. The Bahia Mar's rates are \$40 double plus \$10 per extra person for the Marina and \$65 double plus \$10 per extra person for the Tower. Both are already accepting reservations. I would suggest that reservations be made as soon as possible.

Holiday Inn Oceanside  
3000 E. Las Olas Blvd.  
Ft. Lauderdale, FL 33316  
(305) 463-8421

Bahia Mar Hotel  
Bahia Mar Yachting Center  
P.O. Box 3087  
Ft. Lauderdale, FL 33316  
(305) 764-2233

Yankee Clipper Hotel  
1140 Seabreeze Blvd.  
Ft. Lauderdale, FL  
(305) 524-5551

Sheraton Yankee Trader Hotel  
303 N. Atlantic Blvd.  
Ft. Lauderdale, FL 33316  
(305) 467-1111

## memory jogger

### Dietary Guidelines for Athletes

Diane M. Huse, MS, RD

1. It is important to determine a daily calorie intake appropriate for body size and activity needs so that an athlete does not inappropriately lose or gain weight, because both will compromise performance. A person's calorie or energy requirement is the sum of the basal energy expenditure and the energy expended in physical activity. Basal calorie needs equal 24 kcal/kg body weight. The athlete must consider the most typical daily activity level as well as practice and event participation to determine how much energy is expended in physical activity. To estimate energy needs, add 30% of the basal energy needs for sedentary activity, 50% for light activity, 75% for moderate activity, and 100% for strenuous activity.
2. The protein requirement has been established at 0.8 gm/kg body weight a day for adults and up to 1.5 gm/kg body weight a day for the growing athlete. Protein should represent 12% to 15% of calories in the diet.
3. The American Heart Association currently recommends that 30% to 35% of calories in the diet be derived from fat, and that saturated fat and cholesterol be limited. This can be done by using skim milk, margarine, lean meats, fish, and poultry; moderate use of eggs and organ meats; trimming excess fat off meats; and preparing food by baking, boiling, and broiling rather than frying. Although these recommendations are for the general population, there is no reason to believe that the athlete would not also benefit from them.
4. The remaining 50% to 60% of the calories in the diet come from carbohydrate. The chief source of carbohydrate should be complex, such as whole grain breads and cereals, crackers, vegetables, and pasta. Simple carbohydrates such as sugars, sweets, and desserts may be used to achieve high calorie levels.
5. Vitamins and mineral requirements, with the exception of iron in women because of menstrual loss, are met by eating a wide variety of foods in a calorically appropriate diet.
6. Protein, vitamin, and mineral supplementation have not been shown to enhance performance and are potentially harmful.
7. The growing athlete must be certain that his calorie requirement is met but not exceeded; that his protein intake is adequate; and that he chooses a wide variety of foods each day to ensure an adequate intake of vitamins and minerals so that his growth and development needs are met.
8. A sample 3,000-calorie diet that contains 15% protein, 30% fat, and 55% carbohydrate would contain 110 gm protein, 100 gm fat, and 410 gm carbohydrate. A daily diet can be formulated using these figures and the following food groups: meat or meat substitutes, milk, breads and substitutes, fats, vegetables, fruit and fruit juice, desserts, and sugars and sweets.
9. No single food or food group contains all of the nutrients in amounts sufficient to maintain life. To be sure that the diet contains all of the required nutrients, select foods each day from each of the food groups.
10. The athlete's diet is similar to that of the nonathlete. It should promote overall health and well-being and contribute to good lifetime nutritional practices.

Diane Huse is a nutritionist in the department of pediatrics at the Mayo Clinic in Rochester, Minnesota.

# SWIM-MASTER

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June Krauser, Editor  
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LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

## SWIM CALENDAR

VOL XI - No 9

NOVEMBER-DECEMBER 1982

NOV	20-21	SC - Nick Kokos, P.O. Box 8513, Canton, OH 44711
	21	SC - Curt Mosso, 5597 W. Camino Cielo, Santa Barbara, CA 93105
	21	Pentathlon, Harry Rawstrom, Carpenter Sports Bldg., U of DE, Newark, DE 19711
	21	SC - Anne Hummel, 31 Nursery Rd., New Canaan, CT 06840
	21	1650 - Mary Jo LaDu, 1215 Church St., Evanston, IL 60201
	28	SC - Holiday Plunge - Paul Kretschmer, 5 Pocono Park, Wilkes Barre, PA 19702
DEC	4	SC - Sally Peterson, Box 1880, Truckee, CA 95134
	5	SC - Alicia Coleman, 24 The Point, Coronado, CA 92118
	5	SC - NEM at Harvard - Dave Eskin, 66 Audubon Dr., Chestnut Hill, MA 02167
	5	SC - Margaret Rabley, 3937 Mission Hills, Northbrook, IL 60062
	11	SC - William Walker, 6046 Jessup Rd., Cincinnati, OH 45239
	11	Pentathlon - Dot Resseguie, P.O. Box 7, Tar Heel, NC 28392
	12	SC - Glenda Harvey, 110 Dolly Varden Blvd., Scarborough, Canada
JAN		One Hour Postal Meet - Art Smith, 337 Chesapeake Dr., Great Falls, VA 22066
	8	SC - Mid-Winter - Dan Davis, 104 Ardmore St., Hamden, CT 06517
	8	SC - Ronald J. Bank, 80 Pebble Beach Dr., Little Rock, AR 72212
	15	SC - Peggy McCollum, 785 Nilles Rd., Fairfield, OH 45014
	15-16	SC - Dean Pierce, 8S240 Wehrli Rd., Naperville, IL 60540
	29	SC - Tobe Boedeker, 4545 Marshall, Kettering, OH 45429
	30	SC - Bob Rounds, 912 N. Greenwood, Park Ridge, IL 60068
FEB	12	SC - Ed Levy, 7979 Symphony, Cincinnati, OH 35242
	13	SC - Pieter Cath, 29749 Harvard Rd., Cleveland, OH 44122
	13	SC - John Newton, 22W450 Ahlstrand, Glen Ellyn, IL 60137
	26	SC - Ed Hunter, 423 Flemridge Ct., Cincinnati, OH 45231
	27	SC - Ingrid Stine, 4119 N. Pittsburgh, Chicago, IL 60634
MAR	4-5	SC - Colin Light, 1920 Webster, Plano, TX 75075
	13	SC - DCM - Dave McAfee, 510 E. Broad, Falls Church, VA 22046
	19	SC - Jan C. Huneke, O.D., 1158 Asbury Rd., Cincinnati, OH 45230
	20	SC - Roberta Turcotte, Buehler YMCA, P.O. Box 367, Palatine, IL 60067
	26-27	SC - Region 8 - Laura Tull, 1713 Dublin Rd., Oklahoma City, OK 73120
	27	SC - Ray Nelson, 1203 Sunset Rd., Wheaton, IL 60187
APR		Hawaiian Postal Relays - Kay Harrison, 98-487 Koauka Lp. B-1003, Aiea, HI 96701
	8-10	SC - Region IV - St. Petersburg, FL
	9	Pentathlon, DCM - Dave McAfee, 510 E. Broad, Falls Church, VA 22046
	9-10	SC - Nancy Stupka, 17W728 Butterfield, 213, Oakbrook Terrace, IL 60181
	16-17	SC - Region VI - Nick Kakos, P.O. Box 8513, Canton, OH 44711
	22-24	SC - NE Champ. - Dave Eskin, 66 Audubon Dr., Chestnut Hill, MA 02167
	29 - May 1	SC - IL Champ. - Bruce Haffner, 2626 Lakeview, Chicago, IL 60614
MAY	28-31	UNITED STATES MASTERS SWIMMING SHORT COURSE CHAMPIONSHIPS - SHOF Pool June F. Krauser, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305
WISCONSIN MASTERS	- Dec 18, Jan 15, Feb 5, Mar 5, Apr 15-17 John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108	