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NUMBER I

FLORIDA LOCAL MASTERS SWIM COMMITTEE NEWSLETTER

MEET ENTRY INCLUDED

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**THIS IS YOUR LAST
FLORIDA LMSC NEWSLETTER
IF YOU HAVE NOT RENEWED
YOUR USMS REGISTRATION.
PLEASE RE-REGISTER NOW!!**

COMING EVENTS

DATE	PLACE	EVENT	POOL	CONTACT
1994				
February	19-20	Charleston, SC	SCY	David Parler; 803-588-9012
	19-25	Billibong Aquatics	one week Swim Camp	Judy Bonning; 305-345-5370
	23-24	Bradenton, FL	Gulf Coast Senior Games	Non-USMS
March	5	Ind. Harb. Beach, FL	BSAM Dev.	Ind. Harb. Beach Angie Sinacore
	6	St. Petersburg, FL	St. Pete Dev.	North Shore Harold Ferris; 813-896-0250
	12-14	Billibong Aquatics	3 day Swim Camp	Judy Bonning; 305-345-5370
	13-19	Total Immersion	one week Swim Camp	Terry Laughlin; 914-292-3510
	19-20	Atlanta, GA	Annual St. Patricks Day	Lisa Watson; 404-497-1901
	26-28	Billibong Aquatics	3 day Swim Camp	Judy Bonning; 305-345-5370
April	15-17	St. Petersburg, FL	Annual SCY	North Shore Harold Ferris; 813-896-0250
	16-17	Raleigh, NC	Dixie Zone SCY	John Armfield; 919-833-6446
	21-24	Indianapolis, IN	National YMCA SCY	Kristi Umstead; 708-647-8222
	29	Ft. Pierce, FL	Craigie Memorial	IRCC Ann Wilder; 407-461-4514
	May 1			
May	13-16	Tempe, AZ	USMS National SCY	Neil Morrow; 602-902-0431
June	10-12	ISHOF	3 day Swim Camp	Jack Nelson; 305-764-4822
June	11-12	Sarasota, FL	SMS LCM Trophy	
July	2-10	Montreal, QUE	LCM FINA World Masters	see <i>Swim</i> magazine
	22-24	St. Petersburg, FL	Annual LCM	North Shore Harold Ferris; 813-896-0250
August	25-28	Buffalo, NY	USMS National LCM	
September	26	Brisbane, Australia	III World Masters Games	see <i>Swim</i> magazine
	Oct 3			
September	28-Oct 2	Kansas City, KS	USMS Convention	Suzanne Rague
	Oct 2			
October	2 or 8	Sarasota, FL	SMS Pentathlon	
December	1-4	Bradenton, FL	Florida Senior State Games	G.T. Bray Non-USMS
1995				
May		Ft. Lauderdale, FL	USMS SCY Nationals	ISHOF
August		Gresham, OR	Mt. Hood Community Col.	
September	20-24	Houston, TX	USMS Convention	Suzanne Rague

WHOM TO CONTACT

Safety	Frank Tillotson	813-321-5802
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Correction to Records	Catie Cooper	904-336-9027
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Rules	Joan Glaraton	904-338-8727
	Frank Tillotson	813-321-5802
Video Rental	Joan Glaraton	904-338-8727
Fitness	Meegan Wilson	904-373-0023

*Swim Magazine must be contacted directly. Write to:
SWIM Magazine; P.O. Box 91870, Pasadena, CA 91109

MASTERS FACTS

A BOARD OF DIRECTORS CHANGE

We are sorry to inform you that John Maguire has resigned as Chair of the Florida Local Masters Swim Committee. Frank Tillotson, on the Board of Directors, has offered to serve as LMSC Chair until elections in October 1994. The FLMSC Board of Directors has accepted his offer.

OUR NEXT FLMSC MEETING

Our next FLMSC meeting will be held in St. Petersburg at the St. Pete SCY meet on Saturday April 16, 1994. Please have a team representative attend the meeting. The meeting will take place 30 minutes following the last event.

AN APOLOGY

To Suncoast Masters and Deb Walker,

We apologize for giving the incorrect impression regarding payment of the Sanction fee for last August's meet. The fee was paid, correctly and timely.

CONCERNING YOUR INSURANCE AND SAFETY

A reminder to all clubs and workout groups. All swimmers participating in Masters workouts must be either a registered USMS or USS swimmer. Swimmers under 19 must be registered with USS. Participation by an unregistered swimmer will seriously jeopardize the liability coverage for the workout or event for all swimmers.

USMS at the urging of insurance underwriters, has set some new rules for pool safety. For National meets they are mandatory. NO diving except in one way, monitored sprint lanes. Diving can DQ you.

This format will be used in other meets and in workouts, too, no diving. This is going to become mandatory but it will take a while to become used to not diving in. Lets cooperate. Because of our safety record our insurance premium was lowered for the second year in a row.

FROM YOUR REGISTRAR

All Club Registrars should review the forms before submitting them. I need **readable** forms. Please include area codes, proper Club designations, and unabbreviated cities.

Your name is recorded by the LMSC Registrar as given by you. This is what you use when entering a competition. Be consistent; always *Bill*, not sometimes *Wm*.

Your address is recorded as given by you. When your address changes, please notify the registrar. We frequently use bulk mail and that's not forwarded. We use computer generated labels. *Swim* magazine has its own address files and its up to you to correct them.

So far we have about 650 registered swimmers. Where are the other 400?

NEWSLETTER DEADLINE

Our next newsletter deadline is April 26, 1994. Please send your Club news and information of interest to Meegan Wilson or Frank Tillotson.

ABOUT MEET ENTRIES

USMS eliminated the following phrase from meet entries three years ago: *Competitors 19-24 years of age may jeopardize their amateur standing with FINA by competing in Masters.* This phrase is no longer true. Please discontinue using it. (from Dorothy Donnelly, National Secretary)

FAX NUMBERS

Suncoast Masters	Jim Donnelly	955-4861
	Deb Walker	921-5881

Please send us your FAX numbers.

SWIMMING NEWS FROM AROUND OUR LMSC

BSAM

BREVARD SWIMMING ASSOCIATION MASTERS gathered for some good will and cheer during the holidays and shared information relative to the competitive swimming schedule. Some new officers were elected and all in all we are looking forward to the 1994 short course season.

We will be taking part in the ONE HOUR SWIM, the one day meet in Delray Beach, and The Tampa Open in Clearwater on February 12-13, 1994.

On March 5, 1994, BSAM will hold its second development meet. It will be a fun meet where novice competitors can have the opportunity to see how it feels to participate in a swim meet. The meet will be held at the Indian Harbour Beach Pool at Gleason Park on South Patrick Drive.

IRCC MASTERS

There were good swims at the IRCC Masters Autumn Meet (Oct 29, 30, 31, 1993) in spite of cold high winds.

Gertrude Zint (who else!) of Holmes Lumberjacks continued her usual practice of breaking her own records - at this meet she bested her previous 50 breast stroke, clocking 49.45, and her 100 breast at 2:04.92.

No one was blown away by the really high wind but when food for the Saturday noon barbecue arrived, the wind picked up a cardboard carton of rolls, tossed it a good 20 feet into the air, and the airborne rolls soared higher before coming down on the deck area. Leading at least one observer to name the event "The Meet of the Flying Buns."

ST. PETE MASTERS

Quoted from a letter by SPM's Liz Cooper Blazuk. At the Montana State Games, swimming, I represented my summer town of Big Timber, Montana. The pool is 50 meters but rather shallow (starting blocks are about 8" high). It is also outdoors and unheated. The temperature is freezing at best. I entered 7 events. Golf ball size hail canceled my last event on Saturday and Sunday I skipped my last event for an early start on a three day camping trip along the Beartooth Highway and Yellowstone Park. I took first in the 100 back, 100 breast, & 200 IM; 2nd in the 50 & 100 free. The people are nice & the town puts on a good games.

SUNCOAST MASTERS

Suncoast had some great performances in the Dixie Zone Top Ten this season. SMS now holds a total of 17 records! Ruthie Switzer, 2; Bardi Dendy, 1; Mike Drews, 2; Deb Walker, 7; Lynn Cartee, 2; and Steve Moreland, 1. Eight women and fifteen men racked up a total of 117 top ten swims. Great Job!

Suncoast will again be hold two meets this year, so plan to attend. Tentatively, the Long Course Trophy meet will be held on June 12-13, and the Pentathlon will be in October, date to be announced soon. Please Come!!

Thirty-one SMS members attended our 20th Annual Awards Banquet at the Fairways Restaurant on Saturday November 20th amidst light and dark blue balloons and flower center pieces.

The 1994 Suncoast Officers are: President - Edna Gordon; Vice-President - Rick Walker; Secretary - Shirley Leonard; Treasurer - Adam Leonard; Publicity - Scottie Holliday; Membership - Deb Walker; Historian - Ruth Switzer; Social - Robert Davie; Newsletter - Jim Donnelly; Telephone - Bardi Dendy; LMSC Rep - Jerry Glancy.

JACKSONVILLE AREA MASTERS

Here it is another year and another swimming season is upon us. Jacksonville Area Masters is anxiously looking forward to competing and having more fun, as always. In our view, fun is what Masters Swimming is all about. This is actually the third year for our team and our third name. TEAM - The Episcopal Amberjax Masters, exist no more. We wanted to be politically correct - it is the simply trying to make it harder for people to track our activities. Some people have accused us of behavior that borders on questionable. Have no fear, proper rules of decorum will be observed from now on, even if certain beverages are within smelling distance and with a couple of the noses in this group, that is definitely saying something.

We'd like to bring to everybody's attention the names of team members that qualified All-American, Long Course, 1994: *Kimberly Wise, Elizabeth Sollee, Freddie Constantini, Greg Burns, and John Carr.*

Top Ten finishers, Long Course included: *Paul Wise, Tom Smith, Greg Stelle, Tony Zarkas, Ron Collins, and Mickey Mitaly.*

Keep on Swimming, see ya!

SARASOTA HERALD-TRIBUNE / MONDAY, JANUARY 17, 1994

ON THE GULF COAST

Competition Buoy Spirits of Masters Swimmers

By John Brockman
STAFF WRITER



STAFF PHOTOS - REGGIE GRANT

Scottie Holliday practices swimming the backstroke at the Arlington Park Pool in Sarasota recently. Holliday, who is 60 years old, has joined the Suncoast Masters swim team twice. She said she was surprised to find that she could do it and has fun "being a part of the team."

"It's my therapy. I never get tired of training." - Deb Walker, 42.

"We want people in the pool for their health...if your ever feeling depressed, go swimming. It just perks you up." - Edna Gordon, 67.

"I can remember swimming in my first Masters meet. The thing that impressed me most was the niceness of the people who were there." - Joe Securo, 37.

"Nothing turns you on like getting ready to take off from the block and hear your little granddaughter yell, 'Go, grammy.'" - Scottie Holliday, 60.

"I think it has kept me alive." - Bardi Dendy, 73.

The Suncoast Masters Swim Team isn't for everybody... but maybe it should be.

Based on these observations from a few members, it's a group keeping fit and having fun doing it.

Suncoast Masters surfaced in the mid-1970s. Membership, once more than 80, fell to a couple of dozen at one point, and now has leveled off at between 40 and 50.

"Triathlons have claimed a lot of good athletes," offers Walker, swim coach for Cardinal Mooney High School and one of the top performers on the Masters circuit.

For those who want to just swim, and try not to be Iron Men, Suncoast Masters is a great opportunity.

"It's for anyone as young as 19, or as old as... well, there is no age limit. It's for very good swimmers. It's also for beginners. Everybody sets their own goals."

Walker's performances could frighten away wannabes but shouldn't.

Give her credit for being named Florida's Female Masters Swimmer of the Year. She currently holds three state records in the women's 40-44 age group. Four records she established in the 35-39 group still stand.

"There are a lot of social aspects in this program," said Walker, a team member since 1974. "You get some folks together, rent a van and go off to a meet. The social aspect plays a big part of it."

"Most of our members are 40 - over," said Securo, who is Aquatics Director for the Sarasota Parks and Recreation Department. Part of those duties include working with the Masters team.

"Most people think when they go to compete, they have to perform very well, and I know they all want to, but there's more to Masters swimming than the competition.

"These people are swimming because they love to swim. Some schedule their entire days around practices and meets. Some work out at 5 a.m. Others at lunch time. There also used to be a group who would practice in the evenings.

"I'd like to see more of the younger swimmers joining," Securo said. "I know a lot of young people who were swimming in high school, then college, maybe want to take a break from it at some point. I was that way myself. But it's good to come back. I missed it. I've been in this group four years now - not just as a coach but also as a swimmer.

"These people love this sport. Somewhere in their lives, they met good people in the sport. It's not a cut-throat program. It doesn't matter to most whether they take first or 25th. They're having fun.

"And don't forget the health benefits.

"I think it has kept me alive," Bardi Dendy said.

She's been in Suncoast Masters for 20 years. She is now 73 years old - and her 1977 time of 1:35.32 in the 100-yard individual medley is still a state record in the women's 55-59 group.

Edna Gordon had always enjoyed swimming but never a competitive swimmer at any level.

In 1986, at age 60, she joined the Masters.

"The first time I stood there on the starting blocks, I was asking myself, 'What am I doing here at my age?'"

Seven years later, she's now in her second term as Suncoast Masters president.

"Swimming comes first in my life," Gordon said. "If I have relatives coming down, or other house guests, I tell them ahead of time if I am going to be gone over the weekend for a meet."

Gordon remembers when she first joined the Masters.

"I didn't even know what events I would enter ... but everybody was so helpful, I just started asking people around me. They even helped me with those decisions."

Now, Gordon is helping others.

"You don't have to be in it to compete," she said. "We want people in the pool for their health. Swimming is so good. It keeps blood pressure down, cholesterol down. It keeps people from being depressed. If you're ever feeling depressed, go swimming. It just perks you up."

Gordon has enjoyed success, too. She presently has times that rank in the state's top five in no less than seven events in the women's 65-69 age group.

Scottie Holliday joined coast Masters - not once, but twice.

"The first meet I ever swam in was in 1974 at the Bath & Racquet Club," she said. "I had just turned 40. I had been a swimmer in high school, but that was it.

"But suddenly I was looking around, and my kids were off doing things, my husband was involved with them a lot in martial arts.... I had extra energies, and I thought this is what I'm going to do.

"The next thing I know, I find myself 40 years old, standing on a starting block in a tank suit before a race, waiting for a gun to go off."

Holliday remained with the team until about 1986.

Her husband, prominent Sarasota architect James Holliday, had passed away.

"Jimmy wasn't there backing me up. The kids were married, or in college. My interest was gone."

Holliday stopped swimming,

Last summer, former teammate Dendy called and urged her to rejoin the team.

"I didn't know whether I could do it again or not, and finally, I just said, 'Who cares?' I got with Bardi, trained for six weeks, and entered a meet in St. Petersburg. I was now 60 and had the benefit of starting in a new age group (60-64). I entered nine events over two days, set three Florida records, had three firsts, two seconds and a third-place finish.

"The thing that blew me away was that, physically, I could still do it."

"As much fun as anything," Holliday said, "was the third place in the 400 meter freestyle. I never swam that event. I always hated it. My was terrible, but I still got a third, and more importantly, got a point for our team in the standings.

"One point? Whoopeedoo, right? But that's what the Suncoast Masters are all about - having fun, and being part of the team."

Holliday also remembers that her daughter, Suzanne, and granddaughter, were there at the meet for her "comeback."

"Nothing turns you on like getting ready to take off from the block and hear your little granddaughter yell, 'Go, grammy!'"

"Another turn on is the camaraderie in this program, and seeing the caliber of people who are still willing to exercise.

Holliday mentions that at a recent national Masters meet in California, "There were three men entered who were 100 years old ... so you know this sport has got to be something great"

Holliday also recalls working as a timer for a meet at Arlington Park Pool when a man came up to her but but said he would make his start from the water, not from the starting block above.

"I said fine. A lot of people do this. some just don't like to dive. Well, the next thing I see, he has an artificial leg. He takes it off, gets in the water, and he's swimming in the 400 meters race.

"He was 71 years old. I'm saying myself, 'What a trip!'"

"No one does all of this for anything other than they just love the competition, love to swim."

As for Holliday, her seven-year hiatus from the sport is now history. "Have bathing suit. Will travel," she said while glancing over the schedule of this year's Masters meets.

Anyone wishing information on Suncoast Masters can contact Securo at the Arlington Park Pool (days, 364-4655) or Gordon (954-4722).

THE SWIMMER'S DIET

Making food choices for optimum performance

By Jackie Berning, M.S., R.D., USS Sports Nutrition Coordinator

Swimming performance depends upon a number of factors including genetics, training and motivation. Many of these factors are difficult to control, but one can control selecting foods that contribute to peak performance. Like all athletes, swimmers require a nutritionally balanced diet that contains nutrients to sustain normal daily activities and those associated with training and competition. Making wise food choices can provide muscles with the proper fuel and allow swimmers to train longer and harder.

Remember these points when making food choices:

- To achieve peak performance, a well-balanced diet, high in carbohydrate is essential during heavy training periods, tapering and competition.
- To reduce the risk of dehydration and maintain endurance, drink fluids before, during and after practice and competitions.
- Avoid high-fat diets to increase the risk of unwanted weight gain.
- Good daily nutrition and proper weight control is vital to peak swimming performance.

Pre-event nutrition

The type of food swimmers eat prior to competition influences how well they perform in the water. The best pre-event meal should contain primarily carbohydrates. Carbohydrate-rich foods like pasta, cereals, bagels, and fruits and vegetables are easily digested and absorbed. The general rule of thumb is for swimmers to consume 0.5-2.0 grams of carbohydrate per pound of body weight one to four hours prior to exercise. For example, a carbohydrate feeding of 0.5 grams per pound is appropriate an hour before exercise, whereas 2.0 grams per pound can safely be consumed four hours before a swim.

Some sample pre-exercise meals are:

Body weight	Carbohydrate Intake	Foods to meet Recommendation
120 lbs (54.5 kg)	54 grams (1 hour before the event)	2 slices of Toast Jam 1 tbsp 8 oz. Skim Milk
	163 grams (3 hours before the event)	2 slices of Toast Jam 2 tbsp 8 oz nonfat Yogurt 1 1/4 cup Grapenuts 8 oz. Orange Juice

190 lbs (86.4 kg.)

86 grams
(1 hour before the event)

2 slices of Toast
Jam 1 tbsp.
8 oz Skim Milk
8 oz. Orange Juice

259 gram
(3 hours before the event)

2 English muffins
Jam 3 tbsp.
2 c. Oatmeal
Honey 1 tbsp
1 Banana
8 oz. skim milk
8 oz. Orange Juice

Fatty foods such as potato chips, doughnuts, french fries, and pastries, take longer to digest and provide little energy during racing. Protein foods that are likely to contain high amounts of fat (peanut butter, cheese and high fat meats like bacon and ribs) are also more slowly digested. Eating foods high in fat and protein and low in carbohydrate can actually diminish swimming performance. For this reason, it is recommended that swimmers eat high-carbohydrate foods like pasta, cereals, bagels, whole grains, fruits and vegetables.

Eating at all day meets

Swimming meets can last all day, and competition can continue for several days. For this reason, the following recommendations have been included to help swimmers prepare for these all day events.

When there is less than one hour between events, swimmers should consume high carbohydrate foods like fruit juices, bananas, crackers, plain toast or a fluid replacement drink like Gatorade.

When there are 2-4 hours between events, swimmers should add more high carbohydrate foods like bagels, hot cereal such as oatmeal or English muffins along with some type of fruit juice or a sport drink like Gatorade.

When there are four hours or more between events or heats, swimmers can add small amounts of protein with carbohydrate foods. For example, low fat yogurt or a light spread of peanut butter on a bagel with fruit juice, or a turkey sandwich on whole wheat bread with lowfat milk, fruit or a sport drink like Gatorade are all appropriate.

For more information

U.S. Swimming and the Gatorade Company have developed an 18 page brochure providing the swimming community with practical, up to date information on sports nutrition. To request up to 100 free brochures for use in school based or club swimming programs, send the number of brochures requested, your name and shipping address to:

The Swimmer's Diet
847 West Jackson, 5th Floor
Chicago Illinois 60607•

1993 Florida LMSC Short Course Meters Top 5

ONLY FLORIDA LMSC MEETS ARE COUNTED FOR OUR TOP 5 RECORDS AND TABULATIONS.

<p>50m Free Women 19-24 R: 30.23 Amanda L. Hall 93 30.23 Amanda L. Hall 24 10/10/93 34.34 M.A. McNiece 24 10/10/93</p> <p>100m Free Women 19-24 R: 1:15.84 M.A. McNiece 93 1:15.84 M.A. McNiece 24 10/10/93</p> <p>200m Free Women 19-24 R: 2:39.80 Danielle M. Sirbu 93 2:39.80 Danielle M. Sirbu 19 10/10/93</p> <p>400m Free Women 19-24 R: 5:58.78 Danielle M. Sirbu 93 5:58.78 Danielle M. Sirbu 19 10/10/93</p> <p>50m Back Women 19-24 R: 34.98 Amanda L. Hall 93 34.98 Amanda L. Hall 24 10/10/93 38.76 Danielle M. Sirbu 19 10/10/93 39.10 M.A. McNiece 24 10/10/93</p> <p>100m Back Women 19-24 R: 1:27.29 M.A. McNiece 93 1:27.29 M.A. McNiece 24 10/10/93</p> <p>200m Back Women 19-24 R: 2:44.96 Amanda L. Hall 93 2:44.96 Amanda L. Hall 24 10/10/93</p> <p>50m Brst Women 19-24 R: 45.27 M.A. McNiece 93 45.27 M.A. McNiece 24 10/10/93 46.92 Danielle M. Sirbu 19 10/10/93</p> <p>100m Brst Women 19-24 R: 1:39.38 M.A. McNiece 93 1:39.38 M.A. McNiece 24 10/10/93</p> <p>200m Brst Women 19-24 -no record- -no swimmer-</p> <p>50m Fly Women 19-24 R: 37.94 Danielle M. Sirbu 93 37.94 Danielle M. Sirbu 19 10/10/93</p> <p>100m Fly Women 19-24 R: 1:29.06 Danielle M. Sirbu 93 1:29.06 Danielle M. Sirbu 19 10/10/93</p> <p>200m Fly Women 19-24 -no record- -no swimmer-</p> <p>100m L.M. Women 19-24 R: 1:16.11 Amanda L. Hall 93 1:16.11 Amanda L. Hall 24 10/10/93</p> <p>50m Free Women 25-29 R: 28.38 Sudi S. Miller 93 28.38 Sudi S. Miller 26 10/10/93 29.05 Kathy A. Steele 29 10/10/93 29.38 K.R.Bruner-Rainey 28 10/10/93 31.79 Rebecca A. Nelson 29 10/10/93 31.80 Jodi M. Ries 26 10/10/93</p> <p>100m Free Women 25-29 R: 1:01.48 Sudi S. Miller 93 1:01.48 Sudi S. Miller 26 10/10/93 1:03.49 Kathy A. Steele 29 10/10/93 1:06.35 K.R.Bruner-Rainey 28 10/10/93 1:07.36 J.L.Van Der Molen 26 10/10/93 1:07.43 C.A. McCrary 26 10/10/93</p> <p>200m Free Women 25-29 R: 2:19.93 S.L. Helmbrecht 93 2:19.93 S.L. Helmbrecht 29 10/10/93 2:26.34 Sarah B. Williams 29 10/10/93 2:27.44 K.R.Bruner-Rainey 28 10/10/93 2:28.81 Kathy A. Steele 29 10/10/93 2:30.79 J.L.Van Der Molen 26 10/10/93</p> <p>400m Free Women 25-29 R: 5:11.92 Sarah B. Williams 93 5:11.92 Sarah B. Williams 29 10/10/93 5:13.74 K.R.Bruner-Rainey 28 10/10/93 5:15.82 K.J. Johnson 28 10/10/93</p>	<p>5:43.20 Dianne L. Geibel 28 10/10/93</p> <p>800m Free Women 25-29 R: 11:44.67 Dianne L. Geibel 93 11:44.67 Dianne L. Geibel 28 10/10/93</p> <p>1500m Free Women 25-29 R: 22:23.24 Dianne L. Geibel 93 22:23.24 Dianne L. Geibel 28 10/10/93</p> <p>50m Back Women 25-29 R: 32.87 Sudi S. Miller 93 32.87 Sudi S. Miller 26 10/10/93 37.16 J.L.Van Der Molen 26 10/10/93 37.72 Kathy A. Steele 29 10/10/93 38.52 Jodi M. Ries 26 10/10/93 40.91 Rebecca A. Nelson 29 10/10/93</p> <p>100m Back Women 25-29 R: 1:10.92 Sudi S. Miller 93 1:10.92 Sudi S. Miller 26 10/10/93 1:16.84 C.A. McCrary 26 10/10/93 1:19.18 J.L.Van Der Molen 26 10/10/93 1:23.45 Jodi M. Ries 26 10/10/93 1:24.97 Rebecca A. Nelson 29 10/10/93</p> <p>200m Back Women 25-29 R: 2:32.66 Sudi S. Miller 93 2:32.66 Sudi S. Miller 26 10/10/93 2:36.23 S.L. Helmbrecht 29 10/10/93 3:01.72 Rebecca A. Nelson 29 10/10/93</p> <p>50m Brst Women 25-29 R: 35.70 Sudi S. Miller 93 35.70 Sudi S. Miller 26 10/10/93 38.84 Kathy A. Steele 29 10/10/93 41.43 C.C. Kirsten 29 10/10/93 42.17 J.L.Van Der Molen 26 10/10/93 42.63 M.A. Keller 29 10/10/93</p> <p>100m Brst Women 25-29 R: 1:19.68 Sudi S. Miller 93 1:19.68 Sudi S. Miller 26 10/10/93 1:25.11 Kathy A. Steele 29 10/10/93 1:31.79 C.C. Kirsten 29 10/10/93 1:32.79 K.J. Johnson 28 10/10/93 1:38.06 Dianne L. Geibel 28 10/10/93</p> <p>200m Brst Women 25-29 R: 3:07.75 Kathy A. Steele 93 3:07.75 Kathy A. Steele 29 10/10/93 3:26.29 C.C. Kirsten 29 10/10/93 3:32.57 Dianne L. Geibel 28 10/10/93 3:53.70 Ronda D. Quezada 29 10/10/93</p> <p>50m Fly Women 25-29 R: 30.09 Sudi S. Miller 93 30.09 Sudi S. Miller 26 10/10/93 31.99 K.R.Bruner-Rainey 28 10/10/93 33.65 Kathy A. Steele 29 10/10/93 34.20 Rebecca A. Nelson 29 10/10/93 34.36 K.J. Johnson 28 10/10/93</p> <p>100m Fly Women 25-29 R: 1:10.95 K.R. Bruner-Rainey 93 1:10.95 K.R. Bruner-Rainey 28 10/10/93 1:15.07 K.J. Johnson 28 10/10/93 1:16.37 Rebecca A. Nelson 29 10/10/93</p> <p>200m Fly Women 25-29 R: 2:43.22 K.J. Johnson 93 2:43.22 K.J. Johnson 28 10/10/93 2:45.54 K.R. Bruner-Rainey 28 10/10/93</p> <p>100m L.M. Women 25-29 R: 1:10.60 Sudi S. Miller 93 1:10.60 Sudi S. Miller 26 10/10/93 1:14.91 K.R. Bruner-Rainey 28 10/10/93 1:15.38 Kathy A. Steele 29 10/10/93 1:18.13 J.L.Van Der Molen 26 10/10/93 1:21.80 Jodi M. Ries 26 10/10/93</p> <p>200m L.M. Women 25-29 R: 2:39.26 K.R. Bruner-Rainey 93 2:39.26 K.R. Bruner-Rainey 28 10/10/93 2:47.70 J.L.Van Der Molen 26 10/10/93 2:48.85 C.A. McCrary 26 10/10/93</p>	<p>2:53.98 K.J. Johnson 28 10/10/93 2:54.40 Sarah B. Williams 29 10/10/93</p> <p>400m L.M. Women 25-29 R: 5:44.58 K.R. Bruner-Rainey 93 5:44.58 K.R. Bruner-Rainey 28 10/10/93 6:03.16 J.L.Van Der Molen 26 10/10/93 6:07.77 K.J. Johnson 28 10/10/93 6:17.53 Sarah B. Williams 29 10/10/93</p> <p>50m Free Women 30-34 R: 28.79 Gina M. Aguilar 93 28.79 Gina M. Aguilar 34 10/10/93 29.30 Eileen O. Hartle 32 10/10/93 30.73 Tish P. Oleksy 31 10/10/93 31.17 Heather O'Brien 30 10/10/93 31.28 Debra G. Hanson 30 10/10/93</p> <p>100m Free Women 30-34 R: 1:03.95 Eileen O. Hartle 93 1:03.95 Eileen O. Hartle 32 10/10/93 1:04.49 Gina M. Aguilar 34 10/10/93 1:08.95 Heather O'Brien 30 10/10/93 1:09.01 Debra G. Hanson 30 10/10/93 1:09.78 Debra L. Goodwyne 31 10/10/93</p> <p>200m Free Women 30-34 R: 2:29.26 Rosalie A. Cretin 93 2:29.26 Rosalie A. Cretin 30 10/10/93 2:31.45 Tish P. Oleksy 31 10/10/93 2:31.73 Debra G. Hanson 30 10/10/93 2:32.31 Debra L. Goodwyne 31 10/10/93 2:47.98 N.H. Saliwanchik 32 10/10/93</p> <p>400m Free Women 30-34 R: 5:09.39 Eileen O. Hartle 93 5:09.39 Eileen O. Hartle 32 10/10/93 5:26.73 Tish P. Oleksy 31 10/10/93 6:31.27 J.M. Nation 31 10/10/93 7:01.00 Nicole D. Mistele 33 10/10/93</p> <p>800m Free Women 30-34 R: 10:30.56 Lisa A. Flanagan 93 10:30.56 Lisa A. Flanagan 31 10/31/93 11:00.37 Eileen O. Hartle 32 10/10/93 11:12.46 Tish P. Oleksy 31 10/10/93</p> <p>1500m Free Women 30-34 R: 20:49.02 Eileen O. Hartle 93 20:49.02 Eileen O. Hartle 32 10/10/93</p> <p>50m Back Women 30-34 R: 36.58 Gina M. Aguilar 93 36.58 Gina M. Aguilar 34 10/10/93 38.56 Debra G. Hanson 30 10/10/93 40.23 Debra L. Goodwyne 31 10/10/93 42.27 N.H. Saliwanchik 32 10/10/93 48.33 Nicole D. Mistele 33 10/10/93</p> <p>100m Back Women 30-34 R: 1:24.57 Debra G. Hanson 93 1:24.57 Debra G. Hanson 30 10/10/93 1:26.47 Debra L. Goodwyne 31 10/10/93 1:48.49 Nicole D. Mistele 33 10/10/93 1:51.64 J.M. Nation 31 10/10/93</p> <p>200m Back Women 30-34 R: 2:55.62 Debra G. Hanson 93 2:55.62 Debra G. Hanson 30 10/10/93 3:55.37 J.M. Nation 31 10/10/93</p> <p>50m Brst Women 30-34 R: 38.12 Lisa A. Flanagan 93 38.12 Lisa A. Flanagan 30 10/10/93 40.38 Debra L. Goodwyne 31 10/10/93 43.41 Caroline A. Gatto 33 10/10/93 44.18 N.H. Saliwanchik 32 10/10/93 54.05 Cathy Honeycutt 32 10/10/93</p> <p>100m Brst Women 30-34 R: 1:20.36 Lisa A. Flanagan 93 1:20.36 Lisa A. Flanagan 30 10/10/93 1:27.93 Debra L. Goodwyne 31 10/10/93 1:35.35 N.H. Saliwanchik 32 10/10/93 1:35.99 Caroline A. Gatto 33 10/10/93</p> <p>200m Brst Women 30-34 R: 3:25.16 Lisa A. Flanagan 93 3:25.16 Lisa A. Flanagan 30 10/10/93 3:27.35 N.H. Saliwanchik 32 10/10/93</p> <p>50m Fly Women 30-34 R: 32.10 Rosalie A. Cretin 93 32.10 Rosalie A. Cretin 30 10/10/93 32.11 Gina M. Aguilar 34 10/10/93 33.76 Heather O'Brien 30 10/10/93 34.09 Debra G. Hanson 30 10/10/93 36.64 Tish P. Oleksy 31 10/10/93</p> <p>100m Fly Women 30-34 R: 1:12.46 Rosalie A. Cretin 93 1:12.46 Rosalie A. Cretin 30 10/10/93 1:17.26 Debra G. Hanson 30 10/10/93 1:30.39 N.H. Saliwanchik 32 10/10/93</p> <p>200m Fly Women 30-34 -no record- -no swimmer-</p> <p>100m L.M. Women 30-34 R: 1:16.69 Lisa A. Flanagan 93 1:16.69 Lisa A. Flanagan 30 10/10/93 1:16.71 Gina M. Aguilar 34 10/10/93 1:18.99 Rosalie A. Cretin 30 10/10/93 1:19.65 Debra L. Goodwyne 31 10/10/93 1:20.18 Debra G. Hanson 30 10/10/93</p> <p>200m L.M. Women 30-34 R: 2:45.96 Lisa A. Flanagan 93 2:45.96 Lisa A. Flanagan 30 10/10/93 2:55.13 Debra G. Hanson 30 10/10/93 3:08.70 N.H. Saliwanchik 32 10/10/93</p> <p>400m L.M. Women 30-34 R: 5:43.73 Lisa A. Flanagan 93 5:43.73 Lisa A. Flanagan 30 10/10/93 6:44.59 N.H. Saliwanchik 32 10/10/93</p> <p>50m Free Women 35-39 R: 30.08 R.J. Seaman 93 30.08 R.J. Seaman 35 10/10/93 32.37 Mag L. Bowen 35 10/10/93 34.65 Ann M. Connor 37 10/10/93 40.03 Lydia R. Thames 38 10/10/93 53.56 Lisa Evans 37 10/10/93</p> <p>100m Free Women 35-39 R: 1:12.72 Mag L. Bowen 93 1:12.72 Mag L. Bowen 35 10/10/93 1:21.28 Ann M. Connor 37 10/10/93 1:27.29 Lydia R. Thames 38 10/10/93 1:29.50 Nancy S. Kiernan 39 10/31/93 2:00.66 Lisa Evans 37 10/10/93</p> <p>200m Free Women 35-39 R: 3:22.61 Nancy K. Kiernan 92 4:12.53 Lisa Evans 37 10/10/93 4:21.31 Sue A. Moucha 35 10/10/93</p> <p>400m Free Women 35-39 R: 5:16.06 Wanda H. Brown 93 5:16.06 Wanda H. Brown 36 10/10/93 8:58.69 Sue A. Moucha 35 10/10/93 9:00.53 Lisa Evans 37 10/10/93</p> <p>800m Free Women 35-39 R: 10:41.30 Wanda H. Brown 93 10:41.30 Wanda H. Brown 36 10/10/93 13:44.59 Nancy S. Kiernan 39 10/31/93 18:23.29 Sue A. Moucha 35 10/10/93</p> <p>1500m Free Women 35-39 R: 27:36.83 Nancy K. Kiernan 92 30:11.00 Susan F. Ludwig 35 10/10/93 34:31.64 Sue A. Moucha 35 10/10/93</p> <p>50m Back Women 35-39 R: 37.91 R.J. Seaman 93 37.91 R.J. Seaman 35 10/10/93 38.90 Mag L. Bowen 35 10/10/93 44.26 Kelly Bergdoll 35 10/10/93 45.40 Ann M. Connor 37 10/10/93 48.57 Lydia R. Thames 38 10/10/93</p>
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Since there is no SCM records list except for a few set in 1992, please contact Catie Cooper for any corrections. The following information must be supplied: 1) Copy of official meet results (or the equivalent) showing the time; 2) Name appearing on USMS registration card; 3) Team membership initials; 4) Date of meet; and 5) Meet (Ex: St. Pete, Orlando, etc.).

100m Back Women 35-39
R: 1:24.59 Mag L. Bowen 93
1:24.59 Mag L. Bowen 35 10/10/93
1:32.75 Kelly Bergdoll 35 10/10/93
1:48.47 Ann M. Connor 37 10/10/93
2:36.67 Lisa Evans 37 10/10/93

200m Back Women 35-39
R: 3:28.75 Kelly Bergdoll 93
3:28.75 Kelly Bergdoll 35 10/10/93
3:52.42 Ann M. Connor 37 10/10/93
5:29.02 Lisa Evans 37 10/10/93

50m Brst Women 35-39
R: 43.22 Patty C. Connolly 93
43.22 Patty C. Connolly 36 10/31/93
47.01 Mag L. Bowen 35 10/10/93
49.47 Ann M. Connor 37 10/10/93
49.76 Lydia R. Thames 38 10/10/93
1:13.62 Lisa Evans 37 10/10/93

100m Brst Women 35-39
R: 1:25.61 R.J. Seaman 93
1:25.61 R.J. Seaman 35 10/10/93
1:30.89 Wanda H. Brown 36 10/10/93
1:41.14 Mag L. Bowen 35 10/10/93
1:50.61 Lydia R. Thames 38 10/10/93
2:25.57 Lisa Evans 37 10/10/93

200m Brst Women 35-39
R: 3:15.59 Wanda H. Brown 93
3:15.59 Wanda H. Brown 36 10/10/93
3:23.45 Jo Ann Harrelson 37 10/31/93
5:17.92 Sue A. Moucha 35 10/10/93
5:35.67 Lisa Evans 37 10/10/93

50m Fly Women 35-39
R: 38.91 Mag L. Bowen 93
38.91 Mag L. Bowen 35 10/10/93
40.03 Patty C. Connolly 36 10/31/93
47.11 Lydia R. Thames 38 10/10/93
48.21 Ann M. Connor 37 10/10/93

100m Fly Women 35-39
-no record-
-no swimmer-

200m Fly Women 35-39
R: 3:20.12 Jo Ann Harrelson 93
3:20.12 Jo Ann Harrelson 37 10/31/93

100m L.M. Women 35-39
R: 1:17.37 R.J. Seaman 93
1:17.37 R.J. Seaman 35 10/10/93
1:24.73 Mag L. Bowen 35 10/10/93
1:38.09 Ann M. Connor 37 10/10/93
1:39.62 Lydia R. Thames 38 10/10/93
2:19.69 Sue A. Moucha 35 10/10/93

200m L.M. Women 35-39
R: 3:10.93 Jo Ann Harrelson 93
3:10.93 Jo Ann Harrelson 37 10/31/93
4:46.95 Sue A. Moucha 35 10/10/93

400m L.M. Women 35-39
R: 8:07.70 Nancy K. Kiernan 92
-no swimmer-

50m Free Women 40-44
R: 31.53 Deborah W. Walker 93
31.53 Deborah W. Walker 42 10/10/93
32.20 Kathryn A. Wine 41 10/10/93
34.40 Meegan J. Wilson 44 10/10/93

100m Free Women 40-44
R: 1:10.26 Kathryn A. Wine 93
1:10.26 Kathryn A. Wine 41 10/10/93
1:16.04 Meegan J. Wilson 44 10/10/93
1:26.37 Deborah S. Moore 44 10/10/93

200m Free Women 40-44
R: 2:35.55 Kathryn A. Wine 93
2:35.55 Kathryn A. Wine 41 10/10/93

400m Free Women 40-44
R: 5:34.73 Pam J. Geiger 93
5:34.73 Pam J. Geiger 40 10/10/93

800m Free Women 40-44
R: 11:22.18 Kathryn A. Wine 93
11:22.18 Kathryn A. Wine 41 10/10/93
11:35.76 Pam J. Geiger 40 10/10/93

1500m Free Women 40-44
R: 21:45.66 Pam J. Geiger 93
21:45.66 Pam J. Geiger 40 10/10/93

50m Back Women 40-44
R: 38.07 Deborah W. Walker 93
38.07 Deborah W. Walker 42 10/10/93
39.76 Kathryn A. Wine 41 10/10/93
46.22 Meegan J. Wilson 44 10/10/93

100m Back Women 40-44
R: 1:26.02 Kathryn A. Wine 93
1:26.02 Kathryn A. Wine 41 10/10/93

200m Back Women 40-44
-no record-
-no swimmer-

50m Brst Women 40-44
R: 42.35 Meegan J. Wilson 93
42.35 Meegan J. Wilson 44 10/10/93
43.26 Kathryn A. Wine 41 10/10/93
47.03 Deborah S. Moore 44 10/10/93

100m Brst Women 40-44
R: 1:23.34 Deborah W. Walker 93
1:23.34 Deborah W. Walker 42 10/10/93
1:31.24 Meegan J. Wilson 44 10/10/93

200m Brst Women 40-44
R: 3:22.41 Meegan J. Wilson 93
3:22.41 Meegan J. Wilson 44 10/10/93

50m Fly Women 40-44
R: 36.87 Kathryn A. Wine 93
36.87 Kathryn A. Wine 41 10/10/93
41.81 Meegan J. Wilson 44 10/10/93

100m L.M. Women 40-44
R: 1:17.32 Deborah W. Walker 93
1:17.32 Deborah W. Walker 42 10/10/93
1:22.70 Kathryn A. Wine 41 10/10/93
1:27.61 Meegan J. Wilson 44 10/10/93

200m L.M. Women 40-44
R: 2:56.84 Kathryn A. Wine 93
2:56.84 Kathryn A. Wine 41 10/10/93
3:18.98 Meegan J. Wilson 44 10/10/93

400m L.M. Women 40-44
R: 7:05.23 Meegan J. Wilson 93
7:05.23 Meegan J. Wilson 44 10/10/93

50m Free Women 45-49
R: 41.11 S.D. Dingfield 93
41.11 S.D. Dingfield 46 10/10/93
41.45 Sandra K. Powell 46 10/10/93

100m Free Women 45-49
R: 1:27.88 Penny M. Potter 93
1:27.88 Penny M. Potter 46 10/10/93
1:31.72 S.D. Dingfield 46 10/10/93
1:37.03 Sandra K. Powell 46 10/10/93

200m Free Women 45-49
R: 3:20.22 S.D. Dingfield 93
3:20.22 S.D. Dingfield 46 10/10/93

400m Free Women 45-49
R: 7:02.10 Penny M. Potter 93
7:02.10 Penny M. Potter 46 10/10/93

50m Back Women 45-49
R: 47.29 S.D. Dingfield 93
47.29 S.D. Dingfield 46 10/10/93
58.82 Sandra K. Powell 46 10/10/93

50m Brst Women 45-49
R: 48.90 Penny M. Potter 93
48.90 Penny M. Potter 46 10/10/93
52.54 Sandra K. Powell 46 10/10/93
55.06 S.D. Dingfield 46 10/10/93

100m Brst Women 45-49
R: 1:49.87 Penny M. Potter 93
1:49.87 Penny M. Potter 46 10/10/93
1:51.26 Sandra K. Powell 46 10/10/93

200m Brst Women 45-49
R: 3:58.88 Penny M. Potter 93
3:58.88 Penny M. Potter 46 10/10/93

50m Fly Women 45-49
R: 47.91 Sandra K. Powell 93
47.91 Sandra K. Powell 46 10/10/93

100m L.M. Women 45-49
R: 1:46.51 Penny M. Potter 93
1:46.51 Penny M. Potter 46 10/10/93
1:48.62 Sandra K. Powell 46 10/10/93

200m L.M. Women 45-49
R: 3:54.70 Penny M. Potter 93
3:54.70 Penny M. Potter 46 10/10/93

50m Free Women 50-54
R: 34.13 Jayne M. Lambke 93
34.13 Jayne M. Lambke 54 10/10/93
45.57 Sandy L. Steer 54 10/10/93
48.74 Margie Hutinger 53 10/10/93
51.70 S.L. Whitcomb 50 10/10/93

100m Free Women 50-54
R: 1:15.77 Jayne M. Lambke 93
1:15.77 Jayne M. Lambke 54 10/10/93
1:39.66 Sandy L. Steer 54 10/10/93
1:52.31 Margie Hutinger 53 10/10/93

200m Free Women 50-54
R: 2:49.68 Jayne M. Lambke 93
2:49.68 Jayne M. Lambke 54 10/10/93
3:44.85 Sandy L. Steer 54 10/10/93
4:19.11 S.L. Whitcomb 50 10/10/93

400m Free Women 50-54
R: 5:59.55 Jayne M. Lambke 93
5:59.55 Jayne M. Lambke 54 10/10/93
7:57.92 Sandy L. Steer 54 10/10/93

800m Free Women 50-54
R: 12:27.15 Jayne M. Lambke 93
12:27.15 Jayne M. Lambke 54 10/10/93
12:35.70 Elaine Bromwich 50 10/31/93
16:04.61 Sandy L. Steer 54 10/31/93

1500m Free Women 50-54
-no record-
-no swimmer-

50m Back Women 50-54
R: 1:00.45 Margie Hutinger 93
1:00.45 Margie Hutinger 53 10/10/93

100m Back Women 50-54
-no record-
-no swimmer-

200m Back Women 50-54
R: 4:29.11 Margie Sims 92
-no swimmer-

50m Brst Women 50-54
R: 40.51 Elaine Bromwich 93
40.51 Elaine Bromwich 50 10/31/93
53.67 Sandy L. Steer 54 10/31/93

100m Brst Women 50-54
R: 1:55.36 Sandy L. Steer 93
1:55.36 Sandy L. Steer 54 10/10/93
2:11.55 S.L. Whitcomb 50 10/10/93

200m Brst Women 50-54
R: 3:09.57 Elaine Bromwich 93
3:09.57 Elaine Bromwich 50 10/31/93
4:15.47 Sandy L. Steer 54 10/10/93

50m Fly Women 50-54
R: 39.03 Jayne M. Lambke 93
39.03 Jayne M. Lambke 54 10/10/93
56.58 Margie Hutinger 53 10/10/93

100m Fly Women 50-54
R: 1:33.77 Jayne M. Lambke 93
1:33.77 Jayne M. Lambke 54 10/10/93
2:16.68 Margie Hutinger 53 10/10/93

200m Fly Women 50-54
R: 3:20.74 Elaine Bromwich 93
3:20.74 Elaine Bromwich 50 10/31/93
5:12.92 Margie Hutinger 53 10/31/93

100m L.M. Women 50-54
R: 1:30.04 Jayne M. Lambke 93
1:30.04 Jayne M. Lambke 54 10/10/93
2:00.82 Sandy L. Steer 54 10/10/93
2:18.03 S.L. Whitcomb 50 10/10/93

200m L.M. Women 50-54
R: 3:10.74 Elaine Bromwich 93
3:10.74 Elaine Bromwich 50 10/31/93

400m L.M. Women 50-54
R: 9:42.53 Margie Hutinger 93
9:42.53 Margie Hutinger 53 10/10/93

50m Free Women 55-59
R: 44.81 Scottie Holliday 93
44.81 Scottie Holliday 59 10/10/93
1:04.66 S.L. Leonard 57 10/10/93

100m Free Women 55-59
R: 1:40.01 Jean M. Sterling 93
1:40.01 Jean M. Sterling 56 10/10/93
1:44.61 B.Culbertson 56 10/10/93
2:03.13 Kay Martin 56 10/10/93

200m Free Women 55-59
-no record-
-no swimmer-

400m Free Women 55-59
R: 7:59.69 Jean M. Sterling 93
7:59.69 Jean M. Sterling 56 10/10/93
9:43.46 Kay Martin 56 10/10/93

800m Free Women 55-59
R: 15:32.81 B.J. Tucker 93
15:32.81 B.J. Tucker 58 10/31/93
19:36.83 Kay Martin 56 10/10/93

1500m Free Women 55-59
R: 37:09.37 Kay Martin 93
37:09.37 Kay Martin 56 10/10/93

50m Back Women 55-59
R: 47.39 Scottie Holliday 93
47.39 Scottie Holliday 59 10/10/93
50.19 Jean M. Sterling 56 10/10/93
52.76 B.J. Tucker 58 10/31/93
1:10.96 S.L. Leonard 57 10/10/93

100m Back Women 55-59
R: 1:59.74 B. Culbertson 93
1:59.74 B.Culbertson 56 10/10/93

200m Back Women 55-59
R: 3:54.64 Scottie Holliday 93
3:54.64 Scottie Holliday 59 10/10/93
5:00.60 Kay Martin 56 10/10/93

50m Brst Women 55-59
R: 48.94 B. Culbertson 93
48.94 B.Culbertson 56 10/10/93
49.70 Jean M. Sterling 56 10/10/93
50.28 J.G. Piper 56 10/31/93
51.58 B.J. Tucker 58 10/31/93

100m Brst Women 55-59
R: 1:48.81 Jean M. Sterling 93
1:48.81 Jean M. Sterling 56 10/10/93

200m Brst Women 55-59
R: 3:51.35 J.G. Piper 93
3:51.35 J.G. Piper 56 10/31/93

50m Fly Women 55-59
R: 59.95 B.J. Tucker 93
59.95 B.J. Tucker 58 10/31/93
1:22.30 Kay Martin 56 10/10/93

100m Fly Women 55-59
R: 3:43.12 Kay Martin 93
3:43.12 Kay Martin 56 10/10/93

200m Fly Women 55-59
R: 7:51.04 Kay Martin 93
7:51.04 Kay Martin 56 10/10/93

100m L.M. Women 55-59
R: 1:47.68 Jean M. Sterling 93
1:47.68 Jean M. Sterling 56 10/10/93
2:39.02 Kay Martin 56 10/10/93

200m L.M. Women 55-59
R: 3:54.08 Jean M. Sterling 93
3:54.08 Jean M. Sterling 56 10/10/93
4:03.72 B.J. Tucker 58 10/31/93
5:46.32 Kay Martin 56 10/10/93

400m L.M. Women 55-59
R: 13:05.33 Kay Martin 93
13:05.33 Kay Martin 56 10/10/93

50m Free Women 60-64
R: 58.61 Alyce M. Vogel 93
58.61 Alyce M. Vogel 61 10/10/93

100m Free Women 60-64
-no record-
-no swimmer-

200m Free Women 60-64
-no record-
-no swimmer-

400m Free Women 60-64
-no record-
-no swimmer-

800m Free Women 60-64
R: 15:00.71 Nancy N. Durstein 93
15:00.71 Nancy N. Durstein 64 10/31/93

1500m Free Women 60-64
-no record-
-no swimmer-

50m Back Women 60-64
R: 59.90 Ruth A. Hoskinson 93
59.90 Ruth A. Hoskinson 63 10/31/93
1:10.38 Alyce M. Vogel 61 10/10/93

100m Back Women 60-64
-no record-
-no swimmer-

200m Back Women 60-64
R: 4:08.49 Nancy N. Durstein 93
4:08.49 Nancy N. Durstein 64 10/31/93

50m Brst Women 60-64
R: 1:01.92 Alyce M. Vogel 93
1:01.92 Alyce M. Vogel 61 10/10/93
1:07.07 Ruth A. Hoskinson 63 10/31/93

100m Brst Women 60-64
R: 2:12.42 Alyce M. Vogel 93
2:12.42 Alyce M. Vogel 61 10/10/93

200m Brst Women 60-64
R: 4:40.81 Nancy N. Durstein 93
4:40.81 Nancy N. Durstein 64 10/31/93
4:46.81 Alyce M. Vogel 61 10/10/93

50m Fly Women 60-64
R: 56.28 Ruth A. Hoskinson 93
56.28 Ruth A. Hoskinson 63 10/31/93
1:13.03 Alyce M. Vogel 61 10/10/93

100m Fly Women 60-64
-no record-
-no swimmer-

200m Fly Women 60-64
R: 4:22.37 Nancy N. Durstein 93
4:22.37 Nancy N. Durstein 64 10/31/93
4:35.74 Ruth A. Hoskinson 63 10/31/93

100m L.M. Women 60-64
R: 2:18.90 Alyce M. Vogel 93
2:18.90 Alyce M. Vogel 61 10/10/93

200m L.M. Women 60-64
R: 4:05.10 Nancy N. Durstein 93
4:05.10 Nancy N. Durstein 64 10/31/93
4:22.97 Ruth A. Hoskinson 63 10/31/93

400m L.M. Women 60-64
-no record-
-no swimmer-

50m Free Women 65-69
R: 39.18 Florence E. Carr 93
39.18 Florence E. Carr 68 10/10/93
48.45 Edna B. Gordon 66 10/10/93

100m Free Women 65-69
R: 1:26.53 Florence E. Carr 93
1:26.53 Florence E. Carr 68 10/10/93

200m Free Women 65-69
R: 3:10.86 Florence E. Carr 93
3:10.86 Florence E. Carr 68 10/10/93
4:21.17 Edna B. Gordon 66 10/10/93

400m Free Women 65-69
R: 6:51.63 Florence E. Carr 93
6:51.63 Florence E. Carr 68 10/10/93
8:22.35 M.R. Newman 69 10/10/93

800m Free Women 65-69
R: 13:53.71 Florence E. Carr 93
13:53.71 Florence E. Carr 68 10/10/93

1500m Free Women 65-69
-no record-
-no swimmer-

50m Back Women 65-69
R: 1:04.21 M.R. Newman 93
1:04.21 M.R. Newman 69 10/10/93
1:08.63 Edna B. Gordon 66 10/10/93

100m Back Women 65-69
R: 2:18.04 M.R. Newman 93
2:18.04 M.R. Newman 69 10/10/93

200m Back Women 65-69
R: 4:43.12 M.R. Newman 93
4:43.12 M.R. Newman 69 10/10/93

50m Brst Women 65-69
R: 52.30 Florence E. Carr 93
52.30 Florence E. Carr 68 10/10/93

100m Brst Women 65-69
-no record-
-no swimmer-

200m Brst Women 65-69
R: 6:04.43 M.R. Newman 93
6:04.43 M.R. Newman 69 10/10/93

50m Fly Women 65-69
R: 45.78 Florence E. Carr 93
45.78 Florence E. Carr 68 10/10/93
1:10.97 M.R. Newman 69 10/10/93

100m Fly Women 65-69
-no record-
-no swimmer-

200m Fly Women 65-69
R: 6:12.82 M.R. Newman 93
6:12.82 M.R. Newman 69 10/10/93

100m L.M. Women 65-69
R: 1:39.75 Florence E. Carr 93
1:39.75 Florence E. Carr 68 10/10/93
2:21.12 M.R. Newman 69 10/10/93

200m L.M. Women 65-69
R: 3:55.38 Florence E. Carr 93
3:55.38 Florence E. Carr 68 10/10/93
5:04.44 M.R. Newman 69 10/10/93

400m L.M. Women 65-69
R: 8:20.30 Florence E. Carr 93
8:20.30 Florence E. Carr 68 10/10/93

50m Free Women 70-74
R: 44.85 Jean A. Beers 93
44.85 Jean A. Beers 71 10/10/93
46.75 June B. Reynolds 71 10/10/93
56.81 Rachel M. Erwin 74 10/10/93

100m Free Women 70-74
R: 1:47.56 Jean A. Beers 93
1:47.56 Jean A. Beers 71 10/10/93
2:14.87 Winnie F. Walter 72 10/31/93
2:20.20 Rachel M. Erwin 74 10/10/93

200m Free Women 70-74
R: 3:49.78 Jean A. Beers 93
3:49.78 Jean A. Beers 71 10/10/93
5:00.80 Rachel M. Erwin 74 10/10/93

400m Free Women 70-74
R: 8:15.29 Jean A. Beers 93
8:15.29 Jean A. Beers 71 10/10/93
11:06.99 Rachel M. Erwin 74 10/10/93

800m Free Women 70-74
R: 16:35.68 Jean A. Beers 93
16:35.68 Jean A. Beers 71 10/10/93
18:00.73 June B. Reynolds 71 10/10/93
21:51.03 Rachel M. Erwin 74 10/10/93

1500m Free Women 70-74
R: 35:41.04 June B. Reynolds 92
-no swimmer-

50m Back Women 70-74
R: 1:19.54 Winnie F. Walter 93
1:19.54 Winnie F. Walter 72 10/31/93

100m Back Women 70-74
R: 2:14.21 June B. Reynolds 92
2:14.21 June B. Reynolds 71 10/10/93
3:16.26 Rachel M. Erwin 74 10/10/93

200m Back Women 70-74
-no record-
-no swimmer-

50m Brst Women 70-74
R: 1:04.55 Jean A. Beers 93
1:04.55 Jean A. Beers 71 10/10/93
1:32.43 Rachel M. Erwin 74 10/10/93
1:44.70 Winnie F. Walter 72 10/31/93

100m Brst Women 70-74
R: 2:15.32 Jean A. Beers 93
2:15.32 Jean A. Beers 71 10/10/93
3:26.66 Rachel M. Erwin 74 10/10/93

200m Brst Women 70-74
R: 4:46.31 Jean A. Beers 93
4:46.31 Jean A. Beers 71 10/10/93
4:50.55 June B. Reynolds 71 10/10/93

50m Fly Women 70-74
R: 1:00.83 June B. Reynolds 93
1:00.83 June B. Reynolds 71 10/10/93
1:02.98 Jean A. Beers 71 10/10/93
1:10.41 Winnie F. Walter 72 10/31/93
1:25.38 Rachel M. Erwin 74 10/10/93

100m Fly Women 70-74
R: 2:14.89 June B. Reynolds 93
2:14.89 June B. Reynolds 71 10/10/93

200m Fly Women 70-74
R: 4:51.66 June B. Reynolds 93
4:51.66 June B. Reynolds 71 10/10/93

100m L.M. Women 70-74
R: 2:05.61 Jean A. Beers 93
2:05.61 Jean A. Beers 71 10/10/93
2:05.62 June B. Reynolds 71 10/10/93
2:59.29 Rachel M. Erwin 74 10/10/93

200m L.M. Women 70-74
R: 4:33.77 June B. Reynolds 93
4:33.77 June B. Reynolds 71 10/10/93
5:35.73 Winnie F. Walter 72 10/31/93

400m L.M. Women 70-74
R: 9:37.99 June B. Reynolds 92
9:37.99 June B. Reynolds 71 10/10/93

50m Free Women 75-79
R: 48.70 Gertrud J. Zint 93
48.70 Gertrud J. Zint 76 10/10/93
49.95 Kay M. Schimpf 76 10/10/93
54.54 V.R. Sullivan 76 10/10/93

100m Free Women 75-79
R: 1:55.28 Kay M. Schimpf 93
1:55.28 Kay M. Schimpf 76 10/10/93
2:04.59 V.R. Sullivan 76 10/10/93

200m Free Women 75-79
R: 4:08.55 Kay M. Schimpf 93
4:08.55 Kay M. Schimpf 76 10/10/93

400m Free Women 75-79
R: 8:33.49 Kay M. Schimpf 93
8:33.49 Kay M. Schimpf 76 10/10/93
9:03.34 Gertrud J. Zint 76 10/10/93

800m Free Women 75-79
-no record-
-no swimmer-

1500m Free Women 75-79
R: 33:23.53 Kay M. Schimpf 92
-no swimmer-

50m Back Women 75-79
R: 58.28 Gertrud J. Zint 93
58.28 Gertrud J. Zint 76 10/10/93
1:08.99 F.E. Cichanski 76 10/31/93
1:19.90 V.R. Sullivan 76 10/10/93

100m Back Women 75-79
R: 2:14.69 Kay M. Schimpf 93
2:14.69 Kay M. Schimpf 76 10/10/93
2:50.40 V.R. Sullivan 76 10/10/93

200m Back Women 75-79
R: 4:41.99 Kay M. Schimpf 93
4:41.99 Kay M. Schimpf 76 10/10/93

50m Brst Women 75-79
R: 53.94 Gertrud J. Zint 93
53.94 Gertrud J. Zint 76 10/10/93
1:06.80 Kay M. Schimpf 76 10/31/93

100m Brst Women 75-79
R: 2:03.89 Gertrud J. Zint 93
2:03.89 Gertrud J. Zint 76 10/10/93

200m Brst Women 75-79
R: 4:32.71 Gertrud J. Zint 93
4:32.71 Gertrud J. Zint 76 10/10/93
4:53.66 Kay M. Schimpf 76 10/10/93

50m Fly Women 75-79
R: 56.53 Gertrud J. Zint 93
56.53 Gertrud J. Zint 76 10/10/93

100m Fly Women 75-79
-no record-
-no swimmer-

200m Fly Women 75-79
R: 5:22.24 Kay M. Schimpf 93
5:22.24 Kay M. Schimpf 76 10/31/93

100m L.M. Women 75-79
R: 1:58.06 Gertrud J. Zint 93
1:58.06 Gertrud J. Zint 76 10/10/93
2:10.40 Kay M. Schimpf 76 10/10/93
2:46.59 V.R. Sullivan 76 10/10/93

200m L.M. Women 75-79
R: 4:27.83 Gertrud J. Zint 93
4:27.83 Gertrud J. Zint 76 10/10/93
4:47.43 Kay M. Schimpf 76 10/10/93

400m L.M. Women 75-79
R: 9:41.36 Gertrud J. Zint 93
9:41.36 Gertrud J. Zint 76 10/10/93
10:04.81 Kay M. Schimpf 76 10/10/93

50m Back Women 80-84
R: 1:12.94 Win Kennedy 93
1:12.94 Win Kennedy 80 10/31/93

50m Fly Women 80-84
R: 1:23.34 Win Kennedy 93
1:23.34 Win Kennedy 80 10/31/93

50m Back Women 85-89
R: 1:31.84 M.B. McKechnie 93
1:31.84 M.B. McKechnie 89 10/31/93

50m Free Men 19-24
R: 27.27 Robert J. Harms 93
27.27 Robert J. Harms 23 10/10/93
27.46 Chris J. Brancato 22 10/10/93
27.61 Todd V. Haraminac 24 10/10/93
28.99 Trey C. Johnson 22 10/10/93

100m Free Men 19-24
R: 53.12 Jeff Poppell 93
53.12 Jeff Poppell 23 10/10/93
1:00.53 Robert J. Harms 23 10/10/93
1:01.31 Chris J. Brancato 22 10/10/93

200m Free Men 19-24
R: 1:56.27 Jeff Poppell 93
1:56.27 Jeff Poppell 23 10/10/93
2:17.52 Todd V. Haraminac 24 10/10/93
2:26.59 Trey C. Johnson 22 10/10/93

400m Free Men 19-24
R: 4:08.28 Jeff Poppell 93
4:08.28 Jeff Poppell 23 10/10/93

800m Free Men 19-24
R: 8:39.19 Jeff Poppell 93
8:39.19 Jeff Poppell 23 10/10/93

1500m Free Men 19-24
R: 16:15.25 Jeff Poppell 93
16:15.25 Jeff Poppell 23 10/10/93

50m Back Men 19-24
-no record-
-no swimmer-

100m Back Men 19-24
R: 1:00.67 Jeff Poppell 93
1:00.67 Jeff Poppell 23 10/10/93

200m Back Men 19-24
R: 2:10.62 Jeff Poppell 93
2:10.62 Jeff Poppell 23 10/10/93

50m Brst Men 19-24
R: 38.04 Robert J. Harms 93
38.04 Robert J. Harms 23 10/10/93

100m Brst Men 19-24
R: 1:19.70 Todd V. Haraminac 93
1:19.70 Todd V. Haraminac 24 10/10/93

200m Brst Men 19-24
-no record-
-no swimmer-

50m Fly Men 19-24
R: 29.63 Robert J. Harms 93
29.63 Robert J. Harms 23 10/10/93
29.84 Chris J. Brancato 22 10/10/93
35.56 R.J. Barrett 24 10/10/93

100m Fly Men 19-24
R: 57.54 Jeff Poppell 93
57.54 Jeff Poppell 23 10/10/93
1:09.41 Chris J. Brancato 22 10/10/93
1:12.51 Robert J. Harms 23 10/10/93
1:26.11 R.J. Barrett 24 10/10/93

200m Fly Men 19-24
R: 2:07.64 Jeff Poppell 93
2:07.64 Jeff Poppell 23 10/10/93

100m L.M. Men 19-24
R: 1:09.45 Robert J. Harms 93
1:09.45 Robert J. Harms 23 10/10/93
1:12.18 Todd V. Haraminac 24 10/10/93

200m L.M. Men 19-24
R: 2:11.25 Jeff Poppell 93
2:11.25 Jeff Poppell 23 10/10/93

400m L.M. Men 19-24
R: 4:44.27 Jeff Poppell 93
4:44.27 Jeff Poppell 23 10/10/93
6:00.96 Robert J. Harms 23 10/10/93

50m Free Men 25-29
R: 24.74 Paul W. Robinson 93
24.74 Paul W. Robinson 26 10/10/93
25.04 Jack C. McKean 29 10/10/93
25.08 Daniel J. Hayes 29 10/10/93
25.09 Mark A. MacDonald 25 10/10/93
26.84 Ken R. Wagner 29 10/10/93

100m Free Men 25-29
R: 53.09 Paul W. Robinson 93
53.09 Paul W. Robinson 26 10/10/93
56.09 Daniel J. Hayes 29 10/10/93
59.72 Barry E. Cretin 29 10/10/93
1:00.16 Walter Steele 29 10/10/93
1:05.64 Kevin P. McWeeney 27 10/10/93

200m Free Men 25-29
R: 1:57.15 Paul W. Robinson 93
1:57.15 Paul W. Robinson 26 10/10/93
2:08.25 Mark A. MacDonald 25 10/10/93
2:10.24 Walter Steele 29 10/10/93
2:27.56 Kevin P. McWeeney 27 10/10/93

400m Free Men 25-29
R: 4:10.40 Paul W. Robinson 93
4:10.40 Paul W. Robinson 26 10/10/93

800m Free Men 25-29
R: 8:41.80 Paul W. Robinson 93
8:41.80 Paul W. Robinson 26 10/10/93

1500m Free Men 25-29
-no record-
-no swimmer-

50m Back Men 25-29
R: 29.87 Jack C. McKean 93
29.87 Jack C. McKean 29 10/10/93
32.63 Walter Steele 29 10/10/93

100m Back Men 25-29
R: 1:02.06 Paul W. Robinson 93
1:02.06 Paul W. Robinson 26 10/10/93
1:13.32 Walter Steele 29 10/10/93
1:21.17 Kevin P. McWeeney 27 10/10/93

200m Back Men 25-29
R: 2:10.95 Paul W. Robinson 93
2:10.95 Paul W. Robinson 26 10/10/93

50m Brst Men 25-29
R: 32.89 F. Charmforoosh 93
32.89 F. Charmforoosh 27 10/10/93

100m Brst Men 25-29
R: 1:15.91 F. Charmforoosh 93
1:15.91 F. Charmforoosh 27 10/10/93

200m Brst Men 25-29
R: 2:38.55 F. Charmforoosh 93
2:38.55 F. Charmforoosh 27 10/10/93

50m Fly Men 25-29
R: 26.23 Jack C. McKean 93
26.23 Jack C. McKean 29 10/10/93
27.81 Daniel J. Hayes 29 10/10/93
28.05 Ken R. Wagner 29 10/10/93
29.02 F. Charmforoosh 27 10/10/93
31.04 Walter Steele 29 10/10/93

100m Fly Men 25-29
R: 1:01.98 Paul W. Robinson 93
1:01.98 Paul W. Robinson 26 10/10/93
1:04.07 Daniel J. Hayes 29 10/10/93
1:04.75 Ken R. Wagner 29 10/10/93
1:06.87 F. Charmforoosh 27 10/10/93
1:08.40 Walter Steele 29 10/10/93

200m Fly Men 25-29
-no record-
-no swimmer-

100m L.M. Men 25-29
R: 1:05.51 Mark A. MacDonald 93
1:05.51 Mark A. MacDonald 25 10/10/93
1:06.81 Ken R. Wagner 29 10/10/93
1:10.00 Barry E. Cretin 29 10/10/93
1:10.04 F. Charmforoosh 27 10/10/93
1:17.76 Kevin P. McWeeney 27 10/10/93

200m L.M. Men 25-29
R: 2:13.96 Paul W. Robinson 93
2:13.96 Paul W. Robinson 26 10/10/93
2:31.55 F. Charmforoosh 27 10/10/93
2:33.57 Ken R. Wagner 29 10/10/93
2:40.68 Barry E. Cretin 29 10/10/93

400m L.M. Men 25-29
R: 4:52.77 Paul W. Robinson 93
4:52.77 Paul W. Robinson 26 10/10/93
5:28.81 F. Charmforoosh 27 10/10/93

50m Free Men 30-34
R: 24.18 John W. Black 93
24.18 John W. Black 30 10/10/93
25.25 M.T. Shepardson 33 10/10/93
25.90 Brian E. Vaile 31 10/10/93
26.33 J.T. Salomon 32 10/10/93
27.47 H.(III) A. Brinker 32 10/10/93

100m Free Men 30-34
R: 53.62 John W. Black 93
53.62 John W. Black 30 10/10/93
58.97 Brian E. Vaile 31 10/10/93
1:02.39 H.(III) A. Brinker 32 10/10/93
1:06.46 James A. Gildea 31 10/10/93
1:07.34 Jorge J. Lense 34 10/10/93

200m Free Men 30-34
R: 2:00.12 Cris A. Williams 93
2:00.12 Cris A. Williams 32 10/10/93
2:03.28 John W. Black 30 10/10/93
2:31.53 Peter J. Onohue 34 10/10/93
2:35.89 Jorge J. Lense 34 10/10/93
2:39.24 Paul G. O'Brien 33 10/10/93

400m Free Men 30-34
R: 4:21.63 Cris A. Williams 93
4:21.63 Cris A. Williams 32 10/10/93
5:39.51 Jorge J. Lense 34 10/10/93
5:39.60 Paul G. O'Brien 33 10/10/93
5:48.00 Michael P. Minyon 33 10/10/93
5:59.17 Donald L. Combs 32 10/10/93

800m Free Men 30-34
R: 9:07.32 Cris A. Williams 93
9:07.32 Cris A. Williams 32 10/10/93
11:32.16 Paul G. O'Brien 33 10/10/93
12:13.23 Michael P. Minyon 33 10/10/93

1500m Free Men 30-34
R: 21:59.14 Paul G. O'Brien 93
21:59.14 Paul G. O'Brien 33 10/10/93

50m Back Men 30-34
R: 30.50 M.T. Shepardson 93
30.50 M.T. Shepardson 33 10/10/93
31.18 John W. Black 30 10/10/93
31.58 Brian E. Vaile 31 10/10/93
32.34 J.T. Salomon 32 10/10/93
32.82 H.(III) A. Brinker 32 10/10/93

100m Back Men 30-34
R: 1:05.29 William L. Specht 92
1:08.06 John W. Black 30 10/10/93
1:30.31 Matthew J. Premo 33 10/10/93

200m Back Men 30-34
R: 2:22.85 William L. Specht 92
2:29.64 John W. Black 30 10/10/93

50m Brst Men 30-34
R: 35.03 J.T. Salomon 93
35.03 J.T. Salomon 32 10/10/93
35.54 Brian E. Vaile 31 10/10/93
39.12 Michael P. Minyon 33 10/10/93
39.19 James A. Gildea 31 10/10/93

100m Brst Men 30-34
R: 1:16.89 Brian E. Vaile 93
1:16.89 Brian E. Vaile 31 10/10/93
1:24.27 John G. Sabo 32 10/10/93
1:26.97 Michael D. Murray 32 10/10/93
1:29.32 Michael P. Minyon 33 10/10/93

200m Brst Men 30-34
R: 3:04.07 Jeffrey A. Good 92
3:21.90 Michael P. Minyon 33 10/10/93

50m Fly Men 30-34
R: 27.80 John W. Black 93
27.80 John W. Black 30 10/10/93
29.35 J.T. Salomon 32 10/10/93
30.59 H.(III) A. Brinker 32 10/10/93
32.25 Jorge J. Lense 34 10/10/93
36.95 Michael P. Minyon 33 10/10/93

100m Fly Men 30-34
R: 1:01.89 John W. Black 93
1:01.89 John W. Black 30 10/10/93
1:04.50 Cris A. Williams 32 10/10/93
1:16.85 Jorge J. Lense 34 10/10/93

200m Fly Men 30-34
R: 2:15.59 William L. Specht 92
3:27.27 Jorge J. Lense 34 10/10/93

100m L.M. Men 30-34
R: 1:04.25 M.T. Shepardson 93
1:04.25 M.T. Shepardson 33 10/10/93
1:04.55 John W. Black 30 10/10/93
1:05.81 Brian E. Vaile 31 10/10/93
1:07.95 J.T. Salomon 32 10/10/93
1:12.42 H.(III) A. Brinker 32 10/10/93

200m L.M. Men 30-34
R: 2:23.54 Cris A. Williams 93
2:23.54 Cris A. Williams 32 10/10/93
2:27.11 John W. Black 30 10/10/93
3:01.96 Jorge J. Lense 34 10/10/93
3:12.11 Matthew J. Premo 33 10/10/93

400m L.M. Men 30-34
R: 5:08.11 Cris A. Williams 93
5:08.11 Cris A. Williams 32 10/10/93

50m Free Men 35-39
R: 24.86 Tim S. McGinnis 93
24.86 Tim S. McGinnis 35 10/10/93
25.30 L.J. Meisenheimer 36 10/10/93
26.28 Douglas H. Schlak 37 10/10/93
27.18 Larry D. Peck 39 10/10/93
28.09 John V. Conlon 37 10/10/93

100m Free Men 35-39
R: 54.79 L.J. Meisenheimer 93
54.79 L.J. Meisenheimer 36 10/10/93
57.63 Tim S. McGinnis 35 10/10/93
59.59 William D. Mrazek 39 10/10/93
1:04.10 John V. Conlon 37 10/10/93
1:07.30 James R. Moore 36 10/10/93

200m Free Men 35-39
R: 1:59.91 L.J. Meisenheimer 93
1:59.91 L.J. Meisenheimer 36 10/10/93
2:04.00 Douglas H. Schlak 37 10/10/93
2:11.60 William D. Mrazek 39 10/10/93
2:12.55 Tim S. McGinnis 35 10/10/93
2:16.46 Scott P. McMillen 39 10/10/93

400m Free Men 35-39
R: 4:30.51 L.J. Meisenheimer 93
4:30.51 L.J. Meisenheimer 36 10/10/93
5:16.36 James R. Moore 36 10/10/93
5:34.54 Jim P. Seidel 37 10/10/93
6:12.39 R.A. Robinson 39 10/10/93

800m Free Men 35-39
R: 8:58.85 William L. Specht 93
8:58.85 William L. Specht 35 10/10/93
10:07.00 William D. Mrazek 39 10/10/93
10:37.41 Larry R. Black 35 10/10/93
10:45.45 Larry D. Peck 39 10/10/93
11:10.19 James R. Moore 36 10/10/93

1500m Free Men 35-39
R: 20:01.68 Larry R. Black 93
20:01.68 Larry R. Black 35 10/10/93

50m Back Men 35-39
R: 27.54 William L. Specht 93
27.54 William L. Specht 35 10/10/93
31.62 Scott P. McMillen 39 10/10/93
32.50 Barton G. Cobb 39 10/10/93
35.99 Joe F. Securo 37 10/10/93
47.31 R.A. Robinson 39 10/10/93

100m Back Men 35-39
R: 1:00.65 William L. Specht 93
1:00.65 William L. Specht 35 10/10/93
1:11.44 Barton G. Cobb 39 10/10/93
1:48.77 R.A. Robinson 39 10/10/93

200m Back Men 35-39
R: 2:10.01 William L. Specht 93
2:10.01 William L. Specht 35 10/10/93
2:33.14 Scott P. McMillen 39 10/10/93
2:38.71 Joe F. Securo 37 10/10/93
3:25.40 R.A. Robinson 39 10/10/93

50m Brst Men 35-39
R: 34.78 Barton G. Cobb 93
34.78 Barton G. Cobb 39 10/10/93
40.04 John V. Conlon 37 10/10/93
43.30 R.A. Robinson 39 10/10/93

100m Brst Men 35-39
R: 1:16.60 Barton G. Cobb 93
1:16.60 Barton G. Cobb 39 10/10/93
1:31.25 John V. Conlon 37 10/10/93
1:32.81 R.A. Robinson 39 10/10/93

200m Brst Men 35-39
R: 2:58.59 Barton G. Cobb 93
2:58.59 Barton G. Cobb 39 10/10/93
3:26.04 R.A. Robinson 39 10/10/93

50m Fly Men 35-39
R: 25.89 William L. Specht 93
25.89 William L. Specht 35 10/10/93
28.05 L.J. Meisenheimer 36 10/10/93
29.23 Barton G. Cobb 39 10/10/93
29.52 Tim S. McGinnis 35 10/10/93
32.73 James R. Moore 36 10/10/93

100m Fly Men 35-39
R: 57.02 William L. Specht 93
57.02 William L. Specht 35 10/10/93
1:22.82 John V. Conlon 37 10/10/93
1:27.89 Jim P. Seidel 37 10/10/93

200m Fly Men 35-39
R: 2:06.97 William L. Specht 93
2:06.97 William L. Specht 35 10/10/93

100m L.M. Men 35-39
R: 1:08.89 Scott P. McMillen 93
1:08.89 Scott P. McMillen 39 10/10/93
1:09.30 Barton G. Cobb 39 10/10/93
1:09.51 William D. Mrazek 39 10/10/93
1:12.99 Larry D. Peck 39 10/10/93
1:14.95 Joe F. Securo 37 10/10/93

200m L.M. Men 35-39
R: 2:25.27 William L. Specht 93
2:25.27 William L. Specht 35 10/10/93
2:33.66 William D. Mrazek 39 10/10/93
2:57.22 Jim P. Seidel 37 10/10/93
2:57.81 James R. Moore 36 10/10/93

400m L.M. Men 35-39
R: 5:28.44 Douglas H. Schlak 93
5:28.44 Douglas H. Schlak 37 10/10/93
5:38.01 Scott P. McMillen 39 10/10/93
6:38.52 James R. Moore 36 10/10/93

50m Free Men 40-44
R: 25.24 C.D. Miltenberger 93
25.24 C.D. Miltenberger 42 10/10/93
26.10 Bob W. Ruth 40 10/10/93
27.41 David H. Wesley 41 10/10/93
30.78 Harry N. Wessel 44 10/10/93

100m Free Men 40-44
R: 55.02 C.D. Miltenberger 93
55.02 C.D. Miltenberger 42 10/10/93
58.95 Bob W. Ruth 40 10/10/93
1:00.85 Robert A. Maestre 43 10/10/93
1:01.94 David H. Wesley 41 10/10/93
1:11.65 Harry N. Wessel 44 10/10/93

200m Free Men 40-44
R: 2:41.92 Harry N. Wessel 93
2:41.92 Harry N. Wessel 44 10/10/93

400m Free Men 40-44
R: 5:56.64 Harry N. Wessel 93
5:56.64 Harry N. Wessel 44 10/10/93

800m Free Men 40-44
R: 10:41.82 Robert A. Maestre 93
10:41.82 Robert A. Maestre 43 10/31/93
12:13.24 Thomas G. Hoffman 41 10/10/93

1500m Free Men 40-44
R: 23:05.93 Thomas G. Hoffman 93
23:05.93 Thomas G. Hoffman 41 10/10/93

50m Back Men 40-44
R: 32.47 C.D. Miltenberger 93
32.47 C.D. Miltenberger 42 10/10/93

100m Back Men 40-44
R: 1:23.51 Paul W. Nichols 93
1:23.51 Paul W. Nichols 42 10/10/93

200m Back Men 40-44
R: 2:47.26 Robert A. Maestre 93
2:47.26 Robert A. Maestre 43 10/31/93

50m Brst Men 40-44
R: 30.80 C.D. Miltenberger 93
30.80 C.D. Miltenberger 42 10/10/93
33.44 Bob W. Ruth 40 10/10/93
34.32 David H. Wesley 41 10/10/93
38.08 David P. Gauldin 42 10/10/93

100m Brst Men 40-44
R: 1:07.98 C.D. Miltenberger 93
1:07.98 C.D. Miltenberger 42 10/10/93
1:12.81 Bob W. Ruth 40 10/10/93
1:15.87 David H. Wesley 41 10/10/93
1:22.79 David P. Gauldin 42 10/10/93

200m Brst Men 40-44
R: 2:36.32 C.D. Miltenberger 93
2:36.32 C.D. Miltenberger 42 10/10/93
2:43.77 Bob W. Ruth 40 10/10/93
3:05.36 David P. Gauldin 42 10/10/93
3:28.69 Paul W. Nichols 42 10/10/93

50m Fly Men 40-44
R: 28.05 K.M. McCormack 93
28.05 K.M. McCormack 41 10/10/93
28.30 C.D. Miltenberger 42 10/10/93
30.34 David H. Wesley 41 10/10/93
34.95 David P. Gauldin 42 10/10/93
37.15 Paul W. Nichols 42 10/10/93

100m Fly Men 40-44
R: 1:02.89 C.D. Miltenberger 93
1:02.89 C.D. Miltenberger 42 10/10/93
1:04.08 K.M. McCormack 41 10/10/93
1:13.97 Robert A. Maestre 43 10/10/93

200m Fly Men 40-44
-no record-
-no swimmer-

100m L.M. Men 40-44
R: 1:04.46 C.D. Miltenberger 93
1:04.46 C.D. Miltenberger 42 10/10/93
1:06.44 Bob W. Ruth 40 10/10/93
1:11.24 David H. Wesley 41 10/10/93
1:22.50 David P. Gauldin 42 10/10/93
1:27.41 Harry N. Wessel 44 10/10/93

200m L.M. Men 40-44
R: 2:27.72 Bob W. Ruth 93
2:27.72 Bob W. Ruth 40 10/10/93
3:04.01 Paul W. Nichols 42 10/10/93
3:11.91 Harry N. Wessel 44 10/10/93

400m L.M. Men 40-44
R: 6:41.19 Harry N. Wessel 93
6:41.19 Harry N. Wessel 44 10/10/93

50m Free Men 45-49
R: 25.27 Thomas W. Peek 93
25.27 Thomas W. Peek 46 10/10/93
28.74 C.D. Nielsen 47 10/10/93
29.62 Bill Pillmore 45 10/10/93
29.77 Bill Keenan 49 10/10/93
30.59 John N. Luhn 47 10/10/93

100m Free Men 45-49
R: 57.17 Thomas W. Peek 93
57.17 Thomas W. Peek 46 10/10/93
1:05.65 Bill Pillmore 45 10/10/93
1:06.06 Bill Keenan 49 10/10/93
1:07.68 Wm. Kyle Adams 45 10/10/93
1:11.26 John N. Luhn 47 10/10/93

200m Free Men 45-49
R: 2:15.56 Thomas W. Peek 93
2:15.56 Thomas W. Peek 46 10/10/93
2:25.11 Bill Pillmore 45 10/10/93
2:26.97 Bill Keenan 49 10/10/93
2:36.05 C.D. Nielsen 47 10/10/93
2:44.19 Wm. Kyle Adams 45 10/10/93

400m Free Men 45-49
R: 5:17.03 Bill Keenan 93
5:17.03 Bill Keenan 49 10/10/93
5:27.43 C.D. Nielsen 47 10/10/93
5:30.37 Mark T. Ebel 45 10/10/93
6:40.05 J.R. O'Connell 48 10/10/93

800m Free Men 45-49
R: 11:25.93 Bill Keenan 93
11:25.93 Bill Keenan 49 10/10/93
12:56.88 M.E. D'Angelo 47 10/10/93

1500m Free Men 45-49
-no record-
-no swimmer-

50m Back Men 45-49
R: 34.75 Bill Pillmore 93
34.75 Bill Pillmore 45 10/10/93
43.20 J.R. O'Connell 48 10/10/93

100m Back Men 45-49
R: 1:17.21 Bill Pillmore 93
1:17.21 Bill Pillmore 45 10/10/93
1:25.32 Bill Keenan 49 10/10/93

200m Back Men 45-49
R: 2:47.08 Bill Pillmore 93
2:47.08 Bill Pillmore 45 10/10/93

50m Brst Men 45-49
R: 34.77 Scott Guthrie 93
34.77 Scott Guthrie 48 10/10/93
39.63 C.D. Nielsen 47 10/10/93
45.16 John N. Luhn 47 10/10/93
45.65 J.R. O'Connell 48 10/10/93

100m Brst Men 45-49
R: 1:19.47 Scott Guthrie 93
1:19.47 Scott Guthrie 48 10/10/93

200m Brst Men 45-49
-no record-
-no swimmer-

50m Fly Men 45-49
R: 30.00 C.D. Nielsen 93
30.00 C.D. Nielsen 47 10/10/93
30.60 Mark T. Ebel 45 10/10/93
32.88 Wm. Kyle Adams 45 10/10/93
34.17 Bill Keenan 49 10/10/93
34.39 Steven D. Grau 48 10/10/93

100m Fly Men 45-49
R: 1:08.90 Mark T. Ebel 93
1:08.90 Mark T. Ebel 45 10/10/93
1:12.89 C.D. Nielsen 47 10/10/93
1:15.78 Bill Pillmore 45 10/10/93
1:21.01 Steven D. Grau 48 10/10/93
1:21.37 Wm. Kyle Adams 45 10/10/93

200m Fly Men 45-49
-no record-
-no swimmer-

100m L.M. Men 45-49
R: 1:13.26 Bill Pillmore 93
1:13.26 Bill Pillmore 45 10/10/93
1:17.29 C.D. Nielsen 47 10/10/93
1:19.86 Wm. Kyle Adams 45 10/10/93
1:28.88 John N. Luhn 47 10/10/93

1:32.72 J.R. O'Connell 48 10/10/93

200m L.M. Men 45-49
R: 2:43.45 Bill Pillmore 93
2:43.45 Bill Pillmore 45 10/10/93
2:48.62 Mark T. Ebel 45 10/10/93
3:00.84 Bill Keenan 49 10/10/93

400m L.M. Men 45-49
-no record-
-no swimmer-

50m Free Men 50-54
R: 28.60 Gary Trimble 93
28.60 Gary Trimble 50 10/10/93
33.40 Bill Rodenfels 51 10/10/93
34.79 Walter R. Abstein 51 10/10/93
1:02.80 William E. Ragan 51 10/10/93

100m Free Men 50-54
R: 1:05.33 Gary Trimble 93
1:05.33 Gary Trimble 50 10/10/93
1:10.25 C.R. Iselin 50 10/10/93
1:15.73 Bill Rodenfels 51 10/10/93

200m Free Men 50-54
R: 2:35.73 Gary Trimble 93
2:35.73 Gary Trimble 50 10/10/93
2:50.03 Bill Rodenfels 51 10/10/93

400m Free Men 50-54
R: 6:02.95 Bill Rodenfels 93
6:02.95 Bill Rodenfels 51 10/10/93

800m Free Men 50-54
R: 12:17.18 Bill Rodenfels 93
12:17.18 Bill Rodenfels 51 10/10/93
25:21.08 Joe H. Baker 54 10/31/93

1500m Free Men 50-59
-no record-
-no swimmer-

50m Back Men 50-54
R: 35.22 Peter R. Betzer 93
35.22 Peter R. Betzer 51 10/31/93
37.17 Gary Trimble 50 10/10/93
40.45 Walter R. Abstein 51 10/10/93
40.80 C.R. Iselin 50 10/10/93
46.81 Bill Rodenfels 51 10/10/93

100m Back Men 50-54
R: 1:16.88 Peter R. Betzer 92
1:16.88 Peter R. Betzer 51 10/10/93
1:31.40 Walter R. Abstein 51 10/10/93
1:43.56 Bill Rodenfels 51 10/10/93

200m Back Men 50-54
R: 2:44.76 Peter R. Betzer 92
2:44.76 Peter R. Betzer 51 10/31/93
3:16.71 Walter R. Abstein 51 10/10/93
5:32.57 William E. Ragan 51 10/10/93

50m Brst Men 50-54
R: 36.14 Gary Trimble 93
36.14 Gary Trimble 50 10/10/93
38.14 Peter R. Betzer 51 10/31/93
39.51 C.R. Iselin 50 10/10/93
42.07 Walter R. Abstein 51 10/10/93
1:01.36 William E. Ragan 51 10/10/93

100m Brst Men 50-54
R: 1:22.67 Gary Trimble 93
1:22.67 Gary Trimble 50 10/10/93
1:28.03 C.R. Iselin 50 10/10/93
1:28.30 Allen J. Whitcomb 53 10/10/93
1:40.71 Walter R. Abstein 51 10/10/93
2:23.55 William E. Ragan 51 10/10/93

200m Brst Men 50-54
R: 3:06.37 Gary Trimble 93
3:06.37 Gary Trimble 50 10/10/93
3:17.17 C.R. Iselin 50 10/10/93
3:32.35 Peter R. Betzer 51 10/31/93
3:43.44 Walter R. Abstein 51 10/10/93
5:01.53 William E. Ragan 51 10/10/93

50m Fly Men 50-54
R: 32.12 Gary Trimble 93
32.12 Gary Trimble 50 10/10/93
34.93 C.R. Iselin 50 10/10/93
37.82 Bill Rodenfels 51 10/10/93
42.66 Walter R. Abstein 51 10/10/93
1:16.76 William E. Ragan 51 10/10/93

100m Fly Men 50-54
R: 1:30.74 C.R. Iselin 93
1:30.74 C.R. Iselin 50 10/10/93
3:04.96 William E. Ragan 51 10/10/93

200m Fly Men 50-54
R: 3:21.87 C.R. Iselin 93
3:21.87 C.R. Iselin 50 10/10/93

100m L.M. Men 50-54
R: 1:13.35 Gary Trimble 93
1:13.35 Gary Trimble 50 10/10/93
1:21.19 C.R. Iselin 50 10/10/93
1:25.63 Walter R. Abstein 51 10/10/93
1:27.66 Allen J. Whitcomb 53 10/10/93
1:29.73 Bill Rodenfels 51 10/10/93

200m L.M. Men 50-54
R: 2:50.55 Gary Trimble 93
2:50.55 Gary Trimble 50 10/10/93
3:04.16 Peter R. Betzer 51 10/31/93
3:19.03 Walter R. Abstein 51 10/10/93
6:52.45 Joe H. Baker 54 10/31/93

400m L.M. Men 50-54
R: 6:43.34 C.R. Iselin 93
6:43.34 C.R. Iselin 50 10/10/93

50m Free Men 55-59
R: 31.33 Henry J. Glancy 93
31.33 Henry J. Glancy 55 10/10/93
32.20 George W. Mann 55 10/10/93
33.21 Victor Sirbu 56 10/10/93
58.87 Adam C. Leonard 56 10/10/93

100m Free Men 55-59
R: 1:09.82 Henry J. Glancy 93
1:09.82 Henry J. Glancy 55 10/10/93
1:11.41 George W. Mann 55 10/10/93
1:14.70 Victor Sirbu 56 10/10/93
1:44.79 Jon R. Culbertson 58 10/10/93

200m Free Men 55-59
R: 2:40.27 Henry J. Glancy 93
2:40.27 Henry J. Glancy 55 10/10/93
2:40.89 George W. Mann 55 10/10/93
2:52.43 Victor Sirbu 56 10/10/93

400m Free Men 55-59
R: 5:31.61 George W. Mann 93
5:31.61 George W. Mann 55 10/10/93
5:54.59 Henry J. Glancy 55 10/10/93

800m Free Men 55-59
R: 12:05.69 George W. Mann 93
12:05.69 George W. Mann 55 10/10/93
13:25.46 Victor Sirbu 56 10/10/93

1500m Free Men 55-59
R: 23:32.11 Ray S. Burns 92
25:15.87 Victor Sirbu 56 10/10/93

50m Back Men 55-59
R: 37.57 Henry J. Glancy 93
37.57 Henry J. Glancy 55 10/10/93
53.51 Adam C. Leonard 56 10/10/93

100m Back Men 55-59
R: 1:23.44 Henry J. Glancy 93
1:23.44 Henry J. Glancy 55 10/10/93
2:03.29 Jon R. Culbertson 58 10/10/93

200m Back Men 55-59
R: 2:56.17 Henry J. Glancy 93
2:56.17 Henry J. Glancy 55 10/10/93
4:28.62 Adam C. Leonard 56 10/10/93

50m Brst Men 55-59
R: 40.51 Henry J. Glancy 93
40.51 Henry J. Glancy 55 10/10/93
42.84 Harry M. Piper 58 10/31/93
44.03 Victor Sirbu 56 10/10/93
45.81 Ray S. Burns 58 10/31/93
56.58 Jon R. Culbertson 58 10/10/93

100m Brst Men 55-59
R: 1:29.91 Ray S. Burns 92
1:32.96 Henry J. Glancy 55 10/10/93
1:42.94 Victor Sirbu 56 10/10/93

200m Brst Men 55-59
R: 3:33.91 Harry M. Piper 92
3:33.91 Harry M. Piper 58 10/31/93
3:38.94 Henry J. Glancy 55 10/10/93

50m Fly Men 55-59
R: 35.43 Telfair Mahaffy 93
35.43 Telfair Mahaffy 57 10/10/93
37.41 Victor Sirbu 56 10/10/93
1:01.54 Jon R. Culbertson 58 10/10/93

100m Fly Men 55-59
R: 1:20.28 Telfair Mahaffy 93
1:20.28 Telfair Mahaffy 57 10/10/93
1:39.40 Victor Sirbu 56 10/10/93

200m Fly Men 55-59
R: 2:26.22 Ray S. Burns 92
3:04.41 Telfair Mahaffy 57 10/10/93

100m L.M. Men 55-59
R: 1:23.41 Telfair Mahaffy 93
1:23.41 Telfair Mahaffy 57 10/10/93
1:31.12 Victor Sirbu 56 10/10/93

200m L.M. Men 55-59
R: 3:03.93 Telfair Mahaffy 93
3:03.93 Telfair Mahaffy 57 10/10/93
3:30.59 Victor Sirbu 56 10/10/93

400m L.M. Men 55-59
R: 6:43.92 Telfair Mahaffy 93
6:43.92 Telfair Mahaffy 57 10/10/93

50m Free Men 60-64
R: 31.95 C.E. Weatherbee 93
31.95 C.E. Weatherbee 60 10/10/93
32.19 Harold Ferris 62 10/10/93
39.71 Edward R. Kirk 63 10/10/93
43.74 Guy K. McCann 60 10/10/93
49.16 C."Red" Bailey 63 10/10/93

100m Free Men 60-64
R: 1:15.02 Thomas H. Koenig 93
1:15.02 Thomas H. Koenig 61 10/10/93
1:16.83 C.E. Weatherbee 60 10/10/93
1:16.83 C.H. Kohnken 62 10/10/93
1:18.52 Harold Ferris 62 10/10/93
1:35.63 Guy K. McCann 60 10/10/93

200m Free Men 60-64
R: 2:48.62 C.H. Kohnken 93
2:48.62 C.H. Kohnken 62 10/10/93
4:13.57 Keith Burbridge 64 10/10/93
4:16.64 C."Red" Bailey 63 10/10/93

400m Free Men 60-64
R: 6:00.76 C.H. Kohnken 93
6:00.76 C.H. Kohnken 62 10/10/93

800m Free Men 60-64
R: 12:22.28 C.H. Kohnken 93
12:22.28 C.H. Kohnken 62 10/31/93
14:26.00 Harold Ferris 62 10/31/93
17:56.63 Ned P. Allen 63 10/31/93

1500m Free Men 60-64
R: 25:07.86 Robert E. Beach 92
-no swimmer-

50m Back Men 60-64
R: 41.59 Robert G. Coulter 93
41.59 Robert G. Coulter 60 10/10/93
41.66 C.E. Weatherbee 60 10/10/93
47.94 Harold Ferris 62 10/10/93

100m Back Men 60-64
R: 1:33.11 C.E. Weatherbee 93
1:33.11 C.E. Weatherbee 60 10/10/93
1:33.21 Thomas H. Koenig 61 10/10/93
1:45.15 Harold Ferris 62 10/10/93
2:35.64 Keith Burbridge 64 10/10/93

200m Back Men 60-64
R: 3:24.47 C.E. Weatherbee 93
3:24.47 C.E. Weatherbee 60 10/10/93
3:39.70 Robert G. Coulter 60 10/10/93
5:01.11 Ned P. Allen 63 10/31/93
5:10.76 Keith Burbridge 64 10/10/93

50m Brst Men 60-64
R: 38.40 Thomas H. Koenig 93
38.40 Thomas H. Koenig 61 10/10/93

100m Brst Men 60-64
R: 2:05.55 Keith Burbridge 93
2:05.55 Keith Burbridge 64 10/10/93

200m Brst Men 60-64
R: 3:26.44 Thomas H. Koenig 93
3:26.44 Thomas H. Koenig 61 10/10/93
4:59.33 Keith Burbridge 64 10/10/93
5:57.49 Ned P. Allen 63 10/31/93

50m Fly Men 60-64
R: 40.08 Thomas H. Koenig 93
40.08 Thomas H. Koenig 61 10/10/93
43.64 Harold Ferris 62 10/10/93
56.61 Edward R. Kirk 63 10/10/93
1:08.74 Keith Burbridge 64 10/10/93

100m Fly Men 60-64
-no record-
-no swimmer-

200m Fly Men 60-64
R: 3:47.37 C.H. Kohnken 93
3:47.37 C.H. Kohnken 62 10/10/93
5:11.09 Ned P. Allen 63 10/31/93

100m L.M. Men 60-64
R: 1:28.28 C.E. Weatherbee 93
1:28.28 C.E. Weatherbee 60 10/10/93
1:36.27 Robert G. Coulter 60 10/10/93
1:40.11 Harold Ferris 62 10/10/93
1:55.57 Guy K. McCann 60 10/10/93
2:03.52 Edward R. Kirk 63 10/10/93

200m L.M. Men 60-64
R: 3:19.15 C.H. Kohnken 93
3:19.15 C.H. Kohnken 62 10/10/93
3:22.28 C.E. Weatherbee 60 10/10/93
4:15.48 Edward R. Kirk 63 10/10/93
4:48.68 Ned P. Allen 63 10/31/93
5:03.96 Keith Burbridge 64 10/10/93

400m L.M. Men 60-64
R: 7:10.81 C.H. Kohnken 92
7:16.92 C.H. Kohnken 62 10/10/93
7:32.11 C.E. Weatherbee 60 10/10/93

50m Free Men 65-69
R: 38.84 Al Rogerson 93
38.84 Al Rogerson 68 10/10/93

100m Free Men 65-69
R: 1:32.48 Al Rogerson 93
1:32.48 Al Rogerson 68 10/10/93

200m Free Men 65-69
R: 3:29.13 Al Rogerson 93
3:29.13 Al Rogerson 68 10/10/93

400m Free Men 65-69
R: 8:14.54 Al Rogerson 93
8:14.54 Al Rogerson 68 10/10/93

800m Free Men 65-69
R: 15:49.54 Al Rogerson 93
15:49.54 Al Rogerson 68 10/10/93

1500m Free Men 65-69
-no record-
-no swimmer-

50m Back Men 65-69
R: 36.47 Paul Hutinger 93
36.47 Paul Hutinger 68 10/10/93
36.82 Thomas E. Smith 66 10/31/93

100m Back Men 65-69
R: 1:19.68 Paul Hutinger 93
1:19.68 Paul Hutinger 68 10/10/93

200m Back Men 65-69
R: 3:01.06 Paul Hutinger 92
3:01.32 Paul Hutinger 68 10/10/93

50m Brst Men 65-69
-no record-
-no swimmer-

100m Brst Men 65-69
-no record-
-no swimmer-

200m Brst Men 65-69
-no record-
-no swimmer-

50m Fly Men 65-69
R: 35.41 Paul Hutinger 93
35.41 Paul Hutinger 68 10/10/93
37.65 Thomas E. Smith 66 10/31/93
53.03 Al Rogerson 68 10/10/93

100m Fly Men 65-69
R: 2:16.99 Al Rogerson 93
2:16.99 Al Rogerson 68 10/10/93

200m Fly Men 65-69
-no record-
-no swimmer-

100m L.M. Men 65-69
R: 1:19.90 Paul Hutinger 93
1:19.90 Paul Hutinger 68 10/10/93
1:50.15 Al Rogerson 68 10/10/93

200m L.M. Men 65-69
R: 4:28.98 Al Rogerson 93
4:28.98 Al Rogerson 68 10/10/93

400m L.M. Men 65-69
R: 9:43.58 Al Rogerson 93
9:43.58 Al Rogerson 68 10/10/93

50m Free Men 70-74
R: 34.78 John M. Woods 93
34.78 John M. Woods 70 10/10/93
35.43 Richard L. Avery 70 10/10/93
36.66 Jim W. Conger 73 10/10/93
38.23 R.E. Lavanture 71 10/10/93

100m Free Men 70-74
R: 1:19.03 John M. Woods 93
1:19.03 John M. Woods 70 10/10/93
1:27.20 Richard L. Avery 70 10/10/93
1:36.38 R.E. Lavanture 71 10/10/93
1:42.38 Robert D. Atwood 73 10/31/93

200m Free Men 70-74
R: 3:00.15 John M. Woods 93
3:00.15 John M. Woods 70 10/10/93

400m Free Men 70-74
R: 6:34.75 John M. Woods 93
6:34.75 John M. Woods 70 10/10/93

50m Back Men 70-74
R: 41.67 John M. Woods 93
41.67 John M. Woods 70 10/10/93
44.05 Richard L. Avery 70 10/10/93
48.53 R.E. Lavanture 71 10/10/93
49.41 Jim W. Conger 73 10/10/93
52.73 Abrasha Brainin 70 10/10/93

100m Back Men 70-74
R: 1:35.61 John M. Woods 93
1:35.61 John M. Woods 70 10/10/93
1:44.66 Richard L. Avery 70 10/10/93

200m Back Men 70-74
R: 3:56.25 Richard L. Avery 93
3:56.25 Richard L. Avery 70 10/10/93

50m Brst Men 70-74
R: 45.63 Abrasha Brainin 93
45.63 Abrasha Brainin 70 10/10/93
46.56 Richard L. Avery 70 10/10/93
48.87 R.E. Lavanture 71 10/10/93

100m Brst Men 70-74
R: 1:47.53 Abrasha Brainin 93
1:47.53 Abrasha Brainin 70 10/10/93
1:49.50 Richard L. Avery 70 10/10/93
1:55.91 R.E. Lavanture 71 10/10/93

200m Brst Men 70-74
R: 3:55.10 Abrasha Brainin 93
3:55.10 Abrasha Brainin 70 10/10/93
4:01.31 Richard L. Avery 70 10/10/93

50m Fly Men 70-74
R: 49.67 Abrasha Brainin 93
49.67 Abrasha Brainin 70 10/10/93

100m L.M. Men 70-74
R: 1:32.88 John M. Woods 93
1:32.88 John M. Woods 70 10/10/93

50m Free Men 75-79
R: 40.21 Brud Cleaveland 93
40.21 Brud Cleaveland 75 10/10/93
43.91 N.H. Skjersaa 77 10/10/93
59.54 Emie J. Ogilvie 79 10/10/93

100m Free Men 75-79
R: 1:33.52 Brud Cleaveland 93
1:33.52 Brud Cleaveland 75 10/10/93
1:39.41 N.H. Skjersaa 77 10/10/93
1:42.10 Kermit O. Hotvedt 78 10/31/93
1:54.35 John D. Johnston 78 10/31/93

2:08.51 R.H. Fletcher 78 10/10/93

200m Free Men 75-79
R: 3:38.50 John D. Johnston 92
3:53.80 N.H. Skjersaa 77 10/10/93
4:49.93 R.H. Fletcher 78 10/10/93

400m Free Men 75-79
R: 7:54.90 N.H. Skjersaa 93
7:54.90 N.H. Skjersaa 77 10/10/93
10:02.66 R.H. Fletcher 78 10/10/93

800m Free Men 75-79
R: 16:29.01 N.H. Skjersaa 93
16:29.01 N.H. Skjersaa 77 10/10/93
18:31.65 F.H. Tillotson 78 10/31/93

1500m Free Men 75-79
R: 40:40.89 R.H. Fletcher 93
40:40.89 R.H. Fletcher 78 10/10/93

50m Back Men 75-79
R: 1:01.30 Kermit O. Hotvedt 93
1:01.30 Kermit O. Hotvedt 78 10/31/93
1:08.38 N.H. Skjersaa 77 10/10/93
1:20.72 Emie J. Ogilvie 79 10/10/93
1:20.85 R.H. Fletcher 78 10/10/93

100m Back Men 75-79
R: 2:03.55 F.H. Tillotson 93
2:03.55 F.H. Tillotson 78 10/10/93
2:30.89 R.H. Fletcher 78 10/10/93

200m Back Men 75-79
R: 4:25.66 F.H. Tillotson 93
4:25.66 F.H. Tillotson 78 10/10/93

50m Brst Men 75-79
R: 47.86 Brud Cleaveland 93
47.86 Brud Cleaveland 75 10/10/93
1:04.24 F.H. Tillotson 78 10/10/93
1:06.36 John D. Johnston 78 10/31/93
1:10.21 N.H. Skjersaa 77 10/10/93
1:11.40 Kermit O. Hotvedt 78 10/31/93

100m Brst Men 75-79
R: 1:50.72 Brud Cleaveland 93
1:50.72 Brud Cleaveland 75 10/10/93
2:31.23 F.H. Tillotson 78 10/10/93
2:51.58 R.H. Fletcher 78 10/10/93

200m Brst Men 75-79
R: 4:32.96 Brud Cleaveland 93
4:32.96 Brud Cleaveland 75 10/10/93
5:42.31 F.H. Tillotson 78 10/10/93
6:16.98 R.H. Fletcher 78 10/10/93

50m Fly Men 75-79
R: 1:13.79 Emie J. Ogilvie 93
1:13.79 Emie J. Ogilvie 79 10/10/93
1:22.25 N.H. Skjersaa 77 10/10/93

100m Fly Men 75-79
-no record-
-no swimmer-

200m Fly Men 75-79
R: 4:34.32 John D. Johnston 92
5:14.04 John D. Johnston 78 10/31/93

100m L.M. Men 75-79
R: 1:48.89 Brud Cleaveland 93
1:48.89 Brud Cleaveland 75 10/10/93
2:11.57 F.H. Tillotson 78 10/10/93
2:21.54 N.H. Skjersaa 77 10/10/93
2:49.05 R.H. Fletcher 78 10/10/93

200m L.M. Men 75-79
R: 4:41.97 John D. Johnston 93
4:41.97 John D. Johnston 78 10/31/93

400m L.M. Men 75-79
R: 9:17.64 John D. Johnston 92
-no swimmer-

Florida LMSC 1993 SCY Top 5 - Errata

(These corrections (*) were submitted too late to make the National and Zone Top 10.)

50 Yd. Free Men 55-59 R: 26.03 Chuck Thomas 82	27.00 Jack R. Beattie 58 04/04/93 27.19 Henry J. Glancy 55 05/02/93 27.58 Mike T. Tschirret 57 02/07/93 29.10 George W. Mann 55 02/07/93 29.28 Ray S. Burns 57 12/06/92	100 Yd. Free Men 55-59 R: 57.39 Burwell Jones	59.98 Jack R. Beattie 58 04/04/93 1:01.47 Henry J. Glancy 55 05/02/93 1:03.58 Mike T. Tschirret 57 02/07/93 1:03.80 George W. Mann 55 04/04/93 1:04.32 Ray S. Burns 57 04/04/93	200 Yd. Free Men 55-59 R: 2:04.94 Burwell Jones 88	2:15.43 Mike T. Tschirret 57 02/07/93 2:19.36 Henry J. Glancy 55 05/02/93 2:21.08 George W. Mann 55 02/07/93 2:21.95 Ray S. Burns 57 02/14/93 2:26.47 Telfair Mahaffy 57 04/04/93	500 Yd. Free Men 55-59 R: 5:32.17 Burwell Jones 88	6:28.89 Ray S. Burns 57 02/14/93 6:33.05 George W. Mann 55 02/07/93	6:39.47 Henry J. Glancy 55 04/04/93 7:38.65 John R. Cox 57 02/07/93 7:45.37 Victor Sirbu 55 04/04/93	50 Yd. Fly Men 55-59 R: 29.65 Burwell Jones 88	30.71 Mike T. Tschirret 57 02/07/93 31.25 Jack R. Beattie 58 04/04/93 32.46 Telfair Mahaffy 57 04/04/93 32.86 Ray S. Burns 57 11/02/92 33.95 Simon 55 04/04/93	100 Yd. Fly Men 55-59 R: 1:05.88 Burwell Jones 88	1:10.35 Mike T. Tschirret 57 02/07/93 1:11.23 Telfair Mahaffy 57 04/04/93 1:25.87 Victor Sirbu 55 05/02/93 1:29.30 Simon 55 04/04/94	100 Yd. Back Women 75-79 R: 1:53.90 Gertrud J. Zint 93	1:53.90 Gertrud J. Zint 75 03/07/93 1:57.39 Kay M. Schimpf 75 --/--/93 2:07.55 F.E. Cichanski 76 --/--/93 2:22.98 A.V. Zoeller* 75 --/--/93 2:41.06 Win Kennedy 79 --/--/93	200 Yd. Back Women 75-79 R: 4:04.09 Gertrud J. Zint 93	4:04.09 Gertrud J. Zint* 75 02/07/93 4:15.17 Kay M. Schimpf 75 --/--/93 4:39.97 F.E. Cichanski 75 --/--/93 5:39.40 Win Kennedy 79 --/--/93	200 Yd. Breast Women 75-79 R: 4:20.32 Gertrud J. Zint 93	4:20.32 Gertrud J. Zint 75 03/07/93 4:21.15 Kay M. Schimpf 75 --/--/93 4:49.26 A.V. Zoeller* 75 --/--/93 6:06.59 Anne Wilder 79 --/--/93	100 Yd. Fly Women 75-79 R: 2:04.15 Kay M. Schimpf 93	2:04.15 Kay M. Schimpf 75 03/07/93 2:43.02 Anne Wilder* 79 --/--/93	200 Yd. Fly Women 75-79 R: 4:43.74 Kay M. Schimpf 93	4:43.74 Kay M. Schimpf 75 04/04/93 5:11.60 Gertrud J. Zint 75 --/--/93 6:00.54 Anne Wilder* 79 --/--/93	100 Yd. L.M. Women 75-79 R: 1:48.65 Gertrud J. Zint 93	1:48.65 Gertrud J. Zint* 75 02/07/93 1:52.64 Kay M. Schimpf 75 --/--/93	2:28.90 F.E. Cichanski 76 --/--/93 2:34.63 Anne Wilder 79 --/--/93	200 Yd. L.M. Women 75-79 R: 4:02.27 Gertrud J. Zint 93	4:02.27 Gertrud J. Zint 75 03/07/93 4:13.62 Kay M. Schimpf 75 --/--/93 5:37.52 Anne Wilder* 79 --/--/93
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Florida LMSC Long Course Records - Errata

(these records were set in 1992)

100 M. Free Women 25-29 1:05.34 Lori J. Stauch	50 M. Free Women 60-64 46.45 Ruth A. Hoskinson	400 M. Free Men 30-34 4:28.35 L.J. Meisenheimer
200 M. Fly Women 25-29 2:35.01 Linda S. Neary	100 M. Free Women 60-64 1:40.40 Nancy N. Durstein	100 M. Back Men 30-34 1:04.63 William L. Specht
200 M. L.M. Women 25-29 2:36.79 Linda S. Neary	200 M. Free Women 60-64 7:25.84 Nancy N. Durstein	50 M. Fly Men 30-34 26.90 William L. Specht
200 M. Free Women 30-34 2:18.34 Mary H. Roebuck	1500 M. Free Women 60-64 28:33.56 Nancy N. Durstein	100 M. Fly Men 30-34 59.53 William L. Specht
400 M. Free Women 30-34 4:47.64 Mary H. Roebuck	100 M. Back Women 60-64 1:55.40 Nancy N. Durstein	100 M. Free Men 45-49 1:02.48 John P. Maguire
100 M. Back Women 40-44 1:17.99 Judy K. Stefanick	200 M. Back Women 60-64 4:03.02 Nancy N. Durstein	100 M. Fly Men 45-59 1:15.34 C.D. Nielsen
200 M. Back Women 40-44 2:49.31 Judy K. Stefanick	50 M. Fly Women 60-64 53.72 Ruth A. Hoskinson	200 M. Fly Men 45-49 3:10.06 Steven D. Grau
50 M. Breast Women 40-44 38.15 Deborah W. Walker	100 M. Fly Women 60-64 2:09.42 Ruth A. Hoskinson	50 M. Breast Men 50-54 36.81 Peter R. Betzer
100 M. Breast Women 40-44 1:24.08 Deborah W. Walker	200 M. L.M. Women 60-64 4:05.71 Nancy N. Durstein	100 M. Fly Men 50-54 1:33.67 Doug W. Messineo
200 M. Fly Women 40-44 3:02.77 Judy K. Stefanick	400 M. L.M. Women 60-64 8:25.59 Nancy N. Durstein	100 M. Breast Men 55-59 1:30.96 Ray S. Burns
200 M. L.M. Women 40-44 2:58.89 Judy K. Stefanick	50 M. Back Women 65-69 47.90 Florence E. Carr	400 M. Free Men 60-64 6:01.59 Robert E. Beach
400 M. L.M. Women 40-44 6:18.29 Judy K. Stefanick	100 M. Back Women 65-69 1:47.52 Florence E. Carr	1500 M. Free Men 60-64 24:25.63 Robert E. Beach
200 M. Back Women 50-54 3:26.40 Suzy Carlson	100 M. Fly Women 65-69 1:57.70 Florence E. Carr	200 M. Fly Men 60-64 3:48.94 C.H. Kohnken
200 M. Fly Women 50-54 3:30.48 Jayne M. Lambke	1500 M. Free Women 70-74 33:58.25 Kay M. Schimpf	200 M. Free Men 65-69 3:01.50 John M. Woods
100 M. Free Women 55-59 1:32.86 Kate Knightperry	200 M. Fly Women 70-74 4:51.87 June B. Reynolds	400 M. Free Men 75-79 7:37.31 John D. Johnston
200 M. Free Women 55-59 3:22.52 Kate Knightperry	400 M. Free Women 70-74 8:37.56 Kay M. Schimpf	1500 M. Free Men 75-79 30:26.54 John D. Johnston
400 M. Free Women 55-59 7:03.88 Kate Knightperry	50 M. Fly Women 70-74 1:00.94 Kay M. Schimpf	200 M. L.M. Men 75-79 4:16.71 John D. Johnston
	400 M. Free Women 85-89 13:30.49 M.B. Mckechnie	400 M. L.M. Men 75-79 9:12.88 John D. Johnston
		1500 M. Free Men 80-84 35:50.08 James F. Mitchell