

FLORIDA newsletter

Vol. XI, No. 4

Local Masters Swim Committee

November 1994

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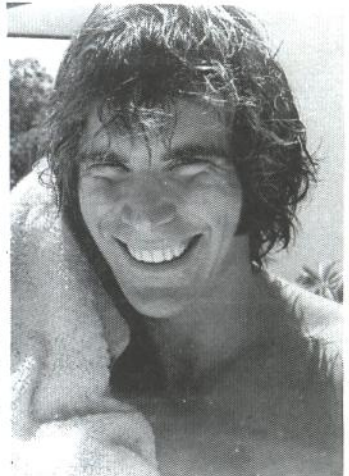
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From the Editor's Swim Bag

No...this isn't some new publication from the Chamber of Commerce. This is the same **Florida Masters Swim Committee Newsletter** that you have been getting every three months. The difference is you have a new Editor. I thought you wouldn't mind if I "jazzed it up" a bit so it would better represent "Florida". (Jerry Glancy showed me a copy of the National Award winning LMSC Newsletter that he brought back from the USMS Convention in Kansas City...and being the competitor that I am, I thought we should "go for it" this next year.) Keep your eyes "peeled" for some "hot" Florida colors in the issues to come.



Frank Tillotson and Meegan Wilson approached me about the Editor's job during the **Suncoast Masters L.C. T-Shirt Meet** in Sarasota and I told them that I "might" be interested, and if Frank sent me some information about the "job description", I would think about it. But in the back of my mind I knew that I absolutely didn't have any spare time to take on a task as monumental as this! Besides, my wife Kandy would kill me! She was already hinting that I was spending too much time on my **Suncoast Masters Newsletter!** So I thought I'd wait and see what info Frank would send me and I didn't have to wait long. Frank said that he was going on one of his "trips" and that I'd have to take over as Editor of the Newsletter one issue early...the **November issue**. Ohhhkay. I guess I *will* be the Editor! Thanks for asking.

Happy trails, Frank, you deserve a break after being our Editor for the last ten years. Thank you for being so dedicated to this great sport by giving so much back to it.

I'm looking forward to working with this **new slate of officers**: **Harold Ferris**, our perennial Southern Championships meet director from St. Pete, is very qualified to be our new **Chairman**. **Meegan Wilson**, who is capable of *anything*, (did I say that right?) is still our **Secretary** after serving as **Interim Chairman/Secretary/and Fitness Chair** this past year while printing out most of the copy for the newsletters on her computer; **Treasurer**, "Chip" Jones; **Sanctions**, **Bill Uhrich**; **Records**, **Jeff Perout** and **Registration**, **Charlie Kohnken**.

Thanks to all the **Team Reps** who contributed to this issue, and to **Catie Cooper**, our **retiring Records Chairman**, who went above and beyond the call of duty in getting the **LMSC LC Top Five** to me in time for this Newsletter. Thanks. I'd like to hear from the rest of you, too, but for right now...turn the pages and enjoy!

James M. Donnelly, Editor



CALENDAR OF EVENTS

	DATE	PLACE	EVENT	CONTACT	
1994					
Sept	01-		6000 yd USMS National Champ	Robert Mitchell	714-581-1135
Nov	30		also 3 man relay event		
	04-06	Ft. Pierce, FL	IRCC Annual SCY	Anne Wilder	407-461-4514
	06	St. Pete, FL	Dev Meet	Harold Ferris	813-896-0250
	12	Delray Beach, FL	Top Ten Challenge		
Dec	01-04	Bradenton, FL	Florida Senior State Games		
			Qualify for San Antonio, TX		
	02-04	Ft. Lauderdale, FL	2nd Annual ISHOF SC Masters Challenge		305-468-1580
	03-04	Charlotte, NC	SCM meet		
	09-11	New Orleans, LA	SCM Dixie Zone Champ.		504-456-9569
	27-30	Coral Springs, FL	Billabong Aquatics Swim Camp	Judy Bonning	305-345-5370
1995					
Jan	01-31	Atlanta, GA	USMS 1 Hour Postal Champ.	Bill Black	404-698-8020
	08	St. Pete, FL	SCY Dev. meet	Harold Ferris	813-896-0250
	26-29	Coral Springs, FL	Billabong Aquatics Swim Camp	Judy Bonning	305-345-5370
Feb	05	St. Pete, FL	SCY Dev. meet	Harold Ferris	813-896-0250
	11-12	Clearwater, FL	Cat Masters Valentine SCY Meet	Cashel Mack	813-462-6097
	24-26	Coral Springs, FL	Billabong Aquatics Swim Camp	Judy Bonning	305-345-5370
March	05	St. Pete	SCY Dev. meet	Harold Ferris	813-896-0250
	9-12	Coral Springs, FL	Billabong Aquatics Swim Camp	Judy Bonning	305-345-5370
	18-19	Atlanta, GA	St. Patricks Day SCY Dixie Zone Champ.		
	25-26	Greensboro, NC	SCY meet		
	25-27	Coral Springs, FL	Billabong Aquatics Swim Camp	Judy Bonning	305-345-5370
April	07-09	St. Pete, FL	25th Annual SCY meet	Harold Ferris	813-896-0250
	22-23	Raleigh, NC	SCY meet		
	27-30	Buffalo, NY	SCY YMCA Nationals	Kristi Umstead	708-834-9200
	29-30	Ft. Pierce, FL	IRCC 6th Annual SCY Craigae Memorial	Tom Harmon	407-465-8385
May	18-21	Ft. Lauderdale, FL	USMS SCY Nationals-ISHOF	Stu Marvin	305-468-1580
	22	Ft. Lauderdale, FL	USMS Open Water 3.5 Mile Champ.	Stu Marvin	305-468-1580
June	10-11	Sarasota, FL	Suncoast LCM T-Shirt meet	Deb Walker	813-923-3540
July	28-30	Baton Rouge, LA	Southern LCM Dixie Zone Champs		
Aug	24-27	Gresham, OR	USMS LCM Nationals-Mt. Hood C. C.	John Zell	503-282-9347
Sept	20-24	Houston, TX	USMS Convention	Suzanne Rague	503-531-9051
Oct	07-08	Orlando, FL	TEAM Orlando SCM Invitational	Scot Hartle	407-351-4400
Nov	04-05	Anderson, SC	Electric City Invitational Dixie Zone SCM		
1996					
May	09-12	Cupertino, CA	SCY Nationals @DeAnza Community Col.		
June	22	Sheffield, Eng	VI World Masters		
July	2				
Aug	21-25	Ann Arbor, MI	LCM Nationals @ U of MI		

Minutes of the Florida Local Masters Swim Committee Meeting

October 8, 1994

The Florida LMSC Annual meeting was held at the International YMCA & Aquatic Center following the 400 I.M. of the SCM meet in Orlando. The meeting was called to order by Meegan Wilson at 5:10 p.m.

Others present were: Charles Kohnken, Registrar; Dick Avery, Treasurer (HLJ); Ann Wilder, IRCC; Nancy Saliwanchik, FAST; Joan Glaraton JNMS; Larry Peck, ORLM; Harold Ferris and Sandy Steer, SPM; and Jim Donnelly, SMS. This gave representation for 7 out of 23 clubs.

- I. Minutes - The minutes of the July 23, 1994 meeting were accepted after correcting the statement under New Business that Jeff Perout "has been a USS certified coach for the past 25 years" to "has been a masters swimmer for the past 25 years and a USS certified coach for the past 5 years".

II. Reports of Officers

- A. Treasurer Report - Dick Avery reported that the present bank balance as of October 8, 1994 is \$3,787.55. Deposits were 1,687.00 and expenditures were \$4,039.23.

1. 1993 Audit - Donald "Chip" M. Jones, Jr. submitted an audit of the FL LMSC books for 1993. Based on the financial statements of Dick Avery, he could find nothing to indicate that all financial activity was not properly documented and recorded. The \$6,500 deficit was partially explained by \$4,400 of registration fees collected in 1992 and remitted to USMS. The remaining difference resulted from a decline in registrations partially offset by reduced expenses of \$800. (See attached audit.)

The audit for 1994 will be performed after the books are closed for 1994 activity and will be presented at the next business meeting.

2. 1995 Budget - Meegan Wilson presented a proposed budget for 1995, based on 1992 - 1994 financial activity. Charlie Kohnken made a motion to do away with the sponsor page ad in the Rule Book which will save the LMSC \$200. The motion was seconded and accepted. After further discussion and corrections the 1995 budget was accepted. (See attached).
 3. Expenses Request Form - Meegan Wilson presented an expense request form for use by the officers and convention delegates that should make things easier for the treasurer and for determining our budget.
- B. Registration Report - Charlie Kohnken reported that as of October 8, 1994 there are 995 registered swimmers (1013 were registered in 1993) and 23 registered clubs in the Florida LMSC. One swimmer transferred out of our LMSC. The registration form has again been changed but fees are the same (\$23). New registration packets will be sent out by late October or early November to each club registrar. Charlie will also include team rosters and he requests club registrars to contact those who do not reregister. He also plans to include a 1993 list of those swimmers who did not register in 1994.

Charlie recommends that everyone register early so that there will be no delay in receiving *Swim* magazine and the LMSC newsletter. Make sure that all information on the registration form is correct and legible. Swimmers registering after September 1, 1995 can register at a reduced rate (\$18).

Charlie will include a survey in each registration packet requesting information about each local club. Please fill it out and return it to Charlie.

- C. Records - Catie Cooper submitted her report since she was unable to attend the meeting. Long course top 10 records have been turned in to National and Dixie Zone. Catie will be working on the Florida LCM Top 5 over the next several weeks.
- D. Sanctions - Richard Avery filled in for Bill Uhrich while on vacation and reported that he sanctioned a 5K race.
- E. Newsletter - No report.

- III. Unfinished Business - Richard Avery reminded everyone about no diving in the warm up pool. Among suggestions to emphasize this were to put a reminder in the newsletter and on meet entry forms. Swimmers can be disqualified from meets if this rule is ignored.

- IV. Election of 1995 Officers - The proposed ballot was unanimously accepted. The following officers will serve on the Florida LMSC board for the next two years: Chairman, Harold Ferris (SPM); Secretary, Meegan Wilson (FAST); Treasurer, Donald "Chip" Jones (SPM); Registrar, Charlie Kohnken (SPM); Sanctions, Bill Uhrich (HLJ); Records, Jeff Perout (HLJ); and Newsletter Editor, Jim Donnelly (SMS).

Exchange of information from old officers to new will take place over the next two months. Jim Donnelly is accepting newsletter information now since he will start as newsletter editor at once.

1. A suggestion was made to combine Officials and Safety Chair. Frank Tillotson has offered to fill this non-board position. A motion was made, seconded and passed to table this item until the next meeting.

- V. Bylaws Changes - The following bylaws changes were accepted as read:

Article I, Section 4 - Change October 1st through September 30th to January 1st to December 31st. To comply with current registration dates.

Article VII, Section 1 - Change October to January and September to December. To be on the same fiscal year as USMS.

Article IV, Section 5; Article V, Section 2 and Article VI, Section 2 - Change bi-annual to biennial. Article VI, Section 4 - change bi-annually to biennially. This was the intended wording.

Article VIII, Amendment 2 was removed since convention delegates' expenses will be reevaluated each year against the budget.

Article VII, Section 3 illicited much discussion. Charlie Kohnken stated that two signature requirements would hold up registration reimbursements to USMS. He also stated that he needed to be one of the authorized signatures. It was pointed out that at the last business meeting those present felt that it was good business practice to have two signatures. Dick Avery said that he did not like having two people writing checks simultaneously, since it was difficult for him to keep track of the expenses.

Harold Ferris moved to add Registrar as one of the authorized signatures. This will help expedite reimbursements to USMS. The motion was seconded and passed.

The following bylaws change was accepted with the above inclusion:

Previously - All checks ... shall be signed by either the Chairman or Treasurer. The authorized signatures shall be of the Chairman, Secretary or Treasurer.

Changed to - All checks... shall be signed by two authorized signatures. Four authorized signatures should be on file at the bank. The authorized signatures shall be of the Chairman, Secretary, Treasurer and Registrar. The Treasurer's accounts shall be examined annually by an auditor or an auditing committee of not less than three members, who, satisfied that the treasurer's annual report is correct, shall sign a statement of that fact at the end of the report. The auditor or auditing committee shall be appointed by the Executive Board. The auditors report shall be given at the next regular meeting after their appointment;

Meegan Wilson proposed to incorporate all bylaw changes and previous amendments directly into the bylaws. This suggestion was unanimously accepted.

VI. New Business


- A. Catie Cooper and Frank Tillotson, having served on the the Florida LMSC board for 10 years, were each presented with a plaque thanking them for their years of service to the Florida LMSC.
- B. 1995 National Convention - highlights of the convention are attached.
- C. A 1995 swim calendar was passed out and corrections and changes were made. (See attached.)

VII. Announcements

1. Our next business meeting of the Florida LMSC will be held at the 25th annual SCY meet in St. Pete on April 8, 1995 unless an earlier meeting is deemed necessary.

VIII. The meeting was adjourned at 6:20 p.m.

Respectfully Submitted,



Nancy Saliwanchik
Acting Secretary

1994 USMS CONVENTION HIGHLIGHTS

I. Rules Changes:

1. Swimmers must enter the water feet first in a cautious manner.
2. For backstroke start, the starter will direct the swimmers to first "place your feet" and then "take your mark".
3. Relay lead off split times and individual split times will count toward Top Ten provided automatic timers are used, the meet referee is notified in writing prior to the swim, the relay or event is not disqualified and the entire event is completed.
4. National qualifying times shall be 10% over the previous year's tenth place time on the USMS Top Ten list. If there are fewer than 10 swimmers on the Top Ten list, there shall be no National qualifying time.
5. With Championship Committee approval, a swimmer may compete in both of the two longest freestyle events in championship meets.
6. For Breaststroke, the elbows shall be under the water except for the last stroke at the finish.
7. In freestyle, the swimmer's head must break the surface of the water not more than 15 meters (16.4 yds) after the start and after each turn.
8. Age shall be determined as of December 31 of the year of competition, for all Fina Masters events, World Records and World Top Ten rankings.

II. Rule Book

1. USMS sends free rule books to each LMSC Chairman and Registrar and will also send one to the Officials Chair.

III. Dixie Zone

1. The Dixie Zone Representative's expenses to the National Convention shall be paid for by the Zone's LMSCs as a percentage of membership. Florida LMSC submitted a check for \$86.01 (28.2%).
2. All meet directors should send a copy of final meet results to the Zone Recorder.
3. As of the USMS convention date, the Dixie Zone had not received the Dixie Zone Championship fee from St. Pete Masters Championship meet in July. At \$1 per swimmer with 175 swimmers a check should be written to Dixie Zone for \$175. This fee is expected within 30 days after the meet.
4. Bids were accepted for the three Dixie Zone Championship meets for 1995.
 - a. SCY - Atlanta Georgia - March 18-19, 1995
 - b. LCM - Baton Rouge, LA - July 28-29, 1995
 - c. SCM - Anderson, SC - November 4-5, 1995
5. Awards across America is going well. Suncoast Masters has contributed. Scott Rabalais has a lot of awards on hand. LMSCs are encouraged to try and find an outlet for awards within their own LMSC.
6. Deadlines for Dixie Zone Newsletter are: October 1, January 1, April 1, and July 1.

IV. Fitness Committee

1. Four bids for 1995 were approved:
 - a. The Century Club was submitted by - Judy Bonning and Bill Black. Participants bring a waterproof card to the pool and track up to 100 swims. It is hoped that the 100 swims will be completed in a year but two years are given to turn in the results. The amount of yardage is not a criterion. The entry form will appear in the January/February issue of *Swim*.

- b. 2000 yard swim to be held in July and August.
- c. Check Off Challenge - Participants will receive a T'shirt with events listed on the back. As these events are completed they can be checked off the shirt. Encourages the swimmer to swim events not normally swum. To appear in the September/October issue of *Swim Magazine*.
- d. 500 yard swim to be included in the September/October issue of *Swim Magazine*.

V. International Committee

1. The August 8-12, 1995 MSI Masters Hawaii Festival will be "recognized" so that times will count toward Top Ten etc.
2. Relay age groups are no longer open ended, 100+ becomes 100-119, 120+ becomes 120-159 etc.
3. Sheffield '96 will not offer a 400 free or mixed relays. They have added a day and participants may only swim one event per day for up to 5 events plus relays.

VI. Coaches Committee

1. Coach of the year is Todd Samland of Omaha Masters.
2. Lucky Meisenheimer is the new president of Masters Aquatic Coaches Assoc. (MACA).

VII. Convention Committee - The USAS convention will be held at the following:

1. Houston, TX at the Hyatt Regency on September 24-27, 1995
2. Orlando, Florida at the Hyatt on September 8-13, 1996
3. Burlingame, CA at Hyatt? on September 28 - October 5.

VIII. Marketing Committee

1. A line of Masters clothing will be sold by Kastaway. USMS will receive 10% on every item sold.

IX. Registration Committee

1. One event registrations will continue for one more year.
2. They are considering two year membership registrations.

X. Records and Tabulation Committee

1. Fina age determination will be as of Dec 31. USMS did not adopt this.
2. LMSC code will be added to records so that LMSCs can request top ten records of individual LMSCs only.

REGISTRATION:

Included in this newsletter is the 1995 one year membership application. Register early! I can start accepting applications after November 1, 1994 for the 1995 year. If you delay, you may not get some issues of swim magazines. Club members should register through their club registrar. The fee for unattached is \$ 23.00 (\$ 15.00 U.S.M.S. and \$ 8.00 L.M.S.C.). Unattached swimmers should make their check payable to FLORIDA L.M.S.C. When you fill out your registration form - PRINT CLEARLY.

When you get your card, CHECK IT OUT ! If there are any corrections get them to the registrar.

1995 ONE YEAR MEMBERSHIP APPLICATION



1995 Membership Application

RENEWAL My Current USMS

No. Is 144 - _____

NEW REGISTRATION

LMSC Fee 8.00

USMS Fee 11/1/94-12/31/95 15.00

Club Fee _____

Total Fee _____

Membership expires 12/31/95

Make check payable to:
Mail check to:

Register with same name you will use for competition. Print clearly.

Last Name		First Name		Init	For Office Use 145 -
Street				Apt	
City		State	Zip	Phone No.	
Date of Birth		Age	Sex	Today's Date	
Mo.	Day	Yr.		Mo	Day
Club or Unattached					Yr.

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules and regulations of USMS.

Signature _____

PLEASE KEEP LOWER PORTION.

Benefits of membership include: Secondary accident insurance in all USMS sanctioned events and supervised practices where all participants are USMS registered members, subscription to SWIM Magazine during the length of the membership year, and periodic mailings from the Local Masters Swimming Committee.

USMS Registered swimmers are covered with secondary accident insurance.

- 1) in practices supervised by a USMS member or a USS certified coach where all swimmers are USMS registered.
- 2) in USMS sanctioned meets where all competition are USMS registered.

Direct insurance correspondence to: USMS Inc. National Office - Dorothy Donnelly,
2 Peter Avenue, Rutland, MA 01543

Telephone 508-886-6631
Fax 508-886-6265

1995 ONE YEAR MEMBERSHIP APPLICATION



1995 Membership Application

RENEWAL My Current USMS

No. Is 144 - _____

NEW REGISTRATION

LMSC Fee 8.00

USMS Fee 11/1/94-12/31/95 15.00

Club Fee _____

Total Fee _____

Membership expires 12/31/95

Make check payable to:
Mail check to:

Register with same name you will use for competition. Print clearly.

Last Name		First Name		Init	For Office Use 145 -
Street				Apt	
City		State	Zip	Phone No.	
Date of Birth		Age	Sex	Today's Date	
Mo.	Day	Yr.		Mo	Day
Club or Unattached					Yr.

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1995 Proposed Budget

Item	1995 Budget
# Registrations(@\$23) (\$15/Nationals-\$8/LMSC)	1000
# Clubs (\$30/New - \$20 Renew) (\$10/Nationals) (\$10-20/LMSC)	23
REVENUES	
Individual Registrations	23,000.00
Club Registrations	440.00
Sanction Fees	300.00
Interest	0
Subscriptions @\$10	40.00
Rule Book	14.00
TOTAL REVENUES	23,794.00
EXPENSES	
Registrations (Individ. & Clubs)	5,220.00
LMSC Registration	40.00
Newsletter	3,300.00
Annual Bulk Fee	0
Bulk Fee start up costs	200.00
National USAS Conv.	2,600.00
Dixie Zone Conv. expenses 1994 28.2%	90.00
(Labor/Registration) (@\$.30/reg.)	(300est)
(Labor/Records) (@\$4/hour)	(400est)
Labor Total	700.00
Rule Books/#books @\$7/book	210.00/30
Rule book page sponsor	0
Telephone	200.00
Xerox Costs (does not include newsletter)	100.00
Postage (does not include neswletter)	550.00
Misc. Supplies	150.00
Banking Costs	93.00
State Fee	61.25
Awards	100.00
TOTAL EXPENSES	23,614.25
Net Excess/(Deficit)	179.75

SWIMMING NEWS FROM AROUND OUR LMSC

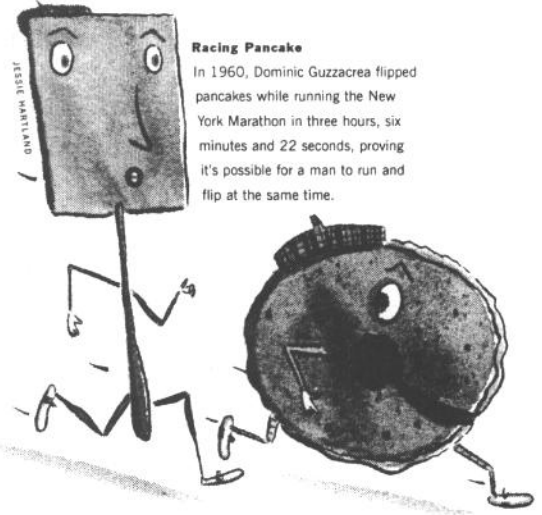
SUNCOAST MASTERS SWIMMING

In order to expedite our **1995 USMS Registration** process, we are offering a **FREE SMS Team swim cap** to our members who **renew by Dec. 4**. It seems to be working!

Bob Coulter has taken on the task of tabulating our **team age group records**.



Pedal to the Metal The one-hour standing record was earned by Pat Kinch who pedaled his bicycle at an average speed of 46.96 mph in 1990.



Racing Pancake

In 1960, Dominic Guzzacrea flipped pancakes while running the New York Marathon in three hours, six minutes and 22 seconds, proving it's possible for a man to run and flip at the same time.

Four Suncoast Masters swimmers participated in the **10th Annual Siesta Key Triathlon**. **Lynn Cartee** swam for an all female relay called **Likitti Split** and recorded a **2nd place finish**. **George Burke's OGB's relay** finished 10th. **Ken Boring**, competing in the open division, finished 10th. **Neil Wilson** recorded a **1st place finish** in the **55-59 age group**.

Marv Norin competed in 13 Triathlons this season. His highlights were **firsts at Madeira Beach and Tarpon Springs**; **fifth in the National Sprint Championship** in St. Augustine; and **2nd in the Gatorade Sprintman Series** at various Florida locations.

Deb Walker coached the Cardinal Mooney H.S. Swim Team to a **first place finish** for both the Boys and the Girls teams in the Catholic State Championships in Longwood. The **Boys team** won the **Class 4A District Championship** held at Arlington Park Pool.

We are planning another **Long Course T-Shirt Meet June 10-11 in Sarasota**.

Famous Beach Sighted In L.A.

A **well known St. Pete Swimmer** was waiting, in L.A., continuation of his flight when he was greeted by debarking passenger—fully bearded, rather rattily dressed and sporting a back pack. When queried, this person allowed he was going to **Australia** for a few months. Identification of this bearded one, by our sighter, offtime referred to as a "**Marine Biologist**", was that it could be none other than the **famous Judge Beach**. Where may he be now?

Frank H. Tillotson

JACKSONVILLE AREA MASTERS

It is a stated mission of JAM to at least occasionally go to some new, exotic, far away swim function and report accordingly to you, our fellow Masters Swimmers. Our latest adventure took a JAM contingent to the foothills of the scenic Blue Ridge Mountains, Charlottesville, Virginia for the National Championship 2-Mile Cable Swim.

JAM is extremely proud to announce Ron Collins qualified as a 1994 Long Distance All American! Ron took first for Men 30-34. Additional medals were won by Paul Wise, 2nd, Men 35-39 and Greg Stelle, 3rd, Men 25-29. This trio also posted the fastest cumulative relay time, obviously making JAM the home of that championship distinction as well.

The event was hosted by Virginia Masters Swim Team, they ran a terrific event in a beautiful setting. VMST was extremely friendly and even invited us back next year. They did say something about JAM not being invited back to the Social though. I wonder why?

Another contingent of JAM went to the Sarasota LCM Meet in June. They likewise report having a great time at a fun meet. Cool T-Shirt too! This contingent also had some problems at the Social, reports were of possibly tainted water, they report it may have affected their swims the following day.

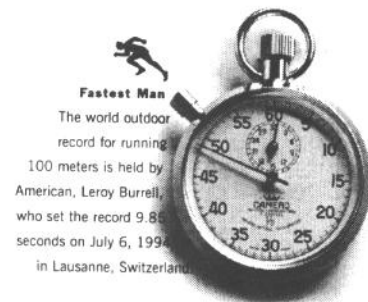
Finally, another contingent took to the water in St. Pete for the Dixie Zone LCM Championship. Ron Collins had another good meet, taking 1st for 30-34 Men, Greg Stelle took 2nd, 25-29 Men. This group had no Social news to report.

Congratulations to all who attended National and World Events! Thanks to all new members of JAM for joining Northeast Florida's most exciting Masters Team.

JAM - HOME OF 1994 NATIONAL CHAMPION CABLE RELAY TEAM



Antelope Beware The cheetah is still the speed champ of all land animals with a top speed of 63 mph.



Fastest Man
The world outdoor record for running 100 meters is held by American, Leroy Burrell, who set the record 9.85 seconds on July 6, 1994 in Lausanne, Switzerland.

Florida LMSC Records Chairman Retires

I wish to thank the members of the **Florida LMSC** for the lovely plaque given me in appreciation for **10 years of service to the LMSC**. In performing the duties of both **Registrar and Records and Tabulation Chairman**, everything was done to the very best of my ability, often to the detriment of my health. Because the LMSC was willing to spend some money, I was able to computerize both records and registrations, thus making our LMSC one of the **first to enter the computer age**; this was exciting. Mostly, I am thankful to you for allowing me to give back to a sport which enabled me to survive a childhood filled with illness and verbal, physical, emotional, and sexual abuse. In leaving the Board of Directors, my one regret is that it was not possible to satisfy four to five people in the LMSC no matter how hard I tried. Such is life. Again, **thank you so much for the plaque**; it will be proudly displayed.

CATHERINE C. COOPER, EX-CHAIRMAN
Florida LMSC Records

New Florida Aquatic Swim Team Masters Coach

by Wayne King

Mitch Ivey, former UF woman's coach, began coaching FAST Masters in mid August, and several members have already seen improvements in their swims. Kelly Bergdoll, Nancy Saliwanchik and Meegan Wilson traveled to the Orlando SCM meet in October and each came away with some personal best times. They give the credit to Ivey, a former Olympian and Olympic Coach.

FAST's triathletes have also noticed improvements. At the Titanium Man Triathlon, Beth Bigelow was the first woman overall. Tim Dodge and Jenny Bassett were the first man and woman out of the water, and Nancy Saliwanchik was close behind. The mixed team of Tina Myers and Jim Garrison took first place.

Ken Hahn and Chris Roeder finished first and third in their age groups in the 1994 City of Gainesville Biathlon series. Roeder said "I had mediocre times for the first 5 biathlons, all over 40 minutes. Last month I joined FAST Masters under Coach Ivey, and I expressed my desire to break 40 minutes. I completed the sixth and final biathlon in 35.35 minutes and in spite of my previous times, I finished third in the 36-45 age group for the series."

Jim Garrison won his age group and finished seventh overall at the Jekyll Island Triathlon. Garrison's time for the 1.5K swim, 40K bike and 10K run was an impressive 2:12.00. A key component of his performance was his PR 26-minute swim. When asked if new coach Mitch Ivey had played any roll in his vastly improved swim, Garrison answered "Definitely. Since I've started working with Mitch, I've dropped my 1500 time almost three minutes."

In addition to developing his speed in the water, Jim also credits Ivey with improving other aspects of his performance. As Garrison puts it "Mitch has stressed the importance of arriving to workouts on time, and I have extended this concept to my races. I've been careful not to be caught in the bathroom or trying to find someone to zip up my wet suit when the gun goes off. Also, I used to panic if I went prolonged periods of time without oxygen, but with Mitch's training I've learned that oxygen debt is really just a state of mind."

Brevard Swimming Association Masters

by Al Rogerson

Swimming at Buffalo...Two of our BSAM swimmers, **Angie Sinacore** and **Bunny Cederlund**, who previously competed in the **World Masters Swimming Championships in Montreal**, fared well in the **USMS LCM Nationals at Buffalo, N.Y.**, August 25 - 28, 1994.

Angie, age 64, registered a 5th in the 50 M Fly - 57.84 and a 4th in the 100 M Fly - 2:25.50.

Bunny, age 72, who holds **USMS National Rrecords** in the 50, 100, and 200 LCM Backstroke, swam to three firsts in the events, lowering her 200 M record to 3:25.95, while missing the 100 mark by .11 seconds. **Bunny** also placed 4th in the 50 M Free with a 44.57 time and the 100 M Free also 4th with a 1:44.08 listing.

Great work gals! Keep up the good work.

THE "COMFORT ZONE"

George Bole, Coach

This is the most deceptive area in competitive swimming. It's in the competitor's mind. I've come across it quite often. Usually, after a competition swim, the swimmer will tell me how disappointed he/she was with the time. When I ask why?, the answer is, "I felt good - real comfortable, I though I was going a lot faster."

There's the "comfort zone". "I felt good".

If swimmers are to perform in competition and want a good time, they have to get out of the comfort zone. Great performances are never comfortable. They cause the athlete to hurt every inch of the way. Without that special degree of pain, the performance will be just adequate at the most - comfortable!

The most common expression of record-breakers or winners is "that hurt!" and so it should. Nothing meritorious comes easy. Doc Counsilman used to describe the areas of swimming as "Hurt, Pain, Agony. Don't get the idea, that I would have you train with the hurt concept. It's fine to train in the comfort zone, most times - unless specified sprints are demanded. But when you work-out - never more than 90% of effort - you should recognize the comfort zone feeling. Establish what sort of times you return when in this mode. Learn to relate how you feel and the time or pace it represents. You have to be the barometer of your efforts. Once you become aware of the comfort zone and its returns, then you can learn what it is like to break through into the pain area. Being able to maintain the pain throughout the competition distance will bring you the time you are hoping for with your performance.

Then, no more will I have to listen to "I thought I was faster than that". Or even worse, "I could have gone faster."

So, remember, train in the "comfort zone", compete in the "agony columns".

BUFFALO BONANZA FOR SPM

LONG COURSE MASTERS NATIONALS

George Bole

St. Pete Masters fourteen representatives helped to raise the number of swimmers taking part at the Long Course Championships in Buffalo.

The pool, although not in the most salubrious part of the city, was magnificent — it was used for the 1993 World Student Games. A ten lane facility, with lane ropes that acted as buffers to the turbulence.

The numbers were down to seven hundred and thirty or so — but, as usual, most of the big guns were in attendance.

SPM consisted of Gladys Olsen, Jayne Lambke, Barbara Allen, Sandy Steer, Margie Hutinger, Elaine Bromwich, Mary Lou Lee and Lisa Hudak. The men were Abrasha Brainin, Paul Hutinger, Harold Ferris, John Lee, Bill Specht, and Brian Vaile.

Everyone on the team claimed a medal, and of course, several laid claim to clutches of awards. Jayne Lambke and Bill Specht were on the gold standard with 6 first places each — full houses. Then came Elaine Bromwich with four golden awards (she loved the 200 fly medal!), Paul Hutinger weighed in with two (despite his injured shoulder), Brian Vaile came good for two gold, and Barbara Allen brought the 200 back home for a Long Course Championship. In addition, the men's 200+ medley relay of Paul Hutinger, Brian Vaile, Bill Specht, and Harold Ferris added to our haul of the precious metal. Harold now knows what a scared rabbit experiences!

In addition to all this, Lisa Hudak got two silvers, as did Gladys Olsen and Abrasha Brainin. Barbara Allen added another,

SPM, although not a large team, also had placings in the relays, as results show.

The sum total of all the great effort, was that the SPM Ladies won the "small" team national title, and the combined men and women got the third place award.

An SPM entry would look strange without a Bill Specht World Record. And Bill obliged again with the 100 and 200 Fly championships.



Speed of Light

Light travels 186,000 miles
per second—faster and farther
than anything else known to man.

NATIONAL CHAMPIONS

Congratulations to the St. Pete Masters Women's team which won the national Long Course team championship over 68 other teams in the small team division (there were 5 teams in the large division). The women who helped to win this title were: Barbara Allen, Elaine Bromwich, Lisa Hudak, Margie Hutinger, Jayne Lambke, Mary Lou Lee, Gladys Olsen, and Sandy

Steer. Our men's team came in 8th (with just 6 swimmers) and our combined women's and men's teams won the 3rd place team banner — an excellent showing for just 14 people! St. Pete's men were represented by: Abrasha Brainin, Harold Ferris, Paul Hutinger, John Lee, Bill Specht, and Brian Vaile.

WOMEN'S RESULTS

LISA HUDAK 25-29

200 m. free	5th
400 m. free	4th
800 m. free	2nd
50 m. breast	7th
100 m. breast	7th
200 m. breast	2nd

ELAINE BROMWICH 50-54

50 m. breast	1st
100 m. breast	1st
200 m. breast	1st
200 m. fly	1st
400 m. I.M.	2nd

MARGIE HUTINGER 50-54

50 m. free	5th
50 m. fly	7th
100 m. fly	4th
200 m. I.M.	7th

MARY LOU LEE 50-54

50 m. free	4th
100 m. free	5th
400 m. free	9th
50 m. back	7th
100 m. back	7th
200 m. I.M.	6th

JAYNE LAMBKE 55-59

50 m. free	1st
100 m. free	1st
200 m. free	1st
400 m. free	1st
50 m. fly	1st
100 m. fly	1st

SANDY STEER 55-59

100 m. free	9th
200 m. free	6th
400 m. free	6th
50 m. breast	7th
100 m. breast	7th
200 m. breast	6th

BARBARA ALLEN 60-64

50 m. free	5th
100 m. free	6th
800 m. free	3rd
50 m. back	2nd
100 m. back	1st
200 m. back	3rd

GLADYS OLSEN 65-69

100 m. breast	3rd
200 m. breast	2nd
100 m. fly	5th
200 m. fly	4th
400 m. I.M.	4th

MEN'S RESULTS

BRIAN VAILE 30-34

50 m. fly	1st
50 m. back	1st
50 m. free	2nd
100m. free	4th
200 m. I.M.	6th
400 m. I.M.	3rd

BILL SPECHT 35-39

50 m. back	1st
100 m. back	1st
200 back	1st
50 m. fly	1st
100 m. fly	1st
200 m. fly	1st

HAROLD FERRIS 60-64

50 m. free	5th
100 m. free	7th
800 m. free	6th
50 m. back	10th
50 m. fly	9th

JOHN LEE 60-64

100 m. breast	9th
200 m. breast	10th

PAUL HUTINGER 65-69

50 m. back	1st
100 m. back	1st
200 m. back	1st
50 m. breast	5th
100 m. breast	4th
200 m. breast	3rd

ABRASHA BRAININ 70-74

50 m. breast	3rd
100 m. breast	2nd
200 m. breast	3rd
50 m. fly	4th

- RELAYS** Relay teams may be deck entered at the meet both Saturday and Sunday. Only team members registered for the meet may participate in the relays. Age Categories for relays are 19+, 25+, 35+, 45+, 55+, 65+, 75+.
- SCRATCHES** Scratches will be accepted, and full refunds will be given, if the Meet Director (Cashel Mack) is contacted prior to 4:00 p.m. Friday, February 10th.
- TIMING** Colorado Timing System will be used with back up timing at each lane.
- SCORING** 9-7-6-5-4-3-2-1 for individual points. Double points for relays.
- AWARDS** Ribbons for 1st, 2nd, 3rd in each event. Individual High Point awards for 1st, 2nd, 3rd in all age groups. Team trophies for combined men and women 1st, 2nd, 3rd.
- HEAT SHEETS & RESULTS** A heat sheet will be furnished to each swimmer. Results will be offered at the meet for an additional \$4.00. Each team will be given one complimentary copy of the results (Team representatives should indicate so on their entry)
- RULES & OFFICIALS** Current Masters rules will govern. There will be Officials, certified stroke and turn judges, and a starter and referee for all events.
- INFORMATION** For further information, contact Cashel Mack (Meet Director) at 462-6097

EVENT ROSTER

Saturday, February 11
11:00 A.M.

Sunday, February 12
9:00 A.M.

WOMEN		MEN	WOMEN	MEN
1	200 MIXED FREE RELAY	2	21	200 MIXED MEDLEY RELAY 22
3	200 BUTTERFLY	4	23	200 BREASTSTROKE 24
5	50 FREESTYLE	6	25	50 BUTTERFLY 26
7	200 BACKSTROKE	8	27	100 FREESTYLE 28
9	100 BREASTSTROKE	10	29	100 IM 30
11	200 FREESTYLE	12	31	100 BACKSTROKE 32
13	50 BREASTSTROKE	14	33	100 BUTTERFLY 34
15	50 BACKSTROKE	16	35	200 IM 36
17	400 IM	18	37	500 FREESTYLE 38
19	200 FREE RELAY	20	39	200 MEDLEY RELAY 40

**CAT MASTERS VALENTINE MEET
OFFICIAL ENTRY FORM
Sanction #95-2 Sanctioned by Florida LMSC Inc.
For USMS Inc.**

PLEASE PRINT OR TYPE CLEARLY

NAME _____ AGE _____ BIRTHDATE _____ SEX _____
 ADDRESS _____ CITY _____ STATE _____ ZIP _____
 HOME PHONE _____ TEAM NAME _____ LMSC _____
 1995 USMS REGISTRATION # _____

NUMBER OF EVENTS _____ X \$2.50 = _____
 AUTOMATIC TIMING _____ \$6.00

TOTAL _____

WAIVER OF LIABILITY

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEETS SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS and the Florida LMSC."

DATE _____ SIGNATURE _____

SEEDING FORM

AGE GROUP AS OF FEBRUARY 12, 1995
PLEASE CIRCLE AGE GROUP

19-24 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 90-94 95+

Enter your time in the spaces provided before events. Your time will indicate an entry in that event. **NOTE: "No Time" entries cannot be accepted.**

Saturday, February 11th

TIME	W/M	
_____	1/2	200 MIXED FREE RELAY (deck entered)
_____	3/4	200 BUTTERFLY
_____	5/6	50 FREESTYLE
_____	7/8	200 BACKSTROKE
_____	9/10	100 BREASTSTROKE
_____	11/12	200 FREESTYLE
_____	13/14	50 BREASTSTROKE
_____	15/16	50 BACKSTROKE
_____	17/18	400 IM
_____	19/20	200 FREE RELAY (deck entered)

Sunday, February 12th

TIME	W/M	
_____	21/22	200 MIXED MEDLEY (deck entered)
_____	23/24	200 BREASTSTROKE
_____	25/26	50 BUTTERFLY
_____	27/28	100 FREESTYLE
_____	29/30	100 IM
_____	31/32	100 BACKSTROKE
_____	33/34	100 BUTTERFLY
_____	35/36	200 IM
_____	37/38	500 FREESTYLE
_____	39/40	200 MEDLEY RELAY (deck entered)

ATTACH USMS CARD HERE

IT IS SUGGESTED THAT YOU MAKE A COPY OF THIS FORM AND KEEP IT WITH YOU AT THE MEET.

Florida LMSC 1994 LCM Top 5

50m Free Women 19-24		400m Free Women 25-29		1:11.15 Heather O'Brien 31 07/24/94		400m I.M. Women 30-34	
R: 28.17 Sudi S. Miller 1990		R: 4:31.02 Mary Holmes 1988		1:13.87 Roberta D. Franz 32 07/24/94		R: 5:26.77 Mary H. Roebuck 1994	
44.29 C.M. Donner 23 07/24/94		5:05.13 Brooke J. Bowman 27 07/24/94		1:17.91 Ruth M. Bielefeld 34 07/24/94		5:26.77 Mary H. Roebuck 32 07/24/94	
100m Free Women 19-24		5:05.53 Sheri B. Predmore 27 07/24/94		200m Free Women 30-34		50m Free Women 35-39	
R: 1:02.94 Paige Winters 1989		5:07.17 Jennifer C. Hugus 25 07/24/94		R: 2:16.07 Mary H. Roebuck 1994		R: 29.88 Deb W. Walker 1988	
1:41.47 C.M. Donner 23 07/24/94		5:26.66 J.L. vanderMolen 27 07/24/94		2:16.07 Mary H. Roebuck 32 07/24/94		30.03 Kimberly J. Wise 37 07/24/94	
200m Free Women 19-24		6:18.27 Lisa A. Hudak 29 07/24/94		2:46.75 Ruth M. Bielefeld 34 07/24/94		32.99 B.K. Nichols 37 06/12/94	
R: 2:28.97 Sheri B. Brownstein 1988		800m Free Women 25-29		3:00.98 Caroline A. Gatto 31 07/24/94		33.78 Kelly Bergdoll 36 06/12/94	
2:36.41 Esther S. Smith 21 06/12/94		R: 9:18.74 Mary Holmes 1988		3:04.60 J.M. Nation 32 07/24/94		37.06 Jeanne B. Kostiha 35 06/12/94	
400m Free Women 19-24		12:36.04 Lisa A. Hudak 29 08/07/94		400m Free Women 30-34		37.85 K.M. Fullilove 35 06/12/94	
R: 4:59.27 Sheri B. Brownstein 1988		1500m Free Women 25-29		R: 4:47.64 Mary H. Roebuck 1992		100m Free Women 35-39	
5:54.81 Danielle M. Sirbu 20 07/24/94		R: 18:13.30 Mary H. Roebuck 1990		5:26.73 Eileen O. Hartle 33 07/24/94		R: 1:00.25 Susan E. Halfacre 1988	
6:12.23 Heather L. Perry 23 07/24/94		19:49.41 Brooke J. Bowman 27 07/24/94		5:39.65 Debra G. Hanson 30 07/24/94		1:08.60 Kimberly J. Wise 37 07/24/94	
8:16.94 C.M. Donner 23 07/24/94		20:25.54 Sheri B. Predmore 27 07/24/94		5:43.04 Ruth M. Bielefeld 34 07/24/94		1:14.10 B.K. Nichols 37 06/12/94	
1500m Free Women 19-24		25:26.39 Lisa A. Hudak 29 07/24/94		6:38.64 J.M. Nation 32 07/24/94		1:16.02 C.A. Kelly 39 07/24/94	
R: 19:28.54 Sheri B. Brownstein 1989		37:10.44 Michele K. Morgan 29 07/24/94		6:49.64 J.E. Nanney 30 07/24/94		1:20.91 Kelly Bergdoll 36 06/12/94	
50m Back Women 19-24		50m Back Women 25-29		800m Free Women 30-34		1:28.52 K.M. Fullilove 35 06/12/94	
R: 33.46 Sudi S. Miller 1990		R: 31.92 Michele D. Falls 1983		R: 10:49.09 Wanda H. Brown 1988		200m Free Women 35-39	
39.48 Danielle M. Sirbu 20 07/24/94		37.73 J.L. vanderMolen 27 07/24/94		1500m Free Women 30-34		R: 2:09.33 Susan E. Halfacre 1988	
100m Back Women 19-24		44.22 Paige F. Wait 26 06/12/94		R: 18:12.67 Mary H. Roebuck 1994		2:45.38 B.K. Nichols 37 06/12/94	
R: 1:13.31 Sudi S. Miller 1990		58.87 Michele K. Morgan 29 07/24/94		18:12.67 Mary H. Roebuck 32 07/24/94		2:45.78 Jo Ann Harrelson 38 05/22/94	
1:29.34 Danielle M. Sirbu 20 07/24/94		100m Back Women 25-29		22:27.13 Eileen O. Hartle 33 07/24/94		2:51.10 C.A. Kelly 39 07/24/94	
200m Back Women 19-24		R: 1:08.44 Michele D. Falls 1983		25:50.04 J.M. Nation 32 07/24/94		2:59.82 Jeanne B. Kostiha 35 07/24/94	
R: 2:47.37 Amanda L. Hall 1993		1:22.18 J.L. vanderMolen 27 07/24/94		26:40.52 J.E. Nanney 30 07/24/94		3:13.29 Nancy S. Kiernan 39 06/12/94	
2:57.99 Esther S. Smith 21 06/12/94		200m Back Women 25-29		50m Back Women 30-34		400m Free Women 35-39	
50m Brst Women 19-24		R: 2:32.37 Michele D. Falls 1983		R: 34.50 Katie J. Adams 1988		R: 4:33.08 Susan E. Halfacre 1988	
R: 37.12 E.A. Sollee 1993		2:53.79 J.L. vanderMolen 27 07/24/94		40.65 Heather O'Brien 31 07/24/94		5:40.69 B.K. Nichols 37 06/12/94	
53.21 Danielle M. Sirbu 20 07/24/94		50m Brst Women 25-29		41.97 Debra G. Hanson 30 07/24/94		5:44.92 Jo Ann Harrelson 38 06/12/94	
100m Brst Women 19-24		R: 34.36 Rosemarie J. Seaman 1987		43.19 N.H. Saliwanchik 33 06/12/94		6:40.22 Jeanne B. Kostiha 35 07/24/94	
R: 1:22.11 E.A. Sollee 1993		43.06 Lisa A. Hudak 29 07/24/94		55.62 J.M. Nation 32 07/24/94		6:43.71 Nancy S. Kiernan 39 06/12/94	
1:25.42 Esther S. Smith 21 06/12/94		44.51 Paige F. Wait 26 06/12/94		100m Back Women 30-34		9:21.66 Sue A. Moucha 36 06/12/94	
200m Brst Women 19-24		57.98 Michele K. Morgan 29 07/24/94		R: 1:15.31 Katie J. Adams 1988		800m Free Women 35-39	
R: 3:03.47 Sheri B. Brownstein 1988		100m Brst Women 25-29		200m Back Women 30-34		R: 9:24.54 Susan E. Halfacre 1988	
3:05.43 Esther S. Smith 21 06/12/94		R: 1:18.31 Rosemarie J. Seaman 1987		R: 2:44.95 Katie J. Adams 1988		11:47.32 Jo Ann Harrelson 38 08/07/94	
50m Fly Women 19-24		1:30.85 Lisa A. Hudak 29 05/22/94		3:07.43 Debra G. Hanson 30 07/24/94		1500m Free Women 35-39	
R: 30.44 Sudi S. Miller 1990		1:36.32 Paige F. Wait 26 06/12/94		50m Brst Women 30-34		R: 20:26.10 Linda S. Bamber 1989	
37.24 Danielle M. Sirbu 20 07/24/94		200m Brst Women 25-29		R: 27.08 Rosemarie J. Seaman 1988		22:35.22 B.K. Nichols 37 07/24/94	
100m Fly Women 19-24		R: 2:59.04 Gwen R. Cressman 1989		38.10 Mary H. Roebuck 32 07/24/94		22:41.47 Jo Ann Harrelson 38 07/24/94	
R: 1:06.63 Sudi S. Miller 1990		3:15.20 Lisa A. Hudak 29 09/11/94		42.34 Eileen O. Hartle 33 07/24/94		26:27.26 Jeanne B. Kostiha 35 07/24/94	
1:27.91 Danielle M. Sirbu 20 07/24/94		50m Fly Women 25-29		42.72 Caroline A. Gatto 31 07/24/94		50m Back Women 35-39	
200m Fly Women 19-24		R: 28.79 Rosemarie J. Seaman 1987		44.12 Heather O'Brien 31 07/24/94		R: 35.72 Deb W. Walker 1986	
R: 2:36.49 Sheri B. Brownstein 1988		32.18 Brooke J. Bowman 27 07/24/94		45.10 Ruth M. Bielefeld 34 07/24/94		41.39 B.K. Nichols 37 07/24/94	
3:11.92 Heather L. Perry 23 07/24/94		32.53 Jennifer C. Hugus 25 07/24/94		100m Brst Women 30-34		41.60 K.M. Fullilove 35 06/12/94	
200m I.M. Women 19-24		35.68 Paige F. Wait 26 06/12/94		R: 1:20.21 Rosemarie J. Seaman 1989		41.74 Kimberly J. Wise 37 07/24/94	
R: 2:38.91 Sudi S. Miller 1990		37.05 J.L. vanderMolen 27 07/24/94		1:21.35 Mary H. Roebuck 32 06/12/94		42.59 Kelly Bergdoll 36 07/24/94	
2:50.27 Esther S. Smith 21 06/12/94		100m Fly Women 25-29		1:37.84 Ruth M. Bielefeld 34 07/24/94		47.01 Jeanne B. Kostiha 35 06/12/94	
3:14.44 Heather L. Perry 23 07/24/94		R: 1:03.91 Rosemarie J. Seaman 1987		1:41.06 Caroline A. Gatto 31 07/24/94		100m Back Women 35-39	
400m I.M. Women 19-24		1:12.76 Brooke J. Bowman 27 07/24/94		1:42.15 N.H. Saliwanchik 33 06/12/94		R: 1:19.12 Deb W. Walker 1988	
R: 5:44.52 Sheri B. Brownstein 1988		1:13.60 Jennifer C. Hugus 25 07/24/94		1:55.89 J.E. Nanney 30 07/24/94		1:30.84 B.K. Nichols 37 07/24/94	
6:00.87 Esther S. Smith 21 06/12/94		1:14.91 Sara J. Stratton 28 07/24/94		200m Brst Women 30-34		1:35.38 Kelly Bergdoll 36 07/24/94	
50m Free Women 25-29		1:25.63 J.L. vanderMolen 27 07/24/94		R: 2:59.08 Mary H. Roebuck 1994		1:42.17 Jeanne B. Kostiha 35 07/24/94	
R: 27.50 Mary Holmes 1988		200m Fly Women 25-29		2:59.08 Mary H. Roebuck 32 07/24/94		2:24.65 Sue A. Moucha 36 06/12/94	
30.62 Brooke J. Bowman 27 07/24/94		R: 2:35.01 Linda S. Neary 1992		3:21.88 Roberta D. Franz 32 07/24/94		200m Back Women 35-39	
31.89 J.L. vanderMolen 27 07/24/94		2:46.83 Brooke J. Bowman 27 07/24/94		3:25.37 Ruth M. Bielefeld 34 07/24/94		R: 2:51.54 Deb W. Walker 1986	
32.30 Paige F. Wait 26 06/12/94		200m I.M. Women 25-29		3:47.90 N.H. Saliwanchik 33 06/12/94		3:13.40 B.K. Nichols 37 06/12/94	
100m Free Women 25-29		R: 2:33.59 Gwen R. Cressman 1988		50m Fly Women 30-34		3:34.75 Jeanne B. Kostiha 35 07/24/94	
R: 58.97 Rosemarie J. Seaman 1987		2:40.68 Sheri B. Predmore 27 07/24/94		R: 29.92 Rosemarie J. Seaman 1989		5:01.00 Sue A. Moucha 36 06/12/94	
1:06.18 Brooke J. Bowman 27 07/24/94		2:41.67 Jennifer C. Hugus 25 07/24/94		31.88 Mary H. Roebuck 32 07/24/94		50m Brst Women 35-39	
1:06.57 Jennifer C. Hugus 25 07/24/94		2:49.67 Brooke J. Bowman 27 07/24/94		35.12 Eileen O. Hartle 33 07/24/94		R: 37.39 Deb W. Walker 1988	
1:08.90 J.L. vanderMolen 27 07/24/94		2:52.59 J.L. vanderMolen 27 07/24/94		35.28 Heather O'Brien 31 07/24/94		39.94 Kimberly J. Wise 37 07/24/94	
1:09.23 Sara J. Stratton 28 07/24/94		400m I.M. Women 25-29		39.96 N.H. Saliwanchik 33 06/12/94		44.35 Lisa H. Ross 39 07/24/94	
1:13.98 Paige F. Wait 26 06/12/94		R: 5:35.38 Gwen R. Cressman 1988		41.04 Ruth M. Bielefeld 34 07/24/94		48.38 Kelly Bergdoll 36 07/24/94	
200m Free Women 25-29		50m Free Women 30-34		100m Fly Women 30-34		48.67 Jeanne B. Kostiha 35 07/24/94	
R: 2:09.66 Mary Holmes 1988		R: 27.44 Rosemarie J. Seaman 1989		R: 1:06.24 Rosemarie J. Seaman 1989		49.31 K.M. Fullilove 35 06/12/94	
2:25.17 Brooke J. Bowman 27 07/24/94		28.78 Mary H. Roebuck 32 06/12/94		200m Fly Women 30-34		100m Brst Women 35-39	
2:25.38 Jennifer C. Hugus 25 07/24/94		30.49 Eileen O. Hartle 33 07/24/94		R: 2:41.29 Linda S. Bamber 1988		R: 1:22.46 Deb W. Walker 1987	
2:31.72 J.L. vanderMolen 27 07/24/94		31.38 Heather O'Brien 31 07/24/94		200m I.M. Women 30-34		1:33.49 Jo Ann Harrelson 38 06/12/94	
2:31.73 Sara J. Stratton 28 07/24/94		31.99 Debra G. Hanson 30 07/24/94		R: 2:33.14 Rosemarie J. Seaman 1989		1:36.24 Lisa H. Ross 39 07/24/94	
2:50.63 Paige F. Wait 26 06/12/94		34.89 Ruth M. Bielefeld 34 07/24/94		2:35.86 Mary H. Roebuck 32 07/24/94		1:42.26 Jeanne B. Kostiha 35 06/12/94	
100m Free Women 30-34		100m Free Women 30-34		3:02.51 Debra G. Hanson 30 07/24/94		1:45.11 K.M. Fullilove 35 06/12/94	
R: 1:00.36 Rosemarie J. Seaman 1989		R: 1:03.04 Mary H. Roebuck 32 07/24/94		3:13.02 Ruth M. Bielefeld 34 07/24/94		2:17.27 Sue A. Moucha 36 06/12/94	
1:03.04 Mary H. Roebuck 32 07/24/94		1:08.93 Eileen O. Hartle 33 07/24/94		3:21.03 N.H. Saliwanchik 33 06/12/94			

200m Brst Women 35-39

R: 3:00.05 Deb W. Walker 1988
 3:18.87 Jo Ann Harrelson 38 06/12/94
 3:40.76 Jeanne B. Kostiha 35 07/24/94
 3:53.41 Kelly Bergdoll 36 07/24/94
 4:54.60 Sue A. Moucha 36 06/12/94

50m Fly Women 35-39

R: 29.27 Susan E. Halfacre 1988
 33.21 Kimberly J. Wise 37 07/24/94
 35.91 B.K. Nichols 37 06/12/94
 40.71 K.M. Fullilove 35 06/12/94
 42.68 C.A. Kelly 39 07/24/94
 46.99 Kelly Bergdoll 36 07/24/94

100m Fly Women 35-39

R: 1:05.39 Susan E. Halfacre 1988
 1:21.40 B.K. Nichols 37 06/12/94
 1:32.69 Jo Ann Harrelson 38 05/22/94
 1:59.21 Jeanne B. Kostiha 35 07/24/94

200m Fly Women 35-39

R: 2:44.56 Linda S. Bamber 1989
 2:54.76 B.K. Nichols 37 06/12/94
 3:15.86 Jo Ann Harrelson 38 06/12/94

200m I.M. Women 35-39

R: 2:49.13 Deb W. Walker 1989
 3:06.54 Jo Ann Harrelson 38 06/12/94
 3:09.90 B.K. Nichols 37 07/24/94
 3:28.46 Kelly Bergdoll 36 06/12/94
 3:35.01 Jeanne B. Kostiha 35 07/24/94
 3:49.11 Nancy S. Kiernan 39 06/12/94

400m I.M. Women 35-39

R: 6:27.11 B.K. Nichols 1993
 6:33.07 Jo Ann Harrelson 38 09/11/94
 6:41.92 B.K. Nichols 37 07/24/94
 7:28.28 Jeanne B. Kostiha 35 06/12/94

50m Free Women 40-44

R: 28.64 Martha R. Martin 1988
 32.55 Deb W. Walker 42 06/12/94
 34.68 Pam Geiger 41 06/12/94
 36.75 Jeanie M. Libutti 43 06/12/94
 39.16 Barbara Prescott 43 07/24/94
 39.81 Sondra A. Lane 40 09/11/94

100m Free Women 40-44

R: 1:03.40 Martha R. Martin 1988
 1:11.20 Deb W. Walker 42 06/12/94
 1:14.68 Pam Geiger 41 06/12/94
 1:29.24 Barbara Prescott 43 07/24/94
 1:32.79 Sondra A. Lane 40 07/24/94
 1:44.49 Carol M. Seidel 40 07/24/94

200m Free Women 40-44

R: 2:21.77 Martha R. Martin 1988
 2:42.68 Pam Geiger 41 06/12/94
 3:17.12 Nancy S. Kiernan 40 07/24/94
 3:25.24 Barbara Prescott 43 07/24/94
 4:02.82 Carol M. Seidel 40 07/24/94

400m Free Women 40-44

R: 5:04.96 Martha R. Martin 1988
 5:47.99 Pam Geiger 41 06/12/94
 6:51.33 Nancy S. Kiernan 40 07/24/94
 7:02.40 Joan F. Stapel 43 07/24/94
 7:24.21 Barbara Prescott 43 07/24/94

800m Free Women 40-44

R: 11:48.09 Pam J. Geiger 1993
 11:51.25 Pam Geiger 41 08/07/94
 14:10.44 Nancy S. Kiernan 40 08/07/94

1500m Free Women 40-44

R: 22:17.12 Lynn P. Brownstein 1986
 23:13.52 Pam Geiger 41 07/24/94
 27:02.93 Nancy S. Kiernan 40 07/24/94
 27:47.50 Joan F. Stapel 43 07/24/94

50m Back Women 40-44

R: 34.68 Martha R. Martin 1988
 38.56 Deb W. Walker 42 06/12/94
 47.68 Barbara Prescott 43 07/24/94
 48.04 Jeanie M. Libutti 43 06/12/94

100m Back Women 40-44

R: 1:17.99 Judy K. Stefanick 1992
 1:22.70 Deb W. Walker 42 06/12/94
 2:04.08 Diane M. Bradley 41 05/22/94

200m Back Women 40-44

R: 2:49.31 Judy K. Stefanick 1992
 4:31.03 Diane M. Bradley 42 09/11/94

50m Brst Women 40-44

R: 38.16 Deborah W. Walker 1992
 39.00 Deb W. Walker 42 05/22/94
 45.83 Joan F. Stapel 43 07/24/94
 48.61 Sondra A. Lane 40 07/24/94
 53.65 Barbara Prescott 43 07/24/94

100m Brst Women 40-44

R: 1:24.08 Deborah W. Walker 1992
 1:24.60 Deb W. Walker 42 06/12/94
 1:42.46 Joan F. Stapel 43 07/24/94
 1:55.63 Barbara Prescott 43 07/24/94

200m Brst Women 40-44

R: 3:04.44 Deborah W. Walker 1993
 3:05.77 Deb W. Walker 42 06/12/94
 3:43.11 Pam Geiger 41 09/11/94

50m Fly Women 40-44

R: 30.54 Martha R. Martin 1988

100m Fly Women 40-44

R: 1:10.22 Martha R. Martin 1988

200m Fly Women 40-44

R: 3:02.77 Judy K. Stefanick 1992

200m I.M. Women 40-44

R: 2:58.89 Judy K. Stefanick 1992
 3:14.66 Pam Geiger 41 06/12/94
 3:52.00 Nancy S. Kiernan 40 07/24/94

400m I.M. Women 40-44

R: 6:18.29 Judy K. Stefanick 1992
 6:51.16 Pam Geiger 41 06/12/94
 8:12.83 Nancy S. Kiernan 40 07/24/94

50m Free Women 45-49

R: 31.57 Anne M. Page 1993
 32.10 Anne M. Page 46 09/11/94
 33.09 Lynn Cartee 47 06/12/94
 34.58 Meegan J. Wilson 45 07/24/94
 38.44 Leslie L. Treat 45 07/24/94
 40.56 Penny M. Potter 47 07/24/94

100m Free Women 45-49

R: 1:14.60 Jayne M. Lambke 1989
 1:18.24 Meegan J. Wilson 45 06/12/94
 1:25.73 Leslie L. Treat 45 07/24/94
 1:30.69 Penny M. Potter 47 07/24/94

200m Free Women 45-49

R: 2:48.72 Jayne M. Lambke 1989
 3:11.75 Leslie L. Treat 45 07/24/94
 3:23.37 Penny M. Potter 47 07/24/94

400m Free Women 45-49

R: 5:42.81 Anne M. Page 1993
 6:00.80 Lynn Cartee 47 06/12/94

1500m Free Women 45-49

R: 27:05.96 Penny M. Potter 1993
 27:19.54 Penny M. Potter 47 07/24/94

50m Back Women 45-49

R: 40.48 Barbara S. Hoellen 1988
 43.71 Anne M. Page 46 09/11/94
 45.17 Meegan J. Wilson 45 07/24/94
 45.51 Angie L. Wilson 45 07/24/94

100m Back Women 45-49

R: 1:29.40 Barbara S. Hoellen 1988

200m Back Women 45-49

R: 3:22.88 Suzy Carlson 1988

50m Brst Women 45-49

R: 41.13 Meegan J. Wilson 1994
 41.13 Meegan J. Wilson 45 07/24/94
 42.76 Lynn Cartee 47 06/12/94
 43.16 Leslie L. Treat 45 07/24/94
 50.99 Angie L. Wilson 45 07/24/94

100m Brst Women 45-49

R: 1:31.39 Meegan J. Wilson 1994
 1:31.39 Meegan J. Wilson 45 06/12/94
 1:34.84 Leslie L. Treat 45 06/12/94
 1:36.98 Lynn Cartee 47 06/12/94
 1:50.05 Penny M. Potter 47 07/24/94
 1:50.44 Angie L. Wilson 45 07/24/94

200m Brst Women 45-49

R: 3:24.97 Leslie L. Treat 1994
 3:24.97 Leslie L. Treat 45 07/24/94
 3:25.35 Meegan J. Wilson 45 07/24/94
 4:18.36 Penny M. Potter 47 07/24/94

50m Fly Women 45-49

R: 34.98 Barbara S. Hoellen 1989
 40.78 Meegan J. Wilson 45 07/24/94
 51.23 Leslie L. Treat 45 07/24/94
 58.29 Penny M. Potter 47 07/24/94

100m Fly Women 45-49

R: 1:22.26 Barbara S. Hoellen 1989

200m Fly Women 45-49

R: 3:13.41 Barbara S. Hoellen 1988

200m I.M. Women 45-49

R: 3:08.67 Lynn Cartee 1993
 3:12.69 Lynn Cartee 47 06/12/94
 3:24.85 Meegan J. Wilson 45 06/12/94

400m I.M. Women 45-49

R: 6:40.54 Anne M. Page 1993
 7:21.74 Meegan J. Wilson 45 06/12/94

50m Free Women 50-54

R: 33.20 Jayne M. Lambke 1989
 35.14 Jayne M. Lambke 54 07/24/94
 46.65 Barbara S. Green 54 06/12/94
 50.51 Margie Hutinger 54 06/12/94
 54.56 S.L. Whitcomb 51 07/24/94

100m Free Women 50-54

R: 1:13.21 Jayne M. Lambke 1993
 1:18.08 Jayne M. Lambke 54 07/24/94
 1:44.58 Barbara S. Green 54 06/12/94
 1:57.22 Margie Hutinger 54 06/12/94
 2:08.33 S.L. Whitcomb 50 06/12/94

200m Free Women 50-54

R: 2:44.05 Jayne M. Lambke 1990
 2:53.78 Jayne M. Lambke 54 07/24/94
 4:26.31 S.L. Whitcomb 50 06/12/94

400m Free Women 50-54

R: 5:48.55 Jayne M. Lambke 1990
 6:07.15 Jayne M. Lambke 54 07/24/94

800m Free Women 50-54

R: 12:37.87 Jayne M. Lambke 1993

1500m Free Women 50-54

R: 23:15.05 Jayne M. Lambke 1990
 24:05.59 Jayne M. Lambke 54 07/24/94

50m Back Women 50-54

R: 46.90 Rita Al Jones 1985
 1:01.48 Margie Hutinger 54 06/12/94
 1:06.07 Barbara S. Green 54 06/12/94

100m Back Women 50-54

R: 1:36.86 Suzy Carlson 1993
 2:18.27 Margie Hutinger 54 06/12/94

200m Back Women 50-54

R: 3:26.40 Suzy Carlson 1992

50m Brst Women 50-54

R: 48.81 Margaret VanEvery 1993
 1:06.02 S.L. Whitcomb 51 07/24/94
 1:08.63 Margie Hutinger 54 08/07/94

100m Brst Women 50-54

R: 1:47.12 Margaret VanEvery 1993
 2:16.87 S.L. Whitcomb 50 06/12/94
 2:22.91 Barbara S. Green 54 06/12/94

200m Brst Women 50-54

R: 3:53.95 Margaret VanEvery 1993
 4:48.77 S.L. Whitcomb 50 06/12/94

50m Fly Women 50-54

R: 36.53 Jayne M. Lambke 1989
 40.92 Jayne M. Lambke 54 06/12/94
 1:01.89 Margie Hutinger 54 06/12/94

100m Fly Women 50-54

R: 1:30.42 Jayne M. Lambke 1989
 1:37.24 Jayne M. Lambke 54 07/24/94

200m Fly Women 50-54

R: 3:30.48 Jayne M. Lambke 1992

200m I.M. Women 50-54

R: 3:20.90 Jayne M. Lambke 1990
 3:26.99 Jayne M. Lambke 54 07/24/94

400m I.M. Women 55-59

R: 7:11.13 Jayne M. Lambke 1990

50m Free Women 55-59

R: 35.68 Jayne M. Lambke 1994
 35.68 Jayne M. Lambke 55 08/07/94
 39.52 J.G. Piper 57 08/07/94
 40.93 Kate Knight-Perry 59 07/24/94
 43.61 B.Culbertson 57 07/24/94
 46.55 Doris C. Prokopi 58 11/21/93

100m Free Women 55-59

R: 1:32.86 Kate Knight-Perry 1992
 1:34.22 Kate Knight-Perry 59 07/24/94
 1:35.37 J.G. Piper 57 06/12/94
 1:47.34 Doris C. Prokopi 58 11/21/93
 1:47.62 B.Culbertson 57 07/24/94
 2:27.38 S.L. Leonard 58 06/12/94

200m Free Women 55-59

R: 3:22.52 Kate Knight-Perry 1992
 3:26.47 Kate Knight-Perry 59 07/24/94

400m Free Women 55-59

R: 7:03.88 Kate Knight-Perry 1992
 7:17.22 Kate Knight-Perry 59 07/24/94
 8:00.71 B.J. Tucker 58 11/21/93
 10:10.68 Kay Martin 57 06/12/94

800m Free Women 55-59

R: 12:36.62 Jayne M. Lambke 1994
 12:36.62 Jayne M. Lambke 55 08/07/94
 17:34.00 Doris C. Prokopi 58 08/07/94
 20:36.13 Kay Martin 57 08/07/94

1500m Free Women 55-59

R: 27:48.71 Kate Knight-Perry 1994
 27:48.71 Kate Knight-Perry 59 07/24/94
 34:06.55 Doris C. Prokopi 58 07/24/94
 37:38.68 Kay Martin 57 07/24/94

50m Back Women 55-59

R: 46.12 Scottie Holliday 1993
 49.82 Jayne M. Lambke 55 08/07/94
 51.40 Doris C. Prokopi 58 11/21/93
 52.10 B.Culbertson 57 07/24/94
 53.36 B.J. Tucker 58 11/21/93
 53.62 E.J. Beattie 57 07/24/94

100m Back Women 55-59

R: 1:48.71 Scottie Holliday 1993
 1:56.69 B.J. Tucker 58 11/21/93
 1:58.58 B.Culbertson 56 06/12/94
 2:02.97 Doris C. Prokopi 58 11/21/93
 2:32.27 Kay Martin 57 05/22/94
 3:01.08 S.L. Leonard 58 06/12/94

200m Back Women 55-59

R: 3:59.70 Scottie Holliday 1993
 4:33.81 Doris C. Prokopi 58 09/11/94
 5:09.25 Kay Martin 57 06/12/94
 6:36.20 S.L. Leonard 58 07/24/94

50m Brst Women 55-59

R: 46.79 J.G. Piper 1994
 46.79 J.G. Piper 57 07/24/94
 49.72 B.Culbertson 56 06/12/94
 50.25 Jean M. Sterling 57 07/24/94
 50.90 Jayne M. Lambke 55 08/07/94
 52.64 B.J. Tucker 58 11/21/93

100m Brst Women 55-59

R: 1:45.61 J.G. Piper 1994
 1:45.61 J.G. Piper 57 06/12/94
 1:49.56 Jean M. Sterling 57 07/24/94
 1:52.61 B.Culbertson 56 06/12/94
 1:57.43 Doris C. Prokopi 58 06/12/94

200m Brst Women 55-59

R: 3:53.67 J.G. Piper 1994
 3:53.67 J.G. Piper 57 07/24/94
 4:12.24 Jean M. Sterling 57 07/24/94
 4:17.07 Doris C. Prokopi 58 09/11/94
 4:21.04 Sandy L. Steer 55 09/11/94

50m Fly Women 55-59

R: 42.22 Jayne M. Lambke 1994
 42.22 Jayne M. Lambke 55 08/07/94
 48.51 Jean M. Sterling 57 07/24/94
 54.08 Doris C. Prokopi 58 11/21/93
 57.79 Kate Knight-Perry 59 07/24/94

59.82 B.J. Tucker 58 11/21/93

100m Fly Women 55-59
 R: 2:08.30 Ruth A. Hoskinson 1989
 2:27.24 Doris C. Prokopi 58 07/24/94
 3:03.02 Kay Martin 57 07/24/94

200m Fly Women 55-59
 R: 4:20.01 Nancy N. Durstein 1989
 5:05.31 Doris C. Prokopi 58 06/12/94
 6:51.37 Kay Martin 57 07/24/94

200m L.M. Women 55-59
 R: 3:51.53 Jean M. Sterling 1994
 3:51.53 Jean M. Sterling 57 07/24/94
 4:15.85 B.J. Tucker 58 11/21/93
 4:32.51 Doris C. Prokopi 58 07/24/94
 5:45.25 Kay Martin 57 06/12/94

400m L.M. Women 55-59
 R: 7:21.68 Jayne M. Lambke 1994
 7:21.68 Jayne M. Lambke 55 09/11/94
 8:27.88 Jean M. Sterling 57 07/24/94
 12:24.54 Kay Martin 57 06/12/94

50m Free Women 60-64
 R: 45.27 Barbara A. Allen 1994
 45.27 Barbara A. Allen 61 07/24/94
 45.45 Nancy N. Durstein 64 07/24/94
 47.02 Ruth A. Hoskinson 63 11/21/93
 51.36 Pat M. LaFountain 64 11/21/93
 1:01.35 Alyce M. Vogel 61 07/24/94

100m Free Women 60-64
 R: 1:40.40 Nancy N. Durstein 1992
 1:43.24 Nancy N. Durstein 64 07/24/94
 1:44.24 Barbara A. Allen 61 07/24/94
 1:59.27 Ruth A. Hoskinson 64 07/24/94

200m Free Women 60-64
 R: 3:35.00 Nancy N. Durstein 1993
 3:36.35 Nancy N. Durstein 64 06/12/94
 3:56.33 Barbara A. Allen 61 07/24/94
 4:09.66 Ruth A. Hoskinson 64 05/22/94

400m Free Women 60-64
 R: 7:24.94 Nancy N. Durstein 1994
 7:24.94 Nancy N. Durstein 64 06/12/94
 8:22.24 Barbara A. Allen 61 07/24/94

800m Free Women 60-64
 R: 15:36.67 Nancy N. Durstein 1994
 15:36.67 Nancy N. Durstein 64 08/07/94
 17:05.12 Barbara A. Allen 61 08/07/94

1500m Free Women 60-64
 R: 28:33.56 Nancy N. Durstein 1992
 28:58.12 Nancy N. Durstein 64 07/24/94
 32:30.49 Barbara A. Allen 61 07/24/94

50m Back Women 60-64
 R: 52.31 Barbara A. Allen 1994
 52.31 Barbara A. Allen 61 08/07/94
 54.73 Nancy N. Durstein 64 06/12/94
 57.77 Ruth A. Hoskinson 64 06/12/94
 1:06.80 Pat M. LaFountain 64 11/21/93
 1:09.52 Alyce M. Vogel 61 07/24/94

100m Back Women 60-64
 R: 1:53.92 Nancy N. Durstein 1994
 1:53.92 Nancy N. Durstein 64 06/12/94
 1:56.40 Barbara A. Allen 61 07/24/94
 2:05.97 Ruth A. Hoskinson 63 11/21/93

200m Back Women 60-64
 R: 4:03.02 Nancy N. Durstein 1992
 4:05.54 Nancy N. Durstein 64 06/12/94
 4:14.98 Barbara A. Allen 61 09/11/94
 4:25.55 Ruth A. Hoskinson 64 06/12/94

50m Brst Women 60-64
 R: 52.11 Joan M. Glaraton 1989
 1:02.89 Alyce M. Vogel 61 07/24/94
 1:03.37 Nancy N. Durstein 64 11/21/93
 1:05.91 Pat M. LaFountain 64 11/21/93
 1:06.72 Ruth A. Hoskinson 64 07/24/94

100m Brst Women 60-64
 R: 2:21.07 Joan M. Glaraton 1989
 2:21.07 Alyce M. Vogel 61 07/24/94

200m Brst Women 60-64
 R: 4:30.24 Joan M. Glaraton 1988
 4:44.73 Nancy N. Durstein 64 06/12/94

50m Fly Women 60-64
 R: 53.02 Ruth A. Hoskinson 1993
 53.02 Ruth A. Hoskinson 63 11/21/93
 55.66 Nancy N. Durstein 64 11/21/93

100m Fly Women 60-64
 R: 2:09.42 Ruth A. Hoskinson 1992
 2:10.07 Ruth A. Hoskinson 64 06/12/94

200m Fly Women 60-64
 R: 4:20.08 Nancy N. Durstein 1993
 4:30.01 Nancy N. Durstein 64 07/24/94
 4:42.30 Ruth A. Hoskinson 64 06/12/94

200m L.M. Women 60-64
 R: 4:05.71 Nancy N. Durstein 1992
 4:05.86 Nancy N. Durstein 64 06/12/94
 4:23.40 Ruth A. Hoskinson 63 11/21/93

400m L.M. Women 60-64
 R: 8:25.59 Nancy N. Durstein 1992
 8:34.83 Nancy N. Durstein 64 07/24/94
 9:16.18 Ruth A. Hoskinson 64 06/12/94

50m Free Women 65-69
 R: 38.91 Florence E. Carr 1993
 39.75 Florence E. Carr 69 07/24/94
 46.02 Alice M. Yungert 66 11/21/93
 49.05 Edna B. Gordon 67 06/12/94
 1:16.40 Mary E. Boaz 65 11/21/93

100m Free Women 65-69
 R: 1:27.80 Florence E. Carr 1993
 1:31.73 Florence E. Carr 69 07/24/94
 1:45.21 Alice M. Yungert 66 11/21/93
 1:57.21 Edna B. Gordon 67 06/12/94
 2:46.54 Mary E. Boaz 65 11/21/93

200m Free Women 65-69
 R: 3:07.68 Florence E. Carr 1990
 3:20.46 Florence E. Carr 69 07/24/94
 3:53.70 Alice M. Yungert 66 11/21/93
 4:18.84 Edna B. Gordon 67 07/24/94
 5:40.66 Mary E. Boaz 65 11/21/93

400m Free Women 65-69
 R: 6:30.19 Florence E. Carr 1990
 7:03.32 Florence E. Carr 69 07/24/94
 8:07.83 Alice M. Yungert 66 11/21/93
 11:42.43 Mary E. Boaz 65 11/21/93

800m Free Women 65-69
 R: 13:50.69 Florence E. Carr 1990

1500m Free Women 65-69
 R: 26:18.31 Florence E. Carr 1990
 27:56.62 Florence E. Carr 69 07/24/94

50m Back Women 65-69
 R: 47.90 Florence E. Carr 1992
 49.44 Florence E. Carr 69 07/24/94
 1:07.52 Edna B. Gordon 67 07/24/94
 1:08.47 Alice M. Yungert 67 07/24/94
 1:19.51 Mary E. Boaz 65 11/21/93

100m Back Women 65-69
 R: 1:47.52 Florence E. Carr 1992
 1:58.42 Florence E. Carr 69 07/24/94
 2:34.18 Edna B. Gordon 67 06/12/94
 2:48.85 Mary E. Boaz 65 11/21/93

200m Back Women 65-69
 R: 3:52.00 Florence E. Carr 1993
 3:58.79 Florence E. Carr 69 09/11/94
 5:09.66 Edna B. Gordon 67 07/24/94

50m Brst Women 65-69
 R: 49.22 Gertrud J. Zint 1984
 1:07.50 Alice M. Yungert 66 11/21/93

100m Brst Women 65-69
 R: 1:50.29 Gertrud J. Zint 1983

200m Brst Women 65-69
 R: 4:05.90 Gertrud J. Zint 1984

50m Fly Women 65-69
 R: 43.55 Florence E. Carr 1990
 49.87 Florence E. Carr 69 07/24/94

100m Fly Women 65-69
 R: 1:57.70 Florence E. Carr 1992

200m Fly Women 65-69
 R: 5:01.04 June B. Reynolds 1989

200m L.M. Women 65-69
 R: 3:34.41 Florence E. Carr 1990
 4:21.58 Florence E. Carr 69 07/24/94

400m L.M. Women 65-69
 R: 7:57.09 Florence E. Carr 1990
 8:23.54 Florence E. Carr 69 09/11/94

50m Free Women 70-74
 R: 44.24 Bardi J. Dendy 1993
 46.16 Bardi J. Dendy 73 07/24/94
 47.99 June B. Reynolds 72 07/24/94
 58.66 Winnie F. Walter 73 09/11/94

100m Free Women 70-74
 R: 1:46.12 Bardi J. Dendy 1993
 1:53.51 June B. Reynolds 72 07/24/94
 1:58.75 Bardi J. Dendy 73 07/24/94
 2:15.25 Winnie F. Walter 73 06/12/94

200m Free Women 70-74
 R: 3:58.34 Gertrud J. Zint 1989
 4:12.12 June B. Reynolds 72 05/22/94
 4:41.10 Winnie F. Walter 73 06/12/94

400m Free Women 70-74
 R: 8:26.16 Gertrud J. Zint 1988
 9:06.97 June B. Reynolds 72 06/12/94

800m Free Women 70-74
 R: 18:28.52 Kay M. Schimpf 1987
 18:37.62 June B. Reynolds 72 08/07/94

1500m Free Women 70-74
 R: 33:58.25 Kay M. Schimpf 1992

50m Back Women 70-74
 R: 52.05 Gertrud J. Zint 1988
 57.53 June B. Reynolds 72 08/07/94
 1:01.69 Bardi J. Dendy 73 07/24/94
 1:16.66 Winnie F. Walter 73 09/11/94

100m Back Women 70-74
 R: 1:56.55 Gertrud J. Zint 1988
 2:13.88 June B. Reynolds 72 05/22/94
 2:16.05 Bardi J. Dendy 73 07/24/94

200m Back Women 70-74
 R: 4:19.23 Gertrud J. Zint 1988
 4:59.39 June B. Reynolds 72 06/12/94

50m Brst Women 70-74
 R: 52.17 Gertrud J. Zint 1988
 1:03.97 June B. Reynolds 72 08/07/94
 1:07.20 Bardi J. Dendy 73 07/24/94
 1:49.87 Winnie F. Walter 73 06/12/94

100m Brst Women 70-74
 R: 1:56.24 Gertrud J. Zint 1988
 2:18.61 June B. Reynolds 72 05/22/94
 3:44.63 Winnie F. Walter 73 06/12/94

200m Brst Women 70-74
 R: 4:18.13 Gertrud J. Zint 1988
 5:04.79 June B. Reynolds 72 09/11/94

50m Fly Women 70-74
 R: 50.72 Gertrud J. Zint 1988
 1:00.80 June B. Reynolds 72 05/22/94
 1:11.07 Winnie F. Walter 73 06/12/94

100m Fly Women 70-74
 R: 2:09.61 Gertrud J. Zint 1988
 2:16.58 June B. Reynolds 72 05/22/94
 2:45.19 Winnie F. Walter 73 06/12/94

200m Fly Women 70-74
 R: 4:51.87 June B. Reynolds 1992
 4:54.13 June B. Reynolds 72 09/11/94
 5:43.86 Winnie F. Walter 73 09/11/94

200m L.M. Women 70-74
 R: 4:10.08 Gertrud J. Zint 1988
 4:41.31 June B. Reynolds 72 07/24/94

400m L.M. Women 70-74
 R: 9:13.66 Gertrud J. Zint 1988
 9:57.37 June B. Reynolds 72 09/11/94

50m Free Women 75-79
 R: 50.23 Gertrud J. Zint 1993
 50.63 Gertrud J. Zint 76 06/12/94
 53.33 Kay M. Schimpf 76 05/22/94
 1:02.84 F.E. Cichanski 77 05/22/94

100m Free Women 75-79
 R: 1:52.73 Gertrud J. Zint 1994
 1:52.73 Gertrud J. Zint 76 06/12/94
 1:56.54 Kay M. Schimpf 76 06/12/94
 2:32.00 F.E. Cichanski 76 11/21/93

200m Free Women 75-79
 R: 4:10.57 Ruth D. Switzer 1983
 4:10.95 Gertrud J. Zint 76 06/12/94
 4:14.62 Kay M. Schimpf 76 11/21/93

400m Free Women 75-79
 R: 8:37.56 Kay M. Schimpf 1992
 8:58.18 Kay M. Schimpf 76 06/12/94
 9:15.83 Gertrud J. Zint 76 06/12/94

800m Free Women 75-79
 R: 18:13.41 Kay M. Schimpf 1994
 18:13.41 Kay M. Schimpf 77 08/07/94

1500m Free Women 75-79
 R: 33:56.46 Kay M. Schimpf 1993

50m Back Women 75-79
 R: 56.19 Gertrud J. Zint 1994
 56.19 Gertrud J. Zint 76 06/12/94
 1:04.55 Kay M. Schimpf 76 06/12/94
 1:09.15 F.E. Cichanski 77 05/22/94

100m Back Women 75-79
 R: 2:10.95 Gertrud J. Zint 1993
 2:20.84 Kay M. Schimpf 76 06/12/94
 2:38.79 F.E. Cichanski 76 11/21/93

200m Back Women 75-79
 R: 4:34.98 Gertrud J. Zint 1994
 4:34.98 Gertrud J. Zint 76 06/12/94
 4:42.37 Kay M. Schimpf 76 06/12/94

50m Brst Women 75-79
 R: 56.22 Gertrud J. Zint 1993
 1:05.85 Kay M. Schimpf 77 07/24/94

100m Brst Women 75-79
 R: 2:05.99 Gertrud J. Zint 1993
 2:06.01 Gertrud J. Zint 76 06/12/94
 2:22.42 Kay M. Schimpf 76 06/12/94

200m Brst Women 75-79
 R: 4:42.87 Gertrud J. Zint 1993
 4:46.61 Gertrud J. Zint 76 06/12/94
 5:02.94 Kay M. Schimpf 76 06/12/94

50m Fly Women 75-79
 R: 1:00.61 Gertrud J. Zint 1994
 1:00.61 Gertrud J. Zint 76 06/12/94
 1:02.75 Kay M. Schimpf 76 05/22/94

100m Fly Women 75-79
 R: 2:19.74 Kay M. Schimpf 1994
 2:19.74 Kay M. Schimpf 77 07/24/94

200m Fly Women 75-79
 R: 5:21.19 Kay M. Schimpf 1994
 5:21.19 Kay M. Schimpf 77 07/24/94

200m L.M. Women 75-79
 R: 4:37.22 Gertrud J. Zint 1994
 4:37.22 Gertrud J. Zint 76 06/12/94
 4:45.59 Kay M. Schimpf 77 07/24/94

400m L.M. Women 75-79
 R: 9:43.06 Gertrud J. Zint 1993
 10:04.99 Kay M. Schimpf 76 06/12/94

50m Free Women 80-84
 R: 58.54 Ruth D. Switzer 1988
 1:05.47 Win Kennedy 81 05/22/94

100m Free Women 80-84
 R: 2:09.09 Ruth D. Switzer 1988
 2:38.64 Win Kennedy 81 07/24/94

200m Free Women 80-84
 R: 4:41.78 Ruth D. Switzer 1988
 5:52.45 Win Kennedy 81 07/24/94

400m Free Women 80-84
 R: 9:48.24 Ruth D. Switzer 1988
 12:35.35 Win Kennedy 81 07/24/94

800m Free Women 80-84
 R: 20:32.07 Ruth D. Switzer 1988

1500m Free Women 80-84
 R: 41:35.18 Dorothy F. Hopkins 1990

50m Back Women 80-84
R: 1:08.92 Marian B. McKechnie 1985
1:16.30 Win Kennedy 81 07/24/94

100m Back Women 80-84
R: 2:42.85 Marian B. McKechnie 1985
2:50.91 Win Kennedy 81 07/24/94

200m Back Women 80-84
R: 5:49.67 Marian B. McKechnie 1984
5:53.39 Win Kennedy 81 07/24/94

50m Brst Women 80-84
R: 1:21.08 Dorothy F. Hopkins 1990
1:28.12 Win Kennedy 81 05/22/94

100m Brst Women 80-84
R: 3:10.07 Win Kennedy 1993

200m Brst Women 80-84
R: 7:04.15 Dorothy F. Hopkins 1990
7:06.48 Win Kennedy 81 07/24/94

50m Fly Women 80-84
R: 1:22.10 Dorothy F. Hopkins 1990
1:25.31 Win Kennedy 81 05/22/94

100m Fly Women 80-84
R: 3:02.99 Dorothy F. Hopkins 1990

200m Fly Women 80-84
R: 6:58.98 Dorothy F. Hopkins 1990

200m L.M. Women 80-84
R: 6:02.99 Dorothy F. Hopkins 1989
6:19.65 Win Kennedy 81 07/24/94

400m L.M. Women 80-84
R: 13:07.22 Dorothy F. Hopkins 1989

50m Free Women 85-89
R: 1:07.18 Marian B. McKechnie 1989

100m Free Women 85-89
R: 2:59.29 Marian B. McKechnie 1990

200m Free Women 85-89
R: 5:47.38 Marian B. McKechnie 1989

400m Free Women 85-89
R: 13:30.49 Marian B. McKechnie 1992

800m Free Women 85-89
R: 28:05.83 Marian B. McKechnie 1990

1500m Free Women 85-89
R: 52:23.80 Marian B. McKechnie 1989

50m Back Women 85-89
R: 1:18.66 Marian B. McKechnie 1989
1:40.64 M.B. McKechnie 89 05/22/94

100m Back Women 85-89
R: 3:04.69 Marian B. McKechnie 1989

200m Back Women 85-89
R: 6:20.47 Marian B. McKechnie 1989

50m Free Men 19-24
R: 25:02 Chris L. Stevenson 1989
25.35 James R. Smith 24 06/12/94
28.04 William L. Reed 24 07/24/94
28.43 M.C. Targino 19 07/24/94
28.55 M.D. Skowronski 21 07/24/94
28.66 Kirk White 24 07/24/94

100m Free Men 19-24
R: 54.16 Chris L. Stevenson 1988
57.84 James R. Smith 24 06/12/94
1:03.70 Eric C. Johnson 23 06/12/94
2:29.99 C.P. Robbins 20 07/24/94

200m Free Men 19-24
R: 2:01.49 Chris L. Stevenson 1989
2:14.39 James R. Smith 24 06/12/94
2:29.99 M.D. Skowronski 21 07/24/94
2:46.85 C.P. Robbins 20 07/24/94

800m Free Men 19-24
R: 4:20.67 A.T. Costantini 1993

1500m Free Men 19-24
R: 18:05.12 A.T. Costantini 1993
22:21.08 M.D. Skowronski 21 07/24/94
24:15.11 C.P. Robbins 20 07/24/94

50m Back Men 19-24
R: 28.06 Chris L. Stevenson 1987
30.21 James R. Smith 24 06/12/94
31.84 A.T. Costantini 23 06/12/94

34.03 M.C. Targino 19 07/24/94
34.17 Kirk White 24 07/24/94
37.71 M.D. Skowronski 21 07/24/94

100m Back Men 19-24
R: 1:01.85 Chris L. Stevenson 1988
1:03.24 James R. Smith 24 06/12/94

200m Back Men 19-24
R: 2:15.36 Chris L. Stevenson 1987
2:23.78 James R. Smith 24 06/12/94
2:24.92 A.T. Costantini 23 06/12/94

50m Brst Men 19-24
R: 32.39 Greg Burns 1993
40.60 M.C. Targino 19 07/24/94
40.80 M.D. Skowronski 21 07/24/94

100m Brst Men 19-24
R: 1:15.24 Greg Burns 1993

200m Brst Men 19-24
R: 2:54.78 A.T. Costantini 1993
3:26.13 C.P. Robbins 20 07/24/94

50m Fly Men 19-24
R: 26.59 Chris L. Stevenson 1987
31.10 M.C. Targino 19 07/24/94
39.98 C.P. Robbins 20 07/24/94

100m Fly Men 19-24
R: 58.84 Chris L. Stevenson 1988
1:17.16 M.C. Targino 19 07/24/94

200m Fly Men 19-24
R: 2:17.46 A.T. Costantini 1993
2:23.78 A.T. Costantini 23 06/12/94

400m L.M. Men 19-24
R: 2:20.67 A.T. Costantini 1993
2:30.46 A.T. Costantini 23 06/12/94
2:46.22 Kirk White 24 07/24/94

800m L.M. Men 19-24
R: 5:13.93 A.T. Costantini 1994
5:13.93 A.T. Costantini 23 06/12/94

50m Free Men 25-29
R: 23.69 Robin G. Ramirez 1985
25.83 P.R. Fischer 29 07/24/94
26.29 Paul W. Robinson 26 07/24/94
27.60 W.T. Matthews 27 07/24/94
27.68 Greg B. Stelle 27 06/12/94
27.76 Keith T. Wiley 26 07/24/94

100m Free Men 25-29
R: 54.53 Robin G. Ramirez 1985
55.58 Paul W. Robinson 26 07/24/94
1:03.47 Keith T. Wiley 26 06/12/94
1:03.48 Greg B. Stelle 27 06/12/94
1:12.46 Johnathan R. Lim 29 07/24/94

200m Free Men 25-29
R: 2:03.72 Paul W. Robinson 1993
2:04.08 Paul W. Robinson 26 07/24/94
2:14.14 Greg B. Stelle 27 07/24/94
2:30.43 Keith T. Wiley 26 06/12/94

400m Free Men 25-29
R: 4:23.17 Robert K. Nichols 1985
4:30.39 Paul W. Robinson 26 07/24/94
4:42.61 Greg B. Stelle 27 07/24/94
5:02.18 W.T. Matthews 27 07/24/94

800m Free Men 25-29
R: 9:25.52 Robert K. Nichols 1985

1500m Free Men 25-29
R: 17:08.92 Robert K. Nichols 1985
18:27.50 Paul W. Robinson 26 07/24/94
19:03.09 Greg B. Stelle 27 07/24/94
20:16.33 W.T. Matthews 27 07/24/94

50m Back Men 25-29
R: 29.68 Stephen D. Barnicoat 1989
31.36 Paul W. Robinson 26 07/24/94
36.48 Keith T. Wiley 26 07/24/94

100m Back Men 25-29
R: 1:03.54 Jack Salzman 1988
1:07.76 Paul W. Robinson 26 07/24/94
1:20.71 Greg B. Stelle 27 06/12/94

200m Back Men 25-29
R: 2:17.77 Stephen D. Barnicoat 1989
2:23.29 Paul W. Robinson 26 07/24/94

50m Brst Men 25-29
R: 31.83 Doug Soltis 1987
32.97 Greg B. Stelle 27 07/24/94
34.29 F.Charmforoosh 28 07/24/94
35.99 P.R. Fischer 29 07/24/94
37.26 Johnathan R. Lim 29 07/24/94

100m Brst Men 25-29
R: 1:10.84 Doug Soltis 1987
1:13.24 Greg B. Stelle 27 07/24/94
1:17.14 F.Charmforoosh 28 07/24/94
1:26.79 Johnathan R. Lim 29 07/24/94

200m Brst Men 25-29
R: 2:41.56 Ty B. Segrest 1989
2:48.35 Greg B. Stelle 27 07/24/94
2:51.05 F.Charmforoosh 28 07/24/94

50m Fly Men 25-29
R: 26.46 Robin G. Ramirez 1985
29.93 Paul W. Robinson 26 07/24/94
30.33 F.Charmforoosh 28 07/24/94
32.65 Keith T. Wiley 26 06/12/94
36.10 Johnathan R. Lim 29 07/24/94

100m Fly Men 25-29
R: 58.71 Chris L. Stevenson 1990
1:12.34 F.Charmforoosh 28 07/24/94

200m Fly Men 25-29
R: 2:15.02 Timothy M. Dodge

200m L.M. Men 25-29
R: 2:23.67 Stephen D. Barnicoat 1989
2:30.58 Paul W. Robinson 26 07/24/94
2:39.77 F.Charmforoosh 28 07/24/94
2:41.06 W.T. Matthews 27 07/24/94
2:53.78 Keith T. Wiley 26 06/12/94

400m L.M. Men 25-29
R: 5:08.68 Stephen D. Barnicoat 1989
5:18.84 Paul W. Robinson 26 07/24/94

50m Free Men 30-34
R: 25.08 Robin G. Ramirez 1989
26.02 Brian E. Vaile 32 07/24/94
27.05 G.J. Salomon 32 08/07/94
27.27 Kelley M. Allen 30 07/24/94
27.49 R.W. Niedrich 34 07/24/94
27.78 Ron L. Collins 32 06/12/94

100m Free Men 30-34
R: 56.52 Roy C. Deary 1993
57.53 Brian E. Vaile 32 07/24/94
1:00.87 Kelley M. Allen 30 07/24/94
1:01.09 R.W. Niedrich 34 07/24/94
1:03.74 Steve W. Grossman 32 07/24/94
1:04.70 Ken A. Boring 30 06/12/94

200m Free Men 30-34
R: 2:03.08 Lucky Meisenheimer 1990
2:14.70 Brian E. Vaile 32 06/12/94
2:14.75 Ron L. Collins 32 07/24/94
2:22.87 Ken A. Boring 30 06/12/94
2:29.85 Richard G. Russo 34 07/24/94
2:42.00 Michael P. Minyon 33 07/24/94

400m Free Men 30-34
R: 4:28.35 Lucky Meisenheimer 1992
4:50.96 Ron L. Collins 32 07/24/94
5:09.36 Bill S. Korey 30 07/24/94
5:23.82 Chris Hartsfield 31 07/24/94
5:48.37 Michael P. Minyon 33 07/24/94
6:02.93 Donald L. Combs 33 07/24/94

800m Free Men 30-34
R: 9:21.04 Robert K. Nichols 1989

1500m Free Men 30-34
R: 17:06.73 Robert K. Nichols 1988
19:41.78 Ron L. Collins 32 07/24/94
20:40.57 Bill S. Korey 30 07/24/94
20:43.06 Steve W. Grossman 32 07/24/94
21:38.86 Chris Hartsfield 31 07/24/94
23:28.42 Michael P. Minyon 33 07/24/94

50m Back Men 30-34
R: 30.23 Kelley M. Allen 1994
30.23 Kelley M. Allen 30 07/24/94
31.24 Brian E. Vaile 32 07/24/94
32.37 G.J. Salomon 32 08/07/94
33.50 Jeff T. Salomon 33 08/07/94
36.55 Bill S. Korey 30 07/24/94

100m Back Men 30-34
R: 1:04.63 William L. Specht 1992
1:06.23 Kelley M. Allen 30 07/24/94
1:08.44 Brian E. Vaile 32 07/24/94
1:13.27 R.W. Niedrich 34 07/24/94
1:23.41 Steve W. Grossman 32 07/24/94
1:25.76 Richard G. Russo 34 07/24/94

200m Back Men 30-34
R: 2:27.25 Kelley M. Allen 1994
2:27.25 Kelley M. Allen 30 07/24/94
2:39.07 Ron L. Collins 32 07/24/94
2:47.43 Bill S. Korey 30 07/24/94

50m Brst Men 30-34
R: 30.88 Chester Miltenberger 1982
36.22 Steve W. Grossman 32 06/12/94
36.36 Brian E. Vaile 32 07/24/94
37.37 Ron L. Collins 32 07/24/94
37.87 Jeff T. Salomon 33 08/07/94
37.97 R.W. Niedrich 34 07/24/94

100m Brst Men 30-34
R: 1:11.60 Doug Malcolm 1989
1:19.56 Brian E. Vaile 32 07/24/94
1:20.30 Steve W. Grossman 32 06/12/94
1:21.32 Ron L. Collins 32 06/12/94
1:23.26 R.W. Niedrich 34 07/24/94
1:34.87 Michael P. Minyon 33 07/24/94

200m Brst Men 30-34
R: 2:46.89 Chester Miltenberger 1986
2:57.10 Steve W. Grossman 32 06/12/94
3:04.49 Ron L. Collins 32 07/24/94
3:07.89 Rip L. Reeves 34 09/11/94
3:32.79 Michael P. Minyon 33 07/24/94

50m Fly Men 30-34
R: 26.90 William L. Specht 1993
28.90 Brian E. Vaile 32 07/24/94
28.95 Ron L. Collins 32 07/24/94
29.26 R.W. Niedrich 34 07/24/94
29.58 Kelley M. Allen 30 07/24/94
29.90 Steve W. Grossman 32 06/12/94

100m Fly Men 30-34
R: 59.52 William L. Specht 1993
1:02.51 Ron L. Collins 32 07/24/94
1:04.17 Brian E. Vaile 32 07/24/94
1:07.04 R.W. Niedrich 34 07/24/94
1:13.69 Steve W. Grossman 32 06/12/94
1:36.12 Michael P. Minyon 33 07/24/94

200m Fly Men 30-34
R: 2:18.24 Paul S. Wise 1988
2:24.46 Ron L. Collins 32 07/24/94
3:02.66 Steve W. Grossman 32 07/24/94

200m L.M. Men 30-34
R: 2:20.60 Chris M. Olden 1993
2:26.54 Brian E. Vaile 32 07/24/94
2:29.14 Kelley M. Allen 30 07/24/94
2:32.04 R.W. Niedrich 34 07/24/94
2:32.07 Ron L. Collins 32 07/24/94
2:44.90 Steve W. Grossman 32 07/24/94

400m L.M. Men 30-34
R: 5:14.80 Scott P. McMillen 1987
5:22.83 Brian E. Vaile 32 07/24/94
5:34.66 Ron L. Collins 32 07/24/94
5:57.82 Steve W. Grossman 32 06/12/94
7:22.59 Michael P. Minyon 33 07/24/94

50m Free Men 35-39
R: 25.53 Chester Miltenberger 1988
26.12 L.J. Meisenheimer 36 07/24/94
29.17 Scot W. Hartle 37 07/24/94
30.34 Joe F. Securo 37 06/12/94
30.67 J. Thomas Atkins 39 05/22/94
32.49 Jim P. Seidel 38 07/24/94

100m Free Men 35-39
R: 56.05 Chester Miltenberger 1988
56.88 L.J. Meisenheimer 36 07/24/94
1:07.01 Scot W. Hartle 37 07/24/94
1:07.17 Joe F. Securo 37 06/12/94
1:08.08 J. Thomas Atkins 39 05/22/94
1:09.03 Jorge J. Lense 35 07/24/94

200m Free Men 35-39
R: 2:04.61 Jeffrey J. Perout 1989
2:05.88 L.J. Meisenheimer 36 07/24/94
2:10.88 Paul S. Wise 38 07/24/94
2:14.65 William L. Specht 36 05/22/94

2:29.86 Scot W. Hartle 37 07/24/94
2:41.62 Jorge J. Lense 35 07/24/94

400m Free Men 35-39

R: 4:29.03 Jeffrey J. Perout 1989
4:33.23 L.J. Meisenheimer 36 07/24/94
4:37.25 Paul S. Wise 38 07/24/94
5:21.00 Scot W. Hartle 37 07/24/94
6:14.04 David Groisser 37 06/12/94

800m Free Men 35-39

R: 9:09.59 Brant S. Buttner 1988
9:34.90 William L. Specht 36 08/07/94

1500m Free Men 35-39

R: 18:28.50 Paul S. Wise 1994
18:28.50 Paul S. Wise 38 07/24/94
18:32.95 L.J. Meisenheimer 36 07/24/94
21:48.22 Scot W. Hartle 37 07/24/94

50m Back Men 35-39

R: 29.71 William L. Specht 1994
29.71 William L. Specht 36 07/24/94
33.19 L.J. Meisenheimer 36 07/24/94
35.76 Joe F. Securo 37 06/12/94
38.49 J. Thomas Atkins 39 05/22/94
39.63 Scot W. Hartle 37 07/24/94

100m Back Men 35-39

R: 1:04.97 William L. Specht 1994
1:04.97 William L. Specht 36 07/24/94
1:15.51 L.J. Meisenheimer 36 07/24/94
1:16.17 Joe F. Securo 37 06/12/94
1:25.59 J. Thomas Atkins 39 05/22/94

200m Back Men 35-39

R: 2:21.02 William L. Specht 1994
2:21.02 William L. Specht 36 09/11/94
2:36.82 Paul S. Wise 38 07/24/94
2:47.84 Joe F. Securo 37 06/12/94

50m Brst Men 35-39

R: 31.52 Chester Miltenberger 1987
40.78 Scot W. Hartle 37 07/24/94
40.93 L.J. Meisenheimer 36 07/24/94
49.78 David Groisser 37 06/12/94

100m Brst Men 35-39

R: 1:10.20 Chester Miltenberger 1987
1:31.12 Jim P. Seidel 38 07/24/94
1:48.47 David Groisser 37 06/12/94

200m Brst Men 35-39

R: 2:38.58 Chester Miltenberger 1988

50m Fly Men 35-39

R: 27.34 Kevin M. McCormack 1990
27.36 William L. Specht 36 07/24/94
29.50 L.J. Meisenheimer 36 07/24/94
29.81 Paul S. Wise 38 06/12/94
30.97 Scot W. Hartle 37 07/24/94
32.64 Jorge J. Lense 35 07/24/94

100m Fly Men 35-39

R: 1:00.73 William L. Specht 1993
59.72 William L. Specht 36 07/24/94
1:03.90 Paul S. Wise 38 07/24/94
1:23.46 Jorge J. Lense 35 07/24/94
1:34.15 Jim P. Seidel 38 07/24/94

200m Fly Men 35-39

R: 2:13.18 William L. Specht 1994
2:13.18 William L. Specht 36 07/24/94
2:23.69 Paul S. Wise 38 07/24/94

200m I.M. Men 35-39

R: 2:23.34 Brant S. Buttner 1933
2:36.21 William L. Specht 36 08/07/94
2:40.51 L.J. Meisenheimer 36 07/24/94
2:55.89 Scot W. Hartle 37 07/24/94
3:06.57 Jim P. Seidel 38 07/24/94

400m I.M. Men 35-39

R: 5:04.63 Brant S. Buttner 1988
5:36.69 Paul S. Wise 38 06/12/94
5:56.83 L.J. Meisenheimer 36 07/24/94
7:03.64 Jorge J. Lense 35 07/24/94
7:36.45 David Groisser 37 06/12/94

50m Free Men 40-44

R: 26.54 C.D. Miltenberger 1993
27.75 Robert A. Maestre 44 07/24/94
28.00 Larry D. Peck 40 07/24/94
28.66 Rick B. Walker 43 06/12/94
29.04 Robert W. Davie 42 06/12/94

29.50 Bert A. Bowers 40 06/12/94

100m Free Men 40-44

R: 58.91 Burwell Jones 1974
1:01.81 Scott P. McMillen 40 07/24/94
1:02.26 Robert A. Maestre 44 07/24/94
1:03.90 Larry D. Peck 40 07/24/94
1:05.78 Rick B. Walker 43 06/12/94
1:06.65 Bert A. Bowers 40 06/12/94

200m Free Men 40-44

R: 2:09.08 Burwell Jones 1974
2:18.48 Scott P. McMillen 40 07/24/94
2:22.85 Robert A. Maestre 44 06/12/94
2:26.69 Rick B. Walker 43 06/12/94
2:27.18 Larry D. Peck 40 07/24/94
2:36.94 Greg Hoecker 40 07/24/94

400m Free Men 40-44

R: 4:38.82 Burwell Jones 1974
4:54.89 Scott P. McMillen 40 07/24/94
5:08.99 Larry D. Peck 40 07/24/94
5:16.28 M.S. Hoffman 40 07/24/94
5:19.92 Robert A. Maestre 44 07/24/94
5:46.04 Greg Hoecker 40 07/24/94

800m Free Men 40-44

R: 12:14.95 John P. Bishop 1989

1500m Free Men 40-44

R: 18:41.90 Burwell Jones 1974
21:13.14 Larry D. Peck 40 07/24/94
23:02.94 Greg Hoecker 40 07/24/94
23:27.05 Bill D. Stephens 42 07/24/94
24:29.93 Frank T. Mullen 40 07/24/94

50m Back Men 40-44

R: 32.97 Scott P. McMillen 1994
32.97 Scott P. McMillen 40 07/24/94
37.26 Bert A. Bowers 40 06/12/94
37.43 Robert W. Davie 42 06/12/94
38.43 Robert A. Maestre 44 06/12/94
38.96 Frank T. Mullen 40 07/24/94

100m Back Men 40-44

R: 1:08.53 Michael S. Drews 1994
1:08.53 Michael S. Drews 40 06/12/94
1:09.84 Scott P. McMillen 40 07/24/94
1:19.55 Robert W. Davie 42 07/24/94
1:21.59 Robert A. Maestre 44 07/24/94
1:33.40 Greg Hoecker 40 07/24/94

200m Back Men 40-44

R: 2:33.52 Scott P. McMillen 1994
2:33.52 Scott P. McMillen 40 07/24/94
2:56.87 Robert A. Maestre 44 07/24/94
2:59.84 Robert W. Davie 42 06/12/94

50m Brst Men 40-44

R: 33:38 C.D. Miltenberger 1993
34.18 Arthur Halttunen 44 07/24/94
35.95 Rick B. Walker 43 06/12/94
37.96 David P. Gauldin 42 07/24/94
42.19 Greg Hoecker 40 07/24/94
42.31 Bert A. Bowers 40 06/12/94

100m Brst Men 40-44

R: 1:15.46 C.D. Miltenberger 1993
1:18.44 Arthur Halttunen 44 07/24/94
1:19.38 Rick B. Walker 43 06/12/94
1:27.44 David P. Gauldin 42 07/24/94
1:36.13 Greg Hoecker 40 07/24/94

200m Brst Men 40-44

R: 2:48.53 C.D. Miltenberger 1993
2:54.96 Robert A. Maestre 44 09/11/94
3:00.42 Rick B. Walker 43 06/12/94
3:10.69 David P. Gauldin 42 07/24/94
3:42.46 Greg Hoecker 40 07/24/94
3:54.38 R.E. Swanigan 42 06/12/94

50m Fly Men 40-44

R: 28.13 K.M. McCormack 1993
28.55 K.M. McCormack 41 07/24/94
31.17 Robert A. Maestre 44 06/12/94
31.86 Bert A. Bowers 40 06/12/94
32.00 Larry D. Peck 40 07/24/94
32.01 Robert W. Davie 42 07/24/94

100m Fly Men 40-44

R: 1:04.58 K.M. McCormack 1993
1:04.96 K.M. McCormack 41 06/12/94
1:08.38 Scott P. McMillen 40 07/24/94
1:15.01 Larry D. Peck 40 07/24/94

1:18.44 Bert A. Bowers 40 06/12/94

200m Fly Men 40-44

R: 2:49.20 Burwell Jones 1977

200m I.M. Men 40-44

R: 2:25.76 Michael S. Drews 1994
2:25.76 Michael S. Drews 40 06/12/94
2:33.95 Scott P. McMillen 40 07/24/94
2:47.35 M.S. Hoffman 40 07/24/94
2:48.67 Robert A. Maestre 44 07/24/94
2:49.47 Larry D. Peck 40 07/24/94

400m I.M. Men 40-44

R: 5:35.73 Scott P. McMillen 1994
5:35.73 Scott P. McMillen 40 07/24/94
6:34.77 Robert A. Maestre 44 09/11/94

50m Free Men 45-49

R: 26.28 Thomas W. Peek 1993
28.00 Rusty D. Earp 45 09/11/94
29.20 John F. Edwards 45 07/24/94
30.94 Bob Lombard 46 07/24/94
31.34 George A. Burke 45 06/12/94
31.84 John H. Luhn 48 06/12/94

100m Free Men 45-49

R: 1:02.48 John P. Maguire 1992
1:04.56 John F. Edwards 45 07/24/94
1:09.40 Bob Lombard 46 07/24/94
1:09.41 Rusty D. Earp 45 05/22/94
1:13.63 George A. Burke 45 07/24/94
1:14.16 R.F. Strayer 48 07/24/94

200m Free Men 45-49

R: 2:22.58 John F. Edwards 1994
2:22.58 John F. Edwards 45 07/24/94
2:41.82 Bob Lombard 46 07/24/94
2:45.06 Rusty D. Earp 45 05/22/94
2:46.14 George A. Burke 45 07/24/94
2:52.27 Howard Brown 49 07/24/94

400m Free Men 45-49

R: 5:01.79 John F. Edwards 1994
5:01.79 John F. Edwards 45 07/24/94
5:53.41 Bob Lombard 46 07/24/94
6:15.29 George A. Burke 45 07/24/94
6:16.92 Howard Brown 49 07/24/94

800m Free Men 45-49

R: 12:35.66 Steven D. Grau 1994
12:35.66 Steven D. Grau 49 08/07/94

1500m Free Men 45-49

R: 24:06.18 Rusty D. Earp 1994
24:06.18 Rusty D. Earp 45 07/24/94
24:41.74 George A. Burke 45 07/24/94

50m Back Men 45-49

R: 33.34 Peter R. Betzer 1987
36.19 John F. Edwards 45 07/24/94
36.71 Bob Lombard 46 07/24/94
37.59 James M. Donnelly 45 06/12/94
44.31 J.R. O'Connell 49 07/24/94
44.88 George A. Burke 45 06/12/94

100m Back Men 45-49

R: 1:14.59 Peter R. Betzer 1987
1:19.90 John F. Edwards 45 07/24/94
1:23.78 James M. Donnelly 45 06/12/94
1:24.85 Bob Lombard 46 07/24/94
1:36.86 J.R. O'Connell 49 07/24/94

200m Back Men 45-49

R: 2:40.81 Burwell Jones 1978
2:49.69 John F. Edwards 45 07/24/94
3:27.08 J.R. O'Connell 49 07/24/94
3:36.84 George A. Burke 45 07/24/94

50m Brst Men 45-49

R: 36.45 Scott Guthrie 1993
36.86 James M. Donnelly 45 06/12/94
37.06 T.A. Vanderveen 49 07/24/94
42.60 George A. Burke 45 06/12/94
46.02 R.F. Strayer 48 07/24/94

100m Brst Men 45-49

R: 1:22.44 James M. Donnelly 1994
1:22.44 James M. Donnelly 45 07/24/94
1:22.49 T.A. Vanderveen 49 07/24/94
1:39.65 John H. Luhn 48 06/12/94
1:47.83 R.F. Strayer 48 07/24/94

200m Brst Men 45-49

R: 3:03.49 T.A. Vanderveen 1994
3:03.49 T.A. Vanderveen 49 07/24/94
3:04.51 James M. Donnelly 45 07/24/94

50m Fly Men 45-49

R: 30.26 C.D. Nielsen 1993
33.83 John F. Edwards 45 07/24/94
36.83 Steven D. Grau 49 08/07/94
38.48 George A. Burke 45 06/12/94
41.62 Howard Brown 49 07/24/94
45.10 J.R. O'Connell 49 07/24/94

100m Fly Men 45-49

R: 1:15.34 C.D. Nielsen 1992
1:19.96 John F. Edwards 45 07/24/94
1:49.02 J.R. O'Connell 49 07/24/94

200m Fly Men 45-49

R: 3:10.06 Steven D. Grau 1992
3:53.58 George A. Burke 45 07/24/94
4:02.57 J.R. O'Connell 49 07/24/94

200m I.M. Men 45-49

R: 2:37.60 Burwell Jones 1978
2:48.33 John F. Edwards 45 07/24/94
2:50.14 Mark T. Ebel 46 07/24/94
2:51.86 James M. Donnelly 45 06/12/94
3:33.44 Howard Brown 49 07/24/94
3:34.84 J.R. O'Connell 49 07/24/94

400m I.M. Men 45-49

R: 6:12.43 James M. Donnelly 1994
6:12.43 James M. Donnelly 45 07/24/94
7:12.13 Rusty D. Earp 45 09/11/94
7:33.79 George A. Burke 45 07/24/94
7:42.76 J.R. O'Connell 49 07/24/94

50m Free Men 50-54

R: 27.40 John C.S. Smith 1989
31.17 Bill Keenan 50 06/12/94
32.49 Bill Rodenfels 52 07/24/94
35.12 Andy R. Voikos 51 06/12/94
43.24 Roy Ward 52 06/12/94
1:10.09 William E. Ragan 52 07/24/94

100m Free Men 50-54

R: 1:02.87 Bob Bailie 1989
1:06.32 H. Jack Pyhel 50 07/24/94
1:12.30 Bill Keenan 50 06/12/94
1:13.33 Bill Rodenfels 52 07/24/94
1:21.37 Andy R. Voikos 51 06/12/94
1:37.98 Roy Ward 53 07/24/94

200m Free Men 50-54

R: 2:17.97 Burwell Jones 1985
2:33.70 H. Jack Pyhel 50 07/24/94
2:37.10 Bill Keenan 50 06/12/94
2:48.18 Bill Rodenfels 52 07/24/94
3:45.97 Roy Ward 53 07/24/94

400m Free Men 50-54

R: 5:13.86 Burwell Jones 1988
6:06.83 Bill Rodenfels 52 07/24/94
7:54.54 Roy Ward 53 07/24/94

800m Free Men 50-54

R: 10:43.71 Burwell Jones 1988

1500m Free Men 50-54

R: 19:28.41 Burwell Jones 1985
25:13.40 Bill Rodenfels 52 07/24/94

50m Back Men 50-54

R: 30.93 John C.S. Smith 1988
35.89 Peter R. Betzer 52 07/24/94
40.69 Bill Keenan 50 06/12/94
43.57 Allen J. Whitcomb 54 06/12/94
48.15 Bill Rodenfels 52 07/24/94
52.69 Roy Ward 53 07/24/94

100m Back Men 50-54

R: 1:10.14 John C.S. Smith 1988
1:19.83 Peter R. Betzer 52 07/24/94
1:27.81 Bill Keenan 50 06/12/94
1:42.59 Allen J. Whitcomb 54 06/12/94
1:45.60 Bill Rodenfels 52 07/24/94
1:58.29 Roy Ward 53 07/24/94

200m Back Men 50-54

R: 2:35.44 Burwell Jones 1985
2:55.24 Peter R. Betzer 52 07/24/94
4:07.84 Roy Ward 52 06/12/94
5:51.84 William E. Ragan 52 07/24/94

50m Brst Men 50-54R: 36.81 *Peter R. Betzer 1992*

37.68	Peter R. Betzer	52	07/24/94
39.18	Allen J. Whitcomb	54	07/24/94
52.63	Roy Ward	52	06/12/94

100m Brst Men 50-54R: 1:25.15 *Raymond S. Burns 1985*

1:32.12	Allen J. Whitcomb	54	06/12/94
2:02.22	Roy Ward	53	07/24/94
2:27.60	William E. Ragan	52	07/24/94

200m Brst Men 50-54R: 3:16.22 *Raymond S. Burns 1985*

3:16.36	Peter R. Betzer	52	07/24/94
3:41.47	Allen J. Whitcomb	54	06/12/94
4:32.50	Roy Ward	53	07/24/94
5:27.24	William E. Ragan	52	07/24/94

50m Fly Men 50-54R: 30.04 *John C.S. Smith 1988*

33.55	H. Jack Pyhel	50	07/24/94
35.86	Bill Keenan	50	06/12/94
37.48	Bill Rodenfels	52	07/24/94
1:00.12	Roy Ward	53	07/24/94
1:27.63	William E. Ragan	52	07/24/94

100m Fly Men 50-54R: 1:26.69 *H. Jack Pyhel 1994*

1:26.69	H. Jack Pyhel	50	07/24/94
3:20.81	William E. Ragan	52	07/24/94

200m Fly Men 50-54R: 3:05.99 *Burwell Jones 1985*

3:05.99	Burwell Jones	1985	
3:05.53	William E. Ragan	52	07/24/94

400m L.M. Men 50-54R: 5:41.04 *Burwell Jones 1985*

6:35.47	Peter R. Betzer	52	07/24/94
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50m Free Men 55-59R: 28.76 *Jack R. Beattie 1990*

30.35	Jack R. Beattie	59	07/24/94
32.23	Jerry Glancy	56	07/24/94
33.33	Ray S. Burns	58	11/21/93
34.06	Harry M. Piper	59	11/21/93
34.79	Victor Sirbu	56	07/24/94

100m Free Men 55-59R: 1:04.19 *Burwell Jones 1988*

1:11.39	George W. Mann	56	07/24/94
1:11.77	Jerry Glancy	56	07/24/94
1:17.52	Ray S. Burns	58	11/21/93
1:21.39	John R. Cox	59	07/24/94
1:27.40	Harry M. Piper	59	11/21/93

200m Free Men 55-59R: 2:22.94 *Burwell Jones 1988*

2:45.28	George W. Mann	56	07/24/94
3:09.28	John R. Cox	59	07/24/94
5:08.18	Joe H. Baker	55	07/24/94

400m Free Men 55-59R: 4:58.41 *Burwell Jones 1988*

6:38.63	Neil T. Wilson	56	07/24/94
6:45.20	John R. Cox	59	07/24/94
7:32.87	James Tippens	58	07/24/94
9:12.63	Jon R. Culbertson	59	07/24/94

800m Free Men 55-59R: 10:24.08 *Burwell Jones 1988*

14:06.64	John R. Cox	59	08/07/94
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1500m Free Men 55-59R: 19:54.72 *Burwell Jones 1990*

22:20.82	George W. Mann	56	07/24/94
25:22.23	Neil T. Wilson	56	07/24/94
27:11.99	John R. Cox	59	07/24/94
44:18.68	Joe H. Baker	55	07/24/94

50m Back Men 55-59R: 33.45 *Jack R. Beattie 1990*

36.20	Jack R. Beattie	59	07/24/94
39.73	Jerry Glancy	56	07/24/94
46.18	John R. Cox	59	07/24/94
51.71	Victor Sirbu	56	07/24/94
52.94	Adam C. Leonard	57	07/24/94

100m Back Men 55-59R: 1:13.15 *Jack R. Beattie 1990*

1:28.08	Jerry Glancy	56	07/24/94
1:47.94	John R. Cox	58	11/21/93

1:58.59	Adam C. Leonard	57	07/24/94
2:07.77	Jon R. Culbertson	59	07/24/94

200m Back Men 55-59R: 2:44.29 *Burwell Jones 1990*

2:55.56	Jack R. Beattie	59	07/24/94
3:48.83	Harry M. Piper	59	09/11/94
4:34.08	Adam C. Leonard	57	06/12/94
4:38.13	Jon R. Culbertson	59	06/12/94

50m Brst Men 55-59R: 39.24 *Burwell Jones 1988*

41.71	Harry M. Piper	59	06/12/94
42.59	Jerry Glancy	56	07/24/94
47.66	W.C. Ballard	56	08/07/94
48.65	Jack R. Beattie	59	07/24/94
49.08	Neil T. Wilson	56	07/24/94

100m Brst Men 55-59R: 1:30.96 *Ray S. Burns 1992*

1:38.09	Harry M. Piper	59	06/12/94
1:46.53	Neil T. Wilson	56	07/24/94
2:05.20	Adam C. Leonard	57	07/24/94
2:07.23	Jon R. Culbertson	59	07/24/94

200m Brst Men 55-59R: 3:12.60 *Burwell Jones 1988*

3:31.00	Jerry Glancy	56	07/24/94
3:46.66	Harry M. Piper	59	07/24/94
4:39.41	Adam C. Leonard	57	07/24/94

50m Fly Men 55-59R: 32.12 *Burwell Jones 1988*

39.57	Victor Sirbu	56	07/24/94
43.77	John R. Cox	59	08/07/94
43.83	George W. Mann	56	07/24/94
1:00.98	Jon R. Culbertson	59	07/24/94
1:25.12	Joe H. Baker	55	07/24/94

100m Fly Men 55-59R: 1:13.94 *Burwell Jones 1988*

1:44.18	Victor Sirbu	56	07/24/94
1:52.78	George W. Mann	56	07/24/94
3:27.78	Joe H. Baker	55	07/24/94

200m Fly Men 55-59R: 3:13.77 *Telfair Mahaffy 1993*

3:04.85	Jack R. Beattie	59	07/24/94
3:49.63	Victor Sirbu	56	07/24/94
4:13.46	James Tippens	58	07/24/94

400m L.M. Men 55-59R: 5:56.57 *Burwell Jones 1988*

7:11.29	Jerry Glancy	56	07/24/94
7:41.29	George W. Mann	56	07/24/94
15:22.93	Joe H. Baker	55	07/24/94

50m Free Men 60-64R: 29.90 *Gene G. Cunney 1988*

30.17	Burwell Jones	61	06/12/94
32.17	C.E. Weatherbee	61	07/24/94
32.73	Harold Ferris	63	06/12/94
35.70	Alan Maloney	64	11/21/93
42.01	West Dupes	63	07/24/94

100m Free Men 60-64R: 1:10.24 *Gene G. Cunney 1988*

1:16.95	C.H. Kohnken	62	11/21/93
1:18.50	C.E. Weatherbee	61	07/24/94
1:24.53	Harold Ferris	63	06/12/94
1:49.61	Ned P. Allen	63	05/22/94

200m Free Men 60-64R: 2:46.77 *Jim F. Williamson 1988*

2:55.78	C.H. Kohnken	62	05/22/94
4:00.12	Ned P. Allen	64	07/24/94

400m Free Men 60-64R: 5:37.86 *Burwell Jones 1994*

5:37.86	Burwell Jones	61	06/12/94
6:12.06	C.H. Kohnken	62	11/21/93
8:26.66	Ned P. Allen	64	07/24/94

800m Free Men 60-64R: 12:40.20 *C.H. Kohnken 1993*

14:37.25	Harold Ferris	63	08/07/94
17:38.02	Ned P. Allen	64	08/07/94

1500m Free Men 60-64R: 24:24.48 *C.H. Kohnken 1994*

24:24.48	C.H. Kohnken	62	07/24/94
34:05.09	Ned P. Allen	64	07/24/94

50m Back Men 60-64R: 35.72 *Burwell Jones 1994*

35.72	Burwell Jones	61	06/12/94
38.28	Roy H. Hewitt	61	06/12/94
40.92	Robert G. Coulter	61	06/12/94
43.55	C.E. Weatherbee	61	07/24/94
45.57	Alan Maloney	64	11/21/93

100m Back Men 60-64R: 1:20.39 *Burwell Jones 1994*

1:20.39	Burwell Jones	61	06/12/94
1:25.48	Roy H. Hewitt	61	06/12/94
1:35.50	Robert G. Coulter	61	07/24/94
1:36.77	C.E. Weatherbee	61	07/24/94
1:44.35	C.H. Kohnken	62	11/21/93

200m Back Men 60-64R: 3:04.93 *Thomas E. Smith 1988*

3:13.00	Roy H. Hewitt	61	06/12/94
3:28.39	C.E. Weatherbee	61	07/24/94
3:44.83	Robert G. Coulter	61	07/24/94
3:50.14	C.H. Kohnken	62	06/12/94
5:05.79	Ned P. Allen	64	09/11/94

50m Brst Men 60-64R: 40.05 *Robert C. MacDonald 1989*

48.57	Robert G. Coulter	61	07/24/94
48.57	Alan Maloney	64	11/21/93
1:30.45	Ned P. Allen	63	05/22/94

100m Brst Men 60-64R: 1:32.05 *Robert C. MacDonald 1989*

1:52.16	C.H. Kohnken	62	05/22/94
3:34.06	Ned P. Allen	64	07/24/94

200m Brst Men 60-64R: 3:44.66 *Abrasha Brainin 1985*

4:29.69	Robert G. Coulter	61	07/24/94
6:51.78	Ned P. Allen	64	09/11/94

50m Fly Men 60-64R: 35.48 *Rogers B. Holmes 1984*

43.12	Harold Ferris	63	06/12/94
45.14	Alan Maloney	64	11/21/93
45.59	C.H. Kohnken	62	11/21/93
59.85	Ned P. Allen	63	05/22/94

100m Fly Men 60-64R: 1:31.42 *Robert C. MacDonald 1989*

1:47.60	C.H. Kohnken	62	07/24/94
1:51.07	C.E. Weatherbee	61	07/24/94
2:24.39	Ned P. Allen	64	07/24/94

200m Fly Men 60-64R: 3:48.94 *C.H. Kohnken 1992*

3:54.42	C.H. Kohnken	62	06/12/94
4:44.89	Ned P. Allen	64	09/11/94

200m L.M. Men 60-64R: 3:03.49 *Thomas E. Smith 1988*

3:29.67	C.H. Kohnken	62	11/21/93
3:31.54	C.E. Weatherbee	61	07/24/94
3:47.69	Alan Maloney	64	11/21/93
3:51.29	Harold Ferris	63	06/12/94
5:07.06	Ned P. Allen	64	07/24/94

400m L.M. Men 60-64R: 7:31.96 *C.H. Kohnken 1994*

7:31.96	C.H. Kohnken	62	06/12/94
7:35.98	C.E. Weatherbee	61	07/24/94
10:17.64	Ned P. Allen	64	09/11/94

50m Free Men 65-69R: 31.31 *Rogers B. Holmes 1987*

32.50	Paul Hutinger	69	11/21/93
36.03	Alan Maloney	65	07/24/94
39.87	C.P. Randall	65	06/12/94
40.74	Al Rogerson	68	07/24/94
40.82	W.P. Wallace	67	09/11/94

100m Free Men 65-69R: 1:17.72 *Paul Hutinger 1993*

1:36.15	Al Rogerson	68	07/24/9
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200m Free Men 70-74

R: 3:07.65 John M. Woods 1994
 3:07.65 John M. Woods 70 07/24/94
 3:46.49 John E. Patton 74 06/12/94
 4:08.86 Robert S. Patton 72 07/24/94
 4:11.17 Robert D. Atwood 74 07/24/94
 4:35.57 Albert B. Chipman 72 06/12/94

400m Free Men 70-74

R: 6:50.68 Harwell P. Moseley 1989
 6:52.47 John M. Woods 70 07/24/94
 9:42.69 Albert B. Chipman 72 06/12/94

800m Free Men 70-74

R: 15:37.56 John D. Johnston 1989

1500m Free Men 70-74

R: 29:06.64 John D. Johnston 1988

50m Back Men 70-74

R: 42.37 Richard L. Avery 1993
 44.55 John M. Woods 70 07/24/94
 49.30 R.E. LaVanture 71 11/21/93
 51.56 Jim W. Conger 74 07/24/94
 52.14 Abrasha Brainin 71 06/12/94
 53.96 John E. Patton 74 07/24/94

100m Back Men 70-74

R: 1:41.77 John M. Woods 1994
 1:41.77 John M. Woods 70 07/24/94
 2:15.15 Robert D. Atwood 73 11/21/93

200m Back Men 70-74

R: 3:45.45 John M. Woods 1994
 3:45.45 John M. Woods 70 07/24/94
 5:13.46 Robert D. Atwood 74 09/11/94

50m Brst Men 70-74

R: 44.16 Russ Witte 1987
 45.55 Abrasha Brainin 71 05/22/94
 59.94 Robert S. Patton 72 07/24/94
 1:02.18 James R. Skinner 71 11/21/93
 1:33.18 Albert B. Chipman 72 06/12/94

100m Brst Men 70-74

R: 1:40.23 Russ Witte 1988
 1:46.62 Abrasha Brainin 71 07/24/94
 1:56.68 Balint Papp 72 06/12/94

200m Brst Men 70-74

R: 3:38.80 Russ Witte 1987
 4:03.08 Abrasha Brainin 71 07/24/94
 4:16.36 Balint Papp 72 07/24/94
 5:22.04 Robert S. Patton 72 07/24/94

50m Fly Men 70-74

R: 41.30 Harwell P. Moseley 1989
 46.64 John M. Woods 70 06/12/94
 48.08 Abrasha Brainin 71 08/07/94
 49.52 Balint Papp 72 06/12/94

100m Fly Men 70-74

R: 1:43.47 Harwell P. Moseley 1989
 1:52.81 Balint Papp 72 07/24/94

200m Fly Men 70-74

R: 3:59.65 Harwell P. Moseley 1989

200m L.M. Men 70-74

R: 3:42.18 Harwell P. Moseley 1989
 3:50.35 Balint Papp 72 07/24/94

400m L.M. Men 70-74

R: 8:29.44 Harwell P. Moseley 1989
 8:33.68 Balint Papp 72 07/24/94

50m Free Men 75-79

R: 38.48 Brud Cleaveland 1993
 41.71 John G. Haake 75 07/24/94
 42.23 T.A. Jacobsen 75 11/21/93
 43.39 Kermit O. Hotvedt 79 05/22/94
 44.27 Dick Lyman 75 07/24/94
 45.19 John D. Johnston 78 09/11/94

100m Free Men 75-79

R: 1:29.12 Carl B. Lindstrand 1987
 1:40.33 John G. Haake 75 07/24/94
 1:40.89 Kermit O. Hotvedt 79 05/22/94
 1:44.23 John D. Johnston 78 07/24/94
 1:46.03 Dick Lyman 75 07/24/94
 1:52.46 T.A. Jacobsen 75 11/21/93

200m Free Men 75-79

R: 3:31.57 Carl B. Lindstrand 1987
 3:54.91 John G. Haake 75 07/24/94
 3:57.70 John D. Johnston 78 07/24/94

3:58.87 Kermit O. Hotvedt 79 05/22/94
 4:06.65 Dick Lyman 75 07/24/94

400m Free Men 75-79

R: 7:37.31 John D. Johnston 1992
 8:26.86 John G. Haake 75 07/24/94
 8:30.32 John D. Johnston 78 07/24/94
 8:51.88 Dick Lyman 75 07/24/94
 10:25.90 T.A. Jacobsen 75 11/21/93

800m Free Men 75-79

R: 17:28.22 Bill C. Stinson 1985

1500m Free Men 75-79

R: 30:26.54 John D. Johnston 1992
 32:58.31 John D. Johnston 78 07/24/94
 34:11.22 Dick Lyman 75 07/24/94

50m Back Men 75-79

R: 51.75 Carl B. Lindstrand 1989
 54.91 F.H. Tillotson 79 07/24/94
 55.50 T.A. Jacobsen 75 11/21/93
 55.95 John G. Haake 75 07/24/94
 59.13 Kermit O. Hotvedt 79 07/24/94
 1:00.38 Dick Lyman 75 07/24/94

100m Back Men 75-79

R: 1:51.93 Carl W. Thornburg 1987
 2:03.46 John G. Haake 75 07/24/94
 2:06.02 F.H. Tillotson 79 07/24/94
 2:15.28 T.A. Jacobsen 75 11/21/93
 2:21.76 Dick Lyman 75 07/24/94

200m Back Men 75-79

R: 4:06.33 Carl W. Thornburg 1987
 4:23.02 John G. Haake 75 07/24/94
 4:33.27 F.H. Tillotson 79 07/24/94

50m Brst Men 75-79

R: 50.91 Brud Cleaveland 1993
 1:02.21 John D. Johnston 78 07/24/94
 1:06.36 F.H. Tillotson 79 08/07/94

100m Brst Men 75-79

R: 1:56.34 Brud Cleaveland 1993
 2:14.92 John D. Johnston 78 07/24/94
 2:35.54 F.H. Tillotson 79 07/24/94

200m Brst Men 75-79

R: 4:28.74 Edward P. Fulmer 1989
 4:58.32 John D. Johnston 78 09/11/94
 5:45.57 F.H. Tillotson 79 06/12/94

50m Fly Men 75-79

R: 48.31 Bill C. Stinson 1984

100m Fly Men 75-79

R: 2:01.37 Bill C. Stinson 1984
 2:34.03 John D. Johnston 78 07/24/94

200m Fly Men 75-79

R: 4:34.00 Bill C. Stinson 1985
 5:17.20 John D. Johnston 78 07/24/94

200m L.M. Men 75-79

R: 4:16.71 John D. Johnston 1992
 4:38.08 John D. Johnston 78 07/24/94

400m L.M. Men 75-79

R: 9:12.88 John D. Johnston 1992
 9:50.76 John D. Johnston 78 09/11/94

50m Free Men 80-84

R: 48.01 Fred B. Walbolt 1993
 53.38 Fred B. Walbolt 81 07/24/94
 54.43 James F. Mitchell 82 06/12/94

100m Free Men 80-84

R: 1:53.09 Fred B. Walbolt 1993
 1:54.70 Fred B. Walbolt 81 07/24/94
 2:08.48 James F. Mitchell 82 06/12/94

200m Free Men 80-84

R: 4:12.40 Fred B. Walbolt 1994
 4:12.40 Fred B. Walbolt 81 07/24/94
 4:37.09 James F. Mitchell 81 11/21/93

400m Free Men 80-84

R: 7:43.68 Peter Jurczyk 1986
 8:55.10 Fred B. Walbolt 81 07/24/94
 9:32.62 James F. Mitchell 81 11/21/93

800m Free Men 80-84

R: 19:37.37 James F. Mitchell 1994
 19:37.37 James F. Mitchell 82 08/07/94

1500m Free Men 80-84

R: 35:19.37 Fred B. Walbolt 1994
 35:19.37 Fred B. Walbolt 81 07/24/94

50m Back Men 80-84

R: 59.85 Peter Jurczyk 1988
 1:05.33 James F. Mitchell 82 05/22/94
 1:26.32 Fred B. Walbolt 81 07/24/94

100m Back Men 80-84

R: 2:19.09 Peter Jurczyk 1988
 2:28.13 James F. Mitchell 82 05/22/94
 3:13.02 Fred B. Walbolt 81 07/24/94

200m Back Men 80-84

R: 4:58.15 Peter Jurczyk 1988
 5:18.87 James F. Mitchell 82 09/11/94
 6:10.82 Fred B. Walbolt 81 07/24/94

50m Brst Men 80-84

R: 1:07.56 Bill C. Stinson 1989
 1:38.35 James F. Mitchell 81 11/21/93
 1:41.65 Fred B. Walbolt 81 07/24/94

50m Fly Men 80-84

R: 1:04.59 Bill C. Stinson 1989

100m Fly Men 80-84

R: 2:55.69 Bill C. Stinson 1990

200m Fly Men 80-84

R: 6:18.65 Bill C. Stinson 1990

200m L.M. Men 80-84

R: 5:10.89 Bill C. Stinson 1989

50m Free Men 85-89

R: 54.50 Peter Jurczyk 1993
 58.55 Peter Jurczyk 88 07/24/94

100m Free Men 85-89

R: 2:13.17 Peter Jurczyk 1993
 2:18.97 Peter Jurczyk 88 07/24/94

50m Back Men 85-89

R: 1:05.42 Peter Jurczyk 1993
 1:10.59 Peter Jurczyk 88 07/24/94

100m Back Men 85-89

R: 2:33.85 Peter Jurczyk 1993
 2:40.00 Peter Jurczyk 88 07/24/94

200m Back Men 85-89

R: 5:19.44 Peter Jurczyk 1993
 5:42.91 Peter Jurczyk 88 07/24/94

1994 Florida SCY Errata**50y Free Men 55-59**

R: 26.03 Chuck Thomas 1982
 27.04 Jack R. Beattie 59 04/17/94
 27.41 Jerry Glancy 55 09/25/93
 27.76 Bill Dykstra 57 05/01/94
 28.55 George W. Mann 56 04/17/94
 29.66 Ray S. Burns 58 04/17/94

100y Free Men 55-59

R: 57.39 Burwell Jones
 59.81 Jerry Glancy 56 05/01/94
 1:00.42 Jack R. Beattie 59 04/17/94
 1:00.52 George W. Mann 56 04/17/94
 1:06.03 Bill Dysktra 57 05/01/94
 1:07.33 Ray S. Burns 58 04/17/94

100y Back Men 55-59

R: 1:05.35 Burwell Jones
 1:03.31 Jack R. Beattie 59 04/17/94
 1:12.46 Jerry Glancy 56 05/01/94
 1:17.33 Bill Dykstra 57 05/01/94
 1:44.29 James Tippens 57 02/13/94
 1:46.62 George A. Andrasi 56 09/25/93

50y Brst Men 55-59

R: 33.39 Thomas Koenig 1991
 36.01 Jerry Glancy 55 09/25/93
 36.77 Harry M. Piper 59 02/06/94
 37.85 Talfair Mahaffy 58 02/13/94
 40.28 Victor Sirbu 56 05/01/94
 40.40 Jack R. Beattie 55 04/17/94

**Deadline for Feb Issue:
January 14, 1995**

Attention All Team Reps...

**Please submit news reports from your teams to:
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- Meet Entry Forms
- FLORIDA LCM Top 5
- Calendar of Events
- and Much More!