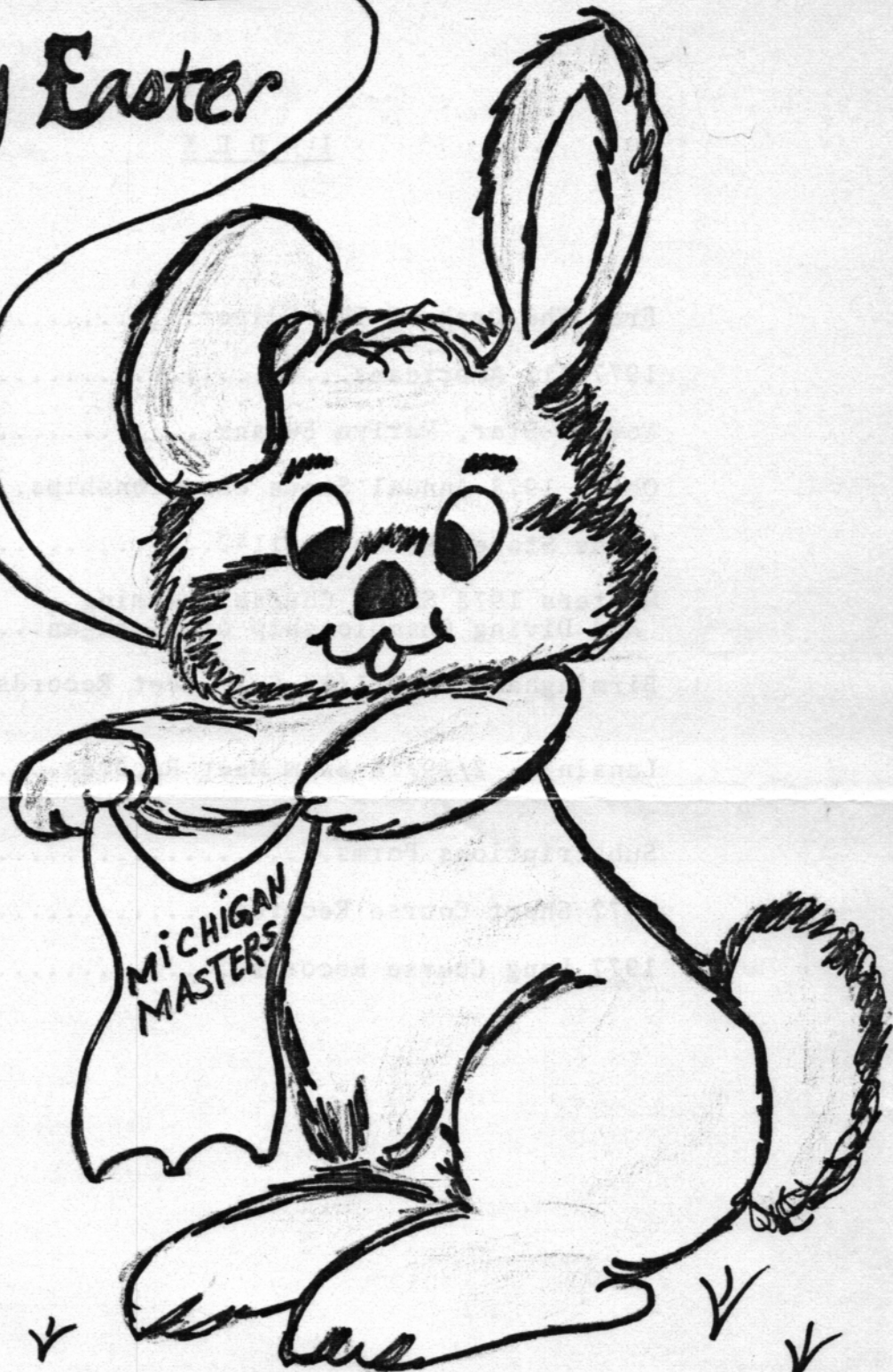


Happy Easter



Newsletter

Spring '78

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FROM THE DESK
OF THE EDITOR

Spring, 1978

Hi Gang...sorry your Newsletter is a wee-bit late but it has just been a little tough for your Editor to get her T-bone going!! However, tommorow ushers in Spring and I feel better already.

A special thanks to all the meet managers for organizing the 1977 Winter events. Also, thanks to everyone who gave support and assistance in running the meets. This is just the beginning. . . there is more to come folks. The upcoming meet schedules are enclosed for your information.

The Wayne State Meet under the direction of Tom Spears previously scheduled for January, 1978 and cancelled due to inclement weather has been rescheduled for Sunday, April 9, 1978. Be sure to check your schedule for the correct date and time. The Michigan State meet begins on April 23, 1978 in Livonia and continues in Ypsilanti the following weekend. (see enclosed flyer).

While on the subject of upcoming events, Glen DelTours wants to inform you that a 6 mile lake swim is scheduled to take place at Lake Macatawa in Holland, Michigan during July, an announcement will be forwarded to all at a later date. Another biggy, the National AAU Short Course Master Swim to be held in New Braunfels, Texas on May 19-22, 1978.

Well, Jean Garbus is the gal to see around Michigan Masters if you have any problems, well not really any problems but those pertaining to swimming problems, from sanctioning to finding out where to go for the best cold beer in town after a meet. Now Jean has come up with a travel package just too good to refuse. By the way Jean, thank you for the outstanding job you did with the Newsletter for three years. (see following page for info on travel package)

I do not have all the particulars on this past seasons' total team points, however, number wise there were 118 people at Lansing and 124 at Midland. The June issue of the Newsletter will carry the total team points for the 1977-78 season.

ATTENTION!!!! All meet managers please send me the final team totals from your meets.

Good luck to everyone in the upcoming season, swim your little hearts-out and your fanny's-off.

Hank

ATTENTION MASTER SWIMMERS!

Planning on going to the Nationals?. For all your travels to meets or vacations, see your fellow master swimmer and travel agent.

AIR WORLD TRAVEL AGENCY

JEAN GARBUS
Vacation & Travel Consultant

"ask your travel agent"

6211 N. WAYNE ROAD
WESTLAND, MI. 48185

(313) 326-4343 Off.
721-1882 Res.

- * Travel in numbers and get group rates
- * We have Hertz ID cards that give a contribution to AAU when you use them
- * Give me a call and find out what I can do for you.
- * Tues., Wed., & Thurs. in a.m. call home number

1 9 7 7 A L L A M E R I C A N S

All the times have been tabulated and its official, Michigan Masters has **6** ALL AMERICANS in the 1977 NATIONAL AAU list of ALL AMERICANS. All registered AAU Master Swimmers who are holders of first place in any Top Ten individual swimming events as of the date of the last day of the championship meet for that course, shall be declared an ALL AMERICAN for that year. And h-e-r-e-s the CHAMPS!!!!

Peggi Sugg

Womens 30-34

S. C. Nat. Fla.

50 Yd. Fly....28.4

100 Yd. IM....1:05.6

200 Yd. IM....2:26.5

Lynne Weir

Womens 35-39

Michigan State Meet

W. Bloomfield

100 YD. FS..... 1:00.2

Hugh Roddin

Mens 35-39

June, 1977, Ohio

200 Meter Butterfly..2:37.67

Anthony Tashnik

Mens 35-39

Winter, 1977

50 YD Butterfly...25.12

Wally Dobler

Mens 40-44

Short Course Nat. Fla, 1977

50 YD Fly25.2

Charlie Moss

Mens 45-49

Couldn't reach Charlie
for his record timing
find it in June issue

RESERVED - -

YOU
(Next Year)

Merlyn Ewbank, newest star in Michigan Masters, has been swimming for over 45 years and is now breaking records every meet she attends, starting with Mt. Clemens this year and to date has broken three state records in Women's (55-60) backstroke.

As a young girl, Merlyn started her swimming career in the lakes of Eli, Minn., up there in the iron ore country until her employment with the Federal Government as an Aircraft Communicator and Weather Reporter. This job led her to travel to Traverse City, Michigan then onto Saginaw where she attended the biggest and most important "meet" of her life, his name, Bob Ewbank.

Fourteen years ago Merlyn discovered the YMCA to resume her swimming career covering two miles twice a week and evening work-outs, time permitting. A genuine love of competition brought her into the Masters swim and like the rest of us before every race, gets up on the blocks, shakes a little and wonders alot what she is doing there, but she's here and we are all glad, except me--my competition in a couple of meets. Did you every think of going back to visit the ole iron ore country and stay maybe five years, Merlyn ole buddy???

KEEP UP THE GOOD WORK!!!!



1977-78 Short Course Swimming and Diving Championships
of Michigan

AAU Sanction # _____, # _____, # _____

April 23, 1978

Livonia YMCA
14255 Stark Road
Livonia, Michigan 48154

April 29 & 30, 1978

Eastern Michigan University
Warner Pool
Ypsilanti, Michigan 48197

April 23, 1978 (Sunday) Livonia Warm-up 7 to 8 am

Meet 8 to 12 noon

- (1) 1650 yard Freestyle
- (2) 400 yard Individual Medley

April 29, 1978 (Saturday) EMU

Warm-up 8 to 9 am & 1:30 to 2 pm
Electronic Timers

9 am to 12 noon

2 pm to 5 pm

- | | |
|---------------------------|-------------------------------------|
| (3) 200 yard Medley Relay | (9) 200 yard Freestyle |
| (4) 100 yard Freestyle | (10) 200 yard Individual Medley |
| (5) 200 yard Backstroke | (11) 200 yard Butterfly |
| (6) 50 yard Butterfly | (12) 200 yard Mixed Freestyle Relay |
| (7) 100 yard Breaststroke | |

(8) 12:45 pm 1 meter Diving Warm-up 12 noon to 12:45 pm

April 30, 1978 (Sunday) EMU

Warm-up 8 to 9 am & 1:30 to 2 pm
Electronic Timers

9 am to 12 noon

2 pm to 5 pm

- | | |
|-------------------------------|---------------------------------|
| (13) 200 yard Freestyle Relay | (18) 50 yard Backstroke |
| (14) 100 yard Backstroke | (19) 100 yard Individual Medley |
| (15) 50 yard Freestyle | (20) 50 yard Breaststroke |
| (16) 200 yard Breaststroke | (21) 500 yard Freestyle |

(16A) 100 yard Butterfly

(17) 12:45 pm 3 meter Diving Warm-up 12 noon to 12:45 pm

Diving: A total of 6 dives at each height.

Required dive 1 meter - Back Dive ; 3 meter - Forward Dive

Optional dives - the remaining 5 dives MUST contain at least 1
dive from each of the remaining 4 categories.

Two Divisions:

1) Championship Flight

Swimmers who have won any race (except a "B" division race) during the winter swimming season 1977-78 MUST swim their races in the Championship Flight. Any other swimmer may elect to swim in the Championship Flight. A swimmer must stay in the flight he or she elects. Only swimmers in the Championship Flight can score points for team scoring.

Awards: Medals for places 1, 2, & 3 and Ribbons for 4, 5, & 6.

2) Michigan Flight

"B" division swimmers are eligible for this flight and other swimmers not having won a race during the winter season. No relays in this Flight. Swimmers in this Flight will not score points toward team scoring.

Each Masters AAU Swimmer or Diver will use the honor system to select his or her flight. Protests will not be recognized.

OVER

Age Groups:

Individual Events	19-24	25-29	30-34	35-39	40-44	45-49
	50-54	55-59	60-64	65-69	70-74	75-79
Relays	19-24	25 & up	35 & up	45 & up	55 & up	65 & up

Relay age group determined by the youngest swimmer.

Scoring:	Place	1	2	3	4	5	6
Individual Events:		7	5	4	3	2	1
Relay Events:		14	10	8	6	4	2

Team Trophy (for Michigan teams only)

Protests about time or place may be entered in writing at the end of each day to the meet manager.

Entry Limit: Championship Meet Rules allow a person to enter up to 7 events (not including relays) but swim in only 5 at the meet. A swimmer may swim once in each of the 3 relays (3, 12 & 13).

Names do not have to be listed on the entry blank for the relay teams.

The Masters Swimming and Diving Committees of the Michigan AAU has ruled that Clubs must have an official 1978 AAU charter (new or amended to include Masters Swimmers & Divers*) to be eligible to enter relays and score points at the Championship. An individual swimmer MUST be a registered AAU member ("Applied For" not accepted at the meet - persons using "Applied For" on their entries must show their AAU card at the meet or re-register). A registered member of a club at the start of the meet must swim all events as a representative of that club or swim unattached. Registration of a club or as a member of a club is governed by AAU Rules.

* Charters for AAU Clubs that are already registered for 1978 may be amended free of charge by just dropping a note to the Michigan AAU Office asking "Please add Masters Swimming and Diving to our Charter."

For those who wish to register as a member of the AAU or register a Club with the AAU, write:

Michigan AAU, 27208 Southfield Road, Lathrup Village, Mich.

Individuals may register at the meet.

Seeding: Early entries will be seeded solely by time. Late and deck entries will be seeded in late heats (in 1650) or in early heats (all other events). Fastest heats seeded first (1650) or seeded last (all other events). No Time (NT) will be considered the slowest time.

Registration and Fee:

Registration postmarked on or before April 15, 1978 will be able to register for the discount fee.

	Postmarked on or before April 15	Postmarked after April 15 or Deck
Meet entry fee :	per individual \$ 3.00	\$ 4.00
Individual events :	per event 2.00	3.00
Relays:	per relay team 8.00	12.00

Maps, Hotel/Motel, and activity information will be sent on receipt of entry or on request from:

Masters Meet of Michigan, P.O. Box 344, Ypsilanti, Mi. 48197

Accounting of 1978 Championship Meet expenses: If you wish information send a self addressed envelope to:

Carl Woolley, 1240 North Maple Road, Ann Arbor, Mich. 48103

Additional entry blanks and information:

Masters Meet of Michigan, P.O. Box 344, Ypsilanti, Mi. 48197

Masters 1978 Short Course Swimming and Diving Championships of Michigan
 Page 3 (of 3)

COUNTRY BLANK (please print or type)

Name _____

Address _____

Attached or team _____

Circle: male female

Circle flight:

Championship Michigan

Age _____

Birthday _____

AAU # _____

If "Applied For" must
 show card at meet.

FEE

					pre or on 4/15/78	deck or after 4/15/78
Meet Entry Fee					\$ 3.00	\$ 4.00
Event #	Event	Seed Time			\$2.00 per event	\$3.00 per event
Event #	Event	M, F Mx	Age Group	Seed Time	\$ 8.00 per Relay Team	\$12.00 per Relay Team
M = male, F = female, Mx = Mixed					TOTAL	

Please enclose check for the full amount and sent to:
 Masters Meet of Michigan, P.O. Box 344, Ypsilanti, Mi. 48197

Additional entry blanks from address above.

STROKE	AGE	NAME	TIME	DIS/STROKE	AGE	NAME	TIME
1/2 Back	19-24	McCarthy	28.17	50 yd Back	70-74	Beyer	1:13.00
1/2 Free Relay	19-24	S.O.S. 'B'	1:37.06				
1/2 Med Relay	25-29	Lansing	1:47.93				
1/2 Back "B"	35-39	Olson	52.50				
1/2 Back "B"	40-44	Carlson	49.83				
1/2 Back "B"	45-49	Brosier	36.30				
1/2 IM	45-49	Moss	2:34.60				
1/2 Back	50-54	Lagerkvist	3:09.47				
1/2 Breast	50-54	Lagerkvist	1:26.09				

DATE 1/13/78
SUBJECT MEN'S
NEW RECORDS
As of 12/11/77
Birmingham YMCA

Publish - Corrections Requested

SIGNED

Carl Woolley
1240 N. Maple
Ann Arbor
48103-Mi.

☒ PLEASE REPLY

☐ NO REPLY NECESSARY

STROKE	AGE	NAME	TIME	DIS/STROKE	AGE	NAME	TIME
Free	19-24	Carter	22.4	200 Free Rel	19-24	GLMAA	1:35.4
Free	19-24	Carter	51.0	200 Med Rel	19-24	GLMAA	1:49.0
Back	19-24	McCarthy	27.4	200 Mixed Free Rel	19-24	GLMAA	1:50.6
Back	19-24	Turvey	1:01.3	200 Med Rel	19-24	GLMAA	2:14.4
Breast	19-24	Paglia	2:27.3	200 Free Rel	19-24	GLMAA	1:57.2
Fly	35-39	Tashnick	59.5				
Fly	65-69	Lawrence	34.5				

DATE

2/19/78

SUBJECT

Men's & Relay
Records As of 2/19/78
Lansing Swim Meet

☐ PLEASE REPLY

☐ NO REPLY NECESSARY

MASTERS SWIMMING MEET
HELD AT BIRMINGHAM YMCA, SUNDAY, DECEMBER 11, 1977
SANCTION # 1083

11

<u>WOMEN</u>		<u>WOMEN (cont.)</u>		<u>MEN (cont.)</u>	
<u>Free</u>		<u>35-39 (cont.)</u>		<u>19-24 (cont.)</u>	
Lusk	:29.03	<u>100-Fly</u>		<u>50-Breast (cont)</u>	
	:34.04	Sue Swanton	1:48.10	Mearnic	:32.93
<u>50 yd Free</u>		<u>200 IM</u>		<u>100 Breast</u>	
Lusk	1:08.37	Lynne Weir	2:46.50	John Sfire	1:11.85
<u>50 Back</u>		Sue Swanton	3:22.92	Mearnic	1:12.04
	:40.62	<u>40-44</u>		<u>50 Fly</u>	
<u>50 Fly</u>		<u>50 Free 'B'</u>		Chet Ricker	:25.50
	:36.84	Ida Smith	:50.13	McCarthy	:26.90
<u>Free Relay</u>		<u>50 Back</u>		Peterson	:27.43
aw	2:38.2	Jean Garbus	:43.99	Jim Fortune	:28.17
<u>Medly Relay</u>		<u>50 Back</u>		<u>100 Fly</u>	
aw	2:42.21	Ida Smith	:45.35	John Sfire	1:06.40
<u>Free</u>		<u>100 Breast</u>		<u>100 IM</u>	
Kopny	7:47.33	Jean Garbus	1:38.03	Rob Distler	1:03.01
<u>Back</u>		Ida Smith	1:42.36	Joe Georger	1:06.00
Kopny	:36.14	<u>100 Fly</u>		Mearnic	1:09.22
<u>Breast</u>		Jean Garbus	1:37.39	<u>200 IM</u>	
Kopny	:38.93	<u>45-49</u>		John Sfire	2:19.91
<u>Fly</u>		<u>50 Free 'B'</u>		Mearnic	2:30.20
Kopny	:31.60	Gloria Lusk	:44.59	<u>200 Free Relay</u>	
<u>IM</u>		<u>100 Free</u>		S.O.S. 'B' (19-24)	1:37.06
Kopny	1:15.50	Gloria Lusk	1:45.59	S.O.S. 'A' "	1:42.00
<u>Medly Relay</u>		<u>50 Back 'B'</u>		<u>2200 Medly Relay</u>	
Mast. Exh.	2:24.95	Gloria Lusk	:52.97	S.O.S. 'B'	1:51.00
<u>Free</u>		<u>55-59</u>		S.O.S. 'A'	1:53.69
Lyn DeLuca	:28.65	<u>50 yd Free</u>		<u>25-29</u>	
<u>Free</u>		Merlyn Ewbank	:41.30	<u>50 yd Free</u>	
Lyn DeLuca	2:34.13	<u>50 Back</u>		Lee	:25.18
<u>Fly</u>		Merlyn Ewbank	:43.47	Doug Tull	:25.63
Lyn DeLuca	:30.67	<u>200 Back</u>		Marshall Baeckeroot	:26.77
<u>Fly</u>		Merlyn Ewbank	3:29.94	<u>100 Free</u>	
Lyn DeLuca	1:12.30	<u>MEN</u>		Lee	:55.09
<u>Free</u>		<u>19-24</u>		<u>200 Free</u>	
Weir	:28.45	<u>50 yd Free</u>		Lee	2:04.30
<u>Free 'B'</u>		Lou Horwitz	:23.48	<u>500 Free</u>	
Hanna	:33.63	Rob Distler	:23.81	Lee	5:49.66
<u>Free</u>		McCarthy	:24.40	<u>200 yd Back</u>	
Weir	6:31.90	Chet Ricker	:24.79	Jim Steffl	2:33.79
<u>Back 'B'</u>		Steve Springsdorf	:26.43	<u>50 yd Breast</u>	
Hanna	:40.41	<u>100 yd Free</u>		Doug Tull	:34.12
<u>Back</u>		Lou Horwitz	:53.90	<u>100 Breast</u>	
Swanton	3:13.83	Jim Fortune	:54.64	Marshall Baeckeroot	1:18.92
<u>Breast</u>		Steve Springsdorf	:58.72	<u>50 yd Fly</u>	
Weir	:40.21	<u>200 yd Free</u>		Doug Tull	:25.80
Rhudy	:43.07	Lou Horwitz	2:02.82	Jim Steffl	:26.29
<u>Breast</u>		Steve Springsdorf	2:51.60	<u>100 yd Fly</u>	
Weir	1:27.04	<u>50 yd Back</u>		Jim Steffl	1:02.13
Rhudy	1:33.98	McCarthy, Mike	:28.17*	Marshall Baeckeroot	1:04.63
<u>Fly</u>		Jim Fortune	:28.42	<u>100 yd IM</u>	
Swanton	:45.56	Joe Georger	:30.33	Doug Tull	1:04.07
		<u>200 Back</u>		<u>200 yd IM</u>	
		Jim Fortune	2:25.90	Jim Steffl	2:22.94
		<u>50 Breast</u>			
		Chet Ricker	:32.39		

* - State Record

RESULTS FROM MICHIGAN
MASTERS SWIMMING MEET
DECEMBER 11, 1977

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Page 2

MEN (cont.)
(cont.)

Free Relay
ng 1:51.40
nd 2:15.60
Medley Relay
ng 1:47.93
ster 2:03.42
nd 2:46.34
4 Free
Long :26.03
50 yd Free
Rapp 2:50.60
Free
Mortensen 6:01.43
Henlotter 6:43.12
4 Back
ox :33.93
Rapp :37.36
Rapp 3:07.60
Free
Henlotter :32.05
Long :32.10
50 yd Breast
Henlotter 1:10.90
50 yd IM
Henlotter 1:05.98
Mortensen 1:07.27
Long 1:08.82
ox 1:09.02
50 yd IM
Henlotter 2:31.16
ox 2:36.90
4 Free
t. Claire :28.43
aw :29.53
asley :31.10
lerce :31.13
Free 'B'
rd Olson :35.49
Free
lerce 1:06.65
t. Claire 1:11.47
asley 1:17.84
rd Olson 1:21.95
Free
lerce 2:32.52
rd Olson 3:02.52

MEN (cont.)

35-39 (cont.)
500 yd Free
Tony Tashnik 6:14.52
Bob Pierce 7:16.30
Richard Olson 8:32.31
50 yd Back
Ed Shaw :36.10
Sam Kasley :42.79
50 yd Back 'B'
Richard Olson :52.50
200 yd Back
Ed Shaw 3:23.35
50 yd Breast
George Runciman :31.95
Ed Shaw :45.98
100 yd Breast
George Runciman 1:13.47
Bob St. Claire 1:31.30
100 yd Fly
Tony Tashnik 1:02.56
100 yd IM
Tony Tashnik 1:04.44
George Runciman 1:11.31
Bob St. Claire 1:34.67
Sam Kasley 1:36.66
200 yd IM
Tony Tashnik 2:26.70
Bob Pierce 2:51.81
200 yd Free Relay
Midland 1:57.10
200 yd Medley Relay
Midland 2:18.48
40-44
50 yd Free
Wally Dobler :25.93
Charles Schmitz :27.70
50 yd Free 'B'
Don Carlsen :34.55
100 Free
Jerry Garbus 1:02.7
200 Free
Carl Woolley 2:08.20
Don Carlsen 3:34.30
500 yd Free
Carl Woolley 5:56.06
50 yd Back
Wally Dobler :32.02
Charles Schmitz :37.90
50 yd Back 'B'
Don Carlsen :49.83
200 yd Back
Carl Woolley 2:33.78
Ray Martin 2:39.78
Jerry Garbus 2:56.07

MEN (cont.)

40-44 (cont.)
50 yd Breast
Nino Cupaiuolo :34.83
Mantir :37.35
100 yd Breast
Nino Cupaiuolo 1:17.51
50 yd Fly
Wally Dobler :26.27
100 yd Fly
Ray Martin 1:08.81
100 yd IM
Wally Dobler 1:06.94
Nino Cupaiuolo 1:18.38
200 yd IM
Ray Martin 2:33.96
Jerry Garbus 2:45.88
45-49
50 yd Free
Bob Heritier :25.60
Jim Gilster :28.80
Hank Hoover :30.20
50 yd Free 'B'
Brosier :31.28
T.J. Brown :33.38
Chris Boyle :35.38
100 yd Free
Tom Koenig 1:03.02
Mitch Jacque 1:03.05
Jim Gilster 1:05.36
Ed Campbell 1:12.12
Hank Hoover 1:13.54
Chris Boyle 1:20.31
200 yd Free
Bob Heritier 2:09.92
Tom Koenig 2:27.00
Don Hildum 2:23.60
500 yd Free
Mitch Jacque 6:31.56
Tom Koenig 7:06.26
Chris Boyle 9:47.50
50 yd Back
Don Hildum :33.30
Mitch Jacque :37.93
Hank Hoover :41.98
50 yd Back 'B'
Brosier :36.30
T.J. Brown :37.33
200 yd Back
Brosier 3:05.17
Ed Campbell 3:17.74

RESULTS FROM MICHIGAN
MASTERS SWIMMING MEET
DECEMBER 11, 1977

Page 3

MEN (cont.)49 (cont.)50 yd Breast

rles Moss :34.70
Hildum :36.98
. Brown :39.60

100 yd Breast

Koenig 1:17.84
rles Moss 1:18.00
. Brown 1:27.40
Campbell 1:32.72
Is Boyle 1:34.22

50 yd Fly

ch Jacque :35.23

100 IM

rles Moss 1:10.34
sier 1:28.80
Is Boyle 1:34.47

200 yd IM

rles Moss 2:34.60
Koenig 2:47.54

100 Free Relay

hester 2:00.93
.S. 2:03.16

100 Medley Relay

hester 2:11.40

5450 yd Free

e Lagerkvist 1:05.39
ry Melgaard 1:12.57

100 yd Free

ry Melgaard 2:52.19

50 yd Back

e Lagerkvist :38.49
ry Melgaard :46.03

100 yd Back

e Lagerkvist 3:09.47
ry Melgaard 3:40.30

50 yd Breast

e Lagerkvist 1:26.09

MEN (cont.)55-5950 yd Free

Bill Wells :32.50

60-6450 yd Free

Art Berg :31.05
Ed Brown :32.57

100 yd Free

Art Berg 1:13.18
Ed Brown 1:17.00

200 yd Free

Art Berg 2:58.30
Ed Brown 3:05.80

500 yd Free

Art Berg 8:19.66

50 yd Back

Art Berg :40.47

65-6950 yd Free

Bob Lawrence :30.39

100 yd Free

Bob Lawrence 1:12.55

100 yd Breast

Bob Lawrence 1:35.70

100 yd IM

Bob Lawrence 1:29.94

70-7450 yd Free

George Van :39.16

50 yd Free 'B'

Art Beyer 1:41.00

100 yd Free

George Van 1:44.12

50 yd Back

George Van 1:00.75

50 yd Back 'B'

Art Beyer 1:13.00

200 yd Back

Art Beyer 7:04.70

50 yd Breast

George Van :48.49

100 yd Breast

George Van 1:59.58



SWIM-MASTER

SUBSCRIPTION FORM

One Year (9 issues)....\$ 6.00 USA
 Canada, Mexico, P.R....\$ 7.00
 \$10.00 Foreign

NAME _____

ADDRESS _____

Send to:

2308 NE 19 Ave., Ft. Lauderdale, FL 33305

FOR JACK LA LANNE, physical fitness authority
What is the best all-round exercise for people over 50?
-R.T., Passaic, N.J.

● Swimming. It works every muscle in the body. The water provides resistance for increasing strength and stimulating breathing. The buoyancy of the water takes a certain amount of stress off the leg joints.



FIRST SENIOR AGE INVITATIONAL CANADA '78 - Yes! That's the new name for the big event in August. Invitations have been sent all over Canada, U.S.A. - and the world. And the response has been most encouraging. To give one example - West Germany is filling up a charter flight with competitors and their families. That is just one result of Baron Drobig's promotional trip to Western Europe last November. Modifications to meet F.I.N.A. regulations have been made, and we now have formal sanction from the Aquatic Federation of Canada. It is no secret that F.I.N.A. regulations regarding Masters Swimming have obliged us to alter our original concept. But we have good reason to believe that the meet will be a major step in the evolution of Senior Age Swimming, as it is called in many parts of the world. And that to keep pace with this evolution, new F.I.N.A. legislation can be expected before too long. Detailed planning, such as the day, time and duration of individual events is well under way, and so is planning for the social events. Once again: **TIME: 20-30 August 1978; PLACE: Etobicoke Olympium,**

SUBSCRIPTION FORM

Michigan Swim Masters please make checks payable to "Michigan Master's Swim Club" c/o Henrietta Kryskalla, 3065 Bendelow Rd., Rochester, MI 48063

NAME _____

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1 Year - 4 Issues \$3.00

Greater Lansing Masters Athletic Association Swim Meet, Sunday, February 19, 1978

Women 19-24

50 yd. Freestyle - B

Jackie Popoff	GLMAA	:30.0
Kim Debiak	GLMAA	:31.3
Renee Siemers	GLMAA	:32.7
P. Townsend	Midland	:35.0

50 yd. Freestyle

A. Lusk	Roch.	:29.3
K. Haas	Midland	:30.1
T. Byron	Sag.	:33.5

100 yd. Freestyle

K. Haas	Midland	1:03.0
C. Miller	Midland	1:03.4
A. Lusk	Roch.	1:05.2
Kim Debiak	GLMAA	1:09.6
Renee Siemers	GLMAA	1:14.5
T. Byron	Sag	1:17.3
P. Townsend	Midland	1:19.3
C. Acker	Roch	1:20.4

200 yd. Freestyle

C. Miller	Midland	2:18.1*
Jackie Popoff	GLMAA	2:39.2

500 yd. Freestyle

Jackie Popoff	GLMAA	7:21.3
Renee Siemers	GLMAA	8:24.3
C. Acker	Roch	8:36.0

50 yd. Backstroke - B

Jackie Popoff	GLMAA	:35.8
Pat Krupiarz	GLMAA	:37.9
Renee Siemers	GLMAA	:44.1

50 yd. Backstroke

D. Schubert	Midland	:33.0
T. Byron	Sag	:41.0

100 yd. Backstroke

K. Haas	Midland	1:15.3*
Pat Krupiarz	GLMAA	1:20.6

50 yd. Breaststroke

Kim Debiak	GLMAA	:42.3
P. Townsend	Midland	:45.0

50 yd. Butterfly

C. Miller	Midland	:32.8
Pat Krupiarz	GLMAA	:37.9
T. Byron	Sag	:39.0

100 yd. Ind. Medley

A. Lusk	Roch	1:17.0
Kim Debiak	GLMAA	1:20.3
Pat Krupiarz	GLMAA	1:22.0
C. Acker	Roch	1:35.1

Women 25-29

50 yd. Freestyle - B

L. Danaher	Unatt	:32.1
Nancy Uhl	GLMAA	:33.1
Eddie Gibbs	GLMAA	:34.7
D. Guicher	Ohio	:36.4

50 yd. Freestyle

Caren Jones	GLMAA	:23.3
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100 yd. Freestyle

J. Runkel	Unatt	1:00.3
Caren Jones	GLMAA	1:05.8
Marye Ulrey	GLMAA	1:13.2

200 yd. Freestyle

L. Danaher	Unatt	2:50.3
Marye Ulrey	GLMAA	3:02.3

500 yd. Freestyle

J. Runkel	Unatt	6:33.3*
C. Martin	SOS	7:12.2
L. Danaher	Unatt	7:43.6

50 yd. Backstroke - B

Nancy Uhl	GLMAA	:40.3
L. Danaher	Unatt	:40.4
Eddie Gibbs	GLMAA	:41.6

50 yd. Backstroke

Jean Collins	GLMAA	:31.6*
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100 yd. Backstroke

Jean Collins	GLMAA	1:09.4*
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50 yd. Breaststroke

Caren Jones	GLMAA	:36.9*
Marye Ulrey	GLMAA	:43.9
Eddie Gibbs	GLMAA	:44.1
D. Guicher	Ohio	:46.3

200 yd. Breaststroke

D. Guicher	Ohio	3:48.7
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50 yd. Butterfly

C. Martin	SOS	:34.6
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100 yd. Ind. Medley

Jean Collins	GLMAA	1:03.3*
J. Runkel	Unatt	1:13.6
C. Martin	SOS	1:13.1
Marye Ulrey	GLMAA	1:29.6

Women 30-34

50 yd. Freestyle - B

Jeanne Meier	GLMAA	:34.6
K. Torres	Roch	:35.7
Rosalyn Stretch	GLMAA	:39.5
M. DiLorenzi	Unatt	:50.0

50 yd. Freestyle

Betsy King	GLMAA	:29.7
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100 yd. Freestyle

Peggy Sugg	SOS	1:00.0
Betsy King	GLMAA	1:03.0
Carolyn DeLuca	GPSC	1:03.6
Ros. Stretch	GLMAA	1:36.7

200 yd. Freestyle

Carolyn DeLuca	GPSC	2:29.8
Jeanne Meier	GLMAA	2:53.0
K. Torres	Roch	3:21.2

500 yd. Freestyle

Peggy Sugg	SOS	6:40.5
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Greater Lansing Master Athletic Association Swim Meet, Sunday, February 19, 1978

<u>50 yd. Backstroke - B</u>			<u>50 yd. Backstroke - B</u>		
Jeanne Meier	GLMAA	:44.9	H. Major	Roch	:42.3
Ros Stretch	GLMAA	:52.5	T. Orbeck	Midland	:46.3
<u>50 yd. Backstroke</u>			<u>50 yd. Breaststroke</u>		
K. Massanemo	Roch	:37.3	T. Orneck	Midland	:45.1
<u>100 yd. Backstroke</u>			I. Smith	Sag	:45.3
K. Massanemo	Roch	1:25.3	M. Major	Roch	:51.7
Ros Stretch	GLMAA	1:53.4	<u>200 yd. Breaststroke</u>		
<u>50 yd. Breaststroke</u>			T. Orbeck	Midland	3:03.3*
K. Massanemo	Roch	:40.3	I. Smith	Sag	3:40.0
H. DiLorenzi	Unatt	:59.5	<u>Women 45-49</u>		
<u>200 yd. Breaststroke</u>			<u>50 yd. Freestyle - B</u>		
K. Massanemo	Roch	3:20.4	G. Lusk	Roch	:39.7
<u>50 yd. Butterfly</u>			<u>50 yd. Freestyle</u>		
Peggy Sugg	SOS	:28.7	Pat Gentry	Midland	:35.6*
<u>100 yd. Butterfly</u>			<u>100 yd. Freestyle</u>		
Carolyn DeLuca	GPSC	1:12.2	B. Smith	Ohio	1:21.4
<u>100 yd. Ind. Medley</u>			G. Lusk	Roch	1:34.5
Peggy Sugg	SOS	1:08.4	<u>500 yd. Freestyle</u>		
K. Torres	Roch	1:40.3	B. Smith	Ohio	3:48.0
<u>Women 35-39</u>			Pat Gentry	Midland	3:52.0
<u>50 yd. Freestyle</u>			<u>50 yd. Backstroke - B</u>		
Joyce Burrell	Unatt	:23.1	G. Lusk	Roch	:55.0
S. Swanten	Midland	:35.3	<u>50 yd. Backstroke</u>		
<u>100 yd. Freestyle</u>			D. Ferguson	Ohio	:51.5
Lynne Weir	SOS	1:03.3	<u>100 yd. Backstroke</u>		
Joyce Burrell	Unatt	1:03.3	Pat Gentry	Midland	1:36.5
<u>200 yd. Freestyle</u>			D. Ferguson	Ohio	1:52.3
Joyce Burrell	Unatt	2:32.3	<u>50 yd. Breaststroke</u>		
<u>500 yd. Freestyle</u>			D. Ferguson	Ohio	:54.2
Carol Rhudy	SOS	3:33.6	<u>50 yd. Butterfly</u>		
<u>50 yd. Backstroke</u>			B. Smith	Ohio	:37.4
Lynne Weir	SOS	:36.0	<u>100 yd. Ind. Medley</u>		
S. Swanten	Midland	:39.1	B. Smith	Ohio	1:31.0
<u>100 yd. Backstroke</u>			G. Lusk	Roch	1:52.0
Lynne Weir	SOS	1:13.6	D. Ferguson	Ohio	1:53.2
S. Swanten	Midland	1:26.2	<u>Women 50-54</u>		
<u>50 yd. Breaststroke</u>			<u>50 yd. Freestyle - B</u>		
Carol Rhudy	SOS	:40.3	C. Billingham	Midland	:43.4
<u>200 yd. Breaststroke</u>			<u>50 yd. Freestyle</u>		
Carol Rhudy	SOS	3:20.6*	Hank Kryskalla	Roch	:37.3
<u>50 yd. Butterfly</u>			<u>100 yd. Freestyle</u>		
Carol Rhudy	SOS	:44.0	Hank Kryskalla	Roch	1:28.3
<u>100 yd. Ind. Medley</u>			<u>500 yd. Freestyle</u>		
Lynne Weir	SOS	1:17.3	C. Billingham	Midland	3:51.3
S. Swanten	Midland	1:23.9	<u>50 yd. Backstroke - B</u>		
<u>Women 40-44</u>			C. Billingham	Midland	:56.9
<u>50 yd. Freestyle - B</u>			<u>50 yd. Backstroke</u>		
H. Major	Roch	:36.2	Hank Kryskalla	Roch	:46.1
I. Smith	Sag	:45.2	<u>50 yd. Breaststroke</u>		
T. Orbeck	Midland	:46.9	C. Billingham	Midland	:53.2

Greater Lansing Masters Athletic Association Swim Meet, Sunday, February 19, 1970

Women 55-59

50 yd. Freestyle

H. Ewbank Sag :39.2

100 yd. Freestyle

H. Ewbank Sag 1:27.2

100 yd. Backstroke

H. Ewbank Sag 1:36.2*

Men 19-24

Dennis Carter GLMAA :22.4*

K. Turvey Mid :24.4

H. McCarthy SOS :24.5

Mike Keegan GLMAA :24.7

P. Beckton Mid :25.5

S. Springsdorf Sag :27.0

D. Schubert Mid :28.3

100 yd. Freestyle

Dennis Carter GLMAA :51.0*

K. Turvey Mid :54.6

Mike Keegan GLMAA :56.0

Mike Bunce GLMAA :56.5

S. Springsdorf Sag 1:00.0

200 yd. Freestyle

Marc Paglia GLMAA 1:56.3

Mike Bunce GLMAA 2:12.0

S. Springsdorf Sag 2:17.6

D. Peterson GLMAA 2:20.2

50 yd. Backstroke - B

S. Springsdorf Sag :37.0

50 yd. Backstroke

H. McCarthy SOS :27.4*

K. Turvey Mid :27.7

Dan Radler GLMAA :27.9

P. Beckton Mid :30.4

100 yd. Backstroke

K. Turvey Mid 1:01.3*

H. McCarthy SOS 1:01.4

Dan Radler GLMAA 1:03.2

P. Beckton Mid 1:07.3

B. Schubert Mid 1:10.3

50 yd. Breaststroke

C. Mearnic SOS :32.4

D. Peterson GLMAA :36.3

200 yd. Breaststroke

Marc Paglia GLMAA 2:27.3*

G. Mearnic SOS 2:36.0

50 yd. Butterfly

Dennis Carter GLMAA :25.5

H. McCarthy SOS :27.6

Ed Caswell GLMAA :27.8

Mike Keegan GLMAA :28.4

G. Mearnic SOS :29.5

100 yd. Butterfly

Marc Paglia GLMAA :57.6

100 yd. Ind. Medley

Marc Paglia GLMAA 1:00.6

Dan Radler GLMAA 1:03.4

P. Beckton Mid 1:04.5

G. Mearnic SOS 1:08.2

D. Schubert Mid 1:14.9

Men 25-29

50 yd. Freestyle - B

Jon Caterino GLMAA :27.3

Karl Mitz Mid :28.9

50 yd. Freestyle

L. Harwitz Roch :23.3

Art Nash GLMAA :23.6

Bill Mummy Mid :24.4

D. McWhirter Roch :26.5

R. Smith Mid :26.6

100 yd. Freestyle

L. Harwitz Roch :51.6

Art Nash GLMAA :52.6

Brian Lee GLMAA :54.3

Bill Mummy GLMAA :55.1

H. Baeckeroot SOS :56.7

John Bullock GLMAA :57.4

200 yd. Freestyle

L. Harwitz Roch 1:57.6

Brian Lee GLMAA 2:03.0

John Bullock GLMAA 2:13.0

Ron Smith Mid 2:19.2

Karl Mitz Mid 2:39.6

500 yd. Freestyle

D. McWhirter Roch 6:51.1

Ron Smith Mid 6:54.7

Karl Mitz Mid 7:41.7

50 yd. Backstroke - B

Karl Mitz Mid :44.2

50 yd. Backstroke

John Bullock GLMAA :31.2

B. Gougeon Mid :31.9

50 yd. Breaststroke

Mike Murphy GLMAA :31.1

200 yd. Breaststroke

B. Gougeon Mid 2:37.5

50 yd. Butterfly

D. Trell SOS :25.7

J. Steffl Roch :26.5

B. Gougeon Mid :27.5

H. Baeckeroot SOS :27.8

J. Howlett SOS :28.5

Art Nash GLMAA :28.5

D. McWhirter :28.8 Roch

Greater Lansing Masters Athletic Association Swim Meet, Sunday, February 19, 1978

100 yd. Butterfly

D. Trell	SOS	:59.5
J. Steffl	Roch	1:03.6

100 yd. Ind. Medley

D. Trell	SOS	1:03.0
J. Steffl	Roch	1:03.8
B. Sougeon	Mid	1:05.0
Brian Lee	GLMAA	1:05.1
Art Nash	GLMAA	1:05.3
H. Baedekeroot	SOS	1:05.9
Bill Mummy	GLMAA	1:06.5
D. McWhirter	Roch	1:09.6
J. Howlett	SOS	1:13.1

Men 30-3450 yd. Freestyle

J. Siebs	Unatt	:24.6
Chris Dobyns	GLMAA	:25.5
Don Cox	Utica	:27.4
D. McKeag	Unatt	:28.7

100 yd. Freestyle

Ron Pohlonski	GLMAA	:53.3
J. Siebs	Unatt	:53.7
Chris Dobyns	GLMAA	:57.0

200 yd. Freestyle

Chris Dobyns	GLMAA	2:08.7
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500 yd. Freestyle

Chris Dobyns	GLMAA	6:05.0
Dick Henlotter	GLMAA	6:11.7
Andy Rapp	Mid	7:52.0

50 yd. Backstroke

T. Maxson	Mid	:29.7
Don Cox	Utica	:33.1
Andy Rapp	Mid	:36.3

100 yd. Backstroke

J. Siebs	Unatt	1:06.0
T. Maxson	Mid	1:08.3
Don Cox	Utica	1:12.2
Andy Rapp	Mid	1:19.6

50 yd. Breaststroke

Dick Henlotter	GLMAA	:32.5
D. McKeag	Unatt	:35.0
T. Maxson	Mid	:36.6

200 yd. Breaststroke

Dick Henlotter	GLMAA	2:36.4
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50 yd. Butterfly

R. Neale	Ohio	:26.3
Jon Caterino	GLMAA	:28.3
Don Cox	Utica	:29.9

100 yd. Butterfly

R. Neale	Ohio	1:01.7
Ron Pohlonski	GLMAA	1:02.0

100 yd. Ind. Medley

J. Siebs	Unatt	1:03.4
R. Neale	Ohio	1:04.4
Dick Henlotter	GLMAA	1:05.1
Jon Caterino	GLMAA	1:11.5

Men 35-3950 yd. Freestyle - B

R. Olson	Mid	:34.1
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50 yd. Freestyle

R. Frederick, Jr.	Ohio	:23.7
Bo Rhudy	SOS	:24.7
E. Shaw	Sag	:29.3
John Hershey	GLMAA	:29.6
Sam Kasley	Mid	:32.1
Blake Smith	GLMAA	:36.1

100 yd. Freestyle

Bo Rhudy	SOS	:55.3
John Hershey	GLMAA	1:06.0
B. Pierce	Mid	1:06.3
E. Shaw	Sag	1:08.0
Robt. St. Claire	Unatt	1:09.0

200 yd. Freestyle

Bo Rhudy	SOS	2:08.7
Tom Spear	SOS	2:27.3
Bob Pierce	Mid	2:27.9
Richard Olson	2:59.8	Mid

50 yd. Backstroke - B

Blake Smith	GLMAA	:41.1
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50 yd. Backstroke

E. Shaw	Sag	:36.4
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100 yd. Backstroke

E. Shaw	Sag	1:23.4
Sam Kasley	Mid	1:36.5

50 yd. Breaststroke

Geo. Runciman	GLMAA	:31.8
John Hershey	GLMAA	:37.0
Robt. St. Claire	Unatt	:37.6

200 yd. Breaststroke

Geo. Runciman	GLMAA	2:39.3
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50 yd. Butterfly

T. Tashnick	Unatt	:26.1
R. Frederick, Jr.	Ohio	:26.6

100 yd. Butterfly

T. Tashnick	Unatt	:59.5
Tom Spear	SOS	1:03.5
Bob Pierce	Mid	1:19.3

100 yd. Ind. Medley

T. Tashnick	Unatt	1:02.5
Tom Spear	SOS	1:07.9
Bob Pierce	Mid	1:14.7
John Hershey	GLMAA	1:16.5
Robt. St. Claire	Unatt	1:27.5
Sam Kasley	Mid	1:32.2

Men 40-4450 yd. Freestyle - B

J. Yantis	Unatt	:36.7
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100 yd. Freestyle

T. O'Keefe	Mid	1:11.4
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50 yd. Backstroke - D

J. Vantis Unatt :41.7

50 yd. Breaststroke

A. Hanwell Mid :32.5

Mino Cupailolo Roch :34.5

T. O'Keefe Mid :44.1

200 yd. Breaststroke

Mino Cupailolo Roch 2:49.9

50 yd. Butterfly

A. Hanwell Mid :20.2

Mino Cupailolo Roch :33.0

T. O'Keefe Mid :40.2

100 yd. Ind. Medley

Mino Cupailolo Roch 1:19.0

T. O'Keefe Mid 1:28.5

Men 45-4950 yd. Freestyle - D

R. Brosier Roch :31.7

T.J. Brown Roch :32.3

C. Bagle Roch :33.7

J.E. Hunter Roch :37.0

50 yd. Freestyle

B. Lamb Ohio :29.9

Mark Hoover GLMAA :31.4

100 yd. Freestyle

Mitch Jacque Mid 1:03.4

Nick Kakos Ohio 1:06.0

B. Lamb Ohio 1:11.3

200 yd. Freestyle

Don Mildum Roch 2:21.4

Tom Koenig SOS 2:22.2

Mitch Jacque Mid 2:23.3

500 yd. Freestyle

Mitch Jacque Mid 6:15.9

Charlie Moss Mid 6:21.3

Tom Koenig SOS 6:34.9

Don Mildum Roch 6:35.0

Ed Campbell SOS 7:49.2

Mark Hoover GLMAA 8:16.1

50 yd. Backstroke - B

T.J. Brown Roch :37.4

C. Boyle Roch :45.6

J.E. Hunter Roch :45.8

50 yd. Backstroke

R. Brosier Roch :36.1

Ed Campbell SOS :36.5

Nick Kakos Ohio :36.5

B. Lamb Ohio :38.5

Mark Hoover GLMAA :42.3

100 yd. Backstroke

R. Brosier Roch 1:19.6

Mitch Jacque Mid 1:25.0

50 yd. Breaststroke

Tom Koenig SOS :34.7

Don Mildum Roch :36.3

T.J. Brown Roch :40.3

C. Boyle Roch :42.0

John Mercer GLMAA :47.2

200 yd. Breaststroke

Tom Koenig SOS 2:53.3

Don Mildum Roch 3:00.5

Ed Campbell SOS 3:18.3

T.J. Brown Roch 3:20.1

50 yd. Butterfly

Charlie Moss Mid :29.2

Nick Kakos Ohio :35.7

100 yd. Butterfly

Charlie Moss Mid 1:09.6

100 yd. Ind. Medley

Charlie Moss Mid 1:10.5

Nick Kakos Ohio 1:16.7

Mark Hoover GLMAA 1:29.4

C. Boyle Roch 1:34.3

John Mercer GLMAA 1:34.7

R. Brosier Roch 1:59.2

Men 50-5450 yd. Freestyle - B

M. Chamberlain Mid :29.7

50 yd. Freestyle

Bill Alexe GLMAA :33.9

100 yd. Freestyle

M. Chamberlain Mid 1:10.0

Bill Alexe GLMAA 1:19.0

200 yd. Freestyle

M. Chamberlain Mid 2:46.3

J. Melgaard Mid 2:53.2

500 yd. Freestyle

M. Chamberlain Mid 7:53.6

50 yd. Backstroke

Bill Alexe GLMAA :46.7

100 yd. Backstroke

J. Melgaard Mid 1:40.1*

Bill Alexe GLMAA 1:47.2

50 yd. Breaststroke

Bill Alexe GLMAA :43.9

Men 55-5950 yd. Freestyle - B

Frank Krupiarz GLMAA :33.2

50 yd. Freestyle

Elmer Frost GLMAA :30.2

100 yd. Freestyle

Bill Burrell Unatt 1:02.9

Elmer Frost GLMAA 1:12.3

* - STATE RECORD

Greater Lansing Masters Athletic Association Swim Meet, Sunday, February 19, 1973

<u>200 yd. Freestyle</u>			<u>Women 25-34</u>		
Bill Burrell	Unatt	2:22.6	South Oakland Seals	2:17.4	
H. Anderson	Ohio	3:15.1	Michigan Masters		
Frank Krupiarz	GLMAA	3:39.3	<u>200 yd. Medley Relay</u>		
<u>500 yd. Freestyle</u>			South Oakland Seals	2:17.4	
Elmer Frost	GLMAA	3:43.0	<u>200 yd. Freestyle Relay</u>		
H. Anderson	Ohio	3:46.0	Michigan Masters	1:52.1	
<u>50 yd. Backstroke - B</u>			Lansing (GLMAA)	2:23.1	
E. Sokolowski	Liv	:46.7	<u>Men 19-24</u>		
<u>50 yd. Backstroke</u>			<u>200 yd. Medley Relay</u>		
Bill Burrell	Unatt	:36.4	Lansing (GLMAA)	1:49.0	
<u>50 yd. Breaststroke</u>			Lansing (GLMAA)	2:06.6	
Elmer Frost	GLMAA	:52.5	<u>200 yd. Freestyle Relay</u>		
<u>Men 30-34</u>			Lansing (GLMAA)	1:35.4	
<u>50 yd. Freestyle</u>			Midland	1:40.3	
Ed Brown	SOS	:32.1	South Oakland Seals	1:41.0	
<u>100 yd. Freestyle</u>			Lansing (GLMAA)	1:45.5	
Ed Brown	SOS	1:16.2	<u>Men 25-34</u>		
<u>200 yd. Freestyle</u>			<u>200 yd. Medley Relay</u>		
Ed Brown	SOS	3:09.6	Rochester	1:57.5	
<u>50 yd. Backstroke</u>			South Oakland Seals	1:59.2	
Ed Brown	SOS	:45.9	Midland	2:01.0	
<u>Men 55-59</u>			<u>200 yd. Freestyle Relay</u>		
<u>50 yd. Freestyle - B</u>			Lansing (GLMAA)	1:36.5	
A. Beyer	Sag	1:32.5	Lansing (GLMAA)	1:43.5	
<u>50 yd. Freestyle</u>			Rochester	1:44.5	
Bob Lawrence	DYC	:29.9	Midland	1:47.5	
<u>100 yd. Freestyle</u>			<u>Men 35-44</u>		
Bob Lawrence	DYC	1:11.2	<u>200 yd. Freestyle Relay</u>		
<u>200 yd. Freestyle</u>			South Oakland Seals	1:50.5	
H. Braden	Mid	3:31.7	Midland	2:07.0	
<u>50 yd. Backstroke</u>			<u>Men 45-54</u>		
H. Braden	Mid	:59.0	<u>200 yd. Medley Relay</u>		
<u>100 yd. Backstroke</u>			Midland	2:19.4	
H. Braden	Mid	2:21.4	Rochester	2:20.9	
<u>50 yd. Butterfly</u>			Lansing (GLMAA)	2:55.0	
Bob Lawrence	DYC	:34.5*	<u>200 yd. Freestyle Relay</u>		
<u>100 yd. Ind. Medley</u>			Midland	1:57.0	
H. Braden	Mid	2:02.3	Rochester	2:03.3	
<u>Men 70-74</u>			Lansing (GLMAA)	2:07.6	
<u>50 yd. Backstroke - B</u>			<u>200 yd. Mixed Freestyle Relay</u>		
A. Beyer	Sag	1:35.3	<u>19-24</u>		
<u>RELAYS</u>			Lansing (GLMAA)	1:50.6	
<u>Women 19-24</u>			Midland	1:50.7	
<u>200 yd. Medley Relay</u>			Rochester	1:50.8	
Lansing (GLMAA)	2:14.4		<u>25-34</u>		
Midland	2:26.4		South Oakland Seals	1:47.1	
Lansing (GLMAA)	2:31.4		Lansing (GLMAA)	2:04.0	
<u>200 yd. Freestyle Relay</u>			<u>35-44</u>		
Lansing (GLMAA)	1:57.2		South Oakland Seals	1:59.0	
Lansing (GLMAA)	2:09.0		Midland	2:13.8	
Midland	2:10.5		<u>45-54</u>		
Rochester	2:13.5		Rochester	2:14.0	
			Ohio Masters	2:15.5	*
			Midland	2:16.4	

1977 SHORT COURSE RECORDS

	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80 +
ee (50)	25.24	25.31	26.82	27.50	28.50	29.69	31.21	33.16	41.27	46.82	59.47	1:29.90
ee 100	55.16	57.39	59.53	1:01.32	1:02.80	1:07.25	1:08.51	1:16.20	1:29.93	1:51.45	2:14.95	3:14.00
ee 200	2:02.30	2:12.15	2:15.50	2:17.12	2:19.50	2:35.50	2:35.87	3:03.98	3:34.00	4:16.40	4:51.00	7:02.30
ee 300	5:05.31	5:56.93	6:04.88	6:05.10	6:20.20	7:02.50	7:21.05	8:25.02	9:47.89	10:56.54	-----	18:23.67
ee 400	9:17.90	20:22.80	21:17.78	21:16.93	21:53.07	24:07.90	26:02.62	28:57.82	33:08.10	38:34.13	42:38.14	66:53.90
3ck 50	30.50	29.47	30.50	32.50	34.80	38.70	39.60	40.80	50.88	59.00	1:12.77	4:11.60
3ck 100	1:05.68	1:07.90	1:08.83	1:11.49	1:15.30	1:22.95	1:28.49	1:30.30	1:54.33	2:14.40	2:24.35	8:34.00
3ck 200	2:24.15	2:27.64	2:37.97	2:39.62	2:42.70	3:09.22	3:15.53	3:21.52	4:09.36	4:34.67	-----	-----
reast 50	32.20	35.35	36.40	36.70	36.90	40.70	43.25	47.86	52.95	59.01	1:03.73	-----
reast 100	1:10.18	1:15.06	1:18.10	1:19.03	1:18.86	1:28.69	1:31.24	1:47.44	1:58.10	2:09.00	2:34.07	-----
reast 200	3:32.40	2:42.29	2:50.41	2:50.07	2:54.70	3:17.39	3:14.87	3:46.93	4:20.98	4:51.00	5:42.31	-----
ly 50	28.10	28.36	28.76	28.90	30.70	36.10	38.00	44.57	53.71	1:07.83	-----	-----
ly 100	1:01.73	1:04.87	1:08.37	1:09.00	1:11.15	1:22.10	1:34.24	1:48.69	2:12.50	2:47.28	-----	-----
ly 200	2:16.37	2:33.55	2:45.02	2:50.00	2:42.30	3:01.20	3:31.46	4:01.59	-----	6:07.70	-----	-----
M 100	1:04.88	1:05.69	1:09.93	1:09.70	1:11.35	1:21.19	1:22.54	1:34.45	1:54.28	2:11.40	-----	-----
M 200	2:22.50	2:26.51	2:33.61	2:35.13	2:34.41	3:02.50	3:05.40	3:33.81	4:27.20	4:54.20	-----	-----
M 400	5:00.00	5:18.30	5:37.30	5:44.40	5:34.80	6:15.40	6:52.30	7:39.30	10:37.94	10:37.90	-----	-----
R. 200	1:43.31	-----	1:55.26	-----	2:07.57	-----	2:25.77	-----	3:59.90	-----	-----	-----
R. M. R. 1	58.01	-----	2:11.21	-----	2:27.15	-----	2:57.00	-----	4:51.90	-----	-----	-----
F. R. 1	35.07	-----	1:43.60	-----	1:50.08	-----	1:58.89	-----	2:38.91	-----	-----	-----
200	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80 +
ree 50	21.30	21.80	22.19	23.17	23.00	24.68	25.20	26.53	27.64	30.91	32.03	43.20
ree 100	47.78	48.27	50.41	51.74	52.60	56.75	57.68	1:02.13	1:03.90	1:11.94	1:12.90	1:39.20
ree 200	1:43.71	1:48.83	1:52.72	1:53.32	2:00.56	2:10.34	2:08.50	2:19.90	2:28.10	2:48.40	2:48.60	3:33.80
ree 300	4:44.78	5:01.30	5:04.02	5:10.60	5:18.25	5:58.93	5:58.77	6:22.49	6:46.59	7:50.40	7:47.28	-----
ree 400	5:56.86	17:38.11	17:34.73	18:25.66	18:31.86	21:08.11	21:15.85	22:08.30	23:26.43	26:41.59	27:37.57	-----
jack 50	25.37	25.37	27.53	28.20	30.18	30.10	31.48	32.60	36.05	36.30	56.00	1:29.29
jack 100	55.88	56.24	1:00.21	1:01.33	1:04.18	1:05.40	1:09.30	1:11.10	1:19.50	1:20.80	2:11.09	4:07.95
jack 200	2:01.45	2:06.24	2:12.98	2:15.89	2:20.69	2:24.50	2:30.70	2:49.90	3:02.11	3:03.60	4:40.20	-----
creast 50	28.57	28.40	29.24	30.70	32.10	32.19	33.12	35.01	36.64	40.50	49.16	53.90
creast 100	1:00.38	1:01.81	1:04.04	1:06.86	1:10.59	1:13.10	1:14.21	1:18.30	1:26.00	1:34.42	2:04.31	2:12.10
creast 200	2:12.52	2:18.27	2:23.04	2:28.84	2:34.22	2:45.60	2:51.32	2:55.82	3:11.89	3:36.16	4:50.77	-----
fly 50	23.59	24.00	25.12	25.45	25.88	27.76	29.18	30.20	34.78	37.60	1:04.32	-----
fly 100	51.13	53.01	56.20	58.96	1:02.79	1:04.75	1:07.22	1:15.98	1:29.60	1:37.68	-----	-----
fly 200	2:57.60	2:03.61	2:13.45	2:22.02	2:35.06	2:41.29	2:43.24	3:04.10	3:35.40	4:18.83	-----	-----
IM 100	54.87	55.80	58.09	1:00.13	1:01.03.77	1:04.53	1:08.65	1:11.56	1:16.98	1:17.65	2:38.40	-----
IM 200	1:59.22	2:05.47	2:12.46	2:12.80	2:20.76	2:26.68	2:34.99	2:44.22	3:02.50	3:25.73	-----	-----
IM 400	2:26.90	4:39.28	4:50.54	4:56.11	5:22.80	5:22.90	5:44.39	5:55.52	7:16.90	7:45.81	-----	-----
IM 100	1:27.63	1:34.53	-----	-----	1:41.52	-----	1:51.83	-----	2:08.97	-----	-----	-----

WOMEN	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80 +
50 free	29.30	29.76	30.56	31.80	32.40	34.85	35.00	36.23	44.67	54.34	1:10.03	1:44.
100 free	1:04.97	1:06.23	1:08.29	1:10.67	1:09.85	1:17.45	1:16.55	1:25.86	1:42.48	2:09.70	2:35.42	3:43.
200 free	2:22.63	2:22.92	2:32.20	2:35.00	2:38.20	2:56.80	2:54.10	3:23.47	3:52.02	4:54.32	6:17.72	7:07.
400 free	4:59.18	5:01.50	5:26.83	5:22.40	5:36.70	6:09.52	6:23.80	7:25.25	8:10.34	9:38.03	-----	16:39.
1500 free	19:50.66	20:39.41	21:21.95	21:33.78	23:01.60	24:19.40	26:02.31	29:09.80	32:51.68	38:00.01	46:56.21	68:35.
50 back	33.91	34.58	36.60	38.10	39.70	41.18	45.89	47.50	58.14	1:01.90	1:16.52	2:13.
100 back	1:13.40	1:16.88	1:20.90	1:24.30	1:26.14	1:31.66	1:42.17	1:44.68	1:56.39	2:08.20	2:47.95	4:37.
200 back	2:41.40	2:48.07	2:58.97	3:01.75	3:07.02	3:21.49	3:45.23	3:57.74	4:13.30	5:01.57	5:54.02	-----
50 breast	38.30	40.30	40.80	41.89	43.00	46.20	49.70	49.40	59.11	1:08.28	1:20.90	-----
100 breast	1:21.07	1:26.30	1:31.10	1:33.86	1:29.80	1:41.60	1:42.18	1:52.50	2:10.06	2:32.16	3:01.87	-----
200 breast	3:00.47	3:12.95	3:20.50	3:21.17	3:15.85	3:42.90	3:34.85	4:23.80	4:35.60	5:47.12	-----	-----
50 fly	31.30	32.16	33.02	34.40	36.00	40.70	43.84	49.61	56.67	1:17.60	-----	-----
100 fly	1:09.50	1:12.57	1:21.81	1:24.25	1:21.32	1:33.40	1:47.99	1:58.50	2:10.74	3:12.88	-----	-----
200 fly	2:41.59	2:49.10	3:11.58	3:05.80	3:16.40	3:29.54	4:08.52	4:40.05	8:46.11	7:09.10	-----	-----
200 IM	2:42.58	2:52.73	2:55.40	3:06.13	2:55.61	3:24.20	3:29.29	3:59.78	4:11.30	5:24.10	-----	-----
400 IM	5:48.50	6:05.30	6:29.37	6:26.90	6:29.10	7:20.79	7:44.60	8:59.64	12:18.95	12:00.40	-----	-----
200 F.R.	2:02.40		2:13.46		2:19.85		2:53.20		4:35.54			
200 M.R.	2:18.50		2:33.50		2:46.82		3:12.88		5:13.44			
200 M.F.R.	1:52.35		1:57.17		2:04.41		2:26.51		3:23.85			

MEN	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80 +
50 free	24.79	25.45	25.56	26.49	26.83	28.75	28.56	31.20	30.30	35.60	35.95	49.
100 free	54.38	56.02	58.19	58.91	1:02.44	1:04.87	1:06.23	1:10.60	1:11.89	1:23.52	1:24.16	1:52.
200 free	2:05.49	2:07.01	2:08.57	2:09.08	2:15.33	2:26.40	2:29.71	2:40.60	2:49.10	3:18.98	3:13.40	4:20.
400 free	4:28.65	4:34.10	4:33.14	4:38.82	4:48.49	5:14.20	5:24.47	5:52.81	6:07.60	6:59.64	7:03.95	10:10.
1500 free	17:40.50	18:29.47	18:06.20	18:41.90	19:07.05	21:07.66	21:50.80	23:01.65	25:18.10	28:02.14	28:36.98	-----
50 back	29.15	29.54	30.9	32.70	34.49	35.50	34.61	37.60	39.42	41.45	1:09.00	1:04.
100 back	1:04.89	1:05.00	1:08.66	1:10.67	1:15.93	1:16.10	1:19.67	1:20.74	1:33.30	1:43.15	2:49.80	2:47.
200 back	2:21.99	2:23.90	2:30.00	2:40.18	2:45.64	2:46.52	2:56.55	3:15.77	3:28.40	3:33.70	5:38.90	-----
50 breast	32.20	32.31	34.00	35.22	37.00	38.00	39.90	40.20	44.20	47.40	1:00.24	1:01.
100 breast	1:06.87	1:09.30	1:16.25	1:18.79	1:22.32	1:26.60	1:29.00	1:31.77	1:42.75	1:49.43	2:18.87	2:26.
200 breast	2:33.04	2:33.51	2:51.00	2:59.57	3:02.15	3:10.76	3:25.09	3:21.95	3:43.60	4:04.71	5:17.01	-----
50 fly	26.70	26.70	28.10	28.50	29.50	31.50	33.30	35.03	42.70	45.60	1:09.50	-----
100 fly	58.56	1:00.56	1:03.67	1:09.08	1:14.43	1:17.91	1:22.05	1:31.08	1:48.41	2:03.20	-----	-----
200 fly	2:13.14	2:14.24	2:37.67	2:49.20	3:01.02	3:16.23	3:30.54	3:37.44	4:04.80	6:16.76	-----	-----
200 IM	2:15.55	2:22.14	2:33.99	2:29.70	2:40.11	2:47.55	3:01.52	3:08.46	3:32.30	4:03.40	-----	-----
400 IM	5:07.69	5:29.82	5:32.50	5:41.96	5:49.45	6:15.10	6:35.18	7:03.10	8:16.85	9:14.90	-----	-----
200 F.R.	1:40.61		1:46.69		1:54.59		2:05.36		2:28.08			
200 M.R.	1:55.80		2:02.60		2:11.65		2:30.41		3:01.49			