

We need YOU to keep our tradition at Wilson Park going!

Wilson Park
Aug 9, 10, 11

WISCONSIN MASTERS AQUATIC CLUB NEWS
SPRING - 1991

It hardly seems possible it has been 6 months since I struggled to put together our last newsletter. After months of indoor swimming many of us are eager to crank up the outdoor pool heaters and get back to swimming outdoors. Judging from the Top Ten compilation I just completed for Wisconsin it was another very successful winter of swimming. The "hard core" of regulars were bolstered by the addition of many new masters and even the return of a couple who had dropped out of the scene for several years. Welcome - to our new swimmers - and welcome back to our "oldies".

In reporting Wisconsin swimmers who made the Top Ten in the USMS National listings for short course 1990 I managed to miss Melinda Mann. Swimming in the 30-34 age group, and recording all these times at the YMCA Masters Nationals at Schroeder in April 1990, Melinda posted nationals rankings of 4th in the 50 breast (:32.67) and 50 fly (:27.67), 5th in the 100 breast (1:11.38) and 100 fly (1:01.73), and 10th in the 200 IM (2:21.56). Congratulations, Melinda, on some superb times and rankings!

In the significant "aging up" category I missed Doris Klitzke - who aged up to the 55-59 group for our summer meet. Also, Doris set a National YMCA record in the 50 fly at Schroeder in April 1990 with a time of :35.24! Doris also won the 50 free there (:31.59), took 2nds in the 200 IM and 100 fly, 3rds in the 50 back and 100 IM, and 4th in the 100 back. Congratulations, Doris!

Upcoming meets - the Senior Olympics are on June 1 and the Badger State Games June 30th.

Another significant aging up occurred this spring when Bob Kueny advanced to the 60-64 age group. Our upper age levels in both male and female are becoming extremely competitive - often involving a higher level of competition than in the younger age groups. That is great to see.

There are several articles reprinted for you in this newsletter - articles which have been sent to me specifically for this purpose. Please send anything you many think is significant to me for future newsletters.

Congratulations to the following WMAC members who achieved rankings in the 1990 Long Course Meters Top Ten: Elizabeth John (80-84)-5th 400 free & 50 breast, 3rd 100 breast, 4th 200 breast; Betty Kendall (70-74)-8th 50 free, 6th 400 free; Dorothy Kanehl (60-64)-6th 100 breast, 7th 200 breast; Doris Klitzke (55-59)-9th 100 free, 7th 50 back, 3rd 50 fly, 4th 100 fly, 6th 200 IM; Nancy Kranpitz (45-49)-9th 200 fly; Tom Meehan (40-44)-8th 50 free; Harlan Drake (60-64)-7th 1500 free; John Bauman (60-64)-8th 200 fly; Lynn Surles (70-74)-9th 100 free, 10th 200 free; William Kirar (75-79)-9th 50 free; Herb Howe (75-79)-6th 100 free, 5th 200 free, 1st 1500 free. Herb holds the national records for the 800 and 1500 M frees and his first place finish in the 1500 qualifies him as an All-American. Congratulations to all!

Top Ten relays for the LC season are as follows: Women 200 MR 240+ 4th (Georgia Cemirys, Dorothy Kanehl, Doris Klitzke, Betty Kendall); Men 200 MR 240+ 7th (John Cemirys, John Bauman, Bob Kueny, Lynn Surles); 200 Mixed FR 280+ 2nd (William Kirar, Dorothy Kanehl, Lynn Surles, Betty Kendall). Congratulations to one and all!

ALL ABOUT TAPER

Of all the ingredients of fast swimming, taper is the most mysterious and the most critical for peak performance. No matter how long, hard, or well you trained, if you don't nail the taper, you'll fall short of your best. And for even the most experienced coaches and swimmers, taper is always a crapshoot.

Here's why. Men should taper more than women. Sprinters more than distance swimmers. Skinny folks more than chubbies. The heavily muscled more than 98-lb. weaklings. Hard workers more than loafers. Type B's more than Type A's. But what do you do if you are for instance a lean, hard working, Type A female sprinter who has done only moderate yardage?

So let's simplify this. Taper is rest that lets the body superadapt from a fatigued state to feeling great. You can rest either by reducing the total workload or by cutting back on the amount of it that you do hard. Of the two choices, as you get closer to the big meet it's more important to reduce intensity than yardage because intensity is more stressful. And with most Masters there isn't that much yardage to reduce anyway.

Reduce intensity while maintaining yardage by doing longer warmups at the beginning of workout, longer warmdowns at the end, longer and more frequent recovery swims between sets, and making more use of low stress "feel-good" sets like stroke drills.

The single most important principle to be observed in taper is flexibility. Planning a Masters taper is far more complex than planning a kids' taper because the outside stresses - job and family stress - are impossible to control. And those other stresses will affect your response to taper. You may be in the middle of a carefully planned taper when five days before the big meet, your boss hits you with an important project on a critical deadline, your spouse has a fender bender, and your kid brings home a poor report card. Suddenly you feel awful in the water, though you've followed your taper plan meticulously.

Your taper plan might have worked fine in a perfect world, but the high level of personal stress is having the same affect as several days of killer workouts. What do you do? Junk the plan and rest drastically. Stay away from the pool for two or three days. Or if swimming itself helps your stress level then just go in and warmup, do a couple of easy repeats, and swim down. Stay with this approach until your body tells you that the taper is finally working. Your main taper guideline is listen to your body. If you feel progressively better as the meet approaches, stay with your taper plan. If the meet's getting closer and you're still not feeling good, rest more. Then cross your fingers, knock wood, say a prayer, and good luck.

The writer, Terry Laughlin is director of Total Immersion Masters Swimming Camps. For camp information or answers to any swimming questions, call Terry at 516-294-3528.

NEW SITES, DATES FOR TOTAL IMMERSION CAMPS

Total Immersion Masters Swimming Camps in the Mid-Atlantic and Southeast have been re-scheduled. The camp at Appalachian State University, Boone NC (formerly scheduled for June 7-11) now be held on May 31-June 4. The Mid-Atlantic region camp (formerly scheduled for Williamsburg VA) will be held at Franklin & Marshall College in Lancaster PA from June 10-14. Brochures are now available and can be requested by calling 516-294-3528.

Don't forget to sign up for Wilson Park meet!

On the following pages you will find the compilation of Top Ten times from the six USMS meets held in Wisconsin this short course season. If you find an error or omission please contact me before May 22, 1991. I will be sending our list to the National Top Ten coordinator by May 25.

Wilson Park
Aug 9-10-11
BE THERE

WISCONSIN USMS TOP TEN TIMES
SHORT COURSE YARDS
1990-1991

Prepared by:
Nancy Kranpitz
1115 Morningside Court
Marinette, WI 54145
715-738-3023

WOMEN

Age 19-24

Event 50 free

Jennifer King 24 :25.79
Jennifer Schlink 19 :42.30

100 Free

Donna Ness 21 01:03.31

200 Free

Jennifer King 24 02:04:40

500 Free

1000 Free

Donna Ness 21 13:08.21

1650 Free

50 Back

100 Back

Jennifer King 24 01:05.00
Jennifer Schlink 19 01:23.25

200 Back

Donna Ness 21 02:40:36

50 Breast

100 Breast

200 Breast

50 Fly

100 Fly

200 Fly

100 IM

Jennifer King 24 01:04.65

200 IM

400 IM

Age 25-29

50 Free

Mary Venturino 26 :28.73
Carol Rusch 29 :29.15
Karen Pope 27 :29.62
Janet Podkomorski 29 :34.62

100 Free

Connie Wright 27 01:00.67
Sharon Dolby Beck 27 01:01.28
Carol Rusch 29 01:05.04
Karen Pope 27 01:05.92
Janet Podkomorski 29 01:18.58

200 Free

Connie Wright 29 02:33.02
Renee Severson 25 02:52.79
Janet Podkomorski 29 03:06.72
Julia Megley 28 03:15.85

500 Free

Karen Pope 27 06.45.12

1000 Free

Sharon Dolby Beck 27 12:29.03
Karen Pope 27 13:41.58

1650 Free

Karen Pope 27 22:50.11

50 Back

Larol Rusch 29 :34.98
Janet Podkomorski 29 :44.37

100 Back

Mary Venturino 26 01:16.32

200 Back

50 Breast

Sharon Dolby Beck 27 :38.07

100 Breast

Renee Severson 25 01:29.01

200 Breast

50 Fly

Carol Rusch 29 :33.70
Daren Pope 27 :36.09

100 Fly

Karen Pope 27 01:20.36
Julia Megley 28 01:24.12

200 Fly

Renee Severson 25 03:16.41

100 IM

Karen Pope 27 :01:22.84
Julia Megley 28 01:26.20

200 IM

Connie Wright 27 02:32.08
Renee Severson 25 02:46.46
Karen Pope 27 03:03.05

400 IM

Age 30-34

50 Free

Melinda Mann 34 :26.29
Jolita Gatzke 32 :30.91
Carol Kzentkowski 32 :31.02
Diane Minor 32 :35.62

100 Free

Melinda Mann 34 :58.19
Jolita Gatzke 32 01:09.72
Debbie Farrell 31 01:12.56
Carol Kzentkowski 31 01:12.58

200 Free

Patricia Alarie 30 02:22.71
Jolita Gatzke 30 02:39.20
Vanessa Kellerman 31 02:59.48

500 Free

Debbie Farrell 31 07:25.51
Jolita Gatzke 32 07:55.35

1000 Free

Anita Hargarten 33 12:39.47
Cora Buckowich 34 14:21.34
Jolita Gatzke 32 15:09.83
Debbie Farrell 31 15:16.67

1650 Free

Debbie Farrell 31 25:57.75
Jolita Gatzke 32 25:59.42

50 Back

Jolita Gatzke 32 :40.75

100 Back

Diane Minor 32 01:30.42
Vanessa Kellerman 31 01:30.68

200 Back

50 Breast

Melinda Mann 34 :33.78
Jolita Gatzke 32 :40.23
Joy Brantly 32 :41.19
Diane Minor 32 :43.10

100 Breast

Anita Hargarten 33 01:18.68
Jolita Gatzke 32 01:28.34

200 Breast

Melinda Mann 34 02:48.88
Joy Brantly 32 03:14.91
Diane Minor 32 03:21.32

50 Fly

Melinda Mann 34 :26.69

100 Fly

Melinda Mann 34 01:03.55
Cora Buckowich 31 01:25.76
Vanessa Kellerman 31 01:28.68

200 Fly

100 IM

Melinda Mann 34 01:07.04
Patricia Alarie 30 01:15.73
Jolita Gatzke 32 01:21.64
Joy Brantly 32 01:23.44
Debbie Farrell 31 01:25.71
Vanessa Kellerman 31 01:28.28
Diane Minor 32 01:29.51
Carol Kzentowski 32 01:29.38

200 IM

Anita Hargarten 33 02:35.67

400 IM

Age 35-39

50 Free

Becky Bartsokos 36 :28.21
Kristin Koeffler 39 :29.51
Christine Anderson 39 :32.14

Guillemette Johnston 36 :32.32
Flow Wolf 36 :33.09
Barbara Keun 38 :44.30

100 Free

Becky Bartsokos 36 01:02.01
Kristin Koeffler 39 01:09.78
Christine Anderson 39 01:14.60
Barbara Keun 38 01:42.42

200 Free

Kristin Koeffler 39 02:40.25
Patricia Bayers 36 02:42.74
Christine Anderson 39 02:43.01
Barbara Kuen 38 03:43.52
Nancy Bahling 36 04:16.47

500 Free

Patricia Bayers 36 07:09.88
Christine Anderson 39 07:36.07
Nancy Bahling 36 11:25.60

1000 Free

Patricia Bayers 36 14:26.98
Nancy Bahling 36 24:26.65

1650 Free

Patricia Bayers 36 23:54.75

50 Back

Carol Cantieri 37 :39.99
Christine Anderson 39 :43.81

100 Back

Christine Anderson 39 01:32.25

200 Back

Christine Anderson 39 03:16.43
Patricia Bayers 36 03:20.95

50 Breast

Flow Wolf 36 :40.26
Kristin Koeffler 39 :41.14
Barbara Kuen 38 :50.57

100 Breast

Carol Cantieri 37 01:27.48
Barbara Kuen 38 01:47.02

200 Breast

Flow Wolf 36 :03:14.69

50 Fly

Kristin Koeffler 39 :36.44
Patricia Bayers 36 :40.49

100 Fly

Guillemette Johnston 36 01:33.20
Patricia Bayers 36 03:15.67

200 Fly

100 IM

Kristin Koeffler 39 01:23.80
Flow Wolf 36 01:27.09
Christine Anderson 39 01:28.17

200 IM

Patricia Bayers 36 03:14.35

400 IM

State h^c is at Wilson Park Aug 9-10-11
 We NEED you!

Patricia Bayers 36 06:34.79

Age 40-44
 50 Free
 Colleen Moore 40 :31.10
 Barbara Kramer 43 :32.23

100 Free
 Barbara Kramer 43 01:12.09

200 Free
 500 Free
 1000 Free
 Colleen Moore 40 13:54.41

1650 Free
 Edith Jacobsen 43 25:13.73
 Connie Guist 44 31:26.76

50 Back
 Barbara Kramer 43 :43.18

100 Back
 Edith Jacobsen 43 01:33.28

200 Back
 Edith Jacobsen 43 03:08.85

50 Breast
 Barbara Weitz 43 :39.00

100 Breast
 Barbara Weitz 43 01:26.57
 Edith Jacobsen 43 01:33.88

200 Breast
 Edith Jacobsen 43 03:21.53

50 Fly
 Colleen Moore 40 :33.98
 Barbara Kramer 43 :38.11

100 Fly
 200 Fly
 Edith Jacobsen 43 02:57.06
 Colleen Moore 40 03:11.03

100 IM
 200 IM
 Edith Jacobsen 43 02:55.21

400 IM
 Edith Jacobsen 43 06:08.87

Age 45-49
 50 Free
 Nancy Kranpitz 45 :31.82

100 Free
 Nancy Kranpitz 45 01:13.26

200 Free
 500 Free
 1000 Free
 1650 Free

50 Back
 Nancy Kranpitz 45 :43.47

100 Back
 200 Back

Nancy Kranpitz 45 03:20.75

50 Breast
 Patricia Brummet 45 :42.86

100 Breast
 200 Breast
 Patricia Brummet 45 03:09.6

50 Fly
 Nancy Kranpitz 45 :37.51

100 Fly
 200 Fly
 100 IM
 200 IM
 400 IM
 Patricia Brummet 45 06:33.5

Age 50-54
 50 Free
 Margie Simsic 51 :45.20

100 Free
 Ingrid Stine 51 01:25.76
 Margie Simsic 51 01:39.69

200 Free
 Ingrid Stine 51 03:00.35

500 Free
 Ingrid Stine 51 08:04.65
 Margie Simsic 51 09:56.04
 Clarice Rossi 53 09:56.43

1000 Free
 Ingrid Stine 51 16:32.69

1650 Free
 Ingrid Stine 51 27:26.08

50 Back
 100 Back
 Ingrid Stine 51 01:35.84
 Clarice Rossi 53 01:42.17

200 Back
 Ingrid Stine 51 03:22.23
 Clarice Rossi 53 03:45.22

50 Breast
 Ingrid Stine 52 :43.34
 Clarice Rossi 53 :46.51

100 Breast
 Ingrid Stine 52 01:37.60
 Clarice Rossi 53 01:42.05
 Margie Simsic 51 01:54.49

200 Breast
 Ingrid Stine 52 03:32.51
 Clarice Rossi 53 03:42.02

50 Fly
 100 Fly
 Ingrid Stine 51 01:45.06

200 Fly
 Ingrid Stine 52 03:28.84

100 IM

Ingrid Stine 52 01:34.51
 Clarice Rossi 53 01:41.77
 Margie Simsic 51 01:52.07

200 IM
 Ingrid Stine 52 03:17.13
 400 IM
 Ingrid Stine 52 06:53.39

Age 55-59
 50 Free
 Doris Klitzke 55 :33.46

100 Free
 200 Free
 500 Free
 1000 Free
 1650 Free

50 Back
 Doris Klitzke 55 :38.95

100 Back
 Doris Klitzke 55 01:31.82

200 Back
 50 Breast
 Doris Klitzke 55 :43.39

100 Breast
 200 Breast
 50 Fly
 Doris Klitzke 55 :35.76

100 Fly
 Doris Klitzke 55 01:29.54

200 Fly
 Doris Klitzke 55 03:26.53

100 IM
 Doris Klitzke 55 01:24.05

200 IM
 Doris Klitzke 55 03:05.10

400 IM

Age 60-64
 50 Free
 Shirley Hasselbacher 64 :38.31
 Hannelore Snyder 60 :49.32
 Marty Berry 60 :51.72

100 Free
 Shirley Hasselbacher 64 01:26.21
 Marty Berry 60 01:48.93

200 Free
 Shirley Hasselbacher 64 03:18.55

500 Free
 100 Free
 1650 Free

50 Back
 Marty Berry 60 :52.66
 Hannelore Snyder 60 :53.80

100 Back
 Hannelore Snyder 60 02:06.09
 Marty Berry 60 02:10.37

200 Back
 Hannelore Snyder 60 04:29.23

50 Breast
 Hannelore Snyder 60 :51.42
 Marty Berry 60 :59.63

100 Breast
 Hannelore Snyder 60 02:03.19
 Marty Berry 60 02:16.77

200 Breast
 Hannelore Snyder 60 04:17.51

100 IM
 Shirley Hasselbacher 64 01:40.26

200 IM
 400 IM

Age 70-74
 50 Free
 Betty Kendall 70 :42.21
 Josephine Pallin 70 :43.30
 Fran Zeumer 71 :45.73
 Elizabeth Colburn 73 :50.61
 Mary Siebold 74 01:07.76

100 Free
 Betty Kendall 70 01:38.28
 Josephine Pallin 70 01:42.38
 Fran Zeumer 72 01:42.80

200 Free
 Betty Kendall 70 03:37.30
 Fran Zeumer 71 03:43.02
 Elizabeth Colburn 73 04:22.07

500 Free
 Betty Kendall 70 09:35.67

1000 Free
 Betty Kendall 70 20:10.68

1650 Free

50 Back
 Josephine Pallin 70 :46.73
 Fran Zeumer 71 01:00.61
 Mary Siebold 74 01:17.19

100 Back
 Josephine Pallin 70 01:45.74
 Fran Zeumer 71 02:06.56
 Elizabeth Colburn 73 02:12.60
 Mary Siebold 74 03:06.58

200 Back
 50 Breast
 Fran Zeumer 71 :59.71
 Elizabeth Colburn 73 01:01.19
 Mary Siebold 74 01:38.02

100 Breast
 Mary Siebold 74 03:48.43

WISCONSIN USMS TOP TEN RELAY TIMES
SHORT COURSE YARDS
1990-1991

Prepared by:
Nancy Kranpitz
1115 Morningside Court
Marinette, WI 54143
715-735-3023

*Don't forget!
Aug 9-10-11
LC Champs!*

WOMEN

No all women relays for entire short course season

200 Breast
50 Fly
Fran Zeumer 71 01:00.46
100 Fly
200 Fly
100 IM
Betty Kendall 70 02:10.36
200 IM
400 IM

Age 75-79
No swimmers

Age 80-84
50 Free
100 Free
Elizabeth John 80 02:35.31
200 Free
Elizabeth John 80 05:28.56
500 Free
Elizabeth John 80 13:43.76
1000 Free
Elizabeth John 80 27:39.19
1650 Free
50 Back
100 Back
Elizabeth John 80 03:00.75
200 Back
50 Breast
Elizabeth John 80 01:21.86
100 Breast
Elizabeth John 80 03:10.44
200 Breast
Elizabeth John 80 06:27.47
100 IM
200 IM
400 IM

MEN

200 Free Relay
55+
Wisconsin Masters 02:18.72
Donald Kilb 64
Thomas Michelson 59
Harlan Drake 62
Alex MacGillis 62

200 Medley Relay
25+
Wisconsin Masters 02:28.42
Scott Bruss 37
Gregory Danneker 34
Gene Vanier 34
Steve Justinger 36

55+
Wisconsin Masters "A" 02:18.60
John Bauman 60
Robert Kueny 60
Perry Rockwell 66
Lynn Surles 73

55+
Wisconsin Masters "B" 02:48.81
San Countryman 56
Thomas Michelson 59
Donald Kilb 64
Harlan Drake 62

400 Free Relay
55+
Wisconsin Masters 05:30.56
Thomas Michelson 59
San Countryman 56
Donald Kilb 64
Harlan Drake 62

400 Medley Relay

55+
Wisconsin Masters 06:27.80
Alex MacGillis 62
John Fallin 70
John Bauman 60
Lynn Surles 73

MIXED RELAYS

200 Free
25+
Wisconsin Masters "A" 01:59.55
Jolita Gatzke 32 F
Gene Varnier 34 M
Kristin Koeffler 39 F
Tim Banwell 39 M

25+
Wisconsin Masters "B" 02:02.13
Arthur Sanchez 40 M
David Farrell 35 M
Carol Rzentowski 32 F
Janet Podkomorski 29 F

65+
Wisconsin Masters 02:46.56
Josephine Pallin 70 F
Herbert Howe 78 M
John Pallin 71 M
Fran Zeumer 71

200 Medley Relays
25+
Wisconsin Masters 02:24.52
Jolita Gatzke 32 F
Douglas Winter 29 M
David Hackert 32 M
Janet Podkomorski 29 F

55+
Wisconsin Masters 02:33.81
Doris Klitzke 55 F
Robert Kueny 60 M
Perry Rockwell 66 M
Betty Kendall 70 F

65+
Wisconsin Masters 04:34.81
Josephine Pallin 70 F
John Fallin 70 M
Fran Zeumer 71 F
Lynn Surles 73 M

400 Free Relays
20+

Lincoln Masters 04:14.19
David Wendel 23 M
Julia Melgey 28 F
Core Buckowich 34 F
Scott Hones 24 M

25+
Lincoln Masters 04:25.57
Scott Freeman 30 M
Diane Minor 32 F
Vanessa Kellerman 31 F
Thomas Buck 33 M

25+
Wisconsin Masters 04:36.50
Joy Brantly 32 F
Gene Vanier 34 M
Jolita Gatzke 32 F
Michael Gazo 37 M

35+
Lincoln Masters "A" 04:32.54
Ben Haak 36 M
Flow Wolf 36 F
Patricia Brummet 45 F
Tom Doetsch 38 M

35+
Lincoln Masters "B" 05:31.36
Allan Johnston 41 M
Clarice Rossi 53 F
Guillemette Johnston 36 F
Andy Zoltners 45 M

400 Medley Relays
25+
Wisconsin Masters 04:46.50
Jeffrey Zarder 31 M
Jeff Alexander 26 M
Renee Severson 25 F
Anita Hargarten 33 F

35+
Wisconsin Masters 05:49.78
William Slindee 35 M
Kristin Koeffler 39 F
Colleen Moore 40 F
Raymond Kaczowski 37 M

55+
Wisconsin Masters 06:28.01
Doris Klitzke 55 F
San Countryman 56 M
Thomas Michelson 59 M
Shirley Hasselbacher 64 F

9

MEN

Age 19-24
 50 Free
 Scott Jones 24 :24.01
 100 Free
 200 Free
 David Wendel 23 01:53.23
 Scott Jones 24 01:59.36
 500 Free
 1000 Free
 Mark Feiser 24 16:07.31
 1650 Free
 50 Back
 100 Back
 200 Back
 50 Breast
 Scott Jones 24 :30.75
 Mark Feiser 24 :33.91
 100 Breast
 200 Breast
 Mark Feiser 24 02:48.61
 50 Fly
 100 Fly
 Scott Jones 24 :57.11
 David Rehn 23 :57.55
 David Wendel 23 :58.94
 200 Fly
 100 IM
 Scott Jones 24 :59.14
 David Rehn 23 01:00.40
 David Wendel 23 01:01.87
 Mark Feiser 24 01:11.94
 200 IM
 400 IM
 Mark Feiser 24 06:03.21

Age 25-29

50 Free
 Jeff Alexander 26 :24.20
 Paul King 26 :24.21
 Thomas Lotock 26 :25.82
 Scott Paulson 27 :25.89
 Douglas Winter 29 :27.56
 Jesse Vega 26 :30.41
 100 Free
 Scott Paulson 27 :56.17
 Johnie Hartnedy 25 01:01.40
 Douglas Winter 29 01:01.66
 Jesse Vega 26 01:09.40
 200 Free
 Paul King 26 01:56.81
 Thomas Lotock 26 02:12.24
 John Strange 27 02:19.10

Johnie Hartnedy 25 02:17.41
 500 Free
 Michael Horton 26 05:46.39
 Johnie Hartnedy 25 06:31.24
 1000 Free
 Johnie Hartnedy 25 14:15.76
 1650 Free
 Johnie Hartnedy 25 23:51.45
 Douglas Winter 29 25:26.63
 50 Back
 Jeff Alexander 26 :30.45
 100 Back
 Thomas Lotock 26 01:06.07
 Michael Horton 26 01:06.55
 200 Back
 50 Breast
 Douglas Winter 29 :33.63
 Paul King 26 :34.64
 John Strange 27 :35.93
 100 Breast
 Douglas Winter 29 01:17.35
 200 Breast
 Douglas Winter 29 02:44.90
 50 Fly
 Jeff Alexander 26 :26.84
 Scott Paulsen 27 :28.63
 Douglas Winter 29 :29.87
 Mark Vankleck 29 :34.68
 100 Fly
 John Strange 27 01:05.44
 200 Fly
 100 IM
 Michael Horton 26 01:03.08
 Paul King 26 01:06.29
 John Strange 27 01:08.54
 200 IM
 Jeff Alexander 02:22.20
 400 IM
 Age 30-34
 50 Free
 Keith Vanevenhoven 31 :23.88
 Scott Freeman 30 :24.20
 Thomas Buck 33 :24.42
 Jeffrey Zarder 31 :25.55
 Mark Kaczmarek 34 :25.66
 Steven Ashley 34 :25.71
 Kelly Moran 30 :26.04
 David Hackert 31 :29.46
 Gene Vanier 34 :31.12
 100 Free
 Keith Vanevenhoven 31 :53.45
 Jeffrey Zarder 31 :56.11
 Luther Swenson 30 :56.38

Steven Ashley 34 :58.07
 Kelly Moran 30 :59.42
 David Hackert 31 01:03.54
 200 Free
 Thomas Buck 33 01:57.66
 Scott Freeman 30 02:00.40
 Tom Hayes 31 02:04.93
 Keith Krueger 34 02:05.23
 Mark Kaczmarek 34 02:07.33
 Kelly Moran 30 02:13.01
 David Hackert 31 02:20.15
 500 Free
 Keith Krueger 34 05:27.17
 Peter Rotter 30 05:40.94
 David Hackert 31 06:10.68
 Kelly Moran 30 06:19.12
 1000 Free
 Peter Rotter 30 11:41.33
 Tom Hayes 31 12:17.23
 Mark Kaczmarek 34 12:25.05
 David Hackert 32 12:29.78
 Kelly Moran 30 13:16.64
 Steven Ashley 34 13:24.23
 Gregory Danneker 31 14:18.91
 James Bragado 34 15:54.57
 1650 Free
 Peter Rotter 30 20:05.34
 David Hackert 32 21:19.07
 James Bragado 34 26:34.07
 50 Back
 Keith Vanevenhoven 31 :29.39
 100 Back
 Thomas Buck 33 :59.82
 Keith Vanevenhoven 31 01:03.69
 Tom Hayes 31 01:07.17
 200 Back
 50 Breast
 Keith Vanevenhoven 31 :32.40
 Gregory Danneker 31 :33.71
 Gene Vanier 34 :38.78
 100 Breast
 Jeffrey Zarder 31 01:11.71
 Gregory Danneker 31 01:15.68
 Gene Vanier 34 01:27.47
 200 Breast
 Gregory Danneker 31 02:51.17
 Gene Vanier 34 03:03.55
 David Gaffney 30 03:04.31
 50 Fly
 Keith Vanevenhoven 31 :26.15
 Luther Swenson 30 :28.15
 Kelly Moran 30 :28.17
 Jeffrey Zarder 31 :29.09
 Peter Rotter 30 :30.11

100 Fly
 Keith Vanevenhoven 31 :57.07
 Keith Krueger 34 :58.27
 Mark Kaczmarek 34 01:05.53
 Peter Rotter 30 01:09.36
 DAVID Gaffney 30 01:19.74
 200 Fly
 Keith Vanevenhoven 31 02:15.88
 Peter Rotter 30 02:37.75
 100 IM
 Thomas Buck 33 01:00.51
 Keith Vanevenhoven 31 01:03.16
 Keith Krueger 34 01:04.34
 Kelly Moran 30 01:09.14
 Mark Kaczmarek 34 01:09.43
 200 IM
 Luther Swenson 30 02:27.95
 Peter Rotter 30 02:36.32
 Gene Vanier 34 03:11.90
 400 IM
 Peter Rotter 30 05:30.96

Age 35-39

50 Free
 Stephen Forrer 38 :23.17
 Thomas Payden 38 :24.65
 Ben Haak 36 :25.07
 Tom Doetsch 38 :25.37
 Timothy Banwell 39 :28.11
 William Slindee 35 :28.63
 James Rooney 39 :28.65
 Steve Justinger 38 :28.68
 David Farrell 35 :28.97
 Michael Gazo 37 :30.07
 100 Free
 Thomas Payden 38 :56.53
 Brent Johnson 38 01:01.01
 Steve Justinger 38 01:01.57
 Timothy Banwell 37 01:04.09
 William Slindee 35 01:04.43
 James Rooney 39 01:05.06
 David Farrell 36 01:08.60
 Raymond Kaczowski 37 01:28.01
 200 Free
 Tom Doetsch 38 02:09.63
 Steve Justinger 38 02:12.64
 James Rooney 39 02:25.40
 Michael Gazo 37 02:37.23
 500 Free
 Steve Justinger 38 05:58.02
 Scott Bruss 37 06:57.32
 Raymond Kaczowski 38 08:55.41
 1000 Free
 Steve Justinger 38 12:18.19

Scott Bruss 37 14:32.70
Michael Gazo 37 15:32.82
William Slindee 34 16:20.60
Raymond Kaczkowski 37 18:49.90

1650 Free
Steve Justinger 38 20:28.91
Scott Bruss 37 23:54.67
David Farrell 36 24:47.54
Michael Gazo 37 27:09.90

50 Back
Steve Justinger 38 :37.87
Michael Gazo 37 :38.18
Scott Bruss 37 :38.39
Raymond Kaczkowski 37 01:10.94

100 Back
Ben Haak 36 01:11.10
Tom Doetsch 38 01:14.05
Steve Justinger 38 01:20.42
Scott Bruss 37 01:26.80
Raymond Kaczkowski 38 02:49.05

200 Back
50 Breast
Tom Doetsch 38 :35.20
David Farrell 35 :35.39
James Rooney 39 :36.31
Timothy Banwell 39 :37.88
Steve Justinger 38 :38.95
Raymond Kaczkowski 38 :51.39

100 Breast
James Rooney 39 01:18.05
David Farrell 36 01:21.55
Steve Justinger 38 01:31.65
Raymond Kaczkowski 37 01:51.16

200 Breast
Raymond Kaczkowski 38 04:10.72

50 Fly
Brent Johnson 38 :27.68
Thomas Payden 38 :27.86
William Slindee 35 :29.44
Timothy Banwell 39 :31.63
Michael Gazo 37 :35.60

100 Fly
Stephen Forrer 38 01:05.44
200 Fly
100 IM

Thomas Payden 38 01:05.43
Ben Haak 36 01:09.58
Timothy Banwell 39 01:12.56
James Rooney 39 01:13.50
Steve Justinger 38 01:16.56
Michael Gazo 36 01:17.99
Scott Bruss 37 01:19.43

200 IM
Brent Johnson 38 02:34.47

William Slindee 35 02:44.25
Timothy Banwell 35 02:46.43
400 IM

Age 40-44

50 Free
Arthur Sanchez 40 :25.16
Charles Vernon 42 :26.36
Jon Bontly 42 :26.67
Allan Johnston 41 :34.85

100 Free
Thomas Meehan 44 :53.86
Jon Bontly 42 01:00.46
Ronald Hart 40 01:15.00
Lewis Bayers 40 01:15.65

200 Free
Charles Vernon 42 02:15.56
Jon Bontly 42 02:21.60
Lewis Bayers 40 02:55.99

500 Free
Charles Vernon 42 06:20.90
Lewis Bayers 40 07:35.95

1000 Free
Charles Vernon 43 14:00.60
Lewis Bayers 40 15:38.03

1650 Free
Charles Vernon 43 23:11.65
Lewis Bayers 40 26:04.71

50 Back
Arthur Sanchez 41 :32.42
Kerry Griessmeyer 42 :32.87
Lewis Bayers 40 :50.62

100 Back
Kerry Griessmeyer 42 01:11.33
Arthur Sanchez 40 01:12.37
Allan Johnston 41 01:43.12

200 Back
50 Breast
Arthur Sanchez 40 :31.43
Kerry Griessmeyer 42 :34.59
Darrell Griesbach 41 :36.29
Brian Frenz 44 :36.71

100 Breast
Arthur Sanchez 41 01:08.13
Darrell Griesbach 41 01:21.30
Kerry Griessmeyer 42 01:21.93
Brian Frenz 44 01:24.89
Ronald Hart 40 01:31.16
Lewis Bayers 40 01:35.82

200 Breast
Darrell Griesbach 41 03:04.66

50 Fly
Jon Bontly 42 :34.02

Lewis Bayers 40 :46.94
100 Fly
200 Fly
100 IM
Arthur Sanchez 40 01:04.09
Lewis Bayers 40 01:37.53
200 IM
400 IM

Age 45-49

50 Free
Dick Pitman 46 :27.38
Andy Zoltners 45 :33.46

100 Free
200 Free
Andy Zoltners 45 03:02.47

500 Free
David Keddie 46 06:29.91

1000 Free
George Winter 49 13:59.96
1650 Free

50 Back
George Winter 49 :32.94
100 Back

George Winter 49 01:10.65
Andy Zoltners 45 01:35.03

200 Back
George Winter 49 02:40.56
50 Breast

George Winter 49 :36.56
100 Breast
200 Breast

Dick Pitman 46 03:04.54
50 Fly
Dick Pitman 46 :28.26
George Winter 49 :30.15

100 Fly
Dick Pitman 46 01:04.23

200 Fly
Dick Pitman 46 02:35.86
100 IM

George Winter 49 01:09.92
Dick Pitman 46 01:13.04
200 IM

Dick Pitman 46 02:35.26
George Winter 48 02:46.24
400 IM

Dick Pitman 46 06:44.88

Age 50-54
50 Free
Gary Bezella 53 :26.48
Donald Jackson 50 :30.91
James Fahrbach 51 :38.64

100 Free
Donald Jackson 50 01:12.18
James Fahrbach 51 01:27.48

200 Free
Bob Burow 53 02:41.68
James Fahrbach 51 03:15.01

500 Free
Gary Bezella 53 06:51.39
Bob Burow 53 07:17.18
James Fahrbach 51 09:04.25

1000 Free
Donald Jackson 50 14:19.82
Bob Burow 53 15:05.26
James Fahrbach 51 19:32.90

1650 Free
Donald Jackson 50 23:51.99
Bob Burow 53 25:05.43

50 Back
100 Back
Bob Burow 53 01:28.93

200 Back
Bob Burow 53 03:19.98

50 Breast
100 Breast
Robert Swain 53 01:30.32

200 Breast
50 Fly
100 Fly

200 Fly
100 IM
200 IM

Robert Swain 53 03:19.19
400 IM

Age 55-59

50 Free
Sam Kooistra 55 :27.48
Don Strow 57 :29.07

Robert Kueny 59 :30.11
Thomas Michelson 59 :33.20
Richard Gasso 58 :39.74

100 Free
Sam Kooistra 55 01:01.30
Don Strow 57 01:07.00

Thomas Michelson 59 01:18.89
San Countryman 56 01:21.85

200 Free
Sam Kooistra 55 02:15.48
Thomas Michelson 59 02:56.27
San Countryman 56 02:58.29

500 Free
Robert Kueny 59 06:49.32
Thomas Michelson 59 08:03.47

San Countryman 56 08:06.88

Age 60-64
 50 Free
 Richard Gasso 58 09:42.81
 1000 Free
 Sam Kooistra 55 12:55.95
 Wayne Leengran 59 13:21.29
 Robert Kueny 59 14:27.79
 Thomas Michelson 59 16:14.12
 San Countryman 56 17:19.29
 1650 Free
 Sam Kooistra 55 21:35.13
 Wayne Leengran 59 22:04.17
 Thomas Michelson 59 27:09.72
 San Countryman 56 28:32.38
 50 Back
 Thomas Michelson 59 :43.17
 100 Back
 Joseph Jany 56 01:27.21
 Thomas Michelson 59 01:30.81
 200 Back
 Thomas Michelson 59 03:15.27
 San Countryman 56 03:44.70
 50 Breast
 Sam Kooistra 55 :36.27
 Robert Kueny 59 :37.30
 Ronald Scheidelman 56 :38.72
 Joseph Jany 56 :38.92
 Don Strow 57 :40.74
 Thomas Michelson 59 :44.15
 100 Breast
 Robert Kueny 59 01:22.20
 Don Strow 57 01:33.56
 Thomas Michelson 59 01:39.69
 San Countryman 56 01:47.61
 200 Breast
 Robert Kueny 59 02:55.81
 Thomas Michelson 59 03:25.12
 San Countryman 56 03:40.50
 Ronald Scheidelman 56 03:45.49
 50 Fly
 Robert Kueny 59 :33.67
 Sam Kooistra 55 :36.85
 Thomas Michelson 59 :39.45
 100 Fly
 Robert Kueny 59 01:16.79
 Ronald Scheidelman 56 01:28.02
 Thomas Michelson 59 01:29.42
 200 Fly
 Robert Kueny 59 02:56.32
 Thomas Michelson 59 03:17.59
 100 IM
 Robert Kueny 59 01:15.84
 Joseph Jany 56 01:22.00
 Thomas Michelson 59 01:26.90
 Ronald Scheidelman 56 01:31.62
 200 IM
 Robert Kueny 59 02:47.47
 Thomas Michelson 59 03:15.
 San Countryman 56 03:33.88
 400 IM
 Robert Kueny 59 05:54.07
 Thomas Michelson 59 06:51.
 Ronald Scheidelman 56 07:1
 San Countryman 56 07:37.79

Age 60-64
 50 Free
 Donald Kilb 64 :30.90
 Harlan Drake 62 :31.99
 Roy Berry 63 :42.40
 100 Free
 Harlan Drake 62 01:11.63
 Donald Kilb 64 01:14.77
 Roy Berry 63 01:33.19
 200 Free
 Harlan Drake 62 02:41.11
 Donald Kilb 64 02:55.61
 500 Free
 Robert Kueny 60 06:38.65
 Morgan Byers 63 07:06.21
 Harlan Drake 62 07:18.44
 Donald Kilb 64 08:21.54
 John Bauman 60 08:33.06
 1000 Free
 Robert Kueny 60 14:11.72
 Morgan Byers 63 14:36.53
 Harlan Drake 62 15:00.17
 John Bauman 60 16:44.63
 Donald Kilb 64 18:05.74
 1650 Free
 Robert Kueny 60 23:33.75
 Morgan Byers 63 24:46.19
 Harlan Drake 62 25:02.85
 50 Back
 Alex Macgillis 62 :42.13
 Jack Naughton 63 :44.56
 Roy Berry 63 :48.40
 100 Back
 Morgan Byers 63 01:24.08
 Roy Berry 63 01:48.27
 Ramon Klitzke 62 01:49.43
 200 Back
 Morgan Byers 63 03:04.99
 Roy Berry 63 04:00.97
 50 Breast
 Robert Kueny 60 :36.85
 Alex Macgillis 63 :41.31
 Jack Naughton 63 :44.69
 Ramon Klitzke 62 :48.42
 Roy Berry 63 :54.77
 100 Breast
 John Masters 60 01:19.46
 Robert Kueny 60 01:19.52
 John Bauman 60 01:30.28
 Alex MacGillis 62 01:31.76
 Jack Naughton 63 01:41.98
 200 Breast
 Robert Kueny 60 02:52.24
 John Bauman 60 03:19.00
 Alex MacGillis 62 03:31.55
 Jack Naughton 63 03:45.42
 Ramon Klitzke 62 04:14.87
 50 Fly
 Alex MacGillis 62 :38.56
 Donald Kilb 64 :42.81
 100 Fly
 Robert Kueny 60 01:15.23
 John Bauman 60 01:28.89
 200 Fly
 John Masters 60 02:48.22
 Robert Kueny 60 02:51.30
 John Bauman 60 03:19.09

Age 65-69
 50 Free
 Perry Rockwell 66 :28.95
 Richard Olufs 66 :32.22
 Melvin Martin 67 :38.08
 100 Free
 Perry Rockwell 66 01:08.07
 Richard Olufs 66 01:16.57
 Melvin Martin 67 01:29.63
 200 Free
 Perry Rockwell 66 02:39.24
 Richard Olufs 66 03:01.62
 500 Free
 Perry Rockwell 66 07:20.94
 1000 Free
 1650 Free
 50 Back
 Paul Hutinger 66 :32.09
 George Gandsey 67 :34.19
 Melvin Martin 67 :50.01
 100 Back
 Paul Hutinger 66 01:13.41
 George Gandsey 67 01:17.83
 Melvin Martin 67 01:54.57
 200 Back
 George Gandsey 67 02:55.59
 50 Breast
 Paul Hutinger 66 :36.80
 George Gandsey 67 :42.32
 Richard Olufs 66 :43.87
 Melvin Martin 67 :51.71
 100 Breast
 Richard Olufs 66 01:36.81
 Melvin Martin 67 01:56.87
 200 Breast
 Richard Olufs 66 03:32.96
 50 Fly
 Paul Hutinger 66 :30.57
 Perry Rockwell 66 :31.56
 100 Fly
 Perry Rockwell 66 01:22.25
 200 Fly
 Perry Rockwell 66 03:19.48
 100 IM
 Paul Hutinger 66 01:15.64
 Perry Rockwell 66 01:18.77
 Richard Olufs 66 01:31.73
 200 IM
 Perry Rockwell 66 03:03.57
 400 IM

Age 70-74
 50 Free
 Lynn Surles 73 :30.45
 John Pallin 70 :38.40
 100 Free
 Lynn Surles 73 01:08.04
 John Pallin 70 01:29.71
 200 Free
 Lynn Surles 73 02:48.42
 500 Free
 1000 Free
 1650 Free
 Lynn Surles 73 28:19.23
 50 Back
 100 Back
 200 Back
 50 Breast
 John Pallin 70 :45.89
 100 Breast
 John Pallin 70 01:55.02
 200 Breast
 50 Fly
 Michael Sablica 70 01:12.72
 100 Fly
 Michael Sablica 70 02:51.06
 200 Fly
 Michael Sablica 70 07:06.45
 100 IM
 200 IM
 400 IM
 Michael Sablica 70 11:03.58
 Age 75-79
 50 Free
 Herbert Howe 78 :37.10
 William Kirar 79 :37.71
 100 Free
 Herbert Howe 78 01:18.97
 William Kirar 70 01:34.74
 200 Free
 Herbert Howe 78 02:58.94
 500 Free
 Herbert Howe 78 08:08.19
 David Malbrough 79 09:22.71
 1000 Free
 Herbert Howe 78 16:45.23
 David Malbrough 79 19:05.80
 1650 Free
 Herbert Howe 78 28:11.55
 David Malbrough 79 31:28.67
 50 Back
 David Malbrough 79 :42.35
 William Kirar 79 :52.22
 100 Back
 David Malbrough 79 01:39.20
 200 Back
 50 Breast
 100 Breast
 200 Breast
 50 Fly
 100 Fly
 200 Fly
 George Trawicki 75 04:21.29
 100 IM
 200 IM
 400 IM

TOTAL IMMERSION MASTERS SWIMMING CAMPS

If you love swimming and want to become a better, smarter swimmer while enjoying a memorable vacation, then TOTAL IMMERSION is for you. TOTAL IMMERSION is designed for Masters and Fitness swimmers and triathletes of any age, ability, or ambition.

This summer Total Immersion camps will be held on college campuses in Virginia, North Carolina, New York, Massachusetts, Ohio, and Ontario Canada from late May through mid-August. Each camp will feature 4 hours daily in-pool instruction in stroke technique and cardiovascular conditioning; daily seminars on workout design, skill improvement, race strategy, nutrition, strength development, and tapering for competition; and video stroke analysis of each swimmer. Accommodations include private rooms in college residence halls and All-You-Can-Eat training table meals in the dining hall. Each camper also receives a personal training manual with training guidelines and strategies, workout "recipes", stroke drills, and a checklist of technical points to work on.

Terry Laughlin, founding director of Total Immersion, is a columnist for SWIM and SWIMMING WORLD magazines and is regarded as one of America's leading teachers of stroke technique. All TI assistant directors are certified coaches with extensive experience coaching adults.

In March, Terry will also begin publishing SWIM SMARTS, a newsletter of nuts-and-bolts training advice and information for Masters and fitness swimmers and triathletes. For a free sample copy or for a free camp brochure, write Total Immersion, 381 Main Street, Goshen NY 10924 or call Terry at 516-294-3528.

Adults are going back to camp. Not the kind with tents, counselors, and camp songs but camps at which adult swimmers can concentrate on improving their skills, mingle with fellow Masters swimmers, and receive instruction from professional coaches.

Swimming World lists dozens of swimming camps for kids, but now there are a handful of camps that cater to adult swimmers as well. And swim camp may be even more useful for the mature swimmer than for kids.

For one thing adults don't enjoy easy and regular access to good coaching as kids do and a concentrated 1-week dose of coaching in camp can have great long term value. A second boon for the adult swimmer is the benefit of the undistracted focus afforded by the camp environment. Rather than squeezing in a workout after work, at camp you'll be disengaged from everyday concerns and surrounded by others with similar objectives. It can make the learning experience much more powerful.

You may have wondered if you're a good enough swimmer to go to one of these camps or if they're just for serious and experienced swimmers. Rest assured that Masters swim camps welcome swimmers of all ages, ambitions, and abilities. In fact, many of those who attend are recreational swimmers interested in improving their strokes and in learning a more structured approach to fitness swimming.

If you'd like to learn more about Masters swim camp, send for a free brochure from Total Immersion, 381 Main Street, Goshen NY 10924 or call Terry Laughlin at 914-294-3510.

USMS CONVENTION NOTES Sept. 19-23, 1990

This year (1990) was a rule year at convention. The major changes are as follows;

1. 19-24 year olds may swim at nationals.
2. There are 3 different "order of events" for nationals. These will rotate so the order is not the same each year. The 1000/1650 or 800/1500 may be the first or last day, at the discretion of the meet director.
3. There are qualifying standards for nationals, to be used at the discretion of the meet director to hold competition to 10 hour days. Everyone will be able to swim 3 events. Swimmers may qualify for up to 3 more events by meeting time standards in the past two years- the slowest 10th place time from the last 3 nationals.
4. There must be at least 2 officials present at all meets starting Jan.1992 at least one of whom has USS, YMCA or other recognized certification. Referee and starter may double as stroke and turn judges, but the referee and starter may not be the same person.

The registration year has changed. This year cards will be valid November 1, 1990 to December 31, 1991. Subsequently the year will be the calendar year. This change makes it easier to raise fees at the September convention to reflect rising insurance cost. A one day registration as proposed by Pacific and long-distance was rejected by our insurance company.

The house voted to buy new computer software. Each LSMC will be given 3 programs free of charge- registration, Top Ten, and meet management. The programs may be copied or copies may be purchased from national office at a minimal cost. Within a year after the start of the programs, the meet management program will interface with automatic timing. The cost of the software package will be approximately \$21,000- about \$1 per registered swimmer.

At present the Heartland Zone is considering not having zone championships. Lately YMCA Short-Course Nationals have been held in the zone at the same time zone championships normally would be held. There has also been talk of YMCA Long-Course Nationals. The people who coordinated the zone postal meet felt it was a lot of work and the patches were very expensive. Instead there seemed to be interest in a Zone Top Ten, which could be generated by Walt Reid with the new program which includes the registration number. Voting within the Heartland Zone meeting will be proportional by certified delegates so that those LSMC's will more members will get more votes. The zone representative's convention expenses will be divided proportionally.

Wisconsin Masters Swimmers
ranked in the 1990 National
Top-Ten Tabulation for
Short Course Meters:

Women 19-24

Donna Ness, Mequon
8th-100m Free 1:10.08
8th-200m Free 2:32.00
8th-400m Free 5:29.47
4th-100m Back 1:22.98
5th-100m Fly 1:24.99

Women 25-29

Connie Wright, Oshkosh
8th-50m Fly :38

Women 30-34

Melinda Mann, Oshkosh
6th-100m Breast 1:25.29
2nd-50m Fly :31.99

Women 35-39

Cynthia Maltry, Neenah
8th-50m Back :37.16
7th-100m Back 1:21.25
4th-200m Back 2:57.26
7th-100m IM 1:17.76

Women 40-44

Edith Jacobsen, Oshkosh
5th-200m Fly 3:19.16
7th-400m IM 6:50.33

Colleen Moore, Madison
10th-400m Free 5:57.54
10th-50m Fly :39.46
10th-100m Fly 1:32.91
8th-200m Fly 3:35.08

Women 55-59

Doris Klitzke, Waukesha
4th-50m Fly :41.01
5th-100m Fly 1:42.02
6th-200m Fly 3:51.61
4th-200m IM 3:28.47

Susan Wolff, Shorewood
10th-100m Free 1:35.37

Women 60-64

Shirley Hasselbacher, Neenah
6th-50m Free :42.83
8th-100m Free 1:37.77
10th-50m Breast :57.44

Women 70-74

Fran Zeumer, Neenah
7th-50m Free :52.92
6th-100m Free 1:56.57
7th-50m Breast 1:06.07

Men 40-44

Arthur Sanchez, Greenfield
7th-50m Breast :35.53

Men 45-49

Dick Pitman, Madison
6th-50m Fly :30.87
2nd-100m Fly 1:11.03
3rd-200m Fly 2:51.84
10th-400m IM 6:10.38

Men 50-54

Gary Bezella, Oshkosh
5th-50m Free :29.21
8th-100m Free 1:07.68

Men 60-64

John Bauman, West Allis
4th-200m Fly 3:56.91
9th-200m IM 3:43.15
6th-400m IM 7:51.39

Morgan Byers, Glendale

9th-200m Free 2:52.46
10th-400m Free 6:15.14
7th-100m Back 1:35.47

Henry Griesbach, Menasha

6th-50m Back :43.30
7th-200m Back 3:33.99

Men 70-74

Lynn Surles, Hubertus
3rd-50m Free :34.05
4th-100m Free 1:19.98
3rd-400m Free 6:45.89

1991 ONE HOUR SWIM
NATIONAL CHAMPIONSHIPS

Colleen Moore 40 9th 4110yds
Elizabeth John 80 2nd 2095yds
San Countryman 56 23rd 3325yds
Morgan Byers 63 6th 3895yds
Herbert Howe 78 2nd 3420yds

Wisconsin Masters
c/o 1115 Morningside Ct
Marinette, WI 54143