



VI WORLD MASTERS SWIMMING CHAMPIONSHIPS SHEFFIELD '96

Sheffield Championships The biggest ever ?

As this newsletter was going to print there is every indication that the VI World Masters Swimming Championships is going to be the biggest ever held. With four weeks to go before entries closed, there have been 3,500 individual registrations received so it is almost certain the 4,000 mark will be exceeded. This compares with the previous highest number of entries of 3,897 in Montreal in 1994 and 3,800 in Brisbane in 1988, both of which were huge events by any standards.

To cope with a sporting event of this magnitude, a sophisticated management structure has been set up in Sheffield. The Event Manager for this organisation is Andrew Mathews with Sue Catton as his Assistant Manager. Among those on the Organising Committee is Doug Scales, the Chairman of the FINA Masters Committee. This direct liaison has been invaluable. The FINA Bureau Liaison Officer on the Masters Committee, Artie Shaw, has also been able to be present on occasions.

Sheffield will be bulging during the first week of the competition when the swimming events are held. There are virtually no hotel beds available in the city during this period and the two city Universities are providing over 2,000 beds for competitors and their families. A "Championship Village" atmosphere will be created at the centre of this accommodation with informal social activities and interaction between the many nations attending.

Among the Swimming entries received have been those from many past Olympians and Commonwealth Games champions as well as many other famous figures from the Swimming world. Among these are David Wilkie (GBR), Sergei Fesenko (RUS), William Mulliken (USA) and Rebecca Perrott (NZL). In addition there are younger swimmers such as Suki Brownsden (GBR) who having just failed to make the Great Britain Olympic team has set her sights on Masters medals and hopefully a few World Records. Also in this category is Mike Gibbens (GBR) who is the current British elite record holder for the 100m Freestyle.

FINA wishes all competitors at this great event the very best of swimming and above all, good cheer and enjoyment. The Championships will undoubtedly be one of the great sporting occasions of 1996.

Masters World Forum to be held in Sheffield

The administration of Masters Swimming within FINA is evolving to suit its special requirements. The institution of a World Forum is another important step.

The FINA administration revolves around a four yearly cycle. The cycle commences with the General Congress which is held in conjunction with the Olympic Games and is the highest authority of FINA. It deals with all administrative matters with the exception of Technical Rules. It is at this time that the various Technical Committees are appointed for a four year term. This is followed two years later by the Technical Congress held in conjunction with the World Swimming Championships. This Congress is authorised to decide on all technical matters, including rule changes, concerning the six FINA competitive disciplines.

The first FINA Masters Committee was appointed in 1987 and held its inaugural meeting in Palo Alto, California in May of that year. As Masters is the only one of the FINA disciplines not directly involved in either the Olympic Games or the World Swimming Championships, a separate programme has evolved to allow for the administrative functions concerning Masters to coincide with its own two yearly World Championships.

The first ever Masters Technical Congress was held in Perth in 1991 in conjunction with the World Swimming Championships. To allow for better Masters representation, it was decided

that the Masters Technical Congress should in future be held every four years at the time of a World Masters Swimming Championships. Consequently, in 1994, a Masters Technical Congress was held in Montreal prior to the Vth World Masters Swimming Championships.

Following on from this move, at the FINA Bureau Meeting held in Rio de Janeiro, 25-30 November 1995, approval was given to hold a FINA Masters World Forum every four years prior to a World Masters Championships. This meeting will alternate every two years with the four yearly Masters Technical Congress and is designed to provide a direct line of communication with FINA for Masters Swimming. Each Member Federation is entitled to two delegates to the Forum and other non speaking delegates may also attend.

The first Forum will be held on Friday, 21 June 1996, at the Sports Hall, Ponds Forge Pool, Sheffield, on the occasion of the VI World Masters Swimming Championships. The Forum will be opened by Mustapha Larfaoui, the President of FINA. The deliberations of the Forum will be available as a policy guide for the FINA Masters Committee. The institution of the World Forum is a major advance for Masters Swimming.

Water Polo Looking good

After a slow start, the entries for the Masters Water Polo competition at the World Championships are looking good.

At the time of writing 15 team entries had been received with a commitment from a further 10 teams. This compares more than favourably with the Montreal Championships where 12 teams were entered. Perhaps this is to be expected with Europe being the traditional home of Water Polo.

Among the entries have been two women's teams including a team from Sheffield. This will be the first time women's teams have competed at the World Masters Championships.

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SWIMMING SMARTER NOT HARDER

by Terry Laughlin
Total Immersion Swimming

As a swim coach, who teaches some 1,000 adult swimmers in weekend workshops each year, I've learned that most of what they "know" about swimming is wrong. It is too complicated, frustrating, and almost certainly wastes energy and time by having them concentrate on the wrong things: yards and more yards, mindless repeats and intervals, kickboard, fin and paddle training with no proven benefit. I teach them to replace ineffective training strategies with what I call "*effective swimming*".

The foundations for Total Immersion were laid in 1972, on my first day as a coach. I noticed that I had a few gifted swimmers who were able to swim fast with little visible effort. Was this an inbred gift or could it be taught, I wondered. Time after time, average swimmers would make far more progress when I reduced hard training, and increased technique teaching.

Then, in 1988 I met Bill Boomer, and subsequently left conventional coaching to work exclusively on teaching stroke technique to adults. At a coaches' clinic Boomer took the podium, and posed a revolutionary question: "*How can we teach people to swim, at any given speed, with less effort?*" His answer was just as disarming: "*By reshaping the vessel*". Swimmers, like boats, had to move through water and Boomer felt there were ways to improve their "*hull designs*".



I knew he was onto something, and working exclusively with adults gave me a unique opportunity to test, develop and refine these ideas. My modestly skilled and experienced students forced me to distill complex ideas into a series of simple, logical exercises that anyone could do. And since I had only two days with them, the program had to be easily understood, quickly absorbed, and simple to practice after I was gone.

Over the last seven years, it has become clear that the usual "swim-your-laps" habit was not only ineffective, it could well be harmful. With inefficient form, working out is nothing but practicing your mistakes. And swimming must be practiced more as a skill sport like tennis or skiing than a power or endurance sport like running or cycling.

Many people believe that an effortless stroke is a prize reserved for the lucky few who won the genetic lottery or spent most of their waking adolescent hours grooming it. Not true, it can be taught ... and learned. Lou Fiorina, an exceptional teacher who often coaches at Total Immersion workshops, remembers watching Rowdy Gaines and Tracy Caulkins, two American swimming legends, at a clinic some years ago and thinking: "*It must take amazing gifts to be that fluid and graceful*". Years later, he watched Bill Boomer teaching a group of average college swimmers, and was astounded by what he saw. "*As I watched, their strokes began to show similar grace and elegance, and I suddenly realized that this stuff was teachable, that ordinary swimmers could learn to swim like elite swimmers and they could learn it fairly quickly.*"

Today that happens routinely at Total Immersion swim camps because every minute of Total Immersion pool time is devoted to building proper technique by replacing time-wasting "workouts" with efficient and focused "practice," adopting as a motto: "*Fitness is something that happens to you while you practice proper stroke technique.*"

So what exactly is stroke mechanics? Most people think it's what your arm does to propel you. But your armstroke actually has little impact on how fast you move through the water. That's because water is 1,000 times denser than air and throws huge drag forces against anyone who doesn't know the tricks of becoming slippery. Learning to cut that drag by improving your body position could well give you a 20 to 30 percent speed boost in just a day or two. Here's why.

The most basic formula for how we produce swimming speed is this: $V = SL \times SR$. In plain English: Velocity equals Stroke Length (how far you travel each time you take a stroke) multiplied by Stroke Rate (how fast you take them). And while your instincts tell you to swim faster by stroking faster (i.e. increase your V by raising your SR), empirical data shows that the world's best swimmers do it otherwise.

In 1984, Bill Boomer and some colleagues from the University of Rochester recorded every stroke taken by every swimmer at the U.S. Olympic Trials trying to analyze how the best swimmers produced their speed. They found that, long event or short, the fastest swimmers took the fewest strokes.

Similar data was collected by D.J. East at the 1970 New Zealand Nationals. When Rick Sharp, Ph.D., director of the International Center for Aquatic Research (ICAR) in Colorado Springs compared the data from the two studies, he found that the winning times from all events at the US meet averaged 17% faster than those from the N.Z. meet. His analysis showed virtually no difference on the SR side. The huge advantage in V had been created entirely on the SL side. Then he compared the finalists and non-finalists in the US meet, finding an average 3% difference in time (V). In 9 of 11 events that difference was accounted for by greater SL, not SR. In only 2 of 11 events was it created by greater SR.

This gives us Total Immersion Axiom #1:

The genius of great swimmers isn't how fast they stroke; it's how far their bodies travel every time they take a stroke!

There are two ways to make this happen:

1. More propulsion—using your hands and feet to thrust your body farther through the water as powerfully as possible, and
2. Less drag—shaping your body so it's more friction-free, allowing it to travel farther with the power each of your strokes is already producing.

Of course in the water, your instincts "know" just what to do. Pull harder, kick harder, spin your arms faster. All wrong, of course. We know that because Rick Sharp did more analysis of data that had been collected over 10 years at ICAR and found a rather surprising phenomenon. In a striking number of instances, world-class swimmers produced LESS propulsive force than non-elite swimmers in the same event. Says Sharp "*Obviously they were capable of producing more; they just didn't NEED to.*"

Thus we have Total Immersion Axiom #2:

The second genius of great swimmers isn't how powerful their strokes are; it's how slippery they can make their bodies.

Makes perfect sense, when you think about it. Because when you're trying to PULL your body faster, all you have to work with are those puny hands, pushing against water that just swirls away as you push, but when you instead loosen the water's grip on your body, your stroke length grows by leaps and bounds.

So now we can begin to make that formula, $V = SL \times SR$, work for us by learning to position your body so it moves as far as possible with each stroke (SL). Virtually every Masters swimmer I coach already has all the SR they'll ever need; it's the SL they're lacking. They always make the most dramatic improvements when they give up a bit of their SR in order to gain a lot of SL. Besides, energy consumption increases as a cube of muscle movement speed, so stroking twice as fast burns eight times as much energy. Not a great return on your investment. Learn to keep your body long, balanced and sleek and you'll boost performance far faster than anything you can do with your hand.

That's welcome news to people who have been told that pulling and kicking harder and faster (and training enough to build the endurance to do that) is the way to gain swimming speed. No matter how good or how powerful your stroke, if your body lurches too abruptly to a halt after each one, you have no choice but to keep those arms churning. Once you learn the knack of slippery swimming, not only will your swimming improve, but so will your bike and run. It comes naturally to fish, but the rest of us can learn it too.

About the Author

Terry Laughlin is one of the most prolific and respected swimming writers in the United States. He is director of Total Immersion Swimming in New York, and teaches the secrets of "slippery swimming" at weekend workshops for adult swimmers throughout the U.S and elsewhere.

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TURNING RULES FOR INDIVIDUAL MEDLEY EVENTS

Some confusion seems to persist among Masters swimmers as to the turning rules for the Individual Medley events. The heart of the matter, as the rules now stand, is that the change from one stroke to another is regarded as a finish. Consequently a swimmer uses two different turns in the Backstroke section one for the intermediate turn and one for the finish turn. The rules are detailed below.

The Individual Medley is a race in which the swimmer shall swim the prescribed distance in the following order: the first one-fourth, Butterfly; the second one-fourth, Backstroke; the third one-fourth, Breaststroke; and the last one-fourth, Freestyle (defined for the Individual Medley or Medley Relay events as any style other than Butterfly, Backstroke or Breaststroke).

Intermediate turns within each stroke shall conform to the turn rules for that stroke.

The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:

1. **Butterfly to Backstroke** - The swimmer shall touch with both hands simultaneously at, above or below the water surface. The body shall be on the breast and the shoulders in line with the water surface. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.

2. **Backstroke to Breaststroke** - The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed Breaststroke form must be attained prior to the first arm stroke.

3. **Breaststroke to Freestyle** - The swimmer shall touch with both hands simultaneously at, above or below the water surface. The body shall be on the breast and the shoulders in line with the water surface. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during any part of the last complete or incomplete stroke cycle preceding the touch. Once a legal touch has

News Briefs

Centenarian remembered

Australia's first centenarian Masters swimmer, Mary Maina of Queensland, passed away peacefully on 11 December 1995 at the age of 102 years. She had been enjoying excellent health right up to the time of her death. At the 1994 World Masters Games in Brisbane, Australia, the then 101 years old Mary created history and pandemonium in the stands when she won the 50m Freestyle event in the time of 05:12.00 to establish the first World Women's record in the new 100-104 years age group. Mary's name will now be associated with a special award at Twin Towns, Queensland, where Masters 70 years and over will strive each year for the highest aerobic points for the "Mary Maina Memorial Shield".

USMS is all go

United States Masters Swimming is on an upward roll having grown at about 4% for the past four years. Membership in 1995 went over the 30,000 mark for the first time with Bill Eidson of the Santa Clara Club being the 30,000th member.

At its 1995 USMS Convention held in Houston, 180 regional delegates met for five days to map out the path for the future. Mel Goldstein was elected President for a further two years. Scott Rabalais of Crawfish Masters was selected USMS "Coach of the Year".

In May 1995 nearly 2,000 swimmers representing 200 teams and 10 countries competed at the USMS Short Course Nationals in Fort Lauderdale, Florida. In August 1995, 45 World Records were broken when over 1,000 swimmers competed in the USMS Long Course Nationals in Gresham, Oregon.

A big one in Japan

The 1995 Japanese Masters Long Course Nationals were held in July and nearly 7,000 swimmers competed making it the biggest Masters meet ever held. A total of 17 World Records were set.

Masters clinic

The FINA Masters Committee has initiated clinics which are to be held each year. The first was held in Casablanca in November 1995 where Arthur Knudsen was the lecturer. The seminar was attended by nineteen people headed by the newly elected President of the Royal Moroccan Swimming Federation, Abdelhamid Essakalli. There was excellent two-way communication with lots of questions asked from a very active group.

The FINA Family

A recently published addendum to the 1994-1996 edition of the FINA Handbook lists five additional Member Federations. There are now 159 countries with historic FINA affiliation. To assist organisers of Masters events to easily identify these countries, we publish a revised alphabetical listing of Federations together with their three letter codings. The annotation # indicates the new Federations.

Albania	ALB	Liechtenstein	LIE
Algeria	ALG	Lithuania	LTU
Andorra	AND	Luxembourg	LUX
Angola	ANG	Macau	MAC
Antigua	ANT	Macedonia	MKD
Antilles	AHO	Madagascar	MAD
Argentina	ARG	Malaysia	MAS
Armenia	ARM	Mali #	MLI
Aruba	ARU	Maldives	MDV
Australia	AUS	Malta	MLT
Austria	AUT	Marshall Islands	MIL
Bahamas	BAH	Mauritius	MRI
Bahrain	BRN	Mexico	MEX
Bangladesh	BAN	Moldova	MLD
Barbados	BAR	Monaco	MON
Belarus	BLR	Morocco	MAR
Belgium	BEL	Mozambique	MOZ
Bermuda	BER	Myanmar	MYA
Bosnia-Herzegovina	BIH	(ex Burma)	
Bolivia	BOL	Namibia	NAM
Brazil	BRA	Nepal	NEP
Brunei	BRU	Netherlands	NED
Bulgaria	BUL	New Zealand	NZL
Cambodia #	CAM	Nicaragua	NCA
Canada	CAN	Nigeria	NGR
Cayman Islands	CAY	Niger	NIG
Chile	CHI	Northern Marianas	NMA
China (PR)	CHN	Norway	NOR
Chinese Taipei	TPE	Oman	OMA
Columbia	COL	Pakistan	PAK
Costa Rica	CRC	Panama	PAN
Cote D'Ivoire	CIV	Papua New Guinea	PNG
Croatia	CRO	Paraguay	PAR
Cuba	CUB	Peru	PER
Cyprus	CYP	Philippines	PHI
Czech Republic	CZE	Poland	POL
Denmark	DEN	Portugal	POR
Dominica	DCA	Puerto Rico	PUR
Dominican Republic	DOM	Qatar	QAT
Ecuador	ECU	Romania	ROM
Egypt	EGY	Russia	RUS
El Salvador	ESA	San Marino	SMR
Estonia	EST	Saudi Arabia	KSA
Ethiopia	ETH	Senegal	SEN
Faroës	FAR	Seychelles	SEY
Fiji	FIJ	Sierra Leone	SLE
Finland	FIN	Singapore	SIN
France	FRA	Slovakia	SLK
Georgia	GEO	Slovenia	SLO
Germany	GER	Solomon Is.	SOL
Gibraltar	GIB	South Africa	RSA
Great Britain	GBR	Spain	ESP
Greece	GRE	Sri Lanka	SRI
Grenada	GRN	St. Lucia	SLU
Guam	GUM	Sudan	SUD
Guatemala	GUA	Surinam	SUR
Guyana	GUY	Swaziland	SWZ
Honduras	HON	Sweden	SWE
Hong Kong	HKG	Switzerland	SUI
Hungary	HUN	Syria	SYR
Iceland	ISL	Tahiti	TAH
India	IND	Thailand	THA
Indonesia	INA	Togo	TOG
Iraq	IRQ	Trinidad & Tobago	TRI
Iran	IRI	Tunisia	TUN
Ireland	IRL	Turkey	TUR
Israel	ISR	Turkmenistan #	TKM
Italy	ITA	Uganda #	UGA
Jamaica	JAM	Ukraine	UKR
Japan	JPN	United States of America	USA
Jordan	JOR	United Arab Emirates	UAE
Kazakhstan	KAZ	Uruguay	URU
Kenya	KEN	Uzbekistan	UZB
Korea (DPR)	PRK	Venezuela	VEN
Korea	KOR	Viet Nam	VIE
Kuwait	KUW	Virgin Islands	ISV
Kyrgyzstan #	KGZ	Western Samoa	SAM
Latvia	LAT	Yugoslavia	YUG
Lebanon	LIB	Zambia	ZAM
Libya	LBA	Zimbabwe	ZIM

World Records Recognised

A total of 223 performances have been approved as World Masters Records by the FINA Honorary Secretary in the six months period since the last Newsletter. FINA extends warmest congratulations to these swimmers. Certificates are awarded to all record breakers.

SHORT COURSE - WOMEN

Kartyn Pipes	USA	30-34 yrs
100m Medley	01:07:11	5 Nov 95
Kartyn Pipes-Nelsen	USA	30-34 yrs
200m Freestyle	02:06:10	10 Dec 95
400m Freestyle	04:24:82	17 Mar 96
50m Backstroke	00:30:90	10 Dec 95
100m Backstroke	01:03:96	10 Dec 95
200m Backstroke	02:17:31	10 Dec 95
100m Butterfly	01:03:83	10 Dec 95
200m Butterfly	02:21:20	10 Dec 95
100m Medley	01:05:16	10 Dec 95
200m Medley	02:20:90	10 Dec 95
400m Medley	04:56:90	10 Dec 95
Sandy Neilson-Bell	USA	35-39 yrs
200m Medley	02:29:95	15 Nov 95
Julie Lowe	GBR	40-44 yrs
50m Breaststroke	00:37:12	30 Sep 95
	00:36:96	28 Oct 95
Ulrike Urbanlak	GER	40-44 yrs
100m Breaststroke	01:19:88	18 Nov 95
Laura Val	USA	40-44 yrs
50m Freestyle	00:27:74	15 Oct 95
200m Freestyle	02:14:14	10 Dec 95
400m Freestyle	04:42:94	10 Dec 95
100m Backstroke	01:10:45	15 Oct 95
200m Backstroke	02:34:04	10 Dec 95
50m Butterfly	00:30:17	15 Oct 95
Conny Boer-Bye	NED	45-49 yrs
50m Freestyle	00:29:49	28 Jan 96
100m Freestyle	01:04:66	19 Nov 95
50m Butterfly	00:32:24	19 Nov 95
Barbara Dunbar	USA	45-49 yrs
800m Freestyle	10:09:82	17 Mar 96
Nancy Fisher	USA	45-49 yrs
50m Backstroke	00:33:11	18 Feb 96
100m Backstroke	01:12:92	18 Feb 96
200m Backstroke	02:37:35	18 Feb 96
Carolyn Ferris-Boak	USA	50-54 yrs
800m Freestyle	11:19:88	15 Oct 95
1500m Freestyle	21:22:26	15 Oct 95
200m Medley	02:56:73	15 Oct 95
Ardeth Mueller	USA	50-54 yrs
200m Butterfly	02:55:91	9 Dec 95
Ginger Pleson	USA	50-54 yrs
200m Butterfly	03:09:18	7 Jan 96
	03:03:93	3 Mar 96
Jayne Bruner	USA	60-64 yrs
50m Freestyle	00:33:07	3 Dec 95
100m Freestyle	01:13:50	23 Mar 96
50m Breaststroke	00:41:74	23 Mar 96
100m Medley	01:26:42	23 Mar 96
June Krauser	USA	65-69 yrs
200m Butterfly	03:32:93	8 Oct 95
400m Medley	07:13:26	8 Oct 95
Gail Roper	USA	65-69 yrs
100m Freestyle	01:17:78	15 Oct 95
200m Freestyle	02:56:55	28 Oct 95
100m Breaststroke	01:41:41	28 Oct 95
200m Breaststroke	03:41:93	17 Sep 95
50m Butterfly	00:38:44	15 Oct 95
100m Butterfly	01:33:10	15 Oct 95
200m Butterfly	03:35:80	15 Oct 95
100m Medley	01:31:45	28 Oct 95
400m Medley	07:14:27	15 Oct 95
Florence Carr	USA	70-74 yrs
100m Freestyle	01:27:12	8 Oct 95
400m Freestyle	06:45:83	8 Oct 95
800m Freestyle	14:23:40	8 Oct 95
100m Medley	01:43:66	8 Oct 95
200m Medley	03:46:89	8 Oct 95
Pete MH Smith	USA	70-74 yrs
800m Freestyle	14:13:69	10 Dec 95
Doris Steadman	USA	70-74 yrs
50m Backstroke	00:42:58	8 Oct 95
100m Backstroke	01:35:66	8 Oct 95
200m Backstroke	03:27:79	8 Oct 95

Clara Walker	USA	70-74 yrs
400m Freestyle	06:38:58	21 Jan 96
800m Freestyle	13:26:21	21 Jan 96
1500m Freestyle	25:05:57	21 Jan 96
Ingeborg Fritz	GER	75-79 yrs
50m Breaststroke	00:53:28	17 Mar 96
Olga Johnson	NZL	75-79 yrs
50m Freestyle	00:39:73	8 Feb 96
100m Freestyle	01:37:68	8 Feb 96
Catherine Kerr	CAN	75-79 yrs
200m Medley	04:12:37	27 Jan 96
Mizzi Butzbach	GER	85-89 yrs
100m Breaststroke	03:05:03	1 Oct 95
Jewel Cooke	USA	85-89 yrs
100m Backstroke	02:45:89	18 Feb 96
50m Butterfly	01:24:22	4 Feb 96
100m Butterfly	03:20:81	18 Feb 96
200m Butterfly	07:12:95	4 Feb 96
100m Medley	02:40:42	21 Jan 96
400m Medley	13:48:08	18 Feb 96
Julia Dolce	USA	85-89 yrs
50m Freestyle	00:51:99	8 Oct 95
100m Freestyle	02:05:74	8 Oct 95
200m Freestyle	04:52:37	8 Oct 95
40m Freestyle	10:19:41	8 Oct 95
800m Freestyle	22:22:74	8 Oct 95
1500m Freestyle	42:10:95	8 Oct 95
Margarete Gottschalk	GER	85-89 yrs
50m Breaststroke	01:22:84	19 Nov 95
100m Breaststroke	02:59:10	19 Nov 95
Madeleine Miller	USA	85-89 yrs
50m Breaststroke	01:20:56	17 Sep 95
200m Breaststroke	07:37:76	17 Sep 95
	07:11:32	10 Dec 95

SHORT COURSE - MEN

Bob Ballie	USA	60-64 yrs
50m Butterfly	00:30:34	5 Nov 95
100m Medley	01:15:27	5 Nov 95
Akio Sugiyama	JPN	60-64 yrs
50m Breaststroke	00:35:14	10 Oct 95
Masayasu Tanaka	JPN	60-64 yrs
100m Medley	01:15:25	4 Feb 96
Tom Walker	GBR	60-64 yrs
100m Breaststroke	01:20:29	28 Oct 95
200m Breaststroke	02:57:08	28 Oct 95
Roberto Alberche	ESP	65-69 yrs
100m Freestyle	01:02:77	28 Jan 96
200m Freestyle	02:22:13	28 Jan 96
100m Medley	01:16:79	28 Jan 96
200m Medley	02:49:10	28 Jan 96
Hiroshi Kato	JPN	65-69 yrs
200m Freestyle	02:31:33	29 Jan 96
50m Butterfly	00:32:80	10 Mar 96
100m Medley	01:18:16	10 Mar 96
William Phillips	USA	65-69 yrs
200m Freestyle	02:30:15	10 Dec 95
400m Freestyle	05:24:99	10 Dec 95
800m Freestyle	11:28:56	10 Dec 95
Nick Templeman	CAN	65-69 yrs
50m Breaststroke	00:36:33	28 Jan 96
100m Breaststroke	01:21:34	28 Jan 96
Jesús Domínguez	ESP	70-74 yrs
200m Freestyle	02:40:15	28 Jan 96
400m Freestyle	05:53:77	28 Jan 96
800m Freestyle	12:05:80	28 Jan 96
200m Medley	03:00:88	28 Jan 96
Jack Hale	GBR	70-74 yrs
100m Freestyle	01:09:56	29 Oct 95
	01:10:56	30 Oct 95
Izao Ikegami	JPN	70-74 yrs
200m Freestyle	02:46:47	3 Nov 95
Frank Plummé	USA	70-74 yrs
50m Freestyle	00:30:59	17 Sep 95
100m Freestyle	01:09:56	17 Sep 95
Ron Schafer	USA	35-39 yrs
100m Breaststroke	01:07:85	10 Dec 95
200m Breaststroke	02:28:12	10 Dec 95
Willam Specht	USA	35-39 yrs
400m Freestyle	04:16:27	8 Oct 95
Rick Abbott	USA	40-44 yrs
100m Freestyle	00:53:25	11 Dec 95
50m Butterfly	00:26:35	11 Dec 95
Clay Evans	USA	40-44 yrs
100m Backstroke	01:03:16	10 Dec 95
Stu Marvin	USA	40-44 yrs
100m Freestyle	00:54:47	8 Oct 95
Laci Perényi	GER	40-44 yrs
100m Freestyle	00:54:78	17 Mar 96
Terry Downes	RSA	45-49 yrs
100m Freestyle	00:54:64	8 Sept 95
Jim McConica	USA	45-49 yrs
200m Freestyle	02:01:93	10 Dec 95
800m Freestyle	09:02:36	10 Dec 95
Andrew McPherson	USA	45-49 yrs
100m Butterfly	01:02:12	10 Dec 95
Peter O'Keefe	USA	45-49 yrs
100m Backstroke	01:04:94	10 Dec 95
200m Backstroke	02:21:61	10 Dec 95
Robert Strand	USA	45-49 yrs
50m Breaststroke	00:31:83	15 Oct 95
100m Breaststroke	01:09:44	10 Dec 95
200m Breaststroke	02:35:49	15 Oct 95
	02:34:41	10 Dec 95
Tim Blimie	USA	50-54 yrs
200m Freestyle	02:10:54	10 Dec 95
100m Backstroke	01:06:23	10 Dec 95
200m Backstroke	02:28:54	10 Dec 95
John Calvert	USA	50-54 yrs
200m Backstroke	02:29:17	4 Nov 95
200m Medley	02:26:64	23 Mar 96
Dru Drury Gallagher	USA	55-59 yrs
400m Freestyle	04:54:09	10 Dec 95
800m Freestyle	10:12:80	10 Dec 95
200m Breaststroke	02:49:96	10 Dec 95
100m Medley	01:11:04	10 Dec 95
	05:30:62	10 Dec 95
Jan Wellem	GER	17 Mar 96
Mens 200m Freestyle	160-199 yrs	01:41:70
Ernst Denzer	Kersten Meier	
Laci Perényi	Andreas Schmidt	
Txam	USA	25 June 95
Mixed 200m Freestyle	160-199 yrs	01:48:91
Karlene Wise	Sandy Neilson Bell	
Keith Bell	Pete Nunan	
Texas Aquatic	USA	5 Nov 95
Mixed 200m Freestyle Relay	160-199 yrs	01:48:63
Karlene Wise	Sandy Neilson-Bell	
Larry Wood	Bruce Greenwood	
Cronulla Sutherland	AUS	21 Oct 95
Womens 200m Freestyle	280-319 yrs	02:50:32
Nancyce Mitchell	Betty Stern	
Barbara Rose	Helen Evans	
Hellas	SWE	19 Nov 95
Women 200m Freestyle	280-319 yrs	02:52:37
Kerstin Gjores	Ema Hammarland	
Britt Grilli	Kristina Vadem	

Individuals are listed in order of age group and then alphabetically by name, in order of events and then date.

Relay teams are in order of relay age group and then in order of relay event and then date.

Continued on next page



Ojal Santa Barbara	USA	28 Oct 95
Women 200m Freestyle	280-319 yrs	02:52:62
Ruth Baar	Shirley Erickson	
Grace Altus	Gay Collins	
Koelkal	JPN	24 Sep 95
Women 200m Medley	280-319 yrs	03:19:43
Kumiko Kubo	Tazuko Yasuoka	
Masako Hothama	Tomiko Omori	
Ojal Santa Barbara	USA	15 Oct 95
Mixed 200m Freestyle	280-319 yrs	02:35:36
Frank Piemme	Grace Altus	
Ruth Baar	Jurgen Schmidt	
Ojal Santa Barbara	USA	28 Oct 95
Mixed 200m Medley	280-319 yrs	02:55:31
Gay Collins	Frank Piemme	
Jurgen Schmidt	Ruth Baar	
Behlinderten-SV Munchen	GER	19 Nov 95
Mixed 200m Medley	280-319 yrs	02:57:22
Josef Preiner	Edith Bohm	
Jutta Seidl	Heinz Siegel	
Tokyo Swim Centre	JPN	29 Oct 95
Men 200m Medley	320-359 yrs	03:40:92
Sadahiko Shimada	Yoshitada Miyamoto	
Kisaburo Wada	Yajiro Fukuda	
Tokyo Swim Centre	JPN	3 Nov 95
Men 200m Medley	320-359 yrs	03:38:78
Sadahiko Shimada	Yoshitada Miyamoto	
Kisaburo Wada	Yajiro Fukuda	
SG Nord West	GER	11 Nov 95
Men 200m Medley	320-359 yrs	03:42:08
Rudolph Schubert	Amo Schubler	
Hans Steinbrecher	Fritz Monke	
Rio Masters	BRA	18 Nov 95
Mixed 200m Medley	320-359 yrs	03:51:75
Alberto Mibelli	Luzia Caracciolo	
Maria Lenk	Gastao Figueiredo	

LONG COURSE - WOMEN

Sheila Teormina	USA	25-29 yrs
200m Freestyle	02:02:06	2 Dec 95
400m Freestyle	04:13:03	2 Dec 95
200m Butterfly	02:17:51	17 Dec 95
Hildeka Koshimizu	JPN	30-34 yrs
200m Butterfly	02:22:57	1 Oct 95
200m Medley	02:26:41	1 Oct 95
400m Medley	05:05:05	22 Oct 95
Katlyn Phipps-Nelson	USA	30-34 yrs
200m Freestyle	02:07:25	14 Jan 96
100m Backstroke	01:05:88	14 Jan 96
200m Backstroke	01:05:76	11 Feb 96
100m Butterfly	02:20:45	14 Jan 96
200m Medley	02:19:06	11 Feb 96
400m Medley	02:18:67	24 Feb 96
Indy Nelson Bell	01:05:16	11 Feb 96
50m Freestyle	02:23:12	14 Jan 96
Judy Nelson Bell	05:05:07	14 Jan 96
100m Freestyle	USA	35-39 yrs
50m Freestyle	02:26:13	19 Nov 95
100m Backstroke	02:26:81	3 Dec 95
Judy Nelson Bell	USA	40-44 yrs
50m Freestyle	00:27:16	14 Jan 96
100m Freestyle	00:27:14	14 Jan 96
200m Medley	00:26:68	10 Feb 96
400m Medley	00:26:99	24 Feb 96
100m Freestyle	01:00:22	14 Jan 96
200m Backstroke	01:00:05	14 Jan 96
100m Breaststroke	00:59:76	10 Feb 96
Yoshiko Osaki	JPN	55-59 yrs
100m Butterfly	01:26:38	1 Oct 95
200m Medley	02:59:15	1 Oct 95
Pam Hutchings	AUS	60-64 yrs
50m Backstroke	00:39:93	20 Jan 96
Judith Drake-Brockman	AUS	75-79 yrs
100m Freestyle	01:31:46	3 Mar 96
200m Backstroke	04:00:44	22 Oct 95
Candida Gandalpho	BRA	75-79 yrs
800m Freestyle	15:13:28	9 Sep 95
Del Rowley	AUS	90-94 yrs
100m Breaststroke	05:06:09	3 Mar 96
200m Breaststroke	10:39:50	22 Oct 95

LONG COURSE - MEN

Rowdy Gaines	USA	35-39 yrs
800m Freestyle	08:38:73	12 Nov 95
Lorenzo Marugo	ITA	40-44 yrs
800m Freestyle	09:16:44	10 Sep 95
Akio Sugiyama	JPN	60-64 yrs
50m Breaststroke	00:34:59	24 Sep 95
Thomas Walker	GBR	60-64 yrs
200m Breaststroke	03:02:90	10 Sept 95

Bob Barry	AUS	65-69 yrs
400m Freestyle	05:31:13	2 Mar 96
Keijiro Nakamura	JPN	70-74 yrs
200m Backstroke	03:10:07	24 Sep 95
Domei Suzuki	03:12:50	1 Oct 95
800m Freestyle	JPN	75-79 yrs
1500m Freestyle	12:58:84	22 Oct 95
Johann Morscher	24:51:78	22 Oct 95
200m Breaststroke	AUT	80-84 yrs
Hiromu Yoshimoto	04:10:93	3 Mar 96
50m Breaststroke	JPN	80-84 yrs
	00:45:95	1 Oct 95

LONG COURSE - RELAY

Rio Masters	BRA	26 Nov 95
Mixed 200m Medley	320-359 yrs	03:54:87
Alberto Mibelli	Luzia Caracciolo	
Maria Lenk	Gastao Figueiredo	

Late items

Many Masters start their competitive swimming at an advanced age. Such a one is Emily Godsall (88 years) from South Wales who took up swimming at the age of 72. She now is the proud holder of several Welsh national records and will compete in Sheffield.

Tom Lane from the United States, who is now 102 years old, has written to say that he is considering entering but is concerned that he already holds all the World Records for his events and that there may not be anyone else in the 100+ age group against whom to compete. It gets lonely at the top Tom !

This issue of the FINA Masters News is to be distributed to all VI World Masters competitors and team officials in their welcome package on registration. There is also to be a Special Edition of the FINA Masters News covering the Championships. This will be published in September to allow time for records and results to be ratified.

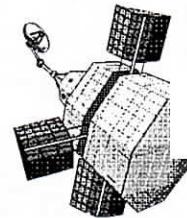
Finding it on the Web

David Tree, our intrepid pioneer in cyberspace, gives us further insights into searching for Swimming information on the Internet

Surfing ("exploring") the Internet? What's that you say you still have trouble programming your Video Cassette Recorder? Okay, let's discuss Masters swimming on the Internet without any (well, hardly any) technical terms.

Growth in the use of Internet services is progressing at a tremendous rate (currently doubling every seven months). Included in these tens of millions of users are thousands of Masters swimmers. Over the past three years, services of interest to Masters swimmers have grown exponentially.

The World Wide Web (the "WWW" or simply the "web") has opened new possibilities in global communications through the use of graphics, photos, and quick links to hundreds of Masters-related sites. We have increasingly grown to appreciate easy access to up-to-date Masters records (local, national and international), meet information and registration, club information, volunteer recognition, coaching and training material, nutrition tips and a multitude of other matters. Corrections or additions to a web site can be made easily (by the person who created the web site) and each site is accessible world-wide.



Recently, Canada launched the first official national Masters web site in the world. The United States and several other countries are poised to launch their official sites. A world directory (accessible through the Canadian Masters web site) of the e-mail addresses of Masters leaders has been in place for over a year. Online newsgroups serve as discussion forums for a variety of related matters. The experts in our sport are now sharing information like never before. The information and services are already providing benefits to Masters swimmers of all abilities.

Ask one of your friends with Internet access if you can "look over their shoulder". Prices for access to the Internet are dropping quickly as more commercial Internet services are established. Looking for a starting place? Check the Canadian Masters site at http://www.unb.ca/web/Masters_swimming/index.html. Please feel free to e-mail the webmaster at tree@unb.ca if you have a question about any aspect of Masters swimming on the Internet.

David Tree
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NOTICES

FINA Masters News

The FINA Masters News is published twice yearly. Material for publication should be in to the Editor by 10th April for the June edition and the 10th October for the December edition. General news items of international interest and listings for the calendar, (restricted to National or International events which are open to all Masters), should be addressed to the editor :

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Copies of the Newsletter are distributed to all FINA Member Federations. For those persons interested in receiving the Newsletter regularly, this service is available at no charge. Requests for copies should be directed to the FINA office.

FINA Top Ten Tabulations

The Masters Tabulation for 1995 is available and can be purchased from the FINA office for US \$7.00.

FINA Masters Patches

The following patches are available from the FINA office for those that qualify.

FINA Masters Swimming Record
FINA Masters Swimming Top Ten
Cost is \$5.00 (US) for each patch.

A date patch (1995) for use in conjunction with the Top Ten patch is also available at \$3.00 (US).

The FINA office address is:

Ave de Beaumont 9,
1012 Lausanne, Switzerland.



FINA Masters World Records - WOMEN'S LONG COURSE - Dated 1st May 1996

	25-29 years	30 - 34 years	35-39 years	40-44 years	45-49 years	50-54 years	55-59 years	60-64 years	65-69 years	70-74 years	75-79 years	80-84 years	85-89 years	90-94 years	95-99 years	100-104 years
FREE 50 metres	Sara Shand USA 91 00:26:68	S. Neilson-Bell USA 88 00:26:37	S. Neilson-Bell USA 95 00:26:81	S. Neilson-Bell USA 95 00:26:81	Ardeth Mueller USA 87 00:26:68	Ardeth Mueller USA 93 00:28:33	Jayne Bruner USA 91 00:32:59	Gill Roper USA 95 00:34:35	Irene Heyding USA 94 00:33:11	J. Drake-Brockman AUS 95 00:38:96	Hatsuho Sugaya JPN 94 00:41:31	Jill Dolce USA 94 01:38:30	Jill Dolce USA 94 02:00:68	Pearl Miller USA 88 02:02:38	Mary Maina AUS 94 05:10:64	
100 metres	Shella Taormina USA 95 00:57:76	S. Neilson-Bell USA 88 00:58:09	K. Pipes-Nelsen USA 95 00:58:07	S. Neilson-Bell USA 95 00:58:76	Ardeth Mueller USA 87 01:05:44	Ardeth Mueller USA 92 01:07:42	Jane Asher GBR 91 01:11:01	Yoshiko Osaki JPN 93 02:36:22	Florence Carr USA 95 02:48:93	J. Drake-Brockman AUS 96 01:31:46	Ume Wada JPN 91 01:25:69	Jill Dolce USA 94 01:38:30	Jill Dolce USA 94 02:00:68	Del Rowley AUS 95 03:48:55	Anna Bauscher USA 94 07:28:92	
200 metres	Shella Taormina USA 95 02:02:06	K. Pipes-Nelsen USA 95 02:07:25	Beth Knight USA 94 02:08:33	Beth Knight USA 94 02:14:97	Laura Val USA 94 02:24:24	Ardeth Mueller USA 87 02:24:22	Clara Walker USA 92 01:16:34	Lavelle Stinoff USA 93 02:48:91	Florence Carr USA 95 03:13:31	Rita Simonton USA 93 03:37:64	Ume Wada JPN 92 03:44:00	Jill Dolce USA 94 04:45:10	Jill Dolce USA 94 07:28:92	Anna Bauscher USA 94 07:28:92		
400 metres	Shella Taormina USA 95 04:31:03	Karlyn Pipes USA 95 04:30:19	Beth Knight USA 94 04:31:35	Beth Knight USA 94 04:48:82	Laura Val USA 94 04:48:82	Ardeth Mueller USA 91 05:18:52	Barbara Dunbar USA 94 04:59:86	Yoshiko Osaki JPN 93 05:26:57	Clara Walker USA 91 06:46:55	Rita Simonton USA 93 07:38:77	Ume Wada JPN 91 08:23:50	Jill Dolce USA 94 10:44:25	Jill Dolce USA 94 10:44:25	Anna Bauscher USA 94 30:55:09		
800 metres	Sara Shand USA 89 05:18:43	Lynn Marshall CAN 92 09:16:82	Beth Knight USA 94 09:20:62	Beth Knight USA 94 09:57:69	Laura Val USA 93 10:20:34	Ardeth Mueller USA 91 10:58:47	Lavelle Stinoff USA 94 11:30:97	Lavelle Stinoff USA 94 12:01:79	Clara Walker USA 92 12:27:60	Candida Gandolfo BRA 95 13:51:53	Ume Wada JPN 91 15:13:28	Jill Dolce USA 95 21:54:01	Jill Dolce USA 95 21:54:01	Anna Bauscher USA 94 30:55:09		
1500 metres	Shella Taormina USA 95 17:27:96	Karen Burton USA 92 17:40:50	Beth Knight USA 94 17:59:12	Beth Knight USA 94 19:00:40	Barbara Dunbar USA 94 19:28:34	Ardeth Mueller USA 91 21:02:46	Barbara Dunbar USA 94 21:02:46	Yoshiko Osaki JPN 93 22:50:81	Clara Walker USA 92 24:07:97	Rita Simonton USA 93 27:05:80	Jean Durston USA 95 33:00:94	Jill Dolce USA 95 29:45:90	Jill Dolce USA 95 43:35:59	Anna Bauscher USA 94 01:42:49		
BACK 50 metres	Diane Graner USA 89 00:30:80	Karlyn Pipes USA 94 00:31:47	Laura Val USA 94 00:32:39	Laura Val USA 94 00:32:25	Satoko Takei JPN 88 00:34:51	Satoko Takei JPN 92 00:34:87	Betsy Jordan USA 92 00:37:30	Pam Hutchings AUS 96 00:39:85	Clara Walker USA 92 00:43:24	W. Van Ryse GBR 91 00:46:64	Myrtle Wright AUS 89 00:54:73	Allien Soule USA 91 00:58:42	Allien Soule USA 91 01:42:49	Anna Bauscher USA 94 01:42:49		
100 metres	Monique Rodahl NZL 89 01:06:46	K. Pipes-Nelsen USA 96 01:05:76	Zena Hermann USA 94 01:08:49	Zena Hermann USA 94 01:11:03	Cecilia McCloskey USA 95 01:18:63	Satoko Takei JPN 95 01:18:86	Betsy Jordan USA 92 01:21:42	Gretie Bendtsen DEN 92 01:30:22	Doris Steadman AUS 95 01:35:11	J. Drake-Brockman AUS 95 01:48:86	Myrtle Wright AUS 89 02:01:87	Allien Soule USA 91 02:13:13	Vera Fernance AUS 88 03:53:89	Vera Fernance AUS 88 03:53:89		
200 metres	Diane Graner USA 89 02:19:97	K. Pipes-Nelsen USA 96 02:18:67	Zena Hermann USA 94 02:26:66	B. Buzureau FRA 94 02:36:89	Satoko Takei JPN 92 02:42:60	Satoko Takei JPN 92 02:51:11	Betsy Jordan USA 92 02:59:18	Lavelle Stinoff USA 94 03:12:84	Doris Steadman AUS 95 03:17:12	J. Drake-Brockman AUS 95 04:22:89	Myrtle Wright AUS 89 04:22:89	Pearl Miller USA 89 10:47:76	Pearl Miller USA 89 10:47:76	Anna Bauscher USA 94 01:42:49		
BREAST 50 metres	S. Seminatore ITA 89 00:32:01	M. Mohmann GBR 88 00:34:56	L. Webel-Osborne A. Wright-Balneip USA 89 00:34:41	Susan Roy USA 94 00:37:02	Monika Santibanez GER 92 00:39:52	Jayne Bruner USA 91 00:42:49	Edith Bohm GER 94 00:43:42	Tsuneko Mila JPN 94 00:49:47	Emmi Paull GER 93 00:52:90	Dorothy Weston GBR 93 00:55:60	Mizzi Bubbach GER 94 01:15:55	Del Rowley AUS 95 02:13:81	Del Rowley AUS 95 02:13:81	Anna Bauscher USA 94 04:57:25		
100 metres	S. Seminatore ITA 90 01:16:05	M. Mohmann GBR 88 01:14:52	L. Webel-Osborne USA 90 01:17:44	Debra Walker USA 91 01:21:73	Susan Roy USA 94 01:22:27	Elaine Brownish GBR 95 01:28:88	Jayne Bruner USA 94 01:35:25	Agnes Plisson FRA 94 01:51:56	Hildegard Meisinger GER 95 02:03:71	Dorothy Weston GBR 93 02:17:08	M. Gottschalk GER 95 03:02:34	Del Rowley AUS 96 05:06:09	Del Rowley AUS 96 05:06:09	Anna Bauscher USA 94 04:57:25		
200 metres	Sharon Davies GBR 90 02:42:02	Hideka Koshimizu JPN 95 02:46:81	Dagnar Hillig GER 95 02:50:92	Karen Gibson AUS 94 02:56:21	Shirley Turner RSA 95 03:06:52	Flora Connolly GBR 95 03:11:56	Margaret Evans GBR 95 03:18:11	Margaret Evans GBR 95 03:24:83	Hildegard Meisinger GER 95 04:03:16	Dorothy Weston GBR 93 04:28:52	Yoasi Kuchiba JPN 93 05:01:53	Del Rowley AUS 95 10:39:50	Del Rowley AUS 95 10:39:50	Anna Bauscher USA 94 04:57:25		
FLY 50 metres	Rosemarie Seaman USA 87 00:28:79	Beth Harrall USA 92 00:28:22	Susan Halfacre USA 88 00:28:27	Laura Val USA 94 00:29:89	Ardeth Mueller USA 87 00:30:74	Gill Roper USA 95 00:31:69	Jayne Bruner USA 94 00:35:29	Lols Nochman USA 95 00:45:75	Gerrit Zint USA 93 00:55:38	Maria Lenk BRA 95 01:01:41	Ella Peckham USA 85 01:27:77	Ella Peckham USA 85 01:27:77	Anna Bauscher USA 94 04:57:25			
100 metres	Shella Taormina USA 95 01:03:67	K. Pipes-Nelsen USA 96 01:05:16	Susan Halfacre USA 88 01:05:39	Laura Val USA 92 01:06:27	Ardeth Mueller USA 87 01:12:67	Yoshiko Osaki JPN 95 01:13:86	Judie Oliver CAN 92 01:13:52	Lols Nochman USA 95 01:57:17	Kay Schimpff USA 92 02:19:44	Jean Durston USA 94 02:27:91	Katherine Pelton USA 91 03:01:14	Katherine Pelton USA 91 03:01:14	Katherine Pelton USA 91 03:01:14			
200 metres	Shella Taormina USA 95 02:17:51	Karlyn Pipes USA 95 02:21:43	Laura Val USA 88 02:26:38	Barbara Dunbar USA 94 02:32:59	Ardeth Mueller USA 91 02:38:78	Flora Connolly GBR 94 03:17:68	June Krauser USA 94 03:26:76	Lols Nochman USA 95 04:16:88	Maxine Merlino USA 88 04:54:79	Jean Durston USA 94 05:24:52	Madine Merlino USA 90 05:24:52	Madine Merlino USA 90 05:24:52	Katherine Pelton USA 91 07:18:41			
MEDLEY 200 metres	Sharon Davies GBR 90 02:22:00	Judith Lallier USA 94 02:28:93	Laura Val USA 93 02:38:93	Carolyn Book USA 95 02:53:40	Yoshiko Osaki JPN 95 02:59:15	Gill Roper USA 95 03:15:30	M. Cunningham GBR 93 03:20:58	Clara Walker USA 92 03:21:50	Ellie Lenk BRA 95 04:20:42	M. Cunningham GBR 93 04:49:31	Ellie Lenk BRA 95 04:49:31	Ellie Lenk BRA 95 04:49:31	Anna Bauscher USA 94 12:10:53			
400 metres	Sharon Davies GBR 90 05:05:28	K. Pipes-Nelsen USA 96 02:23:12	Karen Farmworth USA 92 05:34:47	Laura Val USA 93 05:39:70	Ardeth Mueller USA 87 05:54:98	Yoshiko Osaki JPN 95 06:18:94	Flora Connolly GBR 94 06:57:33	Flora Connolly GBR 94 07:09:69	Flora Connolly GBR 94 08:23:92	Flora Connolly GBR 94 08:23:92	Flora Connolly GBR 94 08:23:92	Flora Connolly GBR 94 08:23:92	Katherine Pelton USA 90 14:02:65			



FINA Masters World Records - MEN'S LONG COURSE - Dated 1st May 1996

	25-29 years	30 - 34 years	35-39 years	40-44 years	45-49 years	50-54 years	55-59 years	60-64 years	65-69 years	70-74 years	75-79 years	80-84 years	85-89 years	90-94 years	95-99 years	100-104 years
FREE 50 metres	Kevin DeForest USA 83 00:22:59	Rowdy Gaines USA 90 00:23:21	Tom Whalley JPN 94 00:23:20	Terry Dowmes RSA 94 00:24:93	Terry Dowmes USA 94 00:26:16	Don Hill USA 83 00:25:18	Peter Bergengren SWE 94 00:26:16	Bob Ballie USA 95 00:27:00	B. Schurrike GER 91 00:28:94	Kelley Lenmon USA 64 00:28:35	Lyle Collet USA 83 00:28:50	W. Bowersock USA 93 00:33:88	Frank Griffiths AUS 93	John Whittemore USA 95 00:41:72	Tom Lane USA 94 02:05:49	
100 metres	Jim Montgomery USA 81 00:51:25	Rowdy Gaines USA 91 00:51:50	Rowdy Gaines USA 95 01:54:04	Rowdy Gaines USA 94 00:55:36	Rowdy Gaines USA 95 00:55:26	Jeff Farrell USA 95 01:00:87	Jeff Farrell USA 92 00:58:62	Don Hill USA 92 01:02:00	James Welch USA 83 01:08:15	Frank Plerome USA 95 01:10:16	Ray Tait USA 95 01:13:84	Hilroll Leek JPN 95 01:19:28	Frank Griffiths AUS 93	Gus Langner USA 93 01:57:91	Tom Lane USA 95 04:25:96	
200 metres	John Keppler USA 92 01:52:17	Rowdy Gaines USA 90 01:54:04	Rowdy Gaines USA 94 01:55:36	Rowdy Gaines USA 95 04:07:64	Rowdy Gaines USA 94 04:07:04	Heas Yntema JPN 94 02:01:16	Timothy Garton RSA 94 02:04:97	Timothy Garton RSA 94 02:09:74	Jeff Farrell USA 94 02:17:53	Peter Powellson USA 87 02:22:90	Frank Plerome USA 95 02:41:41	Hilroll Leek JPN 95 02:51:62	Frank Griffiths AUS 93	Gus Langner USA 93 04:28:34	Tom Lane USA 94 04:41:72	
400 metres	Chip Hobson USA 94 04:05:99	Rowdy Gaines USA 93 08:40:19	Rowdy Gaines USA 95 08:38:73	Rowdy Gaines USA 94 08:57:68	Rowdy Gaines USA 95 08:58:52	Bob Manssen USA 92 04:22:80	Bob Manssen USA 92 04:32:70	David Harrison USA 94 04:57:21	David Harrison USA 92 05:04:56	Bob Barry USA 95 05:11:38	Donel Suzuld JPN 95 05:18:18	Hilroll Leek JPN 95 05:46:63	Frank Griffiths AUS 93	Gus Langner USA 93 06:44:11	Tom Lane USA 94 06:57:01	
800 metres	Nicolas Granger FRA 94 08:29:22	Rowdy Gaines USA 93 08:40:19	Rowdy Gaines USA 95 08:49:89	Rowdy Gaines USA 94 08:24:19	Rowdy Gaines USA 95 08:49:89	Sandy Galley GBR 94 08:27:08	Burnell Jones USA 88 10:27:08	Burnell Jones USA 88 10:34:92	Frank Plerome USA 95 11:33:14	William Phillips USA 95 12:03:73	Ray Tait USA 95 12:58:14	Ray Tait USA 95 13:50:05	Norbert Artus CAN 94 17:11:21	Gus Langner USA 93 20:13:74	Tom Lane USA 94 20:13:74	
1500 metres	Cameron Field USA 87 16:28:69	Bobby Patten USA 93 16:36:06	Rowdy Gaines USA 94 16:37:34	Rowdy Gaines USA 95 16:58:52	Rowdy Gaines USA 94 18:27:49	Richard Burns USA 93 02:23:84	Richard Burns USA 93 02:37:16	Richard Burns USA 93 02:45:83	Richard Burns USA 93 02:48:32	Win Wilson USA 92 02:48:32	Donel Suzuld JPN 95 03:08:23	Donel Suzuld JPN 95 03:15:78	Gus Langner USA 93 03:08:42	Gus Langner USA 93 03:47:02	Tom Lane USA 94 03:47:02	
BACK 50 metres	Martin Harris GBR 94 00:26:68	Sean Murphy USA 94 00:27:26	Thompson Mann USA 94 00:28:04	Peter O'Keefe USA 90 00:28:38	Peter O'Keefe USA 90 00:30:42	Hugh Wilder USA 93 00:30:42	John Smith USA 88 00:30:93	Yoshi Oyawaka JPN 94 00:32:94	George Gandyse USA 94 00:33:13	Paul Hultinger USA 95 00:35:47	Ray Tait USA 94 00:39:49	Toshiji Sato JPN 95 00:43:15	Gastao Filgueiredo BRA 95 00:56:12	Al Kallunki USA 94 01:10:27	Tom Lane USA 94 02:05:54	
100 metres	Martin Harris GBR 94 00:57:93	Sean Murphy USA 94 00:58:66	William Specht USA 93 01:00:95	Peter O'Keefe USA 90 01:03:39	Peter O'Keefe USA 90 01:05:54	Tim Blinie USA 95 01:09:61	Barry Young NZL 94 01:12:33	Yoshi Oyawaka JPN 94 01:14:72	Roger Franks USA 92 01:20:74	Paul Hultinger USA 95 01:24:14	Ray Tait USA 95 01:29:52	Toshiji Sato JPN 95 01:40:26	Jim Penfield USA 93 02:34:82	Peter Jurczyk USA 95 04:57:01	Tom Lane USA 94 04:57:01	
200 metres	Martin Harris GBR 94 02:05:86	Sean Murphy USA 94 02:05:62	Tom Wolf USA 90 02:13:83	Peter O'Keefe USA 90 02:18:17	Peter O'Keefe USA 90 02:23:84	Richard Burns USA 95 02:32:81	Richard Burns USA 95 02:37:16	Richard Burns USA 95 02:45:83	Roger Franks USA 92 02:45:83	Donald Brown USA 93 02:45:83	Edward Shea USA 94 03:10:07	Edward Shea USA 95 03:42:95	Jim Penfield USA 93 04:43:49	Peter Jurczyk USA 95 05:38:88	Tom Lane USA 94 05:38:88	
BREAST 50 metres	James Parrack GBR 95 00:29:60	David Gutrie USA 92 00:29:42	Peter Dahlberg USA 92 00:30:13	Peter Dahlberg USA 92 00:30:82	Peter Dahlberg USA 92 00:32:48	Hiroshi Kogekawa JPN 86 00:33:38	Aiko Sugiyama JPN 95 00:33:93	Joe Kurizman USA 91 00:38:28	Paul Hultinger USA 95 00:39:49	Ray Tait USA 94 00:43:15	Toshiji Sato JPN 95 00:43:15	Gastao Filgueiredo BRA 95 00:56:12	Al Kallunki USA 94 01:10:27	Tom Lane USA 94 02:05:54		
100 metres	David Lundberg USA 88 01:04:60	David Lundberg USA 91 01:05:65	David Lundberg USA 91 01:05:67	William Specht USA 94 00:58:66	William Specht USA 94 01:08:95	Robert Strand USA 94 01:12:56	Manuel Sanguiño USA 88 01:15:60	John Korthauer USA 91 01:17:87	Roger Franks USA 92 01:21:58	Joe Kurizman USA 91 01:28:91	Karl-Heinz Knops GER 95 01:32:51	Augusto Romano ITA 95 01:37:55	Karl-Heinz Knops GER 95 01:37:55	Hiromi Yoshimoto ITA 95 01:46:92	Andrew Kalunki GER 95 02:12:18	Tom Lane USA 94 04:57:01
200 metres	T. Ligi GER 87 02:26:73	David Lundberg USA 91 02:24:06	David Lundberg USA 91 02:24:37	David Lundberg USA 91 02:24:37	David Lundberg USA 91 02:32:17	Rick Colella USA 92 02:41:02	Getahon Shefa ISR 94 02:50:57	Thomas Walker GBR 90 02:56:20	Thomas Walker GBR 90 03:02:90	Karl-Heinz Knops GER 95 03:16:90	Karl-Heinz Knops GER 95 03:26:42	Augusto Romano ITA 94 03:34:86	Johann Morscher AUT 96 04:10:93	Shohei Yoshida JPN 91 05:09:86	Tom Lane USA 94 05:24:54	
FLY 50 metres	DeForest/Bottom USA 83:84 00:25:16	David Gutrie USA 92 00:25:31	David Gutrie USA 92 00:25:93	David Gutrie USA 92 00:26:62	David Gutrie USA 92 00:28:42	Keefe Lodwig USA 95 00:30:82	Dan Thompson USA 92 00:27:12	Robert Probsting USA 95 00:34:74	Bob Ballie USA 95 00:36:35	Jack Hale GBR 87 00:37:57	Frank Pleiter USA 94 00:37:57	Ray Tait USA 94 00:38:28	Robert Probsting USA 95 00:38:34	Hiromi Yoshimoto ITA 95 00:43:55	Andrew Kalunki GER 95 00:51:52	Tom Lane USA 94 02:05:54
100 metres	Mike Bottom USA 84 00:56:34	Mike Bottom USA 88 00:56:64	Mike Bottom USA 88 00:57:39	Mike Bottom USA 88 00:57:39	Mike Bottom USA 88 00:58:52	William Specht USA 94 00:57:39	Heas Yntema USA 95 00:59:02	Timothy Garton USA 92 01:05:83	Robert Probsting USA 94 01:08:27	Joe Kurizman USA 91 01:20:59	Karl-Heinz Knops GER 95 01:28:22	Anton Cefer USA 92 01:39:80	Walter Pleiter USA 94 01:58:99	Walter Pleiter USA 94 02:17:24	Frank Griffiths AUS 93 02:33:63	Tom Lane USA 94 02:33:63
200 metres	M. Lukasek TCH 84 02:05:25	Bobby Patten USA 95 02:05:85	William Specht USA 94 02:08:51	William Specht USA 94 02:13:57	John Covacevich AUS 94 02:25:23	Peter Gilmore AUS 93 02:32:65	Robert Probsting USA 94 02:48:05	John Masters USA 90 03:00:99	Joe Kurizman USA 91 03:08:79	Karl-Heinz Knops GER 95 03:28:08	Anton Cefer USA 92 03:43:56	Walter Pleiter USA 94 04:31:96	Frank Griffiths AUS 93 05:24:28	Tom Lane USA 94 05:24:28		
MIDDLE	Nicolas Granger FRA 94 02:07:00	David Lundberg USA 91 02:08:69	Dilan Madrigal BRA 94 02:15:21	Heas Yntema USA 95 02:17:64	Heas Yntema USA 95 02:24:39	Timothy Garton USA 93 02:28:70	Barry Young NZL 94 02:40:01	Charles Moss USA 93 02:45:76	Ray Tait USA 94 02:45:76	Ray Tait USA 94 03:24:38	Walter Pleiter USA 94 04:01:27	Walter Pleiter USA 94 04:40:15	Frank Griffiths AUS 93 05:58:87	Tom Lane USA 94 05:58:87		
400 metres	Nicolas Granger FRA 94 04:31:47	Sean Murphy USA 94 04:40:22	Serrey Fesenko UKR 94 04:45:18	Hess Yntema USA 95 04:53:03	Hess Yntema USA 95 05:12:03	Barry Young NZL 94 05:25:32	Graham Johnston USA 91 06:04:99	Charles Moss USA 93 06:25:02	Frank Griffiths AUS 93 07:21:75	Ray Tait USA 94 07:21:75	Walter Pleiter USA 94 08:45:17	Frank Griffiths AUS 94 10:28:43	Tom Lane USA 94 10:28:43			



FINA Masters World Records - Dated 1st May 1996

RELAY LONG COURSE

	100-119 years	120-159 years	160-199 years	200-239 years	240-279 years	280-319 years	320-359 years	360-399 years
Women's Freestyle 4 X 50 metres	HOLMES USA 88 Mary Holmes Susan Halfacre Beth Mauer Tish Bucher 01:53:20	LONE STAR USA 87 Monica Burk Brigitte Heuer L. Morrison Casey Jacki Hirsty 01:53:05	DC MASTERS USA 88 Jacki Hirsty Nancy Kirkendall Ann Swanson Sue Harrington 02:03:48	LOS ALTOS USA 94 Laura Val Susan Roy Della Sehorn Carolyn Boak 02:08:96	NEW ENGLAND USA 94 Jennifer Luker Diane Reed Billie Burrill Clara Walker 02:25:83	HELLES SWE 95 Britt Grilli Erna Hammarlund Kristina Vadem Kerstin Gjores 02:47:72	INGLEWOOD AUS 95 Del Rowley Betty Jones Dorothy Willison Audrey Whyte 05:03:34	
Women's Medley 4 x 50 metres	HOLMES USA 88 Beth Mauer Deb Walker Tish Bucher Mary Holmes 02:06:67	HOLMES USA 88 Chris Breddy Susan Roy Laura Val Carolyn Boak 02:08:21	LOS ALTOS USA 94 Brigitte Merten Monika Senftleben Heidi Kampschulte Marga Schulze 02:12:91	NEUK GER 92 Anne Walker Jayne Bruner Barbara Frid Barbara Zaremski 02:27:18	DC MASTERS USA 94 Reiko Nawata Hideko Mori Kimie Kamai Michiko Itai 02:49:96	OAHU JPN 95 Reiko Nawata Hideko Mori Kimie Kamai Michiko Itai 03:32:23	INGLEWOOD AUS 95 Del Rowley Betty Jones Dorothy Willison Audrey Whyte 07:11:22	
Men's Freestyle 4 x 50 metres	REGATAS BRA 90 Jose Santos Jorge Fernandes M. Goldstein Jose Moreira 01:37:40	LONE STAR USA 86 David Hague James Montgomery Trip Hedrick Buck Smith 01:37:43	HOLMES USA 90 James Lilley C. Miltenberger Richard Abrahams Timothy Garton 01:39:27	OLYMPIC USA 94 Michael Garibaldi Robert Strand Richard Bassi James Elder 01:46:69	GOST USA 92 Thomas Olander Sid Hall Keith Carter John Florence 01:58:54	SHUEI JPN 92 Suichi Murayama Juzo Tsubota Isamu Tamura Keijiro Nakamura 02:10:18	REC SWIM 88 JPN 93 S. Fukuwatari Tetsu Yamauchi Shiro Ishikawa Haruo Chijiwa 02:53:29	
Men's Medley 4 x 50 metres	POWERS AUS 90 Brad Cooper Neil Gynther Anker Brodersen Angus Waddell 01:49:84	RED FISH SUI 94 Patrick Ferland Etienne Dagon Theophile David Stefan Volery 01:48:75	BAYLOR LONE STAR USA 94 Mel Nash Barry Hamilton Tripp Hedrick David Hague 01:53:79	OLYMPIC USA 94 Tim Birnie Robert Strand Richard Bassi James Elder 01:58:50	BUCKEYE USA 94 Yoshi Oyakawa John Medici Thomas Olander John Florence 02:17:59	OREGON USA 92 Floyd Elliott Bob Morrison Andrew Holden Gerald Huestis 02:34:57	COAST MASTERS USA 95 Brion Winship Walter Pfeiffer Robert Christians Woodrow Bowersock 03:06:15	
Mixed Freestyle 4 x 50 metres	HOLMES USA 88 01:43:89	HOLMES USA 88 01:44:83	ROCKY MOUNTAIN USA 92 Cathy Drozda Judy Reed Tom Whalley Richard Abrahams 01:47:46	LOS ALTOS USA 94 Edward Cazalet Laura Val Arlene Proebsting Robert Proebsting 01:55:50	HOLMES USA 88 02:09:67	OREGON USA 92 Gerald Huestis Andrew Holden Pete Smith Pauline Stangel 02:31:29	DC MASTERS USA 93 Nancy Clark Anne Walker Kelley Lemmon David McAfee 03:03:15	
Mixed Medley 4 x 50 metres	HOLMES USA 88 Beth Mauer Bruce Howell Sam Seiple Mary Holmes 01:56:58	DC MASTERS USA 85 Thomas Wolf Matthew Kanzler Susan Skiff Jacki Hirsty 01:58:03	HOLMES USA 88 Edward Cazalet Tom Boak Carolyn Boak Arlene Proebsting 02:02:10	LOS ALTOS USA 94 Clara Walker Ted Haartz Win Wilson Diane Reed 02:14:32	NEW ENGLAND USA 88 02:29:30	HOLMES USA 88 02:37:98	RIO BRA 95 Alberto Mibieli Luzia Caraciolo Maria Lenk Gastao Figueiredo 03:54:87	

FINA Masters World Records - Dated 1st May 1996

RELAY SHORT COURSE

	100-119 years	120-159 years	160-199 years	200-239 years	240-279 years	280-319 years	320-359 years	360-399 years
Women's Freestyle 4 X 50 metres	ROCKY MOUNTAIN USA 93 Ellen Atkinson Shelle Botta Kathy Garnier Dana Dutcher 01:54:54	SWISS COTTAGE GBR 92 Michele Pearson Tamsin Jaggs Caroline Holden Alyson Jones 01:55:08	DC MASTERS USA 89 Susan Skiff Barbara Zaremski Jayne Bruner Jacki Hirsty 02:01:10	TAMALPAIS USA 89 Angela Kong Laverne Adams Sherry Rademacher Nancy Ridout 02:11:64	NEW ENGLAND USA 94 Clara Walker Jennifer Luker Billie A. Burnill Diane Reed 02:25:52	CRONULLA AUS 95 Nancye Mitchell Betty Stern Barbara Rose Helen Evans 02:50:32	ST. PETE USA 93 Marian McKechnie Win Kennedy Frances Cichanski Kay Schimpf 04:09:37	
Women's Medley 4 x 50 metres	SHEFFIELD GBR 93 Helen Pratt Pippa Jones Linzi Gaywood Lynne Lee 02:09:61	SAN DIEGO USA 94 Vicky Davidson Mathilde Bouwma Karilyn Pipes Beth Knight 02:05:27	S.G. NEUKOLLN GER 90 Sabine Felgentraeger Monika Senftleben Brigitte Merten Ruth Stubert 02:18:65	S.G. NEUKOLLN GER 91 Siegrid Kurz Monika Senftleben Brigitte Merten Marga Schulz 02:29:96	WEST COUNTY Y USA 92 Regan Kenner Carol Taylor Ardeth Mueller Jean Schnorbus 02:52:00	KOEIKAI JPN 95 Kumiko Kubo Tazuko Yasuoka Masako Hoshizaki Tomiko Omori 03:19:43	ST. PETE USA 93 Frances Cichanski Win Kennedy Kay Schimpf Marian McKechnie 04:55:62	
Men's Freestyle 4 x 50 metres	BARNETT COPTHALL GBR 92 Mark Matthews Andy Cotter Jim Hobson Kevin Frost 01:35:91	BAYLOR LONE STAR USA 92 Richard Hess Doug Moyse M. Rhodenbaugh Bobby Patten 01:37:89	JAN WELLEM GER 96 Ernst Denzer Kersten Meier Laci Perenyi Andreas Schmidt 01:41:70	S. CAL. AQUATICS USA 94 Fred Hubbell Frank Piemme Frans Nelson Peter O'Keefe 01:47:41	BUCKEYE USA 94 Sid Hall Yoshi Oyakawa Thomas Olander John Florence 01:58:22	SHUEI JPN 93 Keijiro Nakamura Eisaku Hayashi Isamu Tamura Shuichi Murayama 02:11:55	LONG BEACH USA 94 Walter Pfeiffer John Glenn Woodrow Bowersock Bob Christians 02:51:43	
Men's Medley 4 x 50 metres	BARNETT COPTHALL GBR 92 Andy Cotter Tim Hobson Mark Matthews Kevin Frost 01:48:16	BAYLOR LONE STAR USA 94 Jay Yarid Greg Rodenbaugh Bobby Patten Mook Rodenbaugh 01:45:01	COLONIALS USA 95 J. Nathan Leech Gregory Oxley Charles Norelli Robert Krotee 01:54:75	LOS ALTOS USA 89 Dick Thomas Thomas Boak Robert Proebsting John Richards 02:02:44	BUCKEYE USA 94 Yoshi Oyakawa Thomas Olander John Medici John Florence 02:16:44	SHUEI JPN 92 Goro Taniguchi Hiromu Yoshimoto Keiichi Tokunaga Shuichi Murayama 02:33:74	TOKYO S.C. JPN 95 Sadahiko Shimada Y. Miyamoto Kisaburo Wada Yajiko Fukuda 03:38:78	
Mixed Freestyle 4 x 50 metres	JARFALLA SWE 90 01:46:19	SAN DIEGO USA 94 Vicki Davidson Karilyn Pipes Gary Fortune Alan Vosard 01:48:27	TEXAS AQUATIC USA 95 Karlene Wise Sandy Neilson-Bell Larry Wood Bruce Greenwood 01:48:63	LINCOLN USA 89 Paul Huttinger Irene David Colleen Mahmen Ray Padavan 01:57:25	LOS ALTOS USA 92 John Richards Jay Craddock Della Sehorn Laura Val 02:12:98	OJAI S. BARBARA USA 95 Frank Piemme Grace Altus Ruth Baar Jurgen Schmidt 02:35:36	LONG BEACH USA 94 Walter Pfeiffer Madeleine Miller Maxine Merlin Woodrow Bowersock 03:37:67	
Mixed Medley 4 x 50 metres	LAKESIDE USA 89 William Tingley Gina Gatti Michael Higgs Melinda Schmitt 01:58:28	LAKESIDE USA 89 William Tingley Gina Gatti Michael Higgs Melinda Schmitt 01:58:28	WEST HOLLYWOOD USA 94 Andrea Devon Karen Melick Michael Mealiffe Thomas Reedy 02:01:59	SG NENKOLLN GER 92 S. Felgentraeger Monika Senftleben Manfred Brock B. Schlurke 02:12:50	LOS ALTOS USA 91 Della Sehorn John Richards Laural Val Jay Craddock 02:32:46	OJAI S. BARBARA USA 95 Gay Collins Frank Piemme Jurgen Schmidt Ruth Baar 02:55:31	RIO BRA 95 Alberto Mibieli Luzia Caraciolo Maria Lenk Gastao Figueiredo 03:51:75	



Summary FINA Masters World Records - Dated 1st May 1996



Long Course

		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	95-99	100-104
50m	Free	00:26:68	00:26:37	00:26:81	00:26:68	00:29:08	00:29:33	00:32:59	00:33:11	00:34:35	00:37:16	00:39:06	00:41:31	00:50:93	02:02:38		
100m	Free	00:57:76	00:58:09	00:58:87	00:59:76	01:05:44	01:07:42	01:11:01	01:14:25	01:16:84	01:25:89	01:31:46	01:39:30	02:00:68	03:48:55		
200m	Free	02:02:06	02:07:25	02:08:93	02:14:97	02:24:24	02:29:22	02:36:58	02:43:83	02:48:51	03:13:31	03:37:64	03:44:00	04:45:10	07:28:92		
400m	Free	04:13:03	04:30:19	04:31:35	04:48:82	04:59:66	05:16:62	05:26:57	05:47:52	06:05:22	06:46:55	07:38:77	08:23:50	10:44:25			
800m	Free	09:18:43	09:16:82	09:20:62	09:57:69	10:20:34	10:58:47	11:30:97	12:01:79	12:27:60	13:51:53	15:13:28	17:21:19	21:54:01	30:55:09		
1500m	Free	17:27:96	17:40:50	17:58:12	19:00:40	19:28:34	21:02:46	22:18:91	22:50:81	24:07:05	27:05:80	29:45:90	33:00:94	43:35:59			
50m	Back	00:30:80	00:31:47	00:32:39	00:32:25	00:34:51	00:34:87	00:37:30	00:39:93	00:39:85	00:43:24	00:46:64	00:53:73	00:58:42	01:42:49		
100m	Back	01:06:46	01:05:76	01:08:49	01:11:03	01:14:83	01:18:86	01:21:42	01:30:22	01:31:58	01:35:11	01:48:86	02:01:87	02:13:13	03:59:89		
200m	Back	02:19:97	02:18:67	02:26:66	02:36:89	02:42:60	02:51:11	02:59:18	03:12:84	03:17:12	03:28:69	04:00:44	04:22:89	04:47:82	10:47:76		
50m	Breast	00:32:01	00:34:56	00:34:41	00:37:02	00:36:97	00:39:52	00:39:91	00:42:49	00:43:42	00:49:47	00:52:90	00:59:60	01:15:55	02:13:81		
100m	Breast	01:16:05	01:14:52	01:17:44	01:21:73	01:22:27	01:28:70	01:29:88	01:35:25	01:42:25	01:51:36	02:03:71	02:17:08	03:02:34	05:06:09		
200m	Breast	02:42:02	02:46:81	02:50:92	02:56:21	03:06:52	03:11:56	03:18:11	03:24:83	03:45:71	04:03:16	04:29:52	05:01:36	07:15:13	10:39:50		
50m	Fly	00:28:79	00:29:22	00:29:27	00:29:89	00:30:74	00:31:69	00:35:29	00:38:10	00:39:52	00:45:75	00:55:38	01:01:41	01:27:77	04:57:25		
100m	Fly	01:03:67	01:05:16	01:05:39	01:06:27	01:12:67	01:13:86	01:26:38	01:31:52	01:37:07	01:57:17	02:19:44	02:27:91	03:01:14			
200m	Fly	02:17:51	02:21:43	02:26:38	02:32:59	02:38:78	02:49:53	03:17:68	03:26:76	03:36:25	04:16:68	04:54:79	05:24:52	07:18:41			
200m	Med	02:22:00	02:23:12	02:28:93	02:38:20	02:46:22	02:53:40	02:59:15	03:15:30	03:20:58	03:49:31	04:20:42	04:41:09	06:44:53	12:10:93		
400m	Med	05:05:29	05:05:05	05:34:47	05:39:70	05:54:98	06:12:08	06:18:94	06:57:33	07:09:69	09:11:23						
50m	Free	00:22:59	00:23:21	00:23:20	00:24:93	00:25:18	00:26:16	00:27:05	00:27:80	00:28:94	00:29:35	00:32:50	00:33:88	00:41:53	00:48:70	01:41:72	02:05:49
100m	Free	00:51:25	00:51:50	00:51:49	00:55:26	00:55:66	00:58:62	01:00:87	01:02:80	01:08:15	01:10:16	01:13:84	01:19:28	01:41:27	01:57:91		04:25:98
200m	Free	01:52:17	01:54:04	01:55:36	02:01:16	02:04:97	02:09:74	02:17:63	02:23:11	02:32:90	02:41:41	02:51:62	03:03:45	03:48:91	04:28:34		
400m	Free	04:05:99	04:07:04	04:07:64	04:22:80	04:27:70	04:43:72	04:57:21	05:04:56	05:31:13	05:48:08	06:19:18	06:40:63	08:14:50	09:44:11		
800m	Free	08:29:22	08:40:19	08:38:73	08:57:66	09:24:19	09:49:89	10:27:08	10:34:02	11:33:14	12:03:73	12:58:14	13:50:05	17:11:21	20:13:74		
1500m	Free	16:28:69	16:36:06	16:37:34	16:58:52	18:27:49	18:49:43	19:54:72	20:04:73	22:29:32	23:03:23	24:51:78	28:54:95	33:08:42	36:47:02		
50m	Back	00:26:68	00:27:26	00:28:04	00:29:38	00:30:42	00:30:93	00:32:94	00:33:13	00:35:47	00:37:10	00:39:49	00:43:15	00:56:12	01:10:27		02:05:54
100m	Back	00:57:93	00:58:66	01:00:95	01:03:39	01:05:64	01:09:61	01:12:33	01:14:72	01:20:74	01:24:14	01:29:52	01:40:26	02:07:06	02:34:82		04:57:01
200m	Back	02:05:86	02:05:62	02:13:83	02:18:17	02:23:84	02:32:81	02:37:16	02:45:93	02:55:46	03:10:07	03:15:00	03:42:95	04:43:49	05:36:88		
50m	Breast	00:29:60	00:29:42	00:30:13	00:30:82	00:32:48	00:33:38	00:33:03	00:34:59	00:38:28	00:39:15	00:42:58	00:45:45	00:51:52	01:16:01		
100m	Breast	01:04:60	01:05:65	01:05:67	01:09:95	01:12:96	01:15:60	01:17:87	01:21:58	01:28:91	01:32:51	01:46:92	02:12:18	03:09:64			
200m	Breast	02:26:73	02:24:06	02:24:37	02:32:17	02:41:02	02:50:57	02:56:20	03:02:00	03:16:90	03:26:42	03:34:86	04:10:93	05:09:86	06:24:54		
50m	Fly	00:25:16	00:25:31	00:25:93	00:26:62	00:27:12	00:28:05	00:29:74	00:30:35	00:33:34	00:34:40	00:37:57	00:47:24	00:57:93			
100m	Fly	00:56:34	00:56:64	00:57:39	00:59:02	01:02:84	01:05:83	01:09:27	01:14:98	01:20:59	01:29:22	01:39:80	01:58:99	02:33:63			
200m	Fly	02:05:25	02:03:85	02:08:51	02:13:57	02:25:23	02:32:65	02:48:05	03:00:99	03:08:79	03:28:08	03:43:56	04:31:96	05:24:28			
200m	Med	02:07:00	02:09:69	02:15:21	02:17:64	02:24:39	02:28:70	02:40:01	02:50:08	02:57:61	03:11:42	03:24:38	04:01:29	04:40:15	06:59:87		
400m	Med	04:31:47	04:40:22	04:50:18	04:53:03	05:12:03	05:25:32	05:50:45	06:04:99	06:25:02	06:52:07	07:21:75	08:45:17	10:28:43			
50m	Free	00:26:65	00:26:46	00:26:13	00:27:74	00:29:49	00:30:30	00:31:83	00:33:07	00:34:38	00:37:53	00:39:73	00:45:40	00:51:99	01:36:77		
100m	Free	00:58:93	00:57:35	00:57:71	01:00:68	01:04:66	01:06:41	01:11:18	01:13:50	01:17:78	01:27:12	01:37:68	01:48:30	02:05:74	03:24:13		
200m	Free	02:05:80	02:06:10	02:07:58	02:14:14	02:22:24	02:27:95	02:34:77	02:39:93	02:56:55	03:14:78	03:33:40	04:07:41	04:52:37	07:01:11		
400m	Free	04:25:94	04:24:82	04:33:17	04:42:94	04:56:49	05:12:43	05:34:32	05:38:06	06:13:42	06:38:58	07:23:29	08:39:15	10:19:41	14:16:35		
800m	Free	09:18:99	09:09:90	09:24:81	10:04:16	10:09:82	11:12:04	11:29:99	11:30:55	12:35:26	13:26:21	15:26:60	17:51:63	22:22:74	28:45:45		
1500m	Free	17:30:18	17:23:60	17:43:10	19:00:81	19:54:67	21:22:26	21:35:84	22:38:44	25:05:57	29:30:20	34:13:00	42:10:95				
50m	Back	00:30:63	00:30:90	00:32:50	00:31:55	00:33:11	00:35:55	00:37:10	00:39:60	00:40:48	00:42:58	00:48:06	00:58:78	01:13:57	01:55:07		
100m	Back	01:04:66	01:03:96	01:10:47	01:10:45	01:12:92	01:19:17	01:21:90	01:29:13	01:30:41	01:35:66	01:48:13	02:06:95	02:45:89	04:19:46		
200m	Back	02:17:66	02:17:31	02:31:78	02:34:04	02:37:35	02:48:88	03:00:66	03:10:79	03:15:72	03:27:79	04:00:43	04:38:53	06:00:16			
50m	Breast	00:33:60	00:33:74	00:34:63	00:36:96	00:37:54	00:38:82	00:40:69	00:41:74	00:44:61	00:49:15	00:53:28	01:05:64	01:20:56	01:49:01		
100m	Breast	01:13:60	01:15:39	01:16:70	01:19:88	01:23:49	01:25:73	01:28:13	01:32:12	01:41:41	01:50:57	01:59:41	02:19:17	02:59:10	04:05:59		
200m	Breast	02:40:90	02:44:68	02:50:93	02:54:12	03:03:73	03:06:63	03:12:85	03:19:67	03:41:93	03:55:30	04:22:96	04:54:39	07:11:32			
50m	Fly	00:28:95	00:29:40	00:30:05	00:30:17	00:32:24	00:33:85	00:36:10	00:38:30	00:38:44	00:46:86	00:56:53	01:02:58	01:24:22			
100m	Fly	01:04:96	01:03:83	01:07:28	01:06:86	01:12:53	01:12:66	01:22:22	01:29:99	01:33:10	01:54:16	02:12:17	02:28:34	03:20:81			
200m	Fly	02:17:13	02:21:20	02:28:96	02:29:19	02:37:88	02:55:91	03:09:43	03:17:00	03:32:93	04:05:45	04:48:50	05:22:65	07:12:95			
100m	Med	01:06:84	01:05:16	01:08:15	01:11:65	01:14:41	01:18:05	01:21:25	01:26:42	01:31:45	01:43:66	01:58:06	02:06:91	02:40:42			
200m	Med	02:24:07	02:20:90	02:29:95	02:33:89	02:42:88</											



FINA Masters World Records - WOMEN'S SHORT COURSE - Dated 1st May 1996

	25-29 years	30-34 years	35-39 years	40-44 years	45-49 years	50-54 years	55-59 years	60-64 years	65-69 years	70-74 years	75-79 years	80-84 years	85-89 years	90-94 years	95-99 yrs	100+ yrs	
FREE 50 metres	Michelle Chow USA 94 00:26.65	Anna Pettis-Scott USA 93 00:26.46	Sandy Nielsen-Bell USA 95 00:26.13	Connie Baer Buys NED 95 00:27.74	Laura Val USA 95 00:28.49	Susan Barkley ESP 95 00:30.30	Jayne Bruner USA 95 00:31.83	Odele Lusien FRA 93 00:33.07	Catherine Kerr CAN 94 00:37.53	Dija Johnson Nzl 96 00:38.73	Hatsuho Sugaya JPN 94 00:39.73	Dija Johnson Nzl 96 00:45.40	Hatsuho Sugaya JPN 94 00:51.99	Dija Johnson Nzl 96 00:55.99	Julia Dolce USA 95 00:55.99	Anna Bauscher USA 93 01:36.77	
100 metres	Monique Rodahl Nzl 89 00:58.93	Sandy Nielsen-Bell USA 88 00:57.35	Connie Baer Buys NED 95 01:04.66	Laura Val USA 93 01:05.68	Ardeth Mueller USA 91 01:06.41	Yoshiko Osaki JPN 94 01:11.18	Jayne Bruner USA 95 01:13.50	Gail Roper USA 95 01:27.12	Florence Carr USA 95 01:37.68	Dija Johnson Nzl 96 01:37.68	Hatsuho Sugaya JPN 94 01:48.30	Dija Johnson Nzl 96 01:48.30	Hatsuho Sugaya JPN 94 01:48.30	Julia Dolce USA 95 02:05.74	Anna Bauscher USA 93 02:24.13		
200 metres	Rebecca Williams Nzl 90 02:05.80	K. Pipes-Nielsen USA 95 02:06.10	Sandy Nielsen-Bell USA 94 00:57.71	Barbara Dunbar USA 95 02:14.14	Ardeth Mueller USA 91 02:22.35	Yoshiko Osaki JPN 93 02:34.77	Lavelle Stolnoff USA 93 02:38.73	Margery Meyer USA 94 03:14.78	Candice Gandojho BRA 95 03:33.58	Gail Roper USA 94 03:34.32	Margery Meyer USA 94 03:34.32	Gail Roper USA 94 03:34.32	Julia Dolce USA 95 04:07.41	Julia Dolce USA 95 04:52.37			
400 metres	Lynn Marshall CAN 91 04:25.94	K. Pipes-Nielsen USA 96 04:24.82	Beth Knight USA 94 04:33.42	Laura Val USA 95 10:04.16	Suzanne Dilis USA 95 11:12:04	Lavelle Stolnoff USA 93 11:28.99	Clara Walker USA 92 12:35.26	Clara Walker USA 92 13:26.21	Rilla Simonton USA 93 15:28.60	Clara Walker USA 92 15:28.60	Rilla Simonton USA 93 15:28.60	Julia Dolce USA 95 16:19.41	Julia Dolce USA 95 16:19.41	Anna Bauscher USA 93 17:22.74			
800 metres	Diane Grainer USA 90 09:16.99	Lynn Marshall CAN 91 09:09.90	Beth Knight USA 94 09:24.81	Barbara Dunbar USA 91 10:09.82	Suzanne Dilis USA 95 10:09.82	Lavelle Stolnoff USA 93 11:30.55	Clara Walker USA 92 12:38.21	Clara Walker USA 92 13:26.21	Rilla Simonton USA 93 15:28.60	Clara Walker USA 92 15:28.60	Rilla Simonton USA 93 15:28.60	Julia Dolce USA 95 16:19.41	Julia Dolce USA 95 16:19.41	Anna Bauscher USA 93 17:22.74			
1500 metres	Karen Burton USA 91 17:30.18	Karen Burton USA 94 17:23.60	Beth Knight USA 94 17:43.10	Laura Val USA 90 19:00.81	Carolyn Boak USA 95 21:22.26	Lavelle Stolnoff USA 93 21:35.84	Clara Walker USA 92 22:38.44	Clara Walker USA 92 25:05.57	Rilla Simonton USA 93 28:30.20	Clara Walker USA 92 25:05.57	Rilla Simonton USA 93 28:30.20	Julia Dolce USA 95 28:30.20	Julia Dolce USA 95 28:30.20	Anna Bauscher USA 93 28:45.45			
BACK 50 metres	Diane Grainer USA 89 00:30.63	K. Pipes-Nielsen USA 95 00:30.50	Laura Val USA 91 00:32.50	Nancy Fisher USA 93 00:31.55	Saloko Takeuiji JPN 95 00:35.55	Margaret Wilding GBR 94 00:40.48	Doris Steadman USA 89 00:40.48	Doris Steadman GBR 91 00:42.58	Willy Van Ryssel GBR 91 00:48.06	Doris Steadman USA 89 00:48.06	Willy Van Ryssel GBR 91 00:48.06	Doris Steadman USA 89 00:48.06	Doris Steadman GBR 91 01:05.89	Doris Steadman GBR 91 01:05.89	Vera Fernance AUS 89 01:55.07		
100 metres	Diane Grainer USA 89 01:04.66	K. Pipes-Nielsen USA 95 01:03.96	Pat Gilmore CAN 88 01:10.47	Laura Val USA 95 01:10:45	Nancy Fisher USA 95 01:19:58	Saloko Takeuiji JPN 95 01:19:58	Betsy Jordan USA 92 01:21:00	Betsy Jordan USA 92 01:28:13	Doris Steadman USA 89 01:35:66	Betsy Jordan USA 92 01:35:66	Doris Steadman USA 89 01:35:66	Vera Fernance AUS 90 04:18:46					
200 metres	J. De Rover NED 92 02:17.86	K. Pipes-Nielsen USA 95 02:17.31	Katharine Branch USA 94 02:31:78	Laura Val USA 94 02:34:04	Nancy Fisher USA 95 02:37:35	Saloko Takeuiji JPN 95 03:06:56	Doris Steadman USA 92 03:10:73	Doris Steadman USA 92 03:15:72	Doris Steadman USA 92 03:27:79	Doris Steadman USA 92 03:27:79	Doris Steadman USA 92 03:27:79	Doris Steadman USA 92 03:27:79	Doris Steadman USA 92 03:27:79	Doris Steadman USA 92 03:27:79	Doris Steadman USA 92 03:27:79	Marilyn McTechneile USA 89 06:00:16	
BREAST 50 metres	Ria Willmisse NED 90 00:33:50	Degmar Hilbig GER 92 00:33:74	Leslie Osborne USA 88 00:34:63	Julie Lowe GBR 95 00:36:36	Erna Loskamp NED 92 00:38:52	Margaret Wilding GBR 94 00:40:48	Doris Steadman USA 89 00:40:48	Doris Steadman GBR 91 00:45:15	Willy Van Ryssel GBR 91 00:48:06	Doris Steadman USA 89 00:48:06	Willy Van Ryssel GBR 91 00:48:06	Doris Steadman USA 89 00:48:06	Doris Steadman GBR 91 01:05:64	Doris Steadman GBR 91 01:05:64	Doris Venning NZL 91 01:48:01		
100 metres	Ria Willmisse NED 90 01:13:60	Sharron Davies GBR 92 01:15:39	Leslie Osborne USA 88 01:16:70	Urska Urbanlak GER 95 01:19:88	Carolyn Boak USA 92 01:23:49	Flora Connolly GBR 90 01:26:13	Doris Steadman USA 89 01:26:13	Doris Steadman GBR 94 01:32:12	Saloko Suzuid JPN 94 01:41:41	Flora Connolly GBR 90 01:41:41	Flora Connolly GBR 90 01:41:41	Flora Connolly GBR 90 01:41:41	Flora Connolly GBR 90 01:41:41	Flora Connolly GBR 90 01:41:41	Flora Connolly GBR 90 01:41:41	Marilyn McTechneile USA 89 02:10:59	
200 metres	Louise Keogh USA 94 02:40:90	B. Hundsdorfer GER 95 02:44:88	Leslie Osborne USA 88 02:50:93	Gayle Beny USA 92 02:54:12	Diane Ford GBR 93 03:03:73	Flora Connolly GBR 94 03:12:85	Doris Steadman USA 92 03:06:53	Doris Steadman USA 92 03:10:73	Hildegard Messing GER 95 01:50:57	Flora Connolly GBR 94 01:54:16	Hildegard Messing GER 95 01:54:16	Madeleine Miller USA 95 07:11:32					
FLY 50 metres	Monica Cuervo ESP 95 00:28:56	Karim Phipps USA 95 00:30:05	Leslie Osborne USA 91 00:30:17	Connie Baer Buys NED 95 00:32:24	Erna Loskamp NED 92 00:38:52	Maud Povey GBR 94 00:45:69	Edith Bohm GER 94 00:44:61	Edith Bohm GER 94 00:44:61	Saloko Suzuid JPN 94 01:45:41	Flora Connolly GBR 90 01:45:41	Flora Connolly GBR 90 01:45:41	Flora Connolly GBR 90 01:45:41	Flora Connolly GBR 90 01:45:41	Flora Connolly GBR 90 01:45:41	Flora Connolly GBR 90 01:45:41	Madeleine Miller USA 95 07:11:32	
100 metres	Monica Cuervo ESP 95 01:04:96	K. Pipes-Nielsen USA 95 01:03:83	Maria Velikonja USA 93 01:07:28	Laura Val USA 93 01:07:56	Barbara Dunbar USA 91 01:12:53	Flora Connolly GBR 94 01:22:22	Gail Roper USA 95 01:22:22	Gail Roper USA 95 01:22:22	Lolo Nochman USA 94 01:33:10	Flora Connolly GBR 94 01:33:10	Lolo Nochman USA 94 01:33:10	Flora Connolly GBR 94 01:33:10	Flora Connolly GBR 94 01:33:10	Flora Connolly GBR 94 01:33:10	Jewel Cooke USA 96 01:28:34		
200 metres	S. Palmer-Whittle AUS 91 02:17:13	K. Pipes-Nielsen USA 95 02:21:20	Laura Val USA 91 02:28:96	Laura Val USA 93 02:28:19	Ardeth Mueller USA 97 02:37:88	Yoshiko Osaki JPN 95 03:09:43	Jayne Bruner USA 95 03:17:00	Jayne Bruner USA 95 03:27:33	Lolo Nochman USA 94 03:32:33	Jayne Bruner USA 95 03:32:33	Lolo Nochman USA 94 03:32:33	Jayne Bruner USA 95 03:32:33	Jayne Bruner USA 95 03:32:33	Jewel Cooke USA 96 01:28:34			
MEDLEY 100 metres	Monique Rodahl Nzl 89 01:06:64	K. Pipes-Nielsen USA 95 02:24:07	Sandy Nielsen-Bell USA 95 02:26:90	Laura Val USA 95 02:39:95	Ardeth Mueller USA 91 02:42:88	Yoshiko Osaki JPN 95 02:56:07	Gail Roper USA 95 02:56:07	Gail Roper USA 95 02:56:07	Lolo Nochman USA 94 03:46:89	Flora Connolly GBR 94 03:11:59	Flora Connolly GBR 94 03:11:59	Flora Connolly GBR 94 03:11:59	Flora Connolly GBR 94 03:11:59	Flora Connolly GBR 94 03:11:59	Catherine Kerr CAN 96 04:12:37		
200 metres	Diane Grainer USA 89 02:24:07	K. Pipes-Nielsen USA 95 02:44:88	Beth Knight USA 94 04:56:90	Laura Val USA 92 05:23:30	Ardeth Mueller USA 91 05:32:53	Yoshiko Osaki JPN 95 05:50:55	Jayne Bruner USA 95 06:38:03	Jayne Bruner USA 95 06:38:03	Jayne Bruner USA 95 06:38:03	Flora Connolly GBR 90 06:38:03	Flora Connolly GBR 90 06:38:03	Flora Connolly GBR 90 06:38:03	Flora Connolly GBR 90 06:38:03	Flora Connolly GBR 90 06:38:03	Jewel Cooke USA 96 05:50:43		
400 metres																Jewel Cooke USA 96 13:48:08	



FINA Masters World Records - MEN'S SHORT COURSE

- Dated 1st May 1996

	25-29 years	30 - 34 years	35-39 years	40-44 years	45-49 years	50-54 years	55-59 years	60-64 years	65-69 years	70-74 years	75-79 years	80-84 years	85-89 years	90-94 years	95-99 years	100-104 yrs
FR 50 metres	Robert Peel USA 93 00:22.48	Rowdy Gaines JPN 89 00:22.82	Bruce Stahl USA 94 00:23.80	Charles Stahl USA 95 00:24.42	Jan Koen Aithoul NED 95 00:24.70	Farral L'ouing USA 88 00:26.35	Donald Hill USA 95 00:27.32	Bob Ballie USA 95 00:28.63	Frank Plemme USA 90 00:30.59	Kelly Lemmon USA 88 00:32.78	W. Bowersock AUS 93 00:35:16	Frank Griffiths AUS 93 00:41:92	Gus Langner USA 93 00:50:08	Gus Langner USA 93 01:41:46	Gus Langner USA 93 01:58:42	Gus Langner USA 93 02:06:66
100 metres	Bjorn Zbarsky JPN 89 00:49.91	Rowdy Gaines JPN 89 00:50.51	Mark Morgan AUS 94 00:52.64	Rick Abbott USA 95 01:57.91	Terry Downes USA 95 00:54:64	Keefe Lodwig USA 94 00:58.39	Donald Hill USA 89 01:00:38	Bob Ballie USA 95 01:01:96	Roberto Alberliche ESP 96 01:22.77	Frank Plemme USA 95 01:09:00	Hikoll Ued JPN 95 01:13:47	Hikoll Ued JPN 95 01:18:80	Gus Langner USA 93 01:41:46	Gus Langner USA 93 01:58:42	Gus Langner USA 93 02:06:66	
200 metres	John Keppler USA 95 01:48.81	Rowdy Gaines JPN 89 01:56.91	Mark Morgan AUS 94 01:57.98	Mark Morgan AUS 94 02:01:33	Jim McConica USA 95 02:17.95	Keefe Lodwig USA 94 02:10:54	Donald Hill USA 89 02:21:31	Bob Ballie USA 95 02:22.13	Frank Plemme USA 95 02:37:86	Ray Tait USA 95 02:48.67	Ray Tait USA 95 02:48.67	Ray Tait USA 94 03:01:42	Ray Tait USA 94 03:48:20	Ray Tait USA 94 04:27.70	Tom Lane USA 95 04:32:29	
400 metres	Gavin Liley GBR 93 03:55.78	Bruce Hayes USA 94 03:58.63	William Specht USA 95 04:16:27	Heas Yntema USA 95 04:09:31	Sandy Gallely GBR 94 04:29.92	Angus Eglin BAR 91 04:39.22	Drury Gallagher GBR 95 04:39.22	Graham Johnston USA 95 04:56:68	William Phillips USA 95 05:24.99	Frank Plemme USA 95 05:35:49	Frank Plemme USA 95 06:02:95	Frank Plemme USA 95 06:25:20	Frank Plemme USA 95 07:54:24	Frank Plemme USA 95 08:50:65	Tom Lane USA 95 02:02:52	
800 metres	T. Lennartsson SWE 92 08:29:19	Bruce Hayes USA 94 08:19:44	Matt Clark USA 94 08:56:81	Heas Yntema USA 95 08:48:83	Jim McConica USA 95 09:02:56	Sandy Gallely GBR 95 09:38:02	Drury Gallagher GBR 95 10:12:80	Graham Johnston USA 95 10:27:62	William Phillips USA 95 11:38:41	Frank Plemme USA 95 11:38:41	Frank Plemme USA 95 12:45:40	Frank Plemme USA 95 14:48:88	Frank Plemme USA 95 16:53:90	Frank Plemme USA 95 18:48:88	Tom Lane USA 95 02:02:52	
1500 metres	Rob Mackie USA 92 16:23:21	Bruce Hayes USA 94 16:21:25	Aine Borgstrom NOR 94 17:06:28	Heas Yntema USA 95 16:55:71	Angus Eglin BAR 91 18:10:24	Sandy Gallely GBR 94 18:32:56	David Harrison USA 94 18:45:72	Graham Johnston USA 95 19:48:44	Roger Franks USA 93 21:57:69	Allo Da Rosa USA 94 22:44:45	Allo Da Rosa USA 94 24:46:19	Allo Da Rosa USA 94 28:43:31	Allo Da Rosa USA 94 32:20:20	Allo Da Rosa USA 94 51:43:20	Tom Lane USA 95 02:02:52	
BACK 50 metres	Martin Harris GER 94 00:25.43	Jay Yarid USA 94 00:26:58	Clay Britt USA 96 00:26:84	Lad Parenyi GER 95 00:28:77	Robert Smith USA 94 00:30:33	Graham Sykes GBR 93 00:32:40	Jack Beattie USA 94 00:34:05	Paul Hultinger USA 94 00:35:61	Ray Tait USA 94 00:39:84	Ollo Claus GER 95 00:43:71	Ollo Claus GER 95 00:55:03	Gastao Figueiredo GER 95 00:55:03	Gastao Figueiredo GER 95 01:15:84	Gastao Figueiredo GER 95 01:58:33	Tom Lane USA 95 02:02:52	
100 metres	Martin Harris GER 94 00:54.82	Jay Yarid USA 93 00:58:83	Clay Britt USA 96 00:58:25	Clay Britt USA 95 01:03:16	Peter O'Keefe USA 95 01:04:94	Barry Young NZL 94 01:06:23	Jack Beattie USA 94 01:10:55	Roger Franks USA 94 01:19:07	Ray Tait USA 94 01:21:74	Edward Shea USA 94 01:37:17	Edward Shea USA 94 01:37:17	Edward Shea USA 94 02:06:31	Edward Shea USA 94 02:40:88	Edward Shea USA 94 02:40:88	Joe Kaufman USA 95 02:40:88	
200 metres	Martin Harris GER 94 02:01:78	Jay Yarid USA 93 02:04:63	William Specht USA 93 02:16:72	John March CAN 95 02:21:61	Peter O'Keefe USA 95 02:21:61	Barry Young NZL 94 02:28:54	Jack Beattie USA 94 02:33:21	Roger Franks USA 94 02:40:75	Paul Hultinger USA 94 02:59:92	Ray Tait USA 94 03:10:22	Ray Tait USA 94 03:33:91	Ray Tait USA 94 03:42:33	Ray Tait USA 94 03:52:71	Ray Tait USA 94 04:35:42	Tom Lane USA 95 02:02:52	
BREAST 50 metres	Guy Farrow AUS 90 00:28:81	Dean Putteman AUS 90 00:29:34	Glen Christiansen GER 93 00:30:10	C. Millerberger USA 93 00:31:83	Robert Strand USA 95 00:31:83	Hiroaki Kobegawa JPN 95 00:33:09	Nick Templeman CAN 96 00:34:49	Karl Heinz Knops GER 95 00:36:33	Karl Heinz Knops GER 95 00:42:33	Karl Heinz Knops GER 95 00:45:52	Karl Heinz Knops GER 95 00:57:50	Karl Heinz Knops GER 95 01:08:33	Karl Heinz Knops GER 95 01:15:84	Karl Heinz Knops GER 95 01:57:50	Tom Lane USA 95 02:02:52	
100 metres	Frank Vilner NED 91 01:04:49	Frank Vilner NED 91 01:04:49	Ron Schaefer USA 95 00:56:43	C. Millerberger USA 93 01:07:56	Robert Strand USA 95 01:09:44	Drury Gallagher USA 95 01:14:72	Manuel Sanguily USA 98 01:16:52	Akio Sugiyama JPN 95 01:19:82	Barton Greenberg USA 94 01:21:34	Barton Greenberg USA 94 01:28:48	Barton Greenberg USA 94 01:36:51	Barton Greenberg USA 94 02:06:33	Barton Greenberg USA 94 02:45:52	Barton Greenberg USA 94 03:01:95	Barton Greenberg USA 94 03:01:95	
200 metres	Chris Grindler USA 94 02:24:02	Serge Score CAN 95 02:24:52	Gregory Harrison USA 95 02:28:12	Ron Schaefer USA 95 02:31:97	Robert Strand USA 95 02:34:41	Drury Gallagher USA 95 02:49:85	Thomas Walker GBR 95 02:57:08	Karl Heinz Knops GER 91 03:15:28	Karl Heinz Knops GER 91 03:16:44	Karl Heinz Knops GER 91 03:25:27	Karl Heinz Knops GER 91 03:34:29	Karl Heinz Knops GER 91 03:49:00	Karl Heinz Knops GER 91 04:07:75	Karl Heinz Knops GER 91 04:58:88	Karl Heinz Knops GER 91 05:16:41	
FLY 50 metres	Martin Harris GBR 94 00:25:41	Michael Bottom GBR 95 02:05:93	William Specht USA 95 02:06:48	Rick Abbott USA 95 02:06:48	Dan Thompson USA 93 02:21:61	Koji Iwamoto JPN 95 02:28:65	Bert Petersen USA 94 02:30:12	Bob Ballie USA 95 02:30:34	Hiroaki Kobegawa JPN 95 02:33:09	Nick Templeman CAN 96 02:38:99	Nick Templeman CAN 96 02:45:52	Nick Templeman CAN 96 02:57:50	Nick Templeman CAN 96 03:08:33	Nick Templeman CAN 96 03:08:33	Nick Templeman CAN 96 03:08:33	
100 metres	Martin Hermann USA 95 00:56:11	Michael Bottom GBR 95 02:05:93	William Specht USA 95 02:06:48	Heas Yntema USA 95 02:07:52	A. McPherson USA 95 02:08:57	Drury Gallagher USA 95 02:10:58	Manuel Sanguily USA 98 02:14:72	Robert Probating USA 93 02:16:53	Jack Hale GBR 86 02:16:56	Harry Hunsicker GER 95 02:18:52	Harry Hunsicker GER 95 02:27:21	Harry Hunsicker GER 95 02:46:48	Harry Hunsicker GER 95 02:46:48	Harry Hunsicker GER 95 02:46:48	Harry Hunsicker GER 95 02:46:48	
200 metres	Gavin Liley GBR 93 02:05:97	Ian Beck GBR 95 02:05:93	William Specht USA 94 02:06:48	Heas Yntema USA 95 02:08:09	Fred Saltzgeber USA 94 02:23:40	Drury Gallagher USA 95 02:28:99	Werner Muller GER 95 02:42:05	Charles Ross USA 93 03:00:10	Hiloshi Kalo JPN 96 02:32:80	Paul Krup USA 92 02:36:80	Paul Krup USA 92 02:36:80	Paul Krup USA 92 02:36:80	Paul Krup USA 92 02:36:80	Paul Krup USA 92 02:36:80	Paul Krup USA 92 02:36:80	
MEDLEY 100 metres	Martin Harris GBR 94 00:56:90	Jerome Frientos USA 95 02:05:93	Richard Hess USA 92 01:00:79	Ric Cooley USA 93 01:02:30	Koji Iwamoto JPN 95 01:07:60	Drury Gallagher USA 88 01:11:34	Frank Plemme ESP 96 01:15:25	Bob Ballie USA 95 01:16:79	Frank Plemme ESP 96 01:20:99	Ray Tait USA 94 01:27:43	Ray Tait USA 94 01:44:08	Ray Tait USA 94 02:06:37	Ray Tait USA 94 02:06:37	Ray Tait USA 94 02:06:37	Ray Tait USA 94 02:06:37	
200 metres	John Keppler USA 95 02:05:93	Jerome Frientos USA 95 02:05:93	Richard Hess USA 92 01:00:79	Keefe Lodwig USA 94 01:07:56	Steve Heck USA 94 02:23:68	Drury Gallagher USA 88 02:34:42	Jack Kelso CAN 95 02:34:42	Graham Johnston USA 91 02:46:69	Jesus Dominguez ESP 96 02:49:10	Walter Pfeiffer USA 94 01:27:21	Walter Pfeiffer USA 94 01:44:08	Walter Pfeiffer USA 94 02:36:82	Walter Pfeiffer USA 94 02:36:82	Walter Pfeiffer USA 94 02:36:82	Walter Pfeiffer USA 94 02:36:82	
400 metres	John Keppler USA 95 04:26:79	Jerome Frientos USA 95 04:33:17	Richard Hess USA 92 01:00:79	Keefe Lodwig USA 94 01:07:56	Nikolaev Juhly RUS 93 05:12:41	Drury Gallagher USA 88 05:19:87	Drury Gallagher USA 93 05:30:62	Werner Muller USA 93 06:02:73	Frank Plemme ESP 96 06:07:00	Ray Tait USA 94 06:38:98	Ray Tait USA 94 07:08:53	Ray Tait USA 94 07:08:53	Ray Tait USA 94 07:08:53	Ray Tait USA 94 07:08:53	Ray Tait USA 94 07:08:53	

Gus Langner
USA 93
01:00:53

H. Eienschmidt
USA 91
05:02:31

H. Eienschmidt
USA 91
05:02:31

H. Eienschmidt
USA 91
10:47:13

CALENDAR OF MASTERS OPEN EVENTS

NATIONAL & INTERNATIONAL

1996

JUN	14-16	6th Casparie Dutch Open Masters Long Course Meet Henk Wisselo, Wijenburg 21, 7339 DH Apeldoorn, NETHERLANDS	Fax: 31-55-417-94
	15	International Masters Vlerkampf Meisterschaften Schwimmverein Basel, c/o M.Rohrbach, PO Box 4215 CH-4002 Basel	Fax: 41-61-361-65 SWITZERLAND
	22-03 July	VIIth World Masters Swimming Championships Leader House, Surrey St.,Sheffield, S1 2LH ENGLAND	Fax: 44-114-273-6
JUL	4-7	1st Nordit Masters Diving Championships Grunde Vegard	Fax: 47-333-14917
	6	3rd. Red Fish Masters Neuchatel Meet SVP Stefan Volery Promotion, PO Box 2055, CH-2002 Neuchatel,	Fax: 41-38-330-77 SWITZERLAND
	09-10	Nordic Masters Open Diving Championships Rolli Mikkola, Finnish Swimming Federation, Radiokatu 20, FIN-00240, Helsinki, FINLAND	Fax: 358-0-147-78
	20	USMS 10 Mile Open Water Championships Ron Kempster, 201 Second St., Seal Beach, CA 90740 U.S.A.	Phone: 1-310-430-4
AUG	3	USMS 1 Mile Open Water Championships Rick Gould, 323 Church St., Santa Cruz, CA 95060 U.S.A.	Phone: 1-408-429-
	22-25	USMS Long Course National Championships Mark Lambert, 1000 South State St., Ann Arbor, Michigan 48109 U.S.A.	Phone: 1-313-747-4
	29-31	French Open Masters Long Course Championships French Swimming Federation, 148 Av. Gambetta, F-75020 Paris FRANCE	Fax: 33-1-4031-19
	31-01 Sep.	3rd Short Course Brazilian Masters Cup Mariene Mendes, Av. Treze de Maio, 45 Sula 1504,RJ, Rio de Janiero	Fax: 55-21-240-85 BRAZIL
SEP	7	Bellinzona Masters Championships Flavio Bonino, PO Box 1137, CH-6501 Bellinzona, SWITZERLAND	Fax: 41-92-261-9
	7	USMS 2 Mile Open Water Championships Craig Tribuzi, 7504 Zurich Drive,Piano, TX 75025 U.S.A.	Phone: 1-214-517-2
	21	USMS 5Km Open Water Championships Tom Katsoulas,20452 Pacific Coast Highway, Malibu, CA 90265 U.S.A.	Phone: 1-310-456-3
	28-29	Swiss Open Masters Long Course Championships Sportweg 10.CH-3097 Liebefeld, SWITZERLAND	Fax: 41-31-971-60
OCT	5	Fredriksten Open Masters Short Course Meet Tor Gunderson, Bastadlundveien 45, N-1750 Halden NORWAY	Phone: 47-691-810
	5-6	Joenkoeppling International Masters Long Course Meet Joenkoeppling Simssalak Elmivaagen 4,S-55454 Joenkoeppling	Fax: 46-36-128-03 SWEDEN
	26-27	2nd Trofeo International Masters Short Course Meet Centro Nuoto Saint Vincent,c/o Masters, Via Trento 7, 1-11027 Saint Vincent	Phone: 39-166-79 ITALY
	29-30	A.S.A. Masters Long Course Championships Judy Mott, A.S.A. Harold Fern House, Derby Square, Loughborough LE11 OAL ENGLAND	Fax: 44-1509-610-8
NOV	01-06	Inaugural Malaysian Masters Swimming Festival Allan Ho, Malaysian Amateur Swimming Union, Kuala Lumpur Swimming Complex, Bandar Tun Razak, Jalan Tenteram, Cheras 56-000 Kuala Lumpur, MALAYSIA	Fax: 60-3-201-858
	08-10	New Zealand Masters Short Course Championships - Two locations to be held concurrently North Island: Larry Dixon, PO Box 2299, Tauranga NEW ZEALAND	Phone: 64-7-571-0
	08-09	South Island: Stephen Clarke, PO Box 6046, Dunedin North.NEW ZEALAND	Phone: 64-7-473-8
	15-18	23rd Brazilian Masters Swimming Championships Mariene Mendes, Av. Treze de Maio, 45 Sula 1504,RJ, Rio de Janeiro	Fax: 55-21-240-85 BRAZIL
	16-17	Finnish Masters Open Long Course Championships Marti Miettinen, Kujulopku 6, C13, FIN-11710 Rilmimaki, FINLAND	Phone: 358-14-723-8
	16-17	Czech International Masters Long Course Meet Milan Hlava, U. Koupaliste 575, CZE 40011 Usti nad Labem, CZECH REPUBLIC	Fax: 42-47-63287
	23	4th. International Wuppertaler Mastersmeet Gisela Felgenträger, Falkenberg 31, 42113 Wuppertal, GERMANY	Phone: 49-202-714-8
	30-01 Dec	Ukraine Open Winter Masters Short Course Championships Sergey Fessenko, St. Burmistrok 9/10, app. 27, 252040 Kiev, UKRAINE	Fax: 7-044-2633-54
DEC	7	Turku Christmas Masters Long Course Meet Marti Miettinen, Kujulopku 6, C13, FIN-11710 Rilmimaki	Phone: 358-14-723-8
	14-15	Vandenyaus Open Masters Short Course Meet Birute Statkeviciene,Basanaviciaus 62-47, 3009 Kaunas	Fax: 370-775-087 LITHUANIA

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MAR	27-29	AUSSI Masters National Swim PO Box 580, Cronulla, NSW 2230, AUSTRALIA	Fax: 61-2-9544-138
APR	11-13	New Zealand Masters National Championships Stephen Clarke, PO Box 6046, Dunedin Nth. NEW ZEALAND	Phone: (64-7) 473-85
MAY	15-18	USMS Short Course National Championships Hugh Moore, 1867 Fifty Eighth St. NE Tacoma, WA 98422-1517 U.S.A.	Phone: 1-206-756-85
AUG	14-17	USMS Long Course National Championships Larry Peck, PO Box 2051, Winter Park, FL, 32790 U.S.A.	Phone: 1-407-647-7
SEP	?	IVth Campeonato Latino Americano y Del Caribe De Natacion Masters PO Box 40-359, Maracaibo VENEZUELA or Aquatics Nelson Vargas, Cafetales 253 - Granjas Coapa Mexico D.F. 14330 - MEXICO	Fax: 58-2-622-944

1998

Dates VIIIth World Masters Swimming Championships
to be finalised

Swimming Pool Details							Disciplines				
S	L	M	Y	E	H		S	O	D	W	Y
	✓	✓			✓	Apeldoorn	NED	✓			
	✓	✓			✓	Basel	SUI	✓			
	✓	✓			✓	Sheffield	GBR	✓	✓	✓	✓
						Tonsberg	NOR			✓	
0		✓	✓		✓	Neuchatel	SUI	✓			
7						Helsinki	FIN			✓	
2						Seal Beach CA	USA		✓		
						Santa Cruz	USA		✓		
8	✓	✓	✓		✓	Ann Arbor Mich.	USA	✓			
7	✓	✓	✓		✓	Millau	FRA	✓			
0	✓	✓	✓		✓	Curitiba Parana	BRA	✓			
0	✓	✓	✓		✓	Bellinzona	SUI	✓			
8						Wylie TX	USA		✓		
7						Catalina Island CA	USA		✓		
0	✓	✓	✓		✓	Geneve	SUI	✓			
0	✓	✓	✓		✓	Halden	NOR	✓			
0	✓	✓	✓		✓	Joenkoeping	SWE	✓			
0	✓	✓	✓		✓	Saint Vincent	ITA	✓			
0	✓	✓	✓		✓	Sheffield	GBR	✓			
0	✓	✓	✓		✓	Kuala Lumpur Langkawi Island	MAS	✓		✓	
0	✓	✓	✓		✓	Tauranga (North Is.) Dunedin (South Is.)	NZL		✓		
0	✓	✓	✓		✓	Rio de Janeiro RJ	BRA		✓		
0	✓	✓	✓		✓	Espoo	FIN	✓			
0	✓	✓	✓		✓	Usti nad Labem	CZE	✓			
0	✓	✓	✓		✓	Wuppertal	GER	✓			
0	✓	✓	✓		✓	Kiev	UKR	✓			
0	✓	✓	✓		✓	Turku	FIN	✓			
0	✓	✓	✓		✓	Kaunas	LIT	✓			
0	✓	✓	✓		✓	Sydney	AUS	✓	✓		
0	✓	✓	✓		✓	Dunedin	NZL	✓			
0	✓	✓	✓		✓	Federal Way WA	USA	✓			
0	✓	✓	✓		✓	Orlando FL	USA	✓			
0	✓	✓	✓		✓	Oaxtepec	MEX	✓	✓		
0	✓	✓	✓		✓	Casablanca	MAR	✓	✓	✓	✓

Listings in the Calendar are restricted to National or International events which are open to all Masters. Information about listings should include details as above and should be addressed to:

ed to:
Tom Logan, FINA Masters Newsletter
PO Box 5092, Mount Maunganui, New Zealand
Fax: (64-7) 575-3625
Internet address: toml@enternet.co.nz

Pool Details

Pool Details:
S Short Course
L Long Course
M Metres
Y Yards
E Electronic Timing
H Manual Timing

Discipline

Disciplines:
S Pool Swimming
O Open Water Swimming
D Diving
W Water Polo
Y Synchronised Swimming