

OCTOBER 1993

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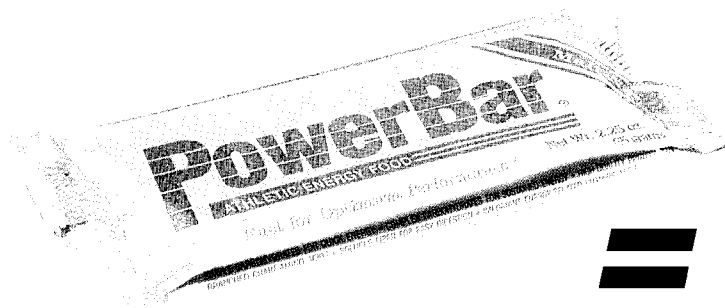
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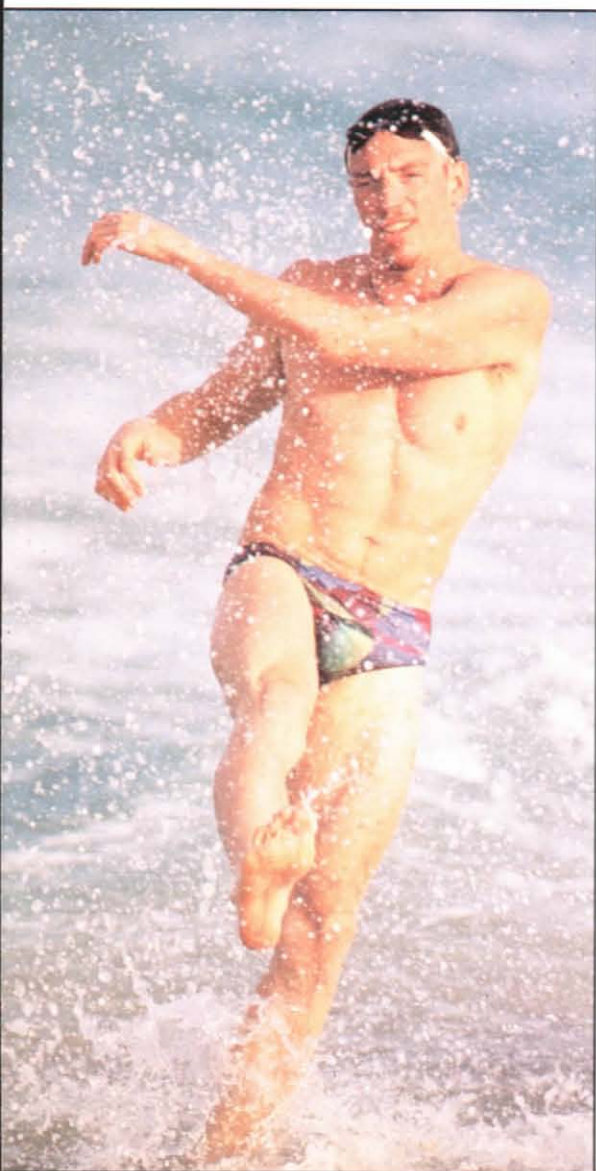
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Cyanocobalamin (B12)	<2%	Sodium	100 mg
		Cholesterol	70 mg

# SWIMMING AND JUNIOR SWIMMER WORLD



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*On the cover: Kieren Perkins of Australia was a big hit with the Japanese fans at the Pan Pacific Championships in Kobe—especially dressed as a Samurai warrior. (Photo © Alain Coltier/Sydney Freelance Agency)*  
*Table of contents: After nearly a year off after the Olympics, Nelson Diebel is back in the water. (Photo by Scott Halleran/Allsport)*



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**Other Swimtours planned:** 1995—Pan American Games, Mar del Plata, Argentina, March 1995; 1996—Olympic Games, Atlanta, Georgia, July-August. \$50 per person deposits now being accepted.

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Publisher ..... RICHARD DEAL  
Administrative Director ..... KAREN DEAL  
Editor-in-Chief ..... PHIL WHITTEN  
Senior Editor ..... BOB INGRAM  
Associate Editors ..... RUSS EWALD  
BRADY BINGHAM  
Art Director ..... GREYHAUS  
Production Assistant ..... JUDY JACOB  
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Circulation Assistants ..... PENNYE MONK  
BARBARA HALL  
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**CONTRIBUTORS:** Skip Bird, NISCA; Jeff Dimond, U.S. Swimming; Tony Duffy, photographer; Sam Freas, International Swimming Hall of Fame; Mike Gosman, photographer; Dick Hannula, The Finals Coaches Advisory Staff; Phill Hansel, Perspective; Linda Houtkooper, Nutrition; Eugene Keltner, YMCA; Tim Morse, photographer; Steven Munatones, Long Distance Swimming; Charlie Snyder, U.S. Swimming; Budd Symes, photographer.

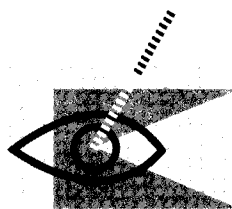
**REPRESENTATIVES:** Rumen Atanasov, Bulgaria; Dawn Bean, Santa Ana, Calif.; M. Biegler, Brown Deer, Wis.; Anne Bloese, Plantation, Fla.; Helmuth Bock, Germany; Ota Cernock, Washington, D.C.; Col. Bill Cope, Novato, Calif.; Leslie Cranfield, Great Britain; Buck Dawson, Fort Lauderdale, Fla.; Joe Domitrz, Whitewater, Wis.; John A. Dunnigan, Baltimore, Md.; Michael Frank, New York, N.Y.; Robert Kersch, Long Island, N.Y.; Ed Liebfried, Exeter, N.H.; Dr. Gary Mihelish, Helena, Mont.; James Noyes, Lawton, Okla.; Jack Ryan, University, Ala.; Luigi Saini, Italy; Don Shycoff, Bowie, Md.; Mary Jo Swalley, Santa Barbara, Calif.; Nick Thierry, Canada; Larry Treadgold, San Jose, Calif.; Molly Turlish, Lewiston, Maine; Alfonso Victoria, Venezuela; Dorothy Welsh, Bella Vista, Ark.



# PERSPECTIVE

BY PHILL HANSEL

## On Deck



The "on deck" personnel working at our swimming meets deserve a great heartfelt thanks from all of us in

swimming.

Officiating at swimming meets has improved tremendously. No matter where one attends a swim meet, regardless of the country, one will almost always find fairly standard procedures of officiating.

I sometimes chuckle to myself at how serious these people are about their responsibility to run a great meet. But thank goodness they do have this perfectionist, by-the-book attitude.

Athletes and coaches can travel around the world and expect fair treatment and honest officiating at every meet. This is a great development for swimming. Standardized top-level officiating has been a significant part of the advancement of our sport.

We have not always had this kind of officiating. Historically, there have been some classic cases of officiating prejudice and inept calls.

The Olympic Games used to be one of the worst officiated meets of all. FINA committee members used to serve as starters, referees and stroke and turn judges. These were basically honest people—just not good meet officials—because often they only performed their job every four years.

This, obviously, made for some rather tenuous, shaky decisions, not to mention unfair poor starts and judging at the finish line.

There probably isn't any sport in the world that requires the number of officials per athlete than swimming does.

For a national championship meet, the book says 57 officials are required. That's over seven officials for each athlete swimming in any given race. At first glance, one would think this is ridiculous,

and some positions should be eliminated. It certainly looks like overkill on the deck.

Each position can be and should be defended, however, because the present system now has all the necessary backup protective procedures should any part of the system break down. What coaches and athletes take for granted and demand is what we now have.

Electronic touchpads, scoreboards and starting guns have also made a significant contribution toward better officiating. The electronics—with all of its computer refinements—are still not going to get the job done without people to work the system.

Our thanks need to go to all the hundreds of volunteers from throughout the world who have now made swimming one of the best-run sports in the world.

We are very close to eliminating judgment calls by any one individual; usually there must be a concurring judge required before there can be disqualification. The system works and may still receive some fine tuning, but by and large, it is successful. Thousands of hours and situations have gone into the development and evolution to this present situation.

One of our more noteworthy early changes to help better officiating was the vote to require that all races finish at the walls. Prior to this time, we had national championship events that finished in the middle of the pool!

We had a finish line with pennants hanging (much like our present backstroke flags) that would be held across the pool at the 220 yard, 440 yard or mile marks.

The finish judges would try to position themselves on both sides of the pool so that they could see who went under the flags first, second, third, etc. Talk about guesswork!

The distances we take for granted today were really heavily argued about

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and passed at an AAU convention.

The 200 was fairly easy because it was only 20 yards short of the 220, and we already had the 200s long course. Our present 500 was the conversion from the 440 yard (or quarter mile). The debate on this was whether to change it to 400 yards, 450 yards or 500 yards. After much arguing, it was finally felt that the 500 yard swim would more closely approximate the 400 meter long course swim.

The mile used to be a fun event because to swim 1,760 yards in a 25 yard pool, one had to swim 70 lengths and then had a 10-yard pushoff sprint to the flags. The event was changed to the 1650, simply because that distance was close to what 1500 meters would be.

In those days, the judges also picked by place rather than judge the finish of each individual. One can readily see that with this method, contestants could get lost or not picked by anyone.

In fact, I had a college teammate who finished in the top three at the NCAAs in the 50 freestyle three years in a row, but he was never given better than sixth because the judges did not pick him.

So, with this system, if he was not picked by the judges, he automatically got sixth place even though everyone knew he was not last. Shortly after that, they changed to our present system of placing by lanes so that everyone did, indeed, officially finish the race.

Trial and error plus good logical thinking by a lot of dedicated people have helped develop our present system.

It has also taken a lot of patience to work all of these improvements through committees and successful voting procedures to get these ideas into the book. Countless hours of writing and talking have seen these on-deck procedures spread around the world. The FINA Technical Committee has been responsible for a lot of the international acceptance of standards, procedures and interpretations of rules. We in the United

States can be very proud of the role that our FINA Technical Committee members have played in helping develop the cooperation and understanding needed to bring about these changes.

So, thank you to all "on deck" people who have labored hard to make swimming more enjoyable and fair. We are indebted and continue to need your help and support. ■

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## Breaststroke Records Broken



**Australian Philip Rogers** set two short course meters world records at his country's winter nationals

at Sydney. The double Pan-Pac breaststroke champ clocked 59.07 in the 100 breast, Aug. 27, erasing Dimitri Volkov's world best of 59.30 from 1990.

A day later, his 2:07.80 in the 200 breast bettered Nick Gillingham's 1991 world record by 13-hundredths.

**U.S. Swimming** announced the resignation of Jeff Dimond Aug. 20 as the national governing body's communications director.

Dimond stepped down after directing the NGB's communications efforts for 10 years.

Charlie Snyder, swimming's communications coordinator for the past three years, took over as the communications director until at least the U.S. Swim-

ming Board of Directors' meeting late last month.

**The United States dominated** the women's competition at the 18th World Games for the Deaf in Sofia, Bulgaria this summer. A team of six ladies won every event except for the 100 and 200 meter breast plus the 50 free.

Carrie Miller from Baltimore, Md., won six individual events and Jennifer Crouse of Vacaville, Calif., captured four. The USA also set a deaf world record in the 800 free relay.

The U.S. men's team of five swimmers were led by Reed Gershwind of Henrietta, N.Y. In his fourth Games, Gershwind came from behind on the anchor leg of two relays to grab the gold for the United States.

**Santa Clara Swim Club** has donated \$10,000 to the Pediatric AIDS Foundation (PAF), based in Santa Monica, Calif. PAF is the leading national organization identifying and

funding critically needed pediatric AIDS research, as well as providing emergency assistance to hospitals caring for children with HIV/AIDS.

The donation by Santa Clara is the result of a benefit campaign conducted in conjunction with the 1993 U.S. Masters Short Course Championships, which the swim club hosted in May of this year.

**The two major international** meets this summer were the European and Pan Pacific championships. The Europeans were held in Sheffield, England, Aug. 3-8, where all of the top swimmers from Europe competed.

About a week later from Aug. 12-15, teams from the Pan Pacific countries—United States, Australia, Canada and Japan—plus a few other invited nations competed in Kobe, Japan.

And which meet had the fastest winning times?

If you guessed the European Championships, you're only two-thirds correct. The ECs had faster winning times among the men in 13 of 16 events. The women at the Pan Pacifics, however, were faster than their European counterparts, 9 to 7.

But when you add the two together, the Europeans win the overall comparison, 20-12.

Only one world record was set at either meet—Karoly Guttler's 1:00.95p in the 100 breast.

Americans with the fastest times included Janet Evans (400-800 free), Anita Nall (100-200 breast), Jenny Thompson (100 fly), Allison Wagner (200 IM), Kristine Quance (400 IM) and Jeff Rouse (100 back). The U.S. women's medley relay and men's 400 free relay also recorded top times.

**Coaching Changes:** David Bottom, the assistant coach at Auburn University, accepted the head coaching position with the Tarheel Aqua Racers of Raleigh, N.C., as of Sept. 1....Rich DeSelm was named head coach at Davidson College

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in North Carolina after coaching nine years as an assistant at the University of North Carolina....The Phoenix Swim Club, Ariz., added two Olympic gold medalists to its coaching staff—*Troy Dalbey* and *David Berkoff*.

**Corrections:** St. Ursula's (Cincinnati, Ohio) Alison Fealey was omitted from the mythical high school meet (*SW Aug.*) in the 100 yard breast. She did a time of 1:03.51 prior to the state meet, which ranked her sixth in the nation. Adding the nine points she scored boosts St. Ursula to fifth in the overall standings.

Kirt Myers of Americus High School, Ga., writes that their women's 200 free relay (1:37.09) was not reported in the girls' mythicals. "This, along with Elizabeth Nelson in the 100 breast, would have placed Americus in the top 10 for public school girls."

**In case any of our readers** grabbed a recent copy of *Swim Canada* and read that Summer Sanders retired...fear not. Summer is alive and well, and last we heard, she was back in training at Colorado Springs the first part of September.

All Summer did was take the summer off. She took a deserved break from training. Still, her 100 fly time from the U.S. nationals in April (59.83) ranks No. 2 in the world behind Jenny Thompson, who won at the Pan Pacific Championships in Kobe with a 59.33.

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**Australia's Maroney family** became the first family in the world to cross the English Channel July 20 in a time of 10 hours and 10 minutes.

The swimming family, which was sponsored by Westfield, consisted of mother Pauline (50) and children Michael (26), Karen (24), Lindy (22) and twins Susie and Sean (18). They left

Dover on the English coast at 2 a.m. local time July 20. Michael swam the final leg to Cap Gris Nez, Calais France. He hit the beach just after 12 noon UK time.

Under the English Channel Association rules, each team member must swim for one hour and rotate in order. Pauline, mother of five and grandmother, was the only family member to suffer severe cramping after her hour in the icy 15-degree waters.

Each of her children entered the water for their second time, determined to reach France before their mother would have to swim again—and they succeeded. Pauline was the only team member to swim once.

Also of note is that all six members of the Maroney family who crossed the English Channel suffer or have suffered from asthma.

With proper medical management and regular exercise—in this case, swimming—the Maroneys believe there is no limit to what can be achieved. ■



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# NEWS U.S. Swimming

## OTC POOL'S GRAND OPENING

With Olympic swimming legends from 1936 to 1992 taking the first laps, the United States Olympic Training Center pool will officially be opened Oct. 8.

The pool dedication will be star-studded. At least one medalist from every Olympics since 1936 will participate, including Pablo Morales, Donna de Varona, Rowdy Gaines, Mary T. Meagher, John Naber, Mike Barrowman and others.

When the U.S. Olympic Committee unveiled its \$18 million facilities construction project, including major funding for a state-of-the-art aquatics center, it brought United States Swimming one step closer to an on-site training facility—something USS members had been working toward for some time.

"I couldn't be more pleased," said Ray Essick, USS Executive Director. "The timing of this construction is perfect for our camp programs, which we began a few years ago and have reached a level of excellence and maturation that will allow us to be able to get the maximum use of the facility right from the beginning. And, in the long run, we will see benefits stretching from our age groupers to our national team."

Those benefits will be derived from new state-of-the-art testing and training equipment. The new aquatics facility will have sophisticated video, biomechanical technique analysis and timing systems. With the flume next door, it is the world's most complete and advanced training facility.

For example, lane one of the pool will be devoted to testing and evaluation of athletes. This special lane will be equipped with eight cameras at different angles—four under water and four above water—plus a robotic camera that will follow the swimmer up

and down the lane. These cameras will capture the swimmer's stroke and technique. Eventually, everything from forceplates on the starting blocks to the timing system to even dryland training stations will be interfaced into a computer system.

Each swimmer will have his or her own workout programmed into the timing system. Eventually, the touchpads will operate along with an infrared sensor and will read bar codes on swimmers' caps. This will permit timing six to 12 swimmers per lane.

The timing system will keep track of their interval repeat times, rest periods and how effective they were at training energy systems needed for their races. Also, a series of sensors at the bottom of each lane will help calculate the distance per stroke, then display it on the scoreboard.

With this system, USS sports scientists and the swimmers' coaches will be able to track the athletes' training to the smallest detail, such as interval repeat times, rest periods, even distance per stroke. This naturally pleases people such as National Team Director Dennis Pursley, who believes the new facility will have a major impact on the national team program.

"We've known for quite a while that altitude training is of benefit to most swimmers preparing for peak level competition," Pursley said. "The opportunity to train at altitude, combined with the opportunity to train on-site with our sophisticated sports science facility, is going to give us a tremendous advantage we've lacked."

Bob Steele, the USS Coach/Athlete Development Director, is equally pleased: "We're going to be able to generate information about an athlete's training performance never thought possible before. And swimmers in our camp programs are going to work harder than ever just to be able to come back."

Direct all questions to:  
**U.S. Swimming  
National  
Headquarters**  
1 Olympic Plaza  
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The U.S. Olympic Committee has arranged a weekend of activities, including a pre-Lillehammer (Winter Olympics 1994) seminar on Oct. 8-9. Winter sports stars Brian Boitano, Bonnie Blair and others are scheduled to attend.

### FALL CAMPS TO USE OTC

Beginning this month, United States Swimming launches into 11 weekends of camps for both elite and developing swimmers.

The first group to be trained and tested will be the USS National "B" Team along with the Short Course World Championship Team on Oct. 14-17. The U.S. National Team—those swimmers ranked in the top eight in the world—will come to Colorado Springs Oct. 21-24.

The National Junior Camp, the top step of several select camps, will use the aquatic center facilities the weekend of Nov. 11-14.

### USS AWARDS ANNOUNCED

U.S. Swimming named its Swimmer of the Year at the 1993 U.S. Aquatic Sports Convention Sept. 25 (prior to *Swimming World's* press deadline) at the Los Angeles Biltmore Hotel. Seven individuals and one relay, each with impressive credentials, were nominated for the honor. Each nominee needed to have set world or American records or have won the Kiphuth Award at either of the 1993 U.S. senior nationals.

#### *Greg Burgess*

Greg Burgess set American records in both individual medleys in March at this year's men's NAAs in Indianapolis. Burgess swam the 200 IM in 1:43.52, bettering his 1:43.97 from earlier this year, and went 3:41.54 in the 400 IM, eclipsing the record of 3:42.23 by Dave Wharton in 1988.

#### *Chad Carvin*

Chad Carvin won the Kiphuth high-point award at spring nationals. At that meet, he placed first in the 800 free (8:10.70), third in the 400 free (3:56.37), fourth in the 1500 free (15:41.75) and ninth in the 400 IM (4:28.69).

#### *Janet Evans*

Janet Evans won the Kiphuth Award at the summer nationals in Austin, Texas. She won the 400 free (4:05.85), 800 free (8:23.61) as well as the 1500 free (15:59.44) and took third in the 200 free (2:01.10).

#### *University of Florida*

The University of Florida 400 yard freestyle relay of Laura Booth, Vicki Stemper, Melanie Morgan and Nicole Haislett set a new American record at the women's NCAA Championships at Minneapolis in March.

The previous mark of 3:15.48 was set by a team from the University of Texas in 1989.

#### *Eric Namesnik*

Eric Namesnik set the American record in the 400 IM in July at summer nationals. He bettered his previous record of 4:15.21 from 1991 with a 4:14.50. He also won the Kiphuth Award at summer nationals with fourth-place finishes in the 200 IM (2:03.62) and 400 free (3:54.90) and a sixth in the 200 breast (2:16.05).

#### *Jeff Rouse*

Jeff Rouse set a short course meters world record in the 100 back in April at the Optrex World Challenge in Sheffield, England, with a 51.42. The

old mark was 52.28, set by Canada's Mark Tewksbury in 1991.

#### *Roque Santos*

Roque Santos set a short course meters American standard in the 200 breast at the World Challenge meet. His 2:10.47 shattered the previous time of 2:12.24 set by Seth Van Neerden in 1991.

#### *Jenny Thompson*

Jenny Thompson was the Kiphuth Award winner at spring nationals. She won the 50-100 free and the 100 back and was second in the 100 fly.



Also on Sept. 25, USS announced the winner of the Phillips Performance Award, given to the swimmer with the single most outstanding performance as determined by a select media panel.

Candidates included the world, American and U.S. Open record setters from the above list as well as Allison Wagner (200 IM), Kristine Quance (400 IM), Janet Evans (400-800-1500 free) and Jenny Thompson (100 fly). ■

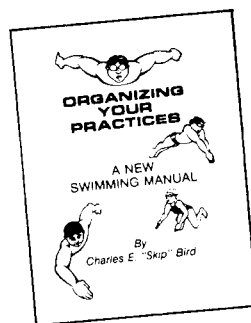




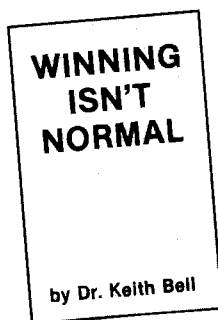
# Books for the Athlete, Coach and Parent



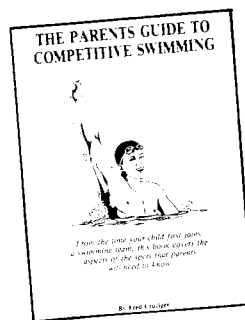
**The Nuts and Bolts of Psychology for Swimmers** by Dr. Keith Bell presents practical advice on mental training for the competitive swimmer.  
**\$13.25** paperback; for orders outside USA, add \$2.00 ea.



**Organizing Your Practices: A New Swimming Manual** by Charles E. "Skip" Bird. This book is one of the most practical sources of current swimming information available. Included: cruise intervals, mental training, metabolic principles and diet.  
**\$29.75** (fits 3-ring binder, not included); for orders outside USA, add \$5.00 ea.



**Winning Isn't Normal** by Dr. Keith Bell. Presents unique and helpful ways to approach the ups and downs encountered in the "pleasures of training" and competition.  
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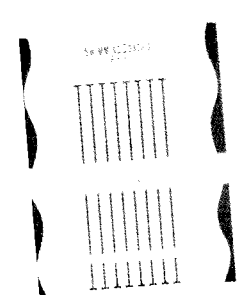
**The Parents Guide to Competitive Swimming** by Fred Cruciger. This book covers all aspects of the sport of swimming that parents will need to know.  
**\$9.75** soft cover; for orders outside USA, add \$2.50 ea.

**Call 818-304-7755 for Group Discount Rates.**

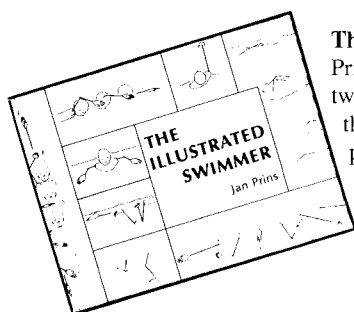


**Target on Gold** by Dr. Keith Bell. A discussion of goal setting and how to reach your goals.  
**\$11.25** paperback; for orders outside USA, add \$2.00 ea.

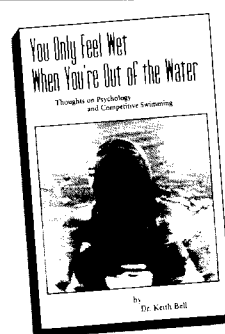
(**\$31.00** for the set of three books listed above; for orders outside USA, add \$2.00 ea.)



**The Swimming Coach's Bible** by David Bentz. The most complete planner and record journal designed specifically for Swimming coaches. Record swimmers' data, goal times and meet times.  
**\$17.50** soft cover; for orders outside the USA, add \$3.00 ea.



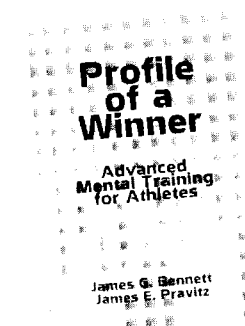
**The Illustrated Swimmer** by Jan Prins. The purpose of this book is twofold—describing the most acceptable stroke patterns and most common types of stroke defects.  
**\$13.25** soft cover; for orders outside USA, add \$2.50 ea.



**You Only Feel Wet When You're Out of the Water** by Dr. Keith Bell. How to improve performance through motivation, pain management, relaxation, mental rehearsal, commitment and attitude building.  
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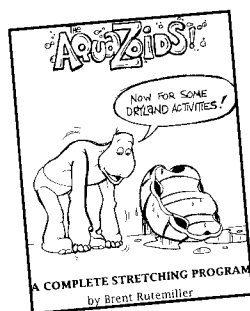


**Swimming Even Faster** by Ernie Maglischo. This book contains new data on areas ranging from stroke technique to special topics, including female swimmers, masters swimmers, seasonal planning, and approaches to using energy systems in training.  
**\$39.95** hard cover; for orders outside USA, add \$5.00 each.

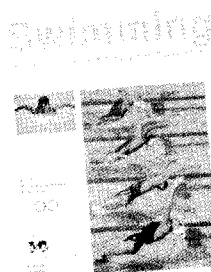


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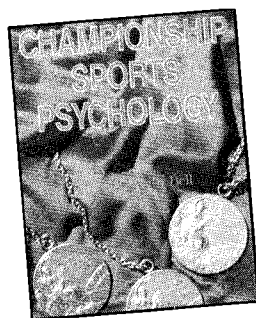
# Books for the Athlete, Coach and Parent



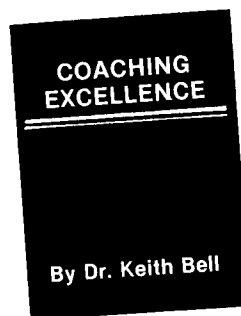
**The AquaZoids: A Complete Stretching Program** by Brent Rutemiller. A good practical book for young swimmers interested in learning fundamentals of stretching. Features the AquaZoid "All-Star" Rolland Stretch!  
**\$8.50** soft cover; for orders outside USA, add \$2.00 ea.



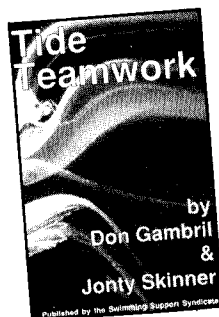
**Swimming** by D.L. Costill, E.W. Maglischo & A.B. Richardson. Three of the world's finest authorities team up to give coaches and swimmers the competitive edge on training and stroke technique.  
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**Tide Teamwork** by Don Gambril and Jonty Skinner. The final link between science and coaching. The authors provide the coach with a model approach to training design and categorization of the work being done by the swimmer.  
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# Age Group Swimmers Of The Month



*Candidates for "Age Group Swimmer of the Month" must compete within a nationally recognized age group.*

*Please send a short, typewritten (double-spaced) personality sketch and a black-and-white photograph (preferably a face shot) of each nominee or request a Swimmer Profile form from Swimming World. Be sure to include the name, address and phone number of the person submitting the candidate.*

*Send all information to Swimming World, Age Group Swimmers of the Month, P.O. Box 91870, Pasadena, CA 91109.*

## **BRIDGETTE SMITH** **Wal-Mart Swim Team** **Bentonville, Arkansas**

During her first trip to junior nationals at Long Beach in March, 15-year-old Bridgette Smith placed eighth in the 100 yard breaststroke (1:05.65). At the same meet, she was 16th in the 200 yard breast (2:21.42). She qualified for junior nationals.

Twelve days before junior nationals, Bridgette placed first in the Arkansas State High School Championships in both the 100 yard breast (1:07.09) and the 200 yard individual medley (2:16.49). Her breaststroke

win broke the 1977 state high school record of 1:07.79.

She currently holds Arkansas state records in the 200 yard breast (2:20.47) as well as the 100 yard breast with her time from short course junior nationals.

Last summer during the Central Zone Championships in Fayetteville, Ark., Bridgette placed second in the 100 meter breast and third in the 200 meter breaststroke.

Although Bridgette has been swimming for over eight years, her career came about because of a hereditary bone disease which prohibited her from contact sports, cheerleading or drill team. Because of osteogenesis, or brittle bone disease, she broke a leg twice before the age of 4. Since she wanted to participate in something, swimming became her choice.

Bridgette is thinking seriously of qualifying for the Olympics in the near future. According to her coach, Mike Gurzi, she found out that it takes work. Bridgette is a natural and so far has relied on that natural talent. The California JOs opened her eyes in that she saw faster and more competitive swimmers.

A junior this year in high school, Bridgette will serve as the junior class vice-president. This past year she was reporter for the sophomore class and was the class Homecoming Maid. She was designated an all-state swimmer as both a freshman and a sophomore. She participates in the Fellowship of Christian Athletes, Future Business Leaders of America and Students Against Driving Drunk.

## **EDDIE DURHAM** **Bartow Imperial Flyers** **Mulberry, Florida**

There aren't very many people who have the honor of a stroke variation being named for them. Eddie Durham, however, has managed just that.

The "Eddie Durham breaststroke" evolved by accident. He actually won the first of his two Florida 4A High School State Championships in the 100 yard breast (58.91) with the conventional under-the-water recovery. In the winter of 1992, he and his coach, Mike Yearwood, began experimenting with hand placement and pull. Judging by the reaction of people at meets that spring, people realized that a variation of the stroke was evolving.

Eddie and his stroke caused quite a stir at the summer 1992 junior national meet, where officials studied photographs and pronounced the stroke legal. He managed to place sixth in the 200 meter breast (2:24.92).

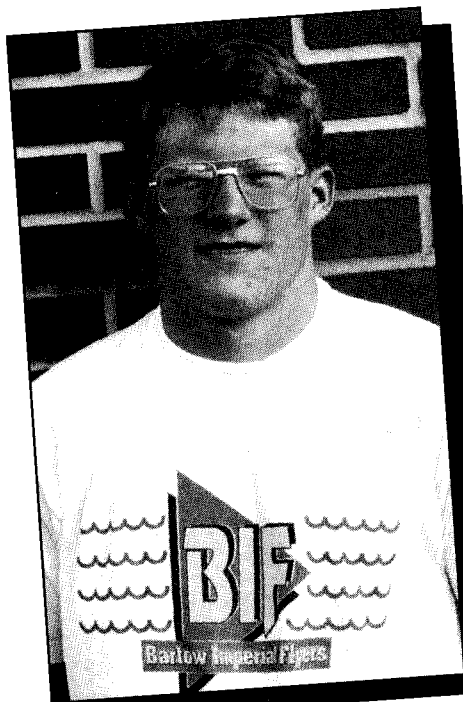
Durham won his second state high school title that fall with the new stroke (57.73). However, neither Eddie nor Mike were convinced that the new way was necessarily the best, and he came back to the more conventional breaststroke style.



*Bridgette Smith*



## Age Group Swimmers



Eddie Durham

The spring of 1993 brought a low point to Durham's career. A decision was made to commit to one style of swimming and train even harder than before. Eddie returned to his unique style of swimming.

The result? A junior national record in the consolation finals of the 200 meter breast at NJO-East in August (2:19.87), as well as taking first place in the 100 breast (1:05.34).

Coach Yearwood states that it is never necessary to motivate Eddie. He never misses practice nor does he take a break from training. His teammates measure their workouts by how many yards Eddie swims.

Obviously, from just a partial list of Durham's academic achievements, the Kathleen High School senior never neglects that either. He scored 1460 on his SAT test (including a perfect 800 on the math portion) and was named a National Merit Semifinalist. He earned the highest score possible (5) on the Advanced Placement exams in physics

and chemistry last spring and earned a 4 in English. Eddie is president of his high school's Mu Alpha Theta chapter (math honorary society) and was named Student of the Month for December 1992.

### **KELLY JONES** **South Community Family** **YMCA Swim Team** **Kettering, Ohio**

Kelly Jones began swimming at the age of nine months with the aid of her tiny life jacket at Norris Lake in Tennessee. Her parents would plop her into the water and off she went. She looked like a little turtle!

Kelly started competitive swimming at age 7 at the Beavercreek YMCA. Later, she joined a summer team, the Greene Valley Gators, where she still holds all the 7-8 and 9-10 records.

Kelly joined the South Community Family YMCA "KEY" Swim Team when she was 10. This enabled her to swim on a combination YMCA/USS team. Jones' hard work started paying dividends early in the season. She competed successfully and showed steady improvement at each meet.

Swimming at the YMCA Zone Championships in March of this year at Cleveland State University, Jones continued her success and received the individual high-point award. Kelly placed first in all her individual events: 100 IM, 1:09.46; 50-100 free, 27.86-1:01.08; 50 breast, 35.31.

Jones' winning ways continued at the Ohio Junior Olympics, where she received the outstanding female swimmer award. Kelly finished first in six out of her seven events: 100 breast, 1:15.15 (LSC/meet record); 100 IM, 1:08.74 (LSC/meet record); 50 breast, 34.48 (meet record); 100 free, 1:01.91; 50 free, 27.70; 200 IM, 2:32.57. She placed fourth in the 50 fly (31.23).

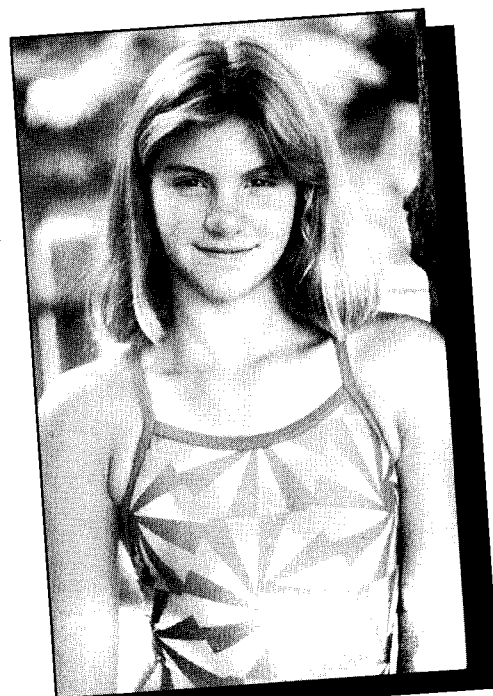
Her times qualified her for the Ohio

All-Star Meet in May. There she set three meet records in the 50-100 breast and 50 free. Jones bettered her time in the 100 free to 1:01.04.

This is Kelly's first year of swimming long course; she met the challenge at the Cincinnati Marlins' meet in June. She set two meet records and had quad-A times in the 50-100 free (30.08-1:08.50), 50-100 breast (37.70-1:25.79) and 50 back (35.38).

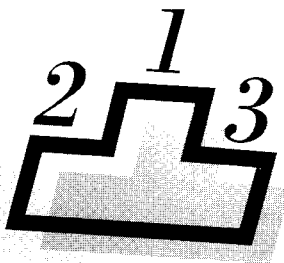
Kelly has learned that her swimming ability can also benefit others. During the past two summers, Kelly participated in Leukemia Swim Classics, where she collected almost \$500 in sponsor money to help children with leukemia.

Jones also excels in basketball and loves to water ski and play tennis, but swimming is her favorite sport. She spends most of her summers on a houseboat in Tennessee and hopes to swim for the University of Tennessee some day. ■



Kelly Jones

# American Relay



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## CALIFORNIA

San Ramon Valley-Livermore Aquatics captured the team title at the Far Western Championships, held Aug. 4-8 in Cupertino. Second place went to the Walnut Creek Aquabears, and in third was Delta Valley Aquatics. Several meet records were broken by members of the Japanese national team, as well as Swim Ontario from Southern California. Swimmers from the host Pacific LSC who set meet marks included Jake Marrujo, Unat., 50 back; Stephanie Lutz, DVA, 100 breast; Mike Williams, CPHL, 50-100 free, 100 fly; Chris Claytor, WCAB, 100-200 breast; Derek Guffey, SRVL, 400 IM; WCAB, 400 MR.

The Concord-Pleasant Hill-Lamorinda Terrapins swam very well at Far Westerns. The team was led by 10-and-under girls high-point winner Acacia Clark. She won nine of the ten events she swam, and all ten times were NRTs. The Terrapins' 11-12

boys relay of Stephen Long, Steve Worthy, Peter Kremenliev and Alex Hahn won three events (200 medley, 2:15.64; 400 medley, 5:02.95; 200 free, 1:59.81).

## FLORIDA

Several swimmers from St. Andrews' School in Boca Raton should have been listed in the All-America rankings under independent schools (Aug. SW, p. 50). John Potts, Class of '94, swam the 200 free in 1:41.32 and the 100 breast in 57.73. Classmate Jeff Maki went 1:55.09 in the 200 IM. The medley relay of Jesse Tyler, Potts, Maki and John Marangos put together a time of 1:38.19. All four times would have made the automatic list. Maki would also have made the honorable mention list in the 100 back (53.00), and the 400 free relay of Tim Lynch, Maki, Tyler and Potts went 4:41.43. On the girls' side, Allison Smith, Class of '94, swam the 500 free in 5:04.44.

## IOWA

Cedar Rapids Aquatic Association won the Iowa State Long Course Meet with 3,743 points, followed by Des Moines Swim Federation (2,781) and Bettendorf Swim Club (1,963). Setting NAG reportable times were Ian Arjes of Bettendorf (11-12 boys 50-100-200-400 free, 27.37- 59.16-2:10.74-4:41.99; 50 back, 32.25; 50-100 fly, 29.96-1:08.36), Zach Ferguson of Des Moines (11-12 boys 100 free, 1:00.70; 50 back, 32.83; 50-100 fly, 29.93-1:08.09), Sarah Dougall of Cedar Rapids (13-14 girls 200 back, 2:25.99). Not only did Brielle Bovee set a NAG time of 1:28.94 in the 100 breast, but her 50 breast time of 37.30 set an Iowa state record.

## KENTUCKY

James Ross, a senior at University Heights Academy this year, made the NISCA Honorable Mention All-America team with his 59.91 second-place time at the Kentucky State High School Championships.

## LAKE ERIE LSC

Lake Erie's Central Zone team won a total of 16 individual titles. Included among these were five new Central Zone records, set by Heidi Hazen, Lake Erie Silver Dolphins (13-14 girls 100 fly, 1:05.34); Mark Seidman, Lake Erie Silver Dolphins (13-14 boys 200 breast, 2:33.14; 400 IM, 4:48.11) and Dave Flarry, Akron Firestone Y (17-18 boys 100-200 free, 53.82-1:57.67). Other Central Zone champs from Lake Erie were Erin Abbey, Lake Erie Silver Dolphins; Josie Jedick, Lake Shore Swim Club; Michelle Thomas, Lake Erie Silver Dolphins; Amy Balcerzak, unattached;



**MARYLAND:** Jeff Kelsey, Michael Raab, Matt Cohen and David Peck (l-r) from the Rockville-Montgomery Swim Club finished first in the 200 free (2:12.67) and 200 medley (2:37.47) relays at the Potomac Valley Age Group Championships. Their 200 free relay time qualifies for NAG Top 16.



Jenny Fox, Mansfield Waves; Sue Stark, Team Viking; Marko Turcinov, Lake Erie Silver Dolphins; and Steve Kemmerling, Team Viking.

## MARYLAND

Brooke Donoho of the Greater Baltimore Swim Association broke two long course meet records (15&O girls 100-200 breast, 1:16.25-2:45.05) at Eastern Zones in Virginia. She also swam on the 400 medley relay (4:36.38) which broke the meet record and was a junior national time. Nick Miceli placed sixth in the 13-14 boys 200 back. Other GBSA members on the Maryland Zone team were Alec Best, Denise Cinquegrana, Andrew Shapiro, Erik Weinberg and Adam Wisthoff.

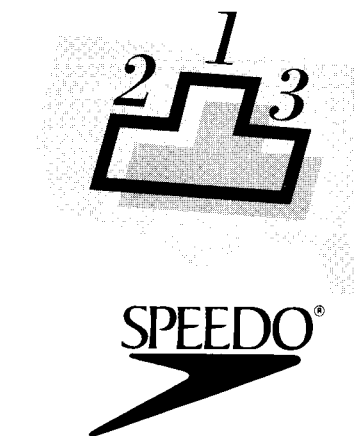
The Eagle Swim Team must certainly be proud of its first year. The newly-formed team started with 82 members and already has seen its first junior national qualifier. It has also placed 11 different swimmers on the Maryland Zone teams (winter and summer), and seven of those swimmers have placed in the top eight (including eight Top 16 submittable times). The Eagles are owned and coached by Scott Ward; assistant coaches are Vicki Hedden and Cindy Lopata.

## MASSACHUSETTS

The Holyoke YMCA Vikings Swim Team recently captured its third consecutive Western Massachusetts Summer Swim League Championship, outdistancing the second-place team by over 600 points. The team also extended its undefeated dual meet record to four years without a loss. Individual winners for the Vikings included Megan Cassidy, Agatha Dorobisz, Regan Flynn, Scott Cassidy, Kate Yelle, Graham Rigby, Jessica Gaudet, Scott Herbert, Dana Spice, Jesse Quillian, Tim Goulding, Leslie St. Lawrence and Sara Allery.

## MONTANA

The Billings Aquatic Club (BAC) took 51 swimmers to Helena Aug. 6-8 for the Montana State Long Course Championship to defend its state title



against 11 other state USS swim teams. BAC won its seventh straight long course championship. The team had 12 swimmers who captured 27 individual state titles: Tim Byers, Christian Filiaggi, Trent Hartl, Kassadie Snider, Bobbi Snider, Dawson Smith, Dusty Cladis, Mandy Cuff, Molly Manning, Gina Fettig, Beth Brinton and Mike Rukstad.

## OREGON

The Mt. Hood Swim Team's senior group raised their semester grade point average from 3.45 to 3.50. Out of the 25 seniors, six were able to maintain a perfect 4.0 GPA last year: Peter Buss, Brigette French, Gina Giesbrecht, Julie Thom, Nicole Nippert and Trevor Yates.

## TEXAS

The culmination of the long course season for Corpus Christi swimmers began with the Championship Swim Meet at the Blossom Center in San Antonio. Individual finalists at that meet were 9-year-old Andy Seagrave (50-100 breast), Gayle Gregory, Greg Torrence, Matt Seagrave, Bret Bailey, Michelle Hughes and Lisa Rapach. Seniors who

finalized were John Harrell, Jill Seagrave, Becky Hammond, Jill Hoffman and Amy McBride.

## VIRGINIA

The Quantico Devil Dolphins sent 42 swimmers to Virginia Swimming's Age Group Long Course Championships and finished fifth overall. Lauren Withers qualified for junior nationals with a meet record 400 free time of 4:27.34. The 11-12 boys 400 medley relay of Justin Caron, Ryan Rykaczewski, Kenny Flory and Scott Weaver swam to a meet record and Top 16 time of 4:57.90; the 15-16 girls 200 free relay of Rachel Horak, Rene Scherr, Leslieanne Swanson and Withers turned in a Top 16 time of 1:57.41. Quantico placed ten members on the Virginia Eastern Zone Team: Caron, Weaver, Erin Burlovich, Laura Cavataio, Jessica Seeber, Brooke Taylor, Ray Hrabe, Scherr, Swanson and Michael Julian.

## WISCONSIN

Tom Wanzek, a junior this year at Brookfield East HS, made last year's NISCA honorable mention 100 free team with his win at the Wisconsin State Championships (21.55). ■

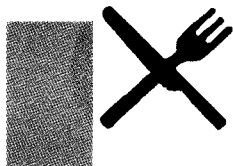


**MINNESOTA:** The Eden Prairie Foxjets relay of Emily Nayes, Gretchen Weber, Kara Peterson and Danielle Miller set a new National Age Group standard for the 13-14 girls 200 meter free relay (1:52.46).

# NUTRITION

BY LINDA HOUTKOOPER, PH.D., R.D.

## Watch Your Oligosaccharides



**Q: I like to eat bean soup, but I don't like all of the gas I get after I eat the soup. Is there anything I can**

**do to prevent this from happening?**

**A:** Yes. All types of dried beans—including white, northern, pinto, garbanzo and kidney beans—contain gas-producing sugars. These sugars are called oligosaccharides. These complex substances are not broken down in the small intestine during digestion. Instead, they make their way to the large intestine. There bacteria feed on the oligosaccharides and release hydrogen, carbon dioxide and other gases as by-products.

The good news is that many of these oligosaccharides can be dissolved in water. The water, containing the dissolved oligosaccharides, can then be thrown away. So, soaking beans and

discarding the soaking water can greatly reduce the amounts of oligosaccharides in beans. In fact, one study showed that the oligosaccharide content of garbanzo and kidney beans was reduced more than 30 percent after soaking and boiling.

For the greatest reduction in oligosaccharides, the California Dry Bean Advisory Board recommends adding 10 cups of water to every pound of dry beans. The beans should be put in a large pot because, after soaking, the beans will more than double in size. Then heat the water and beans to boiling and boil two to three minutes. Take the pot off the heat, cover it and let it sit for at least one hour, but preferably four or more hours. The longer the beans soak, the more oligosaccharides dissolve in the water. Be sure to throw away the water that was used to soak the beans, because it contains all of the dissolved oligosaccharides from the beans.

If you buy prepared bean soup at a restaurant or purchased it from the gro-

cery store, you could also try a product called Beano. Beano is a liquid that contains substances called enzymes. These enzymes break down the oligosaccharides in the stomach before they have a chance to get to the large intestine and produce gas. You can sprinkle Beano on the soup and stir it in before you enjoy the soup. Research studies have shown that Beano is effective. Many bean lovers swear by it. It certainly is worth a try so you can continue to enjoy your nutritious bean soup and get all of the carbohydrate, protein and fiber it contains. To order a free sample, call the Beano Hotline at 1-800-257-8650 weekdays from 8:30 a.m. to 9:30 p.m. Eastern Standard Time.

**Q: Sometimes my cooking oils get a smelly "off" odor. What causes this strange odor? Is this oil OK to use?**

**A:** An offensive "off" odor is a sign that the oil is rancid; that is, spoiled. Eating food made with rancid oil won't make you feel sick, but it can have some unhealthy effects in the body. Rancid fat contains chemicals called peroxides and aldehydes that can damage cells.

All oils and fats can become rancid if they are exposed to enough air, sunlight and heat. However, unsaturated fats like vegetable oils are more likely to become rancid than saturated fats like hard margarine or butter. But any type of fat, saturated or unsaturated, can become rancid. A fat doesn't have to be pure oil, margarine or butter to become rancid. Anything that contains fat can go bad if it is kept too long or is stored improperly.

If oil, butter, margarine or any other food that contains fat has the same bad odor as crackers, popcorn packaged with oil, peanuts or peanut butter, throw it away.

Following a few tips can help you keep food from becoming rancid:

- Buy oils and food that contain fat in the amounts that you will use within a

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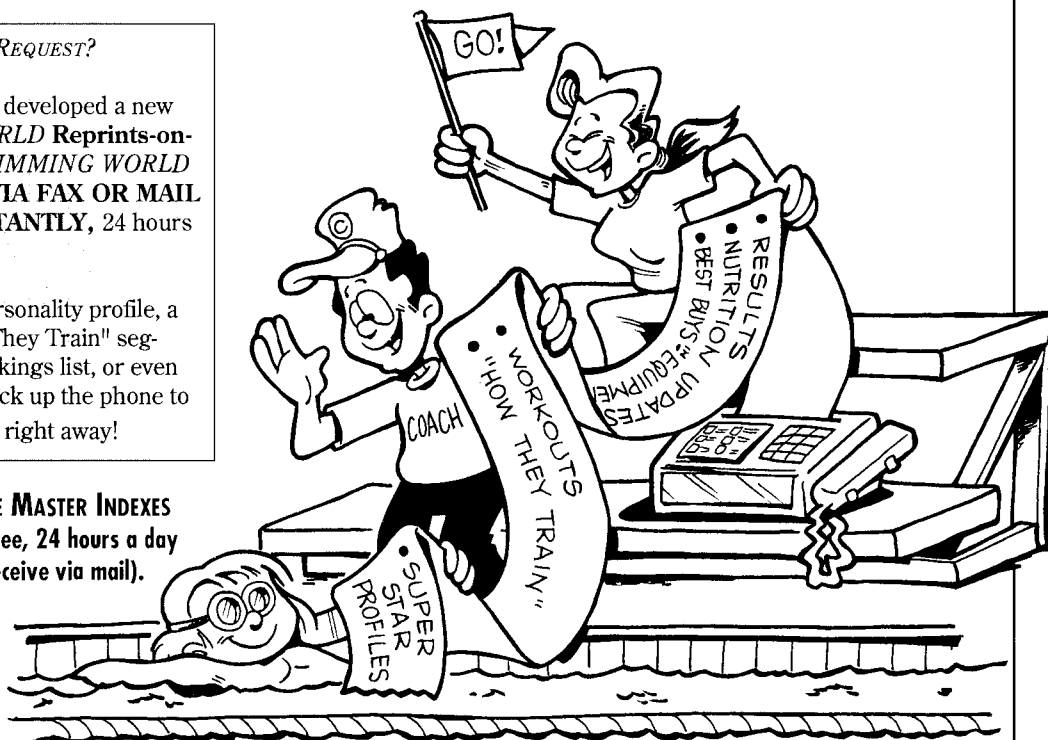
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# NUTRITION

few months and before the expiration dates stamped on the package.

- Make sure vegetable oils are stored away from sunlight—in a cool spot—and that the cap is screwed on tightly after each use.

- Use oils within six months.

- To minimize damage to oils from air, transfer oil to a smaller container when you have used up more than half of the oil.

Olive oil is especially sensitive to light; it is best to keep it in an opaque can rather than a clear bottle. Oils that are stored in the refrigerator will last about a year but will tend to solidify, become cloudy and can absorb odors while they are stored. Store nuts and seeds in the refrigerator to help keep them longer.

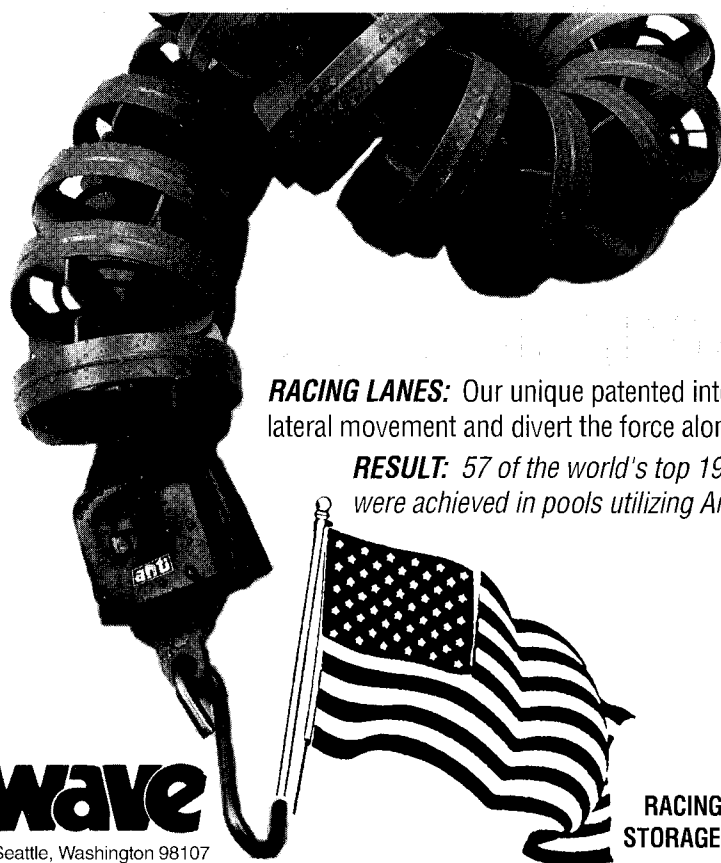
Freeze extra margarine or butter. It

will keep for up to two years in a freezer that is at zero degrees Fahrenheit. Freeze microwaveable popcorn to prevent the oil in the package from turning rancid. Wrap meats tightly before freezing. Sub-zero temperatures can sometimes change fat molecules and cause the fat to become rancid. To prevent this, use frozen ground beef, pork, chicken, turkey or fish within a few months. Whole cuts of meat can be safely kept for six months to a year in a freezer that is at zero degrees Fahrenheit or colder.

**Q: I eat cheese for a quick snack before my workouts. But cheeses are very high in calories. I am really trying to keep my weight down by eating less fat. I have seen "lite," "light" and "reduced fat" cheeses at the grocery**

**store, but they cost more. Are these cheeses really lower in fat and calories, and do they taste good?**

**A:** Cheese offers lots of good nutrition, but if it is made from whole milk, it is naturally high in fat and calories. Most whole-milk cheeses pack about 70 percent of their calories from fat. This means they contain about eight or nine grams of fat per ounce. Each gram of fat contains nine calories. So each ounce of this cheese would provide 72 to 81 calories from fat alone. New cheese-making techniques have enabled cheese makers to develop new varieties from low-fat and skim milk that are lower in fat and calories. Most of these lower-fat cheeses contain added gums and stabilizers to help simulate the texture and taste of



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# NUTRITION

whole-milk cheese.

Most reduced-fat cheeses contain 30 to 40 percent less fat and calories than their whole-milk cheese counterparts. Typically, cheeses labeled "fat-free" or "non-fat" provide the maximum savings in fat and calories.

However, reading the label is the only way to be sure that a cheese labeled "light," "lite" or "part-skim" is really low in fat. When you choose sliced cheeses, check the weight of the slice on the label.

The weight of pre-sliced cheese slices varies from 2/3 to one ounce each. A serving of a cheese slice may be lower in fat simply because the slice weighs less.

The accompanying chart (at right) lists the calories, grams of fat and percent of calories from fat in an ounce of cheese or per slice of several pre-sliced lower fat cheeses.

Keep in mind that the lower the fat, the tougher the cheese and the less it will taste like the real thing. Different brands of cheese vary a lot in taste and texture.

When heating cheese, remember that the fat-free varieties don't melt well and sometimes won't melt at all. ■

*Editor's Note: In the August column, the IOC limit of acceptable caffeine in the urine should have read, "12 micrograms per 1 milliliter of urine"—not 100 milliliters. The NCAA limit is 15 micrograms per 1 milliliter.*

## A COMPARISON OF CHEESE PRODUCTS

PRODUCT	Calories	Fat (grams)	% Calories From Fat
<b>American</b>			
✓Alpine Lace Free n'Lean American Slices (2/3 oz.)	30	0.7	21
✓Weight Watchers Country Cottage Farms Low-Sodium American Slices (4/5 oz.)	40	2.0	45
<b>Cheddar</b>			
✓Lifetime Fat-Free Pasteurized Process Cheese, Cheddar Flavor	40	0.3	7
✓Alpine Lace Free n'Lean Pasteurized Process Cheddar Cheese Product	40	0.3	7
✓Kraft Healthy Favorites Reduced Fat Cheddar Cheese	70	4.0	51
✓Cracker Barrel Light Natural Reduced Fat Cheddar Cheese	80	5.0	56
<b>Mozzarella</b>			
✓Healthy Choice Fat-Free Mozzarella	40	<1	<22
✓Sorrento Light Mozzarella	80	4.5	51
<b>Swiss</b>			
✓Kraft Light Singles Swiss Slices (3/4 oz.)	50	2.0	36
✓Borden Lite-Line Swiss Slices (2/3 oz.)	30	2.0	60
<b>Other</b>			
✓Kraft Light Naturals Monterey Jack	80	5.0	56
✓Weight Watchers Country Cottage Farms Natural Colby	80	5.0	56



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F

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**BUTTERFLY**—Race footage of World Record holder Mary T. Meagher and Pablo Morales, with an analysis of their particular kick and stroke techniques. Gambriel and Lundquist review their performances, give tips on body position, water entry, drills and dryland exercises.  
**BACKSTROKE**—Coach Gambriel and Rowdy Gaines discuss everything from getting started in the stroke to refinement of techniques at the Olympic level. Film clips of Dave Wilson, Rick Carey and other Olympic backstroke swimmers and slow-motion analysis of the skills they utilize for backstroke sprints and distance events.

G



**H SWIM SMARTER, SWIM FASTER**  
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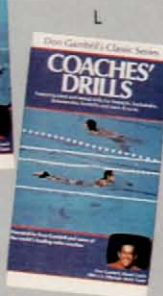
coaching secrets that have produced Olympic medalists, All-Americans and nine NCAA team championships!

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## Kudos To NISCA



We are still hearing congratulations and thank yous directed at NISCA and everyone else

who helped make our third annual NISCA National High School Invitational Meet last June such a success. Our August column mentioned those who organized the meet and those who worked at the meet.

Bill Wolff, who has chaired each of the championship meets, is really the father of this great NISCA program. We had all talked about this idea for a long time; Indiana's high school coaches had even tried to invite top seniors in the Midwest for a big post-season meet, but this never quite worked out, except that Indiana and Michigan had a series of meets over a couple of seasons, featuring the fastest senior swimmers and the best senior divers in the two states.

It took Coach Wolff and his committee to develop this idea and secure sponsors and organizers for the meet. This meet has already become an important part of the total NISCA services to high school coaches. We are very grateful that Bill Wolff had this vision and the determination to make it happen.

All swimmers and divers who will be seniors for the 1993-94 season, their coaches and their parents should be looking forward to the next meet: Saturday, June 18, 1994. The top available senior athletes on the NISCA All-America list will be contacted next spring. This is another reason for all coaches to make sure they apply for All-America honors for those swimmers and divers who meet the criteria. There are no "automatic" applications; every coach must fill out a current NISCA form in order for the athlete to be named All-America—especially for the seniors, who will not be eligible to be invited unless this is done.

Bill Wolff is just one of the outstanding people who are important to the success of NISCA. We have many hard working, dedicated leaders and members who are not only successful in the pools of our country but who also have made a name for themselves in other important areas of their lives.

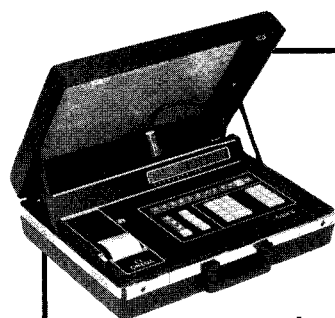
*Ken Gipe* from Port Clinton, Ohio, has taken over the leadership reins of the NISCA presidency from *Joe Groskost*, who has completed a dynamic and productive term in office.

*Walter Olsewski* has been elected to the position of treasurer/membership. Personable, competent and well-organized, Olsewski is the one to write for membership information. All high school and prep school coaches of men's and women's swimming, diving and water

polo owe it to their profession, their athletes and themselves to belong to NISCA.

Another new officer is *Rich Hood*, NISCA's president-elect. Having developed the Academic All-America program and then administering the whole All-America program, Hood, a coach in Omaha, Neb., was selected to his new post at the NISCA meetings in Indianapolis this past spring. One of several candidates, Hood spoke eloquently of his plans for NISCA and what he could bring to the office he was seeking. We are indeed fortunate not only to have him in our organization, but also to have him as president-elect for two years and then president for two additional years.

When Hood was elected to his new



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position, he had to vacate his chairmanship of the All-America committee. Filling that newly-opened job is *Marney Shirley*, who has been Zone 5 director. In her zone director job, Shirley gathered data, put together zone top-times lists, distributed certificates to the swimmers and divers on the list and periodically wrote one of the most interesting and thorough newsletters of all the NISCA zones.

□

In past issues, this column has included human interest stories about our members and officers. Therefore, we have tried to seek out unusual stories and events involving NISCA people. One of the most fascinating tales in recent years came from Bayonne's (N.J.) *Tom Wojslawowicz*.

A long-time member of NISCA and volunteer at the NCAA men's championships, Wojslawowicz has another dimension to his life, one that most of us who know him never realized.

We were pleased and surprised to learn that he was invited to and attended the parade and ball at President Clinton's inauguration. Wojslawowicz serves Governor Florio of New Jersey as a member of the Woodrow Wilson Society and advisory council.

He is very involved in community affairs. He serves as the president of the Pulaski Parade, a yearly affair on Fifth Avenue in New York City. He also has been on television in Poland several times and is involved with a variety of Polish-American organizations and activities. In aquatics, he is the swim representative on the New Jersey Interscholastic Athletic Association.

If you know of other NISCA members who should be featured in this column, please write to me at Valparaiso High School, 2727 N. Campbell St., Valparaiso, IN 46383.

□

Lastly, I'd like to take the opportunity to remind you that this is the time to

renew your NISCA membership. Current members are obviously aware of the many programs in NISCA which are, by themselves, sufficient reasons to be a member of this interscholastic aquatic organization.

Coaches new to high school swimming, diving or water polo may not know about NISCA and its programs and benefits.

This column will not be listing these many features at this time; rather, we would like to invite all new coaches—or experienced coaches who, for some reason, have not yet become associated with NISCA—to write for membership information.

Once you find out what NISCA has to offer, you will almost certainly send a check for dues for this school year. As

previously mentioned, the NISCA officer in charge of membership and treasury is Walter Olsewski, and you can write to him at the F.J. O'Neil School, P.O. Box 1102, Central Islip, NY 11722, or you can call him at his school phone, 516-348-4012.

He will be able to provide you with a list of programs and benefits for NISCA members and tell you how to become a member.

We have discovered over the years that this column is read, not just by high school coaches, but also by their swimmers and the swimmers' parents. So this is addressed to those readers: ask your coach which professional organizations he belongs to. If he or she does not belong to NISCA, encourage him or her to join. ■



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# Golden Memories

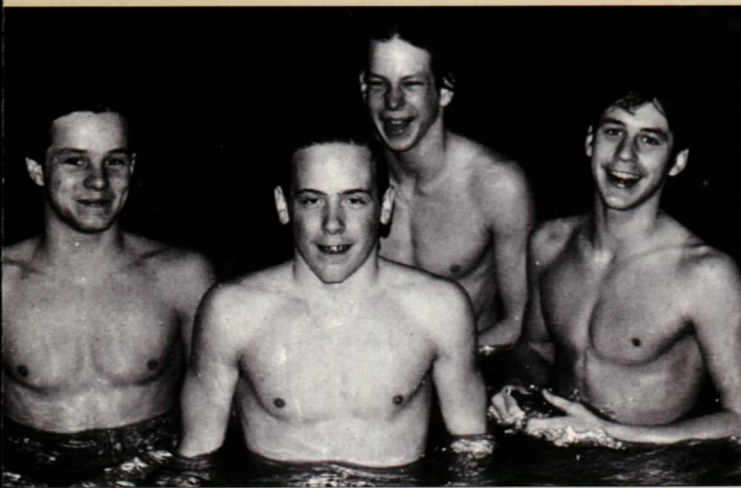


By Tom Jager

*Swimming is more than winning or losing, best times or gold medals. It's the friendships and memories which last a lifetime.*

Looking back over my 20-plus years in swimming, my mind drifts inexorably back to the early days at the YMCA in East St. Louis, where it literally all started for me. Always, these memories revolve around friendships because swimming gave me the opportunity to develop friendships with some remarkable people.

It was impossible to get a swollen head with those kids—nobody was immune from the good-natured lampooning of the group. I remember Nicky Stevenson, a skinny kid we often laughed at. He never minded though; in fact, he joined in. We were all targets of each other's jibes for one reason or another. We had characters like "Monkey Murphy," "Zoe," "Beef," "Big Mama" and "Little Mama," "the Bingers," "Bert" (my brother), and the bus driver, Mr. Hinse, the dad of one of my best friends.



*Tom Jager (third from left) has happy memories of his age group days at Parkway, shared here with medley relay teammates (from left) Bruce Elgin, Doug Valler and Dave Simpson.*

And it was at that time—when we were both 8—that I first met my future wife, Becky, known then as "Munchkin." But we were just two of the cast of characters who made up that great YMCA team of the '70's. "Beal's Seals," they called us, after Shirley Beal, our coach.

I also remember Kevin Effinger, probably the best swimmer I ever knew. It's funny how one incident can affect your life's course. One day, while we younger kids were waiting for our older brothers and sisters to finish practice, we were having sack races. The "finish line" consisted of two floor-to-ceiling eight-foot pane windows. I can still recall vividly the picture of Kevin flying through one of those windows. The accident severed all the tendons in his arm up to his armpit, and he was bleeding profusely. I panicked, but a father of one of our teammates, a fireman, wrapped his arm and saved it from amputation. That unfortunate accident cost Kevin his swimming career. He was forced ashore, as I kept on down the river.

At 12 I left the Y, journeying to the west side of St. Louis to swim with the Parkway Swim Club. It was a completely different setting from Collinsville, the blue-collar town in which I'd grown up, and I was worried I wouldn't fit in. The early teens were a hard time for me, as they still are for kids today. I knew the middle-class suburb in which I now was spending so much of my time was very different from Collinsville. What I didn't realize, at first, was that swimmers are the same in suburban St. Louis as they are in East St. Louis. I have since discovered that swimmers are the same *all around the world*—from St. Louis to St. Petersburg, Boston to Brisbane.

My fears proved unfounded. I *did* fit in at Parkway and we became a close-knit group of growing teen-agers. Normally adolescence can be a very turbulent time, but swimming was a stabilizing factor for us. I didn't have time to get in trouble; I wanted to work out every day just to keep up with the kids on that side of the river.

We would always travel to meets together. Wherever we went, my dad would drive non-stop, while we fooled around in the back of the car and he pleaded fruitlessly for us to "keep the noise down."

Once we swam in a meet in Fayetteville, Ark. A friend brought a "hog hat" which became a symbol for us the rest of the meet. We wore it during cheers and up to the blocks for relays. "Sooiee" became our battle cry for the weekend. Incidentally, the teammate who bought the hat still has it and still gets a kick out of it. Now he is working on developing a Patriot-type missile for the Navy.

These memories and friendships are an integral part of who I am. They helped me enjoy a sport that was often very difficult and tiring. But none of them have anything to do with the part of swimming I believe is far overrated—winning and losing. When I think of swimming, I don't think best times or gold medals. Instead, I think of best friends and golden memories. No matter what your competitive aspirations or achievements might be, with swimming you can always strike this gold. ■

*Tom Jager, world record holder in the 50 meter free (21.81), was a gold medalist in the 1988 and '92 Olympic Games. He was chosen by his teammates to serve as captain of the U.S. national swim team from 1986-92.*



# You Gotta Have Wa!



Photo by Swimming Magazine, Baseball Magazine Sha, Co., Ltd.

*The spirit of wa—Japanese word meaning harmony or unity—was evident among the U.S. team at the Pan Pacific Championships in Kobe, Japan. The United States displayed a team spirit that matched its performance as the Americans dominated the competition with 23 gold medals.*

**By Steven Munatones**

KOBE, Japan—American swimmers certainly took to the wa-ter here: wa, as in team spirit (wa means harmony or unity in Japanese), and water, as in 23 out of 34 gold medals at the Fifth Pan Pacific Swimming Championships Aug. 12-15.

"This is the closest (national) team that I've ever been on," said team co-captain Jeff Rouse, who has been a member on quite a few. National team director Dennis Pursley shared Rouse's sentiments: "We gradually developed a focus on the team and accomplished the team concept. But we also redirected ourselves to the work ethic.

"The swimmers, themselves, were saying, 'We need to work harder to make those kind of breakthrough swims.'" The hard work coupled with the team focus and support paid huge dividends.

Reaping the greatest benefits was

Jenny Thompson, who returned home with six gold medals—the most successful medal haul for an American woman swimmer at an international meet since Nicole Haislett won four gold and two silver at the 1991 Pan Pacifics in Edmonton.

Thompson set a Pan Pacific record in the 50 free, registered the world's fastest time in the 100 fly, captured her world record event, the 100 free, and swam on three winning relays—two of which were Pan-Pac records.

"I was generally happy with my times," said a smiling Thompson after winning the 100 free in 55.25 over Australia's Susan O'Neill (55.80). Signing autographs and exchanging pins with anyone willing to trade, Thompson enjoyed herself throughout the meet—especially in the 50, which she won in 25.60 over teammate Angel



Martino's 25.78.

"The 50 is fun," she said. "The 25.6 was an average time, but I felt good because Angel beat me at nationals."

In the 100 fly, Thompson went out fast in 27.9 and maintained her form to the wall, finishing in 59.33, again beating O'Neill (59.86)—the only two swimmers under a minute. She also split a 58.7 the next day on the fly leg of the medley relay.

"People may have gone faster than me this year (in the 50 and 100 free)," Thompson rationalized, "but I am working toward the World Championships next year."

Even with her six gold medals, Thompson was not the only one to dominate her competition. Her female teammates won every race but three. Janet Evans won two events; so did Anita Nall; Lea Loveless and Barbara Bedford split the backstrokes; and Allison Wagner and Kristine Quance split the IMs.

"This is a marvelous group of young swimmers dedicated to improving themselves," said head women's coach Dick Shoulberg. "We're seeing a bright future. All their hard work and the fine preparation

of their home coaches will pay dividends at the next World Championships."

Certainly one swimmer to look out for and see how she improves is 16-year-old Allison Wagner. In her first international competition, Wagner dropped 1.8 seconds from her performance at senior nationals to capture the 200 IM with a Games record 2:12.54. Hitomi Maehara of Japan finished a distant second at 2:14.60.

With the event being swum on the meet's final day, Wagner, who won both IMs at senior nationals a few weeks earlier, said, "I realized this was my last time to win (here at Pan-Pacs). I didn't care about the time. I was just glad I won."

Swimming fans, however, cared about the time. Her performance ranked No. 1 in the world this year, and it was the second fastest in U.S. history behind only Summer Sanders' American record swim from last year's Olympics (2:11.91). Wagner is now the fifth fastest performer ever with the seventh fastest performance.

"I was more prepared for the 200 IM (than the 400 IM)," Wagner admitted. "I just work hard every day and try to keep on improving."

Earlier in the meet, Wagner finished second in the 400 IM to teammate Kristine Quance. Wagner improved upon her winning 4:41.93 from nationals to 4:41.22. But she couldn't keep pace with Quance's Games record and world-leading 4:39.25.

Quance's performance ranked her as the eighth fastest performer in the event and the fourth fastest American ever behind Sanders, Janet Evans and Tracy Caulkins.

"I'm so happy," an exuberant Quance said after her six-second time drop from nationals (4:45.21). "This has been my best meet so far. I felt that I could break 4:40."

Quance also showed nearly a five-second drop in the 200 fly (she won the B-final in 2:11.78—the fastest American time this year by over a full second). Known more for her 200 breast and 400 IM, Quance's 200 fly time would have placed third behind Japan's Rie Shito (2:10.36) and Mika Haruna (2:11.64). Although qualifying seventh in prelims, Quance competed in the B-final because she was the third U.S. qualifier, and Pan-Pac rules allow only two swimmers from each country to swim in the A-final.

In the 200 breast, Quance captured the bronze medal in one of the meet's most exciting finishes.

The favorite, world record holder Anita Nall, said before the race, "I have no goal time; I just want to take it out and do the best I can."

That's what she did, leading by over a half-second at the 100 with a 1:11.47 split. But by the 150, Quance and Australia's Rebecca Brown had pulled even, and all three turned together for the final 50 meters. Stroke for stroke, the trio battled from lanes 3, 4 and 5 toward the finish. The electrified crowd roared its appreciation.

Nall surged at the flags and won with a tremendous finish over Brown by just 2-hundredths of a second, 2:28.40 to 2:28.42. Quance was within 35-hundredths of a gold medal with her 2:28.75.

Nall also displayed a strong finish to win the 100 breast, this time by 7-hundredths of a second. She beat Australia's Samantha Riley, 1:09.11 to 1:09.18. Riley had swum a 1:08.99 last March at her country's nationals in Perth, and that time still ranked No. 1 in the world after the she and Nall went head-to-head.

Riley actually led at the 50 by about a half body length. But after a good turn, Nall found her rhythm and slowly pulled even as she approached the final touch. Both swimmers lunged for the wall together, but it was Nall who perfectly timed her last stroke and set a new Pan Pacific record in the process.

"I took it out too quick, and it caught

*Jenny Thompson displays her six gold medals which she received for her three individual and three relay wins.*

Photo by Jeff Dimond



up with me at the end," said a disappointed Riley.

On the other hand, Nall was happy with her 1:09.11—"especially considering we're just coming off nationals two weeks ago," she said with obvious joy. "I didn't see Samantha at all. Everyone told me that I had a good finish, but I really didn't realize Samantha was ahead."

Another American double champion was crowd favorite, Janet Evans. World record holder in the 400, 800 and 1500 meter freestyles, she remains the fastest in the world in all three of those events for 1993 with her times from senior nationals in July.

At Kobe, she won the 400 and 800, but elected not to swim the 1500. That opened the door for Australia's Hayley Lewis to win that event in a Pan-Pac record 16:04.84, ahead of teammate Stacey Gartrell at 16:10.42. Lewis' time ranked No. 2 in the world this year behind Evans' 15:59.44.

Evans easily won the 400 free in 4:07.47 for her fourth consecutive Pan-Pac gold in that event.

Out in 2:02.32,

Evans was never seriously challenged by runner-up Claudia Poll

*"This is a marvelous group of young swimmers dedicated to improving themselves. We're seeing a bright future. All their hard work and the fine preparation of their home coaches will pay dividends at the next World Championships."*

*—Head Women's Coach,*

*Dick Shoulberg*

of Costa Rica (4:09.61).

"I was happy with my performance," Evans said. "I didn't put any pressure on myself this year. This meet was just icing on the cake. My main goal here was to win and see how fast I could go."

She went 8:23.72—just off her 8:23.61 at nationals—to win the 800 over Lewis (8:26.86) and Poll (8:33.80).

"I was trying to catch Janet," Lewis admitted, "but I knew there was no chance."

Evans, loudly applauded by her Japanese fans, led the 800 from start to finish for her ninth individual Pan Pacific gold medal.

"This 800 (which was faster than her winning time at Barcelona—8:25.52) tops off a good season," Evans said. "It's like the gravy on mashed potatoes!"

In the women's backstroke, Lea Loveless and Barbara Bedford were the class of the field. They finished 1-2 in both events, with Loveless taking the 100 back, 1:01.35 to 1:01.54, and Bedford nabbing the 200 back, 2:10.97 to 2:11.42.

"Barbara and I were happy to go 1-2, although I would have liked to have gone faster," commented Loveless, who had swum a 1:01.10 at nationals, which ranked No. 2 in the world. Loveless, the U.S. team co-captain, also won the 100 back at the 1989 Pan Pacifics in Tokyo.

Bedford was also happy with her 200 win.

"I didn't ex-

pect to win," Bedford said. "My training changed to more distance, and I am very happy with the results. I worked hard this summer and have to give credit to (assistant men's coach) Chris Martin. I couldn't have done it without him."

With her 1:03.99 split, Loveless led by nearly a half-second over Bedford at the 100. But Bedford stormed back with a furious charge in the last 50 to win and move up to third in the world rankings.

Probably the only race among the women that didn't go as planned for the Americans was the ladies' opening event, the 200 free. Things looked fine in the morning as Olympic champion Nicole Haislett qualified first with a 1:59.81, breaking her old Pan Pacific record.

However, in the evening finals, Costa Rica's Claudia Poll was focused on an upset.

"My training was geared to winning," she said. "I tried to hold my pace (with Haislett on the first 100) and then pick her up at the end."

Poll, with her eyes on Haislett two lanes over, was slightly ahead at the 100, splitting 58.33 to Haislett's 58.38. Together at the 150, it was simply an all-out sprint to the wall.

Poll, the younger sister of the better known Sylvia, outtouched Haislett, 1:58.85 to 1:58.95, for the gold and a new Pan Pacific record. Their times ranked No. 2 and 3 in the world behind Germany's Franziska van Almsick's 1:57.97 at the European Championships.

## AUSSIES HAVE THE EDGE

Janet Evans may have commented that this meet was just icing on the cake for her, but the American men certainly didn't have a cakewalk similar to their female teammates.

Although they fared well, winning six individual events and all three relays, the Australians actually won more individual gold medals—seven—due in large part to a swimmer named Kieren Perkins.

"The best way to race is to get out aggressively," said Perkins of his racing

*Kieren Perkins and Janet Evans, who won five individual gold medals between them, were fan favorites among the Japanese at Kobe.*

Photo © Alain Coltier/Sydney Freelance Agency





strategy. "I can go out fast and hold it. Plus I like to win, so I train hard."

The 20-year-old Olympic champion took that philosophy to heart and won all three of his races—the 400, 800 and 1500 freestyles—in Pan Pacific record times despite a four-month layoff after last year's Olympics.

He was joined by teammates Philip Rogers, who won both breaststrokes, and Matthew Dunn, who captured both IMs, to account for Australia's seven individual gold medals.

"I'm here just to see how fast I can go," commented Perkins. "My main goal here was to see what I could do given my training base. I was tired after the Olympics and took four months off. My situation is the same as (Janet) Evans'. I didn't start training until November, but even then, it was hard to get going."

Nevertheless, Perkins dominated his events. His first win came in the 800—the meet's opening event—with a 7:50.51, a comfortable margin ahead of 18-year-old teammate Daniel Kowalski (7:56.95).

It was the same story two days later in the 400 free with Perkins winning in 3:49.43 and Kowalski finishing second at 3:52.18. And you guessed it, the Perkins-Kowalski show continued true to form in the 1500 with world record holder Perkins at 14:55.92 and Kowalski at 15:06.77.

Perkins' 800 and 1500 times ranked No. 1 in the world, while his 400 was fifth fastest behind the top four times from the European Championships.

"The 1500 was my best event of the meet," Perkins admitted. "I was very happy to get under 15 minutes. I didn't expect to do so well, considering my fitness."

With a level of fitness any other swimmer would envy, Perkins was out in a 55.94 on the first 100 and held the next 14 splits between 59.2 and 1:00.6. Only the rapidly improving Kowalski was able to come within half of a pool length of the Olympic champion.

But swimming alone has never been a problem for Perkins.

"No one (from my home club) can train with me, so I can swim fast on my own," Perkins said. "I don't have any trouble going to the pool in the morning, then

*"The best way to race*

*is to get out aggressively.*

*I can go out fast and hold it.*

*Plus I like to win,*

*so I train hard."*

*—Kieren Perkins*

coming back in the afternoon for a double workout. I enjoy (training) for the 1500. Half the battle is enjoying it.

"All in all, this was a pretty good week."

Teammates Rogers and Dunn could say the same thing after the four-day competition.

Rogers set a Pan-Pac record in winning the 100 breast in 1:01.56. His time, which was 26-hundredths ahead of runner-up Akira Hayashi of Japan (1:01.82), ranked No. 2 in the world behind world record holder Karoly Guttler of Hungary.

Like Nall, Rogers completed a sweep of the breaststrokes with a convincing win in the 200 with a time of 2:13.50—third fastest in the world this year—ahead of Canada's Jon Cleveland at 2:14.31.

Although Dunn won both IMs, it didn't come easy.

The 400 IM was contested first, and with the absence of American Eric Namesnik, who did a world's best of 4:14.50 at nationals in July, Dunn stepped into the favorite's role.

"My first goal was to win, and I had to swim a strategic race to beat the two Americans, Tom Dolan and Matt Hooper." Dunn, cognizant of the Americans' strength in the second half of the race, built up a half-body length lead after the breaststroke and held on to win in 4:19.05. Dolan and Hooper produced their lifetime bests and finished second and third in respective times of 4:20.72 and 4:21.98.

In the 200 IM, American Greg

Burgess came into the meet as the favorite with a 2:00.84—third fastest in the world—from nationals a few weeks earlier.

"I had no real plan, unlike the 400 IM, but I knew Burgess would be tough on the back and breast because we did some training together in Orlando," Dunn said.

Burgess actually led Dunn throughout the race. "When I turned at the 150, I doubted I could catch Burgess," admitted Dunn. "He had a couple of meters on me (1:32.36 to 1:33.34), but I just had to go for it."

With both the Americans and Australians cheering on their gutsy teammates, Burgess, breathing nearly every stroke, attempted to hang onto his dwindling lead. But Dunn outtouched Burgess by 2-hundredths (2:01.52 to 2:01.54) to complete his sweep of the IM events.

Still, the Americans had their share of individual gold medals.

Men's co-captain Jon Olsen won both sprint freestyles. He beat teammate



*Japan's Rie Shito happily waves her country's flag after the hometown fans witnessed a 1-2 Japanese finish in the women's 200 fly.*

*Photo by Swimming Magazine, Baseball Magazine Sha, Co., Ltd.*



# PAN PACIFIC MEDAL COUNT

Country	Gold	Silver	Bronze	Total
United States	23	11	11	45
Australia	8	17	5	30
Japan	1	3	9	13
New Zealand	1	1	3	5
Costa Rica	1	1	1	3
Canada	0	1	5	6

Joe Hudepohl in the 50, 22.68 to 22.95.

"I felt much better tonight than this morning," he said. "I made a few technical adjustments. I didn't lift my head so early at the start, and I only took two breaths in the finals compared with five in the morning. My finish was also right-on."

In the 100, "Jon really swam like a leader," commented Coach Skip Kenney. "He took charge of the race."

Olsen admitted to some nervousness before the race, but he turned first at the 50 with Australia's Andrew Baildon at 23.89, blasted off the wall, picked up steam on the third 25 and brought it home to capture the first of his four gold medals (two individual and two relay). Australia's Christopher Fydler moved into second at 50.02.

Hudepohl actually had the fastest 100 time of 49.58 from prelims, but finished fourth in 50.13.

In the men's 200, Josh Davis used the same race strategy as Olsen.

"I have a strong training base," Davis said, "and I feel that I can take it out hard and keep the momentum going."

That's exactly what he did, leading the field by over a second at the first 100 with a 52.64 split and winning in a lifetime best of 1:48.50—fourth fastest in the world this year. New Zealand's Trent Bray finished second in 1:49.69.

Said Kenney about Davis, "Josh was just so aggressive tonight. He just went out there and attacked the swim."

In the backstrokes, the United States displayed its depth with four different swimmers placing 1-2 in the two events.

The 100 back saw world record holder Jeff Rouse and teammate Brian Retterer grab the gold and silver, respectively, with

times of 54.85 and 55.69.

Retterer, who had a personal best of 55.15 in the prelims—third fastest in the world—went out fast to open up a lead at the 50, albeit by just 1-hundredth of a second! With a strong turn and quick third 25, Rouse bolted into the lead and swam confidently to victory.

"Jeff's training was a hit-and-miss

*"I guess all those 5,000 and 10,000 back swims that (former Peddie coach) Chris Martin made us do paid off tonight."*

*—Royce Sharp*

thing this season," said Coach Kenney, "but he should be very pleased with his effort tonight." Said Rouse, "I wasn't really concerned with the time (he leads the world with his 54.21 from nationals and is the only swimmer with times under 55 seconds this year); I was just happy with the gold." The win gave Rouse his fourth individual Pan Pacific gold medal dating back to 1989.

By the time the men's 200 back rolled around, the Americans had already placed 1-2 in both women's backstrokes and 1-2 in the men's 100 back. It created some unusual pressure on Royce Sharp and Tripp

Schwenk to complete the American sweep, but these two weren't about to let their teammates down.

Schwenk qualified first in the morning with a new Pan Pacific record of 1:59.98. But it was Sharp's turn at night—"I felt that I had to take it out hard and try to hold on to win."

As planned, Sharp led from start to finish and broke his teammate's record with a 1:59.21 for his first major international victory. Schwenk grabbed the silver with a 2:00.08.

"I guess all those 5,000 and 10,000 back swims that (former Peddie coach) Chris Martin made us do paid off tonight," said Sharp.

"Yeah, it was great seeing two former Peddie swimmers up there on the victory stand," admitted Martin, who now coaches at the University of Florida.

The No. 1 time in the 100 fly going into this meet was a 53.41 by Poland's Rafal Szukala. That was Mark Henderson's target, whose 53.59 from nationals ranked third.

Unfortunately, Henderson's goal was foiled by mushrooms.

"I ate some mushrooms two days (before the 100 fly) and started vomiting," he said. "Because I got sick, my plans changed, and I simply wanted to win this event."

Although his time was slower than at nationals, victory was his in 53.91, ahead of American teammate Seth Pepper at 54.27.

Pepper led the field at the 50, but Henderson came off the wall strong.

"I went out long and planned to come back on everyone on the second half," Henderson said. "I was glad Seth was right there so we could go 1-2."

Pepper was also in top form, especially in the morning heats. "My big goal was to break 54 (which he did in prelims with a 53.92). Now I can go home happy." He went home even happier after he split his best 100 free (49.49) on the second leg of the 400 free relay later in the evening.

The only male swimmer to win a gold medal and who didn't hail from the United States or Australia was New Zealand's Danyon Loader, the Olympic silver medal-





Photo by Swimming Magazine, Baseball Magazine Sha, Co., Ltd.

*U.S. men's co-captain Jon Olsen collected four gold medals by winning the 50 and 100 freestyles and by anchoring two relays.*

ist. He captured the 200 fly in 1:58.30—fifth fastest in the world this year. Australia's Scott Miller was runner-up at 1:58.47—the only two swimmers to break two minutes. Last March at the Australian nationals, Miller swam a 1:57.97—third fastest in the world this year.

### A TWO-COUNTRY SHOW

The Americans dominated the Fifth Pan Pacific Swimming Championships in Kobe.

They won over twice as many gold medals as the rest of the countries combined—23 to 11. Only Australia offered some consistent competition, mainly because of their strong men's showing. The Aussies captured eight gold medals, while the remaining three golds went to Japan, New Zealand and Costa Rica.

The United States and Australia combined to win 74 percent of all of the medals.

Perhaps the most revealing indication of the U.S. depth was the fact it won all six relays. Perhaps the most revealing indication that Australia was second best was that

it finished second in all six relays.

Two Pan-Pac relay records were set, both by the women.

- The American team of Lea Loveless (1:01.33), Anita Nall (1:09.63), Jenny Thompson (58.70) and Angel Martino (55.24) set a record of 4:04.90 in the 400 medley relay. The three Americans had the fastest splits of the field except for Nall, whose time was second to Australia's Samantha Riley's 1:09.45. The quartet's time was the fastest in the world this year.

- The United States also set a Pan-Pac record in the 400 free relay with a time of 3:42.56—the second fastest in the world next to Germany's 3:41.69. Swimming for the USA were Melanie Valerio (56.58), Nicole Haislett (55.89), Martino (55.24) and Thompson (54.85). Thompson's and Martino's splits were the fastest of the field.

- Haislett (2:00.41), Janet Evans (2:02.37), Sarah Anderson (2:01.80) and Thompson (2:01.70) combined to win the 800 free relay in 8:06.28—world's second fastest next to Germany's 8:03.12. Japan's Suzu Chiba turned in the fastest split with

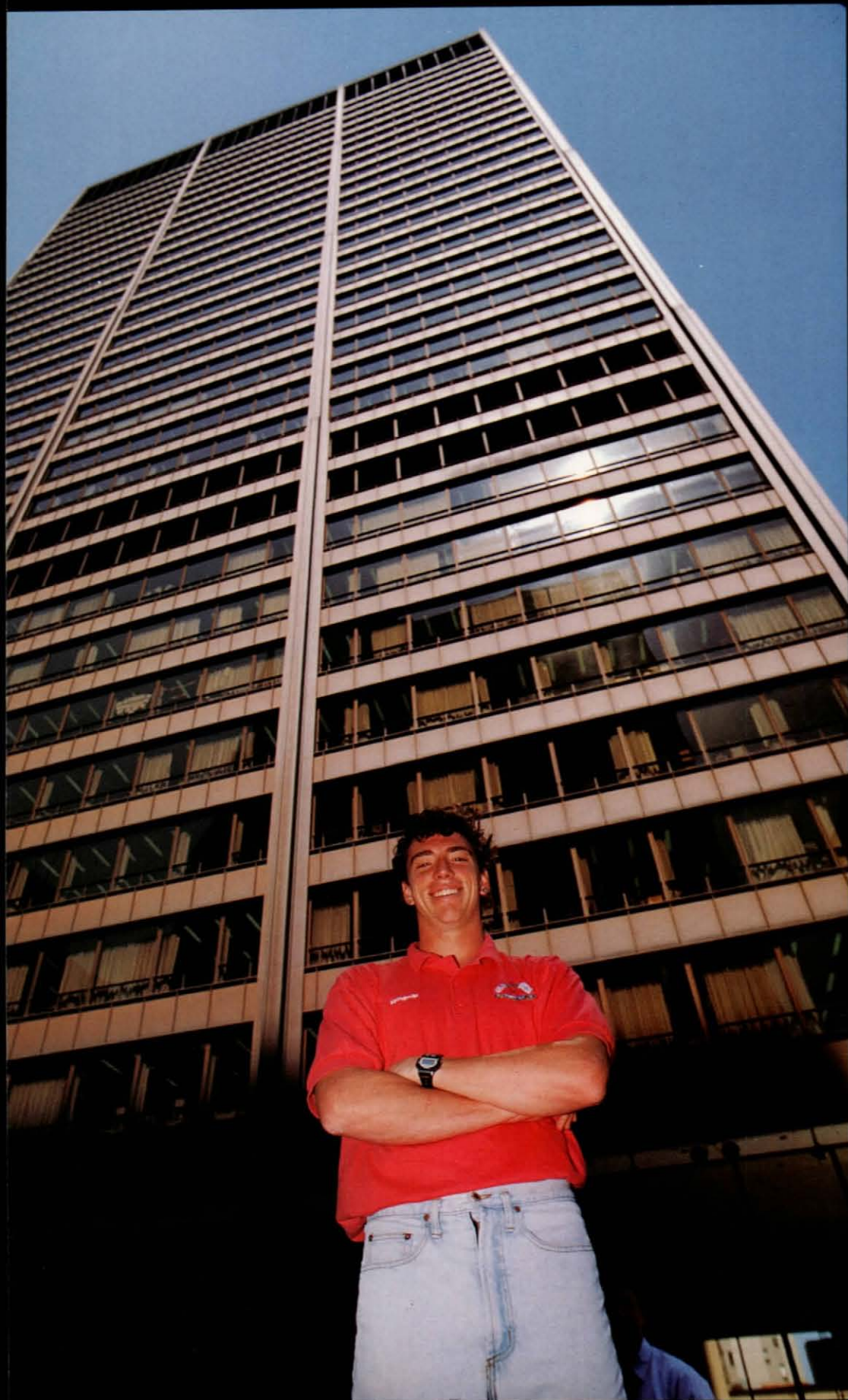
her 1:59.23 anchor—the only swimmer under two minutes.

- The U.S. men's medley relay of Jeff Rouse (55.10), Seth Van Neerden (1:02.37), Mark Henderson (53.24) and Jon Olsen (48.81) won the event in 3:39.52. Both Russia (3:38.90) and the Stanford "A" team (3:39.26) have gone faster this year. All of the U.S. swimmers except for Van Neerden had the fastest splits of the field. Leading the way in breaststroke were Akira Hayashi of Japan (1:00.71) and Philip Rogers of Australia (1:01.30).

- Swimming for the winning 400 freestyle relay were Joe Hudepohl (49.68), Seth Pepper (49.49), David Fox (49.57) and Olsen (48.76). Their 3:17.50 ranks No. 1 in the world this year. Olsen was the only swimmer with a sub-49 split.

- The men's 800 free relay consisted of Greg Burgess (1:51.54), Chris Eckerman (1:49.41), Ugur Taner (1:49.75) and Josh Davis (1:47.96). Their winning time of 7:18.66 is the third fastest this year behind Russia (7:15.84) and Germany (7:18.53). The Americans had the three fastest splits of the field. ■





# Rebel With A Cause

Cocky, disruptive, a mouthy troublemaker. Those were words that characterized this young boy from Chicago. Yet he turned those negative energies into something positive. American record holder. Olympic champion. Two gold medals. If nothing else, he's genuine. He tells things like they are. He is who he is. Distinctive. One of a kind. Unmistakably, Nelson Diebel.

By P.H. Mullen



Honest to God, Nelson Diebel is trying to legitimize himself. He's working downtown—his first real job ever, you see—taking the commuter train into Chicago from the 'burbs each morning, taking it back to green trees and white fences in the afternoon. He's talking like he's someday going to be a New York City trial lawyer specializing in in-your-face litigation, so he's spending the summer doing grunt work for the county and watching unhappy people get divorced.

He's not really *doing* anything in this puff job besides standing around, but in the world of white collars and advanced degrees, appearances count for nearly everything. To get away for lunch, the best he can do is grab a quick bite at the food court in the State of Illinois Building, one of the world's worst architectural monstrosities.

Thing is, Diebel, the Olympic gold medal winner in the 100 meter breast and one of the Games' most colorful personalities, spends so much time talking and hand-gesturing that he takes over an hour to eat half a lasagna slice from Sbarro's. His long Sieneese-style hands remain in constant flight, flitting back and forth over his food as if they were birds caught in wind currents. His shoulders, too, ebb and flow with the cadence of his sentences, and when he's justifying his year-long break from swimming, it looks like he's doing a breaststroke shrug on land. Same story as he emphasizes, "Yes," he will be competing for Princeton University, where he's starting his third year.

When his hands momentarily slow, you can see in several places what looks like scratches from an angry cat. These are the scars left over



Photo by Bill Daniels

**O**lympic champion Nelson Diebel worked this summer at the Cook County Domestic Relations Court on the 19th floor of the Daley Plaza in downtown Chicago.

from his widely-recounted mishap of slipping from a 10-foot high balcony at his school pool, landing hands-first on the deck and breaking both arms.

Quintessential Diebel, people say, shaking their heads. The biggest bonehead in American swimming.

But how about this: Diebel fell three days after placing top eight in both breaststrokes at the 1988 Olympic Trials, and the doctors warned he might never swim again. Yet within days after the casts were off, he was back in the water, and within a year he was back on the elite level. Quintessential Diebel?

"People will believe what they want to believe," he says cheerfully. "I don't care what others think anyway because by now I have my own image of who I am."

There's a reason the world considers Nelson Diebel the bad boy of swimming. The reason is filled with a forkful of lasagna right now. Who needs a rap sheet when you got Nelson's mouth right next to your ear flapping about everything you ever wanted to know and then some?

He'll tell you about the

screw-ups and the partying and the fights. He'll talk about the loneliness he felt in the wake of his parents' bad divorce, the need he now has to connect with young kids who are experiencing the same thing, the close relationship he maintains with his sister, the time he sat on the couch moments away from attempting suicide. . . .

In a very boyish, innocent and probably unconscious way, Diebel seems to take a special delight in telling his own story. This may be some sort of therapeutic self-discovery. Or, perhaps it's an example of the guileless Chicagoan who treats everyone he meets with equal openness. In any event, once upon a time Diebel was bad news, and though he's cleaned up his act considerably, he seems to relish rehashing his past indiscretions. The way he talks about his run-ins with authority figures resembles a lively grandfather indulgently recounting the exploits of a favorite grandson.

Pushing away his unfinished lunch, he takes a last, long draught from his oversized Coke. A quick glance to his triathlete watch reminds the young barrister-to-be that the

professional world beckons a hasty return. On the elevator ride back up to the Cook County Domestic Relations Court on the 19th floor of the Daley Center, Diebel is talking about how strange and surreal it sometimes feels watching the divorce court. After all, a product of divorce and all that, etc.

The elevator is swollen to capacity with the post-lunch crowd. Attorneys, office workers and guests sardine themselves together and everyone except Diebel tries to breathe evenly and stay calm. Eschewing the normal elevator decorum of maintaining silence, he continues with a loud analysis of a recent divorce case in which the proceedings were unusually traumatic. *Yamma, yamma, yamma.* People are nonplused by the etiquette breach, but intrigued, nonetheless. Several are looking at the brown hair curling over his collar and three silver hoops hanging off his left ear. They're probably wondering who let this kid drink caffeine at lunch.

This evening on the commuter train heading to his mom's suburban home in Oak





**D**iebel experienced an all-time high when he won Olympic gold at Barcelona.

Photo by Simon Bruty/Allsport

**W**hen Nelson was little, he was so terrible that babysitters would come once and never return again.



Brook, he'll talk the same way—in a decibel level usually reserved for poor trans-Atlantic phone connections. *Yamma, yamma.* A nearby man who was trying to sleep finally turns around and strikes up a conversation.

Later, while savoring a gourmet dinner prepared by his mother Marge, the athletic prowess of his vocal cords becomes a point of debate.

"Mom, I'm not loud; I'm conversational, right?" he said, turning to his biggest fan for support. She's a stockbroker; his father, who lives across town, is a history professor at a community college. His younger sister Cathie is a student at Gettysburg College who's currently studying in Australia.

"Nelson, the neighbors can hear you when you walk in our front door!" she exclaims.

When Nelson and Cathie were little, they were so terrible that babysitters would come once and never return again. One evening Margaret hired a neighborhood boy who intrigued the Diebel kids by telling them he was a magician.

Tie me up, he said. And if I get free, I get to tie you up. If I don't break free, you can do anything you want all night. Nelson agreed faster than he could say Houdini. He and Cathie tied the sitter up as best they could, and of course he was free in no time. Then he expertly knotted the two kids to the legs of a chair and left them there for seven hours. When Marge returned home and saw "no blood on the carpet and no furniture broken in pieces," she was so grateful she gave the sitter a fat tip, and he became the regular.

Marge is in the midst of redecorating her modest, newly-bought home, and Nelson trades room and board for helping out wherever he can. Having gone to boarding school and college on the East Coast, he no longer keeps in touch with many area people, so he and mom spend mucho quality time together. They both share a passion for cooking, and by no coincidence, the kitchen was the first room remodeled this summer.

"I love to experiment with





**N**elson listed "swimming" under activities on his prep school applications even though he really wasn't a swimmer.

**A**t Peddie, Diebel and Barbara Bedford were two of the stars who helped the Falcons win the national mythical title.



dinner, but everything has to be done on the stovetop—I need to be able to throw in this or that at any time," he says. "My dishes taste great, though I never can make the same recipe twice."

The oven is out of his loop, way out. There's no synergy between Chef Diebel and his culinary creation when it's incubating in a black hole. How can he expect to speckle it with chives or powder it with paprika when he can't even see it? Bah! How can he expect to remain patient with his hands idle at his sides while a casserole or a turkey slowly cooks? *Zee meal ees to be a symphony!* What's afoot in the kitchen *chez* Diebel is an issue of control, pure and simple control.

"I want—no, I *need* to control my environment," he says. He's talking, of course, about swimming, but the idea spills into all of life's corners. Nelson remains out of touch with his oven because it prohibits him from masterminding his dinner from starting gun to final touch.

"At Peddie, for the first

time I submerged myself in a thing I found I could do, and do well," he says with a compelling earnestness that squeezes up unexpectedly like a forward breaststroke splash. "It was unlike anything I'd ever experienced. I was actually *good* at something."

A moment ago, he was flippantly talking about vegetable dishes. Now he's suddenly turned respectful, almost reverent. No more *yamma, yamma*. Church music could be starting any moment now.

Diebel will tell you straight up that Peddie coach Chris Martin has had more sway in his life than either parent. They're a strange combo which Fate brought together right off Exit 8 in New Jersey, in a town called Hightstown. One, a hulking, inflexible, Yale-educated black man trying to break into the elite ranks of coaching. The other, a scrawny, prep-school kickout with a real knack for getting high and little else to show for himself.

When they threw Diebel out of the Kent School in

Pennsylvania his freshman year for fighting, he lied on his admissions applications to other places. Under activities, he listed swimming because it seemed a good counterbalance to his chief activities; namely, drinking, smoking and disrupting other people's peace of mind.

Nelson wasn't a swimmer. Sure, he could get from one end of the pool to another, and when he was 12, he made the membership list of his local team. But that's about all. When his mom would drop him off at the local high school for swim practice—she was hoping the sport would exhaust him and make him more manageable—Nelson would scamper past the pool door and play hoops in the gym until workout was over. Before being picked up, he would douse himself in the shower to make it look like he'd been swimming. Even today, he draws a blank when asked to name any of the USS teams in the Chicago area.

Martin is still not sure why he agreed to take Diebel on to his team. Initially, he

needed warm bodies to fill the lanes on race day. But it was painfully clear to everyone that Diebel could swim to save his life only if the shore were in sight and the current was in his favor.

From the start, coach and swimmer were at odds, constantly butting against each other's sizable egos like two male bison. For a young guy trying to build a national-caliber program, the last thing Martin needed the team to see was a mouthy troublemaker one-upping him. And Diebel's cockiness wasn't about to let him flat-out quit, much as he wanted to.

"He was so arrogantly naive about everything that it made me laugh," says Martin, who's now beginning his second season at the University of Florida. "I was either going to break him or make him go fast."

Critics of Chris Martin say he's a tyrant with a whopping ego and an iron desire to master his swimmers. His supporters say that's what they love best about him. Diebel began to



bend his will. The coach first saw a glimmer of talent after six months; Nelson had knocked huge chunks off his 100 yard breast time and though only swimming one season, he was becoming competitive in his races.

At the season's end, he broke a minute. And the program's discipline was beginning to provide some framework to his life. He was one messed-up kid when he got to Peddie. But he says he stayed clean his last three years there, and after a wild freshman year at Princeton, he turned militant in his quest to become an Olympian. Today, Martin's name works its way into almost every serious conversation Nelson has.

"Everybody always appealed to his sense of otherness, and he had rebelled against it," says Martin. "I was the first to say, 'Hey kid, do it for yourself because you don't owe anybody anything. Do it for yourself, and you'll go as far as you can see.'"

Before a breaststroke final at nationals several years ago, Diebel turned to Mike Barrowman, whom he barely knew, and said, "Mike, the only way you can beat me today is by breaking the world record." Surprised, Barrowman pulled up short and stared at him. Nelson continued his business of last-minute shaving, oblivious to the other finalists' looks. Barrowman went on to win the race *sans* record, but Diebel made a good showing.

Soon afterward, one of the finalists recounted the story and added something to the effect: "It seemed an incredibly arrogant thing to say, but Nelson always talks without thinking. And he's so dumb, he actually thinks in those terms."

Yes, Nelson is so dumb he continued thinking in those terms all the way to the wall



**D**iebel proposed to his fiancée, Kristy Walker, one evening at Princeton when he suddenly dropped to his knees in a large puddle. "I opted for being genuine," he said.

and a first-place finish at the Barcelona Olympics. He's so dumb, he now has an Olympic gold medal which stays in a safe deposit box, and an Olympic record of 1:01.50 which stays in the books for at least a little less than three more years. The former finalist, someone who apparently didn't think in the same terms as Diebel, was so smart he was able to find the Olympics on his television set and tune into Barcelona from the comfort of his couch.

It's a criticism Diebel's heard before. Most Princeton students, especially the legacies, are generally known for walking the stratospheric path of high intellectualism and robust snobbery, and on more than one occasion Diebel has had to defend his enrollment at an Ivy League school to his classmates. He should spank them with his 1310 SAT scores, but he never does.

"Others have their academic world where they're more in control than I am, and that's fine," he says. "Just don't tell me I don't have a place there, too. There's plenty of people

who want me to apologize for being an athlete, but I'm not going to do that. No way. It's who I am."

These days the Diebel Dialogue returns again and again to the theme of responsibility. At 22, Nelson says he's feeling old. A person can't swim forever, he bemoans; it's time to look beyond the lane lines. Then, several minutes later, an about-face: "To make the team in Atlanta, I'll give at least a year-and-a-half of total commitment to swimming. Before that, it's necessary to strike a balance between swimming, school and work. After '96, I'll need to have experiences on my resume that say something other than 'I swim.'"

He did the same kind of flip-flop at the Olympics, one minute telling reporters he wasn't the type to turn sissy when they played the national anthem, the next minute wiping away tears, struggling to stay composed and looking like a window pane that was about to shatter.

A while ago, Nelson fell in love with a woman named

Kristy Walker, a student now in her last semester at Villanova. They'd been going out for two years, he knew she was the one he could spend his life with, etc., etc.

He mapped out a strategy to propose. This was back in January. The plan involved a long weekend, a beautiful candlelit dinner and a wonderfully chivalrous offer of marriage. The idea churned in him for two weeks, a long time for someone with a self-described "short-term orientation" on life. He laid everything out in his head. Then one evening, he, Kristy and a group of friends were walking across the Princeton campus when Nelson suddenly dropped to his knees in a large puddle and asked her to marry him. No ring and no elegance, but for better or for worse, she accepted. They plan to get hitched when he graduates in two years.

"Hey, everyone can be romantic," he says with a shrug. "I opted for being genuine."

Discussions of love can only command his attention for so long before they start to weigh him down. Faltering a bit, he switches to the topic of swimming, and it's like someone pulled the cord on an outboard motor. *Yamma. Yamma, yamma. Yamma, yamma, yamma. . .*

"I really think the perfect race is out there, and once I swim it, I'm going to quit," he says at one point. His tone is turning reverent again, and his eyes are bright like a treasure seeker's. "I don't care what part of the season it happens in or where I am. If I can get out of the pool knowing I made no mistakes and have no places for improvement, I'll quit there on the deck. But that day may be a long way off, and I still got some races to do between now and then." ■



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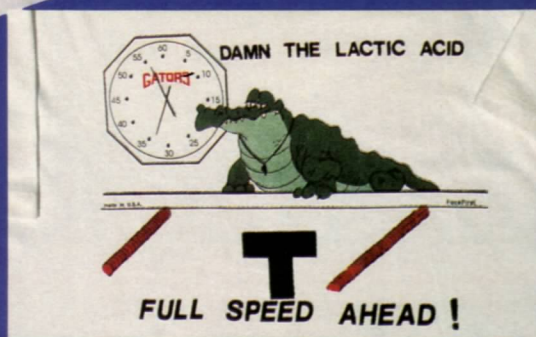


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# Record Times

**Fourteen YMCA records were broken at their nationals in Nashville.**

By Wendy Smith

Photos by Steve Lowry



**Members of the Spartanburg Y add to the festivities of opening ceremonies at the Nashville Sportsplex.**

NASHVILLE, Tenn.—Triple winner Suzanne Black was exhausted after she won the 400 IM at the eighth annual YMCA Long Course National Swimming Championships held here Aug. 3-6.

"My coach entered me to punish me," she bemoaned. "I thought there was no way I'd get first. It's one of my good events, but it hurts so bad. I was amazed I (qualified) second and amazed I got first. I was just hoping to survive!"

Black, 15, of the Winston-Salem (N.C.) YMCA, more than survived the four-day competition which attracted teams from 100-plus YMCAs all over the country. Along with her 400 IM win in 5:08.89, she was the first swimmer to rewrite the record books, winning the meet's opening event, the 400 free, in 4:26.51, outtouching last year's champion and record holder, Wendy Henson. Henson's runner-up 4:27.41 fell just short of her one-year record of 4:27.14.

"I was surprised I got it," Black said of her record-breaking swim. "I was pleased with my swim, with my place and everything. Your best time is always a good thing, but it's not everything."

Black also set a record in the 1500 free with her winning 17:08.91, breaking the old mark (17:14.87 by Julie Millis in 1991) by nearly six seconds.

"I'm really surprised I did that good," Black said. "I've been really tired, so I'm pretty glad about it. I feel like I've had a really good meet. Like with my IM, I didn't expect to do that well at all."

Her two individual records were the most of any swimmer at the meet, which saw 14 records broken—nine individual and five relay.

Although 16-year-old Henson of Spartanburg, S.C.—the returning 100, 200 and 400 freestyle national champion—lost her 400 free record to Black, she reclaimed her YMCA national titles in the

100 and 200 free with times of 49.60 and 2:07.63.

"I just had to clear my head and forget about everything else that happened already," Henson said, referring to her near-miss in the 400. "I've really had to work for whatever I got. I just focused on repeating as a winner."

Topping Black and Henson in overall wins was Jennifer Crisman from Jenison, Mich. Swimming for Grand Rapids, Mich., Crisman claimed four YMCA national swimming titles—winning the 50, 100 and 200 back plus the 50 free—and was part of two national record-breaking relay teams (200 medley relay, 2:03.55, and 200 freestyle relay, 1:51.35). She was also on her team's winning 400 freestyle relay (4:05.13), giving the 14-year-old seven gold medals.

During prelims of the first day, Crisman lowered her own national 50 backstroke record of 30.46 set last year to



**Suzanne Black of Winston-Salem, N.C., was a triple winner, taking the 400 IM along with the 400 and 1500 freestyles.**



30.34. Later that night, she won her third straight Y national title in that event with a 30.60.

On the second day of competition, Crisman earned two of her four titles just minutes apart—the 100 back (1:05.53) and 50 free (27.52).

"It was tiring, though," she said. "I hoped I'd win the 100 back. I didn't know about the 50 free. It wasn't that bad until I had to swim the relay. I was so tired, but I saw everyone cheering. It really helped me."

Crisman completed the backstroke hat trick by winning the 200 on the final day of competition with a 2:25.39.

On the strength of her four individual wins and her team's three relay wins, Grand Rapids captured the women's team title with 354 points. M.E. Lyons (Ohio), which had one event title in the 800 free relay (8:53.13), finished second in the women's standings with 319 points.

Rochester (Mich.) placed third just nine points behind M.E. Lyons. Rochester won two women's events, both in YMCA national record times—the 400 medley relay (4:30.65) and the 100 breast by 17-year-old Mandi Falk (1:14.24), who was competing in only her second Y nationals. Falk's time just did beat the two-year-old record of 1:14.45 set by Kirsten Sanders of the Spartanburg YMCA.

YMCA records were also set in the other breaststroke events as well. Erin Warner, 16, of Kettering, Ohio, who finished second to Falk in the 100 breast, won the 50 in 34.33. That broke the previous mark of 34.65 set by Karen Todd of Naperville, Ill., in 1990.

"I think that's the best I ever felt,"

she said. "I'm still in shock."

In the 200 breast, Michelle Brym, 15, of Mt. Vernon, Ohio, who admitted to being "a little nervous" because she was the defending champ, broke another 1991 Kirsten Sanders' record (2:42.41) with her 2:41.96 victory. Following Brym were Falk and Warner.

Another first-time champ admitted she was nervous before she won the 200 fly. That was Patricia Cuti, 17, of Huntington, N.Y. After 10 YMCA national championships, Cuti finally stood atop the awards podium after her 2:22.54 win over Samantha Bausher, 16, of Reading, Pa., who had won the 200 IM the previous day in 2:27.54.

"I was really nervous, really scared," Cuti said. "I'm just happy to get it over with. Now I'm ecstatic. I was always watching (the awards ceremony) when I was little, wanting to be up there on the podium. This was the first time I made finals."



**Spartanburg's (S.C.) Jay Griffin was the meet's top IMer, capturing wins with times of 2:11.11 and 4:41.18.**

Cuti also placed second in the 100 fly to Carolyn Deighan, 17, of Birmingham, Mich., 1:06.10 to 1:06.22. Taking the 50 fly was Beth Karaica, 15, of Pittsburgh with a 29.49.

## Men's Events

One of the closest races of the meet was in the men's 400 free with 17-year-old Tom Houck of Reading, Pa., outtouching Jay Griffin of Spartanburg, S.C., by 1-hundredth, 4:06.85 to 4:06.86.

"It's surprising," Houck said. "It was so close, I didn't even see him. I guess you can say I'm lucky."

"I wanted to go a 4:06, and that was it. I wasn't concerned about winning, just placing high."

The 17-year-old Houck went on to win the 1500 free, tying Griffin's national mark of 16:21.07.

But Griffin, 18, had his share of gold medals, too, winning the 200 IM in 2:11.11.

"I was disappointed to get out-touched by 1-hundredth," he said of his 400 free race. "I knew it would be hard, but I got pumped up, more ready for the IM. When I felt pain, I thought about the 400 because I didn't want it to happen again."

Griffin finished his YMCA career by leading his Spartanburg teammates to a 1-2-3 finish in the 400 IM with a 4:41.18.

"I feel (the 400 IM) is my best event," Griffin said. "I knew if I did a good time, I felt I could win. The win is good enough for me, and the fact we went 1-2-3 is really nice."



**P.J. Olson of Rochester, Mich., won the 100 back in 1:00.37 and was a part of three winning relays—two in record time.**



Griffin also finished runner-up in the 200 free, giving him two individual golds and two silvers. Winning that race was first-time champion Josh Carothers, 17, of M.E. Lyons, Ohio, in 1:55.57. And if there's anyone who knows about close finishes, it's Carothers.

In the 100 free, he and Ken Ehlen, 18, of Rochester, Mich., both clocked identical times of 53.39 to share the gold.

"I've never really won anything before this," Carothers said. "I'm happy with my race. I dropped a second from this morning. It's my best time by a lot."

Ehlen also went home with a bronze medal in the 200 free and a silver in the 50. His 24.84 was a touch behind John Ferguson, 19, of Montgomery, Ala., who won in 24.75.

Ferguson is using his 50 free win to help him with his college swimming career. "It's what I set out to do," he said of his victory. "I wanted to have some kind of credentials because I'm going to swim with (University of) Alabama (next year)."

Eighteen-year-old Chris Brophy of Fairfield, Conn., also picked up some good credentials for college. Swimming in his

11th and final YMCA national meet, Brophy claimed his first Y national victory in the 100 fly with a 57.79.

"It's taken me a while to get there," he said of winning. "I kind of wanted to break that record (56.79), but I'm happy. It's my best time by about a tenth. I wanted to go faster, but I'm not disappointed at all."

Neither was Brian Marsh disappointed. The 15-year-old from Roanoke, Va., surprised himself with a win in the 200 fly (2:08.16).

"I never thought about (winning this event)," he said. "I wasn't thinking about anything. It was weird—the 200 breaststroke was my event (he finished second); but maybe not now, though."

In the 50 back, 17-year-old Dan Bauder of Fairfield, Conn., set a YMCA national record as he won for the second year in a row.

"Last year, I won the same event and was 2-hundredths off the record," Bauder said. "It drove me to work on my stroke and make it stronger. I worked on my start a lot, too. My goal was to break the record."

His 27.67 bettered Jason Gray's 1990

time of 27.97. Finishing second was Jason Crowder, 18, of Raleigh, N.C., who won the 200 back in 2:09.17. He and teammate Steve Bonack, 18, were responsible for Raleigh's three individual wins that helped their team capture the men's title with 481 points.

Bonack won the 100 and 200 breaststrokes with times of 1:05.33 and 2:24.63. He also finished second in the 50 breast behind Jeremy Linn, 17, of Harrisburg East, Pa., whose 29.83 broke Marty Hubbell's one-year-old record of 29.92.

"I wasn't in a Y league before," Bonack said after his first win in the 100 breast. "This is one of my best accomplishments. This meet is so exciting, more of a team thing. The atmosphere is awesome. It makes you want to swim fast."

Raleigh also turned in two winning relay performances, taking the 400 free relay in 3:37.76 and the 800 free relay in 8:03.30.

It was just what they needed with Rochester, Mich., giving them a tight battle for the men's crown. Rochester finished with 417.5 points on the strength of two individual and three relay wins. Winston-Salem, N.C., took third with 277.

Included in Rochester's three relay wins were two Y national records—the 200 medley (1:48.31) and 200 freestyle (1:38.81). They also captured the 400 medley in 4:00.50.

On all three of Rochester's winning relays were P.J. Olson and Michael Sugrue, who also contributed individual wins to the team cause. Sugrue, 17, captured the 50 fly in 26.48, and Olson took the 100 back in 1:00.37. Olson was so caught up in the team race that after his individual win, he said, "I didn't really want to do it for myself but for the team. This can help them, and that's the most important thing."

"I'm excited, but I'll be happier when the team wins. I just want to do the best I can for the team."

Rochester may not have won the men's team title, but their second-place finish coupled with their women's third-place showing gave Rochester the combined team title with 727.5 points. Men's champ Raleigh (9th-place women) finished second overall with 670, while M.E. Lyons (runner-up women and sixth-place men) tallied third with 521.5. ■



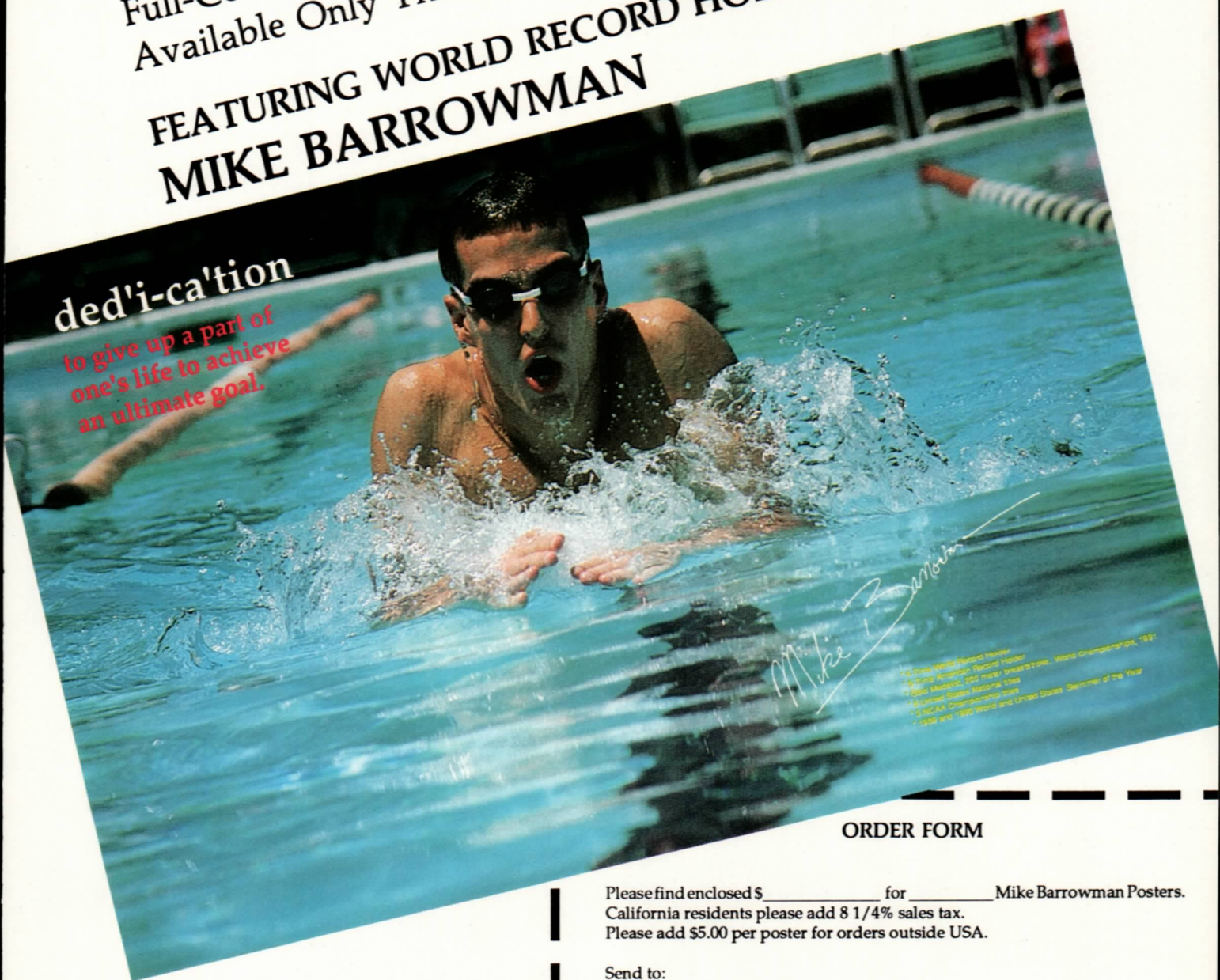
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By Russ Ewald

## ALAMO FOUR NATION CHALLENGE

## China Doesn't Lag

*The Chinese team only arrived the day prior to the Alamo Challenge yet captured three of six events and the team scoring race over the other top diving squads in the world.*

PASADENA, Calif.—After having to travel to China for the FINA World Cup in May and failing to win a single medal, the United States diving team did better with the home pool advantage in the Four Nation Alamo Challenge Aug. 27-28 at the Rose Bowl Aquatic Center. But the Americans did not do much better, collecting one gold and two bronze.

China, which swept the six events at the World Cup, overcame jet lag—arriving just the day prior to the meet—to take three at the Challenge. Germany and Russia, the other countries in the competition, each won one event. The team standings showed China with 65 points, Russia 58, USA 50 and Germany 49.

"We've got a lot of work ahead of us," said U.S. coach Dick Kimball. "I think we'll be competitive by '96 because our kids will be focused with the Olympics being in the United States."

The meet, which was held outdoors on a warm, sunny weekend in Southern California, featured the finest divers in the world. The four competing nations won all 12 of the diving medals at last year's Olympics. Three of the four gold medalists in Barcelona competed, although China's Fu Mingxia, the Olympic platform titlist, entered only the springboard contests. The Chinese, who recruit their divers at a young age based on a number of physical factors, including height and weight,

switched Fu to the springboard events because she had grown several inches. China star Gao Min, the 3-meter gold medalist and undefeated in major meets since 1986, retired after the Olympics.

The Chinese have found a suitable successor to Gao in 15-year-old Tan Shuping, who swept the springboards as she did at the World Cup. Tan, five feet even and 97 pounds, performed the most difficult list of dives in both events.

On 1-meter—where only optionals were performed in both the men's and women's contests—she pulled ahead in the fourth and penultimate round on an inward 2 1/2 somersault in tuck position. The most difficult dive of the event (3.0 degree of difficulty) lifted Tan past Germany's Brita Baldus despite her low scores of 5.5 and 6.0 from the judges. The Chinese teen-ager maintained her lead to win with 252.10 points. Baldus finished with 249.30.

Tan took the 3-meter easily. Her 506.15 total won by a 42.6 margin over runner-up Vera Ilyana of Russia.

"Only she (Tan) can do it (the inward 2 1/2 tuck on 1-meter) in the world among women," said Tan's coach, Wu Guocun. "Her natural ability beats Gao Min and the degree of difficulty is much higher than Gao. But the quality (of the dives) is still much less than Gao. She does not have the international experience and needs to improve her mental approach."

The Americans failed to medal in the women's springboard events. Carrie Zarse placed fifth and Melisa Moses last on 1-meter, and Veronica Ribot-Canales and Eileen Richetelli were the bottom two finishers (7th and 8th) on 3-meter.

Olympic gold medalist Mark Lenzi, who struggled earlier in the season, came through with a gold for the USA on 3-meter. He overtook leader China's Xu Hao in the seventh

*Just like at the Olympics, Mark Lenzi was the USA's lone gold medalist with a win on 3-meter despite the lack of his normal training regimen.*



*Tiny Tan Shuping, who has big shoes to fill as the heir apparent to the great Gao Min, looked up to the task the way she dominated in the 3-meter contest.*



## Photos by Budd Symes

round and led the rest of the way in a lackluster contest mired by frequent misses. Lenzi won with 609.25 points (compared to 676.53 at the Olympics) followed by Dmitri Sautin at 586.50. Xu, 15, fell to a final finish of fifth.

"I dove just well enough," said Lenzi, 25, who hasn't trained much recently because he is in the process of moving from Ann Arbor, Mich., where he trained under Kimball, to Bloomington, Ind. He plans to enroll at his alma mater, Indiana, for more undergraduate work with a new major. His college coach, Hobie Billingsley, is coming out of retirement to train Lenzi.

"A lot of people are not diving as well as usual because they just got in. I was just thinking, 'Get through.'"

The other Olympic men's gold medalist, Sun Shuwei, looked sharp after being sidelined most of this season because of an eye problem. The 15-year-old Chinese competitor won the platform event with the most consistent diving of the meet. He never received a counting score under 7.5 and earned at least three 8s on every dive except one for a final total of 635.35. Sautin, the European champion, took second with 617.10.

Russian Svetlana Khokhlova used a conservative list to win

the women's platform. While the other leading contenders from China and the United States blew more difficult dives, European champion Khokhlova didn't use a dive with a 3.0 degree of difficulty or higher. The tiny 20-year-old, who is 5-foot-1 and 97 pounds, moved in front of early leader Chi Bin of China in the sixth round by getting an average score of 8.5 on her most difficult dive, a back 2 1/2 pike (2.9 DD). Her winning total was 413.20. Chi, the World Cup titlist, was runner-up with 403.45. U.S. diver Mary Ellen Clark, the Olympic bronze medalist, fell out of contention when she went over on her opening pair of optional dives. She settled for the bronze (371.35).

"I had a tough time focusing," said Clark. "I was too hyped. I took yesterday off which I guess I shouldn't have."

Bryan Gillooly, the youngest American diver at 17, led the men's 1-meter contest going into the final two rounds. But Gillooly, who will be a high school senior in Orlando, Fla., was overtaken by Germans Boris Lietzow and Peter Boehler because of their higher degree of difficulty dives and wound up third. Lietzow, 24, held off European champ Boehler, 323.25 to 321.70. Gillooly had 314.90.

## U.S. OUTDOOR NATIONALS

## A Big Breakthrough

*Stanford senior Eileen Richetelli not only won her first U.S. title but also the women's high-point and diver-of-the-meet awards, quite a hat trick in a meet dominated by veterans.*

Eileen Richetelli, the leading diver at the women's NAAs the past two years, broke through for her first U.S. title at the 1993 Phillips 66 national outdoor diving championships Aug. 11-15 in Los Angeles.

Richetelli edged two-time defending 3-meter champion Veronica Ribot-Canales of Miami, 476.82 to 470.25 to become the lone new titlist in the six events held at the USC McDonald's Swim Stadium. The Stanford senior took the lead in the seventh round and maintained it with a steady performance on the final three dives.

"I've been close before, so this is kind of a breakthrough for me," said Richetelli, who won the women's high-point award with 44 points and the Phillips Performance Award as the meet's outstanding diver.

Olympic bronze medalist Mary Ellen Clark captured her third successive platform championship. After missing her sixth dive, the 30-year-old Clark finished strong to hold off Richetelli and Ribot-Canales. The champion received two 9.5s, a 9, two 8.5s and two 8s on a back 1 1/2 somersault with 2 1/2 twists in the last round. It was the highest scoring dive of the



*Stanford senior Eileen Richetelli won four NCAA titles but felt her win at senior nationals was the most important championship.*



contest (73.08 points) and enabled Clark to wind up with a final score of 412.38. Richetelli followed at 384.30 and Ribot-Canales 382.20.

Carrie Zarse came from behind the final round to defend her title on women's 1-meter. Zarse, 19, of Rockford, Ill., edged Doris Glenn Easterly of Fort Lauderdale, Fla., 430.41 to 420.09. Zarse, who trains in Ann Arbor, Mich., dropped from first to fifth when she received mostly 3s on a reverse 1 1/2 pike on her eighth dive. She rebounded with 7s on a reverse 1 1/2 with 1 1/2 twists and 8s on an inward 1 1/2 pike in the last two rounds.

Easterly, 18, from Fort Lauderdale, Fla., has been diving at the national level only two years. Her highest previous finish was 11th. A significant increase in the degree of difficulty of her dives has been the reason for the dramatic improvement.

In the men's competition, Mark Bradshaw was the lone repeat titlist with a victory on 3-meter. Bradshaw, 31, of Columbus, Ohio, took the lead in the eighth round from Olympic gold medalist Mark Lenzi. He secured the win by getting one 9.5, three 9s and three 8.5s for 84.48 points on a forward 2 1/2 with 2 twists in the final round. It was the highest scoring dive of the event and gave him a final total of 648.06. Lenzi was the runner-up with 626.31.

"This means a lot," said Bradshaw, who won his fifth U.S. springboard title but his first at a summer nationals. "For whatever reason, I've never done well in the outdoor championships."

Lenzi earlier won the seventh national title of his career, unseating defending 1-meter champion Dean Panaro of Cincinnati. The 25-year-old from Ann Arbor, Mich., was nearly 20 points behind Panaro after eight rounds of the 11-dive contest. A great forward 3 1/2 tuck that earned him a 9.5, three 9s, an 8.5 and an 8 on his ninth dive put Lenzi in front for good. He finished with 618.66 points. Panaro had 605.82 for second.

"I don't think I've ever done that dive (the ninth) any bet-

ter," said an emotional Lenzi, dedicating the victory to his best friend who is suffering from a blood clot behind one eye. Lenzi didn't identify the friend, who lives in the diver's hometown of Fredericksburg, Va.

In the tightest battle of the meet, Fort Lauderdale teammates David Pichler, Patrick Jeffrey and Russ Bertram were 1-2-3 going into the last round on platform and stood within a point of each other. Pichler and Jeffrey were separated by 0.03 points. Doing the same back 1 1/2 with 3 1/2 twists, Jeffrey hit the water with less splash than Pichler and received slightly higher scores of mostly 7s. Bertram, the defending champion, slipped to fourth when he earned mostly 6s and 6.5s on his dive.

The final scores were Jeffrey 565.02, Pichler 559.29, Chuck Wade of The Woodlands 558.12 and Bertram 555.03. It was the third national title for Jeffrey and the second on 10-meter.

Although Jeffrey purposely did not know exactly where he stood in the standings, the 28-year-old ex-Ohio State diver said, "I knew it was close and I knew I needed to do a great dive. When I feel pressure, I let it take control of me. That's why I try not to know the score."

Olympic platform silver medalist Scott Donie didn't compete in the tower event after finishing third on 3-meter and fifth on 1-meter. The 24-year-old Miami (Fla.) diver quit in the middle of a handstand during 10-meter competition at the U.S. Olympic Festival this summer, citing the pressure associated with the Olympics and a realization he didn't enjoy diving.

Kent Ferguson, the other Olympian still active, was sixth on 3-meter. The remaining four Olympians—Karen LaFace, Julie Ovenhouse, Ellen Owen and Matt Scoggin—have retired.

Pichler, who also placed sixth on 1-meter and fourth on 3-meter, won the men's high-point award with 54.

Fort Lauderdale swept the team titles, winning its third consecutive combined team title with 228 points, the men's with 123 and the women's with 105. In the combined, Miami (Fla.) placed second (160) and Kimball Divers third (136).

## EUROPEAN CHAMPIONSHIPS

# A Powerful Pair

*Germany and Russia ruled the European Championships just as the Germans and Soviet Union did two years ago.*

SHEFFIELD, England—There was a difference in facilities between the U.S. and the European championships. At the outdoor USC McDonald's Swim Stadium, Ohio State's Mark Bradshaw had a hard time seeing the surface of the water on a forward 3 1/2 pike. His coach, Vince Panzano, tried to create a contrast by spraying water into the pool with a hose. The Ponds Forge indoor facility in Sheffield, England—5.8 meters deep and just three years old—featured flotation bubbles and surface

agitation.

Germany, which swept the springboards, was the leading nation with wins in four of the six events and a total of eight medals. Russia took both platform contests and collected six medals overall. Two years ago, the Soviet Union, now broken up, was the team champion with four golds and eight medals.

Olympic bronze medalist Brita Baldus, who captured her only previous European title a decade ago, was the most impressive German champion. The 28-year-old diver achieved the highest women's 3-meter score in European championship history with a total of 541.68. She earned at least a couple of 8s on all but two dives. Vera Ilina, 19, of Russia was the runner-up (494.25) for the second successive time. Defending champion and Olympic silver medalist Irina Lashko, also from Russia, lost the lead and eventually finished fourth because of poor performances on back and reverse 2 1/2 pikes in the seventh



and eighth rounds.

German Jan Hempel, the 1990 Goodwill Games titlist on platform, came from behind on men's 3-meter to take his first European title. He capitalized on a blown dive by leader Dmitri Sautin of Russia in the penultimate round. Sautin led by 13 points until he missed a reverse 2 1/2 pike and received scores ranging from 4.5 to 5.5. Hempel, 21, assured himself of the victory by hitting a reverse 1 1/2 with 3 1/2 twists for 7.5s and 8.5s on his final effort, the highest scoring dive of the contest. His winning total was 637.77. Sautin held onto second with 619.59. Three-time defending champ Albin Killat of Germany has not officially retired but has not competed since the Olympics.

The World Cup format was used for the 1-meter events. The leading eight divers in the prelims advanced to the quarterfinals and then competed in brackets, doing only optional dives, through the semis with the top four making the finals.

A couple of veteran German divers won major titles for the first time in the 1-meter competition. Peter Boehler, 26, the runner-up two years ago, captured the men's with 361.74 points. Sweden's Joakim Andersson placed second (347.70). Simona Koch overtook Lashko on her last dive to win a tight women's event where the four finalists were separated by just 5.40 points. Koch, 25, came through with counting scores of 7.5 and 8 on a reverse 1 1/2 with 1 1/2 twists to finish with 278.94 points. The scores of the other finalists were Lashko 276.24, Ilina 275.40 and Baldus 273.54.

Sautin rebounded from his disappointing finish on 3-meter to win the men's 10-meter with a clutch performance on the



*German Jan Hempel, a top five finisher on platform in the last two Olympics, nonetheless won the 3-meter for his first European title.*

*Germany's Brita Baldus extended her streak of earning a medal on 3-meter at the Europeans to five and won for the second time.*



final dive of the competition. The 19-year-old Russian earned five 9s and two 8.5s on a back 1 1/2 with 3 1/2 twists, passing Great Britain's Robert Morgan by a scant 3-hundredths of a point. The margin equalled the narrowest ever on platform at a major championship—Joaquin Capilla of Mexico beat the USA's Gary Tobian by the same difference at the 1956 Olympics. It was so slight as to represent a score of less than half a point from one judge for a single dive.

Morgan, who trains at the Sheffield pool and was cheered on by the crowd of 500, had taken the lead in the ninth round with the highest scoring dive of the contest. He received two 9s and four 8.5s and an 8 on a reverse 3 1/2 tuck. Defending titlist Vladimir Timoshinin of Russia was fifth.

Svetlana Khokhlova survived a poor opening dive to take the women's platform with 434.25 points. After getting mainly 6s on a 1 1/2 pike (1.6 degree of difficulty), the 20-year-old Russian never received a counting score under 7.5 the rest of the way. She moved into the lead in the sixth round with the highest scoring dive of the event, doing a back 2 1/2 pike for mostly 8.5s. Germany's Ute Wetzig, the European champion in 1989, finished second with 425.61 points. Elena Miroshina, the Olympic silver medalist, did not make the Russian team for the championships. ■



# West Takes On International Look

Remember Robert Redford's role in the baseball movie, *The Natural*? There are certain people in this world—Henry Mancini in music, Barry Bonds in baseball, Michael Jordan in basketball—who are so adept at what they do that they can produce award-winning performances with seemingly little effort. These people can be given any kind of challenge and perform it stunningly in a heartbeat with little coaching.

The 1993 Junior National Championships-West in Minneapolis, Minn., Aug. 6-9, may have been our first look at the next "Natural" of freestyle swimming.

Rania Elwani, swimming for Alamo Area Aquatics in San Antonio, Texas, is a 15-year-old phenom from Cairo, Egypt who trains in the United States during the summer. "Rania has just a beautiful stroke," said George Block, head coach of the Alamo Area Aquatic Association. "For the past two years in America she has been able to come here in March and train with our club. Her coach, Tim (Henrich), sets up her workouts a month at a time and sends them to her when she is back in Egypt."

In those two years, Elwani has developed into a top young sprinter. In her first USS national meet, she became the only three-event winner, taking the 50, 100, and 200 freestyles and snapping the junior national record in the 50 in a time of 26.44. The time broke Grace Cornelius' (Suburban) old mark of 26.53 set in 1985. Erika Bass' (Mach Three Flyers) 1988 West record of 26.60 was also erased.

Earlier in the meet, Elwani took the 100 free in 57.08—more than a second ahead of the second-place finisher and just 8-hundredths of a second off the nine-year-old junior national record. Then, she posted



**Buena Ventura of Southern California, coached by Steve Baxter, won the NJO-West women's and combined team titles.**

her win the in the 200 over the 1991 Junior National-West champion and record holder, Dee Brown.

Looking toward the future, Block said, "Rania has plans to be with us for a full two years prior to the Olympics in 1996. We hope with two full seasons of strength training and coaching, she can really be good."

Two other swimmers came away double event winners—Elizabeth Sherwood and Kari Edwards.

Sherwood, 17, from the Kansas City Blazers, broke a pair of records in the butterfly events. First in the 200, Sherwood replaced the junior national record of 2:15.65 (Angie Farris, Roanoke Valley, 1988) with a time of 2:14.63. The old West record was 2:17.11 by Susan Bartholomew of Beach in 1988.

She followed that up with a Junior National-West record in the 100 fly in a time of 1:02.88, bettering the previous

mark by 2-hundredths of a second (A. Niedermeyer, City of Plano, 1986).

Edwards, 16, from Vancouver Swim, came from behind in the last 50 to beat Catherine Fox (Sherwood finished third) and score a junior national record in the 200 IM with a time of 2:20.09. That broke Becky Brunch's (Coho Swim Club) former record of 2:20.29, set in 1988. The previous West mark was a 2:21.24 set by Sheila Conoway of Clayton Shaw in 1988.

Earlier in the 400 IM, Edwards held off a late charge from Sarah Dougall to win in a time of 4:57.57.

Among the remaining lady winners, only Carrie Johnson of SVA returned as a top-eight finisher from a year ago at this meet. Last season in the 200 breast, Johnson placed fifth in 2:39.17. A year later, this 17 year-old trimmed nearly a second-and-a-half off her time to post a 2:37.81 victory.

In the 100 breast, another 17-year-old,



Lindsay Etter of The Woodlands passed three swimmers in the final 50 meters to take the victory in a time of 1:13.06.

A pair of 16-year-old Californians brought home victories in the backstroke events. In the 100, Miranda Walz of Buena Ventura won in a time of 1:05.36, just touching in ahead of Cheryl Murphy (1:05.74) and Becky Derringer (1:05.99).

The 200 backstroke went to Maggie Paulsen of Woodland, Calif., who posted a

medley. However, the pair of second-place relay finishes helped the women's squad win the women's team point race as well as the overall team point race with 361 points. The Woodlands finished second in the overall standings with 320 points.

On the men's side of the meet, only one swimmer was able to knock off a record as Charles Girdlestone, 18, of Conejo Simi Aquatics won the 200 back-

Oliver, 16, of Bellevue Athletic Club. Kaschik later bettered another more experienced field in the 200, winning in a time of 2:07.53.

Another youngster beginning to make his mark is Martin Zielinski of the Gopher Swim Team, who scored a pair of victories in the butterfly events. Zielinski nearly broke an NJO-West record in the 200 in a time of 2:03.23, just 21-hundredths of a second off the mark. He then nipped John Hargis, 18, of the Little Rock Racquet Club by just 45-hundredths of a second to post a time of 55.35 to win the 100.

The remaining double-event winner was Mike Wasgatt in the distance freestyles. Wasgatt, a 15-year-old from FAST, Colo., started off the men's events with a pool record in the 800 free. A strong second half enabled Wasgatt to come from behind for the win in a time of 8:18.09.

Later in the 1500, Wasgatt used a little different strategy and led most of the way before cruising in for a time of 15:48.59. That time was just 4-hundredths of a second off the pool record held by Glen Housman of Australia.

After placing second on three different occasions last season in the distance freestyles as well as placing second in the 1500 and 400 IM this season, Wes Oliver finally pushed through for a victory. He took the 400 free in a time of 3:59.52, denying Wasgatt his third victory by just 24-hundredths of a second.

In the sprint freestyles, newcomer Ted Poser, 18, of the Marlin Pirates, won the 50 free in a time of 23.38. Poser said he has only been swimming seriously since December 1991.

In the 100 free, Chris Archer, 16, added to Dads Club's team point total by outtouching the field in a time of 52.03. The 200 free went to Chris Brockman, 18, of COPS in 1:54.20.

In the breaststrokes, Kyle Marden, 17, of Kerr-McGee held off Brian Keegan, 18, of United Poway in the 100 for the win in 1:04.79. Keegan had earlier won the 200 in a time of 2:20.38.

The relay events were split with Texas Aquatics winning the 400 free relay in 3:32.18, California Capital taking the 800 in 7:50.87 and The Woodlands capturing the 400 medley in 3:55.42.



**The West's top record setter was Elizabeth Sherwood (K.C. Blazers) with a regional record in the 100 fly and a national mark in the 200 fly.**



**The Dads Club of Texas won the men's title at NJO-West, due in large part to double IM champ Nicholas Kaschik.**

2:18.37 for a one-second victory over 15-year-old Denali Knapp.

In the distance freestyles, Walz' teammate at Buena Ventura, Rebecca Gilman, just 13 years old, won the 400 free in 4:21.38. In the 800, Julie Varozza, 16, of Santa Clara, paced her way to nearly a three-second victory in 8:55.04. And in the 1500, Sheri Theisen, 16, of Cedar Rapids Aquatic Association, timed a 16:59.14 to take home the gold.

The relays were split between three teams. The 400 free relay was won by Tempe Rio Salado in 4:00.76, just 24-hundredths of a second ahead of Buena Ventura. The 800 free relay went to Mission Viejo in 8:35.25 and the 400 medley relay to The Woodlands in 4:24.99.

Buena Ventura again got nipped at the finish as they clocked a 4:25.35 in the 400

stroke. Girdlestone's time of 2:04.57 snapped the NJO-West record of 2:06.49 set by John Simmons of the Irvine Novaquatics last year.

Amazingly, the top three swimmers swam under the record mark, including Nicholas Kaschik, 15, of the DADS Club, and Justin Clossen, 17, of Cedar Rapids Aquatic Association. Clossen would get his revenge on Girdlestone later in the meet by winning the 100 back in a time of 58.35.

Kaschik was one of three swimmers to win two events as he took both of the IMs and helped his team, Dads Club of Texas, to win the men's team championship.

In the 400 IM, Kaschik, the youngest competitor in the finals, proved he would be one of the toughest four-stroke swimmers in the pool as he stormed his way to a 4:32.77 and a one-second victory over Wes



# Rising Stars In The East

**H**istorically, the junior national championships have been a good meet to get a glimpse of America's future stars. That's where many of today's elite swimmers got their first taste of national competition.

Looking at this year's Junior National Championships-East results from Orlando, Fla., Aug. 6-9, it's exciting to ponder who might be the new stars to step forward.

If it's record performances that might provide the future champions, there were a fistful to consider. And among the women, there were even 12-year-olds turning heads.

One such swimmer was Lauren Stinnett of the Solotar Swim Team from the Potomac Valley area, named after the late Coach Ed Solotar. She seems to be following in the footsteps of another Solotar swimmer from the 1970s—triple Olympic gold medalist and world record holder Melissa Belote. And she even swims the same stroke!

Stinnett set a junior national record in the 100 meter back with a 1:04.32 prelim time (she later won the event in 1:04.42). That bettered the old mark of North Baltimore's Heather Ray when she clocked 1:04.44 in 1988. Stinnett's time also established a new 11-12 national age group record—a record that has been around since 1984 and which was set by one of America's premier swimmers, Beth Barr. Stinnett not only broke Barr's record of 1:06.75, but smashed it by nearly two-and-a-half seconds!

There aren't any national age group records kept in the 200 back for 11-12 swimmers—only the 50 and 100. If records were kept, however, Stinnett would probably be a prime candidate to set one. She won the 200 back in 2:17.45, just missing



**Bernal's Gators won the combined team title and their second straight women's title at the NJO-East meet in Orlando.**

the junior national mark of 2:17.22 from 1991. Runner-up Amanda Hall, 16, of women's team champion Bernal's Gators, pushed her the second 100 and finished in 2:17.83.

Another 12-year-old to make some splashes of her own was Shelly Ripple of the Bengal Tiger Aquatic Club. Although she didn't win, her runner-up performance of 2:21.55 in the 200 IM established another 11-12 NAG record. And, like the 100 back, this record has been untouched since 1984. Tanya Williams was the last 12-year-old to swim that fast when she did a 2:22.54.

Winning the 200 IM was Kelly Frazer of Atom Mecklenburg—six years older than Ripple. She, too, bettered a record with her 2:20.11. That was faster than the 1988 junior national mark of 2:20.29, set by Becky Brunch of Coho Swim Club. About an hour later, however, at the Junior Nationals-West in Minnesota, Frazer's record was lowered to 2:20.09!

In all, the women set five junior national marks—three individual and two relay. Annemieke McReynolds, 15, of Scenic City Aquatics lowered the 200 breast standard to 2:35.26, erasing the national mark of 2:35.54 (Cathy O'Neill, Plano, 1992) and the East record of 2:36.24 (Darcy Hathaway, Mecklenburg, 1991). McReynolds also finished second in the 100 breast to 14-year-old Melissa Lavery of the Badger Swim Club. Lavery's 1:12.75 just missed the East record of 1:12.68 and the national record of 1:12.66.

Setting two national records in the relays was the Bernal's Gator Swim Club, which captured back-to-back women's team titles—short course last March and, now, long course. Bernal's, named after Coach Joe Bernal, also won the combined team race with 384 points, ahead of Bolles at 349 and Swim Atlanta at 302.

The fact that they won anything at all is a story in itself, considering that after Bernal left Harvard three years ago, he lost



half of his swimmers. His club relocated to Bentley College in Waltham, Mass., thanks to the athletic director there, Bob DeFelice, who provided pool space.

"We used the pool at Bentley on a one-year trial basis, and now we're in our third year," Bernal said. "We overcame a lot. And a great deal of our success is due to DeFelice. I'm thankful for his open-mindedness. There's a lot of people committed to the program."

Photo by Glen Thaxton



**Only 12 years old, Lauren Stinnett of Solotar swam like a veteran, setting a junior national record in the 100 backstroke and just missing in the 200 back.**

The Gators are now back at full-size membership and have improved from a 21st combined team standing a year ago to No. 1 in 1993. Bernal's women placed 19th last year with 53 points and increased that to 302—nearly double that of runners-up Bolles with 174 and Swim Atlanta with 165.

Their junior national records came in the 400 medley and 400 freestyle relays. A team of Amy Holt, Danielle Peluso, Amanda Hall and Sue Trainer clocked 4:23.14 in the medley, breaking the previous record held by Pine Crest in 1985 at 4:25.00. Trainer, Wendy Rowe, Hall and Lisa Bushnell combined to break the record in the freestyle relay with a 3:53.06. The old mark was a 3:56.37 by Mecklenburg from last year.

Sixteen-year-old Trainer also won the 100 free in 57.54 and was a part of her team's 800 freestyle relay, which finished

second (8:30.33) to Swim Atlanta, which nipped them by 13-hundredths of a second (8:30.20).

Women's team runner-up Bolles had one individual champion. Trisha Cassidy, 15, won the 1500 free in 16:55.30. Interestingly, none of the freestyle events showed a multiple champion.

Besides Trainer and Cassidy, Gabrielle Rose, 15, of Memphis State won the 50 by a hundredth of a second over Katherine Taylor, 16, of Cardinal, with a 26.71; Nicole Rutkowski, 17, of Massachusetts Bay Marlins won the 200 in 2:04.78; Danielle Mailloux, 17, of Omni won the 400 in 4:21.85; and Brooke Bennett, 13, of BSTC Blue Wave captured the 800 in 8:52.93. All of the runners-up in the freestyle events were different swimmers as well without anybody doubling.

The butterfly races were split by Maggie Bowen, 13, of Sunkist, and Chrissy Miller, 17, of Upper Main Line. Bowen just missed the junior national record of 1:02.39 in the 100 fly with her winning 1:02.67—a hundredth of a second faster than runner-up Merel Hommen, 17, of Upper St. Clair. Miller, who also placed second in the 800 free, nabbed the 200 fly in 2:16.50.

Another swimmer to win both gold and silver medals was Brittany White, 14, of North Baltimore. After a runner-up finish in the 200 breast on the first day of competition, White came back to capture the 400 IM in 4:55.99, just off the NJO-East record of 4:55.77 from 1988.



Three junior national records were either tied or broken among the men, while winning times just missed the mark in four other events.

Tom Wilkens, 17, of Red Bank YMCA set a new standard in the 200 IM with his winning 2:06.34. That erased the junior national mark of 2:06.43 by Victor Wales of Santa Barbara in 1988 and the NJO-East record of 2:06.45 by Daniel Summerlin of Roanoke Gators in 1990.

Eddie Durham, 17, of Bartow Flyers, won the 100 breast in 1:05.34, but that wasn't the event in which he tied the junior national record. Actually, it was in the 200 breast—an event in which he finished *ninth!* Durham didn't qualify for finals, but

won the consols in 2:19.87. That tied the national mark set last year by Christian Claytor of Walnut Creek and broke the NJO-East mark of 2:20.39, also set last year by Craig Barry of Miami Metro. Winning the finals of the 200 breast was Adam Jerger, 16, of West Florida with a 2:21.98.

In both of the record events—the 200 IM and 200 breast—the runner-up finisher each time was Kris Babylon, 15, of Hurricanes. Babylon, however, earned his gold medal in the 400 IM with a 4:29.88, just missing the national record of 4:29.07 from 1990.

Pine Crest was responsible for the third national record with their win in the 400 medley relay. Mike McQueen, Frank Bradley, Camilo Arbelaez and Geri Mewett clocked 3:52.80, eclipsing the 3:53.77 by Swim Atlanta in 1989. Pine Crest also won the 400 free relay in 3:32.08, while St. Petersburg took the 800 relay in 7:45.49.

The two relay wins and an individual title by Mewett, 18, in the 50 free (23.71, just missing the 11-year-old NJO-East record of 23.67) helped Pine Crest capture the men's team race with 208 points. Massachusetts Bay Marlins took second with 196.5, ahead of Bolles at 175.

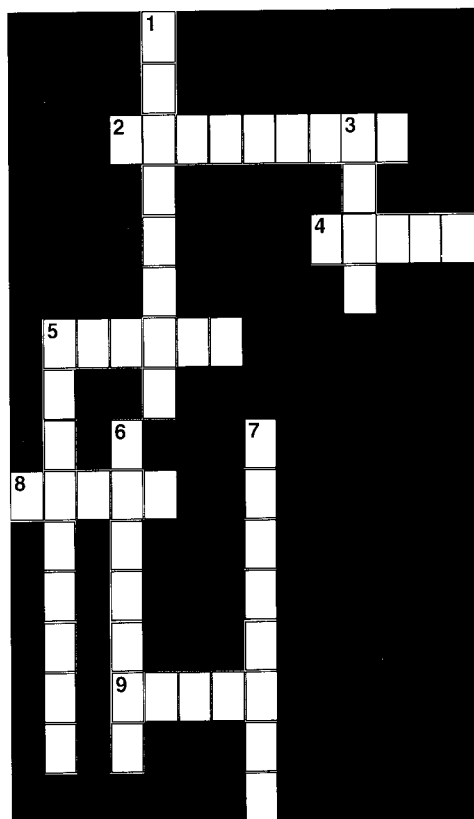
Coming close to a record in the 100 back was 17-year-old Matthew Thomson of Charlottesville YMCA, who won the event in 58.08—26-hundredths off the record. Ned DeLozier, 17, of Pilot Aquatics captured the 200 back in 2:05.63.

Another swimmer to come close to a national record was Dod Wales, 16, of Anderson Barracudas. He came within a half-second of the mark with his 55.78 win in the 100 fly. Taking the 200 fly was Scott DeWolf, 18, of Livonia Spartans in 2:04.25.

Wales also added two runner-up finishes in the 100 and 200 freestyles. He pushed Carlos Santander, 18, of Fort Lauderdale to a 51.55 win in the 100 and finished behind John Reich, 16, of Brandon Blue Wave in the 200, who won in 1:53.12.

Reich also won the 400 free in 3:59.27, becoming only one of two double winners in individual events. The other was Joe Palmer, 16, of Trinity Aquatics, who captured the distance freestyles in 8:15.91 and 15:50.21. ■

## ISHOF Crossword Puzzle



### Honoring the USS 20th Anniversary Award Nominees ACROSS

2. This Mustang came to the 1983 U.S. nationals with a bad shoulder; yet he proceeded to win the 100 breast with a world record, better the American standard in the 200 breast and tie the American record in the 200 IM.
4. In 1975, this man broke the American records in the 100-200 yard backstroke, and also shattered the U.S. mark in the mile by six seconds.
5. This Californian followed in Mark Spitz' steps by qualifying for seven events at the 1988 Olympic trials.
8. One of this year's Hall of Famers broke two of the longest-standing world records at the time, snapping John Naber's backstroke marks in 1983.
9. The first woman to ever break 16:00 in the 1500 free.

### DOWN

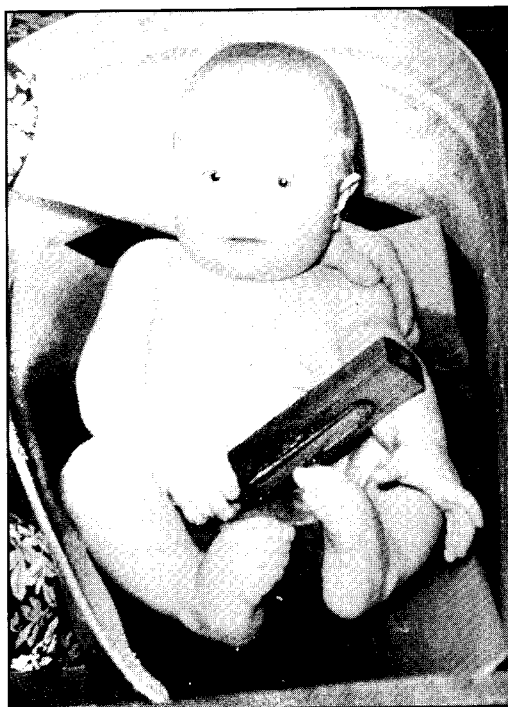
1. A 15-year-old opened the 1978 U.S. nationals with a world record in the 200 IM. At that meet, she broke four more American marks (100-200 breast, 200 fly, 400 IM).
3. This man became only the second in history to hold the 200-400-1500 world marks at the same time (1974).
5. During the same year as 3 down, this Mission Viejo swimmer set world records in the 200-400 free at 17.
6. She set two world records in the 100-200 fly in 1981 that still stand today.
7. In 1992, she broke the world mark in the 100 free, making her the first American to do so in 61 years.

## ISHOF Flashback Photo

This tiny baby could not have possibly known that later in his life he would become the first man to swim under the 15-minute mark in the 1500 meter freestyle and the first under 3:50 in the 400 meter freestyle.

Who is he?

Answers on page 60.



The "Games" section of *Swimming World* is made possible by Uncle ISHOF and his friends at the International Swimming Hall of Fame (ISHOF), a not-for-profit educational organization located in Fort Lauderdale, Fla. The Hall of Fame is dedicated to the advancement of the aquatic sports and to those who have distinguished themselves within these sports. ISHOF Games are sponsored by Alamo.



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## WORLD

PAN PACIFIC  
CHAMPIONSHIPS

Kobe, Japan

August 12-15, 1993 (50 M)

## WOMEN

50 Free Aug. 15

## Championship Finals

25.60 Jenny Thompson, USA

25.78 Angel Martino, USA

26.06 Jessica Amey, CAN

26.21 S. Shakespeare, CAN

26.31 Sumika Minamoto, JPN

26.33 Sarah Ryan, AUS

26.48 Anna Windsor, AUS

26.80 Ayako Nakano, JPN

## Consolation Finals

26.66 Melanie Valerio, USA

26.67 Patricia Levesque, CAN

27.09 J. Yeo Wei Ling, SIN

27.18 Angela Harris, AUS

27.52 Robyn Lamsam, HKG

28.28 Sylvia Poll, CRC

30.99 Weng Kei Kou, MAC

DO Claudia Clement, GUM

## Prelims

25.64 Jenny Thompson, USA

25.93 Angel Martino, USA

26.36 Jessica Amey, CAN

26.42 Melanie Valerio, USA

26.50 Anna Windsor, AUS

26.52 Sumika Minamoto, JPN

26.55 Sarah Perroni, USA

26.56 Barbara Bedford, USA

26.82 Sarah Ryan, AUS

26.70 Angela Harris, AUS

26.73 S. Shakespeare, CAN

26.79 Patricia Levesque, CAN

26.93 Ayako Nakano, JPN

26.95 Susan O'Neill, AUS

27.05 Sally-Ann Sullivan, AUS

27.24 J. Yeo Wei Ling, SIN

27.25 Kristie Krueger, USA

27.55 Robyn Lamsam, HKG

28.13 Sylvia Poll, CRC

30.56 Claudia Clement, GUM

31.11 Weng Kei Kou, MAC

100 Free Aug. 13

## Championship Finals

55.25 Jenny Thompson, USA

55.80 Susan O'Neill, AUS

55.97 Angel Martino, USA

57.02 Anna Windsor, AUS

57.34 Patricia Levesque, CAN

57.44 S. Shakespeare, CAN

57.45 Sumika Minamoto, JPN

57.51 Ayako Nakano, JPN

## Consolation Finals

55.76 Nicole Haislett, USA

58.01 Jessica Amey, CAN

58.03 Sarah Ryan, AUS

58.42 Robyn Lamsam, HKG

59.07 J. Yeo Wei Ling, SIN

59.13 Won-Kyong Jeong, KOR

1:06.16 Claudia Clement, GUM

1:08.27 Weng Kei Kou, MAC

## Prelims

55.26 Jenny Thompson, USA

55.74 Angel Martino, USA

55.86 Nicole Haislett, USA

55.89 Susan O'Neill, AUS

56.46 Melanie Valerio, USA

57.11 Anna Windsor, AUS  
57.21 Sarah Ryan, AUS  
57.29 S. Shakespeare, CAN  
57.49 Sally-Ann Sullivan, AUS  
57.76 Sarah Perroni, USA  
57.79 Ayako Nakano, JPN  
57.82 Patricia Levesque, CAN  
57.91 Sumika Minamoto, JPN  
58.63 Julie Barbeau, CAN  
58.84 Nicole Stevenson, AUS  
59.10 Robyn Lamsam, HKG  
59.37 Angela Harris, AUS  
59.40 Jessica Amey, CAN  
59.41 J. Yeo Wei Ling, SIN  
59.81 Petria Thomas, AUS  
59.84 Wong-Kyong Jeong, KOR  
1:05.14 Claudia Clement, GUM  
1:07.66 Weng Kei Kou, MAC

200 Free Aug. 12

## Championship Finals

1:58.85 Claudia Poll, CRC

1:58.95 Nicole Haislett, USA

1:59.56 Suzu Chiba, JPN

2:00.64 Janet Evans, USA

2:01.05 Susan O'Neill, AUS

2:01.40 Sachiko Miyaji, JPN

2:02.39 Joanne Malar, CAN

2:04.51 Julie Barbeau, CAN

## Consolation Finals

2:03.03 Jenny Thompson, USA

2:03.65 Anna Windsor, AUS

2:04.09 S. Shakespeare, CAN

2:05.30 Robyn Lamsam, HKG

2:05.63 Anna Wilson, NZL

2:06.38 Won-Kyong Jeong, KOR

2:06.99 Chloe Flutter, AUS

2:08.96 J. Yeo Wei Ling, SIN

## Prelims

1:59.81 Nicole Haislett, USA

2:00.41 Suzu Chiba, JPN

2:00.83 Janet Evans, USA

2:00.89 Jenny Thompson, USA

2:01.71 Claudia Poll, CRC

2:01.83 Sachiko Miyaji, JPN

2:02.52 Sarah Anderson, USA

2:02.57 Susan O'Neill, AUS

2:02.65 Melanie Valerio, USA

2:02.72 Joanne Malar, CAN

2:03.30 Julie Barbeau, CAN

2:03.35 Hayley Lewis, AUS

2:03.60 Emily Peters, AUS

2:03.81 Stacey Gartrell, AUS

2:04.05 Anna Windsor, AUS

2:04.52 Hitomi Maehara, JPN

2:04.65 S. Shakespeare, CAN

2:04.68 Tara Fullbrant, CAN

2:05.55 Anna Wilson, NZL

2:05.82 Chloe Flutter, AUS

2:06.19 Holly McComb, CAN

2:07.03 Christine Jeffrey, CAN

2:07.76 Won-Kyong Jeong, KOR

2:08.11 Robyn Lamsam, HKG

2:09.84 J. Yeo Wei Ling, SIN

400 Free Aug. 14

## Championship Finals

4:07.47 Janet Evans, USA

4:09.61 Claudia Poll, CRC

4:10.67 Suzu Chiba, JPN

4:12.57 Hayley Lewis, AUS

4:14.28 Trina Jackson, USA

4:16.27 Julie Majer, AUS

4:16.83 Joanne Malar, CAN

4:17.65 Sachiko Miyaji, JPN

## Consolation Finals

4:14.88 Stacey Gartrell, AUS

4:15.19 Sarah Anderson, USA

4:15.77 Tomoko Goza, JPN

4:21.48 Anna Wilson, NZL

4:22.41 Holly McComb, CAN

4:22.50 Yu-Jin Jung, KOR

4:24.79 Nikki Dryden, CAN

4:25.43 Hyun-Soo Seo, KOR

## Prelims

4:12.24 Janet Evans, USA

4:13.26 Hayley Lewis, AUS

4:13.83 Trina Jackson, USA

4:14.01 Claudia Poll, CRC

4:15.14 Sarah Anderson, USA

4:15.72 Suzu Chiba, JPN

4:15.88 Julie Majer, AUS

4:15.91 Stacey Gartrell, AUS

4:16.47 Sachiko Miyaji, JPN

4:18.17 Joanne Malar, CAN

4:18.34 Tomoko Goza, JPN

4:21.39 Nikki Dryden, CAN

4:21.63 Holly McComb, CAN

4:21.69 Anna Wilson, NZL

4:24.38 Yu-Jin Jung, KOR

4:24.90 Hyun-Soo Seo, KOR

800 Free Aug. 15

## Timed Finals

8:23.72 Janet Evans, USA

8:26.86 Hayley Lewis, AUS

8:33.80 Claudia Poll, CRC

8:38.34 Stacey Gartrell, AUS

8:39.79 Trina Jackson, USA

8:45.57 Masae Kawashima, JPN

8:45.69 Tomoko Goza, JPN

8:52.45 Melissa Knox, CAN

8:41.01 Tobie Smith, USA

8:41.36 Sarah Anderson, USA

8:46.24 Sachiko Miyaji, JPN

8:49.33 Alexis Larsen, USA

8:51.16 Jamie Johnson, USA

8:53.16 Cindy Bertelink, CAN

8:53.24 Yu-Jin Jung, KOR

8:56.07 Chloe Flutter, AUS

8:58.16 Anna Wilson, NZL

8:59.25 Hyun-Soo Seo, KOR

9:01.87 Nikki Dryden, CAN

1500 Free Aug. 12

## Timed Finals

16:04.84 Hayley Lewis, AUS

16:10.42 Stacey Gartrell, AUS

16:19.03 Alexis Larsen, USA

16:23.21 Trina Jackson, USA

16:39.10 Jamie Johnson, USA

16:42.94 Tobie Smith, USA

16:43.77 Masae Kawashima, JPN

16:55.43 Melissa Knox, CAN

16:57.56 Tomoko Goza, JPN

16:57.81 Cindy Bertelink, CAN

100 Back Aug. 12

## Championship Finals

1:01.35 Lea Loveless, USA

1:01.54 Barbara Bedford, USA

1:03.21 Yoko Koikawa, JPN

1:03.25 Nicole Stevenson, AUS

1:03.94 Eli Overton, AUS

1:03.99 Katrina Walters, CAN

1:04.40 Anna Simic, NZL

1:04.40 Sylvia Poll, CRC

## Consolation Finals

1:02.69 Janie Wagstaff, USA

1:04.02 Joanne Malar, AUS

1:04.02 Megumi Shigeta, JPN

1:04.05 Nikki Dryden, CAN

1:04.20 Jessica Amey, CAN

1:04.51 Chang-Ha Lee, KOR

1:04.72 Ji-Hyun Lee, KOR

1:05.44 Julie McLaughlin, NZL

## Prelims

1:01.36 Lea Loveless, USA

1:01.53 Barbara Bedford, USA

1:02.75 Janie Wagstaff, USA

1:03.29 Yoko Koikawa, JPN

1:03.51 Alecia Humphrey, AUS

1:03.61 Nicole Stevenson, AUS

1:03.86 Eli Overton, AUS

1:03.97 Joanne Meehan, AUS

1:04.22 Sylvia Poll, CRC

1:04.23 Anna Simic, NZL

1:04.27 Katrina Walters, CAN

1:04.29 Nikki Dryden, CAN

1:04.48 Megumi Shigeta, JPN

1:04.50 Leigh Habler, AUS

1:04.63 Jessica Amey, CAN

1:04.69 Suzanne Weckend, CAN

1:04.99 Chang-Ha Lee, KOR

1:05.33 Meredith Smith, AUS

1:05.63 Ji-Hyun Lee, KOR

1:06.16 Julie McLaughlin, NZL

1:06.64 Yoko Koikawa, JPN

200 Back Aug. 14

## Championship Finals

2:10.97 Barbara Bedford, USA

2:11.42 Lea Loveless, USA

2:13.89 Leigh Habler, AUS

2:14.43 Anna Simic, NZL

2:15.51 Megumi Shigeta, JPN

2:16.04 Chang-Ha Lee, KOR

2:17.36 Nicole Stevenson, AUS

2:17.62 Yoko Koikawa, JPN

## Consolation Finals

2:16.04 Joanne Meehan, AUS

2:16.05 Katrina Walters, CAN

## FOR THE RECORD

1:02.92	Kimberly Fritsch, USA	200 IM	Aug. 15	4:53.38	Anna Wilson, NZL	800 FR	Aug. 13	23:67	Felipe Delgado, ECU	51.34	Chris Eckerman, USA	
1:03.02	Mika Haruna, JPN	Championship Finals			Consolation Finals		Timed Finals	23:68	Josh Davis, USA	51.37	Brian Retterer, USA	
1:03.48	J. Yeo Wei Ling, SIN		2:12.54	Allison Wagner, USA	4:48.84	J. McKenzie, AUS	8:06.28	United States	23:79	John Steel, NZL	51.52	Stephen Clarke, CAN
1:03.72	Julie Barbeau, CAN		2:14.60	Hitori Maehara, JPN	4:55.08	Yuka Akiyama, JPN		Haislett, Evans,	23:81	Masakatsu Usami, JPN	51.71	Dwade Sheehan, AUS
1:04.37	Kelly Stevens, CAN		2:15.45	Elmi Overton, AUS	4:56.31	Christine Jeffrey, CAN		Anderson, Thompson	23:87	Hajime Ono, JPN	51.73	Trent Bray, NZL
1:04.53	Beth Hollihan, CAN		2:16.00	Nicole Haislett, USA	4:58.80	Julie McLaughlin, NZL	8:08.73	Australia	23:93	Justin Finney, CAN	51.82	Dean Kondziolka, CAN
1:05.67	Yung-Mi Kim, KOR		2:16.46	Marianne Limpert, CAN	5:03.99	Jie-Hyun Lee, KOR	8:08.74	Japan	23:99	Chris Eckerman, USA	51.85	Sebastian Goulet, CAN
1:05.94	Jacinthe Pineau, CAN		2:18.43	J. McKenzie, AUS	DO	Elli Overton, AUS	8:10.65	Canada	24:02	Tripp Schwenk, USA	51.92	Mark Henderson, USA
1:11.25	Sandra Arroyo, CRC		2:18.57	Joanne Malar, CAN	DO	Weng Kei Kou, MAC	8:35.78	Korea	24:11	Stephen Clarke, CAN	51.93	Robert Braknis, CAN
1:15.64	Claudia Clement, GUM		2:20.19	Yoshie Nishioka, JPN					24:44	Michael Wright, HKG	52.11	Hiroshi Fukuda, JPN
				Consolation Finals		Prelims		MEN	24:46	Ki-Taek Kang, KOR	52.19	Hajime Ono, JPN
200 Fly	Aug. 12	2:18.43	Julie McLaughlin, NZL	4:44.28	Kristine Quance, USA	50 Free	Aug. 15	24:51	Wisnu Wardhana, INA	52.37	Masakatsu Usami, JPN	
	Championship Finals	2:19.03	Anna Wilson, NZL	4:44.82	Allison Wagner, USA		Championship Finals	24:72	Patrick Sagis, GUM	52.38	Adam Vary, AUS	
2:10.36	Rie Shito, JPN	2:19.16	Julie Majer, AUS	4:45.25	Julie Majer, AUS	22.68	Jon Olsen, USA	24:74	Darrick Bollinger, GUM	52.40	Deane Pieters, AUS	
2:11.64	Mika Haruna, JPN	2:22.51	Leigh Habler, AUS	4:46.43	Hayley Lewis, AUS	22.95	Joe Hudepohl, USA	24:75	Hiroshi Fukuda, JPN	52.42	Felipe Delgado, ECU	
2:11.88	Julie Majer, AUS	2:22.63	Fumie Kurotori, JPN	4:48.62	Hitori Maehara, JPN	23.16	Dean Kondziolka, CAN	24:78	Raymond Papa, PHI	52.66	Wisnu Wardhana, INA	
2:13.13	Sarah Anderson, USA	2:24.84	J. Yeo Wei Ling, SIN	4:49.68	Fumie Kurotori, JPN	23.17	Darren Lange, AUS			52.74	Sergei Borisenko, KZK	
2:13.21	Paige Wilson, USA	2:24.97	Jie-Hyun Lee, KOR	4:50.37	J. McKenzie, AUS	23.19	Andrew Baldon, AUS	100 Free	Aug. 13	52.78	Alexei Egorov, KZK	
2:13.78	Petria Thomas, AUS	DQ	Jean Todisco, USA	4:50.67	Joanne Malar, CAN	23.33	Sergei Borisenko, KZK		Championship Finals	52.95	Taihei Maeda, JPN	
2:16.86	Beth Hollihan, CAN			4:51.60	Elli Overton, AUS	23.52	Robert Braknis, CAN	49.73	Jon Olsen, USA	53.09	Dong-Hyeon Kim, KOR	
2:17.18	Kelly Stevens, CAN	2:16.42	Hitori Maehara, JPN	4:55.69	Anna Wilson, NZL	23.60	Felipe Delgado, ECU	50:02	Christopher Fydlar, AUS	53.50	Ki-Taek Kang, KOR	
	Consolation Finals	2:16.97	Elmi Overton, AUS	4:56.01	Yuka Akiyama, JPN			50:12	John Steel, NZL	53.67	Michael Wright, HKG	
2:11.78	Kristine Quance, USA	2:17.21	Nicole Haislett, USA	5:00.61	Christine Jeffrey, CAN		Consolation Finals	50:13	Joe Hudepohl, USA	53.95	Patrick Sagis, GUM	
2:13.56	Jean Todisco, USA	2:17.92	Allison Wagner, USA	5:02.50	Julie McLaughlin, NZL	22.96	Setr Pepper, USA	50:45	Andrew Baldon, AUS	54.09	Raymond Papa, PHI	
2:13.60	Kimberly Fritz, USA	2:17.93	J. McKenzie, AUS	5:04.59	Jie-Hyun Lee, KOR	23.32	Dwade Sheehan, AUS	51.48	Dean Kondziolka, CAN	54.56	Darrick Bollinger, GUM	
2:17.17	Yung-Mi Kim, KOR	2:18.34	Joanne Malar, CAN	5:54.93	Weng Kei Kou, MAC	23.60	John Steel, NZL	51.95	Stephen Clarke, CAN			
2:17.21	Sarah Evanset, CAN	2:18.66	Julie Majer, AUS			23.97	Masakatsu Usami, JPN	52:21	Trent Bray, NZL	200 Free	Aug. 12	
2:20.53	Jacinthe Pineau, CAN	2:18.93	Marianne Limpert, CAN	4:00 MR	Aug. 15				Consolation Finals		Championship Finals	
	Prelims	2:19.67	Yoshie Nishioka, JPN	4:04.90	United States			24:12	Michael Wright, HKG	1:48.50	Josh Davis, USA	
2:12.07	Julie Majer, AUS	2:20.25	Julie McLaughlin, NZL		Timed Finals			24:16	Justin Finney, CAN	1:49.69	Trent Bray, NZL	
2:12.28	Petria Thomas, AUS	2:20.74	Anna Wilson, NZL		United States			24:40	Ki-Taek Kang, KOR	1:49.80	Ugur Taner, USA	
2:12.70	Susan O'Neill, AUS	2:20.94	Fumie Kurotori, JPN		Loveless, Nall,			DQ	Wisnu Wardhana, INA	1:50.99	Matthew Dunn, AUS	
2:12.74	Rie Shito, JPN	2:22.20	Leigh Habler, AUS	4:08.10	Thompson, Martino				Prelims	1:51.34	Turlough O'Hare, CAN	
2:13.29	Paige Wilson, USA	2:24.55	Jean Todisco, USA	4:10.08	Japan	22.93	Joe Hudepohl, USA	52:67	Masakatsu Usami, JPN	1:51.43	Kieren Perkins, AUS	
2:13.33	Sarah Anderson, USA	2:26.19	Jie-Hyun Lee, KOR	4:13.47	Canada	23.01	David Fox, USA	52:70	Wisnu Wardhana, INA	1:51.98	Owen Von Richter, CAN	
2:13.49	Kristine Quance, USA	2:27.30	J. Yeo Wei Ling, SIN	4:24.11	Korea	23:05	Seth Pepper, USA	52:81	Felipe Delgado, ECU	1:52.90	John Steel, NZL	
2:13.58	Mika Haruna, JPN								Prelims		Consolation Finals	
2:14.01	Jean Todisco, USA	4:00 IM	Aug. 13	4:00 FR	Aug. 14				Championship Finals		Championship Finals	
2:14.48	Kimberly Fritz, USA	4:39.25	Kristine Quance, USA	3:42.56	Timed Finals			49:58	Joe Hudepohl, USA	1:50.12	Chris Eckerman, USA	
2:14.56	Fumie Kurotori, JPN	4:41.22	Allison Wagner, USA		United States	23:23	Dean Kondziolka, CAN	49:62	Jon Olsen, USA	1:51.61	Taihei Maeda, JPN	
2:16.62	Beth Hollihan, CAN	4:44.13	Hayley Lewis, AUS		Valeno, Haislett,	23:37	Christopher Fydlar, AUS	50:12	John Steel, NZL	1:51.65	Deane Pieters, AUS	
2:17.48	Kelly Stevens, CAN	4:44.13	Julie Majer, AUS	3:46.20	Martino, Thompson	23:43	Brian Retterer, USA	50:53	Seth Pepper, USA	1:52.61	Darren Ward, CAN	
2:17.61	Jacinthe Pineau, CAN	4:45.86	Julie Majer, AUS	3:47.50	Australia	23:48	Sergei Borisenko, KZK	50:66	Christopher Fydlar, AUS	1:53.72	Hiroshi Fukuda, JPN	
2:18.23	Yung-Mi Kim, KOR	4:47.10	Hitori Maehara, JPN	3:48.25	Canada	23:53	Dwade Sheehan, AUS	51:26	Andrew Baldon, AUS	1:55.76	Dong-Hyeon Kim, KOR	
2:19.27	Sarah Eanetz, CAN	4:48.10	Joanne Malar, CAN	3:48.19	Japan	23:60	Adam Vary, AUS	51:31	Josh Davis, USA	2:01.21	Darrick Bollinger, GUM	
2:34.48	Sandra Arroyo, CRC	4:50.06	Fumie Kurotori, JPN	4:02.31	Korea	23:64	Robert Braknis, CAN	51:34	Darren Lange, AUS	DQ	Alexei Egorov, KZK	

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## SWIMMING WORLD AND JUNIOR SWIMMER OCTOBER 1993 55

# FOR THE RECORD

## NATIONAL

### USS/SPEEDO

#### JUNIOR NATIONAL CHAMPIONSHIPS-EAST Orlando, Florida Aug. 6-10, 1993 (50 M)

\* Junior National-East Record  
\*\* Junior National Record  
† National Age Group Record

### WOMEN

#### 50 Free Aug. 10

26.71 Gabrielle Rose, Memphis  
26.72 Katherine Taylor, Cardinal  
26.90 Ashley Chandler, SA  
26.92 Liz Lauwaert, CB  
26.92 Rebecca Cronk, CHY  
27.31 Karen Kissinger, DRD  
27.35 Jennifer Woolf, Dolphin  
27.55 Chantal Rawn, GREENY

#### Consolation Finals

27.03 Lauren Stinnett, Solotar  
27.21 Jamey Stickney, Memphis  
27.21 Beth Timmons, CM  
27.28 Lise Crawford, Bengal  
27.36 J. Mueller, Owensboro  
27.38 D. Leckenby, McDonald's  
27.50 Jennifer Zappa, HD  
27.54 Dianne Oliver, Lakeside

#### 100 Free Aug. 7

57.54 Sue Trainer, BGSC  
58.03 Emily Ayers, Carmel  
58.10 Lisa Crawford, Bengal  
58.30 Liz Lauwaert, CB  
58.52 R. Wittendorff, GPAC  
58.66 Jennifer Sands, SA  
58.77 Kimberly Wilson, HUNTS  
58.85 Lisa Bushnell, BGSC

#### Consolation Finals

58.72 Katherine Taylor, Cardinal  
59.21 Elizabeth Ackley, CB  
59.25 J. Mueller, Owensboro  
59.56 Shelly Ripple, Bengal  
59.62 Chantal Rawn, GREENY  
59.63 Kelly Frazer, ATOM  
59.84 Lindsey Ward, SCA  
1:00.19 Megan Gillam, DRD

#### 200 Free Aug. 8

2:04.78 Nicole Rutkowski, MBM  
2:05.09 Michele Labrie, Seacoast  
2:05.36 Elizabeth Ackley, CB

2:05.38 Joan Chidester, Navy JR  
2:05.60 Erika Frykberg, Bolles  
2:05.77 Lisa Bushnell, BGSC

2:06.65 Chrissy Mitchell, Birm.  
2:06.80 Katie Egan, NJW

#### Consolation Finals

2:05.92 Jennifer Sands, SA  
2:05.99 Kimberly Wilson, HUNTS  
2:06.11 Jami White, BRRY  
2:06.17 J. Tucker-Mohl, Seacoast  
2:07.14 Tiffany Jones, SA  
2:07.14 Shelly Hotchkiss, FOX  
2:09.02 Megan Crawford, Bengal  
2:11.06 Sue Trainer, BGSC

#### 400 Free Aug. 9

4:21.85 Danielle Mailloux, Omni  
4:21.92 Katie Egan, NJW  
4:23.02 Chrissy Miller, UML  
4:23.56 Trisha Cassidy, Bolles  
4:23.66 Shelly Hotchkiss, FOX  
4:24.15 A. Cosman, Newburgh  
4:25.87 Brooke Bennett, BSTC  
4:26.75 Valerie Patterson, PDR

#### Consolation Finals

4:24.50 Nicole Schrader, Memphis  
4:25.08 Joan Chidester, Navy JR  
4:25.63 Julie Mitchell, BGSC  
4:26.09 J. Tucker-Mohl, Seacoast  
4:26.23 Kelley Smith, Birm.  
4:27.92 S. Delaney, Delaware  
4:29.03 Emily Maxwell, Riviera  
4:33.40 Michelle Wise, Birm.

#### 800 Free Aug. 6

8:52.93 Brooke Bennett, BSTC  
8:54.47 Chrissy Miller, UML  
8:55.27 Amy Lindblom, WYW  
8:58.91 Nicole Schrader, Memphis  
8:58.96 Julie Mitchell, BGSC  
8:59.73 Kara Mangiltz, AB  
8:59.69 Danielle Mailloux, Omni  
9:00.71 Jami White, BRRY  
9:02.46 Stacey Delaney, TD  
9:03.08 Emily Maxwell, Riviera  
9:03.12 A. Cosman, Newburgh  
9:03.17 Valerie Patterson, PDR  
9:03.25 Trisha Cassidy, Bolles  
9:04.34 Shelly Hotchkiss, FOX  
9:05.52 Melanie Veazey, HNH  
9:05.52 Greta Steffenson, MBM

#### 1500 Free Aug. 10

16:55.30 Trisha Cassidy, Bolles  
17:01.14 Chrissy Mitchell, Birm.  
17:05.67 Melanie Veazey, HNH  
17:07.17 Julie Mitchell, BGSC  
17:07.82 Emily Maxwell, Riviera  
17:08.71 Shelly Hotchkiss, FOX

17:08.79 Jami White, BRRY  
17:09.79 Danielle Mailloux, Omni  
17:17.16 Stacey Delaney, TD  
17:17.98 Jessica Knapp, YWCA

17:18.03 Nicole Schrader, Memphis  
17:18.50 Lindy Mercer, COHO  
17:18.53 Julie Kemp, CB  
17:19.87 Kara Mangiltz, Athens  
17:21.73 Erin Noeth, Bolles  
17:23.93 Lauren Silva, Aurora

#### 100 Back Aug. 9

1:04.42 Lauren Stinnett, Solotar  
(1:04.32p\*)  
1:04.99 Jennifer Crisman, Rapids  
1:05.33 Beth Botsford, NBAC  
1:05.55 Erin Diddle, Decatur  
1:05.63 A. Wenglariski, Delphinus  
1:05.78 Ashley Chandler, SA  
1:05.82 Allison Vendt, MBM  
1:06.74 Amy Rotn, Lancaster

#### Consolation Finals

1:05.73 C. Brosche, Anderson  
1:06.24 Andrea Smetana, Marist  
1:06.53 Heidi Schambra, Bruin  
1:06.68 Ashley Lasell, Donner  
1:06.92 Ingrid Kilpe, Retriever  
1:07.01 Jessica Nixon, MCCM  
1:07.31 Amy Holt, BGSC  
1:07.32 Tiffany Houser, KIDS

#### 200 Back Aug. 7

2:17.45 Lauren Stinnett, Solotar  
2:17.83 Amanda Hall, BGSC  
2:18.36 Allison Vendt, MBM  
2:19.00 Tracey Barrett, CB  
2:19.60 Kelly McLaughlin, High Pt.  
2:19.69 Erin Diddle, Decatur  
2:20.55 C. Brosche, Anderson  
2:24.30 Amanda Adkins, GCSTO

#### Consolation Finals

2:20.31 Tiffany House, KIDS  
2:20.36 Traci Mainer, PDR  
2:20.38 Shelly Ripple, Bengal  
2:21.16 Amy Holt, BGSC  
2:21.54 Ingrid Kilpe, Retriever  
2:21.71 Christen Deveney, LIE  
2:22.50 Janie Reed, Aqua Chiefs  
2:23.50 A. Wenglariski, Delphinus

#### 100 Breast Aug. 9

1:12.75 Melissa Lavery, Badger  
1:13.49 A. McReynolds, SCA  
1:14.29 Beth Schlessman, Viking  
1:14.46 Francine Mathot, BSTC  
1:14.53 Kaisa Greenberg, EE  
1:15.26 C. Jenkins, Clearwater  
1:15.85 Mary Ellis, LFMA  
1:16.19 Kate McMillan, PPD

1:15.20 Jamie Landrio, Islip  
1:15.32 Emily Grass, Atomic City  
1:15.38 J. Straussbaugh, UASC  
1:15.84 Brittany White, NBAC  
1:16.61 Missy Kuck, Westerville  
1:16.65 M. Davies, Aquabears  
1:16.84 Brooke Carter, Lakeside  
1:16.90 Erika Auci, UML

#### 200 Breast Aug. 7

2:35.26\*\* A. McReynolds, SCA  
2:37.21 Brittany White, NBAC  
2:39.49 Melissa Olson, UCA  
2:40.28 Francine Mathot, BSTC  
2:40.72 Kristin Nyweide, LFSC  
2:41.33 Kathryn Armitage, HNH  
2:41.59 Melissa Lavery, BSC  
2:42.33 Abbie Goff, PCSC  
2:43.23 Lauren Silva, Aurora

#### Consolation Finals

2:41.35 K. Hathaway, New South  
2:43.59 Kate Deanehan, NBAC  
2:43.69 K. Kunkle, Greensboro  
2:43.77 Katie Lamoureux, CB  
2:43.81 Kate McMillan, PPD  
2:43.85 Kristin Nagle, Seacoast  
2:47.03 Erin Bessel, ODAC

#### 400 IM Aug. 9

5:00.67 Maggie Bowen, Sunkist  
5:02.68 Merel Hommen, USCSO  
5:03.17 Valerie Zammiti, NJW  
5:03.38 Amanda Hall, BGSC  
5:03.49 Jennifer Mackay, ALLN  
5:03.97 Beth Botford, NBAC  
5:04.26 Katie Hasbrook, Piviera  
5:04.83 Kim Enright, Clearwater

#### Consolation Finals

5:03.79 Collin Sherman, Bolles  
5:03.98 Margo Diamond, Badger  
5:03.98 Danielle Macejka, NJW  
5:03.99 H. Sweeney, Clearwater  
5:04.50 Shelly Ripple, Bengal  
5:08.34 Susanne Brebeck, NBAC

#### 400 M Aug. 10

4:23.14\*\* Bernal's Gators  
4:25.28 Bolles Sharks  
4:25.64 Lakeside  
4:26.45 Bernal's Gators B  
4:26.83 Curt-Burke  
4:26.83 Mecklenburg  
4:27.88 North Baltimore  
4:28.25 SwimAtlanta  
4:28.90 Trinity  
4:29.12 Retriever  
4:29.14 Seacoast  
4:29.98 Clearwater

#### Consolation Finals

4:30.09 Badger Swim Club  
4:30.43 Pine Crest  
4:32.15 Team Viking  
4:32.81 Bengal Tigers  
4:32.81 Aug. 8  
4:35.06\*\* Bernal's Gators  
4:37.15 Curt-Burke  
4:38.24 SwimAtlanta  
4:38.45 Bolles Sharks  
4:38.67 Nova of Virginia  
4:39.27 Memphis State  
4:39.51 Greater Pensacola  
4:39.60 Badger Swim Club  
4:39.64 Seacoast  
4:40.18 Bengal Tigers  
4:40.53 Birmingham  
4:40.61 Retriever  
4:40.62 Mass Bay Marlins  
4:40.63 Nashville  
4:40.63 YWCA Middies  
4:40.63 Bernal's Gators B  
4:40.63 Aug. 9  
4:40.20 SwimAtlanta  
4:40.33 Bernal's Gators  
4:40.33 Bolles Sharks  
4:40.33 Mass Bay Marlins  
4:40.33 Seacoast  
4:40.33 Memphis State  
4:40.33 YWCA Middies  
4:40.33 Birmingham  
4:40.33 Bengal Tigers  
4:40.33 New Jersey Wave  
4:40.29 Poseidon  
4:40.75 Nova of Virginia  
4:41.07 Bernal's Gators B  
4:42.35 Greater Pensacola  
4:42.67 Nashville  
4:42.82 Retriever

2:20.17 Michele Labrie, Seacoast  
2:20.48 Caroline DiSalle, GTAC  
2:20.72 Erin McDonough, Marist  
2:21.17 Mimi Bowen, Sunkist  
2:21.57 Cathy Lundin, NAC  
2:23.12 Susanne Brebeck, NBAC

#### 200 IM Aug. 10

2:20.11\*\* Kelly Frazer, ATOM  
2:21.55 Shelly Ripple, Bengal  
2:22.39 Tiffany Houser, KIDS  
2:22.47 Anne Iacobucci, Bruin  
2:22.54 Kelly McLaughlin, High Pt.  
2:24.10 Jessica Nixon, MCCM  
2:24.28 Abbie Goff, PCSC  
2:25.31 Kara Mangiltz, Athens

#### Consolation Finals

2:22.13 Katie Ryan, Brevard  
2:23.86 Brittany White, NBAC  
2:24.69 Michele Labrie, Seacoast  
2:24.94 Lauren Silva, Aurora  
2:25.01 Jennifer Sands, SA  
2:25.27 Jennifer Lears, NBAC  
2:26.57 Gabby Devereaux, FOX  
2:28.15 Keegan Walkley, SA

#### 400 IM Aug. 8

4:55.59 Brittany White, NBAC  
4:56.59 Lauren Silva, Aurora  
4:56.69 Amanda Hall, BGSC  
4:57.45 Kelly Frazer, ATOM  
4:58.31 Trisha Cassidy, Bolles  
4:59.42 Anne Iacobucci, Bruin  
4:59.75 Kara Mangiltz, Athens  
5:03.89 Keegan Walkley, SA

#### Consolation Finals

5:00.41 Jenny Greable, LFSC  
5:01.82 Kim Higel, Pointe  
5:01.88 Kristen Erdel, Augusta  
5:01.99 Chrissy Mitchell, Birm.  
5:03.40 Kelly McLaughlin, High Pt.  
5:03.99 H. Sweeney, Clearwater  
5:04.50 Shelly Ripple, Bengal  
5:08.34 Susanne Brebeck, NBAC

#### 400 M Aug. 10

4:23.14\*\* Bernal's Gators  
4:25.28 Bolles Sharks  
4:25.64 Lakeside  
4:26.45 Bernal's Gators B  
4:26.83 Curt-Burke  
4:26.83 Mecklenburg  
4:27.88 North Baltimore  
4:28.25 SwimAtlanta  
4:28.90 Trinity  
4:29.12 Retriever  
4:29.14 Seacoast  
4:29.98 Clearwater

#### Consolation Finals

4:30.09 Badger Swim Club  
4:30.43 Pine Crest  
4:32.15 Team Viking  
4:32.81 Bengal Tigers  
4:32.81 Aug. 8  
4:35.06\*\* Bernal's Gators  
4:37.15 Curt-Burke  
4:38.24 SwimAtlanta  
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4:38.67 Nova of Virginia  
4:39.27 Memphis State  
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4:39.60 Badger Swim Club  
4:39.64 Seacoast  
4:40.18 Bengal Tigers  
4:40.53 Birmingham  
4:40.61 Retriever  
4:40.62 Mass Bay Marlins  
4:40.63 Nashville  
4:40.63 YWCA Middies  
4:40.63 Bernal's Gators B  
4:40.63 Aug. 9  
4:40.20 SwimAtlanta  
4:40.33 Bernal's Gators  
4:40.33 Bolles Sharks  
4:40.33 Mass Bay Marlins  
4:40.33 Seacoast  
4:40.33 Memphis State  
4:40.33 YWCA Middies  
4:40.33 Birmingham  
4:40.33 Bengal Tigers  
4:40.33 New Jersey Wave  
4:40.29 Poseidon  
4:40.75 Nova of Virginia  
4:41.07 Bernal's Gators B  
4:42.35 Greater Pensacola  
4:42.67 Nashville  
4:42.82 Retriever

24.24 Brandon Walls, SA  
24.34 Dod Wales, Anderson

#### Consolation Finals

23.95 J.J. Marus, Greensboro  
23.99 B. Crowley, Sea Devils  
24.23 Matt Schlessman, Viking  
24.26 Andrew Serang, N. Penn  
24.30 Casey Oulter, Poseidon  
24.44 Saj Sual, BGSC  
24.48 Carl Eriksson, MBM  
24.65 Scott Oswieciński, Viking

#### 100 Free Aug. 7

51.55 Carlos Santander, FLST  
51.85 Dod Wales, AB  
52.45 Geri Mewett, PCSC  
52.55 Brandon Walls, SA  
52.62 Carl Eriksson, MBM  
52.65 Matt Schlessman, Viking  
52.68 J.J. Marus, Greensboro  
52.84 Jason James, BPR

#### Consolation Finals

52.45 B. Crowley, Sea Devils  
52.59 Brian Esway, JCCS  
52.90 Casey Oulter, Poseidon  
53.04 John Reich, BSTC  
53.12 Darren Milun, LIAC  
53.24 Dustin Bengston, St. Pete.  
53.35 Eric Kurnakow, MBM  
53.45 Alex Stefanski, ALLN

#### 200 Free Aug. 8

1:53.12 John Reich, BSTC  
1:54.23 Dod Wales, Anderson  
1:54.54 Carlos Santander, FLST  
1:54.59 Dustin Bengston, St. Pete.  
1:55.30 M. Schrader, Memphis St.  
1:55.50 Ned DeLozier, Pilot  
1:55.65 D. Schlesinger, St. Pete.  
1:55.78 Justin Thornton, Dayton

#### Consolation Finals

1:54.98 Nuk Sirisanont, Bolles  
1:55.25 James McCreary, E. Side  
1:56.20 Rich Murphy, NJW  
1:56.38 Ryan Reid, SA  
1:57.14 Joe Palmer, Trinity  
1:57.16 Michael Ayer, Bengal  
1:57.34 Tyler Holcomb, PPD  
1:57.34 Carl Eriksson, MBM

#### 400 Free Aug. 9

3:59.27 John Reich, BSTC  
4:01.83 Chris Plaisted, Brevard  
4:02.47 Joe Palmer, Trinity  
4:02.75 Marc Schrader, Memphis  
4:04.88 D. Schlesinger, St. Pete.  
4:04.99 Darren Buono, Phoenix  
4:08.38 Jason Eaddy, St. Pete.  
4:11.44 Nuk Sirisanont, Bolles

#### Consolation Finals

4:03.76 Todd Huribut, Trinity  
4:04.21 Denis Sirringhaus, BGSC  
4:05.47 Gabe Lindsey, Trinity  
4:05.63 Jason Wimberly, CCST  
4:07.21 Rich Murphy, NJW  
4:08.67 Matthew Maurer, HO  
4:11.37 Ken MacFadyen, LIAC  
4:18.78 Rob Strauber, FOXs

#### 800 Free Aug. 6

8:15.91 Joe Palmer, Trinity  
8:19.88 Jason Eaddy, St. Pete.  
8:20.13 Marc Schrader, Memphis  
8:20.64 Denis Sirringhaus, BGSC  
8:22.22 Chris Plaisted, Brevard  
8:22.99 Reeve Irvin, Charleston  
8:23.57 Brian Hansbury, YWCA  
8:25.91 Jeremy Kane, NAC  
8:26.96 Andy Bigler, FWA  
8:27.20 Scott Cummins, Lakeside  
8:27.93 Rob Strauber, FOX  
8:27.94 Patrick Wenzel, ALLN  
8:28.89 Jim Sullivan, RIDGEY  
8:29.22 Jeff Marks, MBM  
8:29.30 Mike Reynolds, Carmel  
8:29.40 Chip Haberstroh, MBM

#### 1500 Free Aug. 10

15:50.21 Joe Palmer, Trinity  
15:52.32 Marc Schrader, Memphis  
15:52.41 Chris Plaisted, Brevard  
15:56.24 Todd Huribut, Trinity  
15:56.55 Reeve Irvin, CCST  
15:59.14 Denis Sirringhaus, BGSC  
16:01.12 Jason Eaddy, St. Pete.  
16:01.94 John Wenham, PCSC  
16:02.00 Ken MacFadyen, LIAC  
16:06.12 Brian Hansbury, YWCA  
16:08.86 Jeremy Kane, Nashville  
16:12.51 Mike Reynolds, Carmel  
16:12.80 Rob Strauber, FOX  
16:14.35 Jim Sullivan, RIDGEY  
16:16.85 Matthew Maurer, HO  
16:18.17 Bill Fegley, Shreveport

#### 100 Back Aug. 9

58.08 Matthew Thomson, CHY  
58.41 Andy DeVoght, CIA

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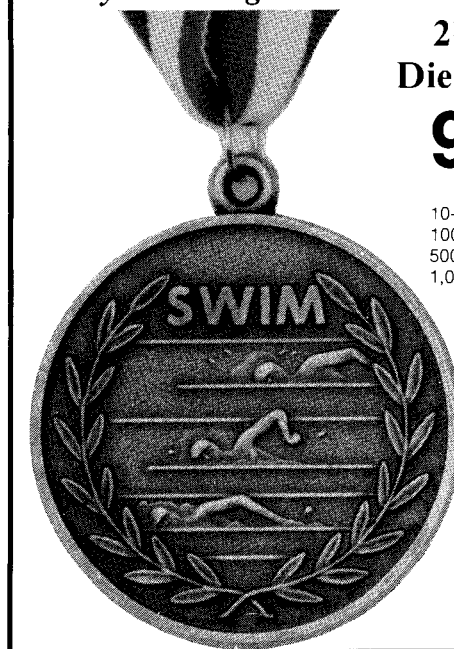
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# FOR THE RECORD



58.67	Kris Babylon, HURR	2:07.71	Jonathan Haggerty, Pitts.
58.90	Bryan Stuck, Cougar	2:07.77	John Norvell, CB
59.21	Justin Thornton, Dayton	2:08.74	Britton Smith, Bergen
59.69	Gene Sutherland, BGSC	<b>200 IM</b>	<b>Aug. 10</b>
59.70	Sabir Muhammad, COA	2:06.34**	Tom Wilkens, RBY
59.77	Mike McQueen, PCSC	2:06.58	Kris Babylon, HURR
	<b>Consolation Finals</b>	2:08.60	Chip Haberstroh, MBM
59.47	Spencer Hawkins, MBM	2:09.69	Matthew Thomson, CHY
59.66	Brandon Waits, SA	2:09.85	Patrick O'Keefe, Bolles
59.76	Chip Crush, Blairwood	2:09.93	Jamie Puromaki, CM
59.87	Sean Stringer, ODAC	2:10.13	Josh Adams, DSC
59.88	Eric Stefanski, ALLN	2:11.06	Eric Fehr, Suburban
59.93	Eddie Szczepanik, Trinity		<b>Consolation Finals</b>
1:00.03	Tad Kremen, MBM	2:10.03	Kevin Stockton, MBM
1:00.18	Tim Champney, PCSC	2:10.04	Clayton Smith, Bengal
<b>200 Back Aug. 7</b>		2:10.23	Matt Schlessman, Viking
2:05.63	Ned DeLozier, Pilot	2:10.59	Frank Reeves, YWCA
2:05.72	Justin Thornton, DR	2:11.01	Kevin Murphy, Bulldog
2:06.33	Matthew Thomson, CHY	2:11.18	Ryan Reid, SA
2:06.72	Andy DeVooght, CIA	2:11.28	Jeff Page, Lakeside
2:06.99	Spencer Hawkins, MBM	2:11.29	Tate Blahnik, NJW
2:07.06	D. Schlesinger, St. Pete.	<b>400 IM</b>	<b>Aug. 8</b>
2:08.37	Sean Stringer, ODAC	4:29.88	Kris Babylon, HURR
2:09.87	Bryan Stuck, Cougar	4:30.41	Tom Wilkens, RBY
	<b>Consolation Finals</b>	4:32.50	Matthew Thomson, CHY
2:06.10	Gene Sutherland, BGSC	4:33.26	Jamie Puromaki, CM
2:08.13	Greg Plank, PPD	4:34.38	Frank Reeves, YWCA
2:08.32	Trevor Runberg, NCAC	4:35.14	Tate Blahnik, NJW
2:08.48	Greg Wriede, NJW	4:36.65	Frank Bradley, PCSC
2:09.44	Eric Stefanski, ALLN	4:37.78	Patrick O'Keefe, Bolles
2:09.89	Chris Plumb, STAR		<b>Consolation Finals</b>
2:11.47	Kently Axline, GCSTO	4:33.43	Gabe Lindsey, Trinity
2:11.65	Mike McQueen, PCSC	4:33.48	Kevin Murphy, Bulldog
<b>100 Breast Aug. 9</b>		4:36.56	Josh Adams, DSC
1:05.34	Eddie Durham, BIF	4:36.74	Will Coenen, Indian
1:05.60	Frank Bradley, PCSC	4:38.23	Jason Wimberly, CCST
1:05.68	Landon Harris, SA	4:40.05	John Reich, BSC
1:05.77	Adam Jerger, WFLA	4:40.57	David Nickel, Rock-Mont
1:06.23	Art Supapatt, Bolles	4:42.23	Chris Taylor, LIAC
1:06.75	Kevin Kling, Lakeside	<b>400 MR</b>	<b>Aug. 10</b>
1:07.41	Andy Griffin, Tara	3:52.80**	Pine Crest
1:07.57	Patrick Kessler, Meck.	3:56.24	SwimAtlanta
	<b>Consolation Finals</b>	3:56.74	Long Island
1:06.40	Nuk Sirisanont, Bolles	3:56.77	Bolles Sharks
1:07.06	Todd Harvey, St. Charles	3:57.14	Mass Bay Marlins
1:07.18	Ryan Frost, CB	3:57.31	Palatine Park District
1:07.35	James Henley, Bengal	3:58.15	PDR Swimming
1:07.38	Scott Grayson, MKM	3:59.43	Bernal's Gators
1:07.39	Davin Quinn, CB	4:00.61	Cur-Burke
1:07.52	Patito Espada, Swim FL	4:01.19	New Jersey Wave
1:08.87	Atiba Wade, PDR	4:01.27	Central Illinois
<b>200 Breast Aug. 7</b>		4:01.39	St. Petersburg
2:21.98	Adam Jerger, WFLA	4:02.03	West Florida
2:22.63	Kris Babylon, HURR	4:02.22	Gr. Columbus
2:22.66	Greg Mone, LIAC	4:02.37	Mass Bay Marlins B
2:23.29	Kevin Murphy, Bulldog	4:03.30	Bengal Tigers
2:23.87	Francesco Peta, NJW	<b>400 FR</b>	<b>Aug. 8</b>
2:24.00	Frank Bradley, PCSC	3:32.08	Pine Crest
2:24.53	Davin Quinn, CB	3:33.23	Long Island
2:24.79	Landon Harris, SA	3:33.66	Mass Bay Marlins
	<b>Consolation Finals</b>	3:34.21	SwimAtlanta
2:19.87**	Eddie Durham, BIF	3:34.81	Palatine Park District
2:24.20	James Henley, Bengal	3:34.95	St. Petersburg
2:24.57	Todd Harvey, St. Charles	3:35.86	Cur-Burke
2:25.16	Will Coenen, Indian	3:35.94	Team Viking
2:25.20	Tom Wilkens, RBY	3:36.52	Bolles Sharks
2:25.32	Tom Williams, MBM	3:37.34	Decatur
2:25.55	Scott Biggestaff, SS	3:37.40	Greensboro
2:25.72	Mark Bieglik, LIAC	3:37.54	PDR Swimming
<b>100 Fly Aug. 9</b>		3:37.61	Trinity
55.78	Dod Wales, Anderson	3:37.74	Central Illinois
56.07	Tucker Shade, Decatur	3:37.97	Patriot Aquatics
56.31	Cameron Mull, Delphinus	3:38.82	Bengal Tigers
56.42	Seth Dunscomb, Decatur	<b>800 FR</b>	<b>Aug. 9</b>
56.55	Heath Edwards, Harbison	7:45.49	St. Petersburg
56.66	Chris Ogden, GPAC	7:47.41	Trinity
57.02	Mike Gibeau, Retriever	7:48.89	Palatine Park District
57.07	Matt Schlessman, Viking	7:50.15	Mass Bay Marlins
	<b>Consolation Finals</b>	7:52.16	Long Island
56.80	Patrick O'Keefe, Bolles	7:52.20	Bolles Sharks
57.11	Sabir Muhammad, COA	7:52.43	New Jersey Wave
57.26	Walter Bell, PDR	7:53.00	Pine Crest
57.37	Scott Davies, Carter Ctr.	7:55.63	Cur-Burke
57.52	Tom Zanetti, LIAC	7:55.66	Bengal Tigers
57.73	C. Christopher, Patriot-FL	7:55.88	Decatur
57.96	Jason James, BPR	7:58.16	Carmel
58.13	Matt Johnson, LFSC	7:58.72	Team Viking
<b>200 Fly Aug. 7</b>		7:59.11	Dynamo
2:04.25	Scott Dewolf, LSAC	7:59.43	SwimAtlanta
2:04.36	Jason Wimberly, CCST	7:59.75	Bolles Sharks B
2:05.17	Pedro Monteiro, Unat.-NE	<b>FINAL TEAM STANDINGS</b>	<b>Combined</b>
2:05.40	B. Intharapichai, Bolles	384	Bernal's Gators
2:05.42	John Deboyace, NJW	349	Bolles Sharks
2:06.01	Chris Ogden, GPAC	302	SwimAtlanta
2:06.19	Chip Haberstroh, MBM	283.5	Mass Bay Marlins
2:06.21	Craig Hertz, Greensboro	237	Pine Crest
	<b>Consolation Finals</b>	221	Cur-Burke
2:06.53	Mike Gibeau, Retriever	183.5	New Jersey Wave
2:06.57	Nuk Sirisanont, Bolles	183.5	Memphis State
2:07.04	Scott Cummins, Lakeside	162	Trinity
2:07.45	Tom Zanetti, LIAC	127	Bengal Tiger
2:07.55	Jeff Maki, PCSC		

<b>Women's</b>	
302	Bernal's Gators
174	Bolles Sharks
165	SwimAtlanta
138	Cur-Burke
121.5	Memphis State
113	North Baltimore
104	Seacoast
88.5	New Jersey Wave
87	Mass Bay Marlins
87	Bengal Tiger
<b>Men</b>	
208	Pine Crest
196.5	Mass Bay Marlins
175	Bolles Sharks
174	St. Petersburg
144	Trinity
137	SwimAtlanta

136	Long Island Aquatics
95	New Jersey Wave
94.5	Palatine Park
83	Cur-Burke

**USS/SPEEDO JUNIOR NATIONAL CHAMPIONSHIPS-WEST Minneapolis, Minnesota Aug. 6-10, 1993**

**\*\* Junior National Record  
\* Junior National-West Record**

<b>WOMEN</b>	
<b>50 Free Aug. 10</b>	
26.44**	Rania Elwani, AAA-ST

26.48	Becky Bicknell, DS-CO
26.62	Kendall Lane, UP-SI
26.67	M. Sonstegard, BAC-MN
26.93	Catherine Fox, KCB-MV
27.06	Jackie Castellano, DA-PC
27.26	Angie Diez, TRS-AZ
27.31	Sarah Stauffer, LS-PN
	<b>Consolation Finals</b>
27.18	Kim Milligan, MC-PN
27.26	Carrie Bennett, BULL-CC
27.36	Michele Hall, SWAT-CA
27.47	Jenny Hennen, NL-MN
27.48	Terah Gisolo, MVN-CA
27.61	Hunter-Beckinsall, SJA-PC
27.74	Shannon Hosack, GC-OR
27.86	A. Schwada, SCSC-OZ
<b>100 Free Aug. 7</b>	
57.08	Rania Elwani, AAA-ST

58.28	Becky Bicknell, DS-CO
58.45	Angie Diez, TRS-AZ
58.53	Jackie Castellano, DA-PC
58.56	Emily Mastin, TRS-AZ
58.68	Eliza Werth, THSC-OR
58.81	Liesl Kolbisen, MPN-PC
59.15	Liesl Pimentel, DA-AZ
	<b>Consolation Finals</b>
58.42	Jenny Hennen, NL-MN
59.00	R. Gilman, BUENA-CA
59.05	M. Sonstegard, BLA-MN
59.23	Nancy Jo, IHAC-CA
59.40	Courtney Allen, CSSC-CO
59.40	R. Andrew, KCB-MV
59.45	Kasey Harris, CPHL-PC
59.94	Alegria Breaux, DADS-TX
<b>200 Free Aug. 8</b>	
2:04.27	Rania Elwani, AAA-ST

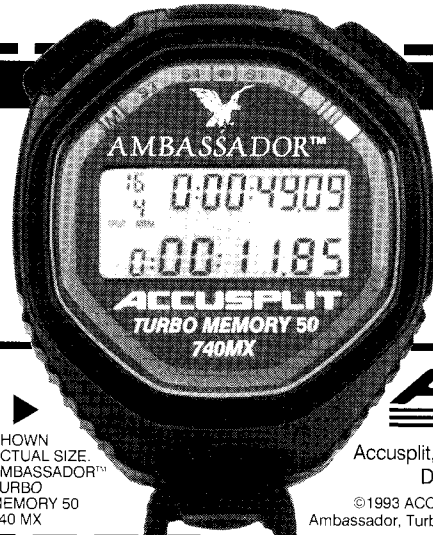
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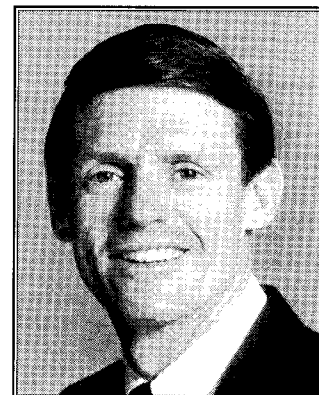
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# FOR THE RECORD

2:05.47	Dee Brown, CSP-OZ	9:06.63	C. Lischke, Unat.-SI
2:05.66	R. Gilman, BUENA-CA	9:06.99	A. Haendiges, WHAT-CA
2:05.70	Laurie Kline, UP-SI	9:08.71	Ashley Sekac, TWST-GU
2:05.81	Leslie Mix, ISS-PN	9:08.98	Laura Tuck, NJSC-CA
2:05.81	Stacie Karnes, DADS-TX	9:11.84	Marta Knowles, MAAC-CA
2:06.13	Sarah Nichols, CSA-CA	<b>1500 Free Aug. 10</b>	
2:06.21	Alison Hansen, MVN-CA	16:59.14	Sheri Theisen, CRAA-IA
<b>Consolation Finals</b>			
2:06.05	Julie Varozza, SCSC-PC	17:05.62	Kari Lydersen, Unat.-SI
2:06.78	Alison Mijares, GWSC-CA	17:06.34	R. Gilman, BUENA-CA
2:07.13	Brinna Wilkins, NA-MW	17:11.20	Cherrill Haws, CH-UT
2:07.32	Sara Guereña, SBSC-CA	17:11.36	B. Thrasher, BUENA-CA
2:07.62	A. Haendiges, WHAT-CA	17:14.71	C. Lischke, Unat.-SI
2:07.74	Marisa Watts, SJA-PC	17:20.04	Rachel Tukey, Unat.-SI
2:08.45	Katie Lowes, NOVA-CA	17:20.15	Jenna Tukey, Unat.-SI
2:09.14	Nancy Jo, IHAC-CA	17:20.15	Laura Tuck, NJSC-CA
<b>400 Free Aug. 9</b>			
4:21.38	R. Gilman, BUENA-CA	17:22.29	Celeste Jacroux, PAO-HI
4:22.73	Alison Mijares, GWSC-CA	17:30.48	Ashley Sekac, TWST-GU
4:25.94	Marisa Watts, SJA-PC	17:31.23	S. Steres, TWST-GU
4:26.97	Lisa Arent, OSAC-MW	17:32.91	Erica Fischer, CA-PC
4:27.46	Jenna Tukey, Unat.-SI	17:33.94	Mandy Shuck, COPS-NT
4:27.62	Celeste Jacroux, PAO-HI	17:35.20	Holly Sisk, COPS-NT
4:27.77	Stacie Karnes, DADS-TX	<b>100 Back Aug. 9</b>	
4:31.72	C. McEachern, UP-SI	1:05.36	Miranda Walz, BUENA-CA
<b>Consolation Finals</b>			
4:23.79	Julie Varozza, SCSC-PC	1:05.74	Cheryl Murphy, MVN-CA
4:28.59	Wendy Martin, GWSC-CA	1:05.99	B. Derringer, PKWY-OZ
4:28.87	Holly Sisk, COPS-NT	1:06.25	Misty Hyman, AZSR-AZ
4:29.11	Cherrill Haws, CH-UT	1:06.40	Kim Milligan, MC-PN
4:29.20	B. Lauterbach, TWST-GU	1:06.45	Nicole Beck, BUENA-CA
4:30.53	Ashley Sekac, GERM-WI	1:06.46	M. Paulsen, WOOD-SN
4:30.99	Sarah Jacobs, BUENA-CA	1:06.63	Tara Leach, TWST-GU
4:31.67	Dee Brown, CSP-OZ	<b>Consolation Finals</b>	
8:55.04	Julie Varozza, SCSC-PC	1:06.37	Gwynette Vath, HILL-AZ
8:57.96	Sheri Theisen, CRAA-IA	1:06.70	Janna Brock, COPS-PC
9:00.31	Jenna Tukey, Unat.-SI	1:07.15	Erin Schatz, CLASS-CA
9:01.65	H. Ballard, GLENY-CA	1:07.15	Angie Diez, TRS-AZ
9:03.08	Celeste Jacroux, PUN-HI	1:07.20	C. Carone, MVN-CA
9:03.53	Alison Mijares, GWSC-CA	1:07.30	Haley Cope, CAJ-SN
9:03.59	Cherrill Haws, CH-UT	1:07.69	T. Schubert, GWSC-CA
9:03.92	Jennifer McLeod, MVN-CA	1:07.90	Amy Hennies, CSP-OZ
9:04.95	B. Thrasher, BUENA-CA	<b>200 Back Aug. 7</b>	
9:05.59	Alison Hansen, MVN-CA	2:18.37	M. Paulsen, WOOD-SN
9:05.73	Rachel Tukey, Unat.-SI	2:19.36	Denali Knapp, DA-SN
		2:19.70	Sarah Dougall, CRAA-IA
		2:19.84	Nicole Beck, BUENA-CA
		2:19.86	Erin Schatz, CLASS-CA

2:20.04	M. Walz, BUENA-CA	5:00.50	Bethany Ricks, FWA-NT
2:21.54	C. Carone, MVN-CA	5:01.73	Laurie Kline, UP-SI
2:21.81	Gwynette Vath, HILL-AZ	5:02.41	M. Roarty, BUENA-CA
<b>Consolation Finals</b>			
2:20.36	Catherine Fox, KCB-MV	5:04.75	Eliza Werth, THSC-OR
2:20.81	Ev-Lynn Byer, PASC-PC	5:12.66	J. Hommert, DUKE-MN
2:21.00	Kari Edwards, VSC-OR	<b>Consolation Finals</b>	
2:21.57	B. Derringer, PKWY-OZ	5:00.55	Catherine Fox, KCB-MV
2:22.05	Tara Leach, TWST-GU	5:02.62	Monica Caplan, NJSC-CA
2:22.67	Rory McClosky, SCSC-PC	5:03.27	Cheryl Murphy, MVN-CA
2:23.65	J. Parmenter, CANY-CA	5:03.81	Erica Fischer, CA-PC
2:23.84	Amy Hennies, CSP-OZ	5:06.33	Emily Mastin, TRS-AZ
<b>100 Breast Aug. 9</b>			
1:13.06	Lindsay Eter, TWST-GU	5:07.99	Lisa Arent, OSAC-MW
1:13.34	Katie Simmons, NOVA-CA	5:08.29	S. Wylie, COPS-NT
1:13.36	Erin Koro, PSC-AZ	5:08.80	Leah Zucker, RENO-PC
1:13.82	Alegria Boro, DADS-TX	<b>400 MR Aug. 10</b>	
1:14.00	S. Suddarth, TSA-MV	4:24.99	The Woodlands-GU
1:14.25	Carrie Johnson, SVA-PC	4:25.35	Buenaventura-CA
1:14.67	K. Lohammer, TSC-PN	4:25.74	KC Blazers-MV
1:15.03	L. Schubert, CSC-CC	4:26.29	Phoenix-AZ
<b>Consolation Finals</b>			
1:13.64	Becky Gibbs, M3F-MN	4:27.84	Bellevue Athletic-PN
1:14.37	Sarah Payette, SRN-PC	4:28.83	City of Plano-NT
1:14.96	G. Hegener, FST-MN	4:29.33	Dads Club-TX
1:15.95	Lisa Yappell, IVAN-PC	4:29.94	SVA-PC
1:16.25	Leah Foreman, M3F-MN	4:30.35	Clayton Shaw Park-OZ
1:16.39	A. Stevens, ACE-OK	4:30.41	Tempe Rio Salado-AZ
1:16.70	K. Sternberger, KCB-MV	4:31.17	Mission Viejo B-CA
1:17.03	B. Smith, WMSC-AR	4:31.23	South East Metro-MN
<b>200 Breast Aug. 7</b>			
2:37.81	Carrie Johnson, SVA-PC	4:32.31	Lake Country-WI
2:37.85	Becky Gibbs, M3F-MN	4:32.42	Davis Aquatics-SN
2:39.34	Janna Brock, COPS-PC	4:32.87	Tualatin Hills-OR
2:39.35	Lindsay Eter, TWST-GU	4:32.94	Santa Clara-PC
2:39.40	K. Sternberger, KCB-MV	<b>400 FR Aug. 8</b>	
2:41.92	L. Schubert, CSC-CC	4:00.76	Tempe Rio Salado-AZ
2:43.12	Holly Gravatt, Unat.-CA	4:00.90	Buenaventura-CA
	Andrea Hill, LA-MV	4:01.48	Bellevue Athletic-PN
<b>Consolation Finals</b>			
4:02.14	Golden West-CA	4:01.64	Industry Hills-CA
4:02.14	KC Blazers-MV	4:01.73	Mission Viejo-CA
4:02.31	The Woodlands-GU	4:02.14	Golden West-CA
4:02.51	Calif. Capital-SN	4:02.31	KC Blazers-MV
4:02.53	San Jose-PC	4:02.51	The Woodlands-GU
4:02.66	Dads Club-TX	4:02.51	Calif. Capital-SN
4:03.13	Lake Country-WI	4:02.66	Dads Club-TX
4:03.46	Clayton Shaw Park-OZ	4:03.13	Lake Country-WI
4:03.61	Tualatin Hills-OR	4:03.46	Clayton Shaw Park-OZ
4:04.11	Santa Clara-PC	4:03.61	Tualatin Hills-OR
4:04.19	Dallas Mustangs-NT	4:04.11	Santa Clara-PC
<b>800 FR Aug. 9</b>			
1:02.88	E. Sherwood, KCB-MV	4:04.19	Dallas Mustangs-NT
1:03.22	A. Aubrey, SCSC-OZ	4:04.11	Santa Clara-PC
1:03.72	Tanya Schuh, SST-MN	4:04.19	Dallas Mustangs-NT
1:04.03	R. Andrew, KCB-MV	4:04.11	Santa Clara-PC
1:04.59	Jodi Jackson, PAO-HI	4:04.19	Dallas Mustangs-NT
1:04.67	Amy Hall, PSC-AZ	4:04.11	Santa Clara-PC
1:04.88	Terri Jashinsky, MFSC-WI	4:04.19	Dallas Mustangs-NT
1:04.70	Alison Hansen, MVN-CA	4:04.11	Santa Clara-PC
<b>Consolation Finals</b>			
1:04.12	Maureen Phillips, BAC-PN	4:04.11	Santa Clara-PC
1:04.63	Anne Ilgen, SBSC-CA	4:04.19	Dallas Mustangs-NT
1:04.70	Stacie Karnes, DADS-TX	4:04.11	Santa Clara-PC
1:04.70	Hunter-Beckinsall, SJA-PC	4:04.19	Dallas Mustangs-NT
1:04.74	Maria Robertson, C-PN	4:04.11	Santa Clara-PC
1:05.34	Arianna Figueroa, PSC-AZ	4:04.19	Dallas Mustangs-NT
1:05.43	E. Plummer, WCAB-PC	4:04.11	Santa Clara-PC
1:06.48	Nicole Beck, BUENA-CA	4:04.19	Dallas Mustangs-NT
<b>200 Fly Aug. 7</b>			
2:14.63	E. Sherwood, KCB-MV	4:04.11	Santa Clara-PC
2:17.34	Alison Hansen, MVN-CA	4:04.19	Dallas Mustangs-NT
2:18.40	Stacie Karnes, DADS-TX	4:04.11	Santa Clara-PC
2:22.04	Lori Van Lith, CUD-AIE	4:04.19	Dallas Mustangs-NT
2:22.78	Meagan Fain, BAC-PN	4:04.11	Santa Clara-PC
2:22.84	Eliza Werth, THSC-OR	4:04.19	Dallas Mustangs-NT
2:23.16	T. McCalley, MVN-CA	4:04.11	Santa Clara-PC
2:23.24	Jodi Jackson, PUNA-HI	4:04.19	Dallas Mustangs-NT
<b>Consolation Finals</b>			
2:21.07	Kari Edwards, VSC-OR	4:04.11	Santa Clara-PC
2:23.09	Kari Lydersen, Unat.-SI	4:04.19	Dallas Mustangs-NT
2:23.47	M. Roarty, BUENA-CA	4:04.11	Santa Clara-PC
2:23.58	D. Walker, BUENA-CA	4:04.19	Dallas Mustangs-NT
2:23.69	Wendy Zellers, SRN-PC	4:04.11	Santa Clara-PC
2:25.14	Colleen Quinn, TRS-AZ	4:04.19	Dallas Mustangs-NT
2:26.23	Maria Robertson, C-PN	4:04.11	Santa Clara-PC
2:27.76	J. Hommert, DUKE-MN	4:04.19	Dallas Mustangs-NT
<b>200 IM Aug. 10</b>			
2:20.09	Kari Edwards, VSC-OR	4:04.11	Santa Clara-PC
2:20.26	Catherine Fox, KCB-MV	4:04.19	Dallas Mustangs-NT
2:22.06	E. Sherwood, KCB-MV	4:04.11	Santa Clara-PC
2:22.97	Emily Mastin, TRS-AZ	4:04.19	Dallas Mustangs-NT
2:23.76	Eliza Werth, THSC-OR	4:04.11	Santa Clara-PC
2:24.93	Marisa Watts, SJA-PC	4:04.19	Dallas Mustangs-NT
2:25.03	Janel Frei, WI-WI	4:04.11	Santa Clara-PC
2:25.03	Sarah Dougall, CRAA-IA	4:04.19	Dallas Mustangs-NT
<b>Consolation Finals</b>			
2:22.81	Leslie Mix, ISS-PN	4:04.11	Santa Clara-PC
2:23.42	Becky Gibbs, M3F-MN	4:04.19	Dallas Mustangs-NT
2:23.96	Bethany Ricks, FWA-NT	4:04.11	Santa Clara-PC
2:24.97	Kasey Harris, CPHL-PC	4:04.19	Dallas Mustangs-NT
2:25.36	Jodi Jackson, PAO-HI	4:04.11	Santa Clara-PC
2:26.22	Cone Calfee, DA-SN	4:04.19	Dallas Mustangs-NT
2:26.47	Laurie Kline, UP-SI	4:04.11	Santa Clara-PC
2:27.20	Erica Fischer, CA-PC	4:04.19	Dallas Mustangs-NT

53.25	David Gaggero, SSC-PC	2:07.56	John Hargis, LRRC-AR
53.40	Matt Cornue, NOVA-CA	2:08.09	Brian Younger, SCSC-OZ
53.68	Dan Miles, IHAC-CA	2:08.14	Patrick Morrow, ATEX-GU
53.85	Jaron Krause, FWA-NT	2:09.92	Troy Smith, NL-AK
<b>200 Free Aug. 8</b>			
1:54.20	C. Brockman, COPS-NT	2:10.55	Nathan Reese, SBSC-CA
1:54.47	Tom Malchow, SST-MN	2:10.80	J. Michnowicz, SCSC-PC
1:54.66	Brian Younger, SCSC-OZ	2:11.16	Casey Ketterling, AZM-AZ
1:55.08	Chris Counts, BTA-GU	2:12.74	Ernest Jimenez, BAC-CA
1:55.46	Jeff Julian, IHAC-CA	<b>100 Breast Aug. 9</b>	
1:55.57	Wes Oliver, BAC-PN	1:04.79	Kyle Marden, KMSC-OK
1:55.68	Matt Cornue, NOVA-CA	1:05.02	Brian Keegan, UP-SI
1:55.77	B. Schuerman, MHST-OR	1:05.12	J. Gustafson, BUENA-CA
<b>Consolation Finals</b>			
1:54.57	Jeff Brown, FCST-GU	1:05.66	Mark Hawthorne, HILL-AZ
1:55.04	Chris Archer, DADS-TX	1:06.27	Kristian Lee, SCHY-WI
1:55.21	Ken Olofin, SJA-PC	1:06.55	Tom O'Hara, TRS-AZ
1:55.40	Robert Klein, KATY-GU	1:06.86	Adam Thompson, MM-CO
1:57.04	Edward Nash, TWST-GU	1:08.07	Shawn Snow, CSSC-CO
1:57.10	Glen Kaplan, NAPA-PC	<b>Consolation Finals</b>	
1:57.21	Matt Brannum, FCST-GU	1:06.93	Andrew Lopez, IW-CC
1:58.63	Ross Crosswell, ISS-PN	1:06.98	Jay Judson, BRE-A-CA
<b>400 Free Aug. 9</b>			
3:59.52	Wes Oliver, BAC-PN	1:07.24	Aaron Craig, KCB-MV
3:59.76	Mike Wasgatt, FAST-CO	1:07.59	W. Sheelchin, M3F-MN
4:01.31	Jeff Brown, FCST-GU	1:07.79	Jay Schindler, FMY-ND
4:01.74	Brian Younger, SCSC-OZ	1:07.97	John Lowry, DVA-PC
4:03.72	Andy Eckerman, DMSF-IA	1:08.02	Chris Sendejas, CSA-CA
4:04.71	Josh Ilika, TA-ST	<b>200 Breast Aug. 9</b>	
4:06.53	Joe Loftus, PLS-PC	2:20.38	Brian Keegan, UP-SI
4:07.33	Tom Malchow, STAR-MN	2:21.79	Sean Moore, NOVA-CA
<b>Consolation Finals</b>			
4:07.30	M. McFarland, NC-SI	2:22.46	Andrew Lopez, IW-CC
4:07.31	Griffin Caruola, MAAC-CA	2:23.32	Kristian Lee, SCHY-WI
4:07.37	Steve Brown, CSA-SN	2:24.60	Kyle Marden, KMG-OK
4:07.67	Travis Rickey, CSSC-CO	2:23.89	Rob Iglinski, LCP-WI
4:08.23	R. Cromwell, LSC-PN	2:25.25	Steve Worrell, CPHL-PC
4:09.66	Alex Silver, SRN-PC	<b>Consolation Finals</b>	
4:10.99	David Paulson, USC-SI	2:23.77	Aaron Craig, KCB-MV
4:13.00	R. Graves, WOOD-SN	2:24.68	Blake Holten, TWST-GU
<b>800 Free Aug. 6</b>			
8:18.09	Mike Wasgatt, FAST-CO	2:24.82	M. Hawthorne, HILL-AZ
8:20.84	Jeff Brown, FCST-GU	2:25.60	Chris Sendejas, CSA-CA
8:27.13	Andy Eckerman, DMSF-IA	2:26.34	Adam Thompson, MM-CA
8:28.12	Ryan Morrissey, CRAA-IA	2:26.45	John Lowry, DVA-PC
8:29.08	M. McFarland, NC-SI	2:28.76	J. Gustafson, BUENA-CA
8:29.12	Joe Loftus, PLS-PC	2:31.87	B. Shearnia, GWSC-CA
8:29.65	Griffin Caruola, MAAC-CA	<b>100 Aug. 9</b>	
8:30.68	Mark Kwok, MVN-CA	55.35	Martin Zielinski, GST-MN
8:30.88	Gabor Mereg, CCA-SN	55.78	John Hargis, LRRC-AR
8:31.56	Jason Miles, FCST-GU	55.95	Jeff Julian, IHAC-CA
8:33.19	R. Cromwell, LSC-PN	56.52	Tom Malchow, SST-MN
8:33.64	Mike Vanderbaan, SJA-PC	56.82	R. Anagnoson, SBSC-CA
8:34.12	Ryan Anderson, FAST-CO	57.05	Devlin Howard, ATEX-GU
8:34.92	Tim Russell, RENO-PC	57.10	John Dunham, TA-ST
8:34.98	Matt Herold, TT-OK	57.98	Brad Stockholm, FSTR-AR
8:35.26	C. Cunningham, CCA-SN	<b>Consolation Finals</b>	
<b>1500 Free Aug. 10</b>			
15:48.59	Mike Wasgatt, FAST-CO	57.01	M. Pierce, TWST-GU
16:01.55	Wes Oliver, BAC-PN	57.32	Jed Crowe, AZM-AZ
16:07.10	M. McFarland, NC-SI	57.64	M. Chamberlain, EAG-UT
16:07.56	Josh Ilika, TA-ST	57.79	Kevin Collins, TA-ST
16:09.14	Joe Loftus, PLS-PC	57.97	C. Brockman, COPS-NT
16:20.48	Jeff Brown, FCST-GU	58.04	Chris Counts, BTA-GU
16:21.20	R. Cromwell, LSC-PN	58.75	Sean Gaigher, TA-ST
16:23.43	R. Graves, WOOD-SN	<b>200 Fly Aug. 7</b>	
16:23.84	John Lory, BUENA-CA	2:03.23	Martin Zielinski, GST-MN
16:23.93	Mike Vanderbaan, SJA-PC	2:04.06	M. Pierce, TWST-GU
16:24.26	Matt Herold, TT-OK	2:04.25	Devlin Howard, ATEX-GU
16:25.90	Nathan Reese, CLASS-CA	2:05.80	Ben Pickens, PASC-PC
16:26.01	M. Cavalcante, DADS-TX	2:06.83	Peter Busz, MHST-OR
16:26.02	C. Cunningham, CCA-SN	2:07.43	Jason Brothers, FAST-CO
16:29.91	Gabor Mereg, CCA-SN	2:07.91	John Lory, BUENA-CA
16:30.80	Todd Maciel, FGD-CA	2:09.95	Chuck Koenig, SCSC-OZ
<b>100 Back Aug. 9</b>			
58.35	Justin Clossen, CRAA-IA	2:07.40	Glen Kaplan, NAPA-PC
58.47	C. Girdlestone, CSA-CA	2:08.36	Josh Holland, DVA-PC
58.50	N. Kaschik, DADS-TX	2:09.37	P. Demers, MVN-CA
58.60	Trevan Gray, HSC-PN	2:09.63	Robert Delgado, MVN-CA
59.12	Nathan Resch, SBSC-CA	2:09.65	Brent Heltman, IHAC-CA
59.24	F. Fleischmann, TWST-GU	2:09.74	Kevin Lo, ISC-HI
59.31	John Hargis, LRRC-AR	2:09.88	Keith Eberhart, VSC-OR
59.83	Jeff Dragsten, M3F-MN	2:11.23	Clay Flocco, BUENA-CA
<b>Consolation Finals</b>			
58.87	Jon Allen, PAQ-HI	2:10.08	N. Kaschik, DADS-TX
59.15	Ryan Zahorki, ESC-WI	2:08.48	Neil Walker, VA-WI
59.72	G. Abernethy, VSC-SN	2:10.60	Jaron Krause, FWA-NT
59.99	Billy Rose, ASC-GU	2:10.83	Fleischmann, TWST-GU
1:00:16	Casey Ketterling, AZM-AZ	2:11.29	Jeff Dragsten, M3F-MN
1:00:32	Joy Sinclair, UP-SI	2:11.31	Brian Keegan, UP-SI
1:00:44	Josh Milligan, PSC-AZ	2:11.46	Chris Mylan, BAC-PN
1:01.05	M. Robertson, LOSC-OR	2:11.73	Ryan Kaler, AAA-ST
<b>Consolation Finals</b>			
<b>200 Back Aug. 7</b>			
2:04.57	C. Girdlestone, CSA-CA	2:10.69	Nolan Wood, KCB-MV
2:05.22	N. Kaschik, DADS-TX	2:10.84	Devlin Howard, ATEX-GU
2:06.27	Justin Clossen, CRAA-IA	2:11.17	Robert Klein, KATY-GU
2:07.21	F. Fleischmann, TWST-GU	2:11.92	Wayne Vacek, TA-ST
2:07.25	Neil Walker, VAC-WI	2:12.09	Ben Pickens, PASC-PC
2:07.73	Jeff Dragsten, M3F-MN	2:12.68	Alex Silver, SRN-PC
2:08.16	G. Abernethy, VSC-SN	2:16.33	Dan Miles, IHAC-CA
2:08.72	Cory Sinclair, UP-SI	DO	Edward Nash, TWST-GU
<b>400 IM Aug. 8</b>			
4:32.77	N. Kaschik, DADS-GU	4:32.77	N. Kaschik, DADS-GU
4:33.84	Wes Oliver, BAC-PN	4:33.84	Wes Oliver, BAC-PN



4:34.94 Nathan Reese, CLASS-CA  
4:35.51 Devin Howard, ATEX-GU  
4:36.25 Chris Mylan, BAC-PN  
4:36.49 John Lory, BUENA-CA  
4:37.92 B. Schuerman, MHST-OR  
4:40.00 Alex Silver, SRN-PC

**Consolation Finals**  
4:37.50 Nolan Wood, KCB-MV  
4:37.70 Tom Malchow, SST-MN  
4:39.49 Mark Kwok, MVN-CA  
4:39.71 Kevin Zacher, RST-OR  
4:40.37 Joe Loftus, PLS-PC  
4:40.96 Ben Pickens, PASC-PC  
4:41.33 Randy Swift, CCA-SN  
4:43.57 Kevin Lo, ISC-HI

## 400 MR Aug. 10

3:55.42 The Woodlands-GU  
3:56.35 Texas Aquatics-ST  
3:58.84 Elmbrook-WI  
3:59.18 Buena Ventura-CA  
3:59.35 Santa Barbara-CA  
3:59.53 Kerr-McGee-OK  
4:00.01 Dads Club-TX  
4:00.86 Mach 3 Flyers-MN  
4:00.95 Irvine Novas-CA  
4:01.07 Blue Tide-GU  
4:01.94 Katy Aquatics-TX  
4:02.55 Conejo-Simi-CA  
4:02.87 Walnut Creek-PC  
4:03.72 Lake Country-WI  
4:03.96 KC Blazers-MV  
4:04.43 Industry Hills-CA  
**400 FR Aug. 8**  
3:32.18 Texas Aquatics-ST  
3:33.14 Irvine Novas-CA  
3:33.37 Blue Tide Aquatic-GU  
3:33.68 First Colony-GU  
3:33.79 Industry Hills-CA  
3:34.09 Calif. Capital-SN  
3:37.14 Elmbrook-WI  
3:37.74 Dads Club-TX  
3:38.17 San Jose Aquatics-PC  
3:38.23 Kerr-McGee-OK  
3:38.33 The Woodlands-GU  
3:38.54 Dallas Mustangs-NT  
3:38.69 Katy Aquatics-GU  
3:38.88 Ft. Smith Tideride-AR  
3:39.03 Ft. Worth-Arlington-NT  
3:39.09 Lake Country-WI  
**800 FR Aug. 9**  
7:50.87 Calif. Capital-SN  
7:51.79 Irvine Novas-CA  
7:51.86 Texas Aquatics-ST  
7:52.59 First Colony-GU  
7:54.50 Dads Club-TX  
7:54.70 San Jose-PC  
7:56.86 Mission Viejo-CA  
7:57.33 Blue Tide-GU  
7:57.89 Industry Hills-CA  
7:58.96 The Woodlands-GU  
7:59.31 Buena Ventura-CA  
7:59.75 Golden West-CA  
8:00.54 Dallas Mustangs-NT  
8:00.74 Conejo-Simi-CA  
8:02.63 Elmbrook-WI  
8:03.24 Bloomington-MN

## FINAL TEAM STANDINGS Combined

361 Buena Ventura-CA  
320 The Woodlands-GU  
282 Dads Club-TX  
263.5 KC Blazers-MV  
261 Mission Viejo-CA  
217 Bellevue Athletic-PN  
162 Tempe Rio Salado-AZ  
144.5 United Poway-SI  
141 Industry Hills-CA  
137 Irvine Novas-CA

## Women

266 Buena Ventura-CA  
226.5 KC Blazers-MV  
209 Mission Viejo-CA  
174 The Woodlands-GU  
149 Tempe Rio Salado-AZ  
124 Bellevue Athletic-PN  
100 Golden West-CA  
99.5 Dads Club-TX  
80.5 United Poway-SI  
75 City of Plano-NT

## Men

182.5 Dads Club-TX  
171.5 Texas Aquatics-ST  
146 The Woodlands-GU  
139 First Colony-GU  
118 Irvine Novas-CA  
105 Blue Tide-GU  
103 Industry Hills-CA  
95 Buena Ventura-CA  
93 Bellevue Athletic-PN  
89 Calif. Capital-SN

## YMCA NATIONAL CHAMPIONSHIPS Nashville, Tennessee August 3-6, 1993 (50 M)

### \* YMCA National Record

## WOMEN

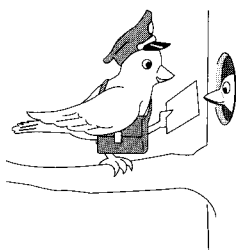
**50 Free Aug. 4**  
27.52 J. Crisman, Gr. Rapids  
27.63 Lisa Eck, Kettering  
27.90 Ginger Housdan, CHAR  
27.99 Becki Hodgdon, Glen Elyn  
28.04 Natalie Najarian, BIRM  
28.28 M. Haynie, Severna Park  
28.36 Carrie Sheil, M.E. Lyons  
28.92 A. Shafer, St. Joseph  
**100 Free Aug. 6**  
59.80 Wendy Henson, SPAR  
1:00.05 E. Stonebreaker, NAPPY  
1:00.61 S. Wong, Blue Ash  
1:00.64 Noel Webster, Country  
1:00.91 Natalie Najarian, BIRM  
1:01.44 Katie Varda, Gr. Rapids  
1:01.50 B. Hodgdon, Glen Elyn  
1:02.32 Ginger Housdan, CHAR  
**200 Free Aug. 4**  
2:07.63 Wendy Henson, SPAR  
2:08.91 Noel Webster, Country  
2:10.20 Suzanne Black, WSY  
2:11.57 Nicole Earhart, Blue Ash  
2:12.80 Katie Varda, Gr. Rapids  
2:13.20 Michelle Brym, Mt. Vernon  
2:15.04 Michelle Nye, Naperville  
2:17.17 Jacqui McRae, Rochester  
**400 Free Aug. 3**  
4:26.51\* Suzanne Black, WSY  
4:27.11\* Wendy Henson, SPAR  
4:30.69 Noel Webster, Country  
4:35.98 Patricia Culi, Huntington  
4:36.96 Sarah Borowski, SPAR  
4:37.65 E. Stonebreaker, NAPPY  
4:39.23 Paige Tribou, Goldsboro  
4:42.56 S. MacMillan, Blue Ash  
**1500 Free Aug. 6**  
17:08.91\* Suzanne Black, WSY  
17:47.21 Noel Webster, Country  
17:55.73 S. Bausher, Reading  
18:05.42 C. Hoover, St. Augustine  
18:09.13 Melissa Neal, Blue Ash  
18:24.47 C. Minetree, Petersburg  
18:27.27 Sarah Clements, Pulaski  
18:30.64 Eileen Cassin, M.E. Lyons  
**50 Back Aug. 3**  
30.60 J. Crisman, Gr. Rapids  
(30.34P)  
31.34 N. Grannell, Severna Park  
31.97 Lesley Hawley, Raleigh  
32.04 Katie Varda, Gr. Rapids  
32.09 Jenny Arndt, Green Bay  
32.13 Michele Murphy, MEL  
32.42 Emily Voelker, Cheshire  
32.69 Dana Pinther, Red Bank  
**100 Back Aug. 4**  
1:05.53 J. Crisman, Gr. Rapids  
1:07.80 P. Hanson, La Crosse  
1:08.44 Jen Myers, Fairfield  
1:08.82 Jacqui McRae, Rochester  
1:08.91 Dana Pinther, Red Bank  
1:08.99 N. Grannell, Severna Park  
1:09.01 Lesley Hawley, Raleigh  
1:09.67 Carolyn Deighan, BIRM  
**200 Back Aug. 6**  
2:25.39 J. Crisman, Gr. Rapids  
2:26.82 Jen Myers, Fairfield  
2:26.87 P. Hanson, La Crosse  
2:27.38 Michele Murphy, MEL  
2:27.58 Lesley Hawley, Raleigh  
2:27.59 Jennifer DeLong, WSY  
2:28.96 Kristin Schlipf, Reading  
2:29.03 Jenny Arndt, Green Bay  
**50 Breast Aug. 5**  
34.33\* Erin Warner, Kettering  
35.08 Roedersheimer, G. Nippert  
35.11 S. White, Daytona Boh.  
35.65 Rachel White, G. Nippert  
36.06 Amy Musk, Severna Park  
36.24 Angela Lowe, Rochester  
36.25 Erin O'Gorman, Tri-City  
36.59 L. Bodine, Severna Park  
**100 Breast Aug. 3**  
1:14.24\* Mandi Falk, Rochester  
1:15.61 Erin Warner, Kettering  
1:15.83 Michelle Brym, Mt. Vernon  
1:16.17 Roedersheimer, G. Nippert  
1:16.69 Kinsey Bair, Hamden  
1:18.04 Amy Musk, Severna Park  
1:18.28 C. Romanac, Waynes  
1:18.36 S. White, Daytona Boh.  
**200 Breast Aug. 6**  
2:41.96\* Michelle Brym, Mt. Vernon

2:42.55 Mandi Falk, Rochester  
2:46.34 Erin Warner, Kettering  
2:47.29 Roedersheimer, G. Nippert  
2:48.41 Lanie Holzapfel, MEL  
2:48.77 Erin O'Gorman, Tri-City  
2:49.54 Kinsey Bair, Hamden  
2:50.06 Jennifer Miers, Naperville  
**50 Fly Aug. 6**  
29.49 Beth Karaica, Pittsburgh  
29.55 Lieselle Trinidad, W. Side  
29.83 Amy Fritsch, Gr. Rapids  
30.22 R. Morehart, Hamilton  
30.24 Carrie Sheil, M.E. Lyons  
30.57 C. Hoover, St. Augustine  
30.58 Amy Suppinger, SPAR  
30.63 Amy Black, Montclair  
**100 Fly Aug. 5**  
1:06.10 Carolyn Deighan, BIRM  
1:06.22 Patricia Culi, Huntington  
1:06.56 M. Van Slingerland, BIRM  
1:06.72 Jen Hartsock, Blue Ash  
1:06.87 Kristen Olson, Rochester  
1:06.91 Lieselle Trinidad, W. Side  
1:06.95 Sarah Graves, Glen Elyn  
1:06.76 E. Shuemaker, Clay Platte  
**200 Fly Aug. 4**  
2:22.54 Patricia Culi, Huntington  
2:24.00 S. Bausher, Reading  
2:25.67 Jen Hartsock, Blue Ash  
2:26.35 M. Van Slingerland, BIRM  
2:28.55 Amanda Atkinson, RAPP  
2:28.65 Sarah Graves, Glen Elyn  
2:28.65 Lori Boyle, Powell Crosley  
2:36.15 Lieselle Trinidad, W. Side  
**400 Fly Aug. 3**  
2:27.54 S. Bausher, Reading  
2:28.07 Erin Warner, Kettering  
2:28.14 Mandi Falk, Rochester  
2:28.20 M. Van Slingerland, BIRM  
2:29.08 Jen Myers, Fairfield  
2:29.47 Lori Boyle, Powell Crosley  
2:29.76 Kristin Schlipf, Reading  
2:30.25 Susan Herrick, Cape Ann  
**400 IM Aug. 5**  
5:08.89 Suzanne Black, WSY  
5:11.40 M. Van Slingerland, BIRM  
5:12.83 S. Bausher, Reading  
5:14.44 Wendy Henson, SPAR  
5:16.27 Jen Myers, Fairfield  
5:16.95 Lori Boyle, Powell Crosley  
5:18.25 Michelle Brym, Mt. Vernon  
5:18.68 Susan Herrick, Cape Ann  
**200 MR Aug. 3**  
2:03.55\* Grand Rapids, MI  
2:04.29 Rochester, MI  
2:06.00 Severna Park, MD  
2:07.32 G. Nippert, OH

2:07.65 Raleigh, NC  
2:07.95 M.E. Lyons, OH  
2:08.07 Birmingham, MI  
2:08.37 Blue Ash, OH  
**400 MR Aug. 5**  
4:30.65\* Rochester, MI  
4:31.04 Grand Rapids, MI  
4:36.51 G. Nippert, OH  
4:37.24 M.E. Lyons, OH  
4:39.37 Severna Park, MD  
4:40.81 Blue Ash, OH  
4:42.66 Birmingham, MI  
4:43.19 Raleigh, NC  
**200 FR Aug. 5**  
1:51.35\* Grand Rapids, MI  
1:52.26 Raleigh, NC  
1:52.83 Blue Ash, OH  
1:53.66 G. Nippert, OH  
1:53.67 M.E. Lyons, OH  
1:53.84 Rochester, IL  
1:53.86 Glen Elyn, IL  
1:54.38 Naperville, IL  
**400 FR Aug. 6**  
4:05.13 Grand Rapids, MI  
4:07.29 Blue Ash, OH  
4:07.40 Rochester, IL  
4:07.49 G. Nippert, OH  
4:08.55 M.E. Lyons, OH  
4:08.60 Raleigh, NC  
4:10.43 Rochester, MI  
4:10.95 Winston-Salem, NC  
**800 FR Aug. 4**  
8:53.13 M.E. Lyons, OH  
9:00.51 Blue Ash, OH  
9:01.43 Grand Rapids, MI  
9:01.99 Winston-Salem, NC  
9:02.23 Rochester, MI  
9:02.69 Spartanburg, SC  
9:05.15 G. Nippert, OH  
9:08.78 Raleigh, NC  
**MEN**  
**50 Free Aug. 4**  
24.75 John Ferguson, MONT  
24.84 Ken Ehlen, Rochester  
24.85 Nick Dewaal, Green Bay  
24.92 Jeremy Linn, Harris. E.  
24.93 Steve Bonack, Raleigh  
24.98 Josh Carothers, MEL  
25.01 Brian Tribble, WSY  
25.26 T. Hutchinson, W. Side  
**100 Free Aug. 6**  
53.39 Ken Ehlen, Rochester  
53.39 Josh Carothers, MEL  
53.93 Matt Vogt, Clay Platte  
54.49 Cori Dippold, Clay Platte  
54.52 Brian Tribble, WSY

55.10 John Ferguson, MONT  
55.23 Jarad Lucan, Hamden  
55.31 M. Musialczyk, Gr. Rapids  
**200 Free Aug. 4**  
1:55.57 Josh Carothers, ME  
1:57.51 Jay Griffin, Spartanburg  
1:58.25 Ken Ehlen, Rochester  
1:59.45 Scott Hudson, Raleigh  
1:59.52 Shoff Allison, Raleigh  
1:59.53 Brian Manning, Pulaski  
1:59.87 Tom Houck, Reading  
2:02.26 Graeme Leiser, Raleigh  
**400 Free Aug. 3**  
4:06.85 Tom Houck, Reading  
4:06.86 Jay Griffin, Spartanburg  
4:06.95 Josh Carothers, MEL  
4:11.13 Wesley Sawyer, SPAR  
4:11.20 Brian Manning, Pulaski  
4:14.09 J. Fightmaster, G. Nippert  
4:15.10 John Hudson, Raleigh  
4:17.88 Shoff Allison, Raleigh  
**1500 Free Aug. 6**  
16:21.07\* Tom Houck, Reading  
16:38.70 Wesley Sawyer, SPAR  
16:38.74 Brian Manning, Pulaski  
17:00.85 Chris Ferris, Naperville  
17:01.31 J. Fightmaster, G. Nippert  
17:05.45 Brian Janssen, G. Nippert  
17:05.64 S. Ackert, Glen Elyn  
17:06.70 Matt Hall, Winston-Salem  
**50 Back Aug. 3**  
27.67\* Dan Bauder, Fairfield  
28.67 Jason Crowder, Raleigh  
28.82 Bryan Banzinger, Marietta  
29.10 P.J. Olson, Rochester  
29.18 Tom Wilkens, Red Bank  
29.51 S. Caruso, Cape Ann  
29.59 M. Weinhold, Green Bay  
29.73 Fred Scharmer, Gr. Rapids  
**100 Back Aug. 4**  
1:00.37 P.J. Olson, Rochester  
1:01.16 Michael Bartz, Flushing  
1:01.24 Dan Bauder, Fairfield  
1:01.25 Jason Crowder, Raleigh  
1:01.88 Chris Brophy, Fairfield  
1:02.02 Graeme Leiser, Raleigh  
1:02.03 M. Sugrue, Rochester  
1:02.06 Bryan Banzinger, Marietta  
**200 Back Aug. 6**  
2:09.17 Jason Crowder, Raleigh  
2:11.21 Lee Richards, Wilmington  
2:11.70 P.J. Olson, Rochester  
2:12.25 Chris Brophy, Fairfield  
2:12.37 Shoff Allison, Raleigh  
2:13.19 Michael Bartz, Flushing  
2:15.56 David Semesco, Marion  
2:20.26 Ryan Gratzick, Rapp.

**50 Breast Aug. 5**  
29.83\* Jeremy Linn, Harris. E.  
30.05 Steve Bonack, Raleigh  
30.36 Alex Black, WSY  
30.97 John Bruesch, Glen Elyn  
31.04 Mark Houston, Kettering  
31.10 Scott Troy, Reading  
31.21 Eric Rowan, Rochester  
31.52 Scott Campea, HUNT  
**100 Breast Aug. 3**  
1:05.33 Steve Bonack, Raleigh  
1:06.20 Jeremy Linn, Harris. E.  
1:06.60 Scott Troy, Reading  
1:07.58 Scott Campea, Huntington  
1:08.36 John Bruesch, Glen Elyn  
1:08.69 Matt Houck, Kettering  
1:09.03 Brian Murphy, Naperville  
1:10.33 Matt Ihlenfeld, Glen Elyn  
**200 Breast Aug. 6**  
2:24.63 Steve Bonack, Raleigh  
2:29.59 Brian Marsh, Roanoke  
2:29.85 Scott Troy, Reading  
2:30.43 Jeremy Linn, Harris. E.  
2:31.15 Matt Ihlenfeld, Glen Elyn  
2:32.14 M. Schonwelder, Raleigh  
2:32.17 John Bruesch, Glen Elyn  
2:33.10 Matt Houck, Kettering  
**50 Fly Aug. 6**  
26.48 M. Sugrue, Rochester  
26.77 T. Hutchinson, W. Side  
27.06 Andrew Boyce, Gr. Rapids  
27.12 Frank Rubino, Flushing  
27.19 Baker Chambliss, MONT  
27.56 Dennis Moeller, Tri-City  
27.69 Steve Burkey, S. Toledo  
27.88 Justin Rummel, Harris. E.  
**100 Fly Aug. 5**  
57.79 Chris Brophy, Fairfield  
57.85 Alex Black, WSY  
58.09 P.J. Olson, Rochester  
58.38 Lee Richards, Wilmington  
58.62 M. Sugrue, Rochester  
58.85 Matt Vogt, Clay Platte  
59.03 T. Hutchinson, W. Side  
59.39 Brian Marsh, Roanoke  
**200 Fly Aug. 4**  
2:08.16 Brian Marsh, Roanoke  
2:09.77 Lee Richards, Wilmington  
2:11.49 Wesley Morrow, SPAR  
2:13.50 Matt Vogt, Clay Platte  
2:14.01 C. Scheier, Severna Park  
2:14.39 Steve Reinke, Rochester  
2:16.32 A. Woffenbach, Rochester  
2:16.74 T. Hutchinson, W. Side  
**200 IM Aug. 3**  
2:11.11 Jay Griffin, SPAR  
2:11.42 Alex Black, WSY



## CHANGING YOUR ADDRESS?

Please let us know

6-8 weeks in advance!

OLD ADDRESS (or label if one is available)

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

## NEW ADDRESS

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

SEND TO: Sports Publications, Swimming World, P.O. Box 91870, Pasadena, CA 91109





311.85 Kyle Prandi, Suba  
301.70 Joshua Trexler, Candler  
292.40 Terry Meck, Triple Lindy

**3-Meter**

493.45 Mark Ruiz, Orlando  
455.65 Justin Dumais, Rose Bowl  
422.00 Chad Sheldon, Moss  
416.25 John Eisler, Tualatin Hills  
415.85 Kevin Burke, Montgomery  
411.90 Jud Campbell, Moss  
385.10 Gamal Jones, Cougar  
384.70 Herbie Huesman, Cincinnati  
376.55 Andrew Campbell, Cincinnati  
375.05 Elliot Vazquez, Woodlands  
372.20 Kyle Prandi, Suba  
337.65 David O'Keefe, Pitt

**10-Meter**

388.80 Mark Ruiz, Orlando  
363.65 Jud Campbell, Moss  
347.55 Kyle Prandi, Suba  
346.35 Kevin Burke, Montgomery  
334.95 John Eisler, Tualatin Hills  
331.15 Justin Dumais, Rose Bowl  
327.40 Gamal Jones, Cougar  
320.40 Chad Sheldon, Moss  
316.00 Herbie Huesman, Cincinnati  
309.70 Michael Johns, MONT  
292.75 Andy Johnson, Candler  
268.40 Elliot Vazquez, Woodlands

**16-18****1-Meter**

538.60 Bryan Gillooly, Orlando  
527.75 Grant Gritzmacher, Unat.  
523.05 Tyce Routsen, MVN  
509.70 John Soulikis, MONT  
503.85 Brent Roberts, Pensacola  
494.85 Chris Good, E. Michigan  
494.20 Jarrod Flores, Cougar  
482.55 C. Mantilla, Coral Springs  
480.60 Jeff Moss, Moss Farms  
445.35 David Johns, Montgomery  
442.30 Tom Thomas, Triple Lindy  
436.75 Joe Cacocini, Suba

**3-Meter**

606.65 Bryan Gillooly, Orlando  
569.20 Tyce Routsen, MVN  
533.40 Peco Rivera, Woodlands  
515.60 C. Mantilla, Coral Springs  
501.75 David Johns, Montgomery  
495.65 Brent Roberts, Pensacola  
495.55 John Soulikis, MONT  
489.00 Kofli Kla, Montgomery  
481.75 Grant Gritzmacher, Unat.  
459.20 Mike Snyder, G.O. Diving  
448.85 Trey Hart, Moss Farms  
405.15 Drew Jackson, Tualatin

**10-Meter**

604.10 C. Mantilla, Coral Springs  
538.75 Bryan Gillooly, Orlando  
514.80 Brent Roberts, Pensacola  
482.10 Tyce Routsen, MVN  
452.90 John Soulikis, MONT  
442.50 Mike Snyder, G.O. Diving  
436.90 Jeff Nichols, MVN  
434.45 Peco Rivera, Woodlands  
430.65 Kofli Kla, Montgomery  
424.35 David Johns, Montgomery  
423.20 Grant Gritzmacher, Unat.  
403.95 Jeff Moss, Moss Farms  
391.45 Osvaldo Alberti, Atlantic

**FINAL TEAM STANDINGS**

206 Mission Viejo Naddadores  
166 Cincinnati Stingrays  
138 Team Orlando  
135 Moss Farms  
119 Rose Bowl Aquatics  
81 Montgomery Dive Club  
76 South Carolina Divers  
57 Cougar Divers  
53 Woodlands Diving Team  
38 Atlantic Diving

# PHILLIPS 66 OUTDOOR DIVING CHAMPIONSHIPS Los Angeles, California August 12-16, 1993

**WOMEN****1-Meter Aug. 12**

**Finals**  
430.41 Carrie Zarse, Kimball  
420.09 Doris Easterly, FLD  
417.87 Melissa Moses, Unat.  
415.59 Nancy Janik, Rose Bowl  
414.96 Cheril Santini, Mustang  
414.45 Mary Ellen Clark, FLD  
413.43 Vanessa Thelin, Unat.  
403.47 Kristen Kane, Unat.  
400.02 Kristen Walls, MVN  
392.07 Summer Brown, MVN

383.37 Karla Goltman, FLD  
381.27 Dana Kozimor, Kimball  
342.84 Jennifer Hamny, Nebraska

**Prelims**

399.51 Carrie Zarse, Kimball  
394.29 Kristen Walls, MVN  
391.65 Nancy Janik, Rose Bowl  
385.23 Dana Kozimor, Kimball  
375.27 Mary Ellen Clark, FLD  
372.00 Karla Goltman, FLD  
371.01 Summer Brown, MVN  
370.74 Jennifer Hamny, Nebraska  
369.03 Kristen Kane, Unat.  
368.85 Melissa Moses, Unat.  
366.24 Doris Easterly, FLD

365.16 Cheril Santini, Mustang  
364.95 Betsy Girvan, Miami  
363.15 J. Lautenschlager, MVN  
357.46 J. Stephenson, Ohio St.  
354.93 Sandy Zubrin, MVN  
354.87 Heather Cleveley, Kimball  
351.81 Tiffany Sniegocki, Miami  
351.00 Jennifer Dixon, Indiana  
345.72 C. Conn, Santa Clara  
344.73 Rayne Borup, FLD  
341.37 Laurie Gaudes, Ohio St.  
340.44 Allison Menger, Tenn.  
336.87 Jodi Janssen, Nebraska  
335.94 Laurie Wagner, Unat.  
333.06 Tanja Zabka, Unat.

**3-Meter Aug. 15**

476.82 Eileen Richetti, Stanford  
470.25 V. Ribot-Canales, Miami  
462.96 Kristen Walls, MVN  
459.84 Doris Easterly, FLD  
455.10 Vanessa Thelin, Unat.  
443.46 Melissa Moses, Unat.  
436.20 Tiffany Sniegocki, Miami  
432.96 Nancy Janik, Rose Bowl  
429.51 Heather Borup, FLD  
420.42 Elaine Cleveley, Kimball  
408.21 Carrie Zarse, Kimball  
403.92 Betsy Girvan, Miami

**Prelims**

435.00 Kristen Walls, MVN  
433.36 V. Ribot-Canales, Miami  
427.08 Eileen Richetti, Stanford  
426.12 Carrie Zarse, Kimball  
422.04 Melissa Moses, Unat.  
418.96 Doris Easterly, FLD  
417.84 Heather Cleveley, Kimball  
414.12 Tiffany Sniegocki, Miami  
399.42 Rayne Borup, FLD  
398.28 Betsy Girvan, Miami  
397.68 Nancy Janik, Rose Bowl  
397.08 Vanessa Thelin, Unat.  
396.18 J. Stephenson, Ohio State  
395.25 Mary Ellen Clark, FLD  
391.53 Sandy Zubrin, MVN  
391.53 Kristen Kane, Unat.  
390.09 Cheril Santini, Mustang  
387.12 Summer Brown, MVN  
385.77 C. Woods, Kimball  
382.35 Tanja Zabka, Unat.  
381.24 Becky Ruehl, Cincinnati  
377.58 Jamie Watkins, Unat.  
376.23 Katy Keloff, Rydize  
373.83 Jodi Janssen, Nebraska  
372.30 Lisa Cribari, Kimball  
369.18 Laurie Gaudes, Ohio St.  
367.29 Andrea Berg, Pacific NW  
361.68 C. Conn, Santa Clara  
358.53 Dana Kozimor, Kimball  
351.90 Laurie Wagner, Unat.

**10-Meter Aug. 14**

412.38 Mary Ellen Clark, FLD  
384.30 Eileen Richetti, Stanford  
382.20 V. Ribot-Canales, Miami  
381.42 C. Woods, Kimball  
378.45 Becky Ruehl, Cincinnati  
369.72 Joy Burkholder, Unat.  
359.37 P. Armstrong, Woodlands  
352.56 Kim Stanfield, McCormick  
333.93 Angie Trostel, Cincinnati  
328.05 Kathy Carboy, Cincinnati  
324.42 Linda Stockton, Cougar  
302.97 T. Christensen, Twin City

**Prelims**

407.64 Mary Ellen Clark, FLD  
336.64 Karen Kuler, Unat.  
326.13 Jennifer Hamny, Nebraska

370.71 Joy Burkholder, Unat.  
355.86 Becky Ruehl, Cincinnati  
354.24 Eileen Richetti, Stanford  
354.24 Kim Stanfield, McCormick

354.12 P. Armstrong, Woodlands  
343.02 V. Ribot-Canales, Miami  
336.03 Linda Stockton, Cougar  
327.96 Angie Trostel, Cincinnati  
323.70 Kathy Carboy, Cincinnati  
322.74 T. Christensen, Twin City  
315.33 C. Woods, Kimball  
314.31 Stefanie Forrest, Kimball  
313.14 Kara Martin, Twin City  
309.33 Erin Gillooly, Orlando  
309.12 Phoebe Mills, Unat.  
308.73 Sandy Zubrin, MVN  
304.26 Tracy Wilcox, Kimball  
296.74 Carrie Zarse, Kimball  
295.11 Margie Stoll, Kimball  
292.89 V. Tuzmer, Coral Springs  
291.66 Paige Weiskittel, Mustang  
289.38 Dawn Burton, McCormick  
288.24 Kristin Link, Ne. Virginia  
287.07 Molly Knight, Stanford  
275.43 Sarah Marsh, Mustang  
274.23 Karen Straley, Unat.  
271.35 Emily Adams, Mustang  
267.15 Maren Kuler, Unat.  
253.20 Jill Tappen, Unat.  
251.46 Kelly Crowell, Mustang  
243.54 Keely Cassaro, Bengal

**MEN**

**1-Meter Aug. 13**  
**Finals**  
618.66 Mark Lenzi, Kimball  
605.82 Dean Panaro, Miami  
558.21 Brian Earley, MVN  
550.02 Bryan Gillooly, Orlando  
544.95 Scott Donie, Miami  
542.94 David Pichler, FLD  
526.23 P.J. Bogart, Sun Devil  
524.55 Ricky Wood, Rose Bowl  
521.40 J. Sharkey, Coral Springs  
511.11 Russ Bertram, FLD  
497.46 Travis Niemeyer, Unat.  
483.33 Nate Smith, MVN

**Prelims**

564.36 Mark Lenzi, Kimball  
523.77 Brian Earley, MVN  
514.08 Dean Panaro, Miami  
511.20 David Pichler, FLD  
508.92 Bryan Gillooly, Orlando  
506.02 Russ Bertram, FLD  
506.19 J. Sharkey, Coral Springs  
502.83 Scott Donie, Miami  
500.04 Travis Niemeyer, Unat.  
485.01 P.J. Bogart, Sun Devil  
484.77 Nate Smith, MVN  
483.57 Ricky Wood, Rose Bowl  
479.16 Kevin McMahon, NEB  
476.94 Brian Ramos, Miami  
469.29 Pat Evans, Cincinnati  
468.09 Craig Lincoln, Rose Bowl  
465.78 Dave Keener, Winger's  
465.60 Rob Sracusano, SIU  
464.55 Andy Boersma, Indiana  
464.46 Andy Kendrick, Cincinnati  
463.71 Jim Fischer, FLD  
463.32 Greg Soo, Mustang  
462.60 Tom Mulhern, Kimball  
445.32 Chris Devine, Penn State  
435.57 Drew Jackson, THDC  
426.00 B.J. Blair, Rydize  
414.90 Michael Epstein, FLD  
409.05 Jason Thompson, Clayton  
404.31 Brent Roberts, Pensacola  
395.37 James Edwards, Stanford  
391.41 Alex Bogaerts, Kimball  
383.64 Guy Sandin, Rose Bowl  
382.68 Peco Rivera, Woodlands

**3-Meter Aug. 14**

**Finals**  
648.06 Mark Bradshaw, Ohio St.  
626.31 Mark Lenzi, Kimball  
619.62 Scott Donie, Miami  
617.25 David Pichler, FLD  
614.34 Dean Panaro, Miami  
614.16 Kent Ferguson, Miami  
602.40 Patrick Jeffrey, FLD  
584.82 Ricky Wood, Rose Bowl  
563.67 Chuck Wade, Woodlands  
557.70 Jason Rhodes, Texas  
547.23 Pat Evans, Cincinnati  
544.71 Kevin McMahon, NEB

**Prelims**

636.93 Mark Lenzi, Kimball  
604.62 Patrick Jeffrey, FLD  
594.63 Kent Ferguson, Miami  
575.19 Mark Bradshaw, Ohio St.  
570.72 Chuck Wade, Woodlands  
555.33 Scott Donie, Miami

549.48 Dean Panaro, Miami  
545.34 Jason Rhodes, Texas  
543.81 Kevin McMahon, NEB  
536.16 David Pichler, FLD

517.11 Ricky Wood, Rose Bowl  
514.83 Pat Evans, Cincinnati  
510.05 P.J. Bogart, Sun Devil  
509.49 Tom Mulhern, Kimball  
496.95 Brian Earley, MVN  
493.26 Bryan Gillooly, Orlando  
491.97 Sean Briscoe, Texas  
477.69 Tyce Routsen, MVN  
464.25 Rob Sracusano, SIU  
463.56 David Fleck, Rose Bowl  
463.47 Jim Fischer, FLD  
462.03 Tom Caruso, Unat.  
449.46 Russ Bertram, FLD  
447.72 Brent Roberts, Pensacola  
443.25 J. Sharkey, Coral Springs  
437.19 Dave Keener, Winger's  
430.59 Mike Mosk, BYU  
429.54 Andy Boersma, Indiana  
426.87 Craig Narveson, THDC  
423.87 Chris Devine, Penn State  
413.13 Peco Rivera, Woodlands  
410.91 Brian Ramos, Miami  
409.05 Jeff Warrick, Indiana  
404.10 Greg Sobo, Mustang  
385.77 Chad Sheldon, Moss  
367.62 David Johns, Maryland

**10-Meter Aug. 15**

**Finals**  
565.02 Patrick Jeffrey, FLD  
559.29 David Pichler, FLD  
558.15 Chuck Wade, Woodlands  
555.03 Russ Bertram, FLD  
547.62 Pat Evans, Cincinnati  
544.86 Bryan Gillooly, Orlando  
529.92 P.J. Bogart, Sun Devil  
507.09 Sean Briscoe, Texas  
495.63 C. Mantilla, Coral Springs  
484.92 Nate Smith, MVN  
473.10 Brian Earley, MVN  
456.72 Brent Roberts, Pensacola

**Prelims**

570.69 Patrick Jeffrey, FLD  
565.56 Pat Evans, Cincinnati  
518.58 David Pichler, FLD  
513.87 Sean Briscoe, Texas  
511.00 Nate Smith, MVN  
505.92 Brian Earley, MVN  
499.23 Russ Bertram, FLD  
471.63 Brent Roberts, Pensacola  
471.06 C. Mantilla, Coral Springs  
470.04 Bryan Gillooly, Orlando  
467.61 P.J. Bogart, Sun Devil  
456.72 Chuck Wade, Woodlands

**ALAMO CHALLENGE**

**Pasadena, California  
Aug. 27-28, 1993**  
**WOMEN**  
**1-Meter**  
252.10 Tan Shuping, CHN  
249.30 Brita Baldus, GER  
236.30 Vera Ilyina, RUS  
233.90 Irina Lashko, RUS  
233.80 Carrie Zarse, USA  
230.00 Fu Mingxia, CHN  
223.90 Simona Koch, GER  
207.25 Melissa Moses, USA  
**3-Meter**  
506.15 Tan Shuping, CHN  
463.65 Vera Ilyina, RUS  
456.40 Brita Baldus, GER  
452.20 Irina Lashko, RUS  
448.60 Fu Mingxia, CHN  
428.95 Simona Koch, GER  
403.55 Eileen Richetti, USA  
**10-Meter**  
413.20 Svetlana Khokhlova, RUS  
403.45 Chi Bin, CHN  
371.35 Mary Ellen Clark, USA  
347.60 Xiong Min, CHN  
343.50 Eileen Richetti, USA  
335.45 Ute Wetzig, GER  
330.80 Tarasova-Lobankina, RUS  
312.40 Doris Pecher, GER

**MEN**

323.25 Boris Lietzow, GER  
321.70 Peter Boehler, GER  
314.90 Bryan Gillooly, USA  
303.30 Chen Shaoliang, CHN  
294.20 Vladimir Timoshinin, RUS  
293.20 Dean Panaro, USA  
287.75 C. Shapovalov, RUS

285.20 Wang Tianling, CHN  
**3-Meter**  
609.25 Mark Lenzi, USA  
586.50 Dmitry Sautin, RUS  
563.55 Jan Hempel, GER  
558.55 Mark Bradshaw, USA  
550.60 Xu Hao, CHN  
525.55 Wang Tianling, CHN  
521.15 Boris Lietzow, GER  
519.95 C. Shapovalov, RUS  
**10-Meter**  
635.35 Sun Shuwei, CHN  
617.10 Dmitry Sautin, RUS  
590.00 Xiao Hailiang, CHN  
556.85 Patrick Jeffrey, USA  
536.20 David Pichler, FLD  
533.10 Vladimir Timoshinin, RUS  
524.25 Jan Hempel, GER  
504.50 Michael Kuehne, GER

**U.S. OPEN CHAMPIONSHIPS**

**Irvine, California  
July 14-17, 1993**  
**SOLO FINAL**  
138.726 Emily Porter, Arizona  
132.812 Becky Jasontek, Cincinnati  
132.799 David Pichler, Ohio State  
130.633 M. Fujiki, Walnut Creek  
130.360 Lisa Burton, Arizona  
130.014 M. Keener, Santa Clara  
128.497 Sandra Valdes, Conn.  
128.048 Heather Rode, Ohio State  
**DUET FINAL**  
131.379 Jasontek/Ochsner, Cincinnati  
130.061 Marsh/McDaniel, SDS  
128.835 Riddervold/Wales, WC  
128.313 Reno/Tanabe, Ohio State  
126.849 Wiegand/Kozovor, Buffalo  
125.975 Burton/Martinez, Arizona  
124.699 Kanayama/Santos, WC  
123.497 Marshall/O'Leary, SC  
**TRIO FINAL**  
130.822 Ohio State  
130.084 S.D. Sweetwater Dolphins  
129.853 Buffalo Swimmers  
127.861 Ohio State  
127.209 Cincinnati Synchronators  
125.617 Ohio State  
125.398 Arizona Aqua Stars  
124.351 Arizona Aqua Stars  
**TEAM FINAL**  
135.019 Ohio State  
134.677 Arizona Aqua Stars  
132.819 Cincinnati Synchronators  
131.225 Walnut Creek Aquanets  
130.821 S.D. Sweetwater Dolphins  
128.082 Santa Clara Aquanets  
127.654 Buffalo Swimmers  
126.481 Riverside Aquettes

**SYNCHRO**

**U.S. OPEN CHAMPIONSHIPS**  
**Irvine, California  
July 14-17, 1993**  
**SOLO FINAL**  
138.726 Emily Porter, Arizona  
132.812 Becky Jasontek, Cincinnati  
132.799 David Pichler, Ohio State  
130.633 M. Fujiki, Walnut Creek  
130.360 Lisa Burton, Arizona  
130.014 M. Keener, Santa Clara  
128.497 Sandra Valdes, Conn.  
128.048 Heather Rode, Ohio State  
**DUET FINAL**  
131.379 Jasontek/Ochsner, Cincinnati  
130.061 Marsh/McDaniel, SDS  
128.835 Riddervold/Wales, WC  
128.313 Reno/Tanabe, Ohio State  
126.849 Wiegand/Kozovor, Buffalo  
125.975 Burton/Martinez, Arizona  
124.699 Kanayama/Santos, WC  
123.497 Marshall/O'Leary, SC  
**TRIO FINAL**  
130.822 Ohio State  
130.084 S.D. Sweetwater Dolphins  
129.853 Buffalo Swimmers  
127.861 Ohio State  
127.209 Cincinnati Synchronators  
125.617 Ohio State  
125.398 Arizona Aqua Stars  
124.351 Arizona Aqua Stars  
**TEAM FINAL**  
135.019 Ohio State  
134.677 Arizona Aqua Stars  
132.819 Cincinnati Synchronators  
131.225 Walnut Creek Aquanets  
130.821 S.D. Sweetwater Dolphins  
128.082 Santa Clara Aquanets  
127.654 Buffalo Swimmers  
126.481 Riverside Aquettes

**PAN PACIFIC CHAMPIONSHIPS**

**Calgary, Alberta, Canada  
July 20-24, 1993**  
**SOLO FINAL**  
186.3425 Fumiko Okuno, JPN  
185.0700 Lisa Alexander, CAN  
184.4007 Heather Simmons, USA  
176.5986 Celeste Ferraris, AUST  
174.8117 Jeong-Yun Choi, KOR  
167.8477 Mandy Zukerman, NZL  
**DUET FINAL**  
184.2170 Okuno/Tachibana, JPN  
183.9376 Fonteyne/Read, CAN  
179.9817 Kreitzer/Wiecking, USA  
175.9781 Choi/Choi, KOR  
**TEAM FINAL**  
181.9362 Japan  
180.9311 United States  
179.4100 Canada  
176.0067 Korea  
164.7059 Australia

**VI WORLD CUP**

**Lausanne, Switzerland  
July 7-10, 1993**  
**SOLO FINAL STANDINGS**  
193.459 B. Dyroen-Lancer, USA  
190.747 Lisa Alexander, CAN

190.434 Olga Sedakova, RUS  
190.149 Fumiko Okuno, JPN  
186.488 M. Aeschbacher, FRA  
183.866 Maria Elena Giusti, VEN  
183.674 Marjolijn Both, NED  
183.152 Kerry Shacklock, GBR  
179.396 Rachel Hobl, SUI  
**DUET FINAL STANDINGS**  
191.987 Suduth/Dyroen-Lancer, USA  
190.394 Sedakova/Kozlova, RUS  
189.768 Read/Fonteyne, CAN  
188.035 Kawase/Tachibana, JPN  
184.495 Leveque/Massardier, FRA  
183.099 Vakil/Shacklock, GBR  
181.717 Both/Ivan Beek, NED  
180.285 Jiang/Tan, CHN  
177.871 Kaser/Imoberdorf, SUI  
**TEAM FINAL STANDINGS**  
191.757 United States  
190.456 Canada  
187.993 Japan  
187.806 Russia  
185.343 France  
182.382 China  
180.611 France  
180.136 Great Britain  
178.192 Switzerland

**EUROPEAN CHAMPIONSHIPS**

**Sheffield, England  
July 31-Aug. 2, 1993**  
**SOLO FINAL**  
183.781 Olga Sedakova, RUS  
178.510 M. Aeschbacher, FRA  
178.147 Kerry Shacklock, GBR  
**DUET FINAL**  
183.936 Sedakova/Kozlova, RUS  
177.269 Aeschbacher/Leveque, FRA  
176.296 Shacklock/Vakil, GBR  
**TEAM FINAL**  
178.504 Russia  
175.397 France  
173.304 Italy

**POLO**

**EUROPEAN CHAMPIONSHIPS**  
**Sheffield, England  
July 30-Aug. 8, 1993**  
**WOMEN**  
**PRELIMINARY ROUND Aug. 6**  
10-7 Czech-Slovakia  
11-6 Spain-Switzerland  
7-4 Greece-Great Britain  
6-7 France-Germany  
8-6 Russia-Italy  
9-8 Netherlands-Hungary  
**SEMIFINALS Aug. 7**  
8-7 Hungary-Italy  
**FINALS Aug. 7**  
13-8 Netherlands-Russia  
**FINAL TEAM STANDINGS**  
Netherlands Greece  
Russia Great Britain  
Hungary Spain  
Italy Switzerland  
France Czech Republic  
Germany Slovakia  
**MEN**  
**FIFTH-EIGHTH PLACE PLAYOFFS**  
12-6 Greece-Netherlands  
11-7 Croatia-Russia  
15-6 Croatia-Netherlands  
7-7 Greece-Russia  
12-6 Russia-Netherlands  
8-7 Croatia-Greece  
**SEMI-FINAL A**  
8-7 Hungary-Romania  
**SEMI-FINAL B**  
10-9 Italy-Spain  
**THIRD-FOURTH PLACE PLAYOFF**  
13-12 Spain-Romania  
**FINAL**  
11-9 Italy-Hungary  
**FINAL TEAM STANDINGS**  
Italy Russia  
Hungary Netherlands  
Spain Germany  
Romania Slovakia  
Croatia Ukraine  
Greece Great Britain

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All advertising is accepted and edited at the discretion of the magazine. Advertising offering new products for sale will not be accepted.

Send ad copy to: Toni Blake, Swimming World, 155 S. El Molino, Suite 101, Pasadena, CA 91101. Copy should be typed, double spaced, or printed clearly.

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**WANTED**—Meets for the Regional Inserts section of Swimming World. As soon as you finish your meet, please send a copy of the official results, or a typed list of the top three finishers in each event, to Swimming World, P.O. Box 91870, Pasadena, CA 91109.

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**TITLE**

**NAME OF MEET**

**MEET DATES**

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(No P.O. Boxes, Please) **CITY**

**STATE**

**ZIP**

**TELEPHONE**

**AMOUNT OF DIRECTORIES NEEDED (Circle One)**

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100

250

500

750

1,000

More?



# CALENDAR



## NOVEMBER

5-7	Illinois	SPSC "A-B-C"	312-276-8318
6	Paso Robles, CA	Paso Robles "ABC"	805-682-0135
6	Lahaina, HI	HSC Schedule B	808-243-7967
6-7	Anaheim, CA	SoCal Aquatics "A"	805-682-0135
6-7	Concord, CA	CPH-LAMO Aquatics "B," sc	510-680-8372
6-7	Rohnert Park, CA	Rohnert Park Swim Club Invit., sc	707-792-1241
6-7	Ventura, CA	Buenaventura "AB"	805-682-0135
6-7	Westmont, IL	Westmont Swim Club Novelty	708-323-9264
6-7	Boonville, IN	Boonville Fall Invitational, sc	812-359-5032
6-7	Hudson, OH	EAC-AllTel Trophy Meet, scm	216-656-9792
6-7	Jenks, OK	Jenks "AB"	918-299-4266
12-14	San Ramon, CA	SRVLA JR+	510-828-8842
12-14	W. Des Moines, IA	DMSF Fall Invitational	515-842-3258
12-14	Olympia, IL	OCS "A-B-C"	309-392-3344
12-14	Grand Rapids, MI	E. Grand Rapids "ABC" Challenge	616-698-0665
12-14	Reno, NV	Reno Aquatics Club Age Group	702-829-2270
13	Santa Barbara, CA	BUEN/SBSC "C"	805-682-0135
13-14	Arlington, IL	Arlington Alligators "A-B"	708-392-2804
13-14	El Reno, OK	El Reno "BC"	405-722-3681
14	Downers Grove, IL	DGST "B-C"	708-963-7796
19-21	Stockton, CA	Delta Valley Aquatics "B-A+"	209-478-7909
19-21	Normal, IL	RED "A-B" + SR	309-452-2731
19-21	PrairieView, IL	PAC Novelty	708-634-9299
19-21	West Chicago, IL	WCS "A-B-C"	708-653-6105
19-21	Greensboro, NC	John Dewey SR Invitational	919-379-9411
20	Napa, CA	Napa Valley Swim Team Pentathlon	707-255-6933
20	Wailuku, HI	Maui Schedule C	808-243-7967
20-21	Cerritos, CA	Cerritos "ABC"	805-682-0135
20-21	Daly City, CA	Daly City Dolphins Invitational	415-992-8937
20-21	Fresno, CA	FGD Dual Meet Champs.	209-222-0466
20-21	Mission Viejo, CA	Mission Turkey Classic	805-682-0135
20-21	Palm Desert, CA	Palm Desert "ABC"	805-682-0135
20-21	San Jose, CA	South Valley Swim Team "B-A+," sc	408-629-2702
20-21	San Luis Obispo, CA	San Luis Obispo "ABC"	805-682-0135
20-21	Santa Barbara, CA	Santa Barbara "AB"	805-682-0135
20-21	Broomfield, CO	CUDA Pentathlon	303-469-5351
20-21	Hinsdale, IL	Hinsdale Swim Club "B-C" w/Novelty	708-887-9333

20-21	Morrison, IL
20-21	Cleveland, OH
26-28	North Jeffco, CO
26-28	Barrington, IL
26-28	Las Vegas, NV

MSSC Novelty	815-772-2121
LESD-CSU Fall Classic	216-932-7989
North Jeffco Thanksgiving	303-420-2838
Barrington Swim Club "A-B" w/SR	708-999-1213
Las Vegas Gold Thanksgiving Meet	805-682-0135

## DECEMBER

2-4	Long Beach, CA	Speedo Collegiate Cup	805-682-0135
2-5	Palma de Mallorca, ESP	First Short Course World Champs.	
3-5	Bellflower, CA	"AA" Timed Finals	805-682-0135
3-5	Pacific, CA	Pacific Sea Lions Invitational	415-355-7470
3-5	Salinas, CA	Pacific Swimming AG Champs.	408-484-1741
3-5	Midwestern Univ.	B.R. Ryall YMCA Novelty	708-620-0474
3-5	Ann Arbor, MI	U.S. Open	719-578-4578
4	Wailuku, HI	Gold Schedule A	808-243-7967
4-5	Lompoc, CA	Lompoc Pentathlon, "A" max.	805-682-0135
4-5	Morgan Hill, CA	Morgan Hill Swim Club "B-A+," sc	408-778-9347
4-5	Brighton, CO	Brighton "B" and Below	303-667-3185
4-5	Palatine, IL	Palatine Park District "A-B"	708-382-2185
4-5	Akron, OH	SHSH Invitational	216-349-2483
5	Boulder, CO	Jolly St. Nick 8&U	303-499-6064
5	Pueblo, CO	Santa's Sprints	719-564-1735
10-12	Denver, CO	DSD Holiday "ABC" Novice	303-850-9739
10-12	Englewood, CO	ACES Holiday Open	303-841-6864
10-12	Illinois	EST "B-C"	708-773-8918
11-12	Cerritos, CA	County Line	805-682-0135
11-12	Huntington Beach, CA	Los Caballeros "BC"	805-682-0135
11-12	San Ramon, CA	Pleasanton SeaHawks "B-A+," sc	510-426-1068
11-12	Simi Valley, CA	Conejo-Simi "ABC"	805-682-0135
11-12	Incline Village, NV	Incline/Tahoe AC Age Group	702-831-5082
11-13	St. Louis, MO	Sugar Creek Holiday Invit., "AB"	314-965-7318
16	Hemet, CA	Hemet "ABC"	805-682-0135
16-19	So. Calif.	SCS Winter Invitational	805-682-0135
16-19	Oklahoma City, OK	Oklahoma City Elite	918-250-5265
17-18	Harper College	A-HA "A-B-C"	708-255-8546
18	Wailuku, HI	Aloha Schedule B	808-243-7967
18-19	Air Force Academy, CO	Falfin Invitational	719-531-7257
18-19	Kankakee, IL	Kankakee YMCA Novelty	815-932-6728

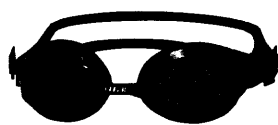
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821M



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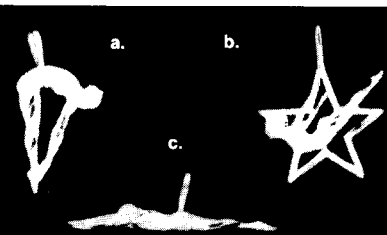
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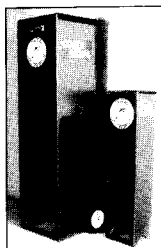
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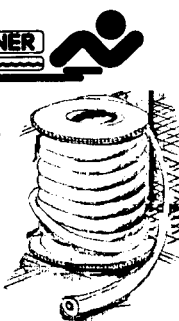
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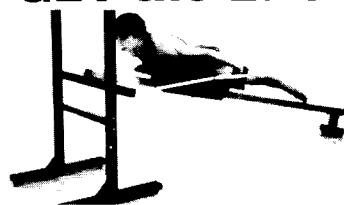
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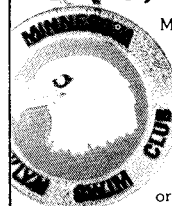
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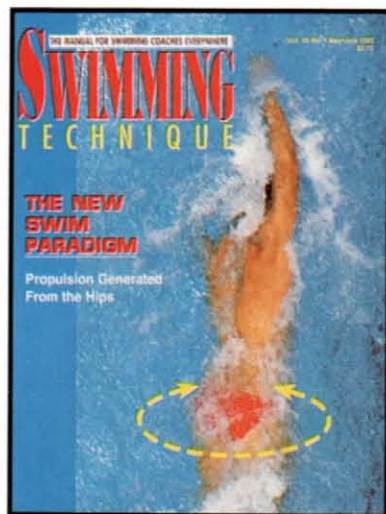


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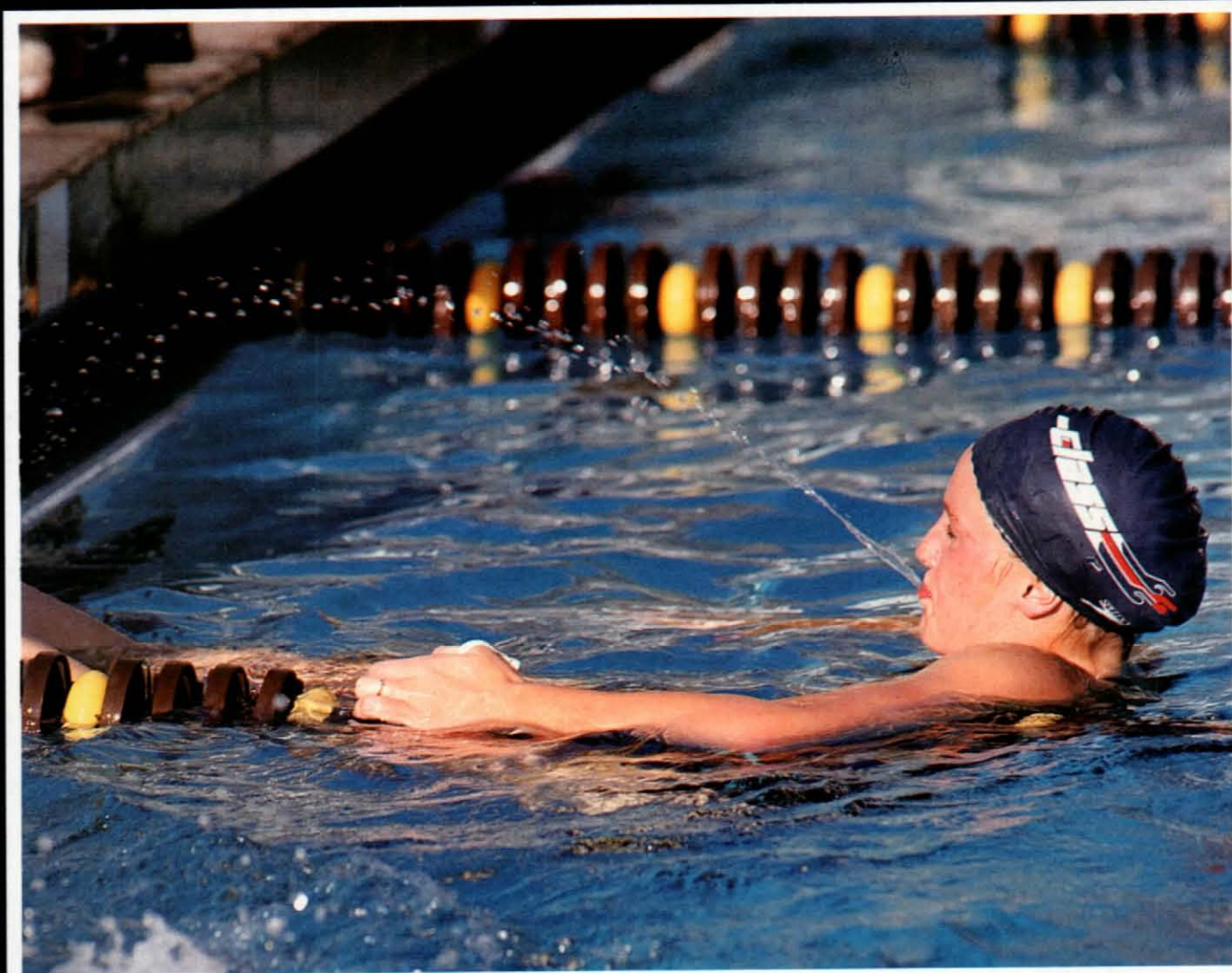


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