

PREMIERE OF CNCA AGE GROUP CHAMPIONSHIPS

SWIMMING AND JUNIOR SWIMMER WORLD

JUNE 1994 • VOLUME 35 NO. 6 • \$2.50

ANGEL SOARS

ANGEL MARTINO
1992 Olympic
Gold Medalist

Streaking At
Y Nationals

The Latest on
China Doping

SWIMMING WORLD
35th
ANNIVERSARY



0 74470 81

APR 105 CA 95001-0233
NO. 00X 233
H P 2167E
*****11910*****
55 11910



- highest neckline
- wider shoulder straps
- water-repellent fabric
- higher cut leg
- non-constricting back straps
- double reinforced stitching
- open back



Stealth™

Suits

Women

For a free catalog or a dealer near you, please call 1-800-345-3485

It's about time

ANTIRON LYCRA



ESTABLISHED 1958



ALL THE BEST WEAR...



TRUWEST,TM A TRADITION OF QUALITY.

TruWestTM allows you to design a full line of custom TeamwearTM, from parkas to suits, banners to bags
Unlimited choice of colors, styles, lettering and embroidery.

TruWest, supplier for all your team needs. Call for your free 24 page catalog.

Top row left to right: Economy Parka, Eltimeate, Olympic-92, Water Polo Cap & Male Suit

Bottom row left to right: Swim Cap & Female Suit, USA Warmup & Short, Panda Polar Fleese & Short, Internatiuional & Team Short

Bag row left to right: Standard Bag, Official's Deck Brief, Coaches D.B. XL Delux, Ultimate D.B.

Also Mikasa Water Polo Balls (3sizes)

ORDERING

800 - 322 - 3669
(714) 891-0551 (FAX)

CUSTOMER SERVICE

714 - 895- 2444
(714) 891-0551 (FAX)



SHOWROOM

5592 Engineer Dr.
Huntington, CA 92649

MAILING ADDRESS

P.O. Box 1855
Huntington Beach, CA 92647-1855

SWIMMING AND JUNIOR SWIMMER WORLD

26

ANGEL RISES TO NEW HEIGHTS

Angel Martino continues to turn in impressive performances, which she attributes to hard work and her love for the sport.
By Paul Suter

30

A LOUGANIAN PERFORMANCE

Mary Ellen Clark joined a select group of divers by sweeping the women's events at the U.S. indoor championships.
By Russ Ewald

32

THREE STRAIGHT FOR M.E. LYONS

M.E. Lyons scored over 500 points to capture its third straight YMCA national title.
By Sharon Robb

35

WORLD CUP ROUNDUP

This year's World Cup series included six world records, six world best times, over \$300,000

38

AN INSIDER'S TALE OF DOPING

New disclosures are made in the fourth of an ongoing series on the China/drugs crisis.
By Phil Whitten

40

JUNIOR NATIONALS

SwimAtlanta won the East for the second straight year, while Texas Aquatics was a first-time winner in the West.

44

THE CINCINNATI KIDS REIGN

The inaugural age group championships, won by Cincinnati, gave clubs the chance to compete with a complete team.

7 Perspective

9 Newswave

10 U.S. Water Polo

12 U.S. Swimming

14 TYR Age Group
Swimmers

18 Speedo American
Relay

21 Nutrition

46 NISCA

49 ISHOF Games

50 For the Record

57 Letters

60 Classified Ads

61 Calendar

67 Ad Index

68 Parting Shots



On the cover: Olympic medalist Angel Martino—known more for her freestyle and butterfly—recently set a world record in the 100 m. (short course) back. See story, page 26. (Photo by Amy Kilpatrick)
Table of contents: Jeremy Linn of Harrisburg East, Pa., was one of the record-setters at YMCA nationals. See story, page 32. (Photo by George Olsen)

ARENA
for '94
gives you
the latest
fashions for
the greatest
action!!

The world's
fastest
swimwear.
The season's
freshest
styles.
The year's
best values.

The new
power in
the pool
is Arena...
and you!

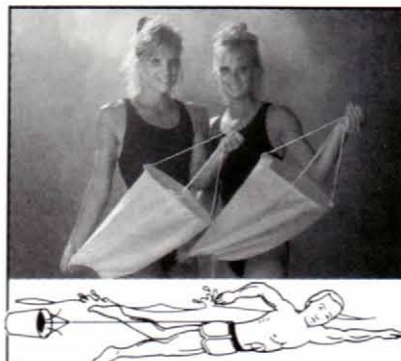
Call 1-800-925-4286
For a list of dealers near you.





Medicine Balls

In our catalog you'll find rope equipped Converta-Balls, Nemo Compact Balls and OOF Balls. A great line-up for strength and plyometric training for swimmers. For example, our 1kg Converta-Ball priced at only \$29.95



Swim Chute

Use in the pool for swim stroke resistance and for total body workout. For contrast training, start swimming with resistance, then release chute and feel the sudden burst of speed. Priced at \$60.00 each.



**REQUEST YOUR FREE
PERFORM BETTER®
CATALOG TODAY.**

**Call Toll-Free
1-800-556-7464**

The ultimate source for hard-to-find conditioning equipment that elevates the swimmer's performance to the highest level and assists rehabilitation.

M-F Athletic Company
P.O. Box 8090, Cranston, RI 02920-0090
Fax 1-800-682-6950
Call Toll-Free 1-800-556-7464



Seiko

Cronus

Stopwatches

Seiko 100 Memory with stroke/stride frequency \$134.95

Cronus 100 Memory with stroke/stride frequency \$ 39.95



Heart Rate Monitors

Takes the mystery out of training. Lets you know how hard to train. 5 different models, waterproof for swimmers. For example, our Favor™ model is only \$99.50.

SWIMMING WORLD

155 S. El Molino Ave., Suite 101, Pasadena, CA 91101
P.O. Box 91870, Pasadena, CA 91109
(818) 304-7755 • FAX (818) 304-7759

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
Office Manager ROBERTA KLUMP
Sales Coordinator OMAR CHAVES
Circulation Assistant PENNYE MONK
Circulation Consultant JAN EDWARDS-PULLIN
Printer R.R. DONNELLEY & SONS
Advertising
West Coast PETER KOCH-WESER (310 836-2642)
East Coast KIM HANSEN (703-549-0899)
Southeast TONI BLAKE (818-304-7755)
Midwest SANDY TODD (818-304-7755)



OFFICIAL MAGAZINE OF:
United States Swimming
The National Governing
Body for Amateur
Swimming in the
United States

National Interscholastic
Swimming Coaches
Association



American Swimming
Coaches Association

College Swimming
Coaches Association
of America



Published by Sports Publications, Inc., publishers of Swimming World, Swimming Technique and Swim Magazines.

CONTRIBUTORS: Steve Bentley, illustrator; Skip Bird, NISCA; 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 Turkish, Lewiston, Maine; Alfonso Victoria, Venezuela; Dorothy Welsh, Bella Vista, Ark.



SPORTWIDE™

Your HIND® Swim Dealer...

The finest in competitive
swimwear available.

- ◀ Outstanding value
and quality.
- ◀ Superior fit and
construction.
- ◀ Available
immediately.
- ◀ Made in the
U.S.A.

SPORT WIDE™

Call for a free catalog: 800-631-9684

JACK NELSON SUMMER SWIM CAMP

*Home of the Fort Lauderdale Swim Team
Six-time National Champions of United States Swimming*



Photo Courtesy of J.E. Clark Photographics

The Best Coaches...

Olympic Coaches Nick Baker and Jack Nelson

The Best Facility...

The International Swimming Hall of Fame Aquatic Complex

The Best Location...

Beautiful Fort Lauderdale Beach

The Best Camp...

Since 1968

**JACK NELSON
SUMMER
SWIM
CAMP**

June 13-August 27, 1994

\$450 Per Week, All-Inclusive

STAY ONE WEEK OR ALL SUMMER!

One week includes:

- Six full days of instruction
- One-on-one stroke correction
- A fun-filled activities package
- Six nights accommodation at camp hotel
- Three nutritious all-you-can-eat meals a day
- Free pickup and drop-off at the Fort Lauderdale International Airport...

For Further Information Call,
Fax or Send Form Below to:

Nick Baker,
Jack Nelson Swim Camp
503 Seabreeze Boulevard
Fort Lauderdale, FL 33316
Phone: (305) 764-4822 or
FAX: (305) 764-5219.

NAME _____

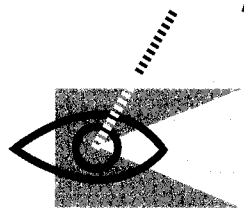
ADDRESS _____

CITY, STATE, ZIP _____

PERSPECTIVE

BY PHILL HANSEL

Change Is The Law Of Life



"Change is the law of life. And those who look only to the past are certain to miss the future."

These words were spoken by John F. Kennedy. How true this statement is in all walks of life, be it politics, business, family situations and, certainly, as we have seen, in our sports world. The most volatile area in sports at present is in the NCAA.

We have seen college conferences break up as well as new alignments of conference affiliations. We have seen changes in television contracts and sponsorship commitments, budget balancing, Title IX, gender equity and a whole host of other considerations.

"Change is the law of life" for the NCAA.

Another big push in NCAA politics is to obtain more autonomy, both for individual sports and by divisions. This will take time, but it is long overdue.

Division III schools have different needs and concerns than Division I. Division I is already divided into three sub-divisions (i.e., Division I, Division IA and Division IAA).

In addition, each individual sport should be able to establish its own rules and regulations pertaining to that sport (i.e., time standards, conduct of champi-

onship and number of practice hours per day and length of season).

Division IA is essentially the power division that has most of the big-name schools in football and basketball. This is the division that is in the best position to generate revenues to support well-rounded sports programs for both men and women.

Unfortunately, most of these schools do not generate enough income and operate in the red—thus, the schools recognize the importance of realignment of conferences and maneuvering to be in position to gain more television, alumni support and sponsorship revenues.

How can collegiate swimming hope to strengthen its position with all of these changes? There are several things that come to mind when looking at the whole picture.

Remember, "Change is the law of life."

Change The Dates of NCAA Division I Championships

First, and most important, is to change the dates of our national championships. We need to get away from NCAA basketball tournament weekends.

No one in the sports world should try to go up against the round of 16 as we do with our women's championships, then the next weekend try to buck the "Final Four" as we do with our men's swimming

championships.

Our athletic administrators and alumni know so little about our sport. They will certainly never learn if we continue to accept this mismatch of scheduling.

I believe we should move the meets to April and, perhaps, use the same weekends that we have traditionally used in March.

As far as I know, these weekends would not conflict with any well-established national sports events or any NCAA championships. (We might even see more participation by college swimmers in United States Swimming senior championships if that meet continues to be held in March.)

NCAA Meet Should Be Long Course

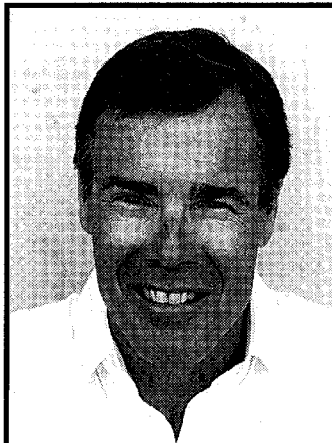
Secondly, Division I NCAA Championships should be held long course. I have recently finished an informal survey of the Division IA universities.

Of the 113 schools listed as Division IA, 88 schools have swimming teams. Of these, 65 have 50 meter pools, 23 have 25 yard pools.

I did not survey the 25 schools that do not have teams, but I know some of them have 50 meter pools.

Promote New Women's Teams

Thirdly, I believe we need to seize an opportunity for growth in our sport. The



The dietary technology developed by Dr. Sears represents a major breakthrough in sports nutrition. A great deal of credit for our team's success in the past two years is the result of following Dr. Sears' nutritional program. Until now it was my best kept coaching secret."

— Skip Kenney

5-time NCAA Swim Coach of the Year, and 2-time U.S. Olympic Swim Coach.

EAD Eicotec Athletic Division • 1-800-233-EICO (3426)

opportunity that presents itself to us with the gender equity consideration is simple.

We need to push really hard to get women's swimming teams started at every university that does not now have one.

Most major universities are adding women's sports to balance scholarships and participation numbers. Most major universities have an adequate swimming pool, and women's swimming is allowed 14 full scholarships.

At present, there are only four other women's sports that are allowed more scholarships. Swimming, generally, is a fairly inexpensive sport to finance, so there are really strong arguments for a big push now.

We need to seek out the athletic directors of these non-swimming schools and make waves.



By holding the NCAA Championships long course, we eliminate the confusion in the minds of non-swimming

persons in comparing times and performance. We help prepare our top collegiate swimmers for Olympic and international competition.

Another advantage is that the top athletes will have the opportunity to establish world records while representing their universities.

Track and field made the change from yards to meters several years ago without missing a stride. I believe Division I swimming could make this change without missing a stroke.

To further strengthen the long course argument, consider the following:

- Of the 44 men's teams that qualified swimmers for the NCAA Division I Championships this year, 39 have a 50 meter pool on their campus.
- Of the 50 women's teams that qualified swimmers for Division I NCAAs, 39 have 50 meter pools.
- Thirty-four universities qualified swimmers for both the men's and women's championships, and 30 of these universities have 50 meter pools.

I realize that the numbers used from this year's two national meets only represent one year, but it is a fairly typical year and, generally, these teams tend to repeat with qualifiers year after year.

Another advantage toward making the change to long course competition would be that it may encourage construction of 50 meter pools on more campuses that do not now have them.

The time to make this change is now so that the NCAA swimming program would feed into the 1996 Olympic trials in a much more advantageous way.

Change is the law of life and now is the time for swimming to take action. Those who look only at the past are certain to miss the future. We are talking about survival for our sport.

These three changes are possible for us to do, particularly if we can focus only on Division I at this time.

We must change now or miss the future. ■



REGIONAL INSERTS

Sponsored by UltraSwim

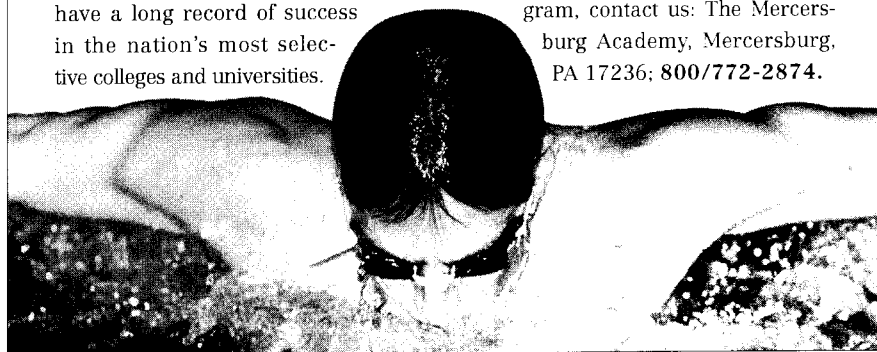
See your name in *Swimming World* and compare your times with fellow swimmers from your part of the country. Regional inserts are published every two months. Look for your 8-page *Western, Midwest or Eastern Swimmer* in this issue—right in the middle of the magazine!

MERCERSBURG

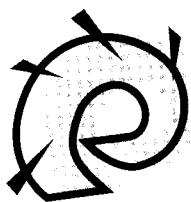
If you're serious...

...about your education, the Mercersburg Academy offers outstanding college preparation combined with attention to each student's personal and ethical development. Our graduates have a long record of success in the nation's most selective colleges and universities.

...and your swimming, Mercersburg's girls' and boys' teams finished the 1993 season undefeated and produced 14 All-Americans. To learn more about our world-class program, contact us: The Mercersburg Academy, Mercersburg, PA 17236; 800/772-2874.



Chinese Swift At Nationals



A pair of second-fastest performances of all time highlighted the Chinese national championships May 5-10 in Tianjin. Le Jingyi, 19, blazed 24.95 in the 50 meter freestyle, 16-hundredths of a second off the world mark by countrymate Yang Wenyi. He Cihong, 18, swam 1:00.59 in the 100 backstroke, 28-hundredths short of the world record of Hungary's Kristina Egerszegi. She was under the record at the turn with a split of 29.70. Egerszegi's split is 29.82. There is one other 1:00.59, belonging to East German swimmer Ina Kleber on a relay in 1984.

Jiang Chengji set the meet's other Asian record with a 53.80 win in the men's 100 butterfly. There were four more national records: men's—Shang Hengqing, 3:56.38, 400 free, and Wang Yiwu, 2:15.31, 200 breast; women's—Zhou Guanbin, 4:09.22, 400 free, and Yuan Yuan, 2:26.69, 200 breast. The time of Yuan, 18, ranked ninth in the world at 2:30.18 last year, is the seventh-fastest of all-time.

The rest of the winning performances in the women's competition (followed by their ranking if they made the all-time top 10) were: Lu Bin, 100 free, 54.69, (ties 7th); Shan Ying, 200 free, 1:59.02; Luo Ping, 800 free, 8:34.67; He Cihong, 200 back, 2:10.79; Dai Guohong, 100 breast, 1:10.35; Liu Limin, 100 fly, 58.98 (7th); Liu Limin, 200 fly, 2:08.54; Lu Bin, 200 IM, 2:12.92; Dai Guohong, 400 IM, 4:46.83.

Lin Li, the gold medalist in the 200 IM and silver medalist in the 400 IM and 200 breast, placed just third in the 200 IM (2:15.39) and second in the 400 IM (4:48.29). The other Olympic gold medalists for China have all retired, according to French sports daily *L'Equipe*.

Officials of the Chinese Swimming

Association announced that a total of 50 doping tests were carried out on 45 swimmers during the meet, reported Chinese news agency Xinhua.

Germany's Sylvia Gerasch (ex-East German), the 1993 European champion in the 100 breaststroke and a former world champion, has been suspended indefinitely by the German swimming federation. She will miss the German championships June 7-10, which serves as the selection meet for this year's World Championships Sept. 1-11 in Rome. Although Gerasch had been suspended by the European League (LEN) since testing positive for a controlled substance (caffeine) at the European short course championships in November, the German federation (DSV) had not recognized this sanction nor had it taken any measure until this time.

A Berlin newspaper, according to *L'Equipe*, reported that Kristin Otto, Daniela Hunger, Dagmar Hase and Heike Friedrich were doped during the summer of 1989 and had ingested various masking agents. But Klaus Henter, president of the DSV, stated: "We have no reason whatsoever to open an inquest since we were not responsible for the acts of the former GDR (East Germany)." Hase, the 1992 Olympic gold medalist in the 400 free, and Hunger, bronze medalist in the 200 IM, remain active.

Bill Behrens, a coach at SwimAtlanta since 1983, is leaving the club. Behrens guided the team to five junior national titles. He will be replaced by former SwimAtlanta and University of Texas star Doug Gjertsen, a two-time Olympian who won two gold medals in 1988 and a bronze medal in 1992 as a relay swimmer.

The U.S. team for the Goodwill Games has been chosen. The 1994 Games will feature 2,000 of the world's

best competitors from more than 50 countries for 16 days of competition in 24 sports. For the 16-day event July 23-Aug. 7 (swimming is July 24-25), TBS superstation will air 64 hours of action during prime time. ABC will air 17 hours of weekend afternoon coverage. Following are the members of the U.S. team:

MEN

Name/Club	Event
Marty Hubbell, Texas	100-200 breast
Dean Hutchinson, Jersey	50-100 free
Scott Jett, Las Vegas	50-100 free
Dan Kanner, Rose Bowl	100-200 free
William Keever, Fort Lauderdale	100-200 fly
Tom Jager, Lobo	50-100 free
Tom Malchow, Star	100-200 fly, 200 free
Mel Stewart, Tennessee	100-200 fly
Neil Walker, Verona	100-200 back
Steve West, Golden West	100-200 breast

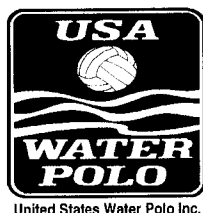
WOMEN

Barbara Bedford, Florida	100-200 back
Richelle Depold, Colonie	50-100 free
Michelle Griglion, Curl-Burke	100-200 fly
Nicole Haislett, Florida	50-100-200 free
Misty Hymn, Ariz. Desert Fox	100-200 fly
Kim Johnson, City of Richardson	50-100 free
Rachel Joseph, Eugene City	100 back-200 free
Kelli King-Bednar, Hillenbrand	100-200 breast
Angel Martino, Amer. Blue Tide	50 free-100 back
Anнемieke McReynolds, Scenic City	100-200 breast
Suzanne Toledo, SW Michigan	100-200 back

Janie Barkman Brown, a two-time gold medalist, is retiring after 10 years as assistant men's coach at Penn State. Her husband, Peter, is the head coach. Brown was a member of the winning U.S. 400 free relays in 1968 and 1972 and also earned a bronze medal in the 200 free in 1968. She served three years as an assistant coach at Tennessee and six years as a head coach at Princeton—winning four Ivy League titles—before joining the Penn State staff.

Harry Rawstrom, former University of Delaware head coach, died April 26. He was 77. Rawstrom, for whom the university swimming pool is named, was the winningest coach in UD history. In his 35 years as coach, he compiled a 211-154 record from 1946 to 1981 and had 24 winning seasons. ■

Welcome To Wet Ball



In the past, once kids completed the swimming lesson program at the pool, the only alternative open to them was to join the swimming team.

Now, there's another option—Wet Ball. Wet Ball is a modified version of water polo that can be safely played by boys and girls ages 5-9, no matter what their level of swimming skills. Of course, the better the swimmer, the better the youngster will be at Wet Ball—hence, the added incentive to join the swim team.

The idea for a modified version of non-contact water polo for youngsters originated in Australia as "Flippaball," where Flippaball leagues have become the youth soccer of Down Under. Recently, the YMCA of the USA adopted the U.S. version called "Wet Ball."

Wet Ball for Ages 5-9

Lead-up activities/Basic Skills (conducted in shallow water):

Dribbling

- Moving through the water with the ball under control is one of the basic skills required of Wet Ball.

- Have the children wade through the water from one side of the pool to the other, dribbling or patting the ball and maintaining control.

- Speed up the activity by having three or four at a time race each other wading across the pool while dribbling the ball.

- Introduce a relay doing the same thing in teams of four.

- For those who can swim, have them repeat the activity swimming rather than wading.

Passing

- While two-handed catching is permitted in Wet Ball, one-handed passing is required and this skill requires some practice.

- Arrange the children in pairs about five meters apart. Have one of the pairs throw with the favored hand to the other, who may catch it with two hands but must return it with one.

- Gradually spread the pairs, but at all times encourage accuracy of passing rather than distance.

- Vary the throws to the right and left of the partners to practice movement by the receiver to catch the ball.

- Arrange relay teams, seven or eight meters apart. The ball is passed to the opposite team member, who catches it and returns it. As soon as a player has caught and passed the ball, he or she goes to the back of the team line.

In the early stages of learning the skill, accuracy may be sacrificed as the children try to throw the ball more quickly. Emphasize that accurate passes are more likely to result in their team winning.

Wet Ball for Ages 5-7, 8-9

Equipment and Rules

The Pool

The pool area should not be greater than 20 meters in length and no greater than 15 meters wide, with two-meter and four-meter markings on the side line and center line.

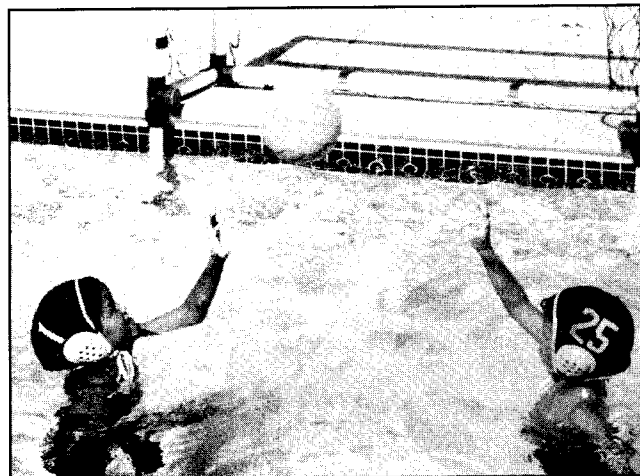
The depth of water should be selected to suit the players' swimming ability. The shallow end of a pool is recommended for primary children.

The Ball

The recommended ball is a Mikasa 6008.

Goals

Two goals five feet wide by two-and-a-half feet high made of PVC.



Caps

Water polo caps are recommended not only for team identification, but because the protective gear will protect from any injury that may be caused by the ball.

The game should consist of four quarters of five minutes duration.

Teams

- Seven players and six reserves constitute a team. Reserves may be substituted at the end of a quarter or after a goal. If there are more than 26 children, allow for substitutes more frequently.

- A goalkeeper should be designated and has the responsibility of protecting the goal. Goalkeepers are not permitted to go over the halfway and center lines.

- To start the game, players line up along the goal line. At a signal from the referee, one player wades or swims towards the center where the referee has thrown the ball backwards to teammates. The team then maneuvers the ball towards the opponent's goal with the aim of scoring a goal.

- A goal is scored when the ball passes completely over the goal line in the goal area.

- When a goal has been scored, the players return to their own halves and a member of the team that did not score the goal takes a throw at the halfway line.

WATER POLO

- Players are allowed to swim or wade to get into position, but are not allowed to move while holding the ball.

- Players may catch the ball with two hands, but must throw it with one.

- No player may hold the ball for longer than five seconds without passing it or playing it on the water.

- The ball can be dribbled by pushing it along in front of the player. The ball can be stolen from a player who is dribbling the ball, provided that the player is not contacted.

- If the ball is thrown over the goal line outside the goal area by an attacker, a free throw shall be given to the goalkeeper.

If last touched by a defender or goalkeeper, a corner throw shall be taken by an attacker from the two-meter line near the side of the pool.

- No player may tackle another player, whether in possession of the ball or not.

- No player may swim on or over an opponent's legs.

- No player may take the ball under water.

- An infringement of the rules results in a free throw, signalled by a whistle from the referee. A flag the color of the cap of the player who gained the free throw is also raised by the referee. It is to be taken from the spot where the foul occurred.

- No player is allowed to enter the opponent's two-meter area, unless the player has the ball or the ball is in front of the player.

- Any foul by a defending player in the four-meter area which stops a shot on goal shall result in a penalty shot. The shot may be taken by any opposition player from the four-meter line; there shall be no interference by any opponent.

The goalkeeper must stand behind the goal line until the referee blows the whistle, and can then attempt to stop the penalty shot. When the whistle has blown, the penalty shot must be thrown

immediately and without faking.

- The penalty for tackling a player should be exclusion from the game until the next goal is scored, or until the end of the quarter.

- The penalty for abusive language or misconduct is exclusion for the remainder of the match with a substitute.

- The penalty for aggression is exclusion from the game for the remainder of the match with a substitute.

- The penalty for aggression is exclusion from the game for the remainder of the match with a substitute. Aggression is defined as deliberately striking or attempting to strike another player.

- Coaches should implement all rules with discretion and judgment, encouraging a free-flowing and continuous game. At the same time, unsportsmanlike behavior or deliberate body contact should be discouraged.

- Regularly rotate player positions to give players the opportunity to experience a variety of positions.

- One team should wear white caps

and the other blue, except the goalkeepers who must wear red caps. If possible, the caps should be numbered from one to 13 with the goalkeeper wearing cap No. 1.

The Referee

- The referee is in charge of the game. He moves up and down along the side of the pool, always watching, always alert. He starts and stops the play, makes neutral throws, signals when a goal is scored and calls penalties.

- To make it easy to show the players what his decision is, the referee carries a stick with a flag or pennant at each end—one dark blue and the other white—to match the colors worn by the two teams.

When the referee blows his whistle to stop play, he waves one flag or the other to indicate which team is being penalized, which team is to get the throw, and so on.

For more information, contact United States Water Polo, 201 S. Capitol Ave., Suite 520, Indianapolis, IN 46225. ■

SOLID MEETS LIQUID ~ JEWELRY BY G. THRAPP JEWELERS



BEAUTIFULLY DESIGNED, WELL DESERVED.

***SWIM CAPS:**
STERLING WITH 16" CHAIN \$95
14KYG WITH 16" CHAIN \$195


***GOOGLES:**
STERLING WITH 16" CHAIN \$85
14KYG WITH 16" CHAIN \$175

***COMPETITION SLIT:**
STERLING WITH 16" CHAIN \$125
14KYG WITH 16" CHAIN \$245

ALL CHAINS HAVE A LOBSTER-CLAW CLASP. 16" CHAINS ARE DOUBLE LOOP. 18" CHAINS AVAILABLE. ALL CHAINS ARE OPTIONAL. YOUR CHOICE OF STERLING SILVER OR 14KYG. *THESE PIECES AVAILABLE IN SMALL OR LARGE SIZE. CUSTOM DESIGNS ARE WELCOME.

TO ORDER CALL:
1-800-866-0955
OR 1-317-255-5955

VISA/MASTERCARD ACCEPTED.
ADD \$4 SHIPPING AND INSURANCE.
INDIANA RESIDENTS ADD 5% SALES TAX.



U.S. Swimming

NEWS

OUTREACH WEEKEND

In an effort to reach beyond its traditional membership, U.S. Swimming hosted its first Outreach Camp at the U.S. Olympic Training Center in Colorado Springs.

The ground-breaking weekend was broken down into three parts, all meeting with resounding success: a swimming camp, a coaches' clinic and a summit meeting.

All three facets brought together America's top minority developmental swimmers, coaches of minority swimmers and America's top recreational agencies. The program was conceived to provide children from divergent ethnic, racial and socioeconomic groups with the positive experiences gained from competitive swimming.

The Camp

Headlined by 1992 U.S. Olympic coach Chris Martin, who is the head men's and women's coach at the University of Florida, and other top coaches of minority swimmers, the camp taught 32 young swimmers more about competitive swimming by providing an educational and motivational training experience. U.S. Swimming hopes to discover and foster potential Olympians by developing programs in this population.

"We are trying to reach out to groups of boys and girls from populations that have not responded to opportunities in swimming or have not had opportunities adequately offered to them," said Ray Essick, USS executive director. "It's our intent to make the competitive swimming experience available to every child in America."

Those who participated represented African-American, Asian and Hispanic ethnic populations. To be eligible, the swimmers had to show need based upon family income and size, and they had to be United States Swimming

members with national "AAA" times.

While in Colorado Springs, the campers participated in a series of lectures, six practices including one test set and biomechanical videotaping at the International Center for Aquatic Research flume, the swimming treadmill.

According to one coach, the test set in the flume brought many of the athletes together. "I believe this one (test set), the so-called moment of truth, pushed them into a new level and they were all a little different afterwards," said Jimmy Ellis, coach of Philadelphia Parks and Recreation. "In their minds they had become a special kind of elite national athlete."

The Coaches' Clinic

A group of 72 coaches took part in a Minority Youth Swimming Coaches Clinic, which was the biggest coaches' clinic ever hosted by U.S. Swimming at the OTC.

The clinic provided the coaches of disadvantaged youth with the organizational and coaching tools necessary to provide young, developing athletes with quality experience and motivation.

The coaches participated in a series of workshops focusing on such topics as dryland exercise programs, nutritional needs for swimming, goal setting and motivation. With the help of the clinic, the coaches were able to return to their home clubs with greater knowledge to pass on to their young swimmers.

The Summit Meeting

The first National Competitive Aquatics Unification Conference was also held the same weekend. The purpose of the conference was to increase youth agency/aquatic sport interaction and communication at the highest administrative level, focusing on

Direct all questions to:
U.S. Swimming
National
Headquarters
1 Olympic Plaza
Colorado Springs, CO
80909
(719) 578-4578

United States Swimming, Inc., is now, as it always has been, concerned for the safety of all its members. It will continue to disseminate such information as comes to its attention. However, United States Swimming cannot and does not accept responsibility for the content of any such information or material. All opinions and conclusions stated in any such material are solely that of the author(s) and not necessarily that of United States Swimming, nor do they necessarily reflect the views of Swimming World Magazine.

improved success at local levels. Along with United States Swimming, U.S. Water Polo, U.S. Synchronized Swimming and U.S. Diving explained their programs, services and challenges.

"We want to make the services of United States Swimming available to the agencies that deal with minority and disadvantaged youth nationwide," said Bob Steele, USS Coach Development Director. "We want them to take advantage of the services provided by USS, diving, synchronized swimming and water polo."

Agencies that attended included the American Red Cross, Police Athletic Club, Boys and Girls Clubs, YMCA, Boy Scouts, Girl Scouts, National Park and Rec Aquatics and the Native American Sports Council.

These camps tie in with two other camps offered this summer. A Joint Disabled Sports Organizations Swimming Camp is being held this month, and in August, a Native American Multisport Camp will also be held in Colorado Springs.

ICAR TESTING

The International Center for Aquatic Research offers testing and evaluation services to all USS members 12 and older. The services and fee schedules are listed below:

Strength & Power (body fat/girth)	\$50.00
Underwater Filming (bring own tape)	\$10.00
Qualitative Video Analysis	\$30.00
Lactate Profile	\$60.00
Stroke Analysis and Filming (digitizing)	\$100/stroke
Economy & VO ₂ max	\$100.00

There are limited times available for testing and evaluation services. We recommend you call ICAR (719-578-4720) at least two months in advance to schedule your visit.

APPLICATIONS TO OFFICIATE

If you want to officiate at any of the summer 1994 junior or senior nationals or the U.S. Open, you must complete an "Application to Officiate" form and return it to Anneliese Eggert, the national officials chair.

Forms may be obtained from the following:

- USS SwimFax (719-575-9606, option #7421 for seniors and #7422 for juniors);
- The USS Bulletin Board System;
- Your LSC General Chairman.

For senior nationals, July 8 is the deadline for specific assignment; June 28 is the deadline for juniors.

RUNNING FOR OFFICE?

Anyone wishing to run for any office to be elected in Kansas City, Mo., during the 1994 USAS Convention should complete and return the "Elections and Nominations" form that is available on SwimFax (719-575-9606, option #7425) or from your local swimming committee's general chairman on or before Sept. 15.

PRESIDENTIAL APPOINTMENTS

The USS president may appoint up to 10 percent of the total membership as at-large members of the USS House of Delegates.

Any LSC desiring to recommend someone for consideration as a presidential at-large appointee or any individual who wishes to be considered for such an appointment should submit a written request to Bill Maxson, U.S. Swimming President, 876 Sugar Hill Dr., Ballwin, MO 63021.

SERVING USS CLUBS

Would you like to know what U.S. Swimming can do for your club?

In an effort to further the efforts of

providing useful information and assistance to clubs, 34 LSC representatives converged on Colorado Springs in April to share ideas on how U.S. Swimming can better serve clubs.

The workshop met with outstanding results, and each of the LSC representatives left armed with information to take home to their constituents. To tap into this information, please contact the Age Group Department at U.S. Swimming to find out who the representative is for your LSC.

SUM, SUM, SUMMERTIME

Keep in mind the deadlines for entering this summer's meets. The entry deadline for the Speedo Junior National Championships is July 26. Both meets will be held Aug. 2-6 with the East meet in Buffalo, N.Y., and the West meet in Clovis, Calif.

The entry deadline for the Phillips 66 National Swimming Championships is Aug. 8. This meet, to be held in Indianapolis, Ind., Aug. 14-19, will serve as the selection meet for the 1994 World Championships and the 1995 Pan American Games. ■



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.

TAMARA WEBB Golden Empire Swim Team Bakersfield, California

When Tamara Webb began swimming at 9 months, her teacher said she was a natural in the water. At age 6, she joined the Golden Empire Swim Team (GEST) and, in her first USS meet, won the high-point award for the 6-and-under girls. As a 7-8-year-old, she won a number of high-point awards, setting several meet records. As an 8-year-old, she won the award for the outstanding 7-8 girl swimmer in Central California.

Turning 9, Tamara decided to begin to swim year-round, perfecting her skills in all four strokes. As a 10-year-old, the hard work began to pay off. In March 1993 at the Central California Short Course Junior Olympics, she won high-point honors and established personal bests in the 50 fly (32.39), 50 breast (39.86), 50 free (29.49), 100 IM (1:13.72), 100 fly (1:14.21), 100 breast (1:24.70), 100 free (1:06.21) and 200 free (2:25.58).

Between April and July, Tamara won high-point awards in all six of the Central California USS meets. She also won high point at the Central California Long Course JOs, finishing first in six out of 10 events. She continued to improve her times in the 50 meter fly (35.01), 50 breast (41.90), 50 free (32.62), 50 back (40.44), 200 IM (2:53.27), 100 fly (1:24.11), 100 free (1:11.56), 200 free (2:33.89) and the 100 breast (1:29.95)—her first Top 16 reportable time.

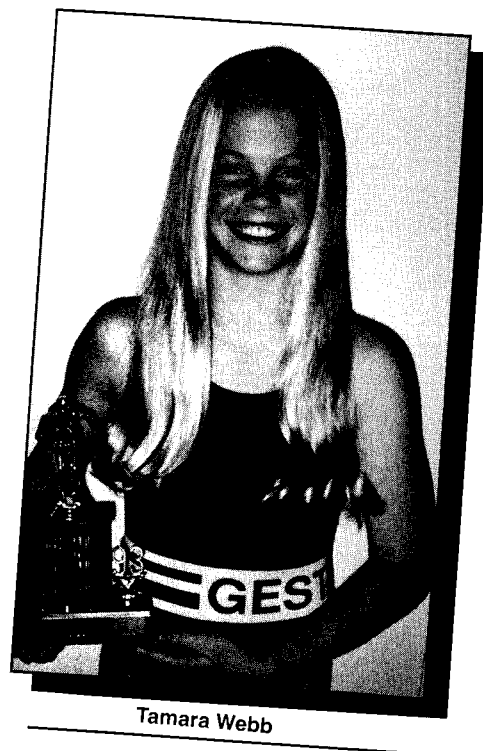
Never having competed in a USS meet outside of Central California, Webb entered the Far Western meet, earning high-point runner-up honors. She made finals in six of 10 events, placing second in the 50 meter breast (40.54, personal best and Top 16 time); third in the 200 IM (2:49.58, personal best), 50 free (31.96, personal best) and 50 fly (35.08); fourth in

the 100 breast (1:32.28); and seventh in the 200 free (2:34.00).

Tamara qualified for the Western Zone meet in five events. She won the 50 meter breast with a 40.10, which was another personal best and Top 16 time. Webb also placed eighth in the 200 IM and third in the 100 breast (1:29.08, personal best and Top 16 time).

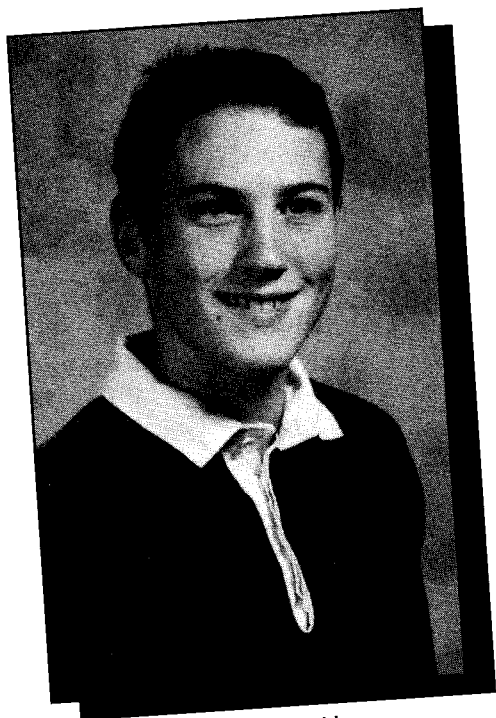
Tamara closed out her 10-and-under career in September with 10 first places in 10 events at a meet in Tulare, Calif., and was honored as the outstanding 9-10 girl swimmer in Central California.

Like many swimmers, Tamara is interested in other sports, specifically gymnastics, volleyball, basketball and track. She participates in Girl Scouts, plays the flute, enjoys fishing and hiking with her mother, father and older brother, Rob, who is also a swimmer. She is a straight-A student in the sixth grade at Stockdale Elementary School.



Tamara Webb

Age Group Swimmers



Dave Slawinski

Tamara's goals are to qualify for junior nationals. In the meantime, she and her family are currently on an extended summer vacation to Europe, where she plans to participate in some swimming meets.

Webb credits her previous coaches, Trygve Helgason and Pat Skehan, as well as her current coach, Dave Reilly, for her success. Tamara has some high goals she wants to reach in the future, as she says, "My idol is Janet Evans, and I hope to make several junior national cuts and attend a major university on a swimming scholarship."

DAVE SLAWINSKI **Scarlet Aquatic Club** **Piscataway, New Jersey**

Dave Slawinski began his competitive swimming career in summer competition at the Brookside Swim Club in Milltown, N.J., as an 8-and-under. His first year-round swimming experience was at the Central Jersey YWCA under coaches Sue Anderson and Scott

Thompson. When Scarlet Aquatic Club was created in 1991, Dave joined the new program under the leadership of Coach Anderson.

Slawinski started the 1993-94 season with six Top 16 rankings in the 1993 long course list (fifth, 200 breast, 2:28.80; seventh, 200 IM, 2:15.57; eighth, 400 IM, 4:45.98; ninth, 400 free, 4:15.32; 14th, 100 breast, 1:09.98; 14th, 1500 free, 16:52.16). At the New Jersey Short Course Junior Olympics, he placed first in nine events: 200-500-1000-1650 free, 100-200 breast, 200-400 IM and 200 fly.

It was at the Eastern Zone meet that Dave achieved his first junior national cut in the 200 breaststroke, where he placed second to teammate Mike Pron. He managed to place first in the 200-400 IM and 400-1500 free.

He ended the season with four New Jersey short course records (200 free, 1:44.08; 100 breast, 59.93; 200 breast, 2:07.13; 400 IM, 4:06.29) and three long course marks (200 IM, 2:15.57; 400 IM, 4:45.98; 400 free, 4:15.32).

As a freshman in high school, he placed fourth in the New Jersey state high school meet in the 500 yard free (4:40.66). His academic career hasn't suffered at all—Dave is an honor student and received an art achievement award at school.

This year, Slawinski has had to make the transition from age group star to senior swimmer.

One of Dave's major goals is to be a consistent swimmer at all four strokes. He seems to be well on the way to doing just that since he already has five junior national cuts this season (500 free, 4:36.73; 1000 free, 9:32.88; 1650 free, 16:02.43; 200 breast, 2:07.13; 400 IM, 4:06.29).

Slawinski also enjoys competing in soccer and hockey. He plays on a select soccer team which has competed against Russian and Canadian All-

Star teams.

Dave hopes to final at junior nationals this summer and has a lot of motivation to do so. He competed at the Junior Nationals-East in Ann Arbor, one of a very few 14-year-old boys at the meet. Due to bronchitis, he had to scratch the 1000 and 1650, but he finished 24th in the 200 breast (2:07.13), 25th in the 500 free (4:36.73) and 33rd in the 400 IM (4:06.37).

He would also like to qualify for senior nationals. Down the road, he would like to attend Stanford University on a swimming scholarship, go to medical school and eventually become a doctor.

Anderson notes, "Dave is a pleasure and a challenge to coach. He is an extremely focused swimmer. Everything is a race, including stroke drill sets! He pushes every set to the limit and races every race. He has a great deal of natural talent and racing



Melissa Olson

Age Group Swimmers



instinct; beyond that is his willingness to work and his desire to be the best."

MELISSA OLSON **University of Charleston** **Aquatic Team** **Charleston, West Virginia**

Melissa began swimming at the age of 3 when she joined the local USS club in her home town of Charleston, W.Va. She was full of energy, enthusiasm and a willingness to learn. These qualities have not changed during the past 11 years as a member of the University of Charleston Aquatic Team (UCAT).

At the 1993 McDonald's Winter Classic held in Gainesville, Fla., in December, Olson placed first in every event within the 13-14 age group and qualified for her first senior nationals in the 200-400 IM (2:04.75-4:24.02). She recorded junior national cuts in each of her other events: 500 free (5:01.91), 1000 free split in the 1650 (10:21.30), 1650 free (17:05.14), 100-

200 back (58.04-2:04.08), 100-200 breast (1:05.98-2:19.88).

Two weeks later Melissa competed in her club's first annual Ultra-Distance Meet. It consisted of 400s of each stroke, the 800 IM and the 3000 free. She qualified for senior nationals in the 200 breast with a time of 2:18.66 at the 200 split and lowered her junior national cut in the 200 back with a 200 split of 2:03.44.

Olson attended the USS Silver Camp last November in Colorado Springs, Colo., where she was able to live and train with other swimmers in her age group.

Melissa also enjoys dancing, especially jazz, and has taken dancing classes for the past 10 years. She maintains a B+ or higher GPA as a 10th grader.

Older brother Scott also competes for UCAT and is currently a high school senior. Melissa's dad, Greg, is the head coach/director of the UCAT program and has been her coach for the past five years.

WILL BRANDT **Greater Greenville Gators** **Greenville, South Carolina**

Will Brandt finished his 10th year—and his fifth as a swimmer—with a bang.

Swimming on his last day of 10-year-old eligibility in early February, Will set three South Carolina state records. Brandt lowered his own state marks in the 50-100 yard breast to 33.08 and 1:11.39. His time in the 100 was just 18-hundredths off the national age group mark. He also broke the state record in the 100 yard IM (1:07.03), breaking a mark that had stood since 1980.

This was the culmination of a great year for Will. It began in February of 1993, just after Brandt's 10th birthday. At the South Carolina Short Course State Championships, he broke the

state records in the 50 and 100 yard breast for the first time. His times of 34.43 and 1:14.36 earned Will a third-place national ranking in both events for 1992-93.

At the South Carolina Long Course Championships in July, Will set new state records in the 50-100 meter breast with times of 37.84 and 1:22.39, knocking two seconds off the 50 record and almost five seconds off the 100. Brandt also was state champion in the 200 IM with a national reportable time of 2:45.36.

His 50 and 100 breast times earned him two No. 1 rankings for 10-and-under boys in the 1993 national age group long course rankings. Will's 200 IM time was just shy of the 16th time in the country.

More recently, at this year's South Carolina Short Course State Championships April 21-24, Will finished third in the 11-12 boys 50 backstroke (31.66), second in the 50 breaststroke (33.75) and third in the 100 breast (1:11.60).

Will's team, the Greater Greenville Gators, recently merged with the YMCA Spartaquatics Swim Club to form the YMCA Swim Club of Spartanburg and Greenville. He is looking forward to swimming in the 11-12 age group with his new teammates as well as his old friends from the Gators.

Will attributes his success to his coaches—Scott Dunn, Chris Gibbs, and, especially, Mike Burdges—as well as his two weeks at the Mary T. Meagher Swim Camp, and, of course, to hard work.

Brandt works hard, too, at Christ Church Episcopal School in Greenville, where he is an honors student.

Will began competing in summer league swimming as a 6-year-old. He also enjoys quite a few sports—soccer, basketball, baseball, skiing, golf—but, for this dedicated youngster, swimming always comes first. ■



Will Brandt

PHILLIPS 66 NATIONAL SWIMMING CHAMPIONSHIPS

The BIG Splash of the Year



AUGUST 14-20 IN INDIANAPOLIS

*For family fun
in INDY, visit:*

- The world's largest Children's Museum
- The Eiteljorg Museum of American Indians & Western Art
- The Indianapolis Motor Speedway
- The RCA Tennis Championships featuring Jim Courier and Pete Sampras

ORDER YOUR TICKETS NOW

Come see world record holders Janet Evans, Melvin Stewart and Jenny Thompson compete for positions on the USA National Team which will compete in the World Championships in Rome in September. The rising stars of American swimming, including Anita Nall, Kristine Quance and Greg Burgess, will display their talents in America's fastest pool.

Schedule of Events

Sunday, August 14

100m freestyle, women
100m breaststroke, men
400m ind. medley, women
200m freestyle, men

Monday, August 15

100m butterfly, men
200m freestyle, women
400m individual medley, men
200m breaststroke, women

Tuesday, August 16

400m freestyle, women
100m freestyle, men
100m backstroke, women
200m backstroke, men

Wednesday, August 17

400m freestyle, men
100m butterfly, women
200m breaststroke, men
100m breaststroke, women

Thursday, August 18

200m butterfly, men
200m ind. medley, women
50m freestyle, men
800m freestyle, women
100m backstroke, men

Friday, August 19

200m butterfly, women
200m individual medley, men
50m freestyle, women
1,500 freestyle, men
200m backstroke, women

Saturday, August 20

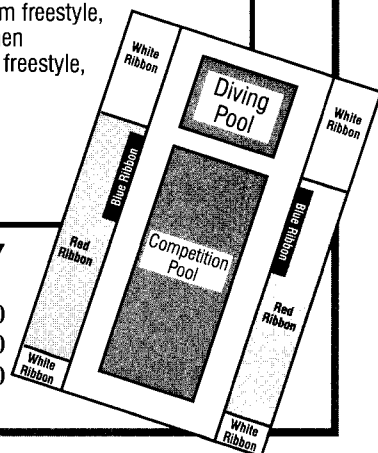
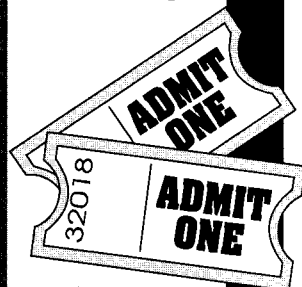
1,500m freestyle, women
800m freestyle, men

- Ask about free admission for USS registered Swimmers!
- Ask about special group ticket rates!

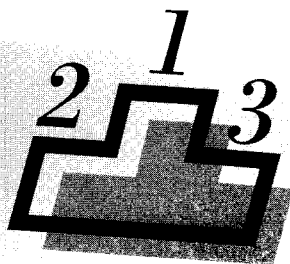
Call (317) 274-6787

All Session Tickets

Blue Ribbon Seats \$150.00
Red Ribbon Seats \$ 50.00
White Ribbon Seats \$ 30.00



American Relay



Sponsored by
SPEEDO®



CALIFORNIA

Twelve-year-old Brittany Layman had the opportunity to visit with *her aunt*, Leah Monroe, age 10, when they both competed at the Far Western Championships in Walnut Creek, Calif. March 24-27.

Leah swims with the Alameda Gators in Alameda, Calif. She placed second in the 100 fly and 200 IM, fifth in the 100 IM, 6th in the 50-100-200 free and seventh in the 100 back.

Brittany, a member of the Chinook Aquatic Club in Bellevue, Wash., was fourth in the 100 back and seventh in the 50 back. She also anchored all four of her team's 11-12 relays—400 free (second), 400 medley and 200 free (third), and 200 medley (fifth).



San Ramon Valley-Livermore Aquatics won the team title at Far Westerns. National reportable times were earned by 12-year-old Tanica Jamison (50-100 fly, 27.63-59.66; 200-500 free, 1:57.98-5:15.47; 100-200 IM, 1:02.88-2:14.27) and Bruce Vogelgesang, 14 (1000 free, 9:59.65).

The 11-12 girls 200 medley relay broke the Pacific relay record with a 1:55.63 (Lindsay Goodson, Marianne Johnson, Jamison and Lisa Favreau); the 400 medley relay set a Pacific Swimming and Far Western relay standard with their 4:11.44 (Goodson, Johnson, Jamison and Leilani Avilla).



California Capital Aquatics finished eighth overall at Far Westerns. Alexis Oakland won the 13-14 girls high-point trophy (first, 200 fly; second, 100 fly; third, 200 breast; fourth, 100 back and 100 free; seventh, 50 free). Teammates Katie Younglove and Tina Adkinson also finished in 13-

14 events: Younglove was second in the 1650, third in the 1000 and fifth in the 100 fly; Adkinson was sixth in the 200 IM.

The 13-14 girls relays all finished (first, 400 medley and 800 free; second, 200-400 free and 200 medley; sixth, 200 free). Other CCA swimmers who placed in finals included Kristin Koop (seventh, 11-12 girls 100 free) and Mary Comstock (sixth, 15-16 girls 200 breast).

COLORADO

The Littleton High School Ladyfish knew going into the Colorado girls state championships it had little chance of winning the meet. Before the meet their coach, Maurice Ervin, encouraged his swimmers to be happy with whatever happened.

So at the end of the meet, it was somewhat surprising for the crowd to

see the second-place Ladyfish congregate at the center of the pool to cheer at the end of the meet. But it showed those in attendance that a team can lose a meet, still have fun and not be discouraged with the results.

MINNESOTA

At the Minnesota All-State Swimming and Diving Banquet April 16, Terry Ganley Nieszner and Bob Erickson were inducted into the Minnesota Hall of Fame.

Also honored at the banquet were seniors Kari Klassen (Northfield) and Erik Lind (Bloomington Kennedy) as Swimmers of the Year. Coaches of the Year were Elmer Luke (girls) of Hopkins and Charlie Pietso (boys) of Bloomington Jefferson. Minneapolis South H.S. (girls) and Albert Lea H.S. (boys) were named state academic champions.



ARKANSAS: This trio of 8 and under swimmers from the Little Rock Racquet Club Dolphins combined for a total of 30 state age group records. From left, Lindann Blair (14 records), Daniel Pupowski (15) and Hannah Bakke (1) broke numerous long-standing records, the oldest being 23 years.

NEW JERSEY

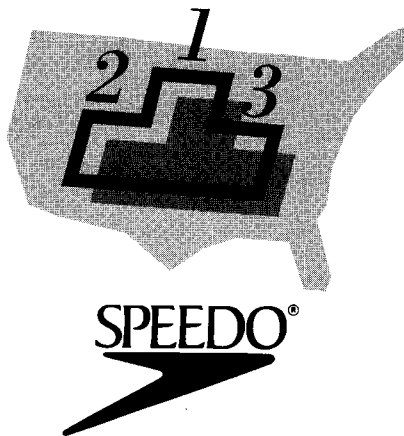
Scarlet Aquatic Club captured the New Jersey Short Course Junior Olympics with a total of 771 points. Dave Slawinski won eight individual events in 13-14 boys for Scarlet (100-200 breast, 200-400 IM, 200 fly, 500-1000-1650 free) and Jen Kane had three wins in 13-14 girls (50-100-200 free).

Also placing first for Scarlet were Malanie Block (10&U 100 breast), Lesley Muldoon (11-12 200 IM), Meg Harris (13-14 200 IM), Katie Anderson (13-14 1000 free) and Brendan Mulvey (15-18 100 fly). Scarlet swimmers also captured four relays: 10&U girls 200 medley (Maeve McLaughlin, Block, Alison Bigwood, Katie Muldoon), 11-12 girls 200 medley (Lesley Muldoon, Noelle Stary, Sally Anderson, Erica Fitzsimmons), 13-14 girls 400 free (Kane, Katie Anderson, Meg Williston, Johanna Goepel) and 15-18 girls 400 medley (Laura Melling, Jessi Stensland, Kari Batch, Patti Schoenhaus).

Scarlet Aquatic Club is in its third season of competition under head coach Sue Pitt Anderson. This was Scarlet's second consecutive Junior Olympics win, having taken the long course title last summer.



The New Jersey Wave finished fourth overall at the New Jersey Short Course JOs, winning 26 gold, six sil-



ver and eight bronze medals with 44 additional top 8 finishes. Tom LoBue, 17; Danielle Macejka, 14; and Kevin Devine, 10, each earned high-point honors in their respective age groups. Devine won eight of nine races and set six state records (50 free, 26.83; 200 free, 2:04.53; 100 fly, 1:05.60; 100 back, 1:06.26; 200 IM, 2:25.42; 50 fly, 29.59). Macejka earned multiple golds and junior cuts, setting a state record (200 back, 2:07.60) in the process. LoBue led with first-place times in the 100 free (46.93) and 100 back (52.48), both of which bettered junior national cuts.

NEW YORK

The Flushing YMCA equalled its performance of two years ago at the YMCA State Championships March

17-19 at Monroe Community College in Rochester. Flushing came in first in six age groups: 9-10 boys, 9-10 girls, 11-12 boys, 13-14 boys, 13-14 girls and 15-18 girls.

The 9-10 girls relay of Kaleila Pufolkes, Lauren Katz, Andrea Illescas and Mary Ashton set a state record in the 200 medley (2:14.40). Kent Yeung, Russell Mark, Ace Cuchapin and Tommy Ashton bettered the state mark in the 13-14 boys 200 medley (1:44.63).

In individual competition, Irene Chan earned a new state record in the 11-12 girls 50 back (29.47) in finishing second. Pulfolkes (100 IM, 50 back, 50 fly) and Erica Carroll (200 IM, 100 back, 100 fly) each won three events. Other gold medalists from Flushing included Illescas, Andrew Castro, Jennie Lutz, Russell Mark, Cuchapin, Yeung, Clair Madonia, Peter Strauss and Michael Bartz.



The Bay Club Waves of Plattsburgh travelled from the northeast corner of the state to capture the small team high-point award at the Adirondack District Junior Olympics. The Waves placed three swimmers on the podium for high-point awards: Hilary Stockbridge (first, 10&U girls), Meghan Welch (second, senior girls) and Andy Chevalier (third, 8&U boys). Stockbridge took home five golds, five district records and quad-"A" times in all events; Welch struck gold in both flies and the 400 IM; and Chevalier won the 50 fly and 50 breast in JO record time.

Qualifying for the Eastern Zone All-Star team were Stockbridge, Welch, A.J. Guffey and Winter Guffey. At zones, Stockbridge hit top 16 times in the 100 fly (1:07.68) and 200 IM (2:26.72).

OHIO

The Dayton Raiders won the Ohio Spring Senior Championships held March 11-13 at Ohio University. The Raiders won the men's, women's and combined titles in outscoring the second-place team by 490 points.

Seven Raiders—Jenny Banks, Josh Martin, Robert Chelle, Justin Thornton, Corey Riordan, Michael Richley



CALIFORNIA: Anthony Ervin, Jon Terwilliger, Ryan Parmenter and Kevin Parmenter (from left) of Canyons Aquatic Club won all four 11-12 boys relays at the Southern California Junior Olympics in Long Beach, including Top 16 times in the 400 free (3:49.55) and the 400 medley (4:18.35).

and Ryan Soelter—went to the junior nationals held in Ann Arbor, Mich. At JOs, Thornton placed third in the 200 IM and ninth in the 400 IM.

PENNSYLVANIA

The state's high school championships were held March 10-12 at Penn State University. Three individual and two relay records were broken in "AA" girls competition. Shelley Hotchkiss of Upper Dublin set a new standard of 4:53.14 in the 500 yard free, Courtney South of Quaker Valley went 51.98 in the 100 free for her record, and Katie Sosnowski of Methacton won the 100 breast in 1:05.67. Quaker Valley (200 free, 1:41.02) and Upper Dublin (400 free, 3:37.04) were the relay record setters.

No records were broken in the girls "AAA" division; however, Merel Hommen of Upper St. Clair, Tiffany Houser of Parkland and Kristy Kowal of Wilson each won two events. Muhlenberg and Upper Dublin tied for the girls state "AA" title, and Wilson was tops in "AAA" competition.

One individual record was broken in each of the boys divisions. Adam Engle broke the "AA" record in the 100 fly with his 51.59, while Mike Chorba set a new mark in the "AAA" 500 free of 4:29.97. Strath Haven swept all three relays and captured the "AA" title, and North Allegheny was the "AAA" champion.

TEXAS

Kingwood High School was the big winner at the Texas High School State Championships, held March 19-20 in Austin. The team captured the women's title in a close race (114 points to Plano's 109 and San Antonio Clements' 102), and handily won the men's crown (190 to 109 for second-place Klein).

State records were set during the competition by Kim Johnson of Pearce (100 free, 50.15), Stacie Karnes of Clements (200 free, 1:49.65p), Heather Branstetter of Marshall (500 free, 4:47.97), Jennifer Moriarty of Stratford (100 breast, 1:03.19p), Alegra Breau of Stratford (200 IM, 2:01.56) and Kingwood's boys 200 medley relay (1:31.98).



WISCONSIN

The Schroeder YMCA Swim Team came home victorious from the Wisconsin YMCA state championships. Six hundred fifty swimmers from 27 teams competed at the meet.

Schroeder swimmers set six state records during the competition: Emily Stapleton (9-10 girls 50 back, 31.79); the 13-14 girls 200 free (1:42.34) and 200 medley (1:54.22) relays of Amy Mickschl, Anna Carollo, Meghan Purvis and Tisa Padovano; the open girls 800 free relay (7:57.45) of Carollo, Amy Seider, Purvis and Mickschl; the open girls 400 medley relay (4:08.23) featuring Mickschl, Bridget Hegarty, Purvis and Carollo; and the open boys 400 medley relay

(3:37.55) of Keith Harris, Steele Whowell, K.T. Lee and Jeff Sargent.

WYOMING

Phil Rehard, a sophomore at Rawlins High School, set two district records at the Wyoming 3A High School Championships March 17-18. Rehard captured the 200 IM in 2:01.60 and the 100 fly in 53.79. Lander captured all three relays and had individual wins from Ed Large (50 free, 22.00), Ryan Mikesell (100 free, 49.76) and Dave Declue (500 free, 5:10.45) to win the state title with 292 points. Runner-up Rawlins scored 223.5 points, and Worland came in third with 191.5 points.

No records were set in 4A competition, but there were a couple of very close races. Justin Kapinus of Gillette won the 200 free, 1:46.25-1:46.26, over Rob Yovich of Laramie. Kapinus also took first place in the 100 back (55.53). Aaron Norton of Evanston defeated Wes Bay of Gillette by 8-hundredths, 55.26-55.34, in the 100 fly. Matt Strauss of Green River took the 50-100 free (21.58-47.69) as the only other double champion. In an extremely narrow victory, Gillette came out on top over Laramie, 258-254. The team from Green River High was third with 182 points. ■



NEW JERSEY: New Jersey Waves' 10 and under boys relay of (from left) Sami Mardam-Bey, Kevin Devine, Alec DeVries and Derek Hughes won two medals at the state Junior Olympics March 11-13. The four captured gold in the 200 medley (2:13.82) and silver in the 200 free (2:01.55).

Thirsty? No Sweat!



Q: I sweat a lot during summer workouts and meets. Are sports drinks a good way to get the water I lose

from sweating? How much sugar and sodium do I get in a sports drink?

A: Replacing lost fluid is essential to preventing dehydration. Dehydration is a cause of fatigue and impairs swimming performance. Lost body water can be replaced by drinking plain water or beverages like fruit juices, vegetable juices, fruit drinks, soft drinks, teas or commercial sports drinks. Foods like fruits and vegetables also contain lots of water and can help replace lost body water.

If you need to rapidly replace lost body water, commercial sports drinks are good choices. Research has clearly shown that sports drinks like Gatorade are absorbed about 30 percent faster than plain water. A variety of types of carbohydrates are used to formulate sports drinks.

Beverages that have a carbohydrate concentration that is greater than 10 percent are absorbed more slowly than ones with lower carbohydrate concentrations. Beverages that have more than 10 percent carbohydrate concentration include fruit juices, fruit drinks and soft drinks.

The amounts and types of carbohydrates and sodium content in sports drinks varies. The accompanying chart summarizes the calorie content, sodium content, carbohydrate content and concentration in a variety of beverages.

Q: The information on food labels has me confused. What does Daily Value and Percent Daily Value listed on food labels mean? How are serving sizes related to the other information on food labels?

SPORTS BEVERAGE COMPARISON CHART Fluid Replacement Beverages				
BEVERAGES ¹	Calories per Fluid Ounce	CARBOHYDRATE		Sodium per Fluid Ounce (mg)
		Grams per Fluid Ounce	Percent Concentration	
10-K™ Beverage Products, Inc.	7.5	1.9	6.8	6.9
All Sport® ² Pepsico	8.7-10.0	2.2-2.5	8.0-9.0	6.9
Body Works™ Shasta	7.5	1.9	6.8	11.9
Endura® Unipro, Inc.	7.5	1.9	6.8	5.7
Fruit Juice ³	12.7-20.1	2.9-4.9	10.2-17.3	0-15
GATORADE® Thirst Quencher The Gatorade Company	6.3	1.8	6.0	13.7
Hydra Fuel® Twin Labs	8.3	2.1	7.5	3.1
Powerade™ Coca-Cola	8.7	2.4	8.6	8.7
Quickkick® Cramer Products, Inc.	5.3	1.3	4.6	14.5
Soft Drinks ³				
Cola, Non-Cola	12.1-12.8	3.0-3.2	10.2-11.3	1-35
Diet Soft Drinks	0.0	0.0	0.0	0-3.1
Water	0.0	0.0	0.0	low ⁴

¹ Information on calories per fluid ounce, grams of carbohydrate per fluid ounce and sodium per fluid ounce obtained from product labels.

² Ranges due to different sugar content of product flavors.

³ Information obtained from Nutritionist III software, N-Squared Computing, Salem, Oregon.

⁴ Depends on water source.

A: The serving size listed in the Nutrition Facts section on a food label is the basis for calculating the calorie and nutrient amounts on the label. The serving sizes listed on food labels are based on research done by the government. The amount of food in the listed serving size is the average amount of this type of food that adults typically report that they

eat. If you eat more or less than the amount listed for a serving size on a label, you'll have to adjust the numbers for Percent Daily Values for other nutrients accordingly.

The FDA established the Daily Reference Values for nutrients that have important relationships with health. On food labels, these Values are simply

NUTRITION

called Daily Values. The Percent Daily Value tells you how much of a day's worth of fat, cholesterol, sodium, carbohydrate, protein and some vitamins and minerals are provided in a serving size of the food listed on the label.

Most people eat an average of 15 or 20 different foods a day. If a designated serving of a food has 20 percent or more of a Daily Value, it's high in that nutrient. A serving of food that contains no more than five percent is low in a nutrient.

The Daily Values for cholesterol, sodium and potassium are the same amounts for all calorie levels. They are based on the 1989 National Research Council's Diet and Health Report:

Cholesterol 300 milligrams
Sodium 2,400 milligrams
Potassium 3,500 milligrams

For example, in the sample label of Oat Cereal (see accompanying chart at the end of this article, page 23), the 307 milligrams of sodium in a serving of the cereal provides 13 percent of the Daily Value regardless how many calories you consume.

In comparison, the Daily Values for total fat, saturated fat, total carbohydrate, dietary fiber and protein are based on a 2,000 calorie reference diet. The Daily Values for these nutrients are based on the following nutrition recommendations:

- Total fat equal to 30 percent of total calories;
- Saturated fat equal to ten percent of total calories;
- Total carbohydrate equal to 60 percent of total calories;

• Dietary fiber equal to 11.5 grams per 1,000 calories;

• Protein equal to ten percent of total calories.

For example, on a label, the Daily Value for total fat would be 65 grams (30 percent of 2,000 calories = 65 grams of fat). If a label shows the product has 2 grams of total fat per serving, the Percent Daily Value on the label would be 3 percent.

The sample label for Oat Cereal illustrates this example. One serving of that product provides three percent of your daily need for total fat if you consume 2,000 calories per day. Therefore, this product is low in fat.

The FDA uses a 2,000 calorie diet as the base Daily Value for food labels with information provided for a 2,500 calorie

WE GUARANTEE*

A Smooth Operation

THE ant wave

HEALTH CARE PLAN...

1144 N.W. 53rd St. • Seattle, WA 98107
(800) 426-7738 • (206) 784-9050

***Three Year Guarantee**

NUTRITION

diet if there is enough space on the food label. The level of 2,000 calories was chosen as the reference level partly because it is a round number, which makes it easier for people to adjust Percent Daily Values to their calorie intake.

For example, if you eat 4,000 calories a day, the Percent Daily Value for a nutrient in your diet would be half of the amount listed on the label. This means that 2 grams of fat in a serving of the Oat Cereal would supply just 1.5 percent of your daily fat needs.

If you ate only 1,000 calories a day, you would double the Percent Daily Values. The 2 grams of fat in the Oat Cereal serving would provide 6 percent of your Daily Value for fat.

In summary, the Percent Daily Values give a general idea of the nutrient

contributions to a 2,000 calorie reference diet for a designated serving size of a food. You can use the listed Percent

Daily Value to quickly compare foods and see how the amount of a nutrient in a serving of food fits into your diet. ■

Oat Cereal: Nutrition Facts

Serving Size 1-1/4 cup (28g)
Servings Per Container 15
Amount Per Serving:
Calories 111 Calories from Fat 18

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 307mg	13%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 4g	

Vitamin A 25% • Vitamin C 25%
Calcium 5% • Iron 45%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may vary higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHOLE OAT FLOUR (INCLUDES THE OAT BRAN), WHEATSTARCH, SUGAR, SALT, CALCIUM CARBONATE, TRISODIUM PHOSPHATE

Speedo® S-2000 Gold at Kast-A-Way NOW!



**Order your
S-2000 suit
from Kast-A-Way
today. Look
and swim
like a winner!**

**Save \$8 on any new Speedo® female suit,
\$4 on any new Speedo® male suit**

Just send an old swim suit to us with your order and we'll give you money off your purchase of a new Speedo® suit! Your old suit can be from ANY manufacturer...in ANY shape. We will deduct \$8 off the retail price of your new female Speedo® suit; \$4 off the retail price of your new male Speedo® suit.

Hurry! Offer ends June 30, 1994.

KAST-A-WAY SWIMWEAR, INC.



a full-service swim shop for all your aquatic needs.
Call now for a **FREE** catalog!

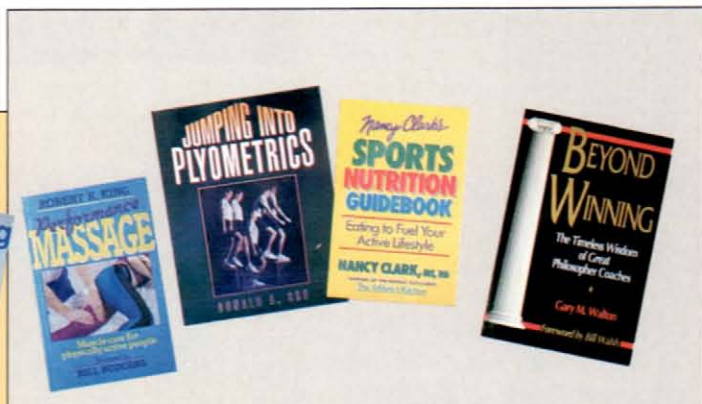
800 543-2763

Cincinnati
9356 Cinti./Columbus Rd., Rt. 42
Cincinnati, OH 45241
FAX (513) 777-1062

Indianapolis
1728 E. 86th St., Suite D
Indianapolis, IN 46240
Indiana Toll Free (800) 345-5682

Atlanta
6330 Lawrenceville Hwy.
Shop A-10 • Tucker, GA 30084
(404) 939-0304

ARMCHAIR TRAINING



INDUSTRY LEADERS

SWIMMING INTO THE 21ST CENTURY

By Cecil Colwin. Colwin, a leading authority on swimming for 45 years provides his experience on the mechanics and principles of swimming, training programs, propulsion, and coaching the feel of the water. A standard for every swimmer's library.

193082

\$29.95

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.

193079

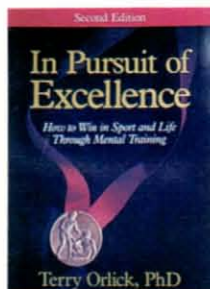
\$39.95

SWIMMING

By D. L. Costill, E. W. Maglischo, & A. B. Richardson. An excellent analysis of starts, turns and all swimming strokes logistically and graphically using underwater photographic sequences to show exactly how the strokes are executed.

193095

\$29.95



IN PURSUIT OF EXCELLENCE

By Terry Orlick. For athletes, coaches and parents who want to cultivate a winning strategy, to pursue excellence in sports, and balance in life.

594063

\$14.95

GENERAL KNOWLEDGE

PERFORMANCE MASSAGE

By Robert K. King. A practical and effective approach to learning when to use performance massage, its techniques and preparation. Recommended for the weekend warrior or the competitive athlete.

594051

\$16.95

JUMPING INTO PLYOMETRICS

By Donald A. Chu. Power training techniques for speed, quickness, jumping ability and upper body strength while gaining greater coordination, body control and balance. Heavily illustrated with specifics for swimming.

594060

\$14.95

SPORTS NUTRITION GUIDEBOOK

By Nancy Clark. Eat for success and performance through pre-event foods, recovery foods, fluid facts for thirsty athletes, supplements and have a daily training diet.

594053

\$14.95

BEYOND WINNING

By Gary M. Walton. For every coach who wants to improve and learn coaching techniques from the likes of: "Doc" Counsilman, John Wooden and Vince Lombardi.

594061

\$12.95

OTHERS OF INTEREST



THE ILLUSTRATED SWIMMER

By Jan Prins. The purpose of this book is to describe the most acceptable stroke patterns and most common types of stroke defects.

193064

\$10.95

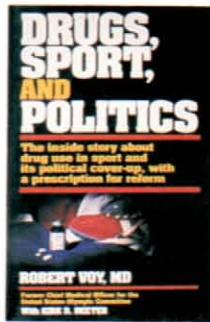


UNITED STATES TACTICAL WATER POLO

By Monte Nitzkowski. A focus on tactics, with historical, explanations by the four-time Olympic coach, makes it a must have for anyone interested in the sport.

594059

\$33.95



DRUGS, SPORT, AND POLITICS

By Robert V. Vay, M.D. USOC's Chief Medical Officer offers some of the problems of drug use in the pursuit of athletic gold—and how to solve them.

594057

\$19.95



SPORT MARKETING

By B. Mullin, S. Hardy, and W. A. Sutton. Make your team successful by learning the five P's of sport marketing: price, place, product, promotion, and P.R.

594064

\$41.95

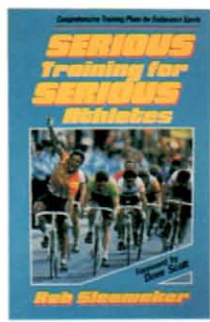


ASTHMA AND EXERCISE

By Nancy Hogshead. Inspirational accounts from several Olympians including Nancy Hogshead, you'll learn how to attain a solid asthma exercise plan.

594055

\$11.95



SERIOUS TRAINING FOR SERIOUS ATHLETES

By Rob Sleamaker. Analyze, evaluate and critique your training program. Learn training intensities with the why, what, and when to do it.

594058

\$16.95

VISUAL STIMULATION



FROM THE BOTTOM UP THE BACKSTROKE

Using a new approach to teaching the backstroke, this video takes the viewer from the basics of body position to unlocking the secrets in the stroke of a National Champion.

193013

\$39.95

THE BREASTSTROKE

Features three-time Olympian Susan Rapp as she takes the viewer through the "new" competitive style of wave-action breaststroke.

193014

\$39.95

THE FREESTYLE

Learn from champion swimmers the finer points of the freestyle stroke, how they stay motivated and how they balance training with other life activities.

193015

\$39.95

ALL THREE VIDEOS # 1020SR

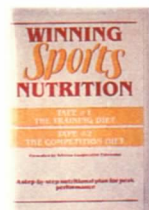
\$109.95

WATER VIDEO

By Dr. Marty Hull (inventor of Zoomer Fins). Dr. Hull demonstrates a comprehensive and analytical overview of the essentials in proper swimming technique. You'll see how to swim faster and further with less effort and you'll view the principles associated with correct body position, streamlining and the drag factor in swimming.

594001

\$24.95

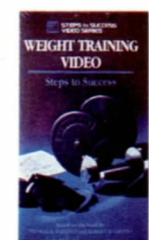


WINNING SPORTS NUTRITION VIDEOS

2 videos by Swimming World's columnist, Dr. Linda Houtkooper, that teaches how to eat for peak athletic performance including, eating tips for training and competition.

594002

\$79.00



WEIGHT TRAINING

Excellent for beginners and others who want to learn how to lift weights safely and effectively. Shows proper positioning and lifting techniques for each exercise. Gives tips and exercise programs for: free weights, single or multi-station machines and cam machines.

594003

\$39.95



SWIM SMARTER, SWIM FASTER

Stanford University's swimming coaches demonstrate the drills, techniques, and skill necessary to "Swim Smarter, Swim Faster." They share their coaching secrets that have produced Olympic medalists, All-Americans and nine NCAA team championships!

193007

\$29.95

SWIM SMARTER, SWIM FASTER II

Richard Quick and Skip Kenney are at it again! In "Starts, Turns and Finishes" they explain how you can take valuable seconds off of your swim time by improving your execution of these important aspects of a race.

193008

\$29.95

SWIMMING FASTEST II

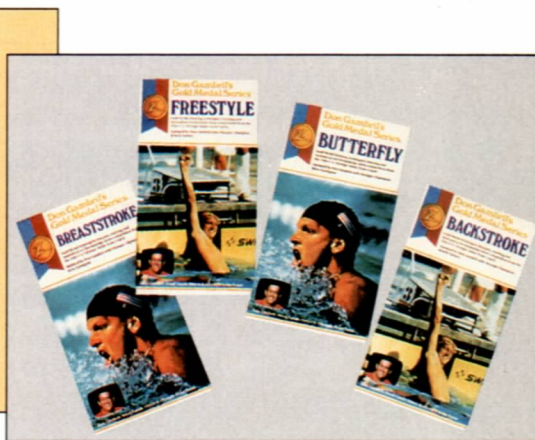
Produced by John Trembley, Head Swimming Coach, University of Tennessee. This technique video breaks down all starts, turns, whole strokes and drills with slow-motion footage of world-class swimmers. It has proven itself to be one of the most effective technique teaching tools for age group, high school and masters swimmers.

193009

\$49.95

COMPLETE SET OF THREE #1030SR

\$99.95



DON GAMBRIL'S GOLD MEDAL SERIES

FREESTYLE—Rowdy Gaines gives insight into his "classic" freestyle form. Covers starts, turns and the importance of executing them correctly.

193003

\$29.95

BREASTSTROKE—Coach Gambril and Steve Lundquist discuss the history and evolution of this stroke. Demonstrations of proper body position, timing and mechanics by the U.S. gold medalist.

193004

\$29.95

BUTTERFLY—Race footage of World Record holder Mary T. Meagher and Pablo Morales, with an analysis of their kick and stroke techniques. Tips on body position, water entry, drills and dryland exercises.

193005

\$29.95

BACKSTROKE—Coach Gambril and Rowdy Gaines discuss everything from getting started in the stroke to refinement of techniques at the Olympic level. Film clips with slow-motion analysis of the skills utilized for backstroke sprints and distance events.

193006

\$29.95

COMPLETE SET OF FOUR

1040SR

\$109.95

Mail order to: SWIMMING TECHNIQUE
PO Box 91870, Pasadena, CA 91109
FAX: 818-304-7759

FOR CREDIT CARD ORDERS CALL—
1-800-352-7946

ITEM #	QTY.	DESCRIPTION	PRICE	TOTAL



SHIPPING CHARGES

Up to \$20.00 add \$3.00
\$20.01—\$40.00 add \$4.00
\$40.01—\$60.00 add \$5.00
\$60.01—\$150.00 add \$7.00
Over \$150.01 add \$10.00

SUB TOTAL
8-1/4% tax if in California
Shipping charges
Add \$3.50 per item if outside USA
GRAND TOTAL

SHIP TO:

Name _____

Address _____ City/State/Zip _____

MC/VISA _____ Expiration date _____

SIGNATURE _____

ALLOW 3 TO 4 WEEKS FOR DELIVERY

ANGEL RISES TO NEW HEIGHTS

By Paul Suter

Confident and consistent. These words describe Angel Martino as she continues to turn in outstanding performances, which she attributes to hard work and her love for the sport.



Photo by Amy Kilpatrick

mother Theresa and father Kirt were distraught to find there wasn't a swim team in the small town of about 16,000 people. So, at the urging of Theresa, Kirt (a Southeastern Conference distance swimming champion himself) started his own—the Americus "Blue Tide."

The Blue Tide became a summer pastime for many of the children who turned out. For Angel, it became a training ground for the next 10 years.

"The pool was only 16 yards, but that's really all I needed to work on my strokes and develop a feel for the water," says Angel. "That pool was my 'home away from home' four days a week."

(Angel's younger sister Krissy and younger brother Jamey also swam for the Blue Tide and went on to have outstanding college careers. Jamey was an NCAA Division I All-American at the University of Alabama and Krissy received the same honor at Florida State University.)

Both of Angel's parents worked closely with Angel throughout her youth. They recognized her talent and ambition and worked as hard as she did to help her stay on course. One important bit of advice Theresa gave to Angel may have ensured that Angel became the swimmer she is today and not just a former member of a high school cheerleading team.

"I remember when I was on my high school cheerleading squad, my 'cheer' coach came to me and asked me to quit swimming—she thought it was detracting from my cheerleading," recalls Angel. "Well, I did enjoy cheer-

Her accomplishments could speak for themselves. She was a gold and bronze medalist at the 1992 Barcelona Olympics (400 meter free relay and 50 free). Most recently, she set a world record in the 100 meter backstroke and American records in the 50 and 100 meter freestyles at the 1993 Short Course World Championships.

Yet few are probably very familiar

with the character and background of one of swimming's most outstanding female athletes.

Angel Martino—whose maiden name is Myers—was in swimming pools before she learned to walk. But her drive and compassion to become a great swimmer came when her family moved to Americus, Ga., when she was in the third grade. Practically upon arrival in Americus, Angel's

About the Author

Paul Suter is an independent media consultant based in Littleton, Colo.

leading and when I brought it up to my mom, she had a few opinions of her own. Needless to say, her insight taught me the pool should come before the pompons."

Following high school, Angel attended Furman University, a small liberal arts college in South Carolina. She had shopped the bigger institutions for athletic scholarships, but—not yet at her peak—was told by the powers-that-be to "go somewhere where you can contribute."

Her contributions at Furman included first-place finishes in the 50 yard free, 100 yard free, 100 yard fly and 200 yard IM at the 1986 NCAA Division II Championships. She also set NCAA Division II national records in the 100 yard free and 100 yard fly at the same meet and was named the NCAA Division II swimmer of the year.

"Furman is where I first started doubles and really became a more driven and better swimmer," says Angel.

Her drive to train didn't happen by accident, either. Early in her freshman year, she met Mike Martino (as fate would have it, in the pool), a junior sprinter on the Furman men's team. They chatted, began swimming and training together and ultimately fell in love.

"Mike taught me aspects of training I had never really considered before—the weight training, dietary regimen and all the other 'fun' stuff," she says with a smirk.

With both her family and Mike in her camp, along with an incredible work ethic, Angel reached a higher level. By 1988 she had qualified for the United States Olympic team and was two weeks away from traveling to Seoul for the Games. Then the phone rang. It was an Olympic official calling to tell Angel that her required blood tests had come in and showed positive traces of banned substances. Angel was sure it was a mistake.

"Following the conversation, I wasn't really worried. I knew it had to be a mistake and everything would be cleared up in a couple of days," she said.

However, things were not cleared

up, and Angel's dream to compete in the Olympics had suddenly become a nightmare. As always, Mike was right by her side.

"When I first got the news," says Mike, "my first reaction was 'WHAT?!' My first thought was 'how must Angel feel?' I mean, for someone who has trained so hard to make the team and then have the rug pulled out from under them has to be devastating."

Whatever the reason for the positive test results—Angel and other experts believe her use of birth control pills at the time tainted the results—it didn't stop her.

"A lot of people might have quit after that, thinking, 'What's the use?'" says Mike. "Angel came back with twice the fury."

What couldn't be proven then, Angel proved during the following months and years. She became an even better and stronger swimmer—leaving no doubt in anyone's mind that the reason for her success was purely Angel's hard work. In 1992, Angel again qualified for the U.S. Olympic team and competed in Barcelona, taking home a gold and bronze medal. And she's not finished yet.

"After Barcelona, I wasn't sure if I wanted to go on," says Angel. "I was 24 years old and felt I may have already passed my prime."

Angel's love for swimming convinced her to get back in the pool. She continued to train hard and formed new partnerships with people who gave her a new feel for swimming. One of the partnerships is with Arena North America, manufacturer of the Strush SR competitive swimsuit, which Angel competes in today.

"I could relate to Arena," says Angel. "Here was a company that was once on top of the world, got rocked by some tough times and is now successfully pulling itself up by the bootstraps and returning to the forefront of the swimwear industry."

"I've also found a suit that I'm very comfortable in that gives me a better sensation of riding high on the water. If I didn't like the suit, I

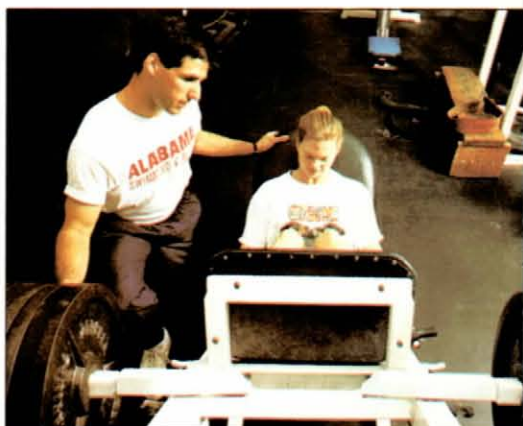


Photo by Amy Kilpatrick

Angel's husband, Mike (left), oversees what continues to be a key element of Angel's training—weightlifting.



Photo by Joe Patronite, Allsport

At the 1988 Olympic trials, Angel won three events but was taken off the U.S. team after testing positive for banned substances.

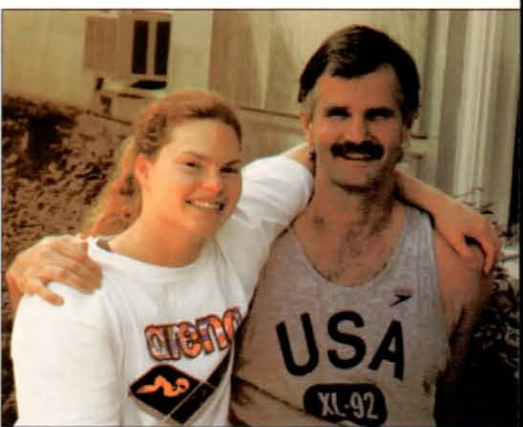


Photo by Amy Kilpatrick

Coach Jonty Skinner began working with Angel in 1990. Since then, she has won two Olympic medals and recently set a world record.

wouldn't have signed the deal."

"We've enjoyed being Angel's sponsor these past few months and are looking forward to a great future with her," said Jim Johnston, president of Arena. "Angel is a tremendous competitor, and we find that very inspiring."

Beyond new partnerships, Angel—along with a lot of research and hard work by Mike—has also rediscovered the importance of training.

"Mike has almost completed his Ph.D. in exercise physiology, so whether I want him to or not, he's constantly developing new theories on training," Angel says with a smile. "I hate to admit it, but he's put together a tremendous program for me."

Now 27 years old, Angel's training program and dietary regimen are far different than in the past. Her diet today includes more fruits and vegetables and far less starches. The high nutrition content is accelerating her recovery time out of the water, enabling her to get in more workouts.

"The diet is based on the Eicotec diet," explains Mike, who has applied it to Angel's training. "It's made a world of difference in the fact that she's lost a lot of body fat and is leaner now than before."

Along with administering the diet, Mike also does a body composition analysis once a month along with a three-day diet recall every month. The tests estimate the percentage of calories Angel is receiving from the proteins, carbohydrates and fat in her diet, which enable him to juggle the groups accordingly for her training.

Mike also oversees what continues to be a key element of Angel's training—weightlifting. After the pool, they both spend time with the weights. The work is paying off, making Angel perhaps the U.S. team's strongest female swimmer.

"Mike's made me feel good about swimming again, and he's a driving force behind my success," says Angel. "It's hard on us at times because the arguments don't always stay at the pool. But it's worth it because I can't think of a person I'd rather be working with or one who would give me

more attention."

Beginning in 1990, Angel also began working with Jonty Skinner, head coach for the University of Alabama's men's and women's swim teams and former 100 meter freestyle world record holder. Skinner introduced Angel to new training techniques to help with her endurance and neuromuscular training. He also took a more analytical approach by measuring distance per stroke and stroke tempo.

"Today, Angel has more consistency than ever before and is in better shape than ever before," says Skinner. "Along with that, she's gaining confidence, which is making her a very dangerous swimmer."

Today, Angel's training facility is the University of Alabama pool. She swims at the pool on a daily basis, often with the swim teams.

"It helps to work out with the student-athletes," says Angel. "They have so much energy, they keep me energized. Plus, they add a little pressure whenever they want to race me—because they expect me to win!"

Amy DeVasher, a sophomore swimmer at the University of Alabama and NCAA All-American, notes how much she appreciates Angel's presence: "She works so hard and is so driven that you know when Angel's around you're going to get something out of it."

Angel's work at the university is enabling her to continue to focus on freestyle events. She has also started to concentrate on a refreshing new specialty for her—the backstroke. In fact, it has not only taken the place of the fly for Angel, but has shown how complete a swimmer she really is.

"I began swimming the backstroke because the fly created shoulder problems for me," says Angel. "The backstroke kept training from getting too monotonous, and it's easier on my shoulders. I've also gotten pretty good at it."

Angel's backstroke is so good now that she recently shattered the world record in the 100 meter backstroke at the 1993 Short Course World Championships. In addition, at the Kerr-McGee Invitational in Oklahoma

in December 1993, Angel missed setting the American short course yards record by less than one-tenth of a second—a fact all the more impressive considering she had just competed in the 50 yard freestyle only ten minutes before the start of the backstroke race.

Angel is at an age now when many are thinking about masters competition, if not retiring from competitive swimming altogether. However, her new training, diet and love for the sport have led to outstanding performances in the last six months alone.

Although Angel is very happy with her recent results, she refuses to look too far ahead.

"I'm taking things as they come. I used to look too far ahead, but I believe that put too much pressure on me. I'm happy with what I'm doing and am only really worried about enjoying the sport."

What lies ahead for Angel are plans any swimmer would be proud of. This month, Angel will complete altitude training in Ecuador. In July, she will travel to St. Petersburg, Russia, to compete in the Goodwill Games. (Angel was one of only a few American swimmers to receive outright invitations without the need to qualify.) Later this summer, Angel will compete to qualify for the World Championships in Rome.

The future is in Angel's control, and that's what she wants. She has people surrounding her that support and love her and understand her better than anyone. All of those components come through clearly in the acknowledgement Mike wrote for his recent thesis:

The single most important inspiration in my life is my wife, Angel. She defines the word courage in my mind. There is no finer competitor to be found in this world. For a person who has no heroes in his life, I am extremely honored and proud to recognize my wife as a heroine. When things get tough for me, I just step back and think about what Angel has accomplished.

Many others have similarly glowing things to say about Angel Martino. For Angel, her actions speak louder than any words. ■



Michelle Jones, ITU World Triathlon Champion and Triathlete of the Year, 1992 & 1993

Photo: Rich Kruse

HONEY, I SHRUNK THE BARRACUDAS.

Finally. Small goggles that don't hurt. Or leave red circles. They stay on, don't leak, and don't fog. They feel great, because they don't depend on suction. You get all the comfort, the adjustable, watertight fit you expect from Barracuda, with a



lot less drag. Because these ELITE™ goggles have a new hydrodynamic design, to fit *under* the bone under your eyebrow. We make each pair in our factory in Portland; you make them fit *perfectly* by adjusting the nosebridge.

BARRACUDA

Skyline Northwest Corp., 0224 S.W. Hamilton St., Portland, Oregon 97201
Toll Free: 1-800-547-8664 In Oregon: 503-241-0528 Fax: 1-800-238-4658



A Louganian Performance

Veteran Mary Ellen Clark joined a select group of divers by sweeping the women's events at the U.S. indoor championships.



Although Greg Louganis swept the three events at nationals eight times from 1979 through 1988, Mary Ellen Clark became the first female diver in 23 years to achieve that feat at the Phillips 66 National Indoor Diving Championships April 19-23 in Minneapolis. Cynthia Potter, the color analyst for the TNT sports telecast, was the last woman to accomplish a sweep.

Clark, 31, the Olympic bronze medalist on platform, had to come from behind in winning the 10-meter event for the fourth successive time at a nationals and complete her triple at the University of Minnesota Aquatic Center. The Fort Lauderdale diver trailed 16-year-old Becky Ruehl of the Cincinnati Stingrays by two points entering the final two rounds. She came through with mostly 8s on her final two dives (an inward 3 1/2 somersault tuck and a back 1 1/2 with 2 1/2 twists) and won by nearly 40 points. The winning total of 430.17 points was a career best and the highest women's 10-meter score at a nationals since the 1990 outdoors (443.16 by Wendy Lian Williams). Ruehl wound up with 393.00 to be the runner-up.

"I've always dreamed about winning all three," said Clark, a Penn State graduate. "I started to think about the end result, and I got nervous. Finally, I settled down and did what I was supposed to do."

While Clark won on platform for the fifth time, the springboard victories were the first of her career. She never led in the 1-meter contest and stood in third place going into the 10th and final round, trailing leader Janette Stephenson of Ohio State by 4.29 points. Clark earned mostly 7s and 7.5s on an inward 1 1/2 pike to win with 438.30 points. Kristen Kane, 22, of Indiana finished second (428.22) as

Stephenson slipped to fifth.

On the way to her 3-meter victory, Clark received the meet's first score of 10 on a dive with her reverse 2 1/2 tuck in the seventh round. She won with 513.96 points. Cheril Santini, 20, of SMU placed second (506.73).

"I've always been known for being better on platform, but I've been diving springboard for a lot longer," said Clark, whose previous best springboard finishes were second on 1-meter at the 1993 indoors and third on 3-meter twice.

Russ Bertram, also from Fort Lauderdale, won his second consecutive U.S. indoor title on men's platform with a personal-best 603.42 points. Bertram, 28, pulled away from the challenge of 15-year-old Mark Ruis of Team Orlando in the ninth round with his best dive, a back 3 1/2 tuck. Ruis, the meet's youngest male competitor, held off 1993 outdoor champion Patrick Jeffrey of Miami for second, 557.76 to 553.47.

"I had one goal coming into today—to break 600," said Bertram.

Jeffrey came from fourth place with two rounds to go to win his second U.S. 3-meter title. The 28-year-old, a 1988 Olympian on platform, hit forward and reverse twisting dives for mostly 8s and 9s on his last two efforts to finish first with 644.43 points.

"I've been diving better than I ever have in my life," said Jeffrey, who has also won two U.S. titles on platform. "I've put a lot of pressure on myself to do well."

Scott Donie, 25, the Olympic platform silver medalist, edged 1988 Olympian Mark Bradshaw for second (635.97 to 634.89). Donie, who returned after a six-month layoff from diving and a battle with depression, didn't compete on the tower, saying he will go back on the 10-meter "when I'm ready,"



Mary Ellen Clark, the best on platform the last few years, became tops on all the boards.



maybe this summer.

Miami's Dean Panaro, fourth on 3-meter, earned the meet's other 10 on a forward 3 1/2 pike in the sixth round.

USC senior Brian Earley, 22, from Rose Bowl Aquatics became the meet's only first-time champion with a win on 1-meter. Earley took the lead in the fifth round and remained in front the rest of the way. He finished with 594.24 points. Chris Devine, 22, from Penn State, was second (578.76).

"My required dives aren't usually my best, so I knew I was in good shape when I was leading after the requireds," said Earley.

Olympic 3-meter gold medalist Mark Lenzi, 25, trying to raise funds to attend flight school, is not competing this season but may return next year to prepare for the 1996 U.S. Olympic trials.

Li Kongzheng, 34, the 1984 platform bronze medalist for China and currently making a comeback as a U.S. citizen, placed ninth on 10-meter. Li has lived in the United States since 1986 and has coached at three different clubs, including his current squad, Team Orlando.

Clark and Fort Lauderdale teammate

David Pichler captured the women's and men's high-point awards, respectively. Pichler, 25, was the only male diver to place in the top 10 on all boards. Charlie Casuto of the Cincinnati Stingrays and USC's Rick Earley (father of Brian) shared the Coach Award of Excellence. Brian Earley received the Phillips Performance Award (a diver can win the award only once, and Clark won in 1987).

Miami (Fla.) won both the combined and men's team titles. Coach Randy Ableman's team scored 187 points. Fort Lauderdale, second in the combined with 177 and the women's team champion, had won the last three combined titles.

The nationals determined U.S. teams for the Goodwill Games Aug. 2-7 in St. Petersburg, Russia and the Alamo International May 5-8 in Fort Lauderdale, Fla. The top 10 finishers are invited to compete at the Olympic Festival July 2-6 in St. Louis, Mo. —By Russ Ewald

Brian Earley, a two-time NCAA champion on platform, won on the 1-meter board for his first U.S. national title.

TRIPLES AT DIVING NATIONALS

MEN	Diver	Club	WOMEN	Diver	Club
Indoor Nationals			Indoor Nationals		
1976	Tim Moore	Ron O'Brien D.S.	1964	Barbara Talmage	Dick Smith S.G.
1985	Greg Louganis	Mission Viejo			
1986	Greg Louganis	Unattached			
Outdoor Nationals			Outdoor Nationals		
1965	Bernie Wrightson	Dick Smith S.G.	1950	Pat McCormick	Los Angeles S.C.
1979	Greg Louganis	Mission Viejo	1951	Pat McCormick	Los Angeles S.C.
1980	Greg Louganis	Mission Viejo	1954	Pat McCormick	Los Angeles S.C.
1984	Greg Louganis	Mission Viejo	1956	Pat McCormick	Los Angeles S.C.
1985	Greg Louganis	Mission Viejo	1957	Paula Jean Myers	Indian Springs A.C.
1986	Greg Louganis	Mission Bay	1958	Paula Jean Myers	Encino, Calif. SS
1988	Greg Louganis	Mission Bay	1971	Cynthia Potter	Gatorade S.C.

Note: Platform event didn't begin at indoor championships until 1964. Men's 1-meter didn't start at U.S. outdoors until 1964, and women's 1-meter didn't begin until 1948. Other events date back to at least 1923.

Three Straight For Lyons

As M.E. Lyons scored over 500 points to capture its third straight YMCA national title, more than 2,000 YMCA swimmers were making this year's championship meet one of the best ever.

By Sharon Robb

Every swimmer and diver had his or her own reason for doing well at the 24th annual National YMCA Swimming and Diving Short Course National Championships April 12-15 in Fort Lauderdale, Fla.

Chrissy Miller had a whole year's worth.

The 18-year-old from Upper Main Line, Pa., missed last year's event with mononucleosis. This year, determined to do well, Miller swam a personal best 4:48.90 to win the women's 500 yard freestyle on the first day of what promised to be one of the most competitive meets in YMCA history. She also teamed with Heather Burnhans, Erika Acuff and Sandie Stringfellow to win the 200 medley relay (1:47.54).

More than 2,000 swimmers and divers from 48 states and 100 YMCAs competed over four days at the International Swimming Hall of Fame Aquatic Complex, which saw M.E. Lyons win its third straight national title.

Assistant meet director and pool manager Stu Marvin, a nationally-ranked masters swimmer, pooled the swimmers on to two courses in one Olympic-sized pool—the men on one side, the women on the other—separated by a specially-built dock.

"The idea came out of history," Marvin said. "They used to have one small 8-by-8 platform off at the end of the pool that they would stand on. As years went by,

the dock moved further down the pool. I had been to other facilities where they had floating docks because they needed to officiate on all four sides of the pool. But it didn't look practical because it was pitching and rocking all day."

Marvin designed the dock with a scaffolding company. "It's a series of scaffolding, I-beams and plywood," Marvin said. "We carpeted it and did some modifications, setting up a false start rope. It was only to officiate from, not to turn against. At first, I think they thought it was a turning bulkhead. It's not real expensive, and it takes only a day-and-a-half to install."

It was the 16th year ISHOF hosted the meet which has served as a stepping stone for some top swimmers. Olympic gold medalist and world record holder Melvin Stewart and NCAA champion David Fox of the Fort Lauderdale Swim Team used the YMCA program as a springboard to elite and international competition.

It also gave college coaches one final chance to scout some of the nation's top swimmers. About 50 scouts from NCAA Division I, II and III and NAIA schools were in attendance. NCAA rules did not allow them to talk to swimmers and divers until the final day of the meet, April 15, when the signing period began.

Thanks in part to Miller, Upper Main Line, Pa., won the women's title with 328 points, outdistancing runner-up Huntington, W.Va., with 276. Rounding out the top five were M.E. Lyons, Ohio (258); Northwest DuPage, Ill. (249) and



Charlottesville, Va. (244).

"I trained really hard last year and really wanted to swim in this meet," said Miller, who will swim at the University of North Carolina in the fall. "So coming back and winning it this year made it very special. I was hoping to swim a 4:49, and when I saw my time, I was surprised."

Miller had three second-place finishes at the YMCA nationals two years ago. In that same 1992 meet, she helped the 200, 400 and 800 freestyle relay teams win national titles and was looking forward to

About the Author

Sharon Robb is a sportswriter for the Fort Lauderdale Sun-Sentinel.

Photos by George Olsen



Chrissy Miller (left) of Upper Main Line, Pa., set the tone for the four-day YMCA nationals by capturing the 500 free opening day in a personal best 4:48.90. Just a year ago, she missed the meet because of mononucleosis, but returned this year to help her team win the women's title.

M.E. Lyons (below) of Cincinnati, Ohio captured both the men's and combined team titles, due in large part to the efforts of Dod Wales and Talar Bendel (bottom). Both swimmers won three individual events and anchored three winning freestyle relays.



Eckman and Kyle).

Bendel also swam freestyle on her team's eighth-place 200 medley relay, won by Upper Main Line, and the 400 medley relay, which finished third. Huntington, W.Va., captured the 400 medley in 3:52.92 with a team of Stacy Brown, Melissa Olson, Jo Ellen Scheirman and Kimberly Robinson.

Another Janel Jorgensen record was erased from the YMCA record book when Sarah Maggio of Northwest DuPage, Ill., clocked 4:15.90 in the 400 individual medley, breaking the record of 4:18.70 set in 1988. The win in the 400 IM marked the third straight year she had won the event. Maggio also won the 200 IM (2:02.19) and the 200 breast (2:17.78).

While Bendel and Maggio picked up the lion's share of gold medals, there was still plenty of hardware to go around as nine lady swimmers each won one event.

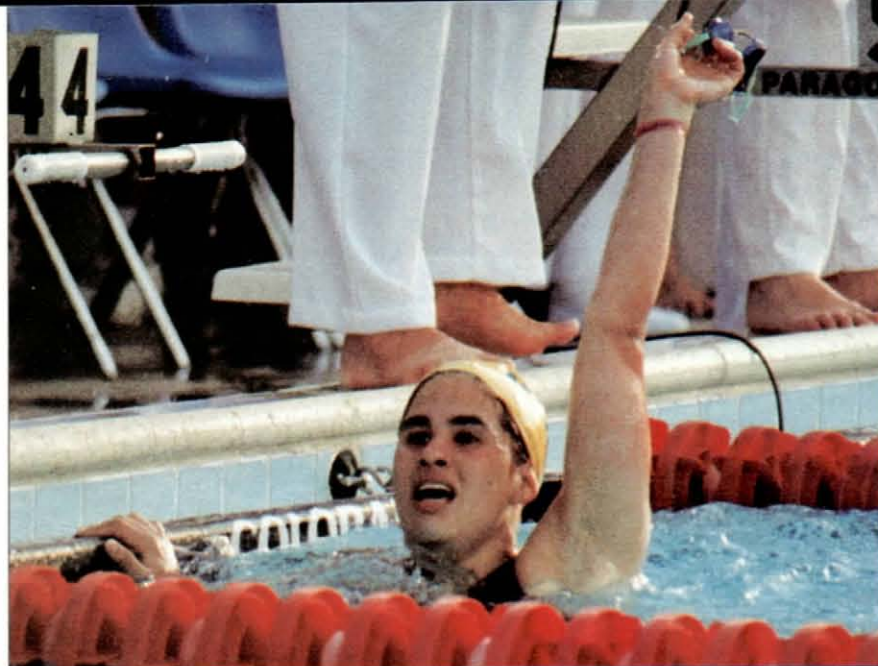
Fifteen-year-old Rebecca Cronk of Charlottesville, Va., improved upon her sixth-place finish of a year ago to win the

bettering those marks in 1993. "I just had to wait a year, that's all," Miller said. "It was just hard to be away from the pool for that long. It really got my competitive fires burning."

Miller wasn't the only one on fire in the women's field, balanced with depth and quality.

Talar Bendel, 17, of M.E. Lyons won three events—the 200 free (1:48.92), 100 butterfly (55.57) and 200 fly (2:00.01). It was her third straight win in the 200 fly, and her 2:00.01 broke the seven-year-old meet record of 2:00.27 set by Janel Jorgensen. Besides her individual prowess, Bendel anchored three winning freestyle relays—the 200 (1:36.22 with teammates Carrie Sheil, Michelle Murphy and Debbie Kyle), 400 (3:29.24; Sheil, Shannon Berger and Kyle) and 800 (7:29.29; Berger, Kate





Triple winner Sarah Maggio of Northwest DuPage, Ill., reacts to her record-breaking performance in the 400 IM. It was the third straight year she had won the event.

50 free in 23.77. Stefanie Williams, 14, of Bloomsburg, Pa., captured the 100 free in 51.07.

Although Suzanne Black finished second by 19-hundredths to Chrissy Miller in the meet's first event, the 500 free, the 16-year-old from Winston-Salem, N.C., rebounded on the meet's final day to capture the 1650 by 12 seconds with a time of 16:35.01. Black has won the 1650 three straight years, and she also won the long course version last summer with a meet record.

In the 100 back, former YMCA record holder Nora Grannell, 18, of Severna Park, Md., won her specialty with a 56.58 after placing sixth a year ago. Grannell set the record of 56.41 in 1992, which was bettered by Alegra Breaux last year (55.63). Melissa Olson, 15, of Huntington, W.Va., won the 200 back in 2:01.80.

The 100 breast was won by Adrienne Sutton, 15, of Salem County, N.J., with a time of 1:04.40. It marked a successful climb up the ladder for Sutton, who finished fourth in 1992 and third last year.

Chelsie Lerew and Katie Kelleher split the two diving events. Only 12 years old, Lerew of Moultrie, Ga., scored 361.30 points to win the 1-meter event. Kelleher, 16, of Haverhill, Mass., took the 3-meter with 418.25 points.



Not to be outdone, the boys competition was equally strong. Defending boys champion M.E. Lyons had too much depth and quality to lose its hold on the team title. M.E. Lyons won the boys crown for the second straight year with 316.5 points and cracked the 500-point barrier to win

the combined team total with 574.5 points—their third straight triumph.

Rounding out the top five boys teams were Wilton, Conn. (232); Rochester, Mich. (229); Kettering, Ohio (215); and Raleigh, N.C. (214). The remaining top five in the combined teams category were Upper Main Line, Pa. (432); Wilton, Conn. (341.5); Charlottesville, Va. (315.5); and Reading, Pa. (300).

Dod Wales of M.E. Lyons and Tom Wilkins of Red Bank, N.J., were triple winners. Wales, 17, just as he did last year, won the 100 (45.11) and 200 (1:38.05) freestyle events and the 100 butterfly (49.61). His 200 time missed the national mark by just 4-hundredths. He also came close to the national record in the 100 free, missing by 42-hundredths, and the 100 fly, which was 48-hundredths off the national record.

Wales also anchored three winning freestyle relays. He teamed with Ken Heis, Jamie Holder and Josh Carothers to take the 200 and 400 (1:24.08 and 3:05.68), and joined Carothers, Josh Darling and Craig Wales to capture the 800 in 6:50.60.

Wilkins, 18, captured his first YMCA national title on the opening day by winning the 200 IM with a personal best 1:50.31. The state high school and long course junior national champion went on to win the 400 IM (3:56.37) and 200 fly (1:50.54).

One of the more interesting stories came on the fourth and final day. Jeremy Linn of Harrisburg East, Pa., headed for the University of Tennessee in the fall, was not only determined to win but wanted to set a national record and avenge his brother's

past loss in the 100 breast.

Linn, 18, did just that. In the morning preliminaries, Linn broke the record of 55.04 set by J.J. Freitag with a time of 54.76. Freitag, of Roanoke, Va., set the record in 1989 at the expense of Linn's brother, Andy, who finished second. Linn went on to win the national title that night in a slower 55.10 to sweep the breaststroke titles. He won the 200 earlier in the week in 2:01.27. Linn has now won the 100 breast three straight years and the 200 breast two straight.

"I felt good this morning and thought I could break it," Linn said. "I just wanted to get it out of the way. It feels good to go out this way, and when I call Andy, I'm sure he'll be happy."

In one of the few disqualifications of the meet, the men's 400 medley relay team from Rochester, Mich., was disqualified after finishing second in a close race with Lakeland, N.J. Lakeland won in 3:26.92 with a team of Brian Elko, David Boardman, Brian Cohen and Dan Russell.

The Moultrie, Ga., YMCA swept three of the top four spots (first, third and fourth) in both of the diving events. Chad Sheldon, 16, won the 1-meter title with 440.15 points. Trey Hart, 16, who had finished fourth in the 1-meter, captured the 3-meter crown with 491.00 points two days later. Sheldon placed fourth in the 3-meter.

Five more YMCA swimmers came home with individual event wins. Greg Stacey, 17, of Wilton won the 50 in 20.74 after tying for fifth a year ago. Stacey also helped his team take the 200 medley relay. Jeff Fawcett, Tom Davis, Sergio Vallejo and Stacey combined for a 1:35.19 victory.

In the distance freestyles, two 17-year-olds paced the field as Sarasota's John Bruening won the 500 in 4:30.02 and Jim Sullivan of Ridgewood took the 1650 in 15:38.07.

Michael Bartz, 16, of Flushing, N.Y., won the 100 back in 51.10, just ahead of Graeme Leiser, 17, of Raleigh, N.C. Leiser, however, came back two days later to win the 200 back in 1:50.59. ■

WESTERN SWIMMER

Presented by



FAR WESTERN SHORT COURSE CHAMPIONSHIPS Heather Farms Clarke Memorial Swim Center Walnut Creek, California March 24-27, 1994 (25 YD)

GIRLS

10 AND UNDER

50 Free

26.14 Hannah Pawlewicz, MSSA-MI
28.15 Jodie Needles, HSA-SI
28.29 Laura Davis, TERA

100 Free

58.40 Hannah Pawlewicz, MSSA-MI
1:00.83 Jodie Needles, HSA-SI
1:00.99 Laura Davis, TERA

200 Free

2:12.95 Hannah Pawlewicz, MSSA-MI
2:13.16 Courtney Livak, SCSC
2:14.90 Diana Ernst, MBSC

50 Back

31.49 Hannah Pawlewicz, MSSA-MI
32.13 Amy Wagner, DAC-AZ
32.21 Amy Ng, SRVL

100 Back

1:07.84 Kim Do, WEST
1:09.50 Christina Parks, DAC-AZ
1:09.76 Hannah Pawlewicz, MSSA-MI

50 Breast

34.82 Melissa Chandler, CARS
35.69 Lindsey Storey, TNT-CC
36.07 Batya Ellinoy, MBSC

100 Breast

1:15.95 Melissa Chandler, CARS
1:16.66 Christina Parks, TERA
1:17.01 Lindsey Storey, TNT-CC

50 Fly

28.92 Hannah Pawlewicz, MSSA-MI
30.58 Kim Do, WEST
30.70 Kelsey Louderback, IVAN

100 Fly

1:08.16 Hannah Pawlewicz, MSSA-MI
1:11.15 Leah Monroe, ALGA
1:11.39 Lindsey Storey, TNT-CC

100 IM

1:08.21 Hannah Pawlewicz, MSSA-MI
1:09.41 Laura Davis, TERA
1:10.53 Melissa Chandler, CARS

200 IM

2:26.42 Laura Davis, TERA
2:28.81 Leah Monroe, ALGA
2:30.65 Amy Ng, SRVL

11-12

50 Free

25.37 Haley Champion, OCST-HI
25.55 Heidi Lietz, WCAB
25.71 Nicole Braid, MPM

100 Free

55.42 Haley Champion, OCST-HI
55.61 Heidi Lietz, WCAB
55.83 Mary Gaugler, CSC

200 Free

1:58.97 Mary Gaugler, CSC
2:00.31 Dana Baum, CARS
2:00.52 Tanica Jamison, SRVL

500 Free

5:15.47 Tanica Jamison, SRVL
5:15.89 Dana Baum, CARS
5:17.72 Mary Gaugler, CSC

50 Back

28.39 Haley Champion, OCST-HI
28.93 Dana Baum, CARS
29.06 Janelle Hose, RA-SN

100 Back

59.88 Haley Champion, OCST-HI

1:00.35 Dana Baum, CARS
1:02.27 Lindsay Goodson, SRVL

50 Breast

31.40 Jody Hillock, WOOD-SN
32.24 Ashley Miller, DAV-SN
32.25 Tanis Berres, GASG-AZ

100 Breast

1:09.16 Jody Hillock, WOOD-SN
1:09.28 Jennifer Klemme, RA-SN
1:10.01 Laurie Musgrave, ACES-CO

50 Fly

27.25 Heidi Lietz, WCAB
27.63 Tanica Jamison, SRVL
27.63 Amber Rais, LAKE

100 Fly

59.66 Tanica Jamison, SRVL
1:01.59 Heidi Lietz, WCAB
1:01.84 Jody Hillock, WOOD-SN

100 IM

1:01.95 Jody Hillock, WOOD-SN
1:02.00 Haley Champion, OCST-HI
1:02.77 Heidi Lietz, WCAB

200 IM

2:13.28 Jody Hillock, WOOD-SN
2:14.27 Tanica Jamison, SRVL
2:14.46 Heidi Lietz, WCAB

13-14

50 Free

24.63 Michele Riggins, GASG-AZ
25.00 Kasey Harris, TERA
25.14 Mary Barreto, PSC-AZ

100 Free

53.93 Michele Riggins, GASG-AZ
54.67 Ellen Erick, CMAC-AZ
54.74 Courtney McKinney, CHAT-UT

200 Free

1:56.65 Heather Mulkey, Unat.
1:56.90 Stephanie Armstrong, SOLO
1:57.18 Enicka Schulz, UN-SN

500 Free

5:10.99 Courtney Tawressey, C-PN
5:11.00 Laune Dolgas, UPPR-SI
5:13.71 Kris Lawson, Unat.

100 Back

1:00.48 Stephanie Armstrong, SOLO
1:00.96 Laurel Frisinger, Unat.
1:01.08 Brigid Dwyer, MONT

200 Back

2:10.83 Christine Zador, DVA
2:11.91 Laurel Frisinger, Unat.
2:12.39 Stephanie Armstrong, SOLO

100 Breast

1:06.36 Suzy Nicoletti, SCSC
1:06.62 Bryony Quinn, RIO-AZ
1:07.43 Helen Lawrenson, COL

200 Breast

2:24.48 Helen Lawrenson, COL
2:25.26 Sierra Richmond, CAB
2:26.79 Alexis Oakland, CCA-SN

100 Fly

57.51 Clara Ho, MSJA
58.19 Alexis Oakland, CCA-SN
58.65 Brigid Dwyer, MONT

200 Fly

2:07.06 Alexis Oakland, CCA-SN
2:13.00 Erin Franker, ACES-CO
2:13.17 Brigid Dwyer, MONT

200 IM

2:10.92 Sierra Richmond, CAB
2:12.71 Courtney McKinney, CHAT-UT
2:15.00 Erin Reiland, PASC

400 IM

4:39.72 Ariel Adams, UN-SN
4:41.40 Courtney McKinney, CHAT-UT
4:42.39 Enicka Schulz, UN-SN

15-16

50 Free

25.05 Mel VonHaritzsch, ST-OK

25.10 Coy Gardner, RENO
25.38 Brooke Spittler, TERA

100 Free

53.87 Mel VonHaritzsch, ST-OK
54.38 Melissa McIntosh, WCAB
54.83 Elizabeth Katz, PSC-AZ

200 Free

1:55.23 Mel VonHaritzsch, ST-OK
1:55.47 Katrina Rowe, ALMA
1:57.59 Elizabeth Katz, PSC-AZ

500 Free

5:05.36 Jaclyn Slingerland, RIO-AZ
5:05.39 Mel VonHaritzsch, ST-OK
5:10.26 Sarabe Schweitzer, UN-SN

100 Back

58.99 Stephanie Stuppi, MPM
1:00.70 Krissy Adams, Unat.
1:00.74 Sarabe Schweitzer, UN-SN

200 Back

2:05.75 Stephanie Stuppi, MPM
2:06.75 Sarabe Schweitzer, UN-SN
2:10.43 Amalia Gonzalez, SVA

100 Breast

1:07.82 Mel VonHaritzsch, ST-OK
1:08.04 Emily Flanagan, Unat.
1:09.26 Sarah Chu, DACA

200 Breast

2:27.54 Mel VonHaritzsch, ST-OK
2:27.63 Emily Flanagan, Unat.
2:27.87 Courtney Martellucci, UN-SN

100 Fly

58.62 Sarabe Schweitzer, UN-SN
59.42 Darcy Butt, SJA
59.88 Melissa McIntosh, WCAB

200 Fly

2:08.46 Ashleigh Barreto, ALTO
2:08.52 Darcy Butt, SJA
2:09.61 Sarabe Schweitzer, MAC-SN

200 IM

2:09.78 Mel VonHaritzsch, ST-OK
2:11.37 Sarabe Schweitzer, MAC-SN
2:12.99 Jenna Childs, Unat.

400 IM

4:33.17 Courtney Coleman, MHSC
4:37.29 Mel VonHaritzsch, ST-OK
4:38.64 Jennifer Amthor, SHA

17-18

50 Free

24.74 Cory Teague, MPM
24.79 Erka Whyte, SVA
24.92 Sarah Jones, SRN

100 Free

53.75 Sarah Jones, SRN
54.07 Katie Willis, CMAC-AZ
54.83 Gina Raineri, SOSA-SN

200 Free

1:56.84 Sarah Jones, SRN
1:57.11 Becky Stover, DACA
1:58.39 Katie Willis, CMAC-AZ

500 Free

5:03.48 Becky Stover, DACA
5:07.93 Emily Anderson, SRVL
5:17.46 Malisa Tantraphol, SCSC

1650 Free (13-18)

17:37.67 Becky Stover, DACA
17:45.05 Laurie Dolgas, UPPR-SI
17:54.14 Katie Younglove, CCA-SN

100 Back

1:00.09 Cory Teague, MPM
1:00.13 Allison Lovell, CAB
1:01.60 Cary Conley, Unat.

200 Back

2:07.52 Bethany Bieatt, GASG-AZ
2:10.29 Amanda Quinn, RIO-AZ
2:11.30 Allison Lovell, CAB

100 Breast

1:04.47 Carrie Johnson, SVA
1:08.54 Stephanie Lutz, Unat.

1:10.37 Jocelyn Rossi, TERA

200 Breast

2:28.56 Jocelyn Rossi, TERA
2:30.73 Jennifer Abell, SJA
2:31.40 Jennifer Schilling, WEST

100 Fly

57.31 Mary Naber, SVA
58.63 Amy Walther, MHSC
59.32 Cory Teague, MPM

200 Fly

2:10.59 Alissa Johnson, RIO-AZ
2:12.00 Amy Walther, MHSC
2:13.88 Katie Bracco, MPM

200 IM

2:11.11 Amanda Quinn, RIO-AZ
2:12.99 Bethany Bieatt, GASG-AZ
2:13.78 Sarah Jones, SRN

400 IM

4:34.03 Amanda Quinn, RIO-AZ
4:36.45 Emily Anderson, SRVL
4:39.53 Evi-Lynn Byer, PASC

BO

10 AND UNDER

50 Free

26.71 Ilima Mahoney, MSC-HI
27.23 Quinn Fitzgerald, NOVA-CA
27.28 Eric Lee, MSJA

100 Free

58.26 Ilima Mahoney, MSC-HI
58.36 Quinn Fitzgerald, NOVA-CA
1:01.27 John Zemaitais, PSC-AZ

200 Free

2:10.24 Quinn Fitzgerald, NOVA-CA
2:10.54 John Zemaitais, PSC-AZ
2:11.58 Daniel Jacobs, CAB

50 Back

30.85 Ilima Mahoney, MSC-HI
31.36 Quinn Fitzgerald, NOVA-CA
31.65 Colin Gaffney, AZM-AZ

100 Back

1:07.71 Ilima Mahoney, MSC-HI
1:08.33 Quinn Fitzgerald, NOVA-CA
1:08.43 Colin Gaffney, AZM-AZ

50 Breast

34.04 Noah Pavlakovich, AAA-CO
36.20 Brooks Jenkins, SRVL
36.74 Steven Nishiyama, GST-SN

100 Breast

1:13.96 Noah Pavlakovich, AAA-CO
1:18.89 Steven Nishiyama, GST-SN
1:20.28 Joel Tyler, RIO-AZ

50 Fly

29.97 Eric Lee, MSJA
30.83 Quinn Fitzgerald, NOVA-CA
30.84 Ilima Mahoney, MSC-HI

100 Fly

1:08.22 Ilima Mahoney, MSC-HI
1:09.06 Curtis Robinson, TTST-SN
1:10.08 Elan Ghazal, CLOV-CC

100 IM

1:07.04 Ilima Mahoney, MSC-HI
1:08.32 Noah Pavlakovich, AAA-CO
1:09.53 Quinn Fitzgerald, NOVA-CA

200 IM

2:25.78 Noah Pavlakovich, AAA-CO
2:27.68 Ilima Mahoney, MSC-HI
2:27.79 Michael Skowronski, SOLO

11-12

50 Free

23.80 Anthony Harding, MVAC-AZ

UltraSwim

Gently Gets The Chlorine Out

24.19	Benjamin Brink, ECSC-OR
24.62	David Fleisch, CHAT-UT
100 Free	
52.11	Paul Laraia, GEST-CC
52.34	Anthony Harding, MVAC-AZ
52.68	Benjamin Brink, ECSC-OR
200 Free	
1:52.98	Paul Laraia, GEST-CC
1:54.59	Karl Frisinger, NAPA
1:54.91	Brian Atkins, BFST-SI
500 Free	
5:00.04	Karl Frisinger, NAPA
5:00.05	Paul Laraia, GEST-CC
5:03.28	Brian Atkins, BFST-SI
50 Back	
27.24	David Fleisch, CHAT-UT
27.43	Benjamin Brink, ECSC-OR
27.93	Timmy Chung, C-PN
100 Back	
58.69	David Fleisch, CHAT-UT
59.36	Anthony Harding, MVAC-AZ
59.52	Timmy Chung, C-PN
50 Breast	
30.92	Cam Bendetsen, MPM
31.03	Timmy Chung, C-PN
31.80	AJ Brownell, CLOV-CC
100 Breast	
1:06.84	Cam Bendetsen, MPM
1:07.44	Benjamin Brink, ECSC-OR
1:07.83	Timmy Chung, C-PN
50 Fly	
26.77	Timmy Chung, C-PN
27.01	Enik Tolmacheff, GASG-AZ
27.07	Anthony Harding, MVAC-AZ
100 Fly	
58.30	Paul Laraia, GEST-CC
58.50	Timmy Chung, C-PN
59.54	Carl Hessler, SCSC
100 IM	
59.23	Benjamin Brink, ECSC-OR
59.74	David Fleisch, CHAT-UT
1:00.01	Timmy Chung, C-PN
200 IM	
2:06.21	Benjamin Brink, ECSC-OR
2:07.92	Paul Laraia, GEST-CC
2:08.61	David Fleisch, CHAT-UT
13-14	
50 Free	
22.25	Chris Park, Unat.
22.30	Samuel Ullery, HOT-AZ
22.71	Bryan Kreuzberger, Unat.
100 Free	
48.01	Samuel Ullery, HOT-AZ
49.29	Bryan Kreuzberger, Unat.
49.46	Chris Park, Unat.
200 Free	
1:46.57	Samuel Ullery, HOT-AZ
1:47.51	Bryan Kreuzberger, Unat.
1:48.42	Jesse Lanzon, UN-SN
500 Free	
4:44.22	Ryan Koch, Unat.
4:46.47	Steven Brown, RENO
4:46.72	Ryan Wong, Unat.
100 Back	
55.35	Bryan Kreuzberger, Unat.
55.61	Brian Spiritosanto, UN-SN
55.94	Jake Marrojo, RENO
200 Back	
1:58.57	Mauricio Buchner, Unat.
1:59.77	Ryan Wong, Unat.
2:00.25	Brian Spiritosanto, UN-SN
100 Breast	
1:01.25	Jeffrey Hopwood, PASC
1:01.53	Samuel Ullery, HOT-AZ
1:01.53	Richard Williamson, LAKE
200 Breast	
2:13.97	Richard Williamson, LAKE
2:14.74	Samuel Ullery, HOT-AZ
2:15.19	Jeffrey Hopwood, PASC
100 Fly	
53.87	Bryan Kreuzberger, Unat.
54.27	Samuel Ullery, HOT-AZ
55.28	Chris Park, Unat.

200 Fly	
1:59.18	Ryan Wong, Unat.
2:01.12	Chris Park, Unat.
2:01.37	Steven Brown, RENO
200 IM	
1:58.97	Ryan Wong, Unat.
2:00.30	Bryan Kreuzberger, Unat.
2:00.93	Brian Spiritosanto, UN-SN
400 IM	
4:13.09	Ryan Wong, Unat.
4:13.70	Brian Spiritosanto, UN-SN
4:19.69	Bruce Vogelgesang, SRVL
15-16	
50 Free	
22.39	Jed Michnowicz, Unat.
22.50	Enik Zador, Unat.
22.61	Jeffrey Horner, WCAB
100 Free	
48.95	Thad Mason, CMAC-AZ
49.83	Peder Anderson, BOZ-MT
49.84	Jansy Obando, GEM-CA
200 Free	
1:46.94	Enik Zador, Unat.
1:47.55	Jon Williams, COL
1:47.84	Peder Anderson, BOZ-MT
500 Free	
4:43.33	Rob Canales, Unat.
4:44.06	Jon Williams, COL
4:47.35	Nate Moore, WCAB
100 Back	
54.66	Timothy Mak, UN-SI
54.77	Jed Michnowicz, Unat.
55.84	Ian Cribbs, FSS-AZ
200 Back	
1:54.04	Jed Michnowicz, Unat.
1:56.51	Timothy Mak, UN-SI
1:58.03	Rob Canales, Unat.
100 Breast	
1:00.17	Travis Leyenhorst, NAPA
1:00.69	Thad Mason, CMAC-AZ
1:01.49	Philip Yoshida, SCSC
200 Breast	
2:08.57	Philip Yoshida, Unat.
2:08.95	Casey Davis, RIO-AZ
2:11.49	Travis Leyenhorst, NAPA
500 Fly	
53.29	Jansy Obando, GEM-CA
53.65	Matt Ward, ST-OK
54.11	Timothy Mak, UN-SI
200 Fly	
1:58.32	Jansy Obando, GEM-CA
1:59.28	Matt Ward, ST-OK
1:59.38	Philip Yoshida, Unat.
200 IM	
1:58.59	William Creager, GASG-AZ
1:58.75	Rob Canales, Unat.
2:00.18	Philip Yoshida, Unat.
400 IM	
4:08.06	Philip Yoshida, SCSC
4:10.51	Rob Canales, Unat.
4:14.28	Nate Moore, WCAB
17-18	
50 Free	
22.09	Jeremy McGill, ST-OK
22.18	Jason Banford, OSC
22.55	Ryan Sand, MSJA
100 Free	
48.73	Jeff Benson, AZM-AZ
48.78	Jeremy McGill, ST-OK
48.91	Santiago Duarte, CMAC-AZ
200 Free	
1:45.01	Jeff Benson, AZM-AZ
1:47.63	Jon Curtis, WCAB
1:47.88	Cameron Nelson, Unat.
500 Free	
4:45.77	Jeff Benson, AZM-AZ
4:49.47	Randy Hayden, DUKE-NM
4:49.90	Todd Claybaugh, PST-SN
1650 Free (13-18)	
16:13.03	Randy Hayden, DUKE-NM
16:24.74	Ryan Koch, Unat.
16:25.44	Steven Brown, RENO
100 Back	
53.00	Santiago Duarte, CMAC-AZ
53.95	Jeremy McGill, ST-OK
55.57	Jason Craighead, SRN
200 Back	
1:57.69	Jeff Benson, AZM-AZ
1:59.00	Brian Meyer, UN-SN
1:59.49	Santiago Duarte, CMAC-AZ

100 Breast	
59.51	Chris Hazelton, AFOX-AZ
59.86	Kris Escher, AZM-AZ
1:00.98	Ryan Lathrum, Unat.
200 Breast	
2:12.73	Ryan Lathrum, Unat.
2:13.66	Chris Hazelton, AFOX-AZ
2:16.22	Todd Claybaugh, PST-SN
100 Fly	
52.21	Santiago Duarte, CMAC-AZ
52.47	Ken Temple, Unat.
53.19	Jason Banford, OSC
500 Fly	
1:57.83	Tadashi Kaneko, Unat.
1:59.36	Jason Banford, OSC
2:01.10	Tony Muniz, UN-CA
200 IM	
1:57.65	Santiago Duarte, CMAC-AZ
2:00.18	Jeremy McGill, ST-OK
2:00.73	Jason Banford, OSC
400 IM	
4:10.89	Santiago Duarte, CMAC-AZ
4:10.95	Ken Temple, Unat.
4:16.00	Eric Cerney, NLSC-AK

**PACIFIC REGION NORTH
YMCA CHAMPIONSHIPS**
Hosted by the Boise YMCA
Univ. of Idaho Swim Center
Moscow, Idaho
March 26-27, 1994 (25 YD)

Meet Record

GIRLS 10 AND UNDER

50 Free	
29.00	Michele Magnuson, WSY
29.64	Enika Wirth, EY
30.34	Sarah Simmons, SVY
100 Free	
1:05.14	Michele Magnuson, WSY
1:05.90	Gretchen Plank, BELL
1:07.21	Sarah Simmons, SVY
200 Free	
2:22.99	Michele Magnuson, WSY
2:24.13	Clarice Seifert, BY
2:24.41	Gretchen Plank, BELL
50 Back	
33.71	Clarice Seifert, BY
34.57	Michele Magnuson, WSY
35.60	Kristin Couture, WWY
100 Back	
1:15.19	Gretchen Plank, BELL
1:18.67	Kristin Couture, WWY
1:19.32	Heidi Grunhurd, BELL
50 Breast	
37.94	Clarice Seifert, BY
39.10	Sarah Simmons, SVY
39.65	Sarah Mattingly, SAS
100 Breast	
1:24.95	Clarice Seifert, BY
1:29.26	Sarah Mattingly, SAS
1:32.23	K. Thorslund, WSY
50 Fly	
32.80	Michele Magnuson, WSY
33.12	Kristin Couture, WWY
34.68	Dana Kirk, BRMY
100 Fly	
1:15.98	Gretchen Plank, BELL
1:16.09	Dana Kirk, BRMY
1:17.48	Aubre Debenham, SAS
100 IM	
1:13.10	Gretchen Plank, BELL
1:14.29	Clarice Seifert, BY
1:15.09	Sarah Simmons, SVY
200 IM	
2:42.21	Sarah Simmons, SVY
2:42.31	Gretchen Plank, BELL
2:43.04	Clarice Seifert, BY
11-12	
50 Free	
26.54	Katy Jayne, WSY
26.80	Alex Callan, BY
26.94	Courtnee Adams, MVY
100 Free	
55.86*	McCall Dorr, BY
59.99	Courtnee Adams, MVY
1:00.77	Alex Callan, BY

200 Free	
1:59.51*	McCall Dorr, BY
2:09.82	Jaylene Burdick, MVY
2:22.06	Teresa Briggs, SVY
500 Free	
5:15.69*	McCall Dorr, BY
5:47.61	Jaylene Burdick, MVY
6:16.58	Michelle Nuyen, WSY
50 Back	
30.45*	Brook Chamberlain, AYSO
30.65	Stephanie Prince, BY
31.43	Alex Callan, BY
100 Back	
1:05.12*	Stephanie Prince, BY
1:08.54	Jaylene Burdick, MVY
1:10.68	Brook Chamberlain, AYSO
50 Breast	
33.50	Stephanie Prince, BY
34.64	Sara McFarland, SAS
35.54	Lauren Ojalvo, BY
100 Breast	
1:12.97	Stephanie Prince, BY
1:15.92	Sara McFarland, SAS
1:17.42	Lauren Ojalvo, BY
50 Fly	
27.58*	McCall Dorr, BY
29.33	Katy Jayne, WSY
29.50	Courtnee Adams, MVY
100 Fly	
1:01.16*	McCall Dorr, BY
1:10.95	Jaylene Burdick, MVY
1:11.15	Nicole Hansen, WSY
100 IM	
1:05.39*	Stephanie Prince, BY
1:07.79	Alex Callan, BY
1:09.38	Courtnee Adams, MVY
200 IM	
2:19.12*	McCall Dorr, BY
2:21.56	Stephanie Prince, BY
2:30.92	Jaylene Burdick, MVY
13-14	
50 Free	
26.23	Joanna Bieri, MVY
26.46	Emily Brandenburg, WWY
26.54	Patricia Watters, WSY
100 Free	
56.28	Joanna Bieri, MVY
58.12	Theresa Mattingly, SAS
58.24	Patricia Watters, WSY
200 Free	
2:04.37	Justine Benson, WWY
2:09.33	Janelle Gehring, BY
2:09.83	Lani Scheppler, WWY
500 Free	
5:26.86	Justine Benson, WWY
5:38.22	Joanna Bieri, MVY
5:40.90	Theresa Mattingly, SAS
1650 Free (13 & Over)	
18:30.92	Justine Benson, WWY
19:30.03	Janelle Gehring, BY
19:56.45	Ember Enyeart, BELL
100 Back	
1:01.92	Joanna Bieri, MVY
1:07.01	Patricia Watters, WSY
1:07.48	Megan Barrett, BELL
200 Back	
2:14.21	Joanna Bieri, MVY
2:25.18	Patricia Watters, WSY
2:27.65	Megan Barrett, BELL
100 Breast	
1:09.86	Emily Brandenburg, WWY
1:10.05	Cary Gregor, BY
1:12.11	Erin Valley, WSY
200 Breast	
2:32.75	Emily Brandenburg, WWY
2:34.54	Erin Valley, WSY
2:34.72	Cary Gregor, BY
100 Fly	
1:04.90	Emily Brandenburg, WWY
1:06.35	Diana Carr, SWYM
1:06.94	Erin Valley, WSY
200 Fly	
2:25.80	Emily Brandenburg, WWY
2:32.00	Theresa Mattingly, SAS
2:32.92	Dana Morrell, SAS
200 IM	
2:19.67	Justine Benson, WWY
2:20.73	Joanna Bieri, MVY
2:24.03	Emily Brandenburg, WWY
400 IM	
4:46.39*	Justine Benson, WWY

5:06.02 Kelley Mattingly, SAS
5:13.59 Erin Valley, WSY

15-18
50 Free
25.78 Jenny Jackson, BEST
26.23 Judy Coyle, BY
26.53 Jillian Deim, BILL
100 Free
55.92 Judy Coyle, BY
56.09 Jenny Jackson, BEST
57.18 Kathy Oves, BELL
200 Free
2:02.00 Monica Randal, BEST
2:04.22 Kathy Oves, BELL
2:04.33 Jenny Jackson, BEST
500 Free
5:27.15 Monica Randal, BEST
5:29.15 Kerrie Spanish, WWY
5:43.32 Catherine Col, SAS
1650 Free
18:56.40 Monica Randal, BEST
19:55.55 Heather Bickley, BEST
20:32.97 Sarah Kramer, BELL
100 Back
1:01.92 Jennifer Weidert, SAS
1:05.58 Jillian Deim, BILL
1:06.12 Sara Legerski, SAS
200 Back
2:23.27 Jillian Deim, BILL
2:25.18 Heather Bickley, BEST
2:27.36 Megan Williams, BY
100 Breast
1:10.37 Jennifer Weidert, SAS
1:11.13 Kathy Oves, BELL
1:13.70 Megan Williams, BY
200 Breast
2:33.92 Kathy Oves, BELL
2:40.70 Jill Zaremba, LYST
2:42.66 Megan Williams, BY
100 Fly
1:02.77 Kerrie Spanish, WWY
1:04.50 Jenny Jackson, BEST
1:04.75 Jaci Skewis, SAS
200 Fly
2:14.55 Kerrie Spanish, WWY
2:23.95 Jaci Skewis, SAS
2:27.01 Sarah Kramer, BELL
200 IM
2:20.27 Kathy Oves, BELL
2:22.41 Jenny Jackson, BEST
2:22.55 Sara Legerski, SAS
400 IM
5:07.04 Kathy Oves, BELL
5:09.29 Sara Legerski, SAS
5:11.98 Jill Zaremba, LYST
BOYS
10 AND UNDER
50 Free
28.10 John Dorr, BY
28.12 Peter Brown, AYSO
29.41 Cory Bergman, LYST
100 Free
1:01.95 Matt Wever, BY
1:02.81 Peter Brown, AYSO
1:03.29 Cory Bergman, LYST
200 Free
2:15.23* Matt Wever, BY
2:23.94 Cory Bergman, LYST
2:24.41 Jonathan Weehler, WWY
50 Back
33.03 John Dorr, BY
33.59 Adam Ryznar, BEST
34.00 Jonathan Weehler, WWY
100 Back
1:11.92* Adam Ryznar, BEST
1:12.17 Matt Wever, BY
1:15.04 Jonathan Weehler, WWY
50 Breast
36.45* John Dorr, BY
39.57 Adam Carr, SWYM
39.70 Peter Brown, AYSO
100 Breast
1:25.03 Andrew Holloway, LYST
1:26.01 Oren Fallon, BELL
1:27.32 Tolland Blair, LYST
50 Fly
30.59* John Dorr, BY
32.54 Matt Wever, BY
33.60 Peter Brown, AYSO
100 Fly
1:09.77* John Dorr, BY

1:13.09 Matt Wever, BY
1:17.30 Cory Bergman, LYST
100 IM
1:10.17* John Dorr, BY
1:12.57 Adam Ryznar, BEST
1:13.98 Peter Brown, AYSO
200 IM
2:35.47* Matt Wever, BY
2:41.38 Peter Brown, AYSO
2:42.72 Andrew Holloway, LYST

11-12
50 Free
26.10 Adam Vawter, SAS
26.34 Joe Covey, SAS
27.33 Evan Smith, BY
100 Free
57.28 Joe Covey, SAS
59.63 Adam Vawter, SAS
1:02.30 Ryan Lindblom, BELL
200 Free
2:08.23 Joe Covey, SAS
2:13.29 Adam Vawter, SAS
2:18.87 Jade Sobek, BILL
500 Free
5:59.15 Pat Brandenburg, WWY
6:11.97 Johnny Keyes, WWY
6:17.45 Cass Sobek, BILL
50 Back
31.21 Jacob Weidert, SAS
31.51 Andrew Gehring, BY
32.49 Pat Brandenburg, WWY
100 Back
1:09.77 Pat Brandenburg, WWY
1:10.88 Andrew Gehring, BY
1:12.22 Evan Smith, BY
50 Breast
33.66 Joe Covey, SAS
34.49 Nick Wood, WSY
34.61 Ryan Lindblom, BELL
100 Breast
1:12.80 Joe Covey, SAS
1:14.94 Nick Wood, WSY
1:17.51 Ryan Lindblom, BELL
50 Fly
29.31 Jacob Weidert, SAS
30.90 Brandon Anderson, SVY
31.01 Evan Smith, BY
100 Fly
1:03.20 Jacob Weidert, SAS
1:08.50 Evan Smith, BY
1:11.34 Cass Sobek, BILL
100 IM
1:05.61 Jacob Weidert, SAS
1:10.43 Ryan Lindblom, BELL
1:11.74 Andrew Gehring, BY
200 IM
2:19.73* Jacob Weidert, SAS
2:21.98 Joe Covey, SAS
2:29.82 Nick Wood, WSY

13-14
50 Free
24.22 Bill Brown, AYSO
24.46 Doug Wiker, BEST
24.52 Ryan Metcalf, SAS
100 Free
53.93 Clay Miller, SAS
53.94 Grant Kalkoske, WSY
54.14 Doug Wiker, BEST
200 Free
1:59.40 Grant Kalkoske, WSY
2:00.04 Doug Wiker, BEST
2:00.73 James Dewey, BY
500 Free
5:23.96 Matthew Koenigs, SVY
5:31.94 Doug Wiker, BEST
5:34.50 James Dewey, BY
1650 Free (13 & Over)
18:49.56 Matthew Koenigs, SVY
19:10.23 James Dewey, BY
19:46.47 Doug Wiker, BEST
100 Back
1:01.14 Corey Martin, BEST
1:01.85 Adam Salisbury, BELL
1:02.99 Grant Kalkoske, WSY
200 Back
2:12.44 Corey Martin, BEST
2:13.31 Brandon Fuller, BY
2:15.77 Adam Salisbury, BELL
100 Breast
1:10.05 Chris Thor, SVY

1:11.61 Bill Brown, AYSO
1:11.95 Dan Neville, BY
200 Breast
2:27.21 Clay Miller, SAS
2:37.08 Brandon Fuller, BY
2:37.41 Matt Haney, MVY
100 Fly
58.08 Clay Miller, SAS
1:00.25 Jacob Scott, SVY
1:01.02 Corey Martin, BEST
200 Fly
2:08.65 Clay Miller, SAS
2:17.94 Corey Martin, BEST
2:20.79 Matthew Koenigs, SVY
200 IM
2:09.01 Clay Miller, SAS
2:13.01 Corey Martin, BEST
2:17.75 Ryan Metcalf, SAS
400 IM
4:36.36 Clay Miller, SAS
4:49.49 Corey Martin, BEST
4:54.36 Matthew Koenigs, SVY

15-18
50 Free
22.92 Collin Wardell, SVY
23.01 Jason Carr, WSY
23.21 Mark Spenner, BY
100 Free
49.39 Jason Carr, WSY
50.11 Anthony Carbone, WSY
51.23 Collin Wardell, SVY
200 Free
1:49.47 Jason Carr, WSY
1:50.62 Mike Hodel, BELL
1:51.17 Toby Hayes, CWY
500 Free
4:56.31 Luke Wotruba, SAS
5:04.54 Ryan Stratton, BY
5:05.79 Mike Hodel, BELL
1650 Free
17:23.70 Mike Hodel, BELL
17:47.76 Ryan Stratton, BY
18:50.02 Ara Sobek, BILL
100 Back
56.37 Jason Carr, WSY
58.02 Collin Wardell, SVY
58.63 Dan Dutcher, BY
200 Back
2:03.55 Dan Dutcher, BY
2:05.44 Andy Millet, YYST
2:05.48 Luke Wotruba, SAS
100 Breast
1:03.70 Ryan Stratton, BY
1:03.77 Michael Simmons, SVY
1:04.17 Luke Wotruba, SAS
200 Breast
2:16.85 Ryan Stratton, BY
2:21.30 Jason Prince, BY
2:22.71 Michael Simmons, SVY
100 Fly
53.12 Jason Carr, WSY
53.36 Luke Wotruba, SAS
55.18 Anthony Carbone, WSY
200 Fly
2:02.75 Luke Wotruba, SAS
2:08.33 Aaron Salisbury, BELL
2:10.25 Brent Wise, SAS
200 IM
2:01.73 Jason Carr, WSY
2:02.15 Luke Wotruba, SAS
2:05.72 Ryan Stratton, BY
400 IM
4:24.03 Andy Millet, YYST
4:30.24 Ryan Stratton, BY
4:31.19 Jason Prince, BY

SENIOR DEVELOPMENT MEET
Host: Long Beach Swim Club
Cal State Long Beach Pool
Long Beach, California
Feb. 13, 1994 (50 M)

WOMEN
50 Free
27.35 Jennifer Parmenter, CANY
27.84 Jennifer Alden, RAA
28.10 Lindsay Gassner, SBSC
100 Free
59.54 Jennifer Parmenter, CANY

UltraSwim

Gently Gets The Chlorine Out

1:02.08 Lindsay Gassner, SBSC
1:02.14 Giana Johnson, MVN
200 Free
2:08.75 Rebecca Gilman, BUEN
2:10.91 Heather Zerby, Unat.
2:11.25 Alison Mijares, GWSC
400 Free
4:17.79 Janet Evans, TROJ
4:26.97 Alexis Larsen, GWSC
4:27.76 Sarah Nichols, CSA
800 Free
8:43.77 Janet Evans, TROJ
9:07.12 Sarah Nichols, CSA
9:15.20 Jenna Tukey, BFSX
1500 Free
17:22.38 Sarah Nichols, CSA
17:31.54 Rebecca Gilman, BUEN
18:18.01 Sarah Jacobs, BUEN
100 Back
1:08.62 Mandy Walz, BUEN
1:09.05 Enn Schatz, CSA
1:10.36 Nicole Beck, BUEN
200 Back
2:25.08 Erin Schatz, CSA
2:25.91 Nicole Beck, BUEN
2:28.62 Mandy Walz, BUEN
100 Breast
1:17.82 Shannon Cullen, RST
1:18.48 Susie Ruland, MVN
1:19.52 Jennifer Parmenter, CANY
200 Breast
2:51.87 Susie Ruland, MVN
2:52.19 Marissa Roarty, BUEN
2:53.47 Enka Salazar, CSA
100 Fly
1:07.13 Jennifer Parmenter, CANY
1:07.23 Cathy Carone, MVN
1:09.32 Lisa Hess, GWSC
200 Fly
2:25.15 Alexis Larsen, GWSC
2:25.25 Danielle Walker, BUEN
2:26.47 Tracey McCalley, MVN
200 IM
2:24.04 Jennifer Parmenter, CANY
2:29.85 Amber Wines, LCAB
2:32.55 Erin Schatz, CSA
400 IM
5:10.29 Danielle Walker, BUEN
5:11.85 Temple Cowden, RST
5:13.90 Marissa Roarty, BUEN

MEN
50 Free
24.41 Brian Jacobson, BAC
25.39 Russell Perkins, SPS
25.86 Nathan Resch, SBSC
100 Free
54.20 Bart Kizierowski, MVN
54.45 Brian Jacobson, BAC
56.04 Bart Sikora, MVN
200 Free
1:58.11 Rafael Guijarro, GWSC
2:00.82 Bart Kizierowski, MVN
2:02.21 Philippe Demers, MVN
400 Free
4:11.30 Rafael Guijarro, GWSC
4:17.71 Tim Haney, GWSC
4:18.70 Mike Jacob, MVN
800 Free
8:54.35 Tim Martin, GWSC
8:57.03 Blaine Morgan, GWSC
9:03.38 John Barbie, BUEN
1500 Free
17:16.89 John Lory, BUEN
17:21.86 Matt Carter, BUEN
17:28.29 Alan Williams, BUEN
100 Back
1:00.04 Bart Sikora, MVN
1:00.98 Bart Kizierowski, MVN
1:03.99 Blaine Morgan, GWSC
200 Back
2:08.82 Bart Sikora, MVN
2:10.75 Dulyarit Phuangthong, MVN
2:16.92 John Barbie, BUEN

UltraSwim

Gently Gets The Chlorine Out

100 Breast

1:08.67 Brian Jacobson, BAC
1:10.33 Tariq Bruno, GWSC
1:11.43 Chris Sendejas, CSA

200 Breast

2:37.75 Mark Kwok, MVN
2:41.88 Terry Dougherty, MVN
2:41.91 Tariq Bruno, GWSC

100 Fly

59.58 Rob Anagnoson, SBSC
1:00.67 Bart Kizierowski, MVN
1:00.75 Robert Delgado, MVN

200 Fly

2:08.62 Bart Sikora, MVN
2:11.97 John Lory, BUEN
2:14.07 Alan Williams, BUEN

200 IM

2:13.40 Brian Jacobson, BAC
2:13.54 Dulyarit Phuangthong, MVN
2:19.08 Blaine Morgan, GWSC

400 IM

4:50.13 John Lory, BUEN
4:52.21 Blaine Morgan, GWSC
4:53.35 John Barbie, BUEN

SIERRA HIGHLAND AQUATICS MEET Minden, Nevada Feb. 18-20, 1994 (25 YD)

GIRLS

8 AND UNDER

25 Free

16.13 Shiloh Brice, DDST
17.10 Erin Madalinski, SPKS
17.15 Megan Straughan, CARS

50 Free

35.01 Shiloh Brice, DDST
35.78 Christina Venturacci, LAKE
37.73 Erin Madalinski, SPKS

100 Free

1:17.88 Shiloh Brice, DDST
1:24.17 Erin Madalinski, SPKS
1:24.52 Fallon Jayne, DDST

25 Back

18.73 Erin Madalinski, SPKS
18.96 Christina Venturacci, LAKE
19.08 Shiloh Brice, DDST

50 Back

40.03 Erin Madalinski, SPKS
40.30 Shiloh Brice, DDST
43.30 Megan Straughan, CARS

25 Breast

19.60 Shiloh Brice, DDST
21.13 Whitney Seher, LAKE
22.24 Janet Lillegard, DDST

50 Breast

45.10 Shiloh Brice, DDST
48.29 Whitney Seher, LAKE
49.25 Fallon Jayne, DDST

25 Fly

16.92 Shiloh Brice, DDST
17.32 Christina Venturacci, LAKE
19.35 Karen Kaufmann, SPKS

50 Fly

39.38 Shiloh Brice, DDST
42.68 Fallon Jayne, DDST
43.79 Karen Kaufmann, SPKS

100 IM

1:23.70 Shiloh Brice, DDST
1:28.28 Christina Venturacci, LAKE
1:33.25 Fallon Jayne, DDST

9-10

50 Free

29.98 Melissa Chandler, CARS
30.54 Katie Stowers, RENO
32.92 Kristen Rose, CARS

100 Free

1:08.18 Melissa Chandler, CARS
1:10.18 Katie Hardt, CARS
1:11.60 Kelly Hawke, LAKE

200 Free

2:22.03 Melissa Chandler, CARS
2:25.57 Katie Hardt, CARS
2:35.15 Dawn Johnson, CARS

50 Back

35.25 Melissa Chandler, CARS
35.71 Kelly Hawke, LAKE
37.70 Katie Hardt, CARS

100 Back

1:14.11 Melissa Chandler, CARS
1:15.84 Katie Stowers, RENO
1:16.29 Kelly Hawke, LAKE

50 Breast

36.61 Melissa Chandler, CARS
39.86 Katie Stowers, RENO
42.09 Katie Hardt, CARS

100 Breast

1:18.19 Melissa Chandler, CARS
1:25.25 Katie Stowers, RENO
1:26.67 Cacie Dennison, LAKE

50 Fly

32.80 Melissa Chandler, CARS
35.14 Dawn Johnson, CARS
35.64 Katey Mirch, LAKE

100 Fly

1:18.56 Dawn Johnson, CARS
1:18.62 Melissa Chandler, CARS
1:21.67 Kelly Hawke, LAKE

100 IM

1:12.65 Melissa Chandler, CARS
1:18.71 Katie Hardt, CARS
1:20.81 Kelly Hawke, LAKE

200 IM

2:37.30 Melissa Chandler, CARS
2:44.28 Katie Hardt, CARS
2:50.04 Kelly Hawke, LAKE

11-12

50 Free

26.65 Dana Baum, CARS
27.02 Lona Cavallera, RENO
27.86 Jennifer Rivard, Unat.

100 Free

58.16 Dana Baum, CARS
1:00.27 Lona Cavallera, RENO
1:01.69 Lauren Sweeting, CCA

200 Free

2:03.61 Dana Baum, CARS
2:11.36 Lona Cavallera, RENO
2:12.59 Julie Hardt, CARS

50 Back

29.73 Dana Baum, CARS
31.61 Kristin Koop, CCA
31.93 Lona Cavallera, RENO

100 Back

1:02.15 Dana Baum, CARS
1:07.18 Kristin Koop, CCA
1:07.86 Julie Hardt, CARS

50 Breast

35.20 Brittany Reichardt, SHA
35.94 Courtney Linderman, SHA
36.28 Dana Baum, CARS

100 Breast

1:14.55 Brittany Reichardt, SHA
1:16.99 Dana Baum, CARS
1:18.72 Courtney Linderman, SHA

50 Fly

28.49 Dana Baum, CARS
30.33 Kristin Koop, CCA
31.50 Lauren Sweeting, CCA

100 Fly

1:04.55 Dana Baum, CARS
1:08.02 Kristin Koop, CCA
1:10.42 Julie Hardt, CARS

100 IM

1:05.40 Dana Baum, CARS
1:07.88 Kristin Koop, CCA
1:09.03 Julie Hardt, CARS

200 IM

2:21.93 Dana Baum, CARS
2:25.07 Julie Hardt, CARS
2:31.00 Tess Lannoy, TTST

13-14

50 Free

26.71 Sarah Govan, RENO
27.20 Rachelle Carano, RENO
27.49 Laura Stowers, RENO

100 Free

58.58 Sarah Govan, RENO
1:00.37 Brandy Reichardt, SHA
1:00.38 Amanda Aaker, RENO

200 Free

2:06.00 Sarah Govan, RENO

2:06.54 Laura Stowers, RENO

2:08.02 Amanda Aaker, RENO

1000 Free

11:05.22 Sarah Govan, RENO
11:17.89 Stacy Hastings, RENO
12:13.16 Laura Stowers, RENO

100 Back

1:02.07 Amanda Aaker, RENO
1:05.81 Laura Stowers, RENO
1:06.16 Sarah Govan, RENO

200 Back

2:11.97 Amanda Aaker, RENO
2:20.72 Laura Stowers, RENO
2:21.69 Sarah Govan, RENO

100 Breast

1:13.92 Audrey Martin, CARS
1:14.26 Virginia Hardie, RENO
1:17.43 Amanda Aaker, RENO

200 Breast

2:39.83 Hillary Smith, LAKE
2:40.61 Adele Balmer, LAKE
2:43.02 Amanda Aaker, RENO

100 Fly

1:06.80 Natalie Koop, CCA
1:07.44 Sarah Govan, RENO
1:07.55 Laura Stowers, RENO

200 Fly

2:40.10 Rachelle Carano, RENO
2:47.64 Brandy Reichardt, SHA
2:53.39 Catherine O'Mara, RENO

200 IM

2:19.90 Sarah Govan, RENO
2:20.66 Amanda Aaker, RENO
2:22.75 Virginia Hardie, RENO

400 IM

4:57.63 Virginia Hardie, RENO
5:00.31 Amanda Aaker, RENO
5:01.40 Sarah Govan, RENO

15 AND UP

50 Free

25.35 Coy Gardner, Unat.
26.23 Puja Sachdev, RENO
26.60 Heather Page, RENO

100 Free

56.05 Leah Zucker, RENO
56.60 Coy Gardner, Unat.
57.07 Heather Page, RENO

200 Free

1:59.89 Laura Hardester, RENO
2:03.71 Jennifer Amthor, SHA
2:04.66 Puja Sachdev, RENO

1000 Free

10:54.57 Laura Hardester, RENO
11:07.57 Lesley Checca, RENO
11:34.62 Jennifer Marrujo, RENO

100 Back

1:02.44 Julie Tompkins, RENO
1:05.22 Jennifer Tretten, RENO
1:05.55 Coy Gardner, Unat.

200 Back

2:14.66 Julie Tompkins, RENO
2:18.46 Heather Page, RENO
2:21.98 Coy Gardner, Unat.

100 Breast

1:10.22 Alia Thomas, RENO
1:10.95 Jennifer Amthor, SHA
1:13.35 Coy Gardner, Unat.

200 Breast

2:31.03 Jennifer Amthor, SHA
2:35.96 Julie Tompkins, RENO
2:36.46 Sharon Weiss, Unat.

100 Fly

1:01.04 Leah Zucker, RENO
1:02.18 Jennifer Amthor, SHA
1:04.81 Lesley Checca, RENO

200 Fly

2:10.23 Leah Zucker, RENO
2:11.66 Nikki Schultz, RENO
2:18.21 Jennifer Amthor, SHA

200 IM

2:14.42 Leah Zucker, RENO
2:16.42 Jennifer Amthor, SHA
2:18.08 Christine Heaton, RENO

400 IM

4:42.12 Leah Zucker, RENO
4:45.45 Christine Heaton, RENO
4:47.09 Jennifer Amthor, SHA

BOYS

8 AND UNDER

25 Free

16.38 Randy Schewe, LAKE

17.63 Michael O'Mara, RENO

18.13 Jeffery Hurzel, CARS

50 Free

38.98 Jeffrey Meyer, CARS
40.37 Randy Schewe, LAKE
40.43 Michael O'Mara, RENO

100 Free

1:29.64 Michael O'Mara, RENO
1:33.02 Randy Schewe, LAKE
1:34.97 Jeffery Hurzel, CARS

25 Back

20.33 Randy Schewe, LAKE
21.21 Jeffrey Meyer, CARS
21.47 Michael O'Mara, RENO

50 Back

44.49 Randy Schewe, LAKE
46.38 Michael O'Mara, RENO
48.34 Jeffery Hurzel, CARS

25 Breast

24.56 Michael O'Mara, RENO
26.56 Jeffery Hurzel, CARS
27.00 Kyle Walters, RENO

50 Breast

56.33 Michael O'Mara, RENO
58.22 Kyle Walters, RENO
1:03.11 Jeffery Hurzel, CARS

25 Fly

18.66 Jeffrey Meyer, CARS
20.56 Jeffery Hurzel, CARS
21.53 Randy Schewe, LAKE

50 Fly

47.85 Jeffery Hurzel, CARS
48.86 Randy Schewe, LAKE
55.20 Michael O'Mara, RENO

100 IM

1:42.46 Randy Schewe, LAKE
1:43.78 Michael O'Mara, RENO
1:44.21 Jeffery Hurzel, CARS

9-10

50 Free

29.52 Thomas Brown, RENO
30.71 Curtis Robinson, TTST
31.68 Devin Reese, RENO

100 Free

1:05.47 Thomas Brown, RENO
1:09.19 Chad Linderman, SHA
1:10.44 Devin Reese, RENO

200 Free

2:19.72 Thomas Brown, RENO
2:26.66 Chad Linderman, SHA
2:33.68 Joey Hurzel, CARS

50 Back

34.60 Thomas Brown, RENO
35.23 Devin Reese, RENO
36.67 Derek Weaver, DDST

100 Back

1:13.60 Thomas Brown, RENO
1:16.23 Curtis Robinson, TTST
1:19.62 Derek Weaver, DDST

50 Breast

37.97 Curtis Robinson, TTST
38.09 Thomas Brown, RENO
39.55 Bryant Jayne, DDST

100 Breast

1:24.40 Thomas Brown, RENO
1:29.64 Bryant Jayne, DDST
1:29.85 Chris McKean, TAHO

50 Fly

35.02 Thomas Brown, RENO
35.47 Devin Reese, RENO
37.16 Peter Keegan, DDST

100 Fly

1:10.10 Curtis Robinson, TTST
1:27.02 Thomas Brown, RENO
1:33.27 Peter Keegan, DDST

100 IM

1:13.07 Curtis Robinson, TTST
1:13.48 Thomas Brown, RENO
1:19.49 Chad Linderman, SHA

200 IM

2:43.27 Thomas Brown, RENO
2:48.76 Chad Linderman, SHA
2:52.26 Chris McKean, TAHO

11-12

50 Free

26.36 Michael Lemons, RENO
27.00 Ryan Stodtmeister, LAKE
27.28 Mark Thiel, TTST

100 Free

58.47 Michael Lemons, RENO

59.90 Evan Fischer, CARS
1:00.42 Ryan Stodtmeister, LAKE

200 Free
2:09.62 Evan Fischer, CARS
2:10.77 Zachery Tucker, CARS
2:16.66 Ryan Costella, CARS

50 Back
30.10 Michael Lemons, RENO
30.63 Zachery Tucker, CARS
32.48 Brendon Bray, LAKE

100 Back
1:02.71 Michael Lemons, RENO
1:05.58 Zachery Tucker, CARS
1:07.60 Mark Thiel, TTST

50 Breast
33.30 Michael Lemons, RENO
34.35 Ryan Stodtmeister, LAKE
34.98 Mark Thiel, TTST

100 Breast
1:13.78 Michael Lemons, RENO
1:15.03 Evan Fischer, CARS
1:21.48 Ryan Mills, SHA

50 Fly
28.91 Michael Lemons, RENO
29.84 Ryan Stodtmeister, LAKE
30.97 Ryan Costella, CARS

100 Fly
1:04.03 Michael Lemons, RENO
1:12.13 Ryan Costella, CARS
1:12.36 Zachery Tucker, CARS

100 IM
1:04.22 Michael Lemons, RENO
1:06.61 Ryan Stodtmeister, LAKE
1:08.14 Evan Fischer, CARS

200 IM
2:24.12 Evan Fischer, CARS
2:32.72 Zachery Tucker, CARS
2:34.84 Scott Kaufmann, RENO

13-14
50 Free
24.19 Steven Brown, RENO
24.81 Mark Daily, RENO
25.80 Branden Sparks, ITA

100 Free
52.56 Steven Brown, RENO
54.47 Mark Daily, RENO
55.60 Branden Sparks, ITA

200 Free
1:54.62 Steven Brown, RENO
1:58.71 Mark Daily, RENO
2:11.88 William Minnins, TTST

1000 Free
10:18.53 Steven Brown, RENO
10:54.13 Jake Marrojo, RENO
11:40.47 Mark Daily, RENO

100 Back
57.77 Jake Marrojo, RENO
58.18 Steven Brown, RENO
58.44 John Schonder, RENO

200 Back
2:06.22 Jake Marrojo, RENO
2:09.14 Steven Brown, RENO
2:15.40 Branden Sparks, ITA

100 Breast
1:09.38 Steven Brown, RENO
1:11.23 John Schonder, RENO
1:11.64 Seth Meyer, CARS

200 Breast
2:28.50 Jake Marrojo, RENO
2:31.34 Steven Brown, RENO
2:39.94 John Schonder, RENO

100 Fly
57.00 Jake Marrojo, RENO
59.73 Steven Brown, RENO
1:02.37 Mark Daily, RENO

200 Fly
2:10.51 Steven Brown, RENO
2:17.52 John Schonder, RENO
2:52.71 Eric Martin, CARS

200 IM
2:08.23 Jake Marrojo, RENO
2:18.71 Tom Hawke, LAKE
2:21.49 Branden Sparks, ITA

400 IM
4:32.36 Steven Brown, RENO
4:41.55 John Schonder, RENO
4:57.68 Seth Meyer, CARS

15 AND UP
50 Free
23.01 Erik Scalise, RENO

24.09 Douglas Coffman, RENO
24.75 Jared Scalise, RENO

100 Free
48.71 Brian O'Mara, RENO
49.62 Timothy Russell, RENO
50.88 Erik Scalise, RENO

200 Free
1:47.49 Timothy Russell, RENO
1:48.12 Matt O'Mara, RENO
1:49.25 Erik Scalise, RENO

1000 Free
9:40.89 Matt O'Mara, RENO
9:42.77 Timothy Russell, RENO
9:59.88 Patrick Levery, RENO

100 Back
55.63 Michael Thomas, RENO
55.78 Jim Phalan, RENO
55.92 Grant Morrison, SHA

200 Back
1:57.93 Michael Thomas, RENO
2:03.02 Steve Thompson, RENO
2:05.00 Grant Morrison, SHA

100 Breast
1:01.40 Brian O'Mara, RENO
1:02.74 Timothy Russell, RENO
1:02.82 Erik Scalise, RENO

200 Breast
2:17.22 Brian O'Mara, RENO
2:20.85 Jeff Maynor, SHA
2:22.58 Patrick Levery, RENO

100 Fly
53.96 Brian O'Mara, RENO
55.54 Erik Scalise, RENO
57.69 Steve Thompson, RENO

200 Fly
2:05.29 Brian O'Mara, RENO
2:09.37 Matt O'Mara, RENO
2:15.36 Jeff Maynor, SHA

200 IM
1:59.80 Erik Scalise, RENO
2:00.91 Brian O'Mara, RENO
2:02.27 Michael Thomas, RENO

400 IM
4:13.19 Erik Scalise, RENO
4:17.48 Brian O'Mara, RENO
4:22.58 Michael Thomas, RENO

**NEW MEXICO STATE
CHAMPIONSHIPS**
LR Walkup Aquatic Center
Los Alamos, New Mexico
March 4-6, 1994 (25 YD)
Altitude: 7245 ft.

New Mexico Record

GIRLS
10 AND UNDER
50 Free
29.57 Monica Guerra, LAA
29.84 Erika Sjoholm, DUKE
31.24 Ashley Huffman, CAP

100 Free
1:05.42 Monica Guerra, LAA
1:05.97 Erika Sjoholm, DUKE
1:06.98 Ashley Huffman, CAP

200 Free
2:19.85 Monica Guerra, LAA
2:21.18 Erika Sjoholm, DUKE
2:32.25 Ashley Huffman, CAP

50 Back
35.41 Erika Sjoholm, DUKE
36.15 Ashley Huffman, CAP
36.19 Monica Guerra, LAA

100 Back
1:14.22 Ashley Huffman, CAP
1:16.14 Erika Sjoholm, DUKE
1:17.79 Elizabeth Wyrick, LAA

50 Breast
38.48 Lauren Winter, CSF
39.32 Monica Guerra, LAA
39.89 Elizabeth Wyrick, LAA

100 Breast
1:27.12 Monica Guerra, LAA
1:27.68 Elizabeth Wyrick, LAA
1:27.90 Erika Sjoholm, DUKE

50 Fly
32.55 Ashley Huffman, CAP
32.68 Elizabeth Wyrick, LAA
33.67 Stephanie Mansker, DUKE

100 Fly
1:15.23 Elizabeth Wyrick, LAA
1:15.77 Ashley Huffman, CAP
1:23.68 Kim Downs, CAP

100 IM
1:14.38 Erika Sjoholm, DUKE
1:15.39 Ashley Huffman, CAP
1:15.95 Monica Guerra, LAA

200 IM
2:40.49 Erika Sjoholm, DUKE
2:45.04 Ashley Huffman, CAP
2:46.92 Elizabeth Wyrick, LAA

11-12
50 Free
26.30 Keeley Huffman, CAP
26.61 Karissa Lopez, CSF
27.55 Laura Lopez, DUKE

100 Free
57.63 Karissa Lopez, CSF
59.46 Keeley Huffman, CAP
59.48 Laura Lopez, DUKE

200 Free
2:02.28 Karissa Lopez, CSF
2:09.83 Keeley Huffman, CAP
2:13.88 Enn Greenspan, CSF

500 Free
5:30.77 Karissa Lopez, CSF
5:56.20 Ashley Smith, CAP
5:59.21 Keeley Huffman, CAP

50 Back
30.20 Karissa Lopez, CSF
30.70 Keeley Huffman, CAP
32.16 Ashley Smith, CAP

100 Back
1:05.21 Karissa Lopez, CSF
1:06.89 Keeley Huffman, CAP
1:09.01 Ashley Smith, CAP

50 Breast
34.91 Laura Lopez, DUKE
35.07 Jeanine Tenbroeck, DUKE
35.09 Kari Olson, CSF

100 Breast
1:15.74 Karissa Lopez, CSF
1:16.67 Laura Lopez, DUKE
1:17.10 Amy Yactor, LAA

50 Fly
28.58 Keeley Huffman, CAP
30.29 Laura Lopez, DUKE
30.93 Ashley Smith, CAP

100 Fly
1:03.87 Keeley Huffman, CAP
1:06.33 Laura Lopez, DUKE
1:07.28 Ashley Smith, CAP

100 IM
1:05.12 Karissa Lopez, CSF
1:08.93 Keeley Huffman, CAP
1:09.66 Laura Lopez, DUKE

200 IM
2:21.46 Karissa Lopez, CSF
2:30.15 Laura Lopez, DUKE
2:30.21 Amy Yactor, LAA

13-14
50 Free
25.45 Kara Bramer, LOBO
25.90 Jenny Short, LOBO
26.30 Carla Taylor, CAP

100 Free
55.49 Kara Bramer, LOBO
57.80 Jenny Short, LOBO
58.14 Carla Taylor, CAP

200 Free
2:00.56 Kara Bramer, LOBO
2:04.21 Julie Ottmar, DUKE
2:04.63 Jenny Short, LOBO

500 Free
5:21.73 Kara Bramer, LOBO
5:40.14 Jenny Short, LOBO
5:46.57 Kelly Jenkins, LOBO

1000 Free
12:17.55 Jane Pratt, LAA
12:18.62 Andrea Scribner, LAA
12:21.17 Agatha Norwood, DUKE

1650 Free
18:26.82 Kara Bramer, LOBO
19:45.93 Jenny Short, LOBO
19:57.80 Julie Ottmar, DUKE

100 Back
1:02.04 Nina Beniash, LOBO
1:03.83 Tara Ballinger, CAP
1:05.22 Carla Taylor, CAP

UltraSwim
Gently Gets The Chlorine Out

200 Back
2:14.62 Nina Beniash, LOBO
2:15.35 Kara Bramer, LOBO
2:19.89 Tara Ballinger, CAP

100 Breast
1:07.01 Jenny Short, LOBO
1:15.56 Teresa Moore, LOBO
1:17.75 Emily Wyrick, LAA

200 Breast
2:28.01 Jenny Short, LOBO
2:44.02 Emily Wyrick, LAA
2:44.30 Agatha Norwood, DUKE

100 Fly
1:02.35 Kara Bramer, LOBO
1:05.65 Carla Taylor, CAP
1:06.91 Terri Ortega, LAA

200 Fly
2:24.54 Emily Wyrick, LAA
2:31.52 Nina Beniash, LOBO
2:38.67 Carla Taylor, CAP

200 IM
2:16.05 Kara Bramer, LOBO
2:19.35 Jenny Short, LOBO
2:27.35 Nina Beniash, LOBO

400 IM
4:50.02 Kara Bramer, LOBO
5:09.25 Emily Wyrick, LAA
5:11.71 Nina Beniash, LOBO

SENIOR
50 Free
24.44 Jennifer Hommert, DUKE
24.67 Amy Webster, LOBO
25.49 Becky Levine, DUKE

100 Free
53.59 Jennifer Hommert, DUKE
55.32 Becky Levine, DUKE
1:07.02 Amy Webster, LOBO

200 Free
1:59.11 Amy Webster, LOBO
1:59.46 Karina Walters, LAA
2:00.10 Anna Tuttle, DUKE

500 Free
5:17.05 Jennifer Hommert, DUKE
5:22.52 Becky Levine, DUKE
5:26.25 Kate Mayer, CSF

1000 Free
10:42.36 Leslie Hammond, DUKE
11:05.12 Karina Walters, LAA
11:11.48 Kate Mayer, CSF

1650 Free
17:37.54 Leslie Hammond, DUKE
19:07.78 Karina Walters, LAA
19:43.67 Maleea Sanchez, LAA

100 Back
1:00.21 Jessica Dyer, DUKE
1:03.09 Karina Walters, LAA
1:03.98 Amy Webster, LOBO

200 Back
2:12.42 Jessica Dyer, DUKE
2:16.00 Karina Walters, LAA
2:17.78 Kate Mayer, CSF

100 Breast
1:06.31 Leslie Hammond, DUKE
1:07.41 Jennifer Hommert, DUKE
1:10.08 Maleea Sanchez, LAA

200 Breast
2:24.46 Jennifer Hommert, DUKE
2:25.13 Leslie Hammond, DUKE
2:37.58 Maleea Sanchez, LAA

100 Fly
58.04 Jennifer Hommert, DUKE
1:00.13 Jessica Dyer, DUKE
1:03.87 Nicole Bernier, DUKE

200 Fly
2:07.59 Jennifer Hommert, DUKE
2:14.16 Jessica Dyer, DUKE
2:18.37 Leslie Hammond, DUKE

200 IM
2:08.00 Jennifer Hommert, DUKE
2:11.72 Leslie Hammond, DUKE
2:15.50 Jessica Dyer, DUKE

400 IM
4:37.60 Leslie Hammond, DUKE

UltraSwim

Gently Gets The Chlorine Out

4:51.45 Jessica Dyer, DUKE
4:53.45 Christy Churchwell, DUKE

BOYS

10 AND UNDER

50 Free

27.75 David Darmitzel, CSF
29.85 Kevin Soules, LCAT
30.62 Cody Conner, CAP

100 Free

1:00.99 David Darmitzel, CSF
1:07.95 Cody Conner, CAP
1:07.97 Kevin Soules, LCAT

200 Free

2:14.54 David Darmitzel, CSF
2:29.02 Kevin Soules, LCAT
2:31.03 Edwin Wilson, FAST

50 Back

31.13* David Darmitzel, CSF
34.36 Kevin Soules, LCAT
35.98 Edwin Wilson, FAST

100 Back

1:07.21* David Darmitzel, CSF
1:14.44 Kevin Soules, LCAT
1:15.34 Edwin Wilson, FAST

50 Breast

39.84 Cody Conner, CAP
40.38 Kevin Soules, LCAT
41.22 Edwin Wilson, FAST

100 Breast

1:27.79 Edwin Wilson, FAST
1:28.58 Ryan McVay, CAP
1:29.59 Cody Conner, CAP

50 Fly

29.28* David Darmitzel, CSF
31.26 Edwin Wilson, FAST
34.03 Kevin Soules, LCAT

100 Fly

1:04.44* David Darmitzel, CSF
1:20.15 Matt Jones, DUKE
1:38.11 Ian Johnson, DUKE

100 IM

1:08.59* David Darmitzel, CSF
1:17.19 Kevin Soules, LCAT
1:17.88 Edwin Wilson, FAST

200 IM

2:27.84 David Darmitzel, CSF
2:51.01 Kevin Soules, LCAT
2:51.45 Matt Jones, DUKE

11-12

50 Free

25.30* Stephen Darmitzel, CSF
25.87 Wes Furman, Unat.
26.73 Lee Ferguson, CAP

100 Free

55.98 Wes Furman, Unat.
56.81 Jebb Baker, LOBO
58.94 Lee Ferguson, CAP

200 Free

2:02.17 Jebb Baker, LOBO
2:07.13 Wes Furman, Unat.
2:12.92 Ross Canup, LCAT

500 Free

5:27.74 Jebb Baker, LOBO
5:58.58 Grant Winter, CSF
6:03.86 Matthew Bailey, LAA

50 Back

29.06 Stephen Darmitzel, CSF
29.52 Lee Ferguson, CAP
30.13 Adam Mollenkopf, DUKE

100 Back

1:01.86 Stephen Darmitzel, CSF
1:02.74 Lee Ferguson, CAP
1:08.25 Adam Mollenkopf, DUKE

50 Breast

31.32* Stephen Darmitzel, CSF
32.44 Lee Ferguson, CAP
33.90 Jordan Cooper, CAP

100 Breast

1:08.98* Stephen Darmitzel, CSF
1:12.30 Lee Ferguson, CAP
1:15.17 Jebb Baker, LOBO

50 Fly

27.72 Stephen Darmitzel, CSF

28.10 Adam Mollenkopf, DUKE
28.19 Lee Ferguson, CAP

100 Fly

1:00.34* Stephen Darmitzel, CSF
1:04.03 Jebb Baker, LOBO
1:07.54 Adam Mollenkopf, DUKE

100 IM

1:02.10* Stephen Darmitzel, CSF
1:04.75 Lee Ferguson, CAP
1:05.69 Jebb Baker, LOBO

200 IM

2:15.15 Stephen Darmitzel, CSF
2:20.19 Jebb Baker, LOBO
2:22.49 Lee Ferguson, CAP

13-14

50 Free

23.50 John Bennett, CSF
24.49 Sam Harry, LAA
24.76 Barth Quenzer, LOBO

100 Free

50.23 Kirk Hambleman, DUKE
50.81 John Bennett, CSF
55.91 Branson Quenzer, LOBO

200 Free

1:49.64 Kirk Hambleman, DUKE
1:50.44 John Bennett, CSF
1:59.51 Sean Tollison, DUKE

500 Free

5:09.42 John Bennett, CSF
5:21.56 Sean Tollison, DUKE
5:34.43 Joshua Nogar, LAA

1000 Free

10:49.51 John Bennett, CSF
10:59.96 Sean Tollison, DUKE
11:22.15 Nicholas Durso, LOBO

1650 Free

17:04.94* Kirk Hambleman, DUKE
18:00.12 John Bennett, CSF
18:37.68 Sean Tollison, DUKE

100 Back

56.77 Kirk Hambleman, DUKE
58.73 John Bennett, CSF
1:05.32 Kristopher Souther, FAA

200 Back

2:09.67 Kirk Hambleman, DUKE
2:17.02 Kristopher Souther, FAA
2:19.29 Nicholas Durso, LOBO

100 Breast

1:06.08 Kirk Hambleman, DUKE
1:07.26 Brian Lara, LCAT
1:08.34 Nicholas Durso, LOBO

200 Breast

2:23.53 Kirk Hambleman, DUKE
2:31.12 Brian Lara, LCAT
2:37.79 Nicholas Durso, LOBO

100 Fly

56.12 John Bennett, CSF
1:02.15 Sean Tollison, DUKE
1:04.55 Jacob Bailey, LAA

200 Fly

2:12.18 John Bennett, CSF
2:16.74 Sean Tollison, DUKE
2:30.52 Kevin Stafford, LAA

200 IM

2:13.42 Kirk Hambleman, DUKE
2:19.67 Nicholas Durso, LOBO
2:20.69 Barth Quenzer, LOBO

400 IM

4:35.25 Kirk Hambleman, DUKE
4:52.13 Sean Tollison, DUKE
4:58.57 Nicholas Durso, LOBO

SENIOR

50 Free

22.74 Erik Dimmery, LOBO
22.79 Flip French, CAP
23.15 Jason Day, CCST

100 Free

48.63 Gary Simon, DUKE
49.65 Erik Dimmery, LOBO
50.12 Jeffrey Casey, LOBO

200 Free

1:45.47 Gary Simon, DUKE
1:45.93 Erik Dimmery, LOBO
1:47.89 Todd Hinnerichs, LOBO

500 Free

4:49.78 Gary Simon, DUKE
4:51.93 Todd Hinnerichs, LOBO
4:54.47 Randy Hayden, DUKE

1000 Free

10:03.29 Randy Hayden, DUKE

10:03.47 Jeffrey Casey, LOBO
10:08.31 Benjamin Kusmak, LCAT

1650 Free

16:51.63 Vicente Sanchez, DUKE
16:51.91 Randy Hayden, DUKE
16:59.27 Gary Simon, DUKE

100 Back

56.45 Andres Guerra, LAA
56.48 Michael Roddy, LCAT
57.80 Todd Hinnerichs, LOBO

200 Back

1:57.95 Jeffrey Casey, LOBO
2:02.33 Andres Guerra, LAA
2:02.75 Michael Roddy, LCAT

100 Breast

1:00.49 Gary Simon, DUKE
1:03.46 John Hand, LCAT
1:05.49 Michael Roddy, LCAT

200 Breast

2:13.44 Gary Simon, DUKE
2:17.74 Andrew White, LOBO
2:18.32 John Hand, LCAT

100 Fly

55.00 Erik Dimmery, LOBO
55.43 Jason Day, CCST
56.07 Tim Thayer, LAA

200 Fly

2:00.45 Erik Dimmery, LOBO
2:01.67 Gary Simon, DUKE
2:20.87 Randy Hayden, DUKE

200 IM

2:02.02 Gary Simon, DUKE
2:04.75 Erik Dimmery, LOBO
2:04.78 Benjamin Kusmak, LCAT

400 IM

4:20.73 Gary Simon, DUKE
4:25.15 Jeffrey Casey, LOBO
4:29.09 Randy Hayden, DUKE

**REGION XIII CALIFORNIA
SENIOR CHAMPIONSHIPS
Ind. Hills Aquatic Complex
Industry Hills, California
March 10-13, 1994 (25 YD)**

WOMEN

50 Free

24.07 Lonna Stacey, IHAC
24.15 Jennifer Parmenter, CANY
24.19 Wendy O'Brien, Unat.

100 Free

51.92 Katie Lowes, Unat.
52.34 Nancy Jo, IHAC
52.41 Jennifer Parmenter, CANY

200 Free

1:51.42 Janet Evans, TROJ
1:51.81 Nancy Jo, IHAC
1:51.94 Rebecca Gilman, Unat.

500 Free

4:47.26 Janet Evans, TROJ
4:58.55 Alexis Larsen, Unat.
5:00.22 Camille McEachern, USC

1000 Free

10:05.18 Alexis Larsen, Unat.
10:13.21 Alexis Binder, Unat.
10:15.09 Tracy Lincoln, BFIN

1650 Free

16:18.91 Janet Evans, TROJ
16:47.73 Sarah Nichols, Unat.
16:50.24 Rebecca Gilman, Unat.

100 Back

58.37 Danielle De Alva, Unat.
58.86 Mandy Walz, Unat.
58.88 Mariana Luevano, Unat.

200 Back

2:02.23 Jennifer Parmenter, CANY
2:04.20 Nicole Beck, BUEN
2:04.50 Mandy Walz, Unat.

100 Breast

1:04.28 Amber Wines, Unat.
1:04.71 Carrie Johnson, SALV
1:05.16 Sarah Payette, SROS

200 Breast

2:18.24 Carrie Johnson, SALV
2:18.67 Holly Gravatt, IHAC
2:19.23 Lindsey Schubert, Unat.

100 Fly

56.47 Mariana Luevano, Unat.
56.67 Michelle Collins, NOC
58.35 Clara Ho, MSJ

200 Fly

2:03.65 Monica Shannahan, BFIN
2:03.73 Michelle Collins, NOC
2:06.17 Alexis Larsen, Unat.

200 IM

2:07.09 Kella Hoblick, CLOV
2:08.23 Carrie Johnson, SALV
2:09.34 Shannon Cullen, RED

400 IM

4:27.09 Erin Schatz, CON-S
4:29.48 Monica Shannahan, BFIN
4:32.57 Jenni Brelsford, Unat.

MEN

50 Free

20.89 Brian Craft, USC
21.07 Gary Larson, USC
21.26 Ryan Loeff, Unat.

100 Free

46.48 Bart Kizierowski, MV
46.62 Todd Roberts, USC
47.10 Joshua Woodruff, RB

200 Free

1:39.90 Joshua Woodruff, RB
1:41.75 Bart Kizierowski, MV
1:42.00 Rafael Guizarro, GWSC

500 Free

4:28.70 Joshua Woodruff, RB
4:30.01 Bart Sikora, MV
4:36.22 Rafael Guizarro, GWSC

1000 Free

9:16.37 Joshua Woodruff, RB
9:33.10 Yan Gendlin, Unat.
9:38.49 Matt Carter, Unat.

1650 Free

15:25.74 Greg Dolniak, USC
16:04.95 Yan Gendlin, Unat.
16:07.23 John Won, Unat.

100 Back

51.13 Derek Robinson, Unat.
51.26 Bart Kizierowski, MV
52.54 David Chan, Unat.

200 Back

1:47.72 Bart Sikora, MV
1:48.06 Tim O'Mara, USC
1:52.50 Bart Kizierowski, MV

100 Breast

58.34 Andrew Trussler, USC
58.54 Sean Fatooh, Unat.
59.08 Tanq Bruno, GWSC

200 Breast

2:07.46 Jason Dietrich, SRVL
2:07.98 Wesley Wood, NOC
2:08.16 Andy Lopez, Unat.

100 Fly

49.81 Frank Wattles, USC
50.02 Brian Craft, USC
50.14 Brad Francis, USC

200 Fly

1:47.94 Casey Barrett, USC
1:49.63 Frank Wattles, USC
1:50.10 Bart Sikora, MV

200 IM

1:53.42 Bart Sikora, MV
1:55.78 Michael Hayes, SRVL
1:56.26 Marshall Dortch, SRVL

400 IM

3:55.53 Greg Dolniak, USC
4:05.01 Bart Sikora, MV
4:09.32 John Won, Unat.

**1994 REGION XII
AGE GROUP CHAMPIONSHIPS
Host: Bellevue Athletic Club
Bellevue, Washington
March 18-20, 1994 (25 YD)**

Meet Record

GIRLS

10 AND UNDER

50 Free

26.91* Kassadie Snider, BAC-M
28.01 Desiree Johnson, CSFC
28.39 Capi Adams, LCSC

100 Free

1:01.32 Sara Lewis, WSC
1:01.41 Minja Mickelson, MST
1:04.04 Kelly Simonz, WAVE

200 Free

2:12.68 Sara Lewis, WSC
 2:16.07 Minja Mickelson, MST
 2:17.04 Jamie Reid, PAC

50 Back

30.59* Desiree Johnson, CSFC
 32.31 Alison Foley, MSST
 32.47 Minja Mickelson, MST

100 Back

1:07.11* Desiree Johnson, CSFC
 1:09.13 Jamie Reid, PAC
 1:10.11 Jamie Trapp, DDSC

50 Breast

35.94 K. Bishop, BAC
 36.12 Capi Adams, LCSC
 36.83 Lauren Hill, BAC

100 Breast

1:18.19 Capi Adams, LCSC
 1:18.69 Kelly Simonz, WAVE
 1:19.99 K. Bishop, BAC

50 Fly

29.93 Desiree Johnson, CSFC
 31.30 Amy Nowack, TCCC
 31.56 Niki Podawiltz, HIGH

100 Fly

1:07.66 Desiree Johnson, CSFC
 1:10.50 Sara Lewis, WSC
 1:11.90 J. Tannhauser, SAC

100 IM

1:08.06 Desiree Johnson, CSFC
 1:08.19 Capi Adams, LCSC
 1:12.35 Niki Podawiltz, HIGH

200 IM

2:25.61* Capi Adams, LCSC
 2:33.91 Kelly Simonz, WAVE
 2:34.93 Jamie Reid, PAC

11 YEARS**50 Free**

26.21 Ginette Kindig, LOSC
 26.49 Lauren Vucovich, THSC
 26.78 Kimberly Hawley, MST-I

100 Free

56.54* A. Scott-Browne, BAC
 58.34 Ginette Kindig, LOSC
 59.15 Ellie Humphries, C

200 Free

2:01.30* A. Scott-Browne, BAC
 2:06.07 Ryanne Gerry, TCCC
 2:11.95 Lindsay Bjork, HSKY

500 Free

5:23.93* A. Scott-Browne, BAC
 5:36.77 Ryanne Gerry, TCCC
 5:50.67 Lindsay Bjork, HSKY

50 Back

29.75 Brianne Kelson, YAC
 29.89 Lauren Vucovich, THSC
 30.69 Nicole Chinn, RVSC

100 Back

1:03.37* Brianne Kelson, YAC
 1:05.54 Lauren Vucovich, THSC
 1:05.82 Julie Finnerty, PASC

50 Breast

33.61* Julie Kurtz, SSCD
 34.15 Sara McFarland, SAS
 35.09 Kate Macaulay, PAC

100 Breast

1:11.83* Julie Kurtz, SSCD
 1:14.21 Emily Larkin, BEND
 1:15.17 Sara McFarland, SAS

50 Fly

28.86 Ginette Kindig, LOSC
 28.92 Julie Finnerty, PASC
 29.13 Ellie Humphries, C

100 Fly

1:01.73* A. Scott-Browne, BAC
 1:03.89 Julie Finnerty, PASC
 1:05.51 Ellie Humphries, C

100 IM

1:05.71 A. Scott-Browne, BAC
 1:06.42 Lauren Vucovich, THSC
 1:07.14 Ellie Humphries, C

200 IM

2:18.05* A. Scott-Browne, BAC
 2:22.82 A. Schuknecht, BEND
 2:22.89 Ryanne Gerry, TCCC

12 YEARS**50 Free**

24.97* Brooke Sprague, CSFC
 25.20 McCall Dorr, BOISE
 25.67 Aletta Haff, SAC

100 Free

54.49 Annie Joseph, ECSC
 56.35 Camille Ruble, CAC-O
 56.77 Brittany Layman, C

200 Free

1:56.35* McCall Dorr, BOISE
 1:57.76 Annie Joseph, ECSC
 2:01.48 Kristin Stecher, MAC-O

500 Free

5:11.93 McCall Dorr, BOISE
 5:15.64 Annie Joseph, ECSC
 5:17.99 Kristin Stecher, MAC-O

50 Back

28.59* Annie Joseph, ECSC
 28.82 Brooke Sprague, CSFC
 29.25 Megan Crouch, RSBG

100 Back

1:01.10* Megan Crouch, RSBG
 1:01.26 Annie Joseph, ECSC
 1:02.33 Sara Schmied, WAVE

50 Breast

32.01 Paula Finlay, RSBG
 32.21 Tessa Ling, NLST
 32.60 Aletta Haff, SAC

100 Breast

1:09.20 Tessa Ling, NLST
 1:09.50 Paula Finlay, RSBG
 1:10.26 Minh Nguyen, VSC

50 Fly

27.05* McCall Dorr, BOISE
 27.87 Alex Callan, BOISE
 27.87 Kristin Leong, BAC

100 Fly

1:02.07 Vicky Buelow, WAVE
 1:02.44 Kristin Stecher, MAC-O
 1:02.49 Kristin Leong, BAC

100 IM

1:02.44 Aletta Haff, SAC
 1:03.24 Brooke Sprague, CSFC
 1:04.08 McCall Dorr, BOISE

200 IM

2:15.85 Annie Joseph, ECSC
 2:16.20 Aletta Haff, SAC
 2:16.40 Kristin Stecher, MAC-O

13 YEARS**50 Free**

24.38* Angela Belloni, BAC
 24.62 Rachael Auwae, ECSC
 25.28 Fallon Stidd, ESC

100 Free

52.71* Rachael Auwae, ECSC
 53.23 Angela Belloni, BAC
 54.60 Bonnie Renwick, DDSC

200 Free

1:56.83* Sarah Murphy, NLST
 1:56.91 Rachael Auwae, ECSC
 1:56.99 Bonnie Redwick, DDSC

500 Free

5:10.18* Leslie Lorenz, SAC
 5:14.15 C. Tawresey, C
 5:14.42 Megan Ackerman, WAVE

1650 Free

20:30.87 Stacy Einerson, VSC-A

100 Back

59.86* Rachael Auwae, ECSC
 59.93 Angela Belloni, BAC
 1:00.22 Kirsten Strand, BAC

200 Back

2:09.12 Kirsten Strand, BAC
 2:11.27 Rachael Auwae, ECSC
 2:13.12 Shelby Chandler, BAC

100 Breast

1:09.82 Sarah Shulman, BAC
 1:10.30 A. Joy Tanaka, BAC
 1:11.00 Suzanne Broda, RSBG

200 Breast

2:28.27 C. Tawresey, C
 2:30.80 Sarah Shulman, BAC
 2:32.71 Suzanne Broda, RSBG

100 Fly

59.46* Jennifer Cray, HIGH
 59.81 Fallon Stidd, ESC
 1:00.93 Bonnie Renwick, DDSC

200 Fly

2:11.16 Jennifer Cray, HIGH
 2:11.81 Fallon Stidd, ESC
 2:12.22 Kirsten Strand, BAC

200 IM

2:13.03 Kirsten Strand, BAC
 2:14.34 Bonnie Renwick, DDSC
 2:14.95 Gwen Dillow, BAC

400 IM

4:44.58 Bonnie Renwick, DDSC
 4:45.73 Gwen Dillow, BAC
 4:48.47 Shannon Petrie, MCSC

14 YEARS**50 Free**

24.82 Rachel Haff, SAC
 25.03 Donella Adrian, OAC
 25.47 Stephanie Wang, WAVE

100 Free

53.67 Donella Adrian, OAC
 53.96 Rachel Haff, SAC
 54.48 Stephanie Wang, WAVE

200 Free

1:58.03 Lisa Murray, CSC
 1:58.43 Eko Lapp, MST
 1:58.53 Stephanie Wang, WAVE

500 Free

5:09.52 Lauren Williams, BAC
 5:09.63 Faye Liming, CSC
 5:12.08 C. Kloppenburg, BAC

1650 Free

17:28.37* Lauren Williams, BAC
 18:00.52 Faye Liming, CSC
 18:00.67 C. Kloppenburg, BAC

1650 Free (14 & Under)

17:56.15 C. Tawresey, 13, C
 18:13.93 Megan Ackerman, 13, WAVE
 18:25.60 Ashley Brace, 13, SA

100 Back

1:00.37 Rachel Haff, SAC
 1:00.41 Lisa Murray, CSC
 1:02.24 Erin Kay, SAC-O

200 Back

2:08.10 Lisa Murray, CSC
 2:09.32 C. Kloppenburg, BAC
 2:10.29 Hailey Nance, RVSC

100 Breast

1:08.36 Debbie Hougham, HIGH
 1:08.49 Rachel Haff, SAC
 1:09.76 Eko Lapp, MST

200 Breast

2:26.72 Rachel Haff, SAC
 2:26.97 C. Kloppenburg, BAC
 2:29.40 Renee Kendall, SAC

500 Fly

59.50 Donella Adrian, OAC
 1:00.27 Susan Larson, KAD
 1:00.37 Amy Mahre, MST

200 Fly

2:10.42 Amy Mahre, MST
 2:11.38 Lauren Williams, BAC
 2:13.63 Donella Adrian, OAC

200 IM

2:12.21 Rachel Haff, SAC
 2:12.80 Susan Larson, KAD
 2:13.37 C. Kloppenburg, BAC

400 IM

4:36.95* C. Kloppenburg, BAC
 4:41.55 Amy Mahre, MST
 4:43.13 Kyla Bond, OCST

SENIOR**50 Free**

26.35 Kate Kuhns, KSC
 26.48 Jessie Lewis, GSC
 27.26 Karry Gamel, HST

100 Free

1:00.57 Jessica Eason, KSC
 1:01.22 Erin Calhoun, KSC
 1:04.59 Elysha Chapple, KSC

500 Free

5:45.37 Christy Race, GSC
 5:51.50 Erin Pedersen, HIGH
 5:54.66 Stacy Einerson, VSC-A

50 Back

30.11 Kim Matz, MST
 31.32 Amber Fuller, YAC
 33.81 Ashlea Fellwock, AST

100 Back

1:04.31 Kristina Kora, THSC
 1:06.58 Samantha Alston, MCSC
 1:07.66 Meghan Hartman, QASC

200 Back

2:39.37 Abby Haskell, CAST
 2:39.37 Abby Haskell, CAST

50 Breast

41.97 Andrea King, GSC

100 Breast

1:16.66 Jackie Savina, AST
 1:18.39 Abby Haskell, CAST
 1:20.48 Elysha Chapple, KSC

**200 Breast**

3:00.25 Rachel Edsall, ECSC

50 Fly

31.81 Jessica Eason, KSC
 32.27 Emily Lavaty, TCCC
 32.61 K. Cuevas, SVSC

100 Fly

1:09.47 Tracy Nowack, TCCC
 1:09.67 L. Williams, CAST

200 Fly

2:52.51 Rachel Edsall, ECSC

100 IM

1:07.42 Kate Kuhns, KSC
 1:15.17 Amber Beardslee, VSC-A
 1:15.78 R. Henrikson, KSC

200 IM

2:33.94 L. Williams, CAST
 2:38.08 Ruth Natividad, FLD
 3:03.56 M. Sarewitz, CAST

BOYS**10 AND UNDER****50 Free**

27.76 John Dorr, BOISE
 27.90 Bjorn Anderson, BOZ
 28.22 Derek Petrie, MCSC

100 Free

59.98 Matt Wever, BOISE
 1:00.33 Bjorn Anderson, BOZ
 1:01.40 David Zeman, MSST

200 Free

2:08.87 Matt Wever, BOISE
 2:10.79 David Zeman, MSST
 2:10.92 Bjorn Anderson, BOZ

50 Back

32.40 E. Sevaetasi, BAC
 32.45 David Zeman, MSST
 32.89 Adam Ryznar, BEST

100 Back

1:09.39 E. Sevaetasi, BAC
 1:10.59 David Zeman, MSST
 1:11.22 Adam Ryznar, BEST

50 Breast

36.49 Nicholas Wolfe, CAT
 36.62 Derek Punsalan, QASC
 37.06 Paul Fahey, BAC

100 Breast

1:16.90* Nicholas Wolfe, CAT
 1:18.75 John Dorr, BOISE
 1:20.67 Derek Punsalan, QASC

50 Fly

29.48 David Zeman, MSST
 29.86 John Dorr, BOISE
 29.95 Enc Swinn, ECSC

100 Fly

1:05.24 David Zeman, MSST
 1:08.80 M. Pattiani, MHST
 1:09.06 Enc Swinn, ECSC

100 IM

1:09.18 John Dorr, BOISE
 1:11.23 Derek Petrie, MCSC
 1:12.35 Tim Byers, BAC-M

200 IM

2:29.68 John Dorr, BOISE
 2:30.23 Matt Wever, BOISE
 2:31.09 Derek Petrie, MCSC

11 YEARS**50 Free**

25.42* Joe Covey, SAS
 26.81 Donnie Gorman, MCSC
 26.88 Rick Miller, MST

100 Free

56.09 Joe Covey, SAS
 59.28 Rick Miller, MST
 59.37 Donnie Gorman, MCSC

200 Free

2:06.63 Donnie Gorman, MCSC
 2:06.86 John Miller, NLST
 2:11.64 Brian Shegbeby, LCSC

500 Free

5:40.07 John Miller, NLST
 5:53.06 Kaili Mauricio, ECSC
 5:54.81 Ross Buffington, QASC

UltraSwim

Gently Gets The Chlorine Out

50 Back

29.52* Jordan Hunter, AAA
30.54 Joe Covey, SAS
31.06 Donnie Gorman, MCSC

100 Back

1:05.54 Jordan Hunter, AAA
1:06.33 Dane Ross, RSBG
1:07.31 Matt Sorlien, TAC-O

50 Breast

32.60* Joe Covey, SAS
33.99 Ryan Rackley, SA
35.41 Jesse Ormond, IFST

100 Breast

1:10.19* Joe Covey, SAS
1:15.62 Travis Watson, BB-A
1:16.29 Ryan Rackley, SA

50 Fly

27.61* Donnie Gorman, MCSC
29.95 John Miller, NLST
30.52 Otto Tang, CSC
30.52 Derek Rose, FG

100 Fly

1:02.88 Donnie Gorman, MCSC
1:06.98 John Miller, NLST
1:07.56 Sergio Monni, SAC

100 IM

1:03.91* Joe Covey, SAS
1:08.33 Ryan Rackley, SA
1:09.09 Tom Allen, CSFC

200 IM

2:24.33 John Miller, NLST
2:24.90 Jacob Swinn, ECSC
2:25.50 Travis Watson, BB-A

12 YEARS

50 Free

25.21 Anton Kaarma, BAC
25.22 Andy Blaine, CSC
25.26 Brady Childs, MAC-O

100 Free

54.00 Brady Childs, MAC-O
55.07 Anton Kaarma, BAC

55.72 Kelly Boylan, SVSC

200 Free

1:55.28 Paul Ely, THSC
1:58.02 Brady Childs, MAC-O
2:01.61 Jim Hwang, OCST

500 Free

5:11.51 Brady Childs, MAC-O
5:15.00 Paul Ely, THSC
5:26.84 Richie Jacobs, HSKY

50 Back

27.63 Quincy Schmidt, AST
28.52 Elliot Myhre, BAC
29.03 Evan Martinec, TSC

100 Back

59.31 Quincy Schmidt, AST
1:02.39 Elliot Myhre, BAC
1:03.10 Brady Childs, MAC-O

50 Breast

29.93* Brian Wheeler, HLST
30.31 Quincy Schmidt, AST
30.49 Timmy Chung, C

100 Breast

1:06.27* Timmy Chung, C
1:06.33 Brian Wheeler, HLST
1:06.83 Quincy Schmidt, AST

50 Fly

26.68 Timmy Chung, C
26.80 Paul Ely, THSC
27.66 Brett Leahy, BAC

100 Fly

57.66 Paul Ely, THSC
58.20 Timmy Chung, C
1:00.35 Andrew Kang, BAC

100 IM

59.77* Timmy Chung, C
1:00.69 Quincy Schmidt, AST
1:04.06 Andrew Kang, BAC

200 IM

2:08.21* Timmy Chung, C
2:12.85 Quincy Schmidt, AST
2:15.57 Paul Ely, THSC

13 YEARS

50 Free

23.86 David Moilanen, BAC
23.88 Evan Taylor, IST
24.06 Kevin Staples, BOZ

100 Free

52.04 Evan Taylor, IST
52.23 Enk Vik, NLST

52.26 J. Wohlmacher, VSC

200 Free

1:52.93 Shaun Shelley, DDSC
1:54.84 Clay Miller, SAS
1:55.01 Evan Taylor, IST

500 Free

4:58.75* Shaun Shelley, DDSC
5:00.82 Enk Gordon, BAC
5:10.30 J. Scott-Browne, BAC

100 Back

58.71 David Moilanen, BAC
59.53 Nathan Johnsen, THSC
59.72 Matt Zielke, C

200 Back

2:05.90 Shaun Shelley, DDSC
2:06.87 Seth Dawson, VSC
2:08.42 Matt Zielke, C

100 Breast

1:05.60 Kevin Staples, BOZ
1:06.60 Bobby McEvoy, SSCD
1:06.87 Derek Dibello, FLD

200 Breast

2:21.68 Kevin Staples, BOZ
2:23.80 Derek Dibello, FLD
2:25.57 Bobby McEvoy, SSCD

100 Fly

57.53 Clay Miller, SAS
58.42 Kevin Staples, BOZ
58.72 Enk Gordon, BAC

200 Fly

2:07.81 Kevin Staples, BOZ
2:07.98 Enk Gordon, BAC
2:08.55 Shaun Shelley, DDSC

200 IM

2:06.38 Kevin Staples, BOZ
2:07.98 Clay Miller, SAS
2:08.67 Matt Calhoun, KSC

400 IM

4:34.13 Enk Gordon, BAC
4:35.78 Shaun Shelley, DDSC
4:37.46 J. Driscoll, BAC

14 YEARS

50 Free

23.26 John Sheggeby, LCSC
23.27 Brian McGraw, NP
23.44 Reid Pyburn, BAC-M

100 Free

49.39 Shawn Denard, MHST

49.70 Erik Peterson, CBST
50.51 Ole Shelton, GSC

200 Free

1:47.39 Shawn Denard, MHST
1:48.71 John Sheggeby, LCSC
1:49.79 B. Tannhauser, SAC

500 Free

4:52.94 B. Tannhauser, SAC
4:54.47 Bobby Deroest, DDSC
4:54.63 John Sheggeby, LCSC

1650 Free

16:35.38* B. Tannhauser, SAC
16:56.28 Scott Percival, VSC
17:00.70 Adam Kennedy, THSC

1650 Free (14 & Under)

17:18.44* Enk Gordon, 13, BAC
17:28.84 Shaun Shelley, 13, DDSC
17:47.73 J. Scott-Browne, 13, BAC

100 Back

55.06 Robby Jarvil, BB-A
55.58 Shawn Denard, MHST
56.70 Ole Shelton, GSC

200 Back

2:01.24 Robby Jarvil, BB-A
2:02.67 Ole Shelton, GSC
2:05.58 Chris Adams, LSSC

100 Breast

1:00.93 Brian Allen, RSBG
1:04.50 Robby Jarvil, BB-A
1:04.80 Jeff Guyman, BAC

200 Breast

2:13.70 Brian Allen, RSBG
2:18.87 Jeff Guyman, BAC
2:19.10 Chris Reynolds, THSC

100 Fly

54.72 Robby Jarvil, BB-A
54.87 Colin Hayes, BAC
55.28 Bobby Deroest, DDSC

200 Fly

2:00.02 Bobby Deroest, DDSC
2:01.39 Adam Kennedy, THSC
2:05.30 Colin Hayes, BAC

200 IM

2:01.71 Brian Allen, RSBG
2:01.85 Robby Jarvil, BB-A
2:03.25 Shawn Denard, MHST

400 IM

4:19.54 Shawn Denard, MHST
4:21.11 Brian Allen, RSBG
4:21.40 Adam Kennedy, THSC



**This Is YOUR
Special Section!**

REGIONAL INSERTS

Sponsored by UltraSwim

See your name in *Swimming World*
and compare your times with
fellow swimmers from your part of the country.
Regional inserts are published every two months,
so watch for your next *Western Swimmer* in August.

Russia's Alexander Popov was easily the most outstanding swimmer at the World Cup meets. He set four world records, a world best time and came away with \$41,000.

WORLD CUP ROUNDUP

This year's World Cup series, which included seven meets from January to March, saw six world records, six world best times, over \$300,000 awarded to 36 swimmers and a swimmer who was banned for taking steroids.

By Craig Lord

- A myriad of records tumbled.
- Thirty-six swimmers emerged from tough, tight and fast races more than a combined \$300,000 richer.
- FINA (swimming's international governing body) defended China's honor.
- Alexander Popov took sprint swimming into uncharted waters, setting six world short course records and giving warning that he intends to become the outstanding swimmer of his generation in Rome this summer.

Yet, where there was glory, there was also shame.

Zhong Weiyue of China was suspended from the sport for two years after testing positive for the steroid Methendionone after having bettered the world standards at 50 and 100 meters butterfly (see "Top Chinese Swimmer Banned" in the April SW). So Mary T. Meagher stays on the books and Zhong's times will not be recognized. After that news, FINA issued a statement that appeared to be designed to calm continued speculation about the progression of Chinese women. It said that the Chinese federation was no different than any other with swimmers who had tested positive and that it did not condone the rumors and accusations about one of its members.

The seven-meet World Cup series

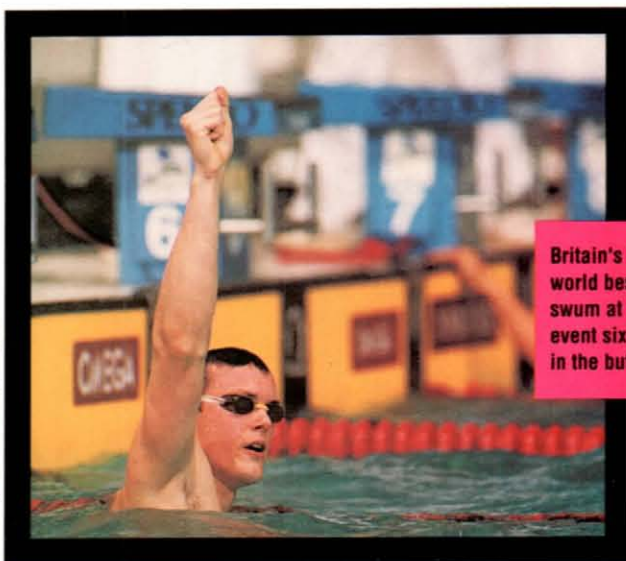
(in Hong Kong and China in January, and Italy, Sweden, Germany, Great Britain and France in March) witnessed six world records, six world best times and 14 European records. Most of the new standards were set by Popov, who lost only one freestyle race during his five attendances of the seven-round cup—50 meters in Germany to Raimundas Mazuolis, the Lithuanian who trains in Florida.

Popov, born in Sverdlovsk at the foot of the Urals in November 1971, is not the man he was when winning his two Olympic freestyle titles in 1992. He has grown in every sense: from his English language skills—courtesy of his move to Canberra, where Gennadi Touretsky is chief coach at the Australian Institute of Sport—to his physique. Popov can now look Mark Foster—the Briton whose 50 meters

record he lowered by a tenth of a second to 21.50 in Italy and who stands 6-5—in the eye. He is also heftier, though a leaner athlete you will not find than this most supreme stylist whose rangy, unhurried stroke and technical excellence belie his awesome speed.

When he arrived in the Far East in the first week of the year, Popov had much to prove. He had not raced at the World Championships in Palma de Mallorca in December, and his name was absent from the short course meters record books. The 100 meter freestyle mark belonged to Gustavo Borges, the Brazilian who took the standard below 48 seconds for the first time last year.

Popov started to chip away at that, setting the first world record of the World Cup at Hong Kong in 47.83. He lowered that to 47.82 in Peking three days later. Whether a return to European air and food or his time tapering away from the tough Touretsky regime played a part is hard to say, but Popov was ready to race well within his best by the time he arrived in Desenzano in northern Italy.



Britain's Mark Foster reacts to his world best time of 23.68 in the 50 fly swum at Sheffield. Foster won the event six times and finished second in the butterfly category for men.

In a roof-raising performance, the Russian axed 70-hundredths of a second off the world record by clocking 47.12. The aim, he said, was to swim within the conversion range of Matt Biondi's 48.42 long course standard. He thought Italy had brought the American's peak within his sights.

Confirmation came at Gelsenkirchen on March 19. Popov exploded off the wall, hit every turn as if his course had been set by computer program and stunned a knowledgeable German crowd into momentary silence with a 46.74 world record. The quiet that accompanies disbelief was drowned in thunderous applause before Mazuolis hit the time pad in 47.54, the third fastest of all time, yet 80-hundredths behind

21.52 to beat Popov in the 50, though he punched the water in frustration at having missed the Russian's then week-old world mark by just two-hundredths.

Not content with blowing the freestyle record book to pieces, Popov caught teammate and backstroke specialist Vladimir Selkov in his web of victims. Touretsky tells the story of when he first spotted Popov as a 12-year-old: "He was a backstroke swimmer but I knew he could be even better on freestyle." That has turned out

to be true, though Popov seemed keen to remind us that he set a world best time of 24.66 in the 50 meter backstroke in the third meet of the series at Desenzano, Italy. He also set European records

of 52.74 in Germany and 52.56 in Paris at 100 meters—the latter only 6-hundredths slower than the second-fastest time ever, the short course best of Mark Tewksbury, the Olympic champion.

Jeff Rouse, at 51.43, however, can still rest easy.

In Paris, Popov lost his world best in the 50 meter back to Franck Schott, the Frenchman born on

Reunion Island, who clocked 24.60. Popov's defeat by Schott also cost him the backstroke category title since Selkov was unbeaten at 200 meters throughout the series.

Popov's efforts earned him \$41,000 in World Cup prize money and bonuses for world records, both from the world cup organizers and the Arena Festival in Germany. He believes that is worth the almost monastic lifestyle of self-discipline and dedication to duty that he leads.

"I have to train at 6:30 every morning. At 12 there is dryland (training) and from 4 to 6 p.m., I swim again."

Bedtime is around 8:30 p.m. six nights a week: "You have no power left. I watch TV and go to bed. It's boring, nothing to do. It's better now that (Vladimir) Pyshnenko is there."

Popov says he has few Australian friends and is not interested in learning about Australian culture. "I don't really pay attention. I'm not breaking any laws. Nothing worries me."

After Paris, he planned to take up to a month "away from the pool" on holiday in Rome before starting his long course training for action in the Eternal City in September.

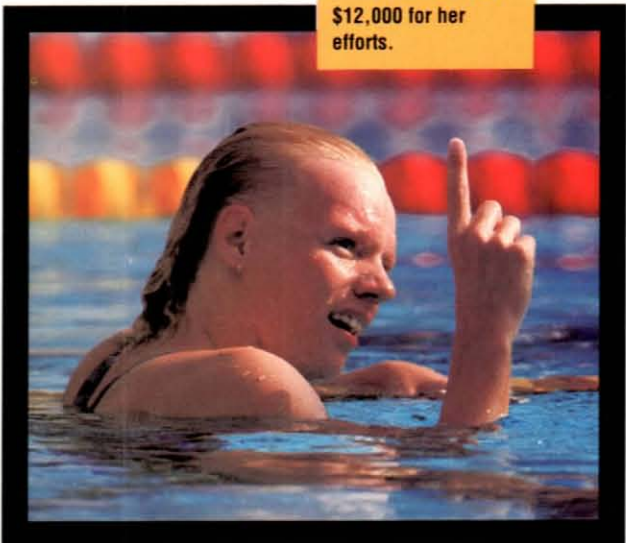


The only other world record—disregarding the 50 meter world bests and Zhong's discounted 100 meter fly time—fell to another Frenchman called Franck, this time Esposito, in the 200 meter butterfly.

Olympic champion Melvin Stewart had come to Paris for the final round of the World Cup to prove a point. He said, "I'd heard that Denis (Pankratov) had been saying I was an old man now." Stewart was more than just talk. His time of 1:54.37 was just 16-hundredths away from New Zealander Danyon Loader's world short course mark and seemed to confirm Stewart's theory that he is not yet ready for the retirement home.

Trouble was that Esposito swept Loader from the world list with an incredible 1:53.05, a performance in which he showed no signs of stress even as he approached the wall for the last time, delighting the Parisian crowd and sending French journalists

Germany's Dagmar Hase was the No. 1 distance freestyler in the World Cup circuit. She won the 400 free four times, the 800 free three times and received \$12,000 for her efforts.



scuttling to the telephones.

To Stewart's credit, while he confirmed he had slipped badly on the wall on the fifth turn and lost almost a body length on Esposito, he modestly professed that he thought the Frenchman would have beaten him in any case on this occasion. Pankratov, of Russia, was truly humbled, though his victories elsewhere brought him the \$12,000 category prize.

Evgeni Sadovyi was the third Russian to win \$12,000. His overall performances earned him the distance freestyle title, though none of his individual swims was outstanding.

A new name to watch in breaststroke is that of Alexander Djaburia of Ukraine. His physique, reminiscent of a young Norbert Rozsa, dwarfed Gillingham, though the Briton proved himself beyond the reach of all comers at 200 meters, completing four races between 2:10.41 and 2:12.85.

Djaburia did not compete in the Far East, leaving the overall title to Ron Dekker of the Netherlands. But he set two European records in the 50 meter breast—the first in Germany at 27.24; the second in Paris at 27.20, just 6-hundredths shy of Dimitry Volkov's standard time. The Russian's time was set before Europe recognized 50 meter times and bizarrely does not count as a European record.

Christian Keller of Germany was one of the most consistent performers on the World Cup, winning the medley category, and is one of several swimmers who may threaten the medley supremacy of Tamas Darnyi this summer.

The women's races were as competitive as the men's, but they suffered from the recent legacy of so many world records having been broken at Palma de Mallorca in December. Many times on the World Cup circuit, even those of the Chinese who were responsible for December's blitz, paled by comparison.

Bai Xiuyu of China set the only world marks of 27.64 and, then, 27.62 in the 50 meter backstroke, again provoking thought that an Hungarian supremacy—that of Kristina Egerszegi—might soon come under

threat. Bai's efforts, which showed her to be the only woman in world short course swimming with a start and turn to match those of Angel Martino, winner of the 100 meter medley and 50 meter butterfly in Germany, were rewarded with the \$12,000 first place prize in the backstroke category.

Sandra Volker of Hamburg, Germany, who beat Martino in the 50 meter backstroke in Germany, went from Paris to the Edinburgh International in Scotland, where in her first long course outing of the year, missed breaking Kristin Otto's world best at 50 meters backstroke by just 2-hundredths, winning in 29.14.

The clash between Le Jingyi of China and Franziska van Almsick of Germany provided some of the best highlights of the World Cup. Le kept van Almsick at bay in the 50 meter free, though she could not withstand the pressure imposed by the German teen-ager and millionairess in the 100 and 200 meter free.

In the shorter two distances, the rivals were far from their best times, though van Almsick twice came close to her short course world record in the 200. She failed, however, to match the time in which Great Britain's Karen Pickering won the world short course title in December. (A name to watch is Rania Elwani of Egypt, who set African records of 25.42, 54.70 and 1:59.23.)

Le had done enough in the Far East to win the sprint category, but China couldn't find anyone to rival the standard of Dagmar Hase, the German and former training partner of Astrid Strauss, who outtouched Janet Evans for the Olympic 400 meter title in Barcelona. Hase went unbeaten, though Sarah Hardcastle of Britain swam comparable times (4:07 and 8:24) to win the 400 and 800 meter free in Hase's absence.

Dai Guohong of China fell well short of the form she found at Palma and was beaten in several races, though she did enough to become the only swimmer to win two categories, breaststroke and medley. Britta Vestergaard of Denmark put up the best fight, turning in fast times in both the 200 and 400 meter individual med-

ley (the best, a 4:36.83 swim in Malmo), while her teammate Mette Jacobsen—with Zhong out of the way—was the clear winner in the butterfly category. ■

WORLD CUP STANDINGS

WOMEN

Sprint Freestyle

Le Jingyi, China	101
Franziska van Almsick, Germany	78
Martina Moravcova, Slovakia	63

Distance Freestyle

Dagmar Hase, Germany	98
Malin Nilsson, Sweden	65
Kerstin Kielgass, Germany	62

Backstroke

Bai Xiuyu, China	95
Lorenza Vigarani, Italy	81
Nina Zhivanevskaya, Russia	77

Breaststroke

Dai Guohong, China	104
Brigitte Becue, Belgium	85
Hanna Jaltner, Sweden	67

Butterfly

Mette Jacobsen, Denmark	99
Jessica Amey, Canada	55
Liu Limin, China	49

Individual Medley

Dai Guohong, China	79
Britta Vestergaard, Denmark	78
Marianne Limpert, Canada	70

MEN

Sprint Freestyle

Alexander Popov, Russia	110
Raimundas Mazuolis, Lithuania	95
Vladimir Pyshnenko, Russia	78

Distance Freestyle

Evgeni Sadovyi, Russia	79
Steffen Zesner, Germany	72
Jorg Hoffmann, Germany	72

Backstroke

Vladimir Selkov, Russia	98
Alexander Popov, Russia	96
Martin Harris, Great Britain	90

Breaststroke

Ron Dekker, Netherlands	91
Nick Gillingham, Great Britain	81
A. Djaburia, Ukraine	78

Butterfly

Denis Pankratov, Russia	98
Mark Foster, Great Britain	82
Alberto Luis Laera, Italy	78

Individual Medley

Christian Keller, Germany	104
Daniel Karlsson, Sweden	68
Robert Seibt, Germany	67

Note: World Cup prize winners receive \$12,000 for first, \$7,000 for second and \$4,000 for third.

An Insider's Tale of Doping

By Phillip Whitten

The debate over how China has achieved her remarkable success in women's swimming (and running) virtually overnight has grown hotter in the last few months. Swimming World has taken the lead in calling for much tougher doping controls and more severe penalties for violations by all guilty parties. Now the cry has been taken up by coaches, officials and journalists throughout the world. All agree: the issue must be resolved and decisive action taken!

Last month, new disclosures from "Mr. X," a technician who had worked in the leading doping lab in Beijing, accredited by the International Olympic Committee (IOC), turned the heat almost to the boiling point.

The revelations came on the heels of the disqualification of Zhong Weiye, who had broken Mary T. Meagher's 100 meter butterfly (s.c.) record in a World Cup meet in Beijing in early January. In late March, after an unexplained delay of almost three months, FINA announced that Zhong had tested positive for methandienone, an anabolic steroid commonly known as Dianabol. It was the same substance detected in another Chinese woman swimmer a year earlier. Zhong was one of a slew of young Chinese women who burst onto the international scene in 1993.

A Technician's Tale

The story told by "Mr. X," who wishes to remain anonymous to protect his family still in China, was first aired in the West on the Canadian Broadcasting System by Robert Froese and later elaborated upon in the French

sports newspaper, *L'Equipe*, by Marc Ventouillac. Mr. X has applied for political asylum in Canada.

The technician charged that doping is a veritable institution in China, organized scientifically, and protected and hidden by the authorities. When the story first broke in two Chinese newspapers, the journalists who wrote them, Liu Kai-xuan and Gao Zhi-guo, were arrested and charged with "denigrating the reputation of Chinese athletes."

Some of the details:

- On the eve of the 8th Asian Games, one athlete pulled out at the last moment after testing positive for a controlled substance. A week later—"clean"—he re-entered the competition.

- Just before the Seoul Olympics in 1988, a floating anti-doping laboratory was installed on a ship anchored off South Korea. Athletes who were doubtful about their doping status came there to be tested before their events. If there was any doubt, they were pulled out of competition to escape detection by the IOC.

If this pattern sounds familiar, it is. It is precisely what East Germany did throughout the '70s and '80s when it engaged in a scientific, state-sponsored program of cheating. By using drugs to produce better athletes, the GDR sought to "prove" the superiority of its political system.

There are more shocking revelations from Mr. X:

- He says that the Beijing lab accredited by the IOC and charged with uncovering drug abuse is, at the same time, the very one that is used by Chinese officials to cover up.

- He also claims to know precisely which drugs are being used. Knowing which drugs to look for should help doping detectives discover banned drugs. Aside from various steroids, speculation has centered around two bioengineered hormones: EPO, which stimulates the production of red blood cells, vastly increasing an athlete's oxygen capacity; and hGH, human growth hormone, which stimulates muscle growth and development and helps an athlete recover faster after workouts.

As Swimming World reported earlier, a biochemist, Dr. Allen K. Murray, is developing a process to detect these substances, which presently cannot be detected. The U.S. Olympic Committee (USOC) has expressed interest in, and support for, Dr. Murray's work.

Other Developments

- A German newspaper, the *Berliner Zeitung*, revealed that 1988 Olympic hero Kristin Otto and three other top East German women swimmers, tested positive for various masking agents in 1989. The German swim federation is taking no action.

- ASCA, the American Swim Coaches Association, has proposed a tough new drug-testing procedure to FINA.

- In Australia, the World Swim Coaches Association announced it will introduce a policy that would wipe from the record books the names of all swimmers from countries implicated in using performance-enhancing drugs. It also called for awarding Olympic medals to athletes who were defeated by drug users.

We'll keep you updated. . . .

Phillip Whitten is editor-in-chief of Swimming World. This is the fourth of an ongoing series of articles he is writing on the China/drugs crisis.

POSTERS

JANET EVANS 24" x 18"

129301

\$8.95

TOM JAGER 18" x 24"

129302

\$8.95

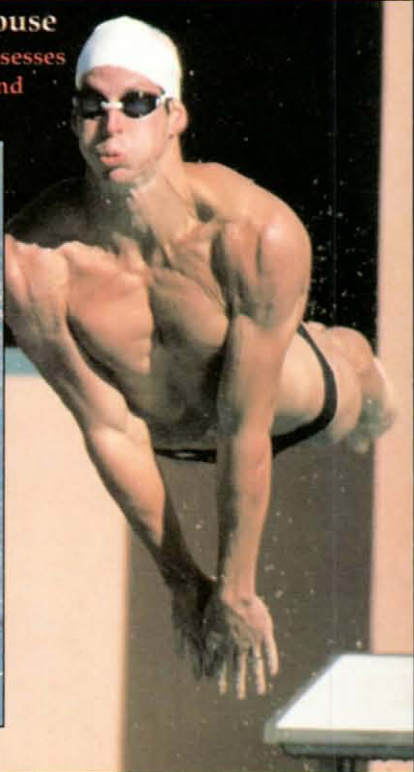
High quality stock with
varnished finish. Team—Club—
Dealer bulk discounts available
(drop shipping only)
Call for details.

de-ter'min-a'tion

staying focused so that you achieve
your goals no matter what it takes.



pow'er-house
one who possesses
great force and
energy



100% COTTON

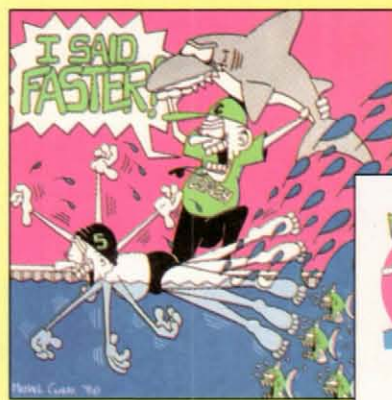
T-SHIRTS

LARGE & EXTRA LARGE

**WATER
POLO**

Front and Back
393001

\$14.95



I SAID FASTER
Front and Back
393002

\$14.95



**NOTHING
COMES
EASY**

Front design only
393003

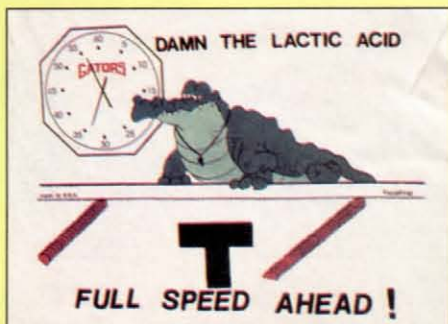
\$14.95



**DAMN THE
LACTIC ACID**

Front design only # 393004

\$14.95



Mail order to: SWIMMING WORLD
PO Box 91870, Pasadena, CA 91109
FAX: 818-304-7759

FOR CREDIT CARD ORDERS CALL—
1-800-352-7946

ITEM #	QTY.	DESCRIPTION	PRICE	TOTAL



SHIPPING CHARGES

Up to \$20.00 add \$3.00
\$20.01—\$40.00 add \$4.00
\$40.01—\$60.00 add \$5.00
\$60.01—\$150.00 add \$7.00
Over \$150.01 add \$10.00

SUB TOTAL

8-1/4% tax if in California

Shipping charges

Add \$3.50 per item if outside USA

GRAND TOTAL

SHIP TO:

Name

Address

City/State/Zip

MC/VISA

Expiration date

SIGNATURE

ALLOW 3 TO 4 WEEKS FOR DELIVERY

NJO-East: *Nothing Could Be Finer...*

By Russ Ewald

*...than to be
from Carolina
at the Junior
Nationals-East
Championships
as Bryan Stuck
and J.J. Marus
from the Tarheel
state set meet
records.*

A couple of Carolina swimmers with lightning starts stood out with meet records at the Speedo Junior National-East Short Course Championships March 22-26 on the University of Michigan campus in Ann Arbor.

University of North Carolina freshman Bryan Stuck, swimming in an early heat because he wasn't seeded, took it out hard to try to make the 100 yard backstroke finals. He more than qualified, shattering the junior national record with a time of 49.67. The old mark was 49.84 by Mission Viejo's Bart Sikora at last year's NJO-West meet.

Stuck won the final in 50.09 and didn't get a third chance, swimming butterfly instead of backstroke on the medley relay. The Xavier High School (Conn.) graduate, who hadn't done doubles before this season, improved tremendously with the increased level of work.

"He was a real talented swimmer," says Randy Erlenbach, a North Carolina assistant and head coach of the North Carolina Aquatic Club. "He's taken off with the combination of his talent and more work. His strength is an ability to concentrate on the task at hand no matter who he is swimming against."

"He had a terrific start in his morning swim and kept it going."

Stuck is listed at 6 feet in the Carolina media guide, but is closer to 5-foot-10, according to his coach.

J.J. Marus is another Carolinian who didn't let his lack of stature hold him back. The 6-footer from Greensboro blazed to a 50 free victory in 20.49, bettering the seven-year-old NJO-East mark of 20.52 by Lewis Rutherford of Bernal's Gators and missing the national mark by 3-hundredths of a second.

Marus relies on explosive power off the blocks and turns. "He has an incredible vertical leap," says

Greensboro coach Angelo Kontoulas. "I've never measured it, but he can dunk a basketball. You don't see many 6-foot white boys doing that. This season his technique at the finish improved. He learned to keep his head up in the last 10 yards, along with the proper hand touch and lean."

A senior at Page High School, Marus plans to attend North Carolina State this fall. He's the third junior national sprint champion from Greensboro, joining Chris Compton and Dustin McDaniels, now at Tennessee and Alabama, respectively.

TEAM RACES

SwimAtlanta captured its second successive NJO-East short course title and won for the fifth time in the last seven years that U.S. Swimming has kept team scores. The champions finished with 350 points. The Bolles (Fla.) Sharks took second (303) and Long Island (N.Y.) was third (239.5).

The Georgia club's girls carried the team to the combined title. They finished far in front in the women's team standings with 271 points. Defending short course titlist Bernal's Gators was next with 173.

SwimAtlanta displayed exceptional depth in the women's relays. Two girls' teams were entered and scored points in each of the three relays. The girls' 400 freestyle "A" relay of Ashley Chandler (age 15), Kati Richardson (14), Keegan Walkley (14) and Jennifer Sands (18) set a junior national record of 3:26.36. The old junior national and NJO-East mark was 3:26.91 set by Bernal's Gators last year.

Walker and Chandler also won individual titles in the backstrokes with respective winning times of 55.42 and 1:59.97. In the 13-14 NAG girls' division, Walker came close to the 13-14 NAG record of 55.35 set by Jennifer Crisman of Rapids a month earlier in the same pool.

Photos by Carolyn Peticolas

Bolles, led by 18-year-old Jose Lopez, took the team title in the men's competition with 251 points. Massachusetts Bay was runner-up at 213. Lopez swept the breaststrokes (56.45, 2:00.87), missing the NJO-East record by just 6-hundredths.

SwimAtlanta, the men's titlist last year, slipped to 11th.

MEN'S EVENTS

Stuck was the high-point scorer with 70 points. He fell 8-hundredths short of another NJO-East mark in winning the 200 back (1:46.86) to join Lopez as the only double titlists in the men's competition. The North Carolinian also placed fourth in both the 100 fly and the 200 IM. Jeff Elder, 15, from Americus Blue Tide, took the 100 fly (49.27) and Clayton Smith, 17, from Bengal Tiger, the 200 IM (1:50.19). Elder went 49.25 in the prelims, missing the NJO-East standard by 8-hundredths.

Shawn McNew, an 18-year-old from Dynamo who won the 200 back and 200 IM at the championships a year ago, took the 400 IM in 3:56.23.

The Massachusetts Bay Marlins jumped out to a sizable lead in the opening half of the 400 free relay behind 17-year-old standouts, Carl Eriksson and Alex Kurmakov, and coasted to a 3:03.52 repeat win. Kurmakov and Eriksson, who nearly dead-heated in the 100 free with Kurmakov winning by 1-hundredth in 45.33, split 44.49 and a leadoff 45.53, respectively, on the relay.

Philadelphia Department of Recreation scored well in the relays with a victory in the 400 medley (3:24.50) and second in the 400 freestyle to finish third in the men's team race.

Long Island AC, getting a 1:38.60 leadoff from 200 free winner Ken MacFadyen, led wire-to-wire in the 800 free relay (6:46.45). MacFadyen, 18, went 1:38.17 in taking the 200 free.

John Deboyace, a 17-year-old who trains with the Middies but swam unattached, rallied the final 50 yards to overtake Bolles' Dominik Galic and win the 200 fly in 1:48.89.

No swimmer was dominant in the distances. Jeremy Kane took the 1650 in 15:29.44. The 15-year-old from Nashville earlier qualified first in the 500 and led the final for the opening 300 yards before being passed by Stephen Carter, 18, of Shreveport, who won in 4:27.73. Matthew Maurer, 16, from the Hampton Dolphins, won the 1,000 in 9:16.40, a little over a second off last year's winning time by 1994 senior nationals' star Tom Dolan.

WOMEN'S EVENTS

How many first-time junior national swimmers have ever been the high-point scorer at the championships? U.S. Swimming has no records on such a feat. It certainly must be rare, if not unprecedented.

Lanky Jessica Foschi of Long Island AC

scored a meet-leading 74 points as a rookie. She swept the distance races and placed fifth in the 200 free. The 13-year-old, who stands 5-foot-8, led the entire way and finished comfortably ahead in every victory (4:52.37, 9:54.65, 16:36.51). All were senior national qualifying times.

The eighth-grade student at Friend's Academy, whose father, Bob, played basketball at Columbia University in the Ivy League, has been swimming in USS competition for only two years. Before that, she competed on the country club level.

"She has good physical skills and remembers the correct technique well, but her best attributes are a willingness to work and the drive to become better," says Long Island coach Dave Ferris.

There were no other multiple winners in the women's events. A couple of swimmers won their second junior national titles, though. Jennifer Vanker, 14, competing unattached from Michigan, took the 100 free (50.51) after winning the 100 breaststroke a year ago. Bernal's Susan Trainer, 16, captured the 200 free (1:49.10) to go with a 100 free victory at last year's long course NJO-East meet.

In the 400 medley relay, Trainer put Bernal's ahead on the fly leg (56.55 split) and Katina Maistrellis, the 50 free titlist (23.33), maintained the lead for a 3:52.23 victory.

Curl-Burke won the 800 free relay (7:34.61) as anchor Janney Hoof held off a closing rush by SwimAtlanta star Walkley.

A pair of 14-year-olds, Kristin MacGregor from Chicago Park and Katie Hathaway of New South Swim, exchanged wins in the breaststrokes. After finishing more than a second back of Hathaway (2:15.98) in the 200, MacGregor nipped her rival by 1-hundredth in the 100 breast (1:03.33).

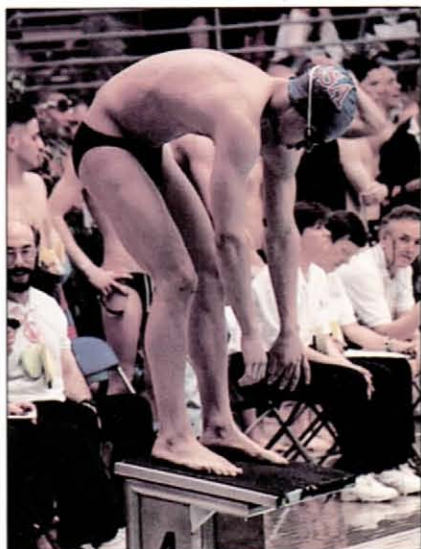
The seedings didn't hold up in the finals in the butterfly or 200 IM. Sarah McKeever, 17, of the Marauders, the fourth seed, passed leading qualifier Trainer in the final half of the 100 fly to win in 56.04. Sixth-seeded Emily Carrig, 15, from Nova of Virginia, forged into the lead during the last 50 to take the 200 fly (2:02.80). Lise Crawford, 17, the third seed from Bengal Tiger, surged in front on the free leg of the 200 IM and won in 2:04.30.

Carrig led the 400 IM after the butterfly before Valerie Oswald, 15, from Charlottesville took the lead for good on the way to a 4:23.78 win. ■



After missing the cut for the NCAAs, North Carolina's Stuck got a junior national record in the 100 back, a win in the 200 back and placed fourth in the 100 fly and 200 IM.

NJO-East record-setting Marus (below) of Greensboro, as well as Stanford's Brian Retterer at the NCAAs, proved 6-footers are not too short to succeed in the 50.



NJO-West:

Depth Does It For Texas

By Darren Larson

Even without winning a single event—individual or relay—Texas Aquatics mustered enough points to capture the men's and combined team trophies at the Speedo Junior National Championships-West.

Jack Roach will never be able to top the way he found to build self-esteem and confidence in his swimmers at the Speedo Junior National-West Short Course Championships held on the University of North Dakota campus in Grand Forks, N.D., March 22-26.

Roach's Texas Aquatics squad from Austin swam away with the men's team title with 315 points, ahead of Blue Tide's 234.5 and Golden West's 223. They were also able to hold off Mission Viejo for the combined team trophy for the first time in team history. Texas' men and women scored 389 points, just 13 points ahead of Mission.

California Capital, which won the women's championships with 190.5 points over Mission Viejo (171) and City of Plano (149), finished third in the combined team race with 295.5 points. They were propelled by wins in the 400 free (3:30.42) and 400 medley (3:52.12) relays.

"We came into this event looking at how we could improve individual best times and get our swimmers two swims for each event," Roach said. "I did not discuss the prospect of a team title or the points race, but, rather, best times and a second swim." Texas Aquatics returned to the Lone Star State without a single gold medal among its 10 men and four women, but they still snagged two of the three big pieces of hardware.

For Roach's women, 16-year-old Annie Getter was the only individual to qualify for the championship final of an event, doing it twice. She finished sixth in both the 200 yard IM and 200 free. In the relays, the Texas women had a sixth-place finish in the 400 free and an eighth in the 800 free.

The men were led by 17-year-old Josh Ilika,

who placed third in the 1000 freestyle, fourth in the 1650 and fifth in the 500. The team only had three other top eight individual finishes, but scored well in the relays, placing two 400 medley relay teams on the award stand (second and sixth) and taking third in the 400 as well as third and 11th in the 800 freestyle relays.

The main emphasis of the junior nationals, according to coaches, is to let the swimmers experience the feel of a championship meet, while at the same time strive for the qualifying times to reach the senior national meet. "I try to emphasize to the swimmers that this meet should be a stepping stone to the future," Mission Viejo head coach Bill Rose said. "The added exposure and sense of what a championship meet is like, as well as learning how to cope away from home, are the lessons to go home with," he added.

The Nadadores brought a lot of young, first-time qualifiers to the meet, and Rose believes his sheer number of athletes enabled the squad to compete as well as it did. Theresa Mauck, 17, was considered a swimming phenom at age 12, but sat out last year after losing an interest in competition. But she came back this year, and Rose believes her experience and leadership was crucial in helping the younger swimmers.

"She knows what swimming is all about—the competition . . . the people . . . not necessarily winning each and every time out," Rose said. Mauck placed seventh in the 200 fly and 200 IM and swam the anchor leg on the Nadadores' winning 800 freestyle relay (7:32.32) team along with Jeannine Povey, Giana Johnson and Tracey McCauley, all 16-year-olds. The Mission Viejo men won eight

About the Author

Darren Larson, a junior at the University of North Dakota, serves as the UND sports information director for swimming.

medals with Robert Delgado, 17, receiving the silver in the 100 fly.

The only records to fall during the five days of competition came on the fourth day of the meet, March 25th. In the women's 100 breaststroke, 13-year-old Jessamyn Miller, swimming for Los Caballeros (Calif.), became one of the youngest ever to carve her name into the junior national record book, finishing with a time of 1:03.39. That bettered the NJO-West mark of 1:03.68 set by Cathy O'Neill of City of Plano in 1992 but fell short of the national mark of 1:03.10. She also placed second in the 200 breast.

Later that evening, the Irvine Novas (Calif.) broke the junior national record in the 800 freestyle relay with a time of 6:42.17. The team of Matt Cornue, 18, Dawson Hughes, 16, Jason Lezak, 18, and Derya Buyukuncu, 17, broke the mark of 6:43.75 set by Mission Viejo in 1992.

Miller was only one of four 13-year-old women to take home the gold. One of the most successful was Emily Mastin of Tempe Rio Salado (Ariz.), who won the women's high-point trophy. She won two events—the 100 free (50.92) and 100 back (56.65)—and placed second in the 400 IM and sixth in the 50 free. Her 70 points were also the point total for the entire Rio Salado women's team.

Another first-time competitor was Jennifer Parmenter. Swimming for Canyons Aquatics (Calif.), she was crowned champion in both the 200 back (2:01.08) and 400 IM (4:21.41). In both of those races, she turned in faster prelim times (2:00.82 and 4:21.15). Parmenter also finished fifth in the 100 back.

The final 13-year-old individual champion was Denise Merk of Tigard Aquatics (Ore.). She held off Jessamyn Miller in the 200 breaststroke (2:16.16), coming within 22-hundredths of a second of the West meet record. She also finished fifth in the 100 breast.

One 14-year-old, Lauren Thies from Multnomah Athletic Club (Ore.), was not to be outdone by her slightly younger competitors. Thies was the only women's triple winner at the meet, touching the wall first in both the 200 (1:49.51) and 500 (4:50.02) freestyles as well as the 100 fly (56.28).

The other individual champions were Wendy O'Brien, 15, of the Irvine Novas in the 50 free (23.68); Erica Fischer, 16, of Carson Aquatics (Nev.) in the 1000 freestyle (10:04.97); Courtney Lischke, 15, of the Blue Fins Swim Club (Calif.) in the 1650 freestyle (16:48.85); Andrea Redman, 16, of YAC Swimming (Wash.) in the 200 fly (2:04.30); and Alana Nadal, 16, of Tualatin Hills (Ore.) in the 200 IM (2:05.68).

□

On the men's side, parity among competitors

was apparent all week long. The lone exception, however, had to be Chris Counts, 18, from Blue Tide Aquatics (Texas). He was the only triple winner among the men and missed a chance to win four events when he was disqualified on a controversial call in the prelims of the 200 IM. His wins came in the 200 free (1:37.99), 100 back (49.96) and 200 fly (1:50.59).

Counts also swam leadoff for Blue Tide's winning 400 freestyle (3:03.56) and 400 medley (3:23.00) relays and anchored his team's 800 freestyle relay (6:42.98), which swam faster than the junior national record, but placed second to Irvine Novas. In leading off the 400 free relay, Counts clocked a 45.41—faster than the winning 46.02 in the individual event.

Counts finished the meet with 60 individual points. By missing his opportunity to score more points after he was disqualified in the 200 IM, the door was left open for Timothy Russell, 16, of Reno Aquatics (Nev.) to capture men's high-point honors. Russell, with a win in the 400 IM (3:58.26) and runner-up finishes in the 1000 and 1650, scored 69 points.

The only other multiple-event winner besides Counts was Anthony Tommasi, 17, of the Mid Cities Swim Club (Texas). He went a perfect 2-for-2, winning the only events in which he competed—the 50 (20.91) and 100 freestyles (46.02).

The other individual winners among the men included Tim Haney, 15, from the Golden West Swim Club (Calif.) in the 500 free (4:29.20); Tim Martin, also from the Golden West Swim Club and the 15-year-old nephew of actor Steve Martin, in the 1000 freestyle (9:16.06); Matt Herrold, 17, of Trojan Aquatics (Okla.) in the mile (15:35.35); Thomas Klement, 17, of the Lubbock Swim Club (Texas) in the 200 back (1:49.14); Chris Bundy, 16, from the Kansas City Blazers (Kan.) in the 100 breast (57.23); Blake Holden, 17, of The Woodlands Swim Club (Texas) in the 200 breast (2:04.01); Keith Ebbert, 17, of the Willamalane Swim Club (Ore.) in the 100 fly (49.87); and Marshall Dortch, 18, from San Ramon Valley (Calif.) in the 200 IM (1:51.49). ■



Blue Tide's Chris Counts was the only male swimmer to win three events. He lost a chance for a fourth gold medal when he was disqualified in the 200 IM prelims.

Fourteen-year-old Lauren Thies of Multnomah captured three events among the women, taking the 200 and 500 yard freestyles along with the 100 butterfly.



The Cincinnati Kids Reign

THE INAUGURAL AGE GROUP CHAMPIONSHIPS, WON BY THE CINCINNATI AQUATIC CLUB, GAVE CLUBS THE CHANCE TO COMPETE WITH A COMPLETE TEAM.

Although not winning any of the eight age group divisions, the Cincinnati Aquatic Club still had the depth to capture the overall team championship as well as the combined boys division.



There has always been a lot of talk about holding a national age group championship. It finally happened this year with the Council for National Cooperation in Aquatics (CNCA) Age Group Championships April 7-9 in Indianapolis. Next year the meet may go international.

"We've had inquiries from teams in Canada, Germany, Great Britain and South Africa about competing," says Gene Keltner, head of the CNCA, whose group includes members of the National YMCA committee that had experience in putting on a meet of this scale.

This year's meet at the Indiana University Natatorium attracted teams from both coasts and as far away as Hawaii. There were a total of 804 swimmers from 147 teams competing in age group competition from 10 and under through 15 and over. The meet, which showed a small profit, was funded from entry fees and small sponsorship support.

No national age group records were set. Kaela Humphries, who has swum for Mounds View in Blaine, Minn., in the past but was unattached at the meet, came the closest to a NAG record. She won the 50 yard breaststroke in the girls' 10-and-under division in 32.96, missing the record by 3-tenths of a second.

Cincinnati Aquatics, emerging out of the shadow of the Cincinnati Marlins, won the overall championship with 809 points and the boys division with 592. The Marlins placed second overall at 781. North Jeffco, Colo., took the girls division with 631.

It's the first time that Cincinnati has beaten its crosstown rival. Before Benson Spurling became the coach almost four years ago, Cincinnati had finished just 27th in its state.

"Beating the Marlins was never a goal, only to show improve-

ment" said Spurling. "Being the first club to win this championship was nice."

Cincinnati did not win any age group division but piled up the points with a very balanced team of 21 swimmers. An impressive 80 percent of the swimmers produced lifetime best times, reported Spurling.

"I told the kids after the first day when we stood sixth that we had a shot at the title, and they responded," said Spurling. "Most of them were on their second or third taper of the season and held up well."

Spurling thinks there will be NAG records at the meet in the future.

"Being an introductory meet, coaches didn't make it their target this year," he said. "I think the format lends itself to fast times because you have competitors from all over the country competing against each other and a complete team of swimmers pulling for each other. It's the first meet where you can take your complete team."

"I think the meet will help U.S. swimming because it gives the youngsters experience to draw upon when they reach the senior level."

Following is a roundup of the individual highlights in each division:

10 AND UNDER

Natalie Cohee and Eric Hadley each had four wins.

In the girls' division, Cohee, who swam unattached from Texas, captured the 100 and 200 freestyles with times of 56.88 and 2:05.80. Based on last year's NAG Top 16 list, Natalie would

have ranked third and second, respectively, with her freestyle times. She also won both IMs, taking the 100 in 1:05.32 and the 200 in 2:21.66. The quality of her swims was apparent—both of the IM swims would have placed third in last year's NAG rankings.

(The 1993-94 NAG Top 16 short course list will not be made available until the fall.)

Cohee had some keen competition from Kaela Humphries of Blaine, Minn., who also swam unattached. Humphries beat her in the 50 by 1-hundredth of a second, 26.40-26.41, and placed second to Cohee in the 100 and 200 free as well as the 100 IM. Humphries finished the meet with three firsts (50 free, 100-200 breast) plus four runner-up performances. Her breaststroke times of 32.96 and 1:12.94 would have ranked second and third, respectively, in last year's NAG list.

Jessica Henning of Sandusky, Ohio, matched Humphries with three wins—all quality swims. No 10-year-old last year was as fast as Henning in the 100 fly (1:02.89). Her 50 back (30.84) and 50 fly (28.21) were quick, too—both swims would have ranked No. 2 in 1992-93.

The division's other individual event winner among the girls wasn't lacking for speed, either. Elizabeth Klueh of Tri-State, Ind., won the 100 back over Cohee in 1:06.29, which would have placed third a year ago.

In the boys' division, Hadley of Hillenbrand, Ariz., took the 100 and 200 freestyles in 57.66 and 2:06.63 plus the 50 and 100 backstrokes in 30.62 and 1:05.62. His 100 free time was faster than any 10-year-old from the 1992-93 short course rankings. His backstroke times would have ranked No. 2 last year.

Hadley led a trio of double winners, including Tim Patrick of Rockwood, Mo., Bobby Langsett of Pine Crest, Fla., and Matt Zimmerman of Greensboro, N.C. Parkway's (Mo.).

Zimmerman's butterfly double (28.62 and 1:04.38) ranked No. 1 and 2, respectively, in last year's NAG rankings. Patrick's 50 free of 26.39 also would have been No. 1.

11-12

Winning more individual events than anyone at the three-day meet was Christine Keller, 12, of Champaign, Ill. Of the 12 races among the 11-12 girls, Keller won a magnificent seven. In freestyle, she won the 50 and 100 with times of 24.73 and 53.28. She also captured both events in backstroke (27.66 and 59.74) and butterfly (27.01 and 59.65) as well as the 100 IM (1:01.60).

Her best swim, compared to last year's NAG rankings, came in the 50 back, which would have ranked second.

As much as Keller dominated, there were still plenty of events left over for Jenna Street to win. The 11-year-old from Bristol, Va., tripled in the 200 free and 50-100 breast. Just a little more than half a year ago, Jenna was busy setting two national age group long course records as a 10-year-old.

In the 11-12 boys' competition, Zachary Ferguson of Des Moines, Iowa, came close to Keller's gold medal count, winning

six events. The 12-year-old was tops in the 100 free (51.18), 50 and 100 back (27.75 and 58.92), 50 and 100 fly (25.60 and 56.33) and the 100 IM (59.85).

Ferguson's 100 free time of 51.18 would have bested last year's No. 1 time of 51.38. Both of his butterfly swims were also fast enough to have ranked second in 1992-93.

The only other multiple-event winner was Robert Margalis of St. Petersburg, Fla., who took two. His 200 free win of 1:51.95 would have placed third in last year's top 16 rankings.

13-14

The 13-14-year-olds added the 1650 free to their list of events, bringing the individual total to 13. Of those, Sarah Dougall, 14, of Cedar Rapids, Iowa, won five. She dominated the backstrokes (57.68 and 2:01.96) and IMs (2:09.65 and 4:29.99) and added the 200 free (1:55.59) for good measure.

Dougall, as a 13-year-old, ranked among the top 16 a year ago in the 200 back and both IMs. She improved on her fifth-place 2:02.78 of last year by 82-hundredths, which would have ranked third. Her IM times, however, were slower than last year.

Michala Kwasny, 13, of Highland, Ind., was a triple champion, while five swimmers each came home with one individual win.

The 13-14 boys were paced by quadruple champion Nick Huffstutter of Chattanooga, Tenn. The 14-year-old won both butterfly races (52.98 and 1:58.70), the 100 breast (1:01.90) and 200 IM (1:59.96). Two of his four swims—the 100 and 200 fly—would have cracked last year's NAG Top 16 list.

Perhaps the best swim in the 13-14 boys' competition came from Michael Gillam of Nashville, Tenn. The 14-year-old, who won both backstrokes, swam a 52.86 in the 100 back that would have ranked third a year ago. Gillam was one of three double winners among the boys, including Andrew Chadeayne of Mt. Kisco, N.Y., and Spence Miller of Hillenbrand, Ariz.

15 AND OVER

The older age bracket didn't have as many fast swims as the younger age groups. None of the winning times would have made last year's NAG Top 16 rankings, which is not all that surprising. Most of the top swims among the 15-16 and 17-18 divisions come from America's elite swimmers at the various national and international competitions.

Pacing the women's 15 and over division was Tess Larimore, 15, of Chattanooga, Tenn., who won five events. She captured both distance freestyle races, the 500 and 1650 (5:12.63 and 18:06.01), both breaststrokes (1:07.97 and 2:26.40) plus the 400 IM (4:34.53).

The women also had two triple winners—Beth Karaica, 16, of Plum Area, Pa., and Pam Hanson, 15, of La Crosse, Wis.

The top winner among the 15 and over men was Brian Kirkpatrick, 16, of Alamo Area in Texas with four first-place finishes—500 and 1650 free (4:46.48 and 16:44.80), 200 fly (1:58.39) and 200 IM (1:58.60).

Brent Ransom, 16, of South Side, Ill., captured three events, while Brian Christensen, 17, of Plantation, Fla., was a double winner. ★

THE TEAM CHAMPIONS

DIVISION	GIRLS	BOYS	COMBINED
10 and Under	Naval Academy, Md. 181	Rockwood, Mo. 192	Pine Crest, Fla. 254
11-12	Alief, Texas 284	Mequon, Wis. 183	Harbison, S.C. 390.5
13-14	No. Jeffco, Colo. 382	Rockwood, Mo. 256	Cinci. Marlins, Ohio 563
15 and Over	Chattanooga, Tenn. 407	Alamo Area, Texas 435	Alamo Area, Texas 647
Overall	No. Jeffco, Colo. 631	Cincinnati, Ohio 592	Cincinnati, Ohio 809

Assist Your Assistants



This column has two areas for consideration:

- Locating and training individuals to

assist you in swimming;

- Helping the assistant coach become a head coach.

Historically speaking, many of us old-timers remember all too well those days when we didn't have any assistant coaches. Unfortunately, that was also the period in the evolution of high school swimming when head coaches often didn't have any swimming background at all: "You will be teaching American history, assisting with our football team, and, oh, yes, since you are not doing

anything in the winter, you can coach our swim team."

Some of the coaches who fell into swimming by default became excellent coaches—indeed, my own high school coach, Bob Rhoda, whose first swimming meet as coach was the first meet he had ever seen, was a wonderful coach who has influenced every aspect of my own coaching career.

But the fact remains that it would have been better or at least easier if the head coach had had some swimming experience—preferably as an assistant swim coach—in the same way that classroom teachers gain experience through student teaching and other programs intended to help them learn the craft before being placed in charge.

Probably the best way to do this is

through mentoring, in which assistant coaches are brought along slowly—much as novice swimmers are developed gently and gradually—and then given increased responsibility, authority and autonomy.

First, however, we must locate individuals who are interested in and suitable for becoming an assistant swimming coach. Occasionally, a school system will hire as a teacher someone who, incidentally, has a swimming background. Another potential source is former swimmers who live in the area. Sometimes a local club coach might also be interested in becoming part of the high school program.

Once we have found someone suitable, we should make him or her a real part of the program by having them

PINE CREST SCHOOL

FORT LAUDERDALE, FLORIDA

A DREAM for most swimmers is to find a high school with exemplary academics, interscholastic swim team, and easy access to a year-round USS program—all on the same campus. This dream is a reality at Pine Crest in Florida.

Founded in 1934, this college preparatory school serves boarding boys and girls in Grades 7 through 12 as well as day students from Pre-kindergarten through Grade 12. The academic program offers Advanced Placement courses in all departments and there is a variety of courses and extracurricular offerings in band, dance, chorus, drama, studio art and political activities sponsored by the unique Institute for Civic Involvement.



Boarding students enjoy planned weekend recreational and sports activities.

Pine Crest students participate on more than 50 athletic teams, including varsity swimming and diving. They may also join USS swimming and USD diving teams that compete in regional and national-level meets. One 50-meter and two 25-yard pools form an aquatic complex located on the 47-acre school campus.

You are welcome to contact Dr. John W. Harrington for information about the school's academic and boarding programs. His telephone number is (305) 492-4103.

There is a policy of non-discrimination in all school programs and activities.

Pine Crest School • 1501 Northeast 62nd Street • Fort Lauderdale, Florida 33334-5199
Admission Office: (305) 492-4103, Fax: (305) 492-4167

work with a certain segment of the team—the junior varsity, butterflyers, distance kids, etc. We should continue to plan the practices and do the meet lineup for the assistant's group, at least until the assistant has enough experience to do these things on his/her own. Even then, we need to make our overall concepts clear enough that they can work within that framework as they design their specialty workouts.

Giving assistant coaches a group for which they are responsible increases their involvement with the team and makes them feel they are making a unique, personal contribution. As we plan our practice cycles and meet entries, they should participate—first as a mere observer, perhaps—but we should gradually give them the opportunity to

make suggestions and defend their ideas.

One way to look at this aspect of mentoring is this: how would we like to have been worked into the coaching of this team as a beginning coach?

It is important to treat the assistant as a professional coach; we should not give them the jobs we do not want to do. Remember, they are not some kind of adult manager for the team, and they should not have to tote towels or put the meet equipment away unless we share those duties. Our attitude toward the assistant coach will be picked up by the team, who will tend to treat that individual as we do, and we want them to do so with respect and with a realization that the assistant coach speaks for us in our absence.

Very often, we will do such a good

job with this early training and gradual development as a coach that we will lose our assistant. While some coaches prefer to remain as an assistant coach in a successful program in which they play an important role, most assistant coaches move on to assume a head coaching job, perhaps as the head coach at one of the schools we compete against.

Developing assistant coaches is an extremely important part of most high school swimming programs. Not only does a good assistant prove invaluable in our program, but training someone in this manner helps guarantee a supply of competent, experienced men and women to be leaders in our profession.

Over the years I have been fortunate with assistants. Some of our first assistants were diving coaches who helped a

SUMMER TEAM *Package* DEAL



TEAM ARENA®

1. **Team Arena™ suit, printed with team logo.**
arena®
2. **100% Cotton T-shirt, printed w/team logo.**
Hanes®
3. **Latex swim cap, printed with team logo.**

Prices include 1 color printing.

MALE PACKAGE	FEMALE PACKAGE
\$27.95	\$42.95

Minimum order: 24 Packages

Sizing kits available

3 week delivery

Add \$2.00 per Additional color

Send camera ready artwork

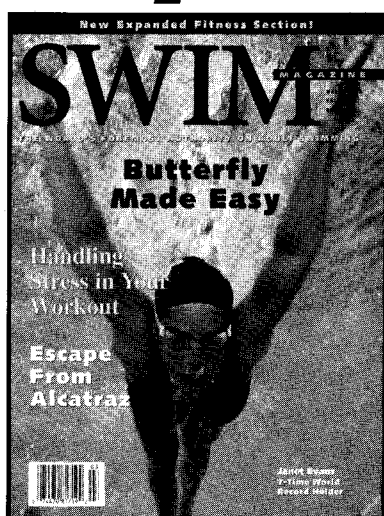
...or just a sketch!

SWIMSKIN®

1-800-341-0246

675 Forest Ave. Portland, ME 04103

Expand Your World of Swimming



SWIM Magazine

SWIM Magazine, published bi-monthly, is the only magazine in the nation for adult fitness and masters competitive swimmers. The official publication of United States Masters Swimming includes articles on aquatic fitness, nutrition, sports psychology, stroke technique, national/international masters competitions and personality profiles.

Swimming Technique

Published quarterly, Swimming Technique is the publication for swimming, diving and water polo coaches, officials, aquatic administrators and self-coached athletes. Articles range from practical "how-to" instruction to sophisticated research-oriented work concerning various aspects of swimming physiology and modern technology.



Send to:

Swimming World
P.O. Box 91870
Pasadena, CA 91109

For faster service, call toll free
1-800-538-9787 nationwide or
1-800-345-SWIM in California

Swim Magazine (6 times per year)

1 year (6 issues)	\$15.00
2 years (12 issues)	28.00
3 years (18 issues)	41.00

Swimming Technique (4 times per year)

1 year (4 issues)	\$13.00
2 years (8 issues)	25.00
3 years (12 issues)	36.00

☐ New
☐ Renewal

Name _____

Address _____

City/State/Zip _____

MasterCard/VISA _____ Exp. _____

Signature _____

All countries outside USA: Please add \$6.00 per year to the above prices. Remit in U.S. funds.
Delivery: Allow 4-6 weeks for delivery for first issue in the United States.

little bit with swimming. Gradually, we kept the diving coaches and were able to hire a full-time swimming assistant, most of whom have gone on to bigger and better things.

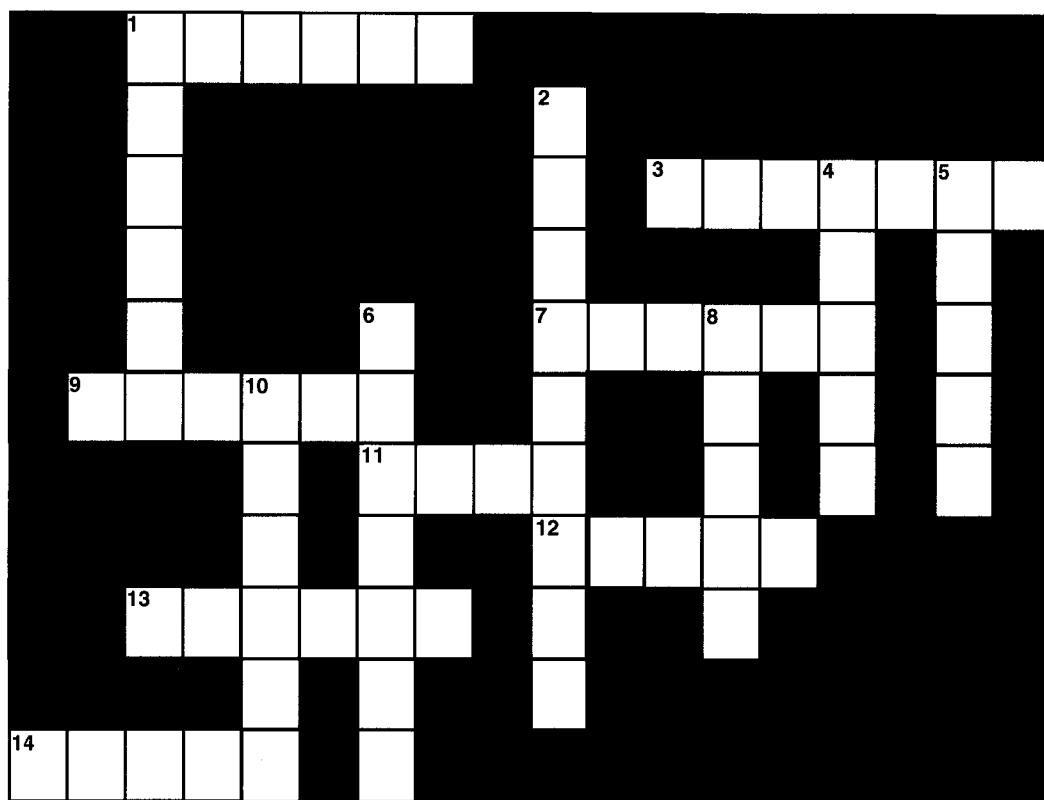
Notable among our "older" assistants is Jim Sharp, now at Lafayette (Ind.) Jefferson, where he has achieved considerable fame as a coach of both the boys' and the girls' teams. It should be pointed out, though, that Coach Sharp came to us already a successful head coach of high school and age group teams. When he was with us, he was invaluable in so many areas.

Currently, our assistant boys' coach is Larry Reitz, who has been head girls' coach for several years. Since he took over the program, the girls have become the dominant team in our part of the state and have shown well in all of the state meets. Coach Reitz was an Indiana high school and Ohio State swimmer; therefore, he had considerable experience and was way beyond any need for my help in developing coaching skills. It is obvious that he and I are more co-coaches than head coach and assistant.

It is true, then, that we can get lucky and acquire outstanding assistant coaches—men and women who will be able to provide us with expert help right away—but there are many more times when we have to find and train those who are just entering the profession of high school swim coaching. We must help these novice coaches become tomorrow's head coaches.

NISCA encourages all high school swimming coaches reading this column to make the development of assistant coaches a priority. Perhaps in the near future we will have new programs from NISCA to help us do that. NISCA has been an innovative force in all areas of high school aquatics. If there is a need for NISCA to create materials that would help in finding and encouraging assistant coaches, I would encourage NISCA members to request such help. ■

ISHOF CROSSWORD PUZZLE



ACROSS

1. Winner of the women's 100 free and 100 back at Junior Nationals-West.
3. Male sprint free champ of NJO-West.
7. She set a record of 1:03.39 in the women's 100 breast at Junior Nationals-West.
9. Queen of the distances at NJO-East.
11. Set a YMCA national record in the prelims of the men's 100 breast.
12. Won the women's 200-500 free and 100 fly at NJO-West.
13. She set a national YMCA record in the 200 fly as well as winning the 200 free and the 100 fly.
14. He won the 100-200 free and the 100 fly at YMCA Nationals.

DOWN

1. She set a new YMCA record in the 400 IM at nationals.
2. She won the 200 back and 400 IM at NJO-West.
4. The only individual record-setter at NJO-East, he set a record of 20.49 in the 50 free.
5. He won both backstroke events at NJO-East.
6. He was one of two men (besides 14A) to win three events at YMCA Nationals.
8. At NJO-East, he won both breaststroke titles.
10. He won the 200 free, 100 back and 200 fly at NJO-West.

Answers on page 53.

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.

FOR THE RECORD

CONTENTS

NATIONAL

- 50 YMCA Nationals
- 51 Junior Nationals-East
- 52 Junior Nationals-West
- WORLD
- 53 World Cup Meets
- 55 Australian Open
- 55 Canadian Commonwealth
- 55 Edinburgh International
- AGE GROUP
- 56 CNCA Championships
- DIVING
- 56 U.S. Diving Nationals

NATIONAL

YMCA NATIONAL CHAMPIONSHIPS Fort Lauderdale, Florida April 12-15, 1994 (25 YD)

* YMCA National Record

FINAL TEAM STANDINGS

- Combined**
- 574.5 M.E. Lyons, OH
 - 432 Upper Main Line, PA
 - 341.5 Wilton, CT
 - 315.5 Charlottesville, VA
 - 300 Reading, PA
 - 292 Rochester, MI
 - 289 Northwest DuPage, IL
 - 277 Huntington, WV
 - 276.5 Gamble Nippert, OH
 - 226 Raleigh, NC
- Women**
- 328 Upper Main Line, PA
 - 276 Huntington, WV
 - 258 M.E. Lyons, OH
 - 249 Northwest DuPage, IL
 - 244 Charlottesville, VA
 - 206 Reading, PA
 - 142 Aurora, IL
 - 130 Gamble Nippert, OH
 - 127 Westport, CT
 - 125 Haverhill, MA

- Men**
- 316.5 M.E. Lyons, OH
 - 232 Wilton, CT
 - 229 Rochester, MI
 - 215 Kettering, OH
 - 214 Raleigh, NC
 - 192 Lakeland, NJ
 - 177.5 Harrisburg East, PA
 - 146.5 Gamble Nippert, OH
 - 130 North Canton, OH
 - 123 Moultrie, GA

WOMEN

- 50 Free April 14**
- 23.77 Rebecca Cronk, CHAR
 - 23.82 A. Balcerzak, Shenango
 - 23.83 Kim Robinson, HUNT-WV
 - 23.84 Tammy Spatz, Bay Area
 - 23.96 S. Williams, BLOOM
 - 24.10 Laura Shepard, Westport
 - 24.23 Elizabeth Myers, Catawba
 - 24.50 Erin Anderson, Westport

- 100 Free April 12**
- 51.07 S. Williams, BLOOM
 - 51.25 Kim Robinson, HUNT-WV
 - 51.39 Tammy Spatz, Bay Area
 - 51.88 A. Balcerzak, Shenango
 - 52.14 Rebecca Cronk, CHAR
 - 52.17 E. Stonebraker, Naperville
 - 52.89 Laura Shepard, Westport
 - 53.03 Anna Carollo, SSTY

- 200 Free April 13**
- 1:48.92 T. Bendel, Lyons
 - 1:51.44 C. Coleman, DuPage
 - 1:52.28 G. Ballard, Glendale
 - 1:52.43 E. Stonebraker, Naperville
 - 1:52.64 Tammy Spatz, Bay Area
 - 1:52.75 Kate Ivers, Nippert
 - 1:53.50 Wendy Henson, Spartan
 - 1:55.65 A. Christiansen, Haverhill

- 500 Free April 12**
- 4:48.90 Chrissy Miller, UML
 - 4:49.09 Suzanne Black, WSY
 - 4:52.23 C. Coleman, DuPage
 - 4:55.47 Lauren Silva, Aurora
 - 4:55.98 Dina Dormer, UML
 - 4:56.09 G. Ballard, Glendale
 - 4:56.11 Amy Lindblom, Wilton
 - 4:00.84 Laura Sullivan, Sarasota

- 1650 Free April 15**
- 16:35.01 Suzanne Black, WSY
 - 16:47.01 Dina Dormer, UML
 - 16:52.76 Amy Lindblom, Wilton
 - 17:00.26 Lauren Silva, Aurora
 - 17:12.95 A. Christiansen, Haverhill

- 17:14.87 Liz Hennessey, DuPage
- 17:18.15 Amy O'Donnell, UML
- 17:19.80 Laura Sullivan, Sarasota

- 100 Back April 13**
- 56.58 Nora Grannell, Severna
 - 57.36 S. Williams, BLOOM
 - 57.98 C. Deighan, Birmingham
 - 58.22 Jennifer Arndt, Green Bay
 - 58.36 Tashy Bohm, Somerset
 - 58.37 M. Burnham, Sarasota
 - 58.89 Janie Reed, McKinley
 - 59.05 Helena Wilhelm, Sarasota

- 200 Back April 14**
- 2:01.80 Melissa Olson, HUNT-WV
 - 2:02.62 C. Coleman, DuPage
 - 2:03.92 Nora Grannell, Severna
 - 2:04.88 C. Deighan, Birmingham
 - 2:05.03 Kristin Schlif, Reading
 - 2:05.45 Jen Myers, Fairfield
 - 2:05.64 M. Burnham, Sarasota
 - 2:05.91 Janie Reed, McKinley

- 100 Breast April 15**
- 1:04.40 Adrienne Sutton, Salem
 - 1:04.56 Kristy Kowal, Reading
 - 1:04.69 S. Suddarth, Topeka
 - 1:04.72 Valerie Oswald, CHAR
 - 1:05.47 A. Balcerzak, Shenango
 - 1:05.59 B. Kline, Lake Region
 - 1:05.70 Misty Launch, Aurora
 - 1:05.91 Mandi Falk, Rochester

- 200 Breast April 13**
- 2:17.78 Sarah Maggio, DuPage
 - 2:18.28 S. Suddarth, Topeka
 - 2:18.48 Adrienne Sutton, Salem
 - 2:18.68 Valerie Oswald, CHAR
 - 2:19.59 Melissa Olson, HUNT-WV
 - 2:20.19 Chrissy Miller, UML
 - 2:20.25 Misty Launch, Aurora
 - 2:22.71 K. Armitage, Hamden

- 100 Fly April 13**
- 55.57 T. Bendel, Lyons
 - 57.85 J. Scheirman, HUNT-WV
 - 58.24 Jen Hartsock, Blue Ash
 - 58.41 C. Deighan, Birmingham
 - 58.50 Tricia Cull, HUNT-WV
 - 58.59 Susan Herrick, Cape Ann
 - 58.71 Carrie Stackhouse, UML
 - 59.20 Sand Stringfellow, UML

- 200 Fly April 15**
- 2:00.01* T. Bendel, Lyons
 - 2:02.79 Chrissy Mitchell, UML
 - 2:03.98 Tricia Cull, HUNT-WV
 - 2:07.30 Jen Hartsock, Blue Ash
 - 2:07.57 S. Bausher, Reading
 - 2:08.84 Carrie Stackhouse, UML

- 2:09.46 Martha Wright, CHAR
- 2:11.61 J. Scheirman, HUNT-WV

- 200 IM April 12**
- 2:02.19 Sarah Maggio, DuPage
 - 2:04.70 Erika Acuff, UML
 - 2:05.47 Melissa Olson, HUNT-WV
 - 2:06.89 Kristy Kowal, Reading
 - 2:07.70 Janie Reed, McKinley
 - 2:08.08 Jennifer DeLong, WSY
 - 2:08.75 Carolyn Bucher, Roanoke
 - 2:10.18 Meghan Fern, Westport

- 400 IM April 14**
- 4:15.90* Sarah Maggio, DuPage
 - 4:17.47 Lauren Silva, Aurora
 - 4:24.99 Valerie Oswald, CHAR
 - 4:26.91 Dina Dormer, UML
 - 4:28.18 Suzanne Black, WSY
 - 4:29.32 Carolyn Bucher, Roanoke
 - 4:29.71 S. Bausher, Reading
 - 4:31.31 Susan Herrick, Cape Ann

- 200 MR April 12**
- 1:47.54 Upper Main Line, PA
 - 1:47.91 Huntington, WV
 - 1:48.23 Charlotteville, VA
 - 1:48.53 Somerset Hill, NJ
 - 1:48.54 Westport, CT
 - 1:48.97 Reading, PA
 - 1:49.08 Aurora, IL
 - 1:49.34 M.E. Lyons, OH

- 400 MR April 15**
- 3:52.92 Huntington, WV
 - 3:54.52 Charlotteville, VA
 - 3:55.81 M.E. Lyons, OH
 - 3:56.95 Rochester, MI
 - 3:57.40 Aurora, IL
 - 3:57.89 Blue Ash, OH
 - 3:58.82 Somerset Hill, NJ
 - 4:00.44 Reading, PA

- 200 FR April 15**
- 1:36.22 M.E. Lyons, OH
 - 1:36.27 Upper Main Line, PA
 - 1:36.59 Westport, CT
 - 1:36.96 Birmingham, MI
 - 1:38.00 Red Bank, NJ
 - 1:38.55 Reading, PA
 - 1:38.60 NW DuPage, IL
 - 1:38.90 Huntington, WV

- 400 FR April 13**
- 3:29.24 M.E. Lyons, OH
 - 3:30.39 Upper Main Line, PA
 - 3:30.57 NW DuPage, IL
 - 3:31.17 Gamble Nippert, OH
 - 3:33.45 Huntington, WV
 - 3:34.12 Charlottesville, VA
 - 3:34.59 Roanoke, VA

- 3:34.82 Bloomsburg, PA

- 800 FR April 14**
- 7:29.29 M.E. Lyons, OH
 - 7:30.82 Upper Main Line, PA
 - 7:34.30 NW DuPage, IL
 - 7:40.55 Gamble Nippert, OH
 - 7:41.78 Wilton, CT
 - 7:43.86 Huntington, WV
 - 7:44.17 Charlottesville, VA
 - 7:44.55 Reading, PA

- 1-Meter April 15**
- 361.30 Chelsea Lerew, Moultrie
 - 357.00 Jennifer Loew, Wheeling
 - 347.05 Kortney Schell, Joliet
 - 345.15 Shelia Priestly, Haverhill
 - 339.85 Camilla McLean, Moultrie
 - 329.30 Larissa Ettore, NCY
 - 328.20 Ali Shipley, Somerset Vly.
 - 321.15 Katie Kelleher, Haverhill

- 3-Meter April 13**
- 418.25 Katie Kelleher, Haverhill
 - 411.00 Ali Shipley, Somerset Vly.
 - 395.85 Cara Lewis, Somerset Vly
 - 371.85 Liz Stone, Haverhill
 - 368.80 Camilla McLean, Moultrie
 - 368.10 Chelsea Lerew, Moultrie
 - 365.85 L. Lehrer, Somerset Vly
 - 364.65 Lane Bassham, Moultrie

- MEN**
- 50 Free April 14**
- 20.74 Greg Stacey, Wilton
 - 20.77 Jay Tant, Kettering
 - 21.18 Matt Cole, Bloomsburg
 - 21.31 Rob Henkinman, Mansfield
 - 21.41 S. Walker, Cen. Chester
 - 21.44 Ken Heis, M.E. Lyons
 - 21.44 Keith Wilson, Harris. E.
 - 21.80 John Stamatatos, N. Canton

- 100 Free April 12**
- 45.11 Dod Wales, M.E. Lyons
 - 45.20 Greg Stacey, Wilton
 - 45.57 Jay Tant, Kettering
 - 46.46 Jeremy Linn, Harris. E.
 - 46.49 Matt Cole, Bloomsburg
 - 47.01 S. Walker, Cen. Chester
 - 47.30 A. Pawlick, Birmingham
 - 47.59 John Stamatatos, N. Canton

- 200 Free April 13**
- 1:38.05 Dod Wales, M.E. Lyons
 - 1:41.64 Greg Stacey, Wilton
 - 1:41.66 Josh Carothers, Lyons
 - 1:42.09 Tom Houck, Reading
 - 1:42.31 Scott Hudson, Raleigh
 - 1:42.58 A. Pawlick, Birmingham

- 1:42.72 Jared Lucan, Hamden
- 1:43.19 Erich O'Donnell, McKinley

- 500 Free April 12**
- 4:30.02 John Bruening, Sarasota
 - 4:30.21 Tom Houck, Reading
 - 4:32.86 Jim Sullivan, Ridgewood
 - 4:37.12 Wes Sawyer, Spartanburg
 - 4:37.24 Mike Furber, UML
 - 4:38.30 Josh Carothers, Lyons
 - 4:38.58 David Brendle, Glendale
 - 4:40.32 Khaled Coury, Sarasota

- 1650 Free April 15**
- 15:38.07 Jim Sullivan, Ridgewood
 - 15:49.57 Matt Hall, WSY
 - 15:49.71 Mark Leonard, Macomb
 - 15:55.88 Khaled Coury, Sarasota
 - 16:00.09 Tom Houck, Reading
 - 16:02.95 Matt Allen, Wilmington
 - 16:03.92 Wes Sawyer, Spartanburg
 - 16:04.04 Brian Cadman, Hamden

- 100 Back April 13**
- 51.10 Michael Bartz, Flushing
 - 51.13 Graeme Leiser, Raleigh
 - 51.71 P.J. Olson, Rochester
 - 51.89 Lee Richards, Wilmington
 - 52.06 J. Zerny, Bloomsburg
 - 52.40 Daniel Bauder, Fairfield
 - 52.92 Shoff Allison, Raleigh
 - 53.24 Brian Elko, Lakeland

- 200 Back April 14**
- 1:50.59 Graeme Leiser, Raleigh
 - 1:50.85 John Bruening, Sarasota
 - 1:51.61 P.J. Olson, Rochester
 - 1:51.75 J. Zerny, Bloomsburg
 - 1:51.99 Shoff Allison, Raleigh
 - 1:52.20 Lee Richards, Wilmington
 - 1:52.77 Michael Bartz, Flushing
 - 1:54.90 Brian Guilford, G. Nippert

- 100 Breast April 15**
- 55.10 Jeremy Linn, Harris. E. (Prelims: 54.76")
 - 57.32 Scott Troy, Reading
 - 57.57 D. Boardman, Lakeland
 - 58.11 Tyler Virden, Cape Ann
 - 58.17 John Bruesch, DuPage
 - 58.33 Matt Johnson, N. Canton
 - 58.97 Chad Zuleger, WSY
 - 59.53 Tom Davis, Wilton

- 200 Breast April 13**
- 2:01.27 Jeremy Linn, Harris. E.
 - 2:01.59 Scott Troy, Reading
 - 2:05.44 Tom Davis, Wilton
 - 2:06.99 D. Boardman, Lakeland
 - 2:07.15 John Bruesch, DuPage
 - 2:07.49 Tyler Virden, Cape Ann
 - 2:07.78 Dan Gowetski, Gaithers.
 - 2:09.12 Dan Hoeller, CHAR

- 100 Fly April 13**
- 49.61 Dod Wales, M.E. Lyons
 - 51.00 Jeff Bell, Springfield
 - 51.12 Erich O'Donnell, McKinley
 - 51.25 Matt Cole, Bloomsburg
 - 51.33 Jeff Graves, UML
 - 51.38 M. Sugrue, Rochester
 - 51.70 Matt Vogt, Clay-Plate
 - 52.47 Brian Guilford, G. Nippert

- 200 Fly April 15**
- 1:50.54 Tom Wilkens, Red Bank
 - 1:51.12 Jeff Bell, Springfield
 - 1:52.18 Matt Homan, Kettering
 - 1:52.38 Brian Marsh, Roanoke
 - 1:53.97 M. Sugrue, Rochester
 - 1:55.06 Wes Morrow, Spartanburg
 - 1:55.18 Erich O'Donnell, McKinley
 - 1:55.72 Bryan Parsons, Mansfield

- 400 IM April 14**
- 4:30.51 Michael Bartz, Flushing
 - 4:34.64 P.J. Olson, Rochester
 - 4:35.91 Brian Fulmer, McKinley
 - 4:36.97 Tom Davis, Wilton
 - 4:37.11 M. Sugrue, Rochester
 - 4:37.37 Scott Troy, Reading
 - 4:37.57 Wes Morrow, Spartanburg
 - 4:38.35 Mike Kim, Ann Arbor

- 200 MR April 12**
- 1:35.19 Wilton, CT
 - 1:35.36 Rochester, MI
 - 1:35.51 Lakeland, NJ
 - 1:35.65 Kettering, OH
 - 1:35.77 M.E. Lyons, OH
 - 1:36.46 Harrisburg East, PA
 - 1:37.61 Upper Main Line, PA
 - 1:38.01 Red Bank, NJ



M.E. Lyons' (Ohio) relay team of (from left) Dod Wales, Ken Heis, Jamie Holder and Josh Carothers won the 200 freestyle relay in 1:24.08 and the 400 free relay in 3:05.68 at the YMCA Nationals. Lyons took home the men's and combined trophies.

FOR THE RECORD



400 MR	April 15
3:26.92	Lakeland, NJ
3:29.01	M.E. Lyons, OH
3:29.28	Harrisburg East, PA
3:30.79	Kettering, OH
3:30.87	North Canton, OH
3:31.52	Wilton, CT
3:32.03	Red Bank, NJ
DQ	Rochester, MI
200 FR	April 15
1:24.08	M.E. Lyons, OH
1:25.85	Kettering, OH
1:25.85	Harrisburg East, PA
1:25.87	Rochester, MI
1:25.99	North Canton, OH
1:26.40	Upper Main Line, PA
1:27.25	Wilton, CT
1:31.09	Lakeland, NJ
400 FR	April 13
3:05.68	M.E. Lyons, OH
3:08.65	Kettering, OH
3:08.96	Raleigh, NC
3:09.61	Lakeland, NJ
3:09.80	Rochester, MI
3:10.26	North Canton, OH
3:11.26	Gamble Nippert, OH
DQ	Upper Main Line, PA
800 FR	April 14
6:54.86	M.E. Lyons, OH
6:54.86	Raleigh, NC
6:55.41	Rochester, MI
7:01.84	McKinley, IL
7:02.86	Wilton, CT
7:02.93	Gamble Nippert, OH
7:03.08	Naperville, IL
1-7-Meter	April 12
44:15	Chad Sheldon, Moultrie
44:40	Tom Thomas, NCY
44:23	Jud Campbell, Moultrie
44:20	Trey Hart, Moultrie
41:70	Ken Bedford, Butler
35:65	M. Ninneman, Schroeder
34:80	Ryan Lee, Joliet
34:65	Hernandez, Somerset Vly.
3-Meter	April 14
49:10	Trey Hart, Moultrie
48:40	Tom Thomas, NCY
47:25	Jud Campbell, Moultrie
46:55	Chad Sheldon, Moultrie
45:21	Ryan Lee, Joliet
44:45	Ken Bedford, Butler
39:80	Clayton Moss, Moultrie
39:40	M. Ninneman, Schroeder

USS/SPEEDO JUNIOR NATIONAL CHAMPIONSHIPS-EAST University of Michigan Ann Arbor, Michigan March 28-26, 1994 (25 YD)

* Junior National Record
** Junior National-West Record

FINAL TEAM STANDINGS	Combined
350	SwimAtlanta
303	Bolles Sharks
239.5	Long Island
221	Philadelphia Dept. Rec.
223	Curl-Burke
196	Lakeside Seahawks
172	Bengal Tiger
142.5	Pine Crest
134	White Plains Middles
133.5	Dynamo
129.5	Nova of Virginia
Women	
271	SwimAtlanta
173	Bernal's Gators
155	Curl-Burke
140	Navy Jr.
128	White Plains Middles
117	Lakeside Seahawks
110	Nova of Virginia
106	Long Island
79	Seacoast
78	Philadelphia Dept. Rec.
Men	
251	Bolles Sharks
213	Mass Bay Marlins
145	Philadelphia Dept. Rec.
133	Long Island
127	North Carolina
114.5	Dynamo
111	Bengal Tiger
106	Atomic City
96.5	Pine Crest
93	Swim Florida

WOMEN	50 Free	March 26
		Championship Finals
23.33	Katina Maistrellis, Bernal's	
23.59	Katy Novotny, Edgewood	
23.72	Tracey Rankin, Curl-Burke	
23.81	Beth Timmons, Unat.	
23.88	Allison Viner, Palatine	
23.88	Kelli Klein, Americus	
23.96	Shawn Covert, Miami	
23.96	Melissa Bateman, Patriot	
		Consolation Finals
23.82	Lise Crawford, Bengal	
23.97	Amy Balcerzak, Unat.	
24.13	Ashley Murray, Charlotte	
24.14	Beth Schlessman, Viking	
24.15	Lisa Bushnell, Pine Crest	
24.24	Brooke Davey, Newburgh	
24.28	R. Witterdofner, GPAC	
24.37	Melissa Sugar, NSC	
100 Free	March 23	
		Championship Finals
50.51	Jennifer Vanker, Unat.	
51.22	R. Witterdofner, GPAC	
51.34	B. Reilly, White Plains	
51.48	Tammie Spatz, BAY	
51.79	Jennifer Sams, SA	
51.94	Laura Kerns, Sycamore	
52.08	Ashley Chandler, SA	
52.35	Lisa Bushnell, Pine Crest	
		Consolation Finals
51.79	Joan Chidester, Navy Jr.	
51.81	Ashley Murray, Charlotte	
51.83	Amy Balcerzak, Unat.	
51.87	Meg McCubbins, Nova	
51.96	Katy Novotny, Edgewood	
52.14	Ashley Whitney, Nashville	
52.19	T. Rankin, Curl-Burke	
52.20	Tenelle Ramer, Ft. Wayne	
200 Free	March 24	
		Championship Finals
1:49.10	Susan Trainer, Bernal's	
1:49.63	Lise Crawford, Bengal	
1:49.87	Jennifer Vanker, Unat.	
1:50.14	Ashley Whitney, Nashville	
1:50.82	Jessica Foschi, LIAC	
1:51.19	S. McKeever, Marauders	
1:52.37	R. Witterdofner, GPAC	
1:52.51	Tammie Spatz, BAY	
		Consolation Finals
1:50.98	B. Reilly, White Plains	
1:52.10	A. Cosman, Newburgh	
1:52.11	Cindy Hoffman, Badger	
1:52.50	Kelley Miller, Poseidon	
1:52.75	Meg Freese, Curl-Burke	
1:52.82	Amy Betz, Navy Jr.	
1:53.28	J. Knapp, White Plains	
1:53.31	Tenelle Ramer, Ft. Wayne	
500 Free	March 25	
		Championship Finals
4:52.37	Jessica Foschi, LIAC	
4:54.01	A. Cosman, Newburgh	
4:54.20	Kelley Smith, Birmingham	
4:54.56	Leann Gathings, Meck.	
4:56.21	Janney Hooff, Curl-Burke	
4:57.58	Ashley Whitney, Nashville	
4:59.10	Joan Chidester, Navy Jr.	
5:01.20	K. Walkley, SwimAtlanta	
		Consolation Finals
4:56.85	Valerie Patterson, PDR	
4:56.99	Julie Kemp, Curl-Burke	
4:57.54	E. Rossi, White Plains	
4:58.95	Kelley Miller, Poseidon	
4:59.53	B. Reilly, White Plains	
5:02.92	J. Knapp, White Plains	
5:03.74	R. Witterdofner, GPAC	
5:04.50	Catherine Preston, EEX	
1000 Free	March 22	
		Timed Finals
9:54.65	Jessica Foschi, LIAC	
10:02.00	Ashley Whitney, Nashville	
10:03.08	Kelley Smith, BSL	
10:05.37	A. Cosman, Newburgh	
10:05.89	Janney Hooff, Curl-Burke	
10:07.66	Valerie Patterson, PDR	
10:10.00	Diana Liberty, Seacoast	
10:11.14	Alicia McElroy, Meck.	
10:11.56	Alyson Goodner, PDR	
10:12.12	Sharon Riedlinger, RMSC	
10:12.31	Lindy Mercer, Coho	
10:12.37	Enn Noeth, Bolles	
10:13.48	Kelley Miller, Poseidon	
10:13.64	Katherine Young, E. Bay	
10:13.96	Stacey Caldwell, GPAC	
10:15.72	Amy Taylor, LIAC	
1650 Free	March 26	
		Timed Finals
16:36.51	Jessica Foschi, LIAC	
16:43.01	E. Rossi, White Plains	
16:45.40	Enn Noeth, Bolles	
16:51.16	Kelley Smith, BSL	
16:51.82	Alyson Goodner, PDR	

16:52:81	Alicia McElroy, Meck.
16:54:97	Julia Deanehan, NBAC
17:00:06	Janney Hooff, Curl-Burke
17:00:27	Megan Jelteta, Berta
17:00:56	A. Cosman, Newburgh
17:00:95	Kate Volz, Swim Florida
17:01:11	Valerie Patterson, PDR
17:02:06	Sharon Riedinger, RMSC
17:02:57	Carolyn Harris, Lanier
17:05:96	Lindy Mercer, Coho
17:06:90	Diana Liberty, Seacoast
100 Back March 25	
Championship Finals	
55:42	K. Walkley, SwimAtlanta
56:65	Julie Jerue, Unat.
57:03	Tammie Spatz, BAY
57:11	Nichole Robillard, Peddie
57:22	Emily Deppe, Seacoast
57:46	Heather Payne, EEX
57:74	J. Hutton, White Plains
58:29	Danelle Litt, LIAC
Consolation Finals	
57:25	A. Crowe, Mt. Vernon
57:67	Meg McCubbins, Nova
57:78	Amy Roth, Lancaster
57:89	Nancy Simpson, CGBD
57:90	Jenny Latimer, Pine Crest
58:13	Elizabeth Frank, Norfolk
58:30	Traci Rainer, PDR
58:60	Becky Richey, Aquacrest
200 Back March 23	
Championship Finals	
1:59:97	A. Chandler, SwimAtlanta
2:01:98	Nichole Robillard, Peddie
2:02:44	Heather Payne, EEX
2:02:76	Anne Aristeo, Livonia
2:02:93	Enn Glenndunham, Marist
2:03:85	Jenny Mooney, East Bay
2:04:18	Emily Deppe, Seacoast
2:04:94	Diana Roberts, Lakeside
Consolation Finals	
2:02:09	Christen Deveney, LIE
2:02:65	Amy Roth, Lancaster
2:04:14	Amy Holt, Bernal's
2:04:24	Kristy Helin, Three Village
2:04:92	K. Childress, SwimAtlanta
2:05:08	Kendra Kelly, USCSC
2:05:21	Sara Greenbaum, Bernal's
2:07:15	A. Barrera, Asphalt
100 Breast March 25	
Championship Finals	
1:03:33	K. MacGregor, Chicago
1:03:34	K. Hathaway, New South
1:04:08	Kelley Williams, Ft. Wayne
1:04:61	Lise Crawford, Bengal
1:04:63	Brooke Donoho, Gr. Balt.
1:04:93	Emily Cocks, SW Mich
1:05:12	Valerie Oswald, CHAR
1:05:70	Kate Sosnowski, FOX
Consolation Finals	
1:05:05	Mary Beth Ellis, LFSC
1:05:30	Ashley Wagner, Kenton
1:05:48	Susie Stark, Viking
1:05:76	Ellen Fraumann, Coho
1:05:83	Brook Monroe, Lakeside
1:06:06	Libbie Lohman, Ft. Wayne
1:06:41	S. White, Gr. Daytona
1:06:51	Jennifer Aber, Hershey
200 Breast March 23	
Championship Finals	
2:15:98	K. Hathaway, New South
2:17:11	K. MacGregor, Chicago
2:17:58	Brook Monroe, Lakeside
2:18:30	Brooke Donoho, Gr. Balt.
2:18:71	Kelley Williams, Ft. Wayne
2:19:71	Valerie Oswald, CHAR
2:19:82	Julie Deanehan, NBAC
2:21:13	Emily Grass, Atomic
Consolation Finals	
2:20:56	Susie Stark, Viking
2:20:66	Ashley Wagner, Kenton
2:20:67	Dana Brintz, NJW
2:21:59	Humberstone, SwimAtlanta
2:22:38	J. Strausbaugh, U. Arl.
2:22:38	Abby Cooper, Jersey
2:22:71	Kirstin Nagle, Seacoast
2:23:25	K. Charpentier, Green.
100 Fly March 25	
Championship Finals	
56:04	S. McKeever, Marauders
56:50	Susan Trainer, Bernal's
56:85	Emily Carrig, Nova
57:01	Claire August, Dynamo
57:04	Alyson Bowman, GCSTO
57:12	Amy Betz, Navy Jr.
57:43	Emily Busch, Decatur
57:64	Carolyn Deighan, BBD
Consolation Finals	
57:22	Kelli Klein, Americus
57:27	Lisa Bushnell, Pine Crest
57:51	J. Sands, SwimAtlanta
57:63	Melissa Fiss, New South

57.73	M. Dickerson, Lakeside
57.99	Kendra Kelly, USCSC
58.18	S. West, SwimAtlanta
58.23	Kori Forster, Unat.
200 Fly	March 23
Championship Finals	
2:02.80	Emily Carrig, Nova
2:03.41	Whitney Hartman, Trinity
2:03.50	Anne Aristeo, Livonia
2:03.72	Kim Enright, Clearwater
2:04.26	Ann Enoch, Carmel
2:04.90	A. Turner, Michiana
2:05.37	Amy Betz, Navy Jr.
2:05.60	Leeann Gathings, Meck.
Consolation Finals	
2:04.26	S. McKeever, Marauders
2:04.82	Sherri Fowler, RMSC
2:05.24	Lisa Bartlett, Unat.
2:05.35	Brooke Bennett, Brandon
2:05.53	Claire August, Dynamo
2:05.66	A. Armond, SwimAtlanta
2:05.67	Kendra Kelly, USCSC
2:06.17	Megan Jelteta, Berta
200 IM	March 26
Championship Finals	
2:04.30	Lise Crawford, Bengal
2:04.80	J. Sands, SwimAtlanta
2:05.12	Heather Payne, EEX
2:05.27	Jennifer Wei, N. Miami
2:05.63	A. Chandler, SwimAtlanta
2:06.19	Nichole Robillard, Peddie
2:06.78	Beth Timmons, Unat.
2:07.58	Joan Chidester, Navy Jr.
Consolation Finals	
2:05.04	Tammie Spatz, BAY
2:05.78	Emily Carrig, Nova
2:06.54	Valerie Oswald, CHAR
2:07.02	Dane Mastagni, Bolts
2:07.50	Amy Betz, Navy Jr.
2:08.32	Mary Brosche, Anderson
2:08.43	Sara Greenbaum, Bernal's
2:09.49	M. Van Slingerland, BBD
400 IM	March 24
Championship Finals	
4:23.78	Valerie Oswald, CHAR
4:24.96	Kristin Lozeau, Green.
4:25.38	Susanne Breeback, NBAC
4:25.91	J. Knapp, White Plains
4:26.45	Rada Owen, Poseidon
4:27.11	Lisa Webb, Retriever
4:28.48	Joan Chidester, Navy Jr.
4:31.41	Emily Carrig, Nova
Consolation Finals	
4:27.06	Casey Sherman, Bolles
4:27.90	Julie Kemp, Curl-Burke
4:27.99	Anne Aristeo, Livonia
4:28.59	Brooke Bennett, Brandon
4:29.14	Mary Brosche, Anderson
4:29.36	Alisa Hornbuckle, Trinity
4:30.49	Janene Heaton, Ft. Wayne
4:31.80	S. Hackler, SwimAtlanta
400 MR	March 26
Timed Finals	
3:52.23	Bernal's Gators
3:52.86	Ford Wayne
3:53.24	SwimAtlanta
3:54.12	Lakeside Seahawks
3:54.23	Foxcatcher
3:54.28	SwimAtlanta B
3:55.25	Seacoast
3:55.61	Bolles Sharks
3:56.54	Team Viking
3:56.60	Nashville
3:57.57	Curl-Burke
3:57.94	Nova of Virginia
3:57.97	Clearwater
3:58.42	Mecklenburg
3:58.74	Navy Jr.
3:58.78	Pine Crest
400 FR	March 24
Timed Finals	
3:26.36	SwimAtlanta
3:28.45	Bernal's Gators
3:29.22	Navy Jr.
3:30.46	Badger SC
3:31.44	Curl-Burke
3:31.76	Lakeside Seahawks
3:31.93	Newburgh Sharks
3:31.96	Nova of Virginia
3:32.22	Pine Crest
3:32.67	Middles
3:33.05	Long Island AC
3:33.06	Marist
3:33.10	SwimAtlanta B
3:33.64	Mecklenburg
3:33.80	Carmel
3:34.10	Philadelphia Dept. Rec.
800 FR	March 25
Timed Finals	
7:34.61	Curl-Burke
7:35.27	SwimAtlanta
7:35.95	Bernal's Gators

7:36.19	Middles
7:37.24	Navy Jr.
7:39.35	Lakeside Seahawks
7:39.48	Philadelphia Dept. Rec.
7:41.93	Greater Pensacola
7:41.95	Poseidon
7:42.06	Seacoast
7:42.40	Nova of Virginia
7:43.00	Carmel
7:43.09	Long Island Ac
7:43.46	Badger SC
7:43.47	Newburgh Sharks
7:44.16	SeimAtlanta B
MEN	
50 Free	March 26
Championship Finals	
20:49**	J.J. Marus, Greensboro
20:76	Alex Kurmakov, Mass Bay
20:80	Aaron Claria, Meck.
20:99	Carl Eriksson, Mass Bay
21:00	Shawn McNew, Dynamo
21:08	Jhn Stratman, Unat.
21:15	Ken MacFadyen, LIAC
21:46	Ben Christoffel, Wawasee
Consolation Finals	
20:79	Ryan Prosser, Fairport
20:95	Brendan Crowley, Capitol
21:02	Jeff Elder, Americus
21:19	Fred Locke, Stingrays
21:36	Adam Engle, Five Star
21:39	Jerry Koller, Bethel Park
21:40	Pablo Espada, Swim Fla.
DQ	E. Coelho, Coral Springs
100 Free	March 23
Championship Finals	
45:33	Alex Kurmakov, Mass Bay
45:34	Carl Eriksson, Mass Bay
45:44	J.J. Marus, Greensboro
45:47	Brendan Crowley, Capitol
45:42	Kostaki Chligiris, Unat.
45:80	Mike Przywono, Berkeley
45:98	Nel Delozier, Pilot
46:77	Blaine Syfert, ATOM
Consolation Finals	
45:88	Shawn McNew, Dynamo
45:92	D. Fredrino, Aqua Jets
45:93	John Stratman, Unat.
46:11	Cassy Quittler, Poseidon
46:12	Eric Stanski, Allegheny
46:41	Ed Abele, Jersey
46:59	Jerry Koller, Bethel Park
46:73	Atiba Wade, PDR
200 Free	March 24
Championship Finals	
1:38:17	Ken MacFadyen, LIAC
1:39:02	Mike Keedel, Swim Fla.
1:39:70	Clayton Smith, Bengal
1:40:20	Carl Eriksson, Mass Bay
1:40:36	Kostaki Chligiris, Unat.
1:40:87	Darren Buono, Unat.
1:41:64	Eric Stanski, Allegheny
1:42:02	Ryan Reid, SwimAtlanta
Consolation Finals	
1:39:84	Alex Kurmakov, Mass Bay
1:40:18	Britton Smith, Bergen
1:40:45	Jay McGarity, Bolles
1:41:00	Blaine Syfert, ATOM
1:41:17	S. Carter, Shreveport
1:41:67	A.J. Constantini, Bolles
1:41:94	Shawn McNew, Dynamo
1:42:51	John DeBoyace, Unat.
500 Free	March 25
Championship Finals	
4:27:73	S. Carter, Shreveport
4:29:34	Jeremy Kane, Nashville
4:32:16	Jason Kalange, Huntsville
4:32:52	Darren Buono, Unat.
4:33:03	Dominik Galy, Bolles
4:33:68	Jay McGarity, Bolles
4:34:64	Mike Keedel, Swim Florida
4:37:39	Russell Wolfselt, Bolles
Consolation Finals	
4:30:90	Shawn Johnson, Lake Erie
4:31:67	Brent Awbrey, Peddie
4:33:32	B. Eldridge, Mission Bay
4:34:23	M. Maurer, Hampton
4:34:39	Steven Williams, Pointe
4:34:79	A.J. Constantini, Bolles
4:36:08	Daniel Burnett, Unat.
4:36:65	Ben Fowler, Kenton
1000 Free/2nd	March 25
Timed Finals	
9:16:40	M. Maurer, Hampton
9:21:15	Brent Awbrey, Peddie
9:22:42	Sean Justice, Lake Erie
9:23:15	Britton Smith, Bergen
9:23:39	Paul Wickard, Ft. Wayne
9:23:69	Jim Sullivan, Ridgewood
9:23:78	Jason Kalange, Huntsville
9:23:85	Daniel Burnett, Unat.
9:24:49	Steven Williams, Pointe

FOR THE RECORD

100 Fly	March 25
Championship Finals	
49.27 Jeff Elder, Americus	
49.91 Wes Rudin, Decatur	
50.05 J.J. Marus, Greensboro	
50.11 Brian Stuck, N. Carolina	
50.35 Walter Bell, PDR	
50.59 C. Arbelaez, Pine Crest	
50.75 S. Lewter, SwimAtlanta	
51.10 Michael Waltz, Gr. Chat.	
Consolation Finals	
50.09 John-Campbell, Atomic	
50.23 Steve Munz, St. Charles	
50.64 M. Mulshine, Poseidon	
50.67 Adam Engle, Five Star	
50.81 Brock Newman, Dynamo	
50.81 Brian Moon, Carmel	
51.64 Jay Wong, Barracuda	
51.64 Geoff Gear, Worthington	
200 Fly	March 23
Championship Finals	
1:48.89 John DeBooye, Unat.	
1:49.64 Dominik Galic, Bolles	
1:50.28 Wes Rudin, Decatur	
1:50.30 Darren Buono, Unat.	
1:50.38 John Norvell, Curl-Burke	
1:51.01 John-Campbell, Atomic	
1:51.10 Scott Ayer, Bengal	
1:51.96 Doak Finch, Sand Sharks	
Consolation Finals	
1:51.19 Matt Gullege, Mass Bay	
1:51.56 C. Arbelaez, Pine Crest	
1:51.69 Alex Park, Lake Erie	
1:51.98 Adam Engle, Five Star	
1:52.12 Jeff Maki, Pine Crest	
1:52.20 Tom Zanetti, Long Island	
1:52.72 Matt Tevald, Scarlet	
1:55.09 Brian Moon, Carmel	
200 IM	March 26
Championship Finals	
1:50.19 Clayton Smith, Bengal	
1:52.41 Ryan Reid, SwimAtlanta	
1:52.62 Justin Thornton, Dayton	
1:53.13 Brian Stuck, N. Carolina	
1:53.87 Carlos Bodega, Bolles	
1:54.53 Toby Booker, Wolverine	
1:56.06 Scott Ayer, Bengal	
DQ Eric Fehr, Suburban	
Consolation Finals	
1:52.83 Kyle Goodrich, GCSTO	
1:53.51 Casey Hughes, Nova	
1:53.75 Tom Schmelzer, Lakeside	
1:54.12 Michael Waltz, Gr. Chat.	
1:54.33 Jonathan Byars, Atomic	
1:54.39 Jeff Maki, Pine Crest	
1:54.65 Jeff Page, Unat.	
1:56.04 Jose Lopez, Bolles	
400 IM	March 24
Championship Finals	
3:56.23 Shawn McNew, Dynamo	
3:58.40 Jeremy Kane, Nashville	
3:58.60 Dominik Galic, Bolles	
3:59.26 Bart Wickard, Ft. Wayne	
4:01.09 Daniel Burnett, Unat.	
4:01.10 Chris Taylor, LIAC	
4:01.10 Casey Hughes, Nova	
4:02.96 Tom Schmelzer, Lakeside	
Consolation Finals	
3:58.66 Justin Thornton, Dayton	
4:00.98 Paul Yetter, NBAC	
4:01.71 Matt Gullege, Mass Bay	
4:02.17 S. Carter, Shreveport	
4:04.11 Tony Dual, PDR	
4:04.58 L. Needham, SwimAtlanta	
4:06.58 Beau Wiebel, Monocacy	
4:11.99 Ryan Reid, SwimAtlanta	
400 MR	March 26
Timed Finals	
3:24.50 Philadelphia Dept. Rec.	
3:24.90 Pine Crest	
3:26.15 Mass Bay Marlins	
3:26.55 Atlantic City	
3:26.70 Bolles Sharks	
3:26.75 Greensboro	
3:27.73 Mecklenburg	
3:27.77 Poseidon	
3:27.82 Coral Springs	
3:28.40 Long Island AC	
3:28.85 Swim Florida	
3:29.08 Cincinnati Marlins	
3:29.36 Lakeside Seahawks	
3:29.44 Dynamo	
3:29.49 North Carolina	
3:29.53 SwimAtlanta	
400 FR	March 24
Timed Finals	
3:03.52 Mass Bay Marlins	
3:05.50 Philadelphia Dept. Rec.	
3:05.62 Long Island AC	
3:06.05 Dynamo	
3:06.32 Bolles Sharks	
3:06.64 Curl-Burke	

3:06.81 Swim Florida	
3:08.23 Michigan Stingrays	
3:08.39 Atomic City	
3:08.40 Allegheny North	
3:08.43 SwimAtlanta	
3:08.47 Coral Springs	
3:08.55 Fencal Tiger	
3:08.71 Foxcatcher	
3:08.73 Lakeside Seahawks	
3:08.78 Cincinnati Marlins	
800 FR	March 25
Timed Finals	
6:46.45 Long Island AC	
6:47.74 Bengal Tiger	
6:50.92 Atomic City	
6:52.31 Dynamo	
6:52.63 Dayton Raiders	
6:53.21 Curl-Burke	
6:53.76 North Carolina	
6:53.93 Cincinnati Marlins	
6:54.10 SwimAtlanta	
6:54.53 Bolles Sharks B	
6:55.12 Philadelphia Dept. Rec.	
6:56.09 Lakeside Seahawks	
6:56.36 Decatur	
6:56.41 Middies	
6:56.78 Lake Erie Silver Dolphins	
6:57.09 KIDS	
USS/SPEEDO	
JUNIOR NATIONAL	
CHAMPIONSHIPS-WEST	
University of North Dakota	
Grand Forks, North Dakota	
March 22-26, 1994 (25 YD)	
* Junior National Record	
** Junior National-West Record	
FINAL TEAM STANDINGS	
Combined	
389 Texas Aquatics	
376 Mission Viejo	
295 California Capital	
270 Golden West	
264.5 Blue Tide	
261.5 Irvine Novas	
195 Buena Ventura	
195 Elmbrook	
95 DeAnza-Cupertino	
93 Santa Barbara	
Women	
190.5 California Capital	
171 Mission Viejo	
149 City of Plano	
123 Buena Ventura	
111 Davis Aquadarts	
98 Las Vegas Gold	
93 Badger Dolphins	
92 Blue Fins	
81 Carson	
80 DeAnza-Cupertino	
Men	
315 Texas Aquatics	
234 Blue Tide	
223 Golden West	
216.5 Irvine Novas	
205 Mission Viejo	
144 Elmbrook	
106 Reno	
105 California Capital	
73 Katy	
72 Buena Ventura	
WOMEN	
50 Free	March 26
Championship Finals	
23.68 Wendy O'Brien, Irvine	
23.63 Colleen Lanne, HILLEN	
23.85 Denali Knapp, Davis	
23.87 Julie Birch, LVG	
23.93 Leah Breaux, Blue Tide	
23.95 Emily Mastin, TRS	
24.17 Erika Whyte, Salinas Vly.	
24.19 Stacey Wertz, Cedar Falls	
Consolation Finals	
24.02 Nicole Omphroy, Clovis	
24.22 Michelle Hall, Rose Bowl	
24.27 K. Sylvester, Springfield	
24.31 Courtney Allen, CSST	
24.35 Tamara Winters, HILLEN	
24.46 C. Covington, Foothills	
24.48 Adrianna Mattos, DeAnza	
25.95 Jeanna Wili, Swim West	
100 Free	March 23
Championship Finals	
50.92 Emily Mastin, TRS	
51.53 Julie Birch, LVG	
51.73 Liesl Kolbisen, Woodside	
51.94 Michelle Hall, Rose Bowl	

52.15 Courtney Allen, CSST	
52.17 C. Covington, Foothills	
52.44 Giana Johnson, MVN	
52.48 Nancy Jo, IHAC	
Consolation Finals	
51.24 Denali Knapp, Davis	
51.78 Lauren Thies, Multnomah	
51.94 Katie Lowes, Irvine	
52.12 M. Sonstegard, Snowfox	
52.32 Leah Breaux, Blue Tide	
52.42 Wendy O'Brien, Irvine	
52.60 Jenny Hennen, NL-MN	
52.67 S. Hosack, Gold Coast	
200 Free	March 24
Championship Finals	
1:49.51 Lauren Thies, Multnomah	
1:50.94 Nancy Jo, IHAC	
1:51.03 Katie Lowes, Irvine	
1:51.60 J. Strasburger, Bellevue	
1:51.77 S. Johnson, Metro Omaha	
1:51.95 Annie Getter, Texas	
1:52.02 M. Sonstegard, Snowfox	
1:53.08 Karen Gallagher, SRV	
Consolation Finals	
1:51.05 Julie Birch, LVG	
1:51.88 Colleen Phillips, Bellevue	
1:52.22 C. Covington, Foothills	
1:52.32 Paige Francis, Phoenix	
1:52.34 D. Conrad, Santa Clara	
1:52.52 Alissa Graham, CCA	
1:52.64 Traci Lamour, CCA	
1:53.62 Jeannine Povey, MVN	
500 Free	March 25
Championship Finals	
4:50.02 Lauren Thies, Multnomah	
4:50.12 A. Haendiges, Whittier	
4:56.55 Tracy Evans, Trojan	
4:59.26 Marisa Watts, San Jose	
4:59.65 S. Johnson, Metro Omaha	
4:59.66 C. Lischke, Blue Fins	
5:00.06 Sarah Jacobs, Buena	
4:02.15 T. Cowden, Redlands	
Consolation Finals	
4:57.12 Kristin Imwalle, Bend	
4:57.97 Colleen Phillips, Bellevue	
4:59.84 Katie Ramos, Whittier	
5:00.42 Monica Najera, SBSC	
5:00.86 Jeannine Povey, MVN	
5:01.04 M. Knowles, Mssn. Aurora	
5:02.64 Melissa Pease, Blue Tide	
5:02.78 B. Vogelsang, Los Altos	
1000 Free	March 22
Timed Finals	
10:04.97 Erica Fischer, Carson	
10:05.71 M. Knowles, Mssn. Aurora	
10:06.87 Kristin Imwalle, Bend	
10:07.52 C. Lischke, Blue Fins	
10:08.73 Anastasia Graf, N. Coast	
10:09.39 Tracy Lincoln, Blue Fins	
10:10.84 Sarah Jacobs, Buena	
10:11.86 Stacey Hall, LVG	
10:12.61 J. Abbey, Rose Bowl	
10:12.63 Kristy Putt, Carson	
10:16.50 J. Vanderbrook, Conejo	
10:17.32 Amanda Rose, CCA	
10:19.14 Erin Corn, United Poway	
10:19.88 K. Dolgas, United Poway	
10:20.36 Alexis Binder, SBSC	
10:20.88 B. Vogelsang, Los Altos	
1650 Free	March 26
Timed Finals	
16:48.85 C. Lischke, Blue Fins	
16:52.27 Kristin Imwalle, Bend	
16:53.20 Kristy Putt, Carson	
16:54.66 Erica Fischer, Carson	
16:55.99 Katie Ramos, Whittier	
16:56.94 Tracy Lincoln, Blue Fins	
16:57.58 M. Knowles, Mssn. Aurora	
17:01.33 Stacey Hall, LVG	
17:06.91 Anastasia Graf, N. Coast	
17:11.11 Casey Murphy, Husky	
17:13.21 Sarah Jacobs, Buena	
17:15.87 T. Sherrard, Lake Stevens	
17:16.96 Leslie Lorenz, Shishole	
17:17.19 Monica Najera, SBSC	
17:17.38 Alexis Binder, SBSC	
17:19.69 K. Dolgas, United Poway	
100 Back	March 25
Championship Finals	
56.65 Emily Mastin, TRS	
56.84 Katy White, Plano	
56.91 Anna Krenk, Eugene City	
57.25 Haley Cope, Chico	
57.34 J. Parmenter, Canyons	
57.45 Paige Francis, Phoenix	
57.71 Giana Johnson, MVN	
57.73 Heather Draper, BD	
Consolation Finals	
57.67 K. Riewer, New Berlin	
57.67 Taryn Kannegeisser, CCA	
57.79 Katie Collins, Davis	
58.17 Danielle DeAlva, BELL	

58.27 Leah Breaux, Blue Tide	
58.36 Tatum Schubert, GWSC	
58.40 Carmen Dunn, Clovis	
59.34 Gracy Price, TWST	
200 Back	March 23
Championship Finals	
2:01.08 J. Parmenter, Canyons	
2:02.34 Alana Nadal, THSC	
2:02.78 Erica Fischer, Carson	
2:03.20 Taryn Kannegeisser, CCA	
2:03.99 Sandy Leaycraft, Plano	
2:04.05 Courtney Duncan, Conejo	
2:04.55 Heather Draper, BD	
2:05.19 Anna Krenk, Eugene City	
Consolation Finals	
2:04.09 Giana Johnson, MVN	
2:04.13 Amy Hennies, CSP	
2:04.20 Emily Plummer, WCAB	
2:04.98 K. Riewer, New Berlin	
2:05.08 Shannon Wylie, Plano	
2:05.11 Katy White, Plano	
2:06.47 M. McCloskey, Santa Clara	
2:06.67 Monica Caplan, N. Jeffco	
100 Breast	March 25
Championship Finals	
1:03.39** Jessamyn Miller, LCAB	
1:04.33 Michelle Hall, Rose Bowl	
1:04.66 Natalie Naron, Amarillo	
1:04.79 R. Gamboa, Elmbrook	
1:04.85 Denise Merk, Tigard	
1:05.59 Ashley Hudler, Dad's Club	
1:05.86 Karlie Bullock, Turlock	
1:05.94 Corie Carlee, Davis	
Consolation Finals	
1:05.72 Kristin Nilson, Parkway	
1:06.15 Robin Davidson, Cuda	
1:06.23 S. Schlegelmich, SEMS	
1:06.24 Bridgette Smith, Wal-Mart	
1:06.38 Joan Adams, Amarillo	
1:06.96 Sylvia Bereknyei, WCAB	
1:07.01 M. Schenke, Longview	
1:07.16 Amerie Nordberg, SRN	
200 Breast	March 23
Championship Finals	
2:16.16 Denise Merk, Tigard	
2:16.92 Jessamyn Miller, LCAB	
2:16.92 S. Schlegelmich, SEMS	
2:20.90 S. Cullen, Redlands	
2:21.13 Janna Brock, Plano	
2:21.67 Ashley Hudler, Dad's Club	
2:23.28 Karie Bullock, Turlock	
2:23.98 Sarah Schneider, MFSC	
Consolation Finals	
2:20.50 Jodi Smith, N. Lights	
2:20.98 Ryan Taylor, DeAnza	
2:21.24 L. Hovsepian, Palm Spgs.	
2:21.83 Krista Steenberger, KCB	
2:23.23 T. Divjak, United Poway	
2:23.39 Katie McClelland, Dallas	
2:23.75 Kristin Nilson, Parkway	
2:30.04 Michelle Hall, Rose Bowl	
March 25	
Championship Finals	
56.28 Lauren Thies, Multnomah	
56.94 Emily Plummer, WCAB	
57.02 Mary Naber, Salinas Vly.	
57.29 Sylvia Bereknyei, WCAB	
57.32 Lori Burton, DeAnza	
57.32 Lindsay Kircher Chinook	
57.58 Vicki Schmalz, Wave	
57.71 S. Hermann, United Poway	
Consolation Finals	
57.09 Clara Ho, MSJAA	
57.43 Kristin Martinez, Tacoma	
57.57 Kelly Shea, Montclair	
57.69 Gina Panigietti, Chico	
58.07 Alison Newell, Aurora	
58.14 Karl Klassen, Gopher	
58.18 Charlotte Pierce, Ft. Smith	
58.37 Denali Knapp, Davis	
200 Fly	March 23
Championship Finals	
2:04.30 Andrea Redman, YAC	
2:04.36 Erica Fischer, Carson	
2:04.86 Terri Jashinsky, MFSC	
2:04.94 Danielle Walker, Buena	
2:05.56 S. Hermann, United Poway	
2:06.58 I. Schneider, Woodland	
2:06.58 Theresa Mauck, MVN	
2:06.50 Alison Dury, Rockwood	
Consolation Finals	
2:06.39 Jenny Hennen, NL-MN	
2:06.40 Shannon Wylie, Plano	
2:06.66 Clara Ho, MSJAA	
2:06.95 Allison Newell, Aurora	
2:07.39 Mariana Luvano, BELL	
2:07.55 Stacy Fennell, TWST	
2:07.81 Tracy McCauley, MVN	
2:07.81 Mary Naber, Salinas Vly.	
200 IM	March 26
Championship Finals	
2:05.68 Alana Nadal, THSC	

2:05.92 Ann Folkens, CCA	
2:05.99 Jodi Jackson, Punahou	
2:06.18 Kristin Nilson, Parkway	
2:06.74 C. Covington, Foothills	
2:06.78 Annie Getter, Texas	
2:08.16 Theresa Mauck, MVN	
2:08.44 Danielle Walker, Buena	
Consolation Finals	
2:06.80 Kelly Coellner, Wichita	
2:06.95 Julie Birch, LVG	
2:07.21 Marissa Roarty, Buena	
2:07.24 S. Johnson, Metro Omaha	
2:07.69 M. Shannahan, Blue Fins	
2:08.25 Ashley Bigbie, Plano	
2:08.21 Alison Dury, Rockwood	
2:09.54 Karen Gallagher, SRV	
400 IM	March 24
Championship Finals	
4:21.41 J. Parmenter, Canyons	
4:22.96 Emily Mastin, TRS	
4:25.47 Marissa Roarty, Buena	
4:26.35 Danielle Walker, Buena	
4:26.90 M. Shannahan, Blue Fins	
4:27.56 Lara Potter, CCA	
4:32.24 Kenna Sasser, Woodland	
4:33.11 Shannon Wylie, Plano	
Consolation Finals	
4:27.33 Kristin Imwalle, Bend	
4:27.55 Theresa Mauck, MVN	
4:27.75 J. Abbey, Rose Bowl	
4:27.77 Ryan Taylor, DeAnza	
4:28.18 Jodi Jackson, Punahou	
4:28.18 Ann Folkens, CCA	
4:28.87 Kristin Nilson, Parkway	
4:33.68 Dena Hoffman, N. Jeffco	
400 MR	March 26
Timed Finals	
3:52.12 California Capital	
3:52.83 Davis Aquadarts	
3:54.09 City of Plano	
3:54.41 Badger Dolphins	
3:56.34 Mission Viejo	
3:56.61 South East Metro	
3:56.64 Walnut Creek	
3:56.84 DeAnza-Cupertino	
3:58.16 Phoenix	
3:58.27 K.C. Blazers	
3:58.99 Golden West B	
3:59.35 California Capital B	
3:59.54 Lake Country	
3:59.57 Canyons	
3:59.74 Buena Ventura	
4:00.48 Tacoma	
400 FR	March 24
Timed Finals	
3:30.42 California Capital	
3:32.18 Davis Aquadarts	

100 Back March 25

49.96	Chris Counts, Blue Tide
50.53	Ryan Zahorik, Elmbrook
50.86	Carlos Arena, Texas
50.97	Kevin Collins, Texas
51.00	T. Klement, Lubbock
51.79	Matt Juzenas, N. Shore
51.95	Justin Ewers, AZ Marlins
52.26	Erick Hulseman, Edina

Consolation Finals

52.15	David Chan, Indian Wells
52.24	G. Hengel, Indian Vly.
52.26	Karl Hyross, MVN
52.37	Mike Robberson, LOSC
52.47	Blaine Morgan, Golden W.
52.78	Luke Tallon, Edina
52.86	David Aniot, Swim Tulsa
53.86	Scott Sinai, Multnomah

200 Back March 23

1:49.14	T. Klement, Lubbock
1:49.42	Blaine Morgan, Golden W.
1:50.28	Goh Phuangthong, MVN
1:50.43	Carlos Arena, Texas
1:50.58	Patrick Morrow, Aqua Tex
1:50.62	Ryan Zahorik, Elmbrook
1:51.25	John Barbie, Buena
1:52.56	Tim Haney, Golden West

Consolation Finals

1:51.53	David Chan, Indian Wells
1:51.83	Brian Laherty, Rockwood
1:51.92	G. Hengel, Indian Vly.
1:53.14	Tim Brown, Fort Smith
1:53.67	Chris Vinson, TRS
1:53.91	Alex Pullen, Multnomah
1:54.09	Tucker Farrar, WCAB
1:55.89	Justin Ewers, AZ Marlins

100 Breast March 25

57.23	Chris Bundy, KC Blazers
57.27	Jay Schindler, FMY
57.45	Chris Wood, Madison
58.01	M. Meenaghan, Midnight
58.08	John Lowry, Delta Vly.
58.10	R. Iglesias, Blue Tide
58.10	Steve Ronson, Irvine
58.29	Aaron Craig, KC Blazers

Consolation Finals

58.10	Shawn Snow, Colo. Spgs.
58.17	Blake Holen, TWST
58.29	Chris Sendejas, Conejo
58.49	Matt Evans, Blue Tide
58.65	D. Kim, Santa Monica
58.76	David Aniot, Swim Tulsa
58.82	Tariq Bruno, Golden West
59.82	Jason Ozias, CRST

200 Breast March 23

2:04.01	Blake Holden, TWST
2:04.41	John Lowry, Delta Vly.
2:05.76	S. Messner, Redlands
2:06.63	Stephen Mott, Wave
2:06.72	Terry Dougherty, MVN
2:06.77	Sean Fatooh, Unat.
2:07.59	R. Iglesias, Blue Tide
2:08.72	Will Urban, Lewis & Clark

Consolation Finals

2:06.06	Chris Sendejas, Conejo
2:06.27	Aaron Craig, KC Blazers
2:07.40	Carl Larsen, Punahou
2:07.56	Marshall Dortch, SRV
2:07.62	Tim Dietrich, DeAnza
2:07.91	Ian Pyka, Irvine
2:08.58	Ki Woong Kim, Rose Bowl
2:09.56	Jason Dietrich, SRV

100 Fly March 25

49.87	Keith Ebbert, Willamalane
50.07	Robert Delgado, MVN
50.23	Glenn Counts, Blue Tide
50.26	Neil Peiffer, Desert
50.52	Jim Bridenstine, Trojan
50.78	R. Roberts, Cottonwood
51.34	Frank Tsai, Golden West
51.97	Marshall Dortch, SRV

Consolation Finals

50.32	John Dunham, Texas
50.77	B. Stockholm, Fort Smith
50.86	Agustin Guzman, MVN
50.97	Sean Gallagher, Texas
51.05	Rob Jones, Mssn. Aurora
51.17	Robert Klein, Katy
51.19	Tim Dietrich, DeAnza
51.23	Ryan Kafer, Alamo Area

200 Fly March 23

1:50.59	Chris Counts, Blue Tide
1:51.27	John Dunham, Texas
1:51.28	Rob Jones, Mssn. Aurora
1:51.58	Steve Brown, CCA
1:51.92	Keith Ebbert, Willamalane

1:52.32 Harvey Wilford, Unat.

1:52.70	John Lory, Buena
1:54.01	Clay Flocco, Buena

Consolation Finals

1:51.44	Josh Helland, Delta Vly.
1:52.30	Mark Kwok, MVN
1:53.00	Frank Tsai, Golden West
1:54.25	Jason Brothers, Ft. Collins
1:54.43	Alex Silver, Santa Rosa
1:54.46	Isaac Grombacher, Texas
1:55.10	Chris Laskowski, Wave
1:56.48	Agustin Guzman, MVN

200 IM March 26

1:51.49	Marshall Dortch, SRV
1:52.02	Brent Nordyke, Highline
1:52.06	Chris Bundy, KC Blazers
1:53.38	Ryan Zahorik, Elmbrook
1:53.46	Randy Swift, CCA
1:54.20	Harvey Wilford, Unat.
1:54.61	Neil Peiffer, Desert
1:54.89	Tim Haney, Golden West

Consolation Finals

1:53.47	Tim Dietrich, DeAnza
1:54.77	Adam Martinez, Tacoma
1:54.99	Keith Ebbert, Willamalane
1:55.19	Jacob Schultz, Terrapins
1:55.98	Carl Larsen, Punahou
1:56.29	Blaine Morgan, Golden W.
1:56.36	Joey Montague, Cy-Fair
1:56.36	Tucker Farrar, WCAB

400 IM March 24

3:58.26	Timothy Russell, Reno
3:58.56	Tim Haney, Golden West
3:59.11	Harvey Wilford, Unat.
3:59.40	Blaine Morgan, Golden W.
4:00.07	Randy Swift, CCA
4:00.89	John Barbie, Buena
4:02.08	John Lory, Buena
4:02.42	Joey Montague, Cy-Fair

Consolation Finals

4:00.41	Marshall Dortch, SRV
4:02.15	Steve Thompson, Reno
4:02.82	Chris Maender, Parkway
4:04.20	Nathan Reese, Cascade
4:04.27	Dillon Cady, Cascade
4:05.91	Mike Wasgatt, Ft. Collins
4:06.58	Erik Scallise, Reno
4:07.16	Adam Martinez, Tacoma

400 MR March 26

3:23.00	Blue Tide
3:25.63	Texas Aquatic
3:28.44	Irvine Novas
3:28.60	Katy
3:29.31	Mission Viejo
3:29.76	Texas Aquatic B
3:30.01	Mission Viejo B
3:30.17	Golden West
3:30.28	Elmbrook
3:30.31	Walnut Creek
3:31.36	Wichita
3:31.84	Cypress-Fairbanks
3:32.52	Hillenbrand
3:32.58	Highline
3:32.94	California Capital
3:33.16	Dallas Mustangs

400 FR March 24

3:03.56	Blue Tide
3:03.75	Irvine Novas
3:04.96	Texas Aquatic
3:05.70	San Jose
3:06.97	Elmbrook
3:07.19	California Capital
3:07.63	Katy
3:08.26	Mission Viejo
3:08.82	Fort Smith
3:09.30	Santa Barbara
3:10.31	Edina
3:10.84	Walnut Creek
3:11.04	Alamo Area
3:11.35	K.C. Blazers
3:11.41	Gopher
3:11.66	Cypress-Fairbanks

800 FR March 25

6:42.18	Irvine Novas
6:42.98	Blue Tide
6:47.56	Texas Aquatic B
6:49.63	California Capital
6:49.72	Golden West
6:51.01	Reno
6:53.04	Mission Viejo
6:53.28	Mission Viejo B
6:54.14	Elmbrook
6:55.04	San Jose
6:55.10	Texas Aquatic
6:55.44	Hillenbrand
6:56.83	Santa Barbara
6:58.02	Fort Smith

7:00.36 Katy

7:00.82 Mission Aurora

WORLD CUP

WORLD CUP 3

Desenzano, Italy
March 12-13, 1994 (25 M)

* World Record/World Best

WOMEN

50 Free

25.59	Le Jingyi, CHN
26.17	Judith Draxler, AUT
26.22	Katrin Meissner, GER
54.22	Le Jingyi, CHN
55.96	Katrin Meissner, GER
56.10	Louise Johncke, SWE

200 Free

1:58.42	Le Jingyi, CHN
1:59.41	Kerstin Kielgass, GER
2:01.82	Claire Huddart, GBR
4:11.05	Olga Kirichenko, RUS
4:11.19	Kerstin Kielgass, GER
4:13.18	Cornelia Seithe, GER

400 Free

8:38.69	Cornelia Seithe, GER
8:41.54	Eisa Giagnoni, ITA
8:41.91	Olga Kirichenko, RUS
8:38.69	Cornelia Seithe, GER
8:41.54	Eisa Giagnoni, ITA
8:41.91	Olga Kirichenko, RUS

50 Back

27.64	Bai Xiuyu, CHN
28.29	Sandra Volker, GER
28.42	Nina Zhivanevskaya, RUS
59.49	Bai Xiuyu, CHN
1:00.47	Nina Zhivanevskaya, RUS
1:00.79	Sandra Volker, GER

200 Back

2:09.43	Lorenza Vigarani, ITA
2:11.42	Bai Xiuyu, CHN
2:11.57	Nina Zhivanevskaya, RUS
32.62	Manuela Nackel, GER
32.81	Dai Guohong, CHN
33.09	Hanna Jaltner, SWE

100 Breast

1:09.68	Dai Guohong, CHN
1:10.18	Hanna Jaltner, SWE
1:10.25	Elena Donati, ITA
2:27.22	Dai Guohong, CHN
2:27.59	Alenka Kejzar, SLO
2:28.54	Elena Donati, ITA

50 Fly

27.81	Mette Jacobsen, DEN
27.84	Julia Voltowitsch, GER
28.38	Karina Nisenholtz, ARG
1:01.05	Mette Jacobsen, DEN
1:01.37	Ilaria Tocchini, ITA
1:01.68	Julia Voltowitsch, GER

200 Fly

2:09.65	Mette Jacobsen, DEN
2:12.07	Ilaria Tocchini, ITA
2:12.41	Lu Yanan, CHN
100 IM	Ulrika Jardfelt, SWE
1:02.40	Britta Vestergaard, DEN
1:03.60	Hana Cerna, CZE

200 IM

2:12.26	Britta Vestergaard, DEN
2:16.21	Ewa Synowska, POL
2:16.82	Dai Guohong, CHN
4:37.93	Britta Vestergaard, DEN
4:40.95	Hana Cerna, CZE
4:41.31	Dania Shmeleva, RUS

MEN

21.50	Alexander Popov, RUS
22.23	Mark Foster, GBR
22.91	Ingolf Rasch, GER
47.12	Alexander Popov, RUS
49.56	Vladimir Pyshnenko, RUS
49.98	Ingolf Rasch, GER

200 Free

1:47.18	Vladimir Pyshnenko, RUS
1:48.27	Taihei Maeda, JPN
1:48.47	Pier Maria Scilliano, ITA
3:48.91	Pier Maria Scilliano, ITA
3:48.99	Taihei Maeda, JPN
3:49.60	Evgeni Sadovyi, RUS

400 Free

7:56.32	Pier Maria Scilliano, ITA
7:58.22	Ian Wilson, GBR
7:58.97	Igor Majcen, SLO
24.66	Alexander Popov, RUS
25.00	Vladimir Selkov, RUS
25.98	Vladimir Nikolaychuk, UKR

100 Back

53.33	Alexander Popov, RUS
53.96	Vladimir Selkov, RUS
55.17	Vladimir Nikolaychuk, UKR
200 Back	Vladimir Selkov, RUS
1:54.57	Stefano Battistelli, ITA
1:56.99	Emanuele Merisi, ITA

50 Breast

27.44	A. Dzhaburiya, UKR
27.86	Vasilii Ivanov, RUS
28.18	Andrea Cecchi, ITA
58.59	A. Dzhaburiya, UKR
1:01.68	Vasilii Ivanov, RUS
1:01.68	Dariusz Jarzyna, POL

200 Breast

2:12.15	Dariusz Jarzyna, POL
2:13.64	Fredrik Rosenholm, SWE
2:14.23	Ken Hartl, GER
24.44	Mark Foster, GBR
24.95	Denis Pankratov, RUS
25.01	Luca Belfiore, ITA

100 Fly

54.52	Denis Pankratov, RUS
54.76	Luis Laera, ITA
55.14	Jonas Logdberg, SWE
200 Fly	Denis Pankratov, RUS
1:57.94	Konrad Galka, POL
1:59.75	Thomas Jorgensen, DEN

54.76 Luis Laera, ITA

55.14 Jonas Logdberg, SWE

200 Fly

1:57.94	Denis Pankratov, RUS
1:59.28	Konrad Galka, POL
1:59.75	Thomas Jorgensen, DEN
100 IM	Christian Keller, GER
56.12	Sergei Dorogov, UKR
56.39	Marcin Malinski, POL

200 IM

1:59.51	Christian Keller, GER
1:59.54	Marcin Malinski, POL
2:01.01	Sergei Dorogov, UKR
4:13.22	Marcin Malinski, POL
4:14.07	Stefano Battistelli, ITA
4:14.54	Christian Keller, GER

WORLD CUP 4

Malmö, Sweden
March 15-16, 1994 (25 M)

WOMEN

50 Free

25.38	F. van Almsick, GER
25.48	Angel Martino, USA
25.66	Katrin Meissner, GER
100 Free	F. van Almsick, GER
54.49	Louise Johncke, SWE
55.59	Kerstin Kielgass, GER
56.08	Katrin Meissner, GER

200 Free

1:57.00	F. van Almsick, GER
1:59.33	Kerstin Kielgass, GER
1:59.43	Louise Johncke, SWE
4:06.41	Dagmar Hase, GER
4:09.34	Kerstin Kielgass, GER
4:09.41	Malin Nilsson, SWE

800 Free

8:27.22	Dagmar Hase, GER
8:36.05	Malin Nilsson, SWE
8:36.18	Kerstin Kielgass, GER
50 Back	Bai Xiuyu, CHN
27.62	Angel Martino, USA
28.09	Theresa Alshammer, SWE

100 Back

59.70	Bai Xiuyu, CHN
1:00.46	Angel Martino, USA
1:01.70	F. van Almsick, GER
200 Back	Lorenza Vigarani, ITA
2:09.28	Cathleen Rund, GER
2:11.52	Agata Jankowska, POL

50 Breast

32.29	Dagmara Ajnenkiel, POL
32.61	Hanna Jaltner, SWE
32.84	Magdalena Kupiec, POL
100 Breast	Elin Austevoll, NOR
1:09.69	Cathleen Rund, GER
1:09.81	Hanna Jaltner, SWE

200 Breast

2:10.62	Dagmara Ajnenkiel, POL
2:30.34	Elin Austevoll, NOR
2:30.67	Lenka Manhalova, CZE

FOR THE RECORD

200 Breast	
2:11.99	Dariusz Jarzyna, POL
2:14.80	Fredrik Rosenholm, SWE
2:16.33	Willy Ahlstrom, SWE
50 Fly	
24.23	Jan Karlsson, SWE
24.43	Erik Clasen, NOR
24.64	Jonas Aklsson, SWE
100 Fly	
53.44	Erik Clasen, NOR
54.39	Jonas Logdberg, SWE
54.49	Jan Karlsson, SWE
200 Fly	
1:58.98	Konrad Galka, POL
1:58.98	Thomas Jorgensen, DEN
1:59.18	Stefan Gullberg, SWE
100 IM	
56.47	Indrek Sei, EST
56.48	Thomas Haraldsson, SWE
57.30	Hans Nilsson, SWE
200 IM	
2:00.60	Marcin Malinski, POL
2:01.56	Daniel Karlsson, SWE
2:03.20	Ola Frejd, SWE
400 IM	
4:12.40	Marcin Malinski, POL
4:19.06	Daniel Karlsson, SWE
4:19.69	Maciej Konecki, POL

WORLD CUP 5 Gelsinkirchen, Germany March 19-20, 1994 (25 M)

WOMEN	
50 Free	
24.92	Le Jingyi, CHN
25.27	F. van Almsick, GER
25.47	Sandra Volker, GER
100 Free	
54.24	F. van Almsick, GER
54.47	Le Jingyi, CHN
54.70	Rania Elwani, EGY
200 Free	
1:56.32	F. van Almsick, GER
1:58.09	Martina Moravcova, SVK
1:58.82	Kerstin Kielgass, GER
400 Free	
4:06.05	Dagmar Hase, GER
4:09.43	Kerstin Kielgass, GER
4:10.82	Olga Kirichenko, RUS
800 Free	
8:24.88	Dagmar Hase, GER
8:34.24	Malin Nilsson, SWE
8:38.15	Kerstin Kielgass, GER

50 Back	
27.94	Sandra Volker, GER
28.12	Angel Martino, USA
28.67	Nina Zhivanevskaya, RUS
100 Back	
58.62	Bai Xiuyu, CHN
1:00.31	Sandra Volker, GER
1:00.82	Nina Zhivanevskaya, RUS
200 Back	
2:09.50	Antje Buschschulte, GER
2:10.29	Cathleen Rund, GER
2:10.30	Nina Zhivanevskaya, RUS
50 Breast	
32.08	Peggy Hartung, GER
32.23	Dagmara Ajnenkiel, POL
32.30	Manuela Nackel, GER
100 Breast	
1:08.72	Dai Guohong, CHN
1:09.40	Brigitte Becue, BEL
1:09.74	Hanna Jaltner, SWE
200 Breast	
2:26.57	Dai Guohong, CHN
2:27.03	Brigitte Becue, BEL
2:27.57	Lourdes Becerra, ESP
50 Fly	
26.94	Angel Martino, USA
27.59	Julia Votawitsch, GER
27.61	Inge de Bruijn, NED
100 Fly	
59.49	Mette Jacobsen, DEN
1:01.25	Ilaria Tocchini, ITA
1:01.61	Inge de Bruijn, NED
200 Fly	
2:10.68	Mette Jacobsen, DEN
2:11.75	Lu Yanan, CHN
2:12.28	Ewa Synowska, POL
100 IM	
1:01.81	Angel Martino, USA
1:02.16	Ulrika Jardfelt, SWE
1:02.68	Marianne Limpert, CAN
200 IM	
2:11.81	Britta Vestergaard, DEN
2:13.44	Marianne Limpert, CAN
2:14.22	Sabine Herbst, GER
400 IM	
4:37.02	Britta Vestergaard, DEN
4:40.17	Daria Shmeleva, RUS
4:41.61	Sabine Herbst, GER
MEN	
50 Free	
21.52	Raimundas Mazulis, LTU
21.55	Alexander Popov, RUS
22.02	Silko Gunzel, GER
100 Free	
46.74*	Alexander Popov, RUS
47.54	Raimundas Mazulis, LTU

48.50	Silko Gunzel, GER
200 Free	
1:45.34	Anders Holmertz, SWE
1:45.44*	Vladimir Pyshenko, RUS
1:47.90	Alexei Egorov, KAZ
400 Free	
3:44.84	Jorg Hoffmann, GER
3:44.98	Steffen Zesner, GER
3:47.81	Evgeni Sadoviy, RUS
800 Free	
7:42.73	Jorg Hoffmann, GER
7:43.37	Steffen Zesner, GER
7:56.56	Pier Maria Siciliano, ITA
50 Back	
24.67	Alexander Popov, RUS
24.81	Vladimir Selkov, RUS
24.99	Carlos Ventosa, ESP
100 Back	
52.74	Alexander Popov, RUS
53.43	Vladimir Selkov, RUS
53.98	Carlos Ventosa, ESP
200 Back	
1:53.92	Vladimir Selkov, RUS
1:56.22	Tino Weber, GER
1:57.42	Emanuele Merisi, ITA
50 Breast	
27.34	A. Dzhaburiya, UKR
27.41	Dimitri Volkov, RUS
27.48	Ron Dekker, NED
100 Breast	
1:00.12	A. Dzhaburiya, UKR
1:00.80	Dimitri Volkov, RUS
1:00.86	Ron Dekker, NED
200 Breast	
2:11.66	Dariusz Jarzyna, POL
2:11.70	Joaquin Fernandez, ESP
2:11.79	Ken Hartl, GER
50 Fly	
23.72*	Mark Foster, GBR
24.09	Carlos Sanchez, ESP
24.31	Gerd Von Fircks, GER
100 Fly	
52.62	Denis Pankratov, RUS
53.66	Erik Clasen, NOR
54.04	Jaime Fernandez, ESP
200 Fly	
1:56.29	Denis Pankratov, RUS
1:59.46	Frank Sawalla, GER
1:59.58	Thomas Jorgensen, DEN
100 IM	
55.39	Christian Keller, GER
55.97	Robert Seibt, GER
56.13	Indrek Sei, EST
200 IM	
1:57.51	Christian Keller, GER
1:59.46	Robert Seibt, GER

1:59.85	Marcin Malinski, POL
400 IM	
4:12.10	Christian Keller, GER
4:13.03	Robert Seibt, GER
4:13.49	Marcin Malinski, POL
WORLD CUP 6	
Sheffield, Britain	
March 22-23, 1994 (25 M)	

WOMEN	
50 Free	
25.36	Rania Elwani, EGY
25.77	Andrea Nugent, CAN
25.96	Marianne Limpert, CAN
100 Free	
54.62	Martina Moravcova, SVK
54.77	Rania Elwani, EGY
55.70	Manuela Stellmach, GER
200 Free	
1:57.74	Martina Moravcova, SVK
1:59.85	Manuela Stellmach, GER
2:01.67	Esther Abraham, GER
400 Free	
4:09.99	Kerstin Kielgass, GER
4:11.46	Cornelia Seithe, GER
4:12.58	Esther Abraham, GER
800 Free	
8:36.55	Kerstin Kielgass, GER
8:42.46	Susan Colling, GBR
8:44.06	Esther Abraham, GER
50 Back	
28.79	Antje Buschschulte, GER
29.38	Theresa Alshamm, SWE
29.55	Jessica Amey, CAN
100 Back	
1:00.96	Antje Buschschulte, GER
1:01.27	Lorenza Vigarani, ITA
1:02.94	Jessica Amey, CAN
200 Back	
2:08.64	Lorenza Vigarani, ITA
2:10.12	Antje Buschschulte, GER
2:10.76	Michelle Smith, IRL
50 Breast	
32.21	Karen Rake, GBR
32.98	Terry Miller, NOR
33.07	Joana Soutinho, POR
100 Breast	
1:08.73	Brigitte Becue, BEL
1:09.00	Karen Rake, GBR
1:10.37	Terry Miller, NOR
200 Breast	
2:26.70	Brigitte Becue, BEL
2:29.86	Marie Hardiman, GBR
2:32.53	Karen Rake, GBR

50 Fly	
27.56	Martina Moravcova, SVK
27.83	Jessica Amey, CAN
27.91	Andrea Nugent, CAN
100 Fly	
1:01.13	Marion Madine, IRL
1:01.13	Jessica Amey, CAN
1:01.41	Julia Votawitsch, GER
200 Fly	
2:11.54	Marion Madine, IRL
2:14.02	Joana Arantes, POR
2:15.96	Ellen Strange, GBR
100 IM	
1:02.04	Marianne Limpert, CAN
1:03.40	Martina Moravcova, SVK
1:03.73	Susan Rolph, GBR
200 IM	
2:12.35	Marianne Limpert, CAN
2:15.50	Susan Rolph, GBR
2:15.68	Hana Cerna, CZE
400 IM	
4:38.82	Michelle Smith, IRL
4:40.95	Hana Cerna, CZE
4:53.16	Dawn Palmer, GBR
MEN	
50 Free	
21.89	Raimundas Mazulis, LTU
22.00	Mark Foster, GBR
22.19	Silko Gunzel, GER
100 Free	
48.80	Raimundas Mazulis, LTU
48.96	Christian Troger, GER
49.19	Anders Holmertz, SWE
200 Free	
1:46.26	Anders Holmertz, SWE
1:47.04	Christian Troger, GER
1:47.92	Christer Wallin, SWE
400 Free	
3:44.48	Steffen Zesner, GER
3:46.78	Jorg Hoffmann, GER
3:53.77	Alessandro Berti, ITA
1500 Free	
14:59.08	Jorg Hoffmann, GER
14:59.49	Steffen Zesner, GER
15:17.80	Ian Wilson, GBR
50 Back	
25.08	Martin Harris, GBR
25.66	Stefaan Maene, BEL
25.80	Adrian O'Connor, IRL
100 Back	
53.36	Martin Harris, GBR
54.59	Stefaan Maene, BEL
55.49	Adrian O'Connor, IRL
200 Back	
1:57.18	Adam Ruckwood, GBR
1:57.88	Stefaan Maene, BEL
1:59.11	Ralf Braun, GER
50 Breast	
27.40	Ron Dekker, NED
28.74	Jens Kruppa, GER
28.96	Nick Gillingham, GBR
100 Breast	
1:00.60	Ron Dekker, NED
1:02.02	Nick Gillingham, GBR
1:02.06	Jens Kruppa, GER
200 Breast	
2:11.97	Nick Gillingham, GBR
2:20.30	Max Belcourt, GBR
2:21.43	Daragh Sharkey, IRL
50 Fly	
23.68*	Mark Foster, GBR
24.36	Luis Laera, ITA
24.77	Milos Milosevic, CRO
100 Fly	
53.18	Luis Laera, ITA
54.12	Milos Milosevic, CRO
54.56	Mark Foster, GBR
200 Fly	
2:00.00	Diogo Madeira, POR
2:01.32	Miguel Cabrita, POR
2:01.78	Paul Latimer, GBR
100 IM	
55.55	Robert Seibt, GER
56.16	Stefaan Maene, BEL
57.44	Fraser Walker, GBR
200 IM	
1:58.85	Robert Seibt, GER
2:02.04	Daniel Karlsson, SWE
2:03.97	Jens Kruppa, GER
400 IM	
4:14.76	Robert Seibt, GER
4:23.31	Daniel Karlsson, SWE
4:27.64	Rui Borges, POR

25.62	Julie Blaise, FRA
100 Free	
54.23	F. van Almsick, GER
54.52	Martina Moravcova, SVK
55.24	Rania Elwani, EGY
200 Free	
1:56.52	F. van Almsick, GER
1:57.57	Martina Moravcova, SVK
1:59.36	Rania Elwani, EGY
400 Free	
4:07.61	Sarah Hardcastle, GBR
4:10.81	Carla Geurts, NED
4:11.97	Esther Abraham, GER
800 Free	
8:27.66	Sarah Hardcastle, GBR
8:35.24	Malin Nilsson, SWE
8:40.84	Audrey Astruc, FRA
50 Back	
27.95	Sandra Volker, GER
28.67	Nina Zhivanevskaya, RUS
29.30	Rania Elwani, EGY
100 Back	
59.97	Sandra Volker, GER
1:01.17	Nina Zhivanevskaya, RUS
1:01.36	Lorenza Vigarani, ITA
200 Back	
2:07.30	Lorenza Vigarani, ITA
2:09.64	Cathleen Rund, GER
2:11.69	Anke Scholz, GER
50 Breast	
31.99	Karen Rake, GBR
32.26	Aude Heinrich, FRA
32.54	Constance Leblond, FRA
100 Breast	
1:08.87	Brigitte Becue, BEL
1:09.31	Karen Rake, GBR
1:09.58	Aude Heinrich, FRA
200 Breast	
2:26.90	Brigitte Becue, BEL
2:27.12	Alenka Kejzar, SLO
2:30.78	Lenka Mahalova, CZE
50 Fly	
27.35	F. van Almsick, GER
27.53	Jacqueline Delord, FRA
27.54	Martina Moravcova, SVK
100 Fly	
1:00.47	Jessica Amey, CAN
1:00.97	Jacqueline Delord, FRA
1:02.27	Samantha Greenep, GBR
200 Fly	
2:13.05	Katrin Jake, GER
2:13.43	Joana Arantes, POR
2:15.51	Ulrika Wikstrom, SWE
100 IM	
1:02.72	Marianne Limpert, CAN
1:03.82	Celine Bonnet, FRA
1:04.46	Alexandra Hanel, GER
200 IM	
2:12.88	Marianne Limpert, CAN
2:13.86	Hana Cerna, CZE
2:14.94	Daria Shmeleva, RUS
400 IM	
4:36.84	Michelle Smith, IRL
4:39.24	Hana Cerna, CZE
4:45.51	Daria Shmeleva, RUS
MEN	
50 Free	
21.61	Alexander Popov, RUS
21.97	Mark Foster, GBR
22.22	Silko Gunzel, GER
100 Free	
47.91	Alexander Popov, RUS
48.74	Anders Holmertz, SWE
48.99	Christophe Kalfayan, FRA
200 Free	
1:45.24	Anders Holmertz, SWE
1:45.75	Vladimir Pyshenko, RUS
1:46.37	Lionel Poirat, FRA
400 Free	
3:45.81	Jorg Hoffmann, GER
3:46.32	Steffen Zesner, GER
3:47.76	Evgeni Sadoviy, RUS
800 Free	
7:47.72	Steffen Zesner, GER
7:49.29	Jorg Hoffmann, GER
7:55.02	Jean-Y. Faure, FRA
50 Back	
24.60*	Franck Schott, FRA
24.65	Alexander Popov, RUS
24.83	Vladimir Selkov, RUS
100 Back	
52.56	Alexander Popov, RUS
53.16	Franck Schott, FRA
53.43	Vladimir Selkov, RUS
200 Back	
1:53.64	Vladimir Selkov, RUS
1:55.37	Tino Weber, GER
1:57.24	Emanuele Merisi, ITA
50 Breast	
27.20	A. Dzhaburiya, UKR
27.28	Vasili Ivanov, RUS

SWIM TO WIN THIS SUMMER

(And Have Fun Too!)

Fun, fitness, and personal growth. That's what you'll enjoy at Camp Akomak.

Our world-class swimming program for girls ages 8-17 has trained 40 Olympic and 300 All-American swimmers. You could be one too! At Akomak you'll:

- Receive personal instruction from our outstanding staff and visiting Olympic coaches
- Play a wide range of other sports for greater fitness and strength
- Enjoy new friendships and live in a beautiful wooded setting on Ahmic Lake in Ontario
- Learn techniques for success that will last a lifetime.

Call or write for our free brochure, poster, and video.

Winter Address:

3631 Mandarin Woods Dr. N.
Jacksonville, FL 32223
1-800-368-4152

Camp Akomak

Building Skills for Life: A 60-Year Tradition

"Ask about our brother camp, Chikopi."



Train with visiting
Olympic coaches!

WORLD CUP 7 Paris, France March 26-27, 1994 (25 M)

WOMEN	
50 Free	
24.97	F. van Almsick, GER
25.42	Rania Elwani, EGY

27.57	Ron Dekker, NED
100 Breast	
59.68	A. Dzhaburiya, UKR
1:00.87	Andrea Cecchi, ITA
1:00.92	Vasili Ivanov, RUS
200 Breast	
2:10.41	Nick Gillingham, GBR
2:11.14	Cedric Penicaud, FRA
2:12.48	Sebastien Remy, FRA
50 Fly	
23.93	Mark Foster, GBR
24.24	Bruno Gutzeit, FRA
24.28	Pavel Khnikin, UKR
100 Fly	
52.69	Franck Esposito, FRA
52.82	Denis Pankratov, RUS
53.34	Denislay Kaltchev, BUL
200 Fly	
1:53.05*	Franck Esposito, FRA
1:54.37	Melvin Stewart, USA
1:55.62	Denis Pankratov, RUS
100 IM	
55.51	Xavier Marchand, FRA
55.62	Frederic Lefevre, FRA
55.70	Robert Seibt, GER
200 IM	
1:57.95	Xavier Marchand, FRA
1:58.88	Sergei Dorogov, UKR
1:59.23	Robert Seibt, GER
400 IM	
4:10.89	Robert Seibt, GER
4:14.03	Xavier Marchand, FRA
4:14.36	Sergei Dorogov, UKR

WORLD

TELECOM AUSTRALIAN OPEN CHAMPIONSHIPS Brisbane, Australia March 15-20, 1994 (50 M)

w World Record

WOMEN	
50 Free	
25.97	Karen Van Wirdum
26.01	Sarah Ryan
26.51	Angela Mullins
100 Free	
56.64	Sarah Ryan
56.67	Karen Van Wirdum
57.10	Susan O'Neill
200 Free	
2:01.03	Susan O'Neill
2:01.93	Nicole Stevenson
2:02.15	Anna Windsor
400 Free	
4:09.74	Hayley Lewis
4:13.53	Stacey Gartrell
4:13.61	Julie Majer
800 Free	
8:29.75	Hayley Lewis
8:36.72	Stacey Gartrell
8:50.96	Tami Brucce
1500 Free	
17:01.78	Keryn McGinley
17:07.37	Amanda Norton
17:08.13	Phillippa Langrell
50 Back	
29.76	Kellie McMillan
30.46	Meredith Smith
30.51	Petria Thomas
100 Back	
1:02.53	Nicole Stevenson
1:02.65	Elli Overton
1:03.32	Meredith Smith
200 Back	
2:13.22	Meredith Smith
2:13.37	Elli Overton
2:14.12	Nicole Stevenson
100 Breast	
1:08.45w	Rebecca Brown
1:08.92	Samantha Riley
1:10.57	Debby Wade
200 Breast	
2:24.76w	Rebecca Brown
2:29.12	Samantha Riley
2:31.28	Brooke Hanson
50 Fly	
27.79	Angie Kennedy
27.95	Petria Thomas
28.42	Cecile Jeanson
100 Fly	
1:00.43	Susan O'Neill
1:00.52	Petria Thomas
1:01.72	Elli Overton

200 Fly	
2:11.11	Susan O'Neill
2:11.76	Hayley Lewis
2:12.03	Julie Majer
200 IM	
2:14.88	Elli Overton
2:17.63	Anna Windsor
2:18.67	Jacqueline McKenzie
400 IM	
4:42.79	Hayley Lewis
4:45.58	Elli Overton
4:46.62	Julie Majer
MEN	
50 Free	
22.92	Darren Lange
23.17	Roger Smith
23.24	Dwade Sheehan
100 Free	
50.57	Chris Fydlar
50.81	Andrew Balidon
50.99	Dwade Sheehan
200 Free	
1:50.92	Glen Housman
1:51.38	Kieren Perkins
1:51.65	Aaron Bourke
400 Free	
3:49.26	Daniel Kowalski
3:49.78	Kieren Perkins
3:53.05	Glen Housman
800 Free	
8:14.30	Kurt Eldridge
8:14.65	Hamish Cameron
8:19.29	Thomas Hansen
1500 Free	
14:55.72	Daniel Kowalski
15:13.03	Kieren Perkins
15:22.73	Glen Housman
100 Back	
57.38	Steven Dewick
57.77	Simon Begir
57.84	Robert van der Zant
200 Back	
1:59.79	Scott Miller
2:03.53	Brad Lambert
2:03.56	Simon Begir
100 Breast	
1:02.33	Phil Rogers
1:03.28	Shane Lewis
1:04.18	Robert Abernethy
200 Breast	
2:15.28	Phil Rogers
2:18.88	Rodney Lawson
2:19.30	Ryan Mitchell
50 Fly	
24.73	Roger Smith
24.84	Scott Miller
25.00	Adam Pine
100 Fly	
54.02	Scott Miller
54.28	Martin Roberts
54.80	Adam Pine
200 Fly	
1:59.07	Scott Miller
1:59.56	Martin Roberts
2:01.37	William Kirby
200 IM	
2:02.55	Matthew Dunn
2:06.05	Hamish Cameron
2:06.05	Robert van der Zant
400 IM	
4:19.69	Matthew Dunn
4:22.37	Philip Bryant
4:23.94	Hamish Cameron

CANADIAN COMMONWEALTH TRIALS Victoria, Canada March 5-9, 1994 (50 M)

WOMEN	
50 Free	
26.12	Shannon Shakespeare
26.27	Andrea Nugent
26.38	Jessica Arney
100 Free	
56.61	Shannon Shakespeare
56.87	Marianne Limpert
57.02	Jessica Arney
200 Free	
2:02.99	Marianne Limpert
2:03.01	Stephanie Richardson
2:03.18	Donna Wu
400 Free	
4:17.22	Joanne Currah
4:18.36	Stephanie Richardson
4:18.79	Nikki Dryden
800 Free	
8:48.43	Nikki Dryden
8:49.16	Joanne Currah

8:53.80	Stephanie Richardson
1500 Free	
17:12.58	Cindy Bertelink
17:15.99	Karine Legault
17:21.37	Cara Lachmuth
50 Back	
30.13	Julie Howard
30.14	Jessica Arney
30.47	Christine Harris
100 Back	
1:03.88	Julie Howard
1:04.27	Katrina Walters
1:04.52	Beth Hazel
200 Back	
2:15.63	Beth Hazel
2:15.44h	Suzanne Weckend
2:15.68	Katrina Walters
50 Breast	
32.69	Guylaine Cloutier
32.69	Lisa Flood
33.10	Nancy Gravel
100 Breast	
1:10.11	Guylaine Cloutier
1:10.65	Lisa Flood
1:11.90	Anne Blachford
200 Breast	
2:31.16	Guylaine Cloutier
2:33.08	Lisa Flood
2:34.60	Nathalie Giguere
50 Fly	
28.14	Jessica Arney
28.48	Julie Barbeau
28.66	Andrea Nugent
100 Fly	
1:01.27	Jessica Arney
1:02.78	Lisa Robertson
1:02.79	Shona Kitson
200 Fly	
2:17.68	Shona Kitson
2:17.73	Beth Hazel
2:18.19	Jennifer Ramsden
200 IM	
2:15.80	Marianne Limpert
2:16.50	Nancy Sweetnam
2:17.23	Joanne Maler
400 IM	
4:46.89	Nancy Sweetnam
4:49.49	Joanne Maler
4:50.85	Christine Jeffrey
400 MR	
4:18.60	University of Calgary
4:22.41	Pacific Dolphin
4:23.17	Glouc-Ottawa Kingfish
400 FR	
3:54.01	Pacific Dolphin
3:57.11	Hyack
3:59.73	Univ. Laval Rouge & Or
800 FR	
8:29.12	Pacific Dolphin
8:30.96	Pointe Claire
8:35.36	Univ. Laval Rouge & Or
MEN	
50 Free	
23.28	Robert Brankis
23.37	Stephen Clarke
23.40	Dean Kondziolka
100 Free	
50.51	Stephen Clarke
51.63	Steven VanderMeulen
51.63	Sebastien Goulet
200 Free	
1:51.40	Turlough O'Hare
1:52.21	Eddie Parenti
1:52.32	Robbie McFarlane
400 Free	
3:55.32	Turlough O'Hare
3:57.70	David McLellan
3:59.22	Robbie McFarlane
800 Free	
8:18.42	Michael McWha
8:19.18	Brett Creed
8:21.61	David McLellan
1500 Free	
15:38.39	Brett Creed
15:42.81	David McLellan
15:46.36	Greg Streppel
50 Back	
26.19	Robert Brankis
26.69	Chris Renaud
26.90	Raymond Brown
100 Back	
57.15	Raymond Brown
57.29	Robert Brankis
57.33	Chris Renaud
200 Back	
2:01.56	Kevin Draxinger
2:01.79	Chris Renaud
2:01.87	Gary Anderson
50 Breast	
29.16	Jon Cleveland
29.51	Russell Patrick
29.68	Curtis Myden
100 Breast	
1:02.83	Jon Cleveland
1:03.34	Russell Patrick
1:03.62	Michael Mason
200 Breast	
2:15.43	Jon Cleveland
2:17.32	Michael Mason
2:18.41	Curtis Myden
50 Fly	
25.26	Stephen Clarke

25.66	Val Weaver
25.69	Euan Stewart
100 Fly	
54.35	Stephen Clarke
55.01	Eddie Parenti
55.07	Mark Versfeld
200 Fly	
2:00.88	Eddie Parenti
2:02.38	Dino Verbrugge
2:03.98	Philippe Pominville
200 IM	
2:01.87	Curtis Myden
2:03.90	Gary Anderson
2:04.65	Mark Versfeld
400 IM	
4:17.94	Curtis Myden
4:23.46	Owen Von Richter
4:24.37	Stephen Baird
400 MR	
3:50.06	University of Calgary
3:53.61	University of Calgary B
3:54.03	Edmonton Keyano
400 FR	
3:28.72	University of Calgary
3:31.55	Univ. Laval Rouge & Or
3:31.67	North York
800 FR	
7:39.45	University of Calgary
7:39.73	Pacific Dolphin
7:47.49	Glouc-Ottawa Kingfish

EDINBURGH INTERNATIONAL Edinburgh, Scotland Mar. 31-Apr. 2, 1994 (50 M)

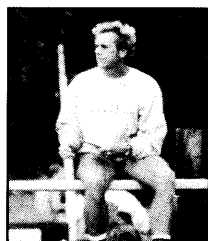
WOMEN	
50 Free	March 31
27.00	Luminita Dobrescu
27.05	Alison Sheppard
27.25	Karen Pickering
100 Free	April 2
56.79	Claudia Poll
56.83	Luminita Dobrescu
57.88	Karen Pickering
200 Free	March 31
2:02.93	Luminita Dobrescu
2:03.85	Karen Pickering
2:04.64	Claire Huddart
400 Free	April 2
4:15.35	Claudia Poll
4:18.73	Vicki Horner
4:21.17	Carla Geurts

800 Free	April 1
8:47.54	Claudia Poll
8:54.14	Carla Geurts
8:55.47	Susan Collins
50 Back	April 2
29.14	Sandra Volker
30.35	Naomi van de Woerd
30.51	Kathy Osher
100 Back	March 31
1:03.04	Sandra Volker
1:04.62	Kathy Osher
1:04.66	Helen Slatter
200 Back	April 1
2:16.46	Joanne Deakins
2:17.37	Kathy Osher
50 Breast	April 1
33.24	Svetlana Bondarenko
33.34	Lorraine Coombes
33.57	Karen Rake
100 Breast	April 2
1:12.02	Svetlana Bondarenko
1:13.54	Karen Rake
1:14.14	Lorraine Coombes
200 Breast	April 1
2:35.03	Svetlana Bondarenko
2:35.05	Maria Hardiman
2:39.72	Katie Burke
50 Fly	April 1
29.01	Nicola Goodwin
29.24	Penny Porter
29.28	Sharon Davis
100 Fly	March 31
1:02.96	Nicola Goodwin
1:03.71	Alex Bennett
1:03.97	Svetlana Bondarenko
100 Fly	April 1
2:16.54	Helen Slatter
2:17.33	Joana Arantes
2:17.83	Alex Bennett
200 IM	April 2
2:18.02	Helen Slatter
2:22.25	Oxana Veriovo
2:22.86	Katie Burke
400 IM	March 31
4:55.21	Helen Slatter
4:57.10	Victoria Hale
4:59.68	Charlotte Niblett
MEN	
50 Free	March 31
23.00	Mark Foster
23.36	Pavlo Khnikin
23.44	Vladimir Predkin
100 Free	April 2
50.82	Pavlo Khnikin

Buck Dawson's CROSS COUNTRY SWIM CAMP

Chikopi (Boys 8-17) (Ask about our sister camp Ak-O-Mak)
(On a clean Canadian lake in Ontario)

Swimmers, like track athletes, need early season cross country training, be it over hill and dale or cross lake and river. Open-water training for rhythm, cadence and strength. Yes, of course, we also have the standard regulation pools, stroke drills, videotaping, weight training and movement education but we also have wilderness camps with canoe paddle strength and canoe trip endurance. We work all day long swimming and learning skills in 25 sports.



BOB DUENKEL,
Director & Head Coach

We're Proud of Our Results

- USS National Sr. Long Distance (Team) Swim champions 1981-86.
- 1986, '88, '89 World Championship Training Camp for the USS Team to the World Long Distance Championships.
- CASA (Canadian Amateur Swimming Assoc.) Development Camp for the last 20 years.
- Bob Duenkel (Chikopi Director) chosen as 1987-'89 USS National Coach for Long Distance Swimming.
- A program designed by Olympic coaches for age group swimmers.
- 35 Olympians and 300 All-Americans started here—SO CAN YOU!

We also have 100% (sprinter) training, fartlek (speed work) training, rustic cabin living, sit-down, home-cooked meals, marathon and triathlon...much more than we can put in one small ad. For swimming plus a real camp experience. June 29-Aug. 17. Full season and shorter sessions available. Write for our brochure and free video.

Chikopi • 2132 NE 17th Terrace
Fort Lauderdale, FL 33305 • 800-531-5687





51.23	Mike Fibbens
51.59	Mark Foster
200 Free	April 1
1:51.87	Andrew Clayton
1:53.77	Alexei Zavotchkov
1:54.43	Nicholas Shackell
400 Free	April 2
3:59.18	Alexei Akratiev
3:59.84	Graeme Smith
4:00.37	Ian Wilson
1500 Free	March 31
15:23.76	Graeme Smith
15:33.11	Alexei Akratiev
15:35.94	Ian Wilson
50 Back	March 31
26.28	Martin Harris
26.96	Adrian O'Connor
27.39	Pavlo Khnikin
100 Back	April 1
56.16	Martin Harris
57.00	Adam Ruckwood
57.74	Alexei Batukhin
200 Back	April 2
2:01.13	Adam Ruckwood
2:02.89	Martin Harris
2:04.99	Florian Wenk
50 Breast	April 1
28.81	Alexander Dzhaburiya
29.89	Nick Gillingham
30.25	Ian Swift
100 Breast	April 2
1:03.52	Alexander Dzhaburiya
1:03.94	Nick Gillingham
1:05.54	Ian Swift
200 Breast	March 31
2:16.33	Nick Gillingham
2:20.72	Ian Swift
2:21.83	Andrew Ayres
50 Fly	April 1
24.86	Pavlo Khnikin
25.02	Mark Foster
25.26	Dirk van den Hertz
100 Fly	April 2
54.58	Pavlo Khnikin
55.23	Andrej Vaskin
56.24	Kevin Crosby
200 Fly	April 1
2:00.45	Kevin Crosby
2:05.15	Mike Watkins
2:05.19	Diogo Madeira
200 IM	March 31
2:04.96	Fraser Walker
2:05.01	Alexei Batukhin
2:05.26	Sergei Dorogov
400 IM	April 1
4:29.33	Sergei Dorogov
4:33.02	David Warren
4:33.80	Ben Lafferty

AGE GROUP

CNCA AGE GROUP CHAMPIONSHIPS Indianapolis, Indiana April 7-9, 1994 (25 YD)

FINAL TEAM STANDINGS

Combined

809	Cincinnati AC
781	Cincinnati Marlins
738	Parkway
712	Alamo Area
708	Plantation
697	North Jeffco
622	Chattanooga
585.5	Harbison
558	Rockwood
549	St. Petersburg

Women

631	North Jeffco
547	Cincinnati Marlins
420	Greater Chattanooga
399.5	Harbison
399	Boyetown YMCA
359	Cheshire YMCA
349	Parkway
346	St. Petersburg
342	Plantation
315	Bristol

Men

592	Cincinnati AC
466	Alamo Area
448	Rockwood
396	Mt. Kisco Boys Club
389	Parkway

366	Plantation
320	Pine Crest
281	Cedar Rapids
255	South Side YMCA
240	Hillenbrand

WOMEN

10 and Under

50 Free

26.40	Kaela Humphries, Unat.
26.41	Natalie Cohee, Unat.
26.67	Andrea Geoffroi, KCST

100 Free

57.32	Natalie Cohee, Unat.
58.09	Kaela Humphries, Unat.
59.19	Brianna Loecher, NJSC

200 Free

2:05.80	Natalie Cohee, Unat.
2:06.58	Kaela Humphries, Unat.
2:06.65	Brianna Loecher, NJSC

50 Back

30.84	Jessica Henning, VSC
31.06	Elizabeth Klueh, TSAC
31.68	Brianna Loecher, NJSC

100 Back

1:06.29	Elizabeth Klueh, TSAC
1:07.63	Natalie Cohee, Unat.
1:07.97	Megan Welsh, PCSC

50 Breast

32.96	Kaela Humphries, Unat.
34.39	Charlie Nielson, FOXJ
36.54	Lauren Becker WACM

100 Breast

1:12.94	Kaela Humphries, Unat.
1:14.46	Charlie Nielson, FOXJ
1:16.12	Natalie Cohee, Unat.

50 Fly

28.21	Jessica Henning, VSC
29.74	Kaela Humphries, Unat.
29.84	Natalie Cohee, Unat.

100 Fly

1:02.89	Jessica Henning, VSC
1:05.12	Natalie Cohee, Unat.
1:06.38	Victoria Genova, PST

100 IM

1:05.32	Natalie Cohee, Unat.
1:06.08	Kaela Humphries, Unat.
1:07.61	Brianna Loecher, NJSC

200 IM

2:21.66	Natalie Cohee, Unat.
2:25.18	Brianna Loecher, NJSC
2:27.76	Megan Welsh, PCSC

11-12

50 Free	Christine Keller, CCMY
24.73	Jenna Street, BASA
24.91	Tiffany Cohee, Unat.

100 Free

53.28	Christine Keller, CCMY
53.91	Jenna Street, BASA
54.94	Tiffany Cohee, Unat.

200 Free

1:58.88	Jenna Street, BASA
1:59.40	Christine Keller, CCMY
1:59.64	Rachel DeBernard, SSS

13-14	Ilse Ekechuku, Unat.
50 Free	Erin Phenix, CM
24.87	Michala Kwasy, HHSC

100 Free

53.85	Michala Kwasy, HHSC
54.45	Stephanie Mitchell, PST
54.70	Luciana Genova, PST

200 Free

1:55.59	Sarah Dougall, CRST
1:56.79	Beth Schryer, NJSC
1:57.47	Stephanie Mitchell, PST

500 Free

5:09.94	Justine Benson, WWY
5:10.04	Stephanie Mitchell, PST
5:14.11	Leslie Newton, SPA

1650 Free

17:51.78	Jennifer Cooper, HAT
17:52.83	Shannon Thomas, CAC
17:57.80	Leslie Newton, SPA

100 Back

57.68	Sarah Dougall, CRST
59.07	Olivia Douglass, CM
1:00.30	Carrie Regnitz, MFSC

200 Back

2:01.96	Sarah Dougall, CRST
2:07.42	Carrie Regnitz, MFSC
2:11.35	Becca Vianello, CM

100 Breast

1:07.56	Mandy Commons, SFF
1:07.95	Emily Brandenburg, WWY
1:08.32	Michala Kwasy, HHSC

200 Breast

2:27.30	Michala Kwasy, HHSC
2:28.23	Kristin Sharp, THAC
2:30.97	Emily Brandenburg, WWY

100 Fly

58.47	Michala Kwasy, HHSC
1:00.18	Shannon Thomas, CAC
1:00.69	Darcree Corey, NJSC

200 Fly

2:09.34	Sarah Dougall, CRST
2:09.50	Shannon Thomas, CAC
2:12.15	Shannon Thomas, CAC

200 IM

2:09.65	Sarah Dougall, CRST
2:13.25	Michala Kwasy, HHSC
2:13.50	Brooke Corby, PICY

400 IM

4:29.99	Sarah Dougall, CRST
4:40.76	Beth Schryer, NJSC
4:42.29	Darcree Corey, NJSC

15 and Over

50 Free	Beth Karaica, PAYS
24.39	Lori Caldwell, GCAC
25.31	Rebecca Trumpke, SPA

100 Free

53.61	Beth Karaica, PAYS
54.88	Leslie Anderson, PST
54.93	Lori Caldwell, GCAC

2:12.12	Leslie Anderson, PST
400 IM	Tess Larimore, GCAC
4:34.53	Leslie Anderson, PST

100 Free

48.82	Derek Gelber, PKWY
48.97	Michael Gilliam, NAC
49.01	Brandon Johnson, STAR

200 Free

1:47.01	A. Chadeayne, MKBC
1:47.13	Nathan Rebeck, INDY
1:47.56	Eddy Navidad, THAC

500 Free

4:53.95	Spence Miller, HOT
4:55.90	A. Chadeayne, MKBC
4:56.41	Eddy Navidad, THAC

1650 Free

16:43.97	Spence Miller, HOT
16:44.46	A. Chadeayne, MKBC
17:07.04	Josh Smith, BAY

100 Back

52.86	Michael Gilliam, NAC
55.46	Darren Cooper, FINIS
56.06	Brandon Johnson, STAR

200 Back

1:56.43	Michael Gilliam, NAC
1:56.72	A. Chadeayne, MKBC
2:00.27	Hank Longmire, Unat.

100 Breast

1:01.90	Nick Huffstutter, GCAC
1:01.97	Adam Guzakuska, TOPS
1:02.20	Devin Meece, DAST

200 Breast

2:15.26	Soren Heiskov, Unat.
2:15.28	Nick Huffstutter, GCAC
2:15.37	Devin Meece, DAST

100 Fly

52.98	Nick Huffstutter, GCAC
53.42	Brandon Johnson, STAR
55.48	Dustin Powers, CPYP

200 Fly

1:58.70	Nick Huffstutter, GCAC
2:04.30	John Wiltz, CM
2:04.93	Eric Mitchell, MKBC

200 IM

1:59.96	Nick Huffstutter, GCAC
2:01.03	Hank Longmire, Unat.
2:01.20	A. Chadeayne, MKBC

400 IM

4:14.96	A. Chadeayne, MKBC
4:15.11	Hank Longmire, Unat.
4:18.48	Nick Huffstutter, GCAC

15 and Over

50 Free	Brent Ransom, STAR
21.90	Tony Scaduto, KCSCA
22.45	Scott Presley, PAYS

100 Free

48.75	Collin Walker, Unat.
48.82	Scott Presley, PAYS
49.36	Hunter Powell, AAA

22.32	Brandon Johnson, STAR
22.46	Michael Gilliam, NAC
22.59	John Lonerger, PVST

100 Free

48.82	Derek Gelber, PKWY
48.97	Michael Gilliam, NAC
49.01	Brandon Johnson, STAR

200 Free

1:47.01	A. Chadeayne, MKBC
1:47.13	Nathan Rebeck, INDY
1:47.56	Eddy Navidad, THAC

500 Free

4:53.95	Spence Miller, HOT
4:55.90	A. Chadeayne, MKBC
4:56.41	Eddy Navidad, THAC

1650 Free

16:43.97	Spence Miller, HOT
16:44.46	A. Chadeayne, MKBC
17:07.04	Josh Smith, BAY

100 Back

52.86	Michael Gilliam, NAC
55.46	Darren Cooper, FINIS
56.06	Brandon Johnson, STAR

200 Back

1:56.43	Michael Gilliam, NAC
1:56.72	A. Chadeayne, MKBC
2:00.27	Hank Longmire, Unat.

100 Breast

1:01.90	Nick Huffstutter, GCAC
1:01.97	Adam Guzakuska, TOPS
1:02.20	Devin Meece, DAST

200 Breast

2:15.26	Soren Heiskov, Unat.
2:15.28	Nick Huffstutter, GCAC
2:15.37	Devin Meece, DAST

100 Fly

52.98	Nick Huffstutter, GCAC
53.42	Brandon Johnson, STAR
55.48	Dustin Powers, CPYP

200 Fly

1:58.70	Nick Huffstutter, GCAC
2:04.30	John Wiltz, CM
2:04.93	Eric Mitchell, MKBC

200 IM

1:59.96	Nick Huffstutter, GCAC
2:01.03	Hank Longmire, Unat.
2:01.20	A. Chadeayne, MKBC

400 IM

4:14.96	A. Chadeayne, MKBC
4:15.11	Hank Longmire, Unat.
4:18.48	Nick Huffstutter, GCAC

DIVING

PHILLIPS 66 NATIONAL INDOOR CHAMPIONSHIPS University of Minnesota Aquatic Center Minneapolis, Minnesota April 19-23, 1994

WOMEN

1-Meter	April 21
438.30	Mary Ellen Clark, FLD
428.22	Kristen Kane, Indiana
425.22	Melissa Moses, SCD
423.12	Doris Easterly, Unat.
421.11	Janette Stephenson, OSD
410.91	Betsy Girvan, Miami
409.02	Cheril Santini, SMU
407.76	Marina Smith, Auburn
402.96	Karen Dalton, OSD
401.40	Tracy Bonner, Unat.
393.93	Summer Brown, MVN
383.82	Michelle Davison, SCD

This Experiment Is A Failure



So, is the experiment over? In my mind, the test of a good experiment is in the ability of the scientist to appropriately interpret the results. I would like United States Swimming to take an unfettered look at what's going on. . . .

What was the experiment? . . . The elimination of our short course national championships with the hypothesis that by substituting, instead, a "long course only" format for all senior nationals, our American swimmers would become more competent in long course swimming.

Hmm The premise, as it was presented to us almost a "quadrennium" ago, was that U.S. swimmers had become "lazy" from swimming yards. The United States Swimming leadership and a sprinkling of our elite international coaches agreed. By swimming our spring national championships in long course meters format, as opposed to short course yards, as the theory was presented, we would be more competitive internationally, affecting especially those distance events at which our American swimmers were no longer competitive.

Well, I must be watching the meets from the wrong side of the deck because that is not what I saw in this spring championship season in the elite levels of swimming in the USA. In my mind, the experiment has been a phenomenal failure. We are not now any more competitive internationally than we were four years ago. Since eliminating the short course yard in preference to the long course meter, we have done nothing more than reduce the numbers of swimmers who desire to attend the senior national meet, and in so doing, we still remain out of sync with the rest of the swimming world.

The most exciting distance swims

this year? Chad Carvin's 500 yard and 1650 yard (American record) swims at NCAAs. . . . Greg Burgess and Tom Dolan's 400 yard IM swims (both under the U.S. Open and American record) at NCAAs.

But in a curiously confusing statement to me, one leader of the "quadrennial" movement stated at the start of the U.S. senior nationals, "Chad Carvin's 1650 was a shot in the arm for American swimming. . . ." Didn't he notice that Chad's swim did not take place at the senior national long course meet, but, rather, at the American short course yards NCAAs? In fact, Chad wasn't even present at the long course meet . . . shot in the arm though he was. . . .

And what about sprinting? Surely, Brian Retterer's 100 backstroke swim in the leadoff off of the 400 yard medley relay at the men's NCAAs was impressive. Is a 45.74 for 100 backstroke not a very good swim simply because it is just in yards? Well, if you saw it as I did, you wouldn't think so.

Or on the women's side of things, how about Amy Van Dyken's 21.77 in the 50 yard freestyle at the women's NCAAs or Beata Kaszuba's 1:00.46 in the 100 yard breaststroke? I guess those swims are less than exemplary because they are in yards. Not in my mind. . . .

We have made wonderful strides in distance swimming and sprinting in the collegiate scene because we allow the opportunity for our swimmers to swim long course (like the rest of the world) in the summer months and short course (like the rest of the world) in the winter months.

In an incredibly tedious and time-consuming sport like swimming, we owe it to our swimmers to give them a little something different each season—and then allow them the opportunity to swim on the razor's edge at a national championship at a measurement that is conducive to that season's training.

If one of our major concerns with those with "quadrophobia" is to be competitive internationally, then at least



AAU SWIMMING CHAMPIONSHIPS



in conjunction with the
XXVIII AAU JUNIOR OLYMPIC GAMES
at Brevard Community College, Cocoa, Florida
August 2-6, 1994

Girls & Boys 10 & Under ♦ 11-12 ♦ 13-14 ♦ 15-18 ♦ Open 18 & Under
This meet will be conducted by United States Swimming rules, of which the AAU is a member.

First, second and third place finishers in AAU Association Swimming Championship Meets in individual events will qualify for these AAU National Championships. In addition, swimmers who meet or beat the U.S. Swimming long course 'BB' time standards are eligible to compete. The time standard must have been met during a bona fide competition.

Entry fee is \$22 per swimmer and the entry deadline is July 20, 1994. Contact the Amateur Athletic Union National Headquarters for more information at (317) 872-2900.

❖ *The Amateur Athletic Union... It's a Whole New Sports Experience!* ❖

allow the American swimmers to swim their spring championship in short course meters (like the rest of the world). Then we could really find out where we are in the world of swimming while still allowing (most of) our swimmers who must train indoors—and in yards—in the wintertime a chance to do well at a practiced distance.

Let's end the experiment and get on with the business of becoming internationally competitive.

CHUCK KNOLES
Head Men's Swimming Coach
University of Pittsburgh, Pa.

Don't Buck The System

What's next? Why is U.S. Swimming trying to go it alone?

Now we plan to pull our best swimmers out of college and their community programs and send them off for a couple of years to do nothing but swim and use the flume! This just won't fly in our type of society.

What U.S. Swimming fails to realize is that we live in a country in which Olympic medals are a by-product, and since the system works, don't keep trying to change it for whatever reason. We can change our programs, but not the system.

As a start, we need to put our Olympic trials back where they used to be and not put them in the middle of March during the same weekend as 23 of our state high school swimming championships as well as during the week of our various collegiate conference meets and two weeks before our NCAA Championships!

U.S. Swimming's place in the pecking order was well defined. Not until after the last weekend in March when the NCAAs are over is the pool free for our USS indoor championships and our progression toward our Olympic trials.

Whenever we make a radical change like this in our program of developing elite swimmers to win Olympic gold, we

must ask ourselves, "Is this compatible with our traditional values of education in our free society?" Let's examine how our singular search for gold may be destroying the greater values of championship swimming in our social structure.

The latest plans for elitist camps and a repeat on 1992's early Olympic trials may, in fact, be destroying the base upon which our U.S. world swimming supremacy has been built.

As late as 1976 when we had the greatest men's Olympic swimming team ever developed, almost 100 percent were college swimmers. Our program was the envy of the world. Swimming in our country developed through the schools (and after school), using the facilities built, maintained and supported by the educational system.

The system has been quite successful, but even if it hadn't been, we, in U.S. Swimming, cannot thumb our noses at "Big E" (education) without destroying our credibility. No matter how much better we think elitist, isolated swimming has worked in state socialist countries, it won't work here, and it has only worked with marginal success in Australia and Canada—neither of which had our highly developed high school and college swimming programs.

(National team director) Dennis Pursley got on national television during a break in the action at the NCAAs (the one just before Barcelona) and said, in effect, that the predominant influence of college swimming was a thing of the past and that only three men from the NCAA Division I Championships had made the Olympic team—this, after our early Olympic trials had siphoned off the best college swimmers.

The college nationals in 1992 played to less than a full house for the first time in many years. Never mind that many of our USS swimmers, taking college scholarships, at least implied an obligation to swim for their colleges. Most of

our top U.S. Swimming coaches have colleges to thank for their livelihood and the pools in which they train.

So, during a time when college athletic programs are hurting financially and the swimming programs are expendable . . . we have voted to (hold the Olympic trials once again in March). Are we crazy? Who is going to sustain our coaches much less our elite swimmers if we don't have colleges to do it?

If we can't make it by cooperating with the college system, then it isn't worth making it at all. . . . We need the excitement and interest that our institutional backing brings to the sport. The Stanford-Michigan dual meet, for example, often outdraws the USS nationals.

In a swimming marketplace already declining, it simply is not worth it to sacrifice all this college backing for the sake of new hoped-for excellence because we think it has worked in Australia.

Yes, of course, we did very well at Barcelona, but not nearly as well as advertised. We lost the kids who normally come out of the woodwork to make our team at our traditional last-minute Olympic trials.

As the former director of the International Swimming Hall of Fame, I sat up in the packed stands at the NCAAs for many years with our international visitors, great coaches from overseas, who came to see how our system works. They always watched in awe at the excitement and color generated by the crowds who dressed and cheered for their particular college team. The visiting coaches were envious.

"It is an absolute phenomenon. Only in the United States could this happen," said Forbes Carlile, Howard Firby, Cecil Colwin and others. It remains the greatest swimming meet in the world, short of the Olympics.

And the house was always packed until 1992 when an early Olympic trials

LETTERS

took the best swimmers out of the competition.

This letter is a plea to leave it be, let the clubs keep their top swimmers and not take them off to an elite camp away from the local incentive programs that have brought them up to this point.

In summary, we love to brag about Olympic gold medals, but we have certain pre-conditions which we must live by or the medals are not worth it.

Medals in our society must be the by-product, and the medals cannot be an end unto themselves. When we get so elitist that we must change our emphasis on education and the social values of the family, our people—in this democracy, at least—will lose interest in swimming as an elite sport.

BUCK DAWSON

Fort Lauderdale, Florida

An Ambassador For Swimming

I have known Tom Jager since he was ten years old, was his coach during his formative years and have been his friend and confidant throughout his career.

It was with great delight that I read his article, "The Autograph," in the April issue of *Swimming World*. I have watched Tom grow from the eager, often rambunctious youngster he describes to the fine ambassador for swimming that he is today.

I have observed Tom working at his clinics. While imparting technical knowledge to these young swimmers, what also comes across so clearly is his great love for the sport, how swimming can impact all areas of their lives plus his sincere interest and concern for them.

Tom competed in his first junior nationals (200 backstroke—not always a sprinter) in 1979 when there was only one junior nationals. Fifteen years later he is still competing and enjoying it.

PENNY TAYLOR

Parkway Swim Club
St. Louis, Missouri

Ban Drug Users

Recently, a Chinese swimmer tested positive for steroid use. Like the rest of her teammates, this swimmer displayed all of the signs of drug use. This abuse of drugs in swimming needs to be stopped immediately, and the way to do this is for FINA and the IOC (the organizations which have control over this) to start changing the methods and quality of drug testing among swimmers worldwide. Drug testing really needs to be modified, so that it becomes unannounced blood testing rather than announced urine tests.

To many, this is *deja vu* of the summer Olympics when the East Germans were caught using steroids. The Chinese, like the East Germans, were smashing many world records, when only a few years before, they were nowhere near that level. In the sport of swimming, this does not happen. Is it purely coincidental that the Chinese coaches are working in part with the former East German coaches? Is it also

coincidental that the Chinese are showing all of the symptoms of anabolic steroid use?

Being a Division I college level swimmer, I even find this disheartening knowing that hard work isn't enough for some people. To know that some must resort to performance-enhancing drugs is disturbing. Very talented swimmers who work hard and have earned that gold medal at the Olympics get beaten out by cheaters who use drugs. This is not fair nor is it acceptable.

This abuse of drugs cannot continue, for it will, in turn, affect the future of the sport of swimming and its athletes. If drugs are continued to be used, then the challenge of working toward world records will diminish for there is no chance to beat drugs when hard work and discipline are up against them at this point in time. In order to save the sport, the drug users must be caught, banned for life—and the sooner the better.

EILEEN CASSIN

Ohio University ■



Changing Your Address?

Please let us know 6-8 weeks in advance!

OLD ADDRESS

Name _____

Address _____

City/State/Zip _____

NEW ADDRESS

Name _____

Address _____

City/State/Zip _____

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

Classified Ads

Prices will be based upon: First column inch (1") \$40.00; Each additional inch \$35.00. Minimum charge one inch.

These prices for all classified ads. Payment must accompany order. No agency discount.

RESERVE SPACE six weeks before first day of the month preceding the date of publication. Artwork/logos not accepted.

Box numbers furnished on request for \$6.00 monthly, PREPAID.

Classified ads may be used for help or situations wanted, reps or dealers wanted, businesses for sale, and any used products for sale on a one-time basis (i.e., pool covers, electronic scoreboards, etc.).

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 Ave., Suite 101, Pasadena, CA 91101.

HELP WANTED

AGE GROUP COACH

Age Group Coach wanted for successful program. Technique and motivational skills a must. Send resume, three (3) references, salary requirements to: Mike Corash, Kingsport Swim Association, P.O. Box 3494, Kingsport, TN 37664. Questions answered—call evenings only 615-239-3099.

HEAD COACH

The Mounds View Swim Club (MVSC) seeks applications for the position of Head Coach for its USS team. The position is available ASAP. MVSC is located in a northern suburb of the St. Paul-Minneapolis, Minn. area. We are a 160+ member club with novice, age group and senior programs. The Head Coach would work with several assistants and coordinate a well-rounded USS program. For information, please contact George Stahl at 612-755-9178.

AGE GROUP PROGRAMS COORDINATOR

New full-time position for Age Group Programs Coordinator. Will assist Age Group Programs Director with LSC Camps, Club Development programs and Parents Education. Must possess good written and verbal communication and presentation skills. Computer skills desired.

Education/Experience: 2-4 years of Age Group Coaching experience and College degree preferred. Starting salary: \$20,000 with excellent benefit package.

Submit resume to: Age Group Programs Director, United States Swimming, One Olympic Plaza, Colorado Springs, CO 80909. Resumes accepted through July 1, 1994. Starting Date: Sept. 1, 1994.

MISCELLANEOUS

To reserve your classified ad space in *Swimming World*, please call Toni Blake, our advertising coordinator, at 818-304-7755. Please make a note of the deadline in the gray box above.

HEAD SWIM COACH

The Upper Montgomery County YMCA (UMCY) is seeking a head swim coach to begin September 1994. ASCA Level 3 or higher preferred. Responsibilities to include: manage overall program, oversee two assistant coaches and various swimmer assistants, communicate with the parents, advise parent committee, and work with YMCA in program design and budget. UMCY is a year-round 125-member YMCA USS swim program in Gaithersburg, MD, a suburb north of Washington, D.C. Our program is heavily team oriented and is one of the most productive in a very strong LSC. We currently have swimmers aged 7 and above from novice to Junior National level. We swim in a 6-lane short course pool at our YMCA facility through the winter, and add training at a community 9-lane long course pool in the summer. The team's parents are very supportive. They fundraise over \$20,000 each year and host 3-4 meets including one YMCA Championship meet. The head coach is a contractual employee of the YMCA. Salary range is \$18,000-\$21,000. Additional opportunities exist both within the Y and in a strong summer league. Coach is provided with full expenses to travel meets and funding for one seminar each year. We seek a proven program builder with a strong sense of values that are compatible with the YMCA's mission. Please send resume and a minimum of two letters of reference to: Upper Montgomery County YMCA, 10011 Steadwick Rd., Gaithersburg, MD 20879. Attn: John Brothers.

Don't forget . . . we need to receive your state's high school championships for our August issue no later than June 20th. If you want to check to make sure your state or sectional championships will be included, please call Jacob at 818-304-7755.

ADVERTISERS!

WORKING WITHOUT AN ADVERTISING STRATEGY?

HOW 'BOUT THIS ONE?

From now through December 31, we have five special programs planned in 13 issues of our three magazines to not only help you make sure you have a plan, but to ensure you have one that works! Our programs:

1.
1995 AQUATIC DIRECTORY
2.
CATALOG OF CATALOGS
3.
HOLIDAY GIFT CATALOG
4.
BREAKFAST OF CHAMPIONS
5.
SWIMMING MALADIES, A-Z

We'll be sending you information on each of these value-packed programs soon. If you would like more information now, call the sales representative in your area for a quick backgrounder.

EAST

KIM HANSEN • 703-549-0899

SOUTHEAST

TONI BLAKE • 818-304-7755

WEST COAST

PETER KOCH-WESER • 310-836-2642

MIDWEST

SANDY TODD • 818-304-7755

CALENDAR



JUNE

16-18	Louisville, KY	66th Annual Ohio Valley Champs., lc
16-19	Concord, CA	Terrapin Swim Club Champs., lc
17-19	Irvine, CA	Younger "AA" Championships
17-19	Greeley, CO	Greeley Stampede Open
17-19	Des Moines, IA	DMSF 11th Annual Summer Invit.
17-19	Champaign, IL	CCMY Novelty Meet
17-19	Oak Park, IL	TOPS "AB," no cut
17-19	High Point, NC	HPSC AG/SR "A" Invitational
17-19	Raleigh, NC	TAR AG/SR "A" Invitational
17-19	Kingsport, TN	Long Course Open, AG/SR
17-19	Arlington, TX	Texas Senior Circuit
18	Wailuku, HI	Maui County Schedule A
18	Tullahoma, TN	Long Course Open, AG/SR
18	Winnetka, IL	NISCA High School Champs.
18	Euless, TX	MCST "C" Meet
18-19	Eureka, CA	Redwood Swim Club Invit., sc
18-19	Sonoma, CA	Sonoma Sea Dragons Invit., sc
18-19	Pueblo, CO	Pueblo Open "ABC"
18-19	East Moline, IL	EMSC "AB," no cut, sc
18-19	Logansport, IN	CCY Wendy's Iron Horse Invit.
18-19	Ann Arbor, MI	Club Wolverine Senior Invit.
18-19	Incline, NV	Incline/Tahoe Aquatics Invit., sc
18-19	Enid, OK	"BC"/SR "A"
22-26	Irvine, CA	Older "AA" Championships
23-26	Mission Viejo, CA	Swimming Meet of Champions
23-26	Charlotte, NC	Charlotte UltraSwim
24	Chicago, IL	SC "AB"
24-26	Fort Smith, AR	Fort Smith Tideriders Recordsetter
24-26	Colorado Springs, CO	Village 7 Invitational
24-26	Ft. Lauderdale, FL	Alamo Age Group Invitational
24-26	Pensacola, FL	Long Course Open, AG/SR
24-26	Rock Island, IL	QCSC "AB"
24-26	Schaumburg, IL	SPD "AB"/SR
24-26	Los Alamos, NM	High Altitude Invitational, "ABC"
24-26	Durham, NC	North Carolina State Games
24-25	Reno, NV	Reno Aquatic Club Invitational, lc
24-26	North Jeffco, CO	North Jeffco Summer Open

502-451-4333
510-685-3399
805-682-0135
303-330-4740
515-276-5691
217-398-2370
708-383-3637
919-882-3482
919-847-7111
615-378-8437
817-548-7827
818-243-7967
615-455-0859

817-354-6832
707-443-9075
707-996-9895
719-564-8389
309-752-1624
219-753-3764
313-747-0162
702-831-4661
405-233-4180
805-682-0135
805-682-0135
704-846-5335
708-377-8394
501-783-7946
719-570-7615
305-462-6536
901-484-1312
309-788-2550
708-705-1523
505-672-1037
919-942-2520
702-882-5397
303-420-2838

24-26 Dearborn, MI
25 Panama City, FL
25 Wailuku, HI
25-26 California
25-26 Los Altos, CA
25-26 Santa Monica, CA
25-26 Santa Rosa, CA
25-26 Norman, OK
25-26 Dallas, TX
25-26 Kenosha, WI
26-27 Norman, OK

JULY

1-3 Durango, CO
1-3 Honolulu, HI
1-10 St. Louis, MO
2-3 San Luis Obispo, CA
2-3 Santa Barbara, CA
2-3 Storrs, CT
2-4 Benicia, CA
7-9 Louisville, KY
8-10 Santa Clara, CA
8-10 Boulder, CO
8-10 Craig, CO
8-10 Ft. Collins, CO
8-10 Grand Junction, CO
8-10 Hinsdale, IL
8-10 Joliet, IL
8-10 Palatine, IL
8-10 Edina, MN
8-10 St. Louis, MO
8-10 Greensboro, NC
8-10 Columbus, OH
8-10 Bartlesville, OK
8-10 Chattanooga, TN
9 Lahaina, HI
9 Lansing, IL
9 Plano, TX

DRD/Different Strokes "B+" Meet
Short Course "B-C," AG/SR
Maui County Schedule B
West Coast Aquatic "B-A+" lc
Los Altos-Mt. View "B-A+" lc
Olympic "ABC" lc
Santa Rosa Neptunes Invit., sc
Unclassified
COR "A/B" Meet
Barracuda "A-BB-B"
Norman "ABC"

313-562-1514
904-785-8276
808-243-7967
408-945-1428
415-968-5670
805-682-0135
707-542-1309
405-321-4590
214-669-8326
414-697-0466
405-321-1550

Durango Invitational
46th Annual Keo Nakama Invit.
U.S. Olympic Festival
SLO "ABC" lc
SBSC "ABC" lc
Aquabears Summer Sizzler AG/Open
Benicia Blue Dolphins AG/Open, lc
18th Lakeside SeaHawk Invit., lc
Santa Clara International Invit.
Boulder Open
Craig
FAST Long Course
Grand Junction Open
HSC "AB"/SR
Dr. Pepper "A-B" No Cut, lc
PPD Novelty Meet
Edina Aquatennial "A"
Clayton Shaw Park Summer Invit.
GSA AG/SR "A" Invitational
18th Annual Mike Peppe Invitational
"AB" Meet
Long Course Open AG/SR
Maui County Schedule C
LSO Novelty Meet
City of Plano Swimmers "C" Meet

303-259-4162
808-681-4568
719-578-4578
805-682-0135
805-682-0135
413-786-3693
707-745-4525
502-451-4333
408-246-5050
303-494-5535
303-824-4156
303-482-2579
303-242-1496
708-323-5337
815-740-2627
708-382-2185
612-929-6652
314-567-1968
919-379-9411
614-785-1709
918-661-5062
615-266-2309
808-243-7967
708-841-7062
214-985-7665

We've
taken
swim shop
service
and value
to a
new level.

SPEEDO®

ACTION ACCENTS

TEAM
SWIMWEAR
SPECIALISTS

call toll free

1 800 338-0231

CALL
FOR
YOUR
FREE
'94
TEAM
CATALOG

TEAM
FUND
RAISING

Raise money for
your team by selling
swimming goods.

Call TODAY for details

Action Accents
906-42nd St., Des Moines, Ia 50312
FAX: (515) 279-4136

Presented by
THE FINALS®

9-10	Dothan, AL	Long Course Open, AG/SR	205-691-2979	22-24	State College, PA	Swimfest 94 at Penn State	814-231-8211
9-10	Claremont, CA	TCC "AB" lc	805-682-0135	23	Memphis, TN	Long Course "B-C" AG/SR	901-678-3455
9-10	Cypress, CA	CYP "A" lc	805-682-0135	23-24	Pacific Swimming	Zone 3 Championships	707-644-9830
9-10	Oak Park, CA	Oak Park Otters Invit., sc	707-575-5339	23-24	Tustin, CA	OCSC Pentathlon	805-682-0135
9-10	San Pedro, CA	SPPY "BC"	805-682-0135	23-24	Van Nuys, CA	MAST "BC"	805-682-0135
9-10	Woodside Hills, CA	Woodside Hills Aquatics "B-A+" lc	510-656-0742	23-24	Duncanville, TX	"C" Championships	214-709-2619
9-10	Clinton, IA	Howard Judd Memorial	319-243-7110	23-24	Tyler, TX	"A-B" Championships	903-509-1838
9-10	Asheville, NC	BCST Open Invitational	704-669-4311	24-25	Lenoir, NC	CCST Western Qualifier	704-728-2191
9-10	Goldsboro, NC	GOLD "BB-B-C" Invitational	919-778-8557	24-28	St. Petersburg, FL	Goodwill Games	719-578-4578
9-10	Tulsa, OK	"BC" Meet	918-250-5265	28-31	High Point, NC	North Carolina Age Group Champs.	919-882-3482
9-10	Janesville, WI	J-Hawk AC Midwest Classic	414-473-2689	29-31	Ukiah, CA	Ukiah Dolphins Invitational, sc	707-462-5913
14-19	Buffalo, NY	Buffalo International	716-649-5900	29-31	Grand Junction, CO	Division I	303-242-1496
15-17	S. Lake Tahoe, CA	South Tahoe ST Invitational, sc	916-641-1046	29-31	Chicago, IL	Illinois Long Course Junior Olympics	708-735-5372
15-17	Pensacola, FL	Long Course Open, AG/SR, p/f	904-435-8775	30-1	Pasadena, CA	SCS Younger Junior Olympics	805-682-0135
15-17	Seymour, IN	Last Chance, p/f, lc	812-522-4384	30-1	Santa Monica, CA	Coastal "C" Championships	805-682-0135
15-17	Princeton, NJ	Whitewaters LC Invitational	609-275-4597				
15-17	Carson City, NV	Carson AC Invitational, lc	702-882-0798	AUGUST			
15-17	Toledo, OH	Holy Toledo Summer Invitational	419-471-1315	2-5	Nashville, TN	YMCA Long Course Nationals	
15-17	Arlington, TX	"A-B" Last Chance TAGS	817-548-7827	2-6	Clovis, CA	National Junior Olympics-West	719-578-4578
15-17	Fort Worth, TX	"A-B" Last Chance TAGS	817-292-0745	2-6	Buffalo, NY	National Junior Olympics-East	719-578-4578
16	Lahaina, HI	Last Chance Meet	808-243-7967	3-6	Fort Lauderdale, FL	Southern Zone Championships	305-462-6536
16-17	Downey, CA	DWNY "AB" lc	805-682-0135	3-7	Santa Clara, CA	Far Western Championships, lc	408-246-5050
16-17	Mission Viejo, CA	SVA "BC" lc	805-682-0135	4-7	Pasadena, CA	SCS Older Junior Olympics	805-682-0135
16-17	San Luis Obispo, CA	FIVE "ABC"	805-682-0135	5-7	Colorado Springs, CO	Summer Club Championships	719-570-7615
16-17	San Ramon, CA	SRVA "AA+" Trials and Finals, lc	510-828-8842	5-7	Minneapolis, MN	Central Zone Championships	
16-17	Simi Valley, CA	CSA "ABC" lc	805-682-0135	6	Pensacola, FL	Short Course "B-C" AG/SR	901-484-1312
16-17	Victorville, CA	MIRG "BC"	805-682-0135	6-7	Gilroy, CA	Gilroy Gators "B-A+" sc	408-842-6152
16-17	Willits, CA	Willits Otters Invitational, sc	707-459-3403	6-7	Tyler, TX	"A-B-C" Decathlon	903-509-1838
16-17	Brush, CO	Division III	303-842-5746	12-14	Morgan Hill, CA	Coast Valley Aquatic League Champs.	408-848-2468
16-17	Panama City, FL	Short Course Open, AG/SR	904-785-8276	13-14	Ontario, CA	"AA" Max. Championships	805-682-0135
16-17	Chicago, IL	BBRY "AB" 14&U	708-584-2916	13-14	Simi Valley, CA	"AB" Championships	805-682-0135
21-24	Tuscaloosa, AL	Senior Region Championships	919-870-9283	13-14	Stockton, CA	Delta Valley Aquatics "B-A+" sc	209-952-7733
21-24	Los Angeles, CA	Janet Evans Invitational	805-682-0135	13-14	Peoria, IL	Journal Star "AA" and Below	309-686-3370
21-24	Fort Lauderdale, FL	Region IV Championships	305-462-6536	13-14	Carson City, NV	Carson Aquatic Club Invit., lc	702-882-0798
21-24	Ann Arbor, MI	Region 6 Senior LC Champs.	313-747-0168	14-19	Indianapolis, IN	Phillips 66 National Champs.	719-578-4578
22-23	Sanford, NC	SLSC Eastern Qualifier	919-774-1294	18-20	Mau, Hawaii	Western Zone Championships	
22-24	Foothills, CO	Division II	303-697-4016	18-28	Victoria, Canada	XV Commonwealth Games	
22-24	Chicago, IL	ISI Senior Championships, lc	708-620-0474	20-21	Benicia, CA	Benicia Blue Dolphins "B-A+" sc	707-745-8316

ALCOHOL FREE!

ANTIBACTERIAL-ANTIFUNGAL

EAR SOLUTION

Helps to
restore normal
pH to outer
ear canal

Star-Otic

RECOMMENDED BY
PHYSICIANS AND PHARMACISTS _____ 1/2 FL. OZ.

Try it yourself...FREE! For a Free sample of Star-Otic® call or write:



FOR HEALTHY
EARS &
COMFORTABLE
EYES



The only eyewash specifically designed with the swimmer in mind! Provides quick and soothing relief from irritating 'Swimmers Eye'™ due to wind, saltwater, sand and sun or chlorinated water.

Try it yourself...FREE! For a Free sample of Star-Optic® Eyewash call or write:

Stellar Pharmacal Corp.
1990 NW 44 Street, Pompano

SWIM MART

Free Goggle Engraving
Largest Selection Available

Full Service Swim Store

SWIM ZONE

Call For Our Free Catalog

National Toll Free
1-800-329-0013
St. Pete, FL
(813) 822-7946

SCREEN PRINTED

LAST SUMMER'S SUITS
ARRIVED LATE
AGAIN?

IF YOU'RE TIRED OF THIS.....

CALL
WATERWEAR

1-800-321-SUIT

ALL TEAM COLORS

CUSTOM TEAM SUITS

10 DAY DELIVERY

SWIM INTO SAVINGS!



Custom Pins, Medals
& Patches
• Any size and shape
• Up to 5 colors

- No Die Charge
- Minimum Order 100 Pieces



1-800-251-2656 In TN 615-244-3007
Fax: 615-726-2772



GOLDNER
ASSOCIATES, INC.

231 Venture Circle • Nashville, TN 37228

1-800-747-1621
\$29.95
(\$4 S & H)



SPORTCOUNT®

- Count to 99 Laps • Time to 10 Hours
- Best & Average Time • One-Year Warranty

4600 East West Highway, Suite 300
Bethesda, MD 20814
(301) 907-6789

New from Zoomers™

THE

Zoomer-ciser

Upper Body Exercise Machine

Patented mechanism allows
accelerating movements against
increasing resistance.

Translation: Now do for upper body what
Zoomers fins have done for lower body!

This is a good one folks! Call toll-free for
information:

1-800-852-2909

**CUSTOM AND
STOCK MEDALS,
PINS, & PATCHES.**



Medals and pins in top
quality hard fired enamel. Low
prices, vivid colors, and
detailed work to your design.
NO DIE CHARGE. Min. order
only 250 pcs., 8 week
delivery. Top quality
embroidered patches, too.
Write or call today for prices
or order information.

Toll Free CA: (714) 492-4155 USA: (800) 421-6735



Emblematics, Inc.
944 Calle Amanecer, Suite F,
P.O.B. 72005 • Dept. SW
San Clemente, Calif. 92674

Swimskin



**TEAM CAPS
PERSONALIZED**

AVAILABLE IN BLACK,
NAVY, KELLY, RED,
ROYAL, OR PURPLE.
PRINTED WITH YOUR
TEAM LOGO AND
SWIMMER'S NAME.

\$4.50
EACH

2 CAPS PER NAME

MINIMUM 24 SETS

\$3.00
EACH

4 CAPS PER NAME



675 FOREST AVE.
PORTLAND, ME. 04103
1-800-341-0246
FAX # 207-874-6448

DYNAMIC DUO
889 MONTROSE ST. • CLERMONT, FL 34711 PAT. PEND.



**Latest Design Combines
Kick-Board & Pull-Buoy**



\$14.95
PLUS
\$3.25 S.H.



VOLUME
DISCOUNTS!

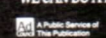
ORDER NOW! 24 hour order line.

1-800-822-9652



You can help protect our water by using natural
lawn care products, less toxic household cleaners
and by recycling used motor oil.
Call 1-800-824-6484 and we'll send you more on
how you can help protect our rivers, lakes and oceans
forever.

**CLEAN WATER.
IF WE ALL DO A LITTLE
WE CAN DO A LOT.**



HYPERFIN

FIBRA
Speed Training



PEPPO BUSCARINI
World Champion Finswimmer

8
0
0
•
3
4
3
•
F
I
N
S

F
A
X
•
6
1
9
•
6
3
4
•
0
6
6
3



TEAM DEALER

1-800-437-5666

(nationwide & Canada)

Call for **FREE** Catalog!

SWIM MART

SWIMMER'S ARM STRAP

Stay active!
Prevent painful swimmer's arm!
New product used by university swim teams. For details, see our display ad. Free brochure, call Cho-Pat, Inc.
1-800-221-1601 EST
609-261-1336 (NJ)



ProSwim
Professional Swim Meet Software
1-800-PROSWIM
Let ProSwim run your next meet.
IBM **Free Demo**
104 Carterwoods Dr.
Warner Robins, GA 31088
Technical Support (912) 953-3166

OLD MISSION JEWELRY

Original Designs in 14K & Sterling

- Sterling—\$25 Includes 16" Parisian Wheat Chain
- 14K Gold—\$80 Pendant Only
- Available as tie tack or pin

Add \$4 shipping, handling & insurance (VISA, MC, money order or check)
CA residents add 7-3/4% tax.
All designs copyrighted.

343 W. Mission Ave. • Escondido, CA 92025
1-800-200-4099
(619) 489-0218 FAX



1/2 Actual Size



ULTIMATE SWIM SHOP

WE SHIP AROUND THE GLOBE!



Team Discount Available



ULTIMATE SWIM SHOP

COMPETITIVE & FITNESS WEAR

1392 IRVING STREET, RAHWAY, NJ 07065
1-800-628-SWIM 908-388-3377 FAX 908-388-2213



- Medals
- Pins
- Ribbons
- Trophies

"Swimming Awards Specialist"

CALL TODAY FOR UNIQUE, AFFORDABLE BANQUET AWARDS
• Participation Plaques/Banquet Awards
• Free 24 Page Swimming Awards Catalog

1-800-448-7714
50 Years of Swimming Experience

"We speak your swimming language fluently"

HELP FOR YOUR SWIM LEAGUE

START 1000 \$299

Electronic starter system with bullhorn & strobe
No scary pistols - "a kinder, gentler start"

TEAM 1000 \$95

Maintains your team roster & swimmer's best times

SWIM 1000 \$295

Swim meet program for your championship meets

ITDM 1000 \$195 / TEAM

Integrated Team and Dual Meet program for IBM & compatibles - Customized for your league's rules!

PROGRAMS SPORTS SOFTWARE

5767 Brooklyn Lane, Norcross GA 30093
1-800-SOS-SWIM or FAX 404-717-9082

FREE VIDEO TAPE demonstrating COACH SCOPE & VIDEOSCOPE

- ★ Unequalled sub-surface viewing or video taping
- ★ Split Screen View (above & below water)
- ★ Starts-Turns-Strokes
- ★ Rentals available

Call 800-762-6801
805-684-1356
or Fax 805-684-2397



Used at the '84 & '88 USA Olympic Training camps

DELPHIS SWIM PRODUCTS

P.O. Box 242 • Carpinteria, CA 93014

"Quality video coaching systems since 1983"



1-800-279-3233

SWIMMERS SERVING SWIMMERS

Team & Individual Orders

SPEEDO • HIND • TYR
ARENA • WARM WIND

We'd like you to handle our

TS
at your next Swim Meet



All for Swimmers. All on Consignment.



2640 WOLCOTT • FERNDALE, MI 48220 1-313-541-8060

1 - 800 - 541-8060

NEW STOCK DIE CAST MEDALS!



2 1/4" die cast stock medals for swimming.

Prices as low as **99¢** each

including drape ribbon, card & bag!

Immediate Delivery!
1-800-251-2656 In TN 615-244-3007
Fax: 615-726-2772



GOLDNER ASSOCIATES, INC.

231 Venture Circle • Nashville, TN 37228

GET the EDGE

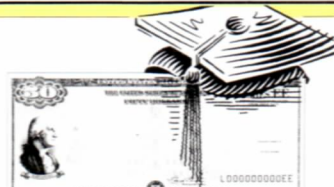


- Increase power & endurance
- Improve stroke technique & efficiency
- Superior design & construction

POWER & STROKE BENCH \$325.00

BUCKLEY CO. For free brochure

BROOKLINE NH **1-800-8"SWIMGYM"**



If It's Special, It Deserves a U.S. Savings Bond.

Give U.S. Savings Bonds. Get them at your bank, and be sure to ask for a gift certificate.



A public service of this magazine

SWIM MART

SwimLife

2640 WOLCOTT • FERNDALE, MI 48220
1-800-541-8060

LUXURIOUS SWEAT SHIRT

Red, White &
Blue on Ash
Top quality/pre-shrunk

SWEATSHIRT \$25.00
(Mi. res. add 4% tax)
Shipping/handling
\$3.00 ea. item ordered

Call for our FREE
& EXCLUSIVE T-
SHIRT Brochure!,
MC & VISA ACCEPTED

PROPERTY OF
USA
SWIMMING

EASY MEET-EASY TEAM

POWERFULLY EASY MEET & TEAM MANAGEMENT SOFTWARE

For IBM & Compatibles

For coaches who choose the choice is EASY

Perfect for USS, YMCA, MASTERS
HIGH SCHOOL, COLLEGE and
SUMMER LEAGUES

EASYWARE

PO Box 231, Milford, OH 45150 (513) 248-0590

FREE DEMO DISKS

PROTECT YOUR VISION FROM THE SUN'S DAMAGING RAYS



Dr. Gary Hall, a nationally prominent ophthalmologist and three-time Olympic swimmer, researched and designed the Sunkickers lens to provide all the sun protection you'll ever need. Sunkickers block 100% UV light, 100% harmful Blue light and reduce infrared light to safe levels.

PROTECT YOUR EYES!

1-800-998-4836

Gary Hall, M.D., Total Sun Protection
2501 N. 32nd St. • Phoenix, AZ 85008



**RIBBONS
& Rosettes,
Trophies,
Plaques,
Medals,
Pins
and more...**

YOU'LL ALWAYS BE #1 AT

Kam Awards

1776 Mentor Avenue
Cincinnati, Ohio 45212
Call for price
quotes (513) 631-5553

Attention: RETAILERS
We would like you to carry our

Zoomers

TM
products.

For information and wholesale
pricing call: 800-852-2909

Address: Zoomers, 1755 E. Bayshore Rd.,
Suite 24A, Redwood City, CA 94063
Facsimile: 415-364-0509

HY-TEK

for IBM PC &
compatibles
& MAC with DOS
Emulation Software

For
Swimming
People -
not
Computer
People!

(919) 633-5111

SALES & SUPPORT CENTER
FAX - (919) 633-5122

SWIM SOFTWARE

- TEAM MANAGER
- MEET MANAGER
- WORKOUT MANAGER
- BUSINESS MANAGER
- INTERFACE available
for timing consoles

FREE
DEMO

MULTI-SPORT
TRAINING
SOFTWARE

UltraCoach
V.6.0 For Windows

Plans Your Workouts Using
Artificial Intelligence Techniques!

NOT another "Spreadsheet Log"
Years ahead of any other program!
"As Close As You Can Come To Having A
Personal Coach At Home!"

Developed by a sports medicine physician and a triathlete
• Performs Analysis on ALL Aspects of Training
• Powerful Graphing & Reporting Features
• Easy to Configure for All Athletic Activities
• Complete Reference Manual
• Includes Special Training Programs for Swims,
Bike, Run

Special! Order now and receive
3 months of UltraCoach for
Windows Magazine on disk FREE!

To Order Call
(909) 625-0463
\$89.95 plus \$5.50 S&H
Requires IBM Compatible PC and
Windows 3.1 or higher.
TM Trademark of THE DATA SOURCE, INC.

**The Swimmer's
Connection**

9113-A Executive Park Drive
Knoxville, TN 37923



Competitive Prices
All Major Brands
Team Discounts
Fast Quality Service
Monogramming
Screenprinting

Call for Catalog

1-800-545-7999 FAX 1-615-531-0829

Owned & Operated by Swim Parents



D-BALL TRAINING EQUIPMENT

MEDICINE BALL SYSTEMS

Because You
Belong In Lane 4

800-500-DBALL



BRANFORD MARSHALLS
PLAYS HIS PART
FOR THE
AMERICAN
RED CROSS

Contact Your Local Chapter + American Red Cross



Two new sizes!!
Larger & Smaller

RECORD BOARDS FOR A.G., SENIOR, OR SCHOOL
SWIM TEAMS — MOTIVATIONAL CONCEPTS CO.,
P.O. BOX 852, PORTSMOUTH, N.H. 03802-0852. CALL
TODAY • 1-800-SWIM-888 • 207-439-3168

SWIM FASTER!



DISCOVER
THE #1 TRAINING CHOICE
OF WORLD CHAMPIONS!

Gain awesome power and improve your
stroke technique, all in less training time!

FREE
video!

Call now for FREE brochure!

1-800-488-VASA

the **vasa swim trainer**

372 GOVERNOR CHITTENDEN RD • WILKINSON, VT • 05495
TEL: 802-660-9660 FAX: 802-660-9661 (490)

SWIM MART



- ✓ All Major Brands
- ✓ Team Discounts
- ✓ Competitor Products
- ✓ Guard Apparel

AASS P.O. Box 808 Killen, AL 35645

1-800-552-SWIM

Mention This Ad For Free Catalog

Catch the Wave



2 1/4"
Diecast
Swim
Medals

99¢ ea.
1000 & up
Free Neck Ribbon

CROWN TROPHY

1-800-227-1557 In NY 914-963-0005

1 Odell Plaza, Dept. SW4R, Yonkers, NY 10701

Swedish Goggles The Original

Each	\$5.00
12-99	\$2.75
100-499	\$2.00

Call for Dealer Prices
GULBENKIAN SWIM INC.
70 Memorial Plaza
Dept. S
Pleasantville, NY 10570
800-431-2586
914-747-3240

The Ultimate Swimming Training Device



- Great total body workout.
- Develops powerful leg push-off action.
- Helps build form & technique
- Improves speed, strength, & endurance.
- Helps break plateaus.

Kytec Innovative Sports Equipment, Inc.

1-800-732-4883

Adolph Kiefer & Associates

- Terry Cloth
- Hooded
- Front Zipper
- Drawstring
- Ideal for Teams
- Custom Screening Available

#7000050
\$39.95



Champions' Choice Jacket

1-800-323-4071

child·reach (child-rēch) n.

1. Formerly Foster Parents Plan, the largest non-sectarian sponsorship organization in the world. Founded in 1937 to help needy children and their families overseas. 2. A way to reach a child and family and release them from the crushing grip of poverty. 3. A wonderful thing to do. 4. An easy thing to do.

The above definitions do not come from a dictionary. They come from the heart. If you want to do something wonderful for a child and family overseas that's not a handout, but something that will touch them for the rest of their lives, call 1-800-323-2822.

Childreach. It'll do your heart good!



childreach

4 SEASONS SWIMWEAR TEAM AQUATIC DIVISION



CALL US!
**FOR ALL OF YOUR
TEAM SWIMWEAR
&
ACCESSORIES**

1-800-934-6907

(619) 346-7771

73-3/4 El Paseo, Palm Desert, CA 92260

SWIM

**BETTER THAN YOU EVER
THOUGHT YOU COULD**

At TOTAL IMMERSION.

America's #1 Adult Swim Camps.
Long Weekends May thru August in
NY, PA, MA, OH, IL, MI, NC, CO, TX, CA, AZ.
All ages, all abilities welcomed.

TOTAL IMMERSION
ADULT SWIM CAMPS

381 Main Street, Goshen, NY 10924
Terry Laughlin — 914 • 294 • 3510



**The voice of freedom
never faltered, even though
it stuttered.**

Winston Churchill was perhaps the most stirring, eloquent speaker of this century. He also stuttered. If you stutter, you should know about Churchill. Because his life is proof that, with the will to achieve, a speech impediment is no impediment.

Learn about the many ways you can help yourself or your child. Because your finest hour lies ahead.

**STUTTERING
FOUNDATION
OF AMERICA**
A Non-Profit Organization
Since 1942
Helping Those Who Stutter
P.O. Box 1004 • Memphis, TN 38101
1-800-992-9942



Unique awards
Low prices
Quality service

Call for your free 20
page catalog!

Hodges Badge Company, Inc.

ribbons • rosettes • medals • buttons

42 Valley Rd

Middletown, RI 02840

800-556-2440/401-847-2000

This is our special MAIL-ORDER section designed for the advertiser with a product that can be used by swimmers, coaches and/or parents. Here are the details:

AD SIZE: 2-3/16" wide x 2-1/4" deep.

DEADLINE: 30 days prior to cover date of next issue.

**• PLEASE NOTE: We Have Changed Our Rate: \$210
U.S. check or money order MUST ACCOMPANY AD!**

Let us put your ad together for you!

Call: Toni Blake—818-304-7755, or write Swimming World: 155
So. El Molino, Suite 101, Pasadena, CA 91101. FAX: 818-304-7759

AD INDEX

Action Accents	61
Anti-Wave	22
Arena	3
Barracuda Sports Products	29
Camps:	
Ak-O-Mak	54
Chikopi	55
Jack Nelson Swim Camp	6
Eicotec	7
Finals, The	IFC
Indianapolis Sports Corporation	17
Kast-A-Way Swimwear	23
Meet Ads	
AAU Swimming Championships	57
Mercersburg Academy	8
M-F Athletic Co.	4
Pine Crest School	46
Speedo America	BC
Sportwide	5
Stellar Pharmacal	62
SwimMart	63-66

All American Swim Supply
 Buckley Co.
 Cho-Pat, Inc.
 Crown Trophy
 D-Ball Training Equipment
 Delphis Swim Products
 Dynamic Duo
 EBGB Beach Towels
 Easy Ware
 Emblematics
 4 Seasons Swimwear
 Goldner & Associates
 Gulbenkian Swim, Inc.
 Hasty Enterprises
 Hodges Badge
 Hyper Fin
 HY-TEK
 Kam Awards
 Adolph Kiefer & Associates
 KYTEC
 Motivational Concepts
 Old Mission Jewelry
 Poco Loco Swim Shop
 ProGrams Sports Software
 ProSwim
 SportCount
 Swimmers Connection
 Swim Plus
 Swim Skin
 Swim T's
 Swim Zone
 Total Immersion Swim Camp
 Total Sun Protection
 Ultimate Swim Shop
 Ultra Coach
 Vasa Swim Trainer
 Warm Wind
 Waterwear
 Zoomers

Swimming World:	
Books/Videos	24-25
Change of Address	59
Meet Directors	67
Posters/T-Shirts	39
Regional Inserts	8
Swim/Swimming Technique	48
Swim Skin	47
G. Thrapp Jewelers	11
truWest	1
TYR Sport, Inc.	IBC
Visual Reality	67



CALLING ALL MEET DIRECTORS

You can't run a swim meet without swimmers!

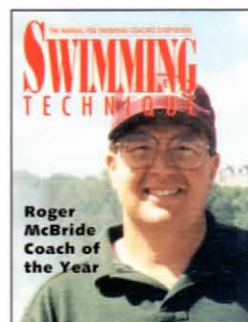
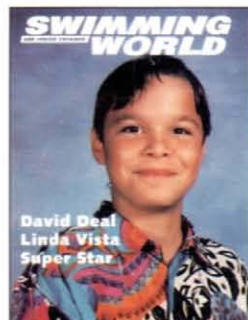
More meet directors are finding out that the fastest, most effective way to fill a heat sheet with talented swimmers is to advertise the event in **SWIMMING WORLD**.

Call one of our reps today to find out how to reach our dedicated audience of **30,000** swimmers, coaches and parents.

818-304-7755

GET YOUR PICTURE ON THE COVER

of Swimming World, Swimming Technique or SWIM Magazine.



8" x 10"

personalized cover
great for framing!

ONLY \$24.95

Includes postage
and handling

Your favorite photo can be placed on a simulated cover of either *Swimming World*, *Swimming Technique* or *SWIM Magazine*—Personalize your cover to say whatever you want! **AND** you will also receive a free gift!

Fill out the order form at the bottom of this ad and send it in with your payment to:
Swimming World, PO Box 91870, Pasadena CA 91109-1870. Allow 3 to 4 weeks for delivery.

Here's how to order your very own personalized cover:

- Include a clearly focused color photograph at least 3.5" x 5" for reproduction. (Original photo will be returned.) The quality of your reproduction may vary from the original print due to the enlargement process. Therefore, be sure to choose your best print.

- Photos with more room above and to the left of the subject work best!

- Write a custom phrase using up to 45 spaces long to personalize your cover.

☐ *Swimming World* ☐ *Swimming Technique* ☐ *SWIM*

Send my personalized cover and free gift to:

name: _____

address: _____

city/state/zip: _____

custom phrase: _____

All personalized covers are **\$24.95** which includes postage and handling. California residents add \$1.96 sales tax.

☐ check enclosed ☐ MC ☐ Visa

card No. _____

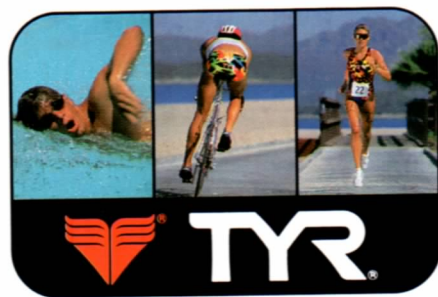
expiration date: _____

A large quilt made of swimming-related t-shirt patches is displayed outdoors. Two women, one in a black swimsuit and one in a blue swimsuit, hold the quilt's edges. The quilt features a grid of patches with various logos and text, including "COLLEGE FORUM", "SWIMMING & DIVING CHAMPIONSHIPS 1979", "BICENTENNIAL NATIONAL A.R.C. SWIMMING CHAMPIONSHIPS", "NEW JERSEY NATIONAL TEAM", "NATIONAL AAU DIVING CHAMPIONSHIPS 1971", "AMERICAN SWIMMERS", and "OFFICIAL". The quilt is bordered by a dark fabric. The background shows a building with a striped awning and some greenery.

Here's what a swimmer can do with his or her old T-shirts! Buck Dawson, former director of the International Swimming Hall of Fame, sent in this photo of a quilt made from the late Dick Steadman's old T-shirts. The quilt was made by Shannon Ferrier of Canada—the wife of a Canadian judge and quite a swimming fan. Steadman died in July of 1991 at 76 years of age. He was very active in aquatics, having coached at Monmouth College for 22 years. Pictured with the quilt are (from left) Steadman's wife, Doris, and daughter, Nancy Steadman Martin.

C O M F O R T Z O N E

Introducing the **Sport Massage™**, the first sandal created specifically for the competitive swimmer and triathlete. With anatomically designed fit and comfort; multi-functional features and great looks, the Sport Massage™ is perfect for both the pool deck and the transition area. Step into the comfort zone with the Sport Massage™ sandal by TYR.



TYR SPORT INC.,
P.O. Box 1930, Huntington Beach, CA 92649 (714) 897-0799
TYR and Chevron Design are trademarks of TYR Sport, Inc. ©USA and Selected Countries.
©1985 (Chevron Design); 1993 TYR All Rights Reserved.

Performing art...

the new

Tie-Dye

racing suit

from Speedo®

SPEEDO®



A DIVISION OF AUTHENTIC FITNESS CORPORATION

Exclusive supplier of deck apparel to the U.S. National Swim Teams since 1985.

Speedo® America, Van Nuys, CA. Call 1-800-547-5770 SPEEDO® registered trademark of and used under license from Speedo Holdings B.V.

ANTRON LYCRA

