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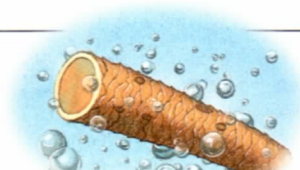


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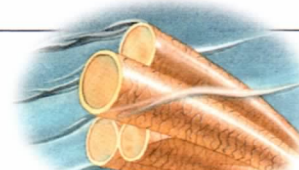
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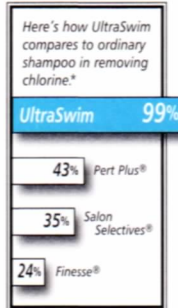
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On the cover: In the pool, Stanford's Catherine Fox, 20, has solid credentials—she's an Olympic gold medalist, American record holder and NCAA champion. Outside the pool, this free spirit is described as "a bundle of effervescence that bubbles beyond the lane lines." (Cover photo by Sasha Mitelman; contents photo by Peter H. Bick)

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Editor's Note

By Phillip Whitten

No Respect

Swimming is arguably the best all-around sport on God's blue earth. Unlike other sports, it develops *all* the muscles of the body, creating an ideal body type for both men and women. Like running, it provides maximal aerobic benefits, but unlike running, it also builds upper-body strength. Because it is done in a forgiving aquatic environment, there are far fewer injuries in swimming than other sports. It is truly the sport for a lifetime: healthful for children as young as several months to Masters older than a century.

And swimming is fun! Almost everyone loves to swim.

It is also popular—the sport that attracts more participants than any other in America. And every four years when the Olympics roll around, it attracts sell-out crowds and garners huge TV audience ratings, topped only by women's gymnastics and, in 1992, men's basketball.

It produces champions who, by and large, personify the ideal in American society: fit, attractive, respectful, articulate, hard-working, resourceful. What other sport produces champion human beings like Misty Hyman, Kristy Kowal, Kristine Quance, Janet Evans, Sabir Muhammad, Lenny Krayzelburg, Kurt Grote, Jon Olsen, Josh Davis and almost countless others?

So why is swimming the Rodney Dangerfield of sport? Why do we find it so hard to get on TV in non-Olympic years? Why does the President receive the figure skating champions at the White House and ignore the U.S. World Championship swim team, even when his own daughter is an enthusiastic swimming fan and is dating Matt Pierce, a top swimmer? Why do we have to struggle to get coverage of our major events in the nation's newspapers or even to have results printed in agate type? Why do we get no respect?

In past columns, I've explored some of the reasons for this phenomenon. But here's another one worth considering: *respect begins at home.* We, in the sport of

swimming, need to honor, respect and learn from our sport's leading lights. Oftentimes, we don't. Two recent examples:

• In March, the Pac-10 conference meet was held in Long Beach, Calif. Easily more than 100 USS swim clubs and a dozen Masters clubs can be found within a 30-mile radius. The meet featured some of the sport's greatest stars and produced very fast times. Tickets were cheap. Yet, there were perhaps 100 spectators each night, and most of those were parents, relatives and friends of the athletes.

Coaches should organize team trips to meets such as this one to inspire their young swimmers. It's OK to miss a Friday night practice once or twice a year to watch a meet like the Pac-10s. The dividends—in terms of stroke tips and inspiration—will far outweigh whatever conditioning is lost from a workout or two.

• In December 1996, a stroke clinic was held featuring six of the top 1996 American Olympians. Every club in the area received a mailing, and every coach was personally invited to attend along with his swimmers. It was an opportunity for youngsters to meet, be photographed with and receive hands-on instruction from some of the greatest swimmers in the world. The result: no coaches and only two swimmers from outside the host club bothered to attend (along with, perhaps, a dozen from the host).

You'd think that coaches would jump at the opportunity to have their swimmers meet and swim with Jeff Rouse, Melanie Valerio or Gary Hall! Apparently not.

Yes, swimming deserves to be respected as a major sport. We *should* be on TV regularly—at least as often as golf, figure skating and gymnastics. Our stars *should* be as well known as Mark McGuire, Tara Lipinski, Dennis Rodman or Fuzzy Zoeller. Our heroes *should* be honored at the White House.

But respect begins at home. ■
Phil's e-mail: SwimPhil@AOL.com

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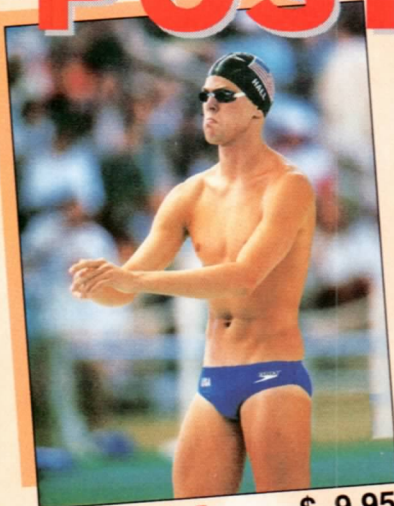
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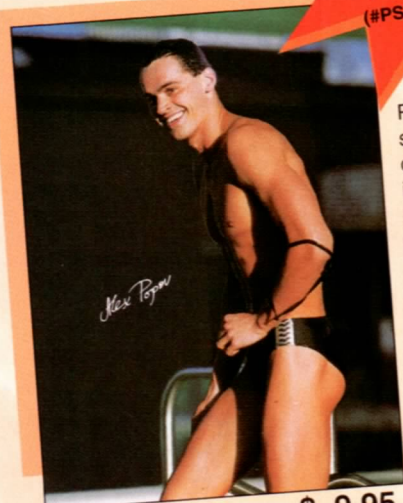
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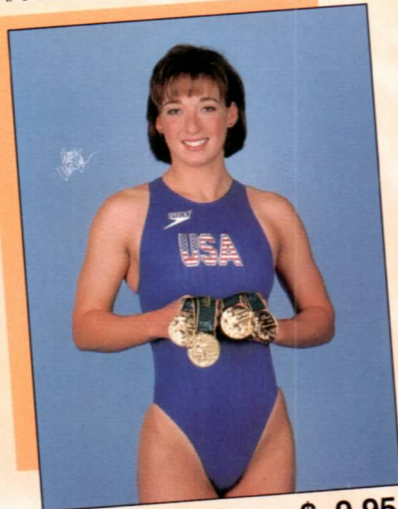
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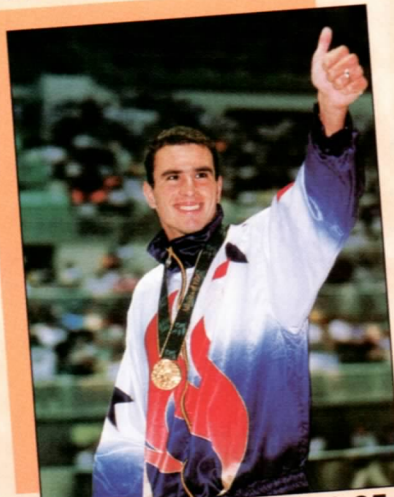
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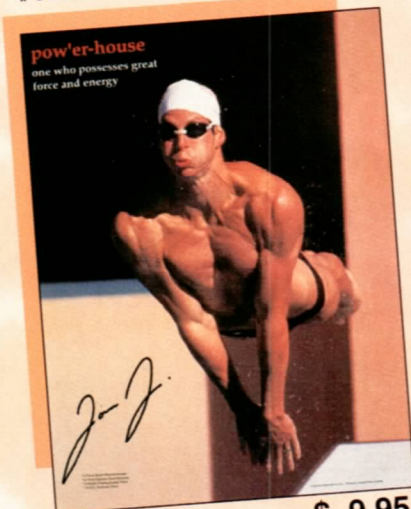
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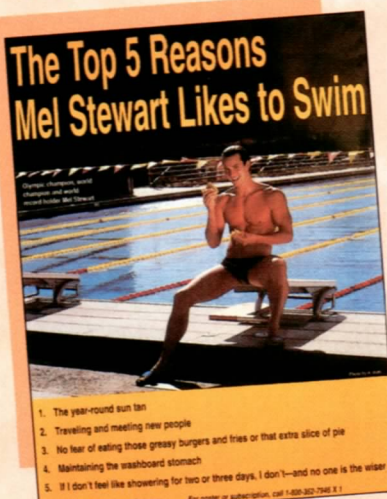
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First-class Communication

I am impressed with *Swimming World's* coverage of the drug crisis at the World Championships. The factual reporting of the boorish behaviors of FINA members as well as the behavior of the Chinese was first-class communication. *Swimming World's* continual crusade against drugs is surpassed by no other publication. It does the swimming world a great service.

It's never a pretty thing to air one's dirty laundry, but, eventually, when all the dirt is washed away, this great sport might return to its natural values and high standards of conduct.

BRENT S. RUSHALL, Ph.D., R.Psy.
San Diego, California

FINA President Mustapha Larfaoui has gone on record singling out swimming as having a problem with doping. His statement fell a bit short, however, by not naming China as the biggest part of the problem.

Swimming, on the whole, is a successful sport. We do, however, have two big problems: systematic state-controlled doping by China and FINA's incredible resistance to doing anything about it. We need investigative reporters to follow up with more stories of what exactly is being done.

I congratulate *Swimming World* and Phil Whitten in particular for coverage of this problem in the World

Championships issue (March). Whitten's "Editor's Note," letters in "Mailbox," news in "Lane 9" and the "Great Gall of China" story by Craig Lord show *Swimming World's* continued commitment to covering the most important stories involving our sport.

SCOTT LEMLEY
Wrightwood, California

I want you to know how good your coverage of substance abuse is. I am 14 years old, and over the past few years, fellow swimmers and I have watched this problem feed into our sport.

When will swimmers realize that the only real accomplishments are the ones you do yourselves? Using performance-enhancing drugs shows that you are not committed to your sport. It takes away the meaning of victory and "a real accomplishment."

When you finish a race, you should want to say, "Look what I did," not "Hmmm, who are they gonna test next?"

KATE MORROW
Simpsonville, South Carolina

An Inspiration

Dr. Ron Karnaugh certainly is an inspiration to the younger generation to hang in there. It's good to know that their swimming endeavors aren't really over in their mid-to-early 20s. God bless him in all his endeavors—he is certainly worthy of it.

DAN DIETZ
Cranford, New Jersey

Great "Network"-manship

I am so thankful that you are on the internet. Your knowledge-base, layout of site and professional referencing abilities are all tokens of great workmanship and "network"-manship.

I have a personal trainer for my stroke, kick, etc., and I also have a general trainer for my workouts as a result of your site. It is such a productive utilization of the resources available to us if we are savvy enough to indulge. You've exemplified not only a love for swimming, but you have stimulated a potential for such love in others. ■

RYAN SENATOR
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Drugs Update

One Step Forward, Two Steps Back

Kudos to FINA for its action on the Michelle Smith De Bruin case (see page 10).

However, at the same time that FINA was taking a step forward on Smith, it took two steps backward on the **Gang of Four**—the four Chinese who tested positive at the World Championships for a masking agent. On April 26, FINA lifted the suspension on the four while continuing its investigation.

Australia Acts. Speaking of China...The **Australian Swimming Coaches Association** has asked Australian Swimming not to invite China to next year's **Pan Pacific Games** in Sydney unless the Chinese agree to an independent (i.e., non-FINA) investigation of the ongoing Chinese doping scandal. It is expected that the **American Swimming Coaches Association** will ask U.S. Swimming to support the move. China was not invited to the 1995 Pan Pacs following the 11 positive drug tests at the 1994 Asian Games.

In a surprise decision, on May 5 the Court of Arbitration for Sport ruled against Australia's **Richard Upton** and reinstated a three-month ban for testing positive for **probenecid**, a drug prescribed by his family physician for a chest infection but which also can be used as a masking agent. Upton was also ordered to repay over \$4,000 in training grants to his national Olympic committee. This is the first time that CAS has ruled against a swimmer.

Foschi Awarded \$92K. *Swimming World* has learned that distance ace **Jessica Foschi** was awarded \$92,000 by United States Swimming in July 1996 "to help offset a portion of Jessica's costs defending her right to compete and her reputation...." At the 1995 USS Summer Nationals, Foschi, then 15, tested positive for **mes-terolone**, a steroid that is not performance-enhancing. Foschi claimed she was sabotaged, and eventually the CAS ruled in her favor, directing FINA to pay her 15,000 Swiss francs.

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Michelle Smith DeBruin:

BUSTED!...BUT BATTLING BACK

By Phillip Whitten

*Evidence of steroid use
And whiskey in her urine?
Whatever was Ireland's
Michelle Smith
De Bruin brewin'?*

Michelle Smith De Bruin, the controversial Irish swimmer who was hailed as Ireland's greatest sports hero when she won three gold medals at the 1996 Atlanta Olympics, faces a possible suspension or ban after failing a drug test last January.

The story was broken simultaneously in *The Times of London* and *Swimming World's* web site, www.swiminfo.com, by *Swimming World's* European correspondent, Craig Lord, on April 28.

Smith and the Irish Amateur Swimming Association (IASA) reportedly were informed of the test result several days earlier by FINA, swimming's international ruling body. However, the IASA did not suspend Smith pending the outcome of the case, as all other federations—including China—have done in the past. In fact, the following weekend, Smith competed in a meet in France and obliterated the Irish national record in the 800 meter freestyle by over 12 seconds with a time, 8:40.01, that has been bettered by only one male Irish swimmer.

The telltale sample was collected in an out-of-competition test at Smith's home in Kilkenny, Ireland on Jan. 10, during the World Swimming Championships in Perth. Smith, 28, did not compete at the World Championships, withdrawing after an auto accident last October. The analysis of Smith's sample was done at the IOC laboratory in Barcelona, Spain, according to a top FINA official.

The drug test apparently uncovered the use of a banned substance, described as "a derivative of testosterone," and another substance, whiskey, allegedly introduced into the urine sample to reduce the integrity and validity of the drug test. If Smith cannot convince the FINA doping panel of her innocence, she faces a potential lifetime ban from the sport.

Under FINA rules, all results from the previous six months may be annulled, which would mean Smith may be stripped of the two gold and two silver medals she won at last year's European Championships. However, under IOC rules, Smith would not lose her three Olympic gold medals.



Photo by Tim Morse

In a press conference at the Dublin office of her attorney, Peter Lennon, a teary-eyed Smith declared herself innocent of all charges and vowed to fight all the way to the Court of Arbitration for Sport (CAS) in Switzerland to clear her name. In the past, the CAS most often has ruled in favor of accused athletes.

Lennon told *Swimming World*, "She had not failed a drugs test within the meaning of the rules." Lennon went on to ask: "Have you ever known an athlete to have been suspended for taking a drug that is not itemized (by FINA or the IOC) or particularized? Have you ever known an athlete to have been suspended for interfering with a sample as is alleged here?"

In a May 5 telephone interview, Smith's father, Peter Smith, told *Swimming World* that top Irish businessmen and industrialists have pledged "well over £1 million" (more than \$1.65 million) toward a legal war chest for his daughter. "There's plenty of money around," he said, "but at this stage we've declined the offers because, as we see it, Michelle has got no case to answer."

FINA and the IOC see it differently. According to Prince Alexandre de Merode, head of the IOC medical commission, Smith's urine sample contained enough alcohol in it to have killed her had it passed through her digestive system.

As we went to press, Smith still had until May 18 to have the B sample tested. Strangely, she has insisted that she did not want it tested.

If Smith is innocent, both the A and B samples would have to have been sabotaged separately by persons unknown—after the urine was in the custody of IDTN (the independent Swedish testing agency) or FINA. Thus, there would be differing proportions of alcohol in the two samples. If, however, the urine sample were tampered with before it was turned over to the custody of drug tester Kay Guy, the proportion of alcohol in the A and B samples would be identical. So, if Smith is innocent, she should be insisting that the B sample be tested immediately. (Adding to the suspicion that the sample was adulterated before it was turned over to Mrs. Guy is Smith's refusal to state whether her husband, Erik De Bruin, was with her when she produced the urine sample.)

Smith's accomplishments have been under a cloud since 1994, after she began training under Dutch discus thrower, Erik De Bruin, who later became her husband. In 1993, De Bruin was banned from his sport for four years after a positive steroid test. For his part, De Bruin blamed accusations of drug use on Americans who were "sore losers," particularly American distance ace Janet Evans.

Smith has always denied cheating and blamed the controversy on the American media. At the Atlanta Olympics, her plight won the sympathy of President Bill Clinton, who said that he, too, had "been a victim" of American media distortion.

For updates on the Michelle Smith case as news breaks, visit *Swimming World's* web site: www.swiminfo.com.

On the Deck

In April's story "Black Lightning," on up-and-coming black swim stars, we neglected to credit **Bob Herlinger** as the coach who developed breaststroker **Whitney Leatherwood** at Atlanta's Dynamo Swim

Club and coached her until July 1997.

Herlinger is now the head coach at Foxjet Swim Club in Minneapolis.

Gregg Troy, long-time coach at the Bolles School in Jacksonville, Fla., is the new

head women's coach at the University of Florida. He replaces **Kevin Thornton**.

Ernie Maglischo, 60, has retired as head men's coach at Arizona State University. The university is now interviewing applicants for the job.

Tom Johnson, head coach of the Birmingham (Ala.) Swim League, has accepted the position as head men's and women's coach at the University of Wyoming.

People

Monkey Business. **Brooke Bennett** has her pot-bellied pig, and now **Gary Hall, Jr.**, has his monkey. Sprint star Hall, 23, is the proud owner of **Leroy**, a seven-month-old Java macaque monkey. Leroy reportedly has already clocked 53 seconds for the 100 meter free.

Jeremy Knows Breaststroke. Everyone was surprised when **Kristy Kowal** won the 100 breaststroke at World Champs in Perth—including Kristy. Everyone, that is, except American record holder **Jeremy Linn**. Before the race, Linn told *Swimming*

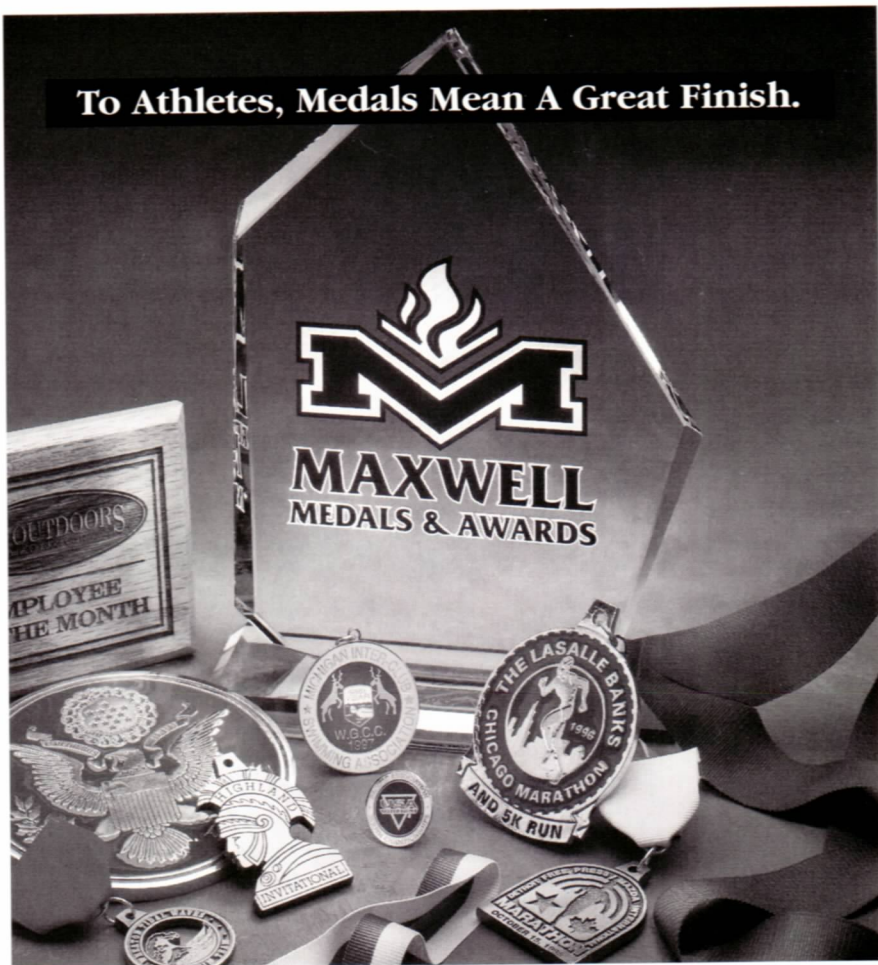
World that Kowal, with whom he trained as a youngster, would win. ■

Bob Herlinger

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Avoiding BURNOUT



Photo by Simon Brady, Allsport

In a sport like swimming, where months and even years are devoted to chiseling tenths of a second off our best times, almost everyone deals with some kind of burnout at least once in his or her career. But the surest way to overcome burnout is to have a vision-led mission with built-in breaks along the way.

As my old Boy Scouts leader used to say, "If you don't know where you're going, any road will get you there." A sure-fire way to come down with a case of burnout is to train without any passionate or meaningful reason. If you don't know what you want, how will you ever know when you get it?

Most often, burnout is the physical product of aimless drive and endless hard work. It can be likened to running a marathon on a treadmill. The effort is there, but the destination is not clearly in view.

I'm reminded of the period of my own training between my sophomore year in college in 1990 through spring nationals in Orlando, Fla., in 1995. During that entire period, I did not better my 100 meter fly time of 55.7. And because I did not see any improvement in that

event, my hope that "this would be the year of my breakthrough" weakened with each passing year, eventually becoming nonexistent.

What was even more frustrating, though, was that I was one of the "good guys"—you know, the ones who show up and do the work every day. I surely "deserved" to go faster than a 55+. In 1992, I swam terribly at the Olympic Trials, where I placed 33rd. At that moment—when I touched the wall and saw my time—I quit! I was not only tired of busting my rear only to let myself down once again, but I was also tired of being embarrassed and humiliated. Each time I swam at a big meet, I felt like I was doomed to relive the nightmare of the previous year. And I did!

It would happen to me again...and again...and again! I was driven to the point where practice became a masochistic way to torture myself. I found myself just going through the motions. I no longer looked forward to meets because I didn't want to set myself up for hurt. In fact, I felt very stressed when important meets drew nearer because I knew I was expected to swim fast.

Initially, I dealt with this fear of disappointment in precisely the wrong way. To cope with my frequent disappointments, I began *not* to expect good performances. I would actually put out the fire of my own vision, my own drive, my own mission. No longer would I focus my attention on the skills that I had developed in practice or concentrate on the progress that I had made up to that point. Instead, my attention was spent concocting up ways to handle my "inevitable" failure.

Dealing with Burnout

Not until I stepped away from the sport did I realize there was a better and healthier way of dealing with burnout. It was only when I started to acknowledge what I truly love so much about swimming that I started to regain my mental strength. Just thinking about all of the good times the sport had brought me and the small, incremental achievements I had experienced, strengthened my spirit and resolve. I have talked with other swimmers, and they all have similar stories. Fire yourself up by revisiting your love for the sport.

As I mentioned earlier, burnout is nothing more than the physical product of aimless drive and endless hard

work. More often than not, we drive ourselves into the ground by constantly looking at how far we have to go instead of trying to enjoy the journey. "Man, I still have to cut 7-tenths off my time to make nationals." It's the nature of the sport—constant discussion and evaluation of what is *wrong*. What is *wrong* with my left arm? What is *wrong* with my hip rotation? What is *wrong* with my breathing?

Because everything we do is measured by perfection, if we are not careful, we eventually find ourselves in a pattern of rejection, where nothing is ever good enough. When that happens, we lose sight of goals and forget regular visits to what makes us happy and fulfilled in this sport.

The Three Essentials

Now, I am not against hard work! Healthy doses of deliberate effort, discipline, delayed gratification and patience are important to building athletic poise and fortifying success. Along with these qualities, however, are three essential things any athlete must do to stay at peak performance and prevent burnout.

• Be vision-led.

By clearly seeing the course you are taking, you are able to keep your mind in the present. And being present-minded is one of the secrets to a powerful performance. Establish daily objectives for practice. By establishing, clearly, what you want and then experiencing the intrinsic rewards of achieving it, you solidify your confidence: the confidence of knowing that you can accomplish and handle anything in the pool.

• Build in breaks along the way.

In swimming, like most other highly disciplined sports, there is a considerable investment of time and energy that is demanded of you. If your competition is swimming doubles and training year-round, chances are you do, too, if you want to stay competitive. The maxim is: *more is better*; to be a better swimmer, you've got to swim more.

While there is much merit in that principle, 20 years of training, observation and research have convinced me of the necessity for "down time"—time spent away from the rigorous demands of this sport. What constitutes "down time" varies with each individual, but part of being a great athlete is knowing what kind and how much is best for you.

By creating space for yourself to give your mind, body and spirit an opportunity to rest and get back in sync, you allow yourself to grow into the athlete you need to be to win. To swim fast, you must stay competitive; to prevent or to recover from burnout, you must have built-in breaks in your training program.

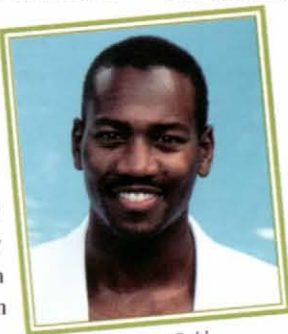


Photo by Annette Buhl

• Systematically enjoy, revisit and relive what you most love about the sport.

Enjoying your success can be a tough assignment since, as swimmers, we're so used to inspecting weaknesses rather than showcasing strengths. But it is important to relive and enjoy what brings you pleasure in this sport. And most often, what brings us joy are the things we are good at—our strengths!

It is extremely important to make time to engage in the strokes, drills, events and sets at which you excel. Do them over and over again. The more times you experience yourself doing your very best work, the more you are inviting success in the future.

Success breeds success! Remember, you are never stronger than when you have your successes clearly in mind. So, not only do you want to recognize daily objectives and allow yourself "down time," you must engage—often—in doing what you do best.

I have a simple motto that guides my training. Perhaps it can be helpful to you: *Commit to making better what you are already good at, put yourself in the position to do what you do best more often, and you will find success.*



By committing yourself to observing daily objectives, having built-in breaks and frequently revisiting what truly makes you feel good about your involvement in this sport, you build up your emotional and psychological immune systems to ward off the nasty burnout virus.

Few things worth doing come easy. Achieving your goals takes hard work and commitment. So it is only natural to go through periods of burnout. Remember, though, that contrary to what many people believe, achievement does not result from wishing it to happen or by good luck, but from the daily application of industry, will and toil. That is why it is important to identify and decide on what you want to do to be great.

Choose your calling, then master it. Sleep by it, swear by it and work for it...and you cannot help but succeed. Achievement is most likely to come when you are totally engaged in doing what you enjoy! ■

About the Author

Byron Davis, the former American record holder for the 50 meter butterfly, is a Masters swimmer and motivational speaker.

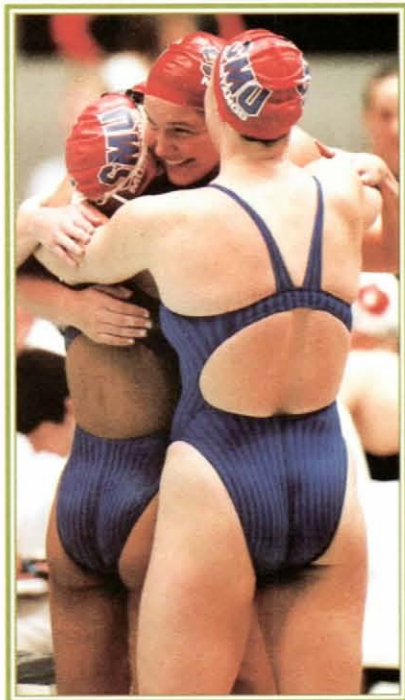


Photo by Peter H. Bick

Achievement is most likely to come when you are totally engaged in doing what you enjoy.

U.S. SWIMMING

NEWS

2000 OLYMPIC TRIALS

Indianapolis, Ind., will be the host city for the 2000 Olympic Team Trials for swimming. The dates for the meet are tentatively set for Aug. 9-15, 2000.

The Indiana Sports Corporation will host the event at the Indiana University Natatorium, site of the 1984, 1992 and 1996 Olympic Trials for swimming.

USA Swimming picked Indianapolis over bids from Long Island, N.Y., and Federal Way, Wash.

"We conducted a thorough bid process and had the good fortune of receiving several very strong bids," said Chuck Wielgus, Executive Director of USA Swimming. "The IU Natatorium has developed the reputation for being one of the finest swimming facilities in the world. We are very happy we are bringing the Olympic Trials back to Indianapolis."

Some of the key factors in the decision were two 50-meter pools, proximity of hotels and restaurants and a proven track record.

"Indiana Sports Corporation and the city of Indianapolis are very pleased with USA Swimming's decision," said Dale Neuburger, president of the Indiana

Sports Corporation. "Our goal is to make the 2000 U.S. Olympic Trials a memorable event for all competing athletes and to provide a rousing send-off to Sydney for the U.S. Olympic team."

Carol Zaleski, USA Swimming's president, said, "The professional staffs of the organizers and facility, along with the legions of volunteers, go out of their way to make the Trials a special event for everyone. They think of everything."

America's top swimmers concur.

"Indianapolis is the best pool in the country," said Tom Dolan, 1996 Olympic champion and two-time U.S. Swimmer of the Year. "There is no reason not to have the biggest meet in the country in the best pool in the country. Not only the pool, but the city of Indianapolis is the perfect place to have the meet. I love the pool, and I love the city."

Four-time 1996 Olympic gold medalist Amy Van Dyken said, "They know how to run a meet. The people in Indianapolis make it very comfortable for everyone, especially considering the tense atmosphere of an Olympic Trials."

"I think it's the most beautiful pool out there, and I've swum very well in Indianapolis, so it has a special meaning to me."

NEW ASSISTANT EXECUTIVE DIRECTOR

Skip Gilbert is the new Assistant Executive Director for Business Development.

Gilbert will be charged with the responsibility of marketing and promoting the sport, enhancing communications and expanding resources for the overall benefit of USA Swimming's many activities and programs. Gilbert will be a member of the senior management team and will provide vision, leadership and direction for all activities, programs and services of the Business Development Division.

"Skip Gilbert has the professional experiences and the personal characteristics that we were looking for in our search for a new Assistant Executive Director to head our Business Development Division," said Wielgus. "USA Swimming is on a new and exciting course,

Amy Van Dyken, who's looking forward to competing at the 2000 Olympic Trials, will be swimming at the Goodwill Games in Buffalo, N.Y., this summer.



Photo by Matthew Stockman, Allsport

and Skip is going to help us reach new heights. Our goal is to be as successful in the sports marketplace as our athletes have been in the pool. The future of USA Swimming is full of new opportunities."

Gilbert joins USA Swimming from U.S. Soccer Properties, the official marketing and sales division of U.S. Soccer, where he served as vice president of sales. His prior experience includes a nine-year stint with The Sporting News Publishing Company, serving most recently as the national sales manager. He also was an account executive at *Tennis Magazine*, *ADWEEK* and Ziff-Davis.

A graduate of the University of Vermont, Gilbert played professional soccer before entering a career of sales and management.

Gilbert, his wife Jennifer, and two sons, Fritz and Austin, will be relocating from Norwalk, Conn., to Colorado Springs, Colo. He will begin his new duties on June 1.

ELECTIONS AND NOMINATIONS

Anyone wishing to run for any office that will be elected in Cincinnati, Ohio, at the 1998 United States Aquatic Sports Convention should complete and return the Elections and Nominations Information Form on or before Oct. 1. Those wishing to include a biography must return the form no later than Aug. 1.

The positions open for elections include: President, National Administrative Vice President, Local Administrative Vice President, Athletes Executive Vice President, Program Development Vice President, Program Operations Vice President, Treasurer, Planning Committee, Domestic and Age Group Coordinator, National Events Coordinator, Open Water Swimming Coordinator, Technical Planning Committee and Zone Directors.

The form is available on SwimFax by calling 719-575-9606 from your fax machine handset and requesting document number 712.

For more information, contact Judy Szmids, Convention/Elections Committee chair, at 707-226-6523 or szmidtam@worldnet.att.net.

WORLD CUP

USA Swimming will host one of the meets on the FINA World Cup series circuit this December in College Station, Texas.

"The FINA World Cup is a prestigious event that we feel we can market to sponsors, media and our fans," said Executive Director Chuck Wielgus. "American swim fans won't have to wait until the next Olympics to see the world's top swimmers; with the FINA World Cup, USA Swimming is bringing the top swimmers to

College Station this winter."

The U.S. has never participated in the World Cup, which has traditionally been held in Europe, Asia and South America.

"I think it opens a whole new world of competition and a whole new wave of publicity for the sport," said Jon Olsen, 1996 Olympic team captain. "The American public will get the chance to see the world's best swimmers on our soil every year, and that's a giant step forward for swimming."

The U.S. will not only host a World Cup event, but in 1999, it will field teams to compete in all 12 meets on the circuit. Under the guidance of National Team Director Dennis Pursley, a selection process was to be determined in May.

The World Cup event in the U.S. will be held Dec. 1-2 on the campus of Texas A&M University and will precede the U.S. Open Swimming Championships in College Station on Dec. 3-5. ■

1998 GOODWILL GAMES TEAM

WOMEN

Janna Brock, 18, Academy of Texas	200 Breast
Richelle Fox, 23, North Carolina	400 FR
Molly Freedman, 16, Curl-Burke	200 Fly
Julie Hardt, 16, Reno	400 Free
Misty Hyman, 19, Arizona Desert Fox	100-200 Fly
Jean Lee, 15, Brandon Blue Wave	800 Free
Jennifer Lees, 15, Pleasanton Sea Hawks	800 Free
Lea Maurer, 28, Badger Swim Club	100-200 Back
Kristine Quance, 23, Trojan Swim Club	200 IM
Megan Quann, 14, Puyallup Aquatic Club	100 Breast
Jamie Reid, 14, Puyallup Aquatic Club	100 Back
Shelly Ripple, 17, Bengal Tiger	200 Back
Staciana Stitts, 16, Irvine Novas	100 Breast
Ashley Tappin, 23, Hillenbrand	50-200 Free, 400 FR
Cristina Teuscher, 20, Badger Swim Club	200 Free
Jenny Thompson, 25, Stanford Swimming	100 Free, 100 Fly, 400 FR
Amy Van Dyken, 25, Unat.	50-100 Free, 400 FR
Katie Zimbone, 18, Mass. Bay Marlines	400 Free

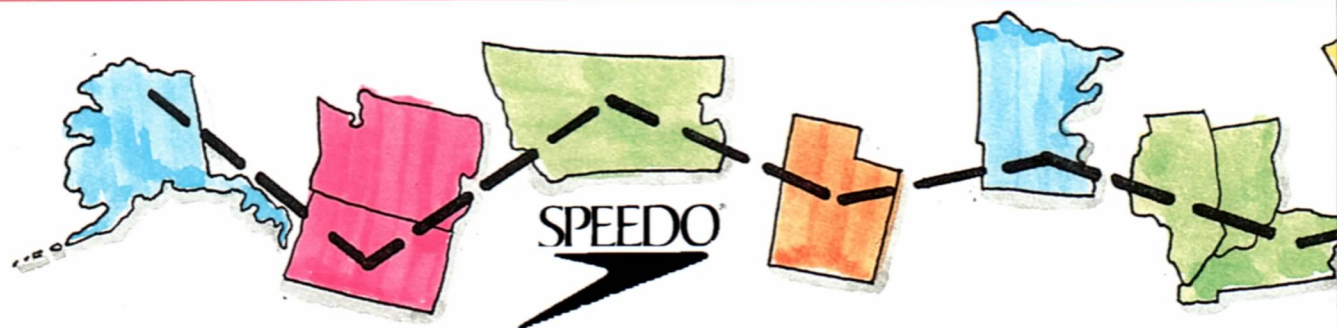
MEN

Bret Awbrey, 20, Univ. of Southern Calif.	200 Fly
Robert Brewer, 24, Athens Bulldogs	100 Back
Brad Bridgewater, 25, Trojan Swim Club	200 Back
John Cahoy, 21, Univ. of Minnesota	400 FR
Josh Davis, 27, Texas Aquatics	200 Free
Patrick Fowler, 17, Bellevue Aquatics	200 Breast
Kurt Grote, 24, Santa Clara	100-200 Breast
Gary Hall, Jr., 23, Phoenix	50-100 Free, 400 FR
Bryan Jones, 19, Texas Aquatics	100 Free, 400 FR
Ron Karnaugh, 31, Foxcatcher	200 IM
Lenny Krayzelburg, 22, Trojan Swim Club	100-200 Back
Jeremy Linn, 22, Tennessee Swimming	100 Breast
Bill Pilczuk, 26, Auburn Aquatics	50 Free
Sumner Rollings, 17, Blue Fins Swim Team	800 Free
Jarrold Schroeder, 24, Northern Illinois Univ.	400 FR
Eric Vendt, 17, Ocean State Squids	400-800 Free
Mark Warkentin, 20, Buenaventura	400 Free
Martin Zielinski, 21, Univ. of Minnesota	100 Fly

U.S. Swimming National Headquarters, 1 Olympic Plaza, Colorado Springs, CO 80909; 719-578-4578; <http://www.usswim.org>
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 questions 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.



Junior Swimmer



We want to share the latest news you have about outstanding swimmers on your team or your team's latest accomplishments. Send your letter, press release or team newsletter to *Swimming World*, P.O. Box 20337, Sedona, AZ 86341; fax 520-284-2477. Photos are also welcome!

CALIFORNIA

Industry Hills Aquatic Club's **Alfred Dual**, competing in the 13-14 age group at the Southern California Junior Olympics, qualified for his first regional junior championships, held at Grand Forks, N.D., last March. He qualified by winning the 100-200 yard breast and 200-400 IM.

Two of Clovis Swim Club's relays broke Central California Swimming LSC records at the recent Far Western Championships. The 11-12 girls 400 yard medley relay of **Christina Watson, Taylor Jones, Kristin Hastrup** and **Kelly**

Sweeney broke CCS' 7-year-old mark with a 4:19.93; the 11-12 boys 400 free relay of **Ronald Meyers, Brandon Treatt, Roman Zarasua** and **Adam Murietta** shattered a 1977 CCS record with their 3:51.88.

FLORIDA

Maclay Aquatic Club's **Will Pipkin, Jonathan Melghan, J.R. Schiller** and **Brooks Waddle** placed first in the 200-400 yard free relay (1:34.18-3:24.30) and second in the 200-400 medley relay (1:46.02-3:50.98) at the Florida Junior Olympic Championships March 12-15 in Orlando.

IOWA

The foursome of **Michael Burke, Brendan Burke, Greg Temple** and **Jimmer Dorweiler**, representing the Des Moines Swimming Federation, won the 11-12 boys 200 yard free relay (1:44.18) at the Greater Southwest Invitational in Plano, Texas. They also combined to place second in the 200 medley relay (1:57.70). Both swims are national reportable times.

NEW JERSEY

Whitewaters Swimming held its annual awards banquet to conclude the short course season. Everyone who participated this season went home with a Whitewaters team award. Special awards were presented to 8-and-under swimmers **Ali Lichtenstein** and **Hugh Le** for working hard all season and placing in the top 15 for high-point scoring at the Middle Atlantic Mini-Championships. "Most Improved" awards went to **Cathy Greenman, David Liu, Katya Obolensky, Emma Impink, Cameron Faghani, Gabriela Feibel, Megan Kalinowski, Julie Sicherman, Katie Chaler, Benjamin Kim, Monique Jozwiak** and **Jennifer Hong**. The "Most Valuable" award was presented to **Ian Le**, 14, who demonstrated consistent leadership and excellent performance in practice and at meets.

At the East Field Regional Swimming Championships March 21-22 in Princeton, the YMCA of Western Monmouth County's **Nicole Castronuova, Eve Kinsella, Katie Tice** and **Carlee Sobotka** placed first in the 10-and-under girls 200 yard medley (2:09.88) and 200 free (1:56.53) relays.

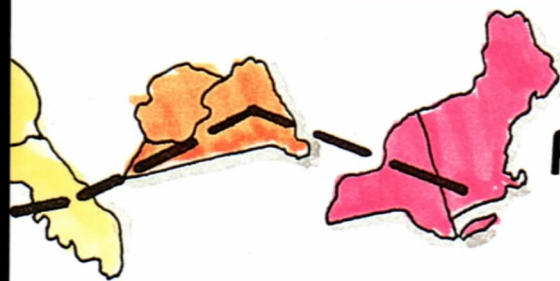
The New Jersey Wave's (NJW) **Gary Grant** broke five state records at the New Jersey Junior Olympics. Grant's times set new 11-12 marks in the 50-100 yard fly (25.22-56.09), 50-100 back (27.46-58.55) and 200 IM (2:09.68). **Daryl Northop** took first with a junior championship time of 21.69 in the 50 free. NJW's 10-and-under girls 200 yard medley relay of **Amelia Rivera, Erin Phillips, Amara Rivera** and **Asako Sasayama** swam into first place with a record-breaking 2:10.75.

OHIO

M.E. Lyons YMCA captured first place at the Southwest Ohio YMCA "AA" Championships March 20-22 at the Miami



FLORIDA: Fort Lauderdale Swim Team's quartet of (from left) **Andrew Castro, Robert Langsett, Alan Ribiero** and **Bryan Goldberg** rewrote 13-14 boys Florida Gold Coast LSC records in the 200 yard free (1:31.20), 400 free (3:16.02), 800 free (7:06.26) and 200 medley (1:43.86) relays. Three of the times better NAG marks, but one of the boys is a non-citizen, so the times will not count as records.



American Relay



University Aquatic Complex. Lyons swimmers scored 5,882 points to second-place Powel Crosley's 3,013 and Countryside's 2,466. League records were set by **Tricia Rye, Megan Tomes and Reid Gustin** of M.E. Lyons; **David Janzen and Phillip Roebuck** of Powel Crosley; and **Andy Swonger** of Springfield.

The WTRC Sharks Swim Team completed a very successful short course season by placing second in the Ohio Junior Olympics held at the Keating Natatorium in Cincinnati March 20-22. **Greg Middleton** was awarded "Male Swimmer of the Meet" honors and finished first in the high-point standings for 13-14 boys. Team members achieved 15 Top 16 times and set three meet records during the competition.

The Lima YMCA Barracudas claimed their ninth straight Northwest Ohio Cluster Championship the weekend of March 6-8. The Barracudas, 124 strong, bettered the second-place team's total by over 1,000 points. **Abbi Terveer** broke a 12-year-old cluster record in the 13-14 girls 50 yard free and won the 100 free as well. Other cluster crowns were claimed by **Jacob Randall, J.T. Wiechart, Derek Bifulco, Jaelyn Randall, Zack White, Sarcey Endicott** and seven relay teams.

Geary Family YMCA Swim Team had a wonderful season. The team had 47 swimmers this year from ages 6 to 14. Five of the team's swimmers qualified for the zone competition which was held in Cleveland March 27-29. Attending the zone meet were **Kristy Hark, Emily Bulkowski, Taylor Novo, Andy Bulkowski** and **Megan Richardson**.

TEXAS Alamo Area Aquatics' **Chris Epp**, a senior at Clark High, claimed state titles and set school records in the 200-500 yard free (1:37.72-4:27.55) at the Texas High

School Championships last February. Epp led off the school record-setting 400 free relay (3:08.90) with his third school record (100 free, 45.76). Marshall senior **Brandon Ehlert** tied for second in the 50 free (20.76) and placed third in the 100 free. **Emily Lowry**, a junior at Marshall, finished fifth in the 500 free.

The San Antonio Wave finished 10th of 63 teams at the Texas State Championships. Leading the way for the Wave was **Colleen Bertirotti**, 12, who was state champion in the 50-100 yard free, 50-100 back and 100 IM. Her 50 free time of 24.53 broke the state record and qualified her for juniors. Colleen also placed third in the 50 fly and fifth in the 100 fly, and was named high-point winner for her age group. Also contributing to the Wave success was teammate **Annie Feigen**, 13, who won state titles in the 50 and 200 free and matched Berterotti's time in the 50 free.

WASHINGTON For the first time ever, King Aquatic Club won the Region XII Age Group Championships. The meet was held at the King County Aquatic Center in

Federal Way, Wash., on March 20-22. Over 1,100 swimmers from over 100 teams from Alaska, Washington, Idaho, Oregon and Montana competed in the meet. King won with 668 points. The team was led by multiple-event winners **Shiloh Brice, Hannah Jo, Katie Peterson and Joon Youm**. The 11-12 boys relay team of **Justin Babitsky, Brett Bertucio, Dustin Menella and Andrew Jung** swept all four relay events. Meet records were set by Brice in the 200 yard IM (2:12.83) and Jo in the 200 back (2:05.18).

WISCONSIN Eleven-year-old Jennifer Gelden, representing the Barracuda Swim Team of Kenosha, won six of seven events and was named 11-12 girls high-point winner at the Wisconsin State Short Course Championships Feb. 27-March 1 in Madison. She was tops in the 100-200-500 yard free (56.52-2:02.71-5:28.49), 50-100 fly (28.64-1:03.39) and 100 back (1:04.73), which were new team records as well. She also earned second in the 50 free (26.11) and helped teammates **Ashley Jensen, Kelly Kolmos and Lauren Fennema** come in first in the 400 medley relay (4:27.86). ■



OHIO: At the Ohio Junior Olympics, the Greater Columbus Swim Team 10-and-under girls 200 yard medley relay of (from left) **Jamie Esker, Danielle Eakins, Betsy Morrison and Danielle Marcia** set a new state, LSC and pool record with a winning time of 2:08.53. The girls are coached by **B.J. Sparks**.


TYR

AGE GROUP SWIMMERS OF THE MONTH!

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

Please send a personality sketch and a color photograph or slide (a face shot, such as a school picture) of each nominee. Be sure to include the name, address and phone number of the person submitting the candidate.

You can request a Swimming World Age Group Swimmer of the Month Profile Form, which can be used as a guide to writing the nomination. The more information we receive, the more complete the story can be.

Send all information to Swimming World, Age Group Swimmers of the Month, P.O. Box 20337, Sedona, AZ 86351. If you want the picture returned, please enclose a self-addressed stamped envelope.

TYR Sport sends each Age Group Swimmer of the Month a package containing a swimsuit, goggles and T-shirt.



JOSEPH NATINA, AGE 10
Unattached
Redding, California

JOSEPH NATINA had an impressive 1997-98 season as a 10-year-old, capped off by a high-point trophy at the Western Zone Championships last March in Walnut Creek, Calif.

At last summer's Western Zone meet in Roseville, Calif., Joseph's times landed him in the 1997 NAG long course rankings—second in the 100-200 meter free (1:04.66-2:22.37), third in the 50 free (29.75) and 200 IM (2:41.26), fifth in the 100 fly (1:12.93) and 12th in the 100 back (1:18.20).

Joseph won three more high-point awards during the season and won every event he entered. His streak began in December at the Sierra Nevada Short Course Championships in Sacramento, Calif. He then traveled to Tempe, Ariz., to compete in the Lost Dutchman Invitational, where he broke five pool records.

But Joseph's most exciting meet was the Far Westerns. He posted national reportable times in winning all his events: 50-100-200 yard free (25.92-58.38-2:08.88), 100 back (1:07.14), 50 breast (35.35), 50-100 fly (30.03-1:07.37) and 100-200 IM (1:07.90-2:25.26), enabling Joseph to come home with yet another high-point award.

LAUREN LUBUS began her swimming career at age 7. From an early age, she was a

very talented all-around athlete, excelling in soccer and basketball as well as swimming.

At the age of 12, Lauren started showing a

great talent for butterfly. She broke the Ozark 11-12 girls record in the 50 yard and 100 yard fly with top 16 times of 27.40 and 59.77, respectively.

She made her first junior cut in the 200 fly when she was 13. At last summer's Southeast Junior Championships in New Orleans, La., she finished 10th in the 100 meter fly (1:04.84) and 18th in the 200 fly (2:21.71).

Lauren had a great 1997-98 short course season, culminating at the Southeast Junior Championships in Charlotte, N.C. She qualified in four events and won both the 100 and 200 yard fly. Her 100 time (56.36) qualified her for seniors and her 200 fly time (2:01.05) set new Southeast Junior Championship, Ozark association and team records, as well as being the fastest time swum at any of the three regional junior meets. She also helped Rockwood's 800 free relay to a second-place finish; Rockwood came in third at juniors in the women's team competition. ■



LAUREN LUBUS, AGE 14
Rockwood Swim Club
St. Louis, Missouri

Breaststroke

demonstrated by Kurt Grote

Body Position

Unbelievably high! High body position decreases drag. At the culmination of the in-sweep, Kurt's elbows are squeezed together inside the shoulders, wrists have completed a thumb-to-little finger roll (180 degrees).

The Back

Is visible from the suit line, well out of the water. The back is rounded and hunched over.

The Shoulders

Have just completed a shrug and are now being pushed forward toward the outstretched hands.

The Head

Is leaning forward, chin and chest stay close together or move together.

The Elbows

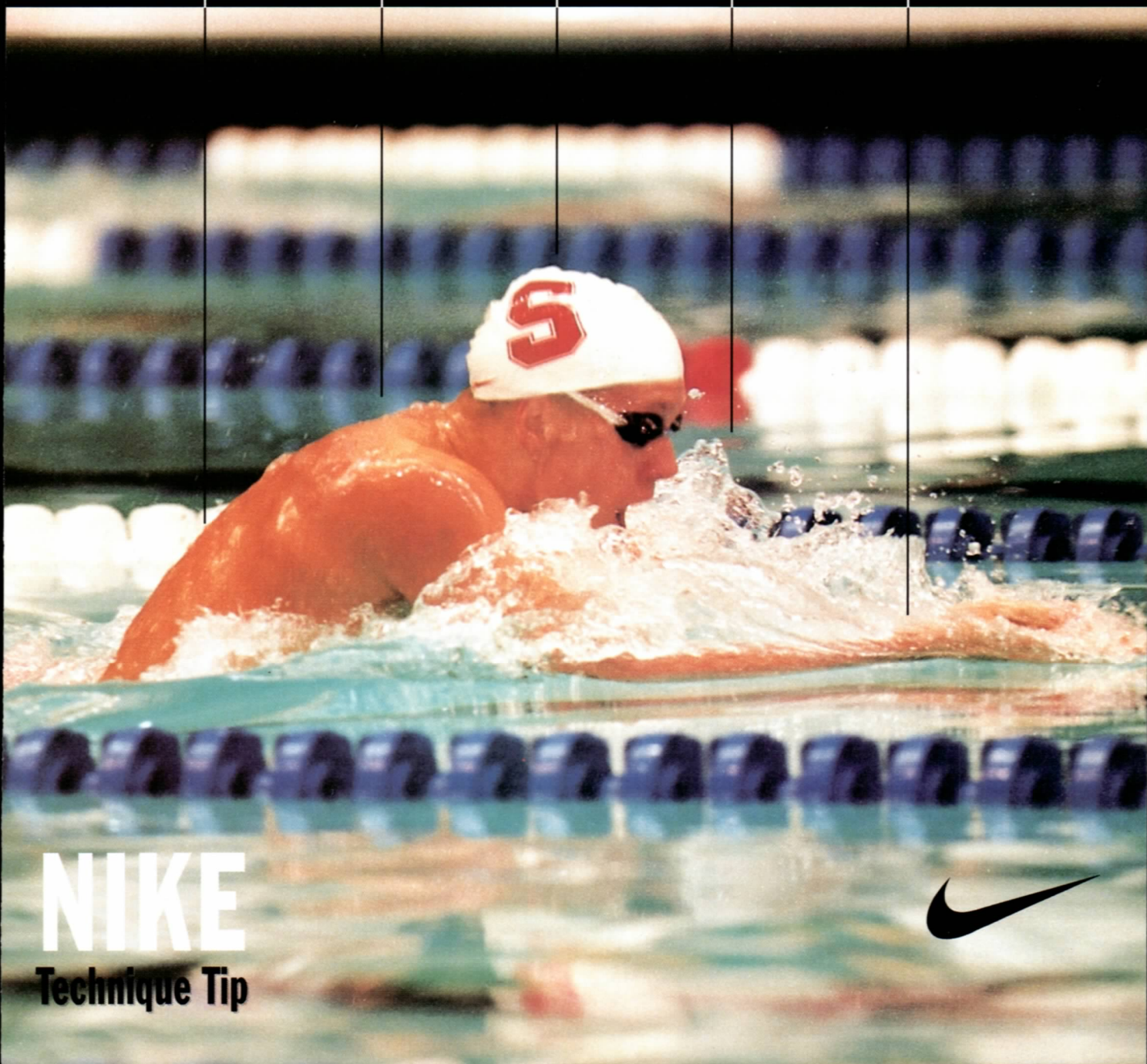
Always travel close to the surface. In this phase, the elbows are in a praying position, very close together and traveling forward.

The Forearms

Are responsible for maintaining hold on the water. Kurt supports his high body position with the forearms and hands.

The Hands

Palms are facing up, fingers close together. Here, Kurt has just finished the in-sweep, shrug and shoot.



NIKE
Technique Tip



PERFORMING CENTER AT YMCA

From bald heads, painted faces and dyed hair to crazy costumes and sunburned bodies, there's much more to the YMCA Nationals experience than fast swimming.

BY KATI GARDNER

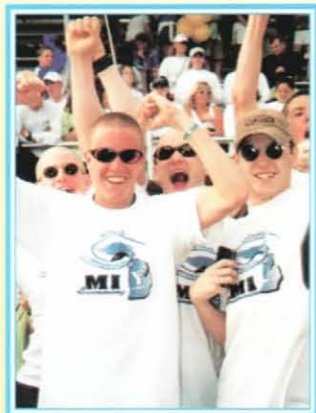
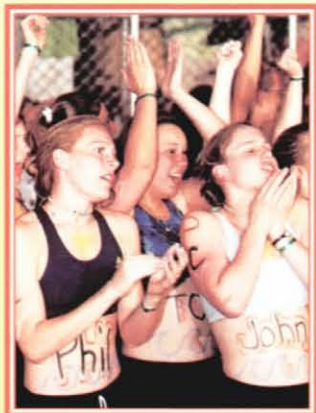
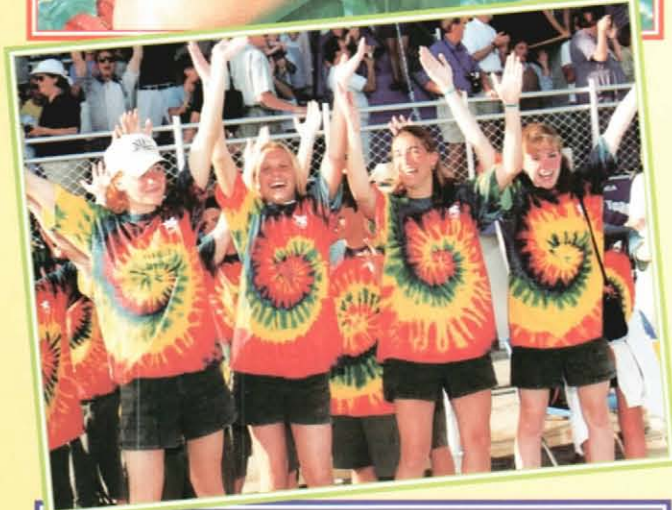
FORT LAUDERDALE, Fla.—Fast swimming is a common theme at every national championship, however, the YMCA National Swimming and Diving Championships offers much more than just fast swimming.

The Swimming Hall of Fame pool here is spectacular with its two 50-meter pools and separate diving well within one complex located on the beach. During the preliminaries, 16 lanes of heats is a common sight. The giant readout board, where all 16 lanes of swimming are displayed, is one of my favorite features of the pool. This year, my teammates' names were frequently shown on the scoreboard during the finals, along with our national relay victory—of which I was a member.

Another attraction in the complex that I always look forward to is the vendor area. Their snowcones are awesome, their suit sales are unbeatable and a gallery of unlimited candid photographs can be viewed and purchased throughout the week. The photographers take specific requests during nationals. This week, I requested a picture of our winning relay team. The photographs captured the shining moments throughout the meet.

Competition isn't limited to swimming during nationals. Swimmers often find themselves jockeying for seating space during the meet because of the overwhelming number of participants. Our Bloomsburg Area YMCA (BAY) team always managed to claim our territory each day.

The YMCA song and dance is another highlight of the championships. It is performed at opening and closing ceremonies, and all the swimmers look forward to it. For this event, swimmers dress in team costumes, and characters come alive. From naked heads (both male and female), painted faces, dyed hair and sunburned bodies, swimmers line along poolside while a feeling of excitement ignites the true spirit of the meet for everyone in attendance.



ER STAGE ATIONALS

PHOTOS BY GEORGE OLSEN

Each evening's activities begin routinely with devotions, which serve as testimony to the values learned through one's swimming experiences with the YMCA. The daily ceremonies conclude with selected individuals singing the national anthem. This year, I and three of my teammates—Sean Martin, Greg Remaly and Alex Kuczynski—were selected. We probably enjoyed rehearsals as much as the event itself, and our performance was well received with cheers and applause from the crowd even before we finished the song.

Following the anthem, the finals each night are filled with many record-setting performances under a bank of bright lights which create a wonderful ambience that makes each swimmer feel as if he or she is performing "center stage."

Outside of the pool activities, the beach is by far my favorite attraction. It seems to be a hot spot for many of the other swimmers as well. My teammates and I had limited beach time throughout the week because of swimming in finals each night, but we made up for it on Saturday following the meet. Believe me, that day we absorbed enough sun to last until next season.

The Y meet this year was unique for me in that it was the end of my age group career and the transition into my soon-to-come collegiate career. From my YMCA experiences, I have learned that where there is a huge commitment of time and dedication, there is growth and maturation. I am left with solemn satisfaction and gratitude to have had the opportunity to participate in numerous YMCA national competitions. I feel certain that my younger teammates will continue the BAY legacy that has already taken flight. ■

About the Author

Kati Gardner, 18, swims for the Bloomsburg Area YMCA in Pennsylvania. At this year's YMCA Nationals, held April 14-17 in Fort Lauderdale, Fla., she was a member of Bloomsburg's winning 200 freestyle relay as well as three more relays that finished second twice and third.



Hey, this meet is FUN! Everyone gets into the act at the YMCA Nationals—swimmers, coaches, parents, even officials! One of the highlights of the championships is when swimmers dress in team costumes and characters come alive as they perform the YMCA song and dance at opening and closing ceremonies. And there's plenty to cheer about for all those record-setting performances in the pool. Eighteen-year-old Stephanie Williams (top left) sure had her share of greatness. The Bloomsburg, Pa. YMCA swimmer won three individual events, all in record time; set a fourth record in the 100 back with her leadoff split in the medley relay; and won the 100 free for the fifth straight year. Even her 200 win would have placed second at this year's NCAAs.

Take Time To S-T-R-E-T-C-H



Photo by Peter H. Bick

Daily stretching is Dr. Ron's prescription for swimming success and longevity.

By Ron Karnaugh

Stretching Photos by Peter H. Bick

At age 31, Ron Karnaugh is known as the "senior citizen" of elite swimming. This past January at the 1998 World Swimming Championships in Perth, Australia, he won a bronze medal in the 200 meter individual medley, becoming the oldest swimmer and first physician ever to win a medal at this level of international competition. A few days later, to the astonishment of many, he set short course meters American records in all three individual medley events at the Sydney World Cup meet. Swimming experts wonder how he is able to achieve personal best times at his "advanced" age. More to the point, many people question how he can continue to train at the high intensity for which his coach, Richard Shoulberg of Germantown Academy, is notoriously known. Here, Dr. Ron reveals one of the secrets of his phenomenal success and swimming longevity—daily stretching. It's a secret that can help you, too.



Photo by Al Bello, Allsport

The benefits of stretching and flexibility are often overlooked by both coaches and athletes. We know that at least 50 percent of swimmers will develop shoulder pain at some time during their careers. With such a high incidence of injury, many physicians, myself included, highly recommend stretching programs to their patients to treat and prevent such injury. A flexibility training program is essential to all swimming enthu-

siasts—from age-groupers to Masters to Olympians.

Stretching should be performed both prior to and after any exercise—swimming, running, weight lifting or dry-land training. Ideally, a low-intensity water warm-up prior to your major stretching routine is an excellent way to prepare sport-specific muscles for the upcoming practice. Through my personal experience of 24 years of competitive swimming along with representing the U.S. Swimming national team since 1986, I have developed a stretching routine specifically designed to increase my swimming longevity at a world-class level. I believe that it is equally valuable for swimmers of all ages.

In the summer of 1989, when I was 23, my physical therapist first introduced me to the importance of a daily stretching program. He was treating me for a shoulder injury sustained while training—an injury that kept me out of the pool for nearly a



Figure 1



Figure 2

month. I was unable to train at all and experienced severe pain even while performing daily tasks. I was so frustrated that I seriously considered quitting. However, my therapist put me on a unique stretching program that not only cured my injury but also improved my quality of life and swimming performances. Since then, using my medical training, I have refined that initial stretching program and have become absolutely convinced of the value of flexibility.

Stretching exercises can be performed in a variety of ways, depending on your goals, abilities and state of training. I strongly believe in *static stretching*. This involves gradually stretching to the farthest point and holding the stretch. This method is not only the safest, but one of the oldest. It has been tested for centuries by practitioners of yoga as a means of enhancing flexibility. Key ideas to keep in mind while stretching:

- Stretch slowly without bouncing;
- Inhale and exhale consistently without holding your breath;
- Always stay relaxed, trying to maintain a feeling of comfort.

There shouldn't be any pain. I do not recommend partner stretching, since the stretcher does not know the stretchee's point of limitation. Consequently, there is an increased risk of injury from overstretching.



The following is a series of essential stretches for swimmers:

"THUMB-TO-SPINE" TEST

To test for your upper body flexibility, the "thumb-to-spine" test is the quickest active way to evaluate your range of motion and your internal shoulder rotation (Fig. 1). Put your hand behind your back and touch your spine as high as you can with your thumb. The goal is for each arm to reach as far as possible without causing any pain and to achieve an equal distance. If there is any difference between the two sides, the height restriction indicates posterior capsule tightness in that shoulder. This is what usually causes shoulder tendinitis.

POSTERIOR CAPSULE STRETCH

Fortunately, the **posterior capsule stretch** performed daily can be a treatment

as well as a prevention for this problem (Fig. 2). Stand, flex your right arm and raise your elbow to chest height. Flex and raise your left arm so its elbow can support your right elbow, and intertwine your forearms so your left hand grasps your right wrist. Lift both elbows upward and toward the left. Hold for 25-30 seconds and repeat. If you press your arms forward in this position, you will also stretch your rhomboids, the muscles between your spine and shoulder blade. Note that if you pull your wrist outward and downward, you will stretch your external shoulder rotators (posterior).

INFERIOR CAPSULE STRETCH

Next, the **inferior capsule stretch** is performed to test your abduction and external shoulder rotation (Fig. 3). Stand, lift your arm overhead and flex your elbow. With your opposite arm behind your back, interlock your fingers. Gently pull down with your lower hand until a stretch is felt in your shoulder. Hold for 25-30 seconds and repeat. This stretch is most effective

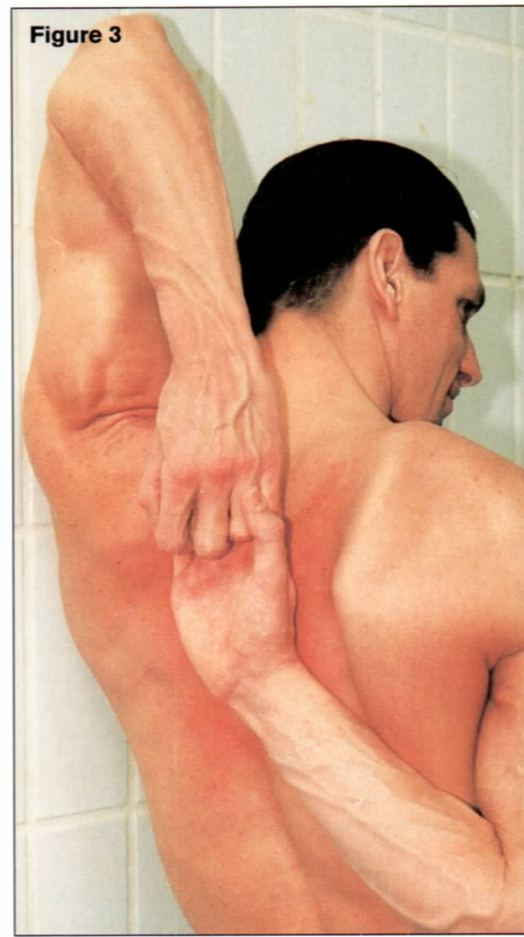


Figure 3

Take Time To S-T-R-E-T-C-H

Figure 4



when the raised elbow is against a wall. If you have trouble and cannot interlock your fingers, a towel may be used to assist this stretch. Note that this exercise also stretches the triceps brachii muscle.

FRONT SHOULDER AND BICEPS STRETCH

The final upper body stretch is specifically designed to stretch the **muscles located in the front of your shoulder** (Fig. 4). Stand, lace your fingers behind your back and squeeze your shoulder blades together. Slowly raise and straighten your arms upward. Hold for 25-30 seconds and repeat. This stretch is most effective when you lean against a wall with your hands.

STRETCH FOR THE QUADRICEPS

As for the lower body stretches, most of you are familiar with the **hurdler's stretch for the quadriceps** (Fig. 5). However, it is

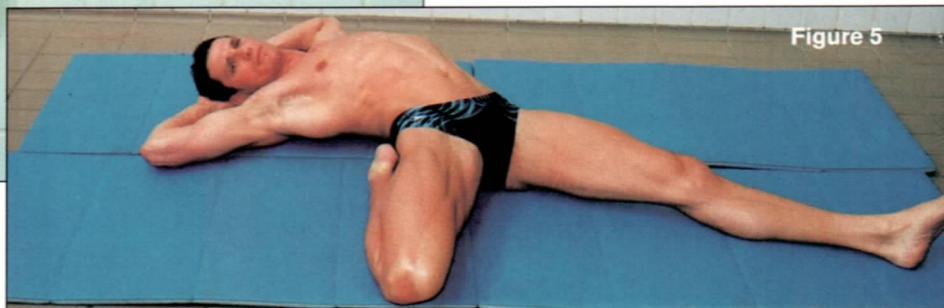
HAMSTRING STRETCH

Another key stretch for your legs is the **hamstring stretch** (Fig. 7). General tenderness or spasm of the hamstring muscles may be the result of excessive activity, namely a pulled hamstring. To perform this stretch, lie on your back and flex one hip. Raise your knee toward your chest and grasp your foot with your hand to maintain a right angle at your knee as you pull outward and toward the floor. Keep your opposite leg straight and in contact with the floor to maximize the stretch. Hold for 25-30 seconds and repeat. Note that if you are a beginner and are unable to get into this position, simply interlock your hands behind the raised knee and pull toward your chest.

HIP FLEXORS AND GLUTEALS

Finally, it is equally important to stretch your hip flexors and gluteals (buttocks) in order to open your hip joint. Stretching these muscles will widen the range of motion of your hip joint and, so, decrease the amount of stress on your knees. As a

Figure 5



essential to take it a step further and go beyond this typical everyday stretch. For example, the lateral aspect of the thigh often gets very tight from overusing the breaststroke kick. (This is known as the Iliotibial Band Syndrome.)

ILIOTIBIAL BAND STRETCH

To avoid this problem, it is important to perform the **iliotibial band stretch** on a daily basis (Fig. 6). Sit on the floor and cross one knee over the other. With your hands, grasp each knee and squeeze toward the midline while leaning forward and keeping your ankles on the floor. Hold for 25-30 seconds and repeat. The goal here is eventually to close the space between the inner thighs.

Figure 6



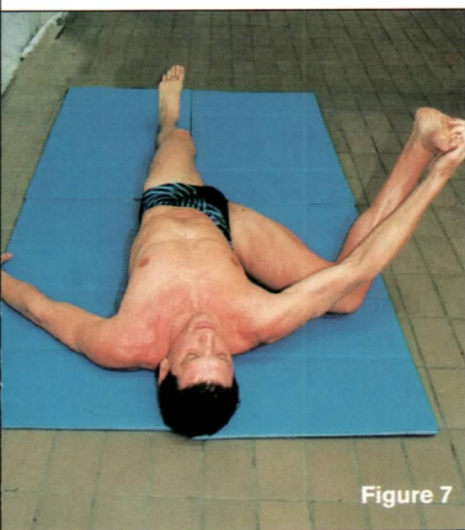


Figure 7

result, these stretches will decrease the risk of knee injury and associated pain. Stretching the **hip flexors and gluteals** (Fig. 8) is not only ideal for breaststrokes, but it will also significantly increase the range of motion during the kick phase of the other strokes. To perform this stretch, sit on the floor with both legs straight. Place your palms flat on the floor near your hips with your fingers pointing toward your feet. Flex your left knee and place your left foot on the floor so that the heel touches your right knee. Do not let your left leg rise off the floor. Inhale and extend your right leg behind you. Maintain the front of your right thigh, kneecap, shin, instep and upper part of your toes on the floor. Exhale and push your left hip into the floor. As you arch your back and lean forward, you should feel a stretch in your right hip flexor and left gluteal. Hold for 25-30 seconds and repeat. Intensify this stretch by moving your left foot away from the thigh until your upper and lower legs form a right angle.

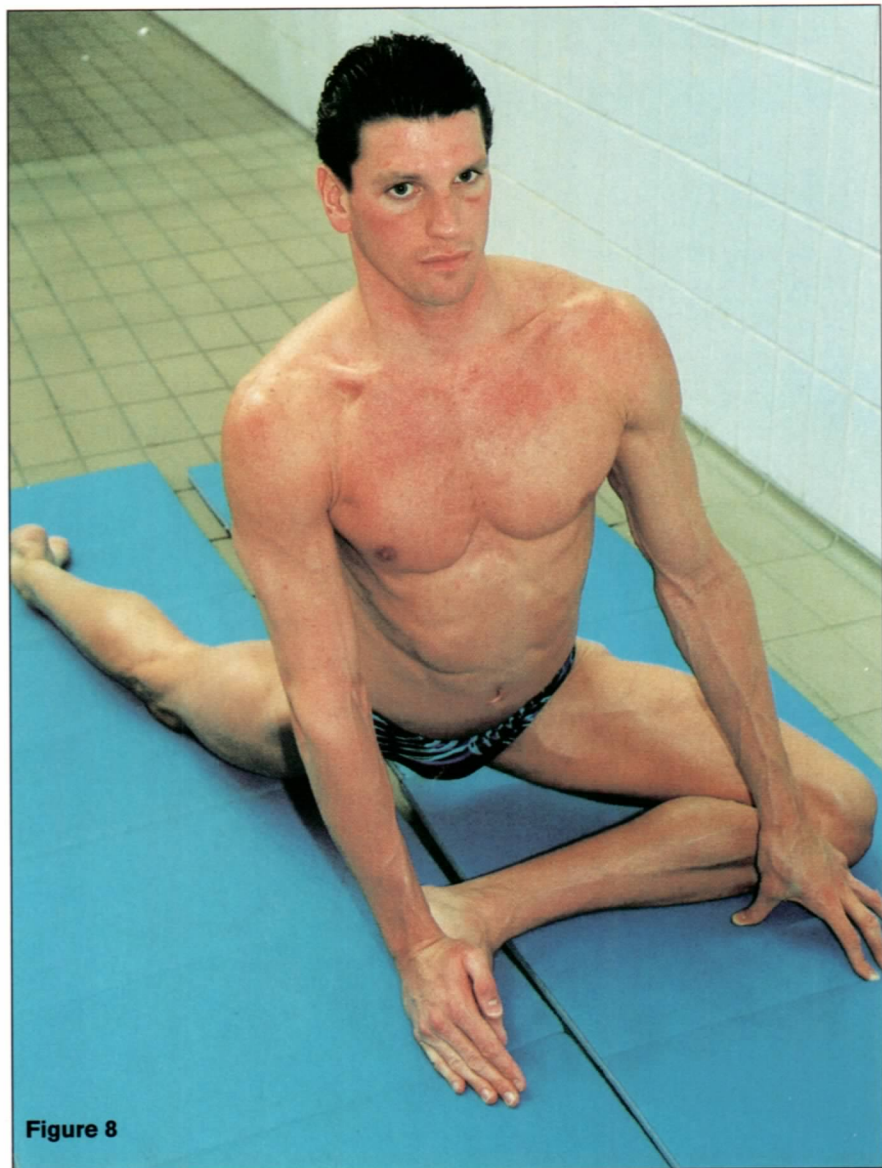


Figure 8

Because many swimmers have shoulder and knee pain, it is essential for both coaches and swimmers to be aware of the significant benefits achieved from a daily

flexibility training program. My prescription for swimmers of all ages is to perform these specific stretching routines for at least 20 minutes twice daily.

Never over-stretch, as this may cause serious injury and damage. It is more advantageous to stretch slowly and daily, gradually improving your flexibility. Daily stretching will prevent injuries and enhance your racing performance tremendously. This unique stretching program will benefit you by increasing your swimming longevity as well as your quality of life. ■



Ask Dr. Ron!

Shoulder problems? Feeling tired all the time? Now you can ask Dr. Ron about all of your swimming-related health and medical problems.

As a physician as well as a member of the U.S. national team, Dr. Ron Karnaugh has a unique perspective on swimming and staying healthy. If you have a question about training, injuries or anything having to do with swimming and health, send your question to: Ask Dr. Ron, c/o *Swimming World*, P.O. Box 20337, Sedona, AZ 86341, or via e-mail to: Ask Dr. Ron, c/o swimworld@aol.com.

Look for Dr. Ron's advice in *Swimming World*.

About the Author

Ron Karnaugh, M.D., won a bronze medal in the 200 IM at the 1998 World Championships in Perth, Australia. In January, he set American records in the 100, 200 and 400 meter (sc) IMs.

Free Spirit

By Mike DeArmond

Catherine Fox can be described as "a free spirit contained in enormous discipline, always looking to explode into new delights."



Catherine Fox bounces along the pool deck, watching her father flounder back and forth between the lane lines, willing him to feel what she feels in the caress of the water.

"Don't you just feel the water against your heel?" she calls to him. "Don't you just feel it against your face, against your hands, your fingers?"

Dad tries. He really does. And then in words wet with exasperation, Tom Fox admits: "There's water all around me! There's water everywhere! And I'm sinking!"

The frustration of her father, who as a journalist and editor of *The National Catholic Reporter* has taken this dip into his daughter's watery world in an attempt to understand, brings a giggle to Catherine's entire body.

There is a tickle in the belly button ring, a tingle in her tongue, also pierced for the fixation of another piece of body art. Multiple earring studs sparkle in concert with a nearly constant smile. And in the small of her back, the Olympic rings tattooed there, do they roll as she hops, skips and jumps to the beat of music that seems always to be playing inside her head?

To observe Catherine Fox is to glimpse all these things. To spend even the briefest of times with her is to be enveloped in an embrace of someone who gathers all things to herself, prizing experiences of seemingly small consequence equally as high as the two Olympic gold swimming medals she won as a member of two U.S. relay teams at the 1996 Summer Olympic Games.

Some who experience only the vision, and not the person, splash their way quickly to the assumption that she is "The Wild Woman of U.S. Swimming."

And she is.

Who else, when slipping into the water for a monofin race against now-Stanford



The Fox File

Age: 20

Born: Dec. 15, 1977

Hometown: Roeland Park, Kansas

Height: 5-5

Weight: 130 pounds

High School: Bishop Miege '96

College: Stanford sophomore

USS Team: Kansas City Blazers

Quotable: "If I thought like huge things about my American record, like 'Wow, that's amazing!'—is that like saying that I'm amazing...like maybe that's all I've got?"

Did You Know?: On the morning she was to leave for the 1996 U.S. Olympic Trials, the car Fox was driving was broadsided by a car driven by another teenage girl. While her dad talked to the police, Catherine's mother drove her home. When the investigative officer found out Catherine was no longer there, he told her dad he'd have to give her a ticket for leaving the scene of an accident. When Catherine's father explained she had to catch an airplane for the Olympic Trials, the policeman softened: "I might be giving a ticket to an Olympian?" the cop asked. "Why don't you just call me when you get back. Don't disturb her with this at all."

Photo by Tony Duffy, The Sporting Image, Inc.

swimming teammate Misty Hyman, would have impishly stuck her tongue out at her competitor? Who else would show up at Holy Cross Catholic School at the side of first-grade friend Paul Rodriguez, as a flesh-and-blood show and tell? Who else could have nearly totaled her dad's car on the morning she was to leave for the '96 Olympic Trials, then as quickly have gathered herself for an international introduction that she admits is as subtle as a brass band.

"I might be loud at any moment," Fox says. "Imagine that. I might be loud. And someone would be like, 'Oh, that annoying loud girl is back!' Or, 'That girl that is so full of energy is back!'"

Bundle of Effervescence

To know what Catherine Fox has done in swimming pools around the world is a starting point.

Since winning two 1996 Olympic gold medals for her freestyle efforts in the 4 x 100 meter freestyle and medley relay teams, Fox has struck gold in the 400 free relay at the 1997 Pan Pacs and has won NCAA titles in the 50 yard free and the 100 yard back two years running. On the second day of the '98 NCAA meet in Minneapolis, Fox not only won but set the American backstroke record with a 52.71.

But Fox—at 5-5 and 130 pounds, diminutive when compared to most elite-level women swimmers—is a bundle of effervescence that bubbles beyond the lane lines.

You can call her a wild woman if you want. She does like to party, and the body art sometimes has included blue toenails

with silver stars and her face painted like an American flag.

But if Catherine Fox is out there beyond the rest of us, it is because she is reaching out there to all of us.

"I try to take little bits and pieces of everyone I meet," she says. "Everybody has something good to offer. If you take little bits of them, then you can make a whole person.

"Subconsciously, I think, I'm trying to grow."

Since her Olympic Games debut in Atlanta in the summer of '96, Fox's growth has accelerated in and out of the water.

She came home to Roeland Park in Kansas unprepared for the celebrity in which the Greater Kansas City area wrapped her. The Royals handed her a baseball to throw out a mid-season first pitch. The Chiefs introduced her to 70,000 folks at Arrowhead Stadium. Her hometown put her in the back of a convertible and paraded her through their suburban streets.

She rubbed shoulders with soon-to-be baseball hall of famer George Brett, when both were honored by the Greater Kansas City Sports Commission.

She did it all until she could do no more.

"I think it was just craziness, craziness..." she says now, "...just absolute insanity. The first two weeks back, it was a lot of fun. This is great. This is strange almost. Then after a while, it started freaking me out when people recognized me on the street.

"I'm just myself still, right? I haven't changed, have I?"

She had a bout of feeling like the dancing girl on the carnival stage.

"I wondered sometimes if I cared about them meeting me as a person rather than as a swimmer first," she said. "But either way, I'd like to meet the person, see what they have to offer me."

Introspection

She had a similar moment of introspection in the midst of the '96 U.S. Olympic Trials in Indianapolis when her Vietnamese heritage—she is the first offspring of American-Vietnamese parents to compete in an Olympics for the United States—became a hot topic.

She sat respectfully silent as her father and mother looked back to an era in which they came together while the Vietnam War was tearing their countries apart.

"We look back between our 20 years, when our two nations were at war, and I think that Catherine really is a symbol also of the love and reconciliation that is possi-

ble," said Tom Fox, who was then an American correspondent in South Vietnam.

"The war was so painful. There was so much hurt. For those of my generation who were 22 and watching American flags draped across fighter jets that were going in to bomb Vietnam, it gave me a very difficult feeling for many years when I would look at the American flag. There were years when it was very difficult for me to sing the national anthem."

For Catherine's mother, who all her American friends call Kim, the memories came out softly, as is her fashion.

She feared walking the streets of Can Tho, her hometown in the Mekong Delta, or the streets of Saigon, where she was a social worker, helping the same children who called her names when they saw her in the company of her future American husband.

"Whenever we'd go in the village together, the kids would just stream around you and say all sorts of bad things to you."

Catherine, American born and bred and bonded, thought the topic a strange one at the time.

"There have been a lot of mixed races that have accomplished many wonderful things," she says today. "I was more surprised that that was brought up. I'm very proud to be half-Vietnamese and to be half-white. I think it's a wonderful combination."

"More than anything, they were talking about the symbolism behind it. But really, what one calls the minority in the United States now is the majority. So many races make up an American. Some people would still conceptualize an American as just a white person. But that's really not true."

Free Spirit

The nearly stoic Catherine of that day resides deeply beneath the surface. On most levels, there is nothing stoic about Catherine Fox.

"Free spirit" is the term she and her dad and her U.S. swim club coach with the Kansas City Blazers, Pete Malone, prefer.

Malone sees his prize pupil as more of an artist than any he has coached before, and that includes former U.S. Olympians Mark Dean and Janie Wagstaff.

"She has a broad focus, and she processes information very effectively," Malone said. "For some people, that creates clutter

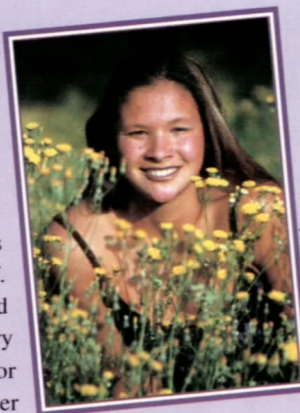


Photo by Sasha Mitchell



Photo by Peter H. Bick

and confusion. She's able to take it and sort it and effectively use it. Some people can only visualize what they can see. She can visualize what she can hear. And then she transfers it into a picture."

Whether that translates into a masterpiece or a disaster, Catherine Fox also has the ability to move beyond the moment quicker than most, to a new day when everything is a blank canvas awaiting the splash of her new personal colors.

"Catherine is able to lose and get over it quickly," Malone noted. "She's also able to win and get over it quickly. And it's exactly the same behavior."

It is, Fox said, one of the great lessons she learned from Malone. It is sometimes a hard lesson.

After successfully defending her NCAA titles in the 50 free and the 100 backstroke this year, Fox wanted very much to win the 100 yard freestyle in Minneapolis. Instead, she finished sixth in the race, making nearly every mistake she could make.

"I was very angry at myself," said Fox, who was also in tears. "Sometimes putting that behind you is very difficult. It gets harder to do as you get older. You learn more, and you're more involved. When you're younger, it is much easier because everything is 'La-la-la-la-la-laaa. This is great, that's great. Everything is wonderful.'

"But I've also gotten more emotional as I've grown. I wanted more. And maybe that's what

keeps the fire burning."

Looking Ahead

How long the fire remains burning is the great, unanswered question of Catherine Fox's swimming life.

In the golden reflection of Fox's performance at the '96 Summer Olympics, Stanford swim coach, Richard Quick, was asked to look four years hence and assess the impact his budding star might have in the Games of the New Millennium.

"She's got enormous potential," Quick said as Fox splashed behind him in the warm-up pool that day in Atlanta. "But four years is a long time. It's a long time to improve, a long time to gain experience. But it's also a long time to lose focus. It depends on the path an athlete chooses to follow."

Two years later, Malone addresses the same question.

"The biggest question is to ask her whether that's a priority," Malone said. "Is she ready? If she chooses to be, she is. But she's a very independent thinker."

Could his daughter do in Australia what Amy Van Dyken did in Atlanta?

"Do you think in her mind she is entertaining a commitment to do that?" Tom Fox said, offering his own question. "Because I don't know."

Catherine Fox, quite frankly, doesn't know either. Not at this point.

She doesn't need to be told that *carpe diem* means "enjoy the present."

"Sometimes if I'm up late at night, just hanging out with friends, I'll continue to hang out later at night, even though I have morning practice," Catherine admits. "Sometimes a late-night chat with a friend

How They Train: Catherine Fox

For the first half of the season, Stanford coach, Richard Quick, trains Catherine Fox primarily as a middle-distance swimmer with a focus on IM training. Sprinting and speed development come later as training becomes more and more individualized.

"Catherine is very versatile," says Quick. "She doesn't work exclusively in any specific group or with any particular individual." In the second half of the year, she rotates among the long sprinters, backstrokers and flyers.

Underwater training is a key part of the Stanford program, particularly for those swimmers, like Fox, who use underwater technique as a major weapon at NCAAAs. Says Quick: "Catherine is very good under water. That's due primarily to her core body strength, which she developed with her club coach, Pete Malone, by doing gymnastics. She's a very strong, very coordinated athletic woman: she can do a large number of pull-ups, walk on her hands, and she jumps really well."

Quick and assistant coach, Ross Gerry, describe Catherine as one of the hardest workers on the team. "She's spectacular in her dryland training," says Quick, "and in the pool, you can see her getting better as the season progresses. Then, of course, she is an extraordinary big meet swimmer."

Catherine achieved her greatest success this year when she broke the American record in the 100 yard backstroke. "The main difference between this year and last," observes Quick, "is that now she is breaking out of the underwater phase with momentum and building her speed into the walls." Catherine has a great

kinesthetic ability: "She saw where she needed to improve by watching videos of her races, and then she went out and made the adjustments she needed to make," says Quick. He predicts that these changes will carry over to her long course swimming.

Following are two typical Catherine Fox workouts—an early season and a late season session. —P.W.

Early Season Workout—Long Course

Objective: speed development and aerobic capacity

Warm-up:

400 freestyle
200 backstroke
200 breaststroke
200 IM

12 x 50s @ 1:15:

4 x 50: 15 meters 100%; 35 technique emphasis
4 x 50: middle 20 meters 100%
4 x 50: last 15 meters 100%

10 x 100 with monofin @ 1:45:

Up to 50 meters underwater
50 meters dolphin on side on surface

2 rounds of the following (heart rate = 150 to 160):

800 freestyle @ 11:00
600 back @ 9:00
400 IM @ 6:00
200 back @ 3:00

12 x 50 @ :45:

4 x (2 easy freestyle; 1 fast stroke)

Total: 7,200 meters

Late Season Workout—Short Course

(In-the-water circuit)

Objective: speed development and speed endurance

Warm-up, build:

200 freestyle
4 x 100 IM
200 backstroke
2 x 400 IM
200 breaststroke
1 x 400 IM

Station I. Surgical Tubing:

14 x 50 dive on 1:30 (5 x back; 5 x freestyle; 4 x fly)

Station II. Specialty—Power Legs:

20 x 25 @ :25, rest 1:40 (back with band around ankles; very high stroke rate; build rate to each wall)
8 x 25 dolphin underwater back @ :30, rest 1:00
6 x 25 dolphin underwater back @ :25, rest 1:30
4 x 25 dolphin underwater back @ :20

Station III. Power Rack:

14 repeats on 1:30 (select appropriate weight)
7—work 10-12 sec.
7—work 6-8 sec.

Station IV. Rate Station:

25s at varying intervals and varying stroke rates. Work below, at and above goal stroke rate while working on distance per stroke.



Photos by Peter H. Bick

who you haven't seen in a while, or even a close friend, is important...as important as anything."

Moment by moment, day by day. She tries to ignore time as well as the great expectations often placed upon her.

"I don't put people on levels," she said when the inevitable comparisons to Van Dyken or Jenny Thompson—relay partners in Atlanta—come up.

"I like to see myself as being on their level," Fox said, "knowing that I'm not. Especially Jenny, because Jenny has been doing amazing things with swimming for many, many, many years. But since they're my competition when I go to nationals and stuff, I like to see myself as being on their

level. Because if I see them as above me, then that's just another mental edge that they have over me."

The next Olympics? Catherine Fox knows they are out there, that the pages of the calendar flip forward, inexorably as she contemplates days that are no more future or past than the moment-to-moment feel of the water flowing past her heel, her face, her hands, her fingers.

"I don't know what's in store for me in the future," she says. "I mean, I have goals, but they aren't like that. I live fully in the present."

And for the present, in Catherine Fox's present: "Anything goes. At any time. If I'm up for it, sure. Why not? When else

am I going to have an opportunity to do this?"

Down there in the pool with floundering dad is, perhaps, the most telling of observations on the Wild Woman of U.S. Swimming, a lyric hodgepodge of the want-to, the need-to, the have-to and way-to-do that is Catherine Fox: "She is a free spirit contained in enormous discipline," Tom Fox says, "always looking to explode into new delights." ■

About the Author

Mike DeArmond has worked as a reporter, columnist, magazine writer, assistant sports editor and assistant city editor for 26 years at *The Kansas City Star*. Included in his national writing awards is a first-place honor for investigative journalism from the Associated Press Sports Editors.

REDEMPTION & SURPRISE

Spring senior nationals featured veteran comebacks and rising stars.

By Kari Lydersen

Photos by Varsity Photos, Inc.

MINNEAPOLIS, Minn.—The Phillips 66 National Championships, April 1-5, which also served as the Goodwill Games Trials, was a collage of redemption and surprise; long-time stars and new faces; gutsy swims and close races.

Ashley Tappin and Tom Dolan proved themselves unbeatable at the long course meet, both winning all four of their events to take the male and female Robert J. Kip-huth High-Point Awards. Tappin declared that this performance signaled she is “back”—and here to stay—after a disappointing senior year in college due to injury. The media agreed: she also won the Sandy Neilson-Bell Comeback Award.

The meet also provided vindication for 50 and 100 meter free winner, Gary Hall Jr., who had failed to qualify last summer for the individual 100 at World Championships in January and who was suffering some personal U.S. Swimming-related stresses. “I came here to prove I’m one of the fastest swimmers in the U.S., and I did, so I’m pretty proud of myself,” Hall vehemently told reporters.

Experienced national team members Josh Davis, Bobby Brewer and Jeremy Linn were also relieved to win their events and qualify for the Goodwill Games. Linn was threatened by 17-year-old newcomer Patrick Fowler, while Davis had learned only three weeks earlier that his performance from the World Championships hadn’t qualified him for the meet.

The emotional nature of the wins by these veterans was strangely offset by the quiet confidence and nonchalance of many first- and second-time winners.

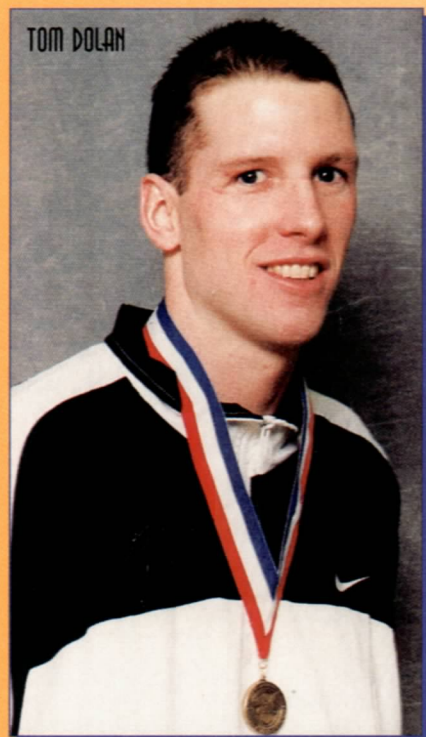
Puyallup teammates Jamie Reid and Megan Quann proved one of the big stories of the meet. The two 14-year-olds were the only competitors from their small Washington state team, and both shocked almost everyone but themselves with their outstanding performances. Quann, swimming in only her second nationals, dropped nearly four seconds to win the 100 breast in 1:09.42 to become the fifth-fastest U.S. performer ever. The swim won her the Phillips 66 Performance Award. Reid was named Rookie of the Meet for her 100 back win (1:03.06), a PR by one-and-a-half seconds.

“As hard as they work, it wasn’t a sur-

prise,” said Puyallup coach, Rick Benner. “They have a real constructive rivalry. Jamie wanted to win the back so she’d be the first to win from the team, and then Megan wanted to win to keep up with her. It was exhilarating to watch.”

Reid and Quann were just two of a number of rising young talents making their presence known at the meet. The absence of many NCAA competitors opened opportunities for pre-college competitors, but many of the youngsters turned in times which would be competitive at any meet.

Patrick Fowler won the 200 breast and put pressure on American record holder



SENIOR NATIONALS

PATRICK FOWLER



NATALIE COUGHLIN



Linn in the 100, setting a 17-18 national age group (NAG) record of 1:01.96 in the process. And Natalie Coughlin, 15, won the 200 back and placed second in the 200 IM and third in the 400 IM. She had qualified for the meet in every single event.

While Aaron Peirsol and Erik Vendt didn't win any events, they, nonetheless, raised eyebrows with their swims. With wicked back-halves to his races, the 17-year-old Vendt made a habit of chasing Dolan, collecting three second-place finishes and a third-place in the distance events. Peirsol, only 14, set three NAG records and made finals in the 200 back.

Ian Crocker, 15, of the Portland (Maine) Porpoises was the male Rookie of the Meet for his second-place in the 200 free (1:51.57).

DAY 1

Munz, Dolan Set Stage

The meet was kicked off by dominating performances in the 800 free by Diana Munz, 15, of the Lake Erie Silver Dolphins and Olympic veteran Tom Dolan, 22, who swam unattached.

Munz beat Brooke Bennett (Brandon Blue Wave) by seven seconds to win in 8:35.28, and Dolan was three seconds ahead of Erik Vendt (Ocean State Squids)

to win in 8:00.80.

"I'm pretty happy with how I'm swimming," said Dolan. "It's been a tough couple of months since Worlds. Since I'm swimming with the university (Michigan), and they've been tapering and shaving a lot, I've been doing most of my swimming on my own. It's like walking in the desert for days by yourself—I'd rather beat my head against a wall!"

DAY 2

Tappin, Hall Are Back

The first full day of competition featured blazing 100 freestyle wins by Ashley Tappin and Gary Hall, Jr. Hall, 23, representing Phoenix Swim Club, took the event in 49.60, and Tappin, 23, swimming for Hillenbrand of Tucson, beat the field by more than a second with a 55.28.

Tappin felt she had a long string of disappointments to overcome.

"This was a huge redemption for my lack of success in college," said Tappin, who sported a "cheesy fake tattoo" of a seahorse on her cheek, given to her by a friend for luck. "It was my best time since the '92 Trials."

She thought she was retired last summer after what she saw as a lackluster college career, and had turned her attention to

triathlons. But in September, she was lured back into the water by the promise of a \$6,000 first-place prize for the 50 free at the Kerr-McGee meet in December. She trained like crazy, won that prize and just kept going. Now, having signed a three-year sponsorship contract with TYR, she is in it until 2000.

For 15-year-old Katie Yevak from the Kansas City Blazers, it was a different story. Having never swum in a national championship final before, Yevak was shocked to qualify first in the 200 breast and then go on to win the event (2:31.12) by just 6-hundredths of a second over World Championship bronze medalist Jenna Street of the Bolles School.

"It was really overwhelming going in seeded first," said Yevak, who is a member of the national junior team. "It was completely unexpected to finish that way. Winning wasn't even one of my goals."

The women's 200 back also brought an impressive surprise swim by Natalie Coughlin, 15, of the Terrapins. The amazingly versatile Coughlin was foregoing her best events, the 200 IM and 200 free, to swim "off" events like the 200 back. Nevertheless, the Vallejo, Calif. resident dropped five seconds to win in 2:14.16, nearly two seconds ahead of the field.

SENIOR NATIONALS

In addition, Lauren Stinnett, 17, of Curl-Burke logged a 200 fly win in 2:12.99, and Patrick Fowler, 17, of Bellevue, came from behind to win his first national title in the 200 breast with a 2:16.16. University of California junior Gordon Kozulj, 21, who hails from Zagreb, Croatia, and was swimming unattached, won the 200 back in 2:00.50.

And Steven Brown, 18, from Reno won the 200 fly by over two seconds in 1:58.92 despite the fact that he had just tapered for NCAAs, where he took second in the 200 fly and 400 IM and helped Stanford to a team title.

Also notable was Angie Wester-Krieg's fifth-place finish in the 200 fly. At age 33, Wester-Krieg is among the oldest women swimmers ever to qualify for championship finals.

DAY 3

Veterans Claim Solid Victories

Tappin emerged as a clear star of the meet when she won her second title in the 200 free in 2:01.99. She negative-split the race (1:01.08-1:00.91) to go from sixth at the 100 to second at the 150 to first—by 2-tenths of a second—at the finish. Second-place finisher Ashley Whitney, 18, of Bolles also finished strongly, coming back from seventh place at the 100 mark.

The men's 200 free also went to an experienced winner. Josh Davis, 25, a 1996 Olympian swimming for Texas Aquatics, won by a full second in 1:50.51. Though the time is two seconds slower than his best, Davis was happy just to win, considering he had been training only three days a week until three weeks before the meet. He had mistakenly thought his World Championship performances had qualified him for the Goodwill Games, and he found out just three weeks before the meet that he still needed to make the team.

"I'm just real happy to qualify (for Goodwill)," said Davis. "I jump at any chance I get to wear the red, white and blue and represent the U.S., especially on home turf."

Dolan joined Tappin in logging his second win of the meet, turning in a 4:16.39 in the 400 IM, more than six seconds ahead of second-place Brown. He took the lead by the 150 mark and never looked back.

Maddy Crippen, who was sixth in the



400 IM at Worlds, won the event easily in a 4:43.72. It was her third medal of the meet—she was also sixth in the 800 and third in the 200 fly. Crippen, 17, swimming for Foxcatcher, was two seconds ahead of second-place finisher Maggie Bowen by the 200 and increased that lead to three-and-a-half seconds by the finish.

DAY 4

Puyallup Youngsters Make Waves

Fourteen-year-old Jamie Reid dropped one-and-a-half seconds from her previous best time to win the 100 back in 1:03.06. Megan Quann, also 14 and competing in her second nationals, took the 100 breast in a stunning 1:09.42, putting her ahead of Tracy Caulkins on the all-time U.S. list.

"I was very confident," said Quann, who also took 12th in the 200 breast. "I was planning on going a 9."

The Puyallup Aquatic Club duo were joined as first-time winners by 100 fly champion Martin Zielinski of the University of Minnesota. Zielinski, 21, used a strong second 50 to win a close race in 54.17.

In contrast to the three newcomers, the remaining individual events of the evening were won by repeat champions and veterans. Munz echoed her 800 performance with a nearly three-second victory margin



in the 400. Her time of 4:12.05 was off her best, but the 15-year-old said she was happy with it.

"It's different not having Brooke (Bennett) next to me because she's usually my competition," said Munz, who also took fourth in the 200 free. "After the 800, I saw she wasn't having that great of a meet. It's nice in a way to be able to win more easily, but she usually pushes me to faster times."

Bennett, who wasn't tapered or shaved, was far off her best times with an 8:42.26 second-place finish in the 800 and a 4:19.58 in the 400 consolation finals.

Tappin, relishing her newly pain-free shoulders, logged her third victory with a 59.84 in the 100 fly. She narrowly touched out Richelle Fox, 24, who finished in 59.98. Fox was also second to Tappin in the 100 free.

"I figured it would be best if I stayed a little behind her (Fox) at the turn and then charged her on the last lap," said Tappin. "I could see out of the corner of my eye that her strokes were getting shorter, so I tried to make mine longer. I've been trying to be more on top of the water instead of plowing through it."

Dolan also continued his dominance with a 3:52.75 in the 400 free. For the first half of the race, he led the rest of the



field—headed by Mark Warkentin—by a comfortable margin. But the last 100, the crowd got going as Vendt started charging, passing Warkentin and gaining on Dolan. Vendt finished in 3:54.44, just 2-hundredths ahead of Warkentin. His last 100 was a blazing 56.79, compared to Dolan's 59.05. Vendt negative-split the race with a 1:58.56 first half and a 1:55.88 back half. (Dolan went 1:54.40 and 1:58.35, and Warkentin went 1:56.05 and 1:58.41).

"The past year I've been trying to find the best way to swim this race," said Vendt, whose time was a PR by six seconds. "I think the best way for me is to go out nice-and-easy and negative-split. I felt really strong at the end."

Tennessee senior Jeremy Linn, who swam unattached, also said he was grateful to win the 100 breast and qualify for the Goodwill team. The 22-year-old said he knew he would have a race on his hands after seeing Fowler dominate the 200 breast.

"All of a sudden, I'm the old guy racing, trying to hold off a junior in high school who's swimming out of his mind," said Linn, who won the 100 breast at NCAAs just a week earlier. "I feel good swimming well here without really focusing on it. I wasn't happy with Worlds, so it's nice coming back here."

Linn's 1:01.87, 9-hundredths ahead of Fowler, was only about a second off the American record he set at the Olympics in Atlanta.

Bobby Brewer, swimming unattached, won the 100 back by almost a second in 55.54 to qualify for Goodwill, a victory that was especially pleasing for him after a sub-standard NCAAs where he finished fifth in the 200 back.

"Everything was off at NCAAs," said Brewer, 24, a senior at the University of Georgia. "Here, I was just hanging on from my NCAA taper, and it felt a lot better. Just call me coat-hanger Brewer."

DAY 5 Tappin, Dolan 4-for-4

Dolan completed his quadruple-win performance with a surprisingly fast 2:01.61 in the 200 IM. Tappin accomplished the same feat with her win in the 50 (25.54).

"It's almost a miracle," Dolan said of his IM swim. "I felt terrible this morning, and I was tired in warm-up. I was worried I wouldn't have anything left. But (winning four titles twice) is something no one's done before (in the modern era), and when you have the chance to accomplish something of that magnitude, you have to go for it. I was hoping if I reached down deep, I'd

have something left, and I did."

Dolan's time was only a second-and-a-half slower than his best, which he considers remarkable, given how he felt in the water. He finished a second ahead of 31-year-old Dr. Ron Karnough, who won the bronze at Worlds to become the oldest swimmer ever to medal there.

Hall tried a new strategy to win the 50 comfortably in 22.40. He breathed every stroke rather than just once in the race, as he normally does.

With the same nonchalant confidence she showed in easily winning the 400 and 800, Munz took the lead right from the start in the mile and swam virtually alone the whole way to win in 16:20.93. Jamie Cail, 17, of Golden West Swim Club swam an evenly-paced race to finish second in 16:35.23. And Munz's Lake Erie Silver Dolphins teammate, Erica Rose, the world champion in the 5K Open Water event, swam in the lane next to Munz to take third in 16:38.66.

"I usually can't swim as well by myself, but I'm getting used to it," said Munz, whose time was about four seconds off her best. "I'm trying to get it set in my mind what 1:04s or 1:05s feel like, but it's hard."

Chris Thompson, a freshman at the University of Michigan, also took the lead right from the start in the mile and held off strong finisher Vendt to win in 15:26.17. Vendt clocked 15:30.65 to capture his third runner-up finish.

"I was totally surprised to do this well," said Thompson, 19, who was on his third taper after Big 10s and NCAAs. "I was just hoping to be under 15:40. I knew Vendt negative-splits, so I wanted to get out fast and stay ahead of him. At the 600, I started getting tired, and I thought, 'I just have to hold on.' I saw him catching up, but then I finally saw him break down around 1300, which is good because I felt like I was going to die."

Maggie Bowen, 17, of Sunkist also capped off a successful meet by taking first in the 200 IM in a best time of 2:14.60.

For team standings, relay results and top 16 individual finishes, see "For the Record" (page 46). Complete results can be found on Swimming World's web site at www.swiminfo.com.

The U.S. junior swimming program has gone from a national meet, to a split-nationals and, now, to three regional meets, each with its own distinctive flavor.

BY ANN INGRAM

A New Direction

There was a time back in 1974 when all of the junior-level swimmers gathered at one location for a national championship to see who were the best junior swimmers and junior teams in the country. That eventually changed to two meets in 1982—one in the West and one in the East. That worked well for 15 years until last year when U.S. Swimming decided its junior program should take a new direction. Three regional meets were scheduled—in the Southeast, Northeast and West.

All three competitions this year took place March 24-28. The Speedo Junior Championships-West were held at the Hyslop Sports Center at the University of North Dakota in Grand Forks, N.D. The Northeast took place at the brand new Goodwill Games Complex in Long Island, N.Y. And the Southeast swimmers competed at the Mecklenburg County Aquatic Center in Charlotte, N.C.

For record purposes, the fastest time from the previous JN-East and JN-West meets was established as the national record, while new records were set in 1997 for each region. Since this year's competition was only the second-ever short course junior championships, there were new regional records galore—40 in all (see accompanying chart). Two national records were also bettered, both coming in the Southeast.

Even though the meets, themselves, are no longer called junior nationals and, instead, are referred to as regional junior championships, there are still the inevitable comparisons between the three meets to see who's the fastest in the country. But, despite the comparisons, the new direction is clear: three regional meets, each with its own distinctive qualities. Take the West, for example:

Way back before the competition began—18 months to be exact—Meet Director Mike Stromberg was hard at work trying to come up with something exciting and distinctive for this meet. What he came up with was something nobody had ever seen before at a junior championship meet.

Everyone who came to the Junior Championships-West had a shot at winning a Tigershark jet ski! A free raffle was sponsored by Tigershark, Grand Forks Equipment, Hansen Ford and Shirt Shoppe. "We drew 20 names every day," recalls Stromberg, "so by the last day, there were 100 names, and one of those would win."

Saturday night after the finals, the jet ski was put in the warm-up pool in anticipation of the drawing. And in an ironic twist, the winner of the Tigershark was from *Tigershark* Swim Club in Carson City, Nev. Joshua Newman, 17, got the big prize, and cruised around the warm-up pool before a cheering audience.



The West meet received tremendous publicity with billboards, TV talk shows and local coverage. Even CNN Headline News showed interest in the meet.

But that interest was spurred largely by the other element that made this meet quite different from other junior championships—for it was just one year earlier that the city of Grand Forks, N.D., was under water!

According to Stromberg, "The Flood of '97 was the worst natural disaster in the history of the United States per capita population." The

massive flood in Grand Forks "forced the evacuation of 60,000 people by April 19, 1997. People couldn't get back into the city for 10-12 days, and parts of the city were without power for weeks. In all, 800 homes had to be torn down or replaced."

At the Northeast meet, a different kind of "recovery" was underway, as those involved in the construction of the new Goodwill Games Complex tried to "recover" from the 24-hour shifts it took to finish the new pool before the swimmers arrived.

"The workers rushed to meet the deadline for juniors," said meet co-director Mary Ann Senecal, who together with Ginny Nussbaum orchestrated the Northeast meet. But as far as the swimmers and coaches were concerned, it was worth it—it was a very fast pool, and a lot of senior standards were achieved.

Fast times were also a distinctive feature of the Southeast meet, where record times and the team race were the focus of the meet. The coaches were also pleased with the facility and organization of

their regional competition. "Charlotte (led by meet director Pat Hogan of Mecklenburg) did an absolutely tremendous job," emphasized Chris Davis, coach of SwimAtlanta (combined and women's champions). "The hospitality was great!"

West Championships

Mission Viejo had won the combined team title at five of the last seven Junior-West meets (short course and long course). The Nadadores came within 14 points of being crowned "King of the West" for a remarkable sixth time. Instead, that honor went to King Aquatics (naturally) of Tacoma, Wash.

Mission's men, however, did win their seventh men's title of the '90s, giving them 13 junior team championships overall. They scored 374 points to Bellevue's 166. But, thanks to its women, which won the women's race over Irvine Novaquatics (363 to 241), King Aquatics edged Mission Viejo in the combined race, 442 to 428.

"When I came to King Aquatics three-and-a-half years ago, we didn't have a national team," commented King coach, Jerry Olszewski. "But we had 15 kids at this meet. It was a very close competition for the team title right up to the end of the meet. We didn't move ahead until after the women's 400 medley relay. We had a lot of kids really rise to the occasion."

The two ladies largely responsible for King's success were Katie Ryan and Julie Massey, who won six events between them. Ryan captured the sprint freestyle events (23.50 in the 50 and 51.30 in the 100). Massey took the IMs (2:02.63 in the 200 and 4:21.86 in the 400) and the 200 breast (2:17.36). Both also swam on the 400 medley relay with Haley Thompson and Karin Stender.

Comparison of 1998 Short Course Junior Championships

WOMEN	WEST	NORTHEAST	SOUTHEAST
50 Free	Ryan 23.50*	Hillenmeyer 23.78	Mularz 23.70
100 Free	Ryan 51.30	Foschi 51.66	Hughes 51.12
200 Free	Kemp 1:51.57	Boutwell 1:51.02	Tennison 1:50.13
500 Free	Sandeno 4:53.51	Strohl 4:50.66*	Riddle 4:51.51
1000 Free	Sandeno 9:54.35*	Anderson 9:55.21*	Sanders 9:54.09
1650 Free	Gullick 16:32.25*	Klaus 16:25.16*	Sanders 16:34.84
100 Back	Champion 56.65	Wanezek 55.67*	Spivey 56.38
200 Back	Moss 2:01.08	Arsenault 1:59.80*	Lindberg 1:59.42*
100 Breast	T. Kirk 1:03.28*	Miller 1:04.34	Allred 1:03.87*
200 Breast	Massey 2:17.36	Johnston 2:17.85	Fucillo 2:18.93
100 Fly	Buck 55.93	Arsenault 56.06*	Lubus 56.41
200 Fly	D. Kirk 2:02.79*	Bowman 2:03.00	Lubus 2:01.05*
200 IM	Massey 2:02.63*	Arsenault 2:04.72*	Buck 2:04.35
400 IM	Massey 4:21.86	Garlesky 4:19.99*	Lavell 4:19.87*
400 MR	King 3:50.76*	Bernal 3:50.40	SwimAtlanta 3:48.73*
400 FR	Irvine 3:28.47*	Bernal 3:28.81	Ft. Laud. 3:27.89
800 FR	Irvine 7:31.50	Scarlet 7:31.39	Dynamo 7:30.58
MEN			
50 Free	Ervin 20.71	Demos 20.69	Weghorst 20.53*
100 Free	Ervin 45.11	Duncan 45.31*	Rojas 45.08
200 Free	Soreng 1:39.47	Cunningham 1:39.20	Rojas 1:38.43*
500 Free	Richardson 4:28.46*	Mangieri 4:28.08	Long 4:27.57*
1000 Free	Clements 9:12.11*	Neligan 9:12.31*	Simpson 9:16.85
1650 Free	Richardson 15:34.59	Neligan 15:31.13*	Glasco 15:27.82
100 Back	Harczas 50.10	Bernhardt 50.15*	Dilly 49.75*
200 Back	Harczas 1:47.98	Cunningham 1:47.06*	Dilly 1:47.67
100 Breast	Flores 55.98	Scanlon 56.61*	Moses 54.88**
200 Breast	Flores 2:02.97	Gangloff 2:00.73*	Moses 2:00.10*
100 Fly	Renner-Ajjes 49.63	Gage 49.36*	Armord 49.46
200 Fly	Richardson 1:49.90	Novak 1:50.79	Sherrard 1:49.96
200 IM	Clements 1:52.71	Haley 1:51.93	Rojas 1:49.84*
400 IM	Veloz 3:58.03	Helin 3:54.70*	Scannell 3:57.23
400 MR	Mission Viejo 3:25.33	Peddie 3:25.94	Curl-Burke 3:20.06**
400 FR	Mission Viejo 3:04.65	Peddie 3:05.19	Bolles 3:04.06
800 FR	Mission Viejo 6:50.26	Peddie 6:50.43	Bolles 6:46.23

* Regional Record (Junior West, Junior Northeast, Junior Southeast)

** National Record (Junior Championship)



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A New Direction

King also placed third in the other two relays, both won by Irvine (3:28.47 in the 400 free and 7:31.50 in the 800).

Irvine remained in contention among the women with strong performances from Jeri Moss and Lindsey Buck. Moss won the 200 back in 2:01.08, and Buck finished first in the 100 fly with her 55.93. Thirteen-year-old Dana Kirk of Olympic took the 200 fly in a record 2:02.79. Her older sister, Tara, also returned home a champion by winning the 100 breast in a record 1:03.28.

In the race for women's individual high-point honors, Industry Hills' Amanda Gullick finished second to Massey. The distance swimmer from Southern California won the 1650 (16:32.25) and staged a heart-stopping race in the 1000, finishing second to NGSV Gators' Kaitlin Sandeno by 41-hundredths of a second, 9:54.35 to 9:54.76. Sandeno also captured the 500 in 4:53.51.

Perhaps the most thrilling race, however, came in the 200 free. Three girls splashed simultaneously to the wall with only 3-hundredths of a second separating first from third. Heather Kemp of Hemet Valley grabbed the gold with her 1:51.57. Another close battle took place in the 100 back, as Haley Champion of Palo Alto won by 9-hundredths with her 56.65.

Mission's men dominated their competition, winning by 208 points. They swept all three men's relays (3:25.33 medley, 3:04.65 400 free and 6:50.26 800 free), and Juan Veloz was the Nadadores' lone individual champion, taking the 400 IM in 3:58.03.

Mission Viejo also added some valuable points from three second-place finishes—one by Veloz in the 1000 and two more by Guilherme Rego in the 200 breast and Allen Ong in the 100 fly.

Kevin Clements of Industry Hills championed the 1000 free with his 9:12.11. He was also one of five swimmers who won two or more individual events, as he took the 200 IM in 1:52.71.

Rego finished runner-up in the 200 breast by 38-hundredths of a second to Bayani Flores of Walnut Creek, who won in 2:02.97. Flores completed the breaststroke sweep with his 55.98 win in the 100.

Ong's second-place performance in the 100 fly was even closer than Rego's in the breaststroke. He lost by just 8-hundredths to Ian Renner-Arjes of Bettendorf, who clocked a 49.63.

Jamie Richardson of Arizona Desert Fox was the individual standout, winning three events and earning men's high-point honors. Richardson's "hat trick" came in the 500 free (4:28.46), 1650

(15:34.59) and 200 fly (1:49.90).

Besides Richardson, Clements and Flores, Anthony Ervin and Christian Harcasas also were multiple-event champions. Blackhawk's Harcasas swept the backstroke events, winning in 50.10 and 1:47.98. Ervin of Canyons Aquatics earned his two victories in sprint freestyle. He won the 50 in 20.71 and the 100 in 45.11. The 200 free was captured by Blake Soreng of Corvallis (1:39.47).

Northeast Championships

Later this summer, some of the world's best swimmers will compete in the Goodwill Games at the Goodwill Games Complex in Long Island, N.Y. But it was the swimmers who competed at the Northeast Championships who were able to set the first pool records.

"It was a great facility..." noted Coach Jim Henry of Peddie Aquatics of New Jersey, which won the combined and men's team trophies, "...fabulous, fast and gorgeous!"

Those were words that could also describe Henry's feelings about his team's performance—except, maybe, the "gorgeous" part. "Our kids swam great! They rose to the challenge!"

Peddie's men beat Lake Country, 239 to 198. Its women placed fifth with 159 points to help secure the combined team trophy, 398 to 324, over Foxcatcher. The Lake Erie Silver Dolphins won the women's competition, 263 to 221, ahead of Scarlet.

"At the beginning of the season, one of our team goals was to win juniors," Henry said. "We knew the possibility was there, but we focused more on each swimmer doing his or her best. That was our emphasis. If each swimmer improved just a little bit, then we felt our goals would be met."

One of the keys to winning its first ever junior championship title was the relays. "In the medley, we had two girls' and two boys' relays that scored points," said Henry. The Peddie men also won all three relays—the 400 medley relay in 3:25.94, the 400 free in 3:05.19 and the 800 free in 6:50.43.

Individually, the men were led by high-point co-champions Brendan Neligan of Long Island and Chris Cunningham of Foxcatcher. Neligan proved to be the meet's best distance swimmer, winning the 1000 free (9:12.31) and 1650 (15:31.13), while Cunningham took the 200 free (1:39.20) and 200 back (1:47.06). Cunningham also finished second in the 500, losing by 2-hundredths to Mercersburg's Garrett Mangieri, 4:28.08 to 4:28.10.

Will Bernhardt, who swam unattached, finished second to Cunningham in the 200 free and saw his 200 back record of last year bettered by Cunningham, but he at least came away with a win in the 100 back at 50.15.

Other top performers included Jon Duncan of ACST in the 100 free (45.31), Devin Scanlon of Delaware in the 100 breast (56.61), Mark Gangloff of Akron Firestone in the 200 breast (2:00.73), Jesse Gage of Team Suffolk in the 100 fly (49.36) and Chris Helin of Three Village in the 400 IM (3:54.70).

Team Pittsburgh's Mike Demos captured the 50 free in 20.69, while Heath Novak of JCC Sailfish won the 200 fly (1:59.79) and Tim Haley of Carmel took the 200 IM (1:51.93).

High-Point Winners



Julie Massey, King Aquatics

Jamie Richardson, Arizona Desert Fox

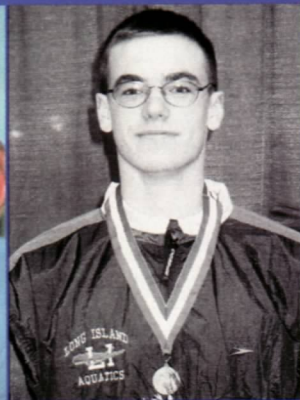
High-Point Winners



Samantha Arsenault
Greenwood



Chris Cunningham
Foxcatcher



Brendan Neligan
Long Island

"We came to this meet not even thinking about a team title," was the reaction of Coach Jerry Holtrey, whose Lake Erie Silver Dolphins captured the women's competition. "We just wanted our kids to swim well, and some of our kids wanted to make senior cuts. We've never gotten a first before!"

After the 1000 free on the meet's first day, the Silver Dolphins found themselves in first place following a second- and fifth-place finish by Shelly Klaus and Kristen Mikelonis. Scarlet's Sally Anderson won the event in 9:55.21.

"After the second day when we were still in first place, I thought, 'Gosh, that's nice,'" reflected Holtrey. "And by the third day, we started thinking, 'Maybe we can do it if we can do well on the relays.'"

Lake Erie placed 10th in the 400 medley relay, won by Bernal's Gators (3:50.40). The Gators also won the 400 free relay (3:28.81), and the Silver Dolphins finished third. In the 800, LESD finished one place better, touching a half-second behind Scarlet at 7:31.39.

Holtrey's ace-in-the-hole, however, was distance freestyle. On the fourth day, Anna Strohl and Klaus finished 1-2 in the 500 with

Strohl clocking 4:50.66. Mikelonis also placed seventh. On the last day, it was Klaus' turn for gold, as she won the 1650 in 16:25.16 with Mikelonis in fifth.

Klaus finished second in the women's high-point race to Greenwood's Samantha Arsenault, who captured three titles. She showed her versatility, winning the 200 back in 1:59.80, the 100 fly in 56.06 and the 200 IM in 2:04.72. Arsenault also finished second in the 100 back to Elmbrook's Sarah Wanezek (55.67).

Fort Wayne's Erin Gorlesky topped the 400 IM in 4:19.99, while Sarah Worman of Cheshire Devils won the 200 fly in 2:03.00. The breaststrokes were split by Kammy Miller of Pointe Aquatics (100 breast, 1:04.34) and Amber Johnston of Enfield Dolphins (200 breast, 2:17.85). The sprint and middle distance freestyles were captured by Maureen Hillenmeyer of Carmel (50 free, 23.78), Jessica Foschi of Long Island (100, 51.66) and Lacey Boutwell of Noblesville (200, 1:51.02).

Southeast Championships

"That team race was very exciting," commented Coach Chris Davis, whose SwimAtlanta team edged the Bolles Sharks, 497 to 473. It was their third straight combined team triumph at juniors (short course and long course) and their seventh since 1993.

"Typically, our best days have always been Friday and Saturday," said Davis. "In the women's 100 back (on Friday), all three of our girls made senior cuts. Then the boys scored in the 100 (back)...then the women's 100 breast and men's fly. The excitement was contagious!"

On that day, SwimAtlanta's Taylor Spivey and Katie Allred won the 100 back and 100 fly, respectively, helping their teammates win the women's title, their second straight short course triumph and fourth since 1994. They beat Rockville-Montgomery, 268 to 192. In

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A New Direction

the men's race, SwimAtlanta scored 229 points to finish third behind Bolles Sharks (358) and Curl-Burke (311.5).

Spivey clocked 56.38 to lead a 1-2-3 sweep in the 100 back, while Allred dropped her butterfly time from 1:06.5 to a record 1:03.87. The two came back the next day and joined Alessandra Lawless and Katie Melka to win the 400 medley relay (3:48.73).

SwimAtlanta added a fourth place in the medley relay plus a fourth in the 800 free and a third in the 400 free. Fort Lauderdale won the 400 (3:27.89), while Dynamo took the 800 (7:30.58).

Individual high-point honors went to Jaime Ellis of The Woodlands. She put together a second, two thirds and a fourth.

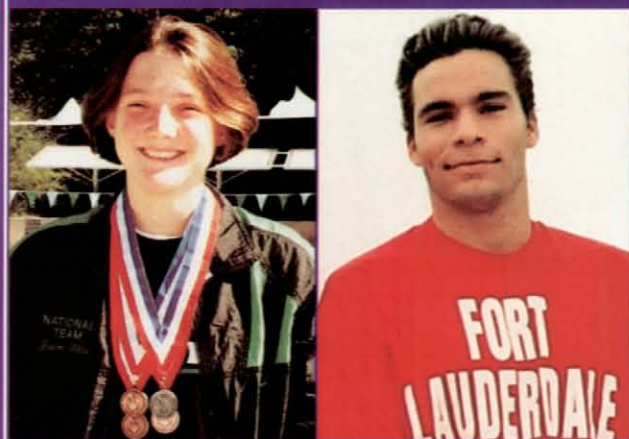
Her fourth-place finish came in the 200 back, an event won by Bethany Lindberg of Occoquan Swimming (1:59.42). Ellis finished second in the 1000 free, won by Leigh Sanders of Mountaineer. Sanders also captured the 1650 in 16:34.84. Ellis placed third in that event, as well as the 200, won by Diane Tennison of All Acadiana (1:50.13). Sanders almost won three events, finishing second in the 500 to Megan Riddle of North Baltimore (4:51.51).

The other double winner among the women was Rockwood's Lauren Lubus, who swept the butterfly races in 56.41 and 2:01.05.

Elizabeth Lavell of the Naval Academy Aquatic Club won the 400 IM in 4:19.87. Stephanie Buck of Athens Bulldogs captured the shorter IM race in 2:04.35, while Mandy Mularz of Baldwin-Mobile and Julie Hughes of Bengal Tiger captured the sprint freestyles in 23.70 and 51.12, respectively.

Gregg Troy, who has coached at Bolles for 20 years, found out

High-Point Winners



Jaime Ellis, The Woodlands Luis Rojas, Fort Lauderdale

after juniors that he was selected the women's coach at the University of Florida. As it turned out, Troy left on a winning note.

The Bolles Sharks won their fourth men's team title since 1992, bringing their overall junior championship total in the '90s to nine.

"The meet was good for us," said Coach Troy. "It was the first time competing at juniors for a lot of these kids, and our men's distance freestylers did an especially good job."

Their freestylers didn't win any individual events, but they captured both the 400 and 800 relays with times of 3:04.06 and 6:46.23. They also placed third in the 400 medley relay, but there was no

catching Curl-Burke, which set one of the two junior national records at the meet. A team of Markus Rogan, Ed Moses, Devin Crock and Matt Brado clocked 3:20.06 to better the 1992 mark of 3:21.10 (Mach III Flyers).

The other national standard was set by Moses in the 100 breast (54.88), breaking the 55.18 set by Drew Calver of the City of Richardson in 1992. Moses also won the 200 breast in 2:00.10.

The top individual scorer of the meet was Luis Rojas of Fort Lauderdale. He was a triple champion with wins in the 100 free (45.08), 200 free (1:38.43) and 200 IM (1:49.84). The 400 IM was captured by Brian Scannell of Mecklenburg (3:57.23).

SwimAtlanta had two individual champions—Brad Dilly won both backstrokes (49.75 and 1:47.67) and Richie Armond captured the 100 fly in 49.46. Duncan Sherrard of the City of Lakeland won the 200 fly by 5-hundredths in 1:49.96.

Little Rock's Matt Weghorst won the 50 free (20.53), while Greg Long of Solotar took the 500 (4:27.57). The remaining distance freestyle victories were turned in by Greg Simpson of Memphis Tigers in the 1000 (9:16.85) and Judd Glasco of Nova of Virginia in the 1650 (15:27.82). ■

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BUILDING CHARACTER

Character is not developed through mere participation in sport, but it is often revealed when the price of doing the right thing is more than we want to pay.

BY JOHN NABER

The year was 1973, and I was competing in the U.S. National Swimming Championships at Kansas City, hoping to earn a berth on the 1973 World Championships team that would compete in Belgrade, Yugoslavia, later that summer.

I was, at the time, a recent high school graduate. I had missed qualifying for the Olympic team the summer before, and I was a relative newcomer to the sport—only competing in my third outdoor nationals.

The event was the 100 meter backstroke, and it was significant to me for many reasons. For the very first time, I was favored to win the event over Indiana's Mike Stamm—the American record holder and 1972 Olympic silver medalist. I also knew that the winner of this race would earn the right to swim on the U.S. 4 x 100 meter medley relay in Yugoslavia. Since the United States would be heavily favored to win the relay at the World Championships, the opportunity to win at least one gold medal at Worlds appeared promising.

Most coaches will agree that in a sprint, the start and turn are the most critical parts of the race. I was notorious for my explosive start as well as an effective (though unconventional) turn.

During the previous three seasons, be-

cause of my unusual height (6 feet 6 inches), I had developed a backstroke flip turn that would allow me to fold up (like a jackknife) instead of arching backward—beneath the water—as was the norm in those days.

Done correctly, I did not need to bounce off the wall, but I could execute a spin after merely grazing the wall with my hand. That meant I could turn farther from the wall and could change direction faster than the other swimmers. This "sit-and-spin" turn also allowed me an extra breath of air that the others missed since their heads were still under water.

There was danger, however. In those days, touching the wall with your hand was mandatory. If the official didn't see contact, he or she could disqualify you. My turn didn't rely on using the wall, so I had to be certain the official actually saw the touch.

THE RACE

That night, I swam in the center lane, having turned in the fastest prelim time. My rivals flanked me on both sides. The race would be over in less than a minute, and there would be little room for error.

A quick start, and I was off. I began to eke out a small lead halfway down the pool. This gave me confidence, as well as

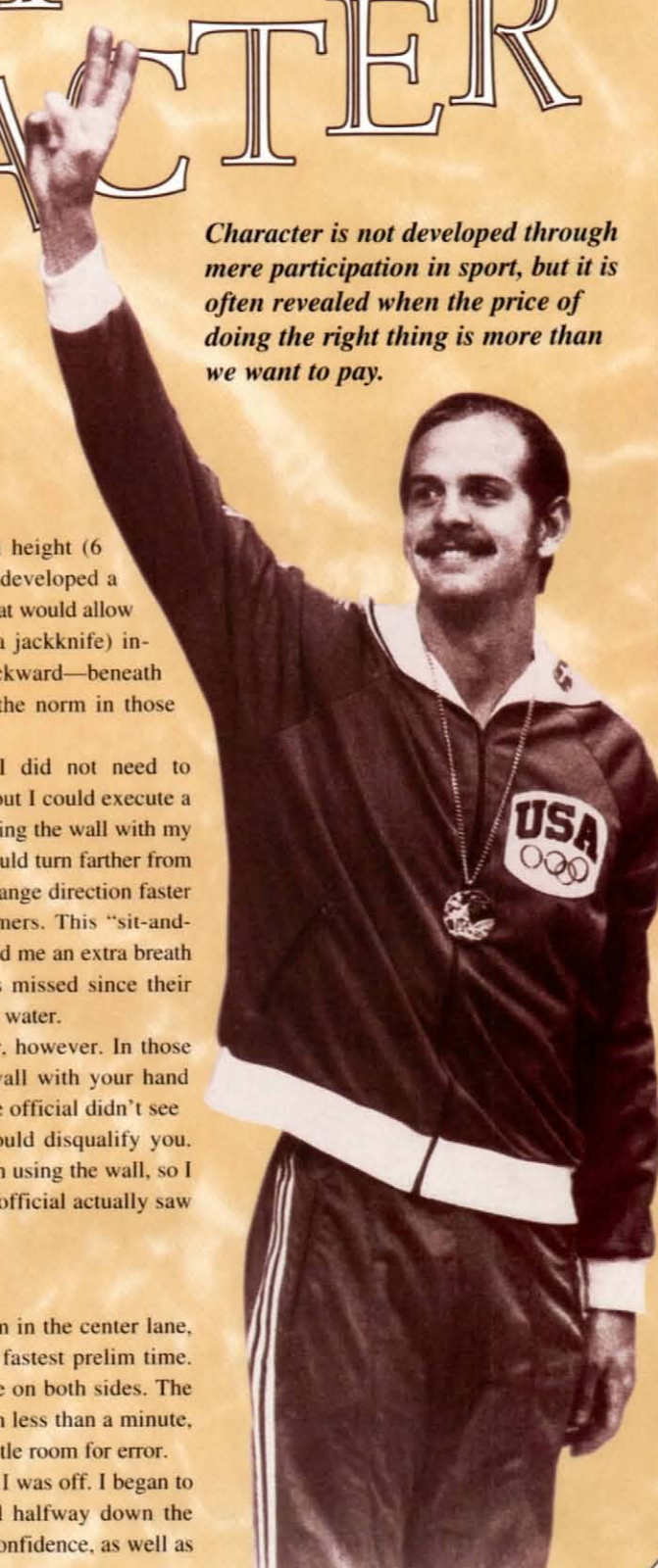


Photo by Bob Ingram

smooth water. I felt great heading down the pool during my first of two laps.

I'm not certain why, but I must have allowed my mind to wander, as I neglected to see the backstroke flags overhead. When I finally noticed them, I was no longer certain of precisely how far away the wall was, so I made a snap decision. I reached for the wall behind my head and initiated the spin. My feet swung around and found the wall. I planted them perfectly, exactly where they should have been, and I pushed off with power and precision.

Gliding off the wall beneath the water, streamlined like a torpedo, I began my pulling stroke and popped up to the surface in time to see the official standing over my lane with her arm raised, signalling an infraction. I swam the rest of the race both angry and afraid. "What had happened? Didn't I touch? I must have! Perhaps she saw something in an adjacent lane." My mind was racing faster than I was down the pool.

In spite of the pain—or, perhaps, because I was too preoccupied to feel it—I swam a smooth second lap and touched well ahead of Stamm and the rest of the field.

The folks in the crowd were cheering, but all I could do was look toward my coach and shake my head. I pointed to the turning end of the pool just as the public address announcer reminded everyone that the results were still unofficial. Other swimmers were coming up to me in the pool, patting me on the back and congratulating me, but I couldn't hear a word they were saying.

A conference was taking place at the far end of the pool, after which the head referee walked up to my starting block and said, "I'm afraid you've been disqualified. The turn judge says she didn't see you touch the wall."

My coach, Mike Hastings, ran over and pulled me aside. He asked, "Do you want to fight this thing? Do you want me to protest the call?" If I wanted this title, I would have to dispute the official's decision. It would be her word against mine, and Mike felt I could win.

So many thoughts went swirling through my head...after all, there was a potential world title at stake here. I didn't actually receive any measurable advantage over the other swimmers by not touching

the wall, and besides, shouldn't the fastest backstroker represent the United States later that summer in Europe?

What should I do?

LIFETIME LESSON

That fateful day, so many years ago in Kansas City, might very well have been a turning point in my life. The decision whether to fight the turn judge's call or to accept the "pink slip" and slink away was made in the blink of an eye. With moist eyes, I looked at my coach, the one man who was offering a way out of my disappointment, and I said, "Mike, I didn't touch the wall."

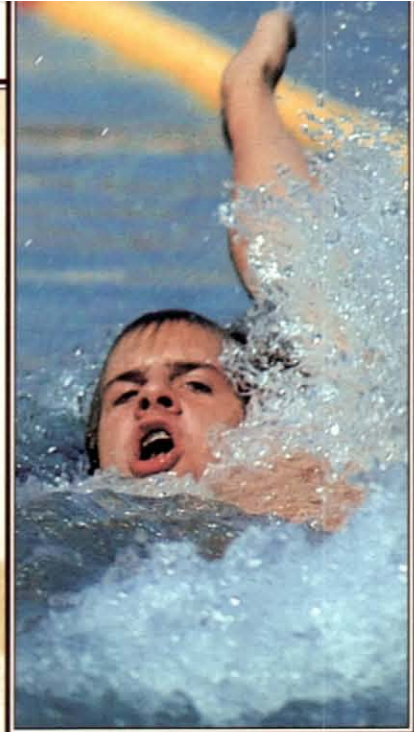
Eventually, I lifted myself out of the warm-down pool, and with a wet towel over my shoulder, I began a long, slow march back to the team's area beneath the bleachers. My teammates kept their distance and avoided eye contact because they didn't know what to say. What *can* you say to a young man who just beat the field to the wall, yet realizes that he doesn't even get to walk to the awards stand?

My friends—and even strangers—wanted me to cry "foul," to claim an injustice. They wanted me to rant and rave about how I'd been robbed, or how the official was probably blind—anything with an attitude. But the truth was, I had broken a rule and should be held accountable.

I was still packing my wet towel into a nylon gym bag as the announcer called for the other backstrokers to make their way to the awards stand. As I meandered through the crowd, the announcer was announcing the winners backward from seventh. I felt invisible as I saw everyone focusing their attention on Mike Stamm as he climbed the stepladder standard to receive his medal. I turned my back and proceeded out the gate.

What I learned that day, however, impacted me for the rest of my life. The character issues of trustworthiness (telling the truth), responsibility (being accountable for my actions), fairness (abiding by the rules) and citizenship (respect for authority) all came into play in this one instance. Add to that, "respect" and "caring," and you have the "Six Pillars of Character."

They're so named because they should be permanent. They should be as firm and unyielding as the marble columns used to build the ancient Olympic stadiums. Their



measure should be as unchanging as the height of a basketball rim, the distance between the pitcher's mound and home plate, the length of a long course pool or the distance required to earn a first down.

Questions of success versus honor occur frequently in the world of sports. Umpires make unpopular calls, golfers inadvertently touch the ball with their golf club on a practice swing, runners leave their lanes and basketball players imperceptibly tip a ball before it goes out of bounds. Common rules are actually violated all the time. Accidentally breaking a rule is not, in itself, a character code violation. Mostly, it's an accident, and accidents happen.

It's the moments when tough decisions need to be made that one's character is tested. Not allowing character to be tested is like enduring grueling workouts but never going to a meet. It is the testing, the measuring of our skill, that allows coaching to take place.

Catching a child in the act of poor character discernment allows a parent or mentor to fix the problem early. By refusing to enforce a rule, we deny the child the benefit of proper development and the exercise of better judgment. If we allow youngsters to see themselves as "above the rules," it should come as no surprise that they will complain or even rebel when we can't (or don't) bend the rules when they become older.

Good character traits, like the "Six Pillars of Character," need to be taught during the early formative years—in the home, at

school, in the church or synagogue. Raising a child isn't easy, but it's important to maintain both fairness and consistency when establishing the rules during a time when our children so desperately seek our approval.

SUCCESS VS. CHARACTER

Recently, however, those in the world of sport seem to be placing a higher value on athletic success, many times at the expense of the better character. Winning athletes are allowed to skip classes, ignore speeding laws, dispute officials' calls and degrade their coaches and teammates to the press. Unfortunately, the media and fans will often reward these athletes with even more attention and adulation.

We should honor and reward those who demonstrate quality character, even if it comes at a cost.

AS A SOCIETY, WE MUST RETURN TO THE TRULY VALUABLE INTENTION OF RECREATIONAL ATHLETICS—SIMPLY TO PREPARE OUR YOUNG MEN AND WOMEN FOR THE "REAL WORLD" THAT AWAITS IN ADULTHOOD.

When poorly chosen "ends" (to win or become rich and famous) begin to justify the "means" (poor sportsmanship, trash-talking, performance-enhancing drugs and selfish justification), and when the fans and media overlook the more valuable purpose of sport, the result of athletics will not produce better prepared young adults. The inescapable outcome will be totally selfish and unprincipled juveniles who have mastered just one skill, like a smooth backswing or a quick jump shot.

Sport forces us to keep score, and it usually forces us to play by the rules. It is during these formative years that character weaknesses can be discovered, that character issues can be talked about, usually with parents, but often with coaches and teammates as well.

By identifying problem areas when children are young, these problems can be

addressed while the kids are still in school, while the accidents are relatively innocent and the punishments usually benign. Granted, the stakes are less in their early years, but the decision-making process is pretty much the same.

As our thoughts become our words, and our words translate into actions, and actions develop habits, and habits determine our character, it is essential early-on to direct our children to focus on building good character.

The question should be, "What is the right thing to do?" It shouldn't be whether it is the expeditious thing or the selfish thing or the attention-getting thing, but, simply, *the right thing*.

TRUE CHAMPIONS

I can still remember the long walk across the grassy public park on the way to where I parked the rental car in the parking lot. I also remember hearing the echo of the announcer's voice, "And your winner in the 100 meter backstroke...." The rest of his words sounded muffled as the loudest applause was always reserved for the winner.

Only later did I fully realize the positive impact of what I'd done. I felt badly about the race, but I felt better about myself. The loss of one race could never compare with the loss of my self-esteem, an abiding belief that I was an "OK guy."

In retrospect, I can't say my decision was a difficult one. The right thing to do was obvious, but the choice was painful, nonetheless.

Is it really all that important that I prove myself able to swim faster than anyone else while on my back? Or is the more noble pursuit the one where we all—volunteers and coaches, officials and parents—can take pride in our sport... where we can say that sport, with its high and consistent standards, not only produces champions on the field of play, but also helps produce champions in life? ■

About the Author

Though **John Naber** was denied a spot on the 1973 World Championship team in the 100 meter backstroke, he did qualify for the 200 meter backstroke and won a bronze medal. Three years later at the Olympic Games in Montreal, he set four world records, earning four gold medals and a silver. Naber is also the editor of "Awaken the Olympian Within: Stories from America's Greatest Olympic Motivators," a book to be published in August by Griffin.



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NAIA NAIA NAIA

Movin' On Up

Last year's runners-up were this year's winners at the men's and women's NAIA Championships.

For the past three years, the NAIA championship race has pretty much been a two-team affair between the Clansmen of Simon Fraser University from British Columbia and the University of Puget Sound Loggers in Washington.

This year was no different. The only difference was who finished first.

In the odd years since 1995, Simon Fraser's women have won the NAIA championship, while Puget Sound was second. In 1996 and again this year at Federal Way, Wash., March 4-7, Puget Sound's ladies were champions; Simon Fraser was runner-up.

It's a similar scenario among the men. For three straight years since '95, the Loggers have been "King of the Hill," while Simon Fraser was second twice. This year, the Clansmen took over the top spot, while PSU finished runner-up.

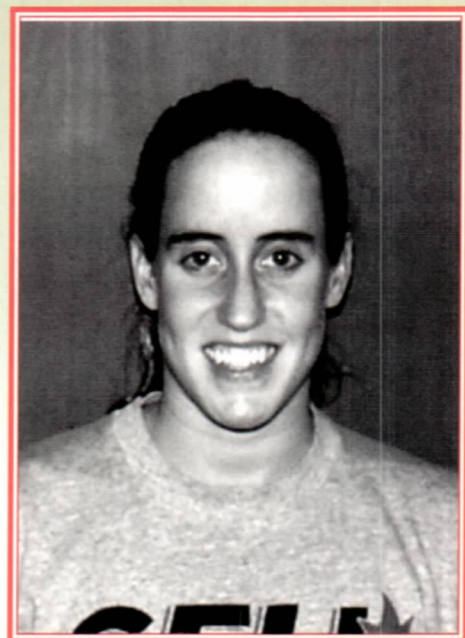
Women's Events

Only two points separated Puget Sound and Simon Fraser, 682 to 680, in the closest women's race in NAIA history.

It came down to the final event—the 400 freestyle relay. Simon Fraser was favored since they had already won the other four relays—200 medley (1:46.97), 400 medley (3:54.21), 200 free (1:37.35) and 800 free (7:47.32).

In order for Puget Sound to tie for the championship, its relay would need to place third. It went one step better, however, finishing second (3:32.73 for Simon Fraser; 3:35.34 for Puget Sound), giving the Loggers their two-point win.

Individually, Simon Fraser's Diana Ureche, born in Romania, commanded the spotlight when she became only the second female swimmer in NAIA history to be named the meet's outstanding swimmer four years in a row. She won the 50 free (23.67) and both backstrokes (56.38, 2:03.50), bringing her career individual champi-



Simon Fraser's Diana Ureche (left) and Lisa Robertson shared outstanding female swimmer honors with three individual wins apiece. Ureche finished her NAIA career with 27 gold medals—12 individual and 15 relay.

onship total to a perfect 12-for-12. With five relay wins at this meet, Ureche finished her NAIA career with 15 relay victories and 27 gold medals overall.

Her career performance has been matched only twice previously at any collegiate championships, both at the NAIA's. John Van Buren of Simon Fraser won 12 titles from 1973 through 1976, and Drury's Lourette Hakansson did the same from 1991 through 1994.

Ureche, however, had to share outstanding swimmer honors this year with teammate Lisa Robertson, who also had three individual wins. The SFU junior defended her titles in the 100 breast (1:05.86) and both butterflys (56.66, 2:05.25).

Robertson captured the 200 fly by just 5-hundredths over her teammate, Andrea McIntosh. The freshman, who placed ninth in the 200 fly at the 1996 Olympics for Canada, went on to win both individual medleys (2:08.12, 4:31.98). Another SFU double winner was sophomore Elaine Van Oosten, who captured the 100 and 200 freestyles (52.90, 1:54.23).

NAIA NAIA

Team champion Puget Sound had only one individual champion. That was freshman Kristin Veal, who posted wins in the 500 (5:04.98) and 1650 (17:15.80). Central Washington's Joni Jacobs, a sophomore, defended her title in the 200 breast, winning in 2:25.60.

Freshman diver Jacqueline Levaille became the ninth straight Simon Fraser diver to capture the 1-meter event (391.15). Amy McGuire of Transylvania was the first non-Simon Fraser diver since 1989 to win the 3-meter event, finishing with 312.45 points.

Men's Events

The team race on the men's side was another squeaker. Only 29 points separated champion Simon Fraser from runner-up Puget Sound, 545 to 516. It was the closest race since 1991, when Drury eked out a win over Oral Roberts by 1-1/2 points.

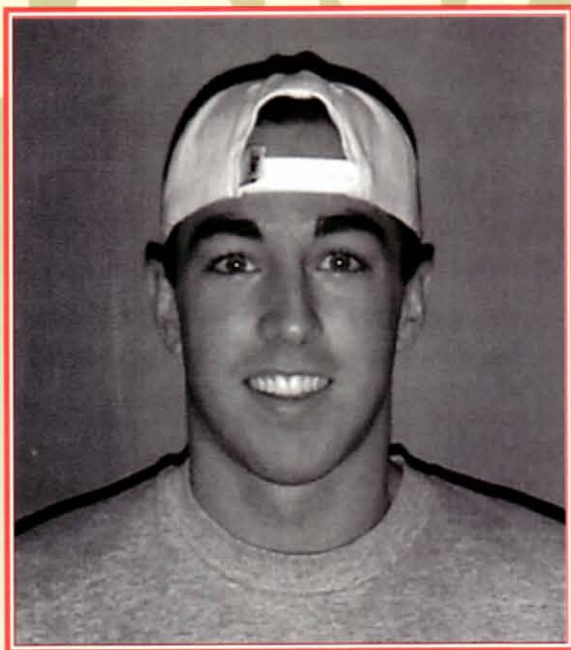
Like Ureche among the women, Simon Fraser's Graham Duthie is doing his best to match Ureche's perfect. As a sophomore, he's a perfect 6-for-6 and has won outstanding male swimmer honors twice. He repeated as champ in the 100 free (44.90)—leading a 1-2-3 SFU sweep—and the 200 free (1:39.18). But instead of defending his title in the 50, Duthie swam the 500 free and won in 4:34.61.

Without Duthie in the 50, teammate Ryan Laurin, a freshman, stepped up with a 20.64 in prelims, just 8-hundredths off the national record, and later won with a 20.69. Making it a sweep of the freestyle events for Simon Fraser was sophomore Dylan Roguski, who claimed the 1650 in 16:08.21.

The Clansmen continued their winning ways with freshman Trevor Brekke in the 200 breast (2:04.44) and by sweeping all five relays—1:32.77 in the 200 medley, 3:23.83 in the 400 medley, 1:22.49 in the 200 free, 3:04.49 in the 400 free and 6:48.86 in the 800 free.

Brekke also set an NAIA record in the 100 breast—the only record of the meet—with his 56.56 in prelims. That bettered the 1988 mark of Central Washington's Jeff Hillis (56.62). Unfortunately, Brekke was DQ'ed in finals after turning in a sub-56 performance. Mike Simmons, a junior from Pacific Lutheran, won the event in 57.46.

Puget Sound's Ben Johnson was the winner in the 100 back (50.71). He dropped



Sophomore Graham Duthie of Simon Fraser won his second straight outstanding male swimmer award. In two years of competition at NAIA's, he's won all six of his individual events.

2.7 seconds off his sixth-place finish last year. Findlay's Dennis Pette also showed improvement in his 200 back win. He dropped almost two seconds from his runner-up finish a year ago to win in 1:51.98.

In one of the most exciting races of the competition, Westminster's David Gesacion won the 200 fly by 2-hundredths of a second in 1:54.89 over defending champ Bradley Algieri of Findlay. In the 100 fly, senior Maxim Ivanov brought home the second-ever individual title for Campbellsville with his 50.95.

Libor Janek, a freshman at Cumberland, became the first swimmer from his school to win an NAIA event when he won the 200 IM (1:52.79). Janek, a Czech Republic native who had been a high school exchange student in Florida last year, also won the 400 IM (4:03.21).

Troy Rappleye, a Central Washington freshman, won both the 1-meter (355.70) and the 3-meter (383.40) diving events. His win in the 1-meter ended a string of four straight Simon Fraser wins. ■

—By Judy Jacob

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Still Incredible

Indian River increased its men's NJCAA title streak to 24, the longest of any college sport in the country, while its women have now won 16 straight championships.

After the National Junior College Championships March 4-7 at Erie Community College's Flickinger Aquatic Center in Buffalo, N.Y., Indian River Coach Chris Ip commented, "Our student-athletes really pulled together for an outstanding performance." That would be an understatement.

The Pioneers increased their incredible consecutive title streak to 24, the longest of any college sport in the country. They beat Broward 708 to 476, with Vincennes finishing third at 257.

The Lady Pioneers have an impressive streak of their own, having won 16 straight championships (20 overall). They scored 706.5 points to best Broward at 402 and Vincennes with 228.

The quality and depth of junior college swimming in general is on the rise as well, says Ip, who was named men's coach of the year for the eighth time and was selected women's coach of the year for the first time. "The meet was strong on both the men's and women's sides," as evidenced by 15 NJCAA records broken at this year's meet. "The quality of the other teams is improving, too, and more teams are trying to compete at NJCAAs."

Women's Events

Teresa Moodie of Vincennes captured Swimmer of the Year honors for the second year in a row on the strength of her three individual wins and two NJCAA records. She duplicated her wins from last year, taking the 50 free in 23.56, the 100 in a record 50.25 and the 100 fly in 56.76. She also added another gold medal in the meet's opening event, the 200 freestyle relay, where she led off in 23.53 en route to her team's 1:40.30 victory.

She bettered her own 50.63 mark in the 100 free and improved upon her 23.55 standard in the 50 with a 23.44 in prelims. Her butterfly performance came within 13-hundredths of the 21-year-old NJCAA record set by Indian River's Deena Deardurff in 1977.

The Indian River Lady Pioneers, however, had the lion's share



Teresa Moodie of Vincennes won four events (three individual) and set two NJCAA records on her way to winning female Swimmer of the Year honors for the second straight year. In that time, she's won seven events and has broken six records.

of individual and relay winners.

Freshman Veronika Frolova won both breaststroke events, handily defeating teammate and last year's double-event champion, Martine Janssen, with times of 1:04.71 and 2:22.56. Frolova's classmate, Trisha Prather, set two NJCAA marks in the 100 back. She first broke IRCC's Jamie Dawson's 57.57 record from 1987 with her 57.55 relay leadoff, then lowered that to 57.16 in the individual event final.

Three other Indian River freshmen won events. Vicky Barnes won the 200 fly in 2:13.87, Magdalena Modelska took the 200 IM in 2:09.29, and Jamie McCarthy came out on top in the 400 IM with a 4:40.51.

Sophomores Jocelyne Orr and Tanya Gurr also contributed wins to the Indian River cause. Orr, a double champ last year in the 500 and 1650, settled for a win in the mile with her 17:47.91. Gurr bettered the NJCAA mark of 1:50.34 in the 200 free, set by IRCC's Yvette Robling in 1992, when she led off the 800 free relay in 1:49.55. She took top honors in the individual event as well (1:49.74).

Records seemed to keep falling for Indian River, as they set six of the nine women's standards. Three of those records came in the relays, all of which were previously set last year by the Lady Pioneers. The 400 medley quartet lowered the record by 2-hundredths to 3:53.35; the 200 medley relay was clocked in 1:46.86, smashing the previous standard of 1:48.86; and the 400 free relay time of 3:29.63 bettered last year's 3:30.97. Indian River also won the 800 free relay in 7:42.73.

The only school to claim a national champion other than Indian

River and Vincennes was Broward, which returned home with four titles. Freshman Brianna Gerrity set an NJCAA record in the 200 back with her 2:03.75, wiping out the previous mark of 2:04.51 by Indian River's Nancy Chapman in 1991. She also captured the 500 free in 5:02.02.

Kazi Murr was another Broward double champion, claiming both diving events with scores of 458.85 in the 1-meter and 838.10 in the 3-meter.

Men's Events

Of the 20 events contested among the men, Indian River captured 15. Of the six records broken, the Pioneers set them all.

The team was led by second-time Swimmer of the Year Marcin Malinski. In the 200 IM, he lowered the NJCAA record he set last year from 1:47.78 to 1:47.68. The native of Gdynia, Poland was victorious for the second straight year in the 400 IM as well, swimming a 3:49.12. He also won the 200 breast (1:59.38) over last year's champ, teammate Herman Louw (2:00.32). The South African, however, was successful in his title defense of the 100 breast with his 55.53.

Louw also set NJCAA records in leading off two of Indian River's five winning relays. In the 400 free relay, Louw led off in 44.15, bettering Julio Santos' 1996 record of 44.43. The relay won in 2:59.03.

In the 800 free relay, Louw's 200 leadoff split of 1:37.55 bettered the 1989 mark of 1:38.88 by Indian River's Todd Griner. Three legs later, Indian River had also smashed IRCC's 1988 standard of 6:43.15 with its 6:39.52.

Another relay record was bettered in the 200 medley. Indian River's 1:31.08 bettered the 1993 IRCC mark of 1:32.98. The Pioneers also just missed breaking the 400 medley record by 12-hundredths with their 3:22.06 and the 200 freestyle record by 11-hundredths with their 1:21.76.

Chris Hussey, an Indian River sophomore, set an NJCAA mark in the 50 with his winning 20.10, a considerable improvement from his fourth-place finish last year of 21.54. That erased another of Santos' 1996 marks (20.13). Hussey also took first in the 100 free (44.53) and placed second to teammate J.P. Richard in the 200 free (1:39.77). The two were part of a 1-2-3-4 IRCC sweep in the 200.

Venezuelan Ricardo Monasterio took care of the distance freestyle events for Indian River. The freshman won the 500 in 4:25.10 and the 1650 in 15:06.49.

Both butterfly champions showed significant improvement on their times from last year. Indian River sophomore Zac Mueller was victorious in the 100 fly (50.68) after last year's fourth-place finish (52.13). Broward's Sevket Yapar, last year's 100 fly champ, topped



Indian River's Marcin Malinski was another second-time Swimmer of the Year honoree. He won six events (three individual), lowered his own NJCAA record in the 200 IM and was part of a record-setting relay. Malinski finished his junior college career with 13 gold medals (six individual) and 10 records.

the field in the 200 fly (1:53.11) after placing third in 1997 (1:54.70).

The backstroke events were won by non-IRCC swimmers. College of DuPage's Bryan Bateman captured

the 100 (50.54), while Broward's Can Kulduc took the 200 (1:50.67).

Broward added two more gold medals via Kenny Love, who won both diving events with scores of 983.25 for the 1-meter and 564.40 for the 3-meter. ■ —By Judy Jacob

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For the Record

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NATIONAL

PHILLIPS 66 NATIONAL CHAMPIONSHIPS
University of Minnesota
Minneapolis, Minnesota
April 1-5, 1998 (50 M)

Please visit our web site at
<http://www.swiminfo.com> for
complete results.

FINAL TEAM STANDINGS

Combined	
410	Bolles School Sharks
338	Terrapins
307	Univ. of Minnesota
285.5	Foxcatcher
169	Lake Erie Silver Dolphins
Women	
296	Bolles School Sharks
195	Terrapins
166	Lake Erie Silver Dolphins
160	Foxcatcher
137	Walnut Creek Aquabears
Men	
238	Univ. of Minnesota
143	Terrapins
125.5	Foxcatcher
114	Bolles School Sharks
110	Univ. of So. California

WOMEN 50 FREE

25.54	Ashley Tappin, HILL
25.75	Nicole DeMan, WCAB
26.14	Lacey Boutwell, NOB
26.18	Alison Shepherd, GBR
26.43	Kelly Bennett, GILL
26.54	Amber Drake, UNAT
26.54	Julie Bates, AGGIE
26.93	Brooke Davey, NEW

26.02	Marisha Stawiski, Unat.
26.55	Lori Thomas, PAT
26.68	M. Engelsman, Unat.
26.69	S. Bereknyei, WCAB
26.70	Kristy Begin, VAST
26.73	Alyson Terry, TSUN
26.74	Maritza Correa, BSTC
27.28	Lauren Moore, WYW

100 FREE

55.28	Ashley Tappin, HOT
56.47	Richelle Fox, UNC
56.55	Sarah Tolar, PSC
56.58	S. Bereknyei, WCAB
57.13	Karen Pickering, GBR
57.40	Amy Van Dyken, Unat.
57.78	Lacey Boutwell, NOB
57.86	Nicole DeMan, WCAB

57.73	Amber Crake, Unat.
57.76	Maritza Correa, BSTC
57.91	Alison Shepherd, GBR
57.96	Jenny Hennen, MINN
58.07	Carly Geehr, ROSE
58.11	Tami Ransom, CM
58.24	Kristy Begin, VAST
58.31	M. Engelsman, Unat.

200 FREE

2:01.99	Ashley Tappin, HILL
2:02.19	Ashley Whitney, BSS
2:02.33	Sarah Tolar, PSC
2:02.36	Diana Munz, LESD
2:03.28	Julia Stowers, PACK
2:03.32	Carly Geehr, ROSE
2:03.66	Katie Zimbone, MBM
2:04.70	Jessica Foschi, LIAC

2:03.94	Janelle Atkinson, BSS
---------	-----------------------

2:04.12	Maritza Correa, BSTC
2:04.32	Jessica Hayes, NOVA
2:04.37	Cara Lane, MECK
2:04.49	Karen Pickering, GBR
2:05.22	C. Connell, SQST
2:07.25	Tanica Jamison, TERA
2:07.71	Ginny Johnson, BSS

400 FREE

4:12.05	Diana Munz, LESD
4:14.95	Julia Stowers, PACK
4:15.97	Janelle Atkinson, BSS
4:16.39	Ashley Whitney, BSS
4:17.78	Jamie Cail, GWSC
4:18.33	Cara Lane, MECK
4:18.40	Becky Wilson, FWA
4:20.51	Melissa Deary, BSS

4:18.76	Ginny Johnson, BSS
4:19.53	Katie Zimbone, MBM
4:19.55	Caroline Burns, DYNA
4:19.58	Brooke Bennett, BSTC
4:20.52	Julie Hardt, RENO
4:20.68	Jean Lee, BSTC
4:21.76	Jessica Foschi, LIAC
4:23.04	Amy Migawa, CPD

800 FREE

8:35.28	Diana Munz, LESD
8:42.26	Brooke Bennett, BSTC
8:44.44	Janelle Atkinson, BSS
8:45.01	Jamie Cail, GWSC
8:45.64	Cara Lane, MECK
8:46.35	Maddy Crippen, FOX
8:47.15	Caroline Burns, DYNA
8:47.43	Julia Stowers, PACK
8:48.03	Melissa Deary, BSS
8:49.14	Erica Rose, LESD
8:49.61	Becky Wilson, FWA
8:50.28	Jenny Lees, PLS

8:51.63	Ginny Johnson, BSS
8:51.93	Ashley Whitney, BSS
8:52.74	Jean Lee, BSTC
8:53.33	Katie Zimbone, MBM

1500 FREE

16:20.93	Diana Munz, LESD
16:35.23	Jamie Cail, GWSC
16:38.66	Erica Rose, LESD
16:46.94	Caroline Burns, DYNA
16:47.24	Cara Lane, MECK

16:47.78	Becky Wilson, FWA
16:51.53	Melissa Deary, BSS
16:53.86	Andie Seels, PSCS
16:55.03	Marisa Watts, SJA
16:55.48	Julia Stowers, PACK
16:55.69	Anna Strohl, LESD
16:56.51	Janelle Atkinson, BSS
16:58.48	Meredith Glenn, NCAC
17:00.18	J. Tannhauser, SHILS
17:02.36	Julie Hardt, RENO
17:02.52	Katie Gordon, YTAT

100 BACK

1:03.06	Jamie Reid, PAC
1:03.28	Shelly Ripple, BTAC
1:03.71	Katy Sexton, GBR
1:03.96	Lauren Stinnett, CUBU
1:04.43	Erin Maher, TERA
1:04.68	Christine Keller, CAC
1:04.76	Emily Plummer, WCAB
1:05.25	Mary B. Mounce, ATAC

1:05.09	Andrea Finlay, DACA
1:05.20	Lindsay Carlberg, CSC
1:05.27	Katie Meyer, FOX
1:05.28	Alletta Huff, SHILS
1:05.45	E. Hetherington, NCAC
1:05.65	M. Hoelzer, SCST
1:05.74	J. McDougall, TTSC
1:05.91	Jessica Hayes, NOVA

200 BACK

2:14.16	Natalie Coughlin, TERA
2:15.90	Shelly Ripple, BTAC
2:16.15	Katy Sexton, GBR
2:16.76	Anne Kampe, CW
2:17.27	Mary B. Mounce, ATAC
2:18.64	Alice Henriques, SPIR
2:18.65	Katie Meyer, FOX
2:19.36	E. Hetherington, NCAC

2:17.78	Jamie Reid, PAC
2:18.37	K. Pipes-Neilson, CSUB
2:18.58	Lindsay Carlberg, CSC
2:19.18	Caroline Rush, LAK
2:19.89	Kim Campbell, NCAC
2:20.13	Leanne Cadag, SAC1
2:20.24	Emily Deppa, MINN
2:23.20	Ann Cahoy, MINN

100 BREAST

1:09.42	Megan Quann, PAC
1:09.70	Ashley Roby, ABSC
1:10.32	Staciana Stitts, NOVA
1:11.02	Amanda Beard, NOVA
1:11.15	K. MacGregor, LFSC
1:11.51	Katie Yevak, KCB
1:11.54	S. Jenkins, Unat.
1:12.10	Carly Geehr, ROSE

Consolation Finals

1:11.53	Maggie Bowen, SST
1:11.57	Jenna Street, BSS
1:11.88	Brielle Bovee, BSS
1:12.48	Katie Hathaway, MECK
1:12.64	Janna Brock, ATAC
1:12.90	Nicole DeMan, WCAB
1:13.10	Heidi Earp, GBR
1:13.34	Lindsey Ertter, TCSD

200 BREAST

2:31.12	Katie Yevak, KCB
2:31.18	Jenna Street, BSS
2:32.00	Laura Davis, TERA
2:32.84	Amanda Beard, NOVA
2:33.46	Maggie Bowen, SST
2:35.28	Janna Brock, ATAC
2:35.31	S. Jenkins, Unat.
2:35.56	Shannon Cullen, RST

Consolation Finals

2:33.24	Staciana Stitts, NOVA
2:33.72	Riley Mants, CKSC
2:34.57	Katie Hathaway, MECK
2:34.74	Megan Quann, PAC
2:36.06	Kristen Caverly, NOVA
2:36.16	A. Schuknecht, BEND
2:37.95	C. Crouthamel, SPIR
2:38.11	Heidi Earp, GBR

100 FLY

59.84	Ashley Tappin, HILL
59.98	Richelle Fox, UNC
1:00.98	Natalie Coughlin, TERA
1:01.75	Amy Van Dyken, Unat.
1:02.15	M. Freedman, CUBU
1:02.68	Lauren Stinnett, CUBU
1:03.44	Mary Vogt, RSC
1:03.82	Erica Descenza, ABSC

Consolation Finals

1:02.06	Rachel Komisarz, Unat.
1:02.17	Jenny Hennen, MINN
1:02.21	Clara Ho, MSJA
1:02.45	Jana Krohn, AFOX
1:02.80	Michala Kwasy, FWA
1:03.53	D. Christianson, GILL
1:03.67	Katie Younglove, CCA
1:03.99	S. DeMichelle, TERA

2:12.99	Lauren Stinnett, CUBU
2:14.23	M. Freedman, CUBU
2:14.46	Maddy Crippen, FOX
2:14.80	M. Pedder, GBR
2:15.15	A. Weste-Krieg, SCSC
2:16.15	M. Bosevska, YTAT
2:17.35	Ashley Ellis, BSS
2:17.96	S. DeMichelle, TERA

Consolation Finals

2:16.80	Sarah Allen, NCAC
2:17.10	Kari Peterson, GCAC
2:17.52	Stephanie Tucker, LAK
2:17.55	Katie Younglove, CCA
2:18.33	Jenny Hennen, MINN
2:18.81	Kate Wrenshall, BSS
2:19.42	Margaret Hoelzer, SCS
2:19.77	Clara Ho, MSJA

April 5

2:14.60	Maggie Bowen, SST
2:14.71	Natalie Coughlin, TERA
2:15.63	Maddy Crippen, FOX
2:17.53	Kristine Quana, TROU
2:18.64	Katie Hathaway, MECK
2:18.98	Anne Kampe, CW
2:19.23	Carly Geehr, ROSE
2:19.68	Jessie Carr, FOX

Consolation Finals

2:19.50	Shelly Ripple, BTAC
2:19.69	Ar. Daphnis, SCSC
2:20.31	Katie Yevak, KCB
2:20.41	Ashley Roby, ABSC
2:21.11	Shannon Cullen, RST
2:21.18	Shauna Barnard, NGSV
2:21.55	Julie Messing, KING
2:21.86	Natalie Griffith, CGBD

April 3

4:43.72	Maddy Crippen, FOX
4:47.28	Maggie Bowen, SST
4:48.99	Natalie Coughlin, TERA
4:50.34	Jamie Cail, GWSC
4:51.26	Jessie Carr, FOX
4:51.66	M. Bosevska, YTAT
4:52.08	Erica Rose, LESD
4:52.79	Anne Kampe, CW

Consolation Finals

4:52.33	Katie Yevak, KCB
4:53.52	Katie Hathaway, MECK
4:53.79	A. Schuknecht, BEND
4:54.95	Michala Kwasy, FWA
4:55.13	Amy Migawa, CPD
4:55.98	Shannon Cullen, RST
4:57.65	Ar. Daphnis, SCSC
5:02.88	Julie Hardt, RENO

400 MR

4:17.82	Maggie Bowen, SST
4:17.82	Terrapins
4:18.76	(Coughlin, Davis, DeMichelle, Jamison)
4:18.76	Walnut Creek
4:19.99	Bolles Sharks
4:21.15	Y-Trinity
4:21.17	Bolles Sharks B
4:22.28	Foxcatcher
4:22.51	Minnesota
4:24.86	DeAnza Cupertino
4:25.20	Rockwood
4:27.27	North Carolina Aquatic
4:28.15	Pilot
4:28.34	L. Erie Silver Dolphins
4:29.16	Syracuse B
4:29.88	Syracuse
4:32.89	Merrimack Valley
4:33.26	Pleasanton

400 FR

3:51.83	Maggie Bowen, SST
3:54.03	Bolles Sharks
3:55.45	Terrapins
3:55.68	Pilot
3:55.79	Y-Trinity
3:56.37	Minnesota
3:58.42	Syracuse
3:58.47	Shilshole
3:58.72	Irvine Novaquatics
3:58.82	Bolles Sharks B
3:59.21	L. Erie Silver Dolphins
3:59.84	Santa Clara
4:00.32	Pleasanton
4:02.18	DeAnza Cupertino
4:02.99	North Carolina Aquatic
4:03.30	Rockwood

800 FR

8:23.10	Bolles Sharks
8:26.60	(Johnson, Hastings, Whitney, Deary)
8:26.60	Y-Trinity
8:27.63	Pleasanton
8:28.64	Pilot
8:29.37	L. Erie Silver Dolphins

8:29.72	Foxcatcher
8:29.99	Terrapins
8:30.93	Bolles Sharks B
8:31.37	Santa Clara
8:35.03	Shilshole
8:35.51	Brandon Blue Wave
8:35.89	Irvine Novaquatics
8:38.25	North Carolina Aquatic
8:38.29	Rockwood
8:48.35	North Carolina Aquatic
8:48.35	Syracuse

MEN

50 FREE

22.40	Gary Hall, Jr., PSC
22.61	Matt Busbee, AUB
22.78	Bart Kizierowski, Unat.
23.11	David Fox, NCAC
23.26	John Miranda, TERA
23.30	B. Schindler, MINN
23.35	Bryan Jones, TXAQ
23.40	Ricky Busquets, WCAB

Consolation Finals

23.40	Dan Phillips, Unat.
23.41	Joseph Novak, Unat.
23.63	Anthony Ervin, CANY
23.66	Jarod Schroeder, NIU
23.72	Scott Greenwood, USC
23.73	Jeremy Riens, MINN
23.77	Jason Cott, WTRC
23.83	Gered Doherty, COL

100 FREE

49.60	Gary Hall, Jr., PSC
50.11	Bart Kizierowski, Unat.
50.39	Bryan Jones, TXAQ
51.28	John Cahoy, MINN
51.43	John Miranda, TERA
51.46	Dan Phillips, Unat.
51.58	Jarod Schroeder, NIU
51.73	B. Schumacher, TIGR

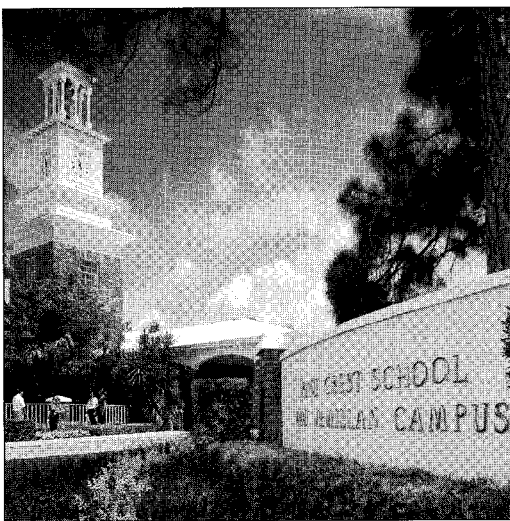
Consolation Finals

51.15	Josh Davis, TXAQ
51.56	Ricky Busquets, WCAB
51.67	Joseph Novak, Unat.
51.80	Anthony Ervin, CANY
51.99	Jeremy Riens, MINN
52.05	Marc Kincaid, NAPA
52.11	Glenn Counts, Unat.
52.27	Nate Boyle, AVST

200 FREE

8:24.81	Byron Coyle, MECK	2:02.78	Aaron Peirsol, NOVA	2:23.71	Nicholas Kaschik, PAA	2:06.26	Gordon Kozulj, Unat.	4:07.29	Oak Park Swimmers	324	Foxcatcher
8:24.96	Richard Hall, PSC	2:04.08	Simon Millits, GBR	2:27.44	Mark Gangloff, FIRE	2:07.62	Ryan Lusk, BSS	4:12.60	Rockwood	316	Silver Dolphins
1500 FREE April 5				100 FLY				400 FR		292	Carmel
	Timed Finals			April 4				April 3		258	Bernal's Gators
15:26.17	Chris Thompson, MICH	2:03.18	Bart Sikora, Unat.	54.17	Martin Zielinski, MINN	2:06.71	R. Sirisanont, Unat.	3:26.92	USC		Women
15:30.65	Erik Vendt, OSS	2:04.24	Marc Lindsay, DAOS	54.27	Honza Vitazka, Unat.	2:06.82	Tommy Hannan, EST		(Woodward, Awbrey, Greenwood, Williams)	263	Silver Dolphins
15:41.33	Matt Hooper, AAAA	2:05.05	Alex Lim, BSS	54.50	Mike Williams, USC	2:07.03	Nicholas Kaschik, PAA		Minnesota	221	Scarlet
15:41.70	Steve McLeod, MVN	2:06.56	Guy Yimsooruay, FOX	54.77	Ben Brink, ECSC	2:08.09	Ben Brink, ECSC	3:28.13	Terrapins	187	Bernal's Gators
15:45.21	Mark Warkentin, BUEN	2:06.56	Dave Hartzel, FOX	54.96	S. Muhammad, SCSC	2:08.10	K. Hampleman, DUKE	3:30.82	Maryland	174	Carmel
15:47.17	Tim Siciliano, NCA	2:07.25	Markus Rogan, CUBU	54.98	John Cahoy, MINN	2:08.59	Alex Silver, BEARS	3:30.93	Minnesota B	159	Peddle
15:52.42	Brian Soria, IHAC	2:07.78	Chris Helin, TVSC	56.02	Dan Lindstrom, Unat.	2:09.46	Guy Yimsooruay, FOX	3:31.98	North Coast		Men
15:54.07	Eric Donnelly, SWIMFL	100 BREAST April 4		56.14	Kevin Evans, GCSTO	400 IM		3:33.10	Bolles School Sharks	239	Peddle
15:54.79	Ogve Hartzel, FOX	Championship Finals						3:33.50	St. Johns	198	Lake Country
15:56.26	Glenn Hudson, GBR	1:01.87	Jeremy Linn, Unat.	54.91	Bart Kizierowski, Unat.	4:16.39	Tom Dolan, Unat.	3:33.72	Syracuse	185	Foxcatcher
16:05.70	Brendan Nelligan, LIAC	1:01.96	Patrick Fowler, BC	55.43	Tommy Hannan, EST	4:22.49	Steven Brown, RENO	3:34.82	Curl-Burke	118	Carmel
16:07.40	William Bishop, MINN	1:03.37	Ed Moses, CUBU	55.61	Joel Shapiro, Unat.	4:23.19	Erik Vendt, OSS	3:35.81	Cincinnati Marlins	112	Long Island
16:07.62	Frank Byskov, Unat.	1:03.56	M. Noment, Unat.	55.81	Andy Haidmyak, SST	4:23.64	Robert Margalis, CAT	3:36.68	Oak Park Swimmers		WOMEN
16:07.99	Jim Pullin, LESD	1:03.73	Christian Bahr, BSS	55.84	Tom Zanetti, SYRA	4:26.04	Joey Montague, CFSC	3:37.79	St. Johns	50 FREE	March 28
16:08.78	Mike Wheeler, EST	1:04.14	W. Shelchik, Unat.	55.93	Joseph Novak, Unat.	4:27.72	Eric Donnelly, SWIMFL	3:40.59	Rockwood	23.78	M. Hillenmeyer, CSC
16:11.36	Kris Caisse, BSS	1:04.72	J. McDonnell, CFSC	56.28	Mike Gausman, TERA	4:28.65	K. Hampleman, DUKE	3:42.39	Rockwood	23.87	Colleen Rambasek, DR
		1:05.21	Kyle Salyards, LAC	56.37	Bret Awbrey, USC	4:31.78		800 FR		24.02	Meghan Pearl, FOX
				200 FLY				April 4		24.04	M. Medendorp, LC
								Timed Finals		24.07	Katie Cline, GREEN
100 BACK April 4		1:03.63	Bobby Middleton, PST	1:58.92	Steven Brown, RENO	4:26.47	Matt Hooper, AAAA	7:43.04	Minnesota	24.17	Katie West, DR
Championship Finals		1:04.20	Barry Wynn, ABSC	2:01.06	Bret Awbrey, USC	4:27.99	William Bishop, MINN		(Cahoy, Carison, Riens, Bishop)	24.19	Tracy Egnatuk, ALB
55.54	Robert Brewer, Unat.	1:04.53	Vilmos Kovacs, PURD	2:01.12	A. Livingston, CFSC	4:28.52	Gabe Lindsey, Unat.	7:43.15	Terrapins	24.32	Erin Beesley, CGAC
56.43	Tommy Hannan, EST	1:04.65	Scott Grayson, MD	2:01.21	Mike Gausman, TERA	4:31.04	Kyle Salyards, LAC	7:44.41	Bolles School Sharks		100 FREE
56.55	B. Bridgewater, TROJ	1:04.77	Paul Domer, SCHY	2:02.37	Jeff Dash, SA	4:32.13	R. Sirisanont, Unat.	7:50.28	USC	March 25	
56.66	Adam Ruckwood, GBR	1:05.41	Mark Gangloff, FIRE	2:03.49	Yoav Meiri, MINN	4:32.98	T. Kinugasa, GBR	7:50.81	Minnesota B	51.66	Jessica Foxchi, LIAC
56.91	Alex Lim, BSS	1:06.03	Ilia Mikhailov, SYRA	2:03.78	Cameron Mill, Unat.	4:35.11	Justin Rossi, TERA	7:54.15	North Coast	51.68	Lindsay Hoban, MBM
57.02	Gordon Kozulj, Unat.	1:06.08	Landon Harris, SA	DQ	Paul Ely, THSC	4:39.26	James Salazar, HUNT	7:54.15	Foxcatcher	51.96	Kelly Bowman, SUFF
57.49	Tom Tracey, FOX							7:55.35	Cincinnati Marlins	52.01	Brooke Davey, NEW
58.38	Michael Gilliam, Unat.							8:01.94	Rockwood	52.09	Katie Wise, LESD
	Consolation Finals							8:03.91	Syracuse	52.20	Emily Grant, ASPG
57.20	S. Muhammad, SCSC	200 BREAST April 2		2:03.76	Andy Haidmyak, SST	400 MR		8:04.44	Maryland	52.48	Rachel Johnson, PED
57.32	Bart Sikora, Unat.	Championship Finals		2:04.08	Christian Cantwell, JW	3:52.54		8:08.97	St. Johns	52.66	Molly O'Connor, Unat.
57.46	Marc Lindsay, DAOS	2:16.16	Patrick Fowler, BC	2:04.45	Joel Shapiro, Unat.					200 FREE	March 26
57.59	Randall Bai, CCA	2:17.88	W. Shelchik, Unat.	2:04.78	Joey Montague, CFSC					1:51.02	Lacey Boutwell, NOB
58.44	Josko Vocetic, SYRA	2:18.30	Vilmos Kovacs, PURD	2:05.61	Tim Barry, TOPS					1:51.27	Erin Miffitt, TPIT
58.68	Simon Millits, GBR	2:18.48	Kyle Salyards, LAC	2:05.62	Tim Haley, CSC	3:53.13	Foxcatcher			1:51.38	Wendy Brown, BGSC
59.01	John Spaziano, TAR	2:19.19	R. Sirisanont, Unat.	2:06.74	Brendan Coyne, BSL	3:53.74	Bolles School Sharks			1:51.82	Kelly Bowman, SUFF
59.10	Aaron Peirsol, NOVA	2:19.78	Justin Rhine, YAT	2:07.06	Michael Fuller, UVA	3:54.54	Curl-Burke			1:51.87	Lindsay Hoban, MBM
200 BACK April 2		2:22.31	Barry Wynn, ABSC	200 IM		3:56.99	Minnesota B			1:52.27	Ann-M. Casperite, JW
Championship Finals						3:58.88	Cincinnati Marlins			1:52.62	Whitney Myers, MVLV
2:00.50	Gordon Kozulj, Unat.	2:21.48	Jason Gillespie, FOX	2:01.61	Tom Dolan, Unat.	3:59.45	Terrapins			1:54.07	K. Sendrowski, LIAC
2:01.11	B. Bridgewater, TROJ	2:21.90	Paul Domer, SCHY	2:02.63	Ron Karnaugh, FOX	3:59.57	Walnut Creek			500 FREE	March 27
2:01.81	Adam Ruckwood, GBR	2:22.42	Ed Moses, CUBU	2:04.52	Honza Vitazka, Unat.	4:03.38	North Coast			4:50.66*	Anna Strohl, LESD
2:01.86	Dan Shevchik, WYW	2:22.42	Nicholas Tobler, RIO	2:04.87	Steven Brown, RENO	4:05.90	Mid-Cities Arlington			4:51.39	Shelly Klaus, LESD
2:02.62	K. Hampleman, DUKE	2:23.19	Kevin Goh, UMBC	2:04.89	Joey Montague, CFSC	4:06.71	Fairport Area				
2:02.69	R. Bryce Hunt, TSAC	2:23.28		2:04.99	Tony Kurth, CW						

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For the Record



Peddie Aquatics—Junior Championships-Northeast combined and men's champion.

4:52.90	Erin Millett, TPIT	2:04.79	Kim Fiore, CDEV
4:55.24	M. Loehndorf, GERM	2:06.87	Kristy Martin, GREEN
4:55.34	Sally Anderson, SAC	2:07.37	Gwen Haley, CSC
4:56.51	Lori Eberwein, FOX	200 IM March 28	
4:56.72	K. Mikelonis, LEAD	2:04.72*	S. Arsenault, GREEN
4:56.82	Lyndsay Wolf, Unat.	2:05.33	Rachel Johnson, PED
1000 FREE March 24		2:05.37	Wendy Brown, BGSC
9:55.21*	Sally Anderson, SAC	2:05.98	Jennifer Skolaski, BD
9:57.46	Shelly Klaus, LEAD	2:06.08	Katie Wilbur, BAC
9:58.61	M. Loehndorf, GERM	2:06.71	Kristy Martin, GREEN
10:00.04	Lyndsay Wolf, Unat.	2:06.72	Jane Evans, BD
10:04.19	K. Mikelonis, LEAD	2:07.88	Laura Swander, CGA
10:05.90	Jenna Hough, TPIT	400 IM March 26	
10:06.08	Cristin Brennan, MID	4:19.99*	Erin Gorlesky, FWA
16:06.49	Jamie D'Agostino, BSC	4:21.72	Kristy Martin, GREEN
1650 FREE March 28		4:22.40	Rachel Johnson, PED
16:25.16*	Shelly Klaus, LEAD	4:23.99	Kristel Haesler, JW
16:40.98	M. Loehndorf, GERM	4:27.54	Gwen Haley, CSC
16:43.21	Sally Anderson, SAC	4:27.69	Sarah Bowman, CDEV
16:45.86	Jamie D'Agostino, BSC	4:27.91	Jackie Martin, NJW
16:51.35	K. Mikelonis, LEAD	4:29.42	Brie Kelly, SQST
16:55.75	Debbie James, BAC	400 MR March 28	
16:57.82	Lauren Torpey, LEAD	3:50.40	Bernal's Gators (Thomas, Kostopoulos, Fraser, Brown)
16:58.58	Julie Kern, SPAR	3:52.97	Carmel
100 BACK March 27		3:53.27	Scarlet
55.67*	Sarah Wanezek, ELM	3:53.67	Peddie
56.43	S. Arsenault, GREEN	3:53.99	Delaware
56.84	S. Crimon, CEDAR	3:55.04	Long Island AC
57.20	Lisa Battaglia, AFS	3:55.17	Marist
57.43	Sara Jackson, AFS	3:57.47	Foxcatcher
57.49	M. Thomas, BGSC	400 FR March 26	
57.62	Karen Ching, SHAW	3:28.81	Bernal's Gators (Brown, Dowpiert, Thomas, Fraser)
57.95	Erin Smith, PACK	3:29.35	Jersey Wahoos
200 BACK March 25		3:29.89	L. Erie Silver Dolphins
1:59.80*	S. Arsenault, GREEN	3:30.59	Carmel
2:00.47	E. Mulshenock, SQST	3:30.60	Long Island AC
2:01.02	Lacey Boutwell, NOB	3:31.45	Delaware
2:01.30	Erin Millett, TPIT	3:31.47	Center Grove
2:02.95	Wendy Brown, BGSC	3:31.64	Scarlet
2:03.14	Shelly Klaus, LEAD	800 FR March 27	
2:03.30	Lisa Battaglia, AFS	7:31.39	Scarlet (Muldoon, Anderson, Barnett, Vance)
2:03.66	Abbie Davies, PED	7:31.93	L. Erie Silver Dolphins
100 BREAST March 27		7:32.23	Foxcatcher
1:04.34	Kammy Miller, PAQ	7:32.95	Jersey Wahoos
1:04.80	Erica DeBenedetto, LIE	7:35.26	Mass Bay Marlins
1:05.14	Kristen Zeimet, TIT	7:36.57	Delaware
1:05.39	Sarah Bowman, CGA	7:36.83	Carmel
1:05.66	Megan Geers, GCSTO	7:39.32	Long Island AC
1:05.71	A. Kostopoulos, BGSC		
1:05.78	C. Johnston, WEX		
1:05.82	Kiersten Creran, JW		
200 BREAST March 25			
2:17.85	Amber Johnston, ENF		
2:18.44	Lauren Duerk, DEF		
2:19.05	Jessica Foschi, LIAC		
2:19.60	J. Gephart, SCAR		
2:20.21	Kristy Martin, GREEN		
2:22.17	Jane Evans, BD		
2:22.20	A. Kostopoulos, BGSC		
2:22.20	Annie Mantey, MSC		
100 FLY March 27			
56.06*	S. Arsenault, GREEN		
56.32	L. Henahan, WIRON		
56.37	Jen Eberst, SCH		
56.38	Lauren Schwartz, PED		
56.46	Jenny Fraas, BPR		
56.71	Kim Fiore, CDEV		
56.85	Connie Brown, MVP		
57.40	Anna Fraser, BGSC		
200 FLY March 25			
2:03.00	Sarah Bowman, CDEV		
2:03.76	Erica Watts, CSC		
2:03.90	Lauren Schwartz, PED		
2:04.17	Lesley Barnett, SCAR		
2:04.68	Margaret Hirce, FOX		

1:39.20	C. Cunningham, FOX	50.47	Ted Krueger, LC
1:40.44	Will Bernhardt, Unat.	50.61	Jeff Lee, MM
1:40.48	Thiago Biazin, CCSC	50.77	Nicholas Brunelli, OSS
1:40.54	R. Bryson-Barrett, PED	50.89	Bill Kuri, Unat.
1:41.62	Daniel Vitina, TPIT	50.91	Daniel Vitina, TPIT
1:41.86	Jon Duncan, ACST	200 BACK March 25	
1:41.91	Sean Foley, ELM	1:47.06*	C. Cunningham, FOX
1:43.17	Andy Meek, PACK	1:48.38	R. Bryson-Barrett, PED
500 FREE March 27		1:48.82	Daniel Vitina, TPIT
4:28.08	G. Mangieri, MERC	1:48.83	Todd Smolinski, LA
4:28.10	C. Cunningham, FOX	1:50.35	Jeff Lee, MM
4:31.08	Brendan Neligan, LIAC	1:50.72	Jon Karr, DON
4:32.21	Steve Mohr, SHORE	1:50.81	Brink Ciferri, GTAC
4:32.92	Nick Toumanoff, LC	1:50.82	Nicholas Brunelli, OSS
4:34.69	John Cole, NJW	100 BREAST March 27	
4:35.54	Aaron Mahaney, ATL	56.61*	Devin Scanlon, DST
4:38.93	Scott Armstrong, SHY	56.93	G. Kyle Hendricks, PDR
1000 FREE March 24		57.01	Chris Helin, 3VILL
9:12.31*	Brendan Neligan, LIAC	57.04	Terry Pruitt, SUFF
9:14.57	Paul Kirk, LEAD	57.64	Patrick Calhoun, SEY
9:19.69	Aaron Mahaney, ATL	57.66	Chris Brunson, MAD
9:20.43	Steve Mohr, SHORE	57.67	Matt Wilson, DST
9:21.24	C. Cunningham, FOX	58.74	Brian Wood, RAC
9:22.42	Ryan Semels, LIAC	200 BREAST March 25	
9:24.63	Nick Toumanoff, LC	2:00.73*	Mark Gangloff, AF
9:24.68	Scott Armstrong, SHY	2:02.22	Matt Wilson, DST
1650 FREE March 28		2:02.81	G. Kyle Hendricks, PDR
15:31.13*	Brendan Neligan, LIAC	2:03.91	Chris Helin, 3VILL
15:33.29	Paul Kirk, LEAD	2:05.30	Andy Kopacz, LC
15:33.38	David Pelegrimas, FOX	2:05.60	Jim Kanak, POS
15:41.47	Steve Mohr, SHORE	2:05.73	M. Gentiluoci, DST
15:44.83	John Kenny, FOX	2:06.85	Brian Neuman, LC
15:45.63	Nick Toumanoff, LC	100 FLY March 27	
15:46.75	John Cole, NJW	49.36*	Jesse Gage, SUFF
15:50.66	Kevin Mulgrew, OSS	50.07	Jon Duncan, ACST
100 BACK March 27		50.10	Matthew Stone, OPTW
50.15*	Will Bernhardt, Unat.	50.12	Christian Cantwell, JW
50.20	Todd Smolinski, LC	50.17	Sebastian Moity, MERC
50.31	R. Bryson-Barrett, PED	50.58	Tim Haley, CSC
		50.70	C. Binting, VACA

51.00	C. de la Cruz, NYCM	FINAL TEAM STANDINGS	
200 FLY March 25		Combined	
1:50.79	Heath Novak, JCCS	497	SwimAtlanta
1:50.93	Tim Corcoran, WYW	473	Bolles Sharks
1:50.99	Aaron Mahaney, ATL	325.5	Curl-Burke
1:51.07	Sebastien Moity, MERC	319	Dynamo
1:51.20	George Wilkinson, JW	232	Mecklenburg
1:51.35	Justin Doty, FWA	232	Fort Lauderdale
1:52.29	David Pelegrimas, FOX		Women
1:53.39	Forrest Kennedy, CM	268	SwimAtlanta
200 IM March 28		192	Rockville-Montgomery
1:51.93	Tim Haley, CSC	179	Rockwood
1:51.98	John Carroll, GTAC	168	Dynamo
1:52.74	Andy Kopacz, LC	151	The Woodlands
1:52.80	Will Bernhardt, Unat.		Men
1:53.21	Daniel Vitina, TPIT	358	Bolles Sharks
1:53.34	Eric Mitchell, MKM	311.5	Curl-Burke
1:53.43	Mark Gangloff, AF	229	SwimAtlanta
1:53.69	Brink Ciferri, GTAC	155	Nashville
1:53.70*	Chris Helin, 3VILL	151	Dynamo
3:56.47	Tim Haley, CSC		WOMEN
3:59.95	Brink Ciferri, GTAC	50 FREE March 28	
4:00.88	Brendan Neligan, LIAC	23.70	Mandy Mularz, BMAC
4:01.05	Steve Mohr, SHORE	23.72	Megan Roesch, RAC
4:04.37	Heath Novak, JCCS	23.82	Paige Nath, WICH
4:05.09	Mark Gangloff, AF	23.85	Carrie Ellis, BSC
DQ	Matt Wilson, DST	23.90	Mark Hughes, BTAC
400 MR March 28		23.93	Valerie Langley, TWST
3:25.94	Peddie (Bryson-Barrett, Gale, Kaschik, Ciccarelli)	23.95	J. Krossman, KATY
		24.01	Kathy Echivern, WICH
		100 FREE March 25	
		51.12	Julie Hughes, BTAC
		51.17	Paige Nath, WICH
		51.48	Laura Hancock, GCAC
		51.49	Diane Tension, ALL
		51.74	Megan Welsh, FLST
		51.83	Katie Meika, SA
		51.87	Megan Roesch, RAC
		51.94	B. Lavigno, DYNA
		200 FREE March 26	
		1:50.13	Diane Tension, ALL
		1:50.45	Casey Mucha, JCS
		1:50.70	Jaime Ellis, TWST
		1:50.74	Mandy Horn, KCB
		1:51.19	Elizabeth Dwors, FLST
		1:51.78	B. Lavigno, DYNA
		1:52.71	Laura Hancock, GCAC
		1:51.87	Kristen Brennan, STC
		500 FREE March 27	
		4:51.51	Megan Riddle, NBAC
		4:53.00	Leigh Sanders, MOUN
		4:53.72	Vanessa Grass, LFSC
		4:55.01	Rachael Burke, RMSC
		4:55.02	Kathy Danforth, NBAC
		4:56.02	Jennifer Walcott, FSTR
		4:57.69	Laura Cross, PKWY
		1000 FREE March 24	
		9:54.09	Leigh Sanders, MOUN
		9:56.58	Jaime Ellis, TWST
		9:57.24	Rachael Burke, RMSC
		10:02.45	Melissa Bartlett, RMSC
		10:02.66	N. Schreiber, PCSC
		10:04.00	Amy Baly, DYNA
		10:07.26	Elizabeth Dwors, FLST
		10:08.38	Nicole Ebert, TWST
		1650 FREE March 28	
		16:34.84	Leigh Sanders, MOUN
		16:39.12	Rachael Burke, RMSC
		16:41.76	Jaime Ellis, TWST
		16:42.13	Melissa Bartlett, RMSC

SPEEDO JUNIOR CHAMPIONSHIPS-SE Charlotte, North Carolina March 24-28, 1998 (25 YD)

* Jr. Champ. SE Record
** Jr. Championship Record



SwimAtlanta—Junior Championships-Southeast combined and women's champion.

16:44.37 Elizabeth Dwors, FLST
 16:50.04 Amy Baly, DYNA
 16:51.32 Catherine Blaney, SC
 16:51.89 Susan Walker, AOT
100 BACK March 27
 56.38 Taylor Spivey, SA
 56.47 Katie Melka, SA
 56.98 Julie Manitt, SA
 57.08 Kathy Echiverri, WICH
 57.18 E. Hetherington, NCAC
 57.21 Kim Campbell, NCAC
 57.68 Kelley Robins, HCAQ
 57.85 C. Timmons, FLAO
200 BACK March 25
 1:59.42* B. Lindberg, OCCO
 2:00.38 Taylor Ruby, BSS
 2:00.41 Allison Czmarko, ROCK
 2:01.59 Jaime Ellis, TWST
 2:01.64 Kim Scarborough, PAQ
 2:02.05 C. Timmons, FLAG
 2:03.08 Sarah Wooten, CAT
 2:03.21 Jessica Roberts, HINS
100 BREAST March 27
 1:03.87* Katie Allred, SA
 1:03.91 Kate Keeton, EST
 1:04.52 Marcy Warriner, SUN
 1:04.93 Becky Acker, POS
 1:05.03 Nicole Prather, EDGE
 1:05.03 Cerian Gibbes, BSS
 1:05.03 M. Kosinski, Unat.
 1:05.61 Courtney Capies, TUS
200 BREAST March 25
 2:18.93 Jeana Fucillo, PKWY
 2:19.00 Catherine Bode, NBAC
 2:19.44 Lindsey Prather, EDGE
 2:19.85 Cissy Schepens, AUG
 2:19.95 Virginia Pate, WSY
 2:20.07 Melissa Powell, ST
 2:20.47 Nicole Brannock, NBAC
 2:21.24 Katie Allred, SA
100 FLY March 27
 56.41 Lauren Lubus, ROCK
 56.45 Kelly Weeks, TAR
 56.60 Dawn Coy, SMD
 56.66 Sarah Allen, NCAC
 56.91 Jessica Brosch, RMSC
 56.94 Florence Mauro, LFSC
 57.18 Kimberly Kidd, POS
 57.27 Paige Nath, WICH

200 FLY March 25
 2:01.05* Lauren Lubus, ROCK
 2:02.27 E. Johnston, FTEUS
 2:02.81 Diane Tennyson, ALL
 2:02.87 Vanessa Grass, LFSC
 2:02.94 Rebecca Wolfe, SCAT
 2:03.41 Whitney Phelps, NBAC
 2:04.44 Elaine Lee, COPS
 2:04.48 A. Lawless, SA
200 IM March 28
 2:04.35 Stephanie Buck, ABSC
 2:05.02 Paige Nath, WICH
 2:05.20 Laura Kenney, COPS
 2:05.97 Virginia Pate, WSY
 2:06.00 Morgan Fleming, DYNA
 2:06.09 Laura Hancock, GCAQ
 2:07.40 Shannon Steel, BTA
 2:08.20 Liz Baxter, PILOT
400 IM March 26
 4:19.87* Elizabeth Lavell, NAAC
 4:20.43 Stephanie Buck, ABSC
 4:23.62 Shannon Steel, BTA
 4:23.72 Morgan Fleming, DYNA
 4:24.04 Leslie Hoh, MECK
 4:24.72 Laura Kenney, COPS
 4:27.13 Amy Sickles, MOUN
 4:27.86 Chelsea Hastings, BSS
400 MR March 28
 3:48.73* SwimAtlanta
 (Spivey, Allred, Lawless, Melka)
 Bolles Sharks
 Wichita
 SwimAtlanta B
 Rockville-Montgomery
 Retriever
 Rockwood
 The Woodlands
400 FR March 26
 3:27.89 Fort Lauderdale
 (Gordon, Dwors, Heltz, Welsh)
 Pilot-Knoxville
 SwimAtlanta
 Retriever
 Kansas City Blazers
 The Woodlands
 Rockwood
 Lake Forest

800 FR March 27
 7:30.58 Dynamo
 (Lavinio, Fleming, Halligan, Baly)
 Rockwood
 Mecklenburg
 SwimAtlanta
 Pilot-Knoxville
 North Carolina AC
 Rockville-Montgomery
 Bolles Sharks
MEN 50 FREE March 28
 20.53* Matt Wehhorst, LRA
 Jason Gagnon, SA
 Trent Johnson, CCA
 John Spaziano, TAR
 Ken Moble, NAC
 John Knoxvill, ODAC
 Travis Carver, KCB
 Adam Kennedy, HOMB
100 FREE March 25
 45.08 Luis Rojas, FLST
 45.38 Travis Carver, KCB
 45.46 Matt Brado, CUBU
 45.62 John Pearce, FSTR
 46.02 Zac Moffatt, PCSC
 46.03 Jason Gagnon, SA
 46.06 Trent Johnson, CCA
 46.21 Matt Wehhorst, LRA
200 FREE March 26
 1:38.43* Luis Rojas, FLST
 1:38.49 Travis Carver, KCB
 1:39.35 Greg Long, SOLO
 1:39.48 John Pearce, FSTR
 1:39.97 Matt Sawatzki, NCAC
 1:40.38 Matt Brado, CUBU
 1:41.07 Clay Kirkland, BSS
 1:41.69 Matt Wrenshall, BSS
500 FREE March 27
 4:27.57* Greg Long, SST
 4:29.19 Byron Coyle, MECK
 4:29.28 John Pearce, FSTR
 4:31.15 Matt Sawatzki, NCAC
 4:31.49 Travis Carver, KCB
 4:32.36 Judd Glasco, NOVA
 4:35.82 Clay Kirkland, BSS
 4:37.82 Geoff Lutz, BSS

1000 FREE March 24
 9:16.85 Greg Simpson, MEM
 9:19.47 Evan Nylander, DYNA
 9:20.46 Bryan Rother, PKWY
 9:20.77 Matt Sawatzki, NCAC
 9:22.34 A. McConnell, BSS
 9:23.28 Brian Riley, TWST
 9:23.59 Dan Zurowski, OCCO
 9:24.45 Geoff Lutz, BSS
1650 FREE March 28
 15:27.82 Judd Glasco, NOVA
 15:29.08 Greg Long, SOLO
 15:35.68 Evan Nylander, DYNA
 15:38.68 Stephen Durlay, ROCK
 15:39.96 Matt Sawatzki, NCAC
 15:40.03 Bryan Rother, PKWY
 15:40.25 A. McConnell, BSS
 15:42.85 J. Galloway, FLEET
100 BACK March 27
 49.75* Brad Dilly, SA
 50.46 Markus Rogan, CUBU
 50.60 John Malfatt, KCB
 50.67 Ace Tate, CUBU
 50.88 Chris Kellam, NAC
 51.01 Bran Best, RAC
 51.33 Nick Neckles, BSS
 51.36 Peter Marshall, DYNA
200 BACK March 25
 1:47.67 Brad Dilly, SA
 1:47.75 Omar Fraser, NBAC
 1:48.73 Chris Kellam, NAC
 1:49.99 John Malfatt, KCB
 1:49.99 Andy Cole, MEM
 1:50.45 K. Wiebeck, BSTC
 1:50.88 James Willhite, CUBU
 1:51.61 Ryan Buckham, CUBU
100 BREAST March 27
 54.88** Ed Moses, CUBU
 57.03 Jonathon Baird, NAC
 57.19 Nick Tate, GRAPE
 57.38 Tait Jones, MEM
 57.72 C. Fedorczuk, CUBU
 57.76 John McLaren, ODAC
 57.90 Eugene Kim, WSC
 57.90 Frank Martinez, SA
200 BREAST March 25
 2:00.10* Ed Moses, CUBU
 2:01.95 Tait Jones, MEM
 2:02.99 Jeremy Knowles, KJS

2:03.32 Ian Chadsey, SOLO
 2:03.37 Jordie Proffitt, HENY
 2:03.66 Chris Meyer, ACAD
 2:03.87 Sean Quinn, MECK
 2:03.87 C. Fedorczuk, CUBU
100 FLY March 27
 49.46 Richie Armond, SA
 49.62 Luis Rojas, FLST
 49.93 Rainer Kendrick, BSL
 50.05 Duncan Sherrard, COL
 50.09 Brian Scannell, MECK
 50.20 Jason Gagnon, SA
 50.41 Devin Crock, CUBU
 50.41 John Suchand, LAC
200 FLY March 25
 1:49.96 Duncan Sherrard, COL
 1:50.01 Matt Sopp, DYNA
 1:50.45 Dan Zurowski, OCCO
 1:51.70 Jay Lee, BSS
 1:52.07 John Ritchie, ATOM
 1:52.72 John Suchand, LAC
 1:52.73 Lir Deneig, BMSO
 1:52.87 Kevin Volz, SWIMFL
200 IM March 28
 1:49.84* Luis Rojas, FLST
 1:50.94 Jordie Proffitt, HENY
 1:52.78 Matt Sopp, DYNA
 1:53.12 Nam Nguyen, GPAC
 1:53.66 Jeremy Knowles, KJS
 1:54.88 John Malfatt, KCB
 1:54.93 J. Galloway, FLEET
 1:54.93 Omar Fraser, NBAC
400 IM March 26
 3:57.23 Brian Scannell, MECK
 3:57.72 Jordie Proffitt, HENY
 3:57.90 C. Greenwood, NOVA
 3:58.62 Jeremy Knowles, KJS
 3:59.58 Brandon Cover, BSS
 4:00.60 Chris Meyer, ACAD
 4:00.69 Peter Marshall, DYNA
 4:00.69 Tait Jones, MEM
400 MR March 28
 3:20.06** Rogan 50.33; Moses
 1:44.89; Crock 2:35.01;
 Brado 3:20.06
 SwimAtlanta
 Bolles Sharks
 3:23.11
 3:23.87
 3:24.87
 Nashville

3:26.12 Mecklenburg
 3:26.23 Dynamo
 3:26.55 Curt-Burke B
 3:26.64 Solotar
400 FR March 26
 3:04.06 Bolles Sharks
 (Kirkland, Roberts, Wrenshall, Lee)
 3:04.13 SwimAtlanta
 3:04.92 Bolles Sharks B
 3:05.16 Nashville
 3:05.75 Solotar
 3:06.11 Old Dominion
 3:06.59 Fort Lauderdale
 3:06.65 Pine Crest
800 FR March 27
 6:46.23 Bolles Sharks
 (Kirkland, Roberts, Lee, Molari)
 6:47.30 Curt-Burke
 6:50.42 The Woodlands
 6:50.84 Fort Lauderdale
 6:51.61 Pine Crest
 6:51.76 Memphis Tigers
 6:52.47 Bolles Sharks B
 6:52.82 Nashville

SPEEDO JUNIOR CHAMPIONSHIPS-WEST Grand Forks, N. Dakota March 24-28, 1998 (25 YD)

* Jr. Champ. West Record

FINAL TEAM STANDINGS Combined

442 King Aquatics
 428 Mission Viejo
 339 Walnut Creek
 282 Industry Hills
 253 Bellevue Club
Women
 363 King Aquatics
 241 Irvine Novas
 191 Industry Hills
 187 Walnut Creek
 152 North Coast

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- Team Work
- Service
- Excellence
- Innovation
- Respect

Manager of Aquatics

Responsible for designing, developing, marketing, administering, and evaluating a broad range of high quality aquatic programs; responsible for program scheduling and staff coordination for the aquatics program in a new, innovative healthcare facility. In addition, will be responsible for coaching local, beginning to top level, USS age group swim team. Bachelor of Science in a related field required, minimum of five years experience (at least two in a management position). Previous experience teaching aquatics and familiarity with Red Cross protocol and water safety instruction. Level III ASCA coaching experience preferred. American Swim Coaching Association required.

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For the Record



King Aquatics—Junior Championships-West combined and women's champ.

374	Men	57.70	E. Hassebrook, MOST
166	Mission Viejo	59.50	Lindsay Jansen, SUNT
159	Bellevue Club	200 BACK March 25	
152	Tualatin Hills	2:01.08	Jeri Moss, NOVA
123	Walnut Creek	2:02.32	Jenny Smedstad, CRST
	Scottsdale	2:03.09	C. McCracken, NAO
		2:03.11	Marisa Kozak, BEND
		2:03.55	Amanda Gullick, IHAC
		2:03.86	Rachelle Carano, RENO
		2:04.45	Teressa McRann, SRN
		2:05.34	Julie Ottmar, DUKE
		100 BREAST March 27	
		1:03.28*	Tara Kirk, OLY
		1:04.47	Camdia Byma, NCC
		1:04.59	Connie Jackson, NCC
		1:04.98	Capi Adams, BEND
		1:05.19	Anna Trinidad, CSST
		1:05.75	Melody Staubitz, AZT
		1:05.81	Haley Thompson, KING
		1:06.09	Marisa Wong, Unat.
		200 BREAST March 25	
		2:17.36	Julie Massey, KING
		2:17.46	Sara Crowell, FLD
		2:17.77	Tamber Covington, SIE
		2:19.06	R. Coplin, HEART
		2:19.58	Kaleinani Mahi, SALV
		2:19.66	Alice Orr, RSD
		2:20.00	Marisa Wong, Unat.
		2:22.07	Haley Thompson, KING
		100 FLY March 27	
		55.93	Lindsay Buck, NOVA
		56.37	Dana Kirk, OLY
		56.86	Karin Stender, KING
		57.17	Amber Fuller, YAC
		57.18	Lisa Garcia, ACES
		57.21	A. Nascimonto, WCAB
		57.39	Julie Massey, KING
		57.87	Emily Medina, PULL
		200 FLY March 25	
		2:02.79*	Dana Kirk, OLY
		2:02.88	Lisa Garcia, ACES
		2:03.72	Lindsay Buck, NOVA
		2:03.73	Emily Mason, SCOTT
		2:03.95	A. Nascimonto, WCAB
		2:05.03	A. McDowell, BETT
		2:05.65	B. Loecher, NJEFF
		2:06.70	Lucy Eccleston, TIGER
		200 IM March 28	
		2:02.63*	Julie Massey, KING
		2:06.10	Karin Stender, KING
		2:06.21	B. Loecher, NJEFF
		2:06.31	Melissa Miller, IHAC
		2:06.68	Jie Lee, MVN
		2:06.71	Karyl Johnson, BC
		2:07.01	Rachelle Carano, RENO
		2:07.64	Lisa Garcia, ACES
		400 IM March 26	
		4:21.86	Julie Massey, KING
		4:22.42	J. Beth Schryer, Unat.
		4:23.33	Lisa Garcia, ACES
		4:26.67	Emily Mason, SCOTT
		4:27.27	Karin Stender, KING
		4:28.17	Chelsea Wilde, DUKE
		4:31.42	Erin Calder, IHAC
		DO	Anissa Hilyard, IHAC
		400 MR March 28	
		3:50.76*	King Aquatics (Massey, Thompson, Stender, Ryan)
		3:52.78	Walnut Creek

3:55.51	King Aquatics B
3:56.99	Aces
3:57.28	Industry Hills
3:58.26	Spokane Area
3:58.51	Irvine Novas
3:58.54	Arizona Thunder
400 FR March 26	
3:28.47*	Irvine Novas (Luevano, Hsiao, Volcan, Buck)
3:28.57	Walnut Creek
3:29.01	King Aquatics
3:30.18	Aces
3:31.38	Arizona Thunder
3:31.45	North Coast
3:31.94	Bellevue Club
3:32.20	Twin Cities
800 FR March 27	
7:31.50	Irvine Novas B (Moss, Hsiao, Zehntner, Buck)
7:34.17	Twin Cities
7:35.63	King Aquatics
7:40.52	Walnut Creek
7:40.83	Arizona Marlins
7:42.28	Industry Hills
7:43.14	North Coast
7:43.71	Colorado Springs

9:20.21	B. Vogelgesang, SRV
9:21.34	Eric Dilullo, PASC
9:22.55	Jamie Richardson, ADF
9:23.18	L. Salinas, BUENA
9:23.62	James Thornton, LCAB
15:34.59	Jamie Richardson, ADF
15:37.60	L. Salinas, BUENA
15:42.39	Nathan Emmett, CORV
15:46.19	Joel Everman, Unat.
15:46.34	Andy Schmit, HEART
15:46.40	Carl Hessler, SCSC
15:49.26	Erik Gordon, BC
15:52.90	Juan Veloz, MVN
100 BACK March 27	
50.10	C. Harcasas, BLACK
50.74	Will Eden, SCOTT
50.77	Kris Souther, FOUR
51.00	Mike Tse, GWSC
51.03	Jeff Crews, MULT
51.29	Anthony Ervin, CANY
51.56	Jim Townley, MOST
51.63	Frank Uxa, MVN
200 BACK March 25	
1:47.98	C. Harcasas, BLACK
1:48.84	Jeff Crews, MULT
1:50.20	Blake Soreng, CORV
1:50.25	Trent Staley, THSC
1:51.11	Aaron Silva, SWIMSAC
1:51.19	Matt Sorlien, TIG
1:51.70	B. Vogelgesang, SRV
1:51.88	Will Eden, SCOTT
100 BREAST March 27	
55.98	Bayani Flores, WCAB
56.25	Quentin Byma, NCC
57.36	Alfredo Jacobo, MVN
57.45	Jeff Guyman, BC
58.08	C. Rasmussen, WCAB
58.17	R. Gertenbach, IMP
58.29	M. Luedermilk, WAVE
58.30	Cheyne Bloch, HSC
200 BREAST March 25	
2:02.97	Bayani Flores, WCAB
2:03.35	Guilherme Rego, MVN
2:04.71	R. Gertenbach, IMP
2:05.16	C. Rasmussen, WCAB
2:06.09	Chris Reynolds, THSC
2:06.44	John Hahn, COLO
2:07.58	Matt Kwok, UOH
2:10.12	Kevin Raab, WCAB
100 FLY March 27	
49.63	I. Renner-Arjes, BETT
49.71	Allen Ong, MVN
49.93	Kenny Carpenter, Unat.
50.26	Ryan Oleson, MCMINN
50.66	Aaron Wood, SEMS
50.73	Alan Waller, KING
50.83	Bayani Flores, WCAB
51.25	D. Ayrapetov, PASC
200 FLY March 25	
1:49.90	Jamie Richardson, ADF
1:50.50	Evan Taylor, ISS
1:51.81	Jeff Hyman, ADF
1:51.88	Eric Wilson, THSC
1:51.92	Jacob Weidert, SPOK
1:52.19	Adrian Figueroa, RNO
1:53.78	Matt Patane, MAVS
1:55.16	R. Raahauser, SCOTT
200 IM March 28	
1:52.71	Kevin Clements, IHAC
1:52.78	Timmy Chung, CHIN
1:52.82	C. Harcasas, BLACK
1:53.54	Seth Dawson, MHST
1:53.94	I. Renner-Arjes, BETT
1:54.08	Matt Zielke, CHIN
1:54.65	David Johnson, FOOT
1:54.83	Jake Cook, BOZE
400 IM March 26	
3:58.03	Juan Veloz, MVN
3:59.42	Eric Wilson, THSC
4:00.39	Will Eden, SCOTT
4:00.88	Ian Pritchard, BUENA
4:01.46	Richie Jacobs, SHILS
4:01.47	Evan Taylor, ISS
4:02.50	Eric Dilullo, PASC
4:06.11	Timmy Chung, CHIN
400 MR March 28	
3:25.33	Mission Viejo (Bezerra, Jacobo, Veloz, Ong)
3:28.02	McMinnville
3:28.24	Bellevue Club
3:28.95	Walnut Creek
3:29.38	Mission Viejo B
3:30.16	King Aquatics
3:31.62	King Aquatics
400 FR March 26	
3:04.65	Mission Viejo (Uxa, Ray, Veloz, Ong)
3:05.16	Bellendore
3:07.69	Palo Alto
3:08.31	Desert Sharks
3:08.59	Alamo Area
3:08.77	McMinnville

3:08.93	Bellevue Club
3:09.31	Scottsdale
800 FR March 27	
6:50.26	Mission Viejo (Uxa, Kelleher, Veloz, Ong)
6:55.54	Tualatin Hills
6:56.17	Arizona Gauchos
6:56.36	Bellevue Club
6:56.38	Santa Clara
6:56.43	King Aquatics
6:56.63	Palo Alto
6:57.74	Industry Hills

YMCA NATIONAL CHAMPIONSHIPS Fort Lauderdale, Florida April 14-17, 1998 (25 YD)

* National YMCA Record

1024	Aquatic Center, FL
643.5	M.E. Lyons, OH
463	Schroeder, WI
462.5	Wilton, CT
418.5	Upper Main Line, PA
663	Aquatic Center, FL
308	Schroeder, WI
292	Bloomsburg Area, PA
238	M.E. Lyons, OH
218.5	Wilton, CT
218.5	Cheshire, CT
405.5	M.E. Lyons, OH
361	Aquatic Center, FL
334.5	Upper Main Line, PA
245	North Oakland Co., MI
244	Wilton, CT

23.50*	Katie Ryan, KING
23.83	Angela Belloni, BC
23.91	Amy Jones, CANY
23.95	L. Christiansen, NOVA
23.96	M. Baumgartner, MP
24.05	Danielle Becks, IVAN
24.07	Lacey Elliott, EPAP
24.14	Christina Chen, KING
50 FREE March 25	
51.30	Katie Ryan, KING
51.39	Lauren Medina, Unat.
51.59	Shariisse Blau, AZT
51.62	K. Mitchell, WCAB
51.64	B. Pendleton, HRS
51.79	Amy Jones, CANY
51.93	Christina Chen, KING
52.62	Kelly Roche, REDD
200 FREE March 26	
1:51.57	Heather Kemp, HEMET
1:51.59	Jenay Carlson, NCC
1:51.60	K. Mitchell, WCAB
1:52.16	Amanda Gullick, IHAC
1:52.19	Jie Lee, MVN
1:52.40	Casmera Wick, LONG
1:52.54	L. Devaney, Unat.
1:55.62	Angel Morse, PLS
500 FREE March 27	
4:53.51	Kaitlin Sandeno, NGSV
4:54.85	Melissa Miller, IHAC
4:54.92	Jennifer Bigham, RED
4:55.12	R. Coplin, HEART
4:55.63	Jenay Carlson, NCC
4:56.39	J. Beth Schryer, Unat.
4:57.34	L. Devaney, Unat.
5:01.82	Arianna Gardner, MVN
1000 FREE March 24	
9:54.35*	Kaitlin Sandeno, NGSV
9:54.76	Amanda Gullick, IHAC
9:59.23	Melissa Miller, IHAC
9:59.67	B. Loecher, NJEFF
10:00.15	J. Beth Schryer, Unat.
10:06.70	Jeri Moss, NOVA
10:08.02	Megan Storey, SHILS
10:08.31	Jenny Smedstad, CRST
16:32.25*	Amanda Gullick, IHAC
16:44.73	J. Beth Schryer, Unat.
16:48.02	Kelly Barton, SCOTT
16:54.25	Laurie Dolgas, BFST
16:58.24	Jenay Carlson, NCC
17:01.28	Megan Storey, SHILS
17:02.11	Becky Crissinger, TCST
17:04.19	Julie Oskinski, VENT
100 BACK March 27	
56.65	Haley Champion, PASC
56.74	M. Baumgartner, MP
57.12	S. Bereknyei, WCAB
57.32	Shariisse Blau, AZT
57.50	Abby Hutton, GREEN
57.60	Michelle Nielson, CANY

2:04.09	Lisa Haunz, MVY
2:05.18	Kristin Nielson, UMLY
100 BREAST April 17	
1:03.67	Corrie Clark, UMLY
1:03.76	Kelly Jones, SCFY
1:03.83	Traci Valasco, NOC
1:03.87	Annie Babicz, SYS
1:04.09	Caitlin Anderson, PIED
1:04.56	Barb Mulshine, LYONS
1:04.72	Kate Stonaker, SUM
1:04.98	Jill Martin, AQUA
200 BREAST April 15	
2:15.16	Kelly Jones, SCFY
2:16.07	Traci Valasco, NOC
2:17.93	Tricia Rye, LYONS
2:20.42	Caitlin Anderson, PIED
2:20.62	Annie Babicz, SYS
2:20.82	Jill Martin, AQUA
2:21.04	Meagan Clark, WSY
2:22.07	Keri Hehn, FARGO
100 FLY April 15	
56.15	L. Highstrom, SCHY
56.59	C. Dykehouse, AQUA
56.79	Helena Wilhelm, SYS
56.80	Andrea Georoff, SCFY
57.49	Cortnee Adams, SCHY
57.49	Sarah Bowman, CHES
57.52	Emily Stapleton, WYW
57.93	C. Moynihan, WEST
200 FLY April 17	
2:02.32	K. Sissener, NWDP
2:02.49	C. Dykehouse, AQUA
2:04.38	Helena Wilhelm, SYS
2:04.76	Noelle Bassi, RIDGE
2:05.01	Natalie Nickson, AQUA
2:05.15	Leah Ross, LYONS
2:05.57	M. Szveda, NWDP
2:05.71	Emily Tomes, LYONS
200 IM April 14	
2:03.41	Corrie Clark, UMLY
2:04.26	L. Highstrom, SCHY
2:04.26	Jenny Vaniker, NOC
2:04.66	Christy Watkins, AQUA
2:06.11	Virginia Pate, WSY
2:06.72	Barb Mulshine, LYONS
2:07.29	Emily Stapleton, SCHY
2:07.74	Laura Bodine, AACY
400 IM April 16	
4:17.03	M. Bosevska, AQUA
4:23.30	Virginia Pate, WSY
4:24.46	Lauren Duerk, DAY
4:24.83	Helena Wilhelm, SYS
4:26.80	Shannon Funk, MAR
4:27.83	E. Ballenger, GSPAR
4:31.54	Kirsten Holz, AQUA
4:32.70	Sarah Bowman, CHES
200 MR April 14	
1:45.54	Aquatic Center, FL (Watkins, Bosevska, Dykehouse, Lizzoli)
1:46.55	Bloomsburg Area, PA
1:46.86	Wilton, CT
1:46.93	Schroeder, WI
1:47.00	Westport/Weston, CT
1:47.06	South Community, OH
1:47.97	Cheshire, CT
1:48.36	N. Oakland County, MI
400 MR April 17	
3:47.04	Aquatic Center, FL (Watkins, Martin, Dykehouse, Lizzoli)
3:50.65	Bloomsburg Area, PA (Williams: 55.29*)
3:53.30	Schroeder, WI
3:53.64	Cheshire, CT
3:53.65	NW DuPage, IL
3:55.04	M.E. Lyons, OH
3:55.66	Naperville, IL
3:56.06	Winston-Salem, NC
200 FR April 17	
1:35.27	Bloomsburg Area, PA (Perruquet, Stanchock, Gardner, Williams)
1:35.45	Aquatic Center, FL
1:35.91	Schroeder, WI
1:36.08	Wilton, CT
1:36.14	Cheshire, CT
1:37.15	NW DuPage, IL</

7:31.66 Bloomsburg Area, PA	2:06.17 Drew Fiden, SCFY	3:24.60 Beau Sydes, AQUA	5:13.04 A. Eckenroad, WHIT	2:05.30 Andrea McIntosh, SFU	800 FR March 6
7:35.83 NW DuPage, IL	2:06.80 Tom Huber, PCY	3:17.50 Peter Denoble, SVY	5:14.91 Rebekah Baylis, PSU	2:06.82 Angela Butler, PSU	7:47.32 Simon Fraser
7:39.83 Schroeder, WI	100 FLY April 16	3:13.90 David Heraly, SCHY	5:21.25 Julie Morgan, SFU	2:08.31 Joyce Brandao, CAMP	7:50.25 Puget Sound
7:40.49 M.E. Lyons, OH	49.72 Jayme Cramer, LYONS	3:10.70 Matt Laconite, CHES	5:21.25 Marne McDonald, PSU	2:13.51 Tiana Torres, PSU	8:00.11 Whitworth
7:41.50 Winston-Salem, NC	49.75 Eugene Botes, UMLY	309.40 Vitor Assuncao, AQUA	1650 FREE March 7	2:13.95 C. Jardine, WEST	8:03.69 Central Washington
7:42.47 Cheshire, CT	49.93 Tim Corcoran, WYW		17:15.80 Kristin Veal, PSU	2:16.44 Nicki Breaux, JBU	8:06.36 Campbellsville
1-METER April 16	50.21 Seth Kozyra, MET		17:36.00 Natalie Price, CWU	2:17.97 Molly Peyton, PSU	8:09.98 Hillside
391.15 K. Mattison, NCCY	50.59 Erich Slouf, NAPY		17:43.80 Mandy Galbraith, WHIT	200 IM March 5	8:12.03 Pacific Lutheran
352.75 Chelsie Lerew, AQUA	50.80 James Graves, NWPD		17:50.07 Aurora Bray, PLU	2:08.12 Andrea McIntosh, SFU	8:12.03 Willamette
352.05 N. Pohorenc, AQUA	51.00 Matt Haupt, CFY		17:50.58 Rebekah Baylis, PSU	2:11.38 Joyce Brandao, CAMP	
343.55 Nicole Bolt, AQUA	51.64 Seth Burstein, MET		18:02.06 Julie Morgan, SFU	2:12.48 Angela Butler, PSU	
336.15 Brooke Sullivan, AQUA	200 FLY April 17		18:14.93 C. Reynolds, PSU	2:12.77 Erin Kay, WHIT	
312.45 Erin Lashnits, NCCY	1:49.59 S. Crossman, AQUA		18:17.34 Kellie Lane, CAMP	2:14.38 Amy Sayers, WILL	
300.75 Katelyn Cox, CHES	1:50.32 Nick Kozyra, MET		100 BACK March 6	2:15.25 Joni Jacobs, CWU	
297.55 Valerie Rogers, SVY	1:50.49 Joey Faltraco, GSPAR		56.38 Diana Ureche, SFU	400 IM March 6	
3-METER April 15	1:51.15 Eugene Botes, UMLY		59.13 Diana Bate, SFU	4:31.98 Andrea McIntosh, SFU	
489.25 Chelsie Lerew, AQUA	1:51.34 James Graves, NWPD		59.19 Jennifer Fiedler, ASB	4:36.74 Kristin Veal, PSU	
440.90 K. Mattison, NCCY	1:52.05 Randy Lam, NOC		59.19 Katherine Holmes, ASB	4:38.54 Kristen Booth, PSU	
426.15 N. Pohorenc, AQUA	1:52.14 Jayme Cramer, LYONS		1:00.86 Kellie Lane, CAMP	4:45.19 Rebecca Fox, WILL	
405.30 Nicole Bolt, AQUA	1:54.14 Carlos Soto, SPPY		1:00.95 A. Eckenroad, WHIT	4:47.88 C. Farstvedt, WILL	
397.30 Brooke Sullivan, AQUA	200 IM April 14		1:01.49 Deborah Frazer, CWU	4:48.27 Kim Adler, WHIT	
365.90 Valerie Rogers, SVY	1:50.47 Tim Carlson, NWPD		200 BACK March 7	4:48.46 C. Reynolds, PSU	
328.50 Brittany Lerew, AQUA	1:50.73 Daniel Shevchik, WYW		2:03.50 Diana Ureche, SFU	200 MR March 6	
320.15 C. Gottfredsen, SCHY	1:51.51 Randy Lam, NOC		2:07.54 Kristen Booth, PSU	1:46.97 Simon Fraser	
	1:52.53 Jaffrey Clark, UMLY		2:08.07 Diana Bate, SFU	1:49.40 Central Washington	
	1:53.38 Eugene Botes, UMLY		2:08.48 A. Eckenroad, WHIT	1:50.54 Puget Sound	
	1:53.64 Michael Gross, LAKE		2:10.35 Katherine Holmes, PSU	1:53.58 Campbellsville	
	1:54.13 Reid Gustin, LYONS		2:13.25 Robyn Linse, CWU	1:53.93 Linfield	
	1:55.13 Matt Haupt, CFY		2:14.41 Katherine Karp, TRANS	1:54.01 Pacific Lutheran	
	400 IM April 16		100 BREAST March 6	1:54.74 Willamette	
	3:55.31 S. Crossman, AQUA		1:05.86 Lisa Robertson, SFU	DO Transylvania	
	3:55.90 Randy Lam, NOC		1:07.51 Myna Noriega, SFU	400 MR March 5	
	3:57.24 Justin Rhine, AQUA		1:07.81 Joni Jacobs, CWU	3:54.21 Simon Fraser	
	3:57.38 Tim Carlson, NWPD		1:08.49 Amy Sayers, HILL	4:00.83 Puget Sound	
	4:02.66 Matthew Yacco, WEST		1:09.08 Debbie Wright, SFU	4:00.87 Central Washington	
	4:03.20 Warren Perry, RAL		1:09.42 Heather Chang, LIN	4:07.01 Linfield	
	4:06.37 Marcus Hill, CVY		1:09.83 Shari Irimate, LIN	4:08.85 Campbellsville	
	April 14		1:10.67 Nicole McKenney, PSU	4:11.57 Pacific Lutheran	
	52.90 Elaine Van Oosten, SFU		200 BREAST March 7	4:12.15 Whitworth	
	53.69 Kara Jacobson, CWU		2:25.60 Joni Jacobs, CWU	4:13.09 Westminster	
	53.90 Jennifer Peterson, PSU		2:27.26 Victoria Arrandale, SFU	200 FR March 5	
	54.02 Kacey Dalzell, SFU		2:29.09 Debbie Wright, SFU	1:37.35 Simon Fraser	
	54.35 Marne McDonald, PSU		2:29.60 Amy Sayers, HILL	1:39.21 Puget Sound	
	54.80 Gerianne Mikasa, WILL		2:31.28 K. Fellingberg, TRANS	1:39.38 Central Washington	
	54.99 Karl Bland, PLU		2:32.00 Heather Chang, LIN	1:41.53 Linfield	
	56.01 Erin Mathews, CWU		2:33.89 Rebecca Fox, WILL	1:41.86 Pacific Lutheran	
	100 FREE March 7		2:34.83 Nicole McKenney, PSU	1:41.94 Campbellsville	
	1:54.23 Elaine Van Oosten, SFU		100 FLY March 6	1:42.21 Hillside	
	1:56.30 Kara Jacobson, CWU		56.66 Lisa Robertson, SFU	1:42.93 Whitworth	
	1:57.64 Mandy Galbraith, WHIT		57.74 Angela Butler, PSU	400 FR March 7	
	1:57.81 Marne McDonald, PSU		58.01 Joyce Brandao, CAMP	3:32.73 Simon Fraser	
	1:58.51 Natalie Price, CWU		59.82 Deborah Frazer, CWU	3:35.34 Puget Sound	
	1:59.89 K. McAlister, PSU		59.82 Aurora Bray, PLU	3:37.80 Central Washington	
	200 FREE March 5		1:00.02 Jill Halligan, CAMP	3:41.21 Campbellsville	
	5:04.98 Kristin Veal, PSU		1:00.40 Jeni Yanagihara, PSU	3:41.24 Hillside	
	5:06.54 Natalie Price, CWU		1:00.95 Katie Tiffany, CWU	3:43.20 Pacific Lutheran	
	5:07.88 Aurora Bray, PLU		200 FLY March 7	3:43.37 Linfield	
	5:11.76 Mindy Galbraith, WHIT		2:05.25 Llsa Robertson, SFU	3:44.94 Whitworth	

COLLEGE

NAIA CHAMPIONSHIPS Federal Way, Washington March 4-7, 1998 (25 YD)

***NAIA Record**

FINAL TEAM STANDINGS

682 Puget Sound, WA
680 Simon Fraser, CAN
408.5 Central Wash., WA
254 Campbellsville, KY
232 Whitworth, WA
204 Pacific Lutheran, WA
194 Linfield, OR
191 Willamette, OR
171 Hillsdale, MI
159 Transylvania, KY

50 FREE March 5

23.67 Diana Ureche, SFU
24.49 Jennifer Peterson, PSU
24.65 Elaine Van Oosten, SFU
24.86 Kacey Dalzell, SFU
24.88 J. Hefferman, TRANS
24.93 Myna Noriega, SFU
24.95 Kara Jacobson, CWU
25.09 Erin Mathews, CWU

100 FREE March 7

52.90 Elaine Van Oosten, SFU
53.69 Kara Jacobson, CWU
53.90 Jennifer Peterson, PSU
54.02 Kacey Dalzell, SFU
54.35 Marne McDonald, PSU
54.80 Gerianne Mikasa, WILL
54.99 Karl Bland, PLU
56.01 Erin Mathews, CWU

200 FREE March 6

1:54.23 Elaine Van Oosten, SFU
1:56.30 Kara Jacobson, CWU
1:57.64 Mandy Galbraith, WHIT
1:57.81 Marne McDonald, PSU
1:58.51 Natalie Price, CWU
1:59.89 K. McAlister, PSU

200 FREE March 5

5:04.98 Kristin Veal, PSU
5:06.54 Natalie Price, CWU
5:07.88 Aurora Bray, PLU
5:11.76 Mindy Galbraith, WHIT

200 BREAST March 6

1:05.86 Lisa Robertson, SFU
1:07.51 Myna Noriega, SFU
1:07.81 Joni Jacobs, CWU
1:08.49 Amy Sayers, HILL
1:09.08 Debbie Wright, SFU
1:09.42 Heather Chang, LIN
1:09.83 Shari Irimate, LIN
1:10.67 Nicole McKenney, PSU

200 BREAST March 7

2:25.60 Joni Jacobs, CWU
2:27.26 Victoria Arrandale, SFU
2:29.09 Debbie Wright, SFU
2:29.60 Amy Sayers, HILL
2:31.28 K. Fellingberg, TRANS
2:32.00 Heather Chang, LIN
2:33.89 Rebecca Fox, WILL
2:34.83 Nicole McKenney, PSU

100 FLY March 6

56.66 Lisa Robertson, SFU
57.74 Angela Butler, PSU
58.01 Joyce Brandao, CAMP
59.82 Deborah Frazer, CWU
59.82 Aurora Bray, PLU
1:00.02 Jill Halligan, CAMP
1:00.40 Jeni Yanagihara, PSU
1:00.95 Katie Tiffany, CWU

200 FLY March 7

2:05.25 Llsa Robertson, SFU

200 MR March 6

1:46.97 Simon Fraser
1:49.40 Central Washington
1:50.54 Puget Sound
1:53.58 Campbellsville
1:53.93 Linfield
1:54.01 Pacific Lutheran
1:54.74 Willamette
DO Transylvania

400 MR March 5

3:54.21 Simon Fraser
4:00.83 Puget Sound
4:00.87 Central Washington
4:07.01 Linfield
4:08.85 Campbellsville
4:11.57 Pacific Lutheran
4:12.15 Whitworth
4:13.09 Westminster

200 FR March 5

1:37.35 Simon Fraser
1:39.21 Puget Sound
1:39.38 Central Washington
1:41.53 Linfield
1:41.86 Pacific Lutheran
1:41.94 Campbellsville
1:42.21 Hillside
1:42.93 Whitworth

400 FR March 7

3:32.73 Simon Fraser
3:35.34 Puget Sound
3:37.80 Central Washington
3:41.21 Campbellsville
3:41.24 Hillside
3:43.20 Pacific Lutheran
3:43.37 Linfield
3:44.94 Whitworth

MEN

FINAL TEAM STANDINGS

545 Simon Fraser, CAN
516 Puget Sound, WA
316 Linfield, OR
313 Whitworth, WA
304 Central Wash., WA
278 Findlay, OH
233 Westminster, PA
200.5 Cumberland, KY
164.5 Transylvania, KY
157 Illinois Tech, IL

50 FREE March 5

20.69 Ryan Laurin, SFU
20.71 Ben Johnson, PSU
21.17 Jayson Hotell, FIND
21.19 Ty Welch, JBU
21.23 David Gesacion, WEST
21.29 Graham Wood, SFU
21.32 M. McKean, CWU
21.37 Matthew Jones, PSU

100 FREE March 7

44.90 Graham Duthie, SFU
46.15 Graham Wood, SFU
46.18 Ryan Laurin, SFU
46.53 Ben Johnson, PSU
46.98 Jayson Hotell, FINO
46.99 Jeremiah Pappe, WHIT
47.05 Stephen Reis, FIND
47.77 Paul Masiello, CWU

200 FREE March 6

1:39.18 Graham Duthie, SFU
1:41.75 Dylan Roguski, SFU
1:41.99 Jeremiah Pappe, WHIT
1:44.29 Jay Box, CWU
1:45.53 Richard Hall, CUMB
1:45.62 Tom Gaschler, PSU
1:45.76 A. Caruthers, PSU
1:47.83 Sean Dowling, PSU

500 FREE March 5

4:34.61 Graham Outhie, SFU

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For the Record

4:35.62 Ben Swineheart, WHIT	52.56 Randy Webster, PLU	3:08.50 Central Washington	200 FREE	2:18.51 Sharon Tudryn, TRI	15:58.16 Jairo Gomez, IRCC
4:38.60 Dylan Roguski, SFU	52.78 Kyle Sexton, PSU	3:08.52 Puget Sound	1:49.74* Tanya Gurr, IRCC	2:22.31 Wendy Reed, LINC	16:33.35 Ed Vihlen, IRCC
4:41.57 Tom Gaschler, SFU	200 FLY	3:09.89 Winthrop	1:56.16 K. Handkammer, IRCC	200 IM	100 BACK
4:42.92 Mike Selter, SEA	1:54.89 David Gesacion, WEST	3:12.46 Linfield	1:57.06 J. Atkinson, IRCC	2:09.29 M. Modelska, IRCC	50.54 Bryan Bateman, CDP
4:45.45 James Adams, WHIT	1:54.91 Bradley Algjere, FIND	3:15.22 Illinois Tech	1:57.27 Jocelyne Orr, IRCC	2:09.29 Trisha Prather, IRCC	51.76 Can Kulduk, BROW
4:49.79 Jeremiah Pappé, WHIT	1:55.17 Chris Fantz, PSU	800 FR	2:00.41 Becky Burns, IRCC	2:10.83 Jamie McCarthy, IRCC	52.40 Bill Rose, PALO
4:56.39 Tom Halford, SFU	1:55.42 James Adams, LIN	6:48.86 Simon Fraser	2:01.89 Kelly Rowe, BROW	2:11.99 Martin Janssen, IRCC	52.59 Tyler Lucht, BROW
1650 FREE March 7	1:55.84 Maxim Ivanov, CAMP	6:59.05 Whitworth	500 FREE	2:14.65 Anna Tadda, MON	54.36 Chris Debari, OCC
16:08.21 Dylan Roguski, SFU	1:56.10 Joe Olszewski, PSU	7:00.69 Cumberland	5:02.02 Brianna Gerrity, BROW	2:16.69 Anna Tadda, MON	54.92 Jeff Kuehling, VIN
16:21.76 Ben Swinehart, WHIT	1:56.16 Joe Olszewski, PSU	7:01.62 Puget Sound	5:05.85 Jocelyne Orr, IRCC	2:18.90 Duygu Senkal, BROW	200 BACK
16:25.15 Mike Selter, SEA	1:57.45 J. McBrayer, TRANS	7:05.91 Linfield	5:20.11 G. Preissler, IRCC	400 IM	1:50.67 Can Kulduk, BROW
16:28.64 Richard Hall, CUMB	200 IM March 5	7:06.81 Westminster	5:23.48 Katie Newell, BROW	4:40.51 Jamie McCarthy, IRCC	1:51.26 J.P. Richard, IRCC
16:28.70 Tom Gaschler, SFU	1:52.79 Libor Janek, CUMB	7:07.97 Findlay	5:24.09 Erika Waddell, BROW	4:47.36 G. Preissler, IRCC	1:53.43 Tyler Lucht, BROW
16:33.58 Glenn Giles, WEST	1:54.25 Lance Craig, PSU	7:09.83 Central Washington	5:25.35 Kelly Rowe, BROW	4:52.90 Christina Tyler, TRI	1:57.44 Bill Rose, PALO
16:35.17 Eli Pendleton, LIN	1:54.40 Brian Rice, WHIT	1-METER March 4	1650 FREE	4:58.07 K. Averdik, BROW	1:59.13 Jose Uipan, IRCC
16:47.66 Tom Halford, SFU	1:54.86 Joe Olszewski, PSU	355.70 Troy Rappleye, CWU	17:47.91 Jocelyne Orr, IRCC	5:02.12 Wendy Reed, LINC	2:01.71 Scott Woodbury, CDP
100 BACK March 6	1:56.05 Dustin Gauderman, LIN	316.40 Mark England, JBU	18:08.52 Mindy Greene, IRCC	5:18.91 Adrianna Bez, BROW	100 BREAST
50.71 Ben Johnson, PSU	1:56.22 C. Bingham, TRANS	232.80 Wade J.Erdee, EVER	18:11.88 Kelly Rowe, BROW	200 MR	55.53 Herman Louw, IRCC
51.24 Stephen Reis, FIND	1:58.62 Neil Ichiki, PSU	231.35 Josh Adams, BEREA	18:16.62 G. Preissler, IRCC	1:46.86* Indian River	58.70 Culler Winter, IRCC
52.69 Graham Wood, SFU	1:59.25 Eric Macnab, LIN	220.25 David Finch, IIT	18:26.59 Katie Newell, BROW	1:54.74 Broward	59.89 V. Shashenok, VIN
52.70 D. Gauderman, LIN	400 IM March 6	191.50 Troy DuPont, IIT	19:36.29 R. Trantowski, CDP	1:57.73 College of DuPage	1:00.05 Justin Bogard, VIN
52.79 Lance Craig, PSU	4:03.21 Libor Janek, CUMB	3-METER March 6	100 BACK	2:00.32 Triton	1:00.61 Keith Wiggins, BROW
53.11 Kyle Sexton, SEA	4:04.80 Brian Rice, WHIT	383.40 Troy Rappleye, CWU	57.16* Trisha Prather, IRCC	2:00.45 Monroe	200 BREAST
53.26 Ryan Laurin, SFU	4:04.86 Joe Olszewski, PSU	265.05 Troy DuPont, IIT	57.91 Brianna Gerrity, BROW	2:02.71 Vincennes	1:59.38 M. Malinski, IRCC
53.31 Gregory McAtee, WEST	4:10.09 Ben Swinehart, WHIT	198.55 David Finch, IIT	59.14 M. Modelska, IRCC	400 MR	2:00.82 Herman Louw, IRCC
200 BACK March 7	4:10.52 James Adams, LIN	NUCAA CHAMPIONSHIPS	1:00.88 Anna Tadda, MON	3:53.35* Indian River	2:04.97 Hakan Kiper, BROW
1:51.98 Dennis Pette, FIND	4:14.88 Mike Selter, SEA	Buffalo, New York	1:00.89 Vicky Barnes, IRCC	4:10.10 Broward	2:08.94 William Hudgins, IRCC
1:52.19 Lance Craig, PSU	4:17.59 Eli Pendleton, LIN	March 4-7, 1998 (25 YD)	1:01.62 Paula Young, VIN	4:16.43 Vincennes	2:10.23 Justin Bogard, VIN
1:54.43 Dustin Gauderman, LIN	00 C. Bingham, TRANS	* NJCAA Record	200 BACK	4:22.17 College of DuPage	2:15.19 Culler Winter, IRCC
1:54.80 Kyle Sexton, PSU	200 MR March 6	WOMEN	2:03.75* Brianna Gerrity, BROW	4:22.25 Triton	100 FLY
1:55.06 Libor Janek, CUMB	1:32.77 Simon Fraser	FINAL TEAM STANDINGS	2:04.59 M. Modelska, IRCC	4:23.31 Monroe	50.68 Zac Mueller, IRCC
1:56.71 Carey Cox, WILL	1:34.20 Puget Sound	706.5 Indian River	2:05.72 Trisha Prather, IRCC	200 FR	50.78 Sevket Yapar, BROW
1:56.81 A. Carothers, PSU	1:35.78 Findlay	402 Broward	2:07.91 Jamie McCarthy, IRCC	1:40.30 Vincennes	51.57 Ken Kuhn, IRCC
1:58.71 Scott Erdman, IIT	1:36.28 Linfield	228 Vincennes	2:12.56 Anna Tadda, MON	1:43.23 Broward	51.83 Can Kulduk, BROW
100 BREAST March 6	1:37.29 Westminster	186 Triton	2:14.70 Paula Young, VIN	1:47.68 Monroe	52.47 Anders Tovar, IRCC
57.46 Mike Simmons, PLU	1:37.56 Whitworth	157 Monroe County	100 BREAST	1:49.28 Erie	52.51 Hollis Irving, LINC
57.57 Peter Akman, SFU	1:38.06 Pacific Lutheran	153.5 College of DuPage	1:04.71 V. Frolova, IRCC	1:49.97 College of DuPage	200 FLY
58.51 Chris Breske, CWU	400 MR March 5	130 Lincoln	1:06.80 M. Janssen, IRCC	3:29.63* Indian River	1:53.11 Sevket Yapar, BROW
58.51 Nathan Guy, PSU	3:23.83 Simon Fraser	88 Erie	1:10.08 Sharon Tudryn, TRI	3:39.82 Vincennes	1:54.79 Alex Mahon, IRCC
58.89 Neil Ichiki, PSU	3:27.10 Puget Sound	16 Alfred State	1:11.00 Christina Tyler, TRI	3:42.23 Broward	1:55.36 Jairo Gomez, IRCC
59.57 Tony Preston, CWU	3:27.65 Findlay	9 Paio Alto	1:11.07 Heather Blyth, IRCC	3:53.81 Triton	1:57.02 Todd Roatsey, IRCC
DO Trevor Brekke, SFU	3:31.03 Linfield	50 FREE	1:12.20 K. Averdik, BROW	800 FR	1:57.81 M. McGonigal, BROW
DO Ty Welsh, JBU	3:32.79 Central Washington	23.56 Teresa Moodie, VIN	200 BREAST	7:42.73 Indian River	1:58.88 Hollis Irving, LINC
200 BREAST March 7	3:33.23 Whitworth	23.67 Tanya Gurr, IRCC	2:22.56 V. Frolova, IRCC	7:42.73 Broward	200 IM
2:04.44 Trevor Brekke, SFU	3:34.25 Transylvania	24.15 V. Frolova, IRCC	2:24.73 M. Janssen, IRCC	8:05.59 Vincennes	1:47.68* M. Malinski, IRCC
2:05.07 Nathan Guy, PSU	3:35.41 Pacific Lutheran	24.62 K. Handkammer, IRCC	2:33.71 Mindy Greene, IRCC	8:27.82 Lincoln	1:48.88 Herman Louw, IRCC
2:05.43 Mike Simmons, PLU	200 FR March 5	24.84 J. Atkinson, IRCC	2:34.63 Christina Tyler, TRI	8:41.44 Lincoln	1:54.12 William Hudgins, IRCC
2:07.56 Neil Ichiki, PSU	1:22.49 Simon Fraser	25.17 Paula Young, VIN	2:35.27 K. Averdik, BROW	8:42.47 Triton	1:58.51 Hakan Kiper, BROW
2:08.30 Peter Akman, SFU	1:24.67 Puget Sound	100 FLY	2:43.38 Jennell Eckert, ERIE	11:10.35 College of DuPage	1:59.29 Sevket Yapar, BROW
2:08.69 Brian Rice, WHIT	1:24.67 Central Washington	56.76 Teresa Moodie, VIN	3-METER	1-METER	2:00.00 Chris Debari, OCC
2:09.90 Chris Breske, CWU	1:25.18 Westminster	56.76 Katie Cherwin, CDP	458.85 Kazi Murr, BROW	458.85 Kazi Murr, BROW	400 IM
2:12.19 Enrique Bocatto, CAMP	1:26.46 Whitworth	59.65 Gustavo Leal, IRCC	408.45 Ashley Crone, IRCC	408.45 Ashley Crone, IRCC	3:49.12 M. Malinski, IRCC
100 FLY March 6	1:26.85 Transylvania	56.76 Vicky Barnes, IRCC	381.05 Peggy DeGroot, MON	381.05 Peggy DeGroot, MON	4:05.12 William Hudgins, IRCC
50.95 Maxim Ivanov, CAMP	1:26.99 Illinois Tech	1:01.07 Kristin Lochite, BROW	340.80 Melissa Millhome, CDP	340.80 Melissa Millhome, CDP	4:06.76 Keith Wiggins, BROW
51.19 Chris Fantz, PSU	1:27.62 Illinois Tech	1:03.16 Duygu Senkal, BROW	299.10 Dina DiPalo, ERIE	299.10 Dina DiPalo, ERIE	4:15.08 Jose Uipan, IRCC
51.39 Bradley Algjere, FIND	400 FR March 7	1:03.95 Erika Waddell, BROW	281.15 Dawn Zaruba, LINC	281.15 Dawn Zaruba, LINC	4:18.72 Leaf Larsen, BROW
51.68 David Gesacion, WEST	3:04.49 Simon Fraser	200 FLY	3-METER	3-METER	4:20.24 Jay Garner, IRCC
51.81 Eric Macnab, LIN	3:07.20 Findlay	2:13.87 Vicky Barnes, IRCC	838.10 Kazi Murr, BROW	838.10 Kazi Murr, BROW	200 MR
52.39 Jeff Arnold, LIN	3:07.47 Westminster	2:16.78 Erika Waddell, BROW	824.00 Ashley Crone, IRCC	824.00 Ashley Crone, IRCC	1:31.08 Indian River

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WORLD

w World Record
e European Record

WORLD CUP 8 Imperia, Italy March 25-26, 1998 (25 M)

WOMEN
50 FREE
24.98 Sandra Volker, GER
25.26 Angela Postma, NED
25.44 Inge de Bruijn, NED
100 FREE
54.72 Sandra Volker, GER
55.19 Sarah Ryan, AUS
55.80 Claudia Poll, CRC

200 FREE
1:58.45 Claudia Poll, CRC
1:59.07 Claire Huddart, GBR
2:00.32 Yvetta Hlavacova, CZE
400 FREE
4:08.28 Claudia Poll, CRC
4:09.89 Kirsten Vlieghuis, NED
4:15.50 Sofie Goffin, BEL

800 FREE
8:32.40 Claudia Poll, CRC
8:36.02 Kirsten Vlieghuis, NED
8:40.03 Viola Valli, ITA

50 BACK
28.19 Sandra Volker, GER
28.78 Anna Kopatchenia, BLR
28.95 Sarah Price, GBR

100 BACK
1:00.23 Sandra Volker, GER
1:00.61 Sarah Price, GBR
1:01.57 Anna Kopatchenia, BLR

200 BACK
2:11.16 Kelly Stefanyshyn, CAN
2:12.15 Alenka Kejzar, SLO
2:12.66 Fabiola Molina, BRA

50 BREAST
31.61 Han Xue, CHN
31.85 Tara Sloan, CAN
32.05 Sylvia Gerasch, GER

100 BREAST
1:07.81 Brigitte Becue, BEL
1:08.43 Han Xue, CHN
1:08.65 Tara Sloan, CAN

200 BREAST
2:26.39 Brigitte Becue, BEL
2:27.66 Tara Sloan, CAN
2:27.83 Federica Biscia, ITA

50 FLY
26.61 Inge de Bruijn, NED
27.58 Angela Postma, NED
27.75 Katrin Jake, GER

100 FLY
59.63 Mette Jacobsen, DEN
59.90 Inge de Bruijn, NED
1:00.68 Katrin Jake, GER

200 FLY
2:09.22 Mette Jacobsen, DEN
2:09.89 Katrin Jake, GER
2:11.20 Jessica Deglau, CAN

100 IM
1:01.87 Susan Rolph, GBR
1:02.81 Mette Jacobsen, DEN
1:03.17 Yvetta Hlavacova, CZE

200 IM
2:12.92 Susan Rolph, GBR
2:13.18 Yana Klochkova, UKR
2:13.70 Nicole Hetzer, GER

400 IM
4:35.93 Yana Klochkova, UKR
4:38.44 Nicole Hetzer, GER
4:47.43 Laura Porchianello, ITA

MEN
50 FREE
21.87 Lorenzo Vismara, ITA
21.97 Alex Popov, RUS
22.42 Chris Fydlar, AUS

100 FREE
48.69 Alex Popov, RUS
48.93 Chris Fydlar, AUS
49.15 Michael Klim, AUS

200 FREE
1:46.29 Chris Fydlar, AUS
1:46.67 Igor Koleada, BLR
1:47.78 Massi Rosolino, ITA

400 FREE
3:42.98 Jacob Carstensen, DEN
3:43.46 Emiliano Brembilla, ITA
3:46.68 Ian Wilson, GBR

800 FREE
7:46.03 Emiliano Brembilla, ITA
7:46.34 Jacob Carstensen, DEN
7:50.58 Ian Wilson, GBR

50 BACK
24.68 Stev Theloke, GER
24.89 Tomislav Karlo, CRO
25.59 Matt Welsh, AUS

100 BACK
53.34 Matt Welsh, AUS
54.17 Stev Theloke, GER
54.81 Tomislav Karlo, CRO

200 BACK
1:56.06 S. Halgasch, GER
1:57.82 Yoav Gath, ISR
1:58.31 Emanuele Merisi, ITA

50 BREAST
27.21 Mark Warnecke, GER
27.38 Patrik Isaksson, SWE
27.48 Dmytro Kraevskiy, UKR

100 BREAST
59.46 Patrik Isaksson, SWE
1:00.33 Mark Warnecke, GER
1:00.38 Andrei Korneev, RUS

200 BREAST
2:09.34 Patrik Isaksson, SWE
2:10.04 Andrei Korneev, RUS
2:10.73 A. Goukov, BLR

50 FLY
23.97 Garret Pulle, CAN
24.10 Michael Klim, AUS
24.29 Daniel Karlsson, SWE

100 FLY
52.20 James Hickman, GBR
52.31 Denis Silantiev, UKR
52.65 Michael Klim, AUS

200 FLY
1:54.21 James Hickman, GBR
1:55.75 Denis Silantiev, UKR
1:57.43 T. Ruppgrath, GER

100 IM
54.71 Marcel Wouda, NED
55.28 James Hickman, GBR
55.45 Zhang Xia, CHN

200 IM
1:56.87 Marcel Wouda, NED
1:58.76 Matthew Dunn, AUS
1:58.87 James Hickman, GBR

400 IM
4:10.74 Curtis Myden, CAN
4:11.45 Matthew Dunn, AUS
4:17.65 Michael Halika, ISR

WORLD CUP 9 Paris, France March 28-29, 1998 (25 M)

WOMEN
50 FREE
24.98 Sandra Volker, GER
25.43 Inge de Bruijn, NED
25.44 Mette Jacobsen, DEN
25.44 Angela Postma, NED

100 FREE
53.83 Sandra Volker, GER
54.45 Mette Jacobsen, DEN
55.06 Sarah Ryan, AUS

200 FREE
1:57.38 Claudia Poll, CRC
1:58.48 Inge de Bruijn, GBR
1:59.76 Jessica Deglau, CAN

400 FREE
4:09.14 Claudia Poll, CRC
4:09.89 Ingrid Bourre, FRA
4:13.04 Carla Geurts, NED

800 FREE
8:32.09 Claudia Poll, CRC
8:34.57 Kirsten Vlieghuis, NED
8:38.43 Andrea Schwartz, CAN

50 BACK
28.03 Sandra Volker, GER
28.14 A. Buschschulte, GER
28.53 Anna Kopatchenia, BLR

100 BACK
59.44 A. Buschschulte, GER
1:00.95 Anna Kopatchenia, BLR
1:01.20 Dominique Diezi, SUI

200 BACK
2:09.20 A. Buschschulte, GER
2:10.33 Kelly Stefanyshyn, CAN
2:11.81 Alenka Kejzar, SLO

50 BREAST
31.39 Han Xue, CHN
31.77 Tara Sloan, CAN
32.12 Maryline Coumin, FRA

100 BREAST
1:06.87e Brigitte Becue, BEL
1:08.23 Han Xue, CHN
1:08.30 Tara Sloan, CAN

200 BREAST
2:24.95 Brigitte Becue, BEL
2:28.04 L. Van Oosten, CAN
2:28.82 Tara Sloan, CAN

50 FLY
25.95 Inge de Bruijn, NED
27.38 Gitte Jensen, DEN
27.61 Metka Sparavec, SLO

100 FLY
59.04 Mette Jacobsen, DEN
59.04 Inge de Bruijn, NED
1:00.88 Katrin Jake, GER

2:10.89 Katrin Jake, GER
2:13.32 Sophia Skou, DEN
100 IM
1:01.13 Susan Rolph, GBR
1:01.19 Hu Xiaowen, CHN
1:02.19 Mette Jacobsen, DEN

200 IM
2:12.62 Susan Rolph, GBR
2:13.18 Nicole Hetzer, GER
2:14.94 Hu Xiaowen, CHN

400 IM
4:38.03 Nicole Hetzer, GER
4:44.89 Nadège Cliton, FRA
4:46.87 Karine Chevrier, CAN

MEN
50 FREE
21.94 Lorenzo Vismara, ITA
22.13 Alex Popov, RUS
22.19 Michael Fibbens, GBR

100 FREE
47.66 Gustavo Borges, BRA
47.73 Alex Popov, RUS
48.01 v.d. Hoogenband, NED

200 FREE
1:44.13 v.d. Hoogenband, NED
1:45.65 Igor Koleada, BLR
1:46.19 Chris Fydlar, AUS

400 FREE
3:44.26 Emiliano Brembilla, ITA
3:44.49 Jacob Carstensen, DEN
3:44.60 Jorg Hoffmann, GER

1500 FREE
14:50.94 Ian Wilson, GBR
15:00.58 Emiliano Brembilla, ITA
15:10.33 Mark Johnston, CAN

50 BACK
24.73 Tomislav Karlo, CRO
24.90 Darius Grigalionis, LTU
25.33 Matt Welsh, AUS

100 BACK
53.17 Matt Welsh, AUS
53.66 Tomislav Karlo, CRO

53.98 Darius Grigalionis, LTU
200 BACK
1:56.48 Ralf Braun, GER
1:57.22 Matt Welsh, AUS
1:58.01 M. Machovic, SVK

50 BREAST
26.97w Mark Warnecke, GER
27.42 Patrik Isaksson, SWE
27.93 D. Fioravanti, ITA

100 BREAST
59.49 Patrik Isaksson, SWE
59.81 Mark Warnecke, GER
59.84 Andrei Korneev, RUS

200 BREAST
2:07.79w Andrei Korneev, RUS
2:09.31 A. Goukov, BLR
2:10.25 Stephan Perrot, FRA

50 FLY
23.71 Garret Pulle, CAN
24.06 Katsuhiko Morita, JPN
24.06 Daniel Karlsson, SWE

54.54 James Hickman, GBR
54.68 Sergei Sergeev, UKR
54.72 Marcel Wouda, NED

200 FLY
1:51.76w James Hickman, GBR
1:59.73 Hisayoshi Tanaka, JPN
2:00.19 David Abrard, FRA

100 IM
54.54 James Hickman, GBR
54.68 Sergei Sergeev, UKR
54.72 Marcel Wouda, NED

200 IM
1:55.80 James Hickman, GBR
1:58.18 Curtis Myden, CAN
1:58.81 Christian Keller, GER

400 IM
4:14.03 Curtis Myden, CAN
4:17.37 Johan Le Bihan, FRA
4:20.34 Marco Bellino, ITA

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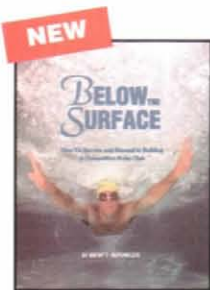
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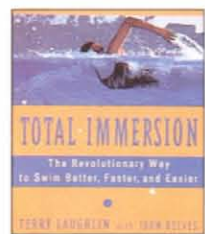


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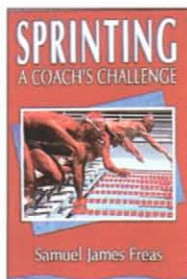
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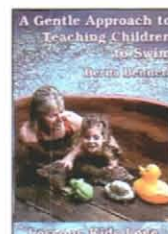
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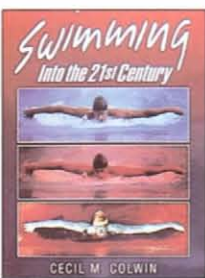
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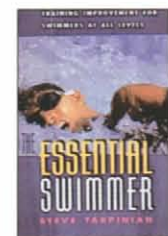
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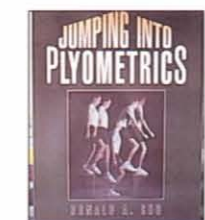
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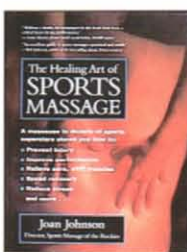
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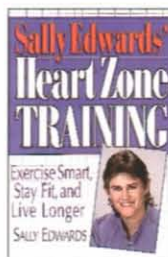
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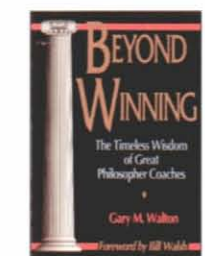
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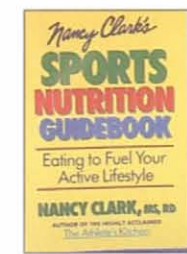
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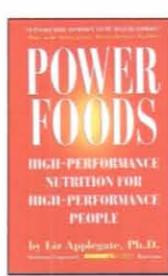
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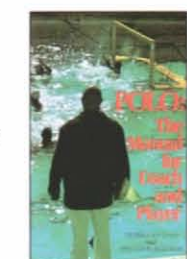
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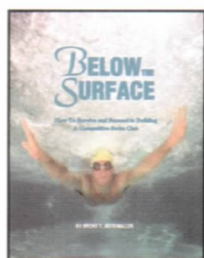
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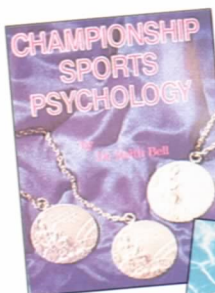
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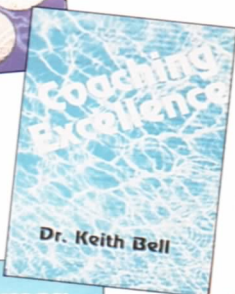
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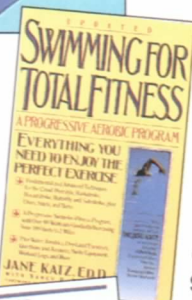
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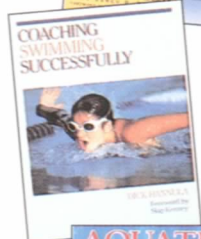
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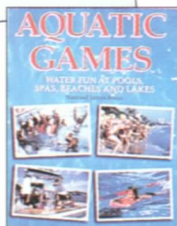
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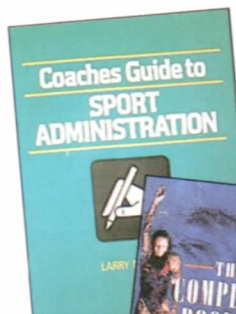
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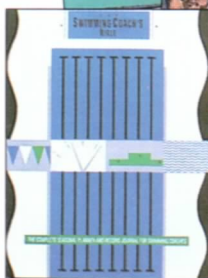
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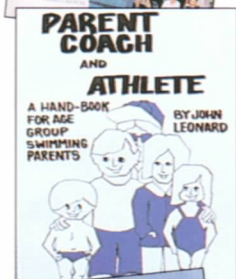
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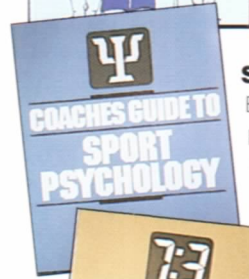
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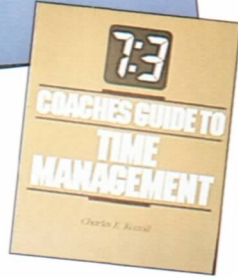
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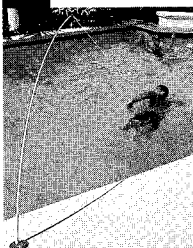
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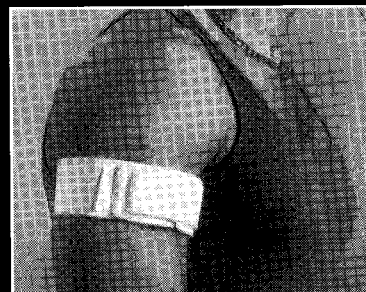
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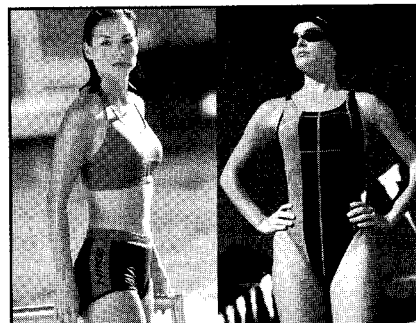
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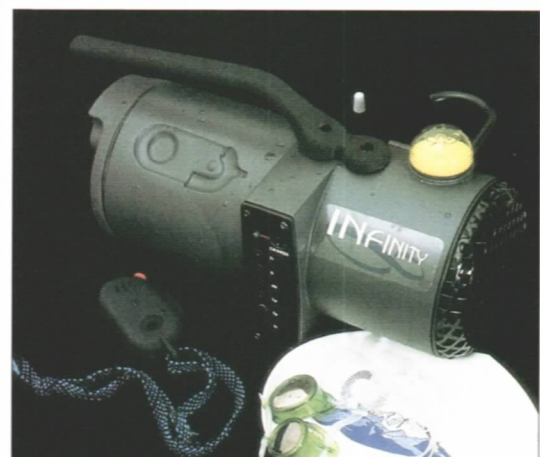
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Product World: FYI is designed to inform readers about innovations in the marketplace.

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The Colorado Time Systems Infinity Start System is the first wireless microphone electronic start system for swimming. Your athletes, coaches and officials will love its fairer, harmonic tone sounding horn, the highly visible strobe flash and wireless capabilities. The Infinity Start System comes standard with a wireless microphone for the starting official. This microphone is ergonomically designed to fit comfortably in the starter's palm providing a natural position for announcing and starting races. The false start recall feature enables the starter to signal an unfair start and immediately alert the competitors. In addition, a highly visible strobe light automatically flashes as the horn sounds thus providing fair starts to hearing impaired athletes. Call Colorado Time Systems at 1-800-279-0111 for more information.

Calendar

Send calendar listings to Swimming World, P.O. Box 20337, Sedona, AZ 86341; fax 520-284-2477; or e-mail us at swimworld@aol.com. If you have an Internet site where calendar listings can be obtained, let us know (complete internet address, please). Please include: Dates and location of the meet (city and state), full name of the meet, and a contact name/phone number (to be listed in the magazine).

JUNE

- 18-21 Mission Viejo, CA
Swim Meet of Champions
805-682-0135
- 19-21 Fort Smith, AR
Cooper Clinic Recordsetter, lc
501-646-9292
- 19-21 Coronado, CA
CNSA Summer Fiesta Invit.
619-435-3520
- 19-21 Roseville, CA
Summer Sanders Invitational
916-486-8972
- 19-21 Simi Valley, CA
MAVS/CCAT "A"
805-682-0135
- 19-21 Boulder, CO
Boulder Open
303-543-8769
- 19-21 Pueblo, CO
Pueblo Summer Open
719-564-8389
- 19-21 Des Moines, IA
DMSF 15th Annual Summer Invit.
515-267-1884
- 19-21 Oak Park, IL
TOPS Father's Day Classic
708-524-1357
- 19-21 Indianapolis, IN
BSC Invitational, lc
812-334-8452
- 19-21 Indianapolis, IN
INDY Invit., lc
317-298-7692
- 19-21 Jasper, IN
JAWS Invit., lc
812-482-1924
- 19-21 Shreveport, LA
Damon McCoy Invitational
318-687-0099
- 19-21 Reno, NV
RENO Invit., lc
702-828-7946
- 19-21 Columbus, OH
31st Seahorse Invitational
614-252-2218
- 19-21 Wapato, WA
YAC Wine Country
ieswim@ieswim.org
- 20 Morgan Hill, CA
El Toro "B", sc
408-683-9008
- 20 Hawaii
Aloha State Games
808-261-0253
- 20-21 Bishop, CA
Bishop ST Invit., sc
619-873-8634
- 20-21 Cupertino, CA
DACA "B-A+", lc
408-253-7946
- 20-21 Sonoma, CA
SON Invit., sc
707-938-3808
- 20-21 Indiana
CCY Invit., lc
219-857-5475
- 20-21 Plano, TX
COPS "A" 15&Over
972-881-8179
- 20-21 Tyler, TX
TST "A" 14&Under
903-509-1838
- 20-22 Sewell, NJ
JW SR/"ABBC" AG
609-234-5898
- 20-22 Houston, TX
TX Senior Circuit II
800-633-3417
- 21 San Jose, CA
ALMA Relay Invit.
408-268-9555
- 21 San Antonio, TX
"B" & Under, scm
800-633-3417
- 21-22 Scottsdale, AZ
Q-
602-867-5630
- 21-22 Harlingen, TX
Harlingen Unclass.
800-633-3417
- 23 Crawfordville, IN
SCSC Invit., lc
765-362-7822
- 24 Center Grove, IN
CGAC Invit., scm
317-888-5452
- 24-28 Industry Hills, CA
"AA" Trials/Finals
805-682-0135
- 24-28 Irvine, CA
"AA" Trials/Finals
805-682-0135
- 25-28 Santa Clara, CA
Santa Clara Int'l. Invitational
408-246-5050
- 26 Tulepe, MO
All-American City Swim Meet, sc
601-844-9484
- 26-28 Phoenix, AZ
SR/Q-
602-468-9088
- 26-28 N. Jeffco, CO
North Jeffco Summer Open
303-422-6019
- 26-28 Indiana
TELL Invit., lc
812-547-4612
- 26-28 Indianapolis, IN
SSC Invitational
317-842-0528
- 26-28 Noblesville, IN
NOB Invitational
317-776-0790
- 26-28 South Bend, IN
RX Invitational
219-291-6404
- 26-28 Natchitoches, LA
CNN Invitational
318-357-1433
- 26 Tulepe, MO
All-American City Swim Meet, lc
601-844-9484

- 26-28 Richland, WA
TCCC Invit., AG/SR
ieswim@ieswim.org
- 26-28 Yakima, WA
Kiwiana's Invit., sc
ieswim@ieswim.org
- 27 Mountain Home, AR
Ozark Mtn. Summer Splash, scm
870-431-8893
- 27 Albany, GA
FRR One-Day Time Trials
912-439-4223
- 27 Hawaii
West Age Group
808-261-0253
- 27-28 Anaheim, CA
Anaheim Aq. "BC"
805-682-0135
- 27-28 Healdsburg, CA
Sprint Relays, sc
707-887-9159
- 27-28 San Jose, CA
WW "B-A+" lc
408-741-2656
- 27-28 Atlanta, GA
Chris Silva Invit.
404-624-0774
- 27-28 Indiana
NAK Invitational lc
219-824-9151
- 27-28 Incline Village, NV
ITA Invit., sc
702-833-4288
- 27-28 Ephrata, PA
LAC "ABBC"
717-898-0279
- 27-28 Waco, TX
WFY "B-C" Meet
254-776-6612
- 27-29 New Braunfels, TX
NBAC Unclassified
800-633-3417
- 29-30 Brownsville, TX
BDAC International
800-633-3417

JULY

- 2-3 Little Rock, AR
ASI SR Champs.
501-452-9349
- 3-4 Brunswick, GA
Golden Isles Short Course Meet
912-265-4100
- 3-5 Crescent City, CA
CCSC Invit., sc
707-464-9003
- 3-5 Ukiah, CA
JD AG Open, sc
707-462-0330
- 3-5 Hawaii
Keo Nakama Invit.
808-261-0253
- 3-5 State College, PA
UPAC "A"
814-466-6826
- 4-6 Austin, TX
Texas Open
800-633-3417
- 9-12 Gr. Junction, CO
Gr. Junction Invit.
970-858-0422
- 10-12 S. Lake Tahoe, CA
TAHO Invit., sc
916-541-1046
- 10-12 Craig, CO
Craig "ABC"
970-824-2930
- 10-12 Fort Collins, CO
FAST "AB" lc
970-484-3902
- 10-12 Hinsdale, IL
Hinsdale Mid Summer Classic
630-515-5805
- 10-12 Anderson, IN
ACAC Prelim/Final
765-649-6031
- 10-12 Indianapolis, IN
Hoosier State Games
800-443-4837
- 10-12 Seymour, IN
SEY Prelim/Final
812-522-3930
- 10-12 South Bend, IN
SBD Invit.
219-289-7946
- 10-12 St. Louis, MO
CSP Summer Invit.
314-727-7946
- 10-12 Meridian, MS
Meridian Invit.
601-681-8378
- 10-12 Lancaster, PA
Lancaster "ABBC"
717-626-5096
- 10-12 Spokane, WA
SAS Summer Solstice
ieswim@ieswim.org
- 10-13 Austin, TX
Texas Senior Circuit Champs.
800-633-3417
- 11 Bentonville, AR
ASI Invit. West
501-452-9349
- 11 Searcy, AR
ASI Invit. East
501-452-9349
- 11 Hawaii
Distance Meet
808-261-0253
- 11 Manchester, IN
MAN Invit., sc
219-982-2066
- 11 Allentown, PA
EMAC "ABBC" Sprint
610-965-5800
- 11-12 Mesa, AZ
8&U Fmt. 2/Q-/SR Developmental
602-827-1964
- 11-12 Phoenix, AZ
8&U Fmt. 2/Q-/SR Developmental
602-759-8208
- 11-12 San Ramon, CA
SRVLA "B-A" lc
510-828-8842
- 11-12 Rohnert Park, CA
Oak Park Otters Invitational, sc
707-538-2815
- 11-12 Ft. Wayne, IN
SWAC Invit.
219-436-0287
- 11-12 Richardson, TX
TAGS "Q" 12&U
972-669-8326
- 12-13 San Antonio, TX
Last Chance Meet
800-633-3417
- 15-18 Georgia Tech, GA
State Champs.
770-381-7946
- 16-19 Tucson, AZ
Senior State
520-621-4203
- 16-19 Napa, CA
WCAN "AA-"
707-644-9830

- 16-19 San Jose, CA
Pacific Swimming AG Champs.
408-353-8098
- 16-19 Mid. Atlantic LSC
MIDS
610-892-9055
- 16-19 Federal Way, WA
Senior Regionals
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- 17-19 Indianapolis, IN
Senior State
317-888-5452
- 17-19 Carson City, NV
Carson AC Invit., lc
702-882-3515
- 17-19 Moses Lake, WA
MLMR Invit.
ieswim@ieswim.org
- 18 Jonesboro, AR
Optimist Club Invit.
501-452-9349
- 18-19 Hawaii
"BB" State Qual.
808-261-0253
- 18-19 Cedar Falls, IA
Black Hawk Invit.
319-266-5426
- 18-19 Grapevine, TX
"B-C" Champs.
817-540-4727
- 18-20 San Antonio, TX
South Texas Championships
800-633-3417
- 19 Lowry, CO
FAC Last Chance
303-699-9682
- 20-21 McAllen, TX
South Texas JOs
800-633-3417
- 23 Vicksburg, MS
8&U State Champs
601-634-0250
- 23-26 Phoenix, AZ
Age Group State
602-468-9088
- 23-26 Vicksburg, MS
State Champs.
601-634-0250
- 24-26 Bentonville, AR
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