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Swimming World

JUNIOR SWIMMER

April 1999
Volume 40 No. 4

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40 Years of Swimming World: April

By Phillip Whitten

Forty years ago, Swimming World took issue with a statement that the U.S. should scrap collegiate swimming if it is going to get anywhere in world swimming. Read about the other issues and personalities that were making news as our magazine celebrates 40 years in swimming.

Following in the Footsteps

By Lois Melina

While many of today's young athletes may want to "be like Mike," distance swimmer Diana Munz prefers to "be like Janet and Josh."

A Family Affair

By Phillip Whitten

Over the years, only a handful of swimming sisters and brothers have each made it to the top of their sport. Kalyn and Klete Keller are two young, promising swimmers who would someday like to be mentioned in the same breath with the Colellas, Spitzes, Babashoffs and Rhodenbaughs...or even the Konrads.

It's Not Just Alex and Gary Anymore

By Phillip Whitten

The 50 and 100 meter freestyle sprints, among the most glamorous of Olympic events, showcased Alex Popov and Gary Hall in Atlanta. Alex and Gary are spoiling for a rematch, but there are a number of excellent sprinters waiting to take center stage come Sydney 2000.

When Sorry Isn't Good Enough

By Mark Tewksbury

Canadian Olympian Mark Tewksbury, who captured gold at Barcelona in 1992, tells why he recently resigned all of his commitments within the Olympic movement.

On The Cover:

Distance swimmer Diana Munz strives to emulate the qualities of the two swimmers she admires most—Janet Evans and Josh Davis (see "Following in the Footsteps," page 24). "She's amazing," says Munz of Evans. "She had tons of talent and a lot of ability to work hard." When talking about Davis, Diana remembers, "The first time I met him, I hadn't done anything big but the next time I saw him, he remembered my name. I want to be like that—remembering people's names." The way this 16-year-old is swimming today (first in the world in the 1500 and second in the 800), it'll be easy for everyone to remember Diana Munz' name.

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Laura Missioreck Design

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Unanimous No Longer

The International Olympic Committee was in Big Trouble. The world press was up in arms over widespread corruption in the bidding process to host the Olympic Games. Some people were even upset over a more serious Olympic problem—the doping crisis.

Things got so bad that an astonished IOC President Juan Antonio Samaranch—who, of course, had had no inkling that these problems even existed beforehand—booted out nine IOC members and promised a thorough internal investigation. But a funny thing happened on the way to the white-wash. Someone spoke up and told the truth. That someone was Canadian swimmer Mark Tewksbury.

Here's the way the International Olympic Committee is supposed to work: His Excellency, President Juan Antonio Samaranch, appoints the members of the committee, doling out favors and largesse to those who do his bidding most slavishly. Almost all decisions are made by the IOC Executive Committee. But when an issue arises that appears to need a democratic airing, the full IOC "votes." Most often, these votes unanimously support whatever position His Excellency has decided upon. Mr. Samaranch then points to this "democratic" process, telling the world that he is responsible to the members of the IOC who elected him and who, by the way, have voted unanimously to support him.

Unanimity is very important to Big Juan. Indeed, IOC members

pledge never to reveal publicly any internal dissension in their discussions of issues. Tremendous pressure is placed on IOC members to keep any doubts they may have private. They learn that if they break the Code of Silence, they may find their perks—jet-setting (first-class) around the world, five-star hotels, lavish banquets and, of course, "gifts" from officials from potential Olympic host cities—can disappear like mist on a summer morn.

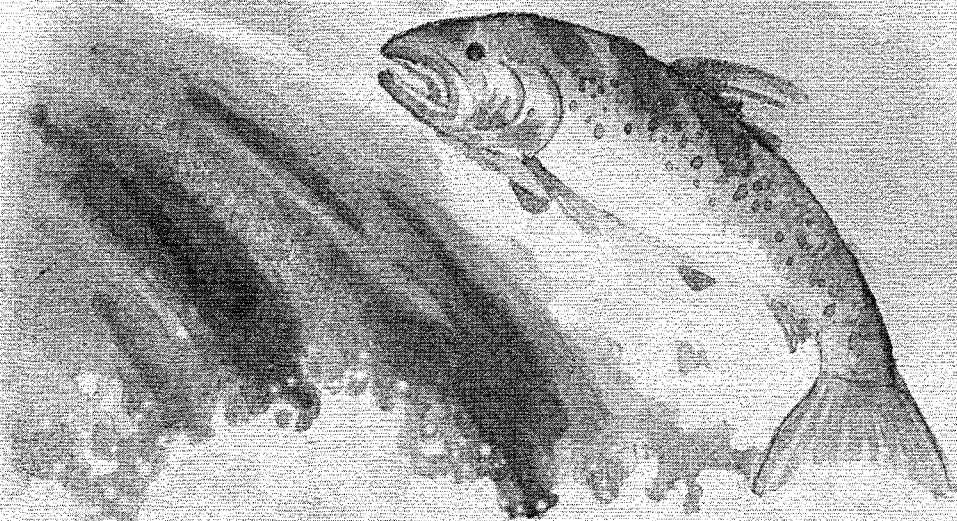
That's why Tewksbury's principled action was so significant. A 1992 Olympic gold medalist, Tewksbury was one of the IOC's—and FINA's—favored athletes. At 30 and a Canadian national hero, he was well on his way to becoming a member of the IOC's inner circle. He already was an IOC and FINA athlete representative, and he also served as a member of the Canadian Olympic Association.

Tewksbury had everything to gain and nothing to lose by keeping quiet. But when he saw that the IOC was poised to derail efforts to establish an independent drug testing agency and to sweep allegations of corruption under the rug, he decided to speak out. It was an act of courage and principle—rare these days, but desperately needed.

In an exclusive for *Swimming World*, "When Sorry Isn't Good Enough" (page 37), Tewksbury explains why he took the action he did and how the IOC must change if the Olympic ideals are to survive.

Phil's e-mail: SwimPhil@AOL.com

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A Challenge to U.S. Distance Swimmers

Congratulations on your 40th anniversary! I have really enjoyed the thousands of articles I have read over the years. One of my favorites was published in February 1976: "Would You Believe 10,000 Yards in 100 Minutes?" It was truly an impressive feat.

I am not aware that anyone has duplicated or surpassed this particular set. Maybe some of our up-and-coming distance swimmers would like to take the challenge.

TASSOS MADONIS
Cincinnati, Ohio

The editor replies: The article referred to by Mr. Madonis is about 1976 Olympic gold medalist and former world record holder Mike Bruner, who won the 200 fly at Montreal. Following are some excerpts from that story:

"On Nov. 21, 1975, at approximately 4 p.m. as the gun went off, Mike Bruner left on a race that could have

ended at any point in the race up to 10,000 yards.

"About six weeks earlier, his coach, Bill Rose, and Mike cooked up a challenge that was meant to be something that nobody ever had done and would serve as an inspiration to other members of the DeAnza Swim Club. The idea was whether Mike Bruner could swim 10,000 yards in under one hour and 40 minutes (100 minutes). In order to do that, he would have to average under one minute for every 100 yards throughout the entire 10,000 yards.

"The 'catch' was that if at any time Mike went over an average of one minute per 100, he would have to stop at that point. Therefore, he had two obstacles to overcome—to gain the ultimate challenge of finishing the entire 10,000 yards under one hour and 40 minutes, plus the challenge of averaging under a minute per 100 for the entire swim.

"Approximately 700 people came to see this Guinness Book of World



Photo by Budd Symes

Coach Bill Rose (right) and Mike Bruner cooked up a challenge that was meant to be something that nobody ever had done.

Records attempt....Mike not only met the challenge, but went the entire 10,000 yards in 1:39:18.59."

For a copy of Bruner's splits for each 100, please send a self-addressed stamped envelope to *Swimming World*, 90 Bell Rock Plaza, Suite 200, Sedona, AZ 86351.

Drug Use

I couldn't agree more with your March Editor's Note ("The IOC's Drug Fiasco"). I was in San Antonio last week for our American College of Sports Medicine team physician course. One of the key lectures was by Dr. Randy Eichner of Oklahoma (who is a consultant for Gatorade) in which he echoed all your sentiments and recalled being verbally attacked and hooted down at an ACSM meeting a decade ago when he accused the Eastern European swimmers and Dutch cyclists of steroid use, blood doping, etc.

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Via E-Mail

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Susie O'Neill Breaks Mary T's World Mark

People

Big Daddy Josh. Congratulations to U.S. National Team co-captain **Josh Davis** and his wife, **Shantel**. On March 4, Shantel gave birth to their second child, **Abigail Danielle Davis**, who weighed in at 9 pounds 8 ounces.

Playing Hooky. Aussie swim sensation **Ian Thorpe**, 16, has taken a leave of absence from high school to concentrate on winning gold in the Sydney Olympics next year. "I will definitely complete school," he told SW, "but I don't know when." Thorpe stands to earn several million dollars if he becomes an Olympic champ.

MustaphaWatch. He may not earn a million, but FINA president **Mustapha Larfaoui** evidently has a million-dollar smile. That must be why his smiling face appears no fewer than 15 times in the latest edition of the FINA magazine, *The World of Swimming*. Though no one else is ever likely to approach Larfaoui's record, the silver medal goes to IOC President **Juan Antonio Samaranch**. No slouch himself in the PR department, His Excellency makes 11 photographic appearances in the same issue.

Tar Heel Scholar-Athlete. **Ted Brisson**, a senior tri-captain of the North Carolina Tar Heels swim team, was named the winner of the 1999 Weaver-James-Corrigan Postgraduate Award, worth \$5,000. A senior from Goldsboro, N.C., Brisson has been a member of three ACC championship teams while maintaining a 3.81 grade point average in a double major, eco-

Australia's **Susie O'Neill** snapped the oldest world record in the books on Feb. 17, clocking 2:05.37 for the 200 meter butterfly (short course meters) at a World Cup meet in Malmo, Sweden. The old mark, set by **Mary T. Meagher** on Jan. 2, 1981, stood at 2:05.65.

Photo by Darrin Braybrook, Sport • The Library



Susie O'Neill

O'Neill's record came as a surprise, as she could only manage a 1:00.02 in the 100 fly a day earlier, finishing in a tie for second. Unbeaten since 1995 in the 200 and facing a strong challenge from Denmark's Sophia Skou, O'Neill took the first 100 meters of the 200 out in 59.85.

O'Neill's splits: 28.34, 59.85, 1:32.22, 2:05.37.

Meagher's splits: 29.40, 1:01.40, 1:33.90, 2:05.65.

O'Neill now has her sights set on Mary T.'s long course mark of 2:05.93 from Aug. 13, 1981—a much tougher record.



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nomics and chemistry. He plans to attend med school at Harvard, Johns Hopkins or North Carolina.

Who Were Those Kids? In the February issue of "Junior Swimmer," the cover photo is of 11-year-old **Danielle Garcia** of DeAnza-Cupertino Aquatics (DACA). Danielle was a member of DACA's winning 200 and 400 free relays at the December Holiday meet in Tempe, Ariz., where the photos were shot.

The photo on JS-6 is of 12-year-olds **Katie Hagey** and **Brittney Lee** with **Coach Dave Knochenhauer**. On JS-7, from left to right, are **Alexa Namba**, **Katie Hagey**, **Rebecca Cottrell**, **Karen Amundson**, **Valerie Kaplan** and **Marie Ballenger**.

Record Blizzard

Sabir Gets Three. That fresh Colorado air seems to agree with Stanford grad **Sabir Muhammad**. A member of the National Resident Team, Muhammad destroyed three American short course meters records while competing at a World Cup meet in Paris Feb. 20-21. Muhammad smashed **Jon Olsen's** 1993 mark in the 100 meter free, clocking 48.19. He then lowered his own standards, set earlier this season, in the 50 (23.51) and 100 meter fly (52.25).

Flying High. Cherry Creek High School's girls 200 yard medley relay

team broke the national public school record at the Colorado State Championships last Dec. 28 with a time of 1:45.09. The former record, 1:45.18, was set by Phoenix's **Shadow Mountain High School**, which featured **Misty Hyman** on the backstroke leg. What makes the Cherry Creek performance even more remarkable is that it was done at an altitude of 7,000-plus feet at the U.S. Air Force Academy.

The record-setting team, coached by **Eric Craven**, was composed of **Abby Hutton**, sophomore (back, 27.13); **Andrea Sheremeta**, senior (breast, 29.58); **Lisa Garcia**, junior (fly, 25.44); and **Jennifer Lyman**, senior (free, 22.98). Lyman also split 22.52 in anchoring Cherry Creek's state record-setting 200 free relay (1:36.54).

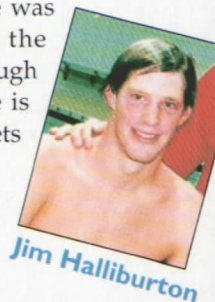
Cherry Creek High School was featured recently on the Cheerios box.

Wilsonian Legacy. **Kristen Woodring** of Wilson High School in West Lawn, Pa., broke **Kristy Kowal's** national high school record of 1:01.47 in the 100 yard breaststroke at a district meet on Feb. 27 with a time of 1:00.74 (28.52 split). Amazingly, Kowal also swam for Wilson High School.

Lane Line Legends

Jim Halliburton was one of the fastest flyers in the world in the late 1970s and early '80s, with a best of 54.3 for the 100 meter fly. A two-time national champion and former U.S. Open record holder, he swam for **Doc Counsilman** at Indiana University, where he was known as one of the toughest of a very tough bunch of guys. Here is one of his favorite sets (in yards):

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One of Doc's standard workouts was a one-hour, 6,000 yard set which included lots of kicking and pulling (that's averaging under 1:00 per 100 for 60 100s).

On one occasion, Halliburton held his breath under water for 2:50, then pushed off the wall without coming up to breathe, and swam a 50 free with no breaths.

(Lane Line Legends will appear occasionally in *Swimming World*, recounting the extraordinary workout feats of swimmers over the years. Please send your picks to "Lane 9," c/o *Swimming World*.)

T Swim Biz

Two *Swimming World* advertisers were honored as the top retailers of 1998 at the Awards and Recognition Association (ARA) banquet held in Las Vegas on Feb. 10. Kudos to **Crown Trophy**, named "Retailer of the Year," and **Hasty Awards**, which was runner-up.

U.S. National Team co-captain **Josh Davis** signed a multi-year endorsement deal with **Auro-Dri**, a leading name in remedies for clogged ears. Davis' image will appear on displays in drug stores and supermarkets. In addition, each Auro-Dri package will include an insert with "Josh Davis' 10 Tips for Swimming Fast."

Colorado Timing Systems announced it has signed a deal to sponsor the American Swimming Coaches Association (ASCA) as that organization's "official scoreboard and time system supplier."

W Corrections

rong Calimari. Our January story on distance hopeful **Erik Vendt** incorrectly stated that Erik's coach, **Josh Stern**, founded the Ocean State Squids two years ago. Stern is, indeed, the head coach, but the owner/director of the club is **Matt Kredich**, who founded it in 1996. Kredich is head

men's and women's coach at Brown University.

Hasty High Pointers. **Billy Silva**, who was one of the Hasty's High Pointers featured in "Junior Swimmer" (Feb. *Swimming World*), swims for University Park Aquatic Club (not the

Trident Swim Club) in State College, Pa. The 6-year-old competed in the Trident Mini Pentathlon.

Wrong Flyer. A French reader, **Sophie Bambuck**, points out that the photo on page 37 of our December 1998 issue is not **Denis Silantiev** of

From Buffalo To Shanghai...



- 1998 Commonwealth Games - Kuala Lumpur, Malaysia
- 1998 Central American Games - Maracaibo, Venezuela
- 1998 World Championships - Perth, Australia
- 1998 South American Games - Cuenca, Ecuador
- 1997 Southeast Asian Games - Jakarta, Indonesia
- 1997 Chinese SC Championship - Shanghai, China
- 1997 Pan Pacific Championships - Fukuoka, Japan
- 1997 Canadian Summer Nationals - Edmonton, Alb
- 1997 Russian Winter Nationals - Moscow, Russia
- 1997 NCAA Men's Championship - Minn., MN
- 1997 European Championships - Seville, Spain
- 1997 Janet Evans Invitational - Los Angeles, CA
- 1997 World Short Course - Goteborg, Sweden
- 1997 U.S. Summer Nationals - Nashville, TN
- 1997 U.S. Winter Nationals - Buffalo, NY
- 1997 East Asian Games - Pusan, S. Korea
- 1997 Japan Championship - Tokyo, Japan
- 1997 Maccabiah Games - Tel Aviv, Israel



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We'll See You Poolside.



Franck Esposito

Ukraine (as identified by the photo agency, Allsport), but **Franck Esposito** of Antibes, France. In 1998, Esposito ranked second in the world in the 200 fly and sixth in the 100.

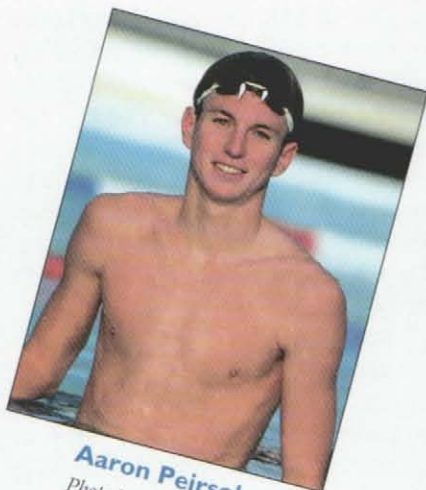
Top 16 corrections. In the NAG results compiled by USA Swimming (Feb. *Swimming World*), the 14th-place

Photo by Todd Warshaw, Allsport

11-12 boys 200 meter medley relay team (2:15.40) lists "Brian Hild" as a member of the Raleigh (N.C.) Swimming Association. Actually, his name is **Brian Hill**.

Also, in the 10 and under girls 100 meter breast, **Sarah Nowell**, who ranked 16th with a time of 1:27.50, was omitted from the list.

Aaron Peirsol set a NAG record in the 15-16 boys 200 meter backstroke, as reported. But the record he broke was not the 2:02.82 by **J. Thornton**, listed by USA Swimming. The actual record was 2:02.56, set by **Derek Weatherford** of Swim Florida at the 1988 Olympic Trials. His record lasted ten years. As Derek commented, "Thank God for Aaron Peirsol."



Aaron Peirsol
Photo by Tony Duffy

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Photo by Peter H. Bick

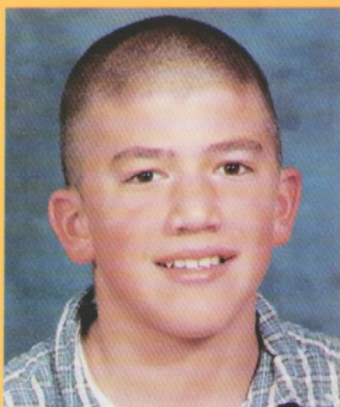


TYR

AGE GROUP SWIMMERS OF THE MONTH

Rabun Fox

Age 13, Elmwood Sharks, New Orleans, LA



Rabun Fox of the Elmwood Sharks in New Orleans, La., is full of enthusiasm for the sport of swimming and has set very clear goals for his swimming career. This fall, he entered the Pine Crest School as a seventh-grader.

One of Rabun's goals for the 1997-98 season was set after his participation in the Southern Zone Championships in August 1997. He came home from the meet (at 11, he was one of the youngest members of the team) and declared that he wanted to place in the top three in at least one event the following year as a 12-year-old. He definitely reached his goal.

Rabun headed off to the Southern Zone Championships in College Station, Texas last August and won three events, placed second in one and third in two. He set Louisiana state records in the 11-12 boys 100 meter fly (1:02.66, first in the 1998 National Age Group rankings) and the 200 IM (2:23.43, fifth). Rabun also won the 200 free (2:08.08, seventh). He placed second in the 50 free (27.10, 11th), and was third in the 100 free (59.58, 15th) and 100 back (1:07.69, 11th). Rabun also anchored two Louisiana relay teams, both of which made the NAG Top 16 list.

Besides several high-point awards, Rabun received the Age Group Swimmer of the Meet award at the Nokia Sugar Bowl Invitational in December 1997, as well as the Damon McCoy Award—the state's highest honor for a swimmer—at the Louisiana State Long Course Championships last July.

Kelly Freeburn is a serious and very focused swimmer. She practices seven days a week, including two hours each morning before school, at one of several pools that the Tidewater Aquatic Club leases from the U.S. Navy in Norfolk, Va. She will typically pace herself with the older, more experienced swimmers on the team.

Her hard work certainly is paying off. Last August, at the Eastern Zone Long Course Championships in Baltimore, Md., Kelly placed first in the 50 meter freestyle. Her time of 28.26 beat the 11-12 girls Virginia state record and earned her a tie for 16th in the 1998 long course National Age Group rankings.

Kelly received the high-point award in the 11-12 age group at the Debbie Kortz Memorial Invitational in Charleston, W. Va., last October, breaking six meet records and earning first place in 10 individual events.

In December, Kelly traveled to the Potomac Valley Junior Olympics and won the 11-12 girls high-point trophy by winning first place—and getting Top 16 times—in all six of her events: 50 yard free (24.77), 100 free (54.02), 200 free (1:55.44), 50 back (28.64), 100 back (1:01.04) and 100 fly (1:00.04).

Kelly's goal is to make junior cuts before she turns 13 at the end of this month. She would also like to set a Virginia state record in the 11-12 girls 50 yard free. With the determination she's shown so far, those goals are certainly within her reach.



Kelly Freeburn

Age 11, Tidewater Aquatic Club, Norfolk, VA

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 name, address and phone number of 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 86341. 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 swimsuit, goggles and a T-shirt for the swimmer's coach.

HASTY HIGH POINTERS



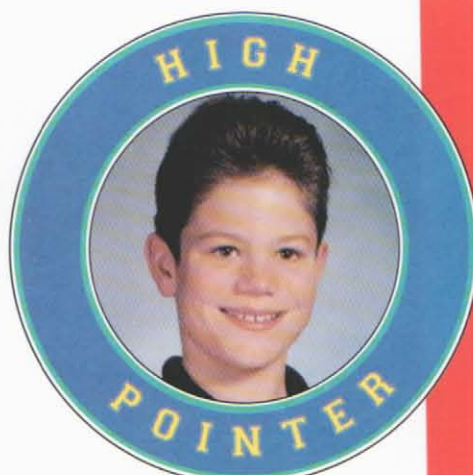
Swimming World
and Junior Swimmer
magazine salutes
the rising young
stars in competitive
swimming throughout
the country.



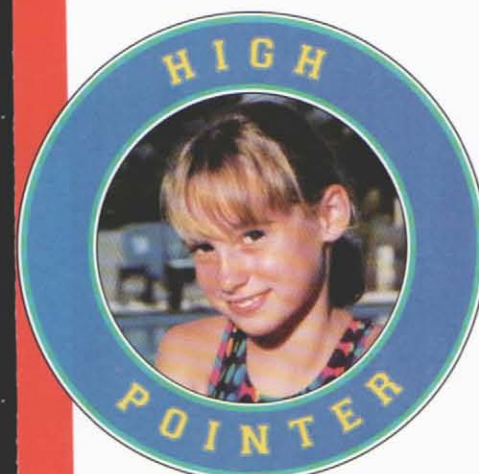
Drew McGowan
8 Years
Evergreen Park Stingrays
Manheim Winter Meet



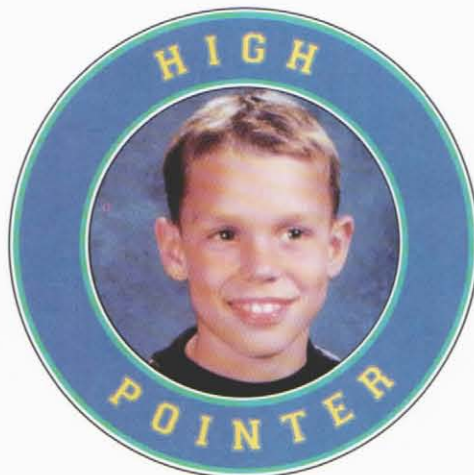
Margaret Fish
8 Years
Cincinnati Marlins
Cincinnati Marlins Invitational



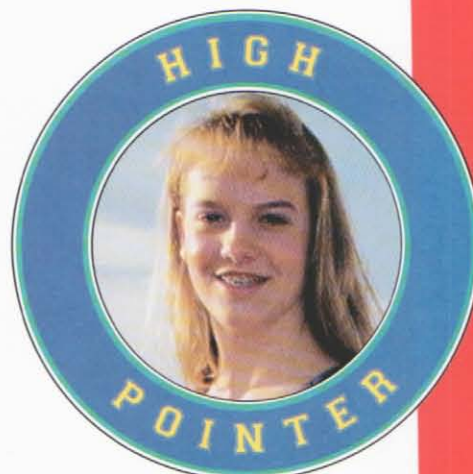
Mark Dylla
10 Years
Aces Swim Club
Midwestern LSC All-Star
Age Group Invitational



Katie Jordan
8 Years
Brian Evans Swim Team
CMSA Fall Invitational
GPAC Fall Invitational



Brian Rose
10 Years
Santa Clara Swim Club
Lost Dutchman Meet



Tara Staley
12 Years
Team Rebel Aquatics
Lost Dutchman Meet

How to Submit Material

Send color photos along with name, age, team name and meet to:
Hasty High Pointers c/o Swimming World & Junior Swimmer
P.O. Box 20337
Sedona, AZ 86341

JUNIOR SWIMMER

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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 welcome!



The 9-10 girls relay team from the Walnut Creek Aquabears recorded two NRTs at the

Arizona Holiday Swim Festival last December.

Swimming together for the first time were (from left) Bailey Langner, Hannah Peria, Nicole Schrakamp and Kelsey Lewis, who posted a time of 1:55.28 in winning the 200 yard free relay. Lauren Francis (not pictured) replaced Langner in the 200 medley relay, which won in 2:12.25.

California



Evanston High School and New Trier High School have been battling it out for 80 years in dual meet competition. This year's team leaders included (back row, from left) Kevin Auger, Evanston's coach; Anders Holm and Jon Phillipsborn, Evanston captains; Jacob Swarsen, New Trier; (front row, from left) Carl Mutter-Leonard, New Trier; Marc Onstott, New Trier's coach; and Fulton Breen, New Trier.



Sixty-three swimmers from the North Baltimore Aquatic Club traveled to Atlanta, Ga., for the Eastern Classic



Swim Meet. Hosted annually by the Dynamo Swim Club,

the meet featured a team of all-stars from Arkansas, the Birmingham Swim League, Lake Erie Silver Dolphins, Brandon Swim and Tennis Club, North Carolina Aquatic Club, Florida Aquatic Swim Team and the Athens Bulldog Swim Club. North Baltimore pulled out the team title on the last night of competition, defeating Dynamo, 1,670.5 to 1,656.5.

a n R e l a y

Katie Harris, a member of the Pack Swim Team of Pittsford, set a new McDonald league record in the 11-12 girls 50 yard breast of

33.59. The previous mark was set in 1993. Katie

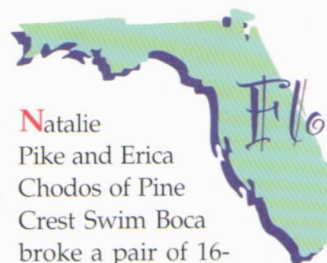
accomplished her swim at the Holiday Invitational Meet Jan. 2.



Kari Whitesell, Lindsay Ginsberg, Gina Agro and Katie Tice, who swim for the YMCA of Western Monmouth

County YMCA of Freehold, swam gold-medal times in the 10 and under girls 200 yard medley relay (2:13.31) and 200 freestyle relay (2:01.33). The quartet is coached by Tim Tice, who coaches the 12-and-under team.

New Jersey



Natalie Pike and Erica Chodos of Pine Crest Swim Boca broke a pair of 16-year-old Florida Gold Coast breaststroke records at the Winter Championships held in December. Natalie, 12, swam a 1:08.59 in the 100 yard breast, and Erica, also 12, posted a 31.49 in the 50 breast.



The New England Saints held their second annual Snowball Classic Invitational Dec. 18-20 at the University of Connecticut in Storrs. The meet nearly tripled in size this year, attracting 730 swimmers from three states. Seventy-five meet records were broken, and the Saints walked off with the team high-point award.

On Jan. 16-17, the Saints traveled to East Hartford to compete in the Charter Oak Pentathlon. The 11-12 girls and 13-14 girls received team high-point honors. The 11-12 team was composed of Natalie Kennedy, Sadie DeCourcy, Kim Gambino, Lindsay Stone and Erica Kriedel. The 13-14 girls team included Kelly Harrigan, Melissa Leach, Rachele Testa, Eileen Dowd, Steph Mailloux and Cara Motowidlo. Harrigan received the 13-14 individual high-point trophy.



The Bengal Tiger Aquatic Club's 11-12 girls relay team of (from left) Lauren Gauthier, Courtney Falcon, Alison Landi and Casey Honigman won the 200 yard free relay at the 10th Annual Carolyn Crawford McDonald's Mardi Gras Invitational. Their national reportable time of 1:48.59 was swum in Baton Rouge on Feb. 7.



Giving It Your All

By Nick Baker, Director, Peak Performance Swim Camp



Photo by Michael Aron

Giving all of yourself in practice means giving 100 percent. Giving all of yourself is the key to becoming the best you can be.

Unfortunately, not every swimmer gives 100 percent. Instead, some swimmers pretend to be giving all of themselves, or they give all of themselves in some sets and not others.

Hopefully you're not one of these swimmers. But if you are, there's a really fun exercise that you can do—an exercise that will help you to give all of yourself.

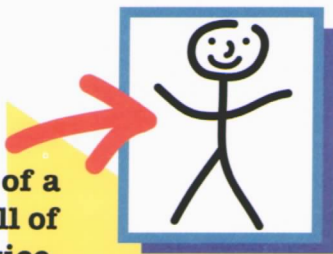
Here's how it works: if you look below,

you'll see 10 "practice boxes." In each box, you'll get to draw a picture of all of yourself or part of yourself. It all depends on how much of yourself you give in the next 10 practices.

But before you can draw yourself, you have to score your practice after it's finished on a scale of one to 10. A score of 10 means you gave all of yourself. A score of less than 10 means you didn't.

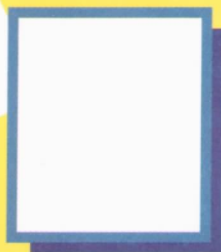
Once you have a score, the next step is to look at the accompanying "score sheet."

Here is a drawing of a swimmer who gave all of themselves in practice, and scored a 10!

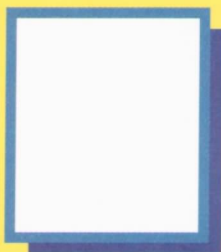


PRACTICE

The "score sheet" on the opposite page will tell you how much of yourself you can draw. Your goal is to draw all of yourself in all 10 "practice boxes."



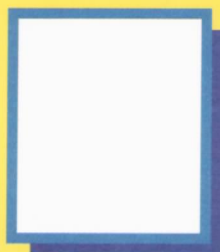
PRACTICE



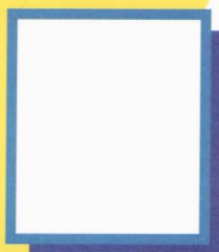
PRACTICE



PRACTICE



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PRACTICE



PRACTICE



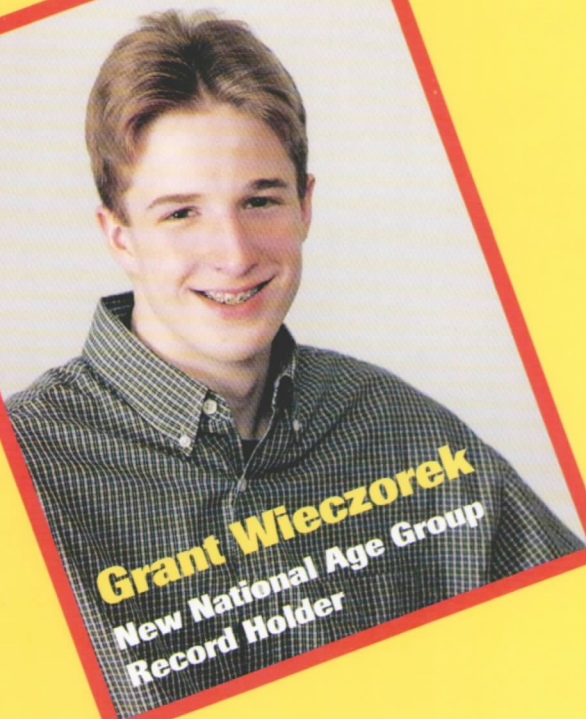
PRACTICE



PRACTICE



PRACTICE



Grant recently broke a 15-year-old National Age Group record in the 11-12 boys 100 yard freestyle with a time of 48.90. Grant managed to set the record exactly one day before his 13th birthday!

Height: 6 feet
Birthdate: Jan. 31, 1986
Weight: 152 pounds
Favorite Food: Steak
"Hang Time:" TV and movies
Club: Carmel Swim Club, Carmel, Indiana
Coach: Jay Chambers



Photo by Peter H. Bick

Trains 6 days a week/Total yardage per week: 35,000 yards/Spends 2 hours in the water 3 days a week and 1 1/2 hours the other 3 days/On his "shorter" days, Grant also does a dryland workout consisting of push-ups, sit-ups and squat thrusts/Started swimming at age 8.

SCORE SHEET

If you scored 1/10, you get to draw an outline of your head.

If you scored 2/10, you get to draw everything above, plus your nose.

If you scored 3/10, you get to draw everything above, plus one eye.

If you scored 4/10, you get to draw everything above, plus another eye.

If you scored 5/10, you get to draw everything above, plus your mouth.

If you scored 6/10, you get to draw everything above, plus your upper body.

If you scored 7/10, you get to draw everything above, plus one arm.

If you scored 8/10, you get to draw everything above, plus another arm.

If you scored 9/10, you get to draw everything above, plus one leg.

If you scored 10/10, you get to draw everything above, plus another leg.

Check out this "ULTRA-DO!"

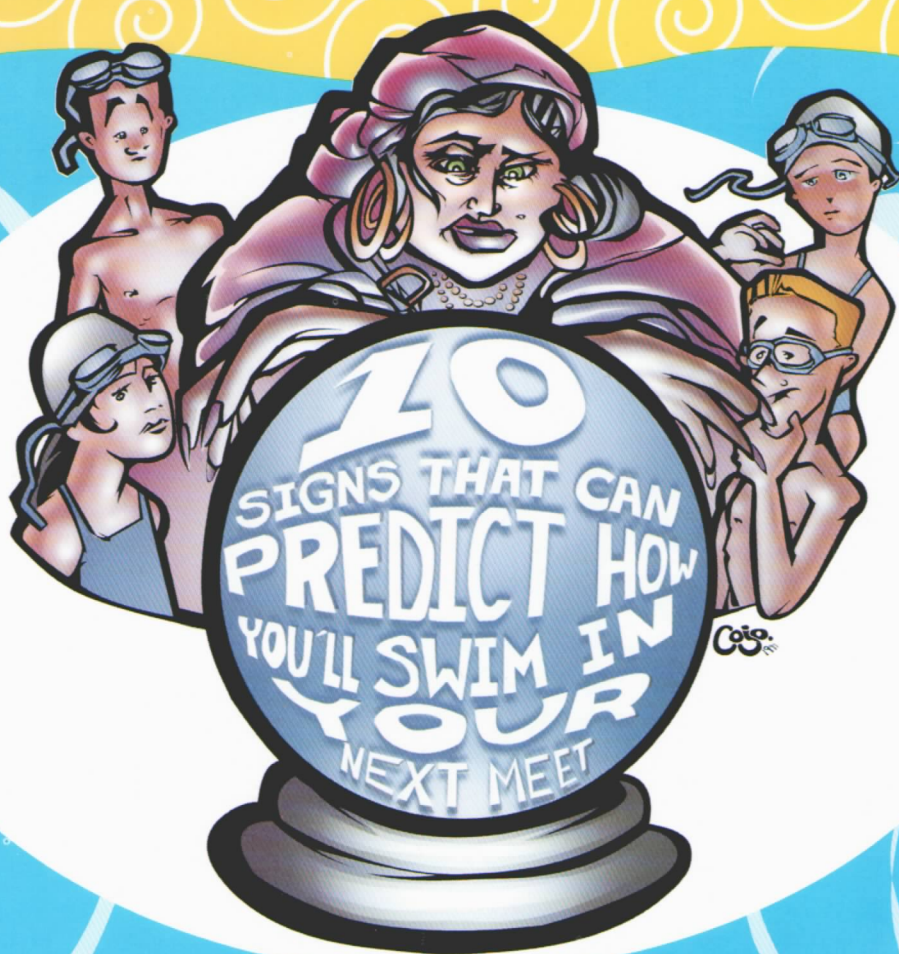
Show us what your "HAIR-DO" can do and compete in the "UltraSwim® Ultra-Do" contest! Call 1-800-745-2429 to get your free sample of UltraSwim Shampoo. Then send us a picture of your "Ultra-Do." Maybe your picture will be in the next issue of *Swimming World*.

Send your name, age, swim club info and picture to:
Ultra-Do Contest
• 1715 W. 38th St. •
Chattanooga, TN 37409

Tucker Perret
Age 16
COLA

"ULTRA-DO of the MONTH"

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By Nick Baker, Director, Peak Performance Swim Camp
Illustration by Cojo

Wouldn't it be cool if you could predict your swimming future? Especially when it comes to how fast you'll swim at your next meet?

Believe it or not, there's a way to do just that! It's a simple little quiz called, "The 10 Signs." To do the quiz, all you have to do is read over the list to see if any signs "match" the way you've been thinking or feeling. If you find a sign that "matches," check it off.

The more signs you check off, the greater the chance you'll swim fast at your next meet!

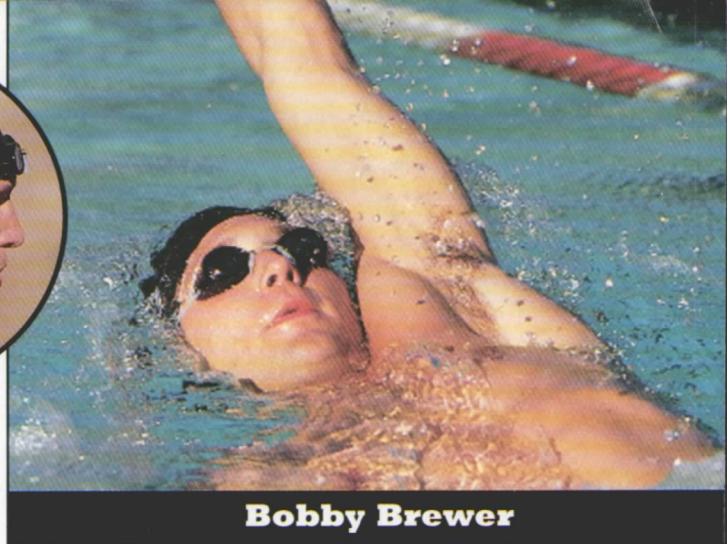
It's a good idea to do the quiz a couple of days before a meet. Chances are you'll find that as the meet gets closer, you'll check off more and more signs.

The 10 Signs

- ☐ You feel "in great shape"!
- ☐ Your turns feel really fast!
- ☐ You've been "making" all your times in practice!
- ☐ Your strokes feel really good!
- ☐ Your starts feel really fast!
- ☐ Your attitude is positive, and you feel really confident!
- ☐ You feel really fast in the water!
- ☐ You feel rested and relaxed!
- ☐ You feel really strong in the water!
- ☐ You're totally focused on your goal!



Photo by Lori Adamski-Peek



Bobby Brewer

Photo by Lori Adamski-Peek

Needed: A New Deal for Swimmers

By Bobby Brewer

Professionalism is relatively new in Olympic sports in America, especially in swimming. Until recently, the average age of male Olympians and national team members in the sport of swimming was under 22. For females, it was under 18. For this reason, the majority of these athletes was still supported by their parents or their college athletic programs.

Recently, though, these demographics have changed dramatically.

Over half the members of our last Olympic team and half our present national team are over the age of 22. That's both men and women. Several are in their late 20s and early 30s.

At a time when children leave the nest to fend for themselves in an adult world, we are attempting to make names for ourselves—not as doctors, lawyers or business people...but as swimmers. Many of us no longer have the luxury of school sponsorship or parental support. Though it is something we love, swimming and representing our country is our job.

As a result, even at the height of our ability, most of us are living close to poverty level. We compete against athletes from other countries who receive lavish support from their governments and are considered full-time professional athletes with tremendous

financial opportunities.

In sharp contrast, our government support is minimal, and if an athlete is lucky enough to qualify for assistance from USA Swimming, there is no security that the support will be continued for any reasonable period of time. Moreover, the assistance is so minimal that an athlete cannot live on that income alone.

Therefore, we are often compelled to forego our training schedules and routines in order to find employers flexible enough to work around our odd hours and lengthy training schedules.

Lately, U.S. national team coordinators have recommended that we focus on a four-year plan aimed at the 2000 Olympic Games. This plan necessitates that other competitions during those four years take a back seat to our main focus—winning in Sydney.

But we are caught in a Catch-22.

Due to our stressed financial situations, we are forced to concentrate on these interim competitions because they offer prize money from sponsors or they increase our chances of qualifying for the minimal support our federation may provide.

Tier Today, Gone Tomorrow

Last year I qualified for the U.S. Swimming Tier I program, which allowed me to focus solely on improv-

ing as a swimmer. I was led to believe that I would be able to concentrate on the Pan Pacific Championships this summer to be held at the Olympic pool in Sydney, Australia. I was further offered the opportunity by U.S. Swimming to compete in several World Cup meets in Europe, a great opportunity to test myself against my international competition, with whom I normally would compete only once or twice a year.

This past January—without any advance notice—I was informed that I no longer qualified for the Tier I program even though my world or national rankings have not changed. My USA Swimming assistance was cut by over half—ironically, right in the middle of this four-year Olympic plan.

In fact, I am not an exception. Bill Pilczuk, Josh Davis, Dr. Ron Karnaugh, Ashley Tappin, Richelle Fox, Michael Norment and many other Olympic hopefuls are in the same boat. Only six people out of 52 national team members are currently on the Tier I program. Fifteen people have been either dropped completely or had their support cut in half.

The cut forced me to withdraw from the European events and re-focus all of my attention on a meet in March, scrapping the Pan Pacific Championship focus I developed with



Michael Norment

Photos by Bill Collins

my coach. I simply could not afford to attend the European meets, but, instead, I had to look for a job and modify my training with only two months until my new "top priority" meet.

Once again, I am left to the benevolence and generosity of my coach and parents—with minimal support from USA Swimming, the entity that will claim responsibility for my success should I succeed in Sydney.

What Can Be Done?

In an effort to find a solution to this state of affairs—which benefits no one—I asked swimmers, coaches and USA Swimming, "What can be done?" Everyone felt a better system was needed. Following are some suggestions for improvement:

❖ The stipend and reward system should be reformed.

One system should exist under which all national team members receive a base stipend for participating as members. In addition, there should be a performance-based compensation.

For example, if an athlete is ranked in the top two in the world, he/she should receive an additional "level 1" compensation. If the athlete is ranked among the top five in the world, he/she should receive a "level 2" compensation. If an athlete is ranked in the top 10 in the world, he/she should receive a

"level 3" compensation. This would guarantee a stipend for the entire team, yet provide an additional financial incentive for performing well.

There should also be a small bonus plan for performances at nationals. Coaches should also receive some type of bonus for each event in which their athletes win a gold, silver or bronze medal.

❖ A peer advisory committee should be formed.

To supervise this new system and to ensure that no one takes advantage of it, a peer advisory committee should be formed to ascertain that athletes continue to train during the quadrennium. This board would have the authority to

restrict or eliminate a swimmer's stipend. Moreover, to monitor the progress of the athlete, each athlete should be required to submit a monthly, signed training log, counter-signed by his or her coach.

❖ Each funded athlete should have the right to vote.

Athletes receiving stipends should be allowed to vote on all issues presented at the USA Swimming convention. In effect, each member of the national team would become an ex-officio delegate to the convention, just as some officials are.

❖ A national team newsletter should be published.

A newsletter focusing on national team issues and training criteria should be developed to offer all national team athletes the latest ideas on training schedules and routines.

❖ Each funded athlete should be willing to give back to the swimming community.

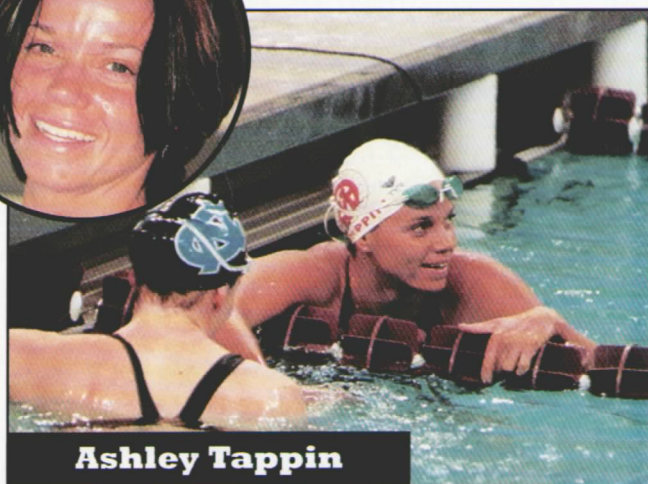
Being on the national team also entails responsibilities. I believe national team athletes should be required to give back to the swimming community, perhaps through a mentor program, by providing motivational/informational talks with club teams and local charities.

These suggestions are but the skeleton of a plan that would allow the United States to maintain its Olympic dominance in swimming. It would also make our country proud of its athletes as the representatives of our great nation.

We are not asking for hand-outs, merely the



Photo by Bill Collins



Ashley Tappin

Photo by Varsity Photos, Inc.

wherewithal to achieve the high goals our country demands.

In the past, we relied on talent alone. Those days are over. Other countries are developing and gaining on us. Australia has already bettered us once, and it is pouring massive resources into swimming. It should not happen again simply because we refuse to nurture our developing athletes.

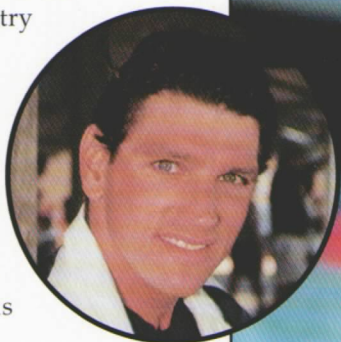


Photo by Bill Collins

About the Author

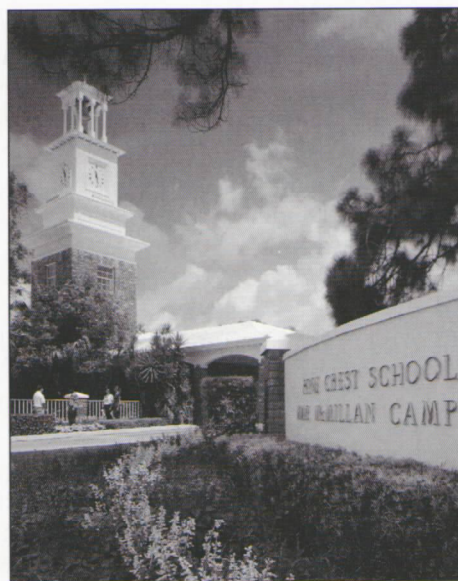
Bobby Brewer, a 1998 graduate of the University of Georgia, now swims for Team TYR. Last year, Brewer ranked second in the U.S. and sixth in the world in the 100 meter backstroke.



Dr. Ron Karnaugh

Photo by Peter H. Bick

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U.S.A. SWIMMING NEWS

MEDIA SERVICES ONLINE

USA Swimming unveiled a new feature, Media Services, on its web site (www.usa-swimming.org) on March 1. The section includes biographies of American swimmers, results, feature ideas, press releases, interviews, credential information and more.

USA SWIMMING 1999 NATIONAL TEAM COACHING STAFFS

Olympic Coaches to Get Preview at Pan Pacific Championships

Olympic coaches Mark Schubert (left) and Richard Quick (right) will also serve as head coaches of the Pan Pacific team in Sydney later this year.

The 2000 Olympic Games head coaches, Mark Schubert and Richard Quick, will get a Team USA and Olympic pool preview in 1999 when the two serve as head coaches of the 1999 Pan Pacific Championship teams. The event, which is USA Swimming's top priority meet in 1999, will be held Aug. 22-29 (swimming dates) at the Olympic venue in Sydney, Australia.

Schubert, 49, of Seal Beach, Calif., and the University of Southern California, will head up the men's squad, while Quick, 55, of Menlo Park, Calif., and Stanford University, will guide the women. Schubert and Quick have

served on six and five Olympic coaching staffs, respectively.

Both men have also served on numerous other national team staffs, including the World Championships. Quick was the women's head Olympic coach in 1996, with the USA women capturing seven gold, five silver and two bronze medals. Schubert led the American women to 14 medals, including five gold, as the 1992 women's head Olympic coach.

Schubert is the winningest club coach in USA Swimming history, earning a record 63 U.S. national team titles. He is also the coach of World Championships double gold medalist Lenny Krayzelburg, who swept both backstroke events at Perth and owns the American record in the 200 meter back.

Quick has led collegiate teams at both the University of Texas and now Stanford to 12 of the last 15 first-place team trophies at the women's Division I Championships—an NCAA record. He coaches *Swimming World's* 1998 female World Swimmer of the Year and USA Swimming's 1998 Swimmer of the Year, Jenny Thompson. Thompson won five medals, including four gold, at the 1998 World Championships.

Head Coaches Joined by Talented Staff

On the men's side, assistant coaches David Marsh of Auburn Aquatics, Dick Jochums of Santa Clara and Jon Urbanek of Club Wolverine will join Schubert.

Marsh led the Auburn University men's team to its first-ever NCAA Division I swimming and diving championship title in 1997. He is also the coach of world champion Bill Pilczuk, who snapped Alexander Popov's seven-year stranglehold on the 50 meter freestyle at the 1998 World Championships. Marsh was head coach of the men's squad at the 1995 Pan Pacific Championships and was an assistant coach on the 1996 Olympic Games staff.

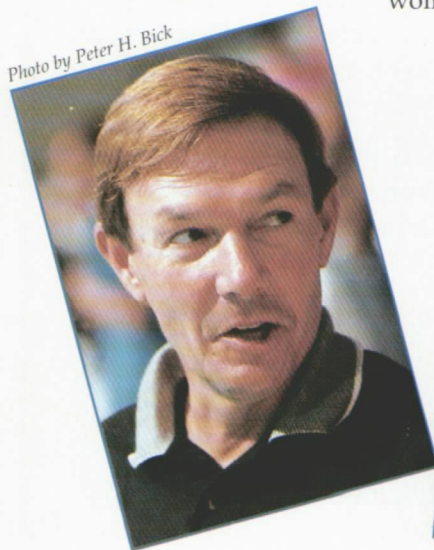


Photo by Peter H. Bick



Photo by Bill Collins

Jochums is the head coach at Santa Clara, who has won the men's title at summer nationals the last three years. Kurt Grote, who trains at both Stanford University and Santa Clara, is the 1998 world champion in the 200 meter breaststroke. Grote also won gold at the 1996 Olympics on the 400 meter medley relay and was a finalist in both breaststroke events.

Urbanek has led the University of Michigan men's team to a top-10 NCAA finish in 11 of the last 12 seasons, including the 1995 NCAA title. He has served as an assistant coach on four Olympic staffs and was the men's head coach at the 1994 World Championships. Urbanek has produced 25 Olympians, including four gold and seven silver medalists. He is the coach of current world-record holder Tom Dolan.

Assisting Quick with the women will be Frank Busch of Hillenbrand Aquatics, Jack Bauerle of Athens Bulldogs and John Collins of Badger Swim Club.

Busch was named USA Swimming's 1998 Coach of the Year, after leading Hillenbrand to the women's and combined team titles at last summer's national championships in Clovis. He placed nine swimmers on international teams for 1999, including three on the Pan Pacific squad (Ugur Taner, Ashley Tappin and Liesl Kolbisen). Busch was the men's head coach at the 1997 Pan Pacific Championships and was also on the 1998 World Championships staff.

Bauerle led both the men's and women's teams at the University of Georgia to a top-five NCAA finish in 1997, making him the only coach to lead two teams to top-five showings that year. He led the Georgia women to another third-place showing in 1998. Bauerle was the women's head coach at the 1997 World University Games and also served on the 1995 Pan Pacific staff. He is the coach of Kristy Kowal, the 1998 world champion in the 100 meter breaststroke. Kowal is the American record holder in the 100 yard breast, becoming the first American woman to break one minute in that event with her time of 59.05 at the 1998 NCAA Championships.

Collins has produced numerous Olympic and national champions in his 28 years with the Badger Swim Club. He served on the 1998 World Championship and 1997 and 1995 Pan Pacific team staffs. Collins is the coach of Cristina Teuscher, who won gold at the 1996 Olympics and silver at the 1994 and 1998 World Championships.

Rich DeSelm of Mecklenburg Aquatic Club will be the head manager for the Pan Pacific Championships. Everett Uchiyama of SoCal Aquatics will assist him. DeSelm was on the 1995 and 1997 Pan

Pacific staffs, while Uchiyama was a manager for the 1997 Pan Pacific Championships and the 1995 Junior National Team international trip.

Pan American, World University and Short Course World Championships Staffs

Gregg Troy, women's head coach at the University of Florida, will lead the men's team at the 1999 Pan Am Games, while Pete Malone, head coach of the Kansas City Blazers, will be the women's head coach.

Troy, who previously coached at the Bolles School for 20 years, has served on numerous national team coaching staffs. Most recently, he was the 1998 World Championships head women's coach, where he led the women's team to eight gold medals. Troy was also an assistant coach at the 1996 Olympics and was the head coach at the 1995 Pan American Games.

Malone is also a veteran of several USA coaching staffs. He was the head coach at the 1994 World Championships and also for the 1996 Junior National team. Malone placed swimmers on the 1988, 1992 and 1996 U.S. Olympic teams.

Heading up the Team USA squads at the 1999 World University Games will be Alex Braunfeld from Dynamo for the men and Bill Rose from Mission Viejo for the women.

Braunfeld led Dynamo from 1987-91, then served as assistant men's coach at the University of Michigan, before returning to Dynamo in 1997. Dynamo won the women's title at the 1989 national championships. Braunfeld was the assistant coach for the 1995 Pan Pacific team and coached the 1984 and 1995 Junior National teams.

Rose was hired as Mission Viejo's head coach in 1992, and was previously head women's coach at Arizona State University. Rose was an assistant coach for both the 1997 World University Games and 1995 Pan American Games.

Paul Blair of the Little Rock Arkansas Dolphins and Ed Fraser of Central Pennsylvania were named head coaches of the 1999 Short Course World Championships team, April 1-4, in Hong Kong. Blair will coach the men's squad, while Fraser will head up the women's team.

Blair, who coached John Hargis to a spot on the 1996 Olympic team, has served on USA Swimming staffs for the 1998 USA vs. Big Ten Dual Meet, the 1992 Junior National team's trip to Paris and the 1992 USA vs. Stanford/Cal Dual Meet.

Fraser, who has coached Olympic medalists Jeremy Linn and Anita Nall, was a member of the 1997 Pan Pacific Championships coaching staff and was also on the 1998 USA vs. Big Ten Dual Meet staff.

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CELEBRATING

40
Years

40 Years of Swimming World:

A P R I L

Each month during 1999—our 40th year of publication—*Swimming World* looks back at some of the personalities and issues making news in the past.

By Phillip Whitten

April 1960

The fourth issue of *Junior Swimmer*, which sold for 50 cents and boasted all of 20 pages, featured four record-setting girls on the cover: **Susie Barkley**, 14; **Chris Von Saltza**, 16; **Donna DeVarona**, 12; and **Kristie Gimenez**, 10.

Von Saltza had just set an American record in the 100 yard free (57.2), Barkley was the first 13-14 girl under a minute (59.9), DeVarona swam the 50 free in an 11-12 record of 27.1, while Gimenez was in a class of her own in the 10 and under 50 breast (37.4).

That year, Von Saltza went on to win three gold and a silver at the Rome Olympics. Four years later, DeVarona was a double gold medalist in Tokyo.

There were three articles of note:



Donna DeVarona

Editor/Publisher **Al Schoenfield** reacted to Harvard President **James Conant's** post-Sputnik charge that America was over-emphasizing high school and college athletics to the detriment of academics. He decried the decision (later reversed) by the Big 10 athletic directors to bar all Big 10 athletes from post-season championships and took issue with Australian coach **Sam Herford**, who had suggested the "USA should scrap collegiate swimming...if (it) is going to get anywhere in world swimming."

An editorial by **Beth Kaufman**, "the mother of age group swimming," lamented experimenting with breaststroke technique. "It has done no good to change the breaststroke," she wrote. "Please...don't change it again because it will always come back to the original stroke, and the years of development will be lost."

Buck Dawson, Michigan AAU women's chairman, wondered whether the mega-training regimen used by **Don Talbot** to develop **Jon** and **Ilsa Konrads** was the only road to swimming success.

April's "Junior Swimmers of the Month" were cover girl **Kristie Gimenez** and **Glen Hughes**, the top 10 and unders in the nation. Glen's coach, **Phil Scott**, attributed the youngster's success to using "an extremely short, choppy stroke in fly and freestyle" and riding high and flat in the water with no body roll.

Hmmm...

The Aussies continued to play havoc with the record book. **Jon Konrads**, 17, and **Dawn Fraser**, 22, set five world marks apiece, while **Neville Hayes** had two. Fraser came oh-so-close to the one-minute mark in

the 100 meter free, clocking 1:00.2.

NAG records were set by **Dick Lawler**, 13-14 boys 100 yard breast (1:08.8); **Tom Jamison**, 11-12 boys 50 free (25.1) and 50 fly (28.1); and **Donna DeVarona**, 11-12 girls 50 back (31.4) and 50 fly (29.5). Nine-year-old **Mark Spitz** tied the 10 and under NAG for 25 fly (14.6).

35 Years Ago: April 1964

Now grown to 48 pages but still a bargain at 50 cents, *Swimming World's* cover featured the Riviera Club's **Kathy Ellis**, American record holder in the 100 fly. Ellis went on to win bronze at the Tokyo Games that year, adding two gold medals in the relays.

The Eastern Seaboard Champs were held at Dartmouth's spanking-new \$500,000 facility. Yale won as expected, sparked by **Steve Clark**,



Steve Clark

who won four events and broke his own NCAA record in the 200 yard free (1:44.9).

Indiana's Hoosiers took the Big 10 title, placing swimmers in the top three in every event except the 50 free. Northwestern's **Rich Abrahams** won

the 50 in 22.1. In 1998, at age 53, Abrahams clocked an amazing 21.73.

USC's Trojans won the NCAA title, upsetting Indiana 96-91, followed by Yale at 87. SC's **Roy Saari** won three events in American and NCAA record time: 500 free (4:45.8), 1650 free (16:49.5) and 200 IM (1:56.7). Yale's Clark set records in winning the 100 (46.3) and 200 free (1:44.4) and in the prelims of the 50 (20.9). Minnesota's **Walt Richardson** edged closer to the 50-second barrier in taking the 100 fly (50.2).

Australian Swimming chose Sydney coaches **Don Talbot** and **Terry Gathercole** to coach its 1994 Olympic team. Today, Talbot is again Australian national team coach, while Gathercole is president of Australian Swimming.

In competition Down Under, 1956 and '60 Olympic champ **Dawn Fraser**, 27, broke her own WR in the 100 free (58.9), while **Kevin Berry** set a global mark in the 200 fly (2:06.9).

National prep marks were set by **Phil Denkevitz**, **Phil Riker** and **Lawrenceville Prep**. Denkevitz' 21.0 in the 50 free would have tied for the NCAA title that year. Phil Riker went 52.0 in the 100 fly and swam on Lawrenceville's record-setting medley relay (1:42.7).

At the Pacific Association Champs, **Donna DeVarona** set American records in the 250 yard free (2:34.3) and 400 IM (4:42.7). Santa Clara teammate **Sharon Finneran** notched another in the 1650 (18:42.3). Other winners included Olympic champions-to-be **Don Schollander** (200 free, 1:45.1; 500 free, 4:53.1), **Jan Henne**, **Dick Roth** and **Mike Burton**.

NAGs were set by **Sharon Stouder**, 15-17 girls 50 yard free (25.5); **Cathy Ferguson**, 15-17 100 back (1:02.2); **Mary Olcese**, 11-12 100 back (1:07.6); and **Jane Barkman**, 11-12 100 yard breast (1:14.1). For the boys, **Larry Barbieri** set marks in the 11-12 100 fly (1:01.3) and 100 back (1:03.4).

At the Southwestern Open Champs in Dallas, SMU's **Richard Quick** swam a meet record 200 fly (2:01.3). Quick, now women's coach at Stanford, was the 1992 and '96 U.S. women's Olympic coach, and has been named 2000 coach as well.

30 Years Ago: April 1969

Doc Counsilman's I.U. Hoosiers won their second straight NCAA men's title, easily outdistancing USC and Stanford, as 10 American and 12 NCAA marks fell. Indiana freshman **Mark Spitz** was the meet standout, winning three individual events in record time.



On the international scene, Russia's **Nicolai Pankin** snapped the WR in the 200 breast, 2:26.5. South Africa's **Karen Muir** chopped five seconds off the 440 yard IM, clocking 5:20.2.



Karen Muir

Double Olympic gold medalist **Kaye Hall**, Tacoma SC, broke two American records at the Northwest AAU Champs: 58.9 for the 100 yard back, 2:08.1 for the 200. At the same meet, Cascade's **Lynn Colella** tied the American mark in the 200 fly, 2:06.6.

The issue also carried an ad for Doc Counsilman's pace clock.

Inflation had set in, but *Swimming World*, which had expanded to 56 pages, was still a great buy at 60 cents.

20 Years Ago: April 1979

Cal won the Division I men's title with 287 points, defeating USC (227) and Florida (224). UCLA's **Brian Goodell** took three individual titles in NCAA record time: 500 free (4:16.43), 1650 (14:54.13) and 400 IM (3:50.80). Tennessee's **Andy**



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Coan etched his name in the record books in both the 100 (43.25) and 200 free (1:35.62). Cal's **Par Arvidsson** (100 fly, 47.76), **Graham Smith** (100 breast, 54.91) and 400 medley relay (3:15.22) also set NCAA marks.

The tenth women's AIAW Champs featured a down-to-the-wire team battle with **Florida** (513 points) edging **Arizona State** (508) and **Stanford** (495). Texas' **Joan Pennington** took high-point honors, winning four events, all in record time: 50 fly (24.91), 100 fly (54.44), 100 IM (56.24) and 200 IM (2:00.80).

The Division II and III men's titles went to **Cal State Northridge** and **Johns Hopkins**, both taking their third straight championship. **Simon Fraser's** men made it eight straight NAIA titles. The **University of Nevada** grabbed the women's AIAW Small Colleges crown.

With the Moscow Games barely a year away, SW reviewed the sport's progress between 1969-79. For example, the men's 100 free record had improved from **Michael Wenden's** 52.2 in Mexico City to **Jonty Skinner's** 49.44 seven years later. The article cited computer projections by a Russian magazine for the 1980 Games. In retrospect, almost all the projections were far too optimistic, and some times still have not been achieved (women's 400 free, 4:01.39; men's 1500, 14:33.78).



Andy Coan

Photo by Tim Morse

Australian sprint coach **Harry Gallagher** predicted the men's 100 free mark would "level off around 44 seconds by the end of this century." So much for prophecy, computer and human.

The issue also featured articles on hypoxic training and shoulder injuries, and a profile of Soviet distance ace **Vladimir Salnikov**, a double winner at the '78

World Champs. "I feel I will be at my physical and emotional peak for the Moscow Olympics," Salnikov predicted. He was, setting a world record in the 1500 (14:58.27) and Olympic mark in the 400 (3:51.31).

In Australia, **Tracey Wickham** set a WR in the 1500 meter free (16:06.93) that would have ranked her first in 1998.

In the U.S., **Tracy Caulkins** won the Sullivan Award, given to the nation's top amateur athlete. Showing no respect, 15-year-old **Sippy Woodhead** broke Caulkins' American mark in the 100 free (49.56).

Dave Wilson, Anderson H.S. in Cincinnati, bettered **Mark Spitz'** national high school mark in the 100 yard fly from 1967 (49.1), clocking 48.50. He also lowered the high school standard in the 100 back, 51.14.

Andy Knox wrote an "Athletes' Forum" piece about the proposed financial assistance program for post-grad swimmers drafted by USOC rep **Stu Isaac**. The proposal was for four

annual grants of \$5K each. Knox also wrote about the controversy surrounding the Code of Conduct. Sound familiar?

10 Years Ago: April 1989

Our cover featured the Lords of Swimming, **Kenyon College**, who had just scored their tenth straight Division III men's title. Ten years later, they're still going strong.



Harvard's **David Berkoff**, using the "Berkoff blastoff," kept rewriting the 100 yard backstroke record. First he lowered the mark to 47.87 in a dual meet. At the Eastern Seaboard, he reduced that to 47.65, then 47.33.

Matt Biondi was named the USOC's Sportsman of the Year, edging **Greg Louganis**.

Aileen Riggan Soule was inducted into the Women's Sports Hall of Fame. At 14, Riggan won the first-ever women's springboard competition at the 1920 Antwerp Olympics, becoming the youngest gold medalist at the time. She finished second in the event four years later and third in the 100 back, becoming the first of three women in Olympic history to win medals in the two sports.

Dennis Pursley, 38, was tapped to be U.S. Swimming's National Team Director. Pursley had helped establish the Australian Institute of Sports and served as coach of the Lakeside Swim Club, Cincinnati Pepsi Marlins and the Phoenician Swim Club.



Dennis Pursley

Photo by Bill Collins

Lori Heisick, a senior at Edina High School in Minnesota, broke the oldest girls high school record when she swam 1:02.42 for the 100 breast. The old rec, 1:02.49, had been set seven years earlier by **Kim Rhodenbaugh**.

In collegiate action, **CSU Northridge** snared its third straight Division II women's title, led by senior

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Tina Schnare, who won both breaststrokes for the fourth straight year. **CSU Bakersfield** notched its fourth consecutive men's crown.

Division III saw **Kenyon** capture its tenth straight men's and sixth straight women's titles. In the NAIA, it was **Drury** (men's) and **Puget Sound** (women) on top of the victory stand. **Indian River** recorded its 15th men's and seventh's women's NJCAA championships in a row.

The issue also featured an article by **Sam Freas** on swimming's TV woes that could have been written yesterday.

5 Years Ago: April 1994

Russia's **Alex Popov** set two short course world records, bringing his 1994 total to four. The Russian Rocket stroked 21.50 for the 50 meter free and 47.12 for the 100 at a World Cup meet in Italy.

China's **Bai Xiuyu** lowered her own short course WR in the 50 back to 27.62 at a World Cup meet in Sweden.

One of China's top female swimmers, **Zhong Weiyue**, was banned for two years by FINA after failing a drug test. SW learned the substance was the steroid methandienone. Zhong had set WRs for the 50 (26.44) and 100 meter fly (58.71). The action came only days after the head of China's Olympic Committee told SW he categorically denied that any Chinese swimmers have been using illegal, performance-enhancing substances.

Talk about tough training conditions! A feature article described how the **Cal State Northridge** team had to tough it out in the aftermath of a 6.8 magnitude earthquake a little more than a mile from campus.

In collegiate competition, **Drury** won its seventh straight men's and third straight women's NAIA crowns. The Lady Panthers were paced by our cover girl, **Lourette Hakansson**, who closed out her career with an unprecedented fourth straight triple.

At the NCAA Division II Champs, **Oakland's** men halted CSU Bakersfield's streak at eight, while their women extended their winning skein to five. At the NJCAAs, the beat went on for **Indian River**: their men

took their 20th straight junior college title, while their women recorded their 12th.

North Baltimore's **Beth Botsford** added another NAG record to her collection, swimming 25.69 for the 11-12 girls 50 yard fly, which shattered **Grace Cornelius'** 1983 mark (26.91).



Beth Botsford

Beth went on to win double gold at the 1996 Olympic Games.

In the 1983 Long Course NAG Top 16, among the hot-shots was 10-year-old **Jenna Street**, who set two NAGs in the breaststroke (36.42 for the 50 meter, 1:19.98 for the 100).

City of Atlanta's **Sabir Muhammad**, 17, set four meet records at the Tallahassee Winter Swim Meet.

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Vitamins and You

By Tamara Lowengrub, M.S., R.D.

It's true that the more you exercise, the more energy (calories) you burn. Also, the more you exercise, the more you need to eat.

What about this statement? The more you exercise, the more vitamins you need...*False!*

Vitamin intake should not increase when you increase energy expenditure. Actually, the recommended dietary allowances (RDA) for vitamins are established based on 98 percent of the population's needs, regardless of activity level. The RDA do not take activity into consideration because vitamins are not burned during exercise; calories are.

So, why are vitamins important?

Although vitamins do not fuel your body, without them your body would not be able to perform various metabolic processes. You need adequate amounts of vitamins for your body to function properly. However, additional amounts are not necessarily better.

In fact, excess quantities of vitamins may cause more harm than good.

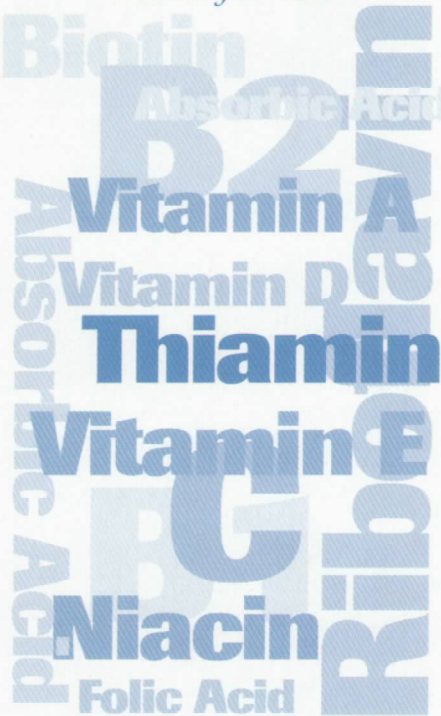
There are two groups of vitamins: fat soluble and water soluble. The fat soluble vitamins include A, D, E and K. When taken in excess, they are stored in your fat cells. If taken in excess for a prolonged period of time, they may reach toxic levels.

The water soluble vitamins include C and the B vitamins. Excess water soluble vitamins are generally eliminated in urine. Yet, when taken in mega doses, they may also reach toxic levels.

Do vitamins enhance performance?

Results are inconclusive. There is

Although supplements may not enhance your performance, vitamin deficiency will definitely hamper it. Since your body cannot manufacture vitamins, you must consume them in your diet.



some speculation that athletes may benefit from taking antioxidants (vitamins A, C and E). However, researchers have not established standard doses. Until then, it may be a good idea simply to eat a diet rich in these nutrients.

Although supplements may not enhance your performance, vitamin deficiency will definitely hamper it. Since your body cannot manufacture vitamins, you must consume them in your diet.

Should athletes take vitamins as a precautionary measure in efforts to prevent deficiency?

Vitamin deficiencies do not happen overnight. A well-balanced diet is your best safeguard against deficiencies.

Also, if you are concerned about increased needs of a particular vitamin, keep in mind that the more you exercise, the more you eat. If you are eating more food, then you are taking in more vitamins.

What about vitamin supplements?

Supplements may be necessary for some of you. For example, if you are allergic to certain foods or if you abstain from a specific food group, you may be missing some of the vitamins your body needs. Vegans (vegetarians who eliminate all meat products from their diet, including dairy and eggs) need to take vitamin B₁₂ because vitamin B₁₂ is only found in animal products. Whether you currently are taking supplements or are considering starting, consult with your physician or a registered dietitian.

When selecting a vitamin, avoid brands that contain mega doses. One hundred percent of the daily value (DV) is more than adequate. Do not be swayed by the words "natural" or "chelated"; these products do not offer any advantages. Admittedly, supplements are readily available and easy to take, but food will always be your best choice.

About the Author

Tamara Lowengrub, M.S., R.D. teaches nutrition at the Scottsdale Culinary Institute and Mesa Community College in Arizona. She's been a competitive swimmer since age 9, swam for Kenyon College from 1990-93 and currently swims Masters at the Phoenix Swim Club.

Vitamins and Nutrients: What They Do and Where to Get Them

Nutrient

Function

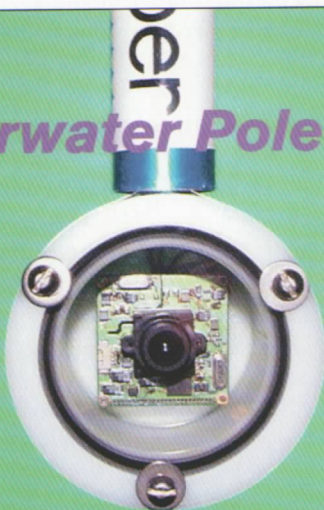
Major Food Sources

Vitamin A	Maintains health of eyes and skin	Liver, egg yolk, milk, butter, dark green and yellow vegetables
Vitamin D	Necessary for formation of bone; Helps with calcium and phosphorus absorption	Eggs, liver, fatty fish, butter and fortified milk
Vitamin E	Acts as an antioxidant	Vegetable oils, beef liver, milk, eggs, butter, leafy vegetables and fortified cereals
Vitamin K	Necessary for blood clotting	Vegetable oils, green leafy vegetables, liver; also made by bacteria in your intestines
Ascorbic Acid Vitamin C	Enhances iron absorption, maintains health of connective tissue, skin, bones, blood vessels and cartilage	Citrus fruit, tomatoes, peppers, greens and raw cabbage
Thiamin Vitamin B ₁	Necessary for the metabolism of protein, carbohydrate and fat	Meat, wheat germ and enriched grain products
Riboflavin Vitamin B ₂	Acts as a coenzyme required for energy release	Milk, cheese, eggs, organ meats and green leafy vegetables
Niacin	Necessary for energy release and synthesis of glycogen	Lean meats, poultry, peanuts, organ meats, fish and brewer's yeast
Vitamin B ₆	Involved in protein synthesis	Yeast, wheat germ, meat, liver, legumes, potatoes, bananas and whole-grain cereals
Folic Acid	Necessary for production of red blood cells; maintains the health of the nervous system	Liver, green leafy vegetables, legumes, asparagus, broccoli, whole-grain cereals and nuts
Vitamin B ₁₂ Cobalamin, Cyanocobalamin	Necessary for the production of normal red blood cells and metabolism of food	Liver, kidney, meat, eggs, cheese and fish
Biotin	Needed for metabolism of carbohydrates, fats and protein	Liver, kidney, milk, egg yolk, yeast, mushrooms, bananas, strawberries, grapefruit and watermelon
Pantothenic Acid	Needed for metabolism of carbohydrate, protein and fat	Liver, kidney, egg yolk, yeast, wheat bran and fresh vegetables

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Diana Munz

Photo by Peter H. Bick
Inset photo by Bill Collins

Following in the Footsteps

While many of today's young athletes may want to "be like Mike," distance swimmer Diana Munz prefers to "be like Janet and Josh."

By Lois Melina

The swimmers Diana Munz admires say a lot about who she is.

Janet Evans, of course, is the logical idol of the 16-year-old currently ranked first in the world in the 1500 and second in the world in the 800. "She's amazing," says Munz of Evans, whose world records have stood for over 10 years. "She had tons of talent and a lot of ability to work hard. People are not coming close to what she did 10 years ago."

Her other model is, perhaps, unexpected for those who do not know Diana. She admires Josh Davis for his style out of the water. "He is such a people person," she says of the triple Olympic gold medalist who has a reputation for being genuinely nice. "The first time I met him, I hadn't done anything big; but the next time I saw him, he remembered my name. I want to be like that—remembering people's names."

So far, this outgoing young woman has been able to maintain a work ethic worthy of Janet Evans while remaining as gracious and pleasant as Josh

Davis, despite the pressures of international competition and incredible success at an early age.

Her awareness that there is more to life than swimming—and more to swimming than winning—may be the key to why Diana is not even close to burning out, despite daily workouts that resemble those most teams reserve for "hell week."

Credit to Parents

Munz and Jerry Holtrey, her coach at the Lake Erie Silver Dolphins, credit Bob and Carol Munz for helping their daughter stay focused while keeping swimming in perspective. Both were competitive ice skaters—Carol in the singles and Bob in ice dancing. Bob and his partner competed at the World Championships in 1964.

Carol says they knew from their own experience the kind of commitment it takes to be at the top in a sport and the importance in that effort of having a good coach. At the same time, they had both seen very talented youngsters whose parents took the joy out of skating by pushing their children too hard. They were determined to be supportive without overdoing it.

Though Carol says it has been hard at times to "hold back" when they realized their daughter's talent, they apparently have been successful. Diana says her parents are interested in every aspect of her training, but respect her need to sometimes leave her workouts at the pool. When she has a question or a concern, however, she readily consults her father. She knows he knows what it's like to be a world-class athlete.

That's important for someone like Diana, who rose quickly on the national and international scene.

Talent and Determination

Though Holtrey says Diana's talent was obvious even as a young swimmer, she didn't take to the sport immediately. "I didn't like it at all," she said about her first experience on a summer league team. "My sisters and brother used to bribe me to go to practice." Her first coach on the Lake Erie Silver Dolphins, however, taught her to love swimming, "and I've loved it ever since."

Once she was hooked, she quickly showed that she had not only the talent, but the determination to become an elite swimmer. Holtrey talks about the kind of discipline Diana showed early on, about not missing practice unless she was sick and about showing up on deck every day enthusiastic and happy. Carol Munz remembers the zone meet where, as an 11-year-old, Diana swam the 500 yard freestyle with her arm in a waterproof cast—preferring to swim and come in last than to sit and watch.

Diana's talent for endurance training became evident around the age of 12, and she quickly dropped her time. She won the 400 and 1500 at the 1995 summer Junior National Championships at age 13 and qualified for the 1996 Olympic Trials. At the Trials, she went from being seeded near the bottom to finishing 14th in the 800 and 20th in the 400 free. At the 1996 summer nationals, with Brooke Bennett at the Olympics, she won the 1500.

Diana finished behind Olympic

gold medalist Bennett at the 1997 summer nationals in the 400, 800 and 1500, but was encouraged by her time drops. "Just being able to keep up with Brooke Bennett—coming in second—I knew I was on the right road," she said. At the 1997 U.S. Open, she finally touched ahead of Bennett in the 800. "It wasn't a good time," she said, "but it was a good race."

At the 1998 World Championships in Perth, Bennett edged out Munz in the 800, but the meet was a breakthrough for Diana psychologically. The camaraderie and support that the veteran swimmers on the U.S. team showed the newcomers helped Diana finally feel that she belonged among the elite. At the 1998 spring nationals, she won the 400, 800 and 1500, and repeated wins in the 800 and 1500 at the 1998 summer nationals with significant time drops in all three events.

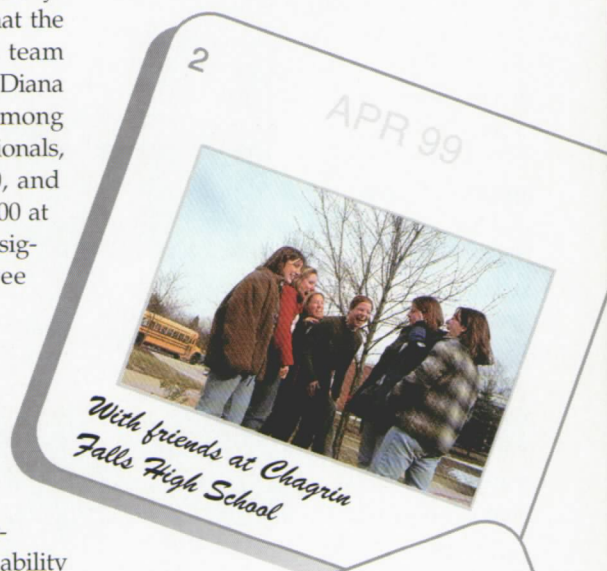
Diana and Brooke

Diana hesitates when asked to compare herself to Brooke Bennett, perhaps remembering the criticism Brooke received when she started expressing confidence in her ability to beat Janet Evans.

"At first I was really scared," Diana says of Brooke. "She was the Olympic gold medalist, and I was just...there." The two didn't communicate much at first, she says, but she now feels more at ease around her and tries to be friendly, although she says she still doesn't know Brooke well enough to know how she feels about their rivalry.

"She's done more," Diana says respectfully, referring to Bennett's gold medal swims at the 1996 Olympics and 1998 World Championships. "But when I swim against her, I have to think I'm better if I want to have a chance of beating her."

Her goal at the moment is to make



Photos by Jeanne Van Atta

**"I love being in water.
It feels soothing.
It's nothing like
being on land."**



Photos by Jeanne Van Atta

the U.S. team for the 2000 Olympics in Sydney. "I want to keep training the way I am, keep improving and maybe one day go to the Olympics and win." She's not ready, though, to talk about someday breaking Janet Evans' records. "I have to progress my times first," she says. "Maybe they'll get close (to Evans'), but right now I have to concentrate on (dropping) my times."

Respectful Demeanor

Diana has met Evans once—at the 1997 summer nationals. She was in awe of the swimmer whose world records were set before she had even begun swimming competitively, but even more amazed that Evans recognized her. "I was so scared. I was ready to say, 'I'm Diana Munz, and I swim the 400, 800 and 1500,' and she already knew who I was," she says.

Holtrey says this kind of humility and respectful demeanor are genuine. "Diana has always been mature for her age," he adds. The youngest of four children, Diana is separated by eight years from her nearest sibling; by 16 years from her oldest sibling. "She's grown up in an adult world," says Holtrey.

However, she is still a teenager who is looking, if not for a normal life, at least for some balance. She decided to attend high school at her local public school in Chagrin Falls, a suburb east of Cleveland, even though most of her teammates attend the private Hawken School, where Holtrey is the aquatics director and coaches the high school teams.

It means more driving, and arranging her classes so that she has the first period of the day free to accommodate

the commute after morning practice. However, she didn't want her entire day to revolve around swimming and the friends she has through swimming. Moreover, she wanted to stay in touch with the non-swimming friends she had growing up.

So far, this kind of balance has led to success in the water without diminishing the sheer joy she realizes from swimming.

"I love being in water," she says. "It feels soothing. It's nothing like being on land."

Diana talks as enthusiastically about swimming the 100 back at a high school meet in which her team is not expected to win as she does about representing the United States at World Championships.

"High school swimming is fun for me," she says. "It's just a big swim family." Currently in her junior year, she is likely to go a different route than Brooke Bennett, who gave up her NCAA eligibility. "I want to swim in college. I love swimming with teams." She can't imagine training by herself.

Life at Lake Erie

Indeed, both Munz and Holtrey credit the highly competitive team atmosphere on the Lake Erie Silver Dolphins for Diana's success as well as teammates like Erica Rose, 1998 world champion in the 5K open water, and Anna Strohl, a member of the national open water team.

"Every time they are doing a set, they are racing each other," Holtrey says. No matter how hard the set, one or two swimmers will accept the challenge first, and the rest refuse to be left behind.

On a team where the top swim-

mers are not only young, but are all contenders in the same distance events, the atmosphere could get ugly—Munz, Rose, Strohl as well as Nat Lewis and Sean Justice all placed in the top eight in the 1500 at the 1998 summer nationals. But the rivalry ends when the set or race is over. If there is any tension on the team, it isn't apparent.

"They are very competitive," says Holtrey. "They practice hard and try to beat each other, but they are also very supportive of one another." Sometimes the "high-fives" at the end of a set get a bit ridiculous, but he doesn't discourage them.

If anything, the intense competition helps keep the egos in check. Erica Rose points out that all the elite swimmers on the team have accomplishments. No one acts superior because "no one has anything to be cocky about."

For this reason, there's no fixed pecking order among the eight or so top swimmers on the team. Whoever is fastest on a given day becomes the leader, and by all accounts, the swimmers fight for that privilege. "They keep me on my toes all the time," Diana says. "They are all hard working. It's great in a way, but you wish you were in the lead every day."

Hard-working. Talented. Outgoing. Humble. Genuinely likable. Successful.

Sounds like a pretty fair combination of Janet Evans and Josh Davis.

About the Author

Lois Melina is a free-lance writer, author and former sports information director at Ball State University.

Background photo by Peter H. Bick

Full Name: Diana Marie Munz

Age: 16

Height: 5-5

Weight: 125

Birthday: June 19, 1982

Hometown: Moreland Hills, Ohio

Parents: Bob and Carol

Siblings: sisters Camie, 32, and Ryan, 23;
brother Robert, 27

High School: Chagrin Falls High School
(00)

USS Club: Lake Erie Silver Dolphins

Club Coach: Jerry Holtrey

Favorite Food: Her mother's spaghetti

Favorite Musical Group: Indigo Girls

Favorite Actor/Actress: Julia Roberts

Favorite Places to Shop: Abercrombie & Fitch; J. Crew

Favorite Thing to Do When Not Swimming: Play with her
dogs, "Splash," a yellow lab, and "Backstroke," a black lab

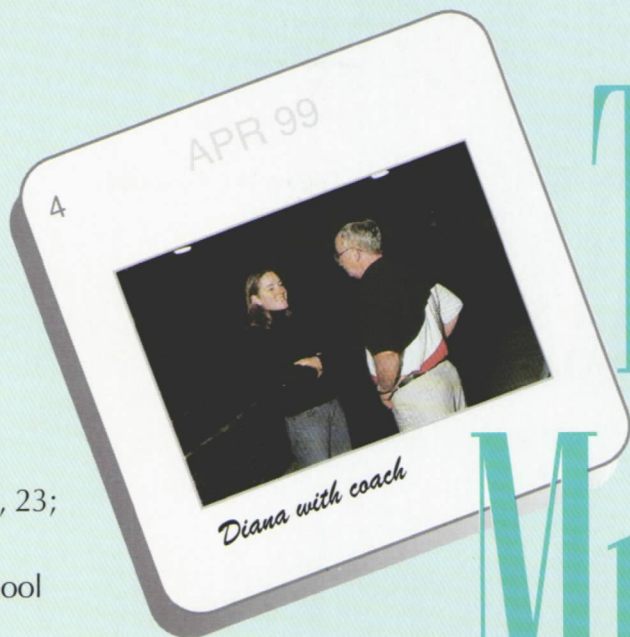
Favorite Event: 800 meter freestyle

SWIMMING PROGRESSION (Freestyle/LC Meters)

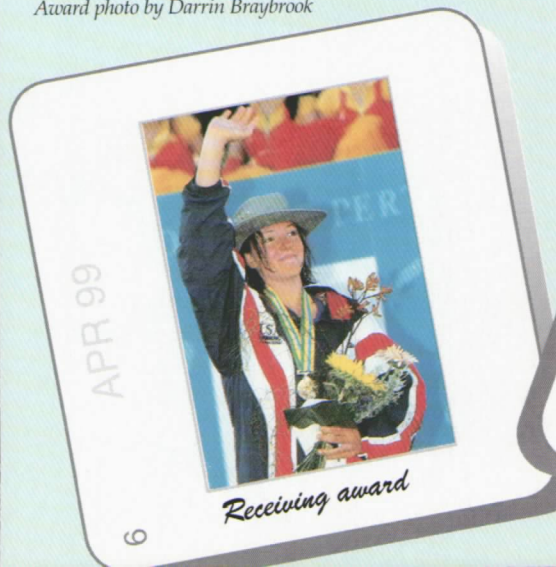
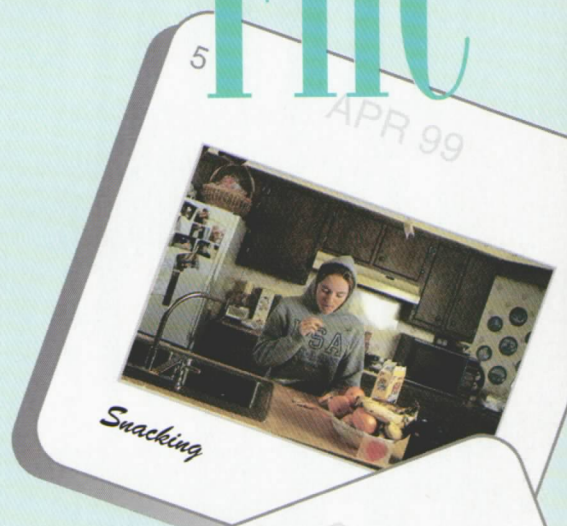
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Photos by Jeanne Van Atta

Award photo by Darrin Braybrook



The Munz File



How They Train Diana Munz

Background photo by Michael Aron

LONG COURSE

(2 Hours)

Pull 8 x 150:

4 free

4 back

(10-second rest)

Swim 16 x 400:

4 @ 5:00

4 @ 4:50

4 @ 4:40

4 @ 4:30

(1-minute rest between sets)

Kick 12 x 100 @ 1:45

Swim 20 x 50:

10 @ :45, Stroke

10 @ :35, Free

Swim-down

TOTAL: 9,800+ METERS

SHORT COURSE YARDS, A.M.

(1 Hour 40 Minutes)

Pull 1000:

400 free

300 back

200 breast

100 fly

(10-second rest)

Swim 16 x 75:

8 free @ :55

8 IM @ 1:00

Swim 4 x (4 x 200):

2:10

2:05

2:00

2:30 (stroke/IM)

Kick 20 x 50 @ :45

Swim 2 x (5 x 100):

5 IM @ 1:20

5 free @ 1:05

Swim-down

TOTAL: 7,400+ YARDS

SHORT COURSE YARDS, P.M.

(1 Hour 30 Minutes)

Pull 1 x 500

Pull 12 x 100:

6 free @ 1:10

6 IM @ 1:30

Swim 3 x 1650 @ 18:00

Swim 16 x 25:

4 each @ :20

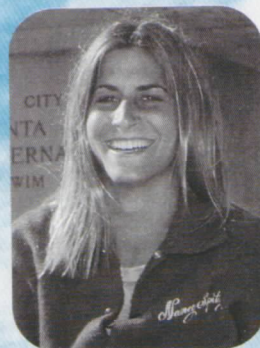
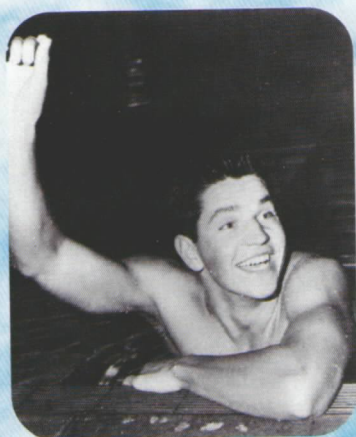
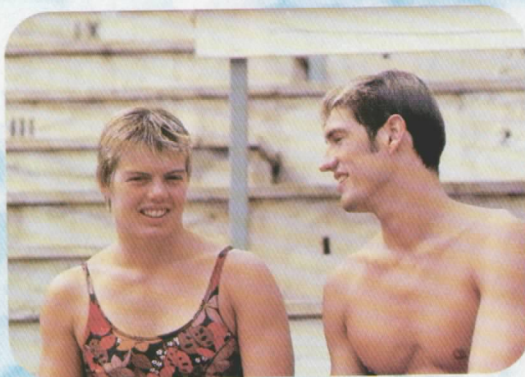
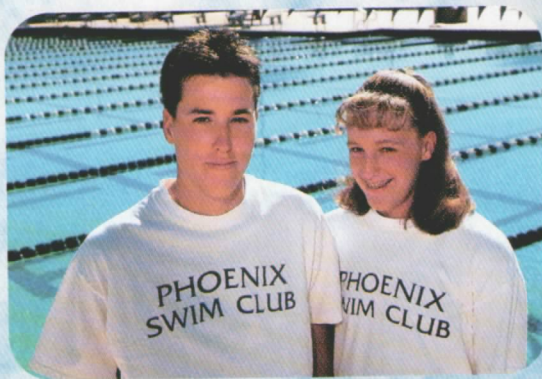
Swim-down

TOTAL: 7,050+ YARDS

A Family Affair

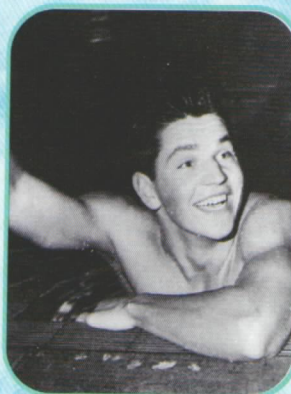
Over the years, only a handful of swimming sisters and brothers have each made it to the top of their sport.

By Phillip Whitten



Jon and Ilsa Konrads

Photos courtesy International
Swimming Hall of Fame



A Family Affair

Lots of kids get involved in swimming with their sisters and brothers. It's a great way for

Mom and Dad to get some peace and quiet while Sarah and Bill engage in a wholesome activity where they can't get into trouble. But very few sister/brother combos ever make it to the top of the heap.

At last summer's U.S. national championships, the Phoenix Swim Club's Keller kids—Kalyn, 13, and Klete, 16—gave notice that they are a dynamic duo to be reckoned with. Kalyn placed third in the 200 fly (2:12.76), just behind one of her role models, Misty Hyman, earning herself a spot on the 1999 U.S. Pan American Games team. She also placed sixth in the 1500 free (16:37.35) and 11th in the 800 (8:43.38).

Klete, who was tenth in the 400 free (3:56.91), was named "Rookie of the Meet." He also placed 13th in the 800 (8:14.76) and 16th in the 1500 (15:49.42).

The two Kellers have distinctly different personalities: Kalyn is outgoing and bubbly; Klete is reserved and quiet. But both are talented, dedicated, hard-working athletes.

Kalyn's coach, Curt Klausner, describes his young star as "a pool rat: she loves swimming and just being around the pool. She's a highly enthusiastic, energetic kid who is very coachable."

Klete's coach, Pierre LaFontaine, calls the 16-year-old "a neat kid and one of the most gifted athletes I've ever had the pleasure of coaching."

The Konrads

Over the years, there have been some great sister/brother acts. Perhaps the Kellers will be America's answer to the greatest sister/brother combo in the history of swimming—the Konrads of Australia: Jon and Ilsa.

Born in Latvia at the end of World War II, they fled to Germany, where

Perhaps the Kellers will be America's answer to the greatest sister/brother combo in the history of swimming—the Konrads of Australia: Jon and Ilsa.

Jon contracted polio in a refugee camp near Stuttgart. In 1949, the family moved to Australia, and the children were encouraged to swim as therapy for Jon's polio.

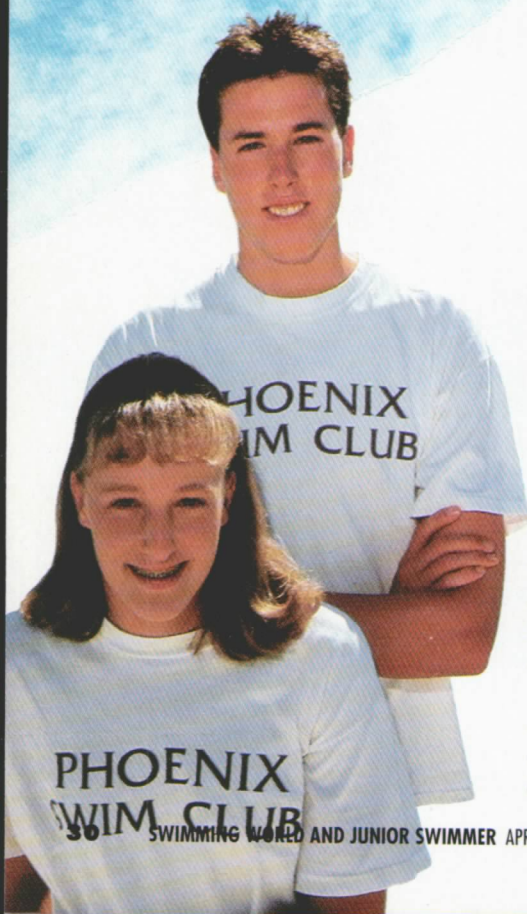
Good move! When Don Talbot took them over, he found two remarkable young swimmers, willing to work harder than anyone before them.

On Jan. 9, 1958, 13-year-old Ilsa set the Konrads' first world record—in the 800 meter free. Two days later, 15-year-old Jon set a men's world mark in the same event, then followed with world records in the 200 and 400 meter freestyle. During the next two years, the Konrads kids established a total of 37 world records!

At the 1958 British Empire Games, the Konrads became the first sister/brother act ever to win gold medals—three for Jon and one for Ilsa. Jon went on to win gold in the 1500 meter free and bronze in the 400 at the 1960 Rome Olympics. The Konrads' stay at the top was brief, but it has never been equaled.

Klete and Kalyn Keller

Photo by Michael Aron



The Colellas

Arguably the most successful American sister/brother combo were the Colellas: Lynn and Rick. At the 1973 summer nationals, the Colellas both won the Kiphuth high-point award, an honor Rick achieved a total of three times in his career.

Lynn, who set American records in the 200 yard and meter fly, was a ten-time national champion between 1969 and '73. At the 1972 Olympics, she finished second in the 200 fly. Rick garnered seven national titles for himself between 1971 and '75, and swam on both the '72 and '76 Olympic teams. At the 1976 Montreal Games, he won a bronze in the 200 breast. He also won gold at the World Championships, Pan Ams and World University Games.

The Spitzes

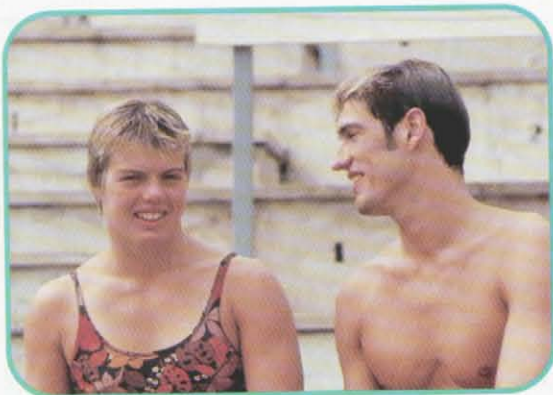
Everyone's heard of Mark Spitz. At the Munich Olympics in 1972, Mark earned seven gold medals—all in world record time. His performance is considered the greatest feat in Olympic history—in any sport.

Mark Spitz was one of the most talented and versatile swimmers in history, setting records in freestyle at every distance from 50 to 1650 yards, and in the fly and IM as well.

But Mark also had a sister who was a pretty good swimmer in her own right: Nancy Spitz. In the early '70s, Nancy, a middle-distance freestyler, won four national championships. She also competed with Mark at the Maccabiah Games, where both were multiple gold medalists.

Lynn and Rick Colella

Arguably the most successful American sister/brother combo were the Colellas: Lynn and Rick.




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The Babashoffs

One of the greatest female swimmers of all time was Shirley Babashoff. A 28-time national champion and five-time Kiphuth Award winner, Shirley set world and American records at every freestyle distance from 100 through 800 meters. Sadly, she was the most visible victim of East Germany's program of state-sponsored doping.

At the 1972 Olympics, Shirley won a gold and two silver medals. Four years later, she bettered the Olympic record in the 200, 400 and 800 freestyle, and the world record in the 400 and 800, only to finish second to East Germany's Kornelia Ender and Petra Thumer.

Shirley accused the East Germans of using steroids and was derided by the press—"Surly Shirley," she was called. Later the world learned that she was right. Shirley wound up with a gold and four silver medals in Montreal. It should have been five gold—the greatest Olympic performance ever by a woman swimmer.

But Shirley wasn't the only swimming Babashoff. Her brother,



Shirley Babashoff

Photo by Tor Bengtson



Jack Babashoff

Photo by Bob Ingram



Debbie Babashoff

Photo by Donald Graham

Jack, was the Olympic silver medalist in the 100 free in Montreal. He also earned relay gold at the 1978 World Championships and at the 1971 and '75 Pan Ams.

The youngest Babashoff, Debbie, was a two-time national champion. Debbie placed third in the 800 at the 1986 World Championships in Madrid, and second in the same event at the Pan Ams the next year.



Kim and Mark Rhodenbaugh

Photo by Kate Rhodenbaugh

The Rhodenbaughs

Then there were the Rhodenbaughs. All three kids—Kim, Mark and Greg—won national championships, with Kim leading the family with nine titles. A breaststroker, Kim placed third at the 1982 World Champs in the 100 and also won two bronze medals at the Pan Ams. She was a finalist in the 200 breast at the '84 Olympics as well.

Mark, a backstroker who won three national titles, earned a gold and silver medal at the 1985 World University Games. Brother Greg was a finalist in the 200 breast at the same meet.



Kalyn and Klete Keller are already making their mark. Someday soon they may be mentioned in the same breath with the Colellas, Spitzes, Babashoffs and Rhodenbaughs...or even the Konrads.



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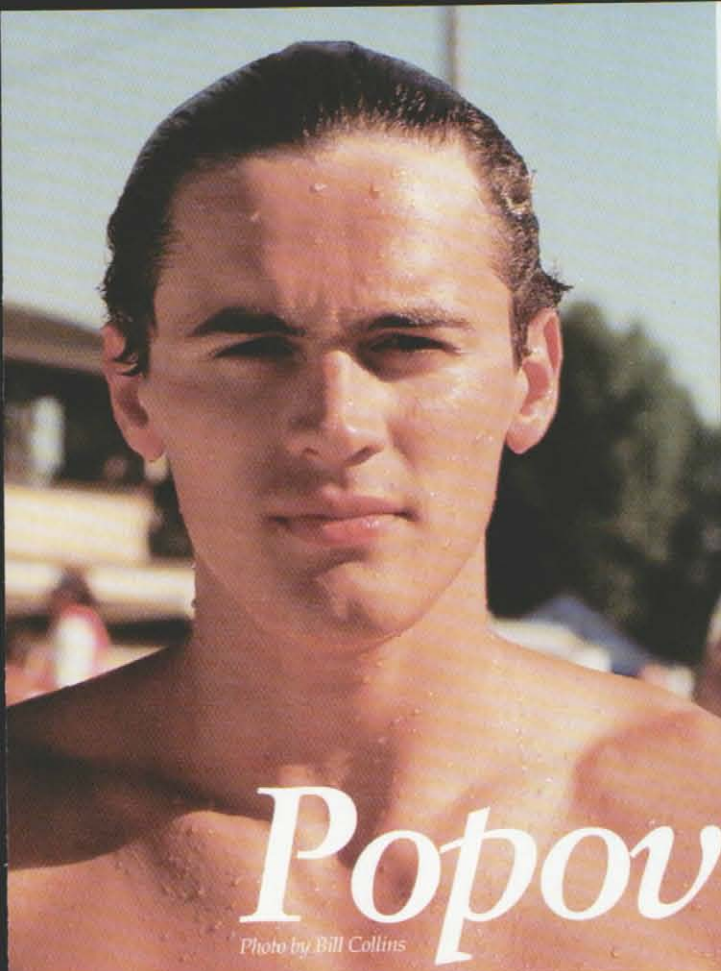


Photo by Bill Collins

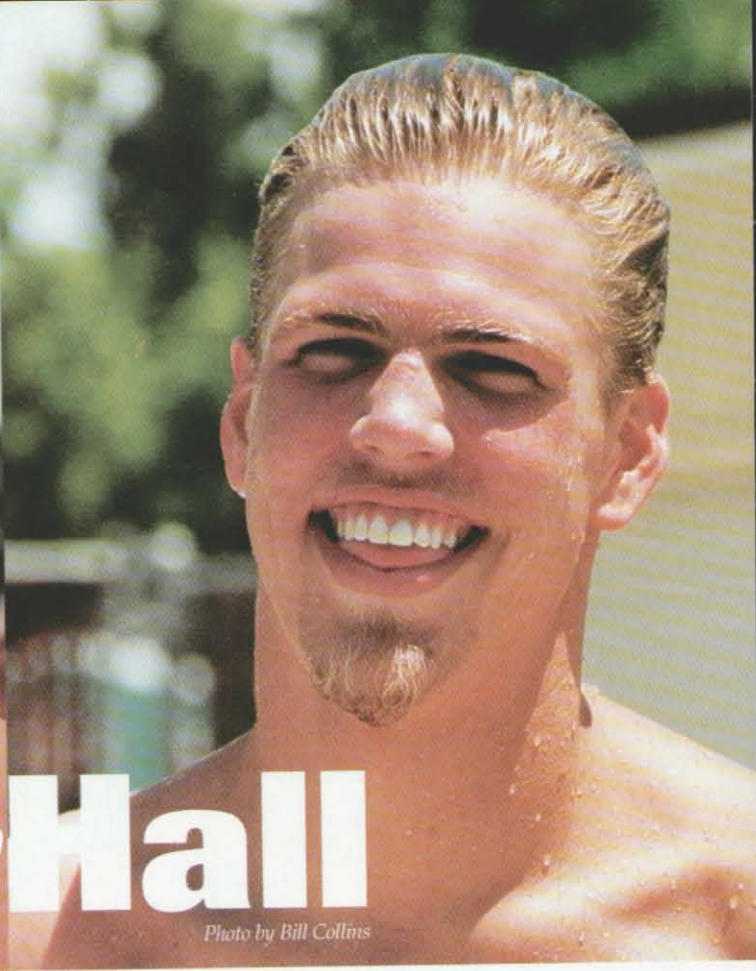


Photo by Bill Collins

Popov Hall

It's Not
Just Alex
and Gary
Anymore

It was one of the most eagerly anticipated matchups of the 1996 Olympic Games:

The 50 and 100 meter sprints, among the most glamorous of Olympic events, showcased Alex Popov and Gary Hall in Atlanta, but there are a number of excellent sprinters waiting to take center stage come Sydney 2000.

By Phillip Whitten

The Russian Rocket vs. The American Kid. The Czar of Swimming vs. the Pretender to the Throne. The suave European vs. the brash, New World upstart. Alexander Popov vs. Gary Hall, Jr.

Heralded as a rematch of the races the two sprinters had waged two years earlier at the World Championships in Rome, their Olympic matchup did not disappoint. In Rome, Popov had dispatched the American teenager with almost contemptuous ease, taking the 50 in 22.17 to Hall's 22.44, and winning the 100 in 49.12 to Hall's 49.41.

In Atlanta, the races were closer—much closer. But the outcome was the same. Popov won the 50, 22.13 to 22.26, and he outtouched his rival in the 100, 48.74 to 48.81.

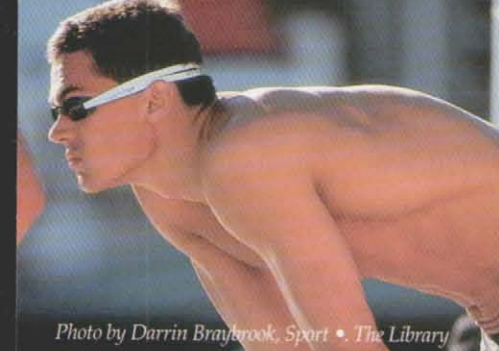


Photo by Darrin Braybrook, Sport • The Library



Photo by Tim Morse



Photo by Simon Bruty, Allsport



Photo by Tim Morse



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Photo by Bill Collins



Photo by Darrin Braybrook, Sport • The Library



Photo by Peter H. Bick

There is no love lost between Popov and Hall. They may have the best rivalry in swimming, but they just plain don't like each other.

No Love Lost

There is no love lost between Popov and Hall. Some sports rivals engage in trash-talking to hype their events, but underneath all the jive, there's a genuine respect and even affection. These guys respect each other, all right, but they don't like each other. It started when Hall brashly predicted he'd dethrone Popov in Rome. Popov has called Hall "a loser from a family of losers." They may have the best rivalry in swimming, but they just plain don't like each other.

Since Atlanta, both Popov and Hall have been through a lot of changes. Popov was stabbed, almost fatally, on a trip to Russia after the 1996 Olympic Games. He recovered and went on to win gold in the 100 free at the 1998 World Championships. In 1997, he married teammate Daniela Shmelova, and the two now have a young child. Earlier this year, the 26-year-old Russian underwent arthroscopic knee surgery and is still in rehab. But he told *Swimming World* that he was back in the pool, training, only two days after the operation.

Hall, now 24, did not make the 1998 U.S. World Championship team in an individual event. But he did anchor the 400 freestyle relay to a gold medal in a dog fight with Australia, turning in the second fastest split (48.66) of the meet. And he had another fast split (48.89) as the U.S. medley relay was upset by the men from Oz.

With minimal training, Hall won both sprints—22.40 and 49.60—at last year's USS spring nationals, setting up a rematch with Popov at the Goodwill Games. But the rematch was ne'er to be. In May, Hall tested positive for marijuana—a non-performance-enhancing substance—and was suspended for several months.

Hall lost all his sponsors and endorsements, and the ban kept him out of the Goodwill Games and summer nationals, which meant he was unable to qualify for the 1999 Pan Pac team. To top it off, he was badly burned last fall when his car's radiator blew up.

Today, a chastened and contrite Gary Hall has straightened up his act and is completely off the weed. What's

more, he's been training hard—he says “the hardest in my life”—under Coach Mike Chasson at Sun Devil Aquatics in Tempe, Ariz.

Hall is ready, physically and mentally, to challenge Popov again next year in the Sydney Olympics. And he is determined that this time the result will be different. For his part, Popov is more than willing to accept the challenge. His plans include winning an unprecedented third straight Olympic title in both the 50 and the 100.

But here's the kicker: it's not just Alex and Gary anymore.

There's a whole new generation of sprinters waiting in the wings, and they have every intention of knocking off the two Big Guys and winning Olympic glory for themselves.

Home-spun Challenges

Hall faces some stiff competition just to be the top American. For starters, there's Bill Pilczuk, the upset winner in the 50 at last year's World

Championships who is determined to retain his title as “world's fastest human.” If he can regain his form from 1997, Neil Walker (who swam 19.08p for the 50 yard free, second-fastest ever) will be a formidable opponent. Several other Americans, including Matt Busbee, Sabir Muhammad and Jason Lezak will also be in the thick of things.

In the 100, Jon Olsen, who won the 1996 Olympic Trials (49.46 to Hall's 49.53) is making a comeback, training under Mike Martino in Georgia. Other contenders include Muhammad, Walker, Lezak, Scott Tucker and Brad Schumacher.

Popov should have little difficulty making the Russian team, but Denis Pimankov, ranked fourth in the world in the 100 last year (49.38) has no intention of rolling over and playing dead for the Czar.

Down Under

Once in Sydney, the plot will thicken.

en. Though Tom Jager's world record in the 50 may remain standing when all the shouting is done, it may well take a sub-49 second performance in the 100 just to make finals.

First, there are the Aussies, who will be riding a wave of patriotic fervor that may carry them to undreamed-of heights.

In the 50, the Aussies will field Michael Klim (tied for third in Perth in 22.47), who is planning on a Spitzian performance in Sydney, complete with six or seven gold medals. Klim should be even a bigger factor in the 100, where he was second at last year's World Championships behind his training partner, Popov (48.93 to 49.20). Another Aussie contender may be Chris Fydler, a touch behind Klim at last year's Commonwealth Games in 49.51 and ranked fifth in the world. But the toughest Aussie may turn out to be 16-year-old Ian Thorpe, who probably will be favored to win the 200 and 400. As a 15-year-old, Thorpe

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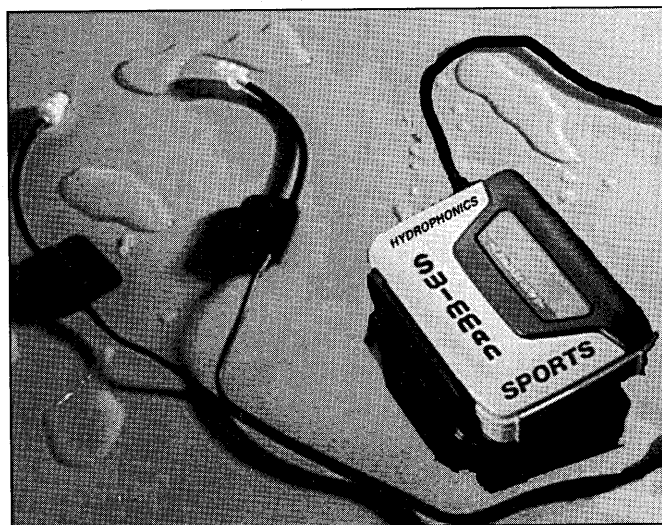
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It's Not Just Alex and Gary Anymore

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Bill Pilczuk was the upset winner in the 50 at last year's World Championships, and he's determined to retain his title as "world's fastest human."

Photo by Bill Collins
If he can regain his form from 1997, Neil Walker (who swam 19.08p for the 50 yard free, second-fastest ever) will be a formidable opponent.



Photo by Anton Want, Allsport

Britain's Mark Foster, 28, is a serious threat in the 50. He destroyed Popov's five-year-old short course world record at the European Championships with a 21.31.

five-year-old short course world record of 21.50 at the European

Championships. Foster's 21.31 has to make him a serious threat in the one-lap race in Sydney. Other contenders may include China's Jiang Chengji, fourth in Atlanta (22.33); Italy's Lorenzo Vismara (22.40 last year, tying Hall for fifth); and the Dutch pair of Mark Veens and Pieter van den Hoogenband, both 20.

The Dutch may be even tougher in the 100. As an 18-year-old, van den Hoogenband

was fourth in both the 100 (49.13) and 200 in Atlanta. He has been waiting in the wings for three years now and would love to take center stage. This year, he ranks fourth on the world short course list (47.68), just ahead of teammate Veens (47.97). In the 50, Veens is third (21.79) with van den Hoogenband fourth (21.81). Another flying Dutchman to keep in mind is 18-year-old Johan Kenkhuis, who won last year's European junior title in 49.95.

From the frozen north, look for Sweden's Lars Frolander, better known as a flyer, to issue his sprint challenge. Last year, the 25-year-old Swede recorded a lifetime best in the 100 free with a time of 49.53, sixth in the world. In short course competition this year, he has done even better, holding down the No. 3 spot in the 100 (47.54) and No. 5 in the 50 (21.82).

The Showdown

Come the finals in Sydney 2000, it may still be swimming's version of the Showdown in the OK Corral, featuring Alex and Gary in another epic duel. But look out: there are likely to be some other mighty fast gunslingers in the Corral, just a-waiting to knock the two Big Dudes off.

went 50.21 last year. With normal maturation, it is likely Thorpe will be a 48-second sprinter come Sydney.

The Latin Beat

Then there's the other southern hemisphere continent: South America. It was barely noticed, but last year the world's fastest sprinter was Brazil's Fernando Scherer, who swam world-leading times of 22.18 and 48.69 at the Goodwill Games. Scherer was third in Atlanta in the 50, only 3-hundredths behind Hall (22.29). His 100 time makes the blond Brazilian the third-fastest man in history, behind only Popov and Matt Biondi. After his race, an elated Scherer told *Swimming World* his next goal is to break Popov's world record.

But Scherer swam his 100 leading off a relay, and in head-to-head competition, he lost to Popov. Another man he has rarely beaten in head-to-head matchups is his teammate, Gustavo Borges. The 6-foot, 7-inch Borges, who was second in the 200 and third in the 100 (49.02) in Atlanta, keeps getting better.

In this year's short course season, Borges (47.14) and Scherer (47.18) rank 1-2 in the world in the 100. Only Popov has ever swum faster. In the 50, Scherer ranks second in 21.44, the second-fastest time in history. Borges is



Photo by Darrin Braybrook,

Sport•The Library

Australia's Chris Fydler, who ranked fifth in the world last year in the 100 free, hopes to get a jump on the competition at Sydney.



Photo by Craig Prentis, Allsport

Three sprinters who are accustomed to being atop the awards podium are Venezuela's Francisco Sanchez, Brazil's Gustavo Borges and Australia's Michael Klim.

seventh (21.87).

The two Brazilians, however, are not the only South Americans to reckon with. In December 1995,

Venezuela's Francisco Sanchez, a freshman at Arizona State, won the 50 (21.80) at the World Short Course Championships. He was third—behind Borges and Scherer—in the 100. At the 1996 NAAs, he won the 50 yard free (19.35) and took second in the 100 (42.89).

The next two years, Sanchez regressed. But this year, under Coach Mike Chasson, he has regained his form and appears to be a major threat in both sprints.

Other Latinos in the picture are up-and-coming, pony-tailed Argentine Jose Meolans, who is also a fine flyer, and Puerto Rico's Ricky Busquets, who tied with Klim for bronze in the 50 at last year's World Championships.

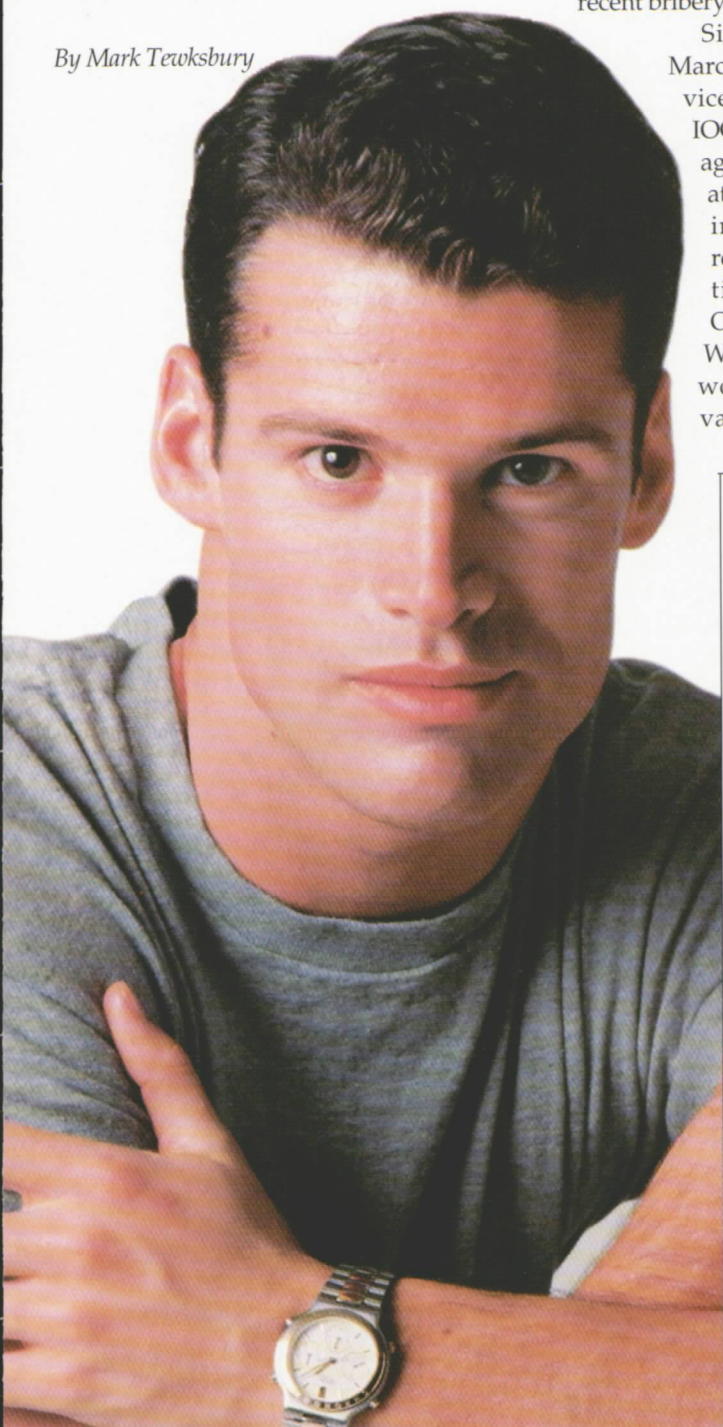
And from Elsewhere...

The strongest 50-meter challenge to the Two P's—Popov and Pilczuk—may come from Britain's Mark Foster, 28. Long known as a superb short course swimmer, this season Foster outdid himself, destroying Popov's

When Sorry Isn't Good Enough

Canadian Olympian Mark Tewksbury tells why he recently resigned all of his commitments within the Olympic movement.

By Mark Tewksbury



On Sunday, Jan. 24, I sat in front of my television set anxiously awaiting the live broadcast of the press conference from Lausanne, Switzerland, where the International Olympic Committee would be making its recommendations regarding the recent bribery scandal.

Six weeks earlier, Marc Hodler, a former vice president of the IOC, had spoken out against "the systematic selling and buying of votes" surrounding the selection of host Olympic cities. While one might wonder what motivated this 80-year-

old, soon-to-be retiring IOC member to finally break ranks, it was, nonetheless, a significant moment in Olympic history. Hodler's admission marked the first time an insider spoke willingly and publicly about the corruption suspected for years within this organization.

Admittedly, the news did not come as a complete surprise to many of us. Competing in two Olympiads certainly made me aware of the extravagant lifestyle IOC members enjoyed. In 1996, I even served the IOC as an athlete representative. But being an idealist, I was always able to look the other way from the excesses of the system. Somehow I believed that the rumored deceit of a few was just the way it was. As long as I was serving the greater good of the Olympic ideals, I tolerated—without subscribing to—such behavior.

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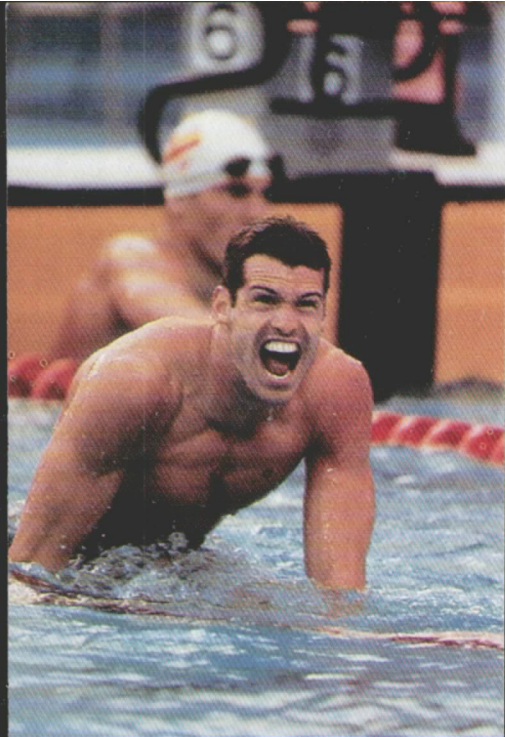


Photo by Massimo Lovati

After the world press used the words "Olympics" and "scandal" simultaneously for weeks on end, I realized that there was no longer any excuse to look the other way. By not speaking out while serving within, I was tacitly supporting the corruption. The IOC members have not only betrayed themselves, they have betrayed my faith in their leadership.

It was for this reason that I resigned

In 1992, Mark Tewksbury came from behind to edge world record holder Jeff Rouse by 2-hundredths of a second to win Olympic gold in the 100 back.

all of my commitments within the Olympic movement on Feb. 4, 1999.

What led to my decision?

First, I was stunned by the recommendations announced by the IOC on Jan. 24. As Olympic athletes, we are held accountable to the highest standards imaginable. Olympism binds us to principles such as honesty, integrity and responsibility. None of these were present in the response given by the IOC to the most serious crisis in its 105-year history.

Listening to President Juan Antonio Samaranch—or "His Excellency," as he prefers to be called—was particularly distressing. By offering "our deepest apologies" to the athletes, he completely neglected to take any personal responsibility for the crisis. I find Samaranch's public claims of innocence and his refusal to resign outrageous, given that he has been running this organization like a personal fiefdom for most of the past two decades. As head custodian of the Olympic movement, Samaranch has

deeply disappointed us. And for that, sorry just isn't good enough.

Not that the IOC Executive Board was any better. Toeing the party line must be the oldest of Olympic sports. If ever there were a time to be straightforward and frank and to institute real change, then certainly this was it. But nobody within the IOC seems to understand that. Instead, they think that lopping off the heads of a couple of their own and changing the bid process will somehow restore public trust and credibility in a system gone bad. Nice try.

My dismay was only furthered in February. The attempt to establish an independent anti-doping committee revealed that the problems of the IOC lie much deeper than a few "bad apples"; the system itself seems corrupt to its core. As ugly revelations continue to surface, the IOC seems unable to clean its own house.

The last time I checked, the word "independent" meant "not connected." Both the proposed anti-doping commission and the proposed ethics commission were to be headed by His Excellency, Juan Antonio Samaranch, himself. How is that for independence?

The IOC is probably the last aristocratic organization of modern times. It is a secretive, self-perpetuating private organization that has no accountability to any of the groups it represents. It is hard to believe that such an organization is managing a public trust.

I believe it will take nothing short of a revolution to cure the IOC of its present utter lack of credibility. The IOC needs to be guided by principles such as transparency and accountability. Members need to be open to public scrutiny and to have limits set on their terms.

One thing is certain: if the movement is to survive, the IOC cannot be allowed to continue in its current state.

About the Author

Mark Tewksbury, who won the Olympic gold medal in the 100 meter backstroke at Barcelona in 1992, is a motivational speaker. The two-time Canadian Olympian served both the IOC and FINA as an athlete representative.

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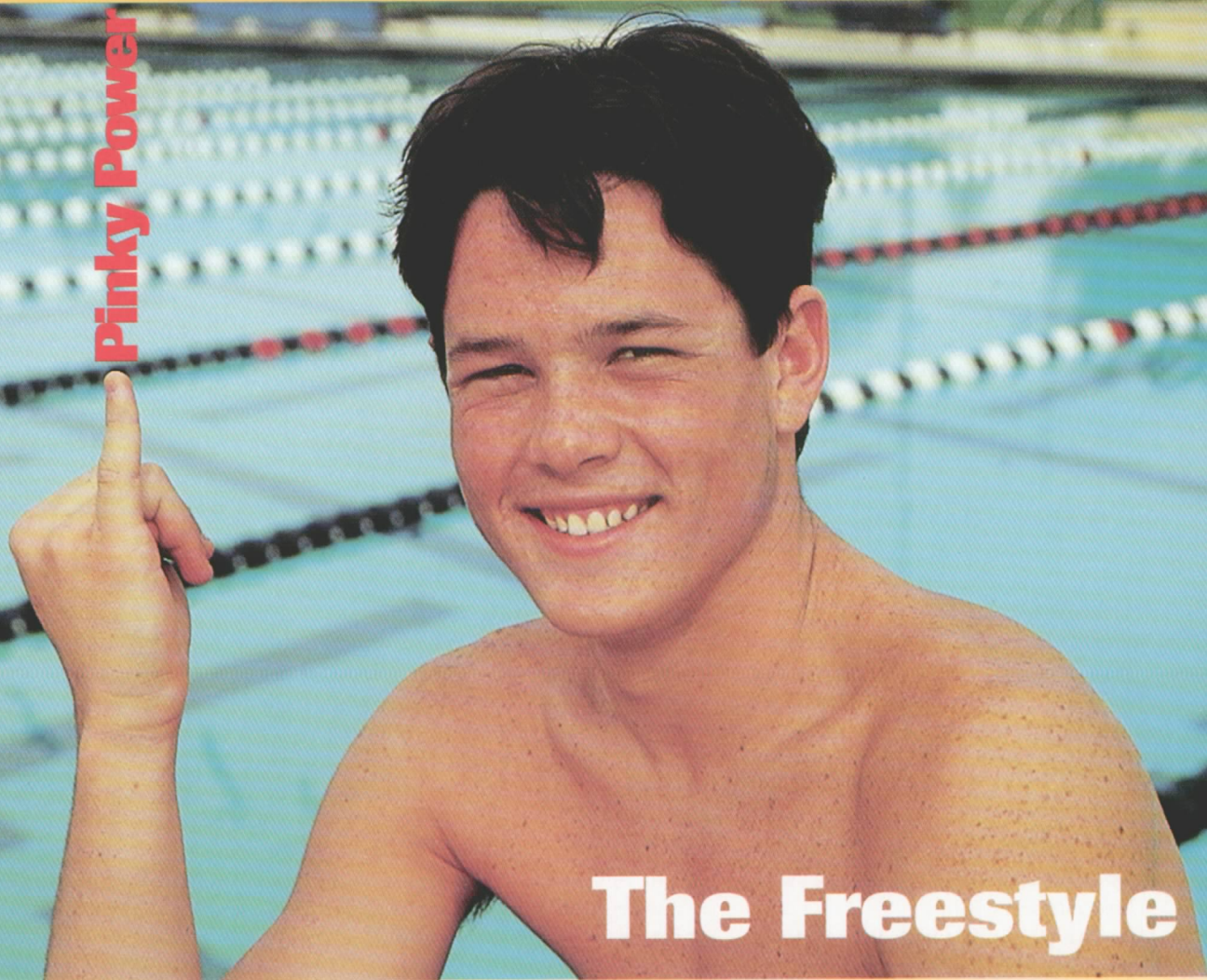


SwimmingWorld's

Perfect Technique



Pinky Power



The Freestyle

*By Troy Dalbey
Photos by Michael Aron*

The pinky: You've probably never thought a whole lot about your pinky. It's the smallest finger on your hand and doesn't get nearly as much press as your thumb. You can't even use it to hitch-hike. But, strangely enough, it holds the key to swimming efficiently. We call it "pinky power."

This is the first of four articles that look at each of the four strokes and how pinky power can enhance your efficiency and distance per stroke. In this article, we focus on freestyle.

All the great freestylers—whether they realize it or not—incorporate a lot of lateral (sideways) movement into their underwater pull patterns, holding their ground on a particular piece of water with as little slippage as possible. By doing this, they don't pull the hand through the water. Instead, they propel their body past the stationary hand. The key to "holding your ground" lies in lateral movement, or sculling. The key to sculling lies in being able to control completely the pitch of your hand and, more specifically, your pinky.

So What's Up with the Pinky?

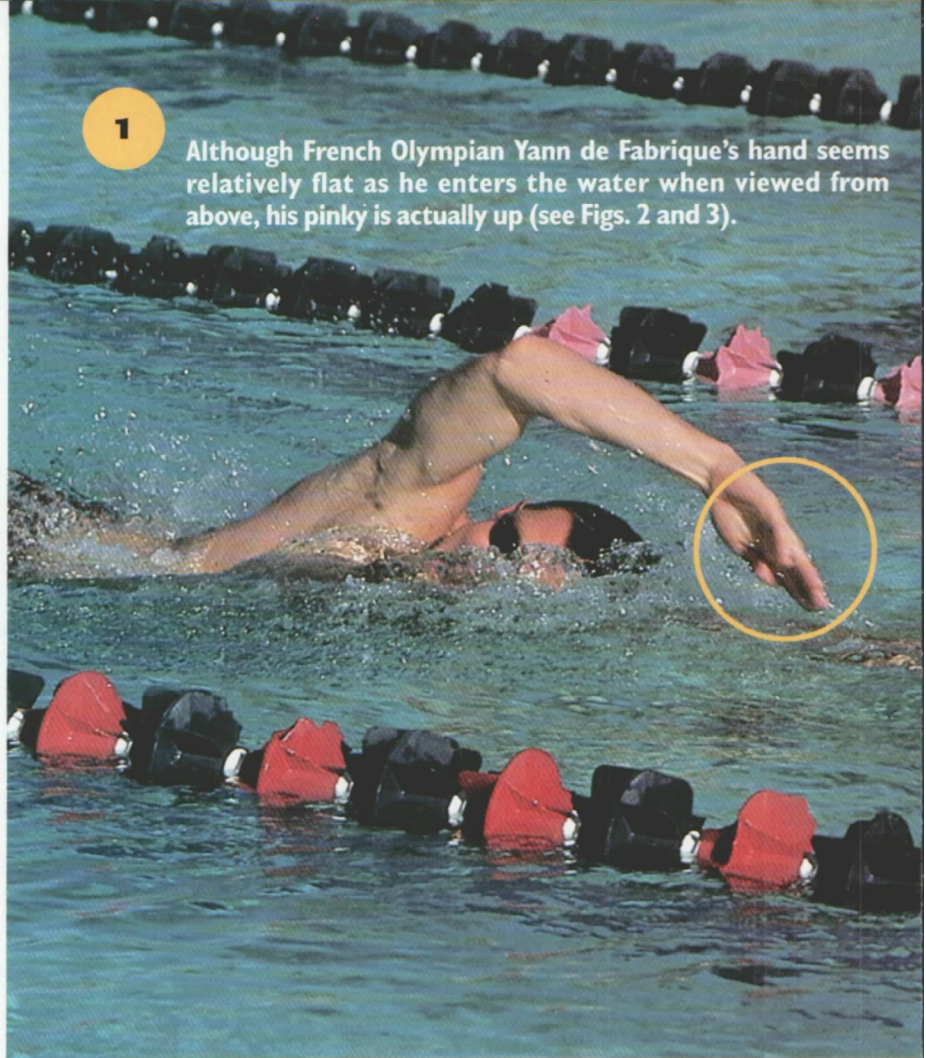
The pinky is important because it is the one finger that truly controls the pitch of your hand, which directly affects your ability to hold your ground and reduce slippage. It's simple: if the pinky is kept up during the entire catch phase of your stroke, concentrating more on lift and forward momentum, then slippage is reduced. It also forces you to use the proper muscle groups (triceps, shoulders, lats and abs) and, in turn, creates synchronicity in the timing between your hands and hips, which is the most important factor in any stroke, especially freestyle.

Here's What to Think About

The key to reducing slippage in your freestyle is to make sure that you never put pressure on the water or drive with your pinky toward your body (palm side in). In other words, always put pressure on the water laterally or drive away from your body. This is important for both the catch and finish phases of your stroke.

1

Although French Olympian Yann de Fabrique's hand seems relatively flat as he enters the water when viewed from above, his pinky is actually up (see Figs. 2 and 3).



Catch Phase (Figs. 1, 2 and 3)

During the catch phase of your stroke, never let your pinky drop toward your body's center. Instead, drive to the outside, keeping your pinky higher than your forefinger. Concentrate on creating lift, not momentum, keeping your elbow as high as possible. By pressing down and to the outside, you also slow down the catch phase of your stroke, which allows time for your hips to rotate ahead of your hands. This creates more drive from your center of gravity. Vertical sculling drill (elbows at the surface) and Tarzan drill are excellent ways to emphasize principles of front-end-lift.

Finish Phase (Figs. 4, 5 and 6)

Holding your ground through your entire pull pattern, especially through your finish phase, is one of the most neglected principles in freestyle swimming. This is true of

novice and world-class swimmers alike. To reduce slippage, push away from your body, keeping your pinky facing out from your hip (palm side out). Keep in mind that if you rotate properly, pushing away from your body laterally helps you hold ground and maintain your feel for that piece of water that you are propelling your body past through your entire pull pattern. Vertical sculling drill (elbows at your side) and catch-up drills (both with flutter or dolphin kick) are great for emphasizing this principle.

Hang in There!

Don't get discouraged when you find that working these principles into your stroke slows your tempo down significantly or seems more difficult at first. Remember that it takes a little more time and energy to propel your body past your hand holding on to a stationary piece of water than it does to allow your hand to slip through the

2

Yann does an excellent job of keeping his pinky higher than his other four fingers, and driving toward the outside during the catch phase of the stroke.

4

Although it seems (from above) that Yann is pushing straight back as he finishes his stroke, he is actually pushing away from his body with his palms pitched out

3

When you rotate Fig. 2 45 degrees, Yann's high pinky position is even more evident.

water. You will also be using new muscle groups, and it will take time to condition those "dormant" muscles to your new stroke. This change usually takes at least one month, so don't try to incorporate these principles during a taper.

Relax

Remember that to make these principles work, it is essential to stay completely relaxed from elbow to fingertip, especially in your forearm. If you stay relaxed, you will be able to integrate these principles into your stroke quickly, eventually with much less fatigue and fewer strokes per lap!

Drills

■ *Vertical sculling high (elbows up).* Here, the emphasis is on outward pitch, keeping your elbows stationary and at the water's surface, with your pinky higher than your forefinger. Press with the triceps, not biceps.

■ *Tarzan (head up freestyle).* Concentrate on front end lift, keeping your pinky higher than your forefinger with very little emphasis on your finish phase. You may drag your legs with a two-beat kick for rotation only during this drill.

■ *Vertical sculling low (elbows at your side).* Bring your hands up to your navel, thumb up, and as you press down and away from your hip, concentrate on keeping your pinkie away from your body (past your suit line on your leg). Use your triceps as you extend away from your body at a 45-degree angle.

■ *Catch-up with Tarzan catch.* Concentrate on lift out front, work on forward momentum during the finish phase of your stroke with your palm driving away from your hips as you accelerate out the back. It is essential for the hip to rotate ahead of the hand during this drill.

■ *Catch-up with dolphin kick.* Easy kick out front (ride that glide), power kick out the back, utilizing your abs and hip snap to propel yourself past the hand and the particular piece of water you're holding on to (palm out as you finish, of course).

About the Author

Troy Dalbey, double Olympic gold medalist in 1988, is head coach of the Phoenix Swim Club Masters. His 17-18 boys 200 yard freestyle record (1:33.28), set in 1987, still stands.

5

Due to body rotation, things aren't always what they seem to be from above. Yann does an excellent job of driving away from his hip as he finishes his stroke with a nice, high elbow.

6

When you rotate Fig. 5 45 degrees, this is even more obvious.

For the Record

WORLD CUP

FINA WORLD CUP 8 Glasgow, Scotland Feb. 13-14, 1999 (25 M)

WOMEN

50 FREE

25.50 Shannon Hosack, USA
25.62 Laura Nicholls, CAN
25.76 Sue Rolph, GBR
100 FREE
54.93 Sue Rolph, GBR
55.21 Johanna Sjöberg, SWE
55.80 Laura Nicholls, CAN

200 FREE

1:59.23 Josefina Lillhage, SWE
1:59.29 Nicola Jackson, GBR
1:59.66 Laura Nicholls, CAN

400 FREE

4:04.50 Chen Hua, CHN
4:07.17 Claudia Poll, CRC
4:09.56 Caroline Smart, GBR

800 FREE

8:22.25 Chen Hua, CHN
8:32.93 Claudia Poll, CRC
8:35.33 M. Pedder, GBR

50 BACK

29.07 Kelly Stefanyshyn, CAN
29.26 Alessandra Cappa, ITA
29.52 Sherry Tsai, HKG

100 BACK

1:01.13 Kelly Stefanyshyn, CAN
1:01.97 Zoe Cray, GBR
1:02.44 Alessandra Cappa, ITA

200 BACK

2:10.23 Cathleen Rund, GER
2:11.62 Kelly Stefanyshyn, CAN
2:13.48 Shauna Barnard, USA

50 BREAST

31.29 Samantha Riley, AUS
31.55 Zoe Baker, NZL
31.58 Penny Heyns, RSA

100 BREAST

1:07.63 Samantha Riley, AUS
1:07.88 Penny Heyns, RSA
1:08.33 Wei Li, CHN

200 BREAST

2:23.89 Samantha Riley, AUS
2:30.31 Jamie King, GBR
2:31.16 Linda Hindmarsh, GBR

50 FLY

26.68 Johanna Sjöberg, SWE
27.33 Fabienne Dufour, BEL
27.50 Nicola Jackson, GBR

100 FLY

58.16 Johanna Sjöberg, SWE
1:00.36 Anna Uryniuk, POL
1:00.52 Katrin Jake, GER

200 FLY

2:08.82 Susan O'Neill, AUS
2:09.16 Katrin Jake, GER
2:11.25 Anna Uryniuk, POL

100 IM

1:02.12 Marianne Limpert, CAN
1:02.25 Sue Rolph, GBR
1:04.54 Lara Bjargardottir, ISL

200 IM

2:10.80 Yana Klochkova, UKR
2:13.24 Marianne Limpert, CAN
2:13.37 Sue Rolph, GBR

400 IM

4:36.24 Yana Klochkova, UKR
4:40.34 Carrie Burgoyne, CAN
4:42.20 Yseult Gervy, BEL

MEN

50 FREE

22.33 Chris Fydler, AUS
22.35 Sabir Muhammad, USA
22.66 Dimitris Kalinovski, BLR

100 FREE

47.52 Gustavo Borges, BRA
48.00 Chris Fydler, AUS
48.48 Scott Tucker, USA

200 FREE

1:45.55 Gustavo Borges, BRA
1:47.14 Todd Pearson, AUS
1:47.69 Chris Fydler, AUS

400 FREE

3:49.44 Dimitris Maganas, GRE
3:50.65 Thomas Lohfink, GER
3:50.99 Todd Pearson, AUS

1500 FREE

14:59.33 Graeme Smith, GBR
15:12.71 Thomas Lohfink, GER
15:17.67 Ian Wilson, GBR

50 BACK

24.85 Stev Theloke, GER
25.31 Tomislav Karlo, CRO
25.57 Mariusz Siembida, POL

100 BACK

53.48 Stev Theloke, GER
55.25 Tomislav Karlo, CRO
55.31 Jarod Schroeder, USA

200 BACK

1:56.65 Stev Theloke, GER
1:56.77 Orn Arnarson, ISL
2:00.94 Mariusz Siembida, POL

50 BREAST

27.84 Zhu Yi, CHN
27.98 Jens Kruppa, GER

27.98

F. deBurghgraeve, BEL
1:00.04 F. deBurghgraeve, BEL
1:00.71 Jens Kruppa, GER
1:00.75 Zhu Yi, CHN

200 BREAST

2:11.26 Zhu Yi, CHN
2:12.42 A. Goukov, BLR
2:12.51 Adam Whitehead, GBR

50 FLY

23.77 Milos Milosevic, CRO
23.89 Sabir Muhammad, USA
24.71 John Hargis, USA

100 FLY

52.14 James Hickman, GBR
53.04 Sabir Muhammad, USA
53.28 Milos Milosevic, CRO

200 FLY

1:55.10 James Hickman, GBR
2:01.04 Pedro Monteiro, BRA
2:02.37 R. Greenwood, GBR

100 IM

55.72 Scott Tucker, USA
56.14 James Hickman, GBR
56.87 Nicholas Poole, GBR

200 IM

1:58.56 James Hickman, GBR
1:59.71 Scott Tucker, USA
2:03.11 Kresimir Cac, CRO

400 IM

4:21.06 Moreno Gallina, ITA
4:22.62 Ben Lafferty, GBR
4:22.68 Simon Militis, GBR

FINA WORLD CUP 9

Malmo, Sweden
Feb. 16-17, 1999 (25 M)

w World Record

WOMEN

50 FREE

25.17 Katrin Meissner, GER
25.58 Shannon Hosack, USA
25.78 Laura Nicholls, CAN

100 FREE

54.59 Katrin Meissner, GER
55.14 Laura Nicholls, CAN
55.22 Johanna Sjöberg, SWE

200 FREE

1:58.10 Laura Nicholls, CAN
1:58.62 Josefina Lillhage, SWE
1:59.55 S. Steffensen, SWE

400 FREE

4:04.78 Chen Hua, CHN
4:06.09 Claudia Poll, CRC

4:09.88

Caroline Smart, GBR
8:27.16 Chen Hua, CHN
8:30.86 Claudia Poll, CRC
8:44.42 Karen Nisbet, GBR

50 BACK

28.94 Kelly Stefanyshyn, CAN
28.98 Louise Ornstedt, DEN
29.54 Emily Zakrisson, SWE

100 BACK

1:01.04 Louise Ornstedt, DEN
1:01.62 Kelly Stefanyshyn, CAN
1:02.11 Sofie Wolfs, BEL

200 BACK

2:09.37 Kelly Stefanyshyn, CAN
2:09.72 Cathleen Rund, GER
2:11.31 H. Don-Duncan, GBR

50 BREAST

31.34 Samantha Riley, AUS
31.55 Penny Heyns, RSA
31.84 Li Wei, CHN

100 BREAST

1:07.29 Samantha Riley, AUS
1:07.46 Penny Heyns, RSA
1:08.18 Megan Quann, USA

200 BREAST

2:24.40 Samantha Riley, AUS
2:26.93 Ina Hugging, GER
2:31.58 Megan Quann, USA

50 FLY

26.69 Johanna Sjöberg, SWE
26.81 A. Kammerling, SWE
27.52 Shannon Hosack, USA

100 FLY

58.15 Johanna Sjöberg, SWE
1:00.02 Sophia Skou, DEN
1:00.02 Susan O'Neill, AUS

200 FLY

2:05.37v Susan O'Neill, AUS
2:09.80 Sophia Skou, DEN
2:13.02 M. Pedder, GBR

100 IM

1:02.18 Marianne Limpert, CAN
1:04.12 Emely Zakrisson, SWE
1:04.59 Laura Nicholls, CAN

200 IM

2:12.94 Joanne Malar, CAN
2:13.07 Marianne Limpert, CAN
2:14.49 Carrie Burgoyne, CAN

400 IM

4:37.45 Joanne Malar, CAN
4:40.21 Carrie Burgoyne, CAN
4:47.06 Emely Zakrisson, SWE

MEN

50 FREE

22.16 Gustavo Borges, BRA

22.23

Chris Fydler, AUS
22.42 Scott Tucker, USA
100 FREE
48.16 Gustavo Borges, BRA
48.41 Scott Tucker, USA
48.54 Chris Fydler, AUS

200 FREE

1:47.50 Todd Pearson, AUS
1:47.82 Scott Tucker, USA
1:48.35 Massi Rosolino, ITA

400 FREE

3:45.51 Jorg Hoffmann, GER
3:48.52 Massi Rosolino, ITA
3:50.02 Jacob Carstensen, DEN

1500 FREE

14:43.37 Jorg Hoffmann, GER
15:09.38 Jacob Carstensen, DEN
15:15.45 Samuele Pampana, ITA

50 BACK

25.06 Stev Theloke, GER
25.65 Jacob Rask, DEN
26.01 Daniel Carlsson, SWE

100 BACK

53.85 Stev Theloke, GER
54.53 G. Mediano, ESP
55.30 Adam Ruckwood, GBR

200 BACK

1:56.10 Stev Theloke, GER
1:57.07 G. Mediano, ESP
1:57.65 Adam Ruckwood, GBR

50 BREAST

27.84 F. deBurghgraeve, BEL
27.91 Patrik Isaksson, SWE
28.10 Zhu Yi, CHN

100 BREAST

1:00.12 F. deBurghgraeve, BEL
1:01.46 Zhu Yi, CHN
1:01.92 Tom Wilkens, USA

200 BREAST

2:11.80 Zhu Yi, CHN
2:12.01 Tom Wilkens, USA
2:12.47 Ryan Mitchell, AUS

50 FLY

23.81 Sabir Muhammad, USA
24.30 Daniel Carlsson, SWE
24.39 Jere Hard, FIN

100 FLY

52.29 James Hickman, GBR
53.05 Sabir Muhammad, USA
53.33 Daniel Carlsson, SWE

200 FLY

1:55.07 James Hickman, GBR
1:59.25 Vesa Hanski, FIN
1:59.52 Pedro Monteiro, BRA

100 IM

54.83 Jani Sievinen, FIN
55.59 Christian Keller, GER
55.62 Scott Tucker, USA

200 IM

1:58.32 Jani Sievinen, FIN
1:59.11 James Hickman, GBR
1:59.97 Christian Keller, GER

400 IM

4:14.88 Tom Wilkens, USA
4:17.97 Christian Keller, GER
4:22.06 Jani Sievinen, FIN

FINA WORLD CUP 10

Paris, France
Feb. 20-21, 1999 (25 M)

WOMEN

50 FREE

25.17 Katrin Meissner, GER
25.22 Sue Rolph, GBR
25.49 Shannon Hosack, USA

100 FREE

54.51 Sue Rolph, GBR
54.56 Katrin Meissner, GER
55.59 Laura Nicholls, CAN

200 FREE

1:58.47 Mette Jacobsen, DEN
1:59.15 Laura Nicholls, CAN
1:59.21 F. Van Almsick, GER

400 FREE

4:05.94 Chen Hua, CHN
4:08.37 Caroline Smart, GBR
4:08.51 Kirsten Vliegheuis, NED

800 FREE

8:30.17 Chen Hua, CHN
8:32.15 Kirsten Vliegheuis, NED
8:34.43 Ingrid Bourre, FRA

50 BACK

28.42 A. Buschschulte, GER
28.90 Anu Koivisto, FIN
29.01 Alena Nyvitova, CZE

100 BACK

1:00.05 A. Buschschulte, GER
1:01.16 Alena Nyvitova, CZE
1:01.48 R. Maracineanu, FRA

200 BACK

2:09.47 A. Buschschulte, GER

2:10.78

Yoshiko Saito, JPN
2:11.08 H. Don-Duncan, GBR
50 BREAST
31.54 Zoe Baker, NZL
31.66 Samantha Riley, AUS
31.79 Li Wei, CHN

100 BREAST

1:08.16 Samantha Riley, AUS
1:08.98 Li Wei, CHN
1:08.99 Megan Quann, USA

200 BREAST

2:25.28 Samantha Riley, AUS
2:25.97 Karine Bremond, FRA
2:29.28 M. Krawczyk, POL

50 FLY

27.37 Chantal Groot, NED
27.52 F. Van Almsick, GER
27.73 Shannon Hosack, USA

100 FLY

59.92 Mette Jacobsen, DEN
1:00.06 Junko Onishi, JPN
1:00.15 Susan O'Neill, AUS

200 FLY

2:05.70 Susan O'Neill, AUS
2:07.72 Mette Jacobsen, DEN
2:10.15 Sophia Skou, DEN

100 IM

1:01.98 Sue Rolph, GBR
1:02.90 Matasa Kejar, SLO
1:03.03 Yana Klochkova, UKR

200 IM

2:11.39 Yana Klochkova, UKR
2:12.67 Joanne Malar, CAN
2:14.77 Carrie Burgoyne, CAN

400 IM

4:33.66 Yana Klochkova, UKR
4:37.79 Yasuko Tajima, JPN
4:38.13 Joanne Malar, CAN

MEN

50 FREE

22.01 Chris Fydler, AUS
22.28 Sabir Muhammad, USA
22.30 Brad Schumacher, USA

100 FREE

47.78 Gustavo Borges, BRA
48.05 Chris Fydler, AUS
48.19 Sabir Muhammad, USA

200 FREE

1:44.83 v.d. Hoogenband, NED
1:45.55 Gustavo Borges, BRA
1:47.47 Brad Schumacher, USA

400 FREE

3:43.36 Jorg Hoffmann, GER
3:44.31 v.d. Hoogenband, NED
3:49.62 Sylvain Cros, FRA

1500 FREE

14:45.79 Jorg Hoffmann, GER
14:58.23 Luiz Lima, BRA
15:14.06 Jacob Carstensen, DEN

50 BACK

25.02 Tomislav Karlo, CRO
25.16 Nuno Laurentino, POR
25.44 Franck Schott, FRA

100 BACK

53.63 Franck Esposito, FRA
54.09 Martin Harris, GBR
54.32 Orn Arnarson, ISL

200 BACK

1:57.59 Adam Ruckwood, GBR
1:58.11 M. Machovic, SVK
1:59.07 Simon Dufour, FRA

50 BREAST

27.73 F. DeBurghgraeve, BEL
27.89 Zhu Yi, CHN
27.95 Jens Kruppa, GER

100 BREAST

59.90 F. DeBurghgraeve, BEL
59.92 Jens Kruppa, GER
1:00.35 Zhu Yi, CHN

200 BREAST

2:10.68 Zhu Yi, CHN
2:10.74 Jens Kruppa, GER
2:11.36 Ryan Mitchell, AUS

2:01.06 Tom Wilkens, USA
2:01.15 Xavier Marchand, FRA
400 IM
4:13.76 Tom Wilkens, USA
4:13.94 Christian Keller, GER
4:14.78 Mickey Halika, ISR

FINA WORLD CUP 11 **Gelsenkirchen, Germany** **Feb. 27-28, 1999 (25 M)**

WOMEN
50 FREE
25.06 Sue Rolph, GBR
25.23 Katrin Meissner, GER
25.73 Marianne Hinners, GER
100 FREE
54.33 Sue Rolph, GBR
54.39 Katrin Meissner, GER
55.71 Simone Osygus, GER

200 FREE
1:58.31 F. van Almsick, GER
1:58.42 Desiree Beckers, GER
1:59.02 Kerstin Kielgass, GER
400 FREE
4:08.77 Kirsten Vliegheuis, NED
4:10.29 Natasha Bowron, AUS
4:10.46 Kerstin Kielgass, GER

800 FREE
8:33.63 Kirsten Vliegheuis, NED
8:35.14 Jana Henke, GER
8:35.31 Flavia Rigamonti, SUI

50 BACK
28.06 Sandra Volker, GER
28.34 A. Buschschulte, GER
29.19 Yoshiko Saito, JPN

100 BACK
1:00.02 A. Buschschulte, GER
1:00.88 Yoshiko Saito, JPN
1:01.84 Julia Fomenko, RUS

200 BACK
2:09.04 A. Buschschulte, GER
2:09.37 Julia Fomenko, RUS
2:09.74 Yoshiko Saito, JPN

50 BREAST
31.48 Agnes Kovacs, HUN
31.84 Janna Schafer, GER
31.90 Sylvia Gerasch, GER

100 BREAST
1:07.47 Agnes Kovacs, HUN
1:08.57 Sarah Poewe, RSA
1:08.61 Han Xue, CHN

200 BREAST
2:24.54 Agnes Kovacs, HUN
2:28.39 Amanda Beard, USA
2:28.58 Yuko Sakaguchi, JPN

50 FLY
27.61 Katrin Jake, GER
27.66 Anna Nyiry, HUN
27.76 Daniela Samulski, GER

100 FLY
59.78 Junko Onishi, JPN
1:00.27 Sophia Skou, DEN
1:00.29 Katrin Jake, GER

200 FLY
2:08.84 Junko Onishi, JPN
2:08.88 Sophia Skou, DEN
2:09.14 Maria Pelaez, ESP

100 IM
1:02.80 Yana Klochkova, UKR
1:03.06 A. Braszkiewicz, POL
1:03.08 Annika Mehlihorn, GER

200 IM
2:12.31 Yana Klochkova, UKR
2:13.53 Yasuko Tajima, JPN
2:15.07 Annika Mehlihorn, GER

400 IM
4:34.28 Yana Klochkova, UKR
4:37.81 Yasuko Tajima, JPN
4:45.99 Amanda Loots, RSA

MEN
50 FREE
22.17 A. Luderitz, GER
22.42 Sergei Ashikhmin, RUS
22.56 Thierry Wouters, BEL

100 FREE
49.12 Sergei Ashikhmin, RUS
49.24 Stefan Herbst, GER
49.25 Mitja Zastrow, GER

200 FREE
1:44.96 v.d. Hoogenband, NED
1:47.26 Stefan Herbst, GER
1:47.50 Chad Carvin, USA

400 FREE
3:43.58 Jorg Hoffmann, GER
3:45.96 Chad Carvin, USA
3:47.97 v.d. Hoogenband, NED

1500 FREE
14:37.92 Jorg Hoffmann, GER
14:56.82 Luiz Lima, BRA
15:03.66 Thomas Lohfink, GER

50 BACK
24.22 T. Rupprath, GER
25.13 Tomislav Karlo, CRO
25.19 Robert Borucki, POL

100 BACK
53.43 T. Rupprath, GER
54.32 Sergei Ostapchuk, RUS
54.60 G. Mediano, ESP

200 BACK
1:55.62 G. Mediano, ESP
1:55.77 Sergei Ostapchuk, RUS
1:56.80 Fu Yong, CHN

50 BREAST
27.59 Mark Warnecke, GER
27.88 Jens Kruppa, GER
27.88 Dmytro Kraevskiy, UKR

100 BREAST
1:00.14 F. deBurghgraeve, BEL
1:00.44 D. Komornikov, RUS
1:01.20 Pavel Anokhin, RUS

200 BREAST
2:09.47 D. Komornikov, RUS
2:11.08 Pavel Anokhin, RUS
2:11.37 Nathan Hewitt, AUS

50 FLY
23.82 Mark Foster, GBR
23.87 Milos Milosevic, CRO
23.96 T. Rupprath, GER

100 FLY
52.19 Denis Silantiev, UKR
53.70 Michael Mintenko, CAN
53.86 Denis Pankratov, RUS

200 FLY
1:55.59 Denis Silantiev, UKR
1:58.33 Anatoli Poliakov, RUS
1:59.89 Alex Gorguraki, RUS

100 IM
55.47 Christian Keller, GER
56.08 Xie Xufeng, CHN
57.11 Andres Grasso, ARG

200 IM
1:58.46 Christian Keller, GER
1:59.50 Xie Xufeng, CHN
2:01.06 Tom Wilkens, USA

400 IM
4:11.37 Christian Keller, GER
4:13.15 Tom Wilkens, USA
4:15.43 Xie Xufeng, CHN

100 FLY—Feb. 19
54.33 Mimi Bowen, Auburn
55.11 Beth Timmons, GA
55.22 C. Nethercott, LSU

200 FLY—Feb. 20
1:59.29 Monica Shannahan, TN
1:59.63 Kari Peterson, TN
2:00.94 Beth Timmons, GA

200 IM—Feb. 18
1:59.26 Jennifer Hommert, FL
1:59.61 Kristy Kowal, GA
2:00.56 Ashley Roby, GA

400 IM—Feb. 19
4:13.29 Keegan Walkley, GA
4:15.19 Jennifer Hommert, FL
4:18.06 Cathy Sursi, Auburn

200 MR—Feb. 17
1:39.28 Georgia
1:39.43 Auburn
1:43.48 Florida

400 MR—Feb. 18
3:39.22 Georgia
3:40.15 Auburn
3:44.12 Florida

200 FR—Feb. 17
1:30.98 Georgia
1:31.07 Auburn
1:32.17 Kentucky

400 FR—Feb. 20
3:18.87 Auburn
3:19.12 Georgia
3:23.17 Florida

800 FR—Feb. 19
7:15.51 Auburn
7:15.55 Georgia
7:17.91 Florida

1-METER—Feb. 18
439.50 M. Davison, S. Carolina
420.15 Carrie Knoeber, KY
406.60 Robyn Grimes, FL

3-METER—Feb. 17
534.35 M. Davison, S. Carolina
518.25 Ashley Culpepper, LSU
513.10 Christa Hykaway, Ark.

10-METER—Feb. 20
639.90 Kathy Pesek, TN
617.10 Ashley Culpepper, LSU
610.45 Christy Soulaiks, KY

MEN
FINAL TEAM STANDINGS
857.5 Auburn
700 Tennessee
550 Georgia

50 FREE—Feb. 18
19.39* Aaron Claria, Auburn
19.76 B. Newman, Auburn
19.78 Matt Busbee, Auburn

100 FREE—Feb. 20
43.35 B. Newman, Auburn
43.79 Brett Hawke, Auburn
43.88 O. Quevedo, Auburn

200 FREE—Feb. 19
1:35.91 R. Barnier, Auburn
1:36.46 Rodrigo Castro, LSU
1:37.35 Nicolas Kintz, GA

500 FREE—Feb. 18
4:21.92 Mark Jollands, AL
4:23.33 K. Clements, Auburn
4:25.23 Rodrigo Castro, LSU

1650 FREE—Feb. 20
15:18.55 K. Clements, Auburn
15:22.76 Mark Jollands, AL
15:27.40 Beau Wiebel, GA

100 BACK—Feb. 19
47.25 Michael Gilliam, TN
47.48 Marc Lindsay, GA
47.80 Matthew Cole, FL

200 BACK—Feb. 20
1:42.39 Matthew Cole, FL
1:42.79 Marc Lindsay, GA
1:45.49 R. Barnier, Auburn

100 BREAST—Feb. 19
53.61 D. Denniston, Auburn
54.75 Chris Stewart, TN
54.93 Atiba Wade, GA

200 BREAST—Feb. 20
1:57.52 D. Denniston, Auburn
2:01.18 Justin Rhine, Auburn
2:01.51 Alex Lopez, FL

100 FLY—Feb. 19
46.87 B. Newman, Auburn
47.28 Mattias Ohlin, LSU
47.33 O. Quevedo, Auburn

200 FLY—Feb. 20
1:45.01 J. Somensatto, Auburn
1:45.13 Zane Dewitz, TN
1:45.56 Matt Hall, TN

200 IM—Feb. 18
1:47.79 Zane Dewitz, TN
1:47.88 Atiba Wade, GA
1:84.00 Lionel Moreau, Auburn

400 IM—Feb. 19
3:48.41 Beau Wiebel, GA
3:48.74 Matt Hall, TN
3:49.10 Eric Donnelly, FL

200 MR—Feb. 17
1:26.60 Auburn
1:26.74 Tennessee
1:28.76 Louisiana State

400 MR—Feb. 18
3:10.46 Auburn
3:12.97 Tennessee
3:14.32 Louisiana State

200 FR—Feb. 17
1:17.25* Auburn
1:18.95 Tennessee
1:20.37 Georgia

400 FR—Feb. 20
1:17.25* Auburn
1:25.29 Auburn
2:55.86 Tennessee

800 FR—Feb. 19
6:28.89 Auburn
6:31.75 Louisiana State
6:34.70 Florida

1-METER—Feb. 17
571.00 Jud Campbell, GA
538.60 Gabi Chereches, TN
513.05 C. Sheldon, S. Carolina

3-METER—Feb. 19
629.45 Gabi Chereches, TN
604.65 Brent Roberts, AL
565.55 Shannon Roy, TN

10-METER—Feb. 20
768.70 Gabi Chereches, TN
757.90 Hank Richardson, FL
732.75 Trey Hart, GA

PACIFIC 10 WOMEN'S CHAMPIONSHIPS
Federal Way, Washington
Feb. 25-27, 1999 (25 YD)

FINAL TEAM STANDINGS
1533 Stanford
1177.5 USC
1155.5 California

50 FREE—Feb. 25
22.81 C. Fox, Stanford
22.98 Karen Campbell, USC
23.25 Keiko Price, UCLA

100 FREE—Feb. 27
49.54 Keiko Price, UCLA
49.97 Anya Kolbisen, Cal
50.07 Lindsey Farella, Arizona

200 FREE—Feb. 26
1:47.70 Lindsey Benko, USC
1:47.87 Lindsey Farella, Arizona
1:47.98 Jenny Vanker, Arizona

500 FREE—Feb. 25
4:42.72 Lindsey Benko, USC
4:43.10 Misty Hyman, Stanford
4:45.73 J. Foschi, Stanford

1650 FREE—Feb. 27
16:20.50 Trina Jackson, Arizona
16:24.60 Lisa Murray, Cal
16:34.55 J. Foschi, Stanford

100 BACK—Feb. 26
53.50 Marylyn Chiang, Cal
53.54 C. Fox, Stanford
54.19 Shelly Ripple, Stanford

200 BACK—Feb. 27
1:56.62 Lindsey Benko, USC
1:56.75 C. Fox, Stanford
1:57.79 Shelly Ripple, Stanford

100 BREAST—Feb. 26
1:01.01 Elin Austevoll, Stanford
1:01.57 K. MacGregor, USC
1:02.20 Erin Eldridge, WSU

200 BREAST—Feb. 27
2:11.51 Elin Austevoll, Stanford
2:12.87 Riley Mants, ASU
2:13.79 Rae Abbott, Wash.

100 FLY—Feb. 26
52.38 Misty Hyman, Stanford
53.21 Marylyn Chiang, Cal
53.74 Karen Campbell, USC

200 FLY—Feb. 27
1:56.44 Misty Hyman, Stanford
1:59.35 Katie Younglove, UCLA
1:59.87 Shelly Ripple, Stanford

200 IM—Feb. 25
1:58.25 Marylyn Chiang, Cal
2:00.57 G. Rose, Stanford

2:00.97 Joscelin Weo, Cal
400 IM—Feb. 26
4:13.78 Waen Minpraphal, Cal
4:14.86 Corrie Murphy, USC

4:14.89 Erin Vogt, Arizona
200 MR—Feb. 26
1:39.84 Stanford
1:41.02 California
1:41.61 UCLA

400 MR—Feb. 25
3:36.30 Stanford
3:40.92 California
3:44.47 UCLA

200 FR—Feb. 25
1:31.47 California
1:31.94 Arizona
1:32.37 Stanford

400 FR—Feb. 27
3:17.66 California
3:18.70 Stanford
3:22.68 USC

800 FR—Feb. 26
7:11.51 Stanford
7:13.16 Arizona
7:17.67 California

1-METER—Feb. 25
431.85 Kellie Brennan, USC
425.65 C. Zenorini, Stanford
422.60 Dorte Lindner, USC

3-METER—Feb. 26
538.10 Kim Powers, Stanford
523.90 C. Zenorini, Stanford
502.30 Kellie Brennan, USC

10-METER—Feb. 27
628.35 Erin Sones, Stanford
600.00 Kim Powers, Stanford
566.60 L. Berryman, Arizona

BIG 12 WOMEN'S CHAMPIONSHIPS
Austin, Texas
Feb. 18-20, 1999 (25 YD)

FINAL TEAM STANDINGS
881.5 Texas
851.5 Nebraska
575 Kansas

COLLEGE

* Conference Record

SOUTHEAST CONFERENCE CHAMPIONSHIPS **Lexington, Kentucky** **Feb. 17-20, 1999 (25 YD)**

WOMEN

FINAL TEAM STANDINGS

807.5 Georgia
577 Auburn
497 Kentucky

50 FREE—Feb. 18

22.59 Katie Taylor, Auburn
22.72 Annabel Kosten, KY
22.74 Stefanie Williams, GA

100 FREE—Feb. 20

48.86 Courtney Shealy, GA
49.42 Stefanie Williams, GA
49.80 Katie Taylor, Auburn

200 FREE—Feb. 19

1:47.25 Rada Owen, Auburn
1:47.59 Rachel Komisarz, KY
1:48.14 Nicole Duggan, Florida

500 FREE—Feb. 18

4:44.13 Rachel Komisarz, KY
4:45.41 Megan Melgaard, FL
4:46.10 Keegan Walkley, GA

1650 FREE—Feb. 20

16:11.81 Rachel Komisarz, KY
16:19.64 Ashley Whitney, GA
16:24.21 Dawn Heckman, FL

100 BACK—Feb. 19

53.81 Courtney Shealy, GA
55.27 Christine Keller, GA
55.47 Amanda Adkins, GA

200 BACK—Feb. 20

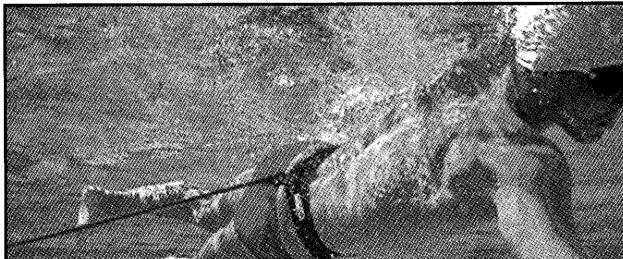
1:55.91 Keegan Walkley, GA
1:56.87 Jennifer Hommert, FL
1:57.80 Amanda Adkins, GA

100 BREAST—Feb. 19

1:00.13 Kristy Kowal, GA
1:01.07 Ashley Roby, GA
1:02.88 Monica Shannahan, TN

200 BREAST—Feb. 20

2:11.55 Kristy Kowal, GA
2:13.87 Ashley Roby, GA
2:15.57 Monica Shannahan, TN



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For the Record

50 FREE—Feb. 18

22.56* Erin Maher, Texas
22.95 Colleen Lanné, Texas
23.05 T. Alshammar, Neb.
100 FREE—Feb. 20
49.46 T. Alshammar, Neb.
49.63 Colleen Lanné, Texas
50.34 Erin Maher, Texas

200 FREE—Feb. 19

1:48.08 Shandra Johnson, Neb.
1:48.35 Colleen Lanné, Texas
1:49.93 Helene Muller, Neb.
500 FREE—Feb. 18
4:50.31 Shandra Johnson, Neb.
4:51.36 Tracy Evans, A&M
4:54.66 Katie Fields, Missouri
1650 FREE—Feb. 20
16:39.35 Tracy Evans, A&M
16:47.39 Katie Fields, Missouri
16:56.18 Emma Johnson, Neb.

100 BACK—Feb. 19

54.82 Erin Maher, Texas
56.51 Chris Troy, Neb.
56.52 Kelley Robins, Texas
56.52 Ingrid Gotchel, Neb.
200 BACK—Feb. 20
1:58.70 Shandra Johnson, Neb.
1:59.36 Chris Troy, Neb.
2:00.36 Ingrid Gotchel, Neb.

100 BREAST—Feb. 19

1:02.46 Kim Reid, Iowa St.
1:02.97 Terrie Miller, Neb.
1:03.56 Quincy Adams, Kansas
200 BREAST—Feb. 20
2:15.09 Janna Brock, Neb.
2:16.71 Terrie Miller, Neb.
2:17.52 Monica Stroman, A&M

100 FLY—Feb. 19

54.53* Clara Ho, A&M
55.13 Shona Kitson, Texas
55.92 A. Turner, Kansas
200 FLY—Feb. 20
1:59.28* Destiny Lauren, Neb.

1:59.50 Clara Ho, A&M

2:01.10 A. Turner, Kansas
200 IM—Feb. 18
2:01.60 A. LeGendre, Texas
2:03.01 Monica Stroman, A&M
2:03.30 Tawney Larm, Missouri
400 IM—Feb. 19
4:17.46* A. LeGendre, Texas
4:20.22 Emma Johnson, Neb.
4:20.75 S. Van Hamburg, Neb.

200 MR—Feb. 19

1:41.07 Texas
1:43.05 Nebraska
1:45.25 Kansas
400 MR—Feb. 18
3:41.48* Texas
3:45.45 Nebraska
3:46.66 Texas A&M

200 FR—Feb. 18

1:31.09 Texas
1:31.68 Nebraska
1:34.20 Kansas
400 FR—Feb. 20
3:19.39 Nebraska
3:22.04 Texas
3:24.30 Kansas
800 FR—Feb. 19
7:18.06 Nebraska
7:19.68 Texas
7:27.29 Missouri

1-METER—Feb. 18

438.00 Kelley Persinger, Texas
435.15 L. Wilkinson, Texas
409.50 Natalia Diea, Texas
3-METER—Feb. 19
550.00 L. Wilkinson, Texas
531.75 Natalia Diea, Texas
511.20 Kelley Persinger, Texas

10-METER—Feb. 20

650.95 L. Wilkinson, Texas
634.50 D. Guarneri, A&M
597.45 Natalia Diea, Texas

BIG 10 WOMEN'S CHAMPIONSHIPS

Minneapolis, Minnesota
Feb. 18-20, 1999 (25 YD)

FINAL TEAM STANDINGS

668.5 Minnesota
495.5 Michigan
451.5 Northwestern
50 FREE—Feb. 18
22.61 Jennifer Cristy, Indiana
22.66 Jen Eberwein, Mich.
22.67 Courtney Allen, NW
100 FREE—Feb. 20
49.60 Jen Eberwein, Mich.
49.67 S. Shakespeare, Mich.
49.93 Missy Sugar, Michigan

200 FREE—Feb. 19

1:47.85 E. Stonebraker, Wisc.
1:48.33 Arianne Adams, PSU
1:48.33 Jen Eberwein, Mich.
500 FREE—Feb. 18
4:46.91 E. Stonebraker, Wisc.
4:47.90 Katie Anderson, PSU
4:48.86 Jinny Smedstad, Minn.

1650 FREE—Feb. 20

16:29.23 E. Stonebraker, Wisc.
16:33.18 M. Loehndorf, Iowa
16:40.70 Cathy O'Neill, Mich.
100 BACK—Feb. 19
54.23* Jenny Crisman, Mich.
55.52 Tashy Bohm, NW
55.79 L. Carlberg, Michigan

200 BACK—Feb. 20

1:58.12 Tashy Bohm, NW
1:59.56 L. Carlberg, Michigan
2:00.39 Jenny Arndt, Michigan
100 BREAST—Feb. 19
1:01.18 Amy Balcerzak, NW
1:01.99 S. Shakespeare, Mich.
1:02.60 Darcy Adler, Illinois

200 BREAST—Feb. 20

2:12.30 Amy Balcerzak, NW
2:16.88 Kate McMillan, Minn.
2:17.01 Keryn Krynauw, OSU

100 FLY—Feb. 19

54.43 Terri Jashinsky, Minn.
54.44 Gina Panighetti, Wisc.
54.75 Jenny Hennen, Minn.

200 FLY—Feb. 20

1:59.34 Jenny Hennen, Minn.
1:59.54 Gina Panighetti, Wisc.
2:01.25 Katie Anderson, PSU
200 IM—Feb. 18
1:59.39 S. Shakespeare, Mich.
2:00.39 Amy Balcerzak, NW
2:02.36 Gina Panighetti, Wisc.

400 IM—Feb. 19

4:18.61 Cathy O'Neill, Mich.
4:18.68 K. Christoferson, Minn.
4:19.53 Jinny Smedstad, Minn.

200 MR—Feb. 19

1:41.15* Michigan
1:41.52 Northwestern
1:41.94 Minnesota

400 MR—Feb. 18

3:41.15 Northwestern
3:41.53 Minnesota
3:43.20 Michigan

200 FR—Feb. 18

1:30.17 Northwestern
1:30.19 Michigan
1:32.09 Minnesota

400 FR—Feb. 20

3:18.51 Michigan
3:20.03 Northwestern
3:20.28 Minnesota

800 FR—Feb. 19

7:16.27* Michigan
7:18.49 Minnesota
7:20.35 Wisconsin

1-METER

418.80 Sara Reiling, Indiana
415.40 T.D. Rowe, Minnesota
412.70 Erin Quinn, Indiana

3-METER—Feb. 19

547.45 Jamie Jaax, Penn St.
512.90 T.D. Rowe, Minnesota
479.85 Carrie Ziebarth, OSU
10-METER—Feb. 20 (exh.)
547.25 Sara Reiling, Indiana

536.20 Erin Quinn, Indiana
508.75 Laura Maldonado, Iowa

ATLANTIC COAST WOMEN'S CHAMPIONSHIPS

College Park, Maryland
Feb. 18-20, 1999 (25 YD)

FINAL TEAM STANDINGS

776.5 Virginia
699.5 North Carolina
446 Maryland

50 FREE—Feb. 18

22.53 R. Cronk, Virginia
23.19 Tanya Gurr, Florida St.
23.22 M. McCubbins, Va.

100 FREE—Feb. 20

49.49 R. Cronk, Virginia
50.08 Meg McCubbins, Va.
50.76 Stefanie Rulies, UNC

200 FREE—Feb. 19

1:48.40 Kim Piotro, Maryland
1:48.75 Emily Trakas, Virginia
1:48.80 Tanya Gurr, Florida St.

500 FREE—Feb. 18

4:49.43 Emily Carrig, Virginia
4:50.25 Melissa Fiss, UNC
4:51.27 Laura Sullivan, Virginia

1650 FREE—Feb. 20

16:38.94 Molly Sullivan, UNC
16:48.37 J. Hough, Maryland
16:53.54 Sharon Riedlinger, Va.

100 BACK—Feb. 19

55.48 J. Mihalik, Clemson
55.58 Meghan Iffland, Va.
55.96 K. Novotny, Maryland

200 BACK—Feb. 20

1:57.97* J. Mihalik, Clemson
1:00.52* C. Tennesen, Md.
2:00.77 Heather Stiles, UNC

100 BREAST—Feb. 19

1:00.52* Danica Wizniuk, Va.
1:01.67 Katie Hathaway, UNC
1:01.90 Kate Slonaker, Virginia
200 BREAST—Feb. 20
2:11.82* Danica Wizniuk, Va.

2:14.51 Katie Hathaway, UNC
2:16.98 Kate Slonaker, Virginia
100 FLY—Feb. 19

54.86 Meg McCubbins, Va.
55.03 Kori Forster, Virginia
56.12 S. Solomon, Maryland

200 FLY—Feb. 20

2:00.21 Melissa Fiss, UNC
2:02.20 Emily Carrig, Virginia
2:02.30 Kelly McLaughlin, UNC

200 IM—Feb. 18

2:00.88 Erika Acuff, N. Carolina
2:01.17 Katie Hathaway, UNC
2:01.93 Cami Sink, Clemson

400 IM—Feb. 19

4:16.04 Erika Acuff, N. Carolina
4:19.49 Cami Sink, Clemson
4:21.73 Amy Armond, Duke

200 MR—Feb. 19

1:40.69* Virginia
1:43.38 North Carolina
1:43.49 Maryland

400 MR—Feb. 18

3:39.28* Virginia
3:43.87 North Carolina
3:44.92 Florida State

200 FR—Feb. 18

1:31.58 Virginia
1:32.53 Clemson
1:32.55 Maryland

400 FR—Feb. 20

3:20.09* Virginia
3:21.21 Maryland
3:22.95 Clemson

800 FR—Feb. 19

7:18.12 North Carolina
7:18.32 Virginia
7:28.06 Florida State

1-METER—Feb. 18

406.45 Marica McKeel, NCS
378.15 Shelly Cavaliere, NCS
369.30 Marya Sabesky, FSU

3-METER—Feb. 20

453.30 Marica McKeel, NCS
434.85 Marya Sabesky, FSU
426.25 B. Potter, Clemson

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Eddie Reese

University of Texas Head Men's Coach
1996 Olympic Coach



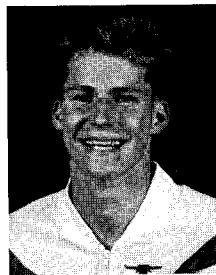
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University of Texas Head Women's Coach
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Josh Davis

Former University of Texas Athlete
1996 Olympian



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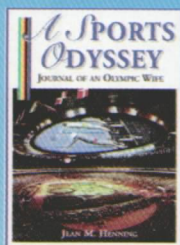
SPEEDO



Left to right:

Erika Hansen—USC Assistant Coach—2 Time USA Olympian
Brad Bridgewater—USA Olympian—Olympic Gold Medalist
Jim Montrella—USC Assistant Coach—USA Olympic Coach—Coach of World & American Record Holders
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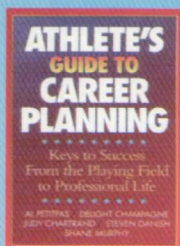


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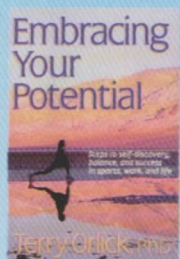


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By Al Petipas et al.

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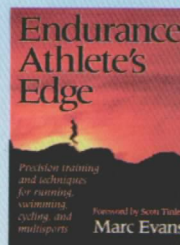


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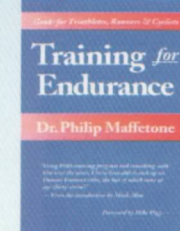


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By Dr. Phillip Maffetone

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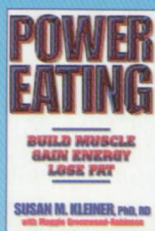
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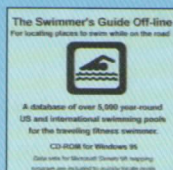


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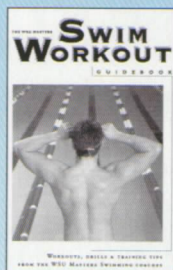


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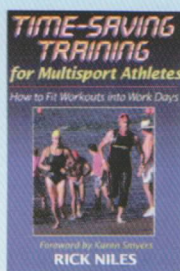


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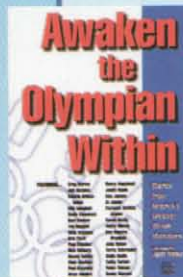


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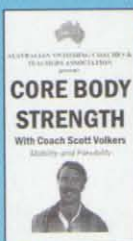


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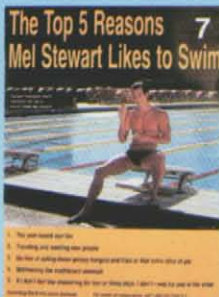
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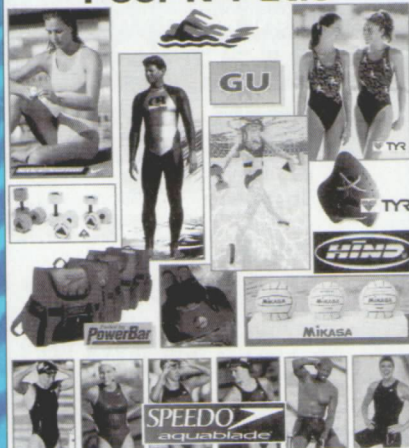


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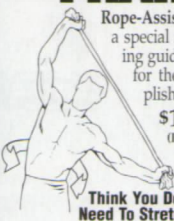
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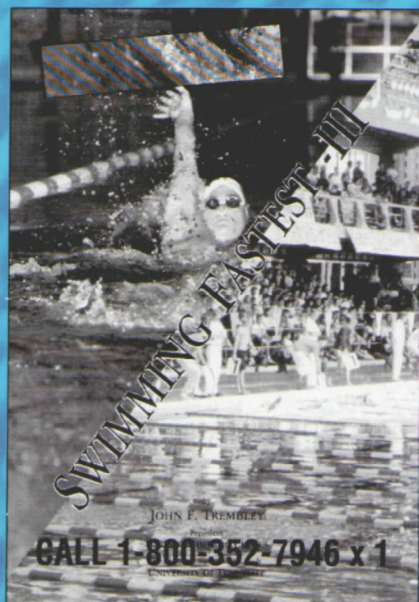
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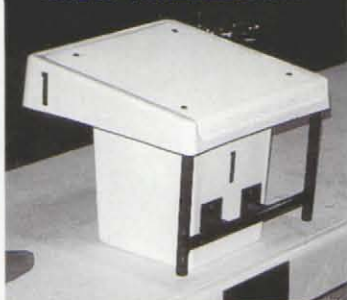
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Fling "BB-B-C" Ic
704-846-5335 |
| 8-9 | Minnesota
SEMS "A-B/C"
Zone 3
612-459-8076 | 14-16 | Goldsboro, NC
GOLD "BB"/Below
919-778-6557 |
| 8-9 | Redwing, MN
RWSC "A-B/C"
Zone 1
612-388-3873 | 14-16 | Corvallis, OR
IBP/CAT Open Ic
541-753-5681 |
| 8-9 | San Antonio, TX
Eagle 14&U Invit.
210-706-7500 | 15-16 | San Antonio, TX
NS SR Meet 15&O
210-706-7500 |
| 9 | San Antonio, TX
Hawk Invit.
210-921-5234 | 16 | Oakland, CA
MONT Relays, sc
510-339-8013 |

- | | | | |
|-------|---|-------|--|
| 29-30 | San Antonio, TX
Lone Star Invit.
210-494-0727 | 5-7 | Vicksburg, MS
Vicksburg Invit.
Short/Long Course
601-634-0250 |
| 29-31 | Benicia, CA
BBD AG Open Ic
707-745-3143 | 6-7 | Ponca City, OK
PSST "A-BB-B-C"
580-762-9266 |
| 29-31 | Stockton, CA
TIGR AG Open Ic
209-478-8286 | 11-12 | Kearney, NE
KFYS NTS
308-237-3734 |
| 30 | San Antonio, TX
Hawk Invit.
210-706-7500 | 11-13 | North Jeffco, CO
North Jeffco 10&U
303-699-9682 |
| 30-31 | Meridian, MS
Rush-Quickkick
Invitational Ic
601-681-8378 | 11-13 | Charlotte, NC
USS Grand Prix
719-578-4578 |

JUNE

- | | | | |
|-----|---|-------|---|
| 4-6 | Salida, CO
Salida Invitational
303-932-7059 | 11-13 | High Point, NC
11th Annual
Furniture City Invit.
336-887-4772 |
| 4-6 | New Hope, MN
NHCP "A"
612-559-3246 | 11-13 | Raleigh, NC
18th Annual J.
Kimball Watson
919-873-9434 |
| 4-6 | Raleigh, NC
WAVE "BB-B-C" Ic
252-799-2845 | 11-13 | Minneapolis, MN
USA Swimming
Championships
for Swimmers
With a Disability
719-578-4578 |
| 4-6 | Omaha, NE
SO-OWSC NTS
402-571-1861 | 12 | Newberg, OR
CST "BC" Invit.
503-625-6017 |
| 4-6 | Lake Oswego, OR
LOSC Rose Festival
503-657-8544 | 12 | Portland, OR
MAC "BC" Invit., lc
503-223-8370 |
| 4-6 | Austin, TX
MARS "A-BB"
13&O
817-446-8803 | 12 | Harlingen, TX
HAT Unclassified
956-380-0279 |
| 4-6 | Dallas, TX
Senior Circuit
214-768-2200 | 12 | San Antonio, TX
AAAA Falcon Invit.
210-299-1560 |
| 5 | New Brunswick, NJ
SAC Heat Madness
732-463-1834 | 12-13 | Petaluma, CA
PET Invitational lc
707-762-1346 |
| 5-6 | Modesto, CA
CMST JR+
209-571-0386 | 12-13 | Santa Cruz, CA
CAB Senior Ic
831-688-2590 |
| 5-6 | Rohnert Park, CA
RPSC "B-A+"
707-524-4363 | 12-13 | Burnsville, MN
BUR "B-C"
612-487-2941 |
| 5-6 | San Jose, CA
LA "B-A+"
408-377-3025 | 12-13 | Fergus Falls, MN
FFF "A-B/C"
218-739-2079 |
| 5-6 | S. Lake Tahoe, CA
TAHO Invit., sc
530-541-1046 | 12-13 | Northfield, MN
NOR "B-C"
507-645-5137 |
| 5-6 | Lowry, CO
FAC Mile Hi
Classic
719-539-7309 | 12-13 | San Antonio, TX
Eagle 14&U Invit.
210-706-7500 |
| 5-6 | Coral Springs, FL
Broward "B-C"
954-384-2032 | 12-13 | San Antonio, TX
Eagle 15&O Invit.
210-494-0727 |
| 5-6 | Minnesota
BAC "B-C"
612-884-3703 | 13 | Pueblo, CO
Pueblo Summer
Open
303-421-9769 |
| 5-6 | Corpus Christi, TX
BEAT Invitational
800-683-6644 | 13 | San Antonio, TX
Hawk Invitational
210-299-1560 |
| 5-6 | Plano, TX
COPS "A-BB"
12&U
972-398-7946 | 17-19 | Lewisville, TX
LAC "A-BB" 15&O
972-539-4511 |
| 5-7 | Biloxi, MS
Sun-Sand & Surf
601-864-9240 | | |

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Philadelphia, PA	May 15-16
Milwaukee, WI	May 22-23
San Antonio, TX	Jun. 5-6
Phoenix, AZ	Jun. 12-13
Washington, D.C.	Jun. 19-20
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719-564-8389
- 18-20 North Jeffco, CO
North Jeffco
Summer Open
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- 18-20 Des Moines, IA
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Summer Invit.
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- 18-20 Hickory, NC
YSST Summer
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828-324-2858
- 18-20 Reno, NV
RENO Invitational
775-853-5696
- 18-20 Coos Bay, OR
SCAT Gold Coast
Invitational, "BC"
541-756-4915
- 18-20 Gresham, OR
MHST June Long
Course Invitational
503-661-9050
- 18-20 Tyler, TX
TST "A-BB" 14&U
903-534-3728
- 19 San Jose, CA
ALMA Relay Meet
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- 19-20 Concord, CA
WCAB "B-A+"
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- 19-20 Eureka, CA
RSC Invitational
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- 19-20 Healdsburg, CA
HSC Invitational sc
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- 19-20 Cozad, NE
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- 19-20 McAllen, TX
MSC International
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- 20-21 Enid, OK
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405-233-4180
- 24-27 Santa Clara, CA
Santa Clara
International
Invitational
408-246-5050
- 25-27 San Jose, CA
WVSC JR T&F,
12&U "B-A+"
408-395-5341
- 25-27 Durango, CO
Durango Invit.
303-422-6019
- 25-27 Gr. Junction, CO
Grand Junction
Invitational
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- 25-27 Loveland, CO
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- 26 Tualatin, OR
TTSC Patriot Open
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