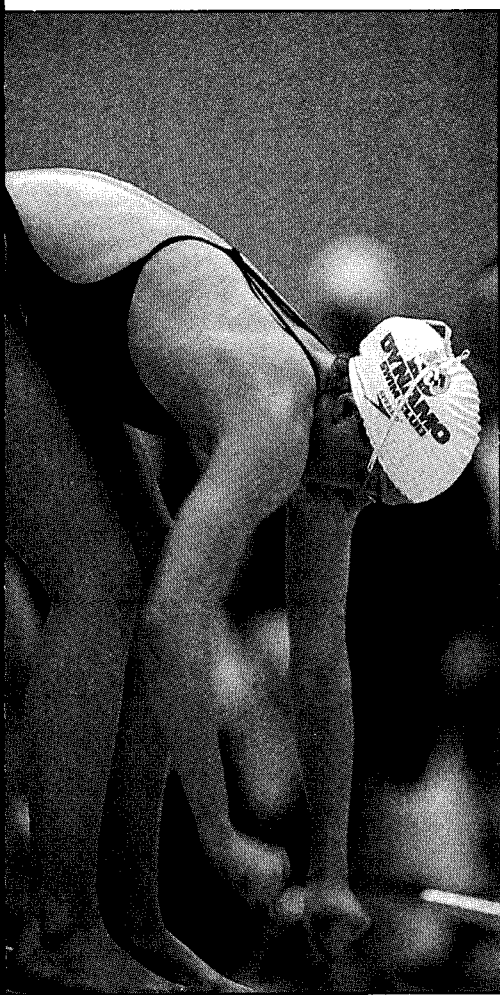


A Star Is Born

Although just 15, Mary Ellen Blanchard outshone even Janet Evans at the short course nationals.

**Story by Russ Ewald
Photos by Mike Gosman**



Dynamo's Mary Ellen Blanchard (above) matured a great deal from the nervous youngster at last year's Olympic trials to set American records in both breaststrokes and a U.S. open mark in the 100 breast. She also collected the women's high-point trophy.

CHAPEL HILL, N.C.—This college town has seen a number of athletes become famous on its University of North Carolina campus. There's Michael Jordan and James Worthy among others in basketball and Lawrence Taylor in football.

Another star emerged at Koury Natatorium, the school's swimming facility, although she's not a North Carolina student. Mary Ellen Blanchard is only 15 years old, but she stamped herself as a leading lady with her performance at the 1989 Phillips 66/U.S. Swimming Short Course Championships March 21-25.

Blanchard has always been known as Doc's granddaughter. That's Doc as in Doc Blanchard, the 1945 Heisman Trophy winner as a running back for Army. Her father, Tony, was also a football standout, ironically playing at North Carolina. The Blanchards now live in Norcross, Ga.

Mary Ellen made her name known early in the meet. On the first morning of prelims of the five-day competition, Blanchard wiped out the nine-year-old American record of the great Tracy Caulkins in the 200 yard breaststroke. And she erased the better U.S. open mark by Japan's Hiroko Nagasaki with it.

Nobody had set an American record at the short course nationals since 1985. And no one had set an American short course mark in a prelim race of 200 yards or longer since 1978. But it's plain to see Blanchard is no ordinary swimmer. Besides having good genes, she has exceptional technique that allows

her to swim high out of the water. And she's a very determined girl.

"She's the first one in the weight room," says Alex Braunfeld, her coach at the Dynamo club. "She's not afraid to lift."

While no one outside of Dynamo may have thought a record would fall in the sixth heat of the 200 breast, Blanchard went into the race with that goal in mind. After going 2:12.1 unshaved two weeks earlier in a region meet, she reasoned that not only was Caulkins' mark of 2:11.46 within reach, but even a sub-2:10 which had been done only once before (Nagasaki's U.S. open mark of 2:09.76).

Blanchard got out almost as fast as Nagasaki's pace, 30.07 to 30.04, but fell 22-hundredths of a second behind the halfway record split of 1:03.08. The young American picked up her pace the third quarter, though, thanks to an underwater intercom from which she could hear her times and the excitement of the crowd. A blistering 32.53 third 50 put her 12-hundredths up on the record at 1:35.61. And instead of backing off the final part of her heat like most swimmers do in prelims, she stormed home in 33.45 for a time of 2:09.06.

"I wanted to get the record in the morning to take off the pressure in the final," she explained.

Blanchard has been an outstanding age grouper for several years, leading the 11-12 division in the middle distance frees in 1986 and the 13-14 in the IMs in 1987. Last year she started concentrating on the breaststroke and finished fourth in ▶

USS Senior Nationals

the 200 breast at the Olympic trials. Her previous best in the 200 yard breast was 2:17.91, although that isn't entirely indicative since there was no short course nationals last year.

While most female swimmers think about shedding pounds, Blanchard felt she needed to gain weight following the trials. "I was too thin and weak," she recalled. "I was lucky to make fourth at the trials. I only dropped one second from the indoor nationals to the trials. That wasn't too great."

The 5-8½ high school sophomore put on 10 pounds since last summer. Even at 136, she says her "skinfolds" are down (indicating less fat) because "I stopped eating a lot of junk and had more healthy stuff."

Unfortunately, Blanchard didn't have any competition in the final. Mission Viejo's Amy Shaw, the U.S. record holder in the long course 200 breast, took a long layoff from her specialty because of a groin injury and swam only freestyle at the meet. Tracey McFarlane of Longhorn, an Olympian in the event, had trained just once a day since the Seoul Games and qualified just ninth. Blanchard swam an even faster opening half (30.07, 1:02.86) at night but couldn't duplicate her amazing third 50 of the morning and settled for a five-yard victory in 2:09.54, giving her the two fastest 200 yard breast times ever.

"I tell them they should go for the time in the morning and the win at night," said Braunfeld.

Blanchard followed that strategy again two days later. Although she got out 41-hundredths slower than



Caulkins' American record split in her 100 breast heat, the weight training paid off for the Georgia gal who powered home in 31.87 for another U.S. record. Her time of 1:01.08 eclipsed Caulkins' mark of 1:01.13 set in 1981.

"I was pretty scared about the 100 because my 200 is my best race," said Blanchard following the prelims. "I usually cut my stroke too much. I tried to stretch out and did until the last 15 yards. I wanted to go faster, a 00 or a 59."

"Tracey McFarlane will be there tonight. She's fast. That will help."

McFarlane, who set a U.S. open mark of 1:00.51 last year before she became an American citizen, qualified second in 1:01.72. In the final, Blanchard and McFarlane turned halfway through almost simulta-

neously (29.06 to 29.17). A tremendous last turn gave Blanchard a clear lead which she increased to win by a half-body length. The winning time of 1:00.66 lowered her American record and was the second-fastest ever. McFarlane touched in 1:01.30 for eighth on the all-time performance list.

"I think I'll try a little harder now," said McFarlane, who is competing for Longhorn Aquatics while finishing up her studies at Texas this year. "My top priority was getting through school until now. I keep wondering if I'll ever give it (swimming) up."

McFarlane remembers Blanchard as a "scared young girl" at the trials. About her rival's record-setting performances, the veteran said, "I think it's neat because we never do well internationally (in the breaststroke). We never get in the top three. I'm hoping she'll do something about that."

Blanchard then came back 43 minutes later to take the 200 IM in 1:58.66 and become the second-fastest performer of all time in that event. The time also gave her a third 15-16 NAG record. She trailed 16-year-old Summer Sanders of California Capital (who was third at the Olympic trials) the first leg (26.27 to 26.63) before pulling even on backstroke (56.92) and assuming command on breast by a body length. Blanchard's almost two-second victory was the fourth-fastest time ever and a half-second better than anyone in history except for Caulkins, the American record holder at 1:57.06.

"I'm proud of my body holding up tonight," said Blanchard, who capped the evening by anchoring Dynamo's 400 freestyle relay in 50.84. "I need to work on my freestyle because I usually expend myself on breaststroke." ▶

Popular Janet Evans (above) is so accommodating she signed autographs immediately prior to standing on the blocks for the start of the 1000 yard free. The attention hasn't seemed to faze the Fullerton star who went on and set an American record.



Holiday Inn-Riverview

Toledo, Ohio

141 N. Summit St.
Toledo, Ohio 43604

Featured Speakers:

Richard Quick	Mary T. Meagher
Brian Gordon	Jim Montrella
Rich Draper	Ann Urschel
Bob Steele	Linda K. Hall Ph. D.

Contact:

David Faiella • 3142 Strathmoor • Toledo, Ohio 43614

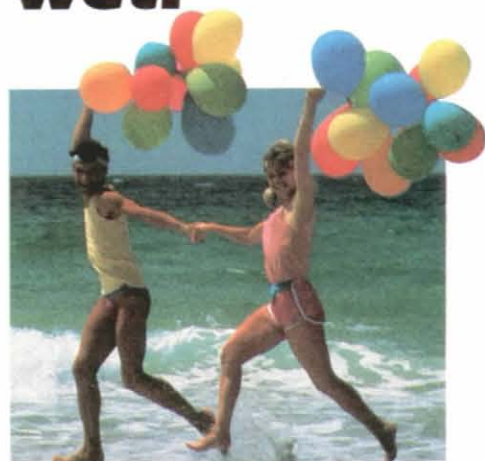
Featuring:

ASCA Stroke School
Red Cross Swimming Coaches
Safety Certification

10 ASCA Credits



**If you think
a serious
swim camp
can't be fun,
you're all
wet.**



The most serious competitors are finding out that the best place to train is also the most fun.

Mission Bay Aquatic Training Center. Where swimmers and divers ages 9 and up enjoy an aquatic complex containing the most comprehensive state-of-the-art facilities in the country. Including two 50-meter pools; 8-lane 25-meter training pool; 25-yard by 25-meter diving well with 1, 3, 5, 7½ and 10-meter platforms; 10 springboards; spa for between dives; 8-lane 25-yard training pool; extensive video



tape library; meeting rooms for film viewing and sports psychology sessions; two weight training centers; indoor dryland dive area; plus more.

All supervised by national championship coaches—renowned for bringing athletes to their full potential and creating world-class winners. But most of all, these



instructors know how to create a thoroughly enjoyable and rewarding camp experience with a wide variety of planned activities and events. It's impossible not to have a good time.

So if you're serious about training, come to the camp that's serious about making it fun.

For further information and camp fee schedules write to Mission Bay Swim/Dive Camps, c/o Mission Bay Aquatic Center, 10333 Diego Drive South, Boca Raton, FL 33428. (407) 488-2001.

USS Senior Nationals

The three wins, U.S. open record and three American marks earned Blanchard the women's Robert J.H. Kiphuth Award as the high-point scorer among the female competitors, ending the streak of Janet Evans, who had won the award at the last four nationals.

Evens didn't do badly herself, also tripling to show that success has not spoiled the three-time Olympic gold medalist from Fullerton, Calif. She set an American record in the 1000, did a personal best in capturing the 400 IM and also won the 500.

The 17-year-old from Fullerton Aquatics swam the closing-day 1000 practically alone with a pool-length lead by 775 yards and finished in 9:25.49, bettering the mark of 9:28.32 set by Mission Viejo's Tiffany Cohen in 1985. While Cohen picked up her pace in the final laps, Evans took it out hard the opening half (4:40.94) to be up on the record split by 3.42 seconds at that point.

"The day off helped a lot," said Evans, who didn't race Friday after winning the 400 IM on Wednesday and 500 the following night.

Since Evans had not fully tapered for a short course meet since 1987,

Awards At A Glance

LEADING SCORERS

Men

Derek Weatherford, Swim Florida, 136
Greg Burgess, Bolles School, 108
John Keppeler, Mission Viejo, 106
Chas Morton, Nashville, 106
Chad Hundebly, Irvine Nova, 103

Women

Mary Ellen Blanchard, Dynamo, 198
Janet Evans, Fullerton, 170
Pam Minthorn, Curl, 160
Whitney Hedgepeth, VACS, 160
Jenny Thompson, Seacoast, 158

PHILLIPS PERFORMANCE AWARD

Mary Ellen Blanchard, Dynamo,
200 yard breaststroke

ROOKIES OF THE MEET

Amy Walker, Des Moines Swim Fed.,
6th, 1650 free
Matt Buckley, Heartland Swim Assn.,
4th, 1000 free

she figured to threaten American records in every race she entered. Because the 1650 was switched from the final night to the first day of the meet schedule, she passed it up and instead established a U.S. record (15:44.98) in the event in January at a Q meet. But the 400 IM and 500 marks, both held by Caulkins, proved too tough.

With the fly leg her weakest stroke, Evans started out behind

Caulkins' pace (56.5 to 58.19). She fell further off on breaststroke. Her winning time of 4:08.53 made Evans the second-fastest performer in history and was the fourth-fastest ever. Sanders, who trailed Evans by less than a second going into the final leg, set a 15-16 NAG record of 4:12.00 (bettering Evans' mark) in placing second.

"I think the 4:04 that Tracy did is an amazing record," said Evans. "It's stood for a long time. I think of the events I swim it's the toughest."

The triple world record holder also never matched the splits of Caulkins in the 500. She was down 47-hundredths after the opening 100 and wound up winning in 4:38.82, well off the mark of 4:36.25 and even slower than her high school record of 4:37.50 set last year in Long Beach.

"I felt good at the beginning and then I stiffened up," she said. "My turns aren't as good. I'm definitely a long course swimmer."

But Evans added, "I do think it's (the 500 record) within reach."

Asked about the constant expectations of records from her, she replied: "I don't know if it's unfair. I guess there are some high expectations. I try to do the best I can."

"I think some people think Janet isn't working out as much because she's taking all the trips. I've been doing the same distances and just as intense. I still get in my usual 11 workouts a week and train when I'm on the road as well. I don't need a coach to tell me to work out and motivate me."

But the inexperience of Evans' interim coach, Dawn Brandewie, who replaced Bud McAllister, adversely affected the star once during the meet. Brandewie neglected to scratch Evans from the 200 free. Thus, Evans had to swim in the 200 free prelims or else be automatically scratched from the 400 IM which was the same day. On 20 minutes notice, she did a 1:48.48 as a warmup for her 400 IM and qualified ninth. She scratched from the night's consols of the 200. But by having to compete in the 200, she was forced to bypass the 200 IM and spoil what would have been the most interesting matchup of the meet against Blanchard.

Changing Your Address?

IF YOU'RE MOVING, PLEASE LET US KNOW 6-8 WEEKS IN ADVANCE

If you have no label available, print old address here.

AFFIX LABEL	name _____ please print
	address _____
	city _____
	state _____ zip code _____

Fill in new address below:

name _____ please print
address _____
city _____ state _____ zip _____

Mail to: **SWIMMING WORLD**, P.O. Box 45497, Los Angeles, CA 90045

USS Senior Nationals



Evans wasn't the only Olympic star running into trouble at the meet. Hungary's Tamas Darnyi, the gold medalist and world record holder in both IMs, was disqualified in the prelims of the 400 IM. The turn judge ruled that coming into the wall on butterfly, Darnyi came up short and used an illegal stroke to bring himself to the surface. For the rest of the meet and even after the competition ended, Hungarian coach Tamas Szechy and his stand-out argued the decision. Darnyi did take time out from discussions with meet referee Charly Mallery the final day to win the 200 IM in 1:47.45.

Darnyi enjoyed a four-month vacation from swimming after the Olympics. "It's not a bad time for how much I've been training," he said about his 200 IM. "If I'd have swum the 400 IM, I'd have swum a much better time because that's my best race," added the still-bitter Hungarian, who set a U.S. open record in the 400 yard IM two years ago at the short course nationals

Hungary's Tamas Darnyi (above) lost a chance to repeat as the men's high-point scorer at the short course nationals when he was disqualified in the 400 IM. The double gold medalist came back to capture the 200 IM.

that was bettered by Dave Wharton at last year's NCAAs.

Hungary also got victories in the 100 breast by Karoly Guttler (54.94), the Olympic silver medalist, and in the 500 from 18-year-old Norbert Agh (4:19.51). However, an overweight Jozsef Szabo, the Olympic gold medalist in the 200 breast, swam only 2:02.75 for 14th in that event's prelims and scratched from the consols.

Another Olympic champion, Surinam's Anthony Nesty of Holmes Lumber, surprisingly came back to take the 200 fly (1:46.02) after being upset in the 100 fly, his gold-medal event. Nesty has been training only once a day while concentrating on studies in the hope of entering the University of Florida next winter.

"I missed every turn in the 100," he said. "I took seven strokes, looked for the wall and couldn't find it."

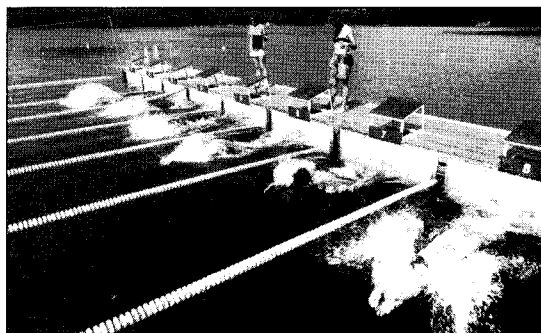
While Evans continued her success, only Whitney Hedgepeth of the remaining nine U.S. Olympians at the meet won a race. The versatile Hedgepeth, despite passing up her Olympic event, the 200 IM, captured two events with a 1:46.89 in the 200 free and 54.17 in the 100 fly. A bout with the measles two weeks earlier probably kept the 18-year-old Virginia Association swimmer from lowering her personal bests in those races (1:46.05, 54.00). About skipping the 200 IM, she stated, "I'm not that much of an IMer. I can't do breaststroke too well. And I like to alternate events."

One high school Olympian, Wilton's (Conn.) Janel Jorgensen, didn't even show up for the meet, citing insufficient training since the Games. ▶

Fast Lanes

Having gained a reputation as being among the finest summer camps for boys and girls and for teens, Wekeela is more than a complete experience, encompassing 65 activities, plus frequent regional and Canadian trips.

Wekeela happens to offer a comprehensive competitive swimming program, endorsed by award-winning University of Tennessee



Head Coach John Trembley, and endorsed and staffed by Kathy Lawlor and C. Robb Orr, UPenn and Princeton Head Coaches, respectively.

If you can't afford to slow down your program for the summer, contact us for more information.

*Camp Wekeela
Traditional camps
for teens and children
in beautiful Canton, Maine since 1922*

*Full or Half Season
1989 Season... June 26 to August 20
130 South Merkle, Columbus, OH 43209
(614) 235-3177*



USS Senior Nationals

"I think a lot of Olympians took time off, especially the high school seniors because they've got four years of hard college training ahead," explained Wichita's Anne Mahoney, who won the 100 back (55.72) in spite of jamming her elbow so badly on the last turn that a hush came over the crowd. Mahoney, a high school senior who barely missed making the Olympic team, said, "It was definitely a disappointment but not a setback. I have a lot of swimming still to do."

The same could be said for the rest of the women's winners, which included a trio of 16-year-olds—Seacoast's Jenny Thompson, Curl's Pam Minthorn and Julie Kole of Foxcatcher. Thompson swept the sprints and had personal bests (22.66, 49.67p). Minthorn dropped more than 3½ seconds from a year ago to take the 200 fly (1:56.01). Kole, who used to resemble Janet Evans in size but has grown to 5-7 and 120 pounds, captured the 1650 in a personal-best 16:06.60. Berkeley's (N.J.) Dede Trimble, 18, became the only collegiate swimmer to win an event when the Stanford freshman won the 200 back in 1:58.38, cutting 1.41 seconds off her third-place time at the NCAA's the prior week.

Besides the Hungarians and Nesty, the other men's winners were evenly divided between high school competitors and post-collegians. Swim Florida's Derek Weatherford, a high school senior from Fort Myers, captured the high-point award with a victory in the 100 back (49.08), a second in the 200 back and third in the 200 IM. Greg Burgess, a junior at



The Bolles School, won the 400 IM (3:48.79) and finished as the second leading scorer. The other high school winners were seniors William Schwenk of Sarasota (Fla.) in the 200 back (a 17-18 NAG record of 1:45.50) and Chad Hundebly of Irvine (Calif.) in the 1000 (9:01.53) and junior Nelson Diebel of Peddie (N.J.) in the 200 breast (1:58.97).

All the post-collegiate champions won national titles for the first time. Little Rock's Steve Crocker, 25, a Kentucky graduate assistant who was third at the Olympic trials in the 50, edged silver medalist Tom Jager in that event (19.50 to 19.70). Bucknell graduate Jim Harvey, 22, of New Jersey Wave, took the 100 free (43.85). John Keppler, 21, an Arizona State dropout who now

swims for Mission Viejo, captured the 200 free (1:36.30). South Carolina graduate Jean-Marie Arnould, 22, on leave from the Belgium army, won the 1650 (15:11.26). Harvard law school student Dirk Marshall, 26, who started his own team called the Boston Scrod with one of its mottos, "Every dog has its day," held off gold medalist Nesty in the 100 fly (47.53).

The club winning the combined team title changed, but the winning coach remained the same. Mark Schubert, who guided Mission Viejo to 44 national titles (combined, men's and women's) and Mission Bay to nine including a sweep at last year's U.S. indoors, led Longhorn to the combined championship. Longhorn swam to easy victories in three relays, taking the men's and women's 400 medleys in 3:19.24 and 3:42.41, respectively, and the women's 400 freestyle in 3:22.84. Little Rock, helped by a 400 freestyle relay victory (2:47.15), won the men's competition for its first-ever national title. Dynamo, led by Blanchard, was a first-time champion in the women's division. In the 800 freestyle relay, Pine Crest won the men's race (6:34.31) and Mission Viejo the women's (7:18.32). □

Seventeen-year-old Derek Weatherford (above) became the youngest swimmer to lead the men's scoring at a nationals since Jesse Vassallo in 1978. The Swim Florida standout won the 100 back, was second in the 200 back and third in the 200 IM.

Flyers, Crawlers, Breaststrokes — Lend Us Your Ears! and hear how LACTATE can optimize your training program.

A single drop of blood from earlobe or finger is all that is needed to measure lactate and thus set your ideal training pace and to monitor progress. Lactate measurement enables the aerobic energy system to be trained optimally and overtraining to be avoided.

The ANALOX GM7 LACTATE ANALYZER gives you a hard copy result in 20 seconds on just 7 microlitres of blood and the P-GM7 is a fully portable battery operated version for safe and convenient poolside testing. All items you need, such as capillary collection tubes, record cards, blood lancets, sterile swabs and disposal containers are available.

Send for explanatory leaflet specially for swimmers.....

P.K.Morgan Instruments Inc., Two Dundee Park, Level One, Andover, MA 01810, USA. Telephone: (508) 470-0473.

