1987-1988 WOMEN'S SWIMMING & DIVING

Twenty-some women take to the water in October ready to embark upon the longest season for any athlete at Carleton...good things to follow...Mo, CR, Sarah giggles their way through practice everyday...suddenly we have no divers...Katie becomes eligible after a long and tiring go-around with the Army...the breaststroke rule becomes clear (Peggy, you should try reading the rule book)...six team records fall at the conference meet...Kristin becomes the person most likely to be a member of Saturday Night Live (conehead skits, only)...Mary and Andrea try swimming for the first time -- and they LIKE it...Wendy becomes a butterflier...Maureen swims through much pain and personifies the word GUTS...watching "Dirty Dancing" at St. Cloud Invitational...400 Medley Relay is 2nd at MIACs...Alyssa qualifies for nationals...great leadership from KT and Pam...THE most consistent swim of all time from Holly in the 1650...nutrition lessons which actually make a little bit of sense...Sharon stales at the ceiling most of the season and it pays off at conference...Sacha rejoins swimming, goes to Florida, and ends up as one of next year's captains...30 new additions to our top ten listing...Amy comes into her own as one of the top sprinters on the team...I really did have the time of my life.

These are just some of the highlights that come to mind as I think about the 1987-1988 season. A hearty "great job" and "thanks" to everyone. We talked briefly at our banquet about who actually does more work with this business, you all or I. I still insist it's you. Without your dedication and enthusiasm and basic love of your sport, we would be nowhere. This season was extremely enjoyable and very satisfying for me. Thank you.

Now, for a less pleasant task. I bid a fond farewell to our seniors, Maureen, KT, Pam, and Katie. I know I speak for the rest of the team when I say that your leadership was nothing less than inspired. Thank you for stepping in and taking charge when I was either too sick or too scared (it's no fun driving on ice) to make it to practice. All four of you played an important role in the team's success this year and your presence will surely be missed. We all wish you the very best of luck in the future.

To those of you returning, I look forward, with great anticipation, to the next year. We have many incoming freshman who should add depth and strength to our cause. Let's keep the good feeling going and strive to do even better than before.

Here's to our successful 1987-1988 season and to the prospects for our continued and greater success in 1988-1989!
1987-88 Season Outlook

In keeping with the Carleton swimming tradition, the 1986-87 team had a productive season, finishing with three All-Conference performances and sending Margaret Byrne ('87, St. Paul, MN) to the NCAA Division III Championships for the third straight year.

With nine very talented freshmen, the team had what could be termed a “building year” last season. The return of 11 underclass swimmers and divers under the capable leadership of seniors Betty Byrne (St. Paul, MN), Pam Kraus (Golden Valley, MN) and Katie Jones (Shorewood, WI) should prove to be the “right mix” with next year’s incoming talent.

“Most of our swimmers have swum in a competitive situation at one point or another prior to attending Carleton,” commented Coach Carl, “so, as we may appear to be a young team, we also have a vast amount of experience behind us, and I am anxiously looking forward to a very successful 1987-88 season.”

Outstanding Individuals

<table>
<thead>
<tr>
<th>NAME</th>
<th>Margaret Byrne</th>
</tr>
</thead>
<tbody>
<tr>
<td>HOMETOWN</td>
<td>St. Paul, MN</td>
</tr>
<tr>
<td>YEAR</td>
<td>1987 graduate, magna cum laude with departmental honors</td>
</tr>
<tr>
<td>MAJOR</td>
<td>Biology</td>
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</table>

National Merit Scholar Margaret Byrne came to Carleton with no diving experience, yet in only a few years she became the team’s leading diver, receiving All-Conference honors and qualifying for the Division III Diving Nationals in 1985, 1986 and 1987.

Byrne’s extracurricular activities encompassed working for the College as a theater “techie” and driver, participating in the Newman Club and theater productions and working with a local veterinarian.

Her special interests include animals and outdoor sports, with traveling and working in Germany, pursuing a degree in veterinary medicine and joining the Peace Corps as possible post-Carleton options.

<table>
<thead>
<tr>
<th>NAME</th>
<th>Kate Virgil</th>
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<tr>
<td>HOMETOWN</td>
<td>Kirkwood, MO</td>
</tr>
<tr>
<td>YEAR</td>
<td>Sophomore</td>
</tr>
<tr>
<td>MAJOR</td>
<td>History (tentative)</td>
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A swimmer for nearly 11 years, Kate Virgil was captain of her high school swim team her senior year and was a participant in state competition freshman through senior years. Her first season at Carleton was marked by the setting of a number of personal-best times, as well as by an 11th place finish in the 200 individual relay at the conference championships.

Virgil likes to stay active, playing intramural soccer, tournament tennis and wombat (women’s intramural softball) in the swimming off-season. Teaching and coaching are her possible career paths.

<table>
<thead>
<tr>
<th>NAME</th>
<th>Tracy Green</th>
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<tr>
<td>HOMETOWN</td>
<td>Westport, CT</td>
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<tr>
<td>YEAR</td>
<td>Sophomore</td>
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<tr>
<td>MAJOR</td>
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Tracy Green spent her freshman year at Carleton making her mark on the record books, setting new times in the 500, 1000 and 1650 freestyle events. She was named MIAC All-Conference for her performance in the 1650 freestyle at the conference championships.

Green, who has been swimming since she was eight years old, is a member of Volunteers for Youth, a program that matches student-athletes with middle-school children, and Carleton’s Schiller Society, a group of students who give tours and provide lodging for prospective students. Considering a major in history, Green would like to become a sports physical therapist and coach swimming on the side.
Coaching Peggy Carl

Twenty-nine year old Peggy Carl enters her fifth season as women's swimming coach, and her fourth as assistant track coach in 1987-88.

Carl, a 1980 graduate of Whittier College with a B.A. in physical education, was a competitive swimmer from age six through her junior year in college. She captained her high school and college swim teams, and in 1978 she was the Southern California Intercollegiate Athletic Conference Champion in the 1650 Freestyle. In her extra time, she competes on teams in triathlons, and enjoys bicycling, rollerskating, and cross-country skiing. She is currently working on her M.A. in biomechanics at the University of Minnesota.

A registered Minnesota State High School League official, Carl has been a member of the College Swim Coaches Association since 1983.

1986-87 Season Results

| Carleton | U of Wisconsin, River Falls | 71 |
| 53       | St. Catherine              | 65 |
| 111      | St. Thomas                 | 141|
| 71       | North Dakota State U       | 27 |
| 71       | St. Benedict               | 76 |
| 110      | Gustavus Adolphus          | 152|
| 7th      | St. Cloud State Invitational |  |
| 104      | Macalester                 | 62 |
| 95       | St. Olaf                   | 148|
| 128      | Luther College             | 115|
| 6th      | MIAC Championships         |    |

Wins: 3
Losses: 6
Women’s Swimming and Diving at Carleton

"The swimming and diving program at Carleton is a unique combination of fun and hard work. Although the practices and competitions are intense and we work hard to win, there is not the 'sacrifice-all-else-to-win' attitude that one would find at a big university. It is more important for the team to feel good about itself and to be a team than for individuals to win top honors...So, it doesn’t matter if you are a hardcore, competitive swimmer or someone who wants to work hard but still have fun. You can be either. Nor is it necessary to have years of previous experience—I had never done any diving before coming to Carleton, but I did not have to feel intimidated by that fact. The team spirit and friendships that grow among team members are wonderful and long-lasting. That is perhaps the best aspect of Carleton women’s athletics."

Margaret Byrne (’87, biology, St. Paul, MN)

One of the first intercollegiate sports offered for women at Carleton, swimming and diving has grown into a program that provides challenging competition to students with a wide range of athletic abilities. As a member of the Minnesota Intercollegiate Athletic Conference, Carleton is in fast company with the likes of Hamline University—a consistent top-placer at nationals—and cross-town rival St. Olaf College.

The College has had an impressive record over the past few years, consistently placing in the top five in the Minnesota Intercollegiate Athletic Association Championships and fielding such outstanding performers as All-American Kim Gillen (’86, St. Paul, MN) and three-time diving nationals qualifier Margaret Byrne (’87, St. Paul, MN), Martha Oakley (’86, Atlanta, GA), co-captain of the team for two years, is proof that Carleton swimmers are as talented in the classroom as they are in the pool—she is currently studying chemistry at Oxford as a Rhodes Scholar.

There are no formal try-outs for the team, and no "cuts" are made. The only requirements are enthusiasm, dedication and a willingness to work hard. Practice begins in mid-October, the captains having already started informal workouts around the first of that month. The intensity of the workout depends on the swimmers specialty and ability level, but the team usually starts out at 4,500 yards a day and builds to 6,000 to 8,000 yards during the height of the season. The team also utilizes weight training and other dry land exercises.

This past December, over Carleton’s five-week winter break, the team spent ten days at the College Swim Coaches Association Forum in Fort Lauderdale, Florida (home of the Swimming Hall of Fame). While there they trained at of some of the best swim facilities in the country and attended seminars conducted by the nation’s top coaches and swimmers. When swimmers return from break in January, workouts pick-up exactly where they left off—everyone is expected to stay in shape over vacation!

The Facilities

West Gymnasium houses a six-lane, 350-seat, 25-yard pool with one- and three-meter diving boards; a recently refurbished 1,850-seat basketball arena that doubles as the site of Carleton's home basketball and volleyball games, and a wrestling practice room.

Cowling Recreation Center provides another 25-yard pool and one-meter diving board, a practice gymnasium for basketball and volleyball, an indoor tennis court, a dance studio and a sauna.

Laird Stadium, with football seating for 10,000, houses a well-equipped weight room, sauna, 220-yard banked oval Tartan indoor track and handball and squash courts. The new outdoor, eight-lane, 400-meter all-weather track was the site of the 1984 and will be the site of the 1988 NCAA Division III Track and Field Championships.

The campus also provides 12 outdoor, claykold tennis courts and playing fields for field hockey, baseball, soccer, lacrosse and softball. The 450-acre Carleton Arboretum, adjacent to the campus, offers over 16 miles of running and cross country ski paths.
THE NATIONAL COLLEGIATE ATHLETIC ASSOCIATION
Championships
Certification of Eligibility-Availability Form

Championship(s) ____________________________________________
NCAA DIVISION III WOMEN'S SWIMMING AND DIVING

Men's ____________________ Women's X __ Division ___ III

Institution __________ Carleton College __________

Certification of Eligibility. This institution hereby certifies that the student-athletes listed below meet all the requirements of the NCAA Constitution 3 and Bylaws 4 and 5 as they pertain to individual eligibility and are eligible to compete in the NCAA championships indicated. It is incumbent upon an institution to advise the national office if any student-athlete becomes ineligible for postseason competition before the governing sports committee selects championship participants. This institution has on file for each student-athlete listed a duly executed drug-testing consent and it has not been revoked. PLEASE NOTE: In accordance with the NCAA drug-testing program protocol, persons who tested positive at a 1986-87 NCAA championship will automatically be tested at the next championship at which they appear and at which drug testing is conducted. Accordingly, it is the responsibility of the institutional representative at the NCAA championship testing site to notify the drug-testing crew chief that a student-athlete is present who must be tested to satisfy this requirement.

Availability for Championship Competition. If eligible and selected, will your team compete in the championship stated above and agree to adhere to all policies and regulations governing the competition, as outlined in the appropriate championships handbook? Yes____ No____ If, after indicating on this form its intention to compete in the NCAA championship, an institution declines to participate or accepts an invitation to participate in other postseason competition, the institution may be ineligible for selection to the NCAA championship for a period of one or more years per Executive Regulation 1-3-(k)-(3). If an institution indicates it will participate in the NCAA championship, it is assumed its chief executive officer has approved the institution's commitment to participate.

[Note: The above question concerning availability does not apply to the following championships: gymnastics, skiing, swimming, men's tennis, indoor track, outdoor track and wrestling.]

Banges, Maureen
Crabb, Wendy
Divine, Mary
Earley, Andrea
Grundman, Amy
Jones, Kathryn
Kraus, Pamela
Lewis, Sarah
Maguire, Kathryn
Peterson, Sasha
Reischauer, Alyssa
Rice, Christina
Ruggiero, Christy
Stern, Sharon
Stockard, Kristin
Bowen, Holly

RETURN NO LATER THAN FEBRUARY 29, TO:

Pat Chester
P.O. Box 1906
Mission, Kansas 66201

Stephen K. Kelly ____________________________
Signature of Faculty Athletics Representative or Registrar

Date ____________ (507) 663-4355 (507) 645-7915
Telephone: (office) (home)

Marjorie L. Marc ____________
Athletics Director or Primary Woman Administrator

Date ____________ (507) 663-4483 (507) 663-1597
Telephone: (office) (home)
"We weren't really ready to play," is how Reading assessed Carleton's loss to St. Olaf. "It was probably the most disappointing loss of the season for us."

St. Olaf jumped out to a big early lead which the Carls were never able to overcome. Carleton's shooting percentage was low and the defense just was not tight enough to stop the Oles.

Nordeen scored 10 points in the losing effort, while Sand had 9 and McCune 8.

The Carls will attempt to finish the year on a positive note this week, facing both Macalester and St. Thomas at home on Monday and Wednesday respectively, and then traveling to the College of St. Benedict next Saturday.

SWIM TEAM FINISHES SEVENTH IN CONFERENCE MEET

The Carleton women's swim team ended its season with a seventh place finish in the eight-team conference meet held Feb. 11-13 at Gustavus Adolphus College. Coach Peggy Carl reported that her squad swam exceptionally well, but that the other teams' depth and talent were simply superior.

"I could go on all day about how well we swam," Carl said. "Everyone had at least one personal best and some school records were broken." In addition, freshman Alyssa Reischauer (Bethesda, Md., Walt Whitman High) qualified in the 100 and 200 breaststroke for the national finals which will be held March 11-13 at Emory University in Atlanta.

Reischauer had a fine all around meet, Carl noted. Her time of 1:10.79 in the 100 breaststroke was good enough for a school record on top of qualifying her for nationals, while her 2:36.66 time in the 200 breaststroke was close to a record also. Reischauer also swam on relay teams that established school records. She combined with Katie Jones (senior, Shorewood, Wis., Shorewood High), Christina Rice (freshman, Tampa, Fla., Tampa Preparatory School) and Pam Kraus (senior, Golden Valley, Minn., Neil Armstrong High) to topple Carleton's record in the 200 medley relay race with a 1:59.38 time.

The 400 medley relay squad of Reischauer, Sarah Lewis (sophomore, (more)
CARLETON WOMEN'S SPORTS--add two

Minneapolis, Washburn High), Maureen Bangs (senior, Glenview, Ill., Acalanes High) and Rice finished second with a 4:20.57 time. In addition to breaking the school record, the squad became the first relay team in the school's history to earn All-Conference honors. Bangs was another all-around contributor. She broke the school record leading off the 400 freestyle with a 55.89 time. She was also a member of the 800 freestyle relay squad, along with Lewis, Holly Bowen (freshman, Princeton, Minn., Princeton High), and Katie Maguire (junior, Glastonbury, Conn., Glastonbury High), that set a school record with a 8:35.45 time.

"Finishing 7th out of 8 teams doesn't sound all that impressive," Carl noted, "but we actually had a very good meet. The swimmers are pleased, and I know I am. Everyone is excited to come back and swim next year."

INDOOR TRACK TEAM STRUGGLING

The Carleton women's indoor track team struggled with injuries and the competition at the Eric Liddell Memorial Games at Bethel College. Theresa Stella (freshman, Maplewood, Minn., Derham Hall High) joined the ranks of injured Carls by twisting an ankle before the meet. Captains Lori Bollin (senior, Winona, Minn., Winona Senior High) and Karen Quanbeck (sophomore, Eden Prairie, Minn., Eden Prairie High) are still sidelined with injuries, while Coach John Pfeiffenberger is hopeful that Rachel Tobias (freshman, Bethesda, Md., Walt Whitman High) may rejoin the team this week.

Anna Primeas (junior, Wayzata, Minn., Orono High) was a bright spot for Carleton during Saturday's meet, winning the 3000-meter in 9:51.12. She also ran on the mile relay squad with seniors Kirsten and Kathy McGuire of Nurnberg, West Germany, and Jennifer Streefland (freshman, Burnsville, Minn., Academy of Holy Angels). The team came in third out of four, with a 4:16 time.

In other events, Kathy McGuire ran the 55-meter dash in 7:96 and the 400 in 62:76. Irena Pratis (junior, Omaha, Neb., William J. Bryan High) finished second with a 5:39 time in the 1500-meter open competition. In the 1500-meter invitational competition, Sarah Bing (more)
CARLETON MEN'S SPORTS--add one

This week's games brought the Knights to a 6-8 record in the MIAC and 10-9 overall.

MEN'S SWIMMERS CONTINUE TO PEAK AS CONFERENCE MEET APPROACHES; CRAWFORD LEADING THE KNIGHTS WITH OUTSTANDING PERFORMANCE

Although the Carleton men's swimming team lost a meet last Tuesday to St. Olaf by 125-81, Coach Willard Tuomi is enthusiastic about the Knights' prospects for conference success.

"We're swimming very well, individually and as a team," he said. "We're continuing to improve with each meet."

Several Knights had notable performances at the Olaf meet. Senior co-captain Bob Crawford (Lincolnshire, Ill., Adlai Stevenson High), riding high from his award-winning races at the Loras-Luther Invitational the previous weekend, broke a Carleton varsity record in the 100-yard freestyle, with 47.8.

Tuomi said that Crawford, always a strong and consistent winner for the Knights and holder of many pool records, is swimming better than ever before in his four-year Carleton career, and is sure to qualify for nationals.

Two other Knights took firsts against Olaf. Junior Dan Trajano (Fergus Falls, Minn., Fergus Falls High) placed first in the 200-yard butterfly event, and freshman standout Greg Sampson (Minneapolis, Washburn High) easily won the 200-yard breaststroke race.

At the Knights' last home meet of the season Friday, Carleton handily beat Luther by a score of 123-93, and took several firsts.

Crawford took first in what has become his race--the 100-yard freestyle--with a time only 2/10th's of a second short of the national qualifying time. Crawford also won the 200-yard freestyle event.

Trajano won the 200-yard butterfly and the 50-yard freestyle races, and the Carleton relay teams won both relay events.

Other outstanding performances came from junior Steve Conery (Hastings, Minn., Hastings High), who took first place in the 200-yard breaststroke event, and from sophomore Johnnie Walker (Missoula, Mont. Hellgate High), who took first in the grueling 1000-yard freestyle race.

The MIAC championship swimming meet is Feb. 18.

(more)
CARLETON MEN'S SPORTS--add one
will be his third season as a Carleton representative at the national meet.

The Cincinnati native also managed to set a new varsity record in the 100-yard backstroke event, in which he took third place.

The Knights will be sending one freshman to nationals as well. Greg Sampson from Washburn High in Minneapolis qualified in the 200-yard individual medley, the 100-yard and 200-yard breaststroke events. Sampson is also MIAC champ in the 200-yard breaststroke, winning the race in a time of 2:09.55.

Junior Dan Trajano (Fergus Falls, Minn., Fergus Falls High) qualified in both the 100- and 200-yard butterfly events, and took third place in the 200-yard fly. As with co-captain Hoel, this will be Trajano's third straight year of national competition.

These four men also qualified with their performance in the 800-yard freestyle relay event, setting a varsity record in that race.

Tuomi pointed out that on top of these stellar performances, other team members also did exceptionally well. Sophomore John Walker (Missoula, Mont., Hellgate High) broke Bob Crawford's three-year old varsity record in the 1000-yard freestyle event, and cut almost 13 seconds off his own previous best time.

MEN'S INDOOR TRACKSTERS TAKE FIRST

The Carleton men's track team took first place this weekend in a meet against St. Olaf and St. John's, with a total team score of 79.5 points versus the Oles' 53 and the Johnnies' 48.5.

Coach Bill Terriquez was pleased with the team and its performance, pointing out that the Knights won almost half of the total 17 events.

Senior Edward (Mac) Test (Madison, Wis., West High) took twofirsts. He won the high jump with a hurdle of 6-6, and long jump with a leap of 23-0. Test also took third place in the triple jump, his first time ever competing in that event.

Junior Daniel Casper (Northfield, Minn., Northfield High) also took two firsts, winning the 1500-meter and 800-meter races.

Sophomore Steve Burch (Nashville, Ind., Brown County High) came in first place in the 500-yard dash.

(more)
QUOTABLES

Peggy: "Can you say 1:10.7?"
Alyssa: "Can you say 1:09.7?"
Holly: "I like it when you give me the 'O.K.'"
Sarah: "Can you give me a ride to the cities?"
CR: "We've had this conversation before."
Mo: "CR, you crack me up!"
Peggy: "I don't care what time of day it is. I want a beer!"
Amy: "I get shot gun!"
Various team members: "Where did that girl get her tan? She doesn't have any tan lines!"
Mary & Andrea: "This is pretty new. I have no idea what I'm doing here."
Peggy: "Where's my pencil?!"
St. Olaf 400 Medley Relay team: "Who are those guys?!"
Pam: "I think I have 7 suits on today."
KT: "ARGHHHH!"
Team theme song: "Now I.... had the time of my life."
<table>
<thead>
<tr>
<th>OPPONENT</th>
<th>Home or Away</th>
<th>WINNER</th>
<th>SCORE</th>
<th>DATE</th>
</tr>
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<tbody>
<tr>
<td>St. Thomas Relays</td>
<td>Away</td>
<td>Everyone</td>
<td></td>
<td>November 7, 1987</td>
</tr>
<tr>
<td>UW-River Falls</td>
<td>Home</td>
<td>Us</td>
<td>132-76</td>
<td>November 10, 1987</td>
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<td>Home</td>
<td>Them</td>
<td>112.5-135.5</td>
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<tr>
<td>Gustavus Adolphus College</td>
<td>Home</td>
<td>Them</td>
<td>103-149</td>
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<td>Away</td>
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<td>49-68</td>
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<td>Away</td>
<td>Us</td>
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<td>Away</td>
<td>Them</td>
<td>74-153</td>
<td>February 2, 1988</td>
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<td>MIAC Championships</td>
<td>Away</td>
<td>7th 255 pts.</td>
<td></td>
<td>February 11-13, 1988</td>
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Total number of wins 2
Total number of losses 4
RESULTS

November 7, 1987  St. Thomas Relays  Everyone wins
November 10, 1987  U.W. River Falls  132-76
January 9, 1988  St. Catherine  112.5-135.5
January 15-16  SCSU Invitational  7th place  62 pts.
January 22, 1988  Gustavus Adolphus  103-149
January 23, 1988  St. Thomas  49-68
January 30, 1988  Macalaster  85-66
February 2, 1988  St. Olaf  74-153
February 11-13  MIAC Championships  7th place  255 pts.

AWARD WINNERS

First Year:  Bowen, Divine, Earley, Lewis, Maguire, Peterson, Reischauer, Rice, Stockard
Second Year:  Bangs, Grundman, Stern
Third Year:  Crabb
Fourth Year:  Jones, Kraus

Special Thanks To:  Laura Hewitt for a very good job as team manager
Kim MacCurdy for her talented hands

Sure Winners
Making Their Mark On History