CARLETON COLLEGE
1990 WINTER SPORTS

WRESTLING

JANUARY
6 Madison Open 11:00 a.m.
13 St. Olaf & Hamline Noon
16 ST. JOHN'S & AUGSBURG Time TBA
20 ST. THOMAS, GUSTAVUS & WESTMAR Noon
25 PILLSBURY 7:00 p.m.
27 CONCORDIA Noon

FEBRUARY
3 Lawrence Invitational Appleton, Wis. 10:00 a.m.
10 MIAC CHAMPIONSHIPS 9:00 a.m.
22-23 West Regionals Time TBA

MARCH
1-3 NCAA II Championships Time TBA

NORDIC SKIING

JANUARY
6-7 Michigan Tech.
13-14 U of M-Duluth
20-21 Bemidji State
27 CARLETON INVITATIONAL (Tentative)

MARCH
3-4 St. Mary's
10 St. Cloud State
17-18 NSCA Midwest Regional

FEBRUARY
10 Bethel Invitational (Men's) 9:30 p.m.
10 St. Cloud Invitational (Women's) Noon
16 St. Thomas & Hamline (Men's) 7:00 p.m.
National Sports Center, Blaine
17 U of Minnesota (Women's) 11:00 a.m.

MARCH
7-10 Ford US Collegiate Championships
Waterville Valley, N.H.

ALPINE SKIING

MEN'S BASKETBALL

JANUARY
3 St. Mary's 7:00 p.m.
& CT Tornadoes 7:00 p.m.

FEBRUARY
10 Bethel Invitational (Men's) 9:30 p.m.
10 St. Cloud Invitational (Women's) Noon
16 St. Thomas & Hamline (Men's) 7:00 p.m.
National Sports Center, Blaine
17 U of Minnesota (Women's) 11:00 a.m.

Greg Sampson (91, Minneapolis) takes the plunge at the NCAA Division III championships held last year at Bowdoin College, in Brunswick, Maine. Sampson swam away with first place in the 200-yard breaststroke, as well as the distinction of being Carleton's first national swimming champion. Co-captains Mike Lach (90, West Chicago) and Steve Fisch (90, Columbia, Missouri) will lead the men's swimming team.
WOMEN'S INDOOR TRACK ROSTER, cont.

<table>
<thead>
<tr>
<th>YEAR</th>
<th>EVENT</th>
<th>HOMETOWN / HIGH SCHOOL</th>
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<tbody>
<tr>
<td>1</td>
<td>middle distance</td>
<td>Litchfield, MN/ Litchfield High</td>
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<tr>
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<td>Eden Prairie, MN/ Eden Prairie High</td>
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<td>4</td>
<td>middle distance</td>
<td>Eden Prairie, MN/ Eden Prairie High</td>
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<td>3</td>
<td>multi-events</td>
<td>Burnsville, MN/ Academy of Holy Angels (Minneapolis)</td>
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<td>2</td>
<td>sprints</td>
<td>Burnaby, BC, Canada/ Crofton House School (Vancouver, BC)</td>
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* indicates captain

Coach: John Pfeiffenberger

1988-89 WOMEN'S INDOOR TRACK RESULTS

Carleton was:
5th of 7 teams at UW-Stout meet
5th of 8 teams at UW-Eau Claire meet
2nd of 4 teams at St. Olaf meet
6th of 10 teams at MIAC championship meet
16th of 31 teams at NCAA Div. III

MEN'S SWIMMING OUTLOOK

The top priority in early season workouts will be to try and find adequate replacements for two recently graduated All-Americans: Blake Hoel and Daniel Trajano. The two have been the backbone of the Carleton swim team the past four years. Numbers seem to be sufficient, but quality is the question mark. The squad will be led by senior co-captains Mike Lach and Steve Fisch as well as national (200-yard breast stroke) champion Greg Sampson, a junior at Carleton this year.

WILLARD TUOMI - Coach, Men’s Swimming

An associate professor of physical education, athletics and recreation, Willard Tuomi has been head swimming coach at Carleton since 1955. His teams of the 1960s won 29 consecutive dual meets, a Midwest Conference record. A graduate of the University of Minnesota, he also assists in coaching football. Tuomi spent the summers of 1988 and 1989 coaching the Joensuu Wolves, an all-volunteer football team in Finland, and was on leave from Carleton during the winter term of 1988-89. Former standout of the Carleton men’s swimming team, Lou Trajano, a 1987 graduate, served as interim coach of the team in Tuomi’s absence.
MEN'S SWIM SCHEDULE

Jan. 12-13  St. John’s Invitational away all day
    17  College of St. Thomas away 4:00 p.m.
    19  ST. JOHN’S UNIVERSITY HOME 4:00 p.m.
    27  Loras-Luther Invitational in Decorah, IA all day
    30  St. Olaf College away 3:30 p.m.
    31  Macalester College away 5:00 p.m.

Feb. 2  Luther College away 4:00 p.m.
    15-17  MIAC Championships at St. John’s University all day
Mar. 15-17  NCAA Championships in Milwaukee, WI all day

MEN'S SWIM ROSTER

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<th>YEAR</th>
<th>EVENT</th>
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<tr>
<td>Peter J. Anthes</td>
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<td>Derek L. Brooks</td>
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<td>Gregg B. Cosimi</td>
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<td>Patrick S. Curtin</td>
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<td>distance freestyle</td>
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<td>*Stephen M. Fisch</td>
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<td>IM</td>
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<tr>
<td>Geoffrey Isaacman</td>
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<td>butterfly</td>
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<td>*Michael C. Lach</td>
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<td>James M. Neid</td>
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<td>Michael Reichstein</td>
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<td>Peter W. Reiners</td>
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<td>Christian Skluzacek</td>
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<tr>
<td>John D. Walker</td>
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<td>freestyle</td>
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* indicates captain

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Coach: Willard Tuomi
1988-89 MEN'S SWIMMING RESULTS

Carleton 136 - St. John's 105
Carleton 132 - St. Thomas 66
Carleton 130 - Macalester 60

Carleton was:
3rd of 11 teams at St. John's Invitational
1st of 4 teams at Loras-Luther Invitational
3rd at MIAC Championships

Carleton had 5 All-Americans at the NCAA Div. III Championships

WOMEN'S SWIMMING OUTLOOK

"Our attitude for the 1989-90 swimming season is one of cautious optimism," Coach Peggy Carl said. "Carleton swims in one of the toughest conferences in the nation, so the competition is not easy. However, with the diving program back on its feet and 15 of last year's squad returning plus the addition of seven freshmen, the 1989-90 season looks to be a promising one."

Expected to provide solid leadership in the coming year are quad-captains Holly Bowen and Christina Rice, both juniors, and seniors Linda Gates and Sarah Lewis.

PEGGY CARL - Coach, Women's Swimming and Diving

This year Peggy Carl will enter her seventh season as Carleton's women's swimming and diving coach. 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 was captain of her high school and college swim teams, and in 1978 she was the Southern California Intercollegiate Athletic Conference Champion in the 1,650 freestyle.

In her spare time she competes on teams in triathlons and enjoys bicycling, rollerblading and cross-country skiing. She is currently working on her M.A. in biomechanics at the University of Minnesota, which she hopes to finish by April. Carl has been a member of the College Swim Coaches Association since 1983.

WOMEN'S SWIM SCHEDULE

| Jan. | 6   | COLLEGE OF ST. CATHERINE | HOME | 1:00 p.m. |
| 12   | St. Cloud State Invitational | away | all day |
| 13   | St. Cloud State Invitational | away | all day |
| 20   | College of St. Thomas | away | 1:00 p.m. |
| 26   | COLLEGE OF ST. BENEDICT | HOME | 6:00 p.m. |
| 27   | Macalester College | away | 11:00 a.m. |
| 30   | ST. OLAF COLLEGE | HOME | 7:00 p.m. |

Feb. 8-10 MIAC Championships, St. John’s U, Collegeville, MN all day
Mar. 8-10 NCAA Div. III Championships, Northwestern U, Evanston, IL, all day