

TEAM TOGETHER

Together Everyone Achieves More



Success is a
journey,
not a
destination



CARLETON SWIMMING & DIVING 1993-94

TEAM WORK

The fuel that allows
common people
to attain
uncommon goals



M 93-94

ANDREW CLARK - Head Coach

(507) 663-4584

The 1993-94 swim season will be Andy Clark's first with Carleton College. Clark provides a coaching background that encompasses more than 10 years of experience either at the USS or collegiate level. As a USS Age-Group coach in Portola Valley, Calif., from 1982-87, he trained both developmental and senior groups. From 1988-90, he coached the men's and women's swim teams at Whitman College in Walla Walla, Wash. After two successful seasons at Whitman, which included trips to the NAIA Nationals, Clark pursued graduate work at the University of Oregon where he continued to coach and teach swimming, helping the club team that replaced Oregon's varsity swim program. In 1992 Clark moved with his wife to San Francisco, Calif., where he accepted a position as an assistant with the Stanford University men's swim team. During this year-long position at Stanford, Clark was intimately involved with all aspects of training, and coached various elite athletes including 1992 Barcelona Olympians Joe Hudepohl, Jeff Rouse and Pablo Morales. Following Stanford's 1993 NCAA Division I Championship season, Clark accepted the position at Carleton.

A strong believer in team dynamics, Clark's goal is to build a program at Carleton that relies on the philosophy that each team member has a responsible role in contributing to the success of the program. Dedication, commitment, opportunity and enthusiasm are key descriptors of Clark's expectations for his swimming squads.

Clark is a graduate of Whitman College (B.A., Geology, 1986) and of the University of Oregon (M.S., Exercise Science, 1992). In addition to his coaching responsibilities at Carleton, he also will serve as an assistant professor of physical education, athletics and recreation.

TINA NEILL - Assistant Swim Coach

(507) 663-4584

Tina Neill brings to the Carleton swimming program both intensity and enthusiasm, qualities that will have an immediate positive effect on both the men's and women's swim teams. Neill's strengths include her expertise on stroke mechanics and training techniques as well as her ability to effectively communicate at both the individual and team level.

Neill is a graduate (B.S. 1990) and former All-American swimmer from University of California at Davis, and currently holds the UC-Davis 100- and 200-yard backstroke records. She has over six years of coaching experience. From 1988-89, Neill served as an assistant coach at UC-Davis for the women's swim program. For the last four years (1990-93), she was the girls' head swim coach at Davis (Calif.) High School. In 1993 her team won the Public High School National Championship. In addition to her on-deck coaching responsibilities, Neill will play an active role in recruiting and maintaining high team morale.

GREGG RAPPE - Diving Coach

(507) 663-4052

Gregg Rappe is a graduate of Mankato State University where he was a four-year varsity diver. He is pursuing a master's in adaptive education at Mankato State and is in his seventh year of coaching at Carleton. He has 17 years of coaching experience at the club and high schools levels and is considered one of the top developmental coaches in the region, taking several athletes from the beginner level to All-State and All-Conference honors.

CARLETON SWIMMING

Greetings and welcome to all current Carleton College swim team members. The 1993 - '94 swim season is approaching and I hope each of you is prepared for an exciting and challenging year of competitive swimming.

Let me first state that I thoroughly enjoyed my interview with the swim team during my visit to Carleton in May. While I know that I did not meet every swim team member, I was impressed with the group that was present. I look forward to reacquainting myself with those of you that were at the interview as well as meeting each of you who were unable to attend. From all indications, the 1993 - '94 Carleton swim team will be strong. This year will be exciting and new for all of us and I hope you are anticipating its beginning.

For your convenience, I have listed below some key dates that will help many of you plan your fall and winter itineraries. If you have any questions or concerns, please do not hesitate to contact me.

During the opening week of school, I will be notifying you on a swim team gathering. For now, welcome and enjoy the rest of your summer. I'll see you in September!

Andy Clark
Head Swimming Coach

P.S. Prior to August 10 I can be reached at 415/367 - 7346; 3571 Jefferson Ave., Redwood City, CA 94062. After August 18 you may contact me through the Carleton Athletic Office: 507/663 - 4052.

1993 WINTER TRAINING DATES IN PALM BEACH, FL.

(MONDAY, NOV. 29 - WEDNESDAY, DEC. 15)

DEPARTURE FROM CARLETON: FRIDAY, NOV. 26
RETURN TO CARLETON: SATURDAY, DEC. 18

		<u>FALL TERM</u>	
September	10	Friday	Classes begin
November	19 - 23	Friday - Tuesday	Final Exams
	24	Wednesday	Break begins
	25	Thursday	Thanksgiving
		<u>WINTER TERM</u>	
January	3	Monday	Classes begin

CarletonSports

Carleton College News Bureau
One North College Street
Northfield, Minnesota 55057
(507)663-4184

Joe Hargis, Sports Information Director

CARLETON COLLEGE 1993-94 MEN'S SWIMMING PROSPECTUS

SEASON OUTLOOK

Under the leadership of new head swim coach Andy Clark, the Carleton men's swim team is poised to move forward and contend for top spots in the Minnesota Intercollegiate Athletic Conference. With all but one member of last year's squad returning, led by All-Conference Jon Jacobs (200 Fly), the men's team presents a solid core of experienced swimmers.

With incoming talent from the freshmen swimmers, this year's squad will have an opportunity to be one of Carleton's strongest swim teams yet. In addition to the strong athletic endeavors of each team member, academic achievements should be similar to past teams which have produced five academic all-conference honorees in the last five years.

1993-94 CARLETON MEN'S SWIMMING SCHEDULE

Nov.	5	GUSTAVUS ADOLPHUS	HOME	6:30 p.m.
Nov.	13	MACALESTER COLLEGE (Co-ed)	HOME	1:00 p.m.
Jan.	8	COLLEGE OF ST. CATHERINE	HOME	1:00 p.m.
Jan.	14	St. John's/St. Benedict Invitational	Collegeville, MN	all day
Jan.	15	St. John's/St. Benedict Invitational	Collegeville, MN	all day
Jan.	22	U. OF ST. THOMAS (Co-ed)	HOME	1:00 p.m.
Jan.	28	Hamline University (Co-ed)	St. Paul, MN	6:30 p.m.
Feb.	11	St. Olaf College	@ St. Olaf	6:30 p.m.
Feb.	12	Macalester Diving Invitational	St. Paul, MN	10:00 a.m.
Feb.	12	St. John's University	Collegeville, MN	2:00 p.m.
Feb.	24	MIAC Championships	St. John's U., Collegeville, MN	
Feb.	25	MIAC Championships	St. John's U., Collegeville, MN	
Feb.	26	MIAC Championships	St. John's U., Collegeville, MN	
Mar.	17	NCAA Div. III Championships		tba
Mar.	18	NCAA Div. III Championships		tba
Mar.	19	NCAA Div. III Championships		tba



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CARLETON COLLEGE 1993-94 WOMEN'S SWIMMING PROSPECTUS

SEASON OUTLOOK

Considering that last year was the best conference finish for the Carleton women's swim team in school history and that this year's incoming class is one of the strongest ever, the team is more than ready to become a serious contender in the MIAC. Leading the team are junior returnees Abby Markwyn (1993 Academic All-Conference) and Lydia Neilsen (1993 All-American, placed fourth in 100 BR and 1933 Academic All-American). For the last three years the women have experienced a continuous upward trend of success and this year looks to be the best season yet.

In addition to the tradition of continued athletic success, academic achievements also have been a strong aspect of the Carleton swim program. The women's team has had five academic all-conference selections in the last three years.

1993-94 CARLETON WOMEN'S SWIMMING SCHEDULE

Oct.	30	U. of St. Thomas Relays	St. Paul, MN	1:00 p.m.
Nov.	6	ST. BENEDICT and GUSTAVUS ADOLPHUS	HOME	1:00 p.m.
Nov.	13	MACALESTER COLLEGE (Co-ed)	HOME	1:00 p.m.
Jan.	8	COLLEGE OF ST. CATHERINE	HOME	1:00 p.m.
Jan.	14	St. John's/St. Benedict Invitational	Collegeville, MN	all day
Jan.	15	St. John's/St. Benedict Invitational	Collegeville, MN	all day
Jan.	22	U. OF ST. THOMAS (Co-ed)	HOME	1:00 p.m.
Jan.	28	Hamline University (Co-ed)	St. Paul, MN	6:30 p.m.
Feb.	8	ST. OLAF COLLEGE	HOME	6:30 p.m.
Feb.	12	Macalester Diving Invitational	St. Paul, MN	10:00 a.m.
Feb.	17	MIAC Championships	St. John's U., Collegeville, MN	
Feb.	18	MIAC Championships	St. John's U., Collegeville, MN	
Feb.	19	MIAC Championships	St. John's U., Collegeville, MN	
Mar.	10	NCAA Div. III Championships		tba
Mar.	11	NCAA Div. III Championships		tba
Mar.	12	NCAA Div. III Championships		tba



MEN'S ROSTER

	<u>YEAR</u>	<u>EVENT</u>	<u>HOMETOWN/HIGH SCHOOL</u>
David Bachrach	4	fr/br	St. Paul, MN/St. Paul Academy
Anthony Barry	2	bk/IM	Salt Lake City, UT/Highland High
* Russell Bynum	4	dist fr/fly	San Jose, CA/Leland High
Keoki Ching	1	fr/br	Tamuning, Gu/St. John's School
Alan de Brauw	4	dist fr	Evanston, IL/Evanston High
Kyle Garton	4	fr/br	Lincoln, NE/Lincoln East High
Josh Gordon	3	dist fr/fly	Granville, OH/Columbia Academy (Gahanna)
Jesse Hanawalt	1	br/fr	Lake Oswego, OR/Lakeridge High
David Hearn	2	fly/fr	Santa Monica, CA/Santa Monica High
Jon Jacobs	2		Kalamazoo, MI/Central High
Keith Johnson	2	br/IM	Woodridge, IL/Downers Grove High
Brett Landin	4	br/fr	Atlanta, GA/The Marist School
Jason Lockhart	2	fr/br	Minneapolis, MN/South High
Chris Markwyn	1	fr/fly	Santa Rosa, CA/Montomery High
Dan McAvey	1	fr/bk	Maple Grove, MN/Osseo High
* Josh Meltzer	3	fr/br	Athens, GA/Clarke Central
Eoin O'Hara	2	fly/fr	Oak Ridge, TN/Oak Ridge High
Orin Parvin	4	fr	Bar Harbor, ME/Mt. Desert Island High
Matt Sniffen	2	fr	Readfield, ME/Maranacook Comm. School
Joseph Stetzel	3	fr/bk	Indianapolis, IN/Brebeuf Prep School
Phuc Vinh	3	dive	Rosemount, MN/Rosemount High
Alex Watters	2	dist fr	Middlebury, VT/Middlebury Union High
J. Vivian Wenz	3	dive	Boulder, CO/Thacher School (Ojai, CA)

* indicates co-captains

Head Coach: Andy Clark

Assistant Coach: Tina Neill

1992-93 CARLETON MEN'S SWIMMING RESULTS

Overall Dual Record: 2 - 4

Macalester	111	Carleton	126
Hamline	114		37
St. Thomas	56		39
St. John's	115		123
Gustavus Adolphus	134		103
St. Olaf	150		93

Carleton was 5th at MIAC Championships

1993 WOMEN'S CONFERENCE

1994 NCAA Q-TIMES

	8TH PLACE	16TH PLACE	WINNING TIME	A CUT	B CUT
50 FREE	26:25	27:08	25:64	24:49	25:09
100 FREE	58:14	59:66	53:74	53:09	54:59
200 FREE	2:06.51	2:09.91	1:56.28	1:55.19	1:58.19
500 FREE	5:32.30	5:40.89	5:06.78	5:07.19	5:14.99
1650 FREE	19:37.06	21:10.83	17:40.22	17:41.99	18:14.99
100 BACK	1:04.07	1:12.22	1:02.25	59:59	1:01.99
200 BACK	2:21.09	2:28.46	2:10.44	2:08.99	2:13.99
100 BREAST	1:14.01	1:20.66	1:09.71	1:07.99	1:09.99
200 BREAST	2:39.98	2:52.89	2:32.33	2:27.89	2:30.99
100 FLY	1:05.49	1:07.49	1:00.59	58:99	1:00.99
200 FLY	2:30.33	2:44.46	2:17.69	2:09.99	2:14.99
200 IM	2:21.52	2:28.64	2:15.57	2:10.59	2:14.59
400 IM	5:06.08	5:43.24	4:48.75	4:40.19	4:47.99
200 FREE RELAY			1:42.08	1:38.59	1:40.99
400 FREE RELAY			3:44.01	3:36.59	3:41.59
800 FREE RELAY			8:09.38	7:52.09	8:02.09
200 MEDLEY RELAY			1:54.33	1:50.09	1:52.59
400 MEDLEY RELAY			4:13.88	4:01.09	4:06.99

1993 MEN'S CONFERENCE

NCAA Q-TIMES

	8TH PLACE	16TH PLACE	WINNING TIME	A CUT	B CUT
50 FREE	22:16	23:19	21:59	20:99	21:49
100 FREE	1:46.49	50:57	47:39	46:09	47:09
200 FREE	1:46.49	1:51.25	1:42.64	1:42.09	1:43.79
500 FREE	4:57.57	5:02.92	4:42.94	4:36.49	4:42.99
1650 FREE	17:52.78	19:16.14	16:30.23	16:10.99	16:30.99
100 BACK	58:49	1:02.00	52:55	52:09	53:59
200 BACK	2:03.98	2:16.75	1:53.67	1:53.59	1:56.59
100 BREAST	1:02.71	1:04.13	1:00.35	58:49	59:99
200 BREAST	2:17.26	2:22.28	2:11.43	2:08.59	2:10.99
100 FLY	56:12	1:00.07	51:95	50:99	52:29
200 FLY	2:05.25	2:31.58	1:56.43	1:53.49	1:56.99
200 IM	2:02.62	2:07.28	1:56.92	1:55.09	1:57.59
400 IM	4:32.37	4:59.43	4:13.74	4:06.59	4:12.99
200 FREE RELAY			1:25.92	1:23.99	1:25.99
400 FREE RELAY			3:07.75	3:06.99	3:09.99
800 FREE RELAY			6:56.36	6:54.59	7:01.99
200 MEDLEY RELAY			1:36.20	1:34.99	1:36.59
400 MEDLEY RELAY			3:32.85	3:28.99	3:32.99



Swimming and Diving

Carleton College

93/94

and Lydia Neilsen (1993 All American, placed fourth in 100 BR and 1993 Academic All American). For the last three years the woman's team has experienced an upward trend of success and this year looks to be the team's best season yet.

In addition to their tradition of continued athletic success, academic achievements have also been a strong aspect of the Carleton Swim Program. The women's team has had five academic all-conference selections in three years.

The Facilities

The Carleton Swimming and Diving Program's primary training and competition facility is the 25-yard, six-lane, 350-seat Thorpe memorial pool located in West Gymnasium. This pool is equipped with regulation one- and three-meter diving boards by Duafirm. The depth of the pool varies from a shallow end at four feet to twelve feet at the diving end. A second six-lane, 25-yard pool located at Cowling Center is also available for training and stroke work.

In addition to the pool facilities, the program also has access to a well-equipped weight room (free weights, Nautilus and Universal, stationary bike and rowing machines) and isokinetic stretch cords. Video-taping equipment is utilized by both the swimming and diving programs.

Andy Clark, Head Swimming Coach

The 1993-94 swim season will be Andy Clark's first with Carleton College. Clark provides a coaching background that encompasses over 10 years of coaching experience either at the USS or collegiate level. As a USS Age-Group coach in Portola



Valley, California from 1982-87, Clark trained both developmental and senior groups. From 1988-90, Clark coached the men's and women's swim teams at Whitman College, Walla Walla, WA. After two successful seasons at Whitman, which included trips to the NAIA Nationals, Clark pursued graduate work at the University of Oregon where he continued to coach and teach swimming, helping the club team which replaced Oregon's varsity swimming program. In 1992, Clark moved with his wife to San Francisco, CA., where he accepted a position as an assistant with the Stanford University Men's Swim Team. During this year-long position at Stanford, Clark was intimately involved with all aspects of training and coached various elite athletes including 1992 Barcelona Olympians Joe Hudepohl, Jeff Rouse and Pablo Morales. Following Stanford's 1993 NCAA Division I Championship season, Clark accepted the position at Carleton.

A strong believer in team dynamics, coach Clark's goal is to build a program at Carleton that relies on the philosophy that each team member has a responsible role in contributing to the success of the program. Dedication, commitment, opportunity and enthusiasm are key descriptors of Clark's expectations for his swimming squads.

Andy is a graduate of Whitman College (B.A., Geology, 1986) and the University of Oregon (M.S., Exercise Science, 1992). In addition to his coaching responsibilities at Carleton, he will also serve as an Assistant Professor in the Physical Education, Athletic, and Recreation Department.

Tina Neill, Assistant Swimming Coach

Tina Neill brings to the Carleton Swimming Program both intensity and enthusiasm, qualities which will have an immediate positive effect on both the men's and women's swim teams. Neill's strengths include her expertise on stroke mechanics and

training techniques as well as her ability to effectively communicate at both the individual and team level.

Tina is a graduate (B.S. 1990) and former All American swimmer from U.C. Davis and currently holds the U.C. Davis 100 and 200 yard backstroke records. She has over 6 years of coaching experience. From 1988-89, Tina served as an assistant coach at U.C. Davis for the women's swim program. For the last four years (1990-93) Tina was the girls head swim coach at Davis High, CA. In 1993 her team won the Public High School National Championship. In addition to her on deck coaching responsibilities, Tina will play an active role in recruiting and maintain high team morale.

Greg Rappe, Diving Coach

Gregg is a graduate of Mankato State University where he was a four-year varsity diver. He is pursuing his masters in adaptive education at Mankato State and is in his sixth year coaching at Carleton. He has seventeen years of coaching experience at the club and high school levels and is considered one of the top developmental coaches in the region taking several athletes from the beginner level to All-State or All-Conference honors.



Men's 1993-94 Schedule

Nov. 5	Gustavus	6:30 pm	home
Nov. 13	Macalester (CoEd)	1:00 pm	home
Dec. 10	Emory/Kalamazoo	5:00 pm	at Emory
Jan. 14-15	SJU/CSB Invite	all day	at St. John's
Jan. 22	St. Thomas (CoEd)	1:00 pm	home
Jan. 28	Hamline (CoEd)	6:30 pm	at Hamline
Feb. 11	St. Olaf	6:30 pm	at St. Olaf
Feb. 12	Mac Diving Invite	10:00 am	at Macalester
	St. John's	2:00 pm	at St. John's
Feb. 24-26	MIAC Championships at St. John's		
Mar. 17-19	NCAA Championships; location TBA		

Carleton Men's Records

50 Freestyle	Crawford	21.16	1988
100 Freestyle	Crawford	45.81	1988
200 Freestyle	Crawford	1:42.85	1988
500 Freestyle	Sampson	4:45.73	1990
1000 Freestyle	Sampson	10:08.71	1989
1650 Freestyle	Anthes	16:59.45	1988
100 Butterfly	Isaacman	51.56	1992
200 Butterfly	Isaacman	1:52.56	1992
100 Backstroke	Hoel	55.85	1992
200 Backstroke	Isaacman	2:03.03	1992
100 Breaststroke	Sampson	57.33	1990
200 Breaststroke	Sampson	2:03.01	1990
200 I.M.	Sampson	1:55.75	1991
400 I.M.	Hoel	4:10.42	1988
200 Medley Relay	Calloway, Lockhart, Jacobs, Garton	1:43.12	1993
400 Medley Relay	Hoel, Sampson, Trajano, Crawford	3:31.05	1988
200 Free Relay	Hearn, Garton, Lockhart, Parvin	1:30.57	1993
400 Free Relay	Sampson, Hoel, Murrell, Crawford	3:12.81	1988
800 Free Relay	Sampson, Hoel, Murrell, Crawford	7:00.28	1988



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Josh Meltzer Page n/a
female backstroker

M/W SWIMMING PRACTISE

front

CARLETON COLLEGE NEWS BUREAU photo
by Josh Meltzer

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2-4-94 Swimmers dunk Hamline, taper for conference Both men, women improve performances as season comes to close

By Derek Hoff

On Jan. 28, the Carleton men's women's swim teams each traveled to Hamline University in St. Paul and left with victories. The men won 110-110, and the women prevailed 110-110.

Head Coach Andrew Clark attributed to the depth of the Carleton team as the deciding factor in this meet. Hamline has a few really good swimmers, but not lots of depth, and that's their real strength," he said.

The most notable performance for the men was their sweep in the 100 yard freestyle. Orin Parvin '94, Kyle Garton and Josh "Strutter" Gordon '95 finished first, second and third respectively, with times of 52:50, 53:34 and 54:10, shutting Hamline out of any medals in this event.

"Dan has been steadily improving as he gets stronger and learns more racing strategy. He is someone exciting to watch for in this event," he said.

Clark was also very pleased with Anthony Barry '96, who won the 100 backstroke with a season best time of 1:00.95. "He's got tons of determination and drive," Clark said, "and is another person to get excited about for Conference."

Russ Bynum '94 finished third in the 50 freestyle with a time of 5:18.18. Clark praised him for staying with a Hamline swimmer for the entire race and yet not losing his rhythm, commenting that "Russ has really found his groove."

On the women's side, Clark was quick to mention Meghan McCarthy '95's victory in her first ever 400 yard individual medley. "Basically, she went into the race with no expectations," he said, "and it turned out to be a nice surprise. It was very exciting and got the rest of the team pumped up." McCarthy also won the 100 freestyle.

Janna Kottke '94 was second in the 50 freestyle with a time of 28.35, Abby Markwyn '95 was second in the 200 freestyle with a season best 2:09.11, and Allison Thomson '97's 5:34.02 in the 500 freestyle was good enough for a second place finish.

Laura Arneson '97 won the 1000 freestyle in a season best 11:18.8 and took the 100 butterfly with a time of 1:06.94.

Also in the 100 butterfly, Keoki Ching '97 and Ann Brockenbrough '94 each turned in season best times of 1:01.43 and 1:11.61, respectively, to finish third and fourth in the event.

The meet against Hamline was also memorable for the excellent performances turned in by Carleton's divers, whose scores contribute directly to the teams' overall totals. For

the men, Phuc Vinh '95 was second in both the one and three meter events, while Steve Nowlin '95 battled a cold and placed third in each event.

Anne Brown '97 won both the one and three meter competitions for the women divers and "really cleaned up in both," Clark said. Diver Susy Brockenbrough '96 commented that the women's performance was excellent, especially since this was the first time the women had competed in the three meter event, since most pools in the MIAC are not deep enough to allow the higher dive.

Several swim team members remarked that the divers were responsible for the margin of victory in the Hamline meet.

Dawn Peterson '95 mentioned that several parents were able to make it to the meet and commented "it was great to have their support." Peterson also explained a harrowing experience she had. "There are a lot of stairs between

the pool and the locker room at Hamline, and the stairs were really slippery; I thought I was going to die," she said.

With the conference meet just a couple of weeks away, Coach Clark is tapering off his swimmers' practices. "By restricting their yardage and reducing the intensity, duration and frequency of their workouts, their bodies will recharge like batteries and be at peak level for Conference," he explained.

The team is geared towards Conference — "everyone is getting anxious to get it done," Meltzer said — but Clark said he was excited about the upcoming races with St. Olaf. "Racing Olaf will give us a chance to race like hell," he said.

The men's competition against St. Olaf on Tuesday is the last home race of the season, and the seniors will be recognized. Clark is hopeful a good crowd will turn out.

Swimming

Record:

Men
110-110 in M.I.A.C. dual meets
Women
110-110 in M.I.A.C. dual meets

Last Week:

Men
Carleton 139 Hamline 110
Women
Carleton 125 Hamline 110

David Hearn '95 placed first in the 50 yard freestyle (23.06) and 100 butterfly (57.07). Jesse "Squirt" Sawalt '97 had an excellent swim in 1000 freestyle, taking second with a time of 11:35.12, while co-captain Steve Meltzer '95 won the 100 backstroke in 1:08.45.

Dan McAvey '97 had an excellent performance showing in the 400 yard individual medley with a time of 5:33.50, a performance that did not go unnoticed by Clark.



Laura Arneson '97 competes in the 200 yard butterfly against St. Catherine's on Saturday. Men's and women's swim teams are competing in the St. John's Invitational this weekend. photo by Josh Meltzer

Swimmers journey to St. John's

By Joshua Rising

After a fall term of demanding training and pre-dawn workouts, both the men's and women's swim teams are finally ready to do battle in the always competitive MIAC swimming season.

Both squads are equally optimistic about the upcoming season, as well they should be. In the short fall season, the teams hosted a tri-meet at historic Thorpe Pool at West Gym, inviting Gustavus and St. Ben's to do battle.

For the women, a strong Ben's team was too much to handle, handing the Carls a 91-49 lump of coal. Fortunately Gustavus helped even out the scales by virtue of a 76-64 Carleton victory. On the men's side, the al-

ways tough Gusties dunked the Knights 162-57.

While on the surface these scores seem like bad news for Carleton swimming, the opposite is true. Head Coach Andrew Clark, in his inaugural season at the helm, felt confident that what would be considered "pre-season" went as well as it did.

"We were more concerned with individual performances than what happened with team scoring," he said, hinting that race times, rather than scores, were what he was interested in. "Considering we had only three weeks of training leading up to this first meet, the performances were excellent. It was a good start to the season."

Women's captain Cami Johnson '94 led by example, winning the 1,000

freestyle in 11:53.7. Following her example one better was Laura Arneson '97, winning both the 200 backstroke in 2:28.8 and the 500 freestyle in 5:40.8. Frosh Allison Thomson took the 200 individual medley in 2:26.4 and finished second in the 50 freestyle in 27.1, while fellow frosh Joanne Penko won the 200 freestyle in 2:10.8, as the youngsters of the squad proved they would be forces to be reckoned with this season.

Against Gustavus, individual times for all racers continued to improve in anticipation of the upcoming winter season. The men were led by the first place finish of Jason Lockhart '96 in the 100 breaststroke, finishing in 1:05.5.

The real fun begins this weekend as both teams embark on a journey to Collegeville, MN, to compete in the St. John's/St. Benedict Invitational. This will be the first real test for both teams in a big-meet format this season — making all of those 6 a.m. practices worth their while. Hopefully both teams will become familiar and friendly with the confines of the Johnnie venue, for St. John's will also be the site of the MIAC championships — for the women Feb. 17-18, the men Feb. 25-26.

Swimming

The Carleton men's swimming and diving team exhibited their unique sense of humor and were aided by this spirit and their new coaches Andy Clark and Tina Neill through a successful and exciting year with a sixth place finish at Conference and a dual meet record of 2-5.

All of the men had an exciting year as they posted personal best times and achieved long sought after goals.

The 200 Free Relay team of Kyle Garton '94, Jon Jacobs '96, Orin Parvin '94 and Dave Hearn '96 was All-Conference with a third place finish, as they shattered the previous Carleton school record.

Brett Landin '94 exhibited amazing style and speed as he swam to a second place finish with All-Conference honors in the 100 Breaststroke.

Diver Phuc Vinh '95 also had an amazing year and finished in fourth place in the three meter competition.

The team was led by the enthusiasm and spirit of a large senior class including Captain Russ Bynum. Their sense of humor and their leadership abilities will be carried on by returning Captain Josh Meltzer '95 as well as new Captain Anthony Barry '96 and all of the returning swimmers.

It was a successful year for all, and they are eagerly awaiting the next season to show the rest of the MIAC how to press their T's.

— By Allison Thomson

The Carleton women's swimming and diving team, led by their new coaching staff of Head Coach Andy Clark and Assistant Coach Tina Neill, as well as a large and talented incoming class, surprised the MIAC by their enthusiasm and fast swimming, and raced to fourth place, their highest ever finish at Conference and a dual meet record of 5-2.

Four swimmers earned All-Conference honors by placing top three in their event.

Laura Arneson '97 swam her way to National B cuts as she won the 400 I.M., the 500 freestyle and the 1650 freestyle, setting Carleton school records in all. She went on to represent Carleton at the NCAA Division III meet in Massachusetts.

Allison Thomson '97 was also All-Conference in the 1650 freestyle with a National B cut and Meghan McCarthy '96 earned All-Conference honors in the 200 I.M. with a third place finish.

Arneson and Thomson teamed with Cami Johnson '94 and McCarthy to set school records and All-Conference finishes in the 400 and 800 Freestyle relays.

A successful year was had by all the Carleton women, as team and pool records fell, and personal goals were attained.

The Carleton women were led to victory and inspired by senior Captains Ann Brockenbrough and Johnson.

Captains for next year will be Lydia Neilson '95 and Anna Krause '95. Next year should be another strong year for the women, with another large first year class of talented swimmers, as they attempt to improve on a very successful year.

— By Allison Thomson

Don't stress
out.

Kim Hennings, #34, goes for the shot as the Carls soundly defeat Hamline. photo by Heather Stummier
Heidi Maron, #42, watches.

Race times plummet as swimmers improve

By Derek Hoff

After the women's swim team took a brief break from their training to soundly defeat St. Catherine's, 141-87 Jan. 8, the term really kicked off on Jan. 13-14, when both the Carleton men's and women's squads traveled to the campus of St. John's University in Collegeville for the St. Johns/ St. Benedict Invitational.

The men finished seventh out of eight and the women fifth out of eight against a tough field that included some Division II schools, such as the University of North Dakota and St. Cloud State, in addition to Carleton's regular MIAC competitors. Head Coach Andy Clark was very pleased with the results.

"It was a really good meet, especially since we came of a very hard week of training. Everyone was very tired, but there were a huge number of seasonal personal bests," he said.

In fact, of all the times for Carleton swimmers at the Invitational, about 75% were the best to date this year. The best performance at the Invitational was turned in by Laura Arneson '97, who gave Carleton its only individual win at the meet (for either squad), with a time of 2:21.0 in the 200 individual medley.

Swimming

Record:

Men

1-2 in dual meets

Women

3-1 in dual meets

Last Week:

Men

Seventh of Eight in St. John's/ St. Benedict Invitational

Women

Fifth of Eight in St. John's/ St. Benedict Invitational

Other top times turned in by the Carleton women included Arneson's 5:00.54 in the 400 individual relay, which was good for third overall at the meet. Abby Markwyn '95 swam a 5:02.48 in the same event, while Allison Thomson '97 recorded a 18:57 in the mile freestyle, which was the best of all MIAC swimmers at the event.

Coach Clark reserved special praise for Markwyn's performance. "Considering that she was away all of the fall (in Denmark) she had some remarkable swims." Most of these women, it should be mentioned, are first year students, and form the core of what has emerged as an excellent crop of young swimmers.

On the men's side, Josh "Strutter" Gordon '95 swam a "great" 58.5 in the 100 yard butterfly and an 18.22 in the mile freestyle — both season bests — and captain Josh Meltzer '95 finished the 400 individual medley in 4:37. David Hearn '96, Carleton's

best sprinter, swam a 22.7 in the 50 freestyle which earned him a spot in the championship heat later that day, eventually finishing eighth in the event.

Coach Clark was also very impressed by Ian O'Hara '96 swimming a 1:00.78 in the 100 freestyle, and mentioned that John Jacobs '96 "will improve tremendously once we get him into shape — we'll give him a few weeks."

The St. Johns Invitational was valuable for the swim team for several reasons. The two-day event gave them the opportunity to swim against some tougher opponents than usual, and also gave the team a preview of what a multi-day swim meet is like.

Coach Clark said he made the day just before the meet a very tough training day so that the swimmers felt like they had endured a three day race, which is the duration of the MIAC Championships in late February. He added that he hoped Carleton could swim in more events such as this one so that they "don't lose sight of the big picture, which can happen when you get accustomed to swimming in only dual meets against MIAC opponents."

Unquestionably, the team's upbeat attitude can be traced to their two week training trip after Thanksgiving to Boynton Beach, Fla. Every swimmer talked to said it was an exhausting trip. "We got up, swam, napped, ate, swam and went to sleep," Gordon recalled, adding, "There was no debauchery."

However, during the trip the team did enjoy the facilities of a local dog track. "Everybody lost, but that was because our prognosticator, David Hearn, was tired that night and didn't come," said Anna Krause '95. Maybe this is why at the end of the trip the team was, according to Coach Clark, "a little frayed at the edges."

On the way back from Florida the team took time to swim in a triangle meet at Emory University, finishing behind the hosts but ahead of Kalamazoo College.

Assistant Coach Tina Neil is optimistic about the remainder of the season. She predicted a possible fourth place finish for the men, and as high as third place for the women, consenting that "St. Olaf is the best in both." The swimmers seem to be adjusting to the new, more intensive style of their first year coaches, and are excited for the next few weeks.

Coach Clark, however, preferred to talk about other things. "Yeah, we just got a Colorado Timing System." That's right, Carleton swimming is now fully digitized, and the role of the human timer has been relegated to that of backup.

You can check out the new electronic timing system (and the men's and women's swim teams) at 1 p.m. Saturday afternoon at Thorpe Pool in West Gym, when St. Thomas University rolls into Northfield.

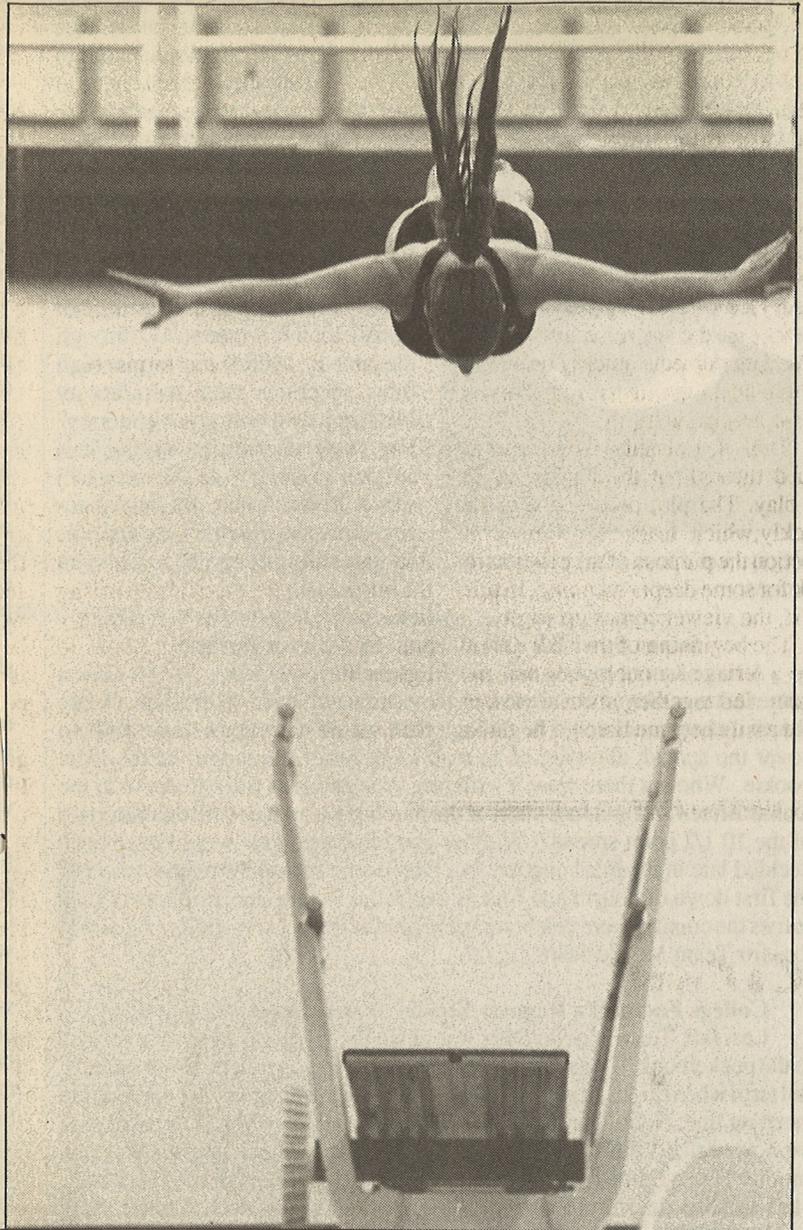


photo by Josh Meltzer

Anne Brown '97 had her best performance in the Olaf meet this week.

Oles drown women in final MIAC dual meet

By Derek Hoff

On Tuesday February 8, the Carleton women's swim team lost 146 - 93 to St. Olaf, the best team in

was good enough for second place.

Clark was also impressed with Lisa Hiwasaki '97's season best 1:10.21 in the 100 butterfly.

Once again, Carleton's dynamic

Men swimmers drop two; women race at conference

2/14/94 By Derek Hoff

On Feb. 11, the Carleton men's swim team journeyed across the mighty Cannon and lost to St. Olaf, 155-78. The next day they drove two and a half hours to St. John's University in Collegeville and lost 132-73.

The women are competing right now at the MIAC conference meet at St. John's — the meet is this Thursday, Friday and Saturday — and up to the minute results from the first day of competition are forthcoming.

But first to the men. The loss to St. Olaf was certainly one-sided, but not unexpected. St. Olaf has won the MIAC the past 15 years and is stacked with talent again this time. "Olaf would win Conference even if they didn't show up for the third day of competition," said Al de Brauw '94.

In addition, many St. Olaf swimmers had already tapered and shaven for this event, giving them their best possible times, while Carleton was waiting for the day before Conference — Wednesday, February 23 — to taper and shave. Because St. Olaf is so deep, several of their swimmers who swam against Carleton will not be competing at Conference.

There were some highlights for Carleton, especially the remarkable diving of Phuc Vinh '95. He had a personal record of 117.4 points in the one meter event and finished second.

Josh "Strutter" Gordon '95 had a personal best 57.94 in the 100 yard butterfly, and David Bachrach '94 finished second in the 1000 free with a season best 11:37.44. Anthony Barry '96 continues to improve; he had a quick 2:16.69 in the 200 individual medley and a third place finish in the 100 backstroke in 1:01.04.

Nevertheless, St. Olaf was simply too strong for the swimming Knights. Brett Landin '94 provided Carleton with its only individual victory at the meet, taking home the 100 breaststroke in an extraordinary 1:04.12.

The seniors-only relay team of Orin Parvin, Kyle Garden, Al de Brauw and Russ Bynum won the 400 freestyle relay, but it should be mentioned that, amazingly enough, all three of Olaf's relay teams in the event failed to finish.

The next day at St. John's the team swam hard, and de Brauw found the disappointing final results deceptive. "We should be a little closer to them at Conference," he said, "and it was much closer than the score indicated." Carleton lost many close races that could go either way at Conference.

The best performance of this meet was turned in by an "on fire" Kyle Garden; he swam a personal best 22.96 en route to capturing the 50 freestyle.

Josh Meltzer '95 finished a strong second place with a season best time of 2:10.42 in the 200 individual med-

ley, and was also second behind the defending conference champion in the 200 breaststroke with a 2:22.17.

Parvin had a season best 5:20.21 and took the silver in the 500 freestyle, and Bynum "had a great 200 fly" in the words of Strutter (2:08.21) to finish in the now familiar second place.

To summarize the team's two days of competition and warm-up for Conference. It was a good break from writing Comps," Bynum said.

Reports from the women's team Thursday night on the first day of their conference meet came from their hotel in Avon, Minn., five minutes from the campus of St. John's.

Cami Johnson '94 set a personal four year record in the 500 freestyle with a time of 5:29.34. The swim,

Swimming

Record:

Men

2-5 in MIAC dual meets

Women

5-2 in MIAC dual meets

Last Week:

Men

St. Olaf 155 Carleton 78

St. John's 132 Carleton 73

Women

off

according to Anna Krause '95, "brought tears to my eyes."

Meanwhile, Laura Arneson '97 won the same event in a school record 5:14.29 to become conference champion. This qualified her for the "B cuts" of Nationals, which means that although her time was not good enough to automatically put her in Nationals, she may be selected if enough swimmers fail to achieve the necessary cut-off time.

Meghan McCarthy '96 placed third in the 200 individual medley with a time of 2:17.56, while Abby Markwyn '95 was right behind her at 2:17.95.

At the end of the first day of Conferences, Carleton sits in third place, behind St. Ben's and St. Olaf, and just ahead of Hamline. Apparently, the coach of St. John's was so impressed with Carleton's showing that he told the squad, "great swimming - you're on fire!"

The team expected to hit the night life of Avon on Thursday night, including a local watering hole called Rascal's which advertised "one-night-stand night." Mary Guest '97 put it this way: "Considering that tonight is one night stand night, we had proper incentive to kick some butt."

The strong showing of the women's team this season has prompted members to strive for something that they haven't thought about in a long time — a third place finish at these Championships. And as of press time, this goal could become a reality.

Men swimmers wrap up season with sixth place finish

By Mary Guest

A plethora of personal best swims and a unique and unsurpassed spirit prevailed, as Carleton's Men's Swimming and Diving Team stroked their way to a sixth place finish at last week's Conference Meet at St. John's University.

Although the men only finished ahead of Hamline, their point total was within close reach of St. Thomas, Macalester and St. John's, prompting optimism for future finishes in the top of the MIAC. According to Head Coach Andrew Clark, "This year couldn't have ended on a more upbeat note. It gives us some good momentum for next season."

"This meet exposed how talented a group of swimmers we have. Practically everyone had season best or lifetime best times," Clark said.

The meet kicked off Thursday, February 24, with a number of implausible swims. The 200 Free Relay Team of Kyle Garton '94, Jon Jacobs '96, Orin Parvin '94 and Dave Hearn '96 placed third and shattered the existing Carleton record with a time of 1:30.07.

In the 500 Free, Russ Bynum '94 finished 15th in 5:00.21. In the words of avid swimming fan Mike Beach '94, "Russ is God." Dan McAvey '97, Al deBrauw '94 and Alex Watters '96 finished the 500 with incredible times.

The 200 IM was comprised of a colossal number of Carleton swimmers. Josh Meltzer '95 stroked his way to an 11th place finish in an amazing 2:02.96. Teammates Anthony Barry '96, Jesse Hanawalt '97, Eoin O'Hara '96, Keith Johnson '96 and Keoki Ching '97 closely followed.

In the 50 Free, the fleet trio of

Garton, Hearn and Parvin finished in 12th, 13th and 14th places, with times of 22.63, 22.79 and 23.08, respectively. Brett Landin '94 followed with a respectable time.

In Thursday's final swimming event, the 400 Medley Relay Team of Jacobs, Landin, Hearn and Parvin finished sixth place in a time of 3:42.16.

Friday commenced with the 200 Medley Relay. Jacobs, Landin, Hearn, and Garton secured fourth place in 1:40.61.

The younger Knights showed potential for the future in the 400 IM. Meltzer, Hanawalt and McAvey, racked up fourth, 12th and 13th place finishes in times of 4:20.06, 4:43.86 and 4:44.48, respectively. "The fly felt pretty easy and I was able to bring the freestyle much faster," Meltzer said.

Carleton dominated the 100 Butterfly with unequaled drive and technique. Hearn, Josh Gordon '95, Jacobs, and O'Hara swam to eighth, ninth, 13th and 16th place finishes in 55.56, 55.48, 56.49 and 58.88, respectively. Ching's power resulted in a personal best time and 18th place finish.

In the 200 Free, Parvin placed 11th with a time of 1:49.78, while deBrauw and Dave Bachrach '94 broke their season best times.

Finishing in 1:01.00, Landin received second place and All-Conference honors in the 100 Breaststroke. Garton pulled his way to a personal record.

Backstroke proved to be the sophomore class' strong point, as Jacobs, Barry and Johnson finished 10th, 15th and 18th, with times of 58.05, 1:00.24 and 1:02.56, respectively.

In Friday's final event, the 800 Free Relay Team of Bynum, Jacobs, Meltzer and Parvin earned sixth place in 7:26.86.

The men pulled off several monumental time reductions on Saturday. According to deBrauw, "We were all extremely motivated by Katarina Witt's skating performance Friday night, and we attribute our time drops to that."

Endurance proved key in the 1650 Free, as Gordon and Bynum claimed 9th and 11th place in 17:27.47 and 17:34.91, respectively. Bachrach and Watters stroked their way to respectable finishes.

In the 200 Backstroke, Barry, McAvey and Johnson finished in phenomenal 11th, 13th and 15th places with times of 2:11.86, 2:14.17 and 2:15.47, respectively.

Parvin, Hearn and Garton touched the wall within a second of each other in the 100 Free securing 12th, 13th and 14th places in 49.74, 49.87 and 50.36, respectively. Witt's inspiration drove deBrauw, Ching and Bachrach to achieve season best times.

Carleton demonstrated depth in the 200 Breaststroke. Meltzer and Landin earned sixth and ninth place in times of 2:14.92 and 2:18.31, while Watters' finesse led him to attain a personal best time.

Valor proved to be key in the 200 Butterfly, as Gordon, Bynum, Jacobs, Hanawalt and O'Hara pulled their way to seventh, ninth, 13th, 16th and 18th place finishes in 2:01.32, 2:01.77, 2:07.14, 2:15.32 and 2:21.48, respectively.

In the meet's final event, the 400 Free Relay, Parvin, Meltzer, Garton and Hearn obtained fifth place in 3:19.37.

Diver Phuc Vinh '95 earned fourth place in the one and three meter competitions. "Diving was tough without a coach there," Vinh said. "But the team's support kept my spirits up."

According to the Knights and Clark, the team displayed a cohesiveness that played a large role in individual successes. "I was really impressed with the high level of team spirit we showed on deck," Bynum said.

"The team swam as well as they could," Jacobs said. "The sixth place finish is only the beginning of an upward trend in Carleton swimming success."

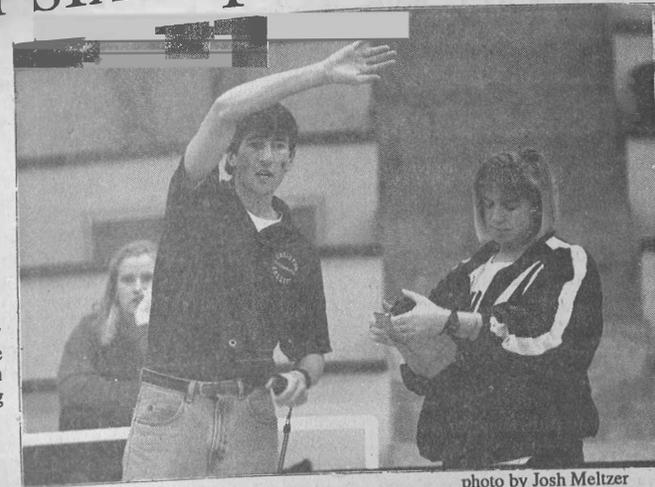


photo by Josh Meltzer

Head Coach Andrew Clark and Tina Neill are two reasons for the rejuvenated Carleton swimming program.

W-93-94

CARLETON MEN'S AND WOMEN'S SPORTS WRAP-UP -- add one

LAURA ARNESON COMPETES AT NATIONAL SWIMMING MEET

Freshman Laura Arneson (Ann Arbor, Mich./Pioneer High) competed in three events at the Women's NCAA Division III National Swimming Championships at Williams College this past week (Thursday-Saturday, March 10-12).

Arneson finished 37th in the 500-yard freestyle with a time of 5:22.24, and was 33rd in the 200 freestyle in 2:02.26. Her best performance of the meet came in the 400 individual medley, where she captured 22nd place with a time 4:48.5.

"It was a very good meet for a first-year student," Carleton Coach Andy Clark said. "I think Laura will definitely go back to nationals next year."

SPRING SPORTS GET UNDERWAY

The Carleton College baseball, softball and men's and women's tennis teams begin the 1994 season during spring break, March 17-27. The baseball team travels to Texas for a six-day, seven-game road trip beginning with a double-header against St. Edward's University in Austin on March 19. The Knights return for their home opener on April 4 against Concordia-St. Paul.

The softball team also will spend spring break in Texas, playing four games before returning home for a non-conference match versus Northwestern of Roseville on March 29. The Carls open their season with a double-header against Texas Lutheran College on March 19 in San Antonio.

The men's and women's tennis teams will travel to Hilton Head, S.C., and spend four days playing several opponents before heading to Atlanta, Ga., for three more dual meets on March 25-27.

#

SOME THOUGHTS ON TEAM SPIRIT . . .

TEAM SPIRIT is the sum of all the positive contributions made to the team by all of us.

A team does not inherit **TEAM SPIRIT** by being lucky. It's an attitude that is created through conscious effort by every member of the team—coaches and athletes.

TEAM SPIRIT includes a respect for tradition, and for the contributions made to your team by athletes before you.

TEAM SPIRIT means speaking well of your teammates and your school. Human nature being what it is, this is not always easy for us to do, but the results are worth our best efforts.

TEAM SPIRIT means having pride in yourself and in your team. Pride is far more important than having a super-great swimming pool. Look at the teams which have developed great winning traditions in modest facilities.

TEAM SPIRIT is found in the respect which you show to your opponents, and the "class" which you exhibit in your manners toward them.

AND MOST IMPORTANT . . .

TEAM SPIRIT is showing your teammates—in practice, in competition, and in all circumstances—the personal regard which you expect in return.

Stories of Conference

My sophomore year I had a terrible season. I couldn't come within 25 seconds of my PR in the 500 and I didn't know what was wrong. By the time conference and the 1650 came around, the coaches in the MIAC had me pegged as 13th -first alternate. Other swimmers had targeted me. I was scared, of the competition and of the race itself. That's when a men's team member said a few words to me that I'll never get: Pete told me that I would swim the mile because I had to and he also said "You know you can do it."

And he was right. I had to swim the race because I'd trained for four months and I owed it to myself. And I did know that I could do it. I know that I had the physical strength and the mental strength. I just needed to be reminded.

I don't know if Pete meant to be so profound, but he reminded me of something very important, of something we all sometimes forget; more than just do it, we can do it. Oh, and I got sixth place and cut seven seconds from my best time.

I learned something new about swimming this year at Conference. I learned that swimming can be a team sport and that there is more to it than just me, my goggles, and the water. Swimming as a team sport is about sharing. It's about shared tears of joy after a good race. Shared tears of frustration after a bad race. And the shared sweat of exertion that lies between joy and frustration.

-Cami

I hated swimming my freshman and sophomore years. I was constantly tired, sore, and frustrated. I didn't think I had a right to be on the team because I didn't swim in high school and I was too slow. But the team stuck by me, encouraged me in every workout, and cheered me on in every race. I finished out the seasons because of the team.

By my junior year, I had gained more confidence and I was able to swim because I truly loved it. I wouldn't trade my experiences as a member of this team for anything, and as I look back at my years at Carleton, swimming will always be the accomplishment of which I am most proud.

Swimming Division III means anyone who wants to join the team can give it a shot. Swimming at Carleton means we give each other support and respect whether our goals are to win nationals or just finish a race. We've made an individualistic sport into a true team sport.

I don't think I would have made it for four years on any other team and I know there are others who feel the same way. The support of this team is the greatest gift we could ever offer each other.

Thank you for offering it to me!

-Karen

WOMEN'S SWIMMING

Four swimmers earned All-Conference honors as the Carls set seven team records and placed fourth with 442 points at the MIAC Championships at St. John's. It was Carleton's highest finish ever at the championships.

Freshman Laura Arneson of Ann Arbor, Mich., won three events in team-record times: 500-yard freestyle (5:14.2), 400 IM (4:44.58) and 1,650 freestyle (18:07.61). She has qualified for the NCAA Division III Championships in the 500 freestyle, 200 freestyle, and 400 IM.

Freshman Allison Thomson from Oak Ridge, Tenn., finished third in the 1,650 (18:13.1) to earn All-MIAC honors. Senior Cami Johnson of Claremont, Calif., took seventh in the 500 free (5:29.32) and sophomore Meghan McCarthy of Okemos, Mich., finished fourth in both the 200 IM and the 100 free with times of 2:17.65 and 56.0, respectively. The 800 freestyle relay team of Arneson, Thomson, Johnson, and McCarthy took All-Conference honors by placing second in 8:11.3, a team-record time.

Arneson swam her 200 leg of the 800 freestyle relay in a school-record time of 1:58.19. She also set a school record with her 1,000 split time of 10:57.67 in the 1,650 freestyle event.

The 400 medley relay team of junior Abby Markwyn of Santa Rosa, Calif., freshman Gwen Johnston of Tokyo, Japan, McCarthy, and Arneson finished fourth at the MIAC in a team-record time of 4:17.23.

The Carls were 4-1 in regular dual-meet action, including victories over Macalester (160-80) and St. Thomas (125-108). They also took fifth at the highly competitive St. John's/St. Benedict Invitational.

MEN'S SWIMMING

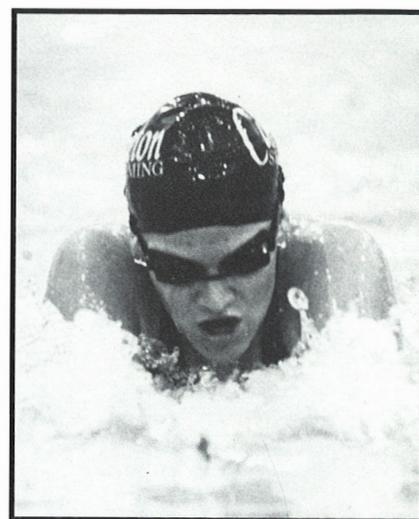
The men's swim team finished sixth at the MIAC Championships at St. John's. Senior Brett Landin of Atlanta, Ga., earned All-Conference honors with a second-place finish in the 100-yard breaststroke (1:01.00). The All-Conference 200 freestyle relay team of senior Kyle Garton of Lincoln, Neb., sophomore Jon Jacobs of Kalamazoo, Mich., senior Orin Parvin of Bar Harbor, Maine, and David Hearn of Santa Monica, Calif., finished third and set a team record with a time of 1:30.07. The 200 medley relay team of Jacobs, Landin, Hearn, and Garton finished fourth in a school-record time of 1:40.61. Junior Phuc Vinh took fourth at the conference meet in the 3-meter diving event with a score of 218 points.

Carleton had an impressive dual-meet victory against Hamline, 139-92. In that meet, Hearn placed first in both the 50 freestyle (23.6) and 100 butterfly (57.07). Parvin won the 100 freestyle in 52.6, and junior co-captain Josh Meltzer of Athens, Ga., finished first in the 100 breaststroke with a time of 1:08.45.

WRESTLING

Carleton finished fourth out of six teams with 20.5 points at the MIAC Championships at St. Olaf. The Knights' top performer was junior Brooks Cavin of Claremont, Calif., who advanced to the championship match and earned All-Conference honors.

Team highlights included a third-place finish at the MIAC Duals at the University of St. Thomas. It was Carleton's highest finish ever at the tournament. In the first match of the Duals, the Knights won by forfeit over Concordia-Moorhead. They went on
(continued on next page)



Allison Thomson '97 earned All-MIAC honors.

M 93-94

CARLETON MEN'S SPORTS WRAP-UP -- add one



SWIMMING

The men's swimming team finished sixth at the MIAC Championships this past weekend (Thu.-Sat., Feb. 24-26) at St. John's. Senior Brett Landin of Atlanta, Ga., earned All-Conference honors with a second-place finish in the 100-yard breaststroke (1:01.00).

The All-Conference 200 freestyle relay team of senior Kyle Garton (Lincoln, Neb./East High), sophomore Jon Jacobs (Kalamazoo, Mich./Central High), senior Orin Parvin (Bar Harbor, Maine/Mt. Desert Island High) and sophomore David Hearn (Santa Monica, Calif./Santa Monica High), finished third and set a team record with a time of 1:30.07.

The 200 medley relay team of Jacobs, Landin, Hearn and Garton finished fourth in a school-record time of 1:40.61. Junior Phuc Vinh (Rosemount, Minn./Rosemount High) took fourth at the conference meet in the 3-meter diving event with a score of 218 points.

WRESTLING

The Knights placed fourth out of six teams at the MIAC Championships on Saturday (Feb. 26) at St. Olaf. They finished with 20.5 points, ahead of St. Olaf and Concordia.

A number of Carleton wrestlers earned All-Conference honors by placing in the top four of their weight class. Sophomore Josh Amend Greybull, Wyo./Greybull High) defeated his St. Olaf opponent to finish fourth in the 134-pound class. Senior Wally Herbranson (Maple Grove, Minn./Osseo High) defeated a St. Thomas wrestler to take third place in the 150-pound class. Junior Charlie Johnston (Bourbonnais, Ill./Hotchkiss School in Lakeville, Conn.) won All-Conference honors at 158 pounds. Junior 177-pound Brooks Cavin (Claremont, Calif./George School in Newtown, Pa.) finished in second place by pinning a St. John's wrestler. Junior Kurt Wolf (Bethel Park, Pa./Bethel Park High) finished in fourth place at 190 pounds.

INDOOR TRACK

Some members of the men's indoor track team competed at the Bethel Invitational on Friday (Feb. 25) in St. Paul. Senior Mark Flaherty (Anchorage, Alaska/Bartlett High) and freshman Dan Virnig (Minneapolis/South High) came within two seconds of qualifying for the NCAA Division III National Championships in the 1,500 meters. Flaherty, who finished first, had a time of 4:00.70. Virnig, in second place, was clocked at 4:00.30.

Next for Carleton are the MIAC Championships, which take place Thursday (March 3) through Saturday (March 5) at the National Sports Center in Blaine, Minn.

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W 93-94

CARLETON WOMEN'S SPORTS WRAP-UP -- add one

INDOOR TRACK

Carleton's Aminah Ricks (Chicago, Ill./Kenwood Academy) had a big day at the University of Wisconsin-Stout indoor track meet last Friday (Jan. 21). The senior qualified for nationals and set a fieldhouse record in the 55 meters by posting a winning time of 7.31. She also won the 200 meters in 26.65, a fieldhouse record as well.

Sophomore Hannah Wise (Keyser, W.V./Fountain Valley School in Colorado Springs, Colo.) finished eighth in the 1,500 meters in a personal-best time of 6:07.21. Sophomore Jennifer Keeley (St. Louis Park, Minn./St. Louis Park High) finished third in the 3,000 meters in a personal-best time of 10:55.63. Sophomore Rachel Free (Kintnersville, Pa./Palisades High) also turned in a personal-best time of 20:16.71 in the 5,000 meters for fourth place.

The team travels to the University of Wisconsin-River Falls for a meet on Saturday (Jan. 29).

SWIMMING

The Carleton women's swimming team defeated the University of St. Thomas, 125-108, at home on Saturday (Jan. 22). Freshman Laura Arneson (Ann Arbor, Mich./Pioneer High) set a pool record in the 400-yard IM with a time of 5:00.7. Freshman Allison Thomson (Oak Ridge, Tenn./Oak Ridge High) set a team record in the 1,000 freestyle by finishing in 11:10.08. Senior Sara Hollingsworth (Duluth, Minn./East High) and senior Cami Johnson (Claremont, Calif./Claremont High) both cut their 1,000 freestyle times down by more than 25 seconds. Their times were 12:25 and 11:36, respectively.

Carleton will be in action on Friday (Jan. 28) at Hamline, beginning at 6 p.m.

#

Swim squads split

By Derek Hoff

The Carleton men's and women's swim teams each battled the University of St. Thomas on January 22 at historic Thorpe Pool at West Gym. The women triumphed 125-108, while the men came up just short, losing 133-109.

Coach Andrew Clark was ecstatic about both squads' performances. "This was a great meet," he said. "We had some really fast times, and 36 season bests. The hard sets I put the team through really paid off with lower times."

It was also a record breaking day for Carleton — twice over. Allison Thomson '97 shattered the school record in the 1000 freestyle by finishing first with a time of 11:10.08, 9 seconds better than the previous record.

"I knew I was close to the record in practice and I was kind of excited. I felt pretty good during the race, and I could also see the clock, so I knew I was on pace the whole time," she said. Coach Clark said that "Thomson blossomed this week," and noted that the record was amazing because Thomson did not enter Carleton as a distance swimmer.

Laura Arneson '97 broke the pool record in the 400 individual medley with a first place time of 5:00.94. She gave the credit for her success to team captains Cami Johnson '94 and Ann Brockenbrough '94, as well as Anna "8-Ball" Krause '95. Arneson said they helped ease her transition to college. "It is so much different here than high school," she said.

Arneson is obviously happy with her record, but when asked, she was already thinking ahead to future ones, saying that with the transitional phase of entering college behind her, she could focus more of her energy on swimming.

Other strong performances for the women were turned in by Sara Hollingsworth '94 and Johnson, who both cut their 1,000 freestyle times

down by more than 25 seconds. Meghan McCarthy '96 won the 200 freestyle with a 2:07.11, and Abby Markwyn '95 prevailed in the 200 backstroke with a 2:26.19.

The victory was exciting because, as Brockenbrough put it, "We hardly ever beat St. Thomas. And we're going to beat them again at Conferences."

On the men's side, the strong showing against St. Thomas was memorable because it was the last home meet for the current batch of seniors. Coach Clark said that they all ended their careers at Thorpe Pool with good races. "All of them are worth mentioning," he said. "For example, Russ Bynum had a strong 200 fly and Orin

Swimming

Record:

Men

1-3 in dual meets

Women

4-1 in dual meets

Last Week:

Men

St. Thomas 133 Carleton 109

Women

Carleton 125 St. Thomas 108

Parvin was great in the sprints." Bynum placed second with a time of 2:12.53, while Parvin was second in the 100 freestyle at 51.4.

Other strong swims included Josh Gordon '95's second place in the 1000 freestyle with a personal best 10:49.08. Josh Meltzer '95 placed second in the 400 individual medley with a 4:33.70, while Dave Hearn '96 brought home the 100 freestyle race in 50.7.

The graduating seniors were presented with gifts to mark their final home meet. Kyle Garton received weight-gain powder, Dave Bachrach a chunk of lard (he's a prodigious meat eater), and well known vegan Al de Braux a vegetarian cookbook.

"I thought the gifts were an appropriate way to finish their collegiate careers. Now hopefully they'll all get jobs," Clark said.

W 93-94

CARLETON WOMEN'S SPORTS WRAP-UP -- add one

"Jessica had a slow first half," commented Reading. "But she and Denell Downum really played well in the second half."

Downum finished with 18 points and eight rebounds for the Carls. Maron had 11 points and 12 rebounds. First-year point guard Melissa Williams (Beulah, Mich./Benzie Central High in Benzonia) had 10 points (all on free throws) and five assists.

The Carls play host to cross-town rival St. Olaf on Wednesday (Feb. 23) in the West Gym, beginning at 7:30 p.m.

SWIMMING

The women's swimming team placed fourth at the MIAC Championships (Thu.-Sat., Feb. 17-19) at St. John's University in Collegeville, Minn., the highest finish ever for the Carls. Carleton finished with 437 points, only five back of third-place Gustavus, and had four All-MIAC performances (the top three finishers in each event earn All-Conference honors).

Freshman Laura Arneson (Ann Arbor, Mich./Pioneer High) swam national consideration times in four events. She won three individual events: the 500-yard freestyle (5:14.2), the 400 IM (4:44.58) and the 1,650 (18:07.61). Her 200 leg of the 800 freestyle relay also was a national consideration time of 1:58.19.

Freshman Allison Thomson (Oak Ridge, Tenn./Oak Ridge High) also swam a national consideration time in the 1,650. Her time of 18:13.1 was good enough for third place. Thomson finished fourth in the 400 IM (4:53) and sixth in the 500 free (5:27). Senior Cami Johnson (Claremont, Calif./Claremont High) took seventh in the 500 free (5:29.32). Sophomore Megan McCarthy (Okemos, Mich./Okemos High) finished fourth in both the 200 IM and 100 free with times of 2:17.65 and 56.0, respectively. McCarthy also finished fifth in the 200 free in 2:01.33.

Junior Abby Markwyn (Santa Rosa, Calif./Montgomery High) finished fourth in the 100 (1:03.5) and 200 back (2:15.3). She also finished fifth in the 200 IM with a time of 2:17.95. Arneson, Thomson, Johnson and McCarthy combined to set a school record in the 800 free relay with a time of 8:11.3.

INDOOR TRACK

The women's track team had a solid performance on Saturday (Feb. 19) at the University of Minnesota. Senior Aminah Ricks (Chicago, Ill./Kenwood Academy) set a school record in the 55 meters. Her time of 7.27 earned her second place. In the same event, freshman Anne Fiechtner (Bismarck, N.D./Bismarck High) was fourth in her heat with a personal-best time of 7.87. She also finished 10th in the 200 meters with a personal-best time of 28.69. Sophomore Kathryn Ainsworth (Mason City, Ill./Illinois Central High) also set a personal record in the 600 meters with a time of 1:44.25 for fifth place. Senior Sara Roth (Claremont, Calif./Claremont High) finished third in the 1,500 meters with a time 4:52.48. Sophomore Meg Hoyt (New York, N.Y./Stuyvesant High), who is coming off an injury, ran the 3,000 meters in 11:33.42 to finish ninth. The 4 X 200-meter relay team of junior Toni Moe (Knife River, Minn./Two Harbors High), freshman April Patterson (Elkhart, Ind./Elkhart High), sophomore Jolene Beitz (Minneapolis/Washburn High) and Feichner took third place with a time of 1:56.93. Sophomore Michelle Eisenreich (Richmond, Minn./Rocori High) placed sixth in the shot put with a personal-best throw of 12.01 meters.

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