97.5% Best Times
3rd place MIAC
2 Individual Conference Titles
 1 Relay Title
5 NCAA "B" Cuts
1 NCAA "A" Cut
10 School Records
1 MIAC Record
11 Individual All-Conference swims
4 Relay All-Conference swims

1 NCAA Div. III National Championship swim
3 NCAA Div III All-American Honorable Mention swims
1 NCAA Div. III National Record
4 School Records

TEAM
Together Everyone Achieves More
CARLETON COLLEGE MEN'S 1994-95 SWIMMING PROSPECTUS

SEASON OUTLOOK

Under the leadership of seniors Josh Meltzer and Josh Gordon, the men's swimming and diving team is poised to move forward and contend for a top spot in the MIAC. Last year's squad set an unprecedented number of season--or lifetime best times--at the Conference Championships, including an All-Conference swim by Brett Landin ('94) in the 100-yard breaststroke and two All-Conference relays. The returning members of the men's team present a solid core of experienced swimmers.

With incoming talent from freshmen swimmers Max Harper, Steve Furlanutto and diver Ken McKinney, this year's squad will have an opportunity to improve upon last year's team finish at the MIAC Championships. In addition to the strong athletic endeavors of each team member, academic achievements should be similar to past teams, which have consistently produced academic All-Conference honorees.

ANDREW CLARK - Head Coach

The 1994-95 season will be Andy Clark's second year with Carleton. 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.

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 serves as an assistant professor of physical education, athletics and recreation.

TINA NEILL - Assistant Swim Coach

Tina Neill has brought both intensity and enthusiasm to the Carleton swimming program, qualities that have had 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.

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Gregg Rappe, a graduate of Mankato State University where he was a four-year varsity diver, is pursuing a master’s in adaptive education and is in his eighth year of coaching at Carleton. He has 18 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.

1994-95 CARLETON COLLEGE MEN’S SWIMMING-DIVING SCHEDULE

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 4</td>
<td>HAMLINE UNIVERSITY</td>
<td>HOME</td>
<td>6:00 p.m.</td>
</tr>
<tr>
<td>Nov. 5</td>
<td>Gustavus Adolphus College</td>
<td>St. Peter, MN</td>
<td>1:00 p.m.</td>
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<tr>
<td>Nov. 12</td>
<td>Macalester College</td>
<td>St. Paul, MN</td>
<td>1:00 p.m.</td>
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<tr>
<td>Dec. 13</td>
<td>Kalamazoo College</td>
<td>Bradenton, FL</td>
<td>1:00 p.m.</td>
</tr>
<tr>
<td>Jan. 6</td>
<td>LUTHER COLLEGE</td>
<td>HOME</td>
<td>6:00 p.m.</td>
</tr>
<tr>
<td>Jan. 7</td>
<td>Gold Country Invitational</td>
<td>@ U. of MN, Minneapolis, MN</td>
<td>all day</td>
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<tr>
<td>Jan. 13-14</td>
<td>St. John’s U./College of St. Benedict Invitational</td>
<td>Collegeville, MN</td>
<td>all day</td>
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<td></td>
<td>(Prelims: 10 a.m., Finals: 6 p.m.)</td>
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<tr>
<td>Jan. 20</td>
<td>College of St. Catherine/College of St. Benedict</td>
<td>St. Paul, MN</td>
<td>4:00 p.m.</td>
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<tr>
<td>Jan. 21</td>
<td>U. of St. Thomas</td>
<td>St. Paul, MN</td>
<td>1:00 p.m.</td>
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<td>Jan. 28</td>
<td>St. Mary’s College</td>
<td>Winona, MN</td>
<td>2:00 p.m.</td>
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<tr>
<td>Feb. 7</td>
<td>St. Olaf College</td>
<td>Northfield, MN (there)</td>
<td>6:00 p.m.</td>
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<td>Feb. 10</td>
<td>ST. JOHN’S UNIVERSITY</td>
<td>HOME</td>
<td>7:00 p.m.</td>
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<td>Feb. 22-24</td>
<td>MIAC Championships</td>
<td>@ College of St. Catherine, St. Paul, MN</td>
<td>all day</td>
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<tr>
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<td>(Prelims: 10 a.m., Finals: 6 p.m.)</td>
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<tr>
<td>Mar. 15-18</td>
<td>NCAA III Nationals</td>
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1994-95 CARLETON COLLEGE MEN’S SWIMMING ROSTER

<table>
<thead>
<tr>
<th>YR.</th>
<th>EVENT</th>
<th>HOMETOWN/HIGH SCHOOL</th>
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<tbody>
<tr>
<td></td>
<td>Anthony Barry 4 100-200Bk</td>
<td>Salt Lake City, UT/Highland High</td>
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<tr>
<td></td>
<td>Keoki Ching 2 200-400IM</td>
<td>Tamuning, GU/St. John’s School</td>
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<tr>
<td></td>
<td>Steve Furlanetto 1 50-500Fr</td>
<td>Pittsford, NY/Pittsford Sutherland High</td>
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<td></td>
<td>Josh Gordon 4 500-1650Fr/Fly</td>
<td>Granville, OH/Columbus Academy (Gahanna)</td>
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<td></td>
<td>Jesse Hanawalt 2 50-100Fr/Fly/IM</td>
<td>Lake Oswego, OR/Lakeridge High</td>
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<td></td>
<td>Max Harper 1 100-200Br/IM</td>
<td>Edina, MN/Blake School</td>
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<td></td>
<td>David Hearn 3 50-100Fr/Fly/IM</td>
<td>Santa Monica, CA/Santa Monica High</td>
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<td>Michael Jermigan 2 50-100Fr/Fly</td>
<td>Oak Ridge, TN/Oak Ridge High</td>
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<tr>
<td></td>
<td>Zachary Jones 1 Diving 1 &amp; 3 M</td>
<td>Hastings, MN/Hastings High</td>
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<tr>
<td></td>
<td>Jay Larson 1 50-100Fr</td>
<td>Severna Park, MD/Roosevelt High (Seattle, WA)</td>
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<td>Chris Lee 1 50-100Fr</td>
<td>Pakistan</td>
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<td></td>
<td>Abel Leon 1 100Br</td>
<td>Chicago, IL/Juarez High</td>
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<td></td>
<td>Adam Maloof 1 50-200Fr/Fly</td>
<td>Lexington, MA/Lexington High</td>
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<td></td>
<td>Chris Markwyn 2 50-200Fr/Fly</td>
<td>Santa Rosa, CA/Montgomery High</td>
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<td></td>
<td>Carlos Martir 1 50-100Fr/Fly/Br</td>
<td>El Monte, CA/El Monte High</td>
</tr>
<tr>
<td></td>
<td>Dan McAvoy 2 200-1650Fr/400IM</td>
<td>Maple Grove, MN/Osseo High</td>
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<tr>
<td></td>
<td>Ken McKinney 1 Diving 1 &amp; 3 M</td>
<td>Suisun, CA/Isabella High (CA) High</td>
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<td></td>
<td>*Josh Meltzer 4 200Fr/Br/IM</td>
<td>Athens, GA/Clarke Central</td>
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<td>Steve Nowlin 4 Diving 1 &amp; 3 M</td>
<td>Mendota Heights, MN/Henry Sibley High</td>
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<td></td>
<td>Eoin O’Hara 3 100-200Fly</td>
<td>Oak Ridge, TN/Oak Ridge High</td>
</tr>
<tr>
<td></td>
<td>Alex Watters 3 500-1650Fr/Br</td>
<td>Middlebury, VT/Middlebury Union High</td>
</tr>
</tbody>
</table>

* indicates co-captains
CARLETON COLLEGE WOMEN’S 1994-95 SWIMMING PROSPECTUS

SEASON OUTLOOK

Considering that last season's fourth-place finish at the MIAC Championships was the best ever for Carleton, and that this year's incoming class is one of the strongest ever, the Carls are more than ready to become serious contenders in the MIAC. Leading the squad are senior Lydia Neilson (1993 All-American - 100 Breaststroke, Academic All-American), junior Meghan McCarthy (All-Conference - 200 Individual Medley, 400 Medley Relay, 800 Free Relay, 400 Free Relay) and sophomores Laura Arneson (MIAC Champion - 500 Freestyle, 400 Individual Medley, 1650 Freestyle), Allison Thomson (All-Conference 1650 Freestyle, 800 Free Relay) and Anne Brown (1- & 3-meter diving). For the last three years, the women’s team has experienced an upward trend of success and this year looks to be the team's best season yet.

Adding to the squad's depth are first-year students Melissa Powell, Jordan Pitcher and Julia Rogers.

Academic achievements also have been a strong aspect of the Carleton women's swimming and diving program. The women's team has had six Academic All Conference honorees over the last three years.

ANDREW CLARK - Head Coach

The 1994-95 season will be Andy Clark's second year with Carleton. 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.

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1994-95 CARLETON COLLEGE WOMEN'S SWIMMING-DIVING SCHEDULE

Oct. 29 U. of St. Thomas Relays St. Paul, MN 11:00 a.m.
Nov. 4 HAMLINE UNIVERSITY HOME 6:00 p.m.
Nov. 5 Gustavus Adolphus College St. Peter, MN 1:00 p.m.
Nov. 12 Macalester College St. Paul, MN 1:00 p.m.
Dec. 13 Kalamazoo College Bradenton, FL 1:00 p.m.
Jan. 6 LUTHER COLLEGE HOME 6:00 p.m.
Jan. 7 Gold Country Invitational @ U. of MN, Minneapolis, MN all day
Jan. 13-14 St. John's U./College of St. Benedict Invitational Collegeville, MN all day
(Prelims: 10:00 a.m., Finals: 6:00 p.m.)
Jan. 20 College of St. Catherine/College of St. Benedict St. Paul, MN 4:00 p.m.
Jan. 21 U. of St. Thomas St. Paul, MN 1:00 p.m.
Jan. 28 St. Mary's College Winona, MN 2:00 p.m.
Feb. 7 St. Olaf College Northfield, MN (there) 6:00 p.m.
Feb. 15-17 MIAC Championships @ College of St. Catherine, St. Paul, MN all day
Mar. 8-11 NCAA III Nationals (iba) all day
(Prelims: 10:00 a.m., Finals: 6:00 p.m.)

1994-95 CARLETON COLLEGE WOMEN'S SWIMMING ROSTER

<table>
<thead>
<tr>
<th>YR.</th>
<th>EVENT</th>
<th>HOMETOWN/HIGH SCHOOL</th>
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<tbody>
<tr>
<td>1</td>
<td>50-100Fr/Bk</td>
<td>Oxford, MD/Hotchiss School (Lakeville, CT)</td>
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<tr>
<td>2</td>
<td>100-500Fr/Bk/IM</td>
<td>Ann Arbor, MI/Pioneer High</td>
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<td>3</td>
<td>Diving 1 &amp; 3 M</td>
<td>Bellevue, WA/The Lakeside School</td>
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<tr>
<td>2</td>
<td>Diving 1 &amp; 3 M</td>
<td>College Station, TX/St. Michael's Academy</td>
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<tr>
<td>4</td>
<td>100-200Fr/Bk</td>
<td>Colorado Spring, CO/Colorado Spring High</td>
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<tr>
<td>2</td>
<td>50-1650Fr</td>
<td>Seattle, WA/Roosevelt High</td>
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<tr>
<td>1</td>
<td>50-200Fr</td>
<td>Los Gatos, CA/Los Gatos High</td>
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<td>3</td>
<td>100-200Fly/IM</td>
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<td>Fly/Bk/IM</td>
<td>Omaha, NE/Westside High</td>
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<td>100-200Bk/IM</td>
<td>West Bend, WI/West Bend High</td>
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<td>200Fr/Fly/IM</td>
<td>Okemos, MI/Okemos High</td>
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<td>50-100Fr/Br</td>
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<td>Colorado Springs, CO/Mitchel High</td>
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<td>Wichita, KS/Collegiate School</td>
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<td>50-200Fr/Fly</td>
<td>Pittsburgh, PA/Mt. Lebanon High</td>
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<td>200-1650Fr/Bk</td>
<td>Homewood, IL/Community High</td>
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<td>1</td>
<td>Diving 1 &amp; 3 M</td>
<td>St. Paul, MN/St. Paul Academy &amp; Summit School</td>
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<td>200-1650Fr/IM</td>
<td>Oak Ridge, TN/Oak Ridge High</td>
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<tr>
<td>1</td>
<td>50-200Fr</td>
<td>Clayton, MO/Clayton High</td>
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* indicates co-captains
Women's swim team cracks competition

By Mary Guest

Last Saturday the Carleton women's swim team participated in the 16th annual St. Thomas Relays in St. Paul, racking up a myriad of sweet performances.

The St. Thomas Relays, a mainstay in conference competition, hosted nine MIAC teams in tiny O'Shaunessey Natatorium.

Considering that the team had only been training for two weeks, the Carls' expectations were not high for the notoriously trivial meet. However, with an intensified workout schedule which included three pre-7 a.m. workouts a week and afternoon practices, Carleton stood ready to prove their competence in MIAC competition.

"The amount of work we're doing is paying off," Emily Herr '98 said.

The meet commenced with the 400-yard medley relay in which Carleton placed second. First-year sensations Sandi Phinney, Jordan Pitcher, Melissa Powell and co-captain Lydia Neilsen '95 combined to finish the event in 4:28.80.

Domination continued in the 800 free relay in which Laura Arneson '97, Allison Thomson '97, Julia Rogers '98 and Meghan McCarthy '96 swam their way to an incredible 8:48.73 second-place finish, pulling ahead of everybody except St. Olaf.

"Shoot! We almost had Olaf," Thomson said.

The 300 backstroke relay team of Pitcher, Arneson, Rogers and Rachel Waterston '98 finished fifth in a respectable time of 3:23.39.

Carleton repeated its fifth place finish in the 400 Freestyle Relay. Powell, Rogers, Herr and Mary Guest '97 dominated their heat in 4:06.75.

The Carls' 400 individual medley relay claimed fourth place with a time of 4:43.37. Thomson, Arneson, Pitcher and McCarthy each swam a 100 individual medley in the race.

Perhaps the most anticipated and exciting race of the day for Carleton was the 1200 animal relay. The animal relay consists of the 100 breaststroke, 200 butterfly, 400 individual medley and 500 freestyle. A particularly ferocious team of Neilsen, Pitcher, McCarthy and Thomson took second place overall, barely losing to St. Olaf.

In the final event of the day, the 200 freestyle relay, Powell, Arneson, McCarthy and Neilsen overshadowed 24 relay teams, finishing third overall.

"That was fun!" Powell said.

Head Coach Andy Clark beamered after his team's strong showing.

"The best part about the meet is that you get to see all the teams and get a good feel about how the teams will come out later in the season," Clark said. "We made a statement."
Swimmers and divers barely miss dairy prize

By Jesse Hanawalt

Sadly enough, most collegiate athletes will never have the opportunity to compete for a Saga dairy product. The Carleton swimming and diving squads found themselves face to face with that tantalizing prospect of a Saga-inspired cream cheese trophy on Saturday but came away empty-handed after meeting St. Thomas in a showdown between the two most spirited teams in the MIAC.

Although colossal efforts were put forth by everyone, Carleton appeared sluggish in the dreaded “Tommie Tub” after a draining week of practice which included several rigorous “shamalate” sets. The women’s team managed to surpass St. Thomas by a score of 67-46 while the men’s team was ousted 72-40 in what should certainly have been a closer contest.

Despite the somewhat less than splendid results, team spirits including those of Co-Captain Anthony “Stallion” Barry ’96 were high as usual.

“We never cease to swim hard,” Barry said. “It’ll be a different story entirely when we see those guys at Conference.”

Sophomore Dan “Hoss” McAvey seemed to echo Barry’s upbeat attitude in his appraisal of the meet.

“All that I can say is that we try our best every day and in every way,” McAvey said.

In the opening event, the Carleton women’s 400 medley relay composed of Sandi Phinney ’98, Co-Captain Lydia Neilsen ’95, Meghan McCarthy ’96 and Melissa Powell ’98 scored a demonstrative win in 4:27.91, and later, a string of first and second place finishes in three separate events sealed the victory for Carleton.

In the 400 IM, McCarthy and Jordan Pitcher ’98 teamed up to dominate the event with their respective times of 5:04.07 and 5:07.31.

The next 1-2 finish for the Carleton women came in the 200 backstroke. Laura Arneson ‘97 who had punished her competitors two events earlier in the 200 butterfly raced to first place in 2:27.00, and Phinney finished a strong second with a time of 2:28.37.

When the 500 freestyle came up, the dynamic duo of McCarthy and Pitcher were at it again.

After claiming third and second place finishes on the day, a fiery Pitcher expressed excitement to the entire team.

“Youeahh you guys... we’re looking like pros today!”

The Tommie fans reeled in awe of what they were witnessing, and Carlos “Peanut” Marrir ’98 was so moved that he coerced Dave “X” Hearn ’96 into whis-
KARLTIN NITES KNEWSLETTER
The official newsletter of the Karltin Kollege Mechanics’ Club and All-Male Moron Tabernacle Choir

TODAY’S OPPONENT

Luther College
Location: Luther, Iowa
Nickname: The Lexes
Cheer: “I’ll get you next time Superman!”
Colors: Pink and Black
Favorite Mineral: Green Kryptonite

TODAY’S EVENTS

4x 100 Medley Relay
4 x 10^3 Freestyle
200 Freestyle
50 IM
50 Circle of Death
1 KM Diving
200 Butterfly
100 Free
100 “Sprout got” Back
500 Kick
Tiny Memorial 200 Breast
10 x 12 Crack Relay

ABOUT CARLETON’S COACHES

Head Coach Andy Clark, Assistant Coach Tina Neill and Diving Coach Gregg Rappe have lined Thorpe Pool with lead to combat Lex Luther’s powerful Kryptonite Rays

SPOTLIGHT SWIMMER

Carlos “Peanut” Martir is having a helluva’ season. Peanut, from Los Angeles, California, is currently the only freshman who had a nickname during the Fall. Our Roving Reporter caught up with him recently.

Q: How did you get such a delicious nickname?
PEANUT: I’m not really sure. Ask Keoki.
Q: What is it like to live in Southern California?
P: It’s a helluva’ lot warmer than it is here! Otherwise, it is exactly like Northfield, although L.A. is a tad tamer.

SWIM TEAM ROSTER

<table>
<thead>
<tr>
<th>NAME</th>
<th>EVENT</th>
<th>FAVORITE COMIC BOOK HERO</th>
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<tbody>
<tr>
<td>Anthony “Stallion” Barry</td>
<td>Backstroke</td>
<td>The Kingpin</td>
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<tr>
<td>Keoki “Kojo” Ching</td>
<td>Butterfly</td>
<td>Wonder Woman</td>
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<tr>
<td>Steve “Furlanetto” Strutter</td>
<td>Freestyle</td>
<td>Lex Luther</td>
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<td>Gordon Max “Frankenstein” Harper</td>
<td>Fly/ Distance Free</td>
<td>Lex Luther</td>
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<tr>
<td>Jesse “Squirt” Hanawalt</td>
<td>Breast/IM</td>
<td>Lex Luther</td>
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<tr>
<td>David “X” Hearn</td>
<td>Diving</td>
<td>Lex Luther</td>
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<td>Mike “Biscuit” Jernigan</td>
<td>12.5/25 Free</td>
<td>Lex Luther</td>
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<td>Jay “RuffRider” Larson</td>
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<tr>
<td>Chris “Chris” Markwyn</td>
<td>Freestyle</td>
<td>Lex Luther</td>
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<tr>
<td>Carlos “Peanut” Martir</td>
<td>Freestyle</td>
<td>Lex Luther</td>
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<td>Dan “Twelve” McAvey</td>
<td>Backstroke</td>
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<td>Ken McKinney</td>
<td>Distance Freestyle</td>
<td>The Incredible Hulk</td>
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<td>Aeioun “Stinky” O’Hara</td>
<td>IM/Breast</td>
<td>Lex Luther</td>
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<tr>
<td>Alex “Sprout” Watters</td>
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<td>Skunkman</td>
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<tr>
<td></td>
<td>Distance Freestyle</td>
<td>The Green Giant</td>
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</tbody>
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TODAY’S OPPONENT

St. John’s University
Location: Collegeville, MN
Nickname: Jehovah’s Witnesses
Cheer: “May we come in?”
Colors: Red and White

TODAY’S EVENTS

4x 100 Medley Relay
800 bowl Chili Challenge
200 Freestyle
50 Free
200 Roommate Lockout
1 Meter Jesse pull
200 Butterfly
100 Free
200 Shave Tiny’s back
500 Fist
10 Meter platform diving
200 All-Breast
400 Memorial Air relay

ABOUT CARLETON’S COACHES

Coaches Andy Clark, Tina Neill, and Greg Rappe
will motivate the team by taking them to a Starship
concert before Conferences.

SPOTLIGHT SWIMMERS

Strutter
Major: Advanced Interperative Dance
Hobbies: Juggling, knitting, fly fishing
Hometown: Granville, OH 43023
Dream job: Lead guitarist for Starship
Favorite swimming memory: Rotblatt
Parting comment: Spam, the other pink meat!

Josh Meltzer
Major: Speed Reading
Hobbies: Pro-wrestling, strutting
Hometown: Athens, GA 30606
Dream job: Starship security guard
Favorite swimming memory: Rotblatt
Parting comment: Eat Me!

NAME

Anthony “Stallion” Barry
Keoki “Kojo” Ching
Even Steven “Champ” Furlanetto
Strutter “Josh” Gordon
Max “Frankenstein” Harper
Jesse “Squirt” Hanawalt
David “X” Hearn
Jon “Tiny” Jacobs
Mike “Biscuit” Jernigan
Chris “Sleepy” Markwyn
Carlos “Peanut” Martin
Dan “Twelve” McAvey
Ken “Tumor” McKinney
Josh “Air” Meltzer
Aeloun “Stinky” O’Hara
Alex “Sprout” Watters

EVENT

Backstroke
Butterfly
Freestyle
Butterfly
Breast/Back
Diving
12.5/25 Free
Back/Fly
Butterfly
Freestyle
Backstroke
Distance Freestyle
Diving
IM/Breast
Butterfly
Free/Breast

FAVORITE SAGA

Chili Challenge
Yak bar
Balanced diet night
Chili Challenge
Feed your ego bar
Chili Challenge
Finding Saga
Triple Chili Challenge
Frost your own biscuit
Breakfast
CHILI CHALLENGE!!
Chili Challenge
Chili Challenge
Chili Challenge
My left foot
Chili Challenge
Knights take plunge, get big wins

By Jesse Hanawalt

Just two days after returning from winter break, the Carleton swimming and diving teams held a dual meet Friday against visiting Luther College, then traveled to Minneapolis Saturday to compete in the University of Minnesota's Gold Country Invitational.

The Carleton men fell 136-93 to the Luther "Norse Force" on Friday and swam to an eighth place finish the next morning.

The Carleton women fared much better, following an impressive 128-111 victory over Luther with a fifth place finish at the Gold Country Invite. The women's team placed second out of the MIAC teams present on Saturday.

Before Friday's meet in West Gym, both Carleton swimmers and supporters paid tribute to the team's four senior women at their final home meet. Seniors Nadine Czochake, Dawn Peterson and Co-Captains Anna Krause and Lydia Neilsen received gifts and a standing ovation. The Carleton women then celebrated by trouncing Luther with a series of convincing swims.

In the 1000 freestyle, Laura Arneson '97 humbled the competition with a time of 11:13.09. First-year Emily Herr swam a quick 50 freestyle in 27.78 seconds, a season best, and Jordan Pitcher '98 never looked back in the 200 butterfly, coasting to a first place finish.

Diver Anne Brown '97 and Melissa Sullivan '98 then racked up big points for the Carleton squad placing second and fourth respectively in a very busy two rounds of diving.

Following the break, the Carleton women continued to roll. In the 200 backstroke, Carleton placed both first and second with Arneson again leading the way and Sandi Phinney '98 clocking in at a swift 2:24.75. Neilsen swam an exciting 200 breaststroke, just barely missing a first place finish.

The Carleton men welcomed the return of their two senior swimmers, Co-Captain Josh Meltzer and Strutter Gordon Friday evening.

"After training with the Czech women's national team for three months, I'm ready for anything," Gordon said.

The fired-up men's squad recorded some fine wins. In the 1000 freestyle, Dan McAvoy '97 swam a season best 11:35.71, and Jon Jacobs '96 finished in 11:26.92. Sophomore Chris Markyyn blasted out a 50 free in 25.71 seconds, and Gordon completed a dazzling 200 fly in 2:15.90.

First-years Max Harper and Steve Furlanetto swam well in a dramatic 500 free, placing second and third respectively, and Carlos Martin '98, January's "spotlight swimmer" sweated out a 200 breaststroke while humming to Kool and the Gang.

On Saturday, the Carleton teams together swam 24 season's-best times in the face of NCAA Division I competition.

Junior Meghan McCarthy and Mike Jernigan '97 excelled in the 100 butterfly races, and Max Harper set a new school record in the 200 backstroke with a time of 2:02.36. Head Coach Andy Clark thought what he saw during the two meets was encouraging.

"Considering the layover from Florida, we had some pretty solid performances," Coach Clark said.

In December, the Carleton teams traveled to West Palm Beach, Fla., for two weeks where they swam an average of 10,000 meters in four hours each day, in addition to some arduous dry-land training sessions.

"Florida was great," Martin said. "Cockroaches, dog races, the International Swimming Hall of Fame...What more could you want?"

"The team is now entering a period of the season where they will be experiencing some intense training but also competing frequently," Coach Clark said.

This weekend, Carleton travels north to St. Cloud where they will swim at the St. John's Invitational.
WOMEN'S SWIMMING VS. ST. CATHERINE

Carleton College News Bureau photo
by Josh Meltzer (Sjw 94-1-8 # )
Swimmers destroy tiny St. Mary's squad, Team looking forward to MIAC conference meets

By Mary Guest

Last Saturday, the Carleton men's and women's swimming squads traveled east to Winona to take on a brand new St. Mary's team, sealing victories on both men and women's sides.

While St. Mary's only had five women and two men swimmers, the aid of divers helped St. Mary's close the women's scoring gap to 27 points, and a 115-88 Carl victory. The Knights pulled away to a 106-51 victory. The absence of Carleton's divers, however, was felt by the team.

"It's really too bad that we didn't realize that they'd actually have divers," Co-Captain Lydia Neilsen '95 said. "Then we could've at least doubled our points."

Despite the divers' absence, the swimmers pulled off some strong races. Junior Meghan McCarthy commenced the meet by winning the 100 backstroke by a huge margin. She then proceeded to win the 200 IM.

"After swimming the 400 IM for weeks, that felt like nothing," McCarthy said.

Sophomore Laura Arneson exhibited great prowess in the 200 butterfly. She pulled off a first place finish, without any threat of being beaten by a Mary's opponent.

In the 100 butterfly and the 200 breaststroke, Jordan Pitcher '98 displayed her winning ways. She was pleased with her performances.

"Shoot, they just weren't very fast," Pitcher said.

Sophomore brute Allison Thomson dominated the 1000 freestyle, while Joanne Penko '97 took care of the 500 freestyle in a season best time.

The sprint events were easily won by Melissa "Beast" Powell '98, who raced to victories in both the 50 and 100 freestyle events.

The competition was sparse on the men's side, as only six of the 15 events even included St. Mary's swimmers. However, the lack of competition did not prevent the Knights from swimming some excellent times.

"I feel a National B-Cut time [in the 200 breaststroke] is definitely achievable [for me] by Conference," Gordon said. "If only Coach [Andy Clark] would stop thinking about everyone else's pride and just let me in the darned event."

First-year Max "Stein" Harper made a strong statement, claiming first place in the 100 backstroke, the 200 backstroke, and the 200 freestyle.

Senior Co-Captain Josh "Air" Meltzer saw sweet victory in the 100 breaststroke and the 200 IM.

"I can't believe I won the 200 IM," Meltzer said. "I felt like it took 16,383 seconds."

Junior Dave "X" Hearn took first place in the 100 freestyle, while "Even" Steven Furlanetto '98 claimed a win in the 500 freestyle.

"I felt very consistent in my swim," Furlanetto said. "I didn't go too fast, I didn't go too slow."

Meltzer was more-or-less pleased with the meet as a whole.

"It was worth the trip," he said. "Just seeing Winona would've been enough incentive to go."

With Conference less than two weeks away for the women, and three weeks away for the men, the swimmers are entering a period known as taper, where they reduce their yardage and increase their rest. Sophomore Allison Thomson sees taper as a bittersweet time.

"It's nice not to do all the yardage, I suppose, but I am really going to miss waking up at 6 a.m. three times a week," she said.

The team is looking forward to making a strong showing at Conference. The women's team is aiming to finish second, since it is a given that Olaf will take first.

"If all goes well, we should finish better than we ever have before," Neilsen said.
Swimming and diving sabotaged at St. Olaf

By Jesse Hanawalt

Looking ahead to what are expected to be intensely competitive MIAC Championship Meets in the next two weeks, both Carleton swimming and diving squads were brimming with confidence on Tuesday when they visited perennial conference power St.

Carleton’s lofty visions of an upset, however, were never realized as the Olaf teams rolled to wide margins of victory, aided by the reckless antics of their student supporters.

The St. Olaf meet saw shaved and tapered Dawn Peterson ’95 lay claim to some sensational performances in the final meet

Later, the Knights caught fire. Sophomores Allison Thomson and Dan “12” McAvery sparkled in the 1000 freestyle, racing to times of 11:18.03 and 11:31.63, respectively, and Meghan McCarthy ’96 captured first place in the 200 IM as she rocketed to a season best time of 2:19.11.

The Olaf coaches were left shaking their heads as Jon “Tiny” Jacobs ’96 humiliated Olaf’s infamous “Spare Tire Man” and touched out two other Olaf swimmers for first in the 100 butterfly. Later, Jacobs reflected upon his achievement.

“No doubt about it, my timing was definitely off, and I felt like I was only using one arm out there,” Jacobs said.

Apparently, several Olaf fans became

Luckily, no one was injured. However, when the meet resumed, Olaf swimmers saw their window of opportunity and took advantage of the visibly shaken Knights.

Senior Co-Captain Lydia Neilsen and Max “Stein” Harper ’98 swam to individual wins in the 100 breaststroke, and Ken “Tumor” McKinney ’98 was on top of his competition all day, scoring 300.60 points in two rounds of one-meter diving, however, the damage had already been done.

First-year “Even” Steven Furlanetto did his best to sum up Carleton’s shortcomings against Olaf.

“I don’t get mad, I get, well, you know,” Furlanetto said. “We simply were not champs out there today.”
Water warriors sink big-name competitors

By Jesse Hanawalt

Last weekend, a group of Carleton swimmers and divers traveled to Collegeville to participate in the annual St. John’s Invitational. Over the course of the grueling two-day meet which featured NCAA Division II competition, the emotionally-charged Carleton squads laid claim to some outstanding performances, bolstering their confidence as they now look ahead to important upcoming dual meets and conference finals in February.

If there were any doubts as to whether or not the Carleton women’s team has become a swimming power in the MIAC, they were quickly extinguished on Friday and Saturday as the Knights raced to a third-place finish overall and a first-place finish among the MIAC teams present. The men’s team also produced consistently strong swims on the way to a sixth-place finish, fourth in the MIAC.

Coming in to the meet on Friday, the Carleton women were looking to do more than just size up their key MIAC opponents, and they wound up authoritatively making their mark. In last year’s conference finals, Carleton took fourth behind St. Olaf, St. Benedict and Gustavus. Last weekend, St. Benedict and Gustavus fell prey to the Carleton team (Olaf was not present at the meet).

On Friday, the first day of competition the Carleton women’s 200 medley relay provided an early spark as it took fourth place behind three Division II teams with a time of 1:57.74.

The splaying moment for Carleton, however, came later Friday evening during the 400 IM. Carleton dominated the championship heat, placing three women among the top five finishers.

Sophomore Laura Arneson set the pace with a time of 4:51.68, taking the first of Carleton’s two individual wins on the weekend. She was followed by Jordan Pitcher ’98 in third place and Allison Thomson ’97 in fifth. Junior Meghan McCarthy easily won the consolation heat, placing ninth overall.

The Carleton women continued their winning ways during Saturday’s competition much to the delight of Head Coach Andy Clark.

“This team showed a lot of heart out there today,” Clark said.

McCarthy swam a sensational 1:04.38 100 butterfly to finish seventh while Arneson and Co-Captain Lydia Neilsen ’95 both dropped time in the 200 IM to finish fourth and sixth, respectively.

In the meet’s only distance freestyle event, the mile, Thomson surpassed all her MIAC competitors to finish fifth with Pitcher close behind in seventh place. Pitcher was pleased with her performance.

“We got ‘em good,” Pitcher said.

When the 100 breaststroke finals rolled around, both Carleton friend and foe knew what to expect. Coming off a prelim time of 1:10.44 that morning, Neilsen rocketed to a convincing National B-Cut qualifying time win in 1:09.67. Neilsen seemed relieved to have broken the 1:10 barrier.

“I knew that I was just wasting my time swimming 1:10’s. I had to get motivated,” Neilsen said.

Max “Stein” Harper ’98 was in total agreement.

“Lydia has been intimidating all day!” Harper said.

For the Carleton men, the St. John’s Invitational offered many challenges, however, the team continued to step up its level of performance, displaying strong transitions from the preliminary rounds to finals. Head Coach Andy Clark expressed a particular excitement about the evening performances.

“You have got to swim faster at night than you do in the morning,” Clark said. “We tried to do that consistently this weekend.”

On Friday the men’s 200 medley relay led off with an eighth place finish in 1:45.41, and, like the women, the men made gains in the 400 IM. In the championship heat, Harper seized a third place finish, and Co-Captain Josh “Air” Meltzer ’95 finished fifth, dropping close to seven seconds from his preliminary swim.

Neilsen was thrilled with Meltzer’s improvement.

“I told Josh that he was wasting his time too, swimming like that in prelims,” Neilsen said.

Sophomore Dan “12” McAvey also shaved seven seconds from his race in the consolation heat moving him up a place to fifteenth.

Sophomore Mike “Biscuit” Jernigan was nothing short of bodacious in his 100 fly. Jernigan blasted out a sterling time of 56.54, placing fourteenth in the event.

David “X” Hearn ’96 was all stars and stripes when he won the 100 freestyle consolation heat in 50.74. Jernigan was ecstatic after his race.

“Tell your parents about me,” Jernigan said.

In the 100 breaststroke it was Meltzer and Harper leading the way for the Carleton men again.

Harper placed first among MIAC opponents with a time of 1:03.27, and Meltzer, spurred on by Neilsen, dropped almost two seconds from prelims, coasting to a win in the “boner” heat.

Wrapping things up, the men’s 200 freestyle relay composed of “Even” Steven Furlanetto ’98, Eoin “Stinky” O’Hara ’96, Jernigan and Hearn clocked in a 1:34.75, finishing ninth overall.

Admittedly, the meet was a test of endurance for a Carleton team which has seen its fair share of injuries this season and has just recently seen the return of its two senior swimmers. Senior Strutter Gordon emphasized this point.

“I felt like a dead wombat out there on Saturday,” Gordon said.

Today the women’s team will participate in a tri-meet against St. Catherine and St. Benedict, and tomorrow both teams will swim in a showdown against of St. Thomas.
Swimmers plunging into conference

By Jesse Hanawalt

The third and fourth weekends in February always hold a special significance for MIAC swimmers and divers as they mark the culmination of an entire season’s work at the Conference Championships.

Wednesday evening, the Carleton women departed for St. Catherine’s, site of the 1995 MIAC Championships. Expectations for this year’s women’s squad are notably high as they hope to contend for Carleton’s best conference placement ever.

The men’s team is riding especially high spirits as well following an impressive 131-93 victory over St. John’s in their final dual meet of the year. Packed with Carleton supporters, Thorpe Pool came alive Friday evening as the Knights ripped through a St. John’s team expected to be one of the team’s chief competitors at the men’s Conference Championships next week.

Preceding the initial races, the Knightengales turned back the clock as they once again visited Thorpe Pool to perform a stirring rendition of the national anthem. Then, both swimmers and supporters alike saluted Carleton’s two senior swimmers, Co-Captain Josh “Air” Meltzer and Josh “Strutter” Gordon. Standing before a raucous and approving crowd, Meltzer was presented with a package of small, ribbed tank tops while Strutter received juggling balls and a neon jump rope, eternal symbols of respect and fellowship. Meltzer expressed his sentiments regarding the pre-meet celebration.

“I would have much preferred Starship, but I thought the Knightengales did a nice job. It took me back to the glory days of Carleton swimming,” Meltzer said.

The Knights took charge quickly as their 400 medley relay team consisting of Max “Stein” Harper ’98, Meltzer, David “X” Hearn ’96 and “Even” Steven Furlanetto ’98 blasted past the Johnnies’ relay team, racing to a first place time of 3:49.96. Immediately following the relay, Strutter and Furlanetto set about dominating the 1000 freestyle with respective times of 11:00.17 and 11:20.22. After his second-place finish, Furlanetto was asked why he is considered by so many to be a champ.

“It’s a long season which has its twists and turns,” Furlanetto commented. “I recommend a balanced diet and consistent use of imagery to prepare for your big event. I never get agitated, therefore I never lock myself out of races.”

Carleton’s seniors continued to come up big against the Johnnies all evening long. Meltzer was electric in his individual races, coasting out to an easy first place time of 2:06.67 in the 200 IM and coming from behind to take the 200 breaststroke in 2:20.10.

“I was all breast in that one,” Meltzer said following the race.

Meanwhile, Strutter found plenty of energy after his hard fought triumph in the 1000 to score a season best time of 2:08.61 in the 200 butterfly. Carlos “Peanut” Martin ’98 commented on Strutter’s achievements.

“Strutter was definitely a warrior in the pool today,” Carlos said. “I’m still recovering from the chill challenge.”

Co-Captain Anthony “Stallion” Barry ’96 seemed quite pleased with the team’s energy level considering the Conference Championships are just a week away.

“We didn’t back down an inch out there today. I believe everyone is going to drop a lot of time, and this team is going to surprise some people next week,” Barry said. “All we need now is someone to shave Tiny’s back!”

The women will be competing at the MIAC Championships through Saturday. The men’s meet is from Feb. 27-29.
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The women will be competing at the MIAC Championships through Saturday. The men’s meet is from Feb. 27-29.
Carl swimmers better than ever
Women place third at conference meet — highest finish ever

By Mary Guest

While most Carleton students ardently studied last week, the Carleton women's swimming and diving team was busy making school history at the MIAC championships at the College of St. Catherine, placing third overall — the highest team finish ever.

Among the team's achievements were 10 school records, 11 All-Conference individual swims, four All-Conference relays, five individual National B-Cut times, one individual National A-Cut time, and one individual MIAC record. In addition, 97.5 percent of the team's swims were season-best times. Head Coach Andy Clark was pleased with the number of fast times.

"This team is [arguably] the hardest working team of any team on campus. As a coach, it's rewarding to see people get so many PRs [personal records]."

The MIAC meet runs three days. Prelims are in the morning, and the top 16 swimmers in each event have finals at night. The three- and one-meter diving events are interspersed throughout the days between swimming events.

Thursday, the meet commenced with the 400 medley relay. The team of Laura Arneson '97, Co-Captain Lydia Neilson '95, Meghan McCarthy '96 and Melissa Powell '98 finished in third place with 4:08.74, establishing a school record and receiving All-Conference honors.

Perhaps the most inspiring race of the meet was the 500 freestyle in which fourth-seated Arneson pulled ahead of three Olaf swimmers, to win the race in a school record, All-Conference, National B-Cut time of 5:13.56.

"Laura’s race really got me fired up," McCarthy said. "You know when the tears start to fall, it's time to get busy."

Indeed, McCarthy was fired up. She proceeded to take second place in the 200 IM in a personal best 2:16.10. Neilson closely followed in 2:20.73, claiming fourth place.

Powell finished in ninth place in the 50 freestyle in a mind-blowing 25.88 time. She later time-trialed the event, cutting her time down to 25.30, establishing a new school record.

The final swimming event of the day, the 200 freestyle relay, saw a fourth-place Carleton finish. Powell, Gwen Johnston '97, Arneson and Neilson clocked in at 1:44.19, establishing another new school record.

In diving, Anne Brown '97 and Melissa Sullivan '98 vowed the competition, finishing in sixth and 10th places respectively.

Coach Clark was happy with the direction of the team after the first day of competition.

"In the morning, everyone was a little anxious and tight, and there weren't as many good swims as people expected. But the people swimming at night stepped up to a new level of confidence," he said.

On Friday, things only improved for Carleton. The meet began with the 200 medley relay. First-year Sandi Phinney, Neilson, McCarthy and Powell powered their way to a first place, All-Conference, school record time of 1:53.43.

"We snaked it!" McCarthy said.

The 400 IM also belonged to Carleton. Arneson, again seeded fourth, won the event in 4:42.73, setting a school record, a MIAC record, a pool record, and earning a National B-Cut and All-Conference honors. Sophomore Allison Thomson claimed second place in a National B-Cut, All-Conference time of 4:45.74. First-year Jordan Pitcher finished fourth in 4:50.91.

"They kept telling us to go fast," Pitcher said. "But I didn't know we'd go that fast."

In the 100 butterfly, McCarthy gracefully flew to an All-Conference 1:01.25 third-place finish.

The 100 breaststroke more-than-belongs to Neilson. She won the event in an All-Conference, National B-Cut time of 1:09.10. The following day, Neilson time-trialed the event, achieving an amazing 1:06.53, a National A-Cut time.

Phinney dominated the 100 backstroke in 1:03.96, claiming fourth place and shattering her previous personal-best time.

In Friday's final event, the grueling 800 freestyle relay, a pumped-up squad of McCarthy, Thomson, Pitcher, and Arneson earned All-Conference honors, finishing in 8:13.30, good for second place.

Just when the team seemed to be performing at its best, things got even better. Saturday opened with the longest race of the meet, the 1650 freestyle, often referred to as "66 lengths of hell." Thomson cut more than half a minute off her previous season best time, finishing in an All-Conference second place.

In the 200 backstroke, Arneson claimed second place, in a National B-Cut, All-Conference time of 2:12.73. Phinney followed in 2:19.79, earning seventh place.

Carleton repeated its second and seventh place finishes in the 100 free, as McCarthy and Powell finished in 55.47 and 56.38 respectively. McCarthy received All-Conference status and set a new school record.

Neilson revived her winning ways again in the 200 breaststroke, finishing in 2:29.23, claiming All-Conference honors, a National B-Cut, and school and pool records.

"I really went to town today," Neilson said.

The 200 butterfly saw the burly duo of Pitcher and Thomson finish in third and eighth places in times of 2:17.23 and 2:30.55 respectively. Pitcher earned All-Conference honors in the event.

Finally, the 400 freestyle relay team of Arneson, Powell, Neilson and McCarthy finished a body-length behind an over-confident Olaf team, claiming second place, All-Conference honors, and a school record.

Brown repeated her sixth-place finish in the three-meter diving competition, beating out over a dozen competitors.

As a victorious Olaf squad screamed its customary, "You win the first day, you win the second day, you win the third day, you win the meet," the Carls smiled, knowing that someday soon the cheer would belong to them. National qualifiers Arneson, Neilson and Thomson believe that their wins over Olaf are only the beginning of an upward Carleton trend.

"We really smoked [them]," they said.

Coach Clark agrees that Carleton swimmers and divers are on their way to the top.

"This meet established a Carleton landmark — we've established ourselves as a force in the conference. Our team just keeps on getting stronger and stronger."

Neilson is guaranteed a plane ticket to Nationals, at Wesleyan University in Connecticut from March 8-11. Arneson and Thomson are anxiously awaiting news of the decision about whether or not they will attend the meet also, though Coach Clark expects that they will both go, too.

"At this point, I hope that all three will go. Nationals will be a great opportunity for them to improve from what they did at Conference."
Men's swimming and diving: Oh, What a Year!

By Jesse Hanawalt

What a difference a year makes! Reading into last week's MAC Swimming and Diving Championships, both the Carleton coaches and swimmers alike focused on one of the squad's numerous positive slogans — Never Assume Anything. After placing sixth in the MAC in 1994, graduating a large senior class and thus fighting through a season plagued with injuries, the men's squad defied all expectations at this year's conference meet, placing third with 431 points, the highest finish in recent team history.

Swimmers generally refer to the period of speed work and low-intensity workouts which precedes a major meet as their "nurture" period. Although nothing can be taken away from the dedication and long hours put forth by all Carleton swimmers and divers over the course of the season, in an exhilarating three days of competition, it became strikingly obvious that the Knights had experienced the best taper in the conference.

"We had seven, I say several remarkable things happen to us at Conference," said Coach. "Indeed, of their 74 swims, the team recorded 100 percent season-best times, three school records, a MAC meet record, one consideration National Cut and an automatic National Cut.

The moment the men stepped into their quilted-downtop suits on Thursday, they found new inspiration to finish ahead of their competition. Five hundred freestyle swimmers "even" Steven Fioranetto '98 and Dave "12" McAvey '97 dropped a combined 11.2 seconds from their prior races to finish as they placed 12th and 16th in 3:02.69 and 3:15.66, respectively. McAvey encountered some difficulties during his morning swim.

"[Coach Andy Clark] said it might be beneficial for me to have some blood running to my quads and hamstrings in a race like the 500. I sized up my suit and dropped seven seconds, Whoo!" McAvey said.

Later, in the 200 IM, senior Co-Captain "Jim" "Air" Meltzer blasted into a fifth-place finish in 2:08.10 and Carleton's 400 medley relay composed of Max "Jinn" Harper '98, Meltzer, Mike "Biscuit" Jerimigan '97 and Dave "X" Harris '98 received All-Conference Honors, placing third. Harper set a new school record of 3:53.94 seconds in the opening 100 breaststroke leg of the relay.

When Thursday finals had concluded, despite having failed to claim another individual, the men found themselves sitting in seventh place, ahead only of St. Mary's who had narrowly two swimmers present at the conference. It was interesting to view the squad's lack of scoring on the opening day.

"It was a lesson in tragedy in the second meet, we were hoping to build on the momentum of the first day, but unfortunately our olympic trials were not as strong as we would have liked. This second day, we scored extremely well," Maltz said.

Carleton's best hope for representation in NCAA Division III Nationals came around with the 100 breaststroke, "Leggy Ego" Harper certainly appeared to be up for the task.

Markings like a good animal in front of the blocks, "Sticky" O'Hara '96 said, "I thought I could actually consume several O's. Apparently, the men officials are looking into installing starting gates especially for my next race so I can use my ferocious nature and our core advantage."

Harper won the 100 breaststroke easily in 57.53 seconds, setting a new MAC meet record and qualifying for the National Qualifying Standard by over a second.

Carleton's tone diver Ken "Tung" McKinney '98 threw some spectacular dives in the one-meter competition adding a fourth-place finish to Carleton's storming second day achievements.

By Saturday, Carleton was right back in the thick of things, and with many of the swimmers looking forward to multiple events, the team's energy level soared once again. The senior Knight picked up huge points in the 200 backstroke, Barry, Jacobs, McAvey and Harper raced to 13th, 12th, 10th and first places, respectively. In one of the most dramatic races of the season, Harper steamed past his competition in the final 50 yards for the win and a new school record of 1:58.40. Jacobs seemed pleased with the team's performance in the backstroke.

"We were working on the water out there, baby" Jacobs said. "This team has got the best back in the conference."

In the consolation heat of the 100 butterfly, Harris and Jerimigan were magnificent, darting to ninth and 11th place finishes with respective times of 50.29 and 50.27 seconds. Both swimmers were ecstatic with their races.

"It was just like swimming with the bull sharks in Costa Rica," Harris said.

"Tell the 'Kittier' girls about us!" Jerimigan added.

Markus and Carlos "Pennant" Martin '98 also raced to lifetime-best 100 freestyle times in highly inspiring performances. McKinney conquered weighly points in the three-meter diving, hitting some gorgeous 180s as he surpassed the "Kitt and Erin Tanfield" from MAC.

Mckinney's three-meter act was followed by Carleton's "touch guy trio" of Jesse "Spirit" Hanawalt '91, Fioranetto and Gordon who never let us up in the mile, finishing 16th, eighth and sixth, respectively.

As the competition neared an end, no other team could hope to match Carleton's level of spirit and intensity. Those who weren't competing rushed to cheer on Watson, Harper and Meltzer in the 200 breaststroke. In the final race of his Carleton career, Meltzer rocketed to the third place with an astounding time of 2:13.82. He would be joined on the awards stand by Harper who took second place with a National 'B' Cut of 2:08.76.

Meanwhile, Garbow was taking off the effects of his hard fought Mile with a 5K warm-up in order to prepare for his final race, the 200 butterfly. Carleton's big boys Gordon and Jacobs rode Head Coach Andy Clark's "Book Theory" to seventh and eighth places in the race. Gordon was content with his far-well performance.

"When that last 75 yards started to hurt, I just closed my eyes and thought about Rothblum," Gordon said. "It was beautiful."

In an extraordinarily tense finish, the Knights' 400 freestyle relay preserved a third place for Carleton by just three points over fourth place St. Thomas. Although perennial MAC powers St. Olaf and GAC finished first and second, Carleton's monumental achievement was widely recognized. Coach Clark commented on the sensational culmination of the 1995 season which marked Carleton's highest combined finish ever.

"We knew going into this meet that every point would be crucial for us," Clark said. "Our success at Conference this year is a tribute to a great team effort. This team has stuck together from the very beginning, and now, we are experiencing the pay-off.

A vivacious men's squad was eager to return to Carleton in order to celebrate their overall performance, especially "Even""s Spencer, Martin spoke for the entire squad when he expressed his sentiments on Carleton's surprising jump to third place.

"You never ever know!" Martin said.

"Ya NEVER, EVER know!"
Neilsen sinks national swim record

By Meghan McCarthy
and Allison Thomson

An individual national champion — senior Lydia Neilsen — highlighted the performances of the men's and women's swimming and diving teams at their respective season-capping Division III National Championships.

The women sent two swimmers, Neilsen and Laura Arneson '97 to Middletown, Conn., to compete from March 9-11, while Max Harper '98 was the lone representative of the Carleton men's team in Oxford, Ohio the following week, March 16-18.

Neilsen realized one of her lifetime goals by becoming the national champion in the 100 breaststroke with a national record-setting time of 1:04.82. All that head swimming coach Andy Clark could say after witnessing Neilsen's morning swim before the evening championship race was, "I haven't seen too many people that focused."

After her swim in the morning session, Neilsen had to defend her first place seed in the evening. Aided by her sudden hair loss earlier that day, she successfully fended off a very close field of competitors to win the race, becoming the first Carleton woman in the last ten years to achieve a national crown. Her performance drew raves from her teammates, and Neilsen's mother looked on with tears in her eyes.

Neilsen also excelled in her other events at nationals. In the 200 individual medley, an event she just discovered this season, she achieved a personal-best time of 2:17.41.

Her last event of the meet was the 200 breaststroke, which she has always feared due to its length. She apparently overcame this fear, and in a performance unlike the sprinter she professes to be, she pulled off an outstanding back half to her race, finishing tenth in the evening with a personal best time and a new school record of 2:26.78.

"I was one fast mama-bear out there!" Neilsen exclaimed after this weekend of fast swimming, ending her Carleton career.

Arneson picked up where Neilsen left off, setting two new school records in the process. In her first event of the meet, the 200 IM, she settled a long rivalry with several teammates by coming out on top with a school record, personal-best time of 2:15.21.

"I really snaked it!" Arneson roared as she climbed out of the pool.

She also achieved honorable mention All-American status for the first time in her career with a 15th-place finish in the 400 IM with a time of 4:45.91.

"I'm really happy to have done so well, because as we all know, the 400 IM is the only real event in swimming!" she said.

Arneson's final event of the meet was the 200 backstroke, where she achieved another high finish at the meet, a 15th-place swim of 2:10.70.

"Laura is really a night swimmer," Clark said, after watching Arneson once again improve her time from the morning to the evening.

Fired up by the performances at the women's meet, Harper was ready to continue the long-standing Carleton breaststroke legacy. Like Neilsen, Harper's strongest event was the 100 breast. He came off the blocks on fire, posting the second fastest 50 split of the meet, but in a very close race, he finished seventh, attaining All-American status with a time of 57.93.

Harper succinctly summed up his performance in two words, "YAR dude!"

In the longer breaststroke event, the 200, Harper turned out a personal-best time, as well as the fastest time in the MIAC this season with a time of 2:07.20 and a 10th-place honorable mention All-American finish.

Harper also had an unprecedented fourth-second drop from his previous best time in the 200 IM with a finish at 1:56.11.

"Max really showed a lot of poise and presence for his first national competition," Clark said. Clark would add that nationals reflected the team's performances throughout the season, saying "We really went to town!"
Hmmm. . . water tastes good!

Co-Captain Anthony Barry '96 gets a mouthful of the Olaf pool.  
photo by Cameron Swinton
Sports Wrap
WOMEN'S SWIMMING
Lydia Neilsen '95 of Cleveland Heights, Ohio, won the NCAA Division III National Championship and All-America honors in the 100-yard breaststroke (1:05.55) to become the first Carleton woman to win a national swimming title. The meet was held at Wesleyan University in Middletown, Conn.

Neilsen's preliminary time in the 100 breaststroke, 1:04.82, set the national record as she became the first woman in NCAA III to swim that event under 1:05 (the previous national record was 1:05.07). She gained honorable mention All-America honors with a 10th-place finish in the 200 breaststroke in a school-record time of 2:26.78. The top eight finishers in each event are awarded All-America distinction.

Laura Arneson '97, from Ann Arbor, Mich., finished 15th at nationals in the 200 breaststroke (2:10.92) and 15th in the 400 individual medley (4:46.28) to earn honorable mention All-America honors in both events. Her preliminary time of 2:10.07 in the 200 breaststroke set a school record.

Arneson and Neilsen swam the 200 individual medley, but neither advanced to the finals. Arneson's time of 2:15.21 set the school record, while Neilsen had a 2:17.41. As a team, Carleton placed 30th with 30 points, the most points ever scored at nationals by the women's team.

The Carls finished third at the MIAC Championships with a school-record 520 points. They had 11 individual All-Conference performances and four All-Conference relay teams. The top three finishers received All-Conference honors and the team set 10 school records.

Neilsen won the MIAC Championship in the 100 breaststroke in a school- and pool-record time of 1:06.53. Arneson won the 500 freestyle (5:13.56) and the 400 individual medley (4:42.73). She swam the events in school- and pool-record times and finished second in the 200 backstroke (2:12.79).

Allison Thomson '97 of Richland, Wash., placed second in the 400 individual medley in 4:45.74, and placed second in the 1,050 freestyle (18:13.29). Meghan McCarthy '96 of Okemos, Mich., earned All-MIAC honors with second-place finishes in the 200 individual medley in 2:16.10 and the 100 freestyle in a school-record time of 55.47. She finished third in the 100 butterfly in 1:01.25.

Jordan Pitcher '98 of Wichita, Kan., received All-Conference honors by finishing third in the 200 butterfly (2:17.23).

All-Conferece relay teams were: 400 medley (third in a school-record time of 4:08.74) with Arneson, who had a 100 backstroke split of 1:03.24, Neilsen, McCarthy, and Melissa Powell '98 of Pittsburgh, Pa.; 200 medley (first in a pool- and school-record time of 1:53.43) with Sandra Phinney '98 of Colorado Springs, Colo., Neilsen, McCarthy, and Powell; 400 freestyle (second in 8:13.30) with McCarthy, Thomson, Pitcher, and Arneson; and 400 freestyle (second in a school record time of 4:08.74) with Arneson, Neilsen, Powell, and McCarthy.

MEN'S SWIMMING
Max Harper '98 of Edina, Minn., helped the Knights to their highest conference finish in recent years with a record-setting All-Conference performance at MIAC Championships. By helping Carleton to a third-place finish, Harper automatically qualified for the NCAA Division III Championships in the 100-yard breaststroke. His first-place time of 57.53 set a pool record, earning him All-Conference distinction. Harper set a pool and school record in the 200 backstroke, winning that event in 1:58.4. He had a second-place finish and provisional national-qualifying time of 2:08.76 in the 200 breaststroke.

Co-captain Josh Meltzer '95 of Athens, Ga., earned All-MIAC honors in the 400 individual medley (4:17.73) and 200 breaststroke (2:13.82). Meltzer and Harper teamed up with Michael Jernigan '97 of Oak Ridge, Tenn., and Dave Hearn '96 of Santa

(continued on next page)