More sports...

A shows well in swim meet

U of A shows good form right from the start.

being used by the Phys. Ed. 382

EnCompass yourself

Are you lost, need direction? commencing at 11:00 that mor-Are you lost, need direction Most of the time this message ning. The fees are an unbelieveably

help office but this particular one cheap 1.50 for the novice and has appeared on many posters beginner course and 2.00 for the around campus. The message is intermediate course

The phys-ed class say to class who are holding their fourth annual orinteering clinic and meet on Saturday and Sunday, Nov. 7 ed at the meet for a token rental and 8. The clinic will take place on fee of .50.

Having attended similar Saturday beginning at 9:30 a.m. in Room E-120 of the Phys-Ed meets in the past I can tell you that complex. In that same afternoon they are a hell of a lot of fun and there will be fun for everybody in well worth the time and the the novice and brush up clinic. expense.

The meet will take place in

of A soccer Bears, led by coach Bruce Twamley travelled to B.C. to play Victoria and UBC. The

Bears came away with a 3-2 win over Victoria and this win alone assured them the CWUAA soccer championship. Considering the Bears missed the playoffs last year this championship is particularly gratifying. The game on Saturday against UBC did not mean anything but the Bears still beat the T' Birds to close out their season. Next week the Bears play Laurentian but the field site is still undecided. Poor field conditions in Varsity Stadium would move the game to St. Albert.

Also on the weekend the U of A Golden Bears basketball team went on the road to Manitoba to play in the Iron Man's Classic. Brian Heaney's squad showed promise and some fairly good play and beat the Winnipeg Westmen 81-64 in the consolation round final. Could this be a sign of better things to come? Let's all hope so.

Finally, on the weekend the CWUAA cross-country meet was held right here in Edmonton. The meet was a good one from a competition standpoint and the U of A teams showed fairly well. The Pandas came second as a team to the Huskies for the second year in a row and the Bears met tough competition, placing sixth. Adrian Shorter ran a good, solid 10,000 metres placing third for the Bears.

The U of A swim teams hosted the 3rd annual Golden Bear Invitational Sprint Meet right here this past weekend. The meet was supported by 12 Alberta clubs and included approximately 200 swimmers. There were four age groups in the meet including 11-12, 13-14, 15-17 and the 18 and older class. They swam in four categories: the 100 butterfly 100 backstroke, the 100 breaststroke and the 50 metre free style.

The meet for the Bears and Pandas was really just to find out where they were strong and where they were weak. A few strengths were reflected in the fact that the U of A had five separate winners among the Bears and the Pandas.

In the womens competitions two Pandas won events with Maureen New winning the 100 metres butterfly, backstroke and freestyle, in the 15-17 age group. In the 18 and older group Pam Montgomery won the 100 breaststroke.

Swim team coach John Hogg commented that many improved times were shown amongst the women including: Sheila Honeyborne, 2nd in the 100 butterfly in a time of 1:17:32, Isabelle Langois, 2nd in the 100 backstroke with a time of 1:19:07 and Barb Hemphill, 2nd in the 50 free-style in a time of 30:12.

In the mens competition Jeff Riddle was the strongest U of A swimmer taking the 100 butterfly in 59:48 and finishing in a dead heat with Brian Culton, also of the U of A, in the 100 breaststroke in 1:11:93.

Brent DesBrisay of the Bears finished first in the 50 metre freestyle in 25:11 just .40 seconds off his best time.

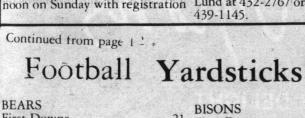
The U of A came away with two aggregate winners in the meet with Maureen New winning the overall title in the 15-17 and Jeff Riddle taking the 18 and older category

The Bears and the Pandas first major tournament is next week, the 6, 7 and 8 of November when they travel the University of Washington to participate in the Huskie relays on Friday evening with five other Universities. On Saturday they will take part in a duel meet with the University of Pugett Sound who easily beat the Bears two years ago in a similar meet.

'We're kind of looking to even the score." says John Hogg. This is the first time the

Pandas have competed against the strong Pugett Sound squad so if they can just give them a run then the coach will be pleased. The U of Pugett Sound has an excellent swim program and consistently turns out excellent sprinters so the team is hoping to win the longer events and stay close in the sprints. The coach also feels the Bears have a good shot at taking the breaststroke.

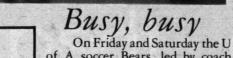
es THIS WEEK'S ENTERTAINMENT PATCH No cover Mon-Tues Rencort • Wed. is Ladies night & U of A Pub Night (Admission free to U of A students with I.D.) IDDS 10620 82 (Whyte) Ave



First Downs Yards Rushing Yards Passing Total Offence Passes Attempted Passes Completed Punts/Ave. Penalties/Yards Fumbles/Lost Interceptions

21 First Downs 82 Yards Rushing 336 Yards Passing 418 **Total Offence** 31 Passes Attempted 17 Passes Completed 14/39.9 Puntgs/Ave. 10/73 Penalties/Yards 4/3 Fumbles/Lost 6 Interceptions

If you want more info on the Laurier park starting at 12:00 weekend please contact Mark noon on Sunday with registration Lund at 432-2767 or Sue Senior at 439-1145.



Listen-up

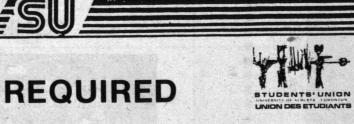
A concerned group of students have banded together and formed the U of A's first weight training club.

The students had no trouble forming the club and had a lot of support from the phys-ed depart-ment and Hugh Hoyles, coach of the Pandas volleyball team.

The club was not formed to raise money for new equipment although three new pieces have been purchased. These pieces of equipment were bought, however, by the phys-ed department. The club was formed to act as a service organization and a lobbying group. The club will also make sure that the weight room is kept clean and they will watch to make sure the equipment is in good repair.

The club, which is made up of volunteers, is also going to offer technical sessions to try and educate people as to how to use the apparatus in a safe manner.

So anyone who is interested in weight training go down to the weight room in the west wing of the phys-ed complex and find out more of everything there.



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Tuesday, November 3, 1981/