

Tigers ready to make waves

by John Yip

The Dalhousie varsity swimming season is quickly coming to a close. The team has been training over 35,000 m a week over eight practices, interspersed with weight and dryland training. With a few weeks remaining, the Tigers have prepared themselves thoroughly for the upcoming challenge of winning the AUSA Championship.

Here are how things look for the Tigers: On the men's side, CIAU qualifiers Sean Andrews, Sean Dupuis and Ian Jackson will set the tone for the weekend. Greg Rasmussen is in fine form and should defend his mile title from last year and will probably earn himself a trip to CIAUs.

Backstroke Steve MacDonald is another potential CIAU qualifier. MacDonald has virtually gone undefeated in the backstroke events. Butterfliers Dave LeBlanc and Mark De Jong will jockey for top 6 finishes while Dal record holder Ron Hawary and Troy Brown will take on the challenge of breaking University of New Brunswick's hold on the freestyle events.

Individual medley swimmers Seb Stachowiak and PJ Cowan will extend their lucky streaks in the pool once they are shaved down and rested. Backstroke Jarrett Doucet is expected to come up with some big swims for the AUSA Champion-

ships as is Commonwealth gold medalist Andrew Haley. Fellow backstroke Eddie Stewart has worked hard all season. Expect to see some big drops in time for the Caper.

The young crop of sprinters will be up against some stiff competition from the UNB, however rookie Steve Indig and Andrew Kirby have shown some impressive results over the season. Both Indig and Kirby will be up for the challenge. AUSA finalist Curt Puchard and John Yip are aiming for a Dal sweep in the breaststroke events.

The women are ready to strike. The Tigers are led by CIAU qualifiers Sarah Woodworth and Kristen Taberner. Both swimmers have shown that they are the class of the

conference. First year swimmer Gail Sepp is on the brink of qualifying for CIAUs. She will definitely be a force to reckon with in the 400m Free.

Keep an eye out for fliers Amanda Ross, Erin Malone and Tara Weber. The threesome should take down the butterfly events in a blink of an eye. Backstrokers Kristen Matthews and Lisa Hughes have progressed steadily all season. A major breakthrough for Matthew and Hughes is in the works for the Championship meet. Sarah Nelson and Margaret Banbury will be lightning fast in the backstroke events and should contribute vital points to the women's cause.

Freestylers Kristie Saunders and Stacey Connick, are expected to rise

to the occasion and flash their Tiger claws to rivals UNB and Mt. Allison. Rebekah Lawson and Betty Hawary have put in many hours in the pool and will be in fine form to race in two weeks time. Last but not least, Corey Minter and Maura Strapps will strut their stuff in the the breaststroke events.

The success of the Dalhousie varsity swim team also depends on the coaches and support staff. Under the direction of Head Coach Nigel Kemp and assistant coaches David Fry, Darryl Dutton and Janet Tingley, the swimmers have become fit and technically sound. At press time, Coach Kemp declined to reveal the team's strategy. Meanwhile, the athletic trainers, supervised by Chuck

McGibbon and his cohort Jake Crawford, plays a crucial recovery role for the team. They will be responsible for loosening tight muscles with their nimble fingers. The team managers Marsha Gollan and Robin Mackay will also be busy running the meet and coordinating the officials.

Diagnosis: Dalhousie's main rival for men and women's team is University of New Brunswick. The Varsity Reds should be a worthy opponent, however my prediction is that Dal will edge out UNB for double titles.

The AUSA Championship Swim Meet takes place at Dalplex Feb 17-91. Come out and support your Tigers!



Tigers get airborne in Fredericton.

Swimmers meet at UNB

by Katharine Dunn

A little too close for comfort. That's what the Dal swimmers are saying after this past weekend's competition.

Both teams performed well, but while Dal triumphed over the University of New Brunswick (UNB) women, the men finished just short, losing to the UNB men by a mere 4.5 points.

It was a close meet all weekend between the Tigers and the UNB

Reds. After Saturday's competition, the women's teams were tied after ten events, and the men's Tigers were trailing by one point.

Sarah Woodworth dominated the women's side, winning both the 200m backstroke and the 400m freestyle. Her time of 4:31.53 is the sixth fastest time in the country for this event so far this season. Kirsten Taberner and Kirsten Matthews also turned in first place finishes by winning the 200m butterfly and the 50m backstroke respectively.

On the men's side, there were four individual winners on Saturday. Ian Jackson swept the 50m and 200m breaststrokes, Sean Andrews won the 200m butterfly in a smoking time of 2:12.06, Shawn Dupuis won the 400m freestyle, and Steve MacDonald won the 200m backstroke. The men also won the 4x100m medley relay.

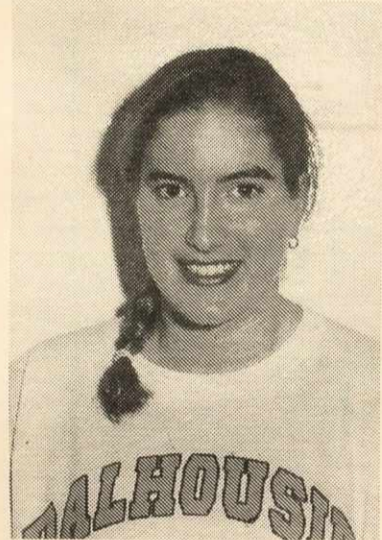
Sunday, the women came back to win over UNB by 33 points, while the men came just short. The event winners included Sarah Woodworth,

Kirsten Matthews, Ian Jackson, Sean Andrews, Greg Rasmussen, and the women's 4x100m freestyle relay.

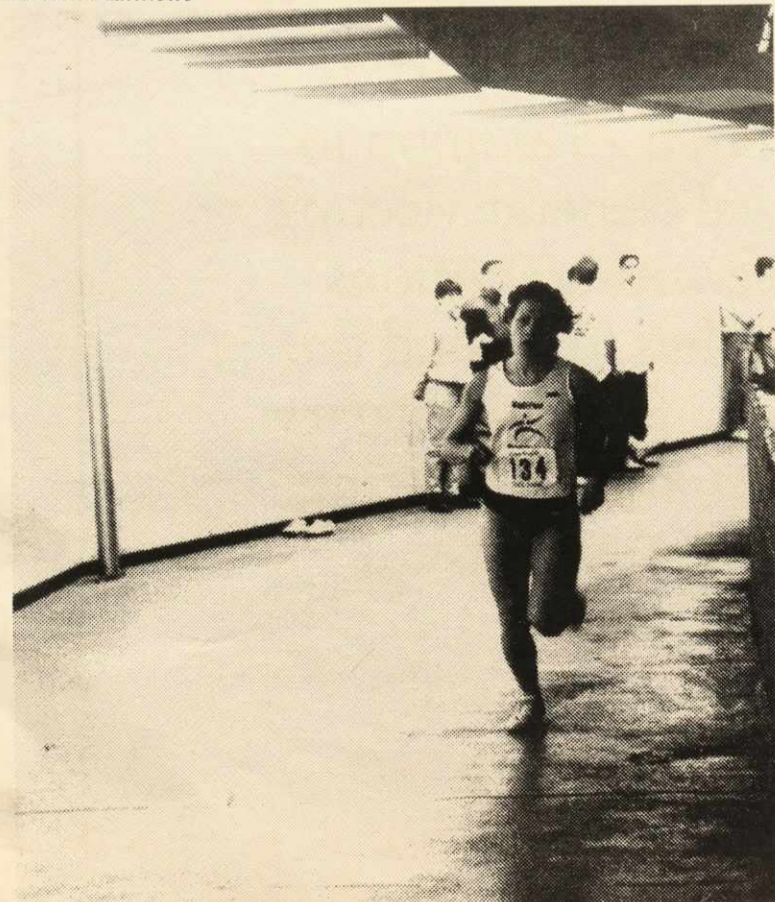
Although the individual event winners are mentioned most often, as we all know, a team cannot win on the strength of four or five people. Every single Tiger swimmer is vital for the overall success of the team.

Please come out and give the swimmers your support. The AUSA Championships take place in three weeks at Dalplex.

Good luck swimmers!



Kirsten Matthews



Dal runner burns up the Dalplex boards.

Looking up

by Dan Hennigar

Dalhousie's Melina Murray is ranked number three in the entire CIAU but her time still does not rank her number one on the Dal track team, at least not yet and, with Paula Peters on the team, capturing the number one position certainly won't be easy.

Murray's amazing solo run at Dalplex last Saturday was the third fastest time run by any CIAU athlete so far this year. Murray, who is recovering from a hamstring injury, led the race unchallenged from start to finish. Her time of 1:35.8 in the 600m event was the only performance of the meet to surpass the CIAU's qualifying standards.

Cheering her on was last year's CIAU Bronze medalist and this year's event leader, Paula Peters. Peters decided to sit out this meet in preparation for an important competition at the University of Toronto next weekend.

On January 14, at the season opener in Dalplex, Peters ran the fastest time in Canada this year. Sprinting by all her male competitors in the last 200 metres of the race, Peters was inspired to a career best of 1:32.7.

Murray and Peters, both of whom are eyeing the top spot on the CIAU medal podium this year, will form the core of the women's 4x400m relay team. They will be joined by sprinters Marsha Moore and rookie Terri Baker.

Rachelle Beaton, Dalhousie's top high jumper, destroyed her competition in the women's high jump. She won the event clearing 1.63 m on her first attempt. The bar was then set to the CIAU standard of 1.66 m, but after three close attempts she was forced to settle with the win.

In the women's 1500 m, rookie Cindy Foley ran a convincing race to finish first.



CIAU cross country All Canadian Rayleen Hill finished second. Hill, who has spent the last week recovering from a muscle strain, took the early lead but was unable to counter a strong surge by Foley in the final lap.

Other very strong performances came from Tracey Hoskin and Terri Baker. Tracey Hoskin won the 1000 m race by over 21 seconds. Her time of 2:57.0 placed her less than half a second behind the CIAU standard.

Sprinter Terri Baker also barely missed achieving standard. The 18-year old's impressive 41.3 second effort established a new junior provincial record for the 300 m.

The Dalhousie squad is sending a team of ten athletes to the University of Toronto Invitational this weekend. Catch the Tigers at the team's next meet at Dalplex on February 11.