

Intramurals

Men

Basketball:

The finals were held for all divisions last Thursday. The results of each division are as follows:

Division I

L.D.S. "A" squeaked out a victory from Law "A" winning 45-44 in overtime. The game was not decided until the final buzzer. Congratulations L.D.S.

Division II

6th Mac and Law "B" were scheduled in the Division II finals. Mac continued its fine play in winning the Law "B" team 42-32. Congratulations to 6th Mac.

Division III

10th Henday and Eng "D" were pitted against each other in the final game. Again the difference emerged the victor. Henday downed Eng "D" 36-28. Congratulations 10th Hen-

Independent League

The Men's Intramural Office would like to thank all the participants of the 1976-77 basketball season. Again congratulations to the winning teams.

PPR had little trouble in winning Clinical Sciences 39-19 in the final game of the independent league. Congratulations to

Cross-Country Skiing:

The cross-country ski race held last Saturday at Squamish Park. The good weather and good snow conditions made for a great race. The following are

the top 10 finishers in this year's race.

1. A. Barrow Upper Res 9:50
2. D. Brenchley Upper Res 10:19
3. B. Lampard Med 10:21
4. b. Blais A&S 10:22
5. R. Osterwaldt A & S 10:23
6. R. Quinlan AAA 10:44
7. B. Eliason Med 10:47
8. G. Hasey Med 11:11
9. D. Franz P.E. 11:16
10. D. MacGregor K. Sig. 11:17

Congratulations to the winners and a special thanks to all the participants.

Badminton

The schedule has been drawn up and is posted across from the Men's Intramural Office. League games start to-night so please check the board for your playing time. All games will be played in the Education Gym.

Volleyball

The deadline for this event is Tuesday Jan. 25, at 1 p.m. Please have your teams in by the scheduled deadline.

Participant of the Week

Dave Galbraith of PE receives the honor this week. Dave helped set up and run the cross-country ski race. Dave also participated in the race. Thanks for your help Dave.

Unit Manager of the Week

Bill Rugg of Forestry is this week's top unit manager. As an example of Bill's enthusiasm, he had all his 3 on 3 basketball players out for practice on Sunday evening. Keep up the good work, Bill.

Women

Completed Events:

Badminton singles was held 13-13 Mon, Tues, Thurs in the West Gym at 7:00 and 8:30 p.m. There was a great turnout. Thanks for making it a success.

Curling was held Jan. 15 at 10 a.m. and 12 noon on the SUB. It was great fun for all who attended.

Current Events: Keep Fit classes are running on Wed 12-1 in the Fencing room. Start any time. Excellent instruction is provided.

Swimming & Jogging charts again up in the Women's Locker Room. They will work on a monthly basis.

Cross-Country skiing is running Jan 12 and 26 at 5 p.m. at the U of A track. Everyone is welcome. Equipment and instruction supplied. Don't forget waxing clinic on the 26th - 10 a.m. at the Squash courts with

Snow shoeing is being held Jan. 19, 5 p.m. at the U of A equipment supplied. Meet at the Squash Courts with ID.

Coming Events:

3 on 3 basketball starts Jan. 17- Feb. 7. Mon-Tues or Thurs. 7 p.m. in the West Gym. Watch for new schedules. Come out and cheer.

Racquetball will be held Jan. 22 at 10 a.m. at the PE Racquetball courts. Both the competitive and recreational player will be accommodated. Equipment and instruction provided. Come anyway if you missed the deadline.

Bowling deadline is Jan. 24. The event will be held Jan. 29 at 10 a.m. and 12 noon at the SUB lanes. This is a recreational event with stunts, games and prizes. Shoes provided.

For further information visit the Women's Intramural Office M-F 12-1, M-R. 4-5. Phone 432-3565.

Co-Rec

Inner Tube Water Polo will be held Wednesday, Jan. 19 and run until February 9. For interested teams who have entered, the schedule is posted on the Co-Rec Boards. Please check the boards across from the Men's Intramural offices to see when you play.

Curling is on Sunday, Jan. 23 from 9 a.m. to 5 p.m. in SUB curling rinks. The tournament schedule will be posted Friday on the Co-Rec Boards.

Cross-Country Ski Clinic - some new tips on waxing skis and cross-country technique on Sunday, Jan. 23. Clinic with qualified instruction begins at 9 a.m. Bring along lunch and your own equip-

ment and we'll have a great day of skiing. We will meet on the Pool Field (south of the PE building).

Enter NOW at either the Men's or Women's Intramural office in the P.E. Building. Entry deadline is Wednesday, Jan. 26.

Badminton is on Saturday, February 5th starting at 9 a.m. in the main gym. One girl and one guy per entry (double entries are preferred but single entries will be accepted). Check the Men's Intramural office and Co-Rec boards for the schedule Thursday 4:00 or Friday.

Entry deadline is Wednesday Feb. 2, 1:00 p.m. Enter NOW at either the Men's or Women's Intramural office in the P.E. Building.

Young lifters at U

This Saturday, the U of A will host teenage lifters from throughout the province in the annual Alberta Junior Olympic Weightlifting Championships. The U of A club should dominate the weight classes in which they have lifters entered. Jim Czelinski should win in his weight class while lifters Ron Hill and Kevin Zimmerman will have to battle it out for the gold and silver medals in the 148 lb class. Erick Wilson of the U of A will probably have to settle for the silver medal in the 165 lb class, but Gerald Huculak expects to capture the gold medal and three teenage records in the 181 lb class.

The Grierson Centre training club will be sending several prospective medal hopes to the competition, providing some excellent lifting for the spectators. Several high school clubs are taking part, which is to be



The U of A's West gym will be the sight of the Alberta Junior Olympic Weightlifting Championships on Saturday.

expected in a meet of this sort. The Junior Olympics are held for the express purpose of developing young talent in a competitive atmosphere, giving all the youngsters a chance to compete within their own age group. The Weightlifting segment is only one of many events sponsored by the Junior Olympics organization,

with many other sporting activities being held throughout the year.

Additional members of the U of A team are ineligible to compete because they are classified as adults, or "seniors." Competition will commence at 2:00 p.m. in the West Gym, admission is free.

Bears make splash

Four days and seven scores ago, the formidable freestylers came into Calgary and kicked the merry pants off our wet cousins to the south.

The golden guppies hit the water with a splash and the sorry opposition from the University of Manitoba and University of Calgary swirled into the gutter and finished the race in the hair catchers.

Demonstrating the endurance of a mad bear in early May, gutsy Tom DeGroot led the long distance squad with strong

swims in the 1650 and 1000 yd. freestyle and the 200 yd. Fly. He was joined by Neil Martin in the 1000, Ken Reesor in the 500 free, and Ron New in the 200 free and 500 free. Together they turned the tide for the Alberta team, as intensive endurance training paid off in points.

Teeth gleaming, all-around good guy Butch Skulsky filled in the cavities of the team with victories in 200 IM and 100 and 200 breaststroke. His compatriots on the "breast is best" squad, did have their difficulties, however. Kevin Feehan, Ken

Ragan, and Tom DeGroot were disqualified on questionable calls.

Victories by Derek Cathro in the 100 fly and 200 back put the team out in front. Glen "Carlsberg" Carlson swam personal bests in all his events and inspired the rest of the team in and out of the water. Mark Polet, Kevin Feehan, and Doug Ross also added points in the last races to increase the lead. Ross then combined with Mr. McNeill, Cathro and Skulsky to win the 400 fr. Relay.

Pandas sweep

Last weekend the U of A swimming Pandas hit the water at the U of C and splashed their way to victory in all but one event. The girls took one-two position in 5 of 9 individual events, and swept the relays to prove the Pandas are once again the best in the west.

Ann Nelson won the first event of the day setting the pace in the 800 freestyle and followed with 2 more victories in the 400 individual medley and 400 freestyle. Wendy Barton took first honors twice in her specialty, the freestyle sprints. Carol Anderson, Cathy Gulayets and Wendy Kruger each took a first to demonstrate the Panda power in the water.

All totalled, the U of A points of the day beat U of Manitoba and U of Calgary in the double dual meet. Against U of M, the Pandas made 70 points to their 23, and crushed U of C 80 to 15.

To solidify Panda dominance, the women made a clean sweep of all events. Ann Nelson and Wendy Barton led the team, winning two events a piece, Nelson the 200 butterfly and backstroke, Barton the free sprints.

Cathy Gulayets, Janet DeGroot, Susan Hunt, Cathy Rowe and Carol Anderson took firsts in their favorite events in the program. Special mention and congratulations to members Helen Morley, Pam Woodside for best times.

To date, eight girls have qualified to swim in the CWIAU nationals and more are expected to join the team indicated by vast improvements made in personal best times since the training camp in Las Vegas over Christmas.

CROSS COUNTRY SKIER

A Word to anyone waiting for spring or fall sales to get cross-country skiing equipment: **DON'T**

A combination of bountiful snow in the East and a lack of snow at western downhill resorts has resulted in unprecedented numbers of Canadians taking to the cross-country trails this winter. As a result, cross-country equipment is already in short supply. This year's spring clearance sales will have the most limited supply and selection of merchandise in years. In addition, fall pre-season sales will feature goods that have been discounted from the substantially higher prices that will be in effect next season.

If Good Equipment at this year's Best Prices is what you want, FRESH AIR EXPERIENCE is where you'll find that combination. NOW. We have brought new stock in from the West Coast where an almost complete absence of snow has meant a depressed cross-country as well as downhill market. We are offering these packages at sale prices NOW so that you can sample the delights of skinny skiing THIS winter.

SOHO SALE PACKAGE

SOHO birch skis with hickory edges
VASQUE boots; leather uppers; rubber soles
LILJEDAHL Tonkin poles
ROTTEFELLA Fonix bindings

\$69.95

(\$22 off suggested retail)

SKILOM 180 fibreglass skis
SOHO trail boots
LILJEDAHL Tonkin poles
ROTTEFELLA Fonix bindings

\$110.00

(\$22 off suggested retail)

BONNA SALE PACKAGE

BONNA 2000 fibreglass skis
SOHO trail boots
EXEL fibreglass poles
ROTTEFELLA
Fonix bindings

\$134.00

Next Session of Cross Country Lessons begins week of Jan. 24. Register NOW.

FRESH AIR EXPERIENCE

8537 - 109 Street
Mon-Fri 9:00 - 8:00
Tues. Sat. 9:00 - 6:00

