

Montgomery clinic highlights swim meet

Recreation notes

Michael D. Smith

Gazette Staff

Masters swimming in Arkansas is taking a turn for the better this year. There are five major meets and events on the schedule just through April 5.

The highlight of the schedule is the Region 8 Masters Championship at the University of Arkansas at Little Rock pool April 4-5. This is the first time the Arkansas group has played host to a regional meet.

This week, as part of a short course meet at UALR, Jim Montgomery, a 1976 Olympic gold medalist, will conduct a master's swim clinic prior to the meet,

Montgomery's clinic will be broken into two parts: A one-hour lecture session and a second hour spent in the pool.

The first hour will include videotape information with discussion on techniques or stroke mechanics.

While in the pool, instruction will focus on basic crawl and freestyle techniques with emphasis on lengthening and strengthening stroke power.

Topics also to be covered include warm-up exercises, turn techniques and information on starts.

Montgomery won three golds and a bronze in the 1976 Games. He was the first man to break 50 seconds in the 100 meters, setting an Olympic mark of 49.99, a record that stood until the 1984 Los Angeles Games when Rowdy Yates was timed in 49.80. In the 1976

Games, he won his bronze in the 200-meter freestyle and got golds for anchoring two American relay teams.

Montgomery also made the United States team for the 1980 Moscow games, but the American boycott kept him from competing.

Montgomery coaches and swims for the Lone Star Masters in Dallas and has given clinics to many masters clubs. He started the Lone Star club in 1981 with 12 swimmers, but now has 300 members and a waiting list of an equal number.

At 18, Montgomery won five world championships in Yugoslavia. He went on to win four more world championships, 14 national AAU titles, seven NCAA titles, breaking 10 world records in the process. He holds three masters world records.

As for Saturday's meet, a condensed schedule of events will start at 12:30 a.m. with warmups to start at 11:30. Among the nine events are the 50- and 100-yard events in freestyle, back stroke and breast as well as a 500-yard freestyle event. No relays have been scheduled.

★ ★ ★

ton Chamber, one of the team's players, said. Of that group, 20 are players that will play three matches while in the country. One will be played in Cork, another in Dublin and a third in another town.

★ ★ ★

A new set of age standards for relays took effect earlier this week for masters swimmers. According to United States Masters Swimming, groupings will be by cumulative age, rather than a particular age group.

The breakdown now is 119 years and under, 120-plus, 140-plus, 160-plus, 200-plus, 240-plus and 280-plus.

And speaking of relays (thanks to the Arkansas Masters Swim Club newsletter), an outstanding performance was turned in by a group of 65 and older swimmers at an October meet.

In the 200-yard mixed medley relay, Obel James, Norma Hoffrichter, Laverne Anderson and Bud Jackson set a state record with a time of three minutes, 4.26 seconds, a time that also was among the top 10 nationally.

★ ★ ★

ARKANSAS GAZETTE Tuesday, January 14, 1986

SWIMMING

Arkansas Masters meet

At UALR Swimming Complex
(All distances in yards)

50 freestyle

Doug Martin	23.41
Chuck Letzig	25.15
Allen Sanders	25.83

100 freestyle

Jim Montgomery	48.79
Pat Riley	53.81
Ron Bank	59.9

500 freestyle

Jim Montgomery	5:06.01
Marvin Schwartz	5:29.64
David Gillanders	6:34.26

50 backstroke

Frank Lorge	27.9
Chuck Letzig	33.29

100 backstroke

Frank Lorge	1:00.59
-------------	---------

50 breaststroke

John Ohrenus	30.84
Rick Field	31.99
Doug Rawl	35.38

100 breaststroke

John Ohrenus	1:08.77
Rick Field	1:14.43
Fred Schlegel	1:54.02

50 butterfly

Doug Martin	26.02
David Gillanders	26.66
Doug Rawl	30.89

100 butterfly

Doug Martin	59.72
David Gillanders	1:00.61
Pat Riley	1:00.96

WOMEN

50 freestyle

Daryl Lamb	28.33
Kathy Bay	30.77
Lori Huff	31.17

500 freestyle

Kathy Bay	7:27.89
Ida Hlavacek	8:26.6
Sally Moore	11:01.04

50 backstroke

Daryl Lamb	36.49
Norma Hoffrichter	52.08
Laverne Anderson	53.89

50 breaststroke

Daryl Lamb	37.49
Kathy Royce	40.77
Kathy Bay	41.6

100 breaststroke

Kathy Royce	1:27.36
Lori Huff	1:35.03
Ida Hlavacek	1:43.5

50 butterfly

Daryl Lamb	31.2
Lori Huff	36.1
Kathy Bay	36.27

If you're an all-round swimmer take a shot at aqua-pentathlon