

Swimmers enter regional meet

Oregon enters 14 swimmers and five divers in the Northwest College Women's Sports Association Swimming and Diving Championships today through Saturday at Washington State University.

The Ducks, who finished fourth last year, have a clear shot at second place this year, according to coach Virginia Van Rossen.

"Washington should win the meet again, but we should be able to hold off Idaho for

second," Van Rossen said. "Oregon State could be a threat for second as well."

Defending champion Washington has won the NCWSA title nine times in the last 13 years; the Ducks have taken four other titles, the last one in 1973.

Last year, Oregon took the top three places in both diving events. Debbie Sill, who won both events last year, heads Oregon's contingent, which also includes Laura McNaught, a

regional champ in 1979.

Senior All-American Kathy Hemmer, who has won nine NCWSA individual titles and holds four NCWSA records, will be favored to win the 500-yard freestyle, 100 butterfly and 200 butterfly. Hemmer has already qualified for the AIAW nationals in the 1,000 freestyle.

Sophomore Tina Helm, who won three events in 1979, should be the favorite in the 200 backstroke, in which she has

qualified for the AIAW meet. All-American teammate Tama Cuddeback will challenge Washington's Karin Fosburg for titles in the 200 breaststroke and the 200 and 400 individual medley.

Other top entries for the Ducks include diver Cindy Light, Ann Mortenson in the freestyle and butterfly events, Susi Borchardt in the sprints and Suzanne McNulty in the distances.

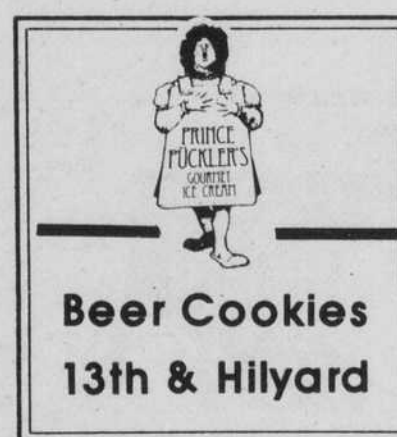
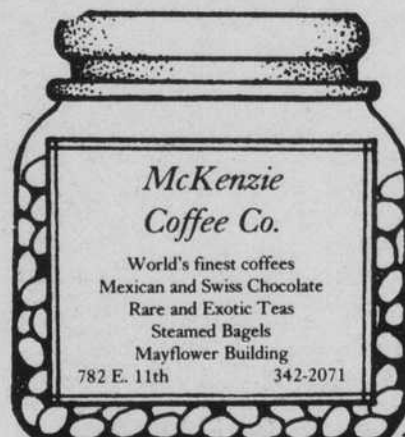
Johnson heads district

Oregon State center Steve Johnson, voted player of the year in the area, heads the All-District 8 college basketball team chosen by the U.S. Basketball Writers Association.

Ray Blume, a guard on Oregon State's unbeaten and nationally top-ranked team, also made the 10-man all-district squad, which is composed of four players from the Pacific-10, three from the West Coast Athletic Conference and three from

the Pacific Coast Athletic Association.

The other players honored were Alton Lister of Arizona State, Kevin McGee of Cal-Irvine, Quintin Dailey of San Francisco, Ron Cornelius of Pacific, Rod Foster of UCLA, Jose Slaughter of Portland, Boot Bond of Pepperdine and Brian Jackson of Utah State.



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Gearing

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because down is no good when wet.

Hats, at \$5-14, keep the ears warm. Ski masks (\$8), although a bit alien-looking, provide full-face protection. Balaclavas, also \$8, are a cross between the two. It is a pullover hat which also covers the sides of the face and chin.

Goggles (\$20-24) protect the eyes from windburn. Berg points out that double lenses have been a major improvement in recent years. "It's a major advantage," he says. "The single lens got fogged up, but the thermal lens keeps the cold air outside, the warm air inside, and a middle layer of air as an insulator."

Gloves and mittens run \$20-50. Berg recommends mittens for colder weather, but says they aren't as popular because they're so bulky.

Accessory bags and ski bags go for \$30, and day sacks — backpacks — run around \$20 and are a must for cross country skiers. "Since you have to layer your clothes and put more on or take more off depending on your pace, a day sack is really useful," Berg says.

Also for cross country buffs, spare tips (\$4), a roll of tape and some wire can be useful if a ski chips or breaks.

Gators (\$10-20) go over boots and keep snow and other wetness away from the feet.

Other things that may be useful, says Berg, are suntan cream and a baseball or cowboy hat when it's snowing.

Story by Jim Vitti

Graphic by Jody Murray

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