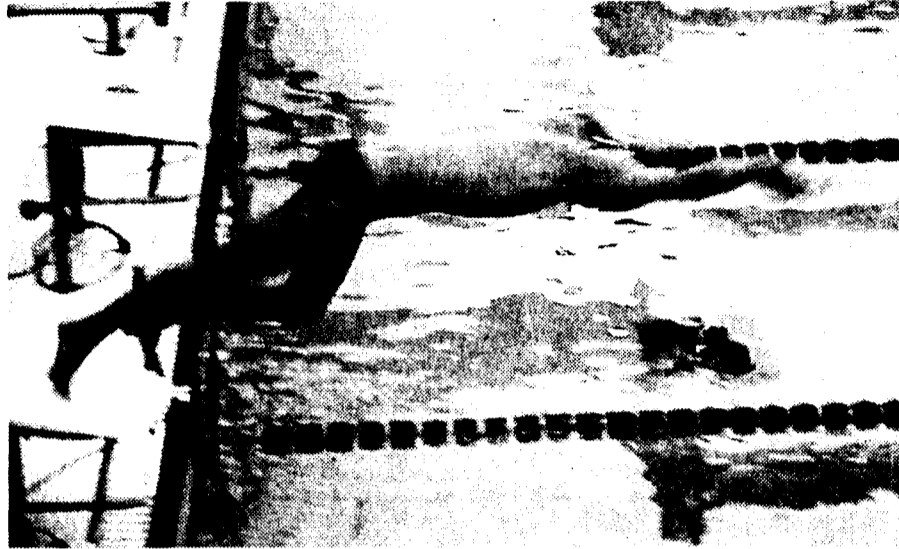


## Lions set off to fast start at Blue-White swim meet



after this, the corporate ladder will be a piece of [cake].

by Lauren Packer  
assistant sports editor

Seven meet records broken, one meet record tied, and six team records almost broken. All of this success and it was only an intra-squad meet.

The second annual Swimming and Diving Blue-White Meet jumped off the blocks last Saturday into what could be a very successful season.

Head coach Josh Heynes attributes his team's success in the first meet to a new workout routine and an earlier start.

"This year we started a few weeks earlier than in the past. We have also initiated a strict and intense dry land and cardio routine, including weights, running, and medicine ball work. Last year, we lacked a lot of strength in some races. This season should turn out to be a different season with this new program," said Heynes.

The new workout program has certainly proved successful so far.

The men's team kicked off its season by setting a new meet record in its first race. A relay team of Travis Kochel, Brian Vallor, Jeff Howard, and Carl Ward set the new record of 1:38:64 in the 200 yard freestyle relay, just six seconds off the team record.

Freshman Kochel broke another record in the 50 yard freestyle. With his time of 23.22.

Coming off a stellar water polo season, senior Ben Atkins continued strong in the 500 yard freestyle. Atkins' time of 5:19:67 broke the third men's meet record for the day.

"I think the Blue-White Meet is a real good thing," said Atkins. "It is good for the freshmen to see how a college meet works. It's also good because it has been awhile since the last time we competed in a race atmosphere."

Not to be outdone, the women of the Blue and White squads set four new records and tied one record. Blue squad member Tara Braden set the meet record for the 100 yard breaststroke in 1:15:76, less than a second off the team record she set last year.

Her counterpart, White squad member Christine Williams, broke the remaining women's records. Sophomore Williams finished first in five out of six races and broke records for the 100 yard backstroke, 500 yard freestyle, and 200 yard freestyle. Williams is just two seconds away from setting new team records in each event.

Williams' performance, along with Kochel and Atkins, allowed both the women's and men's White Squad to post a victory over the Blue squads in the Blue-White Meet.

Heynes is pleased with his team's performance in the first meet of the season and looks forward to continued

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improvement.

"I am looking for consistency in dropping times and getting faster each meet. It is a long and hard season we are stepping into, many sacrifices will be made and tough decisions too. At the end, it will all pay off," said Heynes. The Lions will get their first chance

to test their speed this weekend. They open up the season at home against Fredonia Friday night and then against Buffalo State Saturday. The Lions are optimistic and have a good mind frame for their first competition.

"Swimming is swimming," Atkins said. For the most part, you dive in, you swim your fastest, and you see how you do."

## THE BEACON SCOREBOARD

### THE PENN STATE SPORTS SCENE

Final Men's Soccer			Final Women's Soccer			Final Women's Volleyball			Presidents Cup Standings		Big Ten Football		
School	C.R.	Overall	School	C.R.	Overall	School	C.R.	Overall	School	Points	School	C.R.	Overall
Pitt Greensburg	8-0	19-1	La Roche	6-2	16-4-2	Frostburg	12-0	25-9	Penn State Behrend	31	Iowa	7-0	10-1
PS Altoona	5-2	13-4-2	Pitt-Greensburg	5-2	11-6	Behrend	8-4	16-17	Frostburg State U.	31	Ohio State	6-0	11-0
Behrend	5-3	8-10-4	Frostburg	6-2	10-8-4	Pitt-Bradford	8-4	11-16	Penn State Altoona	28	Michigan	5-1	8-2
Frostburg	3-4	8-9-2	Behrend	4-3	8-12	PS Altoona	7-5	13-13	U Pitt @Greensburg	25	Minnesota	3-3	7-3
La Roche	2-4	8-11-1	PS Altoona	2-4	10-7-1	La Roche	5-7	11-17	La Roche College	24	Penn State	3-3	7-3
Pitt-Bradford	1-5	6-14	Pitt-Bradford	1-5	5-14	Pitt-Greensburg	2-10	4-24	U Pitt @Bradford	18	Illinois	3-3	4-6
Lake Erie	0-6	1-15	Lake Erie	0-6	0-20	Lake Erie	0-12	1-19	Lake Erie	7	Purdue	2-4	4-6
											Michigan State	2-4	4-6

## THE NATIONAL SPORTS ARENA

NASCAR	National Hockey League	National Football League	ESPN/USA Today
2002 Winston Cup	League Leaders	League Leaders	Football Coaches Poll
Standings: Thru Race 35 of 36 Next Race: Ford 400 November 17, 2002	Points	OFFENSIVE	Rank Team Record PTS
Pos. Driver Points Behind	Player Team POS Pts	Passing	1. Miami 9-0 1525
1 Tony Stewart Leader	1 B Bonds SF LF .349	Player Team TDS YDS	2. Ohio State 11-0 1462
2 Mark Martin -89	3 M Sweeney KC 1B .340	1 R Gannon OAK 19 2898	3. Texas 9-1 1363
5 Kurt Busch -230	4 L Walker COL 1B .338	2 D Bledsoe BUF 17 2802	4. Washington St 9-1 1310
3 Jimmie Johnson -238	5 V Guerrero MON RF .336	3 T Brady NE 21 2472	5. Iowa 10-1 1275
6 Rusty Wallace -238	Goals	4 P Manning IND 17 2444	6. Oklahoma 8-1 1222
7 Jeff Gordon -239	Player Team POS Goals	5 B Griese DEN 13 2409	7. Georgia 9-1 1142
4 Ryan Newman -253	1 A Rodriguez TEX SS 57	Rushing	8. USC 7-2 1066
8 Matt Kenseth -302	2 J Thomé CLE 1B 52	Player Team TDS YDS	9. Notre Dame 9-1 1019
9 Dale Jarrett -399	3 S Sosa CHI RF 49	1 L Tomlinson SD 9 965	10. Michigan 8-2 967
10 Ricky Rudd -474	4 B Bonds SF LF 46	2 P Holmes KC 14 908	11. Kansas State 8-2 948
11 Dale Earnhardt Jr. -526	5 R Palmeiro LA 1B 43	3 D McAllister NO 9 907	12. LSU 7-2 786
12 Jeff Burton -597	Assists	4 M Faulk STL 8 816	13. Virginia Tech 8-2 754
13 Bill Elliott -679	Player Team POS Ast.	5 R Williams MIA 6 811	14. Florida 7-3 642
14 Michael Waltrip -746	1 A Rodriguez TEX SS 142	Receiving	15. Florida State 7-3 609
15 Ricky Craven -894	2 M Ordonez MON RF 135	Player Team TDS YDS	16. Penn State 7-3 539
16 Bobby Labonte -957	3 M Tejada OAK SS 131	1 M Harrison IND 6 972	17. Colorado State 8-2 508
17 Sterling Marlin -988	4 L Berkman HOU CF 128	2 E Moulds BUF 5 853	18. Colorado 7-3 442
18 Jeff Green -1036	5 A Pujols STL LF 127	3 P Price BUF 7 838	19. Maryland 8-2 433
19 Dave Blaney -1055	Saves	4 J Rice OAK 5 781	20. NC State 9-2 419
20 Robby Gordon -1144	Player Team POS Saves	5 J Horn NO 5 771	21. Pittsburgh 8-2 407
	1 A Soriano NYY 2B 128		22. Oregon 7-3 285
	2 A Rodriguez TEX SS 125		23. Boise State 9-1 171
	3 D Jeter NYY SS 124		24. TCU 8-1 120
	4 S Sosa ChC RF 122		25. Bowling Green 8-1 113
	5 J Giambi NYY 1B 120		

