

SIX STEPS TO GREATNESS

TOP 50 SHORT COURSE TAG TIMES

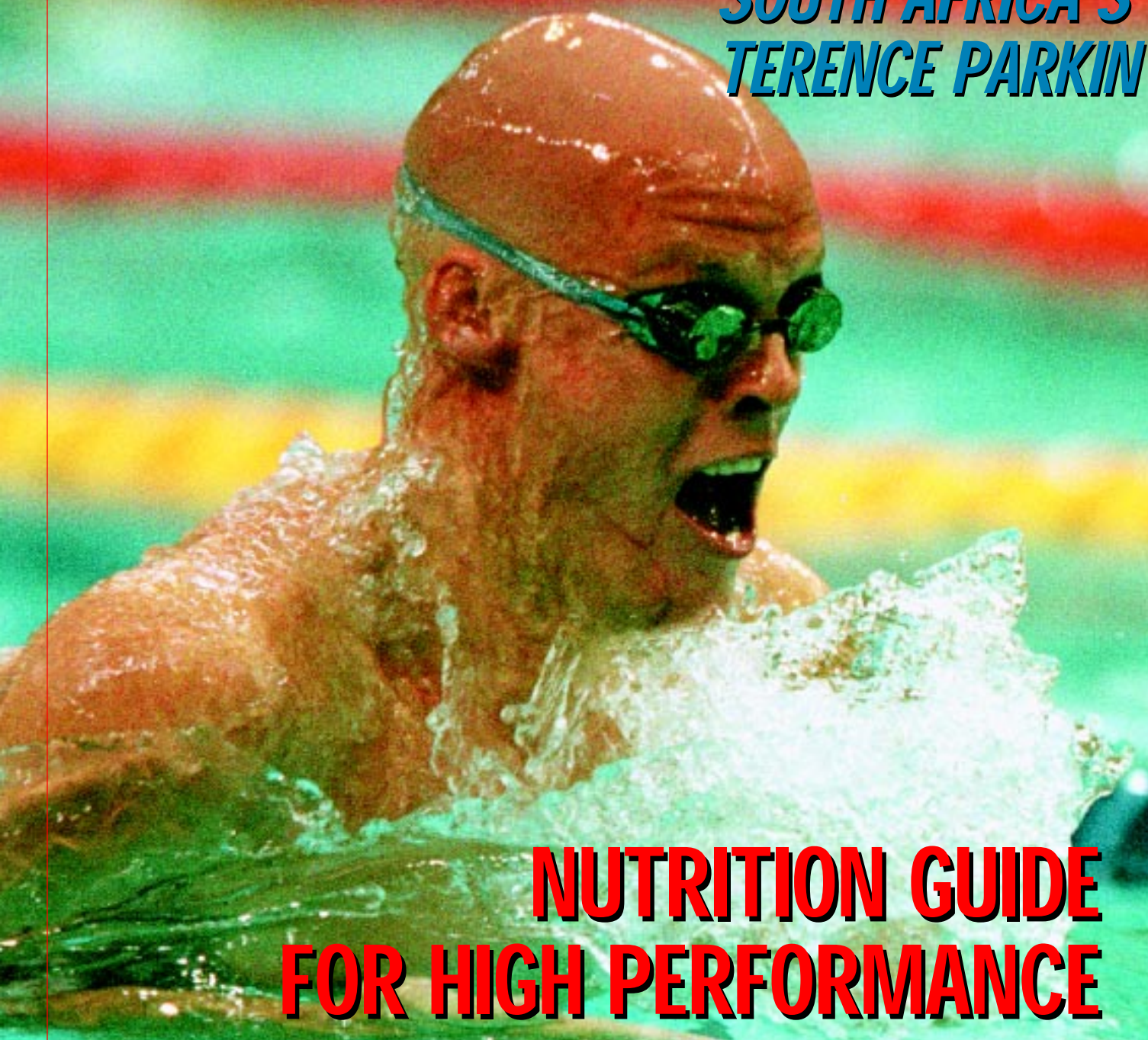
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***SOUTH AFRICA'S
TERENCE PARKIN***



**NUTRITION GUIDE
FOR HIGH PERFORMANCE**

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Cover photo: Marco Chiesa



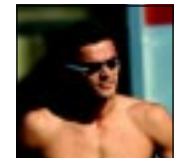
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Lars Frolander



Terence Parkin



Alexander Popov

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ABOUT THIS ISSUE

This April issue wraps up short course swimming with the top 50 TAG performances. The special 16-page section covers competitions *received* from October through early April.

We have a feature story on the amazing Terence Parkin from Durban, RSA and two contributions from Wayne Goldsmith—an analysis of peak performance through stroke-rate analysis and a guide to nutrition at swim meets. Karin Helmstaedt interviews Klaus Huhn, who helped Doug Gilbert write a book on the East German sport system over 20 years ago.

Good luck to all seeking a berth on Canada's Olympic Team at the of May.

HEAD COACH Thunderbolt Aquatic Club

Requires a level II swimming coach for the 2000-2001 season. Applicants should have a background in competitive swimming, strong technical and motivational skills, a National Life Guard certification and be self-motivated.

The club has 40-50 members ranging from non-competitive to "A" level swimmers in a town of 4,000.

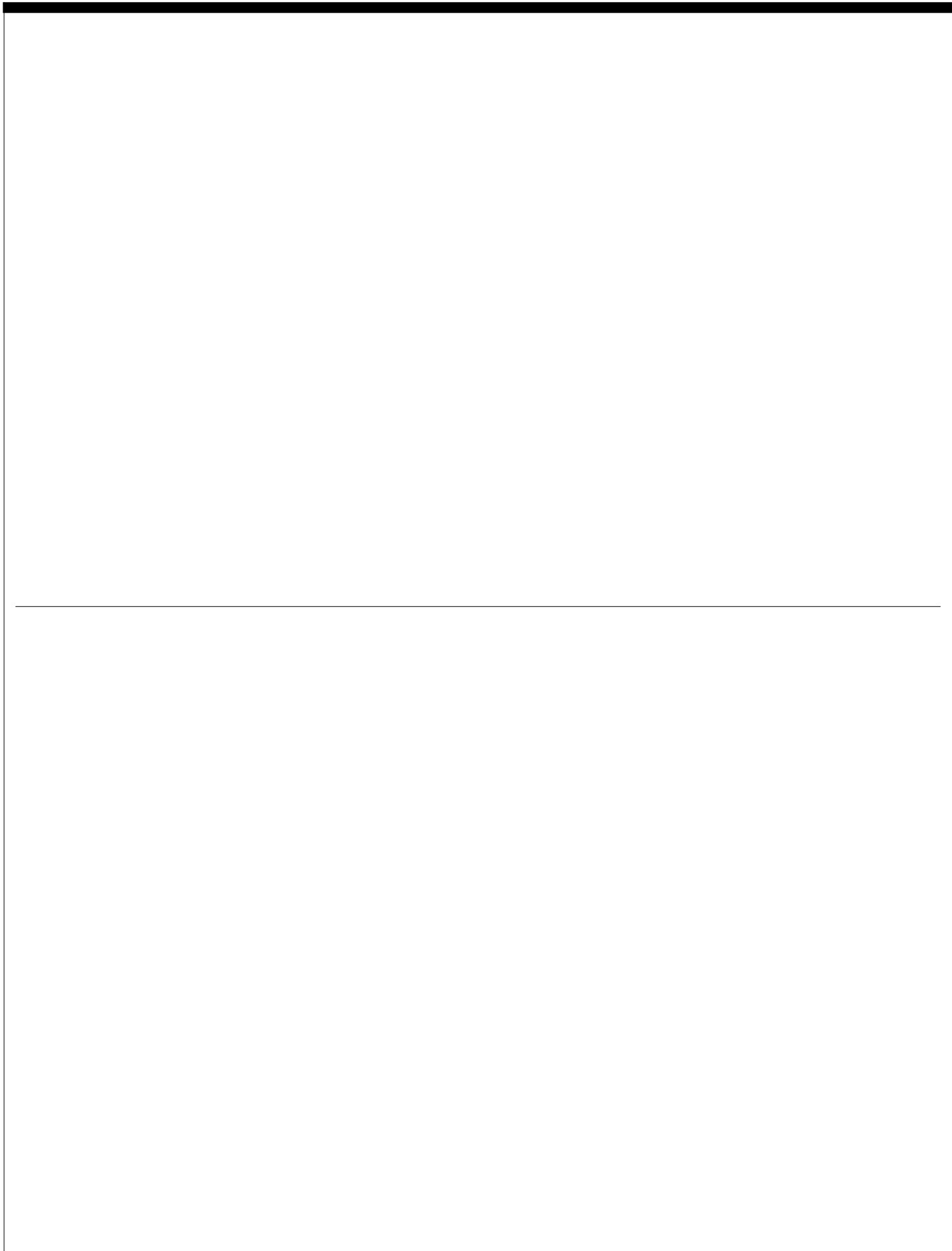
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TAC Coach Committee

P.O.Box 911

Port Hawkesbury, Nova Scotia

B0E 2V0



2000 SHORT COURSE TAG

TOP 50 AGE GROUP TIMES

TAG is financially supported by Swimming Canada and Sport Canada. Rankings in 25 metre pools for the period: October 1999 to March 2000



Whitney Rich, 12, ISS



Etienne Lavallee, 12, EXCEL



Alexandra Lys, 14, UCSC



Tobias Oriwol, 14, ESWIM



Mallory Hoekstra, 12, EKSC

CLUB SCORES

1.	PDSA	142977	Pacific Dolphin Swim Association	BC
2.	ESWIM	122647	Etobicoke Swimming	ON
3.	EKSC	122531	Edmonton Keyano Swim Club	AB
4.	CASC	99278	Cascade Swim Club	AB
5.	CAMO	91991	Club Aquatique de Montreal	QC
6.	LAC	89075	London Aquatic Club	ON
7.	HYACK	83934	Hyack Swim Club	BC
8.	UL	82193	Univ. Laval Rouge & Or	QC
9.	UCSC	79944	Calgary Swimming	AB
10.	NEW	79891	Newmarket Swim Club	ON



Carleen Ready, 12, LASC

11. MSSAC-TO	76850	41. TORCH	25945	71. RAPID	12798	101. CNSJ	6620	131. KOTN	2963	161. BLAST	1364
12. IS	75092	42. AAC	25525	72. CNDR	12717	102. VAC	6370	132. CVAC	2943	162. CYC	1363
13. OAK	61552	43. NCSA	21603	73. GGST	12465	103. MUSAC	6238	133. UNATT	2925	163. CATS	1333
14. HWAC	54635	44. EXCEL	21396	74. WD	11505	104. FMSC	6120	134. MWC	2823	164. EXST	1329
15. ROD	53501	45. GLEN	21311	75. GPP	11379	105. CREST	5906	135. DSC	2809	165. CONNU	1328
16. NKB	52987	46. GMAC	21215	76. YLSC	11257	106. CNNG	5822	136. WLBFB	2721	166. MAKOS	1022
17. GO	49434	47. SAMAK	20793	77. YORK	11133	107. GAMIN	5696	137. CNSH	2640	167. SACKS	836
18. NYAC	46819	48. DDO	20785	78. VKSC	10933	108. PHENX	5485	138. GATOR	2594	168. ARBU	834
19. PCSC	45450	49. STARS	20684	79. ELITE	10803	109. HIPPO	5305	139. NES	2479	169. CNOTY	820
20. SCAR	42056	50. CYPS	19589	80. BBF	10718	110. OSHAC	4786	140. LEDUC	2455	170. TSUN	793
21. RDCSC	40588	51. MM	18346	81. SKY	10651	111. CNTR	4783	141. KISU	2411	171. RED	790
22. CNQ	40583	52. LL	18081	82. RAYS	10180	112. CNO	4737	142. PPSC	2301	172. TNT	775
23. MANTA	40507	53. RCA	17651	83. DELTA	9580	113. SJL	4700	143. SWAT	2124	173. CT33	745
24. ROW	39128	54. SPART	16984	84. EBSC	9514	114. AMAC	4674	144. PICK	2105	174. CSL	718
25. CAJ	38904	55. TSC	16891	85. TMSC	9228	115. CNCI	4351	145. SWDV	2062	175. NISH	697
26. COBRA	37994	56. MAC	16854	86. KCS	9013	116. CWC	4296	146. BAD	2032	176. RACE	677
27. PPO	36872	57. RHAC	16772	87. CALAC	8630	117. EDSON	4130	147. LSC	1957	177. PCMSC	668
28. PGB	36738	58. EYSC	16052	88. KSC	8488	118. FAST	4114	148. AUROR	1773	178. STJJ	652
29. USC	36698	59. GOLD	15982	89. TAT	8252	119. KBM	4073	149. MJKFF	1707	179. CARAT	651
30. PSW	36631	60. MEGO	15160	90. LUSC	7989	120. BST	4071	150. TO	1696	180. KALOS	650
31. BRANT	35348	61. WTSC	14928	91. DYNAM	7987	121. AQUA	4030	151. BOSC	1669	181. SOSC	649
32. OSC	34476	62. TBT	14755	92. SKSC	7914	122. TRENT	3964	152. VEW	1583	182. GLSC	648
33. PERTH	32747	63. CHENA	14493	93. KSS	7859	123. ROC	3775	153. HHBF	1582	183. WGB	647
34. STSC	31758	64. CHAMP	14493	94. LAVAL	7319	124. ODSK	3627	154. YBAC	1575	184. VVW	642
35. PN	30332	65. SHER	14187	95. CAG	7243	125. CP	3468	155. CNM	1511	185. TCSC	636
36. SSMAC	29787	66. EAST	13899	96. CAC	7068	126. SD	3459	156. RAC	1484	186. NBYT	532
37. NRST	29311	67. BTSC	13684	97. TD	6998	127. CASE	3304	157. CNCC	1430	187. CRKW	518
38. CNB	28332	68. COMOX	13639	98. WAC	6891	128. CPAC	3128	158. BYST	1429	188. SSC	404
39. CNCB	26530	69. MMST	13295	99. CNHR	6678	129. CAS	3045	159. PASS	1390		
40. LASC	26009	70. BROCK	12830	100. ISS	6623	130. WVOSC	3008	160. POW	1379		

11-12 GIRLS 2000 SHORT COURSE TAG®

50 METRES FREESTYLE

Rec: 26.34 Lori Melien, AAC, 85		Best 1999		
1	27.38	839	ONTAGMAR Allison Bennett, 12, NYAC	29.91
2	27.83	814	JRNATFEB Kirsten Pomerleau, 12, UCSC	28.60
3	27.86	812	ONTAGMAR Nadia Kumentas, 12, WD	29.15
4	27.90	810	BCAGMAR Melissa Lam, 12, SPART	28.12
5	28.14	796	BCAGMAR Kirsty Teit, 12, PGB	-
6	28.20	793	ONTAGMAR Julia Wilkinson, 12, SKY	-
7	28.27	789	ONTAGMAR Emily Gillespie, 12, PERTH	-
8	28.27	789	ONTAGMAR Amanda Kelly, 12, HWAC	-
9	28.31	787	ABAGFEB Amanda Maxey, 12, CASC	-
10	28.38	783	ONTAGMAR Whitney Rich, 12, ISS	-
11	28.44	780	SFOYNOV Suzanne Vary, 13, CNDR	28.74
12	28.52	775	ONTAGMAR Monica Wakeman, 12, NEW	-
13	28.65	768	PCSCDEC Alice Chow, 11, PCSC	29.25
14	28.89	755	YOUTHDEC Amanda Long, 12, LAC	29.92
15	28.95	752	PCSCDEC Clare Dermody, 12, HWAC	29.42
16	28.96	751	BCAGMAR Brittany Reimer, 12, SKSC	-
17	28.99	749	ONTAGMAR Chantelle Lonsdale, 12, WAC	-
18	29.12	742	MBSKMAR Mallory Hoekstra, 12, EKSC	-
19	29.20	738	RAPIDDEC Carleen Ready, 12, LASC	-
20	29.21	737	ONTAGMAR Jamie MacLeod, 12, USC	-
21	29.22	737	ONTAGMAR Heather Julien, 12, LAC	-
22	29.27	734	SCARFEB Jessica Lau, 12, SCAR	-
23	29.31	732	POAAAFEB Genevieve Saumur, 12, CAMO	-
24	29.32	732	BCAGMAR Carla Henderson, 12, PSDA	-
25	29.38	728	ONTAGMAR Ogechi Abara, 12, RHAC	-
26	29.40	727	RAPIDDEC G. Poirier-Leroy, 12, NRST	-
27	29.41	727	SCARFEB Martha Ziolkowski, 12, YORK	30.13
28	29.42	726	ONTAGMAR Jackie Morrison, 11, NYAC	-
29	29.45	725	TMSCNOV Shannon Hazelton, 12, SSMAC	29.53
30	29.49	722	RAPIDDEC Brittney Lowe, 12, LAC	-
31	29.50	722	ULAVDEC Marie-E. Larivee, 12, CNSH	-
32	29.50	722	STFOYMAR Marie-Arsenault-C., 12, UL	-
33	29.51	721	BCAGMAR Krista Postmus, 12, PGB	-
34	29.54	720	MBSKMAR Julianne Toogood, 12, MANTA	-
35	29.55	719	NBJAN Tara Blakney, 11, CVAC	-
36	29.55	719	ONTAGMAR Jacqueline McQuaig, 11, GGST	-
37	29.58	718	KBMSNOV Ashley Bogosian, 12, CSL	29.55
38	29.65	714	POAAAFEB Catherine Savoie-Laberge, 12, PHENX	-
39	29.67	713	MANTADEC Sarah Heckford, 12, MANTA	-
40	29.67	713	ONTAGMAR Meghan Croucher, 12, NEW	-
41	29.72	710	ABAGFEB Katerina Szymes, 11, EKSC	-
42	29.73	710	ABAGFEB Kimberly Wilson, 12, GPP	-
43	29.76	708	BCAGMAR Amanda Bell, 12, SPART	-
44	29.78	707	ABAGFEB Carol Starratt, 12, CASC	-
45	29.80	706	POAAAFEB Marie-C. Dionne, 12, UL	-
46	29.82	705	BCAGMAR Holly Firth, 12, NRST	-
47	29.84	704	ONTAGMAR Danielle Armstrong, 12, TAT	-
48	29.90	701	KCSDCEC Kayla Rawlings, 12, PSW	-
49	29.97	697	BCAGMAR Sarah Minkar, 12, PN	-
50	29.97	697	EYSCNOV L. Sullivan, 12, EYSC	-

100 METRES FREESTYLE

Rec: 57.36 Lori Melien, AAC, 85		Best 1999		
1	1:00.02	821	ONTAGMAR Nadia Kumentas, 12, WD	1:02.93
2	1:00.25	815	JRNATFEB Allison Bennett, 12, NYAC	1:05.11
3	1:00.63	805	BCAGMAR Melissa Lam, 12, SPART	1:03.05
4	1:01.12	793	JRNATFEB Kirsten Pomerleau, 12, UCSC	1:03.68
5	1:01.39	786	YOUTHDEC Amanda Long, 12, LAC	1:03.55
6	1:01.53	782	ONTAGMAR Amanda Kelly, 12, HWAC	1:05.34
7	1:01.58	781	SFOYNOV Suzanne Vary, 12, CNDR	1:01.88
8	1:01.99	770	BCAGMAR Kirsty Teit, 12, PGB	-
9	1:02.06	769	HWACOCT Clare Dermody, 12, HWAC	1:02.45
10	1:02.29	763	TDJAN Emily Gillespie, 12, PERTH	-
11	1:02.62	754	ONTAGMAR Heather Julien, 12, LAC	-
12	1:02.84	749	BCAGMAR Brittany Reimer, 12, SKSC	1:12.76
13	1:02.94	746	POAAAFEB Alice Chow, 11, PCSC	1:04.77
14	1:02.95	746	ONTAGMAR Chantelle Lonsdale, 12, WAC	-
15	1:02.98	745	MBSKMAR Mallory Hoekstra, 12, EKSC	1:04.46
16	1:03.02	744	YOUTHDEC Monica Wakeman, 12, NEW	-
17	1:03.08	743	POAAAFEB Genevieve Saumur, 12, CAMO	-
18	1:03.08	743	ONTAGMAR Whitney Rich, 12, ISS	1:12.00
19	1:03.16	741	POAAAFEB Chrystle Roy-L'Ecuyer, 15, CNB	1:01.32
20	1:03.58	730	ISCUPTNOV G. Poirier-Leroy, 12, NRST	-
21	1:03.58	730	MSSACNOV Elyse Dudar, 12, MSSAC	-
22	1:03.59	730	POAAAFEB Sarah Caron-Cantin, 12, CNCI	-
23	1:03.72	727	ONTAGMAR Jackie Morrison, 11, NYAC	1:09.96
24	1:03.76	726	SCARFEB Martha Ziolkowski, 12, YORK	-
25	1:03.87	723	POAAAFEB Marie-C. Dionne, 12, UL	-
26	1:03.88	723	ONTAGMAR Jamie MacLeod, 12, USC	-
27	1:03.97	721	NBJAN Tara Blakney, 11, CVAC	-
28	1:04.00	720	ABAGFEB Amanda Maxey, 12, CASC	-
29	1:04.00	720	MBSKMAR Carol Starratt, 12, CASC	-
30	1:04.08	718	CHENAJAN Anne Schumck, 12, PSW	-
31	1:04.10	718	NBJAN Bevan Haley, 12, WTSC	1:05.60
32	1:04.18	716	BCAGMAR Carla Henderson, 12, PSDA	1:05.56
33	1:04.20	715	ONTAGMAR Jackie Sweeners, 12, CAJ	-
34	1:04.21	714	POAAAFEB Catherine Savoie-Laberge, 12, PHENX	-
35	1:04.41	710	ONTAGMAR Jacqueline McQuaig, 11, GGST	1:10.26
36	1:04.50	708	KCSDCEC Johanna Wick, 12, PN	-
37	1:04.54	707	ONTAGMAR Marlee Morden, 12, CAJ	-
38	1:04.60	706	ONTAGMAR Meghan Croucher, 12, NEW	-
39	1:04.68	704	ONTAGMAR Michelle Pope, 12, BTSC	-
40	1:04.70	703	BCAGMAR Kayla Rawlings, 12, PSW	-
41	1:04.73	702	ONTAGMAR Jessica Lau, 12, SCAR	-
42	1:04.98	696	ONTAGMAR Ashley Watling, 12, NYAC	-
43	1:05.04	695	BCAGMAR Amanda Bell, 12, SPART	-
44	1:05.05	695	ABAGFEB Katerina Szymes, 11, EKSC	1:13.41
45	1:05.05	695	POAAAFEB Audrey Portelance, 12, CNSJ	-
46	1:05.19	691	TDJAN Julia Wilkinson, 12, SKY	-
47	1:05.32	688	MANTADEC Whitney Reed, 11, MANTA	-
48	1:05.33	688	ONTAGMAR Genieve Handforth, 11, KBM	1:11.44
49	1:05.36	687	ESWIMJAN Jody Jelen, 12, ESWIM	1:11.62
50	1:05.40	686	ONTAGMAR Rachael Kloosterman, 11, WD	1:10.72

200 METRES FREESTYLE

Rec: 2:05.41 Shauna Collins, ROD 90		Best 1999		
1	2:11.19	812	ONTAGMAR Nadia Kumentas, 12, WD	2:20.83
2	2:11.30	811	ONTAGMAR Allison Bennett, 12, NYAC	-
3	2:11.44	809	ONTAGMAR Amanda Long, 12, LAC	2:16.07
4	2:12.73	794	SFOYNOV Suzanne Vary, 12, CNDR	2:13.09
5	2:13.24	788	BRANTNOV Amanda Kelly, 12, HWAC	2:18.29
6	2:13.42	786	ABAGFEB Mallory Hoekstra, 12, EKSC	2:17.53
7	2:14.12	777	BCAGMAR Brittany Reimer, 12, SKSC	-
8	2:14.13	777	BCAGMAR Anne Schumck, 12, PSW	2:22.39
9	2:14.41	774	CASCNOV Kirsten Pomerleau, 11, UCSC	2:22.56
10	2:15.26	764	ONTAGMAR Chantelle Lonsdale, 12, WAC	2:23.60
11	2:15.56	761	PCSCDEC Clare Dermody, 12, HWAC	2:16.51
12	2:15.60	760	ONTAGMAR Jody Jelen, 12, ESWIM	-
13	2:16.68	748	SCARFEB Martha Ziolkowski, 12, YORK	-
14	2:16.86	745	POAAAFEB Marie-C. Dionne, 12, UL	-
15	2:16.90	745	POAAAFEB Myriam Roy-L'Ecuyer, 12, CNB	-
16	2:17.04	743	RAPIDDEC Melissa Lam, 12, SPART	2:21.00
17	2:17.33	740	ONTAGMAR Shannon McQueen, 12, GO	2:23.73
18	2:17.48	738	ISCUPTNOV G. Poirier-Leroy, 12, NRST	-
19	2:17.52	738	RAPIDDEC Carleen Ready, 12, LASC	-
20	2:17.63	737	MSSACNOV Elyse Dudar, 12, MSSAC	-
21	2:17.69	736	ONTAGMAR Monica Wakeman, 12, NEW	-
22	2:18.34	729	ABAGFEB Carol Starratt, 12, CASC	-
23	2:18.40	728	YOUTHDEC Bevan Haley, 12, WTSC	2:22.77
24	2:18.43	728	BCAGMAR Amanda Bell, 12, SPART	-
25	2:18.63	725	MANTADEC Whitney Reed, 12, MANTA	-
26	2:18.74	724	STFOYMAR Marie-Arsenault-C., 12, UL	-
27	2:18.76	724	POAAAFEB Catherine Savoie-Laberge, 12, PHENX	-
28	2:18.78	724	BCAGMAR Kirsty Teit, 12, PGB	-
29	2:19.08	720	PICKDECEC Emily Gillespie, 12, PERTH	-
30	2:19.10	720	ONTAGMAR Jackie Sweeners, 12, CAJ	-
31	2:19.10	720	ONTAGMAR Jacqueline McQuaig, 11, GGST	-
32	2:19.12	720	ISCUPTNOV Michelle Miller, 12, PSDA	-
33	2:19.27	718	ONTAGMAR Meghan Croucher, 12, NEW	-
34	2:19.37	717	BCAGMAR Krista Postmus, 12, PGB	-
35	2:19.37	717	ONTAGMAR Marlee Morden, 12, CAJ	-
36	2:19.40	717	YOUTHDEC Heather Julien, 12, LAC	-
37	2:19.70	713	ONTAGMAR Rachael Kloosterman, 11, WD	-
38	2:19.88	711	CHENAJAN Caitlyn Harris, 12, LLL	-
39	2:20.06	709	ONTAGMAR Genieve Handforth, 11, KBM	-
40	2:20.33	706	POAAAFEB Sarah Caron-Cantin, 12, CNCI	-
41	2:20.34	706	ONTAGMAR Alyssa Hubert, 12, CYP	-
42	2:20.96	699	MANTADEC Katy Murdoch, 12, KSS	-
43	2:20.98	699	POAAAFEB Audrey Portelance, 12, CNSJ	-
44	2:21.29	696	BCAGMAR Carla Henderson, 12, PSDA	-
45	2:21.77	690	CHENAJAN Brittani Barber, 12, PSW	-
46	2:21.82	690	ONTAGMAR Tara Baxter, 12, NKB	-
47	2:21.99	688	ONTAGMAR Sarah McLaughlin, 12, OSHAC	-
48	2:22.05	687	POAAAFEB Chelsea Cleary, 12, DDO	-
49	2:22.06	687	ETOBFEF Ashley Watling, 12, NYAC	-
50	2:22.07	687	POAAAFEB Alice Chow, 12, PCSC	-

400 METRES FREESTYLE

Rec: 4:23.93 Stephanie Shevchuk, PCSC, 87		Best 1999		
1	4:36.46	805	SFOYNOV Suzanne Vary, 12, CNDR	4:43.91
2	4:36.58	805	BCAGMAR Anne Schumck, 12, PSW	4:56.57
3	4:37.17	801	ONTAGMAR Amanda Long, 12, LAC	4:42.93
4	4:37.88	797	ABAGFEB Mallory Hoekstra, 12, EKSC	4:48.54
5	4:38.75	792	NSAGFEB Bevan Haley, 12, WTSC	4:52.80
6	4:40.87	780	BCAGMAR Brittany Reimer, 12, SKSC	5:40.45
7	4:41.19	779	ONTAGMAR Chantelle Lonsdale, 12, WAC	4:54.66
8	4:43.06	768	ONTAGMAR Julia Wilkinson, 12, SKY	-
9	4:45.11	757	ONTAGMAR Nadia Kumentas, 12, WD	5:00.96
10	4:45.22	756	ONTAGMAR Amanda Kelly, 12, HWAC	4:41.85
11	4:46.02	752	JRNATFEB Caitlyn Harris, 12, LLL	-
12	4:46.11	751	BRANTNOV Clare Dermody, 12, HWAC	4:42.41
13	4:46.35	750	ONTAGMAR Shannon McQueen, 12, GO	5:01.90
14	4:47.08	746	POAAAFEB Myriam Roy-L'Ecuyer, 12, CNB	-
15	4:47.47	744	ONTAGMAR Allison Bennett, 12, NYAC	-
16	4:48.48	738	MSSACNOV Elyse Dudar, 12, MSSAC	-
17	4:48.81	736	BCAGMAR Kayla Rawlings, 12, PSW	-
18	4:48.99	735	ABAGFEB Carol Starratt, 12, CASC	-
19	4:49.11	735	BCAGMAR Amanda Bell, 12, SPART	-
20	4:49.72	731	ONTAGMAR Jody Jelen, 12, ESWIM	-
21	4:50.13	729	ISCUPTNOV G. Poirier-Leroy, 12, NRST	4:57.87
22	4:50.40	728	ABAGFEB Kirsten Pomerleau, 12, UCSC	-
23	4:52.86	715	ONTAGMAR Jackie Sweeners, 12, CAJ	-
24	4:53.30	712	YOUTHDEC Michelle Mange, 12, PSDA	-
25	4:54.36	707	ONTAGMAR Katie Lawrie, 12, AAC	-
26	4:54.51	706	BCAGMAR Kathryn Johnson, 11, PSDA	5:09.46
27	4:55.02	703	ULAVDEC Marie-C. Dionne, 12, UL	-
28	4:55.16	702	BCAGMAR Brittani Barber, 12, PSW	-
29	4:55.17	702	POAAAFEB Chelsea Cleary, 12, DDO	-
30	4:55.28	702	YOUTHDEC Monica Wakeman, 12, NEW	-
31	4:55.33	701	BCAGMAR Carla Henderson, 12, PSDA	-
32	4:55.52	700	BCAGMAR Erin Carlyle, 12, LLL	-
33	4:55.74	699	ETOBFEF Jacqueline McQuaig, 11, GGST	5:39.81
34	4:56.14	697	PICKDECEC Emily Gillespie, 12, PERTH	-
35	4:56.29	696	ONTAGMAR Emily Jellie, 12, ROW	-
36	4:56.61	695	PCSCDEC Caitlin O'Neill, 12, LUSC	-
37	4:56.88	693	ONTAGMAR Meghan Croucher, 12, NEW	-
38	4:57.09	692	ONTAGMAR Laura Kendall, 12, ROW	-
39	4:57.18	692	SCARFEB Martha Ziolkowski, 12, YORK	-
40	4:57.26	691	ONTAGMAR Jennifer MacLachlan, 12, NEW	-
41	4:58.10	687	RAPIDDEC Michelle Miller, 12, PSDA	-
42	4:58.20	686	YOUTHDEC Heather Julien, 12, LAC	-
43	4:58.38	685	ABAGFEB Carol A. Bestler, 11, EDSON	5:42.45
44	4:58.42	685	BCAGMAR Jaylene Witata, 12, HYACK	-
45	4:58.50	685	MBSKMAR Haliee Traa, 11, MANTA	5:30.04
46	4:59.61	679	ABAGFEB Kimberly Kabesh, 12, STSC	-
47	4:59.83	678	CNNUNJAN Audrey Portelance, 12, CNSJ	-
48	4:59.98	677	ONTAGMAR Ashley Eykens, 12, LAC	-
49	5:00.72	673	ONTAGMAR Whitney Rich, 12, ISS	5:31.15
50	5:00.89	673	MANTADEC Whitney Reed, 12, MANTA	-

800 METRES FREESTYLE

Rec: 8:55.85 Stephanie Shevchuk, PCSC, 87		Best 1999		
1	9:25.24	813	ABAGFEB Mallory Hoekstra, 12, EKSC	9:51.79
2	9:25.78	812	JRNATFEB Bevan Haley, 12, WTSC	9:57.39
3</				

400 METRES IND. MEDLEY

Rec: 4:55.03 Allison Higson,ESC,85

1	5:06.88	822	ABAGFEB	Mallory Hoekstra,12,EKSC	Best 1999	5:19.67
2	5:07.76	817	ONTAGMAR	Amanda Long,12,LAC		5:17.85
3	5:13.63	788	JRNATFEB	Anne Schumck,12,PSW		-
4	5:14.78	782	NSAGFEB	Bevan Haley,12,WTSC		5:43.89
5	5:15.99	776	JRNATFEB	Carleen Ready,12,LASC		5:40.82
6	5:20.33	754	ONTAGMAR	Nadia Kumentas,12,WD		-
7	5:23.73	737	YOUTHDEC	Michelle Manje,12,PDSA		5:39.80
8	5:24.40	734	ONTAGMAR	Whitney Rich,12,ISS		-
9	5:25.63	728	ONTAGMAR	Kayla Truswell,12,LAC		5:44.53
10	5:25.95	727	BCAGMAR	Kayla Rawlings,12,PSW		-
11	5:26.06	726	YOUTHDEC	Jennifer MacLachlan,12,NEW		-
12	5:26.11	726	CHENAJAN	Brittani Barber,12,PSW		5:40.31
13	5:26.15	726	PCSCDEC	Genevieve Saumur,12,CAMO		-
14	5:26.82	723	MBSKMAR	Carol Starratt,12,CASC		-
15	5:27.16	721	KBMSKNOV	Andrea Zarins,12,NKB		5:40.41
16	5:28.29	716	PCSCDEC	Clare Dermody,12,HWAC		5:34.72
17	5:29.56	710	POAAAFEB	Myriam Roy-L'Ecuyer,12,CNB		-
18	5:30.17	707	ONTAGMAR	Joey Jelen,12,ESWIM		-
19	5:32.04	698	ISCUPTNOV	G. Poirier-Leroy,12,NRST		5:36.26
20	5:32.06	698	KCSDEC	Johanna Wang,12,PN		-
21	5:32.22	697	JRNATFEB	Caitlyn Harris,12,LL		-
22	5:32.32	697	YOUTHDEC	Melanie Nelson,12,IS		-
23	5:34.29	687	KBMSKNOV	Emily Gillespie,12,PERTH		-
24	5:34.69	686	ONTAGMAR	Tara Baxter,12,NKB		-
25	5:34.74	685	ABAGFEB	Kimberly Kabesh,12,STSC		-
26	5:34.75	685	ONTAGMAR	Kristen Low,12,MSSAC		-
27	5:34.98	684	YOUTHDEC	Heather Julien,12,LAC		-
28	5:35.37	682	POAAAFEB	Jasmine Kastner,12,DDO		-
29	5:35.69	681	BCAGMAR	Brittany Reimer,12,SKSC		-
30	5:35.70	681	LACNOV	Julia Wilkinson,12,SKY		-
31	5:35.92	680	ISCUPTNOV	Melissa Lam,12,SPART		-
32	5:36.15	679	ONTAGMAR	Ashley Eynks,12,LAC		-
33	5:36.66	677	YOUTHDEC	Elizabeth Eng,12,CAJ		-
34	5:36.94	675	BCAGMAR	Katie Koltowski,12,PSW		-
35	5:37.16	674	ONTAGMAR	Rachael Kloosterman,11,WD		-
36	5:37.24	674	YOUTHDEC	Tawnya Rudy,12,TORCH		-
37	5:37.40	673	ONTAGMAR	Laura Kendall,12,ROW		-
38	5:37.89	671	BCAGMAR	Erin Carlyle,12,LL		-
39	5:38.10	670	POAAAFEB	Carolyn Ross,12,CAMO		-
40	5:38.59	668	ONTAGMAR	Emiley Jellison,12,ROW		-
41	5:38.85	667	BCAGMAR	Kathryn Johnson,11,PDSA		-
42	5:39.71	663	ABAGFEB	Stacie Karach,12,SWD.V		-
43	5:40.33	660	ONTAGMAR	Sarah Reed,12,LAC		-
44	5:40.74	658	POAAAFEB	Marie Arsenaull-C,12,UL		-
45	5:41.16	656	MBSKMAR	Hallee Traa,11,MANITA		-
46	5:41.55	654	POAAAFEB	Alice Chow,12,PCSC		-
47	5:42.12	652	ONTAGMAR	Ashley Marion,12,LAC		-
48	5:42.26	651	ISCUPTNOV	Michelle Miller,12,PDSA		-
49	5:42.72	649	KBMSKNOV	Shannon McQueen,12,GO		-
50	5:43.12	648	RODSCJAN	Elyse Silzer,12,ROD		-

4X50 M MEDLEY RELAY

Rec: 2:07.70 Markham AC,MAC,94

1	2:12.53	716	BCAGMAR	Fraser Valley Spartans,SPART		-
2	2:12.64	715	ONTAGMAR	North York AC,NYAC		-
3	2:12.84	713	YOUTHDEC	Newmarket SC,NEW		-
4	2:14.00	699	BCAGMAR	Pacific Sea Wolves,PSW		-
5	2:14.60	692	ONTAGMAR	London AC,LAC		-
6	2:14.85	689	BRANTNOV	Hamilt-Wentworth AC,HWAC		-
7	2:15.25	685	MBSKMAR	Manita Swim Club,MANITA		-
8	2:15.32	684	POAAAFEB	Univ Laval Rouge & Or,UL		-
9	2:15.54	681	ABAGFEB	Edmonton Keyano,EKSC		-
10	2:16.15	675	PCSCDEC	Montreal Aquatique,CAMO		-
11	2:16.56	670	ONTAGMAR	Whitby Dolphins,WD		-
12	2:16.99	665	ABAGFEB	Cascade Swim Club,CASC		-
13	2:17.62	658	SFOYNOV	CN Beaufort,CNCB		-
14	2:17.73	657	ONTAGMAR	Cambridge Aquajets,CAJ		-
15	2:18.42	649	BTSCNOV	Barrie Trojans,BTSC		-
16	2:18.74	646	ONTAGMAR	Oakville AC,OK		-
17	2:19.00	643	ONTAGMAR	Markham AC,MAC		-
18	2:19.09	642	MBSKMAR	Manitoba Marlins,MM		-
19	2:19.49	638	ONTAGMAR	Elobicoke Swimming,ESWIM		-
20	2:19.71	635	BCAGMAR	Nanaimo Rip tide,NT,NRST		-
21	2:20.30	629	BCAGMAR	Pacific Dolphins,PSDA		-
22	2:20.31	629	BCAGMAR	Island Swimming,IS		-
23	2:20.37	628	NSAGFEB	Eastern Alliance,EAST		-
24	2:21.17	620	POAAAFEB	Hull Phoenix,PHENX		-
25	2:21.88	612	PCSCDEC	Pointe Claire SC,PCSC		-
26	2:22.31	608	POAAAFEB	Dollard Swim Team,DDO		-
27	2:22.33	608	POAAAFEB	CN Haut-Richelieu,CNHR		-
28	2:22.52	606	ONTAGMAR	Mississauga AC,MSSAC		-
29	2:22.66	604	ONTAGMAR	Nepean Kanata,NKB		-
30	2:23.07	600	GPFFEB	Richmond Hill AC,RHAC		-
31	2:23.31	598	ABAGFEB	Calgary Swimming,UCSC		-
32	2:24.00	591	MANTADEC	Regina Opt.Dolphins,ROD		-
33	2:24.04	590	SHERDEC	CN Chicoutimi,CNCI		-
34	2:24.20	589	ABAGFEB	Fort McMurray SC,FMSC		-
35	2:24.89	582	EOSAFEB	Ernestown Barracudas,EBSC		-
36	2:24.97	581	POAAAFEB	Donval SC,DSC		-
37	2:25.24	579	BCAGMAR	Hyack Swim Club,HYACK		-
38	2:25.60	575	KBMSKNOV	Glouc-Ottawa Kingfish,GO		-
39	2:25.72	574	ULAVDEC	Alain-Hyacinthe,ANSH		-
40	2:25.73	574	NBTMAPR	Miramichi Whitecaps,MWVC		-
41	2:25.75	574	ETOFBEB	Ajar Aquatic Club,AAC		-
42	2:25.88	572	EOSAFEB	Perth Slingers,PERTH		-
43	2:26.36	568	BCAGMAR	Vancouver Gators,GATOR		-
44	2:26.47	567	MANTADEC	Uxbridge SC,USC		-
45	2:26.55	566	ONTAGMAR	Region of Waterloo,ROW		-
46	2:26.79	564	BRANTFEB	Brantford AC,BRANT		-
47	2:27.05	561	EYSACNOV	East York SC,EYSC		-
48	2:27.57	556	MANTADEC	Norfolk Swimming,KNS		-
49	2:27.64	556	NSAGFEB	Wolville Tritons,WTSC		-
50	2:28.07	552	BRANTFEB	Windsor AC,WAC		-

4X50 M FREE RELAY

Rec: 1:53.45 Regina Opt.Dolphins,ROD,90

1	1:56.00	767	ONTAGMAR	North York AC,NYAC		-
2	1:57.77	743	YOUTHDEC	London AC,LAC		-
3	1:58.05	740	BCAGMAR	Fraser Valley Spartans,SPART		-
4	1:58.22	737	YOUTHDEC	Newmarket SC,NEW		-
5	1:58.48	734	BRANTNOV	Hamilt-Wentworth AC,HWAC		-
6	1:59.34	723	POAAAFEB	Univ Laval Rouge & Or,UL		-
7	2:00.01	714	MBSKMAR	Manita Swim Club,MANITA		-
8	2:00.18	712	ABAGFEB	Edmonton Keyano,EKSC		-
9	2:01.01	701	POAAAFEB	Montreal Aquatique,CAMO		-
10	2:01.67	692	BCAGMAR	Pacific Sea Wolves,PSW		-
11	2:01.76	691	ABAGFEB	Cascade Swim Club,CASC		-
12	2:02.33	684	BRANTNOV	Pointe Claire SC,PCSC		-
13	2:02.40	683	ABAGFEB	Calgary Swimming,UCSC		-
14	2:02.91	677	ONTAGMAR	Cambridge Aquajets,CAJ		-
15	2:03.50	669	BCAGMAR	Nanaimo Rip tide,NT,NRST		-
16	2:03.55	669	ONTAGMAR	Whitby Dolphins,WD		-
17	2:04.51	657	ONTAGMAR	Markham AC,MAC		-
18	2:04.57	656	BCAGMAR	Pacific Dolphins,PSDA		-
19	2:05.29	647	ONTAGMAR	Oakville AC,OK		-
20	2:05.71	642	ONTAGMAR	Elobicoke Swimming,ESWIM		-
21	2:05.95	640	BCAGMAR	Island Swimming,IS		-
22	2:06.11	638	MANTADEC	Uxbridge SC,USC		-
23	2:06.24	636	POAAAFEB	Donval SC,DSC		-
24	2:06.27	636	EOSAFEB	Glouc-Ottawa Kingfish,GO		-
25	2:06.31	635	NSAGFEB	Eastern Alliance,EAST		-
26	2:06.56	632	ETOFBEB	Mississauga AC,MSSAC		-
27	2:06.90	628	POAAAFEB	Hull Phoenix,PHENX		-
28	2:06.91	628	EOSAFEB	Nepean Kanata,NKB		-
29	2:06.99	627	BCAGMAR	Surrey Knights,SKSC		-
30	2:07.02	627	EYSACNOV	East York SC,EYSC		-
31	2:07.08	626	BTSCNOV	Barrie Trojans,BTSC		-
32	2:07.57	620	BCAGMAR	Vancouver Gators,GATOR		-
33	2:08.00	615	BRANTFEB	Guelph Marlins,GMAC		-
34	2:08.09	614	CNOOCT	CN Beaufort,CNCB		-
35	2:08.12	614	VKSCNOV	Vernon KoksaneeSC,VKSC		-
36	2:08.15	614	PICKDEC	Perth Slingers,PERTH		-
37	2:08.33	612	NSAGFEB	Wolville Tritons,WTSC		-
38	2:08.46	610	MBSKMAR	Manitoba Marlins,MM		-
39	2:08.49	610	CASCNOV	Silver Tide SC,STSC		-
40	2:08.72	607	EOSAFEB	Ernestown Barracudas,EBSC		-
41	2:08.72	607	BCAGMAR	Chena Swim Club,CHENA		-
42	2:08.96	605	RODSCJAN	Regina Opt.Dolphins,ROD		-
43	2:09.23	601	BCAGMAR	Hyack Swim Club,HYACK		-
44	2:09.35	600	ETOFBEB	Ajar Aquatic Club,AAC		-
45	2:09.40	600	ABAGFEB	Fort McMurray SC,FMSC		-
46	2:09.44	599	OSACFEB	Region of Waterloo,ROW		-
47	2:09.49	599	ONTAGMAR	Prinans of Woodstock,POW		-
48	2:09.52	598	WLBFBAN	Pierre George BSC,PGB		-
49	2:09.53	598	RHACNOV	Richmond Hill AC,RHAC		-
50	2:09.81	595	NWOFEB	Kenora Swimming,KSS		-

11-12 BOYS 2000 SHORT COURSE TAG

50 METRES FREESTYLE

Rec: 25.28 John M.Mills,GO,93

1	26.25	700	CNSHDEC	Vincent Boulanger-M.,12,CNQ	Best 1999	27.78
2	26.61	679	ONTAGMAR	Sean Dawson,12,GO		28.82
3	26.76	670	ONTAGMAR	Jeff Byrne,12,SSMAC		-
4	26.90	662	ONTAGMAR	Mark Kurtzer,12,NEW		-
5	27.40	634	ABAGFEB	Darren Tso,12,LASC		28.57
6	27.60	623	MANTADEC	Michael Smela,12,YLSC		28.90
7	27.98	603	ONTAGMAR	Brandon Holden,12,HWAC		-
8	28.00	602	CASCNOV	Shane Kemmel,12,LASC		29.20
9	28.10	597	BRANTNOV	Julian Cino,12,HWAC		-
10	28.20	592	BRANTNOV	James San Pedro,12,OK		-
11	28.27	588	BCAGMAR	Brad Barton,12,VKSC		-
12	28.28	588	OKJAN	Stephen Louli,12,MAC		-
13	28.31	586	YOUTHDEC	Michael Allain,12,BST		-
14	28.33	585	CASCNOV	Braden O'Neill,12,OSC		-
15	28.34	585	YOUTHDEC	Paul Merau,12,CASC		29.58
16	28.35	584	RODSCJAN	Andrew Malawski,12,ROD		-
17	28.37	583	ONTAGMAR	Matt Kapitan,12,COBRA		-
18	28.46	579	BCAGMAR	Jackson Wang,12,DELTA		-
19	28.49	577	ONTAGMAR	Brian Beaudette,12,IS		-
20	28.51	576	SFOYNOV	Etienne Brillant,12,CNDR		-
21	28.51	576	MBSKMAR	Jim Judiesch,12,CASC		-
22	28.52	576	YOUTHDEC	Nelson Nedzielski,12,MSSAC		-
23	28.70	567	BCAGMAR	Richard Alexander,12,IS		-
24	28.74	565	STFOYMAR	Etienne Lavallee,12,EXCEL		-
25	28.77	563	MBSKMAR	Alexander Love,12,ROD		-
26	28.81	561	KCSDEC	Aaron Loh,12,EKSC		-
27	28.85	559	MANTADEC	Thomas Seibel,12,GOLD		-
28	28.90	557	ONTAGMAR	Matthew Scott,12,HWAC		-
29	28.94	555	YOUTHDEC	Alex Olsen,12,SCAR		-
30	28.95	555	MBSKMAR	Brad Hankewich,12,GOLD		-
31	28.95	555	ONTAGMAR	Nelson Nedzielski,12,MSSAC		29.47
32	28.96	554	POAAAFEB	Marc-A. Gosselin,12,KOTN		-
33	28.98	553	POAAAFEB	Alexandre Morin,12,CNMN		-
34	28.99	553	CASCNOV	Norman Ng,12,HYACK		29.09
35	29.00	552	ONTAGMAR	Navin Mano,12,ESWIM		-
36	29.03	551	POAAAFEB	Samuel Chartrand,12,ELITE		-
37	29.06	549	BCAGMAR	Ray Betuzzi,12,PDSA		-
38	29.11	547	ONTAGMAR	Nathan Zonenberg,12,NYAC		-
39	29.12	546	CASCNOV	Rodale Estor,12,CASC		-
40	29.14	546	MBSKMAR	Gavin D'Amico,12,EKSC		-
41	29.17	544	RAPIDDEC	Pascal Wollach,12,LASC		

11-12 BOYS CONTD.

400 METRES FREESTYLE

Rec:	4:15.89	Chuck Sayao,TOMAC,95	Best 1999
1	4:32.28	668 ONTAGMAR Mark Kurtzer,12,NEW	-
2	4:32.67	668 ONTAGMAR Chris Bento,12,LAC	4:49.79
3	4:34.17	658 MBSKMAR Braden O'Neill,12,OSC	4:50.14
4	4:36.40	646 MBSKMAR Jim Judesch,12,CASC	-
5	4:38.95	632 ABAGFEB Pascal Wollach,12,LASC	-
6	4:39.72	628 ONTAGMAR Brandon Connelly,12,BRANT	-
7	4:40.55	623 ONTAGMAR Brandon Holden,12,HWAC	-
8	4:41.16	620 ONTAGMAR Scott VanDoomaal,12,GMAC	4:54.98
9	4:41.27	619 ABAGFEB Jesse Lund,12,EKSC	-
10	4:41.91	616 ONTAGMAR Matthew Scott,12,HWAC	-
11	4:43.22	609 POAAAFEB Jonathan Rinaldi,12,CALAC	-
12	4:43.23	609 BCAGMAR Richard Alexander,12,IS	-
13	4:44.07	605 ONTAGMAR Steven Rubacha,11,ESWIM	5:34.57
14	4:44.12	605 YOUTHDEC Nelson Niedzielski,12,MSSAC	4:58.33
15	4:44.53	603 ABAGFEB Gavin D'Amico,12,EKSC	-
16	4:45.75	596 BCAGMAR Leonard Ho,12,HWACK	-
17	4:46.09	595 ONTAGMAR Nelson Nedzielski,12,MSSAC	-
18	4:46.10	595 KCSDEEC Kris Yap-Chung,12,HWACK	-
19	4:46.88	591 YOUTHDEC Paul Mereau,12,CASC	-
20	4:47.15	589 CNQJAN Etienne Lavallee,12,EXCEL	-
21	4:47.58	587 MBSKMAR Alexander Love,12,ROD	-
22	4:47.58	587 ONTAGMAR Scott Samuel,12,OKA	-
23	4:47.69	587 PCSDCDEC Sean Dawson,12,GO	-
24	4:47.97	585 SFOYNVO Etienne Brillant,12,CNDR	-
25	4:48.55	582 ONTAGMAR Adam Eilath,12,RHAC	-
26	4:48.86	581 ONTAGMAR Kellan O'Neill,12,SSMAC	-
27	4:48.89	581 BCAGMAR Chris Wiggins,12,PDSA	-
28	4:49.04	580 ONTAGMAR Matthew Pariselli,12,NYAC	-
29	4:49.37	578 ONTAGMAR Jeff Byrne,12,SSMAC	-
30	4:49.43	578 BCAGMAR Ray Betuzzi,12,PDSA	-
31	4:49.53	577 MANTADEC Michael Smela,12,YLSC	-
32	4:50.12	575 BCAGMAR Davor Isic,12,PDSA	-
33	4:50.15	574 MANTADEC James McKnight,12,GOLD	-
34	4:50.42	573 YOUTHDEC Michael Allain,12,BST	-
35	4:50.48	573 TBTFFEB Christian Carl,12,TBT	-
36	4:51.46	568 YOUTHDEC Alex Olsen,12,SCAR	-
37	4:51.99	565 OAKJAN Stephen Louli,12,LMAC	-
38	4:52.27	564 SFOYNVO Vincent Boulanger-M,12,CNQ	-
39	4:53.22	560 YOUTHDEC Stephen Malinas,12,GGST	4:56.38
40	4:53.32	559 YOUTHDEC Kyle Palfrey,12,SCAR	-
41	4:53.37	559 MBSKMAR Tyson Larone,12,EKSC	-
42	4:53.99	556 ONTAGMAR David Arcand,12,GO	-
43	4:54.13	555 ONTAGMAR Mathieu Bouchard,12,AQUA	-
44	4:54.64	553 CASCNOV Norman Ng,12,HWACK	-
45	4:55.89	547 BCAGMAR Lu Yi Lay,12,IS	-
46	4:56.87	542 ONTAGMAR James Davidson-G,12,BRANT	-
47	4:57.33	540 YOUTHDEC Wesley Newman,12,CAC	-
48	4:57.96	537 NSAGFEB Daniel MacAulay,12,EAST	-
49	4:58.03	537 BCAGMAR Ryan Clouston,12,IS	-
50	4:58.34	536 POAAAFEB Samuel Chartrand,12,ELITE	-

1500 METRES FREESTYLE

Rec:	16:58.85	Jamie White,LAC,90	Best 1999
1	18:09.07	665 ONTAGMAR Chris Bento,12,LAC	-
2	18:22.83	646 ONTAGMAR Scott VanDoomaal,12,GMAC	19:24.86
3	18:27.12	640 MBSKMAR Alexander Love,12,ROD	-
4	18:36.18	628 POAAAFEB Jonathan Rinaldi,12,CALAC	-
5	18:37.46	627 ABAGFEB Pascal Wollach,12,LASC	-
6	18:39.06	624 ONTAGMAR Scott Samuel,12,OKA	-
7	18:46.68	614 POAAAFEB Nicolas Sanschagrin,12,SAMAK	-
8	18:48.23	612 MBSKMAR Gavin D'Amico,12,EKSC	-
9	18:49.92	610 BCAGMAR Richard Alexander,12,IS	-
10	18:59.86	597 BCAGMAR Chris Wiggins,12,PDSA	-
11	19:03.66	593 TBTFFEB Christian Carl,12,TBT	-
12	19:04.23	592 ONTAGMAR David Mongeri,11,BROCK	-
13	19:09.08	586 LACNOV Brandon Connelly,12,BRANT	-
14	19:09.66	585 MBSKMAR Jesse Lund,12,EKSC	-
15	19:09.69	585 BCAGMAR Davor Isic,12,PDSA	-
16	19:09.80	585 MANTADEC Brad Hankewich,12,GOLD	-
17	19:10.55	584 ONTAGMAR Adam Eilath,12,RHAC	-
18	19:13.67	580 ONTAGMAR David Arcand,12,GO	-
19	19:15.04	578 ONTAGMAR Alex Camberti,11,CPAC	-
20	19:19.11	573 ONTAGMAR Kellan O'Neill,12,SSMAC	-
21	19:22.86	569 NBTMAPR Mathieu Bouchard,12,AQUA	-
22	19:24.68	567 OAKJAN Brandon Holden,12,HWAC	-
23	19:25.06	566 OAKJAN Matthew Scott,12,HWAC	-
24	19:26.08	565 ULAVDEC Etienne Lavallee,12,EXCEL	-
25	19:26.47	564 ONTAGMAR Matthew Pariselli,12,NYAC	-
26	19:26.65	564 ONTAGMAR James Davidson-G,12,BRANT	-
27	19:28.90	562 OAKJAN Patrick Cuch,11,TSC	-
28	19:29.10	561 BCAGMAR Lu Yi Lay,12,IS	-
29	19:29.25	561 YOUTHDEC Kyle Palfrey,12,SCAR	-
30	19:30.32	560 MBSKMAR Tyson Larone,12,EKSC	-
31	19:31.22	559 COBRAJAN Mark Pariselli,14,NYAC	-
32	19:31.97	558 YOUTHDEC Stephen Malinas,12,GGST	19:38.57
33	19:32.01	558 ONTAGMAR Sean Alexander,12,TD	-
34	19:32.05	558 BTSCNOV Michael Allain,12,BST	-
35	19:32.71	557 MBSKMAR Willie Bell,12,SD	-
36	19:33.79	556 BCAGMAR Kris Yap-Chung,12,HWACK	-
37	19:36.11	553 BCAGMAR Ray Betuzzi,12,PDSA	-
38	19:36.55	552 NSAGFEB Daniel MacAulay,12,EAST	-
39	19:38.22	551 ISCPNOV Leonard Ho,12,HWACK	19:12.00
40	19:38.40	550 MBSKMAR James McKnight,12,GOLD	-
41	19:39.32	549 ABAGFEB Tristan Armstrong,12,NCSA	-
42	19:40.04	548 BRANTFEB Billy Brewer,12,HWAC	-
43	19:40.63	548 BCAGMAR Ryan Clouston,12,IS	-
44	19:46.83	541 COBRAJAN Bryn Jones,12,NEW	-
45	19:48.22	539 POAAAFEB David Normandin,11,CNHR	-
46	19:49.14	538 POAAAFEB Francois-P Murray,11,CNDR	-
47	19:50.15	537 MBSKMAR Matthew Klyn,12,EKSC	-
48	19:50.72	536 POAAAFEB Jonathan Blouin,11,CNQ	-
49	19:52.63	534 YOUTHDEC Alex Camberti,11,CPAC	-
50	19:53.30	533 POAAAFEB Aubert Lanchance-F,12,UL	-

100 METRES BACKSTROKE

Rec:	1:03.53	Tobias Oriwol,PCSC,98	Best 1999
1	1:05.78	649 CNSHDEC Vincent Boulanger-M,12,CNQ	-
2	1:06.31	637 ONTAGMAR Brandon Connelly,12,BRANT	-
3	1:07.12	619 MBSKMAR Braden O'Neill,12,OSC	1:10.04
4	1:07.66	607 BCAGMAR Richard Alexander,12,IS	1:14.04
5	1:07.87	603 BCAGMAR Brad Barton,12,VKSC	-
6	1:08.27	594 YOUTHDEC Michael Allain,12,BST	1:14.45
7	1:08.36	592 CASCNOV Jesse Lund,12,EKSC	1:14.09
8	1:08.85	582 POAAAFEB Etienne Lavallee,12,EXCEL	-
9	1:09.58	567 NWOFEB Christian Carl,12,TBT	-
10	1:09.59	567 ONTAGMAR Steven Rubacha,11,ESWIM	1:17.80
11	1:09.66	566 POAAAFEB Alex Desilets,12,MEGO	-
12	1:09.96	560 YOUTHDEC Wesley Newman,12,CAC	1:11.71
13	1:10.31	553 ONTAGMAR Jeff Byrne,12,SSMAC	-
14	1:10.45	540 ONTAGMAR John Lukovich,12,COBRA	-
15	1:10.86	542 RAPIDDEC Pascal Wollach,12,LASC	-
16	1:11.18	536 ONTAGMAR Ivan Leung,11,RHAC	1:18.40
17	1:11.24	535 YOUTHDEC Stephen Malinas,12,GGST	1:13.52
18	1:11.26	534 UTJAN21 Alex Olsen,12,SCAR	-
19	1:11.35	533 ONTAGMAR Matthew Scott,12,HWAC	1:14.73
20	1:11.37	532 BCAGMAR Leonard Ho,12,HWACK	1:14.39
21	1:11.40	532 SCARFEB Mark Kurtzer,12,NEW	-
22	1:11.40	532 ONTAGMAR Scott Samuel,12,OKA	-
23	1:11.49	530 POAAAFEB Felix Renaud,12,CNB	-
24	1:11.74	525 BCAGMAR Jordan Hartney,11,PSW	1:28.46
25	1:11.84	523 ONTAGMAR Sean Dawson,12,GO	-
26	1:11.91	522 ONTAGMAR Kevin Jones,12,OAK	1:24.00
27	1:12.06	519 POAAAFEB David Milot,12,PCSC	-
28	1:12.14	518 LACNOV Scott VanDoomaal,12,GMAC	-
29	1:12.17	517 ABAGFEB Matthew Kunyk,12,EKSC	-
30	1:12.20	517 CASCNOV Michael Smela,12,YLSC	-
31	1:12.31	515 ONTAGMAR Sean Alexander,12,TD	-
32	1:12.41	513 NWOFEB Steven Posthumus,12,TBT	-
33	1:12.46	512 MBSKMAR James McKnight,12,GOLD	-
34	1:12.70	508 ONTAGMAR Matt Kapitan,12,COBRA	-
35	1:12.77	506 MBSKMAR Jim Judesch,12,CASC	-
36	1:12.77	506 ONTAGMAR Brandon Holden,12,HWAC	-
37	1:12.92	504 POAAAFEB Sebastian Angers,12,CASE	1:26.12
38	1:13.01	502 BCAGMAR Chris Wiggins,12,PDSA	-
39	1:13.08	501 ESWIMJAN Nelson Niedzielski,12,MSSAC	-
40	1:13.09	501 ABAGFEB Lee Grant,12,UJCS	1:25.91
41	1:13.09	501 ONTAGMAR Daniel Atken,12,MAKOS	-
42	1:13.19	499 BCAGMAR Jackson Wang,12,DELTA	-
43	1:13.39	495 YOUTHDEC Paul Mereau,12,CASC	-
44	1:13.40	495 ONTAGMAR Nelson Nedzielski,12,MSSAC	-
45	1:13.57	492 RAPIDDEC Darren To,12,LASC	-
46	1:13.72	490 ABAGFEB Gavin D'Amico,12,EKSC	-
47	1:13.73	489 LACNOV James San Pedro,12,OKA	-
48	1:13.89	487 LACNOV Shane Kemmel,12,LASC	-
49	1:13.97	485 ESWIMJAN Chris Bento,12,LAC	1:20.15
50	1:14.05	484 ONTAGMAR Matthew Pariselli,12,NYAC	-

200 METRES BACKSTROKE

Rec:	2:14.05	Tobias Oriwol,PCSC,98	Best 1999
1	2:22.13	656 ONTAGMAR Brandon Connelly,12,BRANT	-
2	2:22.46	653 ONTAGMAR Mark Kurtzer,12,NEW	-
3	2:22.69	650 BCAGMAR Richard Alexander,12,IS	2:35.09
4	2:22.78	649 MBSKMAR Braden O'Neill,12,OSC	2:27.93
5	2:25.44	622 POAAAFEB Etienne Lavallee,12,EXCEL	2:38.80
6	2:25.78	618 ONTAGMAR Steven Rubacha,11,ESWIM	-
7	2:25.95	617 BCAGMAR Brad Barton,12,VKSC	-
8	2:26.75	608 YOUTHDEC Michael Allain,12,BST	2:38.33
9	2:27.84	598 ABAGFEB Pascal Wollach,12,LASC	-
10	2:28.31	593 POAAAFEB Alex Desilets,12,MEGO	-
11	2:29.94	577 YOUTHDEC Jesse Lund,12,EKSC	2:40.33
12	2:29.94	577 YOUTHDEC Stephen Malinas,12,GGST	2:32.73
13	2:30.87	569 YOUTHDEC Wesley Newman,12,CAC	2:31.43
14	2:31.06	567 ONTAGMAR Scott Samuel,12,OKA	-
15	2:31.20	566 PCSDCDEC Matthew Scott,12,HWAC	2:37.40
16	2:31.56	562 POAAAFEB Felix Renaud,12,CNB	-
17	2:31.78	560 ONTAGMAR Jeff Byrne,12,SSMAC	-
18	2:31.81	560 NWOFEB Christian Carl,12,TBT	-
19	2:32.18	557 ONTAGMAR Ivan Leung,11,RHAC	-
20	2:32.59	553 ONTAGMAR Sean Alexander,12,TD	-
21	2:33.16	548 ONTAGMAR Scott VanDoomaal,12,GMAC	-
22	2:33.29	547 ONTAGMAR Kevin Jones,12,OAK	-
23	2:33.45	545 MBSKMAR Jim Judesch,12,CASC	-
24	2:33.69	543 BCAGMAR Leonard Ho,12,HWACK	2:37.98
25	2:34.24	538 ABAGFEB Gavin D'Amico,12,EKSC	-
26	2:34.36	537 CASCNOV Michael Smela,12,YLSC	-
27	2:34.39	537 POAAAFEB Sebastian Angers,12,CASE	-
28	2:35.13	530 MANTADEC James McKnight,12,GOLD	-
29	2:35.18	530 BCAGMAR Kris Yap-Chung,12,HWACK	-
30	2:35.92	523 ESWIMJAN Chris Bento,12,LAC	-
31	2:36.23	521 ONTAGMAR Daniel Atken,12,MAKOS	-
32	2:36.34	520 ONTAGMAR Trevor Morrison,12,NKB	-
33	2:36.52	518 NRSTFEB Tony Daigle,12,CRKW	-
34	2:36.99	514 CNSHDEC Samuel Chartrand,12,ELITE	-
35	2:37.11	513 ULAVDEC Frederic Bouchard,12,UL	-
36	2:37.18	513 ONTAGMAR David Arcand,12,GO	-
37	2:37.32	512 ESWIMJAN Donald Ellison,12,NEW	-
38	2:37.34	511 ESOAFEB Sean Dawson,12,GO	-
39	2:37.39	511 BCAGMAR Andrew McCartney,12,IS	-
40	2:37.46	510 MANTADEC Lee Grant,11,UJCS	-
41	2:37.52	510 STFOYMAR Jonathan Blouin,11,CNQ	-
42	2:37.89	507 ONTAGMAR Andrew Martinec,12,NEW	-
43	2:38.15	505 ONTAGMAR Bryan Mel,12,NEW	-
44	2:38.47	502 BCAGMAR Chris Wiggins,12,PDSA	-
45	2:38.71	500 KCSDEEC Brent Carter,12,OSC	-
46	2:38.71	500 ONTAGMAR John Lukovich,12,COBRA	-
47	2:38.79	499 SCARFEB Nelson Nedzielski,13,MSSAC	-
48	2:38.84	499 MBSKMAR Matthew Kunyk,12,EKSC	-
49	2:38.89	499 ONTAGMAR Mark Dimitroff,12,NYAC	-
50	2:38.93	498 ONTAGMAR Adam Derech,12,BRANT	-

100 METRES BREASTSTROKE

Rec:	1:07.51	Matthew Huang,ARBU,97	Best 1999
1	1:13.98	660 ABAGFEB Rodale Estor,12,CASC	1:20.23
2	1:15.16	636 ONTAGMAR Bryan Mell,12,NEW	1:27.82
3	1:15.74	625 UTJAN21 Alex Olsen,12,SCAR	-
4	1:15.86	622 MBSKMAR Jesse Lund,12,EKSC	1:22.86
5	1:16.09	618 MANTADEC Michael Smela,12,YLSC	1:24.00
6	1:16.51	610 RODSCJAN Andrew Malawski,12,ROD	1:22.71
7	1:17.17	597 ONTAGMAR Chris Bento,12,LAC	1:24.97
8	1:17.93	583 CASCNOV Darren Tso,12,LASC	1:22.92
9	1:17.97	582 YOUTHDEC Kyles Vara,12,CHAMP	-
10	1:18.00	582 ONTAGMAR Nathan Zonenberg,12,NYAC	-
11	1:18.20	578 BRANTNOV James San Pedro,12,OKA	-
12	1:18.55	572 BTSCNOV Jamie Ross,12,AUROR	-
13	1:18.98	564 EYSCNOV Kyle Palfrey,12,SCAR	1:23.07
14	1:19.32	558 BCAGMAR Brad Barton,12,VKSC	-
15	1:19.66	552 BCAGMAR Leonard Ho,12,HWACK	-
16	1:19.71	551 SCARFEB Bryn Jones,12,NEW	1:23.90
17	1:19.77	550 ONTAGMAR Kevin Dickson,12,GMAC	-
18	1:19.85	549 CNQJAN Etienne Lavallee,12,EXCEL	-
19	1:19.97	547 SFOYNVO Vincent Boulanger-M,12,CNQ	1:24.44
20	1:20.04	546 CHAMPDEC Kyle Svira,12,CHAMP	1:23.20
21	1:20.10	545 STFOYMAR Maxime Dumont,12,CNQ	1:24.70
22	1:20.30	541 MBSKMAR Brandon O'Neill,12,OSC	-
23	1:20.61	536 POAAAFEB Jonathan Turcotte,12,HIPPO	-
24	1:20.71	534 ULAVDEC Jonathan Dumont,12,NES	-
25	1:21.39	523 ONTAGMAR Kellan O'Neill,12,SSMAC	-
26	1:21.72	518 RAPIDDEC Geoffrey Chen,12,RAPID	1:24.84
27	1:21.83	516 ABAGFEB Raymond Rieger,12,KSC	-
28	1:21.84	516 YOUTHDEC Steven Rubacha,11,ESWIM	1:26.69
29	1:21.		

11-12 BOYS CONTD.

100 METRES BUTTERFLY

Rec: 1:02.37 Drew Chorney,TMSC,91/Michael Calkins,IS 91			Best 1999
1	1:06.60	608 POAAAFEB Etienne Lavallee,12,EXCEL	1:14.52
2	1:07.56	587 CNSHDEC Vincent Boulanger-M,12,CNQ	-
3	1:08.97	558 CASCNVO Michael Smela,12,YLSC	1:12.68
4	1:09.01	557 POAAAFEB David Milot,12,PCSC	-
5	1:09.06	556 ONTAGMAR Jeff Byrne,12,SSMAC	-
6	1:09.09	555 MBSKMAR Braden O'Neill,12,OSCC	-
7	1:09.16	554 BCAGMAR Kris Yap-Chung,12,HYACK	1:11.46
8	1:09.54	546 BCAGMAR Lu Yi Lay,12,IS	1:13.72
9	1:09.63	545 ONTAGMAR Patrick Cuch,11,TSC	1:18.05
10	1:09.71	543 ONTAGMAR Scott VanDoormaal,12,GMAC	1:13.08
11	1:09.76	542 BRANTNOV Julian Cino,12,HWAC	1:12.31
12	1:10.39	530 ETOBFEF Mehmet Dinc,12,COBRA	-
13	1:10.50	528 NBTMAPPR Guillaume Vallieres-L,11,CNSJ	-
14	1:10.84	521 ONTAGMAR Kyle Palfrey,12,SCAR	-
15	1:11.50	509 BCAGMAR Jackson Wong,12,DELTA	-
16	1:11.63	507 MACJAN Stephen Loui,12,MAC	-
17	1:11.64	506 SCARFEB Nelson Niedzielski,13,MSSAC	-
18	1:11.65	506 ONTAGMAR Matthew Pariselli,12,NYAC	-
19	1:11.67	506 MBSKMAR Gavin D'Amico,12,EKSC	-
20	1:11.67	506 POAAAFEB Nicolas Sanschagrin,12,SAMAK	1:22.00
21	1:11.71	505 ABAGFEB Tyson Larone,12,EKSC	-
22	1:11.95	501 ONTAGMAR Nathan Zonenberg,12,NYAC	-
23	1:12.05	499 LASCNOV Shane Kemmel,12,LASC	-
24	1:12.69	488 POAAAFEB Guillaume Vallieres-L,11,CNSJ	1:34.72
25	1:12.70	488 SHERDEC Steven Gagne,12,MEGO	-
26	1:12.71	487 ONTAGMAR Scott Samuel,12,OKA	-
27	1:12.74	487 POAAAFEB Felix Renaud,12,CNB	-
28	1:12.77	486 POAAAFEB Jonathan Blouin,11,CNQ	-
29	1:12.93	484 VIRJAN Richard Alexander,12,IS	-
30	1:13.01	482 ONTAGMAR Sean Dawson,12,GO	-
31	1:13.22	478 YOUTHDEC Nelson Niedzielski,12,MSSAC	-
32	1:13.24	478 CNMUNJAN Mathieu Bois,11,HIPPO	-
33	1:13.36	476 YOUTHDEC Alex Olsen,12,SCAR	-
34	1:13.49	474 KSCDEE Jesse Lund,12,EKSC	-
35	1:13.63	471 ONTAGMAR Adam Eilath,12,RHAC	-
36	1:13.87	467 MBSKMAR Zacary Odger,11,CASC	1:19.95
37	1:14.15	463 POAAAFEB Samuel Chartrand,12,ELITE	-
38	1:14.22	462 ETOBFEF John Lukovich,12,COBRA	-
39	1:14.27	461 ABAGFEB Tristan Armstrong,12,NCSA	-
40	1:14.28	461 CASCNVO Norman Ng,12,HYACK	1:15.15
41	1:14.36	459 OSACFEB Chris Bento,12,LASC	-
42	1:14.50	457 MBSKMAR Jonathan Lam,12,EKSC	-
43	1:14.52	457 POAAAFEB Martin Beauregard-Greu,12,CNNG	-
44	1:14.55	456 ONTAGMAR David Arcand,12,GO	-
45	1:14.71	454 PCSCDEE Philippe Noelling,12,ESWIM	1:14.81
46	1:14.75	453 POAAAFEB Philippe GrandMaison,12,CAMO	-
47	1:14.77	453 ONTAGMAR David Monger,12,BCRC	1:28.09
48	1:14.91	450 YOUTHDEC Paul Mereau,12,CASC	-
49	1:14.98	449 MBSKMAR Brad Hankewich,12,GOLD	-
50	1:15.16	446 ABAGFEB Darren Woods,12,KSC	-

200 METRES BUTTERFLY

Rec: 2:17.46 Andrew Cho,HYACK 91			Best 1999
1	2:30.19	576 ONTAGMAR Scott VanDoormaal,12,GMAC	2:37.49
2	2:30.37	574 POAAAFEB David Milot,12,PCSC	-
3	2:31.49	564 BCAGMAR Kris Yap-Chung,12,HYACK	2:41.76
4	2:34.37	538 ONTAGMAR Matthew Pariselli,12,NYAC	-
5	2:34.47	537 BCAGMAR Lu Yi Lay,12,IS	2:42.84
6	2:35.11	531 ONTAGMAR Patrick Cuch,11,TSC	-
7	2:35.37	529 POAAAFEB Nicolas Sanschagrin,12,SAMAK	2:48.44
8	2:35.97	524 ONTAGMAR Kyle Palfrey,12,SCAR	-
9	2:36.88	516 ONTAGMAR Nelson Niedzielski,12,MSSAC	-
10	2:37.52	511 ABAGFEB Gavin D'Amico,12,EKSC	-
11	2:37.56	510 NBJAN Mathieu Bouchard,12,AQUA	-
12	2:37.71	509 BCAGMAR Leonard Ho,12,HYACK	-
13	2:38.10	506 STFOYMAR Jonathan Blouin,11,CNQ	-
14	2:38.71	501 ABAGFEB Tristan Armstrong,12,NCSA	2:52.89
15	2:39.14	497 POAAAFEB Felix Renaud,12,CNB	-
16	2:39.82	492 POAAAFEB Guillaume Vallieres-L,11,CNSJ	-
17	2:40.50	486 ETOBFEF Mehmet Dinc,12,COBRA	-
18	2:41.24	481 POAAAFEB Jonathan Gagne,11,DDO	-
19	2:41.35	480 ONTAGMAR Scott Samuel,12,OKA	2:51.20
20	2:41.48	479 POAAAFEB Matthew Leger,12,DDO	2:54.10
21	2:41.76	476 POAAAFEB Jonathan Rinaldi,12,CALAC	-
22	2:41.83	476 ABAGFEB Tyson Larone,12,EKSC	-
23	2:41.98	475 LACNOV Brandon Connelly,12,BRANT	2:52.02
24	2:42.92	468 MBSKMAR Jonathan Lam,12,EKSC	-
25	2:42.95	467 ONTAGMAR Adam Eilath,12,RHAC	-
26	2:44.42	456 ONTAGMAR Cody Gault,11,TSC	-
27	2:44.54	455 ONTAGMAR Chris Fox,12,NKB	-
28	2:44.63	455 YOUTHDEC Nelson Niedzielski,12,MSSAC	2:48.82
29	2:45.91	445 ONTAGMAR John Lukovich,12,COBRA	-
30	2:46.11	444 ONTAGMAR Kevin Dickson,12,ESWIM	-
31	2:46.14	444 PCSCDEE Philippe Noelling,12,GMAC	2:48.51
32	2:46.15	444 BRANTNOV Chris Bento,11,LAC	-
33	2:46.63	440 SFOYNOV Etienne Lavallee,12,EXCEL	-
34	2:47.05	437 ABAGFEB Cody Hoffman,12,KSC	-
35	2:47.12	437 ABAGFEB Matthew Kuryk,12,EKSC	-
36	2:47.23	436 BCAGMAR Davor Isic,12,PDSA	-
37	2:48.14	430 ABAGFEB Darren Woods,12,KSC	-
38	2:48.18	429 ONTAGMAR Nathan Zonenberg,12,NYAC	-
39	2:48.35	428 MBSKMAR Jesse Lund,12,EKSC	-
40	2:48.53	427 BCAGMAR Ilya Brotzky,11,PDSA	-
41	2:48.63	426 MANTADEC Graeme Gibson,12,KSC	2:53.54
42	2:49.06	423 ONTAGMAR E. Babbi,11,EYSC	-
43	2:49.19	422 GOLDOCT Michael Smela,12,YLSC	-
44	2:49.81	418 MANTADEC Brad Hankewich,12,GOLD	-
45	2:49.86	418 ONTAGMAR Jonathan Marquez,11,TSC	-
46	2:50.11	416 ONTAGMAR Nathan Cox,12,CYPS	-
47	2:50.77	412 ONTAGMAR David Arcand,12,GO	-
48	2:51.24	408 YOUTHDEC Viktor Verblac,11,YORK	-
49	2:51.44	407 ESWIMJAN Mark Kurtzer,12,NEW	-
50	2:51.91	404 ABAGFEB Brad van Nieuwerkerk,12,SSC	-

200 METRES IND. MEDLEY

Rec: 2:17.55 Matthew Huang,ARBU,97			Best 1999
1	2:23.50	678 CNSHDEC Vincent Boulanger-M,12,CNQ	2:39.05
2	2:25.13	661 ABAGFEB Braden O'Neill,12,OSCC	2:34.46
3	2:25.83	653 ABAGFEB Jesse Lund,12,EKSC	2:39.89
4	2:26.28	649 ONTAGMAR Chris Bento,12,LAC	2:48.81
5	2:27.26	639 POAAAFEB Etienne Lavallee,12,EXCEL	-
6	2:27.32	638 ONTAGMAR Brandon Connelly,12,BRANT	-
7	2:29.34	618 ONTAGMAR Mark Kurtzer,12,NEW	-
8	2:29.35	618 CASCNVO Michael Smela,12,YLSC	2:38.22
9	2:31.59	596 ONTAGMAR Kyle Palfrey,12,SCAR	-
10	2:31.67	595 ONTAGMAR Steven Rubacha,11,ESWIM	2:47.04
11	2:32.29	589 MBSKMAR Gavin D'Amico,12,EKSC	-
12	2:32.41	588 YOUTHDEC Alex Olsen,12,SCAR	-
13	2:32.45	588 MBSKMAR Jim Judiesch,12,CASC	-
14	2:32.55	587 BCAGMAR Richard Alexander,12,IS	-
15	2:32.65	586 RAPIDDEC Darren Tso,12,LASC	-
16	2:32.78	585 BCAGMAR Leonard Ho,12,HYACK	2:39.69
17	2:33.45	578 ONTAGMAR Brandon Holden,12,HWAC	-
18	2:34.76	566 YOUTHDEC Paul Mereau,12,CASC	-
19	2:35.00	564 ONTAGMAR Nathan Zonenberg,12,NYAC	-
20	2:35.09	563 ONTAGMAR Kellan O'Neill,12,SSMAC	-
21	2:35.11	563 MBSKMAR Rodale Estor,12,CASC	-
22	2:35.61	559 ONTAGMAR Bryan Mell,12,NEW	3:01.43
23	2:35.90	556 POAAAFEB Jonathan Rinaldi,12,CALAC	-
24	2:35.91	556 BRANTNOV Julian Cino,12,HWAC	-
25	2:36.02	555 EOSAFEB Sean Dawson,12,GO	-
26	2:36.33	552 POAAAFEB Nicolas Sanschagrin,12,SAMAK	-
27	2:36.60	550 POAAAFEB Felix Renaud,12,CNB	-
28	2:36.63	550 PCSCDEE Richard Zieba,12,PCSC	-
29	2:36.76	548 RODSCJAN Andrew Malawski,12,ROD	-
30	2:36.80	548 ONTAGMAR Matthew Pariselli,12,NYAC	-
31	2:36.89	547 MBSKMAR Alexander Love,12,ROD	-
32	2:37.12	545 CASCNVO Norman Ng,12,HYACK	-
33	2:37.20	545 NWOFEB Christian Carl,12,TBT	-
34	2:37.49	542 LACNOV Scott VanDoormaal,12,GMAC	-
35	2:38.06	537 ONTAGMAR Kevin Dickson,12,GMAC	-
36	2:38.21	536 YOUTHDEC Bryn Jones,12,NEW	-
37	2:38.23	536 ONTAGMAR Eric Dupuis,12,VEW	-
38	2:38.28	535 MACJAN Scott Samuel,12,OKA	-
39	2:38.61	532 PICKDEC Nelson Niedzielski,12,MSSAC	-
40	2:38.93	530 SCARFEB Nelson Niedzielski,13,MSSAC	-
41	2:39.14	528 RAPIDDEC Pascal Wollach,12,LASC	-
42	2:39.33	526 POAAAFEB Marc-A. Duchesneau,12,CAMO	-
43	2:39.70	523 EYSCNOV Kyle Svava,12,CHAMP	-
44	2:39.80	522 ONTAGMAR Mark Dimitroff,12,NYAC	-
45	2:39.81	522 POAAAFEB Guillaume Vallieres-L,11,CNSJ	-
46	2:39.88	522 BCAGMAR Chris Wiggins,12,PDSA	-
47	2:40.03	520 ESWIMJAN Navin Mano,12,ESWIM	-
48	2:40.08	520 PCSCDEE Philippe Noelling,12,ESWIM	2:39.95
49	2:40.09	520 SHERDEC Steven Gagne,12,MEGO	-
50	2:40.35	518 ABAGFEB Tristan Armstrong,12,NCSA	-

400 METRES IND. MEDLEY

Rec: 4:52.13 Keith Barrell,UTSC,94			Best 1999
1	5:09.91	657 ONTAGMAR Chris Bento,12,LAC	5:39.70
2	5:10.08	656 ONTAGMAR Brandon Connelly,12,BRANT	5:44.38
3	5:12.32	645 ONTAGMAR Mark Kurtzer,12,NEW	-
4	5:13.69	639 ONTAGMAR Kyle Palfrey,12,SCAR	5:25.29
5	5:15.38	631 POAAAFEB Etienne Lavallee,12,EXCEL	5:40.87
6	5:16.80	624 ABAGFEB Jesse Lund,12,EKSC	-
7	5:19.62	611 MANTADEC Michael Smela,12,YLSC	5:41.84
8	5:20.04	609 BCAGMAR Leonard Ho,12,HYACK	5:37.26
9	5:23.93	591 UTJAN21 Alex Olsen,12,SCAR	-
10	5:24.62	588 ONTAGMAR Brandon Holden,12,HWAC	-
11	5:24.76	588 ABAGFEB Brandon Holden,12,HWAC	-
12	5:24.76	588 ABAGFEB Brandon Holden,12,HWAC	-
13	5:25.36	585 BCAGMAR Richard Alexander,12,IS	-
14	5:25.63	584 ABAGFEB Pascal Wollach,12,LASC	-
15	5:26.35	581 ONTAGMAR Scott Samuel,12,OKA	5:45.04
16	5:26.49	580 ONTAGMAR Kellan O'Neill,12,SSMAC	-
17	5:27.48	576 ONTAGMAR Matthew Pariselli,12,NYAC	-
18	5:27.92	574 MBSKMAR Alexander Love,12,ROD	-
19	5:28.36	572 OSCEDEC Brandon Grove,14,EDSON	-
20	5:29.11	569 ESWIMJAN Nelson Niedzielski,12,MSSAC	-
21	5:29.34	568 PCSCDEE Richard Zieba,12,PCSC	-
22	5:30.38	563 ONTAGMAR Patrick Cuch,11,TSC	-
23	5:30.41	563 ONTAGMAR Steven Rubacha,11,ESWIM	-
24	5:30.61	562 CASCNVO Norman Ng,12,HYACK	5:41.47
25	5:30.98	561 ABAGFEB Tristan Armstrong,12,NCSA	-
26	5:31.98	557 OSACFEB Scott VanDoormaal,12,GMAC	5:38.57
27	5:32.16	556 ABAGFEB Tyson Larone,12,EKSC	-
28	5:33.74	549 ONTAGMAR Kevin Dickson,12,GMAC	-
29	5:33.92	549 ONTAGMAR Bryan Mell,12,NEW	-
30	5:34.04	548 POAAAFEB Nicolas Sanschagrin,12,SAMAK	-
31	5:35.60	542 ONTAGMAR Navin Mano,12,ESWIM	5:47.60
32	5:35.80	541 ONTAGMAR Eric Dupuis,12,VEW	-
33	5:35.89	541 SCARFEB Bryn Jones,12,NEW	5:40.61
34	5:35.94	540 BCAGMAR Davor Isic,12,PDSA	-
35	5:36.22	539 POAAAFEB Marc-A. Duchesneau,12,CAMO	-
36	5:36.46	538 BCAGMAR Chris Wiggins,12,PDSA	-
37	5:36.71	537 POAAAFEB David Milot,12,PCSC	-
38	5:36.82	537 POAAAFEB Felix Renaud,12,CNB	-
39	5:37.99	532 ABAGFEB Matthew Kuryk,12,EKSC	-
40	5:38.39	530 EOSAFEB Sean Dawson,12,GO	-
41	5:39.04	528 CASCNVO Rodale Estor,12,CASC	-
42	5:39.66	525 POAAAFEB Guillaume Vallieres-L,11,CNSJ	-
43	5:39.83	525 NSACFEB Corey Knickle,12,EAST	-
44	5:39.90	525 PCSCDEE Philippe Noelling,12,ESWIM	5:34.00
45	5:40.17	523 BCAGMAR Jordan Hartney,11,PSW	-
46	5:40.49	522 BCAGMAR Ryan Clouston,12,IS	-
47	5:40.56	522 BCAGMAR Matthew Sze,12,PDSA	-
48	5:40.90	521 RODSCJAN Andrew Malawski,12,ROD	-
49	5:41.58	518 EOSAFEB David Arcand,12,GO	-
50	5:41.93	517 MBSKMAR Jonathan Lam,12,EKSC	-

4X50 M MEDLEY RELAY

Rec: 2:05.03 Mississauga AC, TOMAC, 92			Best 1999
1	2:06.99	567 CDSNOV Pacific Dolphins,PDSA	-
2	2:08.62	549 MBSKMAR Cascade Swim Club,CASC	-
3	2:10.37	531 ABAGFEB Edmonton Keyano,EKSC	-
4	2:11.38	521 ONTAGMAR North York AC,NYAC	-
5	2:11.54	519 YOUTHDEC Newmarket SC,NEW	-
6</			

13-14 GIRLS 2000 SHORT COURSE TAG®

50 METRES FREESTYLE

Rec: 26.04	Kristin Topham, MANTA, 88	Best 1999
1	26.67 880 MANTADEC Alexandra Lys, 14, UCSC	26.86
2	26.67 880 ONTAGMAR Jennifer Porenta, 14, MMST	27.58
3	26.94 864 PCSDEC Jackie Chan, 14, MSSAC-TO	27.20
4	26.96 863 JRNATFEB Kate Pleyley, 14, OAK	28.12
5	26.97 863 POAAAFEB Sarah Gault, 14, CAC	27.61
6	26.97 863 BCAGMAR Courtneyay Chuy, 14, HYACK	27.71
7	26.99 862 JRNATFEB Kari Pomerleau, 14, UCSC	28.40
8	27.01 860 ONTAGMAR Stephanie Kuhn, 14, TMSJC	28.09
9	27.26 846 BCAGMAR Mila Zvijerac, 14, HYACK	-
10	27.33 842 JRNATFEB Jenny Lock, 14, COMOX	28.43
11	27.41 838 JRNATFEB Marie-P. Blais, 13, MEGO	29.21
12	27.51 832 ONTAGMAR Andrea Shoust, 14, SSMAC	28.49
13	27.55 830 JRNATFEB Amy Kilam, 14, LASC	28.06
14	27.55 830 ABAGFEB Andrea Baird, 14, RDSCSC	27.71
15	27.57 828 JRNATFEB Diane Kardash, 14, MM	27.92
16	27.57 828 KBMSCNOV Amanda Gillespie, 14, PERTH	27.45
17	27.59 827 ABAGFEB Hayley Doody, 14, CASC	28.26
18	27.64 824 ONTAGMAR Jennifer Beckberger, 14, AAC	28.24
19	27.66 823 MANTADEC Erin Kardash, 14, MM	27.84
20	27.79 816 JRNATFEB April Tam, 13, PN	29.16
21	27.85 813 KCSDEC Orlagh O'Kelly, 14, EKSC	28.42
22	27.88 811 ONTSRNOV Leanna Lee, 14, TORCH	28.24
23	27.88 811 POAAAFEB Suzanne Vary, 13, CNDR	28.74
24	27.95 807 BCAGMAR Tina Hoang, 14, HYACK	28.55
25	27.97 806 MBSKMAR Jennifer Humphreys, 14, AMAC	-
26	28.01 804 KMSCDEC April Tam, 13, PN	-
27	28.03 802 JRNATFEB Dana Lord, 14, EYSC	-
28	28.06 801 ONTAGMAR Sarah Phillips, 14, MUSAC	-
29	28.07 800 JRNATFEB Elsa Vangoudover, 14, NCSA	-
30	28.10 799 JRNATFEB Shannon Hackett, 13, PDSA	29.23
31	28.13 797 ONTAGMAR Kelsey Nemeth, 14, AAC	29.91
32	28.15 796 MANTADEC Jennifer Toogood, 14, MANTA	-
33	28.18 794 YOUTHDEC Monica Wejman, 14, ESWM	27.80
34	28.21 792 ABAGFEB Taryn Crawford, 14, OSC	-
35	28.22 792 ONTAGMAR Katie Smith, 13, COBRA	29.65
36	28.31 787 JRNATFEB Erin Prout, 14, EKSC	28.18
37	28.31 787 ONTAGMAR Kathryn Hagglund, 13, LAC	29.37
38	28.32 786 ONTAGMAR Tianna Day, 14, OAK	-
39	28.34 785 CASCNOV Michelle Cove, 14, RDSCSC	27.91
40	28.36 784 BCAGMAR Jessica Verheyden, 14, PDSA	-
41	28.38 783 SHERDEC Valerie Robert, 13, SHER	28.65
42	28.38 783 ONTAGMAR Laura Wise, 13, COBRA	28.88
43	28.40 782 STFOYMAR Emilie Chan, 13, PSCC	28.29
44	28.42 781 CASCNOV Hania Kubas, 14, EKSC	-
45	28.42 781 POAAAFEB Emilie Lefort, 14, CAC	-
46	28.48 777 YOUTHDEC Carly Carmak, 14, CAJ	-
47	28.48 777 POAAAFEB Amelie Carrier-L., 13, UL	28.80
48	28.51 776 ONTAGMAR Randi Beaulieu, 14, MSSAC	-
49	28.53 775 ETBFEB Katie McQuaid, 14, AAC	-
50	28.53 775 MBSKMAR Kimberley Moors, 13, TNT	29.29

100 METRES FREESTYLE

Rec: 56.29	Shauna Collins, ROD, 90	Best 1999
1	56.89 904 JRNATFEB Alexandra Lys, 14, UCSC	57.14
2	57.95 876 ONTAGMAR Kate Pleyley, 14, OAK	59.58
3	58.08 872 YOUTHDEC Jackie Chan, 14, MSSAC-TO	58.71
4	58.34 866 ONTAGMAR Jennifer Porenta, 14, MMST	1:01.05
5	58.92 850 MALLMOFEB Courtneyay Chuy, 14, HYACK	59.87
6	58.94 850 ABAGFEB Hayley Doody, 14, CASC	1:00.89
7	59.29 840 ONTAGMAR Stephanie Kuhn, 14, TMSJC	1:01.81
8	59.33 839 POAAAFEB Sarah Gault, 14, CAC	-
9	59.35 839 JRNATFEB Erin Kardash, 14, MM	1:01.13
10	59.64 831 KCSDEC Andrea Baird, 14, RDSCSC	59.21
11	59.69 830 YOUTHDEC Monica Wejman, 14, ESWM	59.09
12	59.73 829 JRNATFEB Jenny Lock, 14, COMOX	1:01.70
13	59.75 828 JRNATFEB Chelsey Burnett, 14, NRST	1:01.12
14	59.97 823 SSMACMAR Andrea Shoust, 14, SSMAC	-
15	1:00.01 822 RAPIDDEC Michelle Landry, 14, PDSA	59.77
16	1:00.14 818 BCAGMAR Shannon Hackett, 13, PDSA	1:03.60
17	1:00.15 818 MBSKMAR Orlagh O'Kelly, 14, EKSC	-
18	1:00.21 816 KCSDEC Mila Zvijerac, 14, HYACK	-
19	1:00.26 815 ONTSRNOV Jessica Vance, 14, BRANT	1:00.59
20	1:00.29 814 ONTAGMAR Sarah Phillips, 14, MUSAC	1:00.47
21	1:00.32 813 POAAAFEB Suzanne Vary, 13, CNDR	1:01.88
22	1:00.36 812 ONTAGMAR Leanna Lee, 14, TORCH	-
23	1:00.55 807 PICKDEC Amanda Gillespie, 14, PERTH	59.20
24	1:00.70 804 STFOYMAR Alex Lachance-F., 14, UL	-
25	1:00.74 803 BCAGMAR April Tam, 13, PN	1:04.20
26	1:00.86 799 JRNATFEB Kari Pomerleau, 14, UCSC	-
27	1:00.98 796 ONTAGMAR Cassandra Wolfe, 13, MUSAC	1:05.85
28	1:01.01 796 ONTAGMAR Kahla Walkinshaw, 14, HWAC	-
29	1:01.03 795 MANTADEC Diane Kardash, 14, MM	-
30	1:01.04 795 ONTAGMAR Jessica Kelly, 14, NKB	-
31	1:01.06 794 ONTAGMAR Kelsey Nemeth, 14, AAC	1:02.96
32	1:01.07 794 ONTAGMAR Jennifer Beckberger, 14, AAC	1:02.69
33	1:01.12 793 ONTAGMAR Dana Lord, 14, EYSC	-
34	1:01.20 791 MANTADEC Lynette Bayliss, 14, UCSC	-
35	1:01.23 790 GOLDOCT Michelle Cove, 15, RDSCSC	59.87
36	1:01.26 789 BBSOCT Elizabeth Cleven, 14, NCSA	1:01.51
37	1:01.26 789 JRNATFEB Elsa Vangoudover, 14, NCSA	-
38	1:01.31 788 JRNATFEB Katy Bergman, 13, KSS	-
39	1:01.32 788 JRNATFEB Amy Kilam, 14, LASC	-
40	1:01.35 787 BRANTFEB Renee Hober, 14, ROW	-
41	1:01.37 786 MBSKMAR Erin Prout, 14, EKSC	-
42	1:01.40 785 BCAGMAR Kelsey Rush, 13, RAYS	1:04.12
43	1:01.42 785 POAAAFEB Amelie Carrier-L., 13, UL	1:04.58
44	1:01.47 784 BCAGMAR Tina Hoang, 14, HYACK	1:01.91
45	1:01.50 783 MBSKMAR Jennifer Humphreys, 14, AMAC	-
46	1:01.54 782 MBSKMAR Blair Holmes, 13, COBRA	1:03.06
47	1:01.57 781 POAAAFEB Valerie Robert, 13, SHER	-
48	1:01.65 779 POAAAFEB Patricia Perreault, 14, CNCB	-
49	1:01.70 778 ONTAGMAR Sarah Chan, 13, NYAC	1:02.82
50	1:01.75 777 YOUTHDEC Kristen McIlroy, 13, MMST	1:02.77

200 METRES FREESTYLE

Rec: 2:00.88	Jane Kerr, ESC, 83	Best 1999
1	2:03.76 903 JRNATFEB Alexandra Lys, 14, UCSC	2:04.49
2	2:05.28 884 JRNATFEB Kate Pleyley, 14, OAK	2:08.07
3	2:05.53 881 ISCUPIVNOV Michelle Landry, 14, PDSA	2:06.91
4	2:05.76 878 ABAGFEB Hayley Doody, 14, CASC	2:09.50
5	2:06.19 873 YOUTHDEC Monica Wejman, 14, ESWM	2:12.50
6	2:06.96 863 ONTAGMAR Stephanie Kuhn, 14, TMSJC	-
7	2:07.10 862 BCAGMAR Courtneyay Chuy, 14, HYACK	2:09.01
8	2:08.41 846 BCAGMAR Chelsey Burnett, 14, NRST	2:13.51
9	2:08.55 844 YOUTHDEC Jackie Chan, 14, MSSAC-TO	2:09.40
10	2:08.60 843 ONTAGMAR Kathy Siuda, 14, ROW	-
11	2:08.84 841 POAAAFEB Alex Lachance-F., 14, UL	2:12.31
12	2:08.88 840 ONTAGMAR Kelsey Nemeth, 14, AAC	2:12.85
13	2:08.93 839 BCAGMAR Marla May, 14, KCS	-
14	2:08.94 839 POAAAFEB Patricia Perreault, 14, CNCB	-
15	2:08.98 839 BCAGMAR Jenny Lock, 14, COMOX	-
16	2:09.31 835 BRANTNOV Carly Carmak, 14, CAJ	2:13.25
17	2:09.37 834 JRNATFEB Elizabeth Amerk, 14, EKSC	-
18	2:10.46 821 POAAAFEB Julia Guay-Racine, 14, CAMO	2:18.54
19	2:10.49 821 POAAAFEB Suzanne Vary, 13, CNDR	2:13.09
20	2:10.50 820 ONTAGMAR Nathalie Lacoste, 14, MSSAC	-
21	2:10.65 819 ONTAGMAR Jennifer Porenta, 14, MMST	-
22	2:10.71 818 MBSKMAR Orlagh O'Kelly, 14, EKSC	-
23	2:10.77 817 JRNATFEB Lynette Bayliss, 14, UCSC	-
24	2:10.98 815 MBSKMAR Krista Haslund, 14, ROD	2:16.02
25	2:11.13 813 ONTSRNOV Jessica Vance, 14, BRANT	2:09.83
26	2:11.37 810 ONTAGMAR Kahla Walkinshaw, 14, HWAC	-
27	2:11.39 810 CASCNOV Michelle Cove, 14, RDSCSC	2:10.25
28	2:11.59 807 CASCNOV Sara McNally, 14, EKSC	2:07.92
29	2:11.72 806 MANTADEC Katy Bergman, 13, KSS	-
30	2:11.77 805 ONTAGMAR Jane Wilkinson, 14, SKY	-
31	2:11.81 805 ONTAGMAR Sheena Martin, 14, TORCH	-
32	2:11.95 803 ONTAGMAR Sarah Chan, 13, NYAC	2:15.31
33	2:12.00 802 BCAGMAR Jaimie Graham, 14, PDSA	-
34	2:12.16 801 PICKDEC Andrea Gillespie, 14, PERTH	2:05.73
35	2:12.39 798 BCAGMAR Shannon Hackett, 13, PDSA	2:16.78
36	2:12.41 798 GOLDOCT Andrea Baird, 14, RDSCSC	2:13.05
37	2:12.51 796 ONTAGMAR Sarah Phillips, 14, MUSAC	2:13.22
38	2:12.56 796 JRNATFEB Cynthia Galfre, 14, EKSC	-
39	2:12.56 796 BCAGMAR Kelsey Rush, 13, RAYS	2:21.65
40	2:12.77 793 POAAAFEB Chani Davidson, 13, CAMO	2:14.64
41	2:12.87 792 MANTADEC Lauren Dorrington, 14, USC	-
42	2:12.97 791 MANTADEC Rebecca Haight, 14, BROCK	-
43	2:13.02 790 ONTAGMAR Jessica Kelly, 14, NKB	-
44	2:13.07 790 KCSDEC Stephanie Nicholls, 14, PN	-
45	2:13.15 789 BCAGMAR Brianne Cloak, 14, IS	2:21.25
46	2:13.31 787 NSAGFEB Danielle Smith, 14, WTSC	-
47	2:13.61 783 KBMSCNOV Rachel Migovcovic, 14, GO	-
48	2:13.69 782 ULAVDEC Claudia Bernard, 14, CNO	-
49	2:13.69 782 ONTAGMAR Kristen McIlroy, 13, MMST	2:18.97
50	2:13.92 780 KBMSCNOV Elizabeth Oesterer, 13, NKB	-

400 METRES FREESTYLE

Rec: 4:14.43	Elissa Purvis, CDS, 85	Best 1999
1	4:21.83 890 JRNATFEB Hayley Doody, 14, CASC	4:30.05
2	4:21.92 889 JRNATFEB Kate Pleyley, 14, OAK	4:34.78
3	4:22.80 884 RAPIDDEC Michelle Landry, 14, PDSA	4:24.80
4	4:24.15 876 ONTAGMAR Kathy Siuda, 14, ROW	4:37.37
5	4:27.23 858 JRNATFEB Alexandra Lys, 14, UCSC	4:28.13
6	4:28.41 852 YOUTHDEC Carly Carmak, 14, CAJ	4:31.38
7	4:28.45 851 JRNATFEB Chelsey Burnett, 14, NRST	4:37.95
8	4:30.46 840 YOUTHDEC Monica Wejman, 14, ESWM	-
9	4:31.02 837 BCAGMAR Marla May, 14, KCS	-
10	4:31.76 832 ONTAGMAR Nathalie Lacoste, 14, MSSAC	-
11	4:31.78 832 BCAGMAR Jenny Lock, 14, COMOX	-
12	4:32.59 827 JRNATFEB Lynette Bayliss, 14, UCSC	4:37.02
13	4:32.85 826 CNOJAN Patricia Perreault, 14, CNCB	-
14	4:32.88 826 POAAAFEB Alex Lachance-F., 14, UL	4:33.60
15	4:33.15 824 ONTAGMAR Kelsey Nemeth, 14, AAC	4:40.90
16	4:33.57 822 KCSDEC Andrea Baird, 14, RDSCSC	-
17	4:33.99 819 PCSODEC Angela Sloan, 14, PSCC	4:39.03
18	4:34.20 818 BCAGMAR Brianne Cloak, 14, IS	4:55.98
19	4:34.43 817 BCAGMAR Shannon Hackett, 13, PDSA	4:44.31
20	4:34.49 817 YOUTHDEC Sheena Martin, 14, TORCH	-
21	4:35.81 809 POAAAFEB Suzanne Vary, 13, CNDR	4:43.91
22	4:36.36 806 JRNATFEB Stacy Cormack, 13, GLEN	4:51.58
23	4:36.53 805 BCAGMAR Kelsey Rush, 13, RAYS	5:02.42
24	4:36.59 805 ONTAGMAR Elyse Dudar, 13, MSSAC	-
25	4:36.72 804 GOLDOCT Nichelle Cove, 14, RDSCSC	4:31.75
26	4:36.82 803 BCAGMAR Jaimie Graham, 14, PDSA	-
27	4:37.47 800 ONTAGMAR Kahla Walkinshaw, 14, HWAC	-
28	4:37.60 799 ONTAGMAR Elizabeth Oesterer, 14, NKB	-
29	4:37.74 798 ONTAGMAR Andrea Shoust, 14, SSMAC	-
30	4:37.87 797 MANTADEC Leslie Lappalainen, 13, TBT	-
31	4:38.08 796 ONTAGMAR Rebecca Haight, 14, BROCK	-
32	4:38.39 794 MANTADEC Britany Cooper, 13, LAC	4:52.62
33	4:38.49 794 MANTADEC Krista Haslund, 13, ROD	4:45.93
34	4:38.80 792 ABAGFEB Cynthia Galfre, 14, EKSC	-
35	4:39.61 787 ONTAGMAR Sarah Chan, 13, NYAC	4:43.02
36	4:39.64 787 POAAAFEB Julia Guay-Racine, 14, CAMO	4:49.53
37	4:39.68 787 CNOOCT Joan Bernier, 14, CNCB	-
38	4:39.68 787 ONTAGMAR Kristen McIlroy, 13, MMST	4:52.41
39	4:39.97 785 JRNATFEB Gillian Coles, 14, BROCK	-
40	4:40.35 783 NWOFEF Katy Bergman, 13, KSS	-
41	4:40.42 783 YOUTHDEC Laura Wise, 13, COBRA	4:41.57
42	4:41.10 779 KCSDEC Courtneyay Mulhern, 13, PSW	4:45.35
43	4:41.12 779 NSAGFEB Danielle Smith, 14, WTSC	-
44	4:41.13 779 YOUTHDEC Jennifer Porenta, 14, MMST	-
45	4:41.34 778 JRNATFEB Carly Schaab, 13, UCSC	4:49.99
46	4:41.46 777 POAAAFEB Anouk Langlois, 14, IS	-
47	4:41.62 776 ONTAGMAR Ashley Norton, 14, LAC	-
48	4:41.81 775 YOUTHDEC Katherine Ruta, 14, ESWM	4:38.83
49	4:42.32 772 ONTAGMAR Tanya Fry, 14, CYPSS	-
50	4:42.56 771 BCAGMAR Stephanie Nicholls, 14, PN	-

800 METRES FREESTYLE

Rec: 8:40.43	Elissa Purvis, CDS, 86	Best 1999
1	9:01.74 879 ISCUPIVNOV Michelle Landry, 14, PDSA	9:03.07
2	9:03.68 874 JRNATFEB Hayley Doody, 14, CASC	9:11.16
3	9:10.35 855 JRNATFEB Alex Lachance-F., 14, UL	9:18.40
4	9:12.12 850 ONTAGMAR Kathy Siuda, 14, ROW	9:24.60
5	9:15.15 841 BCAGMAR Chelsey Burnett, 14, NRST	9:30.13
6	9:15.71 840 BCAGMAR Marla May, 14, KCS	9:41.81
7	9:17.25 835 MANTADEC Alexandra Lys, 14, UCSC	9:40.99
8	9:17.91 833 CNOJAN Patricia Perreault, 14, CNCB	-
9	9:20.96 825 ONTAGMAR Elyse Dudar, 13, MSSAC	10:17.83
10	9:22.01 822 ONTAGMAR Elizabeth Oesterer, 14, NKB	9:48.91
11	9:22.62 820 YOUTHDEC Monica Wejman, 14, ESWM	9:33.20
12	9:23.01 819 BCAGMAR Brianne Cloak, 14, IS	10:18.21
13	9:23.66 817 JRNATFEB Angela Sloan, 14, PSCC	9:36.53
14	9:26.47 810 BCAGMAR Jaimie Graham, 14, PDSA	9:36.89
15	9:27.02 808 BCAGMAR Shannon Hackett, 13, PDSA	9:43.03
16	9:27.13 808 MANTADEC Lynette Bayliss, 14, UCSC	9:26.90
17	9:28.91 803 JRNATFEB Stacy Cormack, 13, GLEN	10:15.59
18	9:29.06 802 CNOJAN Suzanne Vary, 13, CNDR	9:57.06
19	9:30.36 799 YOUTHDEC Nathalie Lacoste, 14, MSSAC	-
20	9:30.74 798 ONTAGMAR Britany Cooper, 13, LAC	9:45.74
21	9:31.09 797 ONTAGMAR Kahla Walkinshaw, 14, HWAC	-
22	9:31.18 797 JRNATFEB Cynthia Galfre, 14, EKSC	-
23	9:31.89 795 MANTADEC Rebecca Haight, 14, BROCK	-
24	9:33.07 791 JRNATFEB Katy Bergman, 13, KSS	-
25	9:34.27 788 BCAGMAR Stephanie Bigelow, 13, IS	9:56.55
26	9:35.71 784 JRNATFEB Thea Norton, 13, STSC	10:01.68
27	9:35.73 784 MANTADEC Krista Haslund, 13, ROD	9:47.57
28	9:36.46 782 JRNATFEB Daniele Smith, 14, WTSC	-
29	9:36.48 782 JRNATFEB Leslie Lappalainen, 14, TBT	-
30	9:36.63 782 YOUTHDEC Laura Wise, 13, COBRA	9:47.91
31	9:36.84 781 ONTAGMAR Gillian Coles, 14, BROCK	

13-14 GIRLS CONTD.

200 METRES BACKSTROKE

Rec: 2:12.86 Kelly Stefanyshyn, MANTA, 97		Best 1999
1	2:17.67	878
2	2:19.26	860
3	2:19.77	854
4	2:20.12	850
5	2:20.16	850
6	2:21.38	836
7	2:21.45	836
8	2:21.45	836
9	2:22.63	826
10	2:22.91	820
11	2:23.41	814
12	2:23.88	809
13	2:23.94	808
14	2:24.24	805
15	2:24.25	805
16	2:24.38	804
17	2:24.43	802
18	2:24.49	802
19	2:24.60	801
20	2:24.67	800
21	2:24.84	798
22	2:24.93	797
23	2:25.07	796
24	2:25.10	796
25	2:25.14	795
26	2:25.27	794
27	2:25.28	794
28	2:25.51	791
29	2:25.51	791
30	2:25.89	787
31	2:26.11	785
32	2:26.28	783
33	2:26.35	782
34	2:26.48	781
35	2:26.52	780
36	2:26.97	775
37	2:27.04	775
38	2:27.05	775
39	2:27.24	772
40	2:27.43	770
41	2:27.65	768
42	2:27.83	766
43	2:28.11	763
44	2:28.15	763
45	2:28.31	761
46	2:28.51	759
47	2:28.52	759
48	2:28.54	759
49	2:28.56	758
50	2:28.56	758

100 METRES BREASTSTROKE

Rec: 1:08.64 Allison Higson, ESC, 88		Best 1999
1	1:11.23	901
2	1:12.20	881
3	1:13.76	847
4	1:14.36	835
5	1:14.36	835
6	1:14.43	833
7	1:14.86	824
8	1:14.92	823
9	1:14.96	822
10	1:15.03	821
11	1:15.14	818
12	1:15.15	818
13	1:15.30	815
14	1:15.51	811
15	1:15.57	810
16	1:16.16	797
17	1:16.25	795
18	1:16.32	794
19	1:16.52	790
20	1:16.71	786
21	1:16.74	785
22	1:16.86	783
23	1:16.89	782
24	1:16.98	780
25	1:17.19	776
26	1:17.23	775
27	1:17.25	775
28	1:17.25	775
29	1:17.39	772
30	1:17.42	771
31	1:17.50	770
32	1:17.60	768
33	1:17.63	767
34	1:17.70	766
35	1:17.79	764
36	1:17.86	762
37	1:17.87	762
38	1:17.92	761
39	1:18.15	757
40	1:18.22	755
41	1:18.25	755
42	1:18.31	753
43	1:18.31	753
44	1:18.53	749
45	1:18.54	749
46	1:18.71	745
47	1:18.74	745
48	1:18.81	743
49	1:18.82	743

200 METRES BREASTSTROKE

Rec: 2:26.48 Allison Higson, ESC, 88		Best 1999
1	2:32.66	898
2	2:32.93	895
3	2:38.57	839
4	2:38.76	838
5	2:39.26	833
6	2:40.36	822
7	2:40.63	819
8	2:41.08	815
9	2:41.49	811
10	2:41.56	810
11	2:41.80	808
12	2:42.07	805
13	2:42.09	805
14	2:42.76	798
15	2:43.22	794
16	2:43.24	794
17	2:43.26	794
18	2:43.37	793
19	2:43.55	791
20	2:43.61	790
21	2:43.82	788
22	2:43.96	787
23	2:43.96	787
24	2:44.85	778
25	2:44.92	778
26	2:45.03	777
27	2:45.10	776
28	2:45.20	775
29	2:45.22	775
30	2:45.83	769
31	2:45.87	769
32	2:45.89	768
33	2:46.39	764
34	2:46.94	758
35	2:47.11	757
36	2:47.29	755
37	2:47.29	755
38	2:47.33	755
39	2:47.36	754
40	2:47.84	750
41	2:47.94	749
42	2:48.04	748
43	2:48.14	747
44	2:48.18	747
45	2:48.40	745
46	2:48.55	743
47	2:48.82	741
48	2:48.92	740
49	2:49.15	738
50	2:49.16	738

100 METRES BUTTERFLY

Rec: 1:02.60 Jennifer Frateli, SSMAC, 99		Best 1999
1	1:04.62	833
2	1:05.58	810
3	1:05.68	808
4	1:05.85	803
5	1:06.14	797
6	1:06.17	796
7	1:06.17	796
8	1:06.22	795
9	1:06.26	794
10	1:06.28	793
11	1:06.50	788
12	1:06.57	786
13	1:06.65	784
14	1:06.81	781
15	1:06.89	779
16	1:06.89	779
17	1:06.97	779
18	1:07.19	772
19	1:07.28	770
20	1:07.31	769
21	1:07.57	763
22	1:07.74	759
23	1:07.84	757
24	1:07.98	753
25	1:08.02	752
26	1:08.08	751
27	1:08.19	748
28	1:08.31	746
29	1:08.34	745
30	1:08.49	741
31	1:08.78	735
32	1:08.81	734
33	1:08.84	733
34	1:08.92	732
35	1:08.96	731
36	1:09.07	731
37	1:09.02	729
38	1:09.05	729
39	1:09.07	728
40	1:09.10	728
41	1:09.15	726
42	1:09.21	725
43	1:09.21	725
44	1:09.25	724
45	1:09.26	724
46	1:09.27	724
47	1:09.28	723
48	1:09.37	721
49	1:09.39	721
50	1:09.41	721

200 METRES BUTTERFLY

Rec: 2:13.75 Sandra Marchand, ENL, 88		Best 1999
1	2:21.31	833
2	2:23.29	811
3	2:24.54	798
4	2:24.89	794
5	2:25.10	792
6	2:25.43	788
7	2:25.93	783
8	2:26.55	776
9	2:26.97	771
10	2:27.28	768
11	2:27.42	767
12	2:27.74	763
13	2:27.92	761
14	2:28.81	752
15	2:28.87	751
16	2:29.08	749
17	2:29.16	748
18	2:29.35	746
19	2:29.92	740
20	2:29.95	740
21	2:29.96	740
22	2:30.00	739
23	2:30.13	738
24	2:30.59	733
25	2:30.66	732
26	2:30.66	732
27	2:30.89	730
28	2:31.04	728
29	2:31.15	727
30	2:31.26	726
31	2:31.28	726
32	2:31.37	725
33	2:31.37	725
34	2:31.38	725
35	2:31.43	724
36	2:31.46	724
37	2:31.47	724
38	2:31.82	720
39	2:31.86	720
40	2:31.87	720
41	2:31.88	720
42	2:31.98	719
43	2:32.07	718
44	2:32.12	717
45	2:32.23	716
46	2:32.87	709
47	2:32.95	709
48	2:33.26	706
49	2:33.33	705
50	2:33.37	704

200 METRES IND. MEDLEY

Rec: 2:16.79 Allison Higson, ESC, 87		Best 1999
1	2:20.10	887
2	2:20.15	886
3	2:22.47	861
4	2:22.90	856
5	2:23.03	855
6	2:23.52	850
7	2:23.71	848
8	2:24.13	843
9	2:24.37	840
10	2:24.40	840
11	2:24.58	838
12	2:24.92	835
13	2:25.61	827
14	2:26.20	821
15	2:26.38	819
16	2:26.47	818
17	2:26.60	816
18	2:26.70	815
19	2:26.75	815
20	2:27.33	809
21	2:27.36	808
22	2:27.55	806
23	2:28.17	800
24	2:28.34	798
25	2:28.37	798
26	2:28.41	797
27	2:28.43	797
28	2:28.63	795
29	2:28.67	794
30	2:29.00	791
31	2:29.07	790
32	2:29.18	789
33	2:29.48	786
34	2:29.62	784
35	2:29.68	784
36	2:29.82	782
37	2:30.25	778
38	2:30.34	777
39	2:30.41	776
40	2:30.41	776
41	2:30.66	773
42	2:30.67	773
43	2:30.78	772
44	2:30.84	772
45	2:30.92	771
46	2:31.09	769
47	2:31.20	768
48	2:31.23	767
49	2:31.31	767
50	2:31.36	766

SILENT SUCCESS

Sean Badenhorst

While Ian Thorpe, Lenny Krayzelburg, and the doping procedures fiasco captured the headlines at the Berlin World Cup in early February, a bright new prospect was quietly stroking his way closer to swimming's limelight.

Terence Parkin captured three victories in the Berlin pool to add to the four he'd collected at the previous leg of the World Cup in Sheffield, England,



Coach Hill and Terence Parkin

just a few days earlier—the only two World Cups he's ever contested.

For the 19-year-old South African, this was just another opportunity to make his way up that long ladder of success and, unlike most who are faced with it, Parkin prefers to take two steps at a time rather than one.

You see, unlike most humans, Parkin disregards limitations or barriers.

He's also got an advantage—he's been completely deaf since birth. An advantage? Surely that's widely regarded as a disability.

"I can't hear what's going on around me and that works in my favour I believe," says Parkin, who uses sign language to communicate. "I don't hear negative talk before a race; I can remain focused on my goal, which I suppose is an advantage."

He went to the World Short Course Championships in Athens, Greece, in March and snapped up a silver in the 400 IM in a new personal best and his umpteenth South African and African record. Two days later, he was second in a thrilling duel with Russia's Roman Sloudnov in the 200 breast. Sloudnov shattered the world record; Parkin touched a fraction of a second later for the fourth fastest time ever.

To Parkin the world may be a silent place, but he's discovered a way to make a noise, make people take notice. The pool is his loudspeaker and does he have fun with that volume control!

Parkin's goal in life is to win an Olympic gold medal and break a world record. Ho hum. Isn't that the aim of every swimmer? The thing is, when Parkin says this, it is with such sincerity that you believe with him, particularly considering his history of improving dramatically in just about every major swim meet he competes in.

A year ago, Parkin was tipped to make the South African Olympic team and probably reach one final. At the Pan Pacific Champs in September 1999, he finished third in the 200 m breaststroke, his favourite event, and was elevated to an Olympic medal prospect. The 1999 Pan Pacs was his second major international meet after the 1998 Commonwealth Games, where he placed

fourth in the 200 breast and fifth in the 400 IM.

Following his brief World Cup sojourn and his World Championships performances in early 2000, Parkin must surely be widely regarded as a medal contender in the 200 breast and the 200 and 400 IM in Sydney in September. The program at the World Short Course Championships prevented Parkin from swimming the 200 IM, where his personal best of 1:57:87 would have given him a medal, and he is more suited to long-course racing.

According to his coach, Graham Hill, Parkin has been improving remarkably during training following his short course success and, although he is hesitant to say it on record, Hill believes his protégé will produce some remarkable performances at the Sydney Games.

"Before we went to the World Cups, Terence was doing five 200 IMs on 2:30, coming in on 2:15. After the World Cups, a period of just two weeks, he was doing the same set, but he was coming in on 2:10s, and that was near the end of the session!"

Hill is one of South Africa's greatest swimmers, but sadly his heyday coincided with South Africa's international sporting isolation as a result of the country's racial segregation laws. He is still the only

swimmer to win seven individual gold medals at the national championships, but through Parkin he is living the international success he dearly would have loved.

"I would have wanted nothing more than to compete and win a medal at an Olympic Games," said Hill. "And I think Terence senses that hunger and it helps fuel him to greater heights."

During their six-year partnership, Hill and Parkin have worked out their own method of communication—a bit of sign language, some lip reading, and what can only be described as mental telepathy—and in Parkin, Hill has discovered an extraordinary athlete.

"I have never seen anyone put so much into their swimming. Every session, every stroke is 100 percent commitment. He thrives on pain. He's learned to like pain and when the others are hurting, he takes that and uses it to push himself even harder. He is remarkable!"

Hill believes the two World Cups and the World Championships came just at the right time, giving Parkin that psychological boost that will take him to an Olympic medal.

"All those guys he beat in Sheffield and Berlin were beating him last year. Now that he has proved he can hammer them, it is very unlikely they will ever beat him again. It's like a modern version of collecting scalps."

Parkin is one of few top South African swimmers who train in South Africa—there are more than 50 South Africans in the United States on swimming scholarships—and his success is even more impressive considering the conditions in which he prepares.

Parkin drives from his parents' home to Hill's club, a 60 km round trip twice a day. Until recently he was driving a rusty, battered old Volkswagen Beetle, but has now been sponsored with a brand new BMW

QUICK FACTS

Terence Parkin, RSA
 BIRTHDATE, PLACE 12 APR 1980, Durban
 HEIGHT 188 cm
 WEIGHT 78 kg
 HOME Durban
 CLUB Seagulls
 COACH Graham Hill

- 2000 SC Worlds 14th 100 breast 1:01.14, 2nd 200 breast 2:07.91, 2nd 400 IM 4:10.56
- 99 Pan Pacs 10th 100 breast 1:03.52, 3rd 200 breast 2:13.12, 6th 200 IM 2:03.52, 5th 400 IM 4:20.79
- 99 SC Worlds 32nd 100 breast 1:02.96, 7th 200 breast 2:09.69, 9th 400 IM 4:16.34
- 98 Commonwealths: 12th 100 breast 1:04.36, 4th 200 breast 2:15.30, 7th 200 IM 2:05.67, 5th 400 IM 4:24.58
- Born with severe hearing disability, uses sign language.

318i from Forsdicks, a local car dealership.

"It was crazy. I used to worry about him all the time. That old car was a death trap!" exclaimed Hill. "The life of one of our best Olympic medal hopes was in danger every time he climbed into his car."

Hill's club, Seagulls, just outside Durban on South Africa's east coast, has a small sponsorship from Mr Price, a South African clothing retail chain. But funds are used mainly to assist the swimmers, and the club has the most basic of facilities. The six-lane, 25-m pool has rusty starting blocks and only part of a roof. Hill, one of South Africa's national coaches, ran out of money in his effort to improve the facilities, so the completed piece of roof does not even cover a third of the pool, which has become, through Hill's involvement, a breeding ground for future Olympians.

Although swimming is South Africa's strongest Olympic sport, it is well down the list when it comes to funding. Non-Olympic sports soccer, rugby, cricket, and golf attract the bulk of sports sponsorship, leaving swimming to flounder around with limited funds gained mainly through sponsorship from the national telecommunications company, Telkom.

With South Africa hovering nearer to third-world than first-world status, the South African authorities have more pressing issues into which money is channelled, such as housing, job creation, health care, and education, leaving sport with very little government funding.

But despite these difficult conditions, Parkin is content.

"I would not want to leave. I am happiest training with Graham, who knows me so well. I also like staying at home with my family," says Parkin, whose silent world is filled with his passion for swimming and a creative flair that inspires him to draw and paint in his free time.

In between training sessions, he also spends a good deal of time dreaming. Seldom does a day go by that he does not watch—over and over—a video recording of Mike Barrowman setting the current world 200 m breaststroke record of 2:10.16 at the Barcelona Olympic Games in 1992.

"I will bring that down to 2:07 one day," says Parkin almost matter of factly.

"That is like a track athlete running the 100 m in eight seconds! It seems impossible," grins Hill before adding: "But Terence does not allow barriers to limit his potential. He has overcome so much through his deafness, everything else is almost easy. Nothing is impossible to him."

That bronze medal at the 1999 Pan Pacs was the turning point. Parkin, a swimmer that's faced more challenges than most, got a foot onto a podium at an international meet, looked up at the winner, and decided that the top step was where he'd rather be.

If you're fortunate to be in Sydney in September and you see Parkin climb onto that top step, you'll find yourself clapping and will realise that you do so because, to most of us, silence is uncomfortable, silence is deafening. You will also realise that he can't hear you. Don't stop, clap harder. He'll see it ... he'll feel it.



Alexander Popov just doing it better

PEAK SWIMMING PERFORMANCE

SIX STEPS TO GREATNESS

Wayne Goldsmith

Successful swimming is a combination of several factors: fitness, speed, strength, technique, motivation, skills, a sensible balanced diet and good nutrition, a positive attitude, self confidence, and flexibility.

However, there are six specific factors that have been identified as being essential for peak swimming performance.

Over the past five years, the factors that contribute to swimming successfully at top national and international competitions have been systematically and scientifically analyzed using a technique called "The Competition Analysis." Developed by Australian Institute of Sport Biomechanist Dr Bruce Mason, The Competition Analysis is a process that breaks down racing into its various components.

- Start time—the first 15 metres (from the starting signal to the time the swimmer's head crosses the 15-metre mark from the starting wall).

- Turn time—a distance of 7.5 metres in and out of the wall (taken from the point where the swimmer's head passes through a point 7.5 metres from the wall into a turn and continues until the swimmer's head passes through the same point 7.5 metres from the wall on the way out of the turn).

- Finish time—the final 5 metres (from the time the swimmer's head passes the 5 metre mark from the finish wall to the actual hand touch on the wall).

- Stroke Length—the distance the swimmer's head moves during a complete arm cycle (i.e. from right-hand entry to the next right-hand entry).

- Stroke rate (or stroke frequency)—the number of stroke cycles per minute.

- Swimming speed (or velocity).

- Split times (each 25 / 50 metre segment of the race).

Looking closely at The Competition Analysis, it appears that six factors are crucial to swimming successfully. These Six Steps to Greatness are:

- Long strokes
- Fast strokes
- Great skills
- Excellent technique
- Maintain all of the above when fatigued
- Maintain all of the above when under pressure

Step 1: LONG STROKES

At maximum speed, world class male and female freestyle swimmers are able to cover a distance of approximately 2 metres per stroke cycle. In other words, they can cover two metres per stroke cycle at a speed of 2 metres per second. The tables below show the stroke length of male and female 100 metres freestyle placegetters in the 1998 FINA World Swimming Championships.

TABLE 1

	Alex Popov	Michael Klim	Lars Frolander
Stroke Length 1st 25 m	2.49 m	2.31 m	2.34 m
Stroke Length 2nd 25 m	2.57 m	2.37 m	2.14 m
Stroke Length 3rd 25 m	2.60 m	2.29 m	2.14 m
Stroke Length 4th 25 m	2.29 m	2.26 m	2.00 m
Average stroke length over the entire race:	2.49 m	2.31 m	2.16 m

TABLE 2

	Jenny Thompson	Martina Moravcova	Ying Shan
Stroke Length 1st 25 m	2.09 m	1.73 m	1.87 m
Stroke Length 2nd 25 m	1.97 m	1.94 m	1.96 m
Stroke Length 3rd 25 m	1.89 m	1.98 m	2.00 m
Stroke Length 4th 25 m	1.90 m	1.89 m	2.00 m
Average stroke length over the entire race:	1.96 m	1.89 m	1.96 m

Tables 1 and 2 show stroke lengths for the first three swimmers in the final of the men's and women's 100 metres freestyle at the 1998 World Swimming Championships

Step 2: Long strokes and FAST STROKES

Great swimmers possess great speed. The ability to move fast through water is what the sport is all about. The top freestyle swimmers in the world are able to complete about 50 stroke cycles per minute at top speed, while maintaining approximately 2 metres per stroke cycle.

TABLE 3

Average Stroke Frequency (number of stroke cycles per minute)

Alex Popov	48.8
Michael Klim	51.2
Lars Frolander	54.3
Jenny Thompson	52.2
Martina Moravcova	53.4
Ying Shan	53.0

Table 3 shows the average stroke frequency for the first three swimmers in the finals of the men's and women's 100 metres freestyle at the 1998 World Swimming Championships.

Step 3: Long strokes, fast strokes, and GREAT SKILLS

In top level swimming, events are won or lost on competitive skills like dives, starts, turns, and finishes. Explosive starts, tight turns, and powerful finishes are often the difference between finishing first and third in international sprint swimming.

TABLE 4

Start time (first 15 metres) in seconds

Turn time (7.5 metres in and out of the turn) in seconds

Finish Time (final 5 metres) in seconds

Alex Popov	5.86	7.12	2.49
Michael Klim	6.08	7.08	2.48
Lars Frolander	6.26	7.12	2.29
Jenny Thompson	6.75	7.80	2.62
Martina Moravcova	7.05	8.08	2.96
Ying Shan	6.71	8.04	2.59

TABLE 4 shows the start times, turn times, and finish times for the first three swimmers in the finals of the men's and women's 100 metres freestyle at the 1998 world swimming championships.

Step 4: Long strokes, fast strokes, great skills, and EXCELLENT TECHNIQUE

Technique is a difficult thing to measure. Coaches can identify what constitutes a good technique and what needs improving through years of coaching education and experience. It is generally agreed, however, that excellence in technique is a prerequisite for fast swimming and much of what we know about technical excellence we have learned from studying the movements of champion swimmers.

Step 5: Swim with long strokes, fast strokes, great skills, and excellent technique WHEN FATIGUED

Swimming fast is not the problem. Swimming fast when it really starts to hurt, that's the problem! Swimmers competing in major competitions are able to keep swimming fast when it gets tough in those last 25 metres and their bodies are screaming at them to slow down or stop.

TABLE 5

	Last 25 metres (time in seconds)	Finish Time (final 5 metres)
Alex Popov	13.31	2.49
Michael Klim	13.22	2.48
Lars Frolander	13.23	2.29
Jenny Thompson	14.45	2.62
Martina Moravcova	13.55	2.96
Ying Chan	13.82	2.59

Table 5 shows times for the final 25 metres and finish times for the first three swimmers in the finals of the men's and women's 100 metres freestyle at the 1998 World Swimming Championships

Step 6: Swim with long strokes, fast strokes, great skills, and excellent technique when fatigued and UNDER PRESSURE (in a race situation)

Think about the great Susie O'Neill at the 1998 Commonwealth Games in Kuala Lumpur. On the last night of competition, she was tired from a week of tough racing, had a tough event (200 metres fly) ahead of her, and had all of Australia watching in to see her break the long-standing record for the number of Commonwealth Games gold medals won by an individual swimmer: in other words, she was under great pressure. Not only did she win the race, do a personal best, almost break the world record, and break the Commonwealth gold medal statistic, she swam with technical excellence and control throughout the race despite the enormous pressure of the situation.

Now that we know what they are, how do you take the Six Steps to Greatness?

1. Work on keeping strokes long and strong during training. In every effort ask yourself "Could I do this with fewer strokes?" When doing skills work like drills, aim for technical perfection, then technical perfection with the minimum number of strokes.

2. Develop real speed by working hard during your speed work training and getting the best out of every effort. Train fast to race fast.

3. Every turn in training is a race turn, every dive is a race dive. Every finish should be completed on the wall with power and controlled aggression. Train as you would like to race.

4. Drills should be completed with precision and with 100% concentration. Think technique first at all times.

5. Challenge yourself to swim fast when tired. In training, challenge yourself to jump up at the end of the session and swim fast. When racing, challenge yourself to swim fast when tired, to swim fast heats in the morning then faster finals at night, to swim as fast on the last day of the meet as you did on the first day, etc.

6. Learn to enjoy pressure situations. Being nervous is a sign that something great is about to happen. Your body is getting ready to do something brilliant. Learn to enjoy the pressure of competition.

We can't all be Alex Popov or Michael Klim, but we can learn a lot about them by studying the way they race. Great swimmers are great for many reasons. The six steps to greatness are ones every swimmer, of any level and any age, can take to help them achieve their swimming goals. As the proverb says, "The longest journey begins with the first step." Take your next step towards being the best you can be right now. As the proverb says, "the longest journey begins with the first step".

**Keep your strokes long and strong,
Move them fast, keep them long,
To help you through the swimming test,
Make sure that your skills are best.
Work on your stroke and swimming technique,
Every day, every month, every year, every week,
When things get tough and you get weary,
Keep fighting on and never feary.
When the pressure's on you will pass the test,
If you've done it in training and believe you're the best.**

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HIGH PERFORMANCE NUTRITION FOR SWIM MEETS

A GUIDE FOR SWIMMERS, COACHES, PARENTS, AND CLUBS

Wayne Goldsmith

Paer 1 of 2

Nutrition is an important area of successful sports performance in any sport. Swimmers need to eat nutritious foods to compete and train to the best of their ability. Coaches need to ensure that swimmers are eating well and rehydrating to complement their training program. Parents want to help their kids achieve their goals and are keen to support them in every possible way.

Swim clubs and swimming organizations that sell food and drink at swim meets need to ensure that a variety of highly nutritious healthy options that can still generate income and raise funds are available to the swimmers.

Swim meets, swim competitions, and swimming championships are the places where all the vested interests in swimming nutrition come together: swimmers, coaches, parents, and administrators. Everyone is looking for the same thing: How can we maximize the opportunity presented by the competition?

Swimmers want to maximize the opportunity of swimming fast at the meet. Coaches want to maximize the opportunities for the individual swimmers and team to compete successfully. Parents want their kids to make the most of the competitive opportunity and swim well. Administrators want to maximize the opportunity to generate income from the fundraising activities at the meet.

Is it possible to develop an overall nutrition strategy to meet the needs of everyone?

Swimmers

A feature of successful athletes in any sport is how they take responsibility for their own performances. As swimmers get older and approach open-level competition, they should be encouraged to take responsibility for their own diet and nutrition program—to become independent of coaches and parents as far as food preparation and consumption are concerned.

On meet day, swimmers should check their own bags to make sure all the fuel they will need over the day has been packed. This includes not only an adequate supply of food and drinks for the meet day but enough nutritious snacks to cover the crucial post-race recovery period. If, for example, the last race of the day is 4:00 pm and the swimmer is unlikely to eat dinner before 7:00 pm, it is important that foods like fruit, sandwiches, and other nutritious snacks are available to munch on between 4 and 7 pm. (It is unlikely you can “ruin the appetite” of a competitive swimmer!)

Athletes, by their actions, are above-average people. They choose to push themselves to their limits and in doing so are “high performance” human beings. Just as high-performance motor vehicles use a high-grade, high-octane fuel, “high performance humans” need the best possible fuel to perform at their best.

Luckily, athletes do not need to live a hermit-type existence and abstain from all take-out foods, snacks, nibbles, lollies, etc. The pressures of advertising and their peer group will make a totally junk-food-free existence nearly impossible for kids today. The goal should be to practise sensible nutrition habits the majority of the time, to understand the basics of high-performance eating, and to be aware of the link between good food and fast swimming.

Immediately after racing, *drink*. Water is perfect, or try other fluids such as sports drinks, cordials, or fruit juice. Also eat something light within 10 minutes of finishing the race. This is the time when your body is best able to absorb and utilize new fuels.

If the meet is two days or longer in duration, *recovery nutrition* is an important part of racing successfully. Recovery nutrition is about planning an eating and drinking strategy that helps your body:

1. Recover from the physical stresses of racing;
2. Prepare for the racing to come.

This is also called the *repair - prepare* approach to swim meet eating.

Recovery nutrition is a technique that provides the swimmers’ body with what they need to recover (eg. carbohydrates to replace used-up energy, proteins for muscle building and repair) and prepare for the next day of competition. In between races, recovery nutrition is about replenishing energy stores quickly and effectively so that the next race can be completed at maximum speed. Foods that aid in a recovery nutrition program between races include fruit, blended fruit packs, tinned fruits, and sports drinks—things that are easy to digest and absorb into the body. To maximize the impact of these “recovery foods,” eat or drink them as soon as possible after racing.

A key element of a successful swim meet nutrition program is *eating timing*. Swimmers need to ensure that their eating program is as finely tuned as their training and racing schedule.

If competing early in the morning, some swimmers may find it necessary to rise early (3-4 hours before warm up), eat, then go back to bed for a little more rest. Other athletes may chose to eat, then go for a short walk or jog to start the warm up and race preparation process.

Competition Schedule	What to Eat	When to Eat
Early Morning Heats (8: 00 am – 10:00 am)	Breakfast – Light meal, complex carbohydrates the focus	6:00 am-7:00 am
Afternoon Heats / Semi Finals / Finals (2:00 pm-4:00 pm)	Light lunch – Salad and sandwiches, cooked lunch of rice or pasta.	11:00 am-1:00 pm depending on start time. Allow approx 2 hours between eating and racing
Evening Events (6:00 pm-9:00 pm)	Late Afternoon Meal (early dinner). Small quantities of rice, pasta, vegetables. Bread, bread rolls. Fruit.	4:00 pm – 5:00 pm

An Example of a Competition Eating Schedule

An important aspect of being a senior athlete is knowing what foods help you to swim at your best and when to eat them.

In minor meets and lead-up competitions, try keeping a *nutrition diary* for the day before the meet, the days of competition, and the day after the meet. Record what you eat, when you eat, how much you eat, how you felt, and how you record. By keeping the nutrition diary, you can evaluate what eating strategy works best for you.

MEET NUTRITION DIARY – 2 day meet		
What I Ate and Drank	When I ate it	Comments
Coco Pops, chocolate	Breakfast (around 7:00 am)	Felt flat in warm up, raced poorly in 100 backstroke.
Fruit, water, a chicken salad sandwich	10:00 am (30 minutes before 200 freestyle)	Felt better.
Pasta, potato in jacket, fruit, water, juice	Lunch (around noon)	Raced ten minutes after big lunch. Felt heavy in the water and lethargic
Apple	2:00 pm	Fired up. Felt strong.
Rice dish, vegetables, juice, ice cream and banana cake	6:00 pm Dinner	I was starving!!! Ate everything in sight.
Wholegrain toast, yogurt, fruit and juice	Breakfast (6:00 am)	Felt great. The earlier breakfast really helped!

An Example of a Typical Meet Nutrition Diary

Coaches

Coaches must ensure they understand the basics of good nutrition and plan an effective education program for their swimmers. This includes a program of classroom education, supermarket visits, teaching swimmers to read food labels, and educating them about what's in food. Senior swimmers need to learn to cook a few basic meals (for example pasta and sauce, vegetarian fried rice, potatoes in their jackets, and apple crumble) using low-fat cooking and food preparation techniques. Parents of young swimmers also need to be aware of how to cook with less added fats and oils.

If you as a coach lack the necessary knowledge to take an active role in the nutrition education program of your club, enlist the services of a qualified sports dietician or sports nutritionist.

If a sports nutrition specialist is not easily available, read one of the many good books on the topic and prepare an athlete and parent nutrition education program that is swimming specific, easy to understand, and simple to apply. Alternately, approach the local hospital dietician and ask him or her to help out with your education program.

An important area of nutrition education is to educate parents. Remember that, in general, *kids don't shop and kids don't cook*/Educating young swimmers is of limited value unless the parents are similarly educated and have the commitment to support their children's healthy eating program.

Do a pre-meet checklist for swimmers and parents to follow and ask them to sign it before the swimmer leaves home for the pool.

A SWIM MEET CHECKLIST		
Food / Drink	How much?	Packed in my Swim Bag (Yes or No)
Water	1 litre	Yes
Juice	2 x 200 ml	Yes
Fruit	3 pieces	Yes
Sandwich	2 (chicken and salad)	Yes
Low fat fruit yogurt	One tub	Yes
Pre-cooked pasta with tomato-based sauce	250 g n a sealed container	Yes
BAG CHECKED	Mom / Dad (sign)	Swimmer (sign)

As an alternative, have a team breakfast on the morning of the meet. If competing close to home, have the team breakfast in the club meeting room. Away from home, find a pleasant venue for the team breakfast (beach, park, near a river) with an alternate site nominated in case of cold or rainy weather.

Ask each family to bring something for the team breakfast (give them a list of what you want)—Smiths bring cereal, Jones family brings milk and yogurt, Wilsons bring fruit and juice, etc. At the very least you can then be certain that the team has had one nutritious meal before competing. For a medal-winning meet morning breakfast, try some of these suggestions:

- Cereals (not the popular chocolate or sugary ones). Try WeetaBix, Vita Brits, Sustain, Just Right, Sports Plus.
- Reduced-fat milk
- Low-fat fruit yogurt.
- Selection of fresh and/or tinned fruit (in natural juice). Sliced banana goes great on Weetabix and Vita Brits!
- Selection of bread, toast, crumpets, muffins, and spreads such as margarine, jam, vegemite, and honey.
- Drinks—fruit juices, water, and milo.
- Spaghetti, baked beans, or creamed corn on toast.
- Poached eggs or grilled tomatoes on toast.
- Pancakes or waffles (with small amounts of syrup).

The team breakfast is also a great way to build team unity and go over team strategies for the meet.

For a few laughs, select a swimmer at "random" and empty the contents of their swim bag in front of the rest of the team to check if they have packed it with all the healthy, nutritious food and drink they will need for the meet. (By "random," it is a good idea to pre-select someone you know has done the right thing rather than publicly embarrass someone who hasn't). You can do the same fun educational exercise and check the swimmer's swim bag for other essential items, eg cap, goggles, towel, sun screen, hat, etc. to ensure they are packing for success!

If travelling to a meet where you are likely to be arriving early in the morning or late in the evening have swimmers carry their first two meals with them. This reduces the temptation to seek fast food for dinner or breakfast. Arriving in a competition venue in the evening means that the only food outlets open will be pizza and the hamburger chains. Arriving at the competition venue early in the morning means coffee and donuts or the fast food chains.

Weeks of hard work and tough training may all be for nothing if the final two meals before competition are high-fat, high-salt, and high-sugar food choices.

Have swimmers follow a set nutrition and rehydration routine around every race. Try the R-D-T-E-R routine (Race-Drink-Talk-Eat-Rest). Swimmers race, then grab their drink bottles and take a sip, go the coach for the post race review, have a bite to eat, then rest. Keep your eyes open! Swimmers who are poorly prepared and have not brought healthy foods from home will be rushing to the canteen or shop for high-fat/high-sugar products early in the day.

Be aware of gimmicks and misinformation. Parents and swimmers can be easily influenced by media and advertising campaigns to buy items that are not really high-performance fuels. Food supplements, vitamins and minerals, and fashionable products advertised by successful athletes rarely deliver on their promises of improved performance. Parents' vulnerability to quick-fix, instant-success products and promises means that coaches need to focus on parents at every stage of their nutrition education programs.

Swimmers don't always notice it, but sweating occurs when training and racing—even though the activity happens in the water. It is vital that a good supply of cool water, cordial, sports drink, or juice is on hand at swim meets. Purchase a team 40-50 litre capacity cooler, and give the team captain or a committee member the responsibility for filling it and taking it to every meet (and also for cleaning it *after* every meet).

Part 2 will appear in the next issue.

HOW A CANADIAN JOURNALIST GAINED UNLIMITED ACCESS TO WRITE A BOOK ON THE EAST GERMAN SPORTS MACHINE

Karin Helmstaedt

Introduction

The following is an interview with the man primarily responsible for Canadian journalist Doug Gilbert gaining access to write a book about the East German sports system. This man saw to it that the manuscript had no unwanted information that would be damaging to the state. The man behind Gilbert's deal, was Klaus Huhn.

The Miracle Machine, was published in 1980 by Coward, McCann & Geoghegan, Inc. in New York.

Gilbert dedicated the book to Klaus Ullrich Huhn and Artur Takac (of IOC fame).

In 1979 while covering the Pan American Games in San Juan, Puerto Rico Gilbert died after he was hit by a car while crossing a street. Foul play by the Stasi was subsequently suspected as Gilbert had considerable information on the true nature of GDR sports.

BERLIN—Entering the building that houses Klaus Ullrich Huhn's small publishing firm is like stepping back into another era.

A plaque outside commemorates the Communist fighter Ernst Thaelmann who was killed in Buchenwald. A bookstore on the ground floor displays posters of Che Guevara and a selection of Marxist, post-Communist, and radical left literature. The building's main occupant is the successor party to the East German Communists, the Party for Democratic Socialism (PDS).

As sports editor at the official Communist Party newspaper *Neues Deutschland*, Huhn spent his career praising and defending the glorious sports achievements of East Germany. Now 71, he's still at it, publishing books that defend the superiority of the GDR sports system and blasting the Western attitude toward the once superior but now "conquered" East. He has authored several himself, including *The Never-Ending Doping Story* in which he indicts the investigations that led to the doping trials that took place in Berlin in 1998.

He tells his side of the story over coffee and Dunhill cigarettes in the building's cramped cafeteria. He's slightly on the defensive. "You want to know why someone was with Doug Gilbert all the time when he was here?" he asks. "You think it had something to do with the Stasi?" Then he smirks and says quietly, "Do you know how much German he

spoke? As good as none. There was no way he could have gotten around everywhere on his own."

Huhn says his friendship with Doug began in 1975 while Gilbert accompanied the first-ever Canadian swim team invited to visit the GDR. Gilbert was unable to phone Canada from his hotel, so Huhn did him a favour and brought him to the offices of *Neues Deutschland* to phone from there. They met again at the Winter Olympics in Innsbruck, and then again in Montreal.

"When we got to Montreal for the Olympics in 1976, it was immediately clear that the Canadian papers didn't write very positively toward the GDR," says Huhn. The GDR team leaders, which included the "Honecker of sport" Manfred Ewald, met to discuss how they could get even one paper to portray them in a better light. Huhn, who was included in the discussions, had a suggestion. He told them he would talk to Doug Gilbert and make him an offer he couldn't refuse. He promised Doug unlimited access to the GDR athletes. When the incredulous Canadian asked what his end of the deal was to be, Huhn says off-handedly, "I told him, well, nothing really because I had faith in his views."

So it was that Doug Gilbert of *The Montreal Gazette* had privileged access to the East German team. "He got information that no other Canadian journalist had," says Huhn, not without a touch of pride. Huhn handed him sheets of statistics generated by GDR functionaries and Doug gave the team prolific and glowing coverage. He was genuinely disappointed by Canada's performance at the Games, and wanted to put this little country's astounding success up as an example to follow.

Near the end of the Games, Gilbert asked Huhn if there was any chance of getting into East Germany to do research for a book on their system. Once again Huhn arranged the meeting. On the eve of the end of the Games, he knew where he could find Ewald in the Olympic Village. "I knew he was likely to be in a good mood as we had been so successful," Huhn relates. "I took Doug along, and I was right. Ewald was in shining spirits and when I mentioned Doug's proposal to do a book, he only reflected a minute before giving him the go ahead. And he never went back on that. He had, of course, had all of Doug's articles translated into German during the Games, so he knew what he was dealing with."

"When the book was finished, we met in Moscow

in early 1979 and Doug gave me a copy of the manuscript to look over and make sure there was nothing that would upset Ewald and the others," Huhn recalls, maintaining Doug only gave it to him as a friend.

Confronted with Stasi reports that Wolfgang Gitter (informant code name "Victor") reported receiving the first copy of the manuscript in 1978, and his own letter to Gitter confirming the desired list of changes, Huhn waves his hand and insists his letter was insignificant, that he only wrote it to satisfy Gitter's continual prodding to know what had come of his conversations with Gilbert. He claims that the wording "appears more suspicious than it is." "Gitter was always over-zealous," he continued. Huhn also says he's sure that Ewald never saw the book before it was printed. When confronted with the letter referring to Ewald's "written release of the text," he simply shrugs and says, "I can't explain that." Ewald himself was unavailable for comment.

Much later, in 1988, the Canadian government and the DTSB, the East German sports federation, launched the Doug Gilbert Prize to be awarded alternately to a Canadian and an East German journalist who had made outstanding contributions to journalism and furthered understanding between the two countries. The prize was to include a two-week trip to the opposite country. As it turned out, the first and only East German recipient of the Doug Gilbert Prize was none other than Huhn, who won the award in 1990. That irony was picked up by the GDR's very own Sports Minister, then acting in the interim government after the fall of the Berlin Wall.

On Sept. 20, 1990, Cordula Schubert wrote to Klaus Huhn, saying that she had been informed that he was to receive the prize, but could not allow it. The prize was to "recognize outstanding contributions to sports journalism" and "promote friendship and understanding" she wrote. But to her mind Huhn had used journalism as a political mouthpiece to ideologize sport and to spread "enemy sentiments" through a socialist political agenda. He was therefore not worthy of the prize.

Insulted, Huhn filed the letter away. But in January of 1991, he received a regretful letter from the Canadian government, apparently unaware of the Minister's insider judgement. It said that although the dramatic political changes had made it impossible to fulfill the terms of the prize and allow Huhn a trip to Canada, they nevertheless wished to send him the small trophy and certificate, knowing that as a personal friend Gilbert "would have approved of the choice." It was sweet retribution for Huhn, and proof that the picture Doug had painted of the GDR was still intact.

"That's the last chapter of the Gilbert story for me," he says as he folds the letters.

400 METRES IND. MEDLEY

Rec: 4:47.40 Carrie Burgoyne, MANTA, 96

1	4:54.70	885	RACIBMAR	Kathy Siuda, 14, ROW	5:02.40
2	4:57.26	871	ISCUPTNOV	Michelle Landry, 14, PDSA	5:00.21
3	5:00.14	857	ONTAGMAR	Elizabeth Oster, 14, NKB	-
4	5:00.38	855	ABAGFEB	Alexandra Lys, 14, UCSC	-
5	5:01.07	852	BCAGMAR	Jenny Lock, 14, COMOX	5:16.86
6	5:04.40	835	JRNATFEB	Alex Lachance-F, 14, UL	5:10.71
7	5:05.04	831	ONTAGMAR	Brittany Cooper, 13, LAC	5:18.50
8	5:05.40	829	YOUTHDEC	Carly Carmak, 14, CAJ	5:06.91
9	5:05.75	828	MANITADEC	Lymette Bayliss, 14, UCSC	5:10.34
10	5:07.29	820	ONTAGMAR	Kate Pyley, 14, OAK	5:12.92
11	5:08.27	815	JRNATFEB	Thea Norton, 13, STSC	5:25.79
12	5:08.88	812	ONTAGMAR	Blair Holmes, 13, COBRA	5:26.20
13	5:09.00	811	JRNATFEB	Hayley Doody, 14, CASC	5:19.39
14	5:09.68	808	KCSDEC	Andrea Baird, 14, RDSCSC	-
15	5:10.38	804	ONTSRNOV	Amanda Gillespie, 14, PERTH	5:04.83
16	5:11.25	800	ONTSRNOV	Callan Gault, 14, TSC	-
17	5:11.49	798	YOUTHDEC	Evangeline Blais, 14, CASC	5:08.43
18	5:11.76	797	BCAGMAR	Stephanie Bigelow, 13, IS	5:28.14
19	5:12.13	795	MANITADEC	Rebecca Haight, 14, BROCK	5:15.40
20	5:12.20	795	POAAAFEB	Heather Chance, 14, PCSC	-
21	5:13.44	789	JRNATFEB	Avery Kremer, 13, OSC	5:29.05
22	5:13.47	788	BCAGMAR	Chelsey Burnett, 14, NRST	-
23	5:13.87	786	ISCUPTNOV	Courtenay Chuy, 14, HYACK	4:57.76
24	5:14.12	785	JRNATFEB	Stacy Cormack, 13, GLEN	5:33.73
25	5:14.13	785	ONTAGMAR	Tiffany Vincent, 14, BRANT	5:17.64
26	5:14.32	784	ONTAGMAR	Shannon Lang, 14, HWAC	5:14.42
27	5:14.61	783	JRNATFEB	Jane Wilkinson, 14, SKY	5:12.81
28	5:14.78	782	BCAGMAR	Jaime Graham, 14, PDSA	-
29	5:14.87	781	KCSDEC	Kelly Timmons, 13, OSC	5:34.32
30	5:14.94	781	ONTAGMAR	Nathalie Lacoste, 14, MSSAC	-
31	5:15.08	780	POAAAFEB	Amelie Houdre, 14, CNCB	-
32	5:15.37	779	ONTAGMAR	Shannon Kryhal, 14, LAC	-
33	5:15.46	778	KCSDEC	Stephanie Nicholls, 13, PN	-
34	5:15.51	778	NWOFFEB	Genevieve Dock, 14, TBT	5:18.31
35	5:15.79	777	ONTAGMAR	Gillian Byron, 14, USC	5:35.87
36	5:15.83	777	JRNATFEB	Ashley Matle, 14, PGB	-
37	5:16.20	775	BCAGMAR	Shannon Hackett, 13, PDSA	5:30.78
38	5:16.40	774	POAAAFEB	Patricia Perreault, 14, CNCB	-
39	5:17.20	770	ONTAGMAR	Andrea Zarut, 13, NKB	5:40.41
40	5:17.26	769	CASCNOV	Norah Vogan, 14, GPP	5:09.85
41	5:17.58	768	ONTAGMAR	Amanda Williams, 13, NEW	-
42	5:17.59	768	BCAGMAR	Valerie Pomaiz, 13, NRST	5:24.98
43	5:17.69	767	PCSCDEC	Josiane Lepine, 14, CAMO	5:30.43
44	5:18.05	766	MBSKMAR	Krista Haslund, 14, ROD	5:28.52
45	5:18.40	764	ONTAGMAR	Kahla Walkinshar, 14, HWAC	-
46	5:18.79	762	ONTAGMAR	Elyse Dudar, 13, MSSAC	5:44.00
47	5:19.15	760	JRNATFEB	Cindy Jobs, 13, MANTA	-
48	5:19.20	760	ONTAGMAR	Katherine Ruta, 14, YORK	-
49	5:19.27	759	NWOFFEB	Katy Bergman, 13, KSS	-
50	5:21.23	750	ONTAGMAR	Carol Chandler, 14, HWAC	-

4X50 M MEDLEY RELAY

Rec: 2:00.93 Etobicoke SC, ETOB, 97

1	2:04.01	821	ONTAGMAR	Cobra Swim Club, COBRA	-
2	2:04.42	816	ONTAGMAR	Nepean Kanata, NKB	-
3	2:04.48	815	BCAGMAR	Hyack Swim Club, HYACK	-
4	2:04.69	812	ABAGFEB	Edmonton Keyano, EKSC	-
5	2:05.63	801	YOUTHDEC	Mississauga AC, MSSAC	-
6	2:06.02	796	PCSCDEC	Pointe Claire SC, PCSC	-
7	2:06.16	794	POAAAFEB	Montreal Aquatique, CAMO	-
8	2:07.12	782	ABAGFEB	Calgary Swimming, UCSC	-
9	2:07.34	779	ONTAGMAR	London AC, LAC	-
10	2:07.42	778	MBSKMAR	Manitoba Marlins, MM	-
11	2:07.92	772	SFOYNOV	CN Quebec, CNO	-
12	2:07.93	772	POAAAFEB	Univ. Laval Rouge & Or, UL	-
13	2:08.14	769	ABAGFEB	Cascade Swim Club, CASC	-
14	2:08.26	768	ONTAGMAR	Oakville AC, OAK	-
15	2:08.56	764	PCSCDEC	Etobicoke Swimming, ESWIM	-
16	2:08.66	763	ONTAGMAR	Chatham Y, CYP	-
17	2:08.69	763	BRANTNOV	Toronto Olympians, TORCH	-
18	2:09.04	758	BRANTNOV	Region of Waterloo, ROW	-
19	2:09.35	755	BCAGMAR	Pacific Dolphins, PDSA	-
20	2:09.36	754	SFOYNOV	Univ. Laval, UL	-
21	2:09.58	752	SHERDEC	Megophias Trois Rivières, MEGO	-
22	2:09.82	749	ABAGFEB	Olympian Swim Club, OSC	-
23	2:10.02	746	ONTAGMAR	Ajax Aquatic Club, AAC	-
24	2:10.21	744	BCAGMAR	Island Swimming IS	-
25	2:10.38	742	MANITADEC	Uxbridge SC, USC	-
26	2:10.49	741	YOUTHDEC	Cambridge Aquajets, CAJ	-
27	2:10.63	739	MBSKMAR	Silver Tide SC, STSC	-
28	2:10.65	739	ONTAGMAR	North York AC, NYAC	-
29	2:10.98	735	PICKDECE	Perth Slingrays, PERTH	-
30	2:10.98	735	BCAGMAR	Points North SC, PN	-
31	2:10.99	735	PCSCDEC	Hamilton-Wentworth AC, HWAC	-
32	2:11.07	734	MANITADEC	Glencoe Gators, GLEN	-
33	2:11.09	734	ISCUPTNOV	Nanaimo Ripptide ST, NRST	-
34	2:11.55	728	ABAGFEB	Nose Creek SA, NCSA	-
35	2:11.66	727	ONTAGMAR	Milton Marlins, MMST	-
36	2:12.05	722	ONTAGMAR	Tiltsburg AT, TAT	-
37	2:12.09	722	CASCNOV	Red Deer Catalina SC, RDSCSC	-
38	2:12.28	719	ONTAGMAR	Newmarket SC, NEW	-
39	2:12.30	719	ULAVDEC	CN Haut-Richelieu CNHR	-
40	2:12.48	717	SHERDEC	Hull Phoenix, PHENX	-
41	2:12.58	716	BCAGMAR	Pacific Sea Wolves, PSW	-
42	2:12.68	715	MANITADEC	Manta Swim Club, MANTA	-
43	2:12.72	714	ETOBFE	East York SC, EYSC	-
44	2:13.17	709	BCAGMAR	Ravensong AC, RAC	-
45	2:13.26	708	BROCKTOC	Cambridge Aquajets, CAJ	-
46	2:13.37	707	CNOJAN	CN Beaufort, CNB	-
47	2:13.42	706	KCSDEC	Edmonton Keyano, EKSC	-
48	2:13.43	706	MANITADEC	Thunder Bay, TBT	-
49	2:13.73	702	ULAVDEC	Dollard Swim Team, DDO	-
50	2:14.09	698	PCSCDEC	Brantford AC, BRANT	-

4X50 M FREE RELAY

Rec: 1:48.47 Etobicoke Swimming, ETOB, 97

1	1:50.93	838	ABAGFEB	Calgary Swimming, UCSC	-
2	1:51.21	834	ABAGFEB	Edmonton Keyano, EKSC	-
3	1:51.96	823	MBSKMAR	Manitoba Marlins, MM	-
4	1:52.29	819	ONTAGMAR	Nepean Kanata, NKB	-
5	1:52.99	809	ONTAGMAR	Cobra Swim Club, COBRA	-
6	1:53.56	801	POAAAFEB	Montreal Aquatique, CAMO	-
7	1:53.64	800	YOUTHDEC	Mississauga AC, MSSAC	-
8	1:53.77	798	PCSCDEC	Pointe Claire SC, PCSC	-
9	1:53.77	798	BCAGMAR	Pacific Dolphins, PDSA	-
10	1:53.84	797	YOUTHDEC	North York AC, NYAC	-
11	1:53.88	796	ONTAGMAR	Ajax Aquatic Club, AAC	-
12	1:53.97	795	ONTAGMAR	London AC, LAC	-
13	1:54.90	782	POAAAFEB	Univ. Laval Rouge & Or, UL	-
14	1:54.96	781	BCAGMAR	Hyack Swim Club, HYACK	-
15	1:55.12	779	ABAGFEB	Cascade Swim Club, CASC	-
16	1:55.23	778	PCSCDEC	Oakville AC, OAK	-
17	1:55.35	776	BCAGMAR	Points North SC, PN	-
18	1:55.57	773	PICKDECE	Toronto Olympians, TORCH	-
19	1:55.67	772	BRANTNOV	Etobicoke Swimming, ESWIM	-
20	1:55.70	771	BCAGMAR	Nanaimo Ripptide ST, NRST	-
21	1:55.71	771	ABAGFEB	Lethbridge AC, LASC	-
22	1:55.78	770	CNSHDEC	CN Quebec, CNO	-
23	1:55.97	768	ABAGFEB	Olympian Swim Club, OSC	-
24	1:56.21	764	SHERDEC	Megophias Trois Rivières, MEGO	-
25	1:56.75	757	PCSCDEC	Hamilton-Wentworth AC, HWAC	-
26	1:56.78	757	ABAGFEB	Glencoe Gators, GLEN	-
27	1:57.39	748	PICKDECE	Perth Slingrays, PERTH	-
28	1:57.66	745	PCSCDEC	CA Salaberry, CAS	-
29	1:57.71	744	PCSCDEC	Brantford AC, BRANT	-
30	1:57.74	744	BROCKTOC	Cambridge Aquajets, CAJ	-
31	1:57.77	743	MANITADEC	Uxbridge SC, USC	-
32	1:58.01	740	BCAGMAR	Island Swimming IS	-
33	1:58.06	740	ONTAGMAR	Newmarket SC, NEW	-
34	1:58.22	737	MBSKMAR	Regina Opt. Dolphins, ROD	-
35	1:58.27	737	ONTAGMAR	Chatham Y, CYP	-
36	1:58.52	733	NWOFFEB	Thunder Bay, TBT	-
37	1:58.78	730	CNMNAN	Aquatique Mille-Îlles, GAMIN	-
38	1:58.93	728	NBJAN	Codiac Vikings, CVAC	-
39	1:58.99	727	KCSDEC	Nose Creek SA, NCSA	-
40	1:59.08	726	ONTAGMAR	Region of Waterloo, ROW	-
41	1:59.25	724	GPPFEB	Richmond Hill AC, RHAC	-
42	1:59.27	723	CNSHDEC	Longueuil, ELITE	-
43	1:59.43	721	MANITADEC	Mania Swim Club, MANTA	-
44	1:59.45	721	POAAAFEB	Dollard Swim Team, DDO	-
45	1:59.48	721	ONTAGMAR	Kingston Blue Marlins, KBM	-
46	1:59.56	720	CNOOCT	CN Beaufort, CNB	-
47	1:59.57	720	MBSKMAR	Silver Tide SC, STSC	-
48	1:59.65	719	ONTAGMAR	Burlington AD, BAD	-
49	1:59.71	718	SFOYMAR	Chaudiere-Appalache, RCA	-
50	1:59.76	717	NBJAN	Waldville Tritons, WTSC	-

13-14 BOYS 2000 SHORT COURSE TAG

50 METRES FREESTYLE

Rec: 23.45 Yannick Lupien, CAGRA, 95

1	24.07	836	UTJAN21	Kurtis Miller, 14, SCAR	24.96
2	24.17	829	JRNATFEB	Graeme Tozer, 14, UCSC	25.50
3	24.64	799	JRNATFEB	Devlin Phillips, 14, EKSC	25.60
4	24.91	782	ONTAGMAR	Tobias Oriwol, 14, ESWM	26.59
5	25.08	771	POAAAFEB	Nicolas Bovell, 13, PPO	-
6	25.13	768	ONTAGMAR	Alex Tanton, 14, NEW	25.73
7	25.17	766	ONTAGMAR	Michael Chu, 14, CHAMP	26.78
8	25.22	762	POAAAFEB	Tristan Jones, 14, CNNG	-
9	25.29	758	BRANTNOV	Mark Thauvette, 14, OAK	26.18
10	25.38	752	JRNATFEB	Kevin Laflamme, 14, RCA	26.07
11	25.47	747	POAAAFEB	Steve Desroches, 14, CAG	-
12	25.50	745	PCSCDEC	Kevin Rioux, 14, CAMO	26.35
13	25.51	744	ABAGFEB	Gaelen Andrews, 14, FMSC	-
14	25.59	740	ONTAGMAR	Nathan Chang, 14, TORCH	-
15	25.62	738	POAAAFEB	Alex Chartrand, 14, ELITE	-
16	25.66	735	MBSKMAR	Pat Turanich-N, 14, STSC	-
17	25.68	734	ONTAGMAR	Kieran O'Neill, 14, SSMAC	-
18	25.78	728	KCSDEC	Chase Reid, 14, CASC	26.39
19	25.87	722	BCAGMAR	Ben Keast, 14, HYACK	-
20	25.89	721	ABAGFEB	Jian-Lok Chang, 14, EKSC	26.82
21	26.02	713	YOUTHDEC	Casey Ralph, 14, IS	-
22	26.02	713	POAAAFEB	Serge Demers-Giroux, 13, CNTR	-
23	26.03	713	BCAGMAR	Richard Hortness, 14, SKSC	-
24	26.07	710	ONTAGMAR	Ian McLean, 14, CYP	-
25	26.09	709	POAAAFEB	Jean Boivin, 13, CNO	26.97
26	26.12	707	BRANTNOV	Eric Chan, 13, AAC	27.48
27	26.12	707	KCSDEC	Jim Tung, 13, HYACK	26.19
28	26.15	706	ONTAGMAR	Andrew Nicholas, 14, NEW	26.37
29	26.16	705	NBJAN	Colin Baird, 14, BLAST	28.68
30	26.20	703	PCSCDEC	Douglas McQueen, 14, GO	-
31	26.21	702	SCARFEB	David Hingan, 14, SCAR	-
32	26.21	702	YOUTHDEC	Dario Isic, 14, PDSA	-
33	26.21	702	MBSKMAR	Ben Adam, 14, CASC	-
34	26.21	702	SFOYMAR	Kevin Bouchard, 14, EXCEL	-
35	26.22	701	ISCUPTNOV	David Chung, 14, PSW	26.87
36	26.24	700	POAAAFEB	Tommy St-Pierre, 13, CNCC	27.72
37	26.27	698	SHERDEC	Remy Tallard, 14, SHER	26.32
38	26.28	698	ISCUPTNOV	Ian Anderson, 14, SPART	-
39	26.32	695	ONTAGMAR	Matthew Sy, 14, CREST	27.09
40	26.33	695	BCAGMAR	Thomas Demeter, 14, PGB	-
41	26.35	694	ULAVDEC	Jonathan Aubry, 13, CNB	-
42	26.37	693	BCAGMAR	Justin Pommerville, 13, IS	27.29
43	26.38	692	PCSCDEC	Sofian Mohand-Cherif, 14, CAMO	-
44	26.39	691	RAPIDDECE	William Johnson, 14, PDSA	-
45	26.42	690	ONTAGMAR	Abraham Pankhurst, 14, ROC	-
46	26.44	688	ESWIMJAN	Conrad Aach, 14, ESWIM	-
47	26.46	687	ABAGFEB	Kevin Gillespie, 14, EXST	28.79
48	26.46	687	BCAGMAR	Ryan Chiew, 13, HYACK	28.00
49	26.47				

13-14 BOYS CONTD.

400 METRES FREESTYLE

Rec: 3:58.32	Jamie Stevens, MANTA 89	Best 1999
1	4:08.32 813	JRNATFEB Graeme Tozer, 14, UCSC 4:17.54
2	4:08.63 811	YOUTHDEC Tobias Oriwol, 14, ESWIM 4:24.23
3	4:12.36 787	BRANTNOV Mark Thauvette, 14, OAK 4:14.15
4	4:12.36 787	ONTAGMAR Joe Bajcar, 14, OAK 4:43.10
5	4:13.00 783	ABAGFEB Devin Phillips, 14, EKSC -
6	4:13.10 783	PCSCDEC Douglas McQueen, 14, GO 4:13.74
7	4:16.10 764	POAAAFEB Jonathan Aubry, 14, CNB -
8	4:16.24 763	YOUTHDEC Casey Ralph, 14, IS 4:21.18
9	4:16.71 760	ONTAGMAR Ryan Atkinson, 14, LAC -
10	4:16.89 759	ONTAGMAR Jonathan Long, 14, LAC 4:28.33
11	4:17.55 755	BCAGMAR Justin Pommerville, 13, IS 4:29.97
12	4:18.14 752	PCSCDEC Conrad Aach, 14, ESWIM -
13	4:18.27 751	ULAVDEC Kevin Lafamme, 14, RCA 4:25.30
14	4:19.10 746	ONTAGMAR Kurtis Miller, 14, SCAR -
15	4:20.86 735	POAAAFEB Charles Rodrigue, 14, UL -
16	4:22.42 726	ONTAGMAR Michael Piszarczyk, 14, LAC -
17	4:22.61 725	ONTAGMAR Alex Tanton, 14, NEW -
18	4:22.76 724	BCAGMAR Janco Mynhardt, 14, PSW 4:41.38
19	4:22.80 723	POAAAFEB Nicolas Murray, 13, DYNAM 4:34.76
20	4:22.86 723	BCAGMAR Jens Cuthbert, 13, PDSA 4:44.22
21	4:22.92 723	ULAVDEC Philippe Desharnais, 14, RCA -
22	4:22.92 723	ONTAGMAR Andrew Baier, 14, COBRA 4:28.20
23	4:23.24 721	BCAGMAR Thomas Demetzer, 14, PGB -
24	4:23.62 719	ONTAGMAR Adam Slater, 14, NEW -
25	4:23.97 716	POAAAFEB Maxime Samson, 14, ELITE -
26	4:24.32 714	BCAGMAR Dario Isic, 14, PDSA 4:29.23
27	4:24.49 713	ABAGFEB Jian-Lok Chang, 14, EKSC 4:28.79
28	4:25.28 709	ONTAGMAR Justin Borjeson, 13, OSHAC 4:47.58
29	4:25.64 707	SFOYNOV Martin Renaud, 14, CNB -
30	4:25.78 706	YOUTHDEC Simon Gabsch, 13, MSSAC 4:43.18
31	4:26.49 702	YOUTHDEC Marc Sze, 14, PDSA 4:29.90
32	4:26.58 701	ONTAGMAR Kieran O'Neill, 14, SSMAC -
33	4:27.02 699	BCAGMAR Adam Richardson, 14, PDSA -
34	4:27.37 696	MBSKMAR Erik Hogan, 14, UCSC -
35	4:27.52 696	ONTAGMAR Jason Chan, 14, TORCH -
36	4:27.52 696	ONTAGMAR Andrew Nicholas, 14, NEW -
37	4:27.55 695	CNUNJAN David Provencher, 13, GAMIN 4:35.08
38	4:27.61 695	ONTAGMAR Greg Toglama, 14, LAC -
39	4:27.78 694	ABAGFEB Malcolm Laviole, 14, OSC 4:49.49
40	4:27.97 693	ONTAGMAR Garrett Moran, 14, NYAC -
41	4:28.61 689	ISCPUNOV Ian Anderson, 14, SPART -
42	4:28.77 688	MBSKMAR Adam Abdulla, 13, ROD 4:54.96
43	4:28.79 688	MBSKMAR Callum Ng, 14, CASC -
44	4:28.95 687	YOUTHDEC Craig Partridge, 14, GGST 4:30.86
45	4:29.71 683	BCAGMAR Jim Tung, 14, HYACK 4:43.99
46	4:29.76 683	POAAAFEB Marc Laliberte, 13, UL 4:58.40
47	4:29.80 682	LUSCOCT Kellan O'Neill, 12, SSMAC -
48	4:30.27 680	BCAGMAR Patrick Waters, 14, PN -
49	4:30.35 679	POAAAFEB Timothy Ruse, 14, PCSC -
50	4:30.57 678	MBSKMAR Aaron Blair, 14, CASC -

1500 METRES FREESTYLE

Rec: 15:32.15	Alex Baumann, LUSC, 79	Best 1999
1	16:25.21 822	ABAGFEB Graeme Tozer, 14, UCSC 16:37.27
2	16:30.35 814	YOUTHDEC Tobias Oriwol, 14, ESWIM 17:17.08
3	16:44.32 792	ONTAGMAR Jonathan Long, 14, LAC 17:23.43
4	16:47.97 786	POAAAFEB Jonathan Aubry, 14, CNB -
5	16:50.43 783	ONTAGMAR Ryan Atkinson, 14, LAC 17:56.22
6	16:55.14 775	YOUTHDEC Simon Gabsch, 13, MSSAC 18:22.95
7	16:58.79 770	YOUTHDEC Conrad Aach, 14, ESWIM 17:16.53
8	16:59.33 769	ONTAGMAR Joe Bajcar, 14, OAK 18:58.79
9	17:04.87 760	ABAGFEB Devin Phillips, 14, EKSC -
10	17:09.95 752	BCAGMAR Justin Pommerville, 13, IS 17:38.49
11	17:10.60 751	BCAGMAR Jens Cuthbert, 13, PDSA 18:18.87
12	17:16.70 742	POAAAFEB Charles Rodrigue, 14, UL -
13	17:16.74 742	YOUTHDEC Casey Ralph, 14, IS 17:30.43
14	17:21.05 736	JRNATFEB Marc Sze, 14, PDSA 17:32.09
15	17:21.90 734	POAAAFEB David Provencher, 13, GAMIN 18:42.90
16	17:24.72 730	ONTAGMAR Andrew Baier, 14, COBRA 17:32.19
17	17:25.90 728	ULAVDEC Nicolas Murray, 13, DYNAM 17:52.42
18	17:28.25 725	MBSKMAR Adam Abdulla, 13, ROD 19:26.39
19	17:30.18 722	ULAVDEC Kevin Lafamme, 14, RCA -
20	17:30.27 722	BCAGMAR Patrick Fonseca, 14, WVOSC -
21	17:30.91 721	ONTAGMAR Michael Piszarczyk, 14, LAC -
22	17:31.37 720	BCAGMAR Brendan Robertson, 14, HYACK -
23	17:33.45 717	ONTAGMAR Buddy Green, 13, LUSC 18:38.10
24	17:36.23 713	BCAGMAR Mark Grossman, 14, PN -
25	17:36.52 712	ONTAGMAR Simon Borjeson, 13, OAK -
26	17:37.04 712	CNUNJAN Philippe Desharnais, 14, RCA 17:59.52
27	17:37.78 711	ONTAGMAR Matt Hawes, 14, ROW 18:24.28
28	17:38.10 710	OAKJAN Marco Monaco, 13, OAK 19:32.77
29	17:39.07 709	BCAGMAR Janco Mynhardt, 14, PSW -
30	17:45.39 699	MBSKMAR Aaron Blair, 14, CASC -
31	17:47.61 696	ABAGFEB Morgan Eng, 14, RDSCSC -
32	17:50.53 692	ISCPUNOV Robert Miller, 14, CHENA -
33	17:51.49 690	ABAGFEB Jian-Lok Chang, 14, EKSC 18:08.63
34	17:51.50 690	BCAGMAR James Monk, 13, PDSA 18:35.35
35	17:53.01 688	BCAGMAR Simon Wing, 13, PSW 18:51.53
36	17:53.58 687	YOUTHDEC Dario Isic, 14, PDSA 17:40.33
37	17:54.99 685	MAINTADEC Curtis Edmunds, 13, CP -
38	17:55.07 685	OSCDEC Malcolm Laviole, 14, OSC 19:04.63
39	17:56.10 684	MAINTADEC Lee Cookson, 13, CP 19:14.52
40	17:56.18 684	BCAGMAR Patrick Waters, 14, PN -
41	18:00.13 678	BCAGMAR Alex Sherwood, 13, KCS 19:53.61
42	18:01.74 676	BCAGMAR Tristan Robertson, 14, KSC 18:33.10
43	18:02.72 674	BCAGMAR Erich Schmitt, 14, IS -
44	18:03.53 673	ULAVDEC Marc Laliberte, 13, UL -
45	18:04.51 672	BCAGMAR Will Wallard, 14, WVOSC -
46	18:05.20 671	ONTAGMAR Brad Childs, 13, BROCK 19:27.84
47	18:07.37 668	CNUNJAN Kevin Bouchard, 14, EXCEL -
48	18:07.46 668	BCAGMAR Stephen Li, 14, RAPID -
49	18:10.56 663	CNSHDEC James R. Manning, 14, GAMIN -
50	18:10.82 663	POAAAFEB Marc Lachapelle, 13, CAMO -

100 METRES BACKSTROKE

Rec: 56.93	Garret Pulte, MAC, 93	Best 1999
1	57.10 870	JRNATFEB Tobias Oriwol, 14, ESWIM 1:00.64
2	57.85 850	JRNATFEB Kurtis Miller, 14, SCAR 1:00.49
3	58.64 829	MBSKMAR Devin Phillips, 14, EKSC 1:02.23
4	1:00.94 768	ONTAGMAR Ryan Atkinson, 14, LAC 1:04.69
5	1:00.96 768	PCSCDEC Martin Renaud, 14, CNB 1:03.29
6	1:01.18 762	POAAAFEB Nicolas Bovell, 13, PPO -
7	1:01.40 757	ABAGFEB Gaelen Andrews, 14, FMSC -
8	1:01.41 756	POAAAFEB Kevin Bouchard, 14, EXCEL 1:03.76
9	1:01.87 744	YOUTHDEC Conrad Aach, 14, ESWIM 1:04.98
10	1:02.90 719	LUSCOCT David Gibson, 14, SSMAC -
11	1:02.95 717	ONTAGMAR Danny Carter, 14, NKB -
12	1:02.99 716	BCAGMAR Justin Pommerville, 13, IS 1:05.35
13	1:03.16 712	POAAAFEB Timothy Ruse, 14, PCSC -
14	1:03.22 711	ONTAGMAR Andrew Nicholas, 14, NEW -
15	1:03.25 710	ONTAGMAR Nathan Chang, 14, TORCH 1:06.85
16	1:03.61 701	ABAGFEB Myles Maxey, 14, CASC -
17	1:03.62 701	YOUTHDEC Casey Ralph, 14, IS -
18	1:03.72 698	POAAAFEB Serge Demers-Giroux, 13, CNTR -
19	1:03.83 696	BRANTNOV Mark Thauvette, 14, OAK 1:04.78
20	1:03.84 695	ONTAGMAR Brian Holland, 13, MSSAC 1:10.03
21	1:03.87 695	BCAGMAR Thomas Demetzer, 14, PGB -
22	1:03.89 694	POAAAFEB Vincent Boulanger-M, 13, CNQ -
23	1:04.16 688	NSAGFEB Patrick Craine, 14, EAST 1:10.19
24	1:04.17 687	SCARFEB David Hiran, 14, SCAR 1:03.43
25	1:04.40 682	ONTAGMAR Andrew Baier, 14, COBRA -
26	1:04.47 680	BCAGMAR Erich Schmitt, 14, IS -
27	1:04.72 674	ONTAGMAR Marc Mazucco, 14, ESWIM -
28	1:04.73 674	ONTAGMAR Mike Hamilton, 14, ROW 1:10.99
29	1:04.80 672	ONTAGMAR Ian McLean, 14, CYPSC -
30	1:04.81 672	MBSKMAR Eric Gendron, 13, KSC 1:08.87
31	1:04.91 670	ONTAGMAR Alex Tanton, 14, NEW -
32	1:04.91 670	ONTAGMAR Andre Lerner, 13, NKB -
33	1:04.95 669	ABAGFEB Malcolm Laviole, 14, OSC 1:11.92
34	1:04.96 669	ONTAGMAR Aaron Donst, 13, HWAC 1:10.99
35	1:05.09 666	PICKFEB Mark Shmulik, 15, RHAC -
36	1:05.18 663	MBSKMAR Jian-Lok Chang, 14, EKSC -
37	1:05.36 659	POAAAFEB Alexandre Leroux, 14, CNTR 1:12.41
38	1:05.36 659	NBJAN Colin Baird, 14, BLAST -
39	1:05.44 657	POAAAFEB Hichem Halhroubi, 12, PPO -
40	1:05.51 656	ABAGFEB Callum Ng, 14, CASC -
41	1:05.58 654	ONTAGMAR Pauli Ouedo, 14, COBRA 1:13.00
42	1:05.74 650	NFAGMAR Tim Gibbons, 14, SJL -
43	1:05.75 650	CASCNOV Ward Haggins, 14, KALOS 1:05.94
44	1:05.86 648	RAPIDDEC William Johnson, 14, PDSA -
45	1:05.94 646	BCAGMAR Patrick Waters, 14, PN 1:10.46
46	1:05.98 645	ONTAGMAR Chris Kitamura, 14, OSHAC -
47	1:05.99 645	BCAGMAR Nolan Liedke, 14, PGB -
48	1:06.01 644	CWCW/M Mathew Li, 14, CWC -
49	1:06.09 642	MBSKMAR Derek Richter, 13, RDSC 1:13.39
50	1:06.12 642	KCSDEC Kevin Gillespie, 13, EXST 1:11.45

200 METRES BACKSTROKE

Rec: 2:00.04	Tobias Oriwol, ESWIM, 0	Best 1999
1	2:00.04 919	JRNATFEB Tobias Oriwol, 14, ESWIM 2:07.80
2	2:06.52 838	MBSKMAR Devin Phillips, 14, EKSC 2:19.13
3	2:08.17 818	UTJAN21 Kurtis Miller, 14, SCAR 2:10.52
4	2:10.26 792	POAAAFEB Kevin Bouchard, 14, EXCEL 2:17.64
5	2:11.91 785	YOUTHDEC Conrad Aach, 14, ESWIM 2:14.68
6	2:19.70 780	PCSCDEC Douglas McQueen, 14, GO 2:13.35
7	2:11.72 775	ONTAGMAR Ryan Atkinson, 14, LAC 2:17.70
8	2:12.32 768	ULAVDEC Martin Renaud, 14, CNB 2:15.59
9	2:13.14 758	JRNATFEB Justin Pommerville, 13, IS 2:18.21
10	2:13.99 748	ABAGFEB Gaelen Andrews, 14, FMSC -
11	2:15.30 733	BCAGMAR Thomas Demetzer, 14, PGB 2:22.94
12	2:15.56 730	JRNATFEB Myles Maxey, 14, CASC 2:21.29
13	2:15.82 727	ONTAGMAR Danny Carter, 14, NKB -
14	2:16.03 724	ABAGFEB Graeme Tozer, 14, UCSC 2:21.72
15	2:16.14 723	KCSDEC Casey Ralph, 14, IS 2:22.64
16	2:16.60 718	ONTAGMAR Andrew Baier, 14, COBRA 2:17.87
17	2:16.72 716	POAAAFEB Timothy Ruse, 14, PCSC -
18	2:16.88 714	ONTAGMAR Greg Toglama, 14, LAC -
19	2:17.05 712	BCAGMAR Erich Schmitt, 14, IS -
20	2:17.55 707	ONTAGMAR Ian McLean, 14, CYPSC -
21	2:17.57 707	POAAAFEB Sofian Mohand-Cherif, 14, CAMO 2:23.36
22	2:18.79 693	YOUTHDEC Nathan Chang, 14, TORCH 2:23.36
23	2:18.86 692	POAAAFEB Alexandre Leroux, 14, CNTR 2:23.36
24	2:18.93 691	ONTAGMAR Marc Mazucco, 14, ESWIM -
25	2:19.08 690	YOUTHDEC Craig Partridge, 14, GGST 2:20.76
26	2:19.24 688	ABAGFEB Callum Ng, 14, CASC -
27	2:19.38 686	NSAGFEB Patrick Craine, 14, EAST 2:34.57
28	2:19.72 682	KCSDEC Malcolm Laviole, 14, OSC 2:34.51
29	2:19.86 681	ABAGFEB Eric Gendron, 13, KSC 2:31.84
30	2:20.10 678	ONTAGMAR Matt Hawes, 14, ROW 2:30.64
31	2:20.12 678	ONTAGMAR Andre Lerner, 13, NKB -
32	2:20.19 677	POAAAFEB Maxime Samson, 14, ELITE -
33	2:20.23 677	YOUTHDEC David Hiran, 14, SCAR 2:17.95
34	2:20.25 677	YOUTHDEC Brian Holland, 13, MSSAC 2:27.12
35	2:20.27 676	ONTAGMAR Adam Cunningham, 14, NEW -
36	2:20.40 675	STFOYMAR Vincent Boulanger-M, 13, CNQ -
37	2:20.59 673	ABAGFEB Hichem Halhroubi, 12, PPO -
38	2:20.71 672	POAAAFEB Serge Demers-Giroux, 13, CNTR -
39	2:21.08 668	BCAGMAR Patrick Waters, 14, PN -
40	2:21.17 667	ONTAGMAR Mike Hamilton, 14, ROW -
41	2:21.52 663	OSACFEB Jonathan Long, 14, LAC -
42	2:21.77 660	ABAGFEB Mathew Li, 14, CWC -
43	2:21.83 659	BCAGMAR Desmond Strelzow, 14, PDSA -
44	2:22.43 653	MBSKMAR Aaron Blair, 14, CASC -
45	2:22.44 653	POAAAFEB Michel Bertrand, 14, CAMO -
46	2:22.44 653	ONTAGMAR Patrick McGuire, 14, SSMAC -
47	2:22.44 653	ONTAGMAR Bruce Evans, 14, CREST -
48	2:22.82 649	EYSCNOV Alex Tanton, 14, NEW -
49	2:22.97 647	ISCPUNOV Robert Miller, 14, CHENA -
50	2:23.18 645	BCAGMAR Nolan Liedke, 14, PGB -

100 METRES BREASTSTROKE

Rec: 1:03.27	Michael Mason, EPS, 89	Best 1999
1	1:07.21 810	POAAAFEB Tristan Jones, 14, CNNG -
2	1:08.79 774	POAAAFEB Andre Champagne, 14, SAMAK 1:14.34
3	1:09.31 762	BCAGMAR Ryan Chiew, 13, HYACK 1:13.85
4	1:09.39 760	PCSCDEC Kevin Rioux, 14, CAMO 1:11.66
5	1:09.70 753	ESWIMJAN Tobias Oriwol, 14, ESWIM 1:14.21
6	1:10.05 745	ONTAGMAR Michael Chu, 14, CHAMP 1:12.54
7	1:10.12 743	YOUTHDEC Conrad Aach, 14, ESWIM 1:12.67
8	1:10.17 742	MBSKMAR Devin Phillips, 14, EKSC -
9	1:10.38 738	ONTAGMAR Warren Barnes, 14, PICK 1:14.80
10	1:10.68 731	NSAGFEB Douglas Young, 14, SWAT -
11	1:10.70 730	ONTAGMAR Eric Chan, 14, AAC 1:20.29
12	1:10.80 728	BCAGMAR Ben Keast, 14, HYACK 1:14.44
13	1:11.07 722	JRNATFEB Brandon Grove, 14, EDSON 1:13.45
14	1:11.57 711	POAAAFEB Simon Letendre, 14, SHER 1:11.68
15	1:11.83 706	ABAGFEB Kurtis Miller, 14, EKSC -
16	1:11.85 705	KCSDEC Chase Reid, 14, CASC 1:12.71
17	1:11.86 705	UTJAN Charles Reid, 14, CASC -
18	1:11.90 704	ONTAGMAR Nathan Chang, 14, TORCH 1:15.94
19	1:12.00 702	BCAGMAR Brendan Robertson, 14, HYACK -
20	1:12.11 700	PCSCDEC Olivier Andre, 14, CAMO 1:13.58
21	1:12.16 699	ABAGFEB Graeme Tozer, 14, UCSC -
22	1:12.43 693	PCSCDEC Gareth Chantler, 13, OAK 1:16.49
23	1:12.53 691	POAAAFEB Jonathan Aubry, 14, CNB -
24	1:12.57 690	CLMOCT Michael Eubank, 14, CP -
25	1:12.59 689	ONTAGMAR David McKechnie, 14, CYC -
26	1:12.66 688	OAKJAN Marco Monaco, 13, OAK 1:16.57
27	1:12.68 687	POAAAFEB Maxime Samson, 14, ELITE -

13-14 BOYS CONTD.

100 METRES BUTTERFLY

Rec: 56.61 Carrel Pulle, MAC, 93		Best 1999			
1	58.91	797	ONTAGMAR	Tobias Oriwol, 14, ESWIM	1:05.49
2	59.90	771	ONTAGMAR	Kurtis Miller, 14, SCAR	1:05.72
3	1:00.22	763	ABAGFEB	Graeme Tozer, 14, UCSC	1:03.24
4	1:00.33	760	PCSCDEC	Douglas McQueen, 14, GO	1:01.53
5	1:00.85	746	POAAAFEB	Nicolas Bovell, 13, PPO	-
6	1:00.90	745	PCSCDEC	Kevin Rioux, 14, CAMO	-
7	1:01.10	740	JRNATFEB	Marcus Greenshields, 14, RDSCS	-
8	1:01.54	728	ONTAGMAR	Michael Pisarczyk, 14, LAC	-
9	1:01.66	725	POAAAFEB	Sofian Mohand-Cherif, 14, CAMO	-
10	1:01.88	720	POAAAFEB	Steve Desforges, 14, CAG	1:05.73
11	1:02.02	716	BCAGMAR	Janco Mynhardt, 14, PSW	1:10.64
12	1:02.14	713	MBSKMAR	Erik Hogan, 14, UCSC	-
13	1:02.18	712	ABAGFEB	Malcolm Laviole, 14, OSC	1:05.12
14	1:02.35	708	ONTAGMAR	Eric Chan, 14, AAC	1:07.41
15	1:02.48	705	POAAAFEB	Tristan Jones, 14, CNNG	-
16	1:02.64	701	CNOJAN	Kevin Laflamme, 14, RCA	1:04.17
17	1:02.81	696	BCAGMAR	Patrick Waters, 14, PN	1:05.97
18	1:02.89	694	MBSKMAR	Jian-Lok Chang, 14, EKSC	-
19	1:02.92	694	ONTAGMAR	Ryan Atkinson, 14, LAC	-
20	1:03.30	684	ONTAGMAR	Andrew Nicholas, 14, PDSA	-
21	1:03.46	681	RAPIDDEC	William Johnson, 14, NEW	1:04.40
22	1:03.61	677	ONTAGMAR	Marco Monaco, 13, OAK	1:07.33
23	1:03.81	672	CHAMPDEC	Michael Chu, 14, CHAMP	-
24	1:03.99	668	POAAAFEB	Boumed Guelfai, 14, CAMO	-
25	1:04.05	666	BCAGMAR	Ben Keast, 14, HYACK	-
26	1:04.25	662	NSAGFEB	Douglas Young, 14, SWAT	-
27	1:04.31	660	CNOJAN	Kevin Bouchard, 14, EXCEL	-
28	1:04.37	659	MWCOCV	Alex St-Onge, 14, NES	1:03.21
29	1:04.38	658	ONTAGMAR	Lee Murphy, 14, MSSAC	-
30	1:04.41	658	ABAGFEB	Ben Adam, 14, CASC	-
31	1:04.45	657	BRANTNOV	Conrad Aach, 14, ESWIM	-
32	1:04.49	656	MBSKMAR	Callum Ng, 14, CASC	-
33	1:04.63	653	YOUTHDEC	Mark Pariselli, 14, NYAC	-
34	1:04.68	651	ABAGFEB	Michael Strandberg, 14, EKSC	-
35	1:04.69	651	ULAVDEC	Nicolas Murray, 13, DYNAM	1:13.26
36	1:04.87	647	PCSCDEC	Mark Lachapelle, 13, CAMO	-
37	1:04.98	644	ONTAGMAR	Marc Mazucco, 14, ESWIM	-
38	1:05.08	642	NFAGMAR	Skylar Pike, 14, WWV	1:09.19
39	1:05.10	642	CASCNOV	Pat Turanich-N, 14, STSC	-
40	1:05.15	640	MSSACNOV	Craig Partridge, 14, GGST	-
41	1:05.22	639	BCAGMAR	Brendan Robertson, 14, HYACK	-
42	1:05.26	638	ONTAGMAR	Jason Chan, 14, TORCH	-
43	1:05.27	638	ONTAGMAR	Richard Fernandez, 14, MAC	-
44	1:05.29	637	POAAAFEB	Serge Demers-Giroux, 13, CNTR	-
45	1:05.33	636	DCSCNOV	Jamie Galvin, 14, TCSC	-
46	1:05.43	634	ONTAGMAR	Jason Harley, 14, NKB	1:11.55
47	1:05.45	634	BCAGMAR	Jim Tung, 14, HYACK	1:07.71
48	1:05.54	631	RAPIDDEC	Shingo Kido, 14, DELTA	-
49	1:05.62	630	KCSDEC	Chang Mo Bae, 13, HYACK	-
50	1:05.85	624	SFOYNOV	Charles Rodrigue, 14, UL	-

200 METRES BUTTERFLY

Rec: 2:04.83 Phillip Weiss, SKSC, 94		Best 1999			
1	2:12.98	761	ONTSRNOV	Douglas McQueen, 14, GO	2:17.71
2	2:14.56	742	KCSDEC	Malcolm Laviole, 14, OSC	2:22.63
3	2:16.17	723	ONTAGMAR	Michael Pisarczyk, 14, LAC	2:25.41
4	2:16.93	715	BCAGMAR	Patrick Waters, 14, PN	2:24.00
5	2:17.69	706	YOUTHDEC	Tobias Oriwol, 14, ESWIM	-
6	2:17.82	705	POAAAFEB	Sofian Mohand-Cherif, 14, CAMO	-
7	2:17.97	703	YOUTHDEC	Conrad Aach, 14, ESWIM	-
8	2:18.55	696	ONTAGMAR	Ryan Atkinson, 14, LAC	-
9	2:18.58	696	POAAAFEB	Steve Desforges, 14, CAG	-
10	2:18.71	695	ONTAGMAR	Joe Bajcar, 14, OAK	2:38.09
11	2:18.74	694	POAAAFEB	Timothy Ruse, 14, PCSC	-
12	2:18.86	693	ONTAGMAR	Jason Chan, 14, TORCH	2:26.98
13	2:18.98	692	BRANTNOV	Yuto Matsuda, 14, ROW	2:22.20
14	2:19.00	691	ONTAGMAR	Eric Chan, 14, AAC	2:39.93
15	2:19.04	691	BCAGMAR	Janco Mynhardt, 14, PSW	2:35.49
16	2:19.47	686	ONTAGMAR	Andrew Nicholas, 14, NEW	-
17	2:19.75	683	POAAAFEB	Kevin Bouchard, 14, EXCEL	-
18	2:20.86	671	YOUTHDEC	Marc Sze, 14, PDSA	2:24.79
19	2:20.97	670	MBSKMAR	Callum Ng, 14, CASC	2:28.11
20	2:21.22	667	POAAAFEB	Boumed Guelfai, 14, CAMO	-
21	2:21.28	666	ABAGFEB	Marcus Greenshields, 14, RDSCS	-
22	2:21.58	663	MBSKMAR	Erik Hogan, 14, UCSC	-
23	2:22.65	652	KCSDEC	Casey Ralph, 14, IS	-
24	2:22.88	649	ISCUPOV	William Johnson, 14, PDSA	2:27.83
25	2:22.99	648	ONTAGMAR	Lee Murphy, 14, MSSAC	2:27.99
26	2:23.42	643	YOUTHDEC	Mark Pariselli, 14, NYAC	-
27	2:23.44	643	ABAGFEB	Sean Compston, 14, CASC	-
28	2:23.59	642	ABAGFEB	Michael Strandberg, 14, EKSC	-
29	2:23.78	640	PCSCDEC	Marc Lachapelle, 13, CAMO	-
30	2:23.81	639	ONTAGMAR	Jason Harley, 14, NKB	2:37.35
31	2:23.90	638	BRANTNOV	Boumed Guelfai, 14, CAMO	-
32	2:23.90	638	BCAGMAR	Thomas Demetzer, 14, PGB	-
33	2:24.16	636	ONTAGMAR	Marco Monaco, 13, OAK	2:36.75
34	2:24.54	632	ONTAGMAR	Greg Toglema, 14, LAC	-
35	2:24.81	629	ONTAGMAR	Matt Hawes, 14, ROW	2:35.73
36	2:24.87	628	SCARFEB	Bruce Evans, 14, CREST	-
37	2:25.01	627	POAAAFEB	Nicolas Murray, 13, CNM	2:33.55
38	2:25.27	624	CNOJAN	Charles Rodrigue, 14, UL	-
39	2:25.28	624	ONTAGMAR	Marc Mazucco, 14, ESWIM	-
40	2:25.57	621	BCAGMAR	Jens Cuthbert, 13, PDSA	2:34.36
41	2:25.72	620	BCAGMAR	Morgan Engi, 14, RDSCS	-
42	2:25.78	619	RAPIDDEC	Shingo Kido, 14, DELTA	2:28.98
43	2:26.26	614	ONTAGMAR	Gareth Chantler, 14, OAK	-
44	2:26.28	614	ABAGFEB	Tim Kinsella, 14, EKSC	-
45	2:26.49	612	YOUTHDEC	Craig Partridge, 14, GGST	2:27.72
46	2:26.50	612	BCAGMAR	Simon Willing, 13, PSW	2:44.62
47	2:26.56	611	PCSCDEC	Kevin Rioux, 14, CAMO	-
48	2:26.68	610	BCAGMAR	Erich Schmitt, 14, IS	-
49	2:27.48	602	ABAGFEB	Chris Krazmann, 13, EKSC	2:44.22
50	2:27.56	601	MBSKMAR	Matt Yuzva, 13, CASC	-

200 METRES IND. MEDLEY

Rec: 2:05.94 Tobias Oriwol, ESWIM, 0		Best 1999			
1	2:05.94	882	JRNATFEB	Tobias Oriwol, 14, ESWIM	2:13.16
2	2:11.05	820	PCSCDEC	Conrad Aach, 14, ESWIM	2:15.47
3	2:12.32	805	JRNATFEB	Graeme Tozer, 14, UCSC	2:22.61
4	2:12.77	800	POAAAFEB	Nicolas Bovell, 13, PPO	-
5	2:15.07	773	POAAAFEB	Tristan Jones, 14, CNNG	-
6	2:15.25	771	MBSKMAR	Devin Phillips, 14, EKSC	-
7	2:15.90	763	KCSDEC	Casey Ralph, 14, IS	-
8	2:16.06	761	PCSCDEC	Kevin Rioux, 14, CAMO	2:23.39
9	2:16.74	753	CNOJAN	Kevin Laflamme, 14, RCA	-
10	2:16.82	752	ONTAGMAR	Joe Bajcar, 14, OAK	2:32.19
11	2:16.99	750	ONTAGMAR	Marco Monaco, 13, OAK	2:32.33
12	2:17.03	750	JRNATFEB	Marcus Greenshields, 14, RDSCS	-
13	2:17.93	740	ONTAGMAR	Nathan Chang, 14, TORCH	-
14	2:18.40	734	BCAGMAR	Justin Pommerville, 13, IS	2:25.06
15	2:18.93	728	SFOYNOV	Charles Rodrigue, 14, UL	-
16	2:19.02	727	ONTAGMAR	Kieran O'Neill, 14, SSMAC	-
17	2:19.31	724	KCSDEC	Chase Reid, 14, CASC	-
18	2:19.37	723	BCAGMAR	Patrick Waters, 14, PN	-
19	2:19.53	722	SFOYNOV	Martin Renaud, 14, CNB	-
20	2:20.07	716	BCAGMAR	Ryan Chiew, 13, HYACK	2:29.06
21	2:20.12	715	POAAAFEB	Kevin Bouchard, 14, EXCEL	-
22	2:20.20	714	EYSCNOV	Kurtis Miller, 13, SCAR	-
23	2:20.24	714	BCAGMAR	Thomas Demetzer, 14, PGB	-
24	2:20.30	713	YOUTHDEC	Mark Pariselli, 14, NYAC	2:22.20
25	2:20.57	710	ONTAGMAR	Ian McLean, 14, CYPSS	-
26	2:20.58	710	ABAGFEB	Sean Compston, 14, CASC	-
27	2:20.59	710	POAAAFEB	Timothy Ruse, 14, PCSC	-
28	2:20.72	708	ONTAGMAR	Andrew Baier, 14, COBRA	2:20.80
29	2:20.92	706	JRNATFEB	Malcolm Laviole, 14, OSC	2:35.07
30	2:21.04	705	ISCUPOV	Ivan Wong, 14, PDSA	2:24.97
31	2:21.20	703	MACJAN	Craig Partridge, 14, GGST	-
32	2:21.39	701	ONTAGMAR	Greg Toglema, 14, LAC	-
33	2:21.60	699	MBSKMAR	Pat Turanich-N, 14, STSC	-
34	2:21.67	698	MBSKMAR	Jian-Lok Chang, 14, EKSC	-
35	2:21.71	697	ISCUPOV	William Johnson, 14, PDSA	-
36	2:21.72	697	POAAAFEB	Nicolas Murray, 13, DYNAM	2:34.60
37	2:21.75	697	ONTAGMAR	Robert Barron, 14, VAC	-
38	2:21.94	695	POAAAFEB	Vincent Boulanger-M., 13, CNQ	2:39.05
39	2:21.94	695	BCAGMAR	Luke Hoffman, 13, IS	-
40	2:22.01	694	YOUTHDEC	Jonathan Long, 14, LAC	-
41	2:22.02	694	BCAGMAR	Erich Schmitt, 14, IS	-
42	2:22.03	694	YOUTHDEC	Marc Sze, 14, PDSA	-
43	2:22.45	689	POAAAFEB	Boumed Guelfai, 14, CAMO	-
44	2:22.46	689	BCAGMAR	Jim Tung, 14, HYACK	2:28.59
45	2:22.47	689	ABAGFEB	Matt Yuzva, 13, CASC	-
46	2:22.66	687	BCAGMAR	Brendan Robertson, 14, HYACK	-
47	2:22.85	685	LUSCOCT	Kellan O'Neill, 12, SSMAC	-
48	2:22.94	684	YOUTHDEC	Andrew Nicholas, 14, NEW	-
49	2:22.95	684	STFOYNOV	Phillipe Desharnais, 14, RCA	-
50	2:22.96	684	DDOJAN	David Provencer, 13, GAMIN	2:28.91

400 METRES IND. MEDLEY

Rec: 4:24.89 Tobias Oriwol, ESWIM, 0		Best 1999			
1	4:24.89	902	JRNATFEB	Tobias Oriwol, 14, ESWIM	4:40.29
2	4:37.35	831	YOUTHDEC	Conrad Aach, 14, ESWIM	4:46.03
3	4:37.42	830	ONTAGMAR	Graeme Tozer, 14, UCSC	4:54.73
4	4:41.68	806	PCSCDEC	Douglas McQueen, 14, GO	4:45.09
5	4:43.10	799	JRNATFEB	Devin Phillips, 14, EKSC	-
6	4:48.90	767	ABAGFEB	Marcus Greenshields, 14, RDSCS	5:01.99
7	4:49.54	763	ONTAGMAR	Marco Monaco, 13, OAK	5:14.90
8	4:50.31	759	POAAAFEB	Timothy Ruse, 14, PCSC	-
9	4:50.64	757	POAAAFEB	Charles Rodrigue, 14, UL	-
10	4:50.69	757	YOUTHDEC	Casey Ralph, 14, IS	5:04.09
11	4:50.73	757	ONTAGMAR	Ryan Atkinson, 14, LAC	-
12	4:51.59	752	ONTAGMAR	Joe Bajcar, 14, OAK	5:23.77
13	4:51.79	751	ONTAGMAR	Jonathan Long, 14, LAC	5:04.75
14	4:52.72	746	POAAAFEB	Maxime Samson, 14, ELITE	-
15	4:54.22	738	BCAGMAR	Patrick Waters, 14, PN	-
16	4:54.52	736	POAAAFEB	Kevin Bouchard, 14, EXCEL	-
17	4:55.00	734	YOUTHDEC	Mark Pariselli, 14, NYAC	5:05.27
18	4:55.06	733	ONTAGMAR	Andrew Baier, 14, COBRA	5:04.67
19	4:55.33	732	ULAVDEC	Kevin Laflamme, 14, RCA	-
20	4:55.75	730	ONTAGMAR	Robert Barron, 14, VAC	-
21	4:56.72	724	BCAGMAR	Justin Pommerville, 13, IS	5:11.73
22	4:56.99	723	ABAGFEB	Malcolm Laviole, 14, OSC	5:26.86
23	4:57.07	723	YOUTHDEC	Marc Sze, 14, PDSA	-
24	4:57.51	720	BCAGMAR	Thomas Demetzer, 14, PGB	-
25	4:58.06	717	MBSKMAR	Callum Ng, 14, CASC	-
26	4:58.26	716	MBSKMAR	Sean Compston, 14, CASC	-
27	4:58.63	714	ONTAGMAR	Greg Toglema, 14, LAC	-
28	4:58.64	714	YOUTHDEC	Nathan Chang, 14, TORCH	-
29	4:59.21	711	POAAAFEB	Andre Champagne, 14, SAMAK	-
30	4:59.51	710	BCAGMAR	Erich Schmitt, 14, IS	-
31	4:59.62	709	BRANTNOV	Mark Thauvette, 14, OAK	-
32	4:59.75	709	YOUTHDEC	Craig Partridge, 14, GGST	-
33	5:00.07	707	ONTAGMAR	Adam Cunningham, 14, NEW	-
34	5:00.13	707	ULAVDEC	Nicolas Murray, 13, DYNAM	5:11.87
35	5:00.19	706	BCAGMAR	Brendan Robertson, 14, HYACK	-
36	5:00.33	706	UTJAN	Kurtis Miller, 13, SCAR	-
37	5:00.4				

15-17 GIRLS 2000 SHORT COURSE®

50 METRES FREESTYLE

Rec: 25.25 Shannon Shakespeare, MM,93		Best 1999		
1	25.80 930	JRNATFEB	Chrissy MacAulay, 17, ESWM	26.42
2	26.13 911	JRNATFEB	Jenna Gresdal, 15, ESWM	26.86
3	26.32 900	MANTADEC	Jessie Bradshaw, 15, UCSC	26.70
4	26.61 883	JRNATFEB	Natalie Kieglmann, 16, BTSC	27.18
5	26.63 882	BCAGMAR	Tara Taylor, 17, HYACK	27.54
6	26.73 877	PCSCDEC	Tiffany Woods, 15, PCSC	27.06
7	26.81 872	EDMONNOV	Kelly O'Toole, 17, EKSC	27.11
8	26.90 867	BRANTNOV	Adrienne Karney, 16, AAC	27.17
9	27.00 861	PCSCDEC	Audrey Lacroix, 16, CAMO	27.28
10	27.01 860	RAPIDDEC	Francine Ling, 16, DELTA	26.96
11	27.03 859	MANTADEC	Andrea Hayden, 16, GPP	27.05
12	27.09 856	MALMOFEB	Kelly Stefanyshyn, 17, PDSA	26.16
13	27.13 854	JRNATFEB	Michaela Schmidt, 16, CASC	27.31
14	27.16 852	BEAVNDEC	Adriana Koc-Spadaro, 16, PDSA	27.12
15	27.16 852	SFOYNVO	Merylie Giguere, 17, UL	-
16	27.19 850	POAAAFEB	Catherine Dugas-Savoie, 16, DYNAM	27.90
17	27.20 850	POAAAFEB	Victoria Poon, 15, CALAC	27.95
18	27.20 850	ONTAGMAR	Heather Crowdis, 16, AAC	27.79
19	27.21 849	EDMONNOV	Elizabeth Wycliffe, 16, EBSC	27.02
20	27.24 847	EDMONNOV	Angela Catford, 16, NEW	26.99
21	27.28 845	JRNATFEB	Sasha Taylor, 17, PERTH	27.64
22	27.30 844	JRNATFEB	Elizabeth Cleven, 15, MM	27.75
23	27.30 844	ABAGFEB	Heather McIntosh, 17, LEDUC	27.29
24	27.31 843	POAAAFEB	Kathryn Milligan, 16, DDO	27.49
25	27.32 843	ONTSRNOV	Jennifer Brankovsky, 17, EYSC	27.94
26	27.36 840	JRNATFEB	Kristen Lis, 16, ROD	27.72
27	27.36 840	JRNATFEB	Chantal Ares, 15, GO	27.87
28	27.37 840	ONTAGMAR	Joanna McLean, 16, ESWM	27.20
29	27.39 839	MANTADEC	Meghan Demchuk, 15, ROD	28.29
30	27.43 836	DCSCNOV	Jennifer Alexander, 17, SACKS	27.51
31	27.45 835	BCAGMAR	Kelsey Leckovic, 15, PDSA	27.15
32	27.46 835	JRNATFEB	Victoria Lally, 17, FAST	27.55
33	27.49 833	MBSKMAR	Julie Behl, 17, CASC	27.60
34	27.50 832	RAPIDDEC	Andrea Ann Leroy, 17, NRST	27.23
35	27.50 832	ONTAGMAR	Chandra Engs, 15, CAJ	27.17
36	27.53 831	POAAAFEB	Melanie Bouchard, 17, CNB	27.13
37	27.54 830	JRNATFEB	Jennifer Beckberger, 13, AAC	28.24
38	27.56 829	ONTAGMAR	Jackie Gary, 15, TSC	28.43
39	27.58 828	JRNATFEB	Elizabeth Collins, 17, ROD	27.31
40	27.60 827	EYSCNOV	Samantha Pfaffler, 17, EYSC	26.41
41	27.61 826	ONTAGMAR	Kristen Bradley, 16, NEW	-
42	27.62 826	MANTADEC	Michelle Brunel, 19, MANTA	-
43	27.63 825	GOLDOCT	Shauna McNally, 17, EKSC	-
44	27.63 825	ONTAGMAR	Kayleen Binga, 15, TAT	-
45	27.63 825	ONTAGMAR	Clare Gibbons, 16, EYSC	27.73
46	27.63 825	ONTAGMAR	Darcie Armstrong, 15, TAT	28.06
47	27.68 822	KCSDEC	Jennifer Kasya, 17, HYACK	-
48	27.69 822	PCSCDEC	Janice Tijssen, 17, PCSC	27.37
49	27.69 822	ABAGFEB	Annamay Pierson, 16, EKSC	-
50	27.72 820	MANTADEC	Ashleigh Thomas, 16, USC	27.69

100 METRES FREESTYLE

Rec: 54.75 Shannon Shakespeare, MM,94		Best 1999		
1	56.15 924	JRNATFEB	Jenna Gresdal, 15, ESWM	58.10
2	57.28 894	JRNATFEB	Natalie Kieglmann, 16, BTSC	59.48
3	57.35 892	JRNATFEB	Chrissy MacAulay, 17, ESWM	57.90
4	57.38 891	KCSDEC	Tara Taylor, 17, HYACK	-
5	57.39 891	MANTADEC	Jessie Bradshaw, 15, UCSC	59.16
6	57.49 888	PCSCDEC	Tiffany Woods, 15, PCSC	58.05
7	57.61 885	JRNATFEB	Audrey Lacroix, 16, CAMO	58.72
8	57.66 884	POAAAFEB	Catherine Dugas-Savoie, 16, CNM	59.50
9	57.74 882	MALMOFEB	Kelly Stefanyshyn, 17, PDSA	56.60
10	58.20 869	BEAVNDEC	Adriana Koc-Spadaro, 16, PDSA	57.84
11	58.22 869	POAAAFEB	Marieve De Blois, 16, PPO	1:00.42
12	58.36 865	SFOYNVO	Merylie Giguere, 17, UL	58.94
13	58.41 864	JRNATFEB	Elizabeth Collins, 17, ROD	58.38
14	58.49 862	JRNATFEB	Francine Ling, 16, DELTA	58.94
15	58.52 861	JRNATFEB	Elizabeth Wycliffe, 16, EBSC	58.50
16	58.59 859	JRNATFEB	Chantal Ares, 15, GO	59.89
17	58.60 859	JRNATFEB	Michaela Schmidt, 16, CASC	59.94
18	58.62 858	MBSKMAR	Meghan Demchuk, 16, ROD	59.53
19	58.65 857	JRNATFEB	Andrea Hayden, 17, GPP	58.64
20	58.66 857	ONTAGMAR	Monica Wejman, 15, ESWM	59.09
21	58.73 855	JRNATFEB	Tamee Ebert, 16, PDSA	59.85
22	58.73 855	MBSKMAR	Elizabeth Amer, 15, EKSC	-
23	58.75 855	JRNATFEB	Melanie Bouchard, 17, CNB	58.27
24	58.76 854	JRNATFEB	Kelly O'Toole, 17, EKSC	58.25
25	58.83 853	JRNATFEB	Deanna Stefanyshyn, 15, PDSA	58.97
26	58.91 850	PCSCDEC	Victoria Poon, 15, CALAC	59.24
27	59.00 848	ISCUPLNOV	Karley Stutzel, 17, IS	57.79
28	59.01 848	POAAAFEB	Chanel Charon-W., 15, CAG	1:00.56
29	59.02 848	JRNATFEB	Amber Dykes, 16, HYACK	-
30	59.08 846	COLPKNOV	Jennifer Fratesi, 15, ROW	58.22
31	59.13 845	ONTAGMAR	Laura Pomeroy, 16, OAK	58.23
32	59.22 842	JRNATFEB	Jessica Vance, 15, BRANT	1:00.55
33	59.24 842	JRNATFEB	Janice Tijssen, 18, PCSC	59.29
34	59.25 842	ABAGFEB	Shauna McNally, 17, EKSC	58.53
35	59.27 841	BCAGMAR	Kelsey Leckovic, 15, PDSA	58.86
36	59.28 841	ONTSRNOV	Loren Sweny, 17, NKB	59.02
37	59.29 840	JRNATFEB	Elizabeth Cleven, 15, MM	1:01.51
38	59.34 839	OSACFEB	Chandra Engs, 15, CAJ	59.29
39	59.38 838	JRNATFEB	Victoria Lally, 17, FAST	-
40	59.40 838	JRNATFEB	Joanna McLean, 16, ESWM	-
41	59.43 837	JRNATFEB	Sarah Richmond, 17, BTSC	-
42	59.51 835	MANTADEC	Megan Kinsella, 18, UCSC	59.03
43	59.55 834	MBSKMAR	Julie Behl, 17, CASC	59.96
44	59.57 833	BRANTNOV	Adrienne Karney, 16, AAC	58.85
45	59.58 833	ONTSRNOV	Angela Catford, 16, NEW	59.48
46	59.61 832	JRNATFEB	Leslie Cove, 17, RDSCSC	-
47	59.62 832	ONTAGMAR	Heather Crowdis, 16, AAC	1:01.66
48	59.67 830	PCSCDEC	Sophie McKay, 16, CAMO	59.46
49	59.69 830	DCSCNOV	Elyse Gibson, 15, EAST	1:01.10
50	59.70 830	RAPIDDEC	Andrea Ann Leroy, 17, NRST	58.48

200 METRES FREESTYLE

Rec: 1:58.28 Patricia Noall, CNM,88		Best 1999		
1	2:02.72 915	PARISFEB	Kelly Stefanyshyn, 17, PDSA	2:02.13
2	2:02.91 913	COLPKNOV	Jenna Gresdal, 15, ESWM	2:06.09
3	2:03.17 910	BEAVNDEC	Deanna Stefanyshyn, 15, PDSA	2:03.47
4	2:03.24 909	ISCUPLNOV	Danielle Bell, 16, IS	2:03.52
5	2:03.49 906	JRNATFEB	Tamee Ebert, 16, PDSA	2:05.80
6	2:03.53 905	JRNATFEB	Elizabeth Wycliffe, 16, EBSC	2:04.41
7	2:03.87 901	JRNATFEB	Jessie Bradshaw, 15, UCSC	2:07.49
8	2:04.17 898	COLPKNOV	Jennifer Fratesi, 15, ROW	2:06.09
9	2:04.63 892	ONTAGMAR	Kristen Bradley, 16, NEW	2:04.42
10	2:04.78 890	KCSDEC	Tara Taylor, 17, HYACK	2:07.72
11	2:04.90 889	POAAAFEB	Audrey Lacroix, 16, CAMO	2:09.28
12	2:05.18 885	ISCUPLNOV	Karley Stutzel, 17, IS	2:03.97
13	2:05.43 882	MANTADEC	Andrea Hayden, 16, GPP	2:08.20
14	2:05.44 882	ONTSRNOV	Loren Sweny, 17, NKB	2:05.94
15	2:05.51 881	POAAAFEB	Catherine Dugas-Savoie, 16, DYNAM	2:09.03
16	2:05.61 880	ONTAGMAR	Monica Wejman, 15, ESWM	2:12.50
17	2:05.64 880	SFOYNVO	Merylie Giguere, 17, UL	2:08.95
18	2:05.76 878	POAAAFEB	Chanel Charon-W., 15, CAG	-
19	2:05.85 877	JRNATFEB	Elizabeth Collins, 17, ROD	2:04.74
20	2:05.91 876	BCAGMAR	Jennifer Coombs, 16, HYACK	-
21	2:06.25 872	POAAAFEB	Melanie Bouchard, 17, CNB	2:06.28
22	2:06.26 872	ABAGFEB	Leslie Cove, 17, RDSCSC	2:08.45
23	2:06.31 871	EDMONNOV	Melissa Laframme, 17, UL	2:06.65
24	2:06.33 871	JRNATFEB	Aimee Bourassa, 16, NKB	2:06.88
25	2:06.47 869	ONTAGMAR	Cynthia Pearce, 16, MSSAC-TO	2:06.58
26	2:06.95 863	GOLDOCT	Shauna McNally, 17, EKSC	2:06.16
27	2:07.10 862	JRNATFEB	Shawna Bothwell, 16, RDSCSC	-
28	2:07.16 861	RAPIDDEC	Meghan Brown, 15, PDSA	2:06.88
29	2:07.30 859	OSACFEB	Carly Cermak, 14, CAJ	2:13.25
30	2:07.40 858	BEAVNDEC	Adriana Koc-Spadaro, 16, PDSA	2:05.14
31	2:07.50 857	BCAGMAR	Francine Ling, 16, DELTA	2:07.16
32	2:07.52 857	ONTAGMAR	Chandra Engs, 15, CAJ	2:08.09
33	2:07.58 856	UTJAN21	Jennifer Brankovsky, 17, EYSC	2:05.93
34	2:07.61 855	ABAGFEB	Annamay Pierson, 16, EKSC	-
35	2:07.66 855	PCSCDEC	Melanie Frigon, 17, BBF	2:08.90
36	2:07.80 853	POAAAFEB	Stephanie Barbe, 17, UL	2:07.63
37	2:07.82 853	ABAGFEB	Michelle Poirier, 17, RDSCSC	2:08.22
38	2:07.83 853	UTJAN21	Angela Catford, 17, NEW	2:07.48
39	2:07.88 852	PCSCDEC	Danielle Beland, 15, GO	2:10.82
40	2:07.95 851	MBSKMAR	Alison McKay, 17, EKSC	-
41	2:07.99 851	ONTAGMAR	Chantal Ares, 16, GO	-
42	2:08.08 850	BCAGMAR	Emily Carwithen, 15, COMOX	-
43	2:08.11 849	JRNATFEB	Amber Dykes, 16, HYACK	-
44	2:08.19 848	JRNATFEB	Michelle Landry, 15, PDSA	2:06.91
45	2:08.20 848	ONTAGMAR	Rosie Meade, 15, BOSC	2:10.50
46	2:08.27 847	POAAAFEB	Dominique Charon, 15, PPO	2:08.45
47	2:08.34 847	JRNATFEB	Karen Fahrni, 16, CASC	2:09.20
48	2:08.50 845	JRNATFEB	Julie Uhrau, 17, PDSA	-
49	2:08.62 843	ABAGFEB	Meghan Demchuk, 16, ROD	2:12.20
50	2:08.65 843	BCAGMAR	Leah Wegner, 15, KCS	2:08.51

400 METRES FREESTYLE

Rec: 4:07.79 Nikki Dryden, IS,93		Best 1999		
1	4:15.35 928	EDMONNOV	Kelly Stefanyshyn, 17, PDSA	4:20.63
2	4:15.75 926	ISCUPLNOV	Danielle Bell, 16, IS	4:17.75
3	4:18.54 909	JRNATFEB	Tamee Ebert, 16, PDSA	4:19.07
4	4:18.87 907	BEAVNDEC	Deanna Stefanyshyn, 15, PDSA	4:24.00
5	4:20.46 898	ISCUPLNOV	Karley Stutzel, 17, IS	4:23.08
6	4:21.26 893	JRNATFEB	Audrey Lacroix, 16, CAMO	4:26.79
7	4:22.29 887	JRNATFEB	Michelle Landry, 15, PDSA	4:24.80
8	4:22.70 885	JRNATFEB	Cynthia Pearce, 16, MSSAC-TO	4:30.17
9	4:22.85 884	JRNATFEB	Tara Taylor, 17, HYACK	4:26.28
10	4:23.22 882	ABAGFEB	Shauna McNally, 17, EKSC	4:24.70
11	4:23.24 882	JRNATFEB	Andrea Hayden, 17, GPP	4:30.73
12	4:23.25 882	JRNATFEB	Danielle Belland, 15, GO	4:33.20
13	4:23.52 880	JRNATFEB	Jennifer Coombs, 16, HYACK	4:26.52
14	4:24.03 877	JRNATFEB	Loren Sweny, 17, NKB	4:26.10
15	4:24.33 875	JRNATFEB	Allison Laidlow, 15, PDSA	4:29.60
16	4:24.62 874	JRNATFEB	Amber Dykes, 16, HYACK	4:25.32
17	4:24.71 873	JRNATFEB	Emily Carwithen, 15, COMOX	4:36.56
18	4:24.74 873	JRNATFEB	Stephanie Barbe, 17, UL	4:25.32
19	4:24.78 873	POAAAFEB	Joan Bernier, 15, CNBC	-
20	4:24.82 872	JRNATFEB	Leslie Cove, 17, RDSCSC	4:26.17
21	4:24.95 872	BEAVNDEC	Meghan Brown, 15, PDSA	4:25.96
22	4:25.38 869	UTJAN21	Jolie Pun, 17, BROCK	4:23.02
23	4:25.69 867	JRNATFEB	Alicia Jobse, 16, MANTA	-
24	4:25.92 866	JRNATFEB	Julie Babin, 16, ESWM	4:30.42
25	4:26.05 865	ONTAGMAR	Katherine Telfer, 15, ESWM	4:33.74
26	4:26.23 864	MANTADEC	Jessie Bradshaw, 15, UCSC	4:30.76
27	4:27.20 859	JRNATFEB	Alison McKay, 17, EKSC	-
28	4:27.63 856	MBSKMAR	Elizabeth Collins, 17, ROD	4:31.95
29	4:27.92 854	JRNATFEB	Dale Colman, 17, MSSAC-TO	4:21.94
30	4:28.06 854	ESWIMJAN	Jenna Gresdal, 15, ESWM	4:41.03
31	4:28.08 854	UTJAN21	Kristen Bradley, 16, NEW	4:21.15
32	4:28.11 853	JRNATFEB	Dominique Charon, 15, PPO	4:25.60
33	4:28.81 849	MANTADEC	Marcia Bryon, 16, USC	4:30.67
34	4:28.91 849	ONTAGMAR	Alana Murphy, 15, ESWM	4:29.61
35	4:29.12 847	JRNATFEB	Kristy MacLennan, 17, ESWM	4:26.84
36	4:29.39 846	ONTAGMAR	Chandra Engs, 15, CAJ	4:27.46
37	4:29.45 846	ULAVDEC	Annie Lizotte, 16, CNB	4:31.11
38	4:29.53 845	JRNATFEB	Katie Humphries, 16, IS	4:31.35
39	4:29.64 844	SFOYNVO	Melanie Bouchard, 17, CNB	-
40	4:29.65 844	JRNATFEB	Carolyn McNally, 15, MAC	4:32.00
41	4:29.68 844	JRNATFEB	Jessica Vance, 17, OAK	4:26.13
42	4:			

15-17 GIRLS CONTD.

200 METRES BACKSTROKE

Rec: 2:08.06	Kelly Stefanyshyn, PDSA 99	Best 1999			
1	2:08.06	936	EDMONNOV	Kelly Stefanyshyn, 17, PDSA	2:09.37
2	2:12.17	939	JRNATFEB	Elizabeth Wycliffe, 16, EBSC	2:15.17
3	2:13.49	925	EDMONNOV	Jennifer Fratelli, 15, ROW	2:15.19
4	2:14.14	917	PCSCDEC	Melanie Frigon, 17, BFB	2:16.21
5	2:15.79	899	JRNATFEB	Amy Jacina, 15, GMAC	2:20.71
6	2:16.80	887	EDMONNOV	Shauna McNally, 17, EKSC	2:15.64
7	2:16.98	885	JRNATFEB	Jennifer Esford, 16, ROW	2:19.15
8	2:17.78	876	JRNATFEB	Jenna Gresdal, 15, ESWMIM	2:27.39
9	2:17.87	875	ONTAGMAR	Kristen Bradley, 16, NEW	2:20.07
10	2:18.14	872	BEAVNDEC	Allison Laidlow, 15, LL	2:20.89
11	2:18.27	871	JRNATFEB	Chanel Charron-W., 15, CNO	2:20.33
12	2:18.60	867	BCAGMAR	Amanda Leslie, 16, RAYS	2:21.40
13	2:18.63	867	OSACFEB	Jennifer Cooper, 17, LAC	2:18.16
14	2:18.87	864	RAPIDDEC	Michaela Schmidt, 16, CASC	2:21.91
15	2:19.09	862	BCAGMAR	Callin Meredith, 16, KCS	2:22.02
16	2:19.10	862	JRNATFEB	Jennifer Kasuya, 17, HYACK	2:21.46
17	2:19.16	861	JRNATFEB	Andrea Szechuk, 16, ESWMIM	2:17.48
18	2:19.31	859	MANTADEC	Adrienne Ford, 16, YLSC	-
19	2:19.40	858	PCSCDEC	Sophie McKay, 16, CAMO	-
20	2:19.48	857	JRNATFEB	Anna Szafarski, 15, BROCK	2:21.70
21	2:19.57	856	JRNATFEB	Sasha Taylor, 17, PERTH	2:20.80
22	2:19.72	855	BRANTNOV	Erin Dermody, 17, HWAC	2:18.63
23	2:20.20	849	ONTAGMAR	Katherine Teifer, 15, ESWMIM	2:23.88
24	2:20.39	847	PCSCDEC	Lucy Mae Smith, 17, BFB	2:18.69
25	2:20.42	847	ONTAGMAR	Maya Ziolkowski, 15, YORK	-
26	2:20.88	842	BCAGMAR	Andrea Donohoe, 17, CHENA	2:18.05
27	2:20.94	841	JRNATFEB	Shawna Bothwell, 16, RDSCC	2:21.53
28	2:21.02	840	JRNATFEB	Julie Coombs, 17, UCSC	2:18.29
29	2:21.14	839	EDMONNOV	Kristy MacLennan, 17, ESWMIM	2:20.54
30	2:21.21	838	KCSDEC	Leslie Coe, 17, RDSCC	2:22.82
31	2:21.27	838	JRNATFEB	Michelle Landry, 15, PDSA	2:20.97
32	2:21.31	837	JRNATFEB	Elizabeth Cleven, 15, MS	-
33	2:21.33	837	ONTAGMAR	Alex Purdy, 17, LAC	2:21.20
34	2:21.41	836	JRNATFEB	Tracy Archer, 17, ROD	2:16.57
35	2:21.46	835	JRNATFEB	Brigitte Olson, 17, UCSC	2:22.81
36	2:21.48	835	JRNATFEB	Julie Babin, 16, ESWMIM	2:23.40
37	2:21.58	834	JRNATFEB	Andrea Ann Leroy, 17, NRST	-
38	2:21.68	833	JRNATFEB	Andrea Hayden, 17, GPP	-
39	2:21.79	832	JRNATFEB	Elizabeth Collins, 17, ROD	2:22.49
40	2:21.82	832	ONTSRNOV	Rachel Horsford-E., 16, HWAC	-
41	2:21.91	831	RAPIDDEC	Felicia Culham, 17, PDSA	2:20.21
42	2:22.08	829	JRNATFEB	Ashleigh Thomas, 16, USJC	-
43	2:22.44	825	MBSKMAR	Kristina O'Brien, 17, EKSC	2:22.72
44	2:22.56	823	JRNATFEB	Amber Greenwood, 16, KCS	-
45	2:22.61	823	MBSKMAR	Alison McKay, 17, EKSC	2:22.13
46	2:22.73	821	EYSCNOV	Jennifer Brankovsky, 17, EYSC	2:23.30
47	2:22.83	820	ONTAGMAR	Danielle Di Giovanni, 15, MSSAC	2:29.67
48	2:22.94	819	CNOJAN	Claudia Bernard, 15, CNQ	2:28.34
49	2:22.95	819	POAAAFEB	Catherine Dugas-Savoie, 16, DYNAM	-
50	2:23.21	816	ONTAGMAR	Lauren Beard, 15, ESWMIM	2:24.08

100 METRES BREASTSTROKE

Rec: 1:07.96	Tara Sloan, UCSC, 97	Best 1999			
1	1:12.18	881	JRNATFEB	Marcy Edgecumbe, 16, EKSC	1:13.80
2	1:12.27	879	ONTAGMAR	Joanna Lee, 15, MSSAC-TO	1:12.43
3	1:12.47	875	JRNATFEB	Marie-C. Guilbert, 17, BFB	1:12.28
4	1:12.47	875	ABAGFEB	Annamay Pierson, 16, EKSC	1:16.06
5	1:12.53	874	JRNATFEB	Trisha Lakatos, 17, PCSC	1:17.06
6	1:12.64	871	POAAAFEB	Marieve De Blois, 16, PPO	1:14.72
7	1:12.89	866	JRNATFEB	Christy Anderson, 17, STARS	1:14.05
8	1:13.00	864	EDMONNOV	Kristen Bradley, 16, NEW	1:15.42
9	1:13.06	862	JRNATFEB	Ariane Kich, 16, GMAC	1:14.58
10	1:13.09	862	KCSDEC	Michelle Poirier, 17, RDSCC	1:12.96
11	1:13.55	852	PCSCDEC	Lucy Mae Smith, 17, BFB	1:11.96
12	1:13.57	851	RAPIDDEC	Francine Ling, 16, DELTA	1:13.71
13	1:13.69	849	JRNATFEB	Norah Vogan, 15, GPP	1:15.08
14	1:13.70	849	JRNATFEB	Jessica Sloan, 17, UCSC	1:16.23
15	1:13.74	848	ABAGFEB	Emma Spooner, 16, NCSA	1:13.19
16	1:13.80	847	ABAGFEB	Lesley Williams, 17, STSC	1:14.56
17	1:13.92	844	ULAVDEEC	Barbara Poutre, 16, UL	1:15.61
18	1:14.03	842	RAPIDDEC	Meagan Sinclair, 15, CASC	1:17.60
19	1:14.28	837	PCSCDEC	Tiffany Woods, 15, PCSC	1:15.04
20	1:14.29	836	JRNATFEB	Chrissy MacAulay, 17, ESWMIM	-
21	1:14.32	836	POAAAFEB	Julie Marcolle, 16, CNQ	1:15.58
22	1:14.44	833	JRNATFEB	Kristen Lis, 16, ROD	-
23	1:14.45	833	ULAVDEEC	Annie Lizotte, 16, CNCB	1:15.29
24	1:14.55	831	BCAGMAR	Mia Baumeister, 15, HYACK	1:19.66
25	1:14.63	829	ONTAGMAR	Kim Bacon, 15, COBRA	1:15.01
26	1:14.65	829	ONTAGMAR	Shayna Burns, 16, CHAMP	1:14.59
27	1:15.05	820	RAPIDDEC	Victoria Rind, 16, SFU	1:16.05
28	1:15.10	819	RAPIDDEC	Andrea Ann Leroy, 17, NRST	1:14.24
29	1:15.12	819	ULAVDEEC	Isabelle Morasse, 16, CNQ	1:14.00
30	1:15.51	811	BTSCNOV	Heather Bell, 15, BTSC	1:16.09
31	1:15.58	809	MBSKMAR	Katherine Cullen, 16, CASC	-
32	1:15.60	809	JRNATFEB	Bronwyn Inker, 16, CASC	-
33	1:15.63	808	KCSDEC	Mitra Chandler, 15, HYACK	-
34	1:15.65	808	JRNATFEB	Alex Lezly-Miller, 15, PDSA	1:16.27
35	1:15.75	806	JRNATFEB	Sarah Santos, 17, LAVAL	1:15.78
36	1:15.78	805	KCSDEC	Kathleen Stoodly, 17, HYACK	1:15.29
37	1:15.80	805	ONTAGMAR	Holly Marcolle, 15, AAC	1:18.12
38	1:15.90	803	ONTAGMAR	Kelly Millar, 16, OAK	-
39	1:15.91	802	PCSCDEC	Tatiana Banjiglav, 17, ESWMIM	1:14.90
40	1:16.05	800	JRNATFEB	Jessica McLellan, 15, EAST	1:16.43
41	1:16.05	800	ONTAGMAR	Renee Hober, 15, ROW	1:19.09
42	1:16.06	799	MANTADEC	Alicia Jobse, 16, MANTA	1:17.51
43	1:16.08	799	KCSDEC	Tara Taylor, 17, HYACK	-
44	1:16.16	797	CASCNOV	Meghan Demchuk, 15, ROD	1:15.21
45	1:16.17	797	JRNATFEB	Jenna Gresdal, 15, ESWMIM	1:17.14
46	1:16.27	795	JRNATFEB	Ingrid von Beckman, 17, PDSA	1:16.75
47	1:16.27	795	ONTAGMAR	Chandra Eng, 15, CAJ	1:19.94
48	1:16.29	795	JRNATFEB	Gail Findlay-Shiras, 16, PDSA	-
49	1:16.45	791	JRNATFEB	Michelle Bailey, 15, OAK	1:19.38
50	1:16.53	790	ONTAGMAR	Kathryn Chapman, 15, HHBF	-

200 METRES BREASTSTROKE

Rec: 2:27.08	Anne Ottenbrite, AAC, 84	Best 1999			
1	2:34.23	882	JRNATFEB	Marieve De Blois, 16, PPO	2:37.60
2	2:34.40	881	JRNATFEB	Christy Anderson, 17, STARS	2:38.45
3	2:34.59	879	ABAGFEB	Annamay Pierson, 16, EKSC	2:38.56
4	2:34.86	876	JRNATFEB	Trisha Lakatos, 17, PCSC	2:43.20
5	2:35.01	875	KCSDEC	Marcy Edgecumbe, 16, EKSC	2:38.14
6	2:35.07	874	JRNATFEB	Kristen Bradley, 16, NEW	2:34.83
7	2:35.41	871	JRNATFEB	Marie-C. Guilbert, 17, BFB	2:37.06
8	2:35.54	869	ONTAGMAR	Joanna Lee, 15, MSSAC-TO	2:38.12
9	2:36.67	858	JRNATFEB	Heather Bell, 16, BTSC	2:41.68
10	2:37.20	853	JRNATFEB	Michelle Poirier, 17, RDSCC	2:39.65
11	2:37.24	853	JRNATFEB	Emma Spooner, 16, NCSA	2:35.72
12	2:37.35	851	ABAGFEB	Lesley Williams, 17, STSC	2:37.61
13	2:37.36	851	RAPIDDEC	Meagan Sinclair, 15, CASC	2:44.31
14	2:37.42	851	MANTADEC	Alicia Jobse, 16, MANTA	2:40.09
15	2:38.00	845	JRNATFEB	Chrissy MacAulay, 17, ESWMIM	-
16	2:38.10	844	JRNATFEB	Norah Vogan, 15, GPP	2:41.10
17	2:38.48	840	JRNATFEB	Annie Lizotte, 16, CNCB	2:37.79
18	2:38.48	840	POAAAFEB	Julie Marcolle, 16, CNQ	2:41.16
19	2:38.51	840	JRNATFEB	Ariane Kich, 16, GMAC	2:41.20
20	2:38.86	837	KCSDEC	Kathleen Stoodly, 17, HYACK	2:39.30
21	2:39.25	833	POAAAFEB	Genevieve Frappier, 16, EXCEL	2:40.03
22	2:39.51	830	JRNATFEB	Jennifer Brankovsky, 17, EYSC	2:40.94
23	2:39.93	826	MBSKMAR	Katherine Cochrane, 16, CASC	-
24	2:40.16	824	ONTAGMAR	Kim Bacon, 15, COBRA	2:41.80
25	2:41.07	815	BCAGMAR	Alex Lezly-Miller, 16, PDSA	2:41.59
26	2:41.12	814	JRNATFEB	Barbara Poutre, 16, UL	2:41.65
27	2:41.45	811	MANTADEC	Leah Schaub, 15, UCSC	2:41.86
28	2:41.97	806	JRNATFEB	Jessica McLellan, 15, EAST	2:43.50
29	2:42.11	805	JRNATFEB	Francine Ling, 16, DELTA	2:39.49
30	2:42.18	804	JRNATFEB	Michelle Gerlitz, 16, NCSA	-
31	2:42.23	804	ESWIMJAN	Jenna Gresdal, 15, ESWMIM	-
32	2:42.25	803	ONTAGMAR	Carly Cernak, 15, CAJ	2:44.63
33	2:42.47	801	KCSDEC	Mitra Chandler, 15, HYACK	-
34	2:42.79	798	BCAGMAR	Tara Taylor, 17, HYACK	-
35	2:42.88	797	POAAAFEB	Veronique Portance, 16, PPO	-
36	2:43.04	796	POAAAFEB	Florence Bedard-R., 16, CAMO	-
37	2:43.05	796	BCAGMAR	Mia Baumeister, 15, HYACK	-
38	2:43.20	794	ONTAGMAR	Shayna Burns, 16, CHAMP	2:38.30
39	2:43.29	793	BCAGMAR	Ingrid von Beckman, 17, PDSA	2:43.42
40	2:43.39	792	ONTAGMAR	Kathryn Chapman, 15, HHBF	-
41	2:43.47	792	JRNATFEB	Danielle Guevra, 15, NKB	2:43.79
42	2:43.91	787	ONTAGMAR	Renee Hober, 15, ROW	2:47.32
43	2:43.97	787	JRNATFEB	Christine Friska, 17, ROC	-
44	2:44.22	784	POAAAFEB	Catherine Lemieux, 15, UL	2:46.85
45	2:44.35	783	POAAAFEB	Melisande Brassard-G., 16, BFB	2:45.56
46	2:44.36	783	VKSCNOV	Allison Laidlow, 15, LL	2:44.57
47	2:44.42	782	PCSCDEC	Christine Gagnier, 16, OAK	2:45.30
48	2:44.42	782	JRNATFEB	Sandra Najjar, 17, LAVAL	2:43.78
49	2:44.43	782	JRNATFEB	Carolyn Edmunds, 16, CP	-
50	2:44.57	781	RAPIDDEC	Gail Findlay-Shiras, 16, PDSA	2:46.12

100 METRES BUTTERFLY

Rec: 1:00.45	Kristin Topham, EPS, 91	Best 1999			
1	1:01.18	917	EDMONNOV	Audrey Lacroix, 16, CNMM	1:01.69
2	1:02.31	889	EDMONNOV	Jennifer Fratelli, 15, ROW	1:02.60
3	1:02.51	885	JRNATFEB	Michaela Schmidt, 16, CASC	1:03.36
4	1:02.77	878	JRNATFEB	Jessie Bradshaw, 15, UCSC	1:04.28
5	1:02.85	876	RAPIDDEC	Julie Unrau, 16, PDSA	1:04.05
6	1:03.10	870	MBSKMAR	Elizabeth Collins, 17, ROD	1:02.72
7	1:03.28	866	JRNATFEB	Nancy Gajos, 15, ESWMIM	1:04.48
8	1:03.36	864	JRNATFEB	Cynthia Pearce, 16, MSSAC-TO	1:06.06
9	1:03.38	863	SFOYNOV	Merylie Giguere, 17, UL	1:04.62
10	1:03.96	849	JRNATFEB	Melissa Laflamme, 17, UL	1:04.16
11	1:04.06	847	JRNATFEB	Jennifer Graf, 16, ROD	1:05.17
12	1:04.08	846	JRNATFEB	Alexis Rieck, 17, ROW	1:05.83
13	1:04.29	841	PCSCDEC	Danielle Beland, 15, GO	1:05.19
14	1:04.32	840	EDMONNOV	Angela Catford, 16, NEW	1:04.01
15	1:04.36	839	POAAAFEB	Isabelle Asch-Coallier, 16, CAMO	1:05.45
16	1:04.51	836	RAPIDDEC	Meghan Brown, 15, PDSA	1:05.07
17	1:04.52	836	JRNATFEB	Lindsay Burton, 16, NKB	1:04.10
18	1:04.66	832	BCAGMAR	Clare Wong, 15, PDSA	1:05.14
19	1:04.72	831	SFOYNOV	Veronique Collin, 15, RCA	1:05.05
20	1:04.79	829	POAAAFEB	Valerie Tcholkay, 15, DDO	1:06.22
21	1:04.88	827	ONTSRNOV	Elizabeth Day, 17, NEW	1:06.77
22	1:05.01	824	JRNATFEB	Rocio Flores, 16, PPO	1:06.09
23	1:05.06	822	ONTSRNOV	Pamela Tung, 17, MAC	1:02.16
24	1:05.11	821	STFOYMAR	Marie-E. Filiion, 17, RCA	1:04.34
25	1:05.24	818	JRNATFEB	Suzanne Brodeur, 17, MAC	1:05.89
26	1:05.25	81			

BACKWASH

Backwash features short clips, gossip, letters and opinions. Contributions are welcome at our e-mail: swimnews@inforamp.net. Now for the rumours behind the news.

Epidemic: Last year 343 athletes worldwide tested positive for nandrolone. This has terrorized the world of international track and field and frightened the world soccer's governing body to the point of commissioning an expensive and elaborate study out of fear of mass suspensions next September.

The nandrolone controversy is expected to worsen. WADA (World Anti Doping Agency) has announced more than 5,000 random, out-of-competition tests—roughly half of the athletes expected to participate in the Sydney Games will be tested.

Add to this increasing evidence of large-scale use of two relatively new performance-enhancing drugs—erythropoietin (EPO) and human growth hormone (HGH), as reported in the May issue of *Scientific American*. The two substances are effective and fairly easy to get. However they are undetectable by current drug test technology.

EPO is a hormone that occurs naturally in the body. Injected into the blood, it boosts the concentration of red cells and is favoured by endurance athletes. Performance may improve by 7 to 10 percent. EPO is particularly favoured by cyclists and blamed for about 20 deaths since 1987.

HGH is a steroid-like agent that helps build muscle.

There are no reliable tests for either drug but research continues to try to find one, with very limited funding available.

Reality check: Edmonton was expecting to host World Cups from 1998 through 2001. But this year's meet is uncertain as FINA expects prize money of at least US\$50,000 at each meet, expected to increase to \$100,000 next year. In the previous two meets, the competition had a deficit, and expectation for additional sponsorship looks bleak.

FINA wants to reduce the series from 12 competitions to 7 or 8. At this point, Canada, China, Hong Kong, Italy, and Sweden have been dropped when they didn't immediately agree to the increased financial commitment. Sweden and Canada are still trying to raise the money to get back on the schedule.

Editor: I was disappointed to not see any coverage of this year's CIAU Swimming Championships in the March issue of SWIMNEWS. Coverage of the CIAU has been a feature of your magazine for many years. It was even more disconcerting to see three pages of coverage of the NCAA Championships in the same issue. I do not begrudge the coverage of the NAAs; they are, after all, a major world event. However I do see this "editorial decision" as sending the wrong message to those Canadian swimmers that choose to stay to train and go to university in Canada. Are we again undervaluing important Canadian events in favour of perhaps higher-profile American swimming? While the depth and quality of swimming at the CIAU championships do not compare to the NCAA, they do showcase many of our national team members and top university swimmers.

I hope that in future years, some room can be found in SWIMNEWS for coverage of the top university swimming event in Canada.

*Peter M. Tiidus, Ph.D.
Department of Kinesiology and P.E.
Wilfrid Laurier University
Waterloo, ON*



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Richard Alexander, 12

Club: Island Swimming
 Coach: Rod Barratt
 Specialty: Freestyle, backstroke
 3rd ranked in SCM00 TAG for 200 back, 4th for 100 back and 9th for 1500 free

Best Times	SCM99	SCM00
1500 freestyle		18:49.92
100 backstroke	1:14.04	1:07.66
200 backstroke	2:35.09	2:22.69



Nadia Kumentas, 12

Club: Whitby Dolphins
 Coach: Allison McGee
 Specialty: Free, back, and IM
 1st ranked SCM00 TAG in the 100 and 200 free, 4th for 100 back, 6th for 400 IM

Best Times	SCM99	SCM00
100 freestyle	1:02.93	1:00.02
200 freestyle	2:20.83	2:11.19
100 backstroke	1:11.79	1:08.54
400 ind.medley		5:20.33



Mathieu Bouchard, 12

Club: Campbellton Aquatika, NB
 Coach: Stephen Diblee
 Specialty: Butterfly
 11th ranked for SCM00 TAG for 200 fly

Best Times	SCM00
400 freestyle	4:54.13
1500 freestyle	19:22.86
100 butterfly	1:10.50
200 butterfly	2:37.56



Stephanie Kuhn, 14

Club: Timmins Marlins Swim Club
 Coach: Bill Calhoun
 Specialty: Free, fly, and IM
 6th ranked in SCM00 TAG for 200 free and 200 IM, 7th for 100 free and 100 fly.

Best Times	SCM99	SCM00
100 freestyle	1:01.81	59.29
200 freestyle		2:06.96
100 butterfly		1:06.17
200 ind.medley	2:28.63	2:23.52



Mallory Hoekstra, 12

Club: Edmonton Keyano SC
 Coach: Jack Ashton
 Specialty: Freestyle
 1st ranked for SCM00 TAG in the 800 free, 200 back, 200-400 IM.

Best Times	SCM99	SCM00
800 freestyle	9:51.79	9:25.24
200 backstroke	2:36.53	2:25.92
200 ind.medley	2:33.76	2:26.31
400 ind.medley	5:19.67	5:06.88

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Devin Phillips, 14

Club: Edmonton Keyano SC
 Coach: Jack Ashton
 Specialty: Freestyle, backstroke
 3rd ranked for SCM00 TAG in the 50 free and 100 back, 2nd for 200 back

Best Times	SCM99	SCM00
50 freestyle	25.60	24.64
100 freestyle	55.69	53.32
200 freestyle	2:03.47	1:57.21
100 backstroke	1:02.23	58.64
200 backstroke	2:19.13	2:06.52

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