

WORLD CUP COVERAGE

TWO WORLD RECORDS FOR ALSHAMMAR

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***KELLY STEFANYSHYN
200 BACKSTROKE
RECORD SETTER***

**MARK SCHUBERT
ON RACING FAST AND
TRAINING HARD**



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Cover photo: Marco Chiesa



Victor Davis



Penny



Adam Sioui



Therese Alshammar

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RECORD SETTERS

LONG COURSE WORLD RECORDS

• Men's 100 butterfly:

52.03 Michael Klim, AUS, Canberra, Dec 10, time trial
51.81 Michael Klim, AUS, Canberra, Dec 12, time trial
Better old record of 52.15 Michael Klim, AUS, 1997

SHORT COURSE WORLD RECORDS

pending FINA ratification

• Men's 200 freestyle:

1:42.54 Ian Thorpe, AUS, Sydney, Jan 18, 2000
Better old record of 1:43.28 Ian Thorpe, AUS, 1999.

• Men's 50 backstroke:

24.12 Neil Walker, USA, College Park, Nov 18.
24.11 Matthew Welsh, AUS, Hobart, Jan 14, 2000.
Better old record of 24.13 by Thomas Rupprath, GER, 1998
and 24.13 Matthew Welsh, AUS, 1999.

• Men's 200 backstroke:

1:52.47 Lenny Krayzelburg, College Park, Nov 18.
Better old record of 1:52.51 Martin Lopez-Zubero, ESP, 1991.

• Women's 50 freestyle:

24.09 Therese Alshammar, SWE, Lisbon, Dec 11
Better old record of 24.23 Jingyi Le, CHN, 1993

• Women's 100 freestyle:

52.80 Therese Alshammar, SWE, Lisbon, Dec 10
Better old record of 53.01 Jingyi Le, CHN, 1993.

• Women's 50 butterfly:

26.00 Jenny Thompson, USA, College Park, Nov 18.
25.64 Anna-K. Kammerling, SWE, Lisbon, Dec 10
Better old record of 26.05 by Jenny Thompson, USA 1998.

• Women's 200 butterfly:

2:04.16 Susan O'Neill, AUS, Sydney, Jan 18, 2000.
Better old record of 2:04.43 Susan O'Neill, AUS, 1999.

CANADIAN SHORT COURSE

• Women's 100 backstroke:

1:00.13 Marylyn Chiang, ESWIM, Los Angeles, CA, Jan 28.
Better old record of 1:00.28 Julie Howard, BRANT, 1995.

• Women's 200 backstroke:

2:08.79 Kelly Stefanyshyn, PDSA, Edmonton, Nov 20, prelims.
2:08.06 Kelly Stefanyshyn, PDSA, Edmonton, Nov 20, finals.
Better her own record of 2:09.37 from February 1999.

• Women's 100 butterfly:

59.10 Marylyn Chiang, ESWIM, Los Angeles, CA, Jan 28.
Better old record of 59.98 Jessica Amey, UCSC, 1995.

• Women's 4x50 medley relay:

1:55.25 Club Aquatique de Montreal, Pointe Claire, Dec 11
Team composed of Jennifer Carroll, Julie Tardif, Karine Chevrier, Carol Chiang.
Better old record of 1:55.86 University of Calgary SC, 1997

NATIONAL AGE GROUP SHORT COURSE

• Girls 15-17 200 backstroke:

2:08.79 Kelly Stefanyshyn, PDSA, Edmonton, Nov 20, prelims.
2:08.06 Kelly Stefanyshyn, PDSA, Edmonton, Nov 20, finals.
Better her own record of 2:09.37 from February 1999.

• Boys 15-17 100 butterfly:

54.13 Adam Siou, TD, Rio de Janeiro, Nov 27, prelims.
54.00 Adam Siou, TD, Rio de Janeiro, Nov 28, finals.
Better old record of 54.63 Doug Wake, ROD 1995.

• Boys 15-17 200 butterfly:

1:57.66 Adam Siou, TD, Rio de Janeiro, Nov 27, finals.
Better old record of 1:58.44 Victor Davis, ROW, 1982.

• Boys 13-14 200 backstroke:

2:05.06 Tobias Oriwol, ESWIM, Brantford, Nov 13
2:04.55 Tobias Oriwol, ESWIM, Etobicoke, Dec 4.
Better old record of 2:05.16 Jamie White, LAC, 1992.

• Boys 13-14 200 individual medley:

2:07.74 Tobias Oriwol, ESWIM, Etobicoke, Dec 3. Better old record of 2:08.17
Brian Johns, RACER, 1997.



Marco Chiesa

Marylyn CHIANG

BIRTHDATE 19 NOV 1977
HEIGHT 170 cm
WEIGHT 59 kg
OCCUPATION Univ. of California
REPRESENTS Etobicoke Swimming
COACH Kevin Thorburn / Michael Walker

Canadian highlights

- 94 LC Summer Nationals 3rd 200 IM 2:02.67
- 95 SC Winter Nationals 1st 400 IM 4:42.88
- 95 Summer Nationals 3rd 200 free 2:02.67
- 99 Summer Nationals 2nd 200 IM 2:18.80

NCAA results 1996-99 (25 yards)

- 96 NCAA 6th 200 back 1:58.99, 10th 200 IM 2:00.71
- 97 NCAA 2nd 100 back 52.39, 3rd 200 back 1:56.30, 4th 200 IM 1:58.81
- 98 NCAA 3rd 100 fly 53.59, 7th 200 back 1:58.59, 4th 200 IM 1:58.95
- 99 NCAA 1st 100 back 52.36, 3rd 100 fly 52.40, 2nd 200 IM 1:57.83

CANADIAN CALENDAR

February

- 3-6 3-6 Invitational, Regina
- 5-6 Pickering Sprints
- 18-20 Junior Nationals - East, Nepean
Junior Nationals - West, Kamloops
Hamilton Invitational
- 23-25 CIAU Championships, Guelph

March

- 2-5 Man/Sask Championships, Regina
- 4-5 Durham Splash, Pickering
- 2-6 Ontario Junior Provincials, Etobicoke
- 8-11 Spring Nationals (50 m) Etobicoke

April

- 1-2 Rainbow Classic, Pickering
- 7-9 Limpert NB Team Champs, Campbellton
Ajax Invitational, at U. of Toronto
- 14-16 Ontario Team Championships
- 28-30 Edmonton Keyano International

May

- 26-28 New Brunswick Champs, Saint John
- 28-4 Maritime Life Olympic Trials, Montreal

June

- 2-4 ROD Invitational, Regina
- 3-4 Durham Invitational, Pickering
- 16-18 Moose Jaw Invitational
- 25-25 Jack McCormick Invitational, Hamilton
- 29-2 Man/Sask Champs, Winnipeg

July

- 6-9 Ontario JR Provincials, Thunder Bay
- 7-9 Mel Zajac International, Vancouver
- 13-16 Youth/Junior Nationals/SWAD,
Etobicoke

August

- 3-6 Maritime Life Nationals, Winnipeg

October

- 13-15 POW Invitational, Woodstock, ON

November

- 25-26 World Cup, Edmonton

2001

February

- 23-25 Youth & Junior Nationals
East - Saint John, NB
West - Saskatoon, SK

March

- 14-17 Spring Nationals (50 m) Edmonton

May

- TBA Mel Zajac International, Vancouver

July

- 18-21 Youth & Junior Nationals, Winnipeg

August

- 7-10 Summer Nationals

INTERNATIONAL

February

- 1-2 World Cup 8, Sheffield, GBR
- 5-6 World Cup 9, Berlin, GER
- 9-10 World Cup 10, Imperia, ITA
- 12-13 World Cup 11, Paris, FRA
- 14-19 National Champs, Buenos Aires, ARG
- 16-17 World Cup 12, Malmo, SWE
- 25-27 National Champs, Belgium

March

- 10-12 National Champs, Geneva, SUI
- 19-19 World SC Champs, Athens, GRE
- 20-26 French LC Champs, Rennes, FRA
- 23-25 So.American Open Water, Santa Fe, ARG
- TBA Asian Swimming Champs, Pusan, KOR
- 30-1 International Meet, Charleroi, BEL
- 30-2 National Champs, Auckland, NZL

April

- 8-9 Swedish Grand Prix, SWE
- TBA CARIFTA Champs, Bridgetown, BAR
- 10-14 Australian Age Group Champs, Perth
- 23-30 So. American Champs, Mar del Plata, ARG

May

- 6-7 Flanders Grand Prix, Brugges, BEL
- 12-14 Akropolis Meet, Athens, GRE
Antwerp Grand Prix, BEL
- 13-14 Swedish Grand Prix 2, Uppsala, SWE
- 19-21 Belgian GP, Charleroi, BEL
- 20-27 Australian Olympic Trials, Sydney
- 22-22 Mare Nostrum 1, Monte Carlo, MON
- 21-24 Oceania Champs, Christchurch, NZL
- 25-25 Mare Nostrum 2, Barcelona, ESP
- 25-28 JR Champs, Chalon-sur-Saone, FRA
- 26-29 Speedo Super Final, Sheffield, GBR
- 31-6 Brazil Trophy, Rio de Janeiro, BRA

June

- 4-4 Swedish EU Trials, Jonkoping, SWE
- 3-9 South Pacific Games, Guam, GUM
- 15-18 German Championships, Berlin, GER
- 16-18 Netherland Championships, NED
- 17-18 Golden Bear, Zagreb, CRO
- 17-18 Porto International, POR
- 21-24 Oceania Championships,
Christchurch, NZL

- 28-9 European Championships, Helsinki, FIN

July

- 7-9 Darmstadt International, GER
- 11-11 British Championships, Sheffield, GBR
- 15 Traversee Lac Leman, SUI
- 20-23 Swedish Nationals, Landskrona, SWE
- 22-23 Vittel Cup Finals, Millau, FRA
- 27-30 European Junior Championships,
Dunquerque, FRA
- 28-31 British Olympic Trials, Sheffield, GBR
- 27-7 FINA World Masters, Munich, GER

August

- 3-6 National Champs, Vevey, SUI
- 4-6 National Champs, Belgium
- 6-9 Italian Championships, Asti, ITA
- 12-13 Balkan Games, Nicosia, CYP
- 17-23 Arab Tournament, Amman, JOR

September

- 16-23 Olympic Games, Sydney, AUS

October

- 7-8 Bremen SC International, GER
- 12-15 SC Champs, Melbourne, AUS

November

- 17-22 FINA World Open Water Champs,
Ft. Lauderdale, USA

December

- 14-17 European SC Championships,
Valencia, ESP
- 16-17 British Winter Champs, Sheffield, GBR

2001

July

- 17-29 FINA World Championships,
Fukuoka, JPN

August

- 22-1 FISU Universiade, Beijing, CHN
- 25-7 Mediterranean Games, Tunis, TUN

September

- 29-9 Goodwill Games, Brisbane, AUS

November

- 3-11 Afro-Asian Games, New Delhi, IND

2002

April

- TBA FINA World SC Champs, Moscow, RUS

July

- 26-36 Commonwealth Games, Manchester, UK

August

- 25-30 Pan Pacific Champs, Yokohama, JPN

2006

March

- 15-26 Commonwealth Games, Melbourne, AUS

U.S. CALENDAR

2000

March

- 16-18 Women's NCAA (25 M), Indianapolis, IN
- 23-25 Men's NCAA (25 M), Minneapolis, MN
- 21-25 Speedo Junior Championships (25 Y)
West, Anchorage, Alaska
Southeast, Orlando, FL
Northeast, Buffalo, NY

- 28-1 US Nationals (50 M) Federal Way, WA

April

- 11-14 YMCA SC Nationals, Ft.Lauderdale, FL

May

- 26-28 Ann Arbor GP, MI

June

- 15-18 Charlotte GP Ultraswim, NC
- 22-25 Santa Clara GP International, CA

July

- 13-16 Evans International, Los Angeles, CA
- 14-16 Long Island GP, NY

August

- 1-5 Speedo Junior Championships
West, San Antonio, TX
Southeast, Gainesville, FL
Northeast, Oxford, OH
- 9-16 Olympic Trials, Indianapolis, IN

November

- 18-18 FINA World Cup 1, College Park, MD
- 30-2 US Open (25 M), Auburn, AL

ABOUT THIS ISSUE

This is the first issue for 2000. Sorry it's a bit late, but almost half of January was spent in World Cup coverage. It took some time to catchup with all the Canadian competitions. If we're missing some from TAG times it's because they have not been sent either in hard copy (preferred) or e-mailed. So coaches and club meet managers, be sure to send us your results.

It was the tenth anniversary of Victor Davis' tragic death last November. Robert Pearson, a former teammate of Victor's in Pointe Claire writes about his memories and others who knew Victor.

Nikki Dryden explains what's behind the phenomenal success of Penny Heyns' 11 world-record string last summer. Nikki writes as a fellow swimmer training in the same pool.

For younger kids Wayne Goldsmith explains the "Warm-Up" — a ritual that all athletes undergo prior to racing.

A small sampling of the best 10 & under times Canada-wide from all the many competitions that we received for TAG will be followed next issue with TOP, which has just under 900 entries!

Coverage of the first 7 FINA World Cups appears this month. With 6 world and 17 World Cup records, there has been some very fast swimming, mostly at the first meet in the USA and the last one in Sydney. Five more competitions are being held during February in Europe.

Cecil Colwin interviewed Mark Schubert, head coach at the University of California. The topics are wide-ranging, from training backstroker Lenny Krayzelburg, metric NCAAs, semi-finals, women staying much longer in sport, and drug use.

The European SC Championships and the exploits of the amazing Therese Alshammar are covered.

Karin Helmstaedt reports on the latest German Drug Trials and the role of Dr. Lothar Kipke, the GDR's swimming federation doctor and one of the architects of the doping program. It's a sordid tale.

TAG times are up-to-date with all meets received up to January 27 included. If your times are missing, get the results here as soon as possible.

VICTOR LIVES

HIS PASSION FOR SPORT AND LIFE CONTINUES TO INSPIRE

Robert Pearson

Ten years ago, Canada lost one of its greatest sports heroes when Victor Davis was struck by a car in suburban Montreal. Much has been written about Davis's death; much was written about him in life. The record shows he dominated breaststroke swimming in Canada and the world for most of the 1980s, beginning with his first national championships win in 1981. When he died, more than a hero was lost. Gone was a friend, a teammate, and a son.

I remember the first time I saw Victor Davis: I was an impressionable 12-year-old spectator at the 1982 World Championships trials. I remember the only time I asked him for an autograph, and I remember the day we met as teammates in Pointe Claire. That summer, at my first nationals with the club, he spoke to the team before the meet, and reminded us we were there to swim fast. "In L.A., in 1984," he told us, "I swam with a sprained ankle. In Madrid, in 1986, with a festered cut in my hand"—there were no excuses. That same day he made me welcome at his table during dinner.

The day Victor was struck, Remembrance Day 1989, is a day forever etched into my memory. People have days like this, days remembered for where they were when a big event happened. For my parents' generation it was the assassination of John F. Kennedy; for me it remains the day I heard about Victor's accident: I was in Saskatoon, at a meet. These memories, and more, have been with me ever since. In 1998, I dedicated my Master's Thesis to Davis: "Once a teammate and a friend, his passion for sport and life continues to inspire me daily."

Former Calgary swimmer and medal-winning Olympian Tom Ponting remembers Davis as a great inspiration. In 1989, Davis appeared as a spectator at the CIAU championships, where "he dared me to break a world record," says Ponting, "and I did." A year earlier, at the 1988 Olympics, Davis inspired Ponting and the Canadian men's 4x100 medley relay to a silver medal. "His focus, his belief—his unwavering belief—brought the three of us (Ponting, Mark Tewksbury, and Sandy Goss) to the level he was at. He knew he had to get three people to his level." And that, Ponting adds, was Davis's best moment in swimming, "the feather in his cap." "Victor threatened Sandy to swim fast," Ponting adds with a smile. Laughing, Goss admits there was more to it than Ponting tells, but Davis did inspire him to swim faster. "I must admit in

1984—because I was the weak link on the relay—Vic was the guy I did not want to disappoint; and again in 1988." Goss also recalls Davis was motivational beyond the Olympics: "When I went away to school in the United States, everyone was against that, but not Vic, he was more supportive."

"Victor inspired me," admits Alex Baumann. "We pushed each other to new limits... (and) I enjoyed competing against him in the breaststroke because it helped me with my IM." Davis was, Baumann adds, "an extremely tough competitor. He would often try to psyche his competitors out. (Ours) was a very healthy rivalry, but friendly." Baumann had his share of great swimming moments, and rates Davis's best moment as the 1984 Olympics "when he demolished the field and his world record in the 200 breaststroke, winning the gold medal." However, he adds, "my fondest memory of Victor would have to be him gritting his teeth after his first world record in Guayaquil, Ecuador (at the 1982 World Championships). For me that epitomized Victor

**"DETERMINATION,
AGGRESSIVENESS,
AND CONSISTENCY
MADE HIM
A CHAMPION."**

to the tee. His determination, aggressiveness, and consistency made him a champion."

The 1982 World Championships were special for Davis's Region of Waterloo teammate Mike West, because he was there. Yet, West adds, while pondering Davis's best achievement, "I always admired his relationship with his dad, he was very loyal to his dad." As teammates, performing at a world-class level, West and Davis were thrust together. West admits, however, they came "to know each other well—implicitly." West has many memories, most of them "day-to-day stuff... to see him come into workouts and swim like a fiend, just living the whole experience, the whole thing was a big thrill for me." Like Ponting and Goss, West was inspired by Davis to win an Olympic medal. "We roomed together in L.A.," West recalls. "I had a bad 200 back, and

had a hard time getting up for my 100. The night before... he left his gold medal on my side of the table, next to my bed. He was telling me 'you can do it.'" West won bronze.

Current Region of Waterloo coach Dean Boles shared an apartment with Davis for several years in Waterloo. "Victor was a pretty good roommate, he always had something going on... Looking back to those 14 years of knowing Victor," says Boles, "they will probably be the most important years of my life." In 1989, Boles explained what he would miss about Davis: "I will miss that big bear hug. I will miss the phone call at the office telling me he will be in town for a few hours and knowing it will turn my calm lifestyle upside down. But most of all I will miss his devilish grin and raised eyebrows that always meant 'what kind of fun can we have now.'"

Tom Ponting smiles, recalling the summer of 1989. That summer he visited Davis in Pointe-Claire, where the two enjoyed "normal" things. Ponting still laughs at the thought of Davis performing his "Double Jeopardy" dance, or laughing hysterically at a wrong answer while watching Jeopardy on television. Ponting enjoyed the time he spent with Davis. Indeed, all those who knew Victor enjoyed spending time with him. Mike West tells of the 1986 World Championships when he, Davis, Baumann, and Vlastimil Cerny "would sneak out at night, get some sangria, sit in a square, and play Canasta." "Those games were intense," West continues, "I enjoyed seeing him interact with Vlastimil and Alex." Sandy Goss thinks back to Oktoberfest, and road trips with Davis, "we had a great time together." Alex Baumann also spent a great deal of time with Davis, but is reluctant to share anecdotes—some memories remain private. Dean Boles tells of a summer afternoon in Guelph when he, Dave Swanston, and Davis were together. Davis had yet to rise in the swimming ranks, but boldly asserted "if you guys play your cards right, I'll teach you how to swim." Boles admits, "Dave and I just laughed, but during the time I was beside Victor's hospital bed (in Montreal) I realized how much Victor *did* teach me."

Clifford Barry, Davis's only coach, "knew (Victor) was really talented from the first time." Barry, who started coaching in Guelph in 1976, says "it turned out (that job) was the best thing that ever happened to me... Victor was very special to me, we helped each other a lot... it was more than a coach-athlete relationship." Like Davis's friends and teammates, Barry's memories are manifest. "Victor was bigger than life, he just had an aura about him," says Barry. "He was almost like Johnny Weismuller, he lived up to his billing as a great guy. And he was very loyal, loyal to his friends. He mentioned me when he did well." Like Weismuller, a swimmer of early-twentieth-century fame who later played Tarzan on film, Barry thinks perhaps Davis could have gone on to act.



True grit

Marco Chiesa

Mel Davis remains very proud of his late son, his proudest moment seeing his son say “thanks Dad” during a clip featured in the 1983 CBC documentary *The Fast and the Furious*. In the pool, Davis suggests “the second time he broke a world record, in front of a home crowd,” was his son’s greatest moment. One famous moment that Mel Davis remembers from a different point of view is the 1982 Commonwealth Games. There, Victor reacted to the disqualification of Canada’s medal-winning 4 x 100 medley relay by kicking a chair—while the Queen was in the crowd. “I happened to be in England at the time,” Mel Davis recalls, “and there was nothing in the papers over there. I bought every paper I could think of—every major paper in the UK, and there was nothing. When I came home,” Davis adds, “it was ludicrous what the (Canadian) media had done.”

Today, Mel Davis’s contact with swimming is limited to the annual selection of Victor Davis Memorial Fund scholarship recipients. He also presents the Victor Davis Cup, awarded to the Athlete of the Year in Waterloo. Davis is proud to present these awards, and was very pleased, the day I spoke with him, to be awarding this year’s Victor Davis Cup to Region of Waterloo swimmer Laura Nichols.

Victor Davis’s name is also associated with meets. Every year, the Region of Waterloo club holds a meet, and awards a bursary in his honour. In Guelph, the Marlins host a meet to raise money

for the memorial fund. In 1999, the club raised \$10,000. Marlins’ coach Don Burton says, “GMAC is

going to continue to help out with the fund. Our goal is to be able to put enough money into the fund to be able to have more scholarships, or more money for each winner.”

Davis’s legacy also lives through Montrealer Claude Jacques, in whom Davis’s heart still beats. Mike West, himself a doctor, feels organ donation “is one of Victor’s greatest legacies.” Davis’s friends saw him as generous in life, and were not surprised about the donations. “Right now,” says Sandy Goss, “there are people walking around because of his organs; he would do anything for anyone.” The only time Mel Davis spoke with his son about donations was in 1988. “Vic’s grandfather passed away, and Vic wondered about organ donations.” Mel Davis’s father died of cancer, and his organs were unsuitable for donation. When Victor suggested his own organs be donated, his father dismissed it as “a flippant remark,” never expecting he would need to remember those words. In 1989, “it was a friend who suggested it... we had been at the hospital for 12 to 15 hours... (and) shortly after... the doctor asked the same question.” Since then,

Mel Davis has been an advocate of donations, and is involved with MORE, the Multiple Organ Retrieval and Exchange Program of Ontario.

Davis’s memory is still alive in Canadian swimming. “I still use him as an example,” says Boles. “Today we at ROW are very close to Victor... and his accomplishments.” In Calgary, Tom Ponting still tells his swimmers about Davis. Also in Calgary, current Canadian breaststroke champion Morgan Knabe reflects on Davis as inspiration. Knabe has received Davis fund scholarships, and, recently, a T-shirt worn by Davis in 1988. “It’s unbelievable,” Knabe says of the shirt. “It’s probably the coolest thing I have ever gotten.” He admits, “I didn’t know of him before swimming,” but Davis has been an inspiration. Knabe won gold and silver medals at the 1999 Pan Am Games, and figures on being a solid part of Canada’s team in Sydney next year, where he will wear the T-shirt. Pondering the comparison between himself and Davis, Knabe asserts “people have often called me the ‘next Victor Davis.’ People can draw comparisons, but I would like to make my own personality without being compared. It’s cool to be thought of at that level, but I would like to have my own legacy.” Further reflecting on Davis, Knabe adds, “I don’t think Victor Davis is ever going to die in people’s hearts.”

Ten years after his death, Victor Davis is remembered, a memory that continues to inspire Canadians.

ASK JUDY

THERE IS NO QUICK FIX

This column goes to the coaches out there. After I give a lecture to a group of swimmers, the coach often asks my opinion and advice on an issue or problem that they are having with their swimmers. It is difficult (if not impossible) to give them useful information on a situation that they described to me in three minutes. But this seems to be a symptom of our generation.

We want everything fast. We have microwaves to cook food faster. We have Crazy Glue that “bonds instantly.” We have computers and printers, which do everything faster than the ones produced six months ago. Athletes even use steroids that help them to run faster, train harder, or jump higher. But believe it or not, there are things that take time to develop and in fact the longer you give them the better they are, such as fine wine, relationships, communication, confidence, mental skills, stroke changes, and competition experience.

I have found that there is nothing more valuable than when a coach participates in the mental training sessions that I do with athletes. I am able to not only get the athletes to understand the importance of mental training but the coach understands how to help the athletes use the mental skills. The everyday reinforcement that the coach gives proves to the athletes how important the mental skills are.

Pool time is so valuable and swimmers know it. Having to swim at 5:00 a.m. shows how costly it is. I worked with a swim team and every other week when we met on Wednesdays at 4:00 p.m., the coach pulled the swimmers out of the 50-m pool for 45 minutes while we did our session. The pool lay still in the middle of the day. The coach would sit with the swimmers and for 15 minutes afterwards the coach and I would discuss ways that he might utilize the mental skills we had just discussed. Those swimmers understood how much the coach values mental skills. Too many times, two or three weeks before Summer Nationals or Olympic Trials, I get calls from coaches who ask me to come and help their swimmers prepare. My answer is “No, but I will come after and help them prepare for next year.” Don’t get me wrong—I always want to help the swimmers, but there isn’t much I or the swimmers can do two weeks before a big meet. The groundwork is laid, the taper is on, and the confidence is there or it isn’t. There just isn’t a quick fix.

If you have questions, e-mail me at:
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LOVING EVERY MOMENT

**BREASTSTROKE REVOLUTIONARY, IMPASSIONED CHRISTIAN,
AND TRUE HUMANITARIAN—MORE THAN A SWIMMING HERO**

Nikki Dryden

One day I'm swimming up and down the pool, enjoying the freedom of having my own lane. The next thing I know, the Sport Centre kids are back from their training camp and I am drowning in breaststrokers. My big, beautiful end lane is now crawling with them. While this sudden influx is a bit overwhelming, it is not surprising. You see, there is one reason they are here: Penny is back.

She appeared the night before with hellos and smiles for those of us not fortunate enough to have gone to Florida to tan ourselves and lounge around in a hotel on the beach. She was so nonchalant about her return it took me 30 minutes to remember to congratulate her on all her swims from the summer. She laughed off the congrats with a quick smile and a humble thank you.

I am not a breaststroker. In fact, I have never really cared for the stroke much at all, and I am somewhat of a snob when it comes to training with breaststrokers. They are quite often weird, and they take up so much room. Or should I say that this was the way I thought up until the moment I began training with Penny Heyns. You see, Penny is not one of those breaststrokers whose backstroke, freestyle, and butterfly look like something from a mutilated gene pool. As she schooled me on a set of 100 frees, I realized that this girl can swim. Holding 1:10s days earlier for my hundreds would have been respectable after a year out of the water, except for the fact that on this, Penny's second week back in the pool, she was dropping 1:06s like it was nothing. All the while she still had the time and energy to cheer me on, telling me what a star I was. But what I am learning quickly is that that is just the way she is.

I have trained with some of the best swimmers of the last decade. Surinam's Anthony Nesty and Americans Nicole Haislett and Allison Wagner all taught me more about swimming than any coach ever could. There is something in the eyes of these champions that doesn't exist in everyone you meet. Penny Heyns has that look, and although giving props to breaststrokers is not something I enjoy doing, Penny deserves them.

When Three World Records Just Aren't Enough

Los Angeles, July 1999: It started out like just any other in-season meet, but this particular Janet Evans Invitational will now be remembered as the beginning of Penny Heyns' amazing eleven-world-record streak. When Penny touched the wall after her heat swim in the 200 breaststroke she thought she had swum around a 2:30, but then she looked at the scoreboard. "I thought perhaps that the touchpad had malfunctioned," was Penny's reaction to her 2:24. In time Penny has been able to put that swim and ten more just like it into perspective, but it hasn't been easy. "To be honest I don't know if it [her record swims] has even hit me yet...but I have to look at it as just another season, that it just happened to be a couple of best times, because otherwise it would be really hard to come back this season. Already it has been a bit of a mental struggle to accept that it obviously takes time to get back to that level."

Penny admits that there are some negative moments that emerge from such success. "There are times when there has been the thought that if I don't equal what I did this season—even if I win Olympic gold—will it feel as satisfying?" Penny looks to next year to balance the emotions of having completed everything that most swimmers could ever dream of. "It would seem really incomplete if I didn't go to the Olympics and give it my best shot. When someone achieves a goal, immediately there is a fear that sets in 'what if you don't do it next time?' There is always a challenge to improve yourself and at the same time be somehow satisfied. I don't think you ever achieve that. But ultimately, somehow I will have to find a way of going beyond swimming and accepting what I've done, appreciating it, seeing it as a gift, and moving on."

Breaking Through

After winning two Olympic gold medals in 1996, Penny toyed with the idea of retirement from competition. Initially she continued to swim because of the expectation by others for her to do so. However, this made for some difficult times and in early 1998 Penny undertook much soul-searching before she was able to continue. "In February of '98 I realized that this [her swimming] was what God wanted for

me." She also learned to love swimming again. Part of that happiness was her new training environment at the Canadian National Sports Centre in Calgary. "I enjoy swimming a lot now, and being able to train in a group where there are a couple of other people my age makes it easier. I'm still the oldest girl, but I'm not the only granny in the group now!"

In the spring of 1998 Penny relocated to Canada to train with her former Nebraska coach Jan Bidrman. Although Penny had been adamantly against moving to Calgary, after much praying she realized she would make the move. "The reason I came [to Calgary] is because I felt the conviction that this is what God wants for me. At the time I came here I had no desire to swim, but since my move I have really learned to enjoy swimming again. Being on this team with people to travel with, who are focused and moving in the same direction as I am, has been good. I never realized how important that support was until I moved to Calgary."

"I don't think I can ever verbalize how important Canada's support is to me. I appreciate South African Swimming and all they've done for me, but now if I'm at a meet I feel like my team is the Canadians. At Pan Pacs when I touched the wall I was happy that it was a medal for South Africa—another event to put my country on the map. But I would immediately look to my teammates and they would be the Canadians." Penny has the South African Springbok tattooed on her shoulder, a constant reminder of her homeland. Yet she often jokes of having a maple leaf put on her other shoulder. Penny values Canada greatly and understands fully how lucky she is to have two countries behind her; "I look forward to belonging to two teams at the Olympics next year."

Penny also acknowledges that maturity and time have improved her swimming. "With every season the base is bigger and I am able to train better. It is really only since the Olympics that I feel I am actually able to train consistently. Prior to that I'd break down every two or three weeks." Like many older women swimmers around the world, Penny also believes that she is stronger in the weight room. "I know my body better now and my race strategy has matured. In some ways I feel like I'm only now learning to swim the 200."

Fourteen World Records Are But Small Splashes

One of my best friends is American swimmer Jenny Thompson. As I watched the results from Pan Pacs come in over the internet last summer, I calculated that Penny was most likely going to break a world record in the 100 breast heats—hours before Jenny would break one in the 100 fly finals. There goes Jenny's 25 grand, I thought. I was right; Penny broke her fifth world record in a row and won the cash payout instead of Jenny. Weeks later I was to hang my



11 world records during 10 weeks in 1999

Marco Chiesa

head in shame when I learned that Penny had donated the entire prize to poor children in Sri Lanka. Although I learned later that that fact wasn't exactly accurate, I began to see Penny as so much more than a swimming star.

Although she does not readily admit it, all the money Penny wins goes into a trust fund in South Africa, and from there money is donated to various charities including Street Kids Worldwide. Penny is one of a handful of fortunate swimmers who isn't struggling to compete in this expensive sport. Her Christian faith has always supported tithing, and her charitable thinking began back in 1991. It was then that she won her first prize in the sport, 400 Rand—the equivalent of about \$80. "It's such a blessing to be able to give your money away," says Penny, "because you see people's lives change and that is what it is all about."

Refreshingly, Penny will take moments of clarity

and the friendships she has made with her into the next phase of her life.

Learning to appreciate every moment of her swimming has been one of the most valuable lessons she has learned over the past year. "At the Pan Pacs I broke the world record in heats of the 100 breast. I missed it in the semis and finals for two reasons. One was that I was trying too hard to break the record, and secondly I think that by that stage I had taken breaking world records for granted; it had happened for five races in a row and I just expected it to happen again. I realized that I couldn't have that attitude, that instead I have to sit back and really take the time to enjoy my successes. In '96 at the Olympics I didn't do that; I took the moment and moved on. Now I realize those things aren't always going to be there, and you have to appreciate every single second of it." After Penny's "world record drought" as she refers to it, she savoured her 200 breast world record. "I stayed

in the water and treasured the moment, because I thought, 'I may never have this again.'"

Most importantly Penny wants to honour her competitors when it finally comes time to hang up her suit. "Races come and go, and so do victories and disappointments, but it is the people at the end of the day that you always cherish and remember. Hopefully I will retire being good friends with all the people I competed against." That seems to be the case already. No sooner had I come to accept the fact that I was a member of a breaststroking team, did the wonderful Australian breaststroke star Helen Denman appear to train with Penny and our amazing breaststroke clan.

A Desire Within

Whenever I meet another swimmer I wonder what it is that makes them so special, so much more successful than the rest of us. Penny and I were raised in such completely different environments yet somehow it never blocked Penny's road to success. Unlike Penny, I can't remember when I haven't dreamed of winning an Olympic gold medal. At the age of nine Alex Baumman and Victor Davis mesmerized me. Glued to the television, I watched the entire Olympic Games live from Los Angeles, even recording every track and field result in a special collector's edition of Sports Illustrated. Four years later our family bought a VCR and a new TV so we could tape every swimming race in Seoul. By the time I was in Barcelona I knew everything about every athlete and worshiped the Olympic Games. Penny's story couldn't be more different. Apartheid in South Africa left Penny with no sporting role models. She didn't even know anything about her country's swimming nationals until she herself was competing in them. When Penny was picked for the 1992 Olympics she was more worried about how this would affect her status as a prefect in her school, than competing in the Olympic Games. Upon arrival in Barcelona, her pessimism towards the event itself was evident and her placings in the thirties held no foreshadowing for what was to come four years later in Atlanta.

Both Penny and I moved in different directions, crossing paths with our bronze medals at the Commonwealth Games in 1994. While my cynicism towards the destruction of amateur sport grows, Penny has the power to donate thousands of dollars to charity. Penny now has two Olympic Gold medals, fourteen world records and is a swimming hero to thousands of youngsters the world over. And I, well I am lucky too. You see I get to train with Penny—a pleasure and an honour both. And all the while I get to learn more about breaststrokers than I ever imagined I would, and because of a girl named Penny Heyns I am loving every moment of it.

WHAT DOES “READY” FEEL LIKE?

Wayne Goldsmith

Warming up is something all swimmers do to prepare to swim fast. Why warm up? From a scientific standpoint, we know that an effective warm up:

- Increases body temperature.
- Increases heart rate.
- Increases blood pressure.
- Increases energy-producing enzyme activity.

As coaches we observe that an effective warm up:

- Increases confidence by giving swimmers a feel for the pool, water temperature, wall, flags, blocks, and general conditions (increases familiarity with the race conditions).

- Increases race readiness through the opportunity to rehearse specific pacing and stroking strategies.

The overall aim of warm up is to get your mind and body “ready” to race fast. How many times has your coach or your swim team friends asked “So, are you ready?” But what does “ready” feel like? What is “ready” for you may not be “ready” for someone else.

Some swimmers like to sit with friends and family, laughing and joking to help them feel ready. Some swimmers prefer to do just the opposite—they need peace and quiet to perform at their best. Others like to listen to music, some read, a few walk, others talk, some jog—there are many ways that swimmers prepare to get the best from themselves.

The key to an effective warm up is to know what your own personal “ready” feels like *before* you get to a meet. It doesn’t make sense to prepare for months, commit yourself to training and working hard, eating the right foods and so on, then not know what actually gets you “ready to race.” One simple way to learn what your “ready” is all about is to write down everything you can about your race-day routine, simple things like the quality and quantity of sleep, your breakfast, your stretches, and your pool warm up can have a real impact on your racing performance. At your next minor meet or local club competition, ask yourself the following questions. Write the answers down in your logbook or on a sheet of paper, and discuss them with your coach:

- What does “ready” feel like for me?
- How did I sleep the night before the meet? (Rate sleep on a 1 to 5 scale, with 1 being a poor sleep and 5 being a sound sleep and waking up refreshed).
- What time did I get up on meet day? Did it give me enough time to get ready to race?

- What did I have for breakfast on meet day? Was it enough? How did I feel after I ate?

- What time did I get to the meet?
- What did I eat and drink at the meet? How did that food and drink make me feel?

- What did I do for stretching?
- What warm up did I do?

- Was the warm up enough? Did it get me ready? If not, what could I have done better or differently?

- How did I feel before my race? Ready? Almost ready? Not ready? Why?

- What did I do before my race (listened to music, read, talked to friends, relaxed, went for a walk)? Did this make me feel ready?

In this way, if you swim well, you will know exactly what makes you “ready” and if you don’t swim well, you’ll know what to do better (or to avoid) next time. Nothing can guarantee success, but you can increase the likelihood of success by understanding the process of “readiness.” Here are a few little tips to help you get ready on race day:

1. The Swim Meet Program tells you two things only—*what lane you’re in* and *what race are you in*. All other information is relatively unimportant. Many swimmers get “freaked out” when they look in the meet program and see the entry times listed by the other swimmers. It doesn’t matter who you are racing or what times they may have claimed to have done, your job is the same—to swim to the best of *your* ability. If Michael Klim is on one side of you and Alex Popov on the other side, you still have to swim the same race distance, in the same water, in a lane that is the same length and width. The race credentials of other swimmers have no bearing on your own swimming performance.

2. If you are not ready to race, do something about it *before* the race. Going to your coach at the end of the day and saying “I really wasn’t ready to swim fast” is not an excuse for a poor performance. If you are not ready, do something to get ready. Success is your choice!

3. Being ready is an individual thing. If *you* are not feeling ready to swim fast and your swim team friends are off to the showers, don’t go with them just to be sociable. If *you* are not ready to do your best, do more warm up, or rest, or go for a jog, or skip, or eat something, or sleep, or talk to your coach—just do it! You can catch up on the meet chat later.

4. Pack in your swim bag all the things you need to get ready to race. If you are a reader, pack a few

books. If you like music, pack your favourite tapes or CDs. If you like to sleep, pack your own pillow. Take what you need to get the job done.

5. Ignore 90% of what you hear said in the change rooms and marshalling area. Every competitive swimmer has heard questions like “What time do you do?” or “How many sessions a week do you swim?” etc., in the marshalling area. Would you like to know a little secret? Most of it is 100% pure rubbish. The swimmers who try this cheap attempt at “psyching out” are usually the ones who have not prepared for the meet themselves and are looking for ways to make up for their poor preparation by making you feel less confident. Do not listen to them. Or have a clever answer for them. If you get asked “What’s your best time?” answer “I’ll tell you after this race.”

6. A good “get ready” trick if you haven’t had time to practise race starts as part of your pool warm up is to do a few *dry starts*. Find a clear, flat space (ideally on grass) somewhere around the pool area where you can hear the starter. A good time to do this is around 15 to 20 minutes before your race. When the starter says “Take your marks” to the swimmers on the blocks about to race, drop into your race start position on the grass and when the gun (or horn) goes, jump forward fast with explosive speed and power. This is a great exercise to get your brain and muscles firing and prepares you to explode off the blocks when it is your time to race.

7. Try the *walk the race-talk the race* (WR/TR) technique. Stand at the end of the pool where you will be starting from. Imagine how you will feel behind the blocks. Take some slow deep breaths. Imagine hearing the gun. Imagine feeling your body explode off the blocks. Walk down the side of the pool and “feel” the race. Try to walk at the same speed that you will actually be swimming during your race. Imagine every stroke. Feel every breath. Think about where you will breathe, about keeping smooth and controlled with long flowing strokes, about keeping your kick strong and rhythmic. As you approach the turn (still walking along side the pool) think about being aggressive and powerful in your turn. Feel your feet on the wall. Imagine kicking back hard at the wall and exploding out of the turn. Feel the streamline. Imagine where you will take your first breath. Concentrate on your skills and technique. Think positively about controlling your stroke and your speed. Imagine the last ten metres. Control your breathing. Feel your body drive hard to the wall. This technique (also called *mental rehearsal*) is a great skill to develop. It allows you to swim your race in your mind *before* you do it in the water and fine tune the way you will compete.

If you want to race really fast, and never be the one to come in last, learn what gets your body ready, and when it counts you’ll be the one who’s steady! Learn how to get ready to race. It is a skill that will make the difference.

TOP PLUS

BOYS 10 & UNDER

100 METRES FREESTYLE

- 1 1:08.29 Joon Mo Bae, 10, HYACK
- 2 1:10.56 Christian Seon, 10, SD
- 3 1:10.91 Samuel Thrall, 10, OAK
- 4 1:11.13 Bryan Fumerton, 10, USC
- 5 1:11.35 Steven Bielby, 10, PCSC
- 6 1:11.53 Patrick Errington, 10, RDCSC
- 7 1:12.01 Felix Normandin, 10, CAMO
- 8 1:12.62 Arash Ghaderpanah, 10, PCSC
- 9 1:13.58 Chris Piasecki, 10, EKSC
- 10 1:13.70 Cameron Bailey, 10, HWAC

400 METRES FREESTYLE

- 1 5:26.68 Bryan Fumerton, 10, USC
- 2 5:38.04 Chris Piasecki, 10, EKSC
- 3 5:54.69 Richard Elkington, 10, EKSC
- 4 5:57.95 Andrew Nelson, 10, MM
- 5 5:59.94 Jake Bailey, 10, GVAC
- 6 6:01.59 A.J. Halverson, 10, KSC
- 7 6:01.61 Jace Richards, 10, KSC
- 8 6:01.76 James Leslie, 10, ISS
- 9 6:02.00 James Twinem, 10, TAT
- 10 6:03.48 Alex Griffith, 10, PICK

100 METRES BACKSTROKE

- 1 1:19.95 Felix Normandin, 10, CAMO
- 2 1:20.35 Bryan Fumerton, 10, USC
- 3 1:21.03 Patrick Errington, 10, RDCSC
- 4 1:21.41 Ben Gordon, 10, BTSC
- 5 1:22.00 David Boulay, 10, BYST
- 6 1:22.87 Steven Bielby, 10, PCSC
- 7 1:23.38 Charles Wong, 10, UCSC
- 8 1:25.09 Brett Richter, 10, ROD
- 9 1:25.29 Alexander Johnson, 10, MM
- 10 1:25.41 Shawn Bull, 10, COBRA

100 METRES BREASTSTROKE

- 1 1:26.90 Christian Seon, 10, SD
- 2 1:29.89 Charles Wong, 10, UCSC
- 3 1:32.39 Adam Driedger, 9, CASC
- 4 1:34.32 A.J. Halverson, 10, KSC
- 5 1:34.50 Steven Bielby, 10, PCSC
- 6 1:34.93 Thomas Chang, 10, TORCH
- 7 1:37.06 Joon Mo Bae, 10, HYACK
- 8 1:38.58 Patrick Errington, 10, RDCSC
- 9 1:38.64 Alexander Johnson, 10, MM

100 METRES BUTTERFLY

- 1 1:15.01 Joon Mo Bae, 10, HYACK
- 2 1:15.42 Jonathan Blouin, 10, CNQ
- 3 1:20.61 Bryan Fumerton, 10, USC
- 4 1:21.17 Samuel Thrall, 10, OAK
- 5 1:23.79 Patrick Errington, 10, RDCSC
- 6 1:24.74 Steven Bielby, 10, PCSC
- 7 1:24.86 Arash Ghaderpanah, 10, PCSC
- 8 1:25.44 Alex Griffith, 10, PICK
- 9 1:25.59 Christian Seon, 10, SD
- 10 1:26.54 Oleg Murzenko, 10, ESWIM

200 METRES IND. MEDLEY

- 1 2:51.50 Joon Mo Bae, 10, HYACK
- 2 2:53.14 Charles Wong, 10, UCSC
- 3 2:53.50 Steven Bielby, 10, PCSC
- 4 2:54.03 Bryan Fumerton, 10, USC
- 5 2:54.35 Thomas Chang, 10, TORCH
- 6 2:55.41 Patrick Errington, 10, RDCSC
- 7 2:58.14 Felix Normandin, 10, CAMO
- 8 3:00.61 Cameron Bailey, 10, HWAC
- 9 3:01.03 Samuel Thrall, 10, OAK
- 10 3:01.48 Adam Driedger, 9, CASC

GIRLS 10 & UNDER

100 METRES FREESTYLE

- 1 1:07.70 Brooke Buckland, 10, WTSC
- 2 1:08.74 Mackenzie Jones, 10, UCSC
- 3 1:09.42 Stephanie Pollard, 10, IS
- 4 1:10.51 Andrea Kells, 10, RDCSC
- 5 1:10.54 Alicia Neasmith, 10, PCSC
- 6 1:11.67 Kelly Hodgson, 10, PCSC
- 7 1:12.28 Brittani Semper, 10, COBRA
- 8 1:12.44 Alexa Kormanycky, 10, ESWIM
- 9 1:12.46 Miriam Kim, 10, TSC
- 10 1:13.18 Caroline Gagnon, 10, UCSC

400 METRES FREESTYLE

- 1 5:17.55 Brooke Buckland, 10, WTSC
- 2 5:22.55 Stephanie Pollard, 10, IS
- 3 5:32.82 Kelsey Jenkins, 10, FMSC
- 4 5:36.95 Katelyn Oke, 10, LAC
- 5 5:39.44 Diane Nesbitt, 10, GLEN
- 6 5:39.65 Sheena Gross, 10, EKSC
- 7 5:40.71 Susan Long, 9, LAC
- 8 5:46.91 Marie-C. Legault, 10, BOSCS
- 9 5:47.47 Amy Follingio, 10, LASC
- 10 5:47.58 Lynsey Lang, 10, LEDUC

100 METRES BACKSTROKE

- 1 1:15.03 Brooke Buckland, 10, WTSC
- 2 1:18.26 Andrea Kells, 10, RDCSC
- 3 1:21.13 Alicia Neasmith, 10, PCSC
- 4 1:21.98 Kelly Hodgson, 10, PCSC
- 5 1:22.53 Stephanie Pollard, 10, IS
- 6 1:22.72 Mackenzie Jones, 10, UCSC
- 7 1:22.99 Brittany Ozar, 9, CASC
- 8 1:23.15 Stephanie Davis, 10, UCSC
- 9 1:23.20 Kelsey McDonald, 10, BOSCS
- 10 1:23.30 Katelyn Oke, 10, LAC

100 METRES BREASTSTROKE

- 1 1:26.25 Alicia Neasmith, 10, PCSC
- 2 1:28.79 Penny Baxter, 10, NKKB
- 3 1:30.10 Tara Hahto, 10, CASC
- 4 1:30.38 Katelyn Cachia, 10, CLMSC
- 5 1:30.45 Brittany Achymichuk, 10, STSC
- 6 1:30.94 Leah Katzman, 10, CYPSC
- 7 1:31.11 Andrea Kells, 10, RDCSC
- 8 1:32.82 Amanda McTeague, 10, ESWIM
- 9 1:32.87 Karen Tam, 10, GATOR
- 10 1:34.30 G. Desjardins, 10, EYSC

100 METRES BUTTERFLY

- 1 1:19.84 Andrea Kells, 10, RDCSC
- 2 1:20.40 Lauren Lavigna, 10, GATOR
- 3 1:20.59 Stephanie Pollard, 10, IS
- 4 1:22.94 Kelly Hodgson, 10, PCSC
- 5 1:25.00 Erika Brown, 10, ROD
- 6 1:25.89 Kaleigh McKinnon, 9, TORCH
- 7 1:26.44 Sheena Gross, 10, EKSC
- 8 1:26.62 Jessica Bredschneider, 10, COBRA
- 9 1:26.84 Jennifer Cao, 10, YORK
- 10 1:26.95 Courtney Kapustiansky, 10, GOLD

200 METRES IND. MEDLEY

- 1 2:49.74 Alicia Neasmith, 10, PCSC
- 2 2:52.43 Andrea Kells, 10, RDCSC
- 3 2:54.66 Leah Katzman, 10, CYPSC
- 4 2:57.72 Brittani Semper, 10, COBRA
- 5 2:58.42 Rheagan Thompson, 10, KISU
- 6 2:58.68 Susan Long, 9, LAC
- 7 2:59.02 Mackenzie Jones, 10, UCSC
- 8 2:59.05 Alexa Komanycky, 9, ESWIM
- 9 2:59.40 Brittani Achymichuk, 10, STSC
- 10 2:59.56 Stephanie Pollard, 10, IS

2000 FINA WORLD CUPS 1 TO 7

MEN'S EVENTS

50 METRES FREESTYLE

- | | | | |
|----------------|-------------------------------|-------------------------------|----------------------------------|
| College Park | 22.05 Jason Lezak, USA | 22.16 Sabir Muhammad, USA | 22.39 Neil Walker, USA |
| Edmonton | 22.57 Yannick Lupien, CAN | 22.59 Ryan Laurin, CAN | 22.87 Sion Brinn, GBR |
| Rio de Janeiro | 22.13 Lorenzo Vismara, ITA | 22.52 Fernando Scherer, BRA | 22.57 Yannick Lupien, CAN |
| Shanghai | 22.36 Chengji Jiang, CHN | 22.42 Alexander Luderitz, GER | 22.55 Piergiorgio De Felice, ITA |
| Hong Kong | 22.12 Alexander Luderitz, GER | 22.50 Richard S. Bera, INA | 22.51 Edvaldo Silva, BRA |
| Hobart | 22.30 Sabir Muhammad, USA | 22.49 Edvaldo Silva, BRA | 22.78 Stefan Nystrand, SWE |
| Sydney | 21.94 Michael Klim, AUS | 22.10 Sabir Muhammad, USA | 22.27 Brett Hawke, AUS |

100 METRES FREESTYLE

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|----------------|---------------------------|---------------------------|----------------------------|
| College Park | 48.19 Jason Lezak, USA | 48.61 Neil Walker, USA | 49.04 Sabir Muhammad, USA |
| Edmonton | 49.34 Ryan Laurin, CAN | 49.47 Mark Johnston, CAN | 49.75 Sion Brinn, GBR |
| Rio de Janeiro | 48.57 Gustavo Borges, BRA | 49.46 Yannick Lupien, CAN | 49.49 Edvaldo Silva, BRA |
| Shanghai | 49.06 Bela Szabados, HUN | 49.88 Qingsong Deng, CHN | 50.06 Edvaldo Silva, BRA |
| Hong Kong | 49.03 Bela Szabados, HUN | 49.04 Edvaldo Silva, BRA | 49.82 Carlos A. Jayme, BRA |
| Hobart | 47.83 Michael Klim, AUS | 49.05 Ian Thorpe, AUS | 49.54 Edvaldo Silva, BRA |
| Sydney | 47.59 Michael Klim, AUS | 48.73 Ashley Callus, AUS | 48.93 Edvaldo Silva, BRA |

200 METRES FREESTYLE

- | | | | |
|----------------|-----------------------------|-----------------------------|------------------------------|
| College Park | 1:46.15 Bela Szabados, HUN | 1:46.50 Chad Carvin, USA | 1:47.25 Josh Davis, USA |
| Edmonton | 1:46.02 Bela Szabados, HUN | 1:47.20 Chad Carvin, USA | 1:47.50 Mark Johnston, CAN |
| Rio de Janeiro | 1:48.47 Gustavo Borges, BRA | 1:48.68 Edvaldo Silva, BRA | 1:49.27 Rodrigo Castro, BRA |
| Shanghai | 1:46.63 Bela Szabados, HUN | 1:47.10 Chad Carvin, USA | 1:48.47 Moreno Gallina, ITA |
| Hong Kong | 1:45.17 Bela Szabados, HUN | 1:46.24 Chad Carvin, USA | 1:48.25 Moreno Gallina, ITA |
| Hobart | 1:47.03 Ian Thorpe, AUS | 1:48.79 Michael Kiedel, GER | 1:49.05 Klaus Lanzarini, ITA |
| Sydney | 1:42.54 Ian Thorpe, AUS | 1:46.40 Todd Pearson, AUS | 1:46.50 William Kirby, AUS |

400 METRES FREESTYLE

- | | | | |
|----------------|--------------------------|----------------------------|--------------------------------|
| College Park | 3:42.16 Chad Carvin, USA | 3:51.92 Tom Dolan, USA | 3:52.59 Michael Kiedel, GER |
| Edmonton | 3:46.00 Chad Carvin, USA | 3:47.10 Bruno Bonfim, BRA | 3:47.23 Mark Johnston, CAN |
| Rio de Janeiro | 3:50.54 Luiz Lima, BRA | 3:51.09 Bruno Bonfim, BRA | 3:51.58 Christian Minotti, ITA |
| Shanghai | 3:45.47 Chad Carvin, USA | 3:49.79 Bela Szabados, HUN | 3:50.06 Moreno Gallina, ITA |
| Hong Kong | 3:45.49 Chad Carvin, USA | 3:48.34 Bela Szabados, HUN | 3:50.88 Moreno Gallina, ITA |
| Hobart | 3:43.23 Ian Thorpe, AUS | 3:45.21 Masato Hirano, JPN | 3:50.24 Andrea Righi, ITA |
| Sydney | 3:35.75 Ian Thorpe, AUS | 3:38.29 Grant Hackett, AUS | 3:45.87 Massi Rosolino, ITA |

1500 METRES FREESTYLE

- | | | | |
|----------------|-----------------------------|---------------------------------|-----------------------------------|
| College Park | 15:05.43 Chad Carvin, USA | 15:20.91 Frederik Hvid, ESP | 15:21.55 Jamie Grimes, USA |
| Edmonton | 15:03.28 Chad Carvin, USA | 15:06.91 Andrea Righi, ITA | 15:13.76 Andrew Hurd, CAN |
| Rio de Janeiro | 15:07.51 Luiz Lima, BRA | 15:08.36 Christian Minotti, ITA | 15:31.30 Alexandre Angelotti, BRA |
| Shanghai | 15:07.42 Chad Carvin, USA | 15:12.00 Yu Liu, CHN | 15:13.89 Zuo Chen, CHN |
| Hong Kong | 15:01.64 Chad Carvin, USA | 15:16.40 Fabio Venturini, ITA | 15:23.02 Shibo Zheng, CHN |
| Hobart | 14:55.95 Masato Hirano, JPN | 15:01.92 Craig Stevens, AUS | 15:09.53 Andrea Righi, ITA |
| Sydney | 14:29.51 Grant Hackett, AUS | 14:43.10 Kieren Perkins, AUS | 14:54.27 Stephen Penfold, AUS |

50 METRES BACKSTROKE

- | | | | |
|----------------|---------------------------|-------------------------------|-------------------------------|
| College Park | 24.12 Neil Walker, USA | 24.28 Lenny Krayzelburg, USA | 24.76 Tomislav Karlo, CRO |
| Edmonton | 24.88 Tomislav Karlo, CRO | 25.19 Alexandre Pichette, CAN | 25.23 Gordan Kozulj, CRO |
| Rio de Janeiro | 25.35 Rogério Romero, BRA | 25.67 Cleber Costa, BRA | 25.73 Gabriel Mangabeira, BRA |
| Shanghai | 24.75 Kumpeng Ouyang, CHN | 25.30 Jinghai Hu, CHN | 25.65 Yi Lin, CHN |
| Hong Kong | 26.00 Felix Sutanto, INA | 26.05 Yong Fu, CHN | 26.79 Nicolò Dell'Andrea, ITA |
| Hobart | 24.11 Matt Welsh, AUS | 24.72 Lenny Krayzelburg, USA | 24.94 Josh Watson, AUS |
| Sydney | 24.29 Matt Welsh, AUS | 24.59 Lenny Krayzelburg, USA | 24.60 Chris Renaud, CAN |

100 METRES BACKSTROKE

- | | | | |
|----------------|------------------------------|-------------------------------|---------------------------|
| College Park | 51.82 Lenny Krayzelburg, USA | 52.18 Neil Walker, USA | 53.73 Gordan Kozulj, CRO |
| Edmonton | 53.74 Mark Versfeld, CAN | 53.91 Gordan Kozulj, CRO | 54.31 Rogério Romero, BRA |
| Rio de Janeiro | 54.21 Rogério Romero, BRA | 54.28 Marko Strahija, CRO | 54.64 Paulo Machado, BRA |
| Shanghai | 53.32 Kumpeng Ouyang, CHN | 55.20 Yong Fu, CHN | 55.77 Yi Lin, CHN |
| Hong Kong | 55.74 Yong Fu, CHN | 56.06 Nicolò Dell'Andrea, ITA | 57.32 Liam Shortt, AUS |
| Hobart | 52.67 Matt Welsh, AUS | 52.85 Lenny Krayzelburg, USA | 53.31 Josh Watson, AUS |
| Sydney | 51.73 Lenny Krayzelburg, USA | 52.25 Matt Welsh, AUS | 52.61 Chris Renaud, CAN |

200 METRES BACKSTROKE

- | | | | |
|----------------|--------------------------------|---------------------------------|-----------------------------|
| College Park | 1:52.47 Lenny Krayzelburg, USA | 1:55.17 Gordan Kozulj, CRO | 1:55.79 Rogério Romero, BRA |
| Edmonton | 1:55.43 Gordan Kozulj, CRO | 1:56.80 Rogério Romero, BRA | 1:57.12 Aaron Peirsol, USA |
| Rio de Janeiro | 1:55.78 Rogério Romero, BRA | 1:56.39 Marko Strahija, CRO | 1:57.60 Paulo Machado, BRA |
| Shanghai | 1:57.15 Yong Fu, CHN | 1:58.21 Rui Yu, CHN | 1:58.80 Xin Shu, CHN |
| Hong Kong | 1:57.75 Yong Fu, CHN | 2:00.20 Nicolò Dell'Andrea, ITA | 2:01.07 Lik Sung Fong, HKG |
| Hobart | 1:52.77 Lenny Krayzelburg, USA | 1:55.58 Josh Watson, AUS | 1:57.28 Matt Welsh, AUS |
| Sydney | 1:52.56 Lenny Krayzelburg, USA | 1:54.53 Josh Watson, AUS | 1:55.13 Matt Welsh, AUS |

50 METRES BREASTSTROKE

- | | | | |
|----------------|-----------------------------|-----------------------------|----------------------------|
| College Park | 27.65 Glenn Ed Moses, USA | 27.90 Mark Warnecke, GER | 28.34 Jason Ward, USA |
| Edmonton | 27.89 Mark Warnecke, GER | 28.20 Morgan Knabe, CAN | 28.44 Jarrod Marrs, USA |
| Rio de Janeiro | 28.65 Eduardo Fischer, BRA | 28.69 Patrik Isaksson, SWE | 28.80 Alan Pessotti, BRA |
| Shanghai | 27.91 Yi Zhu, CHN | 28.18 Daqing Yu, CHN | 28.29 Qiliang Zeng, CHN |
| Hong Kong | 29.40 Simon Leighfield, AUS | 29.65 David Gustafsson, SWE | 29.65 Jonathan Lewis, GBR |
| Hobart | 27.96 Yi Zhu, CHN | 28.29 Morgan Knabe, CAN | 28.33 Patrik Isaksson, SWE |
| Sydney | 27.50 Yi Zhu, CHN | 27.92 Morgan Knabe, CAN | 27.93 Paul Kent, NZL |

100 METRES BREASTSTROKE

- | | | | |
|----------------|-------------------------------|-------------------------------|----------------------------------|
| College Park | 1:00.18 Glenn Ed Moses, USA | 1:01.46 Elvin Chia, MAS | 1:02.43 Domenico Fioravanti, ITA |
| Edmonton | 1:01.12 Morgan Knabe, CAN | 1:01.94 Matthew Huang, CAN | 1:02.27 Hughes Duboscq, FRA |
| Rio de Janeiro | 1:01.69 Norbert Rozsa, HUN | 1:02.00 Patrik Isaksson, SWE | 1:02.49 Eduardo Fischer, BRA |
| Shanghai | 1:00.53 Qiliang Zeng, CHN | 1:00.99 Yi Zhu, CHN | 1:01.07 Daqing Yu, CHN |
| Hong Kong | 1:03.24 Simon Leighfield, AUS | 1:03.24 Simon Leighfield, AUS | 1:03.47 Jonathan Lewis, GBR |
| Hobart | 1:00.73 Morgan Knabe, CAN | 1:00.82 Yi Zhu, CHN | 1:01.61 Phil Rogers, AUS |
| Sydney | 99.75 Yi Zhu, CHN | 99.98 Morgan Knabe, CAN | 1:00.51 Ryan Mitchell, AUS |

200 METRES BREASTSTROKE

- | | | | |
|----------------|-------------------------------|-------------------------------|-------------------------------|
| College Park | 2:11.89 Glenn Ed Moses, USA | 2:12.77 Tom Wilkens, USA | 2:13.58 Matic Lipovz, SLO |
| Edmonton | 2:12.94 Tom Wilkens, USA | 2:13.38 Matthew Huang, CAN | 2:14.55 Jason Hunter, CAN |
| Rio de Janeiro | 2:13.62 Norbert Rozsa, HUN | 2:13.88 Marcelo Tomazini, BRA | 2:15.64 Jose B. De Souza, BRA |
| Shanghai | 2:11.19 Hao Cheng, CHN | 2:13.01 Shichao Xia, CHN | 2:14.62 Ziquan Liu, CHN |
| Hong Kong | 2:15.54 Simon Leighfield, AUS | 2:16.23 Chi Kin Tam, HKG | 2:18.40 Ross Martin, GBR |
| Hobart | 2:11.70 Ryan Mitchell, AUS | 2:13.30 Phil Rogers, AUS | 2:13.75 Morgan Knabe, CAN |
| Sydney | 2:07.95 Ryan Mitchell, AUS | 2:10.72 Phil Rogers, AUS | 2:12.37 Morgan Knabe, CAN |

50 METRES BUTTERFLY

College Park 23.72 Sabir Muhammad,USA
 Edmonton 24.33 Michael Mintenko,CAN
 Rio de Janeiro 23.89 Milos Milosevic,CRO
 Shanghai 24.58 Qiang Zhang,CHN
 Hong Kong 24.65 Wisnu Wardhana,INA
 Hobart 23.55 Michael Klim,AUS
 Sydney 23.27 Michael Klim,AUS •

100 METRES BUTTERFLY

College Park 52.39 Sabir Muhammad,USA
 Edmonton 53.63 Michael Mintenko,CAN
 Rio de Janeiro 53.76 Brock Newman,USA
 Shanghai 53.86 Zhi Zhang,CHN
 Hong Kong 54.35 Hao Jin,CHN
 Hobart 51.74 Michael Klim,AUS
 Sydney 51.18 Michael Klim,AUS

200 METRES BUTTERFLY

College Park 1:57.90 Juan Veloz,MEX
 Edmonton 1:58.10 Shamek Pietucha,CAN
 Rio de Janeiro 1:57.66 Adam Sioui,CAN
 Shanghai 1:57.33 Juan Veloz,MEX
 Hong Kong 1:57.59 Massi Erolti,ITA
 Hobart 1:56.71 Shamek Pietucha,CAN
 Sydney 1:54.48 Scott Miller,AUS

100 METRES IND. MEDLEY

College Park 54.45 Neil Walker,USA
 Edmonton 55.40 Peter Mankoc,SLO
 Rio de Janeiro 56.44 Scott Tucker,USA
 Shanghai 55.33 Xufeng Xie,CHN
 Hong Kong 55.55 Xufeng Xie,CHN
 Hobart 55.52 Jani Sievinen,FIN
 Sydney 54.87 Jani Sievinen,FIN

200 METRES IND. MEDLEY

College Park 1:58.83 Jani Sievinen,FIN
 Edmonton 1:59.26 Tom Wilkens,USA
 Rio de Janeiro 2:01.94 Scott Tucker,USA
 Shanghai 1:58.88 Xufeng Xie,CHN
 Hong Kong 1:59.60 Xufeng Xie,CHN
 Hobart 1:59.24 Jani Sievinen,FIN
 Sydney 1:57.89 Matthew Dunn,AUS

400 METRES IND. MEDLEY

College Park 4:13.44 Jani Sievinen,FIN
 Edmonton 4:15.98 Curtis Myden,CAN
 Rio de Janeiro 4:19.99 Massi Erolti,ITA
 Shanghai 4:12.26 Xufeng Xie,CHN
 Hong Kong 4:16.66 Xufeng Xie,CHN
 Hobart 4:13.82 Jani Sievinen,FIN
 Sydney 4:10.60 Grant McGregor,AUS

WOMEN**50 METRES FREESTYLE**

College Park 24.74 Jenny Thompson,USA
 Edmonton 25.69 Alison Sheppard,GBR
 Rio de Janeiro 25.88 Flavia Delaroli,BRA
 Shanghai 25.34 Xue Han,CHN
 Hong Kong 25.36 Yu Yang,CHN
 Hobart 25.45 Xue Han,CHN
 Sydney 24.78 Jenny Thompson,USA

100 METRES FREESTYLE

College Park 53.49 Jenny Thompson,USA
 Edmonton 55.43 Laura Nicholls,CAN / 55.43 Karen Pickering,GBR
 Rio de Janeiro 56.73 Rebecca Gusmano,BRA
 Shanghai 54.94 Xue Han,CHN
 Hong Kong 55.26 Yu Yang,CHN
 Hobart 55.18 Lori Munz,AUS
 Sydney 53.05 Jenny Thompson,USA •

200 METRES FREESTYLE

College Park 1:57.69 Martina Moravcova,SVK
 Edmonton 1:58.73 Josefina Lillhage,SWE
 Rio de Janeiro 2:01.38 Stacey Holdsworth,GBR
 Shanghai 1:56.54 Yu Yang,CHN
 Hong Kong 1:57.96 Yu Yang,CHN
 Hobart 1:57.67 Lindsay Benko,USA
 Sydney 1:55.66 Susan O'Neill,AUS •

400 METRES FREESTYLE

College Park 4:07.66 Lindsay Benko,USA
 Edmonton 4:09.19 Hua Chen,CHN
 Rio de Janeiro 4:10.32 Hua Chen,CHN
 Shanghai 4:06.11 Yu Yang,CHN
 Hong Kong 4:12.39 Caini Qin,CHN
 Hobart 4:07.15 Yan Zhang,CHN
 Sydney 4:03.50 Sarah-J. D'Arcy,AUS •

800 METRES FREESTYLE

College Park 8:36.41 Cara Lane,USA
 Edmonton 8:37.36 Carla Geurts,NED
 Rio de Janeiro 8:34.27 Hua Chen,CHN
 Shanghai 8:23.00 Hua Chen,CHN
 Hong Kong 8:47.46 Julie Gravelle,CAN
 Hobart 8:37.00 Yan Zhang,CHN
 Sydney 8:17.76 Sachiko Yamada,JPN •

50 METRES BACKSTROKE

College Park 27.90 Barbara Bedford,USA
 Edmonton 28.31 Nina Zhivanevskaya,ESP

23.93 Qiang Zhang,CHN
 24.37 Tomislav Karlo,CRO
 23.97 Fernando Scherer,BRA
 25.01 Yawei Hong,CHN
 24.96 Ludovic Depickere,FRA
 24.31 Garrett Pullé,CAN
 23.45 Sabir Muhammad,USA

53.22 Dod Wales,USA
 53.69 Shamek Pietucha,CAN
 54.00 Adam Sioui,CAN
 54.45 Xiao Zhang,CHN
 54.99 Juan Veloz,MEX
 53.23 Sabir Muhammad,USA
 51.96 Scott Miller,AUS

1:59.69 Tamas Kerekjarto,HUN
 1:58.87 Adam Sioui,CAN
 1:58.78 Joao Almeida,BRA
 1:57.83 Massi Erolti,ITA
 1:57.62 Juan Veloz,MEX
 1:57.08 Heath Ramsay,AUS
 1:55.50 Justin Norris,AUS

54.80 Jani Sievinen,FIN
 56.09 Mark Versfeld,CAN
 56.78 Daniel Karlsson,SWE
 55.53 Kumpeng Ouyang,CHN
 55.68 David Gustavsson,SWE
 55.91 Kumpeng Ouyang,CHN
 54.88 Kumpeng Ouyang,CHN

1:59.61 Tamas Kerekjarto,HUN
 2:02.86 Jean-F. Langlais,CAN
 2:03.32 Kresimir Cac,CRO
 2:00.66 Qingsong Deng,CHN
 1:59.60 Moreno Gallina,ITA
 1:59.57 Curtis Myden,CAN
 1:58.13 Jani Sievinen,FIN

4:17.57 Tom Dolan,USA
 4:16.27 Robert Margalis,USA
 4:23.77 Grigori Matuzkov,KAZ
 4:15.31 Hao Jin,CHN
 4:19.38 Massi Erolti,ITA
 4:14.23 Curtis Myden,CAN
 4:11.37 Curtis Myden,CAN

25.13 Inge de Bruijn,NED
 Laura Nicholls,CAN
 26.09 Johanna Sjöberg,SWE
 25.85 Xiaorong Cheng,CHN
 26.01 Dan Sun,CHN
 26.01 Louise Johncke,SWE
 25.46 Sarah Ryan,AUS

55.06 Martina Moravcova,SVK
 55.55 Josefina Lillhage,SWE
 56.80 Alessia Resi,GER
 55.51 Xiaorong Cheng,CHN
 56.10 Dan Sun,CHN
 56.28 Jasmin Geisel,AUS
 54.91 Lori Munz,AUS

1:58.32 Dara Torres,USA
 2:00.42 Claire Huddart,GBR
 2:02.47 Ana C. Muniz,BRA
 1:58.72 Shuang Liang,CHN
 1:59.77 Dan Sun,CHN
 1:59.44 Elka Graham,AUS
 1:58.03 Kasey Giteau,AUS

4:11.16 Hua Chen,CHN
 4:11.24 Carla Geurts,NED
 4:16.05 Ana C. Muniz,BRA
 4:06.72 Caini Qin,CHN
 4:21.92 Chi Chan Lin,TPE
 4:09.95 Lindsay Benko,USA
 4:06.02 Yan Zhang,CHN

8:49.07 Lotta Wanberg,SWE
 8:53.62 Kate Brambley,CAN
 8:41.97 Julie Varozza,USA
 8:37.96 Ling Cao,CHN
 9:24.89 Ann Wong,HKG
 8:38.65 Amanda Pascoe,AUS
 8:25.57 Flavia Rigamonti,SUI

29.39 Marshy Smith,USA
 28.64 Kelly Stefanyshyn,CAN / 28.64 Erin Gammel,CAN

28.61 Nina Zhivanevskaya,ESP
 28.50 Li Bei,CHN
 28.86 Erin Gammel,CAN
 28.34 Dyana Calub,AUS
 28.17 Dyana Calub,AUS

100 METRES BACKSTROKE

College Park 59.27 Barbara Bedford,USA
 Edmonton 1:00.50 Nina Zhivanevskaya,ESP / 1:00.50 Kelly Stefanyshyn,CAN
 Rio de Janeiro 1:00.85 Nina Zhivanevskaya,ESP
 Shanghai 1:00.38 Shu Zhan,CHN
 Hong Kong 1:01.12 Erin Gammel,CAN
 Hobart 59.93 Dyana Calub,AUS
 Sydney 59.68 Dyana Calub,AUS

200 METRES BACKSTROKE

College Park 2:07.71 Barbara Bedford,USA
 Edmonton 2:08.06 Kelly Stefanyshyn,CAN
 Rio de Janeiro 2:10.89 Nina Zhivanevskaya,ESP
 Shanghai 2:10.12 Kelly Stefanyshyn,CAN
 Hong Kong 2:11.31 Kelly Stefanyshyn,CAN
 Hobart 2:09.99 Lindsay Benko,USA
 Sydney 2:08.59 Lindsay Benko,USA

50 METRES BREASTSTROKE

College Park 31.79 Janna Schaefer,GER
 Edmonton 31.25 Penelope Heyns,RSA
 Rio de Janeiro 32.42 Hui Qi,CHN
 Shanghai 31.45 Wei Li,CHN
 Hong Kong 32.16 Sylvia Gerashch,GER
 Hobart 31.26 Penelope Heyns,RSA
 Sydney 31.42 Penelope Heyns,RSA

100 METRES BREASTSTROKE

College Park 1:08.67 Brooke Hanson,AUS
 Edmonton 1:07.78 Penelope Heyns,RSA
 Rio de Janeiro 1:08.41 Hui Qi,CHN
 Shanghai 1:07.50 Hui Qi,CHN
 Hong Kong 1:09.18 Alicia Peczak,POL
 Hobart 1:07.38 Penelope Heyns,RSA
 Sydney 1:06.61 Penelope Heyns,RSA •

200 METRES BREASTSTROKE

College Park 2:26.49 Kristine Quance-Julian,USA
 Edmonton 2:25.85 Hui Qi,CHN
 Rio de Janeiro 2:27.83 Hui Qi,CHN
 Shanghai 2:23.73 Hui Qi,CHN
 Hong Kong 2:26.36 Alicia Peczak,POL
 Hobart 2:25.47 Rebecca Brown,AUS
 Sydney 2:24.78 Samantha Riley,AUS

50 METRES BUTTERFLY

College Park 26.00 Jenny Thompson,USA ••
 Edmonton 27.69 Karine Chevrier,CAN
 Rio de Janeiro 26.71 Johanna Sjöberg,SWE
 Shanghai 26.77 Yi Ruan,CHN
 Hong Kong 27.49 Marietta Uhle,GER
 Hobart 26.90 Yi Ruan,CHN
 Sydney 26.08 Jenny Thompson,USA

100 METRES BUTTERFLY

College Park 57.64 Jenny Thompson,USA
 Edmonton 1:00.00 Karine Chevrier,CAN
 Rio de Janeiro 59.37 Johanna Sjöberg,SWE
 Shanghai 58.36 Yi Ruan,CHN
 Hong Kong 1:00.33 Jin Li,CHN
 Hobart 58.29 Yi Ruan,CHN
 Sydney 57.29 Jenny Thompson,USA

200 METRES BUTTERFLY

College Park 2:10.02 Shelly Ripple,USA
 Edmonton 2:11.29 Jessica Deglau,CAN
 Rio de Janeiro 2:11.35 Johanna Sjöberg,SWE
 Shanghai 2:07.04 Yi Ruan,CHN
 Hong Kong 2:13.24 Audrey Lacroix,CAN
 Hobart 2:10.23 Kristine Quance-Julian,USA
 Sydney 2:04.16 Susan O'Neill,AUS ••

100 METRES IND. MEDLEY

College Park 1:01.00 Jenny Thompson,USA
 Edmonton 1:02.48 Yan Chen,CHN
 Rio de Janeiro 1:03.14 Gabrielle Rose,USA
 Shanghai 1:01.85 Shu Zhan,CHN
 Hong Kong 1:03.72 Tammie Stone,USA
 Hobart 1:02.34 Xue Han,CHN
 Sydney 1:00.89 Xue Han,CHN

200 METRES IND. MEDLEY

College Park 2:11.09 Beatrice Coadu-Caslaru,ROM
 Edmonton 2:11.84 Beatrice Coadu-Caslaru,ROM
 Rio de Janeiro 2:11.82 Beatrice Coadu-Caslaru,ROM
 Shanghai 2:11.11 Shu Zhan,CHN
 Hong Kong 2:16.68 Kristen Bradley,CAN
 Hobart 2:10.91 Shu Zhan,CHN
 Sydney 2:10.26 Shu Zhan,CHN •

400 METRES IND. MEDLEY

College Park 4:34.43 Beatrice Coadu-Caslaru,ROM
 Edmonton 4:38.61 Beatrice Coadu-Caslaru,ROM
 Rio de Janeiro 4:44.72 Beatrice Coadu-Caslaru,ROM
 Shanghai 4:38.66 Shuang Liang,CHN
 Hong Kong 4:46.69 Kristen Bradley,CAN
 Hobart 4:37.24 Kristine Quance-Julian,USA
 Sydney 4:36.47 Kristine Quance-Julian,USA

28.78 Fabiola Molina,BRA
 28.66 Jiaru Cheng,CHN
 29.20 Kelly Stefanyshyn,CAN
 28.58 Kellie McMillan,AUS
 28.22 Kellie McMillan,AUS

1:01.52 Samantha Arsenaull,USA
 1:00.50 Kelly Stefanyshyn,CAN
 1:01.29 Fabiola Molina,BRA
 1:01.37 Erin Gammel,CAN
 1:02.13 Kelly Stefanyshyn,CAN
 1:00.09 Shu Zhan,CHN
 59.79 Shu Zhan,CHN

2:10.52 Lindsay Benko,USA
 2:12.18 Nina Zhivanevskaya,ESP
 2:13.31 Fabiola Molina,BRA
 2:10.66 Shu Zhan,CHN
 2:14.22 Erin Gammel,CAN
 2:10.95 Shu Zhan,CHN
 2:09.04 Giaan Rooney,AUS

32.02 Katie McClelland,USA
 31.96 Janna Schaefer,GER
 32.81 Katie Clewett,AUS
 31.75 Ping Luo,CHN
 32.31 Janna Schaefer,GER
 31.26 Xue Han,CHN
 31.62 Emma Igelsstrom,SWE

1:08.98 Kristine Quance-Julian,USA
 1:08.87 Brooke Hanson,AUS
 1:09.98 Katie Clewett,AUS
 1:07.99 Wei Li,CHN
 1:09.98 Sylvia Gerashch,GER
 1:07.57 Rebecca Brown,AUS
 1:07.90 Alicia Peczak,POL

2:26.74 Anne Poleska,GER
 2:27.39 Alicia Peczak,POL
 2:29.70 Katie Clewett,AUS
 2:24.89 Xuejuan Luo,CHN
 2:32.18 Caroline Warren,GBR
 2:25.85 Alicia Peczak,POL
 2:25.44 Brooke Hanson,AUS

26.59 Inge de Bruijn,NED
 28.12 Karine Chevrier,CAN
 28.08 Carmen Cosgrove,AUS
 27.32 Li Chen,CHN
 28.08 Jasmin Geisel,AUS
 27.20 Diane Bui Duyet,FRA
 26.87 Yi Ruan,CHN

59.32 Ashley Tappin,USA
 1:01.05 Jennifer Button,CAN
 1:01.52 Carmen Cosgrove,AUS
 1:00.10 Li Chen,CHN
 1:00.48 Marietta Uhle,GER
 58.86 Johanna Sjöberg,SWE
 58.36 Susan O'Neill,AUS

2:11.41 Jennifer Button,CAN
 2:11.47 Karine Chevrier,CAN
 2:14.69 Carmen Cosgrove,AUS
 2:12.70 Jian Rui,CHN
 2:13.36 Julie Gravelle,CAN
 2:12.73 Lara Davenport,AUS
 2:06.50 Yi Ruan,CHN

1:02.14 Martina Moravcova,SVK
 1:02.52 Marianne Limpert,CAN
 1:03.29 Beatrice Coadu-Caslaru,ROM
 1:01.99 Xue Han,CHN
 1:04.72 Kristin Bradley,CAN
 1:02.67 Lori Munz,AUS
 1:01.63 Shu Zhan,CHN

2:11.30 Kristine Quance-Julian,USA
 2:13.62 Yan Chen,CHN
 2:13.81 Yan Chen,CHN
 2:12.03 Yan Chen,CHN
 2:20.31 Samantha Hunter,GBR
 2:12.22 Kristine Quance-Julian,USA
 2:10.40 Lori Munz,AUS

4:37.47 Kristine Quance-Julian,USA
 4:40.89 Joanne Malar,CAN
 4:50.66 Eva Masetti,ITA
 4:40.53 Yan Chen,CHN
 4:49.71 Samantha Hunter,GBR
 4:40.07 Joanne Malar,CAN
 4:39.00 Joanne Malar,CAN

29.69 Natalie Holston,AUS
 28.88 Donghua Lu,CHN
 30.75 Martina Svensson,SWE
 29.01 Jiaru Cheng,CHN
 28.27 Giaan Rooney,AUS

1:01.97 Raluca Udrouiu,ROM
 1:01.55 Erin Gammel,CAN
 1:03.14 Kimberley Budgen,AUS
 1:01.39 Jiaru Cheng,CHN
 1:03.35 Hui Wei Tsai,HKG
 1:01.52 Kellie McMillan,AUS
 1:00.69 Kellie McMillan,AUS

2:11.70 Roxana Maracineanu,FRA
 2:13.49 Jennifer Frateli,CAN
 2:13.91 Federica Barsanti,ITA
 2:11.17 Xuan Tao,CHN
 2:16.21 Louise Coull,GBR
 2:11.67 Helen Norfolk,NZL
 2:10.02 Danielle Lewis,AUS

32.04 Brooke Hanson,AUS
 32.15 Danica Winiuk,USA
 32.81 Gabrielle Rose,CAN
 31.90 Tian Ruan,CHN
 32.96 Kelly Denner,AUS
 31.51 Rebecca Brown,AUS
 31.90 Brooke Hanson,AUS

1:09.02 Alicia Peczak,POL
 1:08.89 Hui Qi,CHN
 1:10.68 Kristina Kovacs,HUN
 1:08.17 Tian Ruan,CHN
 1:10.33 Kelly Denner,AUS
 1:08.30 Alicia Peczak,POL
 1:07.94 Rebecca Brown,AUS

2:26.98 Brooke Hanson,AUS
 2:28.21 Anne Poleska,GER
 2:29.97 Federica Biscia,ITA
 2:27.26 Ping Hao,CHN
 2:32.59 Sylvia Gerashch,GER
 2:27.09 Caroline Hildreth,AUS
 2:25.51 Rebecca Brown,AUS

26.81 Dara Torres,USA
 28.25 Shona Kilson,CAN
 28.09 Orsolya Ferenczy,HUN
 27.56 Danna Wang,CHN
 28.71 Audrey Lacroix,CAN
 27.39 Johanna Sjöberg,SWE
 27.07 Johanna Sjöberg,SWE

59.82 Richelle dePold-Fox,USA
 1:01.18 Audrey Lacroix,CAN
 1:02.59 Orsolya Ferenczy,HUN
 1:00.23 Jin Li,CHN
 1:01.71 Audrey Lacroix,CAN
 1:00.03 Diane Bui Duyet,FRA
 58.44 Yi Ruan,CHN

2:12.10 Molly Freedman,USA
 2:14.50 Audrey Lacroix,CAN
 2:17.31 Marcelia Amar,BRA
 2:12.74 Xiaxia Zhu,CHN
 2:20.70 Gemma Howells,GBR
 2:12.95 Nicole Hunter,AUS
 2:08.14 Miki Mita,JPN

1:03.05 Natasha Kejzar,SLO
 1:03.81 Brooke Hanson,AUS
 1:03.77 Fabiola Molina,BRA
 1:02.84 Tian Ruan,CHN
 1:05.55 Linnea Tossavainen,SWE
 1:03.91 Brooke Hanson,AUS
 1:02.18 Lori Munz,AUS

2:13.49 Martina Moravcova,SVK
 2:13.91 Marianne Limpert,CAN
 2:17.35 Gabrielle Rose,USA
 2:14.42 Tian Ruan,CHN
 2:20.56 Angela Kan,AUS
 2:12.02 Joanne Malar,CAN
 2:12.15 Kristine Quance-Julian,USA

4:43.17 Madeleine Crippen,USA
 4:45.53 Carrie Burgoyne,CAN
 4:53.47 Ann Berglund,SWE
 4:40.91 Ying Liu,CHN
 4:54.54 Gemma Howells,GBR
 4:43.15 Alissa Seaton,SUI
 4:39.26 Rachel Corner,GBR

6 WORLD AND 17 CUP RECORDS AFTER 7 WORLD CUPS

Nick J. Thierry

WORLD CUP 1

COLLEGE PARK—Three world records highlighted the second day of the FINA World Cup 1 (Nov 20-22) as the “Lenny and Jenny show” continued, with Neil Walker elbowing in for a spot in the limelight.

Neil Walker (USA) was the winner of the men’s 50 backstroke with a world record time of 24.12, bettering the existing world record of 24.13 by Thomas Rupprath (GER) from 1998 and recently tied by Matt Welsh (AUS) in September. Walker touched ahead of superstar backstroker Lenny Krayzelburg (USA), whose 24.28 was second. Later that night, Walker added a third in the 50 free. He was second the previous day in the 100 free and 100 back. But in the second last event of that day, the 200 backstroke, Krayzelburg made up for his earlier upset. He attacked one of the oldest short-course records from 1991

and he was well ahead of the old record splits:

1991	27.27	55.81	1:24.07	1:52.51
1999	26.49	55.30	1:23.86	1:52.47

Jenny Thompson (USA) won her third event in the second evening’s first final. Her winning time of 53.49 for the 100 freestyle was the fastest ever in the U.S.A. but short of her American record of 53.24, set when she won the FINA SC World Championships last April. Dara Torres (USA) was second in 54.07 and Martina Moravcova (SVK) third in 55.06.

In the 100 IM, Jenny Thompson cruised to an easy win with 1:01.00 and then just 16 minutes later blasted to a new world record in the last event, the 50 butterfly, with a 26.00, bettering her own previous record of 26.05 from last year’s World Cup in December. Thompson won five events over the two days and was top female Swimmer of the Meet.

The record swims earned a \$4,000 FINA bonus (\$40,000 total available for the 12-meet series). Event winners received \$500 each from the local organizing committee.

USA swimmers won 25 of 34 events and 59 of 102 overall medals. In total, 20 countries shared in the



World records for Neil Walker, Jenny Thompson, and Lenny Krayzelburg

Marco Chiesa

medals, with Australia winning 6 but only 1 gold. There were 290 competitors from 42 countries.

WORLD CUP 2

EDMONTON—A Canadian 200 backstroke record for Kelly Stefanyshyn was the top performance of FINA

World Cup 2 (Nov 27-28). There were 265 participants from 21 countries. Canada, the host nation, dominated with 14 golds and 48 medals in total.

Two Canadian record swims by Kelly Stefanyshyn in the women’s 200 backstroke were one the highlights of the first day. In the prelims, Stefanyshyn bettered her

own record with a 2:08.79. In the finals, she lowered it to 2:08.06. Nina Zhivanevskaya (ESP) was second with 2:12.18 and Jennifer Fratesi (CAN) was third with 2:13.49. “My coach told me to swim 2:10-12 this morning,” Kelly said. “So my record swim was a surprise and I am really pleased.” Stefanyshyn tied for first in the 100 backstroke with Nina Zhivanevskaya (ESP), who won the 50 backstroke.

Chad Carvin (USA) won the 400 and 1500 free for the second meet in a row.

Beatrice Caslaru (ROM) continued her sweep of the 200 and 400 IMs, giving her four firsts after two World Cups, as Joanne Malar (CAN), in the lead at the midpoint of the 400, couldn’t hold off Coada’s stronger breast and free legs. After competing in four events, Malar only medalled in this one event.

WORLD CUP 3

RIO DE JANEIRO—The competition was held over three days (Nov 26-28) to allow for finals in the morning and live television coverage.

Why were there so many fast times in the prelims? Because the prelims were held between 5:00 and 7:00 pm, the most common period for fast performances, rather than 9:00 am to 12 noon for the finals, the more



Adam Siou, set Canadian NAG records for 100-200 fly in Rio

Marco Chiesa

usual time for prelims. This arrangement has become the norm for major competitions in Brazil as they are able to access live television coverage on Rede Globo in the mornings, something impossible to access in prime time afternoon or evening in this soccer-mad country. Brazil was using this competition as one of the qualifying meets for selection to their World SC Championships next March in Athens. South American records were bettered in nine events by swimmers from Brazil.



South American record for Rogerio Romero, BRA, in the 200 backstroke

Marco Chiesa

In addition to Brazil, 21 countries attended, with a total of 229 participants.

Beatrice Coadă (ROM) was the top performer, sweeping the women's 200 and 400 IMs for the third consecutive World Cup, giving her six wins in three consecutive meets.

Nina Zhivanevskaya (ESP) won all three backstrokes for women, while Rogerio Romero (BRA) did the same for men, with a South American record of 1:55.78 in the 200.

Adam Siou (CAN) won the 200 fly in 1:57.66 and was second in the 100 fly with 54.00. Both established 15-17 Canadian Age Group records.

WORLD CUP 4

SHANGHAI-The fourth stage of the 2000 FINA World Cup got underway on January 4 in the Jing An Sport Centre, a two-year-old complex with a 50-metre indoor pool on the sixth floor. Seating for 1000 spectators and a good turnout added to the atmosphere. The meet was televised and the potential audience was estimated in the multi-millions.

Around 200 swimmers from 15 countries took part, with over half from the host country, China. Four Chinese national records were bettered during the competition, as the host nation completely dominated with 28 of 34 golds and 86 of 102 total medals.

Xie Xufeng (CHN) established two national records: the 200 IM in 1:58.88 and the 400 IM in 4:12.26. Ouyang Kunpeng (CHN) was another record setter in the 50 back with 24.76 and the 100 back with 53.32.

Bela Szabados (HUN) won the 100 and 200 free (his third win in this event in the current World Cup series). Chad Carvin (USA) continued his sweep of the 400-1500 freestyles for the third World Cup he had

competed in.

Juan Veloz (MEX), 17, won the 200 fly in 1:57.33, after also winning World Cup 1.

Kelly Stefanyshyn (CAN) won the 200 backstroke, the only women's event where the hosts didn't come first. In fact, Chinese women swept the top three spots in 15 of the 17 women's events.

WORLD CUP 5

HONG KONG-Although the number of participants was the lowest of the current series—138 competitors from 18 countries took part—some of the winning performances were the fastest of the series so far.

China, with 9 swimmers, won the most golds with 7 and 15 total medals. Canada, with 6 women, was second with 7 golds and 15 total medals.

Hong Kong swimmers established four SAR (Special Administrative Region) men's records: 3 on the first day, in the 200 breast, 100 IM, and 400 IM, and 1 on the second day in the 200 backstroke.

Bela Szabados (HUN) won his fourth consecutive 200 freestyle in 1:45.17, the fastest time of the current series.

Chad Carvin (USA) won the 400 and 1500 free for the fourth consecutive World Cup he's competed in. His time in the 1500 of 15:01.64 was his fastest of the current series.

Indonesia, participating for the first time in a World Cup, took two firsts with Felix Sutanto in the 50 back in 26.00 and Wisnu Wardhana in the 50 butterfly in 24.65.

The 7 Canadian golds were from Julie Gravelle in the 800 free with 8:47.46, Erin Gammell in the 50-100 backstroke (Kelly Stefanyshyn was second in both), Kelly Stefanyshyn in the 200 back, Audrey Lacroix in

the 200 fly in 2:13.24, and Kristen Bradley in the 200 and 400 IMs, sweeping in personal bests of 2:16.68 and 4:46.69.

WORLD CUP 6

HOBART-Nearly 300 swimmers representing 20 countries took part in the sixth meet (Jan 13-14) of the 2000 FINA World Cup series at Hobart's Tattersall's Aquatic Centre. It is the second consecutive time

that a World Cup meet was hosted in Tasmania.

Current world record holders Ian Thorpe and Michael Klim (AUS), Lenny Krayzelburg (USA), and Penny Heyns (RSA) took part. A new world record, the fourth of the current 2000 World Cup series, was the highlight on the second day.

Australia, the host nation with the most swimmers, won 12 golds and 41 total medals. China placed second with 9 golds and 13 total medals.

Australian backstroke Matt Welsh upset Lenny Krayzelburg (USA) for the second time in two consecutive days. He outtouched his rival in the 50 backstroke with 24.11, bettering the pending record of 24.12 from World Cup 1 by Neil Walker (USA). Krayzelburg finished second in 24.72. The home crowd gave Welsh a standing ovation.

"For some time I have been dreaming of beating Lenny," Welsh said. "I have proved that I can do it. Nothing personal, Lenny is such a nice guy, but competition is competition and I'll try to do it again". Welsh also beat Krayzelburg in the 100 back.

Michael Klim (AUS) won three events: the 100 free in 47.83, the 50 fly in 23.55, and the 100 fly in 51.74, all three times the fastest of the current series.

Jani Sievinen (FIN) swept the three IMs, holding off stiff challenges from Curtis Myden (CAN) in the 200 and 400.

Chinese women won 7 of 17 events. Ruan Yi posted the top women's performance in winning the 100 butterfly in 58.29.

WORLD CUP 7

SYDNEY-Two world and 12 World Cup series records were bettered, making this perhaps the best-ever World

Cup competition in the 12-year history of the series.

Ian Thorpe sent a crowd of nearly 3000 wild when he predictably won the 200 freestyle in a world-record time of 1:42.54. Throughout his solitary race, the 17-year-old Sydney man was at world-record pace. He touched 10 metres ahead of the field, with Todd Person (AUS) in second with 1:46.40 and William Kirby (AUS) in third with 1:46.50.

Thorpe's splits:

1999	24.55	51.10	1:17.64	1:43.28
2000	23.98	50.11	1:16.41	1:42.54

"A world record wasn't something I intended to do," Thorpe said. "But I'll take it at this time of the season. I wanted to go out in 50.8 and that would put me on record pace. It wasn't planned, it just happened. I just set myself up for a good time."

The second world record came from Susan O'Neill (AUS) in the 200 butterfly. O'Neill let Ruan Yi (CHN) take the early lead. After the 100, O'Neill moved ahead and flew to victory in 2:04.16.

O'Neill's splits:

1999	2000
28.34	28.63
59.85	1:00.18
1:32.22	1:32.01
2:04.43	2:04.16

Ruan Yi (CHN) became the third all-time performer and new Asian record-holder with her second-place time of 2:06.50 (28.73, 1:00.86, 1:33.43). Maki Mita (JPN) was third with 2:08.14. O'Neill also won the 200 free with 1:55.66, a World Cup, Australian, and Commonwealth record.

"This is my first world record at this pool," O'Neill said. "I hope it's a good sign. The cheering was really loud and spurred me on. I just tried to think about my race plan and do my best time." She added, "I missed a couple of turns because I misjudged the number of strokes. I would have liked to get under 2:04—I don't know how many more chances I'll get to try and get under that."

This was also the best performance of the meet, earning 1026 points. O'Neill's feat was rewarded with a special prize and Thorpe also received a special award for top male performance.

The 400 free final looked like a preview of the Olympic final, with Grant Hackett, Ian Thorpe, Kieren Perkins, and Daniel Kowalski (all AUS) lining up on the starting blocks together and Massimiliano Rosolino (ITA), the fastest qualifier.

Thorpe was obviously going for Hackett's world record. "Thorpedo" was always in the lead, under the world-record split at the 100 turn, only 0.01 seconds over the world record split at the 300 turn, and just missing at the end with his 3:35.75. It was a World Cup record time.

The splits:

1999	52.40	1:47.11	2:42.08	3:35.01
2000	51.90	1:47.69	2:42.09	3:35.75

Hackett never challenged and swam for second. Rosolino was well back in third and Perkins was fourth

with 3:47.08.

To the delight of the crowd, Australian swimmers dominated the 1500 freestyle, where they have a long-standing winning tradition. World record-holder Grant Hackett won with an excellent 14:29.52, a new World Cup record and the third all-time best performance. Kieren Perkins (AUS) was second with 14:43.10.

"My coach Denis Cotterell and I decided before the race to have a go at the 800 freestyle world record," Hackett said. "When I turned at the 400 I looked up at the board and saw my time was 3:46.00 (slower than the record pace). I then decided not to go for the world record. I wanted to win this race. Perkins was 5 seconds behind me at the US Open last December—I wanted to make it a 10-second margin here."

Michael Klim (AUS) won the 50 and 100 freestyle and the 50 and 100 butterfly, with a World Cup record of 23.27 in the 50 fly.

Matt Welsh (AUS) bested Lenny Krayzelburg (USA) in the 50 back, but the American won the 100 back in 51.73, a World Cup record, and added the 200 back.

Jenny Thompson (USA) won four events: the 50 and 100 free and the 50 and 100 fly. Her time in the 100 free of 53.05 was a World Cup and American record.

Sarah Jane D'Arcy (AUS) won the 400 freestyle in 4:03.50 (splitting 59.67, 2:01.42, 3:03.20), a huge improvement over her previous best of 4:10.41 last year. It was a new Commonwealth and Australian record.

Sachiko Yamada, 17 (JPN) won the 800 freestyle in 8:17.76, another World Cup record and the third-fastest all time performance.

The splits:

1987	2000
world best	Yamada
2:02.24	2:02.95
4:07.04	4:08.51
6:11.69	6:14.06
8:15.34	8:17.76

Australia won 18 of the 34 events and 50 of 103 total medals to completely dominate this competition.

The World Cup series moves to Europe, with five more competitions during February.

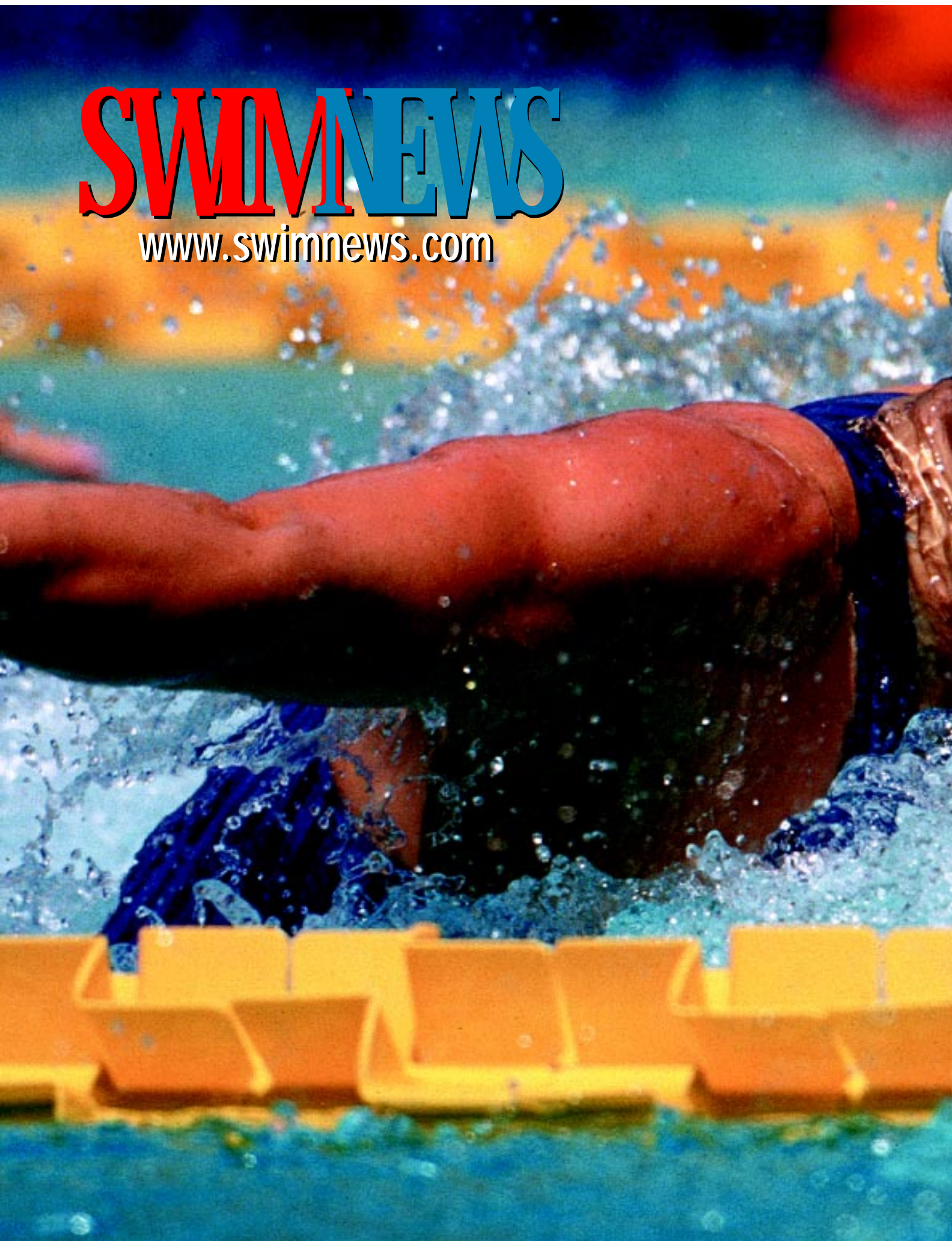


2000 FINA World Cup off to a great start

Marco Chiesa

SWIMNEWS

www.swimnews.com





Jenny Thompson

United States

FAST RACING WITH HARD TRAINING

Cecil Colwin

On the cusp of the 21st century, Mark Schubert, one of the world's foremost coaches, sees a bright future for the sport.

Interviewed a few weeks before the start of the new millennium, Schubert said that competitive swimming was becoming more like track and field, and that professional swimming would keep swimmers in the sport longer.

"From our knowledge of physiology, we always knew that people could continue to improve physiologically until their late 20s and early 30s. Now we're seeing this happen in swimming, and it is very positive."

Asked whether a big gap had formed between the new professional ranks of swimming and the grass roots levels, Schubert said that the professional level isn't that large yet. "I don't know about other countries, but in America, the professional level, with a few exceptions is merely a subsistence level."

Swimming Fast While Training Hard

Questioned whether swimmers on the professional circuit have enough time to train between meets, Schubert said that swimmers such as Lenny Krayzelberg and Jennie Thompson were "handling it quite successfully." He added that today's swimmers had developed a concept that it is possible to swim fast yet stay in hard training. In fact, they often use the actual meets as part of their training, as opposed to trying to peak for individual meets. "The swimmers who can do this most successfully are not going to compromise their training."

Schubert said that, while he couldn't speak directly as to Jenny's successes, he could discuss Lenny's successes because he coaches Lenny. "Lenny has the type of physiology that enables him to recover quickly from hard work, and he basically expects to swim fast all year long."

"He expects to win, and he has been able to have some tremendous world class performances. I see these performances not just in competition like World Cup meets or major international invitationals during the year, but also in practice."

Does Lenny ever take time off from competition to do basic work in order to regenerate? Schubert replied, "In Lenny's case, certainly we use the Fall, and also the Spring, for a period of hard work, and yet he does have a tremendous aerobic base."

"It doesn't take him long to build up that base, but he also does a good job throughout the year of continuing some level of aerobic training to maintain that base."

How Lenny Krayzelberg Trains

At this point our conversation went as follows:

Colwin (C): Would you mind elaborating on the type of aerobic work Lenny Krayzelberg does, as a backstroker, or does he ring the changes and do all the strokes?

Schubert (S): In his case, he really trains more like a middle-distance freestyler or 400 individual medley swimmer.

C: Does he do backstroke 800s, as well as 400s?

S: He does 800s, and, as a matter of fact, last Thursday, he went 8:52 at the end of a 4,800 set that culminated with an 800 backstroke, and it probably would have been more like 8:45 if he hadn't to go around some guys who were going 800 I.M. He swam into some guys who were doing breaststroke... That should indicate the high level at which he trains, and that he certainly does do the endurance base training.

C: How does he do his kicking? Does he do crawl kicking or backstroke kicking, or a mixture?

S: He does primarily backstroke kicking, but also freestyle and butterfly kicking, some of it with a kick board, but most of it without a kickboard, probably about 40% with fins, and a lot of underwater kicking.

C: And what sort of multiples does he use? 200s or 400s or 50s?

S: Usually short rests for shorter distances, from 50 to 200. Sometimes up to 400 and 800.

C: You've always been a believer in short rests, haven't you? Mostly with your distance swimmers?

S: I'm a believer in short rests, but Lenny also does some items with long rests and high intensity.

C: You like to mix short rests with slightly longer rests?

S: I do, and usually, twice a week, he'll do something, either with long rests or with easy recovery swims in between, before going again at high intensity.

The Coach, The Swimmer, and The Agent

Schubert had decided opinions on the respective roles of the coach, the swimmer, and the swimmer's business agent in the new world of professional swimming.

"Earlier in my career I was coaching 15, 16, to 18-year-olds, now I'm coaching a number of world-class swimmers with whom I've been associated from 4 to 6 years. These athletes are 23 to 25 years old. Basically, I'm coaching adults. It's a partnership in which communications evolve. But they still need to recognize that they need the coach and the discipline the coach provides, because this contributes to their eventual success."

Schubert stressed that both coach and swimmer need to take responsibility for decision making in seasonal planning; when to taper, and so forth. "The agent's role is to help the athlete to generate sponsorship and to help the athlete to make a living; and to set aside a little money, also to assist with public

relations, etc., but not to dictate the program."

I asked Schubert whether he would advise the athlete to ensure that the contract with an agent or sponsor recognised the need for the swimmer to have a balance between training, competing, and promotional appearances. Schubert replied, "Not only that, I would get them to recognize that when a swimmer and coach agree upon a program, that the agent recognizes the importance of the training program. Quite frankly, if I was a swimmer and the agent did not recognize the importance of training, I would fire him and get another agent. It should be established early on that the agent works for the athlete."

NCAA Championships in the 25 Metre Course

Noting the fact that this year's NCAA championships, in March were to be held in the 25 meter course instead of in the traditional 25 yards course, I asked if this change would only be for the Olympic year.

Schubert replied, "I don't think anybody knows at this point whether it will become an accepted standard or not. I think the reason that it is being tried on an experimental basis is that short course competition is now recognized for world records. That has generated a lot of excitement. The hope is that world records may be challenged at the NCAAs."

"It has always been felt that the intensity and excitement of the NCAAs makes it one of the greatest competitions in the world. Now we have the opportunity to prove that this is true. With short course world championships, and the World Cups, these world records are now a lot more honest. It will challenge swimmers at the NCAAs to break those records."

Asked whether the effects of the Title Nine legislations, that reduce the number of available college scholarships, was having an effect on the recruiting of distance talent, Schubert answered that it was not only having an effect on distance talent, but also on all male swimming in the United States because there are not the rewards for swimming that there once were.

Schubert said: "There used to be 18 men's scholarships, and now there are a little less than 10. Actually it's 9.9 for men and 14 for women, and so there are more than four more opportunities per team for women than there are for men."

Schubert added: "The other issue is how many scholarships are given, for example in baseball and football, they aren't available for women, so the reason there are less in sports like swimming is because they are trying to equal it out. There are 85 full scholarships for football, and so that means a lot of scale-ups for female opportunities. There's quite an active debate both ways. Obviously, I'm somewhat prejudiced from the swimming standpoint, and I hate to see swimming get hurt. And, in fact, it's gone even further than that, where some very fine programs, such as the UCLA men's program, were dropped altogether to more equalize the scholarships. In that way, they don't have to give any scholarships at all in swimming. It's tragic."

Semi-finals and TV Coverage

Asked his opinion on the re-introduction of semi-finals into the Olympic program, Schubert said that he hadn't experienced semi-finals since the Montreal Olympic Games, nearly 24 years ago.

"The semi-finals included in last August's Pan Pacific Championships gave a somewhat distorted viewpoint because the crowd and the enthusiasm at that event certainly made it tolerable over eight days. However, an eight-day format is not only challenging but can seriously affect the enthusiasm in our sport. I think an eight-day swimming meet is far too long for even the best athletes, coaches, and fans to have to endure."

Schubert said that the re-introduction of semi-finals in the Olympic swimming events is motivated by the desire to provide more opportunities for live television, and more opportunities during the Olympic Games to spread the coverage.

"In one way, I guess we can view this as a compliment. At least, the sport is highly thought of enough to say 'Hey! We want to be able to offer live television coverage over eight days.' From that standpoint, it's probably a positive. The Pan Pacific Meet was my first opportunity to deal with semi-finals as a coach, and if the athletes train for it, and if they're psychologically prepared for it, they can deal with it successfully."

Schubert said that the level of TV coverage of swimming in Australia "was eye-opening to all of us who attended the Pan Pacific Championships. The interest in Australia in the sport, the interest in the people, and their knowledge of the sport—you walk into a grocery store, and people wouldn't even know that you were involved with the sport—and they would be talking about the sport. They would be talking about the personalities, like Thorpe and Michael Klim."

Schubert believes that the mentality of the people involved in our sport is such that we believe that this same level of interest couldn't happen worldwide. "I believe that we sometimes do think small; certainly those of us who were there, saw what can be done. The world is going to be in Sydney next year, and will see the great interest in swimming there. I believe that the enthusiasm for swimming that exists in Australia will make the 2000 Olympics an unparalleled event. We were very envious of the enthusiasm that Australia has for our sport."

Women Swimmers Retiring Later

In reply to my comment that women are now swimming well into their 20s, and some even into their early 30s, Schubert said that the key is that they are enjoying the sport, and they are able to make a living at it.

"They've proved to themselves that they can continue to improve. A lot of women are fighting the body changes and things like that, and as they go through puberty, and as they become better educated on things of that nature—how to stay fit, and under-

stand nutrition better—they can control issues, and not only swim successfully but continue to improve. And as long as you can continue to improve and you are continuing to be successful, there's the incentive to continue."

Communication Between High School and Club Coaches

On the topic of the occasional conflict between high school and club programs, a situation largely unique to the American scene, Schubert said that "these conflicts have certainly been there since I've been in



Schubert with Lenny Krayzelburg

Marco Chiesa

coaching, and probably long before. Unfortunately, a lot of it is ego, and I do find that coaches tend to work these things out."

"It is interesting that a lot of times the better swimmers will decide to train with the club program, rather than train with the high school coaches and the high school program. This is because of the compromises that they are asked to make as far as number of meets or lack of training are concerned. I do think that's a very unfortunate thing, because there's nothing more motivating than competing for your school and having recognition among your peers at your school that high school swimming can provide."

"It is incumbent upon the club coach to recognize that, where it is important to communicate with the swimmer and the swimmer's parents, it is also important to communicate with the high school coach."

Asked whether rank and file club swimmers still sometimes train in the same pool as their idols, the top level professionals, Schubert replied, "In some programs they do, but because the professional swimmers are getting older and older, a lot of times they tend to gravitate towards programs that cater to older swimmers. From that standpoint, this contact is sometimes lost, and I do think this is unfortunate."

"On the other side, you do see a lot of these elite swimmers, who are now professionals, giving clinics and, in this way, they are giving back to the

younger swimmers, and remaining successful role models. That's an important thing for these professionals to remember. That is really their duty to the sport."

Educating the Young Swimmer

Schubert agreed that the club coach has a duty to outline to rookie swimmers and their parents exactly what opportunities exist further down the line in their swimming career. "In goal setting you need to set your goals high, and certainly a professional career is now a realistic and a possible goal for good swimmers. But, in respect of the amount of money they're going to get, young swimmers do need to know that it is going to take a lot of work to get to that level, much less the level that 'the Ian Thorpes' have reached. Realistically, it's going to be a very small percentage of people who get to that level. Education is a very important key for the club coach with the parents and with the swimmers."

A Matter of Conscience

Asked if he thought that the average club coach was adequately addressing these educational responsibilities, Schubert replied that it was "incumbent on them to take the educational aspect seriously, otherwise the swimmers will seek programs with coaches who do."

Schubert mentioned the duty of a coach to enlighten the parents and the swimmers on the difficulties being encountered with the drug problem in sport, and the need for youngsters to be on guard against people who may try to subvert them into taking performance-enhancing drugs.

"I don't know to what extent this is happening" Schubert said.

"Unfortunately, it's a lot more prevalent than any of us would like to admit or see, not just in our sport, but in other sports as well. People will do some pretty underhanded things to be competitive or to get on top, and again, education is important to make sure they are conscious of what is right and what is wrong, not only in everyday life, but also in sport."

About Mark Schubert

One of the world's most highly respected coaches and the most successful club coach in U.S. history, Mark Schubert will serve as head coach for the U.S. men's swim team at the 2000 Olympics in Sydney, Australia—his sixth consecutive USA Olympic coaching position. Mark was an assistant coach at the 1996 Atlanta Games. He served as the 1992 USA Women's Olympic head coach, guiding the American women to two gold-medal relay world records, four additional American records, and an impressive world-leading 14 medals, including five gold. In January of 1998, he served as assistant coach for the U.S. women's team at the World Championships in Perth, Australia. For his career efforts, Schubert was inducted into the International Swimming Hall of Fame in Ft. Lauderdale, Florida, on January 10, 1997, as "Honor Coach."

(With acknowledgements to the Athletics Publicity Department, University of Southern California.)

SWEDEN WINS 10 GOLDS

TWO WORLD RECORDS FOR ALSHAMMAR

Nick J. Thierry

LISBON-Sweden emerged on top at the 1999 European Short Course Championships with 10 golds and a total of 17 medals; Germany had the most medals with 26 but only 5 golds. This annual competition, now expanded to four days from three in 1998, had three individual world records, five European records, and two world bests in the women's 4x50 medley and 4x50 free relays.

Sweden's Therese Alshammar was the swimmer of the meet. The 22-year-old shattered the world records in the 50 (24.09) and 100 freestyle (52.80) and swam on the winning relays. Anne-K. Kammerling bettered the two-week-old 50 fly world record with her 25.64 (Jenny Thompson, USA, has a pending record of 26.00).

Lars Frolander (SWE) tied for the gold in the men's 50 fly in 23.35 with Milos Milosevic (CRO), and won the 100 fly in 51.19. He posted the world's fastest 100 free time in the semi-finals with 47.16, but lost the final to

Pieter van den Hoogenband (NED) in a slower time of 47.20 to Frolander's 47.86. A semi-final in the 50 fly preceded the final of the freestyle and obviously affected the outcome.

Another impressive performance came from Jana Klochkova (UKR) with four individual golds. The 17-year-old had an easy win in the 400 IM with 4:34.07. She then won the 800 free in a respectable 8:22.37 and on the third day swam a 400 free in 4:05.12 with a final 100 of 59.91. On the last day, she battled Martina Moravcova (SVK) in the 200 IM, winning in 2:09.08. It was a fine display of her versatility in the aerobic (distance) events.

The meet attracted 350 competitors from 36 countries. The 38-event format over four days with prelims, semis, and finals needs to be looked at. Why have semis when there are 18 entries? Finals were at 3:00 p.m. with daily live TV coverage on Eurosport. This was the most important competition ever held in Portugal.



AMAZING ALSHAMMAR

After winning three silver medals at last summer's European Championships in Istanbul, Therese Alshammar, Sweden's newest superstar, moved to Hamburg to train under Dirk Lange, whose most notable swimmers include Sandra Volker and Mark Foster. The move paid off as Therese shattered one of the older short course world records, winning the 100 freestyle in 52.80. Jingyi Le (CHN) held the old record with a 53.01 from 1993, when she won the first World SC Championships in Palma de Mallorca.

"I wasn't expecting to swim so fast," Therese explained. "But after my 53.31 in the semi-finals, I was very relaxed and felt I could swim much faster in the final. The time of 52.80 is unbelievable. I never dreamt I could be so fast."

She also bettered the 50 freestyle world record with 24.09, the old time being 24.23.

"Of course, the Olympics are the main goal this season, and I can only hope it will be as successful as it's been here." Her 23.80 split on the 4x50 free relay certainly indicates she's on target for great things.

"I would like to share my record with Sandra Volker, who I train with and who is one of my idols."

Last April at the 1999 Short Course Worlds, Alshammar anchored the Swedish 4x100 free relay and apparently brought the team home for the gold. But her joy turned to despair as the relay was disqualified for an early start by the first swimmer. She did not swim in the final of the 50 free, after an early start got her disqualified.



Four gold for Jana Klochkova, UKR

QUICK FACTS:

ALSHAMMAR, Therese, SWE
 BIRTHDATE 26 AUG 1977
 PLACE Stockholm
 HEIGHT 179 cm
 WEIGHT 60 kg
 HOME Hamburg
 REPRESENTS SK Neptun
 COACH Dirk Lange

Long Course

- 99 Europeans 2nd 50 free 25.30, 2nd 4x100 free, 2nd 4x200 free
- 98 Worlds 6th 50 free 25.83, 17th 100 free 56.87, 4th 4x100 free, 5th 4x100 free
- 97 Europeans 3rd 50 free 25.78, 12th 100 free 57.04, 2nd 4x100 free
- 96 Olympics 16th 100 back 1:04.15
- 95 Europeans 4th 100 back 1:03.12
- 94 Worlds 15th 100 back 1:04.46

Short Course

- 99 SC Europeans 1st 50 free 24.09, 1st 100 free 52.80, 1st 4x50 free-4x50 medley
- 99 SC Worlds 3rd 4x100 medley, disq 50 free and 4x100 free
- 98 SC Europeans 2nd 50 back 28.46, 12th 50 free 25.06
- 97 SC Worlds 8th 100 free 55.18
- 95 SC Worlds 8th 100 back 1:02.31, 4th 4x100 medley
- 93 SC Worlds 9th 100 back 1:01.90

EUROPEAN SC RESULTS

Lisbon, Dec 9-12 (25 m)

• = world record

MEN

50 METRES FREESTYLE

- 1) 21.71 Mark Foster, 70, GBR
- 2) 21.79 Pieter vd Hoogenband, 78, NED
- 3) 21.83 Lorenzo Vismara, 75, ITA

100 METRES FREESTYLE

- 1) 47.20 Pieter vd Hoogenband, 78, NED
- 2) 47.86 Lars Frolander, 74, SWE
- 3) 48.44 Karel Novy, 80, SUI

200 METRES FREESTYLE

- 1) 1:44.34 Pieter vd Hoogenband, 78, NED
- 2) 1:45.22 Massi Rosolino, 78, ITA
- 3) 1:46.09 Stefan Herbst, 78, GER

400 METRES FREESTYLE

- 1) 3:42.00 Massi Rosolino, 78, ITA
- 2) 3:42.88 Jorg Hoffmann, 70, GER
- 3) 3:43.48 James Salter, 76, GBR

1500 METRES FREESTYLE

- 1) 14:42.05 Igor Cheruvynskiy, 81, UKR
- 2) 14:45.71 Jorg Hoffmann, 70, GER
- 3) 14:59.43 Teo Edo, 79, ESP

50 METRES BACKSTROKE

- 1) 24.70 Miro Zeravica, 72, CRO
- 2) 24.72 Tomislav Karlo, 70, CRO
- 3) 24.79 Sebastian Halgasch, 80, GER

100 METRES BACKSTROKE

- 1) 53.13 Orm Arnarson, 81, ISL
- 2) 53.17 Derya Buyukuncu, 76, TUR
- 3) 53.27 Volodymyr Nikolaychuk, 75, UKR

200 METRES BACKSTROKE

- 1) 1:54.23 Orm Arnarson, 81, ISL
- 2) 1:55.19 Jirka Letzin, 71, GER
- 3) 1:55.25 Adam Ruckwood, 74, GBR

50 METRES BREASTSTROKE

- 1) 27.10 Mark Warnacke, 70, GER
- 2) 27.37 Oleg Lisogor, 79, UKR
- 3) 27.38 Roman Sloudnov, 80, RUS

100 METRES BREASTSTROKE

- 1) 58.85 Roman Sloudnov, 80, RUS
- 2) 59.32 Patrik Isaksson, 73, SWE
- 3) 59.70 Jose Couto, 78, POR

200 METRES BREASTSTROKE

- 1) 2:07.82 Stephan Perrot, 77, FRA
- 2) 2:09.98 Jose Couto, 78, POR
- 3) 2:10.98 Adam Whitehead, 80, GBR

50 METRES BUTTERFLY

- 1) 23.31 Lars Frolander, 74, SWE
- 2) 23.35 Milos Milosevic, 72, CRO
- 3) 23.81 Jere Hard, 78, FIN

100 METRES BUTTERFLY

- 1) 51.19 Lars Frolander, 74, SWE
- 2) 51.43 James Hickman, 76, GBR
- 3) 52.01 Denis Sylanlyev, 76, UKR

200 METRES BUTTERFLY

- 1) 1:53.52 James Hickman, 76, GBR
- 2) 1:54.43 Thomas Ruppenth, 77, GER
- 3) 1:54.86 Denis Sylanlyev, 76, UKR

100 METRES IND. MEDLEY

- 1) 53.93 Jens Kruppa, 76, GER
- 2) 54.27 Peter Mankoc, 78, SLO
- 3) 54.38 Marcel Wouda, 72, NED

200 METRES IND. MEDLEY

- 1) 1:56.45 Marcel Wouda, 72, NED
- 2) 1:58.23 Jirka Letzin, 71, GER
- 3) 1:58.57 Massi Rosolino, 78, ITA

400 METRES IND. MEDLEY

- 1) 4:08.85 Frederik Hvidt, 74, ESP
- 2) 4:09.85 Jirka Letzin, 71, GER
- 3) 4:12.25 Michael Halika, 78, ISR

4X50 M MEDLEY RELAY

- 1) 1:36.00 Sweden, SWE
- 2) 1:36.56 Germany, GER
- 3) 1:36.78 Great Britain, GBR

4X50 M FREE RELAY

- 1) 1:27.12 Sweden, SWE
- 2) 1:27.76 Germany, GER
- 3) 1:27.95 Netherlands, NED

WOMEN

50 METRES FREESTYLE

- 1) • 24.09 Therese Alshammar, 77, SWE
- 2) 24.90 Anna-K. Kammerling, 80, SWE
- 3) 24.90 Sue Rolph, 78, GBR

100 METRES FREESTYLE

- 1) • 52.80 Therese Alshammar, 77, SWE
- 2) 53.34 Sandra Volker, 74, GER
- 3) 54.09 Martina Moravcova, 76, SVK

200 METRES FREESTYLE

- 1) 1:56.28 Martina Moravcova, 76, SVK
- 2) 1:57.15 Josefina Lillhage, 80, SWE
- 3) 1:57.33 Natalia Baranovskaia, 79, BLR

400 METRES FREESTYLE

- 1) 4:05.12 Jana Klochkova, 82, UKR
- 2) 4:06.13 Natalia Baranovskaia, 79, BLR
- 3) 4:06.48 Silvia Szalai, 75, GER

800 METRES FREESTYLE

- 1) 8:22.37 Jana Klochkova, 82, UKR
- 2) 8:25.82 Flavia Rigamonti, 81, SUI
- 3) 8:28.09 Jana Henke, 73, GER

50 METRES BACKSTROKE

- 1) 27.31 Sandra Volker, 74, GER
- 2) 28.24 Nina Zhivanovskaya, 77, ESP
- 3) 28.35 Antje Buschschulte, 78, GER

100 METRES BACKSTROKE

- 1) 59.87 Nina Zhivanovskaya, 77, ESP
- 2) 1:00.08 Antje Buschschulte, 78, GER
- 3) 1:00.88 Sarah Price, 79, GBR

200 METRES BACKSTROKE

- 1) 2:08.11 Antje Buschschulte, 78, GER
- 2) 2:09.47 Nina Zhivanovskaya, 77, ESP
- 3) 2:09.62 Nicole Hetzer, 79, GER

50 METRES BREASTSTROKE

- 1) 31.40 Zoe Baker, 76, GBR
- 2) 31.49 Agnes Kovacs, 81, HUN
- 3) 31.95 Janne Schafer, 81, GER

100 METRES BREASTSTROKE

- 1) 1:08.15 Brigitte Becue, 72, BEL
- 2) 1:08.30 Agnes Kovacs, 81, HUN
- 3) 1:08.74 Emma Igelstrom, 80, SWE

200 METRES BREASTSTROKE

- 1) 2:24.78 Anne Poleska, 80, GER
- 2) 2:25.41 Agnes Kovacs, 81, HUN
- 3) 2:26.82 Brigitte Becue, 72, BEL

50 METRES BUTTERFLY

- 1) • 25.64 Anna-K. Kammerling, 80, SWE
- 2) 26.42 Johanna Sjoberg, 78, SWE
- 3) 27.17 Nicola Jackson, 84, GBR

100 METRES BUTTERFLY

- 1) 57.73 Johanna Sjoberg, 78, SWE
- 2) 59.11 Mette Jacobsen, 73, DEN
- 3) 59.80 Sophia Skou, 73, DEN

200 METRES BUTTERFLY

- 1) 2:06.87 Mette Jacobsen, 73, DEN
- 2) 2:08.62 Johanna Sjoberg, 78, SWE
- 3) 2:09.33 Sophia Skou, 73, DEN

100 METRES IND. MEDLEY

- 1) 1:00.78 Martina Moravcova, 76, SVK
- 2) 1:01.82 Annika Mehlhorn, 83, GER
- 3) 1:02.16 Natasha Kejzar, 76, SLO

200 METRES IND. MEDLEY

- 1) 2:09.08 Jana Klochkova, 82, UKR
- 2) 2:09.25 Martina Moravcova, 76, SVK
- 3) 2:11.29 Sue Rolph, 78, GBR

400 METRES IND. MEDLEY

- 1) 4:34.07 Jana Klochkova, 82, UKR
- 2) 4:37.47 Nicole Hetzer, 79, GER
- 3) 4:37.74 Hana Cerna, 74, CZE

4X50 M MEDLEY RELAY

- 1) # 1:49.47 Sweden, SWE
- 2) 1:49.87 Germany, GER
- 3) 1:51.64 Great Britain, GBR

4X50 M FREE RELAY

- 1) # 1:38.45 Sweden, SWE
- 2) 1:39.21 Germany, GER
- 3) 1:39.93 Great Britain, GBR

= world best

BACKWASH

Backwash features short clips, gossip, letters and opinions. Contributions are welcome. Now for the rumours behind the news.

Etiquette update: It wasn't until I wrote something in jest that anyone really commented on my writing! I have had so much feedback on the etiquette article it has been positively overwhelming. Hopefully, the sport's coaches will have their athletes memorize the rules now, so that future generations of swimmers can train in peace. Interestingly, two black line hogs I know actually thanked me for writing such an important article! Unfortunately after hearing their compliments I didn't have the heart to inform them that they need to get a little more personal with my story.

I also want to take one minute to add two rules to the list and also stress another. When I wrote the article I hadn't competed for almost a year and it wasn't until I swam in my first meet this season that I remembered a very important rule:

Stay off the lane-line in meet warm-ups!

As a backstroker, there is nothing more annoying than trying to pull into the wall only to have your hand smash right into the lane-line because ignorant swimmers are lounging on it.

Secondly, I had totally forgotten about the no-pushing-off-the-bottom-of-the-pool rule. Basically it speaks for itself, so I won't bother explaining it.

Finally, I cannot stress enough the importance of **staying off the black line!**

Please I am begging you; it drives people to the brink of insanity when you swim in the public domain. The black line is for all to share, so let's try to keep it that way.

Nikki Dryden

Time Trial Mania: From down under in Australia comes a new development that allows world records from time trials. It was in the distant past, when competitions were few, that occasionally a world record was set in a time trial, usually involving multiple attempts and some form of pacing. In recent years, with the increased amount of competitions, there did not seem any need for this anymore. But Michael Klim has made a specialty of this and has established no less than four world records swimming alone. Of course it's much easier to swim alone, against just the clock and without all the waves from other swimmers. And if at first you don't succeed, try, try again.

Up to 1998 FINA rules required a three-day advance notice of a time trial world record

attempt, but these have been changed to allow the host country's governing body to sanction such a trial at any competition, no longer requiring any advance notice.

Of the 48 world records established in 1999, 7 were in solo time trials. Expect the number of time trials to grow.

Biggest fish next: For the past few years Karin Helmstaedt has been reporting on the German Drug Trials. First they prosecuted the coaches, in this issue she reports on two head coaches and on Dr. Lothar Kipke, chief medical doctor of GDR swimming from the 1970s until the Berlin wall came down in 1989. But Manfred Ewald, the Minister of Sport for the same period, has yet to be charged. Undoubtedly he is responsible for instituting the most successful ever state-sponsored cheating in high level sport. His punishment should fit his crime, unlike his underlings who had their wrists slapped, escaped with small fines, and continue to work in sport.

How to order: In the 1999 October issue # 253 we reviewed a terrific book *Four Champions One Gold Medal* by Chuck Warner. Many have called about where they can buy this book. It seems no bookstore carries it. Call toll free 1-800-352-7946 X 1 and order your copy. It's US \$19.95 plus shipping costs.

Editor: This letter is just a thank you for your TAG rankings in each of your issues. My name is Andy White, and I am an East Coast swimmer for WTSC. I owe much of my progress in this wonderful sport to you.

Coming from the East Coast, when I first started in this sport of swimming, I did not have the elite times that would enable me to compete in the Big Meets West of N.B. Your TAG times allowed me to see exactly where I placed in ranking across Canada and motivated me to improve my times in order to be the best!! Although I have not yet achieved the #1 ranking for Canada, I still strive for that goal today. This year is my final year in the Tag ranking system. In a few years, I am confident that my name will pop up in the world rankings.

I just want everyone in Canada to know that using TAG times as a goal for each season can help you immensely. I know, as it has helped me become one of Canada's top age group swimmers.

*Andy White
Wolfville, NS*

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*Remember ... It's not true until it has been officially denied*

# TOP AGE GROUP TIMES



1-800-661-7946

# GIRLS 11-12

## 50 METRES FREESTYLE

Rec: 26.34 Lori Melien, AAC, 85

|    |       |          |                             |
|----|-------|----------|-----------------------------|
| 1  | 28.00 | RAPIDDEC | Melissa Lam, 12, SPART      |
| 2  | 28.06 | CASCNV   | Kirsten Pomerleau, 12, UCSC |
| 3  | 28.18 | YOUTHDEC | Allison Bennett, 12, NYAC   |
| 4  | 28.65 | PCSCDEC  | Alice Chow, 11, PCSK        |
| 5  | 28.66 | ESWIMJAN | Monica Wakeman, 12, NEW     |
| 6  | 28.67 | WLBF-JAN | Kirsty Teit, 12, PGB        |
| 7  | 28.73 | TDJAN    | Nadia Kumentas, 12, WISC    |
| 8  | 28.84 | LACNOV   | Whitney Rich, 11, ISS       |
| 9  | 28.89 | YOUTHDEC | Amanda Long, 12, LAC        |
| 10 | 28.95 | PCSCDEC  | Clare Dermody, 12, HWAC     |
| 11 | 29.13 | BRANTNOV | Amanda Kelly, 12, HWAC      |
| 12 | 29.20 | RAPIDDEC | Carleen Ready, 12, LASC     |
| 13 | 29.24 | KCSDCE   | Amanda Macey, 12, CASC      |
| 14 | 29.40 | RAPIDDEC | G. Poirier-Leroy, 12, NRST  |
| 15 | 29.45 | TMSCNOV  | Shannon Hazelton, 12, SSMAC |
| 16 | 29.49 | YOUTHDEC | Brittney Lowe, 12, LAC      |
| 17 | 29.54 | YOUTHDEC | Heather Julien, 12, LAC     |
| 18 | 29.56 | ESWIMOCT | Martha Ziolkowski, 12, YORK |
| 19 | 29.67 | MANTADEC | Sarah Heckford, 12, MANTA   |
| 20 | 29.89 | MANTADEC | Brittany Reimer, 11, SKSC   |
| 21 | 29.90 | KCSDCE   | Kayla Rawlings, 12, PSW     |
| 22 | 29.92 | YOUTHDEC | Carla Henderson, 12, PDSA   |
| 23 | 29.95 | MANTADEC | Kimberly Wilson, 11, GPP    |
| 24 | 29.96 | LACNOV   | Danielle Armstrong, 12, IAT |
| 25 | 29.98 | PCSCDEC  | Ogechi Abara, 12, RHAC      |

## 100 METRES FREESTYLE

Rec: 57.36 Lori Melien, AAC, 85

|    |         |           |                             |
|----|---------|-----------|-----------------------------|
| 1  | 1:01.39 | YOUTHDEC  | Amanda Long, 12, LAC        |
| 2  | 1:01.44 | RAPIDDEC  | Melissa Lam, 12, SPART      |
| 3  | 1:01.90 | YOUTHDEC  | Allison Bennett, 12, NYAC   |
| 4  | 1:01.96 | BRANTNOV  | Amanda Kelly, 12, HWAC      |
| 5  | 1:02.00 | CASCNV    | Kirsten Pomerleau, 11, UCSC |
| 6  | 1:02.06 | HWACOCT   | Clare Dermody, 12, HWAC     |
| 7  | 1:02.29 | TDJAN     | Emily Gillespie, 12, PERTH  |
| 8  | 1:02.98 | TDJAN     | Nadia Kumentas, 12, WISC    |
| 9  | 1:03.00 | YOUTHDEC  | Heather Julien, 12, LAC     |
| 10 | 1:03.02 | YOUTHDEC  | Monica Wakeman, 12, NEW     |
| 11 | 1:03.58 | ISCUPTNOV | G. Poirier-Leroy, 12, NRST  |
| 12 | 1:03.95 | WLBF-JAN  | Kirsty Teit, 12, PGB        |
| 13 | 1:04.11 | KCSDCE    | Amanda Macey, 12, CASC      |
| 14 | 1:04.15 | MANTADEC  | Brittany Reimer, 11, SKSC   |
| 15 | 1:04.24 | YOUTHDEC  | Martha Ziolkowski, 12, YORK |
| 16 | 1:04.50 | KCSDCE    | Johanna Wick, 12, PN        |
| 17 | 1:04.50 | YOUTHDEC  | Jackie Sweets, 12, CAJ      |
| 18 | 1:04.56 | YOUTHDEC  | Carla Henderson, 12, PDSA   |
| 19 | 1:04.81 | PCSCDEC   | Alice Chow, 11, PCSK        |
| 20 | 1:05.19 | TDJAN     | Julia Wilkinson, 12, SKY    |
| 21 | 1:05.32 | MANTADEC  | Whitney Reed, 11, MANTA     |
| 22 | 1:05.34 | MANTADEC  | Jamie MacLeod, 12, USC      |
| 23 | 1:05.36 | ESWIMJAN  | Jody Jelen, 12, ESWIM       |
| 24 | 1:05.44 | MANTADEC  | Sarah Heckford, 12, MANTA   |
| 25 | 1:05.45 | YOUTHDEC  | Bevan Haley, 12, WTSC       |

## 200 METRES FREESTYLE

Rec: 2:05.41 Shauna Collins, ROD, 90

|    |         |           |                             |
|----|---------|-----------|-----------------------------|
| 1  | 2:13.22 | YOUTHDEC  | Amanda Long, 12, LAC        |
| 2  | 2:13.24 | BRANTNOV  | Amanda Kelly, 12, HWAC      |
| 3  | 2:13.95 | CASCNV    | Mallory Hoekstra, 11, EKSC  |
| 4  | 2:14.41 | CASCNV    | Kirsten Pomerleau, 11, UCSC |
| 5  | 2:15.37 | YOUTHDEC  | Allison Bennett, 12, NYAC   |
| 6  | 2:15.56 | PCSCDEC   | Clare Dermody, 12, HWAC     |
| 7  | 2:16.14 | KCSDCE    | Anne Schmuck, 12, PSW       |
| 8  | 2:17.04 | RAPIDDEC  | Melissa Lam, 12, SPART      |
| 9  | 2:17.48 | ISCUPTNOV | G. Poirier-Leroy, 12, NRST  |
| 10 | 2:17.52 | RAPIDDEC  | Carleen Ready, 12, LASC     |
| 11 | 2:17.76 | YOUTHDEC  | Monica Wakeman, 12, NEW     |
| 12 | 2:18.18 | PCSCDEC   | Jody Jelen, 12, ESWIM       |
| 13 | 2:18.40 | YOUTHDEC  | Bevan Haley, 12, WTSC       |
| 14 | 2:18.63 | MANTADEC  | Whitney Reed, 11, MANTA     |
| 15 | 2:18.72 | MANTADEC  | Brittany Reimer, 11, SKSC   |
| 16 | 2:19.08 | PICKDEC   | Emily Gillespie, 12, PERTH  |
| 17 | 2:19.12 | ISCUPTNOV | Michelle Miller, 12, PDSA   |
| 18 | 2:19.14 | YOUTHDEC  | Jackie Sweets, 12, CAJ      |
| 19 | 2:19.33 | YOUTHDEC  | Martha Ziolkowski, 12, YORK |
| 20 | 2:19.40 | YOUTHDEC  | Heather Julien, 12, LAC     |
| 21 | 2:20.65 | UTJAN21   | Alyssa Hubert, 12, CYPES    |
| 22 | 2:20.81 | RAPIDDEC  | Amanda Bell, 11, SPART      |
| 23 | 2:20.96 | MANTADEC  | Katy Murdoch, 12, KSS       |
| 24 | 2:21.44 | YOUTHDEC  | Carla Henderson, 12, PDSA   |
| 25 | 2:21.73 | MANTADEC  | Caitlyn Harris, 12, SKSC    |

Rankings for the period (results received)  
October 1, 1999 to January 28, 2000  
TAG is financially supported by  
Swimming/Natation Canada. Compiled by SWIMNEWS

# 1999 SHORT COURSE TAG®

## 400 METRES FREESTYLE

Rec: 4:23.93 Stephanie Shewchuk, PCSK, 87

|    |         |           |                             |
|----|---------|-----------|-----------------------------|
| 1  | 4:39.06 | YOUTHDEC  | Amanda Long, 12, LAC        |
| 2  | 4:39.64 | KCSDCE    | Anne Schmuck, 12, PSW       |
| 3  | 4:40.96 | KCSDCE    | Mallory Hoekstra, 12, EKSC  |
| 4  | 4:46.07 | BRANTNOV  | Amanda Kelly, 12, HWAC      |
| 5  | 4:46.11 | BRANTNOV  | Clare Dermody, 12, HWAC     |
| 6  | 4:46.75 | YOUTHDEC  | Bevan Haley, 12, WTSC       |
| 7  | 4:50.13 | ISCUPTNOV | G. Poirier-Leroy, 12, NRST  |
| 8  | 4:51.07 | YOUTHDEC  | Allison Bennett, 12, NYAC   |
| 9  | 4:53.30 | YOUTHDEC  | Michelle Mance, 12, PDSA    |
| 10 | 4:53.60 | PCSCDEC   | Jody Jelen, 12, ESWIM       |
| 11 | 4:54.01 | MANTADEC  | Brittany Reimer, 11, SKSC   |
| 12 | 4:54.02 | YOUTHDEC  | Jackie Sweets, 12, CAJ      |
| 13 | 4:54.89 | YOUTHDEC  | Carol Starratt, 12, CASC    |
| 14 | 4:55.28 | YOUTHDEC  | Monica Wakeman, 12, NEW     |
| 15 | 4:56.14 | PICKDEC   | Emily Gillespie, 12, PERTH  |
| 16 | 4:56.51 | MANTADEC  | Caitlyn Harris, 12, SKSC    |
| 17 | 4:56.61 | PCSCDEC   | Caitlin O'Neill, 12, LUSC   |
| 18 | 4:56.87 | ISCUPTNOV | Brittany Barber, 12, PSW    |
| 19 | 4:58.10 | RAPIDDEC  | Michelle Miller, 12, PDSA   |
| 20 | 4:58.20 | YOUTHDEC  | Heather Julien, 12, LAC     |
| 21 | 4:59.14 | YOUTHDEC  | Martha Ziolkowski, 12, YORK |
| 22 | 4:59.16 | PCSCDEC   | Shannon McQueen, 12, GO     |
| 23 | 4:59.28 | KCSDCE    | Kayla Rawlings, 12, PSW     |
| 24 | 4:59.83 | CNMNAN    | Audrey Portelance, 12, CNSJ |
| 25 | 5:00.71 | YOUTHDEC  | Carla Henderson, 12, PDSA   |

## 800 METRES FREESTYLE

Rec: 8:55.85 Stephanie Shewchuk, PCSK, 87

|    |          |           |                             |
|----|----------|-----------|-----------------------------|
| 1  | 9:38.20  | YOUTHDEC  | Amanda Long, 12, LAC        |
| 2  | 9:44.36  | KCSDCE    | Anne Schmuck, 12, PSW       |
| 3  | 9:47.74  | YOUTHDEC  | Bevan Haley, 12, WTSC       |
| 4  | 10:02.62 | MANTADEC  | Brittany Reimer, 11, SKSC   |
| 5  | 10:03.10 | YOUTHDEC  | Michelle Mance, 12, PDSA    |
| 6  | 10:06.46 | ISCUPTNOV | G. Poirier-Leroy, 12, NRST  |
| 7  | 10:07.29 | MANTADEC  | Caitlyn Harris, 12, SKSC    |
| 8  | 10:08.81 | LACNOV    | Heather Julien, 12, LAC     |
| 9  | 10:12.05 | YOUTHDEC  | Carol Starratt, 12, CASC    |
| 10 | 10:12.98 | ISCUPTNOV | Michelle Miller, 12, PDSA   |
| 11 | 10:13.88 | ISCUPTNOV | Brittany Barber, 12, PSW    |
| 12 | 10:14.76 | COBRAJAN  | Allison Bennett, 12, NYAC   |
| 13 | 10:15.56 | CNMNAN    | Audrey Portelance, 12, CNSJ |
| 14 | 10:23.44 | LACNOV    | Emiley Jellie, 11, ROW      |
| 15 | 10:23.68 | COBRANOV  | Kim Kernaghan, 12, NEW      |
| 16 | 10:25.05 | YOUTHDEC  | Monica Wakeman, 12, NEW     |
| 17 | 10:26.06 | LACNOV    | Julia Wilkinson, 12, SKY    |
| 18 | 10:26.55 | ISCUPTNOV | Kathryn Johnson, 11, PDSA   |
| 19 | 10:26.58 | YOUTHDEC  | Rachael Bosma, 12, STJJ     |
| 20 | 10:27.68 | MANTADEC  | Hailee Traa, 11, MANTA      |
| 21 | 10:27.81 | MANTADEC  | Whitney Reed, 12, MANTA     |
| 22 | 10:30.67 | LACNOV    | Whitney Rich, 11, ISS       |
| 23 | 10:31.99 | LACNOV    | Laura Kendall, 12, ROW      |
| 24 | 10:32.55 | COBRAJAN  | Jody Jelen, 12, ESWIM       |
| 25 | 10:32.95 | GOLDOCT   | Elyse Silzer, 12, ROD       |

## 100 METRES BACKSTROKE

Rec: 1:05.71 Stephanie Brueschke, MAC, 94

|    |         |          |                              |
|----|---------|----------|------------------------------|
| 1  | 1:09.83 | RAPIDDEC | Melissa Lam, 12, SPART       |
| 2  | 1:10.02 | CASCNV   | Mallory Hoekstra, 11, EKSC   |
| 3  | 1:10.48 | YOUTHDEC | Monica Wakeman, 12, NEW      |
| 4  | 1:10.77 | ESWIMJAN | Amanda Long, 12, LAC         |
| 5  | 1:10.99 | PICKDEC  | Emily Gillespie, 12, PERTH   |
| 6  | 1:11.01 | BRANTNOV | Genevieve Saumur, 12, CAMO   |
| 7  | 1:11.17 | YOUTHDEC | Kayla Truswell, 12, LAC      |
| 8  | 1:11.32 | HWACOCT  | Amanda Kelly, 12, HWAC       |
| 9  | 1:11.46 | MANTADEC | Landice Yestrau, 12, MM      |
| 10 | 1:11.86 | KCSDCE   | Anne Schmuck, 12, PSW        |
| 11 | 1:11.97 | YOUTHDEC | Jennifer MacLachlan, 12, NEW |
| 12 | 1:12.05 | MANTADEC | Elyse Silzer, 12, ROD        |
| 13 | 1:12.20 | UTJAN21  | Alyssa Hubert, 12, CYPES     |
| 14 | 1:12.25 | PCSCDEC  | Shannon McQueen, 12, GO      |
| 15 | 1:12.29 | CASCNV   | Kirsten Pomerleau, 11, UCSC  |
| 16 | 1:12.34 | HWACOCT  | Clare Dermody, 12, HWAC      |
| 17 | 1:12.57 | RAPIDDEC | Carleen Ready, 12, LASC      |
| 18 | 1:12.62 | YOUTHDEC | Carla Henderson, 12, PDSA    |
| 19 | 1:13.15 | YOUTHDEC | Heather Julien, 12, LAC      |
| 20 | 1:13.21 | YOUTHDEC | Meghan Croucher, 12, NEW     |
| 21 | 1:13.42 | PCSCDEC  | Carolyn Ross, 12, CAMO       |
| 22 | 1:13.84 | LACNOV   | Whitney Rich, 11, ISS        |
| 23 | 1:14.28 | YOUTHDEC | Carol Starratt, 12, CASC     |
| 24 | 1:14.31 | MACJAN   | Martha Ziolkowski, 12, YORK  |
| 25 | 1:14.40 | KCSDCE   | Kimberly Kabesh, 12, STSC    |

## 200 METRES BACKSTROKE

Rec: 2:20.47 Jennifer Fratessi, SSMAC, 97

|    |         |           |                              |
|----|---------|-----------|------------------------------|
| 1  | 2:28.27 | CASCNV    | Mallory Hoekstra, 11, EKSC   |
| 2  | 2:29.91 | ESWIMJAN  | Amanda Long, 12, LAC         |
| 3  | 2:29.97 | PCSCDEC   | Genevieve Saumur, 12, CAMO   |
| 4  | 2:30.74 | YOUTHDEC  | Kayla Truswell, 12, LAC      |
| 5  | 2:31.07 | KCSDCE    | Anne Schmuck, 12, PSW        |
| 6  | 2:31.47 | MANTADEC  | Landice Yestrau, 12, MM      |
| 7  | 2:32.45 | CASCNV    | Kirsten Pomerleau, 11, UCSC  |
| 8  | 2:32.72 | MANTADEC  | Elyse Silzer, 12, ROD        |
| 9  | 2:33.03 | YOUTHDEC  | Monica Wakeman, 12, NEW      |
| 10 | 2:33.63 | ISCUPTNOV | Melissa Lam, 12, SPART       |
| 11 | 2:33.97 | HWACOCT   | Amanda Kelly, 12, HWAC       |
| 12 | 2:34.42 | PCSCDEC   | Shannon McQueen, 12, GO      |
| 13 | 2:34.60 | HWACOCT   | Clare Dermody, 12, HWAC      |
| 14 | 2:35.02 | YOUTHDEC  | Meghan Croucher, 12, NEW     |
| 15 | 2:35.25 | YOUTHDEC  | Carol Starratt, 12, CASC     |
| 16 | 2:35.41 | YOUTHDEC  | Jennifer MacLachlan, 12, NEW |
| 17 | 2:35.71 | ESWIMJAN  | Heather Julien, 12, LAC      |
| 18 | 2:35.77 | BRANTNOV  | Natalie Gill, 12, PCSK       |
| 19 | 2:36.13 | UTJAN21   | Alyssa Hubert, 12, CYPES     |
| 20 | 2:36.37 | CNMNAN    | Audrey Portelance, 12, CNSJ  |
| 21 | 2:36.59 | YOUTHDEC  | Martha Ziolkowski, 12, YORK  |
| 22 | 2:37.26 | YOUTHDEC  | Carla Henderson, 12, PDSA    |
| 23 | 2:37.66 | MANTADEC  | Katy Murdoch, 12, KSS        |
| 24 | 2:37.68 | KCSDCE    | Kayla Rawlings, 12, PSW      |
| 25 | 2:37.85 | YOUTHDEC  | Bevan Haley, 12, WTSC        |

## 100 METRES BREASTSTROKE

Rec: 1:10.11 Allison Higson, ESC, 85

|    |         |           |                              |
|----|---------|-----------|------------------------------|
| 1  | 1:17.61 | YOUTHDEC  | Elizabeth Engs, 12, CAJ      |
| 2  | 1:17.67 | KCSDCE    | Anne Schmuck, 12, PSW        |
| 3  | 1:18.80 | BRANTNOV  | Whitney Rich, 11, ISS        |
| 4  | 1:19.46 | KCSDCE    | Johanna Wick, 12, PN         |
| 5  | 1:19.69 | PCSCDEC   | Kim Labbett, 12, OAK         |
| 6  | 1:19.73 | CASCNV    | Mallory Hoekstra, 11, EKSC   |
| 7  | 1:20.15 | ISCUPTNOV | Michelle Miller, 12, PDSA    |
| 8  | 1:21.02 | YOUTHDEC  | Michelle Claessens, 12, MMST |
| 9  | 1:21.32 | YOUTHDEC  | Michelle Mance, 12, PDSA     |
| 10 | 1:21.66 | RAPIDDEC  | Carleen Ready, 12, LASC      |
| 11 | 1:22.05 | PCSCDEC   | Kelly Salvador, 12, TMSC     |
| 12 | 1:22.08 | PCSCDEC   | Alice Chow, 11, PCSK         |
| 13 | 1:22.28 | NORACJAN  | Kristyna Cleminson, 12, BYST |
| 14 | 1:22.32 | NKBOCT    | Andrea Zarins, 12, NKB       |
| 15 | 1:22.42 | KCSDCE    | Dana Williams, 12, STSC      |
| 16 | 1:22.45 | KCSDCE    | Elizabeth Hendrick, 11, NCSA |
| 17 | 1:22.67 | ESWIMJAN  | Amanda Long, 12, LAC         |
| 18 | 1:22.82 | YOUTHDEC  | Kristen Low, 11, ESWIM       |
| 19 | 1:22.94 | PCSCDEC   | Julie Vincent, 12, CAMO      |
| 20 | 1:22.96 | CASCNV    | Lauren Crawford, 12, UCSC    |
| 21 | 1:22.99 | YOUTHDEC  | Melanie Nelson, 12, IS       |
| 22 | 1:23.23 | MANTADEC  | Jane Harrington, 11, MM      |
| 23 | 1:23.23 | CASCNV    | Allison Rehili, 12, NCSA     |
| 24 | 1:23.58 | YOUTHDEC  | Tawnya Rudy, 12, TORCH       |
| 25 | 1:23.64 | ESWIMJAN  | Kim Kernaghan, 12, NEW       |

## 200 METRES BREASTSTROKE

Rec: 2:30.55 Courtenay Chuy, HYACK, 98

|    |         |           |                              |
|----|---------|-----------|------------------------------|
| 1  | 2:43.21 | UTJAN21   | Elizabeth Engs, 12, CAJ      |
| 2  | 2:45.80 | KCSDCE    | Anne Schmuck, 12, PSW        |
| 3  | 2:48.41 | PCSCDEC   | Kim Labbett, 12, OAK         |
| 4  | 2:49.74 | BRANTNOV  | Whitney Rich, 11, ISS        |
| 5  | 2:50.60 | CASCNV    | Mallory Hoekstra, 11, EKSC   |
| 6  | 2:51.09 | ISCUPTNOV | Michelle Miller, 12, PDSA    |
| 7  | 2:51.82 | PGBNV     | Johanna Wick, 12, PN         |
| 8  | 2:52.91 | YOUTHDEC  | Michelle Mance, 12, PDSA     |
| 9  | 2:53.97 | YOUTHDEC  | Michelle Claessens, 12, MMST |
| 10 | 2:54.61 | YOUTHDEC  | Melanie Nelson, 12, IS       |
| 11 | 2:55.79 | PCSCDEC   | Kelly Salvador, 12, TMSC     |
| 12 | 2:56.26 | CASCNV    | Elizabeth Hendrick, 12, NCSA |
| 13 | 2:56.55 | ESWIMJAN  | Amanda Long, 12, LAC         |
| 14 | 2:56.73 | ESWIMJAN  | Kim Kernaghan, 12, NEW       |
| 15 | 2:57.09 | CASCNV    | Lauren Crawford, 12, UCSC    |
| 16 | 2:57.94 | PCSCDEC   | Julie Vincent, 12, CAMO      |
| 17 | 2:58.06 | PCSCDEC   | Ivana Corovic, 11, OAK       |
| 18 | 2:58.72 | YOUTHDEC  | Kristen Low, 11, ESWIM       |
| 19 | 2:59.59 | CASCNV    | Dana Williams, 12, STSC      |
| 20 | 2:59.73 | ISCUPTNOV | G. Poirier-Leroy, 12, NRST   |
| 21 | 3:00.19 | MANTADEC  | Jane Harrington, 11, MM      |
| 22 | 3:00.29 | MANTADEC  | Jennifer Rich, 11, MANTA     |
| 23 | 3:00.56 | CNOOCT    | Cecile Dufour, 12, UL        |
| 24 | 3:00.66 | PCSCDEC   | Alice Chow, 11, PCSK         |
| 25 | 3:00.89 | RAPIDDEC  | Hollis Roth, 11, IS          |

## 100 METRES BUTTERFLY

Rec: 1:05.24 Allison Barriscale, KMSC, 89

|   |         |          |                             |
|---|---------|----------|-----------------------------|
| 1 | 1:08.01 | YOUTHDEC | Amanda Long, 12, LAC        |
| 2 | 1:08.77 | RAPIDDEC | Carleen Ready, 12, LASC     |
| 3 | 1:09.76 | KCSDCE   | Mallory Hoekstra, 12, EKSC  |
| 4 | 1:10.20 | PCSCDEC  | Genevieve Saumur, 12, CAMO  |
| 5 | 1:10.67 | PCSCDEC  | Shannon Hazelton, 12, SSMAC |
| 6 | 1:11.39 | YOUTHDEC | Heather Julien, 12, LAC     |
| 7 | 1:11.76 | BRANTNOV | Laura Connor,               |

# TOP AGE GROUP TIMES



1-800-661-7946

# BOYS 11-12

## 50 METRES FREESTYLE

Rec: 25.28 John M.Mills,GO,93

|    |       |                                      |
|----|-------|--------------------------------------|
| 1  | 27.03 | CNOOCT Vincent Boulanger-M,12,CNO    |
| 2  | 27.51 | YOUTHDEC Mark Kurtzer,12,NEW         |
| 3  | 27.60 | MANTADEC Michael Smela,12,YLSC       |
| 4  | 27.67 | CASCNOV Darren Tso,12,LASC           |
| 5  | 28.00 | CASCNOV Shane Kemmel,12,LASC         |
| 6  | 28.10 | BRANTNOV Julian Cino,12,HWAC         |
| 7  | 28.20 | BRANTNOV James San Pedro,12,OKA      |
| 8  | 28.27 | PCSCDEC Sean Dawson,12,GO            |
| 9  | 28.31 | YOUTHDEC Michael Allain,12,OST       |
| 10 | 28.33 | CASCNOV Braden O'Neill,12,OSCC       |
| 11 | 28.34 | YOUTHDEC Paul Mearau,12,CASC         |
| 12 | 28.35 | RODSCJAN Andrew Malawski,12,ROD      |
| 13 | 28.52 | YOUTHDEC Nelson Niedzielski,12,MSSAC |
| 14 | 28.65 | MACJAN Stephen Louli,12,MAC          |
| 15 | 28.81 | KCSDEC Aaron Lou,12,EKSC             |
| 16 | 28.85 | MANTADEC Thomas Seibel,12,GOLD       |
| 17 | 28.90 | CASCNOV Jim Judiesch,12,CASC         |
| 18 | 28.94 | YOUTHDEC Alex Olson,12,SCAR          |
| 19 | 28.99 | CASCNOV Norman Ng,12,HWAC            |
| 20 | 29.04 | YOUTHDEC Richard Alexander,12,IS     |
| 21 | 29.11 | LUSCOCT Jeff Byrne,12,SSMAC          |
| 22 | 29.12 | CASCNOV Rodale Estor,12,CASC         |
| 23 | 29.17 | RAPIDDEC Pascal Wollach,12,LASC      |
| 24 | 29.33 | PICKDECE B. Beaudette,12,ROC         |
| 25 | 29.39 | MANTADEC Christian Carl,12,TBT       |

## 100 METRES FREESTYLE

Rec: 55.99 Brad Creelman,TOMAC,83

|    |         |                                      |
|----|---------|--------------------------------------|
| 1  | 1:00.14 | YOUTHDEC Mark Kurtzer,12,NEW         |
| 2  | 1:00.36 | PCSCDEC Sean Dawson,12,GO            |
| 3  | 1:00.81 | CNOOCT Vincent Boulanger-M,12,CNO    |
| 4  | 1:01.55 | CASCNOV Michael Smela,12,YLSC        |
| 5  | 1:01.86 | KCSDEC Braden O'Neill,12,OSCC        |
| 6  | 1:01.91 | LASCNOV Shane Kemmel,12,LASC         |
| 7  | 1:01.92 | RAPIDDEC Darren Tso,12,LASC          |
| 8  | 1:01.99 | CASCNOV Jim Judiesch,12,CASC         |
| 9  | 1:02.33 | YOUTHDEC Alex Olson,12,SCAR          |
| 10 | 1:02.62 | BRANTNOV Julian Cino,12,HWAC         |
| 11 | 1:02.65 | YOUTHDEC Kyles Vara,12,CHAMP         |
| 12 | 1:02.81 | CASCNOV Norman Ng,12,HWAC            |
| 13 | 1:02.97 | YOUTHDEC Paul Mearau,12,CASC         |
| 14 | 1:03.28 | LACNOV Brandon Connerly,12,BRANT     |
| 15 | 1:03.38 | BRANTNOV James San Pedro,12,OKA      |
| 16 | 1:03.38 | YOUTHDEC Chris Bento,12,LAC          |
| 17 | 1:03.41 | KCSDEC Gavin D'Amico,12,EKSC         |
| 18 | 1:03.52 | RODSCJAN Andrew Malawski,12,ROD      |
| 19 | 1:03.53 | CHAMPDEC Kyle Svara,12,CHAMP         |
| 20 | 1:03.74 | MACJAN Stephen Louli,12,MAC          |
| 21 | 1:03.79 | KCSDEC Richard Alexander,12,IS       |
| 22 | 1:03.84 | YOUTHDEC Nelson Niedzielski,12,MSSAC |
| 23 | 1:03.86 | RODSCJAN Christian Carl,12,TBT       |
| 24 | 1:03.91 | MANTADEC Brad Hankewich,12,GOLD      |
| 25 | 1:04.17 | YOUTHDEC Michael Allain,12,BST       |

## 200 METRES FREESTYLE

Rec: 2:01.59 Doug Wake,YLSC,90

|    |         |                                      |
|----|---------|--------------------------------------|
| 1  | 2:12.10 | MANTADEC Michael Smela,12,YLSC       |
| 2  | 2:12.87 | KCSDEC Braden O'Neill,12,OSCC        |
| 3  | 2:13.19 | YOUTHDEC Chris Bento,12,LAC          |
| 4  | 2:13.45 | YOUTHDEC Jim Judiesch,12,CASC        |
| 5  | 2:13.55 | YOUTHDEC Mark Kurtzer,12,NEW         |
| 6  | 2:13.73 | PCSCDEC Sean Dawson,12,GO            |
| 7  | 2:15.01 | YOUTHDEC Alex Olson,12,SCAR          |
| 8  | 2:15.04 | YOUTHDEC Paul Mearau,12,CASC         |
| 9  | 2:15.35 | YOUTHDEC Michael Allain,12,BST       |
| 10 | 2:15.63 | RAPIDDEC Pascal Wollach,12,LASC      |
| 11 | 2:16.12 | YOUTHDEC Nelson Niedzielski,12,MSSAC |
| 12 | 2:16.60 | CNOOCT Vincent Boulanger-M,12,CNO    |
| 13 | 2:16.60 | RAPIDDEC Darren Tso,12,LASC          |
| 14 | 2:16.85 | YOUTHDEC Stephen Malinas,12,GGST     |
| 15 | 2:16.86 | BRANTNOV Brandon Connerly,12,BRANT   |
| 16 | 2:17.11 | YOUTHDEC Steven Rubacha,11,ESWIM     |
| 17 | 2:17.29 | PCSCDEC Matthew Scott,12,HWAC        |
| 18 | 2:18.37 | CASCNOV Jesse Lund,12,EKSC           |
| 19 | 2:18.45 | YOUTHDEC Richard Alexander,12,IS     |
| 20 | 2:18.69 | CASCNOV Kris Yap-Chung,12,HWAC       |
| 21 | 2:19.27 | RODSCJAN Andrew Malawski,12,ROD      |
| 22 | 2:19.28 | MANTADEC Brad Hankewich,12,GOLD      |
| 23 | 2:19.40 | LACNOV James San Pedro,12,OKA        |
| 24 | 2:19.75 | YOUTHDEC Max Kan,12,NYAC             |
| 25 | 2:19.76 | PCSCDEC Kellan O'Neill,12,SSMAC      |

Rankings for the period (results received)

October 1, 1999 to January 28, 2000

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# 1999 SHORT COURSE TAG<sup>®</sup>

## 400 METRES FREESTYLE

Rec: 4:15.89 Chuck Sayao,TOMAC,95

|    |         |                                      |
|----|---------|--------------------------------------|
| 1  | 4:39.18 | YOUTHDEC Chris Bento,12,LAC          |
| 2  | 4:44.12 | YOUTHDEC Nelson Niedzielski,12,MSSAC |
| 3  | 4:45.77 | KCSDEC Jesse Lund,12,EKSC            |
| 4  | 4:46.10 | KCSDEC Kris Yap-Chung,12,HWAC        |
| 5  | 4:46.67 | ESWIMJAN Mark Kurtzer,12,NEW         |
| 6  | 4:46.88 | YOUTHDEC Paul Mearau,12,CASC         |
| 7  | 4:47.16 | RAPIDDEC Pascal Wollach,12,LASC      |
| 8  | 4:47.69 | PCSCDEC Sean Dawson,12,GO            |
| 9  | 4:48.07 | YOUTHDEC Steven Rubacha,11,ESWIM     |
| 10 | 4:49.53 | MANTADEC Michael Smela,12,YLSC       |
| 11 | 4:50.15 | MANTADEC James McKnight,12,GOLD      |
| 12 | 4:50.42 | YOUTHDEC Michael Allain,12,BST       |
| 13 | 4:51.04 | GOLDOCT Jim Judiesch,12,CASC         |
| 14 | 4:51.46 | YOUTHDEC Alex Olson,12,SCAR          |
| 15 | 4:52.52 | PCSCDEC Jonathan Rinaldi,12,CALAC    |
| 16 | 4:52.54 | PCSCDEC Brandon Connerly,12,BRANT    |
| 17 | 4:53.22 | YOUTHDEC Stephen Malinas,12,GGST     |
| 18 | 4:53.32 | YOUTHDEC Kyle Palfrey,12,SCAR        |
| 19 | 4:53.95 | PCSCDEC Matthew Scott,12,HWAC        |
| 20 | 4:54.64 | CASCNOV Norman Ng,12,HWAC            |
| 21 | 4:54.75 | PCSCDEC Kellan O'Neill,12,SSMAC      |
| 22 | 4:55.42 | LACNOV Scott VanDoormaai,12,GMAC     |
| 23 | 4:55.58 | YOUTHDEC Richard Alexander,12,IS     |
| 24 | 4:55.99 | CNOOCT Vincent Boulanger-M,12,CNO    |
| 25 | 4:56.10 | YOUTHDEC Matthew Pariselli,12,NYAC   |

## 1500 METRES FREESTYLE

Rec: 16:58.85 Jamie White,LAC,90

|    |          |                                   |
|----|----------|-----------------------------------|
| 1  | 18:44.08 | YOUTHDEC Chris Bento,12,LAC       |
| 2  | 19:09.08 | LACNOV Brandon Connerly,12,BRANT  |
| 3  | 19:09.80 | MANTADEC Brad Hankewich,12,GOLD   |
| 4  | 19:10.56 | LACNOV Scott VanDoormaai,12,GMAC  |
| 5  | 19:27.58 | ISCUPLNOV Richard Alexander,12,IS |
| 6  | 19:29.25 | YOUTHDEC Kyle Palfrey,12,SCAR     |
| 7  | 19:31.22 | COBRAJAN Mark Pariselli,14,NYAC   |
| 8  | 19:31.27 | ISCUPLNOV Chris Wiggins,11,PDSA   |
| 9  | 19:31.97 | YOUTHDEC Stephen Malinas,12,GGST  |
| 10 | 19:38.22 | ISCUPLNOV Leonard Ho,12,HWAC      |
| 11 | 19:40.54 | MANTADEC James McKnight,12,GOLD   |
| 12 | 19:42.82 | ISCUPLNOV Lu Yi Lay,12,IS         |
| 13 | 19:46.83 | COBRAJAN Bryn Jones,12,NEW        |
| 14 | 19:48.77 | CASCNOV Gavin D'Amico,12,EKSC     |
| 15 | 19:52.63 | YOUTHDEC Alex Cambri,11,CPAC      |
| 16 | 19:53.36 | MEGADEC Peter Bastedo,11,GGST     |
| 17 | 19:59.15 | YOUTHDEC Tristan Alexander,12,TD  |
| 18 | 20:00.01 | CASCNOV Sean Armstrong,12,NCSA    |
| 19 | 20:14.64 | YOUTHDEC Matthew Sze,11,PDSA      |

## 100 METRES BACKSTROKE

Rec: 1:03.53 Tobias Oriwol,PCSC,98

|    |         |                                      |
|----|---------|--------------------------------------|
| 1  | 1:08.27 | YOUTHDEC Michael Allain,12,BST       |
| 2  | 1:08.36 | CASCNOV Jesse Lund,12,EKSC           |
| 3  | 1:08.68 | KCSDEC Braden O'Neill,12,OSCC        |
| 4  | 1:09.96 | YOUTHDEC Wesley Newman,12,CAC        |
| 5  | 1:10.63 | YOUTHDEC Richard Alexander,12,IS     |
| 6  | 1:10.68 | CNOOCT Vincent Boulanger-M,12,CNO    |
| 7  | 1:10.71 | VKSCNOV Brad Barton,12,VKSC          |
| 8  | 1:10.86 | RAPIDDEC Pascal Wollach,12,LASC      |
| 9  | 1:11.24 | YOUTHDEC Stephen Malinas,12,GGST     |
| 10 | 1:11.24 | PCSCDEC Brandon Connerly,12,BRANT    |
| 11 | 1:11.56 | BRANTNOV Steven Rubacha,11,ESWIM     |
| 12 | 1:12.03 | YOUTHDEC Alex Olson,12,SCAR          |
| 13 | 1:12.14 | LACNOV Scott VanDoormaai,12,GMAC     |
| 14 | 1:12.20 | CASCNOV Michael Smela,12,YLSC        |
| 15 | 1:12.31 | MACJAN Scott Samuel,12,OKA           |
| 16 | 1:12.42 | BRANTNOV Matthew Scott,12,HWAC       |
| 17 | 1:12.48 | RODSCJAN Christian Carl,12,TBT       |
| 18 | 1:12.68 | YOUTHDEC Mark Kurtzer,12,NEW         |
| 19 | 1:13.08 | ESWIMJAN Nelson Niedzielski,12,MSSAC |
| 20 | 1:13.39 | YOUTHDEC Paul Mearau,12,CASC         |
| 21 | 1:13.41 | MANTADEC Lee Grant,11,UCSC           |
| 22 | 1:13.52 | PCSCDEC Kevin Jones,11,OKA           |
| 23 | 1:13.57 | RAPIDDEC Darren Tso,12,LASC          |
| 24 | 1:13.73 | LACNOV James San Pedro,12,OKA        |
| 25 | 1:13.89 | LASCNOV Shane Kemmel,12,LASC         |

## 200 METRES BACKSTROKE

Rec: 2:14.05 Tobias Oriwol,PCSC,98

|    |         |                                    |
|----|---------|------------------------------------|
| 1  | 2:26.75 | YOUTHDEC Michael Allain,12,BST     |
| 2  | 2:26.79 | KCSDEC Braden O'Neill,12,OSCC      |
| 3  | 2:28.85 | YOUTHDEC Richard Alexander,12,IS   |
| 4  | 2:29.74 | ESWIMJAN Mark Kurtzer,12,NEW       |
| 5  | 2:29.94 | YOUTHDEC Stephen Malinas,12,GGST   |
| 6  | 2:30.67 | PCSCDEC Brandon Connerly,12,BRANT  |
| 7  | 2:30.87 | YOUTHDEC Wesley Newman,12,CAC      |
| 8  | 2:31.20 | PCSCDEC Matthew Scott,12,HWAC      |
| 9  | 2:32.50 | CASCNOV Jesse Lund,12,EKSC         |
| 10 | 2:32.85 | KCSDEC Brad Barton,12,VKSC         |
| 11 | 2:33.06 | MACJAN Scott Samuel,12,OKA         |
| 12 | 2:33.59 | RAPIDDEC Pascal Wollach,12,LASC    |
| 13 | 2:34.36 | CASCNOV Michael Smela,12,YLSC      |
| 14 | 2:34.99 | BRANTNOV Scott VanDoormaai,12,GMAC |
| 15 | 2:35.13 | MANTADEC James McKnight,12,GOLD    |
| 16 | 2:35.63 | PCSCDEC Kevin Jones,11,OKA         |
| 17 | 2:35.64 | BRANTNOV Steven Rubacha,11,ESWIM   |
| 18 | 2:35.92 | ESWIMJAN Chris Bento,12,LAC        |
| 19 | 2:37.32 | ESWIMJAN Donald Ellison,12,NEW     |
| 20 | 2:37.46 | MANTADEC Lee Grant,11,UCSC         |
| 21 | 2:38.64 | CASCNOV Kris Yap-Chung,12,HWAC     |
| 22 | 2:38.66 | LUSCOCT Jeff Byrne,12,SSMAC        |
| 23 | 2:38.71 | KCSDEC Brent Carter,12,OST         |
| 24 | 2:39.30 | RODSCJAN Christian Carl,12,TBT     |
| 25 | 2:39.82 | PCSCDEC Brandon Holden,12,HWAC     |

## 100 METRES BREASTSTROKE

Rec: 1:07.51 Matthew Huang,ARBU,97

|    |         |                                      |
|----|---------|--------------------------------------|
| 1  | 1:14.59 | CASCNOV Rodale Estor,12,CASC         |
| 2  | 1:16.09 | MANTADEC Michael Smela,12,YLSC       |
| 3  | 1:16.51 | RODSCJAN Andrew Malawski,12,ROD      |
| 4  | 1:17.18 | YOUTHDEC Bryan Mell,11,NEW           |
| 5  | 1:17.93 | CASCNOV Darren Tso,12,LASC           |
| 6  | 1:17.97 | YOUTHDEC Kyles Vara,12,CHAMP         |
| 7  | 1:18.20 | BRANTNOV James San Pedro,12,OKA      |
| 8  | 1:19.19 | YOUTHDEC Alex Olson,12,SCAR          |
| 9  | 1:19.48 | YOUTHDEC Kyle Palfrey,12,SCAR        |
| 10 | 1:19.51 | CASCNOV Jesse Lund,12,EKSC           |
| 11 | 1:19.69 | YOUTHDEC Chris Bento,12,LAC          |
| 12 | 1:20.00 | YOUTHDEC Bryn Jones,12,NEW           |
| 13 | 1:20.04 | CHAMPDEC Kyle Svara,12,CHAMP         |
| 14 | 1:20.18 | YOUTHDEC Jamie Ross,12,AUROR         |
| 15 | 1:21.72 | RAPIDDEC Geoffrey Chen,12,RAPID      |
| 16 | 1:21.84 | YOUTHDEC Steven Rubacha,11,ESWIM     |
| 17 | 1:21.88 | KCSDEC Brad Barton,12,VKSC           |
| 18 | 1:21.95 | LACNOV Brandon Connerly,12,BRANT     |
| 19 | 1:22.17 | PCSCDEC Marc-A. Duchesneau,12,CAMO   |
| 20 | 1:22.35 | PCSCDEC Philippe GrandMaison,12,CAMO |
| 21 | 1:22.40 | LACNOV Kevin Dickson,12,GMAC         |
| 22 | 1:22.48 | PICKDECE Stephen Louli,12,MAC        |
| 23 | 1:23.36 | KCSDEC Nathan Chernoff,12,HWAC       |
| 24 | 1:23.52 | CNOOCT Luc Pepin,27,CNO              |
| 25 | 1:23.64 | ESWIMJAN Daniel Baier,11,COBRA       |

## 200 METRES BREASTSTROKE

Rec: 2:26.87 Matthew Huang,ARBU,97

|    |         |                                      |
|----|---------|--------------------------------------|
| 1  | 2:44.31 | CASCNOV Rodale Estor,12,CASC         |
| 2  | 2:44.39 | MANTADEC Michael Smela,12,YLSC       |
| 3  | 2:46.43 | ESWIMJAN Bryan Mell,11,NEW           |
| 4  | 2:46.93 | YOUTHDEC Kyles Vara,12,CHAMP         |
| 5  | 2:48.52 | BRANTNOV James San Pedro,12,OKA      |
| 6  | 2:49.17 | BRANTNOV Chris Bento,11,LAC          |
| 7  | 2:49.66 | YOUTHDEC Alex Olson,12,SCAR          |
| 8  | 2:49.85 | YOUTHDEC Bryn Jones,12,NEW           |
| 9  | 2:50.07 | RAPIDDEC Darren Tso,12,LASC          |
| 10 | 2:50.12 | RODSCJAN Andrew Malawski,12,ROD      |
| 11 | 2:52.73 | RAPIDDEC Geoffrey Chen,12,RAPID      |
| 12 | 2:54.87 | YOUTHDEC Kyle Palfrey,12,SCAR        |
| 13 | 2:55.02 | PCSCDEC Brandon Connerly,12,BRANT    |
| 14 | 2:55.75 | YOUTHDEC Yann Peeters,12,UNATT       |
| 15 | 2:56.08 | YOUTHDEC Jamie Ross,12,AUROR         |
| 16 | 2:56.26 | PCSCDEC Philippe GrandMaison,12,CAMO |
| 17 | 2:57.11 | ESWIMJAN Daniel Baier,11,COBRA       |
| 18 | 2:57.83 | CNMNUN Etienne Beauchamp,11,CNMN     |
| 19 | 2:58.80 | KCSDEC Brad Barton,12,VKSC           |
| 20 | 2:59.31 | CNMNUN Guillaume Vallieres-L,11,CNSJ |
| 21 | 2:59.37 | KCSDEC Raymond Rieger,12,KSC         |
| 22 | 2:59.59 | YOUTHDEC Damian Kurtyka,12,NYAC      |
| 23 | 2:59.67 | KCSDEC Gordon Nuttall,12,VKSC        |
| 24 | 2:59.90 | PICKDECE Stephen Louli,12,MAC        |
| 25 | 3:00.18 | YOUTHDEC Nathan Zonenberg,12,NYAC    |

## 100 METRES BUTTERFLY

Rec: 1:02.37 Drew Corney,TMSC,91/Michael Calkins,JS,91

|    |         |                                      |
|----|---------|--------------------------------------|
| 1  | 1:08.97 | MICHAEL Smela,12,YLSC                |
| 2  | 1:09.76 | BRANTNOV Julian Cino,12,HWAC         |
| 3  | 1:10.20 | KCSDEC Kris Yap-Chung,12,HWAC        |
| 4  | 1:10.89 | PCSCDEC David Milot,12,PCSC          |
| 5  | 1:11.21 | YOUTHDEC Lu Yi Lay,12,IS             |
| 6  | 1:11.52 | KCSDEC Braden O'Neill,12,OSCC        |
| 7  | 1:11.63 | MACJAN Stephen Louli,12,MAC          |
| 8  | 1:12.05 | LASCNOV Shane Kemmel,12,LASC         |
| 9  | 1:12.18 | BRANTNOV Scott VanDoormaai,12,GMAC   |
| 10 | 1:12.39 | YOUTHDEC Kyle Palfrey,12,SCAR        |
| 11 | 1:13.14 | YOUTHDEC Matthew Pariselli,12,NYAC   |
| 12 | 1:13.16 | TSCJAN Patrick Cuch,11,TSC           |
| 13 | 1:13.20 | CNOOCT Vincent Boulanger-M,12,CNO    |
| 14 | 1:13.22 | YOUTHDEC Nelson Niedzielski,12,MSSAC |
| 15 | 1:13.24 | CNMNUN Mathieu Bois,11,HIPPO         |
| 16 | 1:13.36 | YOUTHDEC Alex Olson,12,SCAR          |
| 17 | 1:13.49 | KCSDEC Jesse Lund,12,EKSC            |
| 18 | 1:14.03 | CASCNOV Tyson Larone,12,EKSC         |
| 19 | 1:14.07 | PCSCDEC Felix Renaud,12,CNB          |
| 20 | 1:14.14 | YOUTHDEC Richard Alexander,12,IS     |
| 21 | 1:14.28 | CASCNOV Norman Ng,12,HWAC            |
| 22 | 1:14.38 | MACJAN Scott Samuel,12,OKA           |
| 23 | 1:14.71 | PCSCDEC Philippe Noelling,12,ESWIM   |
| 24 | 1:14.91 | YOUTHDEC Paul Mearau,12,CASC         |
| 25 | 1:15.66 | MANTADEC Graeme Gibson,12,KSC        |

## 200 METRES BUTTERFLY

Rec: 2:17.46 Andrew Cho,HWAC,91

|    |         |                                      |
|----|---------|--------------------------------------|
| 1  | 2:35.41 | BRANTNOV Scott VanDoormaai,12,GMAC   |
| 2  | 2:35.46 | KCSDEC Kris Yap-Chung,12,HWAC        |
| 3  | 2:38.60 | YOUTHDEC Lu Yi Lay,12,IS             |
| 4  | 2:38.74 | YOUTHDEC Kyle Palfrey,12,SCAR        |
| 5  | 2:39.55 | BRANTNOV David Milot,12,PCSC         |
| 6  | 2:40.61 | EKSCJAN Gavin D'Amico,12,EKSC        |
| 7  | 2:41.22 | YOUTHDEC Matthew Pariselli,12,NYAC   |
| 8  | 2:41.98 | LACNOV Brandon Connerly,12,BRANT     |
| 9  | 2:43.46 | KCSDEC Tristan Armstrong,12,NCSA     |
| 10 | 2:44.52 | YOUTHDEC Patrick Cuch,11,TSC         |
| 11 | 2:44.63 | YOUTHDEC Nelson Niedzielski,12,MSSAC |
| 12 | 2:45.90 | PCSCDEC Felix Renaud,12,CNB          |
| 13 | 2:46.14 | PCSCDEC Philippe Noelling,12,ESWIM   |
| 14 | 2:46.15 | BRANTNOV Chris Bento,11,LAC          |
| 15 | 2:46.26 | ESWIMJAN Mehmet Dinc,12,COBRA        |
| 16 | 2:47.09 | MACJAN Scott Samuel,12,OKA           |
| 17 | 2:47.51 | ESWIMJAN John Lukovich,12,COBRA      |
| 18 | 2:48.63 | MANTADEC Graeme Gibson,12,KSC        |
| 19 | 2:49.19 | GOLDOCT Michael Smela,12,YLSC        |
| 20 | 2:49.20 | KCSDEC Leonard Ho,12,HWAC            |
| 21 | 2:49.81 | MANTADEC Brad Hankewich,12,GOLD      |
| 22 | 2:50.80 |                                      |

TOP AGE GROUP TIMES



1-800-661-7946

# GIRLS 13-14

Rankings for the period (results received)  
October 1, 1999 to January 28, 2000  
TAG is financially supported by  
Swimming/Natalon Canada. Compiled by SWIMNEWS

# 1999 SHORT COURSE TAG®

### 50 METRES FREESTYLE

Rec: 26.04 Kristin Topham, MANTA, 88

|    |       |           |                              |
|----|-------|-----------|------------------------------|
| 1  | 26.67 | MANTADEC  | Alexandra Lys, 14, UCSC      |
| 2  | 26.94 | PCSDEEC   | Jackie Chan, 14, MSSAC-TO    |
| 3  | 26.97 | YOUTHDEC  | Jennifer Porenia, 14, MMST   |
| 4  | 27.16 | YOUTHDEC  | Sarah Gault, 14, CAC         |
| 5  | 27.39 | ONTSRNOV  | Kate Pleyley, 14, OAK        |
| 6  | 27.42 | RAPIDDEC  | Mila Zvijerac, 14, HYACK     |
| 7  | 27.45 | PCSDEEC   | Stephanie Kuhn, 14, TMSAC    |
| 8  | 27.56 | PCSDEEC   | Andrea Shoust, 14, SSMAC     |
| 9  | 27.59 | KCSDCEC   | Andrea Baird, 14, RDSCS      |
| 10 | 27.66 | MANTADEC  | Erin Kardash, 14, MM         |
| 11 | 27.85 | KCSDCEC   | Orlagh O'Kelly, 14, EKSC     |
| 12 | 27.88 | ONTSRNOV  | Dana Lord, 14, TORCH         |
| 13 | 27.90 | RAPIDDEC  | Amy Kilam, 14, LASC          |
| 14 | 28.01 | KMSCDEEC  | April Tam, 13, PN            |
| 15 | 28.15 | MANTADEC  | Jennifer Toogood, 14, MANTA  |
| 16 | 28.17 | ONTSRNOV  | Dana Lord, 14, EYSC          |
| 17 | 28.18 | YOUTHDEC  | Monica Wejman, 14, ESWIM     |
| 18 | 28.22 | YOUTHDEC  | Hayley Doody, 14, CASC       |
| 19 | 28.23 | KCSDCEC   | Elsa Vangoudeover, 14, NCSA  |
| 20 | 28.23 | PICKDEEC  | Amanda Gillespie, 14, PERTH  |
| 21 | 28.24 | MANTADEC  | Diane Kardash, 14, MM        |
| 22 | 28.25 | ISCUPTNOV | Jenny Lock, 14, COMOX        |
| 23 | 28.34 | ONTSRNOV  | Jennifer Beckberger, 13, AAC |
| 24 | 28.34 | CASCNOV   | Michelle Cove, 14, RDSCS     |
| 25 | 28.42 | CASCNOV   | Hania Kubas, 14, EKSC        |

### 100 METRES FREESTYLE

Rec: 56.29 Shauna Collins, ROD, 90

|    |         |           |                             |
|----|---------|-----------|-----------------------------|
| 1  | 57.08   | MANTADEC  | Alexandra Lys, 14, UCSC     |
| 2  | 58.08   | YOUTHDEC  | Jackie Chan, 14, MSSAC-TO   |
| 3  | 58.30   | PCSDEEC   | Kate Pleyley, 14, OAK       |
| 4  | 58.55   | YOUTHDEC  | Jennifer Porenia, 14, MMST  |
| 5  | 59.33   | CASCNOV   | Hayley Doody, 14, CASC      |
| 6  | 59.64   | KCSDCEC   | Andrea Baird, 14, RDSCS     |
| 7  | 59.69   | YOUTHDEC  | Monica Wejman, 14, ESWIM    |
| 8  | 1:00.01 | RAPIDDEC  | Michelle Landry, 14, PDSA   |
| 9  | 1:00.08 | PCSDEEC   | Stephanie Kuhn, 14, TMSAC   |
| 10 | 1:00.21 | KCSDCEC   | Mila Zvijerac, 14, HYACK    |
| 11 | 1:00.26 | ONTSRNOV  | Jessica Vance, 14, BRANT    |
| 12 | 1:00.32 | KCSDCEC   | Orlagh O'Kelly, 14, EKSC    |
| 13 | 1:00.55 | PICKDEEC  | Amanda Gillespie, 14, PERTH |
| 14 | 1:00.56 | YOUTHDEC  | Sarah Gault, 14, CAC        |
| 15 | 1:00.83 | RAPIDDEC  | Chelsey Burnett, 14, NRST   |
| 16 | 1:00.91 | LUSCOOT   | Andrea Shoust, 13, SSMAC    |
| 17 | 1:01.01 | MANTADEC  | Erin Kardash, 14, MM        |
| 18 | 1:01.03 | MANTADEC  | Diane Kardash, 14, MM       |
| 19 | 1:01.17 | ONTSRNOV  | Leanna Lee, 14, TORCH       |
| 20 | 1:01.20 | MANTADEC  | Lynette Bayliss, 14, UCSC   |
| 21 | 1:01.23 | GOLDOCT   | Michelle Cove, 14, RDSCS    |
| 22 | 1:01.26 | BBSCOOT   | Elizabeth Cleven, 14, MM    |
| 23 | 1:01.32 | ISCUPTNOV | Courtenay Chuy, 14, HYACK   |
| 24 | 1:01.72 | RAPIDDEC  | Amy Kilam, 14, LASC         |
| 25 | 1:01.75 | YOUTHDEC  | Kristin McLroy, 13, MMST    |

### 200 METRES FREESTYLE

Rec: 2:00.88 Jane Kerr, ESC, 83

|    |         |           |                             |
|----|---------|-----------|-----------------------------|
| 1  | 2:04.60 | MANTADEC  | Alexandra Lys, 14, UCSC     |
| 2  | 2:05.53 | ISCUPTNOV | Michelle Landry, 14, PDSA   |
| 3  | 2:06.19 | YOUTHDEC  | Monica Wejman, 14, ESWIM    |
| 4  | 2:06.27 | YOUTHDEC  | Hayley Doody, 14, CASC      |
| 5  | 2:06.32 | PCSDEEC   | Kate Pleyley, 14, OAK       |
| 6  | 2:08.55 | YOUTHDEC  | Jackie Chan, 14, MSSAC-TO   |
| 7  | 2:09.31 | BRANTNOV  | Carly Cermak, 14, CAJ       |
| 8  | 2:09.84 | BRANTNOV  | Kathy Siuda, 14, ROW        |
| 9  | 2:10.25 | ISCUPTNOV | Jenny Lock, 14, COMOX       |
| 10 | 2:10.28 | RAPIDDEC  | Chelsey Burnett, 14, NRST   |
| 11 | 2:10.99 | ISCUPTNOV | Courtenay Chuy, 14, HYACK   |
| 12 | 2:11.13 | ONTSRNOV  | Jessica Vance, 14, BRANT    |
| 13 | 2:11.20 | CASCNOV   | Lynette Bayliss, 14, UCSC   |
| 14 | 2:11.29 | PCSDEEC   | Julia Guay-Racine, 13, CAMO |
| 15 | 2:11.39 | CASCNOV   | Michelle Cove, 14, RDSCS    |
| 16 | 2:11.48 | YOUTHDEC  | Jennifer Porenia, 14, MMST  |
| 17 | 2:11.59 | CASCNOV   | Sara McNally, 14, EKSC      |
| 18 | 2:11.72 | MANTADEC  | Katy Bergman, 13, KSS       |
| 19 | 2:11.77 | PCSDEEC   | Stephanie Kuhn, 14, TMSAC   |
| 20 | 2:12.16 | PICKDEEC  | Amanda Gillespie, 14, PERTH |
| 21 | 2:12.33 | KCSDCEC   | Marla May, 14, KCS          |
| 22 | 2:12.39 | YOUTHDEC  | Sarah Chan, 13, ESWIM       |
| 23 | 2:12.40 | KCSDCEC   | Orlagh O'Kelly, 14, EKSC    |
| 24 | 2:12.41 | GOLDOCT   | Andrea Baird, 14, RDSCS     |
| 25 | 2:12.48 | MANTADEC  | Krista Haslund, 13, ROD     |

### 400 METRES FREESTYLE

Rec: 4:14.43 Elissa Purvis, CDSC, 85

|    |         |           |                              |
|----|---------|-----------|------------------------------|
| 1  | 4:22.80 | RAPIDDEC  | Michelle Landry, 14, PDSA    |
| 2  | 4:25.67 | YOUTHDEC  | Hayley Doody, 14, CASC       |
| 3  | 4:28.41 | YOUTHDEC  | Carly Cermak, 14, CAJ        |
| 4  | 4:29.60 | PCSDEEC   | Kate Pleyley, 14, OAK        |
| 5  | 4:30.15 | MANTADEC  | Alexandra Lys, 14, UCSC      |
| 6  | 4:30.46 | YOUTHDEC  | Monica Wejman, 14, ESWIM     |
| 7  | 4:30.51 | BRANTNOV  | Kathy Siuda, 14, ROW         |
| 8  | 4:33.57 | KCSDCEC   | Andrea Baird, 14, RDSCS      |
| 9  | 4:33.99 | PCSDEEC   | Angela Sloan, 14, PCSC       |
| 10 | 4:34.49 | YOUTHDEC  | Sheena Martin, 14, TORCH     |
| 11 | 4:34.70 | MANTADEC  | Lynette Bayliss, 14, UCSC    |
| 12 | 4:35.46 | RAPIDDEC  | Rachel Burnett, 14, NRST     |
| 13 | 4:36.72 | GOLDOCT   | Michelle Cove, 14, RDSCS     |
| 14 | 4:37.22 | KCSDCEC   | Marla May, 14, KCS           |
| 15 | 4:37.71 | ISCUPTNOV | Jenny Lock, 14, COMOX        |
| 16 | 4:37.87 | MANTADEC  | Leslie Lappalainen, 13, TBT  |
| 17 | 4:38.07 | YOUTHDEC  | Natalie Lacoste, 14, MSSAC   |
| 18 | 4:38.32 | RAPIDDEC  | Jaimie Graham, 14, PDSA      |
| 19 | 4:38.49 | MANTADEC  | Krista Haslund, 13, ROD      |
| 20 | 4:38.97 | MANTADEC  | Rebecca Haight, 14, BROCK    |
| 21 | 4:39.63 | CNOOCT    | Patricia Perreault, 13, CNBC |
| 22 | 4:39.68 | CNOOCT    | Joan Bernier, 14, CNBC       |
| 23 | 4:40.15 | KCSDCEC   | Brianne Cloak, 13, IS        |
| 24 | 4:40.42 | YOUTHDEC  | Laura Wise, 13, COBRA        |
| 25 | 4:40.89 | PCSDEEC   | Kahla Walkinshaw, 14, HWAC   |

### 800 METRES FREESTYLE

Rec: 8:40.43 Elissa Purvis, CDSC, 86

|    |         |           |                              |
|----|---------|-----------|------------------------------|
| 1  | 9:01.74 | ISCUPTNOV | Michelle Landry, 14, PDSA    |
| 2  | 9:10.42 | YOUTHDEC  | Hayley Doody, 14, CASC       |
| 3  | 9:17.25 | MANTADEC  | Alexandra Lys, 14, UCSC      |
| 4  | 9:22.62 | YOUTHDEC  | Monica Wejman, 14, ESWIM     |
| 5  | 9:27.13 | MANTADEC  | Lynette Bayliss, 14, UCSC    |
| 6  | 9:30.36 | YOUTHDEC  | Natalie Lacoste, 14, MSSAC   |
| 7  | 9:31.89 | MANTADEC  | Rebecca Haight, 14, BROCK    |
| 8  | 9:34.10 | ISCUPTNOV | Chelsey Burnett, 14, NRST    |
| 9  | 9:34.68 | ISCUPTNOV | Marla May, 13, KCS           |
| 10 | 9:35.47 | YOUTHDEC  | Brittany Cooper, 13, LAC     |
| 11 | 9:35.73 | MANTADEC  | Krista Haslund, 13, ROD      |
| 12 | 9:36.38 | YOUTHDEC  | Elyse Dudar, 12, MSSAC       |
| 13 | 9:36.63 | YOUTHDEC  | Laura Wise, 13, COBRA        |
| 14 | 9:37.42 | CASCNOV   | Michelle Cove, 14, RDSCS     |
| 15 | 9:42.21 | ISCUPTNOV | Courtenay Mulhern, 13, PSW   |
| 16 | 9:42.61 | RAPIDDEC  | Ashlee Hagel, 13, LASC       |
| 17 | 9:42.73 | MANTADEC  | Norah Hogan, 14, GPP         |
| 18 | 9:44.03 | YOUTHDEC  | Blair Holmes, 13, COBRA      |
| 19 | 9:44.31 | MANTADEC  | Leslie Lappalainen, 14, TBT  |
| 20 | 9:44.45 | LACNOV    | Jane Wilkinson, 14, SKY      |
| 21 | 9:44.59 | MANTADEC  | Stacy Cormack, 13, GLEN      |
| 22 | 9:44.66 | ISCUPTNOV | Brianne Cloak, 13, IS        |
| 23 | 9:44.80 | KCSDCEC   | Cynthia Galfre, 14, EKSC     |
| 24 | 9:45.07 | YOUTHDEC  | Stephanie Bigelow, 12, COMOX |
| 25 | 9:45.31 | YOUTHDEC  | Meaghan McColll, 13, IS      |

### 100 METRES BACKSTROKE

Rec: 1:02.21 Suzanne Weckend, JS, 92

|    |         |           |                                 |
|----|---------|-----------|---------------------------------|
| 1  | 1:05.99 | PCSDEEC   | Andrea Shoust, 14, SSMAC        |
| 2  | 1:06.46 | YOUTHDEC  | Katie Smith, 13, COBRA          |
| 3  | 1:06.57 | MANTADEC  | Erin Kardash, 14, MM            |
| 4  | 1:06.65 | MANTADEC  | Lynette Bayliss, 14, UCSC       |
| 5  | 1:06.81 | BBSCOOT   | Diane Kardash, 13, MM           |
| 6  | 1:06.93 | YOUTHDEC  | Danielle Di Giovanni, 14, MSSAC |
| 7  | 1:07.01 | YOUTHDEC  | Laura Wise, 13, COBRA           |
| 8  | 1:07.05 | YOUTHDEC  | Amanda MacNeill, 14, ESWIM      |
| 9  | 1:07.29 | UTJAN21   | Melissa Bartlett, 13, CYPSP     |
| 10 | 1:07.51 | ISCUPTNOV | Michelle Landry, 14, PDSA       |
| 11 | 1:07.59 | UTJAN21   | Callan Gault, 14, TSC           |
| 12 | 1:07.66 | ONTSRNOV  | Amanda Gillespie, 14, PERTH     |
| 13 | 1:07.69 | CASCNOV   | Hania Kubas, 14, EKSC           |
| 14 | 1:07.74 | RAPIDDEC  | Tina Hoang, 13, HYACK           |
| 15 | 1:07.81 | YOUTHDEC  | Stephanie Moir, 14, EAST        |
| 16 | 1:07.97 | BRANTNOV  | Sheena Martin, 14, TORCH        |
| 17 | 1:07.98 | YOUTHDEC  | Kristin McLroy, 13, MMST        |
| 18 | 1:07.99 | YOUTHDEC  | Randi Beaulieu, 14, MSSAC       |
| 19 | 1:08.09 | CASCNOV   | Evangeline Blais, 14, CASC      |
| 20 | 1:08.21 | PCSDEEC   | Julia Guay-Racine, 13, CAMO     |
| 21 | 1:08.39 | LUSCOOT   | Stephanie Kuhn, 14, TMSAC       |
| 22 | 1:08.42 | MANTADEC  | Paige Guy, 14, PPSC             |
| 23 | 1:08.49 | YOUTHDEC  | Kristin Cloutier, 13, CAJ       |
| 24 | 1:08.77 | UTJAN21   | Jackie Chan, 14, UNATT          |
| 25 | 1:08.96 | BBSCOOT   | Elizabeth Cleven, 14, MM        |

### 200 METRES BACKSTROKE

Rec: 2:12.86 Kelly Stefanyszyn, MANTA, 97

|    |         |          |                                 |
|----|---------|----------|---------------------------------|
| 1  | 2:20.16 | RAPIDDEC | Michelle Landry, 14, PDSA       |
| 2  | 2:20.97 | BRANTNOV | Kathy Siuda, 14, ROW            |
| 3  | 2:21.57 | MANTADEC | Lynette Bayliss, 14, UCSC       |
| 4  | 2:21.87 | ONTSRNOV | Andrea Shoust, 14, SSMAC        |
| 5  | 2:22.91 | YOUTHDEC | Callan Gault, 14, TSC           |
| 6  | 2:23.31 | YOUTHDEC | Laura Wise, 13, COBRA           |
| 7  | 2:24.33 | YOUTHDEC | Hayley Doody, 14, CASC          |
| 8  | 2:24.46 | YOUTHDEC | Kristin McLroy, 13, MMST        |
| 9  | 2:24.48 | PCSDEEC  | Amanda MacNeill, 14, ESWIM      |
| 10 | 2:24.84 | BRANTNOV | Katherine Telfer, 14, ESWIM     |
| 11 | 2:25.10 | PCSDEEC  | Kate Pleyley, 14, OAK           |
| 12 | 2:25.14 | YOUTHDEC | Carly Cermak, 14, CAJ           |
| 13 | 2:25.27 | YOUTHDEC | Danielle Di Giovanni, 14, MSSAC |
| 14 | 2:25.58 | PCSDEEC  | Julia Guay-Racine, 13, CAMO     |
| 15 | 2:25.90 | ONTSRNOV | Melissa Bartlett, 13, CYPSP     |
| 16 | 2:25.95 | UTJAN21  | Sheena Martin, 14, TORCH        |
| 17 | 2:26.48 | LACNOV   | Jane Wilkinson, 14, SKY         |
| 18 | 2:26.51 | YOUTHDEC | Randi Beaulieu, 14, MSSAC       |
| 19 | 2:26.52 | PICKDEEC | Amanda Gillespie, 14, PERTH     |
| 20 | 2:27.01 | KCSDCEC  | Hania Kubas, 14, EKSC           |
| 21 | 2:27.05 | MANTADEC | Diane Kardash, 14, MM           |
| 22 | 2:27.42 | YOUTHDEC | Evangeline Blais, 14, CASC      |
| 23 | 2:27.58 | PCSDEEC  | Tiffany Vincent, 14, BRANT      |
| 24 | 2:27.65 | MANTADEC | Paige Guy, 14, PPSC             |
| 25 | 2:27.69 | KCSDCEC  | Lesley Emler, 14, LL            |

### 100 METRES BREASTSTROKE

Rec: 1:08.64 Allison Higson, ESC, 88

|    |         |          |                                |
|----|---------|----------|--------------------------------|
| 1  | 1:12.95 | EDMONNOV | Courtenay Chuy, 14, HYACK      |
| 2  | 1:13.03 | EDMONNOV | Tamara Wagner, 14, TORCH       |
| 3  | 1:14.36 | CASCNOV  | Alexandra Lys, 14, UCSC        |
| 4  | 1:14.92 | BRANTNOV | Stephanie Arthur, 14, PCSC     |
| 5  | 1:15.14 | MANTADEC | Norah Hogan, 14, GPP           |
| 6  | 1:15.27 | YOUTHDEC | Shannon Kryhul, 14, LAC        |
| 7  | 1:15.41 | KCSDCEC  | Kelly Timmons, 13, OSC         |
| 8  | 1:15.51 | BRANTNOV | Brittany Segeren, 13, SKY      |
| 9  | 1:15.57 | KCSDCEC  | Christine Barton, 14, VKSC     |
| 10 | 1:16.16 | YOUTHDEC | Carly Cermak, 14, CAJ          |
| 11 | 1:16.25 | BRANTNOV | Kathy Siuda, 14, ROW           |
| 12 | 1:16.74 | YOUTHDEC | Monica Wejman, 14, ESWIM       |
| 13 | 1:16.86 | KCSDCEC  | Mila Zvijerac, 14, HYACK       |
| 14 | 1:17.02 | YOUTHDEC | Evangeline Blais, 14, CASC     |
| 15 | 1:17.23 | PCSDEEC  | Heather Chance, 14, PCSC       |
| 16 | 1:17.39 | YOUTHDEC | Jackie Chan, 14, MSSAC-TO      |
| 17 | 1:17.49 | CINMIJAN | Joan Darsigny, 14, CNSH        |
| 18 | 1:17.70 | MANTADEC | Meredith St John, 14, USC      |
| 19 | 1:17.86 | YOUTHDEC | Kristin Cloutier, 13, CAJ      |
| 20 | 1:18.06 | CASCNOV  | Kimberley Hirsch, 14, STSC     |
| 21 | 1:18.25 | PCSDEEC  | Alessandra Salvatore, 14, CAMO |
| 22 | 1:18.53 | RHACNOV  | Becky Payne, 14, RHAC          |
| 23 | 1:18.59 | YOUTHDEC | Sarah Gault, 14, CAC           |
| 24 | 1:18.72 | YOUTHDEC | Kristen Yee, 14, BYST          |
| 25 | 1:18.81 | GOLDOCT  | Erin Schaffer, 14, CASC        |

### 200 METRES BREASTSTROKE

Rec: 2:26.48 Allison Higson, ESC, 88

|    |         |           |                            |
|----|---------|-----------|----------------------------|
| 1  | 2:37.13 | EDMONNOV  | Tamara Wagner, 14, TORCH   |
| 2  | 2:37.36 | YOUTHDEC  | Courtenay Chuy, 14, HYACK  |
| 3  | 2:38.57 | MANTADEC  | Norah Hogan, 14, GPP       |
| 4  | 2:41.49 | BRANTNOV  | Brittany Segeren, 13, SKY  |
| 5  | 2:41.56 | BRANTNOV  | Stephanie Arthur, 14, PCSC |
| 6  | 2:41.57 | YOUTHDEC  | Shannon Kryhul, 14, LAC    |
| 7  | 2:41.80 | KCSDCEC   | Christine Barton, 14, VKSC |
| 8  | 2:42.07 | HWACOCT   | Lyla Gharib, 13, BRANT     |
| 9  | 2:43.22 | YOUTHDEC  | Carly Cermak, 14, CAJ      |
| 10 | 2:43.26 | CASCNOV   | Alexandra Lys, 14, UCSC    |
| 11 | 2:43.31 | CASCNOV   | Kelly Timmons, 13, OSC     |
| 12 | 2:43.82 | ONTSRNOV  | Kathy Siuda, 14, ROW       |
| 13 | 2:43.96 | BRANTNOV  | Renee Hober, 14, ROW       |
| 14 | 2:45.22 | YOUTHDEC  | Monica Wejman, 14, ESWIM   |
| 15 | 2:46.63 | YOUTHDEC  | Evangeline Blais, 14, CASC |
| 16 | 2:46.86 | CASCNOV   | Kimberley Hirsch, 14, STSC |
| 17 | 2:46.94 | YOUTHDEC  | Blair Holmes, 13, COBRA    |
| 18 | 2:47.11 | PCSDEEC   | Stephanie Kuhn, 14, TMSAC  |
| 19 | 2:47.33 | YOUTHDEC  | Erin Schaffer, 14, CASC    |
| 20 | 2:47.36 | MANTADEC  | Lynette Bayliss, 14, UCSC  |
| 21 | 2:47.94 | MANTADEC  | Genevieve Dack, 14, TBT    |
| 22 | 2:47.94 | YOUTHDEC  | Dana Dalpi, 14, MSSAC      |
| 23 | 2:48.17 | RAPIDDEC  | Natalie Foster, 14, LL     |
| 24 | 2:48.18 | ISCUPTNOV | Jenny Lock, 14, COMOX      |
| 25 | 2:48.43 | ISCUPTNOV | Haylee Johnson, 13, PDSA   |

### 100 METRES BUTTERFLY

Rec: 1:02.60 Jennifer Fratesi, SSMAC, 99

|    |         |          |                             |
|----|---------|----------|-----------------------------|
| 1  | 1:05.13 | PCSDEEC  | Julia Guay-Racine, 13, CAMO |
| 2  | 1:05.58 | ONTSRNOV | Amanda Gillespie, 14, PERTH |
| 3  | 1:06.28 | PCSDEEC  | Kate Pleyley, 14, OAK       |
| 4  | 1:06.41 | YOUTHDEC | Blair Holmes, 13, COBRA     |
| 5  | 1:06.52 | BRANTNOV | Kahla Walkinshaw, 14, HWAC  |
| 6  | 1:06.89 | PCSDEEC  | Andrea Shoust, 14, SSMAC    |
| 7  | 1:06.90 | PCSDEEC  | Monica Wejman, 14, ESWIM    |
| 8  | 1:07.20 | YOUTHDEC | Sarah Gault, 14, CAC        |
| 9  | 1:07.28 | CASCNOV  | Andrea Baird, 14, RDSCS     |
| 10 | 1:07.32 | KCSDCEC  | Orlagh O'Kelly, 14, EKSC    |
| 11 | 1:07.84 | MANTADEC | Paige Guy, 14, PPSC         |
| 12 | 1:08.04 | UTJAN21  | Callan Gault, 14, TSC       |
| 13 | 1:08.18 | KCSDCEC  | Brittney Kremer, 14, OSC    |









## SEARS SWIMMING SKINS

### PRIZE MONEY AND THE FORMAT MADE THE MEET MUCH MORE FUN

**Nikki Dryden**

Calgary—The inaugural Sears Swimming Skins competition on November 22, 1999, got underway after a one-hour "I Can Swim" clinic with some of this world's best swimmers. Over 400 Calgary youngsters watched demos and listened to the inspiring words of South African Penny Heyns, Canadians Joanne Malar and Curtis Myden, and American Tom Wilkens.

Prize money of \$4000 per main event was up for grabs, as well as smaller purses for the four undercard races. Swimmers from Canada, South Africa, USA, Australia, Great Britain, and Poland dashed for almost \$20,000 in cash in front of hundreds of screaming fans.

Although my duties at the meet were of a purely journalistic nature, I must admit it was one of the most entertaining and exciting competitions I have attended. In 12 years of swimming, only the World Cup in Malmo, Sweden compares to the energy that filled Lindsay Park this November. In Malmo, spotlights and music are used to get the crowd and competitors ready to race. But here in Calgary, money and a less competitive environment made the meet that much more fun.

The opening event was the men's broken 100 free-style: four 25-metre races, started one minute apart. Five swimmers started the race, with the last swimmer in each wave eliminated after each 25. Three Alberta swimmers: Etienne Caron, Gordon Vatcher, and JP Gowdy raced BC's Ryan Laurin and English swimmer Sion Brinn. After some fast swims at the Edmonton World Cup, most thought Laurin would challenge Brinn for the title and the cash, but after a whistle from the stands erased the first 25, Laurin was unable to hold off Gowdy and was the third swimmer eliminated. Brinn went on to beat Gowdy on the final 25, winning with a 10.59. After his race Gowdy remarked on how much fun the meet format was. "I've never been in a meet like this before. Everyone is cheering and going crazy! It is just great for the kids and for swimming in general."

Canada's Morgan Knabe and American Jarrod Marris raced in a 75-breaststroke head-to-head battle. After tying for the silver medal in the 100 breast at last summer's Pan American Games in Winnipeg, these two men were out for blood. Although Marris took the early lead, Knabe touched first, 44.30 to 44.86.

Next up, another broken 100, this time in fly. Hometown pride was on the line as four of the five swimmers all train in Calgary. This event turned out to be the most exciting of the night; unfortunately CTV didn't think so and excluded it from its TV coverage in mid-December. Bo Simpson was the first knocked out, and with only a few minutes rest after his five 25 frees, Sion Brinn was eliminated. Josh Ballem was next, leaving Canadian team members and UCSC training partners Collin Sood and Garret Pulle to fight it out. Who

won? Well on the fourth 25 Sood and Pulle tied in an 11.43. With another minute's rest and a huge push from the crowd, Sood pulled out the win, 11.19 to Pulle's 11.39. Although he wasn't able to emerge the victor, Pulle admitted to having fun. "The best part of the night was that I got to high five all the little kids in between each of my 25s. That really pumped me up and kept me going."

First up on the main event schedule was the men's broken 200 backstroke, featuring five of Canada's top superstars. Butterfly specialist Shamek Pietucha took the place of Chris Renaud, who pulled out of the competition due to illness. Before the race, Pietucha had nothing but great things to say about the meet. "The atmosphere here is absolutely electrifying!" Pietucha said, "It is just so much fun!" Unfortunately, he was no match for the Vancouver duo of Dustin Hersee and Mark Versfeld, who battled it out until the last metre. Although Versfeld had "You're Gone" inked onto his back, he was only barely able to hold on to the win on the last 50, with a 27.00 over a fast-closing Hersee, 27.11.

The women's mystery medley showcased another national rivalry. Each swimmer swam a different order, which proved to be most exciting. As is usually the case in IM, the breaststroke leg was the most important. The orders were drawn out of a hat prior to warm-up. Joanne Malar swam fly, breast, free, back while Marianne Limpert drew an unfortunate order of free, fly, breast, back. Malar came out the winner with a time of 2:12.91, Vancouver's Kelly Doody was second in 2:16.06 and Limpert was third in 2:16.42. Malar found the meet one of the most exhilarating of her career: "Behind the Olympics this is the most exciting swim meet I've ever been to!"

Following the same format as the men's broken 200 backstroke was the women's 200 breaststroke showdown, featuring the hottest swimmer in world, South African Penny Heyns. Penny's four 50s were 31.84, 32.10, 32.12, and 32.27. Her training partner, Canadian Lauren Van Oosten, finished second with a final 50 time of 32.78.

The final event of the night was a 300 IM head-to-head grudge race featuring the world's two #1 ranked IM swimmers: Canada's Curtis Myden, currently ranked #1 in the 400 IM versus American Tom Wilkens, ranked #1 in the 200 IM. The race was close, but Wilkens managed to hold on to the lead, touching ahead of Myden:

Myden: 42.25 1:30.04 2:23.75 3:06.71  
Wilkens: 41.77 1:30.30 2:22.43 3:07.03

This competition was the first money meet of its kind to be held in Canada, and according to all the athletes I spoke with, it was also one of the most thrilling they have ever competed in. The pool was packed and the crowd was rowdy as most of the swimmers marched out in costume or at least with some sort of crazy production number. Josh Ballem entered the deck in full PEI regalia, accompanied by an entourage to pump him up, while JP Gowdy donned a wig and disco clothes. Collin Sood dressed up as his roommate Joanne Malar, but it was Garret Pulle who won the award for the most intimidating: not until the first 25 was about to go did he remove his black balaclava and get ready to win some money!

## STATE SPONSORED CHEATING

### GDR European Champs Medals

| Men  | G | S | B | Total |
|------|---|---|---|-------|
| 1954 | 1 | 0 | 0 | 1     |
| 1958 | 0 | 0 | 2 | 2     |
| 1962 | 1 | 1 | 5 | 7     |
| 1966 | 3 | 3 | 3 | 9     |
| 1970 | 5 | 3 | 5 | 12    |

Stasi in charge of Drug program

|      |   |   |   |    |
|------|---|---|---|----|
| 1974 | 4 | 3 | 2 | 9  |
| 1977 | 1 | 2 | 2 | 5  |
| 1981 | 0 | 1 | 1 | 2  |
| 1983 | 1 | 5 | 3 | 9  |
| 1985 | 2 | 6 | 2 | 10 |
| 1987 | 3 | 2 | 5 | 10 |
| 1989 | 1 | 2 | 2 | 5  |

Berlin Wall comes down

| Women | G | S | B | Total |
|-------|---|---|---|-------|
| 1954  | 1 | 0 | 0 | 1     |
| 1958  | 0 | 0 | 0 | 0     |
| 1962  | 2 | 0 | 1 | 3     |
| 1966  | 1 | 1 | 0 | 2     |
| 1970  | 9 | 3 | 3 | 15    |

Stasi in charge of Drug Program

|      |    |    |   |    |
|------|----|----|---|----|
| 1974 | 13 | 10 | 2 | 25 |
| 1977 | 12 | 8  | 4 | 24 |
| 1981 | 14 | 9  | 8 | 23 |
| 1983 | 15 | 12 | 0 | 27 |
| 1985 | 14 | 10 | 3 | 27 |
| 1987 | 14 | 9  | 3 | 26 |
| 1989 | 14 | 6  | 5 | 25 |

Berlin Wall comes down

### GDR Medal Totals 1968-88

#### Olympics (OG) and World Championships (WC)

|                                     | G  | S  | B | Total |
|-------------------------------------|----|----|---|-------|
| 68 OG                               | 2  | 3  | 1 | 6     |
| 72 OG                               | 2  | 5  | 2 | 9     |
| Stasi put in charge of drug program |    |    |   |       |
| 73 WC                               | 13 | 6  | 9 | 28    |
| 75 WC                               | 11 | 7  | 5 | 23    |
| 76 OG                               | 12 | 6  | 2 | 20    |
| 78 WC                               | 1  | 10 | 4 | 15    |
| 80 OG                               | 10 | 9  | 7 | 26    |
| 82 WC                               | 12 | 10 | 5 | 27    |
| 86 WC                               | 14 | 12 | 4 | 30    |
| 88 OG                               | 11 | 8  | 9 | 28    |

Berlin Wall comes down 1989

## GERMAN DRUG TRIALS

### ONE OF SWIMMING'S TOP DOPERS PUTS BLAME ON COLLEAGUES

**Karin Helmstaedt**

BERLIN—Some hard lessons have been learned through the illumination of the former East Germany's infamous drug-powered sport system.

When four swim coaches and two doctors from Berlin's former SC Dynamo Club went to court in March 1998 in the historic first doping trial, it took 42 days of proceedings and just over nine months until the final verdict was made. Charged with grievous bodily harm for having distributed male hormones to young female swimmers without their knowledge, the men received fines ranging from 3,000 DM to 14,400 DM (\$4,000 to \$19,000).

The trial was long, agonizing, expensive, and humiliating for both witnesses and defendants. It exposed the complexity of East Germany's systematic and state-sponsored drug program. Through the defendants' defiant silence, it revealed the ever-powerful hold of oppressive political and ideological principles. Witnesses' reluctance to testify showed how memory is a willful process of selection. And it exposed the damage done to victims, who suffer from problems including deepened voices, excess hair growth, and liver tumours, as the tip of a terrible iceberg.

The proceedings taught others the value of truth. A second trial in August 1998 of swimming coaches and doctors from Berlin's TSC Club managed a round of convictions in just two days. All five defendants, eager to avoid the harrowing Dynamo scenario, formally admitted to having administered the drugs and broken the trust of young athletes and their parents. The fines ranged from 3,000 DM to 27,000 DM (\$4,000 to \$36,000).

This past December a Berlin court needed only three hours to wrap up the doping deeds of three more kingpins in swimming's hierarchy of distribution: this time the hand of justice came down harder than ever, if only symbolically, and former national team coaches Juergen Tanneberger and Wolfgang Richter, along with East German swimming's General Secretary Egon Muller, got suspended prison sentences of one year.

But if the courts and future defendants have learned the value of a speedy trial, it is sometimes at the expense of real justice. On January 12, the trial of Dr. Lothar Kipke, a key figure in East German swimming as the federation doctor from 1975-1985, took place with an automatism that left a mood of disgust and resignation in the courtroom.

Now retired in Leipzig, Dr. Kipke was one of the architects of the doping program that made East German swimming a dominant force in the sporting world. Together with the head coaches from major clubs, he decided which swimmers were to be included in the practice and how much they got. As an informant for the East German Secret Police, or Stasi, he kept

scrupulous records of the dosages of the famous little blue pills, officially known as Oral-Turinabol. He used national team swimmers in drug "trial programs," and was known for his brutality. And, as one victim put it, he "sunned himself in the success of East Germany's swimmers." The victim's lawyer put it clearly: "He gave injections, he initiated experiments, and didn't care about the individuals. He knew exactly what he was doing."

In previous doping trials Kipke's name came up more than frequently; as the man who reassured club doctors physical changes induced by steroids would go back to normal after the drugs were stopped; as the man who lewdly told young female swimmers their voices were deepening due to a lack of sex; as the object of one victim's outright hatred.

#### Frightening Legacy

On January 12, five victims, acting as an accessory prosecution, sat across from Kipke, now 72. All former swimmers, they all received anabolic steroids in the guise of vitamin pills and injections.

Those "vitamins" have left a frightening legacy. Martina Gottschalt, a former Magdeburg swimmer and national champion in the backstroke, suffers from hormonal problems. Her 15-year-old son is crippled with severe club feet. Jutta Gottschalk, also of

Magdeburg, spent most of the proceedings in tears. She has a 6-year-old daughter who is blind in one eye. "No one's been able to explain it," she said. "That's why I'm here." Carola Berakhtchjan and Karen Koenig of

Berlin, who testified in the Dynamo and TSC trials respectively, have permanently deepened voices.

The women listened in disbelief as Dr. Kipke played down his role in the doping system. He was involved in the planning, he admitted, but was only following the orders of the Sports Medicine Services, where everything was prescribed. He then passed the orders on to the club doctors and coaches. They were the ones responsible for handing the drugs to the athletes, and Kipke had no idea if they respected the prescribed doses. Damaging side effects were

unknown to him in the 1970s. Researchers and the pharmaceutical industry gave no indication the drugs were dangerous. "At 14 the girls were biologically adult. That's why we could give them the stuff. They weren't considered minors anymore," he said in a cynical justification. He first heard "rumours" of possible side effects in the early 1980s, he claimed. That didn't stop him from using them though. Kipke even went so far as to point out his involvement in drafting the first comprehensive anti-doping rules for FINA. Given the context, the fact that Kipke hoped that such a remark would put him in a positive light was almost impossibly perverse.

In its haste, the court seemed to disregard the mountains of material already existing on Dr. Kipke. Sloppy homework meant that there was little intelligent questioning and the doctor was quickly found guilty of 58 counts of grievous bodily harm to underage female swimmers. Kipke accepted a 15-month suspended sentence coupled with a fine of 7,500 DM (\$10,000) immediately—a verdict that reeked distinctly of a preplanned deal. Efficiency was obviously the priority. After all, with a statute of limitations of October 3, 2000, for all doping crimes, time is of the essence.

When Kipke's lawyer bemoaned his client as someone who had only followed orders and was therefore unjustly accused, one victim could contain herself no longer. "I'd like you to tell my son that to his face," interjected Martina Gottschalt sharply. Karen Koenig reacted with jaded resignation. "It's always the same. They always try to pass themselves off as poor old men who were only doing their best."

That the judge accepted Kipke's "confession" was only made good by his observance that the defendant's crime was intensified by the fact that the women were minors when they received the drugs without personal or parental consent. Not once did Dr. Kipke show the slightest sign of regret. As for an apology, his victims are still waiting.

For some the final and most important lesson, that of accepting moral responsibility, has yet to be learned.

#### FINA awards to GDR

##### FINA Gold Pin

Georg Zorowka in 1984

Gerhard Hoecke in 1988

##### FINA Silver Pin

Georg Zorowka in 1980

Gerhard Hoecke in 1985

Eberhard Bade in 1985

Lothar Kipke in 1985

Egon Muller in 1988

##### FINA Prize

Kristin Otto in 1988

#### Extract from FINA News 25 Feb 1992

##### GDR Doping

The Bureau received an extensive report prepared by Bureau Member Harm Beyer of Germany, regarding the use of drugs among swimmers in the former GDR. Mr. Beyer, a judge in Hamburg, has served on an ad-hoc commission for the investigation of doping in his country created by the Deutscher Sportbund.

The FINA Bureau was disturbed by findings contained in the report concerning Dr. Lothar Kipke. The Bureau was advised that Dr. Kipke was withdrawing from the FINA Medical Committee, effective immediately. (He was a member from 1976 until 1992.)

The Bureau was also extremely concerned about the implications of the report, and it therefore appointed a Commission of Dr. Olu Asekun (NGR), Gunnar Werner (SWE), Dr. J. Malcom Cameron (GBR), and Camillo Cametti (ITA). The Commission will examine the conclusions of the German report and make recommendations to the Bureau at its next meeting regarding the implications of the conclusions of the German report on FINA.

The conclusions were not published in FINA News, but could be available in the detailed minutes of the Bureau during the Barcelona Olympics in 1992.

# MAKING WAVES®



**Callan Gault, 14**

Club: Toronto Swim Club  
Coach: John Grootveld

Specialty: Backstroke

5th ranked for SCM00 TAG in the 200 back

| Best Times     | SCM99   | SCM00   |
|----------------|---------|---------|
| 100 backstroke |         | 1:07.59 |
| 200 backstroke |         | 2:22.91 |
| 200 butterfly  | 2:53.03 | 2:29.96 |
| 400 ind.medley |         | 5:11.25 |



**Kyle Palfrey, 12**

Club: Scarborough Swim Club  
Coach: Michael Gurgol

Specialty: IM and butterfly

1st ranked for SCM00 TAG in the 400 IM and 4th for 200 fly and 200 IM

| Best Times       | SCM99   | SCM00   |
|------------------|---------|---------|
| 100 breaststroke | 1:23.07 | 1:19.48 |
| 200 butterfly    |         | 2:38.74 |
| 200 ind.medley   |         | 2:31.67 |
| 400 ind.medley   | 5:25.29 | 5:18.36 |



**Kris Yap-Chung, 12**

Club: Hyack Swim Club  
Coach: Serge Score

Specialty: Butterfly and freestyle

2nd ranked for SCM00 TAG in 200 fly, 3rd for 100 fly and 4th for 400 free

| Best Times    | SCM99   | SCM00   |
|---------------|---------|---------|
| 200 freestyle |         | 2:18.69 |
| 400 freestyle |         | 4:46.10 |
| 100 butterfly | 1:11.46 | 1:10.20 |
| 200 butterfly | 2:41.76 | 2:35.46 |



**Kevin Rioux, 14**

Club: Club Aquatique de Montreal  
Coach: Claude Lamy

Specialty: Breaststroke and butterfly

1st ranked in SCM00 TAG for 100 breast, 2nd for 100 fly, 3rd for 200 breast

| Best Times       | SCM99   | SCM00   |
|------------------|---------|---------|
| 100 breaststroke | 1:11.66 | 1:09.39 |
| 200 breaststroke | 2:32.99 | 2:30.39 |
| 100 butterfly    |         | 1:00.90 |
| 200 ind.medley   | 2:23.39 | 2:16.06 |



**Allison Bennett, 12**

Club: North York Aquatic Club  
Coach: Brian Kelly

Specialty: Freestyle

3rd ranked for SCM00 TAG in the 50 and 100 freestyle, 5th for 200 free.

| Best Times    | SCM99   | SCM00    |
|---------------|---------|----------|
| 50 freestyle  | 29.92   | 28.18    |
| 100 freestyle | 1:05.11 | 1:01.90  |
| 200 freestyle |         | 2:15.37  |
| 400 freestyle |         | 4:51.07  |
| 800 freestyle |         | 10:14.76 |

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**Anne Schmuck, 12**

Club: Pacific Sea Wolves  
Coach: Brian Metcalfe

Specialty: Freestyle, back, and I.M.

2nd ranked for SCM00 TAG in the 400-800 free, 100-200 breast, 3rd for 200-400 IM

| Best Times       | SCM99    | SCM00   |
|------------------|----------|---------|
| 400 freestyle    | 4:56.57  | 4:39.64 |
| 800 freestyle    | 10:08.07 | 9:44.36 |
| 100 breaststroke | 1:21.40  | 1:10.88 |
| 200 breaststroke | 2:51.48  | 2:46.76 |
| 400 ind.medley   | 5:38.55  | 5:19.10 |

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