

YOU ARE WHAT YOU EAT

TOP 50 TAG TIMES

# SWIMNEWS

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Cover photo: Marco Chiesa



Andrew Hurd



Jennifer Fratesi



Nate Dusing



Sophie Simard

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## CALENDAR

### CANADIAN

#### April

- 7 Etobicoke Pentathlon
- 6-8 Ajax Sprints, Toronto
- 20-22 Ontario Team Championships
- 20-22 Island Invitational, Victoria
- 20-22 Canadian Dolphin 16 & under, Vancouver
- 27-28 Quebec Team Championships
- 28-29 West Coast Open, Richmond

#### May

- 19-21 Hyack Invitational, New Westminster
- 25-27 Pacific Dolphins International, Vancouver
- Thunder Bay Invitational
- TOP Cup, Etobicoke

#### June

- 1-3 Ontario Canada Games Trials, London
- 7-10 AGI Invitational, Etobicoke
- 15-17 Island Invitational, Victoria
- 22-24 BC Championships, Surrey
- 22-24 McCormick Invitational, Hamilton
- 28-1 Man/Sask Championships, Regina
- 29-1 Coupe du Quebec, Montreal

#### July

- 5-8 Quebec Age Groups, Montreal
- 12-15 BC Age Groups

- 12-15 Ontario Championships, Etobicoke
- 19-22 Youth & Junior and SWAD Nationals, Winnipeg
- 27-29 Eastern Cup, Montreal

#### August

- 7-10 Summer Nationals, Etobicoke
- 11-17 Canada Summer Games, London

### UNITED STATES

#### April

- 2 5K Open Water selection, TBD, Texas

#### May

- 19-20 Cadillac Series 1, Ann Arbor, Michigan
- 21 25K Open Water selection, Clemson, SC

#### June

- 9-10 Cadillac Series 2, Charlotte, NC
- 23-25 Disability Championships, Phoenix, AZ
- 24 10K Open Water selection, Daytona Beach, FL
- 30-1 Cadillac Series 3, Santa Clara, CA

#### July

- 14-15 Cadillac Series 4, Long Island, NY
- 21-22 Cadillac Series 5, Los Angeles, CA

#### August

- 4 FINA Open Water World Cup, Atlantic City, NJ
- 14-18 Summer Nationals, Fresno, CA
- 22 5K Open Water Nationals, Fresno, CA

### INTERNATIONAL

#### April

- 10-15 British Championships, Manchester (World Championships Trials)
- 19-23 Australian Age Groups, Melbourne
- 27-29 British GP, Bath

#### May

- 19-27 East Asia Games, Osaka

#### June

- 1-3 British GP Final, Manchester
- 1-3 Mare Nostrum, Barcelona, ESP
- 5-7 Mare Nostrum, Canet, FRA
- 9-10 Mare Nostrum, Rome, ITA
- 12-13 Mare Nostrum, Monte Carlo, MON

#### July

- 5-8 European Juniors, Malta
- 19-22 English Championships
- 17-29 FINA World Championships, Fukuoka, JPN**

#### August

- 29-3 British Age Groups, Sheffield
- 4-7 Australian SC Championships, Perth
- 9-12 British SC Championships
- 22-1 FISU Universiade, Beijing, CHN
- 25-7 Mediterranean Games, Tunis, TUN

## RECORD SETTERS

### WORLD SHORT COURSE

Pending FINA ratification

#### • Women's 100 backstroke:

58.45 (28.45 split) Mai Nakamura, JPN, Sagami-hara, Mar 4. Better old record of 58.50 Angel Martion, USA, 1993.

### CANADIAN SHORT COURSE

#### • Men's 400 freestyle:

3:43.91 Rick Say, UCSA-UC, Guelph, Feb 24. Better old record of 3:43.95 Turlough O'Hare, UBC, 1991.

### NATIONAL AGE GROUP

#### • Girls 15-17 4x50 medley relay:

1:57.44 Mississauga AC, Regina, Feb 25. Team composed of Randi Beaulieu, Joanna Lee, Cynthia Pearce, Jackie Chan. Better old record of 1:58.27 Cobra Swim Club, 1993.

#### • Girls 15-17 4x100 free relay:

3:48.19 Toronto All Stars, Saint John, NB, Feb 24.

Team composed of Laura Pomeroy, Tianna Day, Jennifer Porenta and Kate Plyley. Better old record of 3:50.66 North York AC, 1982.

### CANADIAN LONG COURSE

#### • Men's 50 breaststroke:

28.60 Morgan Knabe, UCSA, prelims, March 14  
28.47 Morgan Knabe, UCSA, finals, March 14  
Better his own record of 28.77 from 2000.

#### • Men's 50 butterfly:

24.33 Michael Mintenko, PDSA, semis, March 15  
24.23 Michael Mintenko, PDSA, final, March 15  
Better his own record of 24.40 from 2000.

#### • Women's 50 backstroke:

29.32 Jennifer Carroll, CAMO, semis, March 17  
29.11 Jennifer Carroll, CAMO, final, March 17  
Better her own record of 29.45 from August 2000.

## ABOUT THIS ISSUE

The main focus of this issue is the Canadian Nationals, which were also the Trials for the World Championships next July in Fukuoka, Japan. Fifteen swimmers qualified and empty spots will be filled from major competitions in May and June.

The University (CIAU) Championships were held in late February where 12 meet and one Canadian record, the first in four years, showed a marked improvement over recent years.

Nikki Dryden contributes a very interesting first article on diet. Her own experience as a vegetarian and the experiences of others who maintain a heavy training load is very interesting. I'm sure she would appreciate any feedback at the e-mail address provided. Watch for future installments on this topic.

Starts, turns, and finishes are the most basic elements of the sport. Learn how to master them early. It's harder later. Wayne Goldsmith tells you how.

Every province had its age group championships in late February or early March. All of it and the Junior/Youth Nationals is included in the 50-deep TAG times. We now move into long course only. So please, no more 25 m results!

# YOU ARE WHAT YOU EAT

## YOUR DIET IS THE BASIC BUILDING BLOCK OF YOUR SWIMMING

**NIKKI DRYDEN**

We are going to use the word “diet” to refer to what you eat in a day, i.e., the food and drink you consume that makes up your daily nutritional intake. Your diet is what fuels your ability to work hard in practice, swim fast in meets, and recover enough to do it over and over again. In other words, your diet is the basic building block of your swimming; without a strong foundation, you will not be able to perform at your best.

It is important to know that the facts on food are always changing, and as an athlete you should be devouring any information you can about what you put in your body. Food ideas are constantly evolving and you need to take the initiative to inform yourself of the changes. Sure it can be confusing, as one fad replaces another in the food and health industry. But if you know the basics about good eating, you will recognize that you already know about the benefits of oat bran and broccoli, and that you can make informed choices at the grocery store and the kitchen table.

When I first became carded in 1990, I received a huge binder full of information on diet and healthy eating that was written specifically for Canada’s athletes. The Beef Council of Canada sponsored that binder and the information in it. I am a vegetarian, and to be frank, I find it disgraceful that our health can be bought by an industry whose goal is to sell more products. There are billions of dollars at stake, not only in the food industry but in the health and supplement industry as well. It is great that corporate America or Canada is reaching out and sponsoring amateur sport. But even at the Olympic Games, product sponsorship can have negative effects. In Atlanta, the Olympic team was advised not to drink the full strength PowerAde found free at every turn, and to instead pour two-thirds of it out and fill the rest with water. Be critical of what you read, hear, see, eat, and drink. Just because it was free and plentiful does not mean you should indulge blindly.

It is extremely important to become a student of proper eating. Your critique and comments on this article could be your first step, and I look forward to your responses and questions at:

**[yourhealth@swimmail.com](mailto:yourhealth@swimmail.com)**

### Sources of Information

While most of you probably know that food is broken down into carbohydrates, proteins, and fats, this knowledge is not always a given. A 15-year-old National Consol-Finalist on my team last year had no idea what any of these things were. Luckily, when I was about 10 or 11, Swim BC had a camp for some of us where we learned basic nutrition and mental imagery, as well as other important information about training and racing. I would advise parents, coaches, and swimmers to seek out this kind of support early in a swimmer’s career.

It is a good idea to talk to a dietician or doctor about your diet and how much exercise you are doing. A 12-year-old swimmer is probably doing a lot more exercise than a 12-year-old soccer player or a normal 12-year-old. Swimmers start younger and train harder than most athletes. One way to start eating healthy is with fresh foods. Packaged foods contain additives, sweeteners, and preservatives, and are often stripped of their nutrients during the packaging process to enhance flavour and retard spoilage. Even if a product is enriched with vitamins after processing, it is still better to get those vitamins in their natural form, straight from fresh, whole foods.

Aussie Olympic Medallist Daniel Kowalski believes his diet is pretty standard. “When I was younger I used the dietician, but as I’ve gained more experience, I just use common sense.” For lunch Dan eats healthy, but admits he doesn’t need variety. “At lunch I will have sandwiches with one meat and a salad. I’m a sucker for going a few weeks with the same lunch. Every now and again I’ll have a hot lunch if it’s good leftovers. Overall I border on being [very strict] about it, guys on my team tell me I worry too much—they are probably right!”

Canadian Olympian Kelly Stefanyshyn has a more relaxed attitude about her eating. “I don’t follow a strict ‘daily training diet.’ I usually eat an apple before morning practice, cereal, yogurt, and eggs after practice, and a sandwich for lunch (or anything in a can or box—soup, macaroni). For dinner I usually eat pasta or meat and vegetables, and I snack on granola bars throughout the day.” Kelly also admits, “I eat a reasonable amount of sweets!”

A typical day for fellow Canadian Olympian Jen Button includes: 1 protein shake, cereal with skim milk, a sandwich with deli meat, mustard, and cheese, yogurt, 2-3 granola bars, chicken breast or red meat with veggies and bread, 4-5 glasses of juice, 1-2 litres of water, and 2-3 pieces of fruit.

Kelly-Anne Carter is the dietician at the National Sports Centre-Calgary. Her main advice for swimmers and parents is to eat a balanced healthy diet. “I advise eating homemade, fresh food; eating often; and limiting empty-calorie foods and fluids. It is very important to focus on food selection after a hard training session—this is the most important meal of the day for athletes.” Kelly-Anne also recommends getting adequate carbohydrates before the workout and adequate protein to rebuild, repair, and build muscle mass.

Olympian Alison Sheppard, who swims for Britain and trains in Canada, is the poster girl for Kelly-Anne’s recommendations. “I generally eat every 4 hours, before and directly after workouts to replenish energy stores straight away. I have a fairly balanced diet, I believe in everything in moderation, but on the weekends I do tend to throw caution to the wind and pig out a bit!”

American Jenny Thompson also follows a simple plan. Jenny eats a Biozone bar and drinks a bottle of water before morning workout. “During workout I drink Cytomax, which is a carbo drink, and after I usually eat a big breakfast of scrambled egg whites and veggies, some oatmeal, and I’ll have a protein-carb drink.” For lunch Jenny may eat a big salad with veggies, avocado, and tuna or shrimp. At night she eats mostly complex carbs like whole-wheat pasta with meat sauce. “When travelling and competing I eat a similar diet; I still drink lots of water, stay away from salt, and never eat junk food.”

General information on food can be found in many places. The Canada Food Guide was updated in the 1990s from the four basic food groups to the food pyramid, or food rainbow as it is described on its website. The premise is that one should eat 5-12 servings of grain products, 5-10 servings of fruits and veggies, 2-4 servings of milk products, and 2-3 servings of meat and alternatives. The website even uses a 17-year-old male

competitive swimmer as an example in its section outlining the suggested daily food servings. The recommendation is that the fictional David should eat 13 grains, 10 fruits and veggies, 4 milks, and 3 meats and alternatives.

The internet is a great resource, but be careful where the information on a site is coming from. Stay with sites and brands you know and trust, and be particularly wary of miracle claims. If something sounds too good to be true, it probably is.

## Eating for Recovery

Swimming is an exhausting sport, and when you are training twice a day, eleven times a week, recovery is critical to long-term improvement. One way to speed recovery says Kelly-Anne, "Is to bring food to the training session and begin to eat sooner. Really consider the quantity and quality of the food that is necessary for you to recover." An inability to recover or inadequate recovery can lead to chronic fatigue, body breakdown, and illness.

It is extremely important to listen to your body. However, according to Kelly-Anne, the body will not dictate all dietary needs. This is where education about food becomes integral to your health. In order to help the athletes at the National Sports Centre in Calgary, Kelly-Anne developed an outline called "Nutrition for Recovery—GRAPES"

According to Kelly-Anne, "GRAPES is all you need to remember when it comes to nutrition for exercise recovery. GRAPES is an acronym for Glycogen, Rehydration, Antioxidants, Protein, Electrolytes, and Supplements." Much of the following information has been taken from Kelly-Anne's outline, which I received last year while training at the National Sports Centre-Calgary.

Your glycogen is the energy stores in your body, and after a long, hard workout they need to be replenished. The crucial time period for glycogen replacement is 15-120 minutes after practice. That is why it is so important to bring food with you to the pool. High glycogen foods include most complex carbs such as pasta, bread, sports bars, or drinks. Fruits and juices have lower levels of glycogen and are therefore less beneficial.

There are many sports bars and sports drinks on the market and you need to choose with caution. This is big business for the companies involved. But by reading labels and educating yourself, you can pick a sports bar or drink that is right for your particular nutritional needs. Decide what you want from your bar, and ask yourself, "Do I need extra protein, or extra fat, or am I

looking for glycogen replacement or a caffeine boost?"

It is suggested that a normal person drink eight glasses of water each day, but when has a swimmer ever been normal! When I was in heavy training or travelling, I drank about three litres of water each day, and I think that no swimmer should be more than an arm's distance from her water bottle. Kelly-Anne advises that rehydration should consist of the following: For every pound of body weight lost from a workout, you should rehydrate with three cups of fluids. Weighing yourself before and after a workout can help you measure this amount. She also says that, "Sports drinks or plain water are your best rehydrating choices. You won't absorb as much pure fluid from pop, milk, or juice, because these drinks actually draw out some of your body fluids during digestion."

Dan Kowalski drinks at least a litre of water at training, and often more if it is an intense session. However, even Dan admits that, "I don't drink much during the day; I always have to tell myself to drink more. I'm good when at meets, but I have to try hard to be always drinking." While Jen Button drinks about 1-2 litres of water a day, Kelly Stefanyshyn is our winner for water intake, "I drink lots of water—I'm guessing about five litres."

Hard swim or weight workouts, altitude training, or competition all put your body under a lot of physical stress and the result is that your body produces free radicals that can damage your red blood or muscle cells. As indicated by Kelly-Anne, antioxidants will work to make these free radicals ineffective and less damaging to your body's cells. Kelly-Anne proposes these daily doses of antioxidants: 500-2000 mg of vitamin C, 400-800 IUs of vitamin E, 25,000-50,000 beta carotene, 100-400 mcg of selenium, and 50-100 mg of coenzyme Q-10.

We will go into these supplements in greater detail in our next issue, however, working to get these antioxidants from natural food sources is extremely important. Major dietary sources of vitamin C include citrus fruits, berries, tomatoes, potatoes, broccoli, green peppers, and other green and yellow vegetables. Vitamin E can be found by eating plant oils (vegetable oil, margarine, salad dressings), dark green and leafy vegetables, whole grain products, liver, egg yolks, milk fat, nuts, seeds, or butter. Beta-carotene is found in fresh fruits and vegetables, and it supplies the bright orange colour of carrots, apricots, cantaloupe, sweet potatoes and squash. Selenium is a trace mineral, and major dietary sources of selenium include fish, shellfish, red meat, whole grains,

eggs, garlic, and liver. The main sources of coenzyme Q10 are meat, fish, and vegetable oils. Soybean, sesame, and canola oils are also high in coenzyme Q10, while wheat germ, rice bran, soybeans, spinach, and broccoli contain reasonable amounts of coenzyme Q10.

After training, we must rebuild and repair all the tissue damage done to our muscles. Kelly-Anne advocates eating protein that amounts to one-third to one-half of the amount of carbs consumed. "If some of your protein is taken as a supplement, choose whey over egg, milk, or soy protein, as whey is absorbed the best." We will also talk about some of the best amino acids to help with recovery in the next issue.

British Olympian and short-course world record holder James Hickman has been eating the right carbs for almost a decade. "I usually have a carbohydrate drink during training. It is just plain carbs, and I mix it with a fruit cordial, and that helps me keep up my calories and energy throughout." However, it is only recently that James has begun to focus on the importance of getting enough protein in his diet. "Lately I have been concentrating on my weight training program, and have been a bit more conscious of eating more protein before and after a weight session."

For the average person, adding large amounts of salt to one's diet can be harmful, but for athletes who are exercising constantly, it is important to replace the electrolytes you sweat out in practice. Swimmers do not often realize it because they are in water, but we do sweat out a lot of fluids in workout. Electrolytes include sodium, potassium, and chloride, and can be found in most sports drinks. If you are lacking these electrolytes, you may be more susceptible to muscle cramps, and Kelly-Anne suggests eating soup or pickles with meals or using a bit of salt on your food.

A cheaper option than buying expensive sports drinks is to drink a glass of water mixed with a few tablespoons of orange juice—it will give you many of the post and pre-workout fluid replacements you need. Drinking full strength Gatorade or PowerAde is like drinking sugar water and highly unnecessary. Dan Kowalski is a big fan of drinking watered-down apple juice.

Supplements are last on Kelly-Anne's GRAPES list, and we are dedicating an entire article to supplements, but it is worth noting the importance of iron, especially for women. Iron is a trace mineral, and major dietary sources of iron include red meat, poultry, eggs, peas, legumes (dried beans), dried fruits, dark green and leafy vegetables, whole grain and enriched breads and

cereals. The body better absorbs heme iron (found in animal products) than non-heme iron (found in plants). To enhance non-heme iron absorption, you should eat foods rich in vitamin C during the same meal.

## Travelling and Competition

When travelling, Dan Kowalski makes sure to pick up some sandwiches from his favourite deli to eat on the road that day. "I always try to take my rice cooker for main meals because I prefer it and it's hard in groups as everyone is about pasta." This is great advice for fussy eaters or swimmers with special dietary needs. If you call in advance, most airlines have almost ten meal options available.

When she was healthy, Olympic silver medallist and short-course world record holder Allison Wagner usually ate a lot of fruits and vegetables. "I didn't really eat anything that interesting. I tried to have a low-fat diet and eat 'healthy.'" For Allison, eating on the road at meets was more difficult. "I was a picky eater, so when we travelled to different countries I usually ended up living out of the trunks of snacks the team brought. Plus I was always so nervous I had a hard time stomaching a lot of things."

## Vegetarian Eating

As I mentioned before, I am a vegetarian. But vegetarian eating is something that needs to be done with a lot of information. In 1992 I decided to "go green," and I spent six months reading and researching every health book I could get my hands on, whether it was the *Sports Nutrition Bible*, *Diet for a New America*, *Fit for Life*, or *Healthy Food, Healthy Planet*. I spent the time I needed to make the big leap, and I haven't looked back. Over the ensuing eight years, I've experimented with varying degrees of vegetarianism, eliminating eggs, dairy, and fish at my most strict and finally settling on a diet that excludes all animals except fish and seafood. But my choices are calculated and important. Many young people, especially girls, don't eat red meat for a variety of reasons. But unless they are eating other protein-rich and iron-rich foods, I always caution in this case. People always ask me where I get my protein, and my answer is "lots of places. Fish, eggs, dairy, tofu, beans, lentils, whole-grain

bread and cereals, and a few times a week I drink soy protein shakes. As for iron, I eat a lot of green leafy vegetables."

Vitamin B12 is the only vitamin that is found in only trace amounts in plants, yet it is very important to recovery, especially under stressful circumstances. Many swimmers who race a lot of events take B12 shots during big meets (administered by qualified team doctors). But a multi-vitamin or B vitamin complex will do just fine for most swimmers.

My favourite vegetarian is Olympic silver medallist Marianne Limpert. Marianne became a vegetarian for health reasons and believes it has definitely helped her swimming. "It certainly hasn't hurt my swimming. Being a vegetarian has helped me put more effort and thought into eating properly." As for eating green on the road, Marianne sees that society is much more accommodating than it used to be. "More and more restaurants cater to vegetarians than when I became one in the early 1990s. Of course it can be harder in somewhere like France, where lunch is a big slab of meat! But people are always very accommodating, and I can usually get pasta or another option."

## Disordered Eating

Disordered eating is an important element of diet. As a bulimic for four years in high school, I understand the health and performance problems an eating disorder can cause. Too many young women battle silently with these issues. And until these topics are discussed in an open forum with young swimmers of both sexes, with coaches and with parents, the problem of disordered eating will only get worse. No coach, parent, or athlete should make unconditional statements about an athlete's weight. Eating disorders such as bulimia and anorexia are demons that sufferers will have to face three times a day, every day for the rest of their lives. No gold medal, national title, college scholarship, or competition is worth that. And for every woman who does win Olympic gold, there are thousands who don't.

As reported in the February 1999 issue of SWIMNEWS, Allison Wagner suffered from severe eating disorders during much of her career. For Allison, healthy eating became extremely difficult as she succumbed to bulimia and anorexia. At one point, Allison ate zero grams of fat a day and as few calories as possible, all the while training upwards of six hours a day, 100,000 m a week. Allison cautions parents, coaches, and teammates of some of the signs that healthy eating has

become disordered eating. "Look for the following early signs: noticeable weight loss, frequent use of weight scale, use of diet pills, fatigue, cold intolerance, muscle weakness, depression, irregular or complete loss of menstruation, sleeping problems, overuse injuries, pale complexion, tooth decay, bloodshot eyes, dry skin and hair, and headaches."

As Allison descended down the long, lonely road of starvation and eventually anorexia, she knew the Olympics were coming and felt she had to lose weight because she thought the leaner she was the faster she would swim. "I stopped eating and I started drinking a lot of caffeine. Two weeks out of the Olympics I was losing about a pound a day. In the two days between my events in Atlanta I lost five pounds." Her rapid weight loss and the subsequent deterioration of her body's muscle left Allison with little strength, and her best event, the 200 IM, suffered because of it. "Although I didn't know it at the time, looking back I realize I just had no power to race the 200."

Parents can play an integral role in their swimmer's mental and physical health by finding out what approach their swimmer's coach takes to both coaching and learning. Dr. Judy Goss of Toronto advises parents to be pro-active in their athlete's health. "Parents need to be aware of their swimmer's eating habits and any weight loss. Kids can hide it very easily, so parents need to pay close attention to the many symptoms of disordered eating."

## Supplements

In our next issue we will dive into the profitable and often overwhelming world of nutritional supplements. From the performance benefits and possible health risks of Creatine to all the latest products the world's best swimmers are testing out, we will provide you with some important information.

As for your diet, it is now up to you. We have worked to provide you with a basic roadmap of the kind of healthy choices you need to make to be at your best. Of course there are still some swimmers out there who, like Mike Barrowman and Erik Vendt, believe at pre-race dinner at McDonalds is their best option. But who knows how fast they could have been or could be with fast-food-free and junk-free fuel for their bodies?

To contact Nikki:  
[yourhealth@swimmail.com](mailto:yourhealth@swimmail.com)



# CANADIAN UNIVERSITY CHAMPIONSHIPS

## 2001 CIAU CHAMPIONSHIPS

Guelph, Feb 23-25 (25 m)

• = CIAU record

### MEN

#### 50 METRES FREESTYLE

- 23.17 Garret Pulte, 22, PDSA-UBC
- 23.24 Josh Ballem, 23, UCSA-UC
- 23.35 Alex Pichette, 24, CAMO-MCG
- 23.43 Ian Young, 21, BRO
- 23.46 Jake Steele, 21, PDSA-UBC
- 23.47 Kevin Johns, 21, PDSA-UBC
- 23.57 Justin Tisdall, 19, PDSA-UBC
- 23.60 Matt Wood, 20, UWU

#### 100 METRES FREESTYLE

- 49.48 Rick Say, 21, UCSA-UC
- 50.40 Jake Steele, 21, PDSA-UBC
- 50.59 Garret Pulte, 22, PDSA-UBC
- 50.67 Peter Szaffarski, 19, BROCK-UT
- 50.93 Justin Tisdall, 19, PDSA-UBC
- 51.08 Kevin Johns, 21, PDSA-UBC
- 51.20 Ian Young, 21, BRO
- 51.38 Louis-D. Bonneau, 20, UOTT

#### 200 METRES FREESTYLE

- 1:46.65 Rick Say, 21, UCSA-UC
- 1:47.14 Brian Johns, 18, RAPD-UBC
- 1:48.94 Peter Szaffarski, 19, BROCK-UT
- 1:49.78 Ian Young, 21, BRO
- 1:49.89 Justin Tisdall, 19, PDSA-UBC
- 1:52.00 Brian Edey, 21, EKSC-UA
- 1:52.15 Louis-D. Bonneau, 20, UOTT
- 1:52.71 Richard Cormack, 19, UCSA-UC

#### 400 METRES FREESTYLE

- 3:43.91 Rick Say, 21, UCSA-UC
- 3:53.62 Mark Johnston, 21, PDSA-UBC
- 3:55.79 Andre Couturier, 19, ULAV
- 3:55.94 Peter Szaffarski, 19, BROCK-UT
- 3:56.48 Justin Tisdall, 19, PDSA-UBC
- 3:56.76 Ian Young, 21, BRO
- 3:57.06 Tim Peterson, 22, PDSA-UBC
- 3:57.82 David Creel, 20, IS-VIKES

#### 1500 METRES FREESTYLE

- 15:07.94 Rick Say, 21, UCSA-UC
- 15:29.48 Brent Sallee, 23, PDSA-UBC
- 15:30.51 David Creel, 20, IS-VIKES
- 15:32.10 Jesse Jacks, 18, IS-VIKES
- 15:38.66 Tim Peterson, 22, PDSA-UBC
- 15:47.47 Andre Couturier, 19, ULAV
- 15:56.52 Joe Melton, 21, UCSA-UC
- 15:59.82 Tim Cowan, 23, UCSA-UC

#### 50 METRES BACKSTROKE

- 24.85 Sean Sepulis, 23, UG
- 25.30 Mark Versfeld, 24, PDSA-UBC
- 25.42 Alex Pichette, 24, CAMO-MCG
- 25.79 Bob Hayes, 24, UT
- 26.65 Stephen Preston, 19, ULAV
- 26.83 Doug McCarthy, 19, MCG
- 26.97 Mark Welty, 21, UCSA-UC
- 27.24 Gordon McKay, 20, EKSC-UA

#### 100 METRES BACKSTROKE

- 54.30 Sean Sepulis, 23, UG
- 54.72 Mark Versfeld, 24, PDSA-UBC
- 54.88 Alex Pichette, 24, CAMO-MCG
- 56.89 Michael Power, 20, UCSA-UC
- 57.30 Stephen Preston, 19, ULAV
- 57.34 Louis-D. Bonneau, 20, UOTT
- 57.90 Roland Bauhart, 20, PDSA-UBC
- 57.95 Gordon McKay, 20, EKSC-UA

#### 200 METRES BACKSTROKE

- 1:58.30 Sean Sepulis, 23, UG
- 1:58.61 Mark Versfeld, 24, PDSA-UBC
- 2:01.83 Stephen Preston, 19, ULAV
- 2:02.04 Bob Hayes, 24, UT
- 2:02.13 Michael Power, 20, UCSA-UC
- 2:02.37 Roland Bauhart, 20, PDSA-UBC
- 2:04.86 Dave MacDonald, 20, IS-VIKES
- 2:05.21 Jonathan Fowler, 23, UCSA-UC

#### 50 METRES BREASTSTROKE

- 28.70 Spencer Cowan, 20, WLU

- 29.02 Chris Stewart, 23, DAL
- 29.07 Jason Hunter, 21, NR-VIKES
- 29.11 Brad Mori, 23, UOFL
- 29.31 Roger Boucher, 20, UCSA-UC
- 29.42 Matthew Mains, 19, UWAT
- 29.62 Nir Rotenberg, 20, UT
- 29.64 David Allard, 21, CAMO-MCG

#### 100 METRES BREASTSTROKE

- 1:01.70 Jason Hunter, 21, NR-VIKES
- 1:01.89 John Stambuis, 22, IS-VIKES
- 1:02.50 Chris Stewart, 23, DAL
- 1:03.10 Matthew Mains, 19, UWAT
- 1:03.19 Jake Steele, 21, PDSA-UBC
- 1:03.61 David Allard, 21, CAMO-MCG
- 1:03.77 Spencer Cowan, 20, WLU
- 1:04.41 Roger Boucher, 20, UCSA-UC

#### 200 METRES BREASTSTROKE

- 2:12.90 John Stambuis, 22, IS-VIKES
- 2:14.00 Jason Hunter, 21, NR-VIKES
- 2:15.21 Joe Melton, 21, UCSA-UC
- 2:15.45 Matthew Mains, 19, UWAT
- 2:18.27 David Allard, 21, CAMO-MCG
- 2:19.02 Marcus Blouw, 20, UMAN
- 2:19.04 Adam Peacey, 24, UT
- 2:19.06 Chris Stewart, 23, DAL

#### 50 METRES BUTTERFLY

- 24.40 Garret Pulte, 22, PDSA-UBC
- 24.96 Jean-F. Langlais, 21, ULAV
- 24.98 Josh Ballem, 23, UCSA-UC
- 25.55 Kevin Johns, 21, PDSA-UBC
- 25.57 Chris Razeau, 20, UMAN
- 25.64 Nicholas Dargus, 20, NEW-UT
- 26.06 Brandon Robinson, 20, MCM
- 26.10 Craig Ross, 20, BRO

#### 100 METRES BUTTERFLY

- 53.86 Jean-F. Langlais, 21, ULAV
- 54.30 Garret Pulte, 22, PDSA-UBC
- 54.45 Mark Versfeld, 24, PDSA-UBC
- 54.83 Josh Ballem, 23, UCSA-UC
- 55.70 Kevin Johns, 21, PDSA-UBC
- 55.75 Jesse Jacks, 18, IS-VIKES
- 55.83 Nicholas Dargus, 20, NEW-UT
- 56.05 Bob Hayes, 24, UT

#### 200 METRES BUTTERFLY

- 1:59.95 Brian Johns, 18, RAPD-UBC
- 2:02.51 David Rose, 19, UWAT
- 2:02.62 Jesse Jacks, 18, IS-VIKES
- 2:03.42 Bob Hayes, 24, UT
- 2:03.70 Sylvain Lemieux, 20, MCG
- 2:04.60 Andy White, 18, UOTT
- 2:04.68 Nicholas Dargus, 20, NEW-UT
- 2:06.01 Tim Cowan, 23, UCSA-UC

#### 200 METRES IND. MEDLEY

- 1:59.59 Brian Johns, 18, RAPD-UBC
- 2:02.39 Sylvain Lemieux, 20, MCG
- 2:02.87 Joe Melton, 21, UCSA-UC
- 2:04.29 David Allard, 21, CAMO-MCG
- 2:04.70 David Rose, 19, UWAT
- 2:05.55 John Stambuis, 22, IS-VIKES
- 2:06.03 Adam Peacey, 24, UT
- 2:06.15 Chris Nelson, 21, OSC-UA

#### 400 METRES IND. MEDLEY

- 4:16.29 Brian Johns, 18, RAPD-UBC
- 4:17.99 Joe Melton, 21, UCSA-UC

- 4:19.56 Sylvain Lemieux, 20, MCG
- 4:19.95 Adam Peacey, 24, UT
- 4:22.94 John Stambuis, 22, IS-VIKES
- 4:24.19 Brent Sallee, 23, PDSA-UBC
- 4:24.24 David Rose, 19, UWAT
- 4:24.71 Shawn Van Hoof, 23, PDSA-UBC

#### 4X100 M MEDLEY RELAY

- 3:40.34 Univ. British Columbia, PDSA-UBC
- 3:42.87 Univ. Calgary, UCSA-UC
- 3:45.00 McGill Univ., MCG
- 3:47.39 Univ. Toronto, UT
- 3:48.90 Univ. Laval, ULAV
- 3:48.96 Univ. Victoria, IS-VIKES
- 3:50.19 Univ. Alberta, UALB
- 3:51.75 Univ. Guelph, UG

#### 4X100 M FREE RELAY

- 3:21.64 Univ. British Columbia, PDSA-UBC
- 3:23.94 Univ. Toronto, UT
- 3:24.36 Univ. Calgary, UCSA-UC
- 3:27.89 Univ. Laval, ULAV
- 3:29.38 McGill Univ., MCG
- 3:30.26 Univ. Alberta, UALB
- 3:32.56 Brock Univ., BRO
- 3:32.70 Univ. Ottawa, UOTT

#### 4X200 M FREE RELAY

- 7:18.51 Univ. British Columbia, PDSA-UBC
- 7:31.55 Univ. Calgary, UCSA-UC
- 7:35.78 McGill Univ., MCG
- 7:37.20 Univ. Toronto, UT
- 7:38.51 Univ. Alberta, UALB
- 7:39.11 Univ. Ottawa, UOTT
- 7:40.01 Univ. Victoria, IS-VIKES
- 7:45.33 Univ. Manitoba, UMAN

#### MEN'S TEAM SCORES

- 539.5 Univ. British Columbia
- 485.0 Univ. Calgary
- 416.0 Univ. Toronto
- 296.0 Univ. Victoria
- 294.5 Univ. Laval
- 172.5 Univ. New Brunswick
- 168.5 McMaster Univ.
- 162.5 McGill Univ.
- 151.0 Univ. Alberta
- 125.0 Univ. Waterloo

### WOMEN

#### 50 METRES FREESTYLE

- 26.06 Anna Lydall, 20, PDSA-UBC
- 26.28 Julie Tardif, 23, CAMO-UDM
- 26.39 Janet Cook, 21, HWAC-MCM
- 26.62 Edith Lachapelle, 24, UOTT
- 26.71 Caroline Clapham, 19, PDSA-UBC
- 26.89 Marielle Menard, 20, ULAV
- 27.01 Kelly O'Toole, 18, EKSC-UA
- 27.20 Genevieve Boucher, 20, UQUAM

#### 100 METRES FREESTYLE

- 56.18 Sophie Simard, 22, ULAV
- 56.48 Janet Cook, 21, HWAC-MCM
- 56.48 Jessica Deglau, 20, PDSA-UBC
- 56.82 Anna Lydall, 20, PDSA-UBC
- 57.12 Jennifer Button, 23, ROW-UT
- 57.29 Edith Lachapelle, 24, UOTT
- 57.61 Kate Brambley, 22, PDSA-UBC
- 57.90 Megan Kinsella, 19, UCSA-UC

#### 200 METRES FREESTYLE

- 1:57.99 Sophie Simard, 22, ULAV
- 1:59.27 Jessica Deglau, 20, PDSA-UBC
- 1:59.83 Carla Geurts, 29, UNB

- 2:00.54 Angela Stanley, 20, PDSA-UBC
- 2:03.30 Karley Stutzel, 18, IS-VIKES
- 2:03.35 Kate Brambley, 22, PDSA-UBC
- 2:03.85 Jennifer Button, 23, ROW-UT
- 2:03.90 Megan Kinsella, 19, UCSA-UC

#### 400 METRES FREESTYLE

- 4:09.40 Sophie Simard, 22, ULAV
- 4:09.77 Carla Geurts, 29, UNB
- 4:12.03 Jessica Deglau, 20, PDSA-UBC
- 4:14.47 Angela Stanley, 20, PDSA-UBC
- 4:16.38 Karine Legault, 22, PPO-MCG
- 4:16.68 Karley Stutzel, 18, IS-VIKES
- 4:18.96 Carrie Burgoyne, 19, UCSA-UC
- 4:19.48 Julie Gravelle, 21, UT

#### 800 METRES FREESTYLE

- 8:37.06 Carla Geurts, 29, UNB
- 8:43.55 Kelly Doody, 21, PDSA-UBC
- 8:43.73 Angela Stanley, 20, PDSA-UBC
- 8:48.57 Karine Legault, 22, PPO-MCG
- 8:50.15 Karley Stutzel, 18, IS-VIKES
- 8:53.25 Lindsay Beavers, 19, STAR-WAT
- 8:56.94 Julie Gravelle, 21, UT
- 9:02.09 Shauna McNally, 19, EKSC-UA

#### 50 METRES BACKSTROKE

- 28.54 Julie Howard, 24, BRANT-UT
- 29.05 Kelly Stefanyshyn, 18, PDSA-UBC
- 29.07 Erin Gammel, 20, UCSA-UC
- 29.94 Julia Wright, 19, UCSA-UC
- 30.18 Edith Lachapelle, 24, UOTT
- 30.27 Marielle Menard, 20, ULAV
- 30.46 Caroline Clapham, 19, PDSA-UBC
- 31.18 Kara Folsom, 19, UNB

#### 100 METRES BACKSTROKE

- 1:00.69 Julie Howard, 24, BRANT-UT
- 1:01.41 Kelly Stefanyshyn, 18, PDSA-UBC
- 1:02.02 Erin Gammel, 20, UCSA-UC
- 1:03.01 Julia Wright, 19, UCSA-UC
- 1:05.43 Marielle Menard, 20, ULAV
- 1:05.43 Shauna McNally, 19, EKSC-UA
- 1:05.60 Caroline Clapham, 19, PDSA-UBC
- 1:05.83 Edith Lachapelle, 24, UOTT

#### 200 METRES BACKSTROKE

- 2:08.15 Kelly Stefanyshyn, 18, PDSA-UBC
- 2:11.28 Elizabeth Warden, 23, UT
- 2:13.42 Julia Wright, 19, UCSA-UC
- 2:16.04 Erin Gammel, 20, UCSA-UC
- 2:19.88 Tara Ross, 20, ROW-WLU
- 2:20.05 Shauna McNally, 19, EKSC-UA
- 2:21.40 Marie-H. Tremblay, 22, ULAV
- 2:23.21 Sarah Laudenbach, 24, MCM

#### 50 METRES BREASTSTROKE

- 33.49 Emma Spooner, 17, UCSA-UC
- 33.54 Kristy Cameron, 19, UCSA-UC
- 33.96 Jenny Wear, 19, IS-VIKES
- 33.97 Josee Dubois, 23, IS-VIKES
- 34.13 Julie Tardif, 23, CAMO-UDM
- 34.39 Sandra McLean, 22, DAL
- 34.66 Mireille Boislard, 22, ULAV
- disq Kelly Kaye, PDSA-UBC

#### 100 METRES BREASTSTROKE

- 1:10.90 Kristy Cameron, 19, UCSA-UC
- 1:11.76 Emma Spooner, 17, UCSA-UC
- 1:11.99 Josee Dubois, 23, IS-VIKES
- 1:12.22 Jenny Wear, 19, IS-VIKES
- 1:12.43 Julie Steinberg, 22, UWAT
- 1:13.85 Sandra McLean, 22, DAL
- 1:13.94 Kelly Kaye, 26, PDSA-UBC
- 1:14.28 Mireille Boislard, 22, ULAV

#### 200 METRES BREASTSTROKE

- 2:31.44 Kristy Cameron, 19, UCSA-UC
- 2:32.87 Emma Spooner, 17, UCSA-UC
- 2:33.33 Jenny Wear, 19, IS-VIKES
- 2:33.68 Julie Steinberg, 22, UWAT
- 2:33.90 Dena Durand, 20, UCSA-UC
- 2:34.49 Josee Dubois, 23, IS-VIKES
- 2:34.61 Elizabeth Warden, 23, UT
- 2:38.02 Sandra McLean, 22, DAL

#### 50 METRES BUTTERFLY

- 27.86 Jennifer Button, 23, ROW-UT
- 28.00 Janet Cook, 21, HWAC-MCM
- 28.02 Julie Howard, 24, BRANT-UT
- 28.83 Marie-H. Tremblay, 22, ULAV

- 29.07 Marie-H. Giasson, 20, ULAV
- 29.18 Anna Lydall, 20, PDSA-UBC
- 29.59 Carmen Barnett, 19, UWU
- 29.60 Carolyn McCabe, 19, MCG

#### 100 METRES BUTTERFLY

- 1:00.37 Jennifer Button, 23, ROW-UT
- 1:00.44 Kelly Stefanyshyn, 18, PDSA-UBC
- 1:01.09 Julie Howard, 24, BRANT-UT
- 1:02.13 Janet Cook, 21, HWAC-MCM
- 1:03.79 Marie-H. Tremblay, 22, ULAV
- 1:04.15 Kellie Rolston, 20, IS-VIKES
- 1:04.21 Marie-H. Giasson, 20, USC-UA
- 1:04.58 Carmen Barnett, 19, UWU
- 1:06.36 Ayesha Rollinson, 23, UT

#### 200 METRES BUTTERFLY

- 2:12.83 Jessica Deglau, 20, PDSA-UBC
- 2:15.44 Julie Gravelle, 21, UT
- 2:16.70 Sophie Simard, 22, ULAV
- 2:17.61 Dena Durand, 20, UCSA-UC
- 2:18.05 Kellie Rolston, 20, IS-VIKES
- 2:19.78 Carrie Burgoyne, 19, UCSA-UC
- 2:21.38 Michelle MacNeil, 20, OSC-UA
- 2:21.90 Elaine Duranceau, 21, MCG

#### 200 METRES IND. MEDLEY

- 2:14.92 Elizabeth Warden, 23, UT
- 2:16.41 Dena Durand, 20, UCSA-UC
- 2:17.19 Kristy Cameron, 19, UCSA-UC
- 2:17.54 Kelly Doody, 21, PDSA-UBC
- 2:18.55 Carrie Burgoyne, 19, UCSA-UC
- 2:19.46 Tara Schulz, 20, UT
- 2:22.60 Julia Wright, 19, UCSA-UC
- 2:25.79 Julie Steinberg, 22, UWAT

#### 400 METRES IND. MEDLEY

- 4:43.67 Elizabeth Warden, 23, UT
- 4:43.97 Kelly Doody, 21, PDSA-UBC
- 4:45.44 Carrie Burgoyne, 19, UCSA-UC
- 4:46.50 Dena Durand, 20, UCSA-UC
- 4:45.11 Lindsay Beavers, 19, STAR-WAT
- 4:46.22 Tara Schulz, 20, UT
- 4:48.83 Jenny Wear, 19, IS-VIKES
- 5:01.97 Angela Stanley, 20, PDSA-UBC

#### 4X100 M MEDLEY RELAY

- 4:09.52 Univ. British Columbia, PDSA-UBC
- 4:13.45 Univ. Calgary, UCSA-UC
- 4:18.48 Univ. Toronto, UT
- 4:19.85 Univ. Laval, ULAV
- 4:21.62 Univ. Victoria, IS-VIKES
- 4:23.09 McMaster Univ., MCM
- 4:25.97 Univ. Waterloo, UWAT
- 4:26.08 Univ. Guelph, UG

#### 4X100 M FREE RELAY

- 3:45.98 Univ. British Columbia, PDSA-UBC
- 3:49.79 Univ. Toronto, UT
- 3:52.93 Univ. New Brunswick, UNB
- 3:54.32 Univ. Laval, ULAV
- 3:56.32 McMaster Univ., MCM
- 3:59.19 Univ. Alberta, UALB
- 3:59.29 Univ. Victoria, IS-VIKES
- 3:59.73 Univ. Lethbridge, UOFL

#### 4X200 M FREE RELAY

- 8:05.97 Univ. British Columbia, PDSA-UBC
- 8:15.52 Univ. Toronto, UT
- 8:19.92 Univ. Calgary, UCSA-UC
- 8:25.09 Univ. New Brunswick, UNB
- 8:30.33 Univ. Victoria, IS-VIKES
- 8:32.91 McGill Univ., MCG
- 8:33.00 McMaster Univ., MCM
- 8:39.77 Univ. Alberta, UALB

#### WOMEN'S TEAM SCORES

- 671.0 Univ. British Columbia
- 539.5 Univ. Calgary
- 323.0 Univ. Toronto
- 292.0 McGill Univ.
- 287.0 Univ. Victoria
- 203.5 Univ. Laval
- 153.0 Univ. Alberta
- 129.0 Univ. Waterloo
- 123.0 Brock Univ.
- 117.0 Univ. Ottawa

#### Rating Summary of Top Performances

- |         |         |              |                                  |                       |
|---------|---------|--------------|----------------------------------|-----------------------|
| 1) 984  | 2:08.15 | 200 back W   | Kelly Stefanyshyn, 18, PDSA-UBC  |                       |
| 2) 971  | 1:57.99 | 200 free W   | Sophie Simard, 22, ULAV          |                       |
| 3) 970  | 3:43.91 | 400 free M   | Rick Say, 21, UCSA-UC            |                       |
| 4) 958  | 8:05.97 | 4x200 free W | Univ. British Columbia, PDSA-UBC |                       |
|         | 958     | 4:09.77      | 400 free W                       | Carla Geurts, 29, UNB |
| 6) 955  | 1:59.27 | 200 free W   | Jessica Deglau, 20, PDSA-UBC     |                       |
| 7) 954  | 1:59.59 | 200 im M     | Brian Johns, 18, RAPD-UBC        |                       |
| 8) 953  | 1:00.69 | 100 back W   | Julie Howard, 24, BRANT-UT       |                       |
| 9) 949  | 2:11.28 | 200 back W   | Elizabeth Warden, 23, UT         |                       |
| 10) 944 | 24.85   | 50 back M    | Sean Sepulis, 23, UG             |                       |

# TINY OLYMPIC PROSPECTS

# TOP

## PARTICIPATING CLUB

CLUB NAME	CODE	PROV	BOYS	GIRLS	TOTAL
Ajax Aquatic Club	AAC	ON	4	12	16
Club Aquatique Montreal	CAMO	PQ	19	13	32
Canadian Dolphin SC	CDSC	BC	12	4	16
Chena Swim Club	CHENA	BC	2	3	5
CN Haut-Richelieu	CNHR	PQ	4	16	20
Edmonton Keyano SC	EKSC	AB	16	26	42
Saskatoon Goldfins	GOLD	SK	14	22	36
Hyack Swim Club	HYACK	BC	17	8	25
Island Swimming	IS	BC	25	33	58
Kelowna Aqua Jets	KAJ	BC	4	4	8
Kisu Swim Club	KISU	BC	5	4	9
London Aquatic Club	LAC	ON	11	26	37
Mississauga Aquatic Club	MSSAC	ON	10	26	36
Oshawa Aquatic Club	OSHAC	ON	2	6	8
Olympian Swim Club	OSC	AB	7	12	19
Pointe Claire SC	PCSC	PQ	43	50	93
Pacific Sea Wolves	PSW	BC	20	18	38
Richmond Rapids	RAPID	BC	8	3	11
Red Deer Catalina SC	RDCSC	AB	4	12	16
Rocky Island SC	RISC	ON	2	-	2
Region of Waterloo	ROW	ON	5	8	13
Straford Kinsmen Y	SKY	ON	0	5	5
Wilnot Aces	WAAC	ON	0	4	4
Stettler Swim Club	SSC	AB	0	4	4
Timmins Marlins SC	TMSC	ON	8	17	25
Univ. of Calgary SC	UCSC	AB	30	29	59
Unbridge SC	USC	ON	9	12	21
Vancouver Pacific SC	VPSC	BC	15	21	36
<b>Total</b>			<b>296</b>	<b>396</b>	<b>692</b>

## GIRLS EVENTS

### GIRLS 7&U - 200 FREESTYLE

Rec: 2:55.04 Donna Wu, AQUA, 85

- 3:32.68 Ashley McGregor, PCSC
- 3:48.61 Lori Kremer, OSC
- 3:49.96 Allison Beveridge, UCSC
- 3:56.27 Patricia Jaros, MSSAC
- 3:57.54 Whitney Jardine, TMSC
- 4:19.29 Isabelle Cloutier, PCSC
- 4:19.50 Mara Pritchard, LAC
- 4:24.66 Michael Schmidt, UCSC
- 4:30.00 Catherine Crepnjak, PSW
- 4:32.89 Stephanie Wilson, MSSAC
- 4:35.71 Victoria Polyakova, IS
- 4:37.38 Sara Assi, PCSC
- 4:37.50 Kari MacLeod, UCSC
- 4:41.92 Helaina Shantz, WAAC
- 4:47.00 Megan Jacobs, USC
- 4:51.33 Breanne Hart-Dowhun, OSC
- 4:53.72 Caroline Parsons, PCSC
- 4:54.27 Jamie Moore, TMSC
- 4:54.85 Roxan Canty-Curry, PCSC
- 4:55.02 Valerie Vronis, PCSC
- 4:55.96 Sheriffa Hammond, MSSAC
- 5:05.71 Katie MacLeod, PCSC
- 5:05.99 Catherine Alcom, RDCSC
- 5:09.47 Michelle Kyschuk, UCSC
- 5:09.68 Queenie Wei, UCSC
- 5:11.57 Janica Lee, MSSAC
- 5:13.15 Jordyn Walker, GOLD
- 5:18.74 Marnie Howlett, GOLD
- 5:20.19 Isabelle Corbell, TMSC
- 5:20.27 Kayly Patterson, MSSAC
- 5:22.86 Katie Keeping, USC
- 5:23.47 Meghan Reiser, OSC
- 5:27.45 Amanda Gagne, PCSC
- 5:29.93 Michelle Morgado, MSSAC

- 5:31.27 Alana Toni, GOLD
- 5:38.14 Justine Lewis, CAMO
- 5:41.32 Kathleen Daguano, PCSC
- 5:52.43 Colleen Kennedy, AAC
- 5:59.50 Katija Bonin, MSSAC
- 6:00.25 Robyn Melville, IS
- 6:04.54 Veronika Blach, PCSC
- 6:11.15 Cassandra Blagrove, PCSC
- 6:14.43 Tatiana Zamozdra, PCSC
- 6:21.21 Jennifer Zukinsky, EKSC
- 6:21.53 Jessica Hughes, MSSAC
- 6:33.18 Sarah MacLeod, PCSC
- 6:37.06 Hilary Willy, IS
- 7:10.20 Leor Laniode, VPSC
- 7:17.31 Montana Davies, IS
- 7:18.49 Ashley Cameron, EKSC
- 7:21.07 Megan Butters, PCSC
- 7:31.16 Marika Rueben, IS
- 7:51.78 Jessica Almandares, IS
- 7:55.49 Katie Mathews, EKSC
- 8:01.00 Mariah Mulligan, PSW
- 8:30.01 Allison Badger, UCSC
- 8:30.07 Lauren Starkowski, UCSC
- 8:33.32 Julia Marks, IS
- 8:46.21 Sara Charette, IS
- 9:15.17 Adele Nyllin, IS

- 7:42.46 Molly McCullough, PCSC
- 8:00.15 Cristina Bravi, CAMO
- 8:04.00 Elizabeth Guilmond, CAMO
- 8:09.08 Christina Bosse, PCSC
- 8:12.91 Allyson Saunders, RDCSC
- 8:15.73 Caroline Shung, MSSAC
- 8:16.60 Marie-A. Beaulac, CAMO
- 8:19.50 Katie Stefanopoulos, USC
- 8:27.28 Sadiye Assi, PCSC
- 8:32.56 Kate MacCord, UCSC
- 8:32.66 Natalia Hernandez, CHENA
- 8:38.21 Lina Moghrabi, PCSC
- 8:38.45 Amy Allan, PCSC
- 8:41.48 Anne Kerr, PCSC
- 8:45.40 Sydney Adkin, LAC
- 8:54.11 Kearston Livingston, IS
- 8:54.39 Lindsey Moore, VPSC
- 9:02.00 Michelle Spencer, AAC
- 9:03.00 Eleni Rompolinos, PCSC
- 9:04.29 Kaysa Hayes, VPSC
- 9:10.00 Christina Taninnen, EKSC
- 9:14.02 Sabrina Novak, PCSC
- 9:28.66 Alison Hooper, IS
- 9:35.77 Jocelyn Sirois, GOLD
- 9:38.30 Laura MacNeill, GOLD
- 9:46.34 Emma Sproule, UCSC
- 9:47.67 Stephanie Chan-Lay, UCSC
- 9:58.90 Michelle Chan, VPSC
- 9:59.26 Courtney Fry, OSC
- 10:01.12 Jenica Montgomery, UCSC
- 10:02.56 Sabrina Davis, UCSC
- 10:04.30 Alexandra Tully, VPSC
- 10:05.00 Sarah Rosato, LAC
- 10:05.00 Ariane Provost, CNHR
- 10:09.61 Alyson Walker, LAC
- 10:22.50 Laura Hossari, PCSC
- 10:25.58 Aleksandra Bershadskaya, CAMO
- 10:25.94 Catherine Zaluski, AAC

### GIRLS 8 - 400 FREESTYLE

Rec: 5:49.44 Sandy Sabo, DDO, 83

- 6:44.39 Brittany Buna, IS
- 6:52.00 Kelly Ann White, MSSAC
- 7:04.01 Fionnuala Pierce, EKSC
- 7:18.71 Jennifer Slongo, MSSAC
- 7:25.01 Dana Woodhall, ROW
- 7:25.62 Mara Lavioie, OSC
- 7:30.54 Deanna Mathews, EKSC
- 7:37.27 Sara Belo, MSSAC
- 7:39.36 Courtney Caitlin, HYACK

- 10:26.06 Haley Tierney, PCSC
- 10:27.76 Nadia Bensari, UCSC
- 10:28.03 Madison Goldberg, PCSC
- 10:37.89 Natalie McCallum, UCSC
- 10:40.92 Stacey Carlson, GOLD
- 10:49.00 Destinee Hunter, PSW
- 10:55.02 Caryn Dooner, IS
- 11:12.36 Audrey Barsalou, CNHR
- 11:13.26 Stephanie Moreau, CNHR
- 12:03.00 Kimberly Meerse, PSW
- 12:16.00 Jessica Lucier, PSW
- 12:45.00 Kinsey Beck, LAC
- 12:45.81 Nicole LaChance, EKSC
- 14:18.88 Andrea Wyers, USC
- 14:41.51 Charlene Buffan, USC

### GIRLS 9 - 800 FREESTYLE

Rec: 10:45.42 Julie Bodenbender, AQUA, 88

- 12:37.14 Lisa Alibrando, PCSC
- 13:01.10 Julie Kells, RDCSC
- 13:25.10 Christine Edward, VPSC
- 13:29.38 Allison Long, UCSC
- 13:29.38 Jessica Thrower, UCSC
- 13:31.77 Alexandra Cloutier, PCSC
- 13:31.93 Meghan Brockington, OSHAC
- 13:36.72 Kirtsyn McCassey, OSHAC
- 14:21.22 Marisol Jean Lagapelle, CAMO
- 14:30.86 Kristen Santos, AAC
- 14:38.08 Pamela McGhee, UCSC
- 14:39.66 Sonia Weinmer, CAMO
- 14:43.34 Kristina MacLeod, UCSC
- 14:52.20 Amanda Johnston, LAC
- 14:54.10 Siobhan Newell, HYACK
- 15:04.25 Amanda Burke, UCSC
- 15:04.40 Leanne Midgley, LAC
- 15:05.30 Alex Fergusson, LAC
- 15:14.29 Laura Thompson, USC
- 15:19.67 T.J. Hebert, PCSC
- 15:21.59 Scarlett Smith, VPSC
- 15:22.20 Lauren Guillemette, TMSC
- 15:22.68 Marieve Althof, CAMO
- 15:23.20 Victoria Hanna, OSHAC
- 15:36.61 Vanessa LePage, CAMO
- 15:37.20 Victoria Roduta, USC
- 15:42.00 Hilary Caldwell, PSW
- 15:45.75 Alex Williams, OSC
- 16:05.11 Emily Emmett, SKY
- 16:06.00 Kate Mittermaier, PSW
- 16:10.12 Elisa Colantoni, TMSC
- 16:11.02 Alexandra Zalytny, PCSC
- 16:20.00 Kirtsyn Munroe, PSW
- 16:28.70 Kristine Lawson, HYACK
- 16:31.11 Maxine Rist, PCSC
- 16:31.29 Stefania Strati, MSSAC
- 16:45.80 Tsue Anderson, EKSC
- 16:52.02 Allyson McGill, UCSC
- 16:54.09 Bianca Liang, MSSAC
- 16:57.71 Kayla Bannister, AAC
- 16:59.90 Megan Gilmour, LAC
- 17:14.13 Jaime Doucet, WAAC
- 17:14.36 Alexis Puhahl, GOLD
- 17:15.00 Brielle Bukelida, EKSC
- 17:15.59 Isabelle Yeardon, USC
- 17:16.00 Adrienne Funk, EKSC
- 17:20.00 Bobbi Melnichuk, EKSC
- 17:20.00 Rebecca Britten, EKSC
- 17:24.36 Cassie Vein, TMSC
- 17:26.31 Tika Vein, TMSC
- 17:39.20 Cassandra Sammarco, RAPID
- 17:39.68 Robyn Moore, TMSC
- 17:39.94 Julie-Ann Papineau, CNHR
- 17:39.20 Cassandra Sammarco, RAPID
- 17:40.68 Talia Ritondo, PCSC
- 17:50.00 Nikita Senay, LAC
- 17:56.43 Ruth Ann Fraser, WAAC
- 17:57.98 Meghan Ducille, AAC
- 18:25.36 Kirsten Hickey, RDCSC
- 18:29.20 Alex Orfanides, LAC
- 18:29.95 Katie Jamison, ROW
- 18:30.70 Grace Jaurisot, VPSC
- 18:35.30 Siobhan Neill, IS
- 18:36.90 Lucy Laychuck, EKSC
- 18:37.03 Shannon Paul, EKSC
- 18:41.02 Joanne Treves, GOLD
- 18:47.49 Anne Meyer Oshac, AAC
- 18:47.52 Laurel Hamberstan, EKSC
- 19:06.82 Melissa Teuton, PCSC
- 19:09.40 Mallory Teal, LAC
- 19:13.60 Tina Tam, VPSC
- 19:17.93 Michelle Russell, VPSC
- 19:21.32 Margaret Marek, PCSC

- 19:22.36 Erinn Beech, GOLD
- 19:30.34 Nicole Johnson, UCSC
- 19:39.40 Rebecca Gano, SSC
- 19:48.53 Dominique Boyer-Leblond, CAMO
- 19:55.00 Elizabeth Forrester-C, PSW
- 19:55.07 Teresa Shiang, VPSC
- 19:59.04 Elissa Patterson, MSSAC
- 20:01.66 Anne Penner, UCSC
- 20:04.09 Tatiana Solis, IS
- 20:10.88 Amanda Palmer, UCSC
- 20:11.63 Kelsi Bouphasiri, UCSC
- 20:11.75 KayLee McKendrick, USC
- 20:15.65 Joey Shea, VPSC
- 20:23.14 Kathleen Barker, IS
- 20:27.00 Amanda Vandenbrink, LAC
- 20:34.20 Chelsea Zuber, VPSC
- 20:59.74 Gabriella Giroux, CNHR
- 21:03.13 Jovan Gardiner, VPSC
- 21:04.39 Devin New, GOLD
- 21:15.20 Andrea Vizsolyi, IS
- 21:18.71 Jessica Mighon, ROW
- 21:19.78 Alecia Lukash, GOLD
- 21:30.19 Taylor A. Baker, TMSC
- 21:53.30 Sam Campanale, LAC
- 22:12.27 Jennifer Losie, IS
- 22:25.59 Daniel Cormeau, UCSC
- 22:32.45 Kristen Armour, VPSC
- 22:38.37 Lorayne Mercado, VPSC
- 22:39.98 Jessica Devana, IS
- 22:46.94 Katherine Kennedy, AAC
- 22:47.00 Andrea Temple, PSW
- 26:11.89 Emery Prette, IS
- 26:28.11 Jade M. Lemaire, CNHR
- 26:30.54 Victoria Haworth, CNHR
- 26:44.95 Jonathan Chan, UCSC
- 27:03.13 Nancy Truong, IS
- 37:17.28 Peggy Cho, HYACK

### GIRLS 10 - 1500 FREESTYLE

Rec: 19:12.09 Melanie Copple, AQUA, 86

- 21:43.46 Dayna Ahrens, ROW
- 21:48.65 Anna Freeman, MSSAC
- 21:48.65 Jennifer Wilson, MSSAC
- 23:04.05 Melissa Larocque, PCSC
- 23:13.38 Stefany Bleau, CNHR
- 23:32.22 Marie-P. Berube, CNHR
- 23:36.45 Stacy Perrier-Armas, PCSC
- 23:45.12 Andrea Jurenouskis, TMSC
- 23:46.60 Kristina Zwart, LAC
- 23:47.96 Christa Morgado, MSSAC
- 23:51.07 Melanie McIntyre, MSSAC
- 24:07.29 Jenna Hinkley, PCSC
- 24:32.43 Catherine Powell, PCSC
- 24:36.99 Sarah Mah, UCSC
- 24:38.80 Tiffany Truswell, LAC
- 24:40.71 Tillery-A. Ouilmet, PCSC
- 24:40.95 Alexandra Cantomo, PCSC
- 24:42.19 Sanaa Sterner, PCSC
- 24:42.20 Kristine Walker, LAC
- 24:42.20 Olga Bordatcheva, LAC
- 24:50.00 Courtney Elliott, LAC
- 25:03.08 Vanessa Niedzielski, MSSAC
- 25:11.18 Christine Morris, HYACK
- 25:19.69 Shawnne Landolt, IS
- 25:24.60 Jessie Lehouq, TMSC
- 25:56.77 Mariana Hogan, CNHR
- 26:07.17 Rachel Judges, ROW
- 26:07.99 Joavanna Ruffalo, IS
- 26:08.82 Lauren Voisin, ROW
- 26:09.19 Michelle Beveridge, UCSC
- 26:14.94 Brittany Vadar, OSC
- 26:25.70 Amity Chow, CDSC
- 26:33.33 Michelle Marion, CNHR
- 26:34.55 Gabrielle Laurin, MSSAC
- 26:35.16 Tanya Hurtubise, PCSC
- 26:42.06 Christine Raininger, AAC
- 26:42.09 Wafa Cheifal, CAMO
- 26:46.52 Lauren Fairlie, PCSC
- 26:53.40 Sophie Normandin, CNHR
- 26:53.75 Kalya Spencer, AAC
- 27:00.00 Alex Cooper, LAC
- 27:04.80 Valerie Breaux, CNHR
- 27:05.47 Mariana Ramos, HYACK
- 27:10.61 Kari Shipley, KAJ
- 27:15.60 Eleanora Dalling, VPSC
- 27:15.68 Lindsey Reed, PCSC
- 27:20.00 Rikia Trischuk, GOLD
- 27:20.30 Meg Sloan, LAC
- 27:29.12 Becca Murton, VPSC
- 27:40.01 Caitlin Robinson, MSSAC
- 27:54.88 Vanessa Ylto, SKY

- 27:59.47 Edith Tanguay, CNHR
- 28:03.95 Chloe McMynn, KAJ
- 28:06.00 Keira Minnielly, GOLD
- 28:09.88 Allison McPhee, UCSC
- 28:14.21 Angela Sullivan, IS
- 28:18.20 Maria Bogdan, KAJ
- 28:19.33 Caroline Provost, CNHR
- 28:42.41 Aislinn Patterson-March, LAC
- 28:46.76 Christina Service, IS
- 28:47.01 Megan Sully, USC
- 28:49.89 Jenna Cook, USC
- 28:57.01 Lauren Pigozzo, USC
- 29:08.10 Lucy Jaurisot, VPSC
- 29:08.66 Erika Mattucci, SKY
- 29:10.42 Katie Coughlin, IS
- 29:10.70 Ivana Djordjevic, CDSC
- 29:13.89 Megan Schuster, RDCSC
- 29:15.31 Lisa Billson, IS
- 29:24.63 Marlee Butz, GOLD
- 29:26.50 Celia Shantz, WAAC
- 29:33.78 Hilary Harring, KISU
- 29:36.72 Karlee Schutke, GOLD
- 29:50.57 Lisa Lin, UCSC
- 29:56.00 Regan Toni, GOLD
- 29:57.91 Naydene Gultormson, GOLD
- 30:00.00 Pamela Kuryk, EKSC
- 30:01.22 Natalia Bragagnolo, TMSC
- 30:02.74 Victoria Burgess, OSC
- 30:10.58 Nicole Che, VPSC
- 30:21.10 Katrina Bouchard, TMSC
- 30:25.67 Alana Faurelto, TMSC
- 30:28.24 Anna Francis, IS
- 31:00.00 Jay Molnar, IS
- 31:25.25 Myrhill Roy, KISU
- 31:29.39 Natasha Calder, HYACK
- 31:29.41 Meaghan Dalby, SKY
- 31:30.90 Hilary Sergeant, ROW
- 31:46.29 Briana Cunningham, ROW
- 31:55.50 Amanda Rosato, LAC
- 31:57.55 Monica Rossa, IS
- 31:58.15 Kelsey Mills, USC
- 32:10.92 Allisha Fung, VPSC
- 32:12.07 Hiroko Mayuzumi, MSSAC
- 32:18.54 Katie Maxwell, SSC
- 32:24.24 Blair Torry, UCSC
- 32:31.58 Nicole Vincent, OSC
- 32:32.48 Lauren Muthersell, OSC
- 33:05.00 Renee Dijk, SKY
- 33:16.30 Lisa Campanale, LAC
- 33:16.80 Julie Hobby, LAC
- 33:21.95 Carys Lewis, UCSC
- 33:22.66 Jenny McGuinness, UCSC
- 33:26.20 Stephanie Zale, IS
- 33:50.99 Jessie Olson-Heisler, UCSC
- 33:53.24 Emily Pearce, IS
- 34:04.29 Taryn Harneck, EKSC
- 34:27.18 Gabrielle Landry, CNHR
- 34:28.85 Caitlin Kyschuk, UCSC
- 34:50.09 Lindsay Hoetzel, IS
- 34:53.06 Meghan Miller, AAC
- 34:55.00 Daisy Jar, EKSC
- 35:13.26 D'Arcy Hausten, SSC
- 35:38.93 Alton Doe, RDCSC
- 35:51.06 Caitlin Kyschuk, UCSC
- 36:00.00 Elaine Jar, EKSC
- 36:00.00 Lia Nasseri, EKSC
- 36:18.25 Britney Raab, RDCSC
- 36:25.31 Meagan Raison, KISU
- 36:33.69 Kyla Key, GOLD
- 36:45.06 Celeste Sayani, MSSAC
- 36:49.49 Lynsley Labuik, GOLD
- 37:10.20 Natalie Brandt, GOLD
- 37:46.87 Kaitlin Shung, MSSAC
- 38:18.56 Sasha Sproule, UCSC
- 38:23.79 Melissa Gosselin, UCSC
- 39:20.00 Breanne North, LAC
- 39:29.61 Anna Santos, KISU
- 39:53.30 Carmen Sample, GOLD
- 40:30.41 Chantel Mikhael, AAC
- 42:07.81 Sophie Bechard, UCSC
- 50:53.86 Ariel Komada, GOLD

### GIRLS 7&U - 100 IND. MEDLEY

Rec: 1:28.46 Donna Wu, AQUA, 85

- 1:48.74 Ashley McGregor, PCSC
- 2:03.18 Whitney Jardine, TMSC
- 2:06.14 Allison Beveridge, UCSC
- 2:07.13 Patricia Jaros, MSSAC
- 2:08.08 Catherine Crepnjak, PSW
- 2:10.39 Valerie Vronis, PCSC
- 2:12.08 Kari MacLeod, UCSC



## ABOUT THE TOP PROGRAM

### SWIM DISTANCE BEFORE SPRINTING

“You must learn to crawl before you walk” is one childhood truism most of us have heard before. It sounds simple — you have to learn to go about things in the proper order and you have to master one skill before you’re ready for the next. Crawl before you walk.

The same principles hold true when swimmers from 6-10 years old are training, says Laurentian University swim coach Dr. Jenő Tihanyi, a Ph.D. in child growth and development. The message is: distance swimming should precede sprint work. Alex Baumann is a good example of what can happen.

“Alex swam his first serious sprint when he was 16,” said Tihanyi. “He was competing in the 1981 winter nationals in Victoria and he set a Canadian record.” The record of 48.97 for the 100 free still stands today—20 years later!

Tihanyi explains why distance rather than sprint swimming is important for young age groupers. “Research indicates that you must develop your aerobic base as early as possible in order to be able to capitalize on it later. If a youngster has not developed a tremendous aerobic base during the formative years—preadolescence to early adolescence—that individual may not be able to develop an adequate aerobic base. Young swimmers lack effective explosive strength, which limits their efforts in sprinting. One may interpret this as a greater predisposition for longer and slower swims, which appear to be in concert with their physiological readiness.

“Longer swims in training and competition may also make it easier to adjust stroke techniques because the swimmer isn’t working on a high turnover and is able to control the stroke a little bit better. You can change a stroke much easier without it being a negative experience for the swimmer.”

To continue his training logic, Tihanyi says, “This age, 6-10, is a period of consolidation, when the growth rate of children is rather slow and constant. This is the period when the motor skill repertoire of children takes on new dimensions. Children experience a great sensitivity to learning new skills and must be exposed to a wide array of motor functions.

“Since a young swimmer’s growth is inevitable, especially changes in the proportions of the arms, legs, and trunk, the coach is obliged to change stroke mechanics. Distance swims can help the process, sprint can make it difficult.”

Finally, there is an element of psychology, according to Tihanyi. “Young swimmers need to have intermediate success. They’ll try when they see improvement. It’s much easier to improve on a 400 free, 800 free, or 1500 free, than it is on a 50 free.

“The interest of children in athletic endeavors should not be limited to swimming alone. Children must be exposed to many sport skills and opportunities to allow for a wide and diversified development. This should limit their hours in swimming. Three or four hours of swimming per week in this age range is sufficient exposure to ensure future growth in swimming in later years and would leave adequate time for play and other pursuits.”

Since 1983, three times a year we have published TOP times and if you check who holds the various event records, they are a veritable who’s who of Canadian swimming.

6)	22:45.70	Sean O’Beirn,MSSAC
7)	22:52.13	Evan Emory,PCSC
8)	22:58.82	Michael Clarke,OSC
9)	23:03.40	Andre Kudaba,HYACK
10)	23:13.38	Ben Berg,RDCSC
11)	23:33.43	Shane Reid,HYACK
12)	24:10.51	Bruce Malcolm,PCSC
13)	24:16.11	Erik Cheng,PCSC
14)	24:45.57	Ian Kendall,ROW
15)	24:58.80	Michael Brock,LAC
16)	25:25.66	Dexter Bligh,JS
17)	25:33.67	Robbie Irvine,OSHAC
18)	25:37.00	Patrick Cowan,GOLD
19)	25:45.84	Gilbert Saumur,CAMO
20)	25:47.00	Alek Szmigielski,GOLD
21)	25:50.52	Tom Lawrie,AAC
22)	26:02.06	Andrew Kennedy,KISU
23)	26:06.17	Matthew Peddie,OSC
24)	26:13.40	Hong-Ting Chang,CDSC
25)	26:15.04	Justin Ng,VPSC
26)	26:15.34	Mark Bernotas,PCSC
27)	26:32.40	Sean Leger,CAMO
28)	26:32.40	Frederic Blais-Chauvin,CAMO
29)	27:12.04	Matt Jamieson,ROW
30)	27:13.20	Hong-Kel Chan,CDSC
31)	27:21.84	William Phan,CAMO
32)	27:25.25	Zach Janzen,RDCSC
33)	27:29.72	Phil Roy,PCSC
34)	27:37.30	Dayton Salmon,LAC
35)	27:37.39	Cory Pedersen,ROW
36)	27:42.23	Nicolas Pelland,AAC
37)	27:43.45	Felix Yeung,MSSAC
38)	27:50.23	Alex Martineau,PCSC
39)	27:51.00	Ashreen Ambulgekar,GOLD
40)	28:20.40	Evan Hickey,RDCSC
41)	28:27.10	Herman Du,RAPID
42)	28:30.30	Skyler McIndoe,LAC
43)	28:41.53	Dominique Messie-Martel,HYACK
44)	28:44.70	Cenna Ghaderpanah,PCSC
45)	28:46.30	Andrew Bloch-Hansen,LAC
46)	28:48.24	Wilson Phan,CAMO
47)	28:48.95	Andrew Ferraro,USC
48)	28:49.22	Zachary Reif,JS
49)	28:57.12	Julian Chan,VPSC
50)	29:00.80	Andrew Fong,RAPID
51)	29:20.27	Luc VanHeerden,KAJ
52)	29:31.46	Nicholas Chien,VPSC
53)	29:32.12	Parker Lang,JS
54)	29:37.30	Jimmy Lin,RAPID
55)	29:54.66	Devon Butlers,PCSC
56)	30:00.91	Mitchell Broughton,USC
57)	30:05.00	Chris Malott,LAC
58)	30:23.53	Alex Tseng,HYACK
59)	30:39.00	Cameron Bailey,PSW
60)	30:44.24	Hayden Luck,USC
61)	30:50.00	Travis Hunter,PSW
62)	31:08.29	Sam Wilson,KISU
63)	31:08.80	Byron Chan,HYACK
64)	31:34.74	Alexander Zamozdra,PCSC
65)	31:52.10	Greg May,LAC
66)	32:07.50	Scott Mendonca,MSSAC
67)	32:08.00	Patrick Laporte,PCSC
68)	32:11.82	Trevor David,USC
69)	32:16.30	Danny Taylor,VPSC
70)	32:18.00	Ian Leitch,RAPID
71)	32:23.86	Jon Chandler,JS
72)	34:16.40	Garrett Therrien,JS
73)	34:18.65	Erik Olson,OSC
74)	34:55.80	Brant Blais,LAC
75)	35:01.21	Ashkaughn Forghani,JS
76)	35:28.00	Andrew Huang,HYACK
77)	35:35.78	Jonathan Sewert,GOLD
78)	35:44.95	Mathieu Novack,PCSC
79)	36:29.12	Taylor Nadon,VPSC
80)	36:38.50	Jonathan Lariviere,PCSC
81)	36:42.12	Jamie Dong,HYACK
82)	36:45.30	Jason Berndt,JS
83)	36:58.19	Connor Anderson,KAJ
84)	36:58.20	Glen Roth,EKSC
85)	37:29.28	Brett Rutledge,USC
86)	38:42.00	Matthew Nelson,PSW
87)	39:12.00	Christian Montimola,PSW
88)	41:25.36	Robbie Gillich,KISU
89)	41:43.16	Brandon Blondeau,GOLD
90)	41:53.00	Blake Allen,PSW
91)	42:53.03	Pierre Roos,GOLD
92)	43:57.25	David Russ,JS

#### BOYS 8 - 100 IND. MEDLEY

Rec:	1:21.38	Andrew Bignell,SSMAC,92
1)	1:35.46	Grant Harding,ROW
2)	1:43.38	Josh Bothelo,PCSC
3)	1:43.62	Matthew Emory,PCSC
4)	1:45.76	David Errington,RDCSC
5)	1:50.10	David Leitch,RAPID
6)	1:57.26	Ryan Chen,PCSC
7)	1:56.66	Brandon Chan,EKSC
8)	1:57.53	Josh McDonald,PSW
9)	2:00.11	Wayland Chang,VPSC
10)	2:01.70	MacKenzie Salmon,LAC
11)	2:01.74	Eli Lubbel,PCSC
12)	2:01.96	Nicholas Jirasek,PCSC
13)	2:04.49	Michael Parsons,PCSC
14)	2:06.20	Samuel Vandi,CDSC
15)	2:07.00	Jason Lai,EKSC
16)	2:07.26	Ryan Cornford,MSSAC
17)	2:08.61	Trevor Ayre,PCSC
18)	2:08.74	Alex Zhang,PCSC
19)	2:09.10	Jeremy Bagshaw,JS
20)	2:10.31	Nicholas Taliagian,PCSC
21)	2:10.43	Iliusha Shunichev,OSC
22)	2:11.63	Anthony Mak,USC
23)	2:14.41	Felipe Iriando,CHENA
24)	2:16.54	Geoffrey Stewenton,PCSC
25)	2:24.32	Eugene Gusman,PCSC
26)	2:28.29	Colin Amott,USC
27)	2:28.70	Josh Tate,OSHAC
28)	2:29.10	Stefan Tihanyi,PCSC
29)	2:32.29	Mark Stewart,PSW
30)	2:33.40	Ivan Huynh,CDSC
31)	2:35.27	Tanner Fisher,PCSC
32)	2:36.20	Kevin Eade,JS
33)	2:39.06	Nicholas Wagner,USC
34)	2:39.90	Thomas Tusan,CAMO
35)	2:40.50	Jeremy Ziemianski,JS
36)	2:43.30	Frasier Phillips,EKSC
37)	2:47.17	Albert Kozak,PSW
38)	2:49.00	Hamza Malik,CAMO
39)	2:50.57	Sandy Cowan,GOLD
40)	2:53.15	Mikhail Yerkovich,JS
41)	2:53.86	Dylan Rush,USC
42)	3:03.80	Calvin Chan,AAC
43)	3:07.23	Alex King,VPSC
44)	3:09.28	Calvin Fryer,JS
45)	3:10.00	Avi Kunen,JS
46)	3:17.82	Joshua Chua,USC
47)	3:19.08	Alex Tarras,USC
48)	3:22.90	Reid White,EKSC
49)	3:34.13	Nichola Mastromatteo,GOLD
50)	3:36.15	Andrea Acevedo,HYACK
51)	3:50.11	Jordan Strand,USC
52)	4:22.61	Joey Bogle,USC
53)	4:43.57	Cole Barratt,JS

#### BOYS 7&U - 100 IND. MEDLEY

Rec:	1:29.77	Andrew Bignell,SSMAC,91
1)	1:48.42	Nicholas Lapointe,TMSC

3)	3:10.00	Bretton Love,GOLD
4)	3:12.82	Craig Dagnall,JS
5)	3:13.21	Kairun Dalkora,MSSAC
6)	3:14.22	Carl Wolk,EKSC
7)	3:15.90	Jeremy Leile,LAC
8)	3:18.44	Ross Bennett,ROW
9)	3:24.21	Paul Zieliński,MSSAC
10)	3:24.93	Ben Britten,EKSC
11)	3:25.29	Thomas Rae,PSW
12)	3:25.84	Andrew Di Cecco,LAC
13)	3:29.20	Duncan Ferguson,CDSC
14)	3:29.39	Derek Engels,USC
15)	3:30.79	Dylan West-Sadler,CHENA
16)	3:31.17	Marlow Nicol,VPSC
17)	3:31.95	Aaron Blumenthal,PCSC
18)	3:32.00	Alex Partridge,CDSC
19)	3:34.80	Philip Jones,LAC
20)	3:35.00	David Dotan,RAPID
21)	3:37.69	Keith Eggen,USC
22)	3:39.41	Matthew Kerr,PCSC
23)	3:40.18	Matthew Hansen,EKSC
24)	3:41.01	Sammy Zayed,PCSC
25)	3:41.95	Trace Kremer,OSC
26)	3:42.13	Marc-A. Ruel,PCSC
27)	3:42.16	Nathan Kindrachuk,OSC
28)	3:44.56	John Woltel,GOLD
29)	3:45.34	Andy Chu,VPSC
30)	3:46.00	Nils Smil-Anseu,PSW
31)	3:47.89	Kyle Crepnjak,PCSC
32)	3:51.91	Sam Starke,VPSC
33)	3:52.68	MacKenzie White,PSW
34)	3:53.97	Lucas Baldo,GOLD
35)	3:54.31	Michael Luck,PCSC
36)	3:54.40	Francis Fung,RAPID
37)	3:55.28	Jake McGeough,HYACK
38)	3:55.72	Dyan Kristolaitis,TMSC
39)	3:56.54	Daxton Novak,PCSC
40)	3:57.78	Christall Savu,PCSC
41)	3:57.96	Scott Atkinson,RISC
42)	3:58.51	Pascal Seguin,TMSC
43)	3:58.52	Troy Peakman,PSW
44)	4:00.00	Alex Ferguson,CDSC
45)	4:00.95	Michael Leblanc,PCSC
46)	4:01.80	Andrew Lal,EKSC
47)	4:07.34	Daniel Sander,KISU
48)	4:07.46	Riley Schwarz,JS
49)	4:08.42	Mikail Davidson,CAMO
50)	4:12.19	Jay Bach,CAMO
51)	4:17.81	Neils Peters,PCSC
52)	4:19.25	Brett Johnston,KAJ
53)	4:22.62	Nicholas Hardy,CAMO
54)	4:26.68	Daniel McLaughlin,USC
55)	4:29.87	Matt VanHeerden,KAJ
56)	4:31.20	Angus Straight,VPSC
57)	4:32.40	Chris Kozioł-Newman,JS
58)	4:34.44	Kent Jones,VPSC
59)	4:38.01	David Pittman,MSSAC
60)	4:39.12	Khalifa Baouche,CAMO
61)	4:47.35	Malcolm Milton,VPSC
62)	4:58.75	James Stock,AAC
63)	5:02.91	Sean May,MSSAC
64)	5:04.50	Philip Hague-D.,CAMO
65)	5:05.00	Nathan Oze,HYACK
66)	5:06.53	Jill Leung,HYACK
67)	5:06.60	Colin Minnelly,GOLD
68)	5:08.90	Julien Beaumont-T.,CAMO
69)	5:11.29	Maxime Lemire,CAMO
70)	5:22.62	Antoine Braault,CNHR
71)	5:25.15	Paul Ladouceur,TMSC
72)	5:28.88	Anton Moshynsky,GOLD
73)	5:32.10	Brian Tse,HYACK
74)	5:39.86	Nolan Barr,GOLD
75)	5:39.97	Phillippe Grenier,CNHR
76)	5:40.50	Paul Milbers,HYACK
77)	6:00.80	Andrew Simpson,JS
78)	6:02.16	Denis LaChance,EKSC
79)	6:04.50	James Choi,HYACK
80)	6:29.23	Martin Laurent,EKSC
81)	6:40.01	Jonathan Chang,MSSAC
82)	8:28.52	Joey Sharkey,JS

#### BOYS 10 - 400 IND. MEDLEY

Rec:	5:29.10	Tobias Oriwo,PCSC,96
1)	5:53.24	Zach Summerhayes,RISC
2)	6:09.19	Abdallah Gandhi,PCSC
3)	6:24.07	Curtis Lutsch,USC
4)	6:25.00	Andre Kudaba,HYACK
5)	6:27.68	Ben Berg,RDCSC
6)	6:27.92	Spencer Ayre,PCSC
7)	6:29.88	Karim Zayed,PCSC
8)	6:36.40	Hong-Ting Chang,CDSC

## BACKWASH

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

**Cash helps:** \$105,000 from Swim Canada saves Edmonton World Cup event. "FINA wants to be in major cities in Europe and Asia. The U.S. meet has moved to New York as opposed to Washington, D.C., and with the increase in prize money, it was going to make it tough for Edmonton," explained Swim Alberta GM James Hood of the two-day meet that has a budget of about \$300,000 Cdn.

"Without that up-front cash, it would have been impossible for Edmonton to stay in the game," noted Hood. "There was no other source for us to get \$100,000 (Cdn) and it had to be all cash—no cars, no art, or anything else." The competition is scheduled for November 23-24.

**SNC names 2000 top swimmers:** Fredericton's Marianne Limpert and Calgary's Curtis Myden, 400 IM Olympic bronze medallist, topped the awards list as the OMEGA female and male Swimmers of the Year for 2000.

Other winners included Jessica Sloan (Calgary) and Stephanie Dixon (New Caledon, Ontario), who tied for the female Swimmer of the Year honours in the swimmers with a disability category, along with Philippe Gagnon (Ste-Foy, Quebec) who was named male Swimmer of the Year in the same category. In the long distance swimming category, Liam Weseloh (North York) and Karley Stutzel (Victoria) were honoured as SNC's male and female Swimmers of the Year.

**Seven scholarships:** The following recipients of the *Victor Davis Memorial scholarship*, worth \$1,000, were announced during Winter Nationals: Jessie Bradshaw and Kelly Doody of Calgary (UCSA), Chad Thomsen and Annamay Pierson of Edmonton (EKSC), as well as Ontario swimmers Kurtis MacGillivray (ROW), Tobias Oriwol (ESWIM), and Adam Sioui (TD).

**Out of line:** If the tattoo on her back is anything to go by, the lady likes to be difficult. Sweden's sprint queen Therese Alshammar makes no bones about her pop-star attributes. And why should she? Not only was she voted Sweden's sexiest woman in 1998, but she's also set world records in the short-course sprint free-style world and won Olympic silver in the 50 and 100 metres. Not bad.

But perhaps the success has gone to her head. Just prior to the Berlin World Cup, Alshammar found herself without a coach. Her Hamburg-based coach Dirk Lange decided she was no longer training seriously enough to remain in his professional group, preferring to party or sit in the sauna. Among others,

Lange coaches world-class sprinter Sandra Voelker. Alshammar's capricious behaviour was out of line, so he told her to hit the road.

Alshammar also refused to sign a private anti-doping declaration. Lange claims all his swimmers signed it, despite the fact that it included a somewhat dubious clause: in the case of a positive drug test, the swimmer is required to pay Lange up to 50,000 marks (about \$25,000) in damages. Apparently Alshammar decided *that* was out of line.

**Controversy:** On March 4, CBC Newsworld aired "Discontent on the Deck" on The Sports Journal. Produced by Marc St-Aubin, the show dealt with Canada's swim team's performance at the Sydney Olympics, which was historic for the wrong reasons. The worst medal output since 1964 provoked all sorts of reactions and opinions.

Two voices weighing in with their views were Clifford Barry and Jenő Tihanyi, two of Canada's most successful coaches. Barry and Tihanyi talk about the coaching malaise created by burnout, national training centres, coaching certification, and politics. They say coaching is the key if Canada is to avoid a repeat performance in Athens.

The program gave Dave Johnson—the man largely responsible for shaping Canada's high-performance swimming program for most of the last decade, head coach of the national team, and Director of High Performance—the opportunity to react to the comments of his former colleagues, give his prognosis for Canada's national swim program, and his diagnosis of what happened in Sydney.

*The following are observations by Tom Johnson, UBC-NSC/Pacific Dolphins head coach, who wrote to the program producer Mark St-Aubin and sent SWIMNEWS a copy.*

"Before I watch your show and without knowing the exact direction of the show, I would like to make the following points. The frustration in the Canadian swimming community is widespread. Lack of a well-communicated, easily understood mission statement and well-funded action plan is, in my opinion, the cause of our inability to make an impact at the podium level.

The 1979-1984 period that you are using as a frame of reference was unique following the 1976 Olympics and the 1978 Commonwealths, both held in Canada. Government support was at an all-time high. The 1979-1984 time frame results were a result of just such a plan. A whole generation of swimmers, parents, administrators, and coaches lived by the creed of "GO FOR IT." SNC was a world leader in many ways.

Unfortunately, SNC made many politically motivated decisions that watered down the objectives and we lost our way. The national pastime of analyzing the state of Canadian swimming is part of our problem. If more of our members, coaches, and administrators could stay focused on their jobs, we would be better off. We are experts at maligning our own people

and looking for some magical solution from the outside. The fact that you are seeking answers from people who, for a variety of reasons, are no longer actively involved in high level swimming confirms the point.

SNC needs to reorganize themselves into a performance-oriented group that recognizes that the coaches are the professionals that need to be supported and empowered to provide the technical leadership for the association. All of SNC's planning and thinking needs to be directed towards the high-performance objectives. All other decisions in all the other areas of SNC need to support these high-performance objectives.

Recent decisions made by SNC are still in the "wait and see" stage. The politics of SNC needs to become one that is focused on doing what is best for our athletes. PERFORMANCE FIRST needs to become the standard by which all decisions are formulated and implemented."

**Editor:** First and foremost, I want to extend heartfelt, if belated, best wishes on your induction into the International Swimming Hall of Fame. You certainly deserve it! I've always enjoyed reading the TAG times, and am amazed by all the things you remember about the swimmers you've met over the years.

I continue to enjoy SWIMNEWS and just finished reading the Jan-Feb 2001 issue.

This weekend I've enjoyed following the results of the CIAUs on the web, although it makes me feel old to see that my medal-winning times from '83 would now only make the consolation finals! It's nice to see a strong team out of Waterloo this year, with my school records for 200, 400, and 800 free all broken by Lindsay Beavers.

Advancing age does have its benefits, as I've changed age groups this year (just turned 40!), and set a new 40-44 Masters World Record (subject to ratification) in the 1500 (SC) last weekend (17:53.55—first woman over 40 under 18 minutes as the old record was 18:02.62).

I am pleased to report that I have been (happily) laid off from Nortel, and am enjoying some free time (at least until after Masters Nationals in May) and doing some reflection on what I want to do next, before starting a new job.

I recently completed an "interest assessment," which told me that the two areas I'm really interested in are mathematics and athletics—sounds like I need a job like yours!

I've recently completed my Level 1 coaching and been doing some volunteer coaching, which I really enjoy.

Anyway, all the best and congratulations again.

Lynn Marshall  
Ottawa, ON



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



# FAST FINISHES—AGGRESSIVE STARTS AND TURNS

## Wayne Goldsmith

The skills of competitive swimming—finishes, starts and turns—are vital to success. However, as it is with excellence in all fields of endeavour: Practice does not make perfect. Perfect practice makes perfect!

There is a big difference between just practising starts, turns, and finishes in training, and perfectly practising perfect starts, turns, and finishes in training that will help you to race faster.

As a general rule, once you have developed technically correct basic skills in starts, turns, and finishes, train by the philosophy:

Every start is a race start. Every dive is a race dive. Every turn is a race turn. Every finish is a race finish.

There are no easy, slow, or sloppy skills in a great training program. Skills training, to be effective, should be based on the F.F.A.S.T. principle:

- F - Fast**
- F - Finishes**
- A - Aggressive**
- S - Starts and**
- T - Turns.**

Your brain is an amazing learning instrument. However, it learns good habits and bad habits just as easily. In training, if you slow down when you approach a turn, your brain learns that this is the way to approach all turns. Result: When you race, your turns are slow. The same goes for starts and finishes. Practise and train the way you would like to race.

### Finishes

What happens at the finish of the Olympic 100 metres track race? The athletes all drive their head, hips, and bodies forward towards the finish, while keeping their arms and legs driving at the tape. They use their speed, body weight, momentum, and skills to get themselves to the tape first. The better athletes are able to “touch out” their less skilled opponents by timing their “lunge” or “dip” towards the tape perfectly.

So it is with swimming. The name of the game is get to the wall before anyone else, and winning often comes down to your finishing skills over the final five metres. All great swimming finishes have four things in common:

Finish with your head forward; Finish with your hips up; Finish on the wall on a full stroke; Finish on the wall with a full kick.

Why? Let’s think about the alternatives!

Finishing with your head up or down or backwards doesn’t make sense. Your head weighs up to 7 kilograms. By driving your head forward towards the wall in finishes, this head weight is helping you get to the line. Try to think “forward” with your head—not up and down. Up and down head movements in swimming waste energy and will slow you down.

Finishing with your hips down doesn’t work either. If your hips are down, it means your body is low in the water and effectively falling away from the wall instead of driving towards it.

Finishing on a half or quarter stroke won’t cut it in tight racing. In anything less than a fully extended arm stroke, your body is not streamlined and therefore is not as fast as it could be. Also, being on a full stroke allows you to stretch and drive towards the wall and gain those vital few centimetres of advantage in tight, close finishes.

Not kicking all the way to the wall also is a bad habit. At the finish you want your legs still driving you forward, keeping your body high and tall in the water all the way in. Can you imagine the 100 metre track runner stopping his leg movements two metres from the tape?

### F.F.A.S.T. finishes for each stroke:

**Butterfly**—Your head should be forward heading towards the wall; hips up high and driving towards the wall; arms and hands forward on a full arm stroke aiming to hit the wall precisely at the same time as your legs finish a full down kick. Don’t breathe on your last stroke!

**Backstroke**—Your head should be back (still “forward” as you are heading forward) and heading towards the wall; hips high and legs kicking fast at full speed. Aim to time the final lunge to the wall so that at the same time: One arm is on full stretch and touching the wall; both feet are together and driving upwards with a strong, fast, explosive butterfly kick, hips up high in the water; head driving towards the wall.

Be careful with this technique! Mistime the final lunge and be caught fully submerged on the finish and you risk being disqualified.

**Breaststroke**—Your head is forward and moving towards the wall; hips high and driving towards the wall; arms driving forward, with your elbows close (for a streamlined shape) and timing to hit the wall precisely as they reach full stretch. Kick so that you’re driving fast with feet accelerating together to finish

exactly as both hands hit the wall.

**Freestyle**—Your head is forward and heading towards the wall; hips high and driving towards the wall; one arm is almost on a full stretch to touch with the other arm still working the water and pushing through towards your hips; feet are moving fast and kicking at full speed.

Fast swimming finishes, like track and field sprint finishes, means driving everything—body, head, hips, arms, and legs—towards the finish. Pushing and pulling upwards or downwards to get to the wall first doesn’t make sense.

In tight finishes, concentrate on the big four—head, hips, full stroke, full kick—and you will win most of them.

### Aggressive

Controlled aggression is the driving force behind F.F.A.S.T. training. Being aggressive in swimming training and racing has nothing to do with kicking doors down, getting angry, or punching your nearest competitor. Aggressive swimming, particularly in starts, turns, and finishes, means to attack the walls with speed, power, drive, determination, and excellent technique, regardless of how slow or fast you are swimming. Attack your wall work (starts, turns, and finishes) with power and controlled aggression in training and fast skills become a habit that will improve your racing.

As an example, suppose your coach has set 400 freestyle as the warm up. Your choice is to swim it one of two ways:

**Choice A:** Slow swimming, sloppy stroke, poor turns, no streamline, breathing inside the flags, head up finish.

**Choice B (F.F.A.S.T.):** Slow swimming, great technique, fast explosive turns, tight streamlines, no breathing inside the flags on the finish, with hips high, head forward, finishing on a full stroke with a strong kick.

**Quick Quiz:** Which one of these training choices helps you to race faster?

### Starts

There are two crucial aspects of starting well—the physical side (leg power, technique, take off angle, streamlining, pull out strokes, reaction time, etc.) and the mental side.

The physical side of starting means being ready to go when you have to. It starts with a great warm up. Do a warm up that gets you ready to compete—one that makes you feel fast. Take plenty of time to stretch, warm up in the pool (practising F.F.A.S.T. techniques even in warm up), and get loose. Get familiar with the blocks, the walls, the backstroke flags, and “Ts” on the bottom of the pool.

For the mental side of starting, swimmers have many different ways of mentally preparing to start fast. One good method is the “block out.” Stand

behind the blocks and mentally block out the other seven lanes. Take a deep breath, exhale, close your eyes. Say to yourself, "There is no Lane 1." Take another deep breath, exhale, close your eyes again. Say to yourself, "There is no Lane 2." Repeat the process seven times until you have blocked out all the other lanes (and competitors). This works well if you are a bit nervous about competing against older or much faster swimmers. Remember, you need to concentrate only on your own race.

Another technique is to focus on a "trigger"—a key word or phrase that you think about and concentrate on when you are standing behind the blocks. For example, your own trigger might be the word "explode." When standing behind the blocks or getting into take your marks position, you concentrate completely on the word "explode." In training you practise perfect starts with power, speed, drive, controlled aggression, and so on. With every training start, think of the word "explode." Your brain soon learns to associate "explode" with executing perfect starts. On race day, instead of thinking about the 101 things you need to do to start well, just think of the word "explode" and the great start will come.

Remember the phrase "In training, *make* it happen. In racing, *let* it happen." Make every start a race-quality start in training and you will have no start "stumbles" on competition day!

### Turns

When you think of turns, think "tight." Both words start with the letter "T" and they both contain five letters, so it's easy to remember. Fast turns are tight turns. "Tight" means bringing your arms and legs in tight and close to middle of your body. Bend at your knees, hips, and elbows, and make your body small and compact.

Freestyle and backstroke—Approach the turn at maximum speed, with chin tucked to your chest to start the turn, kick yourself in the butt with your heels to get your body tumbling fast, then kick back at the wall with both feet with power and controlled aggression.

Breaststroke and butterfly—Tuck hips, knees, and feet up tight under your body. Get your feet on the wall fast and kick back at the wall with both feet with power and drive. Keep your leading arm (first arm off the wall) in tight by bending it at the elbow and keeping it in close to your side. Keep your trailing arm tight by bending at the elbow and "saluting" or pretending to "pick up the phone" as you leave the wall.

### Swimmers come in two broad categories—racers and pacers.

A pacer is someone who does the laps, turns the turns, starts the starts, etc.—does what the coach asks, sets a minimum standard for workouts, and basically just goes through the motions at training. These swimmers

do just enough to get through the sessions and not much more. A racer is someone who sees training as an opportunity to develop a full set of swimming skills to meet the demands of every competitive situation that can be encountered. These swimmers see every lap, every repeat, every set, and every session as a chance to improve their skills and technique, and practice F.F.A.S.T. techniques all the time. In doing this, no matter what happens in a race, they can rise to any swimming challenge and race competitively in any circumstance.

The question is, are you a pacer or are you a racer? And if you answered "pacer," what are you going to do about it today?

### In summary:

1. Everyday, in every session, in every lap, practise F.F.A.S.T.

2. Really concentrate on F.F.A.S.T. when you get tired. Having great starts, turns, and finishes when you are fatigued is what winning swimming is all about.

3. Practise F.F.A.S.T. even when you are warming up and swimming down. Remember that warm up and swim down means great skills, excellent technique, F.F.A.S.T., controlled breathing with slow swimming speed. Swimming slow is a great time to practise F.F.A.S.T. techniques.

4. Controlled aggression in starts, turns, and finishes is the key. Being aggressive by itself does not guarantee fast swimming. In fact, it works the opposite way—the faster you want to go, the more relaxed you need to be. Be aggressive by "attacking" your wall work.

5. In finishes, remember the Big Four: head forward, hips up, full stroke, and full kick. They are the essential elements in a great finish.

6. With starts, get your head right! Think of a key word like "pow," "bang," "explode," "drive," "take-off," "now," or "fire" to concentrate on when waiting for the gun. Your own personal key word gives you a clear focus when you need a clear head.

7. With turns think "T for turns—T for tight." Fast turns are tight turns. Tight turns are those where arms and legs are held close to the middle of your body when you tumble or turn. The tighter you can get your arms and legs, the faster the turn will be.

8. Think of F.F.A.S.T. when you approach any wall. Remember the wall gives you more speed than anything else. You are faster coming off a wall than at any other time in your race. Walls are for increasing speed, not for resting or slowing down.

9. The flags at the end of the pool are like the flags waved by the starter at the beginning of a car race, signalling it is time to take off and go really fast. Think of the backstroke flags the same way. The backstroke flags are your signal to pick up speed and go fast.

10. F.F.A.S.T. will help you reach your goals and put a smile on your face.

### HEAD COACH

The Orillia Channel Cats Swim Team is seeking a motivated and enthusiastic Head Coach with excellent interpersonal skills. Our Club of 65+ currently includes entry level to National level swimmers. This is a full time position. Orillia is a progressive community of 28,000 and is located one hour north of Toronto.

Qualification: Minimum NCCP Level II, with coaching experience (National experience preferred), a current NLS certificate.

Starting Date: August 2001  
Please forward resume and salary expectations to:

Karen Bell/Don Salmon,  
Orillia Channel Cats  
P.O. Box 321, Orillia, Ontario  
L3V 6J6  
FAX: (705) 325-1719  
PHONE: (705) 326-5258  
E-mail: donsalmson@on.aibn.com

### HEAD COACH

The Edson Winter Swim Club is currently seeking a Head Coach for the 2001/02 season.

The ideal candidate will possess an NCCP Level II or higher certificate as well as have a minimum of 2 years coaching experience. He/she will demonstrate a positive attitude necessary to develop and encourage swimmers of all levels. He/she will have good interpersonal and communication skills. Please indicate salary expectations.

Edson is situated on Highway #16 approximately 200 km west of Edmonton and 150 km east of Jasper, AB. The Edson Winter Swim Club is an energetic, enthusiastic club. Our members range from developmental to Junior National levels.

If interested please forward résumé by April 20, 2001 to:

Edson Winter Swim Club  
P.O. Box 5267, Edson, AB, T7E 1T5  
Or fax to: (780) 723-3494, attention Judy  
Email to:  
chuckwilliams@telusplanet.net

We thank all applicants. Only those applicants selected for interviews will be contacted.

# COMBINED JUNIOR/YOUTH RESULTS

## YOUTH & JUNIOR NATIONALS

Feb 23-25, Regina , SK, WEST (25 M)  
Feb 23-25, Saint John, NB, EAST (25 M)

## BOYS COMBINED RESULTS

### 50 METRES FREESTYLE

Junior 1982-83

- 1) 23.66 Daniel Petrus,83,PDSA
- 2) 23.68 Brent Hayden,83,SPART
- 3) 23.79 Nick Langan,82,SCAR
- 4) 23.80 Adam Sioui,82,TD
- 5) 23.82 Scott Briggs,82,USC
- 6) 23.82 Bradley Vanderkam,83,LAC
- 7) 23.83 Matthew Liberatore,82,ESWIM
- 8) 23.89 Joe Bartoch,83,LAC

Youth 1984 and later

- 1) 23.51 Kurtis Miller,85,SCAR
- 2) 23.81 Bill Cocks,84,TRENT
- 3) 23.87 Graeme Tozer,85,UCSA
- 4) 24.25 Trevor Neufeld,84,CASC
- 5) 24.35 Mark Thauvette,84,PCSC
- 6) 24.38 Alex Chartrand,85,ELITE
- 7) 24.46 Jamie Del Mastro,84,USC
- 8) 24.50 Trevor Coulman,84,GOLD

### 100 METRES FREESTYLE

Junior 1982-83

- 1) 50.76 Adam Sioui,82,TD
- 2) 51.25 Brent Hayden,83,SPART
- 3) 51.45 Scott Briggs,82,USC
- 4) 51.53 Joe Bartoch,83,LAC
- 5) 51.68 Daniel Petrus,83,PDSA
- 6) 52.25 Chad Thomsen,83,EKSC-SE
- 7) 52.58 Tim Sauve,82,CYPS
- 8) 53.16 Nick Langan,82,SCAR

Youth 1984 and later

- 1) 51.10 Kurtis Miller,85,SCAR
- 2) 51.69 Graeme Tozer,85,UCSA
- 3) 51.81 Bill Cocks,84,TRENT
- 4) 52.05 Devin Phillips,85,EKSC
- 5) 52.67 Trevor Neufeld,84,CASC
- 6) 52.75 Trevor Coulman,84,GOLD
- 7) 52.98 Jamie Del Mastro,84,USC
- 8) 53.23 Darryl Rudolf,84,PDSA

### 200 METRES FREESTYLE

Junior 1982-83

- 1) 1:51.24 Andrew Hurd,82,MSSAC-TO
- 2) 1:51.64 Adam Sioui,82,TD
- 3) 1:51.77 Brent O'Connor,83,PDSA
- 4) 1:51.93 Brent Hayden,83,SPART
- 5) 1:52.74 Keith Beavers,83,STARS
- 6) 1:53.39 Chuck Sayao,82,MSSAC-TO
- 7) 1:53.40 Bryan McMillan,82,GMAC
- 8) 1:53.63 Chris Kula,83,CAJ

Youth 1984 and later

- 1) 1:51.54 Tobias Oriwol,85,ESWIM
- 2) 1:53.45 Devin Phillips,85,EKSC
- 3) 1:54.09 Graeme Tozer,85,UCSA
- 4) 1:54.16 Steven Medaglia,84,NKB
- 5) 1:54.99 Mark Thauvette,84,PCSC
- 6) 1:55.45 Douglas McQueen,85,PDSA
- 7) 1:56.20 Bill Cocks,84,TRENT
- 8) 1:56.28 Kevin Rioux,85,CAMO

### 400 METRES FREESTYLE

Junior 1982-83

- 1) 3:51.73 Andrew Hurd,82,MSSAC-TO
- 2) 3:59.82 Keith Beavers,83,STARS
- 3) 4:00.05 Adam Sioui,82,TD
- 4) 4:00.98 Frederic Cayen,82,UL
- 5) 4:01.26 Bryan McMillan,82,GMAC
- 6) 4:02.01 Brent O'Connor,83,PDSA
- 7) 4:02.57 Alex Boulanger,82,CAMO
- 8) 4:03.30 Nicolas Guilloitte,83,CAMO

Youth 1984 and later

- 1) 3:53.52 Tobias Oriwol,85,ESWIM
- 2) 4:01.33 Steven Medaglia,84,NKB
- 3) 4:02.51 Kyle Welsh,84,OAK
- 4) 4:02.52 Mark Thauvette,84,PCSC
- 5) 4:03.78 Devin Phillips,85,EKSC
- 6) 4:03.85 Graeme Tozer,85,UCSA
- 7) 4:04.51 Darryl Rudolf,84,PDSA
- 8) 4:07.62 Matt Johnston,84,MSSAC-TO

### 1500 METRES FREESTYLE

Junior 1982-83

- 1) 15:17.57 Andrew Hurd,82,MSSAC-TO
- 2) 15:54.12 Frederic Cayen,82,UL
- 3) 16:03.20 Brent O'Connor,83,PDSA
- 4) 16:04.03 Don Nicholson,83,TSUN
- 5) 16:05.80 Bryan McMillan,82,GMAC
- 6) 16:18.98 J.T. Collison,83,VKSC
- 7) 16:18.99 Karim Abdulla,83,ROD
- 8) 16:19.07 Rylan Kafara,83,RDCSC

Youth 1984 and later

- 1) 15:59.63 Charles Rodrigue,85,UL
- 2) 16:11.36 Maxime Samson,85,ELITE
- 3) 16:16.41 Matt Johnston,84,MSSAC-TO
- 4) 16:18.78 Kyle Welsh,84,OAK
- 5) 16:22.47 Travis Musgrave,84,COMOX
- 6) 16:23.55 Simon Gabsch,86,MSSAC-TO
- 7) 16:28.60 Michael Derban,84,UCSC
- 8) 16:28.60 Buddy Green,86,LUSC

### 50 METRES BACKSTROKE

Junior 1982-83

- 1) 26.45 Stefano Caprara,83,VAC
- 2) 26.66 Benoit Banville-A.,83,MEGO
- 3) 26.73 Bradley Vanderkam,83,LAC
- 4) 26.88 Marc Prud'Homme,82,CALAC
- 5) 27.26 Chris Lukas,83,ESWIM
- 6) 27.47 Daniel Emond,82,CNCB
- 7) 27.56 Ryan Dube,83,EKSC
- 8) 27.70 Tim Sauve,82,CYPS

Youth 1984 and later

- 1) 26.68 Kurtis Miller,85,SCAR
- 2) 27.03 Trevor Coulman,84,GOLD
- 3) 27.41 Mark Thauvette,84,PCSC
- 4) 27.60 Adam Martinson,84,UCSA
- 5) 27.63 Ian Ford,85,OAK
- 6) 27.73 Callum Ng,85,CASC
- 7) 27.75 Marshall Holbrook,84,ROC
- 8) 27.85 Ryan Atkinson,85,LAC

### 100 METRES BACKSTROKE

Junior 1982-83

- 1) 55.77 Benoit Banville-A.,83,MEGO
- 2) 57.04 Stefano Caprara,83,VAC
- 3) 57.51 Chris Lukas,83,ESWIM
- 4) 57.99 Scott Briggs,82,USC
- 5) 58.18 Marc Prud'Homme,82,CALAC
- 6) 58.18 Bradley Vanderkam,83,LAC
- 7) 58.44 Anthony Costa,82,NEW
- 8) 58.76 Craig Gillis,83,UCSA

Youth 1984 and later

- 1) 55.62 Tobias Oriwol,85,ESWIM
- 2) 57.93 Adam Martinson,84,UCSA
- 3) 58.00 Devin Phillips,85,EKSC
- 4) 58.43 Trevor Coulman,84,GOLD
- 5) 58.44 Kurtis Miller,85,SCAR
- 6) 58.58 Charles Turanich-N.,84,EKSC
- 7) 58.74 Ryan Pallett,84,BRANT
- 8) 59.02 Mark Thauvette,84,PCSC

### 200 METRES BACKSTROKE

Junior 1982-83

- 1) 2:00.44 Benoit Banville-A.,83,MEGO
- 2) 2:01.35 Chuck Sayao,82,MSSAC-TO
- 3) 2:02.09 Francois Castonguay,82,PPO
- 4) 2:03.09 Keith Beavers,83,STARS
- 5) 2:03.21 Andrew Hurd,82,MSSAC-TO
- 6) 2:04.28 Marc Prud'Homme,82,CALAC
- 7) 2:04.37 Stefano Caprara,83,VAC
- 8) 2:05.75 Craig Gillis,83,UCSA

Youth 1984 and later

- 1) 1:59.25 Tobias Oriwol,85,ESWIM
- 2) 2:04.99 Adam Martinson,84,UCSA
- 3) 2:05.71 Devin Phillips,85,EKSC
- 4) 2:06.46 Ryan Pallett,84,BRANT
- 5) 2:06.91 Ryan Atkinson,85,LAC
- 6) 2:07.44 Nicolas Bovelli,86,PPO
- 7) 2:07.59 Conrad Aach,85,ESWIM
- 8) 2:07.70 Brian Jaeggi,84,NEW

### 50 METRES BREASTSTROKE

Junior 1982-83

- 1) 28.96 Chad Thomsen,83,EKSC-SE
- 2) 29.53 Richard Hui,82,RHAC
- 3) 30.07 Brian Verigin,83,PGB
- 4) 30.19 Louis-P. Delorme,83,MEGO

- 5) 30.21 Ian Chan,82,PDSA
- 6) 30.42 Danny Parsons,83,SCAR
- 7) 30.46 Justin Carver,82,LAC
- 8) 30.51 Andrew Sweet,82,PGB

Youth 1984 and later

- 1) 28.94 Matthew Huang,84,PDSA
- 2) 29.66 Scott Dickens,84,BRANT
- 3) 29.69 Michael Brown,84,PERTH
- 4) 29.83 Nathan Parker,84,MJKFF
- 5) 29.97 Evan Jellie,84,ROW
- 6) 30.47 Warren Barnes,85,SCAR
- 7) 30.57 Pat Russell,84,ROC
- 8) 30.78 Kevin Rioux,85,CAMO

### 100 METRES BREASTSTROKE

Junior 1982-83

- 1) 1:03.45 Chad Thomsen,83,EKSC-SE
- 2) 1:04.85 Chris Keung,82,SCAR
- 3) 1:05.00 Ian Chan,82,PDSA
- 4) 1:05.27 Louis-P. Delorme,83,MEGO
- 5) 1:05.34 Andrew Sweet,82,PGB
- 6) 1:05.79 Steven Thornhill,83,SJL
- 7) 1:05.93 Richard Hui,82,RHAC
- 8) 1:06.05 Danny Parsons,83,SCAR

Youth 1984 and later

- 1) 1:03.54 Matthew Huang,84,PDSA
- 2) 1:03.55 Scott Dickens,84,BRANT
- 3) 1:03.98 Michael Brown,84,PERTH
- 4) 1:04.34 Nathan Parker,84,MJKFF
- 5) 1:06.33 Kevin Rioux,85,CAMO
- 6) 1:07.23 Jung Hun Choi,84,PDSA
- 7) 1:07.31 Simon Letendre,86,SHER
- 8) 1:08.01 Marco Monaco,86,OAK

### 200 METRES BREASTSTROKE

Junior 1982-83

- 1) 2:18.37 Keith Beavers,83,STARS
- 2) 2:19.22 Chad Thomsen,83,EKSC-SE
- 3) 2:20.62 Chuck Sayao,82,MSSAC-TO
- 4) 2:21.30 Chris Keung,82,SCAR
- 5) 2:21.90 John McErlain,82,ESWIM
- 6) 2:22.20 Devon Ackroyd,83,SCAR
- 7) 2:22.38 Andrew Sweet,82,PGB
- 8) 2:23.02 David Montpetit,82,PPO

Youth 1984 and later

- 1) 2:17.58 Michael Brown,84,PERTH
- 2) 2:18.49 Scott Dickens,84,BRANT
- 3) 2:18.95 Matthew Huang,84,PDSA
- 4) 2:19.21 Nathan Parker,84,MJKFF
- 5) 2:20.81 Steven Medaglia,84,NKB
- 6) 2:22.69 Jung Hun Choi,84,PDSA
- 7) 2:22.99 Kevin Rioux,85,CAMO
- 8) 2:23.18 Conrad Aach,85,ESWIM

### 50 METRES BUTTERFLY

Junior 1982-83

- 1) 25.19 Adam Sioui,82,TD
- 2) 25.39 Bradley Vanderkam,83,LAC
- 3) 25.62 Joe Bartoch,83,LAC
- 4) 25.80 Andrew Bignell,83,SSMAC
- 5) 25.92 Ian MacLeod,83,ESWIM
- 6) 25.98 Marc-O. Lepage,82,SAMAK
- 7) 26.06 Daniel Petrus,83,PDSA
- 8) 26.46 Nick Langan,82,SCAR

Youth 1984 and later

- 1) 25.91 Bill Cocks,84,TRENT
- 2) 26.01 Kurtis Miller,85,SCAR
- 3) 26.28 Evan Jellie,84,ROW
- 4) 26.44 Garrett Lyall,84,COBRA
- 5) 26.58 Graeme Tozer,85,UCSA
- 6) 26.62 Darryl Rudolf,84,PDSA
- 7) 26.81 Taylor Graham,84,NCS-BRSA
- 8) 26.83 Koji Takahashi,84,ESWIM

### 100 METRES BUTTERFLY

Junior 1982-83

- 1) 58.78 Adam Sioui,82,TD
- 2) 55.77 Bradley Vanderkam,83,LAC
- 3) 56.28 Benoit Banville-A.,83,MEGO
- 4) 56.35 Joe Bartoch,83,LAC
- 5) 56.92 Andrew Bignell,83,SSMAC
- 6) 57.54 Marc-O. Lepage,82,SAMAK
- 7) 57.74 Daniel Petrus,83,PDSA
- 8) 57.84 Craig Gillis,83,UCSA

Youth 1984 and later

- 1) 56.53 Bill Cocks,84,TRENT
- 2) 57.13 Evan Jellie,84,ROW
- 3) 57.73 Steven Medaglia,84,NKB
- 4) 57.98 Trevor Coulman,84,GOLD
- 5) 58.07 Darryl Rudolf,84,PDSA

- 6) 58.52 Koji Takahashi,84,ESWIM
- 7) 58.70 Sean Zunini,84,CAMO
- 8) 58.73 Simon Turcotte,84,SHER

### 200 METRES BUTTERFLY

Junior 1982-83

- 1) 2:00.00 Adam Sioui,82,TD
- 2) 2:04.09 Bradley Vanderkam,83,LAC
- 3) 2:04.42 Thierry Bannon,83,SAMAK
- 4) 2:04.74 Andrew Hurd,82,MSSAC-TO
- 5) 2:05.43 Brent O'Connor,83,PDSA
- 6) 2:05.59 Ian MacLeod,83,ESWIM
- 7) 2:06.21 Matthew Del Mastro,82,USC
- 8) 2:06.60 Karim Abdulla,83,ROD

Youth 1984 and later

- 1) 2:02.14 Tobias Oriwol,85,ESWIM
- 2) 2:05.61 Steven Medaglia,84,NKB
- 3) 2:06.67 Darryl Rudolf,84,PDSA
- 4) 2:08.05 Conrad Aach,85,ESWIM
- 5) 2:08.12 Evan Jellie,84,ROW
- 6) 2:08.97 Trevor Coulman,84,GOLD
- 7) 2:09.21 Matthew Huang,84,PDSA
- 8) 2:09.79 Sofian Mohand-Cherif,85,CAMO

### 200 METRES IND. MEDLEY

Junior 1982-83

- 1) 2:03.36 Keith Beavers,83,STARS
- 2) 2:06.00 Francois Castonguay,82,PPO
- 3) 2:06.82 Craig Gillis,83,UCSA
- 4) 2:06.84 Devon Ackroyd,83,SCAR
- 5) 2:08.86 Alex Boulanger,82,CAMO
- 6) 2:08.87 Tim Sauve,82,CYPS
- 7) 2:09.58 Frederic Cayen,82,UL
- 8) 2:09.64 Matthew Del Mastro,82,USC

Youth 1984 and later

- 1) 2:00.12 Tobias Oriwol,85,ESWIM
- 2) 2:04.69 Steven Medaglia,84,NKB
- 3) 2:07.09 Conrad Aach,85,ESWIM
- 4) 2:07.38 Michael Brown,84,PERTH
- 5) 2:07.62 Matthew Huang,84,PDSA
- 6) 2:10.15 Kevin Rioux,85,CAMO
- 7) 2:10.56 Jung Hun Choi,84,PDSA
- 8) 2:10.58 Adam Martinson,84,UCSA

### 400 METRES IND. MEDLEY

Junior 1982-83

- 1) 4:19.46 Keith Beavers,83,STARS
- 2) 4:23.83 Chuck Sayao,82,MSSAC-TO
- 3) 4:28.86 Francois Castonguay,82,PPO
- 4) 4:30.99 Frederic Cayen,82,UL
- 5) 4:31.00 Adam Sioui,82,TD
- 6) 4:31.08 Marc Prud'Homme,82,CALAC
- 7) 4:31.93 Andrew Hurd,82,MSSAC-TO
- 8) 4:32.70 Ken Hamilton,83,IS

Youth 1984 and later

- 1) 4:16.18 Tobias Oriwol,85,ESWIM
- 2) 4:26.68 Conrad Aach,85,ESWIM
- 3) 4:28.85 Steven Medaglia,84,NKB
- 4) 4:32.52 Dominic Pelletier,84,UL
- 5) 4:34.75 Michael Brown,84,PERTH
- 6) 4:35.25 Graeme Tozer,85,UCSA
- 7) 4:37.18 Timothy Ruse,85,PCSC
- 8) 4:38.43 Alex Boulanger,82,CAMO

### 4X100 M MEDLEY RELAY

- 1) 3:49.39 Pacific Dolphins,PDSA
- 2) 3:50.94 London AC, LAC
- 3) 3:51.23 Etobicoke Swimming,ESWIM
- 4) 3:53.52 Scarborough SC,SCAR
- 5) 3:53.85 Calgary Swim Assoc,UCSA
- 6) 3:56.93 Pisc.Olym Montreal,PPO
- 7) 3:57.10 Uxbridge SC,USC
- 8) 3:57.21 Brantford AC,BRANT

### 4X100 M FREE RELAY

- 1) 3:29.25 Scarborough SC,SCAR
- 2) 3:29.98 Etobicoke Swimming B,ESWIM
- 3) 3:31.10 Toronto All Stars,TO
- 4) 3:31.28 Pacific Dolphins,PDSA
- 5) 3:31.30 Montreal Aquatique,CAMO
- 6) 3:31.42 Calgary Swim Assoc,UCSA
- 7) 3:32.01 Edmonton Keyano,EKSC
- 8) 3:32.58 Etobicoke Swimming,ESWIM

### 4X200 M FREE RELAY

- 1) 7:35.71 Toronto All Stars,TO
- 2) 7:40.55 Etobicoke Swimming,ESWIM
- 3) 7:44.34 Univ.Laval Rouge & Or,UL
- 4) 7:46.24 Edmonton Keyano,EKSC
- 5) 7:46.32 Pacific Dolphins,PDSA
- 6) 7:47.98 Montreal Aquatique,CAMO
- 7) 7:51.22 Calgary Swim Assoc,UCSA
- 8) 7:52.23 Saskatoon Goldfins,GOLD

**GIRLS COMBINED RESULTS**

**50 METRES FREESTYLE**

- Junior 1982-83
- 25.64 Laura Pomeroy,83,OAK-TO
  - 26.25 Chrissy MacAulay,82,ESWIM
  - 26.77 Kristen Lis,83,ROD
  - 26.80 Natalie Kiegelmann,83,BTSC
  - 26.81 Joanna McLean,83,ESWIM
  - 26.89 Tara Taylor,82,HYACK
  - 26.95 Elizabeth Wycliffe,83,EBSC
  - 27.04 Adriana Koc-Spadaro,83,PDSA

- Youth 1984 and later
- 25.90 Jenna Gresdal,84,ESWIM
  - 26.17 Jennifer Porenta,85,MMST-TO
  - 26.53 Victoria Poon,84,CALAC
  - 26.56 Kate Plyley,85,OAK-TO
  - 26.60 Jackie Chan,85,MSSAC-TO
  - 26.68 Jennifer Beckberger,86,AAC
  - 26.77 Jessie Bradshaw,84,UCSA
  - 26.94 Darcie Armstrong,85,TAT

**100 METRES FREESTYLE**

- Junior 1982-83
- 56.38 Laura Pomeroy,83,OAK-TO
  - 57.34 Elizabeth Wycliffe,83,EBSC
  - 57.35 Tara Taylor,82,HYACK
  - 57.75 Elizabeth Collins,82,ROD
  - 58.09 Loren Sweny,82,NKB
  - 58.14 Chrissy MacAulay,82,ESWIM
  - 58.44 Adriana Koc-Spadaro,83,PDSA
  - 58.72 Natalie Kiegelmann,83,BTSC

- Youth 1984 and later
- 56.20 Jenna Gresdal,84,ESWIM
  - 56.97 Jennifer Porenta,85,MMST-TO
  - 57.10 Marieve De Blois,84,PPO
  - 57.52 Erin Kardash,85,MM
  - 57.70 Jessie Bradshaw,84,UCSA
  - 58.04 Hayley Doody,85,UCSA
  - 58.11 Victoria Poon,84,CALAC
  - 58.11 Jennifer Beckberger,86,AAC

**200 METRES FREESTYLE**

- Junior 1982-83
- 2:01.92 Elizabeth Wycliffe,83,EBSC
  - 2:03.73 Tara Taylor,82,HYACK
  - 2:03.86 Audrey Lacroix,83,CAMO
  - 2:03.89 Loren Sweny,82,NKB
  - 2:04.32 Elizabeth Collins,82,ROD
  - 2:04.83 Danielle Bell,83,IS
  - 2:04.92 Kristen Bradley,83,NEW
  - 2:05.43 Kristy MacLennan,82,ESWIM

- Youth 1984 and later
- 2:03.46 Hayley Doody,85,UCSA
  - 2:03.76 Marieve De Blois,84,PPO
  - 2:05.11 Katherine Telfer,84,ESWIM
  - 2:05.59 Meghan Brown,84,PDSA
  - 2:05.66 Erin Kardash,85,MM
  - 2:05.81 Monica Wejman,85,ESWIM
  - 2:05.83 Deanna Stefanyszyn,84,PDSA
  - 2:05.94 Amanda Gillespie,85,NKB

**400 METRES FREESTYLE**

- Junior 1982-83
- 4:16.94 Danielle Bell,83,IS
  - 4:18.96 Audrey Lacroix,83,CAMO
  - 4:19.02 Kristen Bradley,83,NEW
  - 4:22.01 Melissa Laflamme,82,UL
  - 4:22.01 Loren Sweny,82,NKB
  - 4:22.09 Stephanie Barbe,83,UL
  - 4:22.43 Tara Taylor,82,HYACK
  - 4:25.44 Michelle Arakji,82,ESWIM

- Youth 1984 and later
- 4:19.48 Katherine Telfer,84,ESWIM
  - 4:20.63 Hayley Doody,85,UCSA
  - 4:20.99 Allison Laidlow,84,PDSA
  - 4:21.45 Rosie Meade,84,BOSC
  - 4:21.62 Kathy Siuda,85,ROW
  - 4:22.63 Marieve De Blois,84,PPO
  - 4:22.66 Joan Bernier,84,CNCB
  - 4:25.17 Deanna Stefanyszyn,84,PDSA

**800 METRES FREESTYLE**

- Junior 1982-83
- 8:53.82 Danielle Bell,83,IS
  - 8:56.15 Julie Babin,83,ESWIM
  - 9:00.52 Stephanie Barbe,83,UL
  - 9:02.14 Tara Taylor,82,HYACK
  - 9:04.03 Maude Charest,82,UL
  - 9:04.55 Loren Sweny,82,NKB
  - 9:04.88 Alicia Jobse,83,MANTA

- 9:15.92 Katie Humphries,83,IS
- Youth 1984 and later
- 8:56.17 Hayley Doody,85,UCSA
  - 8:56.70 Kathy Siuda,85,ROW
  - 8:59.41 Patricia Perreault,85,CNCB
  - 9:00.01 Joan Bernier,84,CNCB
  - 9:01.52 Rosie Meade,84,BOSC
  - 9:02.35 Allison Laidlow,84,PDSA
  - 9:03.04 Emily Carwithen,84,COMOX
  - 9:04.31 Elyse Dudar,87,MSSAC-TO

**50 METRES BACKSTROKE**

- Junior 1982-83
- 29.57 Elizabeth Wycliffe,83,EBSC
  - 29.99 Adriana Koc-Spadaro,83,PDSA
  - 30.37 Heather McIntosh,83,LEUDUC
  - 30.37 Adrienne Karney,83,AAC
  - 30.70 Jennifer Cooper,82,LAC
  - 31.19 Ashleigh Thomas,83,USC
  - 31.23 Joanna McLean,83,ESWIM
  - 31.80 Tracy Ross,83,EKSC

- Youth 1984 and later
- 29.34 Jenna Gresdal,84,ESWIM
  - 29.87 Kirsten Pomerleau,87,DEL
  - 29.95 Hania Kubas,85,EKSC
  - 29.97 Melissa Bartlett,86,CYPS
  - 30.06 Victoria Poon,84,CALAC
  - 30.45 Erin Kardash,85,MM
  - 30.57 Amy Jacina,84,GMAC
  - 30.73 Brooke Buckland,89,WTSC

**100 METRES BACKSTROKE**

- Junior 1982-83
- 1:01.19 Elizabeth Wycliffe,83,EBSC
  - 1:04.25 Elizabeth Collins,82,ROD
  - 1:04.92 Jennifer Cooper,82,LAC
  - 1:05.73 Adriana Koc-Spadaro,83,PDSA
  - 1:05.87 Adrienne Karney,83,AAC
  - 1:05.94 Shawna Bothwell,83,RDCSC
  - 1:06.08 Heather McIntosh,83,LEUDUC
  - 1:06.29 Joanna McLean,83,ESWIM

- Youth 1984 and later
- 1:02.23 Jenna Gresdal,84,ESWIM
  - 1:02.90 Amanda Gillespie,85,NKB
  - 1:03.83 Amy Jacina,84,GMAC
  - 1:04.12 Hania Kubas,85,EKSC
  - 1:04.12 Melissa Bartlett,86,CYPS
  - 1:04.24 Sheena Martin,85,ROW
  - 1:04.53 Erin Kardash,85,MM
  - 1:04.69 Randi Beaulieu,85,MSSAC-TO

**200 METRES BACKSTROKE**

- Junior 1982-83
- 2:09.47 Elizabeth Wycliffe,83,EBSC
  - 2:16.18 Jennifer Cooper,82,LAC
  - 2:17.74 Shawna Bothwell,83,RDCSC
  - 2:19.15 Loren Sweny,82,NKB
  - 2:19.88 Marcia Bryon,83,USC
  - 2:19.99 Erin Dermody,82,HWAC
  - 2:20.36 Andrea Szewchuk,83,ESWIM
  - 2:21.06 Kristy MacLennan,82,ESWIM

- Youth 1984 and later
- 2:14.29 Amanda Gillespie,85,NKB
  - 2:14.31 Jenna Gresdal,84,ESWIM
  - 2:15.08 Katherine Telfer,84,ESWIM
  - 2:17.02 Sheena Martin,85,ROW
  - 2:17.04 Mallory Hoekstra,87,EKSC
  - 2:17.54 Amy Jacina,84,GMAC
  - 2:18.18 Allison Laidlow,84,PDSA
  - 2:18.51 Kelsey Rush,86,RAYS

**50 METRES BREASTSTROKE**

- Junior 1982-83
- 32.96 Laura Pomeroy,83,OAK-TO
  - 33.51 Trisha Lakatos,82,PCSC
  - 33.71 Christy Anderson,82,STARS
  - 33.71 Kristen Bradley,83,NEW

**Rating Summary of Top Performances**

1)	969	2:09.47	200 back W. Elizabeth Wycliffe,83,EBSC
2)	948	2:00.12	200 im M. Tobias Oriwol,85,ESWIM
3)	930	25.64	50 free W. Laura Pomeroy,83,OAK-TO
4)	928	15:17.57	1500 free M. Andrew Hurd,82,MSSAC-TO
5)	928	4:19.46	400 im W. Keith Beavers,83,STARS
6)	927	2:16.11	200 im W. Marieve De Blois,84,PPO
7)	923	8:17.38	4x200 free W. Etobicoke Swimming,ESWIM
8)	919	3:48.19	4x100 free W. Toronto All Stars,TO
9)	917	2:00.00	200 fly M. Adam Sioudi,82,TD
10)	916	56.20	100 free W. Jenna Gresdal,84,ESWIM
	916	4:16.94	400 free W. Danielle Bell,83,IS

- 33.81 Barbara Pouret,83,UL
  - 33.97 Kristen Lis,83,ROD
  - 34.56 Allison Birkett,83,MJKFF
  - 34.82 Ariane Kich,83,GMAC
- Youth 1984 and later
- 33.61 Sarah Gault,85,DDO
  - 33.70 Renee Hober,85,ROW
  - 33.76 Elizabeth Hendrick,87,NCS-BRSA
  - 33.81 Kelly Timmons,86,OSC-SE
  - 33.81 Shannon Kryhul,85,ROW
  - 33.86 Joanna Lee,84,MSSAC-TO
  - 33.86 Heather Bell,84,BTSC
  - 34.02 Marie-P. Ratelle,87,MEGO

**100 METRES BREASTSTROKE**

- Junior 1982-83
- 1:11.76 Trisha Lakatos,82,PCSC
  - 1:12.04 Annamay Pierse,83,EKSC-SE
  - 1:12.11 Christy Anderson,82,STARS
  - 1:12.38 Kristen Bradley,83,NEW
  - 1:13.54 Ariane Kich,83,GMAC
  - 1:13.77 Barbara Pouret,83,UL
  - 1:14.34 Allison Birkett,83,MJKFF
  - 1:14.73 Erin Dilkes,83,ROW

- Youth 1984 and later
- 1:11.46 Kelly Timmons,86,OSC-SE
  - 1:12.98 Heather Bell,84,BTSC
  - 1:13.11 Joanna Lee,84,MSSAC-TO
  - 1:13.47 Renee Hober,85,ROW
  - 1:13.67 Haylee Johnson,86,PDSA
  - 1:13.88 Shannon Kryhul,85,ROW
  - 1:13.95 Elizabeth Oesterer,85,NKB
  - 1:14.13 Kim Labbett,86,OAK

**200 METRES BREASTSTROKE**

- Junior 1982-83
- 2:33.68 Kristen Bradley,83,NEW
  - 2:34.32 Trisha Lakatos,82,PCSC
  - 2:34.79 Annamay Pierse,83,EKSC-SE
  - 2:36.92 Christy Anderson,82,STARS
  - 2:38.76 Ariane Kich,83,GMAC
  - 2:39.07 Julie Marcolte,83,CSQ
  - 2:40.21 Barbara Pouret,83,UL
  - 2:40.58 Genevieve Frappier,83,CAMO

- Youth 1984 and later
- 2:33.96 Marieve De Blois,84,PPO
  - 2:34.60 Michelle Mange,87,PDSA
  - 2:34.74 Kelly Timmons,86,OSC-SE
  - 2:35.11 Heather Bell,84,BTSC
  - 2:35.33 Genevieve Dack,85,TBT-NWO
  - 2:36.25 Shannon Kryhul,85,ROW
  - 2:36.37 Marcy Edgecumbe,84,EKSC
  - 2:36.64 Kim Labbett,86,OAK

**50 METRES BUTTERFLY**

- Junior 1982-83
- 28.35 Laura Pomeroy,83,OAK-TO
  - 28.46 Audrey Lacroix,83,CAMO
  - 28.69 Michaela Schmidt,83,UCSA
  - 28.98 Elizabeth Day,82,NEW
  - 29.02 Isabelle Ascah-Coallier,83,CAMO
  - 29.05 Elizabeth Collins,82,ROD
  - 29.27 Cynthia Pearce,83,MSSAC-TO
  - 29.75 Rocio Flores,83,PPO

- Youth 1984 and later
- 28.70 Jessie Bradshaw,84,UCSA
  - 28.82 Jennifer Porenta,85,MMST-TO
  - 28.83 Victoria Poon,84,CALAC
  - 28.89 Valerie Tcholkayan,84,DDO
  - 29.05 Erin Prout,85,EKSC
  - 29.09 Terra Welsh,84,ROD
  - 29.14 Elsa Vangoudoever,85,BRSA
  - 29.22 Angela Catford,84,NEW

**100 METRES BUTTERFLY**

- Junior 1982-83
- 1:02.40 Audrey Lacroix,83,CAMO
  - 1:03.48 Elizabeth Collins,82,ROD
  - 1:03.49 Elizabeth Wycliffe,83,EBSC
  - 1:03.51 Michaela Schmidt,83,UCSA
  - 1:04.79 Terra Welsh,83,MANTA
  - 1:04.83 Isabelle Ascah-Coallier,83,CAMO
  - 1:04.91 Sara Richmire,82,BTSC
  - 1:05.62 Rocio Flores,83,PPO

- Youth 1984 and later
- 1:03.44 Darcie Armstrong,85,TAT
  - 1:03.70 Nancy Gajos,84,ESWIM
  - 1:04.41 Valerie Tcholkayan,84,DDO
  - 1:04.42 Jennifer Graf,84,ROD
  - 1:04.43 Michelle Landry,85,PDSA
  - 1:04.44 Kristin Anstey,85,STSC

- 1:04.51 Jessie Bradshaw,84,UCSA
- 1:04.94 Jennifer Porenta,85,MMST-TO

**200 METRES BUTTERFLY**

- Junior 1982-83
- 2:16.58 Audrey Lacroix,83,CAMO
  - 2:17.89 Kristy MacLennan,82,ESWIM
  - 2:19.11 Melissa Laflamme,82,UL
  - 2:19.85 Michaela Schmidt,83,UCSA
  - 2:21.31 Cynthia Pearce,83,MSSAC-TO
  - 2:21.37 Jennifer Coombs,83,HYACK
  - 2:21.63 Terra Welsh,83,MANTA
  - 2:21.79 Danielle Gudgeon,83,NYAC

- Youth 1984 and later
- 2:18.70 Michelle Landry,85,PDSA
  - 2:20.16 Joan Bernier,84,CNCB
  - 2:21.34 Meghan Demchuk,84,ROD
  - 2:21.74 Tiffany Vincent,85,BRANT
  - 2:21.86 Avery Kremer,86,OSC
  - 2:22.94 Gillian Coles,85,BROCK
  - 2:23.41 Meghan Brown,84,PDSA
  - 2:23.93 Brianne Cloak,86,IS

**200 METRES IND. MEDLEY**

- Junior 1982-83
- 2:16.96 Elizabeth Wycliffe,83,EBSC
  - 2:18.86 Melissa Laflamme,82,UL
  - 2:19.04 Christy Anderson,82,STARS
  - 2:20.25 Loren Sweny,82,NKB
  - 2:21.80 Michaela Schmidt,83,UCSA
  - 2:22.98 Jennifer Coombs,83,HYACK
  - 2:23.53 Isabelle Ascah-Coallier,83,CAMO
  - 2:23.74 Terra Welsh,83,MANTA

- Youth 1984 and later
- 2:16.11 Marieve De Blois,84,PPO
  - 2:17.47 Jenna Gresdal,84,ESWIM
  - 2:17.72 Amanda Gillespie,85,NKB
  - 2:19.17 Michelle Landry,85,PDSA
  - 2:20.42 Kelly Timmons,86,OSC-SE
  - 2:21.30 Hayley Doody,85,UCSA
  - 2:21.34 Kathy Siuda,85,ROW
  - 2:21.69 Chaneil Charron-W.,84,CNO

**400 METRES IND. MEDLEY**

- Junior 1982-83
- 4:55.06 Melissa Laflamme,82,UL
  - 4:57.72 Jennifer Coombs,83,HYACK
  - 4:59.25 Christy Anderson,82,STARS
  - 4:59.86 Kristy MacLennan,82,ESWIM
  - 4:59.88 Loren Sweny,82,NKB
  - 5:01.70 Genevieve Frappier,83,CAMO
  - 5:02.52 Julie Babin,83,ESWIM
  - 5:03.93 Andrea Szewchuk,83,ESWIM

- Youth 1984 and later
- 4:50.02 Marieve De Blois,84,PPO
  - 4:56.83 Jenna Gresdal,84,ESWIM
  - 4:57.13 Kathy Siuda,85,ROW
  - 4:57.49 Amanda Gillespie,85,NKB
  - 4:58.52 Kelly Timmons,86,OSC-SE
  - 4:59.10 Allison Laidlow,84,PDSA
  - 5:00.41 Michelle Landry,85,PDSA
  - 5:02.66 Elizabeth Oesterer,85,NKB

**4X100 M MEDLEY RELAY**

- 4:18.64 Etobicoke Swimming,ESWIM
- 4:19.27 Calgary Swim Assoc,UCSA
- 4:20.75 Region of Waterloo,ROW
- 4:21.45 Montreal Aquatique,CAMO
- 4:22.00 Edmonton Keyano,EKSC
- 4:22.65 Regina Opt.Dolphins,ROD
- 4:22.71 Pacific Dolphins,PDSA
- 4:23.37 Pacific Dolphins B,PDSA

**4X100 M FREE RELAY**

- 3:48.19 Toronto All Stars,TO
- 3:51.02 Etobicoke Swimming,ESWIM
- 3:51.81 Calgary Swim Assoc,UCSA
- 3:53.40 Pacific Dolphins,PDSA
- 3:54.40 Manitoaba Marlins,MIM
- 3:54.80 Nepean Kanata,NKB
- 3:55.46 Regina Opt.Dolphins,ROD
- 3:56.62 Etobicoke Swimming B,ESWIM

**4X200 M FREE RELAY**

- 8:17.38 Etobicoke Swimming,ESWIM
- 8:20.98 Pacific Dolphins,PDSA
- 8:22.21 Nepean Kanata,NKB
- 8:27.47 Hyack Swim Club,HYACK
- 8:28.73 Edmonton Keyano,EKSC
- 8:28.89 Univ.Laval Rouge & Or,UL
- 8:30.56 Calgary Swim Assoc,UCSA
- 8:31.72 Region of Waterloo,ROW

# NATIONAL RESULTS

## CANADIAN NATIONALS / WORLD TRIALS

Edmonton, Mar 13-17 (50 m)

• = Canadian record

### MEN

#### 50 METRES FREESTYLE

- 1) 23.54 Craig Hutchison, 25, TO
- 2) 23.55 Graham Duthie, 23, IS
- 3) 23.81 Rick Say, 21, UCSCA
- 4) 23.88 Thomas Kindler, 20, PPO
- 5) 23.92 Ryan Laurin, 25, IS
- 6) 23.93 Mark Shivers, 20, ROW
- 7) 24.04 Kurtis Miller, 15, SCAR
- 24.04 Tim Johnson, 19, WAC

#### Semi Finals

- 1) 23.56 Craig Hutchison, 25, TO
- 2) 23.67 Rick Say, 21, UCSCA
- 3) 23.74 Thomas Kindler, 20, PPO
- 4) 23.76 Kurtis Miller, 15, SCAR
- 5) 23.77 Tim Johnson, 19, WAC
- 6) 23.80 Graham Duthie, 23, IS
- 7) 23.83 Ryan Laurin, 25, IS
- 8) 23.93 Mark Shivers, 20, ROW
- 9) 23.97 Garret Pulte, 23, PDSA
- 10) 24.03 Yannick Lupien, 21, UL
- 11) 24.05 Paul Wilkins, 19, VKSC
- 12) 24.08 Jake Steele, 21, PDSA
- 13) 24.09 Ian Young, 22, BROCK
- 14) 24.16 Mathieu Heroux, 19, CAMO
- 15) 24.23 Dominique Bourdages, 19, CNDR
- 16) 24.50 Brent Hayden, 17, SPART

#### 100 METRES FREESTYLE

- 1) 51.15 Graham Duthie, 23, IS
- 1) 51.53 Thomas Kindler, 20, PPO
- 3) 51.58 Yannick Lupien, 21, UL
- 4) 51.79 Ryan Laurin, 25, IS
- 5) 51.94 Jake Steele, 21, PDSA
- 6) 52.03 Tim Johnson, 19, WAC
- 7) 52.18 Ian Young, 22, BROCK
- 8) 52.28 Brent Hayden, 17, SPART

#### Semi Finals

- 1) 51.20 Graham Duthie, 23, IS
- 2) 51.37 Thomas Kindler, 20, PPO
- 3) 51.63 Ryan Laurin, 25, IS
- 4) 51.76 Jake Steele, 21, PDSA
- 5) 51.81 Tim Johnson, 19, WAC
- 6) 51.91 Ian Young, 22, BROCK
- 7) 52.02 Yannick Lupien, 21, UL
- 8) 52.08 Brent Hayden, 17, SPART
- 9) 52.13 Justin Tisdall, 19, PDSA-UBC
- 10) 52.23 Brian Edey, 21, EKSC-UA
- 11) 52.57 Josh Ballem, 23, UCSCA
- 12) 52.62 Kevin Johns, 21, PDSA
- 13) 52.70 Peter Szafarski, 19, BROCK
- 14) 52.99 Daniel Petrus, 18, PDSA
- 15) 53.22 Jean-F. Langlais, 21, UL
- 16) 53.71 Kurtis Miller, 15, SCAR

#### 200 METRES FREESTYLE

- 1) 1:49.57 Rick Say, 21, UCSCA
- 2) 1:51.17 Brian Johns, 18, RAPID
- 3) 1:52.27 Mark Johnston, 21, PDSA
- 4) 1:53.29 Graham Duthie, 23, IS
- 5) 1:53.79 Justin Tisdall, 19, PDSA
- 6) 1:54.07 Ian Young, 22, BROCK
- 7) 1:54.96 Peter Szafarski, 19, BROCK
- 8) 1:56.21 Tim Johnson, 19, WAC

### B Finals

- 1) 1:54.40 Brent Hayden, 17, SPART
- 2) 1:55.00 Brent O'Connor, 17, PDSA
- 3) 1:55.01 Adam Sioui, 18, TD
- 4) 1:55.59 Brian Edey, 21, EKSC-UA
- 5) 1:55.90 Chad Hankewich, 19, GOLD
- 6) 1:56.35 Graeme Tozer, 16, UCSCA
- 7) 1:56.53 Richard Cormack, 19, UCSCA
- 8) 1:58.03 Serge Loisel, 19, LUSC

#### 400 METRES FREESTYLE

- 1) 3:52.75 Andrew Hurd, 18, MSSAC-TO
- 3:52.75 Rick Say, 21, UCSCA
- 3) 3:54.59 Brian Johns, 18, RAPID
- 4) 3:56.33 Andre Couturier, 19, UL
- 5) 4:00.05 Brent O'Connor, 17, PDSA
- 6) 4:01.35 Chuck Sayao, 18, MSSAC-TO
- 7) 4:01.57 Kurtis MacGillivray, 17, ROW
- 8) 4:06.22 Chad Murray, 19, UCSCA

### B Finals

- 1) 4:05.82 David Creel, 20, IS
- 2) 4:06.43 Tim Cowan, 23, UCSCA
- 3) 4:07.37 Dan Lee, 24, TO
- 4) 4:07.53 Richard Cormack, 19, UCSCA
- 5) 4:10.44 Jarrod Ballem, 21, UCSCA
- 6) 4:11.44 Frederic Cayen, 18, UL
- 7) 4:12.39 Klaus Hartel, 21, GER
- 8) 4:14.15 Darryl Rudolf, 16, PDSA

#### 800 METRES FREESTYLE

- 1) 8:00.72 Andrew Hurd, 18, MSSAC-TO
- 2) 8:15.31 Tim Peterson, 22, PDSA
- 3) 8:19.06 Kurtis MacGillivray, 17, ROW
- 4) 8:25.87 Jesse Jacks, 18, IS
- 5) 8:27.95 David Creel, 20, IS
- 6) 8:32.80 Tim Cowan, 23, UCSCA
- 7) 8:38.21 Brent O'Connor, 17, PDSA
- 8) 8:38.45 Robbie Stanger, 19, OSC-UA

#### 1500 METRES FREESTYLE

- 1) 15:23.71 Andrew Hurd, 18, MSSAC-TO
- 2) 15:45.20 Tim Peterson, 22, PDSA
- 3) 15:59.75 Rick Say, 21, UCSCA
- 4) 16:00.19 Kurtis MacGillivray, 17, ROW
- 5) 16:04.13 Jesse Jacks, 18, IS
- 6) 16:15.68 Tim Cowan, 23, UCSCA
- 7) 16:19.73 Robbie Stanger, 19, OSC-UA
- 8) 16:22.74 Dan Lee, 24, TO

#### 50 METRES BACKSTROKE

- 1) 26.05 Sean Sepulis, 23, GMAC
- 2) 26.10 Riley Janes, 20, ESWIM
- 3) 26.24 Alexandre Pichette, 24, CAMO
- 4) 26.45 Gord Veldman, 21, EBSC

- 5) 26.73 Mark Versfeld, 24, PDSA
- 6) 27.17 Matthew Rose, 19, UNATT
- 7) 27.85 Stephen Preston, 19, UL
- 8) 27.87 Mark Welty, 21, UCSCA

#### Semi Finals

- 1) 26.44 Alexandre Pichette, 24, CAMO
- 2) 26.44 Riley Janes, 20, ESWIM
- 3) 26.81 Mark Versfeld, 24, PDSA
- 4) 26.86 Gord Veldman, 21, EBSC
- 5) 27.04 Sean Sepulis, 23, GMAC
- 6) 27.27 Matthew Rose, 19, UNATT
- 7) 28.04 Mark Welty, 21, UCSCA
- 8) 28.06 Stephen Preston, 19, UL
- 9) 28.11 Chris Lukas, 17, ESWIM
- 10) 28.12 Sandy Henderson, 21, TO
- 11) 28.15 Gerry Martselos, 20, VKSC
- 12) 28.39 Remi Lachapelle, 20, CAMO
- 13) 28.45 Ryan Pallett, 16, BRANT
- 14) 28.46 Gordon McKay, 20, EKSC-UA
- 15) 28.64 Daniel VandenDungen, 21, RAYS
- 16) 28.87 Michael Power, 20, UCSCA

#### 100 METRES BACKSTROKE

- 1) 56.29 Sean Sepulis, 23, GMAC
- 2) 56.55 Mark Versfeld, 24, PDSA
- 3) 56.91 Alexandre Pichette, 24, CAMO
- 4) 56.97 Gord Veldman, 21, EBSC
- 5) 58.01 Francois Castonguay, 18, PPO
- 6) 58.89 Greg Hamm, 24, PDSA
- 7) 59.93 Michael Power, 20, UCSCA
- 8) 1:00.40 Stephen Preston, 19, UL

#### Semi Finals

- 1) 57.23 Alexandre Pichette, 24, CAMO
- 2) 57.31 Sean Sepulis, 23, GMAC
- 3) 57.51 Mark Versfeld, 24, PDSA
- 4) 57.53 Gord Veldman, 21, EBSC
- 5) 58.14 Francois Castonguay, 18, PPO
- 6) 58.63 Greg Hamm, 24, PDSA
- 7) 59.86 Stephen Preston, 19, UL
- 8) 1:00.03 Michael Power, 20, UCSCA
- 9) 1:00.09 Adam Martinson, 16, UCSCA
- 10) 1:00.27 Roland Bauhart, 20, PDSA
- 11) 1:00.34 Mark Welty, 21, UCSCA
- 12) 1:00.51 Devin Phillips, 15, EKSC
- 13) 1:00.61 Gordon McKay, 20, EKSC-UA
- 14) 1:00.62 Bryan McMillan, 18, GMAC
- 15) 1:00.82 Kurtis Miller, 15, SCAR
- 16) 1:01.21 Craig Gillis, 18, UCSCA

#### 200 METRES BACKSTROKE

- 1) 2:03.25 Tobias Oriwol, 15, ESWIM
- 2) 2:04.71 Chuck Sayao, 18, MSSAC-TO
- 3) 2:05.68 Mark Versfeld, 24, PDSA
- 4) 2:06.12 Francois Castonguay, 18, PPO
- 5) 2:06.56 Keith Beavers, 18, STARS
- 6) 2:06.94 Greg Hamm, 24, PDSA

- 7) 2:08.43 Michael Power, 20, UCSCA
- 8) 2:09.88 Roland Bauhart, 20, PDSA

### B Finals

- 1) 2:08.34 Adam Martinson, 16, UCSCA
- 2) 2:09.36 Jonathan Fowler, 23, NEWS
- 3) 2:09.83 Dave MacDonald, 20, IS
- 4) 2:10.60 Craig Gillis, 18, UCSCA
- 5) 2:10.98 Ciaran Dickson, 17, ROD
- 6) 2:13.77 Gord Veldman, 21, EBSC
- 7) 2:14.91 Gordon McKay, 20, EKSC-UA
- 8) 2:15.74 Douglas McQueen, 16, PDSA

#### 50 METRES BREASTSTROKE

- 1) • 28.47 Morgan Knabe, 19, UCSCA
- 2) 29.05 Chad Thomsen, 18, EKSC-UA
- 3) 29.28 Jason Hunter, 21, NRST
- 4) 29.42 Michel Boulianne, 22, CAMO
- 5) 29.53 Guillaume Filion, 21, CNCB
- 6) 29.56 Chris Stewart, 23, EAST
- 7) 29.58 Matthew Huang, 16, PDSA
- 8) 29.97 John Stamhuis, 22, IS

#### Semi Finals

- 1) • 28.64 Morgan Knabe, 19, UCSCA
- 2) 29.25 Chad Thomsen, 18, EKSC-UA
- 3) 29.31 Michel Boulianne, 22, CAMO
- 4) 29.48 Guillaume Filion, 21, CNCB
- 5) 29.54 Jason Hunter, 21, NRST
- 6) 29.56 Matthew Huang, 16, PDSA
- 7) 29.74 Chris Stewart, 23, EAST
- 8) 29.80 John Stamhuis, 22, IS
- 9) 29.81 Brad Mori, 23, UOFL
- 10) 29.94 Michael Brown, 16, PERTH
- 11) 30.01 David Allard, 21, CAMO
- 12) 30.29 Roger Boucher, 20, PASS
- 13) 30.48 Todd Melton, 23, UOFL
- 14) 30.65 Clayton Delaney, 20, ROW
- 15) 30.77 Michael Wylie, 23, HYACK
- 16) 30.81 Richard Hui, 18, RHAC

#### 100 METRES BREASTSTROKE

- 1) 1:02.41 Morgan Knabe, 19, UCSCA
- 2) 1:04.09 John Stamhuis, 22, IS
- 3) 1:04.17 Chad Thomsen, 18, EKSC-UA
- 4) 1:04.52 Jason Hunter, 21, NRST
- 5) 1:04.61 Michael Brown, 16, PERTH
- 6) 1:04.76 Michel Boulianne, 22, CAMO
- 7) 1:04.77 Matthew Huang, 16, PDSA
- 8) 1:05.75 Chris Stewart, 23, EAST

#### Semi Finals

- 1) 1:02.60 Morgan Knabe, 19, UCSCA
- 2) 1:03.77 Chad Thomsen, 18, EKSC-UA
- 3) 1:04.47 Jason Hunter, 21, NRST
- 4) 1:04.50 Michel Boulianne, 22, CAMO
- 5) 1:04.71 John Stamhuis, 22, IS
- 6) 1:04.84 Michael Brown, 16, PERTH
- 7) 1:05.26 Matthew Huang, 16, PDSA
- 8) 1:05.58 Chris Stewart, 23, EAST
- 9) 1:05.68 Brad Mori, 23, UOFL
- 10) 1:05.70 Guillaume Filion, 21, CNCB
- 11) 1:05.91 Michael Wylie, 23, HYACK
- 12) 1:06.25 Chris Nelson, 21, OSC-UA
- 13) 1:06.30 Matthew Mains, 19, WAAC
- 14) 1:06.81 Joe Melton, 21, UCSCA
- 15) 1:07.32 Clayton Delaney, 20, ROW
- 16) 1:08.19 Nathan Parker, 17, MJKFF

#### 200 METRES BREASTSTROKE

- 1) 2:16.32 Morgan Knabe, 19, UCSCA
- 2) 2:16.35 Michael Brown, 16, PERTH
- 3) 2:16.40 John Stamhuis, 22, IS
- 4) 2:16.46 Michel Boulianne, 22, CAMO
- 5) 2:17.30 Jason Hunter, 21, NRST
- 6) 2:19.31 Chad Thomsen, 18, EKSC-UA
- 7) 2:20.46 Matthew Mains, 19, WAAC

### Rating Summary of Top Performances

- |     |     |         |             |                                |
|-----|-----|---------|-------------|--------------------------------|
| 1)  | 975 | 29.11   | 50 back W   | Jennifer Carroll, 19, CAMO     |
| 2)  | 974 | 24.23   | 50 fly M    | Michael Mintenko, 25, PDSA     |
| 3)  | 969 | 2:02.22 | 200 im M    | Curtis Myden, 27, UCSC         |
| 4)  | 966 | 2:02.50 | 200 im M    | Brian Johns, 18, RAPID         |
| 5)  | 965 | 2:14.58 | 200 im W    | Marianne Limpert, 28, PDSA     |
|     | 965 | 26.05   | 50 back M   | Sean Sepulis, 23, GMAC         |
| 7)  | 962 | 26.10   | 50 back M   | Riley Janes, 20, ESWIM         |
|     | 962 | 8:00.72 | 800 free M  | Andrew Hurd, 18, MSSAC-TO      |
| 9)  | 961 | 29.38   | 50 back W   | Michelle Lischinsky, 26, MANTA |
|     | 961 | 28.47   | 50 breast M | Morgan Knabe, 19, UCSCA        |
| 11) | 957 | 1:49.57 | 200 free M  | Rick Say, 21, UCSCA            |



- 8) 2:21.68 Keith Beavers,18,STARS
- B Finals**
- 1) 2:23.08 Matthew Huang,16,PDSA  
 2) 2:23.84 Joe Melton,21,UCSA  
 3) 2:24.20 David Allard,21,CAMO  
 4) 2:24.27 Clayton Delaney,20,ROW  
 5) 2:24.43 Tom Fuke,24,ROW  
 6) 2:24.48 Guillaume Filion,21,CNCB  
 7) 2:25.24 Chris Nelson,21,OSC-UA  
 8) 2:26.20 Ken Hamilton,18,IS

- 50 METRES BUTTERFLY**
- 1) • 24.23 Michael Mintenko,25,PDSA  
 2) 24.88 Garret Pulte,23,PDSA  
 3) 25.10 Jean-F. Langlais,21,UL  
 4) 25.18 Curtis Myden,27,UCSC  
 5) 25.40 Josh Ballem,23,UCSA  
 6) 25.50 Mark Shivers,20,ROW  
 7) 25.55 Doug Wake,24,PDSA  
 8) 25.77 Adam Sioui,18,TD

- Semi Finals**
- 1) • 24.33 Michael Mintenko,25,PDSA  
 2) 25.39 Curtis Myden,27,UCSC  
 3) 25.39 Jean-F. Langlais,21,UL  
 4) 25.71 Josh Ballem,23,UCSA  
 5) 25.75 Garret Pulte,23,PDSA  
 6) 25.75 Doug Wake,24,PDSA  
 7) 25.77 Mark Shivers,20,ROW  
 8) 25.91 Adam Sioui,18,TD  
 9) 25.94 Chris Razeau,21,MANTA  
 10) 26.05 Jesse Jacks,18,IS  
 11) 26.12 Chad Hankewich,19,GOLD  
 12) 26.14 Kevin Johns,21,PDSA  
 13) 26.25 Paul Wilkins,19,VKSC  
 14) 26.41 Sylvain Lemieux,20,PPO  
 15) 26.47 Mark Welty,21,UCSA  
 16) 26.55 Jan Pelechtyk,20,EKSC-UA

- 100 METRES BUTTERFLY**
- 1) 53.52 Michael Mintenko,25,PDSA  
 2) 55.24 Doug Wake,24,PDSA  
 3) 55.48 Jean-F. Langlais,21,UL  
 4) 55.78 Garret Pulte,23,PDSA  
 5) 55.83 Adam Sioui,18,TD  
 6) 55.97 Josh Ballem,23,UCSA  
 7) 55.99 Chad Hankewich,19,GOLD  
 8) 56.90 Jesse Jacks,18,IS

- Semi Finals**
- 1) 53.12 Michael Mintenko,25,PDSA  
 2) 55.24 Jean-F. Langlais,21,UL  
 3) 55.46 Garret Pulte,23,PDSA  
 4) 55.54 Doug Wake,24,PDSA  
 5) 56.10 Adam Sioui,18,TD  
 6) 56.17 Chad Hankewich,19,GOLD  
 7) 56.38 Josh Ballem,23,UCSA  
 8) 56.61 Jesse Jacks,18,IS  
 9) 57.01 Jan Pelechtyk,20,EKSC-UA  
 10) 57.09 Jonathan Schjott,19,UCSA  
 11) 57.39 Darryl Rudolf,16,PDSA  
 12) 57.72 Sebastien Poulin,21,CAMO  
 13) 57.88 Sylvain Lemieux,20,PPO  
 14) 58.00 Kevin Johns,21,PDSA  
 15) 58.01 Niels Versfeld,19,UCSA  
 16) 58.63 Mark Welty,21,UCSA

- 200 METRES BUTTERFLY**
- 1) 2:01.47 Adam Sioui,18,TD  
 2) 2:04.47 Jesse Jacks,18,IS  
 3) 2:04.87 Brent O'Connor,17,PDSA  
 4) 2:06.25 Andrew Dragunas,19,PCSC  
 5) 2:06.28 Chad Hankewich,19,GOLD  
 6) 2:06.81 Jonathan Schjott,19,UCSA  
 7) 2:08.15 Tim Cowan,23,UCSA  
 disq Jan Pelechtyk,20,UALB

- B Finals**
- 1) 2:06.11 Klaus Hartel,21,GER  
 2) 2:07.45 Sebastien Poulin,21,CAMO  
 3) 2:07.66 Darryl Rudolf,16,PDSA  
 4) 2:07.72 Ian MacLeod,17,ESWIM  
 5) 2:09.42 Michel Tremblay,19,CAMO  
 6) 2:09.49 John Calnan,21,NYAC  
 7) 2:09.65 Karim Abdulla,17,ROD  
 8) 2:10.36 Steven Medaglia,16,NKB

- 200 METRES IND. MEDLEY**
- 1) 2:02.22 Curtis Myden,27,UCSC  
 2) 2:02.50 Brian Johns,18,RAPID  
 3) 2:04.59 Keith Beavers,18,STARS  
 4) 2:04.77 Tobias Oriwol,15,ESWIM  
 5) 2:07.80 Francois Castonguay,18,PPO  
 6) 2:08.28 Chuck Sayao,18,MSSAC-TO  
 7) 2:08.46 Garth Coxford,20,UCSA  
 8) 2:09.32 Joe Melton,21,UCSA

- B Finals**
- 1) 2:08.70 David Allard,21,CAMO  
 2) 2:09.73 Michael Brown,16,PERTH  
 3) 2:09.83 Adam Peacey,24,TO  
 4) 2:10.42 Chris Nelson,21,OSC-UA  
 5) 2:11.23 Sylvain Lemieux,20,PPO  
 6) 2:11.37 Chad Murray,19,UCSA  
 7) 2:12.50 Craig Gillis,18,UCSA  
 8) 2:12.52 Klaus Hartel,21,GER

- 400 METRES IND. MEDLEY**
- 1) 4:20.47 Brian Johns,18,RAPID  
 2) 4:22.13 Chuck Sayao,18,MSSAC-TO  
 3) 4:25.32 Tobias Oriwol,15,ESWIM  
 4) 4:25.36 Keith Beavers,18,STARS  
 5) 4:32.05 Chad Murray,19,UCSA  
 6) 4:33.56 Adam Peacey,24,TO  
 7) 4:35.64 Chris Nelson,21,OSC-UA  
 disq Garth Coxford,20,UCSA

- B Finals**
- 1) 4:37.39 Andre Couturier,19,UL  
 2) 4:38.41 Dave MacDonald,20,IS  
 3) 4:39.05 Cameron Hyder,18,UCSA  
 4) 4:41.21 Jarrod Ballem,21,UCSA  
 5) 4:41.51 Frederic Cayen,18,UL  
 6) 4:41.65 Ken Hamilton,18,IS  
 7) 4:44.19 Elliot MacDonald,18,MANTA  
 8) 4:51.53 Steven Medaglia,16,NKB

- 4X100 MEDLEY RELAY**
- 1) 3:44.30 Pacific Dolphins,PDSA  
 2) 3:45.86 Calgary Swim Assoc,UCSA  
 3) 3:51.42 Pacific Dolphins B,PDSA  
 4) 3:51.74 Montreal Aquatique,CAMO  
 5) 3:53.73 Univ.Alberta,UALB  
 6) 3:55.55 Univ.Laval Rouge & Or,UL  
 7) 3:55.89 Pacific Dolphins C,PDSA  
 8) 3:56.92 Calgary Swim Assoc B,UCSA

- 4X100 FREE RELAY**
- 1) 3:26.11 Pacific Dolphins,PDSA  
 2) 3:29.21 Pacific Dolphins B,PDSA  
 3) 3:31.50 Univ.Alberta,UALB  
 4) 3:33.83 Calgary Swim Assoc,UCSA  
 5) 3:34.81 Univ.Laval Rouge & Or,UL  
 6) 3:34.97 Pacific Dolphins C,PDSA  
 7) 3:35.04 Calgary Swim Assoc B,UCSA  
 8) 3:37.58 Brock Niagara,BROCK

- 4X200 FREE RELAY**
- 1) 7:34.42 Pacific Dolphins,PDSA  
 2) 7:34.53 Calgary Swim Assoc,UCSA  
 3) 7:46.06 Univ.Laval Rouge & Or,UL  
 4) 7:47.90 Pacific Dolphins B,PDSA  
 5) 7:50.04 Calgary Swim Assoc B,UCSA  
 6) 7:51.12 Calgary Swim Assoc C,UCSA  
 7) 7:51.16 Univ.Alberta,UALB

- 8) 7:55.93 Pacific Dolphins C,PDSA

- WOMEN**
- 50 METRES FREESTYLE**
- 1) 26.37 Laura Nicholls,22,ROW  
 2) 26.39 Laura Pomeroy,17,OAK-TO  
 3) 26.72 Jenna Gresdal,16,ESWIM  
 4) 26.89 Nadine Rolland,26,CAMO  
 5) 26.93 Jennifer Porenta,15,MMST-TO  
 6) 26.94 Iris Elliott,18,KBM  
 7) 27.14 Chrissy MacAulay,18,ESWIM  
 8) 27.19 Anna Lydall,21,PDSA

- Semi Finals**
- 1) 26.40 Laura Pomeroy,17,OAK-TO  
 2) 26.62 Nadine Rolland,26,CAMO  
 3) 26.64 Laura Nicholls,22,ROW  
 4) 26.64 Jenna Gresdal,16,ESWIM  
 5) 26.96 Iris Elliott,18,KBM  
 6) 26.98 Chrissy MacAulay,18,ESWIM  
 7) 26.99 Jennifer Porenta,15,MMST-TO  
 8) 27.01 Anna Lydall,21,PDSA  
 9) 27.23 Tara Taylor,18,HYACK  
 10) 27.25 Erin Kardash,15,MM  
 11) 27.27 Jessica Deglau,20,PDSA  
 12) 27.29 Jessie Bradshaw,16,UCSA  
 13) 27.42 Caroline Clapham,19,PDSA  
 14) 27.44 Jennifer Button,23,ROW  
 15) 27.50 Diane Kardash,15,MM  
 16) 27.70 Stephanie Kuhn,15,TMSC-NWO

- 100 METRES FREESTYLE**
- 1) 56.62 Marianne Limpert,28,PDSA  
 2) 57.06 Laura Nicholls,22,ROW  
 3) 57.07 Sophie Simard,22,UL  
 4) 57.17 Jessica Deglau,20,PDSA  
 5) 57.68 Nadine Rolland,26,CAMO  
 6) 57.80 Jenna Gresdal,16,ESWIM  
 7) 58.33 Iris Elliott,18,KBM  
 8) 58.35 Jennifer Porenta,15,MMST-TO

- Semi Finals**
- 1) 56.55 Marianne Limpert,28,PDSA  
 2) 57.55 Jessica Deglau,20,PDSA  
 3) 57.67 Sophie Simard,22,UL  
 4) 57.71 Iris Elliott,18,KBM  
 5) 57.78 Laura Nicholls,22,ROW  
 6) 57.90 Jenna Gresdal,16,ESWIM  
 7) 58.09 Nadine Rolland,26,CAMO  
 8) 58.27 Jennifer Porenta,15,MMST-TO  
 9) 58.37 Anna Lydall,21,PDSA  
 10) 58.40 Erin Kardash,15,MM  
 11) 58.69 Laura Pomeroy,17,OAK-TO  
 12) 58.85 Caroline Clapham,19,PDSA  
 13) 58.89 Jessie Bradshaw,16,UCSA  
 14) 59.27 Angela MacAlpine,23,PDSA  
 15) 59.29 Tara Taylor,18,HYACK  
 16) 59.39 Angela Stanley,20,PDSA

- 200 METRES FREESTYLE**
- 1) 2:02.04 Marianne Limpert,28,PDSA  
 2) 2:02.19 Sophie Simard,22,UL  
 3) 2:02.59 Jessica Deglau,20,PDSA  
 4) 2:03.12 Kelly Doody,21,PDSA  
 5) 2:05.39 Laura Nicholls,22,ROW  
 6) 2:05.57 Ariadne Legendre,23,CAMO  
 7) 2:06.65 Karley Stutzel,18,IS  
 8) 2:07.55 Megan Kinsella,19,UCSA

- B Finals**
- 1) 2:03.14 Claudia Poll,28,CRC  
 2) 2:06.23 Jennifer Carroll,19,CAMO  
 3) 2:06.62 Marieve De Blois,17,PPO  
 4) 2:07.97 Tamee Ebert,17,PDSA  
 5) 2:08.60 Danielle Bell,17,IS  
 6) 2:08.87 Meghan Brown,17,PDSA

- 7) 2:09.44 Elizabeth Collins,18,ROD  
 8) 2:11.37 Cynthia Pearce,17,MSSAC-TO

- 400 METRES FREESTYLE**
- 1) 4:17.46 Sophie Simard,22,UL  
 2) 4:17.71 Jessica Deglau,20,PDSA  
 3) 4:20.92 Karine Legault,22,PPO  
 4) 4:21.00 Carrie Burgoyne,19,UCSA  
 5) 4:24.04 Karley Stutzel,18,IS  
 6) 4:24.04 Lindsay Beavers,19,STARS  
 7) 4:26.23 Tamee Ebert,17,PDSA  
 8) 4:28.84 Tanya Hunks,20,BRANT

- B Finals**
- 1) 4:15.30 Claudia Poll,28,CRC  
 2) 4:25.28 Ariadne Legendre,23,CAMO  
 3) 4:25.29 Danielle Bell,17,IS  
 4) 4:29.06 Angela Stanley,20,PDSA  
 5) 4:30.67 Megan Kinsella,19,UCSA  
 6) 4:32.73 Meghan Brown,17,PDSA  
 7) 4:32.98 Allison Laidlow,16,PDSA  
 8) 4:36.64 Katherine Telfer,16,ESWIM

- 800 METRES FREESTYLE**
- 1) 8:54.66 Lindsay Beavers,19,STARS  
 2) 8:57.41 Carrie Burgoyne,19,UCSA  
 3) 8:57.62 Karine Legault,22,PPO  
 4) 9:01.23 Tamee Ebert,17,PDSA  
 5) 9:05.35 Karley Stutzel,18,IS  
 6) 9:07.13 Danielle Bell,17,IS  
 7) 9:13.26 Taryn Lencoe,15,PDSA  
 8) 9:13.74 Shannon Hackett,14,PDSA

- 1500 METRES FREESTYLE**
- 1) 17:00.47 Tamee Ebert,17,PDSA  
 2) 17:03.77 Danielle Bell,17,IS  
 3) 17:09.50 Lindsay Beavers,19,STARS  
 4) 17:22.17 Karley Stutzel,18,IS  
 5) 17:32.37 Taryn Lencoe,15,PDSA  
 6) 17:35.45 Neala Kendall,21,UNATT  
 7) 17:35.71 Elyse Dudar,14,MSSAC-TO  
 8) 17:49.66 Sara McNally,16,EKSC-UA

- 50 METRES BACKSTROKE**
- 1) • 29.11 Jennifer Carroll,19,CAMO  
 2) 29.38 Michelle Lischinsky,26,MANTA  
 3) 30.02 Erin Gammel,21,UCSA  
 4) 30.44 Elizabeth Wycliffe,17,EBSC  
 5) 30.98 Julia Wright,19,UCSA  
 6) 31.00 Tina Hoang,15,HYACK  
 7) 31.12 Katie Smith,14,COBRA  
 8) 31.46 Adriana Koc-Spadaro,17,PDSA

- Semi Finals**
- 1) • 29.32 Jennifer Carroll,19,CAMO  
 2) 29.78 Michelle Lischinsky,26,MANTA  
 3) 30.25 Erin Gammel,21,UCSA  
 4) 31.00 Katie Smith,14,COBRA  
 5) 31.15 Elizabeth Wycliffe,17,EBSC  
 6) 31.28 Julia Wright,19,UCSA  
 7) 31.30 Adriana Koc-Spadaro,17,PDSA  
 8) 31.41 Tina Hoang,15,HYACK  
 9) 31.44 Hania Kubas,15,EKSC-UA  
 10) 31.47 Melissa Bartlett,14,CYPS  
 11) 31.53 Sheena Martin,15,ROW  
 12) 31.65 Adrienne Karney,18,AAC  
 13) 31.66 Caitlin Meredith,17,KCS  
 14) 31.67 Tiffany Vincent,15,BRANT  
 15) 31.83 Erin Kardash,15,MM  
 16) 31.92 Randi Beaulieu,15,MSSAC-TO

- 100 METRES BACKSTROKE**
- 1) 1:02.48 Michelle Lischinsky,26,MANTA  
 2) 1:02.84 Jennifer Carroll,19,CAMO  
 3) 1:02.87 Jennifer Fratesi,16,ROW  
 4) 1:03.01 Kelly Stefanushyn,18,PDSA  
 5) 1:03.27 Elizabeth Wycliffe,17,EBSC  
 6) 1:03.41 Erin Gammel,21,UCSA

- 7) 1:04.42 Andree-Ann Leroy,19,NRST  
8) 1:05.30 Caitlin Meredith,17,KCS

#### Semi Finals

- 1) 32.34 Rhiannon Leier,24,MANTA  
2) 33.30 Emma Spooner,18,UCSA  
3) 33.31 Christin Petelski,23,IS  
4) 33.43 Laura Pomeroy,17,OAK-TO  
5) 33.50 Michelle Laprade,20,CAMO  
6) 33.74 Tamara Wagner,15,ROW  
7) 34.02 Lauren van Oosten,22,UCSC  
8) 34.23 Joanna Lee,16,MSSAC-TO  
9) 34.33 Lisa Blackburn,29,NKB  
10) 34.47 Kristen Lis,18,ROD  
11) 34.49 Kathleen Stody,18,CHENA  
12) 34.50 Josee Dubois,23,IS  
13) 34.55 Annamay Pierse,17,EKSC-UA  
14) 34.61 Trisha Lakatos,18,PCSC  
15) 34.68 Kristy Cameron,19,UCSA  
16) 35.03 Courtenay Chuy,15,HYACK

#### 200 METRES BACKSTROKE

- 1) 2:13.40 Jennifer Fratesi,16,ROW  
2) 2:15.06 Elizabeth Wycliffe,17,EBSC  
3) 2:15.39 Kelly Stefanyshyn,18,PDSA  
4) 2:17.37 Elizabeth Warden,23,TO  
5) 2:19.11 Michelle Lischinsky,26,MANTA  
6) 2:19.12 Erin Gammel,21,UCSA  
7) 2:19.82 Andree-Ann Leroy,19,NRST  
8) 2:21.41 Julia Wright,19,UCSA

#### B Finals

- 1) 2:20.71 Sheena Martin,15,ROW  
2) 2:21.49 Allison Laidlow,16,PDSA  
3) 2:22.10 Amanda Gillespie,16,NKB  
4) 2:22.58 Shauna Bothwell,17,RDSC  
5) 2:22.67 Shauna McNally,19,EKSC-UA  
6) 2:23.23 Amanda Leslie,17,RAYS  
7) 2:23.35 Andrea Szewchuk,18,ESWIM  
8) 2:24.14 Caitlin Meredith,17,KCS

#### 50 METRES BREASTSTROKE

- 1) 32.41 Rhiannon Leier,24,MANTA  
2) 32.78 Christin Petelski,23,IS  
3) 33.40 Emma Spooner,18,UCSA  
4) 33.69 Tamara Wagner,15,ROW  
5) 33.80 Michelle Laprade,20,CAMO  
6) 33.88 Lauren van Oosten,22,UCSC  
7) 34.17 Joanna Lee,16,MSSAC-TO  
8) 34.34 Lisa Blackburn,29,NKB

#### Semi Finals

- 1) 32.34 Rhiannon Leier,24,MANTA  
2) 33.30 Emma Spooner,18,UCSA  
3) 33.31 Christin Petelski,23,IS  
4) 33.43 Laura Pomeroy,17,OAK-TO  
5) 33.50 Michelle Laprade,20,CAMO  
6) 33.74 Tamara Wagner,15,ROW  
7) 34.02 Lauren van Oosten,22,UCSC  
8) 34.23 Joanna Lee,16,MSSAC-TO  
9) 34.33 Lisa Blackburn,29,NKB  
10) 34.47 Kristen Lis,18,ROD  
11) 34.49 Kathleen Stody,18,CHENA  
12) 34.50 Josee Dubois,23,IS  
13) 34.55 Annamay Pierse,17,EKSC-UA  
14) 34.61 Trisha Lakatos,18,PCSC  
15) 34.68 Kristy Cameron,19,UCSA  
16) 35.03 Courtenay Chuy,15,HYACK

#### 100 METRES BREASTSTROKE

- 1) 1:10.41 Christin Petelski,23,IS  
2) 1:10.85 Rhiannon Leier,24,MANTA  
3) 1:11.96 Lauren van Oosten,22,UCSC  
4) 1:13.14 Emma Spooner,18,UCSA  
5) 1:13.49 Annamay Pierse,17,EKSC-UA  
6) 1:13.52 Tamara Wagner,15,ROW  
7) 1:14.12 Kathleen Stody,18,CHENA

- 8) 1:14.21 Josee Dubois,23,IS

#### Semi Finals

- 1) 1:10.28 Rhiannon Leier,24,MANTA  
2) 1:10.83 Christin Petelski,23,IS  
3) 1:11.67 Lauren van Oosten,22,UCSC  
4) 1:12.98 Annamay Pierse,17,EKSC-UA  
5) 1:13.79 Emma Spooner,18,UCSA  
6) 1:13.84 Tamara Wagner,15,ROW  
7) 1:13.96 Josee Dubois,23,IS  
8) 1:14.10 Kathleen Stody,18,CHENA  
9) 1:14.39 Kristy Cameron,19,UCSA  
10) 1:14.42 Lisa Blackburn,29,NKB  
11) 1:14.73 Kelly Timmons,14,OSC-UA  
12) 1:14.79 Heather Bell,17,BTSC  
13) 1:14.80 Jenny Wear,19,IS  
14) 1:14.94 Michelle Laprade,20,CAMO  
15) 1:15.15 Courtenay Chuy,15,HYACK  
16) 1:15.97 Meghan Demchuk,17,ROD

#### 200 METRES BREASTSTROKE

- 1) 2:29.79 Christin Petelski,23,IS  
2) 2:32.78 Rhiannon Leier,24,MANTA  
3) 2:33.17 Lauren van Oosten,22,UCSC  
4) 2:35.48 Annamay Pierse,17,EKSC-UA  
5) 2:37.50 Josee Dubois,23,IS  
6) 2:38.39 Dena Durand,20,UCSA  
7) 2:38.90 Elizabeth Warden,23,TO  
8) 2:39.25 Tamara Wagner,15,ROW

#### B Finals

- 1) 2:39.63 Kim Labbett,14,OAK-TO  
2) 2:40.33 Michelle Mange,14,PDSA  
3) 2:40.44 Meagan Sinclair,16,UCSA  
4) 2:40.60 Jenny Wear,19,IS  
5) 2:40.66 Kelly Timmons,14,OSC-UA  
6) 2:41.28 Emma Spooner,18,UCSA  
7) 2:42.15 Haylee Johnson,14,PDSA  
scr Kristy Cameron,19,UCSA

#### 50 METRES BUTTERFLY

- 1) 28.38 Nadine Rolland,26,CAMO  
2) 28.79 Elizabeth Collins,18,ROD  
3) 28.91 Jessie Bradshaw,16,UCSA  
4) 28.93 Michaela Schmidt,17,UCSA  
5) 28.96 Virginie Robitaille,19,HIPPO  
6) 28.96 Darcie Armstrong,16,TAT  
7) 29.22 Marie-H. Tremblay,23,UL  
8) 29.25 Alexis Rieck,19,ROW

#### Semi Finals

- 1) 28.16 Nadine Rolland,26,CAMO  
2) 28.67 Elizabeth Collins,18,ROD  
3) 28.99 Michaela Schmidt,17,UCSA  
4) 29.14 Virginie Robitaille,19,HIPPO  
5) 29.14 Jessie Bradshaw,16,UCSA  
6) 29.19 Marie-H. Tremblay,23,UL  
7) 29.22 Alexis Rieck,19,ROW  
8) 29.30 Isabelle Ascah-Coallier,17,CAMO  
9) 29.30 Darcie Armstrong,16,TAT  
10) 29.32 Karine Chevrier,23,CAMO  
11) 29.37 Amanda Gillespie,16,NKB  
12) 29.53 Jennifer Graf,17,ROD  
13) 29.66 Elsa Vangoudoever,15,NCS-BRSA  
14) 29.69 Michelle Landry,16,PDSA  
15) 29.72 Tiffany Vincent,15,BRANT  
16) 30.29 Angela MacAlpine,23,PDSA

#### 100 METRES BUTTERFLY

- 1) 1:01.41 Audrey Lacroix,17,CAMO  
2) 1:02.40 Kelly Stefanyshyn,18,PDSA  
3) 1:02.48 Jessica Deglau,20,PDSA  
4) 1:02.98 Stephanie Hughes,22,EAST  
5) 1:03.13 Elizabeth Collins,18,ROD  
6) 1:04.10 Tanya Hunks,20,BRANT  
7) 1:04.17 Michelle Landry,16,PDSA  
8) 1:04.56 Nancy Gajos,16,ESWIM

#### Semi Finals

- 1) 1:02.16 Audrey Lacroix,17,CAMO  
2) 1:02.51 Jessica Deglau,20,PDSA  
3) 1:02.64 Kelly Stefanyshyn,18,PDSA  
4) 1:02.99 Stephanie Hughes,22,EAST  
5) 1:03.72 Elizabeth Collins,18,ROD  
6) 1:04.05 Nancy Gajos,16,ESWIM  
7) 1:04.08 Tanya Hunks,20,BRANT  
8) 1:04.22 Michelle Landry,16,PDSA  
9) 1:04.26 Virginie Robitaille,19,HIPPO  
10) 1:04.53 Alexis Rieck,19,ROW  
11) 1:04.65 Isabelle Ascah-Coallier,17,CAMO  
12) 1:04.70 Marie-H. Tremblay,23,UL  
13) 1:04.95 Michaela Schmidt,17,UCSA  
14) 1:05.09 Nadine Rolland,26,CAMO  
15) 1:05.36 Jessie Bradshaw,16,UCSA  
16) 1:05.57 Orlagh O'Kelly,15,EKSC-UA

#### 200 METRES BUTTERFLY

- 1) 2:12.48 Audrey Lacroix,17,CAMO  
2) 2:12.67 Jessica Deglau,20,PDSA  
3) 2:16.70 Tanya Hunks,20,BRANT  
4) 2:16.81 Kristy MacLennan,18,ESWIM  
5) 2:19.44 Stephanie Hughes,22,EAST  
6) 2:20.62 Nancy Gajos,16,ESWIM  
7) 2:20.76 Michelle Landry,16,PDSA  
8) 2:28.11 Michaela Schmidt,17,UCSA

#### B Finals

- 1) 2:23.34 Jennifer Coombs,17,HYACK  
2) 2:23.43 Brigitta Olson,18,UCSA  
3) 2:23.62 Danielle Beland,16,GO  
4) 2:24.81 Meghan Brown,17,PDSA  
5) 2:24.94 Danielle Gudgeon,17,NYAC  
6) 2:26.02 Tiffany Vincent,15,BRANT  
7) 2:26.07 Bevan Haley,13,WTSC  
8) 2:26.17 Michelle MacNeil,20,OSC-UA

#### 200 METRES IND. MEDLEY

- 1) 2:14.58 Marianne Limpert,28,PDSA  
2) 2:17.84 Elizabeth Warden,23,TO  
3) 2:18.70 Jennifer Fratesi,16,ROW  
4) 2:20.01 Marieve De Blois,17,PPO  
5) 2:20.72 Dena Durand,20,UCSA  
6) 2:21.16 Kelly Doody,21,PDSA  
7) 2:21.53 Ariadne Legendre,23,CAMO  
8) 2:23.74 Carrie Burgoyne,19,UCSA

#### B Finals

- 1) 2:21.01 Kristen Bradley,17,NEW  
2) 2:21.08 Andree-Ann Leroy,19,NRST  
3) 2:23.10 Emily Gillespie,13,PERTH  
4) 2:23.67 Melissa Laflamme,18,UL  
5) 2:24.73 Jenny Wear,19,IS  
6) 2:25.02 Jennifer Coombs,17,HYACK  
7) 2:26.29 Kelly Timmons,14,OSC-UA  
8) 2:26.50 Lisa Huffman,20,VKSC

#### 400 METRES IND. MEDLEY

- 1) 4:49.45 Carrie Burgoyne,19,UCSA  
2) 4:49.86 Elizabeth Warden,23,TO  
3) 4:53.04 Dena Durand,20,UCSA  
4) 4:55.30 Kelly Doody,21,PDSA  
5) 5:01.13 Allison Laidlow,16,PDSA  
6) 5:01.58 Lauren van Oosten,22,UCSC  
7) 5:02.56 Marieve De Blois,17,PPO  
8) 5:07.58 Stephanie Hughes,22,EAST

#### B Finals

- 1) 4:59.28 Kristen Bradley,17,NEW  
2) 5:04.81 Melissa Laflamme,18,UL  
3) 5:06.99 Kathy Siuda,15,ROW  
4) 5:07.24 Shauna McNally,19,EKSC-UA  
5) 5:07.93 Kelly Timmons,14,OSC-UA  
6) 5:08.07 Leah Schaab,17,UCSA  
7) 5:09.54 Norah Vogan,16,GPP  
8) 5:11.64 Amber Dykes,17,HYACK

#### 4X100 MEDLEY RELAY

- 1) 4:15.31 Pacific Dolphins,PDSA  
2) 4:16.05 Region of Waterloo,ROW  
3) 4:19.82 Calgary Swim Assoc,UCSA  
4) 4:20.88 Manta Swim Club,MANTA  
5) 4:22.66 Calgary Swim Assoc B,UCSA  
6) 4:24.60 Pacific Dolphins B,PDSA  
7) 4:24.65 Toronto All Stars,TO  
8) 4:26.73 Univ.Alberta,UALB  
9) 4:35.92 Calgary Swim Assoc C,UCSA

#### 4X100 FREE RELAY

- 1) 3:50.06 Pacific Dolphins,PDSA  
2) 3:52.49 Pacific Dolphins B,PDSA  
3) 3:52.83 Toronto All Stars,TO  
4) 3:55.52 Etobicoke Swimming,ESWIM  
5) 3:56.07 Pacific Dolphins C,PDSA  
6) 3:59.15 Calgary Swim Assoc,UCSA  
7) 4:01.06 Univ.Laval Rouge & Or,UL  
8) 4:02.27 Manitoba Marlins,MM

#### 4X200 FREE RELAY

- 1) 8:13.01 Pacific Dolphins,PDSA  
2) 8:27.57 Univ.Laval Rouge & Or,UL  
3) 8:30.00 Calgary Swim Assoc,UCSA  
4) 8:32.52 Pacific Dolphins B,PDSA  
5) 8:34.34 Etobicoke Swimming,ESWIM  
6) 8:35.86 Region of Waterloo,ROW  
7) 8:41.14 Pacific Dolphins C,PDSA  
8) 8:44.24 Calgary Swim Assoc B,UCSA

#### 2001 WORLDS QUALIFIERS

MEN	Standard		
50 free	22.8	x	
100 free	49.83	x	
200 free	1:50.11	1:49.57 Rick Say	
400 free	3:52.97	3:52.75 Andrew Hurd	3:52.75 Rick Say
800 free	8:05.94	8:00.72 Andrew Hurd	
1500 free	15:18.20	x	
50 back	26.22	0:26.05 Sean Sepulis	0:26.10 Riley Janes
100 back	56.19	x	
200 back	2:01.08	x	
50 breast	28.60	0:28.47 Morgan Knabe	
100 breast	1:02.54	1:02.41 Morgan Knabe	
200 breast	2:15.70	x	
50 fly	24.40	0:24.23 Michael Mintenko	
100 fly	53.81	0:53.52 Michael Mintenko	
200 fly	1:59.41	x	
200 im	2:03.33	2:02.22 Curtis Myden	
		2:02.50 Brian Johns	
400 im	4:21.81	4:20.47 Brian Johns	
<b>Women</b>			
50 free	25.96	x	
100 free	56.33	x	
200 free	2:01.31	x	
400 free	4:13.89	x	
800 free	8:43.56	x	
1500 free	16:39.70	x	
50 back	29.71	0:29.11 Jennifer Carroll	0:29.38 Michelle Lischinsky
100 back	1:03.05	1:02.49 Michelle Lischinsky	1:02.84 Jennifer Carroll
200 back	2:15.10	2:13.40 Jennifer Fratesi	2:15.06 Elizabeth Wycliffe
50 breast	32.52	0:32.41 Rhiannon Leier	
100 breast	1:10.47	1:10.41 Christin Petelski	
200 breast	2:29.45	x	
50 fly	27.37	x	
100 fly	59.94	x	
200 fly	2:11.62	x	
200 im	2:17.18	2:14.58 Mariane Limpert	
400 im	4:47.79	x	

## NEW RECORDS IN STROKE SPRINTS 15 QUALIFY FOR WORLD TEAM

### Nick Thierry

After five days, 15 swimmers (8 men and 7 women) earned selection to the 2001 World Championships team in 16 of 34 events. That leaves 18 events without any qualifiers. However, opportunity to fill the empty spots will be possible at nine designated competitions in Canada, North America, and Europe during May and June, up to July 1.

Canadian records were bettered in three 50-stroke events. These are new events that will be held for the first time at World Championships.

Standards for selection were established based on 16th place from the preliminaries from the 2000 Olympics. (The stroke 50s were not held at the Olympics and many world-ranked times in these events are actually splits.)

So why so many empty spots? The meet was early, many swimmers, especially the 39 involved with the Olympics, were taking a much-needed break, and a few have retired. Perhaps some knew that further qualifying opportunities would be available.

Nadine Rolland (CAMO), who took part in most of the World Cup series and finished second in points in four event categories, knew that her task in Edmonton would be tough. She would have to be at her best ever to make the standards. "It's the reality that the standards are very fast, especially in March and in our first long-course meet of the year," the 25-year-old Montreal native said. "But when you play a game, once you know the rules, you play by them. We have to make the standards here so we have to be ready."

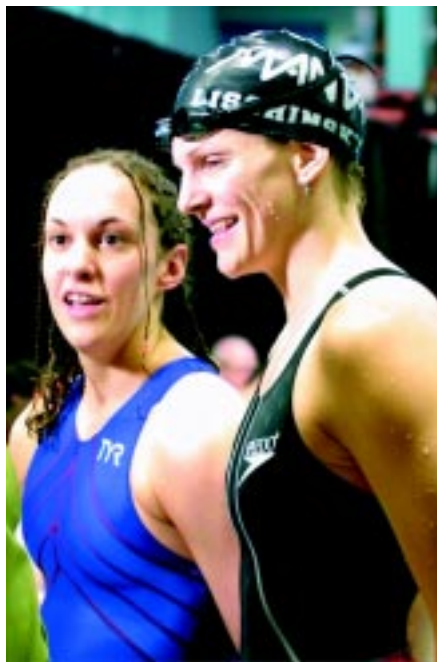
Rolland missed the team, finishing fourth in the 50 and fifth in the 100 free, well off her personal bests. No doubt she'll try again.

Top men's performer was Michael Mintenko (PDSA), winning the 50 and 100 fly. In the 50, he bettered his own record of 24.40, first in the semis with 24.33 and then in the final with 24.23. He won the 100 with 53.52, under the standard but well off his best of 52.58.

"I hadn't done any long course since the Olympics," Mintenko said. "But about a week and a half ago I broke the record in workouts ... I figured if I had the speed in workouts, I should be okay."

"My underwater kick is my strength—I go 14 and a half metres underwater" (the maximum allowed is 15 m). At 6'3" / 190 cm and 205 lbs / 93 kg, his size also helps to overpower Canadian opponents. At the Worlds, he'll be among the smaller giants.

Morgan Knabe (UCSA) swept all three breaststrokes. In the 50, he bettered his own previous record of 28.77, first in the semis with 28.64 and then



Backstrokers Carrol and Lischinsky

Marco Chiesa

in the final with 28.47. He won the 100 in 1:02.41, just under the standard of 1:02.54. In the 200, he won a hard race as four swimmers finished almost together. Knabe had the lead (30.16, 1:04.48, 1:40.07) but tired on the last 50 with 36.25. Michael Brown, 16 (PERTH), who was a body length back at the 150, closed to within 3/100ths with a last 50 of 34.55. Knabe's time was 2:16.32 and Brown's was 2:16.35. John Stamhuis (IS) was third with 2:16.40 and Michel Boulianne (CAMO) fourth with 2:16.46. The standard of 2:15.70 was not reached.



Three golds for distance freestyler Andrew Hurd

Marco Chiesa

## SPEEDO BONUS PROGRAMS

Speedo Canada, official swimsuit supplier of Swimming/Natation Canada (SNC), is providing direct support to Canada's top high-performance swimmers through the sponsorship of two new bonus programs.

The Speedo Olympic and World Championships Medal Bonus program will award \$10,000, \$5,000, and \$2,500 to each gold, silver, and bronze medallist respectively at the 2001 and 2003 World Aquatic Championships. At the 2004 Olympic Games, the program will award \$20,000, \$10,000, and \$5,000 to gold, silver, and bronze medallists respectively. In the case of relays, the medal bonus will be split equally among members on the relay team. Swimmers must have won the medals wearing Speedo national team apparel, swimwear, and pool cap in order to receive a bonus payment.

The first opportunity for Canadian swimmers to take advantage of the medal bonus program will be at the World Aquatic Championships taking place in Fukuoka, Japan, from July 22 to 29.

The second program, called the Speedo Bonus Program, will see a total of \$20,000 per year for the next four years being added to SNC's Swimmer Incentive Program, which provides funding to swimmers who achieve records and podium performances in international competition. Payments from Speedo to this program will be made on a yearly basis with one hundred percent of the bonus paid directly to swimmers. This year's Speedo contribution will double the value of the SNC swimmer incentive program for a total of \$40,000.



Knabe qualified only seventh and was swimming in lane one. He admitted the final 50 metres was a test of his character.

"I couldn't feel anything anymore," he said of the last 50 metres. "I just died. I went out for it and absolutely paid the price. I thought the lifeguard would have to pull me out."

Rick Say (UCSA) won the 200 free in 1:49.57 and settled for a tie for first in the 400 free. He was well in the lead (55.89, 1:55.14, 2:54.71) to fade in the last 100, but salvaged a tie with 3:52.75. Andrew Hurd (MSSAC), splitting 56.94, 1:56.71, 2:56.36, moved up in the last 100 (56.39 versus 58.04 for Say).

"That was fun," Hurd explained in a post-race interview. "I like doing that."

"I looked at 350 and saw him (Hurd) and thought, 'Oh, here he comes,'" Say said. "I knew the final 50 I had to get it together. I was really hurting the last 25, but I saw him coming and knew I just had to push to get there." Both Say and Hurd were under the standard of 3:52.97.

Hurd won the 800 free on the first night in 8:00.72, just missing the 11-year-old Canadian record of 8:00.22. On the last day, he won the 1500 free in 15:23.71.

Sean Sepulis (GMAC) won the 50 back in 26.05, with Riley Janes (ESWIM) in second with 26.10, both under the standard of 26.22. Sepulis added the 100 back with 56.29. In the 200 back, Tobias Oriwol, 15 (ESWIM), won as expected but in a slow 2:03.25. In January he swam 2:00.03.

"I came here hoping to beat my best time and break the national record, and I'm disappointed," admitted Oriwol.

"I'm 15 and I won and I still have a long career ahead of me and there's probably going to be a lot more national titles for me. It's good to get an early start on things like this. It's only my third Nationals and I won, so it's great."

Oriwol was third in the 400 IM, didn't swim the 100 back, and was fourth in the 200 IM.

Curtis Myden (PDSA) held off Brian Johns (RAPID) in the 200 IM. Myden's 2:02.22 and Johns' 2:02.50 were well under the standard of 2:03.33.

On why he's back, "I think I missed the competition side of it," Myden said. "I wasn't sure I was going to enjoy the training and getting back into the early mornings, but so far it's gone really well." He is now focusing almost exclusively on the 200 individual medley.

"I was disappointed with how I ended in the 200 IM in Sydney (10th place). That's not the reason I came back to swim, but I know I have a better race in me than that."

"Swimming Canada is doing a better job of supporting their top athletes and for me that's a positive sign to train and try to come up with top international performances," he said.

Myden has three IM bronze medals from the last two Olympics.

Brian Johns won the 400 IM in 4:20.47, a nine-

second drop from a year ago. He was the only swimmer under the standard of 4:21.81.

Women backstrokers were ready. There were two qualifiers in all three events.

Jennifer Carroll (CAMO) bettered her own 50-back record of 29.45 from last summer, first in the semis with 29.32 and then in the final with 29.11. Michelle Lischinsky (MANTA) was second with 29.38. Both women were under the standard of 29.71.

From the start, the 100 back was a thrilling race that saw the lead change three times. Lischinsky (30.80) overcame Carroll's lead at the turn (29.82) to win in 1:02.48. Carroll's second-place time of 1:02.84 also qualified her for the world team. (The standard was 1:03.05.)

"I knew she was ahead of me and that really made me concentrate," the 26-year-old Lischinsky said of her comeback. "In the last 25 metres I was just giving it all I had. This is really exciting. The (2000) Olympics were my first big international competition and hopefully I can continue building on that."

Jennifer Fratesi (ROW) won the 200 back with 2:13.40, with Elizabeth Wycliffe (EBSC) in second with 2:15.06—both under the standard of 2:15.10.

Both were in Sydney last January, where Fratesi broke the Canadian record with her winning time of 2:12.42. Wycliffe was fifth in 2:15.89.

Fratesi's secret: "Every day I do close to my best time in practice and that's one of the best things that a swimmer can do. If you want to go fast, you must train fast. There's no question."

There were two qualifiers in breaststroke. Rhiannon Leier (MANTA) won the 50 breast in 32.41, a tenth of a second under the standard. Christin Petelski (IS) missed the standard in winning the 200 breast in 2:29.79, but she made up for it in the 100 where she won in 1:10.41, just under the standard of 1:10.47. Two years ago she had knee surgery and she's battled back ever since. She was in Sydney for the Olympics and was a finalist at the Atlanta Olympics.



Two wins for Christin Petelski

Marco Chiesa

Marianne Limpert had a frustrating competition. The races were solid but the times were just not good enough until her final day, in the 200 IM. She won the 100 free in 56.62 (56.33 was the standard) and the 200 free in 2:02.04 (2:01.03 was the standard). In fact, the times were so slow in the women's freestyle that there were no qualifiers in any distance including relays.

In the prelims of the 200 IM, Limpert swam a 2:16.55 and then won the finals in 2:14.58. "It's pretty good, especially since I can't remember, actually other than the Olympics or a major meet, when I swam that fast in the morning. I'm notoriously a poor morning swimmer, and since I didn't have any coffee, that was a decaffeinated swim."



Upset winner in men's 400 IM Brian Johns

Marco Chiesa

## PERSONALITY: JENNIFER FRATESI

### YOUNG, CONFIDENT, AND FAST HAS 200 RECORD AND FIRST NATIONAL TITLE

#### Nikki Dryden

About a week before Canadian Winter Nationals, I was on the phone with Jennifer Fratesi, interviewing her for this article. We were talking about our competitors, and I told her how I used to be unfriendly towards mine, especially other backstrokers. She asked me if that meant I didn't like her. "Of course not," I said. "Firstly, if I didn't like you, I wouldn't be interviewing you, and secondly, I'm too old for that kind of thing now!" But her question got me reminiscing and thinking back to ten years ago.

At 16 years of age, my goal was to break the then Canadian record in the 200 back set by Cheryl Gibson in 1978. The time was 2:14.23, and although I flirted in that ballpark for almost a decade, I could never do it. Then came Kelly Stefanyshyn, who acted as if the record was no big thing, smashing it at the age of 16.

And now, there's another 16-year-old and she puts me to shame. Her breakthrough race took place in Sydney in the same Olympic pool that solidified Ian Thorpe's place as an Australian icon. Although the Olympic hype had faded, the pool was just as fast, and Jen Fratesi took full advantage of the high ceilings ("good for backstroke") and positive energy of her Canadian teammates for a record-setting win in the 200 back at the Sydney Youth Olympic Festival. Jen Fratesi brought the Canadian record down to 2:13.17 in heats and then 2:12.42 in finals. Had she qualified for last summer's Olympics and had she been able to do her swim there, her time would have placed her sixth at the Games. But it was not to be. Last summer, Jen missed the "A" standard for the Olympics and, although she was "really upset" about missing the team, she was up every morning at 4 a.m. to watch the swimming live from Down Under.

Jen Fratesi has all the right stuff to get in sync with the Commonwealth Record in Fukuoka this summer: She's young, confident, and fast; and what may be the most critical ingredient, she has a coach who knows how to win. Jen Fratesi moved to Waterloo a year ago to train at the ROW National Sports Centre. Her small training group includes some definite new kids on the block—distance phenoms Lindsay Beavers and Kurtis MacGillivray, and breastroker Tamara Wagner. These young talents all train with Bud McAllister, the American coach of Janet Evans, Kristine Quance, Alexis Larsen, and most recently, Japanese swimmer Suzu Chiba. So it's safe to guess they are in able hands.

Jen and her mom left her Dad and home of Sault Ste. Marie behind and moved seven hours away in order to train with Bud. "My Dad is trying to get a job up here, but it is hard, and I don't get home that often. I came to ROW because I had heard about Bud and that

he had coached Janet. I knew I needed someone who would be hard on me. Bud is hard, and he has high expectations of me too."

In workouts, Jen trains hard and fast. "We go about 5500 m a workout, but it is all fast. I train mostly backstroke and only train 50s and 75s of fly." When Jen first started swimming, her best stroke was fly and she broke age group records to prove it. Her coach even



Marco Chiesa

#### QUICK FACTS: Jennifer Fratesi

Born	20 APR 1984, Sault Ste. Marie
Height	5'7" / 169 cm
Weight	128 lbs / 58 kg
Club	Kitchener-Waterloo National Centre
Coach	Bud McAllister

#### Long Course Progression

Year (Age)	100 back	200 back	100 fly	200 IM
1993 (9)	1:24.69	1:26.70		3:02.99
1994 (10)	1:20.61	1:13.79		2:45.78
1995 (11)	1:13.67	2:36.82	1:08.98	2:38.97
1996 (12)	1:11.32	2:36.38	1:08.18	2:34.80
1997 (13)	1:05.95	2:20.33	1:05.17	2:24.91
1998 (14)	1:05.60	2:20.08	1:03.69	2:22.52
1999 (15)	1:04.66	2:19.28	1:02.61	2:22.80
2000 (16)	1:03.46	2:14.90	1:01.43	2:19.28
2001 (16)	1:02.87	2:12.42	1:01.36	2:18.70

#### 200 M Backstroke Top 10 Canadian Performances

1	2:12.42	SYDNJAN Jennifer Fratesi, 16, ROW	LCM01
2	2:13.17	SYDNJAN Jennifer Fratesi, 16, ROW	LCM01
3	2:13.24	PAN99AUG Kelly Stefanyshyn, 17, PDSA	LCM99
4	2:13.32	USOPNDEC Kelly Stefanyshyn, 17, PDSA	LCM99
5	2:13.39	OLYMPICS Kelly Stefanyshyn, 18, PDSA	LCM00
6	2:13.40	CANLCMAR Jennifer Fratesi, 16, ROW	LCM01
7	2:13.56	CDNLCMAY Kelly Stefanyshyn, 17, PDSA	LCM00
8	2:13.69	CANLCMAR Jennifer Fratesi, 16, ROW	LCM01
9	2:13.81	PAC99AUG Kelly Stefanyshyn, 17, PDSA	LCM99
10	2:14.17	CANAUG Kelly Stefanyshyn, 16, CKSC	LCM98

#### 200 M Backstroke Top 10 Canadian Performers

1	2:12.42	SYDNJAN Jennifer Fratesi, 16, ROW	LCM01
2	2:13.24	PAN99AUG Kelly Stefanyshyn, 17, PDSA	LCM99
3	2:14.23	WORLD78 Cheryl Gibson, 18, CDSC	LCM78
4	2:14.84	CANJUL Joanne Malar, 19, HWAC	LCM95
5	2:14.86	CANAUG Nikki Dryden, 23, PDSA	LCM98
6	2:15.06	CANLCMAR Elizabeth Wycliffe, 17, EBSC	LCM01
7	2:15.24	CWLTHAUG Beth Hazel, 20, UNATT	LCM94
8	2:15.29	CANMAY Lori Melien, 16, AAC	LCM88
9	2:15.44	CANMAR Suzanne Weckend, 16, IS	LCM94
10	2:15.46	CANLCMAR Erin Gammel, 19, KCS	LCM99

thinks she will break a minute in the 100 fly before her career is over. But when it comes to the 200, that's a different story. "I did a 200 fly in the beginning, and I died. Bud just saw that it wasn't gonna work. He tried, but he knew that it wasn't worth it."

But unlike other sprinters, Jen doesn't taper a lot, usually only about a week. That's because she trains at or near her best times in practice. It is this speed that gives her confidence to swim fast. After breaking her Canadian record, she was quoted as saying that she wasn't surprised. "I didn't mean that to sound cocky, I was just really confident from my training. I was doing a lot of sets and not getting tired, and still going close to my best times." An example of this is her sets of 10x100s back long course, where she holds 1:06s and 1:07s.

That confidence and consistency should keep her on track for her next set of goals. "I think I can be a bit faster at Nationals, and I want to get a medal at Worlds this summer. My next major goal is the Commonwealth record. It's a 2:10.20, set by Nicole Stevenson." She is also working on her dolphin kick. "I do have a strong kick, or at least I thought I did until I saw the Japanese girls kick. We do work on it all the time though—usually a set of 50s with fins going 20 meters underwater, 5 up, then 20 meters down again, and the last 5 up."

Jen also does a lot of squats and leg work on land. "I also do chin ups and pull downs, but no other weights." But her big key to success is stretching. "I do lots of stretching. When you are tired it helps you recover a lot quicker."

As for her teen idol, it isn't Justin or Joey, Jordan, or even JC, but JT, as in Jenny Thompson. Jen has admired Jenny since she was 5—making Jenny probably feel old, but still cool nonetheless. Although I'm quite sure Jen envies Thompson's speed too, she is very matter of fact about her admiration for the US superstar. "I like her because her muscles are so big, and I want to have muscles that big too."

In Edmonton this March, Jen added a national title in the 200 back to her ownership of the national record. Although her time was off her record from Sydney, it was a win, and it secured her a spot on the Canadian World Championship Team. "I wasn't concerned about the record, I just wanted to make the team," said Jen after the race. After missing out on the Olympic Games last summer, that was probably a good way to go.

Jen also reiterated her next goals: "Hopefully I can do something about the record at World Champs and that can help me win a medal there."

All in all, Jen Fratesi tries to keep balance in her life by hanging out with friends, reading, and watching horror movies like the Blair Witch Project. And she also listens to a few stories about Janet Evans. "Bud tells us she would never get tired, and she'd just go back and forth forever. And he also told us she hated to lose."

Now with both the national record and national title under her belt, my guess is that Jen probably hates to lose too. I will also pose a guess that Jen Fratesi is in a pretty good position to keep that at a minimum.



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## USA 4x100 Free Relay

Amy van Dyken, Dara Torres,  
Courtney Shealy, Jenny Thompson



# THREE IN A ROW FOR GEORGIA BY NARROWEST MARGIN

**Josh Jeffrey**

This year's Division 1 Women's NCAA Swimming and Diving Championships showcased the bitter and the sweet. Georgia, in a bid for its third consecutive team title, eeked out a win over surprise second-place finishers Stanford, by 1.5 points. "This is the best feeling of all the championships because we knew the whole thing was up for grabs," said Georgia coach Jack Bauerle. "We did not feel like we were a favourite at any time this year. It was great to come in here and win it under these set of circumstances, because we are not a spectacular team. We are pretty good in a lot of places. Last year we won nine events and this year we won one (4x200y free relay on Friday night). It was a real different way of winning."

Georgia entered the meet as prohibitive favourites, but after losing the talents of last year's NCAA Co-MVPs Kristy Kowal and Courtney Shealy to graduation, its chances of a hat-trick appeared to be in question. Stanford did its part to quell the Dawgs, starting with a two-second win on night one for senior Jessica Foschi in the 500 yard freestyle. Shelly Ripple followed with a second place finish in the 200 yard IM behind Auburn Tiger sophomore Maggie Bowen, who broke the famed American and NCAA record set in 1992 by the great Summer Sanders with her clocking of 1:55.49.

Stanford closed out its dream night with an NCAA record-breaking win in the 4x100 yard medley relay (3:32.43), leaving second-place Cal 2.5 seconds in arrears. In preliminaries, Cal's Natalie Coughlin set an American and NCAA record of 51.66 for her backstroke lead-off leg, the first of four records she'd set in these championships.

Stanford would touch by a fingernail to win the 4x50 medley relay over Cal by a hundredth of a second, but the Golden Bears exacted revenge with freshman weapon Natalie Coughlin, who opened the 100 fly with a half-second lead over Cardinal senior Misty Hyman and never looked back, beating Hyman (51.18 to

51.51) and taking down her NCAA record for good measure. Stanford freshman sensation Tara Kirk nearly notched an NCAA record of her own, swimming a 59.18 to win the 100 yard breaststroke, missing Kowal's NCAA and American record by just 0.13 seconds. Not to worry, Kirk will have three more years to continue the assault.

Coughlin would once again deny Hyman a win, taking the 100 backstroke in another record time, lowering her 51.66 to a 51.23, another NCAA and American record. Hyman set a personal best for second, 53.04, beating another Golden Bear, senior Haley Cope, by 0.02 seconds.

Holding a slim 0.5 point lead entering the 4x800 yard free relay, Stanford built a two-second lead over Georgia entering Lauren Thies' anchor leg. Bulldog sophomore Maritza Correia, possibly the most deadly anchor in the NCAA, overtook Thies at the 100 and turned a two-second deficit into nearly a full-second win, as she outsplit Thies 1:45.86 to 1:49.10 to give Georgia its only event title of the meet.

While the story appeared to be whether or not Stanford would be able to deny Georgia a team title, Cal's Natalie Coughlin stopped the press as jaws dropped in disbelief over her 200 backstroke swim, easily the best of the meet. Coughlin, who held the American record previously at 1:52.73, opened at the

100 a full three seconds faster than Beth Botsford of Arizona, last year's winner. At the finish, silence enveloped the pool deck as the time was displayed: 1:51.02, decimating her American record by 2.7 seconds, and by an even further margin destroying the NCAA mark (1:52.98) set by Whitney Hedgepeth in 1992. Botsford was more than four seconds back at 1:55.65 for second.

A top age group star, Coughlin fought injury and disappointment last season to just a year later become the NCAA Swimmer of the Year. If she's able to convert those times as well to long course, Coughlin should be giving Egerszegi's famed 200 backstroke world record something to worry about in the years to come.

Stanford swept the 1-2 spots in the 200 butterfly, buoyed by Sydney gold medallist Misty Hyman, won the platform diving event with senior Erin Sones, and appeared to be in control of the meet with one event remaining. Leading by 2.5 points, all Stanford had to do was beat Georgia in the 4x100 free relay. Easier said than done.

Leading over Georgia narrowly after three legs, Bulldog swimmer Maritza Correia hit the water, and that's all she wrote. Correia mowed down Stanford anchor Siobhan Cropper in a big way, splitting 47.75 to Cropper's 49.72. Georgia finished second in the event, two full seconds behind Texas' NCAA record-breaking performance (3:14.52). Stanford finished fourth behind Arizona.

At the final tally, it was Georgia at 389 points, followed by Stanford with 387.5. Texas (350.5) was a surprise third, on the strength of its relays and senior Colleen Lanne's double win in the 50 and 100 freestyles. The Auburn Tigers, who were leading entering the final day, finished fourth (324) despite the disqualification of its 4x100 freestyle relay. Arizona, picked by many to dethrone Georgia, finished a disappointing fifth (304), followed by USC (255), Cal (248), and Florida, 19th last year, this year up 11 spots in 8th (214), with North Carolina (175), and Southern Methodist (155.5) rounding out the top 10.



Coach Jack Bauerle leads Georgia to three peat

# TEXAS WINS WITH STRONGEST TEAM PERFORMANCE EVER

**Josh Jeffrey**

Entering the Men's NCAA Division 1 Swimming and Diving Championships, it was pretty clear that it would take a serious misstep by Eddie Reese's Texas Longhorns for anyone else to have a shot at the team title. On paper, the Horns had assembled arguably the best NCAA team in history. Top to bottom, no weaknesses to exploit, no chinks in the armor. Unfazed, the Stanford Cardinal men, inspired by the performances of their women's team a week prior in Long Island, came prepared to do battle.

In fact, it was Stanford who set the pace in the meet's first event, winning the 4x50y freestyle relay in 1:16.83, just seven-hundredths from the American record. After a photo finish win for USC's Klete Keller in the 500y freestyle over Michigan senior Chris Thompson, 4:14.67 to 4:14.71, the Texas men would take over.

Senior Nate Dusing took charge of the 200y individual medley from the start, putting clear water between him and all comers, touching the wall to make mincemeat of Greg Burgess' American record with a time of 1:42.85. His heir-apparent, teammate Tommy Hannan, took second in a superb time of 1:43.87.

Stanford would not be subdued so easily. Cal sophomore Anthony Ervin tied for gold medal in the 50 meter freestyle at the Sydney Olympics, and from all indications, he looked poised to win a second NCAA 50 title. Someone forgot to tell Stanford senior Anthony Robinson, who would prevail over Ervin 19.15 to 19.23. Roland Schoeman of Arizona was a close third at 19.29.

Texas would steal the spotlight once again in the night's final two events, with Troy Dumais winning handily in the one-meter diving competition, and Dusing, Brendan Hansen, Tommy Hannan, and Ian Crocker teaming to destroy the NCAA and American 4x100y medley relay marks by nearly two full seconds with a jaw-dropping 3:05.37. Auburn was second under the old mark as well (3:07.17), followed closely by Tennessee (3:07.54).

On day two, the Longhorns would make waste of another NCAA record, swimming the 4x50y medley relay in 1:24.47, Tennessee just three-tenths in arrears at 1:24.75.



Nate Dusing won two events and four relays for Texas

Glen Johnson

The men's 400y IM would see the lead change hands several times, but the race came down to Michigan's Tim Siciliano and USC's Erik Vendt. Siciliano, who won this event in 1999 and 2000 would not be denied, and he lunged at the finish to hold off Vendt, 3:40.77 to 3:40.98.

Texas freshman Ian Crocker, fourth in the 100 fly at Sydney, won the 100 yard butterfly as expected, posting a time of 45.96, with Nate Dusing knocking on the door in second at 46.22.

USC's Klete Keller made it two by winning the 200y freestyle in a come behind victory over Texas' Chris Kemp, 1:34.43 to 1:34.69, but the boys from Austin got the ball rolling once more as freshman Brendan Hansen took a win over Auburn senior Dave Denniston in the 100y breaststroke, 52.35 to 52.62. Stanford's Robinson, winner of the 50, was third in 52.76.

Tennessee senior Michael Gilliam led the 100y backstroke rankings all season, and things would be no different here. Gilliam touched at 45.97 to knick a pair of Stanford Cardinals Peter Marshall (46.23) and Randall Bal (46.59).

The final day of NAAs kicked off in a big way with Thompson venging his loss in the 500 with a new American record in the 1650y freestyle. His winning

time of 14:26.62 took 2.5 seconds off of Tom Dolan's 1995 standard. Teammate Siciliano, winner of the 400y IM, took second in a fine 14:41.84, followed by USC's Erik Vendt at 14:45.69.

Nate Dusing rallied to his second NCAA title of the meet, taking the 200y backstroke over Stanford freshman Markus Rogan, 1:41.52 to 1:41.64. Marc Lindsay of Georgia was third at 1:42.04.

Cal sophomore Anthony Ervin venged his loss in the 50y freestyle by winning the 100y freestyle, and tying the 14-year old American record set by Matt Biondi, (41.80). Schoeman was a distant second in 42.58 followed by Greg Busse of Auburn (42.65).

The men's 200y breaststroke was arguably the race of the meet as Texas' Brendan Hansen and Auburn's Dave Denniston would once again do battle, this time not against each other, but also a seemingly insurmountable foe—Mike Barrowman's fabled American and NCAA record.

Denniston blasted from the blocks ahead of Hansen, turning at the 100 53.67 to Hansen's 54.39, and continued to hold the lead through the 150, when Hansen began to use the finishing speed he's become known for. As Denniston began to die, Hansen caught on fire, and emblazoned the scoreboard with a time of 1:53.11, a new NCAA and American record. Denniston in second, was also under the record with his 1:53.48.

The men's 200y fly saw a titanic duel between Stanford senior and NCAA champion Adam Messner, and Florida junior Duncan Sherrard. Holding a slight lead at the 100, Sherrard only continued to get stronger as the race continued, and at the finish, it was too close to call. When the smoke cleared, it was Messner who prevailed, 1:43.12 to 1:43.18.

Texas closed out the meet with an exclamation mark, as if their lead wasn't intimidating enough already, taking the 4x100y freestyle relay in a new American and NCAA record time of 2:49.80, knicking the record set by California in 1999 by .05.

Texas won the meet by over 100 points (597.5), with formidable opponent Stanford securing second easily (457.5) over Tennessee (330). Rounding out the top five were Southern Cal (299) and fast-rising Florida (265), who enjoyed their best finish at NAAs since placing third in 1991.



# UBC EXTENDS WIN STREAKS

## ONE CANADIAN AND 12 CIAU RECORDS SET

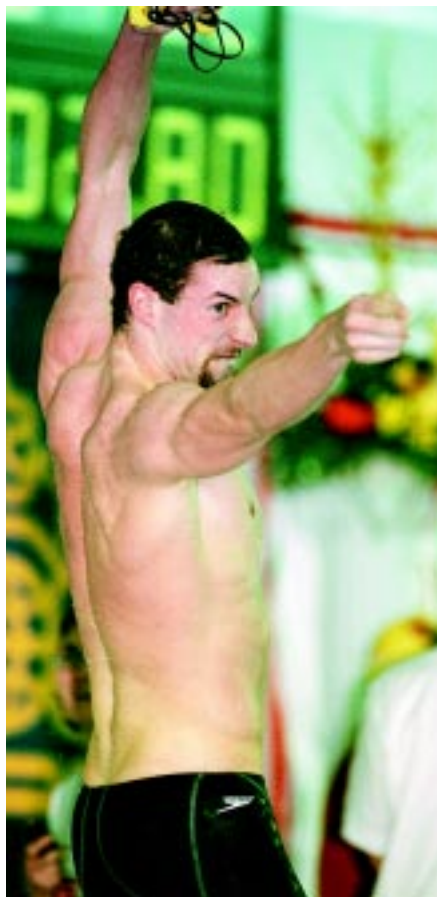
GUELPH—University of British Columbia maintained CIAU (Canadian Interuniversity Athletic Union) team supremacy, winning the men's team title for the second year (their third men's team title in the last four years) and the women's team title for the fifth year in a row (their seventh women's team title in the last eight years).

Top swimmer of this year's meet was Rick Say, University of Calgary, winning the 100, 200, 400, and 1500 freestyle events, the first time such a sweep has been accomplished. Say broke the Canadian record in the 400 free (the first National mark at CIAUs since 1997). His 3:43.91 bettered Turlough O'Hare's (UBC) record of 3:43.95 from 1991.

In the 200 free, Say just missed the Canadian record of 1:46.32 with his time of 1:46.65. In the 100 free, his winning time was 49.48 and in the 1500 free it was 15:07.94, swimming in the morning. All were his personal bests. In addition to his four individual golds, he added two relay silvers and a bronze.

Say was a finalist at the Sydney Olympics in the 200 free (7th with 1:48.76) and resumed serious training mid-January after joining the Calgary National Centre. His only previous CIAU showing was a second in the 200 free with 1:49.78 in 1998. At this CIAU, Say was chosen as the male swimmer of the meet.

Other men's highlights included Sean Sepulis, University of Guelph, who swept the backstrokes,



Rick Say wins four free events with record in 400 freestyle

Marco Chiesa



Universite Laval's Sophie Simard wins 200 and 400 freestyle

Marco Chiesa

winning the 50 in 24.85, the 100 in 54.30, and the 200 in 1:58.30. In all three races, he beat Mark Versfeld (UBC). It was tough race in the 200 as Versfeld held the lead up to the 150, but Sepulis finished strongest.

Jason Hunter and John Stamhuis from the University of Victoria exchanged wins in the breaststrokes. Hunter won the 100 in 1:01.70 with Stamhuis second in 1:01.89. In the 200, Stamhuis was first in 2:12.90 with Hunter second in 2:14.00. Both swam personal bests for each event.

Garret Pulle (UBC) won the 50 free in 23.17 and the 50 fly in 24.40, a CIAU record. He added two relay golds in the 4x100 medley and free relays.

Brian Johns (UBC) won the 200 fly in 1:59.95 and both IMs, with 1:59.59 for the 200 and 4:16.29 in the 400. He added two relay golds in the 4x100 and 4x200 free for a total of five wins.

Women's swimming, with nine CIAU records, showed considerable improvement over recent years.

Sophie Simard, Université Laval, won the 100 free in 56.18. She won the 200 free in 1:57.99 (a CIAU record), catching Carla Geurts, the 29-year-old Dutch Olympian who has trained in Canada since 1996 and represents the University of New Brunswick. Geurts had a two-second lead at the 300 but Simard split 59.21 on the last 100 to touch in 4:09.40, while Geurts faded with her last 100 of 1:03.34 to touch in 4:09.77. Simard added a third in the 200 fly. All this earned her the female swimmer of the meet award.

Geurts won the 800 free in 8:37.06 (a CIAU record) and added a third in the 200 free with 1:59.83.

Julie Howard, University of Toronto, at her fifth and final Championships, was in CIAU record form as she won the 50 back in 28.54 and the 100 back in 1:00.69, giving her a career total of six CIAU titles since 1997.

Jennifer Button, University of Toronto, won the 50 fly in 27.86 and the 100 fly in CIAU record time of 1:00.37.

Another University of Toronto swimmer, Elizabeth Warden, won both IMs—the 200 in 2:14.92 and the 400 in 4:43.67.

UBC women won three individual events and swept all three relays in CIAU record times. Their individual winners were Anna Lydall in the 50 free with 26.06, Jessica Deglau in the 200 fly with 2:12.83, and Kelly Stefanyshyn in the 200 back with 2:08.14 (a CIAU record). Stefanyshyn was also second in the 50 and 100 backs. All three shared in the relay wins.

Guelph has hosted the meet for four of the last six years. Next year the CIAUs will be held at UBC, moving to Victoria in 2003.

Thanks to Allan Fairweather, University of Guelph, for daily summaries and results. Final results on page 9, complete with splits can be found at: <http://www.swimnews.com/Meets/meets2001/feb2001canciauhp.shtml>



# 2001 SHORT COURSE TAG

## TOP 50 AGE GROUP TIMES

TAG is financially supported by Swimming Canada and Sport Canada.  
Rankings in 25 metre pools for the period: October 2000 to March 2001



Chad Thomsen, 17, EKSC



Brooke Buckland, 12, WTSC



Elizabeth Wycliffe, 17, EBSC



Tobias Oriwol, 15, ESWIM



Michael Brown, 16, PERTH

## CLUB SCORES

1)	PDSA	142977	Pacific Dolphin Swim Association	BC
2)	ESWIM	95027	Etobicoke Swimming	ON
3)	EKSC	90863	Edmonton Keyano Swim Club	AB
4)	CAMO	89057	Club Aquatique de Montreal	QC
5)	NKB	83332	Nepean Kanata Barracudas	ON
6)	OAK	82260	Oakville Aquatic Club	ON
7)	HYACK	81120	Hyack Swim Club	BC
8)	IS	76630	Island Swimming	BC
9)	ROD	70912	Regina Optimist Dolphins	SK
10)	MSSAC	69528	Mississauga Aquatic Club	ON



Kelly Timmons, 14, OSC

11)	PCSC	64957	43)	SSMAC	20882	75)	COMOX	11022	107)	GL	6815	139)	ORCA	3294	171)	CYC	1417
12)	LAC	64606	44)	CYPS	20611	76)	DEL	10911	108)	KSC	6550	140)	TORCH	3212	172)	ENC	1349
13)	PSW	63552	45)	HIPPO	20166	77)	CNO	10848	109)	ROC	6369	141)	CWC	3053	173)	NES	1334
14)	NEW	59514	46)	SPART	20061	78)	LASER	10717	110)	REG	6014	142)	AQUA	3002	174)	BST	1330
15)	COBRA	54960	47)	CNCB	19638	79)	GGST	10633	111)	BOSC	5984	143)	TPRR	2827	175)	CARAT	1299
16)	OSC	52414	48)	EBSC	19230	80)	MAC	10300	112)	SWAT	5936	144)	BKSC	2743	176)	LEDUC	1297
17)	NYAC	52138	49)	KCS	18917	81)	PGB	10112	113)	CREST	5719	145)	PASS	2679	177)	WAAC	1294
18)	UL	51772	50)	WD	18896	82)	CNDR	10015	114)	LAVAL	5567	146)	CP	2611	178)	LSC	1190
19)	ROW	51384	51)	ELITE	18621	83)	BBF	9886	115)	CHENA	5357	147)	CRKW	2597	179)	PPS	1097
20)	UCSA	46582	52)	STARS	18445	84)	EXCEL	9852	116)	LL	5179	148)	CNQ	2574	180)	LSCDN	1055
21)	TSC	46141	53)	RAYS	17489	85)	CNB	9844	117)	KISU	5145	149)	SBSC	2567	181)	MYSC	1015
22)	CASC	45089	54)	VKSC	17324	86)	RAPID	9602	118)	MJKFF	4983	150)	TSUN	2444	182)	CNTR	1011
23)	SCAR	44463	55)	PPO	17153	87)	VAC	9599	119)	RCA	4975	151)	ENSF	2289	183)	CNBB	990
24)	MANTA	40722	56)	MEGO	16951	88)	TAT	9592	120)	OYO	4952	152)	CNSJ	2191	184)	NORAC	967
25)	DDO	40481	57)	TRENT	16385	89)	MMST	9315	121)	GPP	4864	153)	CNSH	2127	185)	STFOY	781
26)	GO	39020	58)	SKSC	16245	90)	GMAC	9065	122)	SKY	4717	154)	NBYT	2045	186)	UMAN	779
27)	AAC	35210	59)	PN	16108	91)	CSO	8804	123)	BAD	4447	155)	CNMN	1919	187)	KAJ	774
28)	UCSC	32689	60)	CNHR	15801	92)	CT33	8804	124)	MUSAC	4425	156)	CNJA	1872	188)	SACKS	764
29)	PERTH	32615	61)	DYNAM	14942	93)	CASE	8426	125)	NWO	4412	157)	LMRL	1864	189)	PICK	737
30)	BRSA	32113	62)	BROCK	14897	94)	KSS	8113	126)	CNCC	4383	158)	TIDE	1806	190)	WGB	732
31)	MM	31527	63)	YORK	14816	95)	LUSC	8048	127)	BLAST	4310	159)	LSNR	1683	191)	CNBF	687
32)	USC	30715	64)	NCS	14316	96)	TMSC	7885	128)	EYSC	4291	160)	CAG	1675	192)	RACER	685
33)	CAJ	30688	65)	BTSC	14226	97)	UPCAN	7779	129)	AUROR	4283	161)	RISC	1674	193)	SYD	674
34)	BRANT	30366	66)	SAMAK	13614	98)	CNCI	7785	130)	WVOSC	4182	162)	CPAC	1667	194)	NSJ	660
35)	EAST	27699	67)	OSHAC	13030	99)	ISS	7719	131)	CATS	4130	163)	SFU	1650	195)	PHTAC	658
36)	HWAC	27451	68)	WAC	12346	100)	TD	7696	132)	CNNG	4047	164)	CBD	1574	196)	CSL	642
37)	RDCSC	27128	69)	DELTA	11563	101)	TCSC	7336	133)	CHAMP	4039	165)	CVAC	1567	197)	SDSC	641
38)	GOLD	26047	70)	STSC	11538	102)	FMSC	7333	134)	VEW	3982	166)	GLSC	1541	198)	HOST	638
39)	RHAC	24882	71)	GATOR	11522	103)	KBM	7330	135)	RAC	3947	167)	SWDV	1520	199)	STJJ	616
40)	WTSC	22211	72)	WLBIF	11393	104)	GAMIN	7120	136)	RYMM	3930	168)	EDSON	1516	200)	SD	522
41)	LASC	22150	73)	SHER	11125	105)	EXST	7106	137)	TBT	3792	169)	HHAC	1499	201)	OOSC	495
42)	NRST	22099	74)	SJL	11125	106)	CALAC	7007	138)	LOSC	3624	170)	CNOTY	1465			

# 11-12 GIRLS 2001 SHORT COURSE TAG®

## 50 METRES FREESTYLE

Rec: 26.34 Lori Melien, AAC, 85		best 2000	
1	27.76	908	CASCNOV Kirsten Pomerleau, 12, DEL 27.83
2	27.94	798	GOLDOCT Julianne Toogood, 12, MANTA 29.54
3	28.00	795	YTHURFEB Brooke Buckland, 11, WTSC -
4	28.04	792	ONAGMAR Seanna Mitchell, 12, NKB -
5	28.30	778	RAPIDDEC Brittany Reimer, 12, SKSC 28.96
6	28.48	768	TRENTJAN Kara McFall, 12, TD -
7	28.49	767	YTHURFEB Alice Chow, 12, PCSC 28.65
8	28.53	765	BCAGMAR Kristine McDonald, 12, KCS -
9	28.65	758	KCSDEC Katerina Symes, 12, EKSC 29.72
10	28.66	758	RAPIDDEC Amanda Bell, 12, SPART 29.76
11	28.68	757	ONSRNOV Whitney Rich, 12, ISS 28.38
12	28.71	755	BRANTNOV Genieve Handforth, 12, EBSC -
13	28.73	754	ONAGMAR Nadine McAdam, 12, TSC -
14	28.81	750	MBSKMAR Sarah Heinemann, 11, BKSC -
15	28.81	750	ONAGMAR Caitlin Reilly, 12, UPCAN -
16	28.98	740	ABAGFEB Jessi Wardale, 12, CASC -
17	29.10	734	ONAGMAR Sarah Phee, 12, GO -
18	29.12	733	YOUTHDEC Jackie Morrison, 12, NYAC 29.42
19	29.13	732	GOLDOCT Mallory Hoekstra, 12, EKSC 29.12
20	29.15	731	MSSACNOV Jody Jelen, 12, ESWMJ -
21	29.15	731	POAAMAR Catherine Bezeau, 12, SHER 30.18
22	29.22	727	ONAGMAR Jacqueline McQuaig, 12, GGST 29.55
23	29.25	726	ONAGMAR Miriam Kim, 11, TSC -
24	29.25	726	ONAGMAR Kelly Teed, 12, NKB -
25	29.27	725	BCAGMAR Natalie Chan, 12, PDSA -
26	29.39	718	ONAGMAR Rachael Kloosterman, 12, WD -
27	29.51	712	MANTADEC Lauren MacQuarrie, 12, ROD -
28	29.52	711	KCSDEC Sharla Wingerter, 12, EXST -
29	29.55	710	CHENAJAN Alaina Den Hartog, 12, CHENA -
30	29.57	709	ONAGMAR Mindy Porter, 12, CYPSC -
31	29.58	708	MBSKMAR Mackenzie Jones, 12, UCSC -
32	29.60	707	METROJAN Christina Burton, 12, SBSC -
33	29.63	705	ONAGMAR Courtney Kehoe, 12, PERTH -
34	29.65	704	KCSDEC Stephanie Pollard, 11, JS -
35	29.65	704	POAAMAR Etienne de Laroche, 12, LUL -
36	29.66	704	HURONDEC K. Weber, 12, CATS -
37	29.71	701	ISCUPIVNOV Anne Schmuck, 12, PSW -
38	29.71	701	KCSDEC Rebecca Sayles, 12, CASC -
39	29.72	701	BCAGMAR Laura Woodman, 12, PN -
40	29.73	700	POAAMAR Kelly Hodgson, 12, PCSC -
41	29.75	699	MBSKMAR Mary Alice Ennis, 12, ROD -
42	29.75	699	ONAGMAR Lorraine Whiting, 12, MSSAC -
43	29.77	698	POAAMAR Emilee Louder-G., 12, CAMO -
44	29.80	697	KCSDEC Karine Kasongo, 12, EKSC -
45	29.80	697	OCSRSCFEB Jessica Krebschneider, 12, COBRA -
46	29.81	696	MANTADEC Renee Kardash, 12, MM -
47	29.81	696	POAAMAR Kim Nguyen, 12, DDO -
48	29.84	694	POAAMAR Marie-P. Bleau, 12, CNHR -
49	29.85	694	OCSRSCFEB Rachel Chan, 12, MSSAC -
50	29.89	692	BCAGMAR Caiti Morris, 12, HYACK -

## 100 METRES FREESTYLE

Rec: 57.36 Lori Melien, AAC, 85		best 2000	
1	1:00.69	796	CASCNOV Kirsten Pomerleau, 12, DEL 1:01.12
2	1:00.87	792	NBAGJAN Brooke Buckland, 11, WTSC 1:07.05
3	1:01.76	769	BCAGMAR Natalie Chan, 12, PDSA -
4	1:01.98	763	RAPIDDEC Brittany Reimer, 12, SKSC 1:02.84
5	1:02.00	763	ONAGMAR Sarah Phee, 12, GO -
6	1:02.19	758	RAPIDDEC Amanda Bell, 12, SPART 1:05.04
7	1:02.27	756	GOLDOCT Julianne Toogood, 12, MANTA -
8	1:02.46	751	YTHURFEB Alice Chow, 12, PCSC 1:02.94
9	1:02.51	750	BCAGMAR Kristine McDonald, 12, KCS -
10	1:02.64	747	ISCUPIVNOV Anne Schmuck, 12, PSW 1:04.08
11	1:02.65	746	ONAGMAR Jackie Morrison, 12, NYAC 1:03.72
12	1:02.75	744	KCSDEC Katerina Symes, 12, EKSC 1:05.05
13	1:02.87	741	ONAGMAR Jacqueline McQuaig, 12, GGST 1:04.41
14	1:02.88	741	CNSHDEC Seanna Mitchell, 12, NKB -
15	1:02.90	740	ONAGMAR Rachel Shallhorn, 12, OSHAC 1:05.94
16	1:02.91	740	BCAGMAR Stephanie Pollard, 12, JS 1:09.42
17	1:02.98	738	YTHURFEB Kara McFall, 12, TD -
18	1:03.13	734	ONAGMAR Rachael Kloosterman, 12, WD 1:05.40
19	1:03.31	730	ONAGMAR Nadine McAdam, 12, TSC -
20	1:03.51	725	MBSKMAR Hailee Traa, 12, MANTA -
21	1:03.61	722	POAAMAR Catherine Bezeau, 12, SHER -
22	1:03.96	714	MSSACNOV Jody Jelen, 12, ESWMJ 1:05.36
23	1:04.01	713	ONAGMAR Lorraine Whiting, 12, MSSAC -
24	1:04.06	711	KBMOCT Caitlin Reilly, 12, UPCAN -
25	1:04.06	711	BCAGMAR Maya Beaudry, 12, PDSA -
26	1:04.14	709	MBSKMAR Mackenzie Jones, 12, UCSC 1:08.74
27	1:04.23	707	POAAMAR Kelly Hodgson, 12, PCSC 1:11.67
28	1:04.35	704	CHENAJAN Alaina Den Hartog, 12, CHENA -
29	1:04.39	703	MBSKMAR Sarah Heinemann, 11, BKSC 1:11.47
30	1:04.40	703	OAKJAN Jessica Plata, 12, OAK -
31	1:04.45	702	ONAGMAR Jessica Krebschneider, 12, COBRA 1:14.37
32	1:04.50	701	RAPIDDEC Kathryn Johnson, 12, PDSA -
33	1:04.64	697	YOUTHDEC Genieve Handforth, 12, EBSC 1:05.33
34	1:04.80	693	KCSDEC Karine Kasongo, 12, EKSC -
35	1:04.96	690	PCSCDEC Caitlyn Pittman, 12, GO -
36	1:04.96	690	ONAGMAR Kelly Teed, 12, NKB -
37	1:05.03	688	MANTADEC Lauren MacQuarrie, 12, ROD -
38	1:05.07	687	OCSRSCFEB Stephanie Cholyk, 12, NEW -
39	1:05.13	686	POAAMAR Myriam Plante, 11, LUL 1:11.61
40	1:05.28	682	KCSDEC Catherine Kasongo, 12, EKSC -
41	1:05.29	682	MBSKMAR Mary Alice Ennis, 12, ROD -
42	1:05.38	680	ONAGMAR Zara Laing, 12, ROW -
43	1:05.42	679	PCSCDEC Marlou Lepine, 12, CAMO -
44	1:05.48	677	BCAGMAR Martina Zamecnik, 12, WLBFC -
45	1:05.51	677	ONAGMAR Maggie Young, 12, WAC -
46	1:05.58	675	KCSDEC Amanda MacDonald, 12, ORCA -
47	1:05.63	674	LASCOCOT Carleen Ready, 12, LASC -
48	1:05.67	673	UCSAJAN Jessi Wardale, 12, CASC -
49	1:05.67	673	POAAMAR Edith Acevedo, 12, CNMNI 1:14.75
50	1:05.68	673	CNMNIJAN Alicia Neasmith, 11, PCSC 1:10.54

## 200 METRES FREESTYLE

Rec: 2:05.41 Shauna Collins, ROD, 90		best 2000	
1	2:12.57	793	ISCUPIVNOV Anne Schmuck, 12, PSW 2:14.13
2	2:12.72	791	CASCNOV Brittany Reimer, 12, SKSC 2:14.12
3	2:13.21	785	BCAGMAR Natalie Chan, 12, PDSA -
4	2:13.87	777	BCAGMAR Kathryn Johnson, 12, PDSA 2:23.82
5	2:13.99	776	CASCNOV Carleen Ready, 12, LASC 2:17.52
6	2:14.44	771	NBAGJAN Brooke Buckland, 11, WTSC -
7	2:15.19	762	ONAGMAR Rachel Shallhorn, 12, OSHAC 2:23.11
8	2:15.43	759	RAPIDDEC Amanda Bell, 12, SPART 2:18.43
9	2:15.89	754	ONAGMAR Rachael Kloosterman, 12, WD 2:19.70
10	2:16.26	750	YOUTHDEC Kristen Low, 12, MSSAC -
11	2:16.95	742	MBSKMAR Hailee Traa, 12, MANTA 2:22.27
12	2:17.20	739	PCSCDEC Alice Chow, 12, PCSC 2:22.07
13	2:17.20	739	ONAGMAR Lorraine Whiting, 12, MSSAC -
14	2:17.29	738	ESWMIJAN Jacqueline McQuaig, 12, GGST 2:19.10
15	2:17.33	737	MSSACNOV Jody Jelen, 12, ESWMJ 2:15.60
16	2:17.95	730	EOSAFEB Sarah Phee, 12, GO -
17	2:18.13	728	ONAGMAR Zara Laing, 12, ROW -
18	2:18.16	728	GOLDOCT Mallory Hoekstra, 12, EKSC 2:13.42
19	2:18.64	722	BCAGMAR Stephanie Pollard, 12, JS -
20	2:18.67	722	BCAGMAR Kristine McDonald, 12, KCS -
21	2:18.95	719	KBMOCT Genieve Handforth, 12, EBSC 2:20.06
22	2:19.26	715	MBSKMAR Mackenzie Jones, 12, UCSC -
23	2:19.29	715	POAAMAR Kelly Hodgson, 12, PCSC -
24	2:19.51	712	TRENTJAN Kara McFall, 12, TD -
25	2:19.51	712	EOSAFEB Courtney Kehoe, 12, PERTH -
26	2:19.56	712	YOUTHDEC Emiley Jellie, 12, ROW 2:23.01
27	2:19.62	711	YOUTHDEC Jackie Morrison, 12, NYAC 2:22.76
28	2:19.65	711	MBSKMAR Glenn Young, 12, FMSC -
29	2:19.90	708	MBSKMAR Karen Ingo, 12, KSS-NWO -
30	2:19.91	708	ISCUPIVNOV Katie Kotlowski, 12, PSW -
31	2:20.01	707	ONAGMAR Seanna Mitchell, 12, NKB -
32	2:20.05	706	ABAGFEB Kelsey Jenkins, 11, FMSC -
33	2:20.17	705	ABAGFEB Andrea Kells, 11, RDSCSC -
34	2:20.24	704	KBMOCT Kaitlyn Pittman, 12, GO 2:22.38
35	2:20.27	704	KCSDEC Caiti Morris, 12, HYACK -
36	2:20.32	703	ISCUPIVNOV Brittany Durieux, 12, PSW -
37	2:20.36	703	CHENAJAN Lauren Lavigna, 12, GATOR -
38	2:20.59	700	VANISJAN Hollis Roth, 12, IS -
39	2:20.93	697	MANTADEC Jessica Holloway, 12, MANTA -
40	2:21.02	696	RAPIDDEC Maya Beaudry, 12, PDSA -
41	2:21.08	695	ONAGMAR Maggie Young, 12, WAC -
42	2:21.11	695	ABAGFEB Sharla Wingerter, 12, EXST -
43	2:21.23	693	UCSAJAN Katerina Symes, 12, EKSC 2:23.51
44	2:21.27	693	CNSHDEC Tara Baxter, 12, NKB 2:21.82
45	2:21.30	693	ABAGFEB Lauren Walker, 12, OSC -
46	2:21.46	691	CASCNOV Kelly Pomerleau, 12, DEL -
47	2:21.58	690	MANTADEC Rebecca Easton, 12, LAC -
48	2:21.61	689	POAAMAR Stephanie Horner, 11, BFB -
49	2:21.67	689	ONAGMAR Fay Yachetti, 12, HWAC -
50	2:21.71	688	OAKJAN Jessica Plata, 12, OAK -

## 400 METRES FREESTYLE

Rec: 4:23.93 Stephanie Shevchuk, PCSC, 87		best 2000	
1	4:37.13	799	BCAGMAR Kathryn Johnson, 12, PDSA 4:54.51
2	4:37.53	797	YTHURFEB Amanda Bell, 12, SPART 4:49.11
3	4:39.76	784	BCAGMAR Natalie Chan, 12, PDSA -
4	4:39.97	783	ISCUPIVNOV Anne Schmuck, 12, PSW 4:36.58
5	4:42.09	771	CASCNOV Brittany Reimer, 12, SKSC 4:40.87
6	4:43.34	764	YOUTHDEC Emiley Jellie, 12, ROW 4:56.29
7	4:46.37	747	ONAGMAR Kristen Low, 12, MSSAC -
8	4:47.12	743	GOLDOCT Mallory Hoekstra, 12, EKSC 4:37.88
9	4:47.26	742	MBSKMAR Hailee Traa, 12, MANTA 4:58.50
10	4:47.62	740	CASCNOV Carleen Ready, 12, LASC -
11	4:47.80	739	MSSACNOV Jody Jelen, 12, ESWMJ 4:49.72
12	4:50.80	723	ONAGMAR Maggie Young, 12, WAC -
13	4:51.54	719	BCAGMAR Stephanie Pollard, 12, JS 5:22.55
14	4:51.64	719	BCAGMAR Maya Beaudry, 12, PDSA -
15	4:51.66	718	YOUTHDEC Rachael Kloosterman, 12, WD -
16	4:52.11	716	ONAGMAR Jacqueline McQuaig, 12, GGST 4:55.74
17	4:52.30	715	MBSKMAR Karen Ingo, 12, KSS-NWO -
18	4:52.45	714	MBSKMAR Glenn Young, 12, FMSC -
19	4:52.54	714	ONAGMAR Lorraine Whiting, 12, MSSAC -
20	4:52.54	714	ONAGMAR Jessica Plata, 12, OAK -
21	4:52.68	713	KCSDEC Brittany Durieux, 12, PSW -
22	4:53.17	710	ONAGMAR Sarah Phee, 12, GO -
23	4:53.28	710	KCSDEC Katie Kotlowski, 12, PSW -
24	4:53.77	707	POAAMAR Kelly Hodgson, 12, PCSC -
25	4:53.85	707	KCSDEC Caiti Morris, 12, HYACK -
26	4:54.54	703	ONAGMAR Sacha Lambert, 12, TSC -
27	4:55.07	700	MBSKMAR Mackenzie Jones, 12, UCSC -
28	4:55.18	700	POAAMAR Stephanie Horner, 11, BFB -
29	4:56.24	694	BCAGMAR Hollis Roth, 12, IS -
30	4:56.51	693	YOUTHDEC Genieve Handforth, 12, EBSC -
31	4:56.77	691	PCSCDEC Kaitlyn Pittman, 12, GO -
32	4:57.15	689	BCAGMAR Lauren Lavigna, 12, GATOR -
33	4:57.35	688	ONAGMAR Adriana Hinson, 12, TAT -
34	4:57.37	688	KBMOCT Kaitlyn Pittman, 12, GO -
35	4:57.59	687	MBSKMAR Lauren Walker, 12, OSC -
36	4:57.99	685	NSAGMAR Hannah Vaughan, 12, EAST -
37	4:58.46	683	PCSCDEC Rosine Castonguay, 12, CALAC -
38	4:58.75	681	ONAGMAR Zara Laing, 12, ROW -
39	4:59.07	679	POAAMAR Lydia Fortin, 12, CNJA -
40	4:59.29	678	BCAGMAR Rheagan Thompson, 11, KISU -
41	4:59.32	678	ONAGMAR Nadine McAdam, 12, TSC -
42	4:59.67	676	POAAMAR Ariane Nadeau, 12, REG -
43	4:59.72	676	NKBOCT Tara Baxter, 12, NKB -
44	5:00.00	675	EOSAFEB Kara McFall, 12, TD -
45	5:00.31	673	CNMNIJAN Alice Chow, 12, PCSC -
46	5:00.63	671	EOSAFEB Courtney Kehoe, 12, PERTH -
47	5:00.97	670	YOUTHDEC Jackie Morrison, 12, NYAC -
48	5:00.99	670	ABAGFEB Jennifer Winfield, 12, UCSC -
49	5:01.02	669	ABAGFEB Kelsey Jenkins, 11, FMSC 5:25.46
50	5:01.09	669	ESWMIJAN Paige Warden, 12, SCAR -

## 800 METRES FREESTYLE

Rec: 8:55.85 Stephanie Shevchuk, PCSC, 87		best 2000	
1	9:28.12	802	YTHURFEB Amanda Bell, 12, SPART 9:51.18
2	9:29.10	799	ISCUPIVNOV Anne Schmuck, 12, PSW 9:27.90
3	9:29.52	798	RAPIDDEC Brittany Reimer, 12, SKSC 9:32.69
4	9:32.11	790	BCAGMAR Natalie Chan, 12, PDSA -
5	9:38.08	774	BCSRFEB Kathryn Johnson, 12, PDSA 10:03.70
6	9:44.05	758	YOUTHDEC Emiley Jellie, 12, ROW 9:58.20
7	9:44.10	758	GOLDOCT Mallory Hoekstra, 12, EKSC 9:25.24
8	9:46.24	752	ONAGMAR Kristen Low, 12, MSSAC -
9	9:53.34	733	MBSKMAR Hailee Traa, 12, MANTA 10:14.31
10	10:01.71	711	MBSKMAR Karen Ingo, 12, KSS-NWO 10:31.46
11	10:02.77	708	BCAGMAR Lauren Lavigna, 12, GATOR 10:32.52
12	10:03.43	707	ONAGMAR Jessica Plata, 12, OAK -
13	10:04.94	703	BCAGMAR Stephanie Pollard, 12, JS -
14	10:04.98	703	VANISJAN Hollis Roth, 12, IS 10:26.54
15	10:05.26	702	ISCUPIVNOV Brittany Durieux, 12, PSW -
16	10:06.40	699	EXCELDEC Ariane Nadeau, 12, REG -
17	10:08.03	695	MBSKMAR Lauren Walker, 12, OSC -
18	10:09.62	691	MANTADEC Glenn Young,

# 11-12 GIRLS CONTD.

## 200 METRES BACKSTROKE

Rec: 2:20.47 Jennifer Fraleski,SSMAC,97		best 2000	
1	2:25.58	790	NBAGJAN Brooke Buckland,11,WTSC
2	2:26.59	779	PSWIOCT Anne Schmuck,12,PSW
3	2:27.78	766	CASCNOV Kirsten Pomerleau,12,DEL
4	2:28.27	761	GOLDOCT Mallory Hoekstra,12,EKSC
5	2:30.21	740	ONAGMAR Kristen Low,12,MSSAC
6	2:30.65	736	YOUTHDEC Genevieve Crawford,12,EBSAC
7	2:31.11	731	BCAGMAR Jennifer Self,11,PDSA
8	2:31.20	730	BCAGMAR Kathryn Johnson,12,PDSA
9	2:31.71	724	MBSKMAR Hailee Traa,12,MANTA
10	2:32.06	721	MSSACNOV Jody Jelen,12,ESWIM
11	2:32.35	718	ONAGMAR Caitlin Reilly,12,UPCAN
12	2:32.53	716	RAPIDDEC Brittany Reimer,12,SKSC
13	2:32.64	715	ABAGFEB Katerina Symes,12,EKSC
14	2:33.48	706	ABAGFEB Sharla Wingerter,12,EXST
15	2:33.72	704	RAPIDDEC Amanda Leh,12,SPART
16	2:34.20	699	CNMUNJAN Alice Chow,12,PCSC
17	2:34.89	692	MBSKMAR Lauren Walker,12,OSCC
18	2:34.91	692	POAAMAR Kelly Hodgson,12,PCSC
19	2:34.95	692	ONAGMAR Courtney Kehoe,12,PERTH
20	2:35.74	684	ONAGMAR Jessica Plata,12,OKA
21	2:35.85	683	ABAGFEB Joanie Shilling,12,GL-BRSA
22	2:35.92	682	ABAGFEB Stephanie Davis,11,UCSC
23	2:35.93	682	ONAGMAR Sacha Lambert,12,TSC
24	2:36.03	681	ONAGMAR Miriam Kim,11,TSC
25	2:36.09	680	POAAMAR Vanessa Taillefer,11,DDO
26	2:36.50	676	YOUTHDEC Alexandra Loh,12,OKA
27	2:36.60	675	PCSCDEC Kaitlyn Pittman,12,GO
28	2:36.80	673	BCAGMAR Emma Cartwright,12,PDSA
29	2:36.83	673	ONAGMAR Rachel Shallhorn,12,OSHAC
30	2:36.91	672	MANITADEC Karen Judo,12,KSS
31	2:37.12	670	NYACFEB Jacqueline McQuaig,12,GGST
32	2:37.20	669	KCSDEEC Brittany Durieux,12,PSW
33	2:37.20	669	ONAGMAR Christina Malinas,12,NYAC
34	2:37.32	668	LASCOCCT Carleen Ready,12,LASC
35	2:37.40	667	OKAJAN Kaitlee MacKinnon,12,HWAC
36	2:37.98	662	ABAGFEB Pamela Starratt,12,CASC
37	2:38.00	662	YOUTHDEC Emily Jellie,12,ROW
38	2:38.14	660	POAAMAR Andrea Gilbert-Morneau,12,CARAT
39	2:38.17	660	POAAMAR Bianka Allard,12,NSJ
40	2:38.28	659	EOSAFEB Seanna Mitchell,12,NKB
41	2:38.30	659	BRANTNOV Marilou Lepine,12,CAMO
42	2:38.36	658	KCSDEEC Katie Kollowski,12,PSW
43	2:38.38	658	ABAGFEB Sheena Gross,11,EKSC
44	2:38.49	657	ONAGMAR Nicole Lacoste,12,MSSAC
45	2:38.52	657	BSCRFBF Caiti Morris,12,HSAC
46	2:39.03	652	BCAGMAR Stephanie Pollard,12,IS
47	2:39.08	651	ABAGFEB Jessi Wardale,12,CASC
48	2:39.49	647	EOSAFEB Robyn Paul,12,BKAC
49	2:39.52	647	NSAGMAR Hannah Vaughan,12,EAST
50	2:39.53	647	POAAMAR Kristin Harmidy,12,PCSC

## 100 METRES BREASTSTROKE

Rec: 1:10.11 Allison Higson,ESC,85		best 2000	
1	1:14.70	817	ONSRRNOV Whitney Rich,12,ISS
2	1:14.88	814	VANISJAN Stephanie Pollard,12,IS
3	1:16.78	774	YTHURFEB Morgan Kierstead,12,AQUA
4	1:17.09	768	POAAMAR Claudia Bonsant,12,EXCEL
5	1:17.45	760	ISCUPIVNOV Anne Schmuck,12,PSW
6	1:17.63	757	POAAMAR Genevieve Crevier,12,CNHR
7	1:18.20	745	BCAGMAR Kaela Richardson,12,VKSC
8	1:18.76	734	ONAGMAR Kristen Low,12,MSSAC
9	1:18.91	731	CNSHDEC Tara Baxter,12,NKB
10	1:19.02	729	YOUTHDEC Sacha Lambert,12,TSC
11	1:19.41	723	BCAGMAR Natalie Chan,12,PDSA
12	1:19.41	723	KCSDEEC Catherine Kasongo,12,EKSC
13	1:19.48	720	CASCNOV Carleen Ready,12,LASC
14	1:19.62	717	MBSKMAR Jane Harrington,12,MM
15	1:19.87	712	GOLDOCT Mallory Hoekstra,12,EKSC
16	1:19.89	712	YOUTHDEC Jessica Plata,12,OKA
17	1:20.04	709	ONAGMAR Rachel Chan,12,MSSAC
18	1:20.43	701	PCSCDEC Alice Chow,12,PCSC
19	1:20.48	700	MBSKMAR Lauren Walker,12,OSCC
20	1:20.72	695	YOUTHDEC Nadine McAdam,12,TSC
21	1:21.13	688	KCSDEEC Katerina Symes,12,EKSC
22	1:21.16	687	POAAMAR Alicia Neasmith,12,PCSC
23	1:21.18	687	SHERDEC Laurie Beausoleil,12,CNBFR
24	1:21.27	685	BCAGMAR Hollis Roth,12,IS
25	1:21.35	683	ONAGMAR Penny Baxter,12,NKB
26	1:21.51	680	YOUTHDEC Caitlin Reilly,12,UPCAN
27	1:21.55	680	ONAGMAR Madeline Walker,12,YORK
28	1:21.58	679	YOUTHDEC Ivana Corovic,12,OKA
29	1:21.63	678	ONAGMAR Andrea Holec,12,WD
30	1:21.82	675	ONAGMAR Patricia Buenzarro,12,ESWIM
31	1:21.94	672	EXCELDEC Myriam Plante,11,UL
32	1:22.05	670	CNSHDEC Marie-P. Ricard,12,SHER
33	1:22.09	669	KCSDEEC Amanda MacDonald,12,ORCA
34	1:22.16	668	OSACFEB Vicki Curtis,12,GMAC
35	1:22.24	667	CNSHDEC Katrina Obas,12,NKB
36	1:22.33	665	POAAMAR Veronika Keith,12,RCA
37	1:22.51	662	ONAGMAR Sarah Turgeon,12,SSMAC
38	1:22.51	662	ONAGMAR Karly Harding,12,WD
39	1:22.71	658	MBSKMAR Lisa Kenke,12,GOLD
40	1:22.87	658	SHERDEC Catherine Bezeau,12,SHER
41	1:22.90	654	YOUTHDEC Shawna Keller,12,CAJ
42	1:22.97	653	ONAGMAR Christine Hui,12,RHAC
43	1:22.99	653	RAPIDDEC Kristin Moorh,12,IS
44	1:23.06	652	GOLDOCT Jennifer Klein,12,MANTA
45	1:23.12	650	ONAGMAR J. Lawrence,11,CT33
46	1:23.13	650	GOLDOCT Kendall McLean,12,MANTA
47	1:23.25	648	EXCELDEC Mireille Tremblay,12,CNCR
48	1:23.45	644	POAAMAR Marie-P. Ouellet,11,CNDR
49	1:23.59	642	YOUTHDEC Esme Hom,12,TSC
50	1:23.65	641	OKAJAN Katie McIntosh,12,MAC

## 200 METRES BREASTSTROKE

Rec: 2:30.55 Courtenay Chuy,HYACK,98		best 2000	
1	2:41.11	810	ONSRRNOV Whitney Rich,12,ISS
2	2:43.78	784	YTHURFEB Morgan Kierstead,12,AQUA
3	2:46.53	758	BCAGMAR Kaela Richardson,12,VKSC
4	2:46.73	756	YOUTHDEC Sacha Lambert,12,TSC
5	2:47.20	752	ONAGMAR Kristen Low,12,MSSAC
6	2:47.41	750	POAAMAR Genevieve Crevier,12,CNHR
7	2:48.67	738	ISCUPIVNOV Anne Schmuck,12,PSW
8	2:49.29	732	GOLDOCT Mallory Hoekstra,12,EKSC
9	2:49.51	730	POAAMAR Claudia Bonsant,12,EXCEL
10	2:50.83	718	ABAGFEB Hanna Pierce,12,EKSC
11	2:51.43	713	ABAGFEB Katerina Symes,12,EKSC
12	2:51.67	710	BCAGMAR Hollis Roth,12,IS
13	2:51.82	709	ONAGMAR Sarah Turgeon,12,SSMAC
14	2:52.69	701	MBSKMAR Jane Harrington,12,MM
15	2:52.81	700	ABAGFEB Donna MacLeod,12,EKSC
16	2:52.99	698	ABAGFEB Catherine Kasongo,12,EKSC
17	2:53.07	698	BCAGMAR Annika Schmuck,12,PSW
18	2:53.13	697	LASCOCCT Carleen Ready,12,LASC
19	2:53.20	697	ONAGMAR Rachel Chan,12,MSSAC
20	2:53.23	696	BRANTNOV Jessica Plata,12,OKA
21	2:53.33	695	CNMUNJAN Alicia Neasmith,11,PCSC
22	2:53.76	692	CNMUNJAN Alice Chow,12,PCSC
23	2:53.82	691	ONAGMAR J. Lawrence,11,CT33
24	2:54.04	689	MSSACNOV Esme Hom,12,TSC
25	2:54.40	686	OKAJAN Katie McIntosh,12,MAC
26	2:54.63	684	CNSHDEC Tara Baxter,12,NKB
27	2:54.86	682	ONAGMAR Christine Hui,12,RHAC
28	2:54.86	682	BCAGMAR Jessica Crepinjak,11,PSW
29	2:54.93	681	BRANTNOV Ivana Corovic,12,OKA
30	2:55.09	680	HYACKJAN Natalie Chan,12,PDSA
31	2:55.58	676	MANITADEC Shannon Byler,12,CWC
32	2:55.65	675	POAAMAR Marie-P. Ouellet,11,CNDR
33	2:55.68	675	ONAGMAR Karly Harding,12,WD
34	2:55.71	674	MBSKMAR Lauren Walker,12,OSCC
35	2:55.99	672	EXCELDEC Mireille Tremblay,12,CNCR
36	2:56.08	671	KCSDEEC Amanda MacDonald,12,ORCA
37	2:56.66	666	ONAGMAR Vicki Curtis,12,GMAC
38	2:56.71	666	SHERDEC Marie-P. Ricard,12,SHER
39	2:56.80	665	MBSKMAR Lisa Kenke,12,GOLD
40	2:57.01	663	CAGJAN Katrina Obas,12,NKB
41	2:57.14	662	GOLDOCT Jennifer Klein,12,MANTA
42	2:57.32	660	POAAMAR Michelle Tresidder,12,SAMAK
43	2:57.40	660	GOLDOCT Kendall McLean,12,MANTA
44	2:57.99	655	ONAGMAR Farris Blaskovits,12,NKB
45	2:58.15	653	EXCELDEC Myriam Plante,11,UL
46	2:58.53	650	ONAGMAR Leah Katzman,12,CYPS
47	2:58.70	649	OCRSCEFB Madeline Walker,12,YORK
48	2:58.74	648	YOUTHDEC Nadine McAdam,12,TSC
49	2:59.06	646	LACNOV Shawna Keller,12,CAJ
50	2:59.21	644	POAAMAR Catherine Bezeau,12,SHER

## 100 METRES BUTTERFLY

Rec: 1:05.24 Allison Barriscalle,KMSC,89		best 2000	
1	1:07.79	767	CASCNOV Carleen Ready,12,LASC
2	1:09.44	716	PCSCDEC Alice Chow,12,PCSC
3	1:09.46	716	ONAGMAR Caitlin Reilly,12,UPCAN
4	1:09.50	715	ONAGMAR Rachael Kloosterman,12,WD
5	1:09.90	706	BRANTNOV Whitney Rich,12,ISS
6	1:10.01	704	PCSCDEC Mykah Payne,12,BRANT
7	1:10.19	700	ONAGMAR Rachel Shallhorn,12,OSHAC
8	1:10.51	692	RAPIDDEC Brittany Reimer,12,SKSC
9	1:10.55	692	BCAGMAR Kathryn Johnson,12,PDSA
10	1:10.59	691	ISCUPIVNOV Anne Schmuck,12,PSW
11	1:10.92	684	RAPIDDEC Amanda Bell,12,SPART
12	1:11.23	677	NBAGJAN Brooke Buckland,11,WTSC
13	1:11.49	671	MANITADEC Mackenzie Jones,11,UCSC
14	1:11.53	670	CASCNOV Andrea Kells,11,RDSCS
15	1:11.54	670	PCSCDEC Marilou Lepine,12,CAMO
16	1:11.66	668	ONAGMAR Stephanie Pollard,12,IS
17	1:11.80	665	MBSKMAR Glennia Young,12,FMSC
18	1:11.93	662	NBAGJAN Christina Burton,12,SBSC
19	1:12.03	660	NSAGMAR Danielle Weir,11,WTSC
20	1:12.06	659	MBSKMAR Hailee Traa,12,MANTA
21	1:12.12	658	ONAGMAR Zara Laing,12,ROW
22	1:12.26	655	MANITADEC Jessica Holloway,12,MANTA
23	1:12.27	655	YOUTHDEC Kristen Low,12,MSSAC
24	1:12.52	649	ONAGMAR Kaitlee MacKinnon,12,HWAC
25	1:12.58	648	YOUTHDEC Esme Hom,12,TSC
26	1:12.62	647	BCAGMAR Hollis Roth,12,IS
27	1:12.69	646	HYACKJAN Kaela Richardson,12,VKSC
28	1:12.72	645	MBSKMAR Lindy Stasiuk,12,KSS-NWO
29	1:12.72	645	POAAMAR Edith Acevedo,12,CNMN
30	1:12.84	643	MBSKMAR Sarah Heinemann,11,BKSC
31	1:13.05	638	BCAGMAR Kristine McDonald,12,KSCS
32	1:13.28	634	MANITADEC Sara Beaver,12,LAC
33	1:13.41	631	MBSKMAR Courtney Kapustianyk,11,GOLD
34	1:13.42	631	ONAGMAR Kaleigh McKinnon,11,TORCH
35	1:13.43	631	POAAMAR Catherine Bezeau,12,SHER
36	1:13.56	628	ONAGMAR Sarah Phoe,12,GO
37	1:13.60	627	ONAGMAR Sara Garhouse,12,MUSAC
38	1:13.65	626	ONAGMAR Maggie Young,12,WAC
39	1:13.76	624	MANITADEC Lauren MacQuarie,12,ROD
40	1:13.78	624	POAAMAR Marie-P. Bleau,12,CNHR
41	1:13.97	620	MANITADEC Karen Ingo,12,KSS
42	1:13.98	620	EOSAFEB Seanna Mitchell,12,NKB
43	1:14.16	616	RAPIDDEC Lauren Lavigna,12,GATOR
44	1:14.17	616	POAAMAR Vanessa Taillefer,11,DDO
45	1:14.17	616	ONAGMAR Emmaleigh Laidlaw,12,STJJ
46	1:14.23	615	GOLDOCT Jennifer Klein,12,MANTA
47	1:14.34	612	ONAGMAR Ally Green,12,AAAC
48	1:14.69	605	NBKOCT Tara Baxter,12,NKB
49	1:15.02	599	ONAGMAR Katie McIntosh,12,MAC
50	1:15.21	595	YOUTHDEC Emily Jellie,12,ROW

## 200 METRES BUTTERFLY

Rec: 2:18.09 Michelle Coulombe,CNMN,78		best 2000	
1	2:31.77	716	BCAGMAR Kathryn Johnson,12,PDSA
2	2:33.36	700	ONAGMAR Rachael Kloosterman,12,WD
3	2:34.12	692	ONAGMAR Kaitlee MacKinnon,12,HWAC
4	2:34.36	690	KCSDEEC Katie Kollowski,12,PSW
5	2:34.63	687	ONAGMAR Rachel Shallhorn,12,OSHAC
6	2:35.05	683	MBSKMAR Glennia Young,12,FMSC
7	2:35.05	683	ONAGMAR Zara Laing,12,ROW
8	2:35.22	681	ONAGMAR Kaleigh McKinnon,11,TORCH
9	2:35.82	675	KCSDEEC Hollis Roth,12,IS
10	2:36.49	669	BRANTNOV Whitney Rich,12,ISS
11	2:37.99	654	ISCUPIVNOV Amanda Bell,12,SPART
12	2:38.13	653	YOUTHDEC Emily Jellie,12,ROW
13	2:38.14	653	BCAGMAR Lauren Lavigna,12,GATOR
14	2:38.76	647	YOUTHDEC Kristen Low,12,MSSAC
15	2:40.17	634	BRANTNOV Mykah Payne,12,BRANT
16	2:41.13	625	MBSKMAR Lindy Stasiuk,12,KSS-NWO
17	2:41.40	622	MBSKMAR Karen Judo,12,KSS-NWO
18	2:41.40	622	ABAGFEB Andrea Kells,11,RDSCS
19	2:41.59	620	PSWIOCT Anne Schmuck,12,PSW
20	2:41.73	619	MSSACNOV Jody Jelen,12,ESWIM
21	2:41.74	619	NSAGMAR Danielle Weir,11,WTSC
22	2:41.52	615	BCAGMAR Natalie Fein,12,PDSA
23	2:42.92	608	MSSACNOV Esme Hom,12,TSC
24	2:42.92	608	MANITADEC Lauren MacQuarie,12,ROD
25	2:43.06	607	MBSKMAR Courtney Kapustianyk,11,GOLD
26	2:43.28	605	ROD.JAN Jessica Holloway,12,MANTA
27	2:43.71	601	POAAMAR Edith Acevedo,12,CNMN
28	2:43.90	600	POAAMAR Vanessa Taillefer,11,DDO
29	2:44.03	598	KCSDEEC Kaela Richardson,12,VKSC
30	2:44.91	591	ONAGMAR Sarah Phoe,12,GO
31	2:45.57	585	ONAGMAR Kalli Buchanan,11,COBRA
32	2:46.20	580	BRANTNOV Marilou Lepine,12,CAMO
33	2:46.20	580	ONAGMAR Maggie Young,12,WAC
34	2:46.22	579	ESWIM.JAN Lucy Wu,12,SCAR
35	2:46.22	579	ABAGFEB Darby Jac,12,GL-BRSA
36	2:46.32	5	

**400 METRES IND. MEDLEY**

Rec: 4:55.03 Allison Higson,ESC,85

1	5:16.62	771	ISCUPTNOV	Anne Schmuck,12,PSW	best 2000
2	5:16.76	771	BCAGMAR	Natalie Chan,12,PDSA	-
3	5:18.38	763	YOUTHDEC	Kristen Low,12,MSSAC	5:34.75
4	5:18.64	761	BCAGMAR	Kathryn Johnson,12,PDSA	5:38.85
5	5:19.30	758	CASCNOV	Carleen Ready,12,LASC	5:15.99
6	5:20.47	752	RAPIDDEC	Brittany Reimer,12,SKSC	5:35.69
7	5:22.29	743	ONAGMAR	Sacha Lambert,12,TSC	-
8	5:23.03	740	YTHJRFEB	Amanda Bell,12,SPART	-
9	5:24.46	733	MBSKMAR	Hallee Traa,12,MANTA	5:41.16
10	5:27.44	719	VANISJAN	Hollis Roth,12,IS	-
11	5:28.60	713	YOUTHDEC	Morgan Kierstead,12,AQUA	-
12	5:29.45	709	ONAGMAR	Rachael Kloosterman,12,WD	5:37.16
13	5:29.54	709	ONAGMAR	Rachel Klothorn,12,OSHAC	-
14	5:31.07	701	ONAGMAR	Jessica Plata,12,OK	5:45.98
15	5:31.07	701	CNMNJJAN	Alice Chow,12,PCSC	5:41.55
16	5:31.62	699	HYACKJAN	Kaela Richardson,12,VKSC	-
17	5:31.71	698	MBSKMAR	Laurah Walker,12,OSC	-
18	5:32.55	694	ONAGMAR	Sarah Phee,12,GO	-
19	5:32.92	693	GOLDCTO	Mallory Heekle,12,EKSC	5:06.88
20	5:33.59	690	YOUTHDEC	Emiley Jost,12,ROW	5:38.59
21	5:33.92	687	KCSDECE	Katie Kotlowsky,12,IS	5:36.94
22	5:34.09	687	VANISJAN	Stephanie Pollard,12,IS	-
23	5:34.10	687	PCSCDECE	Marilou Lepine,12,CAMO	-
24	5:34.24	687	KCSDECE	Brittany Durieux,12,PSW	-
25	5:34.33	686	DCSCNOV	Hannah Vaughan,12,EAST	-
26	5:34.78	684	PCSCDECE	Rosine Castonguay,12,CALAC	-
27	5:34.81	684	ONAGMAR	Sarah Turgeon,12,SSMAC	-
28	5:34.96	683	MANIADFC	Karen Ingo,12,KSS	-
29	5:35.02	683	NKBDECE	Tara Baxter,12,NKB	5:34.69
30	5:35.70	680	POAAAMAR	Vanessa Tallfer,11,DDO	-
31	5:36.52	676	YOUTHDEC	Esme Hom,12,TSC	-
32	5:36.78	675	ONAGMAR	Kaliele MacKinnon,12,HWAC	-
33	5:36.86	675	POAAAMAR	Stephanie Horner,11,BBF	-
34	5:37.99	669	ONAGMAR	Kaleigh McKinnon,11,TORCH	-
35	5:38.15	669	ONAGMAR	Lorraine Whiting,12,MSSAC	-
36	5:38.85	665	UCSAJAN	Katerina Symes,12,EKSC	-
37	5:39.39	663	POAAAMAR	Caroline Murray,11,DYNAM	-
38	5:39.99	660	MBSKMAR	Glenna Young,12,FMSC	-
39	5:40.07	660	KCSDECE	Catherine Kasongo,12,EKSC	-
40	5:40.18	659	KBMOCT	Kaitlyn Pittman,12,GO	-
41	5:40.28	659	ONAGMAR	Nicole Lacoste,12,MSSAC	-
42	5:40.57	658	ONAGMAR	Alexa Komarycky,11,ESWIM	-
43	5:40.72	657	ABAGFEB	Andrea Kells,11,EDKSC	-
44	5:41.15	655	ABAGFEB	Sheema Gross,11,EKSC	-
45	5:41.72	653	OCRSFCEB	Alexa Komarycky,11,ESWIM	-
46	5:42.05	651	YOUTHDEC	Caillie Reilly,12,UPCAN	-
47	5:42.36	650	ISCUPTNOV	Courtney Weaver,12,NRST	5:44.85
48	5:42.81	648	POAAAMAR	Marie-P Ouellet,11,CNDR	-
49	5:42.94	647	EOSAFEB	Courtney Kehoe,12,PERTH	-
50	5:43.02	647	ONAGMAR	Rachel Chan,12,MSSAC	-

**4X50 M MEDLEY RELAY**

Rec: 2:07.70 Markham AC,MAC,94

1	2:12.64	706	ONAGMAR	Toronto Swim Club,TSC	-
2	2:13.49	696	BCAGMAR	Pacific Dolphins,PDSA	-
3	2:13.71	694	ABAGFEB	Edmonton Keyano,EKSC	-
4	2:14.01	690	ONAGMAR	Nepean Kanata,NKB	-
5	2:14.41	686	ONAGMAR	Mississauga AC,MSSAC	-
6	2:14.97	679	ABAGFEB	Cascade Swim Club,CASC	-
7	2:15.34	675	ONAGMAR	Whitby Dolphins,WD	-
8	2:16.13	666	PCSCDECE	Pointe Claire SC,PCSC	-
9	2:16.31	664	PCSCDECE	CN Haut-Richelieu,CNHR	-
10	2:17.21	654	PCSCDECE	Montreal Aquatique,CAMO	-
11	2:17.27	653	ISCUPTNOV	Pacific Sea Wolves,PSW	-
12	2:17.56	650	BCAGMAR	Island Swimming,IS	-
13	2:18.59	639	YOUTHDEC	Oakville AC,OK	-
14	2:18.75	637	ONAGMAR	Hamilt-Wentworth AC,HWAC	-
15	2:19.89	625	ABAGFEB	Fort McMurray SC,FMSC	-
16	2:20.28	621	NYACFEB	North York AC,NYAC	-
17	2:20.29	621	MBSKMAR	Manita Swim Club,MANTA	-
18	2:20.37	620	POAAAFEB	Beaconsfield Bluefins,BBF	-
19	2:20.61	617	ONAGMAR	Elobicoke Swimming,ESWIM	-
20	2:21.29	610	MBSKMAR	Regina Opt.Dolphins,ROD	-
21	2:21.61	607	ABAGFEB	Univ of Calgary SC,UJCS	-
22	2:21.85	604	CASCNOV	Olympian Swim Club,OSC	-
23	2:21.90	604	ONAGMAR	Cobra Swim Club,COBRA	-
24	2:22.32	600	MANIADFC	London AC,LAC	-
25	2:22.87	594	SHERDEC	CN Sherbrooke,SHER	-
26	2:22.90	594	EOSAFEB	Perth Stingrays,PERTH	-
27	2:23.21	591	MBSKMAR	North West Ontario,NWO	-
28	2:23.38	589	EXCELDECE	Dollard Swim Team,DDO	-
29	2:23.49	588	RHACOCT	Richmond Hill AC,RHAC	-
30	2:23.68	586	MSSACNOV	York Swim Club,YORK	-
31	2:23.76	585	RODJAN	Saskatoon Goldfins,GOLD	-
32	2:23.79	585	NSAGMAR	Wolville Tritons,WTSC	-
33	2:24.08	582	ABAGFEB	Glencoe Gators,GL	-
34	2:24.09	582	NSAGMAR	Eastern Alliance,EAST	-
35	2:24.12	581	BCAGMAR	Chena Swim Club,CHENA	-
36	2:24.13	581	NYACFEB	Lakeshore SC,LSC	-
37	2:24.16	581	BCAGMAR	Delta Suncof SC,DELTA	-
38	2:24.49	578	EXCELDECE	Univ.Laval Rouge & Or,UJL	-
39	2:24.74	575	ONAGMAR	Scarborough SC,SCAR	-
40	2:24.91	574	EOSAFEB	Trenton Dolphins,TD	-
41	2:24.92	574	PCSCDECE	Glouc-Ottawa Kingfish,GO	-
42	2:25.34	569	CJAGJAN	CN Outlaquois,CNO	-
43	2:25.39	569	BCAGMAR	Vancouver Gators,GATOR	-
44	2:25.63	567	EYSCNOV	Orillia Channel Cats,CATS	-
45	2:26.11	562	OCRSFCEB	Uxbridge SC,UJSC	-
46	2:26.45	559	BRANTNOV	Windsor AC,WAC	-
47	2:26.55	558	BRANTNOV	Dorado SC,STARS	-
48	2:27.22	552	EOSAFEB	Ottawa Y,OYO	-
49	2:27.28	551	ISCUPTNOV	Nanaimo Rip tide,ST,NRST	-
50	2:27.36	550	BRANTNOV	Guelph Marlin AC,GMAC	-

**4X50 M FREE RELAY**

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

1	1:57.67	744	ONAGMAR	Mississauga AC,MSSAC	-
2	1:58.40	734	ONAGMAR	Nepean Kanata,NKB	-
3	1:58.74	730	KCSDECE	Edmonton Keyano,EKSC	-
4	1:58.94	727	ONAGMAR	Toronto Swim Club,TSC	-
5	2:00.43	707	BCAGMAR	Pacific Dolphins,PDSA	-
6	2:00.88	702	ONAGMAR	Whitby Dolphins,WD	-
7	2:01.04	700	ABAGFEB	Cascade Swim Club,CASC	-
8	2:01.32	696	POAAAMAR	Montreal Aquatique,CAMO	-
9	2:01.94	688	PCSCDECE	Pointe Claire SC,PCSC	-
10	2:01.95	688	BRANTNOV	Oakville AC,OK	-
11	2:03.13	673	NYACFEB	North York AC,NYAC	-
12	2:03.20	672	BCAGMAR	Island Swimming,IS	-
13	2:03.44	669	NSAGMAR	Wolville Tritons,WTSC	-
14	2:03.54	668	ONAGMAR	Hamilt-Wentworth AC,HWAC	-
15	2:03.85	664	MBSKMAR	Manita Swim Club,MANTA	-
16	2:03.88	664	ONAGMAR	Cobra Swim Club,COBRA	-
17	2:03.94	663	MANIADFC	London AC,LAC	-
18	2:03.96	663	MANIADFC	Fort McMurray SC,FMSC	-
19	2:04.31	658	OCRSFCEB	Richmond Hill AC,RHAC	-
20	2:04.44	657	ONAGMAR	Elobicoke Swimming,ESWIM	-
21	2:04.57	655	CASCNOV	Univ of Calgary SC,UJCS	-
22	2:04.64	654	EOSAFEB	Perth Stingrays,PERTH	-
23	2:05.12	649	ISCUPTNOV	Pacific Sea Wolves,PSW	-
24	2:05.27	647	EOSAFEB	Trenton Dolphins,TD	-
25	2:05.83	640	NSAGMAR	Eastern Alliance,EAST	-
26	2:06.07	637	MANIADFC	Uxbridge SC,UJSC	-
27	2:06.28	635	EXCELDECE	Univ.Laval Rouge & Or,UJL	-
28	2:06.30	634	MANIADFC	Regina Opt.Dolphins,ROD	-
29	2:06.81	628	MBSKMAR	North West Ontario,NWO	-
30	2:07.42	621	OSACFEB	Barrie Trojans,BTSC	-
31	2:07.74	618	BCAGMAR	Delta Suncof SC,DELTA	-
32	2:07.93	615	BCAGMAR	Chena Swim Club,CHENA	-
33	2:08.10	613	POAAAFEB	Beaconsfield Bluefins,BBF	-
34	2:08.13	613	RAPIDDEC	Vancouver Gators,GATOR	-
35	2:08.19	612	ABAGFEB	Glencoe Gators,GL	-
36	2:08.34	611	EXCELDECE	CN Beaufort,CNGB	-
37	2:08.42	610	YOUTHDEC	Scarborough SC,SCAR	-
38	2:08.47	609	NEWMAR	Lakeshore SC,LSC	-
39	2:08.58	608	BRANTNOV	Guelph Marlin AC,GMAC	-
40	2:08.68	607	OCRSFCEB	Newmarket SC,NEW	-
41	2:08.73	606	NEORCT	Laurentian Univ,LSUJSC	-
42	2:08.84	605	AMACNOV	Excalibur Swim Team,EXST	-
43	2:08.85	605	ABAGFEB	Olympian Swim Club,OSC	-
44	2:08.91	604	BRANTNOV	Windsor AC,WAC	-
45	2:09.15	602	SHERDEC	CN Sherbrooke,SHER	-
46	2:09.42	598	SLOCT	CN Haut-Richelieu,CNHR	-
47	2:09.79	594	EXCELDECE	Dollard Swim Team,DDO	-
48	2:09.89	593	VKSCNOV	Pentlton OCA,ORCA	-
49	2:09.96	592	ISCUPTNOV	Nanaimo Rip tide,ST,NRST	-
50	2:09.99	592	MBSKMAR	Saskatoon Goldfins,GOLD	-

**11-12 BOYS 2001 SHORT COURSE TAG**

**50 METRES FREESTYLE**

Rec: 25.28 John M.Mills,GO,93

1	26.94	646	CASCNOV	Lee Grant,12,UJCS	best 2000
2	27.26	629	POAAAMAR	Mathieu Bois,12,HIPPO	-
3	27.29	627	MANIADFC	Chris Bento,12,LAC	29.56
4	27.35	624	ONAGMAR	Ryan Gow,12,TRENT	-
5	27.43	619	YOUTHDEC	Steven Rubacha,12,MSSAC	29.50
6	27.45	618	MBSKMAR	Aaron Moseley-W.,12,TPRR	-
7	27.90	594	ONAGMAR	Ivan Leung,12,RHAC	29.50
8	27.92	593	ESWIMJAN	Bryan Mell,12,NEW	-
9	27.97	591	KCSDECE	Brett Schmidt,12,CASC	-
10	28.04	587	KCSDECE	Travis Routtu,12,WLBF	-
11	28.08	585	ABAGFEB	Joel Greenshields,12,RDSCS	-
12	28.11	584	RAPIDDEC	Jordan Hartney,12,PSW	-
13	28.13	583	ONAGMAR	David Mongeri,12,BROCK	-
14	28.16	581	RHACJAN	Yonathan Prajogo,12,COBRA	-
15	28.34	572	BCAGMAR	Jake Tapp,12,LOSC	-
16	28.41	569	ONAGMAR	Patrick Cuch,12,TSC-TO	-
17	28.42	568	RAPIDDEC	Fraser Roberts,12,RAPID	-
18	28.56	561	OKAJAN	Mauro Parker,12,OK	-
19	28.59	560	ONAGMAR	Doug Laporte,12,COBRA	-
20	28.62	558	POAAAMAR	Claude Cyr-Cormier,12,LSNR	-
21	28.68	555	CNSHDEC	Kelvin Ng,12,RHAC	-
22	28.69	555	METROJAN	Daniel MacAulay,12,EAST	-
23	28.71	554	POAAAMAR	Francois-P Murray,12,CNDR	-
24	28.72	553	EYSCNOV	Richard Shih,12,NYAC	-
25	28.72	553	BCAGMAR	Kurt Grossman,12,PN	-
26	28.73	553	ONAGMAR	Samuel Thrall,12,OK	-
27	28.78	550	RAPIDDEC	Johnson Teo,12,PDSA	-
28	28.82	549	LASCAMAR	Matt Mantler,12,PPS	-
29	28.85	547	SHERDEC	Sebastian Angers,12,CASE	-
30	28.86	542	ONAGMAR	Glen Torontow,12,OYO	-
31	28.97	541	NSAGMAR	Marc Pyle,11,SWAT	-
32	28.99	541	POAAAMAR	Erik Brisson,12,DDO	-
33	29.03	539	ONAGMAR	Andrew Suen,12,RHAC	-
34	29.04	538	UCSAJAN	Nathan Demchuk,12,EKSC	-
35	29.09	536	CNSHDEC	Samuel Garant,12,CNCl	-
36	29.11	535	PCSCDECE	Alex Brunton,12,BRANT	29.35
37	29.11	535	ONAGMAR	Harrison Curtis,12,TSC	-
38	29.17	532	CNSHDEC	Sean Duncan,12,RHAC	-
39	29.19	531	BRANTNOV	Joel Doucet,12,CAMO	-
40	29.20	531	YOUTHDEC	Kevin Jones,12,OK	-
41	29.22	530	SHERDEC	Maxime Rome-Gosselin,12,CNHR	-
42	29.23	529	YOUTHDEC	Kevin de Mattos,12,NORAC	-
43	29.23	529	POAAAMAR	Vincent Roy,12,HIPPO	-
44	29.23	529	ONAGMAR	Uko Abara,11,RHAC	-
45	29.26	528	ISCUPTNOV	Davor Isic,12,PDSA	-
46	29.26	528	ONAGMAR	Nick Price,12,TMSC-NWO	-
47	29.28	527	PCSCDECE	Pierre-O Jean,12,LMRL	-
48	29.28	527	ONAGMAR	Alex Thompson,12,OK	-
49	29.29	527	MSSACNOV	Jonathan Marques,12,TSC	-
50	29.30	526	CAMOCT	Askar Amandykov,12,LSCDN	-

**100 METRES FREESTYLE**

Rec: 55.99 Brad Creelman,TOMAC,83

1	58.75	661	ONAGMAR	Yonathan Prajogo,12,COBRA	-
2	58.88	657	ONAGMAR		

# 11-12 BOYS CONTD.

## 400 METRES FREESTYLE

Rec:	4:15.89	Chuck Sayao, TOMAC, 95		best 2000	
1	4:31.33	673	MANTADEC	Chris Bento, 12, LAC	4:32.67
2	4:32.27	668	POAAAMAR	Renaud Laliberte, 12, IJL	-
3	4:32.76	665	ONAGMAR	Yonathan Prajogo, 12, COBRA	-
4	4:33.09	663	ONAGMAR	Ryan Gow, 12, TRENT	-
5	4:36.24	646	ONAGMAR	Peter Bowen, 12, GO	-
6	4:38.57	633	ONAGMAR	David Mongeri, 12, BROCK	4:59.19
7	4:39.64	627	ABAGFEB	Joel Greenshields, 12, RDSCSC	-
8	4:39.65	627	YOUTHDEC	Daniel MacAulay, 12, EAST	4:57.96
9	4:41.36	618	BCAGMAR	Jordan Hartney, 12, PSW	-
10	4:45.50	597	YOUTHDEC	Patrick Cuch, 12, TSC-TO	5:00.21
11	4:45.78	595	RAPIDDEC	Johnson Teo, 12, PDSA	-
12	4:46.65	591	POAAAMAR	Etienne Paquet, 12, BFB	-
13	4:46.69	591	ABAGFEB	Matthew Verwey, 12, RDSCSC	-
14	4:48.07	584	ESWIMJAN	Bryan Mell, 12, NEW	-
15	4:48.17	583	ONAGMAR	Cameron Bailey, 11, HWAC	5:28.45
16	4:48.65	581	POAAAMAR	Max Dumont, 11, NES	-
17	4:49.67	576	YOUTHDEC	Mauro Parker, 12, OAK	-
18	4:49.99	575	ONAGMAR	Alex Thompson, 12, OAK	-
19	4:50.02	574	POAAAMAR	Francois-P. Murray, 12, CNDR	5:01.46
20	4:50.33	573	BCAGMAR	Ilya Brotzky, 12, PDSA	-
21	4:50.90	570	SAMAKJAN	Mathieu Bois, 12, HIPPO	-
22	4:51.33	568	ONAGMAR	Ivan Leung, 12, RHAC	-
23	4:51.74	566	BCAGMAR	Daniel Kennedy, 12, KISU	-
24	4:51.83	566	KBMOCIT	Nicolas Sanschagrin, 12, GO	-
25	4:51.97	565	BCAGMAR	Max Inverarity, 12, PDSA	-
26	4:52.73	561	ISCUPTNOV	Davor Isic, 12, PDSA	4:50.12
27	4:52.77	561	KCSDEE	Nathan Demchuk, 12, EKSC	-
28	4:53.14	559	MBSKMAR	Adam Szoo, 12, CASC	-
29	4:53.30	559	MSSACNOV	Jonathan Marques, 12, TSC	-
30	4:53.50	558	RAPIDDEC	Yang Li, 12, GATOR	-
31	4:54.21	554	ISCUPTNOV	Chris Wiggins, 12, PDSA	4:48.89
32	4:54.23	554	ONAGMAR	Alex Cambareli, 12, CPAC	-
33	4:54.34	554	BCAGMAR	Patrick Downing, 12, HYACK	-
34	4:54.37	554	BCAGMAR	Ryan Buna, 12, IS	-
35	4:54.52	553	MBSKMAR	Aaron Moseley-W, 12, TPRR	-
36	4:54.72	552	POAAAMAR	Daniel Thomassin, 12, BFB	-
37	4:55.00	551	POAAAMAR	Jonathan Gagne, 12, DDO	-
38	4:55.05	550	ONAGMAR	Viktor Verblac, 12, YORK	-
39	4:55.09	550	POAAAMAR	Eric Belec, 12, PCSC	-
40	4:55.34	549	ONAGMAR	Samuel Thrall, 12, OAK	5:23.88
41	4:55.51	548	ONAGMAR	Cameron Cummings, 12, OAK	-
42	4:55.63	548	POAAAMAR	Erik Brisson, 12, DDO	-
43	4:55.65	548	YOUTHDEC	Matthew Sze, 12, PDSA	-
44	4:56.05	546	HYACKJAN	Travis Redpath, 12, PDSA	-
45	4:56.13	545	BROCKNOV	Karl Trimble, 12, BROCK	-
46	4:56.45	544	POAAAMAR	Pascal Provencer-F, 12, GAMIN	-
47	4:56.56	543	CNSHDEC	Jonathan Blouin, 12, CSO	-
48	4:56.77	542	BCAGMAR	Ryan Cochrane, 12, IS	-
49	4:57.00	541	ABAGFEB	Adam Kautz, 12, CASC	-
50	4:57.35	540	RAPIDDEC	Jamie Johnson, 12, RAYS	-

## 1500 METRES FREESTYLE

Rec:	16:58.85	Jamie White, LAC, 90		best 2000	
1	17:45.96	695	MANTADEC	Chris Bento, 12, LAC	18:09.07
2	18:17.49	650	YOUTHDEC	Daniel MacAulay, 12, EAST	19:36.55
3	18:19.36	647	POAAAMAR	Renaud Laliberte, 12, IJL	-
4	18:30.91	631	ONAGMAR	David Mongeri, 12, BROCK	19:04.23
5	18:33.44	628	ONAGMAR	Peter Bowen, 12, GO	-
6	18:35.41	625	ONAGMAR	Ryan Gow, 12, TRENT	-
7	18:38.58	621	ONAGMAR	Cameron Bailey, 11, HWAC	-
8	18:39.07	621	YOUTHDEC	Patrick Cuch, 12, TSC-TO	19:28.90
9	18:39.43	620	BCAGMAR	Jordan Hartney, 12, PSW	-
10	18:42.98	615	ABAGFEB	Matthew Verwey, 12, RDSCSC	-
11	18:45.33	612	ISCUPTNOV	Davor Isic, 12, PDSA	19:09.69
12	19:00.31	593	BCAGMAR	Max Inverarity, 12, PDSA	-
13	19:02.43	590	ISCUPTNOV	Matthew Sze, 12, PDSA	19:55.78
14	19:03.61	589	BCAGMAR	Ryan Buna, 12, IS	-
15	19:06.47	585	EOSAFEB	Glen Toronto, 12, OYO	-
16	19:07.25	584	POAAAMAR	Jonathan Gagne, 12, DDO	20:15.70
17	19:12.12	578	YOUTHDEC	Inaki Gomez, 12, PDSA	-
18	19:12.56	578	ISCUPTNOV	Chris Wiggins, 12, PDSA	18:59.86
19	19:12.78	577	EXCELDEC	Francois-P. Murray, 12, CNDR	19:49.14
20	19:13.89	576	CNMNAN	Guillaume Vallieres, 12, CASE	-
21	19:14.32	576	ONAGMAR	Alex Cambareli, 12, CPAC	19:15.04
22	19:19.46	569	UCSAJAN	Jaime Hagen, 12, OSC	-
23	19:19.66	569	ONAGMAR	Cameron Cummings, 12, OAK	-
24	19:21.64	567	BCAGMAR	Ryan Cochrane, 12, IS	-
25	19:21.99	566	BCAGMAR	Kyr Getman, 11, WVOSC	-
26	19:26.07	561	MANTADEC	Lee Grant, 12, UCSC	-
27	19:28.56	558	COBRANOV	Yonathan Prajogo, 12, COBRA	-
28	19:29.80	557	POAAAMAR	Pascal Provencer-F, 12, GAMIN	-
29	19:31.97	554	BCAGMAR	Ilya Brotzky, 12, PDSA	-
30	19:32.63	554	POAAAMAR	Michael Taligan, 11, PCSC	-
31	19:33.37	553	CNSHDEC	Sean Duncan, 12, RHAC	-
32	19:37.37	548	UCSAJAN	Nathan Demchuk, 12, EKSC	-
33	19:38.10	547	OAKJAN	Mauro Parker, 12, OAK	-
34	19:40.50	544	ONAGMAR	Drew Grey, 12, OAK	-
35	19:40.61	544	POAAAMAR	David Normandin, 12, CNHR	19:48.22
36	19:40.79	544	POAAAMAR	Daniel Thomassin, 12, BFB	-
37	19:40.89	544	CNSHDEC	Guillaume Vallieres-1, 12, CNSJ	20:07.17
38	19:41.03	544	POAAAMAR	Steven Bielby, 11, PCSC	-
39	19:45.22	539	OAKJAN	David Landry, 12, OAK	-
40	19:46.66	537	BCAGMAR	Kyle Gillich, 12, KISU	-
41	19:46.68	537	YOUTHDEC	Viktor Verblac, 12, YORK	-
42	19:47.47	536	UCSAJAN	Adam Kautz, 12, CASC	-
43	19:52.69	530	MBSKMAR	Brett Richter, 12, ROD	-
44	19:53.68	529	CNMNAN	Gabriel Loignon, 12, CNNG	-
45	19:55.55	527	POAAAMAR	Antoine Lamoureux, 11, REG	-
46	19:56.60	526	UCSAJAN	Nathan Lynch, 12, OAK	-
47	19:56.85	526	POAAAMAR	Marc-A. Girard, 20, PPO	16:39.08
48	20:00.38	526	POAAAMAR	Frederic Lamoureux, 12, CASE	-
49	20:01.58	520	GOLDOCT	Adam Szoo, 12, CASC	-
50	20:03.22	519	OAKJAN	Drew Gray, 12, OAK	-

## 100 METRES BACKSTROKE

Rec:	1:03.53	Tobias Oriwol, PCSC 98		best 2000	
1	1:05.28	641	BCAGMAR	Jordan Hartney, 12, PSW	1:11.74
2	1:05.70	632	YOUTHDEC	Steven Rubacha, 12, MSSAC	1:09.59
3	1:06.93	604	ONAGMAR	Ivan Leung, 12, RHAC	1:11.18
4	1:08.04	580	MANTADEC	Lee Grant, 12, UCSC	1:13.09
5	1:09.26	555	PCSCDEE	Sebastien Angers, 12, CASE	1:12.92
6	1:09.43	552	MANTADEC	Joel Greenshields, 12, RDSCSC	-
7	1:09.81	545	SHERDEC	Maxime Rome-Gosselin, 12, CNHR	-
8	1:09.98	541	TORJAN	Kevin Jones, 12, OAK	1:11.91
9	1:10.06	540	ONAGMAR	Ryan Gow, 12, TRENT	-
10	1:10.24	536	KCSDEE	Brett Schmid, 12, CASC	-
11	1:10.64	528	BCAGMAR	Daniel Kennedy, 12, KISU	-
12	1:10.65	528	POAAAMAR	Etienne Paquet, 12, BFB	-
13	1:10.97	522	ESWIMOC	Chris Bento, 11, LAC	1:13.97
14	1:11.01	521	ONAGMAR	Patrick Cuch, 12, TSC-TO	-
15	1:11.10	520	KCSDEE	Leonard Ma, 12, PDSA	-
16	1:11.24	517	YOUTHDEC	Travis Redpath, 12, PDSA	-
17	1:11.26	517	POAAAMAR	Jonathan Blouin, 12, CSO	-
18	1:11.28	516	CNSHDEC	Mathieu Bois, 12, HIPPO	-
19	1:11.33	516	EYSCNOV	Richard Shih, 12, NVAC	-
20	1:12.04	503	NSPENFEB	Marc Pyle, 11, SWAT	1:19.13
21	1:12.25	499	LACNOV	Yonathan Prajogo, 12, COBRA	-
22	1:12.44	495	BCAGMAR	Karier De La Nuez, 11, PN	-
23	1:12.50	494	RAPIDDEC	Fraser Roberts, 12, RAPID	-
24	1:12.53	494	KCSDEE	Jonathan Ross, 12, EKSC	-
25	1:12.53	494	ESWIMJAN	Bryan Mell, 12, NEW	-
26	1:12.70	491	ONAGMAR	Cameron Cummings, 12, OAK	-
27	1:12.87	488	ONAGMAR	Glen Toronto, 12, OYO	-
28	1:12.93	487	ISCUPTNOV	Chris Wiggins, 12, PDSA	1:13.01
29	1:12.99	486	BCAGMAR	Max Inverarity, 12, PDSA	-
30	1:13.07	484	ONAGMAR	Harrison Curtis, 12, TSC	-
31	1:13.08	484	BRANTNOV	Joey Doucet, 12, CAMO	-
32	1:13.18	482	KCSDEE	Adam Szoo, 12, CASC	-
33	1:13.30	480	BCAGMAR	Malcolm Tan, 12, HYACK	-
34	1:13.53	476	RAPIDDEC	Jeffrey Lau, 12, GATOR	-
35	1:13.87	471	ONAGMAR	Cameron Bartlett, 12, CYPSS	-
36	1:13.87	471	BCAGMAR	Vickrant Sanghera, 12, WLBFB	-
37	1:13.89	470	POAAAMAR	Claude Cyr-Cormier, 12, LSNR	-
38	1:13.90	470	ONAGMAR	Kevin Kwok, 11, RHAC	-
39	1:13.98	469	EYSCNOV	Kelvin Ng, 12, RHAC	-
40	1:14.00	468	POAAAFEB	Guillaume Vallieres, 12, CASE	-
41	1:14.02	468	ONAGMAR	Daniel Langlois, 12, SCAR	-
42	1:14.17	466	POAAAMAR	Daniel Thomassin, 12, BFB	-
43	1:14.34	463	POAAAMAR	Jerome Belanger, 12, DYNAM	1:22.96
44	1:14.36	462	MBSKMAR	Aaron Moseley-W, 12, TPRR	-
45	1:14.37	462	OAKJAN	David Landry, 12, OAK	-
46	1:14.38	462	KCSDEE	Jake Tapp, 12, LOSC	-
47	1:14.43	461	VANISJAN	Ryan Cochrane, 12, IS	-
48	1:14.60	458	UCSAJAN	Justin Di Stefano, 12, UCSC	-
49	1:14.62	458	LACNOV	David Mongeri, 12, BROCK	-
50	1:14.63	458	PCSCDEE	Alex Brunton, 12, BRANT	1:14.55

## 200 METRES BACKSTROKE

Rec:	2:14.05	Tobias Oriwol, PCSC 98		best 2000	
1	2:21.47	654	MANTADEC	Chris Bento, 12, LAC	2:35.92
2	2:21.52	654	BCAGMAR	Jordan Hartney, 12, PSW	2:39.62
3	2:24.11	627	ABAGFEB	Joel Greenshields, 12, RDSCSC	-
4	2:24.38	624	RHACJAN	Ivan Leung, 12, RHAC	2:32.18
5	2:25.65	611	YOUTHDEC	Steven Rubacha, 12, MSSAC	2:25.78
6	2:27.84	589	POAAAMAR	Renaud Laliberte, 12, IJL	-
7	2:29.48	574	CASCNOV	Lee Grant, 12, UCSC	2:37.46
8	2:29.49	573	POAAAMAR	Etienne Paquet, 12, BFB	-
9	2:29.50	573	ONAGMAR	Patrick Cuch, 12, TSC-TO	-
10	2:29.53	573	YOUTHDEC	Kevin Jones, 12, OAK	2:33.29
11	2:29.99	569	POAAAMAR	Jonathan Blouin, 12, CSO	2:37.52
12	2:31.04	559	PCSCDEE	Sebastien Angers, 12, CASE	2:34.39
13	2:31.32	556	ESWIMJAN	Bryan Mell, 12, NEW	2:38.15
14	2:31.48	555	OSACFEB	Ryan Gow, 12, TRENT	-
15	2:31.71	553	HYACKJAN	Travis Redpath, 12, PDSA	-
16	2:32.46	546	ABAGFEB	Brett Schmid, 12, CASC	-
17					

# 11-12 BOYS CONTD.

## 100 METRES BUTTERFLY

Rec: 1:02.37	Drew Chorney, T.M.S.C., 91	/ Michael Calkins, I.S. 91	best 2000
1	1:03.79	667 POAAAMAR	Mathieu Bois, 12, HIPPO 1:13.24
2	1:04.69	645 ONAGMAR	Yonathan Prajogo, 12, COBRA
3	1:07.32	586 ONAGMAR	David Mongeri, 12, BROCK 1:14.77
4	1:07.36	587 MSSACNOV	Patrick Cuch, 12, TSC-TO 1:09.63
5	1:07.85	575 MANTADEC	Joel Greenshields, 12, RDSCSC
6	1:08.89	554 CHENAJAN	Jordan Hartney, 12, PSW
7	1:09.77	537 CNSHDEC	Endi Babbi, 12, EYSC
8	1:09.95	533 POAAAMAR	Jonathan Blouin, 12, CSC 1:12.77
9	1:10.46	523 POAAAMAR	Guillaume Gagnon, 11, CNCB 1:17.97
10	1:10.53	522 POAAAMAR	Vincent Tremblay, 12, SAMAK
11	1:11.15	510 BCAGMAR	Ilya Brotzky, 12, PDSA
12	1:11.26	508 ONAGMAR	Viktor Verblac, 12, YORK
13	1:11.37	506 SHERDEC	Maxime Rome-Gosselin, 12, CNHR
14	1:11.40	506 ONAGMAR	Samuel Thrall, 12, OAK 1:19.45
15	1:11.78	499 CASCNVO	David Holmes, 12, OSC
16	1:11.81	498 NSAGMAR	Mark Pyle, 11, SWAT 1:22.41
17	1:11.85	498 ONAGMAR	Cody Gaull, 12, TSC
18	1:11.98	495 RAPIDDEC	Davor Isic, 12, PDSA
19	1:12.07	494 MANTADEC	Lee Grant, 12, UJCS
20	1:12.11	493 POAAAMAR	Jonathan Gagne, 12, DDO
21	1:12.26	490 MBSKMAR	Zacary Odger, 12, CASC 1:13.87
22	1:12.41	488 RAPIDDEC	Fraser Roberts, 12, RAPID
23	1:12.44	487 CNSHDEC	Jonathan Turcotte, 12, HIPPO
24	1:12.52	486 PCSDECC	Nicolas Sanschagrin, 12, GO 1:11.67
25	1:12.59	485 RAPIDDEC	Johnson Teo, 12, PDSA
26	1:12.67	483 YOUTHDEC	Inaki Gomez, 12, PDSA
27	1:12.73	482 POAAAMAR	Samuel Garant, 12, CNCI
28	1:13.00	477 BCAGMAR	Jake Tapp, 12, LOSC
29	1:13.35	471 ONAGMAR	Darcy Reis, 12, TSC
30	1:13.76	464 UCSAJAN	Jeffrey Lai, 12, EKSC
31	1:13.79	464 KCSDECC	Travis Routt, 12, WLBF
32	1:13.94	461 OAKJAN	Mauro Parker, 12, OAK
33	1:14.11	459 ONAGMAR	Cameron Cummings, 12, OAK
34	1:14.16	458 UCSAJAN	Nathan Demchuk, 12, EKSC
35	1:14.18	458 POAAAMAR	Renaud Laliberte, 12, UL 1:14.36
36	1:14.34	455 ESWIMMOCT	Chris Bento, 12, LAC
37	1:14.55	451 ESWIMJAN	Bryan Fumerton, 11, USC 1:20.51
38	1:14.71	449 CNMNIJAN	Eric Belec, 12, PCSC
39	1:14.74	448 VPSCNVO	Yang Li, 12, GATOR
40	1:14.79	448 ONAGMAR	Daniel Langlois, 12, SCAR
41	1:14.89	446 OCRSCFEB	Doug Laporte, 12, COBRA
42	1:14.95	445 MBSKMAR	Brett Schmid, 12, CASC
43	1:15.18	441 ONAGMAR	Matthew Janik, 12, MSSAC
44	1:15.19	441 BRANTNOV	Chris Bielby, 12, PCSC
45	1:15.23	441 BCAGMAR	Glen Woodbridge, 12, WLBF
46	1:15.34	439 MANTADEC	McLean Eubank, 12, CP
47	1:15.36	438 YOUTHDEC	Kevin de Mattos, 12, NORAC 1:15.72
48	1:15.51	436 MBSKMAR	Jeff Saganski, 12, GOLD
49	1:15.75	432 KCSDECC	Jayne Hagen, 12, OSC
50	1:15.79	432 LACNOV	Karl Trimble, 12, BROCK

## 200 METRES BUTTERFLY

Rec: 2:17.46	Andrew Cho, HYACK 91	best 2000	
1	2:24.83	626 ONAGMAR	Yonathan Prajogo, 12, COBRA
2	2:26.27	611 ONAGMAR	Patrick Cuch, 12, TSC-TO 2:35.11
3	2:28.60	588 BCAGMAR	Jordan Hartney, 12, PSW
4	2:29.89	576 POAAAMAR	Jonathan Gagne, 12, DDO 2:41.24
5	2:31.47	561 CNSHDEC	Mathieu Bois, 12, HIPPO 2:54.91
6	2:32.38	553 ONAGMAR	David Mongeri, 12, BROCK
7	2:32.56	551 POAAAMAR	Jonathan Blouin, 12, CSC 2:38.10
8	2:34.60	533 POAAAMAR	Guillaume Gagnon, 11, CNCB
9	2:34.71	532 CNMNIJAN	Guillaume Vallieres, 12, CASE
10	2:35.05	529 ONAGMAR	Viktor Verblac, 12, YORK 2:51.24
11	2:35.12	528 ONAGMAR	Endi Babbi, 12, EYSC 2:49.06
12	2:35.19	528 BRANTNOV	Chris Bento, 12, LAC 2:46.15
13	2:37.98	504 ABAGFEB	McLean Eubank, 12, CP
14	2:38.56	499 KBMOCT	Nicolas Sanschagrin, 12, GO 2:35.37
15	2:38.76	498 ONAGMAR	Cody Gaull, 12, TSC 2:44.42
16	2:38.89	497 ONAGMAR	Cameron Cummings, 12, OAK
17	2:39.70	490 ONAGMAR	Samuel Thrall, 12, OAK
18	2:39.76	490 KCSDECC	Nathan Demchuk, 12, EKSC
19	2:39.93	488 YOUTHDEC	Inaki Gomez, 12, PDSA
20	2:39.93	488 BCAGMAR	Ilya Brotzky, 12, PDSA 2:48.53
21	2:41.97	472 ESWIMJAN	Bryan Fumerton, 11, USC 2:53.78
22	2:42.36	469 ABAGFEB	Zacary Odger, 12, CASC
23	2:43.26	462 ISCPUNVO	Davor Isic, 12, PDSA 2:47.23
24	2:43.41	461 BCAGMAR	Malcolm Tan, 12, HYACK
25	2:44.13	456 KCSDECC	Jayne Hagen, 12, OSC
26	2:44.27	455 POAAAMAR	Frederic Lamoureux, 12, CASE
27	2:44.37	454 ONAGMAR	Daniel Langlois, 12, SCAR
28	2:44.41	454 ABAGFEB	Nathan Lynch, 12, OSC 2:53.62
29	2:44.51	453 BCAGMAR	Joey Wai, 12, HYACK
30	2:44.50	454 BCAGMAR	Ryan Buna, 12, IS
31	2:45.05	449 KCSDECC	Jeffrey Lai, 12, EKSC
32	2:45.84	443 YOUTHDEC	Karl Trimble, 12, BROCK
33	2:46.49	439 ONAGMAR	Matt Earley, 12, CYPSS
34	2:46.51	439 POAAAMAR	Vincent Tremblay, 12, SAMAK
35	2:46.77	437 CNSHDEC	Samuel Garant, 12, CNCI
36	2:47.66	430 KCSDECC	Jim Phelan, 12, EKSC
37	2:47.73	430 EOSAFEB	Victor Khodko, 12, NKB
38	2:47.90	429 CNSHDEC	Jonathan Turcotte, 12, HIPPO
39	2:47.93	429 BCAGMAR	Ryan Cochrane, 12, IS
40	2:48.13	427 ONAGMAR	Oleg Murzenko, 11, ESWIM 3:02.01
41	2:48.27	426 ONAGMAR	Spencer Moffatt, 12, LAC
42	2:48.55	424 EOSAFEB	Peter Brown, 12, GO
43	2:48.77	423 ONAGMAR	Isaac Liacacahuqui, 12, SCAR
44	2:49.38	419 ONAGMAR	Yi Liu, 11, NYAC
45	2:49.50	418 ISCPUNVO	Chris Wiggins, 12, PDSA
46	2:49.66	417 RAPIDDEC	Yang Li, 12, GATOR
47	2:49.74	416 ABAGFEB	Adam Kautz, 12, CASC
48	2:50.29	412 POAAAMAR	Julien Allie, 11, DDO
49	2:50.44	411 POAAAMAR	Nicolas A. Murray, 12, DYNAM
50	2:50.57	410 PCSCFEB	Eric Belec, 12, PCSC

## 200 METRES IND. MEDLEY

Rec: 2:17.55	Matthew Huang, ARBU 97	best 2000	
1	2:19.62	715 MANTADEC	Chris Bento, 12, LAC 2:26.28
2	2:22.03	688 POAAAMAR	Mathieu Bois, 12, HIPPO 2:40.56
3	2:26.74	638 YOUTHDEC	Sleaven Rubacha, 12, MSSAC 2:31.67
4	2:27.58	630 BCAGMAR	Jordan Hartney, 12, PSW
5	2:27.72	628 ABAGFEB	Joel Greenshields, 12, RDSCSC
6	2:28.99	616 ONAGMAR	Yonathan Prajogo, 12, COBRA
7	2:29.97	612 YOUTHDEC	Bryan Mell, 12, NEW 2:35.61
8	2:29.73	608 MANTADEC	Lee Grant, 12, UJCS
9	2:30.75	598 YOUTHDEC	Matthew Sze, 12, PDSA
10	2:30.96	596 YOUTHDEC	Patrick Cuch, 12, TSC-TO
11	2:32.20	585 EYSCNOV	Richard Shih, 12, NYAC
12	2:33.92	569 POAAAMAR	Renaud Laliberte, 12, UL
13	2:33.96	568 YOUTHDEC	David Mongeri, 12, BROCK
14	2:34.01	568 POAAAMAR	Francois-P. Murray, 12, CNDR
15	2:34.23	566 KCSDECC	Charles Wong, 12, UJCS 2:53.14
16	2:34.43	564 ONAGMAR	Ivan Leung, 12, RHAC
17	2:34.70	561 BROCKNOV	Jamie Ross, 12, AJUROR
18	2:34.84	560 CNSHDEC	Guillaume Vallieres-L., 12, CNSJ 2:39.81
19	2:35.08	558 PCSDECC	Eric Belec, 12, PCSC
20	2:35.77	552 BCAGMAR	Jake Tapp, 12, LOSC
21	2:35.85	551 PCSDECC	Nicolas Sanschagrin, 12, GO 2:36.33
22	2:35.97	550 OSACFEB	Ryan Gow, 12, TRENT
23	2:36.04	550 NSPNEFB	Mark Pyle, 11, SWAT 2:50.65
24	2:36.05	549 CNSHDEC	Daniel Baier, 12, STARS
25	2:36.35	547 KCSDECC	Tim Routt, 12, WLBF
26	2:36.61	544 OAKJAN	Mauro Parker, 12, OAK
27	2:36.68	544 ABAGFEB	Brett Schmid, 12, CASC
28	2:36.75	543 RAPIDDEC	Davor Isic, 12, PDSA
29	2:36.87	542 DCSCNOV	Daniel MacAulay, 12, EAST
30	2:36.97	541 EOSAFEB	Peter Bowen, 12, GO
31	2:37.00	541 OAKJAN	David Landry, 12, OAK
32	2:37.47	537 CNMNIJAN	Guillaume Vallieres, 12, CASE
33	2:37.65	535 ONAGMAR	Endi Babbi, 12, EYSC
34	2:37.78	534 KCSDECC	Adam Szo, 12, CASC
35	2:37.93	533 BCAGMAR	Malcolm Tan, 12, HYACK
36	2:37.97	533 SHERDEC	Maxime Rome-Gosselin, 12, CNHR
37	2:38.03	532 YOUTHDEC	Tristan Partridge, 12, OAK
38	2:38.11	532 CNSHDEC	Kelvin Ng, 12, RHAC
39	2:38.35	529 CNSHDEC	Askar Amandykov, 12, LSCDN
40	2:38.40	529 POAAAMAR	Jonathan Gagne, 12, DDO
41	2:38.97	524 RAPIDDEC	Yang Li, 12, GATOR
42	2:39.15	523 EOSAFEB	Glen Torontou, 12, YO
43	2:39.23	522 CNSHDEC	Jonathan Turcotte, 12, HIPPO
44	2:39.35	521 ISCPUNVO	Chris Wiggins, 12, PDSA 2:39.88
45	2:39.48	520 KCSDECC	Jayne Hagen, 12, OSC
46	2:39.65	519 UTOCT	Jonathan Marquez, 12, TSC-TO
47	2:39.90	516 RAPIDDEC	Fraser Roberts, 12, RAPID
48	2:39.96	516 KCSDECC	Ilya Brotzky, 12, PDSA
49	2:39.99	516 MBSKMAR	Zacary Odger, 12, CASC

## 400 METRES IND. MEDLEY

Rec: 4:52.13	Keith Barret, POAAS, 94	best 2000	
1	4:58.95	707 POAAAMAR	Mathieu Bois, 12, HIPPO
2	5:00.55	699 MANTADEC	Chris Bento, 12, LAC 5:09.91
3	5:10.38	650 BCAGMAR	Jordan Hartney, 12, PSW 5:40.17
4	5:12.28	640 ONAGMAR	Yonathan Prajogo, 12, COBRA
5	5:13.12	636 ONAGMAR	Patrick Cuch, 12, TSC-TO 5:30.38
6	5:15.85	623 ABAGFEB	Joel Greenshields, 12, RDSCSC
7	5:22.19	594 ESWIMJAN	Bryan Mell, 12, NEW 5:33.92
8	5:23.56	588 LACNOV	David Mongeri, 12, BROCK
9	5:23.81	587 RAPIDDEC	Matthew Sze, 12, PDSA
10	5:27.94	569 POAAAMAR	Jonathan Gagne, 12, DDO 5:40.56
11	5:28.55	566 ONAGMAR	Ryan Gow, 12, TRENT 5:42.17
12	5:28.76	566 POAAAMAR	Francois-P. Murray, 12, CNDR
13	5:28.80	565 ONAGMAR	Peter Bowen, 12, GO
14	5:28.80	565 ONAGMAR	Cameron Cummings, 12, OAK
15	5:30.10	560 RAPIDDEC	Inaki Gomez, 12, PDSA
16	5:30.67	557 RAPIDDEC	Yang Li, 12, GATOR
17	5:31.65	553 CNMNIJAN	Guillaume Vallieres, 12, CASE
18	5:32.78	549 KBMOCT	Nicolas Sanschagrin, 12, GO 5:34.04
19	5:32.97	548 CNSHDEC	Guillaume Vallieres-L., 12, CNSJ 5:39.66
20	5:33.03	548 KCSDECC	Nathan Demchuk, 12, EKSC
21	5:34.90	540 METROJAN	Daniel MacAulay, 13, EAST
22	5:35.31	538 KCSDECC	Adam Kautz, 12, CASC
23	5:35.63	537 BCAGMAR	Malcolm Tan, 12, HYACK
24	5:35.83	536 ONAGMAR	Endi Babbi, 12, EYSC
25	5:35.88	536 MBSKMAR	Brett Schmid, 12, CASC
26	5:35.95	536 BCAGMAR	Ryan Cochrane, 12, IS
27	5:36.17	535 BCAGMAR	Ryan Buna, 12, IS
28	5:36.55	533 BCAGMAR	Joey Wai, 12, HYACK
29	5:36.58	533 KCSDECC	Adam Szo, 12, CASC
30	5:36.60	533 POAAAMAR	Etienne Paquet, 12, BBF
31	5:37.11	531 KCSDECC	Jayne Hagen, 12, OSC
32	5:37.38	530 ABAGFEB	Matthew Vervey, 12, RDSCSC
33	5:37.57	529 POAAAMAR	Nicolas A. Murray, 12, DYNAM
34	5:37.75	528 ABAGFEB	Charles Wong, 12, UJCS
35	5:37.75	528 RHACJAN	Ivan Leung, 12, RHAC
36	5:37.99	528 KCSDECC	Zacary Odger, 12, CASC
37	5:38.09	527 ISCPUNVO	Davor Isic, 12, PDSA 5:35.94
38	5:38.17	527 BCAGMAR	Max Inverarity, 12, PDSA
39	5:38.70	525 POAAAMAR	Pascal Provencher-F., 12, GAMIN
40	5:39.15	523 POAAAMAR	Guillaume Gagnon, 11, CNCB
41	5:39.43	522 HYACKJAN	Travis Redpath, 12, PDSA
42	5:39.48	522 BCAGMAR	Ilya Brotzky, 12, PDSA
43	5:39.58	521 PCSDECC	Eric Belec, 12, PCSC
44	5:40.64	517 ONAGMAR	Zach Summerhays, 11, RISC
45	5:40.65	517 PCSDECC	Sleaven Rubacha, 11, PCSC
46	5:40.88	516 ONAGMAR	Bryan Fumerton, 11, USC
47	5:40.98	516 POAAAMAR	Simon Robichaud, 12, CNHR
48	5:41.10	515 PCSDECC	Francis Sarasin-L., 12, UL 5:39.66
49	5:41.19	515 YOUTHDEC	Tristan Partridge, 12, OAK
50	5:41.26	515 KCSDECC	Tim Routt, 12, WLBF

## 4X50 M MEDLEY RELAY

Rec
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# 13-14 GIRLS 2001 SHORT COURSE TAG®

## 50 METRES FREESTYLE

Rec: 26.04 Kristin Topham, MANTA, 88		best 2000	
1	26.84 861	CNSHDEC	Jennifer Beckberger, 14, AAC 27.54
2	27.05 849	ONAGMAR	Allison Bennett, 14, NYAC 27.38
3	27.09 846	MBSKMAR	Joana Cook, 14, RYMM 28.54
4	27.15 843	MBSKMAR	Jullianne Toogood, 13, MM 29.54
5	27.17 842	CNMJNAN	Marie-P. Blais, 14, MEGO 27.41
6	27.19 841	UCSAJAN	Kirsten Pomerleau, 13, DEL 27.83
7	27.21 839	ONAGMAR	Emily Gillespie, 13, PERTH 28.27
8	27.28 835	ONAGMAR	Julia Wilkinson, 13, SKY 28.20
9	27.31 834	GOLDOCT	Erin Kardash, 14, MM 27.66
10	27.37 830	KCSDEC	Tina Hoang, 14, HYACK 27.95
11	27.40 829	TMSCNOV	Andrea Shoust, 14, SSMAC 27.51
12	27.47 825	RAPIDDEC	Melissa Lam, 13, SPART 27.90
13	27.49 823	GOLDOCT	Diane Kardash, 14, MM 27.57
14	27.53 821	YOUTHDEC	Nadia Kumentas, 13, WD 27.86
15	27.54 821	ONAGMAR	Katie Smith, 14, COBRA 28.22
16	27.65 814	POAAMAR	Caitlin Babb, 14, DDO 28.22
17	27.72 810	ONAGMAR	Melissa Bartlett, 14, CYPSS 27.51
18	27.77 807	MANTEDEC	Kelly Timmons, 14, OSC-SE 27.51
19	27.81 805	YTHJRFEB	Lindsay Miller, 14, NCS-BSRA 27.57
20	27.88 801	POAAMAR	Suzanne Vary, 14, CNDR 27.88
21	27.89 801	YTHJRFEB	Ashlee Haged, 14, LASC 28.62
22	27.94 798	POAAMAR	Alice Chow, 13, PCS 28.65
23	27.96 797	ONAGMAR	Kristen McLroy, 14, MMST 27.90
24	27.97 796	LASCOCOT	Kari Pomerleau, 14, DEL 26.99
25	27.98 796	ONAGMAR	Katie Lee, 14, USC 27.86
26	28.01 794	BCAGMAR	Faye Ling, 14, DELTA 28.22
27	28.04 792	MANTEDEC	Vanessa Johnson, 14, MM 28.68
28	28.05 792	ONAGMAR	Laura Wise, 14, COBRA 28.38
29	28.08 790	BCAGMAR	Sabrina Taylor, 14, HYACK 28.68
30	28.15 786	ISCPUNOV	Jessica Aspinall, 13, RAC 28.38
31	28.16 786	MACJAN	Kelsey Nemeth, 14, AAC 28.13
32	28.19 784	YTHJRFEB	Chani Davidson, 14, CAMO 28.13
33	28.19 784	YTHJRFEB	Julia Guay-Racine, 14, CAMO 28.13
34	28.20 783	CAMOOCOT	Genevieve Saumur, 13, CAMO 29.31
35	28.20 783	PRASCDEC	April Tam, 14, PN 27.79
36	28.21 783	BCAGMAR	Brittany Reimer, 13, SKSC 28.96
37	28.23 782	YTHJRFEB	Emilie Chan, 14, PCS 28.40
38	28.24 781	HURONDEC	Victoria Clairidge, 14, BTSC 28.40
39	28.29 778	YTHJRFEB	Kayla Graham, 14, EAST 28.40
40	28.29 778	POAAMAR	Joan Brouillard, 14, ELITE 28.40
41	28.29 778	ONAGMAR	Sarah Chan, 14, NYAC 28.40
42	28.31 777	KCSDEC	So Yoon Lee, 13, HYACK 28.40
43	28.32 777	YTHJRFEB	Andrea Zarins, 14, NKB 28.40
44	28.32 777	POAAMAR	Stephanie Ross, 14, CAMO 28.40
45	28.32 777	ONAGMAR	Taye Patterson, 14, GO 28.40
46	28.33 776	YOUTHDEC	Shannon Hackett, 14, PDSA 28.10
47	28.34 775	BCAGMAR	Teresa Au Young, 14, PDSA 28.10
48	28.35 775	BCAGMAR	Lauren Ladd, 14, KISU 28.10
49	28.37 774	VANISJAN	Genevieve Poirier-Leroy, 13, NRST 29.40
50	28.41 772	YTHJRFEB	Marie-P. Ratelle, 14, MEGO 29.40

## 100 METRES FREESTYLE

Rec: 56.29 Shauna Collins, ROD, 90		best 2000	
1	58.49 854	YOUTHDEC	Allison Bennett, 14, NYAC 1.00.25
2	58.75 847	CNSHDEC	Jennifer Beckberger, 14, AAC 1.01.07
3	58.75 847	YTHJRFEB	Emily Gillespie, 13, PERTH 1.02.29
4	59.25 834	POAAMAR	Caitlin Babb, 14, DDO 1.01.40
5	59.27 834	YTHJRFEB	Joana Cook, 14, RYMM 59.35
6	59.30 833	GOLDOCT	Erin Kardash, 14, MM 1.01.40
7	59.43 829	BCAGMAR	Kelsey Rush, 14, RAYS 1.00.63
8	59.58 825	ISCPUNOV	Melissa Lam, 13, SPART 1.00.63
9	59.66 823	MBSKMAR	Jullianne Toogood, 13, MM 1.01.06
10	59.76 821	CNSHDEC	Kelsey Nemeth, 14, AAC 1.01.17
11	59.79 820	KCSDEC	Tina Hoang, 14, HYACK 1.01.47
12	59.87 818	ONAGMAR	Laura Wise, 14, COBRA 1.01.95
13	59.93 816	POAAMAR	Suzanne Vary, 14, CNDR 1.00.32
14	1:00.07 813	YOUTHDEC	Shannon Hackett, 14, PDSA 1.00.14
15	1:00.14 811	NEOROCOT	Andrea Shoust, 14, SSMAC 59.97
16	1:00.19 809	GOLDOCT	Diane Kardash, 14, MM 1.01.03
17	1:00.26 808	ONAGMAR	Julia Wilkinson, 13, SKY 1.05.19
18	1:00.31 806	CNMJNAN	Marie-P. Blais, 14, MEGO 1.01.19
19	1:00.37 805	ONAGMAR	Andrea Zarins, 14, NKB 1.01.19
20	1:00.43 803	YTHJRFEB	Nadia Kumentas, 13, WD 1.00.02
21	1:00.44 803	YTHJRFEB	Kristen McLroy, 14, MMST 1.01.75
22	1:00.50 801	YOUTHDEC	Kayla Graham, 14, EAST 1.01.75
23	1:00.50 801	BCAGMAR	Genevieve Poirier-Leroy, 13, NRST 1.03.58
24	1:00.51 801	CNSHDEC	Joan Brouillard, 14, ELITE 1.03.58
25	1:00.51 801	PCSCDEC	Julia Guay-Racine, 14, CAMO 1.03.58
26	1:00.51 801	BCAGMAR	Sabrina Taylor, 14, HYACK 1.03.58
27	1:00.59 799	YTHJRFEB	Chani Davidson, 14, CAMO 1.01.12
28	1:00.65 797	ABAGFEB	Kirsten Pomerleau, 13, DEL 1.01.12
29	1:00.68 797	YTHJRFEB	Lindsay Miller, 14, NCS-BSRA 1.01.12
30	1:00.69 796	YTHJRFEB	Victoria Clairidge, 14, BTSC 1.05.58
31	1:00.86 792	YOUTHDEC	Sarah Chan, 14, NYAC 1.01.70
32	1:00.86 792	BCAGMAR	Brittany Reimer, 13, SKSC 1.02.84
33	1:00.88 791	MANTEDEC	Katie Lee, 13, USC 32.40
34	1:00.95 790	PCSCDEC	Genevieve Saumur, 13, CAMO 1.03.08
35	1:01.00 788	POAAMAR	Stephanie Ross, 14, CAMO 1.03.08
36	1:01.11 786	YTHJRFEB	Ashlee Haged, 14, LASC 36.41
37	1:01.12 785	MSSACNOV	Martha Ziolkowski, 13, YORK 1.03.76
38	1:01.14 785	NSAGMAR	Jennifer Brown, 14, TCSC 38.41
39	1:01.15 784	OSACFEB	Kristin Cloutier, 14, CAJ 39.41
40	1:01.25 782	MANTEDEC	Krista Haslund, 14, ROD 40.41
41	1:01.25 782	BCAGMAR	Anne Schmuck, 13, PSW 40.41
42	1:01.28 781	MANTEDEC	Kathryn Hagglund, 14, LAC 42.41
43	1:01.32 780	MANTEDEC	Stacy Cormack, 14, BRSA 43.42
44	1:01.32 780	YTHJRFEB	Kendall Filazek, 14, UCSC 44.42
45	1:01.34 780	ONAGMAR	Lynne Kurelek, 14, BAD 45.42
46	1:01.35 779	CASCNOV	Kari Pomerleau, 14, DEL 46.42
47	1:01.41 778	YOUTHDEC	Taryn Lencoe, 14, PDSA 47.42
48	1:01.41 778	ONAGMAR	Katie Smith, 14, COBRA 48.42
49	1:01.41 778	BCAGMAR	Heidi Claesen, 14, PSW 49.42
50	1:01.45 777	LACNOV	Heather Julien, 13, LAC 1.02.62

## 200 METRES FREESTYLE

Rec: 2:00.88 Jane Kerr, ESC, 83		best 2000	
1	2:06.72 863	YOUTHDEC	Allison Bennett, 14, NYAC 2:11.30
2	2:07.36 856	CNSHDEC	Kelsey Nemeth, 14, AAC 2:08.88
3	2:07.93 849	YOUTHDEC	Shannon Hackett, 14, PDSA 2:12.39
4	2:08.36 844	PERTHJAN	Emily Gillespie, 13, PERTH 2:19.08
5	2:08.60 841	YTHJRFEB	Julia Guay-Racine, 14, CAMO 2:10.46
6	2:08.62 840	CNSHDEC	Jennifer Beckberger, 14, AAC -
7	2:08.83 838	BCAGMAR	Anne Schmuck, 13, PSW 2:14.13
8	2:08.92 837	YTHJRFEB	Kelsey Rush, 14, RAYS 2:12.56
9	2:09.00 836	MANTEDEC	Kelly Timmons, 14, OSC-SE -
10	2:09.28 832	MBSKMAR	Joana Cook, 14, RYMM -
11	2:09.30 832	BCAGMAR	Brittany Reimer, 13, SKSC 2:14.12
12	2:09.36 831	YTHJRFEB	Taryn Lencoe, 14, PDSA -
13	2:09.40 831	TORJAN	Laura Wise, 14, COBRA -
14	2:09.48 830	MANTEDEC	Avery Kremer, 14, OSC -
15	2:09.69 827	POAAMAR	Caitlin Babb, 14, DDO -
16	2:09.73 827	NSAGMAR	Bevan Hales, 13, WTSC 2:18.40
17	2:09.94 824	MANTEDEC	Krista Haslund, 14, ROD 2:10.98
18	2:10.06 823	NSAGMAR	Kayla Graham, 14, EAST -
19	2:10.12 822	YTHJRFEB	Melissa Bartlett, 14, CYPSS -
20	2:10.30 820	MANTEDEC	Stacy Cormack, 14, BRSA -
21	2:10.30 820	KCSDEC	Tina Hoang, 14, HYACK -
22	2:10.38 819	BCAGMAR	Valerie Pomazl, 14, NRST -
23	2:10.53 817	BCAGMAR	Genevieve Poirier-Leroy, 13, NRST 2:17.48
24	2:10.61 816	YOUTHDEC	Elyse Dudar, 13, MSSAC-TO 2:17.63
25	2:10.72 815	POAAMAR	Suzanne Vary, 14, CNDR 2:10.49
26	2:10.96 812	MBSKMAR	Julianne Toogood, 13, MM -
27	2:11.09 811	YTHJRFEB	Chani Davidson, 14, CAMO 2:12.77
28	2:11.47 806	ABAGFEB	Thea Norton, 14, OSC -
29	2:11.65 804	MBSKMAR	Carly Schaab, 14, UCSC -
30	2:11.79 802	NSAGMAR	Jennifer Brown, 14, TCSC -
31	2:11.92 801	ONAGMAR	Roberta Gillespie, 14, PERTH -
32	2:12.16 798	PCSCDEC	Joan Brouillard, 14, ELITE -
33	2:12.17 798	YTHJRFEB	Ashlee Haged, 14, LASC -
34	2:12.22 797	ABAGFEB	Carmen Block, 14, NCS-BSRA 2:13.42
35	2:12.33 796	ONSRNOV	Nadia Kumentas, 13, WD 2:11.19
36	2:12.49 794	ABAGFEB	Marlyne Hoekstra, 13, EKSC 2:13.42
37	2:12.62 792	MANTEDEC	Brittany Cooper, 14, LAC -
38	2:12.72 791	ONAGMAR	Meghan Croucher, 13, NEW 2:19.27
39	2:12.84 790	ONAGMAR	Sarah Chan, 14, NYAC 2:11.95
40	2:12.99 788	OSACFEB	Kristin Cloutier, 14, CAJ -
41	2:13.04 787	ABAGFEB	Hayley Cartwright, 14, KSC-BSRA -
42	2:13.09 787	BCAGMAR	Sabrina Taylor, 14, HYACK -
43	2:13.10 787	OSACFEB	Amara Long, 13, LAC 2:11.44
44	2:13.13 786	YOUTHDEC	Sara Murphy, 14, ESWM -
45	2:13.29 784	WOSAFEB	Marlee Morden, 13, CAJ 2:19.37
46	2:13.34 784	ONAGMAR	Kristen McLroy, 14, MMST 2:13.69
47	2:13.37 783	RAPIDDEC	Melissa Lam, 13, SPART 2:17.04
48	2:13.39 783	ONAGMAR	Chantelle Lonsdale, 13, WAC 2:15.26
49	2:13.49 782	ONAGMAR	Monica Wakeman, 13, NEW 2:17.69
50	2:13.54 781	ISCPUNOV	Courtenay Mulhern, 13, PSW -

## 400 METRES FREESTYLE

Rec: 4:14.43 Elissa Purvis, CDS, 85		best 2000	
1	4:22.54 883	YOUTHDEC	Shannon Hackett, 14, PDSA 4:34.43
2	4:22.73 882	CNSHDEC	Kelsey Nemeth, 14, AAC 4:33.15
3	4:25.46 866	YTHJRFEB	Bevan Hales, 13, WTSC 4:38.75
4	4:26.88 858	YOUTHDEC	Elyse Dudar, 13, MSSAC-TO 4:36.59
5	4:28.04 851	ONAGMAR	Brittany Reimer, 13, SKSC 4:40.87
6	4:28.40 849	ONAGMAR	Emily Gillespie, 13, PERTH 4:56.14
7	4:28.52 848	BCAGMAR	Kelsey Rush, 14, RAYS 4:36.53
8	4:28.55 837	YTHJRFEB	Taryn Lencoe, 14, PDSA 4:36.58
9	4:31.37 832	KCSDEC	Anne Schmuck, 13, PSW 4:36.58
10	4:31.60 831	BCAGMAR	Valerie Pomazl, 14, NRST 4:38.39
11	4:31.63 830	ONAGMAR	Brittany Cooper, 14, LAC 4:38.39
12	4:32.01 828	MANTEDEC	Krista Haslund, 14, ROD 4:38.49
13	4:32.49 826	MANTEDEC	Avery Kremer, 14, OSC 4:40.42
14	4:32.91 823	ONAGMAR	Laura Wise, 14, COBRA 4:40.42
15	4:34.79 812	YOUTHDEC	Allison Bennett, 14, NYAC 4:47.47
16	4:34.96 811	ONAGMAR	Kristen Vandenberg, 14, LAC 4:46.88
17	4:36.03 805	MANTEDEC	Stacy Cormack, 14, BRSA 4:36.36
18	4:36.93 800	ONAGMAR	Meghan Croucher, 13, NEW 4:57.18
19	4:36.93 800	ONAGMAR	Martha Ziolkowski, 14, YORK 4:57.18
20	4:37.14 799	NSAGMAR	Jennifer Brown, 14, TCSC 4:35.81
21	4:37.24 798	POAAMAR	Suzanne Vary, 14, CNDR 4:35.81
22	4:37.39 797	YTHJRFEB	Carly Schaab, 14, UCSC 4:41.34
23	4:37.61 796	BCAGMAR	Stephanie Bigelow, 14, IS 4:42.86
24	4:37.71 796	BCAGMAR	Genevieve Poirier-Leroy, 13, NRST 4:50.13
25	4:37.92 794	RAPIDDEC	Brianne McFadden, 14, CBD 4:34.20
26	4:38.24 793	NSAGMAR	Ainsley McFadden, 14, CBD 2:17.07
27	4:38.79 790	POAAMAR	Chani Davidson, 14, CAMO 2:17.07
28	4:39.29 787	ABAGFEB	Carmen Block, 14, NCS-BSRA 2:17.07
29	4:39.87 783	ONAGMAR	Amara Long, 13, LAC 4:37.17
30	4:40.33 781	GOLDOCT	Kelly Timmons, 14, OSC-SE 4:45.22
31	4:40.37 781	BRANTNOV	Amara Long, 13, HWAC 4:45.22
32	4:40.70 779	YTHJRFEB	Joan Brouillard, 14, ELITE 32.08
33	4:40.77 778	BCAGMAR	Sabrina Taylor, 14, HYACK 33.08
34	4:40.97 777	YTHJRFEB	Kassandra Wolfe, 14, MUSAC 34.08
35	4:41.09 777	BCSRFEB	Haylee Johnson, 14, PDSA 35.08
36	4:41.14 776	ONAGMAR	Shannon McQueen, 13, NKB 4:46.35
37	4:41.33 775	CNSHDEC	Andrea Zarins, 14, NKB 37.08
38	4:41.58 774	PCSCDEC	Josiane Lepine, 14, CAMO 38.08
39	4:41.59 774	SHERDEC	Mylaroy Roy-L'Ecuyer, 13, CNB 4:47.08
40	4:41.63 774	ONAGMAR	Kristen McLroy, 14, MMST 4:39.68
41	4:41.72 773	RAPIDDEC	Courtenay Mulhern, 14, PSW 4:41.10
42	4:41.97 772	DCSCNOV	Amy Longobardi, 13, EAST -
43	4:42.04 771	POAAMAR	Nirmeen Gandhi, 13, PCS 44.09
44	4:42.26 770	ONAGMAR	Juliana Gonzalez, 14, NYAC 44.09
45	4:42.33 770	MBSKMAR	Haley Kremer, 13, OSC 45.09
46	4:42.33 770	MANTEDEC	Ashlee Haged, 14, LASC 46.09
47	4:42.61 768	YOUTHDEC	Sara Murphy, 14, ESWM 47.09
48	4:42.96 766	YTHJRFEB	Laurel Poole, 14, VKSC 48.09
49	4:43.01 766	ABAGFEB	Carol Starratt, 13, CASC 4:48.99
50	4:43.18 765	ABAGFEB	Hayley Cartwright, 14, KSC-BSRA -

## 800 METRES FREESTYLE

Rec: 8:40.43 Elissa Purvis, CDS, 86		best 2000	
1	9:02.52 874	ONAGMAR	Elyse Dudar, 14, MSSAC-TO 9:20.96

# 13-14 GIRLS CONTD.

## 200 METRES BACKSTROKE

Rec: 2:12.86	Kelly Stefanyshyn, MANTA 97	best 2000	
1	2:17.04 884	YTHJRFEB Mallory Hoekstra, 13, EKSC	2:25.92
2	2:18.09 872	ONAGMAR Katie Smith, 14, COBRA	2:25.51
3	2:18.46 868	ONAGMAR Melissa Bartlett, 14, CYP5	2:24.49
4	2:18.51 867	YTHJRFEB Kelsey Rush, 14, RAYS	-
5	2:18.53 867	ONAGMAR Laura Wise, 14, COBRA	2:20.12
6	2:20.17 829	POAAAMAR Noemie Brand, 14, PCSC	2:24.25
7	2:21.18 838	ONAGMAR Emily Gillespie, 13, PERTH	2:29.17
8	2:21.27 837	CNSHDEC Kelsey Nemeth, 14, AAC	2:23.94
9	2:21.73 832	BCAGMAR Melissa Lam, 13, SPART	2:27.54
10	2:22.00 829	BCAGMAR Anne Schmuck, 13, PSW	2:27.62
11	2:22.16 827	TMSCNOV Andrea Shoust, 14, SSMAC	2:19.77
12	2:22.87 819	YTHJRFEB Thea Norton, 14, OSC	2:24.60
13	2:22.92 819	YTHJRFEB Stephanie Ross, 14, CAMO	2:29.00
14	2:23.09 817	YTHJRFEB Genevieve Saumur, 13, CAMO	2:26.40
15	2:23.43 813	MBSKMAR Landice Yestrau, 13, MM	2:30.94
16	2:23.58 811	KCSCDEC Tina Hoang, 14, HYACK	2:24.67
17	2:23.62 811	YTHJRFEB Alyssa Hubert, 13, CYP5	2:36.13
18	2:23.95 807	MAINTADEC Gillian Bryon, 14, USC	2:30.50
19	2:24.17 805	YTHJRFEB Kassandra Wolfe, 14, MUSAC	2:26.35
20	2:24.19 805	CNSHDEC Hilary Jackson, 14, STARS	2:28.11
21	2:24.45 802	YTHJRFEB Kristen McIlroy, 14, MMST	2:23.41
22	2:24.48 801	CNSHDEC Shannon McQueen, 13, NKB	2:34.42
23	2:24.48 801	ONAGMAR Monica Wakeman, 13, NEW	2:33.03
24	2:25.62 789	ONAGMAR Brittany Cooper, 14, LAC	-
25	2:25.73 788	NRSTDEC Jessica Aspinall, 13, RAC	-
26	2:25.81 787	ONAGMAR Meghan Croucher, 13, NEW	2:35.02
27	2:26.14 783	YOUTHDEC Martha Ziolkowski, 13, YORK	2:30.99
28	2:26.35 781	MAINTADEC Stacy Cormack, 14, BRSA	2:26.11
29	2:26.57 779	BRANTNOV Julia Guay-Racine, 14, CAMO	2:22.63
30	2:26.69 778	MAINTADEC Elyse Shedy, 13, ROD	2:32.72
31	2:26.72 777	YTHJRFEB Roxane Cote, 14, CNCB	-
32	2:26.98 774	GOLDOCT Kelly Timmons, 14, OSC-SE	-
33	2:27.15 773	ONAGMAR Britney Scott, 14, ROW	-
34	2:27.17 772	EXCELDEC Allyson Germain, 14, UL	2:27.43
35	2:27.38 770	YTHJRFEB Courtney Mulhern, 14, PSW	2:30.14
36	2:27.42 770	GOLDOCT Diane Kardash, 14, USC	2:27.05
37	2:27.47 769	OSACFEB Kristin Cloutier, 14, CAJ	2:28.56
38	2:27.68 767	WACDFEC Christine Sadler, 13, MAC	2:35.29
39	2:28.11 762	KCSCDEC Stacie Karach, 13, SWDV	-
40	2:28.16 762	YTHJRFEB Joan Brouillard, 14, ELITE	-
41	2:28.41 759	MAINTADEC Kayla Trussell, 13, LAC	2:30.74
42	2:28.75 756	KCSCDEC Valerie Pomaiz, 14, NRST	-
43	2:29.02 753	ONAGMAR Paula Kocis, 13, HWAC	-
44	2:29.21 751	METROJAN Bevan Haley, 14, WTSC	2:35.42
45	2:29.21 751	ABAGFEB Carmen Block, 14, NCS-BSRA	-
46	2:29.50 748	BCAGMAR Adrienne Vida, 14, NRST	-
47	2:29.82 744	EOSAFEB Tara Baxter, 13, NKB	2:35.84
48	2:29.85 744	ONAGMAR Kristen Vandenberg, 14, LAC	-
49	2:29.97 743	YOUTHDEC Valerie Fraser, 14, MSSAC	-
50	2:30.07 742	UCSAJAN Kirsten Pomerleau, 13, DEL	2:32.45

## 100 METRES BREASTSTROKE

Rec: 1:08.64	Allison Higson, ESC 88	best 2000	
1	1:11.46 886	YTHJRFEB Kelly Timmons, 14, OSC-SE	1:14.36
2	1:13.67 839	YTHJRFEB Haylee Johnson, 14, PDSA	1:17.87
3	1:14.13 829	YTHJRFEB Kim Labbett, 14, OAK	1:18.22
4	1:14.17 828	YTHJRFEB Michelle Mange, 14, PDSA	1:21.32
5	1:14.23 827	MAINTADEC Elizabeth Hendrick, 13, BRSA	1:19.30
6	1:14.25 827	YTHJRFEB Emily Gillespie, 13, PERTH	-
7	1:14.31 826	KCSCDEC So Yoon Lee, 13, HYACK	-
8	1:14.90 813	EXCELDEC Marie-P. Ratelle, 14, MEGO	1:17.60
9	1:14.94 812	ONAGMAR Whitney Rich, 13, ISS	1:15.14
10	1:15.09 809	ONAGMAR Elizabeth Engs, 14, CAJ	1:16.71
11	1:15.24 806	YTHJRFEB Anne Schmuck, 13, PSW	1:15.73
12	1:15.32 804	ONAGMAR Allison McCabe, 14, GGST	1:19.88
13	1:15.83 794	POAAAMAR Caitlin Babb, 14, DDO	1:15.03
14	1:16.35 783	ISCUPTNOV Christina Chan, 14, PDSA	-
15	1:16.42 781	CNSHDEC Jennifer Beckberger, 14, AAC	-
16	1:16.52 779	ONAGMAR Andrea Zarins, 14, NKB	1:21.63
17	1:16.58 778	ONAGMAR Roberta Gillespie, 14, PERTH	1:17.42
18	1:16.90 772	ONAGMAR Heather McMaster, 14, MAC	-
19	1:16.97 770	YTHJRFEB Jennifer Hodgson, 14, PCSC	-
20	1:17.00 769	YOUTHDEC Jennifer Brown, 14, TCSC	-
21	1:17.03 769	ONAGMAR Susan Miner, 14, HHAC	-
22	1:17.10 767	YOUTHDEC Amanda Williams, 14, NEW	1:17.79
23	1:17.36 762	CNSHDEC Meaghan Nicholson, 14, NKB	1:17.50
24	1:17.37 762	KCSCDEC Danielle Sandulak, 14, EKSC	-
25	1:17.38 762	BRANTNOV Julia Wilkinson, 13, SKY	-
26	1:17.49 759	CASCNOV Tanya Lahdenranta, 14, SKSC	-
27	1:17.57 758	ONSRNOV Tianna Day, 14, OAK	1:18.85
28	1:17.71 755	ABAGFEB Megan Bird, 14, UCSC	-
29	1:17.76 754	YOUTHDEC Kristin Cloutier, 14, CAJ	1:17.86
30	1:17.80 753	YTHJRFEB Thea Norton, 14, OSC	1:19.15
31	1:17.90 751	KCSCDEC Genevieve Poirier-Leroy, 13, NRST	-
32	1:17.97 750	EXCELDEC Jasmine Kastner, 13, DDO	1:20.23
33	1:18.01 749	KCSCDEC Carol Starratt, 13, CASC	-
34	1:18.09 747	ONAGMAR Quynh Nguyen, 14, MSSAC	-
35	1:18.15 746	RHACOCOT Christine Di Cresce, 14, RHAC	-
36	1:18.15 746	ONAGMAR Danielle Larmar, 14, MSSAC	-
37	1:18.20 745	ABAGFEB Allison Rehill, 14, NCS-BSRA	1:23.23
38	1:18.24 744	KCSCDEC Johanna Wick, 13, PN	1:18.82
39	1:18.32 743	POAAAMAR Eveline Lafaille, 14, CNHR	1:17.25
40	1:18.32 743	ONAGMAR Chantelle Lonsdale, 13, WAC	1:19.26
41	1:18.46 740	VANISJAN Chantal Huard, 14, IS	-
42	1:18.49 739	MAINTADEC Sasha Tracy, 14, USC	-
43	1:18.72 735	BSCRFEB Sarah Miner, 13, PN	1:21.85
44	1:18.80 733	SHERDEC Emilie Bennett, 14, CNOTY	-
45	1:18.88 731	TRENTJAN Tara Baxter, 13, NKB	-
46	1:18.88 731	ONAGMAR Devon Sioui, 14, TD	-
47	1:18.95 730	SHERDEC Melanie Tremblay, 14, CNO	-
48	1:19.07 728	BCAGMAR Freya Heath, 13, IS	1:22.71
49	1:19.15 726	ONAGMAR Nicoletta Lakatos, 13, BAD	1:22.99
50	1:19.34 722	KCSCDEC Dana Williams, 13, STSC	1:21.74

## 200 METRES BREASTSTROKE

Rec: 2:26.48	Allison Higson, ESC 88	best 2000	
1	2:34.60 875	YTHJRFEB Michelle Mange, 14, PDSA	2:51.76
2	2:34.74 873	YTHJRFEB Kelly Timmons, 14, OSC-SE	2:38.76
3	2:35.64 864	YOUTHDEC Kim Labbett, 14, OAK	2:43.61
4	2:38.20 839	YTHJRFEB Haylee Johnson, 14, PDSA	2:45.03
5	2:39.33 828	YTHJRFEB Anne Schmuck, 13, PSW	2:40.94
6	2:39.56 826	ONAGMAR Elizabeth Engs, 14, CAJ	2:42.09
7	2:40.34 816	YTHJRFEB Elizabeth Hendrick, 13, NCS-BSRA	2:51.78
8	2:41.52 806	YTHJRFEB Thea Norton, 14, OSC	2:47.84
9	2:41.56 806	POAAAMAR Caitlin Babb, 14, DDO	2:40.63
10	2:42.28 799	ONAGMAR Whitney Rich, 13, ISS	2:41.88
11	2:42.33 799	POAAAMAR Karine Charette, 13, CNCC	-
12	2:42.57 796	YTHJRFEB Andrea Zarins, 14, NKB	2:45.87
13	2:43.18 790	KCSCDEC So Yoon Lee, 13, HYACK	-
14	2:43.38 788	YTHJRFEB Marie-P. Ratelle, 14, MEGO	2:45.10
15	2:43.40 788	ONAGMAR Amanda Williams, 14, NEW	2:44.92
16	2:43.56 787	YTHJRFEB Jennifer Brown, 14, TCSC	2:49.51
17	2:43.64 786	VANISJAN Chantal Huard, 14, IS	-
18	2:43.87 784	ABAGFEB Carol Starratt, 13, CASC	-
19	2:43.94 783	ONAGMAR Allison McCabe, 14, GGST	-
20	2:44.98 773	PCBNOV Amy Ballantyne, 14, PCB	2:48.14
21	2:45.21 771	ONAGMAR Julia Wilkinson, 13, SKY	-
22	2:45.22 771	VANISJAN Genevieve Poirier-Leroy, 13, NRST	2:59.73
23	2:45.64 767	BCAGMAR Courtney Mulhern, 14, PSW	-
24	2:45.88 764	PERTHJAN Emily Gillespie, 13, PERTH	2:51.36
25	2:46.09 762	CNSHDEC Meaghan Nicholson, 14, NKB	2:43.96
26	2:46.55 758	YTHJRFEB Roberta Gillespie, 14, PERTH	-
27	2:46.70 757	BCAGMAR Tanya Lahdenranta, 14, SKSC	2:46.39
28	2:47.00 754	EXCELDEC Jasmine Kastner, 13, DDO	2:49.56
29	2:47.07 753	KCSCDEC Johanna Wick, 13, PN	2:48.82
30	2:47.35 750	POAAAMAR Elyse Shedy, 13, CNCB	2:59.11
31	2:47.90 745	POAAAMAR Cecile Dufour, 13, UL	2:56.13
32	2:48.17 743	MAINTADEC Sasha Tracy, 14, USC	-
33	2:48.22 742	MAINTADEC Megan Bird, 14, UCSC	-
34	2:48.34 741	KCSCDEC Dana Williams, 13, STSC	2:59.59
35	2:48.61 739	RAPIDDEC Michelle Miller, 13, PDSA	2:51.09
36	2:48.63 738	ONAGMAR Chantelle Lonsdale, 13, WAC	2:47.82
37	2:48.64 738	SHERDEC Melanie Tremblay, 14, CNO	-
38	2:48.73 738	ISCUPTNOV Christina Chan, 14, PDSA	-
39	2:49.02 735	KCSCDEC Danielle Sandulak, 14, EKSC	-
40	2:49.11 734	POAAAMAR Mireille Tremblay, 13, CNCB	2:58.04
41	2:49.29 732	MBSKMAR Kendall McLean, 13, BRSA	2:55.72
42	2:49.30 732	SHERDEC Emilie Bennett, 14, CNOTY	-
43	2:49.46 731	ONAGMAR Heather McMaster, 14, MAC	-
44	2:49.52 730	ONAGMAR Susan Miner, 14, HHAC	-
45	2:49.57 730	ONAGMAR Nicoletta Lakatos, 13, BAD	2:58.97
46	2:49.65 729	MAINTADEC Carmen Block, 14, BRSA	-
47	2:49.68 729	MBSKMAR Nicole Leach, 14, ROD	-
48	2:49.87 727	OCRSFEB Quynh Nguyen, 14, MSSAC	-
49	2:49.90 727	KCSCDEC Valerie Pomaiz, 14, NRST	2:50.73
50	2:49.90 727	VANISJAN Melanie Nelson, 13, IS	2:54.61

## 100 METRES BUTTERFLY

Rec: 1:02.60	Jennifer Frateli, SSMAC 99	best 2000	
1	1:04.94 822	ONAGMAR Blair Holmes, 14, COBRA	1:06.14
2	1:05.64 805	PCSCDEC Julia Guay-Racine, 14, CAMO	1:04.62
3	1:05.79 801	ONAGMAR Britney Scott, 14, ROW	1:09.43
4	1:06.11 794	POAAAMAR Genevieve Saumur, 13, CAMO	1:07.96
5	1:06.13 793	MAINTADEC Avery Kremer, 14, OSC	1:09.80
6	1:06.20 792	YTHJRFEB Alyson Germain, 14, UL	1:08.84
7	1:06.25 790	KCSCDEC Tina Hoang, 14, HYACK	1:07.19
8	1:06.39 787	MAINTADEC Carleen Ready, 13, LASC	1:06.63
9	1:06.44 786	YOUTHDEC Teresa Au Yeung, 14, PDSA	1:08.96
10	1:06.66 781	BCAGMAR Kelsey Rush, 14, RAYS	1:06.57
11	1:06.66 781	BCAGMAR Kayla Rawlings, 13, PSW	1:08.90
12	1:06.86 776	YOUTHDEC Shannon Hackett, 14, PDSA	1:08.19
13	1:06.87 776	MAINTADEC Stefanie Andrichuk, 14, MANTA	1:08.08
14	1:07.00 773	POAAAMAR Joan Brouillard, 14, ELITE	-
15	1:07.27 766	ONAGMAR Devon Sioui, 14, TD	-
16	1:07.33 765	ABAGFEB Kelly Timmons, 14, OSC-SE	1:09.25
17	1:07.46 762	YTHJRFEB Nadia Kumentas, 13, WD	1:11.88
18	1:07.47 762	ONAGMAR Brittany Cooper, 14, LAC	1:09.05
19	1:07.50 761	ONAGMAR Melissa Bartlett, 14, CYP5	1:09.92
20	1:07.60 759	YTHJRFEB MacKenzie Clarke, 14, BRSA	1:08.49
21	1:07.61 758	ONAGMAR Monica Wakeman, 13, NEW	1:12.05
22	1:07.70 756	NBAGJAN Amy Longobardi, 14, EAST	1:09.07
23	1:07.70 756	ABAGFEB Kimberly Kabesh, 13, STSC	1:11.10
24	1:07.76 755	POAAAMAR Karine Charette, 14, CNCC	-
25	1:07.81 754	CNSHDEC Emilie Chan, 14, PCSC	-
26	1:07.82 753	KCSCDEC Stephanie Nicholls, 14, PN	-
27	1:07.86 753	EXCELDEC Anna Roy, 14, NES	-
28	1:07.92 751	ONAGMAR Robyn Pimm, 14, RHAC	1:14.09
29	1:07.96 750	MBSKMAR Tiffany Monkman, 14, MANTA	1:09.99
30	1:08.00 749	ONAGMAR Juliana Gonzalez, 13, NYAC	-
31	1:08.04 748	VANISJAN Shizuka Kikuchi, 14, CRKW	1:10.35
32	1:08.05 748	MAINTADEC Ally Jack, 13, BRSA	1:08.78
33	1:08.12 746	ONAGMAR Amanda Long, 13, LAC	1:07.63
34	1:08.17 745	GOLDOCT Erin Kardash, 14, MM	1:09.54
35	1:08.17 745	ONAGMAR Amanda Williams, 14, NEW	1:09.94
36	1:08.19 745	PERTHJAN Emily Gillespie, 13, PERTH	1:08.27
37	1:08.26 743	BCAGMAR Stephanie Bigelow, 14, IS	-
38	1:08.31 742	MSSACNOV Martha Ziolkowski, 13, YORK	1:15.70
39	1:08.39 740	POAAAMAR Stephanie Ross, 14, CAMO	-
40	1:08.46 739		

**400 METRES IND. MEDLEY**

Rec: 4:47.40 Carrie Burgoyne, MANTA, 96 best 2000

1	4:58.52	864	YTHJRFEB	Kelly Timmons, 14, OSC-SE	5:14.87
2	5:02.59	843	ONAGMAR	Brittany Cooper, 14, LAC	5:05.04
3	5:03.04	840	YOUTHDEC	Michelle Mange, 13, PSDA	5:23.83
4	5:03.05	840	BCAGMAR	Kelsey Rush, 14, RAYS	-
5	5:03.42	838	YTHJRFEB	Emily Gillespie, 13, PERTH	5:34.29
6	5:03.71	837	NBAGJAN	Bevan Haley, 13, WTSC	5:14.78
7	5:04.38	834	ONAGMAR	Katie Smith, 14, COBRA	-
8	5:04.82	831	BCAGMAR	Stephanie Bigelow, 14, JS	5:11.76
9	5:06.15	824	KCSDEC	Anne Schmuck, 13, PSW	5:13.63
10	5:07.67	817	YTHJRFEB	Thea Norton, 14, OSC	5:08.27
11	5:07.73	816	YTHJRFEB	Andrea Zarin, 14, NKB	5:17.20
12	5:07.81	816	YOUTHDEC	Shannon Hackett, 14, PSDA	5:16.20
13	5:07.86	816	MANTADEC	Avery Kremer, 14, OSC	5:13.44
14	5:08.18	814	MANTADEC	Amanda Long, 13, LAC	5:07.76
15	5:09.47	807	BCAGMAR	Valerie Pomaizl, 14, NRST	5:17.59
16	5:09.64	807	ONAGMAR	Blair Holmes, 14, COBRA	5:08.88
17	5:09.91	805	POAAAMAR	Caillin Babb, 14, DDO	-
18	5:10.49	802	YTHJRFEB	Carmen Block, 14, NCS-BRSA	-
19	5:11.36	798	YOUTHDEC	Elyse Dudar, 13, MSSAC-TO	5:18.79
20	5:11.53	797	VANISJAN	Genevieve Poirier-Leroy, 13, NRST	5:32.04
21	5:11.97	795	YTHJRFEB	Carleen Ready, 13, LASC	5:15.99
22	5:13.46	787	YTHJRFEB	Jennifer Hodgson, 14, PCSC	-
23	5:13.87	785	ONAGMAR	Roberta Gillespie, 14, PERTH	-
24	5:14.07	784	ONAGMAR	Kristen Vandenberg, 14, LAC	-
25	5:14.11	784	YOUTHDEC	Haylee Johnson, 14, PSDA	-
26	5:14.19	784	ONAGMAR	Whitney Rich, 12, ISS	5:24.40
27	5:14.48	782	MBSKMAR	Krista Haslund, 14, ROD	5:18.05
28	5:14.50	782	YOUTHDEC	Nadia Kumentas, 13, WD	5:20.33
29	5:14.80	781	ONAGMAR	Amanda Williams, 14, NEW	5:17.58
30	5:14.99	780	YTHJRFEB	Megan Bird, 14, UOCS	-
31	5:15.50	777	BCAGMAR	Brittany Reimer, 13, SKSC	5:35.69
32	5:15.82	775	ONAGMAR	Katie Davis, 14, BRANT	-
33	5:15.92	775	PCSCDEC	Allyson Germain, 14, UL	-
34	5:16.09	774	MANTADEC	Stacy Cormack, 14, BRSA	5:14.12
35	5:16.16	774	MANTADEC	Gillian Bryon, 14, USC	5:15.79
36	5:16.24	773	POAAAMAR	Joan Brouillard, 14, ELITE	-
37	5:16.37	773	POAAAMAR	Stephanie Ross, 14, CAMO	-
38	5:16.72	771	YTHJRFEB	Ashlee Hagele, 14, LASC	-
39	5:17.03	769	CHENAJAN	Courtenay Mulhern, 14, PSW	-
40	5:17.04	769	ONAGMAR	Elizabeth Engs, 14, CAJ	5:36.60
41	5:17.48	767	ABAGFEB	Elizabeth Hendrick, 13, NCS-BRSA	-
42	5:17.49	767	YTHJRFEB	Kassandra Wolfe, 14, MUSAC	-
43	5:17.81	766	KCSDEC	Johanna Wick, 13, PN	5:32.06
44	5:18.23	763	ONAGMAR	Brittney Scott, 14, ROW	-
45	5:18.37	763	ONAGMAR	Chanelle Lonsdale, 13, WAC	-
46	5:18.54	762	PCSCDEC	Genevieve Saumur, 13, CAMO	5:26.15
47	5:18.82	761	YOUTHDEC	Martha Ziolkowski, 13, YORK	-
48	5:19.09	759	HYACKJAN	So Yoon Lee, 13, HYACK	-
49	5:19.12	759	ONAGMAR	Kayla Truswell, 13, LAC	5:25.63
50	5:19.27	758	ABAGFEB	Carol Starratt, 13, CASC	5:26.82

**4X50 M MEDLEY RELAY**

Rec: 2:00.93 Etobicoke SC, ETOB, 97

1	2:04.82	802	ABAGFEB	Olympian Swim Club, OSC	-
2	2:04.93	800	ONAGMAR	Cobra Swim Club, COBRA	-
3	2:05.08	799	POAAAMAR	Montreal Aquatique, CAMO	-
4	2:05.94	788	YOUTHDEC	Pacific Dolphins, PSDA	-
5	2:05.98	787	ABAGFEB	Nose Creek SA, NCS	-
6	2:06.00	787	BCAGMAR	Pacific Sea Wolves, PSW	-
7	2:06.29	783	POAAAMAR	Pointe Claire SC, PCSC	-
8	2:06.37	782	YOUTHDEC	Cambridge Aquatics, CAJ	-
9	2:06.66	779	MANTADEC	Bow River Swim Assoc, BRSA	-
10	2:07.12	773	ONAGMAR	Nepean Kanata, NKB	-
11	2:07.35	770	ONAGMAR	Burlington AD, BAD	-
12	2:07.41	769	ONAGMAR	North York AC, NYAC	-
13	2:07.49	768	MANTADEC	Uxbridge SC, USC	-
14	2:07.52	768	ONAGMAR	Newmarket SC, NEW	-
15	2:07.69	766	KCSDEC	Hyack Swim Club, HYACK	-
16	2:07.93	763	ONAGMAR	Markham AC, MAC	-
17	2:08.02	762	ONAGMAR	Perth Slingers, PERTH	-
18	2:08.29	759	GOLDOCT	Manitoba Marlins, MM	-
19	2:08.42	757	ABAGFEB	Edmonton Keyano, EKSC	-
20	2:08.51	756	BCAGMAR	Nanaimo Ripptide ST, NRST	-
21	2:08.65	754	EXCELDEC	Dollard Swim Team, DDO	-
22	2:08.75	753	KCSDEC	Cascade Swim Club, CASC	-
23	2:09.00	750	EXCELDEC	Megophias Trois Rivières, MEGO	-
24	2:09.11	748	MANTADEC	London AC, LAC	-
25	2:09.43	745	EXCELDEC	Univ Laval Rouge & Or, UL	-
26	2:09.54	743	CASCNOV	Glencoe Gators, GLEN	-
27	2:09.78	740	MBSKMAR	Manita Swim Club, MANTA	-
28	2:09.94	738	BCAGMAR	Island Swimming, IS	-
29	2:10.47	732	MANTADEC	Univ of Calgary SC, UCSC	-
30	2:10.49	732	MBSKMAR	Regina Opt. Dolphins, ROD	-
31	2:11.06	725	ONAGMAR	Mississauga AC, MSSAC	-
32	2:11.49	720	POAAAMAR	CN Beaufort, CNBC	-
33	2:11.49	720	HURONDEC	Barrie Trojans, BTSC	-
34	2:11.65	718	YOUTHDEC	Eastern Alliance, EAST	-
35	2:11.85	715	NSAGMAR	Wolville Tritons, WTSC	-
36	2:12.16	712	BRANTNOV	Ajax Aquatic Club, AAC	-
37	2:12.21	711	ONAGMAR	Hamilt-Wentworth AC, HWAC	-
38	2:12.36	709	YOUTHDEC	Region of Waterloo, ROW	-
39	2:12.78	705	ONAGMAR	Chatham Y, CYPSS	-
40	2:13.36	698	ONAGMAR	Etobicoke Swimming, ESWIM	-
41	2:13.65	694	MANTADEC	North West Ontario, NWO	-
42	2:13.86	692	LACNOV	Tillsonburg AT, TAT	-
43	2:13.86	692	POAAAFEB	CN St-Hyacinthe, CNH	-
44	2:14.21	688	ONAGMAR	Milton Marlins, MMST	-
45	2:14.25	687	ONAGMAR	Oakville AC, OAK	-
46	2:14.68	682	ABAGFEB	Lethbridge ASC, LASC	-
47	2:14.82	681	PCSCDEC	Sturgeon Falls, ENSF	-
48	2:15.02	679	HURONDEC	Muskoka AC, MUSK	-
49	2:15.28	676	BCAGMAR	Fraser Valley Spartans, SPART	-
50	2:15.55	673	BCAGMAR	Vernon KokaneeSC, VKSC	-

**4X50 M FREE RELAY**

Rec: 1:48.47 Etobicoke Swimming, ETOB, 97

1	1:52.49	815	ONAGMAR	North York AC, NYAC	-
2	1:52.54	814	POAAAMAR	Montreal Aquatique, CAMO	-
3	1:52.57	814	PCSCDEC	Pointe Claire SC, PCSC	-
4	1:52.80	810	GOLDOCT	Manitoba Marlins, MM	-
5	1:52.92	809	BCAGMAR	Pacific Sea Wolves, PSW	-
6	1:53.74	797	MANTADEC	Bow River Swim Assoc, BRSA	-
7	1:54.22	791	ONAGMAR	Perth Slingers, PERTH	-
8	1:54.22	791	ONAGMAR	London AC, LAC	-
9	1:54.37	789	ABAGFEB	Olympian Swim Club, OSC	-
10	1:54.45	788	KCSDEC	Cascade Swim Club, CASC	-
11	1:54.51	787	YOUTHDEC	Pacific Dolphins, PSDA	-
12	1:54.76	783	KCSDEC	Hyack Swim Club, HYACK	-
13	1:55.02	780	ONAGMAR	Nepean Kanata, NKB	-
14	1:55.32	776	EXCELDEC	Dollard Swim Team, DDO	-
15	1:55.35	775	BCAGMAR	Nanaimo Ripptide ST, NRST	-
16	1:55.45	774	ONAGMAR	Etobicoke Swimming, ESWIM	-
17	1:55.71	770	ONAGMAR	Hamilt-Wentworth AC, HWAC	-
18	1:55.72	770	EXCELDEC	Univ Laval Rouge & Or, UL	-
19	1:55.78	769	ONAGMAR	Markham AC, MAC	-
20	1:56.44	760	ABAGFEB	Edmonton Keyano, EKSC	-
21	1:56.47	760	ABAGFEB	Nose Creek SA, NCS	-
22	1:56.49	760	BCAGMAR	Island Swimming, IS	-
23	1:56.58	758	MBSKMAR	Regina Opt. Dolphins, ROD	-
24	1:56.74	756	MANTADEC	Uxbridge SC, USC	-
25	1:56.75	756	BRANTNOV	Ajax Aquatic Club, AAC	-
26	1:56.85	755	ABAGFEB	Glencoe Gators, GLEN	-
27	1:56.96	753	OSACFEB	Cambridge Aquatics, CAJ	-
28	1:57.19	750	EXCELDEC	Megophias Trois Rivières, MEGO	-
29	1:57.43	747	CASCNOV	Univ of Calgary SC, UCSC	-
30	1:58.08	738	MBSKMAR	Manita Swim Club, MANTA	-
31	1:58.12	738	OCSFCFEB	Mississauga AC, MSSAC	-
32	1:58.15	737	BRANTNOV	Barrie Trojans, BTSC	-
33	1:58.25	736	ONAGMAR	Chatham Y, CYPSS	-
34	1:58.26	736	BCAGMAR	Fraser Valley Spartans, SPART	-
35	1:58.40	734	NSAGMAR	Wolville Tritons, WTSC	-
36	1:58.59	732	WGBMAR	Whitehorse GB, WGB	-
37	1:58.71	730	NSAGMAR	Eastern Alliance, EAST	-
38	1:59.35	721	PCSCDEC	Burlington AD, BAD	-
39	1:59.52	719	POAAAMAR	CN Beaufort, CNBC	-
40	1:59.57	719	PGBNV	Points North SC, PN	-
41	1:59.58	718	ABAGFEB	Silver Tide SC, STSC	-
42	1:59.76	716	OCSFCFEB	Scarborough SC, SCAR	-
43	1:59.98	713	YOUTHDEC	Region of Waterloo, ROW	-
44	2:00.03	713	ONAGMAR	Milton Marlins, MMST	-
45	2:00.09	712	PCSCDEC	Glouc-Ottawa Kingfish, GO	-
46	2:00.19	711	SAMAKJAN	EN Cowansville, ENC	-
47	2:00.46	707	MSSACNOV	York Swim Club, YORK	-
48	2:00.55	706	SHERDEC	CN Outaouais, CNO	-
49	2:00.67	704	EYSCNOV	Oshawa AC, OSHAC	-
50	2:00.79	703	LACNOV	Tillsonburg AT, TAT	-

**13-14 BOYS 2001 SHORT COURSE TAG**

**50 METRES FREESTYLE**

Rec: 23.45 Yannick Lupien, CAGRA, 95 best 2000

1	25.08	757	KCSDEC	Kevin Gillespie, 14, EXST	26.46
2	25.11	755	POAAAMAR	Vincent Boulanger-M., 14, CSQ	26.25
3	25.22	749	BRANTNOV	Eric Chan, 14, AAC	26.12
4	25.29	744	BCAGMAR	Caleb McLean, 14, VKSC	-
5	25.47	733	DCSCNOV	Colin Baird, 14, BLAST	26.16
6	25.59	726	MBSKMAR	Michael Smela, 14, LASER	27.60
7	25.62	724	ONAGMAR	Aaron Dons, 14, HWAC	-
8	25.63	723	POAAAMAR	Phillippe Drole, 14, SAMAK	-
9	25.65	722	VKSCNOV	William Wray, 14, LL	-
10	25.69	719	YOUTHDEC	Matthew Sy, 14, CREST	26.32
11	25.73	717	POAAAMAR	Octavian Petre, 14, CAMO	-
12	25.74	716	ONAGMAR	Misha Vujaklija, 14, NYAC	-
13	25.78	714	NEORACT	Kieran O'Neill, 14, SSMAC	25.68
14	25.79	713	ONAGMAR	Jeff Byrne, 13, SSMAC	26.76
15	25.81	712	LACNOV	Paul Quevedo, 14, COBRA	26.47
16	25.85	710	EXCELDEC	Marc Laliberte, 14, UL	26.93
17	25.86	709	ONAGMAR	Andrej Lener, 14, NKB	-
18	25.91	706	KCSDEC	Janco Myrhardt, 14, PSW	26.50
19	25.91	706	POAAAMAR	Tommy St-Pierre, 14, CNCC	26.24
20	25.95	704	POAAAMAR	Wesley Newman, 14, DDO	29.47
21	25.97	703	ONAGMAR	Zac Andrew, 14, COBRA	26.94
22	25.97	703	ONAGMAR	Justin Bronson, 14, OSHAC	-
23	25.98	702	BCAGMAR	Simon Wing, 14, PSW	-
24	26.00	701	ONAGMAR	Brannyn Hale, 14, NBYT	29.43
25	26.04	698	KCSDEC	Justin Pommerville, 14, IS	-
26	26.05	698	ONAGMAR	Mark Kurtzer, 13, NEW	26.90
27	26.07	697	KCSDEC	Euan Thomson, 14, CASC	-
28	26.07	697	BCAGMAR	Norman Ng, 14, HYACK	28.99
29	26.17	691	TORJAN	Joe Bajcar, 14, OAK	-
30	26.17	691	ONAGMAR	Sean Dawson, 13, GO	26.61
31	26.25	686	RAPIDFEB	Jackson Wang, 13, DELTA	28.46
32	26.28	684	ONAGMAR	Brandon Connerly, 13, BRANT	-
33	26.32	682	MANTADEC	Darren Tso, 13, LASC	27.40
34	26.33	681	KCSDEC	Jim Tung, 14, HYACK	26.12
35	26.36	679	ONAGMAR	Julian Cino, 14, HWAC	28.10
36	26.40	677	ONAGMAR	Alex Chiu, 14, MSSAC	-
37	26.41	677	BRANTNOV	James San Pedro, 13, OAK	28.20
38	26.41	677	YOUTHDEC	Marco Monaco, 14, OAK	-
39	26.41	677	ONAGMAR	Jonathan Peace-Hall, 14, RISC	-
40	26.42	676	CNSHDEC	Jean Bolvin, 14, CNO	26.09
41	26.42	676	ONAGMAR	Christian Carl, 13, TBT-NWO	29.39
42	26.44	675	MANTADEC	Eric Gordon, 14, BRSA	-
43	26.45	674	EYSCNOV	Adam Slater, 14, NEW	-
44	26.47	673	MBSKMAR	Andrew Malawski, 13, ROD	28.35
45	26.48	672	KCSDEC	Ryan Chiew, 14, HYACK	26.46
46	26.50	671	MSSACNOV	Matteo Di Paolo, 13, VAC	-
47	26.50	671	ONAGMAR	Adam Mattachione, 14, NYAC	-
48	26.52	670	RAPIDDEC	Tristan Robertson, 14, IS	-
49</					

# 13-14 BOYS CONTD.

## 400 METRES FREESTYLE

Rec: 3:58.32	Jamie Stevens	MANTA 89	best 2000		
1	4:11.04	795	YOUTHDEC	Simon Gabsch, 14, MSSAC	4:25.78
2	4:13.02	782	ONAGMAR	Buddy Green, 14, LUSC	-
3	4:14.74	772	POAAAMAR	Nicolas Murray, 14, DYNAM	4:22.80
4	4:15.87	765	BCAGMAR	Justin Pommerville, 14, IS	4:17.55
5	4:16.23	763	POAAAMAR	Marc Laliberte, 14, UL	4:29.76
6	4:16.29	762	BCAGMAR	James Monk, 14, PDSA	-
7	4:16.36	762	ONAGMAR	Justin Bronson, 14, OSHAC	4:25.28
8	4:16.36	762	BCAGMAR	Jens Cuthbert, 14, PDSA	4:22.86
9	4:17.61	754	ONAGMAR	Mark Kurtzer, 13, NEW	4:32.28
10	4:17.76	753	YOUTHDEC	Colin Ackroyd, 13, SCAR	-
11	4:19.32	744	YOUTHDEC	Joe Bajcar, 14, OAK	4:12.36
12	4:19.90	740	BRANTNOV	Marco Monaco, 14, OAK	4:30.84
13	4:20.46	737	ONAGMAR	Simon Borjeson, 14, OAK	-
14	4:20.73	735	POAAAMAR	Vincent Boulanger-M., 14, CSO	4:52.27
15	4:21.09	733	BCAGMAR	Luke Hoffman, 14, IS	4:31.60
16	4:21.15	733	EYSCNOV	Adam Smela, 14, NEW	4:23.62
17	4:21.33	732	POAAAMAR	Wesley Newman, 14, DDO	4:57.33
18	4:21.69	729	KSCSDEC	Simon Wing, 14, PSW	-
19	4:22.06	727	POAAAMAR	David Cyr, 14, PCSI	-
20	4:22.20	726	TORJAN	Gareth Chantler, 14, OAK	-
21	4:22.34	725	VANISJAN	Richard Alexander, 13, IS	4:43.23
22	4:22.63	724	RAPIDDEC	Tristan Robertson, 14, IS	-
23	4:22.94	722	MANTADEC	Adam Abdulla, 14, ROD	4:28.77
24	4:23.34	719	MBSKMAR	Michael Smela, 14, LASER	4:49.53
25	4:24.00	716	CNSHDEC	Matt Hawes, 14, KBM	-
26	4:24.18	714	POAAAMAR	David Provencher-F., 14, GAMIN	4:27.55
27	4:24.66	712	ONAGMAR	Chris Berto, 12, LAC	4:32.67
28	4:25.03	709	MBSKMAR	Pascal Wollach, 13, CASC	4:38.95
29	4:25.41	707	ONAGMAR	Dave Spencer, 14, GGST	-
30	4:25.56	706	MBSKMAR	Brad Reid, 14, OAK	4:34.17
31	4:25.74	705	GOLDOCT	Malcolm Lavoie, 14, OSC	4:27.78
32	4:25.80	705	ONAGMAR	Richard Altman, 14, KWC	-
33	4:26.15	703	ONAGMAR	David Hughes, 14, ROW	-
34	4:26.29	702	ONAGMAR	Nelson Niedzielski, 13, MSSAC	4:44.12
35	4:26.39	701	MBSKMAR	Alexander Love, 13, ROD	4:47.58
36	4:26.66	700	KSCSDEC	Janco Myhardt, 14, PSW	4:22.76
37	4:26.70	700	ONAGMAR	Misha Vujaklija, 14, NYAC	-
38	4:26.74	699	POAAAMAR	Oclairian Patre, 14, CAMO	-
39	4:27.64	694	RAPIDDEC	Sebastian Salas, 13, PDSA	-
40	4:27.75	694	MANTADEC	Lee Cookson, 14, BRSA	-
41	4:28.19	691	ONAGMAR	Brandon Holden, 13, HWAC	4:40.55
42	4:28.64	688	LASCOCT	Kevin Gillespie, 14, EXST	-
43	4:28.70	688	ONAGMAR	Brian Holland, 14, MSSAC-T0	-
44	4:29.41	684	KSCSDEC	Euan Thomson, 14, CASC	-
45	4:29.47	684	BCAGMAR	Brad Reid, 14, HYACK	-
46	4:29.77	682	NEOROCT	Kieran O'Neill, 14, SSMAC	4:26.58
47	4:29.79	682	MANTADEC	Derek Richter, 14, ROD	4:31.92
48	4:30.04	680	PCSCSDEC	Jamie Ellerton, 14, VEW	-
49	4:30.14	680	MANTADEC	Matt Derochie, 14, BRSA	-
50	4:30.82	676	OCRSFCFB	Hans Fracke, 14, USC	-

## 1500 METRES FREESTYLE

Rec: 15:32.15	Alex Baumann	LUSC, 79	best 2000		
1	16:23.55	821	YTHURFEB	Simon Gabsch, 14, MSSAC-T0	16:55.14
2	16:28.60	813	YTHURFEB	Buddy Green, 14, LUSC	17:33.45
3	16:49.59	800	BCSRFEB	James Monk, 14, PDSA	17:51.50
4	16:56.23	770	MANTADEC	Adam Abdulla, 14, ROD	17:28.25
5	16:56.75	769	ONAGMAR	Simon Borjeson, 14, OAK	17:36.52
6	17:02.10	760	BCAGMAR	Jens Cuthbert, 14, PDSA	17:10.60
7	17:04.78	756	YOUTHDEC	Joe Bajcar, 14, OAK	16:59.33
8	17:04.87	756	RAPIDDEC	Tristan Robertson, 14, IS	18:01.74
9	17:06.12	754	CNSHDEC	Matt Hawes, 14, KBM	17:37.78
10	17:09.39	749	BCAGMAR	Justin Pommerville, 14, IS	17:09.95
11	17:10.03	748	EXCELDEC	Nicolas Murray, 14, DYNAM	17:25.90
12	17:12.74	737	ISCPUNOV	Simon Wing, 14, PSW	17:53.01
13	17:19.17	734	MBSKMAR	Alexander Love, 13, ROD	18:27.12
14	17:20.96	732	MBSKMAR	Derek Richter, 14, ROD	-
15	17:23.71	727	VANISJAN	Richard Alexander, 13, IS	18:49.92
16	17:24.14	727	POAAAMAR	David Cyr, 14, PCSI	-
17	17:26.16	724	OAKJAN	Gareth Chantler, 14, OAK	-
18	17:32.03	715	MANTADEC	Lee Cookson, 14, BRSA	17:56.10
19	17:32.20	715	POAAAMAR	David Provencher-F., 14, GAMIN	17:21.90
20	17:32.42	714	BCAGMAR	Leonard Ho, 13, HYACK	19:38.22
21	17:34.89	711	BCAGMAR	Brad Reid, 14, HYACK	18:12.47
22	17:35.02	711	BCAGMAR	Luke Hoffman, 14, IS	18:14.95
23	17:35.53	710	GOLDOCT	Malcolm Lavoie, 14, OSC	17:55.07
24	17:36.04	709	ONAGMAR	Brandon Holden, 13, HWAC	19:24.68
25	17:36.81	708	ONAGMAR	David Hughes, 14, ROW	-
26	17:37.79	706	ABAGFEB	Pascal Wollach, 13, CASC	18:37.46
27	17:38.67	705	OAKJAN	Justin Bronson, 14, OSHAC	-
28	17:39.09	705	EOSAFEB	Sean Alexander, 13, TD	19:32.01
29	17:45.41	695	ONAGMAR	Nelson Niedzielski, 13, MSSAC	-
30	17:49.00	690	BCAGMAR	Derek Westra-Luney, 14, IS	-
31	17:49.56	689	ONAGMAR	Kyle White, 13, MSSAC	-
32	17:50.00	689	PSWIOCT	Janco Myhardt, 14, PSW	17:39.07
33	17:50.19	688	ONAGMAR	Chris Berto, 12, LAC	18:09.07
34	17:51.00	687	RAPIDDEC	Sebastian Salas, 13, PDSA	-
35	17:52.55	685	MBSKMAR	Cody Hitchcock, 14, ROD	-
36	17:52.72	685	BCAGMAR	Miguel Iriando, 14, CHENA	-
37	17:54.83	682	MBSKMAR	Brad Hankewich, 13, GOLD	19:09.80
38	17:55.31	681	KBMOCT	Kyle Pittman, 14, GO	-
39	17:57.95	677	CNMUNJAN	Matthew Lehouneau, 14, ELITE	-
40	17:58.18	677	ONAGMAR	Dave Spencer, 14, GGST	-
41	18:00.20	674	YOUTHDEC	Brad Childs, 14, BROCK	18:05.20
42	18:00.30	674	EXCELDEC	Phillip Brassard-G., 13, BFB	-
43	18:00.66	673	POAAAMAR	Zachary Glassman, 14, CAMO	-
44	18:02.00	671	BCAGMAR	Alex Sherwood, 14, KCS	18:00.13
45	18:04.96	667	EXCELDEC	Etienne Lavallee, 13, EXCEL	19:26.08
46	18:05.26	667	EOSAFEB	Nathan Ferguson, 14, EBSB	-
47	18:07.13	664	YOUTHDEC	Daniel Goodman, 14, NYAC	-
48	18:07.86	663	EOSAFEB	Chris Fox, 13, NKB	-
49	18:09.47	661	BCAGMAR	Chris Wiggins, 13, PDSA	18:59.86
50	18:09.64	661	NBAGJAN	Chris Dever, 14, TIDE	-

## 100 METRES BACKSTROKE

Rec: 56.93	Garret Pulte	MAC, 93	best 2000		
1	1:00.79	752	ONAGMAR	Brian Holland, 14, MSSAC-T0	1:03.84
2	1:01.39	736	POAAAMAR	Wesley Newman, 14, DDO	1:06.42
3	1:01.42	735	YOUTHDEC	Colin Baird, 14, BLAST	1:05.36
4	1:01.65	730	ONAGMAR	Aaron Donst, 14, HWAC	1:04.96
5	1:01.95	722	YTHURFEB	Kyle Gendron, 14, BRSA	1:04.81
6	1:02.17	716	YTHURFEB	Kyle Sorrenti, 14, GL-BRSA	-
7	1:02.18	716	ONAGMAR	Andrej Lenert, 14, NKB	1:04.91
8	1:02.35	712	KSCSDEC	Kevin Gillespie, 14, EXST	1:06.12
9	1:02.41	710	YTHURFEB	Justin Pommerville, 14, IS	1:02.99
10	1:02.70	703	POAAAMAR	Nicolas Murray, 14, DYNAM	1:06.90
11	1:03.05	694	PCSCSDEC	Jamie Ellerton, 14, VEW	-
12	1:03.30	688	BCAGMAR	Alex Sherwood, 14, KCS	-
13	1:03.36	687	POAAAMAR	Vincent Boulanger-M., 14, CSO	1:03.89
14	1:03.60	681	TRENTJAN	Matt Hawes, 14, KBM	1:06.83
15	1:03.61	681	MBSKMAR	Derek Richter, 14, ROD	1:06.09
16	1:03.69	679	YOUTHDEC	Patrick Craine, 14, EAST	1:04.16
17	1:03.71	678	BCAGMAR	Richard Alexander, 13, IS	1:07.66
18	1:03.82	676	YOUTHDEC	Marco Monaco, 14, OAK	-
19	1:03.84	675	ONAGMAR	Colin Ackroyd, 13, SCAR	-
20	1:03.96	672	ONAGMAR	Hans Fracke, 14, USC	-
21	1:04.06	670	ABAGFEB	Jesse Lund, 13, EKSC	1:08.36
22	1:04.08	669	TRENTJAN	Art Hare, 14, TRENT	-
23	1:04.47	660	MBSKMAR	Alexander Love, 13, ROD	-
24	1:04.60	657	ONAGMAR	Michael Allain, 13, BST	1:08.27
25	1:04.85	651	BCAGMAR	Simon Wing, 14, PSW	-
26	1:04.88	651	NYACFEB	Mark Kurtzer, 13, NEW	1:11.40
27	1:04.94	649	KSCSDEC	Brad Barton, 13, VKSC	1:07.87
28	1:04.96	649	POAAAMAR	Alex Desjais, 13, MEGO	1:09.66
29	1:04.99	648	ONAGMAR	Dave Spencer, 14, GGST	-
30	1:05.05	647	MANTADEC	Adam Abdulla, 14, ROD	1:10.86
31	1:05.05	647	MBSKMAR	Pascal Wollach, 13, CASC	-
32	1:05.10	645	BCAGMAR	Caleb McLean, 14, KWC	-
33	1:05.18	644	ONAGMAR	Alex Olsen, 14, SCAR	1:11.26
34	1:05.46	637	ONAGMAR	Daniel Vollmer, 14, AAC	-
35	1:05.48	637	ONAGMAR	Zack Andrew, 14, COBRA	-
36	1:05.48	637	BCAGMAR	Jackson Wang, 13, DELTA	1:13.19
37	1:05.51	636	ONAGMAR	Bynce Tung, 14, TSC	-
38	1:05.71	631	POAAAMAR	Simon Cournoyer, 14, ELITE	-
39	1:05.78	630	VKSCNOV	William Wray, 14, LL	-
40	1:05.79	630	POAAAMAR	Simon Lavallee, 13, CNNG	-
41	1:05.79	630	ONAGMAR	Brent Charlton, 14, TAT	-
42	1:05.91	627	YOUTHDEC	Joe Bajcar, 14, OAK	-
43	1:05.93	626	POAAAMAR	Felix Renaud, 13, CNB	1:11.49
44	1:06.10	623	EXCELDEC	Jean-P Martin, 14, DYNAM	-
45	1:06.11	622	KSCSDEC	Janco Myhardt, 14, PSW	-
46	1:06.23	620	ONAGMAR	Brandon Connelly, 13, BRANT	1:06.31
47	1:06.36	617	CNMUNJAN	David Milot, 13, PCSI	1:12.06
48	1:06.40	616	POAAAFEB	Daniel Todd-Norris, 14, PCSI	-
49	1:06.42	615	BCAGMAR	Andrew Wagner, 14, PDSA	-
50	1:06.55	613	KSCSDEC	Jim Tung, 14, HYACK	-

## 200 METRES BACKSTROKE

Rec: 2:00.04	Tobias Orlov	ESWIM, 93	best 2000		
1	2:11.47	679	EOSAFEB	Matt Hawes, 14, KBM	2:20.10
2	2:12.01	762	YTHURFEB	Justin Pommerville, 14, IS	2:13.14
3	2:12.03	762	ONAGMAR	Brian Holland, 14, MSSAC-T0	2:20.25
4	2:12.93	751	ONAGMAR	Andrej Lenert, 14, NKB	2:20.12
5	2:12.99	751	YTHURFEB	Kyle Gendron, 14, BRSA	2:19.86
6	2:13.20	748	POAAAMAR	Nicolas Murray, 14, DYNAM	2:23.25
7	2:13.65	743	YOUTHDEC	Colin Baird, 14, BLAST	-
8	2:13.78	741	ONAGMAR	Colin Ackroyd, 13, SCAR	-
9	2:14.57	732	MBSKMAR	Derek Richter, 14, ROD	2:23.36
10	2:14.66	731	POAAAMAR	Wesley Newman, 14, DDO	2:30.87
11	2:14.72	730	ABAGFEB	Kyle Sorrenti, 14, GL-BRSA	-
12	2:14.84	729	VANISJAN	Richard Alexander, 13, IS	2:22.69

# 13-14 BOYS CONTD.

## 100 METRES BUTTERFLY

Rec: 56.61 Garret Pulle, MAC, 93		best 2000		
1	1:01.02	736	BRANTNOV Eric Chan, 14, AAC	1:02.35
2	1:01.45	725	PCSCFEB David Milot, 13, PCSC	1:09.01
3	1:01.52	723	YOUTHDEC Marco Monaco, 14, OAK	1:03.61
4	1:01.64	720	YOUTHDEC Simon Gabsch, 14, MSSAC	-
5	1:02.02	710	ONAGMAR Nathan Ferguson, 14, EBSC	-
6	1:02.03	710	KCSDCEC Janco Myrhardt, 14, PSW	1:02.02
7	1:02.29	703	MBSKMAR Michael Smela, 14, LASER	1:08.97
8	1:02.62	695	ONAGMAR Alex Olsen, 14, SCAR	1:13.36
9	1:02.63	695	CNSHDEC Matt Hawes, 14, KBM	-
10	1:02.65	694	ONAGMAR Justin Bronson, 14, OSHAC	-
11	1:02.88	689	CNSHDEC Jason Harley, 14, NKB	-
12	1:03.01	685	BCAGMAR Simon Wing, 14, PSW	-
13	1:03.13	683	ONAGMAR Bryce Tung, 14, TSC	-
14	1:03.20	681	BCAGMAR James Monk, 14, PDSA	-
15	1:03.22	680	POAAAMAR Philippe Drolet, 14, SAMAK	-
16	1:03.52	673	POAAAMAR Etienne Lavallee, 13, EXCEL	1:06.60
17	1:03.65	670	YOUTHDEC Misha Vujaklija, 14, NYAC	-
18	1:03.67	669	PCSCDEEC Buddy Green, 14, LUSC	-
19	1:03.74	668	YOUTHDEC Joe Bajcar, 14, OAK	-
20	1:03.76	667	MANITADEC Adam Abdulla, 14, ROD	-
21	1:03.76	667	MBSKMAR Chris Jones, 14, MANTA	-
22	1:03.86	665	CNSHDEC Vincent Boulanger-M, 13, CNO	1:07.56
23	1:03.86	665	POAAAMAR Tommy St-Pierre, 14, CNCC	-
24	1:03.92	663	EXCELDEC Nicolas Murray, 14, DYNAM	1:04.69
25	1:03.92	663	MBSKMAR Michael Lett, 14, PASS	-
26	1:03.94	663	ONAGMAR Julian Cino, 14, HWAC	1:09.76
27	1:03.95	663	DCSCNOV Colin Baird, 14, BLAST	-
28	1:03.99	662	POAAAMAR Octavian Petre, 14, CAMO	-
29	1:04.02	661	BCAGMAR Justin Pommerville, 14, IS	-
30	1:04.05	660	MSSACNOV Matteo Di Paolo, 13, VAC	-
31	1:04.09	659	ONAGMAR Mehmet Dinc, 14, COBRA	1:10.39
32	1:04.15	658	POAAAMAR Maximilian Leger, 14, CAMO	-
33	1:04.18	657	ONAGMAR Jeff Byrne, 13, SSMAC	1:09.06
34	1:04.30	654	OSCOCT Malcolm Lavoie, 14, OSC	1:02.18
35	1:04.30	654	PCSCDEEC Jason Althoff, 14, CAMO	-
36	1:04.35	653	ONAGMAR Zachary Hurd, 13, BTSC	-
37	1:04.36	653	ONAGMAR Aaron Donst, 14, HWAC	-
38	1:04.41	652	ONAGMAR Brent Charlton, 14, TAT	-
39	1:04.46	651	ABAGFEB Chris Kratzmann, 14, EKSC	-
40	1:04.57	648	MANITADEC Eric Gendron, 14, BRSA	-
41	1:04.65	646	BCAGMAR Jens Cuthbert, 14, PDSA	-
42	1:04.70	645	ONAGMAR Kyle Palfrey, 13, SCAR	1:10.84
43	1:04.74	644	ONAGMAR Francesco Aqueci, 14, VAC	-
44	1:04.76	644	ONAGMAR Bryn Jones, 14, NEW	-
45	1:04.82	642	POAAAMAR Steven Marcoux, 14, EXCEL	-
46	1:04.94	639	POAAAMAR Samuel Chartrand, 13, ELITE	1:14.15
47	1:05.06	637	ONAGMAR Zac Andrew, 14, COBRA	-
48	1:05.15	635	BCAGMAR Norman Ng, 14, HYACK	1:14.28
49	1:05.16	634	YOUTHDEC Matthew Sy, 14, CREST	-
50	1:05.21	633	MANITADEC Aaron Beck, 14, RYMM	-

## 200 METRES BUTTERFLY

Rec: 2:04.83 Phillip Weiss, SKSC, 94		best 2000		
1	2:15.54	727	ONAGMAR Simon Gabsch, 14, MSSAC-TO	2:29.12
2	2:16.81	713	ONSRNOV Eric Chan, 14, AAC	2:19.00
3	2:17.65	703	BCAGMAR Simon Wing, 14, PSW	2:26.50
4	2:18.25	696	CNSHDEC Matt Hawes, 14, KBM	2:24.81
5	2:18.48	694	ONAGMAR Bryce Tung, 14, TSC	-
6	2:18.71	691	BCAGMAR Jens Cuthbert, 14, PDSA	2:25.57
7	2:18.78	690	BCAGMAR James Monk, 14, PDSA	-
8	2:18.82	690	CNSHDEC Jason Harley, 14, NKB	2:23.81
9	2:18.87	689	ONAGMAR Buddy Green, 14, LUSC	-
10	2:19.02	688	GOLDOCT Malcolm Lavoie, 14, OSC	2:14.56
11	2:19.64	681	MBSKMAR Michael Smela, 14, LASER	2:49.19
12	2:19.79	679	ONAGMAR Nathan Ferguson, 14, EBSC	-
13	2:19.89	678	ONAGMAR Jeff Byrne, 13, SSMAC	-
14	2:20.10	676	KCSDCEC Janco Myrhardt, 14, PSW	2:19.04
15	2:20.31	674	ONAGMAR Zachary Hurd, 13, BTSC	-
16	2:20.47	672	POAAAMAR David Milot, 13, PCSC	2:30.37
17	2:20.58	671	MSSACNOV Brent Evans, 14, CREST	2:24.87
18	2:21.50	661	ONAGMAR Brent Charlton, 14, TAT	-
19	2:21.79	658	YOUTHDEC Marco Monaco, 14, OAK	2:24.16
20	2:22.22	653	ESWIMJAN Colin Ackroyd, 13, SCAR	-
21	2:22.34	652	POAAAMAR Philippe Drolet, 14, SAMAK	-
22	2:22.46	650	POAAAMAR Octavian Petre, 14, CAMO	-
23	2:22.86	646	POAAAMAR Phillip Brassard-G, 14, DDO	-
24	2:22.89	646	POAAAMAR Maximilian Leger, 14, CAMO	-
25	2:23.01	645	ONAGMAR Michael Livings, 14, BRANT	-
26	2:23.15	643	MBSKMAR Alexander Love, 13, ROD	-
27	2:23.60	638	ONAGMAR Jonathan Pilon, 13, HOST	-
28	2:23.70	637	ONAGMAR Mehmet Dinc, 14, COBRA	2:40.50
29	2:23.84	636	BCSRFEB Norman Ng, 14, HYACK	2:29.42
30	2:24.08	633	KCSDCEC Chris Kratzmann, 14, EKSC	2:27.48
31	2:24.25	632	EXCELDEC Nicolas Murray, 14, DYNAM	2:25.01
32	2:24.49	629	MANITADEC Adam Abdulla, 14, ROD	-
33	2:24.76	626	ABAGFEB Justin Allen, 13, EKSC	-
34	2:25.05	623	POAAAMAR Felix Renaud, 13, CNB	2:39.14
35	2:25.25	621	BCSRFEB Kris Yap-Chung, 13, HYACK	2:31.49
36	2:25.30	620	ONAGMAR Francesco Aqueci, 14, VAC	-
37	2:25.35	620	POAAAMAR Matthew Ledoumeau, 14, ELITE	-
38	2:25.73	616	ONAGMAR Daniel Conron, 13, SCAR	-
39	2:25.73	616	ONAGMAR Kyle Palfrey, 13, SCAR	2:35.97
40	2:25.83	615	MBSKMAR Derek Richter, 14, ROD	-
41	2:25.85	615	BCAGMAR Leonard Ho, 13, HYACK	2:37.71
42	2:26.14	612	ONAGMAR Scott VanDoornmal, 13, GMAC	2:30.19
43	2:26.27	611	BCAGMAR Edward Quinlan, 14, PDSA	-
44	2:26.84	605	POAAAMAR Etienne Lavallee, 13, EXCEL	2:46.63
45	2:26.94	604	CNSHDEC Francis Pelland, 14, AAC	2:27.62
46	2:27.34	600	MANITADEC Chris Jones, 14, MANTA	-
47	2:27.40	600	MANITADEC Kyle Sorrenti, 14, BRSA	-
48	2:27.63	597	ONAGMAR Julian Cino, 14, HWAC	-
49	2:28.64	588	ABAGFEB Tyson Larone, 13, EKSC	2:41.83
50	2:28.77	586	NYACFEB Misha Vujaklija, 14, NYAC	-

## 200 METRES IND. MEDLEY

Rec: 2:05.94 Tobias Oriwol, ESWIM, 0		best 2000		
1	2:12.71	795	TORJAN Marco Monaco, 14, OAK	2:16.99
2	2:16.41	751	MBSKMAR Michael Smela, 14, LASER	2:29.35
3	2:17.20	742	KCSDCEC Ryan Chiew, 14, HYACK	2:20.07
4	2:17.36	740	ONAGMAR Alex Olsen, 14, SCAR	2:32.41
5	2:17.46	739	ONAGMAR Justin Bronson, 14, OSHAC	-
6	2:18.12	732	POAAAMAR Marc Laliberte, 14, UL	-
7	2:18.50	727	BCAGMAR Justin Pommerville, 14, IS	2:18.40
8	2:18.77	724	PCSCDEEC Jason Althoff, 14, CAMO	-
9	2:18.79	724	CNSHDEC Matt Hawes, 14, KBM	-
10	2:19.07	721	BCAGMAR Simon Wing, 14, PSW	-
11	2:19.17	720	MBSKMAR Braden O'Neill, 13, OSC	2:25.13
12	2:19.21	719	MBSKMAR Derek Richter, 14, ROD	-
13	2:19.27	719	ONAGMAR Colin Ackroyd, 13, SCAR	-
14	2:19.52	716	KCSDCEC Jesse Lund, 13, EKSC	2:25.83
15	2:19.75	713	POAAAMAR David Provencher-F, 14, GAMIN	-
16	2:20.02	710	MANITADEC Lee Cookson, 14, BRSA	-
17	2:20.02	710	ONAGMAR Kyle Palfrey, 13, SCAR	2:31.59
18	2:20.19	708	ONAGMAR Chris Benito, 13, LAC	2:26.28
19	2:20.19	708	HURONDEC Andrew Bell, 14, CATS	-
20	2:20.20	708	POAAAMAR Philip Brassard-G, 14, DDO	-
21	2:20.27	707	ONAGMAR Brandon Connerly, 13, BRANT	2:27.32
22	2:20.32	707	ONAGMAR Mark Kurtzer, 13, NEW	2:29.34
23	2:20.33	707	ONAGMAR Simon Gabsch, 14, MSSAC-TO	-
24	2:20.54	704	ONAGMAR Bryn Jones, 14, NEW	2:38.21
25	2:21.00	699	HYACKJAN Norman Ng, 14, HYACK	2:37.12
26	2:21.19	697	EYSCNOV Adam Slater, 14, NEW	-
27	2:21.19	697	ONAGMAR Andrej Lener, 14, NKB	-
28	2:21.50	694	BCAGMAR Luke Hoffman, 14, XIS	2:21.94
29	2:21.67	692	MBSKMAR Alexander Love, 13, ROD	2:36.89
30	2:22.16	687	YOUTHDEC Brian Holland, 14, MSSAC-TO	-
31	2:22.33	685	ESWIMJAN Misha Vujaklija, 14, NYAC	-
32	2:22.37	684	ABAGFEB Kyle Sorrenti, 14, GL-BRSA	-
33	2:22.43	684	MBSKMAR Rodale Estor, 13, CASC	2:35.11
34	2:22.52	683	KCSDCEC Jim Tung, 14, HYACK	2:22.46
35	2:22.57	682	ABAGFEB Matt Derochie, 14, KSC-BSRA	-
36	2:22.61	682	ONAGMAR Aaron Donst, 14, HWAC	-
37	2:22.63	681	PCSCDEEC Buddy Green, 14, LUSC	-
38	2:22.71	681	GOLDOCT Malcolm Lavoie, 14, OSC	2:20.92
39	2:22.73	680	CNSHDEC Yuri Tremblay, 14, CNCI	-
40	2:22.88	679	MBSKMAR Pascal Wollach, 13, CASC	2:39.14
41	2:22.88	679	BCAGMAR Richard Alexander, 13, IS	2:32.55
42	2:23.14	676	CNSHDEC Francis Pelland, 14, AAC	-
43	2:23.21	675	NEOROCT Kieran O'Neill, 14, SSMAC	2:19.02
44	2:23.21	675	POAAAMAR Etienne Lavallee, 13, EXCEL	2:27.26
45	2:23.36	674	VACDEC Winston Pui, 14, MAC	-
46	2:23.44	673	TRENTJAN Nathan Ferguson, 14, EBSC	-
47	2:23.51	672	POAAAMAR Wesley Newman, 14, DDO	-
48	2:23.59	671	ONAGMAR Adam Dunn, 14, AAC	-
49	2:23.65	671	WASAFEB Andrew Cheung, 14, WAC	-
50	2:23.87	668	BCAGMAR Jens Cuthbert, 14, PDSA	-

## 400 METRES IND. MEDLEY

Rec: 4:24.89 Tobias Oriwol, ESWIM, 0		best 2000		
1	4:40.07	810	YTHURFEB Marco Monaco, 14, OAK	4:49.54
2	4:46.93	772	YOUTHDEC Simon Gabsch, 14, MSSAC	5:03.22
3	4:49.05	760	POAAAMAR Nicolas Murray, 14, DYNAM	5:00.13
4	4:50.22	754	POAAAMAR Marc Laliberte, 14, UL	-
5	4:51.84	745	MBSKMAR Alexander Love, 13, ROD	5:27.92
6	4:54.15	733	ONAGMAR Chris Benito, 13, LAC	5:09.91
7	4:54.31	732	YOUTHDEC Colin Ackroyd, 13, SCAR	-
8	4:54.34	732	CNSHDEC Matt Hawes, 14, KBM	-
9	4:54.56	731	YOUTHDEC Joe Bajcar, 14, OAK	4:51.59
10	4:54.59	730	BCAGMAR Jens Cuthbert, 14, PDSA	5:08.74
11	4:54.95	729	ONAGMAR Brandon Connerly, 13, BRANT	5:10.08
12	4:55.12	728	CHENAJAN Simon Wing, 14, PSW	5:11.17
13	4:55.29	727	MBSKMAR Michael Smela, 14, LASER	5:19.62
14	4:55.73	724	MBSKMAR Derek Richter, 14, ROD	-
15	4:55.89	724	KCSDCEC Jesse Lund, 13, EKSC	5:16.80
16	4:56.51	720	MBSKMAR Braden O'Neill, 13, OSC	-
17	4:57.04	717	POAAAMAR David Provencher-F, 14, GAMIN	5:00.46
18	4:57.41	716	POAAAMAR Philip Brassard-G, 14, DDO	5:07.88
19	4:57.83	713	MANITADEC Adam Abdulla, 14, ROD	5:11.40
20	4:58.06	712	MANITADEC Lee Cookson, 14, BRSA	-
21	4:58.77	708	BCAGMAR Luke Hoffman, 14, XIS	5:01.44
22	4:58.80	708	YTHURFEB Buddy Green, 14, LUSC	-
23	4:59.29	706	ONAGMAR Alex Olsen, 14, SCAR	5:23.93
24	4:59.47	705	GOLDOCT Malcolm Lavoie, 14, OSC	4:56.99
25	4:59.56	704	ONAGMAR Bryce Tung, 14, TSC	-
26	4:59.91	702	ONAGMAR Simon Bojeson, 14, OAK	-
27	4:59.95	702	ONAGMAR Bryn Jones, 14, NEW	5:35.89
28	5:00.15	701	ONAGMAR Kyle Palfrey, 13, SCAR	5:13.69
29	5:01.73	693	POAAAMAR Wesley Newman, 14, DDO	-
30	5:02.19	691	YOUTHDEC Daniel Goodman, 14, NYAC	-
31	5:02.76	688	ONAGMAR Richard Alexander, 13, IS	5:25.36
32	5:03.28	685	MANITADEC Matt Derochie, 14, BRSA	-
33	5:03.38	685	PCSCDEEC Jason Althoff, 14, CAMO	-
34	5:03.38	685	BCAGMAR Leonard Ho, 13, HYACK	5:20.04
35	5:03.41	684	POAAAMAR Etienne Lavallee, 13, EXCEL	5:15.38
36	5:03.64	683	ONAGMAR Jeff Byrne, 13, SSMAC	-
37	5:04.17	681	KCSDCEC Norman Ng, 14, HYACK	5:30.61
38	5:04.30	680	HYACKJAN Ryan Chiew, 14, HYACK	-
39	5:04.30	680	MBSKMAR Cody Hiltchcock, 14, ROD	-
40	5:04.30	680	POAAAMAR Zachary Glassman, 14, CAMO	-
41	5:04.93	677	CNSHDEC Francis Pelland, 14, AAC	5:06.75
42	5:05.44	674	RAPIDDEC Andrew Wagner, 14, PDSA	-
43	5:05.64	673	MANITADEC Kyle Sorrenti, 14, BRSA	-
44	5:06.04	671	MBSKMAR Pascal Wollach, 13, CASC	5:25.63
45	5:06.17	670	ONAGMAR Graeme Plant, 13, NEW	-
46	5:06.67	668	POAAAMAR Richard Zieba, 13, PCSC	5:29.34
47	5:06.71	668	ONAGMAR Michael Livings, 14, BRANT	-
48	5:06.86	667	POAAAFEB Jean-S. Gagne-Bergeron, 14, RCA	-
49	5:06.95	667	VANISJAN Justin Pommerville, 14, IS	4:56.72
50	5:07.69	663	ONAGMAR Brandon Holden, 13, HWAC	5:24.62

## 4X50 M MEDLEY RELAY

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# 15-17 GIRLS 2001 SHORT COURSE®

## 50 METRES FREESTYLE

Rec: 25.25 Shannon Shakespeare, MM,93			best 2000		
1	25.64	930	YTHURFEB	Laura Pomeroy, 17, OAK-TO	-
2	25.66	929	STOCKJAN	Jenna Gresdal, 16, ESWIM	26.13
3	26.17	900	YTHURFEB	Jennifer Porenta, 15, MMST-TO	26.67
4	26.19	898	EDMONNOV	Jessie Bradshaw, 16, UCSA	26.32
5	26.50	880	POAAMAR	Victoria Poon, 16, CALAC	27.20
6	26.56	877	YOUTHDEC	Jackie Chan, 15, MSSAC-TO	26.94
7	26.56	877	YTHURFEB	Kate Pleyley, 15, OAK-TO	26.96
8	26.67	871	YTHURFEB	Jennifer Beckberger, 15, AAC	27.54
9	26.75	866	MANADEC	Erin Kardash, 15, MM	27.66
10	26.77	865	YTHURFEB	Kristen Lis, 17, ROD	27.36
11	26.80	863	YTHURFEB	Natalie Kieglmann, 17, BTSC	26.61
12	26.81	862	YTHURFEB	Joanna McLean, 17, ESWIM	27.37
13	26.82	862	TMSCNOV	Stephanie Kuhn, 15, TMSC-NWO	27.01
14	26.82	862	KCSDEC	Caillin Meredith, 16, KCS	-
15	26.85	860	YOUTHDEC	Jackie Garay, 16, TSC-TO	27.56
16	26.86	860	MBSKMAR	Diane Kardash, 15, MM	27.57
17	26.89	858	EDMONNOV	Michaela Schmidt, 16, UCSA	27.13
18	26.92	856	CNSHDEC	Angela Catford, 17, NEW	27.24
19	26.94	856	YTHURFEB	Darcie Armstrong, 16, TAT	27.63
20	26.95	854	THSCDEC	Hayley Doody, 15, UCSA	27.59
21	26.95	854	YTHURFEB	Elizabeth Wycliffe, 17, EBSC	27.21
22	26.95	854	ONAGMAR	Andrea Shoust, 15, SSMAC	27.51
23	26.98	853	YTHURFEB	Heather Crowds, 17, AAC	27.20
24	27.02	850	MBSKMAR	Jennifer Toogood, 15, MM	28.15
25	27.04	849	YTHURFEB	Adriana Koc-Spadaro, 17, PDSA	27.16
26	27.04	849	MBSKMAR	Elizabeth Cleven, 16, MM	27.30
27	27.05	849	CNSHDEC	Amanda Gillespie, 15, NKB	27.57
28	27.06	848	KCSDEC	Mila Zvijerac, 15, HYACK	27.26
29	27.07	848	CAMOOCCT	Sarah Gault, 15, SAMAK	26.97
30	27.07	848	YTHURFEB	Kari Pomerleau, 15, DEL	26.99
31	27.18	841	YTHURFEB	Elsa Vangoudeover, 15, BRSA	28.07
32	27.18	841	YTHURFEB	Nichola Matthews, 17, ROW	-
33	27.19	841	YTHURFEB	Maria Breikreutz, 16, EKSC	-
34	27.21	839	RAPIDDEC	Kelsey Leckovic, 16, PDSA	27.45
35	27.23	838	RAPIDDEC	Michelle Landry, 15, PDSA	-
36	27.27	836	CAMOOCCT	Audrey Lacroix, 16, CAMO	27.00
37	27.28	835	POAAMAR	Chanell Charron-W, 16, CNO	-
38	27.29	835	POAAMAR	Marie-P. Blais, 14, MEGO	27.41
39	27.30	834	RAPIDDEC	Francine Ling, 17, DELTA	27.01
40	27.34	832	MANADEC	Ashleigh Thomas, 17, USC	27.72
41	27.34	832	MANADEC	Megan Demchuk, 16, ROD	27.39
42	27.34	832	THSCDEC	Laura Grant, 16, UCSA	27.72
43	27.40	829	GOLDOCT	Elizabeth Collins, 17, ROD	27.58
44	27.40	829	YTHURFEB	Elaine Chatel de R., 15, CAMO	-
45	27.41	828	ONAGMAR	Frances Stephenson, 16, NYAC	-
46	27.42	827	YTHURFEB	Elyse Gibson, 16, EAST	27.75
47	27.45	826	YTHURFEB	Laura Coleman, 17, EDSON	-
48	27.47	825	ONAGMAR	Chandra Engs, 16, CAJ	27.50
49	27.49	823	KCSDEC	Amber Dykes, 17, HYACK	27.73
50	27.52	822	RAPIDDEC	Christine Chard, 16, WVOSC	27.91

## 100 METRES FREESTYLE

Rec: 54.75 Shannon Shakespeare, MM,94			best 2000		
1	56.20	916	YTHURFEB	Jenna Gresdal, 16, ESWIM	56.15
2	56.38	911	YTHURFEB	Laura Pomeroy, 17, OAK-TO	59.13
3	56.97	895	YTHURFEB	Jennifer Porenta, 15, MMST-TO	58.34
4	57.10	891	YTHURFEB	Marieeve De Blois, 17, PPO	58.22
5	57.34	885	YTHURFEB	Elizabeth Wycliffe, 17, EBSC	58.52
6	57.52	880	YTHURFEB	Erin Kardash, 15, MM	59.35
7	57.56	879	THSCDEC	Jessie Bradshaw, 16, UCSA	57.39
8	57.80	873	YOUTHDEC	Jackie Chan, 15, MSSAC-TO	58.08
9	58.04	866	YTHURFEB	Hayley Doody, 15, UCSA	58.94
10	58.08	865	TRENTJAN	Amanda Gillespie, 15, NKB	1:00.55
11	58.11	864	YTHURFEB	Victoria Poon, 16, CALAC	58.91
12	58.11	864	YTHURFEB	Jennifer Beckberger, 15, AAC	1:01.07
13	58.16	863	EDMONNOV	Elizabeth Collins, 17, ROD	58.41
14	58.20	862	BCSRFB	Adriana Koc-Spadaro, 17, PDSA	58.20
15	58.24	861	YOUTHDEC	Jackie Garay, 16, TSC-TO	-
16	58.25	861	MANADEC	Annamay Piers, 16, EKSC-SE	-
17	58.25	861	YOUTHDEC	Monica Wejman, 15, ESWIM	58.66
18	58.25	861	PCSCDEC	Stephanie Kuhn, 15, TMSC-NWO	59.29
19	58.38	857	YTHURFEB	Katherine Teller, 16, ESWIM	-
20	58.42	856	ONSRNOV	Kate Pleyley, 15, OAK-TO	57.95
21	58.46	855	POAAMAR	Chanell Charron-W, 16, CNO	59.01
22	58.49	854	YTHURFEB	Diane Kardash, 15, MM	1:01.03
23	58.51	854	EDMONNOV	Audrey Lacroix, 17, CAMO	57.61
24	58.52	853	YTHURFEB	Darcie Armstrong, 16, TAT	-
25	58.54	853	ONAGMAR	Rosie Meade, 16, BOSCS	-
26	58.57	852	THSCDEC	Laura Grant, 16, UCSA	-
27	58.60	851	YTHURFEB	Nichola Matthews, 17, ROW	-
28	58.64	850	KCSDEC	Caillin Meredith, 16, KCS	-
29	58.72	848	YTHURFEB	Natalie Kieglmann, 17, BTSC	57.28
30	58.75	847	BCAGMAR	Francine Ling, 17, DELTA	58.49
31	58.83	845	YOUTHDEC	Chandra Engs, 16, CAJ	59.34
32	58.83	845	YTHURFEB	Elizabeth Am, 16, EKSC	58.73
33	58.83	845	YTHURFEB	Megan Demchuk, 17, ROD	58.62
34	58.89	844	YTHURFEB	Angela Catford, 17, NEW	59.58
35	58.96	842	YTHURFEB	Joanna McLean, 17, ESWIM	59.40
36	59.00	841	YTHURFEB	Maria Breikreutz, 16, EKSC	-
37	59.02	840	ONAGMAR	Frances Stephenson, 16, NYAC	-
38	59.03	840	PCSCDEC	Isabelle Asch-Coallier, 17, CAMO	59.88
39	59.04	840	YTHURFEB	Amber Dykes, 17, HYACK	59.02
40	59.06	839	BCAGMAR	Courtenay Chuy, 15, HYACK	58.92
41	59.08	839	BCSRFB	Kelsey Leckovic, 16, PDSA	59.27
42	59.10	838	ONSRNOV	Michaela Schmidt, 17, UCSA	58.60
43	59.16	837	YTHURFEB	Elsa Vangoudeover, 15, BRSA	1:01.26
44	59.17	836	YTHURFEB	Mira Chandler, 16, HYACK	-
45	59.21	835	KCSDEC	Mila Zvijerac, 15, HYACK	1:00.21
46	59.23	835	YTHURFEB	Nichola Matthews, 17, ROW	-
47	59.33	832	YTHURFEB	Lauren Dorrance, 15, USC	-
48	59.34	832	BRANTNOV	Jessica Vinton, 15, BRANT	59.22
49	59.35	832	YOUTHDEC	Nancy Gajos, 16, ESWIM	59.81
50	59.40	830	YTHURFEB	Andrea Baird, 15, RDCSC	59.64

## 200 METRES FREESTYLE

Rec: 1:58.28 Patricia Noall, CNMN,88			best 2000		
1	2:01.92	922	YTHURFEB	Elizabeth Wycliffe, 17, EBSC	2:03.53
2	2:02.81	911	STOCKJAN	Jenna Gresdal, 16, ESWIM	2:02.91
3	2:03.10	908	THSCDEC	Hayley Doody, 15, UCSA	2:05.76
4	2:03.19	907	THSCDEC	Jessie Bradshaw, 16, UCSA	2:03.87
5	2:03.30	905	THSCDEC	Michelle Landry, 15, PDSA	2:05.53
6	2:03.47	903	ONAGMAR	Rosie Meade, 16, BOSCS	2:08.20
7	2:03.76	900	YTHURFEB	Marieeve De Blois, 17, PPO	-
8	2:03.86	899	YTHURFEB	Audrey Lacroix, 17, CAMO	2:04.90
9	2:03.89	898	THSCDEC	Meghan Brown, 16, PDSA	2:07.16
10	2:04.45	891	THSCDEC	Deanna Stefanyshyn, 16, PDSA	2:03.17
11	2:04.83	887	YTHURFEB	Danielle Bell, 17, IS	2:03.24
12	2:04.92	886	YTHURFEB	Kristen Bradley, 17, NEW	2:04.63
13	2:04.93	885	YOUTHDEC	Kate Pleyley, 15, OAK-TO	2:05.28
14	2:05.11	883	YTHURFEB	Katherine Teller, 16, ESWIM	2:09.75
15	2:05.31	881	EDMONNOV	Elizabeth Collins, 17, ROD	2:05.85
16	2:05.66	876	YTHURFEB	Erin Kardash, 15, MM	-
17	2:05.81	875	YTHURFEB	Monica Wejman, 16, ESWIM	2:05.61
18	2:05.85	874	YTHURFEB	Aimee Bourassa, 17, NKB	2:06.33
19	2:05.93	873	YOUTHDEC	Chandra Engs, 16, CAJ	2:07.52
20	2:05.94	873	YTHURFEB	Amanda Gillespie, 15, NKB	2:12.16
21	2:06.06	872	YTHURFEB	Cynthia Pearce, 17, MSSAC-TO	2:06.47
22	2:06.23	869	MANADEC	Annamay Piers, 16, EKSC-SE	2:07.61
23	2:06.35	868	KCSDEC	Marla May, 15, KCS	2:08.93
24	2:06.38	868	KCSDEC	Caillin Meredith, 16, KCS	-
25	2:06.68	864	MANADEC	Megan Demchuk, 16, ROD	2:08.62
26	2:06.69	864	RAPIDDEC	Tamee Ebert, 17, PDSA	2:03.49
27	2:06.78	863	PCSCDEC	Isabelle Asch-Coallier, 17, CAMO	-
28	2:06.91	861	POAAMAR	Patricia Perrault, 15, CNCSB	2:08.94
29	2:07.05	859	BCAGMAR	Francine Ling, 17, DELTA	2:07.50
30	2:07.10	859	YOUTHDEC	Jackie Garay, 16, TSC-TO	-
31	2:07.10	859	POAAMAR	Audrey Savard, 16, CNCI	-
32	2:07.22	857	YTHURFEB	Shawna Bothwell, 17, RDCSC	2:07.10
33	2:07.29	857	KCSDEC	Mira Chandler, 16, HYACK	-
34	2:07.31	856	MANADEC	Sara McNally, 16, EKSC	2:08.84
35	2:07.46	854	BCSRFB	Kelsey Leckovic, 16, PDSA	-
36	2:07.49	854	YTHURFEB	Natalie Kieglmann, 17, BTSC	2:08.69
37	2:07.57	853	YTHURFEB	Kahla Walkinshaw, 15, HWAC	2:11.37
38	2:07.63	852	MANADEC	Orlugh O'Kelly, 15, EKSC	2:10.71
39	2:07.77	851	YTHURFEB	Joan Bernier, 16, CNCSB	-
40	2:07.86	850	RAPIDDEC	Allison Laidlow, 16, PDSA	-
41	2:07.93	849	PCSCDEC	Stephanie Kuhn, 15, TMSC-NWO	2:06.96
42	2:08.10	847	MBSKMAR	Alicia Jobs, 17, MANTA	-
43	2:08.13	846	BCAGMAR	Amanda Leslie, 17, RAYS	-
44	2:08.18	846	ISCUPOV	Adriana Koc-Spadaro, 17, PDSA	2:07.40
45	2:08.19	846	MANADEC	Adrienne Ford, 17, LANSER	-
46	2:08.22	845	THSCDEC	Laura Grant, 16, UCSA	-
47	2:08.25	845	ONAGMAR	Frances Stephenson, 16, NYAC	-
48	2:08.39	843	YTHURFEB	Maria Breikreutz, 16, EKSC	-
49	2:08.45	842	ISCUPOV	Amber Dykes, 16, HYACK	2:08.11
50	2:08.47	842	ONAGMAR	Nathalie Lacoste, 15, MSSAC-TO	2:10.50

## 400 METRES FREESTYLE

Rec: 4:07.79 Nikki Dryden, JS,93			best 2000		
1	4:16.94	916	YTHURFEB	Danielle Bell, 17, IS	4:15.75
2	4:18.96	904	YTHURFEB	Audrey Lacroix, 17, CAMO	4:21.26
3	4:19.00	904	ONAGMAR	Rosie Meade, 16, BOSCS	4:36.41
4	4:19.02	904	YTHURFEB	Kristen Bradley, 17, NEW	4:28.08
5	4:19.48	901	YTHURFEB	Katherine Teller, 16, ESWIM	4:26.05
6	4:19.62	900	BCSRFB	Tamee Ebert, 17, PDSA	4:18.54
7	4:19.70	900	THSCDEC	Hayley Doody, 15, UCSA	4:21.83
8	4:19.77	900	THSCDEC	Deanna Stefanyshyn, 16, PDSA	4:18.87
9	4:20.99	892	YTHURFEB	Allison Laidlow, 16, PDSA	4:24.33
10	4:21.62	889	YTHURFEB	Kathy Siuda, 15, ROW	4:24.15
11	4:22.06	886	THSCDEC	Meghan Brown, 16, PDSA	4:24.95
12	4:22.63	883	YTHURFEB	Marieeve De Blois, 17, PPO	-
13	4:22.66	883	YTHURFEB	Joan Bernier, 16, CNCSB	4:24.78
14	4:22.93	881	ONAGMAR	Amanda Gillespie, 15, NKB	-
15	4:22.95	881	PCSCDEC	Julie Babin, 17, ESWIM	4:25.92
16	4:23.05	880	YTHURFEB	Cynthia Pearce, 17, MSSAC-TO	4:22.70
17	4:23.48	878	MANADEC	Sara McNally, 16, EKSC	4:31.24
18	4:24.41	872	KCSDEC	Marla May, 15, KCS	4:31.02
19	4:24.48	872	YOUTHDEC	Kate Pleyley, 15, OAK-TO	4:21.92
20	4:24.61	871	ONAGMAR	Nathalie Lacoste, 15, MSSAC-TO	4:31.76
21	4:24.71	871	YTHURFEB	Aimee Bourassa, 17, NKB	4:34.93
22	4:25.42	866	MBSKMAR	Alicia Jobs, 17, MANTA	4:25.69
23	4:26.04	863	YOUTHDEC	Chandra Engs, 16, CAJ	4:29.39
24	4:26.04	863	YOUTHDEC	Monica Wejman, 15, ESWIM	4:30.09
25	4:26.35	861	YTHURFEB	Emily Carwithen, 16, COMOX	4:24.71
26	4:26.57	860	POAAMAR	Patricia Perrault, 15, CNCSB	4:32.85
27	4:26.61	860	ONSRNOV	Elizabeth Wycliffe, 17, EBSC	-
28	4:27.32	855	HYACKJAN	Jennifer Coombs, 17, HYACK	4:23.52
29	4:27.74	853	YTHURFEB	Shawna Bothwell, 17, RDCSC	4:30.63
30	4:27.97	852	ONAGMAR	Danielle Belland, 16, GO	4:23.25



# 15-17 GIRLS CONTD.

## 200 METRES BACKSTROKE

Rec: 2:08.06 Kelly Stefanyshyn, PDSA 99			best 2000	
1	2:09.47	969	YTHURFEB Elizabeth Wycliffe, 17, EBSC	2:12.17
2	2:09.63	967	EDMONNOV Jennifer Fratesi, 16, ROW	2:13.49
3	2:14.29	915	YTHURFEB Amanda Gillespie, 15, NKB	2:26.52
4	2:14.31	914	YTHURFEB Jenna Gresdal, 16, ESWM	2:17.78
5	2:15.08	906	YTHURFEB Katherine Telfer, 16, ESWM	2:20.20
6	2:15.17	905	THSCDEC Allison Laidlow, 16, PDSA	2:18.14
7	2:16.20	893	YTHURFEB Sheena Martin, 15, ROW	2:21.45
8	2:16.41	891	KCSDCEC Caitlin Meredith, 16, KCS	2:19.09
9	2:17.54	878	YTHURFEB Amy Jacina, 16, GMAC	2:15.79
10	2:17.70	876	BCSRFEB Hania Kubas, 15, EKSC	2:25.51
11	2:17.74	876	YTHURFEB Shama Bothwell, 17, RDSCC	2:20.94
12	2:18.41	869	THSCDEC Lynette Bayliss, 15, UCSA	2:19.26
13	2:18.53	867	BRANTNOV Jennifer Esford, 16, ROW	2:16.98
14	2:18.70	865	ONAGMAR Andrea Shoust, 15, SSMAC	2:19.77
15	2:18.72	865	YTHURFEB Anna Szalarski, 16, BROCK	2:19.48
16	2:18.80	864	BCAGMAR Amanda Leslie, 17, RAYS	2:18.60
17	2:19.20	860	YTHURFEB Lauren Bray, 16, ESWM	2:23.21
18	2:19.08	852	YTHURFEB Marcia Bryon, 17, USC	-
19	2:20.07	850	EDMONNOV Chanelle Charron, 16, CAG	-
20	2:20.09	850	CNIMNJAN Andree-A. Ouellet, 15, CNHR	-
21	2:20.10	850	YTHURFEB Andrea Roberts, 16, TCSC	-
22	2:20.12	849	YTHURFEB Kathy Siuda, 15, ROW	2:17.67
23	2:20.18	849	MSSACNOV Julie Babin, 17, ESWM	2:21.48
24	2:20.22	848	YTHURFEB Andrea Szezechuk, 17, ESWM	2:19.16
25	2:20.28	848	POAAMAR Victoria Poon, 16, CALAC	-
26	2:20.53	845	ONAGMAR Stephanie Fennell, 16, ESWM	-
27	2:20.61	844	POAAMAR Julia Guay-Racine, 15, CAMO	2:22.63
28	2:20.64	844	THSCDEC Hayley Doody, 15, UCSA	2:24.33
29	2:20.98	840	RAPIDDEC Michelle Landry, 15, PDSA	2:20.16
30	2:21.16	838	YTHURFEB Chaneil Charron-W., 16, CNO	2:18.27
31	2:21.29	837	MANTADEC Adrienne Ford, 17, LASER	2:19.31
32	2:21.35	836	RAPIDDEC Deanna Stefanyshyn, 16, PDSA	-
33	2:21.67	832	GOLDOCT Elizabeth Collins, 17, ROD	2:21.79
34	2:21.77	831	YTHURFEB Mireille Amyot, 17, RAY	-
35	2:21.81	831	ONAGMAR Maya Ziolkowski, 16, YORK	2:20.42
36	2:22.10	828	ONAGMAR Elizabeth Ostrer, 15, NKB	-
37	2:22.12	827	KCSDCEC Lesley Emter, 15, LL	2:23.88
38	2:22.18	827	YTHURFEB Diane Kardash, 15, MM	2:27.05
39	2:22.35	825	MANTADEC Tracy Ross, 17, EKSC	-
40	2:22.36	825	MBSKMAR Cindy Jobse, 15, MANTA	2:28.51
41	2:22.49	823	ONSRNOV Randi Beauville, 15, MSSAC-TO	2:21.45
42	2:22.52	823	POAAMAR Catherine Lemieux, 16, UL	2:23.93
43	2:22.55	823	YTHURFEB Amber Dykes, 17, HYACK	-
44	2:22.66	821	ONSRNOV Ashleigh Thomas, 17, USC	2:22.08
45	2:22.69	821	NYACFEB Kristen Bradley, 17, NEW	2:17.87
46	2:22.74	821	BRANTNOV Kate Pyley, 15, OAK-TO	2:25.10
47	2:22.92	819	YOUTHDEC Jackie Gary, 16, TSC-TO	-
48	2:23.00	818	ONSRNOV Michelle Zambrini, 16, WD	-
49	2:23.06	817	YOUTHDEC Jackie Chan, 15, MSSAC-TO	-
50	2:23.08	817	RAPIDDEC Jennifer Coombs, 17, HYACK	-

## 100 METRES BREASTSTROKE

Rec: 1:07.96 Tara Sloan, UCSC 97			best 2000	
1	1:10.79	901	EDMONNOV Annamay Pierce, 16, EKSC-SE	1:12.47
2	1:10.85	899	EDMONNOV Marcy Edgecombe, 16, EKSC	1:12.18
3	1:11.92	876	YOUTHDEC Laura Pomeroy, 16, OAK-TO	-
4	1:12.38	867	YTHURFEB Kristen Bradley, 17, NEW	1:13.00
5	1:12.39	866	EDMONNOV Tamara Wagner, 15, ROW	1:11.23
6	1:12.52	864	BCAGMAR Christine Babin, 15, KSCS	1:15.57
7	1:12.57	862	BCAGMAR Courtney Chuy, 15, HYACK	1:12.20
8	1:12.65	861	EDMONNOV Christy Anderson, 17, STARS	1:12.89
9	1:12.65	861	THSCDEC Meagan Sinclair, 16, UCSA	1:14.03
10	1:12.70	860	YTHURFEB Heather Bell, 17, BTSC	1:15.51
11	1:12.86	856	TORJAN Joanna Lee, 16, MSSAC-TO	1:12.27
12	1:12.98	854	YOUTHDEC Renee Hober, 15, ROW	1:16.05
13	1:13.24	848	EDMONNOV Emma Spooner, 17, UCSA-UC	1:13.74
14	1:13.27	848	TORJAN Shannon Kryhul, 15, ROW	1:15.15
15	1:13.37	845	POAAMAR Sarah Gault, 15, DDO	1:18.31
16	1:13.40	845	ONAGMAR Kim Bacon, 16, COBRA	1:14.63
17	1:13.50	843	EXCELDEC Barbara Poutre, 17, UL	1:13.92
18	1:13.54	842	RAPIDDEC Michelle Landry, 15, PDSA	-
19	1:13.54	842	YTHURFEB Ariane Kich, 17, GMAC	1:13.06
20	1:13.59	841	EDMONNOV Meghan Demchuk, 16, ROD	1:16.16
21	1:13.62	840	KCSDCEC Mila Zvirjacz, 15, HYACK	1:13.76
22	1:13.74	838	BCSRFEB Megan Allen, 16, PN	1:17.00
23	1:13.88	835	EDMONNOV Kathleen Stody, 17, SFU	1:15.78
24	1:13.95	833	YTHURFEB Elizabeth Ostrer, 15, NKB	1:14.96
25	1:14.11	830	KCSDCEC Mitra Chandler, 16, HYACK	1:15.63
26	1:14.11	830	CNSHDEC Courtney Desjardins, 16, STARS	1:17.39
27	1:14.11	830	ONAGMAR Carly Cermak, 16, CAJ	1:16.16
28	1:14.24	827	MBSKMAR Allison Birkett, 17, MJKFF	-
29	1:14.25	827	TRENTJAN Jacquelyn Craft, 15, TRENT	-
30	1:14.45	823	EXCELDEC Annie Lizotte, 17, CNCB	1:14.45
31	1:14.45	823	YTHURFEB Julie Marcotte, 17, CSO	1:14.32
32	1:14.50	821	KCSDCEC Norah Vogan, 16, GPP	1:13.69
33	1:14.50	821	ONAGMAR Chandra Eng, 16, CAJ	1:16.27
34	1:14.56	820	BRANTNOV Trisha Lakatos, 17, PCSC	1:12.53
35	1:14.69	817	MBSKMAR Shannon Frey, 16, KSC-BSRA	-
36	1:14.71	817	YTHURFEB Kimberley Hirsch, 15, STSC	1:14.43
37	1:14.74	816	YTHURFEB Danielle Gervais, 16, NKB	1:16.85
38	1:14.79	815	BCAGMAR Francine Ling, 17, DELTA	1:13.57
39	1:14.85	814	ONAGMAR Natasha Iacobucci, 16, COBRA	-
40	1:14.87	814	PCSDCEC Marieve De Blois, 16, PPO	1:12.64
41	1:15.25	806	POAAMAR Michelle Dufour, 15, UL	-
42	1:15.25	806	BCAGMAR Christina Chan, 15, PDSA	-
43	1:15.50	801	POAAMAR Joan Darsigny, 15, CNSH	1:16.52
44	1:15.59	799	BCAGMAR Mia Baumeister, 16, HYACK	1:14.55
45	1:15.69	797	YTHURFEB Katy Perry, 17, TSC-TO	-
46	1:15.71	796	METROJAN Stephanie Cross, 15, SWAT	-
47	1:15.71	796	YTHURFEB Kristen Lis, 18, ROD	1:14.44
48	1:15.80	794	PCSDCEC Heather Chance, 15, PCSC	1:17.23
49	1:15.80	794	YTHURFEB Jennifer Beckberger, 15, AAC	-
50	1:15.80	794	YTHURFEB Sybil De Jonge, 15, CYPs	1:18.15

## 200 METRES BREASTSTROKE

Rec: 2:27.08 Anne Ottenbrite, AAC 84			best 2000	
1	2:29.11	930	MANTADEC Annamay Pierce, 16, EKSC-SE	2:34.59
2	2:32.28	898	THSCDEC Meagan Sinclair, 16, UCSA	2:37.36
3	2:32.42	896	MANTADEC Marcy Edgecombe, 16, EKSC	2:35.01
4	2:33.68	884	YTHURFEB Kristen Bradley, 17, NEW	2:35.07
5	2:33.96	881	YTHURFEB Manieue De Blois, 17, PPO	2:34.23
6	2:35.11	870	YTHURFEB Heather Bell, 17, BTSC	2:36.67
7	2:35.33	867	YTHURFEB Genevieve Dack, 15, TBT-NWO	2:41.08
8	2:35.68	864	BCAGMAR Courtney Chuy, 15, HYACK	2:32.66
9	2:36.25	858	YTHURFEB Shannon Kryhul, 15, ROW	2:39.26
10	2:36.43	857	YOUTHDEC Joanna Lee, 16, MSSAC-TO	2:35.54
11	2:36.85	852	ONSRNOV Tamara Wagner, 15, ROW	2:32.93
12	2:36.97	851	ONSRNOV Emma Spooner, 17, UCSA-UC	2:37.24
13	2:36.99	851	YTHURFEB Mitra Chandler, 16, HYACK	2:42.47
14	2:37.79	843	YTHURFEB Ariane Kich, 17, GMAC	2:38.51
15	2:37.91	842	PCSDCEC Genevieve Frappier, 17, CAMO	2:39.25
16	2:38.02	841	ONAGMAR Elizabeth Ostrer, 15, NKB	2:40.36
17	2:38.13	840	YOUTHDEC Renee Hober, 15, ROW	2:43.91
18	2:38.29	838	BCSRFEB Megan Allen, 16, PN	-
19	2:38.74	834	BRANTNOV Trisha Lakatos, 17, PCSC	2:43.91
20	2:39.05	831	YTHURFEB Julie Marcotte, 17, CSO	2:38.48
21	2:39.23	829	BCAGMAR Christine Barton, 15, VKSC	2:41.80
22	2:39.73	824	YTHURFEB Stephanie Cross, 15, SWAT	-
23	2:39.88	822	MBSKMAR Shannon Frey, 16, KSC-BSRA	-
24	2:40.08	820	YTHURFEB Danielle Gervais, 16, NKB	2:43.47
25	2:40.21	819	YTHURFEB Barbara Poutre, 17, UL	2:41.12
26	2:40.52	816	POAAMAR Michelle Dufour, 15, UL	-
27	2:40.58	816	MBSKMAR Alicia Jobse, 17, MANTA	2:37.42
28	2:40.59	815	EDMONNOV Kathleen Stody, 17, SFU	2:38.86
29	2:40.61	815	EDMONNOV Norah Vogan, 16, GPP	2:38.10
30	2:40.61	815	YTHURFEB Sybil De Jonge, 15, CYPs	2:45.20
31	2:40.89	813	YTHURFEB Alex Lizotte-Miller, 16, PDSA	2:41.07
32	2:41.03	811	EDMONNOV Christy Anderson, 17, STARS	2:34.40
33	2:41.12	810	BCAGMAR Mia Baumeister, 16, HYACK	2:43.05
34	2:41.19	810	POAAMAR Heather Chance, 16, PCSC	2:44.85
35	2:41.24	809	TORJAN Kathy Siuda, 15, ROW	2:43.82
36	2:41.37	808	ONAGMAR Lauren Dorrington, 15, USC	2:49.91
37	2:41.42	807	THSCDEC Leah Schaab, 16, UCSA	2:41.45
38	2:41.68	805	CNSHDEC Courtney Desjardins, 16, STARS	-
39	2:41.68	805	BCAGMAR Francine Ling, 17, DELTA	2:42.11
40	2:41.75	804	MANTADEC Meghan Demchuk, 16, ROD	2:46.30
41	2:41.75	804	ONAGMAR Kim Bacon, 16, COBRA	2:40.16
42	2:41.77	804	POAAMAR Alex Lachance-F., 15, UL	2:43.37
43	2:41.78	804	YTHURFEB Isabelle Aschac-Coallier, 17, CAMO	2:46.32
44	2:41.96	802	YTHURFEB Kimberley Hirsch, 15, STSC	2:43.55
45	2:42.16	800	MBSKMAR Allison Birkett, 17, MJKFF	-
46	2:42.32	799	YOUTHDEC Carly Cermak, 15, CAJ	2:42.25
47	2:42.39	798	POAAMAR Sarah Gault, 15, DDO	-
48	2:43.03	792	RAPIDDEC Jenny Lock, 15, COMOX	2:48.18
49	2:43.04	792	YTHURFEB Jennifer Coombs, 17, HYACK	-
50	2:43.63	786	ONAGMAR Yohanna Prajogo, 15, COBRA	-

## 100 METRES BUTTERFLY

Rec: 1:00.45 Kristin Topham, EPS 91			best 2000	
1	1:00.45	932	EDMONNOV Jennifer Fratesi, 16, ROW	1:02.31
2	1:01.09	916	EDMONNOV Audrey Lacroix, 17, CAMO	1:01.18
3	1:02.18	889	EDMONNOV Michaela Schmidt, 16, UCSA	1:02.51
4	1:02.24	888	EDMONNOV Elizabeth Collins, 17, ROD	1:03.10
5	1:02.69	877	THSCDEC Jessie Bradshaw, 16, UCSA	1:02.77
6	1:03.44	858	YTHURFEB Darcie Armstrong, 16, TAT	1:05.96
7	1:03.49	857	YTHURFEB Elizabeth Wycliffe, 17, EBSC	-
8	1:03.61	854	EDMONNOV Michelle Landry, 15, PDSA	1:03.28
9	1:03.70	852	YTHURFEB Nancy Gajos, 16, ESWM	1:03.28
10	1:03.71	852	EDMONNOV Meghan Brown, 16, PDSA	1:04.51
11	1:03.83	849	POAAMAR Valerie Tcholkayan, 16, DDO	1:04.79
12	1:04.32	837	THSCDEC Laura Grant, 16, UCSA	1:06.12
13	1:04.42	834	YTHURFEB Jennifer Graf, 17, ROD	1:04.06
14	1:04.44	834	YTHURFEB Kristin Anstey, 16, STSC	1:07.98
15	1:04.79	825	YTHURFEB Terra Welsh, 17, MANTA	-
16	1:04.80	825	TRENTJAN Amanda Gillespie, 15, NKB	1:05.58
17	1:04.83	824	YTHURFEB Isabelle Aschac-Coallier, 17, CAMO	1:04.36
18	1:04.94	822	YTHURFEB Jennifer Poreta, 15, MMST-TO	1:08.34
19	1:04.95	822	POAAMAR Julia Guay-Racine, 15, CAMO	1:04.62
20	1:04.97	821	YTHURFEB Erin Prout, 15, EKSC	1:08.97
21	1:05.00	820	YTHURFEB Tiffany Vincent, 15, BRANT	1:06.26
22	1:05.10	818	ONAGMAR Stephanie Kuhn, 15, TMSC-NWO	1:06.17
23	1:05.12	817	YOUTHDEC Kate Pyley, 15, OAK-TO	1:06.28
24	1:05.13	817	BCAGMAR Francine Ling, 17, DELTA	1:06.04
25	1:05.14	817	EDMONNOV Orleigh O'Kelly, 15, EKSC	1:06.17
26	1:05.19	816	YOUTHDEC Jenna Gresdal, 16, ESWM	1:06.07
27	1:05.21	815	POAAMAR Victoria Poon, 16, CALAC	-
28	1:05.26	814	ONAGMAR Danielle Beland, 16, GO	1:04.29
29	1:05.27	814	POAAMAR Joan Bernier, 16, CNCB	1:08.92
30	1:05.34	812	ONSRNOV Danielle Gudgeon, 17, NYAC	1:06.02
31	1:05.43	810	ONSRNOV Cynthia Pearce, 17, MSSAC-TO	1:03.36
32	1:05.48	809	YTHURFEB Callan Gault, 15, TSC-TO	1:08.02
33	1:05.52	808	ONAGMAR Maya Ziolkowski, 16, YORK	1:06.68
34	1:05.56	807	BCAGMAR Claire Wong, 16, PDSA	1:04.66
35	1:05.59	806	RAYSDEC Kim Burnett, 16, NRST	-
36	1:05.61	806	BRANTNOV Cassie Wu, 16, PCSC	1:06.07
37	1:05.61	806	PCSDCEC Sarah Batosh, 16, SARAC	1:05.78
38	1:05.62	805	YTHURFEB Rocio Flores, 17, PPO	1:05.01
39	1:05.68	804	YTHURFEB Sheena Mills, 17, USC	1:06.15
40	1:05.69	804	PC	

### 400 METRES IND. MEDLEY

Rec: 4:39.32 Nancy Sweetnam,LLSC,91	best 2000
1 4:50.02 908 YTHURFEB Marieve De Blois,17,PPO 4:53.21	
2 4:50.48 906 THSCDEC Michelle Landry,15,PDSA 4:57.26	
3 4:50.64 905 CNSHDEC Kristen Bradley,17,NEW 4:46.69	
4 4:52.86 893 THSCDEC Allison Laidlow,16,PDSA 4:53.71	
5 4:53.90 888 MANTADEC Annamay Pierson,16,EKSC-SE -	
6 4:56.83 873 YTHURFEB Jenna Gresdal,16,ESWIM 4:58.47	
7 4:57.13 871 YTHURFEB Kathy Sluda,15,ROW 4:54.70	
8 4:57.49 869 YTHURFEB Amanda Gillespie,15,NKB 5:04.54	
9 4:57.59 869 THSCDEC Leah Schaab,16,UCSA 5:06.64	
10 4:57.72 868 YTHURFEB Jennifer Coombs,17,HYACK 4:55.85	
11 4:57.77 868 POAAAMAR Joan Bernier,16,CNCB 5:01.61	
12 4:57.87 867 MANTADEC Marcy Edgecombe,16,EKSC 5:10.99	
13 4:57.92 867 ONAGMAR Elizabeth Osterer,15,NKB 5:00.14	
14 4:58.48 864 RAPIDDEC Deanna Stefanyshyn,16,PDSA 5:06.85	
15 4:58.95 862 MANTADEC Meghan Demchuk,16,ROD 5:03.33	
16 4:59.71 858 POAAAMAR Chaneil Charron-W.,16,CNO 4:59.12	
17 4:59.74 858 PCSCDEC Julie Babin,17,ESWIM 5:00.24	
18 5:01.48 847 MANTADEC Terra Welsh,17,MANTA 5:02.74	
19 5:01.51 848 SHEFFJAN Tamee Ebert,17,PDSA 5:05.18	
20 5:01.56 848 PCSCDEC Genevieve Pappier,17,CAMO 4:58.79	
21 5:01.56 848 BCAGMAR Courtney Chuy,15,HYACK 5:13.87	
22 5:01.77 847 ONAGMAR Lauren Beard,16,ESWIM -	
23 5:02.63 843 EOSAFEB Elizabeth Wycliffe,17,EBSC -	
24 5:03.02 841 BCAGMAR Stephanie Nicholls,15,PN 5:15.46	
25 5:03.07 840 OSACFEB Carly Carmak,16,CAJ 5:05.40	
26 5:03.24 839 BRANTNOV Christy Anderson,17,STARS 5:03.11	
27 5:03.49 838 YTHURFEB Norah Vogan,16,GPP 5:17.26	
28 5:03.55 838 YTHURFEB Katherine Teifer,16,ESWIM 5:07.27	
29 5:03.60 838 POAAAMAR Alex Lachance,F,15,UL 5:04.40	
30 5:03.73 837 PCSCDEC Andrea Szwachuk,17,ESWIM 5:06.89	
31 5:03.90 836 POAAAMAR Aurelie Meziere,17,PPO -	
32 5:04.36 834 KCSDEC Amber Dykes,17,HYACK 5:04.10	
33 5:04.62 832 YTHURFEB Marcia Bryon,17,USC 5:03.19	
34 5:04.97 830 YTHURFEB Alicia Jobse,17,MANTA 5:05.85	
35 5:06.06 825 EDMONNOV Chanelle Charron,16,CAG -	
36 5:06.42 823 YTHURFEB Jessica McEellan,16,EAST -	
37 5:06.48 823 ONAGMAR Nicole Lyons,16,STARS -	
38 5:06.55 822 BCAGMAR Ashley Matte,15,PGB 5:15.83	
39 5:06.57 822 ONSRNOV Kate Plyley,15,OKA-TO 5:07.29	
40 5:07.07 820 YTHURFEB Patricia Perreault,15,CNCB 5:16.40	
41 5:07.11 820 YTHURFEB Genevieve Dack,15,TBT-NWO 5:15.51	
42 5:07.65 817 BCSRFEB Emily Carwithen,16,COMOX 5:10.48	
43 5:08.03 815 RAPIDDEC Danielle Bell,17,IS -	
44 5:08.18 814 ONSRNOV Nancy Gajos,16,ESWIM 5:05.39	
45 5:08.28 814 RAPIDDEC Meghan Brown,16,PDSA -	
46 5:08.31 813 YTHURFEB Heather Chance,16,PCSC 5:12.20	
47 5:08.32 813 ONAGMAR Maya Ziolkowski,16,YORK -	
48 5:08.33 813 BCAGMAR Nicole Schnapp,16,PGB 5:09.41	
49 5:08.95 810 YTHURFEB Shanna Bothwell,17,RDCSC 5:05.76	
50 5:09.25 809 ISCUFNOV Francine Ling,17,DELTA 5:02.66	

### 4X50 M MEDLEY RELAY

Rec: 1:57.44 Mississauga AC,MSSAC,2001	best 2000
1 1:57.44 897 YTHURFEB Mississauga AC,MSSAC -	
2 1:59.16 874 MANTADEC Edmonton Keyano,EKSC -	
3 2:00.22 861 POAAAMAR Dollard Swim Team,DDO -	
4 2:01.50 844 ONAGMAR Nepean Kanata,NKB -	
5 2:01.57 843 YOUTHDEC Oakville AC,OKA -	
6 2:01.97 838 ONAGMAR Etobicoke Swimming,ESWIM -	
7 2:02.03 837 KCSDEC Hyack Swim Club,HYACK -	
8 2:02.84 827 BCAGMAR Kamloops Classic,KCS -	
9 2:03.16 823 ONSRNOV Cobra Swim Club,COBRA -	
10 2:03.41 820 GOLDOCT Regina Opt.Dolphins,ROD -	
11 2:03.55 818 MBSKMAR Manitoba Marlins,MM -	
12 2:04.07 811 BCAGMAR Pacific Dolphins,PDSA -	
13 2:04.32 808 ONAGMAR Chatham Y,CYPS -	
14 2:04.43 807 POAAAMAR Montreal Aquatique,CAMO -	
15 2:04.59 805 ONAGMAR Cambridge Aquajets,CAJ -	
16 2:04.75 803 PCSCDEC Pointe Claire SC,PCSC -	
17 2:04.85 801 POAAAMAR Univ.Laurel Rouge & Or,UL -	
18 2:05.49 793 ONSRNOV Toronto Swim Club,TSC -	
19 2:05.65 791 POAAAMAR Megophias Trois Rivieres,MEGO -	
20 2:06.48 781 POAAAMAR Samak de Brossard,SAMAK -	
21 2:06.56 780 KCSDEC Cascade Swim Club,CASC -	
22 2:06.67 779 BCAGMAR Points North SC,PN -	
23 2:06.73 778 ONAGMAR North York AC,NYAC -	
24 2:06.75 778 BRANTNOV Tillsonburg AT,TAT -	
25 2:06.80 777 VANISJAN Nanaimo Rip tide,ST,NRST -	
26 2:07.03 774 KCSDEC Silver Tide SC,STSC -	
27 2:07.47 769 DCSCNOV Eastern Alliance,EAST -	
28 2:07.61 767 BCAGMAR Vernon KokaeneSC,WKSC -	
29 2:07.74 765 ONSRNOV Hamilt-Wentworth AC,HWAC -	
30 2:08.07 761 PCSCDEC Glouc-Ottawa Kingfish,GO -	
31 2:08.17 760 ONAGMAR Uxbridge SC,USC -	
32 2:08.51 756 MACJAN Ajax Aquatic Club,AAC -	
33 2:08.61 755 BCAGMAR Ravensong AC,RAC -	
34 2:08.97 750 ONAGMAR Scarborough SC,SCAR -	
35 2:09.09 749 BRANTNOV Brantford AC,BRANT -	
36 2:09.13 748 GOLDOCT Manta Swim Club,MANTA -	
37 2:09.39 745 MBSKMAR Bow River Swim Assoc,BRSA -	
38 2:09.41 745 NBAGJAN Codiac Vikings,CVAC -	
39 2:09.72 741 SHERDEC CN Outaouais,CNO -	
40 2:10.33 734 ONAGMAR Newmarket SC,NEW -	
41 2:10.64 730 MANTADEC Red Deer Catalina SC,RDCSC -	
42 2:10.68 729 HURONDEC Barrie Trojans,BTSC -	
43 2:11.05 725 EOSAFEB Eastern Barracudas,EBSC -	
44 2:11.14 724 EXCELDEC CN Beauport,CNCB -	
45 2:11.17 724 YOUTHDEC Wolfville Tritons,WVTC -	
46 2:11.24 723 POAAAMAR CN Haut-Richelieu,CNHR -	
47 2:11.27 722 BRANTNOV London AC,LAC -	
48 2:11.28 722 EOSAFEB Trenton Dolphins,TD -	
49 2:11.31 722 BRANTNOV Dorado SC,STARS -	
50 2:11.43 720 PCSCDEC Burlington AD,BAD -	

### 4X50 M FREE RELAY

Rec: 1:46.11 Etobicoke Peps,EPS,90	best 2000
1 1:47.29 888 MBSKMAR Manitoba Marlins,MM -	
2 1:47.49 885 YOUTHDEC Etobicoke Swimming,ESWIM -	
3 1:48.14 876 KCSDEC Hyack Swim Club,HYACK -	
4 1:48.86 866 ONAGMAR North York AC,NYAC -	
5 1:48.96 865 ONAGMAR Nepean Kanata,NKB -	
6 1:49.36 859 BCAGMAR Pacific Dolphins,PDSA -	
7 1:49.70 854 YOUTHDEC Mississauga AC,MSSAC -	
8 1:50.02 850 POAAAMAR Dollard Swim Team,DDO -	
9 1:50.06 849 MANTADEC Edmonton Keyano,EKSC -	
10 1:50.41 844 KCSDEC Island Swimming,IS -	
11 1:50.46 843 CASNOV Calgary Swim Assoc,UCSA -	
12 1:50.88 837 MACJAN York Swim Club,YORK -	
13 1:50.95 836 BCAGMAR Kamloops Classic,KCS -	
14 1:51.02 835 ONAGMAR Cambridge Aquajets,CAJ -	
15 1:51.27 832 POAAAMAR Montreal Aquatique,CAMO -	
16 1:51.44 829 ONSRNOV Toronto Swim Club,TSC -	
17 1:51.45 829 ONAGMAR Chatham Y,CYPS -	
18 1:51.66 826 POAAAMAR Pointe Claire SC,PCSC -	
19 1:51.74 825 ONSRNOV Hamilt-Wentworth AC,HWAC -	
20 1:51.86 824 VPSNOV Surrey Knights,SKSC -	
21 1:51.98 822 NBAGJAN Codiac Vikings,CVAC -	
22 1:52.24 818 ONAGMAR Scarborough SC,SCAR -	
23 1:52.27 818 GOLDOCT Regina Opt.Dolphins,ROD -	
24 1:52.29 818 MACJAN Ajax Aquatic Club,AAC -	
25 1:52.46 815 POAAAMAR Megophias Trois Rivieres,MEGO -	
26 1:52.53 814 MANTADEC Bow River Swim Assoc,BRSA -	
27 1:52.53 814 BRANTNOV Oakville AC,OKA -	
28 1:52.66 812 BCAGMAR Duncan Stingrays,RAYS -	
29 1:53.16 805 HURONDEC Barrie Trojans,BTSC -	
30 1:53.42 802 BCAGMAR Ravensong AC,RAC -	
31 1:53.62 799 POAAAMAR Samak de Brossard,SAMAK -	
32 1:53.79 797 EXCELDEC Univ.Laurel Rouge & Or,UL -	
33 1:53.82 796 ONAGMAR Cobra Swim Club,COBRA -	
34 1:53.91 795 NSAGMAR Eastern Alliance,EAST -	
35 1:54.32 789 BRANTNOV Tillsonburg AT,TAT -	
36 1:54.32 789 BRANTNOV Region of Waterloo,ROW -	
37 1:54.49 787 NSAGMAR Wolfville Tritons,WVTC -	
38 1:54.51 787 ONAGMAR Glouc-Ottawa Kingfish,GO -	
39 1:54.54 786 KCSDEC Williams Lake Bluefish,WLBF -	
40 1:54.66 785 MBSKMAR Regina Y Marins,RYMM -	
41 1:54.72 784 MANTADEC Lethbridge AC,LASC -	
42 1:54.75 783 SHERDEC CN Outaouais,CNO -	
43 1:54.75 783 ONAGMAR Uxbridge SC,USC -	
44 1:54.92 781 ISCUFNOV Nanaimo Rip tide,ST,NRST -	
45 1:55.19 777 MANTADEC Red Deer Catalina SC,RDCSC -	
46 1:55.46 774 BCAGMAR Delta Sunpod SC,DELTA -	
47 1:55.48 773 MBSKMAR Cascade Swim Club,CASC -	
48 1:55.50 773 PCSCDEC Timmins Marlins,TMSC-NWO -	
49 1:55.66 771 MBSKMAR Univ of Calgary SC,UJSC -	
50 1:55.82 769 BRANTNOV Brantford AC,BRANT -	

# 15-17 BOYS 2001 SHORT COURSE®

### 50 METRES FREESTYLE

Rec: 22.56 Simon MacDonald,NKB,97	best 2000
1 23.20 879 YOUTHDEC Kurtis Miller,15,SCAR 24.07	
2 23.62 852 THSCDEC Daniel Petrus,17,PDSA 23.77	
3 23.68 848 YTHURFEB Brent Hayden,17,SPART 24.41	
4 23.81 839 YTHURFEB Bill Cocks,17,TRENT 24.56	
5 23.82 838 YTHURFEB Bradley Vanderkam,17,LAC 24.40	
6 23.87 835 YTHURFEB Graeme Tozer,15,UCSA 24.17	
7 23.88 835 YTHURFEB Chris Lukas,17,ESWIM 24.60	
8 23.89 834 YTHURFEB Joe Bartoch,17,LAC 24.30	
9 23.99 827 YTHURFEB Andrew Bignell,17,SSMAC 24.26	
10 24.21 813 ONAGMAR Jamie Del Mastro,16,USC 24.88	
11 24.22 812 POAAAMAR Mark Thauvette,16,PCSC 25.00	
12 24.24 811 YTHURFEB Cedric Sureau-L.,17,PPO 23.97	
13 24.25 810 YTHURFEB Trevor Neufeld,16,CASC -	
14 24.26 810 PCSCDEC Cedric Lavergne,17,PPO -	
15 24.26 810 YTHURFEB Kevin Saganski,17,GOLD 24.21	
16 24.27 809 MANTADEC Devin Phillips,15,EKSC 24.64	
17 24.36 803 SHERDEC Mathieu Aubry,17,CNHR 24.76	
18 24.36 803 YTHURFEB Patrick Dore,17,ESWIM 24.47	
19 24.36 803 POAAAMAR Alex Chartrand,15,ELITE 25.62	
20 24.42 799 YTHURFEB Stefano Caprara,17,VAC 24.42	
21 24.50 794 YTHURFEB Trevor Coulman,16,GOLD -	
22 24.56 790 MSSACNOV Tobias Orivol,15,ESWIM 24.91	
23 24.57 790 BCAGMAR Marc Sze,16,PDSA -	
24 24.58 789 ONAGMAR Steven Medaglia,16,NKB -	
25 24.61 787 YTHURFEB Olivier Mathieu,17,HIPPO -	
26 24.63 786 YTHURFEB A.J. Bakker,17,BOSC 24.91	
27 24.64 785 YTHURFEB J.D. O'Connell,17,LASC 24.81	
28 24.65 785 BCAGMAR Brian Verigin,17,PGB 24.09	
29 24.67 783 YOUTHDEC Koji Takahashi,16,ESWIM -	
30 24.68 783 YTHURFEB Ian MacLeod,17,ESWIM 24.96	
31 24.70 781 YTHURFEB Jian-Lok Chang,15,EKSC 25.89	
32 24.70 781 YTHURFEB Nathan Chang,15,SCAR 25.59	
33 24.70 781 ONAGMAR Oleg Chernukhin,16,NYAC -	
34 24.72 780 ONAGMAR Phillip Levert,16,NKB 24.93	
35 24.73 779 RIONOV Chad Thomsen,17,EKSC-SE 24.98	
36 24.73 779 MBSKMAR Ben Johnson,16,MM -	
37 24.75 778 MANTADEC Cameron Murphy,17,UMAN -	
38 24.75 778 YTHURFEB Matthew Terauds,17,WTSC -	
39 24.76 778 ONSRNOV Jonathan Gray,17,HWAC -	
40 24.76 778 YTHURFEB Nicholas Smith,16,GLSC -	
41 24.76 778 ONAGMAR Robert McDow,16,RHAC 25.25	
42 24.79 776 BCAGMAR Mark Chiew,16,HYACK -	
43 24.81 774 YTHURFEB Tim Sherstobitoff,16,KAJ -	
44 24.82 774 METROJAN Jim Mowbray,15,SJL -	
45 24.85 772 MANTADEC Andrew McGillivray,17,MANTA 24.84	
46 24.88 770 ONSRNOV Keith Beavers,17,STARS -	
47 24.88 770 POAAAMAR Sean Zunini,16,CAMO -	
48 24.90 769 MANTADEC Jeff Cormack,17,BRSA -	
49 24.90 769 YTHURFEB Chris Kula,17,CAJ -	
50 24.91 768 CNSHDEC Eric Chan,16,AAC 26.12	

### 100 METRES FREESTYLE

Rec: 49.84 Yannick Lupien,GO,97	best 2000
1 51.10 879 YTHURFEB Kurtis Miller,15,SCAR 53.05	
2 51.25 874 YTHURFEB Brent Hayden,17,SPART 52.11	
3 51.53 866 YTHURFEB Joe Bartoch,17,LAC -	
4 51.69 861 YTHURFEB Graeme Tozer,15,UCSA 51.93	
5 51.77 858 TRENTJAN Bill Cocks,16,TRENT 52.71	
6 51.80 858 THSCDEC Daniel Petrus,17,PDSA 51.53	
7 52.05 850 YTHURFEB Devin Phillips,15,EKSC 53.32	
8 52.07 849 MANTADEC Bradley Vanderkam,17,LAC 53.38	
9 52.67 832 YOUTHDEC Tobias Orivol,15,ESWIM 53.24	
10 52.67 832 YTHURFEB Trevor Neufeld,16,CASC -	
11 52.67 832 YTHURFEB Chris Lukas,17,ESWIM 54.55	
12 52.75 829 YTHURFEB Trevor Coulman,16,GOLD 1:00.96	
13 52.78 828 POAAAMAR Mark Thauvette,16,PCSC 54.03	
14 52.83 827 YTHURFEB A.J. Bakker,17,BOSC -	
15 52.84 827 CNSHDEC Robert McDow,16,RHAC 54.26	
16 52.86 826 YTHURFEB Nicolas Guilloite,17,CAMO 52.42	
17 52.92 824 YTHURFEB Andrew Bignell,17,SSMAC 52.92	
18 52.98 822 YTHURFEB Jamie Del Mastro,16,USC 54.45	
19 53.04 821 YTHURFEB Stefano Caprara,17,VAC 53.23	
20 53.22 815 YTHURFEB Brian Verigin,17,PGB 53.32	
21 53.23 815 YTHURFEB Darryl Rudolf,16,PDSA -	
22 53.31 813 EDMONNOV Andrew Coupland,17,GO 51.96	
23 53.33 812 YTHURFEB Marcus Greenshields,15,RDCSC 56.68	
24 53.42 809 CNSHDEC Kevin Laflamme,15,RCA 55.05	
25 53.43 809 YTHURFEB Cedric Sureau-L.,17,PPO 52.51	
26 53.46 808 YTHURFEB Daniel Emond,18,CNCB 52.36	
27 53.47 808 YOUTHDEC Koji Takahashi,16,ESWIM -	
28 53.51 807 BRANTNOV Scott Dickens,16,BRANT -	
29 53.52 806 KCSDEC Kyle Nartz,17,PN -	
30 53.54 806 BCAGMAR Mark Chiew,16,HYACK -	
31 53.68 802 POAAAMAR Kevin Rioux,16,CAMO 56.30	
32 53.68 802 ONAGMAR Donald Smith,16,COBRA -	
33 53.69 801 MANTADEC Jonathan Long,15,LAC 56.79	
34 53.72 801 SHERDEC Mathieu Aubry,17,CNHR 53.82	
35 53.73 800 MBSKMAR Brent Hankewich,17,GOLD -	
36 53.82 798 ONAGMAR Steven Medaglia,16,NKB -	
37 53.85 797 POAAAMAR Louis-D. Dionne,16,UL -	
38 53.85 797 ONAGMAR Nathan Chang,15,SCAR 56.99	
39 53.86 796 YTHURFEB Ryan Pallett,16,BRANT -	
40 53.96 794 PCSCDEC Cedric Lavergne,17,PPO -	
41 53.96 794 POAAAMAR Alex Chartrand,15,ELITE 56.45	
42 54.02 792 YTHURFEB J.D. O'Connell,17,LASC -	
43 54.13 789 ONSRNOV Matthew Terauds,17,WTSC -	
44 54.13 789 METROJAN Jim Mowbray,15,SJL -	
45 54.13 789 YTHURFEB Marc Sze,15,PDSA 56.83	
46 54.13 789 YTHURFEB Luke Armstrong,16,NKB 54.36	
47 54.20 787 YTHURFEB Alex Tanton,15,NEW 55.18	
48 54.25 785 BROCKNOV Chris Kula,17,CAJ 54.09	
49 54.32 783 RAPIDDEC Brent O'Connor,17,PDSA -	
50 54.41 780 ONAGMAR Phillip Levert,16,NKB -	

### 200 METRES FREESTYLE

Rec: 1:47.83 Alex Baumann,LJSC,81 / Eddie Parenti,NSC,89	best 2000
1 1:51.20 895 YOUTHDEC Tobias Orivol,15,ESWIM 1:55.74	
2 1:51.77 887 YTHURFEB Brent O'Connor,17,PDSA 1:55.47	
3 1:51.93 885 YTHURFEB Brent Hayden,17,SPART 1:54.65	
4 1:52.35 879 USASDEC Andrew Coupland,17,GO 1:52.42	
5 1:52.79 873 PCSCDEC Mark Thauvette,16,PCSC 1:55.92	
6 1:52.98 871 THSCDEC Graeme Tozer,15,UCSA 1:55.77	
7 1:53.45 864 YTHURFEB Devin Phillips,15,EKSC 1:57.21	
8 1:53.63 862 YTHURFEB Chris Kula,17,CAJ 1:58.35	
9 1:54.16 855 YTHURFEB Steven Medaglia,16,NKB 1:57.40	
10 1:54.38 852 PCSCDEC Nicolas Guilloite,17,CAMO 1:53.83	
11 1:54.61 848 YTHURFEB Ian MacLeod,17,ESWIM 1:57.91	
12 1:54.75 847 MBSKMAR Brent Hankewich,17,GOLD 1:58.29	
13 1:54.76 846 PCSCDEC Kevin Rioux,15,CAMO 1:58.66	
14 1:55.45 837 YTHURFEB Douglas McQueen,15,PDSA 2:00.93	
15 1:55.47 837 ONAGMAR Robert McDow,16,RHAC 1:56.64	
16 1:55.62 835 ONAGMAR Roman Margulis,16,NYAC -	
17 1:55.79 832 BRANTNOV Keith Beavers,17,STARS 1:55.37	
18 1:55.84 832 ONAGMAR Michael Brown,16,BERTH -	
19 1:55.98 830 BRANTNOV Scott Dickens,16,PRANT 1:58.83	
20 1:56.02 829 YTHURFEB A.J. Bakker,17,BOSC -	
21 1:56.19 827 RAPIDDEC Darryl Rudolf,16,PDSA -	
22 1:56.20 827 YTHURFEB Bill Cocks,17,TRENT -	
23 1:56.28 826 THSCDEC Craig Gillis,17,UCSA 1:56.90	
24 1:56.46 823 ONAGMAR Donald Smith,16,COBRA -	
25 1:56.55 822 RAPIDDEC Chris Kargi-Simard,16,PDSA 1:58.31	
26 1:56.58 822 MBSKMAR Trevor Coulman,16,GOLD -	
27 1:56.67 821 YTHURFEB Kevin Laflamme,15,RCA 1:59.73	
28 1:56.83 818 PCSCDEC Cedric Lavergne,17,PPO -	
29 1:56.88 818 YTHURFEB Benoit Huot,16,HIPPO -	
30 1:57.03 816 ONSRNOV Kurtis McGillivray,16,ROW 1:58.37	
31 1:57.15 814 POAAAMAR Jonathan Aubry,15,CNB 2:00.59	
32 1:57.16 814 PCSCDEC Olivier Gauthier,16,CAMO 1:58.86	
33 1:57.18 814 ISCUFNOV Daniel Petrus,17,PDSA 1:54.43	
34 1:57.19 814 SHERDEC Mathieu Aubry,17,CNHR 1:58.41	
35 1:57.22 813 CNSHDEC Thierry Barnon,17,SAMAK 1:57.65	
36 1:57.30 812 POAAAMAR Maxime Samson,15,ELITE 2:05.73	
37 1:57.36 811 POAAAMAR Michael Ruggiero,16,CAMO -	
38 1:57.53 809 YTHURFEB Adam Martinson,16,UCSA -	
39 1:57.56 809 ISCUFNOV Jung Hun Choi,15,PDSA -	
40 1:57.57 809 BRANTNOV Devon Ackroyd,17,SCAR 1:56.17	
41 1:57.68 807 MANTADEC Jonathan Long,15,LAC 2:03.71	
42 1:57.75 806 BCAGMAR J.T. Collison,17,WKSC -	
43 1:57.77 806 PCSCDEC Dominic Pelletier,16,UL 1:57.83	
44 1:57.90 804 YOUTHDEC Matt Johnston,16,MSSAC -	
45 1:57.93 804 YTHURFEB Noah Pink,17,EAST -	
46 1:57.94 804 BCAGMAR Richard Taylor,17,RAPID -	
47 1:57	

# 15-17 BOYS CONTD.

## 400 METRES FREESTYLE

Rec:	3:47.27	Brian Johns, RAPID 0	best 2000	
1	3:53.52	977 YTHURFEB	Tobias Oriwol, 15, ESWM	4:08.63
2	3:58.24	807 USASCDC	Andrew Coupland, 17, GO	3:56.28
3	4:00.09	865 PCSDC	Mark Thauvette, 16, PCSC	4:05.71
4	4:01.24	857 ONSRNOV	Keith Beavers, 17, STARS	4:07.64
5	4:01.33	857 YTHURFEB	Steven Medaglia, 16, NKB	4:05.20
6	4:01.38	856 ONSRNOV	Kurtis McGillivray, 16, ROW	4:02.07
7	4:02.01	852 YTHURFEB	Brent O'Connor, 17, PSDA	3:58.60
8	4:02.51	849 YTHURFEB	Kyle Welsh, 16, OAK	4:06.70
9	4:03.30	844 YTHURFEB	Nicolas Guillotte, 17, CAMO	4:01.58
10	4:03.78	840 YTHURFEB	Devin Phillips, 15, EKSC	4:13.00
11	4:03.85	840 YTHURFEB	Graeme Tozer, 15, UCSA	4:08.32
12	4:03.96	840 YTHURFEB	Ian MacLeod, 17, ESWM	4:12.84
13	4:04.10	839 THSCDC	Darryl Rudolf, 16, PSDA	-
14	4:04.21	838 POAAAMAR	Michael Ruggiero, 16, CAMO	-
15	4:04.36	837 YTHURFEB	Brent Hankewich, 17, GOLD	4:08.42
16	4:05.42	820 YOUTHDEC	Matt Johnston, 16, MSSAC	4:11.22
17	4:05.57	839 PCSDC	Michael Brown, 16, PERTH	-
18	4:06.03	827 THSCDC	Douglas McQueen, 15, PSDA	4:13.10
19	4:06.03	827 POAAAMAR	Jonathan Aubry, 15, CNB	4:16.10
20	4:06.53	823 BCAGMAR	J.T. Collison, 17, VKSC	4:09.20
21	4:07.59	817 POAAAMAR	Charles Rodrigue, 15, UL	4:20.86
22	4:07.60	817 ONAGMAR	Jonathan Long, 15, LAC	4:16.89
23	4:07.77	815 POAAAMAR	Dominic Pelletier, 16, UL	4:10.71
24	4:07.78	815 BRANTNOV	Scott Dicksen, 16, BRANT	-
25	4:07.81	815 CIAUFEB	Chris Kargl-Simard, 17, PSDA-UBC	4:11.04
26	4:07.89	815 YTHURFEB	Maxime Samson, 15, ELITE	4:23.97
27	4:08.13	813 YTHURFEB	Benoit Huot, 16, HIPPO	-
28	4:08.42	811 YTHURFEB	Michael McRae, 16, COMOX	-
29	4:08.72	809 YTHURFEB	Joey Kehoe, 16, ESWM	4:11.55
30	4:08.79	809 BCAGMAR	Richard Taylor, 17, RAPID	-
31	4:08.86	809 YTHURFEB	Noah Pink, 17, EAST	-
32	4:09.18	807 CNSHDEC	Robert McI Dow, 16, RHAC	4:07.54
33	4:09.21	806 YTHURFEB	Rylan Kalara, 17, RDCCS	4:08.79
34	4:09.38	805 MANTADEC	Graham Diehl, 17, CWC	-
35	4:09.47	805 MANTADEC	Malcolm Laviole, 15, OSC	4:27.78
36	4:09.50	805 RAPIDDEC	Ken Hamilton, 17, IS	-
37	4:09.87	802 YTHURFEB	Mark Mallary, 16, COBRA	-
38	4:10.09	801 YTHURFEB	Don Nicholson, 17, TSUN	4:12.61
39	4:10.71	797 BCAGMAR	Elliot Rushon, 17, RAPID	-
40	4:11.19	794 HYACKJAN	Mark Chiew, 16, HYACK	-
41	4:11.19	794 POAAAMAR	Kevin Rioux, 16, CAMO	-
42	4:11.25	794 YTHURFEB	Elliot Burger, 17, TRENT	-
43	4:11.46	792 YTHURFEB	Brent Hayden, 17, SPART	4:12.46
44	4:12.14	788 YTHURFEB	Travis Musgrave, 17, COMOX	4:10.45
45	4:12.61	785 YTHURFEB	Jerome Le Siege, 17, LAVAL	4:05.77
46	4:12.62	785 BCSTRFEB	William Walters, 17, PSDA	-
47	4:12.73	784 HYACKJAN	Justin Ho, 16, PSDA	-
48	4:12.92	783 ONAGMAR	Joe Bajcar, 15, OAK	4:12.36
49	4:13.02	782 MBSKMAR	Trevor Coulman, 16, GOLD	-
50	4:13.07	782 ONSRNOV	Bentley Galkis, 17, TSC	-

## 1500 METRES FREESTYLE

Rec:	15:04.14	Michael McWha, WAC 95	best 2000	
1	15:54.39	868 YOUTHDEC	Matt Johnston, 16, MSSAC	16:45.48
2	15:54.46	868 YOUTHDEC	Tobias Oriwol, 15, ESWM	16:30.35
3	15:58.18	862 EDMONNOV	Kurtis McGillivray, 16, ROW	16:00.83
4	15:59.63	859 YTHURFEB	Charles Rodrigue, 15, UL	17:16.70
5	16:03.20	854 YTHURFEB	Brent O'Connor, 17, PSDA	15:57.68
6	16:04.03	852 YTHURFEB	Don Nicholson, 17, TSUN	16:43.58
7	16:08.97	844 MANTADEC	Karim Abdulla, 17, ROD	15:55.18
8	16:11.36	841 YTHURFEB	Maxime Samson, 15, ELITE	-
9	16:12.66	838 MANTADEC	Jonathan Long, 15, LAC	16:44.32
10	16:17.85	830 EDMONNOV	Keith Beavers, 17, STARS	-
11	16:18.72	829 POAAAMAR	Jonathan Aubry, 15, CNB	16:47.97
12	16:18.78	829 YTHURFEB	Kyle Welsh, 16, OAK	16:28.55
13	16:18.98	828 YTHURFEB	J.T. Collison, 17, VKSC	16:18.18
14	16:19.07	828 YTHURFEB	Rylan Kalara, 17, RDCCS	16:22.83
15	16:22.47	823 YTHURFEB	Travis Musgrave, 17, COMOX	16:09.69
16	16:24.08	820 RAPIDDEC	Darryl Rudolf, 16, PSDA	16:47.55
17	16:26.24	817 CNSHDEC	Steven Medaglia, 16, NKB	-
18	16:28.60	813 YTHURFEB	Michael Derban, 16, UCSC	-
19	16:33.34	805 ABSRJAN	Graeme Tozer, 15, UCSA	16:25.21
20	16:34.39	804 BCAGMAR	Richard Taylor, 17, RAPID	16:56.18
21	16:34.78	803 BCAGMAR	Elliot Rushon, 17, RAPID	-
22	16:35.09	803 MBSKMAR	Brent Hankewich, 17, GOLD	-
23	16:36.10	801 ABSRJAN	Malcolm Laviole, 15, OSC	17:55.07
24	16:36.25	801 RAPIDDEC	Douglas McQueen, 15, PSDA	16:57.85
25	16:36.61	800 YTHURFEB	Mark Thauvette, 16, PCSC	16:54.17
26	16:38.83	797 YTHURFEB	Byce McRae, 16, COMOX	-
27	16:40.29	794 MANTADEC	Ryan Atkinson, 15, LAC	16:50.43
28	16:40.98	793 YTHURFEB	William Walters, 17, PSDA	-
29	16:43.66	789 UDSNOV	Simon Gignac, 17, SHER	16:28.80
30	16:44.37	788 ONAGMAR	Gareth Chandler, 15, OAK	-
31	16:47.90	782 YTHURFEB	Andy Andrew, 17, WVOSC	16:26.72
32	16:49.04	781 YOUTHDEC	Joey Kehoe, 16, ESWM	16:42.92
33	16:49.37	780 YTHURFEB	Bentley Galkis, 17, TSC-TO	16:34.47
34	16:52.80	775 YOUTHDEC	Conrad Aach, 15, ESWM	16:58.79
35	16:52.89	775 POAAAMAR	Mikael Benoit, 17, CNNG	-
36	16:52.97	775 ONAGMAR	Andrew Baier, 15, COBRA	17:24.72
37	16:53.54	774 YTHURFEB	Aaron Blair, 15, CASC	17:45.39
38	16:55.02	771 BCSTRFEB	Robert Miller, 16, CHENA	17:50.53
39	16:56.65	769 ONAGMAR	Matt Hanes, 15, KBM	17:37.78
40	16:58.55	766 YTHURFEB	Morgan Eng, 15, RDCCS	17:47.61
41	16:59.37	765 HURONDEC	Elliot Burger, 17, TRENT	-
42	17:00.62	763 BCSTRFEB	Patrick Fonseca, 15, WVOSC	17:30.27
43	17:03.44	758 PERTHOCT	Michael Brown, 16, PERTH	-
44	17:03.98	758 YTHURFEB	Adam Abdulla, 15, ROD	17:28.25
45	17:04.75	756 METROJAN	Noah Pink, 16, EAST	-
46	17:05.63	756 BCAGMAR	Ben Keast, 15, HYACK	-
47	17:06.15	754 CNSHDEC	Brian Jaeggi, 16, NEW	-
48	17:06.67	753 POAAAMAR	Timothy Ruse, 15, PCSC	-
49	17:07.18	753 ISCPUNOV	Ken Hamilton, 17, IS	-
50	17:09.12	750 BCAGMAR	Robert Hein, 16, VKSC	-

## 100 METRES BACKSTROKE

Rec:	54.56	Chris Renaud, UCSC 93	best 2000	
1	55.62	891 YTHURFEB	Tobias Oriwol, 15, ESWM	57.10
2	57.04	852 YTHURFEB	Stefano Caprara, 17, VAC	57.05
3	57.50	839 YOUTHDEC	Kurtis Miller, 15, SCAR	57.85
4	57.50	839 MBSKMAR	Karim Abdulla, 17, STARS	-
5	57.51	839 YTHURFEB	Chris Lukas, 17, ESWM	59.18
6	57.52	839 MANTADEC	Bradley Vanderkam, 17, LAC	58.57
7	57.89	829 THSCDC	Craig Gillis, 17, UCSA	58.05
8	57.93	828 YTHURFEB	Adam Martinson, 16, UCSA	1:00.11
9	58.00	826 YTHURFEB	Devin Phillips, 15, EKSC	58.64
10	58.43	814 YTHURFEB	Trevor Coulman, 16, GOLD	59.34
11	58.47	813 PCSDC	Andrew Coupland, 17, GO	-
12	58.56	811 YTHURFEB	Chris Kula, 17, CAJ	1:00.30
13	58.58	810 YTHURFEB	Charles Turanich-N., 17, EKSC	59.80
14	58.59	810 ONAGMAR	Ryan Atkinson, 15, LAC	1:00.94
15	58.64	808 MANTADEC	Andrew McGillivray, 17, MANTA	59.28
16	58.71	807 POAAAMAR	Mark Thauvette, 16, PCSC	1:03.83
17	58.74	806 YTHURFEB	Ryan Pallett, 16, BRANT	-
18	58.76	805 CAMOCT	Benoit Banville-A., 17, MEGO	56.77
19	58.78	805 YTHURFEB	Ryan Dube, 17, EKSC	59.65
20	58.82	804 ONSRNOV	Keith Beavers, 17, STARS	59.34
21	59.13	795 MBSKMAR	Brent Hankewich, 17, GOLD	-
22	59.20	793 THSCDC	James Winfield, 17, UCSC	-
23	59.37	789 POAAAMAR	Ryan Bouchard, 17, EXCEL	1:01.41
24	59.41	788 CNSHDEC	Olivier Mathieu, 17, HIPPO	59.80
25	59.41	788 MBSKMAR	Andrew McCallie, 16, MANTA	-
26	59.54	784 RAPIDDEC	Brent Hayden, 17, SPART	1:01.39
27	59.70	780 MBSKMAR	Maciek Zielnik, 16, EKSC	59.77
28	59.79	778 YTHURFEB	Marshall Holbrook, 16, ROC	-
29	59.83	777 YOUTHDEC	Ilya Floussov, 16, MSSAC-TO	1:01.32
30	59.92	774 MBSKMAR	Malcolm Laviole, 15, OSC	1:04.95
31	59.96	773 YTHURFEB	Spencer Laidley, 17, PERTH	59.82
32	1:00.06	771 YTHURFEB	Ian Ford, 16, OAK	-
33	1:00.11	769 KCSDEC	Kyle Nartz, 17, PN	59.98
34	1:00.12	769 MANTADEC	Graham Diehl, 17, CWC	59.98
35	1:00.16	768 POAAAMAR	Martin Renaud, 16, CNB	1:00.82
36	1:00.16	768 NSAGMAR	Matthew Terauds, 17, WTSC	-
37	1:00.18	768 HURONDEC	Malcolm Holbrook, 17, ROC	-
38	1:00.20	767 MANTADEC	Ciaran Dickson, 17, ROD	1:00.51
39	1:00.22	766 YTHURFEB	Nathan French, 17, CYPS	-
40	1:00.40	762 YTHURFEB	Callum Ng, 15, CASC	1:05.51
41	1:00.45	760 MANTADEC	Braedon Sharp, 17, USC	-
42	1:00.50	759 ONAGMAR	Milos Marjanovic, 16, NYAC	-
43	1:00.53	758 BCAGMAR	Brian Verigin, 17, PCB	1:00.06
44	1:00.57	757 ONAGMAR	Ryan Smith, 16, COBRA	1:01.37
45	1:00.62	756 MANTADEC	Adam Kafka, 16, LAC	-
46	1:00.69	754 POAAAMAR	Martin Gagne, 16, HIPPO	-
47	1:00.72	753 YTHURFEB	Erich Schmitt, 15, JS	1:04.47
48	1:00.72	753 YTHURFEB	Conrad Aach, 16, ESWM	1:01.87
49	1:00.73	753 BCSTRFEB	Graeme Tozer, 15, UCSA	-
50	1:00.85	750 KCSDEC	Ryan Duggan, 17, STSC	-

## 200 METRES BACKSTROKE

Rec:	1:57.13	Chris Renaud, UCSC 94	best 2000	
1	1:57.76	939 YOUTHDEC	Tobias Oriwol, 15, ESWM	2:00.04
2	2:03.77	863 THSCDC	Craig Gillis, 17, UCSA	2:02.94
3	2:04.00	861 EDMONNOV	Ashley Anderson, 16, AUS	-
4	2:04.37	856 YTHURFEB	Stefano Caprara, 17, VAC	2:04.78
5	2:04.52	854 USASCDC	Andrew Coupland, 17, GO	2:02.60
6	2:04.76	851 THSCDC	Adam Martinson, 16, UCSA	2:05.67
7	2:04.92	849 MANTADEC	Devin Phillips, 15, EKSC	2:06.52
8	2:05.45	842 EDMONNOV	Benoit Banville-A., 17, MEGO	2:02.69
9	2:05.48	842 ONSRNOV	Keith Beavers, 17, STARS	2:05.78
10	2:05.50	842 YTHURFEB	Chris Kula, 17, CAJ	2:12.49
11	2:06.01	835 POAAAMAR	Kevin Bouchard, 15, EXCEL	2:10.26
12	2:06.13	834 PCSDC	Mark Thauvette, 16, PCSC	-
13	2:06.38	831 MANTADEC	Ciaran Dickson, 17, ROD	2:05.96
14	2:06.46	830 YTHURFEB	Ryan Pallett, 16, BRANT	-
15	2:06.60	828 ONAGMAR	Ryan Atkinson, 15, LAC	2:11.72
16	2:06.76	826 PCSDC	Chris Lukas, 17, ESWM	2:07.32
17	2:06.93	824 BCSTRFEB	Douglas McQueen, 15, PSDA	2:11.29
18	2:07.44	818 YTHURFEB	Nicolas Bovell, 15, PPO	-
19	2:07.59	816 YTHURFEB	Conrad Aach, 16, ESWM	2:09.05
20	2:07.70	815 YTHURFEB	Brian Jaeggi, 16, NEW	2:11.17
21	2:08.01	811 ONAGMAR	Milos Marjanovic, 16, NYAC	2:14.47
22	2:08.03	811 YTHURFEB	Spencer Laidley, 17, PERTH	2:05.07
23	2:08.16	809 YTHURFEB	Patrick Bourassa-F., 17, CAMO	2:11.89
24	2:08.22	808 MANTADEC	Adam Kafka, 16, LAC	2:10.19
25	2:08.24	808 THSCDC	James Winfield, 17, UCSC	2:12.03
26	2:08.38	806 CNSHDEC	Steven Medaglia, 16, NKB	-
27	2:08.42	806 ONAGMAR	Ryan Smith, 16, COBRA	2:10.15
28	2:08.55	804 YTHURFEB	Noah Pink, 17, EAST	2:08.80
29	2:08.60	804 YTHURFEB	Charles Turanich-N., 17, EKSC	2:08.94
30	2:08.60	804 ONAGMAR	Donald Smith, 16, COBRA	-
31	2:09.20	796 GLODOCT	Andrew McGillivray, 17, MANTA	2:08.65
32	2:09.20	796 NSAGMAR	Matthew Terauds, 17, WTSC	-
33	2:09.33	795 BCAGMAR	Brian Verigin, 17, PCB	2:10.24
34	2:09.36	794 YTHURFEB	Erich Schmitt, 15, JS	2:17.05
35	2:09.41	794 ONAGMAR	Matt Hanes, 15, KBM	2:20.10
36	2:09.43	793 MANTADEC	Ryan Dube, 17, EKSC	2:10.46
37	2:09.67	790 POAAAMAR	Martin Renaud, 16, CNB	2:11.71
38	2:09.85	788 YOUTHDEC	Kurtis Miller, 15, SCAR	2:08.17
39	2:09.86	788 POAAAMAR	Timothy Ruse, 15, PCSC	2:16.72
40	2:10.02	786 YTHURFEB	Oleg Chermukhin, 16, NYAC	-
41	2:10.05	786 MANTADEC	Brendan Curley, 16, ROD	-
42	2:10.08	785 MBSKMAR	Trevor Coulman, 16, GOLD	2:10.14
43	2:10.16	785 YTHURFEB	Luke Armstrong, 16, NKB	-
44	2:10.27			

# 15-17 BOYS CONTD.

## 100 METRES BUTTERFLY

Rec: 53.77 Adam Sioiu,TD.0		best 2000		
1	55.57	882	EDMONNOV Benoit Banville-A, 17,MEGO	56.40
2	55.57	882	MANITADEC Bradley Vanderkam,17,LAC	57.63
3	56.35	861	YTHJRFEB Joe Bartoch,17,UCA	57.77
4	56.50	857	THSCDEC Craig Gillis,17,LASC	57.41
5	56.53	856	YTHJRFEB Bill Cocks,17,TRENT	58.49
6	56.92	845	YOUTHDEC Tobias Oriwol,15,ESWIM	58.91
7	56.92	845	YTHJRFEB Andrew Bignell,17,SSMAC	57.91
8	57.07	841	THSCDEC Darryl Rudolf,16,PDSA	59.42
9	57.13	839	YTHJRFEB Evan Jellie,17,ROW	1:00.84
10	57.45	831	THSCDEC Daniel Petrus,17,PDSA	58.85
11	57.49	829	PCSCDEC Ian MacLeod,17,ESWIM	58.79
12	57.65	825	CNSHDEC Steven Medaglia,16,NKB	59.78
13	57.70	824	YOUTHDEC Kurtis Miller,15,SCAR	59.90
14	57.97	816	EDMONNOV Karim Abdulla,17,ROD	56.91
15	57.98	816	YTHJRFEB Trevor Coulman,16,GOLD	59.75
16	58.06	814	POAAAMAR Mark Thauvette,16,PCSC	-
17	58.10	813	YTHJRFEB Stefano Caprara,17,VAC	59.00
18	58.15	812	MSSACNOV Mark Sy,17,CREST	59.20
19	58.46	803	THSCDEC Graeme Tozer,15,UCA	1:00.22
20	58.52	802	YTHJRFEB Koji Takahashi,16,ESWIM	1:00.75
21	58.58	800	POAAAMAR Sean Zunini,16,CAMO	59.17
22	58.64	798	YTHJRFEB Garrett Lyall,16,COBRA	-
23	58.73	796	YTHJRFEB Simon Turcotte,17,SHER	59.85
24	58.74	796	ONAGMAR Ryan Smith,16,COBRA	-
25	58.75	795	YTHJRFEB Brent O'Connor,17,PDSA	1:00.01
26	58.80	794	CNSHDEC Thierry Bannon,17,SAMAK	59.22
27	58.85	793	YTHJRFEB Roman Margulis,16,NYAC	-
28	58.86	792	YTHJRFEB Brock Murray,17,LASC	1:00.47
29	58.89	792	POAAAMAR Louis-D. Dionne,16,UL	1:00.68
30	58.89	792	BCAGMAR William Johnson,15,PDSA	1:03.46
31	58.91	791	YTHJRFEB Taylor Graham,16,NCS-BRSA	59.04
32	58.94	790	YTHJRFEB Cedric Sureau-L,17,PPO	58.05
33	58.97	789	RAPIDDEC Matthew Huang,16,PDSA	-
34	59.09	786	RAPIDDEC Douglas McQueen,15,PCSC	1:00.33
35	59.11	786	RAPIDDEC Brent Hayden,17,SPART	59.92
36	59.16	784	YTHJRFEB Nicolas Guilloite,17,CAMO	58.40
37	59.18	784	YTHJRFEB Patrick Doret,17,ESWIM	58.96
38	59.26	782	YTHJRFEB Andrew Metcalfe,16,MANTA	-
39	59.33	780	YTHJRFEB Sofian Mohand-Cherif,15,CAMO	1:01.66
40	59.33	780	YTHJRFEB Sammy Najjar,17,LAVL	58.86
41	59.34	780	ONAGMAR Adam Kafka,16,LAC	-
42	59.36	779	ONAGMAR Alex Watson,16,OSHAC	-
43	59.44	777	YTHJRFEB Christian Clafrone,18,VAC	-
44	59.46	776	SHERDEC Mathieu Aubry,17,CNHR	59.63
45	59.56	774	ONAGMAR Thomas Senecal,16,NEW	-
46	59.58	773	PCSCDEC Cedric Lavergne,17,PPO	-
47	59.60	773	NSAGMAR Matthew Terauds,17,WTSC	-
48	59.61	772	KCSDEC Joe Miller,17,STSC	-
49	59.62	772	ONSRNOV Brent Hankewich,17,GOLD	-
50	59.66	771	BCSRFBF Chris Kargl-Simard,16,PDSA-UBC	1:00.13

## 200 METRES BUTTERFLY

Rec: 1:57.66 Adam Sioiu,TD.99		best 2000		
1	2:02.14	890	YTHJRFEB Tobias Oriwol,15,ESWIM	2:17.69
2	2:04.09	866	YTHJRFEB Bradley Vanderkam,17,LAC	2:08.40
3	2:04.48	861	CNSHDEC Steven Medaglia,16,NKB	2:06.16
4	2:04.69	858	YTHJRFEB Ian MacLeod,17,ESWIM	2:08.63
5	2:04.87	856	BCSRFBF Brent O'Connor,17,PDSA	2:04.35
6	2:05.86	844	MANITADEC Karim Abdulla,17,ROD	2:03.54
7	2:06.09	841	THSCDEC Darryl Rudolf,16,PDSA	2:11.74
8	2:06.28	839	EDMONNOV Benoit Banville-A,17,MEGO	2:03.70
9	2:06.84	832	THSCDEC Matthew Huang,16,PDSA	-
10	2:07.25	827	CNSHDEC Thierry Bannon,17,SAMAK	2:06.90
11	2:07.65	822	MSSACNOV Mark Sy,17,CREST	2:07.65
12	2:08.05	817	YTHJRFEB Conrad Aach,16,ESWIM	2:14.07
13	2:08.12	816	YTHJRFEB Evan Jellie,17,ROW	-
14	2:08.21	815	THSCDEC Craig Gillis,17,UCA	2:09.63
15	2:08.33	814	PCSCDEC Sean Zunini,16,CAMO	2:13.65
16	2:08.33	814	CLAUFEB Chris Kargl-Simard,16,PDSA-UBC	2:10.65
17	2:08.42	812	THSCDEC Douglas McQueen,15,PDSA	2:10.56
18	2:08.76	808	ONAGMAR Thomas Senecal,16,NEW	-
19	2:08.97	806	YTHJRFEB Trevor Coulman,16,GOLD	2:11.56
20	2:09.11	804	PCSCDEC Jordan Chitiley,17,NYAC	2:09.38
21	2:09.70	797	BCSRFBF Callum Ng,15,CASC	2:20.97
22	2:09.79	796	YTHJRFEB Sofian Mohand-Cherif,15,CAMO	2:17.82
23	2:10.34	789	YTHJRFEB Roman Margulis,16,NYAC	-
24	2:10.40	788	ONAGMAR Alex Watson,16,OSHAC	2:12.22
25	2:10.51	787	YTHJRFEB Taylor Graham,16,NCS-BRSA	2:11.67
26	2:10.53	787	YTHJRFEB Stephen Watson,16,OSHAC	-
27	2:10.61	786	MBSKMAR Malcolm Lavoie,15,OSC	2:14.56
28	2:10.66	785	RAPIDDEC Ken Hamilton,17,IS	2:14.32
29	2:10.67	785	POAAAMAR Michael Ruggiero,16,CAMO	2:13.50
30	2:10.85	783	MBSKMAR Andrew Metcalfe,16,MANTA	2:14.86
31	2:11.04	781	ONAGMAR Koji Takahashi,16,ESWIM	2:13.79
32	2:11.42	776	YTHJRFEB Brock Murray,17,LASC	2:13.34
33	2:11.55	774	PCSCDEC Dominic Pelletier,16,UL	2:10.99
34	2:11.57	774	YTHJRFEB Nathan French,17,CYPS	-
35	2:11.77	772	ONSRNOV Bill Cocks,16,TRENT	-
36	2:11.82	771	YTHJRFEB Simon Turcotte,17,SHER	2:11.61
37	2:11.94	770	YTHJRFEB Steven Scallie,17,HVAC	2:11.42
38	2:12.15	767	POAAAMAR Timothy Ruse,15,PCSC	2:18.74
39	2:12.84	759	MANITADEC Michael Piszarczyk,15,LAC	2:16.17
40	2:12.96	758	YTHJRFEB Jason Fox,17,NKB	2:14.00
41	2:12.97	757	BCAGMAR Patrick Waters,15,KCS	2:16.93
42	2:12.99	757	TORJAN Kyle Welsh,16,OKA	-
43	2:13.19	755	MACJAN Eric Chan,16,AAC	2:19.00
44	2:13.58	750	MSSACNOV Stefano Caprara,17,VAC	2:11.37
45	2:13.63	750	YTHJRFEB Sammy Najjar,17,LAVL	2:11.01
46	2:13.75	748	KCSDEC Joe Miller,17,STSC	-
47	2:13.80	748	THSCDEC Graeme Tozer,15,UCA	-
48	2:14.03	745	PCSCDEC Marc St-Omer,17,PPO	-
49	2:14.06	745	YTHJRFEB Patrick Doret,17,ESWIM	2:11.39
50	2:14.07	745	RAPIDDEC Bryce McRae,16,COMOX	-

## 200 METRES IND. MEDLEY

Rec: 1:59.35 Curtis Myden,UJCS.91		best 2000		
1	2:00.12	948	YTHJRFEB Tobias Oriwol,15,ESWIM	2:05.94
2	2:03.79	903	EDMONNOV Keith Beavers,17,STARS	2:05.32
3	2:04.69	892	YTHJRFEB Steven Medaglia,16,NKB	2:07.12
4	2:05.40	883	THSCDEC Craig Gillis,17,UCA	2:06.69
5	2:06.84	865	YTHJRFEB Devon Ackroyd,17,SCAR	2:08.94
6	2:07.09	862	YTHJRFEB Conrad Aach,16,ESWIM	2:10.99
7	2:07.38	859	YTHJRFEB Michael Brown,16,PERTH	2:12.07
8	2:07.62	856	YTHJRFEB Matthew Huang,16,PDSA	2:08.00
9	2:08.57	844	YTHJRFEB Bradley Vanderkam,17,LAC	2:11.34
10	2:09.15	837	THSCDEC Graeme Tozer,15,UCA	2:12.32
11	2:09.49	833	MANITADEC Andrew McGillivray,17,MANTA	2:08.30
12	2:09.50	833	ONAGMAR Jamie Del Mastro,16,USC	2:12.33
13	2:09.57	832	POAAAMAR Kevin Rioux,16,CAMO	2:16.06
14	2:09.62	832	HURONDEC Bill Cocks,16,TRENT	2:10.41
15	2:09.76	830	MANITADEC Roman Phillips,15,EKSC	2:15.25
16	2:09.77	830	RAPIDDEC Jung Hun Choi,16,PDSA	-
17	2:09.86	829	YTHJRFEB Scott Dickens,16,BRANT	-
18	2:09.91	828	MBSKMAR Brent Hankewich,17,GOLD	-
19	2:10.07	826	YTHJRFEB Brian Verigin,17,PGB	2:06.43
20	2:10.24	824	YTHJRFEB Douglas McQueen,15,PDSA	-
21	2:10.49	821	MBSKMAR Nathan Parker,17,MJFFF	2:14.56
22	2:10.58	820	YTHJRFEB Adam Marlinton,16,UCA	-
23	2:10.62	820	POAAAMAR Louis-D. Dionne,16,UL	2:14.81
24	2:10.69	819	YTHJRFEB Dominic Pelletier,16,UL	2:10.04
25	2:11.07	814	ONSRNOV Kurtis MacGillivray,16,ROW	2:08.50
26	2:11.08	814	ONAGMAR Roman Margulis,16,NYAC	2:13.58
27	2:11.08	814	ONAGMAR Ryan Smith,16,COBRA	2:14.10
28	2:11.24	812	POAAAMAR Charles Rodrigue,15,UL	2:18.93
29	2:11.31	811	RAPIDDEC Andrew Carruthers,17,IS-VIKES	2:12.03
30	2:11.38	810	POAAAMAR Timothy Ruse,15,PCSC	2:20.59
31	2:11.42	810	MANITADEC Karim Abdulla,17,ROD	-
32	2:11.77	806	YTHJRFEB Adam Kafka,16,LAC	-
33	2:11.83	805	RAPIDDEC Ian Chan,17,PDSA	-
34	2:11.94	804	YTHJRFEB Jason Fox,17,NKB	-
35	2:11.98	803	CAMOCT Benoit Banville-A,17,MEGO	-
36	2:12.03	803	RAPIDDEC Chris Kargl-Simard,16,PDSA	2:12.08
37	2:12.49	797	ONAGMAR Richard Bowen,16,GO	-
38	2:12.51	797	YTHJRFEB Callum Ng,15,CASC	2:24.62
39	2:12.51	797	YTHJRFEB Tim Hindmarch-W,17,PDSA	-
40	2:12.60	796	ONAGMAR Paul Dudar,16,SCAR	-
41	2:12.69	795	YTHJRFEB Taylor Graham,16,NCS-BRSA	-
42	2:12.69	795	YTHJRFEB Joe Miller,17,STSC	-
43	2:12.92	792	YTHJRFEB Spencer Laidley,17,PERTH	-
44	2:13.15	789	RAPIDDEC Ken Hamilton,17,IS	-
45	2:13.16	789	ONAGMAR Ian McLean,15,CYPS	2:20.57
46	2:13.27	788	MBSKMAR Trevor Coulman,16,GOLD	-
47	2:13.29	788	POAAAMAR Maxime Samson,15,ELITE	-
48	2:13.45	786	KCSDEC Mark Chiew,16,HYACK	-
49	2:13.46	786	POAAAMAR Martin Gagne,16,HIPPO	-
50	2:13.54	785	TORJAN Ian MacLeod,17,ESWIM	2:14.03

## 400 METRES IND. MEDLEY

Rec: 4:12.67 Alex Baumann,LUSS.81		best 2000		
1	4:16.18	947	YTHJRFEB Tobias Oriwol,15,ESWIM	4:24.89
2	4:20.75	921	EDMONNOV Keith Beavers,17,STARS	4:25.99
3	4:26.68	886	YTHJRFEB Conrad Aach,16,ESWIM	4:35.80
4	4:28.65	875	YTHJRFEB Steven Medaglia,16,NKB	4:30.56
5	4:30.91	862	THSCDEC Douglas McQueen,15,PDSA	4:40.88
6	4:32.52	853	YTHJRFEB Dominic Pelletier,16,UL	4:33.39
7	4:32.87	851	ONSRNOV Kurtis MacGillivray,16,ROW	4:29.44
8	4:33.95	845	YTHJRFEB Michael Brown,16,PERTH	4:42.09
9	4:34.08	844	ONAGMAR Ryan Smith,16,COBRA	4:39.17
10	4:35.25	837	YTHJRFEB Graeme Tozer,15,UCA	4:37.42
11	4:35.50	836	MANITADEC Karim Abdulla,17,ROD	4:37.35
12	4:35.68	835	THSCDEC Matthew Huang,16,PDSA	-
13	4:36.98	828	POAAAMAR Timothy Ruse,15,PCSC	4:50.31
14	4:37.78	823	POAAAMAR Charles Rodrigue,15,UL	4:50.64
15	4:37.82	823	ONSRNOV Devon Ackroyd,17,SCAR	4:39.13
16	4:38.47	819	YTHJRFEB Maxime Samson,15,ELITE	4:52.72
17	4:38.52	819	CLAUFEB Chris Kargl-Simard,16,PDSA-UBC	4:43.86
18	4:38.65	818	YTHJRFEB Roman Margulis,16,NYAC	4:47.65
19	4:38.72	818	ONAGMAR Richard Bowen,16,GO	-
20	4:38.73	818	YTHJRFEB Patrick Bourassa-F,17,CAMO	4:40.63
21	4:38.84	817	MBSKMAR Brent Hankewich,17,GOLD	-
22	4:39.10	816	PCSCDEC Kevin Rioux,15,CAMO	-
23	4:39.63	813	MANITADEC Bradley Vanderkam,17,LAC	4:39.14
24	4:39.74	812	ISCUPTNOV Ken Hamilton,17,IS	4:31.14
25	4:39.79	812	YTHJRFEB Jason Fox,17,NKB	-
26	4:40.13	810	ONAGMAR Paul Dudar,16,SCAR	-
27	4:40.51	808	POAAAMAR Jonathan Aubry,15,CNB	-
28	4:40.97	805	YOUTHDEC Matt Johnston,16,MSSAC	-
29	4:41.46	802	ONAGMAR Jonathan Long,15,LAC	4:51.79
30	4:41.53	802	MANITADEC Devin Phillips,15,EKSC	4:43.10
31	4:41.86	800	YTHJRFEB Kyle Welsh,16,OKA	4:43.67
32	4:42.01	799	YTHJRFEB Adam Kafka,16,LAC	4:44.60
33	4:42.65	796	KCSDEC Callum Ng,15,CASC	4:58.06
34	4:42.95	794	ONAGMAR Thomas Senecal,16,NEW	-
35	4:43.03	794	BCAGMAR Richard Taylor,17,RAPID	4:45.31
36	4:43.33	792	YTHJRFEB Brian Jaeggi,16,NEW	-
37	4:43.33	792	POAAAMAR Kevin Bouichard,15,EXCEL	4:54.52
38	4:43.52	791	YTHJRFEB Don Nicholson,17,TSUN	-
39	4:43.68	790	PCSCDEC Nicolas Guilloite,17,CAMO	4:43.36
40	4:43.71	790	RODJAN Nathan Parker,16,MJFFF	-
41	4:43.73	790	YTHJRFEB Oleg Chernukhin,16,NYAC	-
42	4:43.75	790	BCAGMAR Eric Schmitt,15,IS	4:59.51
43	4:44.34	786	BRANTNOV Scott Dickens,16,BRANT	4:46.03
44	4:44.36	786	RAPIDDEC Bryce McRae,16,COMOX	-
45	4:44.63	785	ONAGMAR Joey Kehoe,16,ESWIM	-
46	4:44.70	784	YTHJRFEB Martin Noel,17,SAMAK	-
47	4:44.88	783	POAAAMAR Sammy Najjar,17,LAVL	-
48	4:45.04	782	YTHJRFEB Joe Miller,17,STSC	-
49	4:45.07	782	MBSKMAR Malcolm Lavoie,15,OSC	4:56.99
50	4:45.13	782	WOSAFAF Joshua Berry,16,BRANT	-



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# MAKING WAVES®



**Sacha Lambert, 12**

Club: Toronto Swim Club  
Coach: John Grootveld  
Specialty: Breaststroke and ind.medley  
4th ranked for SCM01 TAG in 200 breast and 7th for 400 IM.

Best Times	SCM00	SCM01
100 breaststroke		1:19.02
200 breaststroke	2:58.62	2:46.73
200 ind.medley		2:33.87
400 ind.medley		5:22.29



**Matt Johnston, 16**

Club: Mississauga Aquatic Club  
Coach: Mark Temple  
Specialty: Freestyle and ind.medley  
1st ranked for SCM01 TAG in the 1500 free

Best Times	SCM00	SCM01
400 freestyle	4:11.22	4:05.42
1500 freestyle	16:45.48	15:54.39
200 ind.medley		2:13.98
400 ind.medley		4:40.97



**David Mongeri, 12**

Club: Brock-Niagara Swimming  
Coach: Sara Smith  
Specialty: Free and butterfly  
3rd ranked for SCM01 TAG in the 100 fly, 4th in the 1500 free

Best Times	SCM00	SCM01
400 freestyle	4:59.19	4:38.57
1500 freestyle	19:04.23	18:30.91
100 butterfly	1:14.77	1:07.32
200 butterfly		2:32.38



**Kristen Low, 12**

Club: Mississauga Aquatic Club  
Coach: Michael Rutledge  
Specialty: Distance free, breast, ind.medley  
3rd ranked for SCM01 TAG in 200-400 IM, 5th in 200 back and 200 breast

Best Times	SCM00	SCM01
100 breaststroke	1:21.27	1:18.76
200 breaststroke	2:54.46	2:47.20
200 ind.medley	2:38.64	2:30.55
400 ind.medley	5:34.75	5:18.38



**Brian Holland, 14**

Club: Mississauga Aquatic Club  
Coach: Michael Rutledge  
Specialty: Backstroke  
1st ranked for SCM01 TAG in the 100 back, 3rd in the 200 back

Best Times	SCM00	SCM01
100 backstroke	1:03.84	1:00.79
200 backstroke	2:20.25	2:12.03
200 ind.medley		2:22.16

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**Brian Mell, 12**

Club: Newmarket Stingrays  
Coach: Ulf Ornhjelm  
Specialty: Breaststroke  
2nd ranked for SCM01 TAG in 100-200 breast

Best Times	SCM00	SCM01
100 breaststroke	1:15.16	1:13.11
200 breaststroke	2:43.06	2:38.54
100 butterfly	1:09.63	1:07.36
200 ind.medley	2:35.61	2:29.37
400 ind.medley	5:33.92	5:22.19

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