

BRITISH WORLD TRIALS

DUEL IN THE POOL

# SwimNews

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## **MICHAEL PHELPS WORLD RECORD IN 400 IM**



**AARON PEIRSOL  
AHEAD OF HIS TIME**

**BRITTANY REIMER  
BETTERS OLDEST RECORD**

**SwimNews**

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Cover: Cyr Jariz Cyr /  
Newsport



David Marsh



Lindsay Benko



Ian Thorpe



Brittany Reimer

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## ABOUT THIS ISSUE

We cover two of the best developments in Canadian swimming this issue—an in-depth look at Brian Johns (UBCD) who bettered the 400 IM short course world record in February; and Brittany Reimer (SKSC), the newest freestyle distance record setter (twice in the 1500 free), bettering a 17-year-old Canadian record.

We also have a personality profile on Aaron Peirsol (USA), the world record holder in the 200 backstroke.

Michael Brown (PERTH) University of Minnesota won the only Canadian medal at this year's NCAA's. A wrap-up is on page 14-15, with a feature on Auburn coach David Marsh, winner of the both the women's and men's team championships in the same year.

Impressive 200 backstroke results came from Katy Sexton and Sarah Price at the British Trials in Commonwealth record time.

Ian Thorpe missed world records even though he easily won the 200 and 400 freestyle, tied for first in the 100 free, and stunned everyone with a Commonwealth record win in the 200 IM at the Australian Championships. During the competition, Canadian coach Pierre Lafontaine was named swimming head coach at the Australian Institute of Sport in Canberra.

At USA Spring Nationals Ed Moses just missed world records in the 100 and 200 breaststroke. Michael Phelps won the 200 free, 200 back, and the 100 fly. Canadians did very well, with Jennifer Fratesi winning the 200 backstroke. This five-day meet was followed by one-day three-hour Duel in the Pool where the USA beat Australia 192 to 74, with Phelps setting a 400 IM world record, missing another one in the 100 fly by 4/100ths, and winning two more events.

We will be back on a more regular schedule with this issue; expect the next one within 4-5 weeks.

## HEAD COACH

### FSJ INCONNU SWIM CLUB, Fort St. John, BC

Start Date: Sep 2003

Deadline: June 20, 2003

The FSJ Inconnu Swim Club is accepting applications for a Head Coach for the 2003/2004 swim season. The club has a new commitment and new goals. We have developed a 60+ member club this year with levels ranging from the "I Can Swim" program to swimmers with AAA times. We are looking for an energetic coach with a desire to be an influential leader for our swimmers and club.

Fort St. John, with a population of 18,000, is the center of BC's booming oil and gas industry. The club trains in a modern, new facility with a 6 lane, 25 meter pool. There is ample opportunity for part time work outside of the swim club, including a possibility of life guarding at the pool.

We are looking for a coach that will:

- have excellent stroke development skills
- assist in developing the club's swim program, training groups and training times
- develop training plans for all levels of swimmers
- communicate well with parents and executive
- readily do required administrative duties
- positively motivate swimmers and foster good team spirit
- have infectious enthusiasm for swimming!

Requirements:

- NCCP Level 2
- NLS certification

Preference will be given to applicants with:

- 2 years coaching experience
- a working knowledge of Hytek software

Salary: will start at \$26,000 per year, depending on qualifications and experience

Please forward your resume including qualifications, experience, coaching philosophy and references to

**Inconnu Swim Club**

**Box 6715**

**Fort St. John, BC V1J 4J2**

**Or E-mail: purdon@pris.bc.ca**

## RECORD SETTERS (LONG COURSE)

### WORLD

• **Men's 400 individual medley:** 4:10.73 Michael Phelps, USA, Indianapolis, Apr 6, 2003. Better his own record of 4:11.09 from August 15, 2002.

### COMMONWEALTH

• **Men's 50 backstroke:** 25.14 Matt Welsh, AUS, Sydney, Mar 29. Better his own record of 25.49 from July 2001.

• **Men's 100 backstroke:** 53.89 Matt Welsh, AUS, Indianapolis, Apr 6. Better sold record of 53.98 Mark Tewksbury, CAN, 1992.

• **Men's 100 breaststroke:** 1:00.47 James Gibson, ENG, Sheffield, Mar 23. Better his own previous record of 1:00.69 from April 2002..

• **Men's 200 individual medley:** 2:00.11 Ian Thorpe, AUS, Sydney, Mar 27. Better old record of 2:00.26 Matthew Dunn, AUS, 1998.

### • Women's 100 backstroke:

1:00.94 Sarah Price, ENG, Sheffield, Mar 19 semis

1:00.49 Katy Sexton, ENG, Sheffield, Mar 20 finals

Better old record of 1:01.06 Sarah Price, ENG, August 2002.

• **Women's 200 backstroke:** 2:09.27 Katy Sexton, ENG, Sheffield, Mar 23.

Better old record of 2:10.20 Nicole Stevenson, AUS, 1992.

• **Women's 4x100 free relay:** 3:39.13 Australia, Indianapolis, Apr 6. Better their own record of 3:39.78 from August 2002.

### CANADIAN

• **Men's 200 backstroke:** 1:59.15 Keith Beavers, ROW, Indianapolis, Apr 2. Better his own previous record of 1:59.35 from August 2002.

• **Men's club 4x100 free:** 3:23.50 UBC Dolphins, Indianapolis, Apr 3. Better previous record of 3:23.50 North York AC, 1987.

• **Men's club 4x200 free:** 7:19.46 UBC Dolphins, Indianapolis, Apr 4. Better their own previous record of 7:25.79 in 2002.

• **Women's 1500 freestyle:** 16:33.28 Brittany Reimer, SKSC, Indianapolis, Apr 5. Better own previous record of 16:37.54 from January 2003.

• **Women's 100 backstroke:** 1:02.03 Erin Gammel, UCSC, Indianapolis, Apr 4. Better previous record of 1:02.14 Kelly Stefanyshyn, PDSA, 1999.

• **Women's club 4x100 medley:** 4:11.61 Region of Waterloo SC, Indianapolis, Apr 5. Better previous record of 4:12.93 Canadian Kodiak SC, 1998.

## CALENDAR

### CANADIAN

#### June

- 30-1 Quebec Cup II, Montreal
- 30-1 Mel Zajac International, Vancouver, BC
- 30-1 Ontario Cup, London
- 30-1 ROD Classic, Regina, SK
- 31-1 Ken Dunn Championships, Halifax, NS
- 6-8 Kamloops Classic, BC
- 13-15 Moose Jaw Invitational, SK
- 20-22 Island Invitational, Victoria, BC
- 21-22 Hyack Invitational, New Westminster, BC
- 26-29 Man/Sask Championships, Regina, SK
- 27-29 Ontario Junior/SWAD, Brantford
- 26-30 World and Pan Am Trials, Victoria, BC

#### July

- 4-6 East Coast Championships, Saint John, NB
- 4-6 Alberta SR Championships
- 10-13 TAS BC Championships, Kamloops
- 11-13 Quebec Age Groups, Montreal
- 11-13 Alberta AG Championships
- 17-20 Canadian SWAD Nationals, Edmonton
- 24-27 Eastern Cup Montreal
- 27-29 Club Nationals, TBA

#### November

- 27-30 Canadian SC Nationals, Ste-Foy, QC

### 2004

#### February

- 19-22 Eastern Canadians, Halifax, NS
- 19-22 Western Canadians, TBA
- 20-22 CIS Interuniversity Champs

#### March

- 12-14 Canada Cup, TBA

#### May

- 28-30 Mel Zajac International, Vancouver

#### July

- 7-11 Olympic/Paralympic Trials
- 28-31 Club Nationals

### UNITED STATES

#### June

- 5-8 Grand Prix 2, Charlotte, NC
- 19-22 SWAD Championships, Minneapolis, MN
- 27-29 Grand Prix 3, Santa Clara, CA

#### July

- 10-13 Grand Prix 4, Los Angeles, CA

#### August

- 5-9 Summer Nationals, College Park, MD

#### December

- 4-6 US Open, Federal Way, WA

### 2004

#### February

- 11-15 National Championships, TBA

#### July

- 7-14 US Olympic Trials, Long Beach, CA

### INTERNATIONAL

#### June

- 7-8 Golden Bear, Zagreb, CRO
- 7-8 Mare Nostrum 1, Rome, ITA
- 10-11 Mare Nostrum 2, Monte Carlo, MON
- 13-15 International Meet, Vienna, AUT
- 14-15 Mare Nostrum 3, Barcelona, ESP
- 17-18 Mare Nostrum 4, Canet, FRA
- 18-22 Scottish Open and AG, Glasgow, SCO
- 27-29 Vittel Cup Final, Caen, FRA
- 28-30 Estonian Championships, Taru, EST

#### July

- 1-4 Moscow Cup, RUS
- 11-13 Schwimmfest, Darmstadt, GER
- 17-20 ASA Championships, GBR
- 13-27 World Championships, Barcelona, ESP
- 27-30 ASA Age Group Nationals, Sheffield, GBR

#### August

- 31-3 ASA National Youths, GBR
- 31-3 European Juniors, Glasgow, SCO
- 6-10 National Championships, Athens, GRE
- 1-17 Pan American Games, Santo Domingo
- 14-17 British SC Championships, GBR
- 21-31 World University Games, Daegu, KOR
- 24-29 Asian AG Championships, TPE

#### October

- 4-18 All Africa Games, Abuja, NGR
- 18-19 Grand Prix 3, Stockholm, SWE

#### November

- 21-23 Grand Prix 4, Goteborg, SWE
- 24-25 World Cup 1, Daejeon, KOR
- 28-30 World Cup 2, Melbourne, AUS

#### December

- 5-6 World Cup 3, Durban, RSA
- 11-14 European SC Championships, Dublin, IRL

### 2004

#### January

- 9-10 World Cup 4
- 13-14 World Cup 5
- 17-18 World Cup 6
- Three European cities to be chosen from the following: Berlin, Moscow, Paris, Stockholm
- 30-31 World Cup 7, New York, USA

#### February

- 3-4 World Cup 8, Mexico City, MEX
- 7-9 World Cup 9, Rio de Janeiro, BRA

#### May

- 6-16 European Championships, Madrid, ESP

#### August

- 13-29 Olympic Games, Athens, GRE

#### October

- 1-7 Asian Championships, Doha, QAT
- 7-10 World SC Championships, Indianapolis, IN

## RANKINGS

The reason for the ongoing delay in the publication of the magazine has been the development of our new online database to do rankings.

We have been working very hard, but the problems associated with this project have been bigger than expected.

For most of the past three decades the rankings were done manually and obviously only a small percentage of the performances ever made it to print.

The technology behind online rankings and meet result data files allows the rankings to expand exponentially. However the problems we have encountered with the data files have taken a long time to solve. We are almost there.

World rankings are now close to perfect using a mixture of manual entries where there are no data files (mostly major international meets) and data files from a few countries using common meet management programs. In Europe most countries have their own software, which is at present not suitable for our database. These will have to be done manually.

There are also problems with such languages as Slavic where the English equivalents are constantly changing from meet to meet. Russian, Chinese, Japanese, and Korean characters are also in need of special treatment.

We have received many data files with obvious mistakes that were never caught by the organizers. In one instance, a Canadian data file had some prominent foreign swimmers (event winners no less) removed from the results. Luckily this was caught in time and their fast times will be included in the world rankings.

In the United States, most foreigners attending universities or clubs don't show up with their home country code, but are considered Americans. In fact the US Top 16 Age Group Times have many foreign athletes included because of this.

What's ahead is a searchable rankings database with athlete look ups. Our plan is to make many of these extras available to our subscribers and Canadian clubs. So watch for developments!

By the time you receive this issue, our online database should be up-to-date.

There are 100s of data files ready to be merged. Many have already been processed and others will follow.

We are sorry for the delay and ask for your understanding. We promise to make up for the past delay. We have an extra two page Making Waves section with 16 of the best young Canadians featured.

We expect to be able to resume a regular publication schedule from this point onward.

# BRIAN JOHNS

## 400 IM World Record Was a Family Affair

Nikki Dryden

There was only one thing absent last February from Brian Johns' 400 IM World Record at the Canadian Interuniversity Sport (CIS) swimming championships in Victoria. With his Dad acting as a meet stroke judge and his Mom overseeing the race as the referee, only Brian's older brother Kevin, who had school and work, was missing from the race. "When they ratified the swim, the last person to sign it was the referee, so my Mum got to ratify my world record," said Brian, chuckling.

Even the venue was as close to perfect as an athlete could imagine. While Johns hails from Richmond, BC, he spent many long weekends at the Victoria Commonwealth Games pool in his age-group days. The pool has extra special meaning since the only other swimmer to break a world record in it is Kieren Perkins. "It was pretty cool to break the record in Victoria; it was almost a home crowd for me."

Unlike Club Nationals, the CIS Champs has a more intense and exciting atmosphere due to the team competition, which was an added bonus as Johns went for the record. "The team is closer at CIS, because there is more of a team aspect to the meet and there is more support for each other. There was also a big crowd that was pretty loud; near the end of the race I

could really hear them." While Johns admits he felt that after his solid swimming on the World Cup circuit this year he could have broken the record anywhere, the crowd did lift him up. "Everyone was cheering so loudly, and for the first time ever in a race, I was able to actually physically see people standing and cheering."

But there was one person who remained calm, cool, and collected throughout the race—Brian's coach, Tom Johnson. But after the race, it was a different story. "Tom was pretty much the most excited I have ever seen him as a coach," says Johns. But according to teammate Kelly Doody, during the race, Tom remained reserved as always. "Kelly told me he was taking splits as always and wrote down the last stroke rate before turning to her and finally grabbing her shoulders and yelling 'Yes!'"

But before the title of world record holder had time to settle upon his crown, Brian flew down to the US Nationals to go head to head with the world's best. "The 400 IM short course is definitely a different race than the 400 IM long course. But I am using it [the record] as a stepping-stone, because the world record is not the end all and be all of swimming. I just want to get closer to a medal position in Athens; I'm not satisfied by any means. There are a lot of areas to improve before winning a gold next year."

Johns is very in tune with what it will take to get to that next level. "In the 400 IM especially, there is always room to improve technically; I would not be an IMer if I specialized in another stroke. I need to work on getting my endurance up a bit. I have a toughness, but I need endurance for the last 100, and my breaststroke is the weakest part of my IM, so I am working on that too."

"BJ needs to work on the rhythm of his swimming to be able to distribute his efforts better over the long course 50s," says his coach Tom. "He is getting better and better with each swim, and hopefully Brian can challenge for a medal at Worlds in the 400 and move up in his rankings in the 200 IM."

Johns hopes that this summer's World Championships in Barcelona will be the next stepping-stone. "I really want to make Worlds a place where I step onto the international elite level." Johns explains how, at the end of last year, he was sixth in the world, but that he wants to start the Olympic year in the top three so that he is in a medal position heading into Athens. "I don't want to have to have a great year to get into a medal position. I want to have a great year to be in a gold-medal position."

"Brian is a swimmer who likes to train hard," says Tom. "He is working at becoming consistent in his day-to-day routines and at being able to train at the appropriate levels week in and week out. He is still increasing his workloads and I would say that there is still some room to increase his intensity and his endurance as it relates to world levels."

One of the people he will have to defeat in 2004 is American Michael Phelps, who recently lowered the world record long course at the Duel in the Pool in April. Johns was there to see his biggest competition



Brian Johns streamlined as he swims breaststroke during the individual medley

Marco Chiesa



Won 200 back title at CIS Championships

Marco Chiesa

race. "To watch it live [Phelps' record] was different. I only heard over the Internet of Phelps' last record and it's one thing looking at splits on-line and another watching it live. His first 200 is amazingly fast, I mean he's the best 200 flyer and a great backstroker, but there are weaknesses in his swim, and it's all about overcoming my weaknesses to beat his."

It has been a long time since a Canadian broke a world record, and Johns seems poised to bring much-needed change, excitement, and leadership to Canadian swimming. While he doesn't swim for fame and doesn't care about publicity, he admits it's disappointing that for the past few years Canadian swimming has had a negative aura around it and that the headlines are more for negative than for positive news.

"Everything over the last three years has been tough, but it was particularly difficult last year. I was teammates and good friends with Doug [Wake] and it was hard to be there, a part of that mess. But at the same time, you have to put it on the backburner and focus on what you need to do in the pool. Yes it's a shame it worked out how it did, but it's out of my control and I have to just focus on what's in my control."

And Johns has it in his control to swim fast and lead the Canadian team by example. "I haven't imagined myself in a leadership role, but I think I bring a good work ethic to the pool deck and in the pool I put in a lot of effort." Johns' toughness and success is just what is needed to pump up Canadian Swimming and at the recent US Nationals, Johns and fellow Canadians had a chance to practise their hardiness. "It was a bit different

swimming at US nationals than at Canadian nationals," says Johns. "For one thing, the Americans go so deep in every event. They have the best swimmer and they also have the best swimmers that are 20th in the country, so you really have to swim fast in the morning to make finals. It is a good preparation for Worlds or the Olympics. You can't practise that at Canada nationals. There

you can swim the morning however you want, and it's not a good preparation for what we have to do at international meets. So US Nationals is a good place to learn that."

While Johns seems to have everything under control, whenever he does get stressed he turns to music and playing guitar to get back on track. "I don't have much time now to practise, but it relaxes me and if I am ever frustrated or in a bad mood, I come home and can take out some punishment on my six strings."

BJ is also a third-year human-genetics student at UBC, where he's been training with fellow international team members Mike Mintenko, Brent Hayden, and Mark Johnson. It was with those three men that Johns teamed up at US Nationals to smash the field in the 4x200 free relay. The foursome not only beat the next team by seconds, but they broke the Canadian club record by over 10 seconds, and broke the US National meet record too.

Brian and his teammates will soon be off to Hawaii for a three-week training camp before heading to Barcelona to challenge the world's best. Brian knows the meet is another test on the way to Olympic glory. "I think I can take more time off at Worlds this summer

## ALL TIME STATISTICS

### 400 METRES IND. MEDLEY

#### ALL TIME CANADIAN 10 PERFORMANCES

1	4:15.33	OLYMPICS	Curtis Myden,26,UCSC	LCM00
2	4:15.52	PAN99AUG	Curtis Myden,25,UCSC	LCM99
3	4:16.28	OLYMPICS	Curtis Myden,22,UCSC	LCM96
4	4:16.30	PAC97AUG	Curtis Myden,23,UCSC	LCM97
<b>5</b>	<b>4:16.44</b>	<b>PAC02AUG</b>	<b>Brian Johns,20,UBCD</b>	<b>LCM02</b>
6	4:16.45	WORLD98	Curtis Myden,24,UCSC	LCM98
7	4:16.55	OLYMPICS	Curtis Myden,26,UCSC	LCM00
8	4:16.77	PAC99AUG	Curtis Myden,25,UCSC	LCM99
9	4:16.82	CANAUG	Curtis Myden,24,UCSC	LCM98
10	4:16.90	CANJUL	Curtis Myden,21,UCSC	LCM95

#### ALL TIME CANADIAN 10 PERFORMERS

1	4:15.33	OLYMPICS	Curtis Myden,26,UCSC	LCM00
<b>2</b>	<b>4:16.44</b>	<b>PAC02AUG</b>	<b>Brian Johns,20,UBCD</b>	<b>LCM02</b>
3	4:17.41	SEASN84	Alex Baumann,19,LU SC	LCM84
4	4:19.62	PAN99AUG	Owen Von Richter,24,ESWIM	LCM99
5	4:19.99	SYDNJAN	Chuck Sayao,18,MSSAC-TO	LCM01
6	4:22.15	USNATAPR	Keith Beavers,20,ROW	LCM03
7	4:22.28	CANAUG	Raymond Brown,21,EPS	LCM90
8	4:23.14	CANNOV	Darren Ward,21,UCSC	LCM90
9	4:23.38	USGP1MAY	Tobias Oriwol,16,ESWIM	LCM01
10	4:23.85	CANAUG	Mike Meldrum,20,UCSC	LCM88

#### ALL TIME WORLD 25 PERFORMERS

1	4:10.73	DUELAPR	Phelps Michael,USA	LCM03
2	4:11.27	USNATAUG	Vendt Erik,USA	LCM02
3	4:11.76	OLYMPICS	Dolan Tom,USA	LCM00
4	4:12.36	WORLD91	Darryi Tamas,HUN	LCM91
5	4:13.15	WORLD01	Boggiatto Alessio,ITA	LCM01
6	4:13.29	WORLD94	Sievinen Jani,FIN	LCM94
7	4:13.67	USAAUG	Namesnik Eric,USA	LCM94
8	4:13.84	USALCMAR	Wilkins Tom,USA	LCM00
9	4:15.29	JPNLCAPR	Mori Takahiro,JPN	LCM03
10	4:15.33	OLYMPICS	Myden Curtis,CAN	LCM00
11	4:15.38	EUR97AUG	Wouda Marcel,NED	LCM97
12	4:15.38	ASO2OCT	Wu Peng,CHN	LCM02
13	4:15.46	PAC02AUG	Taniguchi Shinya,JPN	LCM02
14	4:15.93	USAAUG	Wharton Dave,USA	LCM89
15	4:16.04	JPNLCAPR	Tabuchi Susumu,JPN	LCM00
16	4:16.08	EUR89AUG	Kuhl Patrick,GDR	LCM89
17	4:16.11	PAC97AUG	Dunn Matthew,AUS	LCM97
18	4:16.23	AUSLCMAY	Norris Justin,AUS	LCM00
19	4:16.34	OLYMPICS	Sacchi Luca,ITA	LCM92
<b>20</b>	<b>4:16.44</b>	<b>PAC02AUG</b>	<b>Johns Brian,CAN</b>	<b>LCM02</b>
21	4:16.50	WORLD91	Battistelli Stefano,ITA	LCM91
22	4:16.65	JPNLCAPR	Miki Jiro,JPN	LCM01
23	4:16.92	OLYMPICS	Parkin Terence,RSA	LCM00
24	4:17.03	FRALCAPR	Mellouli Oussama,TUN	LCM03
25	4:17.11	OLYMPICS	Badita Cezar,ROM	LCM00

than I did last summer. But simply, I want a medal at Worlds," concludes Johns emphatically.

If things keep rolling in the right direction, Canada's newest world record holder might just pull it off. "His competitive hardiness is getting better as a result of the World Cups and the summer meets that we have been using over the past two summers," says Tom.

"Brian loves to race; and the bigger the meet, the better!"

## AHEAD OF HIS TIME

### We'd Look a Lot Better as Coaches If Everyone Trained the Way Aaron Does

Russ Ewald

Before setting a world record in the 200 metre backstroke last spring, Aaron Peirsol chatted with two girls from Santa Barbara, Calif.

"They kept me calm," says the 19-year-old American. "It was great. If I just sat there the whole time, I would have been freaking out. I was talking, laughing, and it really helped a ton. It brings a lot of pressure off you."

Peirsol, who used to surf up to four times a week at Newport Beach, Calif., near his home, and once described himself a "young punk," has used this carefree attitude to reach rare heights in the sport at such a young age. Not only did he set a world mark as a high-school senior, he collected a silver medal in the 200 back prior to his junior year. Before him, the last U.S. male swimmer to medal in an individual event while in high school was distance star Brian Goodell in 1976.

"Normally, you're not world-ranked in the 100

and 200 strokes until age 18 or 20 just because of physical maturation strength," says Eddie Reese, the U.S. men's Olympic Coach for 2004 and Peirsol's coach now at the University of Texas.

"He is way ahead of his time. A lot of guys fade, and, to his credit, he didn't. He still works everything hard. We'd look a lot better as coaches if everyone trained the way Aaron does."

Irvine's (Calif.) Dave Salo, named U.S. Coach of the Year for 2002, started Peirsol on his fast track when the backstroker was 13.

"I recognized that he had special skills early on," says Salo. "He possessed the character of the athletes that can step up their level of swimming, like Amanda Beard." Beard, the 1996 silver medallist in both breaststrokes as a 14-year-old, also developed under at Irvine.

Salo said, "Aaron is not afraid to compete and be challenged in training. He bought into the work it would take to make the Olympic team. It's easy for a coach when an athlete does that."

Salo chose the backstroke for Peirsol because he saw that Lenny Krayzelburg, who beat Peirsol for the gold medal in Sydney, and Brad Bridgewater, the 1996 Olympic champion, were the only Americans highly ranked in the world. Peirsol also had a tall, lean body that is ideal for the backstroke.

Krayzelburg, who trained nearby at USC, beat the youngster time and again through the 2000 Olympics. But since taking time off after the Games and struggling with injuries, the Olympic gold medallist has not been able to keep up with his young rival. Nor has anyone else.

Peirsol is undefeated in the 200 back at the major U.S. and international meets since the Olympics. He's won his specialty by convincing margins, too. He took the 200 back at the 2001 World Championships and 2002 Pan Pacifics by almost a second, and won his last U.S. nationals' races by an average of 3.52 seconds.

In setting his world mark of 1:55.15 that smashed Krayzelburg's record by 72-hundredths, Peirsol won by more than five seconds. Usually records aren't set at a U.S. spring nationals since many of the top swimmers are at the NAAs and the others are looking to peak in the summer.

"I was ready at the time to go for the record," he says. "I tried to do it the year before. I was physically ready then. But I was not that focused. This time, I handled the race different. I went into it not nervous at all. I was racing the clock."

Peirsol knew he didn't have to worry about the



A World Championship gold and an Olympic silver for Aaron Peirsol

Marco Chiesa



## QUICK FACTS: AARON PEIRSOL

Birthdate: 23 July 1983  
 Height: 6'3" (188 cm)  
 Weight: 190 lbs. (86 kg)  
 Hometown: Irvine, CA  
 Club: Irvine Novas  
 Coach: Dave Salo  
 Attends: University of Texas  
 Coach: Eddie Reese

### Long Course Progression (World Ranking)

Year	100 Backstroke	200 Backstroke
1997		2:05.42 (121)
1998	57.68 (110)	2:01.39 (20)
1999	56.55 (57)	1:59.75 (10)
2000	55.16 (8)	1:57.03 (2)
2001	54.80 (4)	1:56.56 (1)
2002	54.01 (1)	1:55.15 (1)

competition after going 1:57.19 in the morning while next best was 2:02.64.

"The way I swam it was the ideal way to swim it. It's good to swim your own race. When you have someone out ahead, it's hard to do that."

On his rivalry with Krayzelburg, Peirsol says: "To tell you the truth, I wish lately there was more of one. He's the only guy now at my level in the 200 back. I wish I could swim him more often. He set the standard for me to go that extra step."

Peirsol thought about turning professional after finishing high school last year. Instead, he accepted a scholarship to Texas.

"There was an opportunity," he says, referring to receiving a swimwear promotional contract. "I didn't spend too much time thinking about it. I didn't want to pass up the college experience. I think there will be more opportunities in 2004. I am just trying to find the right time."

### College swimming is teaching Peirsol racing

"You're not swimming against the clock," he explains. "When you are swimming for a school, you are feeling different before the race and the way you approach it is different. You are not going to swim your own race. You are not going to try to break a world record. You're going for the win."

Nevertheless, in his first NCAA Championships this March, Peirsol became the first swimmer under 1:40 in the 200 yard backstroke. He won in 1:39.16, bettering the U.S. record of 1:40.06 held by Stanford's Brian Retterer.

Peirsol is training differently now that he is at Texas. He's lifting weights for the first time and swimming longer in workouts.

"They (Irvine swimmers) do fast stuff with not much rest," says Reese. "We only do some of that."

At Irvine, Peirsol averaged between 5,000 and 6,000 metres a workout. The focus was fast-paced, high-tempo. Rest would vary. For strength training, the swimmers use medicine balls and stretch cords.

"I would characterize our program as broken swims as opposed to straight up," says Salo.

The Irvine coach also emphasized the mental side.

"I would talk to him about what it takes to go 1:55," says Salo. "I would explain there was a natural order of progression. He is one that will buy in. You have to put it out there for him, so it isn't a surprise. He gained confidence by knowing what he had to do to be able to set the record."

### Peirsol believes swimming is mostly mental

"If you can conquer the mental part, you can do well," he says. "You do a lot of training when you are young and taper off as you get older. I don't know if that's because you've built a base or not, or if it is

just mental. Or if you've adapted your body to that kind of stress."

The mental side came into play when Peirsol competed for a U.S. Olympic spot when he just turned 17.

"I think that the hard work in training helps your confidence," he says. "But it was tough. I don't think I was ready for it. I am usually good at handling myself. But, for some reason, although I had a good chance of making the team, I should have been one of the least-worried guys. I wasn't."

### The Olympics presented another pressure-packed situation

"I didn't enjoy getting up and racing, not like I would normally enjoy racing," he admitted. "I don't think there was as much pressure as at the trials, but I still felt it."

"Now, I realize what this is all about."

Peirsol also realizes it will be difficult for him to get the world record in the 100 back. He did 54.01 to win at last summer's U.S. championships, leaving him 41-hundredths off Krayzelburg's mark.

"I love that race," he says. "It doesn't hurt as bad as the 200. But it is a tougher race for me (to set a record). I have to swim it with all my heart. It's more a strength race. I am getting there."

Peirsol, who stands 6 feet 3 inches (188 cm), has put on 20 pounds (9 kg) since the Olympics and now weighs 190 pounds (86 kg).

"I thought it would take a long time for him to go under 54," says Salo. "He is not a big muscle guy. But I have got to believe he will be close (to the record) this year after his swim last summer."

"It's going to take more time," says Peirsol. "Swimming—a lot of people don't know this—takes a lot of patience. A lot of what you want to do isn't going to happen in a year."

"I noticed at Texas a lot of guys get down because they aren't having the success they had in high school. They have to realize it takes time. It takes years to happen. It may be frustrating at times."

"If I had to give one tip to young swimmers, it would be to have patience."

### 200 BACKSTROKE WORLD RECORD CHRONOLOGY (50 M)

2:18.8	John Monckton,AUS	Sydney,Jan.15,1958
2:18.4	John Monckton,AUS	Melbourne,Feb.18,1958
2:17.9	Frank McKinney,USA	Los Altos,Jul.12,1959
2:17.8	Frank McKinney,USA	Osaka,Jul.25,1959
2:17.6	Charles Bittick,USA	Los Angeles,Jun.26,1960
2:16.0	Tom Stock,USA	Toledo,Jul.24,1960
2:13.2	Tom Stock,USA	Chicago,Jul.2,1961
2:11.5	Tom Stock,USA	Los Angeles,Aug.20,1961
2:10.9	Tom Stock,USA	Cuyahoga Falls,Aug.10,1962
2:10.3	Jed Graeff,USA	Tokyo,Oct.13,1964
2:09.4	Charles Hickcox,USA	Tokyo,Aug.29,1967
2:07.9	Roland Matthes,GDR	Leipzig,Nov.8,1967
2:07.5	Roland Matthes,GDR	Leipzig,Aug.14,1968
2:07.4	Roland Matthes,GDR	Santa Clara,Jul.12,1969
2:06.6	Gary Hall,USA	Louisville,Aug.14,1969
2:06.4	Roland Matthes,GDR	Berlin,Aug.29,1969
2:06.3	Michael Stamm,USA	Los Angeles,Aug.20,1970
2:06.1	Roland Matthes,GDR	Barcelona,Sep.11,1970
2:05.6	Roland Matthes,GDR	Leipzig,Sep.3,1971
2:02.8	Roland Matthes,GDR	Leipzig,Jul.10,1972
2:02.82e	Roland Matthes,GDR	Munich,Sep.2,1972
2:01.87	Roland Matthes,GDR	Belgrade,Sep.6,1973
2:00.64	John Naber,USA	Long Beach,Jun.19,1976
1:59.19	John Naber,USA	Montreal,Jul.24,1976
1:58.93	Rick Carey,USA	Clovis,Aug.3,1983
1:58.86	Rick Carey,USA	Indianapolis,Jun.27,1984
1:58.41	Sergei Zabolotnov,URS	Moscow,Aug.21,1984
1:58.14	Igor Polianski,URS	Erfurt,Mar.1,1985
<i>New regulations: no hand touch required at turn after Mar.3,1991</i>		
1:57.30	Martin Lopez-Zubero,ESP	Ft.Lauderdale,Aug.13,1991
1:56.57	Martin Lopez-Zubero,ESP	Tuscaloosa,Nov.23,1991
1:55.87	Lenny Krayzelburg,USA	Sydney,Aug.27,1999
1:55.15	Aaron Peirsol,USA	Minneapolis,Mar.20,2002

# TINY OLYMPIC PROSPECTS

# TOP

CLUB NAME	CODE	PROV	BOYS	GIRLS	TOTAL
Bangkok Patana Tiger Sharks	BPTS	TH	54	48	102
Canadian Dolphin SC	CDSC	BC	16	10	26
Delta Sungod Swim Club	DELTA	BC	3	9	12
Dollard Swim Team	DDQ	QC	10	12	22
Edmonton Keyano SC	EKSC	AB	14	7	21
Guelph Marlin AC	GMAC	ON	10	13	23
Langley Olympians	LOSC	BC	26	28	54
London Aquatic Club	LAC	ON	8	15	23
Olympian Swim Club	OSC	AB	6	7	13
Pacific Coast Swimming	PCS	BC	7	12	19
Pacific Sea Wolves SC	PSW	BC	20	31	51
Pointe Claire SC	PCS	QC	33	64	97
Red Deer Catalina SC	RDSC	AB	2	8	10
Region of Waterloo SC	ROW	ON	3	4	7
Richmond Rapids	RAPID	BC	7	12	19
Surrey Knights SC	SKSC	BC	1	3	4
Swan Hills Sharks	SHSC	AB	0	1	1
University of Calgary SC	UCSC	AB	25	27	52
Whitehorse Glacier Bears	WGB	YT	0	1	1
Winnik Dolphin SC	WDSC	BC	14	17	31
<b>Total</b>			<b>259</b>	<b>329</b>	<b>588</b>

### GIRLS

#### GIRLS 7&U - 200 FREESTYLE

*Rec: 2:55.04 Donna Wu, AQUA, 1985*

- 3:44.60 SCHMIDT Stefanie, PCS
- 4:01.46 TATIGIAN Liane, PCSC
- 4:11.49 MacLEOD Nikki, UCSC
- 4:17.33 McCULLOUGH Megan, PCSC
- 4:20.01 DRESSEL Emily, UCSC
- 4:20.20 CROMWELL Micalay, GMAC
- 4:22.39 DIXON Rosie, PTS
- 4:31.88 SURA Kylie, PCSC
- 4:35.00 METCALFE Hillary, LOSC
- 4:37.85 SITTHEAMORN Marisa, PTS
- 4:39.00 BURTON Haylie, GMAC
- 4:43.14 de GOMERY Tania, PTS
- 4:52.67 WILLIAMS Dani, PCSC
- 4:55.48 LEBLANC Melanie, PCSC
- 4:56.03 MARTONE Kimiko, PCSC
- 4:56.85 LAT Carena, PTS
- 5:10.34 BROWN Andrea, PCSC
- 5:11.00 BERGMANN Erin, PSW
- 5:11.94 RUSH Taylor, UCSC
- 5:14.97 TRINH An, UCSC
- 5:15.00 HUANG Jolly, CDSC
- 5:16.19 ANNEVELDT Megan, PTS
- 5:19.80 SENER Asli, PTS
- 5:20.09 GABRIEL Lena, PCSC
- 5:22.96 CHIA Jasmine, PTS
- 5:29.27 CASSAROTTO Alexandra, PCSC
- 5:31.34 MARTINEAU Katherine, PCSC
- 5:31.54 OUIMET Arana-Eve, PCSC
- 5:34.38 VONGLUKAT Top, PTS
- 5:35.26 BATES Kristina, PTS
- 5:40.40 MULVANY Bridget, EKSC
- 5:42.50 JOHNSON Jennie, PSW
- 5:45.97 KAIHO Arisa, PTS
- 5:48.03 Wenaas Torea, UCSC
- 5:50.00 EDWARDS Emma, GMAC
- 5:59.00 METCALFE Martha, LOSC
- 6:06.95 SYDNEY Peake, WDSC
- 6:07.00 RIDDLER Eve, LOSC

- 6:07.50 KHAW Gavin, CDSC
- 6:07.90 PARSONS Samantha, PCSC
- 6:10.10 TUFTS Madeline, UCSC
- 6:15.00 WORTHINGTON Romina, LOSC
- 6:25.05 CUTHILL Anne, WDSC
- 6:34.51 BUCHANAN Jamie, PTS
- 6:51.52 KANJANADAS Tita, PTS
- 7:15.30 MASERI Nadia, PCS
- 7:37.54 CARA VON Ende, WDSC
- 7:39.89 FRYER Lucy, WDSC
- 7:49.45 BOL Salin, PCS
- 8:10.98 HASSAN Zaynah, UCSC
- 8:20.69 TIEN Tien, PTS
- 8:26.77 VIGODA Aleena, PTS
- 8:35.61 VONGLUKAT Pim, PTS
- 9:01.00 GILMORE Hayley, LOSC
- 11:04.94 CAWS Emmanuelle, PCS
- 11:05.00 WRIGHT Julia, LOSC
- 11:50.51 TETTAMANTI Marissa, CDSC
- 12:40.16 HACK Karene, PCS
- 13:12.27 BARRATT Savannah, PCS

#### GIRLS 8 - 400 FREESTYLE

*Rec: 5:49.44 Sandy Sabo, DDO, 1983*

- 6:10.70 QUON Caitlin, RAPID
- 6:22.75 GRAVES Meagan, SHSC
- 6:51.87 ZEVNIK Alexia, PCSC
- 6:52.57 DIEP Lily-Ann, DDO
- 6:56.95 ASSI Sarah, PCSC
- 6:57.17 GAGNE Amanda, PCSC
- 7:02.03 CAMPBELL Alexandra, DDO
- 7:04.91 BRUIN Morgann, RDSC
- 7:14.71 CAMERON Ashley, PCSC
- 7:18.80 WU Ji Han, RAPID
- 7:33.10 LAMONTAGNE Taylor, PSW
- 7:34.50 MacLEOD Katelyn, OSC
- 7:37.33 FAIRLIE Paige, PCSC
- 7:43.71 DIFFUSCIA Rebecca, PCSC
- 7:56.98 XEPLATIS Sarah, DDO
- 8:01.18 McDONALD Marina, PCSC
- 8:05.17 CASSAROTTO Stephanie, PCSC
- 8:09.50 MITTERMAIER Emma, SKSC
- 8:14.17 BLGRAVE Cassandra, PCSC

- 8:14.21 ODGER Rhea, DDO
- 8:18.69 TIEN Shing, PTS
- 8:24.13 TWOREK Grace, OSC
- 8:29.53 RIZKALLA Jessica, UCSC
- 8:38.20 NORMAN Courtney, PCSC
- 8:39.70 STAMP Erin, GMAC
- 8:48.41 KEMERI Anna, UCSC
- 8:51.27 KRAFT Amara, UCSC
- 8:53.40 CARICH Rachel, PSW
- 8:54.05 GRASSO Bianca, PCSC
- 8:54.40 KORPACH Rachel, PSW
- 8:55.47 BELEC Anne-Marie, PCSC
- 8:56.30 PAPAEDDES Stephanie, GMAC
- 9:01.24 deVRIES Natasha, WDSC
- 9:01.80 MULLIGAN Mariah, PSW
- 9:10.40 CHOW Olivyya, PSW
- 9:16.16 COLLINGS Eila, UCSC
- 9:16.44 MacLEOD Sarah, PCSC
- 9:28.50 OULLETTE Alex, PSW
- 9:31.37 ASSETL Desiree, PTS
- 9:35.00 BIRDSALL Allison, PSW
- 9:39.00 van NOORDENNE Maria, LOSC
- 9:41.00 LEE Sandra, PSW
- 9:44.78 JOHNSON Christopher, Cheyenne, PSW
- 9:44.86 SANTOS Chelsea, DELTA
- 9:50.00 CLAYTON Georgie, PSW
- 10:01.94 WALKER Kheanna, DDO
- 10:44.78 JOHNSON Amanda, WDSC
- 10:46.11 PRITCHARD Elizabeth, WDSC
- 10:54.00 FULLERTON Rebecca, PTS
- 11:17.90 GROENEWEGEN Sarah, PSW
- 11:27.40 PRANGE Emma, PSW
- 11:37.00 SKANDS Serafina, LOSC
- 12:11.17 McFadzen Alexandra, UCSC
- 12:30.00 YOKOKAWA Harumi, PTS
- 13:38.00 SUN Cindy, PSW
- 14:01.09 BALTZER Nicole, WDSC
- 14:42.42 MINHAS Sonam, DELTA
- 14:52.87 CULLEN Aleesia, PTS
- 14:59.00 STURGEON Michelle, LOSC
- 17:04.40 SCHOWALTER Glenna, EKSC
- 21:44.04 HANGCOCK Jessica, WDSC

#### GIRLS 9 - 800 FREESTYLE

*Rec: 10:45.42 J. Bodenbender, AQUA, 1988*

- 11:24.78 GABOR Alexandra, WGB
- 12:37.98 MCGREGOR Ashley, PCSC
- 12:53.48 GAGNER Maria, PCSC
- 13:21.58 CANTY-CURRIE Roxan, PCSC
- 13:41.21 CLOUTIER Isabelle, PCSC
- 13:45.75 RUEL Marie-Anne, PCSC
- 13:51.14 ALLARDYCE Jamie-Lee, PCSC
- 13:56.19 OKAZAKI Amanda, PTS
- 14:05.29 HART-DOWHUN Breanna, OSC
- 14:06.41 MILLS Madison, OSC
- 14:07.61 PHILLIPS Kristina, OSC
- 14:18.42 SMIDVONGS Gigi, PTS
- 14:20.79 PARSONS Caroline, PCSC
- 14:28.30 CALDWELL Katie, PSW
- 14:41.15 RATCHFORD Julianne, WDSC
- 14:41.44 ALGORN Catherine, RDSC
- 14:56.78 LEACH Sadie, UCSC
- 15:01.60 LEITCH Andrea, RAPID
- 15:11.70 McKILLOP Corey, GMAC
- 15:13.03 ROSATO Laura, LAC
- 15:14.10 McCORD Madison, RAPID
- 15:19.83 FUNG Natasha, OSC
- 15:22.39 RUDKO Lessia, PCSC
- 15:30.00 LOUGHTEED Lauren, PSW
- 15:43.32 HARTLEY Jessica, LAC
- 15:43.60 McANERIN Madison, PSW
- 15:47.67 CUNNINGHAM Margot, ROW
- 15:49.00 DUNCOMBE Stephanie, LOSC
- 15:52.80 LITTLE Kaitlyn, RDSC
- 15:56.70 MARCAKOVA Monika, UCSC
- 16:05.00 GALLAGHER Brooke, PSW
- 16:09.55 D'ARIANO Laura, LAC
- 16:23.67 BEETAJIAN Venus, PCSC
- 16:38.00 GOLDWIRE Jissett, LOSC

- 16:41.50 MITCHELL Amanda, DDO
- 17:16.80 LIN Claire, RAPID
- 17:25.45 DAVIES Stefanie, UCSC
- 17:35.32 BELZEROWSKI Kayler, RDSC
- 17:35.54 FAULKNER Isabel, PTS
- 17:48.65 ZAMOZDRA Tatiana, PCSC
- 18:04.02 McCANN Josie, LAC
- 18:12.33 KUPPE Meghan, UCSC
- 18:13.77 SATTABONGKOT Jiji, PTS
- 18:31.34 BUTTERS Meagan, PCSC
- 18:33.22 GABRIEL Sandra, PCSC
- 18:46.43 JASSAL Melissa, DELTA
- 18:50.51 FINAN Catherine, LAC
- 19:05.48 CHOY Carris, CDSC
- 19:13.00 MARCOUX Britanni, PSW
- 19:16.56 SCOTT Erin, UCSC
- 19:20.00 JUERT Christina, PSW
- 19:25.00 DONAHUE Devan, LOSC
- 19:30.26 BADGER Allison, UCSC
- 19:52.07 BELMONT Marie, PTS
- 20:06.17 SIARKOWSKI Lauren, UCSC
- 20:12.06 CHAN Imelda, DELTA
- 20:13.71 MAURICE Vanessa, LAC
- 20:18.12 NOVACK Arielle, PCSC
- 20:28.00 DAMETTO Jenna, LOSC
- 20:43.00 KIM Jenny, PSW
- 20:50.79 CHAN Jessica, CDSC
- 21:07.00 REHBERG Natalie, LOSC
- 21:16.00 KARHOFFER Elizabeth, PSW
- 21:26.75 BECK Stephanie, DELTA
- 21:28.49 MOGERMAN Chya, CDSC
- 21:50.16 McLEAN Katie, UCSC
- 21:55.00 GRIFFIN Samantha, WDSC
- 22:32.00 BOLEN Brianna, LOSC
- 22:33.79 TSE Tiffany, PTS
- 22:36.82 REYNOLDS Lily, PTS
- 22:45.52 BRETT-RAMOS Marta, PTS
- 23:02.50 WISE Melissa, PTS
- 23:14.37 CAWS Jennifer, PCS
- 23:22.00 DAVISLEY Christina, LOSC
- 23:59.00 BROWN Christine, LOSC
- 24:48.00 SCHECK Laura, LOSC
- 25:01.10 SUN Julia, PSW
- 25:55.34 PAUL Nadine, PTS
- 27:06.00 CANNON Sarah, LOSC
- 29:14.00 CANNON Emily, LOSC
- 30:22.00 McIVER Kara, LOSC

- 27:57.72 KALBARCHYK Victoria, PCSC
- 27:59.90 LACHANCE Nicole, EKSC
- 28:03.10 WOOD Olivia, ROW
- 28:14.00 SMITH Shannon, LOSC
- 28:18.23 KERR Anne, PCSC
- 28:21.30 LAW Krista, RAPID
- 28:29.00 DONAHUE Morgan, LOSC
- 28:40.25 LEARMONTH Anorina, SKSC
- 28:42.68 RAWN Vicki, ROW
- 28:46.03 HODGSON Holly, PTS
- 28:50.73 CRUM Ally, PTS
- 28:51.75 READ Louira, PCSC
- 29:12.11 NELL Shannon, LAC
- 29:14.52 SZE Laura, CDSC
- 29:16.91 SALAMI Eniola, UCSC
- 29:24.42 JORNA Elena, LAC
- 29:48.10 GOSEL Kim, RAPID
- 29:53.50 O'DONNELL Tara, PCSC
- 29:55.52 WONG Christine, UCSC
- 29:57.30 CREPNJAK Catherine, PSW
- 30:11.00 SUR Jenny, LOSC
- 30:18.50 GIBSON-BROOKOP Lindsay, EKSC
- 30:18.84 CHO Stephanie, DDO
- 30:18.12 NOVACK Arielle, PCSC
- 30:23.14 OCHIAI Robyn, DDO
- 30:27.37 GARNER Maggie, CDSC
- 30:38.82 DIEP Jennifer, DDO
- 30:43.67 MARTIN Kelsey, UCSC
- 31:01.18 CLELLAND Carley, UCSC
- 31:01.64 KNIGHT Jill, LAC
- 31:30.74 KONDRAK Victoria, PCS
- 32:10.60 MEI Helen, RAPID
- 32:12.93 KAMINSKI-COOK Izabella, PTS
- 32:53.86 WALKER Alexxa, DDO
- 33:01.07 LINDSAY Alexandra, DELTA
- 33:02.82 REYNOLDS Lily, PTS
- 33:45.77 SUTHERLAND Kristen, DDO
- 33:57.26 JOHNSON Olivia, PTS
- 33:59.19 POLAK Martha, PCSC
- 34:04.00 MORTYER Jennifer, PCSC
- 34:29.81 CAREW Courtney, LAC
- 34:29.90 CASCHERA Clara, LAC
- 34:36.00 FRIESEN Aisha, LOSC
- 35:02.01 FRICK Jennifer, EKSC
- 35:09.60 JOHNSTON Tessa, PSW
- 35:19.23 CARRIERE Alexa, DELTA
- 35:19.35 KNAPP Kaitlin, DELTA
- 35:32.01 MIEREY Haley, PCSC
- 36:05.30 HOLMAN Anita, PTS
- 36:08.99 LAFLEUR Tiffany, PCSC
- 36:21.36 CHOK Kritiyya, PTS
- 37:06.00 DHESI Geevan, PSW
- 37:24.25 HALL Julie, DELTA
- 38:05.00 WEBSTER Kelsey, PSW
- 38:21.70 FALLU Isabelle, EKSC
- 38:35.48 COLLINGS Eva, UCSC
- 39:01.21 BALTZER Carly, WDSC
- 39:55.20 CHANARAT Prim, PTS
- 40:35.12 MENCHENTON Michelle, UCSC
- 41:23.47 MEHTA Nilomi, PTS
- 44:25.13 BONER Ella, PTS
- 52:51.96 CHEN Elizabeth, UCSC
- 53:55.62 GOODMAN Molly, PTS

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

*Rec: 1:28.46 Donna Wu, AQUA, 85*

- 1:59.01 TATIGIAN Liane, PCSC
- 2:03.80 CROMWELL Micalay, GMAC
- 2:04.97 SITTHEAMORN Marisa, PTS
- 2:05.20 SCHMIDT Stefanie, PCS
- 2:06.83 DIXON Rosie, PTS
- 2:06.90 MacLEOD Nikki, UCSC
- 2:10.37 McCAFFERTY Claire, PTS
- 2:12.04 BAWDEN Jessica, PTS
- 2:13.26 SURA Kylie, PCSC
- 2:14.70 BURTON Haylie, GMAC
- 2:17.70 McCULLOUGH Megan, PCSC
- 2:21.90 EDWARDS Emma, GMAC
- 2:27.59 MARTONE Kimiko, PCSC

14) 2:29.75 LAT Carena,PTS	26) 2:05.60 CARICH Rachel,PSW	43) 4:14.90 LIN Claire,RAPID	33) 7:40.77 KERR Anne,PCSC	15) 5:15.00 PIETRZAK Mischa,PSW
15) 2:30.10 BERGMANN Erin,PSW	27) 2:05.85 BRUIN Morgann,RDCSC	44) 4:21.65 FAULKNER Isabel,PTS	34) 7:41.98 CRUM Ally,PTS	16) 5:22.55 RAASCH Kyle,PCSC
16) 2:30.31 OUMET Arana-Eve,PCSC	28) 2:05.95 ODGER Rhea,DDO	45) 4:22.84 TWOREK Grace,OSC	35) 7:44.87 MARTIN Marissa,RDCSC	17) 5:30.62 DEAN Ashley,PTS
17) 2:32.03 DRESSSEL Emily,UCSC	29) 2:07.30 OULLETTE Alex,PSW	46) 4:27.25 DAVIES Stetanie,UCSC	36) 7:45.55 MOLINE Britney,RDCSC	18) 5:30.80 DRAYCOTT Logan,UCSC
18) 2:32.17 GABRIEL Lena,PCSC	30) 2:08.20 FULLERTON Rebecca,PTS	47) 4:27.63 ZAMODRA Tatiana,PCSC	37) 7:48.44 KONDRAK Victoria,PCS	19) 5:36.20 SCOTT Psi,PTS
19) 2:32.55 HUANG Jolly,CDSC	31) 2:09.30 GRASSO Bianca,PCSC	48) 4:29.54 BADGER Allison,UCSC	38) 7:49.16 HODGSON Holly,PTS	20) 5:37.00 KYI RONG Chendan,PSW
20) 2:32.64 de GOMERY Tania,PTS	32) 2:09.50 KRAFT Amara,UCSC	49) 4:30.83 KEIFT Esmee,PTS	39) 7:49.27 McLEOD Katie,PCSC	21) 5:39.74 TSE Douglas,PTS
21) 2:33.25 BATES Kristina,PTS	33) 2:10.08 RIZKALLA Jessica,UCSC	50) 4:33.35 SIARKOWSKI Lauren,UCSC	40) 7:49.60 MULLIGAN Lynnaea,PSW	22) 5:40.14 JOHNSON Samuel,PTS
22) 2:35.68 BUCHANAN Jamie,PTS	34) 2:11.52 HURMUSES Alicia,PTS	51) 4:36.69 CHOY Carris,CDSC	41) 7:50.24 LEACH Naomi,UCSC	23) 5:42.32 OKAZAKI Mitchell,PTS
23) 2:36.97 LEBLANC Melanie,PCSC	35) 2:11.67 NORMAN Courtney,PCSC	52) 4:39.60 GALLAGHER Brooke,PSW	42) 7:51.05 DUBOIS Laurence,PCSC	24) 5:56.76 RIZKALLA Joshua,UCSC
24) 2:37.00 CHIA Jasmine,PTS	36) 2:14.28 SANTOS Chelsea,DELTA	53) 4:39.93 JASSAL Melissa,DELTA	43) 7:51.32 JORNA Elena,LAC	25) 6:02.12 JOHNSON Tyler,WDCS
25) 2:38.02 ANNEVLOET Megan,PTS	37) 2:15.60 MULLIGAN Mariah,PSW	54) 4:44.40 BRETT-RAMOS Marta,PTS	44) 7:53.92 MARTIN Kelsey,PCSC	26) 6:07.46 McSHERRY Max,PTS
26) 2:38.41 KAIHO Arisa,PTS	38) 2:15.80 BIRDSALL Allison,PSW	55) 4:45.71 BUTTERS Meagan,PCSC	45) 7:56.40 CREPNJAK Catherine,PSW	27) 6:09.99 McGREGOR Travis,PCSC
27) 2:39.08 VONGLUEKJAIT Top,PTS	39) 2:16.00 van NOORDENNE Maria,LOSC	56) 4:46.32 CHAN Jessica,CDSC	46) 7:57.90 CALSIN MURDOCH Medea,RAPID	28) 6:11.73 WHITE Ethan,UCSC
28) 2:41.39 SYDNEY Peake,WDCS	40) 2:18.80 CHRISTOPHERSON Cheyenne,PSW	57) 4:46.47 NOVACK Arielle,PCSC	47) 7:58.23 BARRETTO Claire,WDCS	29) 6:13.50 SMUTHARAKS Edward,PTS
29) 2:45.11 TRINH An,UCSC	41) 2:18.80 KORPATCH Rachel,PSW	58) 4:50.03 CHAN Imelda,DELTA	48) 8:02.88 CHO Stephanie,DDO	30) 6:16.00 STELTING Ethan,LOSC
30) 2:45.18 KANJANADAS Tita,PTS	42) 2:19.10 LEE Sandra,PSW	59) 4:51.28 MOGERMAN Chya,CDSC	49) 8:04.02 O'DONNELL Tara,PCSC	31) 6:22.58 SMITH Lucas,PTS
31) 2:45.44 STINIS Chloe,PCSC	43) 2:19.20 CLAYTON Georgue,PSW	60) 4:58.38 CAWS Jennifer,PCS	50) 8:10.90 LACHANCE Nicole,EKSC	32) 6:36.29 VOCK Liam,WDCS
32) 2:46.53 WILLIAMS Dani,PCSC	44) 2:20.10 WALKER Kheanna,DDO	61) 4:58.50 BARTOSZEWICZ Agatha,GMAC	51) 8:14.00 SMITH Shannon,LOSC	33) 6:37.42 LANTIN Angelo,PTS
33) 2:46.68 SENER Asli,PTS	45) 2:20.21 YOKOKAWA Harumi,PTS	62) 4:58.90 McCORMICK Christina,PSW	52) 8:14.43 JOHNSON Ashley,WDCS	34) 6:47.60 PHILLIPS Samuel,UCSC
34) 2:49.23 Wenaas Toree,UCSC	46) 2:21.30 WEIR Maggie,GMAC	63) 4:59.20 MARCOUX Brittiani,PSW	53) 8:15.35 JOHNSON Olivia,PTS	35) 6:47.70 CANDRAY Randy,EKSC
35) 2:51.82 BROWN Andrea,PCSC	47) 2:22.40 CHOW Olivvyva,PSW	64) 4:59.26 GABRIEL Sandra,PCSC	54) 8:16.50 GOSEL Kim,RAPID	36) 6:55.17 MURGATROYD Thomas,PTS
36) 2:57.96 RUSH Taylor,UCSC	48) 2:34.46 COLLINGS Eila,UCSC	65) 4:59.65 deVRIES Natasha,WDCS	55) 8:17.07 DIEP Jennifer,DDO	37) 7:20.74 BADGER Dylan,UCSC
37) 2:58.00 KHAW Gavin,CDSC	49) 2:41.30 PRANGE Emma,PSW	66) 4:59.95 WISE Melissa,DELTA	56) 8:24.54 LINDSAY Alexander,DELTA	38) 7:38.00 SMYTH Ben,LOSC
38) 2:59.63 PARSONS Samantha,PCSC	50) 2:44.67 TIEN Shing,PTS	67) 5:03.30 PLANTE Celine,GMAC	57) 8:29.58 WALKER Alexa,DDO	39) 7:38.80 GREEN Lucas,EKSC
39) 3:07.18 CASSAROTTO Alexandra,PCSC	51) 2:49.80 CROSS-KHIS Charlotte,GMAC	68) 5:04.32 BALTZER Nicole,WDCS	58) 8:33.00 SUR Jenny,LOSC	40) 7:43.00 MacDONALD Michael,LOSC
40) 3:09.00 ELIDORIS Jenna,LOSC	52) 2:50.70 D'ALIBERTI Olivia,PTS	69) 5:06.00 DAMETTO Jenna,LOSC	59) 8:35.71 SUTHERLAND Kristen,DDO	41) 7:43.26 TUFTS Pierce,UCSC
41) 3:09.00 RIDDLER Eve,LOSC	53) 2:57.00 SKANDS Serafina,LOSC	70) 5:07.01 CARA VON Alyssa,WDCS	60) 8:40.21 PRITCHARD Mara,LAC	42) 7:45.30 HILLIS Eil,EKSC
42) 3:09.68 NOVACK Vanessa,PCSC	54) 3:04.23 MINHAS Sonam,DELTA	71) 5:07.24 PRITCHARD Elizabeth,WDCS	61) 8:41.30 GIBSON-BROKOP Lindsay,EKSC	43) 7:54.65 GABRIEL Lee,WDCS
43) 3:11.00 METCALFE Martha,LOSC	55) 3:06.57 CULLEN Alesscia,PTS	72) 5:12.09 GRIFFIN Samantha,WDCS	62) 8:47.48 KAMINSKI-COOK Izabella,PTS	44) 8:00.52 LAI Mark,UCSC
44) 3:19.00 WORTHINGTON Romina,LOSC	56) 3:31.40 SCHOWALTER Glenna,EKSC	73) 5:12.60 KIM Jenny,PSW	63) 8:47.50 MEI Helen,RAPID	45) 8:11.02 SNIDVONGS Jeen,PTS
45) 3:22.54 TUFTS Madelaine,UCSC	57) 3:33.00 STURGEON Michanne,LOSC	74) 5:19.30 McCORMICK Michelle,GMAC	64) 8:49.95 GARNER Maggie,CDSC	46) 8:16.00 PHILLIP MORE Hayden,LOSC
46) 3:35.00 MULVANY Bridget,EKSC	58) 3:54.60 ALI Amira,CDSC	75) 5:21.20 KARHOFFER Elizabeth,PSW	65) 8:50.30 MORRIS Caron,PSW	47) 8:44.00 IWAMOTO Picco,PTS
47) 3:42.43 CARA VON Ende,WDCS	59) 4:06.01 McFadden Alexandra,UCSC	76) 5:22.28 KAHALE Sarah,PCS	66) 8:53.34 WONG Christine,UCSC	48) 9:25.00 PROVENICAL Jack,LOSC
48) 3:45.70 BOL Salin,PCS	<b>GIRLS 9 - 200 IND. MEDLEY</b>	77) 5:23.22 MAURICE Vanessa,LAC	67) 8:57.34 SALAMI Eniola,UCSC	49) 9:30.01 UPBALL Jesse,WDCS
49) 3:49.86 MASERI Nadia,PCS	<i>Rec: 2:50.84 Leslie Dowson,WISC,1988</i>	78) 5:28.45 REHNOLDS Lily,PTS	68) 8:59.98 KNIGHT Jill,LAC	50) 9:35.22 TSE Brandon,CDSC
50) 3:50.00 TIEN Tien,PTS	1) 3:04.59 GABOR Alexandra,WGB	79) 5:31.12 JOHNSON Amanda,WDCS	69) 9:01.10 CLELLAND Carley,UCSC	51) 10:11.80 BEAUDOIN Samuel,EKSC
51) 4:03.98 TETAMANTTI Marissa,CDSC	2) 3:15.10 McGREGOR Ashley,PCSC	80) 5:33.95 TSE Tiffany,PTS	70) 9:03.82 HOLMAN Anita,PTS	52) 10:18.00 SHANE Mitchell,LOSC
52) 4:06.40 CUTHILL Anne,WDCS	3) 3:17.76 GAGNIER Marla,PCSC	81) 5:40.71 McLEAN Katie,UCSC	71) 9:09.61 CAREW Courtney,LAC	53) 11:48.90 ANILA Janil,EKSC
53) 4:07.77 FRYER Lucy,WDCS	4) 3:22.37 SNIDVONGS Gigi,PTS	82) 5:59.00 McHUBERT Natalie,LOSC	72) 9:11.82 AMOROSA Amanda,PCSC	<b>BOYS 8 - 400 FREESTYLE</b>
54) 4:17.02 HASSAN Zaynah,UCSC	5) 3:22.84 CANTY-CURRIE Roxan,PCSC	83) 6:00.19 PAUL Nadine,PTS	73) 9:19.64 MEHTA Nilomi,PTS	<i>Rec: 5:22.65 Doug Wake,YLSC,1986</i>
55) 4:18.76 VONGLUEKJAIT Pim,PTS	6) 3:24.80 ALCORN Catherine,RDCSC	84) 6:22.00 BOLEN Brianna,LOSC	74) 9:25.00 FRIESEN Aisha,LOSC	1) 6:56.51 BENNETT Dean,ROW
56) 4:25.00 GILMORE Hayley,LOSC	7) 3:31.73 OKAZAKI Amanda,PTS	85) 6:27.00 DAISLEY Christina,LOSC	75) 9:30.74 TIERNEY Haley,PCSC	2) 7:49.80 SIERA-DOVALI Sebastian,PCSC
57) 4:30.92 CAWS Emmanuelle,PCS	8) 3:31.90 McKILLIP Corey,GMAC	86) 6:53.00 McIVER Kara,LOSC	76) 9:33.40 DHEISI Geevan,PSW	3) 8:02.18 RAWLICK Robert,OSC
58) 4:31.00 METCALFE Hillary,LOSC	9) 3:32.08 RUEL Marie-Anne,PCSC	<b>GIRLS 10 - 400 IND. MEDLEY</b>	77) 9:36.54 LAFLEUR Tiffany,PCSC	4) 8:05.60 CHOW Hugh,RAPID
59) 4:40.80 VIGODA Aleena,PTS	10) 3:32.46 PARSONS Caroline,PCSC	<i>Rec: 5:36.76 Stephanie Shewchuk,PCSC,1985</i>	78) 9:41.67 CARRIERE Alexa,DELTA	5) 8:13.47 LAFLEUR Jonathan,PCSC
60) 4:51.00 ELIDORIS Jade,LOSC	11) 3:32.64 ALLARDYCE Jamie-Lee,PCSC	1) 6:09.42 JENSE Shauna,SKSC	79) 9:49.48 HALL Julie,DELTA	6) 8:24.60 SUARETT Matthew,EKSC
61) 5:46.00 MUHNER Nicole,LOSC	12) 3:34.50 CALDWELL Katie,PSW	2) 6:23.94 McCULLOUGH Molly,PCSC	80) 9:53.59 CHOK Krittaya,PTS	7) 8:26.06 SCHOFIELD Jamie,PTS
62) 6:25.00 WRIGHT Julia,LOSC	13) 3:39.01 CLOUTIER Isabelle,PCSC	3) 6:27.23 deVRIES Lauren,WDCS	81) 9:57.22 POLAK Martha,PCSC	8) 8:26.31 TUFTS Maxwell,UCSC
63) 7:04.18 BARRACK Savannah,PCS	14) 3:43.40 CUNNINGHAM Margot,ROW	4) 6:31.61 WILEY Julie,DDO	82) 10:03.30 COLLINGS Eva,UCSC	9) 8:44.19 GAWTHORNE Alex,PTS
64) 7:18.59 HACK Karene,PCS	15) 3:43.52 RATCHFORD Julianne,WDCS	5) 6:32.13 BAKKEN Alyssa,PCS	83) 10:11.45 BALTZER Carly,WDCS	10) 8:47.83 HARRISON Kyle,PTS
<b>GIRLS 8 - 100 IND. MEDLEY</b>	16) 3:47.28 HARTLEY Jessica,LAC	6) 6:40.22 D'ARIANO Victoria,LAC	84) 10:12.32 GOODMAN Molly,PTS	11) 8:49.53 PEPERLEEA Thomas,PCSC
<i>Rec: 1:27.52 Donna Wu,AQUA,85</i>	17) 3:48.00 DUNCOMBE Stephanie,LOSC	7) 6:40.60 HALE Rebbecca,GMAC	85) 10:28.62 CHANARAT Prim,PTS	12) 8:56.24 WONG Curtis,UCSC
1) 1:33.60 QUON Caitlin,RAPID	18) 3:50.16 ROSATO Laura,LAC	8) 6:44.11 WALKER Alyson,LAC	86) 10:44.89 KNAPP Kaitelin,DELTA	13) 8:59.00 KUO Josh,LOSC
2) 1:39.53 MITTERMAIER Emma,SKSC	19) 3:51.10 McCORD Madison,RAPID	9) 6:44.90 ZAROFF Marie,RAPID	87) 10:52.23 CONGO Caralae,WDCS	14) 9:19.97 CHEYNE Kyle,PTS
3) 1:40.33 GRAVES Meagan,SHSC	20) 3:54.30 AU YEUNG Christine,RAPID	10) 6:46.05 KREMER Lori,OSC	88) 11:14.74 BONER Ella,PTS	15) 9:22.61 CHENG Derek,CDSC
4) 1:41.80 WU Ji Han,RAPID	21) 3:54.40 D'ARIANO Laura,LAC	11) 6:46.45 VRIONIS Valerie,PCSC	89) 11:23.46 MENCHENTON Michelle,UCSC	16) 9:24.63 CHEARAVANONT Pooh,PTS
5) 1:42.74 ZEVNIK Alexia,PCSC	22) 3:54.55 RUDKO Lessia,PCSC	12) 6:50.88 WOODHALL Dana,ROW	90) 11:37.70 FALLU Isabelle,EKSC	17) 9:34.55 GAWTHORNE Josh,PTS
6) 1:42.92 ASSI Sarah,PCSC	23) 3:55.09 McCANN Josie,LAC	13) 7:01.18 CENTOMO Kyia,PCSC	91) 12:02.79 CHEN Eizabeth,UCSC	18) 9:37.20 PARSONS Andrew,PCSC
7) 1:42.93 DIEP Lily-Ann,DDO	24) 3:56.20 LEITCH Andrea,RAPID	14) 7:01.49 ASSI Sadiyah,PCSC	<b>BOYS</b>	19) 9:37.50 MINISTER Mark,CDSC
8) 1:44.86 GAGNE Amanda,PCSC	25) 3:56.34 HADDEN Morgan,RDCSC	15) 7:04.13 McMULLEN Olivia,PCSC	<b>BOYS 7&amp;U - 200 FREESTYLE</b>	20) 9:47.00 DUMCOMBE Daniel,LOSC
9) 1:47.20 LAMONTAGNE Taylor,PSW	26) 3:58.60 LOUGHEED Lauren,PSW	16) 7:06.00 SCHRAMM Lydia,EKSC	<i>Rec: 2:50.36 J.Hammervold,UCSC,1997</i>	21) 9:54.07 ROBINSON Matthew,PTS
10) 1:49.45 CAMERON Ashley,PCSC	27) 3:58.96 BEETAJIAN Venus,PCSC	17) 7:06.06 NELL Shannon,LAC	1) 4:03.20 ZHOU Evan,CDSC	22) 10:04.71 IWAMOTO Puntu,PTS
11) 1:49.52 BRAYNE Jillian,PCSC	28) 3:59.00 SATTABONGKOT Jiji,PTS	18) 7:07.38 PILLUNTHANAKUL Dao,PTS	2) 4:23.10 HAO Ray,GMAC	23) 10:05.21 WONG Cameron,UCSC
12) 1:49.76 CASSAROTTO Stephanie,PCSC	29) 3:59.04 LITTLE Kaitlyn,RDCSC	19) 7:12.24 SCHMIDT Julia,PCS	3) 4:24.28 KOVACS Matthew,LAC	24) 10:47.77 de JEU Peter,PTS
13) 1:49.96 CAMPBELL Alexandra,DDO	30) 3:59.94 BELMONT Maria,PTS	20) 7:15.44 ALLAN Amy,PCSC	4) 4:28.86 STAIRS Kenny,UCSC	25) 10:48.88 HASSAN Zameer,UCSC
14) 1:50.74 BLAGRAVE Cassandra,PCSC	31) 4:03.90 ROY Caroline,PCSC	21) 7:22.61 SANTA Maria Alexandra,PCSC	5) 4:32.67 MacNEIL Nigel,UCSC	26) 10:53.40 BONER Max,PTS
15) 1:52.90 DIFRUSCIA Rebecca,PCSC	32) 4:04.08 MacLEOD Katelyn,OSC	22) 7:21.23 BECK Kinsey,LAC	6) 4:36.90 ALLEN Matthew,GMAC	27) 11:08.93 WITKOWICZ Michael,UCSC
16) 1:57.20 STAMP Erin,GMAC	33) 4:04.10 BAIRD Amber,GMAC	23) 7:22.97 WOOD Olivia,ROW	7) 4:43.78 DUMONT Ryan,DDO	28) 11:21.00 MacPHAIL Brian,LOSC
17) 1:57.30 McDONALD Marina,PCSC	34) 4:04.83 LEACH Sadie,UCSC	24) 7:23.47 RAWN Vicki,ROW	8) 4:45.51 GOSAL Jaelyn,CDSC	29) 11:24.41 PHILLIPS Ryan,UCSC
18) 1:57.48 KEMERI Anna,UCSC	35) 4:04.95 BELZEROWSKI Kayler,RDCSC	25) 7:26.22 NOVACK Sabrina,PCSC	9) 4:49.44 WISE Andrew,PTS	30) 11:33.00 KLASSEN Cole,LOSC
19) 2:00.48 BELEC Anne-Marie,PCSC	36) 4:05.73 FINAN Catherine,LAC	26) 7:26.86 OCHIAI Robyn,DDO	10) 4:55.93 GODLEY Brandon,OSC	31) 11:47.64 SPENCER-HARTY Matthew,PTS
20) 2:00.68 ROY Lauren,PCSC	37) 4:07.00 GOLDWIRE Jissett,LOSC	27) 7:31.79 KALBARCHYK Victoria,PCSC	11) 5:04.10 RAJA Ram,PSW	32) 11:54.00 MILJENOVIC Milos,PSW
21) 2:01.01 FAIRLIE Paige,PCSC	38) 4:07.47 KUPPE Meghan,PCSC	28) 7:33.00 DONAHUE Morgan,LOSC	12) 5:04.23 ASSI Sherif,PCSC	33) 12:34.59 SAVANI Yash,PTS
22) 2:03.30 PAPADEDES Stephanie,GMAC	39) 4:09.60 McANERIN Madison,PSW	29) 7:35.94 LEARMONTH Anora,SKSC	13) 5:08.64 ASSELT Dennis,PTS	34) 12:41.06 ORFANIDES George,LAC
23) 2:03.72 XEPLATIS Sarah,DDO	40) 4:09.81 MITCHELL Amanda,DDO	30) 7:36.61 MAKI Sabrina,RDCSC	14) 5:12.35 MILLER Ewan,PTS	35) 13:23.10 WASHCOTT Spencer,PSW
24) 2:04.21 ASSELT Desiree,PTS	41) 4:10.46 SCOTT Erin,UCSC	31) 7:36.91 SZE Laura,CDSC		36) 13:34.00 KENVILLE Joey,PSW
25) 2:04.74 MacLEOD Sarah,PCSC	42) 4:12.16 MARCAKOVA Monika,UCSC	32) 7:37.60 DAY Anne,RAPID		37) 13:34.45 SONTAG Jonathan,WDCS

- 38) 13:41.55 MATHESON Beau,WDCS
- 39) 13:49.00 EPTON Ryan,PSW
- 40) 13:49.59 LANE Shawn,UCSC
- 41) 14:44.25 WILL Beyla,WDCS
- 42) 14:59.00 STEPHANIUK Parker,PSW
- 43) 15:07.20 GOOD Blaze,PSW
- 44) 16:34.20 MacPHAIL Cameron,PSW
- 45) 19:06.51 BOREEN Colten,WDCS

**BOYS 9 - 800 FREESTYLE**

*Rec: 10:27.10 Doug Wake, YLSC, 1986*

- 1) 11:00.00 MORROW Keane,RD CSC
- 2) 12:29.08 SALMON Brayden,LAC
- 3) 12:52.52 ROSS Sean,PCSC
- 4) 12:57.15 GRILLO Matthew,PCSC
- 5) 12:57.90 SHRAMKO Michael,RAPID
- 6) 13:20.90 GILMOUR Mark,LAC
- 7) 13:37.57 SURA Conner,PCSC
- 8) 13:59.33 BIBEALUT Stephane,DDO
- 9) 14:21.11 PORAPAKHAM Booky,PTS
- 10) 14:48.50 MINSTER Simon,CDSC
- 11) 14:48.60 KULAKOWSKI Patrick,PCSC
- 12) 14:53.63 MALLETT David,ROW
- 13) 14:56.37 LESSARD Charlie,PCSC
- 14) 14:58.83 BLACKMORE Ryan,OSC
- 15) 15:19.60 JAMIESON Colin,PCSC
- 16) 15:35.13 FERGUSON Duncan,CDSC
- 17) 15:37.33 GAN Wit,PTS
- 18) 15:37.34 GHERARDIN Wills,PTS
- 19) 16:11.88 GILMARTIN Eric,PCSC
- 20) 16:12.06 BRETT-RAMOS Jamie,PTS
- 21) 16:31.11 DUMONT Kevin,DDO
- 22) 16:42.00 SUR Bill,LOSC
- 23) 16:47.00 LEE Charles,LOSC
- 24) 17:12.88 BACH Calvin,OSC
- 25) 17:16.82 ZIDEL Alex,DDO
- 26) 17:36.84 McLEAN Ryan,CDSC
- 27) 17:42.70 BISHOP Patrick,GMAC
- 28) 17:43.36 COHEN Jeremy,PTS
- 29) 18:14.59 KOPATCHEV George,CDSC
- 30) 18:21.00 ASIMAKIS Vassile,LOSC
- 31) 19:02.68 RIGGS Stephen,DELTA
- 32) 19:10.00 RAJA Sham,PSW
- 33) 19:10.61 SMITH Trevor,PCS
- 34) 19:27.00 MONK Braeden,LOSC
- 35) 19:41.56 JOHNSON Cody,WDCS
- 36) 20:07.00 BAILEY Ryan,PSW
- 37) 20:11.02 BENNETT Stanley,UCSC
- 38) 20:18.58 McDONALD Jake,PTS
- 39) 22:02.39 DONALDSON Ian,WDCS
- 40) 22:14.60 COX Matthew,PCSC
- 41) 22:22.00 CHALIFOUR Matthew,LOSC
- 42) 22:24.00 WOO Mario,PSW
- 43) 22:29.00 KERESZTES Cameron,PSW
- 44) 23:29.45 MICHAEL Jens,PTS
- 45) 24:05.99 CHIRAKITI Punn,PTS
- 46) 24:18.09 DEAN Jack,PTS
- 47) 24:59.00 JO Kevin,LOSC
- 48) 25:19.76 HANSBERRY Ryan,PTS
- 49) 26:33.09 MILLER Hamish,PTS

**BOYS 10 - 1500 FREESTYLE**

*Rec: 18:41.93 Michel Calkins, VICO, 1989*

- 1) 21:14.00 WANG Peter,LOSC
- 2) 22:28.00 OH Jijyhoon,LOSC
- 3) 22:39.88 WISE Robert,LAC
- 4) 22:49.00 FUNK Richard,EKSC
- 5) 22:53.22 EMORY Matthew,PCSC
- 6) 23:05.00 STEWART Clay,LOSC
- 7) 23:44.00 LAI Jason,EKSC
- 8) 23:49.98 TATIGIAN Nicholas,PCSC
- 9) 23:50.00 AYRE Trevor,PCSC
- 10) 23:54.90 CHAN Brandon,EKSC
- 11) 24:48.10 SHAN Joseph,RAPID
- 12) 24:50.15 SIEIRA-DOVALI Ander,PCSC
- 13) 25:09.00 STELTING Josh,LOSC
- 14) 25:10.99 SIMONYK Ryan,PCSC
- 15) 25:24.64 DIONISI Michael,PCSC
- 16) 25:28.52 MITCHELL Ryan,LAC

- 17) 25:44.35 CLIFFORD Philip,DDO
- 18) 26:49.57 COUSSA Kirby,DDO
- 19) 27:16.13 UNTERSTAB Dylan,PCSC
- 20) 27:21.51 SOUTHAM Noah,LAC
- 21) 28:23.00 POLEDNIK Kyle,LOSC
- 22) 28:41.59 MAYER Michael,DDO
- 23) 28:43.14 REINHART Derek,ROW
- 24) 28:45.00 REHBERG Steven,LOSC
- 25) 28:50.60 FEDORCHENKO Stan,RAPID
- 26) 29:00.01 SPRINGER Craig,LAC
- 27) 29:01.20 DeCECCO Colton,DELTA
- 28) 29:09.16 ROBINSON Murray,PTS
- 29) 29:42.44 CHEN Jack,UCSC
- 30) 29:49.01 WAGNER Dylan,WDCS
- 31) 29:55.84 MacLEAN Robert,DDO
- 32) 29:59.02 BELEC Marc-A,PCSC
- 33) 30:19.61 DRAYCOTT Hayden,UCSC
- 34) 30:23.56 THANYI Stefan,PCSC
- 35) 30:34.00 KOSTIUK Nick,EKSC
- 36) 30:35.03 ROTH Aidan,PCSC
- 37) 30:46.00 BAWDEN Rhys,PTS
- 38) 30:49.55 BRODERICK Evan,SKSC
- 39) 30:50.80 WHITE Reid,EKSC
- 40) 30:52.20 HO Morris,RAPID
- 41) 31:09.89 HILLCOAT Zachary,DDO
- 42) 31:34.06 RANDSHUIZEN Jacques,UCSC
- 43) 31:43.33 TYRRELL Mikey,PTS
- 44) 31:58.18 CHERNIKOVA Ivan,DDO
- 45) 32:12.00 KUNEN Avi,PCS
- 46) 32:19.60 SIAO Vincent,RAPID
- 47) 32:22.84 ZANATTA Keegan,PCS
- 48) 32:39.80 VICZE Alec,RAPID
- 49) 32:40.69 GODLEY Darren,OSC
- 50) 33:14.97 HARRISON Drew,PTS
- 51) 33:47.56 VADER Nolan,OSC
- 52) 33:55.07 TETTAMANTI Ben,CDSC
- 53) 34:14.80 CHUA Joshua,UCSC
- 54) 34:24.00 DURSTON Iliia,PSW
- 55) 34:47.69 CHANWIPAVA Chao,PTS
- 56) 35:11.20 LEE Henry,PSW
- 57) 35:20.10 WILLIAMS Brendon,UCSC
- 58) 36:29.58 BAYLISS Ricky,UCSC
- 59) 36:40.78 PAAOPANCHON Supavit,PTS
- 60) 36:50.30 YARI Vili,PTS
- 61) 36:51.98 BARRATT Cole,PCS
- 62) 36:57.52 BUTTERWORTH Surya,UCSC
- 63) 37:07.79 GROVE Freddie,PTS
- 64) 37:51.53 SMITH Michael,UCSC
- 65) 38:18.76 MALESEVIC Vojislav,CDSC
- 66) 38:35.00 BLYTH Larry,LOSC
- 67) 39:45.00 DIMICHELE Amian,PSW
- 68) 39:54.17 HILL Takumi,DELTA
- 69) 40:35.00 KLASSEN Spencer,PSW
- 70) 41:40.40 AHN David,WDCS
- 71) 42:43.74 KHOSRAVI Tovraj,CDSC
- 72) 44:42.70 BAUMEISTER Blake,PSW
- 73) 44:44.64 MIYAWKI Tomohiro,PTS
- 74) 46:07.30 WOO Enzo,PSW
- 75) 47:23.30 FREEMAN Kevin,PSW
- 76) 51:11.50 FORD Tony,PSW
- 77) 51:36.03 DJERIC Rastko,CDSC
- 78) 54:33.84 BOUDEMEAGH Shemseddin,PTS

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

*Rec: 1:29.77 Andrew Bignell, SSMAC, 91*

- 1) 2:00.71 ZHOU Evan,CDSC
- 2) 2:02.40 ALLEN Matthew,GMAC
- 3) 2:11.82 KOVACS Matthew,LAC
- 4) 2:12.29 JOHNSON Samuel,PTS
- 5) 2:14.20 HAO Ray,GMAC
- 6) 2:17.29 OKAZAKI Mitchell,PTS
- 7) 2:17.82 O'DONNELL Devin,PCSC
- 8) 2:23.78 DUMONT Ryan,DDO
- 9) 2:24.05 WISE Andrew,PTS
- 10) 2:24.15 GOSAL Jaelen,CDSC
- 11) 2:26.06 ASSELT Dennis,PTS
- 12) 2:28.80 MILLER Ewan,PTS
- 13) 2:30.70 PIETZAK Mischa,PSW

- 14) 2:38.50 OSBORNE Nathan,EKSC
- 15) 2:42.40 KYRONG Chendan,PSW
- 16) 2:42.74 SMITH Lucas,PTS
- 17) 2:43.32 RAASCH Kyle,PCSC
- 18) 2:44.65 JOHNSON Tyler,WDCS
- 19) 2:47.31 MacNEIL Nigel,UCSC
- 20) 2:47.33 SCOTT Psi,PTS
- 21) 2:48.75 STAIRS Kenny,UCSC
- 22) 2:50.62 ASSI Sherif,PCSC
- 23) 2:50.94 GODLEY Brandon,OSC
- 24) 2:53.00 McGREGOR Travis,PCSC
- 25) 2:54.91 MURGATROYD Thomas,PTS
- 26) 2:55.90 HARPER Sam,GMAC
- 27) 2:59.70 KRUG David,GMAC
- 28) 3:04.40 GREEN Lucas,EKSC
- 29) 3:04.66 McSHERRY Max,PTS
- 30) 3:07.44 LANTIN Angelo,PTS
- 31) 3:10.31 SMUTHARAKS Edward,PTS
- 32) 3:10.67 TSE Douglas,PTS
- 33) 3:10.84 DRAYCOTT Logan,UCSC
- 34) 3:14.08 SNIDVONGS Jaen,PTS
- 35) 3:20.03 RIZKALLA Joshua,UCSC
- 36) 3:20.49 DEAN Ashley,PTS
- 37) 3:24.69 WHITE Ethan,UCSC
- 38) 3:24.80 BEAUDOIN Samuel,EKSC
- 39) 3:27.50 RAJA Ram,PSW
- 40) 3:29.00 STELTING Ethan,LOSC
- 41) 3:36.01 VOCK Liam,WDCS
- 42) 3:39.19 MATHIEU Dawson,WDCS
- 43) 3:41.30 CANDRAY Randy,EKSC
- 44) 3:43.80 GABRIEL Lee,WDCS
- 45) 3:49.66 PHILLIPS Jeremy,UCSC
- 46) 3:51.00 PREENCAL Jack,LOSC
- 47) 3:51.00 GILMORE Hayden,LOSC
- 48) 3:57.13 BADGER Dylan,UCSC
- 49) 4:18.00 SLYTH Ben,LOSC
- 50) 4:19.00 FLETCHER Christian,LOSC
- 51) 4:19.11 LAI Mark,UCSC
- 52) 4:23.00 REINHART Jonah,LOSC
- 53) 4:23.64 OKAZAKI Maxwell,PTS
- 54) 4:48.00 MacDONALD Michael,LOSC
- 55) 4:55.18 IWAMOTO Picco,PTS
- 56) 5:11.27 TSE Brandon,CDSC
- 57) 5:14.00 SHANE Mitchell,LOSC
- 58) 5:16.20 UPPAL Jesse,WDCS

**BOYS 8 - 100 IND. MEDLEY**

*Rec: 1:21.38 Andrew Bignell, SSMAC, 92*

- 1) 1:50.27 BENNETT Dean,ROW
- 2) 1:51.20 CHOW Hugh,RAPID
- 3) 1:56.51 SIEIRA-DOVALI Sebastian,PCSC
- 4) 1:59.23 LAFLEUR Jonathan,PCSC
- 5) 2:02.49 HARRISON Kyle,PTS
- 6) 2:03.77 PEPELEA Thomas,PCSC
- 7) 2:05.40 MOFFAT Hayden,GMAC
- 8) 2:05.64 TUFTS Maxwell,UCSC
- 9) 2:07.10 CHEYNE Kyle,PTS
- 10) 2:07.86 SCHOFIELD Jamie,PTS
- 11) 2:07.86 GAWTHORNE Alex,PTS
- 12) 2:09.71 IWAMOTO Punto,PTS
- 13) 2:10.00 CARY Sam,GMAC
- 14) 2:10.11 ROBINSON Matthew,PTS
- 15) 2:10.16 GAWTHORNE Josh,PTS
- 16) 2:13.91 MAGNAN Alexandra,PCSC
- 17) 2:15.55 PARSONS Andrew,PCSC
- 18) 2:18.37 BONER Max,PTS
- 19) 2:20.29 WONG Curtis,UCSC
- 20) 2:26.59 MINSTER Mark,CDSC
- 21) 2:27.41 CHEARANAVONT Pooch,PTS
- 22) 2:35.45 SPENCER-HARTY Matthew,PTS
- 23) 2:36.40 MILJENOVIC Milos,PSW
- 24) 2:40.65 ORFANIDES George,LAC
- 25) 2:42.06 de JEJ Peter,PTS
- 26) 2:42.56 WONG Cameron,UCSC
- 27) 2:44.54 SAVANI Yash,PTS
- 28) 2:49.00 MacPHAIL Brian,LOSC
- 29) 2:55.00 DUMCOMBE Daniel,LOSC
- 30) 3:00.77 PHILLIPS Ryan,UCSC

- 31) 3:01.93 WITKOWICZ Michael,UCSC
- 32) 3:04.10 STEPHANIUK Parker,PSW
- 33) 3:08.40 MacPHAIL Cameron,PSW
- 34) 3:12.83 MATSUMOTO Riki,PTS
- 35) 3:14.80 KENVILLE Joey,PSW
- 36) 3:17.30 ANTONIO Ethan,EKSC
- 37) 3:20.30 CROSS-KHIS Andrew,GMAC
- 38) 3:24.16 KOZIOL NEUMAN Alexander,PCS
- 39) 3:31.70 GOOD Blaze,PSW
- 40) 3:33.25 HASSAN Zameer,UCSC
- 41) 3:36.99 MATHESON Beau,WDCS
- 42) 3:47.10 EPTON Ryan,PSW
- 43) 3:52.56 LANE Shawn,UCSC
- 44) 4:55.16 BOREEN Colten,WDCS

**BOYS 9 - 200 IND. MEDLEY**

*Rec: 2:41.91 Tobias Oriwol, PCSC, 1995*

- 1) 3:00.24 MORROW Keane,RD CSC
- 2) 3:12.91 GRILLO Matthew,PCSC
- 3) 3:14.42 SALMON Brayden,LAC
- 4) 3:21.70 SHRAMKO Michael,RAPID
- 5) 3:22.18 MALLETT David,ROW
- 6) 3:25.33 SURA Conner,PCSC
- 7) 3:26.51 ROSS Sean,PCSC
- 8) 3:27.92 GILMOUR Mark,LAC
- 9) 3:36.71 KULAKOWSKI Patrick,PCSC
- 10) 3:39.25 BIBEALUT Stephane,DDO
- 11) 3:41.37 HARIRI Kareem,PCSC
- 12) 3:49.33 MINSTER Simon,CDSC
- 13) 3:49.52 PORAPAKHAM Booky,PTS
- 14) 3:51.00 LEE Charles,LOSC
- 15) 3:51.31 LESSARD Charlie,PCSC
- 16) 3:51.55 GHERARDIN Wills,PTS
- 17) 3:54.43 GAN Wit,PTS
- 18) 4:02.43 FERGUSON Duncan,CDSC
- 19) 4:03.16 JAMIESON Colin,PCSC
- 20) 4:03.44 GILMARTIN Eric,PCSC
- 21) 4:03.89 CA Justin,PCSC
- 22) 4:05.14 ZIDEL Alex,DDO
- 23) 4:05.17 DUMONT Kevin,DDO
- 24) 4:08.00 BISHOP Patrick,GMAC
- 25) 4:08.21 LACHANCE James,PCSC
- 26) 4:11.37 HEWSON Patrick,PTS
- 27) 4:14.80 KUKOVICA Jacob,GMAC
- 28) 4:19.00 SUR Bill,LOSC
- 29) 4:21.53 RIGGS Stephen,DELTA
- 30) 4:22.23 RAWLICK Robert,OSC
- 31) 4:27.06 BRETT-RAMOS Jamie,PTS
- 32) 4:27.21 DEBILIER Chris,PCSC
- 33) 4:33.54 McDONALD Jake,PTS
- 34) 4:34.25 MANNY Frederic,PCSC
- 35) 4:36.42 BENNETT Stanley,UCSC
- 36) 4:37.42 COHEN Jeremy,PTS
- 37) 4:41.15 SMITH Trevor,PCS
- 38) 4:42.22 McLEAN Ryan,CDSC
- 39) 4:44.07 MICHAEL Jens,PTS
- 40) 4:47.98 KAMINSKY-COOK Krystian,PTS
- 41) 4:48.04 KOPATCHEV George,CDSC
- 42) 4:48.40 MOLENAAR Connor,GMAC
- 43) 4:56.40 MILLER Hamish,PTS
- 44) 4:56.93 JOHNSON Cody,WDCS
- 45) 5:04.10 RAJA Sham,PSW
- 46) 5:06.55 DEAN Jack,PTS
- 47) 5:21.60 COX Matthew,PCSC
- 48) 5:23.82 HANSBERRY Ryan,PTS
- 49) 5:27.40 WOO Mario,PSW
- 50) 5:27.80 KERESZTES Cameron,PSW
- 51) 5:42.08 DONALDSON Ian,WDCS
- 52) 5:46.20 MUNGHAM Mackenzie,GMAC
- 53) 6:07.54 CHIRAKITI Punn,PTS
- 54) 6:13.00 JO Kevin,LOSC
- 55) 6:32.65 LODHA Shruv,PTS
- 56) 7:01.50 CHEHROUDI Ali,CDSC
- 57) 7:12.52 SONTAG Jonathan,WDCS
- 58) 7:57.52 WILL Beyla,WDCS
- 59) 8:13.23 UPPAL Perry,WDCS
- 60) 10:19.00 ASIMAKIS Vassile,LOSC

**BOYS 10 - 400 IND. MEDLEY**

*Rec: 5:29.10 Tobias Oriwol, PCSC, 1996*

- 1) 6:11.00 OH Jijyhoon,LOSC
- 2) 6:22.00 WANG Peter,LOSC
- 3) 6:24.12 EMORY Matthew,PCSC
- 4) 6:26.30 WISE Robert,LAC
- 5) 6:28.00 FUNK Richard,EKSC
- 6) 6:31.10 SHAN Joseph,RAPID
- 7) 6:45.27 SIEIRA-DOVALI Ander,PCSC
- 8) 6:52.90 CHAN Brandon,EKSC
- 9) 6:53.00 STELTING Josh,LOSC
- 10) 6:55.56 AYRE Trevor,PCSC
- 11) 6:58.52 DIONISI Michael,PCSC
- 12) 6:59.00 LAI Jason,EKSC
- 13) 7:08.70 TATIGIAN Nicholas,PCSC
- 14) 7:12.00 STEWART Clay,LOSC
- 15) 7:14.10 SIMONYK Ryan,PCSC
- 16) 7:32.12 CLIFFORD Philip,DDO
- 17) 7:32.60 MITCHELL Ryan,LAC
- 18) 7:36.35 COUSSA Kirby,DDO
- 19) 7:36.44 MacLEAN Robert,DDO
- 20) 7:45.04 UNTERSTAB Dylan,PCSC
- 21) 7:48.89 ZANATTA Keegan,PCS
- 22) 7:48.96 SPRINGER Craig,LAC
- 23) 7:51.14 WANG Jonathan,PCSC
- 24) 7:55.11 SOUTHAM Noah,LAC
- 25) 7:56.70 KOSTIUK Nick,EKSC
- 26) 8:08.07 REINHART Derek,ROW
- 27) 8:08.47 TYRRELL Mikey,PTS
- 28) 8:12.61 WARD Andrew,PCSC
- 29) 8:13.27 BRODERICK Evan,SKSC
- 30) 8:16.00 POLEDNIK Kyle,LOSC
- 31) 8:20.11 HILLCOAT Zachary,DDO
- 32) 8:24.74 DeCECCO Colton,DELTA
- 33) 8:27.65 MAYER Michael,DDO
- 34) 8:30.40 FEDORCHENKO Stan,RAPID
- 35) 8:32.00 KUNEN Avi,PCS
- 36) 8:32.24 ROBINSON Murray,PTS
- 37) 8:37.52 GODLEY Darren,OSC
- 38) 8:38.08 GUSMAN Eugene,PCSC
- 39) 8:38.20 BELEC Marc-A,PCSC
- 40) 8:41.57 CHEN Jack,UCSC
- 41) 8:42.33 CHERNIKOVA Ivan,DDO
- 42) 8:42.80 LEE Henry,PSW
- 43) 8:43.30 DURSTON Iliia,PSW
- 44) 8:43.79 HUNYH Ivan,CDSC
- 45) 8:46.07 BAWDEN Rhys,PTS
- 46) 8:47.58 HARRISON Drew,PTS
- 47) 8:49.30 WHITE Reid,EKSC
- 48) 8:51.06 VADER Nolan,OSC
- 49) 8:53.82 RANDSHUIZEN Jacques,UCSC
- 50) 8:59.02 DRAYCOTT Hayden,UCSC
- 51) 9:07.37 ROTH Aidan,PCS
- 52) 9:12.22 WAGNER Dylan,WDCS
- 53) 9:19.00 REHBERG Steven,LOSC
- 54) 9:21.00 CANDRAY Bradley,EKSC
- 55) 9:36.08 VICZE Alec,RAPID
- 56) 9:40.02 BUTTERWORTH Surya,UCSC
- 57) 9:41.17 YARI Vili,PTS
- 58) 9:41.23 CHUA Joshua,UCSC
- 59) 9:43.46 CHANWIPAVA Chao,PTS
- 60) 9:47.71 HILL Takumi,DELTA
- 61) 9:59.56 McELHANEY Sean,RD CSC
- 62) 10:12.94 PAAOPANCHON Supavit,PTS
- 63) 10:19.06 TETTAMANTI Ben,CDSC
- 64) 10:19.95 WILLIAMS Brendon,UCSC
- 65) 10:34.07 GROVE Freddie,PTS
- 66) 10:37.00 BLYTH Larry,LOSC
- 67) 10:41.64 SMITH Michael,UCSC
- 68) 10:52.00 MITCHELL Devin,LOSC
- 69) 11:06.63 MIYAWKI Tomohiro,PTS
- 70) 11:16.38 BARRATT Cole,PCS
- 71) 11:16.58 MALESEVIC Vojislav,CDSC
- 72) 12:27.50 KHOSRAVI Tovraj,CDSC
- 73) 13:12.89 DJERIC Rastko,CDSC
- 74) 14:56.66 BOUDEMEAGH Shemseddin,PTS
- 75) 15:13.85 OLUIC Ivan,CDSC

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## AUBURN WOMEN ROLL TO SECOND TITLE

### Natalie Coughlin takes high point award

**Nikki Dryden**

Auburn Women's swimming won their second consecutive National Collegiate Championship at their home pool this year by beating out Georgia and Southern Cal, who kicked Stanford out of the top three for the first time in history. Southern Methodist was fourth with Florida fifth, while Stanford had to settle for sixth. Auburn's win not only affirmed their national supremacy, it affirmed the Southeastern Conference's dominance as the top conference in the country, as Auburn became the fifth consecutive SEC team to win women's NCAAs.

The meet was one of the fastest yet, with 2 American, 3 NCAA, 4 NCAA Meet, 3 US Open, and 13 pool records. Auburn dominated the relays, winning 4 of the 5, and scored in every event except the 1650 free.

"This year's team really did a great job," said Auburn head coach David Marsh. "They worked hard all year for this goal, winning the National Championship. You have to give credit to Kim Brackin [Co-head Women's Coach] and Maggie Bowen for her leadership as well. As much as we were looking forward to the celebration, we are very happy to win this championship in Auburn."

For the third year, Auburn's World Champ Maggie Bowen claimed the 200 IM, setting a new pool record, followed by Zimbabwe's Kirsty Coventry, also of Auburn, who finished in a tie for second with Slovenia's Alenka Kejzar of South Methodist (SMU). "I was very happy to win this race for the third straight year," Bowen said. "I am pleased with my time and happy to get the first-place points for our team." Bowen went on to win the 400 IM and place second in the 100 breast, which was won by NCAA record holder Tara Kirk of Stanford. Georgia freshman Sarah Poewe of Germany was third, while the international battle continued in the 200 breast with Kirk beating out Germany's Anne Poleska of Alabama and Hungary's Agnes Kovacs of Arizona State.

Another pool record was set in the 50 free as Maritza Correia of Georgia defended her title from last year. She also broke the American record while winning the 100 free; unfortunately for Correia, that record lasted only two hours before Cal's Natalie Coughlin regained her record leading out the relay.

Coughlin didn't swim the 100 free individually,

choosing instead to swim and win the 100 fly, 100 back, and 200 back for the high-point and swimmer-of-the-meet awards.

In the 100 fly, Coughlin set a new pool record for her third straight win in the event, becoming the first woman in NCAA history to win the 100 fly three times. She also won the 100 back by nearly three seconds in a new pool record. Kirsty Coventry was second and 1996 Olympic champ, Arizona's Beth Botsford, came in third. Coughlin then went on to claim her third consecutive 200 back title in another pool record.

Switzerland's Flavia Rigamonti, who attends SMU, dominated the 500 free and defended her 1650 free title in a new pool record.

Canadian women performed modestly.

- Laura Pomeroy (SMU) from Oakville, ON, was 5th in the 50 free in 22.58.



**California's Natalie Coughlin**

- Elizabeth Wycliffe (Texas) from Kingston, ON, was 14th in the 200 back with 1:58.40.
- Jenna Gresdal (Arizona), from Bracebridge, ON, was 15th in the 200 back with 1:58.44.

Auburn's relays broke record after record. They set a new NCAA record in the 4x100 medley relay, an American record in the 4x50 medley relay, a new NCAA meet record in the 4x200 free relay, and finished with a pool record in the 4x100 free relay. Fittingly, Kim Brackin and David Marsh were named 2003 Women's Coaches of the Year.

## MARCH BELONGS TO MARSH

**Nikki Dryden**

David Marsh and his Auburn swimmers made history this season by winning both the men's and women's NCAA team titles. Never before has a coach led his combined team to win both titles in the same year. Only Randy Reese at Florida has won both titles, but he did it over the course of two seasons in the early 1980s.

It certainly can't be an easy task getting kids to move to Auburn, Alabama from places as far as Zimbabwe, Estonia, France, the Bahamas, Trinidad, Panama, and Alaska, but with a unique team philosophy, Marsh's success is not surprising.

"Do everything balanced. End sets with best technique—train your neurological pathways. Practise relay takeoffs all year long. Don't be satisfied with your technique—always something to improve. Constantly explore (we implore) minimizing resistance (streamline). Improve all four strokes. Learn when possible from the most knowledgeable source, BUT LEARN!... then TEACH! Lead the lane at least once per week. Don't be the last one in the door or pool more than once. Get out of the pool like an athlete. Carry your equipment bag—don't drag it. Take the harder route (i.e. stairs, walk don't drive). Stay after practice to work on details—ask an upperclassmen to stay."

This is known as Auburn Swimming 101, and along with a list of other things swimmers should work on, it is posted on Auburn's website for all swimmers who are interested in becoming a part of the magic.

It has taken him 13 years, but Marsh has slowly and steadily built up the program to be the best in the country. He's been the NCAA women's coach of the year for the past three years and also holds that title for the men for 1994, 1997, 1999, and 2003.

After the men's title, Marsh had this to say about his team: "All I can see is the eyes of this senior class because they are the ones that initiated the effort to pull this team together in a special way. They did the follow-through and then came to this meet and gave the performance. They didn't want to leave Auburn without a championship, and I hope that is the attitude of future swimmers and divers that come into our program."

Internationally, 35 Auburn swimmers have won medals in 60 meets, from the World Student Games to the Olympics, including Olympic and World



**David Marsh**  
Auburn Swimming  
Men's and Women's  
Head Coach since  
1990

**Other appointments  
as USA assistant  
coach at**  
1994 Worlds  
1995 Pan Pacifics  
1996 Olympics  
1999 Pan Pacifics  
2000 Olympics

Champions Scott Tucker, John Hargis, Bill Pilczuk, and Maggie Bowen.

Since 1991, Auburn has been home to 17 Olympians. In addition to Tucker and Hargis, Yoav Bruck and Eithan Urbach competed for Israel and Nick Shackell competed for Great Britain in 1996. Bruck, Shackell, Tucker, and Urbach also competed at the 2000 Sydney Olympic Games, along with Romain Barnier (France), Pat Calhoun (USA), Eileen Coparropa (Panama), Brett Hawke (Australia), Matt Kidd (Great Britain), Jeremy Knowles (Bahamas), Rada Owen (USA), Oswaldo Quevedo (Venezuela), and Scott Talbot (New Zealand). And this year Marsh added Estonia's Jana Kolukanova to the women's team and Trinidad's George Bovell and France's Frederic Bousquet to the men's roster; the latter two won the 200 IM and 50 free respectively at men's NCAAs.

Marsh is himself an Auburn alum, who was a five-time All-American backstroker and the 1980 SEC backstroke champion, ranked sixth in the world at the time. But it's his accomplishments at Auburn over the last decade that appear to be his best work. When Marsh arrived at Auburn in 1991, the men's and women's swim teams placed 20th and 30th respectively at NCAAs, so to win both national titles this year is the result of years of dedication to the pursuit of first-class swimming.

When discussing Auburn women's first-place ranking at the start of this season, Marsh said, "Not having lost anyone from last season, we know we have a target on our back." With double national titles, there's no doubt that the rest of the country will be aiming for Auburn again next year.

**Get to know David Marsh**

**What is something you achieved that no one thought you could?**

"I gave blood (without fainting) in the aftermath of the September 11 tragedy."

**What is the best gift you have ever received?**

"My three children: Aaron, Alyssa, and Maddie."

**What are your swimming goals?**

"To swim at Auburn, coach at Auburn, and retire in Auburn."

**What are your favourite sports teams?**

"The Auburn Tigers, Atlanta Braves and Niffer's 6 and under soccer league team (son Aaron's team)."

**MEN'S NCAA CHAMPIONSHIPS**

# AUBURN WINS THIRD TITLE

## Vendt Wins High Point Award

**Nikki Dryden**

This year, the Auburn men refused to be outdone by their female counterparts, capturing their third title in the last six years and crushing the rest of the competition by almost 200 points.

Defending champ Texas held on to second place, while Stanford and Berkeley battled it out for third and fourth. While Auburn cleaned up the points, it was Texas who broke four NCAA records, with Auburn and California each breaking one.

Auburn's depth is readily apparent, scoring in every single event. They went 1, 4, 5, and 7 in the 50 free; 2, 4, 4, and 7 in the 100 breast; and 1, 7, 9, 10, and 11 in the 200 IM. They didn't win a relay, but placed second in three and picked up another third and fourth. In individual performances, it was the young duo of Frederic Bousquet and George Bovell who led the Auburn team. France's Bousquet turned in the fastest 100 relay split of the meet (41.47), as well as defeating Olympic champ Anthony Ervin in the 50 with a time of 19.31. Trinidad's Bovell won the 200 IM in an NCAA record time of 1:42.66.

As a team, Texas captured four of the six NCAA records and seven event titles. The 200 and 400 medley relay teams broke two-year-old records. NCAA record holder Ian Crocker successfully defended his title in the 100 fly, while teammate Brendan Hansen swept the breast events, setting a meet record in the 100 and an NCAA record in the 200.

Texas also had the swimmer of the meet, Aaron Peirsol, who

was second in the 100 back and first in the 200 back. Peirsol's 200 was a new NCAA record.

Cal-Berkeley dominated the sprint events and set a new NCAA record in the 4x100 free relay. Anthony Ervin swam the fastest 50 relay split in 18.58. Ervin also split the fastest flat start 50 freestyle (19.25), but placed third in the final. Cal went 1-2 in the 100 free, but this year, Croatian swimmer Duje Draganja touched out Ervin for the win, followed by Bousquet.

Southern Cal's Eric Vendt dominated the distance events. Vendt swam his best time to win the 400 free, but in the 400 IM, he was touched out by Robert Margalis of Georgia by three one-hundredths. Vendt did come back on the final night to win the 1650 free in another personal best. Vendt's two wins and a second were good enough for him to win the high-point award for the second year in a row.

Canadian swimmers performed as follows:

- Mike Brown, (Minnesota) from Perth, ON was 3rd in the 200 breast in 1:55.63
- Scott Dickens (Oakland) from Brantford, ON, was 15th in the 200 breaststroke with 1:58.18.

• Adam Sioui (Florida) from Trenton, ON, was 4th in the 200 freestyle with 1:34.91, unable to defend the title he won last year in 1:34.67.

• Andrew Hurd (Michigan) from Mississauga, ON, was 12th in the 1650 freestyle with 15:04.27.

• Matt Rose (Texas A&M) from Peterborough, ON, was 12th in the 100 backstroke in 47.82.

• Chuck Sayao (Michigan) from Mississauga, ON, was 14th in the 400 IM with 3:50.35.



**Michael Brown, 3rd in 200 breaststroke**

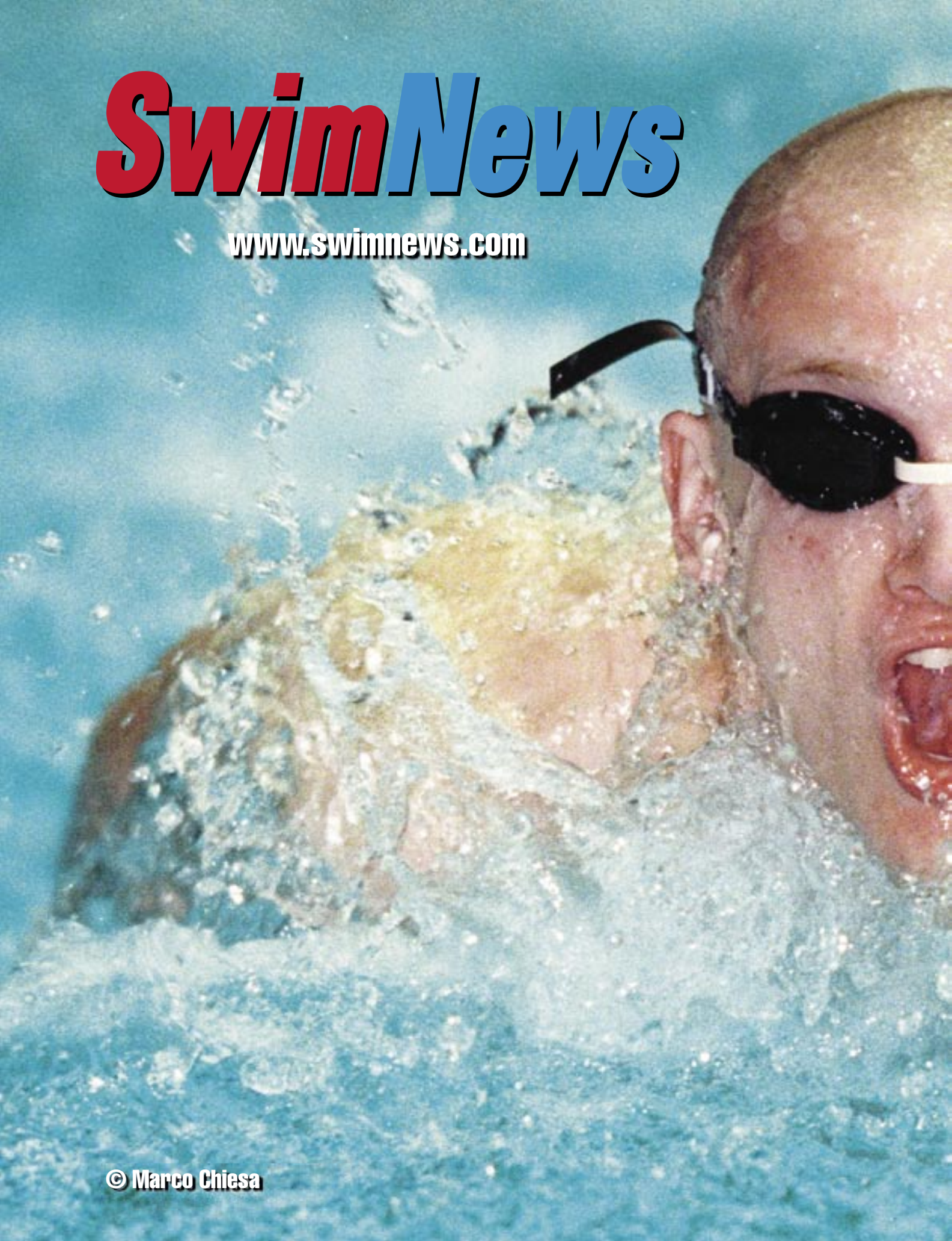
### NCAA FACTS

Men's competition has been held annually since 1925, team scoring was introduced in 1937. Women's competition was introduced in 1982. There are three divisions I-II-III with division I being the most competitive, offering men's and women's scholarships and huge athletic department budgets generated from revenues from men's football and basketball. The effect of Title IX (equal access to women) resulted in many men's (close to 80) swimming programs being eliminated. Some statistics on swimming teams and total athlete participation.

Year	Div I		Div II		Div III		Overall Totals	
	Team	Athletes	Teams	Athletes	Teams	Athletes	Teams	Athletes
<b>MEN</b>								
<b>1982</b>	<b>181</b>	<b>4109</b>	<b>57</b>	<b>1111</b>	<b>139</b>	<b>2526</b>	<b>377</b>	<b>7746</b>
<b>2002</b>	<b>148</b>	<b>3433</b>	<b>55</b>	<b>882</b>	<b>185</b>	<b>2992</b>	<b>388</b>	<b>7307</b>
<b>WOMEN</b>								
<b>1982</b>	<b>161</b>	<b>3038</b>	<b>57</b>	<b>1056</b>	<b>130</b>	<b>2124</b>	<b>348</b>	<b>6218</b>
<b>2002</b>	<b>184</b>	<b>4646</b>	<b>67</b>	<b>1207</b>	<b>227</b>	<b>4426</b>	<b>478</b>	<b>10279</b>

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**Brian Johns**  
**Canada**

# KATY SEXTON MOVES INTO THE LIMELIGHT

## Four Commonwealth Records in Three Events, and Eight British Records in Six Events

Commonwealth records from breaststroker James Gibson, and backstrokers Sarah Price and Katy Sexton were the highlights of the British World trials, held in Sheffield on March 19-23.

British records were bettered eight times in six events. A total of 12 swimmers (7 men, 6 women) qualified for the World Team by meeting a basic criterion: winning their event and bettering the required qualifying time (top 12 for 2002).

The final team will be announced after the Scottish Championships, June 20-22, where all available spots will be filled provided the swimmers competed at these Trials in the same events and qualifying times have been surpassed.

An exception was made for Georgina Lee and Margaretha Pedder, who could not compete at the Trials as they were in the USA at the women's NCAA Championships. Subsequently Lee bettered the British records in the 100 and 200 fly at US Spring Nationals in early April. Both swimmers will have to qualify at the Scottish Championships.

The big sensation was Katy Sexton, the 20-year-old from Portsmouth who battled Sarah Price successfully in the 100 and 200 backstrokes.

Price suffered her first loss in three years in the 100, where she won the semifinal in 1:00.96 (Commonwealth record) only to be touched out in the final by Sexton in 1:00.49 (Commonwealth record). It was the sixth-fastest all-time performance.

In the 200, Price and Sexton battled to sub-2:10 performances: Sexton touched in 2:09.27 and Price in 2:09.93. Both times bettered an 11-year-old Commonwealth record of 2:10.20.

Price was "seriously disappointed" for losing to Sexton for the second time in a week.

Sexton, coached by Chris Nesbitt in Portsmouth and whose previous bests were 1:01.80 and 2:12.01, attributed her newfound speed to the weight training that she added to her program after her third place at the 2002 Commonwealth Games, losing to Price the title she first won as a 16-year-old in Malaysia in 1998.

Her preparation for the Trials may have been a factor too. Sexton was in Australia at Britain's offshore training camp on the Gold Coast in Queensland, while

Price was competing on the short course World Cup circuit.

Men's breaststroke was very strong, with James Gibson winning the 100 in 1:00.47 (Commonwealth record), Darren Mew winning the 50 in 27.65, and Ian Edmond the 200 in 2:11.56, just off the British record of 2:11.29. All three qualified for the World team.

Graeme Smith, 26, won the 400, 800, and 1500 freestyle events in qualifying times of 3:49.71, 7:54.11, and 15:05.44, respectively, battling David Davies, 17, in the longer races. Davies' times of 7:54.75 and 15:06.03 were faster than the World selection times.

### Men's qualifiers

Mark Foster qualified in the 50 fly with his 23.93, but he missed out in the 50 free. James Goddard qualified in the 200 backstroke with a British record of 1:58.65 and Stephen Parry in the 200 butterfly with 1:56.65.

### Women's qualifiers

Other women's qualifiers included Alison Sheppard in the 50 free in 24.98, despite a poor finishing touch. Rebecca Cook swept the 400, 800, and 1500 freestyles in 4:11.04, 8:36.35, and 16:20.58, respectively. Jaime King won the 100 breaststroke in 1:09.00 for a British record and the 200 breaststroke in 2:29.27. Zoe Baker was the easy winner in the 50 breaststroke with 31.48, almost a second off her best.

A measure of progress was that 18 winning times were faster than in 2002, but 14 were faster last year.

### No time for complacency

British performance director Bill Sweetenham said after the end of the five-day Trials, "I'm leaving the pool frustrated.

"They're capable of better and we need to step it up. Some were inside Commonwealth records, and a few are among the top three in the world, but I can't help but feel there's much more there.

"We can't be satisfied."



**Katy Sexton stunned Sara Price in backstroke events**

Marco Chiesa

*Anita Lonsbrough and Nick Thierry*

# RESULTS BRITISH WORLD TRIALS

Sheffield, Mar 19-23 (50 m)

## MEN

### 50 METRES FREESTYLE

1	22.65	Foster Mark,70
2	23.24	Cozens Chris,82
3	23.38	Morgan Owen,84
4	23.50	Scotcher Alex,80
5	23.50	Bowe Matthew,83
6	24.03	Denton Edward,86
7	24.09	Davenport Ross,84
8	24.13	Booth Greg,81

### 100 METRES FREESTYLE

1	49.90	Cozens Chris,82
2	50.41	Scotcher Alex,80
3	50.53	Burnett Simon,82
4	51.37	Leith David,79
5	51.46	Davenport Ross,84
6	51.48	Bennett David,81
7	51.50	Meadows Gavin,77
8	51.55	Booth Greg,81

### 200 METRES FREESTYLE

1	1:49.12	Salter James,76
2	1:51.33	Davenport Ross,84
3	1:51.51	Burnett Simon,82
4	1:51.61	Sinclair Edward,80
5	1:51.77	Smith Graeme,76
6	1:51.81	Meadows Gavin,77
7	1:52.33	Carry David,81
8	1:53.39	Hunter Andrew,86

### 400 METRES FREESTYLE

1	3:49.71	Smith Graeme,76
2	3:51.30	Faulkner Adam,81
3	3:51.38	Davies David,85
4	3:55.68	Thompson Christophe,83
5	3:57.69	Hunter Andrew,86
6	4:01.28	Hughes Ross,84
7	4:01.76	Milwain Dean,86
8	4:02.36	Forster Lee,83

### 800 METRES FREESTYLE

1	7:54.11	Smith Graeme,76
2	7:54.75	Davies David,85
3	8:00.86	Faulkner Adam,81
4	8:26.77	Jameson Andrew,81
5	8:28.80	Alderton Chris,87

### 1500 METRES FREESTYLE

1	15:05.44	Smith Graeme,76
2	15:06.03	Davies David,85
3	15:31.47	Faulkner Adam,81
4	15:47.90	Bircher Alan,81
5	15:48.88	Grosvenor Carl,85
6	15:53.60	Alderton Chris,87
7	15:58.28	Jameson Andrew,81
8	16:06.97	Smith Liam,87

### 50 METRES BACKSTROKE

1	26.42	Goddard James,83
2	26.57	Tancock Liam,85
3	26.74	Clay Matthew,82
4	26.92	Barter Kevin,79
5	27.09	Oxford Nathan,83
6	27.65	Robson Paul,85
7	27.86	Porter Simon,83
8	28.14	Mirza Jamil,85

### 100 METRES BACKSTROKE

1	55.76	Tait Gregor,80
2	56.32	Goddard James,83
3	57.00	Oxford Nathan,83
4	57.51	Bowe Matthew,83
5	58.16	Clay Matthew,82
6	58.27	Hughes Ross,84
7	58.32	Barter Kevin,79
8	59.66	Porter Simon,83

### 200 METRES BACKSTROKE

1	1:58.65	Goddard James,83
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2	1:59.55	Tait Gregor,80
3	2:02.25	Hickman James,76
4	2:03.29	Hughes Ross,84
5	2:05.78	Powell Ian,85
6	2:06.22	Oxford Nathan,83
7	2:08.76	Lang Robert,84
8	2:09.35	Birch Simon,85

### 50 METRES BREASTSTROKE

1	27.65	Mew Darren,79
2	27.67	Gibson James,79
3	28.05	Cook Chris,79
4	28.21	Whitehead Adam,79
5	28.48	Wolfarth Mark,82
6	29.15	Haynes Greg,80
7	29.42	Tidey Chris,82
8	29.64	Lee Robert,83,CAN

### 100 METRES BREASTSTROKE

1	1:00.47	Gibson James,79
2	1:00.74	Mew Darren,79
3	1:01.56	Cook Chris,79
4	1:02.09	Edmond Ian,78
5	1:02.27	Whitehead Adam,79
6	1:03.74	Lee Robert,83
7	1:04.90	Wolfarth Mark,82
8	1:05.06	Bartlett David,83

### 200 METRES BREASTSTROKE

1	2:11.56	Edmond Ian,78
2	2:15.47	Cook Chris,79
3	2:15.89	Francis Robin,82
4	2:18.77	Bartlett David,83
5	2:20.76	Gilchrist Kris,83
6	2:21.34	Wightwick Lee,85
7	2:21.57	Branch Mark,87
8	2:22.07	Gannon Joe,83

### 50 METRES BUTTERFLY

1	23.93	Foster Mark,70
2	24.45	Cooper Todd,83
3	24.92	Hickman James,76
4	25.11	Bennett David,81
5	25.43	Bowe Matthew,83
6	25.53	Beresford Jason,83
7	25.53	Tancock Ryan,83
8	25.81	Lay Jack,86

### 100 METRES BUTTERFLY

1	53.68	Cooper Todd,83
2	53.78	Hickman James,76
3	54.14	Bennett David,81
4	54.22	Parry Stephen,77
5	55.86	Beresford Jason,83
6	55.88	Tancock Ryan,83
7	56.11	Leel Martin,85
8	56.51	Edwards Matthew,86

### 200 METRES BUTTERFLY

1	1:56.65	Parry Stephen,77
2	2:00.04	Hickman James,76
3	2:01.23	Cooper Todd,83
4	2:02.09	Beresford Jason,83
5	2:02.72	Tancock Ryan,83

## RATING SUMMARY OF TOP BRITISH PERFORMANCES

1)	999	1:00.47	100 breast M	Gibson James 79
2)	995	1:00.49	100 back W	Sexton Katy 82
3)	992	1:00.74	100 breast M	Mew Darren 79
4)	990	2:11.56	200 breast M	Edmond Ian 78
5)	989	1:00.77	100 back W	Price Sarah 79
6)	982	1:56.65	200 fly M	Parry Stephen 77
7)	981	1:58.65	200 back M	Goddard James 83
	981	7:54.11	800 free M	Smith Graeme 76
9)	979	7:54.75	800 free M	Davies David 85
10)	976	23.93	50 fly M	Foster Mark 70
	976	24.98	50 free W	Sheppard Alison 72

6	2:03.13	Lewis Mark,83
7	2:03.60	Edwards Matthew,86
8	2:05.36	Wigg Darren,80

### 200 METRES IND. MEDLEY

1	2:03.49	Francis Robin,82
2	2:03.98	Cole Michael,78
3	2:05.37	Thompson Christophe,83
4	2:06.55	Dale Euan,85
5	2:06.86	Ashcroft Neil,83
6	2:06.91	Vine Alex,85
7	2:08.24	Salt Richard,83
8	2:09.83	Wardley Liam,86

### 400 METRES IND. MEDLEY

1	4:20.16	Francis Robin,82
2	4:23.57	Thompson Christophe,83
3	4:27.16	Cole Michael,78
4	4:28.55	Dale Euan,85
5	4:28.91	Carry David,81
6	4:30.86	Ashcroft Neil,83
7	4:32.20	Hughes Ross,84
8	4:39.61	Bloor Stuart,84

## WOMEN

### 50 METRES FREESTYLE

1	24.98	Sheppard Alison,72
2	25.92	Brett Rosalind,78
3	26.16	Evans Kathryn,81
4	26.80	Widdett Claire,85
5	26.86	Cray Zoe,73
6	26.87	Chapman Lisa,84
7	27.03	Beckett Julia,86
8	27.11	Sandwich Emma,87

### 100 METRES FREESTYLE

1	55.42	Sheppard Alison,72
2	55.80	Legg Karen,78
3	55.91	Marshall Melanie,82
4	55.96	Evans Kathryn,81
5	56.28	Pickering Karen,71
6	56.32	Brett Rosalind,78
7	56.75	Belton Janine,79
8	57.31	Cook Victoria,85

### 200 METRES FREESTYLE

1	2:00.39	Pickering Karen,71
2	2:00.41	Marshall Melanie,82
3	2:00.43	Legg Karen,78
4	2:01.44	Belton Janine,79
5	2:01.86	Nisbet Karen,81
6	2:01.98	Jackson Joanne,86
7	2:03.78	McClatchey Caitlin,85
8	2:04.08	Cook Victoria,85

### 400 METRES FREESTYLE

1	4:11.04	Cooke Rebecca,83
2	4:14.14	Jackson Joanne,86
3	4:15.69	Payne Keri Anne,87
4	4:16.33	Shaw Rebecca,85
5	4:17.62	Saxby Caroline,83
6	4:20.13	James Sarah,86
7	4:20.13	Nisbet Karen,81
8	4:20.38	McClatchey Caitlin,85

### 800 METRES FREESTYLE

1	8:36.35	Cooke Rebecca,83
2	8:41.76	Payne Keri Anne,87



World record holder Zoe Baker qualified in the 50 breaststroke

3	8:44.52	Saxby Caroline,83
4	8:54.82	James Sarah,86
5	9:01.45	Wicks Emma,88
6	9:04.44	Adlington Rebecca,89
7	9:05.74	Jason Dawn,82
8	9:06.93	Edmonson Amy,87

### 1500 METRES FREESTYLE

1	16:20.58	Cooke Rebecca,83
2	16:46.83	Saxby Caroline,83
3	17:28.97	Brown Nathalie,83

### 50 METRES BACKSTROKE

1	29.03	Price Sarah,79
2	29.11	Sexton Katy,82
3	29.86	Cray Zoe,73
4	29.95	Spofforth Gemma,87
5	29.98	Lee Karen,82
6	30.08	Chapman Lisa,84
7	30.46	Beckett Julia,86
8	31.24	Williams Samantha,85

### 100 METRES BACKSTROKE

1	1:00.49	Sexton Katy,82
2	1:00.77	Price Sarah,79
3	1:02.96	Lee Karen,82
4	1:03.30	Proud Stephanie,88
5	1:04.07	Spofforth Gemma,87
6	1:04.18	Williams Samantha,85
7	1:05.96	Walsh Siobhan,85
8	1:06.40	Don-Duncan Helen,81

### 200 METRES BACKSTROKE

1	2:09.27	Sexton Katy,82
2	2:09.93	Price Sarah,79
3	2:12.78	Lee Karen,82
4	2:12.82	Proud Stephanie,88
5	2:16.69	Don-Duncan Helen,81
6	2:19.21	Walsh Siobhan,85
7	2:20.63	Gretton Stephanie,83
8	2:21.48	Williams Samantha,85

### 50 METRES BREASTSTROKE

1	31.48	Baker Zoe,76
2	32.67	Haywood Kate,87
3	33.15	Callaghan Grace,88
4	33.20	Callaghan Grace,88
5	33.24	Balfour Kirsty,84
6	33.24	Holderness Georgia,87
7	33.47	Mullins Joanne,83
8	33.72	Tynan Lowri,87
9	34.06	Preston Hayley,85

### 100 METRES BREASTSTROKE

1	1:09.00	King Jaime,76
2	1:09.44	Genner Rachel,82
3	1:10.19	Callaghan Grace,88
4	1:10.68	Balfour Kirsty,84
5	1:11.73	Baker Zoe,76
6	1:11.85	Haywood Kate,87
7	1:12.12	Holderness Georgia,87

### 200 METRES BREASTSTROKE

1	2:29.27	King Jaime,76
2	2:33.77	Balfour Kirsty,84
3	2:33.85	Greenshields Lauren,84
4	2:34.01	Haywood Kate,87
5	2:34.81	Beaney Victoria,85
6	2:35.13	Tadd Stacey,89
7	2:35.40	Wilson Rachael,88
8	2:36.16	Konowalik Amy,86

### 50 METRES BUTTERFLY

1	27.35	Brett Rosalind,78
2	27.67	Martin Kerry,75
3	28.14	Savage Alexandra,85
4	28.39	Winter Chloe,87
5	28.45	Hill Stephanie,86
6	28.61	White Alexa,79
7	28.67	Ramm Aimee,82
8	28.88	Davies Cari,84

### 100 METRES BUTTERFLY

1	1:01.65	Savage Alexandra,85
2	1:01.81	Martin Kerry,75
3	1:02.25	Healey Sarah,82
4	1:02.39	Jackson Nicola,83
5	1:02.87	Kaminski Suzanna,85
6	1:03.47	Pyne Sarah,80
7	1:03.48	Ramm Aimee,82
8	1:03.59	Hill Stephanie,86

### 200 METRES BUTTERFLY

1	2:15.48	Pyne Sarah,80
2	2:17.42	Kaminski Suzanna,85
3	2:18.00	Campbell Laura,87
4	2:18.45	Kneller Jessica,83
5	2:18.82	Healey Sarah,82
6	2:18.86	Edgar Siobhan,80
7	2:19.50	Howells Gemma,84
8	2:20.51	Johnson Stephanie,88

### 200 METRES IND. MEDLEY

1	2:19.07	Heyes Sarah,83
2	2:19.52	Shaw Rebecca,85
3	2:20.22	Savage Alexandra,85
4	2:20.81	Mullins Joanne,83
5		

# MATT WELSH AND IAN THORPE Set Commonwealth Records

## Australian Records for Leisel Jones and Lisbeth Lenton

Ian Thorpe was disappointed after winning four events, even though he won his favourite events (the 200 and 400 free), tied for first in the 100 free, and set a Commonwealth record in the 200 IM with 2:00.11, the eighth-fastest all-time performance. His times in the freestyle events were off his bests. After each victory there was little enthusiasm, just a few hesitant smiles.

After constant improvement and world records in all his favourite events, the plateauing coincided with a new coach, Tracey Menzies. There is talk of dropping the 400 free and concentrating on the shorter sprints, including the 100 freestyle, where his nemesis Pieter van den Hoogenband (NED) has ruled since 2000.

Thorpe's preparation includes pioneering work around recovery times between events. In Barcelona next July at the Worlds, he will race the 100 freestyle finals followed by the 200 IM semifinal just 10 minutes later.

Thorpe has been improving at a truly fantastic rate for the past six years, but now, halfway through his twentieth year, he may be stalling.

It was announced after the championships that, since February, he'd been suffering from a meningitis-type virus that affected his recovery between events but not his race times.

The eight-day (March 22-29) competition followed the World Championships format, with



The Sydney Olympic pool, site of the 2003 championships

Andrew Ringland

three rounds in each event up to the 200s. A team of 43 swimmers was selected to the World team (22 men, 21 women), including five defending World champions and nine rookies.

### Men's highlights

Matt Welsh was in top form, sweeping the backstrokes: the 50 back in 25.14 (Commonwealth record), the 100 in 54.49, and the 200 in 1:58.95.

Grant Hackett easily won his distance freestyle events—the 800 in 7:44.91 and the 1500 in 14:47.07—but was touched out by Thorpe in the 200 and 400 still posting near bests with 1:46.19

and 3:42.94. He added a sixth in the 100 free.

"I was really happy to go a 14:47," Hackett said. "I was holding back some for the 1500 to come in the Australia versus USA 'Duel in the Pool' in Indianapolis.

"This has been my most successful national championships. I swam more events than ever and I'm proud of what I achieved."

Other highlights included Ashley Callus's win in the 50 free with 22.47 and tie for first with Thorpe in the 100 with 49.07. Geoff Huegill won the 50 and 100 fly in 23.77 and 53.27, respectively.

Travis Nederpelt, 17, was the youngest individual event qualifier with his second in the 200 fly with 1:58.92, behind Justin Norris with 1:57.49, who also won the 400 IM in 4:17.30.

### Women's highlights

Leisel Jones bettered Australian records in the 100 breast with 1:07.04 and the 200 IM with 2:14.21. She added a win in the 200 breast in 2:25.74.

Petria Thomas won the 50 and 100 fly in 27.01 and 58.57, respectively, and scratched from the 200 fly after a 2:09.38 prelim time. She was to undergo shoulder surgery and will miss the Worlds.

Lisbeth Lenton bettered the Australian record in the 50 free twice, with a 25.31 in the semis and a 25.08 in the final. She was second in the 100 free with 55.02 behind winner Jodie Henry with 54.69.

Elka Graham won the 200 and 400 free with 1:58.96 and 4:11.55, respectively.



Record swim for backstroker Matt Welsh

Andrew Ringland



Youngest world team member Travis Nederpelt, 17, second in the 200 fly

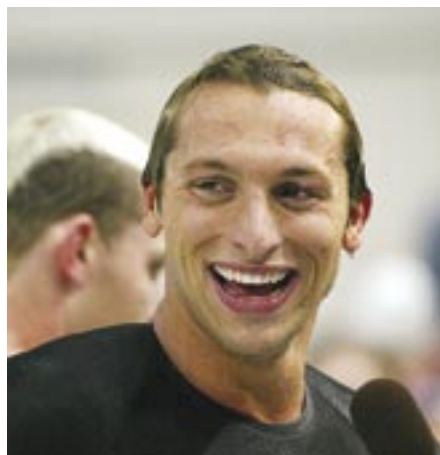
Andrew Ringland

Zoe Tonks, 15, the youngest world team member, won the 200 back in 2:14.30.

Italian visitor Massimiliano Rosolino was not allowed in the finals. His 1:59.94 in the 200 IM is the only sub-two-minute time so far this year. He added a 4:17.30 in the 400 IM.

Following the conclusion of the championships, the Australian Olympic Committee (AOC) announced that AUS\$10,000 would be awarded to eight swimmers (PanPac or World gold medallists in 2002). This resulted in a call for greater support for the lesser-known swimmers, since many of the recipients already have lucrative sponsorships.

Paul Quinlan and Nick Thierry



Four golds for Ian Thorpe

Andrew Ringland

## WORLD CHAMPIONSHIP TEAM

Australian Swimming named a team of 43 athletes, made up of five defending World Champions and nine rookies, to compete at the 10th FINA World Swimming Championships in Barcelona, Spain from July 20-27.

The team, led by defending World Champions Ian Thorpe, Grant Hackett, Matthew Welsh, Geoff Huegill, and Giaan Rooney, was named following the conclusion of the 2003 Telstra Australian Swimming Championships in Sydney.

Thorpe (400 freestyle) and Hackett (1500 freestyle) will be striving to become the first swimmers in the 30-year history of the World Championships to win three successive World Titles in the same event.

Joining the stars will be the future of Australian Swimming with Casey Flouch, Travis Nederpelt, Stephen Penfold, Brenton Rickard, Nicholas Sprenger, Lisbeth Lenton, Jessica Schipper, Zoe Tonks, and Belinda Wilson, making their major international debuts.

The 43-strong team includes 15 athletes from both New South Wales and Queensland, six from Victoria, four from Western Australia, and three from South Australia.

The youngest athletes on the team are 15-year-old Zoe Tonks (female) and 17-year-old Travis Nederpelt (male), while Adam Pine is the oldest member of the team at 27, with Sarah Ryan the oldest female at 26.

High Performance Director: Greg Hodge

Head Coach Men: Brian Sutton

Head Coach Women: Scott Volkers

## APPOINTMENT

### LAFONTAINE NAMED Head Coach of the AIS

The Australian Institute of Sport (AIS) announced the appointment of Pierre Lafontaine as head coach of its renowned swimming program.

Before being lured to the AIS last year, Lafontaine was head coach at the Phoenix Swim Club in the United States. He developed Klete Keller, the Olympic bronze medallist in the 400 freestyle.

He also coached in Atlanta, Montreal, Calgary, and Pointe Claire. The Canadian-born Lafontaine is considered to be one of the world's top coaches, and his appointment continues the AIS's commitment to developing and recruiting the best coaching staff for its athletes.

AIS Director Michael Scott was delighted to secure Lafontaine to head the AIS swim program at a crucial time in the lead-up to next year's Athens Olympics.

"Pierre has been working with our swimmers

for some time now, but to appoint him as head coach gives our program the stability and strength needed for our swimmers to perform well at this year's world championships in Barcelona and then in Athens 2004," Mr Scott said.

Lafontaine says he is delighted with the opportunity to work at arguably the best sporting institution in the world.

"I've been fortunate in my career to oversee some incredible swimmers," Lafontaine said. "The AIS gives me the opportunity to help talents like Petria Thomas, Justin Norris, and Sarah Ryan reach their potential and their goals."

Australian Swimming High Performance Director Greg Hodge says Lafontaine's appointment will be well received within the swimming community.

"Pierre's appointment is excellent news for Australian swimming," says Hodge. "He has a proven track record of producing some of the world's best swimmers and we look forward to working together toward some excellent results in Athens and beyond."



Record swims for Leisel Jones

Andrew Ringland

# 2003 AUSTRALIAN CHAMPIONSHIPS

Sydney, Mar 22-29 (50 M)

**50 METRES FREESTYLE**

- 22.47 Callus Ashley,79
- 22.53 Hawke Brett,74
- 22.73 Carter David,75
- 22.92 van Hazel Jonathan,78
- 23.12 Piper Sean,82
- 23.22 Dyson Andrew,82
- 23.25 Pearson Todd,77
- 23.30 Rickard Nathan,79

**100 METRES FREESTYLE**

- 49.07 Callus Ashley,79
- 49.07 Thorpe Ian,82
- 49.80 Pearson Todd,77
- 50.20 Flouch Casey,82
- 50.25 Pine Adam,76
- 50.32 Hackett Grant,80
- 50.52 Mewing Andrew,81
- 50.58 Matkovich Antony,77

**200 METRES FREESTYLE**

- 1:45.35 Thorpe Ian,82
- 1:46.19 Hackett Grant,80
- 1:49.41 Sprenger Nicholas,85
- 1:49.48 Matkovich Antony,77
- 1:49.55 Cram Jason,82
- 1:49.70 Stevens Craig,80
- 1:50.15 Hass Raymond,77
- 1:50.21 Penfold Stephen,82

**400 METRES FREESTYLE**

- 3:42.41 Thorpe Ian,82
- 3:42.94 Hackett Grant,80
- 3:47.99 Stevens Craig,80
- 3:52.28 Penfold Stephen,82
- 3:57.25 Cram Jason,82
- 3:57.85 Nederpelt Travis,85
- 4:01.04 Skudutis Brent,85
- 4:02.57 Cox David,84

**800 METRES FREESTYLE**

- 7:44.91 Hackett Grant,80
- 7:58.27 Penfold Stephen,82
- 8:09.66 Cleland Grant,78
- 8:14.94 Cox David,78,GBR
- 8:16.63 Semmens Ashley,84
- 8:20.34 Skudutis Brent,85
- 8:23.61 Beato Andrew,85
- 8:39.49 Mason Ryan,85

**1500 METRES FREESTYLE**

- 14:47.07 Hackett Grant,80
- 15:03.20 Stevens Craig,80
- 15:23.64 Penfold Stephen,82
- 15:30.17 Cleland Grant,78
- 15:44.55 Cox David,78,GBR
- 15:47.30 Donald Nic,85
- 15:54.48 Glucina Matthew,85
- 16:05.75 Skudutis Brent,85

**50 METRES BACKSTROKE**

- 25.14 Welsh Matt,76
- 26.13 Rolf Ethan,82
- 26.59 Taylor Joshua,84
- 26.88 Spicer Matthew,81
- 27.00 Kirby Chris,86
- 27.13 Stoeckel Hayden,84
- 27.21 Jackson Michael,85
- 27.28 Piper Glenn,84

**100 METRES BACKSTROKE**

- 54.49 Welsh Matt,76
- 54.77 Watson Josh,77
- 56.09 Burns Andrew,82
- 56.66 Rolf Ethan,82
- 56.98 Spicer Matthew,81
- 57.38 Lucas Adam,83
- 57.80 Jackson Michael,85
- 57.91 Van Der Zant Robert,75

**200 METRES BACKSTROKE**

- 1:58.95 Welsh Matt,76
- 1:59.98 Hass Raymond,77
- 2:00.94 Watson Josh,77
- 2:02.07 Burns Andrew,82
- 2:02.38 Murphy Patrick,84
- 2:02.57 Spicer Matthew,81

7 2:02.92 Rolf Ethan,82

8 2:03.86 Richards Andrew,83

**50 METRES BREASTSTROKE**

- 28.39 Riley Mark,82
- 28.40 Rickard Brenton,84
- 28.92 Crook Nathan,79
- 29.01 Rogers Phil,71
- 29.10 Cowley Simon,80
- 29.26 Wooldridge Michael,83
- 29.29 McDonald Robert,81
- 29.53 Stafford Luke,82

**100 METRES BREASTSTROKE**

- 1:02.08 Harrison Regan,77
- 1:02.33 Rickard Brenton,84
- 1:02.60 Piper Jim,81
- 1:02.78 Norris Justin,80
- 1:03.15 Riley Mark,82
- 1:03.34 Beasley James,82
- 1:03.54 Wooldridge Michael,83
- 1:03.99 Cowley Simon,80

**200 METRES BREASTSTROKE**

- 2:12.00 Piper Jim,81
- 2:12.59 Harrison Regan,77
- 2:15.45 Riley Mark,82
- 2:17.19 Trickett Luke,83
- 2:17.58 McDonald Robert,81
- 2:18.66 Tuckerman Ben,80
- 2:18.71 Comerford Rory,85
- 2:20.04 Church Jarrad,81

**50 METRES BUTTERFLY**

- 23.77 Huegill Geoff,79
- 23.93 Welsh Matt,76
- 24.15 Hawke Brett,74
- 24.21 Sharp Robert,84
- 24.32 Pine Adam,76
- 24.47 Carter David,75
- 24.70 Cohen Jason,82
- 24.82 Dodd Tim,84

**100 METRES BUTTERFLY**

- 53.27 Huegill Geoff,79
- 53.51 Pine Adam,76
- 54.27 Sharp Robert,84
- 54.45 Fielding Shane,80
- 54.66 Dodd Tim,84
- 54.91 Taylor Joshua,84
- 55.37 Krogh Joshua,82
- disq Cohen Jason,82

**200 METRES BUTTERFLY**

- 1:57.49 Norris Justin,80
- 1:58.92 Nederpelt Travis,85
- 1:58.99 Krogh Joshua,82
- 1:59.41 Fielding Shane,80
- 2:01.25 Hall Matthew,82
- 2:01.50 Richards Andrew,83
- 2:01.59 Steed Trent,77
- 2:03.72 Cohen Jason,82

**800 METRES IND. MEDLEY**

- 2:00.11 Thorpe Ian,82
- 2:01.19 Norris Justin,80
- 2:03.24 Bacon Mitchell,83
- 2:03.29 Lucas Adam,83
- 2:03.61 Van Der Zant Robert,75
- 2:04.58 Steed Trent,77
- 2:05.75 Murphy Patrick,84
- 2:06.04 Higgins Michael,80

**400 METRES IND. MEDLEY**

- 4:17.30 Norris Justin,80
- 4:19.10 Steed Trent,77
- 4:23.56 Bacon Mitchell,83
- 4:23.95 Nederpelt Travis,85
- 4:25.66 Lucas Adam,83
- 4:29.88 Higgins Michael,80
- 4:31.09 Richards Andrew,83
- 4:32.03 Jackson Michael,85

**4X100 MEDLEY RELAY**

- 3:42.60 Yeronga Park
- 3:45.46 Commercial
- 3:47.18 Melbourne Vicentre
- 3:47.19 City of Perth
- 3:52.43 Carey Aquatic
- 3:53.83 Redcliffe Leagues
- 3:54.85 Nunawading
- 3:56.22 Aquadot

**4X100 FREE RELAY**

- 3:22.34 Yeronga Park
- 3:23.57 West Coast
- 3:24.88 Commercial
- 3:25.11 Nunawading
- 3:29.25 Redcliffe Leagues
- 3:29.38 City of Perth
- 3:30.51 Aquadot
- 3:39.61 Carille A

**4X200 FREE RELAY**

- 7:28.87 Aquadot
- 7:31.31 Yeronga Park
- 7:41.19 City of Perth
- 7:48.46 Carille A
- 7:53.54 Macquarie Fields

**WOMEN**

**50 METRES FREESTYLE**

- 25.08 Lenton Lisbeth,85
- 25.26 Mills Alice,86
- 25.41 Henry Jodie,83
- 25.43 Edgington Sophie,85
- 25.85 Ryan Sarah,77
- 25.97 Engelsman Michelle,79
- 25.98 Mitchell Melissa,87
- 26.07 Hunt Cassie,82

**100 METRES FREESTYLE**

- 54.69 Henry Jodie,83
- 55.02 Lenton Lisbeth,85
- 55.59 Mills Alice,86
- 55.73 Ryan Sarah,77
- 55.95 Graham Elka,81
- 56.59 Edgington Sophie,85
- 56.64 Hunt Cassie,82
- 56.83 Tomlinson Louise,81

**200 METRES FREESTYLE**

- 1:58.96 Graham Elka,81
- 2:00.91 Thomson Kirsten,83
- 2:01.01 Crawford Heidi,82
- 2:01.12 MacKenzie Linda,84
- 2:01.26 Thomas Petria,75
- 2:01.94 Houghton Melanie,86
- 2:01.97 Reese Shayne,82
- 2:03.92 Tomlinson Louise,81

**400 METRES FREESTYLE**

- 4:11.55 Graham Elka,81
- 4:12.16 MacKenzie Linda,84
- 4:13.70 Wilson Belinda,84
- 4:13.82 Giteau Kasey,82
- 4:16.43 Paton Sarah-L,86
- 4:19.44 Pascoe Amanda,85
- 4:22.84 Abbott Chloe,85
- 4:24.75 Smith Tammie,84

**800 METRES FREESTYLE**

- 8:40.25 Pascoe Amanda,85
- 8:40.47 MacKenzie Linda,84
- 8:44.43 Wilson Belinda,84
- 8:46.76 Paton Sarah-L,86
- 8:51.30 Gorman Melissa,85
- 8:54.07 Murphy Briody,86
- 8:58.69 Smith Tammie,84
- 9:02.30 Abbott Chloe,85

**1500 METRES FREESTYLE**

- 16:30.25 Wilson Belinda,84
- 16:32.37 Pascoe Amanda,85
- 16:37.70 Paton Sarah-L,86
- 16:46.69 Gorman Melissa,85
- 16:54.54 Ware Catherine,81
- 17:00.03 Abbott Chloe,85
- 17:04.42 Cosgrove Fiona,85
- 17:15.23 Hunter Nicole,83



Elka Graham won 200 and 400 freestyle Andrew Ringland

**50 METRES BACKSTROKE**

- 29.04 Rooney Giaan,82
- 29.24 Edgington Sophie,85
- 29.92 Seah Nicole,86
- 29.95 Goh Rachel,86
- 30.24 Zimmer Tayliah,85
- 30.42 Morgan Melissa,85
- 30.51 Cockerton Amy,87
- 30.75 Creedy Rebecca,83

**100 METRES BACKSTROKE**

- 1:02.60 Rooney Giaan,82
- 1:02.93 Morgan Melissa,85
- 1:03.14 Nevell Belinda,83
- 1:03.29 Adcock Frances,84
- 1:03.31 Edgington Sophie,85
- 1:03.91 Tonks Zoe,87
- 1:04.06 Leane Karina,85
- 1:04.35 Pilgrim Yvette,85

**200 METRES BACKSTROKE**

- 2:14.30 Tonks Zoe,87
- 2:14.41 Adcock Frances,84
- 2:15.90 Leane Karina,85
- 2:16.05 Tucker Kelly,85
- 2:17.86 Zimmer Tayliah,85
- 2:18.43 Leane Tamara,82
- 2:18.85 Rodier Yvette,81
- 2:19.64 Goh Rachel,86

**50 METRES BUTTERFLY**

- 27.01 Thomas Petria,75
- 27.24 Lenton Lisbeth,85
- 27.27 Webb Jordana,83
- 27.43 Guehrer Marieke,85
- 27.51 Irving Nicole,82
- 27.52 Corkran Kate,83
- 27.74 Houghton Melanie,86
- 27.85 Winter Lauren,87

**100 METRES BUTTERFLY**

- 58.57 Thomas Petria,75
- 59.73 Schipper Jessica,87
- 59.79 Lenton Lisbeth,85
- 1:00.29 Davenport Lara,83
- 1:00.38 Galvez Felicity,85
- 1:00.99 Coffee Rachel,83
- 1:01.09 Houghton Melanie,86
- 1:01.10 Webb Jordana,83

**200 METRES BUTTERFLY**

- 2:10.69 Galvez Felicity,85
- 2:10.90 Schipper Jessica,87
- 2:11.44 Davenport Lara,83
- 2:13.39 Crawford Heidi,82
- 2:14.41 Vance Stephanie,85
- 2:14.72 Coffee Rachel,83
- 2:15.35 Crossingham Charnelle,84
- 2:15.39 Fidler Jessie,86

**200 METRES IND. MEDLEY**

- 2:14.21 Jones Leisel,85
- 2:14.84 Mills Alice,86
- 2:16.74 Abbott Jessica,85
- 2:16.87 Hanson Brooke,78
- 2:17.18 Reilly Jennifer,83
- 2:20.46 Reese Shayne,82
- 2:22.16 Morrison Kristy,86
- 2:22.69 Crossingham Charnelle,84

**400 METRES IND. MEDLEY**

- 4:44.77 Reilly Jennifer,83
- 4:47.35 Abbott Jessica,85
- 4:52.17 Rodier Yvette,81
- 4:54.47 Morrison Kristy,86
- 4:54.54 Crossingham Charnelle,84
- 4:55.36 Leane Tamara,82
- 4:55.62 Carroll Lara,86
- 4:55.66 Oliver Kristi,84

**4X100 MEDLEY RELAY**

- 4:11.42 Redcliffe Leagues
- 4:12.28 Carey Aquatic
- 4:20.53 Hunter SC
- 4:21.55 River City
- 4:22.06 Fremantle Port
- 4:22.58 Redcliffe Leagues B
- 4:28.45 Manly Jetz
- 4:30.63 Inswim

**4X100 FREE RELAY**

- 3:45.94 Chandler
- 3:54.15 Redcliffe Leagues
- 3:54.86 Melbourne Vicentre
- 4:04.69 Macquarie Fields
- 4:06.33 Aquadot
- 4:07.40 Inswim
- 4:09.43 Maroubra

**4X200 FREE RELAY**

- 8:25.42 Redcliffe Leagues
- 8:30.52 Hunter SC
- 8:33.19 Melbourne Vicentre
- 8:34.97 Aquadot
- 8:47.01 Redcliffe Leagues B
- 8:53.64 City of Perth
- 9:07.58 Inswim

## RATING SUMMARY OF TOP PERFORMANCES

1)	1011	3:42.41	400 free M	Thorpe Ian 82
2)	1009	7:44.91	800 free M	Hackett Grant 80
3)	1003	1:07.04	100 breast W	Jones Leisel 85
4)	999	25.14	50 back M	Welsh Matt 76
5)	986	23.77	50 fly M	Huegill Geoff 79
6)	985	54.69	100 free W	Henry Jodie 83
8)	985	2:12.00	200 breast M	Piper Jim 81
9)	982	54.77	100 back M	Watson Josh 77
10)	980	1:58.96	200 free W	Graham Elka 81
	979	15:03.20	1500 free M	Stevens Craig 80
	979	2:12.59	200 breast M	Harrison Regan 77

# BETTERED OLDEST CANADIAN RECORD 16:33.28 in the 1500 Free Lowered a Time from

**Nikki Dryden**

The Surrey Knights Swim Club's hot young star seems poised to rein supreme over women's distance swimming in Canada. Brittany Reimer has the speed over a 200 and the endurance to cover a mile, while at the same time posting solid times in events like the 400 IM. Her coach, Cory Beatt, says that his pupil understands the relationship between her performance in practice and in the meets. He also describes her as an excellent trainer, who is goal orientated and enjoys the process of training; crucial ingredients for someone wanting to succeed in the toughest events in the pool.

Distance swimming is long, hard, and often lonely, but that doesn't seem to faze the newest youngster from going the distance. Fifteen-year-old Brittany Reimer broke one of the oldest Canadian records in the books in January, when she erased Elissa Purvis' 1500 free long course senior Canadian record. Brittany's time of 16:37.54 broke the 16:40.60 swim by Purvis, which was done before Brittany was even in the womb. But Brittany's got her sights set on swimming a lot faster this summer and taking the 800 free record as well.

Brittany also wants to make this summer's World Championship team, and to do it in the 800 free she will have to break the Canadian record. "Brittany did not qualify for the Worlds during the first selection period," says Cory. "It is our goal for her to make the selection times at the World Trials in Victoria in June. Brittany is confident that she will continue to improve through to the end of this summer, first achieving the standards and then proudly representing Canada at the games."

"I am a really hard trainer," says Brittany. "I always push myself to go faster; I just have the urge to go fast all the time." That motivation is echoed by Cory. "Since Brittany was 10, she has always been an excellent competitor. She loves the race and the game of racing. Whether the swim is 50 or 1500, she always puts in a lot of heart. The only difference when she races now as opposed to when she was 10 is that she is bigger, stronger, and more technically proficient."

Part of that consistency comes from her workout habits. "As far as training is concerned, consistency is about technique," says Cory. "We have been working at having Brittany take advantage of her strengths

in her stroke through all distances and speeds. This includes body positioning, breathing patterns, and stroke counts."

While Brittany believes the 1500 and 800 are her best races, her 200 free is not too shabby. She won that event at the Sydney Youth Festival in a 2:02.84, which shows she's got some great speed to go with her endurance.

Brittany swims at the Surrey Knights Swim Club outside of Vancouver, where there are only two people in the national group, Brittany and fellow freestyler Anne Schmuck. "Anne and I swim one night a week in a distance workout by ourselves of about 9-10 km. The other nights and mornings we train with about 11 people." Brittany trains nine times a week and does two additional dry-land workouts of medicine balls, bands, and physio balls.

There are a few things this young swimmer is still

trying to conquer, including racing some of the sport's biggest and best distance swimmers. At the recent US Nationals, Brittany was unable to combat her nerves when racing Diana Munz and Brooke Bennett. "My first race was the 800 free and it was bad. It was my first time swimming against them and I totally froze. After racing them in the 1500 (where she was 5th in 16:33.2) I was much better. I did the same thing in Canada when I first raced Jessica Deglau. When I race someone I've never raced before, I get nervous and negative."

But Brittany isn't one to dwell on her mistakes. "I learned from US Nationals not to judge the other swimmers before the race. Usually girls don't go their best times at Worlds, and I just have to remember that I am still improving. I also try not to look at them before a race! I take it like a game that I am trying to win, and it's not so intense."

If Brittany makes Worlds this summer, she understands it will be much of the same type of nerves that she's experienced at home in North America. "I expect that, if I make it, the competition will be tough. But looking at past results, my best times would have made finals." And she knows she just needs to focus on her strengths. "In races, I just want to beat everyone beside me."

That competitiveness showed in other sports too before Brittany chose to dedicate her time to swimming. "I used to play other sports like soccer and softball. I was really good because I'm athletic, but I choose swimming over them. I just enjoy swimming more, because it's less of a team sport and I'm really competitive."

Like every swimmer in the world, Brittany thinks Ian Thorpe is one of the best and her only real hero in swimming. "I don't have any role models; I just focus on my swimming and I don't look at other people because they are different than me. But Ian Thorpe is pretty good, and I want to see him pretty bad."

If Brittany swims fast enough this summer in Victoria, she will get the chance to see Thorpe swim live in Barcelona. But the Grade 9 student tries to keep her accomplishments a secret, keeping swim talk to a minimum with her school friends. "I try not to talk about it too much because other kids don't understand swimming, so I just tell them and change the subject. Swimming is something I do outside of school."

However, if Brittany keeps going as well as she has been this year, it's going to get a lot harder to



**QUICK FACTS: REIMER, Brittany**

Birthdate 3 JAN 1988  
 Club: Surrey Knights SC  
 Coach: Corey Beatt

- 2002 Commonwealth Trials  
 7th 800 free 9:08.60
- 2002 Canadian Summer Nationals  
 7th 200 free 2:07.78, 2nd 400 free 4:18.00,  
 2nd 800 free 8:52.40
- 2003 Sydney Youth Festival  
 1st 200 free 2:02.84, 2nd 400 free 4:15.61,  
 2nd 800 free 8:41.03, 2nd 1500 free 16:37.54

# MOSES PARTS THE WATERS

## Phelps Testing New Events

### Fratesi Wins Women's 200 Backstroke

Nick Thierry

Near-world-record swims by Ed Moses and Michael Phelps were the highlights at the USA Spring Nationals, held April 1-5 in Indianapolis.

The championships were missing many of the top American swimmers, who competed just days before in the men's and women's NCAA championships, but would be coming for the one-day Duel in the Pool on April 6. The meet attracted many foreigners, including Canadians who won 14 (3-4-7) medals.

Ed Moses bettered his own 100 breaststroke American record with 1:00.21, the second-fastest performer of all time. In the 200, he was on world-record pace up to the 150, only to fade to a 2:11.22. The world record is 2:09.97.

"One thing I pride myself on is that every time I'm out there, everyone expects a record out of me," Moses said. "That's a pretty high standard to live up to, but that's my job and I love it."

He missed the 200 record after his legs gave out.

"When I hit the 150 mark, the crowd was the loudest I've heard. I've never walked away smiling from something that hurt so bad."

Michael Phelps was something else. He competed

on three days, winning three events in three different strokes (a first). On day four, he rested.

First up was the 200 back, in which he fought off Olympic winner Lenny Krayzelburg with his 1:57.04 to 1:57.46. Phelps' time was the fourth-fastest of all time.

Next was the 200 freestyle, in which Phelps' time of 1:47.37 was slower than he expected, but still the fourth-fastest American time ever.

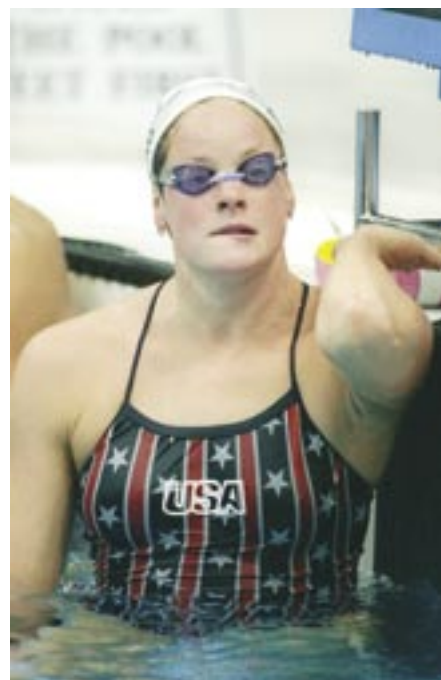
"I think I misjudged the race," Phelps said. "I was expecting a faster pace and did not swim my own race. It was a good learning experience."

Third up was the 100 butterfly and his time of 51.89 was the third-fastest ever.

"Everything went well from my point of view except the turn at the wall and the finish," Phelps said. "I put a lot of pressure on myself, and that was my main goal this week. I wanted a world record but I will do better."

Foreign swimmers did well as Takashi Yamamoto (JPN), who has been training in Waterloo for the past three years, won the 200 fly with 1:58.18 and added a second in the 100 fly with 52.94.

Flavia Rigamonti (SUI) won the women's 1500 free in 16:08.30. Agnes Kovacs (HUN) was first in the 200 breast with 2:29.48, and second in the 100 breast with 1:09.28 and the 200 IM with 2:16.54. Georgina Lee



Lindsay Benko won 200 and 400 Marco Chiesa

(GBR) won the 200 fly in 2:09.48 (British record) and was second in the 100 fly with 1:00.24 (British record). All the women attend American universities.

Running up national titles: Jenny Thompson in the 50 free with a best-ever time of 25.02 and her 17th title in over a decade-long career. Tom Wilkens won the 200 and 400 IM to move to 18 titles, and took the Kiputh Award for high points when he also added a second in the 200 breast.

#### Canadian highlights:

UBC Dolphins took the men's 4x100 medley relay in 3:45.20 and the 4x200 free relay in 7:19.46, improving the previous club record by 5 seconds.

- Morgan Knabe, UCSC, was third in the 100 breast in 1:01.91.
- Michael Brown was third in the 200 breast in 2:14.81.
- Michael Mintenko, UBCD, was third in the 100 fly in 53.08.
- Brian Johns, UBCD, was second in the 200 IM and 400 IM with 2:02.12 and 4:18.21, respectively, adding a third in the 200 fly with 1:59.40.
- Keith Beavers, ROW, was third in the 200 back in 1:59.15 (Canadian record) and the 400 IM in 4:22.15.
- Erin Gammel was second in the women's 100 backstroke with 1:02.03 (Canadian record)
- Jennifer Fratesi won the 200 back with 2:12.53.
- Jennifer Button, ROW, was third in the 200 fly with 2:12.93 and helped her club team to a second in the 4x100 medley relay in 4:11.61
- Brittany Reimer, SKSC, was fifth in the 1500 free in 16:33.28 (Canadian record).



American record for Ed Moses in the 100 breaststroke

Cyr Jariz Cyr / Newsport



# USA SPRING NATIONALS

Indianapolis, Apr 1-5 (50 M)

## MEN

### 50 METRES FREESTYLE

- 22.37 Walker Neil, 76, USA
- 22.61 Kizierowski Bartosz, 77, POL
- 22.62 Lezak Jason, 75, USA
- 22.87 Ciarla Aaron, 78, USA
- 23.07 Dusing Nate, 78, USA
- 23.10 Gaspar Zsolt, 77, HUN
- 23.11 Vencill Kicker, 78, USA
- 23.13 Lupien Yannick, 80, CAN

### 100 METRES FREESTYLE

- 49.43 Tucker Scott, 75, USA
- 49.49 Walker Neil, 76, USA
- 49.64 Lezak Jason, 75, USA
- 50.09 Wochomurka Ryan, 83, USA
- 50.27 Hayden Brent, 83, CAN
- 50.33 Mintonko Michael, 75, CAN
- 50.59 Silkaitis Terry, 83, USA
- 50.99 Lupien Yannick, 80, CAN

### 200 METRES FREESTYLE

- 1:47.37 Phelps Michael, 85, USA
- 1:47.74 Keller Klete, 82, USA
- 1:49.51 Goldblatt Scott, 79, USA
- 1:49.72 Say Rick, 79, CAN
- 1:49.75 Carvin Chad, 74, USA
- 1:50.71 Hayden Brent, 83, CAN
- 1:52.03 Davis Josh, 72, USA
- 1:52.68 Warkentin Mark, 79, USA

### 400 METRES FREESTYLE

- 3:48.15 Keller Klete, 82, USA
- 3:51.13 Jensen Larsen, 85, USA
- 3:51.65 Vendt Erik, 81, USA
- 3:53.05 Carvin Chad, 74, USA
- 3:53.27 Crippen Francis, 84, USA
- 3:54.62 Say Rick, 79, CAN
- 3:54.80 Thompson Chris, 78, USA
- 3:54.92 Vanderkaay Peter, 83, USA

### 800 METRES FREESTYLE

- 7:54.86 Jensen Larsen, 85, USA
- 8:03.24 Thompson Chris, 78, USA
- 8:11.04 Klueh Michael, 87, USA
- 8:13.72 Monasterio Ricardo, 78, VEN
- 8:14.75 Salinas Leonardo, 80, MEX
- 8:18.12 Millen John, 84, USA
- 8:18.40 Slocki Daniel, 84, USA
- 8:18.57 Oliver Eddy, 82, USA

### 1500 METRES FREESTYLE

- 15:15.00 Thompson Chris, 78, USA
- 15:15.05 Monasterio Ricardo, 78, VEN
- 15:22.91 Crippen Francis, 84, USA
- 15:25.29 Vanderkaay Peter, 83, USA
- 15:36.27 Ayalon Shilo, 81, ISR
- 15:38.81 Kaufmann Scott, 83, USA
- 15:38.88 Klueh Michael, 87, USA
- 15:41.69 Weible Henrik, 77, GER

### 100 METRES BACKSTROKE

- 54.26 Krayzelburg Lenny, 75, USA
- 55.20 Walker Neil, 76, USA
- 55.86 Sung Albert, 84, USA
- 56.03 Hussein Ahmed, 82, EGY
- 56.04 Marshall Peter, 82, USA
- 56.32 Rouse Jeff, 70, USA
- 56.66 Costa Leonardo, 76, BRA
- 57.07 Gilliam Michael, 79, USA

### 200 METRES BACKSTROKE

- 1:57.04 Phelps Michael, 85, USA
- 1:57.46 Krayzelburg Lenny, 75, USA
- 1:59.15 Beavers Keith, 83, CAN
- 2:01.19 Sung Albert, 84, USA
- 2:01.86 Vayo Louis, 85, USA
- 2:02.62 Hussein Ahmed, 82, EGY
- 2:03.33 McGinnis Matt, 86, USA
- 2:05.13 Harcasas Christian, 80, GER

### 100 METRES BREASTSTROKE

- 1:00.21 Moses Glenn Ed, 80, USA
- 1:01.82 Marrs Jarrod, 75, USA
- 1:01.91 Knabe Morgan, 81, CAN
- 1:02.19 Polyakov Vladislav, 83, KAZ
- 1:02.32 Brown Michael, 84, CAN
- 1:02.41 Denniston David, 78, USA
- 1:02.60 Dickens Scott, 84, CAN
- 1:02.98 Marshall Gary, 82, USA

### 200 METRES BREASTSTROKE

- 2:11.22 Moses Glenn Ed, 80, USA
- 2:14.21 Wilkens Tom, 75, USA
- 2:14.81 Brown Michael, 84, CAN
- 2:16.12 Polyakov Vladislav, 83, KAZ
- 2:17.05 Marshall Gary, 82, USA
- 2:17.25 Stamhuis John, 79, CAN
- 2:20.47 Kibbe James, 84, USA
- 2:20.51 Barone James, 80, USA

### 100 METRES BUTTERFLY

- 51.89 Phelps Michael, 85, USA
- 52.94 Yamamoto Takashi, 78, JPN
- 53.08 Mintonko Michael, 75, CAN
- 53.09 Michaelson Benjamin, 82, USA
- 53.30 Ilika Josh, 76, MEX
- 53.43 Hannan Tommy, 80, USA
- 53.74 Haidinyak Andy, 80, USA
- 53.90 Gaspar Zsolt, 77, HUN

### 200 METRES BUTTERFLY

- 1:58.18 Yamamoto Takashi, 78, JPN
- 1:58.56 Raab Michael, 82, USA
- 1:59.40 Johns Brian, 82, CAN
- 2:00.06 Kolozar David, 81, HUN
- 2:01.10 Kerekjarto Tamas, 79, HUN
- 2:01.64 Halasz Scott, 82, USA
- 2:01.71 Donnelly Eric, 80, USA
- 2:02.99 Haut Matthew, 80, USA

### 200 METRES IND. MEDLEY

- 2:01.43 Wilkens Tom, 75, USA
- 2:02.12 Johns Brian, 82, CAN
- 2:03.18 Bathazi Istvan, 78, HUN
- 2:03.23 Kerekjarto Tamas, 79, HUN
- 2:03.58 Clements Kevin, 80, USA
- 2:04.28 Donnelly Eric, 80, USA
- 2:04.94 Yabe Diogo, 80, BRA
- 2:05.81 Vitazka Jan, 76, CZE

### 400 METRES IND. MEDLEY

- 4:16.75 Wilkens Tom, 75, USA
- 4:18.21 Johns Brian, 82, CAN
- 4:22.15 Beavers Keith, 83, CAN
- 4:22.98 Sayao Chuck, 82, CAN
- 4:23.30 Donnelly Eric, 80, USA
- 4:23.70 Bathazi Istvan, 78, HUN
- 4:28.14 Ally Bradley, 87, USA
- 4:30.36 Alexandrov Michael, 85, USA

### 4X100 MEDLEY RELAY

- 3:45.20 UBC Dolphins, CAN
- 3:45.58 Univ.Southern Calif., USA
- 3:48.56 Novaquatics A, USA
- 3:52.67 Univ.of Florida, USA
- 3:53.45 Florida State Univ., USA
- 3:55.68 Georgia Tech, USA
- 3:55.97 Univ.of Utah, USA
- 3:55.97 Greater Columbus, USA

### 4X100 FREE RELAY

- 3:20.03 Circle C Swim, USA
- 3:21.07 Novaquatics A, USA
- 3:23.50 UBC Dolphins, CAN
- 3:29.38 Florida State Univ., USA
- 3:29.69 Penn State Univ., USA
- 3:29.94 Univ.Southern Calif., USA
- 3:30.30 Circle C Swim B, USA
- 3:31.60 New York AC, USA

### 4X200 FREE RELAY

- 7:19.46 UBC Dolphins, CAN
- 7:33.47 Mission Viejo A, USA
- 7:34.95 Univ.of Florida, USA
- 7:37.06 Univ.Southern Calif., USA
- 7:38.96 Circle C Swim, USA
- 7:41.00 Penn State Univ., USA
- 7:42.79 Greater Columbus, USA
- 7:45.24 Georgia Tech, USA

## WOMEN

### 50 METRES FREESTYLE

- 25.02 Thompson Jenny, 73, USA
- 25.25 Joyce Karalynn, 86, USA
- 25.34 Correia Maritza, 81, USA
- 25.49 Weir Amanda, 86, USA
- 25.70 Lanne Colleen, 79, USA
- 25.76 Swindle Christina, 84, CAN
- 25.89 Cope Haley, 79, USA
- 25.93 Jeffrey Rhiannon, 86, USA

### 100 METRES FREESTYLE

- 55.21 Jeffrey Rhiannon, 86, USA



Flavia Rigamonti (SUI) won 1500 freestyle

Marco Chiesa

- 55.37 Benko Lindsay, 76, USA
- 55.63 Joyce Karalynn, 86, USA
- 55.65 Swindle Christina, 84, USA
- 55.74 Lanne Colleen, 79, USA
- 55.93 Weir Amanda, 86, USA
- 56.00 Shealy Courtney, 77, USA
- 56.17 Williams Stefanie, 79, USA

### 200 METRES FREESTYLE

- 2:00.58 Benko Lindsay, 76, USA
- 2:01.10 Jeffrey Rhiannon, 86, USA
- 2:01.46 Hill Mary, 85, USA
- 2:01.96 Komisarz Rachel, 77, USA
- 2:02.16 Lee Georgina, 81, GBR
- 2:02.22 Munz Diana, 82, USA
- 2:02.34 Blackman Candace, 85, USA
- 2:02.79 Mattsson Ida, 85, SWE

### 400 METRES FREESTYLE

- 4:11.34 Benko Lindsay, 76, USA
- 4:12.38 Rigamonti Flavia, 81, SUI
- 4:12.48 Hentzen Morgan C., 85, USA
- 4:13.09 Binder Adrienne, 85, USA
- 4:13.15 Munz Diana, 82, USA
- 4:14.55 Bennett Brooke, 80, USA
- 4:15.78 Komisarz Rachel, 77, USA
- 4:18.65 Hill Mary, 85, USA

### 800 METRES FREESTYLE

- 8:32.17 Munz Diana, 82, USA
- 8:32.41 Binder Adrienne, 85, USA
- 8:36.50 Kiel Alyssa, 87, USA
- 8:38.39 Keller Kaly, 85, USA
- 8:40.33 Sandeno Kaitlin, 83, USA
- 8:41.49 Bennett Brooke, 80, USA
- 8:42.68 Schmidt Rory, 85, USA
- 8:42.73 Carr Stephanie, 86, USA

### 1500 METRES FREESTYLE

- 16:08.30 Rigamonti Flavia, 81, SUI
- 16:19.26 Reimer Brittany, 88, CAN
- 16:31.44 Kiel Alyssa, 87, USA
- 16:32.23 Bennett Brooke, 80, USA
- 16:33.28 Reimer Brittany, 88, CAN
- 16:37.08 Hentzen Morgan C., 85, USA
- 16:37.17 Lencoe Taryn, 86, CAN

- 16:42.03 Kelly Kimberly, 86, USA

### 100 METRES BACKSTROKE

- 1:01.37 Cope Haley, 79, USA
- 1:02.03 Gammel Erin, 80, CAN
- 1:02.84 Mcgregory Hayley, 86, USA
- 1:03.10 Fratesi Jennifer, 84, CAN
- 1:03.19 Shealy Courtney, 77, USA
- 1:03.29 Carroll Jennifer, 81, CAN
- 1:03.32 Hanson Pamela, 79, USA
- 1:03.57 Du Plessis Renate, 81, RSA

### 200 METRES BACKSTROKE

- 2:12.53 Fratesi Jennifer, 84, CAN
- 2:14.54 Retrum Leah C., 85, USA
- 2:15.26 Chura Haley, 85, USA
- 2:15.93 Smit Julia, 88, USA
- 2:16.88 Mcgregory Hayley, 86, USA
- 2:16.92 Benko Lindsay, 76, USA
- 2:17.00 Stelanyshyn Kelly, 82, CAN
- 2:18.16 Aveyard Jessica, 80, USA

### 100 METRES BREASTSTROKE

- 1:08.56 Kirk Tara, 82, USA
- 1:09.28 Kovacs Agnes, 81, HUN
- 1:09.43 Kowal Kristy, 78, USA
- 1:09.98 Quann Megan, 84, USA
- 1:10.17 van Oosten Lauren, 78, CAN
- 1:10.63 Leier Rhiannon, 76, CAN
- 1:10.80 Clark Corrie, 81, USA
- 1:11.94 Bowen Maggie, 80, USA

### 200 METRES BREASTSTROKE

- 2:29.48 Kovacs Agnes, 81, HUN
- 2:29.69 Kowal Kristy, 78, USA
- 2:30.62 Kirk Tara, 82, USA
- 2:30.69 Poleska Anne, 80, GER
- 2:30.86 Quann Megan, 84, USA
- 2:31.38 van Oosten Lauren, 78, CAN
- 2:31.63 Leier Rhiannon, 76, CAN
- 2:33.65 Degolia Hailey, 87, USA

### 100 METRES BUTTERFLY

- 59.74 Hyman Misty, 79, USA
- 1:00.24 Lee Georgina, 81, GBR
- 1:00.35 Goetsch Emily, 86, USA

## RATING SUMMARY OF TOP PERFORMANCES

1)	1005	1:00.21	100 breast M	Moses Glenn Ed 80, USA
2)	1004	51.89	100 fly M	Phelps Michael 85, USA
3)	995	1:57.46	200 back M	Krayzelburg Lenny 75, USA
4)	988	16:08.30	1500 free W	Rigamonti Flavia 81, SUI
5)	978	7:54.86	800 free M	Jensen Larsen 85, USA
6)	977	1:47.74	200 free M	Keller Klete 82, USA
7)	976	4:16.75	400 im M	Wilkens Tom 75, USA
8)	975	52.94	100 fly M	Yamamoto Takashi 78, JPN
9)	975	1:01.37	100 back W	Cope Haley 79, USA
10)	974	1:59.15	200 back M	Beavers Keith 83, CAN
11)	974	25.02	50 free W	Thompson Jenny 73, USA

# PHELPS DAZZLING

## One World and Two American Records Lead USA to 192 to 74 Rout of Australia

**Nick Thierry**

**M**ichael Phelps, 17, is the swimmer of the moment. In a three-hour dual meet format, the United States, in what was a made-for-TV program, trounced Australia 192 to 74 points. Scoring was 5-3-2-1 in individual events and 7-0 in relays. There were 13 events each for men and women.

Australia managed three wins in the men's events, with Grant Hackett (AUS) winning the 200 free in 1:46.64 and the 1500 free in 14:48.34. The only other men's win for Australia was Matt Welsh in the 100 back in 53.89 (Commonwealth and Australian record) over Lenny Krayzelburg (USA) in 54.00.

Phelps, in what will be one of the great performances in the sport's history, first swam the 400 IM in a world-record time of 4:10.73 (worth \$25,000 prize money). He bettered his own previous record of 4:11.09 from 2002.

Next up was the 100 fly, where his 51.84 was an American record, bettering his own previous time of 51.88.

Then he swam the 200 fly in 1:55.17 just ahead of Olympic champion Tom Malchow (USA) in 1:55.24.

And for the icing on the cake, he swam the fly leg in the 4x100 medley relay in 51.61 as the USA beat the Aussies by three body lengths. Their time was 3:34.24 to 3:37.76. The Aussies were disqualified.

Phelps now challenges Ian Thorpe for world's-top-swimmer honours.

Lisbeth Lenton (AUS) won the 100 free in 54.71 and touched first in the 50 free in 24.92, but was disqualified for jumping at the start. The Aussie appealed the decision. Team leader Greg Hodge (AUS) and the meet referee (Carol Zaleski, chair of the FINA Technical Swimming Committee) reviewed the video and it did not show that Lenton had jumped. Even though the results would not count, Lenton's Australian record will stand.

The Americans went on to win every other event, with Natalie Coughlin best in the 100 back in 1:00.74 and the 100 fly in 58.70, and swimming on both relays.

The Australian women took the 4x100 medley relay when the winning Americans



**Australian record for Lisbeth Lenton** Andrew Ringland

were disqualified.

Much of the speculation about the possible outcome of the meet was lost when top Australians such as Ian Thorpe, Geoff Huegill, Ashley Callus, Michael Klim, Petria Thomas, Leisel Jones, Giaan Rooney, and Jodie Henry did not attend. With some not attending due to injury, illness, or the daunting

2x25-hour travel time, the Aussies were reduced to a shadow of what they might have been.

For USA Swimming, the concept of this meet was successful. Even though they were unable to get live television, they did buy two afternoon blocks—one-and-a-half hours in duration—on NBC the following weekend. Total expenditure for the spectacle was close to US\$1.5 million. Was it worth it? Possibly. A rematch in Australia in 2005 is planned.

Dual meets are part of USA Swimming lore. High schools and universities have staged many of the most memorable competitions during the last century. It was once a common feature among countries too, but that was before the proliferation of international competitions. Now we have annual World Cups, bi-annual long and short course World Championships, plus the continental fixtures (European, Pan Pacific, Commonwealth, Asian Games) cluttering up the calendar.

What is important is that USA Swimming is expanding the envelope. They are searching for new ways to present the sport, increasing its spectator appeal and offering a more attractive made-for-television format.



**Michael Phelps bettered one, missed another world record, won three individual events and a relay in three hours**

Marco Chiesa

## DUEL IN THE POOL (USA vs AUS)

Indianapolis, Apr 6 (50 m)

### MEN

#### 50 METRES FREESTYLE

- 22.26 Lezak Jason, 75, USA
- 22.47 Hawke Brett, 74, AUS
- 22.53 Walker Neil, 76, USA
- 22.54 Ervin Anthony, 81, USA
- 22.96 Pearson Todd, 77, AUS
- 23.24 Fouch Casey, 82, AUS

#### 100 METRES FREESTYLE

- 49.02 Tucker Scott, 75, USA
- 49.10 Walker Neil, 76, USA
- 49.70 Pearson Todd, 77, AUS
- 49.71 Tucker Scott, 75, USA
- 50.26 Wochomurka Ryan, 83, USA
- 50.29 Cram Jason, 82, AUS
- 50.61 Fouch Casey, 82, AUS

#### 200 METRES FREESTYLE

- 1:46.64 Hackett Grant, 80, AUS
- 1:47.08 Keller Klete, 82, USA
- 1:49.18 Matkovich Antony, 77, AUS
- 1:49.38 Goldblatt Scott, 79, USA
- 1:49.64 Sprenger Nicholas, 85, AUS
- 1:51.62 Dusing Nate, 78, USA

#### 1500 METRES FREESTYLE

- 14:48.34 Hackett Grant, 80, AUS
- 15:00.81 Jensen Larsen, 85, USA
- 15:19.19 Stevens Craig, 80, AUS
- 15:20.82 Thompson Chris, 78, USA
- 15:36.73 Vendt Erik, 81, USA
- 15:42.67 Penfold Stephen, 82, AUS

#### 100 METRES BACKSTROKE

- 53.89 Welsh Matt, 76, AUS
- 54.00 Krayzelburg Lenny, 75, USA
- 54.09 Peirsol Aaron, 83, USA
- 55.02 Bal Randall, 80, USA
- 56.54 Hass Raymond, 77, AUS

#### 200 METRES BACKSTROKE

- 1:57.13 Peirsol Aaron, 83, USA
- 1:58.46 Krayzelburg Lenny, 75, USA
- 1:58.96 Welsh Matt, 76, AUS
- 1:59.61 Hunt Bryce R., 81, USA
- 2:01.15 Hass Raymond, 77, AUS

#### 100 METRES BREASTSTROKE

- 1:00.29 Moses Glenn Ed, 80, USA
- 1:00.49 Hansen Brendan, 81, USA
- 1:01.97 Piper Jim, 81, AUS
- 1:02.44 Denniston David, 78, USA
- 1:02.77 Harrison Regan, 77, AUS

#### 200 METRES BREASTSTROKE

- 2:10.49 Moses Glenn Ed, 80, USA
- 2:12.02 Piper Jim, 81, AUS
- 2:12.57 Hansen Brendan, 81, USA
- 2:14.50 Harrison Regan, 77, AUS
- 2:18.56 Denniston David, 78, USA

#### 100 METRES BUTTERFLY

- 51.84 Phelps Michael, 85, USA
- 52.49 Crocker Ian, 82, USA
- 52.76 Michaelson Benjamin, 82, USA
- 53.47 Pine Adam, 76, AUS
- 55.29 Sprenger Nicholas, 85, AUS
- 56.15 Nederpelt Travis, 85, AUS

#### 200 METRES BUTTERFLY

- 1:55.17 Phelps Michael, 85, USA
- 1:55.24 Malchow Tom, 76, USA
- 1:58.29 Raab Michael, 82, USA
- 1:58.50 Norris Justin, 80, AUS
- 2:01.07 Nederpelt Travis, 85, AUS
- 2:02.82 Steed Trent, 77, AUS

#### 400 METRES IND. MEDLEY

- 4:10.73 Phelps Michael, 85, USA
- 4:16.75 Wilkens Tom, 75, USA
- 4:17.48 Vendt Erik, 81, USA
- 4:19.05 Norris Justin, 80, AUS
- 4:19.77 Steed Trent, 77, AUS
- 4:27.41 Nederpelt Travis, 85, AUS

#### 4X100 MEDLEY RELAY

- 3:34.24 United States, USA
- disq Australia, AUS

#### 4X100 FREE RELAY

- 3:14.20 United States, USA
- 3:18.62 Australia, AUS

### WOMEN

#### 50 METRES FREESTYLE

- 25.14 Joyce Karalynn, 86, USA
- 25.18 Thompson Jenny, 73, USA
- 25.36 Correia Maritza, 81, USA
- 25.39 Mills Alice, 86, AUS
- 25.93 Ryan Sarah, 77, AUS
- 24.92 Lenton Lisbeth, 85, AUS

#### 100 METRES FREESTYLE

- 54.71 Lenton Lisbeth, 85, AUS
- 55.00 Thompson Jenny, 73, USA
- 55.53 Mills Alice, 86, AUS
- 55.56 Joyce Karalynn, 86, USA
- 55.61 Jeffrey Rhiannon, 86, USA
- 55.96 Ryan Sarah, 77, AUS

#### 200 METRES FREESTYLE

- 1:59.17 Benko Lindsay, 76, USA
- 1:59.36 Graham Elka, 81, AUS
- 2:00.54 Hill Elizabeth, 86, USA
- 2:01.94 Jeffrey Rhiannon, 86, USA
- 2:02.85 Thomson Kirsten, 83, AUS
- 2:03.74 MacKenzie Linda, 84, AUS

#### 800 METRES FREESTYLE

- 8:34.45 Munz Diana, 82, USA
- 8:36.27 Peirsol Hayley, 85, USA
- 8:37.52 Pascoe Amanda, 85, AUS
- 8:44.11 Binder Adrienne, 85, USA
- 8:46.59 MacKenzie Linda, 84, AUS
- 8:56.93 Wilson Belinda, 84, AUS

#### 100 METRES BACKSTROKE

- 1:00.74 Coughlin Natalie, 82, USA
- 1:01.65 Cope Haley, 79, USA
- 1:02.44 Rooney Giaan, 82, AUS
- 1:02.53 Hoelzer Margaret, 83, USA
- 1:03.08 Rooney Giaan, 82, AUS
- 1:03.10 Morgan Melissa, 85, AUS
- 1:03.95 Adcock Frances, 84, AUS

#### 200 METRES BACKSTROKE

- 2:10.88 Hoelzer Margaret, 83, USA
- 2:12.49 Morgan Melissa, 85, AUS
- 2:13.55 Reid Jamie, 83, USA
- 2:15.02 Retrum Leah C., 85, USA
- 2:16.49 Adcock Frances, 84, AUS
- 2:16.65 Tonks Zoe, 87, AUS

#### 100 METRES BREASTSTROKE

- 1:08.17 Beard Amanda, 81, USA
- 1:08.62 Hanson Brooke, 78, AUS
- 1:08.90 Kirk Tara, 82, USA
- 1:08.91 Kasoulis Sarah, 84, AUS
- 1:09.07 Kowal Kristy, 78, USA

#### 200 METRES BREASTSTROKE

- 2:25.77 Beard Amanda, 81, USA
- 2:30.44 Hanson Brooke, 78, AUS
- 2:30.98 Kowal Kristy, 78, USA
- 2:32.38 Kasoulis Sarah, 84, AUS
- 2:32.56 Kirk Tara, 82, USA

#### 100 METRES BUTTERFLY

- 58.70 Coughlin Natalie, 82, USA
- 59.04 Descenza Mary, 85, USA
- 59.76 Schipper Jessica, 87, AUS
- 59.78 Goetsch Emily, 86, USA
- 1:01.55 Galvez Felicity, 85, AUS
- 1:03.69 Abbott Jessica, 85, AUS

#### 200 METRES BUTTERFLY

- 2:10.69 Sandeno Kaitlin, 83, USA
- 2:10.77 Descenza Mary, 85, USA
- 2:11.67 Mason Emily, 82, USA
- 2:12.27 Galvez Felicity, 85, AUS
- 2:14.13 Schipper Jessica, 87, AUS



Phelps needed three hours to change everything

Cy Jariz Cyr / Newsport

- 2:20.01 Morgan Melissa, 85, AUS
- #### 400 METRES IND. MEDLEY
- 4:41.89 Sandeno Kaitlin, 83, USA
  - 4:42.94 Reilly Jennifer, 83, AUS
  - 4:44.75 Bowen Maggie, 80, USA
  - 4:50.37 Crippen Madeleine, 80, USA
  - 4:51.04 Abbott Jessica, 85, AUS

#### 4X100 MEDLEY RELAY

- 4:05.25 Australia, AUS
- disq United States, USA

#### 4X100 FREE RELAY

- 3:38.95 United States, USA
- 3:39.13 Australia, AUS

#### RATING SUMMARY OF TOP PERFORMANCES

1)	1010	4:10.73	400 im M	Phelps Michael, 85, USA
2)	1005	3:34.24	4x100 medley M	United States, USA
3)	1005	53.89	100 back M	Welsh Matt, 76, AUS
4)	1003	1:00.29	100 breast M	Moses Glenn Ed, 80, USA
	1003	14:48.34	1500 free M	Hackett Grant, 80, AUS
6)	1002	54.00	100 back M	Krayzelburg Lenny, 75, USA
7)	1000	1:55.24	200 fly M	Malchow Tom, 76, USA
	1000	54.09	100 back M	Peirsol Aaron, 83, USA
9)	998	1:00.49	100 breast M	Hansen Brendan, 81, USA
10)	996	3:39.13	4x100 free W	Australia, AUS
11)	990	1:00.74	100 back W	Coughlin Natalie, 82, USA
12)	987	52.49	100 fly M	Crocker Ian, 82, USA
13)	986	1:47.08	200 free M	Keller Klete, 82, USA
14)	985	54.71	100 free W	Lenton Lisbeth, 85, AUS
	985	2:12.02	200 breast M	Piper Jim, 81, AUS
16)	984	2:25.77	200 breast W	Beard Amanda, 81, USA
17)	983	15:00.81	1500 free M	Jensen Larsen, 85, USA
18)	981	49.02	100 free M	Tucker Scott, 75, USA
19)	980	52.76	100 fly M	Michaelson Benjamin, 82, USA
20)	978	49.10	100 free M	Walker Neil, 76, USA

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# MAKING WAVES<sup>©</sup>



**Martha McCABE**, 13, (4 AUG 1989)  
 Club: Granite Gators Swim Team  
 Coach: Bill Durrant  
 Specialty: Breaststroke  
 • Ontario SC Junior Provincials 2003  
 12-13 category  
 6th 100 breaststroke 1:17.19  
 2nd 200 breaststroke 2:41.93  
 • Best Times Long Course  
 100 breaststroke 1:19.83  
 200 breaststroke 2:46.86



**Frankie DESPOND**, 11, (15 MAY 1991)  
 Club: Burlington Aquatic Devilrays  
 Coach: Melanie McKay  
 Specialty: Freestyle and backstroke  
 • Ontario SC Junior Provincials 2003  
 10-11 category  
 3rd 100 freestyle 1:05.57  
 3rd 100 backstroke 1:14.88  
 3rd 200 backstroke 2:39.90



**Sasha MENU-COREY**, 11, (10 MAR 1991)  
 Club: Etobicoke Swimming  
 Coach: Jocelyn Jay  
 Specialty: Freestyle, back, and ind.medley  
 • Ontario SC Junior Provincials 2003  
 10-11 category  
 1st 50 freestyle 29.02  
 1st 100 freestyle 1:04.82  
 2nd 200 freestyle 2:19.50  
 2nd 400 freestyle 4:57.44  
 2nd 100 backstroke 1:10.88  
 1st 200 ind.medley 2:38.93



**Jimmy LEE**, 12, (4 JUL 1990)  
 Club: Windsor-Essex Swim Team  
 Coach: Andrei Semenov / Steve Gombai  
 Specialty: Backstroke  
 Established **NAG record in the sc 100 back** with 1:03.13 in January, bettering old record of 1:03.53 by Tobias Oriwol, PCSC, 1998.  
 • Ontario SC Junior Provincials 2003  
 12-13 category  
 1st 100 backstroke 1:04.39  
 1st 200 backstroke 2:18.23



**Kaleigh MCKINNON**, 12, (31 JAN 1990)  
 Club: North York Aquatic Club  
 Coach: Murray Drudge  
 Specialty: Butterfly  
 Established **sc NAG record in 100 butterfly** in 1:04.84, bettering old record of 1:05.24 Allison Barriscale, KMAC, 1989.  
 • Ontario SC Junior Provincials 2003  
 12-13 category  
 1st 100 freestyle 1:00.91  
 1st 100 butterfly 1:04.84  
 • East-West SC Championships 2003  
 2nd 200 butterfly 2:20.04



**Matthew SWANSTON**, 11, (25 MAR 1991)  
 Club: Newmarket Stingrays  
 Coach: Caroline Teskey-Scherzinger  
 Specialty: Free, back, and fly  
 • Ontario SC Junior Provincials 2003  
 10-11 category  
 3rd 50 freestyle 29.77  
 3rd 200 freestyle 2:22.62  
 2nd 50 backstroke 33.44  
 1st 100 backstroke 1:11.27  
 1st 200 backstroke 2:32.29  
 1st 100 butterfly 1:10.90



**Marie-Pier COUILLARD**, 12, (30 NOV 1991)  
 Club: Les Riverains  
 Coach: Martin Gregoire  
 Specialty: Free, back, and butterfly  
 • Quebec SC Championships 2003  

11-12 category	Best 2003
1st 50 freestyle 28.33	28.20
2nd 200 freestyle 2:15.33	2:15.33
2nd 50 backstroke 32.00	31.53
4th 200 backstroke 2:32.62	2:27.82
1st 50 butterfly 30.64	30.64



**Jean-Francois THIVIERGE**, 12, (6 SEP 1990)  
 Club: Les Riverains  
 Coach: Martin Gregoire  
 Specialty: Free, back, breast, and IM  
 • Quebec SC Championships 2003  

11-12 category	Best 2003
3rd 400 freestyle 4:46.86	4:38.25
1st 200 backstroke 2:24.75	2:24.75
1st 50 breaststroke 36.42	36.42
3rd 200 breaststroke 2:49.68	2:49.68
1st 200 ind.medley 2:26.81	2:25.44
1st 400 ind.medley 5:12.19	5:12.19

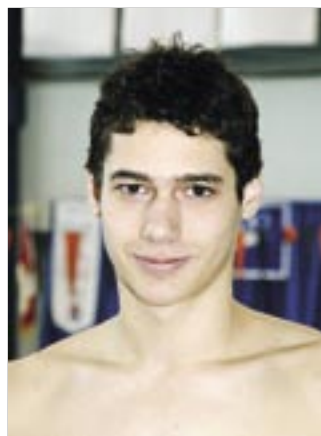
# MAKING WAVES<sup>©</sup>



**Genevieve SAUMUR**, 16, (3 AUG 1986)  
 Club: Club Aquatique de Montreal  
 Coach: Claude St-Jean  
 Specialty: Free, back, and fly  
 • East-West SC Championships 2003  
 16 & older category  
 2nd 50 freestyle 26.48  
 1st 100 freestyle 56.91  
 5th 200 freestyle 2:04.84  
 1st 50 backstroke 29.12  
 1st 100 backstroke 1:02.29  
 2nd 200 backstroke 2:16.55  
 1st 50 butterfly 27.94  
 1st 100 butterfly 1:03.12



**Whitney RICH**, 15, (27 JAN 1988)  
 Club: London Aquatic Club  
 Coach: Paul Midgley  
 Specialty: Breaststroke and IM  
 • East-West SC Championships 2003  
 15 & under category  
 1st 50 breaststroke 33.32  
 1st 100 breaststroke 1:10.85  
 1st 200 breaststroke 2:32.19  
 2nd 200 ind.medley 2:18.59  
 5th 400 ind.medley 5:00.22



**Roman DAGASH**, 16, (3 AUG 1986)  
 Club: Club Aquatique de Montreal  
 Coach: Claude St-Jean  
 Specialty: Butterfly  
 • East-West SC Championships 2003  
 16 & older category  
 3rd 100 butterfly 57.47  
 1st 200 butterfly 2:07.04



**Vincent BOULANGER-MARTEL**, 16, (9 JAN 1987)  
 Club: Club Aquatique CSQ  
 (Cap Rouge-St-Augustin-Quebec)  
 Coach: Steve Duchesne  
 Specialty: Freestyle  
 • East-West SC Championships 2003  
 16 & under category  
 2nd 50 freestyle 23.94  
 1st 100 freestyle 52.24  
 3rd 200 freestyle 1:55.10



**Emily GILLESPIE**, 15, (21 AUG 1987)  
 Club: Perth Stingray Aquatic Club  
 Coach: Nandi Kormendi  
 Specialty: Free, back, fly, and IM  
 • East-West SC Championships 2003  
 4th 50 freestyle 26.79  
 3rd 100 freestyle 57.23  
 3rd 200 freestyle 2:04.24  
 4th 50 backstroke 30.55  
 4th 100 backstroke 1:03.63  
 3rd 50 butterfly 28.92  
 3rd 100 butterfly 1:03.88  
 6th 200 ind.medley 2:20.42



**Octavian PETRE**, 16, (23 AUG 1986)  
 Club: Club Aquatique de Montreal  
 Coach: Claude St-Jean  
 Specialty: Sprint freestyle  
 • East-West SC Championships 2003  
 16 & older category  
 3rd 50 freestyle 24.45  
 6th 100 freestyle 53.64



**Nicolas MURRAY**, 16, (2 JUL 1986)  
 Club: University Laval Rouge & Or  
 Coach: Michel Berube  
 Specialty: Sprint freestyle  
 • East-West SC Championships 2003  
 16 & older category  
 4th 50 freestyle 24.45  
 2nd 100 freestyle 52.54  
 3rd 200 ind.medley 2:08.58



**Brittany REIMER**, 15, (3 JAN 1988)  
 Club: Surrey Knights SC  
 Coach: Corey Beatt  
 Specialty: Freestyle, ind.medley  
 • East-West SC Championships 2003  
 15 & younger category  
 2nd 100 freestyle 56.99  
 1st 200 freestyle 2:01.87  
 1st 400 freestyle 4:14.12  
 1st 800 freestyle 8:39.24  
 1st 200 backstroke 2:15.70  
 3rd 200 in.medley 2:18.90  
 1st 400 ind.medley 4:53.60

## BOOK REVIEW

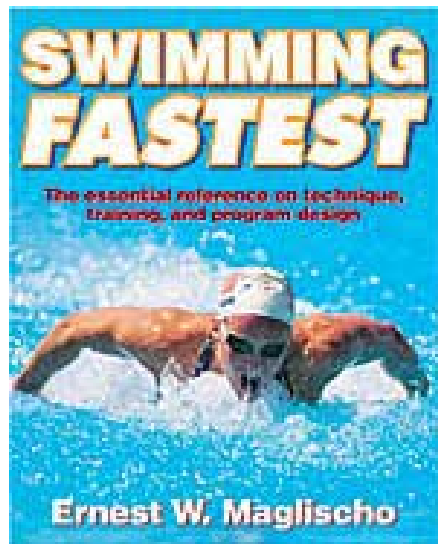
### SWIMMING FASTEST

The essential reference on technique, training, and program design

By Ernest W. Maglischo

752 pp., Champaign, IL, USA

Human Kinetics, \$44.95 US, \$69.95 Cdn



*Swimming Fastest* is the latest book by Ernest Maglischo, and is a revised and updated version of his two previous books (*Swimming Fast*, and *Swimming Faster*). Each of the three books in this series has grown in size and depth of content. The latest edition at 752 pages is a thorough and complete reference tool for a serious swim coach. As well, Maglischo offers an additional 25 pages of references for coaches who would like to review scientific articles on the topics covered in his book.

Maglischo himself says in the preface that most of the new information in the book is contained in Part I, the section on technique, with many new ideas on propulsive forces created by swimmers discussed in depth. Part II covers the training process in detail. At the start of each chapter the author highlights the new material in this edition.

Illustrations and charts describe his theories of technique, photos of world class swimmers from all angles help bring the theory charts and graphs to life, plus sample workouts and training programs of Olympic champions makes this a very thorough and informative book. Many coaches will like the one-stop-shopping aspect of Maglischo's *Swimming Fastest*. This book is a great source of reliable information about training and stroke technique.

All serious coaches should have at least one of Maglischo's books in their library. If you do not have either of his other two books, then *Swimming Fastest* is an extensive reference tool for serious coaches and swimmers looking to improve their performances.

## ANOTHER APPROACH

# The Ride Home

Judy Goss

One might think, What does the ride home have to do with sport psychology or mental training? Well, in fact, nothing, but on the other hand, a lot. Part of my work with swimmers is spent not just discussing the mental aspects of sport but also the factors outside of the pool, such as confidence, concentration, and even enjoyment of swimming. Unbelievably enough, the ride home is mentioned quite often.

I am sure you can envision it even if you have not experienced it personally. It's just after dusk, a nondescript minivan pulls up outside the local pool and a young swimmer appears from behind the double doors, bundled up and wet-haired, carrying a swim bag and a backpack loaded down with school books. The swimmer gets into the car, the parent asks "How was practice?" The response from beside mom or dad is "Fine." End of conversation? Not a chance, but maybe the end of a two-way conversation.

So what is my point? It seems odd that something so typical or maybe insignificant to some can be and is the start of an unbelievably uncomfortable situation for some parents and swimmers. This encounter can take many different directions but more often it is confrontational, stressful, and hated. The most common responses from athletes that I deal with are as follows:

"My mom wants me to tell her everything."

At the age of about 12 years old, all children start to enter an important developmental phase of growing independence and autonomy from their parents. One method to become more independent is to not share what is going on in the child's life, a difficult thing for many parents to deal with. Often, a parent is just trying to determine

what the swimmer is feeling when the swimmer appears tired, upset, or distressed.

"If I say I had a bad workout, I get yelled at."

After a long day at school and in the pool, getting into the car and seeing your parent, the last thing that a swimmer wants is to be yelled at for telling the truth. Most swimmers don't want to have a bad workout, and having external pressure for performance put on them does not usually increase performance.

"The ride home just consists of them talking swimming and lecturing me on what I did wrong and how to do it right."

One of the best pieces of advice that I ever heard from a parent was "let the coach coach and let the parent parent." And if the parent starts to confuse the jobs, the parent will start to confuse the swimmer. After a long hard day and practice, the swimmer doesn't need to hear more about what he or she needs to do to improve his or her swimming because, more than likely, it is not the same message that the coach is giving the swimmer. In that situation, then, who should the swimmer listen to?

So what does all this mean? Parents need to be sensitive and aware of their child's needs.

What are my suggestions for the discussion to make the ride home better? Parents should ask their swimmer what he or she wants for dinner or tell them about the parent's day. Let them ask the parent the questions. Try it for a change. There might be some quiet rides home for a while, but give it time.

Judy Goss, Ph.D., is a Sport Psychology Consultant with the Canadian Sport Centre Ontario.

## OBITUARY

### Betty Lou Dean passed away on 14 April

Dean, 73, died from complications of ALS (Lou Gehrig's disease). She is survived by her husband David, and sons Gordon, Rob, Darrell, and Lee, and numerous grandchildren.

Dean was involved with aquatics for over 60 years, as an athlete, coach, builder, and administrator.

She was involved in founding competitive programs at the YM-YWCA. The club would become the Regina Optimist Dolphins, still active.

In 1973 she became executive director of Swim Saskatchewan, a position she retired from in 1998.

Betty Lou and David were Master Officials and mentored other officials across the country.

In January of this year, Betty Lou and David were presented with a commemorative medal for the Golden Jubilee of Queen Elizabeth II. The medal is awarded to those persons who have made a significant contribution to Canada, to their community, or fellow Canadians.

### Ann Schulman passed away April 30

Schulman, 61, mother of three, earned wide recognition for her contributions—both professionally and through sport.

Schulman, a pediatric oncology nurse, is survived by former husband Mayer, daughters Margot and Paula. Son David died some time ago.

Six years after her son David suffered severe brain damage after being struck by a car, Schulman took over as executive director of Saskatchewan Institute for Prevention of Handicaps in 1987.

She was inducted in the Saskatoon Sports Hall of Fame as a builder because of her volunteer efforts in swimming, and was an officer of the Order of Canada.

She volunteered with both local swim clubs, the Lasers and the Goldfins.

Schulman was involved with team management at the Pan Pacifics, World Championships, Commonwealth Games, and at the Olympics in 1992 and 1996.



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