

CANADIAN WORLD TRIALS

THREE DECADES OF WORLD CHAMPIONSHIPS

SwimNews

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2003 WORLD CHAMPIONSHIPS PREVIEW



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Contents

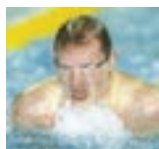
June-July 2003

CONSECUTIVE NUMBER 275

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FEATURES

- 5 How It Was Done** **Jack Kelso**
Researching and Writing The History of Competitive Swimming in Canada
- 6 2003 Canadian World Championship Trials** **Nikki Dryden**
Knabe and Warden Top Performers
- 8 Kurtis MacGillivray and Tary Lencoe** **Nikki Dryden**
Shock. Awe, and Lots of Fun
- 9 Toronto All Stars** **Nikki Dryden**
No Need to Be At a Centre to Swim Fast
- 10 2003 World Championships Preview** **Nick Thierry**
Hackett, Thorpe, Coughlin, and Phelps Are Sure to Dominate
- 16-17 Poster: Michael Phelps, United States** **Cy Jariz Cyr / Newport**
- 18 Swimming History** **Karin Helmstaedt / Nick Thierry**
Three Decades of World Championships. Canadians won 26 medals since 1973
- 24 Coaching Personality** **Justin Finney**
Queensland Coach Stephan Widmer
Likes a Simple Plan That Is Very Systematic, Efficient, and Easy to Understand
- 25 Advice For Parents** **Wayne Goldsmith**
Sporting Parents, Support, Smiles, and Swimming
- 30 Book Review**
The History of Competitive Swimming In Canada (1897-2002)
- 30 Obituary** **Nick Thierry**
Rosemary Mann Dawson, Pioneer Women's Coach Dies



Cover: Morgan Knabe
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|----|-------------------------------|-------|--------------------------------|
| 3 | Contents | 14 | Results North American Circuit |
| 4 | About This Issue | 15 | Results 2003 Mare Nostrum |
| | Record Setters | 22 | TOP (Tiny Olympic Prospects) |
| 5 | Calendar | 28-29 | Making Waves |
| 12 | Results Canadian World Trials | | |

ABOUT THIS ISSUE

The focus in this issue is the World Championships (swimming events July 20-27 in Barcelona, Spain).

Nikki Dryden attended the Canadian Trials in Victoria in late June and wrote about what happened, and the new swimmers who broke into the international level.

She will be in Barcelona to cover the Canadians and the championships in our next issue.

Teams were finalized in Victoria for the Worlds, Pan Ams, and FISU (Universiade) Games. With 15 swimmers pre-selected, 8 additions were made to the World team (7 qualified with their performances) and one (Yannick Lupien) was added for the 4x100 free relay.

Four swimmers were chosen to compete in the Open Water World events. Actually five were originally selected but Elise Dudar, 16, (TO) withdrew.

A comparison of the top competitions in North America and Europe shows that faster in-season swimming gives the advantage to Europe.

The 30-year history of the Worlds is included with an honour roll of Canadian medallists.

The final TOP listing includes for the first time ever pictures of the winners and their progression through the year.

Simple is how Stephen Widmer, Queensland coach likes his training plans, as told to Justin Finney, a Pointe Claire assistant coach who visited with him during May.

Wayne Goldsmith writes about what parents want from swimming for their children.

There are several descriptions of Jack Kelso's monumental work on *The History of Canadian Competitive Swimming 1867-2002*, including how to order your copy. We urge you to do so.

The History of Competitive Swimming in Canada (1867 - 2002)

By John (Jack) G. Kelso

"Traced from the very beginnings of organized swimming in Canada, this work follows the establishment of organized competitions, the developers of the sport, the great coaches, and the athletes who have dominated the nationals and, in some cases, the international scene. In particular, there is a complete record of the Canadian championships and Canadian participation in the major international Games, a review of Canadian records and an analysis of the major factors influencing the sport at each stage of its development.

The book will serve as the standard reference for all serious studies of swimming, as a stand-alone subject, or as part of the evolution of sport in Canada."

*Richard W. Pound, O.C., O.Q., Q.C., F.C.A.
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RECORD SETTERS (LONG COURSE)

WORLD

• Men's 200 breaststroke:

2:09.52 Dimitri Komornikov, RUS, Barcelona, June 14
30.11 1:03.35 1:36.65 2:09.52

Bettors old record of 2:09.97 Kosuke Kitajima, JPN, Busan, Oct 2, 2002
29.72 1:02.61 1:36.05 2:09.97

• Men's 200 individual medley:

1:57.94 Michael Phelps, USA, Santa Clara, Jun 29
25.72 55.14 1:30.00 1:57.94

Bettors old record of 1:58.16 Jani Sievinen, FIN, Rome, Sep 11, 1994
26.17 56.61 1:30.03 1:58.16

CANADIAN

• Men's 800 freestyle:

7:58.63 Kurtis MacGillivray, ROW, Victoria, Jun 28

Bettors old record of 8:00.22 Chris Bowie, EKSC, Etobicoke, Aug 2, 1992

• Men's 50 breaststroke:

28.22 Morgan Knabe, UCSC, Victoria, Jun 27

Bettors his own record of 28.33, Fukuoka, Jul 28, 2001

• Men's 100 breaststroke:

1:00.70 Morgan Knabe, UCSC, Victoria, Jun 30, (time trial)

Bettors his own record of 1:00.95 from Winnipeg, Mar 21, 2003

• Men's 200 breaststroke:

2:12.74 Morgan Knabe, UCSC, Victoria, Jun 28

Bettors old record of 2:12.87 Michael Brown, PERTH, Yokohama, Aug 27, 2002

• Women's 400 freestyle:

4:12.00 Brittany Reimer, SKSC, Victoria, Jun 26

Bettors old record of 4:12.64 Joanne Malar, UCSC, Winnipeg, Aug 4, 1999

• Women's 1500 freestyle:

16:24.39 Brittany Reimer, SKSC, Victoria, Jun 27

Bettors own record of 16:33.28 in Indianapolis, Apr 5, 2003

• Women's 50 backstroke:

28.90 Jennifer Carroll, MEGO, Victoria, Jun 28

Bettors own record of 28.94 in Winnipeg, Mar 20, 2002

CALENDAR

CANADIAN

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
- 24-27 Club Nationals, Calgary
- 27 SNC 5km Nationals, Thetis Lake, BC

November

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

December

- 12-14 Ontario SR Championships

2004

January

- 23-25 Ontario Cup

February

- 19-22 Eastern Canadians, Halifax, NS
- 19-22 Western Canadians, Vancouver, BC
- 20-22 CIS Interuniversity Champs, Toronto

March

- 5-7 Ontario JR Provincials
- 12-14 Canada Cup, TBA

April

- 23-25 Ontario Team Championships

May

- 28-30 Mel Zajac International, Vancouver

June

- 25-27 Ontario JR Provincials

July

- 6-10 Olympic/Paralympic Trials, Etobicoke
- 28-31 Club Nationals

UNITED STATES

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

December

- 2-4 US Open, San Antonio, TX

INTERNATIONAL

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

December

- 9-12 European SC Championships, Vienna, AUT

2005

June

- 24-3 Mediterranean Games, Almeria, ESP

July

- 17-31 World Championships, Montreal, CAN

HOW IT WAS DONE

Researching and writing "The History of Competitive Swimming In Canada - 1867-2002"

John G. (Jack) Kelso, Ph.D.

This book was written primarily to fill a void in the annals of Canadian sports history. It provides a comprehensive record of competitive swimming at the national and international level, from the initial efforts of racing in rivers and lakes in pioneer Canada, to contemporary competition.

The research for the early information involved extensive review of materials obtained from newspaper archives, sports halls of fame, and sports museums. From the 1950's onward, the primary sources were national team booklets, magazine articles, and personal accounts. The major contributor to the more recent information was *Swim Canada Magazine*, changed to *SwimNews Magazine*. Without the statistical information and articles from this magazine the book would have been most difficult to write. The book took eight years to research and write.

There are over three thousand swimmer's named in the book, with every international team member and every national medallist recorded. The book is written in chronological order, with each chapter designated to a decade in history. The comprehensive Table of Contents is designed to replace the normal Index, thus eliminating a further 40 pages of print. With over 600 pages, including almost 50 pages of important Appendices, and 98 black and white photographs, it is a complete record of our great sport. There is not a comparative record available on any other Canadian sport.

The expectation is that this compendium will play an important role in a better understanding and appreciation of how competitive swimming has contributed positively to Canadian sporting history. Hopefully, it will provide each new swimming generation with a sense of pride and honor resulting in a renewed sense of optimism and success in the future.

The author wishes to convey his sincere hope that the material presented in this book is accurate, of positive resource value, and interesting enough to be educational and entertaining. My heartfelt congratulations to all those named in this treatise.

KNABE AND WARDEN TOP PERFORMERS

Reimer Sweeps Freestyle Distance Events

Nikki Dryden

Canada's swimmers finally stood up en masse and took back their sport, refusing to let controversies of the past continue to hold them down. The pool erupted into dozens of cheers as seven swimmers added themselves to the World Championship team at the World Trials in Victoria. The crowd too, seemed bigger and better than years past adding to the excitement.

Led by 15-year-old Brittany Reimer (SKSC), who became the first woman to win the 200, 400, 800 and 1500 freestyle in one Canadian Nationals as well as breaking the 400 and 1500 Canadian records, Canada's swimmers came to the World Trials ready to do what it takes to earn a trip to Barcelona in July for the World Championships. It won't be easy when they get there, but for a few swimmers their times were world class. "There's still work to do if we're going to step on the podium at the worlds," said head coach Dave Johnson. "But we performed much better here than I anticipated so the signs are positive."

Liz Warden (Toronto All Stars) and Morgan Knabe (UCSC) were the top swimmers of the meet. Warden won the 200 IM in the second fastest time in the world this year and just 16/100ths off the Canadian record. Warden also defeated two of Canada's best IM'ers, Marianne Limpert (CAMO) and Joanne Malar (UCSC). "I can't believe it, it's amazing," said Liz. "I was really nervous about swimming in between two great Olympians but I stuck with it." Warden also won

the 400IM in 4:46.11 and placed second to Jen Fratesi (ROW) in the 200 back. Both women were under the time standard in the 200 back with Fratesi touching in 2:13.15 and Warden in 2:13.42.

Knabe continued to add national titles and national records with three more each in the 50, 100, and 200 breast. His 100 breast was the top swim of the meet, at 1:01.12 from the first day of the meet. Knabe decided to then time-trial the race on the last night of the meet. The result: he broke his own Canadian record with a 1:00.70, a swim worth 993 IPS points. His 200 was also Canadian record, regaining that honor taken from him last year by Mike Brown (PERTH), who wasn't fully rested for the Trials, having pre-qualified last summer. He also added a Canadian record in 50 breast, unfortunately his time still wasn't fast enough to qualify for Worlds. "My performances in the past week are the product of all the good training I've been doing," said Knabe. "This is a very positive way to head to the World Championships, to know I'm at this point right now and things will only get better."

Mike Brown was not the only pre-qualified swimmer who decided to race unshaved, untapered, or both. Brian Johns, Mike Mintenko, Brent Hayden, and Mark Johnston all from (UBCD) used the meet as a tune up for Worlds. BJ still won the 200IM in 2:02.15, the 200 fly in 2:01.08, and was second in the 400IM. The Tank won the 50 and 100 fly event, but his 50 wasn't fast enough to qualify for Worlds. Johnston was second in the 200 free in 1:49:89 to Rick

Say (UCSC) 1:49.15 who was also pre-qualified. Say had solid swims in the 400 and 800 free as well, just missing his own Canadian record in the 400 free. Keith Beavers (ROW) and Brent Hayden won the 200 back and 100 free respectively, events they both had pre-qualified in.

On the women's side Jen Button (TO) one of the women's team veterans, also added wins in the 50 and 100 fly, and a second place finish in the 200 fly. Her wins were not fast enough to make the World's qualifying time after she missed the 100 fly last year by 1/100th of a second. The only other pre-qualified woman to win her event was Fratesi in the 200 back.

However, the real story was perhaps that of our distance freestylers: four swims were under Canadian records with Reimer breaking the 400 and 1500, Kurtis MacGillivray (ROW) breaking the 800, and Taryn Lencoe (UBCD) under the 1500 but coming second to Reimer. Kurtis is a training partner of Grant Hackett and Stephen Penfold down on Australia's Gold Coast, where they are all coached by Denis Cotterell. Rick Say swam the 800 free in the heats 8:00.26 and was 2 tenths off the Canadian record before MacGillivray smashed it in the final becoming the first Canadian man under 8 minutes with his 7:58.63. (An almost 13 second drop). MacGillivray then kept the crowd on its feet again with his personal best 1500 free. His time of 15:19.69 was just over 5 seconds off the cut for Worlds, but over an 18 second drop off his best time. After the 800 Kurtis just kept saying, "I can't believe it, I can't believe I'm a Canadian record holder." He complimented the fans for his win. "I saw the crowd going crazy and I thought I was going an 8:05, it was just crazy."

Lencoe gave Reimer a good fight in the 1500, never letting the younger swimmer break free. Lencoe blasted home in the final hundred to get in under the qualifying time for Barcelona. Reimer's record in the 1500 added to her record in the 400 on day one of the meet but she just missed the record in the 800 free, swimming an 8:36.38. Her 400 was a 4:12.00 and her win in the 200 free was a 2:01.31. Both women were excited by the cheering from the packed house. "I was so happy to hear the crowd," said Reimer. Lencoe added, "The way people were cheering I thought I must have been a second over [the time standard]."

Lauren van Oosten (UCSC) had her comeback meet, winning the 100 and 200 breast events. Only the 100 was under the qualifying time for Worlds, but van Oosten is just happy to be heading back to the international level after a bronze from the 1998 Worlds. "There was part of me that thought maybe I would never do it again, I mean '99, 2000, 2001,



Barcelona bound Rick Say, UCSC, Kurtis MacGillivray, ROW, Jarrod Ballem, UCSC

Nikki Dryden



Nikki Dryden

Pan Am selection for Maya Beaudry, 15, UBCCD

those years were the pits, just the worst," says Lauren now able to smile about it. "But still there was always this part of me that said I know I have it in me. It just took a lot of determination, hard work, and time. I was positive that if I wanted it bad enough, it would come." Her time of 1:09.12 was her second fastest of all time, second only to her medal performance when she clocked a 1:08.66 in 1998. Lauren knows that while she is trying to get back to past form the rest of the world has gotten faster, but more importantly to her, she is happy. "This swim is ten times better, even if its not a Canadian record or a bronze medal from Worlds. It means so much more now that it did then."

Lauren hopes to be able to back up her swim at worlds, and a "best time would be amazing!" She is also much more thoughtful about her swimming than she was five years ago. "I had no idea back then, I was so naive. Swimming fast just happened. Now I am only doing it because I am having fun. I

2003 WORLDS CHAMPIONSHIPS QUALIFIERS

15 swimmers Pre Selected * additions at Trials

Men	
Beavers, Keith,20,ROW	200 back
Brown, Michael,19,PERTH	200 breast
Hayden, Brent,19,UBCCD	100 free
Hurd, Andrew,20,TO*	1500 free
Janes, Riley,22,NRST	50 back, 100 back
Johns, Brian,20,UBCCD	200 IM, 400 IM
Johnston, Mark,23,UBCCD*	400 free
Knabe, Morgan,22,UCSC	100 breast, 200 breast
Lupien Yannick,23,CNCB*	free relay
MacGillivray, Kurtis,19,ROW*	800 free
Mintenko, Michael,27,UBCCD	100 fly
Say, Rick,24,UCSC	200 free, 400 free
Sayao Chuck,20,TO*	400 IM
Women	
Button, Jennifer,25,TO	200 fly
Carroll, Jennifer,22,MEGO*	50 back
Fratesi, Jennifer,19,ROW	200 back
Gammel, Erin,23,UCSC	100 back
Leier, Rhiannon,26,MM	100 breast
Lencoe, Taryn,17,UBCCD*	1500 free
Limpert, Marianne,30,CAMO	200 im
Reimer, Brittany,15,SKSC*	400 free 800 free, 1500 free
van Oosten, Lauren,24,UCSC*	100 breast
Warden, Elizabeth,25,TO	400 im, 200 im, 200 back

OPEN WATER

Men	
Jarrold Ballem,23,UCSC	5K-10K
David Creal,22,PCS	5K-10K
Women	
Karel Stutzel,21,PCS	5K-10K
Tanya Hunks,22,HYACK	5K-10K

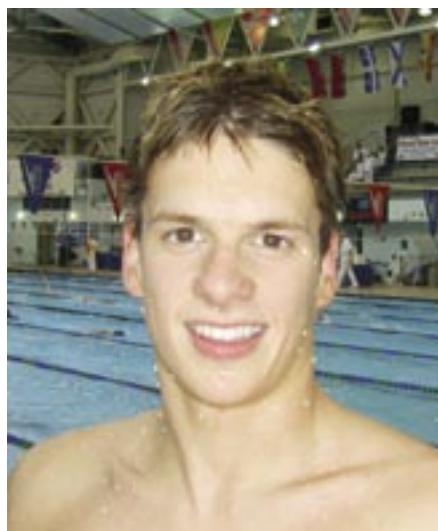
PAN AMERICAN TEAM

Men	
Dickens, Scott,18,UBCCD	100 breast, 200 breast
Edey, Brian,23,UASC	200 free
Mains, Matthew,21,ROW	200 breast
Murray, Chad,21,UCSC	200 fly
Oriwol, Tobias,18,ESWIM	100 back, 200 back
Rose, Matthew,22,TRENT	50 free, 100 free
Russell, Colin,18,BTSC	100 free, 200 free
Sepulis, Sean,26,IS	100 back
Women	
Beaudry, Maya,15,UBCCD	200 free, 400 free
Blackburn, Lisa,31,ROW	100 breast, 200 breast
Coliins, Elizabeth,20,ROD	200 free, 100 fly
Doody, Kelly,23,UBCCD	200 IM, 400 IM
Gravelle, Julie,23,TO	400 free, 800 free
Lacroix, Audrey,19,CAMO	100 fly, 200 fly
Malar, Joanne,27,UCSC	200 IM, 400 IM
Stoody, Kathleen,20,SFA	100 breast, 200 breast

enjoy the process now more than the outcome. A good outcome today is just icing on the cake."

Chuck Sayao (TO) swam his heart out in the men's 400 IM, defeating the short course World Record holder, Brian Johns, en route to a 4:19.66, which was fast enough for a ticket to Spain. "My last two years have been frustrating," said Chuck. "It was great relief to put in that kind of swim tonight and I feel I'm back. It was a bit confusing to see myself that far ahead of someone like Brian Johns but this was a great meet for me. On the final freestyle leg, I went all out and prayed that I'd see a 4:19 on the board."

Ten women and 12 men qualified for the World Championship team to Barcelona, Spain. No relay swimmers were picked unless they qualified as a group. That meant no free trips like there was at the Olympics. As a result, no women's free relays qualified, while the men qualified the 4x200. Dave Johnson did say that Canada will enter relays at the meet, using swimmers who are already on the team, which means Canada will probably enter all six relays. The same goes for individual events. While the time standards were derived from the FINA 'A' Olympic standards, FINA itself does not have qualifying times for the competition. Canada set the standards for qualifying only, and will most likely allow top swimmers and Canadian record holders like Knabe, Button, and Reimer to still swim even though they didn't qualify in one of their record events.



Nikki Dryden

Keith Beavers, ROW, 200 back hopeful at Worlds

POOLSIDE

Swimming Canada has set next year's Olympic Standards faster than the FINA 'A' times (top 16-2 per country.) Instead swimmers will have to make top 12-2 per country, but as was the case this year, swimmers can pre-qualify for Athens at this summer's World Champs.

* * * * *

This meet was also the qualifier for the Pan Am Games in Santo Domingo. Canada will send eight men and eight women, made up from the swimmer's with the highest point swims not going to Worlds. The World Student Games in Korea was also picked off this meet, but Canada's university students who qualified will have to pay their own way if they want to compete.

* * * * *

This was possibly one of the more exciting Canadian Nationals in recent memory, despite the top swimmers swimming through the competition. That means the young guns were carrying the meet with their energy and positive attitudes, a good sign for the future of Canadian Swimming. There were no more semi-finals and the pool decked was also dressed up for the competition like it used to be in years past. Despite the lack of TV cameras, the pool was donned with banners in every corner, curtains, and posters. The professionalism was surprising, but welcomed.

* * * * *

Another sign of good times was the announcement by Speedo of a four-year \$1 million cash and product deal. The biggest draw of the agreement between Speedo and Swimming Canada is a medal bonus program. Canadian swimmers who win Olympic medals in 2004 and 2008 will receive \$50,000 for a gold, \$10,000 for silver, and \$5,000 for bronze. The program also includes money for the 2005 World Long Course Championship in Montreal. Gold medallists earn \$20,000, while silver and bronze medallists will earn \$5,000 and \$2,500 respectively. Additionally, Speedo will give \$20,000 a year to be distributed among Canada's top swimmers.

FISU TEAM

Men	
Bartoch, Joe,20,LAC	100 fly
Boulianne, Michel,24,CAMO	100 breast, 200 breast
Hankewich, Chad,21,GOLD	100 fly
Pichette, Alexandre,26,CAMO	100 back
Women	
Landry, Michelle,18,UBCCD	200 IM, 400 IM
Laprade, Michelle,22,CAMO	100 breast
Meredith, Caitlin,19,UBCCD	100 back, 200 back
Petelski, Christin,25,PCS	100 breast, 200 breast
Porenta, Jennifer,18,TO	50 free, 100 free
Spooner, Emma,20,UCSC	100 breast
Stefanyshyn, Kelly,20,UBCCD	100 back, 200 back

SHOCK, AWE, AND LOTS OF FUN

Canada's Newest Distance Stars

Nikki Dryden

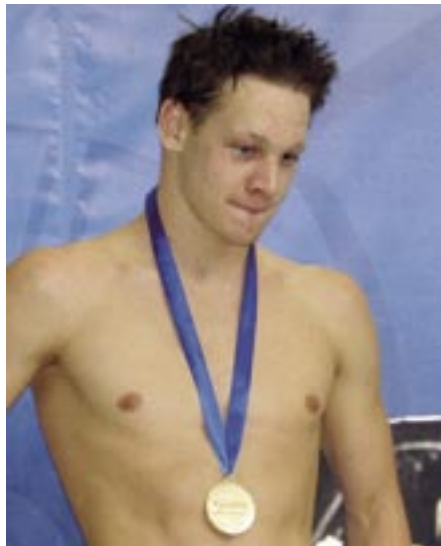
Just when you thought one new rising star was enough (Surrey's Brittany Reimer), two more swimmers decided to show Canada there's room for more. Kurtis MacGillivary (ROW) became the first Canadian man to swim the 800 free under 8 minutes with his recent national win and qualifying time for the World Championship Team. Taryn Lencoe (UBCD) also qualified for the World Champ team, and while her time was under the previous Canadian record in the 1500, she was second to Reimer, but only just.

That however, is where the similarities between this new distance duo end. Taryn Lencoe is a happy go lucky, spunky ball of energy. She trains in Vancouver with a team she loves and has always raced for. She never runs out of hilarious things to say or do that remind you she's a high school teen. Kurtis MacGillivary is also a fun and happy guy. But with the maturity of someone much wiser, he decided that if he was going to be a great swimmer one day, he was going to have to make a drastic change to his life. That's when he decided to move thousands of miles from home to Australia's Gold Coast to swim with the fastest miler and arguably the best distance coach in the world.

That's kind of why it is so surprising that Kurtis was so utterly shocked when he not only made the Canadian team, but broke the Canadian record too. You would think someone who knew what he had to do and then did it, would also be confident of his accomplishments, but it couldn't be farther from reality.

The night before the 800 free, Kurtis almost scratched the race thinking it would be better to save himself for the 1500 since he believed he had no shot at the sub-eight minute time standard. That is quite understandable since his best time previously was an 8:11.32. But he did make the time standard as well as break the record as well as crack 8 minutes with his 7:58.63. And afterwards he just kept muttering, "This is totally unexpected, it's unbelievable, I didn't think I'd be that fast."

Two years ago Kurtis packed up his bags and moved to Australia to train with his friend from the Sydney Youth Festival Stephen Penfold, and the world's best, Grant Hackett. He was and is coached by Denis Cotterell, the only man to have coached two men under the elusive 15 minute barrier. "He's going to be pretty shocked," says Kurtis of Denis. "He'll never expect this, he said I would go an 8:05. Grant and Stephen will be shocked too, but they'll be happy for me also. I can't wait to see them in Barcelona."



800 free record for Kurtis MacGillivary Nikki Dryden

Last year Denis said that if he didn't get Kurtis's stroke any better he would never improve much farther. But in looking at Kurtis's stroke it is clear that the two have put in many hours of technical work. "He just yells at me until I get it right. He makes you work hard and gets everything out of you. We've been drilling at that for a while and getting my legs to assist my pull. In the last two months everything has been coming together. I am training a lot faster and much more consistently, holding 58's all the time and always finishing sets even faster." Despite his recent success, he's still in awe of his Aussie legend training partner. "Grant really motivates me. He is very positive and you just want to prove to him that you deserve to be there, training with him. He is a great training partner and a great friend."

Kurtis's family decided to follow him down south last year, leaving the snow of Canada for the beaches of Australia. It's true Kurtis misses his homeland sometimes, but he is very nonchalant about leaving for a chance at glory. "It was a big move, but you know, you only have one shot at it, so why not really go for it. You're only young once!"

Young like Taryn Lencoe? Well Taryn has the kind of youthful spirit that won't send her flying to Australia but will fill a room or a pool-deck with

screams, hugs, tears, and certainly laughter. She told one teammate who ran up and down the pool cheering for her during her 1500, "I could see you the whole time, and I thought, hey I really like the dress your wearing!" But Taryn was also very aware of her great swim. When her teammate Brian Johns appeared to congratulate her she gave him a giant bear hug and struggled through tears of joy to tell him, "I'm coming with you!"

Taryn's carefree attitude is refreshingly upbeat but not so serious that you can't see the person behind the swimmer. But that doesn't mean she isn't one. In reference to her main competition Brittany Reimer, Taryn is all business. "She is definitely making me swim better. She's a little younger than me and right now she's faster than me, but I think it helps her too to have me to race."

Taryn is also a big fan of being on such a large and successful team. "I really look up to the older distance swimmers on my team. Brent Sallee and Tim Peterson really inspired me to train distance. This team is awesome, we are like one huge family, like the Brady Bunch. It makes it such a great environment to train in and of course it was so great the way everyone was cheering for me in the 1500, it made me so happy that I cried." Those same teammates passed down to her the best advice she's ever received, "Kelly Doody passed this quote down to me, 'Have fun!' she said, and I do."

Taryn pleaded with me not to write silly things about her like how she once watched a Friday the 13th movie marathon or likes any movie with "hot guys in it". "You're going to make me sound like a ditz!" But Taryn Lencoe is anything but a ditz. In fact she chose to skip the 400 free at Nationals in order to take one of her final exams. She also wants to be a psychologist one day because she likes to think she's good at helping people. "I've had some good advice and I'd like to pass it on."

But the bottom line is Taryn, like many swimmers Kurtis included, dream of swimming in the Olympic Games. The only thing is that unlike Kurtis, Taryn also wants to go to Athens so she can march in opening ceremonies with her latest crush, basketball star, Steve Nash. "Do you think he should cut his hair? I don't, I mean it's his signature."

The fun, the awe, and the shock just never seem to end.



Taryn Lencoe, 17, UBCD and Brittany Reimer, 15, SKSC

Nikki Dryden

HOW TO SWIM FAST IN TORONTO

Better Program Design Is the Key to Success

Nikki Dryden

According to Liz Warden's coach, Byron MacDonald, her win in the 200 IM at the World Championship Trials defined the state of swimming today: a young kid knocked off the two veterans, the only difference is now the young kid is 25.

So why is a swimmer like Liz Warden able to improve so much at age 25? "There is no question that confidence is a big issue with Liz," says MacDonald. "But there was also a lot of stress on her (in the past) to get carded. That often became a bigger goal than making teams. It became a real burden and once we passed that in the summer of 2001, it allowed Liz to focus again." The third factor in Liz's progression was physical. "In her teen years she had a really bad shoulder where she'd miss weeks of training at a time. Our weight training has been a four year transition where only until last year could we really go full board."

MacDonald has also modified the entire team's training schedule resulting in fast times, not just by Liz, but also by Jen Button and Julie Gravelle. "Our plan is more cyclical now. I have tried to design it so that we have a 3-5 week cycle. An average week includes 8 swims, 2 severe two-hour weight workouts, and 1-2 small Pilate's or yoga sessions. Then every third or fourth week we have a boost week of 10 swims. Then we drop to one week of just singles."

The scheme seems to be working. "I think that breaks are really important. With Julie Gravelle I changed the way she trains. We go 4-6 weeks on, and then I give her 1-week off. I couldn't do that with everyone, but with Julie it works." Another change has been away from doing a "whole whack of stuff at 160 heart rate." Now, they go harder and swim faster. "We used to do a set of 15x200 free's descend 1-8, then hold 7 under 2:10. Now there's more rest and they'll descend in sets of five so they hold 2:15's, 2:10's and 5 at 2:05 or faster. We are mixing it up because if you keep doing the same thing at the same level you aren't stressing the body anymore."

But the shape of training isn't the only thing that gets mixed up. MacDonald has always had the welcome mat out for swimmers from different clubs to come and train. "Carrie Burgoyne (UCSC) came and trained with Liz this year for about two weeks. They bashed each other's brains out in a good way of course! It was really great for both of them, they were out to race each other, but they didn't have

anything to prove. The same way we worked with Carrie was really how the whole Toronto All-Stars thing got started."

For swimmers from small Toronto clubs, the All-Stars have given them a chance to believe that they are a player, that they belong somewhere. "For someone like Jen Porenta it has really helped because instead of going to Nationals alone, she gets to be part of a team."

The big difference between the All-Stars and a National Centre however is apparent. "The downside of our magnanimous approach to helping whoever, whenever, without building a mega-center and forcing swimmers to race for us, has meant we have missed out



Jennifer Porenta, 18, will go to FISU Games

on the publicity and credit for certain swimmers. We've done well and been able to keep our program alive and we have great athletes, but it might hurt us in the long run in terms of recruiting other swimmers." As many of MacDonald's swimmers arrive for university, his philosophy is that a swimmer should keep swimming for their home club until their legacy to that club is gone, meaning swimmers like Liz Warden or Craig Hutchinson raced for Scarborough and Pointe Claire respectively until their coaches from those programs moved elsewhere.

The varsity team at the University of Toronto is integral to the success of Toronto All-Stars. Both MacDonald and Linda Kiefer are paid by the university and have no vested interest in summer swimming and having a big club except for the fact that they love it.

Along the same lines, they did explore the possibility of having a National Centre based in Toronto back in 1999. However, when the fiasco of appointing a woman coach to the 2000 Olympic team occurred, they and the University of Toronto decided not to pursue that type of liaison any longer. "Has the landscape changed to revisit it?" asks MacDonald. "Perhaps." MacDonald believes that they could play a role as a supplemental centre to the one based out of the University of Waterloo. "But some may think that is selfish because we've done so well without it so what more do we really need?"

One way that Toronto has been able to stay a "Non-Centre" as they call it, is because he has worked extremely hard raising money to keep it going. "I spend 10% of my life raising money to fund these kids to do what they need to do. I raised \$10 million over the last 10 years for our University based endowment. That helps, but it killed me. I don't particularly like doing it, but it's the modern reality in university sport and in clubs too. The trouble is the club coaches don't see that the old days of serious funding are gone."

But MacDonald is not sure if he is missing out on anything from not having a centre. "Travel funding is all I really need, I don't need the money for coaching or sports science as we have access to that through the U of T. So what is the benefit of having a centre?"

Good question, one MacDonald has a simple answer to. "The centres are the way we've been able to get better coaches into Canada, and it has worked; we now have a couple of very excellent coaches in this country. In the short term having centres has also focused the provinces to get more involved in elite sport. But I think we should be weary of the long term effects."

MacDonald likens the centres to baseball. "If your pitcher is having a no-hitter, you don't need to switch pitchers. But if he isn't, then maybe you need to bring in a closer."

MacDonald is a firm believer in having a single National Centre. (There are seven across the country with various funding levels.) "If a coach has taken a swimmer to the highest level he can, either through high school or there's no 50 metre pool nearby, then maybe you need to bring in a closer, but there shouldn't be a whole lot of people who need that."

Right now, MacDonald and his cadre of swimmers seem to be doing well without the Centre-label. And with Liz Warden ranked second in the world so far this year, that's something he and his swimmers feel quite comfortable with keeping.

HACKETT, THORPE, COUGHLIN, AND PHELPS Are Sure to Dominate Swimming in Barcelona

Nick Thierry

The battle for world swimming supremacy will be between the United States and Australia. Other countries will figure prominently such as the Netherlands, Japan, Germany, Sweden, and the Ukraine.

Men's events:

Australia will be hard to beat after Ian Thorpe and Grant Hackett sweep top spots in the 200, 400, 800, and 1500 freestyle events, giving them the edge in both freestyle relays.

The Americans will be strong in all events especially where Michael Phelps will be in action: 100 and 200 fly, 200 and 400 IM, and has to be rated as virtually unbeatable in all.

Other challengers:

Pieter van den Hoogenband (NED), 100 and 200 freestyle. Alexander Popov (RUS) in the 50 freestyle.

Matt Welsh (AUS) will be the favourite in the 50-100 backstrokes, and Aaron Peirsol (USA) will defend his 200 backstroke title from 2001. Other podium spots are wide open.

Men's breaststroke will have a very competitive field including Oleg Lisogor (UKR) in the 50, James Gibson (GBR) in the 50 and 100, Kosuke Kitajima (JPN) 100 and 200, Roman Sloudnov (RUS) 100, and Ed Moses (USA) 100-200. Dimitri Komornikov (RUS) bettered the 200 breast world record in early June and will be favoured.

Men's butterfly sprints has Roland Schoeman (RSA) with the fastest time this year in the 50 (23.75), with other challengers like Thomas Rupprath (GER) 50 and 100, Geoff Huegill (AUS) 50 and 100. In the 100 Michael Phelps (USA) has two sub 52.00 swims already this year and he is capable of lowering the current world record of 51.81 and put it out of reach if he improves his turn and the finish. Andriy Serdinov (UKR) is much improved in the 100, Lars Frolander (SWE) has the most experience in the 100.

Franck Esposito (FRA) has the fastest time of the year in the 200 fly (1:54.70) but missed medals in 2000 and 2001. Phelps and Tom Malchow (USA) give the Americans a lock on the gold. Wu Peng (CHN) born in 1987 is the youngest challenger.

Men's 200 individual medley will have an exciting showdown between Michael Phelps (USA) and Ian

Thorpe (AUS) but Olympic and 2001 World Champion Massimiliano Rosolino (ITA) has the second fastest time of the year (1:59.94). It will take a sub two minute swim to get on the podium. Phelps shattered the world record with a 1:57.94 in late June.

Men's 400 individual medley is locked up by Michael Phelps, but its on the final and 8th day; after three rounds in earlier events he could be tired. His world record of 4:10.73 from April is four seconds faster than any other challenger this year. Erik Vendt (USA), Alessio Boggiatto (ITA), Justin Norris (AUS), should contest the remaining podium spots.

USA and AUS will race in all three relays for the gold, ITA could challenge in the 4x200 free.

Women's events

Inge de Bruijn (NED) will contest the 50 free and 50 fly and has to be favoured with fastest times in 2003 in both. Alison Sheppard (GBR) could be the upset winner if she improves like in previous seasons.

The 100 freestyle is wide open, with veteran Jenny Thompson (USA) the most experienced, Hana-Maria seppala (FIN) with 54.50 and Elena Popchenko (BLR) with (54.64) are the world leaders. Much improved Lisbeth Lenton (AUS) a newcomer could surprise in both 50 and 100.

Yu Yang (CHN) and Yanwei Xu (CHN) lead 2003 with fastest times in the 200 free, but Elka Graham (AUS) and Lindsay Benko (USA) are strong challengers. Elena Pochenko (BLR) could be a surprise contender. World record holder Franziska van Almsick (GER) will not be in Barcelona.

In the 400 freestyle Sachiko Yamada (JPN) and Hua Chen (CHN) have the only sub 4:09 performances this year. Expect Hannah Stockbauer (GER) and Lindsay Benko (USA) to make it a race for the gold. Eva Risztoz (HUN) and Yana Klochkova (UKR) will swim the 400 IM the day before and may opt to skip this one, but could be winners if they chose to swim.

In the 800 and 1500 freestyle Hannah Stockbauer (GER) has the fastest time of the year with Sachiko Yamada (JPN) close behind. Diana Munz (USA), and Jana Henke (GER) will also be contenders. 2001 medallist Flavia Rigamonti (SUI) broke her arm in early June and will not be in Barcelona.

In backstroke the races will be for second as Natalie Coughlin (USA) will be favoured in the 100 and 200. Katy Sexton (GBR) and Sarah Price (GBR) will fight for the remaining medals in the 100 and 200. The

50 backstroke will have Sandra Volker (GER), Nina Zhivanetskaya (ESP), and Mai Nakamura (JPN) racing for the podium. Diana Mocanu (ROM) the Olympic and 2001 World Champion has been off form.

Leisel Jones (AUS) leads the world in 2003 in the 100 and 200 breaststroke. Hui Qi (CHN) will challenge in both and is the world record holder in the 200. Amanda Beard (USA) and Mirna Jukic (AUT) will be contenders. Zoe Baker (GBR) and Emma Igelstrom (SWE) will be the ones to beat in the 50 breast.

Inge de Bruijn (NED) and world record holder Anna-Karin Kammerling (SWE) will battle for the gold in the 50 fly. Natalie Coughlin (USA) has best chance to upset Martina Moravcova (SVK), Otylia Jędrzejczak (POL) in the 100.

Yuko Nakanishi (JPN) has the fastest 200 fly time for the year (2:08.39) with Jędrzejczak (POL) and Georgina Lee (GBR) under 2:10. Eva Risztoz (HUN) is always dangerous. Olympic and World medallist Petria Thomas (AUS) will not be in Barcelona as she underwent surgery in April.

Yana Klochkova (UKR) has been dominant since 1999 in both IMs and has to be favoured in the 200 with has fastest time of the year in 2:13.37. Breaststroker Leisel Jones (AUS) moved into this event and has third best time this year with 2:14.21. Liz Warden (CAN) has the second best time this year with 2:13.60 could be a surprise but has no previous international history.

In the 400 IM Klochkova and Eva Risztoz (HUN) will battle to the last stroke. Other contenders will be battling for the bronze: Jennifer Reilly (AUS), Kaitlin Sandeno (USA), Beatrice Caslaru (ROM).

The United States should prevail in both 4x100 relays; the 4x200 is up for grabs with Australia and Great Britain challenging the USA and China could surprise everyone.

Canada's prospects

Most Canadians will be aiming for a spot in the finals. No males are ranked in the top three, a few among the top 10. Women have second ranked Liz Warden in the 200 IM with the best medal chance, but many of the other international medal prospects have not posted fast times during the year in this event.

All Canadian relays should reach the finals but will be only chasing the national record. In any case, like always expect the unexpected.

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CANADIAN WORLD CHAMPIONSHIPS TRIALS

Victoria, Jun 26-30 (50 M)

MEN'S EVENTS

50 METRES FREESTYLE, Jun 29

- 22.96 Rose Matthew,22,TRENT
- 23.06 Lupien Yannick,23,CNCB
- 23.11 Hayden Brent,19,UBCD
- 23.35 Janes Riley,22,NRST
- 23.43 Kindler Thomas,22,CAMO
- 23.49 Hutchison Craig,28,TO
- 23.58 Monid Daniel,20,UNB
- 23.77 Wilkins Paul,21,SFA

B Final

- 23.94 Tisdall Justin,21,UBCD
- 23.95 Zochowski Thomas,23,NYAC
- 24.00 Heroux Mathieu,21,CAMO
- 24.07 Russell Colin,18,BTSC
- 24.13 Tozer Graeme,18,MM
- 24.18 Strelzow Jason,21,UBCD
- 24.26 Miller Kurtis,18,SCAR
- 24.29 MacDonald Simon,24,NKB

100 METRES FREESTYLE, Jun 28

- 49.90 Hayden Brent,19,UBCD
- 50.51 Lupien Yannick,23,CNCB
- 50.92 Hutchison Craig,28,TO
- 50.93 Rose Matthew,22,TRENT
- 51.19 Janes Riley,22,NRST
- 51.44 Kindler Thomas,22,CAMO
- 51.50 Russell Colin,18,BTSC
- 51.66 Johnston Mark,23,UBCD

B Final

- 51.45 Pichette Alexandre,26,CAMO
- 51.46 Hankewich Chad,21,GOLD
- 52.04 Rudolf Darryl,18,UBCD
- 52.25 Tisdall Justin,21,UBCD
- 52.30 Edey Brian,23,UASC
- 52.55 Tozer Graeme,18,MM
- 52.67 Zochowski Thomas,23,NYAC
- 52.69 MacDonald Simon,24,NKB

200 METRES FREESTYLE, Jun 27

- 1:49.15 Say Rick,24,UCSC
- 1:49.89 Johnston Mark,23,UBCD
- 1:50.97 Hayden Brent,19,UBCD
- 1:51.12 Mintenko Michael,27,UBCD
- 1:51.24 Johns Brian,20,UBCD
- 1:51.62 Edey Brian,23,UASC
- 1:52.07 Russell Colin,18,BTSC
- 1:52.94 Hankewich Chad,21,GOLD

B Final

- 1:54.59 Tisdall Justin,21,UBCD
- 1:55.74 Hyder Cameron,20,UCSC
- 1:56.16 Kim Borrey,21,UASC
- 1:56.17 Tozer Graeme,18,MM
- 1:56.35 MacDonald Elliot,20,MANTA
- 1:56.41 Horthness Richard,17,RSA
- 1:56.67 Benoit Mikael,19,CNUS
- 1:56.73 Savo Frederic,23,CAMO

400 METRES FREESTYLE, Jun 26

- 3:50.03 Say Rick,24,UCSC
- 3:51.79 Johnston Mark,23,UBCD
- 3:57.61 Russell Colin,18,BTSC
- 3:59.76 Oriwol Tobias,18,ESWIM
- 4:00.28 O'Connor Brent,19,UBCD
- 4:02.26 Lavoie Malcolm,17,UASC
- 4:03.55 Ballem Jarrod,23,UCSC
- 4:06.89 Benoit Mikael,19,CNUS

B Final

- 3:56.54 MacGillivray Kurtis,19,ROW
- 4:05.50 Rudolf Darryl,18,UBCD
- 4:05.97 Cormack Richard,21,UCSC
- 4:06.27 Samson Maxime,18,ELITE
- 4:07.04 MacDonald Elliot,20,MANTA
- 4:08.36 Derban Willie,17,UCSC
- 4:09.67 Derban Michael,19,UCSC
- 4:12.43 Ling David,23,TO

800 METRES FREESTYLE, Jun 28

- 7:58.63 MacGillivray Kurtis,19,ROW
- 8:00.26 Say Rick,24,UCSC
- 8:18.76 Ballem Jarrod,23,UCSC
- 8:26.98 Lavoie Malcolm,17,UASC

5 8:29.50 Cowan Tim,25,UCSC

- 8:31.26 Ling David,23,TO
- 8:31.75 Long Jonathan,17,LAC
- 8:34.69 Betuzzi Ray,15,UCSC

1500 METRES FREESTYLE, Jun 30

- 15:19.69 MacGillivray Kurtis,19,ROW
- 15:40.00 Say Rick,24,UCSC
- 15:48.91 Hurd Andrew,20,MSSAC-TO
- 15:54.95 Ballem Josh,26,UCSC
- 16:05.18 Lavoie Malcolm,17,UASC
- 16:09.97 Creel David,22,PCS
- 16:16.15 Cowan Tim,25,UCSC
- 16:18.60 O'Connor Brent,19,UBCD

50 METRES BACKSTROKE, Jun 30

- 26.26 Sepulis Sean,26,IS
- 26.40 Janes Riley,22,NRST
- 26.55 Veldman Gord,23,EBSC
- 26.64 Pichette Alexandre,26,CAMO
- 26.69 Rose Matthew,22,TRENT
- 26.89 Ng Callum,18,CASC
- 27.14 Caprara Stefano,20,NEW
- 27.20 Miller Kurtis,18,SCAR

B Final

- 27.25 Langlais Jean-F.,24,UL
- 27.50 Banville-Auger Benoit,20,MEGO
- 27.64 Atkison Ryan,18,LAC
- 27.64 Bonner Marshall,18,ROC
- 27.70 Ballem Josh,26,UCSC
- 28.03 Zielnik Maciek,18,UASC
- 28.05 Lachapelle Remi,23,CAMO
- 28.30 Preston Stephen,21,UL

100 METRES BACKSTROKE, Jun 27

- 56.07 Sepulis Sean,26,IS
- 56.52 Rose Matthew,22,TRENT
- 56.75 Oriwol Tobias,18,ESWIM
- 56.87 Janes Riley,22,NRST
- 57.22 Pichette Alexandre,26,CAMO
- 57.34 Beavers Keith,20,ROW
- 57.49 Caprara Stefano,20,NEW
- 58.03 Banville-Auger Benoit,20,MEGO

B Final

- 57.64 Veldman Gord,23,EBSC
- 58.43 Hawes Matt,17,ROW
- 58.47 Martinson Adam,19,CASC
- 58.80 Preston Stephen,21,UL
- 58.95 Miller Kurtis,18,SCAR
- 58.97 Ackroyd Colin,16,AAC
- 58.97 Atkison Ryan,18,LAC
- 59.26 Diehl Graham,20,UCSC

200 METRES BACKSTROKE, Jun 29

- 2:00.58 Beavers Keith,20,ROW
- 2:01.99 Oriwol Tobias,18,ESWIM
- 2:04.08 Martinson Adam,19,CASC
- 2:04.18 Hawes Matt,17,ROW
- 2:04.47 Strelzow Desmond,17,UBCD
- 2:05.47 Caprara Stefano,20,NEW
- 2:06.26 Banville-Auger Benoit,20,MEGO
- 2:07.58 Diehl Graham,20,UCSC

B Final

- 2:06.97 MacDonald Elliot,20,MANTA
- 2:08.14 Ackroyd Colin,16,AAC
- 2:08.39 Thauvette Mark,18,CAMO
- 2:08.45 Atkison Ryan,18,LAC
- 2:08.66 Schmitt Erich,17,PCS
- 2:08.89 Preston Stephen,21,UL
- 2:11.02 Lachapelle Christian,21,CAMO
- 2:11.03 Aach Conrad,18,ESWIM

50 METRES BREASTSTROKE, Jun 27

- 28.22 Knabe Morgan,22,UCSA
- 28.81 Dickens Scott,18,UBCD
- 28.84 Brekke Trevor,26,SFA
- 29.22 Mori Brad,25,EXST
- 29.27 Hunter Jason,23,SFA
- 29.37 Thomsen Chad,20,UASC
- 29.53 Huang Matthew,19,UBCD
- 29.86 Hunter Gerard,21,RSA

B Final

- 29.75 Mains Matthew,21,ROW
- 30.02 Lee Aaron,23,UNB
- 30.07 Thiessen Chad,17,SPART

- 30.12 McKechnie David,17,BTSC
- 30.26 Wyllie Michael,25,SFA
- 30.39 Delaney Clayton,22,ROW
- 30.65 Margulis Roman,19,NYAC
- 30.71 Parker Nathan,19,ROD

100 METRES BREASTSTROKE, Jun 26

- 1:01.12 Knabe Morgan,22,UCSA
- 1:02.67 Brown Michael,19,PERTH
- 1:02.78 Dickens Scott,18,UBCD
- 1:03.60 Boulianne Michel,24,CAMO
- 1:03.87 Mains Matthew,21,ROW
- 1:03.99 Thomsen Chad,20,UASC
- 1:04.24 Brekke Trevor,26,SFA
- 1:04.62 Stamhuis John,24,PCS

B Final

- 1:04.01 Huang Matthew,19,UBCD
- 1:04.33 Hunter Jason,23,SFA
- 1:04.49 McKechnie David,17,BTSC
- 1:05.02 Barnes Warren,18,SCAR
- 1:05.20 Thiessen Chad,17,SPART
- 1:05.31 Gleason Gregg,22,BROCK
- 1:06.01 Delaney Clayton,22,ROW
- 1:06.79 Charlton Cameron,21,TAT

200 METRES BREASTSTROKE, Jun 28

- 2:12.74 Knabe Morgan,22,UCSA
- 2:14.94 Brown Michael,19,PERTH
- 2:16.15 Mains Matthew,21,ROW
- 2:16.35 Dickens Scott,18,UBCD
- 2:16.55 Boulianne Michel,24,CAMO
- 2:18.27 Huang Matthew,19,UBCD
- 2:20.17 Stamhuis John,24,PCS
- 2:20.40 Gleason Gregg,22,BROCK

B Final

- 2:22.10 Thomsen Chad,20,UASC
- 2:22.34 McKechnie David,17,BTSC
- 2:22.44 Charlton Cameron,21,TAT
- 2:23.21 Delaney Clayton,22,ROW
- 2:23.80 Barnes Warren,18,SCAR
- 2:24.55 Monaco Marco,16,OAK-TO
- 2:25.31 Bartlett John,21,NEW
- 2:25.34 Boulanger Alex,21,CAMO

50 METRES BUTTERFLY, Jun 26

- 24.22 Mintenko Michael,27,UBCD
- 24.59 Kindler Thomas,22,CAMO
- 24.86 Hankewich Chad,21,GOLD
- 25.19 Lupien Yannick,23,CNCB
- 25.24 Janes Riley,22,NRST
- 25.27 Langlais Jean-F.,24,UL
- 25.29 Ballem Josh,26,UCSC
- 25.55 Bartoch Joe,20,LAC

B Final

- 25.57 Jacks Jesse,21,PCS
- 25.59 Vanderkam Bradley,20,LAC
- 25.62 Bourdages Dominique,21,CAMO
- 25.63 Caprara Stefano,19,NEW
- 25.73 Henderson Sandy,23,SFA
- 25.75 Lachapelle Remi,23,CAMO
- 25.78 Poulin Sebastien,23,CAMO
- 26.03 Babaris Alex,21,TRENT

100 METRES BUTTERFLY, Jun 29

- 53.44 Mintenko Michael,27,UBCD
- 54.83 Bartoch Joe,20,LAC
- 54.85 Hankewich Chad,21,GOLD
- 55.44 Jacks Jesse,21,PCS
- 55.51 Rudolf Darryl,18,UBCD
- 55.56 Ballem Josh,26,UCSC
- 55.74 Langlais Jean-F.,24,UL
- 56.80 Schjott Jonathan,21,UCSC

B Final

- 56.21 Hartel Klaus,23,SFA
- 56.43 Poulin Sebastien,23,CAMO
- 56.53 Henderson Sandy,23,SFA
- 56.87 Russell Colin,18,BTSC
- 57.06 Terauds Mike,22,EAST
- 57.10 Pelechytik Jan,22,ROD
- 57.40 Vanderkam Bradley,20,LAC
- 57.78 Babaris Alex,21,TRENT

200 METRES BUTTERFLY, Jun 27

- 2:01.08 Johns Brian,20,UBCD
- 2:02.24 Murray Chad,21,UCSC
- 2:02.44 Jacks Jesse,21,PCS
- 2:03.21 Rudolf Darryl,18,UBCD
- 2:03.31 Schjott Jonathan,21,UCSC
- 2:04.97 Poulin Sebastien,23,CAMO



Brian Johns with commemorative plaque for SC 400 IM world record

- 2:05.65 Castonguay Francois,20,CAMO
- 2:06.05 Pelechytik Jan,22,ROD

B Final

- 2:05.15 Cowan Tim,25,UCSC
- 2:05.82 Medaglia Steven,18,NKB
- 2:05.92 Hartel Klaus,23,SFA
- 2:06.44 Ng Callum,18,CASC
- 2:06.59 Ruse Timothy,18,PCSC
- 2:06.62 Dragunas Andrew,21,PCSC
- 2:06.62 Terauds Mike,22,EAST
- 2:07.03 Bannon Thierry,20,SAMAK

200 METRES IND. MEDLEY, Jun 28

- 2:02.15 Johns Brian,20,UBCD
- 2:03.95 Oriwol Tobias,18,ESWIM
- 2:04.50 Beavers Keith,20,ROW
- 2:04.61 Murray Chad,21,UCSC
- 2:04.86 Sayao Chuck,20,TO
- 2:08.21 Medaglia Steven,18,NKB
- 2:08.48 Samson Maxime,18,ELITE
- disq Castonguay Francois,20,CAMO

B Final

- 2:09.10 Ng Callum,18,CASC
- 2:09.27 Aach Conrad,18,ESWIM
- 2:09.81 Ruse Timothy,18,PCSC
- 2:11.53 Graham Taylor,18,RSA
- 2:12.05 Smith Donald,19,OAK-TO
- 2:12.57 Hyder Cameron,20,UCSC
- 2:13.07 Diehl Graham,20,UCSC
- 2:13.25 Aubry Jonathan,17,CNB

400 METRES IND. MEDLEY, Jun 30

- 4:19.66 Sayao Chuck,20,TO
- 4:24.87 Johns Brian,20,UBCD
- 4:27.85 Brown Michael,19,PERTH
- 4:28.86 Oriwol Tobias,18,ESWIM
- 4:31.39 Castonguay Francois,20,CAMO
- 4:33.94 Samson Maxime,18,ELITE
- 4:34.33 MacDonald Elliot,20,MANTA
- 4:34.40 Aach Conrad,18,ESWIM

B Final

- 4:33.60 Dickens Scott,18,UBCD
- 4:33.75 Medaglia Steven,18,NKB
- 4:38.45 Ruse Timothy,18,PCSC
- 4:40.67 Hyder Cameron,20,UCSC
- 4:40.72 Aubry Jonathan,17,CNB
- 4:41.30 Tremblay Michel,22,CNCB
- 4:43.54 Boulanger Alex,21,CAMO
- 4:43.71 Schmitt Erich,17,PCS

WOMEN'S EVENTS

50 METRES FREESTYLE, Jun 30

- 26.21 Nicholls Laura,24,ROW
- 26.44 Limpert Marianne,30,CAMO
- 26.47 Beckberger Jennifer,17,AAC
- 26.48 Lydall Anna,23,TO
- 26.52 Porenta Jennifer,18,MMST-TO
- 26.72 Clapham Caroline,22,UBCD

7 26.88 Dykes Amber,19,HYACK
 8 26.90 Gillespie Emily,16,NKB
B Final
 1 26.56 Pomeroy Laura,19,OAK-TO
 2 26.58 Ng Jennifer,17,UBCD
 3 26.78 Gault Sarah,18,DDO
 4 26.89 Carroll Jennifer,22,MEGO
 5 26.91 Kardash Erin,17,MM
 6 27.00 Saumur Genevieve,15,CAMO
 7 27.09 Beaton Erica,15,HYACK
 8 27.11 Rolland Nadine,28,SAMAK
100 METRES FREESTYLE, Jun 29
 1 56.72 Nicholls Laura,24,ROW
 2 56.86 Porenta Jennifer,18,MMST-TO
 3 56.96 Beckberger Jennifer,17,AAC
 4 57.01 Button Jennifer,25,TO
 5 57.22 Limpert Marianne,30,CAMO
 6 57.67 De Blois Marieve,19,CAMO
 7 57.72 Kardash Erin,17,MM
 8 57.73 Simard Sophie,24,UL
B Final
 1 57.89 Beaudry Maya,15,UBCD
 2 57.91 Collins Elizabeth,20,ROD
 4 58.12 Gresdal Jenna,18,ESWIM
 5 58.28 Grant Laura,19,UCSC
 6 58.45 Rolland Nadine,28,SAMAK
 7 58.62 Clapham Caroline,22,UBCD
 8 58.63 Lacroix Audrey,19,CAMO
200 METRES FREESTYLE, Jun 28
 1 2:01.31 Reimer Brittany,15,SKSC
 2 2:01.73 Collins Elizabeth,20,ROD
 3 2:01.97 Beaudry Maya,15,UBCD
 4 2:02.28 Doody Kelly,23,UBCD
 5 2:02.77 Simard Sophie,24,UL
 6 2:02.91 Charron-Watson Chanelle,19,UL
 7 2:03.09 Porenta Jennifer,18,MMST-TO
 8 2:06.04 Button Jennifer,25,TO
B Final
 1 2:02.87 Limpert Marianne,30,CAMO
 2 2:03.83 Bussiere Melania,30,CNB
 3 2:03.84 Hackett Shannon,16,UBCD
 4 2:04.34 De Blois Marieve,19,CAMO
 5 2:04.70 Fratesi Jennifer,19,ROW
 6 2:04.88 Beckberger Jennifer,17,AAC
 7 2:05.09 Gillespie Emily,16,NKB
 8 2:05.41 Quirk Sienna,20,UNB
400 METRES FREESTYLE, Jun 26
 1 4:12.00 Reimer Brittany,15,SKSC
 2 4:15.42 Gravelle Julie,23,TO
 3 4:17.58 Hackett Shannon,16,UBCD
 4 4:18.76 Charron-Watson Chanelle,19,UL
 5 4:19.63 Hunks Tanya,22,HYACK
 6 4:19.76 Beaudry Maya,15,UBCD
 7 4:21.00 Simard Sophie,24,UL
 8 4:26.20 Sweny Loren,21,NKB
B Final
 1 4:24.90 Dudar Elyse,16,MSSAC-TO
 2 4:25.82 Stefanyshyn Deanna,18,UBCD
 3 4:26.41 Quirk Sienna,20,UNB
 4 4:26.79 Doody Hayley,17,UCSC
 5 4:27.21 Schmuck Anne,15,SKSC
 6 4:28.83 Bell Amanda,15,UCSC
 7 4:28.85 Telfer Katherine,18,ESWIM
 8 4:30.63 Haley Bevan,16,WTSC
800 METRES FREESTYLE, Jun 29
 1 8:36.38 Reimer Brittany,15,SKSC
 2 8:44.87 Lencoe Taryn,17,UBCD
 3 8:50.50 Hunks Tanya,22,HYACK
 4 8:50.78 Gravelle Julie,23,TO
 5 8:54.00 Hackett Shannon,16,UBCD
 6 9:02.10 Dudar Elyse,16,MSSAC-TO
 7 9:04.73 Haley Bevan,16,WTSC
 8 9:05.84 Schmuck Anne,15,SKSC
1500 METRES FREESTYLE, Jun 27
 1 16:24.39 Reimer Brittany,15,SKSC
 2 16:25.64 Lencoe Taryn,17,UBCD
 3 16:58.49 Hunks Tanya,22,HYACK
 4 17:05.54 Stutzel Karley,21,PCS
 5 17:12.15 Dudar Elyse,16,MSSAC-TO
 6 17:19.23 Haley Bevan,16,WTSC
 7 17:21.04 Bell Amanda,15,UCSC
 8 17:34.97 Mayzes Sarah,15,IS
50 METRES BACKSTROKE, Jun 28
 1 28.90 Carroll Jennifer,22,MEGO

2 29.28 Gammel Erin,23,UCSC
 3 29.94 Kubas Hanna,17,UASC
 4 30.06 Buckland Brooke,14,EAST
 5 30.31 Meredith Caitlin,19,UBCD
 6 30.39 Yestrau Landice,16,MM
 7 30.41 Menard Marielle,23,UL
 8 30.55 Saumur Genevieve,15,CAMO
B Final
 1 30.50 Leroy Andree-Ann,21,HAC
 2 30.77 Beckberger Jennifer,17,AAC
 3 30.88 Schneider Kristen,22,ROD
 4 30.94 Clapham Caroline,22,UBCD
 5 30.97 Gresdal Jenna,18,ESWIM
 6 31.12 Aspinall Jessica,16,RAC
 7 31.13 McIntosh Heather,20,UASC
 8 31.17 Pomerleau Kirsten,15,UCSC
100 METRES BACKSTROKE, Jun 27
 1 1:02.53 Carroll Jennifer,22,MEGO
 2 1:02.64 Gammel Erin,23,UCSC
 3 1:02.92 Fratesi Jennifer,19,ROW
 4 1:03.75 Wycliffe Elizabeth,20,EBSC
 5 1:03.78 Kubas Hanna,17,UASC
 6 1:03.89 Meredith Caitlin,19,UBCD
 7 1:04.11 Stefanyshyn Kelly,20,UBCD
 8 1:05.84 Buckland Brooke,14,EAST
B Final
 1 1:04.60 Yestrau Landice,16,MM
 2 1:04.79 Gresdal Jenna,18,ESWIM
 3 1:05.16 McIntosh Heather,20,UASC
 4 1:05.16 Bouchard Melanie,21,UL
 5 1:05.16 Saumur Genevieve,15,CAMO
 6 1:05.25 Kardash Erin,17,MM
 7 1:05.55 Schneider Kristen,22,ROD
 8 1:05.71 Leroy Andree-Ann,21,HAC
200 METRES BACKSTROKE, Jun 29
 1 2:13.15 Fratesi Jennifer,19,ROW
 2 2:13.42 Warden Elizabeth,25,TO
 3 2:17.02 Stefanyshyn Kelly,20,UBCD
 4 2:17.23 Meredith Caitlin,19,UBCD
 5 2:18.76 Leroy Andree-Ann,21,HAC
 6 2:18.85 Bouchard Melanie,21,UL
 7 2:19.85 Stefanyshyn Deanna,18,UBCD
 8 2:22.29 Wycliffe Elizabeth,20,EBSC
B Final
 1 2:19.38 Bayliss Lynette,17,UCSC
 2 2:19.53 Carroll Jennifer,22,MEGO
 3 2:21.40 Koskinas Ifiyenia,21,OSC
 4 2:21.66 Yestrau Landice,16,MM
 5 2:21.95 McIntosh Heather,20,UASC
 6 2:22.14 Kubas Hanna,17,UASC
 7 2:22.26 Kasuya Jennifer,19,HYACK
 8 2:25.15 McQueen Shannon,15,NKB
50 METRES BREASTSTROKE, Jun 30
 1 32.52 Leier Rhiannon,26,MM
 2 32.87 Blackburn Lisa,31,ROW
 3 32.96 Stody Kathleen,20,SFA
 4 33.39 van Oosten Lauren,24,UCSC
 5 33.54 Pomeroy Julia,23,OAK-TO
 6 33.77 Spooner Emma,20,UCSC
 7 34.01 Hughes Stephanie,24,EAST
 8 34.07 Hober Renee,18,ROW
B Final
 1 33.80 Wagner Tamara,18,ROW
 2 33.89 Mange Michelle,16,UBCD
 3 33.98 Craft Jacquelyn,17,TRENT
 4 34.12 Gault Sarah,18,DDO
 5 34.28 Laprade Michelle,22,CAMO
 6 34.30 Beaurivage Marie-E.,22,UL
 7 34.32 Burns Shayna,19,TO

Rating Summary of Top Performances

1)	983	1:01.12	100 breast M	Knabe Morgan,UCSA
2)	975	2:13.60	200 im W	Warden Elizabeth,TO
3)	975	28.90	50 back W	Carroll Jennifer,MEGO
4)	967	7:58.63	800 free W	MacGillivray Kurtis,ROW
5)	966	2:02.15	200 im M	Johns Brian,UBCD
6)	964	16:24.39	1500 free W	Reimer Brittany,SKSC
7)	962	16:25.64	1500 free W	Lencoe Taryn,UBCD
	962	3:50.03	400 free M	Say Rick,UCSC
9)	961	53.44	100 fly M	Mintenko Michael,UBCD
10)	960	4:19.66	400 im M	Sayao Chuck,TO

8 34.41 Ratelle Marie-P.,17,MEGO
100 METRES BREASTSTROKE, Jun 27
 1 1:09.12 van Oosten Lauren,24,UCSC
 2 1:10.02 Leier Rhiannon,26,MM
 3 1:10.76 Blackburn Lisa,31,ROW
 4 1:10.89 Stody Kathleen,20,SFA
 5 1:11.16 Petelski Christin,25,PCS
 6 1:11.80 Pierser Annamay,19,UBCD
 7 1:12.54 Pomeroy Julia,23,OAK-TO
 8 1:12.57 Mange Michelle,16,UBCD
B Final
 1 1:12.61 Spooner Emma,20,UCSC
 2 1:13.53 Burns Shayna,19,TO
 3 1:13.59 Labbett Kim,16,OAK-TO
 4 1:13.60 Hober Renee,18,ROW
 5 1:13.77 Craft Jacquelyn,17,TRENT
 6 1:13.99 Wagner Tamara,18,ROW
 7 1:14.06 Hughes Stephanie,24,EAST
 8 1:14.31 Sceli Michaela,17,WEST
200 METRES BREASTSTROKE, Jun 29
 1 2:30.96 van Oosten Lauren,24,UCSC
 2 2:31.41 Stody Kathleen,20,SFA
 3 2:32.46 Leier Rhiannon,26,MM
 4 2:32.56 Petelski Christin,25,PCS
 5 2:32.90 Pierser Annamay,19,UBCD
 6 2:33.40 Blackburn Lisa,31,ROW
 7 2:34.54 Mange Michelle,16,UBCD
 8 2:45.16 Sceli Michaela,17,WEST
B Final
 1 2:36.29 Pierser Hanna,14,EKSC
 2 2:38.13 Craft Jacquelyn,17,TRENT
 3 2:38.19 Rich Whitney,15,LAC
 4 2:38.48 Edgecumbe Marcy,19,UASC
 5 2:38.82 Hughes Stephanie,24,EAST
 6 2:39.21 Hober Renee,18,ROW
 7 2:39.26 Labbett Kim,16,OAK-TO
 8 2:40.76 Pomeroy Julia,23,OAK-TO
50 METRES BUTTERFLY, Jun 30
 1 27.75 Button Jennifer,25,TO
 2 28.04 Carroll Jennifer,22,MEGO
 3 28.04 Downing MacKenzie,16,WGB
 4 28.30 Rolland Nadine,28,SAMAK
 5 28.36 Saumur Genevieve,15,CAMO
 6 28.43 Gault Sarah,18,DDO
 7 28.68 Lacroix Audrey,19,CAMO
 8 28.68 Collins Elizabeth,20,ROD
B Final
 1 28.84 Martin Stephanie,21,CASC
 2 28.85 Alroubaie Sara,21,MM
 3 29.04 Beaulieu Randi,17,MSSAC-TO
 4 29.07 Tcholkayan Valerie,18,DDO
 5 29.31 Kumentas Nadia,15,TO
 6 29.31 Hughes Stephanie,24,EAST
 7 29.48 Bennett Allison,15,NYAC
 8 29.63 Rawlings Kayla,15,LOSC
100 METRES BUTTERFLY, Jun 26
 1 59.80 Button Jennifer,25,TO
 2 1:00.86 Lacroix Audrey,19,CAMO
 3 1:01.56 Fratesi Jennifer,19,ROW
 4 1:02.21 Downing MacKenzie,16,WGB
 5 1:02.26 Alroubaie Sara,21,MM
 6 1:02.57 Gillespie Amanda,18,NKB
 7 1:02.79 Collins Elizabeth,20,ROD
 8 1:02.86 Hubley Melissa,21,EAST
B Final
 1 1:02.87 Guay-Racine Julia,17,CAMO
 2 1:03.21 Hughes Stephanie,24,EAST
 3 1:03.58 Gajos Nancy,18,ESWIM
 4 1:03.93 Bernier Joan,19,CNCB



Regina's Elizabeth Collins, 20, selected to Pan Am Team in 200 free

5 1:03.97 Rawlings Kayla,15,LOSC
 6 1:04.10 Gillespie Emily,16,NKB
 7 1:04.24 O'Kelly Orlagh,17,UASC
 8 1:04.96 Schneider Kristen,22,ROD
200 METRES BUTTERFLY, Jun 28
 1 2:11.80 Lacroix Audrey,19,CAMO
 2 2:12.03 Button Jennifer,25,TO
 3 2:13.91 Gravelle Julie,23,TO
 4 2:17.02 Hunks Tanya,22,HYACK
 5 2:18.24 Gillespie Amanda,18,NKB
 6 2:18.31 Lachance-Fortin Alex,18,UL
 7 2:19.59 Bernier Joan,19,CNCB
 8 2:19.73 Hubley Melissa,21,EAST
B Final
 1 2:17.15 Downing MacKenzie,16,WGB
 2 2:19.25 Hughes Stephanie,24,EAST
 3 2:20.01 Guay-Racine Julia,17,CAMO
 4 2:20.78 Rawlings Kayla,15,LOSC
 5 2:20.96 O'Kelly Orlagh,17,UASC
 6 2:21.05 Alroubaie Sara,21,MM
 7 2:21.16 Beland Danielle,18,GO
 8 2:21.52 Gajos Nancy,18,ESWIM
200 METRES IND. MEDLEY, Jun 26
 1 2:13.60 Warden Elizabeth,25,TO
 2 2:16.25 Doody Kelly,23,UBCD
 3 2:16.55 Limpert Marianne,30,CAMO
 4 2:17.67 Malar Joanne,27,UCSC
 5 2:17.89 Landry Michelle,18,UBCD
 6 2:19.19 Leroy Andree-Ann,21,HAC
 7 2:19.57 Leier Rhiannon,26,MM
 8 2:21.24 Bradley Kristen,19,NEW
B Final
 1 2:19.88 Durand Dena,22,UCSC
 2 2:19.97 Pierser Annamay,19,UBCD
 3 2:20.41 Burgoyne Carrie,21,UCSC
 4 2:21.49 Kardash Erin,17,MM
 5 2:22.15 Gillespie Emily,16,NKB
 6 2:22.47 Gillespie Amanda,18,NKB
 7 2:22.47 Bouchard Melanie,21,UL
 8 2:22.74 De Blois Marieve,19,CAMO
400 METRES IND. MEDLEY, Jun 30
 1 4:46.11 Warden Elizabeth,25,TO
 2 4:51.55 Doody Kelly,23,UBCD
 3 4:52.72 Burgoyne Carrie,21,UCSC
 4 4:54.47 Hunks Tanya,22,HYACK
 5 4:55.01 Pierser Annamay,19,UBCD
 6 4:55.84 Malar Joanne,27,UCSC
 7 4:57.00 Landry Michelle,18,UBCD
 8 4:57.90 Durand Dena,22,UCSC
B Final
 1 4:59.75 Bradley Kristen,19,NEW
 2 5:01.92 Gillespie Amanda,18,NKB
 3 5:02.09 Bouchard Melanie,21,UL
 4 5:02.32 Schmuck Anne,15,SKSC
 5 5:03.03 Stefanyshyn Deanna,18,UBCD
 6 5:05.97 Johnson Haylee,17,UBCD
 7 5:07.53 Bernier Joan,19,CNCB
 8 5:08.69 Osterer Elizabeth,17,NKB

NORTH AMERICAN CIRCUIT

MEN'S EVENTS

50 METRES FREESTYLE

Ann Arbor 23.21 Ricardo Busquets,PUR
Irvine 22.74 Roland Schoeman,RSA
Vancouver 23.62 Brent Hayden,CAN
Charlotte 23.35 Ricardo Busquets,PUR
Mission Viejo 22.48 Jason Lezak,USA
Santa Clara 22.87 Jason Lezak,USA

100 METRES FREESTYLE

Ann Arbor 51.17 Neil Walker,USA
Irvine 49.81 Anthony Ervin,USA
Vancouver 50.83 Brent Hayden,CAN
Charlotte 50.94 Neil Walker,USA
Mission Viejo 49.58 Jason Lezak,USA
Santa Clara 49.90 Neil Walker,USA

200 METRES FREESTYLE

Ann Arbor 1:49.29 Michael Phelps,USA
Irvine 1:51.52 Tamas Kerekjarto,HUN
Vancouver 1:51.74 Michael Minterko,CAN
Charlotte 1:51.15 Klete Keller,USA
Mission Viejo 1:51.11 Ryk Neethling,RSA
Santa Clara 1:50.34 Klete Keller,USA

400 METRES FREESTYLE

Ann Arbor 3:49.93 Michael Phelps,USA
Irvine 3:57.12 Larsen Jensen,USA
Vancouver 3:56.18 Mark Johnston,CAN
Charlotte 3:53.81 Francis Crippen,USA
Mission Viejo 3:56.83 Oussama Mellouli,TUN
Santa Clara 3:53.18 Klete Keller,USA

800 METRES FREESTYLE

Vancouver 8:13.44 Larsen Jensen,USA
Charlotte 8:01.80 Francis Crippen,USA
Mission Viejo 8:05.72 Oussama Mellouli,TUN
Santa Clara 8:04.35 Klete Keller,USA

1500 METRES FREESTYLE

Ann Arbor 15:37.95 Peter Vanderkaay,USA
Irvine 15:39.29 Larsen Jensen,USA
Vancouver 15:58.21 Rick Say,CAN
Charlotte 15:29.45 Ricardo Monasterio,VEN
Mission Viejo 15:32.42 Erik Vendt,USA
Santa Clara 15:22.40 Erik Vendt,USA

50 METRES BACKSTROKE

Irvine 26.51 Alex Lim,MAS
Vancouver 26.44 Randall Bal,USA
Ann Arbor 56.32 Randall Bal,USA
Irvine 55.84 Gordon Kozuli,CRO
Vancouver 57.21 Sean Sepulis,CAN
Charlotte 56.96 James Wike,USA
Mission Viejo 55.27 Aaron Peirsol,USA
Santa Clara 55.14 Aaron Peirsol,USA

200 METRES BACKSTROKE

Ann Arbor 2:05.47 Matt Hawes,CAN
Irvine 2:01.00 Gordon Kozuli,CRO
Vancouver 2:01.84 Tobias Oriwol,CAN
Charlotte 2:03.65 Chris DeJong,USA
Mission Viejo 1:58.11 Aaron Peirsol,USA
Santa Clara 1:56.98 Aaron Peirsol,USA

50 METRES BREASTSTROKE

Irvine 29.50 David Denniston,USA
Vancouver 29.33 Brad Mori,CAN
Ann Arbor 1:04.68 David Denniston,USA
Irvine 1:04.88 David Denniston,USA
Vancouver 1:02.13 Morgan Knabe,CAN
Charlotte 1:04.98 Sean Quinn,USA
Mission Viejo 1:04.19 Vladislav Polyakov,KAZ
Santa Clara 1:02.13 Brendan Hansen,USA

200 METRES BREASTSTROKE

Ann Arbor 2:19.96 Michael Phelps,USA
Irvine 2:20.95 Ratapong Sirisanont,THA
Vancouver 2:16.37 Morgan Knabe,CAN
Charlotte 2:19.66 Sean Quinn,USA
Mission Viejo 2:18.83 Vladislav Polyakov,KAZ
Santa Clara 2:15.19 Brendan Hansen,USA

50 METRES BUTTERFLY

Irvine 23.88 Roland Schoeman,RSA
Vancouver 25.58 Riley Janes,CAN
Ann Arbor 55.65 Tom Malchow,USA
Irvine 53.91 Igor Marchenko,RUS
Vancouver 54.07 Michael Minterko,CAN
Charlotte 54.67 Benjamin Michaelson,USA
Mission Viejo 53.87 Michael Minterko,CAN
Santa Clara 52.65 Michael Phelps,USA

200 METRES BUTTERFLY

Ann Arbor 1:59.12 Michael Phelps,USA
Irvine 2:00.95 Tamas Kerekjarto,HUN
Vancouver 2:05.18 Jesse Jacks,CAN
Charlotte 1:56.41 Tom Malchow,USA
Mission Viejo 2:00.94 Moss Bormester,NZL
Santa Clara 1:56.06 Michael Phelps,USA

200 METRES IND. MEDLEY

Ann Arbor 2:00.82 Michael Phelps,USA
Irvine 2:03.63 Tamas Kerekjarto,HUN
Vancouver 2:05.87 Tom Wilkens,USA
Charlotte 2:03.47 George Bovel,TRI
Mission Viejo 2:06.29 Oussama Mellouli,TUN
Santa Clara 1:57.94 Michael Phelps,USA

400 METRES IND. MEDLEY

Ann Arbor 4:16.19 Michael Phelps,USA
Irvine 4:26.44 Tamas Kerekjarto,HUN
Vancouver 4:26.94 Tom Wilkens,USA
Charlotte 4:26.60 Robert Margalis,USA
Mission Viejo 4:30.86 Oussama Mellouli,TUN
Santa Clara 4:20.54 Tom Wilkens,USA

23.43 Neil Walker,USA
22.79 Jason Lezak,USA
24.12 Randall Bal,USA
23.35 Neil Walker,USA
22.93 Roland Schoeman,RSA
22.92 Ryk Neethling,RSA

51.90 Randall Bal,USA
50.72 Denis Pimankov,RUS
51.63 Michael Minterko,CAN
51.39 Ryan Wochomurka,USA
50.60 Scott Tucker,USA
50.51 Scott Tucker,USA

1:51.02 Klete Keller,USA
1:52.28 Ryk Neethling,RSA
1:52.29 Brent Hayden,CAN
1:52.68 Peter Vanderkaay,USA
1:52.33 Scott Tucker,USA
1:50.80 Markus Rogan,AUT

3:55.64 Davis Tarwater,USA
3:57.84 Mark Warkentin,USA
3:56.18 Mark Johnston,CAN
3:53.93 Klete Keller,USA
3:57.15 Larsen Jensen,USA
3:56.39 Oussama Mellouli,TUN

8:26.75 Jarrod Ballem,CAN
8:01.91 Klete Keller,USA
8:09.77 Chad Carvin,USA
8:07.80 Ricardo Monasterio,VEN

15:40.29 Chris Thompson,USA
16:00.11 Aram Kevorkian,USA
16:06.70 David Creel,CAN
15:37.22 Klete Keller,USA
15:32.42 Erik Vendt,USA
15:25.61 Ricardo Monasterio,VEN

26.73 Gordon Kozuli,CRO
26.64 Sean Sepulis,CAN
58.10 Neil Walker,USA
55.84 Gordon Kozuli,CRO
57.33 Randall Bal,USA
57.36 Neil Walker,USA
56.23 Alex Lim,MAS
55.14 Aaron Peirsol,USA

2:07.65 Colin Underhill,USA
2:03.52 Trent Staley,USA
2:04.21 Brian Johns,CAN
2:03.87 Joey Faltraco,USA
2:05.40 Louis Vayo,USA
1:59.10 Michael Phelps,USA

29.57 Marco Gonzalez,MEX
29.47 Scott Dickens,CAN
1:04.84 James Barone,USA
1:05.22 Ratapong Sirisanont,THA
1:04.26 Scott Dickens,CAN
1:05.65 Wickus Niehaber,SWZ
1:04.50 David Denniston,USA
1:02.61 Glenn Ed Moses,USA

2:21.11 Robert Margalis,USA
2:16.48 David Denniston,USA
2:12.74 Tom Wilkens,USA
2:22.25 Eric Shanteau,USA
2:18.83 Ratapong Sirisanont,THA
2:18.16 Ratapong Sirisanont,THA

24.52 Ryk Neethling,RSA
25.75 Matt Marshall,USA
56.10 Andrew Livingston,PUR
54.40 Michael Cavic,YUG
55.80 Jesse Jacks,CAN
55.00 Tom Malchow,USA
54.36 Ryk Neethling,RSA
53.72 Michael Cavic,YUG

2:00.30 Tom Malchow,USA
2:06.93 Erik Tolmachoff,USA
2:06.83 Chad Murray,CAN
2:07.37 Michael Raab,USA
2:03.83 Chad Carvin,USA
1:57.39 Tom Malchow,USA

2:06.25 Keith Beavers,CAN
2:05.65 Oussama Mellouli,TUN
2:05.51 Tobias Oriwol,CAN
2:08.53 Eric Shanteau,USA
2:09.12 John Dorr,USA
2:02.42 Kevin Clements,USA

4:27.25 Robert Margalis,USA
4:27.40 Oussama Mellouli,TUN
4:32.24 Tobias Oriwol,CAN
4:29.50 Eric Shanteau,USA
4:31.73 Chad Carvin,USA
4:23.26 Oussama Mellouli,TUN

23.69 Randall Bal,USA
23.09 Michael Cavic,YUG
24.13 Nicholas Brunelli,USA
23.43 Frederic Bousquet,FRA
22.97 Bartosz Kizierowski,POL
22.94 Neil Walker,USA

52.23 Kicker Vencill,USA
50.81 Rolandas Gimbutis,LTU
51.96 Scott Vonschoff,USA
51.60 Romain Barrier,FRA
50.81 Ryk Neethling,RSA
51.12 Rolandas Gimbutis,LTU

1:53.36 Scott Goldblatt,USA
1:52.98 Chad Carvin,USA
1:52.35 Rick Say,CAN
1:53.25 Davis Tarwater,USA
1:52.56 Aaron Peirsol,USA
1:51.60 Jayme Cramer,USA

3:55.75 Peter Vanderkaay,USA
3:59.74 Cameron Mull,USA
3:59.01 Larsen Jensen,USA
3:55.97 Andrew Hurd,CAN
3:57.38 Chad Carvin,USA
3:57.06 Peter Vanderkaay,USA

8:35.00 Tim Cowan,CAN
8:08.06 Peter Vanderkaay,USA
8:17.52 Justin Mortimer,USA
8:17.66 Peter Vanderkaay,USA

16:09.27 Andrew Hurd,CAN
16:12.00 Jarrod Ballem,CAN
15:38.04 Peter Vanderkaay,USA
15:45.75 Oussama Mellouli,TUN
15:35.64 Klete Keller,USA

27.61 Trent Staley,USA
26.85 Riley Janes,CAN
58.43 Jayme Cramer,USA
59.47 Ahmed Hussein,EGY
57.68 Riley Janes,CAN
57.52 Adam Mania,POL
57.34 Matthew Grevers,USA
56.29 Markus Rogan,AUT

2:08.17 Robert Margalis,USA
2:08.07 Eddie Erazo,USA
2:06.61 Desmond Strelow,CAN
2:05.00 Luke Wagner,USA
2:06.85 Diego Urreta,MEX
2:00.08 Markus Rogan,AUT

30.10 John Abercrombie,USA
29.68 Trevor Barnes,CAN
1:05.48 Warren Barnes,CAN
1:06.80 Marco Gonzalez,MEX
1:05.02 Matthew Huang,CAN
1:06.20 Michael Brown,CAN
1:05.25 Ratapong Sirisanont,THA
1:04.16 Jose Couto,POR

2:22.50 Marco Monaco,CAN
2:25.69 Paul Hernandez,USA
2:20.86 Scott Dickens,CAN
2:22.58 Michael Brown,CAN
2:21.48 Andrew Callahan,USA
2:18.24 David Denniston,USA

24.53 Igor Marchenko,RUS
25.95 Jesse Jacks,CAN
56.19 Nicholas Walkotten,USA
54.66 Roland Schoeman,RSA
56.32 Matt Marshall,USA
55.87 Michael Raab,USA
55.37 Luis Rojas,VEN
53.92 Ryk Neethling,RSA

2:01.95 Andrew Livingston,PUR
2:06.93 Dan Beal,USA
2:07.37 James Atkinson,USA
2:03.63 Matthew Hupt,USA
2:04.51 Andrew Livingston,PUR
2:00.46 Moss Bormester,NZL

2:06.85 Michael Alexandrov,USA
2:05.65 Aram Kevorkian,USA
2:08.52 Chad Murray,CAN
2:07.30 Robert Margalis,CAN
2:10.93 Mark Hamming,USA
2:05.43 Mark Liscinsky,USA

4:29.03 Kevin Clements,USA
4:32.64 Daniel A. Hewko,USA
4:35.64 Chad Murray,CAN
4:30.93 Francis Crippen,USA
4:32.40 Justin Mortimer,USA
4:23.52 Erik Vendt,USA

WOMEN'S EVENTS

50 METRES FREESTYLE

Ann Arbor 26.04 Colleen Lanne,USA
Irvine 25.95 Haley Cope,USA
Vancouver 25.50 Alison Sheppard,GBR
Charlotte 26.02 Haley Cope,USA
Mission Viejo 26.49 Colleen Lanne,USA
Santa Clara 25.79 Haley Cope,USA

100 METRES FREESTYLE

Ann Arbor 56.30 Colleen Lanne,USA
Irvine 56.28 Natalie Coughlin,USA
Vancouver 56.66 Gabrielle Rose,USA
Charlotte 55.84 Rhiannon Jeffrey,USA
Mission Viejo 56.27 Gabrielle Rose,USA
Santa Clara 55.01 Natalie Coughlin,USA

200 METRES FREESTYLE

Ann Arbor 2:03.24 Colleen Lanne,USA
Irvine 2:00.36 Lindsay Benko,USA
Vancouver 2:02.99 Lindsay Benko,USA
Charlotte 2:01.12 Rhiannon Jeffrey,USA
Mission Viejo 2:02.04 Gabrielle Rose,USA
Santa Clara 2:01.38 Lindsay Benko,USA

400 METRES FREESTYLE

Ann Arbor 4:17.62 Amy McCullough,USA
Irvine 4:11.88 Lindsay Benko,USA
Vancouver 4:16.12 Brittany Reimer,CAN
Charlotte 4:12.99 Flavia Rigamonti,SUI
Mission Viejo 4:14.65 Rachel Komisarz,USA
Santa Clara 4:15.54 Lindsay Benko,USA

800 METRES FREESTYLE

Ann Arbor 8:35.78 Flavia Rigamonti,SUI
Irvine 8:39.50 Lindsay Benko,USA
Vancouver 8:45.19 Brittany Reimer,CAN
Charlotte 8:49.58 Brooke Bennett,USA
Mission Viejo 8:38.71 Emily Mason,USA
Santa Clara 8:42.41 Kalyrn Keller,USA

1500 METRES FREESTYLE

Vancouver 16:57.20 Rory Schmidt,USA
Charlotte 16:16.98 Flavia Rigamonti,SUI
Mission Viejo 16:53.91 Kaitlin Sandeno,USA
Santa Clara 16:36.53 Sara McLarty,USA

50 METRES BACKSTROKE

Irvine 29.37 Haley Cope,USA
Vancouver 29.44 Erin Gammel,CAN
Ann Arbor 1:03.29 Haley Cope,USA
Irvine 1:02.75 Natalie Coughlin,USA
Vancouver 1:02.47 Erin Gammel,CAN
Charlotte 1:03.06 Haley Cope,USA
Mission Viejo 1:03.12 Beth Botsford,USA
Santa Clara 1:00.98 Natalie Coughlin,USA

200 METRES BACKSTROKE

Ann Arbor 2:17.66 Elizabeth Wycliffe,CAN
Irvine 2:15.71 Natalie Coughlin,USA
Vancouver 2:14.13 Jennifer Fratesi,CAN
Charlotte 2:14.96 Margaret Hoelzer,USA
Mission Viejo 2:16.25 Jessica Hayes,USA
Santa Clara 2:13.72 Natalie Coughlin,USA

50 METRES BREASTSTROKE

Irvine 33.02 Staciana Stitts,USA
Vancouver 32.72 Rhiannon Leier,CAN
Ann Arbor 1:09.76 Tara Kirk,USA
Irvine 1:12.95 Niolette Teo,SIN
Vancouver 1:09.78 Rhiannon Leier,CAN
Charlotte 1:09.88 Tara Kirk,USA
Mission Viejo 1:09.77 Amanda Beard,USA
Santa Clara 1:10.03 Tara Kirk,USA

200 METRES BREASTSTROKE

Ann Arbor 2:32.85 Kristy Kowal,USA
Irvine 2:35.14 Staciana Stitts,USA
Vancouver 2:33.78 Rhiannon Leier,CAN
Charlotte 2:29.89 Sarah Poewe,GER
Mission Viejo 2:28.42 Amanda Beard,USA
Santa Clara 2:31.54 Birte Steven,GER

50 METRES BUTTERFLY

Irvine 27.57 Bethany Goodwin,USA
Vancouver 28.11 Alison Sheppard,GBR
Ann Arbor 1:00.54 Mary Descenza,USA
Irvine 0:59.96 Natalie Coughlin,USA
Vancouver 1:01.67 Misty Hyman,USA
Charlotte 0:59.86 Mary Descenza,USA
Mission Viejo 1:00.66 Rachel Komisarz,USA
Santa Clara 0:59.00 Natalie Coughlin,USA

200 METRES BUTTERFLY

Ann Arbor 2:15.25 Kim Vandenberg,USA
Irvine 2:12.70 Margaretha Pedder,GBR
Vancouver 2:13.91 Misty Hyman,USA
Charlotte 2:10.61 Mary Descenza,USA
Mission Viejo 2:11.96 Emily Mason,USA
Santa Clara 2:12.51 Dana Kirk,USA

200 METRES IND. MEDLEY

Ann Arbor 2:17.01 Gabrielle Rose,USA
Irvine 2:18.97 Michala Kwasy,USA
Vancouver 2:16.67 Gabrielle Rose,USA
Charlotte 2:17.12 Kristy Coventry,ZIM
Mission Viejo 2:15.88 Gabrielle Rose,USA
Santa Clara 2:15.56 Gabrielle Rose,USA

400 METRES IND. MEDLEY

Ann Arbor 4:56.62 Jennifer Forster,USA
Irvine 4:48.74 Kaitlin Sandeno,USA
Vancouver 4:51.92 Kelly Doody,CAN
Charlotte 4:47.80 Maggie Bowen,USA
Mission Viejo 4:50.61 Kaitlin Sandeno,USA
Santa Clara 4:47.53 Kaitlin Sandeno,USA

26.16 Haley Cope,USA
26.03 Colleen Lanne,USA
26.85 Jennifer USA
26.02 Rhiannon Jeffrey,USA
26.57 Haley Cope,USA
25.82 Karalynn Joyce,USA

56.78 Gabrielle Rose,USA
56.41 Colleen Lanne,USA
57.91 Erin Kardash,CAN
56.34 Stefanie Williams,USA
56.32 Colleen Lanne,USA
56.18 Colleen Lanne,USA

2:03.27 Gabrielle Rose,USA
2:01.54 Colleen Lanne,USA
2:05.80 Erin Kardash,CAN
2:02.88 Elizabeth Hill,USA
2:02.43 Rachel Komisarz,USA
2:02.89 Rebecca Koch,USA

4:17.75 Diana Munz,USA
4:13.21 Kaitlin Sandeno,USA
4:19.48 Vesna Stojanovska,MKD
4:18.91 Brooke Bennett,USA
4:16.65 Emily Mason,USA
4:15.55 Sara McLarty,USA

8:45.78 Alyssa Kiel,USA
8:40.09 Adrienne Binder,USA
8:52.45 Rory Schmidt,USA
8:52.35 Elizabeth Hill,USA
8:43.10 Kaitlin Sandeno,USA
8:44.43 Sara McLarty,USA

17:01.43 Brittany Reimer,CAN
16:46.59 Brooke Bennett,USA
17:06.40 Stephanie Anderson,USA
16:43.66 Lauren Costella,USA

29.68 Natalie Coughlin,USA
30.32 Caitlin Meredith,CAN
1:04.49 Elizabeth Wycliffe,CAN
1:03.91 Haley Cope,USA
1:03.67 Jennifer Fratesi,CAN
1:04.06 Haley Cope,USA
1:03.15 Lauren Farrell,USA
1:02.46 Haley Cope,USA

2:19.47 Haley Cope,USA
2:18.22 Kaitlin Sandeno,USA
2:15.32 Erin Gammel,CAN
2:16.99 Elizabeth Warden,CAN
2:17.82 Kelly Harrigan,USA
2:17.10 Lauren Rogers,USA

33.96 Jennifer Cook,USA
33.36 Lauren van Oosten,CAN
1:09.91 Kristy Kowal,USA
1:13.96 Jessica Hardy,USA
1:11.99 Lauren van Oosten,CAN
1:10.22 Sarah Poewe,GER
1:10.46 Jessica Wagnor,USA
1:10.97 Birte Steven,GER

2:34.37 Lisa Blackburn,CAN
2:36.81 Michala Kwasy,USA
2:34.28 Lauren van Oosten,CAN
2:30.75 Tara Kirk,USA
2:33.16 Kerl Hehn,USA
2:32.55 Hiroka Sakamoto,JPN

27.60 Haley Cope,USA
29.62 MacKenzie Downing,CAN
1:01.52 Dana Kirk,USA
1:02.14 Jana Krohn,USA
1:02.32 Sara Alroubaie,CAN
1:00.51 Dana Vollmer,USA
1:00.73 Bethany Goodwin,USA
0:59.80 Dana Kirk,USA

2:15.38 Mary Descenza,USA
2:12.72 Kaitlin Sandeno,USA
2:18.71 Vesna Stojanovska,MKD
2:13.01 Jennifer Button,CAN
2:14.61 Kaitlin Sandeno,USA
2:14.53 Margaretha Pedder,GBR

2:19.84 Kristy Kowal,USA
2:17.42 Haley Cope,USA
2:18.79 Kelly Doody,CAN
2:17.35 Elizabeth Warden,CAN
2:17.05 Amanda Beard,USA
2:18.97 Emily Mason,USA

4:56.57 Andrea Cassidy,USA
4:51.16 Adrienne Binder,USA
4:53.01 Carrie Burgoyne,CAN
4:50.86 Elizabeth Warden,CAN
4:52.68 Emily Mason,USA
4:48.80 Sara McLarty,USA

26.49 Gabrielle Rose,USA
26.57 Elizabeth Meskili,USA
26.87 Erin Kardash,CAN
26.13 Laura Nicholls,CAN
26.64 Courtney Johnson,USA
25.91 Colleen Lanne,USA

57.03 Laura Nicholls,CAN
57.36 Lindsay Benko,USA
58.62 Maya Baudry,CAN
56.77 Laura Nicholls,CAN
57.75 Lacey Nymeyer,USA
56.28 Lindsay Benko,USA

2:03.83 Mary Descenza,USA
2:01.70 Kaitlin Sandeno,USA
2:06.01 Shannon Hackett,CAN
2:02.93 Mary Descenza,USA
2:02.70 Emily Mason,USA
2:03.03 Stefanie Williams,USA

4:18.62 Kimberly Kelly,USA
4:17.54 Adrienne Binder,USA
4:20.11 Rory Schmidt,USA
4:20.77 Anja Carman,SLO
4:21.52 Kaitlin Sandeno,USA
4:16.09 Kalyrn Keller,USA

8:50.90 Kimberly Kelly,USA
8:49.05 Hayley Peirsol,USA
8:54.86 Taryn Lencoe,CAN
8:53.92 Stephanie Carr,USA
8:50.89 Rachel Komisarz,USA
8:47.07 Rachel Burke,USA

17:11.27 Karley Stutzel,CAN
16:47.15 Stephanie Carr,USA
17:14.02 Nicole Weatherman,USA
16:54.02 Rachel Burke,USA

30.60 Hui Wai Tsai,HKG
30.64 Jessica Aspinall,CAN
1:05.32 Gisela Morales,GUA
1:05.50 Taylor Spivey,USA
1:04.87 Caitlin Meredith,CAN
1:05.28 Sarah Haupt,USA
1:04.17 Hui Wai Tsai,HKG
1:03.96 Courtney Shealy,USA

2:19.81 Courtney Kalisz,USA
2:19.79 Erin Volcan,VEN
2:17.81 Kelly Stefanyszyn,CAN
2:17.62 Anja Carman,SLO
2:18.48 Beth Botsford,USA
2:17.12 Kristen Caverly,USA

34.01 Jessica Hardy,USA
34.01 Emma Spooner,CAN
1:11.49 Gabrielle Rose,USA
1:14.26 Mervan Boosali,USA
1:13.07 Genevieve Patterson,USA
1:10.27 Kristy Kowal,USA
1:12.76 Erica Liu,USA
1:10.00 Erica Liu,USA

2:39.56 Amanda Dunnigan,USA
2:37.58 Nicolette Teo,SIN
2:34.63 Michelle Mange,CAN
2:33.22 Kristy Kowal,USA
2:33.77 Melissa Klein,USA
2:35.72 Kristen Caverly,USA

28.41 Elizabeth Meskili,CAN
29.65 Jennifer Fratesi,CAN
1:01.65 Kim Vandenberg,USA
1:02.30 Kim Vandenberg,USA
1:03.04 Kelly Doody,CAN
1:02.04 Jennifer Button,CAN
1:00.77 Misty Hyman,USA
1:01.18 Sarah Wanezek,USA

2:19.32 Courtney Kalisz,USA
2:14.56 Michala Kwasy,USA
2:19.50 Shannon Hackett,CAN
2:13.00 Margaret Hoelzer,USA
2:14.82 Kristen Hastrup,USA
2:14.81 Kim Vandenberg,USA

2:21.31 Jennifer Forster,USA
2:20.82 Mallin Svahnstrom,SWE
2:20.52 Erin Kardash,CAN
2:19.30 Kristy Kowal,USA
2:17.84 Emily Mason,USA
2:19.75 Mary Descenza,USA

4:58.12 Alyssa Kiel,USA
4:53.25 Michala Kwasy,USA
4:57.30 Tanya Hunks,CAN
4:53.14 Yi Ting Stow,MAS
4:56.08 Kate Dwelley,USA
4:50.96 Kristen Caverly,USA

MARE NOSTRUM 2003

Men's Events

50 METRES FREESTYLE

Rome 22.76 Lorenzo Vismara,ITA
 Monte Carlo 22.11 Alexander Popov,RUS
 Barcelona 22.22 Alexander Popov,RUS
 Canet 22.82 Alexander Popov,RUS

100 METRES FREESTYLE

Rome 50.32 Lorenzo Vismara,ITA
 Monte Carlo 49.78 Pieter vdHoogenband,NED
 Barcelona 49.35 Alexander Popov,RUS
 Canet 49.64 Alexander Popov,RUS

200 METRES FREESTYLE

Rome 1:48.78 Emiliano Brembilla,ITA
 Monte Carlo 1:47.22 Pieter vdHoogenband,NED
 Barcelona 1:50.59 Kvetoslav Svoboda,CZE
 Canet 1:49.96 Kvetoslav Svoboda,CZE

400 METRES FREESTYLE

Rome 3:49.53 Emiliano Brembilla,ITA
 Monte Carlo 3:50.85 Yuri Prilukov,RUS
 Barcelona 3:49.60 Yuri Prilukov,RUS
 Canet 3:51.26 Yuri Prilukov,RUS

800/1500 METRES FREESTYLE

Rome 15:26.88 Nicolas Rostoucher,FRA
 Barcelona 8:10.47 Roger Rabassa,ESP
 Canet 15:15.78 Yuri Prilukov,RUS

50 METRES BACKSTROKE

Monte Carlo 25.95 David Ortega,ESP
 Barcelona 25.93 David Ortega,ESP

100 METRES BACKSTROKE

Rome 56.53 Andrew Burns,AUS
 Monte Carlo 56.26 Razvan Florea,ROM
 Barcelona 55.97 Arkadi Vyatchanin,RUS
 Canet 56.33 Yoav Gath,ISR

200 METRES BACKSTROKE

Rome 2:03.19 Andrew Burns,AUS
 Monte Carlo 1:59.77 Razvan Florea,ROM
 Barcelona 1:58.59 Razvan Florea,ROM
 Canet 2:00.87 Yoav Gath,ISR

50 METRES BREASTSTROKE

Monte Carlo 28.00 Oleg Lisogor,UKR
 Barcelona 27.71 James Gibson,GBR

100 METRES BREASTSTROKE

Rome 1:01.16 Kosuke Kitajima,JPN
 Monte Carlo 1:01.49 Dimitri Komornikov,RUS
 Barcelona 1:01.64 James Gibson,GBR
 Canet 1:01.02 James Gibson,GBR

200 METRES BREASTSTROKE

Rome 2:14.08 Kosuke Kitajima,JPN
 Monte Carlo 2:10.39 Dimitri Komornikov,RUS
 Barcelona 2:09.52 Dimitri Komornikov,RUS
 Canet 2:10.62 Dimitri Komornikov,RUS

50 METRES BUTTERFLY

Monte Carlo 23.68 Joris Keizer,NED
 Barcelona 23.97 Mark Foster,GBR

100 METRES BUTTERFLY

Rome 53.12 Andriy Serdinov,UKR
 Monte Carlo 52.97 Igor Marchenko,RUS
 Barcelona 52.78 Andriy Serdinov,UKR
 Canet 53.01 Andriy Serdinov,UKR

200 METRES BUTTERFLY

Rome 1:58.40 Ioannis Drymonakos,GRE
 Monte Carlo 1:58.25 Anatoli Poliakov,RUS
 Barcelona 1:57.45 Anatoli Poliakov,RUS
 Canet 1:56.93 Stephen Parry,GBR

200 METRES IND. MEDLEY

Rome 2:01.90 Alessio Boggiatto,ITA
 Monte Carlo 2:03.86 Adam Lucas,AUS
 Barcelona 2:03.06 Cezar Badita,ROM
 Canet 2:02.73 Cezar Badita,ROM

400 METRES IND. MEDLEY

Rome 4:16.28 Alessio Boggiatto,ITA
 Monte Carlo 4:22.83 Cezar Badita,ROM
 Barcelona 4:15.39 Laszlo Cseh,HUN
 Canet 4:22.38 Terence Parkin,RSA

22.99 Oleksander Volynets,UKR
 22.95 Julien Sicot,FRA
 22.87 Mark Foster,GBR
 22.82 Salim Iles,ALG

50.40 Filippo Magnini,ITA
 50.07 Christian Galenda,ITA
 49.62 Lars Frolander,SWE
 50.36 Germain Cayette,FRA

1:49.38 Federico Cappellazzo,ITA
 1:49.71 Jacob Carstensen,DEN
 1:50.80 Dragos Coman,ROM
 1:51.44 Sergiy Fesenko,UKR

3:53.88 Dimitris Manganas,GRE
 3:51.09 Francesco Vespe,ITA
 3:52.80 Dragos Coman,ROM
 3:52.18 Dragos Coman,ROM

15:34.48 Andrea Righi,ITA
 8:14.47 Troyden Prinsoo,RSA
 15:41.27 Dragos Coman,ROM

26.03 Arkadi Vyatchanin,RUS
 26.11 Gerhard Zandberg,RSA

56.72 Ethan Roloff,AUS
 56.44 Arkadi Vyatchanin,RUS
 56.32 Razvan Florea,ROM
 56.50 Arkadi Vyatchanin,RUS

2:03.94 Bryce R. Hunt,USA
 2:00.65 Arkadi Vyatchanin,RUS
 2:00.72 Laszlo Cseh,HUN
 2:00.95 Simon Dufour,FRA

28.47 Matjaz Markic,SLO
 27.96 Oleg Lisogor,UKR

1:01.87 Oleg Lisogor,UKR
 1:01.49 Dimitri Komornikov,RUS
 1:01.74 Chris Cook,GBR
 1:01.74 Oleg Lisogor,UKR

2:14.33 Yuki Sato,JPN
 2:14.51 Andrei Ivanov,RUS
 2:15.42 Andrei Ivanov,RUS
 2:17.89 Terence Parkin,RSA

24.04 Evgeni Korotyskin,RUS
 24.31 Jere Hard,FIN

53.49 Igor Marchenko,RUS
 53.11 Andriy Serdinov,UKR
 53.17 Igor Marchenko,RUS
 53.02 Andriy Serdinov,UKR

1:59.68 David Kolozsar,HUN
 1:59.05 Ioan Gherghel,ROM
 1:57.50 Stephen Parry,GBR
 1:58.14 Ioan Gherghel,ROM

2:01.98 Tamas Kerekjarto,HUN
 2:04.25 Cezar Badita,ROM
 2:03.72 Istvan Bathazi,HUN
 2:04.52 Terence Parkin,RSA

4:21.82 Takahiro Mori,JPN
 4:25.14 Adam Lucas,AUS
 4:21.27 Terence Parkin,RSA
 4:22.38 Cezar Badita,ROM

23.15 David Carter,AUS
 23.00 Salim Iles,ALG
 23.01 Julien Sicot,FRA

50.44 Christian Galenda,ITA
 50.28 Lorenzo Vismara,ITA
 49.53 Pieter Zastrow,UKR
 50.48 Salim Iles,ALG

1:50.60 Christian Galenda,ITA
 1:49.81 Kvetoslav Svoboda,CZE
 1:50.83 Olaf Wildeboer,ESP
 1:52.45 Dragos Coman,ROM

3:55.27 Nicolas Rostoucher,FRA
 3:52.77 Pieter vdHoogenband,NED
 3:55.39 Javier Nunez,ESP
 3:55.20 Sergiy Fesenko,UKR

15:40.15 Valerio Cleri,ITA
 8:17.23 Mark Randall,RSA
 15:42.36 Gard Kvale,NOR

26.31 Arkadi Vyatchanin,RUS

56.74 Atsushi Nishikori,JPN
 56.63 Evgeni Alechine,RUS
 56.55 Evgeni Alechine,RUS
 56.66 Simon Dufour,FRA

2:05.04 Patrick Murphy,AUS
 2:01.49 Evgeni Alechine,RUS
 2:01.01 Evgeni Alechine,RUS
 2:01.30 Arkadi Vyatchanin,RUS

28.62 Mark Riley,AUS

1:02.22 Richard Bodor,HUN
 1:02.69 Mark Gangloff,USA
 1:01.84 Oleg Lisogor,UKR
 1:01.87 Chris Cook,GBR

2:14.98 Domenico Fioravanti,ITA
 2:16.08 Yuki Sato,JPN
 2:15.46 Daniel Gyurta,HUN
 2:18.39 Anders Wold,NOR

24.36 Evgeni Korotyskin,RUS

53.80 Ryo Takayasu,JPN
 53.42 Joris Keizer,NED
 53.23 Evgeni Korotyskin,RUS
 53.24 Evgeni Korotyskin,RUS

2:00.08 Pawel Korzeniowski,POL
 2:00.15 Nikolai Skvortsov,RUS
 1:57.85 Ioan Gherghel,ROM
 1:59.38 Anatoli Poliakov,RUS

2:02.81 Takahiro Mori,JPN
 2:04.87 Robin van Aggele,NED
 2:03.79 Xavier Marchand,FRA
 2:04.65 Nicola Febbraro,ITA

4:22.28 Tamas Kerekjarto,HUN
 4:25.69 Mitchell Bacon,AUS
 4:21.37 Cezar Badita,ROM
 4:25.72 Michael Halika,ISR

Women's Events

50 METRES FREESTYLE

Rome 26.31 Federica Pellegrini,ITA
 Monte Carlo 25.72 Hanna-M. Seppala,FIN
 Barcelona 25.56 Hanna-M. Seppala,FIN
 Canet 26.15 Hanna Scherba,BLR

100 METRES FREESTYLE

Rome 55.86 Martina Moravcova,SVK
 Monte Carlo 54.83 Elena Popchenko,BLR
 Barcelona 54.50 Hanna-M. Seppala,FIN
 Canet 54.79 Martina Moravcova,SVK

200 METRES FREESTYLE

Rome 2:00.17 Yana Klochkova,UKR
 Monte Carlo 1:59.36 Elena Popchenko,BLR
 Barcelona 1:59.82 Martina Moravcova,SVK
 Canet 1:59.31 Elena Popchenko,BLR

400 METRES FREESTYLE

Rome 4:12.85 Kasey Giteau,AUS
 Monte Carlo 4:10.45 Kasey Giteau,AUS
 Barcelona 4:11.49 Eva Risztoz,HUN
 Canet 4:10.89 Elena Popchenko,BLR

800/1500 METRES FREESTYLE

Rome 8:41.90 Kanae Iwai,JPN
 Monte Carlo 8:42.36 Jana Pechanova,CZE
 Barcelona 1:59.82 Martina Moravcova,SVK
 Canet 16:50.96 Laura Blomme,FRA

50 METRES BACKSTROKE

Monte Carlo 28.79 Nina Zhivanevskaya,ESP
 Barcelona 28.72 Nina Zhivanevskaya,ESP

100 METRES BACKSTROKE

Rome 1:02.45 Mai Nakamura,JPN
 Monte Carlo 1:01.08 Nina Zhivanevskaya,ESP
 Barcelona 1:01.30 Nina Zhivanevskaya,ESP
 Canet 1:01.91 Laure Manaudou,FRA

200 METRES BACKSTROKE

Rome 2:13.00 Reiko Nakamura,JPN
 Monte Carlo 2:11.63 Stanislava Komarova,RUS
 Barcelona 2:11.50 Stanislava Komarova,RUS
 Canet 2:12.88 Stanislava Komarova,RUS

50 METRES BREASTSTROKE

Monte Carlo 31.60 Emma Igelstrom,SWE
 Barcelona 31.38 Zoe Baker,GBR

100 METRES BREASTSTROKE

Rome 1:09.34 Mirna Jukic,AUT
 Monte Carlo 1:08.62 Mirna Jukic,AUT
 Barcelona 1:08.80 Mirna Jukic,AUT
 Canet 1:09.08 Mirna Jukic,AUT

200 METRES BREASTSTROKE

Rome 2:26.38 Mirna Jukic,AUT
 Monte Carlo 2:25.70 Mirna Jukic,AUT
 Barcelona 2:25.18 Mirna Jukic,AUT
 Canet 2:26.37 Mirna Jukic,AUT

50 METRES BUTTERFLY

Monte Carlo 26.10 Inge de Bruijn,NED
 Barcelona 26.46 Martina Moravcova,SVK

100 METRES BUTTERFLY

Rome 58.34 Martina Moravcova,SVK
 Monte Carlo 59.78 Elena Popchenko,BLR
 Barcelona 58.31 Martina Moravcova,SVK
 Canet 58.11 Martina Moravcova,SVK

200 METRES BUTTERFLY

Rome 2:11.00 Yuko Nakanishi,JPN
 Monte Carlo 2:11.67 Otylia Jedrejczak,POL
 Barcelona 2:09.16 Eva Risztoz,HUN
 Canet 2:11.79 Paola Cavallino,ITA

200 METRES IND. MEDLEY

Rome 2:16.31 Yana Klochkova,UKR
 Monte Carlo 2:14.33 Yana Klochkova,UKR
 Barcelona 2:13.37 Yana Klochkova,UKR
 Canet 2:15.34 Yana Klochkova,UKR

400 METRES IND. MEDLEY

Rome 4:45.76 Georgina Bardach,ARG
 Monte Carlo 4:43.17 Yana Klochkova,UKR
 Barcelona 4:38.26 Yana Klochkova,UKR
 Canet 4:46.16 Yana Klochkova,UKR

26.40 Courtney Shealy,USA
 25.77 Marlene Velthuis,NED
 25.64 Marlene Velthuis,NED
 26.72 Rosalind Brett,GBR

56.33 Courtney Shealy,USA
 54.92 Hanna-M. Seppala,FIN
 55.70 Marlene Velthuis,NED
 55.02 Elena Popchenko,BLR

2:00.64 Zoe Dimoskaki,GRE
 2:01.06 Kasey Giteau,AUS
 1:59.91 Melanie Marshall,GBR
 2:00.26 Melanie Marshall,GBR

4:13.39 Zoe Dimoskaki,GRE
 4:12.83 Yana Klochkova,UKR
 4:11.53 Simona Paduraru,ROM
 4:22.29 Elisa Pasini,ITA

8:44.42 Yumi Kida,JPN
 8:44.03 Simona Paduraru,ROM
 16:59.21 Tatiana Roubas,ESP
 17:10.91 Elisa Pasini,ITA

28.79 Ilona Hlavackova,CZE
 28.80 Ilona Hlavackova,CZE

100 METRES BACKSTROKE

1:02.61 Reiko Nakamura,JPN
 1:02.14 Stanislava Komarova,RUS
 1:02.28 Louise Ornstedt,DEN
 1:02.13 Stanislava Komarova,RUS

200 METRES BACKSTROKE

2:13.24 Irina Amshennikova,UKR
 2:14.94 Hiro Tanaka,JPN
 2:14.99 Louise Ornstedt,DEN
 2:15.46 Roxana Maracineanu,FRA

50 METRES BREASTSTROKE

31.75 Elena Bogomazova,RUS
 31.80 Roberta Crescentini,ITA

100 METRES BREASTSTROKE

1:10.44 Anne S. Le Paranthoen,FRA
 1:09.07 Emma Igelstrom,SWE
 1:09.64 Emma Igelstrom,SWE
 1:09.90 Elena Bogomazova,RUS

200 METRES BREASTSTROKE

2:30.77 Megumi Taneda,JPN
 2:28.51 Emma Igelstrom,SWE
 2:29.46 Diana Remenyi,HUN
 2:30.91 Elena Bogomazova,RUS

50 METRES BUTTERFLY

27.32 Fabienne Nadarajah,AUT
 26.96 Angela San Juan,ESP

100 METRES BUTTERFLY

59.26 Otylia Jedrejczak,POL
 59.98 Inge Dekker,NED
 59.62 Johanna Sjoberg,SWE
 1:01.74 Paola Cavallino,ITA

200 METRES BUTTERFLY

2:11.79 Paola Cavallino,ITA
 2:12.12 Yurie Iano,JPN
 2:11.30 Maria Pelaez,ESP
 2:11.90 Yana Klochkova,UKR

200 METRES IND. MEDLEY

2:17.42 Anne S. Le Paranthoen,FRA
 2:16.03 Hanna Scherba,BLR
 2:16.25 Alenka Kejzar,SLO
 2:16.95 Hanna Scherba,BLR

400 METRES IND. MEDLEY

4:45.77 Anja Klinar,SLO
 4:47.48 Beatrice Caslaru,ROM
 4:41.77 Eva Risztoz,HUN
 4:50.07 Laura Porchianello,ITA

26.48 Cristina Chiuso,ITA
 25.72 Judith Draxler,AUT
 26.73 Aurore Mongel,FRA

56.37 Tomoko Nagai,JPN
 55.78 Chantal Groot,NED
 55.92 Kasey Giteau,GBR
 55.92 Melanie Marshall,GBR

2:00.82 Shayne Reese,AUS
 2:01.14 Shayne Reese,AUS
 2:00.81 Kasey Giteau,AUS
 2:03.33 Elina Partyla,EST

4:17.34 Kanae Iwai,JPN
 4:13.16 Simona Paduraru,ROM
 4:12.06 Kasey Giteau,AUS
 4:25.51 Laura Blomme,FRA

8:46.78 Elisa Pasini,ITA
 8:44.57 Chantal Strasser,SUI
 16:59.21 Tatiana Roubas,ESP
 17:37.46 Natalie du Toit,RSA

29.29 Louise Ornstedt,DEN

100 METRES BACKSTROKE

1:02.62 Irina Amshennikova,UKR
 1:03.16 Courtney Shealy,USA
 1:02.68 Stanislava Komarova,RUS
 1:03.20 Roxana Maracineanu,FRA

200 METRES BACKSTROKE

2:15.32 Esther Baron,FRA
 2:17.19 Katerina Pivonkova,CZE
 2:17.28 Melissa Corfe,RSA
 2:16.01 Federica Barsanti,ITA

50 METRES BREASTSTROKE

31.89 Elena Bogomazova,RUS

100 METRES BREASTSTROKE

1:10.69 Chiara Boggiatto,ITA
 1:10.58 Elena Bogomazova,RUS
 1:11.09 Elena Bogomazova,RUS
 1:10.55 Anne S. Le Paranthoen,FRA

200 METRES BREASTSTROKE

2:31.73 Chiara Boggiatto,ITA
 2:31.79 Beatrice Caslaru,ROM
 2:30.33 Emma Igelstrom,SWE
 2:33.51 Ingrid Haiden,RSA

50 METRES BUTTERFLY

27.12 Chantal Groot,NED

100 METRES BUTTERFLY

1:01.43 Yuko Nakanishi,JPN
 1:00.11 Johanna Sjoberg,SWE
 59.90 Chantal Groot,NED
 1:01.83 Amanda Loots,RSA

200 METRES BUTTERFLY

2:13.44 Francesca Segal,ITA
 2:12.54 Lara Davenport,AUS
 2:14.24 Lara Davenport,AUS
 2:14.14 Aurore Mongel,FRA

200 METRES IND. MEDLEY

2:17.50 Anja Klinar,SLO
 2:16.83 Hanna Scherba,BLR
 2:16.86 Beatrice Caslaru,ROM
 2:19.39 Laure Manaudou,FRA

400 METRES IND. MEDLEY

4:49.65 Yuko Nakanishi,JPN
 4:49.85 Hanna Scherba,BLR
 4:46.08 Beatrice Caslaru,ROM
 4:52.90 Hanna Scherba,BLR



World record for Komornikov, RUS

Marco Chiesa



Yana Klochkova, UKR, posted fastest ind.medley times for 2003

Marco Chiesa



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Michael Phelps
United States

THREE DECADES OF WORLD CHAMPIONSHIPS

Canadians have won 26 medals (4 gold 8 silver 14 bronze) since 1973

Karin Helmstaedt and Nick Thierry

How times have changed. With the proliferation of swimming competitions in the last few years, there is little time for dawdling. Gone are the long “Olympic” cycles of four years with long training periods, one or two tapers and competitive peaks, followed by a designated rest. These days, swimming at the world level means being part of an increasingly international showcase, where the trend is a go-go-go program of seemingly endless travel and competition. In a 12-month period, many swimmers could typically take in up to five legs of the World Cup, a short course World Championships, a university championships, a leg or two of the Mare Nostrum series, their own country’s Nationals, and a Pan Pacific or European Championships. And after all of that, the next big meet is never far off.

The Worlds were inaugurated in 1973 in Belgrade. They were held again in 1975 and 1978, after which they were put onto a four-year cycle to complement the Olympic Games. The 1990s were to be the something-for-everyone decade, however, and in 1993, the creation of the short course world championships ended the reign of the long-course swimmer. Along with the increasingly popular World Cup events, the short course worlds brought the glamour back to 25 m racing.

1973 Belgrade, YUG, September 1-9

The first world championships marked the steamroller by the East German women, who claimed 10 titles and 7 world records. At 14, Kornelia Ender was a formidable talent, winning four golds and a silver, while her teammates Ulrike Richter, Anke Hubner, Gudrun Wegner, and Renate Vogel, to mention a few, were also startling in their overwhelming success. Any amazement at the time has since been dispelled; former world champion breaststroker Renate Vogel, among others, has since told how she received anabolic steroids in her early teens and was able to make huge drops in time after the 1972 Olympic Games.

On the men’s side, the four-minute barrier was bettered as Rick de Mont (USA) won a thrilling duel against Brad Cooper (AUS) in the 400 freestyle in 3:58.18 to 3:58.70. Stephen Holland (AUS) won the 1500 freestyle in a world record of 15:31.85 (more than 20 seconds faster than the Olympic winner a year before).

Roland Matthes (GDR) was a double winner in the backstrokes, with a world record in the 200.

In all, 18 world records in 14 events were established.

Canadians won three medals, with Bruce Robertson winning the 100 butterfly and Wendy Cook taking the bronze in the 100 backstroke. The men’s 4x100 medley relay was third.



Bruce Robertson won 100 butterfly in 1973, also won silver at 1972 Olympics

1975 Cali, COL, July 22-27

At 1000 metres altitude, the Colombian city of Cali presented a few challenges.

The American men, led by triple gold medallist Tim Shaw, were still ruling the pool while the East German women maintained their hold on the women’s competition. Of note was Shirley Babashoff of the USA, who stole the 200 freestyle victory from rival Kornelia Ender.

Canadian Nancy Garapick took silver and bronze in the 200 and 100 backstrokes respectively, while Cheryl Gibson remembers the less savoury sides of the competition:

“Cali was my first international team, and I’m quite sure that I didn’t know very much about what was going on. I think I was seventh in the 400 IM and all I remember is that I wanted to get out of there and go home. We were staying at a seminary, and they didn’t take as much care then with food as they do now. We had to be very careful. They didn’t have bottled water or anything so all we could drink was Coke, and that’s not really what you feel like drinking every day in those situations. The place we stayed in didn’t even have hot water. That was my first taste of international competition, but I obviously got over it, because I carried on!”

1978 Berlin, FRG, August 18-28

Surprisingly, the American women were the stars of the show as the East Germans had an uncharacteristic dip in performances. The likes of Tracy Caulkins, Linda Jezek, and Cynthia Woodhead slowed the advance of the Wundermädchen, who garnered only one gold, Barbara

Krause’s 200 freestyle. The GDR press agency ADN noted that “our swimmers hadn’t been able to make much improvement over their times from the July national championships. Two years before the Moscow Olympics, it is a clear warning sign that our methods require re-evaluation.”—an ironic statement indeed.

Americans dominated the meet with a total of 37 medals, 20 of which were gold.

Canadians shone and were touted as “Canada’s best international representatives,” bringing home one gold, one silver, and four bronze, their best showing ever at a world championships. Graham Smith was victorious with a world record effort in the men’s 200 IM (2:03.65) and Olympic silver medallist Gibson took bronze medals in both backstroke events, setting Canadian and Commonwealth records in the 200 race.

Cheryl Gibson remembers:

“In 1978 I had just come off the Commonwealth Games where I had swum okay but hadn’t really done what I wanted to. World Championships were about two weeks later and that two weeks made all the difference. What I had struggled to do before was suddenly easy. Apart from hitting my taper right on, I think that for me the pressure of having the Commonwealth Games in my home town (Edmonton) was off, and I was much more relaxed in Berlin. I also had a great time in Germany and thought Berlin was just a wonderful city. I visited the Egyptian museum and lots of other things, and had lots of apple strudel too! We didn’t get to go to Europe very often in those days so it was different. It was a wonderful World Championship experience for me.”



Graham Smith won 200 IM gold in a world record in 1978, added a silver in 100 breast

1982 Guayaquil, ECU, July 29-August 8

For Canadians, 1982 was memorable for the exploits of Victor Davis, who followed up his silver medal in the 100 breaststroke with a blistering 2:14.77—a world record—in the 200 breaststroke. Breaststrokers were on, as Anne Ottenbrite rounded out the medal total with a silver and bronze in her events.

While the Americans battled Montezuma's revenge, the Europeans came back in full force: Michael Gross of West Germany, Jörg Woithe of the GDR, and Vladimir Salnikov of Russia helped to relegate the USA to second place in the medal standing, behind the tiny German Democratic Republic.

The GDR women were back on track and formidable, as Dave Johnson observed at the time: "They could have fielded a relay making finals in the men's freestyle and medley relays." Fifteen-year-old Cornelia Sirch had the best performance of the meet in the 200 backstroke, obliterating the existing world record of 2:11.77 and setting the new standard at 2:09.91. This was cause for some suspicion as Sirch had been ranked only 29th the previous year. Her teammate Petra Schneider dominated the IMs and set a world record in the 400 (4:36.10) that would stand for over fifteen years. And at 16, Kristin Otto won the 100 backstroke, her first of a large collection of world titles.

Cheryl Gibson remembers:

"Guayaquil was a big disaster for me. I think I was

just not rested enough. We had had Nationals and a training camp, and my coach wasn't with me throughout it. It just made the crap-shooting of the taper that much more difficult because there were new people involved. You go through all this work and then you try to taper but there isn't enough time."

1986 Madrid, ESP, August 17-23

After the political boycott of the 1984 Olympic Games, the round-up was an important one, despite the ravaging of several teams by intestinal flu. As had become the trend, East Germany was out in full force, winning a total of 30 medals and leaving the USA in second with 24.

Kristin Otto, foreshadowing her Olympic success in 1988 (six golds), showed

amazing versatility, winning golds in the 100 free, 200 IM, and two relays, and silvers in the 50 free and 100 fly.

Michael Gross, "the Albatross" of West Germany, repeated his wins in the 200 freestyle and 200 fly. Tamas Darnyi of Hungary won both of the men's IMs, establishing himself as the one to beat for years to come.

The drama of the meet was the disqualification of 100 breaststroke winner Adrian Moorhouse of Great Britain. The gold went to Canada's Victor Davis—Moorhouse was disqualified for a butterfly kick on the turn.

1991 Perth, AUS, January 7-13

Of note in Perth was the small but powerful Hungarian team and the gradual onset of the Chinese women, who went home with 4 golds. Germany showed up for the first time as a unified team, and the disappearance of the GDR women made for a drop in the overall level of the women's competition.

Australians remember the heartbreaking loss of the men's 1500 in which Kieren Perkins battled former East German Jörg Hoffmann, who most recently admitted to having used performance-enhancing drugs for a short time during his career behind the Iron Curtain. Both swimmers bettered the previous world record held by Russian Vladimir Salnikov. Hungarian Tamas Darnyi, unbeaten in the IMs since 1985, reached the pinnacle of this career in Perth, winning both IMs in world record time, and cracking the 2-minute barrier in the 200 with a time of 1:59.36.

Mark Tewksbury, Canada's only medallist in Perth:

"Winning a silver medal means knowing that I can do a best time and race when it really matters. It was amazing how in control and relaxed I was. I knew I had done everything possible to swim fast that day. I remember thinking during the race, 'this is so easy.' I just focussed on my own race, not letting anyone else distract me. With 20 m to go I thought I could win it. I didn't tie up. Finally it all came together. It took three years to get here, but it's well worth it."

1994 Rome, ITA, September 5-11

The Chinese women were the talk of the championships as they took over where the East Germans had left off and captured 12 of 16 titles in Rome. The anthem played over and over, and the Chinese coaches put all criticism and suspicion down to racism. They had egg on their faces



Victor Davis won 200 breast in 1982 and the 100 breast in 1986

a few weeks later when seven of their swimmers, including two world champions, tested positive at the Asian Games in Hiroshima. This did not affect the numerous world records established in Rome, however.

The exceptions were Australia's Samantha Riley, a double winner in the breaststroke events, and Franziska van Almsick of Germany, whose famous 200 freestyle victory will be remembered for years to come; van Almsick miscalculated in the morning and finished ninth, only to squeak into lane eight when teammate Dagmar Hase, sick with the flu, scratched from the final. In the evening, van Almsick broke the world record, touching in 1:56.78. The towering Claudia Poll of Costa Rica came onto the scene in the same event, taking the bronze in 1:57.61.

In men's competition, the Americans took another blasting from the media, with Tom Dolan their only individual gold medalist, in the 400 IM. The Russians were strong, with double-gold-medallist Alex Popov, Denis Pankratov, and Vladimir Selkov, but could not catch the Americans, or the Swedes, in the relays.

Canada had no swimming medals in the pool. But Greg Stoppel won the 25K open water title in 5 hours, 35 minutes and 26.56 seconds. Conditions were near ideal, with water temperature of 24°C, and the only obstacles were the hordes of jellyfish.

1998 Perth, January 12-19

In the words of Olympic and now world champion Amy van Dyken, "It wouldn't be a world championships without controversy!" While the American sprinter was referring to events at the 1994 world championships in Rome, those memories were about to be sidelined by even more dramatic happenings. Rome will always be remembered for the atmosphere of dread and suspicion surrounding the phenomenal performances of the Chinese women in the pool.

But Perth 1998 will go down in history primarily for what happened out of the water.

As the aquatic world converged on the most isolated city on the globe, temperatures soared to 45°C. But when the mercury fell back into the comfortable low 30s, the heat was still on for FINA, the parachuted hosts of the show. Even Perth's celebrated wind, the southerly "Fremantle Doctor," provided little relief for the men in suits.

CANADIAN WORLD CHAMPIONSHIPS MEDALLISTS

GOLD

- 1973 ROBERTSON, Bruce, men's 100 butterfly
- 1978 SMITH, Graham, men's 200 individual medley (world record)
- 1982 DAVIS, Victor, men's 200 breaststroke (world record)
- 1986 DAVIS, Victor, men's 100 breaststroke

SILVER

- 1975 GARAPICK, Nancy, women's 200 backstroke
- 1978 SMITH, Graham, men's 100 breaststroke
- 1982 DAVIS, Victor, men's 100 breaststroke
- OTTENBRITE, Anne, women's 100 breaststroke
- 1986 DAVIS, Victor, men's 200 breaststroke
- BAUMANN, Alex, men's 200 individual medley
- 1991 TEWKSBURY, Mark, men's 100 backstroke
- 1998 VERSFELD, Mark, men's 100 backstroke

BRONZE

- 1973 COOK, Wendy, women's 100 backstroke
- 1975 GARAPICK, Nancy, women's 100 backstroke
- 1978 GIBSON, Cheryl, women's 100 backstroke
- GIBSON, Cheryl, women's 200 backstroke
- QUIRK, Wendy, women's 100 butterfly
- 1982 OTTENBRITE, Anne, women's 200 breaststroke
- 1986 HIGSON, Alison, women's 200 breaststroke
- BAUMANN, Alex, men's 400 individual medley
- 1998 van OOSTEN, Lauren, women's 100 breaststroke
- VERSFELD, Mark, men's 200 backstroke
- MYDEN, Curtis, men's 400 individual medley

RELAY BRONZE

- 1973 4x100 men's medley relay
Ian MacKenzie, Peter Hrdlitschka, Bruce Robertson, Brian Phillips
- 1975 4x100 women's freestyle relay
Gail Amundrud, Jill Quirk, Becky Smith, Anne Jardin
- 1978 4x100 women's freestyle relay
Gail Amundrud, Nancy Garapick, Susan Sloan, Wendy Quirk

As is the trend, it was the biggest championships ever with 122 countries participating, up 20 from the previous time. That made for 1413 participants, 709 of which were swimmers (including 81 for open water). This was supposed to be a positive thing, although it was questionable when swimmers from minuscule nations need to grasp at the lane line four times before finishing (just) 100 metres freestyle. Given the number of swimmers over a minute in the men's 100 freestyle, it was clear that the beefed-up statistics had nothing to do with a higher-quality event, but more likely, with a few more delegates.

One of the biggest surprises throughout the meet was the startlingly below-capacity crowds; in a country where swimming enjoys such a high profile, it was certainly disappointing, bringing the noise and excitement levels down a notch. The empty seats were no doubt due to the fact that finals tickets, at \$32 for economy seats, \$42 for moderate, and \$52 for prime, were decidedly overpriced.

Channel 7 television, on the other hand, provided extensive coverage, and was rewarded with sensational ratings of up to 44% of local viewers alone.

From a Canadian perspective, the Australian media were something to behold.

Drugs being a particularly sensitive issue after the track coach Ekkart Arbeit hiring-firing fiasco, the media jumped on German Team Chef Winfried Leopold's admissions to having been involved in doping in the former East Germany. Their special brand of zeal was actually an indirect cause of Leopold's tribulations in Perth, as FINA, sadly underinformed, read the papers and acted in haste, withdrawing his accreditation. Leopold never denied being involved with GDR doping and had been suspended for two years (1991-93). The Germans took FINA to court and were successful in having his accreditation reinstated.

But the German drama had hardly run its course when it was left by the wayside, and China stepped in as the next dog to be flogged. The Germans, and anyone else for that matter, were suddenly given ample breathing room. Pages and pages, including front ones and back ones, were devoted to swimming and doping before the swimming even began. Editorials abounded and the Chinese were watched like hawks. Jingyi Le's remarkably pared down physique was noted and papers published pictures of her from 1994 to mark the contrast.

Whatever their master plan, the Chinese screwed up on all accounts, making ever more fodder for the grist mills. They were caught with human growth hormone at Sydney airport. They refused to be drug tested when official testers arrived at their hotel. They had four swimmers test positive for diuretics,

and through it all, they held press conference after press conference in which they circumvented all serious questions, pleading incomprehension or simply offering a ready-made reply: "The Chinese Swimming Federation is very firm in anti-doping...we are sincerely fighting against doping usage."

Renowned Australian coach Forbes Carlile's suggestion that swimmers turn their backs when the Chinese win medals got mixed reactions as people struggled with the difficulty of taking a stand in the face of the brazen truth. Others called for the Chinese to be sent home and banned from all international swimming competitions.

FINA was in an uproar from the first spark of controversy and was ill-equipped to deal with the snapping Aussie press, who actually asked questions and, even worse, expected answers. The President and his men tried every tactic as it came to them: ignorance ("I have no official

confirmation...”), which brought them grief in print; avoidance (unavailable for comment), which brought them even more; press conferences, which were usually frustratingly non-informative, and finally press releases, which were about as close as they came to actually being effective.

And as the pressure became almost unbearable, FINA (sort of) came around.

They defended their rules, and rightly so, for rules are rules, even if they are poorly adapted for certain situations. But they also made some definitive decisions: they banned the swimmers who had failed the drug tests, announced the formation of a Doping taskforce, as well as announcing the number of Chinese swimmers that had been tested.

Which all goes to show that the “journos” and “snappers”—Aussie for journalists and photographers—were fulfilling their own prophecy. As John Leonard, Executive Director of the World Swimming Coaches Association, observed, “Six years ago we never would have dreamed that we’d have accomplished this much.” Persistent pressure makes things happen, and too little too late, as many accused, was still a little gained.

And in the mill of it all, there were those who were there to swim. Most managed to put the many distractions aside and concentrate on the job to be done, but in seven days of competition there was not a single world record.

Australian Michael Klim was the centre of attention as he tackled seven events, and medalled in all of them. American Jenny Thompson was the top performer on the women’s side, taking home four golds and a silver, and a pile of Akubra style hats. Russian sprint Tsar Alexander Popov successfully defended his 100 freestyle title with a sub-49 second swim, but had to swallow the pill of defeat for the first time in seven years as a jovial sprinter from Alabama, Bill Pilczuk, stole the 50. Tom Dolan also successfully defended his 400 IM title. A few of the stars of the last championships, Jignyi Le, Franziska van Almsick, and Gary Hall Jr., swam only relays.

The younger generation came on like a storm with the likes of Australian distance pair Ian Thorpe and Grant Hackett. Agnes Kovacs (HUN) made good on her European titles in Sevilla, winning the 200 breaststroke as predicted.

Newcomers Kristy Kowal (USA) and Roxana Maracineanu (FRA) were surprise winners that put some of the “dream come true” element back into the meet.

The Americans, with terrific performances by the women and some solid men’s swims, got back to the top of the medal count with 24 in total, 14 of which were gold. Australia was next with an impressive 20 (7 gold). China showed the biggest drop with 7 in total, only 3 of them gold. Germany had a hard time, managing only one gold medal, while France and the men from the Netherlands had their best overall performances ever.

Canada’s medal total of four (1 silver, 3 bronze) is up from 1994 (only one gold in open water) and shows promise.

WORLD CHAMPIONSHIPS CANADIAN SWIMMING MILESTONES

Year	Medals				Finalists	Team Size		
	Gold	Silver	Bronze	TOTAL		Men	Women	Total
1973	1	0	2	3	12	12	15	27
1975	0	1	2	3	29	17	13	30
1978	1	1	4	6	24	15	17	32
1982	1	2	1	4	12	14	12	26
1986	1	2	2	5	16	16	17	33
1991	0	1	0	1	14	18	15	33
1994	0	0	0	0	11	7	11	18
1998	0	1	3	4	9	4	11	15
2001	0	0	0	0	12	10	11	21
Total	4	8	14	26				

2001 Fukuoka, JPN, July 22-29

The 9th FINA World Championships was a great swimming competition, with 8 world records and an Australian win over the USA in gold medals (13 to 9), although the USA claimed 26 total medals to 19 for the Aussies.

With the point system used, the USA, with 847 points, beat out Australia with 788. Canada earned 275 points for 8th overall. This point system was designed in the era of A and B finals, and has not been updated now that semifinals have been introduced. So scoring included the top eight finalists as well as the semifinalists from 9th to 16th.

The men’s FINA Trophy (top individual performers) was awarded to Ian Thorpe for his three individual wins, his fourth in the 100 free, and bonus points for three world records, for a total of 22 points. Inge de Bruijn (NED) won the women’s FINA Trophy with 15 points for three individual wins. Points are awarded 5-3-2-1 with a bonus of 2 for a world record.

There were 48 World Championship records in 40 events (up from 32 events in 1998 as 8 additional non-Olympic events were added). Continental records were bettered as follows: Africa 1, Americas 8, Asia 21, Europe 14, and Oceania 10.

A total of 1498 competitors from 134 National Federations took part in the five disciplines of Open Water (104), Diving (146), Synchronized (166), Swimming (720) and Men’s (209) and Women’s (153) Water Polo.

The swimming events were held in the Marine Messe, an indoor multi-purpose facility. The temporary 50-m pool with 10,000 seats on three sides cost US \$4 million for the two-week period.

The Seiko timing system used for swimming had some faulty touch pads and caused controversy throughout the eight days of the competition.

Men’s events were faster than the women’s, with all the world records set by the men. Australia swept the men’s relays (a first) and won two of three of the women’s relays, although subsequently disqualified in the 4 x 200 free for a post-race infraction (jumping into the pool before all teams had finished).

Australia’s Ian Thorpe and Grant Hackett were in

class of their own. Countries that did poorly at the 2000 Olympics—Great Britain (no medals) and Germany (three bronze medals)—made huge improvements. GBR had 7 (1-2-4) and GER 15 (3-6-6). Michael Phelps (USA), already the youngest male world-record holder at 16, bettered the record again in winning the 200 fly. Thorpe, Hackett, and Phelps are products of strong club programs, and each has been with one coach since they started in the sport.

Canada missed out on a medal in the pool, not for the first time, as they also had none in 1994. But they had finalists in six individual men’s events and two of three relays, both in record swims. The women only had two individual finalists and two out of three relays in the finals. The top Canadian performance was by rookie Jennifer Fratesi, 17, with a fourth-place finish in the 200 backstroke, just 11/100ths of a second out of a medal. Canadian records were bettered 11 times in 6 events. The party line was “we’re rebuilding,” but most of the best from the 2000 Olympic team, with one exception, were at these World Championships.

The next Worlds will be in Barcelona in 2003, with Montreal chosen to host the 2005 championships. The Worlds started in 1973 and have been held on a four-year cycle (except for the first three, held every two years). But from 2001 onwards, they will be held every two years, alternating with the short-course Worlds in between, every two years, thus further crowding the calendar. The event has grown with additional events in swimming (stroke 50s, 800 free men and 1500 free women), three open water races (5K, 10K, 25K), synchronized diving (by two divers) lasting two weeks.

Montreal’s successful bid was based on a unified site for all five disciplines on St-Helen’s Island (site of the 1967 World Exposition) and will consist of outdoor pools for swimming, synchro, diving, water polo, with the open water races in the 1976 Olympic rowing basin. The tentative dates are late July 2005. The original \$25 million budget has already increased to \$35 million and the organizing committee has turned over a number of times since being awarded the championships.

TINY OLYMPIC PROSPECTS

TOP

CLUB NAME	CODE	PROV	BOYS	GIRLS	TOTAL
Bathurst Piranhas	BP	NB	0	1	1
Canadian Dolphin Swim Club	CDSC	BC	7	9	16
Delta Sungod SC	DELTA	BC	3	7	10
Edmonton Keyano SC	EKSC	AB	21	33	54
London Aquatic Club	LAC	ON	7	15	22
Pacific Coast Swimming	PCS	BC	11	11	22
Pointe Claire Swim Club	PCSC	QC	29	58	87
Pacific Sea Wolves	PSW	BC	9	24	33
Richmond Rapids SC	RAPID	BC	3	13	16
Region of Waterloo	ROW	ON	4	3	7
University of Calgary SC	UCSC	QC	9	13	22
Uxbridge Swim Club	USC	ON	4	11	15
Total			107	198	305

BOYS EVENTS

BOYS 7&U - 200 FREESTYLE

Rec: 2:50.36 Joshua Hammervold, UCSC, 97

- 3:53.40 ZHOU Evan, CDSC
- 4:08.00 WILTSHIRE Joe, EKSC
- 4:24.29 KOVACS Matthew, LAC
- 4:39.31 ASSI Sherif, PCSC
- 4:44.14 GOSAL Jaeten, CDSC
- 4:56.00 OSBORNE Nathan, EKSC
- 5:22.55 RAASCH Kyle, PCSC
- 6:04.40 CANDRAY Randy, EKSC
- 6:40.80 GREEN Lucas, EKSC
- 8:24.83 MCGREGOR Travis, PCSC
- 9:04.00 WARD Brendan, PCS

BOYS 8 - 400 FREESTYLE

Rec: 5:22.65 Doug Wake, YLSC, 86

- 6:47.97 BENNETT Dean, ROW
- 7:46.29 SIERA-DOVALI Sebastien, PCSC
- 7:48.60 CHOW Hugh, RAPID
- 7:59.75 LAFLEUR Jonathan, PCSC
- 8:18.40 BIBAULT Devon, EKSC
- 8:18.45 PEPELEA Thoma, PCSC
- 9:54.20 PARSONS Andrew, PCSC
- 10:19.60 MINSTER Mark, CDSC
- 11:19.40 ORFANIDES George, LAC
- 11:45.02 MacPHAIL Cam, PSW
- 12:25.20 WOOD Bradley, USC



BENNETT Dean, 8

Club: Region of Waterloo
Coach: Laura Nicholls
2003 TOP Progression

	400 free	100 IM
Apr	6:56.51 (1)	1:50.27 (1)
Jun	6:47.97 (1)	1:45.49 (1)

- 12:51.40 ANTONIO Ethan, EKSC
- 13:13.50 SANDS Connor, EKSC
- 14:13.65 BOUADOIN Samuel, EKSC
- 15:06.69 HACK Niv, PCS
- 15:14.48 KOZIOLO-NEUMANN Alexander, PCS

BOYS 9 - 800 FREESTYLE

Rec: 10:27.10 Doug Wake, YLSC, 86

- 12:12.91 SALMON Brayden, LAC
- 12:33.20 SHRAMKO Michael, RAPID
- 12:56.64 GRILLO Matt, PCSC
- 13:20.97 GILMOUR Mark, LAC
- 13:30.48 MALLETT David, ROW
- 13:36.04 SURA Conner, PCSC
- 13:43.45 BROMFIELD David, UCSC
- 14:07.95 HARIRI Kareem, PCSC
- 14:21.56 LESSARD Charlie, PCSC
- 14:25.79 JAMIESON Collin, PCSC
- 14:27.18 GOULDING Michael, PCS
- 14:32.46 KULAKOWSKI Patrick, PCSC
- 14:53.50 BURKE Martin, UCSC
- 15:11.12 LACHANCE James, PCSC
- 15:40.98 GILMARTIN Eric, PCSC
- 15:53.14 MANNY Frederic, PCSC
- 15:59.41 KEMP Graeme, ROW
- 16:05.00 SAURETTE Matthew, EKSC
- 17:26.00 WENZEL Marcus, CDSC
- 17:32.12 DEBILIER Chris, PCSC
- 18:24.23 KOPATCHEV George, CDSC

BOYS 7&U - 100 IND. MEDLEY

Rec: 1:29.77 Andrew Bignell, SSMAC, 91

- 1:59.22 ZHOU Evan, CDSC
- 2:11.82 KOVACS Matthew, LAC
- 2:15.80 WILTSHIRE Joe, EKSC
- 2:33.15 GOSAL Jaeten, CDSC
- 2:34.87 RAASCH Kyle, PCSC
- 2:42.77 ASSI Sherif, PCSC
- 2:53.05 MCGREGOR Travis, PCSC
- 2:55.00 WARD Brendan, PCS
- 3:42.00 GREEN Lucas, EKSC
- 3:50.40 OSBORNE Nathan, EKSC
- 4:00.10 CANDRAY Randy, EKSC

BOYS 8 - 100 IND. MEDLEY

Rec: 1:21.38 Andrew Bignell, SSMAC, 92

- 1:45.49 BENNETT Dean, ROW
- 1:49.39 SIERA-DOVALI Sebastien, PCSC
- 1:56.25 LAFLEUR Jonathan, PCSC
- 1:58.20 MAGNON Alexandre, PCSC
- 1:59.68 PEPELEA Thoma, PCSC
- 2:06.10 BIBAULT Devon, EKSC
- 2:18.25 PARSONS Andrew, PCSC
- 2:26.31 MILJENOVIC Milos, PSW
- 2:40.65 ORFANIDES George, LAC
- 2:41.84 WOOD Bradley, USC
- 2:59.93 MacPHAIL Cam, PSW
- 3:08.08 MINSTER Mark, CDSC
- 3:09.90 SANDS Connor, EKSC
- 3:23.58 KOZIOLO-NEUMANN Alexander, PCS
- 3:28.80 BOUADOIN Samuel, EKSC

SALMON Brayden, 9

Club: London Aquatic Club
Coach: Donna Moskal
2003 TOP Progression

	800 free	200 IM
Jan	12:39.40(2)	3:14.40(2)
Apr	12:29.08(2)	3:14.42(3)
Jun	12:12.91(1)	3:14.42(3)

- 18:33.86 STEFOPULOS Michael, USC
- 19:02.71 BAILEY Ryan, PSW
- 19:48.00 SMITH Trevor, PCS
- 20:30.21 HOLLUBOFF Ryder, PSW
- 21:09.77 KERESZTES Cameron, PSW
- 21:39.63 COX Matthew, PCSC
- 22:20.83 WOO Mario, PSW
- 22:56.70 DICKSON Blake, EKSC
- 25:41.23 LEE Henry, PSW
- 27:15.50 McCLURE Sean, EKSC

BOYS 10 - 1500 FREESTYLE

Rec: 18:41.93 Michael Calkins, VICO, 89

- 22:34.41 WISE Robert, LAC
- 23:02.65 EMORY Matt, PCSC
- 23:07.67 AYRE Trevor, PCSC
- 23:08.00 FUNK Richard, EKSC
- 23:08.89 TATIGIAN Nicholas, PCSC
- 23:09.08 SIERA-DOVALI Ander, PCSC
- 23:32.40 DIONISI Michael, PCSC
- 23:34.33 SIMONIYK Ryan, PCSC
- 23:45.00 LAI Jason, EKSC
- 24:35.85 ROSS Sean, PCSC
- 24:47.08 WAGNER Thomas, UCSC
- 25:12.00 HO Calvin, EKSC
- 26:07.15 SOUTHAM Noah, LAC
- 26:50.63 RUSH Dylan, UCSC
- 26:59.54 EGGEN Robert, UCSC
- 27:23.60 WASHBURN Joel, EKSC
- 27:37.48 CZYZ Vincent, UCSC
- 27:44.88 MAK Anthony, UCSC
- 27:49.34 REINHART Derek, ROW
- 27:58.02 OSTROM Derek, UCSC
- 28:12.20 FEDORCHENKO Stan, RAPID
- 28:22.97 DeCECCO Colton, DELTA
- 28:36.39 SPRINGER Craig, LAC
- 28:47.48 GUSMAN Eugene, PCSC
- 28:57.33 ROY Cameron, PCSC
- 29:19.82 ROTH Aiden, PCS
- 29:23.12 CORBETT Dylan, UCSC
- 29:35.60 WHITE Reid, EKSC
- 29:39.95 WOOD Tyler, USC
- 30:09.80 KOSTIUK Nick, EKSC
- 31:00.96 MINSTER Simon, CDSC
- 30:46.49 KUNEN Avi, PCS
- 31:04.16 DURSTON Ilya, PSW
- 31:09.84 ZANATTA Keegan, PCS
- 31:43.91 TETTAMANTI Ben, CDSC
- 31:47.00 HASTINGS Brett, PCS
- 32:00.10 JOHNSON Nicholas, EKSC
- 32:50.89 CANDRAY Bradley, EKSC
- 37:43.51 BARRATT Cole, PCS
- 38:57.01 HILL Takumi, DELTA
- 39:00.93 RIGGS Stephen, DELTA
- 40:02.16 FINDLAY Colin, EKSC
- 45:59.92 DJERIC Rastko, CDSC
- 47:44.33 WOO Enzo, PSW

BOYS 9 - 400 IND. MEDLEY

Rec: 5:29.10 Tobias Oriwol, PCSC, 96

- 6:24.35 EMORY Matt, PCSC
- 6:38.00 FUNK Richard, EKSC
- 6:38.91 SIERA-DOVALI Ander, PCSC
- 6:42.53 DIONISI Michael, PCSC
- 6:50.73 AYRE Trevor, PCSC
- 6:52.42 WAGNER Thomas, UCSC
- 7:03.71 TATIGIAN Nicholas, PCSC
- 7:05.10 LAI Jason, EKSC
- 7:06.03 WISE Robert, LAC
- 7:12.83 SIMONIYK Ryan, PCSC
- 7:21.08 REINHART Derek, ROW
- 7:22.26 CZYZ Vincent, UCSC
- 7:40.32 ZANATTA Keegan, PCS
- 7:48.60 WASHBURN Joel, EKSC
- 7:48.91 SPRINGER Craig, LAC
- 7:49.35 SOUTHAM Noah, LAC
- 7:49.71 KOSTIUK Nick, EKSC
- 7:51.00 HO Calvin, EKSC
- 7:52.52 OSTROM Derek, UCSC
- 7:55.42 MAK Anthony, UCSC
- 7:58.10 FEDORCHENKO Stan, RAPID
- 7:58.92 GUSMAN Eugene, PCSC
- 8:02.95 MINSTER Simon, CDSC
- 8:16.56 WOOD Tyler, USC
- 8:17.54 PEPELEA Joseph, PCSC
- 8:17.73 DURSTON Ilya, PSW
- 8:19.00 DeCECCO Colton, DELTA
- 8:22.58 CORBETT Dylan, UCSC
- 8:30.10 WHITE Reid, EKSC
- 8:49.67 KUNEN Avi, PCS
- 8:54.79 CANDRAY Bradley, EKSC
- 9:25.84 ROTH Aiden, PCS
- 9:33.69 RUTLEDGE Ryan, USC
- 9:51.71 RIGGS Stephen, DELTA
- 10:04.97 HILL Takumi, DELTA
- 10:15.91 TETTAMANTI Ben, CDSC
- 10:27.56 WOO Enzo, PSW
- 10:34.24 FINDLAY Colin, EKSC
- 11:07.00 JOHNSON Nicholas, EKSC
- 11:37.61 BARRATT Cole, PCS
- 12:04.96 DJERIC Rastko, CDSC

BOYS 7&U - 200 FREESTYLE

Rec: 2:55.04 Donna Wu, AQUA, 85

- 4:20.74 McCULLOUGH Megan, PCSC
- 4:23.51 BROWN Andrea, PCSC
- 4:27.39 SURA Kylie, PCSC

- 3:34.00 ANTONIO Ethan, EKSC
- 3:36.28 HACK Niv, PCS

BOYS 9 - 200 IND. MEDLEY

Rec: 2:41.91 Tobias Oriwol, PCSC, 95

- 3:11.20 SHRAMKO Michael, RAPID
- 3:13.98 GRILLO Matt, PCSC
- 3:14.42 SALMON Brayden, LAC
- 3:15.92 BROMFIELD David, UCSC
- 3:20.21 MALLETT David, ROW
- 3:21.12 SURA Conner, PCSC
- 3:25.34 GILMOUR Mark, LAC
- 3:27.80 GOULDING Michael, PCS
- 3:28.03 LESSARD Charlie, PCSC
- 3:32.22 BURKE Martin, UCSC
- 3:33.81 KEMP Graeme, ROW
- 3:38.16 JAMIESON Collin, PCSC
- 3:41.06 HARIRI Kareem, PCSC
- 3:41.71 KULAKOWSKI Patrick, PCSC
- 4:05.71 LACHANCE James, PCSC
- 4:09.28 GILMARTIN Eric, PCSC
- 4:14.56 MANNY Frederic, PCSC
- 4:18.11 DEBILIER Chris, PCSC
- 4:38.12 STEFOPULOS Michael, USC
- 4:40.47 BAILEY Ryan, PSW
- 4:45.56 SMITH Trevor, PCS
- 4:49.83 KOPATCHEV George, CDSC
- 4:56.10 WENZEL Marcus, EKSC
- 5:01.64 HOLLUBOFF Ryder, PSW
- 5:17.99 KERESZTES Cameron, PSW
- 5:18.92 WOO Mario, PSW
- 5:24.22 COX Matthew, PCSC
- 6:04.40 SAURETTE Matthew, EKSC
- 6:35.50 McCLURE Sean, EKSC
- 6:37.40 DICKSON Blake, EKSC
- 6:48.87 LEE Henry, PSW
- 7:50.45 JOHNSON Josh, PCS

BOYS 10 - 400 IND. MEDLEY

Rec: 5:29.10 Tobias Oriwol, PCSC, 96

- 6:24.35 EMORY Matt, PCSC
- 6:38.00 FUNK Richard, EKSC
- 6:38.91 SIERA-DOVALI Ander, PCSC
- 6:42.53 DIONISI Michael, PCSC
- 6:50.73 AYRE Trevor, PCSC
- 6:52.42 WAGNER Thomas, UCSC
- 7:03.71 TATIGIAN Nicholas, PCSC
- 7:05.10 LAI Jason, EKSC
- 7:06.03 WISE Robert, LAC
- 7:12.83 SIMONIYK Ryan, PCSC
- 7:21.08 REINHART Derek, ROW
- 7:22.26 CZYZ Vincent, UCSC
- 7:40.32 ZANATTA Keegan, PCS
- 7:48.60 WASHBURN Joel, EKSC
- 7:48.91 SPRINGER Craig, LAC
- 7:49.35 SOUTHAM Noah, LAC
- 7:49.71 KOSTIUK Nick, EKSC
- 7:51.00 HO Calvin, EKSC
- 7:52.52 OSTROM Derek, UCSC
- 7:55.42 MAK Anthony, UCSC
- 7:58.10 FEDORCHENKO Stan, RAPID
- 7:58.92 GUSMAN Eugene, PCSC
- 8:02.95 MINSTER Simon, CDSC
- 8:16.56 WOOD Tyler, USC
- 8:17.54 PEPELEA Joseph, PCSC
- 8:17.73 DURSTON Ilya, PSW
- 8:19.00 DeCECCO Colton, DELTA
- 8:22.58 CORBETT Dylan, UCSC
- 8:30.10 WHITE Reid, EKSC
- 8:49.67 KUNEN Avi, PCS
- 8:54.79 CANDRAY Bradley, EKSC
- 9:25.84 ROTH Aiden, PCS
- 9:33.69 RUTLEDGE Ryan, USC
- 9:51.71 RIGGS Stephen, DELTA
- 10:04.97 HILL Takumi, DELTA
- 10:15.91 TETTAMANTI Ben, CDSC
- 10:27.56 WOO Enzo, PSW
- 10:34.24 FINDLAY Colin, EKSC
- 11:07.00 JOHNSON Nicholas, EKSC
- 11:37.61 BARRATT Cole, PCS
- 12:04.96 DJERIC Rastko, CDSC

GIRLS EVENTS

GIRLS 7&U - 200 FREESTYLE

Rec: 2:55.04 Donna Wu, AQUA, 85

- 4:20.74 McCULLOUGH Megan, PCSC
- 4:23.51 BROWN Andrea, PCSC
- 4:27.39 SURA Kylie, PCSC

- 4:31.89 BERGMAN Erin, PSW
- 4:32.90 AHERN Rebecca, EKSC
- 4:52.31 MARTONE Kimiko, PCSC
- 4:56.25 OUIMET Ariane Eve, PCSC
- 4:58.42 LEBLANC Melanie, PCSC
- 5:02.61 HUANG Jolly, CDSC
- 5:21.45 CASSAROTTO Alexandra, PCSC
- 5:30.37 STINIS Chloe, PCSC
- 5:42.25 PARSONS Samantha, PCSC
- 5:51.96 NOVACK Vanessa, PCSC
- 6:20.03 TETTAMANTI Marissa, CDSC
- 6:32.00 ROLLS Ashley, PCS
- 6:34.51 MULVANY Bridget, EKSC
- 7:07.90 PYLYPA Kaitlin, EKSC
- 7:16.60 MCGEE Melissa, EKSC
- 7:46.70 SAURETTE Alexandra, EKSC
- 8:35.00 YURKOVICH Claire, EKSC
- 8:58.76 DIXON Jana, EKSC
- 17:31.85 BARRATT Savannah, PCS
- 20:20.76 HACK Karene, PCS

GIRLS 8 - 400 FREESTYLE

Rec: 5:49.44 Sandy Sabo, DDO, 83

- 6:10.70 QUAN Caitlin, RAPID
- 6:35.62 GAGNE Amanda, PCSC
- 6:37.43 ASSI Sarah, PCSC
- 6:47.87 LAMONTAGNE Taylor, PSW
- 7:14.77 BRAYNE Jillian, PCSC
- 7:19.00 STARMAN Sabra, EKSC
- 7:20.60 Wu Yp Han, RAPID
- 7:26.11 CAMERON Ashley, PCSC
- 7:32.10 DIFRUSCIA Rebecca, PCSC
- 7:36.21 FAIRLIE Paige, PCSC
- 7:59.88 SCHMIDT Stefania, PCS
- 8:01.18 BLAUGRAVE Cassandra, PCSC
- 8:01.85 McDONALD Marina, PCSC
- 8:05.42 GRASSO Bianca, PCSC
- 8:09.28 CASSAROTTO Stephanie, PCSC
- 8:16.58 BIRDSALL Alison, PSW
- 8:27.12 TATIGIAN Liane, PCSC
- 8:22.05 CARICH Rachel, PSW
- 8:36.43 ROY Lauren, PCSC
- 8:37.38 LEE Sandra, PSW
- 8:39.33 MULLIGAN Mariah, PSW
- 9:00.54 SANTOS Chelsea, DELTA
- 9:11.42 MACLEOD Sarah, PCSC
- 9:47.83 GIBSON Kinley, EKSC
- 10:48.84 CWMYAR Lawrene, USC
- 11:04.47 WEBSTER Ali, PSW
- 11:04.61 CANDRAY Ashley, EKSC
- 11:14.54 GROENWEGEN Sarah, PSW
- 11:42.48 CHOW Olivia, PSW
- 11:45.67 ERICKSON Kayleigh, PSW
- 11:47.00 HOSHIKA Hakari, CDSC
- 12:11.63 MINHAS Sonam, DELTA
- 12:38.37 NYKIFORUK Alexandra, EKSC
- 12:54.21 REBEL Carmen, EKSC
- 13:51.57 ALI Amira, CDSC
- 13:46.11 ANNES Annie, PSW
- 13:54.14 GREHAM Clare, EKSC
- 14:54.01 MASRI Nadia, PCS

GIRLS 9 - 800 FREESTYLE

Rec: 10:45.42 Julie Bodenbender, AQUA, 88

- 12:35.85 GAGNER Marla, PCSC
- 13:12.15 CANTY-CURRIER Roxan, PCSC
- 13:31.70 RUEJ Marie-Anne, PCSC
- 13:33.82 CLOUTIER Isabelle, PCSC
- 13:42.26 ZEVNIK Alexia, PCSC
- 13:47.08 BEVERIDGE Allison, UCSC
- 13:49.38 DAIGLE Marie Pier, BP
- 13:51.01 WEI Quennie, UCSC
- 14:07.00 MORGAN Jennifer, EKSC
- 14:20.61 CALDWELL Katie, PSW
- 14:29.17 WILSON Tessa, EKSC
- 14:47.07 HILDEBRAND Alyssa, UCSC
- 14:50.22 D'ARIANO Laura, LAC
- 14:56.22 ROSATO Laura, LAC
- 15:01.86 RUDKO Lessia, PCSC
- 15:10.34 BEETAJIAN Venus, PCSC
- 15:13.20 MacLEOD Kari, UCSC
- 15:18.40 HARTLEY Jessica, LAC
- 15:20.00 HANDEK Erin, EKSC
- 15:21.70 HOEKSTRA Mackenzie, EKSC
- 15:26.13 LOUGHED Louren, PSW
- 15:31.21 GALLAGHER Brooke, PSW
- 15:47.67 CUNNINGHAM Margot, ROW
- 15:50.90 PIERSE Patricia, EKSC
- 15:57.95 FERGUSON Duncan, CDSC

**ZHOU Evan, 7**Club: Canadian Dolphin Swim Club
Coach: Janice Hannan

2003 TOP Progression

	200 free	100 IM
Jan	4:01.01 (2)	1:56.13 (1)
Apr	4:03.20 (1)	2:00.71 (1)
Jun	3:53.40 (1)	1:59.22 (1)

**QUON Caitlin, 8**Club: Richmond Rapids
Coach:

2003 TOP Progression

	400 free	100 IM
Jan	6:29.90 (1)	1:37.90 (1)
Apr	6:10.70 (1)	1:33.60 (1)
Jun	6:10.70 (1)	1:31.10 (1)

**SHRAMKO Michael, 9**Club: Richmond Rapids
Coach: Cory Beatt

2003 TOP Progression

	800 free	200 IM
Jan	14:03.20 (10)	3:37.70 (12)
Apr	12:57.90 (5)	3:21.70 (4)
Jun	12:33.20 (2)	3:11.20 (1)

**BAKKEN Alyssa, 10**Club: Pacific Coast Swimming
Coach: Rod Barratt

2003 TOP Progression

	1500 free	400 IM
Jan	26:44.58 (20)	7:22.80 (22)
Apr	22:18.28 (3)	6:32.13 (5)
Jun	20:44.60 (1)	6:04.00 (1)

**WISE Robert, 10**Club: London Aquatic Club
Coach: Donna Moskal

2003 TOP Progression

	1500 free	400 IM
Jan	22:58.40 (4)	6:26.30 (3)
Apr	22:39.98 (3)	6:26.30 (4)
Jun	20:34.41 (1)	7:03.03 (9)

- 26) 15:59.50 LIN Claire,RAPID
- 27) 16:01.58 ROY Caroline,PCSC
- 28) 16:16.12 SEXTON Michelle,PCSC
- 29) 16:21.80 O'KELLY Niamh,EKSC
- 30) 17:05.00 HAMILTON Bronte,EKSC
- 31) 17:22.18 ARMSTRONG Faith,EKSC
- 32) 17:25.57 ZAMOZDRA Tatiana,PCSC
- 33) 17:26.11 JACOBS Megan,USC
- 34) 17:34.25 KING Kaylee,EKSC
- 35) 17:39.27 JASSAL Melissa,DELTA
- 36) 17:41.51 FINAN Catherine,LAC
- 37) 18:04.00 McCANN Josie,LAC
- 38) 18:49.48 CHOY Carris,CDSC
- 39) 18:55.17 HEFFERING Abbie,USC
- 40) 19:02.75 NOVACK Arielle,PCSC
- 41) 20:00.79 MAURICE Vanessa,LAC
- 42) 20:01.54 KAHALE Sarah,PCS
- 43) 20:44.77 FERRARO Anika,USC
- 44) 21:05.00 ROLLS Jessica,PCSC
- 45) 22:40.40 LIVINGSTON Cassidy,USC
- 46) 22:50.66 MOGERMAN Chya,CDSC
- 47) 23:10.00 HAYASHI Emily,PCS
- 48) 23:20.00 LEUNG Tamiya,PCS
- 49) 25:47.60 LABOTS Julienne,EKSC
- 50) 25:52.50 HITCHCOCK Claire,EKSC
- 51) 26:42.40 SCHOWALTER Glenna,EKSC

GIRLS 10 - 1500 FREESTYLE

- Rec: 19:12.09 Melanie Coppel,AQUA,86
- 1) 20:44.60 BAKKEN Alyssa,PCSC
 - 2) 21:57.18 McCULLOUGH Molly,PCSC
 - 3) 22:52.24 MISURELLI Jennifer,USCSC
 - 4) 22:53.76 McCALLUM Natalie,USCSC
 - 5) 23:14.08 ASSI Sadiyah,PCSC
 - 6) 23:14.50 ZAROFF Marie,RAPID
 - 7) 23:21.75 McMULLEN Olivia,PCSC
 - 8) 23:40.41 WALKER Alyson,LAC
 - 9) 23:48.52 McGREGOR Ashley,PCSC
 - 10) 23:49.41 D'ARIANO Victoria,LAC
 - 11) 23:54.31 McCORD Cate,USCSC
 - 12) 24:14.79 CENTOMO Kyla,PCSC
 - 13) 24:41.62 BECK Kinsey,LAC
 - 14) 24:56.05 BOSSE Christina,PCSC
 - 15) 25:12.85 SPROULE Emma,USCSC
 - 16) 25:19.77 SCHMIDT Julia,PCS
 - 17) 26:03.83 ALLARDYCE Jamie-Lee,PCSC
 - 18) 26:13.12 MULLIGAN Lynnaea,PSW
 - 19) 26:17.00 WILTSHIRE Miriam,EKSC
 - 20) 26:40.03 CREPNJAK Catherine,PCSC
 - 21) 26:41.14 MCANERIN Madison,PSW
 - 22) 26:44.06 VRIONIS Valerie,PCSC
 - 23) 26:48.05 BOLL Jessica,USCSC
 - 24) 26:59.40 CALSIN MURDOCH Medea,RAPID
 - 25) 27:03.40 DAY Anne,RAPID
 - 26) 27:15.36 DUBOIS Laurence,PCSC
 - 27) 27:15.72 RAWN Vicki,ROW
 - 28) 27:20.85 SANTAMARIA Alexandra,PCSC
 - 29) 27:26.40 KALBARCHYK Victoria,PCSC
 - 30) 27:53.64 HOSSARI Laura,PCSC
 - 31) 28:00.03 PARSONS Caroline,PCSC

- 32) 28:03.10 WOOD Olivia,ROW
- 33) 28:12.10 GREEN Tessa,EKSC
- 34) 28:14.15 DAVIS Sabrina,USCSC
- 35) 28:19.15 KRYSCHUK Michelle,USCSC
- 36) 28:24.02 SCHMIDT Michaela,USCSC
- 37) 28:36.36 NELL Shannon,LAC
- 38) 28:36.83 SZE Laura,CDSC
- 39) 28:51.11 JORNA Elena,LAC
- 40) 28:53.91 DELIU Lisa,USCSC
- 41) 28:58.10 GOSEL Kim,RAPID
- 42) 29:00.20 LEITCH Andrea,RAPID
- 43) 29:05.10 PITTCARD Mara,LAC
- 44) 29:27.60 McCORD Madison,RAPID
- 45) 29:37.43 MORRIS Caron,PSW
- 46) 29:47.90 McLEAN Saskia,EKSC
- 47) 29:48.40 AU YEUNG Christine,RAPID
- 48) 30:02.29 READ Laura,PCSC
- 49) 30:48.59 KNIGHT Jill,LAC
- 50) 31:06.70 BALDREY Robyn,RAPID
- 51) 31:21.18 JOOSTEN Victoria,USC
- 52) 31:25.50 GIBSON-BROKOP Lindsay,EKSC
- 53) 32:06.32 POLAK Martha,PCSC
- 54) 32:16.85 GARNER Maggie,CDSC
- 55) 32:32.06 WYERS Andrea,USC
- 56) 33:11.27 SARGEANT Anna,PSW
- 57) 33:35.86 KNAPP Kaitlin,DELTA
- 58) 33:39.47 FRICK Jennifer,EKSC
- 59) 34:07.25 LAFLEUR Tiffany,PCSC
- 60) 34:10.15 TIERNEY Haley,PCSC
- 61) 34:17.28 JUERT Christina,PSW
- 62) 34:29.81 CAREW Courtney,LAC
- 63) 34:29.90 CASCHERA Clara,LAC
- 64) 34:46.00 AMOROSA Amanda,PCSC
- 65) 34:52.33 JOHNSTON Tessa,PCSC
- 66) 34:53.23 WEBSTER Kelsey,PSW
- 67) 35:38.17 KEEPING Katie,USC
- 68) 35:49.44 HALL Julie,DELTA
- 69) 35:53.50 SANDS Hanna,EKSC
- 70) 36:28.70 DHESI Geevan,PSW
- 71) 37:39.01 FALLU Isabelle,EKSC
- 72) 37:49.17 BUCKINGHAM Jesslyn,USC
- 73) 39:53.41 LI Fiona,DELTA
- 74) 39:56.92 BUFFAN Charlene,USC
- 75) 40:01.30 SMITH Hayley,EKSC
- 76) 42:40.43 COX Kristy,PSW

GIRLS 7&U - 100 IND. MEDLEY

- Rec: 1:28.46 Donna Wu,AQUA,85
- 1) 2:13.41 SURA Kylie,PCSC
 - 2) 2:17.72 McCULLOUGH Megan,PCSC
 - 3) 2:18.50 BERGMAN Erin,PSW
 - 4) 2:29.05 MARTONE Kimiko,PCSC
 - 5) 2:34.82 QUIMET Ariane Eve,PCSC
 - 6) 2:35.38 BROWN Andrea,PCSC
 - 7) 2:42.55 LEBLANC Melanie,PCSC
 - 8) 2:43.72 HUANG Jolly,CDSC
 - 9) 2:44.00 AHERN Rebecca,EKSC
 - 10) 2:46.12 PYLYPA Kaitlin,EKSC
 - 11) 2:50.64 CASSAROTTO Alexandra,PCSC
 - 12) 3:07.20 STINIS Chloe,PCSC

- 13) 3:08.33 PARSONS Samantha,PCSC
- 14) 3:15.08 NOVACK Vanessa,PCSC
- 15) 3:27.00 ROLLS Ashley,PCSC
- 16) 3:39.90 SAURETTE Alexandra,EKSC
- 17) 3:53.22 TETTAMANTI Marissa,CDSC
- 18) 4:27.00 YURKOVICH Claire,EKSC
- 19) 5:46.14 BARRATT Savannah,PCSC
- 20) 7:36.14 HACK Karene,PCS

GIRLS 8 - 100 IND. MEDLEY

- Rec: 1:27.52 Donna Wu,AQUA,85
- 1) 1:31.10 QUAN Caitlin,RAPID
 - 2) 1:40.28 ASSI Sarah,PCSC
 - 3) 1:41.80 WU Yp Han,RAPID
 - 4) 1:42.60 GAGNE Amanda,PCSC
 - 5) 1:45.51 BRAYNE Jillian,PCSC
 - 6) 1:49.14 LAMONTAGNE Taylor,PSW
 - 7) 1:49.66 CASSAROTTO Stephanie,PCSC
 - 8) 1:50.01 DIFRUSCIA Rebecca,CDSC
 - 9) 1:50.55 CAMERON Ashley,PCSC
 - 10) 1:51.18 McDONALD Marina,PCSC
 - 11) 1:51.51 BLAGRAVE Cassandra,PCSC
 - 12) 1:58.01 FAIRLIE Paige,PCSC
 - 13) 1:58.41 TATIGIAN Liane,PCSC
 - 14) 1:59.48 NORMAN Courtney,PCSC
 - 15) 2:03.61 MACLEOD Sarah,PCSC
 - 16) 2:04.75 BIRDSALL Alison,PSW
 - 17) 2:04.88 CARICH Rachel,PSW
 - 18) 2:08.28 SANTOS Chelsea,DELTA
 - 19) 2:09.59 GRASSO Bianca,PCSC
 - 20) 2:11.66 MULLIGAN Mariah,PSW
 - 21) 2:21.83 WEBSTER Ali,PSW
 - 22) 2:25.06 GIBSON Kinley,EKSC
 - 23) 2:28.32 CHOW Olivia,PSW
 - 24) 2:30.12 ERICKSON Kayleigh,PSW
 - 25) 2:32.41 LEE Sandra,PSW
 - 26) 2:33.97 CWYNAR Lawrence,USC
 - 27) 2:34.06 MROZ Ella,USC
 - 28) 2:36.03 MINHAS Sonam,DELTA
 - 29) 2:43.55 GROENWEGEN Sarah,PSW
 - 30) 2:45.91 CANDRAY Ashley,EKSC
 - 31) 2:56.61 NYKIFORUK Alexandra,EKSC
 - 32) 3:05.16 ANNES Annie,PSW
 - 33) 3:05.46 GREHAN Clare,EKSC
 - 34) 3:21.44 HOSHIIKA Hakari,CDSC
 - 35) 3:22.09 REBEL Carmen,EKSC

GIRLS 9 - 200 IND. MEDLEY

- Rec: 2:50.84 Leslie Dowson,WISC,88
- 1) 3:12.10 MORGAN Jennifer,EKSC
 - 2) 3:15.91 GAGNIER Maria,PCSC
 - 3) 3:16.21 WEI Quennie,USCSC
 - 4) 3:20.11 BEVERIDGE Allison,USCSC
 - 5) 3:24.06 CALDWELL Katie,PSW
 - 6) 3:27.65 MacLEOD Kari,USCSC
 - 7) 3:28.43 CANTY-CURRIER Roxan,PCSC
 - 8) 3:33.12 RUEL Marie-Anne,PCSC
 - 9) 3:37.17 KING Kaylee,EKSC
 - 10) 3:37.43 ZEVNIK Alexia,PCSC
 - 11) 3:40.08 CLOUTIER Isabelle,PCSC

- 12) 3:40.17 CUNNINGHAM Margot,ROW
- 13) 3:40.64 DAIGLE Marie Pier,BP
- 14) 3:40.98 HILDEBRAND Alyssa,USCSC
- 15) 3:44.50 PIERSE Patricia,EKSC
- 16) 3:46.80 WILSON Tessa,EKSC
- 17) 3:47.28 HARTLEY Jessica,LAC
- 18) 3:47.56 ROSATO Laura,LAC
- 19) 3:52.84 D'ARIANO Laura,LAC
- 20) 3:55.09 McCANN Josie,LAC
- 21) 3:58.00 HOEKSTRA Mackenzie,EKSC
- 22) 3:59.30 LOUGHEED Lauren,PSW
- 23) 3:59.91 BEETAJIAN Venus,PCSC
- 24) 3:59.95 ROY Caroline,PCSC
- 25) 4:01.99 FERGUSON Duncan,CDSC
- 26) 4:05.73 FINAN Catherine,LAC
- 27) 4:09.17 JASSAL Melissa,DELTA
- 28) 4:10.42 SEXTON Michelle,PCSC
- 29) 4:15.20 LIN Claire,RAPID
- 30) 4:16.08 GALLAGHER Brooke,PSW
- 31) 4:17.30 JACOBS Megan,USC
- 32) 4:18.26 CHAN Imelda,DELTA
- 33) 4:18.28 MASRI Nadia,PCS
- 34) 4:20.90 CHOY Carris,CDSC
- 35) 4:28.55 ARMSTRONG Faith,EKSC
- 36) 4:29.85 ZAMOZDRA Tatiana,PCSC
- 37) 4:30.10 HANDEREK Erin,EKSC
- 38) 4:34.34 HEFFERING Abbie,USC
- 39) 4:41.35 FERRARO Anika,USC
- 40) 4:51.15 LIVINGSTON Cassidy,USC
- 41) 4:53.10 O'KELLY Niamh,EKSC
- 42) 5:01.16 HAMILTON Bronte,EKSC
- 43) 5:03.21 MAURICE Vanessa,LAC
- 44) 5:04.07 KAHALE Sarah,PCSC
- 45) 5:05.51 NOVACK Arielle,PCSC
- 46) 5:12.42 MOGERMAN Chya,CDSC
- 47) 5:51.00 ROLLS Jessica,PCS
- 48) 6:29.00 HAYASHI Emily,PCS
- 49) 6:32.45 HITCHCOCK Claire,EKSC
- 50) 7:47.82 SCHOWALTER Glenna,EKSC
- 51) 8:07.00 LEUNG Tamiya,PCS

GIRLS 10 - 400 IND. MEDLEY

- Rec: 5:36.76 Stephanie Shewchuk,PCSC,85
- 1) 6:04.00 BAKKEN Alyssa,PCSC
 - 2) 6:18.50 ZAROFF Marie,RAPID
 - 3) 6:23.77 McCULLOUGH Molly,PCSC
 - 4) 6:31.85 MISURELLI Jennifer,USCSC
 - 5) 6:34.60 McCALLUM Natalie,USCSC
 - 6) 6:40.02 BOSSE Christina,PCSC
 - 7) 6:40.20 D'ARIANO Victoria,LAC
 - 8) 6:44.11 WALKER Alyson,LAC
 - 9) 6:50.02 VRIONIS Valerie,PCSC
 - 10) 6:52.88 McGREGOR Ashley,PCSC
 - 11) 6:53.60 ASSI Sadiyah,PCSC
 - 12) 6:56.78 McCORD Cate,USCSC
 - 13) 6:56.81 McMULLEN Olivia,PCSC
 - 14) 6:57.08 CENTOMO Kyla,PCSC
 - 15) 7:01.74 SCHMIDT Julia,PCSC
 - 16) 7:06.03 NELL Shannon,LAC
 - 17) 7:12.60 BECK Kinsey,LAC

- 18) 7:20.12 SANTAMARIA Alexandra,PCSC
- 19) 7:22.97 WOOD Olivia,ROW
- 20) 7:23.47 RAWN Vicki,ROW
- 21) 7:23.56 SPROULE Emma,USCSC
- 22) 7:25.50 DAY Anne,RAPID
- 23) 7:25.76 ALLARDYCE Jamie-Lee,PCSC
- 24) 7:27.24 MULLIGAN Lynnaea,PSW
- 25) 7:29.80 LAW Krista,RAPID
- 26) 7:30.26 KALBARCHYK Victoria,PCSC
- 27) 7:30.52 PARSONS Caroline,PCSC
- 28) 7:31.36 SZE Laura,CDSC
- 29) 7:35.20 McCORD Madison,RAPID
- 30) 7:38.91 CREPNJAK Catherine,PSW
- 31) 7:41.80 BOLL Jessica,USCSC
- 32) 7:44.74 DUBOIS Laurence,PCSC
- 33) 7:45.10 GREEN Tessa,EKSC
- 34) 7:51.06 KERR Anne,PCSC
- 35) 7:51.33 JORNA Elena,LAC
- 36) 7:51.40 CALSIN MURDOCH Medea,RAPID
- 37) 7:52.38 SCHMIDT Michaela,USCSC
- 38) 7:53.70 GOSEL Kim,RAPID
- 39) 7:55.90 LEITCH Andrea,RAPID
- 40) 7:56.82 KRYSCHUK Michelle,USCSC
- 41) 7:57.11 MCANERIN Madison,PSW
- 42) 7:58.63 MARTIN Kelsey,PCSC
- 43) 8:04.02 HOSSARI Laura,PCSC
- 44) 8:05.22 DAVIS Sabrina,USCSC
- 45) 8:09.20 WILTSHIRE Miriam,EKSC
- 46) 8:13.37 DELIU Lisa,USCSC
- 47) 8:15.80 AU YEUNG Christine,RAPID
- 48) 8:17.04 O'DONNELL Tara,PCSC
- 49) 8:18.38 READ Laura,PCSC
- 50) 8:23.10 MEI Helen,RAPID
- 51) 8:24.55 GARNER Maggie,CDSC
- 52) 8:27.40 BALDREY Robyn,RAPID
- 53) 8:28.95 MORRIS Caron,PSW
- 54) 8:30.81 JOOSTEN Victoria,USC
- 55) 8:33.19 KEEPING Katie,USC
- 56) 8:40.21 PITTCARD Mara,LAC
- 57) 8:51.33 WYERS Andrea,USC
- 58) 8:51.60 GIBSON-BROKOP Lindsay,EKSC
- 59) 8:57.15 PILEGGI Amy,PCSC
- 60) 8:59.90 KNIGHT Jill,LAC
- 61) 9:09.60 CAREW Courtney,LAC
- 62) 9:12.40 JOHNSTON Tessa,PSW
- 63) 9:18.83 SARGEANT Anna,PCSC
- 64) 9:18.92 KENNEDY Ashley,PCSC
- 65) 9:20.16 LI Fiona,DELTA
- 66) 9:24.32 HALL Julie,DELTA
- 67) 9:29.89 BUCKINGHAM Jesslyn,USC
- 68) 9:39.20 FRICK Jennifer,EKSC
- 69) 9:39.74 LAFLEUR Tiffany,PCSC
- 70) 9:40.99 WEBSTER Kelsey,PSW
- 71) 9:44.78 DHESI Geevan,PSW
- 72) 9:47.20 POLAK Martha,PCSC
- 73) 9:55.58 KNAPP Kaitlin,DELTA
- 74) 9:59.93 JUERT Christina,PSW
- 75) 10:07.56 BUFFAN Charlene,USC
- 76) 10:56.49 COX Kristy,PSW
- 77) 11:29.90 SMITH Hayley,EKSC
- 78) 12:18.74 FALLU Isabelle,EKSC
- 79) 13:39.30 McLEAN Saskia,EKSC

QUEENSLAND COACH STEPHAN WIDMER

Likes a simple plan that is very systematic, efficient, and easy for his swimmers to understand

Justin Finney

Stephan Widmer is a 36-year-old native of Switzerland who is now the Head Coach at the Queensland State Swimming Centre (QSSC) at the Queensland Academy of Sport (QAS). Stephan coaches out of the Fortitude Valley Pool in Brisbane and is the coach of 18-year-old Australian sprint sensation Lisbeth (Libby) Lenton, who recently set the Australian National Record in the long-course 50 m freestyle with a 24.92, and Casey Flouch, who qualified for the 4 x 100 m freestyle relay. His path to coaching success is very interesting, and shows that perseverance and belief pay off.

Stephan's background in swimming is extensive. He began coaching in Switzerland in 1993 at age 26. By 1996, he had his first Swiss Olympian in Dominique Diezi, a specialist in the 50 and 100 freestyle events. Atlanta was just the beginning. Stephan wanted to travel the world for a year. His travels, however, were not just for sightseeing. Stephan wanted to travel to

the best swimming programs in the world and learn from world-class coaches to develop his coaching knowledge.

Stephan planned to spend six months of his year of travels in Australia and, out of that six months, he wanted to stay at least three months in one program. Stephan had two contacts in Australia; one of them was Scott Volkens. So one day Stephan showed up on deck at Scott Volkens' afternoon workout and attended for two weeks straight. After a few days, Scott and Stephan spoke more and more about coaching swimming, technique, and their swimming philosophies, and realized that they had many coaching philosophies in common. After those two weeks, Scott Volkens asked Stephan to be his assistant coach. Stephan only accepted a three-month contract, since he wanted to continue on with his travels after the contract.

During that three-month contract, Scott was in a 7-week phase where he travelled for 6 of those 7 weeks with then-world-class breaststroker Kristy Ellem for her preparation for the 1997 World Short

His job description was as follows:

1. Head Coach of the Queensland State Swimming Centre (QSSC) providing a high performance training program designed and implemented in line with both the QAS Swimming and the National program.
2. Maintenance and further development of a support network for the QSSC Squad: National High Performance Director and Head Coaches, QAS Head Coach Swimming and Queensland Director of Coaching.
3. Work with identified Queensland swimmers and their coaches, providing them with exposure to latest techniques, training methods, and strength and conditioning programming in conjunction with QAS Strength and Conditioning Coordinator, Physiotherapists and QAS Head Coach.
4. QSSC Administrator: management of administrative and financial aspects.
5. Professional liaison with the QAS: Performance Enhancement Centre (sport scientist, physiologist, biomechanist, psychologist and Strength and Conditioning Coach, physiotherapist, massage therapist), and the QAS Program Manager.
6. Training and Race Analysis, Complex Performance Diagnostic for QSSC program.
7. Maintenance and further development of contacts to Queensland Swimming and its Level 1 Coaches Education.

Course Championships. Stephan was left with two swimmers—Olympic champion Susie O'Neil and world-record-holder Samantha Riley—and with two hand-written pages from Scott about what he could do with the program. The workouts and training preparation of these two world-class swimmers and the rest of the squad were left to Stephan.

After seven weeks, Stephan had Sam and Susie swimming best training times, with Sam getting down to a 2:23 short-course 200 breaststroke in workout. Over those seven weeks, he gained the respect and trust of the athletes, which to Stephan is one of the most important factors between the coach and swimmer. Stephan stayed an extra month with Scott's program and then continued on his travels through Asia, then returned home to Switzerland, not quite sure where his coaching would lead him. Within the first few weeks of his return, Stephan got a phone call from Scott informing him that there was an assistant head coaching position opening at the QAS. Scott was wondering if Stephan would like to apply for the job. After a phone interview with a QAS specialist panel—including Alex Baumann—Stephan Widmer was on a plane back to Australia five days later to become the Queensland Academy of Sport Assistant Coach.



Record swim for Lisbet Lenton, AUS

Andrew Ringland

Here is how his series-of-numbers system breaks down:

1. Preparation behind the blocks
2. Position on the block
3. Reaction off the block
4. Flight time and position in the air
5. Entry into the pool off the start
6. Underwater work/position
7. Break out
8. Swim phase/race specific speed and efficiency
9. Approach to turn
10. Turn phase/positioning on wall
11. Push off of wall and underwater work
12. Break out
13. Swim phase/ race specific speed and efficiency
14. Finish

By the time of the short-course championships in 2000, Stephan had a stable of incredibly fast and talented swimmers under his care. He had backstroker Beau Mannix (50 back 24.44; 100 back 53.40; 200 back 1:56.81), Australian short-course sprint record holder Michelle Engelsman (50 free 25.36) and middle-distance specialist Nicole Zahnd (200 free 1:59.56; 400 free 4:08.92). Stephan also had 14-year-old Australian Olympic Youth Festival representative Marieke Guehrer (50 Free 26.21).

After the Olympics in 2000, Don Talbot, Head Coach of the Australian National Team, wanted Scott Volkens to become a mentor to the Queensland coaches and wanted Stephan to continue building a high-performance centre under the QAS program. Stephan had to re-apply for the position since it was posted throughout the coaching community in Australia, and successfully got the job. For a year and a half, Stephan was never officially named the Head Coach of the Queensland State Swimming Centre at the Queensland Academy of Sport. Finally, in 2001, Stephan officially got the job until December 2004.

Stephan has a Bachelor of Education in Human Movement Studies. At the Swiss Federal Institute of Technology in Zurich, he chose subjects that would benefit him in his quest to become a professional swim coach. He studied sports such as track and field (physiology of running events and strength training), gymnastics (motor learning and strength training) and swimming, as well as anatomy, physiology, biomechanics, nutrition, and psychology.

In 2003, Stephan was named to the coaching staff of the Australian World Championship team for his accomplishments with sprinters Libby Lenton and Casey Flouch.

Stephan's approach to coaching the sprinter is a systematic one. He breaks down the pool into a series of numbers and relies heavily on the feedback from the QAS Biomechanics Team to aid him with the sprinter's efficiency through his system.

Stephan created a simple plan that is very systematic, efficient, and easy for his swimmers to understand. Stephan also recognizes that each of his swimmers is an individual. They all require different attention and need to be dealt with on a daily basis. For example, here are the different approaches between female freestyle and flysprinter Libby Lenton and male freestyle sprinter Casey Flouch.

When Stephan started coaching Libby Lenton in October of 2002, she was only training a handful of times per week, which simply was not enough. If Libby wanted to be part of the QSSC, she had to train 10 sessions a week, no matter what, and Libby accepted! The next part was to clean up her stroke timing, since she had a catch-up stroke, which needed work. Stephan also spent countless hours giving Libby the self-confidence and belief in her abilities, which were two key factors that she needed to improve in order to attain the international sprinting level. His work with Libby has paid off with her Australian record in the 50 free at 24.92 (LC) and her 100 free time of 54.71 (LC), both world-class times.

Casey Flouch, however, had been in the program since Stephan first started there in 1997. Casey was Susie O'Neil's training partner leading into the Sydney Olympic Games, where she used to go head-to-head with him on a daily basis. Susie almost fell off her chair when she saw Casey marching on for the final of the 100 free at the 2003 Australian World Championships Trials. She never thought he would make it that far. Casey's determination and belief in himself have been the key to his success. He has a straight-arm recovery due to the lack of flexibility that does not allow him to get into a high-elbow position underwater. Yet that has not stopped him from believing in himself and the coach whom he has been with for the past six years. His perseverance has put him in good company on that 4x100 relay with Todd Pearson, Ashley Callus, and Ian Thorpe—all three of them are Olympic gold medalists.

Stephan Widmer has an extreme belief in what he does, as well as a great respect for the coaches and swimmers around him, regardless of their level. His warmups and swimdowns in workouts are specifically devoted to technique. He has drills and exercises in place to work on developing his swimmers' technique, efficiency, and fitness, which will allow them to

The QSSC is a high-performance squad with only 10 swimmers, based in Brisbane. Here are some of the results of Stephan's swimmers from the recent long-course season:

GIRLS (long course)		BOYS (long course)	
LENTON Lisbeth (18 years)		FLOUCH Casey (21)	
50 freestyle	24.92	50 freestyle	0:23.24
100 freestyle	54.71	100 freestyle	0:50.20
200 freestyle	2:02.72		
50 butterfly	27.24	LYONS Leif (16)	
100 butterfly	59.78	100 freestyle	0:53.03
50 backstroke	0:29.63	100 butterfly	0:57.54
		50 backstroke	0:27.70
GUEHRER Marieke (17)		100 backstroke	0:58.54
50 freestyle	0:26.24	200 backstroke	2:07.26
100 freestyle	0:57.07		
50 butterfly	0:27.43	PIPER Sean (20)	
100 butterfly	1:02.95	50 freestyle	0:23.12
50 backstroke	0:30.22	100 freestyle	0:51.12
100 backstroke	1:04.67		
		SPRENGER Christian (17)	
HORNE Kellie (14)		50 breaststroke	0:29.33
100 breaststroke	1:16.46	100 breaststroke	1:02.82
200 breaststroke	2:41.13	200 breaststroke	2:20.70
THOMPSON Stephanie (18)		THOMPSON Andrew (16)	
50 freestyle	0:27.19	50 freestyle	0:24.10
100 freestyle	0:58.42	100 freestyle	0:52.31
200 freestyle	2:03.93	200 freestyle	1:52.13
400 freestyle	4:22.79	400 freestyle	3:59.97
		1500 freestyle	15:52.45

maintaining their speed at the end of their race. He keeps stimulating his swimmers' brains with a variation of drills. Most of all, his swimmers are responding.

Justin Finney is an Assistant Coach with the Pointe Claire Swim Club, in Quebec.



Sprinter Casey Flouch, AUS

Andrew Ringland

SPORTING PARENTS

Support, Smiles, and Swimming

Wayne Goldsmith

Parents love their children and want nothing but the best for them. Behaviours that others may see as “pushy”, sporting parents see as “lovingly supportive”. What a coach may interpret as “sticking their noses in,” sporting parents see only a genuine interest in their child’s development. This difference in perspective and the difficulty in being able to be objective where their kids are concerned often lead parents into a conflict situation with coaches, other parents, officials and eventually their own children.

I have done hundreds of talks to sporting parents around the world.

Many times parents have approached me after a talk and said “I hear what you say, but you don’t know my child. He is different”.

While every child is indeed an individual, what all children have in common are parents who have high opinions of their child’s ability to do everything.

It starts early—the first day home from the hospital.

“Here is a picture of my baby. He is the most beautiful baby I have ever seen and I am not just saying that because he is mine”.

Then around two years of age:

“My child is much more advanced than the other children – talking and walking before other kids, and I am not just saying that because he is mine”.

Then at school.

“He is well advanced for his age. He can do things that most five year olds can’t. I’m not just saying that because he is my son”.

Then naturally at sport.

“He is the best backstroke swimmer in the district. He really is. I’m not just saying that because he is my son”.

The swimming parent is merely extending their natural feelings of love and support for their child into the sporting environment.

This article aims to help parents of young swimmers (and the coaches who have to manage those parents) deal with some of the critical issues in sport and parenting.

Five things all parents have in common

- They love their children
- They want the best for their children

- They are incapable of being objective about their children

- They believe there is something special or unique about their children (that no one else can see)

- They don’t believe me when I tell them every parent has the first four things in common

Things aren’t what they used to be and they never were.

Kids today are different (but so were we).

- They want it all
- They want it now
- They want it to be fun
- If they can’t have it all, have it now and if it is not fun they don’t want it.

Kids don’t care how much you know, they want to know how much you care.

Why swimming sometimes struggles!

Swimming is often seen as focusing on traditional values of dedication, work ethic, commitment, team work, learning to deal with adversity and pressure.

These values are (unfortunately) out of step with many of the “fast food” attitudes of today’s kids.

Why are swimming coaches in the “firing line”?

The three most important things to a parent are their:

- KIDS
- TIME
- MONEY

In other words they give coaches MONEY to coach their KIDS at inconvenient TIMES!!!!!! No wonder it is often a volatile environment.

The Swimming Coaches Dilemma

The challenge for all of us is to use swimming to teach and enhance the traditional values which apply to all people in all walks of life, but . . . encourage kids to take part in swimming and “sell” swimming in a way

which appeals to their world – where entertainment is as important as education.

Education of parents is the key!

Swimming clubs and coaches should schedule time to hold parent education sessions on a regular basis to inform and educate parents about the key elements and philosophies of their program. Success comes when:

The vision of the coach and,

The commitment of the swimmers and,

The support of the parents all come together focused towards achieving a common goal.

Sporting Parents are keen to learn as much as they can to help their kids achieve their sporting goals.

These are the 10 most common questions asked by sporting parents:

1 How many times should a child train each week?

- As many as they can recover from
- As many as their goals determine
- As many as they enjoy
- As many as their coach deems necessary

There is no magic number of sessions that determines success in swimming.

Key comment – It is an individual thing!

2. When should a child specialise in a stroke or event?

There is no such thing as a ten year old champion whatever. This year’s champ is often next year’s chump. As kids grow, change and develop their co-ordination, balance and motor control can all change. This means that a child who may be an outstanding breaststroke swimmer this year, may not be able to swim that stroke well following periods of growth and development.

Key comment: Long Term Athlete Development is the key to success

3. Do swimming kids need a special diet?

No. Unless they have special needs or health issues, eg juvenile onset diabetes.

Providing they eat a balanced diet of carbohydrates, proteins and fats, drink plenty of water, minimise processed foods and take aways and decrease their intake of sugar and salt, generally sporting kids do not need special diets.

The important issue is to encourage young swimmers to develop eating practices which become lifetime healthy lifestyle habits.

Importantly, kids should be educated on the key elements of a healthy, nutritious diet (i.e. low on salt, low on saturated fat, low on processed sugars) as early as possible.

Parents are often tempted to try short cuts like buying muscle building powders, high protein sports drinks and glucose tablets to help their child achieve their swimming goals. It must be said that none of these products are likely to make a difference to the child’s swimming and taking them may even

be counter productive.

Key comment: *Vitamins and minerals do not make champions.*

4. How do kids balance school and swimming?

School comes first. *No Brainer!*

Swimming kids usually are high achievers and good students as they learn time management skills, dealing with stress, team building, communication skills and other important skills.

Key comment: *School and swimming do mix.*

5. When should my kids start strength training?

Does not matter what age, depends on what they do.

Body weight exercises and light exercise with perfect technique are ok at most ages. Where young swimmers (and parents) get into trouble is when they start lifting heavy weights too early and with poor technique.

Weight training is a great way to get strong and help develop the power to swim fast in senior competition. However, the introduction of weight training should be systematic and done progressively with the development of perfect lifting techniques being the most important part of the process.

Key comment: *Technique before tonnes!*

6. What types of exercise are best for young (i.e. pre teen) athletes?

6-12 is the perfect time to learn techniques and skills – the foundations of sporting success in later years.

It is the perfect time for swimmer to learn and master their A – B – C' S (Agility, Balance, Coordination and Speed).

When a child attends school, they learn basic arithmetic, then progress to equations and eventually

to calculus.

The basics of swimming—dives, starts, turns, finishes, perfect technique should all be learnt, refined and mastered by the young swimmer before they start the process of physical maturation.

Key comment: *Patience is a true virtue.*

7. How do I chose a good coach for my child?

Qualifications, experience and coaching record are all important when selecting a coach for the young swimmer. Younger coaches who may lack coaching experience but who have an infectious enthusiasm for the sport and a passion to succeed may also be a good option.

However, they key question for parents to ask is:

Can the coach provide a safe, ethical, positive, skills based, stimulating training environment?

The reality for most parents is that they will choose the coach who is best situated on their afternoon “drop off circuit,” i.e. mum drops Julie to swimming, Billy to piano and Johnny to football, then goes back to pick up Julie to take her to netball etc etc.

Key comment: *Does your child like the coach and do you have faith in the coach—enough to give them 100% support.*

8. What are the common characteristics of champion athletes?

- Confidence / self esteem / self belief
- The ability to deal with tough times and adversity
- A love of what they are doing
- A positive attitude
- Strong core values: courage, discipline, humility, sincerity, honesty – these things make an impact on their playing career and their lives.

Key comment: *Champion athletes are champion people first.*

9. What can I do to help my child achieve

their swimming goals?

- Be patient with progress.
- Be tolerant of mistakes and poor performances.
- Be calm and dignified at swim meets.
- Learn to accept wins or losses graciously.
- Allow (the athletes) plenty of breathing space.
- Offer praise with success.
- Encourage involvement in other pursuits.
- Encourage independence and self-sufficiency.
- Above all, keep swimming in perspective.
- Be supportive rather than intrusive.

Key comment: *Love them.*

10. How can I tell if my child is doing too much?

- Tired all the time. Generally lethargic.
- Irritable, quiet, moody – maybe even sad
- Little illness or health issue that doesn't seem to go away.
- Doesn't sleep well.
- Social problems with school, friends and or family.

Key comment: *Just like you when you are tired!*

Summary

In this century, swimming can provide an opportunity for kids to learn important social and personal skills that they may not be able to learn in any other institution.

Health, fitness, movement and activity are life long habits and habits for a long life.

Kids don't care how much you know, they want to know how much you care. Coaches and parents play a vital role in the development of every swimmer.

The single most important thing parents can give their kids is unconditional love and support and the single most important thing coaches can give parents is education on how to be a better swimming parent.



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MAKING WAVES[©]



BENTO Chris, 15
 Club: London Aquatic Club
 Coach: Paul Midgley
 Specialty: Freestyle and IM
 • Ontario LC Junior Provincials 2003
 14-15 category
 4th 50 freestyle 25.84
 3rd 100 freestyle 55.62
 2nd 200 freestyle 2:00.75
 2nd 400 freestyle 4:13.75
 2nd 200 ind.medley 2:18.05
 1st 400 ind.medley 4:54.08



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

This is the real Frankie Despond, in the April-May issue we Ryan Cockell, NKB, picture ran instead.



Adrienne HINSON, 14
 Club: Tillsonburg / Southwestern Alliance
 Coach: Darren Ward
 Specialty: Freestyle, and ind.medley
 • Ontario LC Junior Provincials 2003
 14-15 category (placing for 14 year-olds)
 1st 200 freestyle 2:10.50
 1st 800 freestyle 9:32.12
 4th 200 ind.medley 2:32.61



Andrew BLOCH-HANSE, 12
 Club: London Aquatic Club
 Coach: Andrew Craven
 Specialty: Freestyle and butterfly
 • Ontario LC Junior Provincials 2003
 12-13 category (placing for 12 year-olds)
 2nd 50 freestyle 28.39
 1st 100 freestyle 1:02.95
 1st 100 butterfly 1:08.32



Scott JESSETT, 13
 Club: Scarborough Swim Club
 Coach: Mike Gurgol
 Specialty: Distance freestyle
 • Ontario LC Junior Provincials 2003
 12-13 category
 3rd 400 freestyle 4:37.11
 1st 1500 freestyle 18:13.69



Susan LONG, 13, (1 DEC 1989)
 Club: London Aquatic Club
 Coach: Andrew Craven / Paul Midgley
 Specialty: Distance free and ind.medley
 • Ontario LC Junior Provincials 2003
 12-13 category
 3rd 200 freestyle 2:14.26
 5th 800 freestyle 9:47.07
 3rd 200 ind.medley



Michael CHANG, 11
 Club: Scarborough Swim Club
 Coach: Michael Gurgol
 Specialty: Breaststroke
 • Ontario LC Junior Provincials 2003
 10-11 category
 3rd 50 breaststroke 39.60
 2nd 100 breaststroke 1:25.46
 2nd 200 breaststroke 3:05.63



Kyle MATTHEWS, 11
 Club: Saulte Ste-Marie Aquatic Club
 Coach: Bill Park
 Specialty: Free, fly, and IM
 • Ontario LC Junior Provincials 2003
 10-11 category
 1st 50 freestyle 30.12
 1st 100 freestyle 1:05.39
 1st 50 butterfly 33.34
 2nd 100 butterfly 1:14.92
 2nd 200 ind.medley 2:48.99

MAKING WAVES[®]



Kenneth WANG, 12
 Club: Richmond Hill Aquatic Club
 Coach: Kim (Samel) Luckasevich
 Specialty: Freestyle, back and ind.medley
 • Ontario LC Junior Provincials 2003
 12-13 category (placings for 12 year-olds)
 1st 50 freestyle 28.11
 1st 100 butterfly 1:06.61
 2nd 200 ind.medley 2:31.38



Mark KURZER, 15
 Club: Newmarket Stingrays
 Coach: Alan Swanston
 Specialty: Freestyle and backstroke
 • Ontario LC Junior Provincials 2003
 14-15 category
 1st 100 freestyle 55.10
 1st 200 freestyle 1:58.45
 1st 400 freestyle 4:13.40
 1st 100 backstroke 1:02.94
 1st 200 backstroke 2:13.28



Monika STITSKI, 13, (18 AUG 1989)
 Club: Etobicoke Swimming
 Coach: Kevin Thorburn
 Specialty: Freestyle, back, breast, IM
 • Ontario LC Junior Provincials 2003
 12-13 category
 1st 400 freestyle 4:29.60
 3rd 200 backstroke 2:27.48
 1st 200 breaststroke 2:43.40
 1st 200 ind.medley 2:24.63



Grant HARDING, 11
 Club: Region of Waterloo Swim Club
 Coach: Laura Nicholls
 Specialty: Backstroke
 • Ontario LC Junior Provincials 2003
 10-11 category
 2nd 50 backstroke 35.70
 1st 100 backstroke 1:15.38
 5th 200 backstroke 2:46.94
 6th 200 ind.medley 2:54.54



Feodor TCHOUGAINOV, 13
 Club: Etobicoke Swimming
 Coach: Tom Landridge
 Specialty: Breast, fly, and IM
 • Ontario LC Junior Provincials 2003
 13-14 category (placing for 14 year-olds)
 3rd 100 breaststroke 1:15.31
 2nd 200 breaststroke 2:42.02
 3rd 100 butterfly 1:08.67
 3rd 200 ind.medley 2:30.79



Helen PITCHIK, 12
 Club: Toronto Swim Club
 Coach: John Grootveld / Bob Hayes
 Specialty: Breaststroke
 • Ontario LC Junior Provincials 2003
 12-13 category (placing for 12 year-olds)
 1st 100 breaststroke 1:16.47
 2nd 200 breaststroke 2:43.65



Erica MORNINGSTAR, 13
 Club: Calgary Patriots
 Coach: Michel Berube
 Specialty: Sprint freestyle
 • Alberta SC Championships
 13-14 category
 1st 50 freestyle 27.54
 1st 50 backstroke 33.26
 1st 100 breaststroke 1:16.23
 1st 200 ind.medley 2:28.77

LC best
 28.63
 34.56
 1:20.27
 2:32.43



Kirsten KASPER, 11
 Club: Newmarket Stingrays
 Coach: Caroline Teskey
 Specialty: Backstroke and breaststroke
 • Ontario LC Junior Provincials 2003
 10-11 category
 5th 100 backstroke 1:18.28
 1st 200 backstroke 2:43.57
 3rd 100 breaststroke 1:29.10
 2nd 200 breaststroke 3:06.16

BOOK REVIEW

The History of Competitive Swimming in Canada (1867-2002)

By John G. Kelso

530 pages, plus 46 pp appendix

119.95 plus GST (Total 128.35)

Jack Kelso had done what seemed an impossible task. He self-published 100 initial copies of this massive historical document on Canadian Swimming.

Uniquely qualified for such a task Kelso is a Sports Historian and a Professor Emeritus at the School of Human Kinetics, University of British Columbia.

In his youth he started swimming in fabled Ocean Falls, BC, under coach George Gate. He was NCAA 200 individual medley winner in 1961, and a bronze medallist at the 1962 Commonwealth and 1963 Pan American Games.

He was a professor and swim coach at UBC and is now retired.

There is fascinating material from the late 19th century on the start of competitive swimming in Eastern Canada.

The material is divided into decades with much original research on the personalities and facilities of each era. Each chapter lists the National Championships top three and all international teams are listed in full with detailed results for all Canadians.

There is foreword by Richard Pound, a fellow Ocean Falls swimmer and prominent member of the International Olympic Committee.

Chapter headings:

1. Bathers and Paddlers (1850-1907)
2. Managers and Racers (1908-1919)
3. Competition and Controversy (1920-1929)
4. Expansion, Recognition and Success (1930-1939)
5. Moderation and Control (1940-1949)
6. World Experiences—Transition (1950-1959)
7. Controversy, Compromise, and Competition (1960-1969)
8. Olympic Investment and International Acclaim (1970-1979)
9. Going for Number One! (1980-1989)
10. Competition In An Expanding World (1990-2002)

An extensive appendix of much useful factual information is included at the end of the book

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doug@comm-aquatic.com

OBITUARY

ROSEMARY MANN DAWSON

Pioneer Women's Coach Dies

Rosemary Mann Dawson, a pioneer woman's coach in competitive swimming on the collegiate, school, club and camp levels died on May 3, 2003 Fort Lauderdale, Florida. She was 81. She was born August 2, 1921 in Duluth, MN and daughter of Matt Mann II and Lea Block Mann. The cause was complications due to her 40 year battle as a brittle diabetic.

Known affectionately as Rose Mary to thousands of youngsters and athletes with whom she came in contact over her 62 year career as swimming coach and girls camp director, she considered her greatest contribution to be as director of Camp Ak-o-Mak, a girl's competitive swimming, sports and wilderness camp located in Ontario, Canada. Started in 1928 by her dad, the late Matt Mann, 1952 U.S. Olympic Hall of Fame swimming coach and 30 year University of Michigan coach, Ak-o-Mak produced over 40 Olympians and 350 All-Americans, all coached by Rose Mary or her father. Ak-o-Mak and brother camp Chikopi were the world's first competitive swimming camps. Rose Mary was director for over 55 years.

Entering club coaching in 1956, she formed the Ann Arbor (all girls) Swim Club which after two years won six consecutive Michigan State Championships, placed second in the AAU National Championships in 1961 and first or second in nine National Long Distance Championships. Her Ann Arbor divers won four Michigan AAU Championships.

She was a 1943 graduate of the University of Michigan. While coaching her club team, she became a swimming instructor for the University's Women's Physical Education Department. In 1958, she established a women's competitive swimming program in a hostile women's physical education atmosphere which required her to call herself "Advisor" to the Ladies Speed Swim Club. "They didn't think women should be competitive back in those days and to use the words "coach" and "varsity" for women's teams was taboo," she would say. Two years later, she helped establish the first women's National Collegiate Swimming and Diving Championships and her team won the championships for three successive years.

Also during this time, she revived women's AAU Water Polo (dormant for 30 years) and won the first three National Championships. Her two goalies later

went on to win Olympic medals: Marsha Smoke Jones (1964 Bronze, Kayaking) and Hall of Famer Micki King (1972 Gold, Diving).

In 2002 she received the USA Water Polo Contributor Award for her role in promoting women's water polo.

In 1964, she became the woman's swimming coach at the University of Western Ontario in London, winning another two Collegiate (Canadian) Championships and becoming the first to win successive National Team titles in the U.S. and Canada.

After two years, she followed her husband Buck Dawson to Fort Lauderdale to start the International Swimming Hall of Fame. She helped form the Hall of Fame Dames (Women's Auxiliary) serving a term as president. She served as stroke coach of the famed Pine Crest School Swim Team in Fort Lauderdale and was named Florida Coach of the Year in 1976. She coached her daughter Marilyn to an Olympic bronze medal on the 1968 Canadian 4x100 freestyle relay. (Marilyn was born in Ontario and chose to represent Canada internationally but lives in the USA.)

In 1961, Dawson she was selected as coach to take the first-ever age group swim team overseas (Japan). Before that, she was manager/chaperone for AAU teams traveling to England and visiting resident coach for the Puerto Rican and Jamaican National Teams preparing for the Central American Games.

She has published sports books on Age Group Swimming (1964), Diving for Teacher and Pupil (1968), and with her husband Buck, All About Dry Land Exercise for Swimming, Diving and Water Polo. She was the first woman to serve on the Board of Directors of the American Swimming Coaches Association in its second year of existence.

She is survived by her husband Buck, son Bruce Corson (MI), daughters Marilyn Corson Whitney (MI) and Connie Corson (NM), grand daughters Kathy and Beth Corson and brother Matt Mann III. She is predeceased by first husband Bruce Corson and her daughter Marci Dawson Williams.

Following cremation, a service will be held at Camp Ak-o-Mak.

A scholarship fund has been set up in her name to send boys and girls to her camps.

Donations may be sent to:

Chik-O-Mak Foundation,

c/o Bob Duenkel, 340 Sunset Drive #205,

Fort Lauderdale, FL 33301, USA

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