

KRAYZELBURG ON BACKSTROKE

TUF TRAINING PRINCIPLE

# SWIM NEWS

NUMBER 260

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AUGUST 2000

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***US OLYMPIC TRIALS  
200 FLY WINNER  
TOM MALCHOW***

**THREE ADDED TO OLYMPIC  
AT SUMMER NATIONALS**





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Klete Keller



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## RECORD SETTERS



Michael Mintenko, PDSA, bettered Canadian 100 fly record at Summer Nationals. Marco Chiesa

### CANADIAN SENIOR

#### • Men's 50 breaststroke:

28.77 Morgan Knabe, UCSC, Winnipeg, Aug 3, semi-finals.  
 Betterers own record of 28.85 from January 2000.

#### • Men's 100 butterfly:

52.88 Michael Mintenko, PDSA, Winnipeg, Aug 4, final.  
 52.88 Michael Mintenko, PDSA, Winnipeg, Aug 3, semi-final. Betterers own 53.10 from Los Angeles, July 16.

#### • Women's 50 backstroke:

29.75 Jennifer Carroll, CAMO, Winnipeg, Aug 5, semi-final.  
 29.45 Jennifer Carroll, CAMO, Winnipeg, Aug 5, final.  
 Betterers old record of 29.86 Glencora Maughan, PDSA, 1998.

#### • Women's 50 breaststroke:

32.31 Rhiannon Leier, MANTA, Winnipeg, Aug 3, prelims.  
 32.09 Rhiannon Leier, MANTA, Winnipeg, Aug 3, semi-finals.  
 Betterers old record of 32.48 Keltie Duggan, UCSC, 1993.

#### • Women's 50 butterfly:

27.34 Shona Kitson, OSC, Winnipeg, Aug 4, semi-finals.  
 27.17 Shona Kitson, OSC, Winnipeg, Aug 4, finals.  
 Betterers old record of 27.74 Jessica Amey, UCSC, 1993.

### National Age Group

• **Boys 13-14 50 free:** 23.97 Kurtis Miller, SCAR, Montreal, Jul 23. Betterers own record of from July 8.

### CHRONOLOGY 100 FLY/PAPILLON

1:06.6	Cameron Grout, MAAA	Brantford, 15/7/59
1:05.4	Aldy Meinhardt, VASC	Vancouver, 14/7/61
1:03.9	Aldy Meinhardt, VASC	Vancouver, 13/7/62
1:02.9	Dan Sherry, HAC	Chicago, 10/8/62
1:02.6	Aldy Meinhardt, VASC	Perth, 24/11/62
1:02.2	Aldy Meinhardt, VASC	New Zealand, 4/12/62
59.3	Dan Sherry, NYLSC	Montreal, 26/7/63
58.1	Dan Sherry, UNATT	Blackpool, 12/8/65
57.6	Byron MacDonald, UNATT	Winnipeg, 3/4/70
57.4	Byron MacDonald, UNATT	Winnipeg, 1/8/70
56.65	Bruce Robertson, CDSC	Winnipeg, 10/8/72
56.45	Bruce Robertson, CDSC	Munich, 1/9/72
55.56	Bruce Robertson, CDSC	Munich, 1/9/72
55.56	Bruce Robertson, CDSC	Regina, 16/8/75
55.04	Dan Thompson, ESC	Edmonton, 8/8/78
55.03	Dan Thompson, ESC	Edmonton, 12/8/79
54.89	Dan Thompson, ESC	Edmonton, 12/8/79
54.89	Dan Thompson, UNATT	Montreal, 16/7/81
54.71	Dan Thompson, UTSC	Brisbane, 5/10/82
54.51	Dan Thompson, UTSC	Montreal, 30/7/83
54.34	Tom Ponting, UCSC	Etobicoke, 17/6/84
53.93	Tom Ponting, UCSC	Austin, 7/12/85
53.77	Tom Ponting, UCSC	Montreal, 29/5/88
53.73	Marcel Gery, EPS	Gothenburg, 14/2/90
53.41	Stephen Clarke, COBRA	Atlanta, Jul. 24, 96
53.33	Stephen Clarke, COBRA	Atlanta, Jul. 24, 96
53.10	Michael Mintenko, PDSA	Los Angeles, Jul 16, 2000
52.88	Michael Mintenko, PDSA	Winnipeg, 4 Aug 2000
52.88e	Michael Mintenko, PDSA	Winnipeg, 5 Aug 2000

# ISLAND PACIFIC CUP



## NOVEMBER 10, 11, 12, 2000

- most important age group and senior meet on the Pacific Coast this Fall!
- Prizes—Stereos, TVs, Discmans, CDs
- Double-Ended!
- 10 & under Jamboree between heats and finals on Saturday and Sunday
- limited billeting may be available
- Dorothy Liedtke, Meet Manager (250) 477-2008 home (250) 477-1006 fax

• for a complete meet package, call Dorothy or Island Swimming office  
 Event Order:

Friday	Saturday	Sunday
200 free	400 free	400 I.M.
100 breast	200 breast	100 free
200 fly	100 back	200 back
50 free	200 I.M.	100 fly
800 / 1500 free	4x50 free	4x50 medley

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## CALENDAR

### CANADIAN

#### October

- 13-15 POW Invitational, Woodstock, ON
- 14-15 Ricoh Sprints, Etobicoke
- 20-21 McMaster Invitational, Hamilton
- 27-29 Richmond Hill Fall Classic

#### November

- 4-5 Ontario Senior Circuit, Sudbury
- 10-12 Swim International, Brantford
- 10-12 Island Pacific Cup, Victoria
- 18-19 World Cup, Edmonton
- 24-28 Ontario Seniors, Etobicoke

#### December

- 30-3 Prairie Winter Invitational, Winnipeg
- 1-3 Richmond Rapids Fast Swim
- 7-10 Youth Cup, NYAC at Etobicoke
- 8-10 Pointe Claire Invitational
- 8-10 Kamloops Ice Classic

### 2001

#### January

- 13-14 Etobicoke Invitational
- 19-21 Regina Invitational
- 19-21 Hyack Invitational, New Westminster
- 20-21 Ontario Senior Circuit, Toronto
- 27-27 Canada West Championships
- 28-29 Richmond Hill Invitational

#### February

- 2-4 Coupe du Quebec
- 3-4 BC Senior Championships, Vancouver
- 9-11 Ontario University Champs, Nepean Central Region Champs, Etobicoke
- 16-18 Malar Invitational, Hamilton Quebec A Champs, Thetford Mines, Brossard, Beaconsfield
- 16-18 BC Age Groups, Prince George
- 23-25 CIAU Championships, Guelph
- 23-25 Youth & Junior Nationals East - Saint John, NB West - Saskatoon, SK
- 23-25 Quebec AA Champs, Montreal

#### March

- 1-4 Man/Sask Championships, Winnipeg
- 2-4 Ontario Age Groups, Nepean Quebec Championpionships, Trois-Rivieres
- 14-17 Spring Nationals (50 m) Edmonton
- 23-25 Davis Invitational, Guelph

#### April

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

### INTERNATIONAL

#### September

- 16-23 Olympic Games, Sydney, AUS

#### October

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

#### November

- 10-12 World Cup 1, Rio de Janeiro, BRA
- 15-16 World Cup 2, College Park, MD, USA
- 18-19 World Cup 3, Edmonton, CAN
- 17-22 FINA World Open Water Champs, Hawaii

#### December

- 1-2 World Cup 4, Shanghai, CHN
- 5-7 World Cup 5, Melbourne, AUS
- 14-17 European SC Championships, Valencia, ESP
- 16-17 British Winter Champs, Sheffield, GBR

### 2001

#### January

- 13-14 World Cup 6, Naples, ITA
- 17-18 World Cup 7, Sheffield, GBR
- 20-21 World Cup 8, Berlin, GER
- 24-25 World Cup 9, Stockholm, SWE
- 27-28 World Cup 10, Paris, FRA

#### July

- 5-8 European Junior Championships, Malta
- 17-29 FINA World Championships, Fukuoka, JPN

#### August

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

#### September

- 29-9 Goodwill Games, Brisbane, AUS

#### November

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

#### December

- 13-16 European SC Championships

### 2002

#### April

- 4-7 FINA World SC Champs, Moscow, RUS

#### July

- 26-6 Commonwealth Games, Manchester, UK

#### August

- 25-30 Pan Pacific Champs, Yokohama, JPN

### US CALENDAR

#### November

- 15-16 FINA World Cup 1, College Park, MD
- 30-2 US Open (25 M), Auburn, AL

### 2001

#### March

- 15-17 Women's NCAA, Long Island, NY
- 22-24 Men's NCAA, College Station, TX
- 27-3 World Champs Trials, (50 m), Austin, TX

#### August

- 14-18 Summer Nationals

## ABOUT THIS ISSUE

In this issue we cover the Canadian Summer Nationals where three additional swimmers earned a coveted Olympic spot and the United States Olympic Trials, usually second only to the Olympics in depth and quality of performances.

Nikki Dryden swam in the Canadian Nationals placing a not-too-shabby third in the 200 back but missed her goal of a third Olympic team. We are fortunate that she'll now concentrate on writing. She's moving to Boston for the next while on an internship with the *International Institute for Sustainable Development* where she will be working on a knowledge network that will bring together, develop, and disseminate information on projects to help educate and employ youths in developing countries.

Veteran journalist Al Schoenfield covers the US Olympic Trials—an eight-day competition that followed the Olympic program. It was one of the biggest ever meets with close to 1,300 swimmers of whom 48 earned spots on the US Olympic Team.

At least two winners at the US Trials were coached by former Canadians—Klete Keller, winner of the 400 free by Pierre Lafontaine (formerly at UCSC and CAMO) and Ian Crocker by Sharon Power (formerly Saint John Fundy TIDE). Katharine Dunn, who was coached by Sharon in Nova Scotia while a teenager, writes on her move to Maine and her thoughts on coaching.

Nikki Dryden writes on the men's 400 IM where veteran Tom Dolan, the best ever in this event, prevailed over a surprising Erik Vendt in second, who later to become the first American under 15 minutes for the 1500 freestyle.

Cecil Colwin talked with Lenny Krayzelburg and some interesting aspects of his development and technique are explained.

Wayne Goldsmith writes on the TUF Training Principle and generally explains some of the principles used to develop great athletes.

With two Manitoba swimmers on the Olympic Team, credit is due to the great work done by Vlastimil Cerny at the Manitoba Training Centre. Nikki Dryden talked with Vlastik during Summer Nationals and explains how it all came about.

All Canadian results received have now been added to TAG. If you think we're missing something please send us the relevant results immediately. Far Westerns are included for all the Canadians who took part.

Our next issue will cover the Olympics and should be ready sometime after the middle of October.

We wish the Canadians in Sydney great times!

# CANADIAN RESULTS

## 2000 CANADIAN SUMMER NATIONALS

Winnipeg, Aug 3-6, 50 M

### MEN

#### 50 METRES FREESTYLE, Aug 4

- 1) 22:97 Thomas Kindler, 20,PPO
- 2) 22:98 Craig Hutchison, 25,PCSC
- 3) 23:31 Ryan Laurin, 25,IS
- 4) 23:33 Yannick Lupien, 20,UL
- 5) 23:48 Matthew Rose, 19,TRENT
- 6) 23:69 Simon MacDonald, 21,NKB
- 7) 23:70 Brandon Schindler, 24,ESWIM
- 8) 24:25 Kyle Smerdon, 20,TO

#### Semi-Finals, Aug 4

- 1) 23:16 Ryan Laurin, 25,IS
- 2) 23:46 Craig Hutchison, 25,PCSC
- 3) 23:46 Matthew Rose, 19,TRENT
- 4) 23:48 Yannick Lupien, 20,UL
- 5) 23:60 Thomas Kindler, 20,PPO
- 6) 23:61 Brandon Schindler, 24,ESWIM
- 7) 23:89 Simon MacDonald, 21,NKB
- 8) 23:94 Kyle Smerdon, 20,TO
- 9) 23:95 Josh Ballem, 23,UCSC
- 10) 23:99 Kevin Johns, 20,PDSA
- 11) 24:16 Jake Steele, 21,PDSA
- 12) 24:27 Peter Szaffarski, 19,BROCK
- 13) 24:52 Mathieu Heroux, 19,CAMO
- 14) 24:67 Chris Razeau, 20,GPP
- 15) 24:77 Chris Hibberd, 21,UCSC
- 16) 24:97 Andrew Munro, 22,ESWIM

#### Prelims, Aug 4

- 1) 22:97 Roland Schoeman, 20,RSA

#### 100 METRES FREESTYLE, Aug 6

- 1) 50:07 Craig Hutchison, 25,PCSC
- 2) 50:54 Yannick Lupien, 20,UL
- 3) 50:70 Thomas Kindler, 20,PPO
- 4) 51:36 Robbie Taylor, 19,COBRA
- 5) 51:61 Kyle Smerdon, 20,TO
- 6) 52:19 Jake Steele, 21,PDSA
- 7) 52:20 Ryan Laurin, 25,IS
- 8) 51:48 Garret Pulle, 22,UCSC

#### Semi-Finals, Aug 5

- 1) 50:91 Yannick Lupien, 20,UL
- 2) 51:21 Garret Pulle, 22,UCSC
- 3) 51:36 Craig Hutchison, 25,PCSC
- 4) 51:59 Kyle Smerdon, 20,TO
- 5) 51:59 Robbie Taylor, 19,COBRA
- 6) 51:81 Thomas Kindler, 20,PPO
- 7) 51:83 Ryan Laurin, 25,IS
- 8) 51:91 Jake Steele, 21,PDSA
- 9) 51:93 Rick Say, 21,IS
- 10) 52:18 Simon MacDonald, 21,NKB
- 11) 52:37 Justin Tisdall, 18,PDSA
- 12) 52:45 Jean-F. Langlais, 21,UL
- 13) 52:59 Kevin Johns, 20,PDSA
- 14) 52:60 Mark Johnston, 20,PDSA
- 15) 52:97 Josh Ballem, 23,UCSC
- 16) 53:47 Louis-D. Bonneau, 19,GO

#### Prelims, Aug 5

- 1) 50:86 Roland Schoeman, 20,RSA

#### 200 METRES FREESTYLE, Aug 3

- 1) 1:50:46 Mark Johnston, 20,PDSA
- 2) 1:51:04 Brian Johns, 17,RAPID
- 3) 1:52:45 Rick Say, 21,IS
- 4) 1:53:48 Kyle Smerdon, 20,TO
- 5) 1:53:73 Justin Tisdall, 18,PDSA
- 6) 1:54:76 Otto Hinks, 22,NKB
- 7) 1:55:28 Andrew Coupland, 17,GO
- 8) 1:55:89 Joseph-P. Richard, 22,DDO

#### B Finals

- 1) 1:50:34 Ryk Neethling, 22,RSA
- 10) 1:54:06 Michael McWha, 23,OSC-SE
- 11) 1:55:04 Kevin Johns, 20,PDSA
- 12) 1:55:23 Peter Szaffarski, 19,BROCK
- 13) 1:55:78 Frederic Savo, 20,CAMO
- 14) 1:57:10 David Allard, 20,CAMO
- 15) 1:57:24 Jake Steele, 21,PDSA
- 16) 1:57:40 Richard Cormack, 18,GLEN

#### 400 METRES FREESTYLE, Aug 4

- 1) 3:53:69 Ryk Neethling, 22,RSA
- 2) 3:55:39 Rick Say, 21,IS

- 3) 3:55:41 Brian Johns, 17,RAPID
- 4) 3:56:25 Mark Johnston, 20,PDSA
- 5) 3:56:39 Andrew Hurd, 17,MSSAC-TO
- 6) 3:57:13 Curtis Myden, 26,UCSC
- 7) 4:05:20 Brent O'Connor, 16,PDSA
- 8) 4:09:24 Brent Sallee, 23,PDSA

#### B Finals

- 9) 4:00:29 Tim Peterson, 21,PDSA
- 10) 4:01:12 Michael McWha, 23,OSC-SE
- 11) 4:03:25 Sylvain Lemieux, 20,PPO
- 12) 4:04:46 Kurtis MacGillivray, 16,ROW
- 13) 4:06:16 Mathew Swanton, 19,ESWIM
- 14) 4:07:10 Dan Lee, 23,TO
- 15) 4:07:10 Philippe Gagnon, 20,UL
- 16) 4:10:66 Joseph-P. Richard, 22,DDO

#### 1500 METRES FREESTYLE, Aug 6

- 1) 15:23:25 Andrew Hurd, 17,MSSAC-TO
- 2) 15:25:09 Tim Peterson, 21,PDSA
- 3) 15:29:18 Ryk Neethling, 22,RSA
- 4) 15:45:22 Brent Sallee, 23,PDSA
- 5) 15:59:82 Chuck Sayao, 17,MSSAC-TO
- 6) 16:00:35 Kurtis MacGillivray, 16,ROW
- 7) 16:11:27 Rick Say, 21,IS
- 8) 16:12:37 Michael McWha, 23,OSC-SE

#### Slow heats

- 1) 16:17:90 Tim Cowan, 22,UCSC
- 2) 16:18:90 Alex Hayes, 19,GO
- 3) 16:21:64 Dan Lee, 23,TO
- 4) 16:25:32 Elliot MacDonald, 17,MANTA
- 5) 16:25:64 Andre Couturier, 19,UL
- 6) 16:26:84 Jason VanderSluis, 18,BROCK
- 7) 16:30:28 Robbie Stanger, 19,OSC-SE
- 8) 16:35:40 Philippe Dubreuil, 18,SHER
- 9) 16:37:95 Philippe Gagnon, 20,UL
- 10) 16:39:88 Joseph-P. Richard, 22,DDO
- 11) 16:44:92 Brent O'Connor, 16,PDSA
- 12) 16:44:98 Mathew Swanton, 19,ESWIM
- 13) 16:45:73 Karim Abdulla, 17,ROD
- 14) 16:45:99 Bryan McMillan, 18,GMAC
- 15) 17:05:02 Taisuke Maeda, 17,EKSC-SE
- 16) 17:05:62 Daniel McRory, 19,OSC-SE
- 17) 17:07:71 David Ling, 20,BROCK
- 18) 17:12:50 Andy Andrew, 17,WVOSC
- 19) 17:21:47 Simon Gignac, 17,SHER

#### 50 METRES BACKSTROKE, Aug 3

- 1) 26:22 Mark Versfeld, 24,PDSA
- 2) 26:31 Chris Renaud, 23,UCSC
- 3) 26:35 Alexandre Pichette, 23,CAMO
- 4) 26:40 Matthew Rose, 19,TRENT
- 5) 26:51 Chris Sawbridge, 20,NRST
- 6) 27:42 Gordon McKay, 19,EKSC
- 7) 27:53 Stephen Preston, 18,UL
- 8) 27:77 Doug McCarthy, 18,GO

#### Semi-Finals, Aug 3

- 1) 26:36 Mark Versfeld, 24,PDSA
- 2) 26:40 Chris Renaud, 23,UCSC
- 3) 26:41 Alexandre Pichette, 23,CAMO
- 4) 26:41 Matthew Rose, 19,TRENT
- 5) 26:65 Chris Sawbridge, 20,NRST
- 6) 27:25 Stephen Preston, 18,UL
- 7) 27:49 Gordon McKay, 19,EKSC
- 8) 27:66 Doug McCarthy, 18,GO
- 9) 27:80 Collin Sood, 27,UCSC
- 10) 27:84 Brendan Ashby, 20,USA
- 11) 27:84 Kelly Albrecht, 19,MANTA
- 12) 28:13 Bryan McMillan, 18,GMAC
- 13) 28:13 Greg Hamm, 24,PDSA
- 14) 28:15 Dustin Hersee, 24,PDSA
- 15) 28:51 Daniel VandenDungen, 20,RAYS
- 16) 28:80 Michael Power, 19,UCSC

#### 100 METRES BACKSTROKE, Aug 6

- 1) 56:30 Mark Versfeld, 24,PDSA
- 2) 56:96 Chris Sawbridge, 20,NRST
- 3) 57:24 Alexandre Pichette, 23,CAMO
- 4) 58:19 Gordon McKay, 19,EKSC-SE
- 5) 58:38 Francois Castonguay, 18,PPO
- 6) 58:42 Dustin Hersee, 24,PDSA
- 7) 58:47 Greg Hamm, 24,PDSA
- 8) 1:00:59 Tobias Oriwol, 15,ESWIM

#### Semi-Finals, Aug 5

- 1) 56:47 Mark Versfeld, 24,PDSA
- 2) 56:76 Chris Sawbridge, 20,NRST
- 3) 57:74 Alexandre Pichette, 23,CAMO
- 4) 58:61 Francois Castonguay, 18,PPO
- 5) 58:81 Greg Hamm, 24,PDSA
- 6) 58:81 Gordon McKay, 19,EKSC-SE
- 7) 58:87 Dustin Hersee, 24,PDSA
- 8) 59:21 Tobias Oriwol, 15,ESWIM
- 9) 59:32 Gavin Carscallen, 21,CASC
- 10) 59:50 Louis-D. Bonneau, 19,GO
- 11) 59:60 Stephen Preston, 18,UL
- 12) 59:97 Michael Power, 19,UCSC
- 13) 1:00:17 Keith Beavers, 17,STARS
- 14) 1:00:23 Kelly Albrecht, 19,MANTA
- 15) 1:00:29 Doug McCarthy, 18,GO
- 16) 1:00:49 Brendan Ashby, 20,USA

#### 200 METRES BACKSTROKE, Aug 4

- 1) 2:01:81 Mark Versfeld, 24,PDSA
- 2) 2:02:72 Chuck Sayao, 17,MSSAC-TO
- 3) 2:02:97 Greg Hamm, 24,PDSA
- 4) 2:03:66 Dustin Hersee, 24,PDSA
- 5) 2:03:92 Tobias Oriwol, 15,ESWIM
- 6) 2:06:79 Gordon McKay, 19,EKSC-SE
- 7) 2:07:78 Francois Castonguay, 18,PPO
- 8) 2:08:34 Nathan O'Brien, 17,IS

#### B Finals

- 9) 2:06:67 Tom Rushton, 20,RAPID
- 10) 2:07:05 Kelly Albrecht, 19,MANTA
- 11) 2:07:98 Michael Power, 19,UCSC
- 12) 2:08:22 Stephen Preston, 18,UL
- 13) 2:08:49 Grant Jollands, 20,RSA
- 14) 2:08:88 Craig Gillis, 17,CASC
- 15) 2:09:02 Andrew Coupland, 17,GO
- 16) 2:12:95 Matthew Wilson, 22,IS

#### 50 METRES BREASTSTROKE, Aug 3

- 1) 28:88 Morgan Knabe, 19,UCSC
- 2) 29:03 Matthew Huang, 16,PDSA
- 3) 29:23 Chad Thomsen, 17,EKSC-SE
- 4) 29:32 Travis Leyenhorst, 22,PDSA
- 5) 29:62 Otto Hinks, 22,NKB
- 6) 29:69 Jason Hunter, 20,NRST
- 7) 29:94 Chris Stewart, 23,EAST
- 8) 29:97 Bryson Tan, 21,OKA

#### Semi-Finals, Aug 3

- 1) 28:77 Morgan Knabe, 19,UCSC
- 2) 29:18 Chad Thomsen, 17,EKSC-SE
- 3) 29:24 Matthew Huang, 16,PDSA
- 4) 29:52 Jason Hunter, 20,NRST
- 5) 29:58 Otto Hinks, 22,NKB
- 6) 29:59 Travis Leyenhorst, 22,PDSA
- 7) 29:83 Bryson Tan, 21,OKA
- 8) 29:91 Chris Stewart, 23,EAST
- 9) 29:97 Guillaume Filion, 21,CNCB
- 10) 30:02 John Stambuis, 21,IS
- 11) 30:13 Peter Lennox-King, 21,EYSC
- 12) 30:39 Matthew Mains, 18,WAAC
- 13) 30:42 Adam Taschereau-C., 19,SHER
- 14) 30:45 Trevor Brekke, 23,UCSC
- 15) 30:48 Ivan Rodriguez, 23,PAN
- 16) 30:60 Nicolas Jorgensen, 20,PCSC

#### 100 METRES BREASTSTROKE, Aug 5

- 1) 1:02:40 Morgan Knabe, 19,UCSC
- 2) 1:02:98 Matthew Huang, 16,PDSA
- 3) 1:03:56 Michel Boulianne, 22,CAMO
- 4) 1:03:68 Jason Hunter, 20,NRST
- 5) 1:03:76 John Stambuis, 21,IS
- 6) 1:03:91 Otto Hinks, 22,NKB
- 7) 1:04:35 Chad Thomsen, 17,EKSC-SE
- 8) 1:04:57 Travis Leyenhorst, 22,PDSA

#### Semi-Finals, Aug 4

- 1) 1:02:87 Morgan Knabe, 19,UCSC
- 2) 1:03:42 Matthew Huang, 16,PDSA
- 3) 1:03:58 John Stambuis, 21,IS
- 4) 1:03:68 Michel Boulianne, 22,CAMO
- 5) 1:03:94 Chad Thomsen, 17,EKSC-SE
- 6) 1:04:33 Jason Hunter, 20,NRST
- 7) 1:04:50 Travis Leyenhorst, 22,PDSA
- 8) 1:04:55 Otto Hinks, 22,NKB
- 9) 1:04:77 Matthew Mains, 18,WAAC
- 10) 1:04:88 Bryson Tan, 21,OKA
- 11) 1:05:37 Adam Taschereau-C., 19,SHER
- 12) 1:05:81 David Allard, 20,CAMO
- 13) 1:05:84 Michael Brown, 16,PERTH

- 14) 1:06:61 Peter Lennox-King, 21,EYSC
- 15) 1:06:62 David Schulze, 21,TO
- 16) 1:06:68 Cameron Charlton, 19,TAT

#### 200 METRES BREASTSTROKE, Aug 6

- 1) 2:16:45 John Stambuis, 21,IS
- 2) 2:18:04 Michel Boulianne, 22,CAMO
- 3) 2:18:25 Jason Hunter, 20,NRST
- 4) 2:19:15 Adam Taschereau-C., 19,SHER
- 5) 2:19:22 Matthew Mains, 18,WAAC
- 6) 2:20:09 Matthew Huang, 16,PDSA
- 7) 2:21:43 Michael Brown, 16,PERTH
- 8) 2:21:64 Kevin Dupuis, 22,EAST

#### B Finals

- 9) 2:19:80 Gregg Gleason, 19,WAC
- 10) 2:21:88 Chad Thomsen, 17,EKSC-SE
- 11) 2:22:38 Keith Beavers, 17,STARS
- 12) 2:22:81 John Bartlet, 18,NEW
- 13) 2:24:85 Tom Fuke, 23,ROW
- 14) 2:25:71 Cameron Charlton, 19,TAT
- 15) 2:29:45 Peter Lennox-King, 21,EYSC
- 16) disq. David Schulze, 21,TO

#### 50 METRES BUTTERFLY, Aug 6

- 1) 23:82 Roland Schoeman, 20,RSA
- 2) 24:18 Takashi Yamamoto, 22,JPN
- 3) 24:44 Michael Mintenko, 24,PDSA
- 4) 25:15 Collin Sood, 27,UCSC
- 5) 25:20 Gavin Carscallen, 21,CASC
- 6) 25:26 Jean-F. Langlais, 21,UL
- 7) 25:44 Adam Sioui, 18,TD
- 8) 25:66 Josh Ballem, 23,UCSC

#### Semi-Finals, Aug 6

- 1) 24:07 Roland Schoeman, 20,RSA
- 2) 24:55 Michael Mintenko, 24,PDSA
- 3) 24:74 Takashi Yamamoto, 22,ROW
- 4) 25:06 Adam Sioui, 18,TD
- 5) 25:16 Gavin Carscallen, 21,CASC
- 6) 25:25 Collin Sood, 27,UCSC
- 7) 25:30 Jean-F. Langlais, 21,UL
- 8) 25:36 Ryan Kelly, 24,RSA
- 9) 25:45 Josh Ballem, 23,UCSC
- 10) 25:65 Shamek Pietucha, 23,UCSC
- 11) 25:70 Doug Wake, 23,PDSA
- 12) 25:79 Matt Wilsie, 21,USA
- 13) 25:82 Jesse Jacks, 18,IS
- 14) 26:15 Jan Pelechtyik, 19,EKSC-SE
- 15) 26:46 Kevin Johns, 20,PDSA
- 16) 26:64 Sebastien Poulin, 20,CAMO

#### 100 METRES BUTTERFLY, Aug 4

- 1) 52:88 Michael Mintenko, 24,PDSA
- 2) 53:00 Takashi Yamamoto, 22,JPN
- 3) 54:52 Shamek Pietucha, 23,UCSC
- 4) 54:97 Garret Pulle, 22,UCSC
- 5) 54:98 Roland Schoeman, 20,RSA
- 6) 55:29 Doug Wake, 23,PDSA
- 7) 55:53 Jean-F. Langlais, 21,UL
- 8) 55:57 Gavin Carscallen, 21,CASC

#### Semi-Finals, Aug 3

- 1) 52:88 Michael Mintenko, 24,PDSA
- 2) 53:55 Takashi Yamamoto, 22,ROW
- 3) 54:46 Shamek Pietucha, 23,UCSC
- 4) 55:08 Adam Sioui, 18,TD
- 5) 55:15 Roland Schoeman, 20,RSA
- 6) 55:31 Garret Pulle, 22,UCSC
- 7) 55:37 Doug Wake, 23,PDSA
- 8) 55:44 Gavin Carscallen, 21,CASC
- 9) 55:62 Jean-F. Langlais, 21,UL
- 10) 55:90 Jesse Jacks, 18,IS
- 11) 55:91 Ryan Kelly, 24,RSA
- 12) 56:00 Josh Ballem, 23,UCSC
- 13) 56:15 Matt Wilsie, 21,USA
- 14) 57:25 Sebastien Poulin, 20,CAMO
- 15) 57:39 Jan Pelechtyik, 19,EKSC-SE
- 16) 59:08 Kelly Albrecht, 19,MANTA

#### 200 METRES BUTTERFLY, Aug 5

- 1) 2:00:23 Adam Sioui, 18,TD
- 2) 2:04:17 Jan Pelechtyik, 19,EKSC-SE
- 3) 2:04:93 Doug Wake, 23,PDSA
- 4) 2:05:01 Tim Cowan, 22,UCSC
- 5) 2:05:49 Sebastien Poulin, 20,CAMO
- 6) 2:05:92 Tom Rushton, 20,RAPID
- 7) 2:06:18 Brent O'Connor, 16,PDSA
- 8) 2:06:31 Sylvain Lemieux, 20,PPO

#### B Finals

- 9) 1:57:24 Takashi Yamamoto, 22,JPN

- 10) 2:01:48 Tamas Kerekjarto, 21,HUN
- 11) 2:07:29 Michel Tremblay, 19,CNCB
- 12) 2:07:86 Andrew Dragunas, 18,PCSC
- 13) 2:08:08 Jean-S. Savard, 18,CAMO
- 14) 2:08:15 Nicholas Dargus, 19,NEW
- 15) 2:09:05 Attila Czene, 26,HUN
- 16) 2:09:10 Grant Jollands, 20,RSA

#### 200 METRES IND. MEDLEY, Aug 6

- 1) 2:03:56 Attila Czene, 26,HUN
- 2) 2:04:20 Curtis Myden, 26,UCSC
- 3) 2:04:29 Brian Johns, 17,RAPID
- 4) 2:04:33 Tamas Kerekjarto, 21,HUN
- 5) 2:07:75 Joe Melton, 21,UCSC
- 6) 2:07:90 Keith Beavers, 17,STARS
- 7) 2:08:42 Sylvain Lemieux, 20,PPO
- 8) 2:09:62 Doug Wake, 23,PDSA

#### B Final

- 9) 2:07:74 David Allard, 20,CAMO
- 10) 2:09:66 John Hewardine, 20,YLSC
- 11) 2:09:77 Tom Rushton, 20,RAPID
- 12) 2:10:29 Matthew Wilson, 22,IS
- 13) 2:11:26 Craig Gillis, 17,CASC
- 14) 2:11:48 Tobias Oriwol, 15,ESWIM
- 15) 2:12:63 Andrew Coupland, 17,GO
- 16) 2:13:90 Brendan Ashby, 20,USA

#### 400 METRES IND. MEDLEY, Aug 3

- 1) 4:22:84 Curtis Myden, 26,UCSC
- 2) 4:23:07 Chuck Sayao, 17,MSSAC-TO
- 3) 4:27:25 Keith Beavers, 17,STARS
- 4) 4:27:99 Joe Melton, 21,UCSC
- 5) 4:28:53 Tobias Oriwol, 15,ESWIM
- 6) 4:32:13 Kevin Dupuis, 22,EAST
- 7) 4:34:84 Kurtis MacGillivray, 16,ROW

#### disq.

- 8) Tamas Kerekjarto, HUN

#### B Final

- 9) 4:30:33 Sylvain Lemieux, 20,PPO
- 10) 4:33:74 Adam Peacey, 24,TO
- 11) 4:33:78 Francois Castonguay, 19,UL
- 12) 4:35:97 Andre Couturier, 19,UL
- 13) 4:36:73 Grant Jollands, 20,RSA
- 14) 4:36:83 Tom Rushton, 20,RAPID
- 15) 4:37:80 Michael Brown, 16,PERTH
- 16) 4:39:81 Michel Tremblay, 19,CNCB

#### 4X100 MEDLEY RELAY, Aug 6

- 1) 3:40:72 Canadian Olympic Team
- 2) 3:45:54 Canadian Olympic Team B
- 3) 3:49:55 Pacific Dolphins
- 4) 3:50:11 Calgary Swimming
- 5) 3:51:97 Montreal Aquatique
- 6) 3:52:26 Swim Edmonton
- 7) 3:53:21 Pacific Dolphins B
- 8) 3:54:56 Island Swimming

#### 4X100 FREE RELAY, Aug

- 26.30 Marianne Limpert,27,PDSA
- 26.37 Laura Nicholls,21,ROW
- 26.55 Jenna Gresdal,15,ESWIM
- 26.60 Laura Pomeroy,16,OKA-TO
- 26.77 Nadine Rolland,26,CAMO
- 26.77 Genevieve Gregoire,19,PCSC
- 26.86 Iris Elliott,18,KBM
- 26.91 Chrissy MacAulay,17,ESWIM
- 27.10 Tara Taylor,18,HYACK
- 27.12 Julie Tardif,22,CAMO
- 27.40 Jessie Bradshaw,16,UCSC
- 27.52 Sarah Gault,15,CAC
- 27.58 Kate Pyley,15,OKA-TO
- 27.65 Sara Alroubaie,19,MANTA

### 100 METRES FREESTYLE, Aug 4

- 56.03 Marianne Limpert,27,PDSA
- 56.24 Laura Nicholls,21,ROW
- 56.34 Shannon Shakespeare,23,MM
- 56.80 Jessica Deglau,20,PDSA
- 57.11 Iris Elliott,18,KBM
- 57.19 Nadine Rolland,26,CAMO
- 57.26 Tara Taylor,18,HYACK
- 57.79 Jenna Gresdal,15,ESWIM

### Semi-Finals, Aug 3

- 56.72 Laura Nicholls,21,ROW
- 56.72 Shannon Shakespeare,23,MM
- 56.83 Marianne Limpert,27,PDSA
- 57.50 Jessica Deglau,20,PDSA
- 57.58 Jenna Gresdal,15,ESWIM
- 57.64 Nadine Rolland,26,CAMO
- 57.67 Iris Elliott,18,KBM
- 57.70 Tara Taylor,18,HYACK
- 57.88 Anna Lydall,20,OKA-TO
- 58.10 Melania Bussiere,28,CNB
- 58.30 Karley Stutzel,18,IS
- 58.78 Laura Pomeroy,16,OKA-TO
- 58.89 Catherine Dugas-Savoie,16,DYNAM
- 59.00 Kate Pyley,15,OKA-TO
- 59.04 Julie Tardif,22,CAMO
- 59.49 Janet Cook,21,HWCAC

### 200 METRES FREESTYLE, Aug 6

- 2:01.92 Jessica Deglau,20,PDSA
- 2:03.76 Carolyn Adel,21,SUR
- 2:03.97 Karley Stutzel,18,IS
- 2:04.01 Iris Elliott,18,KBM
- 2:04.47 Genevieve Szigeti,18,ARG
- 2:04.48 Kate Brambley,21,PDSA
- 2:04.96 Tamee Ebert,17,PDSA
- 2:06.25 Danielle Bell,17,IS

### B finals

- 2:05.39 Karine Legault,21,PPO
- 2:05.42 Tara Taylor,18,HYACK
- 2:05.84 Sophie Simard,21,UL
- 2:07.00 Catherine Dugas-Savoie,16,DYNAM
- 2:07.21 Lindsay Beavers,19,STARS
- 2:07.37 Melania Bussiere,28,CNB
- 2:07.92 Aphrodite Daphnis,18,GRE
- 2:08.99 Loren Sweny,18,NKB

### 400 METRES FREESTYLE, Aug 5

- 4:15.41 Karine Legault,21,PPO
- 4:16.92 Jessica Deglau,20,PDSA
- 4:17.99 Danielle Bell,17,IS
- 4:18.05 Carrie Burgoyne,18,UCSC
- 4:20.14 Joanne Malar,24,UCSC
- 4:20.74 Tamee Ebert,17,PDSA
- 4:21.62 Karley Stutzel,18,IS
- 4:23.00 Lindsay Beavers,19,STARS

### B Finals

- 4:20.03 Carolyn Adel,21,SUR
  - 4:20.86 Kate Brambley,21,PDSA
  - 4:26.79 Loren Sweny,18,NKB
  - 4:29.51 Hayley Doody,15,CASC
  - 4:29.70 Monica Wejman,15,ESWIM
  - 4:29.84 Sara McNally,15,EKSC
  - 4:32.44 Kathy Siuda,14,ROW
  - 4:36.79 Alicia Jobse,16,MANTA
- ### 800 METRES FREESTYLE, Aug 4
- 8:43.45 Karine Legault,21,PPO
  - 8:49.64 Lindsay Beavers,19,STARS
  - 8:49.88 Tamee Ebert,17,PDSA
  - 8:54.04 Carrie Burgoyne,18,UCSC
  - 8:55.96 Karley Stutzel,18,IS
  - 9:01.20 Tara Taylor,18,HYACK
  - 9:01.47 Danielle Bell,17,IS

- 9:14.79 Danielle Beland,15,ROW

### Slow heats

- 9:14.89 Alicia Jobse,16,MANTA
- 9:17.81 Shauna McNally,18,EKSC
- 9:18.60 Kathy Siuda,14,ROW
- 9:18.95 Joan Bernier,15,CNCB
- 9:20.36 Amber Dykes,16,HYACK
- 9:21.41 Hayley Doody,15,CASC
- 9:21.75 Allison Laidlow,15,PDSA
- 9:26.25 Bevan Haley,13,WTCB
- 9:26.36 Julie Babin,17,ESWIM
- 9:28.14 Sarah Woodworth,26,ROW
- 9:29.09 Annie Lizotte,17,CNCB
- 9:29.31 Stephanie Barbe,17,UL
- 9:36.62 Jennifer Coombs,17,HYACK
- 9:38.18 Michelle MacNeil,20,OSC-SE
- 9:39.23 Sara McNally,15,EKSC

### 50 METRES BACKSTROKE, Aug 5

- 29.45 Jennifer Carroll,19,CAMO
- 29.63 Michelle Lischinsky,25,MANTA
- 29.94 Erin Gammel,20,KCS
- 30.06 Kelly Stefanyshyn,18,PDSA
- 30.56 Elizabeth Wycliffe,17,EBSC
- 30.79 Julia Wright,18,UCSC
- 31.41 Andrea Finlay,20,ESWIM
- 31.49 Katelyn Smith,13,COBRA

### Semi-Finals, Aug 5

- 29.75 Jennifer Carroll,19,CAMO
- 30.10 Erin Gammel,20,KCS
- 30.22 Michelle Lischinsky,25,MANTA
- 30.24 Kelly Stefanyshyn,18,PDSA
- 30.61 Elizabeth Wycliffe,17,EBSC
- 30.67 Andrea Finlay,20,ESWIM
- 30.92 Julia Wright,18,UCSC
- 30.97 Katelyn Smith,13,COBRA
- 31.37 Florencia Szigeti,18,ARG
- 31.60 Amy Jacina,16,GMAC
- 31.60 Genevieve Gregoire,19,PCSC
- 31.63 Andrea Shoust,14,SSMAC
- 31.73 Sheena Martin,15,TORCH
- 31.99 Erin Kardash,14,MM
- 32.71 Jane Mikoulchik,20,UCSC
- 32.86 Joanna McLean,17,ESWIM

### 100 METRES BACKSTROKE, Aug 4

- 1:02.79 Kelly Stefanyshyn,18,PDSA
- 1:03.50 Michelle Lischinsky,25,MANTA
- 1:03.81 Jennifer Fratesi,16,ROW
- 1:03.84 Erin Gammel,20,KCS
- 1:04.63 Elizabeth Wycliffe,17,EBSC
- 1:04.67 Jennifer Carroll,19,CAMO
- 1:05.55 Julia Wright,18,UCSC
- 1:06.95 Andrea Shoust,14,SSMAC

### Semi-Finals, Aug 3

- 1:02.65 Kelly Stefanyshyn,18,PDSA
- 1:03.75 Michelle Lischinsky,25,MANTA
- 1:03.98 Jennifer Fratesi,16,ROW
- 1:04.11 Erin Gammel,20,KCS
- 1:04.72 Elizabeth Wycliffe,17,EBSC
- 1:05.48 Jennifer Carroll,19,CAMO
- 1:06.11 Julia Wright,18,UCSC
- 1:06.24 Andrea Shoust,14,SSMAC
- 1:06.32 Amy Jacina,16,GMAC
- 1:06.45 Nikki Dryden,25,PDSA
- 1:06.55 Katie Smith,14,COBRA
- 1:06.79 Michaela Schmidt,16,CASC
- 1:07.67 Erin Kardash,14,MM
- 1:07.68 Andrea Finlay,20,ESWIM
- 1:07.87 Jennifer Kasuya,18,HYACK
- 1:08.93 Shauna McNally,18,EKSC

### 200 METRES BACKSTROKE, Aug 6

- 2:14.57 Kelly Stefanyshyn,18,PDSA
- 2:15.95 Jennifer Fratesi,16,ROW
- 2:16.88 Nikki Dryden,25,PDSA
- 2:17.21 Elizabeth Warden,22,TO
- 2:18.47 Elizabeth Wycliffe,17,EBSC
- 2:21.62 Julia Wright,18,UCSC
- 2:22.90 Amy Jacina,16,GMAC
- 2:24.06 Shauna McNally,18,EKSC

### B Finals

- 2:20.80 Kristy MacLennan,17,ESWIM
  - 2:23.54 Lynette Bayliss,14,UCSC
  - 2:23.65 Shawna Bothwell,16,RDCSC
  - 2:25.04 Dena Durand,19,BROCK
  - 2:26.40 Andrea Shoust,14,SSMAC
  - 2:26.43 Janine Beauchamp,18,CAMO
  - 2:27.28 Jane Mikoulchik,20,UCSC
  - 2:27.28 Anna Szafarski,16,BROCK
- ### 50 METRES BREASTSTROKE, Aug 3
- 31.52 Penelope Heyns,25,RSA
  - 32.18 Rhianon Leier,23,MANTA
  - 32.88 Tamara Wagner,15,TORCH
  - 33.09 Christy Anderson,17,STARS
  - 33.28 Julia Pomeroy,20,OKA-TO
  - 33.91 Lisa Blackburn,28,NKB
  - 33.97 Marcy Edgecumbe,16,EKSC
  - 34.66 Julie Tardif,22,CAMO

### Semi-Finals, Aug 3

- 31.95 Penelope Heyns,25,RSA
- 32.09 Rhianon Leier,23,MANTA
- 33.34 Tamara Wagner,15,TORCH
- 33.48 Lisa Blackburn,28,NKB
- 33.51 Christy Anderson,17,STARS
- 33.65 Marcy Edgecumbe,16,EKSC
- 33.69 Julia Pomeroy,20,OKA-TO
- 33.70 Julie Tardif,22,CAMO
- 33.76 Joanne Malar,24,UCSC
- 33.86 Lauren van Oosten,21,UCSC
- 34.09 Emma Spooner,17,NCSA
- 34.17 Kristy Cameron,19,UCSC
- 34.25 Laura Pomeroy,16,OKA-TO
- 34.36 Joanna Lee,15,MSSAC-TO
- 35.02 Jennifer Nodde,20,ESWIM
- 35.53 Nancy Thibault,20,CNOTY

### 100 METRES BREASTSTROKE, Aug 6

- 1:08.67 Penelope Heyns,25,RSA
- 1:10.64 Rhianon Leier,23,MANTA
- 1:11.31 Christy Anderson,17,STARS
- 1:12.63 Tamara Wagner,15,TORCH
- 1:12.64 Lisa Blackburn,28,NKB
- 1:12.94 Christin Petelski,22,IS
- 1:13.10 Annamay Pierce,16,EKSC-SE
- 1:13.59 Kristy Cameron,19,UCSC

### Semi-Finals, Aug 5

- 1:08.56 Penelope Heyns,25,RSA
- 1:10.64 Rhianon Leier,23,MANTA
- 1:11.79 Christy Anderson,17,STARS
- 1:12.24 Lisa Blackburn,28,NKB
- 1:12.38 Christin Petelski,22,IS
- 1:12.66 Tamara Wagner,15,TORCH
- 1:13.14 Kristy Cameron,19,UCSC
- 1:13.22 Annamay Pierce,16,EKSC-SE
- 1:13.31 Jennifer Nodde,20,ESWIM
- 1:13.39 Julia Pomeroy,20,OKA-TO
- 1:13.60 Lauren van Oosten,21,UCSC
- 1:14.12 Emma Spooner,17,NCSA
- 1:14.50 Marcy Edgecumbe,16,EKSC
- 1:14.62 Mila Zvijerac,15,HYACK
- 1:15.03 Joanna Lee,15,MSSAC-TO

- 1:15.39 Nancy Thibault,20,CNOTY

### 200 METRES BREASTSTROKE, Aug 4

- 2:32.33 Rhianon Leier,23,MANTA
- 2:32.38 Joanne Malar,24,UCSC
- 2:33.56 Christin Petelski,22,IS
- 2:34.18 Kristy Cameron,19,UCSC
- 2:34.96 Lauren van Oosten,21,UCSC
- 2:36.31 Christy Anderson,17,STARS
- 2:36.69 Annamay Pierce,16,EKSC-SE
- 2:39.46 Kristin Keery,22,STARS

### B Finals

- 2:36.87 Elizabeth Warden,22,TO
  - 2:37.72 Tamara Wagner,15,TORCH
  - 2:38.04 Marcy Edgecumbe,16,EKSC
  - 2:39.63 Dena Durand,19,BROCK
  - 2:39.72 Sandra McLean,21,EAST
  - 2:40.58 Kathleen Stoddy,17,HYACK
  - 2:42.96 Kelly Timmons,13,OSC-SE
  - 2:43.03 Marieve De Blois,16,PPO
- ### 50 METRES BUTTERFLY, Aug 4
- 27.17 Shona Kitson,22,OSC-SE
  - 27.38 Julia Russell,25,RSA
  - 27.84 Karine Chevrier,22,CAMO
  - 28.58 Michaela Schmidt,16,CASC
  - 28.60 Jennifer Button,22,ROW
  - 28.76 Elizabeth Collins,17,ROD
  - 29.26 Nadine Rolland,26,CAMO
  - 29.32 Sara Alroubaie,19,MANTA

### Semi-Finals, Aug 4

- 27.34 Shona Kitson,22,OSC-SE
- 27.40 Julia Russell,25,RSA
- 27.89 Karine Chevrier,22,CAMO
- 28.25 Jennifer Button,22,ROW
- 28.49 Nadine Rolland,26,CAMO
- 28.87 Michaela Schmidt,16,CASC
- 28.92 Elizabeth Collins,17,ROD
- 28.98 Sara Alroubaie,19,MANTA
- 29.00 Jessie Bradshaw,16,UCSC
- 29.26 Virginie Robitaille,18,HIPPO
- 29.29 Joanne Malar,24,UCSC
- 29.73 Meghan Brown,16,PDSA
- 29.90 Cynthia Pearce,17,MSSAC-TO
- 30.16 Andrea McIntosh,21,BBF
- 30.21 Tanya Hunks,19,BRANT
- 30.30 Kate Pyley,15,OKA-TO

### 100 METRES BUTTERFLY, Aug 6

- 1:00.86 Jennifer Button,22,ROW
  - 1:01.18 Shona Kitson,22,OSC-SE
  - 1:01.43 Karine Chevrier,22,CAMO
  - 1:01.50 Audrey Lacroix,16,CAMO
  - 1:01.76 Jessica Deglau,20,PDSA
  - 1:01.79 Elizabeth Collins,17,ROD
  - 1:02.16 Michaela Schmidt,16,CASC
  - 1:04.55 Melania Bussiere,28,CNB
- ### Semi-Finals, Aug 5
- 1:00.51 Jennifer Button,22,ROW
  - 1:01.52 Audrey Lacroix,16,CAMO
  - 1:01.90 Karine Chevrier,22,CAMO
  - 1:02.01 Michaela Schmidt,16,CASC
  - 1:02.37 Shona Kitson,22,OSC-SE
  - 1:02.43 Jessica Deglau,20,PDSA
  - 1:02.58 Elizabeth Collins,17,ROD
  - 1:03.27 Melania Bussiere,28,CNB
  - 1:03.27 Melania Bussiere,28,CNB
  - 1:03.27 Melania Bussiere,28,CNB
  - 1:03.31 Sara Alroubaie,19,MANTA
  - 1:03.77 Nancy Gajos,16,ESWIM
  - 1:03.85 Kelly Doody,20,PDSA
  - 1:03.14 Michelle Landry,15,PDSA
  - 1:04.34 Tanya Hunks,19,BRANT
  - 1:04.78 Virginie Robitaille,18,HIPPO
  - 1:04.87 Melissa Laflamme,18,UL

### 200 METRES BUTTERFLY, Aug 3

- 2:11.64 Jennifer Button,22,ROW
  - 2:11.92 Jessica Deglau,20,PDSA
  - 2:13.25 Audrey Lacroix,16,CAMO
  - 2:16.27 Michaela Schmidt,16,CASC
  - 2:16.46 Kristy MacLennan,17,ESWIM
  - 2:16.91 Tanya Hunks,19,BRANT
  - 2:17.83 Melissa Laflamme,18,UL
  - 2:20.09 Sara Alroubaie,19,MANTA
- ### B Finals
- 2:18.37 Michelle Landry,15,PDSA
  - 2:19.16 Sophie Simard,21,UL
  - 2:20.07 Sophie Emond,21,STARS

- 2:21.12 Chrissy Menendez,18,USA

- 2:21.52 Nancy Gajos,16,ESWIM
- 2:22.21 Michelle MacNeil,20,OSC-SE
- 2:22.97 Jaime Theriault,19,GO
- 2:23.45 Danielle Beland,16,ROW

### 200 METRES IND. MEDLEY, Aug 6

- 2:14.82 Marianne Limpert,27,PDSA
- 2:15.43 Joanne Malar,24,UCSC
- 2:19.23 Julia Russell,25,RSA
- 2:19.25 Kristen Bradley,17,NEW
- 2:19.95 Carrie Burgoyne,18,UCSC
- 2:21.54 Artemis Daphnis,16,GRE
- 2:22.25 Marieve De Blois,16,PPO
- 5:20.35 Kelly Doody,20,PDSA

### B Finals

- 2:20.00 Carolyn Adel,21,SUR
  - 2:20.70 Melissa Landry,15,PDSA
  - 2:21.39 Ariadne Legendre,23,CAMO
  - 2:23.91 Jenna Gresdal,15,ESWIM
  - 2:24.61 Melissa Laflamme,18,UL
  - 2:24.80 Dena Durand,19,BROCK
  - 2:26.27 Tanya Hunks,19,BRANT
- ### 400 METRES IND. MEDLEY, Aug 3
- 4:48.58 Elizabeth Warden,22,TO
  - 4:48.97 Carrie Burgoyne,18,UCSC
  - 4:50.11 Kelly Doody,20,PDSA
  - 4:55.66 Kristen Bradley,17,NEW
  - 4:55.91 Dena Durand,19,BROCK
  - 4:58.71 Michelle Landry,15,PDSA
  - 5:00.33 Allison Laidlow,15,PDSA
  - 5:02.37 Chanell Charon-W.,16,CAG

### B Finals

- 4:58.23 Carolyn Adel,21,SUR
- 5:03.65 Amber Dykes,16,HYACK
- 5:04.28 Marieve De Blois,16,PPO
- 5:04.47 Kathy Siuda,14,ROW
- 5:05.95 Shauna McNally,18,EKSC
- 5:06.75 Jennifer Coombs,17,HYACK
- 5:08.46 Julie Babin,17,ESWIM
- 5:10.44 Lesley Williams,17,STSC-SE

### 4X100 MEDLEY RELAY, Aug 6

- 4:11.92 Canadian Olympic Team
- 4:14.52 Canadian Olympic Team B
- 4:17.73 Montreal Aquatique
- 4:18.95 Calgary Swimming
- 4:21.56 Pacific Dolphins
- 4:24.17 Etobicoke Swimming
- 4:25.29 Toronto All Stars
- 4:26.38 Swim Edmonton

### 4X100 FREE RELAY, Aug 5

- 3:45.55 Canadian Olympic Team
- 3:51.93 Montreal Aquatique
- 3:53.21 Pacific Dolphins
- 3:55.51 Canadian Olympic Team B
- 3:55.75 Toronto All Stars
- 3:56.27 Calgary Swimming
- 3:57.23 Etobicoke Swimming
- 3:58.60 Montreal Aquatique B

### 4X200 FREE RELAY, Aug 3

- 8:09.31 Canadian Olympic Team
- 8:10.55 Canadian Olympic Team B
- 8:10.55 Montreal Aquatique
- 8:32.04 Calgary Swimming
- 8:33.27 Pacific Dolphins
- 8:34.47 Etobicoke Swimming
- 8:44.09 Swim Edmonton
- 8:47.05 Hyack Swim Club

### COMBINED TEAM SCORE

- 1635.50 Pacific Dolphin SA,PDSA
- 937.00 Calgary Swimming,UCSC
- 474.00 Club Aquatique de Montreal,CAMO
- 439.00 Island Swimming,IS
- 421.50 Toronto All Stars,TO
- 410.00 Swim Edmonton,SE
- 333.00 Region of Waterloo,ROW
- 267.00 Piscine du Parc Olympique,PPO
- 239.50 Universite Laval,UL
- 231.50 Manta Swim Club,MANTA
- 211.00 Etobicoke Swimming,ESWIM
- 153.50 Pointe Claire SC,PCSC
- 153.00 Dorado SC,STARS
- 151.00 Richmond Rapids,RAPID
- 93.00 Nepean Kanata Barracudas,NKB

### Rating Summary of Top Performances

- 1005 23.82 50 fly M F Roland Schoeman, 20,RSA
- 989 52.88 100 fly M F Michael Mintenko, 24,PDSA
- 988 31.52 50 breast W F Penelope Heyns, 25,RSA
- 986 53.00 100 fly M F Takashi Yamamoto, 22,JPN
- 975 29.45 50 back W F Jennifer Carroll, 19,CAMO
- 974 3:40.72 4x100 MR M F Canadian Olympic Team,CAN
- 968 1:02.40 100 breast M F Morgan Knabe, 19,UCSC
- 966 29.63 50 back W F Michelle Lischinsky, 25,MANTA
- 965 2:14.82 200 IM W F Marianne Limpert, 27,PDSA
- 965 27.17 50 fly W F Shona Kitson, 22,OSC-SE

# AMERICAN RESULTS

## 2000 USA OLYMPIC TRIALS

Indianapolis, Aug 9-16 (50 M)

• = American record

### MEN

#### 50 METRES FREESTYLE, Aug 15

- 1 • 21.76 Gary Hall, 74
- 2 21.80 Anthony Ervin, 81
- 3 22.12 Neil Walker, 76
- 4 22.21 Bill Pilczuk, 71
- 5 22.30 Jason Lezak, 75
- 6 22.51 Matthew Macedo, 80
- 7 22.55 Aaron Ciarla, 78
- 8 22.81 Christian Hasbach, 75

#### Semi-Finals, Aug 14

- 1 21.91 Gary Hall, 74
- 2 21.92 Anthony Ervin, 81
- 3 22.29 Neil Walker, 76
- 4 22.36 Aaron Ciarla, 78
- 5 22.46 Bill Pilczuk, 71
- 6 22.52 Matthew Macedo, 80
- 7 22.57 Jason Lezak, 75
- 8 22.71 Christian Hasbach, 75
- 9 22.75 Sabir Muhammad, 76
- 10 22.77 Gregory Busse, 79
- 11 22.80 John Stratman, 77
- 12 22.95 Shaun Zitani, 79
- 13 22.96 Coley Stickels, 78
- 14 23.09 Matt Weghorst, 80
- 15 23.10 John Miranda, 65
- 16 23.14 Justin Ewers, 76

#### 100 METRES FREESTYLE, Aug 13

- 1 48.71 Neil Walker, 76
- 2 48.84 Gary Hall, 74
- 3 48.95 Scott Tucker, 75
- 4 49.15 Jason Lezak, 75
- 5 49.29 Anthony Ervin, 81
- 6 49.40 Josh Davis, 72
- 7 50.19 Jamie Rauch, 79
- 8 51.00 Sabir Muhammad, 76

#### Semi-Finals, Aug 12

- 1 48.55 Neil Walker, 76
- 2 48.92 Gary Hall, 74
- 3 49.20 Josh Davis, 72
- 4 49.37 Anthony Ervin, 81
- 5 49.39 Scott Tucker, 75
- 6 49.64 Jason Lezak, 75
- 7 49.95 Jamie Rauch, 79
- 8 49.96 Sabir Muhammad, 76
- 9 49.99 Matthew Macedo, 80
- 10 50.03 Bryan Jones, 78
- 11 50.04 Nate Dusing, 78
- 12 50.04 Ian Crocker, 82
- 13 50.19 Nathan Summers, 80
- 14 50.37 Gregory Busse, 79
- 15 50.57 John Stratman, 77
- 16 50.59 Jon Olsen, 69

#### 200 METRES FREESTYLE, Aug 11

- 1 • 1:47.26 Josh Davis, 72
- 2 1:48.12 Scott Goldblatt, 79
- 3 1:48.17 Chad Carvin, 74
- 4 1:48.31 Klete Keller, 82
- 5 1:48.73 Jamie Rauch, 79
- 6 1:48.99 Nate Dusing, 78
- 7 1:49.00 Ugur Taner, 74
- 8 1:51.27 Adam Messner, 78

#### Semi-Finals, Aug 10

- 1 1:48.45 Josh Davis, 72
- 2 1:48.60 Scott Goldblatt, 79
- 3 1:48.64 Jamie Rauch, 79
- 4 1:48.83 Chad Carvin, 74
- 5 1:48.96 Ugur Taner, 74
- 6 1:48.99 Nate Dusing, 78
- 7 1:49.31 Klete Keller, 82
- 8 1:49.93 Adam Messner, 78
- 9 1:50.36 Mark Warkentin, 79

- 10 1:50.49 Cameron Mull, 76
- 11 1:50.51 Scott Tucker, 75
- 12 1:50.91 Jay Schryver, 78
- 13 1:51.63 John Waters, 81
- 14 1:51.65 Chris Kemp, 80
- 15 1:51.72 Daniel Ketchum, 81
- 16 1:52.47 Clay Kirkland, 83

#### 400 METRES FREESTYLE, Aug 9

- 1 • 3:47.18 Klete Keller, 82
- 2 3:47.50 Chad Carvin, 74
- 3 3:50.68 Robert Margalis, 82
- 4 3:51.64 Erik Vendt, 81
- 5 3:52.81 Kevin Clements, 80
- 6 3:54.23 Chris Thompson, 78
- 7 3:54.96 Fran Crippen, 84
- 8 3:59.64 Jon Younghouse, 78

#### Semi-Finals, Aug 9

- 1 3:49.63 Chad Carvin, 74
- 2 3:51.67 Erik Vendt, 81
- 3 3:51.92 Klete Keller, 82
- 4 3:52.76 Robert Margalis, 82
- 5 3:52.93 Scott Goldblatt, 79
- 6 3:52.98 Kevin Clements, 80
- 7 3:53.17 Jon Younghouse, 78
- 8 3:53.24 Chris Thompson, 78
- 9 3:53.85 Fran Crippen, 84
- 10 3:54.34 Tyler Painter, 78
- 11 3:54.37 Austin Ramirez, 78
- 12 3:54.47 Nathan Lewis, 78
- 13 3:55.13 Mark Leonard, 77
- 14 3:56.32 Cameron Mull, 76
- 15 3:56.72 Carl Larsen, 78
- 16 3:57.33 John Munley, 79

#### 1500 METRES FREESTYLE, Aug 16

- 1 • 14:59.11 Erik Vendt, 81
- 2 15:09.16 Chris Thompson, 78
- 3 15:13.59 Robert Margalis, 82
- 4 15:15.86 Nathan Lewis, 78
- 5 15:21.80 James Grimes, 79
- 6 15:22.58 Tyler Painter, 78
- 7 15:30.50 Fran Crippen, 84
- 8 15:38.66 Aram Kevorkian, 83

#### Prelims, Aug 15

- 1 15:21.71 Chris Thompson, 78
- 2 15:21.73 James Grimes, 79
- 3 15:22.54 Erik Vendt, 81
- 4 15:25.43 Robert Margalis, 82
- 5 15:26.93 Tyler Painter, 78
- 6 15:28.03 Fran Crippen, 84
- 7 15:29.28 Nathan Lewis, 78
- 8 15:30.65 Aram Kevorkian, 83
- 9 15:33.78 Carl Larsen, 78
- 10 15:36.30 Mark Leonard, 77
- 11 15:37.67 Brendan Neligan, 83
- 12 15:38.83 John Cole, 83
- 13 15:41.60 Mark Warkentin, 79
- 14 15:45.34 Ian Prichard, 82
- 15 15:45.83 Steve McLeod, 78
- 16 15:46.36 Matt Martin, 79

#### 100 METRES BACKSTROKE, Aug 11

- 1 53.84 Lenny Krayzelburg, 75
- 2 54.85 Neil Walker, 76
- 3 55.09 Randall Bal, 81
- 4 55.16 Aaron Peirsol, 83
- 5 55.79 Marc Lindsay, 80
- 6 55.81 Tate Blahnik, 76
- 7 55.82 Brad Bridgewater, 73
- 8 55.92 Matt Ulrickson, 78

#### Semi-Finals, Aug 10

- 1 53.67 Lenny Krayzelburg, 75
- 2 54.70 Neil Walker, 76
- 3 55.19 Randall Bal, 81
- 4 55.45 Tate Blahnik, 76
- 5 55.68 Tommy Hannan, 80
- 6 55.82 Marc Lindsay, 80

- 7 55.88 Brad Bridgewater, 73
- 8 55.96 Matt Ulrickson, 78
- 9 55.97 Aaron Peirsol, 83
- 10 56.03 Robert Brewer, 74
- 11 56.07 Michael Gilliam, 79
- 12 56.18 Justin Ewers, 76
- 13 56.41 Brian Walters, 76
- 14 56.47 Dan Westcott, 80
- 15 56.72 Kris Southter, 80
- 16 56.89 Tim McCann, 77

#### 200 METRES BACKSTROKE, Aug 14

- 1 1:57.31 Lenny Krayzelburg, 75
- 2 1:57.98 Aaron Peirsol, 83
- 3 1:59.58 Brian Walters, 76
- 4 2:00.27 Marc Lindsay, 80
- 5 2:00.62 Tate Blahnik, 76
- 6 2:00.67 Brad Bridgewater, 73
- 7 2:01.79 Joey Faltraco, 81
- 8 2:02.82 Daniel Shevchik, 80

#### Semi-Finals, Aug 13

- 1 1:57.93 Aaron Peirsol, 83
- 2 1:58.10 Lenny Krayzelburg, 75
- 3 1:59.18 Tate Blahnik, 76
- 4 1:59.99 Brian Walters, 76
- 5 2:00.77 Marc Lindsay, 80
- 6 2:00.89 Brad Bridgewater, 73
- 7 2:01.22 Joey Faltraco, 81
- 8 2:01.36 Daniel Shevchik, 80
- 9 2:01.88 Luke Wagner, 82
- 10 2:01.89 Trent Staley, 82
- 11 2:02.33 Bryce Hunt, 82
- 12 2:02.34 Charles Barnes, 76
- 13 2:03.43 Kirk Hambleman, 79
- 14 2:03.47 Kris Southter, 80
- 15 2:05.10 Michael Jansen, 80
- 16 2:06.05 Chris Kellam, 83

#### 100 METRES BREASTSTROKE, Aug 10

- 1 • 1:00.44 Ed Moses, 80
- 2 1:01.09 Patrick Calhoun, 81
- 3 1:01.74 Brendan Hansen, 82
- 4 1:02.02 Anthony Robinson, 80
- 5 1:02.12 Jarrod Marrs, 75
- 6 1:02.32 David Denniston, 78
- 7 1:02.89 Mark Gangloff, 82
- 8 1:03.03 Kyle Salyards, 80

#### Semi-Finals, Aug 9

- 1 1:00.99 Ed Moses, 80
- 2 1:01.47 Patrick Calhoun, 81
- 3 1:01.48 David Denniston, 78
- 4 1:01.55 Brendan Hansen, 82
- 5 1:02.11 Anthony Robinson, 80
- 6 1:02.46 Jarrod Marrs, 75
- 7 1:02.53 Mark Gangloff, 82
- 8 1:03.10 Kyle Salyards, 80
- 9 1:03.20 Jeff Hopwood, 80
- 10 1:03.25 Daniel Kim, 81
- 11 1:03.25 Patrick Fowler, 80
- 12 1:03.35 Joshua Hack, 82
- 13 1:03.55 Steven West, 72
- 14 1:03.74 Bobby Middleton, 78
- 15 1:03.79 Jeremy McDonnell, 80
- 16 1:03.80 Ross Binkley, 81

#### 200 METRES BREASTSTROKE, Aug 13

- 1 2:13.21 Kyle Salyards, 80
- 2 2:13.34 Tom Wilkens, 75
- 3 2:13.49 Brendan Hansen, 82
- 4 2:13.53 Ed Moses, 80
- 5 2:15.70 Sean Quinn, 80
- 6 2:17.12 Jeff Hopwood, 80
- 7 2:18.65 Jeff Hacker, 81
- 8 2:19.54 Scott Werner, 79

#### Semi-Finals, Aug 12

- 1 2:13.13 Ed Moses, 80
- 2 2:13.62 Kyle Salyards, 80
- 3 2:13.94 Brendan Hansen, 82

- 4 2:14.57 Tom Wilkens, 75
- 5 2:17.15 Jeff Hacker, 81
- 6 2:17.15 Jeff Hopwood, 80
- 7 2:17.17 Scott Werner, 79
- 8 2:17.18 Sean Quinn, 80
- 9 2:17.51 David Denniston, 78
- 10 2:17.79 Justin Caron, 81
- 11 2:17.84 Barry Wynn, 73
- 12 2:18.10 Nicholas Tobler, 82
- 13 2:18.38 Steven West, 72
- 14 2:18.53 Mark Gangloff, 82
- 15 2:20.42 Rob Canales, 78
- 16 2:20.55 Ross Binkley, 81

#### 100 METRES BUTTERFLY, Aug 15

- 1 52.78 Ian Crocker, 82
- 2 52.81 Tommy Hannan, 80
- 3 53.41 Dod Wales, 76
- 4 53.79 Bryan Jones, 78
- 5 53.82 Matt Ulrickson, 78
- 6 53.89 Jeff Somensatto, 79
- 7 53.97 Adam Messner, 78
- 8 54.15 Matthew Pierce, 77

#### Semi-Finals, Aug 14

- 1 53.07 Ian Crocker, 82
- 2 53.28 Bryan Jones, 78
- 3 53.46 Dod Wales, 76
- 4 53.51 Tommy Hannan, 80
- 5 53.71 Adam Messner, 78
- 6 53.73 Matt Ulrickson, 78
- 7 53.75 Matthew Pierce, 77
- 8 53.78 Jeff Somensatto, 79
- 9 54.13 Kevin Northup, 77
- 10 54.25 John Hargis, 74
- 11 54.30 Andy Haidinyak, 80
- 12 54.54 Jayme Cramer, 83
- 13 54.73 Matt McDonald, 83
- 14 54.77 John Suchand, 81
- 15 54.78 Jarod Schroeder, 73
- 16 55.63 Byron Davis, 70

#### 200 METRES BUTTERFLY, Aug 12

- 1 1:56.87 Tom Malchow, 76
- 2 1:57.48 Michael Phelps, 85
- 3 1:58.07 Jeff Somensatto, 79
- 4 1:58.45 Andrew Mahaney, 82
- 5 1:58.56 Steven Brown, 79
- 6 2:00.62 Eric Donnelly, 80
- 7 2:00.90 Doak Finch, 77
- 8 2:01.69 Matthew Pierce, 77

#### Semi-Finals, Aug 11

- 1 1:56.67 Tom Malchow, 76
- 2 1:58.24 Michael Phelps, 85
- 3 1:58.48 Jeff Somensatto, 79
- 4 1:59.69 Andrew Mahaney, 82
- 5 1:59.78 Steven Brown, 79
- 6 2:00.33 Doak Finch, 77
- 7 2:00.38 Eric Donnelly, 80
- 8 2:00.68 Matthew Pierce, 77
- 9 2:01.00 Will Oren, 79
- 10 2:01.03 Ugur Taner, 74
- 11 2:01.12 Brett Awbrey, 78
- 12 2:01.12 Devin Howard, 77
- 13 2:01.66 Jonathan Haggerty, 76
- 14 2:01.98 Mike Gausman, 79
- 15 2:02.42 Jeff Dash, 80
- 16 2:03.34 Carl Hessler, 81

#### 200 METRES IND. MEDLEY, Aug 14

- 1 2:00.81 Tom Dolan, 75
- 2 2:01.38 Tom Wilkens, 75
- 3 2:02.55 Kevin Clements, 80
- 4 2:02.91 Ron Karnaugh, 66
- 5 2:03.75 Joey Montague, 78
- 6 2:04.34 Beau Wiebel, 78
- 7 2:05.38 Dan Trupin, 83
- 8 2:05.77 Rob Canales, 78

#### Semi-Finals, Aug 13

- 1 2:01.76 Tom Dolan, 75
- 2 2:02.43 Tom Wilkens, 75
- 3 2:02.52 Kevin Clements, 80
- 4 2:02.84 Beau Wiebel, 78

- 5 2:03.22 Robert Margalis, 82
- 6 2:03.35 Ron Karnaugh, 66
- 7 2:03.58 Joey Montague, 78
- 8 2:04.81 Dan Trupin, 83
- 9 2:05.10 Rob Canales, 78
- 10 2:06.21 Ryan Lusk, 79
- 11 2:06.36 Eric Shanteau, 83
- 12 2:06.37 Tim Carlson, 80
- 13 2:06.51 Chris Greenwood, 83
- 14 2:06.95 Steven Brown, 79
- 15 2:07.59 Ben Anderson, 78
- 16 2:08.22 Daniel Ketchum, 81

#### 400 METRES IND. MEDLEY, Aug 10

- 1 4:13.72 Tom Dolan, 75
- 2 4:13.89 Erik Vendt, 81
- 3 4:15.69 Tom Wilkens, 75
- 4 4:20.26 Kevin Clements, 80
- 5 4:21.05 Robert Margalis, 82
- 6 4:24.08 Beau Wiebel, 78
- 7 4:26.84 Eric Donnelly, 80
- 8 4:32.00 Greg Reeves, 79

#### Prelims, Aug 10

- 1 4:16.91 Tom Wilkens, 75
- 2 4:18.89 Tom Dolan, 75
- 3 4:20.46 Erik Vendt, 81
- 4 4:21.25 Kevin Clements, 80
- 5 4:21.88 Robert Margalis, 82
- 6 4:23.77 Eric Donnelly, 80
- 7 4:24.09 Beau Wiebel, 78
- 8 4:24.36 Greg Reeves, 79
- 9 4:24.83 Chris Greenwood, 83
- 10 4:25.82 Joey Montague, 78
- 11 4:25.97 Michael Phelps, 85
- 12 4:26.20 Eric Shanteau, 83
- 13 4:26.62 Dan Trupin, 83
- 14 4:27.85 Carl Larsen, 78
- 15 4:28.66 James Galloway, 80
- 16 4:28.70 Matt Wheeler, 81

### WOMEN

#### 50 METRES FREESTYLE, Aug 16

- 1 24.90 Dara Torres, 67
- 2 24.99 Amy Van Dyken, 73
- 3 25.40 Haley Cope, 79
- 4 25.59 Catherine Fox, 77
- 5 25.62 Liesl Kolbisen, 76
- 6 25.66 Christina Swindle, 85
- 7 25.72 Courtney Allen, 78
- 8 25.82 Tammie Stone, 76

#### Semi-Finals, Aug 15

- 1 24.93 Dara Torres, 67
- 2 25.11 Amy Van Dyken, 73
- 3 25.48 Haley Cope, 79
- 4 25.50 Christina Swindle, 85
- 5 25.53 Catherine Fox, 77
- 6 25.61 Courtney Allen, 78
- 7 25.63 Liesl Kolbisen, 76
- 8 25.67 Tammie Stone, 76
- 9 25.75 Keiko Price, 78
- 10 25.80 Kari Woodall-Haag, 74
- 11 25.85 Colleen Lanne, 80
- 12 25.88 Sara Platzer, 83
- 13 25.93 Erin Phenix, 81
- 14 25.98 Shannon Hosack, 75
- 15 26.11 Suzy Catterson, 79
- 16 26.13 Kelly Bolton, 78

#### 100 METRES FREESTYLE, Aug 14

- 1 • 54.07 Jenny Thompson, 73
- 2 54.62 Dara Torres, 67
- 3 55.28 Ashley Tappin, 74
- 4 55.30 Amy Van Dyken, 73
- 5 55.52 Courtney Shealy, 77
- 6 55.61 Erin Phenix, 81
- 7 55.77 Christina Swindle, 85
- 8 56.05 Liesl Kolbisen, 76

#### Semi-Finals, Aug 13

- 1 54.41 Jenny Thompson, 73
- 2 54.92 Dara Torres, 67
- 3 55.36 Ashley Tappin, 74



- 4 55.37 Amy Van Dyken,73
- 5 55.44 Courtney Shealy,77
- 6 55.50 Christina Swindle,85
- 7 55.79 Liesl Kolbisen,76
- 8 55.96 Erin Phenix,81
- 9 56.02 Melanie Valerio,69
- 10 56.04 Samantha Arsenaault,82
- 11 56.10 Colleen Lanne,80
- 12 56.10 Angel Martino,67
- 13 56.16 Sara Platzer,83
- 14 56.20 Kari Woodall-Haag,74
- 15 56.70 Catherine Fox,77
- 16 56.80 Keiko Price,78

**200 METRES FREESTYLE, Aug 12**

- 1 2:00.45 Lindsay Benko,76
  - 2 2:00.54 Rada Owen,78
  - 3 2:00.79 Samantha Arsenaault,82
  - 4 2:01.16 Julia Stowers,82
  - 5 2:01.38 Diana Munz,82
  - 6 2:01.49 Kim Black,78
  - 7 2:01.50 Sarah Tolar,80
  - 8 2:01.61 Ellen Stonebraker,79
- Semi-Finals, Aug 11
- 1 2:00.16 Samantha Arsenaault,82
  - 2 2:00.70 Rada Owen,78
  - 3 2:00.76 Lindsay Benko,76
  - 4 2:00.78 Sarah Tolar,80
  - 5 2:00.93 Ellen Stonebraker,79
  - 6 2:01.00 Diana Munz,82
  - 7 2:01.15 Julia Stowers,82
  - 8 2:01.23 Kim Black,78
  - 9 2:01.36 Brooke Bennett,80
  - 10 2:01.75 Rachel Komisarz,77
  - 11 2:02.31 Jessica Foschi,80
  - 12 2:02.42 Shelly Ripple,80
  - 13 2:02.97 Colleen Lanne,80
  - 14 2:03.23 Monica Williams,77
  - 15 2:03.23 Julie Hardt,81
  - 16 2:04.56 Nicole Duggan,79

**400 METRES FREESTYLE, 10**

- 1 4:08.71 Diana Munz,82
  - 2 4:08.76 Brooke Bennett,80
  - 3 4:12.40 Kaitlin Sandeno,83
  - 4 4:12.71 Julia Stowers,82
  - 5 4:14.28 Julie Varozza,77
  - 6 4:14.50 Kalya Keller,85
  - 7 4:14.67 Lindsay Benko,76
  - 8 4:18.06 Magdalena Dyszkiewicz,81
- Prelims, Aug 10
- 1 4:08.87 Brooke Bennett,80
  - 2 4:11.24 Diana Munz,82
  - 3 4:12.57 Lindsay Benko,76
  - 4 4:13.11 Julia Stowers,82
  - 5 4:13.32 Julie Varozza,77
  - 6 4:13.86 Kalya Keller,85
  - 7 4:15.08 Kaitlin Sandeno,83
  - 8 4:15.17 Magdalena Dyszkiewicz,81
  - 9 4:15.37 Julie Hardt,81
  - 10 4:16.53 Rachel Komisarz,77
  - 11 4:16.61 Jamie Tannhauser,84
  - 12 4:16.70 Melissa Deary,82
  - 13 4:17.01 Ashley Chandler,84
  - 14 4:17.17 Caroline Burns,83
  - 15 4:17.40 Ellen Stonebraker,79
  - 16 4:17.91 Dawn Heckman,77

**800 METRES FREESTYLE, Aug 15**

- 1 8:23.92 Brooke Bennett,80
  - 2 8:28.61 Kaitlin Sandeno,83
  - 3 8:28.66 Diana Munz,82
  - 4 8:38.70 Kalya Keller,85
  - 5 8:40.56 Julie Varozza,77
  - 6 8:43.03 Rachel Komisarz,77
  - 7 8:43.48 Magdalena Dyszkiewicz,81
  - 8 8:44.11 Jamie Tannhauser,84
- Semi-Finals, Aug 14
- 1 8:32.84 Brooke Bennett,80
  - 2 8:33.47 Diana Munz,82
  - 3 8:36.50 Julie Varozza,77
  - 4 8:39.45 Cristina Teuscher,78

- 5 8:42.75 Kaitlin Sandeno,83
- 6 8:43.55 Kalya Keller,85
- 7 8:43.86 Rachel Komisarz,77
- 8 8:45.12 Magdalena Dyszkiewicz,81
- 9 8:45.43 Jamie Tannhauser,84
- 10 8:46.41 Julia Stowers,82
- 11 8:46.80 Annie Stein,85
- 12 8:48.21 Caroline Burns,83
- 13 8:49.01 Meredith Green,83
- 14 8:50.45 Dawn Heckman,77
- 15 8:51.84 Julie Hardt,81
- 16 8:52.08 Cara Lane,81

**100 METRES BACKSTROKE, Aug 11**

- 1 1:01.85 Barbara Bedford,72
  - 2 1:02.05 Courtney Shealy,77
  - 3 1:02.25 Lea Loveless-Maurer,71
  - 4 1:02.33 Diana MacManus,86
  - 5 1:02.34 Haley Cope,79
  - 6 1:02.46 Denali Knapp,78
  - 7 1:02.77 Amanda Adkins,76
  - 8 1:02.81 Beth Botsford,81
- Semi-Finals, Aug 10
- 1 1:02.02 Haley Cope,79
  - 2 1:02.23 Barbara Bedford,72
  - 3 1:02.49 Courtney Shealy,77
  - 4 1:02.65 Amanda Adkins,76
  - 5 1:02.71 Lea Loveless-Maurer,71
  - 6 1:02.97 Diana MacManus,86
  - 7 1:02.99 Beth Botsford,81
  - 8 1:03.34 Denali Knapp,78
  - 9 1:03.37 Jamie Reid,84
  - 10 1:03.39 Linda Riker,75
  - 11 1:03.42 Lia Oberstar,76
  - 12 1:03.78 Taylor Spivey,82
  - 13 1:03.93 Marisa Kozak,83
  - 14 1:03.99 Brielle White,83
  - 15 1:04.66 Summer Mack,79
  - 16 1:04.74 Jenni Anderson,83

**200 METRES BACKSTROKE, Aug 15**

- 1 2:12.97 Amanda Adkins,76
  - 2 2:13.19 Lindsay Benko,76
  - 3 2:14.25 Shelly Ripple,80
  - 4 2:14.41 Linda Riker,75
  - 5 2:15.12 Lea Loveless-Maurer,71
  - 6 2:15.39 Beth Botsford,81
  - 7 2:17.60 Keegan Walkley,79
  - 8 2:17.96 Katie Cowan,78
- Semi-Finals, Aug 14
- 1 2:13.24 Lindsay Benko,76
  - 2 2:13.55 Amanda Adkins,76
  - 3 2:14.24 Lea Loveless-Maurer,71
  - 4 2:15.55 Shelly Ripple,80
  - 5 2:15.64 Keegan Walkley,79
  - 6 2:15.80 Beth Botsford,81
  - 7 2:16.05 Linda Riker,75
  - 8 2:16.83 Kate Cowan,80
  - 9 2:17.10 Jamie Reid,84
  - 10 2:17.35 Christy Perret,73

- 11 2:17.61 Marisa Kozak,83
- 12 2:17.91 Alice Henriques,81
- 13 2:18.15 Jessica Aveyard,80
- 14 2:18.56 Lia Oberstar,76
- 15 2:18.70 Jessica Hayes,83

**100 METRES BREASTSTROKE, Aug 11**

- 1 1:07.26 Megan Quann,84
  - 2 1:07.79 Staciana Stitts,81
  - 3 1:07.80 Kristy Kowal,78
  - 4 1:08.96 Amy Balcerzak,78
  - 5 1:09.51 Kristen Woodring,81
  - 6 1:10.04 Erin Sieper,84
  - 7 1:10.25 Ashley Roby,80
  - 8 1:10.41 Amanda Beard,81
- Semi-Finals, Aug 10
- 1 1:07.66 Megan Quann,84
  - 2 1:07.79 Kristy Kowal,78
  - 3 1:08.02 Staciana Stitts,81
  - 4 1:08.29 Amy Balcerzak,78
  - 5 1:09.01 Amanda Beard,81
  - 6 1:09.78 Kristen Woodring,81
  - 7 1:09.81 Erin Sieper,84
  - 8 1:09.93 Ashley Roby,80
  - 9 1:10.23 Tara Kirk,82
  - 10 1:10.91 Katie McClelland,76
  - 11 1:10.98 Lindsey Ertter,82
  - 12 1:11.11 Corrie Clark,82
  - 13 1:11.13 Jamie Skinner,79
  - 14 1:11.19 Ashley Daly,84
  - 15 1:11.99 Melissa Klein,85
  - 16 1:12.17 Maggie Konstantinova,82
- Prelims, Aug 10
- 1 1:07.12 Megan Quann,84

**200 METRES BREASTSTROKE, Aug 14**

- 1 2:24.75 Kristy Kowal,78
  - 2 2:26.79 Amanda Beard,81
  - 3 2:27.60 Megan Quann,84
  - 4 2:29.11 Kristen Caverly,85
  - 5 2:29.54 Annemieke McReynolds,77
  - 6 2:29.88 Staciana Stitts,81
  - 7 2:30.39 Jenna Street,82
  - 8 2:33.91 Tara Kirk,82
- Semi-Finals, Aug 13
- 1 2:25.92 Kristy Kowal,78
  - 2 2:27.29 Megan Quann,84
  - 3 2:28.59 Amanda Beard,81
  - 4 2:29.31 Staciana Stitts,81
  - 5 2:29.41 Annemieke McReynolds,77
  - 6 2:30.40 Jenna Street,82
  - 7 2:30.53 Kristen Caverly,85
  - 8 2:30.97 Tara Kirk,82
  - 9 2:31.75 Madeleine Crippen,80
  - 10 2:31.84 Amy Balcerzak,78
  - 11 2:32.62 Katie Yevak,82
  - 12 2:33.34 Tamber Covington,82
  - 13 2:34.45 Laura Davis,84
  - 14 2:35.32 Katie Hathaway,79
  - 15 2:35.79 Katie McClelland,76
- disq, Sarah Chandler,82

**Rating Summary of Top Performances**

- 1) 1021 57.58 100 fly WH Dara Torres, 33
- 2) 1020 57.59 100 fly WS Jenny Thompson, 27
- 3) 1017 53.67 100 back MS Lenny Krayzelburg, 24
- 4) 1014 1:07.12 100 breast MH Megan Quann, 16
- 1014 21.76 50 free M F Gary Hall, 25
- 1014 1:00.44 100 breast M F Ed Moses, 20
- 7) 1012 21.80 50 free M F Anthony Ervin, 19
- 8) 1005 1:55.67 200 fly MH Tom Malchow, 23
- 9) 1003 48.55 100 free MS Neil Walker, 24
- 1003 2:24.75 200 breast W F Kristy Kowal, 21
- 1003 4:13.72 400 IM M F Tom Dolan, 24
- 12) 1002 4:13.89 400 IM M F Erik Vendt, 19
- 13) 1000 1:07.79 100 breast W F Staciana Stitts, 18

**AMERICAN RECORDS**

Indianapolis, Aug 9-16 (50 m)  
Men

- **50 freestyle:** 21.76 Gary Hall, Aug 15. Betters old record of 21.81 Tom Jager, 1990
  - **200 freestyle:** 1:47.26 Josh Davis, Aug 11. Betters old record of 1:47.72 Matt Biondi, 1988.
  - **400 freestyle:** 3:47.18 Kleite Keller, Aug 9. Betters old record of 3:48.06 Matt Cetlinski, 1988.
  - **1500 freestyle:** 14:59.11 Erik Vendt, Aug 16. Betters old record of 15:01.51 George DiCarlo, 1998.
  - **100 breaststroke:** 1:00.44 Ed Moses, Aug 10. Betters old record of 1:00.77 Jeremy Linn, 1996.
- Women
- **100 freestyle:** 54.07 Jenny Thompson, Aug 14, final. Betters own record of 54.27 from July 14, 2000.
  - **100 breaststroke:** 1:07.12 Megan Quann, Aug 10, prelims. Betters own record of 1:07.94 from 1999.
  - **200 breaststroke:** 2:24.75 Kristy Kowal, Aug 14, finals. Betters old record of 2:25.35 Anita Nall, 1992.
  - **100 butterfly:** 57.58 Dara Torres, Aug 9, prelims. Betters old record of 57.77 Jenny Thompson, 1999.

**100 METRES BUTTERFLY, Aug 10**

- 1 57.78 Jenny Thompson,73
  - 2 57.86 Dara Torres,67
  - 3 58.98 Ashley Tappin,74
  - 4 59.62 Richelle DePold-Fox,74
  - 5 59.72 Karen Campbell,77
  - 6 1:00.48 Mary Descenza,85
  - 7 1:00.60 Misty Hyman,79
  - 8 1:00.84 Melissa Greene,82
- Semi-Finals, Aug 9
- 1 57.59 Jenny Thompson,73
  - 2 58.07 Dara Torres,67
  - 3 58.84 Ashley Tappin,74
  - 4 59.15 Misty Hyman,79
  - 5 59.20 Karen Campbell,77
  - 6 59.29 Angel Martino,67
  - 7 59.79 Richelle DePold-Fox,74
  - 8 1:00.56 Mary Descenza,85
  - 9 1:00.57 Shelly Ripple,80
  - 10 1:00.70 Melissa Greene,82
  - 11 1:00.73 Natalie Coughlin,82
  - 12 1:00.95 Laura Davis,84
  - 13 1:00.95 Rachel Komisarz,77
  - 14 1:01.44 Bethany Goodwin,80
  - 15 1:01.60 Dana Kirk,84
  - 16 1:02.50 Nicole Beck,80
- Prelims, Aug 9
- 1 57.58 Dara Torres,67

**200 METRES BUTTERFLY, Aug 13**

- 1 2:09.27 Misty Hyman,79
  - 2 2:09.54 Kaitlin Sandeno,83
  - 3 2:11.96 Emily Mason,83
  - 4 2:13.30 Shelly Ripple,80
  - 5 2:14.18 Kristine Quance-Julian,75
  - 6 2:14.44 Melissa Greene,82
  - 7 2:14.85 Molly Freedman,81
  - 8 2:15.20 Madeleine Crippen,80
- Semi-Finals, Aug 12
- 1 2:11.16 Misty Hyman,79
  - 2 2:11.24 Kaitlin Sandeno,83
  - 3 2:12.95 Shelly Ripple,80
  - 4 2:12.96 Emily Mason,83
  - 5 2:13.14 Melissa Greene,82
  - 6 2:13.92 Kristine Quance-Julian,75
  - 7 2:14.18 Madeleine Crippen,80
  - 8 2:14.25 Molly Freedman,81
  - 9 2:14.54 Jessica Brosch,83
  - 10 2:14.80 Rebecca Harper,83
  - 11 2:14.87 Rachel Komisarz,77
  - 12 2:14.98 Victoria Genova,84
  - 13 2:15.00 Cara Lana,81
  - 14 2:15.91 Karen Campbell,77
  - 15 2:16.58 Gina Panighetti,78
  - 16 2:19.44 Jana Krohn,82

**200 METRES IND. MEDLEY, Aug 12**

- 1 2:13.36 Cristina Teuscher,78
  - 2 2:14.95 Gabrielle Rose,77
  - 3 2:15.10 Maggie Bowen,80
  - 4 2:16.57 Natalie Coughlin,82
  - 5 2:17.11 Laura Davis,84
  - 6 2:17.14 Madeleine Crippen,80
  - 7 2:17.72 Michala Kwasny,80
  - 8 2:18.64 Ashley Daly,84
- Semi-Finals, Aug 11
- 1 2:14.21 Cristina Teuscher,78
  - 2 2:16.12 Laura Davis,84
  - 3 2:16.16 Maggie Bowen,80
  - 4 2:16.50 Michala Kwasny,80
  - 5 2:16.58 Madeleine Crippen,80
  - 6 2:16.65 Natalie Coughlin,82
  - 7 2:16.70 Gabrielle Rose,77
  - 8 2:16.99 Ashley Daly,84
  - 9 2:17.49 Kristine Quance-Julian,75
  - 10 2:17.94 Keegan Walkley,79
  - 11 2:18.14 Leslie Lunsmahn,84
  - 12 2:18.16 Katie Yevak,82
  - 13 2:18.25 Kristen Caverly,85
  - 14 2:19.00 Katie Hathaway,79
  - 15 2:19.22 Erika Acuff,78
  - 16 2:20.62 Tami Ransom,83

**400 METRES IND. MEDLEY, Aug 9**

- 1 4:40.91 Kaitlin Sandeno,83
  - 2 4:42.81 Madeleine Crippen,80
  - 3 4:44.42 Cristina Teuscher,78
  - 4 4:47.91 Maggie Bowen,80
  - 5 4:49.04 Katie Yevak,82
  - 6 4:50.04 Michala Kwasny,80
  - 7 4:50.35 Keegan Walkley,79
  - 8 4:51.98 Kristine Quance-Julian,75
- Prelims, Aug 9
- 1 4:44.18 Kaitlin Sandeno,83
  - 2 4:44.26 Cristina Teuscher,78
  - 3 4:46.13 Madeleine Crippen,80
  - 4 4:48.96 Maggie Bowen,80
  - 5 4:49.10 Kristine Quance-Julian,75
  - 6 4:49.47 Katie Yevak,82
  - 7 4:50.38 Michala Kwasny,80
  - 8 4:50.76 Keegan Walkley,79
  - 9 4:51.68 Annie Stein,85
  - 10 4:52.31 Leslie Lunsmahn,84
  - 11 4:52.32 Corrie Murphy,79
  - 12 4:52.59 Emily Mason,83
  - 13 4:52.76 Amy Baly,82
  - 14 4:53.87 Kristen Caverly,85
  - 15 4:53.94 Katie Cowan,78
  - 16 4:54.56 Meredith Green,83

# THE TUF PRINCIPLE

## TECHNIQUE UNDER FATIGUE

**Wayne Goldsmith**

### Doing it tough: The T.U.F. Principle

Coaches, swimmers, the media, and the swimming public use the word “tough” to describe performances and efforts that are typically strong, fearless, and determined. A tough performance is one where the swimmer has shown guts, grit, and character. Coaches frequently say things like “when the going gets tough, the tough get going” to motivate and encourage swimmers and teams. “Toughness” seems to be a desirable quality in swimming performance that is essential for success.

But what is toughness? How would you measure “tough”? Is it mental? Is it physical? Can you learn to be tough or are you just born a tough person?

You could define “toughness” in terms of competitive swimming as the ability to maintain stroke control, good skills, and great technique when physically fatigued and hurting from the stresses and strains of training and racing.

### The T.U.F. Principle (Technique Under Fatigue)

The T.U.F. principle suggests that being tough is a skill that can be learned by all swimmers, individuals and teams, at all levels.

Why do you get fatigued? Why can't you just swim at maximum speed for as long as you want?

When muscles work hard, they use a lot of energy. The high levels of energy required for maximum speed swimming (racing) run out after a relatively short period of time. Fast swimming at maximum speed causes muscles to produce lactic acid—responsible for that all-too-familiar burning sensation in your thighs and arms in the final 25 metres of a 100. As energy levels get lower and lactic acid levels get higher, your muscles can't work as well as they can early on in the race, and as a result, swimmers slow down.

The ideal situation is to swim fast, using as little energy as possible and limiting the effects of lactic acid. The importance of swimming with excellent technique is that the better your technique is at a given speed, the less energy you use.

All coaches teach swimming techniques and swimming skills in training. Swimmers are taught

the importance of the basics: simple skills and drills that are the building blocks of swimming from Learn-to-Swim classes onwards. Generally these skills and techniques are taught when the swimmers are fresh and unfatigued at the beginning of workouts, which we know are the optimal conditions for learning and skill development.

Yet, in a race, the difference between winning and losing often comes down to how the swimmer was able to maintain correct technique at the end of the race when fatigue sets in and it feels like you are towing a piano up and down the pool!

A lot of scientific papers have been written about fatigue and exercise. There is no doubt that exercising, particularly exercising at fast speeds for distances over 50 metres, results in fatigue. We also know that swimmers fatigue as a result of working hard in training and at competition, and that

**“Experience has taught me to race for gold uncompromisingly, ruthlessly, single mindedly, competitively—to be tough...”**  
*Coach Laurie Lawrence*

performance decreases when swimmers get tired.

Two questions need to be asked:

1. Is it possible to minimize the effects of fatigue in swimmers?
2. If fatigue is inevitable, particularly towards the end of training or competition, can swimmers be taught to maintain a reasonable skill level regardless of how tired they may be?

One of the main reasons swimmers train so much is to develop a “fatigue-resistant” body. Long swims, regular training at low intensity, and easy aerobic swims develop the ability to work hard and recover fast. We call this type of training “Aerobic Base Training.”

How much training you do is called *volume*.

Generally swimmers do a higher volume of training early in the season. As racing gets closer, often the volume of training decreases as the need for speed increases.

The volume of training you do prepares your body to train. The amount of training you do early in the season prepares your body to handle increased intensity of training later in the season.

The speed or effort of the training is called *intensity*. The Intensity of your training prepares your body to race. It is typically training at high speeds (eg., at the specific speed you are targeting for your next race).

Another benefit of increased aerobic fitness is an enhanced ability to recover from hard work. Long, slow, aerobic work—the kind of swimming that often seems boring and meaningless—is an important aspect of all programs in that it improves your ability to recover between sessions and even between hard efforts within sessions.

The intelligent coach and swimmer base their training program on the recovery ability of the athletes in the program.

The effectiveness of your training program depends very much on the effectiveness of your recovery program. Training stresses and strains, without an appropriate recovery period or restoration program, produce high levels of fatigue resulting in reduced performance and possibly even injury and illness.

Coaches and teachers have understandably emphasized skill development and the teaching of new swimming skills to swimmers at the beginning of training sessions when swimmers are relatively fresh and unfatigued.

The importance of aerobic base training for the physiological benefits has been well known for some time, but the importance of such training for skill development is just as crucial.

The swimmer who is able to maintain a high level of skill during times of high fatigue, e.g. the last 25 metres of a 100 metre race, the last 50 of a 200, etc., is quite often the successful swimmer. In track and field, it is common to hear of sprinters “tying up,” a term that athletes use to describe losing technically correct running form when they feel fatigued.

Being T.U.F. is even more important in

swimming where swimmers are moving through a substance (water) 1500 times thicker than air. Any technique problems (inefficiencies) result in large increases in drag (resistance,) increases in energy expenditure, and a slowing down in speed.

### The Fatigue Cycle

The Link Between Technique and Fatigue

What does this mean to coaches and swimmers?

Try the following T.U.F. Techniques!

1. Go to training even when you are tired, i.e. tired before the commencement of the practice session. Have a good warm up and warm down, but learn to produce strong, fast swimming when tired. The emphasis here is on performing drills and skills as precisely as possible and not on physical conditioning. (Obviously this does not apply if you are injured or sick). Many championship swim meets can last anywhere from two to seven days. Swimmers are often required to produce their best when tired towards the end of the meet, so learning to race fast when tired is a fundamental competitive swimming skill.

2. Do race simulations at the end of training. This technique has been used effectively by the football codes for some time where a game between team members is often held at the end of training. Again there are some minor inherent injury risks in expecting high levels of physical performance from fatigued swimmers, but in reality, racing fast when tired is what the sport is all about. However, the nature of T.U.F. training is the opposite of what it would seem. T.U.F. training is about technical precision, *not* maximum-effort, lactate-producing, muscle-tearing repeats. It is about control rather than competition; about practice and precision rather than pain.

3. Do technique training at the end of sessions and practices. This type of training, also called fatigue loading, is a crucial part of T.U.F. training. The important aspect of this type of training, and with all T.U.F. techniques is that maximum speed and maximum skill go hand in hand. It is extremely difficult to teach very tired swimmers new skills. T.U.F. training is more concerned with the reinforcement and practicing of previously learned skills when fatigued. This might include an additional element of distance per stroke as well as technical skill and speed.

For example:

Standard Drill set - 6 x 50 on 1:30 Three second glide breaststroke (hold long glide in streamline)

TUF Drill set 1 - 6 x 50 on 1:30 Three second glide breaststroke (done at the end of training), holding a maximum of ten strokes per 50.

TUF Drill set 2 - 6 x 50 on 1:30 Three second glide

breaststroke (done at the end training), holding a maximum of ten strokes per 50 and PB time plus 5 seconds.

4. Overdistance T.U.F. training: In the traditional sense, overdistance training has meant training at distances in excess of targeted competition distances. In T.U.F. terms, this would mean performing technically precise actions following the performance of a race or game simulation.

For example, following a 100 metre effort in training at race pace, the swimmer performs a stroke drill with a high level of precision for 25 metres, again focussing on the aspect of control under fatigued conditions rather than on the "no guts - no glory" method, which demands repetition regardless of technique deficiencies. In this technique, the coach might ask for a 100 metre effort within 2 seconds of your PB time, 30 seconds rest, then swim the 25 metres with a skill level of 9 out of 10 or better on the drill.

5. Between-efforts control: Often swimmers, having completed a hard effort, will relax and forget about technique between efforts or during recovery swims. For example, in a set like 10 x 100 metres where the first 50 is fast and the second 50 easy, swimmers will often swim the fast 50 with excellent technique, then switch off their brains and swim the easy 50 with sloppy technique and poor skills. T.U.F. training demands that form and technique are held at all times and control is maintained throughout the recovery activity. In other words, regardless of the intensity of the effort, technical precision is maintained at all times. The same applies for swim down. Swim down means "Good skills, excellent technique, long strokes, and great turns done slowly." It does not mean "Anything will do as long as I keep moving and the coach isn't watching.

If there is a catch to T.U.F. training, it is that T.U.F. training relies on the swimmer being sufficiently physically prepared to be able to perform precise and technically correct actions when fatigued.

It could be suggested that the skill development and physiological development of a swimmer form part of a performance circle: The swimmer who is physically better prepared (fitter) is more able to perform skills and techniques correctly when fatigued. The more skilled the swimmer is, the less likely she or he is to fatigue as her/his movements are more efficient and waste less energy at a given speed.

Therefore, the better the physiological preparation, the better the skills performance when fatigued and the better the skills, the less likely the swimmer is to fatigue.

Therefore, to be truly tough (T.U.F.), swimmers need to work on skills, technique, and fitness at all times with equal focus.

## 2000 CANADIAN OLYMPIC TEAM

### Team Membership List

Women	Residence	Date of Birth
Kate Brambley, 21	Victoria, BC	Feb 5, 1979
Jennifer Button, 22	Waterloo, ON	Oct 15, 1977
Karine Chevrier, 23	Montreal, QC	Aug 6, 1977
Janet Cook, 21	Saskatoon, SK	Apr 19, 1979
Jessica Deglau, 20	Vancouver, BC	May 27, 1980
Tamee Ebert, 17	Pt.Coquitlam, BC	Apr 22, 1983
Jenna Gresdal, 15	Etobicoke, ON	Oct 17, 1984
Karine Legault, 22	St-Eustache, QC	Aug 8, 1978
Rhiannon Leier, 23	Winnipeg, MB	Jul 1, 1977
Marianne Limpert, 27	Vancouver, BC	Oct 10, 1972
Michelle Lischinsky, 25	Winnipeg, MB	Jul 2, 1975
Alexandra Lys, 15	Calgary, AB	Feb 19, 1985
Joanne Malar, 24	Calgary, AB	Oct 30, 1975
Laura Nicholls, 21	Waterloo, ON	Sep 25, 1978
Christin Petelski, 22	Victoria, BC	Dec 29, 1977
Nadine Rolland, 26	Montreal, QC	Jul 23, 1974
Shannon Shakespeare, 23	Winnipeg, MB	May 6, 1977
Kelly Stefanyshyn, 18	Vancouver, BC	Jul 6, 1982
Tara Taylor, 18	New Westminster, BC	May 20, 1982

### Men

Dustin Hersee, 25	Vancouver, BC	Aug 15, 1975
Matthew Huang, 16	Vancouver, BC	May 27, 1984
Andrew Hurd, 17	Oakville, ON	Nov 6, 1982
Craig Hutchison, 25	Toronto, ON	May 26, 1975
Brian Johns, 18	Richmond, BC	Aug 5, 1982
Mark Johnston, 20	Vancouver, BC	Aug 31, 1979
Morgan Knabe, 19	Calgary, AB	May 20, 1981
Yannick Lupien, 20	Ste-Foy, QC	Feb 21, 1980
Michael McWha, 23	Ann Arbor, MI	May 4, 1977
Michael Mintenko, 24	Vancouver, BC	Nov 7, 1975
Curtis Myden, 26	Calgary, AB	Dec 31, 1973
Tim Peterson, 21	Vancouver, BC	Dec 26, 1978
Shamek Pietucha, 24	Calgary, AB	Aug 24, 1976
Garret Pulle, 22	Calgary, AB	Mar 3, 1978
Chris Renaud, 23	Calgary, AB	Aug 29, 1976
Rick Say, 21	Victoria, BC	May 17, 1979
Kyle Smerdon, 20	Toronto, ON	Jan 7, 1980
Robbie Taylor, 19	Brampton, ON	Mar 31, 1981
Mark Versfeld, 24	Vancouver, BC	Jun 13, 1976
Owen Von Richter, 25	Ann Arbor, MI	Apr 7, 1975

### Staff

Dave Johnson	Calgary, AB	Team Leader
Jan Harvey	Lethbridge, AB	Team Manager
Ellen Lloyd	Summerland, BC	Team Manager

Tom Johnson	Vancouver, BC	Coach
Jan Bidrman	Calgary, AB	Coach
Ron Jacks	Victoria, BC	Coach
Randy Bennett	Vancouver, BC	Coach
Michel Berube	Quebec, QC	Coach
Dean Boles,	Waterloo, ON	Coach
Vlastimil Cerny	Winnipeg, MB	Coach
Shauna Nolden	Toronto, ON	Coach

# THREE MORE QUALIFY FOR SYDNEY

## LIMPERT LETS ROLLAND TAKE HER SPOT

**Nikki Dryden**

It may not have been the fastest race with the highest point score, but Tim Peterson's (PDSA) gutsy 1500 on the final night of the Canadian Nationals in Winnipeg was sensational and earned him an Olympic berth. On the opposite end of the spectrum was a controversial and fast women's 50 free. Newcomers Jenna Gresdal (ES) and Nadine Rolland (CAMO) also qualified for the Olympics, bringing the Canadian Team total to 39.

Three South Africans crushed the competition that they were allowed to race. Ryk Neethling, Penny Heyns, and Roland Schoeman all won events in fast times. Seven Canadian records fell in the 50s of stroke as Speedo's Fastskin suit proved a true boost to speed. But it was Mike Mintenko's double Canadian record in the 100 fly that was the true swim of the meet.

Mike Mintenko is on a roll most senior swimmers haven't experienced since their age-group days. Following his erasing of Steve Clarke's Canadian record in the 100 fly at the Janet Evans Invitational last July, "The Bear" has brought his best time down to 52.88. He swam that fast in the semi, then again in the final, confirming his speed is no fluke. "After making the team it took a lot of the pressure off me," says Mike. "Every time I swim now it is easier, and I find a new way to go faster." Mike is also a big fan of the Fastskin suit. "Ever since I put it on I have swum fast, so I am not going to stop wearing it now. But I do know that hard work and preparation are a large part of swimming fast. I just think that the suit makes me feel physically different in the water, and that helps me psychologically."

The 100 fly seems to get faster each year, and Mike believes that swimmers like Denis Pankratov and Michael Klim have been instrumental to this progression. "They raised the bar, and when the 15 metre rule was put in place they had to find a way to get faster. I think that the way people train for the 100 fly and race the 100 fly has also improved it. For me, it made a difference to have someone to chase. When one person gets going, the rest have to follow."

Tim Peterson was a member of the 1998 Commonwealth Games team, and was second at this year's Olympic Trials, where he dropped four seconds from his previous best. Unfortunately he was still almost ten seconds off the Olympic "A" standard. Like many of the country's swimmers, Tim was mentally

drained after Montreal. "I was tired after Trials, but I had to go for it, so I made the decision to refocus." Tim's biggest error at Trials was that he did not take out his race, and it turned out to be a strategic mistake. "Rick [Say] and Andrew [Hurd] went out really fast in that race and I judged myself off of them. Here at Nationals it worked much better because I had Andrew and Brent [Sallee] racing right with me from the beginning."

Tim takes his swimming the same way he takes his studies as a mechanical engineer—very methodically. Since the summer of 1998, Tim has been completing a game plan for all his races. He prepares splits, focuses, key decisions, self-talk, and contingency plans. "The most useful part for me is the self-talk because it gives me one thing to focus on. In the race here in Winnipeg I just focused on my game plan and the process rather than the outcome. If I didn't make the team I wasn't going to be devastated. Before Trials I was a bit tired from school and I made a conscious effort to really rest and balance my energy this time."

Tim's planning and patience paid off. From the halfway point it was Andrew and Tim battling it out to stay on pace for the 15:26.05 time standard. The entire pool was on its feet united, screaming and cheering for Tim. "I was trying not to get too excited and do it all in one length. I tried to focus on my technique and make small increases in pace." His final 50 was a 28.8—several seconds faster than his usual closing speed. "It helped so much to have the crowd going crazy at the end, I really needed that boost." According to plan, Tim put his hand on the wall in 15:25.09 and secured his ticket to Sydney.

Marianne Limpert (PDSA) is one of Canada's greatest female swimmers. Her continuous success and longevity over the last decade proves she is a true star, but there are still obstacles and challenges for the three-time Olympian. Last year was physically demanding for Marianne and her rewards were limited. But all her training certainly worked because she is back to form and back on top. "We trained so hard in '99 and that killed me, but it has paid off now!" Although frustrating at times, Marianne attributes most of her recent success to a lot of technical work on her freestyle. Marianne not only won the 200 IM, but she met the "A" standards, and won, and set two best times in the 50 and 100 freestyles. "I have much more experience these days and a lot of the elements I've

been working on for the last few years have finally clicked in."

Marianne and Jenna Gresdal tied for first in the 50 free with winning times of 25.93. Nadine Rolland was third in 25.94, also under the Olympic "A" standard. Nadine was devastated. She had missed the Olympic Team by one-one hundredth of a second and was not going to Sydney. That is until Marianne did something Nadine would never forget. "For me the 50 free is just a fun event to work on my speed for the 100," says Marianne. "When I saw that Nadine had made the cut in what is her best event, I knew the right thing to do was to decline the event. It's her time now."

At some point the 50s of stroke will have to be given credit. Many country's National Championships and the European Championships have been swimming 50s of stroke for years, and the need for speed may mean their addition to the 2004 Olympic Games. But until then, you won't see this writer get too excited about stroke 50s. However, it is with much reserve that congratulations are sent out to the four swimmers who managed to break seven Canadian records. Olympic breaststroker Rhiannon Leier (MANTA) broke the 50 breast twice, ending with a 32.18. Shona Kitson (SE) broke the 50 fly twice ending with a 27.17. Jennifer Carroll (CAMO) broke the 50 back twice ending with a 29.45, and on the men's side, Olympian Morgan Knabe (UCSC) broke his own record in the 50 breast with a 28.79. How much difference the new Fastskin suits have on the 50s is unknown, but it seems almost certain the suits are helping to reduce much of the underwater drag that is paramount in a 50.

In the 50 free, the Fastskin suit was also a boost to some. Thomas Kindler of Montreal wore the full arms and legs bodysuit and not only swam a best time of 22.97, but also won his first national title. Kindler spends his time out of the water as a business student and nightclub bouncer. Kindler wasn't even sure he was going to compete at the Nationals. "I hadn't improved in the past couple of years." Kindler was third in the 100 free in a 50.70, and his recent success may postpone his decision to retire.

There are exceptions to every allusion of course. Jenna Gresdal's four-and-a-half tenth drop in the 50 free cannot be attributed to any bodysuit. Although Jenna did wear a Fastskin suit, it was made in the old school style. However she does plan to test out the bodysuit before the Games. "I didn't feel comfortable with the leg-suit. I hadn't worn it too many times and my legs felt too high." At 15 years old, Jenna has the potential to improve with or without "the suit." Jenna is from Huntsville, Ontario, and until last year lived at home and trained with MUSAC. Last summer she made the decision to leave her family and move to Etobicoke to train with Kevin Thorburn. "Of course I



would love to live with my parents; unfortunately, I can't right now. But I am really happy I took that step. It really paid off!"

Jenna had hoped to make the Olympic team in the 4x100 free relay, but nerves got the best of her in Montreal. "I was either too stressed and too psyched up, or too relaxed. Here (at Nationals) there was no pressure." Jenna hopes to improve her time at the Olympics, gain experience, have fun, and watch everyone swim. Her role models include Marianne Limpert and Ian Thorpe, and she thinks it is "really cool" to be swimming with them. "I didn't expect to be this good right now. I wanted to make the team, but I think there were times when Kevin believed in me more than I did."

Mark Versfeld (PDSA) stood well above the rest of the country's backstrokers. Mark swept the 50, 100, and 200, all in solid times. After a great 1998 with a silver and bronze medal from the World Championships, and two golds from the Commonwealth Games, Mark was discouraged with his lackluster swims in 1999. He rebounded in 2000 and qualified for the Olympics in the 100 back, but missed out on the 200. "It was a relief to make goal number one. My focus was not just to make the team, but to swim fast before the Olympics so I would be on track to get to the podium in Sydney." Although Mark was not where he wanted to be at Trials, his performances at Nationals were in line with his end-season goal. "I wanted to race well because this was the last opportunity to swim fast before the Olympics." Mark has spent the last few years improving on all levels of his swimming. "Technically I am



Nadine Rolland qualified in 50 free with 25.94

Marco Chiesa

better and my lifestyle is healthier. I hope to be able to transfer these strengths by Sydney into my instinctive racing style."

Kelly Stefanyshyn (PDSA) won the 100 and 200 back, and her 1:02.65 in semis of the 100 back was faster than her Olympic Trials time. Meanwhile Karine Legault (PPO) repeated her Trials wins with solid

swims in the 400 and 800 free. With her victory in the 400, Karine secured her spot in that event after missing the "A" standard in Montreal.

The women's 400 IM has been one of Canada's strongest events over the years, including Joanne Malar (UCSC) and Liz Warden's (TO) one-two finish at the 1998 Commonwealth Games. At Trials, Liz was the favourite, having been the only swimmer other than Malar under the "A" standard. But it was PDSA's Kelly Doody who placed second to Malar, only to fall short of the cut.

The race at Nationals was a real nail biter, and came down to the last 50 as Liz and Kelly were challenged by Carrie Burgoyne (UCSC). The lead changed several times over the 400 with Liz just out-touching Carrie, followed by Kelly. All three women were visibly exhausted and disappointed after none achieved the "A" standard. However, the trio did exhibit an amazing amount of determination and guts as they went for their Olympic dream—members of a small group of athletes who showed up ready to race at their best.

The Nationals proved to be an excellent accessory to the Olympic Trials as five more events were automatically filled for the Olympics. Many more swimmers will also get

to now swim in the open events if their best times (from the last year) are under the FINA "A" standards. For instance, Marianne Limpert made the time in the 100 free, thus allowing Laura Nichols (ROW) to also swim the event because she was under the cut last summer. The same is the case for Jessica Deglau (PDSA) in the 100 fly. Because Jen Button (ROW) made the "A" standard at Nationals, Jessica can enter the event with her time from Pan Ams.

The relays, especially on the women's side, have also exploded with talent. There are at least nine women who have posted top times in 2000 and could swim on the 4x100 free relay. From Trials there are Marianne Limpert (56.03), Laura Nichols (56.05), Shannon Shakespeare, MM (56.34), Tara Taylor, HYACK (56.83), Alex Lys, UCSC (57.04), and Janet Cook, HWAC (57.09). Add to that Nadine Rolland (56.29), Jessica Deglau (56.80), and Jenna Gresdal (57.58), not to mention Joanne Malar (UCSC), Jen Button, and Kelly Stefanyshyn, who could also be contenders, making this an extremely competitive relay. The final four women will be picked using a variety of factors. Now under the microscope, Trials and Nationals results, best times, experience, relay results, and performance in other events at the Games will all count. And for those who only came to race the relay, there will be the swim-off of a lifetime to determine who will get to race for Canada.



Tim Peterson improved enough to qualify in the 1500 free with 15:25.09

Marco Chiesa

# NINE AMERICAN RECORDS BETTERED AT A TRULY MEMORABLE TRIALS

Al Schoenfeld

Over 1300 swimmers competed in the jam-packed Indianapolis Natatorium (host for the 1988, 1992, and 1996 Trials) for the right to represent the United States in the Sydney Olympic Games. Like the 1996 Olympic Trials, the 2000 Swimming Trials at Indianapolis failed to provide a world record. But the 4700 spectators plus the 1500 swimmers and coaches provided a tumultuous background for the largest entry ever to compete for the 26 individual places open to each male and female Sydney-bound team. In freestyle relay events the top six finishers earned a spot.

Prior to each evening session, famous coaches, now retired, addressed the jam-packed natatorium about staying focused on the events they would be facing in Sydney. These inspirational pep talks over the PA system were delivered by retired and respected coaches who had been through the pool wars, notably George Haines and Peter Daland. In addition, Olympians from previous Games, including Gary Hall Sr., who had competed in the 1968-72-76 Games, told the would-be Sydney-bound swimmers what they would be facing and how to keep their minds riveted to the goals ahead. A very touching scene was the introduction each evening of past Olympians, who would parade around the pool deck. Especially heart-warming was the appearance of the 1976 U.S. women's team who had suffered so many disappointing losses to the "doped" East German team. These women, then just young teenagers, now attractive matrons 24 years older, proudly walked the pool deck with heads held high and received a thunderous reception. This truly was a marriage of the young and the old in American women's swimming lore. In an evening party, scores of the great U.S. swimmers, a little heavier, a little grayer, from different time periods, socialized in a tearful and happy reunion. Olympi-

ans from 1960 to 1996 recalled their days when they represented their country. United States Swimming hosted a truly memorable Trials.

Women's swimming had been dominated by teenage girls for nearly half a century, but Title IX, passed in 1972, which banned discrimination in all areas of school activity including athletic and educational programs, allowed women to continue to swim well past their adolescent years. Huge amounts of money have also added new incentives to compete for Olympic glory.

Old names again made the news. Dara Torres, 33 years young, who retired from swimming after the 1992 Barcelona Games, returned to the sport. By placing second in the women's 100 butterfly (after setting an American record of 57.58 in the prelims), Torres placed second in the 100 freestyle and first in the 50 freestyle (24.93, a Trials record) and is Sydney bound. Jenny Thompson, 27, a 1992 and 1996 Olympian, won the 100 freestyle in 54.07, an American record, and the 100 butterfly. Amy Van Dyken, 27, gold medallist in the 1996 100 butterfly and the 50 freestyle, clinched a berth in Sydney with second place in the 50 freestyle. Barbara (B.J.) Bedford, 27, won her initial Olympic berth by winning the 100 backstroke.

Nine American records fell, the most since 1976.

## Women's Day 1

Kaitlin Sandeno, 17, won the 400 individual medley in 4:40.91, followed by Madelaine Crippen, 20, in 4:42.81. Sandeno led from the start, and won by more than a body length. Christina Teuscher, the second-fastest qualifier, was never in contention after 300 metres. "I'm so shocked and overwhelmed right now," Sandeno said. "I wasn't thinking about a strategy going in. I just wanted to see what I could pull off. I'm glad I made the team on the first day so I can enjoy the rest of the meet."

## Women's Day 2

In the 100 butterfly, Jenny Thompson, 27, touched out her teammate, Dara Torres, by a stroke. Torres had set an American record of 57.58 in the prelims, but couldn't equal the time as Thompson won in 57.78 to 57.86. "I can't tell you how thrilled I am," Thompson said. "At the same time I'm relieved. I knew all along I could do it but at this meet you never know what can happen. I've been having a great couple of years and my fly has been getting better and better."

Diana Munz, 18, and Brooke Bennett, 20, battled almost stroke for stroke in the 400 freestyle, with Munz touching out Bennett 4:08.71 to 4:08.76. "I'm so excited making the team," Munz said. "I knew it was going to be a tough race so I saved a little in the final 100 metres." She added, "The last 100 is the key for me. I don't pay attention to my splits. I train for the final 100 metres. I try to go as fast, almost as fast, as my first 100."

## Women's Day 3

B.J. Bedford made her move after the 50 turn to win the 100 backstroke in 1:01.85 to runnerup Courtney Shealy, 22, in 1:01.95. B.J. said after the race, "I'm really hungry. I didn't eat all day. As you know I got sick earlier today. I am so elated. I never thought this dream of mine would come true." (She



Dara Torres stunning with American 100 fly record

Al Bello/Allsport



began to cry and stopped herself). "The Japanese were tough last year and they should be again. It's the Olympics and anything can happen, and anyone can win." Shealy said, "I'm so excited; the 100 back is really my event. I guess my height (6'3") helps my reach. It helped me here."

Megan Quann, 16, after setting an American record of 1:07.02 in the 100 breaststroke prelims, stroked a 1:07.26 to win the final. Leading from the start, she touched two strokes ahead of Staciana Stitts, 18, 1:07.79. Said Quann, "I came up short of the world record, but I haven't tapered at all. I went down to a single practice on Monday. I have been swimming 15,000 metres a day." She added, "I like being number one seed and having tough competition. I am going to race my heart out, and I am going to win that gold." Stitts said, "I've had alopecia (absence of hair) since I was 12. It gives me an edge over other people. There's no health problems; I am perfectly healthy. I'm usually a bad finisher. I think I learned from the semis to finish hard and get the second."



American record for breaststroker Megan Quann

Donald Miralle/Allsport

#### Women's Day 4

Lindsay Benko, 23, won the 200 freestyle by a stroke over Rada Owen, 21. Benko was timed in 2:00.45 to Owen's 2:00:54. Said Benko, "It's an unbelievable feeling. So many things go through my mind before the race and even now I don't think I swam perfectly. On the last 15 metres I could see Arsenault but I couldn't see Rada. I put my head down and gave it all I had." Owen said, "I didn't even know where I was. Over the last 25 I realized that I was right there and I was like 'oh, my gosh, I'm here.'" Torres clocked 2:01.04 in the prelims, but scratched from the final due to uterine cramping and advice from the Stanford's team physician.

Christina Teuscher, 22, made the team when she won the women's 200 individual medley in 2:13.36, after missing making the team in the 400 IM on Day 1. Trailing by almost a body length was Gabrielle Rose, 22, in 2:14.95. Teuscher said, "It was important to prove to myself that I could do it. I was very nervous before the race. I just wanted to bury that race (400 IM) and start anew. I am happy that I could just bounce back from it." Rose said, "I can't believe I made it. I'm still in shock. I had less than 100 days to make the Olympic team. I took four to five weeks off because I was burned out on swimming. I didn't want to make the sacrifice and didn't want to just go

through the motions."

#### Women's Day 5

Misty Hyman, 21, was thought to be the top flyer in this event. The Stanford swimmer had the fastest times in the prelims and the semi, and in the final of the 200 butterfly she again stroked to victory, finishing in 2:09.27 and holding off Kaitlin Sandeno in 2:09.54. Hyman said, "I didn't know how fast it was but once I was out in front I was going to do anything I could do to stay out front. Towards the end of the race I was so tired I almost froze, but I was able to keep it going and couldn't believe it once I hit the wall." Sandeno, on placing second for her second Olympic event, said "Making the team the first night, I was able to be a lot calmer. I missed every turn and went out too fast at the start of the race, probably because Misty went out so fast."

#### Women's Day 6

Kristy Kowal, 21, set an American and Trials record of 2:24.75 in winning the 200 breaststroke. She clinched the win in the last 50 metres. Amanda Beard, 18, was second in 2:26.79, with Megan Quann third in 2:27.60. Kowal said, "It's an awesome feeling. It was more of a battle of my emotions than anything. I knew that the 100 wasn't my only shot, but I had to stay focused for tonight." Beard said, "It's nothing like 1996. I really wasn't expected to make it this far which makes it that much sweeter. I tried not to get too far, back in

the race. My goal was just to stay close. In the third 50, I knew I was there and just tried to stay with them. In the fourth 50, I fought off the pain and went for it."

Thompson and Torres went after the 100 freestyle knowing that Inge de Bruijn of the Netherlands had dropped the world mark to 53.80. Thompson nearly broke 54 seconds as she was timed in 54.07, an American record. Torres had a fingernail lead at the 50 but couldn't hold off the surging Thompson and finished in 54.62. With Ashley Tappin, 25, clocking 55:28 and Amy Van Dyken, 27, 55:30, the U.S. will be a very heavy favourite to win the 4 x 100 free relay. Thompson said, "I was able to maintain my composure. I was much more settled now, having made the team already." Torres said, "My legs gave out on me tonight. I'll have to take hot and cold baths." Van Dyken said, "Never felt better. My shoulder (seven months after surgery) feels fine. Everything is going better than I thought I would. The 50 free is my favourite. It's my baby."

#### Women's Day 7

Amanda Adkins, 23, won the 200 backstroke in 2:12.97, followed by Lindsay Benko in 2:13.97. Adkins said, "To put it all together at the end of my career means a lot. I had the strength all along. Making the team is a perfect ending." Benko, in her second event, said, "I'm going to enjoy it while I can and work hard to get better. I wanted to be able to race with the girls and work on my speed."

Brooke Bennett made sure she would win the 800 freestyle and after the first 100, the race was all hers. She had a half-body length at the 200 and widened the gap to win by almost 15 metres, in 8:23.92. Kaitlin Sandeno passed Munz in the last 50 to win her third Olympic berth, in 8:28.61. Munz swam 8:28.66. Bennett said, "I had to come out real tough at the get-go to make it my race. It was a perfect race, my best by two seconds. Now I have to prepare myself for Sydney and swim faster." Sandeno said, "Pretty shocked. I never thought I'd be going in three events. Now I have to do hard training to get back in shape so I can go back to taper and swim hard at Sydney."

#### Women's Day 8

Dara Torres, fastest in the prelim and the semi, made sure that she would not be denied in the 50 freestyle. Her time of 24.90 set a Trials record as she outsprinted defending Olympic champion Amy Van Dyken, 24.99. Torres wasn't totally happy as she assessed the meet. "It was nice to finally win one. But except for the butterfly, the times were below my expectations. I'm going to have to go a lot faster than I did this week to do anything in Sydney." Torres qualified for her third individual event and she'll also have a chance to swim at least one and probably two relays. Torres is the first American woman to swim in four

Olympics—1984, 1988, 1992, and 2000. Jill Sterkel made four teams, from 1976 to 1988, but did not swim in 1980 because of the boycott.

### Men's Day 1

Chad Carvin, 26, who missed the Olympic Trials in 1996 due to a heart condition and who was forced to withdraw from the 1998 World Championships due to a bulging disk in his back, won his place on the 2000 Olympic team with a second-place finish in the 400 freestyle in 3:47.50. The American record winning time of 3:47.18 was set by 18-year-old Klete Keller. "I didn't know I was on pace for the record. I knew I had the speed in the last 100 to make up a lot of ground. I know I can beat anybody in the last 100 metres. I was just trying to stay with Chad and then take him at the end of the race," said Keller. Chad said, "It feels awesome to finally make it. I wish I could share how it feels." He added, "Well, the object was to win and I was really kicking for it. I wanted to win. But at least I have another shot in Sydney."

### Men's Day 2

Ed Moses, 20, was timed in 1:00.44, an American and Olympic Trials record in the 100 breaststroke. Pat Calhoun, 19, clocked 1:01.09 for second. After the race, Moses said, "I felt a lot better than I did in the prelims and the semis. I could tell that I was going to be very close to the world record when I had about 25 metres left. I pictured myself at this meet for the past two years, but nothing can prepare you for what you have to go through here, especially the semi-final format. You have to stay in a cocoon for 48 hours and don't let anyone bother or destroy your rhythm." Calhoun said, "Not in my wildest imagination or anyone else's did I think I could make it to this point. Walking out, you're about to throw up. It is tough to keep your mind on one thing."

In the men's 400 individual medley, world record holder Tom Dolan 24, won the event, but it was close as Erik Vendt, 19, battled Dolan all the way. Dolan, timed in 4:13.72, said, "I'm happy. It's been a tough year and a half. I got sick two weeks ago, and Monday I had a 102 degree fever. I felt terrible. When I made the turn (into freestyle), it was either go or you're not going to the Olympics. I pulled that last 100 metres out of a place I didn't know I had."

Vendt, in 4:13.87, said, "In the ready room I told myself that I needed to stay with Dolan and Wilkens during the fly because their fly is so good and that is not my strength...I knew if I could stay with them during that, I could finish strong with the breaststroke and the free and make the team. Now I can enjoy the rest of the week and concentrate on the 1500, which is what I came here to do."



Klete Keller, 17-year-old 400 freestyle record setter, coached in Phoenix by Canadian Pierre Lafontaine

Al Bello/Allsport

### Men's Day 3

Josh Davis, 27, a 1996 Olympian, won the 200 freestyle in 1:47.26, an American and Trials record. Scott Goldblatt 21, in 1:48.12 finished more than a half-a-body-length behind and a fingernail margin over Chad Carvin in 1:48.17. Davis said, "I'm real thankful to have the opportunity to swim at the Olympics. This puts me fourth in the world. I'm one away from a medal, and that's my goal." He added, "The race is 99% mental and 1% physical. It's about who wants it most, who wants to hit the wall first." Goldblatt said, "It's pretty incredible. Seven months ago, I didn't think I'd be in this position."

Lenny Krayzelburg, 24, won the 100 backstroke in 53.84 after setting an Olympic Trials record of 53.67 in the semi. Neil Walker, 24, an arm stroke back, finished in 54.85. Krayzelburg said, "We really took it out fast. The split at 50 metres (25.62) was unbelievable. I think it kind of showed in the last 10 to 15 metres." Walker, "It hurt. It really hurt. The plan was to go out fast (25.49), really fast and see what I had coming home. I think he (Lenny) saw me and ended up trying to do the same thing, and he died also, but not nearly as bad as I did."

I won't go out that fast any more."

### Men's Day 4

World record holder Tom Malchow, 23, set an Olympic Trials record of 1:55.67 in the 200 butterfly prelims. In the final, he clocked 1:56.87 to win by two strokes over Michael Phelps, 15, 1:57.48. "If I didn't make the team, that might have been the end of my career," Malchow said. "I guess I got myself in the situation of trying to break the record. I try not to let it get me." He added, "I didn't wear the full bodysuit. It didn't fit quite right. I wasn't going to go through the hassle to find a suit that fit me. I wore the half bodysuit today." Phelps, 15, the youngest man to make the team, said, "At first I couldn't believe it. After the first 50, I felt good and relaxed and the 100 was the same. At the 150 mark, I felt my legs were getting tired, so the last 50 I had to give it all I had."

### Men's Day 5

Kyle Salyards, 19, won his place on the team winning the 200 breaststroke in 2:13.21. Tom Wilkens nailed his second individual event, placing second in 2:13.34 after leading for 150 metres. Salyards said, "This is an overwhelming feeling. I can't really describe it. I



came in wanting to win, but I was surprised to see the number one next to my name after the race. I was very tired towards the end. But form doesn't matter at the end. It's who touches first." Wilkens said, "The 200 breaststroke isn't my best event. I just wanted to do my best and race tough."

Neil Walker won the 100 freestyle in 48.71 for his second individual event for the Games. Gary Hall Jr., 25, touched out Scott Tucker for second in 48:84, with Tucker, 25, finishing in 48.95. "I made the same mistake that I did in the 100 backstroke," Walker said. I went out too fast and came home too slow. I think the adrenaline of a final makes you do that." Hall said, "Anytime you race like this, it always comes down to a couple hundredths of a second. So there is always the possibility you might not make the team." About the 4 x 100 relay, "Anytime you are going to race against the Aussies, it's going to be a close race, you can count on it. I believe this relay team is the greatest relay team ever assembled, and I look forward to going for a world record."

### Men's Day 6

Lenny Krayzelburg, as expected, won the 200 backstroke, setting a Trials record of 1:57.31. Aaron Piersol, 17, who has been Lenny's toughest opponent this year, was timed in 1:57.98. It was a close race until the last 50, when Krayzelburg stroked away to touch the wall first by about a body length. Krayzelburg said, "It's nice to have won, but I was disappointed with my time. I don't know what's going on with my 200 backstroke. I'm just struggling to find my perfect stroke. Peirsol gave me a really good race."

In the 200 individual medley, it again was a one-

two finish for Tom Dolan and Tom Wilkens. Dolan won, 2:00.81; Wilkens finished in 2:01.38. It was close until the last 50 when Dolan surged ahead with his fast freestyle kick. Dolan said, "I'm excited for Sydney. I'm happy to get out of this meet unscathed. It's been a rough week-and-a-half for me. I'm still on 500 milligrams of antibiotics a day. That has not made me feel too solid. I don't think I'm going over looking at winning two gold medals. I am going over looking at two perfect swims. If I do that, the color of the medal is going to come." Wilkens said, "I'm a little disappointed. I came to the Trials looking to win all three events. But I came out with two seconds and a third place. So, yes, I am disappointed in that respect. When people swim against me they want to negate my breaststroke because that's my strength. You have to know Dolan is going to have a strong finish. If you don't then you are going to be burned in the end."

### Men's Day 7

Ian Crocker, 17, won the 100 fly in 52.78 after setting a Trials record. Crocker, who hails from Portland, Maine, trains short course because there are no 50-metre pools in Maine. Crocker just touched out Tommy Hannan, 20, who finished in 52.81. Crocker's time was the second fastest U.S. performance ever. Crocker said, "I try to do the best I can and get the best time possible. Whatever happens, happens and good things happened tonight." Hannan said, "It feels like I just got a 2000-pound weight off my back. This is what I have dreamed of since entering the sport."

Gary Hall Jr., won the 50 freestyle in 21.76, an American record. Anthony Ervin, 19, the first African-

American to make a U.S. Olympic swim team, clocked 21.80. Hall's victory in the 50 free was voted by the attending media to be the performance of the meet. Ervin will also swim the 4x100 free relay. Hall said, "I always have the desire to win, and I hope it will carry over in Sydney. I now have a better understanding of what the Olympics are. I am bigger and stronger than in 1996." Ervin said, "I am just who I am. I wanted to do something good. I am surprised about my swim."

### Men's Day 8

In the 1500 freestyle Erik Vendt took it out fast. At 700 metres, his lead was a body length and he dropped the field at 800 meters with a two-body-length lead. After that it was open water as he raced to a new American record of 14:59.11, becoming the first American to break 15 minutes. Chris Thompson, 21, was runnerup in 15:09.16. However, the time is well short of the world record of 14:41.66 set by Australian Kieren Perkins in 1994.

Witnessing the Olympic Trials was veteran Australian coach Forbes Carlile. He remarked that the Australian men would be solid favourites to win the freestyle events and could claim the 4 x 200 freestyle. In the strokes and the IMs, the U.S. team should do very well. Forbes also acknowledged that the U.S. women were stronger than the Aussies in almost every event except the butterfly and the breaststroke. Carlile also remarked that the Japanese women were a much stronger team than in the previous Games.

The Americans have some work to do. U.S. men's coach Mark Schubert said, "It's too early to assess. It is easy to race fast when you don't have the second or third best swimmer in the world right next to you. The real challenge is the Olympics."

Though the Americans missed setting a world record in the 1996 Trials, they still dominated the Atlanta Games with 13 gold medals. The Aussies consider the Olympic swim events as their Super Bowl and will make benefit from a home-pool advantage.

The skin-tight neck-to-ankle swim suits continue to cause controversy. Though the manufacturers advised that they would make the suits available to all competitors, unless they were custom fitted for each swimmer they did not fit. Many swimmers found that they were not as helpful as the manufacturers claimed.

A proposal to ban the suits at the Olympic Games may be voted upon by the FINA Congress in Sydney.



Upset 200 breaststroke winner Kyle Salyards

Al Bello/Allsport

## THE PAST AND THE FUTURE OF US SWIMMING MEET HEAD ON IN 400 IM

**Nikki Dryden**

The 400 IM at the US Olympic Trials did not disappoint; it was a Tom vs. Tom showdown with the young Erik Vendt thrown in for added excitement. Tom Wilkens, who was ranked number one in the world with a 4:13.84 heading into the Trials, took an early lead on fly with a 58.00. Tom Dolan's fly looked easy while Vendt's strategy was to just keep in contact on the first leg. Dolan and Vendt moved up on Wilkens in the back, but Wilkens was able to maintain his lead heading out onto the breast leg. Both Dolan and Vendt knew Wilkens would be trying to put as much distance between him and them as possible on the breast, and both men were surprised to turn within a body length of Wilkens at the 300. Vendt, who is known and often criticized for looking at his competitors during his IM, was second with only free to go and it looked as though the Olympic champion wasn't going to make the team. Coming off the 350 wall, everyone could tell the gig was up. Dolan and Vendt were going stroke for stroke and devoured Wilkens, who faded horribly in the last 25 metres.

Dolan was first in 4:13.72, Vendt was second in 4:13.89, and Wilkens was left out of the celebrations with a 4:15.69. It was a race to see. Vendt never imagined he could go a 4:13. Wilkens probably never imagined it would go down as it did, and Dolan, well, Dolan is the defending champion and he's proven time and again he's the best 400 IM swimmer in the world.

**Tom Who?**

The last year and a half have not been easy for the defending World and Olympic Champion. Tom Dolan missed last summer's Pan Pacs and was beaten for the first time in seven years in the 400 IM last spring at US Nationals. Talk on pool deck was of the other Tom, Wilkens that is. And Tom Dolan had become somewhat of an underdog. "I felt I had a lot to prove this time around," says Dolan. "Not just to myself, but to the swimming world as well."

After winning the 400 IM at Trials, Dolan was really fired up. In fact he seemed more excited to win at Indy than his win at the Olympics in 1996. Throughout much of his career Tom has had problems with his health,

suffering from chronic asthma and undergoing knee surgery last summer. But he says he has been training the best of his life this year and couldn't believe it when he got sick two weeks before the Trials. "Two days out of Trials I had a 102 degree fever and I didn't even think I was going to be able to swim the 400 IM." So for those who were able to see Tom win the 400 IM at Trials, it was plain to all he was sending a message to those who had written him off.

"I was so young when I broke the world record," says Dolan. "I was the person being hyped up, but in the past year it has been a lot of other people. I think getting beaten by Wilkens at Nationals was the best thing that ever happened to me. I used that emotion and anger to train harder all year." His wake-up call also helped his racing. "I am not so relaxed as I used to be. There are a lot of great swimmers out there and now I know I have to be on top of my game to win. It is one thing to make it to the top, but to stay on top is so hard." Tom is the first to admit it is people like Eric Namesnik in 1996 and Wilkens in 2000 that keep him motivated.

In 1996 Tom was one of a half dozen University of Michigan swimmers under Jon Urbanek to make the Olympics. That environment was positive, but tension-filled. This year Tom chose to train with his high school coach, Rick Curl, at Curl-Burke. "It has always worked well switching it up between Michigan and Curl-Burke, it is nice to have a change of scenery because of the amount of training I do. Rick and Jon have been great about it. Not a lot of coaches would be able to share an athlete like that." Tom had initially planned to stay home until the New Year, and then head back to Michigan, but by the time December rolled around he was loving it. "I was really enjoying myself, which is the most important part of swimming, and so I decided to stay. Training with high school kids was so refreshing. We were doing 10 to 12 km a work-out and no one was complaining, there was no one counting up the yardage." Tom was reminded how it was when he was a young swimmer. "There was no bitterness of aged swimmers and it helped me not look at the big picture. Those kids were a reminder of just how much fun swimming can be."

This time around Tom is a veteran; he knows what is going to happen and can take the experience in stride. "I am already enjoying everything from interviews to meeting my teammates. I am also appreciating who helped get me here, like my parents and my coaches." Tom is also a lot calmer these days.

"In 1996 everything was a whirlwind for me, having the meet in the US. This time I have more perspective and now I am able to just enjoy it."

**The Youngster**

Erik Vendt surprised a lot of people with his 400 IM at the US Trials, placing second to Tom Dolan and beating world leader Tom Wilkens. Eric's name will be second on the psych sheets at the Olympic Games and puts him in a position to possibly win a gold medal. It's funny that he doesn't even consider the 400 IM his best event. And at trials, it was his 14:59.11 in the 1500 free that brought the house down. At 19, Vendt is the Dolan of 1996: young, hard working, and full of potential. He has heroes and has done his homework, knowing what it takes to win.

The University of Southern California freshman left his high school coach Josh Stern of Ocean State Squids for warmer pastures this year and a new beginning. "Going to school gave me a chance at a fresh start after a bad season last year. I was able to get the love back." The environment was different too. "At Squids the mentality was 'toughness is all that matters.' At SC our focus was much more pointed at Olympic



Erik Vendt first American under 15 minutes

Al Bello/Allsport



Trials. There are a lot more people for me to train with.”

But don't think Erik doesn't appreciate or remember where he came from. Erik, like many American swimmers, is fortunate to have the support of both his high school coach and his university coach. It was in high school where Erik perfected his freestyle technique and developed his amazing work ethic. When his coach Josh left Boston to start a new club in Providence, Erik and several other faithful swimmers followed him to the new program, spending hours a day commuting. Because of this he often only trained once a day, which meant logging tremendous yardage at night.

Just a few of the longer sets done by Erik include 30x1000s (which took him about six and a half hours), or a 3000, then 12x400 descending in sets of 4, and then another 3000 faster than the first. He also did 10,000s for time regularly and 100x100 yards on a 60 second turnover (although he only made about 80 of them and had to go on 65 for the last 20).

His training at USC is no easier. “At SC things are more consistent because I can do more workouts. I am able to go two 10,000 metre workouts a day, which is more yardage than at Squids.” And considering he only trains two IM workouts a week, his 4:13 at Trials is definitely a shock.

The 400 IM was a chance to redeem himself after a less-than-ideal 400 free. “I knew I had to take it out in a 1:53 to be in the race. I did, but just couldn't hold on. But I am okay with that. I wouldn't have been pleased if I didn't go after it. This is Olympic Trials, and I wanted to leave it all in the pool.”

So Eric might be poised for a great 400 IM at the Olympics, but it is the 1500 that Erik has thought of for years. His heroes include Bobby Hackett and Brian Goodell, both of whom he has watched on tape. As part of the Olympic year preparation, USC coach Mark Schubert brought in an Olympic gold medalist each month and Erik got to meet Goodell last October. “I got a chance to talk to him one on one, and he has definitely been an inspiration for me.”

“I didn't really expect the IM, but the 1500 was a dream. I was psyched beyond belief. I just looked up and saw the one and the four and that was enough, I didn't have to look at the seconds.” As for the Olympic Games in Australia Erik knows the 1500 will be one fast race. “The excitement alone will help me drop time. The mile is their event and the place will be going crazy. Just getting to race Kieren Perkins is a dream. I remember watching him in 1992 and 1996 when I was just making my junior cuts.”

Whether he does it in his third-best event, or in the mile where he is also ranked second, Eric definitely has a big future ahead of him. “I think I can get faster. I have a lot more confidence now and I hope I can ride that into Sydney.”

## A CANADIAN CONNECTION

# FIRST MALE SWIMMER FROM MAINE ON OLYMPIC TEAM

**Katharine Dunn**

As petitioners not so quietly disputed Swimming Canada's coach selection process in early August, Sharon Power similarly toiled in Portland, Maine, preparing an Olympic hopeful for the US Trials in Indianapolis. “Similarly,” because Power's coaching—which ranges from prodding swimmers with incentives like “If you don't make Nationals next year, I'll break your legs!” to taxing their minds and bodies in “impossible dream” sets—is vigorous and, well, not so quiet. Said Power, a transplanted Nova Scotian, in a recent interview: “I shoot from the hip.”

Power's tactics are also noteworthy because they work: Ian Crocker, the 17-year-old butterfly and freestyler whom Power has coached since she moved to Portland four years ago, won the 100 fly at Olympic Trials. He is the first male swimmer from Maine to make an Olympic team.

Despite this success, neither Power nor the two other women who coached swimmers to this year's Olympics were named to the US team. This fact evokes what is perhaps Canadian swimming's recent failure, in which a praiseworthy initiative to nominate a female coach to the Olympic team was undermined by a somewhat shady selection process. The initiative was novel (Canada

has never taken a woman coach to an Olympics) and laudable, but some coaches and swimmers balked when Shauna Nolden, a Toronto-based coach with little international experience—and no Olympic qualifier from her team—was chosen based on what looked like mystery criteria. And Canada isn't lacking for talented women coaches: Linda Kiefer of Toronto and Lucy Hewitt of Oakville, Ont., who appealed Nolden's appointment, have taken swimmers to the World Student Games and Pan Pacs.

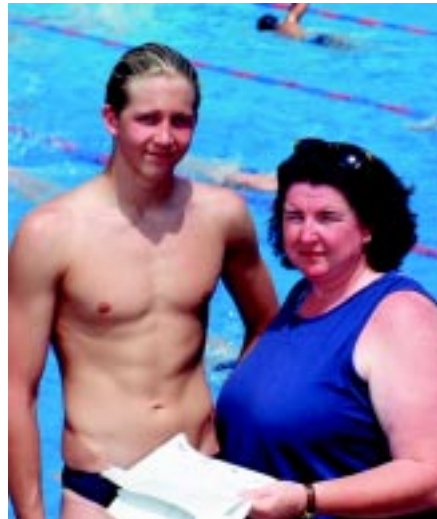
“There wouldn't be a problem if (Nolden) was picked on the same criteria as the men or a slightly modified approach,” swimmer Nikki Dryden told *The Toronto Star* in August. “Because this lacks credibility, it really hurts women in coaching.”

Still, there is a woman coach on the Canadian Olympic swim team, regardless of her qualifications. The American swimming contingent in Sydney will include eight male coaches and no women.

But Sharon Power isn't complaining. (In fact,

she's not even eligible: as a non-US citizen, she can't represent the States in the Olympics.) The Americans, said Power, select Olympic coaches for a simple reason: Their swimmers will bring home medals. Even if she were eligible, Power probably wouldn't be named to the team. Though her swimmer, Ian Crocker, won his event at Olympics Trials, and indeed has a shot at a medal, the US Olympic coaches have all either put more than one of their own swimmers on the team or are coaching a superstar athlete, like Lenny Krayzelburg.

A system that rewards results is just fine with Power. Since Crocker started getting national attention a couple of years ago, she has been asked to present medals at Nationals and write a piece for the coaches association magazine, and she has appeared on its cover with her star swimmer.



Ian Crocker with Sharon Power

Marco Chiesa

Power, who coached in Canada for 13 years before taking a job in Portland, said the US coaching system surpasses its Canadian counterpart. “Down here, you're judged by your merits as a coach. It's a little less of a political, old-boys network.” There is much evidence to back her up: Marian Sweetnam, who coached her daughter Nancy to national titles, the 1992 Olympic team, and a gold medal at Commonwealth Games, was not named to the coaching

staff for the Olympics nor to a number of other international competitions. More recently, coach Kendra Burton said a lack of financial support forced her to send national team member Kristy Cameron from Guelph to Calgary's National Training Centre last year.

“I was never given the opportunity to travel with her on provincial or national teams,” said Burton. “I did not pester or pursue this and I felt if there was any way they could take me they would find it. Only after this Shauna Nolden fiasco did I catch on that (coaches are) responsible for pushing the SNC to recognise (their) worth.”

As long as Power stays in the United States, she said she's confident that her worth as a coach will be determined by her athletes' feats in the pool.

“I haven't been told yet that my kid needs a male coach,” said Power. Such a comment seems absurd, and it is. But it's also been said at least once: Power heard it when she coached in the Maritimes.

# FROM RED ARMY SWIM TEAM TO CALIFORNIAN GOLDEN BOY

## Cecil Colwin

Lenny Krayzelberg was 13 when he came to the United States with his family from the Black Sea port of Odesa in the Ukraine. Little were they to know that young Lenny was to become one of the finest male backstrokers in history, owner of the world marks for the 50, 100, and 200 metres, and one of the most charismatic swimmers ever to grace the sport.

"Lenny," as he is now popularly and familiarly known throughout the world of swimming, exudes a healthy and exuberant enjoyment of life, a "joie de vivre" that is the hallmark of the physiologically robust.

## Born to be a Backstroke

Lenny's swimming career started at the tender age of 5 as a member of a select group of 20 kids specially chosen to learn the basics of swimming in the local Red Army Swimming Club.



Lenny Krayzelberg push off

Al Bello/Allsport

Soon, at the age of 8, Lenny was thought to have potential and was moved into a group of about 45 children who not only swam together, but also attended the same school classes.

Asked if the school teachers and the swimming coaches liaised with each other, Lenny said, "Absolutely, they knew each other. We weren't separated; we were in a regular school, but it was only our class, consisting entirely of swimmers, that was different."

Lenny said that the coaches didn't teach school subjects as well. "They were just working for the Red Army. They were strictly coaches."

Lenny added that he didn't at any time feel that he was being forced into swimming, and that the experience

was just a natural development.

"Yes. I liked it. I mean it was hard but I think that's how I recognized, even at that age, that this is what it takes.

"We were together from 6 am to 6 pm every day," said Lenny. "Our schedule was pretty much training from about 6 am to 9 am, and then classes from 9:30 am to 1 pm, and then swim practice from 2 pm to 5 pm. At the age of 9, they told my Dad that I was 'born to be a backstroke.' So I guess they must have seen something back then. I was about 147 cm tall."

Lenny and his classmates were started immediately with "very intense training." Lenny said that in the Soviet program, it was the practice to really "figure out who the stayers were at an early age and to bring along the real athletes very early."

"I remember when I was 9 years old, we were lifting weights. We were running 7 to 8 miles a week. We were also swimming about 60 kilometres a week. For a 9 or 10-year-old, that's pretty good training. Before I left, at about the

age of 13, about 70 per cent of the team had quit, just because of the intense training really early on. The people were just not having fun any more."

Lenny said that he didn't swim a lot of backstroke when he was young. "I swam all the strokes, trying to find which stroke was my best. I used to swim fly when I was a little kid, and backstroke was always one of my favourites. My backstroke and freestyle were always pretty good, and even when I went to competitions, I swam all three strokes. But, at the age group nationals, I only swam backstroke."

Lenny said that his first coach, Vitali Ovakimian, taught him starts and turns at an early age. "We spent half an hour, three times a week, just practising starts and turns."

## Early days in America

When Lenny Krayzelberg's family decided to emigrate to America, the 13-year-old Lenny was excited. "As a 13-year-old kid, I didn't realize how tough it would be. My parents were "fortunate enough" to get permission from the then Soviet government to emigrate to the U.S.

"You had to have a sponsor, of course, or they sent you an invitation to come, otherwise you can't just immigrate. We were fortunate enough that we got permission from the Soviet government (in 1988 it was still the Soviet Union). Obviously, not everyone was getting permission, and we had to wait about a year before they issued an exit visa. And we came to the States in 1989."

"My parents knew it would be tough, with no job, no guarantees, but my father was fortunate enough in that our sponsors helped him to find a job. But, when you don't speak the language, your opportunities are limited."

Asked about his transition into swimming in California, Lenny answered: "Well, first, for about five years, I didn't have the opportunity to join a good team because we lived in L.A., and there just aren't good teams around there."

"The whole scene was kind of passive. For the first five years, until I was 18, I was hoping to get into a good team. I was fortunate in that I went to Santa Monica City College and joined the team there. They had a really good coach there by the name of Stu Blumkin who actually saw some potential in me."

Lenny spent his freshman year swimming for Santa Monica City College where he broke the junior college national record with a time of 1:47.91 for 200 yards.

## Mark Schubert's Influence

"Coach Blumkin felt that I belonged in the Division One level, and so he called Mark Schubert and asked him if I could possibly train with him in the summertime to see what would happen. It all started from there, and I'm still with Mark."

I told Lenny that I thought that Mark looked upon him almost as a son, to which Lenny responded: "Yeah, we have a really, really good relationship."

I mentioned that I had known Mark for a long time and I'd never known him so enthusiastic about any swimmer.

Lenny said, "Thanks. It's been great. I've been definitely fortunate to train with him, and we've had a great relationship, and I put a lot of trust into him. A lot."

I said that one of Mark's strongest points is that he is a very positive thinker.

"I agree with you a hundred percent. What is the most inspiring thing about him would be his dedication, and his commitment to the sport—the way he puts his heart and soul into every single practice. As a swimmer in the pool, all you want to do is just swim your heart out for him because you don't want to disappoint him."

Lenny graduated recently from U.S.C. with a finance degree and thinks he may become a financial consultant once his swimming career is over. In the meantime, he intends to focus on completing his swimming career.



## KRAYZELBURG ON BACKSTROKE TECHNIQUE

The conversation turned to swimming technique, and our discussion went as follows:

C: A lot of backstrokers tuck their chins right in, and they're looking at their feet, but you're looking up at the ceiling, and that shows that you're really at home with the stroke.

L: Yeah, I really focus on that quite a bit, especially in the back half of my races, like yesterday for example, especially in the last 25 metres, when your legs get tired the most. If you keep your head flat on the water, and you keep your chin high, that raises your hips up. It gives the body a longer stretch, and also you're not sitting in the water, you're flat on the water, and that's the idea. I really focus on that quite a bit, especially towards the end of my races, to really keep my head flat on the water.

C: I notice that when your arm enters, that your arm is in a straight line with your back, and I think this action also keeps your hips up high, doesn't it?

L: I never really thought about that.

C: Another thing that impresses me is the continuity of your arm strokes and your high turnover. A lot of backstrokers stroke too slowly. You have a very high turnover. How does your backstroke turnover compare with your freestyle turnover?

L: It's a lot faster. One of the reasons is because I work on it so much. I do work on my tempo quite a bit. I do some different drills. We do work on stretch cords. We swim out to the middle of the pool and try to hold a certain tempo for 30 seconds, 45 seconds. Just to give you an example, yesterday I was 52 strokes per minute, going in the first 50, and I held 50 strokes coming back. So my tempo is over 50 throughout the whole race.

C: Backstrokers naturally have a long stroke but a lot of backstrokers don't realize that you have to turn that long stroke over fast, and that's the difference between the men and the boys.

L: I guess so, especially when you're swimming the 100. And now, even in the 200, you've got to be able to hold the tempo. Unless you're extremely powerful, you can't really slow down your tempo, but, even then, I think you've got to be over 50 for the 100, and over 40 for the 200, throughout the whole race.

C: Are you aware of what your feet are doing?

L: I know I'm always kicking. I never have a hesitation in my kick. It's always a constant kick. I think about that quite a bit when I train.

C: The backstroke has a lot of part movements, and I notice that you put the parts together very quickly and in perfect sequence. Would you care to describe what you do from the moment your arm enters until the moment you finish your stroke?

L: I enter wider than most backstroke swimmers, a little wider than my shoulders. This helps me to gener-

ate more power. I think I generate more power by entering wider. I think this has come from strength training in the weight room, and this allows me to pull a little wider, and I think a lot about catching as much water as possible here at the entry (here Lennie indicates the movement).

C: Do you turn the palm up a little after the entry?

L: Yes, just a little bit. I don't feel comfortable doing any little sculling movements at the end of my stroke. I prefer to finish the stroke with the palm facing downward because I feel it kinda relaxes my forearm...I've worked at trying to take that extra little stroke, and I don't feel comfortable with it. I don't feel I have that relaxation.

C: It slows your turnover?

L: It might actually slow it, although some say it actually might increase your turnover. I don't agree with this, because I just don't feel comfortable doing it. I felt that if I finished the stroke and relaxed the wrist for a split second there, so that the hand is facing backward. I feel that's what is so important in backstroke, to really feel comfortable, so that you are not "over-swimming" it.

C: I've studied your backstroke from some underwater video I have of your successful 50 metre world record attempt at the Pan Pacs in Sydney, and I notice that you try to keep your hand at the same depth throughout the stroke. A lot of swimmers try to push straight back without having the muscular strength and power to do so.

L: I think a lot of my success can be attributed to the weight room. My philosophy on this is that you get to a certain point in the water where you are not going to improve any more, so why not take it to another level? And, for me, it was to go into the weight room and to get strong in the weight room, and then to interpret that strength into that power underwater for backstroke.

C: What kind of weight training did you do?

L: I did a lot of endurance training, first of all. In terms of high repetitions, low weight.

C: This was with barbells or exercise machines.?

L: Mostly free weights—a few machines here and there—but mostly with free weights.

C: When you say free weights, you mean with dumbbells or bars?

L: Dumbbells. Why dumbbells? Because, if you use a bar, then your dominant hand is used more...

C: Trick movements.

L: Exactly. For example, if you train with dumbbells, then you are using separate arms. You are using the same strength with both arms. If you use a barbell, then you are using your dominant side more. You might not feel it, but that is what happens. If you use dumbbells, then the effort is equal.

C: I like what you say about the dominant hand. Many coaches automatically assume that both sides of the body are just as strong, whereas, in most human

beings, the one hand is dominant. What else do you do for the hand that isn't dominant?

L: I don't know what it is, and that is why I do dumbbells because it separates the work done by each arm. I take a 25 dumbbell on the right and a 25 on the left.

C: When you recover your arm, do you recover in the vertical plane, or slightly over the water?

L: I'm inclined to think my recovery is slightly over the water. At least, that's what I try to do it. Whether it is or not, I'm not sure. I try to keep the arm in the vertical plane, taking it upward out of the water. The problem with entering too wide is that your hips swing wide, and, if your hips go wide, you're not swimming in a straight line.

C: What do you do to keep your spine straight and what do you do with body roll?

L: I just let that happen. Everything starts with my hips.

C: What about lifting your shoulder as you start your recovery?

L: No, not my hips! I start with my shoulder. I should know that! I don't think about it. It's just kinda natural to me. I definitely start with my shoulder, and, if you notice, my hip always exits the water, the top of my suit when I rotate. So I'm really keeping my hips high.

C: How much do you rotate?

L: I don't know, but I feel it's quite a bit because I want to get as much power as I can with my pulling arm (Indicates) here. If I'm more on my side, then I can just put all this power into the stroke. But, if I'm flat, then I'm not getting as much power.

C: You've got to do all these things pretty quickly when you're swimming 53.6 for the 100! That time will be faster soon; you've really got your stroke in the groove. You're one of the most grooved backstrokers I've ever seen; your turn-over, your body position, and your sense of direction is amazing. What about your breathing rhythm?

L: I don't know. I never think about that. I know some coaches try to teach the breathing, but I think my tempo is so fast in a race that it is hard to catch your breath.

C: Does your breathing go faster when you race?

L: Oh yes. Absolutely, but I don't think my breathing is as fast as my stroke tempo, obviously. And I don't think you want it to be, because you're probably going to hyperventilate. I think it's pretty constant, but I kinda don't think about it.

C: Where do you focus your eyes?

L: Always up top. Sometimes I even have an impression that I'm looking behind me. How this helps is that it allows me, again, to keep my head flat in the water, because that's the goal, especially at the end of the race, not to get your chin down because, if your chin comes down, you're going to drop your hips, and you're going to be sitting rather than swimming.

TOP AGE GROUP TIMES

Rankings for the period (results received)
January 1, to Aug 30, 2000
TAG is financially supported by
Swimming/Natation Canada. Compiled by SWIMNEWS

2000 LONG COURSE TAG®

GIRLS
11-12

50 METRES FREESTYLE

Table of 50 Metres Freestyle results for girls aged 11-12. Includes names like Shauna Collins, Kirsten Pomerleau, and various clubs.

100 METRES FREESTYLE

Table of 100 Metres Freestyle results for girls aged 11-12. Includes names like Shauna Collins, Kirsten Pomerleau, and various clubs.

200 METRES FREESTYLE

Table of 200 Metres Freestyle results for girls aged 11-12. Includes names like Shauna Collins, Emily Gillespie, and various clubs.

400 METRES FREESTYLE

Table of 400 Metres Freestyle results for girls aged 11-12. Includes names like Shauna Collins, Emily Gillespie, and various clubs.

800 METRES FREESTYLE

Table of 800 Metres Freestyle results for girls aged 11-12. Includes names like Shannon Smith, Emily Gillespie, and various clubs.

100 METRES BACKSTROKE

Table of 100 Metres Backstroke results for girls aged 11-12. Includes names like Michelle Cruz, Emily Gillespie, and various clubs.

200 METRES BACKSTROKE

Table of 200 Metres Backstroke results for girls aged 11-12. Includes names like Michelle Cruz, Emily Gillespie, and various clubs.

100 METRES BREASTSTROKE

Table of 100 Metres Breaststroke results for girls aged 11-12. Includes names like Allison Higson, Elizabeth Hendrick, and various clubs.

200 METRES BREASTSTROKE

Table of 200 Metres Breaststroke results for girls aged 11-12. Includes names like Allison Higson, Elizabeth Hendrick, and various clubs.

100 METRES BUTTERFLY

Table of 100 Metres Butterfly results for girls aged 11-12. Includes names like Shauna Collins, Kirsten Pomerleau, and various clubs.

200 METRES BUTTERFLY

Table of 200 Metres Butterfly results for girls aged 11-12. Includes names like Shauna Collins, Kirsten Pomerleau, and various clubs.

200 METRES IND. MEDLEY

Table of 200 Metres Individual Medley results for girls aged 11-12. Includes names like Allison Higson, Emily Gillespie, and various clubs.

400 METRES IND. MEDLEY

Table of 400 Metres Individual Medley results for girls aged 11-12. Includes names like Joanne Malar, Emily Gillespie, and various clubs.

450 METRE RELAY

Table of 450 Metre Relay results for girls aged 11-12. Lists club names and their respective times.

450 FREE RELAY

Table of 450 Metre Free Relay results for girls aged 11-12. Lists club names and their respective times.

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# 2000 LONG COURSE TAG®

# BOYS 11-12

## 50 METRES FREESTYLE

Rec: 26.17 John M.Mills, GO,92

1	26.44	ONAGJUL	Sean Dawson, 12, GO
2	27.00	ONAGJUL	Mark Kurtzer, 12, NEW
3	27.39	NEORJUN	Jeff Byrne, 12, SSMAC
4	28.08	POAAAJUL	David Milot, 12, PCSC
5	28.39	ABAGJUL	Pascal Wollach, 12, LASC
6	28.41	KCSJUN	Jackson Wang, 12, DELTA
7	28.44	BCAGJUL	Gavin D'Amico, 12, EKSC
8	28.52	ABAGJUL	Lee Grant, 12, UCSC
9	28.69	PPOMAY	Etielne Lavallee, 12, EXCEL
10	28.71	POAAAJUL	Samuel Chartrand, 12, ELITE
11	28.79	BCAGJUL	Ray Betuzzi, 12, PDSA
12	28.94	RODJAN	Andrew Malawski, 12, ROD
13	28.99	ESWIMJUN	Steven Rubacha, 12, ESWIM
14	29.01	MBSKJUL	Willie Bell, 12, SD
15	29.03	POAAAJUL	Mathieu Bois, 12, HIPPO
16	29.16	ONAGJUL	Christian Meyer, 12, WAC
17	29.18	LASCAPR	Rodale Estor, 12, CASC
18	29.20	CASCAPR	Bryan Mell, 12, NEW
19	29.22	BCAGJUL	Jesse Lund, 12, EKSC
20	29.23	CASCAMAY	Alexander Love, 12, ROD
21	29.26	MSSACMAY	Nathan Zonenberg, 12, NYAC
22	29.28	ESWIMJUN	Chris Bento, 12, LAC
23	29.42	ONTIAPR	Steven Posthumus, 12, TBT
24	29.52	ABAGJUL	Matt Mantler, 12, PPS
25	29.52	HYACKMAY	Kris Yap-Chung, 12, HYACK

## 100 METRES FREESTYLE

Rec: 57.20 Miguel Munoz, ESC, 86

1	58.41	ONAGJUL	Sean Dawson, 12, GO
2	1:00.05	ONAGJUL	Mark Kurtzer, 12, NEW
3	1:00.40	BCAGJUL	Gavin D'Amico, 12, EKSC
4	1:01.55	FARWAUG	Alexander Love, 12, ROD
5	1:01.57	ABAGJUL	Pascal Wollach, 12, LASC
6	1:01.94	PPOMAY	Etielne Lavallee, 12, EXCEL
7	1:02.07	KCSJUN	Jackson Wang, 12, DELTA
8	1:02.44	POAAAJUL	David Milot, 12, PCSC
9	1:02.73	EKSCAPR	Jesse Lund, 12, EKSC
10	1:03.04	RODJAN	Andrew Malawski, 12, ROD
11	1:03.26	POAAAJUL	Samuel Chartrand, 12, ELITE
12	1:03.33	BCAGJUL	Ray Betuzzi, 12, PDSA
13	1:03.50	ABAGJUL	Robert Buckland, 12, COMET
14	1:03.65	ESWIMJUN	Chris Bento, 12, LAC
15	1:03.84	EKSCAPR	Aaron Loh, 12, EKSC
16	1:03.86	LUSCMAY	Jeff Byrne, 12, SSMAC
17	1:03.88	ESWIMJUN	Jamie Ross, 12, AUROR
18	1:03.91	ABAGJUL	Lee Grant, 12, UCSC
19	1:03.94	MBSKJUL	Willie Bell, 12, SD
20	1:04.26	ONAGJUL	Christian Meyer, 12, WAC
21	1:04.44	MSSACMAY	Nathan Zonenberg, 12, NYAC
22	1:04.47	ONAGJUL	Bryan Mell, 12, NEW
23	1:04.48	ONTIAPR	Mark Dimitroff, 12, NYAC
24	1:04.48	EASTJUL	Mathieu Bouchard, 12, AQUA
25	1:04.65	BRANTAPR	Nelson Nedzielski, 12, MSSAC

## 200 METRES FREESTYLE

Rec: 2:05.83 Chuck Sayao, TOMAC, 95

1	2:08.92	ONAGJUL	Mark Kurtzer, 12, NEW
2	2:09.61	ONAGJUL	Sean Dawson, 12, GO
3	2:11.76	BCAGJUL	Gavin D'Amico, 12, EKSC
4	2:13.02	CASCAMAY	Jesse Lund, 12, EKSC
5	2:13.06	FARWAUG	Alexander Love, 12, ROD
6	2:14.33	PPOMAY	Etielne Lavallee, 12, EXCEL
7	2:14.91	ONAGJUL	Chris Bento, 12, LAC
8	2:15.72	BCAGJUL	Pascal Wollach, 12, LASC
9	2:16.67	PQ3MAY	Samuel Chartrand, 12, ELITE
10	2:18.09	ABAGJUL	Robert Buckland, 12, COMET
11	2:18.54	BROCKMAY	Kyle Palfrey, 12, SCAR
12	2:19.77	ONAGJUL	Alex Brunton, 12, BRANT
13	2:20.07	ONTIAPR	Mark Dimitroff, 12, NYAC
14	2:20.10	RODJAN	Andrew Malawski, 12, ROD
15	2:20.49	CDCAPR	Ray Betuzzi, 12, PDSA
16	2:20.49	ESWIMJUN	Matthew Pariselli, 12, NYAC
17	2:20.54	MSSACMAY	Scott Samuel, 12, OAK
18	2:20.54	PCSCJUN	Mathieu Bouchard, 12, AQUA
19	2:20.55	ONTIAPR	Adam Ellah, 12, RHAC
20	2:20.66	FARWAUG	Jonathan Marquez, 12, TSC-TO
21	2:20.94	MBSKJUL	Willie Bell, 12, SD
22	2:21.26	ONAGJUL	Kevin Jones, 12, OAK
23	2:21.47	BCAGJUL	Kris Yap-Chung, 12, HYACK
24	2:21.51	LUSCMAY	Jeff Byrne, 12, SSMAC
25	2:21.58	ONAGJUL	David Landry, 12, OAK

## 400 METRES FREESTYLE

Rec: 4:19.04	Chuck Sayao, TOMAC, 95		
1	4:37.99	FARWAUG	Alexander Love, 12, ROD
2	4:38.32	BCAGJUL	Gavin D'Amico, 12, EKSC
3	4:42.28	ONAGJUL	Mark Kurtzer, 12, NEW
4	4:43.46	BCAGJUL	Pascal Wollach, 12, LASC
5	4:43.68	ONAGJUL	Chris Bento, 12, LAC
6	4:49.36	ONTIAPR	David Mongeri, 12, BROCK
7	4:49.83	ONAGJUL	Sean Dawson, 12, GO
8	4:51.52	POAAAJUL	Renaud Laliberte, 11, IUL
9	4:51.95	BCAGJUL	Chris Wiggins, 12, PDSA
10	4:52.77	EKSCAPR	Jesse Lund, 12, EKSC
11	4:54.01	BCAGJUL	Kris Yap-Chung, 12, HYACK
12	4:54.04	LUSCMAY	Jeff Byrne, 12, SSMAC
13	4:54.51	MSSACMAY	Scott Samuel, 12, OAK
14	4:54.81	FARWAUG	Jonathan Marquez, 12, TSC-TO
15	4:55.17	FARWAUG	Patrick Cuch, 11, TSC-TO
16	4:55.26	HYACKMAY	Ray Betuzzi, 12, PDSA
17	4:55.46	MSSACMAY	Matthew Pariselli, 12, NYAC
18	4:55.92	POAAAJUL	Samuel Chartrand, 12, ELITE
19	4:56.56	MBSKJUL	Willie Bell, 12, SD
20	4:56.68	POAAAJUL	Nicolas Sanschargin, 12, SAMAK
21	4:58.28	AACAPR	Samuel Scott, 11, OAK
22	4:58.74	EASTJUL	Mathieu Bouchard, 12, AQUA
23	4:58.82	BRANTAPR	Nelson Nedzielski, 12, MSSAC
24	4:59.53	ONTIAPR	Karl Trimble, 11, BROCK
25	5:00.22	BCAGJUL	Jordan Hartney, 11, PSW

## 1500 METRES FREESTYLE

Rec: 17:05.50 Nicholas Richards, PCSC, 84

1	18:22.49	MBSKJUL	Alexander Love, 12, ROD
2	18:32.39	BCAGJUL	Gavin D'Amico, 12, EKSC
3	18:41.47	ABAGJUL	Pascal Wollach, 12, LASC
4	18:50.46	ONAGJUL	Chris Bento, 12, LAC
5	18:59.26	ONAGJUL	Matthew Pariselli, 12, NYAC
6	19:21.37	MSSACMAY	Scott Samuel, 12, OAK
7	19:23.24	POAAAJUL	Renaud Laliberte, 11, IUL
8	19:24.76	BROCKMAY	David Mongeri, 11, BROCK
9	19:25.71	BCAGJUL	Chris Wiggins, 12, PDSA
10	19:28.80	POAAAJUL	Nicolas Sanschargin, 12, SAMAK
11	19:39.14	MBSKJUL	Willie Bell, 12, SD
12	19:45.04	ONAGJUL	James Davidson-G., 12, BRANT
13	19:45.88	ABAGJUL	Matthew Verwey, 12, RDSCS
14	19:47.15	BCAGJUL	Ray Betuzzi, 12, PDSA
15	19:47.89	OASCAPR	Jesse Lund, 12, EKSC
16	19:48.84	BCAGJUL	Mac Inverarity, 12, PDSA
17	19:53.71	POAAAJUL	David Normandin, 12, CNHR
18	19:54.38	POAAAJUL	Francois-P Murray, 11, CNDR
19	19:57.84	EASTJUL	Mathieu Bouchard, 12, AQUA
20	19:59.61	ONAGJUL	Alex Cambareir, 12, CPAC
21	20:03.27	BROCKMAY	Kyle Palfrey, 12, SCAR
22	20:05.36	BROCKMAY	Nick Bake, 12, BROCK
23	20:05.56	EOSAJUN	Sean Dawson, 12, GO
24	20:06.90	ONAGJUL	David Landry, 12, OAK
25	20:08.69	POAAAJUL	Chris Ekstrand, 12, DDO

## 100 METRES BACKSTROKE

Rec: 1:05.60 Tobias Oriwol, PCSC, 98

1	1:08.61	ABAGJUL	Jesse Lund, 12, EKSC
2	1:08.83	ABAGJUL	Pascal Wollach, 12, LASC
3	1:09.35	BCAGJUL	Jordan Hartney, 11, PSW
4	1:09.78	POAAAJUL	Felix Renaud, 12, CNB
5	1:10.36	PCSCJUN	David Milot, 12, PCSC
6	1:10.40	MBSKJUL	Alexander Love, 12, ROD
7	1:10.47	ONAGJUL	Sean Dawson, 12, GO
8	1:11.70	ESWIMJUN	Mark Kurtzer, 12, NEW
9	1:12.09	MSSACMAY	Scott Samuel, 12, OAK
10	1:12.13	PPOMAY	Etielne Lavallee, 12, EXCEL
11	1:12.64	AACAPR	Samuel Scott, 10, OAK
12	1:12.68	ESWIMJUN	Steven Rubacha, 12, ESWIM
13	1:12.75	ABAGJUL	John Lapins, 12, EXST
14	1:12.76	ESWIMJUN	Ivan Leung, 12, RHAC
15	1:13.45	AACAPR	Jeff Byrne, 12, SSMAC
16	1:13.52	ONAGJUL	Jonathan Carkner, 12, GMAC
17	1:13.55	ONAGJUL	Trevor Morrison, 12, NKB
18	1:13.62	CDCAPR	Leonard Ho, 12, HYACK
19	1:13.85	ABAGJUL	Lee Grant, 12, UCSC
20	1:13.91	ONTIAPR	David Arcand, 12, GO
21	1:14.29	POAAAJUL	Sebastien Angers, 12, CASE
22	1:14.33	ESWIMJUN	Chris Bento, 12, LAC
23	1:14.55	POAAAJUL	Marc-A. Duchesneau, 12, CAMO
24	1:14.57	CASCAMAY	Matthew Kynk, 12, EKSC
25	1:14.69	ONAGJUL	Alex Brunton, 12, BRANT

## 200 METRES BACKSTROKE

Rec: 2:18.05 Tobias Oriwol, PCSC, 98

1	2:25.86	POAAAJUL	Felix Renaud, 12, CNB
2	2:27.47	BCAGJUL	Jesse Lund, 12, EKSC
3	2:27.99	ONAGJUL	Mark Kurtzer, 12, NEW
4	2:28.77	BCAGJUL	Jordan Hartney, 11, PSW
5	2:28.92	MBSKJUL	Alexander Love, 12, ROD
6	2:29.36	BCAGJUL	Pascal Wollach, 12, LASC
7	2:32.35	MSSACMAY	Scott Samuel, 12, OAK
8	2:33.01	ESWIMJUN	Chris Bento, 12, LAC
9	2:33.70	AACAPR	Samuel Scott, 10, OAK
10	2:33.93	PPOMAY	Etielne Lavallee, 12, EXCEL
11	2:34.81	ESWIMJUN	Ivan Leung, 12, RHAC
12	2:34.94	EOSAJUN	Sean Dawson, 12, GO
13	2:36.41	POAAAJUL	Sebastien Angers, 12, CASE
14	2:36.47	ESWIMJUN	Steven Rubacha, 12, ESWIM
15	2:37.05	CNHRMAY	David Milot, 12, PCSC
16	2:37.21	CDCAPR	Leonard Ho, 12, HYACK
17	2:37.35	EKSCAPR	Matthew Kynk, 12, EKSC
18	2:38.39	ONAGJUL	Alex Brunton, 12, BRANT
19	2:38.52	ONAGJUL	Jonathan Carkner, 12, GMAC
20	2:38.55	ABAGJUL	John Lapins, 12, EXST
21	2:38.86	ONTIAPR	David Arcand, 12, GO
22	2:38.88	ESWIMJUN	Matthew Pariselli, 12, NYAC
23	2:39.01	HYACKMAY	Kris Yap-Chung, 12, HYACK
24	2:39.20	NEORJUN	Jeff Byrne, 12, SSMAC
25	2:39.52	ABAGJUL	Lee Grant, 12, UCSC

## 100 METRES BREASTSTROKE

Rec: 1:12.24	David Cheung, CREST, 94		
1	1:14.12	ABAGJUL	Jesse Lund, 12, EKSC
2	1:14.93	ONAGJUL	Jamie Ross, 12, AUROR
3	1:15.02	CASCAMAY	Rodale Estor, 12, CASC
4	1:16.00	ONAGJUL	Bryan Mell, 12, NEW
5	1:18.55	RODJAN	Andrew Malawski, 12, ROD
6	1:20.46	MSSACMAY	Nathan Zonenberg, 12, NYAC
7	1:20.92	PPOMAY	Etielne Lavallee, 12, EXCEL
8	1:21.62	ONAGJUL	Michael Meterski, 12, MSSAC
9	1:21.94	ONTIAPR	Karim Hosny, 12, NKB
10	1:22.03	POAAAJUL	Patrick Marlon, 12, DDO
11	1:22.44	POAAAJUL	Mathieu Brochu, 12, KOTN
12	1:22.47	POAAAJUL	Marc-A. Duchesneau, 12, CAMO
13	1:22.78	PQ3MAY	Samuel Chartrand, 12, ELITE
14	1:23.08	CDCAPR	Leonard Ho, 12, HYACK
15	1:23.21	BROCKMAY	Kyle Palfrey, 12, SCAR
16	1:23.41	ESWIMJUN	Jonathan Lugo, 12, MSSAC
17	1:23.96	MSSACMAY	Daniel Baier, 12, COBRA
18	1:24.13	EASTJUL	Marc Pyle, 11, SWAT
19	1:24.17	CDCAPR	Kelso Cartwright, 12, PDSA
20	1:24.24	FARWAUG	Alexander Love, 12, ROD
21	1:24.30	PCSCJUN	Jonathan Dumont, 12, NES
22	1:24.68	CNHRMAY	Mathieu Bois, 11, HIPPO
23	1:24.80	ONTIAPR	Gerald Nieboer, 12, BBB
24	1:24.80	BCAGJUL	Yang Li, 12, GATOR
25	1:24.88	POAAAJUL	Mathieu Demers, 12, DYNAM

## 200 METRES BREASTSTROKE

Rec: 2:36.28 Ryan Chiew, HYACK, 99

1	2:42.85	ABAGJUL	Jesse Lund, 12, EKSC
2	2:43.82	EKSCAPR	Rodale Estor, 12, CASC
3	2:44.86	ONAGJUL	Jamie Ross, 12, AUROR
4	2:45.80	ONAGJUL	Chris Bento, 12, LAC
5	2:45.81	ONAGJUL	Bryan Mell, 12, NEW
6	2:48.85	POAAAJUL	Mathieu Bois, 12, HIPPO
7	2:51.30	POAAAJUL	Marc-A. Duchesneau, 12, CAMO
8	2:54.94	PPOMAY	Etielne Lavallee, 12, EXCEL
9	2:55.55	RODJAN	Andrew Malawski, 12, ROD
10	2:56.47	EKSCAPR	Gavin D'Amico, 12, EKSC
11	2:56.58	PPOMAY	Patrick Marlon, 12, DDO
12	2:56.96	PQ3MAY	Samuel Chartrand, 12, ELITE
13	2:57.04	ONTIAPR	Nathan Zonenberg, 12, NYAC
14	2:57.29	POAAAJUL	Mathieu Brochu, 12, KOTN
15	2:57.87	ONAGJUL	Jonathan Marquez, 11, TSC
16	2:58.27	ONAGJUL	Michael Meterski, 12, MSSAC
17	2:58.90	CASCAMAY	Alexander Love, 12, ROD
18	2:59.28	BCAGJUL	Yang Li, 12, GATOR
19	3:00.40	POAAAJUL	Mathieu Demers, 12, DYNAM
20	3:00.56	ABAGJUL	Jonathan Lam, 12, EKSC
21	3:00.97	EKSCAPR	Jeffrey Lai, 12, EKSC
22	3:01.36	OASCAPR	Tyson Larone, 12, EKSC
23	3:01.52	ESWIMJUN	Paul Hazlett, 12, GMAC
24	3:02.06	MSSACMAY	Steven Rubacha, 12, ESWIM
25	3:02.26	EASTJUL	Jonathan Dumont, 12, NES

## 100 METRES BUTTERFLY

Rec: 1:03.26 Michael Calkins, IS, 90

1	1:05.69	PCSCJUN	David Milot, 12, PCSC
2	1		



**TOP AGE GROUP TIMES**

Rankings for the period (results received)  
 January 1, to Aug 30, 2000  
 TAG is financially supported by  
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**2000 LONG COURSE TAG®**

**GIRLS  
13-14**

**50 METRES FREESTYLE**

Rec: 26.51 Lori Melien AAC,86

1	26.94	CDNL CMAJ Sarah Gault,14,CAC
2	27.28	CANL CMAJ Kate Pleyley,14,OKA
3	27.54	ONIIAPR Jennifer Porenta,14,MMST
4	27.70	MBSKJUL Diane Kardash,14,MM
5	27.71	ONAGJUL Jennifer Beckberger,14,AAC
6	27.72	MBSKJUL Erin Kardash,14,MM
7	27.82	CDNL CMAJ Stephanie Kuhn,14, TMSC
8	27.86	ABAGJUL Andrea Baird,14,RDCSC
9	27.97	LUSCJUL Andrea Shoust,14,SSMAC
10	28.01	ECUPJUL Marie-P. Blais,14,MEGO
11	28.12	CANL CMAJ Jackie Chan,14,MSSAC-TO
12	28.15	HYACKMAY Tina Hoang,14,HYACK
13	28.20	CASCMAJ Kari Pomerleau,14,UCSC
14	28.33	BCSRFEB Chelsey Burnett,14,NRST
15	28.37	ABAGJUL Hanna Kubas,14,EKSC
16	28.39	MSSACMAJ Allison Bennett,13,NYAC
17	28.45	ONIIAPR Dana Lord,14,EYSC
18	28.46	BCSRFEB Courtenay Chuy,14,HYACK
19	28.46	ONAGJUL Julia Wilkinson,13,SKY
20	28.46	YTHJRJUL Shannon Hackett,13,PDSA
21	28.50	MBSKJUL Melissa Lam,13,SPART
22	28.51	EKSCAPR Ella Vangoudouev,14,NCSSA
23	28.52	AACAPR Leanna Lee,14,TORCH
24	28.53	MMAPR Joana Cook,13,RVMM
25	28.56	ABAGJUL Orlagh O'Kelly,14,EKSC

**100 METRES FREESTYLE**

Rec: 56.91 Julie Howard BRANT,91

1	59.39	YTHJRJUL Kate Pleyley,14,OKA-TO
2	59.90	ONIIAPR Jennifer Porenta,14,MMST
3	1:00.25	CANL CMAJ Courtenay Chuy,14,HYACK
4	1:00.25	CDNL CMAJ Stephanie Kuhn,14, TMSC
5	1:00.36	CANL CMAJ Jackie Chan,14,MSSAC-TO
6	1:00.47	MBSKJUL Erin Kardash,14,MM
7	1:00.72	CASCMAJ Hayley Doody,14,CASC
8	1:00.84	CDNL CMAJ Sarah Gault,14,CAC
9	1:01.06	ABAGJUL Orlagh O'Kelly,14,EKSC
10	1:01.06	YTHJRJUL Shannon Hackett,13,PDSA
11	1:01.15	ONIIAPR Kristen McIlroy,13,MMST
12	1:01.22	ONAGJUL Lauren Dorrington,14,USC
13	1:01.22	YTHJRJUL Diane Kardash,14,MM
14	1:01.23	ONIIAPR Allison Bennett,13,NYAC
15	1:01.41	CASCMAJ Andrea Baird,14,RDCSC
16	1:01.41	ONAGJUL Jennifer Beckberger,14,AAC
17	1:01.45	MSSACMAJ Kathy Sluda,14,ROW
18	1:01.54	BCSRFEB Jenny Lock,14,COMOX
19	1:01.77	MBSKJUL Joana Cook,14,RVMM
20	1:01.86	ECUPJUL Kayla Graham,13,EAST
21	1:01.88	YTHJRJUL Melissa Lam,13,SPART
22	1:01.88	ECUPJUL Amelie Carrier-L,14,UL
23	1:01.97	KCSJUN Maria May,14,KCS
24	1:01.99	YTHJRJUL Andrea Shoust,14,SSMAC
25	1:02.10	MSSACMAJ Amanda Kelly,13,HWAC

**200 METRES FREESTYLE**

Rec: 2:03.35 Julie Barbeau,ELITE,89

1	2:09.00	CANL CMAJ Hayley Doody,14,CASC
2	2:09.66	CDNL CMAJ Kate Pleyley,14,OKA
3	2:11.14	BCAGJUL Andrea Baird,14,RDCSC
4	2:11.61	YTHJRJUL Kelsey Nemeth,14,AAC
5	2:12.33	ESWIMJUN Nathalie Lacoste,14,MSSAC
6	2:12.40	ONAGJUL Lauren Dorrington,14,USC
7	2:12.41	ONIIAPR Jennifer Porenta,14,MMST
8	2:12.41	ONIIAPR Stephanie Kuhn,14, TMSC
9	2:13.03	PPOMAY Angela Sloan,14,PCSC
10	2:13.06	BCAGJUL Shannon Hackett,13,PDSA
11	2:13.08	CASCMAJ Orlagh O'Kelly,14,EKSC
12	2:13.33	ONIIAPR Katy Bergman,14,KSS
13	2:13.39	HYACKMAY Jenny Lock,14,COMOX
14	2:13.51	BCSRJAN Courtenay Chuy,14,HYACK
15	2:13.52	POAAJUL Patricia Perreault,14,CNCB
16	2:13.63	ONTSRMAJ Kathy Sluda,14,ROW
17	2:14.03	ESWIMJUN Kahla Walkinshaw,14,HWAC
18	2:14.22	YTHJRJUL Bevan Haley,13,WTSC
19	2:14.24	ONAGJUL Amanda Kelly,13,HWAC
20	2:14.34	BCAGJUL Valerie Pomaizl,14,NRST
21	2:14.39	KCSJUN Maria May,14,KCS
22	2:14.57	MBSKJUL Erin Kardash,14,MM
23	2:14.78	BCAGJUL Brianna Cloak,14,IS
24	2:14.81	YTHJRJUL Krista Haslund,14,ROD
25	2:15.15	POJMAJ Suzanne Vary,13,CNDR

**400 METRES FREESTYLE**

Rec: 4:14.60 Shannon Smith,HYACK,76

1	4:29.74	YTHJRJUL Hayley Doody,14,CASC
2	4:31.19	CANL CMAJ Kathy Sluda,14,ROW
3	4:32.08	BCAGJUL Shannon Hackett,13,PDSA
4	4:32.72	MSSACMAJ Nathalie Lacoste,14,MSSAC
5	4:32.89	YTHJRJUL Bevan Haley,13,WTSC
6	4:33.25	BCAGJUL Jenny Lock,14,COMOX
7	4:35.48	CDNL CMAJ Kate Pleyley,14,OKA
8	4:36.30	YTHJRJUL Kelsey Nemeth,14,AAC
9	4:37.34	FARWAUG Elyse Dudar,13,MSSAC
10	4:39.21	BCAGJUL Brianna Cloak,14,IS
11	4:39.28	BCSRFEB Chelsey Burnett,14,NRST
12	4:39.41	ESWIMJUN Amanda Kelly,13,HWAC
13	4:39.41	ECUPJUL Krista Haslund,14,ROD
14	4:39.78	BCAGJUL Lynette Bayliss,14,UCSC
15	4:40.31	YTHJRJUL Stacy Cormack,14,GLEN
16	4:40.79	POAAJUL Patricia Perreault,14,CNCB
17	4:42.17	BCSRFEB Maria May,14,KCS
18	4:42.45	BCAGJUL Valerie Pomaizl,14,NRST
19	4:43.33	YTHJRJUL Brittany Cooper,13,LAC
20	4:43.50	YTHJRJUL Amanda Long,13,LAC
21	4:43.60	YTHJRJUL Kelly Timmons,13,OSC
22	4:44.08	ONIIAPR Kristen McIlroy,13,MMST
23	4:44.18	ONAGJUL Sarah Chan,14,NYAC
24	4:44.48	BCAGJUL Stephanie Nicholls,14,PN
25	4:44.86	BCAGJUL Taryn Lencoe,14,PDSA

**800 METRES FREESTYLE**

Rec: 8:44.45 Michelle Sallee,CDSC,88

1	9:14.85	YTHJRJUL Bevan Haley,13,WTSC
2	9:16.35	ONAGJUL Kathy Sluda,14,ROW
3	9:17.78	CANL CMAJ Hayley Doody,14,CASC
4	9:21.43	BCAGJUL Shannon Hackett,13,PDSA
5	9:23.94	FARWAUG Elyse Dudar,13,MSSAC-TO
6	9:29.60	POAAJUL Patricia Perreault,14,CNCB
7	9:30.75	EOSAJUN Elizabeth Oesterer,14,NKB
8	9:33.23	BCAGJUL Brianna Cloak,14,IS
9	9:33.86	ESWIMJUN Nathalie Lacoste,14,MSSAC
10	9:34.88	ESWIMJUN Krista Haslund,14,ROD
11	9:36.48	YTHJRJUL Stacy Cormack,14,GLEN
12	9:36.73	BCSRFEB Chelsey Burnett,14,NRST
13	9:38.64	YTHJRJUL Brittany Cooper,13,LAC
14	9:40.81	YTHJRJUL Amanda Long,13,LAC
15	9:42.57	BCAGJUL Stephanie Nicholls,14,PN
16	9:42.97	ONAGJUL Kelsey Nemeth,14,AAC
17	9:43.01	YTHJRJUL Thea Norton,13,STSC
18	9:43.72	YTHJRJUL Kristen Vandenberg,13,LAC
19	9:43.99	BCAGJUL Michelle Mange,13,PDSA
20	9:45.73	BCAGJUL Taryn Lencoe,14,PDSA
21	9:46.60	BCAGJUL Valerie Pomaizl,14,NRST
22	9:47.02	BCAGJUL Lesley Emtter,14,LL
23	9:47.31	MBSKJUL Amy Killpatrick,14,M3F
24	9:48.09	BCSRFEB Maria May,14,KCS
25	9:48.59	BCAGJUL Courtenay Mulhern,13,PSW

**100 METRES BACKSTROKE**

Rec: 1:03.28 Nancy Garapick,HTAC,76

1	1:06.21	MSSACMAJ Randi Beaulieu,14,MSSAC
2	1:06.24	CANL CMAJ Andrea Shoust,14,SSMAC
3	1:06.42	YTHJRJUL Katie Smith,14,COBRA
4	1:06.78	MBSKJUL Erin Kardash,14,MM
5	1:07.02	BCAGJUL Tina Hoang,14,HYACK
6	1:07.63	BCAGJUL Lynette Bayliss,14,UCSC
7	1:07.69	MSSACMAJ Kathy Sluda,14,ROW
8	1:07.85	YTHJRJUL Hanna Kubas,14,EKSC
9	1:08.13	YTHJRJUL Melissa Bartlett,13,CYPS
10	1:08.41	MBSKJUL Diane Kardash,14,MM
11	1:08.69	MSSACMAJ Laura Wise,13,COBRA
12	1:08.72	CANL CMAJ Jackie Chan,14,MSSAC-TO
13	1:09.28	YTHJRJUL Julia Guay-Racine,14,CAMO
14	1:09.36	YTHJRJUL Genevieve Saumur,13,CAMO
15	1:09.40	ECUPJUL Noemie Brand,14,PCSC
16	1:09.57	PCSCJUN Emilie Chan,14,PCSC
17	1:09.76	YTHJRJUL Kristen McIlroy,13,MMST
18	1:09.78	ONAGJUL Chantal Gault,14,TSC
19	1:10.49	CASCMAJ Hayley Doody,14,CASC
20	1:10.53	ECUPJUL Laura Aronsson,14,DYNAM
21	1:10.58	YTHJRJUL Stacy Cormack,14,GLEN
22	1:10.69	YTHJRJUL Thea Norton,13,STSC
23	1:10.76	YTHJRJUL Kelsey Nemeth,14,AAC
24	1:10.89	CASCMAJ Orlagh O'Kelly,14,EKSC
25	1:11.03	YTHJRJUL Melissa Lam,13,SPART

**200 METRES BACKSTROKE**

Rec: 2:15.60 Nancy Garapick,HTAC,76

1	2:22.44	BCAGJUL Lynette Bayliss,14,UCSC
2	2:24.07	CDNL CMAJ Kathy Sluda,14,ROW
3	2:24.39	MSSACMAJ Laura Wise,13,COBRA
4	2:25.15	MSSACMAJ Randi Beaulieu,14,MSSAC
5	2:25.49	YTHJRJUL Andrea Shoust,14,SSMAC
6	2:25.70	BCAGJUL Lesley Emtter,14,LL
7	2:26.56	YTHJRJUL Genevieve Saumur,13,CAMO
8	2:26.91	ECUPJUL Julia Guay-Racine,14,CAMO
9	2:27.40	ECUPJUL Noemie Brand,14,PCSC
10	2:28.16	BCAGJUL Tina Hoang,14,HYACK
11	2:28.23	YTHJRJUL Kristen McIlroy,13,MMST
12	2:28.24	YTHJRJUL Stacy Cormack,14,GLEN
13	2:28.28	CASCMAJ Hayley Doody,14,CASC
14	2:28.59	UTORJAN Sheena Martin,14,TORCH
15	2:29.37	YTHJRJUL Thea Norton,13,STSC
16	2:29.80	CANL CMAJ Katie Smith,14,COBRA
17	2:30.08	ECUPJUL Laura Aronsson,14,DYNAM
18	2:30.20	BRANTAPR Jackie Chan,14,MSSAC-TO
19	2:30.41	BCAGJUL Kelsey Rush,13,RAYS
20	2:30.45	YTHJRJUL Melissa Bartlett,14,CYPS
21	2:30.57	YTHJRJUL Erin Kardash,14,MM
22	2:30.68	MBSKJUL Diane Kardash,14,MM
23	2:30.78	CASCMAJ Hanna Kubas,14,EKSC
24	2:31.12	YTHJRJUL Gillian Bryon,14,MANTA
25	2:31.32	YTHJRJUL Noemie Brand,14,PCSC

**100 METRES BREASTSTROKE**

Rec: 1:09.84 Allison Higson,ESC,86

1	1:12.18	CANL CMAJ Courtenay Chuy,14,HYACK
2	1:13.80	CANL CMAJ Tamara Wagner,14,TORCH
3	1:14.97	CDNL CMAJ Kelly Timmons,13,OSC
4	1:16.02	FARWAUG Michelle Mange,13,PDSA
5	1:16.12	ONAGJUL Shannon Kryhul,14,LAC
6	1:16.15	YTHJRJUL Kim Labbett,13,OKA
7	1:16.49	EKSCAPR Kimberley Hirsch,14,STSC
8	1:17.00	YTHJRJUL Elizabeth Oesterer,14,NKB
9	1:17.16	ONIIAPR Brett Rumble,14,GGST
10	1:17.36	ONIIAPR Brooke Heath,14,TAT
11	1:17.36	YTHJRJUL Elizabeth Engls,13,CAJ
12	1:17.90	ECUPJUL Marie-P. Ratelle,14,MEGO
13	1:18.08	MSSACMAJ Kathy Sluda,14,ROW
14	1:18.27	YTHJRJUL Caitlin Babb,14,DDO
15	1:18.39	ONIIAPR Genevieve Dack,14,TBT
16	1:18.96	ONAGJUL Kristen Yee,14,BYST
17	1:18.96	YTHJRJUL Sybil De Jonge,14,CYPS
18	1:19.41	YTHJRJUL Kristin Cloutier,14,CAJ
19	1:19.45	YTHJRJUL Jasmine Kastner,13,DDO
20	1:19.57	ONIIAPR Jacquelyn Craft,14,TRENT
21	1:19.57	BCAGJUL Johanna Wick,13,PN
22	1:19.58	HYACKMAY Natalie Foster,14,LL
23	1:19.62	BCAGJUL Jenny Lock,14,COMOX
24	1:19.64	BCAGJUL Hayley Johnson,14,PDSA
25	1:19.72	ONIIAPR Meaghan Nicholson,13,NKB

**200 METRES BREASTSTROKE**

Rec: 2:29.18 Courtenay Chuy,HYACK,98

1	2:31.14	CANL CMAJ Courtenay Chuy,14,HYACK
2	2:39.31	CDNL CMAJ Kelly Timmons,13,OSC
3	2:42.01	FARWAUG Michelle Mange,13,PDSA
4	2:42.06	ONAGJUL Kim Labbett,13,OKA
5	2:42.19	CANL CMAJ Tamara Wagner,14,TORCH
6	2:42.39	CANL CMAJ Shannon Kryhul,14,LAC
7	2:43.68	ONIIAPR Genevieve Dack,14,TBT
8	2:44.82	YTHJRJUL Elizabeth Engls,13,CAJ
9	2:45.50	ONAGJUL Kathy Sluda,14,ROW
10	2:46.94	YTHJRJUL Elizabeth Oesterer,14,NKB
11	2:47.17	EKSCAPR Kimberley Hirsch,14,STSC
12	2:48.08	PCGMAR Natalie Foster,14,LL
13	2:48.10	YTHJRJUL Hayley Johnson,14,PDSA
14	2:48.24	CASCMAJ Thea Norton,13,STSC
15	2:49.16	YTHJRJUL Jasmine Kastner,13,DDO
16	2:49.21	POAAJUL Marie-P. Ratelle,14,MEGO
17	2:49.31	POAAJUL Caitlin Babb,13,DDO
18	2:50.02	ONIIAPR Amy Ballantyne,14,PGB
19	2:50.36	YTHJRJUL Sybil De Jonge,14,CYPS
20	2:50.81	BCAGJUL Chantal Haurd,14,IS
21	2:50.89	ECUPJUL Amanda Williams,13,NEW
22	2:50.99	ONIIAPR Meaghan Nicholson,13,NKB
23	2:51.05	BCAGJUL Johanna Wick,13,PN
24	2:51.28	ECUPJUL Marie-P. Ratelle,14,MEGO
25	2:51.38	ONAGJUL Lauren Dorrington,14,USC

**100 METRES BUTTERFLY**

Rec: 1:02.87 Julie Howard BRANT,91

1	1:05.42	POCJUL Julia Guay-Racine,14,CAMO
2	1:05.82	YTHJRJUL Orlagh O'Kelly,14,EKSC
3	1:06.04	MSSACMAJ Kathy Sluda,14,ROW
4	1:06.19	ONAGJUL Callan Gault,14,TSC
5	1:06.60	MSSACMAJ Blair Holmes,13,COBRA
6	1:06.78	BCAGJUL Kelsey Rush,13,RAYS
7	1:07.16	ONAGJUL Britney Scott,13,ROW
8	1:07.47	MSSACMAJ Kahla Walkinshaw,14,HWAC
9	1:07.76	POAAJUL Vivianne Genest,13,CNTR
10	1:07.77	ONIIAPR Jennifer Porenta,14,MMST
11	1:08.01	YTHJRJUL Avery Kremer,13,OSC
12	1:08.05	ABAGJUL Andrea Baird,14,RDCSC
13	1:08.12	HYACKMAY Tina Hoang,14,HYACK
14	1:08.15	YTHJRJUL Kate Pleyley,14,OKA-TO
15	1:08.39	BCAGJUL Shannon Hackett,13,PDSA
16	1:08.42	BRANTAPR Tiffany Vincent,14,BRANT
17	1:08.58	MBSKJUL Stefanie Andrichuk,13,MANTA
18	1:08.67	PPOMAY Elizabeth Oesterer,14,NKB
19	1:08.83	ONIIAPR Stephanie Kuhn,14, TMSC
20	1:08.84	BCAGJUL Brianna Cloak,14,IS
21	1:08.86	ONAGJUL Amanda Williams,13,NEW
22	1:08.86	BCAGJUL Teresa Au Yeung,13,PDSA
23	1:08.92	ABAGJUL Kelly Timmons,13,OSC
24	1:08.93	POAAJUL Genevieve Saumur,12,CAMO
25	1:08.93	ECUPJUL Allyson Germain,14,UL

**200 METRES BUTTERFLY**

Rec: 2:15.76 Sandra Marchand,ENL,88

1	2:25.07	YTHJRJUL Shannon Hackett,13,PDSA
2	2:26.50	AACAPR Blair Holmes,13,COBRA
3	2:26.74	YTHJRJUL Julia Guay-Racine,14,CAMO
4	2:26.80	CANL CMAJ Bevan Haley,13,WTSC
5	2:27.01	ABAGJUL Avery Kremer,13,OSC
6	2:28.25	ABAGJUL Orlagh O'Kelly,14,EKSC
7	2:28.34	YTHJRJUL Britney Scott,13,ROW
8	2:28.36	YTHJRJUL Kelsey Rush,13,RAYS
9	2:28.62	ESWIMJUN Kahla Walkinshaw,14,HWAC
10	2:29.32	BCAGJUL Brianna Cloak,14,IS
11		

**TOP AGE GROUP TIMES**

# BOYS 13-14

**50 METRES FREESTYLE**

Rec: 23.97 Kurtis Miller, SCAR, O

1	23.97	EUCPJUL Kurtis Miller, 14, SCAR
2	25.65	CALACAPR Tristan Jones, 14, CNNG
3	25.67	ONAGJUL Kieran O'Neill, 14, SSMAC
4	25.71	POAAJUL Alex Chartrand, 14, ELITE
5	25.74	ONAGJUL Ian McLean, 14, CYPSS
6	25.89	ABAGJUL Chase Reid, 14, CASC
7	25.99	ABAGJUL Kevin Gillespie, 14, EXST
8	26.03	POAAJUL Vincent Boulanger-M., 13, CNQ
9	26.07	ONAGJUL Eric Chan, 14, AAC
10	26.07	POAAJUL Andrew Munro, 14, PCSC
11	26.25	AACAPR Michael Chu, 14, CHAMP
12	26.25	EKSCAPR Jian-Lok Chang, 14, EKSC
13	26.35	ESWIMJUN Paul Quevedo, 14, COBRA
14	26.36	CDCAPR Ben Keast, 14, HYACK
15	26.37	BCAGJUL Jim Tung, 14, HYACK
16	26.37	HYACKMAY Richard Fortness, 14, SKSC
17	26.39	BCAGJUL Dario Isic, 14, PDOSA
18	26.41	HYACKMAY Nathan Chan, 14, TORCH
19	26.45	HYACKMAY William Wray, 14, LL
20	26.64	ONAGJUL Matthew Sy, 14, CREST
21	26.65	BCAGJUL Justin Pommerville, 14, IS
22	26.68	PPOMAY Sofian Mohand-Cherif, 14, CAMO
23	26.72	CALACAPR Serge Demers-Giroux, 14, CNTR
24	26.74	EASTJUL Colin Baird, 14, BLAST
25	26.77	KCSJUN Jason Steeple, 14, DELTA

**100 METRES FREESTYLE**

Rec: 52.91 Yannick Lupien, CAGRA, 94

1	53.17	CDNLCMAY Kurtis Miller, 14, SCAR
2	55.22	MSSACMAY Tobias Oriwol, 14, ESWIM
3	55.95	MSSACMAY Aaron Donsi, 13, HWAC
4	56.86	CALACAPR Tristan Jones, 14, CNNG
5	56.92	EKSCAPR Jian-Lok Chang, 14, EKSC
6	57.12	EUCPJUL Jonathan Aubry, 14, CNB
7	57.26	BCAGJUL Dario Isic, 14, PDOSA
8	57.26	POAAJUL Vincent Boulanger-M., 13, CNQ
9	57.31	CASCAMAY Kevin Gillespie, 14, EXST
10	57.47	ONAGJUL Ian McLean, 14, CYPSS
11	57.48	POAAJUL Alex Chartrand, 14, ELITE
12	57.48	EUCPJUL Nicolas Murray, 14, DYNAM
13	57.50	ONAGJUL Kieran O'Neill, 14, SSMAC
14	57.76	ABAGJUL Chase Reid, 14, CASC
15	57.79	KCSJUN Thomas Demetzer, 14, PGB
16	57.80	KCSJUN William Wray, 14, LL
17	57.80	HYACKMAY Erik Hogan, 14, UCSC
18	57.88	NYACMAY Nathan Chan, 14, TORCH
19	57.92	ONTIAPR Devin McCarty, 14, KSS
20	57.99	BCAGJUL Justin Pommerville, 14, IS
21	58.08	ESWIMJUN Paul Quevedo, 14, COBRA
22	58.18	CDCAPR Ben Keast, 14, HYACK
23	58.21	BCAGJUL Jim Tung, 14, HYACK
24	58.28	EASTJUL Colin Baird, 14, BLAST
25	58.38	BCSRFEB Marc Sze, 14, PDOSA

**200 METRES FREESTYLE**

Rec: 1:55.97 Brian Johns, RACER, 97

1	2:01.62	ESWIMJUN Kurtis Miller, 14, SCAR
2	2:03.24	EUCPJUL Jonathan Aubry, 14, CNB
3	2:04.34	ONAGJUL Kieran O'Neill, 14, SSMAC
4	2:04.44	AACAPR Joe Bajcar, 14, OAK
5	2:04.88	CALACAPR Tristan Jones, 14, CNNG
6	2:05.92	FARWAUG Justin Pommerville, 14, IS
7	2:06.00	BCAGJUL Brendan Robertson, 14, HYACK
8	2:06.00	BCAGJUL Thomas Demetzer, 14, PGB
9	2:06.07	BCAGJUL Suk Jin Yoon, 14, PDOSA
10	2:06.20	EKSCAPR Jian-Lok Chang, 14, EKSC
11	2:06.21	BCAGJUL Dario Isic, 14, PDOSA
12	2:06.25	MSSACMAY Marco Monaco, 13, OAK
13	2:06.25	BCAGJUL Kevin Gillespie, 14, EXST
14	2:06.39	MSSACMAY Simon Gabsch, 13, MSSAC
15	2:06.52	HYACKMAY Erik Hogan, 14, UCSC
16	2:06.81	PO3MAY Nicolas Murray, 13, DYNAM
17	2:06.93	CDCAPR Ben Keast, 14, HYACK
18	2:07.08	POAAJUL Vincent Boulanger-M., 13, CNQ
19	2:07.21	POAAJUL David Provencher, 13, GAMIN
20	2:07.21	POAAJUL Marc Laliberte, 13, UL
21	2:07.44	CDCAPR Janco Mynhardt, 14, PSW
22	2:07.63	ONAGJUL Adam Slater, 14, NEW
23	2:07.73	PPOMAY Sofian Mohand-Cherif, 14, CAMO
24	2:07.91	ONTIAPR Devin McCarty, 14, KSS
25	2:08.22	ONAGJUL Ian McLean, 14, CYPSS

Rankings for the period (results received)  
January 1, to Aug 30, 2000  
TAG is financially supported by  
Swimming/Natation Canada. Compiled by SWIMNEWS

**400 METRES FREESTYLE**

Rec: 4:05.63 Jamie Stevens, MANTA, 89

1	4:11.72	MSSACMAY Tobias Oriwol, 14, ESWIM
2	4:20.81	EUCPJUL Jonathan Aubry, 14, CNB
3	4:21.45	BCAGJUL Malcolm Lavoie, 14, OSC
4	4:22.63	AACAPR Joe Bajcar, 14, OAK
5	4:23.36	ONAGJUL Marco Monaco, 13, OAK
6	4:25.99	MSSACMAY Simon Gabsch, 13, MSSAC
7	4:26.18	ONAGJUL Adam Slater, 14, NEW
8	4:26.50	ONAGJUL Kieran O'Neill, 14, SSMAC
9	4:26.84	ESWIMJUN Kurtis Miller, 14, SCAR
10	4:27.06	ONAGJUL Gareth Chantler, 14, OAK
11	4:27.59	BCAGJUL Justin Pommerville, 14, IS
12	4:27.61	BCAGJUL Jens Cuthbert, 13, PDOSA
13	4:27.82	BCAGJUL Suk Jin Yoon, 14, PDOSA
14	4:28.24	BCSRFEB Marc Sze, 14, PDOSA
15	4:29.11	POAAJUL Marc Laliberte, 13, UL
16	4:29.67	ONTSRMAJ Jonathan Long, 14, LAC
17	4:29.71	EUCPJUL Nicolas Murray, 14, DYNAM
18	4:30.39	BCAGJUL Dario Isic, 14, PDOSA
19	4:30.66	HYACKMAY Erik Hogan, 14, UCSC
20	4:30.91	BCAGJUL James Monk, 14, PDOSA
21	4:31.70	ONAGJUL Matt Hawes, 14, ROW
22	4:31.84	ONAGJUL Buddy Green, 14, LUSC
23	4:31.88	ONIAPR Jason Chan, 14, TORCH
24	4:31.97	ONAGJUL Justin Bronson, 14, OSHAC
25	4:31.98	ESWIMJUN Garrett Moran, 14, NYAC

**1500 METRES FREESTYLE**

Rec: 16:00.93 Alex Baumann, LUSC, 79

1	17:14.91	YTHRJUL Simon Gabsch, 14, MSSAC
2	17:23.79	EUCPJUL Jonathan Aubry, 14, CNB
3	17:24.95	ONAGJUL Gareth Chantler, 14, OAK
4	17:31.85	ONAGJUL Buddy Green, 14, LUSC
5	17:34.40	ONAGJUL Matt Hawes, 14, ROW
6	17:40.06	ESWIMJUN Adam Abdulla, 14, ROD
7	17:42.36	HYACKMAY Jens Cuthbert, 13, PDOSA
8	17:43.26	BCSRFEB Suk Jin Yoon, 14, PDOSA
9	17:44.22	BCAGJUL James Monk, 14, PDOSA
10	17:48.01	ONAGJUL Marc Mazzucco, 14, ESWIM
11	17:48.45	BCSRFEB Marc Sze, 14, PDOSA
12	17:52.20	ONAGJUL Danny Carter, 14, NKB
13	17:52.21	ABAGJUL Malcolm Lavoie, 14, OSC
14	17:53.60	ONAGJUL Simon Borjeson, 14, OAK
15	17:53.81	BCAGJUL Brendan Robertson, 14, HYACK
16	17:57.39	CASCAMAY Aaron Blair, 14, CASC
17	17:59.00	HYACKMAY Dario Isic, 14, PDOSA
18	17:59.43	ESWIMJUN Garrett Moran, 14, NYAC
19	18:01.21	BCAGJUL Justin Myrhardt, 14, PSW
20	18:05.44	BCAGJUL Janco Mynhardt, 14, PSW
21	18:05.52	POAAJUL David Provencher, 13, GAMIN
22	18:05.71	POAAJUL Nicolas Murray, 14, DYNAM
23	18:06.99	CASCAMAY Morgan Engi, 14, RDSCS
24	18:07.80	BCAGJUL Brad Reid, 13, HYACK
25	18:10.07	ONAGJUL Justin Bronson, 14, OSHAC

**100 METRES BACKSTROKE**

Rec: 58.92 Tobias Oriwol, ESWIM, O

1	58.92	CANLNCMAR Tobias Oriwol, 14, ESWIM
2	1:00.00	EUCPJUL Kurtis Miller, 14, SCAR
3	1:02.28	POAAJUL Kevin Bouchard, 14, EXCEL
4	1:04.27	FARWAUG Justin Pommerville, 14, IS
5	1:04.69	ONTIAPR David Gibson, 14, LUSC
6	1:05.20	EASTJUL Colin Baird, 14, BLAST
7	1:05.27	EOSAUN Danny Carter, 14, NKB
8	1:05.39	ABAGJUL Eric Gendron, 13, KSC
9	1:05.70	EKSCAPR Callum Ng, 14, CASC
10	1:05.91	EKSCAPR Myles Macey, 14, CASC
11	1:06.03	EASTJUL Patrick Craine, 14, EAST
12	1:06.20	BCAGJUL Alex Sherwood, 13, KCS
13	1:06.21	ONAGJUL Ian McLean, 14, CYPSS
14	1:06.23	EUCPJUL Marc Mazzucco, 14, ESWIM
15	1:06.37	ABAGJUL Kevin Gillespie, 14, EXST
16	1:06.42	KCSJUN Thomas Demetzer, 14, PGB
17	1:06.45	BCAGJUL William Wray, 14, LL
18	1:06.78	ESWIMJUN Aaron Donsi, 13, HWAC
19	1:06.80	EOSAUN Andrew Lerner, 14, NKB
20	1:06.81	ESWIMJUN Brian Holland, 13, MSSAC
21	1:06.81	BCAGJUL Malcolm Lavoie, 14, OSC
22	1:06.90	EUCPJUL Colin Acroby, 13, CSAR
23	1:06.91	CASCAPR Marcus Green Shields, 14, RDSCS
24	1:06.91	POAAJUL Michel Bertrand, 14, CAMO
25	1:06.94	ESWIMJUN Adam Cunningham, 14, NEW

**200 METRES BACKSTROKE**

Rec: 2:05.16 Tobias Oriwol, ESWIM, O

1	2:05.16	MSSACMAY Tobias Oriwol, 14, ESWIM
2	2:11.44	EUCPJUL Kurtis Miller, 14, SCAR
3	2:18.00	FARWAUG Justin Pommerville, 14, IS
4	2:18.24	POAAJUL Kevin Bouchard, 14, EXCEL
5	2:18.69	ONAGJUL Danny Carter, 14, NKB
6	2:19.92	YTHRJUL Marc Mazzucco, 14, ESWIM
7	2:19.96	BCAGJUL Thomas Demetzer, 14, PGB
8	2:20.34	CASCAMAY Myles Macey, 14, CASC
9	2:20.68	ONAGJUL Ian McLean, 14, CYPSS
10	2:21.54	ONAGJUL Colin Acroby, 13, CSAR
11	2:21.87	ISJUN Erich Schmitt, 14, IS
12	2:22.28	ONAGJUL Andrew Lerner, 14, NKB
13	2:22.38	BCAGJUL Nolan Liedke, 14, PGB
14	2:22.39	ABAGJUL Eric Gendron, 13, KSC
15	2:22.67	EKSCAPR Callum Ng, 14, CASC
16	2:22.86	FARWAUG Derek Richter, 13, ROD
17	2:23.21	ESWIMJUN Adam Cunningham, 14, NEW
18	2:23.21	EASTJUL Colin Baird, 14, BLAST
19	2:23.34	ONAGJUL Jamie Ellerton, 14, VEW
20	2:23.41	ESWIMJUN Jonathan Long, 14, LAC
21	2:23.41	ABAGJUL Kevin Gillespie, 14, EXST
22	2:23.42	NSAGJUN Patrick Craine, 14, EAST
23	2:23.61	ONAGJUL Matt Hawes, 14, ROW
24	2:23.61	OSCAPR Devin Phillips, 14, EKSC
25	2:23.90	BCAGJUL William Wray, 14, LL

**100 METRES BREASTSTROKE**

Rec: 1:04.53 Matthew Huang, PDSA, 99

1	1:11.96	EUCPJUL Eric Chan, 14, AAC
2	1:12.00	ONTIAPR Warren Barnes, 14, PICK
3	1:12.17	NSAGJUN Douglas Young, 14, SWAT
4	1:12.27	BCAGJUL Brendan Robertson, 14, HYACK
5	1:12.67	ONAGJUL David McKechnie, 14, CYC
6	1:12.70	ISJUN Ben Keast, 14, HYACK
7	1:12.79	HYACKMAY Ryan Chiew, 13, HYACK
8	1:12.90	ONAGJUL Raymond Chow, 14, TMSC
9	1:12.96	PCSCJUN Andrew Munro, 14, PCSC
10	1:13.20	ONAGJUL Marco Monaco, 13, OAK
11	1:13.57	EUCPJUL Kurtis Miller, 14, SCAR
12	1:13.80	BCAGJUL Joe Richard, 14, COMOX
13	1:13.90	CALACAPR Tristan Jones, 14, CNNG
14	1:14.00	KCSJUN Chase Reid, 14, CASC
15	1:14.00	ABAGJUL Brandon Grove, 14, EDSON
16	1:14.31	POAAJUL David Benoit, 14, CNSH
17	1:14.57	PCSCJUN Mathieu Powell, 14, PCSC
18	1:14.60	PO3MAY Maxime Samson, 14, ELITE
19	1:14.61	POAAJUL Yohann Theriault-R., 14, CNQ
20	1:14.62	NYACMAY Nathan Chang, 14, TORCH
21	1:14.87	CHRMAY Jonathan Aubry, 14, CNB
22	1:14.90	EKSCAPR Tim Kinsella, 14, EKSC
23	1:15.08	ABAGJUL Rodale Estor, 13, CASC
24	1:15.39	CASCAMAY Matthew Gettler, 14, CONNU
25	1:15.87	ONTIAPR Davin Elliott, 14, ODSC

**200 METRES BREASTSTROKE**

Rec: 2:19.95 Matthew Huang, PDSA, 99

1	2:35.19	ONAGJUL Marco Monaco, 13, OAK
2	2:36.01	BRANTAPR Tobias Oriwol, 14, ESWIM
3	2:36.06	EUCPJUL Douglas Young, 14, SWAT
4	2:38.00	BCAGJUL Ryan Chiew, 14, HYACK
5	2:38.01	ONAGJUL Gareth Chantler, 14, OAK
6	2:38.23	YTHRJUL Tim Kinsella, 14, EKSC
7	2:38.91	ONAGJUL Raymond Chow, 14, TMSC
8	2:40.39	ONAGJUL David McKechnie, 14, CYC
9	2:41.07	ABAGJUL Brandon Grove, 14, EDSON
10	2:41.60	YTHRJUL Jonathan Aubry, 14, CNB
11	2:41.78	CDCAPR Ben Keast, 14, HYACK
12	2:42.29	PO3MAY Maxime Samson, 14, ELITE
13	2:42.56	KCSJUN Chase Reid, 14, CASC
14	2:42.58	ONAGJUL Bryn Jones, 13, NEW
15	2:42.67	NYACMAY Nathan Chang, 14, TORCH
16	2:43.34	POAAJUL David Benoit, 14, CNSH
17	2:43.42	POAAJUL Kevin Bouchard, 14, EXCEL
18	2:43.46	POAAJUL Marc Laliberte, 13, UL
19	2:43.72	ONAGJUL Eric Chan, 14, AAC
20	2:43.73	BCAGJUL Brendan Robertson, 14, HYACK
21	2:43.99	ONTSRMAJ Jonathan Long, 14, LAC
22	2:45.30	POAAJUL Nicolas Murray, 14, DYNAM
23	2:45.78	FARWAUG Cody Hitchcock, 14, ROD
24	2:45.79	MBSKJUL Andrew Malawski, 13, ROD
25	2:46.63	MBSKJUL Oswald Lee, 14, MANTA

**100 METRES BUTTERFLY**

Rec: 57.45 Philip Weiss, SKSC, 94

1	57.30	EUCPJUL Kurtis Miller, 14, SCAR
2	1:01.47	BCAGJUL Malcolm Lavoie, 14, OSC
3	1:02.18	POAAJUL Steve Desforges, 14, CAG
4	1:02.21	ONAGJUL Marco Monaco, 13, OAK
5	1:02.51	ONAGJUL Eric Chan, 14, AAC
6	1:02.90	HYACKMAY Erik Hogan, 14, UCSC
7	1:03.05	ONTSRMAJ Tobias Oriwol, 14, ESWIM
8	1:03.43	BCAGJUL Janco Mynhardt, 14, PSW
9	1:03.76	POAAJUL Nicolas Murray, 14, DYNAM
10	1:03.98	ONAGJUL Michael Commlio, 14, TMSC
11	1:04.03	BCAGJUL Patrick Waters, 14, PN
12	1:04.13	EKSCAPR Callum Ng, 14, CASC
13	1:04.27	EASTJUL Douglas Young, 14, SWAT
14	1:04.32	CASCAMAY Ben Adam, 14, CASC
15	1:04.44	ONTIAPR Jason Chan, 14, TORCH
16	1:04.54	ONAGJUL James Harley, 14, NKB
17	1:05.08	BCAGJUL Brendan Robertson, 14, HYACK
18	1:05.10	ONAGJUL Matt Hawes, 14, ROW
19	1:05.16	ONTIAPR Michael Chu, 14, CHAMP
20	1:05.24	PPOMAY Boured Gueffai, 14, CAMO
21	1:05.32	POAAJUL Alex Chartrand, 14, ELITE
22	1:05.32	HYACKMAY Ben Keast, 14, HYACK
23	1:05.38	EKSCAPR Jian-Lok Chang, 14, EKSC
24	1:05.45	ONTIAPR Matteo Di Paolo, 13, VAC
25	1:05.59	POAAJUL Marc Lachapelle, 14, CAMO

**200 METRES BUTTERFLY**

Rec: 2:05.20 Philip Weiss, SKSC, 94

1	2:12.44	YTHRJUL Malcolm Lavoie, 14, OSC
2	2:20.38	ONTIAPR Jason Chan, 14, TORCH
3	2:21.04	BCAGJUL Patrick Waters, 14, PN
4	2:21.11	ONAGJUL Eric Chan, 14, AAC
5	2:21.14	POAAJUL Kevin Bouchard, 14, EXCEL
6	2:22.03	ONAGJUL Matt Hawes, 14, ROW
7	2:22.07	ONAGJUL Jason Harley, 14, NKB
8	2:22.15	EKSCAPR Callum Ng, 14, CASC
9	2:22.18	YTHRJUL Marco Monaco, 13, OAK
10		



# TOP AGE GROUP TIMES

Rankings for the period (results received)  
 January 1, to Aug 30, 2000  
 TAG is financially supported by  
 Swimming/Natation Canada. Compiled by SWIMNEWS

# 2000 LONG COURSE TAG®

# GIRLS 15-17

## 50 METRES FREESTYLE

Rec: 25.92 Laura Nicholls, ROW, 96

1	25.93	CANLCAUG	Jenna Gresdal, 15, ESWM
2	26.37	CDNLCMA	Chrissy MacAulay, 17, ESWM
3	26.60	CANLCAUG	Laura Pomeroy, 16, OAK-TO
4	26.74	CDNLCMA	Jessie Bradshaw, 16, UCSC
5	27.04	ONAGJUL	Jennifer Porenta, 15, MMST
6	27.05	CANLCMAR	Kelly Stefanyshyn, 17, PDSA
7	27.10	CANLCMAR	Natalie Kiegelmann, 17, BTSC
8	27.13	YTHRJUL	Audrey Lacroix, 16, CAMO
9	27.19	CANLCMAR	Tara Taylor, 17, HYACK
10	27.22	CANLCAUG	Sarah Gault, 15, CAC
11	27.29	CANLCAUG	Kate Pyley, 15, OAK-TO
12	27.34	CANLCMAR	Alexandra Lys, 15, UCSC
13	27.41	ABAGJUL	Michaela Schmidt, 16, CASC
14	27.45	TSCMAR	Jackie Garay, 15, TSC
15	27.50	YTHRJUL	Jackie Chan, 15, MSSASC-TO
16	27.51	PPOMAY	Tiffany Woods, 15, PCSC
17	27.53	PPOMAY	Joanna McLean, 16, ESWM
18	27.53	CDNLCMA	Adrienne Karney, 17, AAC
19	27.53	CDNLCMA	Catherine Dugas-Savoie, 16, DYNAM
20	27.65	TBTIMAY	Elizabeth Cleven, 15, MM
21	27.78	YTHRJUL	Stephanie Kuhn, 15, TMSC
22	27.88	AACAPR	Rachel Hosford, 16, AAC
23	27.90	CANLCAUG	Francine Ling, 17, DELTA
24	27.93	ONAGJUL	Nichola Matthews, 16, ROW
25	27.94	YTHRJUL	Elizabeth Wycliffe, 17, EBSC

## 100 METRES FREESTYLE

Rec: 56.61 Shannon Shakespeare, MM, 94

1	57.04	CDNLCMA	Alexandra Lys, 15, UCSC
2	57.35	CANLCMAR	Tara Taylor, 17, HYACK
3	57.54	CANLCMAR	Jenna Gresdal, 15, ESWM
4	57.63	CDNLCMA	Kelly Stefanyshyn, 17, PDSA
5	57.83	CDNLCMA	Jessie Bradshaw, 16, UCSC
6	57.90	FRALCMAR	Iris Elliott, 17, KBM
7	58.07	CANLCAUG	Audrey Lacroix, 16, CAMO
8	58.78	CANLCAUG	Laura Pomeroy, 16, OAK-TO
9	58.89	CANLCAUG	Catherine Dugas-Savoie, 16, DYNAM
10	58.92	YTHRJUL	Monica Wejman, 15, ESWM
11	58.93	CANLCMAR	Tamee Ebert, 16, PDSA
12	58.95	CDNLCMA	Natalie Kiegelmann, 17, BTSC
13	59.00	CANLCAUG	Kate Pyley, 15, OAK-TO
14	59.03	YTHRJUL	Elizabeth Collins, 17, ROD
15	59.08	CANLCMAR	Karley Stutzel, 17, IS
16	59.17	CANLCMAR	Chrissy MacAulay, 17, ESWM
17	59.46	CANLCMAR	Jennifer Fratesi, 15, ROW
18	59.49	ECUPJUL	Mariee De Blois, 16, PPO
19	59.51	ONAGJUL	Jennifer Porenta, 15, MMST
20	59.65	CDNLCMA	Adriana Koc-Spadaro, 16, PDSA
21	59.67	CDNLCMA	Tiffany Woods, 15, PCSC
22	59.72	CDNLCMA	Deanna Stefanyshyn, 15, PDSA
23	59.77	YTHRJUL	Michaela Schmidt, 16, CASC
24	59.85	CDNLCMA	Jackie Chan, 15, MSSASC-TO
25	59.90	YTHRJUL	Chantal Ares, 17, GO

## 200 METRES FREESTYLE

Rec: 2:01.08 Jane Kerr, ESC, 85

1	2:03.08	CDNLCMA	Tamee Ebert, 17, PDSA
2	2:03.94	CDNLCMA	Karley Stutzel, 17, IS
3	2:04.56	CDNLCMA	Alexandra Lys, 15, UCSC
4	2:05.04	CANLCMAR	Tara Taylor, 17, HYACK
5	2:05.23	YTHRJUL	Audrey Lacroix, 16, CAMO
6	2:05.61	ZAJACJUL	Kelly Stefanyshyn, 18, PDSA
7	2:05.70	CANLCAUG	Danielle Bell, 17, IS
8	2:06.22	CANLCAUG	Elizabeth Collins, 17, ROD
9	2:06.58	CANLCMAR	Jenna Gresdal, 15, ESWM
10	2:06.96	CANLCAUG	Catherine Dugas-Savoie, 16, DYNAM
11	2:06.99	ONTIAPR	Elizabeth Wycliffe, 16, EBSC
12	2:07.09	CDNLCMA	Amanda Gillespie, 15, PERTH
13	2:07.12	YTHRJUL	Monica Wejman, 15, ESWM
14	2:07.15	ZAJACJUL	Jennifer Fratesi, 16, ROW
15	2:07.27	CDNLCMA	Jessie Bradshaw, 16, UCSC
16	2:07.61	ONTSRMA	Jennifer Button, 22, ROW
17	2:07.71	CANLCMAR	Deanna Stefanyshyn, 15, PDSA
18	2:08.39	ECUPJUL	Isabelle Asch-Coallier, 16, CAMO
19	2:08.45	CDNLCMA	Stephanie Barbe, 17, JUL
20	2:08.53	ONIAPR	Loren Swery, 17, NKB
21	2:08.80	CDNLCMA	Cynthia Pearce, 16, MSSASC-TO
22	2:08.80	CDNLCMA	Sara McNally, 15, EKSC
23	2:09.10	CDNLCMA	Shawna Bothwell, 16, RDSCS
24	2:09.15	BCAGJUL	Adriana Koc-Spadaro, 16, PDSA
25	2:09.18	CDNLCMA	Sasha Taylor, 17, PERTH

## 400 METRES FREESTYLE

Rec: 4:14.45	Donna McGinnis, ESC, 86		
1	4:16.48	CDNLCMA	Tamee Ebert, 17, PDSA
2	4:17.81	CANLCMAR	Danielle Bell, 16, IS
3	4:22.89	CANLCMAR	Tara Taylor, 17, HYACK
4	4:23.15	CDNLCMA	Karley Stutzel, 17, IS
5	4:27.35	CANLCMAR	Deanna Stefanyshyn, 15, PDSA
6	4:27.69	YTHRJUL	Kristen Bradley, 16, NEW
7	4:28.04	CDNLCMA	Sara McNally, 15, EKSC
8	4:28.30	ZAJACJUL	Jennifer Fratesi, 16, ROW
9	4:28.36	ECUPJUL	Rosie Meade, 15, BOSCS
10	4:28.76	ECUPJUL	Elizabeth Collins, 17, ROD
11	4:28.91	ONIAPR	Loren Swery, 17, NKB
12	4:29.26	YTHRJUL	Danielle Beland, 15, ROW
13	4:29.46	CDNLCMA	Stephanie Barbe, 17, JUL
14	4:29.51	CANLCAUG	Hayley Doodly, 15, CASC
15	4:29.70	CANLCAUG	Monica Wejman, 15, ESWM
16	4:30.26	CDNLCMA	Meghan Brown, 16, PDSA
17	4:30.75	CANLCMAR	Cynthia Pearce, 16, MSSASC-TO
18	4:30.84	CANLCAUG	Alicia Jobse, 16, MANTA
19	4:31.14	YTHRJUL	Dominique Charron, 16, PPO
20	4:31.20	POAAJUL	Audrey Lacroix, 16, CAMO
21	4:31.28	CANLCAUG	Joan Bernier, 15, CNCSB
22	4:31.39	ISAPR	Emily Carwithen, 15, COMOX
23	4:31.54	YTHRJUL	Jenna Gresdal, 15, ESWM
24	4:31.80	BCAGJUL	Michelle Landry, 15, PDSA
25	4:32.15	CANLCAUG	Katherine Telfer, 15, ESWM

## 800 METRES FREESTYLE

Rec: 8:39.19	Debbie Wurzbarger, LYAC, 85		
1	8:43.60	CANLCMAR	Danielle Bell, 16, IS
2	8:48.08	CDNLCMA	Tamee Ebert, 17, PDSA
3	8:55.42	EVANSJUL	Karley Stutzel, 17, IS
4	9:01.78	CANLCMAR	Tara Taylor, 17, HYACK
5	9:10.56	ISAPR	Jennifer Graf, 16, ROD
6	9:11.67	YTHRJUL	Danielle Beland, 15, ROW
7	9:12.95	MSSACMA	Dale Colman, 17, MSSASC-TO
8	9:14.63	CDNLCMA	Sara McNally, 15, EKSC
9	9:14.89	CANLCAUG	Alicia Jobse, 16, MANTA
10	9:15.62	ECUPJUL	Elizabeth Collins, 17, ROD
11	9:15.69	ECUPJUL	Rosie Meade, 15, BOSCS
12	9:16.00	BCAGJUL	Michelle Landry, 15, PDSA
13	9:17.40	CANLCMAR	Deanna Stefanyshyn, 15, PDSA
14	9:17.74	CDNLCMA	Allison Laidlow, 15, PDSA
15	9:18.20	CDNLCMA	Stephanie Barbe, 17, JUL
16	9:18.95	CANLCAUG	Joan Bernier, 15, CNCSB
17	9:20.02	CANLCMAR	Amber Dykes, 16, HYACK
18	9:20.19	ESWIMJUN	Julie Babin, 17, ESWM
19	9:21.41	CANLCAUG	Hayley Doodly, 15, CASC
20	9:22.61	YTHRJUL	Alexandra Lys, 15, UCSC
21	9:22.85	CANLCMAR	Loren Swery, 17, NKB
22	9:22.95	CANLCMAR	Kristy MacLennan, 17, ESWM
23	9:23.33	YTHRJUL	Kristen Bradley, 16, NEW
24	9:23.66	BCAGJUL	Marla May, 14, KCS
25	9:23.82	BCAGJUL	Emily Carwithen, 15, COMOX

## 100 METRES BACKSTROKE

Rec: 1:02.14	Kelly Stefanyshyn, PDSA, 99		
1	1:02.66	CDNLCMA	Kelly Stefanyshyn, 17, PDSA
2	1:03.46	CANLCMAR	Jennifer Fratesi, 15, ROW
3	1:03.72	CDNLCMA	Elizabeth Wycliffe, 17, EBSC
4	1:05.07	CDNLCMA	Amy Jacina, 16, GMAC
5	1:05.59	YTHRJUL	Jennifer Cooper, 17, LAC
6	1:05.72	CDNLCMA	Jenna Gresdal, 15, ESWM
7	1:05.95	CDNLCMA	Sasha Taylor, 17, PERTH
8	1:06.09	CANLCMAR	Melanie Frigon, 17, BFB
9	1:06.20	BCAGJUL	Caitlin Meredith, 16, KCS
10	1:06.21	YTHRJUL	Jennifer Esford, 16, ROW
11	1:06.75	ECUPJUL	Audrey Lacroix, 16, CAMO
12	1:06.79	CANLCAUG	Michaela Schmidt, 16, CASC
13	1:06.88	YTHRJUL	Amanda Gillespie, 15, PERTH
14	1:07.40	ECUPJUL	Catherine Dugas-Savoie, 16, DYNAM
15	1:07.41	YTHRJUL	Elizabeth Collins, 17, ROD
16	1:07.51	CDNLCMA	Adrienne Karney, 17, AAC
17	1:07.64	CANLCMAR	Shawna Bothwell, 16, RDSCS
18	1:07.79	YTHRJUL	Amanda MacNeill, 15, ESWM
19	1:07.80	CANLCAUG	Sheena Martin, 15, TORCH
20	1:08.02	CANLCMAR	Michelle Landry, 15, PDSA
21	1:08.03	YTHRJUL	Elaine Chatel de R., 15, CAMO
22	1:08.06	CDNLCMA	Sophie McKay, 16, CAMO
23	1:08.25	YTHRJUL	Elizabeth Cleven, 15, MM
24	1:08.32	CANLCAUG	Kate Pyley, 15, OAK-TO
25	1:08.33	BCAGJUL	Andrea Donohoe, 17, CHENA

## 200 METRES BACKSTROKE

Rec: 2:13.24	Kelly Stefanyshyn, PDSA, 99		
1	2:13.56	CDNLCMA	Kelly Stefanyshyn, 17, PDSA
2	2:14.90	CDNLCMA	Jennifer Fratesi, 16, ROW
3	2:17.61	CDNLCMA	Elizabeth Wycliffe, 17, EBSC
4	2:20.31	CDNLCMA	Amy Jacina, 16, GMAC
5	2:20.49	CANLCMAR	Melanie Frigon, 17, BFB
6	2:20.67	YTHRJUL	Jennifer Esford, 16, ROW
7	2:20.80	CANLCAUG	Kristy MacLennan, 17, ESWM
8	2:21.12	CDNLCMA	Sasha Taylor, 17, PERTH
9	2:21.54	YTHRJUL	Jennifer Cooper, 17, LAC
10	2:22.05	ZAJACJUL	Jenna Gresdal, 15, ESWM
11	2:22.40	CDNLCMA	Andrea Szweduk, 17, ESWM
12	2:22.71	BCAGJUL	Caitlin Meredith, 16, KCS
13	2:22.86	CDNLCMA	Amanda Gillespie, 15, PERTH
14	2:23.03	ECUPJUL	Kristen Bradley, 16, NEW
15	2:23.59	CANLCMAR	Chanel Charron-W., 16, CAG
16	2:23.65	CANLCAUG	Shawna Bothwell, 16, RDSCS
17	2:24.07	ABAGJUL	Michaela Schmidt, 16, CASC
18	2:25.09	CDNLCMA	Amanda Leslie, 17, RAYS
19	2:25.36	YTHRJUL	Chantal Ares, 17, GO
20	2:25.46	MSSACMA	Rachel Hosford-16, HWAC
21	2:25.49	YTHRJUL	Andrea Shoust, 14, SSMAC
22	2:25.51	MSSACMA	Katherine Telfer, 15, ESWM
23	2:26.02	UTORJAN	Anna Szaffarski, 15, BROCK
24	2:26.15	CDNLCMA	Brigitta Olson, 17, UCSC
25	2:26.21	CDNLCMA	Allison Laidlow, 15, PDSA

## 100 METRES BREASTSTROKE

Rec: 1:08.86	Allison Higson, EPS, 88		
1	1:11.31	CANLCAUG	Christy Anderson, 17, STARS
2	1:12.10	CDNLCMA	Annamay Pierson, 16, EKSC
3	1:12.63	CANLCAUG	Tamara Wagner, 15, TORCH
4	1:12.75	CDNLCMA	Emma Spooner, 17, NCSA
5	1:13.64	CDNLCMA	Marcy Edgecombe, 16, EKSC
6	1:13.80	CDNLCMA	Mariee De Blois, 16, PPO
7	1:14.03	CDNLCMA	Courtenay Chuy, 15, HYACK
8	1:14.62	CANLCAUG	Mila Zvijerac, 15, HYACK
9	1:14.69	CANLCMAR	Trisha Lakatos, 17, PCSC
10	1:15.03	CANLCAUG	Joanna Lee, 15, MSSASC-TO
11	1:15.03	ECUPJUL	Kristen Bradley, 16, NEW
12	1:15.66	CANLCMAR	Michelle Poirier, 17, RDSCS
13	1:15.74	CDNLCMA	Julie Marcotte, 16, CNO
14	1:15.82	CANLCAUG	Lesley Williams, 17, STSC-SE
15	1:15.87	ONIAPR	Ariane Kich, 16, GMAC
16	1:15.87	YTHRJUL	Renee Hober, 15, ROW
17	1:15.96	YTHRJUL	Kelly Miller, 17, OAK
18	1:16.08	ECUPJUL	Shayna Burns, 17, CHAMP
19	1:16.10	CDNLCMA	Marie-C. Guilbert, 17, BFB
20	1:16.30	YTHRJUL	Chrissy MacAulay, 17, ESWM
21	1:16.38	CDNLCMA	Meagan Sinclair, 15, CASC
22	1:16.39	CANLCAUG	Kathleen Stoodly, 17, HYACK
23	1:16.61	CDNLCMA	Francine Ling, 17, DELTA
24	1:16.70	CDNLCMA	Heather Bell, 16, BTSC
25	1:16.86	CDNLCMA	Barbara Poret, 17, JUL

## 200 METRES BREASTSTROKE

Rec: 2:27.27	Allison Higson, EPS, 88		
1	2:32.62	CDNLCMA	Annamay Pierson, 16, EKSC
2	2:35.85	CDNLCMA	Courtenay Chuy, 15, HYACK
3	2:36.30	CDNLCMA	Christy Anderson, 17, STARS
4	2:36.89	CDNLCMA	Tamara Wagner, 15, TORCH
5	2:38.04	CANLCAUG	Marcy Edgecombe, 16, EKSC
6	2:39.06	CANLCMAR	Mariee De Blois, 16, PPO
7	2:39.85	CDNLCMA	Emma Spooner, 17, NCSA
8	2:40.58	CANLCAUG	Kathleen Stoodly, 17, HYACK
9	2:40.69	CDNLCMA	Heather Bell, 16, BTSC
10	2:41.12	CANLCMAR	Joanna Lee, 15, MSSASC-TO
11	2:41.38	CDNLCMA	Marie-C. Guilbert, 17, BFB
12	2:41.58	CANLCMAR	Trisha Lakatos, 17, PCSC
13	2:42.36	EASTJUL	Sandra McLean, 21, EAST
14	2:42.46	CDNLCMA	Kristen Bradley, 16, NEW
15	2:42.62	CDNLCMA	Meagan Sinclair, 15, CASC
16	2:43.14	YTHRJUL	Megan Gould, 15, GLEN
17	2:43.17	CANLCMAR	Michelle Poirier, 17, RDSCS
18	2:43.31	CDNLCMA	Ariane Kich, 16, GMAC
19	2:43.37	YTHRJUL	Sarah Widdfield, 15, ROW
20	2:43.64	CANLCAUG	Lesley Williams, 17, STSC-SE
21	2:44.05	CDNLCMA	Shayna Burns, 17, CHAMP
22	2:44.57	YTHRJUL	Mila Chandler, 16, HYACK
23	2:44.77	CDNLCMA	Alicia Jobse, 17, MANTA
24	2:44.90	YTHRJUL	Renee Hober, 15, ROW
25	2:45.15	ECUPJUL	Isabelle Asch-Coallier, 16, CAMO

## 100 METRES BUTTERFLY

Rec: 1:01.22	Audrey Lacroix, CAMO, 0		
1	1:01.22	CDNLCMA	Audrey Lacroix, 16, CAMO
2	1:01.43	CDNLCMA	Jennifer Fratesi, 16, ROW
3</			

# TOP AGE GROUP TIMES

# BOYS 15-17

## 50 METRES FREESTYLE

Rec: 23.19 Yannick Lupien GO,97

1	24.08	YTHRJUL	Brent Hayden,16,SPART
2	24.36	CDNLCMA	Cedric Sureau-L,16,PPO
3	24.38	BCAGJUL	Brian Johns,17,RAPID
4	24.46	POCUPJUL	Kevin Monaghan,17,CNO
5	24.58	CDNLCMA	Daniel Petrus,17,PDSA
6	24.65	YTHRJUL	Graeme Tozer,15,UCSC
7	24.72	ONAGJUL	Andrew Bignell,16,SSMAC
8	24.87	CANLCMAR	David Whang,16,ESWIM
9	24.87	PPOMAY	Matthew Liberatore,17,ESWIM
10	24.93	YTHRJUL	Devin Phillips,15,EKSC
11	24.93	ECUPJUL	Stephane Deslauniers,18,HIPPO
12	24.94	ESWIMJUN	Tobias Oriwol,15,ESWIM
13	24.95	ECUPJUL	Devon Ackroyd,17,SCAR
14	24.97	PPOMAY	Daniel Emond,17,CNO
15	24.97	MBSKJUL	Kevin Saganaki,17,GOLD
16	24.99	POCUPJUL	Mathieu Aubry,17,CNHR
17	25.06	YTHRJUL	Bradley Vanderkam,17,LAC
18	25.09	ONAGJUL	Ian MacLeod,16,USC
19	25.10	ECUPJUL	Jerome Le Siege,16,LAVAL
20	25.17	YTHRJUL	Bryan McMillan,17,GMAC
21	25.19	ECUPJUL	Bill Cocks,16,TRENT
22	25.23	CANLCMAR	Nick Langan,17,SCAR
23	25.26	MSSACMA	Chris Lukas,17,ESWIM
24	25.27	POAAJUL	Sean Zunini,16,CAMO
25	25.29	MSSACMA	Doug Fleming,17,ODSC

## 100 METRES FREESTYLE

Rec: 51.14 Yannick Lupien CAGRA,96

1	51.96	CANLCMAR	Brian Johns,17,RAPID
2	52.25	YTHRJUL	Brent Hayden,16,SPART
3	53.16	ONTIAPR	Adam Sioui,17,TD
4	53.33	CDNLCMA	Daniel Petrus,17,PDSA
5	53.35	YTHRJUL	Chuck Sayao,17,MSSAC-TO
6	53.43	CANLCMAR	George Bovell,16,PPO
7	53.47	YTHRJUL	Cedric Sureau-L,16,USC
8	53.69	YTHRJUL	Graeme Tozer,15,UCSC
9	53.88	YTHRJUL	Andrew Coupland,16,GO
10	53.91	CDNLCMA	Kevin Monaghan,17,CNO
11	54.13	YTHRJUL	Nicolas Guillotte,17,CAMO
12	54.15	ONAGJUL	Andrew Bignell,16,SSMAC
13	54.62	YTHRJUL	Mathieu Aubry,17,CNHR
14	54.67	YTHRJUL	Tobias Oriwol,15,ESWIM
15	54.76	CANLCMAR	David Whang,16,ESWIM
16	54.77	CDNLCMA	Benoit Huot,16,HIPPO
17	54.81	CANLCMAR	Chad Thomsen,17,EKSC-SE
18	54.92	PPOMAY	Daniel Emond,17,CNO
19	54.93	ECUPJUL	Bob Phipps,17,STARS
20	54.94	ECUPJUL	Stephane Deslauniers,18,HIPPO
21	55.02	YTHRJUL	Devin Phillips,15,EKSC
22	55.11	MSSACMA	Doug Fleming,17,ODSC
23	55.14	ESWIMJUN	Nick Langan,17,SCAR
24	55.15	POAAJUL	Mark Thauvette,15,PCSC
25	55.20	YTHRJUL	Jerome Le Siege,16,LAVAL

## 200 METRES FREESTYLE

Rec: 1:50.34 Brian Johns,RAPID,0

1	1:50.34	CDNLCMA	Brian Johns,17,RAPID
2	1:53.38	CDNLCMA	Andrew Coupland,16,GO
3	1:53.99	YTHRJUL	Andrew Hurd,17,MSSAC-TO
4	1:55.53	YTHRJUL	Chuck Sayao,17,MSSAC-TO
5	1:55.94	YTHRJUL	Tobias Oriwol,15,ESWIM
6	1:56.01	PDSAMAY	Brent O'Connor,16,PDSA
7	1:56.01	ONTIAPR	Adam Sioui,17,TD
8	1:56.86	ECUPJUL	Nicolas Guillotte,17,CAMO
9	1:56.87	CANLCMAR	Terry Nathan,17,IS
10	1:56.91	YTHRJUL	Brent Hayden,16,SPART
11	1:57.33	CDNLCMA	Cedric Sureau-L,16,PPO
12	1:58.28	PPOMAY	Bob Phipps,17,STARS
13	1:58.81	YTHRJUL	Simon Gignac,17,SHER
14	1:58.93	CDNLCMA	Daniel Petrus,17,PDSA
15	1:58.93	YTHRJUL	Mark Thauvette,16,PCSC
16	1:59.10	ECUPJUL	Brent Hankewich,16,GOLD
17	1:59.15	YTHRJUL	Erik Gendreau-B,17,CAMO
18	1:59.23	PPOMAY	Daniel Emond,17,CNO
19	1:59.31	ECUPJUL	Kevin Rioux,15,CAMO
20	1:59.36	YTHRJUL	John McErlain,17,ESWIM
21	1:59.39	ECUPJUL	Jerome Le Siege,16,LAVAL
22	1:59.42	YTHRJUL	Graeme Tozer,15,UCSC
23	1:59.81	CANLCMAR	Benjamin Petrieux,17,PPO
24	1:59.93	ONTIAPR	Chris Kula,16,CAJ
25	1:59.93	MBSKJUL	Elliot MacDonald,17,MANTA

Rankings for the period (results received)  
January 1, to Aug 30, 2000  
TAG is financially supported by  
Swimming/Natation Canada. Compiled by SWIMNEWS

## 400 METRES FREESTYLE

Rec: 3:52.23 Andrew Hurd,MSSAC,0

1	3:52.23	CDNLCMA	Andrew Hurd,17,MSSAC-TO
2	3:55.21	CDNLCMA	Brian Johns,17,RAPID
3	3:58.58	CDNLCMA	Brent O'Connor,16,PDSA
4	4:00.06	CDNLCMA	Andrew Coupland,16,GO
5	4:01.83	BRALCJUN	Chuck Sayao,17,MSSAC-TO
6	4:03.66	YTHRJUL	Tobias Oriwol,15,ESWIM
7	4:04.46	CANLCAUG	Kurtis MacGillivray,16,ROW
8	4:05.76	YTHRJUL	Keith Beavers,17,STARS
9	4:07.18	CANLCMAR	Frederic Cayen,17,UL
10	4:08.36	CANLCAUG	Elliot MacDonald,17,MANTA
11	4:08.75	CANLCMAR	Terry Nathan,17,IS
12	4:09.69	PPOMAY	Bob Phipps,17,STARS
13	4:10.31	YTHRJUL	Mark Thauvette,16,PCSC
14	4:10.64	ECUPJUL	Robert McDow,16,RHAC
15	4:11.40	YTHRJUL	Simon Gignac,17,SHER
16	4:11.84	YTHRJUL	John McErlain,17,ESWIM
17	4:11.91	BRANTAPR	David Rose,18,ROW
18	4:12.15	CANLCMAR	Benjamin Petrieux,17,PPO
19	4:12.16	YTHRJUL	Nicolas Guillotte,17,CAMO
20	4:12.35	YTHRJUL	Jerome Le Siege,16,LAVAL
21	4:12.81	ECUPJUL	Thierry Bannion,17,SAMAK
22	4:12.83	CDNLCMA	Karim Abdulla,17,ROD
23	4:12.87	YTHRJUL	Erik Gendreau-B,17,CAMO
24	4:14.78	BCAGJUL	Chris Kargl-Simard,16,PDSA
25	4:14.81	CDNLCMA	Spencer Laidley,16,PERTH

## 1500 METRES FREESTYLE

Rec: 15:12.70 Andrew Hurd,MSSAC,0

1	15:12.70	CDNLCMA	Andrew Hurd,17,MSSAC-TO
2	15:57.19	CDNLCMA	Kurtis MacGillivray,16,ROW
3	15:59.00	YTHRJUL	Chuck Sayao,17,MSSAC-TO
4	16:03.42	BCAGJUL	Brian Johns,17,RAPID
5	16:10.11	CDNLCMA	Brent O'Connor,16,PDSA
6	16:15.06	CDNLCMA	Keith Beavers,17,STARS
7	16:19.48	CDNLCMA	Frederic Cayen,17,UL
8	16:25.32	CANLCAUG	Elliot MacDonald,17,MANTA
9	16:29.01	CANLCMAR	Andrew Coupland,16,GO
10	16:31.95	BCAGJUL	Andy Andrew,16,WVOSC
11	16:32.72	YTHRJUL	Matt Johnson,15,SSMAC
12	16:34.40	CDNLCMA	Tobias Oriwol,15,ESWIM
13	16:35.55	FARWAUG	Bentley Galkis,16,TSC
14	16:35.88	CDNLCMA	Karim Abdulla,17,ROD
15	16:37.04	YTHRJUL	Simon Gignac,17,SHER
16	16:42.13	YTHRJUL	Jerome Le Siege,16,LAVAL
17	16:43.10	MSSACMA	Kyle Welsh,16,OKA
18	16:47.29	CDNLCMA	Bryan McMillan,17,GMAC
19	16:48.11	PPOMAY	Bob Phipps,17,STARS
20	16:53.74	YTHRJUL	Don Nicholson,17,TSUN
21	16:53.93	ECUPJUL	Charles Rodrigue,15,UL
22	16:54.93	BCSFRFB	Terry Nathan,17,IS
23	16:56.09	PDSAMAY	Taisuke Maeda,17,EKSC
24	16:58.58	OSCAPR	Rylan Kafara,16,RDSCC
25	17:03.02	ECUPJUL	Michael Smith,17,EAST

## 100 METRES BACKSTROKE

Rec: 56.49 Mark Tewksbury UCSC,85

1	57.89	CDNLCMA	Tobias Oriwol,15,ESWIM
2	58.69	CDNLCMA	Benoit Banville-A,17,MEGO
3	59.13	CDNLCMA	Francois Castonguay,17,PPO
4	59.50	CANLCMAR	George Bovell,16,PPO
5	59.57	ISAPR	Brian Johns,17,RAPID
6	59.91	ONTIAPR	Bryan McMillan,17,GMAC
7	1:00.17	CANLCAUG	Keith Beavers,17,STARS
8	1:00.53	CANLCMAR	Stefano Caprara,16,VAC
9	1:00.68	YTHRJUL	Craig Gillis,17,CASC
10	1:00.86	CANLCMAR	David Whang,16,ESWIM
11	1:00.93	YTHRJUL	Bradley Vanderkam,17,LAC
12	1:01.15	YTHRJUL	Andrew Coupland,16,GO
13	1:01.27	YTHRJUL	Adam Martinson,16,CASC
14	1:01.31	YTHRJUL	Martin Enault,17,CNB
15	1:01.40	ECUPJUL	Trevor Coulman,15,GOLD
16	1:01.43	YTHRJUL	Devin Phillips,15,EKSC
17	1:01.44	ESWIMJUN	Chris Lukas,17,ESWIM
18	1:01.50	CDNLCMA	Spencer Laidley,16,PERTH
19	1:01.53	CANLCAUG	Nathan O'Brien,17,IS
20	1:01.54	YTHRJUL	Charles Turanich-N,16,STSC
21	1:01.86	CASCMA	Maciek Zielenik,15,EKSC
22	1:01.94	YTHRJUL	Ciaran Dickson,16,ROD
23	1:02.00	ECUPJUL	Olivier Mathieu,17,HIPPO
24	1:02.07	MSSACMA	William Moore,17,HWAC
25	1:02.08	YTHRJUL	Patrick Doret,17,ESWIM

## 200 METRES BACKSTROKE

Rec: 2:01.79 Chris Renaud UCSC,94

1	2:02.72	CANLCAUG	Chuck Sayao,17,MSSAC-TO
2	2:03.48	YTHRJUL	Tobias Oriwol,15,ESWIM
3	2:06.45	CDNLCMA	Benoit Banville-A,17,MEGO
4	2:06.53	CANLCAUG	Nathan O'Brien,17,IS
5	2:06.64	CANLCMAR	Francois Castonguay,17,PPO
6	2:08.72	YTHRJUL	Andrew Coupland,16,GO
7	2:08.88	CANLCAUG	Craig Gillis,17,CASC
8	2:08.96	YTHRJUL	Andrew Hurd,17,MSSAC-TO
9	2:09.31	YTHRJUL	Keith Beavers,17,STARS
10	2:09.35	YTHRJUL	Ciaran Dickson,16,ROD
11	2:09.81	CDNLCMA	Bryan McMillan,17,GMAC
12	2:09.93	ZAJACJUL	Andrew Greener,16,UNATT
13	2:10.67	CDNLCMA	Kurtis MacGillivray,16,ROW
14	2:10.83	CANLCMAR	George Bovell,16,PPO
15	2:11.83	YTHRJUL	Kurtis MacGillivray,16,ROW
16	2:12.10	YTHRJUL	Adam Martinson,16,CASC
17	2:12.33	CDNLCMA	Spencer Laidley,16,PERTH
18	2:12.33	YTHRJUL	Patrick Doret,17,ESWIM
19	2:12.86	YTHRJUL	Martin Enault,17,CNB
20	2:13.02	MSSACMA	Chris Lukas,17,ESWIM
21	2:13.07	CDNLCMA	Stefano Caprara,16,VAC
22	2:13.14	KCSJUN	Kyle Nartz,17,PN
23	2:13.20	YTHRJUL	Patrick Bourassa-F,17,CAMO
24	2:13.25	YTHRJUL	James Winfield,16,UCSC
25	2:13.31	PO3MAY	Marc Prud'Homme,17,CALAC

# 2000 LONG COURSE TAG®

## 100 METRES BREASTSTROKE

Rec: 1:02.53 Morgan Knabe UCSC,99

1	1:02.98	CANLCAUG	Matthew Huang,16,PDSA
2	1:03.57	CDNLCMA	Chad Thomsen,17,EKSC-SE
3	1:05.71	CANLCAUG	Michael Brown,16,PERTH
4	1:06.13	CANLCMAR	David Montpetit,17,PPO
5	1:06.90	CDNLCMA	Keith Beavers,17,STARS
6	1:07.13	BCAGJUL	Brian Johns,17,RAPID
7	1:07.29	YTHRJUL	Louis-P. Delorme,17,MEGO
8	1:07.52	EASTJUL	Chris Stewart,23,EAST
9	1:07.59	YTHRJUL	Nathan Parker,16,MJKFF
10	1:07.71	CDNLCMA	Marc Vaillancourt,17,DDO
11	1:07.95	CDNLCMA	Scott Dickens,15,BRANT
12	1:08.00	ESWIMJUN	Richard Hui,17,RHAC
13	1:08.37	ABAGJUL	Thomas South,17,CASC
14	1:08.63	CDNLCMA	Brian Verigin,16,PGB
15	1:08.71	YTHRJUL	Jonathan Moga,16,ESWIM
16	1:08.91	ONAGJUL	Donald Smith,16,COBRA
17	1:08.96	YTHRJUL	Brett Levert,17,NKB
18	1:09.26	YTHRJUL	Kevin Rioux,15,CAMO
19	1:09.27	ESWIMJUN	Chris Keung,17,SCAR
20	1:09.40	ECUPJUL	Eric Demay,16,PHENX
21	1:09.45	YTHRJUL	Ian Meredith,16,RAYS
22	1:09.47	ONIAPR	Daniel Tracy,16,USC
23	1:09.49	YTHRJUL	Mirko Petrov,16,ESWIM
24	1:09.54	ECUPJUL	Mathieu Blodeau,16,UL
25	1:09.56	MSSACMA	Chuck Sayao,17,MSSAC-TO

## 200 METRES BREASTSTROKE

Rec: 2:15.45 Morgan Knabe UCSC,99

1	2:17.88	CDNLCMA	Matthew Huang,16,PDSA
2	2:20.91	CDNLCMA	Keith Beavers,17,STARS
3	2:21.61	CDNLCMA	Chad Thomsen,17,EKSC
4	2:24.32	CANLCMAR	Michael Brown,15,PERTH
5	2:27.04	YTHRJUL	Kevin Rioux,15,CAMO
6	2:27.09	CANLCMAR	David Montpetit,17,PPO
7	2:27.16	CANLCMAR	Ken Hamilton,17,IS
8	2:27.69	CDNLCMA	Marc Vaillancourt,17,DDO
9	2:28.44	YTHRJUL	Louis-P. Delorme,17,MEGO
10	2:28.57	CANLCAUG	Scott Dickens,15,BRANT
11	2:28.76	MBSKJUL	Nathan Parker,16,MJKFF
12	2:29.41	ESWIMJUN	Tobias Oriwol,15,ESWIM
13	2:29.43	ONTSRMY	Bill Parker,17,GMAC
14	2:30.03	ONAGJUL	Daniel Tracy,16,USC
15	2:30.05	POCUPJUL	Francois Castonguay,17,PPO
16	2:30.33	POAAJUL	Andre Champagne,15,SAMAK
17	2:30.36	CDNLCMA	Brian Verigin,16,PGB
18	2:30.47	YTHRJUL	Donald Smith,16,COBRA
19	2:30.86	YTHRJUL	John McErlain,17,ESWIM
20	2:31.08	MSSACMA	Chuck Sayao,17,MSSAC-TO
21	2:31.50	YTHRJUL	Ian Meredith,16,RAYS
22	2:31.53	YTHRJUL	Marcin Partyka,17,PGB
23	2:31.61	ECUPJUL	Conrad Aach,15,ESWIM
24	2:32.01	ECUPJUL	Danny Parsons,17,SCAR
25	2:32.03	POAAJUL	Dominic Pelletier,16,UL

## 100 METRES BUTTERFLY

Rec: 54.80 Adam Sioui,TD,99

1	54.80	CANLCMAR	Adam Sioui,17,TD
2	56.39	CANLCMAR	Jesse Jacks,17,IS
3	56.53	CDNLCMA	Benoit Banville-A,17,MEGO
4	56.75	CDNLCMA	Kevin Monaghan,17,CNO
5	57.03	BCAGJUL	Brian Johns,17,RAPID
6	57.13	YTHRJUL	Andy White,17,WTSC
7	57.49	YTHRJUL	Craig Gillis,17,CASC
8	57.63	YTHRJUL	Bradley Vanderkam,17,LAC
9	58.71	YTHRJUL	Cedric Sureau-L,16,PPO
10	58.82	CANLCMAR	Jean-S. Savard,17,CAMO
11	58.97	CDNLCMA	Mark Sy,17,GREST
12	59.00	CDNLCMA	Karim Abdulla,17,ROD
13	59.00	ECUPJUL	Martin Enault,17,CNB
14			

## BACKWASH

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

**Brit coaches upset:** Canadian coach Gary Vandermeulen has been appointed to the Great Britain Olympic swimming staff. He is married to Allison Sheppard, the Commonwealth record holder for the 50 free (25.12) who will be going to her fourth Olympics. His selection is based upon the current world ranking of Sheppard, who stands at number 6 and is considered by some to be medal potential. The Vandermeulens live and train in Duncan, B.C.

The British Swimming Coaches and Teachers Association (BSCTA) have complained to GB team officials "to express their grave concern and dismay" at the selection of a foreign coach. They feel it sets a poor precedent.

"The fact that Gary is foreign," BSCTA President Dave Heathcock said, "is not the fundamental concern, but it is a dangerous precedent for the ASFGB to be setting. Had Gary been coaching in this country and had he been involved in the on-going development of British swimming, we would have had no problem with his selection. This is a British Olympic Team, and it should include only those who have been involved in the development of British swimming; particularly after all the investment of British Lottery funding in our sport in recent years."

The BSCTA have no problem with Vandermeulen being included as an "additional" coach, external to the team, for the specific purpose of providing support to his swimmer.

Meanwhile Mexico has appointed American coach Bill Rose, from Mission Viejo, CA, as one of its Olympic coaches. Rose coaches some of the best Mexicans, including flyer Juan Veloz.

**Ignorance:** Greek newspapers accused Sydney Olympic organizers of historical ignorance. The design of the Olympic medals features the Roman Coliseum on one side. *Avriani*, a Greek newspaper, accused the Australians of confusing a Greek stadium with the Roman circus where humans were sacrificed to wild animals.

In their defence, Australian Olympic officials indicated that they had been advised by the International Olympic Committee to base their design on the medals used in the 1928 Amsterdam Games. On one side of the 1928 medal a circular outdoor stadium with low walls is depicted, nothing like the Coliseum.

Wojciech Pietranik, designer of the actual medals, said he had been instructed by SOCOG officials to incorporate an image of the Coliseum.

**Beau geste:** Nadine Rolland finished third at

Summer Nationals in the 50 free, under the Olympic standard. Her time of 25.94 was just 1/100th slower than the winners Jenna Gresdal and Marianne Limpert, who both tied with 25.93. The Olympic standard for two entries is 25.97.

Limpert solved Rolland's predicament by scratching from the event. Limpert will swim the 200 IM and 100 free individual events and both freestyle relay finals. That's eight swims with more if she has to swim relay prelims. "It's not that big a deal," Limpert said. "The 50 free is an off-event for me. It was nice to be in a position to do something like that. It's not like giving up a kidney."

Rolland missed qualifying at the Trials last May (3rd in the 50 free with 26.31, and seventh in the 100 free with 57.40).

**Five cities:** have indicated interest in hosting the 2005 World Championships. Barcelona won the rights for 2003 with Montreal and Long Beach the losers. For 2005, Montreal, Long Beach, Shanghai, Melbourne, and Rio de Janeiro have indicated interest.

Montreal's bid for 2003, with a US \$15 million budget, was to be held mostly at the refurbished outdoor complex on St-Helen's Island, site of Canadian Nationals in 1963. Montreal Sports International, the well-connected (politically) group, is behind the bids.

**Retired:** Danyon Loader (NZL) has decided to hang up the goggles. After 14 years of competitive swimming, he has decided to retire before the Sydney Games. Loader, who is now 25 years old, has decided that he has had enough.

He was a double gold medallist in Atlanta, winning the 200 and 400 freestyle events. He also won a silver medal in the 200 fly at the 1992 Olympics in Barcelona. He retires as New Zealand's most distinguished international level swimmer.

**Over and out:** 1992 Olympic 100 metres breaststroke champion Fred DeBurghgraeve announced his retirement mid-May, a week after failing to reach the qualifying time for the Sydney Games.

No more Olympic Games for Fred, no more competition. "I am selling all my swimming trunks, I am stopping," 26-year-old DeBurghgraeve said. "I am tired and I think it's no longer possible for me to win any medals at the Games. I don't want to go to the Olympics and not bring back a medal," he said, "so it's over and out."

DeBurghgraeve, who eclipsed the 100 metres breaststroke world record in the heats before winning the gold medal at the Atlanta Olympics, failed to achieve the required time of 1:02.86 seconds to qualify for Sydney. DeBurghgraeve swam 1:03.87. DeBurghgraeve won the 1998 World Championships and was only the second world record holder in swimming from Belgium.

**EPO Test for Sydney:** The International Olym-

pic Committee approved the use of a new test to detect EPO (erythropoietin), for use at the Sydney Olympic Games. The test will require blood as well as a urine sample, but had to pass this last hurdle—questioning the test's ability to withstand legal challenges—before it could be used in Sydney. This leaves Human Growth Hormone (hGH), another cheater's favourite drug, still undetectable.

**Wakefield dies:** Susan O'Neill's coach of 12 years, from the age of 9 to 21, passed away on August 19 following a battle with cancer. A fighter to the end, Coach Bernie Wakefield signed himself out of hospital twice in the last few weeks, once to carry the flame in the 2000 Olympic Torch Relay and on another occasion to attend his Testimonial Dinner at the Wynnum Golf Club near his place of birth. There he was honoured by 150 coaches, present and past club members, swimming officials, and friends. Bernie enlisted in the Royal Australian Air Force (RAAF) at 21 years of age (1951) and served in the Malaysia and Vietnam campaigns. After 21 years of service, he retired from the RAAF to return to his home town of Brisbane, where he became involved in teaching and coaching swimming, an activity he had taken up while in Malaysia. Coach Wakefield was engaged as the head coach of the Acacia Swim Club in 1972, a position he held until retirement 38 years later (1972-2000), a period in which he had an enviable record as of one of Australia's all time best coaches.

**Editor:** A little late, but well meant. Congratulations on being selected as the Contributor Honoree to the ISHOF, a well deserved honour for the man who does the most for the independent promotion of Canadian and World Swimming.

Kind regards and have fun in Sydney!

*Niels E. Bouws*

*VP World Swimming Coaches Association  
Germany*

**Editor:** First of all I would like to thank you very much for sending me the SWIMNEWS from the very first copy on for so many years. I was able to see your magazine develop and become one of the best in the swimming world.

My warmest congratulations to you for your induction into the International Swimming Hall of Fame as an Honor Contributor. You deserved it! I am looking forward to reading your reports from Sydney. All the best.

*Vali Garay  
Toronto*

Editor's note: Vali (Gyenge) Garay was the women's 400 freestyle Olympic champion at the 1952 Olympic Games in Helsinki, representing Hungary. I had the privilege of coaching her two daughters (Judy and Susie Garay). Vali was inducted into ISHOF in 1978.



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



## MANTA PROGRAM SHINES

Nikki Dryden

Something is happening in Winnipeg. Although it is described as merely an amalgamation of high-performance services, three individuals have emerged from Team Manitoba creating a triad of power—no one person successful without the other two.

Vlastimil Cerny leads the trio. A former Canadian Olympian, Vlastik began coaching while still swimming with Cascade in Calgary. When his career in the pool ended in 1993, his one on deck took off, as he became the head provincial coach in Manitoba.

Two native “Peggys”—Michelle Lischinsky and Rhiannon Leier—became his success story.

Michelle Lischinsky had the beginnings of a promising career when in 1989 she qualified for the Canadian Youth Team. Michelle competed at Eight Nations in the 100 and 200 backs. But it would be over a decade before she would again represent Canada.

Over the ensuing ten years, Michelle quit swimming from 1993-94, graduated from University in 1998, and worked both at Costco and as a swim coach. It was during her year off that she coached, and it was her interaction with these swimmers that tugged her back into the pool. “Coaching made me love swimming for what it is. I began to understand and enjoy swimming for swimming’s sake, and I was able to see what the young kids saw; they rekindled the spirit of swimming for me.”

At 27, it takes a special attitude to swim with varied success. “I just really like to swim. Of course I don’t love being up at 5 a.m. or being injured, but I love to travel, I love the friends I’ve made, and I love the way swimming makes me feel. It is the whole package, and it can be a lot of fun!”

Financially this sport can be damaging, and Michelle credits her Mom for being so supportive. “I could never have done this without her.” Michelle also attributes the National Sports Centre (NSC) for helping to break down the barriers between her and success. “We now have access to sports science, nutrition, and weight trainers; it is much more of a holistic approach. They take care of us as people, not just as swimmers.”

One of the biggest challenges facing Michelle was two very fast 100 backstrokers. “I was confident I could do the time to make the Olympic Team, but Kelly [Stefanyshyn] and Erin [Gammel] have been on top for quite a while. That is a big psychological barrier to overcome.”

But Vlastik and Michelle have been taking small steps all year towards making the Olympic Team. “I was a 1:04 100 backstroker and I knew I would have to be under a 1:03 at Trials. I wanted to get carded at Nationals and when I did I knew I was halfway there. But it wasn’t until I looked up and saw the clock at Trials that I really believed I would be going to the Olympics.”

Michelle’s training environment has also been instrumental. “Rhiannon is a very good trainer,” says Michelle. “But it is good that we swim different strokes! We

compare stats all the time, trying to figure out who has the higher ranking.” Vlastik agrees. “They feed off each other very well as they each have different strengths.”

“Michelle has a unique consistency when it comes to her performance abilities,” says Vlastik. “We knew a drop in time was coming and it was just a matter of time. Fortunately Michelle made the jump when it counted. Michelle had to work on handling her anxiety and she made a real improvement in that area. She is much better at being able to relax prior to a meet and leading into her race.”

Vlastimil came to Canada in 1982 from Czechoslovakia. He was unable to compete in 1984, but did swim for Canada in 1988. When he began coaching, Vlastik initially relied on his experiences as a swimmer, and over time he has developed his coaching instincts. “I have a need to plan, but I’m not afraid to say this isn’t working today.”

Vlastimil believes that the program has gotten better as he improved at using the resources that were being provided to him. “For years I’ve coached alone, with little support. Then the NSC came in and I had to work with four support staff. I had to use them, which changed the way I coached.” Vlastik believes a critical part of his evolution came from an improvement in his communication skills. “The support staff and myself had to learn to be open with one another. We could not shy away from each other, and that really helped me.”

His team spends a lot of time with the sports psychologist. “I really listen to the experts and it has been a positive learning experience for me.” For many swim coaches, this (listening to experts) has been the most difficult part of the sport’s evolution, but for Vlastik it has been easy to adapt to these changes. “I am a product of my life experiences, I like to change. I believe it stimulates new growth and direction. If I repeat things, chances are I may not improve, so I always make changes to try to get better.”

Vlastimil likes what is going on in Canadian swimming. “The resources available within the National Team program are tremendous, and I don’t think enough coaches use the information. Some of this knowledge is very cutting edge.” He has also learned wisely from his coaches. “Jim Fowlie was always looking for new ideas and Ken Olson took my thinking in an entirely different direction. I am still learning from Dave Johnson. Each time he comes out to our program I try to interact with him and learn new things.”

“Vlastik is the kind of coach who really makes you understand why you are doing something. You ask questions and he explains everything,” says Michelle. Rhiannon Leier agrees. “Vlastik has helped me technically this year, and my breaststroke has improved a lot because of that. I am much more efficient and swimming fast is much easier this year. My training has been more consistent as far as the times I turn out. I am able to race much faster when I am not tapered compared to how I used to be.”

Rhiannon Leier left Canada to attend the University of Miami because of the team, the coach, and the warm weather. She was looking for a change and Miami certainly had that. “I remember some people questioning my decision to go to Miami because it wasn’t a top 10 swimming school and all, but when I chose my school I wanted to go somewhere where I was really needed instead of just being one of the pack. I still feel that I made the right

decision after going through my four years of school there. I had a great time!”

Rhiannon swam with Vlastik the summer before her final year of university and she swam well, coming within a few tenths of making her carding. “I decided to continue swimming after graduation because of Vlastik. Before I went back for my senior year I sat down with him and told him that this would likely be my last year of swimming. He thought that was crazy considering I had almost made carding. I was unaware of carding up to this point and it really made me think.” Vlastik convinced her to come back after she graduated, and train to make the Olympic team. “I guess things worked out well,” says Rhiannon, and that is certainly an understatement. Vlastik was one of Rhiannon’s lone supporters. “Vlastik taught me to be more confident with my swimming. I feel that he was the only one who really believed that I could make the team and he helped me to believe that I could. If it wasn’t for him I probably wouldn’t have swam this year.”

Like her friend and teammate (Michelle, Rhiannon lived at home and worked part time (as a physiotherapy aide) in order to pay for her dream. “I have also received some help from Manitoba and the NSC.” Also like Michelle, Rhiannon is grateful for her friend’s presence. “It has been really nice having Michelle to train with. We both have been gearing towards the same goal all year and I think we are very competitive with each other so it causes us to swim faster. It is also nice that she is my age, because without her it would be really hard to be with just the younger kids on the team all the time.”

Another huge difference for Rhiannon’s improvement has been her mental state going into her races. “I used to focus on the outcome of the race instead of what it took to reach that goal. Now I focus completely on the process and my strategy in the race. I feel this really helps, especially when it comes to controlling my nerves before the swim.”

Vlastik believes there are also several physical traits that helped Rhiannon get where she is. “It was about three years ago that I could really see her potential. She has a lot of natural talent and speed, but she couldn’t swim a 200 or even finish a 100 really well.” Rhiannon has been doing a lot of work to focus on her leg strength as well as her endurance. “Rhiannon was technically weak, she had a very arm-dominant stroke and we worked hard to get her to swim with her legs. But she is a very fast learner and has an excellent work ethic. She enjoys work, and her family is very supportive of an athletic lifestyle.”

Rhiannon and Michelle may be rookies attending their first Olympic Games, but they are fortunate to swim with a coach who has been there before. “We will sit down before the Games and have a real discussion of what it is like in the Olympic Village and all that they can expect,” says Vlastik. “But it is important for them to approach this as just another race.”

Vlastik also looks forward to the future after these Olympics. “I would like to see them both swim for another four years. Although Rhiannon is younger, in terms of international experience they are both equally as young. Making it to the podium is not an unrealistic goal now, with so much money in the sport you can actually make a decent living out of it.”

Any chance we’ll see Vlastimil swimming again? “No comeback for me. I enjoy coaching too much, and the world has just gotten too fast!”



# MAKING WAVES®



**Brandon Grove, 15**

Club: Edson  
 Coach: Nick Templeman  
 Specialty: Breaststroke  
 9th ranked in LCM00 TAG for 200 breaststroke  
 Alberta AG Champion 100-200 breaststroke

Best Times	LCM99	LCM00
100 breaststroke	1:13.89	1:14.00
200 breaststroke	2:42.21	2:41.07



**Kim Labbett, 13**

Club: Oakville Aquatic Cluv  
 Coach: Lucie Hewitt  
 Specialty: Breaststroke  
 4th ranked LCM00 TAG in the 200 breaststroke  
 Ontario AGs 1st 200 breast, 2nd 100 breast

Best Times	LCM99	LCM00
100 breaststroke	1:25.36	1:16.15
200 breaststroke	3:01.20	2:42.06
400 ind.medley		5:30.08



**Craig Gillis, 17**

Club: Cascade Swim Club  
 Coach: Mark Hahto  
 Specialty: Backstroke  
 7th ranked for LCM00 TAG in the 200 back and  
 9th in the 100 backstroke

Best Times	LCM99	LCM00
100 backstroke	1:00.61	1:00.68
200 backstroke	2:10.85	2:08.88
200 butterfly	2:12.55	2:09.41
200 ind.medley	2:14.18	2:11.00



**Kate Kotlowski, 12**

Club: Pacific Sea Wolves  
 Coach: Brian Metcalf  
 Specialty: Free, back and fly  
 4th ranked in LCM00 TAG for 200 fly and 8th in  
 the 100 fly, 3rd at BC Champs for 200 fly.

Best Times	LCM99	LCM00
100 butterfly		1:11.17
200 butterfly	2:44.69	2:37.59
200 ind.medley		2:41.43
400 ind.medley		5:43.25



**Elizabeth Hendrick, 12**

Club: Nose Creek Swim Association  
 Coach: Davil Loyola  
 Specialty: Breaststroke  
 1st ranked for LCM00 TAG in the 100 and 200  
 breaststroke. Alberta provincial champion 2000.

Best Times	LCM00
100 breaststroke	1:17.19
200 breaststroke	2:47.26
200 ind.medley	2:43.74
400 ind.medley	5:41.53

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**Hanna Kubas, 14**

Club: Edmonton Keyano SC  
 Coach: Jack Ashton  
 Specialty: Backstroke  
 8th ranked for LCM00 TAG in the 100  
 backstroke

Best Times	LCM99	LCM00
50 freestyle		28.37
100 backstroke	1:09.76	1:07.85
200 backstroke	2:32.52	2:30.78

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