

> FIVE GOLDS FOR NEIL WALKER AT SC WORLDS

##  <br> rick SAY DETESS <br> $20(5)$ FIERECORD

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# TOP <br> Plan to take part in the 2000 TOP Program 

HOW TO TAKE PART
Submit names of swimmers with
their performances
on TOP ENTRY FORM
available on swimnews.com
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Second deadline: April 28, 2000
Third deadline: June 23, 1999

## April

10-14 Australian Age Group Champs, Perth
10-16 So. American Champs, Mar del Plata, ARG
May
6-7 Flanders Grand Prix, Brugges, BEL
12-14 Akropolis Meet, Athens, GRE Antwerp Grand Prix, BEL
13-14 Swedish Grand Prix 2, Uppsala, SWE
19-21 Belgian GP, Charlemi, BEL
20-27 Australian Olympic Trials, Sydney
22-22 Mare Nostrum 1, Monte Carlo, MON
21-24 Oceania Champs, Christchurch, NZ
25-25 Mare Nostrum 2, Barcelona, ESP
25-28 JR Champs, Chalon-sur-Saone, FRA
26-29 Speedo Super Final, Sheffield, GBR
31-6 Brazil Trophy, Rio de Janeiro, BRA
June
4.7 Swedish EUTrials, Jonkoping, SWE

3-9 South Pacific Games, Guam, GUM
15-18 German Championships, Berin, GER
16-18 Netherland Championships, NED
17-18 Golden Bear, Zagreb, CR0
17-18 Porto International, POR
21-24 Oceania Championships,
Christchurch, NZL
28-9 European Championships, Helinki, FIN
July
7-9 Darmstadt Intermational, GER
11-14 British Championships, Sheffield, GBR
15 Traversee Lac Leman, SUI
20-23 Swedish Nationals, Landskrona, SWE
22-23 Vittel Cup Finals, Millau, FRA
27-30 European Junior Championships, Dunquerque, FRA
28-31 British Olympic Trials, Sheffield, GBR
27.7 FINAWorld Masters, Munich, GER

August
3-6 National Champs, Vevey, SUI
4.6 National Champs, Belgium

6-9 Italian Championships, Asti, ITA
12-13 Balkan Games, Nicosia, CYP
17-23 Arab Toumament, Amman, JOR

## September

16-23 Olympic Games, Sydney, AUS
October
7-8 Bremen SCIntemational, GER
12-15 SCChamps, Melboume, AUS

## November

17-22 FINAWorld Open Water Champs, Ft. Lauderdale, USA

## December

14-17 European SCChampionships, Valencia, ESP

2001
July
17-29 FINAWorld 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 Afr-Asian Games, New Delhi, IND

2002
April
TBA FINAWorld SCChamps, Moscow, RUS
July
26-36 Commonwealth Games, Manchester, UK
August
25-30 Pan Pacific Champs, Yokohama, JPN

2006
March
15-26 Commonwealth Games, Melboume, AUS

## U.S. CALENDAR

## April

11-14 YMCASC Nationals, Ft.Lauderdale, FL
May
26-28 Cadillac 1, Ann Arbor, MI
June
15-18 Cadillac 2, Charlotte, NC
22-25 Cadillac 3, Santa Clara, CA
July
13-16 Cadillac 4, Los Angeles, CA
14-16 Cadillac 5, Long Island, NY
August
1-5 Speedo Junior Championships West, San Antonio, TX
Southeast, Gainesville, FL
Northeast, Oxford, OH
9-16 Olympic Trials, Indianapolis, IN

## November

18-18 FINAWorld Cup 1, College Park, MD
30-2 USOpen ( 25 M ), Aubum, AL
2001

## March

15-17 Women's NCAA, Long Island, NY
22-24 Men's NCAA, College Station, TX
27-3 World Champs Trials, Austin, TX
August
14-18 Summer Nationals

Record setting in March continued at a torrid pace; 24 world rRecords and 15 Canadian records indicate how faster swimming at all levels has become the norm. Moreandbettercompetitionsand the approaching Olympics are one reason.

Nikki Dryden writes on the Canadian SpeedoSpringNationals, heldearly in March long course. Rick Say broke a 10-year-old Canadian 200 freestyle record with a fantastic effort. Most otherswere in heavytraining andswam through the meet.

The fifth FINA Short Course World Championshipsfollowed in Athens and that's where 15 world records tumbled during the fours days of competition. Neil Walker (USA) was the star of the meet with fivegolds and two silvers. His mastery of theunderwaterkickin backstroke obliterated the existing records. He also posted impressive times for the 100freeand 100I.M. LennyKrayzleburg, who re-wrote the backstroke records during the past year, injured histoe on the touch pad in Athens and scratched from the 100 and 200 backs. The point is that nothing is certain- expect the unexpected.

For thefirst time the NCAAChampionshipswentmetric. Thewomen'smeet coincidedwithAthensand thecomparisonswereinteresting.Two worldrecords fell. A week later the men's championships was even faster with seven world records. Ed Moses obliterated the breaststroke records from Athens.

Early March is traditionally the period for provincial championships, so amidst all the international excitement the Canadian program displayed its fastest times for the Winter season and extra timewasneeded to processall this information. TAG is pretty well up-to-date, with minor excentions due to somemissing events. Wehaverequested same. Next issue will have the 50 top performances for 25 m pools.

Tara Sloan had a car accident the week before Spring Nationals and was in a coma on lifesupportfor a week. She never regained consciousnessand died. Her obituary by Nikki Dryden describes her life and accomplishments and the loss we all feel.

## SPEEDO SPRING NATIONALS

## 2000 SPEEDO SPRING NATIONALS Etobicoke, Mar 8-11 (50 m pool) <br> MEN <br> 50 METRES FREESTYLE <br> 23.38 Yannick Lupien,20,UL 23.41 Craig Hutchison,24,PCSC 23.66 Kevin Johns,20,PDSA 23.70 Matthew Rose,18,TRENT <br> 23.79 Sylvain Pelletier,18,UL 23.90 Robbie Taylor,18,COBRA-TO 23.93 Nicholas O'Hare,27,IRL 24.13 Jason Middlleton,23,UNB Semi-final <br> 23.47 Yannick Lupien,20,UL 23.55 Craig Hutchison,24,PCSC 23.79 Sylvain Pelletier,18,UL 23.90 Matthew Rose,18,TRENT 23.92 Kevin Johns,20, PDSA <br> 24.05 Robbie Taylor,18,COBRA-TO <br> 24.05 Nicholas O'Hare,27,IRL 24.05 Jason Middleton,23,UNB <br> 24.09 Miki Martinovic,19,UCSC <br> 24.11 Ryan Laurin,24,IS <br> 11) 24.13 Mark Shivers, 19, ROW <br> 12) 24.16 Eienne Caron,25,UCSC <br> 13) 24.18 Jean-P. Gowdy,22,UCSC <br> 24.24 Dominic Besner,25,PPO <br> 24.43 Yannick Demers,21,CAMO

## 100 METRES FREESTYLE

50.58 Yannick Lupien,20,UL 51.13 Craig Hutchison,24,PCSC 51.69 Rick Say,20,IS
51.98 Brian Johns,17,RAPID
52.08 Kevin Johns,20,PDSA 52.39 Garret Pulle,22,UCSC 52.47 Robbie Taylor,18,COBRA-TO 52.75 Michael Mintenko,24,PDSA Semi-final
51.02 Yannick Lupien,20,UL 51.13 Craig Hutchison,24,PCSC

### 51.68 Rick Say,20,IS

51.68 Garret Pulle,22,UCSC
51.75 Kevin Johns,20,PDSA
51.89 Michael Mintenko,24,PDSA 51.96 Brian Johns, 17,RAPID 52.06 Robbie Taylor,18,COBRA-TO 52.08 Josh Ballem,22,UCSC
10) 52.30 Kyle Smerdon,20,TO
11) 52.31 Mark Johnston,20,PDSA
12) 52.42 Jake Steele,20,PDSA
13) 52.44 Jean-P. Gowdy,22,UCSC
14) 52.62 Ryan Laurin,24,IS
15) 52.73 Justin Tisdall,18,PDSA
52.90 Nicholas O'Hare,27,IRL

## 200 METRES FREESTYLE

1) $1: 48.86$ Rick Say,20,IS
2) $1: 50.74$ Brian Johns, 17,RAPID
3) 1:51.97 Mark Johnston,20,PDSA
4) $1: 54.69$ Ryan Keesey,20,IS
5) $1: 54.70$ Scott Flood,22,UCSC
6) $1: 55.05$ Tim Johnson, 18,WAC

1:55.24 Etienne Caron,25,UCSC
1:55.68 Craig Hutchison,24,PCSC

## B final

1:54.79 Justin Tisdall,18,PDSA
2) $1: 55.13$ lan Young,22,BROCK
3) $1: 55.16$ Brian Edey,20,EKSC-SE
4) 1:55.17 Andrew Coupland,16,GO
5) 1:55.22 Sebastien Paddington,24,CAMO
6) $1: 55.34$ Frederic Savo,20,CAMO
7) 1:55.74 Chris Hibberd,21,UCSC

1:57.35 Kyle Smerdon,20,TO
400 METRES FREESTYLE

1) $3: 51.63$ Rick Say,20,IS
2) $3: 57.58$ Andrew Hurd, 17,MSSAC-TO
3) $3: 57.73$ Brian Johns, 17,RAPID
4) 3:59.07 Mark Johnston, 20, PDSA
5) 4:01.00 Douglas Browne,21,ROW

4:01.33 Ryan Keesey,20,IS
4:04.57 Sylvain Lemieux, 19,PPO
8) $4: 05.85$ Chuck Sayao, 17, MSSAC-TO

B Final

1) $4: 04.64$ Joe Melton,20,UCSC
2) 4:05.00 Tim Peterson,21,PDSA
3) 

4:05.32 Frederic Savo,20,CAMO 4:05.48 Scott Flood,22,UCSC 4:05.67 Justin Hardiman,20,IS 4:06.08 Tim Cowan,22,UCSC 4:07.15 Mathew Swanton,18,ESWIM 4:10.13 Andrew Coupland,16,GO

## 500 METRES FREESTYLE

15:39.89 Andrew Hurd, 17,MSSAC-TO 16:00.53 Tim Peterson,21,PDSA 16:01.33 Joe Melton,20,UCSC 16:04.65 Justin Barber, 15,USA 16:07.33 Tim Cowan,22,UCSC 16:10.93 Mark Johnston,20,PDSA 16:11.34 Brent O'Connor,16,PDSA 16:13.23 Ryan Keesey,20,IS

## 50 METRES BACKSTROKE

26.49 Mark Versfeld,23,PDSA 26.59 Chris Renaud,23,UCSC 26.71 Alexandre Pichette,23,CAMO 26.73 Sean Sepulis,22,ROW 26.76 Chris Sawbridge,19,NRST 26.87 Bob Hayes,23,TO 27.48 Dustin Hersec,24,UBC 27.61 Sandy Henderson,20,OAK-TO Semi-fina
26.71 Mark Versfeld,23,PDSA 26.86 Sean Sepulis,22,ROW 26.93 Alexandre Pichette,23,CAMO 26.93 Chris Sawbridge,19,NRST 26.96 Chris Renaud,23,UCSC 26.96 Bob Hayes,23,TO 27.51 Dustin Hersec,24,UBC 27.51 Sandy Henderson,20,OAK-TO 27.57 Kelly Albrecht,19,MANTA 27.68 Matthew Rose,18,TRENT 27.70 Stephen Preston,18,UL
27.73 Stefano Caprara, 16,VAC 27.73 Thomas Kindler,19,PPO 27.73 Gordon McKay, 19,EKSC-SE 27.95 Doug McCarthy,18,GO

## METRES BACKSTROKE

57.08 Mark Versfeld,23,PDSA 57.41 Chris Renaud,23,UCSC 57.57 Sean Sepulis,22,ROW 57.62 Chris Sawbridge,19,NRST 58.06 Dustin Hersee,24,PDSA 58.36 Stephen Preston,18,UL 58.50 Kelly Albrecht, 19,MANTA 59.29 Greg Hamm,23,PDSA Semi fina
57.07 Chris Renaud,23,UCSC
57.20 Chris Sawbridge,19,NRST
57.68 Sean Sepulis,22,ROW
57.84 Mark Versfeld,23,PDSA
58.23 Dustin Hersee,24,PDSA
58.47 Stephen Preston,18,UL 58.54 Kelly Albrecht,19,MANTA 58.56 Greg Hamm,23,PDSA 58.60 Bob Hayes,23,TO 58.75 Gordon McKay,19,EKSC-SE 58.78 Alexandre Pichette,23,CAMO 58.93 Curtis Myden,26,UCSC 59.18 Francois Castonguay,17,PPO 59.43 Gavin Carscallen,21,UNATT 59.82 George Bovell,16,PPO 59.92 Jonathan Fowler,22,UCSC 200 METRES BACKSTROKE

2:02.85 Mark Versfeld,23,PDSA 2:03.72 Greg Hamm,23,PDSA 2:04.50 Curtis Myden,26,UCSC 2:04.87 Dustin Hersee,,24,PDSA 2:05.54 Kelly Albrecht,19,MANTA 2:06.08 Tobias Oriwol,14,ESWIM 2:06.16 Owen MacGregor,21,TO 2:06.41 Sean Sepulis,22,ROW Final

2:05.05 Chuck Sayao,17,MSSAC-TO
2:06.47 Jonathan Schjott,18,GO
2:06.64 Francois Castonguay, 17,PPO 2:07.15 Jonathan Fowler,22,UCSC 2:07.67 Gordon McKay, 19,EKSC-SE 2:07.73 Michael Power,19,UCSC 2:10.37 Stephen Preston,18,UL 2:12.23 Adam Peacey,23,UCSC
29.15 Morgan Knabe,18,UCSC 29.34 Trevor Brekke,22,UCSC 29.55 Brad Mori,22,UOFL 29.57 Chad Thomsen,17,EKSC-SE 29.63 Jason Hunter,20,NRST 29.67 Michel Boulianne,21,CAMO 29.69 Jason Middleton,23,UNB 29.76 Travis Leyenhorst,21,PDSA Semi-final
28.90 Morgan Knabe,18,UCSC
29.33 Trevor Brekke,22,UCSC
29.50 Jason Hunter,20,NRST
29.55 Chad Thomsen, 17,EKSC-SE
29.65 Jason Middleton,23,UNB
29.74 Brad Mori,22,UOFL
29.80 Travis Leyenhorst,21,PDSA
29.81 Michel Boulianne,21,CAMO
29.87 Chris Stewart,22,EAST
29.92 John Stamhuis,21,IS
30.01 Guillaume Fillion,20,CNCB
30.06 Matthew Huang,15,PDSA
30.18 Roger Boucher,19,PASS
30.32 Bryson Tan,21,UNATT
30.51 Greg Steinberg,22,ROW
32.45 Nicolas Jorgensen,19,PCSC

100 METRES BREASTSTROKE

1) $1: 03.72$ Morgan Knabe,18, UCSC

1:04.00 John Stamhuis,21,IS
1:04.27 Chad Thomsen,17,EKSC-SE
1:04.28 Jason Hunter,20,NRST
1:04.58 Michel Boulianne,21,CAMO
1:05.00 Matthew Huang,15,PDSA
1:05.14 Brad Mori,22,UOFL
8) 1:05.47 Trevor Brekke,22,UCSC Semi-final

1) 1:03.73 Morgan Knabe, 18,UCSC
2) 1:03.85 Jason Hunter,20,NRST
3) $1: 03.88$ John Stamhuis,21,IS

1:04.19 Michel Boulianne,21,CAMO
1:04.26 Chad Thomsen,17,EKSC-SE
1:04.79 Matthew Huang,15,PDSA
1:05.32 Brad Mori,22,UOFL
8) 1:05.58 Trevor Brekke,22,UCSC
9) 1:05.64 Chris Stewart,22,EAST
10) $1: 06.13$ David Montpetit, 17, PPO
11) $1: 06.18$ Joe Melton,20,UCSC
12) 1:06.36 Travis Leyenhorst,21,PDSA
13) $1: 06.38$ John Bartlet,18,NEW
14) $1: 06.69$ Bryson Tan,21,UNATT
15) 1:06.84 David Schulze,20, UNATT
disq Greg Steinberg,24,ROW

## 200 METRES BREASTSTROKE

2:17.53 John Stamhuis,21,IS
2:18.08 Morgan Knabe,18,UCSC
2:18.71 Adam Taschereau-C.,18,SHER
2:18.74 Michel Boulianne,21,CAMO
2:19.29 Jason Hunter,20,NRST
2:21.10 Keith Beavers, 17,STARS
2:२2.26 Chad Thomsen,17,EKSC-SE
8) 2:27.02 Adam Peacey,23,UCSC

## Final

1) $2: 22.47$ John Bartlet, 18 ,NEW
2) $2: 22.83$ Matthew Huang,15,PDSA

2:25.25 Michael Brown,15,PERTH
2:25.41 David Schulze,20,UNATT
2:25.90 Nicolas Jorgensen,19,PCSC
2:26.71 Chris Elliott,22,UNATT
2:26.85 Chris Nelson,20,0SC-SE
8) 2:27.67 Cameron Charlton,18,TAT

## 50 METRES BUTTERFLY

24.38 Takashi Yamamoto,21,ROW
24.40 Michael Mintenko,24,PDSA
24.85 Garret Pulle,22,UCSC
24.90 Gavin Carscallen,21,UNATT
25.01 Adam Sioui,17,TD
25.03 Collin Sood,26,UCSC
25.05 Shamek Pietucha,23,UCSC
25.65 Ryan Kelly,23,PDSA

Semi-final

1) 24.86 Michael Mintenko,24,PDSA
2) 24.91 Takashi Yamamoto,21,ROW
3) 25.01 Garret Pulle,22,UCSC
4) 25.03 Gavin Carscallen,21,UNATT
25.17 Collin Sood,26,UCSC
25.23 Adam Sioui, 17,TD 25.39 Ryan Kelly,23,PDSA 25.40 Shamek Pietucha,23,UCSC 25.42 lain Tennent,26,UNB 25.46 Josh Ballem,22,UCSC 25.53 Charles-E. Goyette,19,SAMAK 25.61 Sylvain Pelletier,18,UL 25.68 Alexandre Pichette,23,CAMO 25.73 Doug Wake,23,PDSA 25.82 Miki Martinovic,19,UCSC 25.84 Yannick Demers,21,CAMO

## 0 METRES BUTTERFLY

53.18 Takashi Yamamoto,21,ROW 53.59 Michael Mintenko,24,PDSA 53.84 Shamek Pietucha,23,UCSC
54.88 Adam Sioui,17,TD
55.23 Garret Pulle,22,UCSC 55.87 Josh Ballem,22,UCSC 55.95 Doug Wake,23,PDSA 57.21 Yannick Demers,21,CAMO

## emi-final

53.52 Takashi Yamamoto,21,ROW
53.76 Michael Mintenko,24,PDSA
54.19 Shamek Pietucha,23,UCSC
55.11 Garret Pulle,22,UCSC
55.64 Adam Sioui,17,TD
55.66 Josh Ballem,22,UCSC
55.69 Yannick Demers,21,CAMO
55.71 Doug Wake,23,PDSA
55.82 Douglas Browne, 21, ROW
56.04 Ryan Kelly,23,PDSA
56.22 Collin Sood,26,UCSC
2) 56.28 Charles-E. Goyette,19,SAMAK
56.37 Bo Simpson,23,UCSC
56.42 Jesse Jacks,17,IS
56.70 Jean-F. Langlais,20,UL
56.88 Serge Blais,24,CAMO

## 200 METRES BUTTERFLY

1:58.09 Takashi Yamamoto,21,ROW
1:59.88 Shamek Pietucha,23,UCSC
2:02.91 Adam Sioui,17,TD
2:03.03 Douglas Browne,21,ROW
2:04.03 Sylvain Lemieux,19,PPO
2:05.37 Sebastien Poulin,20,CAMO
2:06.22 Doug Wake,23,PDSA
8) 2:07.70 Bo Simpson,23,UCSC

B final

1) 2:06.28 Jan Pelechytik, 19,EKSC-SE
2) 2:06.30 Jesse Jacks, $17,1 \mathrm{~S}$
3) 2:06.90 Andrew Dragunas, 18,PCSC

2:06.95 David Rose,18,ROW
2:07.14 Brent O'Connor,16,PDSA
6) $2: 07.67$ Jonathan Schjott,18,GO
7) 2:07.67 Serge Blais,24,CAMO

2:09.20 Niels Versfeld,18,UCSC

## 200 METRES IND.MEDLEY

2:04.19 Curtis Myden,26,UCSC
2:06.42 Adam Peacey,23,UCSC
2:07.15 Chuck Sayao, 17,MSSAC-TO
2:07.32 Brian Johns,17,RAPID
2:07.41 David Allard,20,CAMO
2:07.44 Sylvain Lemieux,19,PPO
2:07.65 Keith Beavers, 17,STARS
8) 2:08.09 David Rose,18,ROW

B Final

1) $2: 05.89$ George Bovell, $16, \mathrm{PPO}$
2) 2:09.00 Scott Flood,22,UCSC
3) 2:09.65 Tobias Oriwol,14,ESWIM
4) 2:09.78 Shawn Van Hoof,22,PDSA
5) 2:10.46 Garth Coxford, 19,UCSC
6) 2:11.30 Matthew Wilson,22,IS
7) 2:12.42 Francois Castonguay, 17,PPO

## 400 METRES IND.MEDLEY

1) $4: 21.92$ Owen Von Richter,24,ESWIM
2) $4: 24.56$ Curtis Myden,26,UCSC
3) $4: 25.42$ Chuck Sayao,17,MSSAC-TO
4) 4:26.44 Adam Peacey,23,UCSC
5) $4: 28.38$ Sylvain Lemieux, 19,PPO
6) $4: 28.96$ Keith Beavers, 17, STARS
7) $4: 29.10$ Joe Melton,20,UCSC
8) $4: 32.18$ David Rose,18,ROW

B Final

1) $4: 32.29$ George Bovell, 16,PPO
2) 4:32.36 Shawn Van Hoof,22,PDSA
3) $4: 34.32$ Garth Coxford, 19,UCSC
4) $4: 34.50$ Owen MacGregor,21,TO
5) $4: 37.16$ David MacDonald,19,IS
6) 4:39.60 Sebastien Poulin,20,CAMO
7) 4:42.54 Steven Medaglia, 15,GO
disa Alex Boulanger, 18,CAMO
4X100 MEDLEY RELAY
8) 3:44.88 Calgary Swimming B,UCSC

3:46.73 Pacific Dolphins,PDSA
3:48.43 Region of Waterloo,ROW
3:51.20 Calgary Swimming,UCSC
3:52.30 Island Swimming,IS
3:53.13 Calgary Swimming C,UCSC
3:54.03 Pacific Dolphins B,PDSA
8) 3:56.29 Pacific Dolphins C,PDSA

## 4X100 FREE RELAY

1) 3:25.19 Pacific Dolphins,PDSA

3:27.88 Calgary Swimming B,UCSC
3:28.23 Univ.Laval Rouge \& Or,UL
3:28.75 Pisc.Olym Montreal,PPO
3:29.52 Island Swimming,IS
3:30.31 Toronto All Stars,TO
3:32.49 Calgary Swimming,UCSC
8) 3:33.31 Montreal Aquatique,CAMO

## 4X200 FREE RELAY

7:31.53 Pacific Dolphins,PDSA
7:38.76 Calgary Swimming,UCSC
7:38.78 Island Swimming,IS
7:45.02 Montread Aquatique,CAMO
7:45.47 Toronto All Stars,TO
-
1:05.97 Andrea Finlay, 19,ESWIM
3) $1: 06.09$ Melanie Frigon, 17,BBF
4) $1: 06.21$ Michelle Cruz,19,ROW
5) 1:06.24 Genevieve Gregoire,18,PCSC 16) 1:07.02 Dominique Kennedy,18,ROW 200 METRES BACKSTROKE

2:15.69 Jennifer Fratesi, $15, \mathrm{ROW}$
2:15.80 Kelly Stefanyshyn,17,PDSA
2:17.67 Michelle Lischinsky,24,MANTA
2:17.95 Eizabeth Warden,22,T0
2:18.86 Nikki Dryden,24,UCSC
2:19.33 Joanne Malar,24,UCSC
2:20.49 Melanie Frigon,17,BBF 2:21.56 JuliaWright,18,UCSC

2:19.38 Bizabeth Wycliffe,16,EBSC
2:21.68 Ein Gammel, 19,KCS
2:21.84 Dominique Kennedy, 18,ROW
2:23.38 Lynette Bayliss,14,UCSC
2:23.63 Melania Bussiere,27,CNB
2:24.20 Sasha Taylor,17,PERTH
2:24.46 Andrea Szewchuk, 16,ESWIM 2:24.89 Shauna McNally,18,EKSC-SE
50 METRES BREASTSTROKE
32.89 Rhiannon Leier,22,MANTA
33.24 Lisa Blackburn,28,NKB
33.31 Lauren van Oosten,21,UCSC
33.40 Tamara Wagner,14,TORCH
33.56 Christin Petelski,22,IS
33.79 Courtenay Chuy, 14,HYACK 34.09 Trisha Lakatos,17,PCSC 34.32 Christy Anderson,17,STARS Semi-fina
33.26 Lisa Blackburn,28,NKB
33.46 Rhiannon Leier,22,MANTA 33.66 Christin Petelski,22,IS 33.67 Lauren van Oosten,21,UCSC 33.68 Tamara Wagner, 14, TORCH
33.97 Courtenay Chuy, 14,HYACK
33.98 Trisha Lakatos,17,PCSC
34.37 Christy Anderson,17,STARS 34.45 Julie Tardif,22,CAMO 34.62 Joanna Lee,15,MSSAC-TO 34.64 Josee Dubois,22,IS 34.66 Marcy Edgecumbe,16,EKSC 34.81 Michelle Laprade,18,CAG 34.85 Jessica Sloan,17,UCSC 34.86 Marie-C. Guilbert,17,BBF 35.04 Ariane Kich,16,GMAC

## 100 METRES BREASTSTROK

1:11.48 Christin Petelski,22,
1:11.57 Lauren van Oosten,21,UCSC
1:11.65 Rhiannon Leier,22,MANTA
1:11.91 Lisa Blackburn,28,NKB
1:13.23 Courtenay Chuy, 14,HYACK 1:13.45 Annamay Pierse,16,EKSC-SE
1:13.70 Christy Anderson, 17,STARS
1:14.72 Tamara Wagner,14,TORCH Semi-final

1:11.32 Rhiannon Leier,22,MANTA
1:11.95 Christin Petelski,22,IS
1:12.18 Courtenay Chuy, 14,HYACK
1:12.24 LisaBlackburn,28,NKB
1:13.10 Lauren van Oosten,21,UCSC
1:13.85 Annamay Pierse, 16,EKSC-SE
7) 113.93 Chist Andeson, 17, TTARS 1:14.00 Tamara Wagner,14,TORCH
9) 1:14.38 Marcy Edgecumbe,16,EKSO
10) 1:14.56 Josee Dubois,22.IS
11) 1:14.69 Trisha Lakatos, 17, PCSC
12) $1: 14.74$ Eizabeth Warden,22,TO
13) 1:14.80 Marieve De Blois,16,PPO
14) $1: 15.38$ Emma Spooner,17,NCSA

1:15.90 Victoria Arrandale,20,IS
1:15.94 Michelle Poirier,17,RDCSO 200 METRES BREASTSTROKE

2:31.14 Courtenay Chuy,14,HYACK
2:32.90 Christin Petelski,22,IS
2:35.00 Lauren van Oosten,21,UCSC
2:36.02 Rhiannon Leier,22,MANTA
2:36.61 Joanne Malar,24,UCSC
2:37.00 Eizabeth Warden,22,TO 2:37.07 Josee Dubois,22,IS 2:37.79 Lisa Blackburn,28,NKB Bfinal

2:36.61 Annamay Pierse,16,EKSC-SE
2:38.94 Kristy Cameron,18,GMAC 2:39.06 Marieve De Blois,16,PPO 2:39.82 Christy Anderson,17,STARS 2:41.36 Kristin Keery,22,UNAT 2:41.58 Trisha Lakatos,17,PCSO 2:42.93 Kelly Doody,20,PDSA 2:44.12 Joanna Lee, 15,MSSAC-TO 50 METRES BUTTERFLY
27.93 Shona Kitson,22,OSC-SE
28.26 Marylyn Chiang,22,ESWIM 28.47 Michaela Schmidt,16,CASC 28.48 Karine Chevrier,22,CAMO 28.49 Jennifer Button,22,ROW 28.76 Andrea Schwartz,22,UCSO 28.91 Bizabeth Collins,17,ROD 28.96 Jessica Deglau, 19,PDSA Semi- innal
8.16 Marylyn Chiang,22,ESWIM
28.17 Shona Kitson,22,0SC-SE
28.65 Karine Chevrier,22,CAMO
28.66 Jennifer Button,22,ROW
28.68 Bizabeth Collins, 17,ROD
28.76 Jessica Deglau, 19,PDSA
28.78 Michaela Schmidt,16,CASC
28.89 Andrea Schwartz,22,UCSC
28.90 Audrey Lacroix, 16,CAMO
29.15 Cynthia Pearce,16,MSSAC-TO
29.18 Jessie Bradshaw, 15,UCSO
29.21 Marie-H. Tremblay,21,UL
29.34 Jennifer Manley, 19,LAC
14) 29.39 Amanda Gillespie, 15, PERTH
5) 29.55 SaraAlroubaie,18,MANTA
29.57 Jennifer Carroll,18,CAMO

## 100 METRES BUTTERFLY

1) 1:01.25 Jennifer Button,22,ROW
2) 1:01.40 Audrey Lacroix, 16,CAMO
3) $1: 02.51$ Shona Kitson,22,OSC-SE
4) 1:02.56 Jessica Deglau,19,PDSA
5) 1:02.62 Karine Chevrier,22,CAMO
6) 1:02.62 Andrea Schwartz,22,UCSC

1:03.01 Michaela Schmidt,16,CASC 8) 1:04.46 Nancy Gajos,15,ESWIM Semi-final

1) 1:01.61 Jennifer Button,22,ROW

## RECORD SETIERS

## CANADIAN SENIOR (50 M)

Men's 200 freestyle: 1:48.86 Rick Say, IS, Etobicoke, Mar 8
Betters old record of 1:49.71 Turlough O'Hare, PDSA, 1991
Men's 50 butterfly:24.40 Michael Mintenko, PDSA, Etobicoke,Mar 11. Betters old record of 24.65 Stephen Clarke, COBRA, 1996.

## NATIONAL AGE GROUP (50 M)

Boys 13-14 100 backstroke:58.92 Tobias Oriwol, ESWIM, Etobicoke, Mar 10 (swim-off for 17th place). Betters old record of 59.95 David Whang, ESWIM, 1998.
Boys 13-14200 backstroke:2:05.62 Tobias Oriwol, ESWIM, Etobicoke, Mar 9. Betters old record of 2:09.08 Tobias Oriwol, ESWIM, 1999
Boys 13-14200 ind.medley:2:09.65 Tobias Oriwol, ESWIM, Etobicoke, Mar 11. Betters old record of 2:10.82 Philip Weiss, SKSC, 1994.

1:02.22 Michaela Schnidt 16,CASC
4) $1: 02.33$ Jessica Deglau, 19, PDSA
5) 1:02.39 Shona Kitson,22,OSC-SE

1:02.42 Andrea Schwartz,22,UCSC
1:03.22 Karine Chevrier,22,CAMO
1:04.02 Nancy Gajos,15,ESWIM
1:04.06 SaraAlroubaie,18,MANTA
1:04.18 Bizabeth Col lins,17,ROD
11) $1: 04.38$ Kelly Stefanyshynn,17,PDSA
12) $1: 04.47$ Cynthia Pearce, 16, MSSAC-TO
13) 1:04.49 Julie Unrau,17,PDSA

1:04.76 Melissa Laflamme,17,UL
15) $1: 04.93$ Sophie Emond, 21, STARS

## 200 METRES BUTTERFL

2:11.95 Jennifer Button,22,ROW
2:12.34 Jessica Deglau, 19,PDSA
2:14.35 Andrea Schwartz,22,UCSC
2:15.48 Audrey Lacroix,16,CAMO
2:17.10 Michaela Schmidt,16,CASC
2:17.18 Julie Gravelle,20,TO
2:19.19 Tanya Hunks,19,BRANT 2:19.68 Kellie Rolston,19,IS Bfinal

2:18.71 Kristy MacLennan,17,ESWIM
2:18.91 SaraAlroubaie,18,MANTA
2:19.92 Shona Kitson,22,OSC-SE
2:20.14 Sophie Emond,21,STARS
2:20.30 Julie Unrau, 17,PDSA
2:20.65 Karine Chevrier,22,CAMO
2:21.03 Melissa Laflamme,17,UL
8) $2: 22.10$ Nancy Gajos, 15, ESWIM

200 METRES IND.MEDLEY
2:17.37 Joanne Mala,24,UCSC
2:17.71 Marianne Limpert,27,PDSA
2:19.06 Bizabeth Warden,22,TO
4) 2:19.09 Carrie Burgoyne,18,UCSC

2:20.06 Kelly Doody,20,PDSA
2:21.52 Kristy Cameron,18,GMAC
2:22.64 Marieve De Blois,16,PPO
8) $2: 23.75$ Kristen Bradley, 16, NEW

Bfinal

1) $2: 21.58$ Andree-Ann Leroy, 18, NRST
2) $2: 23.01$ Michelle Landry,15,PDSA 2:23.76 Jenna Gresdal, 15,ESWIM 2:24.23 Michelle Poirier, 17,RDCSC 2:25.26 TaraSchulz,20,PCSC 2:25.35 Melissa Laflamme,17,UL 2:26.04 Dena Durand,19,BROCK 2:29.27 ShaunaMcNally,18,EKSC-SE 400 METRES IND.MEDLEY

4:45.90 Joanne Malar,24,UCSC 4:48.62 Carie Burgoyne,18,UCSC 4:51.88 Eizabeth Warden,22,TO 4:54.36 Kelly Doody,20,PDSA
4:57.10 Kristen Bradley, 16,NEN 4:57.60 Lauren Costell a, 15,USA 7) 5:03.99 Lauren van Oosten,21,UCSC disq Tanya Hunks,19,BRANT

## Bfinal

4:59.34 Lindsay Beavers, 18,STARS
5:00.85 Kristy Cameron,18,GMAC
5:02.18 Allison Laidlow,15,PDSA
5:02.66 Michelle Landry,15,PDSA
5:02.66 Andree-Ann Leroy, 18,NRST
5:04.28 Dena Durand, 19,BROCK
5:06.98 Chanell Charon-W.,15,CAG 8) 5:14.12 Kathy Siuda, 14,ROW

## 4X100 MEDLEY RELAY

4:17.25 Calgary Swimming,UCSC
4:20.06 Pacific Dolphins,PDSA
4:20.23 Manta Swim Club,MANTA
4) 4:21.30 Etobicoke Swimming,ESWIM

4:23.50 Montreal Aquatique,CAMO
4:25.58 Island Swimming,IS
7) 4:25.78 Pacific Dolphins B,PDSA 8) 4:28.72 Toronto All Stars,TO

## 4X100 FREE RELAY

1) 3:46.84 Region of Waterloo,ROW
2) 3:50.35 Paciic Dolphins,PDSA
3) 3:52.94 Calgary Swimming,UCSC
4) 3:53.65 Etobicoke Swimming,ESWIM

3:56.70 Pacific Dolphins B,PDSA
6) 3:57.24 Montreal Aquatique,CAMO
7) 4:00.53 Region of Waterloo B,ROW 8) 4:01.95 Calgary Swimming B,UCSC 4X200 FREE RELAY

1) 8:14.27 Pacific Dolphins,PDSA
2) $8: 14.58$ Region of Waterloo,ROW

8:21.80 Calgary Swimming,UCSC
4:25.50 Pacific Dolphins B,PDSA
5) $8: 28.87$ Island Swimming,IS
6) 8:36.33 Montreal Aquatique,CAMO
7) 8:36.65 Toronto All Stars,TO
8) 8:38.65 Univ.Laval Rouge \& Or,UL

## COMBINED TEAM SCORES

1468.0 University of Calgary SC, UCSC
1218.5 Paciic Dolphins SA, PDSA 801.5 Region of Waterloo, ROW 584.5 Island Swimming, IS 434.0 Toronto All Stars, TO 360.5 Aquatique de Montreal, CAMO 252.5 Etobicoke Swimming, ESWIM 228.0 Universite Laval, UL
218.0 Manta Swim Club, MANTA
10) 194.0 Swim Edmonton, SE

## 5TH FINA SHORT COURSE WORLD CHAMPIONSHIPS

2000 FINA WORLD CHAMPIONSHIPS Ahnen
50 METRES FREESTYLE
21.58 Mark Foster,70,GBR
21.62 Brendon Dedekind,76,RSA
21.80 Stefan Nystrand,81,SWE
21.82 Brett Hawke,75,AUS
21.96 Ricardo Busquets,75,PUR
22.21 Sabir Muhammad,76,USA
22.27 Darren Lange,73,AUS
22.33 Bill Pilczuk,71,USA

Semi finas
21.43 Mark Foster,70,GBR
21.86 Stefan Nystrand,81,SWE
21.91 Brett Hawke,75,AUS
21.95 Ricardo Busquets,75,PUR
22.10 Sabir Muhammad, 76,USA
22.14 Bill Pilczuk,71,USA
22.20 Daren Lange, 73, AUS
22.21 Brendon Dedekind,76,RSA
22.25 Christoph Buhler,74,SUI
22.27 Salim Iles,75,ALG
22.30 Peter Mankoc,78,SLO
22.31 Marcos Hernandez,78,CUB
22.32 Dimitri Kalinovski,72,BLR
22.35 Jose M. Meolans,78,ARG
22.56 Yoav Bruck,72,ISR
22.65 Marijan Kanjer,73,CRO 100 METRES FREESTYLE
46.80 Lars Frolander 74, SWE
47.73 Stefan Nystrand,81,SWE
47.82 Scott Tucker,75,USA
48.36 Salim Iles,75,ALG
48.38 Jose M. Meolans,78,ARG
48.57 Denis Pimankov,75,RUS
48.59 Ashley Callus,79,AUS
48.85 Igor Koleda,78,BLR

Semi-finals
46.75 Lars Frolander,74,SWE
47.69 Stefan Nystrand,81,SWE
47.97 Scott Tucker,75,USA
48.10 Ashley Callus,79,AUS
48.32 Salim |les,75,ALG
48.72 Igor Koleda,78,BLR
48.73 Jose M. Meolans,78,ARG
48.82 Denis Pimankov,75,RUS
48.91 Karel Novy,80,SUI
49.04 Paul Belk,77,GBR
49.20 Lorenzo Vismara,75,ITA
49.22 Yoav Bruck,72,ISR
49.76 Francisco Sanchez76,VEN
49.78 Mauro Gallo,79,ITA
50.39 Brendon Dedekind,76,RSA
disq Mitja Zastrow,77,GER
200 METRES FREESTYLE

1) 1:45.17 Bela Szabados,74,HUN

1:45.63 Massi Rosolino,78,ITA
1:45.79 Chad Carvin,74,USA
1:45.89 Andrei Kapralov,80,RUS
1:46.29 James Salter,76,GBR 1:46.74 Stefan Herbst,78,GER 1:47.58 Dimitri Chernyshev,75,RUS 1:49.79 lgor Koleda,78,BLR
400 METRES FREESTYLE
3:41.13 Chad Carvin,74,USA 3:42.70 Paul Palmer,74,GBR 3:43.68 Massi Rosolino,78,ITA 3:45.02 James Salter,76,GBR 3:45.21 Jacob Carstensen,78,DEN 3:46.17 Jorg Hoffmann,70,GER 3:46.50 Alexe Filipets,78,RUS 3:47.09 Bela Szabados,74,HUN

## 0 METRES FREESTYLE

14:47.57 Jorg Hoffmann,70,GER
14:48.20 Igor Chervynskiy,81,UKR
14:51.23 Chad Cavin,74,USA
14:54.95 Alexei Kovigin,81,RUS
14:55.44 Alexei Filipets,78,RUS
14:56.56 Andrea Righi,79,1TA
15:00.53 Igor Snitko,78,UKR
15:04.07 Adam Faulkner,81,GBR
50 METRES BACKSTROKE
23.99 Neil Walker,76,USA
24.24 Lenny Krayzelburg,75,USA
24.32 Rodolfo Falcon,72,CUB
24.67 Mariusz Siembida, 75, POL 24.67 Sebastian Halgasch,80,GER 24.67 Neil Willey,76,GBR
25.07 Miro Zeravica,72,CRO

25.10 Ante Maskovic,79,CRO Semi-finals
23.42 Neil Walker 76, USA
24.21 Lenny Krayzelburg,75,USA 24.53 Rodolfo Falcon,72,CUB 24.64 Neil Willey,76,GBR 24.72 Sebastian Halgasch,80,GER 24.74 Miro Zeravica,72,CRO 24.86 Mariusz Siembida,75,POL 24.86 Ante Maskovic,79,CRO 24.94 Stev Theloke,78,GER 24.94 Robert Wyllie,76,AUS 24.96 Adrian Radley,76,AUS 25.12 Sergei Ostapchuk,76,RUS 25.15 Jakob Andersen, $77, D E N$ 25.23 Przemyslav Wilant,77,POL 25.26 Tom E. Karlsen, 74, NOR 25.44 Nuno Laurentino,75,POR

## Prelims

24.04 Neil Walker,76,USA

100 METRES BACKSTROKE
50.75 Neil Walker,76,USA
52.87 Rodolfo Falcon,72,CUB
52.88 Derya Buyukuncu,76,TUR 53.43 Steffen Driesen,81,GER 53.46 Volodymyr Nikolaychuk,75,UKR 53.55 Gordan Kozulj,76,CRO 53.63 Marko Strahija,75,CRO 53.67 Neil Willey,76,GBR Semi-fina
53.24 Rodolfo Falcon,72,CUB
53.28 Neil Walker,76,USA
53.34 Derya Buyukuncu,76,TUR
53.48 Volodymyr Nikolaychuk,75,UKR
53.50 Gordan Kozulj,76,CRO
53.62 Neil Willey,76,GBR
53.79 Marko Strahija,75,CRO
53.84 Steffen Driesen,81,GER
53.85 Mariusz Siembida,75,POL
54.02 Sergei Ostapchuk,76,RUS
54.16 Robert Wyllie,76,AUS
54.22 Evgeni Aleshin,79,RUS
54.28 Stev Theloke,78,GER
54.45 Edward Roche,79,AUS 54.75 Nuno Laurentino,75,POR 54.90 Rui Yu,81,CHN

## 00 METRES BACKSTROK

:53.31 Gordan Kozulj,76,CRO
1:53.87 Brad Bridgewater,73,USA
1:55.33 Volodymyr Nikolaychuk,75,UKR
1:55.78 Marko Strahija,75,CRO
1:55.90 Jorge Sanchez,77,ESP
1:55.99 Sergei Ostapchuk,76,RUS
1:56.01 Adrian Radley,76,AUS
1:56.62 Razvan Florea,80,ROM
50 METRES BREASTSTROKE
27.22 Mark Warnecke,70,GER
27.27 Brendon Dedekind,76,RSA
27.30 Oleg Lisogor,79,UKR
27.59 Yi Zhu,77,CHN
27.61 Qiliang Zeng,77,CHN
27.61 Daniel Malek,73,CZE
27.80 Domenico Fioravanti,77,ITA
28.00 Morgan Knabe,81,CAN

Semi-finals
27.13 Brendon Dedekind,76,RSA
27.37 Oleg Lisogor,79,UKR
27.54 Mark Warnecke,70,GER
27.67 Yi Zhu,77,CHN
27.69 Daniel Malek,73,CZE
27.73 Morgan Knabe,81,CAN
27.75 Qilliang Zeng,77,CHN
27.79 Domenico Fioravanti,77,ITA
27.88 James Gibson,80,GBR
27.97 Roman Ivanovski,77,RUS
28.05 Bjorn Nowakowski,74,GER
28.05 Jarrod Marrs,75,USA
28.27 Robert Abernethy,71,AUS
4) 28.36 Emil Tahirovic,79,SLO
disq Remo Lutolf,80,SUl disg Darren Mew,GBR
00 METRES BREASTSTROKE
58.57 Roman Sloudnov,80,RUS
59.99 Yi Zhu,77,CHN

1:00.05 Roman Ivanovski,77,RUS
1:00.28 Oleg Lisogor,79,UKR
1:00.32 Qiliang Zeng,77,CHN
1:00.40 Morgan Knabe,81,CAN
1:00.73 Daniel Malek,73,CZE
8) 1:01.26 Darren Mew,79,GBR

Semi-finals

51.84 Denis Sylantyev,76,UKR 51.94 Shamek Pietucha,76,CAN 52.05 Thomas Rupprath,77,GER 52.49 Burl Reid,78,AUS
52.60 Anatoli Poliakov,80,RUS 53.16 loan Gherghel,78,ROM Semi-finals

### 50.59 Lars Frolander,74,SWE 51.61 James Hickman,76,GBR

 52.37 Thomas Rupprath,77,GER 52.50 Denis Sylantyev,76,UKR 52.64 Anatoli Poliakov,80,RUS 52.84 Burl Reid,78,AUS53.23 loan Gherghel,78,ROM 53.33 Shamek Pietucha,76,CAN 53.38 Sabir Muhanmad.76,USA 53.42 Joakim Danl,76,SWE 53.50 Theo Verster,75,RSA 53.63 Francisco Sanchez,76,VEN 53.72 Martin Pepper,73,USA 53.77 Xiao Zhang,80,CHN 53.92 Stefan Aarsen, $75, \mathrm{NED}$ 53.93 Aaron Wiles,80,GBR

## METRES BUTTERFL

1:53.57 James Hickman,76,GBR
1:54.27 Shamek Pietucha,76,CAN
1.54.47 Anatoli Poliakov,80,RUS

1:54.74 Denis Sylantyev,76,UKR
1:55.31 Thomas Rupprath,77,GER
1:56.30 loan Gherghel,78,ROM
1:56.84 Andrew Livingston,78,PUR
1:57.04 Xufeng Xie,78.CHN
100 METRES IND.MEDLEY

- 52.79 Neil Wakker,76,USA
54.08 Jani Sievinen, $74, \mathrm{FI}$
54.38 James Hickman,76,GBR
54.45 Peter Mankoc,78,SLO
54.66 Jens Kruppa,76,GER
55.06 Indrek Sei, 72, EST
55.29 Xiao Zhang,80,CHN
55.30 Jakob Andersen, 77,DEN
emi-finals
53.27 Neil Walker,76,USA
54.28 Peter Mankoc,78,SLO
54.59 Jens Kruppa, 76, GER
54.59 Jani Sievinen, $74, \mathrm{FIN}$
54.65 James Hickman,76,GBR
54.80 Jakob Andersen,77,DEN
55.30 Xiao Zhang, $80, \mathrm{CHN}$
55.63 Indrek Sei, 72, EST
55.85 Ron Karnaugh,66,USA
56.06 Robert Abernethy,71,AUS
56.36 Lorenz Liechti,75,SUI
56.67 Theo Verster,75,RSA
56.68 Pavel Lagoun,79,BLR
56.71 Orel Oral,79,TUR
57.14 Nuno Laurentino,75,POR

16) 57.21 Kresimir Cac,76,CRO

200 METRES IND.MEDLEY

1) $1: 56.27$ Jani Sievinen, $74, \mathrm{FIN}$
2) 1:56.86 James Hickman,76,GBR

1:58.05 Massi Rosolino,78,I 1:59.00 Ron Karnaugh,66,USA 1:59.39 Peter Mankoc,78,SLO 2:01.10 Michael Halika,78.ISR 2:01.34 Xufeng Xie,78,CHN 2:02.96 Kresimir Cac,76,CRO
400 METRES IND.MEDLEY
4:09.54 Jani Sievinen,74,FIN
4:10.56 Terence Parkin,80,RSA
4:10.90 Michael Halika,78,ISR
4:14.58 Ron Karnaugh,66,USA
4:15.50 Xufeng Xie,78,CHN
4:15.69 Alexei Kovigin,81,RUS
4:17.89 Yves Platel,79,SUI
4:19.12 loannis Kokkodis,81,GRE
$4 X 100$ M MEDLEY RELAY
3:30.03 United States,USA
3:31.77 Germany,GER
3:32.08 Great Britain,GBR
3:32.10 Russia,RUS
3:34.18 Australia,AUS
3:36.49 Croatia,CRO
3:37.77 Switzerland,SUI
8) $3: 45.07$ Greece,GRE

## 4X100 M FREE RELAY

3:09.57 Sweden,SWE
3:10.98 United States,USA
3:13.69 Germany,GER
3:13.72 Russia,RUS
3:15.38 Australia,AUS
3:15.54 Great Britain,GBR
3:16.37 Italy,ITA
3:18.12 Belarus,BLR
4X200 M FREE RELAY

1)     - 7:01.33 United States,USA

7:03.06 Great Britain,GBR
7:05.24 RussiaRUS
7:06.84 Germany,GER
7:10.24 Italy,ITA
7:11.72 Denmark,DEN
7:19.06 China,CHN
8) 7:26.50 Brazil,BRA

## WOMEN

50 METRES FREESTYLE

- 23.59 Therese Alshammar,77,SWE
24.77 Sandra Volker,74,GER
24.80 Alison Sheppard,72,GBR
25.00 Tammie Spatz-Stone,76,USA
25.06 Katrin Meissner,73,GER
25.20 Anna-K. Kammerling,80,SWE
25.32 Elena Poptchenko,79,BLR
25.58 Hanna Shcherba,82,BLR
26.16 Cristina Chiuso,73,ITA Semi-finals
24.11 Therese Alshammar,77,SWE
24.91 Sandra Volker,74,GER
25.06 Alison Sheppard,72,GBR
25.23 Tammie Spatz-Stone,76,USA
25.30 Katrin Meissner,73,GER
25.44 Anna-K. Kammerling,80,SWE 25.50 Eena Poptchenko,79,BLR 25.58 Hanna Shcherba,82,BLR

Rating Summary of all Top Performances

| of al Top Perform |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1) | 1059 | 23.59 | 50 free W | final | Therese Alshammar,SWE |
| 2) | 1051 | 23.42 | 50 back M | semis | Neil Walker,USA |
| 3) | 1043 | 50.75 | 100 back M | final | Neil Waker,USA |
| 4) | 1031 | 56.56 | 100 fly W | semis | Jenny Thompson, USA |
|  | 1031 | 52.17 | 100 free W | final | Therese Asthammar,SWE |
| 6) | 1030 | 50.44 | 100 fly M | final | Lars Frolander,SWE |
| 7) | 1029 | 52.79 | 100 IM M | final | Neil Walker,USA |
| 8) | 1028 | 24.11 | 50 free W | semis | Therese Alshammar,SWE |
| 9) | 1026 | 50.59 | 100 fly M | semis | Lars Frolander,SWE |
| 10) | 1022 | 56.95 | 100 fly W | prelims | Jenny Thompson,USA |
| 11) | 1019 | 58.51 | 100 breast M | semis | Roman Sloudnov,RUS |
|  | 1019 | 3:09.57 | $4 \times 100$ FRM | final | Sweden, SWE |
| 13) | 1018 | 3:30.03 | 4x100 MRM | final | United States, USA |
|  | 1018 | 23.99 | 50 back M | final | Neil Walker,USA |
| 15) | 1017 | 58.57 | 100 breast M | final | Roman Sloudnov,RUS |
|  | 1017 | 46.75 | 100 free M | final | Lars Frolander,SWE |
| 17) | 1016 | 59.71 | 100 IM W | final | Martina Moravcova,SVK |
|  | 1016 | 46.80 | 100 free M | final | Lars Frolander, SWE |
|  | 1016 | 53.27 | 100 IM M | semis | Neil Waker, USA |
| 20) | 1015 | 24.04 | 50 back M | prelims | Neil Waker,USA |
|  | 1015 | 7:49.11 | 4x200 FRW | final | Great Britain,GBR |
| 22) | 1014 | 51.84 | 100 back M | relay | Lenny Krayzelburg,USA |
| 23) | 1013 | 23.19 | 50 fly M | prelims | Lars Frolander,SWE |
|  | 1013 | 46.88 | 100 free M | prelims | Neil Walker,USA |
| 25) | 1011 | 7:50.59 | $4 \times 200$ free W | final | United States |

25.61 Stacey Bowley,75,RSA
10) 25.64 Mette Jacobsen, 73, DEN
25.64 Vivienne Rignall,73,NZL
25.70 Eka Graham, 81, AUS
25.97 Hanna-M. Seppala,84,FIN
26.14 CristinaChiuso,73,ITA
26.34 Kirsten Thomson,83,AUS 26.46 Julie Douglas,80,IRL

## 100 METRES FREESTYLE

- 52.17 Therese Alshammar,77,SWE 53.14 Jenny Thompson,73,USA 53.88 Martina Moravcova,76,SVK 54.54 Tammie Spatz-Stone,76,USA 54.60 Karen Pickering,71,GBR 54.93 Katrin Meissner,73,GER 55.50 Eka Graham,81,AUS 55.77 Marianne Limpert,72,CAN Semi-finals
52.92 Jenny Thompson, 73,USA 53.70 Therese Alshammar,77,SWE 53.98 Martina Moravcova,76,SVK 54.66 Tammie Spatz-Stone,76,USA 54.79 Karen Pickering,71,GBR 54.99 Katrin Meissner,73,GER 55.20 Elka Graham,81,AUS 55.35 Marianne Limpert,72,CAN 55.38 Ekaterina Kibalo,82,RUS
55.40 Britta Steffen,83,GER 55.44 Louise Johncke,76,SWE 55.55 Hanna Shcherba,82,BLR
55.65 Antonia Machera,71,GRE 55.70 Chantal Groot,82,NED

1) $1: 56.06$ Yu Yang,85,CHN 1:56.46 Martina Moravcova,76,SVK 1:57.54 Natalia Baranovskaya,79,BLR 1:57.71 Karen Pickering,71,GBR 1:57.78 Camelia Potec, 82, RON 1:57.97 Mette Jacobsen,73,DEN 1:58.46 Karen Legg,78,GBR 1:59.75 Lindsay Benko,76,USA 400 METRES FREESTYLE
2) 4:02.44 Lindsay Benko,76,USA 4:04.39 YanaKlochkova,82,UKR 4:06.63 HuaChen.82.CHN 4:07.48 Natalia Baranovskaya,79,BLR 4:07.57 Camelia Potec,82,ROM 4:08.25 Brooke Bennelt,80,USA 4:11.04 Artemis Daphnis,83,GRE 4:14.78 Kerstin Kielaass.69.GER 800 METRES FREESTYLE

8:17.03 Hua Chen,82,CHN 8:19.66 Brooke Bernett,80,USA 8:21.57 Flavia Rigamonti,81,SU 8:24.16 Chantal Strasser,78,SU 8:29.87 Rebecca Cooke,83,GBR 8:38.33 Tatiana Mikhailova,82,RUS 8:41.50 Eena Carcarino,85,ITA 8:41.53 Jana Pechanova,81,CZE 50 METRES BACKSTROKE
27.90 Antje Buschschulte,78,GER 28.03 Marylyn Chiang,77,CAN 28.06 KellieMcMillan,77,AUS 28.40 Sarah Price,79,GBR 28.52 Charlene Wittstock,78,RSA 28.55 Anna Kopatchenia,80,BLR 28.60 Urska Slapsak,72,SLO 28.75 Ilona Hlavackova,77,CZE Semi-finals
28.16 Marylyn Chiang,77,CAN
28.30 Antije Buschschulte,78,GER 28.34 KellieMcMillan,77,AUS 28.51 Ilona Havackova, 77, CZE 28.53 Sarah Price, 79, GBR 28.63 Urska Slapsak,72,SLO 28.68 Charlene Wittstock,78,RSA 28.70 Anna Kopacthenia,80,BLR 28.77 Anu Koivisto, $80, \mathrm{FIN}$ 10) 28.80 Ekaterina Kibalo,82,RUS 28.82 Jiaru Cheng, $86, \mathrm{CHN}$ 28.99 Erin Gammel,80,CAN 13) 28.99 Ana-M. Gonzalez,76,CUB 14) 29.12 Zoe Cray, 74, GBR 29.16 Yasmin Dunn,83,AUS 29.22 Alena Nyvltova,82,CZE

## 100 MEIRES BACKSTROKE

58.66 Sandra Volker,74,GER 59.33 Marylyn Chiang,77,CAN 59.37 Antje Buschschulte,78,GER 1:00.09 Clementine Stoney, 82,AUS 1:00.28 Charlene Wittstock,78,RSA 1:00.44 Jamie Reid,83,USA 1:00.84 Linda Riker,76,USA 8) 1:01.41 Efin Gammel,80,CAN Semi-finals

1) 59.89 Sandra Volker, 74, GER
2) $1: 00.15$ Marylyn Chiang,77,CAN

1:00.29 Antje Buschschulte,78,GER
1:00.52 Jamie Reid,83,USA
1:00.60 Clementine Stoney,82,AUS
1:00.73 Charlene Wittstock,78,RSA
1:01.32 Linda Riker,76,USA
1:01.42 Ein Gammel,80,CAN
1:01.45 Jiaru Cheng,86,CHN
10) 1:01.46 Yasmin Dunn.83.AUS
11) $1: 01.48$ Sarah Price, $79, G B R$
12) 1:02.00 Irina Raevskaya, 83, RUS
13) $1: 02.01$ llona Hlavackova,77,CZE
14) $1: 02.08$ Zoe Cray, 74, GBR
15) 1:02.62 Anu Koivisto,80,FIN
16) $1: 03.00$ Anna Kopatchenia, 80, BLR

200 METRES BACKSTROKE

1) 2:07.29 Antie Buschschulte,78,GER 2:08.64 Clementine Stonev,82.AUS 2:08.85 Lindsay Benko,76,USA 2:09.24 Helen Don-Duncan,81,GBR 2:09.93 Linda Riker,76,USA 2:11.19 Joanna Fargus,82,AUS 2:11.79 Bena Grechushnikova,80,RUS 2:14.39 Yasmin Dunn,83,AUS 50 METRES BREASTSTROKE
I) MEIRES BREASTSTROKE 30.66 Sarah Poewe,83,RSA 31.22 Ping Hao, $83, \mathrm{CHN}$ 31.47 Tara Kikk,82,USA 31.58 Wei Li, $79, \mathrm{CHN}$
30.97 Sarah Poewe,83,RSA
31.20 Ping Hao, $83, \mathrm{CHN}$
31.49 Rebecca Brown,77,AUS
31.54 TaraKirk,82,USA
31.57 Wei Li,79,CHN
31.60 Eena Bogomazova,82,RUS
31.66 Zoe Baker,76,GBR
31.68 Brooke Hanson,78,AUS
31.81 Janne Schater, $811, \mathrm{GER}$
31.93 Emmalgelstrom,80,SWE
32.03 Terrie Miller,78,NOR 32.07 Emma Robinson,78,IRL 32.22 Kirie Suzuki,80,JPN 32.28 Natasha Kejzar,76,SLO 32.41 Heidi Earp,80,GBR 32.41 Kazue Nakashima,80,JPN

ETRES BREASTSTROKE
1:06.21 Sarah Poewe,83,RSA
1:07.69 Alicja Peczak, 70, POL
1:08.27 Eena Bogomazova,82,RUS
1:08.28 Rebecca Brown,77,AUS
1:08.30 Brooke Hanson,78,AUS
1:08.59 Emma Igelstrom,80,SWE
1:08.70 Ping Hao,83,CHN
1:08.96 Natasha Kejzar,76,SLO Semi-finals

1:07.58 Sarah Poeve,83,RSA
1:08.03 Alicja Peczak,70,POL
1:08.04 Eena Bogomazova,82,RUS
1:08.13 Rebecca Brown,77,AUS
1:08.49 Emmal Igelstrom,80,SWE
1:08.51 Brooke Hanson,78,AUS
1:08.52 Ping Hao,83,CHN
1:08.53 Natasha Keizar,76,SLO
1:08.65 Wei Li,79,CHN
1:08.81 Anita Nall,76,USA

1) $1: 08.95$ Tara Kirk,82,USA

1:09.32 Kirie Suzuki,80,JPN
13) 1:09.45 Emma Robinson,78,IRL
4) $1: 09.50$ Terie Miller,78,NOR
5) 1:10.32 Kazue Nakashima, $80, \mathrm{JPN}$ 1:10.51 Heidi Earp.80,GBR

2:23.41 Rebecca Brown,77,AUS
2:24.24 Alicja Peczak,70,POL
2:25.30 Brooke Hanson,78,AUS
2:26.32 Kirie Suzuki,80,JPN
2:26.83 Sarah Poewe,83,RSA
2:27.50 Ping Hao,83,CHN
2:28.21 Anita Nall,76,USA
2:29.61 Jaime King,76,GBR
50 METRES BUTTERFLY
26.13 Jenny Thompson,73,USA 26.16 Anna-K. Kammerling,80,SWE 26.85 Nicola Jackson,84,GBR 26.87 Johanna Sjoberg,78,SWE 26.90 Karen Campbell,77,USA 27.15 Elena Poptchenko,79,BLR 27.34 Caroline Foot,65,GBR 27.54 Vered Borochovski,84,ISR Semi-finals
26.32 Anna-K. Kammerling,80,SWE 26.40 Jenny Thompson,73,USA 26.90 Karen Campbell,77,USA 27.06 Nicola Jackson,84,GBR 27.07 Elena Poptchenko,79,BLR 27.22 Johanna Sjoberg,78,SWE 27.27 Caroline Foot,65,GBR 27.49 Vered Borochovski,84,ISR 27.51 Mette Jacobsen, 73,DEN 27.57 DannaWang,77,CHN 27.64 Chantal Groot,82,NED 27.69 Anna Kopatchenia,80,BLR 27.78 Marja Paivinen, 71,FIN 27.86 Carmen Cosgrove,81,AUS 27.86 Carmen Cosgrove, 27.95 Ayako Doi,80,JPN
28.10 Ekaterina Vinogradova,81,RUS 100 METRES BUTTERFLY 57.67 Jenny Thompson,73,USA 57.96 Johanna Sjoberg,78,SWE 58.86 Karen Campbell,77,USA 59.17 Mette Jacobsen,73,DEN 59.50 Oilia Jedrzejczak, 83, PO 59.51 Nicola Jackson,84,GBR 59.58 Jin Li,82,CHN
59.87 Caroline Foot,65,GBR Semi-finals

- 56.56 Jenny Thompson,73,USA 58.97 Johanna Sioberg,78,SWE 59.26 Karen Campbell,77,USA
59.63 Nicola Jackson, 84, GBR 59.71 Oilia Jedrzejczak, 83,POL
59.77 Jin Li,82,CHN
59.90 Caroline Foot,65,GBR
59.90 Caroline Foot,65,GBR

9) 1:00.15 Sophia Skou,73,DEN
10) 1:00.16 Ayako Doi,80,JPN
11) 1:00.39 Katrin Jake,73,GER
12) 1:00.39 Ekaterina Vinogradova,81,RUS
13) $1: 00.88$ Vered Borochovski,84,ISR 14) 1:00.96 Anna Uryniuk, 74, POL 15) $\begin{aligned} & \text { 1:00.99 } \\ & \text { Maria Pelaez, } 77, \mathrm{ESP}\end{aligned}$ 15)
14) 

1:00.99 200 METRES BUTTERFLY

1) $2: 08.10$ Mette Jacobsen, $73, \mathrm{DEV}$

2:09.42 Katrin Jake,73,GER
2:09.61 Otilia Jedrrejczzak, 83, POL
2:09.86 Sophia Skou,73,DEN
2:09.99 Maria Pelaez,77,ESP
2:10.46 Anna Uryniuk,74,POL
2:11.19 Katie Yevak,82,USA
2:11.26 Ekaterina Vinogradova,81,RUS
100 METRES IND.MEDLEY
59.71 Martina Moravcova,76,SVK
2) 1:02.00 Marianne Limpert,72,CAN
3) 1:02.24 Alenka Kejzar,79,SLO
4) 1:02.38 DannaWang,77,CHN
5) 1:02.50 Yvetta Havacova, 75, CZE
6) 1:02.78 Oxana Verevka, 77, RUS
7) 1:02.91 Sarah Whewell, 80, GBR
8) 1:03.84 Hanna-M. Seppala,84,FIN Semi-finals

1) $1: 00.91$ Kathryn Evans, $81, G B R$
2) $1: 02.06$ Martina Moravcova,76,SVK
3) 1:02.42 Alenka Kejzar,79,SLO
4) 1:02.46 Yvetta Havacova,75,CZE
5) 1:02.86 Oxana Verevka,77,RUS
6) 1:02.86 Marianne Limpert,72,CAN
7) 1:03.03 Danna Wang,77,CHN
8) $1: 03.19$ Sarah Whewell, $80, G B R$
9) 1:03.47 Hanna-M. Seppala,84,FIN
10) $1: 03.51$ Nadiya Beshevili,82,UKR
11) $1: 03.52$ Sabine Herbst-Klenz,74,GER
12) 1:03.68 Anu Koivisto,80,FIN
13) 1:03.95 Terrie Miller,78,NOR
14) $1: 04.35$ Smiljana Marinovic, 77, CRO
15) 1:04.67 Caroline Pickering,80,FIJ 16) 1:04.83 NicoleZahnd,80,SU|

200 METRES IND.MEDLEY
2:08.97 YanaKlochkova,82,UKR
2) 2:08.98 Martina Moravcova,76,SVK

2:12.68 Marianne Limpert,72,CAN
2:14.15 Katie Yevak,82,USA
2:14.18 Alenka Kejzar,79,SLO
2:14.26 Federica Biscia,80,ITA
2:15.09 Sabine Herbst-Klenz,74,GER
2:15.46 Nadiya Beshevili,82,UKR
400 METRES IND.MEDLEY

1) $4: 32.45$ YanaKlochkova,82,UKR

4:37.92 Nicole Hetzer,79,GER
4:38.80 Katie Yevak, 82 ,USA
4:40.98 Hana Cerna,74,CZE
4:42.43 Federica Biscia,80,ITA
4:42.49 Artemis Daphnis,83,GRE
4:43:50 Yin Liu,84,CHN
4:48.46 Tami Ransom,82,USA
4X100 M MEDLEY RELAY

1) $3: 59.53$ Sweden,SWE

4:01.47 Germany,GER
4:02.51 United States,USA
4:03.27 Australia,AUS
4:03.35 Great Britain,GBR
4:04.73 Russia,RUS
4:05.28 China,CHN
4:07.60 Canada,CAN
4X100 M FREE RELAY

1) $3: 35.54$ Sweden,SWE
2) $3: 37.31$ Germany,GER
3) $3: 37.93$ Great Britain,GBR
4) 3:37.97 United States,USA
5) 3:39.92 China,CHN
6) $3: 43.26$ Australia,AUS
7) $3: 44.20$ Greece,GRE
8) $3: 44.63$ Belarus,BLR

4X200 M FREE RELAY

1) • 7:49.11 Great Britain,GBR
2) $7: 50.59$ United States,USA

7:52.70 China,CHN
7:59.44 Sweden,SWE
8:02.03 Australia,AUS
8:04.63 Itay,ITA
8:07.31 Greece,GRE
8) 8:08.29 Switzerland,SUI

## RECORD SETIERS

## WORLD RECORDS

## Men's 50 backstroke:

- 24.04 Neil Walker,USA, prelims, Athens, March 16
- 23.42 Neil Walker,USA, semis, Athens, March 16

Betters old record of 24.11 Matt Welsh, AUS, 2000

## Men's 100 backstroke:

- 50.75 Neil Walker,USA, final, Athens, March 19

Betters old record of 51.28 Lenny Krayzelburg, USA, 2000

## Men's 100 breaststroke:

- 58.51 Roman Sloudnov,RUS, semis, Athens, March 17

Betters old record pfof 58.79 Fred deBurghgraeve, BEL, 1998
Men's 200 breaststroke:

- 2:07.59 Roman Sloudnov,RUS, final, Athens, March 19

Betters old record of 2:07.79 Andrei Korneev, RUS, 1998
Men's 50 butterfly:

- 23.19 Lars Frolander,SWE, prelims, Athens, March 19

Betters old record of 23.21 Michael Klim, AUS, 1999
Men's 100 butterfly:

- 50.59 Lars Frolander,SWE, semis, Athens, March 16
- 50.44 Lars Frolander,SWE, final, Athens, March 17

Betters old record of 50.99 Michael Klim, AUS, 1999

## Men's 100 individual medley:

- 52.79 Neil Walker,USA, final, Athens, March 18

Betters old record of 53.10 Jani Sievinen, FIN, 1996
Men's $4 \times 100$ freestyle:

- 3:09.57 Sweden, final, Athens, March 16

Betters old record of $3: 10.45$ Brazil, 1998
Men's 4x200 freestyle:

- 7:01.33 United States, final, Athens, March 17

Betters old record of 7:01.60 Australia, 1999

## Women's 50 freestyle:

- 23.59 Therese Alshammar,SWE, final, Athens, March 18 Betters old record of 24.09 Therese Alshammar, SWE, 1999
Women's 100 freestyle:
- 52.17 Therese Alshammar,SWE, final, Athens, March 17 Betters old record of 52.80 Therese Alshammar, SWE, 1999


## Women's 100 butterfly:

- 56.56 Jenny Thompson, USA, semis, Athens, March 18

Betters old record of 56.90 Jenny Thompson, USA, 1998
Women's 4x200 freestyle:

- 7:49.11 Great Britain, final, Athens, March 16

Betters old record of 7:51.70 Sweden, 1999

## CANADIAN SENIOR ( 25 M)

## Men's 50 backstroke

23.90 Riley Janes,ESWIM (relay lead-off), Minneapolis, Mar 24 Betters old record of 24.25 Chris Renaud, UCSC, 1997
Men's 100 backstroke:
52.22 Riley Janes,ESWIM (prelims), Minneapolis, Mar 24 52.18 Riley Janes, ESWIM (finals), Minneapolis, Mar 24

Betters old record of 52.50 Mark Tewksbury, UCSC, 1992
Men's 100 butterfly:
51.94 Shamek Pietucha, UCSC (final) Athens, Mar 17

Betters old record of 52.07 Marcel Gery, EPS, 1990
Men's 200 butterfly:
1:54.27 Shamek Pietucha, UCSC (final) Athens, Mar 18
Betters old record of 1:55.71 Shamek Pietuch, UNATT, 1999
Women's 50 backstroke:
28.03 Marylyn Chiang,ESWIM (final) Athens ,Mar 18 Betters old record of 28.09 Julie Howard, BRANT, 1995
Women's 100 backstroke:
1:00.01 Marylyn Chiang,ESWIM (prelims) Athens, Mar 16 59.33 Marylyn Chiang,ESWIM (finals) Athens, Mar 17

Betters old record of 1:00.13 Marylyn Chiang, ESWIM, 2000

## WOMEN'S NCAA

2000 WOM EN'S NCAA CHAMPIONSHIPS
Indianapolis, Mar 16-18 (25 m)

- = world record


## 50 METRES FREESTYLE

1) 24.80 Courtney Shealy,77,USA,Georgia
2) 24.87 Courtney Allen,78,USA,Northwestern
3) 24.97 Catherine Fox,77,USA,Stanford
4) 25.09 Carrie Nixon,80,USA,Notre Dame
5) 25.21 Katina Maistrellis,79,GRE,So.Methodist
6) 25.24 Keiko Price,78,USA,UCLA
7) 25.28 Jialin Sun,75,CHN,Nevada
8) 25.57 Colleen Lanne,80,USA,Texas

100 METRES FREESTYLE

1) 53.99 Courtney Shealy,77,USA,Georgia
2) 54.68 Keiko Price,78,USA,UCLA
3) 54.80 Colleen Lanne,80,USA,Texas
4) 54.94 Catherine Fox,77,USA,Stanford
5) 55.06 Helene Muller,78,RSA,Nebraska
6) 55.13 Sarah Tolar, 80,USA,Arizona
7) 55.25 Courtney Allen,78,USA,Northwestern
8) 55.77 Stefanie Williams,80,USA,Georgia

## 200 METRES FREESTYLE

1) $1: 57.33$ Maritza Correia,81,USA,Georgia
2) 1:57.59 Sarah Tolar,80,USA,Arizona
3) $1: 57.87$ Helene Muller, 78, RSA,Nebraska
4) 1:58.09 Elen Stonebraker,79,USA,Wisconsin
5) $1: 58.38$ Lorena Diaconescu,79,ROM,Nevada
6) $1: 58.80$ Kim Black,78,USA,Georgia
7) 1:58.87 Rada Owen,78,USA,Auburn
8) $1: 58.96$ Emily Mastin,80,USA,Arizona

## 400 METRES FREESTYLE

1) $4: 04.09$ Cristina Teuscher,78,USA,Columbia
2) $4: 06.17$ Jessica Foschi, 80, USA,Stanford
3) $4: 07.31$ Cara Lane, 81, USA, Virginia
4) $4: 09.09$ Elen Stonebraker,79,USA,Wisconsin
5) $4: 09.53$ Rada Owen, 78, USA,Auburn
6) $4: 09.60$ Kim Black,78,USA,Georgia
7) $4: 10.79$ Trina Jackson, 77, USA,Arizona
8) $4: 13.58$ Sarah Tolar,80,USA,Arizona

## 1500 METRES FREESTYLE

1) $16: 03.59$ Cara Lane, 81, USA, Virginia
2) 16:14.50 Trina Jackson,77,USA.Arizona
3) $16: 14.77$ Asa Sandlund,79,SWE,Southern Cal
4) $16: 14.79$ Mirjana Bosevska,81,MKD,Virginia
5) $16: 18.17$ Jessica Foschi,80,USA,Stanford
6) 16:18.18 Elen Stonebraker,79,USA,Wisconsin
7) 16:18.70 Becky Wilson,80,USA,Georgia
8) 16:29.93 Maritza Correia,81,USA,Georgia

## 100 METRES BACKSTROKE

1) 58.66 Courtney Shealy,77,USA,Georgia
2) 59.17 Haley Cope,79,USA,Califonia
3) 59.34 Beth Botsford,81,USA,Arizona
4) 59.35 Catherine Fox,77,USA,Stanford
5) 59.56 Shelly Ripple,80,USA,Stanford
6) 59.92 Denali Knapp,78,USA,Arizona
7) 1:00.35 Summer Mack,78,USA,North Carolina
8) $1: 01.15$ Julie Manitt,80,USA,Arizona

## 200 METRES BACKSTROKE

1) $2: 06.70$ Beth Botsford,81,USA,Arizona
2) 2:08.01 Shelly Ripple,80,USA,Stanford
3) 2:08.63 Keegan Walkley,79,USA,Georgia
4) 2:08.99 Denali Knapp,78,USA,Arizona
5) 2:10.98 Jennifer Mihalik,78,USA,Georgia
6) 2:11.53 Jessica Aveyard,81,USA,Illinois
7) 2:11.63 Corrie Murphy,79,USA,Southern Cal disq Sofia Svensson,78,SWE,Cincinnati

## 100 METRES BREASTSTROKE

1) $1: 05.74$ Kristy Kowal,78,USA,Georgia
2) 1:06.79 Amy Balcerzak,78,USA,Northwestern
3) $1: 06.79$ Staciana Stitts, 81, USA,California
4) 1:06.95 Amanda Beard,81,USA,Arizona
5) 1:07.22 Brook Monroe,79,USA,Auburn
6) 1:08.25 Ashley Roby,80,USA,Georgia
7) $1: 08.25$ Kristin MacGregor,79,USA,Southern Cal
8) 1:09.43 Erin Edridge,77,USA,Washington State

## 200 METRES BREASTSTROKE

1) $2: 22.05$ Kristy Kowal,78,USA,Georgia
2) 2:22.84 Amanda Beard,81,USA,Arizona
3) 2:25.02 Staciana Stitts,81,USA,California
4) 2:26.91 Katie Hathaway,79,USA,North Carolina
5) 2:27.88 Elli Overton,74,AUS,California
6) 2:28.16 Amy Balcerzak,78,USA,Northwestern
7) 2:28.68 Brook Monroe,79,USA,Auburn
8) 2:29.12 Sarah Chandler,81,USA,So.Methodist

100 METRES BUTTERFLY

1) 57.97 Limin Liu,76,CHN,Nevada
2) 58.60 Misty Hyman, 79, USA,Stanford
3) 58.82 Joscelin Yeo,79,SIN,California
4) 59.34 Julia Voitowitsch,76,GER,UCLA
5) 59.59 Katie Younglove,80,USA,UCLA
6) 59.70 Haley Cope,79,USA,California
7) 1:00.17 Gina Panighetti,78,USA,Wisconsin
8) 1:01.03 Sarah Baham,81,USA,Arizona State

## 200 METRES BUTTERFLY

1) $2: 06.04$ Limin Liu,76,CHN,Nevada
2) $2: 06.55$ Misty Hyman, 79, USA, Stanford
3) $2: 10.21$ Shelly Ripple,80,USA,Stanford
4) $2: 10.46$ Katie Younglove,80,USA,UCLA
5) $2: 11.64$ Gina Panighetti,78,USA,Wisconsin
6) 2:11.79 Erin Vogt,80,USA,Arizona
7) $2: 12.45$ Joscelin Yeo,79,SIN,California
8) 2:15.23 Trina Jackson,77,USA,Arizona

200 METRES IND. MEDLEY

1) $2: 10.69$ Kristy Kowal, 78, USA,Georgia
2) $2: 10.74$ Elli Overton,74,AUS,California
3) 2:12.21 Maggie Bowen,80,USA,Auburn
4) $2: 12.56$ Kristin MacGregor,79,USA,Southern Cal
5) 2:13.09 Joscelin Yeo,79,SIN,California
6) $2: 13.38$ Shannon Shakespeare,77,CAN,Michigan 2:13.38 Michala Kwasny, 80,USA,Southern Cal
7) $2: 14.62$ Gabrielle Rose,77,USA,Stanford

| Rating Summary of Top Performances |  |  |  |  | FINAL TEAM STANDINGS |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1) | 1019 | 1:05.74 | 100 breast | Kristy Kowal, 78,USA | 1) | Georgia | 490.5 |
| 2) | 1012 | 1:49.23 | $4 \times 50$ medley | Univ.of California,USA | 2) | Arizona | 472 |
| 3) | 1011 | 3:57.46 | $4 \times 100$ medley | Univ. of Georgia,USA | 3) | Stanford | 397 |
| 4) | 1009 | 58.66 | 100 back | Courtney Shealy,USA | 4) | California | 311.5 |
| 5) | 1005 | 3:58.47 | $4 \times 100$ medley | Univ.of Arizona, USA | 5) | Auburn | 207 |
| 6) | 1005 | 2:06.04 | 200 fly | Limin Liu, 76,CHN | 6) | Northwestern | 186.5 |
| 7) | 1001 | 2:06.70 | 200 back | Beth Botsford, 81,USA | 7) | Southern California | 185 |
| 8) | 1000 | 1:50.15 | $4 \times 50$ medley | Stanford Univ.,USA | 8) | UCLA | 163 |
| 9) | 999 | 2:06.55 | 200 fly | Misty Hyman, 79, USA | 9) | Texas | 155 |
| 10) | 997 | 59.17 | 100 back | Haley Cope,79,USA |  | Virginia | 155 |
|  |  |  |  |  | 11) | Wisconsin | 133 |

## RECORD SETIERS

## WORLD RECORDS

Pending FINA Ratification
$4 \times 100$ medley relay:

- 3:57.46 University of Georgia, Indianapolis, Mar 16 Betters old record of 3:57.62 Japan, 1999 50 backstroke:
- 27.25 Haley Cope, USA, Indianapolis, Mar 17 Betters old record of 27.27 Sandra Volker, GER, 1998


## 400 METRES IND.MEDLEY

1) $4: 33.81$ Cristina Teuscher, 78, USA,Columbia
2) $4: 37.77$ Corrie Murphy, 79,USA, Southern Cal
3) $4: 38.94$ Maggie Bowen,80,USA,Auburn
4) $4: 40.47$ Mirjana Bosevska,81,MKD,Virginia
5) $4: 40.85$ Katie Hathaway, 79, USA,North Carolina
6) $4: 40.88$ Eli Overton,74,AUS,California
7) $4: 41.87$ Keegan Walkley,79,USA,Georgia
8) $4: 44.56$ Katy Christoferson,79,USA,Minnesota

## 4X50 M MEDLEY RELAY

1) 1:49.23 Univ. of California
2) $1: 49.71$ Univ.of Arizona
3) $1: 50.14$ Univ.of Georgia
4) $1: 50.15$ Stanford Univ.
5) $1: 51.63$ Northwestern Univ.
6) $1: 52.40$ UCLA
7) $1: 52.69$ Univ.of Virginia
8) $1: 54.14$ Univ.of Nevada

4X100 M MEDLEY RELAY

1) • 3:57.46 Univ.of Georgia
2) $3: 58.47$ Univ.of Arizona
3) $3: 58.62$ Univ.of California
4) $4: 02.23$ Stanford Univ.
5) $4: 03.29$ Northwestern Univ.
6) $4: 03.30$ Auburn Univ.
7) $4: 04.39$ UCLA
8) $4: 07.43$ U.Southern California

## 4X50 M FREE RELAY

1) 1:40.18 Univ.of California
2) 1:40.48 Stanford Univ.
3) $1: 40.61$ Univ. of Arizona
4) $1: 41.12$ Northwestern Univ.
5) $1: 41.48$ Univ.of Georgia
6) 1:41.51 Univ.of Michigan
7) 1:41.73 Univ.of Texas
8) 1:41.76 Southern Methodist Univ.

## 4X100 M FREE RELAY

1) $3: 37.67$ Univ. of Georgia
2) $3: 38.89$ Univ.of Arizona
3) 3:39.77 Stanford Univ.
4) $3: 39.88$ Univ. of California
5) 3:40.70 Univ.of Texas
6) $3: 42.77$ Auburn Univ.
7) 3:44.01 Southern Methodist Univ.
8) $3: 44.96$ Northwestern Univ.

4X200 M FREE RELAY

1) $7: 55.51$ Univ.of Arizona
2) $7: 58.87$ Univ.of Wisconsin
3) $7: 59.53$ Auburn Univ.
4) $8: 00.45$ Stanford Univ.
5) 8:00.46 Univ.of Georgia
6) $8: 02.95$ Southern Methodist Univ.
7) 8:03.40 Univ.of Texas
8) $8: 05.54$ Univ.of Virginia

## MENS NCAA

## MEN'S NCAA CHAMPIONSHIPS

Minneapolis, Mar 23-25 (25 m)

- = world record


## 50 METRES FREESTYLE

1) • 21.21 Anthony Ervin,80,USA,California
21.22 Roland Schoeman,80,RSA,Arizona
2) 21.49 Gregory Busse,78,USA,Auburn
3) 21.50 Bartosz Kizierowski,77,POL,California
4) 21.64 Matt Busbee,76,USA,Auburn
5) 21.66 Matthew Macedo,80,USA,California
6) 21.75 Aaron Ciarla,78,USA,Auburn
7) 22.00 Bryan Jones, 78, USA, Texas

100 METRES FREESTYLE

1) 47.36 Anthony Ervin,80,USA,California
2) 47.51 Roland Schoeman,80,RSA,Arizona
3) 47.76 Bartosz Kizierowski,77,POL,California
4) 47.77 Matthew Macedo,80,USA,California
5) 48.36 Jamie Rauch,79,USA,Texas
6) 48.42 Gregory Busse,78,USA,Auburn
7) 48.62 Nicholas Folker, 76, RSA,Hawaii
8) 50.61 Anthony Robinson,79,USA,Stanford

200 METRES FREESTYLE

1) $1: 43.90$ Ryk Neethling, 77, RSA,Arizona
2) 1:45.01 Adam Messner,78,USA,Stanford
3) $1: 46.35$ Jamie Rauch,79, USA,Texas
4) $1: 46.72$ John Waters,81,USA,Stanford
5) $1: 46.84$ Scott Goldblatt,79,USA, Texas
6) 1:47.44 Jacint Simon,79,HUN,Nevada
7) 1:47.63 Jeff Lee,81,USA,Southern Cal
8) $1: 47.77$ Jay Schryver,78,USA,Arizona

## 400 METRES FREESTYLE

3:40.47 Ryk Neethling,77,RSA,Arizona
2) $3: 42.81$ Erik Vendt, 81, USA, Southern Cal
3) $3: 43.81$ Chris Thompson,78,USA,Michigan
4) $3: 44.44$ Scott Goldblatt,79,USA, Texas
5) 3:46.07 Adam Messner,78,USA,Stanford
6) 3:47.28 Michael Windisch,76,AUT,Nebraska
7) 3:47.53 Mark Warkentin,79,USA,Southern Cal
8) 3:47.76 Austin Ramirez,78,USA,Virginia

## 1500 METRES FREESTYLE

1) $14: 31.02$ Erik Vendt, 81, USA, Southern Cal
2) $14: 35.95$ Chris Thompson,78,USA,Michigan
3) $14: 39.04$ Ryk Neethling,77,RSA,Arizona
4) $14: 48.59$ Tim Siciliano,80,USA,Michigan
5) $14: 57.01$ Nathan Lewis, 78, USA,Arizona
6) $14: 57.22$ James Grimes,79,USA,Virginia
7) $14: 59.23$ Jon Younghouse,78,USA,Texas 8) $14: 59.97$ Matt Martin,74,USA,Purdue

## 100 METRES BACKSTROKE

1) 52.05 Matt Ulrickson,78,USA,Texas
2) 52.18 Riley Janes, 80, CAN,Texas A\&M
3) 52.24 Alexandre Massura,75,BRA.Minnesota
4) 52.53 Tommy Hannan,80,USA,Texas
5) 52.54 Bartosz Kizierowski,77,POL,California
6) 52.71 Michael Gilliam,79,USA,Tennessee
7) 52.72 Matt Allen,77,USA,Arizona
8) 52.88 Leonardo Costa,76,BRA,Southern Cal

## 200 METRES BACKSTROKE

1) $1: 53.68$ Matt Cole, 78, USA,Florida
2) 1:54.79 Leonardo Costa,76,BRA,Southern Cal
3) $1: 54.99$ Alexandre Massura,75,BRA,Minnesota
4) $1: 55.47$ Matt Ulrickson,78,USA,Texas
5) $1: 55.51$ Kris Souther,80,USA,Arizona
6) $1: 56.08$ Joey Faltraco, 81, USA, South Carolina
7) $1: 56.25$ Mike Jansen,80,USA,Florida
8) 1:57.18 Dan Shevchik,80,USA,Harvard

## 100 METRES BREASTSTROKE

1) • 57.66 Ed Moses, 80, USA, Virginia
2) 58.68 David Denniston,78,USA,Auburn
3) 59.37 Jeremy McDonnell, 80, USA, Tennessee
4) 59.72 Ryosuke Imai, 78,JPN,Southern Cal
5) 1:00.22 Patrick Calhoun,82,USA,Auburn
6) 1:00.40 Russell Chozick,78,USA,Texas
7) 1:01.13 Steve Messner,77,USA,California
8) $1: 02.73$ Otto Hinks, 78, CAN,Arizona State

## 200 METRES BREASTSTROKE

1) • 2:06.40 Ed Moses,80,USA,Virginia
2) 2:09.46 David Denniston,78,USA,Auburn
3) $2: 09.81$ Jeff Hackler,81,USA,Minnesota
4) $2: 10.09$ Jeff Hopwood,81,USA,Michigan
5) $2: 10.41$ Ryosuke Imai, 78, JPN,Southern Cal
6) 2:10.64 Valeri Kalmikovs,73,LAT,Nebraska
7) $2: 10.68$ Ratapong Sirisanont,76,THA,California
8) 2:11.75 Sean Quinn,81,USA,North Carolina

## 100 METRES BUTTERFLY

1) 51.23 Adam Pine,76,AUS,Nebraska
2) 52.00 Nate Dusing,78,USA,Texas
3) 52.14 Roland Schoeman,80,RSA,Arizona
4) 52.54 Zsolt Gaspar,77,HUN,South Carolina
5) 52.82 Tommy Hannan,80,USA,Texas
6) 52.99 Oswaldo Quevedo,75,VEN,Auburn
7) 53.07 Bryan Jones, 78, USA,Texas
8) 53.43 Jeff Somensatto,80,USA,Auburn

## 200 METRES BUTTERFLY

1) $1: 55.79$ Adam Messner, 78, USA,Stanford
2) 1:55.88 Zsolt Gaspar,77,HUN,South Carolina
3) $1: 56.47$ Jeff Somensatto,80,USA,Auburn
4) $1: 56.50$ Doak Finch,77,USA,Virginia
5) $1: 57.01$ Jeff Dash,80,USA,Arizona
6) $1: 57.16$ Steven Brown,79,USA,Stanford
7) 1:57.24 Duncan Sherrard,79,USA,Florida
8) 1:58.09 Marcin Kaczmarek,77,POL,Central Conn 200 METRES IND. MEDLEY
9) $1: 54.65$ Attila Czene, 74, HUN,Arizona State
10) $1: 56.84$ Nate Dusing,78,USA,Texas
11) $1: 57.86$ Beau Wiebel, 78, USA,Georgia
12) $1: 58.06$ Kevin Clements,80,USA,Auburn
13) $1: 58.52$ Steven Brown,79,USA,Stanford
14) 1:59.32 Joey Montague,78,USA,Texas
15) 1:59.49 Zane Dewitz,79,USA,Tennessee
16) 2:01.09 Jeff Somensatto,80,USA,Auburn

## 400 METRES IND. MEDLEY

1) $4: 06.02$ Tim Siciliano,80,USA,Michigan
2) $4: 09.35$ Erik Vendt, 81, USA, Southern Cal

| Rating Summary of Top Performances |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1) | 1039 | 57.66 | 100 breast | Ed Moses, 80,USA | FINAL TEAM SCORES |  |
| 2) | 1030 | 1:25.14 | $4 \times 50$ free | Auburn Univ.,USA | 1) Texas | 538 |
| 3) | 1029 | 1:25.21 | $4 \times 50$ free | Univ.of California,USA | 2) Auburn | 385 |
| 4) | 1024 | 21.22 | 50 free | Roland Schoeman, 80,RSA | 3) Arizona | 360.5 |
|  | 1024 | 21.21 | 50 free | Anthony Ervin, 80,USA | 4) Stanford | 279.5 |
| 6) | 1021 | 1:54.65 | 200 IM | Attila Czene, 74,HUN | 5) California | 279 |
| 7) | 1014 | 58.68 | 100 breast | David Denniston, 78,USA | 6) Southern California | 249 |
| 8) | 1010 | 3:31.23 | $4 \times 100$ medley | Univ.of Texas,USA | 7) Tennessee | 219 |
|  | 1010 | 4:06.02 | 400 IM | Tim Siciliano, 80,USA | Minnesota | 219 |
| 10) | 1008 | 51.23 | 100 fly | Adam Pine, 76,AUS | 9) Florida | 207 |
|  | 1008 | 52.05 | 100 back | Matt Ulrickson, 78,USA | 10) Arizona State | 152.5 |
|  | 1008 | 14:31.02 | 1500 free | Erik Vendt, 81,USA |  |  |

## RECORD SETIERS

## WORLD RECORDS

## Pending FINA Ratification

## 50 freestyle

- 21.31 Roland Schoeman,RSA (prelims), Minneapolis, Mar 23 - 21.28 Roland Schoeman, RSA(relay), Minneapolis, Mar 23 - 21.21 Anthony Ervin, USA (final), Minneapolis, Mar 23 Betters old record of 21.31 Mark Foster, GBR, 1998


## 100 breaststroke:

- 58.05 Ed Moses,USA (prelims), Minneapolis, Mar 24 - 57.66 Ed Moses,USA (final), Minneapolis, Mar 24 Betters existing record of 58.51 Roman Sloudnov, RUS, from March 17


## 200 breaststroke:

- 2:06.40 Ed Moses, USA (final), Minneapolis, Mar 25 Betters existing record of 2:07.59 Roman Sloudnov, RUS from March 19
200 individual medley:
- 1:54.65 Attila Czene, HUN, Minneapolis, Mar 23

Ties existing record of 1:54.65 Jani Sievinen, FIN, 1994
3) $4: 10.43$ Kevin Clements,80,USA,Auburn
4) $4: 11.74$ Michael Windisch,76,AUT,Nebraska
5) $4: 11.89$ Eric Donnelly,80,USA,Florida
6) $4: 13.82$ Mark Warkentin,79,USA, Southern Cal
7) 4:14.34 Steven Brown,79,USA,Stanford
8) 4:16.99 Joey Montague,78,USA,Texas

4X50 M MEDLEY RELAY

1) 1:35.66 Univ.of Texas
2) 1:35.87 Univ.of Arizona
3) 1:35.93 Univ.of Tennessee
4) 1:36.30 Auburn Univ.
5) 1:37.24 Univ.of California
6) 1:37.27 Univ.of Minnesota
7) 1:38.24 North Carolina State disq Stanford
4X100 M MEDLEY RELAY
8) $3: 31.23$ Univ.of Texas
9) 3:32.22 Univ.of Tennessee
10) $3: 32.69$ Auburn Univ.
11) $3: 33.47$ Univ.of Virginia
12) $3: 33.85$ U.Southern California
13) 3:35.06 Stanford Univ.
14) 3:35.48 Univ.of Arizona
15) 3:38.24 Univ. of Minnesota

## 4X50 M FREE RELAY

1)     - 1:25.14 Auburn Univ.
2) 1:25.21 Univ.of California
3) 1:26.74 Univ.of Arizona
4) 1:27.09 Univ.of Texas
5) 1:27.37 Univ.of Hawaii
6) 1:27.87 Stanford Univ.
7) 1:28.32 Univ.of Minnesota
8) $1: 28.53$ Univ.of Florida

4X100 M FREE RELAY

1) $3: 11.25$ Univ.of California
2) 3:12.56 Univ.of Texas
3) $3: 13.18$ Univ.of Arizona
4) 3:14.08 Stanford Univ.
5) 3:15.31 Auburn Univ.
6) 3:15.93 Univ.of Minnesota
7) 3:16.81 U.Southern California
8) 3:17.34 Univ.of Hawaii

4X200 M FREE RELAY

1) $7: 05.05$ Univ.of Texas
2) 7:09.40 Arizona State Univ.
3) 7:11.48 Stanford Univ.
4) 7:11.67 Auburn Univ.
5) 7:11.78 Univ.of Arizona
6) 7:12.52 Univ.of Minnesota
7) $7: 13.87$ Penn State Univ.
8) 7:14.49 Univ.of Nebraska

## CSCA SPEEDO COACHING RECOGNITION AWARDS 1998-1999



## High Perfor mance Coaches

(based on World Rankings Top 25, 50, 75)

| Gold | Gold SWAD | Silver | Silver SWAD | Bronze |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Dean Boles | Mike Moore | Sylvain Pineau | Herb deBray | Sean Baker | J unior Teams |
| Tom Johnson | Jason Isbister | Mike Blondal |  | Dave Heinbuch | Ken Anderson |
| Jan Bidrman | Karl Simonson | Don Burton |  | Lance Cansdale | Shauna Nolden |
| Ken McKinnon | Blair Tucker | Claude St-Jean | Silver Open | Mark Fellner | Bud McAllister |
| Michel Berube | Dean Schultz | Byron MacDonald | Water | Liam Donnelly | Claude Picard |
| Kevin Thorbum | Gary Vandermeulen | Alan Swanston | Linda Kiefer |  | Bill Humby |
| Ron Jacks | Bill O'Toole | Craig McCord | Claude Warren |  |  |
| Peter Visolyi | Guy Dorion | Mark Temple |  |  | Bud McAllister |
|  | Cory Beatt | Randy Bennett |  |  | Derrick Schoof |
|  | Rafael Polinario | Lucie Hewitt |  |  | Scott Faithful |
|  | Andre Seminov | Kevin Anderson |  |  | Marc Tremblay |
|  | Vince Mikuska Andrew Moss |  |  |  |  |
| Coaches of this level Waist Pack and Baseb | ive a Speedo Duffel Bag, ap. | Coaches of thislevel rec Baseball Cap. | ea Speedo Fleece Top and | Coaches of this leve colour) and Baseb | ive Speedo Watch (smoke |

## Development Coach \& Swimmer Program Recipients

Male Swimmer \#1: Adam Sioui, Trenton Dolphins, Avg Pts: 946 Coach: Kevin Anderson

Male Swimmer \#: Jason Hunter, Nanaimo Riptides, Avg Pts: 911 Coach: Sean Baker

Female Swimmer \#1: Julia Pomeroy, Oakville Aquatic Club, Avg Pts: 915.3

## Coach: Lucie Hewitt

Female Swimmer \#: Julie Gravelle, NYAC, Avg Pts: 914.6

## Coach: Linda Kiefer

Each club will receive $\$ 1000.00$ cash towards the support of the athlete's and coaches' training and competition expenses. Each athletewill receiveda Speedo performance pack of an aquablade suit and cap.

## Performance Recognition for Women Recipients:

Coach \#1: Linda Kiefer - NYAC Swimmer: Adam Peacey, 945 pts: 400 I.M.
Linda is the leading female coach recipient with a SPEEDO professional development certificate; Receiving $\$ 500.00$ cash ( subject to criteria), a nd a \$500.00 SPEEDO apparel package.

Coach \#2: Lucie Hewitt-OAKSwimmer:AnnaLydall, 935pts 100 Free.
Receives a SPEEDO professional development certificate.
Coach \#3: Christina Yaremczuk - COBRA Swimmer: Laura Wise, 100 Back Bronze Youths.
Receives a SPEEDO professional development certificate.

## SPEEDO SPRING NATIONALS

## WEST IS BEST AS CENTRES DOMINATE NATIONALS RECORD IN 200 FREE FOR RICK SAY

## Nikki Dryden

The much-downplayed Canadian Winter Nationals proved to be a showdown between the country's National Sport Centres, with the two oldest and biggest winning the meet. UCSCled PDSA throughout the competition while ROW overtook IS to place third overall.

This proves nothing more than that you need to bea subsidized Centretowin a team titleatNationals, making the club grant program seem unfair.

The men's medley relay sawUCSC and PDSAin 6 of 8 lanes, making the accumulation of points determinateon depth, notnecessarilyquality ofswims. But at Olympic Trials, with no relays and quality a necessity, perhapswe will seea moreaccurateportrait of the country's "best" teams.

Amajority of thenational team swimmersswam through the meet, opting not to shave or taper until Olympic Trials. This is often more difficult to do mentallythan physically. When everyonearoundyou is racing fast, it is hard to remember you are on a different schedule. But for those swimmers who can swim solidlyyear round, themeetproved an excellent gauge of their training.

Of course we might be in for one fast Olympic Trials, as was evidenced by those who did shave. Jen Button (ROW) and Rick Say (IS) had some excellent
racing, a good sign for May. Afewyoungsters stepped up and made themselves heard: Tobias Orivol, 14 (ESWIM), Jennifer Fratesi, 15 (ROW), and Danielle Bell, 16 (IS) all dropped time for records and wins.

Jen Button capped offa winningwinterseason by claiming her firstnational title in the 200 fly. Button dethroned Canadian record holder Jesica Deglau (PDSA) - her firstloss in this event in Canada since 1995 and a feat notmissed by Button. "Five years isa long time. She (Deglau) is not indestructible, and I am slowly getting closerto her. I wanted to comehere andgiveherarace; itisgoodforboth ofusandthe 200 fly in Canada. Istill have to step upto getto her level, but my goal coming into this meet was to race and to win." Based on her best times from the short course season, Button also wanted a best time. Her 2:11.95 bettered herswim from Pan Amslastsummer, where she placed second to Deglau with a $2: 12.09$.

Deglau is no slouch - her best time is still two seconds ahead of Button's and her national swims were solid considering she was unshaved. But for Button, beating Deglau gives her the confidence she needs to "step up" at Olympic Trials.

Button broke Deglau's shor-course record while on theWorld Cup circuit this year, once in Sheffield, then again in Imperia, ending the short-course season with a 2:07.76 (fourth place world ranking) and the 200 fly World Cup trophy.


Laura Nicholls, ROW, won 50 free and was second in 100 free


Rick Say set the standard for the meet by smashing the nine year-old 200 free record with a 1:48.86. (The old record of 1:49.71 was set by Turlough 0'Hare in 1991.) His 400 free time of 3:51.63 just missed one of the oldest Canadian records and a former world record set by Peter Szmidt in 1980.

Bom and raised in Salmon Arm, BC, Say only began swimming year round in the fall of 1997 when hebegan universityin Victoria. Since then Say's star has been shooting skyward. Atter one year of winter swimming, Say made the Canadian Commonwealth team. Say's 200 free has dropped almost 4 seconds in the two years since his first national medal:

| 1998 Summer Nationals, August: | $1: 52.77$ |
| :--- | ---: |
| 1998 Commonwealths, September: | $1: 52.42$ |
| 1999 Spring Nationals, March: | $1: 51.56$ |
| 1999 Pan Pacifics, August | $1: 50.55$ |
| 2000 Spring Nationals, March: | $1: 40.86$ |

Button decidedto spend theyear athomein order to prepare for the Olympics. Atter sitting down with her two coaches, Byron MacDonald in Toronto and Dean Bolesin Waterloo, Button made the decision to stay at home with her Mom and Dad. "It is much easierto havemyMum takecare of me! PlusI needed a break from school." With no varsityswimming, the World Cup circuit was instrumental in her season planning. "Thecircuit fitinto my schedule thisyear. I wantedlotsofqualityracing againstthepeoopleI will hopefilly be swimming at the Olympics."

Training at the Region of Waterloo has not changed much since ROWbecame a Centre, but for Button it helpsto have swimmers around who are at such a competitive level. "We get some extra money now for travel and sport science services, which is nice. But itisreally great to have good people to train with. We havea high-level environment with a small

## number of swimmers."

Button's group consists of 12 swimmers under the guidance of coach Dean Boles. Bud Mcallister's group has 6, including Japanese stars Takashi Yamamoto and Suzu Chiba.

Button isgoingto maintain hercurrenttraining and racing strategy through to the Trials. "There is more expectation from everyone now, but I have so much more confidence too. I reached this level a lot faster, so I know I can reach the next level as fast." Button believestherearestill parts of her raceshecan improve, including the third 50 . "I would liketo goa 2:10-2:09. It's abit of a stretch, butI did take off three seconds short course. Its like I am 14 again!"

Coach Dean Boles believes that the Centre has merely coordinatedtheeffortstheyhavebeen making for the past four years. "The Centre hasn't changed our program too much, we've been going in that direction for a while. We already had a connection with thesportscienceandtheUniverity, so theCentre was the next logical step"

ROW has tried to incorporate many of the programsdevelopedin Calgary, such asthe corestrength anddrylandprograms. "TheCentreherehas consolidated our work. Ifocus on thewater work and we have experts helping with dryland, sportspsych, etc. When you go to the nextlevel it takes listening to experts. I get theinfo and make the decisions. And if you make the right decisions you get the right results."

TheROWCentrealso servicesseveral drops-ins." "Adam Sioui comes in and trains with us now and then, which makes it interesting. So weareabletohelp someof thekidsin Ontarioa bit."

Although having Mcallister, Chiba, and Yamamoto in the Centrere minds everyone of quality international swimming, Boles credits Canada for his success. "I am very much a product of the Canadian coachingsystem. Ithinkitis important to give credit to those programs and keep investing in them because it is working."

The Centre programs are effective: experienced coaches, quality sports science support, dryland and sportspsychologyprograms. So howdo you get one?Well, there are rules setup for the Centres. First, a sport part-

nership between your Pro- Mark Versfeld, PDSA, won the 50-100-200 backstroke


Dave Johnson
Cecil Colwin
vincial SportOrganization (PSO), theNational Sports Organization (NSO), and the National Sports Centre (NSC) must be set up to agree upon a viable project. DaveJohnson, thehead coach of SNC, then setuptwo othercriteria: "I wanttheCentresto belinkedwith the clubs as well, because they have the sport-speciic infrastructure already in place. I also wanted the Centres to be linked with the Universities."

With Centres dominating Nationals it is only natural that the rest of the country's clubs want a piece of thepietoo. "We do need to green thepastures across the entire country," says Johnson. "The case was that certain provinces bought into the system later than other areas. But we are working on new

Centres in Toronto and the Allantic provinces."
This Centre system is great for some clubs, but what happens to programs that cannot form a Centre? SNC has developed several initiatives to combat the drain of fast swimmers into the Centres and the demise of the small club and junior-level coach.

According to Johnson, there is currently another Club Grant program on the table with the Executive Committee/Board of Directors at SNC that would recognize quality performances at Junior Nationals. The program would also reward swimmers and coacheswho perform at Juniors, then again atSenior Nationals.
"Creating better linkages to the development system has been a dilemma. Howto compensateand recognizejunior-level coaches led us to create better stratification. Now at Junior Nationals there will be two age groups: 16 and under, and 17 and 18 ."

There are also newprograms in placeand being developed for the nation's coaches. "We want to re describe the career path of a coach; that it is okay to develop a swimmer and then let them move on because you will still be getting recognition and still becontributing to thatswimmer's career. Theswimmer then getsthe benefit of incorporating 25 years of coaching experienceinto his or her program."
"Our goal isto put what isin the best interests of theswimmer first, but thereverseof thatiswhatisthe impact on the coach. Therefore our initial goal is to get key people in place, then over the long term link thosecoachesasmentorswith theyoungercoaches."
"We want to train Canadian coaches to manage and coach at the intemational level. One way to do that is a career path through a Centre. But there are coaches who are doing it outside of this structure. Sean Baker in Nanaimo is an excellent example."

Indeed, the Centres proved strongest, along with the citywide teams formed just for Nationals. Etobicoke was dominantwithoutanyhelp.But we cannot really judge where we are until Trials, when the whole country will be shaved, tapered, and focused on longcourse swimming. And when team titlesare of noissue, itwill matter little if you area Centre swimmer; what will matter is that you are ready to race and swim really fast

## 2000 FINA SHORT COURSE CHAMPIONSHIPS

## FIFTEEN WORLD RECORDS AMERICANS WIN M OST MEDALS

Nick J. Thierry

ATHENS- The 2000 FINA Short Course World Championships, held only 11 months after the 1999 edition, resulted in 15 worldrecords. Theregularrhythm of this compection will be everysecond year and thenext ones are scheduled for 2002 in Moscow.

Two world records were established in the prelims, four in the semi-finals, and nine in the finals.

The USA emerged with most golds with 9 , and 25 total medals, as they sent a strong team of university graduates. Their totals could have been higher but for backstroker Lenny Krayzelburg's injury.

Notably, 23 countries shared in the 120 medals, as strong countries like Australia and Germanysentsmall teams. Canada onlysentateam of six (fourwomen and two men), who gavea very good account of themselves with four silvers and one bronze and five Canadian records.

The facility in Athens was outstanding, part of the Olympic complex builtin 1990. Itincludestwo outdoor $50-\mathrm{m}$ pools and an indoor $50-\mathrm{m}$ pool with seating on both sidesfor over 4,000 . The outdoor complex was the site of the 1991 European Championships and will be the site for the 2004 Olympics.

The 40-event program with three rounds (prelims, semi-finals, and finals) forthe 50 s (all in one day) and the 100 (over two days) made it impossible for some prominent swimmers to swim their regular events. Many scratched atterthefirstround. The finals session went bysofastthatitwashardto absorband enjoysome of the great individual efforts. A revision (simplification) of the program will be done for 2002.

As an example of the program's complexity, Neil Walker (theswimmerof themeet) on thefirstdayswam threerounds of the 50 back, and two world records, and the $4 \times 100$ free relay twice.

On the second day he swam two rounds of the 100 IM and the 4x200 free in a world record.

On the third day, during the prelims he swam 100 back anda 100 freein 46.88 (thefastest time), which he scratched from. In the evening he won the 100 IMin a world record time, followed within minutes by the semi of the 100 back.

On the final day, during the prelims he swam the first round of the 50 fly . In the final session, the first event was the semi-final of the 50 fly, where he posted the second fastest time. A mere 30 minutes later he swam the final of the men's 100 back in anotherworld record, followed by a second in the 50 fly final, and ended the evening on the winning 4x100 medley relay swimming the fly leg in 51.43 .

Walker had a total of 17 swims, with four world

| MEDAL TOTALS |  |  |  |  |  |
| :--- | :--- | ---: | ---: | ---: | ---: |
| Country | Gold | Silver | Bronze | Total |  |
| 1 | USA | 9 | 7 | 9 | 25 |
| 2 | SWE | 7 | 3 | 1 | 11 |
| 3 | GER | 5 | 6 | 2 | 13 |
| 4 | GBR | 4 | 4 | 5 | 13 |
| 5 | RSA | 2 | 4 | 0 | 6 |
| 6 | UKR | 2 | 2 | 3 | 7 |
| 7 | CHN | 2 | 2 | 2 | 6 |
| 8 | FIN | 2 | 1 | 0 | 3 |
| 9 | RUS | 2 | 0 | 5 | 7 |
| 10 | SVK | 1 | 2 | 1 | 4 |
| 11 | AUS | 1 | 1 | 2 | 4 |
| 12 | DEN | 1 | 0 | 0 | 1 |
| 13 | HUN | 1 | 0 | 0 | 1 |
| 14 | CRO | 1 | 0 | 0 | 1 |
| 15 | CAN | 0 | 4 | 1 | 5 |
| 16 | POL | 0 | 2 | 1 | 3 |
| 17 | ITA | 0 | 1 | 2 | 3 |
| 18 | CUB | 0 | 1 | 1 | 2 |
| 19 | ISR | 0 | 0 | 1 | 1 |
| 20 | SUI | 0 | 0 | 1 | 1 |
| 21 | SLO | 0 | 0 | 1 | 1 |
| 22 | TUR | 0 | 0 | 1 | 1 |
| 23 | BLR | 0 | 0 | 1 | 1 |
| Totals | 40 | 40 | 40 | 120 |  |
|  |  |  |  |  |  |

records and a share of one relay world record, for total prize monies of US $\$ 63,750$.

DAY 1-March 16
A new world record and two championships records were bettered during the moming prelims. Atter the conclusion of the final event, 5 world records and 9 championship recorrds were bettered.

The evening final session got underway with semi-finals in six events.

Neil Walker (USA) shattered his world record from hismorningswim in the 50 backstrokewith a 23.42 (his prelim time was 24.04 ), swimming beside Lenny Krayzelburg (USA), the long and short course backstrokerecord holder for all other distances. Themargin of victory was substantial- about half a body length. Walker made the most of the allowable underwater kicking (15 metres atter the startand the tum) to gain his advantage.

Minuteslater, in anothersem-final, LarsFiolander (SWE) bettered the 100 butterfly world record with 50.59 (23.58split), ahead of Michael Kim’s(AUS) six-month-old record of 50.99. "I will try for an even faster time tomorrow in the final," Frolander said.

Jenny Thompson (USA), in the second 100 freestle semi-final, swam 52.92, a newchampionship record. It wasalsothesecondfastestimeever.ThereseAlshammar (SWE), the current world record holder (52.80), swam a hard threelengths and then cruised home to a 53.70 . "I didn't expect such a fast ime,"

Thompson said, "I'm in pre-Olympic training and my goal here is to do the best possible times. I will get back to hard work after this meet."

In the first final, Mette Jacobsen (DEN) defended her SC World title from 1999 with a 2:08.10 (her winning time last year was 2:06.52). It was a swim-towin effort, spliting 1:01.74 at the 100 and juststaying ahead ofthechallengers. Katrin Jake(GER) wassecond with 2:09.42 and Otylia Jedrzejczak (POL) was third with 2:09.61.

Bela Szabados (HUN) won the 200 freestyle in 1:45.27 with Massimiliano Rosolino (ITA) in second with 1:45.63 and ChadCarvin (USA) third with 1:45.79. Szabados had thelead for most of the race and held off a late charge from Rosolino in lane one.

Jani Sievinen (FIN) battled Terence Parkin (RSA) inthemen's400 IM. The lead changed after each stroke. Sievinen was in the lead for fly andback, Parkin then moved almost a body length ahead after breast-stroke-an insurmountable lead, butSievinen caught up and touched first in 4:09.54, with Parkin second with 4:10.56 (a personal best
andAfrican recorr) andMickeyHalika (ISR) thirdwith 4:10.90.
The splits:
$\begin{array}{lllll}\text { Sievinen } & 57.82 & 2: 02.11 & 3: 12.81 & 4: 09.54\end{array}$
$\begin{array}{llllll}\text { Parkin } & 57.95 & 2: 03.67 & 3: 11.07 & 4: 10.56\end{array}$
Halika $\quad 58.37$ 2:03.50 3:13.26 4:10.96
Yana Klochkova (UKR) won the 400 IM in 4:32.45 and was ahead of world record pace atter the fly and back legs. She fell behind the pace on the breaststroke leg but had a three body-length lead on the field to win easily in 4:32.45. Nicole Hetzer (GER) placed second with $4: 37.92$ and Katie Yevak (USA) third with 4:38.80. Klochkova's splits:
$\begin{array}{lrrr}\text { Fly } & \text { back } & \text { breast } & \text { free } \\ \text { 1:02.14 } & 2: 10.51 & 3: 29.05 & 4: 32.45 \\ & 1: 08.37 & 1: 18.46 & 1: 03.40\end{array}$
Mark Warmecke (GER) touched ahead of Brendon Dedekind (RSA) in themen's 50 breaststroke. Themore experienced German, with 8 of the 10 fastest timesever done, won in 27.22 to Dedelind's 27.27.

Sarah Poewe (RSA) won the women's 50 breaststroke in 30.66 , a championship record, bettering the 30.80 set by Penny Heyns (RSA) a year ago. Heyns was entered in this competiion, but the tragic death of a teammate in Calgary prevented her from swimming here.

Neil Walker (USA), in his third 50 back swim this day, touched in 23.99 just ahead of Lenny Krayzelburg (USA) in 24.2. It was a good day's work for Walker, who eamed US $\$ 30,000$ for his two earlier world records.

Themen's4x100freewasa Swedish romp in a worldrecord timeof3:09.57, with the USA in second with 3:10.98 and Gemany third in 3:13.69. The Americans took the lead on the firstleg, but Lars Frolander, in second for the Swedes, moved them well into thelead, never to be challenged. He split 45.69.

The final event of the first day was the women's $4 \times 200$ free relay. The USA took the lead on the first 200 with GBR, CHN, and SWE battling for second. Lindsay Benko gave the USAa solid lead with her 1:56.45 (bettering a 22-year-old American record by Cynthia Woodhead). On the second 200, Nicola Jackson moved GBR into the lead overthe USAwith CHNand SWE trailing. Theyheld on to their lead with Karen Pickering anchoring (with a body-and-half lead) over Jenny Thompson for the USA Pickeringtouchedin 7:49.11, anotherworldrecord. TheAmericans finished second with 7:50.59 and China third with 7:52.70. The winning relay's splits:

| Claire Huddart | $1: 58.19$ |
| :--- | :--- |
| Nicola Jackson | $1: 56.20$ |
| Karen Legg | $1: 57.51$ |
| Karen Pickering | $1: 57.21$ |

## DAY 2 March 17

World and championship records continued to fall by ever-increasingmarginsduringthesecondday'sfinals.

The first final was the men's 100 fly, where Lars Frolander(SWE) brokehisworldrecordfrom DayOne's semi inals. Therace wasneverin doubt, with Frolander in thelead from the start, tumingin 23.50 , thesameas

the day before, but he brought it home even faster, lowering his record time to 50.44. He took only eight strokes on thesecond length and 11 on the final length.
"It slogical tobesatisfied with my time," Frolander said. "It's my second gold of the championships ( Sweden won the4x100freein worldrecordtime on Day One). Therace was as good asitshould befrom starto finish.Mygoal isstill to win in Sydney.I'dliketo behere in 2004 for the Olympicsifi'm nottoo old by then." (He would be 30 in 2004.)

Rebecca Brown (AUS) won the 200 breaststroke. Shewasin theleadfor the distance with a 1:09.18 atthe 100 and finished in 2:23.41. Brown held thelongcourse worldrecordin 1994, butmissedthelimelightattewards. She is on a succesfful comeback now.
"It's my first world title," Brown said. "I am the happiestperson on theearth tonight.I Iwasquite anxious about my race."

Chad Carvin (USA) wasan easywinnerinthemen's 400 freestyle, leading throughout (53.08, 1:48.69, 2:44.85) with a final time of $3: 41.13$. It was not his fastest thiswinter, butenough. Paul Palmer(GBR) was second with 3:12.70 and Massimiliano Rosolino (ITA) was third with 3:43.68.

ThereseAlshammar(SWE), already theworldrecord holder in the 100 freestlyewith 52.80 from last Decem-
and VolodymyrNikolaychuk (UKR) third with 1:55.33.
JennyThompson won the 50 Ily in 26.13 over AnnaK Kammering (SWE) with 26.16. It was a gutsy effort byThompson after the hard 100 freestyle. She wasable to come back within a few minutes for this winning effort. Kammerling has a much faster world record from last December with 25.64 .
"Myemotions aremixed," Thompson said. "I have a gold now, butlostanother oneearlier. This is mylast competition before Olympic Trials and Sydney. I'll be ready there."

Mark Foster (GBR) won the men's 50 freestyle in 21.58. "My next goal is to break the world record in Sydney. I'm working hard every day to improve several thingsin my technique."

Sandra Volker (GER) won the 100 backstroke with a near-record effort of 58.66 (therecord is58.50). "I'm happywith thisperformance," Volkersaid. "I was close to the record." Marylyn Chiang (CAN) was second with 59.33, her first sub-minute time. "My advantages are the start and tums because I have been training to stay under and kick for aslong as all owed ( 15 metres)," she said.

Chen Hua (CHN) won the 800 freestyle in 8:17.03, another championship record, over Brooke Bennett (USA) with 8:19.66. Benneett, with 23 strokes a length, was in the lead for the first half but Chen, with only 19 strokes a length, gradually moved into the lead.

In the final race of the evening, the American men won the $4 \times 200$ free relay in world record time. Josh Davis 1:44.10, Neil Walker 1:45.44, Scott Tucker 1:45.97, and ChadCarvin 1:46.02, combined fora timeof 7:01.33, just under the 7:01.60 record byan Australian team last September.

In semi-final action:
MarkFoster (GBR) wasfastestin the50 freewith 21.43, anewchampionshiprecord.

In the second semi-final in the men's 100 breaststroke Roman Sloudnow (RUS) broke the world record with 58.51 , bettering FreddeBurghgraeve's(BEL) formertimeof 58.79 from 1998.

Atter two days, 9 world records and 19 championship records had been bettered.

## DAY 3 March 18

The world record total moved up to 12 after three days of competition. The USAcontinuedtorun awaywith the medals with 7 golds and a total of 17 .

Neil Walker (USA) continued his amazing swimming, winning the 100 individual medley in a new worldrecordof52.79, bettering thefour-year-oldrecord of 53.10 by Jani Sievinen (HN,) who finished second thisday.Walkerhasthebestunderwatertechniquewith half the distance kicking off the walls. He had abouta body-length lead on the field at the 50 and held off Sievinen, whoclosed the gapbutnotenoughtothreaten Walker.

Martina Moravcova (SVK) cruised to a two-bodylength lead in winning the women's 100 individual medley in 59.71. Marianne Limpert (CAN) was second
in 1:02.00. "I'm closing in on the record," Moravcova said after her first ever sub-minute 100 IM. "Although I wastired beforethisfinal, I'm verypleased. Swimming in this pool feels great."

With a world record under his belt from the semis, Roman Sloudnov(RUS) swam tomakesureofthegold. "ItismyfirstWorldChampionshipsandI'm satisified," he said. "I don't depend on luck, just power and hard work." Sloudnov's time was 58.57.

Lindsay Benko (USA) won the 400 freestyle in 4:02.44 and has now erased the last remaining American record of Cytnhia Woodhead(4:02.59 - from 1978). Yana Klockhokova(UKR), winner of the 400 IMtwo daysearlier, was second throughout and finished with a 4:04.39, a personal best. Chen Hua (CHN) was third with 4:06.63.

AntjeBuschschulte(GER) won the 50 back in 27.90, even though Marylyn Chiang (CAN), with superiorunderwaterwork, wasahead for most of the race but touched second in 28.03. Kelli McMillan (AUS) was third in 28.06.

Therese Alshammar (SWE) won the50freestylein worldrecord time of 23.59, lowering her own Lars Frolander, SWE three-month time of 24.09 . It was a textbook display of perfection. She gained a half-abody on the dive off theblock, then took 14 strokes on the first length and 18 on the second length.
"I expecteda world record," Aslhammar said. "The time was much faster than I imagined. I will use the money I earned hereat these championshipsto paymy coach (Dirk Lange) becauseI owe him a lot."

It was an easy swim for James Hickman (GBR) in the 200 butterfly. In thelead throughout, he cruised to a 1:53.57 (two seconds over hisworld record). Shamek Pietucha (CAN) swam a gutsy race in lane two and gradually moved up to second with 1:54.27. Anatoli Poliakov (RUS) was third with 1:54.47.
"Theracewasalwaysin control," Hickman said. "I feltconfidentoffirstplace. Thisismy thirdmedal here."
"It was my best time," Pietucha said. "I wanted a betterplace, butI haveto besatisfied and itdoesgiveme confidence." Pietucha bettered his year-old Canadian record.

In semi finals, JennyThompson (USA) loweredher world record in the 100 butterfly to 56.56 ( 26.14 split) from 56.80. Thompson scratched from the 50 freestyle after the prelims.
"I felt a little tired and tense in the warm-up," Thompson said. "I didn'texpectto break therecord, but was happy to please the fans. I'll try to better it again tomorrow in the final." Martina Moravcova (SKK) scratched from the 100 fly after the morning prelims, where she bettered the European record with 57.55.

Lars Frolander (SWE) was fastest in the men's 100 freestyle semis with 46.75 ( 22.52 split), missing Alex Popov's six-year-old world record by $1 / 100$ th of a
second. It moves him to number two all time ahead of Neil Walker.

The fast pace of the competition and the many rounds of swimming were taking theirtoll, so that even the very best couldn't cope successfully.

## DAY 4 March 19

Lars Frolander (SWE) scratched from the 50 fly semis, immediately ahead of the final of the 100 free. He already established the world record in the 50 ly in the morning with 23.19.

In the 100 Frolander took flight early, splitting well ahead of the world record pace of 22.80 with his 22.57. He had a bodylength lead at the finish, but just missed the world record of 46.74 with his 46.80 .
"I will leave here with the best of memories," Frolander said. "I expected to break the recordin thisrace. Itreallydoesn't matter, I'll try harderin Sydney."

Yana Klochkova (UKR) and Martina Moravcova (SVK) traded placesduring the 200 individual medley. Moravcova had the lead afterfly, with Klochkova gaining a slight edge on the backstroke andbreaststrokelegs. Moravcova moved up on the freestyle leg and ended in a virtual tie: 2:08.97 for Klochkova and 2:08.98 for Moravcova.
The splits:
$\begin{array}{lllll}\text { Klochkova } & 28.43 & 1: 01.10 & 1: 38.82 & 2: 08.97\end{array}$
$\begin{array}{lllll}\text { Moravcova } & 28.04 & 1: 01.26 & 1: 39.50 & 2: 08.98\end{array}$
Sara Poewe (RSA) won the 100 breaststroke with 1:06.21 (31.23), a personal best by over a second. She wasclearlyin theleadthroughout. Alicja Peczak(POL) placed second with 1:07.69 and Elena Bogomazova (RUS) third with 1:08.27.
"I always paint my nails black for good luck," Poewe said. "This time they really brought me good luck. Thetimeand the gold medal aretheperfect finale formeat these Chanmpionships." Poewe is 16 and will make a terrific duo with world record holder Penny Heyns (RSA).

Neil Walker (USA) continued to amaze. He won the 100 backstroke by a two-body-length margin. He turned at the 50 in 24.12 and then blasted to the finish in 50.75 , a new world record, betteringtheinjuredLennyKrayzelburg's four-week-old mark of 51.28.

Showing signs of wear, Jenny Thompson (USA) just swam to win the 100 butterfly with 57.67. She seta world record the previousdayin the semisin 56.56. Johanna Sjoberg (SWE) was secondwith 57.96 and Karen Campbell (USA) in third with 58.86 .
"I expected to win the silver," Sjoberg said, "since the gold was already occupied."

There was a great battle in the men's 200 breaststoke. Roma Sloudnov (RUS) had the
early lead. Then Terence Parkin (RSA) moved ahead and held through the 150. Sloudnov then came back and they battled for the finish. Sloudnov finished first with 2:07.59, a newworld recordandhissecond ofthese championships. Parkin was second with 2:07.91, his personal best. AndreIvanov(RUS) wasthirdwith 2:09.90. The splits:
$\begin{array}{lllll}\text { Sloudnov } & 29.02 & 1: 01.90 & 1: 35.04 & 2: 07.59\end{array}$
$\begin{array}{lllll}\text { Parkin } \quad 29.22 & 1: 01.44 & 1: 34.56 & 2: 07.91\end{array}$
"This should set me up for a medal in Sydney," Sloudnov said. "I didn'texpectto win anyprizemoney, so I don't really know how to spend it."
"I thinkI can do betterin long course," Parkin said. "I'll try for a better performance next month."

Antje Buschschulte (GER) battled Lindsay Benko (USA) over the first six lengths of the 200 IM , but then moved into the lead to win with 2:07.29. Clementine Stoney(AUS) caughtBenko and touchedin second with 2:08.64. Benko touched third in 2:08.85.

James Hickman (GBR) gave it a good try. In the men's 200 IM he had an almost body-and-a-half lead. Then Jani Sievinen (FIN) madehisdecisivemovein the breaststroketo overtakeHickman, who wasnever again able to close the gap.
The splits:
$\begin{array}{lllll}\text { Sievinen } & 25.62 & 55.22 & 1: 28.89 & 1: 56.27\end{array}$ $\begin{array}{lllll}\text { Hickman } & 24.68 & 53.84 & 1: 29.00 & 1: 56.86\end{array}$

Yang Yu (CHN) won the women's 200 freestyle, battlingMartina Moravcova(SVK) who minutes before finished the 200 IM. Moravcova had the lead at the 50 but fell behind and even her late surge fell short. The splits:

| Yang | 27.79 | 57.21 | $1: 26.92$ | $1: 56.06$ |
| :--- | :--- | :--- | :--- | :--- |
| Moravcova | 27.76 | 57.44 | $1: 27.54$ | $1: 56.46$ |

The $4 \times 100$ medley relay was another American win for themen with their3:30.03 missing the world record. The injured Lenny Krayzelburg swam the backstroke leg in 51.82, with Jarrod Marrs 59.26 for breaststroke, Neil Walker51.43in the 100 fly, and ScottTucker 47.50 for freestyle. Germany finished in second and Great Britain in third.

Sweden won thewomen'smedleyrelaywith Therese Alshammar swimming backstroke in 59.73, Emma Iglestrom breaststroke in 1:07.93, Johanna Sjoberg fly in 57.36, and Anna-K. Kammerling freestyle in 54.51, for an overall timeof3:59.53. Germany finished second and the USA third.

## 2000 WOMEN'S NCAA CHAMPIONSHIPS

INDIANAPOLIS, Ind. - In a classic catanddog fight, the Georgia Bulldogs hung on to defeat the Arizona Wildcats for their second straight NCAA team title. Georgia finished with 490.5 points to Arizona's 472. Georgia's Courtney Shealy and Kristy Kowal were named co-NCAAFemale Swimmers of the Year. Jack Bauenewas votedCoach oftheYearfor thethirdtime.

Shealy won the 50 and 100 free, the 100 backstroke, and swam on the winning $4 x 100$ medley and free relay. Kowal won the 100 and 200 breaststrokes and the $4 \times 100$ medley.
"What a terrific meet it was. I have great respect for Arizona," Georgia coach Jack Bauerle said.
"This year was harder to win. I now have a newfoundrespectfor(Stanford) coach RichardQuick who's won so many titles. Defending a title is a different feeling. Last year was almost easy. It just seemed to flow. We didn'thave manyinjuries. At one point in January, we werea skeleton of what we were tonight."

The NCAA meet, held in short course metres for the first time in history, saw the record books rewitten. Over the three daymeet, two world records ( 50 back, $4 \times 100$ medley relay) and one world best (4x50 medley relay) were broken, as well as 11 American records.

## Highlights: Freestyle

CourtneyShealy, Georgia, surprised the field in the 50 free on the first day with a win out of lane 6 , posting a 24.80 for her first title after qualifying fourth. Courtney Allen of Northwestern touched in 24.87, followed by three timedefendingchampion CatherineFox ofStanford in 24.97.

Shealy addedthe 100 free (53.99) win on the final night amd Maritza Correia, Ceorgia, won the 200 free with 1:57.33.

Columbia senior CristinaTeuscher, ateam of one at these champi-

## GEORGIA WINS SECOND TEAM TITLE TWO WORLD RECORDS SET

onships, easilywon the 400 freein 4:04.09. Stanford's Jessica Foschi finished with 4:06.17 and Virginia's Cara Lane with 4:07.31. Lane won the 1500 freestyle in 16:03.59.

## Backstroke

Courtney Shealy, Georgia, won the 100 backstrokein 58.66 , with Haley Cope, Cal , second with 59.17 , and Beth Botsford, Arizona, third with 59.34. Botsford added the 200 m backstroke with 2:06.70, an American record.

## Breaststroke

It was an American record performance from senior Kristy Kowal, Georgia, who posteda 1:05.74in the 100 breast, notfaroffPenny Heyns' worldmark of1:05.40.

Kowal was pushed by Cal freshman Staciana Stitts, who was out first in 31.24 to Kowal's 31.28. Stittsand Northwestern senior Amy Balcerzak tied for secondin 1:06.79. "I'm really excited to bethat close to Penny's (Heyns) world record. She's an amazing swimmer and I love racing her, but I won't start thinking about the Olympics until after this meet is over. I'm just so excited with how well the team is doing here.
"It's my senior year so thats the last time I'll swim thateventatNCAAs," Kowal said. "Ithasn'thit
me yet and probably won'tuntil atter I swim the 200, but the 100 is my fun event."

Kowal added the 200 breaststroke in an American record of 2:22.05.

## Butterfly

Limin Liu (CHN) of Nevada, the 1996 Olympic silver medalistin the 100 fly , won the 100 fly (57.97) after finishing as runner-up last year. Stanford's Misty Hyman (USA) was runner-up in 58.60. Liu also won the 200 m fly, in 2:06.04.

## Individual Medley

Kristy Kowal, Georgia, won her fith NCAAindividual title with a hard-foughtvictory in the 200 individual medley, touching in 2:10.69.

She was fifth atter the first leg (butterfly), but passed Cal senior Elli Overton (AUS) in the breaststroke to freestyle tum. Overton finished in 2:10.74, followed by Auburn freshman Maggie Bowen in 2:12.21.
"The past two years I've gotten third, and I was happywith that, butI knewthisyear I hada good shot at it," Kowal said. "I knew it was close. I didn't feel anything the last 15 metres."

Columbia senior Cristina Teuscher claimed her fourth and final NCAA title in decisive fashion, winning the 400 individual medley by almost four secondswithatimeof4:33.81,justoffTracyCaulkins' USOpen record of 4:33.44 from 1981.Thetimewould have earned her a silver medal at the FINA Short Course World Championships- a meet she choseto miss so she could compete in her final collegiate meet.
"I think the competiion isjustas good here, so why fly halfway around the world when I could just take an hour flight here?" Teuschersaid. "Itwasniceto end my college career here. NowI'll startfocusing on the Olympic Trials. I'm much morematurethan I wasfour years ago and going to CO lumbia had a lot to do with that. I was really lucky to be able to have the best of both worlds, working with both (Columbia coach) Diana Caskey and club coach John Collins of Badger SC."

## Relays

Califomia won the first relay, breaking the US Open record in the $4 x 50$ free relay with a time of $1: 40.18$. The

Kristy Kowal helped Georgia to its second team title team consisted of Anya

Kolbisen (USA) 25.90, HaleyCope (USA) 24.60,Nicole Omphroy (USA) 25.36, and Joscelin Yeo (Singapore) 24.32. Arizona, the third-place finisher, broke the American record in prelims with a 1:40.21.

Seniors Kristy Kowal and Courtney Shealy, who both won individual titles on the first night, led Georgia to a world-record swim in the $4 \times 100$ medley relay. Shealy led off with a 58.75 , followed by Kowal (1:06.09), Keegan Walkley (59.28), and anchored by freshman Maritza Correia (53.34) with thefourpostinga3:57.46, betteringJapan'sworldrecordof3:57.62.
"Courtney and I had never won a relay at NCAAs in our four years so it was a big goal to win and that gave us momentum," Kowal said.

The California 4X50 medley relay team of Haley Cope (USA) 27.25, Staciana Stitts (USA) 30.59, Waen Minprahal (THA) 27.07, andJoscelin Yeo (SIN) 24.32 started off the second night with a world-bestswim of 1:49.23. The previous world record was 1:49.47 by Sweden in 1999. Since the California team was composed of swimmersfrom threcountries, itwill notbe recognized since team members must have the same nationality (FINA rule SW 12.3).

Copealso setherown world record in the 50 back leadoffwith atimeof27.25, betteringGeman Sandra Volkers' time of 27.27. Arizona set the American record with its second-place time of 1:49.71 by Beth Botsford, Amanda Beard, Amy Bouta, and Denali Knapp.
"When I looked up at the board (after my leg) and sawthatI broke the world record, I was thinking 'please don't false start,"" Cope said. "Breaking that record was one of my goals this year."

Arizona won the $4 \times 200$ free relay with Trina Jackson (1:59.46), Sarah Tolar (1:57.29), Jenny Vanker (2:00.77), and Emily Mastin (1:57.99) in 7:55.51.

It came down to the final relay, with Arizona needing to win the $4 x 100$ free relay and Georgia to finish sixth or lower for the Wildcats to win the title. The Bulldogscould havebeen extra careful about the relay takeoffs to ensure no false starts. Georgia went after the race aggressively though, with Courtney Shealy (53.70), Stefanie Williams (55.00), Jennifer Mihalik (55.45), and Maritza Correia (53.52) winning the event and the team title with an American record time of $3: 37.67$, bettering the time set by the USANational Team earlierthatday in Athens, Greece, at the Short Course World Championships. Arizona finished second with $3: 38.89$.
"The coaches told us we just needed to finish fifth, but we weren't out there to do that," senior Courtney Shealy said. "We still wanted to win it."

Thanks to Mary Wagner, USA Swimming Media RelationsCoordinator, whoprovided daily reports from Indianapolis.

## 2000 MEN'S NCAA CHAMPIONSHIPS

## MOSES PARTS THE WATERS <br> TEXAS RUNS AWAY WITH TEAM TITLE, RECORDS FOR RILEY J ANES

MNNEAPOLS- Seven worldshortcourserecords fell during the 76th men's NCAAChampionships. The records were equalled or bettered in four events.

Virginia sophomore Ed Moses was voted NCAA Swimmer of the Year for his world records in the 100 and 200 breaststrokes.

Texas won the team title, the Longhoms' first since 1996. They won three out of five relays, placed second in the $4 \times 100$ free and fourth in the $4 \times 50$ free relay.TheLonghornsfinished with 538 points, followed by Aubum (385) and Arizona (360.5).

Texas coach Eddie Reese wasnamed NCAACoach of the Year, winninghisseventhteam titleduringa 21 -yearcareerin Austin.

Thesemen'sNCAAchampionships, held continuously since 1924, have been mostly held in a 25 -yard pool, butfor thefirstime theywereheldin a 25 -metre pool.

## Highlights: Freestyle

 California freshman Anthony Ervin shocked the swimming world on the firstnight with a worldrecordin winningthe50 free (short course metres) in 21.21, edging Arizona sophomoreRoland Schoeman (RSA) who also went under the existing world record with a 21.22 . Prior to this meet, Ervin's biggest compecition had been at the Junior National level."Anthony's never been in the limelight," said California coach Mike Bottom. "He's come out of virtually nowhere."
"I was trying to hit all the things I usually miss, like the start," Ervin said. "I'm known as having bad starts. For me, this was a good start. It was decent, but not a great start by any stretch of the imagination."

Ervin, who at 6 ' 2 " 188 cm weighed just $150 \mathrm{lbs} /$ 68 kg when he entered college, has put on 10 pounds of muscle in the last year since he started weight training seriously.
"I think it's been the coaching more than anything(that'smadea difference)," Ervinsaid. "I haven't grown much yet."

On day three Ervin pulled off another upset over Arizona's Roland Schoeman (RSA), winning the 100 free from lane one in an American record time of 47.36. Schoeman finished second in 47.51.

Ryk Neethling (RSA) , aseniorat Anizona, won the 400 freein $3: 40.47$ on the firstday, while Southem Cal

freshman Erik Vendt was second in 3:42.81. On the second day, Neethling won his ninth career itite, his second of themeetand histhirdstraightin the 200 free event.

Stanfordjunior Adam Messnerjumped out to an early lead, but Neethling turned it on in the last 25 to movepastMessner.Hisfinal splitwas25.74toMessner's 27.50. Neethling finished with a 1:43.90 to Messner's 1:45.01.

Onthethirdday, Southern Cal'sErikVendttumed in a gutsy performance in winning the 1500 freestyle in an American record time of 14:31.02, upsetting three time defending champion Ryk Neethling (14:39.04) of Arizona, who finished third behind

Michigan junior Chris Thompson (14:35.95). Thompson took the early lead with Neethling and Vendtstaying athiship until Vendtstarted hissix-beat kick at the 800 mark to pull away from the field. His 10th, 11 th, and 12 th 100 s were all under 58 seconds and he finished with a 58.09 for the last 100 . Vendt's timeranksasthefourth-fastestpefformancein history behind two swims by Australians Grant Hackett and one by Kieren Perkins.

## Backstroke

Texasjunior Matt Urickson won the 100 back out of lane two with a time of 52.05 . He was fourth at the 50 mark and then finished in a 26.87 to win the race.
"The race was so close," Urickson said, "that I didn't know where I finished until I looked up at the board. I had to look a couple of times to make sure before I got excited."

Last year, Ulrickson made what he termed "an eight-year-oldagegrouper'smistake" when heturned too soon, thinking thefalsestartrope wastheflags. He seems to have leamed from his mistake.

Canadian Riley Janes, Texas A\&M, in finishing second with 52.18 ( 52.22 prelims) twicebettered Mark Tewksbury's record of 52.50 from 1992. Janes also bettered the 50 backstroke national record with his 23.90 lead-off on the $4 \times 50$ medley relay. Both former Canadian records were world records in their day.

Florida senior Matt Cole claimed the Gators' first NCAA title since 1996 by winning the 200 back in $1: 53.68$, ahead of Brazilian Olympians Leonardo Costa (1:54.79) ofUSCandAlex Massura (1:54.99) of Minnesota.

## Breaststroke

With his mom's "Part the Water, Moses" sign in plain viewin the Minnesota Aquatic Center, Virginia sophomore Ed Moses did
just that in winning the 100 breaststroke in a worldrecord time of 57.66 on March 24. It was his second world record-breaking performance of the day as he first broke the mark in prelims with a 58.05 .
"I knew I had a shot at the world record this moming after the relay split I had yesterday," Moses said. "My coach toldmenotto hold back. I hada foursecond drop between my firstand second 50 splits this moming and had really run out of energy on the last 50. TonightI tried to hold back a little, which is hard to do in this meet, and then come home strong. I'm surprised my split (for the first 50 ) was only a little slower than this morning because I had a lot more energy coming home. I don't think I could have done much better."

Moses grabbed the headline again on the final day, shattering the world record in the 200 breast-

winning the 200 individual medley on the first day in 1:54.65. Texas junior Nate Dusing was second in 1:56.84. Though onlyafreshman, Czeneis26 andjust recently moved to the United States from Hungary to train.
"It's much more fun at NCAAs (than international competitions)," Czenesaid. "Therewassomuch pressureon mein Hungary atter theOlympics. Ididn't feel any pressure here. I went to the 1998 World Championships wanting to win and I made some mistakes and ended up in the consolation final. I thought about quitting, but then I made my decision to come to the United States. I'm glad Arizona State was willing to take me. I feel like I'm re energized."

Michigan sophomoreTim Sicilianodroppedmore than five seconds off his prelim time to win the 400 individual medley in an American record time of 4:06.02. Southem Cal freshman Erik Vendt set the recordin prelimswith a $4: 08.22$ and finishedsecondin 4:09.35.

## Relays

On the veryfirstevent of thefirstdayAubum started off the night by winning the $4 \times 50$ free relay with Matt Busbee (21.77), Aaron Ciarla (21.09), Oswaldo Quevedo (21.34), and Greg Busse (20.94) posting a $1: 25.14$. The four set a worldbestin prelimswith a $1: 24.83$,butsince Quevedo is from Venezuela it will not be recognized as team members must have the samenationality(FINAruleSW12.3) Roland Schoeman (RSA) wasthelead-offforAizona in a short-lived world record of 21.28.

In the final relay on the first day, Texas won the $4 x 100$ medleyrelayin $3: 31.23$,swum by Tom Hannan (52.15), Russell Chozick (59.70), Nate Dusing (51.48), and Bryan Jones (47.90).

On theseconddayDusingalso swam the butterflyleg(22.52) for Texas' winning4x50
beforemyracesbecausel'dgetsonervous, butitmade my mom even more nervous. That's the only thing that kept me calm tonight- thinking my mom was probablyreallynervousandmaybesheabsorbedsome of it for me.
"All season we'veputan emphasis on underwater dolphinkicking.MistyHyman broughtthattoStanford and Skip (Kenney) really worked uson it. I triedto use itasan offensiveweapon tonight. Offboth wallsI could see him (Gaspar) come off ahead of me so I tried to inch ahead each timewith my dolphin kick. I knewwe were really close and I didn't know I had won at the end."

## Individual medley

Arizona State freshman Atilla Czene (HUN), a 1996 Olympic gold medalist, tied the world record in
medleyrelay, which swam an American record timeof $1: 35.66$ in thefirstevent of thenight. Also on thatrelay was 100 back champion Urickson (23.96), Russell Chozick (27.62), and Bryan Jones (21.56).

Texas also won the 4x200 free relay with Jon Younghouse (1:47.34), Nate Dusing (1:44.90), Scott Goldblatt (1:46.52), and Jamie Rauch (1:46.29) with a 7:05.05.

The $4 \times 100$ free relay was won by California with MatthewMacedo (47.81), Anthony Ervin (47.32), Bart Kizierowski (POL) 46.92, and Lars Merseburg (GER) 49.20 in 3:11.25.

Thanks to Mary Wagner, USA Swimming Media Relations Coordinator, who provided daily reports from Minneapolis.

## BACKWASH

Backwashfeaturesshortclips, gossip, lettersand opinions. Contributions are welcome at our email: swimnews@ inforamp.net. Now for the rumours behind the news.

Davis Scholarships Awarded: Six swimmerswill be receiving $\$ 1,000$ each provided by the Victor Davis Memorial Fundto helpthem in theirswimmingcareers. Thefund was created in 1989 in memory of Olympic and world champion Victor Davis, who died tragically that year. The six swimmers are Kristen Bradley, 16 (Newmarket, ON), Jenna Gresdal, 15 (Huntsville, ON), Alexandra Lys, 15 (Calgary, AB), Benoit Banville Auger, 17 (Cap-de-laMadeleine, QC), FrancoisCastonguay, 17(St-Jerome, QC), and Matthew Huang, 16 (Vancouver, BC).

After five decades of service: Swim Saskatchewan presented Life Memberships to Betty Lou and David Dean. The Deans were distinguished swimmers, administrators, and master officials. Congratulations.

Paying the price: AlexanderPopovpays 100 Australian dollars (US\$60) a day to train at the Australian Instituteof Sport with his coach Gennadi Touretsky, a former Soviet national sprintcoach. Thedecision to continue to swim for Russia has cost him dearly. Rob Woodhouse, an Olympic bronze medal winner in 1984 and nowan agent for swimmers, estimates Popov could havemadea million dollarsa yearin endorsements if hewere an Australian. That'swhat Michael Klim, Popov's training partner, and 17-year-old Ian Thorpe are currently earning.
"The financial thing is difficult for Alex," Touretsky says. "He has a few sponsors, none in Australia."

Atter winning the 50 and 100 freestyle in 1992 and 1996, Popovisspending six hoursa dayin thewater andan additional hour in the gym preparing for Sydney.
"PeoplearewritingAlex off, butI'm not," saidMichael Klim. Touretskyagrees. "I knowhewill win the 100again," he said. "The difference thistime is I don't know how."

Cadillac series: What was formerly known as the USA Grand Prix Series is being replaced by the Cadillac Swim Series. Increased prize money (a total of US $\$ 100,000$ over the five meets) and TV exposure within the USA should make for an exciting summer leading up to the Olympic Trialsin mid August. ESPNhasalready agreed to broadcast the Ann Arbor Meet, and other television deals are in the works. See the US Calendar on page 3 for the dates and locations.

Banned: Italian sprinter Viviana Susin, 27, received a four-year suspension from FINA Susin was tested in January 1999 at a meet in France and was found to havea Testosterone/Epitestosterone level greater than 6. The suspension is effective March 25,2000 . It'snot known why there is such a long delay between the test and the suspension. She competed last December at the European SC Championships in Lisbon. Susin won the Italian Championshipsin the 50 and 100 free during the pastdecade.

Caught: Trent Bray, NZ, also tested positive earlier this year for the steroid nandrolone, but has so far eluded any actual suspension and competed recently in the New ZealandChampionships. Trenthireda goodlawyer and gotoff on a technicality. Thejudgeruled therewastoo longa delay between the specimen arriving in the lab- in Sydneyand the tests being done. In addition, the containers that havebeen usedall overthe world werefound wanting! The NZ drug testing agency has lodged an appeal.

Biggest splash: Speedo announced the Fastskin in Athens. Thesuitwill change the sport. It'sa major innovation. Thefabrichasthousands oftinyteeth-likedentsin the knit, mimicking dermal denticles of a shark's skin. Each suit has 13,000 stitches and $1,800 \mathrm{~m}$ of thread. Arougher fabric on the underside of the arms helps the swimmer to grip water when stroking. Arougherfabric at the shoulders creates vortices like those generated by the roll of a fish for faster swimming. Speedo claims that the suit is 3 to 7.5 percent faster than other suits.

FINAhas approvedfull bodysuitsaswithin its existing rules.

The suit will be priced between US $\$ 150$ and $\$ 250$ depending on the configuration (full body suit to a more conventional shape). The suit will be available to the general public in September. Speedo has agreed to supply Fastskinsto swimmerscompetingattheCanadian Olympic Trials. Swimmerswith thebestchancetomaketheOlympic team as prime candidates for the suit.

Other manufacturersalready have full body suits (Adidas) or are close to releasing one(Arena).

Award for Karin Helmstaedt: "I am pleased to tell you that the ASCA(American Swimming Coaches Association) Board of Directors has voted to honor you with the American Swimming Coaches Association Press Award for 2000. Congratulations!

The award is offered in recognition and appreciation of your continueddedication to theunearthing of thestory of the East German Doping Regime over the past decades. We are very grateful for your efforts.

The World Clinic is in Cincinnati, Ohio Sept. 7-9, 2000, and the banquet where we will maketheaward itself is on Friday evening, Sept. 8. We'dbepleased if you wanted to do a 10-20 minute talk at the banquet on the state of doping currently, or what you see happening in Germany/ Eunope.

We will pick up your travel costs from your home to Cincinnati and retum, or equivalentif you plan to go on to Sydney. And we'll take care of your expenses in Cincinnati.

Again, mycongratulationsandthanksfrom ourentire Board of Directors. I hope this note finds you happy and well."

Best Regards, John Leonard
ASCA Execulive Director
Congratulations Karin, from your friends at SWIMNEWS!

## -

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

## ASK JUDY

## DON'T ALWAYY EXPECTIT!

In preparation for Nationals, I met with many swimmers who were trying to cope with different aspects of anxiety, pressure, and stress. Usually athletes who express thesefeelingsto me arein need of a strategy to calm and relax themselves.

I startby asking theathlete"Whatisyourgoal for this competition?'

This may seem like a roundabout way to figure out a strategy, but this often identifies the root of the problem. Themostcommon goal thatswimmersset is to do a personal best time or a PB. The next thing to determineisifthegoal isdifficult, yetrealistic, specific, and measurable, and if the swimmer has a clear understanding of whatshe or heneeds to do to achieve the goal.

Once this has been determined, we can move to thenext question, which is "Whatdo you expectout of yourself?" Theresponseto thisquestion istheclincher. Iftheswimmer'sresponseis "I expecta personal best" then wehaveprobablyfiguredoutwhattheproblem is.

Nowyou may be confused, but answer thisques-tion- What is the difference between an expectation and a goal? In this case, not much. By definition, an expectation is something thatyou expectto happen, it hashigh probability of occurring. Agoal issomething that you are striving for, reaching for, not sure if you will achieve it.

Ifthegoal isdifficultyetitissomethingyou expect to happen, this can bethecause of a greatdeal of stress. Expectations should be focused on things that are completely in your control. For example, "I expect myself to keep focused during my race" and "I expect myself to give $100 \%$ during the race."

Thingsthatyou expectout of yourself are likely to contribute to the chance of you achieving your goal. But when swimmers or athletes, in general, start to set theirexpectationsashigh hastheirgoals, thequestion becomes "What's the point of setting the goal, if you expect it to happen?"

Another way that expectations can cause a great deal of stress or anxiety is when the expectations are not even the athlete's own, but when they are those of thecoach, parents, or teammates. So, before yournext competition, it is in your best interest to take the time to establish whatyour goalsareandthen to determine how they are different from your expectations. This should help you feel more focused and in control.
Keep the letters and emails coming at gossj@dalelessmann.com
Judy Goss, PhD., is a Sport Psychology Consultant at the National Sport Centre- Toronto.

HRS

## 50

. 27

## FREESTYLE

 ONTAGMAR Allison Bennett,12,NYAC JRNATFEB Kirsten Pomerleau, 12, UCSC ONTAGMAR Nadia Kumentas, 12,WD BCAGMAR Melissa Lam,12,SPART BCAGMAR Kirsty Teit,12,PGB ONTAGMAR Julia Wilkinson,12,SKY ONTAGMAR Amanda Kelly,12,HWAC ABAGFEB Amanda Maxey,12,CASC ONTAGMAR Whitney Rich, 12, ISS SFOYNOV Suzanne Vary, 12,CNDR ONTAGMAR Monica Wakeman,12,NEW PCSCDEC Alice Chow,11,PCSC PCSCDEC Clare Dermody, 12 HW BCAGMAR Brittany Reimer,12,SKSC ONTAGMAR Chantelle Lonsdale, 12. WAC MBSKMAR Mallory Hoekstra,12,EKSC RAPIDDEC Carleen Ready,12,LASC ONTAGMAR Jamie MacLeod, 12,USC ONTAGMAR Heather Julien, 12, LAC SCARFEB Jessica Lau, 12,SCAR PQAAAFEB Genevieve Saumur,12,CAMO BCAGMAR Carla Henderson,12,PDSA 29.38 ONTAGMAR Ogechi Abara,12,RHAC METRES FREESTYLE> Rec: 57.36 Lori Melien, AAC, 85
1.00.02 ONTAGMAR Nadia Kumentas, 12, WD

1:00.63 JCAGMAR Melissa Lam,12,SPART 1:01.12 JRNATFEB Kirsten Pomerleau, 12,UCSC 1:01.39 YOUTHDEC Amanda Long,12,LAC 1:01.53 ONTAGMAR Amanda Kelly,12,HWAC
1:01.58 $\quad$ SFOYNOV Suzanne Vary,12,CNDR
1:01.99 BCAGMAR Kirsty Teit,12,PGB
$\begin{array}{ll}1: 02.06 & \text { HWACOCT Clare Dermody,12,HWAC } \\ \text { TDJAN Emily Gillespie,12,PERTH }\end{array}$
1:02.62 ONTAGMAR Heather Julien,12,LAC
1:02.84 BCAGMAR Brittany Reimer,12,SKSC
13 1:02.94 PQAAAFEB Alice Chow,11,PCSC
$\begin{array}{ll}\text { 1:02.95 } & \text { ONTAGMAR Chantelle Lonsdale, 12,WAC } \\ \text { 1:02.98 } & \text { MBSKMAR Mallory Hoekstra, 12 FKSC }\end{array}$
$\begin{array}{ll}\text { 1:02.98 } & \text { MBSKMAR Mallory Hoekstra,12,EKSC } \\ \text { 1:03.02 } & \text { YOUTHDEC Monica Wakeman, 12,NEW }\end{array}$
1:03.08 PQAAAFEB Genevieve Saumur,12,CAMO
1:03.08 ONTAGMAR Whitney Rich,12,ISS
$\begin{array}{ll}\text { 1:03.16 } & \text { PQAAAFEB Chrystele Roy-l'Ecuyer,15,CNB } \\ \text { 1:03.58 } & \text { ISCUPNOV G. Poirier-Leroy,12NRST }\end{array}$ $\begin{array}{ll}\text { 1:03.58 } & \text { MSSACNOV Eyse Dudar,12,MSSAC }\end{array}$
1:03.59 PQAAAFEB Sarah Caron-Cantin,12,CNCI $\begin{array}{ll}\text { 1:03.72 } & \text { ONTAGMAR Jackie Morrison,11,NYAC } \\ 1: 03.76 & \text { SCARFEB Martha Ziolkowski 1 }\end{array}$ 1:03.76 SCARFEB Martha Ziolkowski,12,YOR METRES FREESTYLE
Rec: 2:05.41 Shauna Collins, ROD, 90
2:11.30 ONTAGMAR Allison Bennest ,12,WYAC
2:11.44 ONTAGMAR Amanda
$2: 12.73$
$2: 13$
2:13.24
2:13.42
2:14.12 SFOYNOV Suzanne Vary,12,CNDR ABAGFEB Mallory Hoekstra, 12,EKSC BCAGMAR Brittany Reimer,12,SKSC BCAGMAR Brittany Reimer,12,SKSC
BCAGMAR Anne Schmuck,12,PSW CASCNOV Kirsten Pomerleau, 11, UCSC PCSCDEC Clare Dermody 12 HWAC ONTAGMAR Jody Jelen, 12,ESWIM ONTAGMAR Jody Jelen, 12,ESki,12,YORK
SCARFEB Martha Ziolkowski, PQAAAFEB Marie-C. Dionne,12,UL PQAAAFEB Myriam Roy-L'Ecuyer, $12, \mathrm{CNB}$
RAPIDDEC Melissa RAPIDDEC Melissa Lam, 12, SPAR ONTAGMAR Shannon McQueen,12,GO ISCUPNOV G. Poirier-Leroy,12,NRST RAPIDDEC Carleen Ready,12,LASC
MSSACNOV Eyse Dudar,12,MSSAC MSSACNOV Eyse Dudar,12,MSSAC
ONTAGMAR Monica Wakeman, 12,NEW ABAGFEB Carol Starratt,12,CASC YOUTHDEC Bevan Haley, 12,WTSC BCAGMAR Amanda Bell,12,SPART
MANTADEC Whitney Reed,12,MANTA

## 400 METRES FREESTYLE

1ec. $4: 36.46$ Stephanie Shewchuk,PCSC,87
SFOYNOV Suza 4:36.58 BCAGMAR Anne Schmuck,12,PSW 4:37.17 ONTAGMAR Amanda Long,12,LAC 4:37.88 ABAGFEB Mallory Hoekstra,12,EKSC

NSAGFEB Bevan Haley,12,WTSC
BCAGMAR Brittany Reimer,12,SKSC
ONTAGMAR Chantelle Lonsdale,12,WAC
ONTAGMAR Julia Wilkinson,12,SKY ONTAGMAR Nadia Kumentas,12,WD ONTAGMAR Amanda Kelly, 12, HWA JRNATFEB Caitlyn Harris, 12,LL
BRANTNOV Clare Dermody,12,HWAC
ONTAGMAR Shannon McQueen,12,GO
PQAAAFEB Myriam Roy-L'Ecuyer,12,CNB
ONTAGMAR Allison Bennett,12,NYAC
MSSACNOV Eyse Dudar, 12,MSSAC
ABAGFEB Carol Starratt 12, CASC
ABAGFEB Carol Starratt, 12,CASC
ONTAGMAR Jody Jelen,12,ESWIM
ISCUPNOV G. Poirier-Leroy,12,NRST
ABAGFEB Kirsten Pomerleau,12,UCSC
ABAGGEB Kirsten Pomerleau, 12, ,
ONTAGMAR Jackie Sweers,12,CAJ
ONTAGMAR Jackie Sweers, 12, CAJ
YOUTHDEC Michelle Mange 12 PDSA ONTAGMAR Katie Lawrie,12,AAC $\begin{array}{ll}24 & 4: 53.30 \\ 25 & 4: 54.36\end{array}$ 800 METRES FREESTYLE
Rec: $8: 55.85$ Stephanie Shewchuk,PCSC, 8
9:25.24 ABAGFEB Mallory Hoekstra, 12 ,EKSC 9:29.95 ONTAGMAR Amanda Long, 12,LAC 9:31.86 BCAGMAR Anne Schmuck,12,PSW $\begin{array}{lll}\text { 9:31.86 } & \text { BCAGMAR Anne Schmuck, 12,PSW } \\ \text { 9:32.69 } & \text { BCAGMAR Brittany Reimer,12,SKSC }\end{array}$ $\begin{array}{lll}5 & 9: 32.69 & \text { BCAGMAR Britany Reimer,1,SKS } \\ 5 & 9: 33.13 & \text { NSAGFEB Bevan Haley,12,WTSC }\end{array}$ 9:33.13
$9: 45.22$
ONTAGMAR B Shannon McQueen 12 G $\begin{array}{ll}\text { 9:45.22 } & \text { ONTAGMAR Shannon MCQueen,12,GO } \\ \text { 9:48.44 } & \text { ONTAGMAR Julia Wilkinson,12,SKY }\end{array}$ 9:48.44 ONTAGMAR Julia Wilkinson,12,SKY
9:49.55 ONTAGMAR Emily Gillespie,12,PERTH 9 9:51.18 BCAGMAR Amanda Bell,12,SPART 10 9:56.99 ONTAGMAR Jody Jelen, 12,ESWIM 11 9:58.20 ONTAGMAR Emiley Jellie,12,ROW 12 9:59.07 BCAGMAR Erin Carlyle,12,LL 13 9:59.63 BCAGMAR Kayla Rawlings,12,PSW $\begin{array}{ll}14 \text { 10:00.29 } & \text { MBSKMAR Carol Starratt, 12,CASC } \\ 15 & 10: 03.10 \\ \text { YOUTHDEC Michelle Mange,12PDS }\end{array}$ $\begin{array}{ll}16 \text { 10:03.70 } & \text { BCAGMAR Kathryn Johnson,11,PDSA }\end{array}$ 17 10:03.94 EOSAFEB G. Hansforth,11,EBSC $\begin{array}{ll}17 & 10: 03.94 \\ 10: 06.46 & \text { EOSAFEB G. Hansforth,11,EBSC } \\ \text { ISCUPNOV G. Poirier-Leroy,12,NRS }\end{array}$ $\begin{array}{ll}18 \text { 10:06.46 } & \text { ISCUPNOV G. Poirier-Leroy,12,NRST } \\ 19 & 10: 06.78 \\ \text { PQAAAFEB Marie Arsenault-C., 12,UL }\end{array}$ 20 10:07.29 MANTADEC Caitlyn Harris,12,SKSC $\begin{array}{ll}21 & 10: 07.45 \\ 22 \text { PQAAAFEB Chelsea Cleary,12,DDO } \\ \text { 10:08.48 } & \text { CHENAJAN Brittani Barber,12,PSW }\end{array}$ 22 10:08.48 CHENAJAN Brittani Barber,12,PSW $\begin{array}{ll}23 & \text { 10:08.81 } \\ \text { 10:11.21 } & \text { BCACNOV Heather Julien,12,LAC } \\ \text { BCAG Melanie Nelson,12,IS }\end{array}$ $\begin{array}{ll}24 & \text { 10:11.21 } \\ 25 \text { BCAGMAR Melanie Nelson,12,IS } \\ \text { 10:11.44 } & \text { BCAGMAR Sarah Mayzes,12,IS }\end{array}$

## 25 10:11.44 BCAGMAR Sar 100 METRES BACKSTROKE

Rec: $1: 05.71$ Stephanie Brueschke,MAC,94
$1 \quad 1: 06.52$ ONTAGMAR Emily Gillespie, 12
1:00.71 Stephanie Brueschke,MAC,94
1:06.52 ONTAGMAR Emily Gillespie,12,PERTH
1:08.19 BCAGMAR Melissa Lam,12,SPART 1:08.48 MBSKMAR Mallory Hoekstra, 12,EKSC 1:09.11 JRNATFEB Kirsten Pomerleau, 12,UCSC :09.27 PQAAAFEB Genevieve Saumur, 12,CAM 1:09.41 ONTAGMAR Allison Bennett,12,NYAC
1:10.09 BCAGMAR Anne Schmuck, 12,PSW 1:10.09 BCAGMAR Anne Schmuck, 2, PSW
1:10.27 SCARFEB MarthaZiolkowski,12,YORK 1:10.37 ONTAGMAR Jennifer MacLachlan, 12,NEW $\begin{array}{ll}1: 10.47 & \text { SCARFEB Monica Wakeman, 12,NEW } \\ 1: 10.62 & \text { ONTAGMAR Julia Wilkinson 12 SKY }\end{array}$ 1:10.62 ONTAGMAR Julia Wikinson,12,SKY
1:10.77 ESWIMJAN Amanda Long, 12,LAC 1:10.79 ABAGFEB Stacie Karach,11,SWDV 1:10.86
$1: 11.17$ MBSKMAR Landice Yestrau,12,MM
YOUTHDEC Kayla Truswell, 12,LAC YOUTHDEC Kayla Truswell,12,LAC ONTAGMAR Heather Julien,12,LAC BCAGMAR Carla Henderson,12,PDS NWOFEB Katy Murdoch,12,KSS
ABAGFEB Eyse Silzer,12,ROD ABAGFEB Eyse Silzer,12,ROD
MBSKMAR Carol Starratt, 12,CAS MBSKMAR Carol Starratt,12,CASC
OAKJAN Clare Dermody,12,HWAC OAKJAN Clare Dermody,12,HWAC
UTJAN21 Alyssa Hubert,12,CYPS UTJAN21 Alyssa Hubert,12,CYPS
ABAGFEB Kimberly Kabesh,12,STSC 1:12.20

## METRES B

## BACKSTROKE

Rec: 2:20.47 Jennifer Fratesi,SSMAC,97
JRNATFEB Mallory Hoekstra, 12,EKSC
PQAAAFEB Genevieve Saumur,12,CAMO
BCAGMAR Melissa Lam,12,SPART
BCAGMAR Anne Schmuck, 12,PSW
KBMSCNOV Emily Gillespie,12,PERTH
KBMSCNOV Emily Gillespie,12,PERT
OSACFEB Amanda Long, 12,LAC
OSACFEB Amanda Long, 12, LAC
YOUTHDEC Kayla Truswell, 12, LAC
MBSKMAR Landice Yestrau, 12,MM
CASCNOV Kirsten Pomerleau, 11,UCSC
MBSKMAR Carol Starratt,12,CASC
MANTADEC Eyse Silzer,12,ROD
YOUTHDEC Monica Wakeman, 12,NEW
HWACOCT Amanda Kelly,12,HWAC
PQAAAFEB Audrey Portelance,12,CNSJ
PCSCDEC Shannon McQueen, 12,GO
SCARFEB Martha Ziolkowski,12,YORK
HWACOCT Clare Dermody,12,HWAC
YOUTHDEC Meghan Croucher,12,NEW
BCAGMAR Erin Carlyle, 12,LL
OSACFEB Ashley Eykens,12,LAC
ONTAGMAR Christine Sadler,12,MAC
ONTAGMAR Christine Sadler,12,MAC
YOUTHDEC Jennifer MacLachlan, 12,NEW
NBJAN Bevan Haley, 12, WTSC
NWOFEB Katy Murdoch,12,KSS
ESWIMJAN Heather Julien,12,LAC

Rec: 1:10.11 Allison Higson,ESC,85 1:15.14 ONTAGMAR Whitney Rich,12,ISS 1:15.73 JRNATFEB Anne Schmuck,12,PSW 1:17.61 YOUTHDEC Elizabeth Engs,12,CAJ 1:19.19 MBSKMAR Mallory Hoekstra,12, EKSC ONTAGMAR Chantelle Lonsdale,12,WAC JRNATFEB Eizabeth Hendrick,12,NCSA KCSDEC Johanna Wick, 12,PN PCSCDEC Kim Labbett,12,OAK ISCUPNOV Michelle Miller,12,PDSA PQAAAFEB Jasmine Kastner,12,DDO MBSKMAR Jane Harrington,11,MM ABAGFEB Carleen Ready,12,LASC YOUTHDEC Michelle Claessens,12,MMST ABAGFEB Catherine Kasongo,11,EKSC ANTAGMAR Kristen Low,12,MSSAC YOUTHDEC Michelle Mange, 12,PDSA KBMSCNOV Andrea Zarins, 12 ,NKB OSCDEC Dana Williams,12,STS OSCDEC Lauren Crawford,12,UCSC BCAGMAR Melanie Nelson,12,IS PCSCDEC Kelly Salvador,12,TMSC PCSCDEC Alice Chow,11,PCSC NORACJAN Kristyna Cleminson,12,B 12,BYST SFOYNOV Cecile
Courtenay Chuy,HYACK,98
JRNATFEB Anne Schmuck, 12,PSW
ONTAGMAR Whitney Rich,12,ISS
UTJAN21 Elizabeth Engs,12,CAJ
JRNATFEB Mallory Hoekstra, 12 ,EKSC
JRNATFEB Chantelle Lonsdale,12,
PCSCDEC Kim Labbett, 12,OAK
PQAAAFEB Jasmine Kastner, 12,DDO
KBMSCNOV Andrea Zarins,12,NKB
ISCUPNOV Michelle Miller,12,PDSA
EOSAFEB Emily Gillespie, 12,PERTH
ABAGFEB Eizabeth Hendrick,12,NCSA
PGBNOV Johanna Wick, 12,PN
ONTAGMAR Ivanna Corovic,12,OAK
YOUTHDEC Michelle Claessens,12,MMST ONTAGMAR Jessica Plata, 11,OAK MBSKMAR Catherine Kasongo,12,EKSC YOUTHDEC Melanie Nelson,12,IS BCAGMAR Sarah Minaker,12,PN ABAGFEB Carleen Ready,12,LASC MBSKMAR Kendall McLean, 11, MANTA PCSCDEC Kelly Salvador,12,TMSC SFOYNOV Cecile Dufour,12,UL BCAGMAR Kaela Richardson,11,VKSC TERFLY
Allison Barriscale,KMSC, 89
JRNATFEB Carleen Ready,12,LASC
PNAAAFEB Genevieve Saumur,12,CAMO
ONTAGMAR Emily Gillespie,12,PERTH
BCAGMAR Kayla Rawlings,12,PSW
KCSDEC Mallory Hoekstra, 12,EKSC
ONTAGMAR Claire Lawrence, 12,HWAC
ONTAGMAR Allison Bennett,12,NYAC
PCSCDEC Shannon Hazelton,12,SSMAC
PCSCDEC Shannon Hazelton,12,SS
SFOYNOV Marie-C. Dionne,12,UL
SFOYNOV Marie-C. Dionne, 12, UL
MBSKMAR Kimberly Kabesh,12,STSC
MBSKMAR Kimberly Kabesh,
SFOYNOV Suzanne Vary,12,CNDR
SFOTHOV Suzanne Vary, 12, CNDR
BCAGMAR Katie Kotlowski,12,PSW
ONTAGMAR Rachael Kloosterman,11,WD
ONTAGMAR Rachael Kloosterman,
BRANTNOV Laura Connor,12,OAK
CASCNOV Kirsten Pomerleau,11,UCSC
TDJAN Nadia Kumentas,12,WISC
MSSACNOV Eyse Dudar,,12,MSSAC
ONTAGMAR Jennifer MacLachlan,12,NEW
ESWIMJAN Monica Wakeman, 12,NEW
KGSDEC Johanna Wick,12,PN
KCTERELY
Michelle Coulombe,CNMN,78
ONTAGMAR Amanda Long, 12,LAC BCAGMAR Kayla Rawlings,12,PSW
ABAGFEB Carleen Ready,12,LASC
ABAGFEB Mallory Hoekstra,12,EKSC
PQAAAFEB Genevieve Saumur,12,CAMO
PQAAAFEB Genevieve Saumur,,12,CAM
JRNATFEB Bevan Haley, 12,WTSC
JRNATFEB Bevan Haley,12,w 1 SE
ONTAGMAR Emily Gillespie,12,PERTH
ONTAGMAR Emily Gillespie, 12,PERTH
ONTAGMAR Nadia Kumentas,12,WD
ONTAGMAR Claire Lawrence, 12,HWAC
BCAGMAR Katie Kotlowski,12,PSW
ONTAGMAR Jennifer MacLachlan, 12,N
ONTAGMAR Jennifer MacLachlan,12,NEW
ONTAGMAR Tawnya Rudy,12,TORCH
ONTAGMAR Tawnya Rudy, 12,TORCH
ONTAGMAR Monica Wakeman, 12,NEW
ONTAGMAR Kayla Truswell, 12,LAC
ONTAGMAR Lindsay Bays,12,AAC
PCSCDEC Shannon Hazelton, 12,SSMAC
YOUTHDEC Heathen
YOUTHDEC Heather Julien,12,LAC
MSSACNOV Eyse Dudar,12,MSSAC
BCAGMAR Kathryn Johnson,11,PDSA
PQAAAFEB Marie-C. Dionne,12,UL
BCAGMAR Amanda Bell,12,SPAR
ONTAGMAR Jody Jelen,12,ESWIM
ONTAGMAR Rachael Kloosterman,11,WD
LACNOV Whitney Rich,11,ISS
PQAAAFEB Myriam Roy-L'Ecuye

200 METRES IND.MEDLEY
Rec. 2:19.25 Allison Higson,ESC, 85
$\begin{array}{ll}\text { 2:21.23 } & \text { SFOYNOV Marie-C. Dionne,12,UL } \\ \text { 2:26.31 } & \text { ABAGFEB Mallory Ho }\end{array}$
2:26.34 ONTAGMAR Amand Hoekstra, 12,EKSC
2:29.00 KCSDEC Amne Schmuck,12,PSW
2:30.23 ONTAGMAR Emily Gillespie,12,PERTH
2:30.64 ONTAGMAR Whitney Rich,12,ISS
2:30.86 JRNATFEB Clare Dermody,12,HWAC
$\begin{array}{ll}\text { 2:31.24 } & \text { JRNATFEB Carleen Ready,12,LASC } \\ \text { 2:32.90 } & \text { ONTAGMAR Chantelle Lonsdale,12,WAC }\end{array}$
2:34.00 YOUTHDEC Monica Wakeman, 12,NEW
PQAAAFEB Genevieve Saumur,12,CAMO
YOUTHDEC Jennifer MacLachlan,12,NEW
MBSKMAR Carol Starratt,12,CASC
ABAGFEB Kirsten Pomerleau,12,UCSC
UTJAN21 Eizabeth Engs,12,CAJ
ISCUPNOV G. Poirier-Leroy,12,NRST
KCSDEC Johanna Wick,12,PN
ESWIMJAN Jody Jelen,12,ESWIM
ISCUPNO Melissa Lam, 12, SPART
PCSCDEC Alice Chow,11,PCSC
ONTAGMAR Tawnya Rudy, 12,TORCH
YOUTHDEC Allison Bennett,12,NYAC
ONTAGMAR Ashley Eykens,12,LAC

## IND.MEDLEY

## : 4:55.03 Allison Higson,ESC,85

5:06.88 ABAGFEB Mallory Hoekstra, 12,EKSC
ONTAGMAR Amanda Long,12,LAC
JRNATFEB Anne Schmuck, 12, PSW
NSAGFEB Bevan Haley, 12,WTSC
JRNATFEB Carleen Ready,12,LASC
YOUTHDEC Michelle Mange,12,PDSA
ONTAGMAR Whitney Rich,12,ISS
ONTAGMAR Kayla Truswell, 12,LAC
YOUTHDEC Jennifer MacLachlan, 12,NEW
CHENAJAN Brittani Barber,12,PSW
PCSCDEC Genevieve Saumur,12,CAMO
MBSCDEC Genevieve Saumur, $12, \mathrm{C}$
KBMSCNOV Andrea Zarins,12,NKB
PQAAAFEB Myriam Roy-L'Ecuyer, 12,CNB
ONTAGMAR Jody Jelen,12,ESWIM
ISCUPNOV G. Poirier-Leroy,12,NRST
KCSDEC Johanna Wick,12,PN
JRNATFEB Caitlyn Harris,12,LL KBMSCNOV Emily Gillespie,12,PERTH KBMSCNOV Emily Gillespie,12,PE ABAGFEB Kimberly Kabesh,12,STSC

## 50 M MEDLEY REL AY

Rec: 2:07.70 Markham AC,MAC,94
2:12.53 BCAGMAR Fraser Valley Spartans,SPART
2:12.64 ONTAGMAR North York AC,NYAC
$\begin{array}{ll}\text { 2:12.84 } & \text { YOUTHDEC Newmarket SC,NEW } \\ \text { 2:14.00 } & \text { BCAGMAR Pacific Sea Wolves,PSW }\end{array}$
:14.00 BCAGMAR Pacific Sea Wolves,PS
2:14.60 ONTAGMAR London AC,LAC
$\begin{array}{ll}\text { 2.14.85 } & \text { BRANTNOV Hamilt-Wentworth AC,HWAC }\end{array}$
MBSKMAR Manta Swim Club,MANTA
ABAGFEB Edmonton Keyano,EKSC
ABAGFEB Edmonton Keyano, E KAC
PCSCDEC Montreal Aquatique,CAMO
PCSCDEC Montreal Aquatique,CA
ONTAGMAR Whitby Dolphins,WD
ABAGFEB Cascade Swim Club,CASC
ABAGFEB Cascade Swim Club,
SFOYNOV CN Beauport,CNCB
ONTAGMAR Cambridge Aquajets,CAJ
BTSCNOV Barrie Trojans,BTSC
BTSCNOV Barrie Trojans,B
ONTAGMAR Oakville AC,OAK
ONTAGMAR Markham AC,MAC
$\begin{array}{ll}\text { 2:19.00 } & \text { ONTAGMAR Markham AC,MAC } \\ \text { 2.19.09 } & \text { MBSKMAR Manitoba Marlins,MM }\end{array}$
2:19.49 ONTAGMAR Etobicoke Swimming,ESWIM
BCAGMAR Nanaimo Riptide ST,NRST
BCAGMAR Pacific Dolphins,PDSA
BCAGMAR Island Swimming IS
BCAGMAR Island Swimming,IS
NSAGFEB Eastern Alliance,EAST
PQAAFEB Hull Phoenix,PHENX
PCSCDEC Pointe
PCSCD
RELAY
X50 M FREE RELAY
1:53.45 Regina Opt.Dolphins, ROD, 90
1:56.00 ONTAGMAR North York AC,NYAC
57.77 YOUTHDEC London AC,LAC
:58.05 BCAGMAR Fraser Valley Spartans,SPART
$\begin{array}{ll}1: 58.22 & \text { YOUTHDEC Newmarket SC,NEW } \\ 1: 58.48 & \text { BRANTNOV Hamilt-Wentworth }\end{array}$
BRANTNOV Hamilt-Wentworth AC,HWAC
PQAAAFEB Univ.Laval Rouge \& Or,UL
MBSKMAR Manta Swim Club,MANTA
ABAGFEB Edmonton Keyano,EKSC
PQAAAFEB Montreal Aquatique,CAMO
BCAGMAR Pacific Sea Wolves,PSW
ABAGFEB Cascade Swim Club,CASC
BRANTNOV Pointe Claire SC,PCSC
ABAGFEB Calgary Swimming,UCSC
ONTAGMAR Cambridge Aquajets,CAJ
BCAGMAR Nanaimo Riptide ST,NRST
BCAGMAR Nanaimo Riptide ST,NRST
ONTAGMAR Whitby Dolphins,WD
ONTAGMAR Whitby Dolphins,WD
ONTAGMAR Markham AC,MAC
BCAGMAR Pacific Dolphins,PDSA
ONTAGMAR Oakville AC, OAK
ONTAGMAR Etobicoke Swimming,ESWIM
BCAGMAR Island Swimming,IS
MANTADEC Uxbridge SC,USC
PQAAFEB Dorval SC,DSC
EOSAFEB Glouc-Ottawa Kingfish,GO
NSAGFEB Eastern Alliance,EAST

400 METRES FREESTYLE
Rec: 4:15.89 Chuck Sayao,TOMAC, 95 4:32.28 ONTAGMAR Mark Kurtzer, 12,NEW 4.34.17 ONTAGMAR Chris Bento,12,LAC 4:36.40 MBSKMAR Jim Judiesch,12,CASC ABAGFEB Pascal Wollach,12,LAS ONTAGMAR Brandon Connerty, 12,BRANT ONTAGMAR Brandon Holden, 12, HWAC
ONTAGMAR Scott VanDoormaal,12,GMAC ABAGFEB Jesse Lund,12,EKSC ONTAGMAR Matthew Scott,12,HWAC PQAAAFEB Jonathan Rinaldi,12,CALAC BCAGMAR Richard Alexander,12,IS ONTAGMAR Steven Rubacha, 11,ESWIM YOUTHDEC Nelson Niedzielski,12,MSSAC ABAGFEB Gavin D'Amico,12,EKSC BCAGMAR Leonard Ho,12,HYACK ONTAGMAR Nelson Nedzielski,12,MSSAC KCSDEC Kris Yap-Chung,12,HYACK YOUTHDEC Paul Mereau,12,CASC CNQJAN Etienne Lavallee,12,EXCEL MBSKMAR Alexander Love, 12,ROD ONTAGMAR Scott Samuel,12,OAK PCSCDEC Sean Dawson,12,GO SFOYNOV Etienne Brillant, 12,CNDR ONTAGMAR Adam Elath,12,RHAC ES FREESTYLE
50 METRES FREESTYLE
25.28 John M.Mills,GO,93
26.25 CNSHDEC Vincent Boulanger-M.,12,CNQ
26.61 ONTAGMAR Sean Dawson,12,GO
26.90 ONTAGMAR Mark Kurtzer, 12,NEW
27.40 ABAGFEB Darren Tso,12,LASC
27.60 MANTADEC Michael Smela,12,YLSC
28.00 CASCNOV Shane Kemmet 12, LASC
28.10 BRANTNOV Julian Cino,12,HWAC BRANTNOV James San Pedro,12, BCAGMAR Brad Barton, 12,VKSC OAKJAN Stephen Louli,12,MAC CASCNOV Braden O'Neill,12,OSC YOUTHDEC Paul Mereau,12,CASC RODSCJAN Andrew Malawski,12,ROD ONTAGMAR Matt Kapitan, 12,COBRA BCAGMAR Jackson Wang,12,DELTA ONTAGMAR Brian Beaudette,12,ROC SFOYNOV Etienne Brillant,12,CNDR YOUTHDEC Nelson Niedzielski, 12,MSSAC BCAGMAR Richard Alexander,12,IS BCAGMAR Richard Alexander,12,IS 28.81 KCSDEC Aaron Loh,12,EKSC 100 METRES FREESTYLE

## Rec: 55.99 Brad Creelman, TOMAC, 83

57.25 CNSHDEC Vincent Boulanger-M.,12,CNQ 57.60 ONTAGMAR Sean Dawson,12,GO 59.76 MBSKMAR Jim Judiesch,12,CAS 59.79 PQAAAFEB Etienne Lavallee,12,EXCE 59.99 MBSKMAR Braden O'Neill,12,OSC 59.99 MBSKMAR Braden ONeill,12,OSC
1:00.63 ABAGFEB Darren Tso,12,LASC 1:01.17 ONTAGMAR Brandon Holden, 12,HWAC 1:01.27 MBSKMAR Gavin D'Amico,12,EKSC CASCNOV Michael Smela, 12,YLSC BCAGMAR Brad Barton, 12, VKSC YOUTHDEC Alex Olsen, 12,SCAR SFOYNOV Etienne Brillant,12,CNDR NWOFEB Christian Carl,12,TBT ONTAGMAR Nelson Nedzielski,12,MSSAC BRANTNOV Julian Cino,12,HWAC BCAGMAR Richard Al CASCNOV Norman Alexander,12,IS ABAGFEB Jesse Lund, 12,EKSC MBAGFEB Jesse Lund,12,EKSC PQAAAFEB Samuel Chartrand,12,ELITE YOUTHDEC Paul Mereau,12,CASC 1:03.03 PQAAAFEB

## Rec: 2:01.59 Doug Wake, YLSC, 90

2:05.55 CNSHDEC Vincent Boulanger-M.,12,CNQ
2:06.63 ONTAGMAR Sean Dawson,12,GO
$\begin{array}{ll}\text { 2:08.17 } & \text { MBSKMAR Braden ONeill,12,OSC } \\ \text { 2:08.27 } & \text { ONTAGMAR Mark Kurtzer, 12,NEW }\end{array}$
2:08.72 MBSKMAR Jim Judiesch,12,CASC
2:09.76 ONTAGMAR Chris Bento,12,LAC
2:11.04
ONTAGMAR Steven Rubacha, 11,ESWIM
2:11.56 $\begin{array}{ll}2: 11.56 & \text { ONTAGMAR Brandon Connerty,12,BRANT } \\ \text { 2:12.10 } & \text { MANTADEC Michael Smela, 12Y, }\end{array}$ $\begin{array}{ll}2: 12.10 & \text { MANTADEC Michael Smela,12,YLSC } \\ : 12.60 & \text { ABAGFEB Pascal Wollach,12,ASC }\end{array}$ $\begin{array}{ll}\text { 2:12.60 } & \text { ABAGFEB Pascal Wollach,12,LASC } \\ \text { 2:12.81 } & \text { ABAGFEB Gavin D'Amico, 12,EKSC }\end{array}$ ABAGFEB Darren Tso,12,LASC ABAGFEB Jesse Lund, 12, EKSC ONTAGMAR Matthew Scott,12,HWAC
ONTAGMAR Brandon Holden 12 HWAC ONTAGMAR Brandon Holden, 12, HWAC ONTAGMAR Jeff Byrne,12,SSMAC
YOUTHDEC Alex Olsen, 12 SCAR YOUTHDEC Alex Olsen,12,SCAR
YOUTHDEC Paul Mereau,12,CASC YOUTHDEC Paul Mereau,12,CASC
ONTAGMAR Scott VanDoormaal,12,GMA YOUTHDEC Michael Allain,12,BST YOUTHDEC Nelson Niedzielski, 12,MSSAC SFOYNOV Etienne Brillant,12,CNDR
NWOFEB Christian Carl, 12,TBT NWOFEB Christian Carl,12,TBT 2:16.19 ONTAGMAR Nelson Nedzielski,12,MSSAC 2:16.68 BCAGMAR Brad Barton,12,VKSC

> ONTAGMAR Chris Bento, 12,LAC 18:22.83 ONTAGMAR Scott VanDoormaal, 12,GMAC 3 18:27.12 MBSKMAR Alexander Love,12,ROD $\begin{array}{lll} & 18.27 .12 & \text { MBSKMAR Alexander Love, 12,ROD } \\ \text { 18:36.18 } & \text { PQAAAFEB Jonathan Rinaldi, 12,CALAC }\end{array}$ 18:37.46 ABAGFEB Pascal Wollach,12,LASC $\begin{array}{lll}6 & \text { 18:39.06 } & \text { ONTAGMAR Scott Samuel,12,OAK } \\ 7 & \text { 18:46.68 } & \text { PQAAAFEB Nicolas Sanschagrin,12,SAMAK }\end{array}$ 18:46.68 $\quad$ MQAAAFEB Nicolas Sanschagrin,12,SA $\begin{array}{ll}9 & 18: 49.92\end{array} \quad$ BCAGMAR Richard Alexander,12,IS $\begin{array}{ll}10 \text { 18:59.86 } & \text { BCAGMAR Chris Wiggans,11,PDSA } \\ 11 \text { 19:03.66 } & \text { TBTFEB Christian Carl,12,TBT }\end{array}$ 12 19:04.23 ONTAGMAR David Mongeri,11,BROCK $\begin{array}{ll}12 \text { 19:04.23 } & \text { ONTAGMAR David Mongeri,11,BROCK } \\ 13 & \text { 19:09.08 }\end{array}$ LACNOV Brandon Connerty,12,BRANT 14 19:09.66 MBSKMAR Jesse Lund, 12,EKSC
15
19
19:09 15 19:09.69 BCAGMAR Davor sic,12,PDSA
16 19:09.80 MANTADEC Brad Hankewich,12,GOL 17 19:10.55 ONTAGMAR Adam Elath,12,RHAC 18 19:13.67 ONTAGMAR David Arcand,12,GO 19 19:15.04 ONTAGMAR Alex Cambareri,11,CPAC
20 19:19.11 ONTAGMAR Kellan O'Neill 12,SSMAC 21 19:23.67 NESFEB Mathieu Bouchard 12AC $\begin{array}{ll}21 & 19: 23.67 \\ 22 & \text { NESFEB Mathieu Bouchard, 12,AQ } \\ \text { OAKJAN Brandon Holden, 12,HWAC }\end{array}$ OAKJAN Brandon Holden,12,HWAC
OAKJAN Matthew Scott,12,HWAC ULAVDEC Etienne Lavallee,12,EXCEL 24 19:26.08 ULAVDEC Etienne Lavallee,12,EXCEL
25 19:26.47 ONTAGMAR Matthew Pariselli,12,NYAC
100 METRES BACKSTROKE
:03.53 Tobias Oriwol,PCSC,98 CNSHDEC Vincent Boulanger-M.,12,CNQ
ONTAGMAR Brandon Connerty,12,BRANT ONTAGMAR Brandon Connerty,12,BRAN
MBSKMAR Braden O'Neill,12,0SC BCAGMAR Richard Alexander,12,IS BCAGMAR Brad Barton,12,VKSC
YOUTHDEC Michael Allain,12,BST
CASCNOV Jesse Lund,12,EKSC
CASCNOV Jesse Lund, $12, E K S C$
NWOFEB Christian Carl,12,TBT
ONTAGMAR Steven Rubacha, 11,ESWIM
PQAAAFEB Alex Desilets,12,MEGO
ONTAGMAR Jeff Byrne 12 SSMAC
ONTAGMAR Jeff Byrne,12,SSMAC
RAPIDDEC Pascal Wollach,12,LASC
RAPIDDEC Pascal Woilach,12,LAC
YOUTHDEC Stephen Malinas,12,GGST
ONTAGMAR Matthew Scott SCAR
ONTAGMAR Mathew Scotl, 12, HWAC
BCAGMAR Leonard Ho,12,HYACK
SCARFEB Mark Kurtzer 12NEW
SCARFEB Mark Kurtzer, 12,NEW
ONTAGMAR Scott Samuel 12,
ONTAGMAR Scott Samuel,12,OAK
PQAAAFEB Felix Renaud,12,CNB
PQAAAFEB Felix Renaud,12,CNB
BCAGMAR Jordan Hartney,11,PSW BCAGMAR Jordan Hartney,11,PSW
ONTAGMAR Sean Dawson,12,GO ONTAGMAR Sean
BACKSTROKE

## 200 METRES BACKSTROKE Rec: 2:14.05 Tobias Oriwol,PCSC, 98

2:22.13 ONTAGMAR Brandon Connerty, 12, BRANT
$\begin{array}{ll}\text { 2:22.46 } & \text { ONTAGMAR Mark Kurtzer,12,NEW } \\ \text { 2:22.69 } & \text { BCAGMAR Richard Alexander } 12 \text { IS }\end{array}$
BCAGMAR Richard Alexander,12,IS
MBSKMAR Braden O'Neill,12,0SC
PQAAAFEB Etienne Lavallee,12,EXCE
PQAAAFEB Etienne Lavallee,12,EXCEE
ONTAGMAR Steven Rubacha,11,ESWIM
BCAGMAR Brad Barton,12,VKSC
YOUTHDEC Michael Allain,12,BST
ABAGFEB Pascal Wollach,12,LASC
PQAAAFEB Alex Desilets,12,MEGO
ABAGFEB Jesse Lund,12,EKSC
YOUTHDEC Stephen Malinas,12,GGST
YOUTHDEC Wesley Newman,12,CAC
ONTAGMAR Scott Samuel,12,OAK
PCSCDEC Matthew Scott,12,HWAC
PQAAAFEB Felix Renaud,12,CNB
ONTAGMAR Jeff Byrne,12,SSMAC
NWOFEB Christian Carl,12,TBT
ONTAGMAR Ivan Leung,11,RHAC
ONTAGMAR Sean Alexander,12,TD
ONTAGMAR Sean Alexander,12,TD
ONTAGMAR Scott VanDoormaal,12,GMAC
ONTAGMAR Kevin Jones, 12, OAK
MBSKMAR Jim Judiesch,12,CASC
BCAGMAR Leonard Ho,12,HYACK
ABAGFEB Gavin D'Amico,12,EKSC

00 MEIRES BREASTSTROKE
Rec: 1:07.51 Matthew Huang,ARBU, 97 1:13.98 ABAGFEB Rodale Estor, 12 CASC $\begin{array}{ll}\text { 1:15.16 } & \text { ONTAGMAR Bryan Mell,12,NEW } \\ \text { 1:15.74 UTJAN21 Alex Olsen,12,SCAR }\end{array}$ 1:15.74
1:15.86 1:15.86
1:16.09 MANTADEC Michael Smela, 12 YC RODSCJAN Andrew Malawski,12,ROD ONTAGMAR Chris Bento,12,LAC YOUTHDEC Kyles Vara,12,CHAMP ONTAGMAR Nathan Zonenberg,12,NYAC BRANTNOV James San Pedro,12,OAK BTSCNOV Jamie Ross,12,AUROR BCAGMAR Brad Barton,12,VKSC ONTAGMAR Kyle Palfrey, 12,SCAR BCAGMAR Leonard Ho,12,HYACK SCARFEB Bryn Jones, 12,NEW ONTAGMAR Kevin Dickson,12,GMAC SFOYNOV Vincent Boulanger-M.,12,CNQ CHAMPDEC Kyle Svara, 12,CHAMP MBSKMAR Braden O'Neill,12,OSC PQAAAFEB Jonathan Turcotte,12,HIPPO ULAVDEC Jonathan Dumont, 12,NES PQAAAFEB Maxime Dumont, 12,CNQ ONTAGMAR Kellan O'Neill,12,SSMAC METRES BREASTSTROKE

## Rec: 2:26.87 Matthew Huang,ARBU, 97

2:40.44 MBSKMAR Rodale Estor, 12,CASC 2:40.44
2:41.94 ONSKMAR Rodale Estor,12,CASC
ONTAGAR Chris Bento,12,LAC $\begin{array}{ll}\text { 2:41.94 } & \text { ONTAGMAR Chris Bento,12,LAC } \\ \text { 2:43.06 } & \text { ONTAGMAR Bryan Mell, 12,NEW }\end{array}$ $\begin{array}{ll}\text { 2:43.06 } & \text { ONTAGMAR Bryan Mell,12,NEW } \\ \text { 2:44.33 } & \text { MBSKMAR Jesse Lund,12,EKSC }\end{array}$ 2:44.33 MBSKMAR Jesse Lund,12,EKSC
2:44.39 MANTADEC Michael Smela, 12,YLSC YOUTHDEC Kyles Vara, 12, CHAMP ONTAGMAR Brandon Connerty,12,BRANT PQAAAFEB Etienne Lavallee,12,EXCEL ONTAGMAR Steven Rubacha,11,ESWIM ONTAGMAR Steven Rubacha,11,ESWIM
BRANTNOV James San Pedro,12,OAK ONTAGMAR Kyle Palfrey,12,SCAR YOUTHDEC Alex Olsen 12 SCAR SCARFEB Bryn Jones 12,NEN RAPARDEB Bryn Jones,12,NEW RODSCJAN Andrew Malawski,12,ROD BTSCNOV Jamie Ross,12,AUROR BCAGMAR Leonard Ho,12,HYACK ONTAGMAR Kellan O'Neill,12,SSMAC RAPIDDEC Georrey Chen, 12,RAPID PQAAAFEB Patrick Marion,12,DDO PQAAAFEB Philippe Grand'Maison,12,CAMO MBSKMAR Gavin D'Amico, 12, EKSC MBSKMAR Alexander Love,12,ROD BUTTERFLY
100
$1: 02.37$
$1: 06.60$
D.Chorney,TMSC, 91 / M.Calkins,IS,91 CNSHDEC Vincent Boulanger-M.,12,CNQ CNSHDEC Vincent Boulanger-M.,12,C
CASCNOV Michael Smela, $12, \mathrm{YLSC}$ CASCNOV Michael Smela, 12, YLSC ONTAGMAR Jeff Byrne 12 SSMAC ONTAGMAR Jeff Byrne,12,SSMAC
MBSKMAR Braden O'Neill,12,OSC BCAGMAR Kris Yap-Chung,12,HYACK BCAGMAR Kris Yap-Chung
BCAGMAR Lu Yi Lay, 12,IS
ONTAGMAR Patrick Cuch,11,TSC
ONTAGMAR Scott VanDoormaal, 12,GMAC
ONTAGMAR Scott VanDoormaa,
BRANTNOV Julian Cino, 12,HWAC ETOBFEB Mehmet Dinc, 12,COBRA
ONTAGMAR Kyle Palfrey, 12,SCAR
ONTAGMAR Kyle Palifrey,12,SCAR
BCAGMAR Jackson Wang,12,DELTA
MACJAN Stephen Louli,12,MAC
SCARFEB Nelson Nedzielski,13,MSSAC
ONTAGMAR Matthew Pariselli,12,NYAC
MBSKMAR Gavin D'Amico,12,EKSC
PQAAAFEB Nicolas Sanschagrin,12,SAM
ABAGFEB Tyson Larone,12,EKSC
ONTAGMAR Nathan Zonenberg,12,NYAC
LASCNOV Shane Kemmet,12,LASC
ONTAGMAR Mathieu Bouchard,12,AQUA
PQAAAFEB Guillaume Vallieres-L.,11,CNS
PQAAAFEB Guillaume Vallieres-L.,.,11,C
SHERDEC Steven Gagne,12,MEGO BUTTERFLY
ec: 2:17.46 Andrew Cho,HYACK,91
2:30.19 ONTAGMAR Scott VanDoormaal, 12,GMAC
2:30.37 PQAAAFEB David Milot,12,PCSC
BCAGMAR Kris Yap-Chung,12,HYACK
ONTAGMAR Matthew Pariselli,12,NYAC
BCAGMAR Lu Yi Lay, 12,IS
ONTAGMAR Patrick Cuch,11,TSC
PQAAAFEB Nicolas Sanschagrin,12,SAMAK
ONTAGMAR Kyle Palfrey, 12,SCAR
ONTAGMAR Nelson Nedzielski,12,MSSAC
ABAGFEB Gavin D'Amico,12,EKSC
NBJAN Mathie Amico,12,EKSC
BCAGMAR Leonard Ho, 12,HYACK
ABAGFEB Tristan Armstrong, 12,NCSA
PQAAAFEB Jonathan Blouin,11,CNQ
PQAAAFEB Felix Renaud,12,CNB
PQAAAFEB Guillaume Vallieres-L., 11,CNSJ
ETOBFEB Mehmet Dinc, 12,COBRA
PQAAAFEB Jonathan Gagne,11,DDO
ONTAGMAR Scott Samuel,12,OAK
PQAAAFEB Matthew Leger,12,DDO
PQAAAFEB Jonathan Rinaldi,12,CALAC
ABAGFEB Tyson Larone,12,EKSC
LACNOV Brandon Connerty, 12,BRANT
MBSKMAR Jonathan Lam,12,EKSC
ONTAGMAR Adam Eilath,12,RHAC

200 METRES IND.MEDLEY
Rec. 2.17.55 Mathew Huang,ARBU, 97 2:23.50 CNSHDEC Vincent Boulanger-M.,12,CN ABAGFEB Braden O'Neill, 12,OSC ONTAGMAR Chris Bento,12,LAC
PQAAAFEB Etienne Lavallee,12,EXCE
ONTAGMAR Brandon Connerty,12,BRANT ONTAGMAR Mark Kurtzer, 12,NEW CASCNOV Michael Smela,12,YLSC
ONTAGMAR Kyle Palfrey,12,SCAR
MBSKMAR Gavin D'Amico, 12,EKSC
YOUTHDEC Alex Olsen,12,SCAR
MBSKMAR Jim Judiesch,12,CASC
BCAGMAR Richard Alexander, 12 ,IS
RAPIDDEC Darren Tso,12,LASC
BCAGMAR Leonard Ho, 12 ,HYACK
ONTAGMAR Brandon Holden, 12,HWAC
YOUTHDEC Paul Mereau,12,CASC
ONTAGMAR Nathan Zonenberg,12,NYAC
ONTAGMAR Kellan O'Neill,12,SSMAC
MBSKMAR Rodale Estor, 12,CASC
ONTAGMAR Bryan Mell,12,NEW
PQAAAFEB Jonathan Rinaldi,12,CALAC
BRANTNOV Julian Cino,12,HWAC EOSAFEB Sean Dawson,12,GO IND.MEDLEY

## 4:52.13 Keith Barrett,UCSC,94

5:09.91 ONTAGMAR Chris Bento,12, LAC
5:10.08 ONTAGMAR Brandon Connerty, 12,BRANT
ONTAGMAR Mark Kurtzer, 12,NEW
ONTAGMAR Kyle Palfrey,12,SCAR
ONTAGMAR Kyle Palfrey,12,SCAR
PQAAAFEB Etienne Lavallee,12,EXCE
PQAAAFEB Eilenne Lavaliee,12,EXC
MANTADEC Michael Smela,12,YLSC
BCAGMAR Leonard Ho,12,HYACK
PQAAAFEB Jonathan Rinaldi,12,CALAC
UTJAN21 Alex Olsen,12,SCAR
ONTAGMAR Brandon Holden,12,HWAC
ABAGFEB Gavin D'Amico,12,EKSC
BCAGMAR Richard Alexander,12,IS
ABAGFEB Pascal Wollach,12,LASC
ONTAGMAR Scott Samuel,12,OAK
ONTAGMAR Kellan O'Neill, 12, SSMAC
ONTAGMAR Matthew Pariselli,12,NYAC
MBSKMAR Alexander Love,12,ROD
ESWIMJAN Nelson Niedzielski,12,MSSAC
ESWIMJAN Nelson Niedzielsk,, $12, \mathrm{M}$
PCSCDEC Richard Zieba, 12,PCSC
PCSCDEC Richard Zieba, 12,PCSC
ONTAGMAR Patrick Cuch,11,TSC
ONTAGMAR Steven Rubacha,11,ESWIM
ONTAGMAR Steven Rubacha, 11,ESWIM
CASCNOV Norman Ng,12,HYACK
ABAGFEB Tristan Armstrong,12,NCSA

## X50 M MEDLEY RELAY

Rec: 2:05.03 Mississauga AC,TOMAC,92
:06.99 CDSCNOV Pacific Dolphins,PDSA
2:08.62 MBSKMAR Cascade Swim Club,CASC
ABAGFEB Edmonton Keyano,EKSC
ONTAGMAR North York AC,NYAC
YOUTHDEC Newmarket SC,NEW
SFOYNOV CN Quebec,CNQ
BCAGMAR Island Swimming, IS
ONTAGMAR Brantford AC,BRANT
ONTAGMAR Cobra Swim Club,COBRA
ONTAGMAR Richmond Hill AC,RHAC
ONTAGMAR Richmond Hill AC,
PCSCDEC Oakville AC,OAK
BRANTNOV Hamilt-Wentworth AC,HWAC
ABAGFEB Calgary Killarney SC,KSC
ONTAGMAR Mississauga AC,MSSAC
ABAGFEB Calgary Swimming,UCSC
ABAGFEB Nose Creek SA.NCSA
BCAGMAR Hyack Swim Club,HYACK
BCAGMAR Hyack Swim Club,HYACK
ONTAGMAR Etobicoke Swimming,ESWIM
CDSCNOV Vancouver Gators,GATOR
CDSCNOV Vancouver Gators,GATOR
MANTADEC Saskatoon Goldtins,GOLD

## 4X50

## 1:51.22 Iondon Aquatic, LAC, 88

1:55.41 ONTAGMAR Brantford AC,BRANT
1:56.46 MBSKMAR Edmonton Keyano,EKSC
$\begin{array}{ll}1: 56.48 & \text { MBSKMAR Cascade Swim Club,CASC } \\ 1: 56.59 & \text { BTSCNOV Barie Troians BTSC }\end{array}$ $\begin{array}{ll}1: 56.59 & \text { BTSCNOV Barrie Trojans, BTSC } \\ 1: 57.46 & \text { ONTAGMAR Newmarket SC, NEW }\end{array}$ $\begin{array}{ll}\text { 1:57.46 } & \text { ONTAGMAR Newmarket SC,NEW } \\ \text { 1:57.77 } & \text { BRANTNOV Hamilt-Wentworth AC,HWAC }\end{array}$
$\begin{array}{ll}\text { 1:57.77 } & \text { BRANTNOV Hamilt-Wentworth } \\ 1: 58.21 & \text { ONTAGMAR Oakville AC,OAK }\end{array}$
1:58.60 BCAGMAR Island Swimming,IS
$\begin{array}{ll}1: 58.73 & \text { ONTAGMAR North York AC,NYAC } \\ 1: 59.47 & \text { ONTAGMAR Richmond Hill AC,RHAC }\end{array}$
$\begin{array}{ll}\text { 1:59.47 } & \text { ONTAGMAR Richmond Hill AC,RHAC } \\ \text { 2:00.24 } & \text { BCAGMAR Pacific Dolphins,PDSA }\end{array}$
BCAGMAR Pacific Dolphins,PD
SFOYNOV CN Quebec,CNQ
MANTADEC Saskatoon Goldfins,GOLD
ONTAGMAR Guelph Marlin AC,GMAC
ONTAGMAR Nepean Kanata, NKB
ONTAGMAR Cobra Swim Club, COBRA
CDSCNOV Hyack Swim Club,HYACK
MANTADEC Calgary Killarney SC,KSC
ABAGFEB Nose Creek SA,NCSA
PCSCDEC Pointe Claire SC, PCSC
BCAGMAR Vancouver Gators,GATOR
ONTAGMAR Toronto Swim Club,TSC
MBSKMAR Olympian Swim Club,OSC
PICKDEC Mississauga AC,MSSAC
ABAGFEB Calgary Swimming,UCSC
ABAGFEB Calgary Swimming,UCS

Rec: 4:14.43 Eissa Purvis,CDSC, 85
4:21.83 JRNAN, CSSC, 85
4:21.92 JRNATFEB Kate Plyley,14,OAK
4:22.80 RAPIDDEC Michelle Landry,14,PDSA
4:24.15 ONTAGMAR Kathy Siuda, 14,ROW
4.27.23 JRNATFEB Alexandra Lys, 14,UCSC

4:28.45 JRNATFEB Chelsey Burnett,14,NRST
4:30.46 YOUTHDEC MonicaWejman,14,ESWIM 4:31.02 BCAGMAR Marla May,14,KCS 4:31.76 ONTAGMAR Nathalie Lacoste,14,MSS 4:31.78 BCAGMAR Jenny Lock,14,COMOX JRNATFEB Lynette Bayliss,14,UCSC
CNQJAN Patricia Perreault,14,CNCB PQAAAFEB Alex Lachance-F, 14,UL ONTAGMAR Kelsey Nemeth,14,AAC KCSDEC Andrea Baird,14,RDCSC PCSCDEC Angela Sloan, 14,PCS BCAGMAR Brianne Cloak,14, IS BCAGMAR Shannon Hackett,13,PDSA YOUTHDEC Sheena Martin,14,TORCH PQAAAFEB Suzanne Vary,13,CNDR JRNATFEB Stacy Cormack, 13,GLEN BCAGMAR Kelsey Rush,13,RAYS ONTAGMAR Eyse Dudar,13,MSSAC GOLDOCT Michelle Cove,14,RDCSC

\section*{:36.72

## FREESTYLE

## FREESTYLE

50 METRES FREESTYLE
Rec: 26.04 6.67 MANTADEC Alexandra Lys, 14,UCSC 26.67 ONTAGMAR Jennifer Porenta,14,MMST $\begin{array}{ll}26.94 & \text { PCSCDEC Jackie Chan, 14,MSSAC } \\ 26.96 & \text { JRNATFEB Kate Plyley 14, OAK }\end{array}$ JRNATFEB Kate Plyley, 14,OAK BCAGMAR Courtenay Chuy, 14,HYACK JRNATFEB Kari Pomerleau, 14,UCSC ONTAGMAR Stephanie Kuhn,14,TMSC BCAGMAR MilaZvijerac, 14,HYACK JRNATFEB Jenny Lock,14,COMOX JRNATFEB Marie-P. Blais,13,MEGO ONTAGMAR Andrea Shoust, 14,SSMAC JRNATFEB Amy Kilam, 14,LASC ABAGFEB Andrea Baird,14,RDCSC JRNATFEB Diane Kardash,14,MM KBMSCNOV Amanda Gillespie,14,PERTH ABAGFEB Hayley Doody,14,CASC ABAGFEB Hayley Doody,14,CASC MANTADEC Erin Kardash, 14,MM MANTADEC Erin Kardash, $14, \mathrm{M}$
JRNATFEB April Tam, $13, \mathrm{PN}$ KCSDEC Orlagh O'Kelly,14,EKSC ONTSRNOV Leanna Lee, 14,TORCH PQAAAFEB Suzanne Vary,13,CNDR
BCAGMAR Tina Hoang, 14 HYACK BCAGMAR Tina Hoang,,14,HYACK
MBSKMAR Jennifer Humphreys, 14, AMAC 00 METRES FREESTYLE
Rec: 56.29 Shauna Collins,ROD,90

## Shauna Collins,ROD,90 JRNATFEB Alexandra Lys, 14,UCSC

 ONTAGMAR Kate Plyley, 14,OAK YOUTHDEC Jackie Chan,14,MSSAC-TO ONTAGMAR Jennifer Porenta, 14, MMST MALMOFEB Courtenay Chuy,14,HYACKABAGFEB Hayley Doody,14,CASC ONTAGMAR Stephanie Kuhn,14,TMSC PNAAAFEB Sarah Gault,14,CAC JRNATFEB Erin Kardash,14,MM YOUTHDEC Monica Wejman, 14,ESWIM JRNATFEB Jenny Lock,14,COMOX JRNATFEB Chelsey Burnett, 14,NRST SSMACMAR Andrea Shoust, 14,SSMAC
RAPIDDEC Michelle Landry, 14, PDSA RAPIDDEC Michelle Landry, 14,PDSA
BCAGMAR Shannon Hackett,13,PDSA MBSKMAR Orlagh O'Kelly, 14,EKSC KCSDEC MilaZvijerac, 14,HYACK ONTSRNOV Jessica Vance, 14,BRANT ONTAGMAR Sarah Phillips, 14, MUSAC PQAAAFEB Suzanne Vary,13,CNDR ONIAGMAR Leanna Lee, 14, ,ORCH
PICKDEC Amanda Gillespie,14,PERT BCAGMAR April Tam,13,PN BCAGMAR April Tam,13,PN
JRNATFEB Kari Pomerleau, 14, UCSC S FREESTYLE
Rec: 2:00.88 Jane Kerr,ESC,83
JRNATFEB Alexandra Lys, 14,UCSC
2:05.28
JRNATFEB Kate Plyley, 14,OAK
ISCUPNOV Michelle Landry,14,PDSA
ABAGFEB Hayley Doody, 14,CASC ONTAGMAR Stephanie Kuhn, 14,TMSC BCAGMAR Courtenay Chuy 14, HYACK BCAGMAR Courtenay Chuy, 14,HYACK YOUTHDEC Jackie Chan,14,MSSAC-TO ONTAGMAR Kathy Siuda, 14,ROW PQAAAFEB Alex Lachance F, 14,UL ONTAGMAR Kelsey Nemeth, 14,AAC BCAGMAR Marla May, 14,KCS PQAAAFEB Patricia Perreault, 14, CNCB
BCAGMAR Jenny Leck 14, COMOX BCAGMAR Jenny Lock, 14,COMOX BRANTNOV Carly Cermak,14,CAJ
JRNATFEB Elizabeth Amer,14,EKSC PQAAAFEB Julia Guay-Racine, 14,CAMO PQAAAFEB Suzanne Vary, 13,CNDR ONTAGMAR Nathalie Lacoste,14,MSSAC ONTAGMAR Jennifer Porenta, 14,MMST MBSKMAR Orlagh O'Kelly, 14,EKSC JRNATFEB Lynette Bayliss,14,UCSC MBSKMAR Krista Haslund,14,ROD
ONTSRNOV Jessica Vance,14,BRANT

ISCUPNOV Michelle Landry,14,PDSA
JRNATFEB Hayley Doody, 14,CASC
JRNATFEB Alex Lachance-F,14,UL
ONTAGMAR Kathy Siuda,14,ROW
BCAGMAR Chelsey Burnett, 14,NRST
BCAGMAR Marla May,14,KCS
MANTADEC Alexandra Lys, 14, UCSC
CNQJAN Patricia Perreault,14,CNCB
ONTAGMAR Eyse Dudar,13,MSSAC
ONTAGMAR Bizabeth Osterer, 14,NKB YCAGMAR Brianne Cloak 14 IS BCAGMAR Brianne Cloak, 14,IS BCAGMAR Shannon Hackett 13,PDSA MANTADEC Lynette Bayliss,14,UCSC CNQJAN Suzanne Vary,13,CNDR YOUTHDEC Nathalie Lacoste,14,MSSAC ONTAGMAR Brittany Cooper,13,LAC ONTAGMAR Kahla Walkinshaw, 14,HWAC JRNATFEB Cynthia Galfre, 14,EKSC MANTADEC Rebecca Haight,14,BROCK ABAGFEB Stacy Cormack,13,GLEN 9:34.27 BCAGMAR Stephanie Bigelow,13,IS 9:35.73 MANTADEC Krista Hasiund,13,ROD 0 METRES BACKSTROKE
Rec: 1:02.21 Suzanne Weckend,IS,92
:05.02 ONTAGMAR Andrea Shoust,14,SSMAC $\begin{array}{ll}\text { 1:05.26 } & \text { ONTAGMAR Randi Beaulieu,14,MSSAC } \\ \text { ONTAGMAR Jackie Chan,14,MSSAC-TO }\end{array}$ 1:05.41 ONTAGMAR Jackie Chan, 14,MSSAC-
1:05.69 ONTAGMAR Katie Smith, 13,COBRA 1:05.70 BCAGMAR Tina Hoang,14,HYACK 1:06.09 JRNATFEB Claudia Bernard, 14,CNQ 1:06.13 JRNATFEB Maya Ziolkowski, 14,YORK ABAGFEB Hania Kubas, 14,EKSC
JRNATFEB Lynette Bayliss,14,UCSC $\begin{array}{lll}10 & 1: 06.57 & \text { MANTADEC Erin Kardash, } 14, M M \\ 11 & 1: 06.73 & \text { ONTAGMAR } \\ \end{array}$ $\begin{array}{lll}11 & 1: 06.73 \\ 12 & 1: 06.81 & \text { ONTAGMAR Laura Wise,13,COBRA }\end{array}$ $\begin{array}{lll}12 & 1: 06.81 & \text { BBSCOCT Diane Kardash,13,MM } \\ 13 & 1: 06.83 & \text { JRNATFEB Kari Pomerleau ,14, UCSC }\end{array}$ 14 1:06.93 YOUTHDEC Danielle Di Giovanni, 14,MSSAC 15 1:06.94 ONTAGMAR Melissa Bartlett, 13,CYPS $\begin{array}{llll}16 & 1: 07.01 & \text { PQAAAFEB Julia Guay-Racine,14,CAMO } \\ 17 & 1: 07.03 & \text { ONTAGMAR Kristen Mcllroy 13,MMST }\end{array}$ 1:07.05 YOUTHDEC Amanda MacNell 14, ESWIM 1:07.13 ONTAGMAR Tiffany Vincent,14,BRANT 1:07.29 ONTAGMAR Callan Gault,14,TSC JRNATFEB Amanda Gillespie,14,PERTH ISCUPNOV Michelle Landry,14,PDSA ISCUPNOV Michelle Landry, 14, ,NDA
JRNATFEB Chelsey Burnett,14,NRST JRNATFEB Jennifer Porenta,14,MMST 1:07.67 JRNAT-EB Jennifer Porenta, 14,MMST 1:07.81 YOUTHDEC Step
METRES BACKSTROKE

## Rec: $2:$

## : 2:12.86 Kelly Stefanyshyn,MANTA,97

 2.19. JRNATFEB Kathy Siuda, 14,ROW 2:19.26 JRNATFEB Lynette Bayliss, 14, UCSC2:19.77 ONTAGMAR Andrea Shoust 14 SSMAC $\begin{array}{ll}\text { 2:19.77 } & \text { ONTAGMAR Andrea Shoust,14,SSMAC } \\ \text { 2:20.12 } & \text { ONTAGMAR Laura Wise,13,COBRA }\end{array}$ 2:20.12 ONTAGMAR Laura Wise,13,COBRA
2:20.16 RAPIDDEC Michelle RAPIDDEC Michelle Landry,14,PDSA JRNATFEB Maya Ziolkowski,14,YORK ONTAGMAR Sheena Martin,14,TORCH ONTAGMAR Randi Beaulieu,14,MSSAC
PQAAAFEB Julia Guay-Racine,14,CAMO PQAAAFEB Julia Guay-Racine, 14
YOUTHDEC Callan Gault, 14, SSC ONTAGMAR Kristen Mcllroy,13,MMS ONTAGATER Kristen Mciliroy,13,M
JRNATFEB Lesley Emter,14,LL JRNATFEB Lesley Emter,14,LL
ONTAGMAR Kelsey Nemeth,14,AA ONTAGMAR Kelsey Nemeth, 14,AAC
ONTAGMAR Vanessa Flegull, 14, NKB ONTAGMAR Vanessa Flegull, 14,NKB
PQAAAFEB Noemie Brand, 13, PCSC PQAAAFEB Noemie Brand, 13, PCSC
YOUTHDEC Hayley Doody, $14, \mathrm{CASC}$ PCSCDEC Amanda MacNeill,14,ESWIM ONTAGMAR Melissa Bartlett, 13,CYPS MBSKMAR Thea Norton, 13,STSC BCAGMAR Tina Hoang,14,HYACK BRANTNOV Katherine Telfer, 14,ESWIM SFOYNOV Amelie Houde, 14,CNCB ONTAGMAR Tiffany Vincent,14,BRAN PCSCDEC Kate Plyley, 14,OAK
YOUTHDEC Carly Cermak, $14, \mathrm{CAJ}$
08.64
11.23

SHEFFFI T
SHEFFFEB Tamara Wagner, 14,TORCH BCAGMAR Courtenay Chuy, 14,HYACK BCAGMAR Mila Zvijerac,14,HYACK
JRNATFEB Kelly Timmons,13,OSC
ABAGFEB Kimberley Hirsch,14,STSC
ONTAGMAR Brooke Heath, 14,TAT
BRANTNOV Stephanie Arthur, 14,PCSC
JRNATFEB Bizabeth Osterer,14,NKB
ULAVDEC Caitlin Babb,13,DDO
MANTADEC Norah Vogan,14,GPP
ONTAGMAR Shannon Kryhul,14,LAC
BRANTNOV Brittany Segeren, 13,SKY
KCSDEC Christine Barton, 14,VKSC
YOUTHDEC Carly Cermak, 14,CAJ
BRANTNOV Kathy Siuda, 14,ROW
ONTAGMAR Rachel Brock,14,STARS
PQAAAFEB Joan Darsigny, 14,CNSH
YOUTHDEC Monica Wejman, 14,ESWIM
JRNATFEB Genevieve Dack, 14,TBT
DDOJAN Caitlin Babb,13,DDO
JRNATFEB Renee Hober, 14,ROW
SFOYNOV Amelie Boulanger, 14,CNQ
Allison Higson,ESC, 88
2:32.66 BCAGMAR Courtenay Chuy, 14,HYACK
BERLNFEB Tamara Wagner, 14,TORCH
MANTADEC Norah Vogan, 14,GPP
JRNATFEB Kelly Timmons,13,OSC
ONTAGMAR Shannon Kryhul, 14,LAC
JRNATFEB Eizabeth Osterer,14,NKB
PQAAAFEB Caitlin Babb,13,DDO
JRNATFEB Genevieve Dack, 14,TBT
BRANTNOV Brittany Segeren,13,SKY
BRANTNOV Stephanie Arthur,,14,PCSC
KCSDEC Christine Barton, 14 ,VKSC
HWACOCT Lyla Gharib, 13,BRANT
HWACOCT Lyla Gharib,13,BRANT
MBSKMAR Evangeline Blais,14,CASC
YOUTHDEC Carly Cermak, 14,CAJ
BCAGMAR Natalie Foster,14,LL
MANTADEC Alexandra Lys,14,UCSC
ABAGFEB Kimberley Hirsch,14,STSC
ONTAGMAR Kim Labbett,13,OAK
ONTGGNAR KIm Labbett,13,OAK BRANTNOV Renee Hober, 14,ROW JRNATFEB Meaghan Nicholson,13,NKB PQAAAFEB Heather Chance,14,PCSC ONTAGMAR Amanda Williams,13,NEW BCAGMAR Haylee Johnson, 13,PDSA 00 METRES
Rec: 1.02.60
Jennifer Fratesi,SSMAC,99
JRnifer Fratesi,SSMAC,99
JRNATFEB Julia Guay-Racine, 14,CAMO ONTSRNOV Amanda Gillespie, 14,PERTH JRNATFEB Kahla Walkinshaw, 14,HWAC ONTAGMAR Kathy Siuda, 14,ROW ONTAGMAR Blair Holmes, 13,COBRA ONTAGMAR Stephanie Kuhn, 14 TMS JRNATFEB Chelsey Burnett,14,NRST ONTAGMAR Tiffany Vincent, 14,BRANT ONTAGMAR Tiffany Vincent,14,BR
PCSCDEC Kate Plyley, 14, OKK ABAGFEB Jennifer Humphreys, 14,AMAC BCAGMAR Kelsey Rush,13,RAYS ONTAGMAR Elizabeth Osterer, 14,NKB PQAAAFEB Sarah Gault,14,CAC PCSCDEC Andrea Shoust, 14,SSMAC PQAAAFEB Alex Lachance-F,14,UL PCSCDEC Monica Wejman, 14 ,ESWIM BCAGMAR Tina Hoang, 14,HYACK
ONTAGMAR Leanna Lee 14,TORCH
MSSACNOV Maya Ziolkowski, 14, YORK
JRNATFEB Brittney Kremer,14,OSC
MRNATADEB Brittney Kremer,14,O
MANATFEB Kristin Anstey,14,STSC ONTAGMAR Callan Gault,14,TSC
METRES
Sandra Marchand, ENL 88
2:21.31 PQAAAFEB Julia Guay-Racine, 14,CAMO
2:23.29 ONTAGMAR Blair Holmes, 13,COBRA
ONTSRNOV Amanda Gillespie, 14,PERTH
ONTAGMAR Tiffany Vincent, 14,BRAN
ONTAGMAR Kanla Walkinshaw,14,HWAC
JRNATFEB Orlagh O'Kelly, 14,EKSC BCAGMAR Brianne Cloak, 14,IS PQAAAFEB Alex Lachance-F,14,UL
ABAGFEB Alexandra Lys,,14,UCSC
BCAGMAR Kelsey Rush,13,RAYS
JRNATFEB Kristin Anstey, 14,STSC
JRNATFEB Brittney Kremer,14,OSC
JRNATFEB Gillian Coles, 14,BROCK
JRNATFEB Gillian Coles,14,BROCK
BRANTNOV Tamara Wagner, 14,TORCH
BCAGMAR Stephanie Bigelow, 13,IS
BCAGMAR Meaghan McColl, 14 ,IS
ONTSRNOV Kate Plyley,14,OAK
JRNATFEB Leah Murrin,14,SJL
YOUTHDEC Callan Gault,14,TSC
ONTAGMAR Jane Wilkinson,14,SKY
ONTAGMAR Jane Wilkinson, 14,SKY
BCAGMAR Shannon Hackett, 13,PDSA
BCAGMAR Shannon Hackett,13,PDSA
JRNATFEB Kelly Timmons,13,OSC
JRNATFEB Johanna Gatien,14,LUS

200 METRES IND.MEDLEY
RAP Higson,ESC, 87
RAPIDDEC Michelle Landry, 14,PDSA
JRNATFEB Kathy Siun
JRNATFEB Kathy Siuda, 14,ROW JRNATFEB Alex Lachance PARISFEB Courtenay Ce-F,14, UY
ONTAGMAR Stephanie Kuhn,14,TMSC
PQAAAFEB Sarah Gault,14,CAC
BCAGMAR Jenny Lock, 14,COMOX
JRNATFEB Alexandra Lys, 14,UCSC
JRNATFEB Tamara Wagner, 14,TORCH
ONTAGMAR Eizabeth Osterer, 14,NKB ABAGFEB Hayley Doody,14,CASC ABAGFEB Lynette Bayliss,14,UCSC
OUTHDEC Monica Wejman, 14,ESWIM
JRNATFEB Chelsey Burnett,14,NRST
OUTHDEC Carly Cermak,14,CAJ
CNQJAN Amelie Houde, 14,CNCB
ONTAGMAR Tiffany Vincent, 14,BRANT BCAGMAR Kelsey Rush, 13, RAYS KCSDEC MilaZvijerac, 14,HYACK
ONTAGMAR Brittany Cooper,13,LAC BCAGMAR Tina Hoang, 14,HYACK SDEC Andrea Baird, 14,RDCSC S IND.MEDLEY
4:47.40 Carrie Burgoyne,MANTA,96
4:55.05 JRNATFEB Kathy Siuda, 14,ROW $\begin{array}{ll}\text { 4.57.26 } & \text { ISCUPNOV Michelle Landry, } 14 \text {,PDSA } \\ \text { 5:00.14 } & \text { ONTAGMAR Eizabeth Osterer 14 NKB }\end{array}$ 5:00.38 ABAGFEB Alexandra Lys, 14,UCSC ABAGFEB Alexandra Lys,14,UCSC JRNATFEB Alex Lachance-F,14,UL ONTAGMAR Britany Cooper,13,LAC YOUTHDEC Carly Cermak,14,CAJ MANTADEC Lynette Bayliss,14,UCSC ONTAGMAR Kate Plyley, 14,OAK JRNATFEB Thea Norton, 13,STSC ONTAGMAR Blair Holmes, 13,COBRA JRNATFEB Hayley Doody,14,CASC ONTSRNOV Amanda Gillespie,14,PERTH ONTSRNOV Callan Gault,14,TSC YOUTHDEC Evangeline Blais,14,CASC BCAGMAR Stephanie Bigelow,13,IS MANTADEC Rebecca Haight, 14,BROCK PQAAAFEB Heather Chance,14,PCSC JRNATFEB Avery Kremer, 13,0SC BCAGMAR Chelsey Burnett,14,NRST ISCUPNOV Courtenay Chuy,14,HYACK JRNATFEB Stacy Cormack, 13,GLEN ONTAGMAR Tiffany Vincent,14,BRANT X50 M MEDLEY RELAY
Rec: 2:00.93 Etobicoke Swimming, ESWIM, 97 2:04.01 ONTAGMAR Cobra Swim Club,COBRA 2.04.48 BCAGMAR Hyack Swim Club,HYACK ABAGFEB Edmonton Keyano EKSC
YOUTHDEC Mississauga AC MSSAC
PCSCDEC Pointe Claire SC, PCSC
PCSCDEC Montreal Aquatique,CAMO
ABAGFEB Calgary Swimming, UCSC
ABAGFEB Calgary Swimmin
ONTAGMAR London AC,LAC
MBSKMAR Manitoba Marlins,MM
SFOYNOV CN Quebec,CNQ
PQAAAFEB Univ.Laval Rouge \& Or,UL
ABAGFEB Cascade Swim Club,C
PCSCDEC Okvile AC,OAK
PCSCDEC Etobicoke Swimming,ESWIM
ONAGMMAR Chatham Y,CYPS
BRANTNOV Toronto Olympians,TORCH
BRANTNOV Region
BCAGMAR Pacific Dolphins,PDSA
BCAGMAR Pacific Dolphin
SHERDEC Megophias Trois Rivieres,MEGO
ABAGFEB Olympian Swim Club,OSC
BCAGMAR Island Swimming IS
BCAGMAR Island Swimming,IS
MANTADEC Uxbridge SC,USC

## 50 M FREE RELAY

1ec: 1:48.47 Etobicoke Swimming,ETOB,97
ABAGFEB Calgary Swimming,UCSC
ABAGFEB Edmonton Keyano,EKSC
MBSKMAR ManitobaMarlins,MM
ONTAGMAR Nepean Kanata, NKB
PQAAAFEB Montreal Aquatique,CAMO
YOUTHDEC Mississauga AC,MSSAC
PCSCDEC Pointe Claire SC,PCSC
BCAGMAR Pacific Dolphins,PDSA
YOUTHDEC North York AC,NYAC
ONTAGMAR Ajax Aquatic Club,AAC
POAAAFEB London AC,LAC
PQAAAFEB Univ.Laval Rouge \& Or,UL
BCAGMAR Hyack Swim Club,HYACK
BCAGMAR Hyack Swim Club,HYACK
ABAGFEB Cascade Swim Club,CASC
PCSCDEC Oakville AC,OAK
BCAGMAR Points North SC,PN
PICKDEC Toronto Olympians,TORCH BRANTNOV Etobicoke Swimming,ESWIM BCAGMAR Nanaimo Riptide ST,NRST ABAGFEB Lethbridge ASC,LASC CNSHDEC CN Quebec,CNQ ABAGFEB Olympian Swim Club,OSC
SHERDEC Megophias Trois Rivieres,MEG SHERDEC Megophias Trois Rivieres,MEGO
PCSCDEC Hamilt-Wentworth AC,HWAC

## 400 METRES FREESTYLE

Rec. 3.58.32 Jamie Stevens,MANTA, 89 JRNATFEB Graeme Tozer, 14,UCSC 4.1236 YRANTDEC Tobias Oriwol,14,ESWIM 4:12.36 $\quad$ ONTAGMAR Joe Baicar 14,OAK 4:13.00 ABAGFEB Devin Phillips,14, EK 4:13.10 PCSCDEC Douglas McQueen,14,GO 4:16.10 PQAAAFEB Jonathan Aubry, 14,CNB 4:16.24 YOUTHDEC Casey Ralph, 14, IS 4:16.71 ONTAGMAR Ryan Atkinson, 14, LAC 4:17.55 BCAGMAR Justin Pommerville,13,IS BCAGMAR Justin Pommerville,13,IS ULAVDEC Kevin Laflamme, 14,RCA ONTAGMAR Kurtis Miller, 14,SCAR PQAAAFEB Charles Rodrigue,14,UL ONTAGMAR Michael Pisarczyk, 14, LAC ONTAGMAR Alex Tanton, 14,NEW BCAGMAR Janco Mynhardt,14,PSW PQAAAFEB Nicolas Murray, 13,DYNAM BCAGMAR Jens Cuthbert,13,PDSA ULAVDEC Philippe Desharnais, 14,RCA ONTAGMAR Andrew Baier,14,COBRA BCAGMAR Thomas Demetzer,14,PGB ONTAGMAR Adam Slater, 14,NEW PQAAAFEB Maxime Samson, 14, ElITE 1500 METRES FREESTYLE
Rec: 15:32.15 Alex Baumann,LUSC,79
1 16:25.21 ABAGFEB Graeme Tozer, 14, UCSC 2 16:30.35 YOUTHDEC Tobias Oriwol, 14, ESWIM 3 16:44.32 ONTAGMAR Jonathan Long,14,LAC $\begin{array}{lll}4 & 16: 47.97 & \text { PQAAAFEB Jonathan Aubry,14,CNB } \\ 5 & 16.50 .43 & \text { ONTAGMAR Ryan Atkinson,14,LAC }\end{array}$ 16:55.14 YOUTHDEC Simon Gabsch,13,MSSAC 16:58.79 YOUTHDEC Conrad Aach,14,ESWIM 16:59.33 ONTAGMAR Joe Bajcar, 14,OAK 17:04.87 ABAGFEB Devin Phillips,14,EKSC $\begin{array}{ll}10 & \text { 17:09.95 } \\ 11 & \text { BCAGMAR Justin Pommerville,13,IS }\end{array}$ 12 17:16.70 $\quad$ PQAAAFEB Charles Rodrigue 14,UU 13 17:16.74 YOUTHDEC Casey Ralph,14,IS 14 17:21.90 PQAAAFEB David Provencher,13,GAMIN 15 17:24.72 ONTAGMAR Andrew Baier,14,COBRA 16 17:25.90 ULAVDEC Nicolas Murray,13,DYNAM 17 17:28.25 MBSKMAR Adam Abdulla, 13,ROD $\begin{array}{ll}17 & 17: 28.25 \\ 18 & \text { MBSKMAR Adam Abdulla, 13,ROD } \\ \text { ULAVDEC Kevin Laflamme, } 14, \text {,RCA }\end{array}$ $\begin{array}{lc}18 & 17: 30.18 \\ 19 & \text { 17:30.27 } \\ 20 & \text { BCAGMAR Pevin Latick Fonseca,14, } 17: 30.91 \\ \text { ONTAGMAR Michael Pisarczyk,14,LAC }\end{array}$ 21 17:31.37 BCAGMAR Brendan Robertson,14,1YYACK 22 17:33.45 ONTAGMAR Buddy Green, 13,LUSC 23 17:36.23 BCAGMAR Mark Grossman, 14 ,PN $\begin{array}{ll}24 & 17: 36.52 \\ 25 & \text { ONTAGMAR Simon Borjeson,13,OAK } \\ 25 & \text { CNQJAN Philippe Desharnais,14,RCA }\end{array}$ 100 METRES BACKSTROKE
Rec: 56.93 Garret Pulle,MAC, 93
57.10 JRNATFEB Tobias Oriwol, 14,ESWIM
57.85 JRNATFEB Kurtis Miller, 14,SCAR
58.64 MBSKMAR Devin Phillips,14,EKSC
$\begin{array}{ll}\text { 1:00.94 } & \text { ONAGMAR Ryan Atkinson, 14,LAC } \\ \text { 1:00.96 } & \text { PCSCDEC Martin Renaud 14 }\end{array}$
1:01.18 PQAAAFEB Nicolas Bovell 13 ,PPO
$\begin{array}{ll}: 01.18 & \text { PQAAAFEB Nicolas Bovell, 13,PPO } \\ : 01.40 & \text { ABAGFEB Gaelen Andrews,14 FMS }\end{array}$
1:01.40 ABAGFEB Gaelen Andrews,14,FMSC
1:01.81 $\begin{aligned} & \text { PQAAAFEB Kevin Bouchard,14,EXCE- } \\ & \text { YOUTHDEC Conrad Aach, 14 ESWIM }\end{aligned}$
1:02.90 LUSCOCT David Gibson,14,SSMAC
$\begin{array}{lll}10 & 1: 02.90 & \text { LUSCOCT David Gibson,14,SSMAC } \\ 11 & 1: 02.95 & \text { ONTAGMAR Danny Carter,14,NKB }\end{array}$
12 1:02.99 BCAGMAR Justin Pommerville,13,IS
13 1:03.16 PQAAAFEB Timothy Ruse, 14, PCSC $\begin{array}{lll}14 & 1: 03.22 & \text { ONTAGMAR Andrew Nicholas, 14,NEW } \\ 15 & 1: 03.25 & \text { ONTAGMAR Nathan Chang,14,TORCH }\end{array}$
$\begin{array}{lll}16 & 1: 03.61 & \text { ABAGFEB Myles Maxey,14,CASC }\end{array}$
17 1:03.62 YOUTHDEC Casey Ralph,14,IS
18 1:03.72 PQAAAFEB Serge Demers-Giroux, 13,CNTR 19 1:03.83 BRANTNOV Mark Thauvette, 14,OAK $\begin{array}{lll}20 & 1: 03.84 & \text { ONTAGMAR Brian Holland, 13,MSSAC } \\ 21 & 1: 03.87 & \text { BCAGMAR Thomas Demetzer 14PGB }\end{array}$ $\begin{array}{ll}\text { 1:03.87 } & \text { BCAGMAR Thomas Demetzer,14,PGB } \\ \text { 1:03.89 } & \text { PQAAAFEB Vincent Boulanger-M }\end{array}$

PQAAAFEB Vincent Boulanger-M.,13,CNQ NSAGFEB Patrick Craine, 14,EAS SCARFEB David Hinan, 14,SCAR
ONTAGMAR Andrew Baier,14,COBRA 1:04.40 ONTAGMAR And
METRES BACKSTROKE

## Rec: 2:00.04 Tobias Oriwol, ESWIM, 0

2:00.04 JRNATFEB Tobias Oriwol, 14, ESWIM 2:06.52 MBSKMAR Devin Phillips, 14,EKSC UTJAN21 Kurtis Miller, 14,SCAR
PQAAAFEB Kevin Bouchard, I4,EXCEL
YOUTHDEC Conrad Aach,14,ESWIM
PCSCDEC Douglas McQueen, 14, GO ONTAGMAR Ryan Atkinson,14,LAC ONTAGMAR Ryan Atkinson,14,LAC
ULAVDEC Martin Renaud, 14,CNB ULAVDEC Martin Renaud,14,CNB
JRNATFEB Justin Pommerville,13,IS JRNATFEB Justin Pommerville,13,IS
ABAGFEB Gaelen Andrews,14,FMSC ABAGFEB Gaelen Andrews,14,FMSC
BCAGMAR Thomas Demetzer,14,PGB BCAGMAR Thomas Demetzer,14,R
JRNATFEB Myles Maxey,14,CASC JRNATFEB Myles Maxey,14,CASC
ONTAGMAR Danny Carter,14,NKB ONTAGMAR Danny Carter, 14,NKB
ABAGFEB Graeme Tozer,14,UCSC ABAGFEB Graeme Tozer,14,U
KCSDEC Casey Ralph,14,IS KCSDEC Casey Ralph,14,IS
ONTAGMAR Andrew Baier,14,COBRA ONTAGAMAREB Timothy Ruse, 14, PCSC ONTAGMAR Greg Togtema, 14,LAC BCAGMAR Erich Schmitt,14,I ONTAGMAR Ian McLean,14,CYPS PQAAAFEB Sofian Mohand-Cherif,14,CAMO
YOUTHDEC Nathan Chang,14,TORCH YOUTHDEC Nathan Chang, 14,TORCH
PQAAFEB Alexandre Leroux, 14.CNTR PQAAFEB Alexandre Leroux,14,CNTR
ONTAGMAR Marc Mazzucco, 14,ESWIM ONTAGMAR Marc Mazzucco, 14, ESW YOUTHDEC Craig Partridge,14,GGST

## OO METRES IND.MEDLEY

Rec: 1:03.27 Michael Mast

Rec: 2:14.36 Matthew Huang.PDSA. 98

dias Oriwol,ESWIM,0
JRNATFEB Tobias Oriwol,14,ESWIM PCSCDEC Conrad Aach, 14,ESWIM JRNATFEB Graeme Tozer,14,UCSC
PQAAAFEB Nicolas Bovell,13,PPO
PQAAAFEB Tristan Jones,14,CNNG
MBSKMAR Devin Phillips,14,EKSC
KCSDEC Casey Ralph,14,IS
PCSCDEC Kevin Rioux,14,CAMO
ONTAGMAR Joe Bajcar,14,OAK
ONTAGMAR Marco Monaco,13,OAK
JRNATFEB Marcus Greenshields, 14,RDCSC
NCAGMAR Nathan Chang, 14, TORCH SFOYNOV Charles Rodrigue,14,UL ONTAGMAR Kieran O'Neill,14,SSMAC KCSDEC Chase Reid,14,CASC BCAGMAR Patrick Waters, 14, PN SFOYNOV Martin Renaud, 14,CNB BCAGMAR Ryan Chiew,13,HYACK PQAAAFEB Kevin Bouchard, 14, EXCEL BCAGMAR Thomas Demetzer,14,PGB YOUTHDEC Mark Pariselli,14,NYAC ONTAGMAR lan McLean, 14, CYPS ABAGFEB Sean Compston,14,CASC ABAGFEB
IND.MEDLEY

: 4:24.89
obias Oriwol,ESWIM 0
JRNATFEB Tobias Oriwol,14,ESWIM
YOUTHDEC Conrad Aach, 14,ESWIM
JRNATFEB Graeme Tozer,14,UCSC
PCSCDEC Douglas McQueen, 14,GO
JRNATFEB Devin Phillips,14,EKSC
ABAGFEB Marcus Greenshields, 14,RDCSC
ONTAGMAR Marco Monaco,13,OAK
PQAAAFEB Timothy Ruse,14,PCSC
PQAAAFEB Charles Rodrigue,14,UL
YOUTHDEC Casey Ralph,14,IS
ONTAGMAR Ryan Atkinson,14,LAC
ONTAGMAR Joe Bajcar,14,0AK
ONTAGMAR Jonathan Long, 14,LAC
PQAAAFEB Maxime Samson, 14,ELITE
BCAGMAR Patrick Waters,14,PN
PQAAAFEB Kevin Bouchard,14, EXCEL
YOUTAGMAR Andrew Baier, 14 ,COBRA
ONTAGMAR Andrew Baier,14,COBRA
ONTAGMAR Robert Barron,14,VAC
BCAGMAR Justin Pommerville, 13 ,IS
ABAGFEB Malcolm Lavoie,14,OSC
BCAGMAR Thomas Demetzer,14,PGB
BCAGMAR Thomas Demetzer,14,

## 50 M MEDLEY RELAY

Rec: 1:51.33 Markham AC,MAC,92
1:54.25 ABAGFEB Edmonton Keyano,EKSC
PCSCDEC Montreal Aquatique,CAMO
PCSCDEC Montreal Aquatique,CAMO
ABAGFEB Cascade Swim Club,CASC
ABAGFEB Cascade Swim Club,
ONTAGMAR Newmarket SC,NEW
ONTAGMAR Newmarket SC,NEW
ONTAGMAR Etobicoke Swimming,ESWIM
ONTAGMAR Etobicoke Swimming,ESWI
BCAGMAR Hyack Swim Club,HYACK
BCAGMAR Hyack Swim Club
YOUTHDEC Scarborough SC,SCAR
QAAAFEB CN Quebec,CNQ
PQAAAFEB Pointe Claire SC,PCSC
BCAGMAR Island Swimming,IS
BCAGMAR Pacific Dolphins,PDSA
ONTAGMAR Cobra Swim Club,COBRA
ONTAGMAR Cobra Swim Club,COB
ONTAGMAR Nepean Kanata,NKB
ONTAGMAR Nepean Kanata,
BRANTNOV Oakville AC,OAK
ONTAGMAR Toronto Olympians,TORCH
PQAAAFEB Samak de Brossard,SAMAK
PCSCDEC Glouc-Ottawa Kingfish,GO
MACJAN Toronto Champs.CHAMP
PCSCDEC Hamilt-Wentworth AC,HWAC
PCSCDEC Hamilt-Wentworth AC,HW
OSACFEB Region of Waterloo,ROW
OSACFEB Region of Waterloo,
ONTAGMAR Markham AC,MAC
CASCNOV Olympian Swim Club,OSC
MBSKMAR Calgary Killarney SC,KSC 50 M FREE RELAY
Rec: 1:38.37 Markham AC,MAC,92
ABAGFEB Edmonton Keyano,EKSC
PCSCDEC Montreal Aquatique,CAMO
ONTAGMAR Newmarket SC,NEW
BCAGMAR Hyack Swim Club,HYACK
YOUTHDEC Pacific Dolphins,PDSA
KCSDEC Cascade Swim Club,CAS
YOUTHDEC Scarborough SC,SCAR
YOUTHDEC Scarborough SC,SCAR
ONTAGMAR Cobra Swim Club,
KCSDEC Island Swimming,IS YOUTHDEC Etobicoke Swimming,ESWIM
MBSKMAR Calgary Swimming,UCSC MBSKMAR Calgary Swimming
PQAAAFEB CN Quebec,CNQ
ONTAGMAR Oakville AC,OAK
PCSCDEC Hamilt-Wentworth AC,HWAC
ONTAGMAR Toronto Olympians,TORCH PQAAAFEB Samak de Brossard,SAMAK PCSCDEC Pointe Claire SC,PCSC PCSCDEC Glouc-Ottawa Kingfish,GO
BCAGMAR Richmond Rapids,RAPID BCAGMAR Richmond Rapids,RAPID
PCSCDEC Oakville AC,OAK PCSCDEC Oakville AC,OAK
EOSAFEB Nepean Kanata,NKB
EOSAFEB Nepean Kanata,NKB
ONTAGMAR Mississauga AC,MSSAC
ONTAGMAR Mississauga AC,MSSA
YOUTHDEC North York AC,NYAC
YOUTHDEC North York AC,NYAC
ABAGFEB Calgary Patriots,CP

## $\mathbb{R S}$ 1517

## 50 METRES FREESTYLE

Rec: 25.25 Shannon Shakespeare,MM,93 $\begin{array}{ll}25.80 & \text { JRNATFEB Chrissy MacAulay, 17,ESWIM } \\ 26.13 & \text { JRNATFEB Jenna Gresdal, } 15, \text {, }\end{array}$ 26.32 MANTADEC Jessie Bradshaw,15,UCSC 26.61 JRNATFEB Natalie Kiegelmann,16,BTSC 26.63 BCAGMAR Tara Taylor,17,HYACK PCSCDEC Tiffany Woods,15,PCSC EDMONNOV Kelly O'Toole,17,EKSC BRANTNOV Adrienne Karney, 16,AAC PCSCDEC Audrey Lacroix, 16,CAMO RAPIDDEC Francine Ling,16,DELTA MANTADEC Andrea Hayden, 16,GPP MALMOFEB Kelly Stefanyshyn,17,PDSA BEAVNDEC Adriana Koc-Spadaro,16,PDSA SFOYNOV Merylie Giguere,17,UL PQAAAFEB Catherine Dugas-Savoie, 16,DYNAM PQAAAFEB Victoria Poon,15,CALAC
27.20 ONTAGMAR Heather Crowdis,16,AAC
27.21 EDMONNOV Eizabeth Wycliffe, 16 , EBSC EDMONNOV Angela Catford,16,NEW
JRNATFEB Sasha Taylor,17,PERTH JRNAIFEB Sasha Taylor,17,PERTH ABAGFEB Heather McIntosh,17,LEDUC PQAAAFEB Kathryn Milligan,16,DDO ONAAAFEB Kathryn Mililigan, 16, DDO
ONTSRNOV Jennefer Brankovsky,17,EYSC 0 METRES FREESTYLE

## JRNATFEB Jenna Gresdal, 15,ESWIM

 JRNATFEB Natalie Kiegelmann, 16,BTSC KCSDEC Tara Taylor,17,HYACK MANTADEC Jessie Bradshaw, 15,UCSC PCSCDEC Tiffany Woods, 15, PCSC PQAAAFEB Catherine Dugas-Savoie,16,DYNAM MALMOFEB Kelly Stefanyshyn,17,PDSA BEAVNDEC Adriana Koc-Spadaro,16,PDSA PQAAAFEB Marieve De Blois,16,PPO SFOYNOV Merylie Giguere,17,UL JRNATFEB Eizabeth Collins,17,ROD JRNATFEB Francine Ling,JRNATFEB Eizabeth Wycliffe, 16 , EBSC JRNATFEB Eizabeth Wyciifte, 16 ,
JRNATFEB Chantal Ares, $15, \mathrm{GO}$ JRNATFEB Michaela Schmidt, 16,CASC MBSKMAR Meghan Demchuk,16,ROD ONTAGMAR Monica Wejman,15,ESWIM JRNATFEB Tamee Ebert, 16,PDSA MBSKMAR Eizabeth Amer, 15, EKSC JRNATFEB Melanie Bouchard, 17,CNB JRNATFEB Kelly O'Toole,17,EKSC JRNATFEB Deanna Stefanyshyn, 15,PDSA Rec: $1: 58.28$

Patricia Noall,CNMN, 88
PARISFEB Kelly Stefanyshyn, 17,PDSA COLPNNO Jena BEAVNDEC Deanna Stefanyshyn,15,PDSA JRNATFEB Danielle Bell, $16,1 \mathrm{~S}$ JRNATFEB Elizabeth Wycliffe, 16 , EBSC JRNATFEB Eizabeth Wycliffe, 16,EBSC
JRNATFEB Jessie Bradshaw,15,UCSC COLPKNOV Jennifer Fratesi,15,ROW ONTAGMAR Kristen Bradley,16,NEW KCSDEC Tara Taylor,17,HYACK PQAAAFEB Audrey Lacroix,16,CAMO
ISCUPNOV Karley Stutzel 17 IS ISCUPNOV Karley Stutzel, 17,IS MANTADEC Andrea Hayden,16,GPP
ONTSRNOV Loren Sweny, 17 ,NKB PQAAAFEB Catherine Dugas-Savoie,16,DYNAM ONTAGMAR Monica Wejman, 15,ESWIM
SFOYNOV Merylie Giguere,17,UL SFOYNOV Merylie Giguere,17,UL PQAAAFEB Chanell Charron-W.,15,CAG
JRNATFEB Elizabeth Collins,17,ROD JRNATFEB Elizabeth Collins,17,ROD BCAGMAR Jennifer Coombs,16,HYACK PQAAAFEB Melanie Bouchard,17,CNB ABAGFEB Leslie Cove,17,RDCSC EDMONNOV Melissa Laflamme, 17,UL JRNATFEB Aimee Bourassa, 16,NKB
ONTAGMAR Cynthia Pearce,16,MSSAC-TO

## 400 METRES FREESTYLE

4:07.79 Nikki Dryden, IS,93 4:15.75

ISCUPNOV Kelly Stefanyshyn,17,PDSA 4:18.54 JRNATFEB Tamee Ebert,16,PDSA 4:18.87 4:20.46 4:22.29 $4: 22.70$
$4: 2.85$ 4:22.85
4:23.22

## $4: 23.24$ 423.25

## $4: 23.52$ $4: 24.03$

## 4:24.33

EAVNDEC Deanna Stefanyshyn, 15 PDSA
ISCUPNOV Karley Stutzel,17,IS
JRNATFEB Audrey Lacroix,16,CAMO
JRNATFEB Michelle Landry, 15,PDSA
JRNATFEB Cynthia Pearce,16,MSSAC-TO
JRNATFEB Tara Taylor,17,HYACK
ABAGFEB Shauna McNally, 17,EKSC
JRNATFEB Andrea Hayden, 17,GPP
JRNATFEB Danielle Beland,15,GO
JRNATFEB Jennifer Coombs,16,HYACK
JRNATFEB Loren Sweny,17,NKB
JRNATFEB Amber Dykes,16 HYACK

JRNATFEB Emily Carwithen,15,COMOX
JRNATFEB Stephanie Barbe,17,UL
PQAAAFEB Joan Bernier,15,CNCB
JRNATFEB Leslie Cove, 17,RDCSC
BEAVNDEC Meghan Brown,15,PDSA
UTJAN21 Jolie Pun, 17,BROCK
JRNATFEB Alicia Jobse, 16,MANTA
JRNATFEB Julie Babin,16,ESWIM
ONTAGMAR Katherine Telfer, 15,ESWIM

## 800 METRES FREESTYLE

Rec: 8:31.65 Nikki Dryden, IS, 93
8:43.45 ISCUPNOV Danielle Bell,16,IS
JRNATFEB Tamee Ebert,16,PDSA
BEAVNDEC Deanna Stefanyshyn, 15,PDSA
KCSDEC Tara Taylor,17,HYACK
JRNATFEB Joan Bernier,15,CNCB
ABAGFEB Shauna McNally,17,EKSC
JRNATFEB Dale Colman,17,MSSAC-TO
BCAGMAR Emily Carwithen, 15, COMOX
JRNATFEB Allison Laidlow,15,PDSA
JRNATFEB Jennifer Coombs,16,HYACK
JRNATFEB Annie Lizotte,16,CNCB
JRNATFEB Michelle Landry,15,PDSA
JRNATFEB Kristy MacLennan, 17,ESWIM
JRNATFEB Amber Dykes,16,HYACK
JRNATFEB Julie Babin, 16, ESWIM
JRNATFEB Christy Anderson,17,STARS
ABAGFEB Leslie Cove,17,RDCSC
ONTAGMAR Kristen Bradley,16,NEW
MANTADEC Alicia Jobse, 16,MANTA JRNATFEB Dominique Charron,15,PPO MBSKMAR Alison McKay,17,EKSC PQAAAFEB Audrey Lacroix,16,CAMO JRNATFEB Sara McNally, 15, EKSC PQAAAFEB Stephanie Barbe,17,UL BACKSTROKE

## Rec: 1:00.43 Kelly Stefanyshyn,PDSA,99

1:00.50 EDMONNOV Kelly Stefanyshyn,17,PDSA :02.36 JRNATFEB Bizabeth Wycliffe,16,EBSC JRNATFEB Jenna Gresdal, 15,ESWIM EDMONNOV Jennifer Fratesi, 15,ROW JRNATFEB Amy Jacina, 15,GMAC JRNATEB Amy Jacina, 15,GMAC
ONTAGMAR Jennifer Esford, 16, ROW JRNATFEB Michaela Schmidt,16,CASC EDMONNOV Shauna McNally,17,EKSC
JRNATFEB Alexis Rieck,17,ROW
JRNATFEB Bizabeth Collins, 17,ROD
JRNATFEB Caitlin Meredith, 15,KCS
RAPIDDEC Andree-Ann Leroy,17,NRST
RAPIDDEC Andree-Ann Leroy,17,NRST
JRNATFEB Jessie Bradshaw, $15, \mathrm{UCSC}$
SHERDEC Chanell Charron-W.,15,CAG
JRNATFEB Jennifer Kasuya, 17,H
EDMONNOF Stephanie Barbe, 16, UL
PQAAAFEB Catherine Dugas-Savoie,16,DYN
JRNATFEB Sasha Taylor,17,PERTH
JRNATFEB Shawna Bothwell, 16,RDCSC
JRNATFEB Amanda MacNeill,15,ESWIM
KCSDEC Michelle Poirier,17,RDCSC
MBSKMAR Eizabeth Cleven,15,MM
ONTAGMAR Maya Ziolkowski,15,YORK

## 200 METRES BACKSTROKE

Rec: 2:08.06 Kelly Stefanyshyn,PDSA,9
:08.06 EDMONNOV Kelly Stefanyshyn,17,PDSA
JRNATFEB Bizabeth Wycliffe, 16,EBSC
EDMONNOV Jennifer Fratesi, 15,ROW
PCSCDEC Melanie Frigon,17,BBF
PCSCDEC Melanie Frigon,17,BB
JRNATFEB Amy Jacina,15,GMAC
EDMONNOV Shauna McNally, 17,EKSC
EDMONNOV Shauna McNally,17,EKSC
JRNATFEB Jennifer Esford,16,ROW
JRNATFEB Jennifer Esford, 16, ROW
JRNATFEB Jenna Gresdal, 15, ESWIM
JRNATFEB Jenna Gresdal, 15, , SEWIM
ONTAGMAR Kristen Bradley, 16 , NEW
ONTAGMAR Kristen Bradiley, 16, NEW
BEAVNDEC Allison Laidlow,15,LL
JRNATFEB Chanell Charron-W.,15,CNO
BCAGMAR Amanda Leslie,16,RAYS
OSACFEB Jennifer Cooper,17,LAC
RAPIDDEC Michaela Schmidt,16,CASC
RAPIDDEC Michaela Schmidt,16,CASC
BCAGMAR Caitlin Meredith,16,KCS
BCAGMAR Caitin Meredith, 16, KCS
JRNATFEB Jennifer Kasuya, 17,HYACK
JRNATFEB Andrea Szewchuk, 16,ESWIM
MANTADEC Adrienne Ford, 16,YLSC
PCSCDEC Sophie McKay, 16,CAMO
JRNATFEB Anna Szaflarski,15,BROCK
JRNATFEB Sasha Tay
JRNATFEB Sasha Taylor,17,PERTH
BRANTNOV Erin
BRANTNOV Erin Dermody,17,HWAC
ONTAGMAR Katherine Telfer, 15,ESWII
PCSCDEC Lucy Mae Smith, $17, \mathrm{BBF}$
PCSCDEC Lucy Mae Smith,17,BBF
ONTAGMAR MayaZiolkowski,15,YOR

Rec: 1:07.96 1.12.18 JRNATFEB Marcy Edgecumbe,16,EKSC ONTAGMAR Joanna Lee, 15 ,MSSAC-TO JRNATFEB Marie-C. Guilbert, 17,BBF ABAGFEB Annamay Pierse,16,EKSC JRNATFEB Trisha Lakatos,17,PCSC PQAAAFEB Marieve De Blois,16,PPO JRNATFEB Christy Anderson,17,STARS EDMONNOV Kristen Bradley, 16,NEW JRNATFEB Ariane Kich,16,GMAC KCSDEC Michelle Poirier, 17,RDCSC PCSCDEC Lucy Mae Smith,17,BBF RAPIDDEC Francine Ling,16,DELTA JRNATFEB Norah Vogan, 15,GPP
JRNATFEB Jessica Sloan,17,UCSC
ABAGFEB Emma Spooner,16,NCSA
ABAGFEB Lesley Williams,17,STSC
ULAVDEC Barbara Pouret,16,UL
RAPIDDEC Meagan Sinclair,15,CASC
PCSCDEC Tiffany Woods, 15, PCSC
JRNATFEB Chrissy MacAulay, 17,ESWI
PQAAAFEB Julie Marcotte,16,CNQ
JRNATFEB Kristen Lis, 16,ROD
ULAVDEC Annie Lizotte,16,CNCB
BCAGMAR Mia Baumeister 15,HYACK ONTAGMAR Kim Bacon,15,COBRA 0 METRES BREASTSTROKE
2:34.23 JRNATFEB Marieve De Blois, 16,PPO
JRNATFEB Christy Anderson,17,STARS
ABAGFEB Annamay Pierse,16,EKSC
ABAGFEB Annamay Pierse,16, EXSC
KCSDEC Marcy Edgecumbe,16,EKSC
JRNATFEB Kristen Bradley, 16,NEW
JRNATFEB Marie-C. Guilbert,17,BBF
JNTAGMAR Joanna Lee 15,MSSAC-TO
JRNATFEB Heather Bell, 16, BTSC
JRNATFEB Michelle Poirier,17,RDCSC
JRNATFEB Emma Spooner,16,NCSA
ABAGFEB Lesley Williams,17,STSC
ABAGFEB Lesley Williams,17,STSC
RAPIDDEC Meagan Sinclair.15,CASC
MANTADEC Alicia Jobse,16,MANTA
JRNATFEB Chrissy MacAulay, 17,ESWIM
JRNATFEB Norah Vogan,15,GPP
JRNATFEB Annie Lizotte,16,CNCB
PQAAAFEB Julie Marcotte,16, CNQ
JRNATFEB Ariane Kich,16,GMAC
KCSDEC Kathleen Stoody, 17,HYACK
PQAAAFEB Genevieve Frappier,16,EXCEL JRNATFEB Jennefer Brankovsky,17,EYSC MBSKMAR Katherine Cochrane, 16, CASC ONTAGMAR Kim Bacon,15,COBRA BCAGMAR Alex Leziy-Miller,16,PDSA BUTTERFLY
Rec: 1:00.45 Kristin Topham,EPS, 91
1:01.18 EDMONNOV Audrey Lacroix,16,CNMM
EDMONNOV Jennifer Fratesi,15,ROW JRNATFEB Michaela Schmidt,16,CASC JRNATFEB Jessie Bradshaw,15,UCSC MBSKMAR Elizabeth Collins 17 ROD JRNATFEB Nancy Gaios 15,ESWIM JRNATFEB Cynthia Pearce,16,MSSAC-TO SFOYNOV Merylie Giguere 17 UU JRNATFEB Melissa Laflamme,17,UL JRNATFEB Jennifor Graf 16ROD JRNATFEB Alexis Rieck 17,ROW
PCSCDEC Danielle Beland 15,GO PCSCDEC Daniele Beland,15,GO
EDMONNOV Angela Catford, 16,NEW PQAAAFEB Isabelle Ascah-Coallier, 16,CAMO RAPIDDEC Meghan Brown, 15,PDSA JRNATFEB Lindsay Burton, 16, NKB BCAGMAR Claire Wong 15PDSA SFOYNOV Veronick Cullen,15,RCA PQAAAFEB Valerie Tcholkayan,15,DDO ONTSRNOV Elizabeth Day,17,NEW JRNATFEB Rocio Flores 16 PPO ONTSRNOV Pame Tun 17 MAC JRNATFEB Suzanne Brodeur,17,MAC BCAGMAR Martina Zamecnik,16,KISU BUTTERFLY

## ETRES

2:09.47
2.13
HONGKJAN Audroy Lacroix 16, CAMO
EDMONNOV Melissa Laflamme,17,UL
JRNATFEB Nancy Gajos,15,ESWIM
JRNATFEB Michaela Schmidt,16,CASC
JRNATFEB Julie Unrau, 17,PDSA
JRNATFEB Cynnhia Pearce,16,MSSAC-TO
PCSCDEC Kristy MacLennan,17,ESWIM
JRNATFEB Jennifer Coombs,16,HYACK
SFOYNOV Merylie Giguere, 17,UL
JRNATFEB Jennefer Brankovsky,17,EYSC
JRNATFEB Emily Aubie,17,NKB
ONTAGMAR Kristen Bradley, 16,NEW
JRNATFEB Danielle Beland, 15,GO
MANTADEC Jessie Bradshaw,15,UCS
JRNATFEB Rocio Flores,16,PPO
MANTADEC Julie Cocks,17,UCSC
PQAAAFEB Genevieve Frappier,16,EXCE
JRNATFEB Joan Bernier,15,CNCB
JRNATFEB Joan Bernier, 15,CNCB
OSCDEC Brigitta Olson, 17,UCSC
OSCDEC Brigitta
BCAGMAR Claire Wong,15,PDSA
BCAGMAR Claire Wong,15,PDA
JRNATFEB Alexis Rieck,17,ROW
ONTAGMAR Danielle Gudgeon, 16,NYAC
ONTSRNOV Loren Sweny, 17,NKB
JRNATFEB Lindsay Burton, 16, NKB

200 MEIRES IND.MEDLEY
2:17.17 JRNATFEB Elizabeth Wyclifte, 16,
2:18.73 PQAAAFEB Marieve De Blois,16,PPO
2:19.35 JRNATFEB Melissa Laflamme,17,UL
JRNATFEB Jennefer Brankovsky,17,EYSC
JRNATFEB Jenna Gresdal, 15,ESWIM
ABAGFEB Shauna McNally,17,EKSC
JRNATFEB Julie Unrau, 17,PDSA
JRNATFEB Meghan Demchuk,16,ROD
RAPIDDEC Andree-Ann Leroy,17,NRST JRNATFEB Deanna Stefanyshyn,15,PDS
KCSDEC Michelle Poirier, 17,RDCSC
JRNATFEB Allison Laidlow,15,PDSA
JRNATFEB Jennifer Coombs, 16,HYACK
JRNATFEB Christy Anderson,17,STARS
JRNATFEB Elizabeth Collins, 17,ROD
ABAGFEB Michaela Schmidt, 16,CASC
JRNATFEB Francine Ling,16,DELTA
JRNATFEB Melanie Frigon, 17,BBF
JRNATFEB Annamay Pierse,16,EKSC
PQAAAFEB Genevieve Frappier,16, EXCE
PQAAAFEB Chanell Charron-W.,15,CAG JRNATFEB Shawna Bothwell, 16,RDCSC BCAGMAR Jennifer Kasuya, 1 ,',

## JRNATEB EM IND.MEDLEY

4:39.32 Nancy Sweetnam,LLSC, 91
HONGKJAN Kristen Bradley, 16,NEW
PQAAAFEB Marieve De Blois,16,PPO
BEAVNDEC Allison Laidlow,15,LL
JRNATFEB Jennifer Coombs,16,HYACK
JRNATFEB Jennifer Coombs,16,HYACK
PCSCDEC Lucy Mae Smith,17,BBF
PQAAAFEB Melissa Laflamme,17,UL
PQAAAFEB Melissa Laflamme,
JRNATFEB Emily Aubie,17,NKB
JRNATFEB Michelle Landry,15,PDSA
JRNATFEB Jennefer Brankovsky,17,EYSC
ABAGEEB Shauna McNally,17,EKSC
BRANTNOV Jenna Gresdal, 15,ESWIM
JRNATFEB Genevieve Frappier, 16, EXCE
SHERDEC Chanell Charron-W.,15,CAG
JRNATFEB Julie Babin, 16,ESWIM
RAPIDDEC Michaela Schmidt,16,CASC
JRNATFEB Leah Schaab,15,UCSC
JRNATFEB Kristy MacLennan, 17,ESWIM
PQAAAFEB Joan Bernier,15,CNCB
RAPIDDEC Andree-Ann Leroy,17,NRST
PQAAAFEB Stephanie Barbe, 17,UL
RAPIDDEC Francine Ling, 16 ,DELTA
MANTADEC Terra Welsh,16,MANTA
ONTSRNOV Christy Anderson,16,STARS ONTAGMAR Marcia Bryon,16,USC JRNATFEB Meghan Demchuk,16,ROD LEY RELAY
1:58.37 Cobra Swim Club,COBRA, 93
2:00.24 ONTAGMAR Etobicoke Swimming,ESWIM
BCAGMAR Hyack Swim Club,HYACK
ONTAGMAR Toronto All Stars,TO
KCSDEC Edmonton Keyano,EKSC
PQAAAFEB Montreal Aquatiqu
PQAAFEB CN Quebec,CNQ
BCAGMAR Pacific Dolphins,PDSA
ONTSRNOV Mepean Kanata,NKB
PQAAAFEB Pisc.Olym Montreal,PPO
ONTSRNOV Mississauga AC,MSSAC
PQAAAFEB Dollard Swim Team,DDO
SFOYNOV Uxbridge SC, USC
ONTSRNOV Univ.New Brunswick, UNB
PCSCDEC Pointe Claire SC,PCSC
RODSCJAN Regina Opt.Dolphins,ROD
TDJAN Perth Stingrays,PERTH
MANTADEC Calgary Swimming,UCSC
ONTAGMAR Cobra Swim Club,COBRA
ONTAGMAR Hamilt-Wentworth AC,HWAC
ONTAGMAR Aiax Aquatic SC,NEW
ONTAGMAR Ajax Aquatic Club,AAC
4X50
Etobicoke Pepsi,EPS,90
ONTSRNOV Etobicoke Swimming,ESWIM
KCSDEC Hyack Swim Club,HYACK
PCSCDEC Montreal Aquatique,CAMO
ABAGFEB Edmonton Keyano,EKSC
BCAGMAR Pacitic Dolphins,,PDSA

## Brian Johns, RAPID, 0

JRNATFEB Brian Johns, 17,RAPID JRNATFEB Andrew Hurd,17,MSSAC-TO JRNATFEB Andrew Coupland,16,GO JRNATFEB Chuck Sayao,17,MSSAC-TO EDMONNOV Brent O'Connor,16,PDSA
JRNATFEB Benjamin Petrieux,17,PPO
JRNATFEB Simon Gignac, 17,SHER
JRNATFEB Nicolas Guillotte,16,CAMO
MANTADEC Richard Cormack, 17,GLEN
JRNATFEB Kurtis MacGillivary,16,BRANT JRNATFEB Serge Loiselle,17,LUSC
JRNATFEB Erik Gendreau-B., 17,CAMO
JRNATFEB David Rose, 18,ROW
JRNATFEB Jonathan Bird, 17,UCSC
RAPIDDEC Jesse Jacks, 17 ,IS
JRNATFEB Steven Medaglia,15,GO
JRNATFEB Frederic Cayen,17,UL
JRNATFEB Mark Thauvette,15,OAK
PQAAAFEB Jerome Le Siege, 16,LAVAL
EDMONNOV Philippe Dubreuil,17,SHER
JRNATFEB Alex Boulanger, 17,CAMO
JRNATFEB Cameron Hyder, 17,NCSA
JRNATFEB Kyle Welsh,15,OAK
JRNATFEB Marcin Partyka, 17,PGB
JRNATFEB Cahill Dalhouse,17,TSC
1500 METRES FREESTYLE
Rec: $15: 04.14$ Michael McWha,WAC. 95
1 15:13.76 EDMONNOV Andrew Hurd, 17,MSSAC-TO
ISCUPNOV Brian Johns, 17,RAPID
JRNATFEB Chuck Sayao,17,MSSAC-TO
MBSKMAR Karim Abdulla,16,ROD
EDMONNOV Brent O'Connor,16,PDSA
JRNATFEB Kurtis MacGillivary, 16,BRANT
RAPIDDEC Jesse Jacks, 17,IS
JRNATFEB Eliot MacDonald,17,MANTA JRNATFEB Frederic Cayen, 17,UL BCAGMAR Travis Musgrave,16,COMOX JRNATFEB Benjamin Petrieux,17,PPO EDMONNOV Philippe Dubreuil,17,SHER JRNATFEB Jerome Le Siege,16,LAVAL JRNATFEB Olivier Gauthier, 15,PPO ABAGFEB Richard Cormack, 17,GLEN JRNATFEB Bryan McMillan,17,GMAC JRNATFEB J.T. Collison,16,VKSC JRNATFEB Marcin Partyka, 17,PGB JRNATFEB Anton Blais,16,CASC RAPIDDEC Terry Nathan,17,IS JRNATFEB Rylan Kafara, 16,RDCSC ONTAGMAR Spencer aidley 16 PERTH ONTAGMAR Spencer Laidley,16,PERTH JRNATFEB Andy Andrew, 16,WVOSC ONTAGMAR Kyle Welsh,15,0AK 25 16:28.55 ONTAGMAR Ky1
100 METRES BACKSTROKE

## Rec: 54.56 Chris Renaud,UCSC, 93

> 56.77 JRNATFEB Benoit Banville-A.,17,MEGO
> 57.05 JRNATFEB Stefano Caprara, 16, VAC
57.53 JRNATFEB Franco
> 57.53 JRNATFEB Francois Castonguay,17,PPO CNQOCT Stephen Preston, 17 UI
> JRNATFEB Craig Gillis 16 , CASC JRNATFEB Craig Gillis, 16,CASC
ONTAGMAR Chris Ford,16,CPAC JRNATFEB Bryan McMillan, 17,GMAC ONTAGMAR Bradley Vanderkam,16,LAC PQAAAFEB Marc Prud Homme,17,CALAC
ONTSRNOV Remy Di Giovanni, 17,MSSAC MANTADEC Richard Cormack, 17, GLEN
> JRNATFEB Chris Lukas, 16,ESWIM JRNATFEB Andrew McGillivray, 16,MANTA ONTSRNOV Doug Fleming,17,ODSC UBSKMAR Keth Beavers, 16 , STARS MBSKMAR Trevor Coulman,15,GOLD JRNATFEB Anthony Costa,17,NEW ABAGFEB Ryan Dube,16,EKSC ONTSRNOV Richard Malolepszy, 17,ROW JRNATFEB Maciek Zelnik, 15, EKS JRNATFEB Charles Turanich-N.,16,STS JRNAAAFB Charles Turanich-N.,16,S
PQAAFEB Olivier Mathieu, 17 ,HIPPO 59.80 ETRES BACKSTROKE

Rec: 1:57.13 Chris Renaud, UCSC,94
2:01.77 EDMONNOV Chuck Sayao, 17,MSSAC-TO 2:02.60 JRNATFEB Andrew Coupland,16,GO 2:02.69 PQAAAFEB Benoit Banville-A.,17,MEGO $\begin{array}{ll}2: 02.94 & \text { JRNATFEB Craig Gillis,16,CASC } \\ 2: 03.13 & \text { ONTSRNOV Francois Castonguay }\end{array}$ ONTSRNOV Francois Castonguay,17,PPO JRNATFEB Stefano Caprara, 16,VAC ONTAGMAR Spencer Laidley,16,PERTH UTJAN21 Keith Beavers,16,STARS MANTADEC Richard Cormack,17,GLEN MANTADEC Ciaran Dickson,16,ROD JRNATFEB Kurtis MacGillivary, 16,BRANT ONTSRNOV Remy Di Giovanni, $16, M S S$
ESWIMJAN Chris Lukas,16,ESWIM ESWIMJAN Chris Lukas, 16,ESWIM ONTSRNOV Doug Fleming,17,ODSC
JRNATFEB Bryan McMillan,17,GMAC JRNATFEB Bryan MCMillan, 17,GMAC
ONTSRNOV Goran Marjanovic,17,HWAC ONTSRNOV Goran Marjanovic, 17, HWAC MANTADEC Geoff Keyser, 17,GLEN BCAGMAR Kyle Nartz, 16,PN JRNATFEB Adam Martinson,15,CASC JRNATFEB Andrew McGillivray, 16,MANTA ONTAGMAR Patrick Doret,16,ESWIM
PQAAAFEB Marc Prud'Homme, 17,CALAC
JRNATFEB Noah Pink 16, EAST
JRNATFEB Noah Pink, 16,EAS

Rec: 5 I:
:02.54 EDMONNOV Chad Thomsen,16,EKSC MBSKMAR Nathan Parker, 16,MJKFF JRNATFEB Michael Brown, 15 ,PERTH JRNATFEB Scott Dickens, 15,BRANT
JRNATFEB David Montpetit,17,PPO
JRNATFEB Richard Hui, 17,RHAC
JRNATFEB Francois Hudon,17,CNQ
EDMONNOV Lee Raffa, 17,CS
KCSDEC Brian Verigin,16,PGB
JRNATFEB Chris Keung, 17,SCAR
KCSDEC Andrew Sweet,17,PGB
JRNATFEB Mike Yuzwa, 17,CASC
RAPIDDEC Ken Hamilton, 16,IS
JRNATFEB Brett Levert,16,NKB
JRNATFEB Alex Boulanger, 17,CAMO
MBSKMAR Thomas South, 16,CASC
JRNATFEB Daniel Tracy,16,USC
UTJAN21 Jonathan Cheng,17,SCAR
JRNATFEB Aleksy Jones, 17,LUSC
ONTAGMAR Jonathan Moga,16,ESWIM
JRNATFEB Evan Jellie,16,ROW
JRNATFEB Roman Margulis, 15,NYAC
PQAAAFEB Mathieu Bilodeau, 16 ,UL
JRNATFEB Keegan Harris,17,NKB
BREASTSTROKE
EDMONNOV Matthew Huang, 15,PDSA
EDMONNOV Chad Thomsen, 16, EKSC
UTJAN21 Keith Beavers,16,STAP
RAPIDDEC Ken Hamilton, 16,IS
PCSCDEC David Montpetit,17,PPO
JRNATFEB Michael Brown, 15,PERTH
JRNATFEB Alex Boulanger,17,CAMO
JRNATFEB Scott Dickens,15,BRANT
JRNATFEB Nathan Parker,15,MJKFFF
JRNATFEB Chris Keung, 17,SCAR
JRNATFEB Aleksy Jones, 17,LUSC
KCSDEC Andrew Sweet,17,PGB
JRNATFEB Daniel Tracy,16,U'SC
JRNATFEB Steven Medaglia,15,GO
JRNATFEB Francois Hudon,17,CNQ
JRNATFEB Brian Verigin,16,PGB
PQAAAFEB Dominic Pelletier,15,UL
ISCUPNOV Brian Johns, 17,RAPID
JRNATFEB Stefan Dagenais,17,EAST
JRNATFEB Andy White, 17,WTSC
JRNATFEB Bill Parker,17,GMAC
MBSKMAR Thomas South, 16,CASC JRNATFEB Mike Yuzwa, 17,CASC ONTSRNOV Chuck Sayao, 17,MSSAC-TO MBSKMAR Robbie Anderson,17,ROD 00 METRES BUTTERFLY

JRNATFEB Adam Sioui, 17,TD
JRNATFEB Brian Johns,17,RAPID JRNATFEB Benoit Banville-A., 17,MEGO MBSKMAR Karim Abdulla 16, ROD MBSKMAR Borrey Kim 17, OSC PQAAAFEB Frederic Cayen, 17,UL RAPIDDEC Jesse Jacks, 17,IS RAPIDDEC Jesse Jacks,17,S
RAPIDDEC Craig Gillis,16,CASC ONTAGMAR Bradley Vanderkam, 16,LAC JRNATFEB Joe Bartoch, 16, LAC JRNATFEB Martin Enault,17,CNB JRNATFEB Jean-S. Savard,17,CAMO ONTAGMAR Andrew Bignell,16,SSMAC
PQAAAFEB Cedric Sureau-L.,16,PPO JRNATFEB Daniel Emond,17,CNQ PCSCDEC David Whang,16,ESWIM PQAAAFEB Nicolas Guillotte,16,CAMO ONTSRNOV Andy White, 17,WTSC JRANAIFEB Bill Cocks, 16, TREN
RAPIDDEC Chris Barry, 16, PDSA RAPIDDEC Chris Barry, 16,PDSA
PQAAFEB Erik Gendreau-B.,17,CAMO ONTAGMAR Ian MacLeod, 16,USC BEAVNDEC Daniel Petrus,16,PDSA
PQAAAFEB Sammy Najar,16,LAVAL 58.86

## METRES

## Adam Sioui,TD,99

ONOV Adam Sioui,17,TD
2.03.54 MBSKMAR Karim Abdulla, 16,ROD 2:03.70 JRNATFEB Benoit Banville-A., 17,MEGO EDMONNOV Brent O'Connor, 16, PDSA JRNATFEB Jean-S. Savard,17,CAMO ONTSRNOV Andy White, 17, WTSC
ONTSRNOV Andy White,17,WTSC
JRNATFEB Thierry Bannon, 17 SAM JRNATFEB Thierry Bannon, 17,SA
JRNATFEB Mark Sy, 17,CREST JRNATFEB Mark Sy, 17,CREST PCSCDEC Francois Castonguay, 17,PPO ONTAGMAR Bradley Vanderkam,16,LAC ONTAGMAR Andrew Coupland, 16,GO
JRNATFEB Alex Boulanger, 17, CAMO JRNATFEB Alex Boulanger,17,CAMO
MANTADEC Ian MacLeod,16,USC MANTADEC lan MacLeod, 16,USC ONTSRNOV Andrew Hurd, 17,MSSAC-TO PQAAAFEB Erik Gendreau-B.,17,CAMO
JRNATFEB Jordan Chittley,17,NYAC JRNATFEB Jordan Chittley, 17,NYAC MBSKMAR Borrey Kim, 17,OSC JRNATFEB Craig Gillis,16,CASC
JRNATFEB Cameron Hyder,17,NCSA JRNATFEB Cameron Hyder, 17
ISCUPNOV Jesse Jacks, 17, IS ISCUPNOV Jesse Jacks,17,IS
ONTAGMAR Douglas McQueen, 15 , ONTAGMAR Douglas McQueen,15,GO
JRNATFEB Chris Kargl-Simard,15,PDSA JRNATFEB Lawrence Cohen, 17,MANTA ONTAGMAR Vlad Guerrero,16,SCAR

200 METRES IND.MEDLEY
Rec: $1: 59.35$ Curtis
2:05.32 NAIFEB Brian Johns, 17,RAPID 2:05.54 JRNATFEB Chuck Sayao, 17,MSSAC-TO 2:06.17 PQAAAFEB Francois Castonguay,17,PPO

JRNATFEB Adam Sioui,17,TD
JRNATFEB Brian Verigin, 16,PGB
JRNATFEB Frederic Cayen, 17,UL
BEAVNDEC Chad Thomsen, 16, EKSC
JRNATFEB Craig Gillis,16,CASC
JRNATFEB Steven Medaglia, 15,GO
JRNATFEB Cameron Hyder,17,NCSA
PCSCDEC Andrew Coupland,16,GO
EDMONNOV Matthew Huang, 15,PDSA
JRNATFEB Alex Boulanger,17,CAMO
JRNATFEB Andrew McGillivray, 16,MANTA
JRNATFEB Kurtis MacGillivary,16,BRANT
JRNATFEB Mathieu Grignon,17,LAVAL
JRNATFEB Devon Ackroyd,16,SCAR
MANTADEC Richard Cormack,17,GLE
KCSDEC Andrew Sweet,17,PGB
JRNQOCT Stephen Preston,17,UL
ONTSRNOV Bob Phipps,16,STARS
BTSCNOV Bill Cocks,15,TRENT
JRNATFEB Geoff Keyser, 17,GLEN

## METRES IND.MEDLEY

4:12.67 Alex Baumann,LUSC,81
4:21.92 ISCUPNOV Brian Johns, 17,RAPID
$\begin{array}{ll}4: 24.92 & \text { JRNATFEB Chuck Sayao, 17,MSSAC-TO } \\ \text { 4:25.99 } & \text { BRANTNOV Keith Beavers, 16, STARS }\end{array}$
4:29.44 JRNATFEB Kurtis MacGillivary,16, BRAN
JRNATFEB Kurtis MacGillivary,16,BRAN
PCSCDEC Steven Medaglia, $15, \mathrm{G}$
RAPIDDEC Ken Hamilton,16,IS
JRNATFEB Alex Boulanger,17,CAMO
JRNATFEB Frederic Cayen,17,UL
PQAAAFEB Francois Castonguay,17,PPO
PQAAAFEB Dominic Pelletier,15,UL
JRNATFEB Cameron Hyder,17,NCSA
RAPIDDEC Terry Nathan, 17,IS
ONTAGMAR Conrad Aach,15,ESWIM
PQAAAFEB Marc Prud'Homme, 17,CALAC
ONTSRNOV Andy White, 17, WTSC
MRNATFEB Karim Abdulla, 16,ROD
MANTADEC Eliot MacDonald,17,MANTA
KCSDEC Craig Gillis,16,CASC
MBSKMAR Andrew McGillivray, 17,MANTA
KCSDEC Andrew Sweet, 17,PGB
ONTAGMAR Devon Ackroyd,16,SCAR
ONTSRNOV Bradley Vanderkam,16,LAC ONTAGMAR Ryan Smith,15,COBRA JRNATFEB Andrew Hurd,17,MSSAC-TO

## 50 M MEDLEY RELAY

1:44.53 Markham AC,MAC,94
1:47.38 ONTAGMAR Etobicoke Swimming,ESWIM
1:50.60 ONTSRNOV Scarborough SC,SCAR
1:50.72 KCSDEC Cascade Swim Club,CASC
1:50.83 PQAAAFEB Univ.Laval Rouge \& Or, UL
$\begin{array}{ll}\text { 1:50.84 } & \text { ONTAGMAR Nepean Kanata,NKB } \\ \text { 1:50.96 } & \text { MANTADEC Uxbridge SC, USC }\end{array}$
$1: 50.96$ ONTAGMAR London AC, LAC
1:51.28 KCSDEC Prince George BSC, PGB
1:51.66 MBSKMAR Edmonton Keyano,EKSC
PCSCDEC Montreal Aquatique,CAMO ONTAGMAR Cobra Swim Club,COBRA
ONTAGMAR North York AC,NYAC
PCSCDEC Pointe Claire SC,PCSC
BRANTFEB Brantford AC,BRANT
PQAAAFEB Pisc.Olym Montreal,PPO
PQAAAFEB Pisc.OIym Montre
PCSCDEC Oakville AC,OAK
GOLDOCT Saskatoon Goldfins, GOLD
GOLDOCT Regina Opt.Dolphins, ROD
BCAGMAR Points No
BCAGMAR Hyack Swim Club,HYACK
CASCNOV Calgary Swimming,UCSC
PCSCDEC Glouc-Ottawa Kingfish,GO
PCSCDEC Gouc-Otawa Kingtish,GO
CASCNOV Silver Tide SC,STSC
CASCNOV Silver Tide SC,STSC

X50
x
Markham AC,MAC, 92
ONTSRNOV Scarborough SC,SCAR
ONTAGMAR Etobicoke Swimming,ESWIM
KCSDEC Prince George BSC PGB
KCSDEC Prince George BSC
MANTADEC Uxbridge SC,USC
PQAAAFEB Pisc.Olym Montrea,,PPO
PCSCDEC Montreal Aquatique,CA
ONTAGMAR Nepean Kanata,NKB
ONTAGMAR Nepean Kanata, NKB
CASCNOV Calgary Swimming, UCSC
NTAGMAR North York AC,NYAC
PCSCDEC Pointe Claire SC,PCSC
BCAGMAR Pacitic Dolphins,PDSA
KCSDEC Nose Creek SA,NCSA
GOLDOCT Edmonton Keyano,EKSC
KCSDEC Cascade Swim Club,C
BCAGMAR Points North SC,PN
BCAGMAR Points North SC,PN
ABAGFEB Silver Tide SC,STSC
ABAGFEB Glencoe Gators,GLEN
ONTAGMAR Cobra Swim Club, COBRA
PCSCDEC Glouc-Ottawa Kingfish,GO
PQAAAFEB CN Boucherville,CNB
BRANTFEB Brantford AC BRANT
BRANTFEB Brantford AC,BRANT
ONTAGMAR London AC,LAC
PCSCDEC Oakville AC,OAK
PCSCDEC Oakville AC,OAK
PQAAAFEB CN Outaouais,CNO

## SETTING, ACHIEVING, AND RESETIING GOALS

# TAKING THE NEXT STEP BE TOM ORROW'S SWIMMER TODAY 

## Wayne Goldsmith

At every stage of their swimming development, swimmers come to hurdles or obstacles. These hurdlesand obstaclesbecomegoalsto overcome and targets for swimmers to achieve.

For example, an obstacle that swimmers may face early in their career could be the challengeto swim fastenough to qualifyto swim at their local, club, or regional championships. Once that has been achieved, the next goal mightbeto qualifyfor Metropolitan Championships or Regional Championships ( for regional swimmers). The next target might be State or Provincial Championships, then Nationals. Finally, their ultimate goal might be to swim intemationally.

This ongoing process of setting, achieving, and then resetting goals is fundamental to success in most areas of life. At each step along the way, hurdles and obstacles need to be overcome by training and racing smarter, more frequently, faster, with better skills, and with more commitment than ever before.

To make the breakthroughs andachievethe important goals (and to take the next step at each level), swimmers need to think and train like swimmers who are already at the nextlevel.

In other words, to be successful at the next level, swimmers must act as if they are already there!

Look at a practical example:The six factors essential to swimming success are:

- Swim with excellent technique
- Swim with excellent skills
- Swim with fast strokes
- Swim with long strokes
- Do all the above when tired
- Do all the above when under pressure

These six factors can be used to progress training sets and training routines as swimmers aim for higher and higher goals.

Atraining setlike 16x 25 butterflymightbe completed on a oneminute cycle by a young swimmer training for his or her local competition. The importance would be placed on the stroketechniqueandskillselements, ratherthan speed, at thisearly stage. However, we know that as the swimmer develops and aims for higher, morechallenging, andmoredifficultgoals, three things are crucial to good butterfly at senior levels:

## - Swim great technique

 with maximum speed- Swim great technique with minimum breaths
- Swim great technique with minimum stroke

When training for the next step (such as Metropolitan or Country/Regional), it could be expected that the swimmer would complete the 16x 25flysetwith lessrestand perhapsata faster speed.

Targeting the next step (such as State or Provinial Age Championships), the swimmer would aim to maintain good speed with less rest and with a minimum breath count (perhaps breathing every three or four strokes).

At the next step (such as National Age Championships), the swimmer would aim to hold good speed, with limited rest, with the minimum number of breaths, and hold a stroke count of 8-10 strokes per 25 .

Training sets need to progress in terms of fasterspeeds, shorterrest ( orlonger rest), breathing control, skill level, and stroke efficiency as the swimmer progresses to the next level of excellence and takes the next step in their competitive career.

Akey part of progressing to thenextstep isto think like a swimmer who is already there! This is a difficult concept to understand because it requires you to "know" what you "don't know."

This change in mindset and change to approach applies particularly to training. It comes with a change in the swimmer's level of
commitment to the program. It comes with a change in attitude to workouts. It comes with a change in the effort put into doing the little things right in training. It comes with a change in attention to detail with starts, turns, dives, and finishes. It comes with a change in time management and a better approach to time prioritizing- school, swimming, and life.

To get to the next level, you must think like you are already there. To compete like a State Level Swimmer, Regional Level swimmers need to train likea StateLevel swimmer, warm uplike a State Level swimmer, eat and rest like a State Level Swimmer, and so on.

This is whereyour coach can be the greatest help. It has been said that a coach's main job is to convince theunwilling to do the unwanted to achieve the unknown.

Yourcoach knowswhatisexpectedandwhat is needed to be successful at the next level. Your training program is designed to help you break through barriers and obstacles and to help you understand what it is like to be a "next level" swimmer. The little challenges that your coach sets before you at training are designed to help you takethenextstep by demandingmoreofyou than everbefore and in the processteaching you to expect more of yourself than you everthought possible.

The "I can - I will- I did" philosophy is an important part of taking any step forward. Believing you can leads to the confidence to say "I will," which is only a shortstep away from "I did." Confidence is the key element in all successful sporting achievements. Achieving success at each step along the way gives you the confidence and self belief to take the next step.

In many ways you are already "there" (at thenextlevel) beforeyou actuallygettheopportunity to prove it at a meet. The swim meetjust confirms what you and your coach already know- that you have, by your thoughts and actions, taken the next step.
"The significant problems we face cannot be solved by the same level of thinking that created them." (Einstein).

## OBITUARY

## TARA SLOAN 1979-2000

## Nikki Dryden

"This is a time to cherish.
It's a time to come together in celebration and gratitude.
Atime to hear the tender and humorous stories. Atime to revel in a thousand beautiful moments. Atime to capture once more the vision of her smile. Atime to embrace the best of her.
And to memorialize for all time, the gits of Tara's preciousife."

On March 18, one week after her death, family, friends, andteammates gatheredin Calgarytocelebrate thelife of Tara Leigh Sloan. Although seeing herbeautiful smileandhearing warm memories of Tara wasthe hardest thing I haveever done, it wassuch a wonderful celebration thatI did not want it to end. I did not want to have to come home and wite this, I wanted her here with us. But what the celebration of Tara's life did was remindeveryonethatshewill alwaysbeherewith us, for her spirit lives on in all whose lives she touched.

Lookingaroundtheroom, Tara'sfathersaidtome, "We are so lucky, justlook at all the wonderful people shebroughtinto our lives." Tara broughtmeinto their lives. I remember woryingjusta little about movingto Calgary, andI recall a friendsaying to me, "Oh you will loveitthere. Do you knowTara? Sheis such a cool girl; notjusta swimmer. She plays guitar and wites poetry. I think you will really like her." I feel so lucky that I moved to Calgary when I did.

Just months ago I wrote an article about Penny Heyns and our team's amazing breaststroking clan. Tara wasa member of our order of breaststrokers. She was also a member of thatelite group of swimmers I so lovingly refer to as black line hogs! Although I just began swimming with Tara in September, the swimming community has known her for years. Tara burst onto the national scene as a fiery 16 -year- -ld with her first of five national titles. That irrst win was in the 100 breastat the 1996 winter Nationals; she went on to win two more short-course titles in the 100 and 200 breast and two long-course titles in the same events. Tara still holds the Canadian record in the 100 breast ( SC ) with a time of 1:07.96.

Tara represented Canada internationally for the past four years. She raced most recently at the Pan American Games in Wirnipeg, placing 8th and 9th in the 200 and 100 breasts. Shecompetedatboth the 1998

World Championships, placing 14th in the 100 breast, and the 1997 World Short Course Championshipswith 8th and 11th placefinishes. Perhapsherbestswimming came at the 1997 Pan Pacific Championships. There she placed 4th in the 100 breast in her first major intemational competition.

Tara tempered her love of swimming and her love of travel by racing on theWorld Cupcircuitin 1997 and 1998. She came away with 17 medalsand a realization of her love of Europe. It was after her firstyear on the circuit she decided to spend the summer living in


Praguein the Czech Republic.
Medals and times only go so far in describing a swimmer. More accurately, Tara's career can best be defined by her tenacity of spirit and dedication to hard work. It is easy to train and compete when you are swimming fast and feeling healthy, but a true champion is able to toil during the moments in our careers when life is not perfect. Tara exemplified the real spinit of swimming by never giving up the fight.

Although mostswimmersdream ofhaving a career as successful asTara's, surprisingly it is not her swimming for which shewill beremembered best. For those who wereprivilegedto knowTara, itwasherpassion for livingthatwassospecial. Nevercontentto belabeledan athlete, Tara was always exploring new dimensions of her creative abilities. Artist, witer, singer, and musician, Tara never ceased to amaze us.

Tara's swimming accomplishments speak for themselves, but it was her person that was referred to again and again during the celebration of her life. One story that was shared by her friend and teammate Allison Zwarich was of a tip to the West Coast Trail. "Tarasatwith herbackagainstaloggazingoutoverthe Paciic, when a pod of killer whales decided to swim by. The sun was rising behind her and she casuallyleaned back, placed her hands behind her head and said, "Iife doesn't get much better than this."

Then there were the stories of her younger years, always cookingup schemes for herselfand heryounger brother Tyler. It was as she matured that her wild imagination was shaped into a beautiful and thoughtful mind. Tara'scoach, Mike Blondal, told of her smile thatcamewith hersenseofaccomplishment, whileHap Davis, our sports psychologist, listed all the many gits Tara inadvertently gave to him through their firiendship.

The next description was written byTara'sparents as part of her obituary for the Calgary Herald. As my world can never capture Tara's beauty as well as her family has done, I have reprinted the following:
"From the time she was very young, Tara was independentandunique....freespiritwith azestorlife, marching to her own tune. Her giving nature allowed peopleto feel comfortableandaccepted in herpresence. Although her accomplishments were many she re mained modest about her successes. Tara's love of music, drawing, and composing all owed her to express profound feelings about life and love. Her creativity extended into cooking, pottery, and decorating. Tara lovedall thingsthatenabled herto connectwith nature. She was an eager learner, who strove to better herself through a broad education."

I last spoke with Tara in the locker room at the pool. She was smiling and asking me questions about my impending trip to New York City. She spoke of her desire to go there one day, and I said to her I knew she would loveitthere. NewYork is sofull oflife and energy, I said. Tara would have it in very well there.

Iffriendssodesire, memorial tributesmaybemade directly to the Tara Sloan Memorial Fund, set up to continueTara'slegacy byprovidinghelpandsupportto young aspiring athletes, as well as contributions to other charities such as the Foothills ICU Foundation and S.T.AR.S. (Shock Trauma Air Rescue Society).

You may make contributions in person at any Royal Bank or Royal Trust in Calgary, by telephone at (403) 299-5005 or (403) 503-6110 or by mail to the Tara Sloan Memorial Fund, Royal Bank, 755 Lake Bonavista Dr. SE, Calgary, AB, T2G 0N3, Canada.

## TOP AGE GROUP PERFORMERS

## MAKING WAVES



Braden O'Neill, 12
Club: Olympian Swim Club Coach: Kevin Dennis \& Kelly Steeves Specialty: Freestyle, back, fly and I.M. 3rd ranked in SCMOO TAG for 200-400 free 100 back and 200 I.M.

| Best Times | SCM99 | SCM00 |
| :--- | :---: | :---: |
| 200 freestyle | $2: 17.76$ | $2: 00.17$ |
| 400 freestyle | $4: 50.14$ | $4: 34.17$ |
| 100 backstroke | $1: 10.04$ | $1: 07.12$ |
| 200 ind.medley | $2: 34.46$ | $2: 25.13$ |



Alexandra Lys, 14
Club: Calgary Swimming
Coach: Bill Humby
Specialty: Freestyle
1st ranked for SCMOO TAG in the 50-100-200 freestyle, 4th for 100 breast and 400 I.M.

| Best Times | SCM99 | SCM00 |
| :--- | ---: | ---: |
| 50 freestyle | 26.89 | 26.67 |
| 100 freestyle | 57.14 | 56.89 |
| 200 freestyle | $2: 04.49$ | $2: 03.76$ |
| 100 breaststroke | $1: 15.57$ | $1: 14.36$ |
| 400 ind.medley |  | $5: 00.38$ |



Etienne Lavallee, 12
Club: EXCEL
Coach: Martin Cleroult
Specialty: Fly, back, I.M.
1st ranked SCMOO TAG in the 100 fly and 5th for 200 back, $200-400 \mathrm{IM}, 50$ free

| Best Times | SCM99 | SCM00 |
| :--- | :--- | :--- |
| 200 backstroke | $2: 38.80$ | $2: 25.44$ |
| 100 butterfly | $1: 14.52$ | $1: 06.60$ |
| 200 ind.medley |  | $2: 27.26$ |
| 400 ind.medley | $5: 40.87$ | $5: 15.38$ |



Deanna Stefanyshyn
Club: Pacific Dolphin Swim Association Coach: Tom Johnson
Specialty: Freestyle and I.M.
3rd ranked in SCMOO TAG for 200 free, 4th for 400-800 freestyle

| Best Times | SCM99 | SCM00 |
| :--- | :---: | :---: |
| 200 freestyle | $2: 03.47$ | $2: 03.17$ |
| 400 freestyle | $4: 24.00$ | $4: 18.87$ |
| 800 freestyle | $9: 00.41$ | $8: 56.61$ |
| 200 ind.medley | $2: 25.96$ | $2: 20.88$ |



Carleen Ready, 12
Club: Lethbridge Swim Club
Coach: Brad Vanderstelt
Specialty: Butterlly and I.M
1st ranked in SCMOO TAG for 100 fly, 3rd for
200 fly, 5th for 400 I.M.

| Best Times | SCM99 | SCM00 |
| :--- | :--- | :--- |
| 100 butterfly | $1: 15.79$ | $1: 06.63$ |
| 200 butterfly |  | $2: 28.57$ |
| 200 ind.medley | $2: 39.82$ | $2: 31.24$ |
| 400 ind.medley | $5: 40.82$ | $5: 15.99$ |

## It's Fast, Easy \& FREE

## Web based e-mail for the entire swimming community

## What is SwimMail?

SwimMail is a free internet e-mail account that allows you-swimmers, coaches, officials, parents, and fans- to access your e-mail from any computer in the world with a browser. All you need to do is Sign up and Login.
This means while you are at school, at work, at the local public library, or while traveling to swim meets, you'll be able to check your e-mail! SwimMail gives you one central place to store and read all your messages. Your account will have the same messages in it no matter where you check it. And, since your e-mail address looks like:
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It's personal. You can give your account any name you like and because we're not as big as similar services like "Hotmail" you are more likely to get the username you really want, without giving up any of the services.
You can change schools, colleges, teams, programs, jobs, or ISPs without having to change your email address.
You can move or travel without having to inform your friends of your new e-mail address. Your SwimMail account will stay the same no matter where you go.

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## Pascal Wollach, 12

Club: Lethbridge Swim Club
Coach: Dave Vanderstelt
Specialty: Freestyle, backstroke
5 th ranked for SCMOO TAG in the 400-1500 free, 9th for 200 backstroke

| Best Times | LCM99 | SCM00 |
| :--- | ---: | ---: |
| 200 freestyle | $2: 25.20$ | $2: 12.60$ |
| 400 freestyle | $5: 00.71$ | $4: 38.95$ |
| 1500 freestyle |  | $18: 37.46$ |
| 200 backstroke | $2: 41.58$ | $2: 27.84$ |
| 400 ind.medley |  | $5: 25.63$ |

