WORLD CUP COVERAGE

TWO WORLD RECORDS FOR ALSHAMMAR

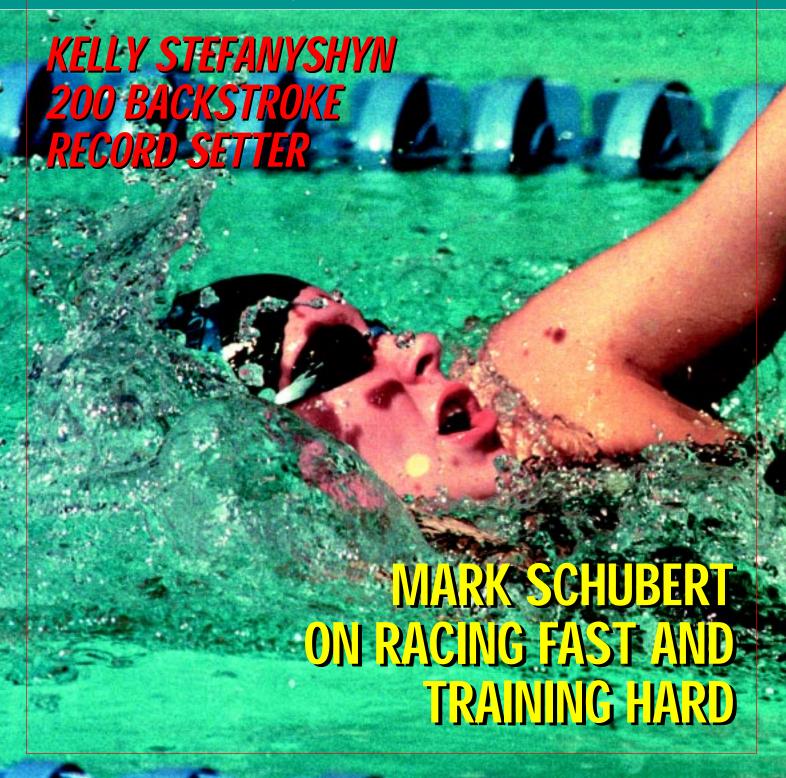


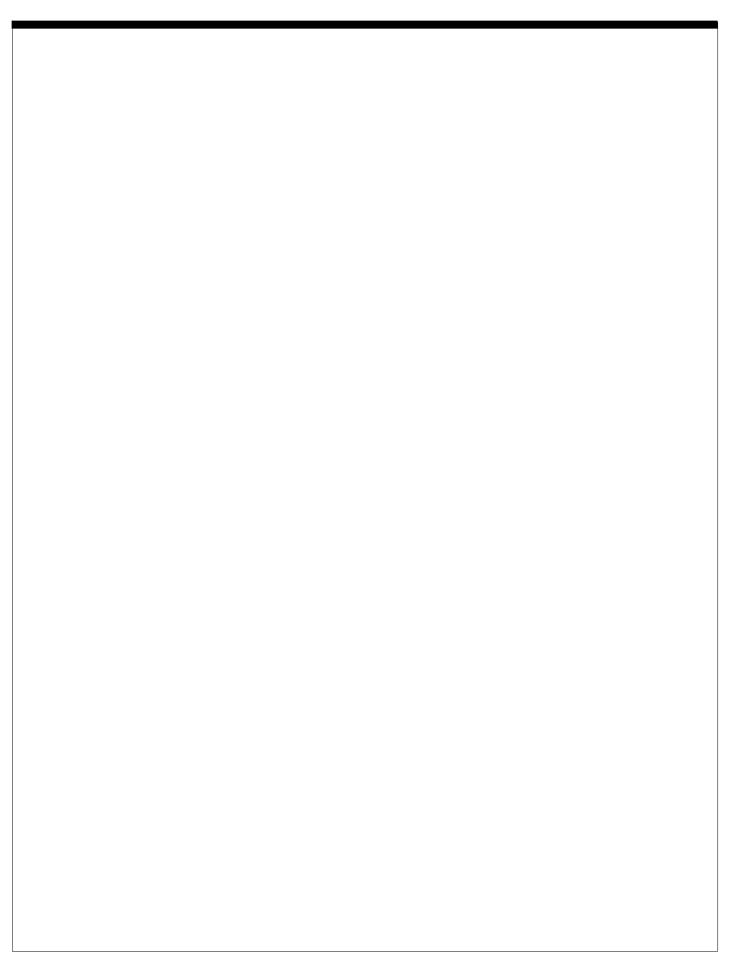
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Making Waves

RECORD SETTERS

LONG COURSE WORLD RECORDS

• Men's 100 butterfly:

52.03 Michael Klim, AUS, Canberra, Dec 10, time trial 51.81 Michael Klim, AUS, Canberra, Dec 12, time trial Betters old record of 52.15 Michael Klim, AUS, 1997

SHORT COURSE WORLD RECORDS

pending FINA ratification

• Men's 200 freestyle:

1:42.54 Ian Thorpe, AUS, Sydney, Jan 18, 2000 Betters old record of 1:43.28 Ian Thorpe, AUS, 1999.

• Men's 50 backstroke:

24.12 Neil Walker, USA, College Park, Nov 18. 24.11 Matthew Welsh, AUS, Hobart, Jan 14, 2000. Betters old record of 24.13 by Thomas Rupprath, GER, 1998 and 24.13 Matthew Welsh, AUS, 1999.

• Men's 200 backstroke:

1:52.47 Lenny Krayzelburg, College Park, Nov 18. Betters old record of 1:52.51 Martin Lopez-Zubero, ESP, 1991.

• Women's 50 freestyle:

24.09 Therese Alshammar, SWE, Lisbon, Dec 11 Betters old record of 24.23 Jingyi Le, CHN, 1993

• Women's 100 freestyle:

52.80 Therese Alshammar, SWE, Lisbon, Dec 10 Betters old record of 53.01 Jingyi Le, CHN, 1993.

• Women's 50 butterfly:

26.00 Jenny Thompson, USA, College Park, Nov 18. 25.64 Anna-K. Kammerling, SWE, Lisbon, Dec 10 Betters old record of 26.05 by Jenny Thompson, USA 1998.

• Women's 200 butterfly:

2:04.16 Susan O'Neill, AUS, Sydney, Jan 18, 2000. Betters old record of 2:04.43 Susan O'Neill, AUS, 1999.

CANADIAN SHORT COURSE

• Women's 100 backstroke:

1:00.13 Marylyn Chiang, ESWIM, Los Angeles, CA, Jan 28. Betters old record of 1:00.28 Julie Howard, BRANT, 1995.

• Women's 200 backstroke:

2:08.79 Kelly Stefanyshyn, PDSA, Edmonton, Nov 20, prelims. 2:08.06 Kelly Stefanyshyn, PDSA, Edmonton, Nov 20, finals. Betters her own record of 2:09.37 from February 1999.

• Women's 100 butterfly:

59.10 Marylyn Chiang, ESWIM, Los Angeles, CA, Jan 28. Betters old record of 59.98 Jessica Amey, UCSC, 1995.

• Women's 4x50 medley relay:

1:55.25 Club Aquatique de Montreal, Pointe Claire, Dec 11 Team composed of Jennifer Carroll, Julie Tardif, Karine Chevrier, Carol Chiang. Betters old record of 1:55.86 University of Calgary SC, 1997

NATIONAL AGE GROUP SHORT COURSE

• Girls 15-17 200 backstroke:

2:08.79 Kelly Stefanyshyn, PDSA, Edmonton, Nov 20, prelims. 2:08.06 Kelly Stefanyshyn, PDSA, Edmonton, Nov 20, finals. Betters her own record of 2:09.37 from February 1999.

• Boys 15-17 100 butterfly:

54.13 Adam Siou, TD, Rio de Janeiro, Nov 27, prelims. 54.00 Adam Siou, TD, Rio de Janeiro, Nov 28, finals. Betters old record of 54.63 Doug Wake, ROD 1995.

• Boys 15-17 200 butterfly:

1:57.66 Adam Siou, TD, Rio de Janiero, Nov 27, finals. Betters old record of 1:58.44 Victor Davis, ROW, 1982.

• Boys 13-14 200 backstroke:

2:05.06 Tobias Oriwol, ESWIM, Brantford, Nov 13 2:04.55 Tobias Oriwol, ESWIM, Etobicoke, Dec 4. Betters old record of 2:05.16 Jamie White, LAC, 1992.

• Boys 13-14 200 individual medley:

2:07.74 Tobias Oriwol, ESWIM, Etobicoke, Dec 3. Betters old record of 2:08.17 Brian Johns. RACER. 1997.



Marylyn CHIANG

BIRTHDATE 19 NOV 1977
HEIGHT 170 cm
WEIGHT 59 kg
OCCUPATION Univ.of California
REPRESENTS Etobicoke Swimming
COACH Kevin Thorburn / Michael Walker

Canadian highlights

- 94 LC Summer Nationals 3rd 200 IM 2:02.67
- 95 SC Winter Nationals 1st 400 IM 4:42.88
- 95 Summer Nationals 3rd 200 free 2:02.67
- 99 Summer Nationals 2nd 200 IM 2:18.80

NCAA results 1996-99 (25 yards)

- 96 NCAA 6th 200 back 1:58.99, 10th 200 IM 2:00.71
- 97 NCAA 2nd 100 back 5239, 3rd 200 back 1:56.30, 4th 200 IM 1:58.81
- 98 NCAA 3rd 100 fly 53.59, 7th 200 back 1:58.59, 4th 200 IM 1:58.95
- 99 NCAA 1st 100 back 52.36, 3rd 100 fly 52.40, 2nd 200 IM 1:57.83

CANADIAN CALENDAR

February

3-6 ROD Invitational, Regina

5-6 **Pickering Sprints**

18-20 Junior Nationals - East, Nepean Junior Nationals - West, Kamloops Hamilton Invitational

23-25 CIAU Championships, Guelph

March

2-5 Man/Sask Championships, Regina

4-5 **Durham Splash**, Pickering

Ontario Junior Provincials, Etobicoke 2-6

Spring Nationals (50 m) Etobicoke 8-11

April

1-2 Rainbow Classic, Pickering

Limpert NB Team Champs, Campbellton 7-9 Ajax Invitational, at U. of Toronto

14-16 Ontario Team Championships

28-30 Edmonton Keyano International

May

26-28 New Brunswick Champs, Saint John 28-4 Maritime Life Olympic Trials, Montreal

June

2-4 ROD Invitational, Regina

3-4 Durham Invitational, Pickering

16-18 Moose Jaw Invitational

25-25 Jack McCormick Invitational, Hamilton

Man/Sask Champs, Winnipeg

July

6-9 Ontario JR Provincials, Thunder Bay

7-9 Mel Zajac International, Vancouver

13-16 Youth/Junior Nationals/SWAD. Etobicoke

August

3-6 Maritime Life Nationals, Winnipeg

October

13-15 POW Invitational, Woodtsock, ON

November

25-26 World Cup, Edmonton

2001

February

23-25 Youth & Junior Nationals East - Saint John, NB

West - Saskatoon, SK

March

14-17 Spring Nationals (50 m) Edmonton

May

TBA Mel Zajac International, Vancouver

18-21 Youth & Junior Nationals, Winnipeg

August

7-10 Summer Nationals

INTERNATIONAL

February

1-2 World Cup 8, Sheffield, GBR

5-6 World Cup 9, Berlin, GER

World Cup 10, Imperia, ITA 9-10

World Cup 11, Paris, FRA 12-13

National Champs, Buenos Aires, ARG 14-19

World Cup 12, Malmo, SWE 16-17 National Champs, Belgium 25-27

March

10-12 National Champs, Geneva, SUI

19-19 World SC Champs, Athens, GRE

20-26 French LC Champs, Rennes, FRA

23-25 So.American Open Water, Santa Fe, ARG

Asian Swimming Champs, Pusan, KOR

30-1 International Meet, Charleroi, BEL 30-2 National Champs, Auckland, NZL

April

Swedish Grand Prix, SWE 8-9

TBA CARIFTA Champs, Bridgetown, BAR

Australian Age Group Champs, Perth 10-14 23-30 So. American Champs, Mar del Plata, ARG

May

6-7 Flanders Grand Prix, Brugges, BEL

12-14 Akropolis Meet, Athens, GRE Antwerp Grand Priz, BEL

Swedish Grand Prix 2, Uppsala, SWE 13-14

19-21 Belgian GP, Charleroi, BEL

Australian Olympic Trials, Sydney 20-27

Mare Nostrum 1, Monte Carlo, MON 22-22

Oceania Champs, Christchurch, NZL 21-24

Mare Nostrum 2, Barcelona, ESP 25-25

25-28 JR Champs, Chalon-sur-Saone, FRA

26-29 Speedo Super Final, Sheffield, GBR 31-6 Brazil Trophy, Rio de Janeiro, BRA

June

4-4 Swedish EU Trials, Jonkoping, SWE 3-9 South Pacific Games, Guam, GUM

German Championships, Berlin, GER 15-18

Netherland Championships, NED 16-18

17-18 Golden Bear, Zagreb, CRO

17-18 Porto International, POR

21-24 Oceania Championships, Christchurch, NZL

28-9 European Championships, Helsinki, FIN

July

Darmstadt International, GER 7-9

11-11 British Championships, Sheffield, GBR

15 Traversee Lac Leman, SUI 20-23 Swedish Nationals, Landskrona, SWE

Vittel Cup Finals, Millau, FRA 22-23

European Junior Championships, 27-30

Dunguerque, FRA 28-31 British Olympic Trials, Sheffield, GBR

FINA World Masters, Munich, GER 27-7

August

National Champs, Vevey, SUI 3-6

4-6 National Champs, Belgium

Italian Championships, Asti, ITA

12-13 Balkan Games, Nicosia, CYP

17-23 Arab Tournament, Amman, JOR

September

16-23 Olympic Games, Sydney, AUS

October

7-8 Bremen SC International, GER

12-15 SC Champs, Melbourne, AUS

November

17-22 FINA World Open Water Champs, Ft. Lauderdale, USA

December

14-17 European SC Championships, Valencia, ESP

British Winter Champs, Sheffield, GBR 16-17

2001

July 17-29 FINA World Championships, Fukuoka, JPN

August

22-1 FISU Universiade, Beijing, CHN

Mediterranean Games, Tunis, TUN

September

29-9 Goodwill Games, Brisbane, AUS

November Afro-Asian Games, New Delhi, IND

2002

April

TBA FINA World SC Champs, Moscow, RUS

July 26-36 Commonwealth Games, Manchester, UK

August 25-30 Pan Pacific Champs, Yokohama, JPN

2006 March

15-26 Commonwealth Games, Melbourne, AUS

U.S. CALENDAR

2000

March 16-18 Women's NCAA (25 M), Indianapolis, IN

Men's NCAA (25 M), Minneapolis, MN 23-25 Speedo Junior Championships (25 Y)

West, Anchorage, Alaska Southeast, Orlando, FL

Northeast, Buffalo, NY 28-1 US Nationals (50 M) Federal Way, WA

April

11-14 YMCA SC Nationals, Ft.Lauderdale, FL

May 26-28 Ann Arbor GP, MI

June Charlotte GP Ultraswim, NC

15-18 Santa Clara GP International, CA 22-25

July 13-16 Evans International, Los Angeles, CA

14-16 Long Island GP, NY August

Speedo Junior Championships 1-5 West, San Antonio, TX Southeast, Gainesville, FL

Northeast, Oxford, OH 9-16 Olympic Trials, Indianapolis, IN

November

18-18 FINA World Cup 1, College Park, MD US Open (25 M), Auburn, AL

ABOUT THIS ISSUE

This is the first issue for 2000. Sorry it's a bit late, but almost half of January was spent in World Cup coverage. It took some time to catchup with all the Canadian competitions. If we're missing some from TAG times it's because they have not been sent either in hard copy (preferred) or e-mailed. So coaches and club meet managers, be sure to send us your results.

It was the tenth anniversary of Victor Davis' tragic death last November. Robert Pearson, a former teammate of Victor's in Pointe Claire writes about his memories and others who knew Victor.

Nikki Dryden explains what's behind the phenomenal success of Penny Heyns' 11 world-record string last summer. Nikki writes as a fellow swimmer training in the same pool.

For younger kids Wayne Goldsmith explains the "Warm-Up" —a ritual that all athletes undergo prior to racing.

A small sampling of the best 10 & under times Canada-wide from all the many competitions that we received for TAG will be followed next issue with TOP, which has just under 900 entries!

Coverage of the first 7 FINA World Cups appears this month. With 6 world and 17 World Cup records, there has been some very fast swimming, mostly at the first meet in the USA and the last one in Sydney. Five more competitions are being held during February in Europe.

Cecil Colwin interviewed Mark Schubert, head coach at the University of Calfornia. The topics are wideranging, from training backstroker Lenny Krayzelburg, metric NCAAs, semifinals, women staying much longer in sport, and drug use.

The European SC Championships and the exploits of the amazing Therese Alshammar are covered.

Karin Helmstaedt reports on the latest German Drug Trials and the role of Dr. Lothar Kipke, the GDR's swimming federation doctor and one of the architects of the doping program. It's a sordid tale.

TAG times are up-to-date with all meets received up to January 27 included. If your times are missing, get the results here as soon as possible.

VICTOR LIVES

HIS PASSION FOR SPORT AND LIFE CONTINUES TO INSPIRE

Robert Pearson

Ten years ago, Canada lost one of its greatest sports heroes when Victor Davis was struck by a car in suburban Montreal. Much has been written about Davis's death; much was written about him in life. The record shows he dominated breaststroke swimming in Canada and the world for most of the 1980s, beginning with his first national championships win in 1981. When he died, more than a hero was lost. Gone was a friend, a teammate, and a son.

I remember the first time I saw Victor Davis: I was an impressionable 12-year-old spectator at the 1982 World Championships trials. I remember the only time I asked him for an autograph, and I remember the day we met as teammates in Pointe Claire. That summer, at my first nationals with the club, he spoke to the team before the meet, and reminded us we were there to swim fast. "In L.A., in 1984," he told us, "I swam with a sprained ankle. In Madrid, in 1986, with a festered cut in my hand"—there were no excuses. That same day he made me welcome at his table during dinner.

The day Victor was struck, Remembrance Day 1989, is a day forever etched into my memory. People have days like this, days remembered for where they were when a big event happened. For my parents' generation it was the assassination of John F. Kennedy; for me it remains the day I heard about Victor's accident: I was in Saskatoon, at a meet. These memories, and more, have been with me ever since. In 1998, I dedicated my Master's Thesis to Davis: "Once a teammate and a friend, his passion for sport and life continues to inspire me daily."

Former Calgary swimmer and medal-winning Olympian Tom Ponting remembers Davis as a great inspiration. In 1989, Davis appeared as a spectator at the CIAU championships, where "he dared me to break a world record," says Ponting, "and I did." A year earlier, at the 1988 Olympics, Davis inspired Ponting and the Canadian men's 4x 100 medley relay to a silver medal. "His focus, his belief-his unwavering belief-brought the three of us (Ponting, Mark Tewksbury, and Sandy Goss) to the level he was at. He knew he had to get three people to his level." And that Ponting adds, was Davis's best moment in swimming. "the feather in his cap." "Victor threatened Sandy to swim fast," Ponting adds with a smile. Laughing, Goss admits there was more to it than Ponting tells, but Davis did inspire him to swim faster. "I must admit in 1984—because I was the weak link on the relay—Vic was the guy I did not want to disappoint; and again in 1988." Goss also recalls Davis was motivational beyond the Olympics: "When I went away to school in the United States, everyone was against that, but not Vic, he was more supportive."

"Victor inspired me," admits Alex Baumann. "We pushed each other to new limits... (and) I enjoyed competing against him in the breaststroke because it helped me with my IM." Davis was, Baumann adds, "an extremely tough competitor. He would often try to psyche his competitors out. (Ours) was a very healthy rivalry, but friendly." Baumann had his share of great swimming moments, and rates Davis's best moment as the 1984 Olympics "when he demolished the field and his world record in the 200 breaststroke, winning the gold medal." However, he adds, "my fondest memory of Victor would have to be him gritting his teeth after his first world record in Guayaquil, Ecuador (at the 1982 World Championships). For me that epitomized Victor

"DETERMINATION, AGGRESSIVENESS, AND CONSISTENCY MADE HIM A CHAMPION."

to the tee. His determination, aggressiveness, and consistency made him a champion."

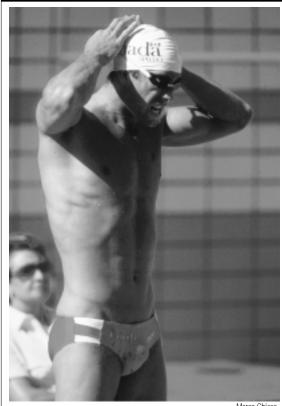
The 1982 World Championships were special for Davis's Region of Waterloo teammate Mike West, because he was there. Yet, West adds, while pondering Davis's best achievement, "I always admired his relationship with his dad, he was very loyal to his dad." As teammates, performing at a world-class level, West and Davis were thrust together. West admits, however, they came "to know each other well—implicitly." West has many memories, most of them "day-to-day stuff... to see him come into workouts and swim like a fiend, just living the whole experience, the whole thing was a big thrill for me." Like Ponting and Goss, West was inspired by Davis to win an Olympic medal. "We roomed together in L.A.," West recalls. "I had a bad 200 back, and

had a hard time getting up for my 100. The night before... he left his gold medal on my side of the table, next to my bed. He was telling me 'you can do it.'" West won bronze.

Current Region of Waterloo coach Dean Boles shared an apartment with Davis for several years in Waterloo. "Victor was a pretty good roommate, he always had something going on...Looking back to those 14 years of knowing Victor," says Boles, "they will probably be the most important years of my life." In 1989, Boles explained what he would miss about Davis: "I will miss that big bear hug. I will miss the phone call at the office telling me he will be in town for a few hours and knowing it will turn my calm lifestyle upside down. But most of all I will miss his devilish grin and raised eyebrows that always meant 'what kind of fun can we have now."

Tom Ponting smiles, recalling the summer of 1989. That summer he visited Davis in Pointe-Claire, where the two enjoyed "normal" things. Ponting still laughs at the thought of Davis performing his "Double Jeopardy" dance, or laughing hysterically at a wrong answer while watching Jeopardy on television. Ponting enjoyed the time he spent with Davis. Indeed, all those who knew Victor enjoyed spending time with him. Mike West tells of the 1986 World Championships when he, Davis, Baumann, and Vlastimil Cerny "would sneak out at night, get some sangria, sit in a square, and play Canasta." "Those games were intense," West continues, "I enjoyed seeing him interact with Vlastimil and Alex." Sandy Goss thinks back to Oktoberfest, and road trips with Davis, "we had a great time together." Alex Baumann also spent a great deal of time with Davis, but is reluctant to share anecdotes—some memories remain private. Dean Boles tells of a summer afternoon in Guelph when he, Dave Swanston, and Davis were together. Davis had yet to rise in the swimming ranks, but boldly asserted "if you guys play your cards right, I'll teach you how to swim." Boles admits, "Dave and I just laughed, but during the time I was beside Victor's hospital bed (in Montreal) I realized how much Victor did teach me."

Clifford Barry, Davis's only coach, "knew (Victor) was really talented from the first time." Barry, who started coaching in Guelph in 1976, says "it turned out (that job) was the best thing that ever happened to me... Victor was very special to me, we helped each other a lot... it was more than a coach-athlete relationship." Like Davis's friends and teammates, Barry's memories are manifest. "Victor was bigger than life, he just had an aura about him," says Barry. "He was almost like Johnny Weismuller, he lived up to his billing as a great guy. And he was very loyal, loyal to his friends. He mentioned me when he did well." Like Weismuller, a swimmer of early-twentieth-century fame who later played Tarzan on film, Barry thinks perhaps Davis could have gone on to act.



True grit

Mel Davis remains very proud of his late son, his proudest moment seeing his son say "thanks Dad" during a clip featured in the 1983 CBC documentary The Fast and the Furious. In the pool, Davis suggests "the second time he broke a world record, in front of a home crowd," was his son's greatest moment. One famous momen that Mel Davis remembers from a different point of view is the 1982 Commonwealth Games. There, Victor reacted to the disqualification of Canada's medal-winning 4 x 100 medley relay by kicking a chair—while the Queen was in the crowd. "I happened to be in England at the time," Mel Davis recalls, "and there was nothing in the papers over there. I bought every paper I could think of—every major paper in the UK, and there was nothing. When I came home," Davis adds, "it was ludicrous what the (Canadian) media had done."

Today, Mel Davis's contact with swimming is limited to the annual selection of Victor Davis Memorial Fund scholarship recipients. He also presents the Victor Davis Cup, awarded to the Athlete of the Year in Waterloo. Davis is proud to present these awards, and was very pleased, the day I spoke with him, to be awarding this year's Victor Davis Cup to Region of Waterloo swimmer Laura Nichols.

Victor Davis's name is also associated with meets. Every year, the Region of Waterloo club holds a meet, and awards a bursary in his honour. In Guelph, the Marlins host a meet to raise money

for the memorial fund. In 1999, the club raised \$10,000. Marlins' coach Don Burton says, "GMAC is

going to continue to help out with the fund. Our goal is to be able to put enough money into the fund to be able to have more scholarships, or more money for each winner."

Davis's legacy also lives through Montrealer Claude Jacques, in whom Davis's heart still beats. Mike West, himself a doctor, feels organ donation "is one of Victor's greatest legacies." Davis's friends saw him as generous in life, and were not surprised about the donations. "Right now," says Sandy Goss, "there are people walking around because of his organs; he would do anything for anyone." The only time Mel Davis spoke with his son about donations was in 1988. "Vic's grandfather passed away, and Vic wondered about organ donations." Mel Davis's father died of cancer, and his organs were unsuitable for donation. When Victor suggested his own organs be donated, his father dismissed it as "a flippant remark," never expecting he would need to remember those words. In 1989, "it was a friend who suggested it... we had been at the hospital for 12 to 15 hours... (and) shortly after... the doctor asked the same question." Since then,

Mel Davis has been an advocate of donations, and is involved with MORE, the Multiple Organ Retrieval and Exchange Program of Ontario.

Davis's memory is still alive in Canadian swimming. "I still use him as an example," says Boles. "Today we at ROW are very close to Victor... and his accomplishments." In Calgary, Tom Ponting still tells his swimmers about Davis. Also in Calgary, current Canadian breaststroke champion Morgan Knabe reflects on Davis as inspiration. Knabe has received Davis fund scholarships, and, recently, a T-shirt worn by Davis in 1988. "It's unbelievable," Knabe says of the shirt. "It's probably the coolest thing I have ever gotten." He admits, "I didn't know of him before swimming," but Davis has been an inspiration. Knabe won gold and silver medals at the 1999 Pan Am Games, and figures on being a solid part of Canada's team in Sydney next year, where he will wear the T-shirt. Pondering the comparison between himself and Davis, Knabe asserts "people have often called me the 'next Victor Davis." People can draw comparisons, but I would like to make my own personality without being compared. It's cool to be thought of at that level, but I would like to have my own legacy." Further reflecting on Davis, Knabe adds, "I don't think Victor Davis is ever going to die in people's hearts."

Ten years after his death, Victor Davis is remembered, a memory that continues to inspire Canadians.

ASK JUDY

THERE IS NO QUICK FIX

This column goes to the coaches out there. After I give a lecture to a group of swimmers, the coach often asks my opinion and advice on an issue or problem that they are having with their swimmers. It is difficult (if not impossible) to give them useful information on a situation that they described to me in three minutes. But this seems to be a symptom of our generation.

We want everything fast. We have microwaves to cook food faster. We have Crazy Glue that "bonds instantly." We have computers and printers, which do everything faster than the ones produced six months ago. Athletes even use steroids that help them to run faster, train harder, or jump higher. But believe it or not, there are things that take time to develop and in fact the longer you give them the better they are, such as fine wine, relationships, communication, confidence, mental skills, stroke changes, and competition experience.

I have found that there is nothing more valuable than when a coach participates in the mental training sessions that I do with athletes. I am able to not only get the athletes to understand the importance of mental training but the coach understands how to help the athletes use the mental skills. The everyday reinforcement that the coach gives proves to the athletes how important the mental skills are.

Pool time is so valuable and swimmers know it. Having to swim at 5:00 a.m. shows how costly it is. I worked with a swim team and every other week when we met on Wednesdays at 4:00 p.m., the coach pulled the swimmers out of the 50-m pool for 45 minutes while we did our session. The pool lay still in the middle of the day. The coach would sit with the swimmers and for 15 minutes afterwards the coach and I would discuss ways that he might utilize the mental skills we had just discussed. Those swimmers understood how much the coach values mental skills. Too many times, two or three weeks before Summer Nationals or Olympic Trials, I get calls from coaches who ask me to come and help their swimmers prepare. My answer is "No, but I will come after and help them prepare for next year." Don't get me wrong-I always want to help the swimmers, but there isn't much I or the swimmers can do two weeks before a big meet. The groundwork is laid, the taper is on, and the confidence is there or it isn't. There just isn't a quick fix.

If you have questions, e-mail me at: gossj@dalessmann.com

LOVING EVERY MOMENT

BREASTSTROKE REVOLUTIONARY, IMPASSIONED CHRISTIAN, AND TRUE HUMANITARIAN—MORE THAN A SWIMMING HERO

Nikki Dryden

One day I'm swimming up and down the pool, enjoying the freedom of having my own lane. The next thing I know, the Sport Centre kids are back from their training camp and I am drowning in breaststrokers. My big, beautiful end lane is now crawling with them. While this sudden influx is a bit overwhelming, it is not surprising. You see, there is one reason they are here: Penny is back.

She appeared the night before with hellos and smiles for those of us not fortunate enough to have gone to Florida to tan ourselves and lounge around in a hotel on the beach. She was so nonchalant about her return it took me 30 minutes to remember to congratulate her on all her swims from the summer. She laughed off the congrats with a quick smile and a humble thank you.

I am not a breaststroker. In fact, I have never really cared for the stroke much at all, and I am somewhat of a snob when it comes to training with breaststrokers. They are quite often weird, and they take up so much room. Or should I say that this was the way I thought up until the moment I began training with Penny Heyns. You see, Penny is not one of those breaststrokers whose backstroke, freestyle and butterfly look like something from a mutilated gene pool. As she schooled me on a set of 100 frees, I realized that this girl can swim. Holding 1:10s days earlier for my hundreds would have been respectable after a year out of the water, except for the fact that on this, Penny's second week back in the pool, she was dropping 1:06s like it was nothing. All the while she still had the time and energy to cheer me on, telling me what a star I was. But what I am learning quickly is that that is just the way she is.

I have trained with some of the best swimmers of the last decade. Surinam's Anthony Nesty and Americans Nicole Haislett and Allison Wagner all taught me more about swimming than any coach ever could. There is something in the eyes of these champions that doesn't exist in everyone you meet. Penny Heyns has that look, and although giving props to breaststrokers is not something I enjoy doing, Penny deserves them.

When Three World Records Just Aren't Enough

Los Angeles, July 1999: It started out like just any other in-season meet, but this particular Janet Evans Invitational will now be remembered as the beginning of Penny Heyns' amazing eleven-worldrecord streak. When Penny touched the wall after her heat swim in the 200 breaststroke she thought she had swum around a 2:30, but then she looked at the scoreboard. "I thought perhaps that the touchpad had malfunctioned," was Penny's reaction to her 2:24. In time Penny has been able to put that swim and ten more just like it into perspective, but it hasn't been easy. "To be honest I don't know if it [her record swims] has even hit me yet...but I have to look at it as just another season, that it just happened to be a couple of best times, because otherwise it would be really hard to come back this season. Already it has been a bit of a mental struggle to accept that it obviously takes time to get back to that level."

Penny admits that there are some negative moments that emerge from such success. "There are times when there has been the thought that if I don't equal what I did this season—even if I win Olympic gold—will it feel as satisfying?" Penny looks to next year to balance the emotions of having completed everything that most swimmers could ever dream of. "It would seem really incomplete if I didn't go to the Olympics and give it my best shot. When someone achieves a goal, immediately there is a fear that sets in 'what if you don't do it next time?' There is always a challenge to improve yourself and at the same time be somehow satisfied. I don't think you ever achieve that. But ultimately, somehow I will have to find a way of going beyond swimming and accepting what I've done, appreciating it, seeing it as a gift, and moving on."

Breaking Through

After winning two Olympic gold medals in 1996, Penny toyed with the idea of retirement from competition. Initially she continued to swim because of the expectation by others for her to do so. However, this made for some difficult times and in early 1998 Penny undertook much soul-searching before she was able to continue. "In February of '98 I realized that this [her swimming] was what God wanted for

me." She also learned to love swimming again. Part of that happiness was her new training environment at the Canadian National Sports Centre in Calgary. "I enjoy swimming a lot now, and being able to train in a group where there are a couple of other people my age makes it easier. I'm still the oldest girl, but I'm not the only granny in the group now!"

In the spring of 1998 Penny relocated to Canada to train with her former Nebraska coach Jan Bidrman. Although Penny had been adamantly against moving to Calgary, after much praying she realized she would make the move. "The reason I came [to Calgary] is because I felt the conviction that this is what God wants for me. At the time I came here I had no desire to swim, but since my move I have really learned to enjoy swimming again. Being on this team with people to travel with, who are focused and moving in the same direction as I am, has been good. I never realized how important that support was until I moved to Calgary."

"I don't think I can ever verbalize how important Canada's support is to me. I appreciate South African Swimming and all they've done for me, but nowif I'm at a meet I feel like my team is the Canadians. At Pan Pacs when I touched the wall I was happy that it was a medal for South Africa—another event to put my country on the map. But I would immediately look to my teammates and they would be the Canadians." Penny has the South African Springbok tattooed on her shoulder, a constant reminder of her homeland. Yet she often jokes of having a maple leaf put on her other shoulder. Penny values Canada greatly and understands fully how lucky she is to have two countries behind her; "I look forward to belonging to two teams at the Olympics next year."

Penny also acknowledges that maturity and time have improved her swimming. "With every season the base is bigger and I am able to train better. It is really only since the Olympics that I feel I am actually able to train consistently. Prior to that I'd break down every two or three weeks." Like many older women swimmers around the world, Penny also believes that she is stronger in the weight room. "I know my body better now and my race strategy has matured. In some ways I feel like I'm only now learning to swim the 200."

Fourteen World Records Are But Small Splashes

One of my best friends is American swimmer Jenny Thompson. As I watched the results from Pan Pacs come in over the internet last summer, I calculated that Penny was most likely going to break a world record in the 100 breast heats—hours before Jenny would break one in the 100 fly finals. There goes Jenny's 25 grand, I thought. I was right; Penny broke her fifth world record in a row and won the cash payout instead of Jenny. Weeks later I was to hang my



11 world records during 10 weeks in 1999

Marco Chiesa

head in shame when I learned that Penny had donated the entire prize to poor children in Sri Lanka. Although I learned later that that fact wasn't exactly accurate, I began to see Penny as so much more than a swimming star.

Although she does not readily admit it, all the money Penny wins goes into a trust fund in South Africa, and from there money is donated to various charities including Street Kids Worldwide. Penny is one of a handful of fortunate swimmers who isn't struggling to compete in this expensive sport. Her Christian faith has always supported tithing, and her charitable thinking began back in 1991. It was then that she won her first prize in the sport, 400 Rand—the equivalent of about \$80. "It's such a blessing to be able to give your money away," says Penny, "because you see people's lives change and that is what it is all about."

Refreshingly, Penny will take moments of clarity

and the friendships she has made with her into the next phase of her life.

Learning to appreciate every moment of her swimming has been one of the most valuable lessons she has learned over the past year. "At the Pan Pacs I broke the world record in heats of the 100 breast. I missed it in the semis and finals for two reasons. One was that I was trying too hard to break the record, and secondly I think that by that stage I had taken breaking world records for granted; it had happened for five races in a row and I just expected it to happen again. I realized that I couldn't have that attitude, that instead I have to sit back and really take the time to enjoy my successes. In '96 at the Olympics I didn't do that: I took the moment and moved on. Now I realize those things aren't always going to be there, and you have to appreciate every single second of it." After Penny's "world record drought" as she refers to it, she savoured her 200 breast world record. "I stayed in the water and treasured the moment, because I thought, 'I may never have this again.'"

Most importantly Penny wants to honour her competitors when it finally comes time to hang up her suit. "Races come and go, and so do victories and disappointments, but it is the people at the end of the day that you always cherish and remember. Hopefully I will retire being good friends with all the people I competed against." That seems to be the case already. No sooner had I come to accept the fact that I was a member of a breaststroking team, did the wonderful Australian breaststroke star Helen Denman appear to train with Penny and our amazing breaststroke clan.

A Desire Within

Whenever I meet another swimmer I wonder what it is that makes them so special, so much more successful that the rest of us. Penny and I were raised in such completely different environments yet somehow it never blocked Penny's road to success. Unlike Penny, I can't remember when I haven't dreamed of winning an Olympic gold medal. At the age of nine Alex Baumman and Victor Davis mesmerized me. Glued to the television, I watched the entire Olympic Games live from Los Angeles, even recording every track and field result in a special collector's edition of Sports Illustrated. Four years later our family bought a VCR and a new TV so we could tape every swimming race in Seoul. By the time I was in Barcelona I knew everything about every athlete and worshiped the Olympic Games. Penny's story couldn't be more different. Apartheid in South Africa left Penny with no sporting role models. She didn't even know anything about her country's swimming nationals until she herself was competing in them. When Penny was picked for the 1992 Olympics she was more worried about how this would affect her status as a prefect in her school, than competing in the Olympic Games. Upon arrival in Barcelona, her pessimism towards the event itself was evident and her placings in the thirties held no foreshadowing for what was to come four years later in Atlanta.

Both Penny and I moved in different directions, crossing paths with our bronze medals at the Commonwealth Games in 1994. While my cynicism towards the destruction of amateur sport grows, Penny has the power to donate thousands of dollars to charity. Penny now has two Olympic Gold medals, fourteen world records and is a swimming hero to thousands of youngsters the world over. And I, well I am lucky too. You see I get to train with Penny—a pleasure and an honour both. And all the while I get to learn more about breaststrokers than I ever imagined I would, and because of a girl named Penny Heyns I am loving every moment of it.

WHAT DOES "READY" FEEL LIKE?

Wayne Goldsmith

Warming up is something all swimmers do to prepare to swim fast. Why warm up? From a scientific standpoint, we know that an effective warm up:

- Increases body temperature.
- · Increases heart rate.
- · Increases blood pressure.
- Increases energy-producing enzyme activity. As coaches we observe that an effective warm up:
- Increases confidence by giving swimmers a feel for the pool, water temperature, wall, flags, blocks, and general conditions (increases familiarity with the race conditions).
- Increases race readiness through the opportunity to rehearse specific pacing and stroking strategies.

The overall aim of warm up is to get your mind and body "ready" to race fast. How many times has your coach or your swim team friends asked "So, are you ready?" But what does "ready" feel like? What is "ready" for you may not be "ready" for someone else.

Some swimmers like to sit with friends and family, laughing and joking to help them feel ready. Some swimmers prefer to do just the opposite—they need peace and quiet to perform at their best. Others like to listen to music, some read, a few walk, others talk, some jog—there are many ways that swimmers prepare to get the best from themselves.

The key to an effective warm up is to know what your own personal "ready" feels like *before* you get to a meet. It doesn't make sense to prepare for months, commit yourself to training and working hard, eating the right foods and so on, then not know what actually gets you "ready to race." One simple way to learn what your "ready" is all about is to write down everything you can about your race-day routine, simple things like the quality and quantity of sleep, your breakfast, your stretches, and your pool warm up can have a real impact on your racing performance. At your next minor meet or local club competition, ask yourself the following questions. Write the answers down in your logbook or on a sheet of paper, and discuss them with your coach:

- What does "ready" feel like for me?
- How did I sleep the night before the meet? (Rate sleep on a 1 to 5 scale, with 1 being a poor sleep and 5 being a sound sleep and waking up refreshed).
- What time did I get up on meet day? Did it give me enough time to get ready to race?

- What did I have for breakfast on meet day? Was it enough? How did I feel after I ate?
 - What time did I get to the meet?
- What did I eat and drink at the meet? How did that food and drink make me feel?
 - •What did I do for stretching?
 - What warm up did I do?
- Was the warm up enough? Did it get me ready? If not, what could I have done better or differently?
- How did I feel before my race? Ready? Almost ready? Not ready? Why?
- •What did I do before my race (listened to music, read, talked to friends, relaxed, went for a walk)? Did this make me feel ready?

In this way, if you swim well, you will know exactly what makes you "ready" and if you don't swim well, you'll know what to do better (or to avoid) next time. Nothing can guarantee success, but you can increase the likelihood of success by understanding the process of "readiness." Here are a few little tips to help you get ready on race day:

- 1. The Swim Meet Program tells you two things only—what lane you're in and what race are you in. All other information is relatively unimportant. Many swimmers get "freaked out" when they look in the meet program and see the entry times listed by the other swimmers. It doesn't matter who you are racing or what times they may have claimed to have done, your job is the same—to swim to the best of your ability. If Michael Klim is on one side of you and Alex Popov on the other side, you still have to swim the same race distance, in the same water, in a lane that is the same length and width. The race credentials of other swimmers have no bearing on your own swimming performance.
- 2. If you are not ready to race, do something about it *before* the race. Going to your coach at the end of the day and saying "I really wasn't ready to swim fast" is not an excuse for a poor performance. If you are not ready, do something to get ready. Success is your choice!
- 3. Being ready is an individual thing. If *you* are not feeling ready to swim fast and your swim team friends are off to the showers, don't go with them just to be sociable. If *you* are not ready to do your best, do more warm up, or rest, or go for a jog, or skip, or eat something, or sleep, or talk to your coach—just do it! You can catch up on the meet chat later.
- 4. Pack in your swim bag all the things you need to get ready to race. If you are a reader, pack a few

books. If you like music, pack your favourite tapes or CDs. If you like to sleep, pack your own pillow. Take what you need to get the job done.

- 5. Ignore 90% of what you hear said in the change rooms and marshalling area. Every competitive swimmer has heard questions like "What time do you do?" or "How many sessions a week do you swim?" etc., in the marshalling area. Would you like to know a little secret? Most of it is 100% pure rubbish. The swimmers who try this cheap attempt at "psyching out" are usually the ones who have not prepared for the meet themselves and are looking for ways to make up for their poor preparation by making you feel less confident. Do not listen to them. Or have a clever answer for them. If you get asked "What's your best time?" answer "I'll tell you after this race."
- 6. A good "get ready" trick if you haven't had time to practise race starts as part of your pool warm up is to do a few *dry starts*. Find a clear, flat space (ideally on grass) somewhere around the pool area where you can hear the starter. A good time to do this is around 15 to 20 minutes before your race. When the starter says "Take your marks" to the swimmers on the blocks about to race, drop into your race start position on the grass and when the gun (or horn) goes, jump forward fast with explosive speed and power. This is a great exercise to get your brain and muscles firing and prepares you to explode off the blocks when it is your time to race.
- 7. Try the walk the race-talk the race (WR/TR) technique. Stand at the end of the pool where you will be starting from. Imagine how you will feel behind the blocks. Take some slow deep breaths. Imagine hearing the gun. Imagine feeling your body explode off the blocks. Walk down the side of the pool and "feel" the race. Try to walk at the same speed that you will actually be swimming during your race. Imagine every stroke. Feel every breath. Think about where you will breathe, about keeping smooth and controlled with long flowing strokes, about keeping your kick strong and rhythmic. As you approach the turn (still walking along side the pool) think about being aggressive and powerful in your turn. Feel your feet on the wall. Imagine kicking back hard at the wall and exploding out of the turn. Feel the streamline. Imagine where you will take your first breath. Concentrate on your skills and technique. Think positively about controlling your stroke and your speed. Imagine the last ten metres. Control your breathing. Feel your body drive hard to the wall. This technique (also called mental rehearsal) is a great skill to develop. It allows you to swim your race in your mind *before* you do it in the water and fine tune the way you will compete.

If you want to race really fast, and never be the one to come in last, learn what gets your body ready, and when it counts you'll be the one who's steady! Learn how to get ready to race. It is a skill that will make the difference.

10

TOP PLUS

BOYS 10 & UNDER

100 METRES FREESTYLE

- 1 1:08.29 Joon Mo Bae.10.HYACK
- 2 1:10.56 Christian Seon, 10, SD
- 3 1:10.91 Samuel Thrall, 10, OAK
- 4 1:11.13 Bryan Fumerton, 10, USC
- 5 1:11.35 Steven Bielby, 10, PCSC
- 6 1:11.53 Patrick Errington, 10, RDCSC
- 7 1:12.01 Felix Normandin, 10, CAMO
- 8 1:12.62 Arash Ghaderpanah, 10, PCSC
- 9 1:13.58 Chris Piasecki,10,EKSC
- 10 1:13.70 Cameron Bailey, 10, HWAC

400 METRES FREESTYLE

- 1 5:26.68 Bryan Fumerton, 10, USC
- 2 5:38.04 Chris Piasecki,10,EKSC
- 3 5:54.69 Richard Elkington, 10, EKSC
- 4 5:57.95 Andrew Nelson, 10, MM
- 5 5:59.94 Jake Bailey, 10, GVAC
- 6 6:01.59 A.J. Halverson, 10, KSC
- 7 6:01.61 Jace Richards, 10, KSC
- 8 6:01.76 James Leslie.10.ISS
- 9 6:02.00 James Twinem, 10, TAT
- 10 6:03.48 Alex Griffith, 10, PICK

100 METRES BACKSTROKE

- 1 1:19.95 Felix Normandin, 10, CAMO
- 2 1:20.35 Bryan Fumerton, 10, USC
- 3 1:21.03 Patrick Errington, 10, RDCSC
- 4 1:21.41 Ben Gordon, 10, BTSC
- 5 1:22.00 David Boulay, 10, BYST
- 6 1:22.87 Steven Bielby, 10, PCSC
- 7 1:23.38 Charles Wong, 10, UCSC
- 8 1:25.09 Brett Richter, 10, ROD
- 9 1:25.29 Alexander Johnson, 10, MM 10 1:25 41 Shawn Bull 10 CORRA

- 100 METRES BREASTSTROKE 1 1:26.90 Christian Seon, 10, SD
- 2 1:29.89 Charles Wong, 10, UCSC
- 3 1:32.39 Adam Driedger, 9, CASC
- 4 1:34.32 A.J. Halverson, 10, KSC
- 5 1:34.50 Steven Bielby, 10, PCSC
- 6 1:34.93 Thomas Chang, 10, TORCH
- 7 1:37.06 Joon Mo Bae, 10, HYACK
- 8 1:38.58 Patrick Errington, 10, RDCSC
- 9 1:38.64 Alexander Johnson.10.MM

100 METRES BUTTERFLY

- 1 1:15.01 Joon Mo Bae, 10, HYACK
- 2 1:15.42 Jonathan Blouin.10.CNQ 3 1:20.61 Bryan Fumerton, 10, USC
- 4 1:21.17 Samuel Thrall,10,0AK
- 5 1:23.79 Patrick Errington, 10, RDCSC
- 6 1:24.74 Steven Bielby, 10, PCSC
- 7 1:24.86 Arash Ghaderpanah, 10, PCSC
- 8 1:25.44 Alex Griffith, 10, PICK
- 9 1:25.59 Christian Seon, 10, SD
- 10 1:26.54 Oleg Murzenko,10,ESWIM

200 METRES IND. MEDLEY

- 1 2:51.50 Joon Mo Bae, 10, HYACK
- 2 2:53.14 Charles Wong, 10, UCSC 3 2:53.50 Steven Bielby, 10, PCSC
- 4 2:54.03 Bryan Fumerton.10.USC
- 5 2:54.35 Thomas Chang, 10, TORCH
- 6 2:55.41 Patrick Errington, 10, RDCSC
- 7 2:58.14 Felix Normandin.10.CAMO
- 8 3:00.61 Cameron Bailey, 10, HWAC
- 9 3:01.03 Samuel Thrall,10,OAK
- 10 3:01.48 Adam Driedger, 9, CASC

GIRLS 10 & UNDER

100 METRES FREESTYLE

- 1 1:07.70 Brooke Buckland, 10, WTSC
- 2 1:08.74 Mackenzie Jones,10,UCSC
- 1:09.42 Stephanie Pollard, 10, IS
- 1:10.51 Andrea Kells.10.RDCSC
- 5 1:10.54 Alicia Neasmith, 10, PCSC 6 1:11.67 Kelly Hodason.10.PCSC
- 7 1:12.28 Brittani Semper, 10, COBRA
- 1:12.44 Alexa Kormanycky, 10, ESWIM
- 9 1:12.46 Miriam Kim.10.TSC

10 1:13.18 Caroline Gagnon, 10, UCSC

- 400 METRES FREESTYLE 1 5:17.55 Brooke Buckland,10,WTSC
- 2 5:22.55 Stephanie Pollard, 10, IS
- 3 5:32.82 Kelsey Jenkins, 10, FMSC
- 4 5:36.95 Katelyn Oke,10,LAC
- 5:39.44 Diane Nesbitt, 10, GLEN
- 5:39.65 Sheena Gross, 10, EKSC
- 7 5:40.71 Susan Long, 9, LAC
- 8 5:46.91 Marie-C. Legault, 10, BOSC
- 9 5:47.47 Amy Follinglo,10,LASC
- 10 5:47.58 Lynsey Lang, 10, LEDUC

100 METRES BACKSTROKE

- 1 1:15.03 Brooke Buckland, 10, WTSC
- 2 1:18.26 Andrea Kells, 10, RDCSC
- 3 1:21.13 Alicia Neasmith.10.PCSC
- 4 1:21.98 Kelly Hodgson, 10, PCSC
- 5 1:22.53 Stephanie Pollard,10,IS
- 1:22.72 Mackenzie Jones.10.UCSC
- 1:22.99 Brittany Ozar,9,CASC
- 8 1:23.15 Stephanie Davis, 10, UCSC
- 9 1:23.20 Kelsey McDonald, 10, BOSC
- 10 1:23.30 Katelyn Oke,10,LAC

100 METRES BREASTSTROKE

- 1 1:26.25 Alicia Neasmith, 10, PCSC
- 1:28.79 Penny Baxter, 10, NKB
- 3 1:30.10 Tara Hahto, 10, CASC
- 4 1:30.38 Katelyn Cachia, 10, CLMSC 5 1:30.45 Brittany Achtymichuk, 10, STSC
- 6 1:30.94 Leah Katzman,10,CYPS
- 1:31.11 Andrea Kells, 10, RDCSC
- 8 1:32.82 Amanda McTeague, 10, ESWIM
- 9 1:32.87 Karen Tam, 10, GATOR

10 1:34.30 G. Desjardins, 10, EYSC

- 100 METRES BUTTERFLY 1 1:19.84 Andrea Kells, 10, RDCSC
- 2 1:20.40 Lauren Lavigna,10,GATOR
- 1:20.59 Stephanie Pollard, 10, IS
- 4 1:22.94 Kelly Hodgson,10,PCSC
- 5 1:25.00 Erika Brown,10,ROD
- 6 1:25.89 Kaleigh McKinnon,9,TORCH
- 7 1:26.44 Sheena Gross, 10, EKSC
- 8 1:26.62 Jessica Bredschneider.10.COBRA
- 9 1:26.84 Jennifer Cao, 10, YORK
- 10 1:26.95 Courtney Kapustianyk, 10, GOLD

200 METRES IND. MEDLEY

- 1 2:49.74 Alicia Neasmith.10.PCSC
- 2 2:52.43 Andrea Kells, 10, RDCSC
- 3 2:54.66 Leah Katzman, 10, CYPS
- 2:57.72 Brittani Semper,10,COBRA
- 5 2:58.42 Rheagan Thompson, 10, KISU
- 2:58.68 Susan Long, 9, LAC
- 7 2:59.02 Mackenzie Jones, 10, UCSC
- 8 2:59.05 Alexa Komarnycky, 9, ESWIM
- 9 2:59.40 Brittany Achtymichuk, 10, STSC 10 2:59.56 Stephanie Pollard,10,IS

2000 FINA WORLD CUPS 1 TO 7

50 METRES FREESTYLE

College Park 22.05 Jason Lezak.USA Edmonton 22.57 Yannick Lupien, CAN 22.13 Lorenzo Vismara.ITA Rio de Janiero Shanghai 22.36 Chengii Jiang.CHN 22.12 Alexander Luderitz.GER

Hona Kona Hobart Sydney

22.30 Sabir Muhammad, USA 21.94 Michael Klim, AUS 100 METRES FREESTYLE College Park 48.19 Jason Lezak.USA

Edmonton Rio de Janiero Shanghai Hong Kong

Hobart

49.34 Ryan Laurin, CAN 48.57 Gustavo Borges BRA 49.06 Bela Szabados, HUN 49.03 Bela Szabados, HUN 47.83 Michael Klim, AUS

Sydney 47.59 Michael Klim.AUS 200 METRES FREESTYLE

College Park 1:46.15 Bela Szabados, HUN Edmonton 1:46.02 Bela Szabados, HUN Rio de Janiero 1:48.47 Gustavo Borges, BRA 1:46.63 Bela Szabados, HUN Shanghai Hong Kong 1:45.17 Bela Szabados HUN Hobart

Sydney

400 METRES FREESTYLE College Park 3:42.16 Chad Carvin, USA Edmonton 3:46.00 Chad Carvin, USA Rio de Janiero 3:50 54 Luiz Lima BRA 3:45.47 Chad Carvin, USA Shanghai 3:45.49 Chad Carvin, USA Hong Kong 3:43.23 Ian Thorpe, AUS Hobart

Sydney 1500 METRES FREESTYLE

15:05.43 Chad Carvin USA College Park Edmonton 15:03.28 Chad Carvin.USA Rio de Janiero 15:07.51 Luiz Lima,BRA Shanghai 15:07.42 Chad Carvin, USA Hong Kong 15:01.64 Chad Carvin,USA Hobart 14:55.95 Masato Hirano.JPN

Sydney 14:29.51 Grant Hackett.AUS .

College Park Edmonton Rio de Janiero Shanghai Hong Kong 24.11 Matt Welsh, AUS • • Hobart

Sydney 24.29 Matt Welsh.AUS

100 METRES BACKSTROKE College Park Edmonton 53.74 Mark Versfeld.CAN Rio de Janiero Shanghai

Sydney

College Park 1:55.43 Gordan Kozulj,CRO Edmonton Rio de Janiero 1:57.15 Yong Fu,CHN Shanghai Hong Kong 1:57.75 Yong Fu,CHN

Sydney

50 MÉTRES BREASTSTROKÉ College Park Edmonton Rio de Janiero Shanghai 27 91 Yi 7hu CHN Hona Kona Hobart 27.96 Yi Zhu,CHN

Sydney

College Park Edmonton Rio de Janiero Shanghai Hong Kong Hobart 1:00.73 Morgan Knabe,CAN Sydney 59 75 Yi 7hu CHN

200 METRES BREASTSTROKE

2:11.89 Glenn Ed Moses, USA College Park 2:12.94 Tom Wilkens, USA Edmonton 2:13.62 Norbert Rozsa, HUN Rio de Janiero Shanghai 2:11.19 Hao Cheng, CHN Hong Kong Hobart

22.16 Sabir Muhammad.USA 22.59 Ryan Laurin, CAN 22.52 Fernando Scherer, BRA 22.42 Alexander Luderitz.GER

22.50 Richard S. Bera.INA 22.49 Edvaldo Silva BRA 22.10 Sabir Muhammad, USA

48.61 Neil Walker.USA 49.47 Mark Johnston CAN 49.46 Yannick Lupien, CAN 49.88 Qingsong Deng,CHN

49.04 Edvaldo Silva, BRA 49.05 Ian Thorpe, AUS 48.73 Ashley Callus, AUS

1:46.50 Chad Carvin, USA 1:47.20 Chad Carvin, USA 1:48.68 Edvaldo Silva, BRA 1:47.10 Chad Carvin.USA

1:46.24 Chad Carvin.USA

3:45.21 Masato Hirano.JPN

15:06.91 Andrea Righi,ITA

15:12.00 Yu Liu,CHN

15:08.36 Christian Minotti,ITA

15:16.40 Fabio Venturini,ITA

15:01.92 Craig Stevens, AUS

14:43.10 Kieren Perkins.AUS

24.28 Lenny Krayzelburg, USA

25.19 Alexandre Pichette, CAN

24.72 Lenny Krayzelburg, USA

24.59 Lenny Krayzelburg, USA

25.67 Cleber Costa, BRA

25.30 Jinghai Hu,CHN

52.18 Neil Walker.USA

55.20 Yong Fu.CHN

52.25 Matt Welsh, AUS

53.91 Gordan Kozulj, CRO

54.28 Marko Strahija CRO

56.06 Nicolo Dell'Andrea.ITA

52.85 Lenny Krayzelburg, USA

1:56.80 Rogerio Romero, BRA

1:56.39 Marko Strahija,CRO

2:00.20 Nicolo Dell'Andrea.ITA

1:55.58 Josh Watson AUS

1:54.53 Josh Watson AUS

27.90 Mark Warnecke, GER

28.20 Morgan Knabe, CAN

28.69 Patrik Isaksson, SWE

29.54 David Gustafsson.SWE

28.29 Morgan Knabe, CAN

27.92 Morgan Knabe, CAN

1:01.46 Flyin Chia MAS

1:00.99 Yi Zhu,CHN

1:00.82 Yi Zhu,CHN

59.98 Morgan Knabe, CAN

2:12.77 Tom Wilkens, USA

2:13.01 Shichao Xia,CHN

2:16.23 Chi Kin Tam.HKG

2:13.30 Phil Rogers, AUS

2:10.72 Phil Rogers, AUS

2:13.38 Matthew Huang, CAN

2:13.88 Marcelo Tomazini, BRA

1:01.94 Matthew Huang, CAN

1:02.00 Patrik Isaksson,SWE

1:03.31 David Gustafsson, SWE

28.18 Daqing Yu,CHN

1:58.21 Rui Yu,CHN

26.05 Yong Fu,CHN

1:48.79 Michael Kiedel GFR 1:47.03 Ian Thorne AUS 1:42.54 Ian Thorpe, AUS • • 1:46.40 Todd Pearson, AUS

> 3:51.92 Tom Dolan,USA 3:47.10 Bela Szabados, HUN 3:51 09 Bruno Bonfim BRA 3:49.79 Bela Szabados, HUN 3:48.34 Bela Szabados, HUN

3:35.75 Ian Thorpe, AUS • 3:38.29 Grant Hackett, AUS 15:20.91 Frederik Hviid FSP

50 METRES BACKSTROKE 24.12 Neil Walker, USA • • 24.88 Tomislav Karlo, CRO 25.35 Rogerio Romero, BRA 24.75 Kunpeng Ouyang, CHN 26.00 Felix Sutanto.INA

51.82 Lenny Krayzelburg, USA • 54.21 Rogerio Romero.BRA 53.32 Kunpeng Ouyang, CHN Hong Kong 55.74 Yong Fu,CHN

Hobart 52.67 Matt Welsh, AUS

51.73 Lenny Krayzelburg, USA • 200 METRES BACKSTROKE 1:52.47 Lenny Krayzelburg, USA • • 1:55.17 Gordan Kozuli, CRO 1:55.78 Rogerio Romero, BRA Hobart 1:52.77 Lenny Krayzelburg,USA

1:52.56 Lenny Krayzelburg,USA

27.65 Glenn Ed Moses, USA 27.89 Mark Warnecke, GER 28.65 Eduardo Fischer, BRA 29.40 Simon Leighfield.AUS

27.50 Yi Zhu,CHN 100 METRES BREASTSTROKE

1:00.18 Glenn Ed Moses,USA 1:01.12 Morgan Knabe,CAN 1:01.69 Norbert Rozsa,HUN 1:00.53 Qiliang Zeng,CHN 1:03.24 Simon Leighfield, AUS

2:15.54 Simon Leighfield, AUS 2:11.70 Ryan Mitchell, AUS 2:07.95 Ryan Mitchell, AUS Sydney

World Record = •• World Cup record = •

22.39 Neil Walker.USA 22.87 Sion Brinn, GBR 22.57 Yannick Lupien CAN 22.55 Piergiora De Felice.ITA 22.51 Edvaldo Silva.BRA 22.78 Stefan Nystrand, SWE

22.27 Brett Hawke, AUS 49.04 Sabir Muhammad.USA 49.75 Sion Brinn GBR

49.49 Edvaldo Silva, BRA 50.06 Edvaldo Silva, BRA 49.82 Carlos A. Jayme, BRA 49.54 Edvaldo Silva, BRA

48.93 Edvaldo Silva.BRA 1:47.25 Josh Davis, USA 1:47.50 Mark Johnston, CAN

1:49.27 Rodrigo Castro, BRA 1:48.47 Moreno Gallina,ITA 1:48.25 Moreno Gallina, ITA 1:49.05 Klaus Lanzarini.ITA 1:46.50 William Kirby, AUS

3:52.59 Michael Kiedel, GER 3:47.23 Mark Johnston, CAN 3:51 58 Christian Minotti ITA 3:50.06 Moreno Gallina, ITA 3:50.88 Moreno Gallina,ITA 3:50.24 Andrea Righi,ITA

3:45.87 Massi Rosolino,ITA 15:21.55 Jamie Grimes USA 15:13.76 Andrew Hurd.CAN 15:31.30 Alexandre Angelotti, BRA 15:13.89 Zuo Chen,CHN 15:23.02 Shibin Zheng,CHN

14:54.27 Stephen Penfold, AUS 24.76 Tomislav Karlo, CRO 25.23 Gordan Kozulj, CRO 25.73 Gabriel Mangabeira, BRA 25.65 Vi Lin CHN

26.79 Nicolo Dell'Andrea.ITA

15:09.53 Andrea Righi, ITA

24.94 Josh Watson, AUS 24.60 Chris Renaud, CAN 53.73 Gordan Kozulj,CRO 54.31 Rogerio Romero, BRA 54.64 Paulo Machado, BRA 55.77 Yi Lin.CHN

57.32 Liam Short,AUS

53.31 Josh Watson, AUS 52.61 Chris Renaud, CAN 1:55.79 Rogerio Romero, BRA 1:57.12 Aaron Peirsol, USA 1:57.60 Paulo Machado, BRA 1:58.80 Xin Shu,CHN

1:57.28 Matt Welsh AUS 1:55.13 Matt Welsh AUS 28.34 Jason Ward, USA 28.44 Jarrod Marrs, USA 28.80 Alan Pessotti, BRA

2:01.07 Lik Sung Fong,HKG

28.29 Qiliang Zeng,CHN 29.65 Jonathan Lewis.GBR 28.33 Patrik Isaksson, SWE 27.93 Paul Kent,NZL

1:02.43 Domenico Fioravanti.ITA 1:02.27 Hugues Duboscq,FRA 1:02.49 Eduardo Fischer BRA

1:03.47 Jonathan Lewis, GBR 1:01.62 Phil Rogers, AUS 1:00.51 Ryan Mitchell, AUS 2:13.58 Matic Lipovz, SLO

1:01.07 Daging Yu,CHN

2:14.55 Jason Hunter, CAN 2:15.64 Jose B. De Souza, BRA 2:14.62 Ziquian Liu,CHN 2:18.40 Ross Martin,GBR 2:13.75 Morgan Knabe, CAN

2:12.37 Morgan Knabe,CAN

50 METRES B	LITTEREL V			Rio de Janiero	28.61 Nina Zhivanevskaya,ESP	28.78 Fabiola Molina,BRA	29.69 Natalie Holston, AUS
College Park	23.72 Sabir Muhammad,USA	23.93 Qiang Zhang,CHN	24.21 Byron Davis,USA	Shanghai	28.50 Li Bei,CHN	28.66 Jiaru Cheng, CHN	28.88 Donghua Lu,CHN
Edmonton	24.33 Michael Mintenko, CAN	24.37 Tomislav Karlo,CRO	24.40 Collin Sood,CAN	Hong Kong	28.86 Erin Gammel, CAN	29.20 Kelly Stefanyshyn,CAN	30.75 Martina Svensson,SWE
Rio de Janiero	23.89 Milos Milosevic, CRO	23.97 Fernando Scherer,BRA	24.09 Qiang Zhang, CHN	Hobart	28.34 Dyana Calub, AUS	28.58 Kellie McMillan,AUS	29.01 Jiaru Cheng,CHN
Shanghai	24.58 Qiang Zhang,CHN	25.01 Yuewei Hong,CHN	25.22 Jiming Yang,CHN	Sydney	28.17 Dyana Calub, AUS	28.22 Kellie McMillan,AUS	28.27 Giaan Rooney, AUS
Hong Kong Hobart	24.65 Wisnu Wardhana,INA 23.55 Michael Klim,AUS	24.96 Ludovic Depickere,FRA 24.31 Garret Pulle,CAN	25.22 Hao Jin,CHN 24.39 Daniel Carlsson,SWE	100 METRES E College Park	59.27 Barbara Bedford, USA	1:01.52 Samantha Arsenault.USA	1:01.97 Raluca Udroju.ROM
Sydney	23.27 Michael Klim,AUS •	23.45 Sabir Muhammad,USA	24.07 Jere Hard,FIN	Edmonton	1:00.50 Nina Zhivanevskaya,ESP		1:01.55 Erin Gammel,CAN
100 METRES I				Rio de Janiero	1:00.85 Nina Zhivanevskaya,ESP		1:03.14 Kimberley Budgen, AUS
College Park	52.39 Sabir Muhammad, USA	53.22 Dod Wales,USA	53.57 Adam Pine,AUS	Shanghai	1:00.38 Shu Zhan,CHN	1:01.37 Erin Gammel, CAN	1:01.39 Jiaru Cheng,CHN
Edmonton	53.63 Michael Mintenko, CAN	53.69 Shamek Pietucha, CAN	53.80 Garret Pulle, CAN	Hong Kong	1:01.12 Erin Gammel,CAN	1:02.13 Kelly Stefanyshyn,CAN	1:03.35 Hiu Wai Tsai,HKG
Rio de Janiero	53.76 Brock Newman, USA	54.00 Adam Sioui,CAN	54.29 Fernando Alves,BRA	Hobart	59.93 Dyana Calub, AUS	1:00.09 Shu Zhan,CHN 59.79 Shu Zhan,CHN	1:01.52 Kellie McMillan,AUS
Shanghai Hong Kong	53.86 Zhi Zhang,CHN 54.35 Hao Jin,CHN	54.45 Xiao Zhang,CHN 54.99 Juan Veloz,MEX	54.52 Qiang Zhang,CHN 55.02 Ludovic Depickere,FRA	Sydney 200 METRES E	59.68 Dyana Calub, AUS	59.79 SHU ZHBH,CHN	1:00.69 Kellie McMillan,AUS
Hobart	51.74 Michael Klim, AUS	53.23 Sabir Muhammad,USA	54.04 Heath Ramsay, AUS	College Park	2:07.71 Barbara Bedford,USA	2:10.52 Lindsay Benko, USA	2:11.70 Roxana Maracineanu,FRA
Sydney	51.18 Michael Klim, AUS	51.96 Scott Miller, AUS	52.78 Theo Verster,RSA	Edmonton	2:08.06 Kelly Stefanyshyn, CAN	2:12.18 Nina Zhivanevskaya,ESP	2:13.49 Jennifer Fratesi, CAN
200 METRES I				Rio de Janiero	2:10.89 Nina Zhivanevskaya,ESP	2:13.31 Fabiola Molina,BRA	2:13.91 Federica Barsanti,ITA
College Park	1:57.90 Juan Veloz,MEX	1:59.69 Tamas Kerekjarto, HUN	2:00.57 Joshua Krogh, AUS	Shanghai	2:10.12 Kelly Stefanyshyn, CAN	2:10.66 Shu Zhan,CHN	2:11.17 Xuan Tao,CHN
Edmonton Rio de Janiero	1:58.10 Shamek Pietucha, CAN 1:57.66 Adam Sioui, CAN	1:58.87 Adam Sioui,CAN 1:58.78 Kaio de Almeida,BRA	1:59.67 Philip Weiss,CAN 1:59.51 Yann de Fabrique,FRA	Hong Kong Hobart	2:11.31 Kelly Stefanyshyn,CAN 2:09.99 Lindsay Benko,USA	2:14.22 Erin Gammel,CAN 2:10.95 Shu Zhan,CHN	2:16.21 Louise Coull,GBR 2:11.67 Helen Norfolk,NZL
Shanghai	1:57.33 Juan Veloz,MEX	1:57.83 Massi Eroli,ITA	1:59.05 Zhi Zhang,CHN	Sydney	2:08.59 Lindsay Benko,USA	2:09.04 Giaan Rooney,AUS	2:10.02 Danielle Lewis,AUS
Hong Kong	1:57.59 Massi Eroli,ITA	1:57.62 Juan Veloz,MEX	1:58.27 Hao Jin,CHN	50 METRES BI			
Hobart	1:56.71 Shamek Pietucha, CAN	1:57.08 Heath Ramsay, AUS	1:59.19 Shane Fielding,AUS	College Park	31.79 Janne Schafer, GER	32.02 Katie McClelland,USA	32.04 Brooke Hanson, AUS
Sydney	1:54.48 Scott Miller, AUS	1:55.50 Justin Norris, AUS	1:55.97 William Kirby,AUS	Edmonton	31.25 Penelope Heyns,RSA	31.96 Janne Schafer, GER	32.15 Danica Wizniuk,CAN
100 METRES I		E4.00 Iani Ciavinan EIN	56.36 Josh Davis.USA	Rio de Janiero	32.42 Hui Qi,CHN	32.81 Katie Clewett, AUS	33.14 Gabrielle Rose,USA
College Park Edmonton	54.45 Neil Walker, USA 55.40 Peter Mankoc, SLO	54.80 Jani Sievinen,FIN 56.09 Mark Versfeld,CAN	56.30 Gordan Kozulj,CRO	Shanghai Hong Kong	31.45 Wei Li,CHN 32.16 Sylvia Gerasch,GER	31.75 Ping Hao,CHN 32.31 Janne Schafer,GER	31.90 Tian Ruan, CHN 32.96 Kelly Denner, AUS
Rio de Janiero	56.44 Scott Tucker, USA	56.78 Daniel Karlsson,SWE	57.02 Craig Hutchison,CAN	Hobart	31.26 Penelope Heyns,RSA	31.26 Xue Han,CHN	31.51 Rebecca Brown, AUS
Shanghai	55.33 Xufeng Xie,CHN	55.53 Kunpeng Ouyang,CHN	56.22 Xiao Zhang,CHN	Sydney	31.42 Penelope Heyns,RSA	31.62 Emma Igelstrom,SWE	31.90 Brooke Hanson, AUS
Hong Kong	55.55 Xufeng Xie,CHN	56.68 David Gustavsson,SWE	57.55 Rahmin De Krester, AUS		BREASTSTROKE		
Hobart	55.52 Jani Sievinen,FIN	55.91 Kunpeng Ouyang,CHN 54.88 Kunpeng Ouyang,CHN	56.78 Robert Abernethy, AUS	College Park Edmonton	1:08.67 Brooke Hanson, AUS	1:08.98 Kristine Quance-Julian,USA 1:08.87 Brooke Hanson,AUS	1:09.02 Alicja Peczak,POL 1:08.89 Hui Qi.CHN
Sydney 200 METRES I	54.87 Jani Sievinen,FIN	54.88 Kunpeng Ouyang,Chin	55.43 Grant McGregor, AUS	Rio de Janiero	1:07.78 Penelope Heyns,RSA 1:08.41 Hui Qi,CHN	1:09.98 Katie Clewett, AUS	1:10.68 Krisztina Kovacs,HUN
College Park	1:58.83 Jani Sievinen,FIN	1:59.61 Tamas Kerekjarto, HUN	2:00.61 Tom Wilkens.USA	Shanghai	1:07.50 Hui Qi,CHN	1:07.99 Wei Li,CHN	1:08.17 Tian Ruan,CHN
Edmonton	1:59.26 Tom Wilkens, USA	2:02.86 Jean-F. Langlais,CAN	2:02.90 Massi Rosolino,ITA	Hong Kong	1:09.18 Alicja Peczak,POL	1:09.98 Sylvia Gerasch,GER	1:10.33 Kelly Denner, AUS
Rio de Janiero	2:01.94 Scott Tucker,USA	2:03.32 Kresimir Cac,CRO	2:03.83 Jose B. De Souza,BRA	Hobart	1:07.38 Penelope Heyns,RSA	1:07.57 Rebecca Brown,AUS	1:08.30 Alicja Peczak,POL
Shanghai	1:58.88 Xufeng Xie,CHN	2:00.66 Qingsong Deng,CHN	2:01.90 Hao Jin,CHN	Sydney	1:06.61 Penelope Heyns,RSA •	1:07.90 Alicja Peczak,POL	1:07.94 Rebecca Brown,AUS
Hong Kong Hobart	1:59.60 Xufeng Xie,CHN 1:59.24 Jani Sievinen,FIN	2:02.18 Moreno Gallina,ITA 1:59.57 Curtis Myden,CAN	2:02.43 Olivier Saminadin,FRA 2:00.82 Dean Kent,NZL	College Park	BREASTSTROKE 2:26.49 Kristine Quance-Julian,USA	2:26.74 Anne Poleska,GER	2:26.98 Brooke Hanson, AUS
Sydney	1:57.89 Matthew Dunn,AUS	1:58.13 Jani Sievinen,FIN	1:58.58 Curtis Myden,CAN	Edmonton	2:25.85 Hui Qi,CHN	2:27.39 Alicja Peczak,POL	2:28.21 Anne Poleska,GER
400 METRES				Rio de Janiero	2:27.83 Hui Qi,CHN	2:29.70 Katie Clewett, AUS	2:29.97 Federica Biscia,ITA
College Park	4:13.44 Jani Sievinen,FIN	4:17.57 Tom Dolan,USA	4:20.42 Jan Vitazka, CZE	Shanghai	2:23.73 Hui Qi,CHN	2:24.89 Xuejuan Luo,CHN	2:27.26 Ping Hao, CHN
Edmonton	4:15.98 Curtis Myden,CAN	4:16.27 Robert Margalis,USA	4:17.38 Tom Wilkens,USA	Hong Kong	2:26.36 Alicja Peczak,POL	2:32.18 Caroline Warren, GBR	2:32.59 Sylvia Gerasch,GER
Rio de Janiero	4:19.99 Massi Eroli,ITA	4:23.77 Grigori Matuzkov,KAZ	4:25.84 George Du Rand,RSA	Hobart	2:25.47 Rebecca Brown, AUS 2:24.78 Samantha Riley, AUS	2:25.85 Alicja Peczak,POL	2:27.09 Caroline Hildreth, AUS 2:25.51 Rebecca Brown, AUS
Shanghai Hong Kong	4:12.26 Xufeng Xie,CHN 4:16.66 Xufeng Xie,CHN	4:15.31 Hao Jin,CHN 4:19.36 Massi Eroli,ITA	4:15.82 Massi Eroli,ITA 4:20.24 Olivier Saminadin,FRA	Sydney 50 METRES BU		2:25.44 Brooke Hanson,AUS	2.25.51 Redecta Blown,AUS
Hobart	4:13.82 Jani Sievinen,FIN	4:14.23 Curtis Myden,CAN	4:16.68 Jim Piper,AUS	College Park	26.00 Jenny Thompson,USA • •	26.59 Inge de Bruijn,NED	26.81 Dara Torres,USA
Sydney	4:10.60 Grant McGregor, AUS	4:11.37 Curtis Myden, CAN	4:12.09 Jani Sievinen,FIN	Edmonton	27.69 Karine Chevrier, CAN	28.12 Carmen Cosgrove, AUS	28.25 Shona Kitson, CAN
				Rio de Janiero	26.71 Johanna Sjoberg,SWE	28.08 Carmen Cosgrove, AUS	28.09 Orsolya Ferenczy, HUN
WOMEN 50 METRES FI	DEFETVIE			Shanghai	26.77 Yi Ruan,CHN	27.32 Li Chen,CHN	27.56 Danna Wang,CHN
College Park	24.74 Jenny Thompson,USA	24.81 Dara Torres, USA	25.13 Inge de Bruijn,NED	Hong Kong Hobart	27.49 Marietta Uhle,GER 26.90 Yi Ruan,CHN	28.08 Jasmin Geisel, AUS 27.20 Diane Bui Duyet, FRA	28.71 Audrey Lacroix, CAN 27.39 Johanna Sjoberg, SWE
Edmonton	25.69 Alison Sheppard,GBR	25.82 Karen Pickering, GBR / 25.8		Sydney	26.08 Jenny Thompson, USA	26.87 Yi Ruan,CHN	27.07 Johanna Sjoberg,SWE
Rio de Janiero	25.88 Flavia Delaroli,BRA	26.03 Tatiana Lemos,BRA	26.09 Johanna Sjoberg,SWE	100 METRES E	BUTTERFLY		
Shanghai	25.34 Xue Han,CHN	25.73 Xiaowei Zhou,CHN	25.85 Xiaorong Cheng,CHN	College Park	57.64 Jenny Thompson, USA	59.32 Ashley Tappin,USA	59.82 Richelle DePold-Fox,USA
Hong Kong Hobart	25.86 Yu Yang,CHN 25.45 Xue Han,CHN	25.92 Tammie Stone,USA 25.96 Emi Yamamoto,JPN	26.01 Dan Sun,CHN 26.01 Louise Johncke.SWE	Edmonton Rio de Janiero	1:00.00 Karine Chevrier,CAN	1:01.05 Jennifer Button,CAN	1:01.18 Audrey Lacroix, CAN 1:02.59 Orsolya Ferenczy, HUN
Sydney	24.78 Jenny Thompson,USA	25.42 Louise Johncke,SWE	25.46 Sarah Ryan, AUS	Shanghai	59.37 Johanna Sjoberg,SWE 58.36 Yi Ruan,CHN	1:01.52 Carmen Cosgrove, AUS 1:00.10 Li Chen, CHN	1:00.23 Jin Li.CHN
100 METRES I		20.42 Eduise Sorniere, SWE	25.40 Salah Nyan,105	Hong Kong	1:00.33 Jin Li,CHN	1:00.48 Marietta Uhle,GER	1:01.71 Audrey Lacroix,CAN
College Park	53.49 Jenny Thompson, USA	54.07 Dara Torres,USA	55.06 Martina Moravcova, SVK	Hobart	58.29 Yi Ruan,CHN	58.86 Johanna Sjoberg,SWE	1:00.03 Diane Bui Duyet,FRA
Edmonton	55.43 Laura Nicholls,CAN / 55.43		55.55 Josefine Lillhage,SWE	Sydney	57.29 Jenny Thompson, USA	58.36 Susan O'Neill,AUS	58.44 Yi Ruan,CHN
Rio de Janiero	56.73 Rebeca Gusmao,BRA	56.74 Tatiana Lemos,BRA	56.80 Alessa Ries, GER	200 METRES E		2.11 41 Jameifor Dutton CAN	2:12:10 Mally Francheson UCA
Shanghai Hong Kong	54.94 Xue Han,CHN 55.26 Yu Yang,CHN	55.43 Jin Li,CHN 56.06 Jin Li,CHN	55.51 Xiaorong Cheng,CHN 56.10 Dan Sun,CHN	College Park Edmonton	2:10.02 Shelly Ripple,USA 2:11.29 Jessica Deglau,CAN	2:11.41 Jennifer Button,CAN 2:11.47 Karine Chevrier,CAN	2:12.10 Molly Freedman,USA 2:14.50 Audrey Lacroix,CAN
Hobart	55.18 Lori Munz,AUS	55.78 Louise Johncke,SWE	56.28 Jasmin Geisel, AUS	Rio de Janiero	2:11.35 Johanna Sjoberg,SWE	2:14.69 Carmen Cosgrove, AUS	2:17.31 Marcella Amar, BRA
Sydney	53.05 Jenny Thompson, USA •	54.83 Louise Johncke, SWE	54.91 Lori Munz,AUS	Shanghai	2:07.04 Yi Ruan,CHN	2:12.70 Juan Du,CHŇ	2:12.74 Caixia Zhu,CHN
200 METRES I		1501/14-2 0 1 : 0:=	1 50 22 Dec. 7 U.S.	Hong Kong	2:13.24 Audrey Lacroix, CAN	2:13.36 Julie Gravelle, CAN	2:20.70 Gemma Howells,GBR
College Park Edmonton	1:57.69 Martina Moravcova, SVK	1:58.16 Malin Svahnstrom, SWE	1:58.32 Dara Torres, USA 2:00.42 Claire Huddart, GBR	Hobart	2:10.23 Kristine Quance-Julian,USA 2:04.16 Susan O'Neill,AUS • •		2:12.95 Nicole Hunter, AUS
Rio de Janiero	1:58.73 Josefine Lillhage,SWE 2:01.38 Stacey Holdsworth,GBR	1:59.19 Karen Pickering,GBR 2:01.58 Monique Ferreira,BRA	2:00.42 Charle Huddart,GBR 2:02.47 Ana C. Muniz,BRA	Sydney 100 METRES I		2:06.50 Yi Ruan,CHN	2:08.14 Maki Mita,JPN
Shanghai	1:56.54 Yu Yang,CHN	1:57.21 Caini Tan,CHN	1:58.72 Shuang Liang,CHN	College Park	1:01.00 Jenny Thompson,USA	1:02.14 Martina Moravcova, SVK	1:03.05 Natasha Kejzar,SLO
Hong Kong	1:57.96 Yu Yang,CHN	1:58.90 Caini Qin,CHN	1:59.77 Dan Sun,CHN	Edmonton	1:02.48 Yan Chen,CHN	1:02.52 Marianne Limpert,CAN	1:03.81 Brooke Hanson, AUS
Hobart	1:57.67 Lindsay Benko,USA	1:57.74 Kasey Giteau, AUS	1:59.44 Elka Graham,AUS	Rio de Janiero	1:03.14 Gabrielle Rose,USA	1:03.29 Beatrice Coada-Caslaru,ROM	
Sydney	1:55.66 Susan O'Neill,AUS •	1:57.36 Lori Munz,AUS	1:58.03 Kasey Giteau, AUS	Shanghai	1:01.85 Shu Zhan,CHN	1:01.99 Xue Han,CHN	1:02.84 Tian Ruan, CHN
400 METRES I College Park	4:07.66 Lindsay Benko,USA	4:09.65 Josefine Lillhage, SWE	4:11.16 Hua Chen,CHN	Hong Kong Hobart	1:03.72 Tammie Stone,USA 1:02.34 Xue Han,CHN	1:04.72 Kristen Bradley,CAN 1:02.67 Lori Munz,AUS	1:05.55 Linnea Tossavainen,SWE 1:03.91 Brooke Hanson,AUS
Edmonton	4:09.19 Hua Chen,CHN	4:09.55 Josefine Lillhage,SWE	4:11.24 Carla Geurts, NED	Sydney	1:00.89 Xue Han,CHN	1:01.63 Shu Zhan,CHN	1:02.18 Lori Munz,AUS
Rio de Janiero	4:10.32 Hua Chen, CHN	4:13.49 Stacey Holdsworth,GBR	4:16.05 Ana C. Muniz,BRA	200 METRES I			
Shanghai	4:06.11 Yu Yang,CHN	4:06.51 Yan Zhang,CHN	4:06.72 Caini Qin,CHN	College Park		1 2:11.30 Kristine Quance-Julian,USA	2:13.49 Martina Moravcova, SVK
Hong Kong	4:12.39 Caini Qin,CHN	4:16.67 Kelly Stefanyshyn, CAN	4:21.92 Chi Chan Lin,TPE	Edmonton	2:11.84 Beatrice Coada-Caslaru,RON		2:13.91 Marianne Limpert, CAN
Hobart Sydney	4:07.15 Yan Zhang,CHN 4:03.50 Sarah-J. D'Arcy,AUS •	4:08.34 Kasey Giteau, AUS 4:05.22 Sachiko Yamada, JPN	4:09.95 Lindsay Benko,USA 4:06.02 Yan Zhang,CHN	Rio de Janiero Shanghai	2:11.82 Beatrice Coada-Caslaru,RON 2:11.11 Shu Zhan,CHN	1 2:13.81 Yan Chen,CHN 2:12.03 Yan Chen,CHN	2:17.35 Gabrielle Rose,USA 2:14.42 Tian Ruan,CHN
800 METRES I				Hong Kong	2:16.68 Kristen Bradley, CAN	2:20.31 Samantha Hunter,GBR	2:20.56 Angela Kan,AUS
College Park	8:36.41 Cara Lane,USA	8:41.15 Rachel Burke,USA	8:49.07 Lotta Wanberg,SWE	Hobart	2:10.91 Shu Zhan,CHN	2:12.22 Kristine Quance-Julian,USA	2:13.02 Joanne Malar, CAN
Edmonton	8:37.36 Carla Geurts,NED	8:38.94 Lindsay Beavers, CAN	8:53.62 Kate Brambley,CAN	Sydney	2:10.26 Shu Zhan,CHN •	2:10.40 Lori Munz,AUS	2:12.15 Kristine Quance-Julian,USA
Rio de Janiero	8:34.27 Hua Chen,CHN	8:35.88 Stacey Holdsworth, GBR	8:41.97 Julie Varozza,USA	400 METRES I		4 4.27 47 Veletine O Iulian 1104	4.42 17 Madalaina Calanan UCA
Shanghai Hong Kong	8:23.00 Hua Chen,CHN 8:47.46 Julie Gravelle,CAN	8:24.47 Yan Zhang,CHN 9:05.79 Chi Chan Lin,TPE	8:37.96 Ling Cao,CHN 9:24.89 Ann Wong,HKG	College Park Edmonton	4:34.43 Beatrice Coada-Caslaru,RON 4:38.61 Beatrice Coada-Caslaru,RON	1 4:37.47 Kristine Quance-Julian,USA 1 4:40.89 Joanne Malar CAN	4:43.17 Madeleine Crippen,USA 4:45.53 Carrie Burgoyne,CAN
Hong Kong Hobart	8:47.46 Julie Gravelle, CAN 8:30.00 Yan Zhang, CHN	8:34.42 Danielle Woods,AUS	8:38.65 Amanda Pascoe, AUS	Rio de Janiero	4:38.61 Beatrice Coada-Caslaru,RON		4:45.53 Carrie Burgoyne,CAN 4:53.47 Ann Berglund,SWE
Sydney	8:17.76 Sachiko Yamada,JPN •	8:21.88 Yan Zhang,CHN	8:25.57 Flavia Rigamonti,SUI	Shanghai	4:38.66 Shuang Liang,CHN	4:40.53 Yan Chen,CHN	4:40.91 Ying Liu,CHN
50 METRES B		00.70 // ///	00.0044 11.0 11.11.11	Hong Kong	4:46.69 Kristen Bradley,CAN	4:49.71 Samantha Hunter,GBR	4:54.54 Gemma Howells,GBR
College Park	27.90 Barbara Bedford, USA	28.70 Kellie McMillan, AUS	29.39 Marshi Smith,USA	Hobart	4:37.24 Kristine Quance-Julian, USA		4:43.15 Alissa Searston, AUS
Edmonton	28.31 Nina Zhivanevskaya,ESP	28.64 Kelly Stefanyshyn,CAN / 28	.04 LIIII GdIIIIIEI,CAN	Sydney	4:36.47 Kristine Quance-Julian,USA	4.57.00 JUBINE WARF,CAN	4:39.26 Rachel Corner,GBR

2000 FINA WORLD CUP 1-7

6 WORLD AND 17 CUP RECORDS AFTER 7 WORLD CUPS

Nick J. Thierry

WORLD CUP 1

COLLEGE PARK—Three world records highlighted the second day of the FINAWorld Cup 1 (Nov 20-22) as the "Lenny and Jenny show" continued, with Neil Walker elbowing in for a spot in the limelight.

Neil Walker (USA) was the winner of the men's 50 backstroke with a world record time of 24.12, bettering the existing world record of 24.13 by Thomas Rupprath (GER) from 1998 and recently tied by Matt Welsh (AUS) in September. Walker touched ahead of superstar backstroker Lenny Krayzleburg (USA), whose 24.28 was second. Later that night, Walker added a third in the 50 free. He was second the previous day in the 100 free and 100 back. But in the second last event of that day, the 200 backstroke, Krayzelburg made up for his earlier upset. He attacked one of the oldest short-course records from 1991

and he was well ahead of the old record splits:

1:24.07 1991 27.27 55.81 1:52.51 1999 26.49 55.30 1:23.86 1:52.47

Jenny Thompson (USA) won her third event in the second evening's first final. Her winning time of 53.49 for the 100 freestyle was the fastest ever in the U.S.A. but short of her American record of 53.24, set when she won the FINA SC World Championships last April. Dara Torres (USA) was second in 54.07 and Martina Moravcova (SVK) third in 55.06.

In the 100 IM, Jenny Thompson cruised to an easy win with 1:01.00 and then just 16 minutes later blasted to a new world record in the last event, the 50 butterfly, with a 26.00, bettering her own previous record of 26.05 from last year's World Cup in December. Thompson won five events over the two days and was top female Swimmer of the Meet.

The record swims earned a \$4,000 FINA bonus (\$40,000 total available for the 12-meet series). Event winners received \$500 each from the local organizing committee.

USA swimmers won 25 of 34 events and 59 of 102 overall medals. In total, 20 countries shared in the



World records for Neil Walker, Jenny Thompson, and Lenny Krayzelburg

medals, with Australia winning 6 but only 1 gold. There were 290 competitors from 42 countries.

WORLD CUP 2

EDMONTON-A Canadian 200 backstroke record for Kelly Stefanyshyn was the top performance of FINA World Cup 2 (Nov 27-28). There were 265 participants from 21 countries. Canada, the host nation, dominated with 14 golds and 48 medals in total.

Two Canadian record swims by Kelly Stefanyshyn in the women's 200 backstroke were one the highlights of the first day. In the prelims, Stefanyshyn bettered her

> own record with a 2:08.79. In the finals, she lowered it to 2:08.06. Nina Zhivanevskaya (ESP) was second with 2:12.18 and Jennifer Fratesi (CAN) was third with 2:13.49. "My coach told me to swim 2:10-12 this morning," Kelly said. "So my record swim was a surprise and I am really pleased." Stefanyshyn tied for first in the 100 backstroke with Nina Zhivanevskaya (ESP), who won the 50 backstroke.

Chad Carvin (USA) won the 400 and 1500 free for the second meet in

Beatrice Caslaru (ROM) continued her sweep of the 200 and 400 IMs, giving her four firsts after two World Cups, as Joanne Malar (CAN), in the lead at the midpoint of the 400, couldn't hold off Coada's stronger breast and free legs. After competing in four events, Malar only medalled in this one event.

WORLD CUP 3

RIO DE JANIERO-The competition was held over three days (Nov 26-28) to allow for finals in the morning and live television coverage.

Why were there so many fast times in the prelims? Because the prelims were held between 5:00 and 7:00 pm, the most common period for fast performances, rather than 9:00 am to 12 noon for the finals, the more



Adam Siou, set Canadian NAG records for 100-200 fly in Rio

usual time for prelims. This arrangement has become the norm for major competitions in Brazil as they are able to access live television coverage on Rede Globo in the mornings, something impossible to access in prime time afternoon or evening in this soccermad country. Brazil was using this competition as one of the qualifying meets for selection to their World SC Championships next March in Athens. South American records were bettered in nine events by swimmers from Brazil.



South American record for Rogerio Romero, BRA, in the 200 backstroke

DI azii.

In addition to Brazil, 21 countries attended, with a total of 229 participants.

Beatrice Coada (ROM) was the top performer, sweeping the women's 200 and 400 IMs for the third consecutive World Cup, giving her six wins in three consecutive meets.

Nina Zhivanevskaya (ESP) won all three backstrokes for women, while Rogerio Romero (BRA) did the same for men, with a South American record of 1:55.78 in the 200.

Adam Siou (CAN) won the 200 fly in 1:57.66 and was second in the 100 fly with 54.00. Both established 15-17 Canadian Age Group records.

WORLD CUP 4

SHANGHAI-The fourth stage of the 2000 FINA World Cup got underway on January 4 in the Jing An Sport Centre, a two-year-old complex with a 50-metre indoor pool on the sixth floor. Seating for 1000 spectators and a good turnout added to the atmosphere. The meet was televised and the potential audience was estimated in the multi-millions.

Around 200 swimmers from 15 countries took part, with over half from the host country, China. Four Chinese national records were bettered during the competition, as the host nation completely dominated with 28 of 34 golds and 86 of 102 total medals.

Xie Xufeng (CHN) established two national records: the 200 IM in 1:58.88 and the 400 IM in 4:12.26. Ouyang Kunpeng (CHN) was another record setter in the 50 back with 24.76 and the 100 back with 53.32.

Bela Szabados (HUN) won the 100 and 200 free (his third win in this event in the current World Cup series). Chad Carvin (USA) continued his sweep of the 400-1500 freestyles for the third World Cup he had

competed in.

Juan Veloz (MEX), 17, won the 200 fly in 1:57.33, after also winning World Cup 1.

Kelly Stefanyshyn (CAN) won the 200 backstroke, the only women's event where the hosts didn't come first. In fact, Chinese women swept the top three spots in 15 of the 17 women's events.

WORLD CUP 5

HONG KONG-Although the number of participants was the lowest of the current series—138 competitors from 18 countries took part—some of the winning performances were the fastest of the series so far.

China, with 9 swimmers, won the most golds with 7 and 15 total medals. Canada, with 6 women, was second with 7 golds and 15 total medals.

Hong Kong swimmers established four SAR (Special Administrative Region) men's records: 3 on the first day, in the 200 breast, 100 IM, and 400 IM, and 1 on the second day in the 200 backstroke.

Bela Szabados (HUN) won his fourth consecutive 200 freestyle in 1:45.17, the fastest time of the current series.

Chad Carvin (USA) won the 400 and 1500 free for the fourth consecutive World Cup he's competed in. His time in the 1500 of 15:01.64 was his fastest of the current series.

Indonesia, participating for the first time in a World Cup, took two firsts with Felix Sutanto in the 50 back in 26.00 and Wisnu Wardhana in the 50 butterfly in 24.65.

The 7 Canadian golds were from Julie Gravelle in the 800 free with 8:47.46, Erin Gammell in the 50-100 backstroke (Kelly Stefanyshyn was second in both), Kelly Stefanyshyn in the 200 back, Audrey Lacroix in the 200 fly in 2:13.24, and Kristen Bradley in the 200 and 400 IMs, sweeping in personal bests of 2:16.68 and 4:46.69.

WORLD CUP 6

HOBART-Nearly 300 swimmers representing 20 countries took part in the thesixth meet (Jan 13-14) of the 2000 FINA World Cup series at Hobart's Tattersal's Aquatic Centre. It is the second consecutive time

that a World Cup meet was hosted in Tasmania.

Current world record holders Ian Thorpe and Michael Klim (AUS), Lenny Krayzelburg (USA), and Penny Heyns (RSA) took part. A new world record, the fourth of the current 2000 World Cup series, was the highlight on the second day.

Australia, the host nation with the most swimmers, won 12 golds and 41 total medals. China placed second with 9 golds and 13 total medals.

Australian backstroker Matt Welsh upset Lenny Krayzelburg (USA) for the second time in two consecutive days. He outtouched his rival in the 50 backstroke with 24.11, bettering the pending record of 24.12 from World Cup 1 by Neil Walker (USA). Krayzelburg finished second in 24.72. The home crowd gave Welsh a standing ovation.

"For some time I have been dreaming of beating Lenny," Welsh said. "I have proved that I can do it. Nothing personal, Lenny is such a nice guy, but competition is competition and I'll try to do it again". Welsh also beat Krazelburg in the 100 back.

Michael Klim (AUS) won three events: the 100 free in 47.83, the 50 fly in 23.55, and the 100 fly in 51.74, all three times the fastest of the current series.

Jani Sievinen (FIN) swept the three IMs, holding offstiff challenges from Curtis Myden (CAN) in the 200 and 400.

Chinese women won 7 of 17 events. Ruan Yi posted the top women's performance in winning the 100 butterfly in 58.29.

WORLD CUP 7

SYDNEY-Two world and 12 World Cup series records were bettered, making this perhaps the best-ever World

Cup competition in the 12-year history of the series.

Ian Thorpe sent a crowd of nearly 3000 wild when he predictably won the 200 freestyle in a world-record time of 1:42.54. Throughout his solitary race, the 17year-old Sydney man was at world-record pace. He touched 10 metres ahead of the field, with Todd Person (AUS) in second with 1:46.40 and William Kirby (AUS) in third with 1:46.50.

Thorpe's splits:

1999 24.55 51.10 1:17.64 1:43.28 2000 23.98 50.11 1:16.41 1:42.54

"A world record wasn't something I intended to do," Thorpe said. "But I'll take it at this time of the season. I wanted to go out in 50.8 and that would put me on record pace. It wasn't planned, it just happened. I just set myself up for a good time."

The second world record came from Susan O'Neill (AUS) in the 200 butterfly. O'Neill let Ruan Yi (CHN) take the early lead. After the 100,0'Neill moved ahead and flew to victory in 2:04.16.

O'Neill's splits:

1999 2000 28.34 28.63 59.85 1:00.18 1:32.22 1:32.01 2:04.43 2:04.16

Ruan Yi (CHN) became the third all-time performer and new Asian record-holder with her second-place time of 2:06.50 (28.73, 1:00.86, 1:33.43). Maki Mita (JPN) was third with 2:08.14. O'Neill also won the 200 free with 1:55.66, a World Cup, Australian, and Commonweath record.

"This is my first world record at this pool," O'Neill said. "I hope it's a good sign. The cheering was really loud and spurred me on. I just tried to think about my race plan and do my best time." She added, " I missed a couple of turns because I misjudged the number of strokes. I would have liked to get under 2:04—I don't know how many more chances I'll get to try and get under that."

This was also the best performance of the meet, earning 1026 points. O'Neill's feat was rewarded with a special prize and Thorpe also received a special award for top male performance. 2000 FINA World Cup off to a great start

The 400 free final looked like a preview of the Olympic final, with Grant Hackett, Ian Thorpe, Kieren Perkins, and Daniel Kowalski (all AUS) lining up on the starting blocks together and Massimiliano Rosolino (ITA), the fastest qualifier.

Thorpe was obviously going for Hackett's world record. "Thorpedo" was always in the lead, under the world-record split at the 100 turn, only 0.01 seconds over the world record split at the 300 turn, and just missing at the end with his 3:35.75. It was a World Cup record time.

The splits:

1999 3:35.01 52.40 1:47.11 2:42.08 2000 3:35.75 51.90 1:47.69 2:42.09 Hackett never challenged and swam for second. Rosolino was well back in third and Perkins was fourth with 3:47.08.

To the delight of the crowd, Australian swimmers dominated the 1500 freestyle, where they have a longstanding winning tradition. World record-holder Grant Hackett won with an excellent 14:29.52, a new World Cup record and the third all-time best performance. Kieren Perkins (AUS) was second with 14:43.10.

"My coach Denis Cotterell and I decided before the race to have a go at the 800 freestyle world record," Hackett said. "When I turned at the 400 I looked up at the board and saw my time was 3:46.00 (slower than the record pace). I then decided not to go for the world record. I wanted to win this race. Perkins was 5 seconds behind me at the US Open last December—I wanted to make it a 10-second margin here."

Michael Klim (AUS) won the 50 and 100 freestyle

and the 50 and 100 butterfly, with a World Cup record of 23.27 in the 50 fly.

Matt Welsh (AUS) bested Lenny Krayzelburg (USA) in the 50 back, but the American won the 100 back in 51.73, a World Cup record, and added the 200 back.

Jenny Thompson (USA) won four events: the 50 and 100 free and the 50 and 100 fly. Her time in the 100 free of 53.05 was a World Cup and American record.

Sarah Jane D'Arcy (AUS) won the 400 freesyle in 4:03.50 (splitting 59.67, 2:01.42, 3:03.20), a huge improvement over her previous best of 4:10.41 last year. It was a new Commonwealth and Australian record.

Sachiko Yamada, 17 (JPN) won the 800 freestyle in 8:17.76, another World Cup record and the third-fastest all time performance.

The splits:

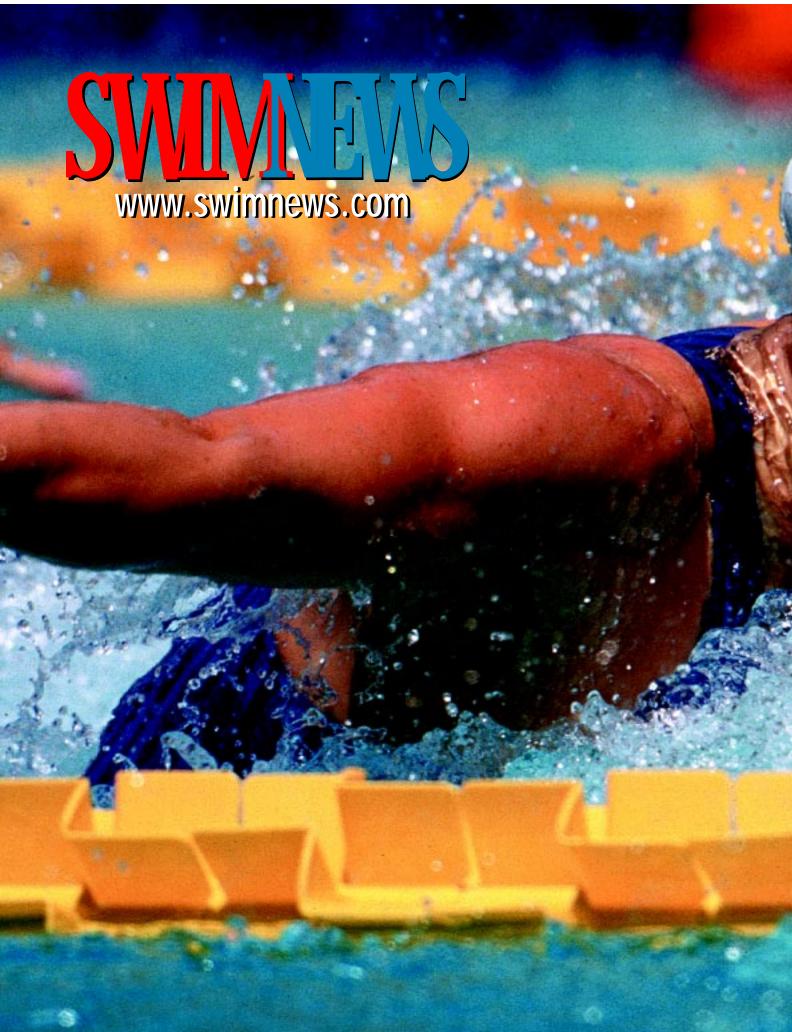
Marco Chiesa

1987	2000
world best	Yamada
2:02.24	2:02.95
4:07.04	4:08.51
6:11.69	6:14.06
8:15.34	8:17.76

Australia won 18 of the 34 events and 50 of 103 total medals to completely dominate this competition.

 $The \,World \,Cup\, series\, moves$ to Europe, with five more competitions during February.







FAST RACING WITH HARD TRAINING

Cecil Colwin

On the cusp of the 21st century, Mark Schubert, one of the world's foremost coaches, sees a bright future for the sport.

Interviewed a few weeks before the start of the new millennium, Schubert said that competitive swimming was becoming more like track and field, and that professional swimming would keep swimmers in the sport longer.

"From our knowledge of physiology, we always knew that people could continue to improve physiologically until their late 20s and early 30s. Now we're seeing this happen in swimming, and it is very positive."

Asked whether a big gap had formed between the new professional ranks of swimming and the grass roots levels, Schubert said that the professional level isn't that large yet. "I don't know about other countries, but in America, the professional level, with a few exceptions is merely a subsistence level."

Swimming Fast While Training Hard

Questioned whether swimmers on the professional circuit have enough time to train between meets, Schubertsaid that swimmers such as Lenny Krayzelberg and Jennie Thompson were "handling it quite successfully." He added that today's swimmers had developed a concept that it is possible to swim fast yet stay in hard training. In fact, they often use the actual meets as part of their training, as opposed to trying to peak for individual meets. "The swimmers who can do this most successfuly are not going to compromise their training."

Schubert said that, while he couldn't speak directly as to Jenny's successes, he could discuss Lenny's successes because he coaches Lenny. "Lenny has the type of physiology that enables him to recover quickly from hard work, and he basically expects to swim fast all year long."

"He expects to win, and he has been able to have some tremendous world class performances. I see these performances not just in competition like World Cup meets or major international invitationals during the year, but also in practice."

Does Lenny ever take time off from competition to do basic work in order to regenerate? Schubert replied, "In Lenny's case, certainly we use the Fall, and also the Spring, for a period of hard work, and yet he does have a tremendous aerobic base."

"It doesn't take him long to build up that base, but he also does a good job throughout the year of continuing some level of aerobic training to maintain that base."

How Lenny Krayzelberg Trains

18

At this point our conversation went as follows:

Colwin (C): Would you mind elaborating on the type of aerobic work Lenny Krayzeberg does, as a backstroker, or does he ring the changes and do all the strokes?

Schubert (S): In his case, he really trains more like a middle-distance freestyler or 400 individual medley swimmer.

C: Does he do backstroke 800s, as well as 400s?

S: He does 800s, and, as a matter of fact, last Thursday, he went 8:52 at the end of a 4,800 set that culminated with an 800 backstroke, and it probably would have been more like 8:45 if he hadn't to go around some guys who were going 800 I.M. He swam into some guys who were doing breaststroke... That should indicate the high level at which he trains, and that he certainly does do the endurance base training.

C: How does he do his kicking? Does he do crawl kicking or backstroke kicking, or a mixture?

S: He does primarily backstroke kicking, but also freestyle and butterfly kicking, some of it with a kick board, but most of it without a kickboard, probably about 40% with fins, and a lot of underwater kicking.

C: And what sort of multiples does he use? 200s or 400s or 50s?

S: Usually short rests for shorter distances, from 50 to 200. Sometimes up to 400 and 800.

C: You've always been a believer in short rests, haven't you? Mostly with your distance swimmers?

S: I'm a believer in short rests, but Lenny also does some items with long rests and high intensity.

C: You like to mix short rests with slightly longer rests?

S: I do, and usually, twice a week, he'll do something, either with long rests or with easy recovery swims in between, before going again at high intensity.

The Coach, The Swimmer, and The Agent

Schubert had decided opinions on the respective roles of the coach, the swimmer, and the swimmer's business agent in the new world of professional swimming.

"Earlier in my career I was coaching 15, 16, to 18-year-olds, now I'm coaching a number of world-class swimmers with whom I've been associated from 4 to 6 years. These athletes are 23 to 25 years old. Basically, I'm coaching adults. It's a partnership in which communications evolve. But they still need to recognize that they need the coach and the discipline the coach provides, because this contributes to their eventual success."

Schubert stressed that both coach and swimmer need to take responsibilty for decision making in seasonal planning; when to taper, and so forth. "The agent's role is to help the athlete to generate sponsorship and to help the athlete to make a living; and to set aside a little money, also to assist with public

relations, etc., but not to dictate the program."

I asked Schubert whether he would advise the athlete to ensure that the contract with an agent or sponsor recognised the need for the swimmer to have a balance between training, competing, and promotional appearances. Schubert replied, "Not only that, I would get them to recognize that when a swimmer and coach agree upon a program, that the agent recognizes the importance of the training program. Quite frankly, if I was a swimmer and the agent did not recognize the importance of training, I would fire him and get another agent. It should be established early on that the agent works for the athlete."

NCAA Championships in the 25 Metre Course

Noting the fact that this year's NCAA championships, in March were to be held in the 25 meter course instead of in the traditional 25 yards course, I asked if this change would only be for the Olympic year.

Schubert replied, "I don't think anybody knows at this point whether it will become an accepted standard or not. I think the reason that it is being tried on an experimental basis is that short course competition is now recognized for world records. That has generated a lot of excitement. The hope is that world records may be challenged at the NCAAs."

"It has always been felt that the intensity and excitement of the NCAAs makes it one of the greatest competitions in the world. Now we have the opportunity to prove that this is true. With short course world championships, and the World Cups, these world records are now a lot more honest. It will challenge swimmers at the NCAAs to break those records."

Asked whether the effects of the Title Nine legislations, that reduce the number of available college scholarships, was having an effect on the recruiting of distance talent, Schubert answered that it was not only having an effect on distance talent, but also on all male swimming in the United States because there are not the rewards for swimming that there once were.

Schubert said: "There used to be 18 men's scholarships, and now there are a little less than 10. Actually it's 9.9 for men and 14 for women, and so there are more than four more opportunities per team for women than there are for men."

Schubert added: "The other issue is how many scholarships are given, for example in baseball and football, they aren't available for women, so the reason there are less in sports like swimming is because they are trying to equal it out. There are 85 full scholarships for football, and so that means a lot of scale-ups for female opportunities. There's quite an active debate both ways. Obviously, I'm somewhat prejudiced from the swimming standpoint, and I hate to see swimming get hurt. And, in fact, it's gone even further than that, where some very fine programs, such as the UCLA men's program, were dropped altogether to more equalize the scholarships. In that way, they don't have to give any scholarships at all in swimming. It's tragic."

Semi-finals and TV Coverage

Asked his opinion on the re-introduction of semifinals into the Olympic program, Schubert said that he hadn't experienced semi-finals since the Montreal Olympic Games, nearly 24 years ago.

"The semi-finals included in last August's Pan Pacific Championships gave a somewhat distorted viewpoint because the crowd and the enthusiasm at that event certainly made it tolerable over eight days. However, an eight-day format is not only challenging but can seriously affect the enthusiasm in our sport. I think an eight-day swimming meet is far too long for even the best athletes, coaches, and fans to have to endure."

Schubert said that the re-introduction of semi-finals in the Olympic swimming events is motivated by the desire to provide more opportunities for live television, and more opportunities during the Olympic Games to spread the coverage.

"In one way, I guess we can view this as a compliment. At least, the sport is highly thought of enough to say "Hey! We want to be able to offer live television coverage over eight days." From that standpoint, it's probably a positive. The Pan Pacifics Meet was my first opportunity to deal with semi-finals as a coach, and if the athletes train for it, and if they're psychologically prepared for it, they can deal with it successfully."

Schubert said that the level of TV coverage of swimming in Australia "was eye-opening to Schubert with Lenny Krayzelburg all of us who attended the Pan Pacific Championships. The interest in Australia in the sport, the interest in the people, and their knowledge of the sport—you walk into a grocery store, and people wouldn't even know that you were involved with the sport—and they would be talking about the sport.

They would be talking about the personalities, like

Thorpe and Michael Klim."

Schubert believes that the mentality of the people involved in our sport is such that we believe that this same level of interest couldn't happen worldwide. "I believe that we sometimes do think small; certainly those of us who were there, saw what can be done. The world is going to be in Sydney next year, and will see the great interest in swimming there. I believe that the enthusiasm for swimming that exists in Australia will make the 2000 Olympics an unparalled event. We were very envious of the enthusiasm that Australia has for our sport."

Women Swimmers Retiring Later

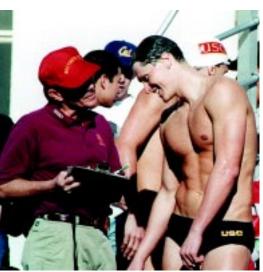
In reply to my comment that women are now swimming well into their 20s, and some even into their early 30s, Schubert said that the key is that they are enjoying the sport, and they are able to make a living at it.

'They've proved to themselves that they can continue to improve. A lot of women are fighting the body changes and things like that, and as they go through puberty, and as they become better educated on things of that nature—how to stay fit, and under-

stand nutrition better—they can control issues, and not only swim successfully but continue to improve. And as long as you can continue to improve and you are continuing to be successful, there's the incentive to continue."

Communication Between High School and Club Coaches

On the topic of the occasional conflict between high school and club programs, a situation largely unique to the American scene, Schubert said that "these conflicts have certainly been there since I've been in



coaching, and probably long before. Unfortunately, a lot of it is ego, and I do find that coaches tend to work these things out."

"It is interesting that a lot of times the better swimmers will decide to train with the club program, rather than train with the high school coaches and the high school program. This is because of the compromises that they are asked to make as far as number of meets or lack of training are concerned. I do think that's a very unfortunate thing, because there's nothing more motivating than competing for your school and having recognition among your peers at your school that high school swimming can provide.

"It is incumbent upon the club coach to recognize that, where it is important to communicate with the swimmer and the swimmer's parents, it is also important to communicate with the high school coach."

Asked whether rank and file club swimmers still sometimes train in the same pool as their idols, the top level professionals, Schubert replied, "In some programs they do, but because the professional swimmers are getting older and older, a lot of times they tend to gravitate towards programs that cater to older swimmers. From that standpoint, this contact is sometimes lost, and I do think this is unfortunate.

"On the other side, you do see a lot of these elite swimmers, who are now professionals, giving clinics and, and in this way, they are giving back to the younger swimmers, and remaining successful role models. That's an important thing for these professionals to remember. That is really their duty to the sport."

Educating the Young Swimmer

Schubert agreed that the club coach has a duty to outline to rookie swimmers and their parents exactly what opportunities exist further down the line in their swimming career. "In goal setting you need to set your goals high, and certainly a professional career is now a realistic and a possible goal for good swimmers. But, in respect of the amount of money they're going to get, young swimmers do need to know that it is going to take a lot of work to get to that level, much less the level that 'the Ian Thorpes' have reached. Realistically, it's going to be a very small percentage of people who get to that level. Education is a very important key for the club coach with the parents and with the swimmers."

A Matter of Conscience

Asked if he thought that the average club coach was adequately addressing these educational responsibilities, Schubert replied that is was "incumbent on them to take the educational aspect seriously, otherwise the swimmers will seek programs with coaches who do."

Schubert mentioned the duty of a coach to enlighten the parents and the swimmers on the difficulties being encountered with the drug problem in sport, and the need for youngsters to be on guard against people who may try to subvert them into taking performance-enhancing drugs.

"I don't know to what extent this is happening" Schubert said.

"Unfortunately, it's a lot more prevalent than any of us would like to admit or see, not just in our sport, but in other sports as well. People will do some pretty underhanded things to be competitive or to get on top, and again, education is important to make sure they are conscious of what is right and what is wrong, not only in everyday life, but also in sport.

About Mark Schubert

One of the world's most highly respected coaches and the most successful club coach in U.S. history, Mark Schubert will serve as head coach for the U.S. men's swim team at the 2000 Olympics in Sydney, Australia—his sixth consecutive USA Olympic coaching position. Mark was an assistant coach at the 1996 Atlanta Games. He served as the 1992 USA Women's Olympic head coach, guiding the American women to two gold-medal relay world records, four additional American records, and an impressive world-leading 14 medals, including five gold. In January of 1998, he served as assistant coach for the U.S. women's team at the World Championships in Perth, Australia. For his career efforts, Schubert was inducted into the International Swimming Hall of Fame in Ft. Lauderdale, Florida, on January 10, 1997, as "Honor Coach."

(With acknowledgements to the Athletics Publicity Department, University of Southern California.)

1999 EUROPEAN SC CHAMPIONSHIPS

SWEDEN WINS 10 GOLDS

TWO WORLD RECORDS FOR ALSHAMMAR

Nick J. Thierry

LISBON-Sweden emerged on top at the 1999 European Short Course Championships with 10 golds and a total of 17 medals; Germany had the most medals with 26 but only 5 golds. This annual competition, now expanded to four days from three in 1998, had three individual world records, five European records, and two world bests in the women's 4x50 medley and 4x50 free relays.

Sweden's Therese Alshammar was the swimmer of the meet. The 22-year-old shattered the world records in the 50 (24.09) and 100 freestyle (52.80) and swam on the winning relays. Anne-K. Kammerling bettered the two-week-old 50 fly world record with her 25.64 (Jenny Thompson, USA, has a pending record of 26.00).

Lars Frolander (SWE) tied for the gold in the men's 50 flyin 23.35 with Milos Milosevic (CRO), and won the 100 fly in 51.19. He posted the world's fastest 100 free time in the semi-finals with 47.16. but lost the final to

Pieter van den Hoogenband (NED) in a slower time of 47.20 to Frolander's 47.86. A semi-final in the 50 fly preceded the final of the freestyle and obviously affected the outcome.

Another impressive performance came from Jana Klochkova (UKR) with four individual golds. The 17-year-old had an easywin in the 400 IMwith 4:34.07. She then won the 800 free in a respectable 8:22.37 and on the third dayswam a 400 free in 4:05.12 with a final 100 of 59.91. On the last day, she battled Martina Moravcova (SVK) in the 200 IM, winning in 2:09.08. It was a fine display of her versatility in the aerobic (distance) events.

The meet attracted 350 competitors from 36 countries. The 38-event format over four days with prelims, semis, and finals needs to be looked at. Why have semis when there are 18 entries? Finals were at 3:00 p.m. with daily live TV coverage on Eurosport. This was the most important competition ever held in Portugal.



Four gold for Jana Klochkova, UKR

QUICK FACTS:

ALSHAMMAR, Therese, SWE
BIRTHDATE 26 AUG 1977
PLACE Stockholm
HEIGHT 179 cm
WEIGHT 60 kg
HOME Hamburg
REPRESENTS SK Neptun
COACH Dirk Lange

Long Course

- 99 Europeans 2nd 50 free 25.30, 2nd 4x100 free, 2nd 4x200 free
- 98 Worlds 6th 50 free 25.83, 17th 100 free 56.87, 4th 4x100 free, 5th 4x100 free
- 97 Europeans 3rd 50 free 25.78, 12th 100 free 57.04, 2nd 4x100 free
- 96 Olympics 16th 100 back 1:04.15
- 95 Europeans 4th 100 back 1:03.12
- 94 Worlds 15th 100 back 1:04.46

Short Course

- 99 SC Europeans 1st 50 free 24.09, 1st 100 free 52.80, 1st 4x50 free-4x50 medley
- 99 SC Worlds 3rd 4x100 medley, disq 50 free and 4x100 free
- 98 SC Europeans 2nd 50 back 28.46, 12th 50 free 25.06
- 97 SC Worlds 8th 100 free 55.18
- 95 SC Worlds 8th 100 back 1:02.31, 4th 4x100 medley
- 93 SC Worlds 9th 100 back 1:01.90



AMAZING ALSHAMMAR

After winning three silver medals at last summer's European Championships in Istanbul, Therese Alshammar, Sweden's newest superstar, moved to Hamburg to train under Dirk Lange, whose most notable swimmers include Sandra Volker and Mark Foster. The move paid off as Therese shattered one of the older short course world records, winning the 100 freestyle in 52.80. Jingyi Le (CHN) held the old record with a 53.01 from 1993, when she won the first World SC Championships in Palma de Mallorca.

"I wasn't expecting to swim so fast," Therese explained. "But after my 53.31 in the semi-finals, I was very relaxed and felt I could swim much faster in the final. The time of 52.80 is unbelievable. I never dreamt I could be so fast."

She also bettered the 50 freestyle world record with 24.09, the old time being 24.23.

"Of course, the Olympics are the main goal this season, and I can only hope it will be as successful as it's been here." Her 23.80 split on the 4x50 free relay certainly indicates she's on target for great things.

"I would like to share my record with Sandra Volker, who I train with and who is one of my idols."

Last April at the 1999 Short Course Worlds, Alshammar anchored the Swedish 4x100 free relay and apparently brought the team home for the gold. But her joy turned to despair as the relay was disqualified for an early start by the first swimmer. She did not swim in the final of the 50 free, after an early start got her disqualified.

EUROPEAN SC RESULTS

• = world record

MEN

50 METRES FREESTYLE

- 21.71 Mark Foster.70.GBR
- 21.79 Pieter vdHoogenband,78,NED 21.83 Lorenzo Vismara, 75, ITA
- 100 METRES FREESTYLE
- 47.20 Pieter vdHoogenband,78,NED
- 47.86 Lars Frolander 74 SWF 48 44 Karel Novy 80 SUI

200 METRES FREESTYLE

- 1:44.34 Pieter vdHoogenband,78,NED
- 1:45.22 Massi Rosolino,78,ITA
- 1:46.09 Stefan Herbst.78.GFR

400 METRES FREESTYLE

- 3:42.00 Massi Rosolino,78,ITA
- 3:42.88 Jorg Hoffmann, 70, GER
- 3:43.48 James Salter,76,GBR

1500 METRES FREESTYLE

- 1) 14:42.05 Igor Chervynskiy,81,UKR
- 2) 14:45.71 Jorg Hoffmann, 70, GER
- 3) 14:59.43 Teo Edo,79,ESP

50 METRES BACKSTROKE

- 24.70 Miro Zeravica, 72, CRO 24.72 Tomislav Karlo,70,CRO
- 24.79 Sebastian Halgasch.80.GER

100 METRES BACKSTROKE

- 53.13 Orn Arnarson, 81, ISL
- 53.17 Derya Buyukuncu, 76, TUR
- 53.27 Volodymyr Nikolaychuk,75,UKR

200 METRES BACKSTROKE

- 1:54.23 Orn Arnarson.81.ISL
- 1:55.19 Jirka Letzin,71,GER

1:55.25 Adam Ruckwood,74,GBR

- 50 METRES BREASTSTROKE
- 27.10 Mark Warnecke, 70, GER
- 27.37 Oleg Lisogor,79,UKR

27.38 Roman Sloudnov 80 RUS

- 100 METRES BREASTSTROKE 58.85 Roman Sloudnov,80,RUS
- 59.32 Patrik Isaksson, 73, SWE
- 59 70 Jose Couto 78 POR

200 METRES BREASTSTROKE

- 2:07.82 Stephan Perrot, 77, FRA
- 2:09.98 Jose Couto, 78, POR
- 2:10.98 Adam Whitehead.80.GBR

50 METRES BUTTERFLY

- 23.31 Lars Frolander.74.SWF 23.35 Milos Milosevic, 72, CRO
- 23.81 Jere Hard 78.FIN

100 METRES BUTTERFLY

- 51.19 Lars Frolander, 74, SWE
- 51.43 James Hickman, 76, GBR
- 52.01 Denis Sylantyey.76.UKR 200 METRES BUTTERFLY

- 1:53.52 James Hickman, 76, GBR
- 1:54.43 Thomas Rupprath, 77, GER

1:54.86 Denis Sylantyev,76,UKR 100 METRES IND. MEDLEY

- 53.93 Jens Kruppa,76,GER
- 2) 54.27 Peter Mankoc, 78, SLO
- 54.38 Marcel Wouda,72,NED

- 200 METRES IND. MEDLEY
- 1:56.45 Marcel Wouda,72,NED 1:58.23 Jirka Letzin, 71.GFR
- 1:58.57 Massi Rosolino,78,ITA

400 METRES IND. MEDLEY

- 4:08.85 Frederik Hviid,74,ESP
- 4:09.85 Jirka Letzin,71,GER
- 4:12.25 Michael Halika.78.ISR

4X50 M MEDLEY RELAY

- 1:36.00 Sweden,SWE
- 1:36.56 Germany, GER
- 1:36.78 Great Britain.GBR

4X50 M FREE RELAY

- 1:27.12 Sweden.SWF
- 1:27.76 Germany,GER
- 1:27.95 Netherlands.NFD

WOMEN

50 METRES FREESTYLE

- 24.09 Therese Alshammar, 77, SWF
- 24.90 Anna-K. Kammerling, 80, SWE 24.90 Sue Rolph.78.GBR

100 METRES FREESTYLE

- 52.80 Therese Alshammar, 77, SWE
- 53.34 Sandra Volker,74,GER

54 09 Martina Moraycova 76 SVK

- 200 METRES ERFESTYLE 1:56.28 Martina Moravcova, 76, SVK
- 1:57.15 Josefine Lillhage,80,SWE 1:57.33 Natalia Baranovskaja, 79.Bl R

400 METRES FREESTYLE

- 1) 4:05.12 Jana Klochkova.82.UKR
- 4:06.13 Natalia Baranovskaia,79,BLR

4:06.48 Silvia Szalai,75,GER

- 800 METRES FREESTYLE
- 8:22.37 Jana Klochkova,82,UKR 8:25.82 Flavia Rigamonti,81,SUI

8:28 09 Jana Henke 73 GFR

- 50 METRES BACKSTROKE
- 27.31 Sandra Volker,74,GER 28.24 Nina Zhivanevskaya,77,ESP
- 28.35 Antje Buschschulte, 78, GER

100 METRES BACKSTROKE

- 59.87 Nina Zhivanevskaya,77,ESP
- 1:00.08 Antje Buschschulte, 78, GER

1:00.88 Sarah Price, 79, GBR 200 METRES BACKSTROKE

- 2:08.11 Antje Buschschulte,78,GER
- 2:09.47 Nina 7hiyaneyskaya, 77. FSP

2:09.62 Nicole Hetzer.79.GFR

- 50 METRES BREASTSTROKE
- 31.40 Zoe Baker, 76, GBR 1) 31.49 Agnes Kovacs,81,HUN

31 95 Janne Schafer 81 GFR 100 METRES BREASTSTROKE

- 1:08.15 Brigitte Becue, 72, BEL
- 1:08.30 Agnes Kovacs,81,HUN

1:08.74 Emma Igelstrom,80,SWE

- 200 METRES BREASTSTROKE
- 2:24.78 Anne Poleska,80,GER 2:25.41 Agnes Kovacs,81,HUN

3) 2:26.82 Brigitte Becue,72,BEL

- 50 METRES BUTTERFLY 25.64 Anna-K. Kammerling, 80, SWE
- 26.42 Johanna Sjoberg, 78, SWE

27.17 Nicola Jackson 84.GBR

- 100 METRES BUTTERFLY
- 57.73 Johanna Sjoberg, 78, SWE
- 59.11 Mette Jacobsen, 73, DEN 59.80 Sophia Skou,73,DEN

200 METRES BUTTERFLY

- 2:06.87 Mette Jacobsen,73,DEN
- 2:08.62 Johanna Sjoberg, 78, SWE

2:09.33 Sophia Skou.73.DEN 100 METRES IND. MEDLEY

- 1:00.78 Martina Moravcova, 76, SVK
- 1:01.82 Annika Mehlhorn 83 GER

- 1:02.16 Natasha Kejzar, 76, SLO

200 METRES IND. MEDLEY

- 2:09.08 Jana Klochkova,82,UKR
- 2:09.25 Martina Moravcova,76,SVK
- 2:11.29 Sue Rolph.78.GBR

400 METRES IND. MEDLEY

- 1) 4:34.07 Jana Klochkova.82.UKR
 - 4:37.47 Nicole Hetzer, 79, GER 4:37.74 Hana Cerna,74,CZE

4X50 M MEDLEY RELAY

- 1) # 1:49 47 Sweden SWF
- 2) 1:49.87 Germany, GER

1:51.64 Great Britain.GBR

- 4X50 M FREE RELAY 1) # 1:38.45 Sweden, SWE
- 1:39.21 Germany.GFR 3) 1:39.93 Great Britain.GBR
- # = world best

BACKWASH

Backwash features short clips, gossip, letters and opinions. Contributions are welcome. Now for the rumours behind the news.

Etiquette update: It wasn't until I wrote something in jest that anyone really commented on my writing! I have had so much feedback on the etiquette article it has been positively overwhelming. Hopefully, the sport's coaches will have their athletes memorize the rules now, so that future generations of swimmers can train in peace. Interestingly, two black line hogs I know actually thanked me for writing such an important article! Unfortunately after hearing their compliments I didn't have the heart to inform them that they need to get a little more personal with my story.

I also want to take one minute to add two rules to the list and also stress another. When I wrote the article I hadn't competed for almost a year and it wasn't until I swam in my first meet this season that I remembered a very important

Stay off the lane-line in meet warm-ups!

As a backstroker, there is nothing more annoying than trying to pull into the wall only to have your hand smash right into the laneline because ignorant swimmers are lounging

on it. Secondly, I had totally forgotten about the no-pushing-off-the-bottom-of-the-pool rule. Basically it speaks for itself, so I won't bother explaining it.

Finally, I cannot stress enough the importance of staying off the black line!

Please I am begging you; it drives people to the brink of insanity when you swim in the public domain. The black line is for all to share, so let's try to keep it that way.

Nikki Dryden

Time Trial Mania: From down under in Australia comes a new development that allows world records from time trials. It was in the distant past, when competitions were few, that occasionally a world record was set in a time trial, usally involving multiple attempts and some form of pacing. In recent years, with the increased amount of competitions, there did not seem any need for this anymore. But Michael Klim has made a specialty of this and has established no less than four world records swimming alone. Of course its much easier to swim alone, against just the clock and without all the waves from other swimmers. And if at first you don't succeed, try, try again.

Up to 1998 FINA rules required a three-day advance notice of a time trial world record attempt, but these have been changed to allow the host country's governing body to sanction such a trial at any competition, no longer requiring any advance notice.

Of the 48 world records established in 1999, 7 were in solo time trials. Expect the number of time trials to grow.

Biggest fish next: For the past few years Karin Helmstaedt has been reporting on the German Drug Trials. First they prosecuted the coaches, in this issue she reports on two head coaches and on Dr. Lothar Kipke, chief medical doctor of GDR swimming from the 1970s until the Berlin wall came down in 1989. But Manfred Ewald, the Minister of Sport for the same period, has yet to be charged. Undoubtedly he is responsible for instituting the most successful ever state-sponsored cheating in high level sport. His punishment should fit his crime, unlike his underlings who had their wrists slapped, escaped with small fines, and continue to work in sport.

How to order: In the 1999 October issue # 253 we reviewed a terrific book Four Champions One Gold Medal by Chuck Warner. Many have called about where they can buy this book.

It seems no bookstore carries it. Call toll free 1-800-352-7946 X 1 and order your copy. It's US \$19.95 plus shipping costs.

Editor: This letter is just a thank you for your TAG rankings in each of your issues. My name is Andy White, and I am an East Coast swimmer for WTSC. I owe much of my progress in this

wonderful sport to you. Coming from the East Coast, when I first started in this sport of swimming, I did not have the elite times that would enable me to compete In the Big Meets West of N.B. Your TAG times allowed me to see exactly where I placed in ranking across Canada and motivated me to improve my times in order to be the best!! Although I have not yet achieved the #1ranking for Canada, I still strive for that goal today. This year is my final year in the Tag ranking system. In a few years, I am confident that my name will

pop up in the world rankings. I just want everyone in Canada to know that using TAG times as a goal for each season can help you immensely. I know, as it has helped me become one of Canada's top age group swimmers.

Andy White Wolfville, NS

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

Rankings for the period (results received) October 1, 1999 to January 28, 2000 TAG is financially supported by Swimming/Natation Canada. Compiled by SWIMNEWS 1999 SHORT COURSE TAG®

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GIRLS 11-12

50 METRES FREESTYLE
Rec: 26.34 Lori Melien,AAC,85
1 28.00 RAPIDDEC Melissa Lam,12,SPART CASCNOV Kirsten Pomerleau,12,UCSC YOUTHDEC Allison Bennett,12,NYAC PCSCDEC Alice Chow,11,PCSC 28.65 28.66 ESWIMJAN Monica Wakeman,12,NEW WLBFJAN Kirsty Teit,12,PGB 28.72 28.73 WLBFJANK KITSIY JEIL, IZ-PGB
TDJANN MADIG Kumentas, 12, WISC
LACNOV Whitney Rich, 11, ISS
YOUTHBEC Amanda Long, 12, LAC
PCSCDEC Clare Dermody, 12, HWAC
BRANTNOV Amanda Kelly, 12, HWAC
RAPIDDEC Carleen Ready, 12, LASC
KCSDEC Amanda Mawuri 20, CEC 28.84 28.89 28 95 29.13 29.20 KCSDEC Amanda Maxey,12,CASC RAPIDDEC G. Poirier-Leroy,12,NRST TMSCNOV Shannon Hazelton,12,SSMAC YOUTHDEC Brittney Lowe,12,LAC YOUTHDEC Heather Julien,12,LAC 29.49 YOUTHDEC Heather Julien, 12, LAC
ESWIMOCT Martha Zilokwski 1, 2, YOKE
MANTADEC Sarah Heckford, 12, MANTA
MANTADEC Brittany Reimer, 11, SKSC
KCSDEC Kayla Rawlings, 12, PSW
YOUTHDEC Carfa Henderson, 12, PDSA
MANTADEC Kimberly Wilson, 11, GPP
LACNOV Danielle Armstrong, 12, TAT
PCSCDEC Ogechi Abara, 12, RHAC 29.56 29.67 29.89 21 22 23 24 25 29 90 29.95 29.96 29.98

100 METRES ERFESTYLE

CASCNOV Kirsten Pomerleau,11,UCSC HWACOCT Clare Dermody,12,HWAC TDJAN Emily Gillespie,12,PERTH 1.02.00 1:02.29 TDJAN kemily cillespie, 12,PEKTH TDJAN Nadía Kumentas, 12,WISC YOUTHDEC Heather Julien, 12,LAC YOUTHDEC Monica Wakeman, 12,NEW ISCUPNOV G. Poirier-Leroy, 12,NRST WLBFJAN Kirsty Teit, 12,PGB 1.02 98 1:03.00 1:03.02 1:03.58 1:03.95 KCSDEC Amanda Maxey,12,CASC MANTADEC Brittany Reimer,11,SKSC YOUTHDEC Martha Ziolkowski,12,YORK 1.04 11 1:04.24 YOUTHDEC Marina Zionkowski, 12, YOK KCSDEC Johanna Wick, 12, PN YOUTHDEC Jackie Sweers, 12, CAJ YOUTHDEC Carla Henderson, 12, PDSA PCSCDEC Alice Chow, 11, PCSC TDJAN Julia Wilkinson, 12, SKY 1:04.50 1:04.50 1:04.56 1:04.81 1:05.19 MANTADEC Whitney Reed,11,MANTA MANTADEC Jamie MacLeod,12,USC ESWIMJAN Jody Jelen,12,ESWIM 1.05.32 1:05.34 1:05.36 24 25 1:05.44 MANTADEC Sarah Heckford,12,MANTA YOUTHDEC Bevan Haley,12,WTSC 200 METRES FREESTYLE

S REES 1/1E
Shauna Collins, ROD, 90
YOUTHDEC Amanda Long, 12, LAC
BRANTINOV Amanda Kelly, 12, HWAC
CASCNOV Mallory Hockstra, 11, EKSC
CASCNOV Kirsten Pomerleau, 11, LICSC 2:13.24 2.13 95 YOUTHDEC Allison Bennett, 12, NYAC 2:15.56 2:16.14 PCSCDEC Clare Dermody,12,HWAC KCSDEC Anne Schmuck,12,PSW KCSBEC Anne Schmuck, 12,PSW RAPIDDEC Mellissa Lam 12,SPART ISCUPNOV G. Poirier-Leroy, 12,NRST RAPIDDEC Carleen Ready, 12,LASC YOUTHDEC Monica Wakeman, 12, NEW PCSCDEC Jody Jelen, 12,ESWIM YOUTHDEC Bevan Haley, 12,WTSC MANTADEC Williney Reed, 12, MANTA MANTADEC Brittany Reimer, 11,SKSC 2.17.04 2.17.76 2:18.18 2:18.40

PICKDEC Emily Gillespie,12,PERTH ISCUPNOV Michelle Miller,12,PDSA YOUTHDEC Jackie Sweers,12,CAJ 2.19 08 2:19.12 2:19.14 YOUTHDEC Martha Ziolkowski, 12, YORK YOUTHDEC Martha Ziolkowski, 12, YORK YOUTHDEC Heather Julien, 12, LAC UTJAN21 Alyssa Hubert, 12, CYPS RAPIDDEC Amanda Bell, 11, SPART MANTADEC Katly Murdoch, 12, KSS YOUTHDEC Carla Henderson, 12, PDSA 2:19.33 2:19.40 2:20.65 2:20.81 MANTADEC Caitlyn Harris, 12, SKSC

 400 METRES FREESTYLE

 Rec: 4:23.93 Stephanie Shewchuk, PCSC, 87

 1 4:39.64 VOUTHDEC Amanda Long, 12, LAC

 2 4:39.64 KCSDEC Anne Schmuck, 12, PSW

 3 4:40.96 KCSDEC Mallory Hoekstra, 12, EKSC

 4 4:46.07 BRANTNOV Clare Dermody, 12, HWAC

 5 4:46.11 BRANTNOV Glare Dermody, 12, HWAC

 7 4:50.13 ISCUPNOV G. Pofrier-Leroy, 12, NRST

 8 4:51.07 YOUTHDEC Blison Bennett, 12, NYAC

 VOLTHDEC Milesal Manage, 12, DSA

 4:51.07 VOUTHDEC Allison Bennett, 12, NYAC
 YOUTHDEC Michelle Mange, 12, PDSA PCSCDEC Jody Jelen, 12, ESWIM 4.53 30 MANTADEC Brittany Reimer,11,5KSC YOUTHDEC Jackie Sweers,12,CAJ YOUTHDEC Carol Starratt,12,CASC YOUTHDEC Monica Wakeman,12,NEW 4:54.01 4:54.02 4:54.89 4:55.28 YOUTHDEC Monica Wakeman, 12, NEW PICKDEC Emily Gillespie, 12, PERTH MANTADEC Caitlyn Harris, 12, SKSC PCSCDEC Caitlin O'Neill, 12, LUSC ISCUPNOV Brittani Barber, 12, PSW RAPIDDEC Michelle Miller, 12, PDSA YOUTHDEC Heather Julien, 12, LAC YOUTHDEC Martha Ziolkowski, 12, YORK PSCANEC, Shannon McVienen, 12, GC STANDON MCVIEN, 12, CONTROL MARCH STANDON MCVIENT, 12, CONTROL 4:56.14 4:56.51 16 17 4:56.61 4:56.87 4:58.10 4:58.20 4:59.14 PCSCDEC Shannon McQueen, 12,G0 KCSDEC Kayla Rawlings, 12,PSW CNMNJAN Audrey Portelance, 12,CNSJ YOUTHDEC Carla Henderson, 12,PDSA 22 4.59 16 4:59.28 4:59.83 5:00.71

800 METRES FREESTYLE FREESTYLE Stephanie Shewchuk, PCSC, 87 YOUTHDEC Amanda Long, 12, LAC KCSDEC Anne Schmuck, 12, PSW YOUTHDEC Bevan Haley, 12, WTSC MANTADEC Brittany Reimer, 11, SKSC YOUTHDEC Michelle Mange, 12, PDSA (SCUMMOL) Parkies 31, 1 Rec: 8:55.85 9:38.20 9:47.74 10:02.62 10:03.10 ISCUPNOV G. Poirier-Leroy,12,NRST MANTADEC Caitlyn Harris,12,SKSC LACNOV Heather Julien,12,LAC 10:06.46 10:07.29 10:08.81 YOUTHDEC Carol Starratt,12,CASC ISCUPNOV Michelle Miller,12,PDSA ISCUPNOV Brittani Barber,12,PSW 10:12.05 10:13.88

ISCUPNOV Britain Barber, 12,FSW
COBRAJAN Allison Bennett, 12,NYAC
CNMNJAN Audrey Portelance, 12,CNSJ
LACNOV Emiley Jellie, 11,ROW
COBRANOV Kim Kernaghan, 12,NEW
YOUTHDEC Monica Wakeman, 12,NEW
LACNOV Julia Wilkinson, 12,SKY 12 10:14 76 13 10:15.56 14 10:23.44 15 10:23.68 16 10:25.05 17 10:26.06 18 10:26.55 19 10:26.58 ISCUPNOV Kathryn Johnson,11,PDSA YOUTHDEC Rachael Bosma,12,STJJ MANTADEC Hailee Traa.11.MANTA 20 10:27 68

20 10:27:06 21 10:27:81 22 10:30:67 23 10:31:99 24 10:32:55 MANTADEC Whitney Reed,12,MANTA LACNOV Whitney Rich,11,ISS

PCSDUES Shaffmon McGueen, I2,GU
CASCNOV Kirsten Pomerleau,11,UCSC
HWACOCT Clare Dermody,12,HWAC
RAPIDDEC Carleen Ready,12,LASC
YOUTHDEC Carle Henderson,12,PDSA
YOUTHDEC Meghan Croucher,12,RW
POMER STANDARD CONTROL OF THE PROPERTY OF THE P 1:12.34 1:12.57 1:13.21 21 22 23

PCSCDEC Carolyn Ross,12,CAMO LACNOV Whitney Rich,11,ISS YOUTHDEC Carol Starratt,12,CASC 1:14.28 MACJAN Martha Ziolkowski,12,YORK KCSDEC Kimberly Kabesh,12,STSC 200 METRES BACKSTROKE

Jennifer Fratesi, SSMAC, 97 CASCNOV Mallory Hoekstra, 11, EKSC 2:28.27 ESWIMJAN Amanda Long, 12,LAC PCSCDEC Genevieve Saumur, 12,CAMO YOUTHDEC Kayla Truswell, 12,LAC 2.29 91 2:29.97 2:30.74 KCSDEC Anne Schmuck, 12, PSW
MANTADEC Landice Yestrau, 12, MM
CASCNOV Kirsten Pomerleau, 11, UCSC 2:31.07 2:31.47 2:32.45 CASCNOV Kirsten Pomerleau, 11, UCSC MANTADEC Eyps Silzer, 12, ROD YOUTHDEC Monica Wakeman, 12, NEW ISCUPNOV Melissa Lam, 12, SPART HWACCOT Amanda Kelly, 12, HWAC PCSCDEC Shannon McQueen, 12, GO HWACCOT Clare Demody, 12, HWAC YOUTHDEC Carol Staratt, 12, CASC YOUTHDEC Lennifer MacLachlan, 12, NEW ESWIMJAN Healher Julien, 12, LAC SEMANTHOV Matalie Gill, 12, PCSC 2:32.72 2:33.03 2:33.63 2:33.97 2:34.42 2:35.25 2:35.41 2:35.71

2:35.77 BRANTNOV Natalie Gill 12 PCSC 2:36.13 2:36.37 2:36.59 2:37.26 2:37.66 BRANTINOV Natiane GIII, 12, PCSC UTJAN21 Alyssa Huber, 12, CYPS CNMNJAN Audrey Portelance, 12, CNSJ YOUTHDEC Martha Ziolkowski, 12, YORK YOUTHDEC Carla Henderson, 12, PDSA MANTADEC Katy Murdoch, 12, KSS KCSDEC Kayla Rawlings,12,PSW YOUTHDEC Bevan Haley,12,WTSC 2:37.68

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Allison Higson,ESC,85 YOUTHDEC Elizabeth Engs,12,CAJ KCSDEC Anne Schmuck,12,PSW Rec: 1:10.11 KCSDEC Anne Schmuck, 12,PSW BRANTHOV Whitney Rich, 11,ISS KCSDEC Johanna Wick, 12,PN PCSCDEC Kim Labbett, 12,OAK CASCNOV Milohel Bektra, 11, EKSC ISCUPNOV Michelle Miller, 12,PDSA YOUTHDEC Michelle Mange, 12,PDSA RAPIDDEC Carleen Ready, 12,LASC PCSCDEC Kelly Salvadro, 12, MSC 1:18.80 1:19.69 1:19.73 1:21.02 1.21 32 10 PCSCDEC Kelly Salvador,12,TMSC PCSCDEC Alice Chow,11,PCSC NORACJAN Kristyna Cleminson,12,BYST 1:22.05 1:22.08 1:22.28 1:22.32 12 13 14 NKBOCT Andrea Zarins, 12, NKB KCSDEC Dana Williams, 12, STSC KCSDEC Elizabeth Hendrick, 11, NCSA 15 16 17 1:22.42 1:22.45 1:22.67 ESWIMJAN Amanda Long,12,LAC YOUTHDEC Kristen Low,11,ESWIM PCSCDEC Julie Vincent,12,CAMO 1:22.82 18 19 1:22.94 CASCNOV Lauren Crawford,12,UCSC YOUTHDEC Melanie Nelson,12,IS

22 1.23 23 MANTADEC Jane Harrington, 11, MM 1:23.23 1:23.58 CASCNOV Allison Rehill,12,NCSA YOUTHDEC Tawnya Rudy,12,TORCH ESWIMJAN Kim Kernaghan,12,NEW 1.23 64

 25
 1:23.04
 ESWINDAN KIM Remagnan, 12, NEW

 200
 METRES BREATSTROKE

 Rec: 2:30.55
 Courtenay Chuy, HYACK, 98

 1
 2:43.21
 UTJAN21 Elizabeth Engs, 12, CAJ

 KCSDEC Anne Schmuck, 12, PSW

 3
 2:48.41
 PCSCDEC Kim Labbett, 12, OAK
 2:49.74 2:50.60 BRANTNOV Whitney Rich,11,ISS CASCNOV Mallory Hoekstra,11,EKSC 2:51.09 ISCUPNOV Michelle Miller 12 PDSA 2:51.82 2:52.91 2:53.97 PGBNOV Johanna Wick,12,PN YOUTHDEC Michelle Mange,12,PDSA YOUTHDEC Michelle Claessens,12,MMST 10 2:54.61 2:55.79 YOUTHDEC Melanie Nelson,12,IS PCSCDEC Kelly Salvador,12,TMSC CASCNOV Elizabeth Hendrick,12,NCSA ESWIMJAN Amanda Long,12,LAC 12 13 2.56.26

2:56.55 2:56.73 ESWIMJAN Kim Kernaghan, 12, NEW CASCNOV Lauren Crawford, 12, UCSC PCSCDEC Julie Vincent, 12, CAMO PCSCDEC Ivana Corovic, 11, OAK 14 15 16 17 2:58.06 2:58.72 2:59.59 YOUTHDEC Kristen Low,11,ESWIM CASCNOV Dana Williams,12,STS(CASCHOV DATA WHIRING, 2,33G ISCUPNOV G, Porirer-Leroy,12,NRST MANTADEC Jann Harrington,11,MM MANTADEC Jennifer Klein,11,MANTA CNQOCT Cecile Dufour,12,UL PCSCDEC Alice Chow,11,PCSC RAPIDDEC Hollis Roth,11,IS 20 2.59 73 3:00.19 3:00.29

21 22 23 3:00.56 100 METRES BUTTERFLY
Rec: 1:05.24 Allison Barriscale,KMSC,89
1 1:08.01 YOUTHDEC Amanda Long,

Allison Bartiscale, NNSC, 89
YOUTHDEC Amanda Long, 12, LAC
RAPIDDEC Carleen Ready, 12, LASC
KCSDEC Mallory Hoekstra, 12, EKSC
PCSCDEC Genevieve Saumur, 12, CAMO
PCSCDEC Shannon Hazellon, 12, SSMAC
YOUTHDEC Heather Julien, 12, LAC 1:09.76 1:10.20 1:10.67 1:11.39 BRANTNOV Laura Connor,12,0AK CASCNOV Kirsten Pomerleau,11,UCSC 1.11 76 TD JAN Nadia Kumentas 12 WISC 1:11.88 10 11 12 13 14

IDJAN Nadia Kumentas, IZ, WISC ISCUPNOV Kayla Rawlings, 12, PSW ESWIMJAN Monica Wakeman, 12, NEW TDJAN Emily Gillespie, 12, PERTH KCSDEC Johanna Wick, 12, PN PCSCDEC Amanda Gordon, 12, HWAC 1:12.00 1:12.05 1:12.18 1:12.21 1:12.44 YOUTHDEC Tawnya Rudy,12,TORCH YOUTHDEC Kristine Bunker,12,NYAC 1.12 49 1:13.02 FSWIMJAN Kayla Truswell 12 LAC CASCNOV Amanda Maxey,12,CASC ESWIMOCT Jennifer MacLachlan,12,NEW MANTADEC Jamie MacLeod,12,USC

15 16 17

20

23

15

18 2:45 96

2:46.30 2:46.89

2:48.74 2:49.29 2:49.74

1:13.90 MANTADEC Elyse Silzer, 12,ROD
PCSCDEC Claire Lawrence, 12,HWAC
KCSDEC Kimberly Kabesh, 12,STSC
PCSCDEC Robyn Pimm, 12,RHAC
YOUTHDEC Melanie Nelson, 12,IS 1:14.00 1:14.06 1:14.07 1:14.09 1:14.44 200 METRES BUTTERFLY

2:18.09 2:30.79 Michelle Coulombe, CNMN, 78 Michelle Coulombe, CMMN,78

YOUTHDEC Amanda Long,12,LAC

KCSDEC Mallory Hoekstra,12,EKSC

KCSDEC Kayla Rawlings,12,PSW

RAPIDDEC Carleen Ready,12,LASC

PCSCDEC Shannon Hazelton,12,SSMAC

YOUTHDEC Heather Julien,12,LAC

YOUTHDEC Bevan Haley,12,WTSC

BRANTNOV Tawnya Rudy,12,TORCH

PCSCDEC Genevieve Saumur,12,CAMO

LACNOV Whitney Rich 11 ISS 2:32 55 2:34.38 2:37.12 2:37.94 2:37.95 2:38.82 2:39.84 2:40.01 LACNOV Whitney Rich,11,ISS KCSDEC Johanna Wick,12,PN 10 11 2:40.60 2:42.51 12 13 14 PCSCDEC Claire Lawrence, 12.HWAC 2:42.97 2:44.45 2:44.52 2:44.56 PCSCDEC Robyn Pimm, 12, RHAC KCSDEC Katle Kotlowski, 11, PSW YOUTHDEC Jennifer MacLachlan, 12, NEW 2:44.92 2:45.13

YOUTHDEC Kayla Truswell,12,LAC YOUTHDEC Melanie Nelson,12,IS PCSCDEC, Amanda Gordon 12 HWAC YOUTHDEC Jody Jelen,11,ESWIM ESWIMJAN Monica Wakeman,12,NEW ESWIMJAN Jamie MacLeod,12,USC KCSDEC Stephanie McColl,12,IS ISCUPNOV G. Poirier-Leroy,12,NRST

RAPIDDEC Kathryn Johnson,11,PDSA YOUTHDEC Rachael Kloosterman,11,WISC

Rec: 2:19.25 Allison Higson,ESC,85 1 2:28.64 KCSDEC Mallory Hoekstra,12,EKSC 2 2:28.81 YOUTHDEC Amanda Long,12,LAC 2:29.00

KCSDEC Anne Schmuck, 12, PSW RAPIDDEC Carleen Ready, 12, LASC BRANTNOV Clare Dermody, 12, HWAC YOUTHDEC Monica Wakeman, 12, NEW YOUTHDEC Jennifer MacLachlan, 12, NEW PCSCDEC Genevieve Saumur, 12, CAMO 2:33.84 2:33.88 2:34.00 2:34.99 2:35.20 2:35.67 2:35.71

PCSCDEC Genevieve Saumur,12,CA UTJAN21 Elizabeth Eng. 12,CAJ ISCUPNOV G. Poirier-Leroy,12,NRST KCSDEC Johanna Wick,12,PN ESWIMJAM Jody Jelen,12,ESWIM ISCUPNOV Mellssa Lam,12,SPART PCSCDEC Alice Chow,11,PCSC LACNOV Julia Wilkinson,12,SKY YOUTHDEC Allison Bennett,12,NYC PRANTINDY Willison Pich 11 ISC 2:35.80 2:35.98 2:36.63 2:37.52 2:37.53 2:37.56 BRANTNOV Whitney Rich, 11, ISS ESWIMJAN Heather Julien, 12, LAC 2:38.32

PICKDEC Emily Gillespie,12,PERTH YOUTHDEC Bevan Haley,12,WTSC PICKDEC Tawnya Rudy,12,TORCH 2:38.47 2:38.87 2:38 99 TDJAN Nadia Kumentas, 12, WISC 2:39.67 2:39.82 CASCNOV Kirsten Pomerleau,11,UCSC MANTADEC Landice Yestrau,12,MM

HWACOCT Katie Davis, 12, BRANT 2:40.00

YOUTHDEC Michelle Mange,12,PDSA YOUTHDEC Jennifer MacLachlan,12,NEW 5.23.83 5:26.06 5:26.15 5:27.40 5:28.29 5:29.41

YOUTHDEC Jennifer MacLáchian,12.NEW PCSCDEC Genevieve Saumur,12,CAMO YOUTHDEC Bevan Haley,12,WTSC PCSCDEC Clare Dermody,12,HWAC YOUTHDEC Kayla Truswell,12,LAC ISCUPNOV G. Polrier-Leroy,12,NRST KCSDEC Johanna Wick,12,PN YOUTHDEC Melanie Nelson,12,LS ESWIMJAN Jody Jelen,12,ESWIM KCSDEC Kayla Rawlings,12,PSW YOUTHDEC Heather Julien,12,LAC BRANTNOV Whitney Rich,11,LSS LACNOV Julia Wilkinson,12,SKY ISCUPNOV Melissa Lam 12,SPART 5:32.06 5:32.32 5:34.30

5:35.70 5:35.92 ISCUPNOV Melissa Lam, 12, SPART YOUTHDEC Elizabeth Engs, 12, CAJ 5:37.05 ISCUPNOV Brittani Barber, 12.PSW 5:39.00

YOUTHDEC Tawnya Rudy,12,TORCH MANTADEC Caitlyn Harris,12,SKSC YOUTHDEC Carol Starratt,12,CASC ISCUPNOV Michelle Miller,12,PDSA 5:41.22 5:42.26 KCSDEC Kimberly Kabesh.12.STSC 4X50 M MFDI FY RFI AY

Markham AC,MAC,94 YOUTHDEC Newmarket SC.NEW 2:12.84 YOUTHDEC London AC,LAC BRANTNOV Hamilt-Wentworth AC,HWAC PCSCDEC Montreal Aquatique, CAMO ISCUPNOV Fraser Valley Spartans, SPART MANTADEC Manta Swim Club, MANTA 2:18.40 2:19.31

MANTADEC Manta Swirm Club, MANTA YOUTHDEC NORTH York AC, NYAC BROCKOCT Cambridge Aquajets, CAJ ISCUPNOV Pacific Sea Wolves, PSW GOLDOCT Cascade Swirm Club, CASC PCSCDEC Pointe Claire SC, PCSC YOUTHDEC Pacific Dolphins, PDSA ISCUPNOV Nanaimor Riptide ST, NRST MANTADEC Manticba Marlins, MM MANTADEC Points COLD (1997) PD (1997) 2:20.98 2:21.34 2:21.88 2:22.20 2:22.82 2:23.10 MANTADEC Regina Opt.Dolphins,ROD KCSDEC Island Swimming,IS PCSCDEC Oakville AC,OAK 2:24 00 2:24.13

2:24.45 2:24.69 2:25.31 2:26.47 EKSCJAN Edmonton Keyano,EKSC CNQOCT CN Beauport, CNCB MANTADEC Uxbridge SC,USC PICKDEC Markham AC,MAC
PICKDEC Mississauga AC,MSSAC
RHACNOV Richmond Hill AC,RHAC 2:26.47 2:26.85 2:27.03

2:27.05 2:27.57 CHAMPDEC Ajax Aquatic Club, AAC MANTADEC Kenora Swimming, KSS 4X50 M FREE RELAY : RELAY
Regina Opt. Dolphins, ROD, 90
YOUTHDEC London AC, LAC
YOUTHDEC Newmarket SC, NEW
BRANTNOV Hamilt. Wenthworth AC, HWAC
YOUTHDEC North York AC, NYAC 1:53.45 1:57.77

VOUTHDEC North York AC,NYAC
BRANTNOV Pointe Claire SC, PCSC
MANTADEC Manta Swim Club,MANTA
CASCNOV Calgary Swimming,UCSC
ISCUPNOV Fraser Valley Spartans, SPART
CASCNOV Edmonton Keyano, EKSC
ISCUPNOV Pacific Sea Wolves, PSW
KCSDEC Cascade Swim Club,CASC
MANTADEC Ubridge SC, USCS
VOUTHDEC Pacific Diphins, PDSA
BROCKOCT Cambridge Aquajets, CAJ
PICKDEC Markham AC,MAC
OAKOCT East York SC, EYSC
CNOOCT ON Beauport, CNCB 2:00.09 2:02.33 2:02.38 2:02.73 2:03.30 2:03.45 2:04.26 2:04.67 2:04.80 2:06.11 2:06.44

10 11

2:06.49 2:06.73 2:07.25 2.08.09 CNOOCT ON Beauport CNOB CNOUCT CM BEAUPOR, CNCB VKSCNOV Vernon KokaneeSC, VKSC PICKDEC Perth Stingrays, PERTH CASCNOV Silver Tide SC, STSC MEGADEC Barrie Trojans, BTSC CDSCNOV Chena Swim Club, CHENA 2:08.12 2:08.15 2.08.49 2:08.83 2:08.91 RODSCJAN Regina Opt.Dolphins,ROD CNQOCT Univ.Laval Rouge & Or,UL 24 25 2.08 96

Rankings for the period (results received) October 1, 1999 to January 28, 2000 TAG is financially supported by Swimming/Natation Canada. Compiled by SWIMNEWS TAG (SWIMMEWS) TAG (SWIMMEWS)

swimco team & aquatic supplies

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11-12

| 50 METRES FREESTYLE |
Rec: 25.28	John M. Mills, GO,93				
1 27.03	CNOOCT Vincent Boulanger-M.,12,CNO				
2 27.51	YOUTHDEC Mark Kurtzer, 12, NEW				
3 27.60	MANTADEC, Michael Smela, 12, YLSC				
27.61	MANTADEC	Michael Smela, 12, YLSC			
27.62	MANTADEC	Michael Smela, 12, YLSC			
27.63	MANTADEC	Michael Smela, 12, YLSC			
27.64	MANTADEC	Michael Smela, 12, YLSC			
27.65	MANTADEC	Michael Smela, 12, YLSC			
27.66	MANTADEC	Michael Smela, 12, YLSC			
27.67	MANTADEC	Michael Smela, 12, YLSC			
27.68	MANTADEC	Michael Smela, 12, YLSC			
27.69	MANTADEC	Michael Smela, 12, YLSC			
27.60	MANTADEC	Michael Smela, 12, YLSC			
27.60	MANTADEC	Michael Smela, 12, YLSC			
27.61	MANTADEC	Michael Smela, 12, YLSC			
27.61	MANTADEC	Michael Smela, 12, YLSC			
27.61	MANTADEC	Michael Smela, 12, YLSC			
27.61	MANTADEC	Michael Smela, 12, YLSC			
27.61	MANTADEC	Michael Smela, 12, YLSC			
27.61	MANTADEC	Michael Smela, 12, YLSC			
27.61	MANTADEC	Michael Smela, 12, YLSC			
27.61	MANTADEC	Michael Smela, 12, YLSC			
27.61	MANTADEC	Michael Smela, 12, YLSC			
27.61	MANTADEC	Michael Smela, 12, YLSC			
27.61	MANTADEC	Michael Smela, 12, YLSC			
27.61	MANTADEC	MICHAEL	MICHAEL		
27.61	MANTADEC	MICHAEL	MICHAEL	MICHAEL	MICHAEL
27.61	MANTADEC	MICHAEL	MICHA 27.67 CASCNOV Darren Tso.12.LASC CASCNOV Darren 1s0,12,LASC		
CASCNOV Shane Kemmet,12,LASC
BRANTNOV Julian Cino,12,HWAC
BRANTNOV James San Pedro,12,OAK
PCSCDEC Sean Dawson,12,GO
YOUTHDEC Michael Allain,12,BST 28.00 28.10 28.20 CASCNOV Braden O'Neill,12,0SC YOUTHDEC Paul Mereau,12,CASC RODSCJAN Andrew Malawski,12,ROD 28 33 10 11 12 13 14 15 16 17 18 20 28.34 28.35 RODSCJAN Andrew Malawski, 12, ROD
YOUTHDEC Nelson Niedzielski, 12, MSSAC
MACJAN Stephen Louil, 12, MAC
KCSDEC Aaron Loh, 12, EKSC
MANTADEC Thomas Seibel, 12, GOLD
CASCNOV Jim Judiesch, 12, CASC
YOUTHDEC Alex Olson, 12, SCAR
CASCNOV Morman Ng, 12, HYACK
YOUTHDEC Richard Alexander, 12, IS
LUSCOCT Left Purps 21, SSAMC 28.90 28.99 29.04 YOUTHDEC RICHARD AIEXANDER, 12,1S LUSCOCT Jeff Byrne, 12, SSMAC CASCNOV Rodale Estor, 12, CASC RAPIDDEC Pascal Wollach, 12, LASC PICKDEC B. Beaudette, 12, ROC MANTADEC Christian Carl, 12, TBT 29.11 29.12 29.17 29.33

100 METRES ERFESTYLE

RAPIDUEC Darren 150, 12, LASC CASCNOV Jim Judiesch, 12, CASC YOUTHDEC Alex Olson, 12, SCAR BRANTNOV Julian Cino, 12, HWAC YOUTHDEC Kyles Vara, 12, CHAMP CASCNOV Norman Ng, 12, HYACK 1:01.99 1:02.33 1:02.62 1:02.65 1:02.81 1:02.97 YOUTHDEC Paul Mereau,12,CASC LACNOV Brandon Connerty,12,BRANT BRANTNOV James San Pedro,12,OAK 1:03.28 1:03.38 BRANTINOV James San Pedro, Iz, DAK YOUTHDEC Chris Bento, 12, LAC KCSDEC Gavin D'Amico, 12, EKSC RODSCJAN Andrew Malawski, 12, ROD CHAMPDEC Kyle Svara, 12, CHAMP MACJAN Stephen Louli, 12, MAC 1:03.38 1:03.41 1:03.52 1:03.53 1:03.56 1.03 79 KCSDEC Richard Alexander 12 IS 1:03.84 1:03.86 YOUTHDEC Nelson Niedzielski,12,MSSAC RODSCJAN Christian Carl,12,TBT 1:03.91 1:04.17 MANTADEC Brad Hankewich,12,GOLD YOUTHDEC Michael Allain,12,BST

200 METRES FREESTYLE Doug Wake,YLSC,90

MANTADEC Michael Smela,12,YLSC
KCSDEC Braden O'Neill,12,OSC Rec: 2:01.59 1 2:12.10 2 2:12.87 RCSDEC Braden UNeill, 12, USC YOUTHDEC Chris Bento, 12, CASC YOUTHDEC Jim Judiesch, 12, CASC YOUTHDEC Mark Kurtzer, 12, NEW PCSCDEC Sean Dawson, 12, GO YOUTHDEC Alex Olson, 12, SCAR 2:13.19 YOUTHDEC Paul Mereau,12,CASC YOUTHDEC Michael Allain,12,BST RAPIDDEC Pascal Wollach,12,LASC 2.15.04 RAPIDDEC Pascal Wollach, 12, LASC
YOUTHDEC Nelson Niedzielski 12, MSSAC
CNQOCT Vincent Boulanger-M., 12, CNQ
RAPIDDEC Darren Tso, 12, LASC
YOUTHDEC Stephen Malinas, 12, GGST
BRANTNOV Brandon Connerty, 12, BRANT
YOUTHDEC Steven Rubacha, 11, ESWIM
PCSCDEC Matthew Scott, 12, HWAC
CASCNOV Jesse Lund, 12, EKSC
VOLITIDEC Piched Mayeriet, 11, 15 2:16.12 2:16.60 2:16.60 2.17 11 2:17.29 2:18.37 YOUTHDEC Richard Alexander,12,IS CASCNOV Kris Yap-Chung,12,HYACK RODSCJAN Andrew Malawski,12,ROD 2:18.45 2:18.69 2:19.27 MANTADEC Brad Hankewich, 12, GOLD LACNOV James San Pedro, 12, OAK YOUTHDEC Max Kan, 12, NYAC 2:19.75

400 METRES FREESTYLE

Rec: 4:15.89 Chuck Sayao,TOMAC,95
1 4:39.18 YOUTHDEC Chris Bento,12,LAC
2 4:44.12 YOUTHDEC Nelson Niedzielski,12,MSSAC KCSDEC Jesse Lund,12,EKSC KCSDEC Kris Yap-Chung,12,HYACK ESWIMJAN Mark Kurtzer,12,NEW 4:45.77 4:46.10 4:46.67 ESWINDAN MARKUITER, 12, NEW YOUTHDEC Paul Mereau, 12, CASC RAPIDDEC Pascal Wollach, 12, LASC PCSCDEC Sean Dawson, 12, GO YOUTHDEC Steven Rubacha, 11, ESWIM MANTADEC Michael Smela, 12, YLSC 4:46.88 4:47.69 4.48 07 MANTADEC James McKnight, 12, GOLD YOUTHDEC Michael Allain, 12, BST GOLDOCT Jim Judiesch, 12, CASC YOUTHDEC Alex Olson, 12, SCAR 4:50.15 4:50.42 4:51.04 4:51.46 YOUTHDEC Alex Olson, 12, SCAR
PCSCDEC Donathan Rinaldi, 12, CALAC
PCSCDEC Brandon Connerty, 12, BRANT
YOUTHDEC Stephen Malinas, 12, GGST
YOUTHDEC Kyle Palfrey, 12, SCAR
PCSCDEC Matthew Scott, 12, HWAC
CASCNOV Norman Ng, 12, HYACK
PCSCDEC Kellan O'Neill 12, SSMAC
LACNOV, Scott VanDoromal, 13, CMAC 4:52.52 4:52.54 16 17 4.53.22 4:53.32 4:53.95 4:54.64 4:54.75 20 21 22 23 4.55.42 LACNOV Scott VanDoormaal 12 GMAC 4:55.58 4:55.99 YOUTHDEC Richard Alexander, 12, ISVAC CNOOCT Vincent Boulanger-M., 12, CNO YOUTHDEC Matthew Pariselli, 12, NYAC 4.56.10

MANYADEL BYAG HAINGEWICH, 12/SOLLD LACNOV Scott VanDoormaal, 12, GMAC ISCUPNOV Richard Alexander, 12, IS YOUTHDEC Kyle Palfrey, 12, SCAR COBRAJAN Mark Pariselli, 14, NYAC ISCUPNOV Chris Wiggans, 11, PDSA YOUTHDEC Stephen Malinas, 12, GGST 19:10.56 19:27.58 19:29.25 19:31.22 19:31.27 19:31.97 19:38.22 19:40.54 12 19:42 82 13 19:46.83

YOUTHDEC Stephen Malinas, 12, GGST ISCUPNOV Leonard Ho. 12, HYACK MANTADEC James McKnight, 12, GOLD ISCUPNOV Lu YI Lay, 12, IS COBRAJAN Bryn Jones, 12, NEW CASCNOV Gavin D'Amico, 12, EKSC YOUTHDEC Alex Camber; 11, CPAC MEGADEC Peter Bastedo, 11, GGST YOUTHDEC Sean Alexander, 12, TD CASCNOV Tristan Armstrong, 12, NCSA YOUTHDEC Matthew Sze, 11, PDSA 14 19:48.77 15 19:52.63 16 19:53.36 17 19:59.15 18 20:00.01 19 20:14.64

100 METRES BACKSTROKERec: 1:03.53 Tobias Oriwol,PCSC,98
1 1:08.27 YOUTHDEC Michael Allain,12,BST YOUTHDEC Michael Allain 12, BST
CASCNOV Jesse Lund, 12, EKSC
KCSDEC Braden O'Neill, 12, OSC
YOUTHDEC Wesley Newman, 12, CAC
YOUTHDEC Wisherd Newman, 12, CAC
YOUTHDEC Sichard Alexander, 12, IS
CNQOCT Vincent Boulanger-M., 12, CNQ
VKSCNOV Brad Bardon, 12, WSC
ARPIDDEC Pascal Wolfach, 12, LASC
YOUTHDEC Stephen Malinas, 12, GGST
PCSCDEC Brandon Connerty, 12, BRANT
BRANTNOV Steven Rubacha, 11, ESWIM
YOUTHDEC Alex Olson, 12, SCAR
LACNOV, Scritt VanDoormaal 12, GMAC 1:08.36 1:09.96 1:10.68 1.10.71 1:11.24 1:12.03 LACNOV Scott VanDoormaal,12,GMAC CASCNOV Michael Smela,12,YLSC MACJAN Scott Samuel,12,0AK BRANTNOV Matthew Scott,12,HWAC RODSCJAN Christian Carl,12,TBT 1:12.42 1:12.48

Tobias Oriwol,PCSC,98 YOUTHDEC Michael Allain,12,BST Rec: 2:14.05 1 2:26.75 KCSDEC Braden O'Neill,12,0SC YOUTHDEC Richard Alexander,12,IS ESWIMJAN Mark Kurtzer,12,NEW 2.26.79 2:28.85 2:29.74 ESWIMJAN Mark Kurtzer, 12, NEW
YOUTHDEC Stephen Malinas, 12, GGST
PCSCDEC Brandon Connerty, 12, BRANT
YOUTHDEC Wesley Newman, 12, CAC
PCSCDEC Matthew Scott, 12, HWAC
CASCNOV Jesse Lund, 12, EKSC
KCSDEC Brad Barton, 12, VKSC
MACJAN Scott Samuel, 12, OAK
RAPIDDEC Pascal Wollach, 12, LASC
CASCNOV Michael Smal, 12, VKSC 2:29.94 2:30.67 2:30.87 2:32.85 2:33.06 2:33.59 RAPILIDEC Pascal Wollach, I.Z.LASC CASCNOV Michael Smela,12,YLSC BRANTNOV Scott VanDoormaal,12,GMAC MANTADEC James McKnight,12,GOLD PCSCDEC Kevin Jones,11,OAK BRANTNOV Steven Rubacha,11,ESWIM 2:34.36 2:34.99 2:35.13 2:35.63 2:35.64 2:35 92 FSWIM IAN Chris Bento 12 LAC 2:37.32 2:37.46 2:38.64 2:38.66 2:38.71 ESWIMJAN CIPIS Bentol, 12, LAC ESWIMJAN Donald Ellison, 12, NEW MANTADEC Lee Grant, 11, UCSC CASCNOV Kris Yap-Chung, 12, HYACK LUSCOCT Jeff Byrne, 12, SSMAC KCSDEC Brent Carter, 12, OSC 21 22 23 RODSCJAN Christian Carl,12,TBT PCSCDEC Brandon Holden,12,HWAC 2:39 30

Matthew Huang, ARBU, 97 CASCNOV Rodale Estor, 12, CASC MANTADEC Michael Smela, 12, YLSC Rec: 1:07.51 1:16.51 1:17.18 RODSC JAN Andrew Malawski 12 ROD YOUTHDEC Bryan Mell,11,NEW CASCNOV Darren Tso,12,LASC 1:17.93 YOUTHDEC Kyles Vara,12,CHAMP BRANTNOV James San Pedro,12,OAK YOUTHDEC Alex Olson,12,SCAR 1:19.19 YOUTHDEC Kyle Palfrey,12,SCAR CASCNOV Jesse Lund,12,EKSC 10 1:19.51 YOUTHDEC Chris Bento, 12, LAC 1:19.69 1:20.00 1:20.04 1:20.18 YOUTHDEC Bryn Jones, 12, NEW CHAMPDEC Kyle Svara, 12, CHAMP YOUTHDEC Jamie Ross, 12, AUROR 12 13 14 15 16 17 1:21.72 1:21.84 1:21.88 RAPIDDEC Geoffrey Chen, 12, RAPID YOUTHDEC Steven Rubacha, 11, ESWIM (COLINDEL Steven Kudacna, 11,ESWIM KCSDEC Brad Barton, 12,WKSC LACNOV Brandon Connerty, 12,BRANT PCSCDEC Marc-A. Duchesneau, 12,CAMO PCSCDEC Philippe GrandMaison, 12,CAMO LACNOV Kevin Dickson, 12,CMAC 18 19 1:22.17 1:22.35 1:22.40 22 1.22 48 PICKDEC Stephen Louli 12 MAC 1:23.36 1:23.52 KCSDEC Nathan Chernoff,12,HYACK CNQOCT Luc Pepin,27,CNQ ESWIMJAN Daniel Baier.11.COBRA 1.23 64

 20
 LESWINDAN Daniel Baler, TI, CUBRA

 200
 MERTES BREASTSTROKE

 Rec: 2:26.87
 Matthew Huang, ARBU, 97

 1
 2:44.31
 CASCNOV Rodale Estor, 12, CASC

 2
 2:44.39
 MANTADEC Michael Smela, 12, YLSC

 3
 2:46.43
 ESWIMJAN Bryan Mell, 11, NEW
 2:46.93 2:48.52 YOUTHDEC Kyles Vara,12,CHAMP BRANTNOV James San Pedro,12,OAK BRANTNOV Jámes San Pedro, 12,0AK
BRANTNOV Chris Bento, 11,LAC
YOUTHDEC Alex Olson, 12, SCAR
YOUTHDEC Bryn Jones, 12,NEW
RAPIDDEC Darren Tso, 12,LASC
RODSCJAN Andrew Malawski, 12,ROD
RAPIDDEC Geoffrey Chen, 12,RAPID
YOUTHDEC Kyle Palfrey, 12, SCAR
PCSCDEC Brandon Connerly, 12,BRANT
YOUTHDEC Jamie Ross, 12, JUNATT
YOUTHDEC Jamie Ross, 12, JUNATT
YOUTHDEC Jamie Ross, 12, JUROR
PCSCDEC Phillippe Grand'Maison, 12,CAMO
ESWINJAN Daniel Baller, 11, COBRA
CNMIJAN Beliene Beauchamon, 11, CNMN 2:49.17 2:49.66 2:49.85 2:50.07 2:50.12 2:52.73 2:54.87 10 12 13 2:55.02 2:55.75 14 15 16 17 2:56.08 2:56.26 2:57.11 ESWINDAN Daniel Baler, IT, CUBRA
CMMUNAN Etienne Beauchamp, 11, CMM
KCSDEC Brad Barton, 12, VKSC
CNMNJAN Guillaume Vallieres-L., 11, CNSJ
KCSDEC Raymond Rieger, 12, KSC
YOUTHDEC Damian Kurtyka, 12, NYAC 2:57.83 2:58.80 20 2.59 31 2:59.37 2:59.59 21 22 23 24 2:59.67 2:59.90 KCSDEC Gordon Nuttall,12,VKSC PICKDEC Stephen Louli,12,MAC YOUTHDEC Nathan Zonenberg,12,NYAC

100 METRES BUTTERFLY Rec: 1:02.37 Drew Chorney,T Drew Chorney,TMSC,91/Michael Calkins,IS,91 CASCNOV Michael Smela,12,YLSC 1:08.97 CASCNOV MICHAEI STHEIR, 12,YLSC BRANTNOV Julian Cino,12,HWAC KCSDEC Kris Yap-Chung,12,HYACK PCSCDEC David Milot,12,PCSC YOUTHDEC Lu YI Lay,12,IS KCSDEC Braden O'Neill,12,OSC 1:10.20 1:10.89 1:11.21 1:11.52 KUSDEC Braden O'Neili, 12, USC MACJAN Stephen Louil, 12, MAC LASCNOV Shane Kemmet, 12, LASC BRANTNOV Scott VanDoormaal, 12, GMAC YOUTHDEC Kyle Palfrey, 12, SCAR YOUTHDEC Matthew Pariselli, 12, NYAC 1:12.18 1:12.16 1:12.39 1:13.14 1:13.16 10 11 12 13 14 TSC JAN Patrick Cuch 11 TSC 1:13.20 1:13.22 CNQOCT Vincent Boulanger-M.,12,CNQ YOUTHDEC Nelson Niedzielski,12,MSSAC CNMNJAN Mathieu Bois,11,HIPPO YOUTHDEC Alex Olson,12,SCAR 1.13 24 1:13.36 KCSDEC Jesse Lund, 12, EKSC CASCNOV Tyson Larone, 12, EKSC PCSCDEC Felix Renaud, 12, CNB YOUTHDEC Richard Alexander, 12, IS 17 1:13.49 20 1:14.14

2:51.26

S BUTTERFLY
Andrew Cho, HYACK, 91
BRANTNOV Scott VanDoormaal, 12, GMAC
KCSDEC Kris Yap-Chung, 12, HYACK
YOUTHDEC LU YI Lay, 12, 15
YOUTHDEC Kyle Palfrey, 12, SCAR
BRANTNOV David Milot, 12, PCSC
EKSCJAN Gavin D'Amico, 12, EKSC
YOUTHDEC Matthew Pariselli, 12, NYAC
LACANOV Perandro Comport, 12, PRANT 2:17.46 2:35.41 2:35.46 2:38.60 2:38.74 2:39.55 2:40.61 2:41.22 YOUTHDEC Mattnew Pariselli, 12,NYAC LACNOV Brandon Connerty, 12,BRANT KCSDEC Tristan Armstrong, 12,NCSA YOUTHDEC Patrick Cuch, 11, TSC YOUTHDEC Nelson Niedzielski, 12,MSSAC PCSCDEC Felix Renaud, 12,CNB 2:41.98 2:43.46 10 11 2.44 52 2:44.63 2:45.90 12 13 14 2:46.14 2:46.15 2:46.26 PCSCDEC Philippe Noelting,12,ESWIM BRANTNOV Chris Bento,11,LAC ESWIMJAN Mehmet Dinc,12,COBRA 15 2:47.09 2:47.51 MACJAN Scott Samuel,12,0AK ESWIMJAN John Lukovich,12,COBRA ESWINDAN JOHN LUNDYH, 12,COBAN MANTADEC Graeme Gibson, 12, KSC GOLDOCT Michael Smela, 12, YLSC KCSDEC Leonard Ho, 12, HYACK MANTADEC Brad Hankewich, 12, GOLD PCSCDEC Adam Eilath, 12, RHAC YOUTHDEC Viktor Verblac, 11, YORK 18 2.48.63 2:49.19 2:49.20 20 21 22 23 2:49.81 2:50.80 2:51.24

EKSCJAN Matthew Kunyk,12,EKSC ESWIMJAN Mark Kurtzer,12,NEW

 Rec: 2:17.55
 Matthew Huang, ARBU, 97

 1
 2:28.09
 KCSDEC Jesse Lund, 12, EKSC

 2
 2:28.33
 KCSDEC Braden O'Neill, 12, OSC
 2:29.35 CASCNOV Michael Smela.12.YLSC CASCNOV Michael Smela, 12, YLS YOUTHDEC Kyle Palfrey, 12, SCAR YOUTHDEC Alex Olson, 12, SCAR RAPIDDEC Darren Tso, 12, LASC YOUTHDEC Mark Kurtzer, 12, NEW YOUTHDEC Cark Kurtzer, 12, NEW YOUTHDEC Paul Mereau, 12, CASC BRANTNOV Julian Cino, 12, HWAC PSCSDEC (Pichard Zieha 12 PCSC 2:31.67 2:32.41 2:32.65 2:33.71 2:34.76 PCSCDEC Richard Zieba,12,PCSC RODSCJAN Andrew Malawski,12,ROD CASCNOV Norman Ng,12,HYACK RODSCJAN Alexander Love,12,ROD 2:36.63 2:36.76 2:37.12 2:37.17 RODSCJAN Alexander Love, 12, ROD KCSDEC Leonard Ho, 12, HYACK LACNOV Scott VanDoormaal, 12, GMAC YOUTHBEC Rodale Estor, 12, CASC PCSCDEC Kellar O'Nell, 12, SSMAC YOUTHBEC Matthew Pariselli, 12, NYAC YOUTHBEC Bryn Jones, 12, NEW MACJAN Scott Samuel, 12, OAK PICKDEC, WASSAN MICHIGHT 12, OAK 2:37.33 2:37.49 2:37.57 16 17 2:38.03 2:38.21 2:38.28 PICKDEC Nelson Niedzielski,12,MSSAC RAPIDDEC Pascal Wolland,12,LASC ESWIMJAN Bryan Mell,11,NEW 2:38.61 2:39.14 2:39.25 KCSDEC Gavin D'Amico,12,EKSC 2:39 36

MANIADEC MICRAEL SMEIA, 12, 17.5.C KCSDEC JESSE Lund, 12, EKSC PCSCDEC Brandon Connerty, 12, BRANT YOUTHDEC Mark Kurtzer, 12, MYAC YOUTHDEC Matthew Pariselli, 12, MYAC ESWIMJAN Nelson Niedzielski, 12, MYSAC POSCODEC Biebend, 2016, 12, DESCO 5:27.32 5:28.47 5:29.11 5:29.34 PCSCDEC Richard Zieba 12 PCSC 5:30.61 5:31.23

PCSCDEC Richard Zieba, Iz,PCSC CASCNOV Norman Ng,12,HYACK PCSCDEC Kellan O'Neill,12,SSMAC KCSDEC Richard Alexander,12,IS RAPIDDEC Pascal Wollach,12,LASC 5:32 50 5:34.38

RRANTNOV Scott VanDoormaal,12,GMAC KCSDEC Tristan Armstrong,12,NCSA YOUTHDEC Steven Rubacha,11,ESWIM YOUTHDEC Patrick Cuch,11,TSC 5:34.90 5:36.84 5:37.99 YOUTHDEL PAIRICK CUCH, IT, ISC CASCNOV Rodale Estor, 12, CASC ESWIMJAN Bryan Mell, 11, NEW ISCUPNOV Leonard Ho, 12, HYACK PCSCDEC Philippe Noelling, 12, ESWIM RODSCJAN Andrew Malawski, 12, ROD 5:39.04 5:39.37 5:39 59 5:39.90 5:40.90

5:41.26 5:42.38 5:42.52 YOUTHDEC Bryn Jones, 12, NEW KCSDEC Kris Yap-Chung, 12, RAPIDDEC Davor Isic, 11, PDSA 12,HYACK

4X50 M MEDLEY RELAY

Rec: 2:05.03 1 2:06.99

DLEY RELAY
MISSISSAUGA AC TOMAC 92
CDSCNÖV Pacific Dolphins, PDSA
YOUTHDEC Newmarket SC, NEW
YOUTHDEC North York AC, NYAC
KCSDEC Edmonton Keyano, EKSC
GOLDOCT Cascade Swim Club, CASC
PCSCDEC Oakville AC, OAK
BRANTINOV, Hamili, Mediworth AC, HMA 2:15.96 2:16.59 BRANTNOV Hamilt-Wentworth AC,HWAC BRANTNOV Brantford AC,BRANT 2.16.98 BRANTHOV Brantford AC, BRANT
MANTADEC Calgary Killarney SC, KSC
CDSCNOV Hyack Swim Clüb, HYACK
LACNOV Guelph Marlin AC, GMAC
PCSCDEC Pointe Claire SC, PCSC
CDSCNOV Vancouver Galors, GATOR
MANTADEC Saskatoon Goldfins, GOLD
CNOOCT CN Ouebec, CNO
PICKDEC Mississauga AC, MSSAC
YOUTHDEC Toronto Swim Clüb, TSC
SCILIPMOV Leand Swimping IS 2:19.27 2:20.24 2:20.55 2:20.61 2:21.26 2.21.81 2:23.78 2:24.13 2:25.45 2:25.53 2:27.54 ISCUPNOV Island Swimming, IS MANTADEC Selkirk Dolphins, SD RHACNOV Richmond Hill AC, RHAC

CASCDEC Calgary Swimming, UCSC WLBFJAN Williams Lake Bluefins, WLBF MACJAN Markham AC, MAC

2:30.66 MANTADEC Thunder Bay,TBT LACNOV Cobra Swim Club,COBRA 4X50 M FREE RELAY

2:27.55 2:29.16

2:29.25

London Aquatic,LAC,88
BRANTNOV Hamilt-Wentworth AC,HWAC : 1:51.22 1:57.77 KCSDEC Edmonton Keyano,EKSC YOUTHDEC Newmarket SC,NEW CASCNOV Cascade Swim Club,CASC 2:00.13 CASCNOV CASCAGE SWITH CIUD, CASC BRANTNOV OAkville AC, OAK MANTADEC Saskatoon Goldfins, GOLD YOUTHDEC North York AC, NYAC PCSCDEC Brantford AC, BRANT CNOOCT CN Quebec, CNQ 2:00.44 2:00.68 2:00.88 2:00.97 2:02.70 CDSCNOV Hyack Swim Club,HYACK MANTADEC Calgary Killarney SC,KSC PCSCDEC Pointe Claire SC,PCSC 2.03 11 2:03.24 2:03.75

12 13 14 PCSCUBLC Pointe Clairé SC, PCSC LACNOV Guelph Marlin AC,GMAC PICKDEC Mississauga AC,MSSAC CNOOCT Univ.Laval Rouge & Or,UL CASCNOV Olympian Swim Club,OSC CASCNOV Nose Creek SA,NCSA 2:03.98 2:05.37 2:05.42 2:05.62 2:06.05 2.07.03 RHACNOV Richmond Hill AC RHAC 2:07.60 2:08.35

RHACNOV Richmond Hill AC, RHAC ISCUPNOV Island Swimming, IS YOUTHDEC Pacific Dolphins, PDSA MANTADEC Selkirk Dolphins, SD PCSCDEC Beaconsfield Bluefins, BBF CASCDEC Calgary Swimming, UCSC YOUTHDEC Toronto Swim Cliub, TSC PGBNOV Points North SC, PN 2:08.95 2:09.07

PCSCDEC Kellan O'Neill,12,SSMAC

Rankings for the period (results received) October 1, 1999 to January 28, 2000 TAG is financially supported by Swimming/Natation Canada. Compiled by SWIMNEWS 1999 SHORT COURSE TAG®

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GIRLS 13-14

50 METRES FREESTYLE

Kristin Topham,MANTA,88

MANTADEC Alexandra Lys,14,UCSC 26.67 PCSCDEC Jackie Chan,14,MSSAC-TO YOUTHDEC Jennifer Porenta,14,MMST YOUTHDEC Sarah Gault,14,CAC YOUTHDEC Sarah Galul, 14,CAC ONTSRNOV Kate Plyley,14,OAK RAPIDDEC Mila Zvijerac,14,HYACK PCSCDEC Stephanie Kuhn,14,TMSC PCSCDEC Andrea Shoust,14,SSMAC KCSDEC Andrea Baird,14,RDCSC 27 39 27.42 27.45 MANTADEC Erin Kardash,14,MM KCSDEC Orlagh O'Kelly,14,EKSC ONTSRNOV Leanna Lee,14,TORCH 27.66 27.85 27.88 ONISKNOV Leanna Lee, 14, TOKCH RAPIDDEC Amy Kliam, 14, LASC KMSCDEC April Tam, 13, PN MANTADEC Jennifer Toogood, 14, MANTA ONTSRNOV Dana Lord, 14, EYSC YOUTHDEC Monica Wejman, 14, ESWIM 28.18 YOUTHDEC Hayley Doody,14,CASC KCSDEC Elsa Vangoudoever,14,NCSA PICKDEC Amanda Gillespie,14,PERTH 28 22 28.23 PICKDEL Amanda Gillespie, 14, PERTH MANTADEC Diane Kardash, 14,MM ISCUPNOV Jenny Lock, 14,COMOX ONTSRNOV Jennifer Beckberger, 13,AAC CASCNOV Michelle Cove, 14,RDCSC CASCNOV Hania Kubas, 14,EKSC 28.24 28.25 28.34 21 22 23 24 28.34

100 METRES ERFESTYLE

| 100 ME IRES FREESTYLE | Rec: 56.29 | Shauna Collins, ROD, 90 | 1 | 57.08 | MANTADEC Alexandra Lys, 14, UCSC | 2 | 58.08 | YOUTHDEC Jackie Chan, 14, MSSAC-TO | 3 | 58.30 | CSCCDEC Kate Pyley, 14, OH | 4 | 58.55 | YOUTHDEC Jennifer Porenta, 14, MMST CASCNOV Hayley Doody,14,CASC KCSDEC Andrea Baird,14,RDCSC YOUTHDEC Monica Wejman,14,ESWIM 59 33 59.64 59.69 YOUTHDEC Monica Wejman, 14, ESWIN RAPIDDEC Michelle Landry, 14, PDSA PCSCDEC Stephanie Kuhn, 14, TMSC KCSDEC Mila Zvijerac, 14, HYACK ONTSRNOV Jessica Vance, 14, BRANT KCSDEC Orlagh O'Kelly, 14, EKSC 1.00.01 1:00.08 1:00.21 1:00.26 1:00.32 1:00.55 PICKDEC Amanda Gillespie,14,PERTH YOUTHDEC Sarah Gault,14,CAC RAPIDDEC Chelsey Burnett,14,NRST 1:00.83 LUSCOCT Andrea Shoust, 13, SSMAC MANTADEC Erin Kardash, 14, MM MANTADEC Diane Kardash, 14, MM 1:00.91 1:01.01 1:01.03 1:01.17 1:01.20 18 1:01.03 MANTADEC Diane Kardash 14,MM
19 1:01.17 ONTSRNOV Leanna Lee,14 TORCH
20 1:01.20 MANTADEC Lynette Bayliss,14,UCSC
21 1:01.23 GOLDOCT Michelle Cove,15,RDCSC
21 1:01.26 BBSCOCT Elizabeth Cleven,14,MM
23 1:01.32 ISCUPNOV Courtenay Chuy,14,HYACK
24 1:01.72 RAPIDDEC Amy Kliman,14,LASC
25 1:01.75 YOUTHDEC Kristen McIlroy,13,MMST
200 METRES FREESTUE
200.09 Laptor Kris CS 22

FREESTYLE
Jane Kerr,ESC,83
MANTADEC Alexandra Lys, 14,UCSC
ISCUPNOV Michelle Landry, 14,PDSA
YOUTHDEC Monica Wejman, 14,ESWIM
YOUTHDEC Hayley Doody, 14,CASC
PCSCDEC Kate Plyley, 14,OAK
YOUTHDEC Jackie Chan, 14,MSSAC-TO
BRANTNOV Carly Cermak, 14,CAJ
BRANTNOV Kathy Siuda, 14,ROW
ISCUPNOV Jenny Lock, 14,COMOX
RAPIDDEC Chelsey Burnett, 14, RBT
ISCUPNOV Courtenay Chuy, 14,HYACK
ONTSRNOV Jessica Vance, 14,BRANT
CASCNOV Lynette Bayliss, 14,UCSC 2:05.53 2.06.19 2:06.27 2:06.32 2:08.55 2:09.31 2:09.84 2:10.91 CASCNOV Lynette Bayliss,14,UCSC
PCSCDEC Julia Guay-Racine,13,CAMO
CASCNOV Michelle Cove,14,RDCSC CASCNOV MICHOEL Cove; 14, 20USC YOUTHDEC Jennifer Porenia, 14, MMST CASCNOV Sara McNally, 14, EKSC MANTADEC Kayl Bergman, 13, KSS PCSCDEC Stephanie Kuhn, 14, TMSC PICKDEC Amranda Gillespie; 14, PERTH KCSDEC Marla May, 14, KCS YOUTHDEC Sarah Chan, 13, ESWIM KCSDEC Orlagh O'Kelly, 14, EKSC GOLDOCT Andrea Baird; 14, RDCSC MANTADEC, Krista Maclund; 13, POD 2:11.59 2:11.72 2:11.98 2:12.16 2:12.33 2.12.39 MANTADEC Krista Haslund 13.ROD

400 METRES FREESTYLE Rec: 4:14.43 Elissa Purvis, CDSC, 85 EISSA FUNK, LOSZ, AUGUSTERS AT FUNK, LOSZ, AUGUSTERS ARAPIDDEC Michelle Landry, 14, PDSA YOUTHDEC Hayley Doody, 14, CASC YOUTHDEC Carly, Cermak, 14, CAJ PCSCDEC Kate Plyley, 14, OAK MANTADEC Alexandra Lys, 14, LCSC YOUTHDEC Monica Wejman, 14, ESWIM 4:22.80 4:28.41 4.29.60 4:30.46 4:30.51 4:33.57 4:33.99 4:34.49 4:34.70

VOUTHDEC Monica Wejman, 14, ESWIM BRANTNOV Kathy Siuda, 14, RDCSC MCSDEC Andrea Baird, 14, RDCSC PCSCDEC Angela Sloan, 14, PCSC POUTHDEC Sheena Martin, 14, TORCH MANTADEC Lynette Bayliss, 14, UCSC RAPIDDEC Chelsey Burnett, 14, NRST GOLDOCT Michelle Cove, 14, RBCSC KCSDEC Marla May, 14, KCS ISCUPNOV Jenny Lock, 14, COMOX MANTADEC Leslie Lappalainen, 13, TBT YOUTHDEC Natalle Lacosc, 14, MSSAC RAPIDDEC Jaimie Graham, 14, PDSA MANTADEC Krista Haslund, 13, RDD MANTADEC Rebecca Haight, 14, BRCDC 4:35.46 4:37.22 4.37 71 4:37.87 4:38.07 4:38.32 4:38.49 MANTADEC Rebecca Haight,14,BROCK CNQOCT Patricia Perreault,13,CNCB CNQOCT Joan Bernier,14,CNCB 4:38.97 4:39.63 4:39.68 4:40.15 4:40.42 KCSDEC Brianne Cloak,13,IS YOUTHDEC Laura Wise,13,COBRA PCSCDEC Kahla Walkinshaw,14,HWAC

800 METRES FREESTYLE

Rec: 8:40.43 Elissa Purvis, CDSC, 86 Elissa Purvis, CDSC, 86
ISCUPNOV Michelle Landry, 14, PDSA
VOUTHDEC Hayley Doody, 14, CASC
MANTADEC Alexandra Lys, 14, UCSC
VOUTHDEC Monica Wejman, 14, ESWIMM
MANTADEC Lymette Bayliss, 14, UCSC
VOUTHDEC Natalie Lacoste, 14, MSSAC
MANTADEC Rebecca Haight, 14, BROCK
ISCUPNOV Chelsey Burnett, 14, NRST
ISCUPNOV Maria May, 13, KCS
VOUTHDEC Brittany Cooper, 13, LAC
MANTADEC Krista Haslund, 13, ROD
VOUTHDEC Laura Wise, 13, COBRA
CASCNOV Michelle Cove, 14, RDCSC
CASCNOV Michelle Cove, 14, RDCSC
SCUPNOV Courtenay Mulhern, 13, PSW 9:01 74 9:22.62 9:31.89 9:34.68 9:35.47 9:35.73 9:36.38 9:36.63 9:37.42 ISCUPNOV Courtenay Mulhern,13,PSW RAPIDDEC Ashlee Hagel,13,LASC MANTADEC Norah Vogan,14,GPP 9.42.21 9:42.61 9:42.73 MANI ADEC Noran vogan, 14,6PP
YOUTHDEC Blair Holmes,13,COBRA
MANTADEC Leslie Lappalainen, 14,TBT
LACNOV Jane Wilkinson,14,SKY
MANTADEC Stacy Cormack,13,GLEN
ISCUPNOV Brianne Cloak,13,IS 9.44 03 9:44.31 9:44.45

9:45.07 9:45.31

9:44.59 9:44.66

23 9.44 80

KCSDEC Cynthia Galfre,14,EKSC YOUTHDEC Stephanie Bigelow,12,COMOX YOUTHDEC Meaghan McColl,13,IS 100 METRES BACKSTROKE BACKSTROKE
SUzanne Weckend JS, 92
PCSCDEC Andrea Shoust, 14, SSMAC
YOUTHDEC Kalle Smith, 13, COBRA
MANTADEC Erin Kardash, 14, MM
MANTADEC Lynette Bayliss, 14, UCSC
BBSCOCT Diane Kardash, 13, MM
YOUTHDEC Danielle DI Glovanni, 14, MMSAC
YOUTHDEC Laura Wiss 13, CORPA 1:02.21 1:05.99 1:06.46 1:06.65 1.06.81 1:06.93 YOUTHDEC Laura Wise,13,COBRA YOUTHDEC Amanda MacNeill,14,ESWIM UTJAN21 Melissa Bartlett,13,CYPS 1:07.01 1:07.05 1:07.29 1:07.51 ISCUPNOV Michelle Landry 14 PDSA UTJAN21 Callan Gault,14,TSC ONTSRNOV Amanda Gillespie,14,PERTH 1:07.59 12 13 1:07.66 UNI SRNUV Amanda Giliespie, 14, PEKTI CASCNOV Hania Kubas, 14, EKSC RAPIDDEC Tina Hoang, 13, HYACK YOUTHDEC Stephanie Moir, 14, EAST BRANTNOV Sheena Martin, 14, TORCH YOUTHDEC Kristen McIlroy, 13, MMST YOUTHDEC Randi Beaulieu, 14, MSSAC 1.07.69 1:07.81 1.07 99 CASCNOV Evangeline Blais,14,CASC PCSCDEC Julia Guay-Racine,13,CAMO LUSCOCT Stephanie Kuhn,14,TMSC 1:08.09 1:08.21 21 1.08 39 MANTADEC Paige Guy,14,PPSC YOUTHDEC Kristin Cloutier,13,CAJ UTJAN21 Jackie Chan,14,UNATT BBSCOCT Elizabeth Cleven,14,MM

200 METRES BACKSTROKE

1:08.49

1.08 77

Rec: 2:12.86 Kelly Stefanyshyn,MANTA,97
1 2:20.16 RAPIDDEC Michelle Landry,14,PDSA RAPIDDEC Michelle Landry, 14, PDSA
BRANTROV Kathy Sluda, 14, ROW
MANTADEC Lynelte Bayliss, 14, UCSC
ONTSRNOV Andrea Shoust, 14, SSMAC
YOUTHDEC Callan Gault, 14, TSC
YOUTHDEC Laura Wise, 13, COBRA
YOUTHDEC Hayley Doody, 14, CASC
YOUTHDEC Kristen McIlroy, 13, MMST
PCSCDEC Amanda MacNelli, 14, ESWIM
BRANTROV Katherine Telfer, 14, ESWIM
DRSCSCDEC Verb Divisual AUG 2:20.97 2:21.57 2:21.87 2:22.91 2:23.31 2:24.33 2.24 46 2:24.48 2:24.84 BRANT INDV Katherine Telter, 14,ESWIM
PCSCDEC Kate Plyley,14,OAK
YOUTHDEC Carly Cermak,14,CAJ
YOUTHDEC Danielle Di Glovanii,14,MSSAC
PCSCDEC Julia Guay-Racine,13,CAMO
ONTSRNOV Melissa Bartlett,13,CYPS 2:25.10 2:25.14 2:25.27 2:25.58 2:25.90 16 2:25 95 UTJAN21 Sheena Martin.14.TORCH UTJANZT Sheena Martin, 14, TURCH LACNOV Jane Wilkinson, 14, SKY YOUTHDEC Randi Beaulieu, 14, MSSAC PICKDEC Amanda Gillespie, 14, PERTH KCSDEC Hania Kubas, 14, EKSC 2:26.51 2:26.52 2:27.01 2.27.05 MANTADEC, Diane Kardash 14 MM 22 23 24 2:27.42 2:27.58 2:27.65 YOUTHDEC Evangeline Balas, 14, KINIV
YOUTHDEC Evangeline Blais, 14, CASC
PCSCDEC Tiffany Vincent, 14, BRANT
MANTADEC Paige Guy, 14, PPSC
KCSDEC Lesley Emter, 14, LL

100 METRES BREASTSTROKE Rec: 1:08.64 Allison Higson,ESC,88 Allison Higson, ESC, 88
EDMONNOV Courtenay Chuy, 14, HYACK
EDMONNOV Tamara Wagner, 14, TORCH
CASCNOV Alexandra Lys, 14, UCSC
BRANTNOV Stephanie Arthur, 14, PCSC
MANTADEC Norah Vogan, 14, GPP
YOUTHDEC Shannon Kryhul, 14, LAC
KCSDEC Kelly Timmon, 13, OSC
BRANTNOV Brittany Segeren, 13, SKY
KCSDEC Christine Barton, 14, VKSC
YOUTHDEC Carly Cermak, 14, CAJ
BRANTNOV Kathy, Sluda, 14, ROW 1:14.92 1:15.14 1:15.27 1:15.41 1:15.51 1:15.57 1:16.16 1:16.25 YOUTHDEC Monica Wejman,14,ESWIM KCSDEC Mila Zvijerac,14,HYACK YOUTHDEC Evangeline Blais,14,CASC 1.16 74 12 13 14 15 PCSCDEC Heather Chance,14,PCSC YOUTHDEC Jackie Chan,14,MSSAC-TO 1:17.39 16 17 CNMNJAN Joan Darsigny,14,CNSH MANTADEC Meredith St.John,14,USC YOUTHDEC Kristin Cloutier,13,CAJ CASCNOV Kimberley Hirsch,14,STSC
PCSCDEC Alessandra Salvalore,14,CAMO
RHACNOV Becky Payne,14,RHAC 20 1.18 06 1:18.25 1:18.53 1:18.59 1:18.72 YOUTHDEC Sarah Gault, 14, CAC YOUTHDEC Kristen Yee, 14, BYST GOLDOCT Erin Schaffer, 14, CASC 200 METRES BREASTSTROKE Allison Higson,ESC,88
EDMONNOV Tamara Wagner,14,TORCH
EDMONNOV Courtenay Chuy,14,HYACK
MANTADEC Norah Vogan,14,GPP Rec: 2:26.48 2:37 13 2:37.36 2:38.57 BRANTNOV Brittany Segeren, 13, SKY BRANTNOV Stephanie Arthur, 14, PCSC YOUTHDEC Shannon Kryhul, 14, LAC KCSDEC Christine Barton, 14, VKSC 2:41.49 2:41.56 2:41.57 2:41.80 2:42.07

KCSDEC Christine Baiton,14, WSC HWACOCT LIyla Gharin,13, BRANT YOUTHDEC Carly Cermak,14, CAJ MANTADEC Alexandra Lys,14, UCSC CASCNOV Kelly Timmons,13, OSC ONTSRNOV Kalthy Siuda,14, ROW BRANTNOV Renee Hober,14, ROW YOUTHDEC Monica Wejman,14, ESWIM VOUTHDEC Evangaline Bist, 14, CASC 2:43.22 2:43.26 10 11 12 13 14 2:43.31 2:43.82

2:43.96 2:45.22 YOUTHDEC Evangeline Blais,14,CASC CASCNOV Kimberley Hirsch,14,STSC YOUTHDEC Blair Holmes,13,COBRA 2:46.63 15 16 17 18 2:46.86 2:46.94 2:47.11 YOUTHDEC Blair Hollines, 13, OBRA
PCSCDEC Stephanie Kuhn,14,TMSC
YOUTHDEC Erin Schaffer,14,CASC
MANTADEC Lynette Bayliss,14,UCSC
MANTADEC Genevieve Dack,14,TBT
YOUTHDEC Dana Dalpi,14,MSSAC 2:47.33 2:47.36

20 21 22 23 2.48 17 RAPIDDEC Natalie Foster 14 LL 2:48.18 2:48.43 ISCUPNOV Jenny Lock,14,COMOX ISCUPNOV Haylee Johnson,13,PDSA 24 25

100 METRES BUTTERELY S BUTTERFLY
Jennifer Fratesi, SSMAC, 99
PCSCDEC Julia Guay-Racine, 13, CAMO
ONTSRNOV Amanda Gillespie, 14, PERTH
PCSCDEC Kate Plyley, 14, OAK
YOUTHDEC Blair Holmes, 13, COBRA
BRANTNOV Kahla Walkinshaw 14, HWAC
PCSCDEC Andrea Shoust, 14, SSMAC
PCSCDEC Marica Microgar 14, ESMMA 1:02.60 1:05.13 1:06.41 1:06.52

PCSCUEC Andrea Shous,1,4,SSMAC
PCSCUEC Monica Weigman,14,ESWIM
YOUTHDEC Sarah Gaulf,14,CAC
CASCNOV Andrea Baird,14,RDCSC
KCSDEC Ortagh O'Kelly,14,EKSC
MANTADEC Paige Guy,14,PPSC
UTJAN21 Callan Gault,14,TSC
KCSDEC Brittney Kremer,14,OSC
PCSCDEC Tiffany Vincent,14,BRANT
MANTADEC Stefanie Andruchuk,13,MANTA
CASCNOV Kristin Anstew,14, ETSC 1:06.90 10 1:07.32 11 12 13 1:08.04 1.08 18 1:08.24 1:08.37

15 16 17 CASCNOV Kristin Anstey,14,STSC ISCUPNOV Chelsey Burnett,14,NRST MANTADEC Ally Jack, 13, GLEN
CNOOCT Joan Bernier, 14, CNCB
RODSCJAN Jennifer Humphreys, 14, AMAC
MANTADEC MacKenzie Clarke, 13, GLEN 18 19 20 1.08 78 1:08.92 1:08.94 21 1.09 24 MANI ADEC MISCRETZIE CIATRE, 13,GLEN PICKDEC Leanna Lee,14,TORCH PICKDEC Tamara Wagner,14,TORCH RAPIDDEC Kelsey Rush,13,RAYS KCSDEC Brianne Cloak,13,IS 22 1:09.37 1.09 51

200 METRES BUTTERFLY

21

22

S BUTTERFLY
Sandra Marchand, ENL, 88
PCSCDEC Julia Guay-Racine, 13, CAMO
ONTSRNOV Amanda Gillespie, 14, PERTH
PCSCDEC Kahla Walkinshaw, 14, HWMC
YOUTHDEC Blair Holmes, 13, COBRA
KCSDEC Orlagh O'Kelly, 13, EKSC
BRANTNOV Tamara Wagner, 14, TORCH
ONTSRNOV Kale Plyley, 14, OAK
YOUTHDEC Callan Gault, 14, TSC
MANTADEC Gillian Coles, 14, BROCK
KCSDEC Brianne Cloak, 13, IS 2:24.54 2:25.13 2:26.71 2:27.03 2:29.92 2:29.96 2:30.32 10 11 12 13 2:30.44 KCSDFC Brianne Cloak 13.IS CASCNOV Andrea Baird, 14, RDCSC

ROWN And Mark Remains Cooper, 13, LAC

PGBNOV Jenine Barton, 14, PN

BRANTNOV Monica Wejman, 14, ESWIM

CASCNOV Andrea Baird, 14, RDCSC 2:30.60 2:30.89 2:30.89 2:31.38 2:31.47 14 15 16 17 KCSDEC Meaghan McColl,13,IS PCSCDEC Tiffany Vincent,14,BRANT MANTADEC Stefanie Andruchuk,13,MANTA 2:31.53 2:31.72 2:31.82 2:31.88 2:31.98 18 19 20 CNQOCT Joan Bernier,14,CNCB PCSCDEC Shannon Lang,14,HWAC YOUTHDEC Brittany Zawadowski,14,COBRA KCSDEC Brittney Kremer,14,OSC LACNOV Jane Wilkinson,14,SKY RAPIDDEC Chelsey Burnett,14,NRST 2.32.23 2:32.27 2:33.50 2:33.54 24

KCSDEC Kelly Timmons,13,0SC

200 METRES IND. MEDLEY
REC: 2:16.79 Allison Higson, ESC, 87
1 2:20.10 RAPIDDEC Michelle Landry, 14, PDSA
2 2:23.31 ONTSRNOV Kathy Siuda, 14, ROW ONTSRNOV Kathy Siuda, 14,70W
ISCUPNOV Courtenay Chuy, 14,14YACK
YOUTHOEC Sarah Gault, 14, CAC
ONTSRNOV Amanda Gillespie, 14,PERTH
MANTADEC Alexandra Lys, 14, UCSC
PICKDEC Tamara Wagner, 14, TORCH
YOUTHDEC Monica Wejman, 14, ESWIM
YOUTHDEC Carly Cermak, 14, CAJ
PCSCDEC Stephanie Kuhn, 14, TMSC
YOUTHDEC Evangeline Blais, 14, CASC
KCSDEC Mila Zvijerac, 14, HYACK
KCSDEC Andrea Baird, 14, RDCSC
YOUTHDEC Callan Gault, 14, TSC
BRANTNOV Jane Wilkinson, 14, SKY 2:24.62 2:24.85 2:24.97 2:26.19 2:26.20 2:26.47

2:26.71 2:26.75 2:27.36 2:28.37 2:28.67 BRANTNOV Jane Wilkinson,14,SKY
PCSCDEC Julia Guay-Racine,13,CAMO
BRANTNOV Blair Holmes,13,COBRA 2.29 10 2:29.48 2:29.68

BRANTINOV Blair Holmes, 1.3, CUBRA
YOUTHDEC Brittany Cooper, 13, LAC
MANTADEC Rebecca Haight, 14, BROCK
MANTADEC Meg Fracke, 14, USC
PCSCDEC Shannon Lang, 14, HWAC
GOLDOCT Kelly Timmons, 13, OSC 2:29.85 2:30.41 2:30.79 2:30.91 2:30.99

2:31.06 2:31.07 RAPIDDEC Valerie Pomaizi,13,NRST CNQOCT Alex Lachance-F,14,UL ESWIMJAN Shannon Kryhul,14,LAC 400 METRES IND. MEDLEY Rec: 4:47.40

S IND.MEDLEY

Carrie Burgoyne, MANTA, 96

ISCUPNOV Michelle Landry, 14, PDSA

BRANTNOV Kathy Siuda, 14, ROW

VOUTHDEC Carly, Cermak, 14, CAJ

MANTADEC Leynette Bayliss, 14, UCSC

YOUTHDEC Brittany Cooper, 13, LAC

MANTADEC Alexandra Lys, 14, UCSC

KCSDEC Andrea Baird, 14, RDCSC

ONTSRNOV Amanda Gillespie, 14, FPERTH

ONTSRNOV Callan Gault, 14, TSC

YOUTHDEC Evangeline Blais, 14, CASC

MANTADEC Rebecca Halght, 14, BROCK

ISCUPNOV Courtenay Chry, 14, HYACK 4:57.26 5:02 29 5:05.40 5:05.75 5:08.68 5:08.77 5:09.68

5.11 49 5:12.13 ISCUPNOV Courtenay Chuy,14,HYACK YOUTHDEC Blair Holmes,13,COBRA KCSDEC Kelly Timmons,13,OSC

KCSDEC Kelly Timmons, 13,0SC KCSDEC Thea Norton, 13, STSC KCSDEC Stephanie Nicholls, 13,PN PCSCDEC Shannon Lang, 14,HWAC CASCNOW Morah Vogan, 14, GMP PCSCDEC Josiane Lepine, 14, CAMO RAPIDDEC Jaimie Graham, 14, PDSA KCSDEC Avery Kremer, 13,0SC MANTADEC Krista Haslund, 13, ROD VOLITLIPEC Stephanie Birabung, 13, ROD 5:15.42 5:15.46 5:17.26 5:17.89

23 5:19 50 YOUTHDEC Stephanie Bigelow, 13, IS

PCSCDEC Montreal Aquatique,CAMO CASCNOV Calgary Swimming,UCSC 2.07.61 CASCNOV Edmonton Keyano, EKSC
PCSCDEC Etobicoke Swimming, ESWIM
BRANTINOV Toronto Olympians, TORCH
YOUTHDEC London AC, LAC
BRANTINOV Region of Walerloo, ROW
CASCNOV Cascade Swim Club, CASC
ESCHONOV Cascade Swim Club, CASC 2:08.44 2:08.56 2:08.69 10 2:08.92 2:09.04 2:09.19

11 12 13 CASCNOV Cascade Swim Club, HYACK
CASCNOV Olympian Swim Club, DSC
MANTADEC Uxbridge SC, USC
YOUTHDEC Cambridge Aquajets, CAJ
PICKDEC Perth Stingrays, PERTH 2:10.01 2:10.12 2:10.38 2:10.49 2:10.98 18 2.10.99

PCSCDEC Hamilt-Wentworth AC,HWAC
MANTADEC Glencoe Gators,GLEN
ISCUPNOV Nanaimo Riptide ST,NRST 21 2.11.26 YOUTHDEC, North York AC NYAC YOUTHDEC NORM YOR AC, NYAC ISCUPNOV Pacific Dolphins, PDSA CASCNOV Red Deer Catalina SC, RDCSC KCSDEC Silver Tide SC, STSC CNQOCT CN Quebec, CNQ 2:11.94 2:12.09

4X50 M FREE RELAY

EKELAT Etobicoke Swimming,ETOB,97 MANTADEC Manitoba Marlins,MM Rec: 1:48.47 1 1:52.33 KCSDEC Edmonton Keyano, EKSC YOUTHDEC Mississauga AC, MSSAC PCSCDEC Pointe Claire SC, PCSC YOUTHDEC North York AC, NYAC 1:53.38 1:53.84 PCSCDEC Montreal Aquatique,CAMO MANTADEC Calgary Swimming,UCSC YOUTHDEC London AC,LAC PCSCDEC Oakville AC,OAK 1:53.84 1:54.29 1.55.03 1:55.57

PUSCUEL OBANINE AL, DAR YOUTHDEC Cobra Swim Club, COBRA PICKDEC Toronto Olympians, TORCH BRANTNOV Etobicoke Świmming, ESWIM CASCNOV Cascade Swim Club, CASC ISCUPNOV Hyack Swim Club, HYACK ISCUPNOV Pacific Dolphins, PDSA 10 11 12 13 1:55.57 1:55.67 1:55.73 1:55.74 PCSCDEC Hamilt-Wentworth AC.HWAC 16 1.56.75 ISCUPNOV Nanaimo Riptide ST,NRST 1:57.39

PICKDEC Perth Stingrays, PERTH PCSCDEC CA Salaberry, CAS CNQOCT CN Quebec, CNQ 1:57.66 1:57.69 21 1.57 71 PCSCDEC, Brantford AC BRANT 1:57.74 1:57.77 BROCKOCT Cambridge Aquajets,CAJ MANTADEC Uxbridge SC,USC CHAMPDEC Ajax Aquatic Club,AAC 24 1:58.56 1:58.59 KCSDEC Olympian Swim Club,OSC

Rankings for the period (results received) October 1, 1999 to January 28, 2000 TAG is financially supported by SWIMMEWS 1999 SHORT COURSE TAG®

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13-14

50 METRES FREESTYLE

Yannick Lupien,CAGRA,95 7 UTJAN21 Kurtis Miller,14,SCAR MANTADEC Graeme Tozer,14,UCSC KCSDEC Devin Phillips,14,EKSC BRANTNOV Mark Thauvette, 14, OAK 25.50 PCSCDEC Kevin Rioux,14,CAMO MACJAN Michael Chu,14,CHAMP 25.57 25.70 ESWIMJAN Tobias Oriwol,14,ESWIM KCSDEC Chase Reid,14,CASC CASCNOV Jian-Lok Chang,14,EKSC ESWIMJAN Alex Tanton,14,NEW PCSCDEC Kieran O'Neill,14,SSMAC YOUTHDEC Casey Ralph,14,IS 25 96 26.02 YOUTHDEC Casey Raiph, 14,1S
BRANTNOV Eric Chan, 13, AAC
KCSDEC Jim Tung, 13, HYACK
PCSCDEC Douglas McQueen, 14,GO
ISCUPNOV David Chung, 14,PSW
BRANTNOV Ian McLean, 14,CYPS 26.20 26.22 26.23 BRANTNOV I an McLean, 14,CYPS
'YOUTHDEC Andrew Nicholas, 14, NEW
'YOUTHDEC David Hinan, 14, SCAR
'YOUTHDEC Nathan Chang, 14, TORCH
ISCUPNOV I an Anderson, 14, SPART
GOLDOCT Pat Turanich-N, 14, STSC
PCSCDEC Sophian Mohand-Cherif, 14, CAMO
RAPIDDEC William Johnson, 14, PDSA
PCSCDEC Serge Demers-Giroux, 13, CNTR
FREFSTYLE
FREFSTYLE 26.25 26.25 26.27 26.38 26.39

100 METRES ERFESTYLE

FREESTYLE

Innick Lupien, CAGRA, 95

YOUTHDEC Kurtis Miller, 14, SCAR

BRANTNOV Mark Thauvette, 14, OAK

KCSDEC Devin Phillips, 14, EKSC

CASCNOV Graeme Tozer, 14, UCSC Rec: 51.03 Ya BRANTNOV Tobias Oriwol,14,ESWIM YOUTHDEC Casey Ralph,14,IS PCSCDEC Sophian Mohand-Cherif,14,CAMO 54 77 56.26 56.29 PCSCDEC Sophian Mohand-Cherif,14,(
YOUTHDEC Dario Isic,14,PDSA
BRANTNOV Kevin Rioux,14,CAMO
ESWIMJAN Alex Tanton,14,NEW
CHAMPDEC Michael Chu,14,CHAMP
PCSCDEC Kieran O'Neill,14,SSMAC YOUTHDEC Marc Sze,14,PDSA RAPIDDEC Jim Tung,13,HYACK YOUTHDEC Andrew Nicholas,14,NEW 56.83 56.98 UTJAN21 Nathan Chang,14,TORCH
CASCNOV Pat Turanich-N.,14,STSC
PCSCDEC Joe Bajcar,13,OAK
KCSDEC Chase Reid,14,CASC
YOUTHDEC Lee Murphy,14,MSSAC 57.07 57.14 57.14 57.35 57.37 57.43 ISCLIPNOV Jan Anderson 14 SPART KCSDEC Jian-Lok Chang,14,EKSC ESWIMJAN Conrad Aach,14,ESWIM 57.51 GOLDOCT Marcus Greenshields,14,RDCSC LUSCOCT Kellan O'Neill,12,SSMAC

200 METRES FREESTYLE

Yannick Lupien, CAGRA, 95 BRANTNOV Mark Thauvette, 14, OAK BRANTNOV Tobias Oriwol, 14, ESWIM 1:57.74 BRANI NOV 10bias Uriwol, 14,ESWIM CASCNOV Graeme Tozer,14,UCSC CASCNOV Devin Phillips,14,EKSC PCSCDEC Kevin Rioux,14,CAMO UTJAN21 Kurtis Miller,14,SCAR PCSCDEC Douglas McQueen,14,GO 1.58 33 1:59.96 2:00.31 2:00.93 PCSCDEC Douglas McOueen, 14, GO YOUTHDEC Justin Pommerville, 13, IS PCSCDEC Jonathana Aubry, 14, CNB KCSDEC Casey Rajbh, 14, IS YOUTHDEC Michael Pisarczyk, 14, LAC ESWIMJAN Alex Tanton, 14, NEW YOUTHDEC Craig Partridge, 14, GOST ESWIMJAN Jonathan Long, 14, LAC YOUTHDEC Marc Sze, 14, PDSA FORMING MACROSTORY, 14, LAC YOUTHDEC Marc Sze, 14, PDSA 2.02.25 2:02.68 2:03.62 2:04.07 2:04.27 2.04 79 2:04.87 2:05.02 ESWIMJAN M. Asarczyk,14,LAC YOUTHDEC Sean Collins,14,TSC ESWIMJAN Andrew Nicholas,14,NEW KCSDEC Jian-Lok Chang,14,EKSC PCSCDEC Kieran O'Neill,14,SSMAC 2:05.07 2:05.17 2:05.22 ISCUPNOV Ian Anderson,14,SPART RAPIDDEC Jim Tung,13,HYACK CASCNOV Pat Turanich-N.,14,STSC 2:06.03 2:06.07 LUSCOCT Kellan O'Neill.13.SSMAC

400 METRES FREESTYLE Rec: 3:58.32 Jamie Stevens, MANTA, 89 Jamie Stevens, MANTA, 89

YOUTHDEC Tobias Orivol,14,ESWIM
BRANTNOV Mark Thauvette,14,OAK
PCSCDEC Douglas McQueen,14,GO
YOUTHDEC Casey Ralph 14,IS
MANTADEC Graeme Tozer,14,UCSC
PCSCDEC Cornad Aach,14,ESWIM
PCSCDEC Joe Bajcar,13,OAK
YOUTHDEC Kurlis Miller,14,SCAR
YOUTHDEC Kurlis Miller,14,SCAR
YOUTHDEC Michael Pisarczyk,14,LAC
YOUTHDEC Michael Pisarczyk,14,LAC
YOUTHDEC Michael Pisarczyk,14,LAC
YOUTHDEC Winstin Pommerville 13, IS 4.08.63 4:13.10 4:18.14 4.18.25

4:19.77 4:19.78 4:24.26 4:24.54 TOUTHDEC LYBIN ARRINSON, 14, LAC YOUTHDEC Justin Pommerville, 13, 15 YOUTHDEC Simon Gabsch, 13, MSSAC YOUTHDEC Marc Sze, 14, PDSA CNMNJAN David Provencher, 13, GAMIN ISCUPNOV Janco Mynhardt, 13, PSW KCSDEC Malcolm Lavole, 14, OSC CASCNOV Design Philips 41, USC CASCNOV Design Philips 41, USC 4.25.43 4:25.78 4:26.49 4.27.55 4:27.91 4:27.99 4:28.39 4:28.46 CASCNOV Devin Phillips, 14, EKSC ESWIMJAN M. Asarczyk, 14, LAC ISCUPNOV Ian Anderson,14,SPART ESWIMJAN Andrew Baier,14,COBRA YOUTHDEC Craig Partridge,14,GGST 20 4:28 61 4:28.85 4:28.95

4:29.62 4:29.80 YOUTHDEC Dario Isic,14,PDSA LUSCOCT Kellan O'Neill,12,SSMAC YOUTHDEC Jason Chan,14,TORCH 1500 METRES FREESTYLE

Alex Baumann, LUSC, 79 Rec: 15:32.15 YOUTHDEC Tobias Oriwol,14,ESWIM MANTADEC Graeme Tozer,14,UCSC YOUTHDEC Simon Gabsch,13,MSSAC 16:30.35 16:41.77 16:55.14 YOUTHDEC Gonrad Aach,14,ESWIM
YOUTHDEC Jonathan Long,14,LAC
YOUTHDEC Casey Ralph,14,IS
YOUTHDEC Ryan Atkinson,14,LAC
YOUTHDEC Michael Pisarczyk,14,LAC
YOUTHDEC Andrew Baier,14,COBRA 16:58.79 17:04.93 17:16.74 17:25.77 17:35.95 YOUTHDEC Andrew Baier, 14, COBRA
CMMIJAN Bavid Provencher, 13, GAMIN
KCSDEC Janco Mynhard 1, 13, PSW
ISCUPHOV Justin Pommerville, 13, IS
ISCUPHOV Justin Pommerville, 13, IS
ISCUPHOV Bobert Miller, 14, CHENA
CASCNOV Devin Phillips, 14, EKSC
YOUTHDEC Dario Isic, 14, PDSA
MANTADEC Dario Isic, 14, PDSA
MANTADEC Curtis Edmunds, 13, CP
MANTADEC Lee Cookson, 13, CP
LACNOV Matt Hawes, 13, ROW
KCSDEC Callum Ng, 14, CASC
GOLDOCT Pat Turanich-N., 14, STSC 17:40.10 10 17:47 55 11 17:47.66 12 17:50.11 13 17:50.53 14 17:52.62

16 17:54.67 17 17:54.99 18 17:56.10 19 17:57.49 20 18:11.74 21 18:12.04

100 METRES BACKSTROKE

15 17:53 58

ES BACKSTROKE
Garret Pulle, MAC, 93
ROSCDEC Tobias Oriwol,14, ESWIM
YOUTHDEC Kurtis Miller,14, SCAR
PCSCDEC Martin Renaud,14, CMB
KCSDEC Devin Phillips,14, EKSC
YOUTHDEC Conrad Acal, 14, ESWIM
LUSCOCT David Gibson,14, SSMAC
FSWIM/LAM Paga Alkirson,14, LAC Rec: 56.93 1 58.33 58.40 1:01.48 1.01.87 1:02.90 ESWIMJAN Ryan Atkinson,14,LAC YOUTHDEC Casey Ralph,14,IS BRANTNOV Mark Thauvette,14,OAK 1:03.20 1:03.62 KCSDEC Gaelen Andrews,14,FMSC YOUTHDEC Nathan Chang,14,TORCH ONTSRNOV David Hinan,14,SCAR 1:03.98 1:04.28 12 13 1:04.30 YOUTHDEC Justin Pommerville,13,IS YOUTHDEC Andrew Nicholas,14,NEW CASCNOV Malcolm Lavoie,13,OSC 1.04 42 1:05.14 1:05.16 1:05.28 1:05.36 PCSCDEC Serge Demers-Giroux,13,CNTR CASCNOV Myles Maxey,14,CASC

2:08.17

YOUTHDEC Tobias Orivol,14,ESWIM
UTJAN21 KURIS Miller,14,SCAR
YOUTHDEC Conrad Aach,14,ESWIM
PCSCDEC Douglas McQueen,14,GO
KCSDEC Devin Phillips,14,ESC
YOUTHDEC Justin Pommerville,13,IS
KCSDEC Casey Ralph,14,IS
YOUTHDEC Ryan Alkinson,14,LAC
CASCNOV Graeme Tozer,14,UCSC 2:15.38 2:16.14 2.16.33 CASCNOV Graem to Tozer, 14, UCSC YOUTHDEC Nathan Chang, 14, TORCH YOUTHDEC Craig Partridge, 14, GGST CASCNOV Myles Maxey, 14, CASC PCSCDEC Timothy Ruse, 14, PCSC ESWIMJAN Andrew Baier, 14, COBRA KCSDEC Trion Schmitt, 14, IS KCSDEC Erich Schmitt, 14, IS 2:18.79 2.19.65 2:19.85 2:20.08 2:20.23

21

22 23 24

KCSDEC Erich Schmill, 14,15
KCSDEC Malcolm Lavoie,14,0SC
KCSDEC Gaelen Andrews,14,FMSC
PCSCDEC Sophian Mohand-Cherif,14,CAMO
YOUTHDEC David Hinan,14,SCAR 2:20.25 YOUTHDEC Brian Holland 13 MSSAC 2:20.78 2:21.74 2:22.65 KCSDEC Callium Ng,14,CASC
MANTADEC Eric Gendron,13,KSC
PCSCDEC Serge Demers-Giroux,13,CNTR
ISCUPNOV Robert Miller,14,CHENA 100 METRES BREASTSTROKE Rec: 1:03.27 Michael Mason, EPS, 89 VIOLIDER WASDIT,ETS,09
PCSCDEC Kevin Rioux,14,CAMO
ESWIMJAN Tobias Oriwol,14,ESWIM
KCSDEC Ryan Chiew,13,HYACK
YOUTHDEC Conrad Aach,14,ESWIM
YOUTHDEC Michael Chu,14,CHAMP 1.09 39 1:09.87 1:10.12 1:10.79 CASCNOV Brandon Grove.14.EDSON 1:11.81 CASCNOV Brandon Grove, 14,EUSON KCSDEC Chase Reid,14,CASC UTJAN21 Kurtis Miller,14,SCAR PCSCDEC Olivier Andre,14,CAMO CASCNOV Graeme Tozer,14,UCSC UTJAN21 Nathan Chang,14,TORCH 1.11.85 1:12.11 10 11 1:12.27 1:12.31 PCSCDEC Gareth Chantler,13,0AK MACJAN Eric Chan,14,AAC CLMOCT Michael Eubank,14,CP 12 13 14 1:12.43 CASCNOV Ben Keast,14,HYACK RAPIDDEC Matt Yuzwa,13,CASC 15 1:12.87 16 17 1:12.96 1:13.00 MAC JAN Marco Monaco 13 OAK RDCSCNOV Colin Lyon,14,RACE KCSDEC Brendan Robertson,14,HYACK TMSCDEC Raymond Chow,13,TMSC YOUTHDEC David McKechnie,13,CYC YOUTHDEC Mark Pariselli,14,NYAC 1.13 27 1:13.32 1:13.51 1:13.58 1:13.85 ISCUPNOV Ivan Wong,14,PDSA PCSCDEC Mathieu Larocque,14,PCSC PCSCDEC Jonathana Aubry,14,CNB 200 METRES BREASTSTROKE Rec: 2:14.36 1 2:25.72 Matthew Huang,PDSA,98
ESWIMJAN Tobias Oriwol.14.ESWIM 2:27.47

PCSCDEC Conrad Aach,14,ESWIM PCSCDEC Kevin Rioux,14,CAMO 2:30.39 2:35.06 2:35.52 2:35.84 YOUTHDEC Mark Pariselli,14,NYAC KCSDEC Ryan Chiew,13,HYACK MACJAN Marco Monaco,13,OAK

2:36.47 2:36.94 2:37.37 KCSDEC Chase Reid,14,CASC CASCNOV Brandon Grove,14,EDSON RAPIDDEC Matt Yuzwa,13,CASC PCSCDEC Olivier Andre,14,CAMO YOUTHDEC Michael Chu,14,CHAMP 2:37.64 10 11 12 13 14 2:38.09 2:38.53 PCSCDEC Gareth Chantler,13,0AK YOUTHDEC David McKechnie,13,CYC CASCNOV Marcus Greenshields,14,RDCSC 2:39.10 2:39.21 2:39.83 15 16 17 18 2:40.29 2:41.14

CASCHOU Walcus Gleenshields, 14, RCC:
SWIMIJAN Jonalhan Long, 14, LAC
YOUTHDEC Adam Slater, 13, NEW
BROCKOCT Warren Barnes, 14, PICK
KCSDEC Sean Compston, 14, CASC
KCSDEC Tim Kinsella, 14, EKSC
PCSCDEC Mathieu Larocque, 14, PCSC 2.41 37 2:41.40 2:41.72 20 21 22 2:42.00 2:42.76 YOUTHDEC Kyle Sorrie,14,NEW ISCUPNOV David Chung,14,PSW 23 2.42.86 YOUTHDEC Matthew Bento 14 LAC 2:42.90 2:42.92 MANTADEC Michael Lett,13,PASS UTJAN21 Kurtis Miller,14,SCAR

100 METRES BUTTERFLY

ES BUTTERFLY
Garrel Pulle, MAC, 93
PCSCDEC Douglas McQueen, 14, G0
PCSCDEC Kevin Rloux, 14, CAMO
MANTADEC Graeme Tozer, 14, UCSC
ONTSRNOV Kurtis Miller, 14, SCAR 56.61 1:00.33 1:00.90 1:01.41 ESWIMJAN Tobias Oriwol,14,ESWIM KCSDEC Malcolm Lavoie,14,OSC 1:01.50 KCSDEC Marcus Greenshields,14,RDCSC YOUTHDEC Michael Pisarczyk,14,LAC BRANTNOV Sophian Mohand-Cherif,14,CAMO 1:02.69 8 9 10 11 12 13 1:03.22 1:03.38 BRAYINOV Supinal Mollant-Cheni, 14,AA
KCSDEC Janco Mynhard, 13,PSW
RAPIDDEC William Johnson, 14, PDSA
ESWIMJAN M. Asarczyk, 14, LAC
CHAMPDEC Michael Chu, 14, CHAMP
VOUTHDEC Andrew Micholas, 14, NEW
MACJAN Eric Chan, 14, AAC
KCCDEC Extern Michael AL DN 1:03.46 1:03.60 1.03.81 1:04.20 KCSDEC Patrick Waters, 14,PN MWCOCT Alex St-Onge, 14,NES

18 19 20

21

24 2:26.20

2:26.49

ONTSINIVO BOURGES NICQUESELT, 1, 90 KCSDEC Malcolm Lavoie, 14, 0SC YOUTHDEC Tobias Oriwol, 14, ESWIM YOUTHDEC Conrad Aach, 14, ESWIM YOUTHDEC Michael Pisarczyk, 14, LAC BRANTNOV Yuto Matsudaira, 14, ROW KCSDEC Janco Mynhardt, 13, PSW 2:14.56 2:17.69 2:17.97 2:18.40 2:18.98 2:19.87 KCSDEC Janco Mynhardt,13,PSW ESWIMJAN M. Asarczyk,14,LAC YOUTHDEC Jason Chan,14,T0RCH PCSCDEC Sophian Mohand-Cherif,14,CAMO YOUTHDEC Marc Sze,14,PORSCDEC Joe Bajcar,13,0AK KCSDEC Casey Ralph 14,IS ISCUPNOV William Johnson,14,PDSA YOUTHDEC Mark Pariselli,14,NYAC PCSCDEC Marc Lachapelle,13,CAMO BRANITNOV Boumedienn Guaffai,14,CAMO CASCNOV Marcus Greenshelds,14,PDSA 2:20.05 2:20.39 2:20.80 2:20.86 2:21.35 2:22.11 2:22.65 2:22.88 2.23.42 2:23.78 2:23.90 2:23.94 2:24.09 BRANI INOV Bournellant Galari, 14, ACNIVI CASCNOV Marcus Greenshields, 14, RDCSC YOUTHDEC Lee Murphy, 14, MSSAC KCSDEC Callum Ng, 14, CASC PCSCDEC Bourned Gueffai, 14, CAMO RAPIDDEC Shingo Kido, 14, DELTA MACJAN Marco Monaco, 13, OAK 2:24 68 2:24.91 2:25.78

YOUTHDEC Craig Partridge,14,GGST

Tobias Oriwol, ESWIM, 99

YOUTHDEC Tobias Oriwol,14,ESWIM PCSCDEC Conrad Aach,14,ESWIM MANTADEC Graeme Tozer,14,UCSC 2.07.74 MANTADEC Graeme Tozer,14, UCSC KCSDEC Casey Ralph,14, IS PCSCDEC Kevin Rioux,14, CAMO YOUTHDEC Nathan Chang,14, TORCH KCSDEC Chase Reid,14, CASC KCSDEC Marcus Greenshields,14, RDCSC YOUTHDEC Mark Parisell,14, NYAC ISCUPNOV Ivan Wong,14, PDSA MCIMIC Foot Port Variable Cost 2:16.06 2:18.64 2:19.31 2:20.07

2:20.25 2:20.30 2:21.04 MACJAN Craig Partridge,14,GGST YOUTHDEC Andrew Baier,14,COBRA MACJAN Marco Monaco,13,OAK 2.21.20 2:21.45 2:21.66 2:21.00

MACJAN Marco Monaco, 13, UAK ISCUPNOV William Johnson, 14, PDSA YOUTHDEC Jonathan Long, 14, LAC YOUTHDEC Marc Sze, 14, PDSA KCSDEC Malcolm Lavoie, 14, OSC LUSCOCT Kellan O'Neill, 12, SSMAC 2:22.01 2:22.03 2:22.37 2:22.85 YOUTHDEC Andrew Nicholas,14,NEW PCSCDEC Boumed Gueffai,14,CAMO CASCNOV Devin Phillips,14,EKSC 2.22 94 2:23.12 2:23.25

2:23.27 2:23.36 KCSDEC Ryan Chiew,13,HYACK KCSDEC Ben Adam,14,CASC CNMNJAN David Provencher,13,GAMIN

400 METRES IND. MEDLEY
Rec: 4:25.80 Alex Baumann, LUSC, 79
1 4:33.28 YOUTHDEC Toblas Orivol, 14,ESWIM
3 4:41.68 PCSCDEC Douglas McQueen, 14, GO 4:48.71 4:50.69 4:50.96 4:52.72

CASCNOV Graeme Tozer, 14, UCSC
YOUTHDEC Casey Ralph, 14, IS
KCSDEC Devin Phillips, 14, EKSC
KCSDEC Marcus Greenshields, 14, RDCSC
YOUTHDEC Mark Pariselli, 14, NYAC
YOUTHDEC Marc Sze, 14, PDSA 4:57.07 10 4.57 33 4:58.60

VOUTHDEC Marc Sze, 14, PDSA
YOUTHDEC Jonathan Long, 14, LAC
PCSCDEC Timothy Ruse, 14, PCSC
YOUTHDEC Nathan Chang, 14, TORCH
BRANTINOV MARC Thauvelle, 14, GOST
KCSDEC Malcolm Lavole, 14, GOST
KCSDEC Malcolm Lavole, 14, GOST
KCSDEC Justin Pommerville, 13, IS
PCSCDEC Joe Bajcar, 13, OAK
YOUTHDEC Sason Chan, 14, TORCH
ISCUPNOV Ivan Wong, 14, PDSA
PCSCDEC Marco Monaco, 13, OAK
YOUTHDEC Simon Gabsch, 13, MSSAC
YOUTHDEC Simon Gabsch, 13, MSSAC
YOUTHDEC Simon Gabsch, 13, MSSAC
YOUTHDEC Greg Toglema, 14, LAC 4:58.64 4:59.62 4:59.75 5:01.86 5:02.00 5:02.22 5:02 49

5:03.08 5:05.02 5:05.04 5:05.49

YOUTHDEC Greg Togtema,14,LAC YOUTHDEC Chase Reid,14,CASC RAPIDDEC Ben Adam,14,CASC 5:05.66 5:05.79 4X50 M MEDI EV RELAY

PCSCDEC Montreal Aquatique,CAMO
KCSDEC Cascade Swim Club,CASC
CASCNOV Edmonton Keyano,EKSC 1:51.33 1:55.20 PCSCDEC Etobicoke Swimming, ESWIM

PCSCDEC Etobicoke Swimming, ESWIM YOUTHDEC Scarborough SC, SCAR PCSCDEC Pointe Claire SC, PCSC YOUTHDEC Newmarkel SC, NEW YOUTHDEC London AC, LAC KCSDEC Hyack Swim Club, HYACK YOUTHDEC Pacific Dolphins, PDSA BRANTINO Vakville AC, OAK KCSDEC Island Swimming, IS PCSCDEC Glouc-Ottawa Kingfish, GO MAC, AN Toronto Champs, CHAMP PCSCDEC Hamilit-Wentworth AC, HWAC CASCNOV Olympian Swim Club OSC 1:58.72 1:59.99 2:00.00 2:01.62 2:01.98

11 12 13 2:02.07 2:02.72 2:03.54 2:03.87 2:03.95 CASCNOV Olympian Swim Club,OSC YOUTHDEC Mississauga AC,MSSAC MACJAN Markham AC,MAC 2:04.29 2:04.91 2:05.61

2:06.02 2:06.58 YOUTHDEC North York AC,NYAC ISCUPNOV Pacific Sea Wolves,PSW 2.07.42 CNOOCT ON Quebec ONO PICKDEC Toronto Olympians, TORCH KCSDEC Points North SC,PN MANTADEC Manta Swim Club, MANTA MANTADEC Calgary Killarney SC,KSC 2:07.48 2:07.68

4X50 M FREE RELAY

Markham AC,MAC,92 PCSCDEC Montreal Aquatique,CAMO PCSCDEC Montreal Aquatique, CAMO YOUTHDEC Pacific Dolphins, PDSA KCSDEC Cascade Swim Club, CASC CASCNOV Edmonton Keyano, EKSC YOUTHDEC Scarborough SC, SCAR KCSDEC Island Swimming, IS KCSDEC Hyack Swim Club, HYACK YOUTHDEC Elobicoke Swimming, ESWIM RRANTIMOV Dakulila AC OAK 1:45.16 1:45.53 1:45.58 1:46.33 1:47.01 1:47.05 1.47 24 1:47.90 BRANTNOV Oakville AC,OAK 1:48.15

BRANTNOV Oakville AC, OAK
YOUTHDEC Newmarkel SC, NEW
PCSCDEC Hamilt-Wentworth AC, HWAC
YOUTHDEC London AC, LAC
PCSCDEC Pointe Claire SC, PCSC
PCSCDEC Glouc-Ottawa Kingfish, GO
MANTADEC Calgary Swimming UCSC
YOUTHDEC North York AC, NYAC
PICYEDC Texted Observation SC MPCH 1:48.62 1:49.18 1:49.62 1:49.83 1:50 44 YOU HIDEC NOTIN YOR AC, IN YAC PICKDEC Toronto Olympians, TORCH PICKDEC Mississauga AC, MSSAC MANTADEC Manta Swim Club, MANTA LACNOV Region of Waterloo, ROW 1:50.53 1:50.77 18 19

1:51.13 1:51.18 CHAMPDEC Toronto Champs, CHAMP PCSCDEC Sault Ste. Marie AC, SSMAC CNQOCT Chaudiere-Appalache, RCA CNQOCT CN Quebec, CNQ 1.51.62 24 1:52.24 ISCUPNOV Pacific Sea Wolves, PSW

Rankings for the period (results received) October 1, 1999 to January 28, 2000 TAG is financially supported by Swimming/Natation Canada. Compiled by SWIMNEWS 1999 SHORT COURSE TAG®

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GIRLS 15-17

50 METRES FREESTYLE
Rec: 25.25 Shannon Shakespeare, MM, 93
1 26.19 COLPKNOV Jenna Gresdal, 15, ESWIM COLFNOV Jerima Glesdari, Josewini EDMONNOV Chrissy MacAulay, 17, ESWIM MANTADEC Jessie Bradshaw, 15, UCSC PCSCDEC Tilfany Woods, 15, PCSC RAPIDDEC Tara Taylor, 17, HYACK EDMONNOV Kelly O'Toole, 17, EKSC 26.73 26.78 26.81 BRANTNOV Adrienne Karney,16,AAC PCSCDEC Audrey Lacroix,16,CAMO RAPIDDEC Francine Ling,16,DELTA 26.90 MANTADEC Andrea Hayden, 16,GPP UTJAN21 Natalie Kiegelmann, 16,BTSC BEAVNDEC Adriana Koc-Spadaro, 16,PDSA 27.03 27.09 27.16 BEAWNDEC Adriana Koc-Spadaro, 16,PDSe
EDMONNOV Lizabeth Wycliffe, 16, EBSC
EDMONNOV Angela Catford, 16, NEW
ONTSRNOV Jennefer Brankovsky, 17, EYSC
MANTADEC Meghan Demchuk, 15, ROD
PCSCDEC Victoria Poon, 15, CALAC
RAPIDDEC Andrea-Ann Leroy, 17, NRST
CASCNOV Elizabeth Colling, 16, ROD
MANTADEC Michelle Brunet, 19, MANTA
COL DOCT Shame McMblu, 37, EYSC 27.39 27.44 27.50 27.61 27.62 MANI ADEL MICHEIB BYUNEI, 19,MANIA GOLDOCT Shauna McNally, 17,EKSC MANTADEC Kristen Lis,16,ROD RAPIDDEC Julie Behl, 16,CASC KCSDEC Jennifer Kasuya, 17,HYACK PCSCDEC Janice Tijssen,17,PCSC 27.63 27.64 21 22 23 24 27.67 27.68 27.69

100 METRES ERFESTYLE

PCSCDEC Tiffany Woods, 15, PCSC
PCSCDEC Audrey Lacroix, 16, CAMO
SHANGJAN Kelly Slefanyshyn, 17, PDSA
BEAWNDEC Adriana Koc. Spadaro, 16, PDSA
GOLDOCT Elizabeth Collins, 16, ROD
PCSCDEC Chrissy MacAulay, 17, ESWIM
MANTADEC Andrea Hayden, 16, GPP
PCSCDEC Victoria Poon, 15, CALAC
KCSDEC Kelly O'Toole, 17, EKSC
SCIUDNOW Kardus Stubral 17, IS
SCIUDNOW Kardus Stubral 17, IS 58.20 58.63 58.91 58.96 ISCUPNOV Karley Stutzel,17,1S COLPKNOV Jennifer Fratesi,15,ROW TDJAN Elizabeth Wycliffe,16,EBSC 59.00 ONTSRNOV Loren Sweny,17,NKB ONTSRNOV Natalie Kiegelmann,16,BTSC MANTADEC Meghan Demchuk,15,ROD KCSDEC Michaela Schmidt,16,CASC MANTADEC Megan Kinsella,18,UCSC 18 19 20 59.30 59.42 59.51 21 22 23 BRANTNOV Chandra Engs,15,CAJ BRANTNOV Adrienne Karney,16,AAC RAPIDDEC Julie Behl,16,CASC 59 55 59.57 24 59.58 ONTSRNOV Angela Catford, 16, NEW 25 59.67 PCSCDEC Sophie McKay, 16, CAMO 200 METRES FREESTYLE

PATRICIA NOAII, CNMN, 88
COLPKNOV Jenna Gresdal, 15, ESWIM
BEAVNDEC Deanna Stefanyshyn, 15, PDSA 2:03.17 BEAVIOLE Deanna Stelanyshyn, 15,P ISCUPNOV Danielle Bell, 16,IS COLPKNOV Jennifer Fratesi, 15,ROW KCSDEC Tara Taylor, 17, HYACK PCSCDEC Audrey Lacroix, 16,CAMO ISCUPNOV Karley Stutzel, 17,IS 2.03.24 2:04.17 2:04.78 2:04.99 2:05.18 MANTADEC Andrea Hayden,16,GPP ONTSRNOV Loren Sweny,17,NKB UTJAN21 Kristen Bradley,16,NEW 2.05.43 2:05.98 UTJANZT Kristen Brädley, 16, NEW EDMONNOV Melissa Laflamme, 17, UL CASCNOV Elizabeth Collins, 16, ROD GOLDOCT Shauna McNally, 17, EKSC EDMONNOV Tamee Ebert, 16, PDSA RAPIDDEC Meghan Brown, 15, PDSA 2.06.31 2:06.94 2:06.95 KCSDEC Leslie Cove, 17, RDCSC BEAVNDEC Adriana Koc-Spadaro, 16, PDSA UTJAN21 Jennefer Brankovsky, 17, EYSC 2.07.27 2:07.40 2:07.58 PCSCDEC Melanie Frigon, 17, BBF ONTSRNOV Cynthia Pearce, 16, MSSAC-TO UTJAN21 Angela Catford, 17, NEW 2:07.66 2:07.82 2:07.83 PCSCDEC Danielle Beland,15,GO CASCNOV Jessie Bradshaw,15,UCSC 2.07.88 2:08.40 KCSDEC Jennifer Coombs. 16. HYACK PCSCDEC Melanie Bouchard, 17, CNB

400 METRES FREESTYLE ONTSRNOV Loren Sweny,17,NKB
MANTADEC Jessie Bradshaw,15,UCSC
PCSCDEC Danielle Beland,15,GO
KCSDEC Jennifer Coombs,16,HYACK
ESWIMJAN Jenna Gresdal,15,ESWIM
UTJAN21 Kristen Bradley,16,NEW
MANTADEC Marcia Bryon,16,USC
PCSCDEC Alana Murphy,15,ESWIM
ONTSRNOV Chandra Engs,15,CAJ
RODSCJAN Elizabeth Collins,17,ROD
CASCNOV, Andrea Hayden,16,CEP 4.26.23 4:26.56 4:26.93 4.28.06 4:28.08 4:28.81 16 17 4:29.90 4:30.21 4:30.68 4:31.12 4:31.28 CASCNOV Andrea Hayden,16,GPP UTJAN21 Dale Colman,17,MSSAC-TO 4:31.34 4:31.62 KCSDEC Amber Dykes, 16, HYACK ONTSRNOV Dominique Charron, 15, PPC PCSCDEC Katherine Telfer, 15, ESWIM

800 METRES FREESTYLE Nikki Dryden,IS,93 ISCUPNOV Danielle Bell,16.IS Rec: 8:31.65 8:43.45 ISCUPNOV Karley Stutzel, 17, IS EDMONNOV Tamee Ebert, 16, PDSA 8:53.87 EDMONIVOV Tallies EDHI, 16/1705 EDHI, 16/1705 EDHI, 16/1705 EDHI, 15/1705 EDHI, 15/1705 EDHI, 15/1705 EDHI, 15/1705 EDHI, 15/1705 EDHI, 16/1705 EDHI, 16/170 8:56.61 9:09.03

RAPIDDEC Katie Humphries,16,IS KCSDEC Amber Dykes,16,HYACK ISCUPNOV Stephanie Koczka,16,IS 9.14 32 9:14.61 9:15.93 SCUPNOV Stepnanie KOCZKA, 16,1S RAPIDDEC Meghan Brown,15,PDSA KCSDEC Leslie Cove,17,RDCSC UTJAN21 Jolie Pun,17,BROCK MANTADEC Andrea Hayden,16,GPP RAPIDDEC Karen Fahrni,16,CASC 9:16.22 9:17.54 9.21 76 9:22.32 9:23.07 RAPIDDEC Arren Fanthi, 16, LASC RAPIDDEC Amanda Leslie, 16, RAYS GOLDOCT Annamay Pierse, 15, EKSC UTJAN21 Jennifer Dalton, 16, NEW KCSDEC Sara McNally, 15, EKSC KCSDEC Michelle Cove, 15, RDCSC 9.23.71 9:24.04 9:24.87

9:25.98 9:26.17 RAPIDDEC Gail Findlay-Shirras,16,PDSA MANTADEC Jocelyn Tanner,17,ROD COBRAJAN Julie Babin,16,ESWIM 9.27 39 9:28.29 9:29.46

100 METRES BACKSTROKE

COBRAJAN Julie Batin, 16, ESWIM S SARCKSTROKE

Kelly Stefanyshyn, PDSA, 99
EDMONNOV Kelly Stefanyshyn, 17, PDSA
EDMONNOV Jennifer Frales, 15, ROW
EDMONNOV Jennifer Frales, 15, ROW
EDMONNOV Jennifer Frales, 15, ROW
EDMONNOV Jenna Gresdal, 15, ESSC
PCSCDEC, Melanie Frigon, 17, BBF
ONTSRNOV Jenna Gresdal, 15, ESWIM
EDMONNOV Shauna McNally, 17, EKSC
ONTSRNOV Jennifer Cooper, 17, LAC
RAPIDDEC Andree-An Leroy, 17, NRST
KCSDEC Caitlin Meredith, 15, KCS
EDMONNOV Stephanie Barbe, 16, UL
ONTSRNOV Jennifer Esfort, 15, ROW
ONTSRNOV Jennifer Esfort, 15, ROW
ONTSRNOV Jennifer LSFORT, 18, PCSC
BEAVNDEC Adriana Koc-Spadaro, 16, PDSA
ONTSRNOV Alexis Rieck, 17, ROW
CASCNOV Michaela Schmidt, 15, CASC
MANTADEC Ashleigh Thomas, 16, USC 1:00.43 1:00.50 1:03.45 1:03.49 1:04 52 1:04.83 1:05.03 1:05.25 12 13 1:05.40 1.05.75 1:06.08 1:06.09 MANTADEC Ashleigh Thomas, 16, USC MANTADEC Adrienne Ford, 16, YLSC ISCUPNOV Jennifer Kasuya, 17, HYACK MANTADEC Heather McIntosh, 17, LEDUC 1.06 18 1:06.18 1:06.34 21 1.06.35

 200
 MERRES BACKSTROKE

 Rec. 2:08.06
 Kelly Stefanyshyn, PDSA, 99

 2:08.06
 EMJONNOV Kelly Stefanyshyn, 17, PDSA

 2:08.06
 EDMONNOV Kelly Stefanyshyn, 17, PDSA

 2:13.49
 EDMONNOV Jennifer Fratesi, 15, ROW

 3:214.14
 PCSCDEC Melanie Frigon, 17, BBF

 5:218.14
 EDMONNOV Shanna McNally, 17, EKSC

 5:218.20
 ONTSRNOV Jenna Gresdal, 15, ESWIM

 7:218.35
 EDMONNOV Elizabeth Wycliffe; 16, EBSC

 8:218.87
 RAPIODEC Michaela Schmidt, 16, CASC

 9:219.31
 MANTADEC Adrienne Ford, 16, YLSC

 10:219.40
 PCSCDEC Sophie McKay, 16, CAMO

 11:219.43
 UTJAN2T Jennifer Esford, 16, ROW

 12:19.43
 BRANTNOV Erin Dermody, 17, HWAC

 13:2:20.02
 KCSDEC Jennifer Kasuya, 17, HYACK
 KCSDEC Jennifer Kasuya,17,HYACK UTJAN21 Kristen Bradley,16,NEW ESWIMJAN Jennifer Cooper,17,LAC 2:20.02 2:20.11 2:20.20 PCSCDEC Lucy Mae Smith, 17, BBF ESWIMJAN Katherine Telfer, 15, ESWIM 2:20.39 2:21.14

2:21.21 2:21.59

2.21.82

2:21.01 23 24 2:22.12

FDMONNOV Kristy MacLennan 17 FSWIM KCSDEC Leslie Cove,17,RDCSC KCSDEC Shawna Bothwell,16,RDCSC ONTSRNOV Rachel Hosford-F 16 HWAC RAPIDDEC Felicia Culham, 17, PDSA MANTADEC Anna Szaflarski, 15, BROCK RAPIDDEC Amanda Leslie.16.RAYS MANTADEC Julie Cocks,17,UCSC

21

2:26.00

KCSDEC Marcy Edgecumbe,16,EKSC EDMONNOV Kristen Bradley,16,NEW KCSDEC Michelle Poirier,17,RDCSC KCSDEC Michelle Polifier, 17, RDCSC
UTJAN21 Joanna Lee, 15, MSSAC-TO
PCSCDEC Trisha Lakatos, 17, PCSC
EDMONNOV Christy Anderson, 16, STARS
PCSCDEC Lucy Mae Smith, 17, BBF
RAPIDDEC Francine Ling, 16, DELTA
UTJAN21 Arlane Kich, 16, GMAC
PCSCDEC Marie-C, Guilbert, 17, BBF
KCSDEC Emma Spooner, 16, NCSA
RAPIDDEC Meagan Sinclair, 15, CASC
PCSCDEC Marieve De Blois, 15, PPO
PCSCDEC Marieve De Blois, 16, DE Marieve D 1.13.55 1:13.67 10 11 1:13.82 1:13.99 1:14.03 12 13 14 15 1:14.28 1.14 32 16 17 1:14.92 1:14.92 1:15.05 1:15.10 PCSCDEC Chrissy MacAulay,17,ESWIM KCSDEC Mitra Chandler,15,HYACK KCSDEC Kathleen Stoody,17,HYACK 20 1.15.26 1:15.63 1:15.78 1:15.80 1:15.87 RAPIDDEC Bronwyn Inkster,16,CASC ONTSRNOV Shayna Burns,16,CHAMP PCSCDEC Tatiana Banjeglav,17,ESWIM 200 METRES BREASTSTROKE Rec: 2:27.08 Anne Ottenbrite, AAC, 84 KCSDEC Marcy Edgecumbe,16,EKSC PCSCDEC Trisha Lakatos,17,PCSC KCSDEC Michelle Poirier,17,RDCSC 2:35.01

KCSDEC Michelle Poirier, 17, RDCSC
RAPIDDEC Meagan Sinclair, 15, CASC
MANTADEC Alicia Jobse, 16, MANTA
ONTSRNOV Marieve De Blois, 15, PPO
PCSCDEC Marie-C, Guilbert, 17, BBF
UTJAN21 Kristen Bradley, 16, NEW
ONTSRNOV Joanna Lee, 15, MSSAC-TO
UTJAN21 Christy Anderson, 17, STARS
KCSDEC Kathleen Stoody, 17, HYACK
EDMONNOV Annamay Pierse, 15, EKSC
KCSDEC Emma Spooner, 16, NCSA
CASCNOV Lesley Williams, 17, STSC
UTJAN21 Heather Bell, 16, BTSC 2:37.36 2:37.42 2:37.91 2:38.05 2:38.29 2:38.37 10 11 12 13 14 2:38.73 2:38.86 2:39.26

2:40.19 2:40.68 UTJAN21 Heather Bell,16,BTSC MANTADEC Leah Schaab,15,UCSC ESWIMJAN Jenna Gresdal,15,ESWIM 2:40.81 15 16 17 18 2:41.45 2:42.23 KCSDEC Mitra Chandler,15,HYACK UTJAN21 Ariane Kich,16,GMAC ONTSRNOV Jennefer Brankovsky,17,EYSC 2.42.47 2:42.48 2:42.77 2:44.04 2:44.13 20 21 22 PCSCDEC Kim Bacon, 15, COBRA RAPIDDEC Ingrid von Beckman, 17, PDSA 23 2.44 24 RAPIDDEC Katherine Cochrane 15.CASC

2:44.34 2:44.36 BRANTNOV Chrissy MacAulay,17,ESWIM VKSCNOV Allison Laidlow,15,LL 100 METRES BUTTERELY

Kristin Topham,EPS,91
EDMONNOV Audrey Lacroix,16,CNMM
EDMONNOV Jennifer Fratesi,15,ROW
RAPIDDEC Julie Unrau,16,PDSA 1:00.45 1:01.18 1:02.31 MANTADEC Jaine Unidu, 16, PDSA MANTADEC Jessie Bradshaw, 15, UCSC RAPIDDEC Michaela Schmidt, 16, CASC CASCNOV Elizabeth Collins, 16, ROD 1:03.09 1.03.42 1:03.79 CASCNOV Elizabeth Collins, 16, KUD PCSCDEC BAmcy Gajos, 15, ESWIM PCSCDEC Danielle Beland, 15, GO EDMONNOV Angela Catford, 16, NEW ONTSRNOV Cynthia Pearce, 16, MSSAC-TO RAPIDDEC Meghan Brown, 15, PDSA ONTSRNOV Elizabeth Day, 17, NEW ONTSRNOV Elizabeth Day, 17, NEW ONTSRNOV Lindsay Burton, 16, NKB BRANTNOV Lindsay Burton, 16, NKB BRANTNOV Alexis Rieck, 17, ROW ACCSDEC Martina Zamescii, 16, KIS LI 1:03.90 1:04.32 1:04.50 10 11 12 13 1:04.88 1.05.06 1:05.41 1:05.51 KCSDEC Martina Zamecnik,16,KISU PCSCDEC Rocio Flores,16,PPO KCSDEC Jennifer Coombs, 16,HYACK RAPIDDEC Claire Wong, 15,PDSA MACJAN Suzanne Brodeur, 17,MAC ONTSRNOV Marieve De Blois, 15,PPO 18 19 20 1.05.62 1:05.62 1:05.74 21 1.05 79

 21
 13.05.79
 ONTSRNOV Marieve De Blois,15,PPO

 22
 1.05.93
 RODSCLAN Jennife Graf,16,PDO

 23
 1:06.04
 RAPIDDEC Francine Ling,16,DELTA

 24
 1:06.14
 MANTADEC Ashleigh Thomas,16,USC

 5
 1:06.18
 ESWIMOCT Kristy MacLennan,17,ESWIM

 200 METRES BUTTERFLY

EDMONNOV Meilssä Laflamme, 17, UL PCSCDEC Nancy Gajos, 15, ESWIM ISCUPNOV Julie Unrau, 16, PDSA PCSCDEC Kristy MacLennan, 17, ESWIM BEAVNDEC Meghan Brown, 15, PDSA EDMONNOV Michaela Schmidt, 16, CASC 2:19.26 2:19.33 2:19.83 2:20.84 MANTADEC Jessie Bradshaw.15.UCSC PCSCDEC Danielle Beland, 15,GO MCSDEC Jamiller Dellard, 15,6U MCSDEC Jennifer Combs, 16,HYACK MANTADEC Julie Cocks,17,UCSC ONTSRNOV Loren Sweny,17,NKB ONTSRNOV Pamela Tung,17,MAC UTJAN21 Alexis Rieck,17,ROW PCSCDEC Pacie Flores 16 DPO 2:21.13 2:21.38 2:22.40 2:22.40 10 11 12 13 2:23.49 2:23.53 2.23.78 PCSCDEC Rocio Flores 16 PPO ONTSRNOV Elizabeth Day, 17, NEW 2:24.34 CNQOCT Veronick Cullen, 15, RCA MANTADEC Ashleigh Thomas, 16, USC ONTSRNOV Lindsay Burton, 16, NKB 2:24.44 2:24.90 UTJAN21 Cynthia Peare, 16, MSSAC-TO CNOOCT Stephanie Barbe, 16, UL UTJAN21 Danielle Gudgeon, 16, NYAC MANTADEC Meghan Demchuk, 15, ROD RAPIDDEC Claire Wong, 15, PDSA 2:25.08 2:25.35 2:25.52 2:25.55 24

HONGKJAN Kristen Bradley,16,NEW RAPIDDEC Andree-Ann Leroy,17,NRST KCSDEC Michelle Poirier,17,RDCSC 2.16.68 2:20.89 KCSDEC Michelle Poirier, 17, RDCSC RAPIDDEC Julie Unrau, 16, PDSA EDMONNOV Shauna McNally, 17, EKSC KCSDEC Janice Berry, 19, KCS ONTSRNOV Jenna Gresdal, 15, ESWIM PCSCDEC Marieve De Blois, 15, PPO EDMONNOV Melissa Laflamme, 17, UL EDMONNOV Elizabeth Wycliffe, 16, EBSC UL IVI MIXI Janester Preservate, 13, EV 2:20.89 2:21.03 2:21.17 2:21.46 2:21.86 2:21.90 2:22.16 2:22.38 UTJAN21 Jennefer Brankovsky,17,EYSC KCSDEC Jennifer Coombs,16,HYACK KCSDEC Michaela Schmidt,16,CASC 2.23.05 2:23.48 2:23.61 KCSDEC Michaela Schmidt,16,CASC KCSDEC Marcy Edgecumbe,16 EKSC PCSCDEC Tiffany Woods,15,PCSC RAPIDDEC Francine Ling,16,DELTA HWACOCT Rachel Hosfort—E,16,HWAC KCSDEC Jennifer Kasuya,17,HYACK MANTADEC Meghan Demchuk,15,ROD RAPIDDEC Deanna Stefanyshyn,15,PDSA ESWIMJAN Elizabeth Day,17,NEW 2:24 01 2:24.08 2:24.10 2.24 33 2:24.64 2:25.23 2:25.40 2:25.43 RODSCJAN Elizabeth Collins,17,ROD BRANTNOV Nancy Gajos,15,ESWIM BRANTNOV Chandra Engs,15,CAJ

400 METRES IND. MEDLEY Rec: 4:39.32

Nancy Sweetnam, LLSC, 91 HONGKJAN Kristen Bradley, 16, NEW 4.46.69 4:53.71 4:57.17 BEAVNDEC Allison Laidlow,15,LL PCSCDEC Lucy Mae Smith,17,BBF BRANTNOV Jenna Gresdal, 15, ESWIM ONTSRNOV Marieve De Blois, 15, PPO RAPIDDEC Michaela Schmidt, 16, CASC 4:58.47 5:00.03 5:00.64 5:01.18 RAPIDDEC Michaela Schmidt.16.CASC MANTADEC Leah Schaab.15, UCSC KCSDEC Jennifer Coombs,16,HYACK PCSCDEC Julie Babin,16,ESWIM RAPIDDEC Andree-Ann Leroy,17,NRST RAPIDDEC Francine Ling,16,DELTA MANTADEC Terra Welsh,16,MANTA ONTSRNOV Christy Anderson,16,STARS ISCUPNOV Karley Stutzel,17,IS KCSDEC Shaung Bothwall 14, PDCSC 5:01.47 5:02 47 5:02.66 5:02.74 5:03.11 5:03.67 5:05.76

ISCUPNOV Karley Stutzel, 17,15
KCSDEC Shawna Bothwell, 16 RDCSC
GOLDOCT Shauna McNally, 17, EKSC
MANTADEC Meghan Demchuk, 15, ROD
KCSDEC Leslie Cove, 17, RDCSC
ISCUPNOV Julie Unrau, 16, PDSA
PCSCDEC Heather Rochette, 16, BBF
RAPIDDEC Deanna Stefanyshyn, 15, PDSA
ONTSRNOV Lindsay Burton, 16, NKB
FIMONINOV Jamee Fhert 16, PDSA 5:05.80 5:05.84 18 5:06 14 5:06.34 5:06.53

5:06.85 5:07.23 5:07.54 EDMONNOV Tamee Ebert, 16.PDSA 5:07.94 5:08.02 BRANTNOV Nancy Gajos, 15, ESWIM
ONTSRNOV Jennefer Brankovsky, 17, EYSC

Cobra Swim Club,COBRA,93
PCSCDEC Etobicoke Swimming,ESWIM
KCSDEC Edmonton Keyano,EKSC
KCSDEC Hyack Swim Club,HYACK : 1:58.37 2:01.30 2:01.80 2:03.61 2.03.91

KCSBEC Hyack Swim Club.HYACK
ONTSRNOV Mepean Kanata, NKB
PCSCDEC Montreal Aqualique, CAMO
ONTSRNOV Mississauga AC, MSSAC
MANTADEC Uxbridge SC, USC
ISCUPPIOV Pacific Dolphins, PDSA
ONTSRNOV Univ. New Brunswick, UNB
PCSCDEC Pointe Claire SC, PCSC
ONTSRNOV Univ. New Brunswick, UNB
PCSCDEC Pointe Claire SC, PCSC
ONTSCHAM Pension and Publishing DND 2:04.16 2:05.14 10 2:05.60 POSCUEC Pointe Claire SC, PCSC RODSCJAN Regina Opt. Dolphins, ROD TDJAN Perth Stingrays, PERTH MANTADEC Calgary Swimming, UCSC GOLDOCT Cascade Swim Club, CASC ONTSRNOV Newmarket SC, NEW 2:05.67 2:05.89 2.05.90

2:06.71 2:07.11 2:07.29 CHAMPDEC Ajax Aquatic Club,AAC PCSCDEC Glouc-Ottawa Kingfish,GO 2.07.51 PCSCDEC Oakville AC.OAK PCSCDEC Oakville AC,OAK
MANTADEC Calgary Killarney SC,KSC
MANTADEC Saskatoon Y Lasers,YLSC
CNOOCT CN Quebec,CNQ
KCSDEC Nose Creek SA,NCSA
TDJAN Milton Marlins,MMST 2:09.47 2:10.07 2:10.32

2:10.48 2:10.51 GOLDOCT Red Deer Catalina SC,RDCSC CNQOCT Chaudiere-Appalache,RCA 4X50 M FREE RELAY Etobicoke Pepsi,EPS,90 ONTSRNOV Etobicoke Swimming,ESWIM

Rec: 1:46.11 1 1:48.26

4X50 M MEDI EV REI AV

ONTSRNOV EUDOLOG SWIMMING, SAVIN KCSDEC Hyack Swim Club, HYACK PCSCDEC Montreal Aquatique, CAMO KCSDEC Edmonton Keyano, EKSC ONTSRNOV Mississauga AC, MSSAC ONTSRNOV East York SC, EYSC PCSCDEC Pointe Claire SC, PCSC ISCUIDIO Pacific Palabiase IDSA 1:48.83 1:48.83 1:49.99 1:50.06 1:51.51 1:51.77 ISCUPNOV Pacific Dolphins,PDSA KCSDEC Red Deer Catalina SC,RDCSC ONTSRNOV Hamilt-Wentworth AC,HWAC 1:51.86 1:52.25 1:52.90 1:53.03 GOLDOCT Cascade Swim Club,CASC KCSDEC Kisu Swim Club,KISU

11 12 13 ONTSRNOV Newmarket SC.NFW ONISRNOV Newmarket SC, NEW
PCSCDEC Oakville AC, OAK
TDJAN Perth Stingrays, PERTH
BRANTNOV Ajax Aquatic Club, AAC
ONTSRNOV Glouc-Ottawa Kingfish, GO
TDJAN Milton Marlins, MMST 1:53.04 1:53.57 1:54.38 KCSDEC Nose Creek SA,NCSA MANTADEC Saskatoon Y Lasers,YLSC

MANTADEC Regina Opt.Dolphins,ROD PCSCDEC Brantford AC,BRANT ISCUPNOV Island Swimming,IS 21 1.55.00 1:55.06 1:55.31 1:55.43 TDJAN Ernestown Barracudas. EBSC 24 PICKDEC Markham AC,MAC 1:55.54

Rankings for the period (results received) October 1, 1999 to January 28, 2000 TAG is financially supported by Swimming/Natation Canada. Compiled by SWIMNEWS TAG (SWIMMEWS) TAG (SWIMMEWS)

swimco ★ team & aquatic supplies

1-800-661-7946

15-17

50 METRES FREESTYLE
Rec: 22.56 Simon MacDonald,NKB,97
1 23.77 BEAVNDEC Daniel Petrus,16,PDSA BEAWNDEC Daniel Petrus, 16, PDS
EDMONNOV Adam Sloui, 17, TD
MANTADEC Lee Raffa, 17, UCSC
PCSCDEC David Whang, 16, ESWIM
KCSDEC Brian Verigin, 16, PGB
ONTSRNOV Doug Fleming, 17, ODSC
KCSDEC Borrey, Kim, 17, OSC
KCSDEC Borrey, Kim, 17, OSC
PCSCDEC Cedric Sureau-L, 16, PPO
ONTSRNOV MANTADEC Scott Briggs, 17, USC
PCSCDEC Cedric Sureau-L, 16, PPO
ONTSRNOV, Matthew Liberator, 17, SE 24.09 24.11 24.22 24.23 24.25 ONTSRNOV Matthew Liberatore, 17, ESWIM UTJAN21 Nick Langan, 17, SCAR ISCUPNOV Jason Strelzow, 17, PDSA 24.26 24.28 24.36 ISCUPNOV JASON SIFERZOW, I7, PUSA MANTADEC lan Grotkowski, 17, UCSC PCSCDEC Andrew Bignell, 16, SSMAC ONTSRNOV C. Vythoulkas, 15, DSC RAPIDDEC Chris Barry, 16, PDSA NORACJAN BIII Cocks, 15, TRENT 24.46 24.47 24.49 24.52 24.58 ONTSRNOV Bradley Vanderkam,16,LAC KCSDEC Marcin Partyka,17,PGB ONTSRNOV Jonathan Cheng,17,SCAR 24 66 24.74 24.74 ONI SRNOV JORAINAN CHERD, 17, SCAR ONTSRNOV Chris Lukas, 16, ESWIM KCSDEC Cameron Hyder, 17, NCSA ONTSRNOV Remy DI Glovanni, 17, MSSAC RODSCJAN Kevin Saganski, 17, GOLD ONTSRNOV Bob Phipps, 16, STARS 24.76 24.80 24.82 24.83

100 METRES ERFESTYLE | 100 ME IRES FREESTYLE | REC: 49.84 | Yannick Luplen GO.97 | 51.53 | BEAVNDEC Daniel Petrus,16,PDSA | | 2 51.54 | EDMONNOV Adam Sloui,17,TD | | 3 52.28 | MANTADEC Richard Cormack,17,GLEN | | 4 52.29 | ISCUPNOV Brian Johns,17,RAPID PCSCDEC Cedric Sureau-L.,16,PPO ONTSRNOV Bob Phipps,16,STARS PCSCDEC Nicolas Guillotte,16,CAMO 52.57 52.72 KCSDEC Borrey Kim,17,0SC ESWIMJAN David Whang,16,ESWIM ISCUPNOV Jason Strelzow,17,PDSA ONTSRNOV Doug Fleming,17,ODSC ONTSRNOV Chuck Sayao,17,MSSAC-TO MANTADEC lan Grotkowski,17,UCSC ONTSRNOV Bradley Vanderkam,16,LAC RAPIDDEC Dugald Thomson,17,CASC 53.41 53.65 RAPIDDEC Brent Hayden,16,SPART KCSDEC Marcin Partyka,17,PGB ONTSRNOV Anthony Costa,17,NEW KCSDEC Brian Verigin,16,PGB MANTADEC Jonathan Bird,17,UCSC 53.74 ONTSRNOV Tim Sauve,17,CYPS KCSDEC Andrew Sweet,17,PGB PCSCDEC Mark Thauvette,14,PCSC 53.89 53.98 54.03 24 25 54.13 KCSDEC Craig Gillis,16,CASC TDJAN Bryan McMillan,17,GMAC 200 METRES FREESTYLE

1:47.83 Alex Baumann,LUSC,81 / Eddie Parenti,NSC,89 1:49.16 ISCUPNOV Brian Johns,17,RAPID MANTADEC Richard Cormack.17.GI FN 1.53 46 1.54 58 1:55.08 1:55.29 1:55.34 1:55.37 1.56.60 1:57.24 1:57.26 PCSCDEC Steven Medaglia, 15 GO
UTJAN21 Nick Langan, 17, SCAR
BRANTNOV Bryan McMillan, 17, GMAC
PCSCDEC Mark Thauvette, 14, PCSC
ONTSRNOV Anthony Costa, 17, NEW
MANTADEC Elliot MacDonald, 17, MANTA 1:57.40 1:57.51

400 METRES FREESTYLE Rec: 3:47.65 Alex Baumann, LUSC, 81 3:55.24 EDMONNOV Brian Johns,17,RAPID 3:56.89 EDMONNOV Andrew Hurd,17,MSSAC-TO 3:58.60 EDMONNOV Brent O'Connor,16,PDSA PCSCDEC Andrew Coupland, 16,GO MANTADEC Richard Cormack, 17,GLEN EDMONNOV Chuck Sayao, 17,MSSAC-TO 4.01.80 4:02.72

EDMONNOV CHUCK Sayao, 17, MSSAC-1C RAPIDDEC Jesse Jacks, 17, IS PCSCDEC Erik Gendreau-B., 16, CAMO EDMONNOV Philippe Dubreuil, 17, SHER KCSDEC Marcin Partyka, 17, PGB RAPIDDEC Terry Nathan, 17, IS 4:04.99 4:05.70 4:06.01 4:07.20 4:07.37 RAPIDDEC Terry Nathan, 17,1S
EDMONNOV Bob Phipps, 16, STARS
BRANTNOV Keith Beavers, 16, STARS
ONTSRNOV Kurtis MacGillivary, 15, BRANT
MANTADEC Elliot MacDonald, 17, MANTA
PCSCDEC Francois Castonguay, 17, PPO
MANTADEC Jonalhan Bird, 17, UCSC
ONTSRNOV Seven Medaglia, 15, GO
MANTADEC Stuart Starkey, 17, MANTA
PCSCDEC Mark Thauvette, 15, PCSC
ONTSRNOV Bealismic Barticus, 17, PPO
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MATONICAL Realismic Barticus, 17, PPO
MITSPANOV, Bealismic BARTICUS, 18, PPO
MITSPANOV, 4.07 44 4:07.64 4:08.23 4.08.61 4:08.66 4:08.81 16 17 4:09.81 4:10.22 4.10.95 4:11.48 4:11.62 ONTSRNOV Benjamin Petrieux,17,PPO KCSDEC Cameron Hyder,17,NCSA 4:11.78 4:12.14 RAPIDDEC Anton Blais, 16, CASC BRANTNOV Bryan McMillan, 17, GMAC ESWIMJAN Joey Kehoe, 15, ESWIM

1500 METRES FREESTYLE Rec: 15:04.14 Michael McWha,WAC,95 15:13.76 EDMONNOV Andrew Hurd, 17,MSSAC-TO 15:44.87 ISCUPNOV Brian Johns, 17,RAPID 15:57.68 EDMONNOV Brent O'Connor, 16,PDSA 15:57.68 UTJAN21 Chuck Sayao,17,MSSAC-TO RAPIDDEC Jesse Jacks,17,IS MANTADEC Elliot MacDonald,17,MANTA 16:02.11 16:08.67 16:12.12 EDMONNOV Philippe Dubreuil,17,SHER RAPIDDEC Terry Nathan,17,IS KCSDEC Marcin Partyka,17,PGB

16:30.42 RCSDEC Marcin Partyka, 17, POB RAPIDDEC Travis Musgrave, 15, COMOX RAPIDDEC Anton Blais, 16, CASC KCSDEC Andy Andrew, 16, WVOSC GOLDOCT Karim Abdulla, 16, ROD MEGADEC Matt Johnston, 15, MSSAC 10 16:37.70 11 16:40.57 16:45.27 13 16:45.43 14 16:45.48 MEGADEC Bentley Gaikis,16,TSC MANTADEC Ciaran Dickson,16,ROD KCSDEC Rylan Kafara,16,RDCSC 15 16:45 48 16 16:46.75 17 16:52.84 18 16:55.59 MANTADEC Jonathan Bird,17,UCSC RAPIDDEC Richard Taylor,15,RAPID UTJAN21 Jordan Chittley,17,NYAC 19 16:56.18 20 16:58.77

100 METRES BACKSTROKE

2:03.13

S BACKSTROKE

Chris Renaud (UCSC, 94

EDMONNOV Chuck Sayao, 17, MSSAC-TO

ONTSRNOV Francois Castonguay, 17, PPO

KCSDEC Craig Gillis, 16, CASC

UTJAN21 Kelth Beavers, 16, STARS

MANTADEC Richard Cormack, 17, GLEN

MANTADEC Ciaran Dickson, 16, ROD

PCSCDEC Andrew Coupland, 16, GO

ONTSRNOW, Perror Li Ciargon, 16, MSD

PCSCDEC Andrew Coupland, 16, GO

ONTSRNOW, Perror Li Ciargon, 16, MSD 2:05.82 2:05.96 2:06.56 ONTSRNOV Remy Di Giovanni,16,MSSAC ESWIMJAN Chris Lukas,16,ESWIM 2.07 12 2:07.32 ESWIMJAN Chris Lukas, 16, ESWIM
ONTSRNOV Doug Fleming, 17, ODSC
ONTSRNOV Goran Marjanovic, 17, HWAC
MANTADEC Geoff Keyser, 17, GLEN
KCSDEC Kyle Natr, 16, PN
BRANTHOV Bryan McMillan, 17, GMAC
BEANDEC Andrew Greener, 15, UNATT
UTJAN21 Kurits MacGilliway, 16, BRANT
MANTADEC Trevor Coulman, 15, COLD
CASCNOV Charles Turanich-N., 15, STSC
ONTSRNOV Stefano Caprara, 16, VAC
RAPIDDEC Adam Martinson, 15, CASC
ONTSRNOV Anthony Costa 17, NEW 2:07.55 2:08.05 2:08.46 2:08.57 2:08.85 2:08.98 2.09 14

ONTSRNOV Anthony Costa,17,NEW ONTSRNOV Kevin Calaguiro,16,HWAC ONTSRNOV William Moore,17,HWAC MANTADEC Stuart Starkey,17,MANTA 2:10.61 2:11.00 2:11.39 2:11.49

KCSDEC Maciek Zielnik, 15, EKSC

24

| 100 METRES BREASTSTROKE | Rec: 59.93 | Morgan Knabe, UCSC, 99 | 1 | 1:01.94 | EDMONNOV Matthew Huang, 15, PDSA | 2 | 1:02.54 | EDMONNOV Lee Raffa, 17, CS | EDMONNOV Lee RAFFA | EDMONNOV LE

KCSDEC Brian Verigin, 16, PGB KCSDEC Andrew Sweet, 17, PGB PCSCDEC Richard Hui, 17, RHAC 1.06.17 1:06.27 1:06.32 1:06.44 1:06.55 UTJAN21 Chris Keung, 17, SCAR MANTADEC Nathan Parker, 15, MJKFF RAPIDDEC Ken Hamilton,16,IS PCSCDEC David Montpetit,17,PPO UTJAN21 Jonathan Cheng,17,SCAR 1:06.81

10 11 1:06.82 1:07.15 MANTADEC Daniel Tracy,16,USC ONTSRNOV Michael Brown,15,PERTH PCSCDEC Donald Smith,15,COBRA 1.07 44 12 13 14 15 1:07.94 TDJAN Keegan Harris,17,NKB
BRANTNOV Scott Dickens,15,BRANT
PCSCDEC Alex Boulanger,17,CAMO
BRANTNOV Roman Margulis,15,NYAC
PCSCDEC Dan Shewfeli,16,BRANT 1.07 96 16 17 1:08.09 1:08.09

1:08.20 1:08.28 PICKDEC Brad Margison, 17, OSHAC RAPIDDEC Mike Yuzwa, 17, CASC RAPIDDEC lan Meredith, 16, RAYS 20 1.08 38 1:08.42 1:08.49 1:08.71 1:08.85 KCSDEC Daren Wylie,17,HYACK PCSCDEC Blaine Dolcetti,17,SSMAC TSCJAN Mauricio Montano,15,MSSAC

200 METRES BREASTSTROKE

Morgan Knabe, UCSC, 98 EDMONNOV Matthew Huang, 15, PDSA EDMONNOV Chad Thomsen, 16, EKSC UTJAN21 Keith Beavers, 16, STARS Rec: 2:11.45 1 2:13.38 2:19.23 2:20.74 2:21.16 2:23.18 RAPIDDEC Ken Hamilton,16,IS PCSCDEC David Montpetit,17,PPO MANTADEC Nathan Parker,15,MJKFF MANTADEC Nathan Parker, 15, MJKFF
BRANTNOV Alex Boulanger, 17, CAMO
KCSDEC Andrew Sweet, 17, PGB
MANTADEC Daniel Tracy, 16, USC
PCSCDEC Steven Medaglia, 15, GO
ISCUPNOV Brian Johns, 17, RAPID
ONTSRNOV Churk Sayao, 17, SCAR
ONTSRNOV Chuck Sayao, 17, MSCAC-TO
ONTSRNOV Andy Whife, 17, WTSC
ONTSRNOV Brian Verigin, 15, PGB
MANTADEC Lee Raffa, 17, UCSC
RAPIDDEC MIKE YUZWA, 17, CASC 2:23.67 2:24.12 10 11 12 13 14 2:24.29 2:24.81 2:25.44 2:26.08 2:26.52 2:26.58 15 16 17 18 2:26.69 2:27.38 2:27.50 RAPIDDEC Mike Yuzwa,17,CASC
MANTADEC Jamie Del Mastro,15,USC
PICKDEC Michael Brown,15,PERTH 2:28.28

PCSCDEC Francois Castonguay, 17, PPO

100 METRES BUTTERFLY

2:28.49 2:28.57

PCSCUEC Ceditic Sureaut-1, io, PPU PCSCUEC David Whang, 16, ESWIM ONTSRNOV Andy White, 17, WTSC PCSCUEC Jean-S. Savard, 17, CAMO RAPIDDEC Chris Barry, 16, PDSA PCSCUEC Andrew Bignell, 16, SSMAC BEAVNDEC Daniel Petrus, 16, PDSA COLDOCT Ched Underwich 37, COLD 58.31 10 58.68 11 12 13 58.84 58.85 GOLDOCT Chad Hankewich,17,GOLD MANTADEC Ian MacLeod,16,USC 58.88 ONTSRNOV Francois Castonguay,17,PPO CASCNOV Karim Abdulla,16,ROD MANTADEC Steven Demchuk,17,ROD PCSCDEC Erik Gendreau-B.,16,CAMO BEAVNDEC Andrew Greener,15,UNATT MANTADEC Matthew Del Mastro,17,USC 59 38 MEGADEC Nick Langan, 17, SCAR BRANTNOV Bob Phipps, 16, STARS NORACJAN BIII Cocks, 15, TRENT 21 59 41 22 59.47 24 59.52 ONTSRNOV Mark Sy,16,CREST 25 59.62 KCSDEC Joseph Miller,16,STSC 200 METRES BUTTERFLY

24

1:57.66 Adam Sioui,TD,99 1:57.66 RIONOV Adam Sioui,17,TD RIONOV Adam Stolu, 17,10 EDMONNOV Brent O'Connor, 16, PDSA ONTSRNOV Andy White, 17, WTSC PCSCDEC Francois Castonguay, 17, PPO ONTSRNOV Mark Sy, 16, CREST PCSCDEC Jean-S. Savard, 17, CAMO PCSCDEC Jean-S. Savard, 17, CAMO PCSCDEC Andrew Coupland, 16, 60 MANTANEC (Embeds) ed. 14, USC 2:04.35 2:06.63 2:07.93 2:08.02 2:08.44 2:08.52 MANTADEC Ian MacLeod,16,USC PCSCDEC Steven Medaglia,15,GO ONTSRNOV Andrew Hurd,17,MSSAC-TO 2.08.63 10 11 12 13 2:08.89 CASCNOV Karim Abdulla,16,ROD RAPIDDEC Craig Gillis,16,CASC ISCUPNOV Jesse Jacks,17,IS 2:09.08 2:09.68 2:10.38 ISCUPNOV Jesse Jacks, 17, 15
UTJAN21 Jordan Chiltley, 17, NYAC
MANTADEC Lawrence Cohen, 17, MANTA
PCSCDEC Alex Boulanger, 17, CAMO
CASCNOV Niels Versfeld, 18, UCSC
ONTSRNOV Steven Caswell, 16, HWAC
MANTADEC Steven Demokuk, 17, ROD
MANTADEC Christ kard, 15, Mangard, 18, DRA
PADIDINEC Christ kard, 15, Mangard, 18, DRA 2:10.60 14 15 16 17 18 19 20 2.11 28 2:11.35 2:11.42 RAPIDDEC Chris Kargl-Simard,15,PDSA ONTSRNOV Vlad Guerrero,16,SCAR PCSCDEC Erik Gendreau-B.,16,CAMO KCSDEC Cameron Hyder,17,NCSA 2.12.23 2:12.23 2:12.69 2:12.74 2:13.10

KCSDEC Borrey Kim, 17, OSC

Curtis Myden,UCSC,91

ISCUPNOV Brian Johns, 17, RAPID UTJAN21 Keith Beavers, 16, STARS BRANTNOV Adam Sioui, 17, TD 2:04.01 2:05.32 2:06.35 BEAVNDEC Chad Thomsen,16,EKSC ONTSRNOV Chuck Sayao,17,MSSAC-TO PCSCDEC Andrew Coupland,16,GO 2.06.65 2:07.93 2:08.00 2:08.37 2:09.07

PCSCDEC Andrew Coupland, 1.6, GO EDMONNOV Matthew Huang, 15, PDSA PCSCDEC Steven Medaglia, 15, GO MANTADEC Richard Cormack, 17, GLEN KCSDEC Brian Verligin, 16, PGB KCSDEC Cameron Hyder, 17, NCSA PCSCDEC Alex Boulanger, 17, CAMO KCSDEC Andrew Sweel, 17, PCB CNOOCT Stephen Preston, 17, UL ONTSRNOV Bob Phipps, 16, STARS BRANTINOV BIII Cocks, 15, TRENT ONTSRNOV Andy White, 17, WTSC ONTSRNOV AND WICK Jangar 17, SCAR 2:09.40 2:09.79 2.09.81 2:09.99 2:10.24 2:10.81 2:11.10

Alex Baumann, LUSC, 81 ISCUPNOV Brian Johns, 17, RAPID Rec: 4:12.67 4.21 92 BRANTNOV Keith Beavers,16,STARS EDMONNOV Chuck Sayao,17,MSSAC-TO 4:28.40 4:30.56 4:31.14 4:32.72 4:34.12

BRANTNOV Keith Beavers, 16, STARS
EDMONNOV Chuck Sayao, 17, MSSAC-10
PCSCDEC Steven Medaglia, 15, GO
RAPIDDEC Ken Hamilton, 16, 15
ONTSRNOV Kurtis MacGillivary, 15, BRANT
PCSCDEC Alex Boulanger, 17, CAMO
RAPIDDEC Terry Nathan, 17, IS
ONTSRNOV Andy White, 17, WTSC
MANTADEC Richard Cormack, 17, GLEN
KCSDEC Cameron Hyder, 17, NCSA
MANTADEC Elliot MacDonald, 17, MANTA
KCSDEC Cameron Hyder, 17, NCSA
MANTADEC Elliot MacDonald, 17, MANTA
KCSDEC Careiro, Bright MacDonald, 17, MANTA
KCSDEC Careiro, 18, 16, 16, 16, 16, 16
ONTSRNOV Bradley Vanderkam, 16, LAC
KCSDEC Brian Verigin, 16, PGB
MEGADEC Nick Langan, 17, SCAR
ONTSRNOV Mark Sy, 16, CRASC, 17, USC
MANTADEC Claran Dickson, 16, ROD
ONTSRNOV Sleven Caswell, 16, HWAC
PCSCDEC Parick Bourassa-F., 16, CAMO
PCSCDEC Jean-S. Savad, 17, CAMO
ONTSRNOV Blaine Dolcetti, 17, SMAC
ONTSRNOV Blaine Dolcetti, 17, NKB

LEY RELAY
MARTADE MAC MAC QA 4:35.36 4:36.77 4.37.37

4:37.57 4:37.63 4:38.37 4:39.09 4.39 14

4:42.38 4:42.91 4.43.05 4:45.00 4:45.04

4:45.63 4:45.88 4.45 99

4:46.08 4:46.46

4X50 M MEDI EV RELAY

LEY RELAY
Markham AC, MAC, 94
PCSCDEC Elobicoke Swimming ESWIM
ONTSRNOV Scarborough SC, SCAR
KCSDEC Cascade Swim Club, CASC
MANTADEC Uxbridge SC, USC
KCSDEC Prince George BSC, PCB
KCSDEC Edmonton Keyano, EKSC
PCSCDEC Edmonton Keyano, EKSC
PCSCDEC Montreal Aquatique CAMO Rec: 1:44.53 1 1:49.16 1:50.60 1:50.96 1:51.28 1:51.89

PCSCDEC Montreal Aquatique,CAMO PCSCDEC Pointe Claire SC,PCSC PCSCDEC Oakville AC,OAK 1:52.24 1:53.90 1:54.38 1:54.59 GOLDOCT Saskatoon Goldfins,GOLD GOLDOCT Regina Opt.Dolphins,ROD PCSCDEC Brantford AC,BRANT

11 12 13 1:55.18 1:55.29 PCSCUEL Brantiord AC,BKANI
CASCNOV Calgary Swimming, UCSC
PCSCDEC Glouc-Ottawa Kingfish, GO
CASCNOV Silver Tide SC,STSC
MANTADEC Glencoe Gators, GLEN
ONTSRNOV Nepean Kanata, NKB 1:55.45 1:55.56 1:56.26

KCSDEC Hyack Swim Club,HYACK PCSCDEC Mississauga AC,MSSAC PICKDEC Perth Stingrays,PERTH LACNOV London AC,LAC 1.56.82 21 1.58.50 RODSCJAN Manta Swim Club,MANTA PICKDEC Oshawa AC, OSHAC BROCKOCT Pickering SC,PICK MANTADEC Manitoba Marlins,MM 1:59.81 1:59.96 2:00.54

4X50 M FREE RELAY

1:46.38

Markham AC,MAC,92 ONTSRNOV Scarborough SC,SCAR Rec: 1:34.58 1 1:37.28 KCSDEC Prince George BSC,PGB MANTADEC Uxbridge SC,USC PCSCDEC Montreal Aquatique,CAMO 1:38.01 BRANTNOV Etobicoke Swimming, ESWIM
CASCNOV Calgary Swimming, UCSC
PCSCDEC Pointe Claire SC, PCSC 1:39.67 1:41.09 1:41.65 KCSDEC Nose Creek SA,NCSA GOLDOCT Edmonton Keyano,EKSC 1.42 13 1:42.15

GOLDOCT Edmonton Keyano, EKSC KCSDEC Cascade Swim Club, CASC MEGADEC North York AC, NYAC MANTADEC Glencoe Gators, GLEN PCSCDEC Glouc-Ottawa Kingfish, GO PCSCDEC Galville AC, OAK GOLDOCT Silver Tide SC, STSC PCSCDEC Brantford AC, BRANT MANTADEC Markets Marches Ma 1:42.25 1:42.34 1:42.49 1:42.76 1:43.10 1:44.14 1.44 27 MANTADEC Manitoba Marlins,MM KCSDEC Red Deer Catalina SC,RDCSC

1:44.67 1:44.98 1:45.11 1:45.30 18 19 RODSCJAN Saskatoon Goldfins, GOLD TDJAN Nepean Kanata, NKB RODSCJAN Manta Swim Cilub, MANTA CHAMPDEC Toronto Champs, CHAMP PCSCDEC Mississauga AC, MSSAC 1:45 50 1:45.76 1:45.78 24 1:46.11 GOLDOCT Regina Opt. Dolphins. ROD

KCSDEC Hyack Swim Club,HYACK

BRANTNOV Chris Kula.16.CAJ

SEARS SWIMMING SKINS

PRIZE MONEY AND THE FORMAT MADE THE MEET MUCH MORE FUN

Nikki Dryden

Calgary—The inaugural Sears Swimming Skins competition on November 22, 1999, got underway after a one-hour "I Can Swim" clinic with some of this world's best swimmers. Over 400 Calgary youngsters watched demos and listened to the inspiring words of South African Penny Heyns, Canadians Joanne Malar and Curtis Myden, and American Tom Wilkens.

Prize money of \$4000 per main event was up for grabs, as well as smaller purses for the four undercard races. Swimmers from Canada. South Africa. USA. Australia, Great Britain, and Poland dashed for almost \$20,000 in cash in front of hundreds of screaming fans.

Although my duties at the meet were of a purely journalistic nature. I must admit it was one of the most entertaining and exciting competitions I have attended. In 12 years of swimming, only the World Cup in Malmo, Sweden compares to the energy that filled Lindsay Park this November. In Malmo, spotlights and music are used to get the crowd and competitors ready to race. But here in Calgary, money and a less competitive environment made the meet that much more fun.

The opening event was the men's broken 100 freestyle: four 25-metre races, started one minute apart. Five swimmers started the race, with the last swimmer in each wave eliminated after each 25. Three Alberta swimmers: Etienne Caron, Gordon Vatcher, and JP Gowdy raced BC's Ryan Laurin and English swimmer Sion Brinn. After some fast swims at the Edmonton World Cup, most thought Laurin would challenge Brinn for the title and the cash, but after a whistle from the stands erased the first 25, Laurin was unable to hold off Gowdy and was the third swimmer eliminated. Brinn went on to beat Gowdy on the final 25, winning with a 10.59. After his race Gowdy remarked on how much fun the meet format was. "I've never been in a meet like this before. Everyone is cheering and going crazy! It is just great for the kids and for swimming in general."

Canada's Morgan Knabe and American Jarrod Marrs raced in a 75-breaststroke head-to-head battle. After tying for the silver medal in the 100 breast at last summer's Pan American Games in Winnipeg, these two men were out for blood. Although Marrs took the early lead, Knabe touched first, 44.30 to 44.86.

Next up, another broken 100, this time in fly. Hometown pride was on the line as four of the five swimmers all train in Calgary. This event turned out to be the most exciting of the night; unfortunately CTV didn't think so and excluded it from its TV coverage in mid-December. Bo Simpson was the first knocked out, and with only a few minutes rest after his five 25 frees. Sion Brinn was eliminated. Josh Ballem was next, leaving Canadian team members and UCSC training partners Collin Sood and Garret Pulle to fight it out. Who

won? Well on the fourth 25 Sood and Pulle tied in an 11.43. With another minute's rest and a huge push from the crowd, Sood pulled out the win, 11.19 to Pulle's 11.39. Although he wasn't able to emerge the victor, Pulle admitted to having fun. "The best part of the night was that I got to high five all the little kids in between each of my 25s. That really pumped me up and kept me going."

First up on the main event schedule was the men's broken 200 backstroke, featuring five of Canada's top superstars. Butterfly specialist Shamek Pietucha took the place of Chris Renaud, who pulled out of the competition due to illness. Before the race, Pietucha had nothing but great things to say about the meet. "The atmosphere here is absolutely electrifying!" Pietucha said, "It is just so much fun!" Unfortunately, he was no match for the Vancouver duo of Dustin Hersee and Mark Versfeld, who battled it out until the last metre. Although Versfeld had "You're Gone" inked onto his back, he was only barely able to hold on to the win on the last 50, with a 27.00 over a fast-closing Hersee, 27.11.

The women's mystery medley showcased another national rivalry. Each swimmer swam a different order. which proved to be most exciting. As is usually the case in IM, the breaststroke leg was the most important. The orders were drawn out of a hat prior to warm-up: Joanne Malar swam fly, breast, free, back while Marianne Limpert drew an unfortunate order of free, fly, breast, back. Malar came out the winner with a time of 2:12.91, Vancouver's Kelly Doody was second in 2:16.06 and Limpert was third in 2:16.42. Malar found the meet one of the most exhilarating of her career: "Behind the Olympics this is the most exciting swim meet I've ever been to!"

Following the same format as the men's broken 200 backstroke was the women's 200 breaststroke showdown, featuring the hottest swimmer in world, South African Penny Heyns. Penny's four 50s were 31.84, 32.10, 32.12, and 32.27. Her training partner, Canadian Lauren Van Oosten, finished second with a final 50 time of 32.78.

The final event of the night was a 300 IM head-tohead grudge race featuring the world's two #1 ranked IM swimmers: Canada's Curtis Myden, currently ranked #1 in the 400 IM versus American Tom Wilkens, ranked #1 in the 200 IM. The race was close, but Wilkens managed to hold on to the lead, touching ahead of Myden:

Myden: 42.25 1:30.04 2:23.75 3:06.71 41.77 1:30.30 2:22.43 3:07.03 Wilkens:

This competition was the first money meet of its kind to be held in Canada, and according to all the athletes I spoke with, it was also one of the most thrilling they have ever competed in. The pool was packed and the crowd was rowdy as most of the swimmers marched out in costume or at least with some sort of crazy production number. Josh Ballem entered the deck in full PEI regalia, accompanied by an entourage to pump him up, while JP Gowdy donned a wig and disco clothes. Collin Sood dressed up as his roommate Joanne Malar, but it was Garret Pulle who won the award for the most intimidating: not until the first 25 was about to go did he remove his black balaclava and get ready to win some money!

STATE SPONSORED CHEATING

GDR European Champs Medals

Men	G	S	В	Total	
1954	1	0	0	1	
1958	0	0	2	2	
1962	1	1	5	7	
1966	3	3	3	9	
1970	5	3	5	12	
Stasi in charge of Drug program					
1974	4	3	2	9	
1977	1	2	2	5	
1981	0	1	1	2	
1983	1	5	3	9	
1985	2	6	2	10	
1987	3	2	5	10	
1989	1	2	2	5	
Rerlin Wall comes down					

Berlin Wall comes down

Wome	en G	S	В	Total	
1954	1	0	0	1	
1958	0	0	0	0	
1962	2	0	1	3	
1966	1	1	0	2	
1970	9	3	3	15	
Stasi in charge of Drug Program					
1974	13	10	2	25	
1977	12	8	4	24	
1981	14	9	8	23	
1983	15	12	0	27	
1985	14	10	3	27	
1987	14	9	3	26	
1989	14	6	5	25	
Berlin Wall comes down					

GDR Medal Totals 1968-88

Olympics (OG) and World Championships (WC)

	G	S	В	Total		
68 OG	2	3	1	6		
72 OG	2	5	2	9		
Stasi put in charge of drug program						
73 WC	13	6	9	28		
75 WC	11	7	5	23		
76 OG	12	6	2	20		
78 WC	1	10	4	15		
80 OG	10	9	7	26		
82 WC	12	10	5	27		
86 WC	14	12	4	30		
88 OG	11	8	9	28		
Berlin Wall comes down 1989						

GERMAN DRUG TRIALS

ONE OF SWIMMING'S TOP DOPERS PUTS BLAME ON COLLEAGUES

Karin Helmstaedt

BERLIN-Some hard lessons have been learned through the illumination of the former East Germany's infamous drug-powered sport system.

When four swim coaches and two doctors from Berlin's former SC Dynamo Club went to court in March 1998 in the historic first doping trial, it took 42 days of proceedings and just over nine months until the final verdict was made. Charged with grievous bodily harm for having distributed male hormones to young female swimmers without their knowledge, the men received fines ranging from 3,000 DM to 14,400 DM (\$4,000 to \$19,000).

The trial was long, agonizing, expensive, and humiliating for both witnesses and defendants. It exposed the complexity of East Germany's systematic and state-sponsored drug program. Through the defendants' defiant silence, it revealed the everpowerful hold of oppressive political and ideological principles. Witnesses' reluctance to testify showed how memory is a willful process of selection. And it exposed the damage done to victims, who suffer from problems including deepened voices, excess hair growth, and liver tumours, as the tip of a terrible iceberg.

The proceedings taught others the value of truth. A second trial in August 1998 of swimming coaches and doctors from Berlin's TSC Club managed a round of convictions in just two days. All five defendants, eager to avoid the harrowing Dynamo scenario, formally admitted to having administrated the drugs and broken the trust of young athletes and their parents. The fines ranged from 3,000 DM to 27,000 DM (\$4,000 to \$36,000).

This past December a Berlin court needed only three hours to wrap up the doping deeds of three more kingpins in swimming's heirarchy of distribution: this time the hand of justice came down harder than ever, if only symbolically, and former national team coaches Juergen Tanneberger and Wolfgang Richter, along with East German swimming's General Secretary Egon Muller, got suspended prison sentences of one year.

But if the courts and future defendants have learned the value of a speedy trial, it is sometimes at the expense of real justice. On January 12, the trial of Dr. Lothar Kipke, a key figure in East German swimming as the federation doctor from 1975-1985, took place with an automatism that left a mood of disgust and resignation in the courtroom.

Now retired in Leipzig, Dr. Kipke was one of the architects of the doping program that made East German swimming a dominant force in the sporting world. Together with the head coaches from major clubs, he decided which swimmers were to be included in the practice and how much they got. As an informant for the East German Secret Police, or Stasi, he kept

scrupulous records of the dosages of the famous little blue pills, officially known as Oral-Turinabol. He used national team swimmers in drug "trial programs," and was known for his brutality. And, as one victim put

FINA awards to GDR

Georg Zorowka in 1984

Gerhard Hoecke in 1988

Georg Zorowka in 1980

Gerhard Hoecke in 1985

Eberhard Bade in 1985

Lothar Kipke in 1985

Egon Muller in 1988

Kristin Otto in 1988

FINA Prize

FINA Gold Pin

FINA Silver Pin

it, he "sunned himself in the success of East Germany's swimmers." The victim's lawyer put it clearly: "He gave injections, he initiated experiments, and didn't care about the individuals. He knew exactly what he was doing."

In previous doping trials Kipke's name came up more than frequently: as the man who reassured club doctors physical changes induced by steroids would go back to normal after the drugs were stopped; as the man who lewdly toldyoung female swimmers their voices were deepening due to a lack of sex; as the object of one victim's outright hatred.

Frightening Legacy

On January 12, five victims, acting as an accessory prosecution, sat across from Kipke, now 72. All former swimmers, they all received anabolic steroids in the guise of vitamin pills and injections.

Those "vitamins" have left a frightening legacy. Martina Gottschalt, a former Magdeburg swimmer and national champion in the backstroke, suffers from hormonal problems. Her 15-year-old son is crippled with severe club feet. Jutta Gottschalk, also of

Extract from FINANews 25 Feb 1992

GDR Doping

The Bureau received an extensive report prepared by Bureau Member Harm Beyer of Germany, regarding the use of drugs among swimmers in the former GDR. Mr. Beyer, a judge in Hamburg, has served on an ad-hoc commission for the investigation of doping in his country created by the Deutscher Sportbund.

The FINA Bureau was disturbed by findings contained in the report concerning Dr. Lothar Kipke. The Bureau was advised that Dr. Kipke was withdrawing from the FINA Medical Committee, effective immediately. (He was a member from 1976 until 1992.)

The Bureau was also extremely concerned about the implications of the report, and it therefore appointed a Commission of Dr. Olu Asekun (NGR), Gunnar Werner (SWE), Dr. J. Malcom Cameron (GBR), and Camillo Cametti (ITA). The Commission will examine the conclusions of the German report and make recommendations to the Bureau at its next meeting regarding the implications of the conclusions of the German report on FINA.

The conclusions were not published in FINANews, but could be available in the detailed minutes of the Bureau during the Barcelona Olympics in 1992.

Magdeburg, spent most of the proceedings in tears. She has a 6-year-old daughter who is blind in one eye. "No one's been able to explain it," she said. "That's why I'm here." Carola Beraktchjan and Karen Koenig of

Berlin, who testified in the Dynamo and TSC trials respectively, have permanently deepened voices.

The women listened in disbelief as Dr. Kipke played down his role in the doping system. He was involved in the planning, he admitted, but was only following the orders of the Sports Medicine Services, where everything was prescribed. He then passed the orders on to the club doctors and coaches. They were the ones responsible for handing the drugs to the athletes, and Kipke had no idea if they respected the prescribed doses. Damaging side effects were

unknown to him in the 1970s. Researchers and the pharmaceutical industry gave no indication the drugs were dangerous. "At 14 the girls were biologically adult. That's why we could give them the stuff. They weren't considered minors anymore," he said in a cynical justification. He first heard "rumours" of possible side effects in the early 1980s, he claimed. That didn't stop him from using them though. Kipke even went so far as to point out his involvement in drafting the first comprehensive anti-doping rules for FINA. Given the context, the fact that Kipke hoped that such a remark would put him in a positive light was almost impossibly perverse.

In its haste, the court seemed to disregard the mountains of material already existing on Dr. Kipke. Sloppy homework meant that there was little intelligent questioning and the doctor was quickly found guilty of 58 counts of grievous bodily harm to underage female swimmers. Kipke accepted a 15-month suspended sentence coupled with a fine of 7,500 DM (\$10,000) immediately—a verdict that reeked distinctly of a preplanned deal. Efficiency was obviously the priority. After all, with a statute of limitations of October 3, 2000, for all doping crimes, time is of the essence.

When Kipke's lawyer bemoaned his client as someone who had only followed orders and was therefore unjustly accused, one victim could contain herself no longer. "I'd like you to tell my son that to his face," interjected Martina Gottschalt sharply. Karen Koenig reacted with jaded resignation. "It's always the same. They always try to pass themselves off as poor old men who were only doing their best."

That the judge accepted Kipke's "confession" was only made good by his observance that the defendant's crime was intensified by the fact that the women were minors when they received the drugs without personal or parental consent. Not once did Dr. Kipke show the slightest sign of regret. As for an apology, his victims are still waiting.

For some the final and most important lesson, that of accepting moral responsibility, has yet to be learned.

MAKING WAVES.



Callan Gault, 14 Club: Toronto Swim Club Coach: John Grootveld Specialty: Backstroke 5th ranked for SCM00 TAG in the 200 back SCM99 SCM00 Best Times 1:07.59 100 backstroke 200 backstroke 2:22.91 2:53.03 2:29.96 200 butterfly 400 ind.medley 5:11.25



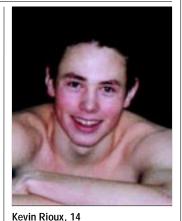
Kyle Palfrey, 12 Club: Scarborough Swim Club Coach: Michael Gurgol Specialty: IM and butterfly 1st ranked for SCM00 TAG in the 400 IM and 4th for 200 fly and 200 IM Best Times SCM99 SCM00 100 breaststroke 1:23.07 1:19.48 200 butterfly 2:38.74 200 ind.medley 2:31.67

5:25.29

400 ind.medley



Kris Yap-Chung, 12 Club: Hyack Swim Club Coach: Serge Score Specialty: Butterfly and freestyle 2nd ranked for SCM00 TAG in 200 fly, 3rd for 100 fly and 4th for 400 free Best Times SCM99 SCM00 200 freestyle 2:18.69 400 freestyle 4:46.10 100 butterfly 1:11.46 1:10.20 200 butterfly 2:41.76 2:35.46



Coach: Claude Lamy Specialty: Breaststroke and butterfly 1st ranked in SCM00 TAG for 100 breast, 2nd for 100 fly, 3rd for 200 breast Best Times SCM99 SCM00 100 breaststroke 1:11.66 1:09.39 200 breaststroke 2:32.99 2:30.39 100 butterfly 1:00.90

2:23.39

2:16.06

Club: Club Aquatique de Montreal

200 ind.medley



Allison Bennett, 12 Club: North York Aquatic Club Coach: Brian Kelly Specialty: Freestyle freestyle, 5th for 200 free. Best Times SCM99

3rd ranked for SCM00 TAG in the 50 and 100 SCM00 50 freestyle 29.92 28.18 100 freestyle 1:05.11 1:01.90 200 freestyle 2:15.37 400 freestyle 4:51.07 800 freestyle 10:14.76

Fast, Easy It's FREE

5:18.36

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