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CONSECUTIVE NUMBER 264



# **FEATURES**

6-7 Health and Diet II Nikki Dryden

The World of Food Supplements

8 Top 20 Additional Supplements in Swimming Today Nikki Dryden

9 Colwin on Coaching Cecil Colwin

Howard Firby: Swimming's Great Communicator

13 US Spring Nationals / World Trials

Phelps Stuns With World Record in 200 Fly

Two World Records for Moses

14 American Personality: Michael Phelps Casey Barrett

Damn The Thorpedo, It's The Yankee Missile

16-17 Poster: Ian Thorpe, Australia Marco Chiesa

18 Australian Nationals / World Trials Ian Hanson / Belinda Dennett
Two World Records for Thorpe

Australia Sends 44 to Worlds Including 26 Olympians **20** British World Trials

21 Qualify for Fukuoka, More Additions in June

29 Issues Jeno Tihanyi, Ph.D.

A Plea For A Critical Review











Anita Lonsbrough

Nathalie Coughlin

Grant McGregor

Alison Sheppard

# **DEPARTMENTS**

3 Contents

5 Calendar

About This Issue

10-12 TOP (Tiny Olympic Prospects)

12 Backwash

21 Championships / Trials Results

22-28 TAG (Top 25 Long Course Age Group Rankings)

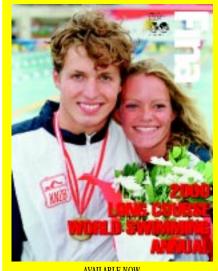
30 Making Waves

# **HEAD COACH**

The West Vancouver Otters Swim Club is accepting applications for a Head Coach for the 2001/2002-swim season and beyond.

- Position starts August 01, 2001 (pending applicant availability).
- The club currently has over 100 swimmers ranging from novice to national levels. WVOSC is dedicated to providing high level training opportunities to swimmers on Vancouver's North Shore former WVOSC members have set B.C. and Canadian records and participated on the Canadian Olympic team. The club has been in operation for over 25 years, has a solid financial base and a committed parent board. There is also a possibility that the successful applicant may be offered an expanded role within a newly-formed swim association.
- WVOSC trains out of the West Vancouver Aquatic Centre, a six-lane 25M facility which is being renovated next year. New facilities will include additional deck space, two cool down lanes, and expanded weight room. Regular long course training is scheduled at two nearby locations.
- Preference will be given to candidates possessing level 3 NCCP. Experience with the Hy-Tek Manager programs, and previous Head Coaching experience are assets.
- The successful candidate should have strong leadership and interpersonal skills, be knowledgeable about current coaching techniques and be committed to ongoing professional development. The WVOSC Head Coach will be expected to provide leadership to the coaching staff, and to work closely with the WVOSC Board in planning and organizing the swim program.

Please send your resume, coaching philosophy, and salary expectations to: West Vancouver Otters Swim Club # 9-2471 Marine Drive West Vancouver, BC V7V 1L3 email: blairfisher@home.com phone: (604) 913-1944 fax: (604) 921-9798



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# **CALENDAR**

CANADIAN

| CA  | ADIAN                                       |    |
|-----|---|----|
| Ma  |   |    |
| 18  | O Canada Games Trials, Saskatoon            |    |
| 19  | 1 Hyack Invitational, New Westminster       |    |
| 25  | ·   | er |
|     | Thunder Bay Invitational                    |    |
|     | TOP Cup, Etobicoke                          |    |
| Ju  | •   |    |
| 1-3 | Ontario Canada Games Trials, London         |    |
| 7-1 | AGI Invitational, Etobicoke                 |    |
| 15  |   |    |
| 22  |   |    |
| 22  | 1 1 3                                       |    |
| 28  | Man/Sask Championships, Regina              |    |
| 29  | Coupe du Quebec, Montreal                   |    |
| Ju  | •   |    |
| 5-8 | Quebec Age Groups, Montreal                 |    |
| 7   | The Gorge Open Water 10K Nationals, Victori | a  |
| 12  | 5 BC Age Groups                             |    |
|     | Ontario Championships, Etobicoke            |    |
| 19  | • •   | eg |
| 27  |   | Ü  |
| 28  | Traversee internationale de Lac St-Jean     |    |
| 28  | Thetis Lake 5K Nationals, Victoria          |    |
|     |   |    |

| August |  |
|--------|--|
| 5-9    | Summer Nationals, Etobicoke                  |
| 14-17  | Canada Summer Games, London                  |
| 2002   |  |
| Februa | ry   |
| 21-24  | Youth, Junior, SWAD Nationals                |
|        | East-Etobicoke, West-New Westminster         |
| March  |  |
| 12-16  | Spring National, Winnipeg                    |
| UNITE  | D STATES                                     |
| May    |  |
| 20-20  | Cadillac Series 1, Ann Arbor, Michigan       |
| 21     | 25K Open Water selection, Clemson, SC        |
| June   | •  |
| 10-11  | Cadillac Series 2, Charlotte, NC             |
| 23-23  | Disability Championships, Phoeniz, AZ        |
| 24     | 10K Open Water selection, Daytona Beach, FL  |
| 30-1   | Cadillas Series 3, Santa Clara, CA           |
| July   |  |
| 15-16  | Cadillac Series 4, Long Island, NY           |
| 19-22  | Cadillac Series 5, Los Angeles, CA           |
| August | _  |
| 4      | FINA Open Water World Cup, Atlantic City, NJ |
| 14-18  | Summer Nationals, Fresno, CA                 |
| 22     | 5K Open Water Nationals, Fresno, CA          |
|        |  |

# INTERNATIONAL

| IIII  | MILLOWILL                                   |
|-------|---|
| May   |   |
| 11-13 | Acropolis International, Athens             |
| 20-20 | German Championships, Braunschweig          |
| 19-20 | Belgium GP, Charleroi                       |
| 27-27 | East Asia Games, Osaka                      |
| 25-27 | Esbjerg International, DEN                  |
| June  | v   |
| 1-3   | British GP Final, Manchester                |
| 1-3   | Mare Nostrum, Barcelona, ESP                |
| 5-7   | Mare Nostrum, Canet, FRA                    |
| 9-10  | Mare Nostrum, Rome, ITA                     |
| 13-14 | Mare Nostrum, Monte Carlo, MON              |
| 24-24 | International Gala, Stuttgart, GER          |
| 29-1  | COMEN Cup, Tunis                            |
| 30-1  | Hamburg International, GER                  |
| July  | -   |
| 7-8   | European Juniors, Malta                     |
| 7-8   | Darmstadt International, GER                |
| 7-8   | International del Castello, Bellinzona, SUI |
| 13-20 | European Olympic Youth Days, Murcia, ESP    |
| 19-22 | English Chapionships                        |
| 17-29 | FINA World Championships, Fukuoka, JPN      |
|       |   |

# **RECORD SETTERS**

All world records **pending** FINA ratification

# WORLD LONG COURSE

# • Men's 200 freestyle:

1:44.69 Ian Thorpe, AUS, Hobart, Mar 25, 2001 Betters own record of 1:45.51 May 2000.

# • Men's 800 freestyle:

7:41.59 Ian Thorpe, AUS, Hobart, Mar 27, 2001 Betters old record of 7:46.00 Kieren perkins, AUS, 1994

# • Men's 50 breaststroke:

27.49 Anthony Robinson, USA, Austin, Mar 29, 2001 27.39 Ed Moses, USA, Austin, Mar 31, 2001 Betters old world best of 27.61 Alexander Dzhaburiya, UKR, 1996.

# • Men's 100 breaststroke:

1:00.29 Ed Moses, USA, Austin, Mar 28, 2001 Betters old record of 1:00.36 Roman Sloudnov, RUS, 2000.

# • Men's 200 butterfly:

1:54.92 Michael Phelps, USA, Austin, Mar 29, 2001. (26.47, 55.61, 1:25.04, 1:54.92)

Betters old record of 1:55.19 ToMalchow, USA, 2000.

# • Women's 200 breaststroke:

2:22.99 Hui Qi,CHN,Hangzhou,Apr 13,2001 (33.37, 1:10.00, 1:46.64, 2:22.99)

Betters old record of 2:23.64 Penelope Heyns, RSA, 1999.

# **COMMONWEALTH**

# • Men's 200 freestyle:

1:44.69 Ian Thorpe, AUS, Hobart, Mar 25, 2001 Betters own record of 1:45.37 Sep 2000.

# • Men 800 freestyle:

7:41.59 Ian Thorpe, AUS, Hobart, Mar 27, 2001 Betters old record of 7:46.00 Kieren perkins, AUS, 1994

# • Men's 50 backstroke:

25.66 Josh Watson, AUS, Hobart, Mar 27, 2001 Betters old record of 25.68 Matt Welsh, AUS, May 2001

# • Men's 50 breaststroke:

28.00 James Gibson, ENG, Sheffield, Apr 14. 27.82 James Gibson, ENG, Sheffield, Apr 14. 27.79 James Gibson, ENG, Sheffield, Apr 15. Betters old record 28.05 Brett Peterson, RSA, 1999

# • Women's 50 freestyle:

25.07 Alison Sheppard,SCO,Sheffield,Apr 11,2001 Betters own record of 25.12 from July 2000.

# Women's 50 backstroke:

28.68 Dyana Calub, AUS, Hobart, Mar 27,2001 Betters own record of 28.86, May 2000.

# • Women's 100 backstroke:

1:01.36 Sarah Price, ENG, Sheffield, Apr 11,2001 1:01.32 Sarah price, ENG, Sheffield, Apr 12,2001 Betters old record of 1:01.51 Dyana Calub, AUS, 1999.

# **ABOUT THIS ISSUE**

# Nick J. Thierry, Editor/Publisher

I was notified by Swimming Natation Canada during April that they will discontinue financial support for TAG rankings and other statistical support I have provided for the past 25 years, effective July 1, 2001.

In order to continue with this work I will need your support. We need you to continue to subscribe and encourage others to do so. We are grateful for the dozen clubs who build in the subscription to SWIMNEWS in their membersip dues. We encourage other clubs to do so. This would go a long way to make it possible to continue with TAG. I have also listened to requests to reintroduce 10 & Under to regular monthly TAG. See page 28 for the first long course list.

Other features in this issue are Nikki Dryden's continuing series on Health and Diet explaining Food Supplements.

Cecil Cowlin remembers the unique genius of Canadian Coach Howard Firby who died 10 years ago.

Former Canadian Olympic flyer Casey Barrett, now a journalist in New York writes on Michael Phelps who became the youngest male world record holder ever.

TAG is up-to-date for all meets received until the end of April.

# YOU ARE WHAT YOU EAT II

# THE WORLD OF FOOD SUPPLEMENTS

# Nikki Dryden

"If there was a magic pill that could make you swim really fast, what would be the point of swimming?"

The headlines are splashed across newsstands, bookstores, and the internet, making declarations as broad or narrow as your desire for an edge may be. The claims are appealing: "A Major Advancement in the Science of Sports Nutrition," "The Natural Solution for Pain Relief," "The Miracle Road to Well-Being and Success," "Perhaps the Most Important Health Discovery in Recent Years." The endless list of magazines and books promising us magical elixirs and miracle tonics to improve our lives, health, and athletic performance are bombarding us at every turn.

In a January article in *The New York Times*, writer Sara Siwolop reported on the thousands of wonder cure-alls that have sprung to life on the internet. She wrote about the discovery of one product found online called vitamin 0, which maintained a myriad of benefits resulting in its ability to enrich the bloodstream with additional oxygen (hence the name vitamin 0). But when investigated, it turns out that the ten-dollar-anounce vitamin 0 was merely saltwater!

Ms. Siwolop's article also introduced us to a retired psychiatrist and consumer advocate, Stephen Barrett, who now runs a website called Quackwatch that tries to track down doubtful medical claims. And it is probably a good place to research products that sound too good to be true. You should also log on to the website for the Canadian Centre for Ethics in Sports, where you can find out all of the legal and banned substances from herbal cold medicines to "Mocha Frappucinos." It is your responsibility to find out what is legal. Whether you can buy it at the grocery store or you need a doctor's prescription, in the world of competitive sports, there are more things you cannot put in your body than things that you can.

In the United States, there is a definite lack of quality and content control when it comes to supplements. What a package claims to contain, and actually contains, can be very different. Canadian athletes have been warned for years not to buy their vitamins and supplements in the US, because the US industry has no regulations. In Canada and the US, stick with brands and names you know and trust.

Between the charlatanism and the old-fashioned home remedies fall many of the supplements that are favoured by the world's swimming elite. Of course the big debate may not be if these products have been scientifically proven, but whether or not their positive or negative effects are just part of the placebo effect. Some swimmers are convinced that certain foods, dietary regimens, or supplements improve their performance.

These products may merely provide certain psychological benefits rather than any proven physiological benefits. And health and performance may be adversely compromised if and when the use of these products replaces a sound nutrition program. In the search for a safe and legal competitive edge, some swimmers try fad diets or supplements that are not scientifically proven. The fact is, many of us are willing to pay out the ten or twenty bucks a bottle for many of these products, just in case it gives us the extra oomph we've been looking for.

# Getting Your A, B, Cs

The most basic supplement you can take is a multivitamin. Canada's national teams use Centrum Protegra, a special blend for athletes, which includes minerals like iron, zinc, and selenium, and a bevy of antioxidants. Swimmers work out hard, and exercise increases our body's production of free radicals, which in turn cause the muscle damage that gives us sore and inflamed muscles. Antioxidants are especially important because they neutralize the free radicals before they wreak havoc on our muscles. Some swimmers like to take extra vitamin C, E, and B complex in addition to their multi. But you can get all you need from your food if you eat a balanced diet. Taking a vitamin pill instead of eating right doesn't create a healthy body, and your performance will suffer in the long term.

Many athletes these days take amino acid supplements to help with the maintenance of the immune system, and with muscle building and repair. Amino acids are the basic building blocks of protein and are grouped into essential and non-essential amino acids. There are nine essential amino acids: histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine. They are called essential because they are the amino acids that cannot be synthesized by human cells and must be ingested from your diet. There are many other amino acids besides the essential ones that the human body normally manufactures. Nonessential amino acids can become essential during disease or stress when there is either increased need and/or increased breakdown of them. The main non-essential amino acids are alanine, arginine, asparagine, aspartic acid, cysteine, glutamine, glutamic acid, glycine, proline, serine, and tyrosine.

Use of the individual Lform amino acid supplement is best. You may come across D forms, which may actually have to be converted by the body to the L forms before your body can use them. Most high-stress times cause your body to require more amino acids, which is why it is important to get them in your diet, then supplement, for example, during exams, at meets, or while training at altitude.

Both animal and plant proteins contain essential amino acids. But amino acid value is measured by the percentage of usable protein; that is, the proportion of usable protein in relation to the total weight of the food. Meats consist of 20% to 30% usable protein, with turkey being the best. Soybean flour is 40% protein; most cheeses 30% to 35% protein; many nuts and seeds between 20% and 30%; and peas, lentils, and dried beans between 20% and 25%. Whole grains and eggs contain about 12%, while milk is about 4%. So remember to consider both quality and quantity when choosing your protein-rich and amino-acid-rich foods.

# When Creatine Made Me Insane

It's true, you can ask my teammates, the last time I tried creatine it made me feel crazy. It also made me borderline violent, depressed, and hostile. Physically, it gave me severe muscle cramps, diarrhea, nausea, and headaches. And no, I didn't take some huge weightlifter dose. These symptoms came after two separate one-gram doses spread over three days.

I can't explain this totally, the scientific research hasn't really been done on creatine. One idea I have is that, as a vegetarian, my body already makes enough and doesn't like the intrusion of synthetic creatine. Another idea is that women just don't react as well to creatine supplementation. In a pool deck survey of my female teammates, only a couple liked creatine; the rest, like me, suffer from adverse physical and emotional side effects, with muscle cramps and weight gain from water retention being the worst.

The creatine craze began in 1992 when British track athletes Linford Christie, Sally Gunnele, and Colin Jackson used it before the Barcelona Olympics and two won gold medals. Creatine sales in Canada increased from \$15 million in 1994 to \$180 million in 1998.

Creatine is an energy-producing substance that is made naturally in our bodies. Manufactured in the liver, pancreas, and kidneys from amino acids, creatine is transported in the blood and grabbed up by muscle cells where it is converted to creatine phosphate. Then it is used to help produce ATP, the body's energy compound. As you do more short-term, intense exercise and the demand on your body becomes more extreme; creatine phosphate helps make more energy available.

Most of our bodies make about two grams of creatine daily and the same amount is broken down and lost/used by the body each day, thus maintaining a balance of creatine in the body. Creatine can be supplemented by meats and fish, and also through creatine monohydrate supplementation. Some believe creatine supplementation can help build lean body mass, provide energy, speed recovery, and be a lactic acid buffer.

# **Is Creatine Safe?**

In Canada, creatine has been classified as a food supplement, not a drug. This means it never has to pass pharmaceutical safety tests from Health Canada. Creatine appears safe; according to most studies, there are no adverse effects except gastric upset or intolerance.

Side effects include: dehydration, cramping, diarrhea, sore muscles, upset stomach, and water retention. However, there have been no long-term safety studies with people taking large amounts over a period of years. The long-term effects on the liver and kidney are unknown and could be harmful as these organs are being forced to process abnormal amounts of the material over long periods of time.

Creatine supplementation works in only two of ten users, which would explain why I suffered emotional and physical side effects. The weirdest part is that the first time I used it, I loved it and encountered only benefits. Since that first dose in 1994, I tried it three separate times, and had been sore and sick each time. I kept trying creatine because I couldn't resist the reported benefits, regardless of any negative effects.

Sports Medicine Digest investigated fifty-four random creatine research reports in its July 1998 issue. It found that some of the studies tested as few as four subjects. It also found that most of the studies followed up their clinical trials for only four to five days. And, according to a recent post on the Italian Swimming website, creatine may be quite damaging. They reported earlier this year that the French Agency of Medical Security for Food (AFSSA) had issued the following warning: the use of creatine "constitutes a risk that has not been sufficiently evaluated, particularly in the long term." It went on to say that there was a "potential carcinogenic risk" for users, and that in epidemiological studies, creatine caused "digestive, muscular and cardiovascular problems."

# HMB, the Next Creatine?

Last year, in lieu of creatine, I decided to try HMB (Beta-hydroxy beta-methyl butyrate). It's the newest fad in swimming circles. Swimmers at both the National Swim Centre in Calgary and the Thunderbird Swim Centre in Vancouver began HMB supplementation over the last year, and I was ready to give it a shot too. At about a dollar a day, it is one of the most expensive supplements around, so here is the lowdown.

HMB is another naturally produced compound, found in a large part in mother's milk. HMB is part of the essential amino acid leucine and is produced in our bodies. It can also be found in small quantities in grapefruit and catfish. HMB up-regulates our ability to build muscle and burn fat in response to intense exercise. Another way to describe its effects is that HMB shifts the balance of protein metabolism in favour of new muscle growth and minimizes the breakdown of muscle tissue. Therefore HMB can be said to help support a consistent increase in muscle tissue growth.

In an Iowa State University Study by Dr. Nissen et al., entitled 'The Effect of the Leucine Metabolite B-Hydroxy B-Methyl Butyrate During Resistance Exercise Training," about 2100 athletes who supplemented their diets with three grams of HMB a day for three weeks gained three times their muscle lean body mass and got an increase in strength two-and-one-half times greater than the subjects with placebos. In a

study done on women, similar results were found, "possibly indicating that the compound does not depend on any specific androgenic hormones (like testosterone) to exert its efforts."

In another study at Wichita State University, cyclists who took HMB experienced increased VO2 Max and a decrease in blood lactate levels. As for my four months on HMB, I will admit I felt and saw an increase in my strength in the weight room from month two to three; but after that initial burst of improvement I began to think I was just pouring my money down the toilet.

HMB is a water-soluble compound that is excreted in the urine in proportion to dietary intake. In the study done by Dr. Nissen, a safety profile was included that screened for adverse reactions and organ function. However, the long-term effects are unknown. These studies were only conducted in the last five years, and who knows what may be discovered in the future.

If you choose to take HMB, one to two grams per day would be sufficient for a swimmer, but it is best to work with a sports scientist or physiologist to determine the best amount for you and your training program. (I am certainly no expert!) Also, check to see you are buying pure HMB. Look for proven brands within the supplement industry, such as EAS or GNC products.

# **Supplements In Use**

British Olympian and short-course world record holder James Hickman recently tried a new supplement program while training at altitude this winter. Throughout the day and in particular before and after workouts, James took different combinations of the following: multivitamins, iron, vitamin C, beta-carotene, L-glutamine, cod liver oil, selenium, zinc, and vitamin E. Before this trip, James had only really ever taken vitamins and L-glutamine, which he describes as "one of the most wonderful products. I get a small sniffle, and a bit of glutamine holds it at bay."

L-glutamine is an amino acid that helps your body in times of stress and disease. It can prevent muscle wasting because it has an anti-catabolic effect, i.e., like HMB, it decreases the breakdown of muscle tissue, so it is particularly important when repairing damaged muscle tissue after weight training. L-glutamine is used throughout the whole body, so when the gut and immune system cannot get enough they steal it from the muscle tissue, creating muscle breakdown. That's why James found it helpful for fighting colds.

The "supplement protocol" was set up with a specialist before James and his teammates went to altitude. "The physiologist prescribed when we should take each thing, because if you take them all at once, they can work against you. We had our blood tested before we left, and will have it taken again when we come home. Our hope is that our red blood cells will have increased and last longer than before we went to altitude."

As for this new program, James admits he is interested, although it is all very new to him. "Some

people use supplements a great deal. In the past I was never a big supplement person. I have used creatine, although I haven't made up my mind yet on if it really makes a difference. I really don't know if all this works, I have swum fast without it, but it is worth a try I guess."

American Jenny Thompson first found out she was anemic (low iron) as a teenager, and every time she had her iron tested over the years it remained low. "I used to never take any vitamins, then I finally decided I needed to take better care of myself and my nutrition. It was actually my chiropractor and my Pilates instructor who both encouraged me to start." Jenny tried many supplements last year en route to Olympic gold; her supplement program included: L-lysine, L-leucine, L-glutamine (all amino acids), iron, co-enzyme Q-10, multi-vitamins and minerals, vitamin C, echinacea (for colds), and creatine.

Jenny had never really taken many supplements until this past year. Her coach, Richard Quick, had invited nutritionist and immunologist Dr. Glen Luepnitz to help with the Stanford Women's Team. "I was willing to try something to help me go faster, that was safe and legal. Dr. Luepnitz presented me with articles and research, and I decided to try some of these supplements. I knew other swimmers like the Canadians and Aussies were using these things, so I decided to get on the ball."

Most swimmers have all dabbled in the creatine fad, but we could find no one that swore by it. Aussie Olympic medallist, Dan Kowalski, takes only vitamins, while Canadian backstroker Kelly Stephanyshyn takes multi-vitamins, HMB, and L-glutamine. American short-course world record holder Alison Wagner tried creatine during her career, but didn't love it. "I always tried to take a general multivitamin and iron, but I wasn't too good at taking them regularly!"

Whatever you decide, each swimmer has specific needs. It is important to work with a nutritionist or doctor to help you plan a diet and supplementation regime that works for you. Doctors design most of these supplement programs with mature athletes in mind, and more important than any supplement is drinking water, getting good sleep, and eating a healthy and balanced diet. Remember that our muscles are composed 70% of water. Water transports nutrients in your body, so when you are dehydrated there is no water to flush out all the bad stuff as well as carry nutrients to your muscles. That is why, no matter whom I spoke with, they all stressed the importance of drinking water. Sleep, too, is essential to recovery, and a healthy diet is the best way to get all the nutrients your body needs. Taking a slew of supplements instead of getting plenty of rest and eating right will have adverse affects over time.

And so, perhaps 16-year-old Canadian backstroker Jen Fratesi sums it up best. "I do not take supplements or vitamins because I get everything I need from my food. I don't believe any of this stuff, and my coach (Bud McAllister) doesn't either. His philosophy is 'just train harder if you want to swim faster.'"

# TOP 20 ADDITIONAL SUPPLEMENTS IN SWIMMING TODAY

# Nikki Dryden

I am just a writer who used to be a swimmer, who was and still is pretty obsessed with testing and taking many of these dietary supplements. Swimmers must make their own decisions about their health. This is a place to start because, for now, supplements seem inescapable. So here are some of the hottest ergogenic aids in swimming today.

- 1. Bee pollen is said to increase energy and endurance, and it may speed up the recovery process from exercise. Bee pollen contains 22 vitamins and minerals, and over 5,000 enzymes and co-enzymes, making it possible that bee pollen strengthens the immune system too.
- **2. Blue Green Algae** may help remove toxic chemicals and heavy metals from the body and boost the immune system. It is rich in minerals, provides some protein, and also contains beta-carotene and vitamin C.
- **3. Brewer's yeast** is available as a powder, flakes, or tablets, and is a slightly bitter-tasting ingredient that is used in brewing beer. It's also a byproduct of beer-making. The yeast itself is a tiny fungus that grows on grain, usually barley, but brewer's yeast is a rich source of many nutrients, including protein, some B vitamins, phosphorus, and chromium.
- **4. Caffeine** boosts energy and alertness, and increases the rate at which the body burns calories, but is not necessarily indicative of weight loss as it also lowers blood sugar and increases hunger. Too much caffeine can cause nervousness, anxiety, even palpitations, and it can also add to stress, cause heartburn, and interfere with sleep. The effectiveness or ineffectiveness of caffeine for some can be explained by differences in caffeine sensitivity between swimmers, the effect of caffeine on different forms of exercise and under different environmental conditions, and the effects of other dietary components on the response to caffeine. Caffeine is banned by the International Olympic Committee at levels that produce urinary concentrations that would require ingestion of considerably more than several cups of coffee over a short period of time.
- **5. Chromium**, taken as chromium picolinate, is claimed to burn body fat and build muscle size and strength because it is a trace mineral that helps your cells use carbohydrates for energy. Chromium during exercise may help move more carbohydrates into muscle cells for boosts of energy. Small doses may improve glucose uptake for use during sprints. Losses of chromium may be greater with heavy training, so some athletes may improve their carbo use and performance by increasing their daily intake. Found

- in foods like refried beans, chicken, and peas, chromium picolinate has been studied for its potential role in altering body composition. However, several recent studies have found little to no effect of chromium on body composition or strength.
- **6. Coenzyme Q-10** (CoQ10) helps produce ATP (the body's energy source) and controls the flow of oxygen within the body's cells, and it also supports the body's immune system. Hard exercise lowers blood levels of CoQ10. However, the effects of CoQ10 supplementation have been inconsistent, with several studies finding no improvement.
- **7. Echinacea** is an herb that acts as an immunostimulant, something that helps your body fight off illness by bolstering its natural defences. Echinacea may stop colds, the flu, or bacterial infections before they spread in the body. It may also shorten the duration and lessen the symptoms of the infection if taken at the first sign of a cold. It is most effective right at the beginning of an infection, and echinacea may kill some viruses and bacteria directly.
- **8. Essential fatty acids (EFAs)** are critical to a healthy immune system, and your body cannot make them, so they must be supplied by the diet. There are two kinds of EFAs: omega-6 is found in safflowers, sunflower, corn and evening primrose oils. The other is omega-3. Flaxseeds are rich in omega-3 EFAs. Walnuts and soybeans also contain significant amounts as well as freshly ground wheat germ. Dried beans, such as great northern, kidney, navy, and soybeans, are inexpensive sources of both omega-6 and omega-3 EFAs. Certain fish like salmon, tuna, mackerel, bluefish, sardines, and herring are very rich in EFAs. The body can convert EFAs from fish more easily than other forms.
- **9. Fish oil** (such as cod liver oil) contains omega-3 oils. Most fish oil supplements are 30% omega-3. Fish oils also have anti-inflammatory activity, and fish oil is used to help people with various inflammatory conditions.
- **10. Glucosamine sulfate (GS)** is a nutrient derived from seashells and contains a building block needed for the repair of joint cartilage. Basically, it helps to stimulate the production of connective tissue, specifically cartilage. Some studies have shown it works better than ibuprofen. It has anti-inflammatory effects and is often stacked (taken at the same time) with chondroitin sulfate. Benefits from GS generally become evident after three to eight weeks of treatment. Continued supplementation is needed in order to maintain benefits.
- **11. Glycine** is a nonessential amino acid used by the body to build proteins. It also helps trigger the release of oxygen to the cell-making process, and is

- essential to the production of hormones responsible for a strong immune system. Glycine is found in many foods high in protein, such as fish, meat, beans, and dairy.
- 12. Iron is important for athletes because it transports oxygen to and within muscle cells. Some athletes, especially women, do not get enough of this mineral, and distance swimmers frequently have low iron levels. A severe deficiency of iron can impair performance, but taking too much iron can also be harmful. Anemia in swimmers is sometimes not due to iron deficiency and may be part of a normal adaptation to the stress of hard training. Thus it is unwise to take iron unless a significant deficiency has been diagnosed. Swimmers who are abnormally tired (an early warning sign of iron deficiency) should have their iron levels checked by a nutritionist or doctor.
- **13. L-alanine** supports the immune system and helps in the metabolism of sugars and organic acids. It is an important source of energy for muscle tissue, the brain, and central nervous system.
- **14. L-arginine** improves the body's immune system response to bacteria and viruses. It is crucial for muscle growth and tissue repair.
- 15. L-carnitine is shown to convert fat to energy more efficiently, as well as inhibiting the lactic acid production in muscle and reducing fatigue. L-carnitine is made in the body from the amino acids lysine and methionine. It is needed to release energy from fat. Research shows that individuals who supplement with carnitine while engaging in an exercise regimen are less likely to experience muscle soreness. Dairy and red meat contain the greatest amounts of carnitine.
- 16. L-leucine is an essential amino acid and is critical to muscle function as it makes up a significant portion of all muscle protein. Leucine inhibits the breakdown of muscle proteins and promotes muscle recovery during stressful times. Leucine is present in all protein foods, such as meat, fish, eggs, milk, and beans. It is also found in soy and whey protein supplements.
- **17. L-lysine** aids in the production of antibodies, hormones, and enzymes, helps form collagen, and ensures the adequate absorption of calcium.
- **18. Magnesium** deficiency can reduce exercise performance and contribute to muscle cramps. Some studies show that magnesium (including both diet and supplements) may benefit strength training.
- **19. Selenium** is an essential trace mineral, which is an important part of antioxidant enzymes that protect cells against the effects of free radicals that are produced during exercise. Selenium is also essential for normal functioning of the immune system and thyroid gland.
- **20. Zinc** is an essential mineral that is integral to a healthy immune system. Zinc is found in meat, poultry, beans, nuts, and dairy products. Zinc taken in the initial stages of a cold may shorten its duration.

# **COLWIN ON COACHING**

# **HOWARD FIRBY: SWIMMING'S GREAT COMMUNICATOR**

Firby's lectures were spell-binding, and his drawings seemed to sweep across the page with the speed and graphic tempo of an animated film

# **Cecil Colwin**

At the end of the Second World War, Howard Firby, a 20-year-old pupil pilot in the Royal Canadian Air Force, was about to earn his wings when he was struck down by poliomyelitis and hospitalised for nine months. During this time he studied kinetics, aerodynamics, and anatomy, subjects he was later to use as a swimming coach. From the start of his coaching career, although dependent on the constant use of a walking stick and often easily fatigued by the severe after-effects of the disease, Howard coached swimming in a spell-binding and exciting manner that captured the interest of his pupils and conveyed to them the pure joy of the sport itself.

From the moment he started coaching as a volunteer assistant coach at the now defunct Vancouver Amateur Swimming Club, his keen eye was analysing the techniques of swimming. Before long he had placed a blackboard poolside, and chalk in hand, was drawing ideal swimming strokes with unerring accuracy. He believed that most swimmers worked too hard for the results they obtained, and he showed how minor changes in technique could quickly improve performance.

No one would have guessed that this was Firby's introduction to coaching and that he was new on the deck. The amazed club officials couldn't believe the seeming miracle they were witnessing. They soon discovered he was a full-time commercial artist at the top of his profession, employed by Eaton's, the former large Canadian department store chain. Howard could draw simply anything—suits of clothing, dining room tables and chairs, electrical appliances—you name it, he could draw it.

# Swimmers as Ever-Changing Shapes and Forms

Soon he was having fun slicing his swimming drawings into different forms and shapes to show how skilled swimmers always seek the best combinations of streamlining and propulsion. Howard Firby had the artist's ability to visualize swimming techniques from every angle, including three-quarter views as well as from above and below. His drawings seemed to sweep across page, or blackboard, with the speed and graphic tempo of an animated film.

Howard's legacy to the sport is preserved in freezeframe drawings of swimmers that spring like multipleexposure photographs from the pages of books and magazines. Seen in retrospect, Howard Firby wasn't just great; he was a giant who used his highly-developed drawing expertise to enrich and revolutionize the art of coaching swimming.

We were close friends for 25 years, and we had many chats on swimming techniques during which he would often illustrate a point with perfect drawings of swimmers. Everything Firby said seemed to make good sense and fall immediately into place. I hadn't known Firby long before I learned that he was a many-sided person who could converse authoritatively on a wide range of subjects. For example, during a visit to the Kruger National Park in South Africa, it was interesting to see him impress local officials with his vast knowledge of African flora and fauna

In the early 1970s, Howard and I collaborated in the publication of "An Introduction to Swimming Coaching," the Canadian Amateur Swimming Association's coaches' training manual, for which I wrote the text and Howard did the artwork that consisted of several hundred



illustrations. Our collaboration was unusual in that I was based in the National Sports Centre in Ottawa while Howard was 3000 miles away in Vancouver, and all our communication was by telephone. Howard would complete each set of drawings within days, and each drawing was perfect and exactly as required.

# **Swimming's Great Communicator**

Howard Firby was a natural teacher with a rare gift for presenting concepts in easily understood form. Hearing him speak was an experience that most coaches would remember for years to come. Howard would start amost apologetically, suggesting that the audience might want to consider a few ideas he was about to present. But his audience couldn't have envisaged the unique experience in store for them. With a modesty that soon impressed his listeners, he quietly presented profound new ideas that went to the heart of the subject.

His rich baritone voice was an important part of the man. His tone was warm and good-humoured, friendly

yet compelling. Howard Firby was a born story teller. In teaching swimmers key points of techniqiue, he loved to spin vivid "let's pretend" yarns, parables, and anecodotes.

Howard's talent for drawing swimming techniques was legendary. In addition, he carried with him a sort of "mascot," his omnipresent plasticine swimmer, which, to the amusement of the audience, he would continuously mold and transform into various shapes and techniques as he spoke, sometimes whimsically adding a fin or a fishtail.

# "Olympic Arms" for Sale

On one occasion in 1973, at Camp Akomak in Northern Ontario, I was privileged to see Howard tell one of his famous allegories about the sports equipment catalogue that advertised "Olympic Arms" for swimmers that ranged in price from very cheap to deluxe models that sold for \$995.50!

As he told the story to a group of young swimmers assembled on the deck, he signalled to one youngster to come forward and be the lucky recipient of an imaginary pair of elite "Olympic Arms." With great aplomb, Howard told the young lad to carry his set of Olympic Arms to workout in a velvet-lined case. With elaborate ceremony, Howard demonstrated to the young swimmer how, in preparation for the Olympics, his Olympic Arms would be fastened on to him in the correct positions with special shoulder, elbow, and wrist bolts and screws. Then, to augment the lesson, he modelled in plasticine an accurately-shaped 1/3 scale arm, and worked it through the correct swimming movement to the rapt attention of all his students.

# **About Howard Firby:**

Howard Firby, born September 18, 1924, in Birmingham, Alabama, of Canadian parents. Died in Vancouver, March 30, 1991

Canadian coach Howard Firby, who coached Vancouver's Canadian Dolphins Club, where he produced a long line of great swimmers, including Elaine "Mighty Mouse" Tanner, is regarded as one of swimming's greatest innovators and stroke coaches. Howard Firby's book Howard Firby on Swimming (1975) published by Pelham, London, which he illustrated himself, became a classic and a collector's item. In the last decade, Firby's lucid writings and unique descriptive terminology have been frequently copied without proper acknowledgement given.

Howard Firby was educated in Regina, Saskatchewan. After the Second World War, he studied art in Vancouver and became a commercial artist and a part-time assistant swimming coach to the Vancouver Amateur Swimming Club, where he eventually became Head Coach before leaving to form the now-famous Canadian Dolphins Swim Club. During the 11 years in which he coached the Canadian Dolphins, his swimmers set 11 world records, 300 Canadian records, and won the Canadian Team Title six times. In addition to being the first National Technical Director of Canadian Swimming, Firby coached the Canadian National Team at the 1964 Olympics and the 1958 Commonwealth Games, and at international competitions in the Soviet Union and South

# TINY OLYMPIC PROSPECTS



## PARTICIPATING CLUB

| CLUB NAME                  | CODE  | PROV | BOYS | GIRLS | TOTAL |
|----------------------------|-------|------|------|-------|-------|
| Club Aquatique de Montreal | CAMO  | PQ   | 22   | 13    | 35    |
| Edmonton Keyano SC         | EKSC  | AB   | 26   | 31    | 57    |
| Island Swimming            | IS    | BC   | 21   | 32    | 53    |
| Kamloop Classic Swimming   | KCS   | BC   | 5    | 11    | 16    |
| Langley Olympians          | LOSC  | BC   | 7    | 12    | 19    |
| London AC                  | LAC   | ON   | 9    | 25    | 34    |
| Mississauga Aquatic Club   | MSSAC | ON   | 8    | 18    | 26    |
| Oshawa Aquatic Club        | OSHAC | ON   | 3    | 4     | 7     |
| Olympian Świm Club         | OSC   | AB   | 11   | 15    | 26    |
| Pickering Swm Clib         | PICK  | ON   | 8    | 6     | 14    |
| Pointe Claire SC           | PCSC  | PQ   | 52   | 50    | 102   |
| Pacific Sea Wolves         | PSW   | BC   | 19   | 20    | 39    |
| Richmond Rapids            | RAPID | BC   | 7    | 3     | 10    |
| Les Riverains              | REG   | PQ   | 6    | 6     | 12    |
| Regina Opt.Dolphins        | ROD   | SK   | 8    | 13    | 21    |
| Region of Waterloo SC      | ROW   | ON   | 5    | 5     | 10    |
| Vancouver Pacific SC       | VPSC  | BC   | 14   | 26    | 40    |
| West Van Otters SC         | WVOSC | BC   | 3    | 2     | 5     |
|                            |       |      |      |       |       |

## **GIRLS EVENTS**

Total

# GIRLS 7&U - 200 FREESTYLE

Rec: 2:55.04 Donna Wu,AQUA,85 3:38.64 Patricia Jaros.MSSAC

- 3:44.35 Breanne Hart-Dowhun.OSC 2) 3) 3:55.82 Sarah Assi PCSC
- 4) 4:05.57 Isabelle Cloutier.PCSC 4:12.58 Alexe Grandin-Beaudet.RFG
- 6) 4:19.00 Lauren Lougheed, PSW 4:19.60 Caroline Parson PCSC 7)
- 4:29.53 Stephanie Wilson, MSSAC 8) 4:31.62 Amanda Gagne.PCSC
- 9) 10) 5:15.82 Janica Lee.MSSAC
- 5:28.88 Katija Bonin, MSSAC 5:30.10 Victoria Polyakova,IS 12) 5:30.82 Maddison McAnevin, PSW
- 5:34.05 Stephanie Cassarato, PCSC 5:35.50 Katie Moore.VPSC
- 5:37.67 Cassandra Blagrave, PCSC 5:42.30 Vivianna Zampetti, VPSC 17)
- 18) 5:43.40 Stephanie Hillman.VPSC 19) 5:51.10 Patricia Pierse FKSC
- 20) 5:52.76 Tatianna Zamozdra, PCSC 21) 5:54.00 Brooke Gallagher, PSW
- 22) 6:06.80 Laura Rosato LAC
- 23) 6:07.82 Robyn Melville.IS
- 6:19.26 Meagan Butters.PCSC 24) 25) 6:33.00 Brianna Bolen, LOSC 6:44.93 Stephanie Tadros I OSC
- 27) 7:08.10 Anna Nicol VPSC 8:06.00 Rosie Beale,IS 28)

26)

- 8:16.00 Ariana MacDonald,IS 29) 30) 8:37.62 Julia Marks,IS
- 9:01.72 Katarina Bush.IS

# GIRLS 8 - 400 FREESTYLE

Rec: 5:49.44 Sandy Sabo, DDO, 83

- 6:48.27 Deanna Mathews, EKSC 6:58.39 Christina Bosse,PCSC
- 3) 7:05.31 Ashley McGregor, PCSC
- 7) 8) 7:22.30 Fionnuala Pierse FKSC 7:25.24 Kelly Ann White, MSSAC 9)
- 7:15.11 Molly McCullough, PCSC 4) 7:16.56 Lori Kremer.OSC 6) 7:18.71 Saidve Assi.PCSC 7:19.49 Dana Woodhall ROW

7:35.10 Kajsa Heyes, VPSC 7:48.34 Amy Allan, PCSC 7:51.23 Courtney Fry,OSC

234

- 13) 8:03.87 Valerie Vionis,PCSC 8:07.32 Anne Kerr.PCSC 15) 8:09.68 Elizabeth Guimond.CAMO
- 16) 8:09.78 Haley Lippiatt, PCSC 17) 8:13.62 Morgan Donahue LOSC 18) 8:18.71 Kyla Centomo, PCSC
- 8:19.82 Michelle Chan VPSC 19) 20) 8:22.96 Haley Tierney PCSC 21) 8:25.00 Lydia Schramm.EKSC 8:29.92 Lina Moghrabi.PCSC
- 22) 8:37.11 Sophie Tadros, LOSC 23) 24) 9:02.40 Sara Belo, MSSAC
- 25) 9:02.67 Olivier McMullen, PCSC 26) 9:03.30 Oleksandra Bershadskaya, CAMO
- 27) 9:04.50 Julia Casol, KCS 9:11.10 Alexandra Tully, VPSC 9:17.76 Laura Hossari.PCSC
- 9:18.20 maude Dupuis,CAMO 30) 31) 9:24.00 Catherine Crepnjak, PSW 9:24.20 Kinsey Beck,LAC 32)
- 33) 9:32.30 Riche Leveille, KCS 34) 9:34.00 Mara Pritchard LAC
- 35) 9:37.80 Kate Kirkpatrick VPSC 36) 9-40-40 Alvson Walker LAC 37) 9:42.80 Gloria Ho VPSC
- 9:46.23 Madison Goldburger.PCSC 38) 39) 9:54.00 | I vnnaea Mulligan.PSW 40) 10:20.00 Rachel Phillips VPSC
- 41) 10:25.51 Kathleen D'Aguuno, PCSC 10:35.00 Rachel White,LOSC 42) 43) 10:39.38 Carla Jarhaus,IS
- 10:53.20 Jenna Beaudry, VPSC 10:57.90 Mercedes Basford.KCS 11:08.50 Kayly Patterson, MSSAC
- 47) 11:23.30 Shannon Nell,LAC 11:24.40 Brigitte Youakim, CAMO 11:37.20 Michelle Miller, KCS 49)
- 50) 11:40.50 Erica Baniuk, PICK 11:46.90 Jennifer Zukiwski.EKSC 51) 52) 11:55.20 Nicole LaChance.EKSC 53) 12:03.70 Marika Reuben.IS
- 54) 12:50.00 Bronte Dureault LOSC 55) 13:37.98 Laura Simandl, IS

# GIRLS 9 - 800 FREESTYLE

292

Rec: 10:45.42 Julie Bodenbender, AQUA, 88 12:36.21 Marie-P. Couillard,REG

526

12:49.79 Alexandra Cloutier.PCSC 13:18.60 Marie-S Jean-Lachapelle.CAMO 13:36.30 Kirstvn McCasev.OSHAC

13:39 38 Sonia Wiecher CAMO 13:41.12 Brittany Buna IS

14:04.54 Maxine Rist PCSC 14:19.34 Victoria Hanna OSHAC 14:25.54 Kyra Lippiatt.PCSC

10) 14:27.20 Amanda Johnston.LAC 14:36.72 T.J. Hebert.PCSC

14:37.13 Maura Lavoie,OSC 12) 14:40.38 Bianca Liang, MSSAC 13) 14:40.47 Jennifer Slongo, MSSAC

14:48.02 Alexandra Zatylny, PCSC 14:56.00 Leeanne Midgley, LAC 15:00.00 Kate Mittermaier.PSW

15:14.00 Hilary Caldwell, PSW 15:21.32 Aleksandra Couture, REG 20) 15:22.01 Lindsey Moore, VPSC

15:24.68 Genevieve Couture, REG 21) 15:27.91 Marie-Eve Althot, CAMO 22) 23) 15:31.00 Kaelyn Armstrong, PSW

24) 15:31.10 Nikita Senay, LAC 25) 15:37.41 Andrey Polyakov,IS 261

15:45.50 Sydney Adkin,LAC 27) 15:46.31 Grace Jauristo.VPSC 28) 16:15.90 Talia Ritondo PCSC

16:45.50 Amanda Vandenbrink I AC 30) 16:48.00 Rebecca Britten, EKSC 16:50.11 Kathy Tran,OSC 31)

32) 16:51.17 Cristina Bravi, CAMO 33) 16:52.77 Stefania Strati.MSSAC 17:07.42 Leah Ferhorst.ROD 17:11.84 Teresa Shiang, VPSC

17:18.31 Mackenzie Allen,OSC 17:29.00 Kristina Tanninen, EKSC 17:30.00 Bobbie Mielnichuk FKSC 17:30.30 Alex Orfanides, LAC 39)

17:33.73 Kylee Wilyman,ROD

41) 17:35.40 Jordyn Bogetti.KCS 42) 17:36.71 Joey Shea, VPSC 43) 17:36.73 Anne Meyer, OSHAC 44)

40)

17:38.60 Madison McGregor, KCS 17:47.43 Margarett Marak, PCSC

46) 18:00.50 Sarah Rosato I AC 47) 18:01 20 Sarah Kozak KCS 48) 18:05 30 Taylor Walsh KCS

18:09.56 Elizabeth Forrester-C..PSW 18:16.30 Tsue Andersen FKSC 50) 18:16.32 Tina Tam. VPSC 51)

18:16.58 Erin Laidley,PICK 52) 53) 18:24.19 Karla Hillis,ROD 18:24.71 Kelley Sutton, IS 54) 18:29.95 Katie Jamieson, ROW

18:42.60 Gardiner Jordan, VPSC 18:45.72 Melissa Teuton, PCSC 18:50.07 Erin Hillis,ROD 19:06.00 K.C. Kunsang,PSW 19:15.03 Kaleigh Heard, PICK

19:18.40 Sam Campanale, LAC 19:20.00 Siobhan Niell.IS 62 63) 19:32.27 Carlolyn Hamilton, PCSC

19:42.00 Katie Yurkovich.EKSC 20:08.35 Samantha Bancescu.ROD 20:13.83 Kelsey Kilbach, ROD 20:17.41 Stefanie Danis RFG

20:21.40 Kathleen Baker IS 68) 20:40.10 Ruby Yeh.VPSC 69) 21:02.50 Andrea Vizsolvi.IS 70) 21:12.31 Havley Bath.IS 21:14.20 Emery Prette,IS

21:19.00 Michelle Chen,PSW 21:19.99 Sabrina Novak, PCSC 21:37.50 Calliste Flemming, ROD 22:36.00 Kimberly Meerse, PSW 22:46.00 Andrea Temple, PSW

23:26.00 Andrea Bachewich, EKSC 23:41.00 Jesseca Lucier.PSW 24:09.00 Kaitlyn Kenvielle,PSW

24:26.20 Hanna Igbn, VPSC 25:08.10 Johanna Stevn VPSC 83) 25:12.70 Maddy Brazil, ROD 25:51 00 Amanda Newman FKSC

26:56.84 Sandra Riiken.PSW

# GIRLS 10 - 1500 FREESTYLE

Rec: 19:12.09 Melanie Copple.AOUA.86 21:39.15 Jennifer Wilson, MSSAC 21:39.15 Anna Freeman, MSSAC 21:55.45 Jovanna Ruffalo,IS

21:57.90 Hind Chelfat.CAMO 22:28.42 Melissa Larocque,PCSC 22:56.23 Alexandra Centomo.PCSC 23:03.07 Christine Edward, VPSC

23:07.30 Lisa Alibrando, PCSC 23:08.37 Stacy Perrier-Armaos, PCSC 10) 23:12.81 Catherine Powell, PCSC

23:28.49 Jemma Hinkley,PCSC 12) 23:34.05 Krista Morgado.MSSAC 13) 23:43.13 Geneva Murphy.ROD 14) 24:16:60 Christine 7wart LAC

15) 24:35.12 Vanessa Niedzielski MSSAC 24:41.10 Kristine Walker I AC 25:00.09 Gabrielle Laurin.MSSAC 25:10.16 Seana Sterner, PCSC 18)

25:20.73 Meghan Brockington, OSHAC 19) 20) 25:29.69 Shawnee Landolt.IS 25:35.42 Alex Williams, OSC

25:36.57 Nicole Vincent,OSC 22) 25:42.09 Scarlett Smith VPSC 25:50.12 Brittany Vader, OSC

26:07.17 Rachel Judges, ROW 26:24.10 Eleanore Dalling, VPSC 26:30.59 Caitlin Robinson, MSSAC

26:42.13 Lisa Billson,IS 29) 26:43.30 Alex Cooper.LAC 26:44.66 Lindsey Reed, PCSC

27:00.42 Megan Chi,EKSC 32) 27:08.10 Abbey Oke, LAC 27:09:00 Grainne Pierse FKSC 33) 34) 27:16.10 Meg Sloan,LAC

27:17.48 Nicole Che.VPSC 35) 27:30.00 Brielle Bukieda.EKSC 36) 27:55.40 Anna Francis IS 37) 28:09.10 Katie Couglin, IS 38)

28:09.61 Hannah Jones, LOSC 40) 28:30.00 Aislinn Pattesron-M.,LAC 28:32.12 Stephanie Zale,IS 28:39.31 Katie Beautilier.PCSC 28:40.00 Adrienne Funk, EKSC

28:49.20 Alex Fergusson, LAC 44) 28:50.00 Daisy Jar, EKSC 28:50.00 Elaine Jar, EKSC 47) 28:55.16 Veronique Delisle,REG

28:57.00 Kelsey Monaghan, EKSC 49) 29:00 01 Brenna Caldwell ROD 50) 29:19 53 Victoria Roduta OSC 29:28.62 Lauren Mothersell.OSC 29:56.10 Tarvn Harnack FKSC 52) 30:00.80 Christine DeNobrega RAPID 30:01.00 Amanda Rosato, LAC 30:12.00 Elaine Gross, EKSC

30:34.19 Hilary Sergeany, ROW 30:37.51 Brynja Clipsham,LOSC 57) 30:43.80 Dominique Boyer-Leblond, CAMO 30:44.10 Megan Gilmour, LAC

30:51.70 Colby Starman, EKSC 31:07.29 brianna Cunningham,ROW 31:12.42 Youssra Zaki,PCSC 31:35.00 Jiyoon Oh,LOSC 63)

32:29.17 Sophie Bugoyne,LOSC 64) 32:33.80 Nicolette Harbridge.RAPID 32:44.50 Jessica Molonev.LOSC 33:22.60 Mallory Teal, LAC

68) 33:26.37 Kelsey Blake,IS 69) 33:27.78 Nicole Jarhaus IS 33:35.46 Brianne Porter PICK 70) 33:50.37 Amy Hillis.ROD 34:03.90 Tatiana Solis,IS 72)

34:10.61 Michelle Russell, VPSC 73) 34:24.40 Julie Hobby, LAC 34:25.42 Emily Pearce,IS 34:26.54 Celeena Sayani, MSSAC 34:37.70 Talleah Haller, LAC

34:43.00 Cassie Hall,LOSC 34:43.00 Ashley Pennington, ROD 35:45.22 Daniella Bustos,OSC 81) 36:42.64 Erin Ennis.ROD 38:00.07 Netanya Bushwensky, OSC

38:15.00 Lucy Laychuck, EKSC 83) 841 38:48.00 Francesca Mariani, PSW 85) 38:59.00 Laurel Humberstone, EKSC 86) 39:26.71 Nicole Yean OSC

39:55 02 Melanie Clarke PICK 87) 41:28.50 Ellisa Patterson, MSSAC 88) 50:26.00 Kirtsen Munroe.PSW

# GIRLS 7&U - 100 IND. MEDLEY

Rec: 1:28.46 Donna Wu,AQUA,85 1:51.72 Patricia Jaros, MSSAC 2:08.89 Caroline Parson, PCSC 2:10.00 Katie Caldwell.PSW

2:10.70 Sarah Assi,PCSC 2:15.37 Stephanie Wilson, MSSAC 2:16.79 Isabelle Cloutier, PCSC 2:18.43 Alexe Grandin-Beaudet, REG

2:23.45 Veronika Blach, PCSC 2:29.54 Amanda Gagne.PCSC 10) 2:30.60 Breanne Hart-Dowhun.OSC 11) 2:30.81 Janica Lee MSSAC

2:33.83 Tatianna Zamozdra PCSC 12) 2:45.43 Cassandra Blagrave PCSC 13) 2:46.70 Laura Rosato LAC 15) 2:47.69 Vivianna 7ampetti.VPSC 2:49.03 Stephanie Hillman, VPSC 16)

2:50.30 Patricia Pierse, EKSC 17) 2:56.00 Hillary Willy,IS 19) 2:56.65 Katija Bonin, MSSAC 3:02.90 Victoria Polyakova,IS 20)

21) 3:05.02 Robyn Melville,IS 22) 3:07.78 Meagan Butters, PCSC 3:11.55 Anna Nicol, VPSC 3:13.02 Katie Moore, VPSC

3:14.71 Stephanie Cassarato, PCSC 3:32.00 Ariana MacDonald.IS 27) 4:02.00 Rosie Beale.IS 28) 4:29.56 Julia Marks,IS 5:15.32 Katarina Bush,IS

# GIRLS 8 - 100 IND. MEDLEY

Rec: 1:27 52 Donna Wii AOUA 85 1:34.53 Deanna Mathews.EKSC 1:41.39 Christina Bosse.PCSC 1:43.69 Brvn Tod-Tims WVOSC 1:44.51 Molly McCullough, PCSC 1:44.92 Ashley McGregor, PCSC 1:46.14 Dana Woodhall,ROW 1:47.08 Kelly Ann White, MSSAC 1:47.60 Fionnuala Pierse, EKSC

1:49.77 Saidye Assi, PCSC 10) 1:51.09 Valerie Vionis, PCSC 1:51.10 Kajsa Heyes, VPSC 1:52.60 Amy Allan, PCSC 1:55.38 Anne Kerr,PCSC

1:58.74 Kyla Centomo PCSC 2:00:40 Elizabeth Guimond CAMO 15) 16) 2:01 10 Alvson Walker LAC 2:01.23 Michelle Chan. VPSC 2:01.29 Haley Lippiatt.PCSC 18) 19) 2:01.81 | Lori Kremer.OSC 2:03.91 Lina Moghrabi,PCSC 20) 21) 2:05.00 Kinsey Beck, LAC 2:05.50 Lynnaea Mulligan, PSW 22) 23) 2:06.00 Mara Pritchard, LAC 24) 2:08.80 Alexandra Tully.VPSC 2:09.64 Lydia Schramm, EKSC 26) 2:10.46 Haley Tierney, PCSC 2:11.00 Shannon Nell,LAC 27) 2:12.00 Catherine Crepnjak, PSW 28) 29) 2:13.19 Kate Kirkpatrick, VPSC 30) 2:13.78 Julia Casol.KCS 31) 2:14.30 Oleksandra Bershadskava.CAMO 32) 2:14.66 Laura Hossari.PCSC 33) 2:17.37 Sara Belo MSSAC 2:18.39 Madison Goldburger.PCSC 34)

2:18.92 Olivier McMullen PCSC 35) 2:23.83 Kathleen D'Aguuno, PCSC 36) 2:26.26 Roxan Canty-Currie.PCSC 37) 2:35.68 Courtney Fry, OSC 38) 2:39.03 Kayly Patterson, MSSAC 39) 40) 2:40.12 Carla Jarhaus,IS

2:43.91 Michelle Miller,KCS 41) 42) 2:44.08 Mercedes Basford, KCS 43) 2:48.57 Jenna Beaudry, VPSC 2:49.07 Erica Baniuk, PICK

45) 2:50.67 Jennifer Zukiwski,EKSC 2:55.20 Nicole LaChance, EKSC 47) 3:05.40 Brigitte Youakim, CAMO

3:27.00 Sarah Dominy,IS 49) 3:28.00 Laura SimandI,IS 50) 3:36.00 Marika Reuben IS

51) 4:22.00 Amanda Comberbach IS 52) 4:27.00 Sarah Hudson.IS

# GIRLS 9 - 200 IND. MEDLEY

Rec: 2:50.84 Leslie Dowson.WISC.88 3:07.66 Marie-P. Couillard, REG 3:17.50 Kate Mittermaier, PSW 3:20.25 Marie-S Jean-Lachapelle, CAMO 3:21.50 Sonia Wiechec, CAMO

3:22.53 Kirstyn McCasey, OSHAC 3:23.30 Amanda Johnston, LAC 3:24.19 Alexandra Cloutier, PCSC

3:30.93 T.J. Hebert, PCSC 3:32.61 Aleksandra Couture RFG 10) 3:32.70 Sydney Adkin, LAC 3:32.80 Brittany Buna.IS

12) 3:35.37 Victoria Hanna.OSHAC 13) 3:37.08 Kyra Lippiatt, PCSC 3:37.57 Rehecca Britten EKSC 14)

15) 3:40.40 Leeanne Midgley, LAC 16) 3:41.00 Maura Lavoie.OSC 3:42.80 Hilary Caldwell PSW 17) 3:44.34 Alexandra Zatylny, PCSC 18)

3:44.70 Nikita Senay,LAC 19) 3:47.67 Maxine Rist, PCSC 20) 3:48.39 Jennifer Slongo, MSSAC 21) 3:49.33 Kristina Tanninen, EKSC 22) 23) 3:50.97 Marie-Eve Althot.CAMO 3:51.34 Bobbie Mielnichuk, EKSC 24)

3:51.60 Kaelyn Armstrong, PSW 25) 3:52.19 Bianca Liang, MSSAC 3:52.50 Sarah Kozak,KCS 3:55.30 Madison McGregor, KCS 29) 3:55.73 Genevieve Couture.REG

3:56.53 Talia Ritondo PCSC 30) 31) 3:58.13 Grace Jauristo VPSC 32) 3:59.72 Lindsey Moore, VPSC 4:00.03 Leah Ferhorst ROD 33) 4:01.18 Andrey Polyakov.IS 34)

4:02.31 Jordyn Bogetti.KCS 35) 36) 4:07.39 Tina Tam.VPSC 4:08.72 Kaleigh Heard PICK 37) 4:09.47 Anne Meyer, OSHAC 38)

4:09.86 Stefania Strati, MSSAC 39) 40) 4:11.98 Joey Shea, VPSC 4:12.10 Alex Orfanides, LAC 41) 42) 4:12.53 Teresa Shiang.VPSC 4:12.80 Sarah Rosato, LAC

4:14.75 Jordie Dollinger, PCSC 44) 4:14.89 Eleni Rompotinos, PCSC 4:15.20 Cristina Bravi, CAMO 4:17.59 Stefanie Danis,REG

| 48) 4:17.70 Elizabeth Forrester-C.,PSW  | 45) 7:59.48 Brenna Caldwell,ROD   | 31) 11:15.53 Brady Reeve,LOSC   | 18) 24:55.70 Sean Leger, CAMO   | 8) 1:58.14 Trevor Ayre,PCSC  |
|---|---|---|---|--|
| 49) 4:19.53 Margarett Marak,PCSC  | 46) 8:00.02 Alex Williams,OSC   | 32) 11:21.00 Avi Kunen,IS   | 19) 25:24.17 Devon Butters,PCSC   | 9) 1:58.31 Ryan Simonyik,PCSC  |
| 50) 4:20.04 Erin Laidley,PICK   | 47) 8:04.24 Victoria Roduta,OSC   | 33) 11:56.00 Reid White,EKSC  | 20) 25:26.12 Trace Kremer, OSC  | 10) 1:58.88 Jonathan Blumenthal,PCS  |
| 51) 4:22.10 Amanda Vandenbrink,LAC<br>52) 4:29.08 Mackenzie Allen,OSC                             | 48) 8:05.00 Adrienne Funk, EKSC<br>49) 8:05.12 Angela Sullivan, IS      | 34) 11:56.00 Calvin Ho,EKSC<br>35) 11:57.00 Sam Hardwicke-Brown,EKSC                            | <ul> <li>21) 25:32.16 Nathan Kindrachuk, OSC</li> <li>22) 25:35.31 Parker Lang, IS</li> </ul> | 11) 1:59.15 Nicholas Tatigian,PCSC<br>12) 1:59.50 Jeremy Bagshaw,IS                              |
| 53) 4:30.20 Siobhan Niell,IS  | 50) 8:05.30 Colby Starman, EKSC   | 36) 12:41.75 Aidan Roth,IS  | 23) 25:36.84 Felix Yeung, MSSAC   | 13) 2:00.31 Jason Lai,EKSC   |
| 54) 4:31.89 Carlolyn Hamilton,PCSC  | 51) 8:06.00 Elaine Jar, EKSC  | 37) 12:49.00 Juno Kim,PSW   | 24) 25:45.30 Mark Bernotas,PCSC   | 14) 2:02.89 Ryan Cornford,MSSAC  |
| 55) 4:32.22 Erin Hillis,ROD   | 52) 8:07.00 Daisy Jar, EKSC   | 38) 14:06.00 Eugene Ho,PSW  | 25) 25:46.69 Frederic Blais-Chauvin,CAMO  | 15) 2:03.87 Joseph peplowski,PCSC  |
| 56) 4:34.22 Karla Hillis,ROD  | 53) 8:07.74 Katie Beautilier,PCSC                                       | 39) 14:47.00 Taylor Riar,EKSC   | 26) 26:06.30 Matthew Peddie,OSC   | 16) 2:04.10 Alex Zhang,PCSC  |
| 57) 4:34.44 Lauren Ziedell,PCSC   | 54) 8:09.14 Stephanie Zale,IS   | 40) 15:31.00 Austin Smith,IS  | 27) 26:08.74 Matt Jamieson,ROW  | 17) 2:04.19 Jackson Forsythe, VPSC   |
| 58) 4:38.22 Kylee Wilyman,ROD   | 55) 8:11.00 Grainne Pierse,EKSC   |   | 28) 26:17.70 Dayton Salmon,LAC  | 18) 2:04.82 Dylan Unterstab,PCSC   |
| 59) 4:42.30 Tsue Andersen,EKSC  | 56) 8:13.30 Julie Hobby,LAC   | BOYS 9 - 800 FREESTYLE  | 29) 26:29.35 Eric Ross,PCSC   | 19) 2:07.38 Stefan Tihanyi,PCSC  |
| 60) 4:44.00 Katie Yurkovich, EKSC<br>61) 4:45.00 Kaylea DeJong, EKSC                              | 57) 8:18.25 brianna Cunningham,ROW<br>58) 8:22.91 Lauren Mothersell,OSC | Rec: 10:27.10 Doug Wake,YLSC,86  1) 12:38.90 Paul Zielinski,MSSAC                               | 30) 26:39.45 Erik Olsen,OSC<br>31) 26:49.00 Cameron Bailey,PSW                                | 20) 2:11.71 Tanner Fisher, OSC     2:15.40 Antoine Grand Maison, CAMO                            |
| 62) 4:45.62 Katie Jamieson,ROW  | 59) 8:28.05 Patricia Manos, PICK  | 2) 12:43.28 Josh Bothelo, PCSC  | 32) 26:53.70 Jimmy Lin,RAPID  | 22) 2:19.90 Hamza Malik,CAMO   |
| 63) 4:48.12 Gardiner Jordan, VPSC   | 60) 8:38.30 Talleah Haller,LAC  | 3) 12:52.48 Grant Harding,ROW   | 33) 26:58.50 Andrew Bloch-Hansen,LAC  | 23) 2:20.36 Mark Storto, PICK  |
| 64) 4:50.10 Sam Campanale,LAC   | 61) 8:50.04 Hilary Sergeany, ROW  | 4) 13:19.11 Marlow Nicol, VPSC  | 34) 27:05.00 Cole Stewart, LOSC   | 24) 2:21.34 Caborn Connor, VPSC  |
| 65) 4:51.70 Andrea Vizsolyi,IS  | 62) 8:50.13 Youssra Zaki,PCSC   | 5) 13:20.63 Ross Bennett,ROW  | 35) 27:41.30 Nicholas Chien, VPSC   | 25) 2:26.30 Anthony Tucan, CAMO  |
| 66) 4:51.70 K.C. Kunsang,PSW  | 63) 8:55.74 Brianne Porter,PICK   | 6) 13:28.53 Scott Johnston,PICK   | 36) 28:09.50 Matthew Kerr, PCSC   | 26) 2:28.62 Nick Kostiuk,EKSC  |
| 67) 4:53.31 Vahnessa Espie,KCS  | 64) 8:57.40 Tatiana Solis,IS  | 7) 13:34.30 David Dotan,RAPID   | 37) 28:10.72 Cenna Ghaderpanah,PCSC   | 27) 2:29.00 Mikhail Yerkovich,IS   |
| 68) 4:56.50 Kathleen Baker,IS   | 65) 8:59.52 Michelle Russell, VPSC                                      | 8) 13:35.20 Francis Fung,RAPID  | 38) 28:15.80 Nicolas Hardy, CAMO  | 28) 2:33.56 Reid White,EKSC  |
| 69) 4:58.06 Kelley Sutton,IS<br>70) 5:05.53 Kathy Tran,OSC  | 66) 9:41.10 Molly Grove, EKSC<br>67) 9:44.92 Sabrina Dionisi, PCSC      | 9) 13:37.00 Thomas Rae,PSW<br>10) 14:00.00 Karl Wolk,EKSC                                       | 39) 28:18.71 Brent Svela, OSHAC<br>40) 28:18.80 Ian Leitch, RAPID                             | <ol> <li>29) 2:34.07 Sam Hardwicke-Brown, EKSC</li> <li>30) 2:41.78 Zoltan Havas, OSC</li> </ol> |
| 71) 5:05.77 Samantha Bancescu,ROD   | 67) 9:44.92 Sabrina Dionisi,PCSC<br>68) 9:51.14 Daniella Bustos,OSC     | 11) 14:02.86 Anoy Chu, VPSC   | 40) 28:18.80 Ian Leitch,RAPID<br>41) 28:26.66 Danny Taylor,VPSC                               | 31) 2:48.53 Taylor Riar,EKSC   |
| 72) 5:06.90 Michelle Chen,PSW   | 69) 9:55.10 Francesca Mariani,PSW                                       | 12) 14:09.98 Derek Engel, PCSC  | 42) 28:32.00 Andrew Lai,EKSC  | 32) 2:50.96 Aidan Roth,IS  |
| 73) 5:09.00 Andrea Temple,PSW   | 70) 9:56.13 Nicole Yeap, OSC  | 13) 14:11.00 Kyle Crepnjak,PSW  | 43) 28:32.71 Zach Relf,IS   | 33) 2:56.40 Eugene Ho,PSW  |
| 74) 5:11.60 Jesseca Lucier,PSW  | 71) 9:56.16 Netanya Bushwensky,OSC                                      | 14) 14:18.16 Mitchell Mueller,PSW   | 44) 28:41.90 Scott Nuttall,KCS  | 34) 3:04.50 Calvin Ho,EKSC   |
| 75) 5:13.00 Sarita Good,PSW   | 72) 10:30.37 Melanie Clarke,PICK  | 15) 14:25.00 Nils Smit-Anseeuw, PSW   | 45) 28:45.77 Wilson Phan, CAMO  | 35) 3:18.00 Avi Kunen,IS   |
| 76) 5:13.06 Melissa Teuton, PCSC  | 73) 10:43.12 Tawni Omerod,KCS   | 16) 14:26.30 Maxime Bourget,REG   | 46) 28:48.45 William Phan, CAMO   | 36) 4:03.00 Austin Smith,IS  |
| 77) 5:14.00 Andrea Bachewich,EKSC   | 74) 10:45.10 Nancy Truong,IS  | 17) 14:30.33 Michael Luck,PCSC  | 47) 28:50.09 Cory Pederson,ROW  | 37) 5:58.10 Colin Findlay,EKSC   |
| 78) 5:18.10 Kaitlyn Kenvielle,PSW   | 75) 11:04.01 Becca Dickinson,KCS  | 18) 14:30.63 Christian Savu,PCSC  | 48) 28:57.00 Travis Hunter,PSW  | DOVE O 200 IND MEDIEV  |
| 79) 5:23.20 Kelsey Kilbach,ROD<br>80) 5:27.80 Emery Prette,IS                                     | 76) 11:09.00 Laurel Humberstone, EKSC<br>77) 11:20.15 Emily Pearce, IS  | 19) 14:30.84 Sammy Zayed,PCSC<br>20) 14:33.78 Aaron Blumenthal,PCSC                             | <ul><li>49) 29:36.01 Kent Jones, VPSC</li><li>50) 29:42.08 Sam Starko, VPSC</li></ul>         | Rec: 2:41.91 Tobias Oriwol.PCSC.95   |
| 81) 5:29.00 Amanda Newman, EKSC   | 78) 11:53.60 Adrienne Findaly,EKSC                                      | 21) 14:35.10 Mikail Davidson,CAMO   | 51) 29:57.00 M.J. Sorba,KCS   | 1) 3:11.01 Karl Wolk,EKSC  |
| 82) 5:37.80 Hanna Igbn, VPSC  | 70) This side Numerine Finding Election                                 | 22) 14:56.00 Ben Britten,EKSC   | 52) 30:10.39 Riley Schmalhaus, PCSC   | 2) 3:13.66 Grant Harding,ROW   |
| 83) 5:41.24 Sabrina Novak,PCSC  | BOYS EVENTS   | 23) 14:59.31 Riley Schwarz,IS   | 53) 31:03.30 Alexandra Zamozdra,PCSC  | 3) 3:14.29 Ross Bennett,ROW  |
| 84) 5:45.62 Sarah Stelte, OSC   |   | 24) 15:05.63 Thanh Bach Hy,CAMO   | 54) 31:15.57 Gary Dishington,ROD  | 4) 3:14.40 Jeremy Leite, LAC   |
| 85) 5:58.10 Kimberly Miller, EKSC   | BOYS 7&U - 200 FREESTYLE  | 25) 15:18.59 Ryan Gentry, PCSC  | 55) 31:21.97 Patrick Laporte, PCSC  | 5) 3:15.05 Marlow Nicol, VPSC  |
| 86) 6:07.30 Sandra Rijken,PSW   | Rec: 2:50.36 Joshua Hammervold, UCSC, 97                                | 26) 15:49.24 Sean May,MSSAC   | 56) 32:01.00 Philip Hague-D,,CAMO   | 6) 3:16.90 Derek Engel,PCSC  |
| 87) 6:14.87 Calliste Flemming,ROD   | 1) 3:51.37 Guy Bach,CAMO  | 27) 15:55.22 Sage Sturgeon,LOSC   | 57) 32:33.50 Derek Sadden,KCS   | 7) 3:19.14 Ben Britten,EKSC  |
| 88) 6:20.40 Johanna Steyn, VPSC   | 2) 4:18.10 Brayden Salmon,LAC   | 28) 15:56.10 Kelvin Cheung,RAPID  | 58) 32:35.92 Greg Johnstone,ROD   | 8) 3:19.66 Paul Zielinski,MSSAC  |
| 89) 6:22.40 Gina Nasseri,EKSC   | 3) 4:18.41 Bilal Malik,CAMO   | 29) 16:06.10 David Leitch,RAPID   | 59) 33:28.10 Adam Gomba, PICK   | 9) 3:19.70 Thomas Rae,PSW  |
| 90) 6:43.40 Maddy Brazil,ROD  | 4) 4:25.94 Austin Yeung, MSSAC<br>5) 4:26.65 Brandon Reed, PCSC         | 30) 16:16.15 Neil Peter,PCSC<br>31) 17:08.05 Jeffrey Steventon,PCSC                             | 60) 33:28.69 Aaron Watson,ROD<br>61) 33:48.22 Thomas Morvan,CAMO                              | 10) 3:24.79 Scott Johnston,PICK<br>11) 3:25.50 Mackenzie Salmon,LAC                              |
| GIRLS 10 - 400 IND. MEDLEY  | 6) 4:37.70 Rchard-O. Bouchard,CAMO                                      | 32) 17:46.95 Alastair Nicol,ROD   | 62) 33:51.60 Grady Gibson,EKSC  | 12) 3:26.51 Scott Donaldson,WVOSC  |
| Rec: 5:36.76 Stephanie Shewchuk, PCSC, 85   | 7) 4:52.23 Justine Lewis, CAMO  | 33) 17:54.32 Antoine Cote,REG   | 63) 34:30.30 Jason Berndt,IS  | 13) 3:29.26 Josh Bothelo, PCSC   |
| <ol> <li>6:09.03 Melissa Larocque,PCSC</li> </ol>   | 8) 5:06.20 Eric Grehan,EKSC   | 34) 18:02.39 Sylvain Boucher,REG  | 64) 35:03.02 Andrew Calibaba,ROD  | 14) 3:29.54 Anoy Chu, VPSC   |
| 2) 6:20.60 Christine Zwart,LAC  | 9) 5:06.68 Trevor Paterson,PICK   | 35) 18:05.60 John Mancini,PCSC  | 65) 35:05.06 Ross MacKenzie,OSC   | 15) 3:34.70 Philip Jones,LAC   |
| 3) 6:31.98 Lisa Alibrando,PCSC  | 10) 5:11.10 Robert Masters,PICK   | 36) 18:09.26 Mark Thomas,ROD  | 66) 35:22.00 John Yoo,PSW   | 16) 3:34.94 Aaron Blumenthal,PCSC  |
| 4) 6:33.45 Shawnee Landolt,IS   | 11) 5:17.23 Chris Debiller,PCSC   | 37) 18:40.20 Martin Laurent, EKSC   | 67) 35:29.67 Khalifa-A Baouette, CAMO<br>68) 36:01.54 Jonathan Lariviere, PCSC                | 17) 3:39.00 Kyle Crepnjak,PSW  |
| <ul><li>5) 6:36.22 Jennifer Wilson, MSSAC</li><li>6) 6:38.21 Krista Morgado, MSSAC</li></ul>      | 12) 5:20.20 Andrea Di Cecco,LAC<br>13) 5:25.32 Mac Williams,OSC         | 38) 18:55.60 McKenzie Lefebvre,KCS<br>39) 19:05.02 Matthew Howe,PICK                            | 68) 36:01.54 Jonathan Lariviere,PCSC<br>69) 37:01.05 Chelsea Zuber,VPSC                       | 18) 3:40.50 Nils Smit-Anseeuw,PSW<br>19) 3:41.30 Francis Fung,RAPID                              |
| 7) 6:38.82 Alexandra Centomo, PCSC  | 14) 5:57.41 Colin Laidley, PICK   | 40) 19:15.97 Michael Parsons,PCSC   | 70) 37:09:70 David Russ,IS  | 20) 3:42.38 Michael Luck,PCSC  |
| 8) 6:39.67 Jemma Hinkley,PCSC   | 15) 7:10.00 Matthew Kratzmann, EKSC                                     | 41) 19:40.76 Francis Delisle,REG  | 71) 37:36.70 Chris Smith,IS   | 21) 3:42.44 Ryan Gentry, PCSC  |
| 9) 6:41.42 Catherine Powell, PCSC   | 16) 7:20.00 Stephen McInnes,IS  | 42) 19:49.60 Philippe Provost, CAMO   | 72) 38:19.21 Russel Sargent, VPSC   | 22) 3:42.60 Benjamin Christie, WVOSC   |
| 10) 6:44.81 Anna Freeman, MSSAC   | 17) 8:44.10 Tyrell Harley,IS  | 43) 19:53.26 Josh Martin, VPSC  | 73) 38:50.25 Patrick McGuinty,PICK  | 23) 3:48.70 Thanh Bach Hy,CAMO   |
| 11) 6:45.10 Stacy Perrier-Armaos, PCSC  | 18) 9:19.98 Aaron Griffin,IS  | 44) 20:27.00 Cory McAnerin,PSW  | 74) 39:12.10 Ravi Grewal,IS   | 24) 3:49.50 Kelvin Cheung,RAPID  |
| 12) 6:46.17 Christine Edward,VPSC   | DOVO O 400 EDEFOTALE  | 45) 20:52.20 Jeremy Ziemienski,IS   | 75) 41:39.00 Andrew Fletcher,EKSC   | 25) 3:50.49 Maxime Bourget,REG   |
| <ul><li>13) 6:47.76 Meghan Brockington, OSHAC</li><li>14) 6:58.25 Tania Hurtubise, PCSC</li></ul> | BOYS 8 - 400 FREESTYLE  | 46) 21:00.00 Kishen Raja,PSW<br>47) 21:34.16 Matthew De Visser,VPSC                             | 76) 42:10.15 Dominic Rollet,CAMO<br>77) 45:35.00 Blake Allen,PSW                              | 26) 3:50.81 Christian Savu,PCSC<br>27) 3:59.30 Neil Peter,PCSC                                   |
| 15) 7:01.01 Vanessa Niedzielski,MSSAC   | Rec: 5:22.65 Doug Wake, YLSC, 86  1) 6:29.55 Matthew Emory, PCSC        | 48) 22:01.48 Matthew Stevens, PSW   | 77) 45.55.00 Blake Alleli,PSW   | 28) 4:00.31 Mikail Davidson, CAMO  |
| 16) 7:03.21 Eleanore Dalling, VPSC  | 2) 7:21.90 Nicholas Tatigian,PCSC                                       | 49) 22:14.00 Albert Kozak, PSW  | BOYS 7&U - 100 IND. MEDLEY  | 29) 4:00.67 Alastair Nicol,ROD   |
| 17) 7:03.38 Jovanna Ruffalo,IS  | 3) 7:28.34 Tanner Fisher, OSC   | 50) 22:33.00 Aidan Sank,PSW   | Rec: 1:29.77 Andrew Bignell,SSMAC,91  | 30) 4:06.39 Sammy Zayed,PCSC   |
| 18) 7:04.10 Kristine Walker,LAC   | 4) 7:30.67 Wayland Chen, VPSC   | 51) 22:52.00 Mark Stewart, PSW  | 1) 2:01.90 Brayden Salmon,LAC   | 31) 4:07.28 Angus Straight, VPSC   |
| 19) 7:05.04 Scarlett Smith, VPSC  | 5) 7:40.85 Thomas Jirasek,PCSC  | 52) 23:11.07 Jonathan Chung,MSSAC   | 2) 2:12.80 Guy Bach,CAMO  | 32) 4:09.76 Josh Tate, OSHAC   |
| 20) 7:07.60 Alex Cooper,LAC   | 6) 7:42.49 Ryan Cornford,MSSAC  | 53) 23:38.90 Denis LaChance,EKSC  | 3) 2:15.84 Bilal Malik,CAMO   | 33) 4:10.05 Eli Lubbel,PCSC  |
| 21) 7:12.39 Rachel Judges,ROW   | 7) 7:42.52 Brandon Chan,EKSC  | 54) 27:16.00 John Mulvany, EKSC   | 4) 2:19.30 Austin Yeung,MSSAC   | 34) 4:13.31 Riley Schwarz,IS   |
| 22) 7:15.00 Megan Chi,EKSC  | 8) 7:45.65 Michael Dionisi,PCSC   | 55) 27:33.00 Grady Edge,PSW   | 5) 2:24.28 Robert Masters, PICK   | 35) 4:16.02 Malcom Milton, VPSC  |
| 23) 7:16.39 Gabrielle Laurin, MSSAC<br>24) 7:26.12 Brittany Vader. OSC                            | 9) 7:48.00 Clay Stewart,LOSC<br>10) 8:02.00 Jason Lai,EKSC              | 56) 27:38.00 James Jarvis,PSW<br>57) 28:47.75 Martin Bol,IS                                     | 6) 2:27.40 Andrea Di Cecco,LAC<br>7) 2:30.15 Mac Williams,OSC                                 | 36) 4:22.10 Francis Delisle,REG<br>37) 4:23.00 Jeffrey Steventon,PCSC                            |
| <ul><li>7:26.12 Brittany Vader, OSC</li><li>7:28.88 Lindsey Reed, PCSC</li></ul>                  | 11) 8:04.67 Alex Zhang, PCSC  | 51, 20.T1.13 IVIBINI DUI,I3   | 8) 2:31.00 Rchard-O. Bouchard, CAMO   | 37) 4:23.00 Jeffrey Steventon, PCSC<br>38) 4:24.80 McKenzie Lefebvre, KCS                        |
| 26) 7:30.48 Caitlin Robinson,MSSAC  | 12) 8:08.10 Ryan Simonyik,PCSC  | BOYS 10 - 1500 FREESTYLE  | 9) 2:34.23 Brandon Reed,PCSC  | 39) 4:27.57 Martin Laurent,EKSC  |
| 27) 7:31.67 Nicole Vincent,OSC  | 13) 8:08.60 Trevor Ayre,PCSC  | Rec: 18:41.93 Michael Calkins, VICO, 89   | 10) 2:39.02 Eric Grehan,EKSC  | 40) 4:27.91 Josh Martin, VPSC  |
| 28) 7:31.68 Anna Francis,IS   | 14) 8:10.11 Jihyoon Oh,LOSC   | 1) 21:05.14 Spencer Ayre, PCSC  | 11) 2:42.04 Justine Lewis, CAMO   | 41) 4:31.34 Michael Parsons,PCSC   |
| 29) 7:33.20 Kelsey Monaghan, EKSC   | 15) 8:18.61 Joseph peplowski,PCSC                                       | 2) 21:05.49 Karim Zayed,PCSC  | 12) 2:47.60 David Stoykov,CAMO  | 42) 4:42.20 Cory McAnerin, PSW   |
| 30) 7:34.00 Kirtsen Munroe,PSW  | 16) 8:28.52 Dylan Unterstab, PCSC                                       | 3) 21:16.60 Abdollah Gandhi,PCSC  | 13) 2:54.68 Matthew Kratzmann, EKSC   | 43) 4:45.08 Ahmed Zaki,PCSC  |
| 31) 7:34.21 Lisa Billson,IS 22) 7:34.45 Calindy Pamedon M/OSC                                     | 17) 8:32.42 Josh McDonald, PSW  | 4) 21:32.50 Charlie Tapp, LOSC  | 14) 3:04.21 Colin Laidley, PICK   | 44) 4:45.10 Mark Grehan, EKSC  |
| <ul> <li>7:34.45 Calindy Ramsden, WVOSC</li> <li>7:37.90 Meg Sloan, LAC</li> </ul>                | 18) 8:46.70 Jeremy Bagshaw,IS<br>19) 8:50.70 Jonathan Blumenthal,PCSC   | <ul> <li>5) 22:00.29 Colin Donaldson, WVOSC</li> <li>6) 22:45.70 Sean O'Beirn, MSSAC</li> </ul> | 15) 3:12.00 Stephen McInnes,IS<br>16) 3:28.00 Tyrell Harley,IS                                | 45) 4:50.60 Mark Thomas,ROD<br>46) 4:55.72 Matthew Howe,PICK                                     |
| 34) 7:38.20 Taryn Harnack, EKSC   | 20) 8:50.89 Michael Blumenthal, PCSC                                    | 7) 22:55.35 Craig Dagnall,IS  | 17) 4:06.29 Aaron Griffin,IS  | 46) 4:55.72 Matthew Howe,PICK<br>47) 5:02.14 John Mancini,PCSC                                   |
| 35) 7:38.75 Veronique Delisle,REG   | 21) 9:15.38 Stefan Tihanyi,PCSC   | 8) 22:56.01 Michael Clarke,OSC  | 1.7 1.00.27 Admin offinitial  | 48) 5:03.70 Kishen Raja,PSW  |
| 36) 7:39.68 Katie Couglin,IS  | 22) 9:18.38 Antoine Grand'Maison,CAMO                                   | 9) 22:58.99 Evan Emory, PCSC  | BOYS 8 - 100 IND. MEDLEY  | 49) 5:05.00 Mark Stewart,PSW   |
| 37) 7:41.60 Candace Bergmann,RAPID  | 23) 9:24.06 Anthony Tucan, CAMO   | 10) 23:18.49 Kairun Daikoku,MSSAC   | Rec: 1:21.38 Andrew Bignell,SSMAC,92  | 50) 5:07.30 Jeremy Ziemienski,IS   |
| 38) 7:45.94 Mahalia Coniah,EKSC   | 24) 9:33.12 Mark Storto, PICK   | 11) 23:24.25 Robbie Irvine,OSHAC  | 1) 1:32.19 Matthew Emory, PCSC  | 51) 5:08.20 Philippe Provost, CAMO   |
| 39) 7:46.34 Nicole Che, VPSC  | 25) 9:39.32 Eugene Gusman,PCSC  | 12) 23:38.30 Michael Brock,LAC  | 2) 1:46.42 Michael Dionisi,PCSC   | 52) 5:09.80 Matthew Stevens, PSW   |
| 40) 7:49.30 Amanda Rosato,LAC   | 26) 9:52.34 Peter Wang,LOSC   | 13) 23:45.40 Skyler McIndoe,LAC   | 3) 1:49.06 Wayland Chen, VPSC   | 53) 5:13.70 Fraser Phillips,EKSC   |
| 41) 7:49.90 Megan Gilmour,LAC<br>42) 7:50.60 Aislinn Pattesron-M.,LAC                             | 27) 10:02.40 Nick Kostiuk, EKSC<br>28) 10:10.28 Zoltan Havas, OSC       | 14) 24:06.19 Erik Cheng,PCSC<br>15) 24:20.00 Daniel Jensen,PCSC                                 | 4) 1:49.91 Thomas Jirasek,PCSC<br>5) 1:52.54 Brandon Chan,EKSC                                | 54) 5:16.73 Aldan Sank,PSW<br>55) 5:34.60 Albert Kozak,PSW                                       |
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7:14.49 Martin Bol,IS 63) SAC 8:52.00 John Mulvany, EKSC 64) PCSC BOYS 10 - 400 IND. MEDLEY PSC Rec: 5:29.10 Tobias Oriwol,PCSC,96 6:05.67 Abdollah Gandhi,PCSC 6:05.94 Spencer Ayre, PCSC 6:17.77 Karim Zayed,PCSC ,CAMO 6:21.84 Craig Dagnall,IS 6:25.79 Michael Clarke, OSC 6:29.43 Colin Donaldson, WVOSC 6:34.36 Daniel Jensen,PCSC 6:34.57 Kairun Daikoku.MSSAC 6:36.60 Sean O'Beirn, MSSAC 10) 6:40.80 Michael Brock, LAC 6:41.05 Evan Emory, PCSC .FKSC 6:43.64 Robbie Irvine OSHAC 12) 6:44.30 Skyler McIndoe I AC 13) 6:47.46 Philippe Roy, PCSC 14) 6:48.57 Mark Bernotas, PCSC 15) 6:55.79 Erik Cheng, PCSC 16) 6:55.84 Trace Kremer, OSC 17) 6:56.92 Ian Kendall,ROW 18) 6:58.11 Sean Leger, CAMO 6:59.08 Gilbert Saumur, CAMO 20) 7:03.59 Frederic Blais-Chauvin, CAMO 7:09.40 Erik Olsen,OSC 7:10.42 Nathan Kindrachuk,OSC 24) 7:12.00 Stephen Wenzel, EKSC 7:19.05 Matthew Peddie,OSC 7:25.10 Wilson Phan, CAMO 7:26.10 William Phan.CAMO 28) 7:26.60 Jimmy Lin,RAPID 29) 7:27.60 Dayton Salmon, LAC 7:28.69 Felix Yeung.MSSAC 30) 7:29.50 Andrew Bloch-Hansen.LAC 31) 7:39.21 Nicholas Chien, VPSC 32) 7:39.48 Brent Svela, OSHAC 33) 7:40.63 Zach Relf,IS AC 34) /OSC 35) 7:41.58 Matthew Kerr, PCSC 7:44.02 Devon Butters, PCSC 7:47.60 Matthew Hanson, EKSC 37) 7:48.80 Nicholas Kamel, PCSC CSC 7:51.92 Matt Jamieson, ROW 7:54.18 Parker Lang, IS PSW 7:58.80 M.J. Sorba,KCS 7:59.40 Travis Baum, RAPID 43) 8:02.23 Cenna Ghaderpanah,PCSC 8:02.63 Sam Starko, VPSC VVOSC 45) 8:06.14 Kent Jones.VPSC 46) 8:06.18 Danny Taylor, VPSC 47) 8:11.13 Zach Schmidt.ROD 8:12.00 Travis Hunter.PSW 48) 8:12.00 Cameron Bailey, PSW 49) 8:14.52 Scott Nuttall,KCS 50) 8:20.00 Andrew Lai, EKSC 51) 8:23.30 Nicolas Hardy, CAMO 52) 8:23.80 Adam Gomba, PICK 53) 8:24.23 Cory Pederson, ROW 55) 8:42.16 Alexandra Zamozdra, PCSC 8:42.66 Riley Schmalhaus, PCSC 8:48.80 Aaron Watson,ROD 57) 8:49.27 Anthony Carr, PCSC 9:06.34 Gary Dishington,ROD CSC 9:07.09 Julien Beaumont-T., CAMO 9:07.09 Khalifa-A Baouette, CAMO 62) 9:08.80 Philip Hague-D,, CAMO 63) 9:13.43 Matthieu Novak, PCSC SC 64) 9:35.60 Zach Bernier, KCS 65) 9:42.20 Grady Gibson, EKSC 9:43.55 Patrick McGuinty, PICK 66) 9:46.35 Jonathan Lariviere.PCSC 67) 9:49.80 Chris Smith.IS 68) 9:56.20 Justin Selner, OSC 69) 10:05.20 Jason Berndt, IS 70) 10:11.19 Maxime Lemire, CAMO 11:10.00 David Russ,IS 11:26.00 Andrew Fletcher, EKSC AMO 11:36.00 Ravi Grewal,IS 11:45.32 Ross MacKenzie,OSC 11:51.60 Dominic Rollet, CAMO

14:10.47 Matthew Brown,IS

5:58.60 Denis LaChance, EKSC

5:59.00 James Jarvis.PSW

6:23.50 Nolan Kelly, EKSC 6:34.90 Clay Aboughoche, EKSC

6:46.40 Jared Cathro, EKSC

59)

60)

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62)

SWIMNEWS / APRIL 2001 11

1:52.54 Brandon Chan,EKSC

1:56.30 Josh McDonald, PSW

1:53.19 Michael Blumenthal, PCSC

5:34.60 Albert Kozak,PSW

5:45.30 Grady Edge,PSW

5:51.30 Nicholas Wenzl, EKSC

24:20.00 Daniel Jensen,PCSC

17) 24:45.57 Ian Kendall,ROW

24:25.61 Gilbert Saumur, CAMO

7:50.60 Aislinn Pattesron-M.,LAC

7:56.50 Alex Fergusson,LAC

7:58.00 Brielle Bukieda, EKSC

43)

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10:10.28 Zoltan Havas,OSC

30)

10:49.30 Mikhail Yerkovich, IS

11:05.60 Hamza Malik,CAMO

# **BACKWASH**

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

**Editor:** Swimming Natation Canada and SWIMNEWS have had a long-term relationship promoting the sport of competitive swimming in Canada. This relationship has been both a fee-forservice relationship for TAG rankings and one of a mutual interest in promoting the sport of swimming in Canada. However, in the past few years, a variety of technical innovations and occurrences outside SNC's scope of influence have led SNC to reconsider its relationship with SWIMNEWS.

First and foremost, SNC believes that it can better serve its membership's needs for statistical information via a web-based data system. That is, innovations in database management and access to the World Wide Web have afforded SNC the opportunity to enhance the service providing results for ranking purposes.

Secondly, it has become clear that SWIMNEWS is pursuing an international focus. Since the launch of the revamped SWIM Magazine to the new format known as SWIMNEWS, the volume and frequency of reporting on Canadian swimming has significantly decreased. While it is understood that SNC pays for the service of TAG rankings, we also feel connected to the magazine content. It is clear that SWIMNEWS has moved into the international arena and this is something we simple cannot afford to support in a fiscal sense.

As a result, effective July 1, 2001, SNC will no longer continue to pay SWIMNEWS a fee for TAG rankings. As a federation member of FINA, we look forward to maintaining a relationship with and receiving the ongoing services of the International Swimming Statisticians Association. Thank you for the many years of service to Swimming Natation Canada. We wish you the best for the future.

Ken Radford, Acting SNC Executive Director

**Editor:** I am greatly dismayed and somewhat confused by SNC's decision to drop support of your magazine's superb reporting of TAG Rankings. What on earth is going on here? Your magazine, in my humble opinion, is one of the best, if not *the* best, in the world in reporting our great sport's endeavors, both statistically and socially. Surely the SNC has made a gross error in this very poor decision. One wonders at the decision-making process of the leaders. Are they really that paranoid about their own personal record as administrators that they feel the need to cut off the one voice that has the fortitude to take a look at the controversial and provocative side of the national

office and its oftentimes poor judgements? I certainly hope that the coaches across this country recognize a major mistake by their head office and that they do something about it.

Jack Kelso, Professor Emeritus, University of British Columbia, Vancouver

Other general comments received from a variety of respondents:

It would be very disappointing to see TAG go. How can you look back and show your kids and grandkids what you did 30 years later? The internet is too fickle for something so important. Paper is at least somewhat permanent. Not everyone has internet. There are a million reasons to keep TAG going as is.

It would be a shame to loose TAG. But since they've changed everything every year I can't seem to think whytheyshouldn't screwthis up too. So many different ways to do this competitive swim thing and we seem to think that if we try everything at least once, maybe we'll get it right. Pretty soon we'll have Division IIs again and we'll be back to the beginning.

Crummy decision, it will only set swimming back a gazillion years. A website where you can filter meet info and stuff is OK, but it's not the same as every kid getting the magazine, reading about Mike Mitenko, and looking up their TAG ranking on paper.

Reply to Tom Johnson's letter that appeared in our last issue, from Jeno Tihanyi:

Over the years, I sat quietly on the sidelines and observed many of the goings-on in the Canadian swimming world. I never commented on anybody or anything. I was never much for political action, especially at the expense of my colleagues, whether it was in my academic life or swimming coaching life.

Several issues came to my attention lately, which prompts me to respond. Perhaps I am reacting to heresay; however, your e-mail to CBC concerning the Sports Journal program is a fact. Before I react to your comments, let me address the CBC show. Unless you watched a different show and not the show Cliff Barry and I appeared in, there was no attack or maligning of anyone. We never insinuated that we could do a better job, as Dave Johnson implied at the end of his empty diatribe. Cliff and I intended to respond to the questions with our points of view and bring some awareness to the issues at hand. Perhaps we even offered our insight. We have no control over what is edited out. In fact, I feel that our interview was moderate at best.

Your e-mail to Marc St-Aubin had no substance. It was the usual outpouring of words without content.

It is not a national pastime to analyze the state of Canadian swimming. It is an obligation to look at the process critically and then modify for progress. I have coached for 42 years, from the lowest to the highest level, and not once in this time period have I participated in a critical analysis of results, progress, leadership, etc. I dare say Canada has never conducted such a process. Canadians are not experts at maligning their own people (quote out of your e-mail); however, I will say the Canadian swimming hierarchy is incapable of looking at itself critically and constructively. In the swimming fraternity, the key factor for many is not integrity but political manipulation of a system to one's own end. How dare you imply that Cliff and I are outsiders. I contributed 42 hard years to Canadian swimming, and now I am washed up as the Canadian system washed up the late Howard Firby. In my 42 years of coaching, I never had the Swimming Canada "silver spoon" offered to me nor have I allowed it to be put into my mouth. I achieved my success with hard work and sacrifices, which of course you and your brethren would never understand and appreciate. I never had the luxury to be just a coach. As a professor, I have to lecture, research, write, publish, participate in the community, and beside all that I found time to coach. No Tom, I am not an outsider; I know what it takes; I have the intellectual capacity to analyse situations and separate the unacceptable from progress.

I also heard that during one of your team meetings at the trials you actually and openly criticized (how low one can stoop?) Cliff and I about how inaccurate and out of date our statements were. Speaking of maligning "your own people." You did not hear half of what we said. Let me tell you, it does not take a genius to see that in the last eight years Canadian swimming has not progressed and gradually the spirit of the club system is being suffocated. I do not even have to bring in the scandalous results at the recent trials. The success of the past was totally related to the hard work of the club system. We did not have the luxury of the big silver spoons disguised as training centres. If anybody is inaccurate and out of date, it is you, Tom. We could all, given the money that is available to the centres, attract from different programs national-class swimmers, but to take them to the next level internationally takes more than just money.

I am not looking for a war, I am only responding to your irresponsible comments concerning my intelligence and my achievements. I see no point in all this unless it leads to changes in the system.

> Dr. Jeno Tihanyi School of Human Kinetics, Laurentian University, Sudbury, ON

> > \*\*\*\*

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

# **US SPRING NATIONALS / WORLD TRIALS**

# PHELPS STUNS WITH WORLD RECORD IN 200 FLY TWO WORLD RECORDS FOR MOSES

Nick J, Thierry and USA Swimming

AUSTIN—Four world records in three events and the coming of age by 15-year-old Michael Phelps were the story of these championships.

In total, 44 swimmers (24 men and 20 women) earned spots on the World Championships Team.

Michael Phelps, 15, North Baltimore Aquatic Club, became the youngest male world record holder with his upset win in the 200 butterfly in 1:54.92 over Olympic Champion Tom Malchow. It earned him the Phillips 66 Performance of the Meet award.

Phelps and former world record holder Tom Malchow of Club Wolverine put on quite a show as the two kept neck-and-neck the entire race. Malchow, who had been fighting a cold, posted a 1:55.60 in the prelims, just off his world mark of 1:55.18 set in June of 2000.

"I knew something was going to happen after I took my first breath off the third wall," Phelps said. "I could hear the crowd. I knew whoever got to the wall first was going to get the world record. I thought if I was out with Malchow, then I would definitely have a shot.'

"Yesterday I could barely drink water," Malchow, who was on antibiotics, said. "I could barely swallow. But that's not the reason I got beat. The reason I got beat was a very talented young man."

A comparison of the splits:

Phelps 26.47 55.61 1:25.04 1:54.92 25.69 55.04 1:24.60 1:55.46 Malchow

Phelps' record makes him the second world record holder from the North Baltimore club team. Phelps' teammate Anita Nall set the world mark in the 200 breaststroke at the 1992 U.S. Olympic Trials. Backstroker Beth Botsford, also from the club, won two golds at the 1996 Olympics.

Ed Moses lowered the 100 breaststroke world record to 1:00.29, missed the 200 record with his 2:10.40, second-fastest of all time, and added the 50 breast record in a time trial with 27.39.

The Jamail Texas Swim Center crowd was treated to quite a show as history was made when Moses, Curl-Burke Swim Club, touched the wall in (28.47 split) 1:00.29. The Olympic silver medallist broke the record set by Russian Roman Sloudnov (1:00.36, June 2000).

"I could tell by the crowd's reaction how well I did," said Moses. "I just wanted to touch the wall and hear the crowd. After



Records for Ed Moses

Donald Miralle, Allsport

the morning swim (1:00.54), I knew I had a great shot at [the world record]. I've been close for over a vear."

After his 200, Moses said "I can't complain, that time would have won me the gold medal in Sydney." He continued, "That record by Mike Barrowman has been put on a pedestal for 10 years and I want to be the one to approach that standard. The message is out across the world that it's not going to be a walk in the park to walk away with two golds (at World Championships)." Barrowman also swam at CurlBurke in the early 1990s, along with 400 IM world record holder Tom Dolan, Olympic winner in 1996 and

Aaron Peirsol, Irvine Nova, won both backstrokes, with 54.80 in the 100, and 1:56.56 in the 200-m back. That time makes Peirsol the second-fastest man in history, behind Lenny Krayzelburg.

"People were saying this wouldn't be a fast meet, coming off an Olympic year," Peirsol said. "I guess a lot of people proved them wrong."

Erik Vendt, University of Southern California, won the 1500 free in 15:13.00, with Robert Margalis, unattached St.Petersburg, touching second with 15:16.56. Vendt also qualified in the 400 IM in 4:14.19. Ironically, both his events have their finals on the last day at Worlds. Margalis also won the 400 free in 3:48.72, adding a second in the 200 IM with 2:01.69.

Tom Wilkens, Santa Clara, won the 200 IM with 2:01.58 and was second in the 400 IM with 4:14.52.

Diana Munz, Lake Erie Silver Dolphins, won her 15th national title in the 800 free with 8:32.20, in a stroke-for-stroke battle to the end with Kaitlin Sandeno. Nellie Gale Gators, 8:32.82. Munz led the majority of the race, and managed to hold off a surging Sandeno. Sandeno qualified for her fourth event at the Worlds. Earlier she won the 200 fly in 2:10.94, added another first in the 400 IM with 4:42.98 and a second in the 400 free with 4:12.09.

One of the closest races was the women's 200 breast. Kristy Kowal, Athens Bulldogs, and Megan Quann, Puyallup Aquatic, traded turns leading the race, but in the end it was Kowal who touched first in 2:26.57, with Amanda Beard, unattached, with 2:27.90 squeezing through to take second. Beard declined the trip to Worlds, which means both Kowal and Quann will compete in the 100 and 200 breast at the World Championships. Kowal won the 100 breast in 1:08.25, with Quann second in 1:08.58.

"I'm glad to be in the 100 again," Kowal said. She did not qualify for the Olympics in that event. "That was the hardest thing in Australia, to watch the 100 breast. It broke my heart."

> Natalie Coughlin, Terrapins, won the 100 m fly in 59.38. Coughlin comes off an exceptional NCAA meet, where she won three events (100y and 200y back, and 100y fly), setting four American records and being named Swimmer of the Year.

> "I'm pretty tired," she said of her hectic schedule. "This is my spring break, and I've had a long season. My goal was just to make the team. It doesn't matter in what. "

Coughlin added the 100 back title in 1:01.32 to her 100 fly win from the day before. Her California teammate Haley Cope (Chico, Calif) took second in the Donald Miralle, Allsport 100 back with 1:01.98.



Nathalie Coughlin, 100 back and fly winner

# "DAMN THE THORPEDO, IT'S THE YANKEE MISSILE"

# **Casey Barrett**

News spread fast, as it always does among the swimming community. Mouses clicked on results pages; phones rang across borders; bleary-eyed athletes conversed in hushed tones before pre-dawn workouts. And everywhere—from the cold, cramped pools of the Ukraine to the sun-drenched stretches of Brisbane—the questions last April were surely the same: "Did you hear about that Michael Phelps?" Proud world-class swimmers, many owning Olympic medals, shook their collective heads in disbelief and briefly contemplated retirement. "Did you hear about that 15-year-old American?" Olympic coaches stared at the splits, laid out in pure perfection, and fought pains of envy for the coach who produced such magic. "1:54! The youngest male world record holder ever!" Parents looked to their own kids, to teenagers well on their way to national teams and college scholarships, and wondered what they were doing wrong. "How can anyone be that good, that young?"

After a fifth-place finish in the 200 fly at the Sydney Games last September, Michael Phelps was already a name butterfliers knew and were beginning to fear. Yet, no one expected so much, so soon. He was a young talent on the fast-track, someone to keep an eye on as Athens approached. But a world record now? At 15? It just didn't seem possible.

But somewhere in North Sydney, workouts carried on as usual for the only man who could possibly understand. For Ian Thorpe, age fifteen was a time to

Michael Phelps

win world titles. For Michael Phelps, it is a time for world records.

In any sport, greatness demands comparison. There must be context for any outlandish feat. Others must pave the way before we can truly appreciate new barriers. Without Kieran Perkins, how would we describe Ian Thorpe? And now, without Thorpe, how could we describe Michael Phelps? There simply are no other comparisons available. No male swimmers have ever done so much, so young. For the last three years, the powerful Aussie with those freakish fins for feet has pushed our sense of the impossible to new heights. Now it appears that a young American from Baltimore, Maryland, is poised to expand these limits

## **QUICK FACTS:** Michael Phelps

| Date of Birth | 30 JUN 1985, Towson, Maryland |
|---------------|-------------------------------|
| Height        | 191cm / 6' 3"                 |
| Weight        | 75kg / 165 lbs                |
| Club          | North Baltimore Aquatic Club  |
| Coach         | Bob Bowman                    |

# Career highlights:

2000 Olympic trials: 2nd 200 fly 1:57.48, 11th 400 IM 4:25.97 2000 Olympics: 5th 200 fly 1:56.50

2001 Nationals: 1st 200 fly 1:54.92, 8th 1500 free 15:35.35, 3rd 200 IM 2:02.17, 3rd 400 IM 4:15.20

# **Long Course Pogression**

|           | 2001     | 2000     | 1777     |
|-----------|----------|----------|----------|
| 400 FREE  | -        | 3:58.80  | -        |
| 800 FREE  | 8:14.59  | 8:16.10  |          |
| 1500 FREE | 15:35.43 | 15:39.08 | 16:00.82 |
| 100 FLY   | 55.61    | 55.01    | -        |
| 200 FLY   | 1:54.92  | 1:56.50  | 2:04.68  |
| 200 IM    | 2:02.17  | 2:05.54  | 2:22.13  |
| 400 IM    | 4:15.20  | 4:23.86  | 4:31.84  |
|           |          |          |          |

## 200 METRES BUTTERFLY 10 PERFORMANCES 5/LO2 LISALCMAD Michael Dhaine LISA

| 1   | 1.34.72 | USALCIVIAIN | Michael Frieips, USA | LOIVIOT |
|-----|---------|-------------|----------------------|---------|
| 2   | 1:55.18 | CHARLJUN    | Tom Malchow, USA     | LCM00   |
| 3   | 1:55.22 | CANETJUN    | Denis Pankratov,RUS  | LCM95   |
| 4   | 1:55.35 | OLYMPICS    | Tom Malchow, USA     | LCM00   |
| 5   | 1:55.41 | PAC99AUG    | Tom Malchow, USA     | LCM99   |
| 6   | 1:55.46 | USALCMAR    | Tom Malchow, USA     | LCM01   |
| 7   | 1:55.60 | USALCMAR    | Tom Malchow, USA     | LCM01   |
| 8   | 1:55.63 | ROMEMAY     | Franck Esposito,FRA  | LCM00   |
| 9   | 1:55.67 | USTRIALS    | Tom Malchow,USA      | LCM00   |
| 10  | 1:55.68 | ANNARMAY    | Tom Malchow, USA     | LCM00   |
| 200 | METRES  | BUTTERFLY   | 25 PERFORMERS        |         |

| 10  | 1:55.68       | ANNARMAY  | Tom Malchow,USA      | LCM0 |
|-----|---------------|-----------|----------------------|------|
| 200 | <b>METRES</b> | BUTTERFLY | / 25 PERFORMERS      |      |
| 1   | 1:54.92       | USALCMAR  | Michael Phelps,USA   | LCM0 |
| 2   | 1:55.18       | CHARLJUN  | Tom Malchow, USA     | LCM0 |
| 3   | 1:55.22       | CANETJUN  | Denis Pankratov,RUS  | LCM9 |
| 4   | 1:55.63       | ROMEMAY   | Franck Esposito,FRA  | LCM0 |
| 5   | 1:55.69       | WORLD91   | Melvin Stewart, USA  | LCM9 |
| 5   | 1:55.76       | OLYMPICS  | Denis Sylantyev,UKR  | LCM0 |
| 7   | 1:56.17       | OLYMPICS  | Justin Norris, AUS   | LCM0 |
| 3   | 1:56.24       | FRGNATS   | Michael Gross,GER    | LCM8 |
| 9   | 1:56.34       | USALCMAR  | Stephen Parry, GBR   | LCM0 |
| 10  | 1:56.34       | OLYMPICS  | Anatoli Poliakov,RUS | LCM0 |
| 11  | 1:56.75       | ASIADEC   | Takashi Yamamoto,JPN | LCM9 |
| 12  | 1:56.81       | USNATAUG  | Ugur Taner,USA       | LCM9 |
| 13  | 1:56.82       | GERLCJUN  | Thomas Rupprath,GER  | LCM0 |
| 14  | 1:56.86       | AUSLCMAR  | Scott Goodman, AUS   | LCM9 |
| 15  | 1.57 04       | SEASN84   | Ion Siehen ALIS      | LCM8 |

further still. Their events are different, their nations an ocean apart, but the message is clearly the same: it's time to re-define what is fast, what is possible in the water, at any age.

At the U.S. Nationals in Austin, Texas, in April, Phelps compiled a resume of times that demanded attention from more than merely the butterfly ranks. In addition to toppling Olympic champion and former record holder Tom Malchow in a rousing recordsetting duel, Phelps opened the eyes of every medley specialist with times that loomed just off the world's best. In the 400 IM, he shaved an incredible eight seconds off his previous best, claiming third in 4:15.20 behind Olympic medallists Erik Vendt and Tom Wilkens. In the 200 IM, he grabbed another third with an impressive 2:02.17. But it was distinctly the fly that sent jaws dropping. His 1:54.92 not only made him the first man to dip under the 1:55 barrier, it propelled him swiftly into the rarified air of the Thorpedo.

His coach at the North Baltimore Aquatic Club, Bob Bowman, realizes the link to the Australian wonder-boy is inevitable.

"In his events, they're comparable. I think they're very similar. They're both extremely mature for their age and just psychologically superior to their competitors."

Like Thorpe, Phelps maintains an understated confidence in his own talent, coupled with a clear conviction that, when the field turns for home, he'll find a way to take over.

"The goal going in (to Nationals) was to break the world record—no time—just to break it. And I knew if I was anywhere near Malchow with a 50 to go, I'd get excited and have a shot."

Bowman also recognizes that, at fifteen, he has every reason to expect further rapid improvement as his young star continues to grow.

"On a regular basis, Michael will swim his times from a previous meet in workouts, in repeats," says Bowman. "He's still on a natural development curve. He's still nowhere near his potential in every area physically or emotionally.

Of course, as with any great athlete, there must be that essential mix of genetics, environment, and desire in order to truly fulfill this potential. At home in Maryland, Phelps seems to have found the perfect combination of all three.

The 200 fly has long been a trademark of the Phelps family. His oldest sister, Hillary, was a nationallevel flyer for years, while sister Whitney displayed her world-class form with a gold in the fly at the Pan Pacific Games in 1995. Their combined experience and unwavering support remains a constant presence in Michael's progress.

"Hillary and Whitney have always been there, always encouraged me," he says. "I'd say I still talk to both about once a week."

As a life-long member of the North Baltimore team, Michael also benefits from the comfortable, family-like atmosphere among his teammates.

"He's been swimming with the same group since



Enjoying the moment—after the world record effort

he was seven or eight," says Bowman. "Obviously, people have given him more attention since the Olympics, but he's still one of the kids and he's very conscious of the fact that he wants to fit in."

Phelps agrees, claiming that while some teammates may look up to him a bit these days, he's still distinctly one of the team. And while his workout intervals may require some special adjustments at times, he's still sharing the same lane with the same kids he's known for years. Besides, this is a team that already knows a thing or two about young phenoms.

Through the years, the North Baltimore Aquatic Club has developed a reputation for its ability to produce world-shaking stars at a staggeringly young age. In 1992, 15-year-old Anita Nall smashed the world record in the 200 breast twice in one day at the U.S. Olympic Trials. Nall followed that performance with a collection of gold, silver, and bronze medals at the Barcelona Games. Four years later, 16-year-old Beth Botsford continued the youthful charge, claiming two Olympic golds in the 100 back and 4x100 medley relay at the Atlanta Games.

While masterful NBAC coach, Murray Stevens, has passed the reigns to Coach Bowman in the development of Phelps, the teen legacy remains.

For Phelps and Bowman, however, age is the last number on their minds these days. When discussing long term goals, Bowman stops short of predicting exact times, yet as he throws out hypothetical splits, it becomes impossible not to project the overwhelming possibilities.

"In the 400 IM, his first two legs should be 0:56, 1:00—comfortably. Not this summer, but down the road, a few years from now. After that, we can let them fill in the blanks. As for the 200 fly, our goal isn't to just go 1:54.8 and break the record again. We're ultimately thinking what's possible four, five, eight years down the line."

Donald Miralle, Allsport

And just for the sake of frightening world-class IMers everywhere, let's complete these speculative splits. If Phelps were to merely add his final 200 from the Nationals onto a 1:56.5 front half, he'd be left with a 4:08.8, almost three seconds under Tom Dolan's already hugely impressive world mark.

For now, Phelps has some short-term goals that are sure to stir the waters in the meantime.

"I think we're going to unveil the 200 back this summer," says Bowman. "I'd have to say, he'd be under 2:00 if he swam it right now. In every event, we're just aiming for a meaningful time drop each season."

And as Phelps sees it, there's no reason to doubt that he'll continue to chop full seconds off his personal hests.

"I think by Worlds, I'd like to be under 1:54 in the 200 fly," he says casually. "In the IM, right around the world record."

Like Ian Thorpe, Phelps seems to have realized that limits are merely for someone else to consider. And as these two teen titans continue their respective assaults on the record books, there's no telling where their talent could lead them. As Bowman points out, their paths may ultimately lead to a crossroads: "I wouldn't rule out a 400 free between the two before this whole thing is over. He's got a whole bag of tricks still in there."

# About the author:

Casey Barrett graduated from Southern Methodist Univesity in Dallas, Texas, with a degree in journalism. He represented Canada at the 1996 Olympics, finishing 11th in the 200 butterfly. He currently lives in New York City and works as a producer with the program *Inside Edition*. His work has also been published in *Rolling Stone* magazine.



C/O Mayfield Rec. Complex R.R. #4, Caledon East, ON

SWIM CLUB since 1972

## MISSION STATEMENT

"To provide appropriate competitive opportunities in the pursuit of excellence in swimming, in an environment dedicated to the promotion of sportsmanship, friendship, self esteem, and the achievement of personal goals."

# **FULL TIME ASSISTANT COACH**

DORADO STARS SWIM CLUB is looking for a full time Assistant Coach to join our team effective September 1, 2001. A coach who exhibits a positive attitude that can motivate and support age group swimmers reach their personal goals through strong communication skills, motivation and enthusiasm. If you coach for the same reasons as listed in our mission statement then we would love to hear from you.

# CLUB DETAILS:

We are governed by a volunteer board and affiliated with the Town of Caledon and train at the Mayfield Recreation Complex located North of Toronto. We currently support 130 swimmers from non-competitive to International level.

# REQUIREMENTS AND RESPONSIBILITIES:

NCCP Level 1 with experience minimum. Successful candidate must agree to a police "background check." You would be responsible for assisting the head coach with all level of swimmers from time to time, as well as administration of our "Olympic Way" program and various other assistant coach duties as outlined in a detailed job description.

# SUBMIT YOUR RESUME:

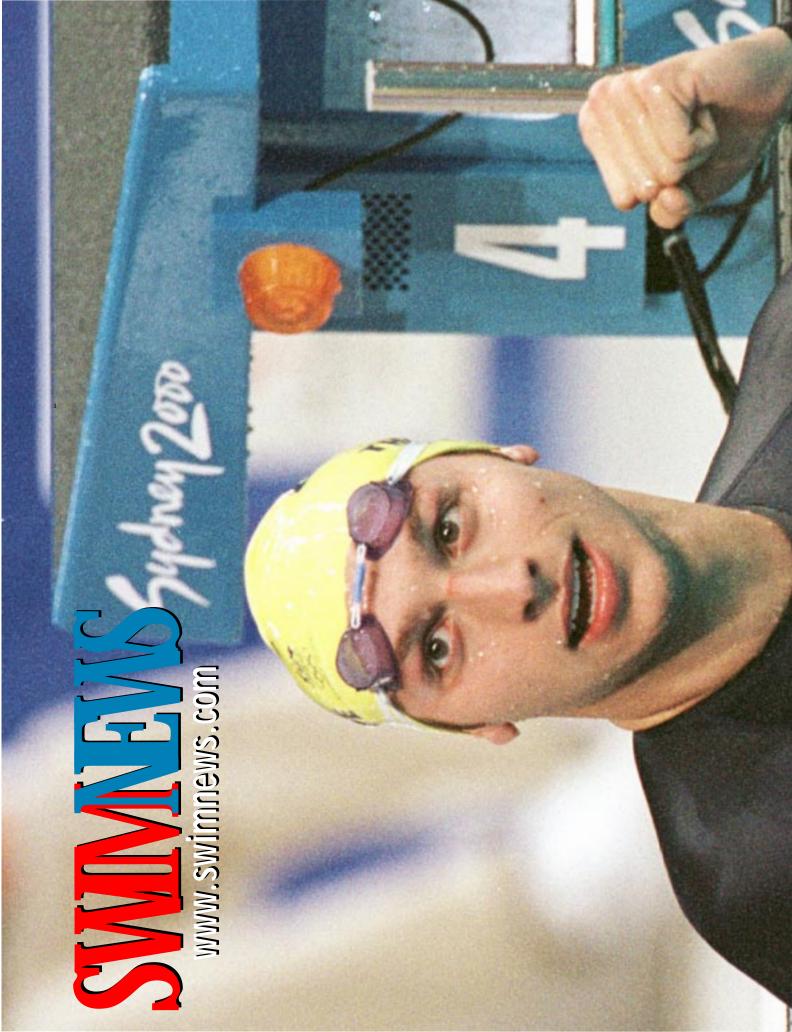
It would be helpful for you to detail experience, qualifications, goals, coaching philosophy and salary expectations as well as a little bit about yourself.

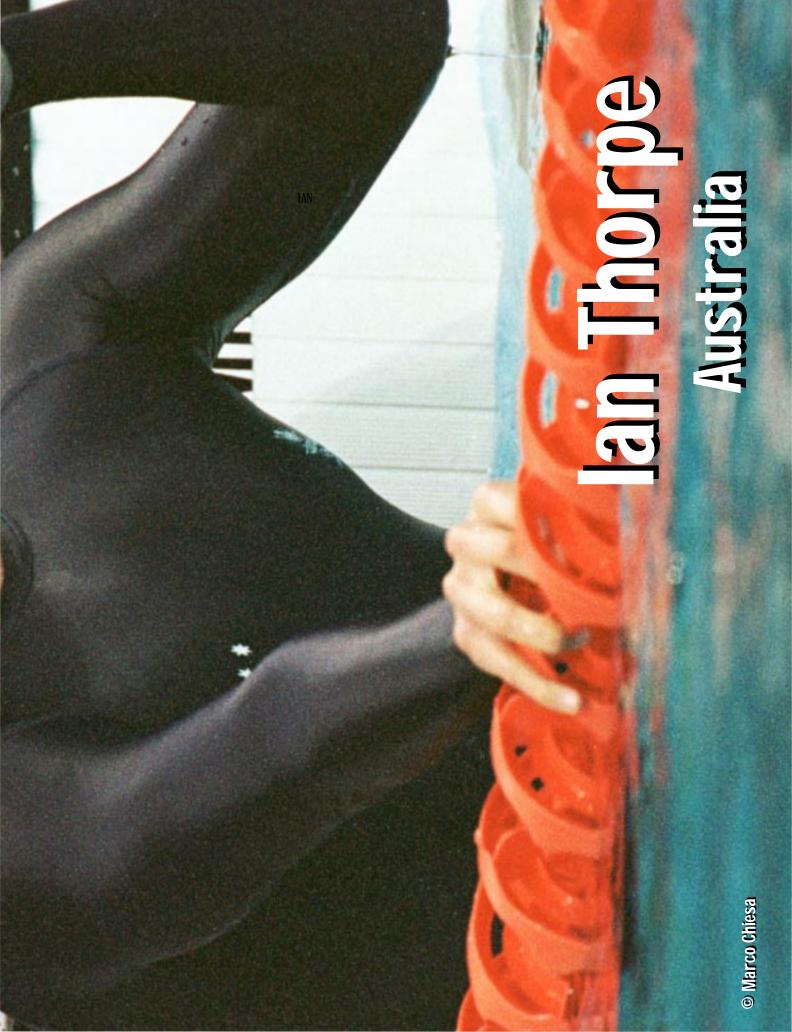
# ATTENTION:

DORADO STARS SEARCH COMMITTEE Fax: (905) 880-1168 E-mail: stan.cameron@sympatico.ca

Please submit your resume by May 26, 2001

.





# AUSTRALIAN CHAMPIONSHIPS / WORLD TRIALS

# TWO WORLD RECORDS FOR THORPE

# **AUSTRALIA SENDS 44 TO WORLDS INCLUDING 26 OLYMPIANS**

# Ian Hanson and Belinda Dennett

HOBART—The week-long competition confirmed that Ian Thorpe is on top of his game. He swept the 100-200-400-800 freestyles, a feat not done since Jon Konrads did it more than 40 years ago.

He bettered two world records: the 200 free and 800 free. Other Commonwealth record setters were Josh Watson in the 50 back with 25.66 and Dyana Calub, with 28.68, also in the 50 back.

This competition served as the World Championship Trials and heading the list are individual Olympic gold medallists Ian Thorpe and Grant Hackett, with team veterans Phil Rogers included on a record fourth World Championship team and Hayley Lewis on her third team. Lewis has qualified for both the open water in the 5km and 10km and the pool competition in the 150—the first Australian swimmer to qualify for both open water and pool competition.

The team consists of 23 women and 21 men, with 9 rookies and only 11 survivors from the 1998 World Championship team.

Australian Swimming has named 10 coaches, including Manly's Narelle Simpson, the first female coach on an Australian swimming team in 30 years. Australian head coach Don Talbot said: "Coaching is a very competitive situation at the moment and Narelle has shown she has a swimmer (Elka Graham) who is doing well and she has earned her position on

the team. She is the first female swimming coach on an Australian team since Ursula Carlile in Munich in 1972."

Thorpe became the first swimmer to win four consecutive 400 freestyle Australian championships since Jon Konrads dominated the event between 1958 and 1961. Thorpe now owns the three fastest times in history over 400 and defeated Grant Hackett, who finished in 3:45.46, by almost five seconds. Thorpe's split times were: 53.88, 1:50.12, 2:45.56, for a final time of 3:40.76, the second-fastest time ever done.

"I was happy, very happy with it. I wasn't sure how fast I would swim but I was very happy with my preparation. I was pleased swimming close to my best time," Thorpe said.

"I know that I have trained well, but until you step up on the blocks and race you are never 100 percent sure. I place quite a deal of importance on this meet and in that race I was glad to see I'm back swimming where I was.

"I wasn't planning on swimming it differently to the Olympics. I went out with the intention of going out quite moderately and putting it up another gear in the last 100."

His next swim was in the 800 freestyle, a new World Championships event. He added another world record to his long list of extraordinary swimming achievements when he took 4.41 seconds off Kieren Perkins' seven-year-old world record. "The Thorpedo" launched his size 17s into full throttle and took off with 125 metres remaining to clock a time of 7:41.59 in a stunning performance.

Thorpe and Hackett swam stroke-for-stroke for almost 700 metres, before the world record holder and Olympic champion for 400 metres took off in an awesome display of power. Hackett had no answer to Thorpe's amazing surge—but he clocked a time of 7:44.57, under Perkins' world mark of 7:46.00 set on the way to his 1994 world mark for 1500 at the Commonwealth Games in Canada.

But it was Thorpe's night and he kept the crowd and an Australia-wide live TV and radio audience in suspense when he cruised through the first 700 metres—only approaching world-record pace with 100 metres to go.

Thorpe actually negative split the race, swimming the first 400 in 3:52.27 and the second 400 in 3:49.32. His splits were: 56.14; 1:55.06; 2:53.59; 3:52.27; 4:51.42; 5:50.58; 6:47.88 and 7:41.59.

Thorpe's final 100 metres was an amazing 53.71, compared to Perkins' 700-to-800 100 metres of 58.28. (In Perkins' defence, he did then touch the wall with his feet and kept swimming to clock the 1500 metres freestyle world record of 14:41.66.)

It was the second time Hackett has gone under a world record but finished second to Thorpe—the first time when when the pair smashed the 400 shortcourse world mark in Perth in 1998.

Thorpe admitted he still sees himself as a sprinter and Hackett admitted he wants to convince his mate to stop at 800 metres.

"Î don't want him to swim that extra 700 metres, no way," said Hackett.

And Thorpe gave Hackett a reassurance it wouldn't happen. Not for a while, anyway.

"Grant can feel safe for the time being. I won't rule out swimming the 1500 metres completely but I can't see myself doing it in the near future," said



Petria Thomas sweeps butterfly events

Joel Strickland, Sport The Library

Next up was the 200 freestyle, where Thorpe smashed the world record with a time of 1:44.69, taking back the world mark from Pieter van den Hoogenband (NED), winner at last year's Sydney Olympics. His splits of 24.96, 51.90, and 1:18.27 lopped a staggering 65/100th off the old record and left the rest of the field in his wake, winning by over three body lengths. Once again it was Thorpe's remarkable turn of speed that made all the difference, swimming the last 50 in 26.42 despite having swum the grueling 800 the night before.

"I just made sure I did the right things last night and went to bed early, after the Oscars," he told former Olympian and Channel Nine's Nicole Stevenson in a poolside interview.

Thorpe said he wasn't too sure how he would feel after the 800 and if he would recover for this swim.

"I wanted to convince myself and prove that I could get up and do a 200 after a hard 800—I don't think it really affected me in any way I could see—I think surprise is the right word. I just did not expect to swim this fast."

When asked how the extended program was affecting him, Thorpe said: "It is a challenge. I like to see what I can put my body through and how much pain I can take.

"I've been very fortunate to get the results I do because many people put in the same amount of effort and the same amount of time and never get the results I do.

"You have to enjoy each and every one of these times. If you're not enjoying your preparation you have to look at that.

"I do believe I am a sprinter, but in the 100 freestyle I haven't posted a time that matches the other competitors."

Thorpe's final swim was in the 100 free, where his personal best time of 49.05 was too quick for Ashley Callus (49.46), the fourth member of Australia's all-conquering  $4 \times 100$  m freestyle relay at the Olympics. The former world record holder and defending champion, Michael Klim, was relegated to third place in a time of 49.53, and in a major upset will now miss his pet event in the World Championships.

On winning the four national titles, Thorpe admitted it was a "bit of a dream. It's something I didn't expect to do. To be able to add the 800 to my program and be successful is great. I've been lucky to get back to the form I was in before the Olympics," he said after the race.

"To be mentioned in the same breath as Jon Konrads is an honour and I'm just pleased to be in the kind of form which allowed me to add the 100 metres time tonight.

"Michael Klim wasn't at his best but Ashley and I were equal to or better to our best."

Callus summed up the thoughts of everyone at the Tattersall's Hobart Aquatic Centre. "I knew that Thorpie would be coming home fast, and boy, did he do that."

Other highlights: Grant Hackett won his fifth



Grant McGregor won 200 and 400 IMs

Joel Strickland, Sport The Library

consecutive 1500 free national title on the final night. His time of 14:49.30 was less than one second outside the time he did to win the Olympic gold medal, and it makes Hackett the only person in history to swim under 14:50.00 on four occasions.

"It's a good time. To get under 14:50.00 is great, I'm really satisfied," Hackett said after the race. "It was pretty hard to be out there on my own so I sort of focused on Craig Stevens and tried to make the gap bigger."

In the 100 butterfly, Geoff Huegill, swimming in lane two after a slow semi-final, stopped the clock at 52.23 to just out-touch Michael Klim by 11/100ths to defend his National 100 butterfly crown. Huegill said in his poolside interview after the race, "I went into the final with blinkers on and swam how I like to swim the race. I knew Michael would attack it in the last 50 and I knew I had to try and hold on."

He admitted he had taken a couple of months off training after the Olympics but was happy with his performance, which will put him in the box seat for this year's World Championships in Fukuoka.

"I've been cruising along and came into the meet really relaxed. I didn't put any pressure on myself," he said.

Klim did not win any individual event for the first time in recent years.

Grant McGregor atoned for the disappointment of missing Olympic selection by winning the 200 IM

final with a personal best and third-fastest time by an Australian of 2:01.54. He defeated his AIS trainingmate Justin Norris, who was not far behind in 2:01.59. Olympian Rob Van der Zant was third in 2:02.79. McGregor also won the 400 IM in 4:17.62.

Dyana Calub, Olympic medley relay silver medallist, set a new Commonwealth and Australian record time of 28.68 in the 50 metres backstroke. She also won the 100 back with 1:02.56.

In the women's 50 breaststroke final, it came down to the final touch and it was Olympian Tarnee White who was able to stretch to the wall first in 31.84, with Brooke Hanson, the defending champion, taking the silver in 31.90. Both White and Hanson swam personal-best times while Leisel Jones, the Olympic silver medallist in the 100 breaststroke, finished third in 32.59.

Leisel Jones won the 100 breaststroke with 1:07.96 and added a third in the 200 IM in 2:18.08. She won her second gold in the 200 breaststroke with a time of 2:27.41. She was pushed all the way by Victorian Brooke Hanson, who swam a personal-best time of 2:28.83 to finish second. "The last 50 metres was very painful. I really don't know how I ever swam 2:26, it's pretty hard." admitted Jones.

Petria Thomas made a clean sweep of the three fly events, winning the 50 in 27.06, the 100 in 58.24 and the 200 in 2:07.42, all three in the fastest world times this year.

# 21 QUALIFY FOR FUKUOKA, MORE ADDITIONS IN JUNE

# **Anita Lonsbrough**

SHEFFIELD—After five days, 11 individuals and 10 relay swimmers were chosen in what is the first round toward qualifying for the British World Championship team. There will be three additional chances to qualify during June.

Only individual event winners were automatically added to the team, since several swimmers who placed second and reached the qualifying time will not be selected until the second round is completed. This was the case for Graeme Smith (800 freestyle), Darren Mew (50 breaststroke), Katy Sexton (50-100-200 backstroke), and Nathalie Brown (1500 freestyle).

Commonwealth records were bettered in three events—the men's 50 breast, and the women's 50 free and 100 backstroke.

British records were bettered in 12 events (2 by men, 8 by women). James Gibson, in the 50 breaststroke, was good for three: in the heats (28.00), semis (27.82), and the finals (27.79). Simon Militis set a British record in the 400 IM in 4:19.90. Alison Sheppard lowered her own 50-free record to 25.07. Backstroker Sarah Price bettered the 50 back twice to 29.35 and repeated the feat in the 100 back with a 1:01.36 in the semis and a 1:01.32 in the final. Jaime

King bettered the 100 breaststroke with 1:09.64 and the 200 breaststroke with 2:28.10. And flyer Georgina Lee bettered the 100 in 1:00.37 and the 200 in 2:10.21.

Individual event qualifiers were Paul Palmer in the 200 free 1:48.85, Adam Faulkner in the 800 free 8:01.77, James Gibson in the 50 breast 27.7, Darren Mewin the 100 breast 1:01.52, Mark Foster in the 50 fly 24.12, Alison Sheppard in the 50 free 25.07, Rebecca Cooke in the 800 free 8:34.91 and 1500 free 16:21.75, Sarah Price in the 100 back 1:01.32, Joanna Fargus in the 200 back 2:11.81, Zoe Baker in the 50 breast 31.99, and Georgina Lee in

the 200 fly 2:10.21.

Surprisingly, both Stephen Parry, the Olympic 200 fly finalist, and James Hickman, the world short-course 200 fly champion, missed out in the 200 butterfly. And Mark Foster qualified only in the 50 fly as he missed out in the 50 freestyle (22.62), the event in which he finished seventh at the Sydney Games.

Jaime King nearly hung up her swimsuit after Sydney. But she's glad she didn't as she collected her second national title and British records, winning both the 100 and 200 breaststroke. Unfortunately, both times missed the qualifying time for the World Championships. But this time the 24-year-old veteran of three Olympics was just 12/100ths away. Her time of 1:09.64 shaved 28/100ths off the time established last year by Heidi Earp. But she will be in Japan since the medley relay qualified.

Paul Palmer, Britain's most successful swimmer in recent years, completed a hat trick in freestyle, winning the 100 in 50.50, the 200, and the 400 in 3:51.82. In the heats of the 200 free, he was close to his British record of 1:47.95 with a 1:48.10. His long-time coach Ian Turner said of Palmer, "He has to feel good these days. I didn't put any pressure on him and he always does his best."

 $Palmer's \ winning \ time \ of \ 1:48.85 \ gave \ him \ his \\ first World \ qualification \ time. \ Edward Sinclair, Jamie$ 

Salter, and Marc Spackman filled places two to four. This quartet finished fifth in the 4x200 freestyle in Sydney and will have another chance to improve in Japan, as their total time was inside the required standard.

Alison Sheppard became the first swimmer to qualify for the Worlds with a British and Commonwealth mark in the 50 freestyle. The 28-year-old Canadian-based Scot missed her record by a mere 1/100th in the semi-final the previous day. In the final, Sheppard, the only British female swimmer to reach a final in Sydney, made no mistakes. She stormed off the blocks and was soon into her stroke. She knew that if she made any mistake, Rosalind Brett would swoop past. In a perfect swim, she touched home in 25.07 and although pleased, she was "hoping for something under 25 seconds." But she claims that will come in Japan, for this swim was her first of the year.

Afterwards she admitted "I can't believe it, I'm happy just to win though. The competition between Ros and myself is really tight," adding "It's great to have someone like Ros because you can't afford to take it easy. Even if she had beaten me, I would take that away with me and use it to make myself better. You always have to be positive."



Commonwealth record for Alison Sheppard in the 50 freestyle

Marco Chies

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|--------------------|----------------|
| CHAMPIONSHIPS /    | TRIALS RESULTS |

| LICA MATIONAL C / WORL D  |
|---|
| USA NATIONALS / WORLD<br>TRIALS   |
| Austin, Mar 27-Apr 1 (50 M)<br>MEN  |
| 50 METRES FREESTYLE 1) 22.18 Anthony Ervin,81   |
| <ol> <li>2) 22.35 Jason Lezak.75</li> </ol>   |
| 3) 22.53 Gregory Busse,79<br>100 METRES FREESTYLE   |
| 1) 48.98 Anthony Ervin,81<br>2) 49.26 Jason Lezak,75<br>3) 49.39 Neil Walker,76           |
| 3) 49.39 Neil Walker,76   |
| 200 METRES FREESTYLE 1) 1:48.89 Klete Keller,82   |
| 2) 1:49.31 Scott Goldblatt,79   |
| 400 METRES FREESTYLE  |
| <ol> <li>3:48.72 Robert Margalis,82</li> <li>3:49.47 Chad Carvin,74</li> </ol>            |
| <ol> <li>3) 3:53.25 Erik Vendt.81</li> </ol>  |
| 800 METRES FREESTYLE<br>1) 7:56.39 Chad Carvin,74   |
| <ol> <li>8:01.51 Francis Crippen,84</li> <li>8:06.96 John Cole,82</li> </ol>              |
| 1500 METRES FREESTYLE   |
| 1) 15:13.00 Erik Vendt,81<br>2) 15:16.45 Robert Margalis,82                               |
| 2) 15:16.45 Robert Margalis,82<br>3) 15:21.24 Chris Thompson,78<br>100 METRES BACKSTROKE  |
| <ol> <li>54.80 Aaron Peirsol,83</li> </ol>  |
| <ol> <li>55.00 Randall Bal,80</li> <li>55.03 Peter Marshall,82</li> </ol>                 |
| 200 METRES BACKSTROKE   |
| 1) 1:56.56 Aaron Peirsol,83<br>2) 1:59.44 Marc Lindsay,80<br>3) 2:00.64 Peter Marshall,82 |
| 3) 2:00.64 Peter Marshall,82<br>100 METRES BREASTSTROKE                                   |
|   |
| <ol> <li>1:01.39 Anthony Robinson,80</li> </ol>   |
| 200 METRES BREASTSTROKE 1) 2:10.40 Ed Moses,80  |
| <ol><li>2:12.67 Brendan Hansen,81</li></ol>   |
| 100 METRES BUTTERFLY  |
| 1) 52.46 lan Crocker,82<br>2) 53.50 Bryan Jones,78<br>3) 53.89 Tommy Hannan,80            |
| 3) 53.89 Tommy Hannan,80  |
| 200 METRES BUTTERFLY 1) 1:54.92 Michael Phelps,85   |
| <ul><li>2) 1:55.46 Tom Malchow,76</li><li>3) 1:58.64 Jeff Somensatto,79</li></ul>         |
| 200 METRES IND.MEDLEY   |
| 1) 2:01.58 Tom Wilkens,75<br>2) 2:01.69 Robert Margalis,82                                |
| 3) 2:02.17 Michael Phelps,85  |
| 400 METRES IND.MEDLEY 1) 4:14.19 Erik Vendt,81  |
| <ul><li>2) 4:14.52 Tom Wilkens,75</li><li>3) 4:15.20 Michael Phelps,85</li></ul>          |
| 4X100 MEDLEY RELAY  |
| 1) 3:46.79 Irvine Nova A<br>2) 3:46.87 Univ.Minnesota                                     |
| 3) 3:47.18 Auburn Univ.B<br>4X100 FREE RELAY  |
| 1) 3:23.80 Irvine Nova A  |
| <ul><li>3:26.03 Auburn University</li><li>3:28.13 Univ.Minnesota</li></ul>                |
| 4X200 FREE RELAY  1) 7:28.47 U.Southern California  |
| 2) 7:32.60 Auburn Univ. A   |
| 3) 7:35.29 Univ.Minnesota WOMEN   |
| 50 METRES FREESTYLE<br>1) 25.11 Tammie Stone,76   |
| <ol> <li>25.35 Haley Cope,79</li> </ol>   |
| 3) 25.42 Kari Woodall-Haag,74<br>100 METRES FREESTYLE                                     |
| <ol> <li>55.20 Colleen Lanne, 79</li> </ol>   |
| 3) 55.51 Maritza Correia,81   |
| 200 METRES FREESTYLE 1) 1:59.81 Lindsay Benko,76  |
| <ol><li>2) 2:00.71 Colleen Lanne,79</li></ol>   |
| 3) 2:01.08 Stefanie Williams,79<br>400 METRES FREESTYLE                                   |
| <ol> <li>4:12.06 Ashley Chandler,84</li> <li>4:12.09 Kaitlin Sandeno,83</li> </ol>        |
| _,z.o Ratum Sandono,05  |

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4:14.21 Kalyn Keller,85
800 METRES FREÉSTYLE
     8:32.20 Diana Munz,82
     8:32.82 Kaitlin Sandeno.83
3) 8:40.54 Ashley Chandler,84
1500 METRES FREESTYLE
    16:27.74 Diana Munz,82
   16:35.48 Meredith Green,83
    16:35.54 Adrienne Binder,85
100 METRES BACKSTROKE
     1:01.32 Natalie Coughlin.82
     1:01.98 Haley Cope,79
1:02.11 Courtney Shealy,77
200 METRES BACKSTROKE
     2:13.34 Jamie Reid,83
     2:13.38 Lindsay Benko,76
     2:13.99 Jessica Aveyard,80
100 METRES BREASTSTROKE
     1:08.25 Kristy Kowal,78
1:08.58 Megan Quann,84
     1:08.93 Amy Balcerzak,78
200 METRES BREASTSTROKE
     2:26.57 Kristy Kowal,78
     2:27.90 Amanda Beard,81
     2:27.94 Megan Quann,84
100 METRES BUTTERFLY
      59.38 Natalie Coughlin,82
       59.39 Mary Descenza,85
       59.40 Shelly Ripple,80
200 METRES BUTTÉRFLY
     2:10.95 Kaitlin Sandeno,83
     2:11.76 Shelly Ripple,80
     2:12.26 Emily Mason,82
200 METRES IND. MEDLEY
     2:14.19 Maggie Bowen,80
     2:14.48 Cristina Teuscher,78
     2:16.25 Kristen Caverly,84
400 METRES IND.MEDLEY
     4:42.98 Kaitlin Sandeno,83
     4:43.75 Maggie Bowen,80
     4:45.03 Cristina Teuscher.78
4X100 MFDLFY RFLAY
     4:14.35 U.Southern California
     4:17.14 Dallas Mustangs A
     4:18.26 Kansas City Blazers
4X100 FREE RELAY
     3:45.44 Univ.of Texas
     3:51.86 Terrapins
     3:53.13 U.Southern California
4X200 FREE RELAY
     8:14.90 U.Southern California
     8:17.78 Auburn Univ.
     8:22.30 Dynamo Swim Club
AUTRALIAN NATIONALS /
WORLD TRIALS
Hobart, Mar 24-31 (50 M)
MEN
50 METRES FREESTYLE
      22.58 Brett Hawke,74
22.71 Michael Klim,77
       22.71 Ashley Callus,79
100 METRES FREESTYLE
       49.05 Ian Thorpe,82
       49.46 Ashley Callus,79
2)
       49.53 Michael Klim,77
200 METRES FREESTYLE
     1:44.69 Ian Thorpe,82
     1:48.22 William Kirby,75
     1:48.88 Todd Pearson.77
400 METRES ERFESTYLE
     3:40.76 Jan Thorpe.82
     3:45.46 Grant Hackett,80
     3:52.60 Craig Stevens,80
800 METRES FREESTYLE
     7:41.59 Ian Thorpe,82
     7:44.57 Grant Hackett,80
     8:04.55 Stephen Penfold,82
1500 METRES ERFESTYLE
    14:49.30 Grant Hackett,80
    15:17.20 Craig Stevens,80
    15:22.33 Andrew Affleck,83
50 METRES BACKSTROKE
       25.66 Josh Watson,77
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25.76 Matt Welsh 76

26.07 Beau Mannix.80

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100 METRES BACKSTROKE
       54.43 Matt Welsh.76
2)
       55.26 Josh Watson,77
       55.96 Raymond Hass,77
200 METRES BACKSTROKE
     1:59.64 Matt Welsh,76
     2:00.60 Raymond Hass,77
3) 2:01.46 Leigh McBean,83
50 METRES BREASTSTROKE
       28.84 Simon Cowley.80
       28.85 Phil Rogers,71
       29.24 Robert Van Der Zant,75
100 METRES BREASTSTROKE
     1:01.96 Simon Cowley,80
     1:02.16 Regan Harrison,77
     1:02.63 Jim Piper,81
200 METRES BREASTSTROKE
     2:13.14 Regan Harrison,77
     2:13.23 Simon Cowley,80
     2:13.32 Jim Piper,81
50 METRES BUTTERFLY
      23.85 Geoff Huegill,79
23.99 Michael Klim,77
       24.02 Burl Reid.78
100 METRES BUTTERFLY
       52.23 Geoff Huegill,79
       52.34 Michael Klim,77
       53.09 Adam Pine,76
200 METRES BUTTERFLY
     1:57.70 Justin Norris,80
1:58.69 William Kirby,75
1)
     1:59.10 Grant McGregor,78
200 METRES IND. MEDLEY
     2:01.54 Grant McGregor,78
     2:01.59 Justin Norris,80
     2:02.79 Robert Van Der Zant,75
400 METRES IND.MEDLEY
     4:17.62 Grant McGregor,78
     4:21.52 Justin Norris,80
     4:22.02 Trent Steed,77
4X100 MEDLEY RELAY
     3:51.44 Nunawading
     3:54.35 Carey Aquatic
     3:57.50 Redcliffe Leagues
4X100 FREE RELAY
     3:26.47 Nunawading
     3:28.24 Yeronga Park
     3:29.20 Brothers
4X200 FREE RELAY
     7:25.19 Miami, QLD
     7:34.86 City of Perth
     7:38.08 Nunawading
WOMEN
50 METRES ERFESTYLE
       25.76 Michelle Engelsman,79
       25.98 Sarah Ryan,77
       26.01 Jodie Henry,83
100 METRES FREESTYLE
       55.66 Sarah Ryan,77
2)
       56.13 Petria Thomas,75
       56.19 Lori Munz.79
200 METRES FREESTYLE
     1:59.77 Flka Graham.81
     1:59.99 Giaan Rooney,82
     2:00.74 Petria Thomas,75
400 METRES FREESTYLE
     4:13.98 Giaan Rooney,82
     4:14.40 Sarah-J. D'Arcy,77
     4:14.96 Kasey Giteau,82
800 METRES FREESTYLE
     8:39.78 Amanda Pascoe.85
     8:44.49 Charlene Benzie,81
     8:46.52 Kate Krywulycz,85
1500 METRES FREESTYLE
    16:28.85 Amanda Pascoe,85
2)
   16:36.79 Hayley Lewis,75
    16:43.43 Tammie Smith.83
50 METRES BACKSTROKE
       28.68 Dyana Calub,75
       29.42 Giaan Rooney,82
       29.65 Sophie Edington,85
100 METRES BACKSTROKE
     1:02.56 Dyana Calub,75
     1:02.66 Giaan Rooney,82
1:03.57 Clementine Stoney,82
200 METRES BACKSTROKE
     2:12.73 Clementine Stoney,82
     2:14.40 Kelly Tucker,85
     2:16.24 Melissa Morgan,85
50 METRES BREASTSTROKE
       31.84 Tarnee White,81
1)
       31.90 Brooke Hanson, 78
2)
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32.59 Leisel Jones.85
100 METRES BREASTSTROKE
     1:07.96 Leisel Jones,85
     1:07.99 Tarnee White,81
     1:09.29 Brooke Hanson,78
200 METRES BREASTSTROKE
     2:27.41 Leisel Jones,85
     2:28.83 Brooke Hanson.78
     2:31.65 Tarnee White,81
50 METRES BUTTERFLY
      27.06 Petria Thomas, 75
      27.46 Julia Ham,79
      27.60 Nicole Irving,82
100 METRES BUTTERFLY
      58.24 Petria Thomas, 75
     1:00.28 Julia Ham,79
     1:00.48 Lara Davenport.84
200 METRES BUTTERFLY
     2:07.42 Petria Thomas,75
     2:12.40 Nicole Hunter,84
     2:12.42 Felicity Galvez,85
200 METRES IND.MEDLEY
1)
     2:16.48 Lori Munz,79
     2:17.12 Jennifer Reilly,83
     2:18.08 Leisel Jones,85
400 METRES IND.MEDLEY
     4:46.35 Jennifer Reilly,83
     4:52.44 Megan McMahon,82
3) 4:55.79 Yvette Rodier,81
4X100 MEDLEY RELAY
     4:15.79 Redcliffe Leagues
     4:16.44 Carey Aquatic
4:20.66 Redcliffe Leagues B
4X100 FREE RELAY
     3:50.04 Carey Aquatic
     3:52.80 Aquadot
     3:54.74 Commercial
4X200 FRFF RFI AY
    8:33.66 Redcliffe Leagues
BRITISH WORLD TRIALS
Sheffield, April 10-15 (50 M)
MEN
50 METRES ERFESTYLE
1)
      22.62 Mark Foster.70
      23.03 Matthew Kidd.79
2)
      23.33 Sion Brinn.73
100 METRES FREESTYLE
      50.50 Paul Palmer,74
      50.66 Matthew Kidd, 79
      50.82 Alex Scotcher,80
200 METRES ERFESTYLE
     1:48.85 Paul Palmer.74
     1:49.97 Edward Sinclair,80
     1:50.54 James Salter,76
400 METRES FREESTYLE
     3:51.82 Paul Palmer.74
     3:52.15 Graeme Smith, 76
     3:52.46 Edward Sinclair,80
800 METRES ERFESTYLE
     8:01.77 Adam Faulkner.81
1)
     8:03.66 Graeme Smith.76
     8:12.13 Stuart Trees,81
1500 METRES FREESTYLE
   15:27.02 Graeme Smith,76
   15:34.36 Adam Faulkner,81
   15:34.62 Andrew Jameson,81
50 METRES BACKSTROKE
      26.06 Neil Willey,76
1)
      26.39 Gregor Tait,79
26.83 Liam Tancock,85
100 METRES BACKSTROKE
      56.40 Adam Ruckwood,74
      56.52 Gregor Tait,79
      56.84 Neil Willey.76
200 METRES BACKSTROKE
     2:02.73 Simon Militis.77
     2:02.85 Gregor Tait,79
     2:03.09 Adam Ruckwood,74
50 METRES BREASTSTROKE
      27.79 James Gibson,80
      28.13 Darren Mew,79
      28.66 Gavin Brettell.76
100 METRES BREASTSTROKE
     1:01.52 Darren Mew.79
     1:02.61 Adam Whitehead,80
     1:02.69 Ian Edmond,78
200 METRES BREASTSTROKE
1)
     2:15.50 Ian Edmond, 78
     2:15.99 Adam Whitehead,80
     2:17.83 Chris Cook.79
```

| 1) 24.12                   | Mark Foster 70   |
|----------------------------|--|
| 2) 24.94                   | David Bennett,81<br>Seth Chappels,82                           |
| 3) 25.08                   | Seth Chappels,82   |
| 100 METRES                 | BUTTERFLY  |
| 1) 53.53                   | James Hickman,76   |
| 2) 54.37                   | Stephen Parry,77<br>Robert Greenwood,79                        |
| 3) 54.90<br>200 METRES     | DITTEDELV  |
|                            | Stephen Parry,77   |
| 2) 1:58.76                 | James Hickman 76   |
| 3) 2:01.76                 | James Hickman,76<br>Robert Greenwood,79                        |
| 200 METRES                 |  |
| 1) 2:04.19                 | Adrian Turner,77   |
| 2) 2:04.21                 | James Goddard,83<br>Michael Cole,78                            |
| 3) 2:05.82                 | Michael Cole, /8   |
| 400 METRES<br>1) 4:19.90   | IND.IVIEDLEY<br>Simon Militic 77                               |
| 2) 4:19.90                 | Jilliott Willitis, / /   |
| 3) 4:24.92                 | Simon Militis,77<br>James Goddard,83<br>Adrian Turner,77       |
| WOMEN                      | rialian rainor,  |
| 50 METRES F                | REESTYLE   |
|                            | Alison Sheppard,72   |
| 2) 25.30                   | Rosalind Brett,79<br>Melanie Marshall,82                       |
|                            |  |
| 100 METRES                 |  |
|                            | Rosalind Brett,79 Karen Pickering 71                           |
| 3) 56.19                   | Karen Pickering,71<br>Alison Sheppard,72                       |
| 200 METRES                 | FREESTYLE  |
| 1) 2:01.12                 | Karen Legg,78  |
| 2) 2:01.72                 | Karen Pickering,71<br>Nicola Jackson,84                        |
| 3) 2:02.03                 | Nicola Jackson,84  |
| 400 METRES                 | FREESTYLE  |
| 1) 4:13.73                 | Rebecca Cooke,83<br>Sarah Collings,78<br>Stacey Houldsworth,81 |
| 2) 4:17.45<br>3) 4:17.71   | Salan Connigs, 78<br>Stacov Houldsworth 91                     |
| 800 METRES                 | FREESTYLE  |
|                            |  |
| 2) 8:45.86                 | Rebecca Cooke,83<br>Stacey Houldsworth,81                      |
| 3) 8:50.06                 | Sarah Collings,78<br>FREESTYLE                                 |
| 1500 METRES                | FREESTYLE  |
| 1) 16:21.75                | Rebecca Cooke,83<br>Nathalie Brown,83<br>Sarah Collings,78     |
| 2) 16:42.18                | Nathalie Brown,83  |
| 3) 16:42.37<br>50 METRES B | Saran Collings,/8  |
|                            | Sarah Price,79   |
|                            |  |
| 3) 29.98                   | Katy Sexton,82<br>Melanie Marshall,82                          |
| 100 METRES                 | BACKSTROKE   |
| 1) 1:01.32                 | Sarah Price,79   |
| 2) 1:02.07                 | Katy Sexton,82<br>Joanna Fargus,82                             |
|                            |  |
| 200 METRES                 |  |
| 1) 2:11.81<br>2) 2:12.44   | Joanna Fargus,82   |
| 3) 2:12.44                 | Katy Sexton,82<br>Sarah Price,79                               |
|                            | REASTSTROKE  |
|                            | Zoe Baker,76   |
| 2) 32.28                   | Jaime King,76  |
|                            | Kate Haywood,87  |
| 100 METRES                 | BREASTŜTROKE   |
| 1) 1:09.64<br>2) 1:10.84   | Jaime King,76<br>Kirsty Balfour,84                             |
|                            | Zoe Baker,76   |
|                            | BREASTSTROKE   |
| 1) 2:28.10                 | Jaime King,76  |
|                            | Heidi Earp,80  |
|                            | Charlotte Evans,84   |
| 50 METRES B                |  |
| 1) 27.53<br>2) 27.73       | Rosalind Brett, 79<br>Nicola Jackson, 84                       |
| 3) 28.22                   |  |
| 100 METRES                 |  |
|                            | Georgina Lee,81  |
| 1) 1:00.37<br>2) 1:01.42   | Margaretha Pedder,80   |
| 3) 1:01.70                 |  |
| 200 METRES                 |  |
| 1) 2:10.21<br>2) 2:12.51   |  |
| 2) 2:12.51<br>3) 2:13.68   | Margaretha Pedder,80<br>Natalie Turner,82                      |
| 200 METRES                 |  |
|                            | Kathryn Evans,81   |
| 2) 2:18.87                 | Joanne Mullins,84  |
| 3) 2:20.63                 | Holly Fox,84   |
| 400 METRES                 |  |
|                            | Holly Fox,84   |
|                            | Thea Evanson,80<br>Rachel Corner,81                            |
| oj 4.01.70                 | Radio Official   |
|                            |  |
|                            |  |
|                            |  |
|                            |  |

50 METRES BUTTERFLY

Rankings for the period (results received)

# **2001 LONG COURSE TAG**<sub>®</sub>

# GIRLS 11-17

```
50 METRES FREESTYLE
Rec: 27.16 Shauna Collins,ROD,90
1 28.72 HTACAPR Brooke Buckland,11,WTSC
                                                   HTACAPR Brooke Buckland, 11, WTSC
OYOMAR Seama Milchell, 12, NKB
TORLCJAN Whitney Rich, 12, ISS
CNOAPR Sarah Phee, 12, GO
POIMAY Filanne de Larochellier, 12, UL
POIMAY Kim Nguyen, 12, DDD
POBAPR Laura Woodman, 12, PN
DAVISMAR Jillian Peace-Hali, 12, RISC
EKSCMAR Katerina Symes, 12, EKSC
DAVISMAR JIBAPPA SKAIIERA 13, OSLIAC
                             30.01 DAVISMAR Rachel Shallhorn,12,OSHAC
30.12 MMAPR Jennifer Klein,12,MANTA
30.14 HTACAPR Hannah Vaughan,12,EAST
                                                            HIACAPR Hannan vauginan, 12,EASI
EKIAPR Jessi Wardale,12,CASC
OYOMAR Caitlin Reilly,12,UPCAN
POIMAY Valerie Grandmaison,12,CAMO
ISAPR Stephanie Pollard,12,IS
CNOAPR Emily Wong,12,NKB
                             30.17
30.31
13
14
15
16
17
18
19
20
                                30.40
                                                       EKIAPR Rebecca Sayles,12,CASC
ODIV3APR Erin Lunney,12,ABSC
ODIV2APR Courtney Kehoe,12,PERTH
                              30.55
                                                   ODIVZAFR COURINEY KENDE, IZ-PEKTH
EKIAPR Mackenzie Jones, 12 UCSC
DAVISMAR Fay Yachetti, 12, HWAC
CDSCAPR August Griffin, 12, PDSA
RAPIDJAN Alaina Den Hartog, 12, CHENA
CDSCAPR Lauren Lavigna, 12, GATOR
21
22
23
                              30.80
                                30.83
```

# 100 METRES ERFESTYLE Rec: 58.04 Shauna Collins,ROD,90 1 1:02.83 EKIAPR Natalie Chan,12,PDSA EKIAPR Katerina Symes,12,EKSC ODIV1APR Seanna Mitchell,12,NKB HTACAPR Brooke Buckland,12,WTSC 1:03.28 1:03.47 EKIAPR Mackenzie Jones, 12, UCSC ODIV1APR Nadine McAdam, 12, TSC EKIAPR Jessi Wardale, 12, CASC 1.04 06 1:05.47 MMAPR Hailee Traa,12,MANTA 1:05.48 DAVISMAR Rachel Shallhorn,12,OSHAC PQIMAY Myriam Plante,11,UL ODIV3APR Aaryn Fraser,12,MMST ISAPR Stephanie Pollard,12,IS 1:05.53 1:05.70 1:05.73 ISAPK Stephaline Politation (2,1)s EKIAPR Rebecca Sayles, 12,CASC POIMAY Kim Nguyen, 12,DDO ODIV3APR Heather Gosling, 12,CYC CDSCAPR Emma Cartwright, 12, PDSA POIMAY Elianne de Larochellier, 12,UL 1.05 77 1:06.25 1:06.49 1:06.60 OYOMAR Caitlin Reilly, 12, UPCAN EKIAPR Mary Alice Ennis, 12, ROD CDSCAPR August Griffin, 12, PDSA UCSAJAN Andrea Kells, 11, RDCSC 18 19 1:06.74 1:06.80 1:07.01 21 22 23 1.07 22 ODIV1APR Adriana Hinson,12,TAT POIIIMAY Samantha Cheverton,12,DSC ODIV3APR Karli Mckinnon,12,FFA-NWO

| 24                   |           |              | Karii McKinnon, 12,FFA-NWU  |  |  |
|----------------------|-----------|--------------|-----------------------------|--|--|
| 25                   | 1:07.57   | ODIV1APR     | Emily Wong, 12, NKB         |  |  |
| 200 METRES FREESTYLE |           |              |                             |  |  |
| Rec:                 | 2:03.72 S | hauna Collir | ns,ROD,90                   |  |  |
| 1                    | 2:14.12   | EKIAPR       | Natalie Chan, 12, PDSA      |  |  |
| 2                    | 2:18.72   | EKIAPR       | Katerina Symes, 12, EKSC    |  |  |
| 2                    | 2:21.32   |              | Seanna Mitchell, 12, NKB    |  |  |
| 4<br>5               | 2:21.49   | MMAPR        | Hailee Traa, 12, MANTA      |  |  |
| 5                    | 2:21.87   | ISAPR        | Stephanie Pollard, 12, IS   |  |  |
| 6<br>7               | 2:21.97   | ODIV1APR     | Maggie Young, 12, WAC       |  |  |
| 7                    | 2:21.99   | ODIV1APR     | Nadine McAdam, 12, TSC      |  |  |
| 8                    | 2:22.05   | HTACAPR      | Brooke Buckland, 12, WTSC   |  |  |
| 9                    | 2:22.16   | EKIAPR       | Mackenzie Jones, 12, UCSC   |  |  |
| 10                   | 2:22.44   | PQIIAPR      | Stephanie Horner, 12, BBF   |  |  |
| 11                   | 2:23.93   | PQIMAY       | Ariane Nadeau, 12, REG      |  |  |
| 12                   | 2:24.49   | ODIV1APR     | Sarah Phee,12,G0            |  |  |
| 13                   | 2:25.09   | EKSCMAR      | Kelsey Jenkins, 11, FMSC    |  |  |
| 14                   | 2:25.28   | PQIMAY       | Kim Paquet,12,REG           |  |  |
| 15                   | 2:25.86   |              | Kim Nguyen,12,DDO           |  |  |
| 16                   | 2:26.43   | ODIV2APR     | Erin Emery,12,NBYT          |  |  |
| 17                   | 2:26.46   | PQIIIMAY     | Samantha Cheverton, 12, DSC |  |  |
| 18                   | 2:26.47   | ODIV3APR     | Heather Gosling, 12, CYC    |  |  |
| 19                   | 2:26.53   |              | Lauren Walker, 12, OSC      |  |  |
| 20                   | 2:26.53   | EKIAPR       | Jenny Hart-Dowhun, 11, OSC  |  |  |
| 21                   | 2:27.04   | PQIMAY       | Myriam Plante, 11, UL       |  |  |
| 22                   | 2:27.09   | ODIV1APR     | Paige Warden, 12, SCAR      |  |  |
| 23                   | 2:27.30   | UCSAJAN      | Jennifer Tkachuk,12,0SC     |  |  |
| 24                   | 2:27.52   | EKSCMAR      | Andrea Kells, 11, RDCSC     |  |  |
| 25                   | 2:27.64   | UCSAJAN      | Sharla Wingerter, 12, EXST  |  |  |
|                      |           |              | -                           |  |  |

| January 1,2001 <b>to April 30</b> , 2001<br>Financially supported by Swimming Natation Canada<br>Compiled by SWIMNEWS |          |                |   |  |  |  |  |
|---|----------|----------------|---|--|--|--|--|
|   |          | REESTYLE       |   |  |  |  |  |
| Rec:  |          | Shauna Collir  |   |  |  |  |  |
| 1   | 4:42.50  |                | Natalie Chan, 12, PDSA  |  |  |  |  |
| 2   | 4:53.19  | RAPIDAPR       | Lauren Lavigna, 12, GATOR   |  |  |  |  |
| 3   | 4:54.52  | ISAPR          | Stephanie Pollard, 12, IS   |  |  |  |  |
| 4   | 5:00.04  | MMAPR          | Hailee Traa, 12, MANTA  |  |  |  |  |
| 5   | 5:01.95  | CDSCAPR        | August Griffin,12,PDSA  |  |  |  |  |
| 5<br>7  | 5:02.47  | EKIAPR         | Katerina Symes, 12, EKSC  |  |  |  |  |
| 7   | 5:03.04  | PQIMAY         | Ariane Nadeau, 12, REG  |  |  |  |  |
| 3   | 5:04.26  | PQIMAY         | Katerina Symes, 12, EKSC<br>Ariane Nadeau, 12, REG<br>Kelly Hodgson, 12, PCSC |  |  |  |  |
| 9   | 5:05.56  | EKIAPR         | Mackenzie Jones, 12, UCSC   |  |  |  |  |
| 10  | 5:05.70  | EKIAPR         | Kelsey Jenkins, 12, FMSC  |  |  |  |  |
| 11  | 5:06.84  | CNOAPR         | Sarah Phee,12,GO<br>Mary Alice Ennis,12,ROD                                   |  |  |  |  |
| 12  | 5:06.94  | EKIAPR         | Mary Alice Ennis, 12, ROD   |  |  |  |  |
| 13  | 5:07.95  | PQIMAY         | Vanessa Taillefer, 11, DDO  |  |  |  |  |
| 14  |          | <b>GMACMAR</b> | Aaryn Fraser, 12, MMST  |  |  |  |  |
| 15  | 5:10.27  | <b>GMACMAR</b> | Adriana Hinson,12,TAT<br>Kim Paquet,12,REG                                    |  |  |  |  |
| 16  | 5:10.45  | PQIMAY         | Kim Paguet.12.REG   |  |  |  |  |
| 17  | 5:10.78  | EKSCMAR        | Sheena Gross, 12, EKSC  |  |  |  |  |
| 18  | 5:11.20  |                | Lauren Walker, 12, OSC  |  |  |  |  |
| 19  | 5:11.44  |                | Jennifer Winfield,12,UCSC   |  |  |  |  |
| 20  | 5:11.69  | DAVISMAR       | Rachel Shallhorn, 12, OSHAC   |  |  |  |  |
| 800   |          | REESTYLE       |   |  |  |  |  |
|   |          |                | th,VANPK,74   |  |  |  |  |
| 1   | 9:45.17  | EKIAPR         | Natalie Chan, 12, PDSA  |  |  |  |  |
| 2   | 10:05.27 | MMAPR          | Hailee Traa, 12, MANTA  |  |  |  |  |
| 3   | 10:16.20 | ISAPR          | Stephanie Pollard, 12, IS   |  |  |  |  |
| 4   | 10:28.51 | EKIAPR         | Kelsey Jenkins, 12, FMSC  |  |  |  |  |
| 5   | 10:29.47 | PQIMAY         | Ariané Nadeau, 12, REG  |  |  |  |  |
| 5   | 10:30.81 | CDSCAPR        | Ariane Nadeau,12,REG<br>August Griffin,12,PDSA                                |  |  |  |  |
| 7   | 10:33.23 | EKIAPR         | Sneena Gross, 12,EKSC   |  |  |  |  |
| 3   | 10:41.72 | HTACAPR        | Stefanie Donnelly,11,EAST   |  |  |  |  |
| 9   | 10:42.69 | CDSCAPR        | Jennifer Self,12,PDSA<br>Kelly Hodgson,12,PCSC                                |  |  |  |  |
| 10  | 10:43.37 | PQIMAY         | Kelly Hodgson,12,PCSC   |  |  |  |  |
| 11  | 10:44.98 | EKIAPR         | Lindsay Charles, 12, ESWIM  |  |  |  |  |
| 12  | 10:47.40 | EKIAPR         | Mary Alice Ennis, 12, ROD   |  |  |  |  |
| 13  | 10:47.41 | PQIMAY         | Kim Paquet,12,REG   |  |  |  |  |
| 14  | 10:49.27 | EKIAPR         | Jennifer Winfield, 12, UCSC   |  |  |  |  |
| 15  | 10:57.64 | EKIAPR         | Jennifer Winfield,12,UCSC<br>Kristie Carter,12,UCSC                           |  |  |  |  |
|   |          | BACKSTROK      | Œ   |  |  |  |  |
|   |          | ∕lichelle Cruz |   |  |  |  |  |
| 1   | 1:11.83  |                | Katerina Symes, 12, EKSC  |  |  |  |  |
| 2   | 1:12.72  | EKIAPR         | Jessi Wardale,12,CASC<br>Genvieve Handforth,12,EBSC                           |  |  |  |  |
| 3   | 1:13.10  | ODIV2APR       | Genvieve Handforth, 12, EBSC  |  |  |  |  |
| 4   | 1:14.53  | ODIV2APR       | Courtney Kehoe, 12, PERTH   |  |  |  |  |
| 5   | 1:14.72  | EKIAPR         | Jennifer Self,12,PDSA   |  |  |  |  |
| 5   | 1:15.03  | ODIV1APR       | Victoria Tan,12,WAC<br>Miriam Kim,11,TSC                                      |  |  |  |  |
| 7   | 1:15.04  | ODIV1APR       | Miriam Kim,11,TSC   |  |  |  |  |
| 3   | 1:15.10  |                | Hailee Traa,12,MANTA  |  |  |  |  |
| 9   | 1:15.19  | CDSCAPR        | Robyn Thom,11,GATOR   |  |  |  |  |
| 10  | 1:15.56  | UCSAJAN        | Lauren Walker, 12, OSC  |  |  |  |  |
| 11  | 1:15.58  |                | Vanessa Taillefer,11,DDO  |  |  |  |  |
| 12  | 1:15.78  |                | Emma Cartwright, 12, PDSA   |  |  |  |  |
| 13  | 1:16.12  | EKIAPR         | Mary Alice Ennis,12,ROD   |  |  |  |  |
| 14  | 1:16.37  |                | Natalie Chan, 12, PDSA  |  |  |  |  |
| 15  | 1:16.38  | PQIIAPR        | Stephanie Horner, 12, BBF   |  |  |  |  |
| 16  | 1:16.53  | UDIV3APR       | Kelsey McDonald,12,LASR   |  |  |  |  |
| 17  | 1:16.57  | UDIVTAPR       | Meghann Percy,12,WAC  |  |  |  |  |
| 18  | 1:16.67  | PUIMAY         | Genevieve Bouchard, 12, CNO   |  |  |  |  |
| 19  | 1:16.87  | UDIV3APR       | Suzanna Celkowska,12,MAC  |  |  |  |  |
| 20  | 1:16.96  |                | Sarah Phee,12,G0  |  |  |  |  |
| 21  | 1:17.29  | UCSAJAN        | Sharla Wingerter, 12, EXST<br>Stephania Pollard 12 IS                         |  |  |  |  |
|   |          |                |   |  |  |  |  |

n **ISR** CNO ISAPR Stenhanie Pollard 12 IS 1:17.34 DAVISMAR Kailee MacKinnon,12,HWAC 1:17.34 EKIAPR Joanie Stilling,12,GL-BRSA PQIMAY Kelly Hodgson, 12, PCSC 200 METRES BACKSTROKE Rec: 2:24.64 Michelle Cruz,ACE,93 1 2:34.99 HTACAPR Brooke Buckland,12,WTSC 2:35.25 EKIAPR Jennifer Self,12,PDSA 2:38.84 ODIV2APR Genvieve Handforth,12,EBSC MMAPR Hailee Traa,12,MANTA EKSCMAR Katerina Symes,12,EKSC UCSAJAN Lauren Walker,12,OSC 2:40.12 2:40.91 2:41.05

UCSAJAN Lauren Walker, I., USC EKIAPR Stephanie Davis, 12, UCSC ODIV1APR Meghann Percy, 12, WAC RAPIDAPR Lauren Lavigna, 12, GATOR UCSAJAN Sharla Wingerter, 12, EXST ODIV2APR Courtney Kehoe, 12, PERTH ISAPR Stephanie Pollard, 12, IS DOMAY, Chilly Liederce, 13, DCSC 2:41.95 2:42.32 2:42.33 2:42.36 2:42.39 PQIMAY Kelly Hodgson, 12, PCSC PQIMAY Vanessa Taillefer, 11, DDO 13 2.42.47 2:42.58 CDSCAPR Emma Cartwright,12,PDSA 2:42.82 DAVISMAR Rachel Shallhorn,12,OSHAC 2:43.27 ODIV1APR Karen Ingo,12,KSS-NWO EKIAPR Samantha Morrice,12,GOLD PQIMAY Myriam Plante,11,UL 2:43.30 2:43.59 EKIAPR Joanie Stilling,12,GL-BRSA ODIV1APR Christina Malinas,12,NYAC ODIV1APR Miriam Kim,11,TSC 2.43 77 2:44.56 ODIV1APR Victoria Tan,12,WAC ODIV1APR Paige Warden,12,SCAR 2:45.04 2:45.10 25 2:45.25 EKSCMAR Donna MacLeod,12,EKSC 100 METRES BREASTSTROKE

| 100 METRES BREASTSTROKE
| Control CDSCAPR Natalie Chan,12,PDSA ODIV1APR Vicki Curtis,12,GMAC 1:23.11 1:23.40 ODIV1APR Sacha Lambert,12,TSC UCSAJAN Lauren Walker,12,0SC

PQIMAY Alicia Neasmith.12.PCSC

1.24 48 ODIV1APR Nadine McAdam.12.TSC EKIAPR Tara Hahto,11, 13 EKIAPR Lisa Kenke, 12, GOLD 1:24.67 14 15 1:25.08 1:25.62 CDSCAPR Jennifer Gardiner,12,PDSA CDSCAPR Vicky Pearson,12,PDSA ODIV3APR Laurel MacKay-Case,12,BAD POIMAY Nadia Long,12,DDO ODIV3APR Jy Lawrence,12,CT33 ODIV1APR Penny Baxter,12,INKB 16 17 18 1:25.69 1:26.05 1:26.06 PQIMAY Kim Nguyen,12,DDO ODIV2APR Sarah Turgeon,12,SSMAC 20 1.26 15 ODIV3APR Katie McIntosh,12,MAC ODIV1APR Caitlin Nolan,11,CHAMP PQIMAY Amelie Grand'Maison,12,UL 22 1.26.25 23 1:26.31 24 1:26.87 EKIAPR Madison Achtymichuk,11,STSC 200 METRES BREASTSTROKE
Rec: 2:34.11 Allison Higson,ESC,86
1 2:46.58 TORLCJAN Whitney Rich,12,ISS HTACAPR Morgan Kierstead,12,AQUA PQIIIMAY Genevieve Crevier,12,CNHR 2:50.32 POIIIMAY Claudia Bonsant 12 EXCEL 2:51.89 2:52.09 2:54.53 EKIAPR Hanna Pierse,12,EKSC CDSCAPR Natalie Chan,12,PDSA POIMAY Alicia Neasmith,12,PCSC ODIV1APR Sacha Lambert,12,TSC 2:57.73 2:59.46 ODIV APR Sacila Lambet, 12,13C EKSCMAR R Vicki Curtis, 12, GMAC ODIV3APR Vicki Curtis, 12, GMAC ODIV3APR Aaryn Fraser, 12, MMST ODIV3APR Jy Lawrence, 12, CT33 EKSCMAR Donna MacLeod, 12, EKSC 2.59 52 3:00.18 3.00.66 12 13 3:00.89 ODIV1ARP Nadine McAdam, 12, TSC CDSCAPR Annika Schmuck, 12, PSW PQIIIMAY Marie-P Ouellet, 11, CNDR ODIV2APR Sarah Turgeon, 12, SSMAC 14 15 16 17 3:02.29 3:02 37 3:02.73 LEDUCMAY Brittany Achtymichuk,12,STSC 3:03.19 ODIV3APR Katie McIntosh,12,MAC 18 EKIAPR Tara Hahto,11,CASC CDSCAPR Jessica Crepjnak,11,PSW CDSCAPR Jessica Renshaw,12,PDSA 20 21 3.03.50 3:03.60 22 3:03.74 3:04.75 3:04.89 EKIAPR Lisa Kenke,12,GOLD PQIIAPR Sabrina McKinnon,12,CNCB 23 24 3.05.30 HTACAPR Hannah Vaughan, 12, EAST 100 METRES BUTTERFLY Rec: 1:05.51 Shauna Collins,ROD,90 1 1:12.12 CDSCAPR Natalie Chan,12,PDSA 1:12.32 DAVISMAR Kailee MacKinnon,12,HWAC 1:13.70 UCSAJAN Andrea Kells,11,RDCSC 1:13.86 EKIAPR Darby Jack,12,GL-BRSA EKIAPR Darby Jack, 12, GL-BRSA RAPIDAPR Lauren Lavigna, 12, GATOR EKIAPR Courtney Kapustianyk, 12, GOLD POIIIMAY Marie-P, Bleau, 12, CNHR EKIAPR Erika Brown, 12, ROD ODIVZAPR Courtney Kehoe, 12, PERTH OYOMAR Catillin Relily, 12, UPCAN EKIAPR Mackenzie Jones, 12, UCSC 1:14.28 1:14.46 1:14.65 1.14 91 1:14.99 UCSAJAN Glenna Young,12,FMSC ISAPR Stephanie Pollard,12,IS 12 13 14 15 16 17 EKIAPR Amy Findlay,11,KSC ODIV3APR Sara Gardhouse,12,MUSAC 1.15 32 1:16.01 ODIV2APR Megan Heaney,12,LSC HTACAPR Brooke Buckland,12,WTSC 1.16.03 1:16.05 GMACMAR Kalli Buchanan, 12, COBRA MMAPR Ellyn Barnlund, 11, MANTA ODIV2APR Sarah Turgeon, 12, SSMAC PQIMAY Marta Marzec, 12, CAMO 1.16.65 20 21 1:16.81 UCSAJAN Sarah Gagnon,12,FMSC ODIV3APR Karli Mckinnon,12,FFA-NWO GMACMAR Emileigh Laidlaw,12,TAT 22 1:17.00 1:17.21 1:17.28 1:17.28 ESWIMAPR Lucy Wu,12,SCAR 200 METRES BUTTERFLY

EKIAPR Courtney Kapustianyk,12,GOLD ODIV1APR Maggie Young,12,WAC POIMAY Vanessa Taillefer,11,DDO EKSCMAR Sarah Gagnon,12,FMSC 2:44.28 2:45.35 2:46.05 ODIV1APR Karen Ingo,12,KSS-NWO DAVISMAR Rachel Shallhorn,12,OSHAC 2.49 61 EKIAPR Amy Findlay,11,KSC ODIV3APR Aaryn Fraser,12,MMST EKSCMAR Andrea Kells,11,RDCSC 2:50.39 2:50.48 12 13 14 15 16 17 2:51.03 ODIV1APR Dana Serwotka,12,CYPS EKSCMAR Darby Jack,12,GL-BRSA UCSAJAN Jennifer Tkachuk,12,OSC DAVISMAR Kailee MacKinnon,12,HWAC 2.51.05 2:51.48 2.51 95 18 19 2:52.97 ODIV3APR Aleisha O'Connor 10 CT33 EKIAPR Hanna Pierse, 12, EKSC EKIAPR Erika Brown, 12, ROD 2:53.66 2:54.03 20 2:54.31 2:54.66 ODIV2APR Katie MacLean,12,0YO PQIIIMAY Marie-P. Bleau,12,CNHR EKIAPR Mary Alice Ennis,12,ROD RAPIDAPR Annika Schmuck,12,PSW 2.54.87 2:55.20 PQIIAPR Chella Dubois,12,BBF 2:55.41 200 METRES IND.MEDLEY

 
 200 METRES IND. NIEDLEY

 Rec: 2:21.55 Allison Higson, ESC, 86

 1
 2:33.70 EKIAPR Natalie Chan, 12, PDSA

 2
 2:38.20 EKIAPR Katerina Symes, 12, EKSC
 2:38.75 HTACAPR Morgan Kierstead,12,AQUA CNOAPR Sarah Phee,12,GO

2:40.26 DAVISMAR Rachel Shallhorn.12.0SHAC

2:40.85 MMAPR Hailee Traa 12 MANTA HTACAPR Brooke Buckland,11,WTSC 2:42.41 CNOAPR Seanna Mitchell.12.NKB 10 11 2:43.01 PQIMAY Alicia Neasmith,12,PCSC CDSCAPR Lauren Lavigna,12,GATOR 2:43.26 12 13 14 ODIV1APR Maggie Young,12,WAC ODIV1APR Miriam Kim,11,TSC 2:43.67 2:43.81 EKIAPR Hanna Pierse, 12, EKSC ODIV3APR Aleisha O'Connor, 10, CT33 2.44 09 2:44.54 2:44.54 UDI/SAP/R AIESRA UCUNORI, UL 13:244.64 UCSAJAN Lauren Walker, 12, OSC 2:44.98 POIIMAY Andree Generux, 12, CNO 2:45.28 POIIMAY Myriam Plante, 11, UL 2:45.35 EKJAPR Jennifer Self, 12, PDSA 2:45.95 CDSCAPR Jessica Crepjnak, 11, PSW 2:46.07 EKSCMAR Donna MacLeod, 12, EKSC 2:44.42 CAMONA Meiram Jiroza 1, 274.42 16 17 18 19 2:46.43 GMACMAR Adriana Hinson, 12, TAT 2:46.51 CDSCAPR Emma Cartwright, 12, PDSA 2:46.84 ODIV2APR Erin Emery, 12, NBYT 400 METRES IND.MEDLEY Rec: 5:02.71 Joanne Malar,HWAC,88 5:02.71 Joanne Malar HWAC, 88
5:24.29 TORLCJAN Whitney Rich, 12, ISS
5:31.79 EKIAPR Natalie Chan, 12, PDSA
MMAPR Hailee Traa, 12, MANTA
5:34.28 MMAPR Hailee Traa, 12, MANTA
5:34.81 EKIAPR Katerina Symes, 12, EKSC
5:38.37 KAPIDAPR Lauren Lavigna, 12, GATOR
5:38.88 RAPIDAPR Huren Lavigna, 12, GATOR
5:38.88 PAPIDAPR Michelle Jung, 11, CHENA
5:44.24 POIMAY Vianessa Taillefer, 11, DDD
5:49.13 EKIAPR Hanna Pierse; 12, EKSC
5:50.06 CSCAPP Lessiga Creptinak 11, PSW CDSCAPR Jessica Crepjnak,11,PSW PQIMAY Myriam Plante,11,UL 5:50.06 5:50.49 5:50.50 DAVISMAR Kailee MacKinnon,12,HWAC 5:50.88 CNOAPR Sarah Phee,12,GO 13 14 CDSCAPR Hilary Todd, 12, PDSA PGBAPR Laura Woodman, 12, PN POIMAY Stephanie Malfara, 12, DDO CDSCAPR Annika Schmuck, 12, PSW POIMAY Alicia Neasmith, 12, PCSC 5.52 10 5:52.62 16 17 5.53 49 5:53.90 5:54.19 18 19 5:56.25 UCSAJAN Glenna Young,12,FMSC 5:58.26 GMACMAR Adriana Hinson,12,TAT 20 5:58.80 5:59.15 EKIAPR Sheena Gross, 12, EKSC CDSCAPR August Griffin, 12, PDSA UCSAJAN Andrea Kells,11,RDCSC UCSAJAN Lauren Walker,12,OSC 23 5:59.94

4X50 MEDLEY RELAY 2:19.16 2:19.43 PQIMAY Dollard Swim Team,DD0 EKIAPR Edmonton Keyano,EKSC EKIAPR Pacific Dolphins,PDSA PQIIIMAY CN Haut-Richelieu,CNHR 2:20.34 2:20.91 2:21.20 MMAPR Manta Swim Club.MANTA POIMAY Pointe Claire SC, PCSC POIMAY Montreal Aquatique, CAMO ODIV1APR Windsor AC, WAC POIMAY Univ. Laval Rouge & Or, UL 2:21.84 10 11 2:22.27 2:23.22 2:23.77 12 13 ODIV1APR Uxbridge SC,USC ODIV2APR Ottawa Y,OYO 2:23.97 2:24.28 14 15 16 17 ODIV3APR Markham AC,MAC ODIV1APR Scarborough SC,SCAR ODIV1APR Chatham Y,CYPS 2.24 29 2:24.95 2:25.55 PQIIAPR Beaconsfield Bluefins,BBF ODIV1APR North York AC,NYAC 2:26.02 19 2:26.46 POIMAY Samak de Brossard, SAMAK ODIV1APR Kenora Swimming, KSS-NWO 2:26.53 2:26.76 POIMAY CN Outaouais, CNO
ODIV2APR Pickering SC,PICK
UCSAJAN Univ.of Calgary SC,UCSC
ODIV1APR Glouc-Ottawa Kingfish,GO 22 23 2:26.92 2:26.94

4X50 FREE RELAY Rec: 1:55.93 Regina Opt.Dolphins,ROD,95 1 2:01.36 ODIV1APR Nepean Kanata,NKB ODIVIAPR Nepean Kanata, NKB EKIAPR Cascade Swim Club, CASC ODIVIAPR Toronto Swim Club, TSC EKIAPR Pacific Dolphins, PDSA EKIAPR Univ. of Calgary SC, UCSC EKIAPR Edmonton Keyano, EKSC POIMAY DIVI. Laval Rouge & Or, UL ODIVIAPR Brantford AC, BRANT 2:01.68 2:02.03 2.02 99 2.04.23 2:04.53 2:05.28 2:05.54 2:06.42 ODIV1APR Windsor AC,WAC ODIV1APR Richmond Hill AC,RHAC 10 11 ODIV2APR Perth Stingrays, PERTH PQIMAY Dollard Swim Team, DDO 2:06.43 2:06.46 ODIV1APR North York AC,NYAC UCSAJAN Fort McMurray SC,FMSC 2.06.87 15 16 17 2:07.35 ODIV2APR Lakeshore SC.LSC ODIV1APR Uxbridge SC,USC PQIMAY Samak de Brossard,SAMAK 2:07.44 2:07.61 2:07.85 2:07.99 PQIMAY Pointe Claire SC,PCSC MMAPR Manta Swim Club,MANTA ODIV1APR Scarborough SC,SCAR UCSAJAN Olympian Swim Club,OSC 2:08:01

24 2:26.96

2:08.10

2:08.21

2:08.63

22 23 24

POIMAY Montreal Aquatique, CAMO POIMAY CS Quebec, CSQ HTACAPR Eastern Alliance, EAST

ISAPR Island Swimming, IS

RRankings for the period (results received) January 1,2001 to April 30, 2001 Financially supported by Swimming Natation Canada Compiled by SWIMNEWS

# **2001 LONG COURSE TAG**<sub>®</sub>

# BOYS 11-12

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50 METRES FREESTYLE
Rec: 26.17 John M.Mills,GO,92
1 27.59 ODIV3APR Ryan Gow,12,TRENT
                                         ODIV2APR Nick Price, 12, TMSC-NWO
EKSCMAR Joel Greenshields, 12, RDCSC
                                               PGBAPR Kurt Grossman, 12.PN
                                          PGBAPR KURT GrOSSMAN, 12,PN
EKIAPR Brett Schmid, 12,CASC
CDSCAPR Jake Tapp, 12,LOSC
EKIAPR Matthew Chan, 12,STSC
OYOMAR Glen Torontow, 12,OYO
POIMAY Erik Brisson, 12,DDO
                     28.86
                                       POIIMAY Erik Brisson, 12, DDD
POIIMAY Vincent Tremblay, 12, SAMAK
CDSCAPP, Jeffrey Lau, 12, GATOR
EKSCMAR Matthew Verwey, 12, RDCSC
POIIMAY Pascal Planta 12, UL
POIIIMAY Francois-P Murray, 12, CNDR
MMAPR Curtis Cawson, 12, SD
POIIMAY Cristian Popovici, 12, CAMO
PGBAPR Glen Wooldridge, 12, WLBF
EKIAPR Sean Kimak, 12, GL-BRSA
ODIVSAPR Alex Brown, 11, ALROR
POIIMAY Karl Richard, 12, PCSC
                     29.82
29.90
                       30.23
                       30.33
                      30.46
                      30.51
                     30.64
30.65
                                            PQIIIMAY Jerome Belanger,12,DYNAM
EKIAPR Justin Di Stefano,12,UCSC
                                                 PQIMAY Jason Ochiai,11,DDO
EKIAPR Adam Szoo,12,CASC
EKIAPR Patrick Downing,12,HYACK
                      30.68
                       30.77
100 METRES ERFESTYLE
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EKIAPR Brett Schmid,12,CASC GMACMAR Yonathan Prajogo,12,COBRA ODIV2APR Nick Price,12,TMSC-NWO ODIVZAPR NICK PTICE, IZ, IMSC-NWO ODIVZAPR Glen Torontow, 12, OVO CDSCAPR Jake Tapp, 12, LOSC POIIIMAY Francois-P Murray, 12, CNDR EKIAPR Adam Szoo, 12, CASC POIMAY Erik Brisson, 13, DDO 1.03.55 1:05.88 ODIVTAPR Kevin Kwok,11,RHAC 1:05.92 UCSAJAN Charles Wong,12,UCSC 1:05.96 DAVISMAR Samuel Thrall,12,OAK | 155 | 6 ANISMAR Samuel Thraff | 12 OAK | 106.19 | EKIAPR IIya Brotzky, 12 PDSA | 17 | 106.28 DAVISMAR Alex Thompson, 12 OAK | 18 | 106.47 | EKIAPR Kuba Szműgleiski, 12 GOLD | 106.49 | CDSCAPR Patrick Downing, 12, IHYACK | 106.82 | CDSCAPR Jeffrey Lau, 12, GATOR | 1106.82 | POIIMAY Alex Mercier-Linieau, 12, SAMAK | 22 | 106.86 | EKIAPR Matthew Chan, 12, STSC | 23 | 106.95 | ESWIMAPR Daniel Langlois, 12, SCAR | 106.95 | EKIAPR Justin Di Stefanori, 12 UCSC | 200 METRES FREESTYLE | Rec: 2:05.83 | Chuck Sayao, TOMAC, 95 | 12, 114.89 | POIIMAY Mathieu Bois, 12, IHPPO | 2:11.08 | EKSCMAR Joel Greenshields, 12, RDCSC

EKSCMAR Joel Greenshields.12.RDCSC POLIMAY Renaud Laliberte, 12, IUL RAPIDAPR Jordan Hartney, 12, PSW ODIV3APR Ryan Gow, 12, TRENT EKIAPR Nathan Demchuk, 12, EKSC ODIV1APR Peter Bowen, 12, GO EKSCMAR Matthew Verwey,12,RDCSC POIIIMAY Francois-P Murray,12,CNDR ODIV1APR Harrison Curtis,12,TSC 2.19.00 UJIVI JAPK HARTISON CURTIS, IZ, ISC EKIAPR Patrick Downing, 12, HYACK EKIAPR Brett Schmid, 12, CASC EKIAPR Ilya Brotzky, 12, PDSA RAPIDAPR Jake Tapp, 12, LOSC POIMAY Erik Brisson, 12, DDO DDIVADB, Aux Combassi, 13, CASC 2.20.75 2:20.83 ODIV3APR Alex Cambareri,12,CPAC EKIAPR Adam Szoo,12,CASC EKIAPR Nick Berms,12,LASER 2-22 54 2:23.11 2:23.83 ODIV3APR Viktor Verblac,12,YORK ODIV2APR Nick Price,12,TMSC-NWO ISAPR Ryan Cochrane,12,IS 2:24.58 2:24.65

ISAPR Ryan Buna,12,IS UCSAJAN Glen Nesbitt,12,GLEN

ISAPR Graeme Yamagishi,12,COMOX HTACAPR Marc Pyle,12,SWAT

400 METRES FREESTYLE Rec: 4:19.04 Chuck Sayao,TOMAC,95 1 4:45.44 EKSCMAR Joel Greenshields,12,RDCSC 4:47.33 EKSCMAR Matthew Verwey,12,RDCSC 4:47.91 PQIMAY Renaud Laliberte,12,UL 4:53.10 POIMAY Jonathan Blouin, 12, CSO DAVISMAR Ryan Gow,12,TRENT CDSCAPR Jordan Hartney,12,PSW PQIMAY Pascal Provencher-F,12,DDO 6 7 8 9 10 4:55.85 4.57.73 EKSCMAR Nathan Demohuk 12 EKSC CDSCAPR Jake Tapp,12,LOSC 5:02.06 FKIAPR Adam Szoo 12 CASC ISAPR Ryan Cochrane,12,IS ISAPR Rvan Buna.12.IS 5:02.81 5:05.81 5:07.97 PQIMAY Michael Tatigian,11,PCSC DAVISMAR Cameron Bailey,11,HWAC 5:08.99 5:09.17 RAPIDJAN Daniel Kennedy,12,KISU PQIMAY Steven Bielby,11,PCSC EKIAPR Patrick Downing,12,HYACK UCSAJAN Jayme Hagen,12,OSC GMACMAR Yonathan Prajogo,12,COBRA 5:10.39 5:10.81 1500 METRES FREESTYLE Rec: 17:05.50 Nicholas Richards, PCSC, 84 1 18:43.84 PQIMAY Renaud Laliberte, 12, UL 19:21.97 19:35.96 POIMAY Pascal Provencher-F,12,GAMIN EKIAPR Nathan Demchuk,12,EKSC PQIMAY Jonathan Gagne, 12, DDO ISAPR Ryan Cochrane, 12, IS 19:54 02 20:02.63 POIMAY Steven Bielby,11,PCSC POIMAY Vincent Tremblay,12,SAMAK 20:37.67 POIMAY Michael Tatigian,11,PCSC POIMAY Dillon Babb,12,DDO 20:41.63

EKIAPR A.J. Halverson,12,KSC 20:58.94 PQIMAY Julien Alie.11.DDO 100 METRES BACKSTROKE Rec: 1:05.60 Tobias Oriwol,PCSC,98

20:44 29

1:16.94

1:17.06

1:06.89 CDSCAPR Jordan Hartney,12,PSW 1:10.44 DAVISMAR Ryan Gow,12,TRENT EKIAPR Brett Schmid,12,CASC UCSAJAN Joel Greenshields,12,RDCSC 1:12.42 ODIV2APR Glen Torontow,12,0YO EKIAPR Matthew Chan,12,STSC 1:12.73 1:12.97 POIMAY Jonathan Blouin,12,CSQ CDSCAPR Jake Tapp,12,LOSC EKIAPR Justin Di Stefano,12,UCSC ODIV1APR Harrison Curtis,12,TSC 1:13.47 1:14.02 1.14 10 1:14.98 RAPIDJAN Daniel Kennedy,12,KISU EKIAPR Evan Vanderven,12,CASC 1.15.07 1:15.69 1.15.80 CDSCAPR Ilya Brotzky,12,PDSA EKIAPR Sean Kimak,12,GL-BRSA 1:16.09 EKIAPR Zacary Odger,12,CASC ESWIMAPR Daniel Langlois,12,SCAR 1.16.09 1:16.48 ODIV3APR David Grubb,12,MAC ODIV1APR Cameron Bartlett,12,CYPS 1:16.58 EKIAPR Matthew Cunes,12,KSC-BRSA PQIIIMAY Jerome Belanger,12,DYNAM

EKIAPR Brett Richter, 12, ROD

GMACMAR Yonathan Prajogo,12,COBRA DAVISMAR Cameron Cummings,12,OAK PQIMAY Pascal Provencher-F,12,GAMIN 200 METRES BACKSTROKE
Rec: 2:18.05 Tobias Oriwol,PCSC,98 TODIAS OTIWOI,PCSC,98
EKSCMAR Joel Greenshields,12,RDCSC
RAPIDJAN Jordan Hartney,12,PSW
PQIMAY Jonathan Blouin,12,CSQ
DAVISMAR Ryan Gow,12,TRENT 2:29.95 2:32.68 2:33.77 PQIMAY Renaud Laliberte,12,UL ODIV2APR Glen Torontow,12,0Y0 2:35.25

EKIAPR Brett Richter, 12, ROD ODIV1APR Kevin Kwok, 11, RHAC

DIVIZAPR Gien IDORION, IZ.OLOSC EKSCMAR Matthew Verwey, 12, RDCSC ODIVIAPR Harrison Curtis, 12, TSC EKIAPR Ilya Brotzky, 12, PDSA EKSCMAR Matthew Chan, 12, STSC EKIAPR Brett Schmid 12, CASC 2:38.64 2:38.73 2:39.14 2:39.41 2:41.52 2:41.69 ODIV1APR Bryan Fumerton,11,USC ODIV1APR Cameron Bartlett,12,CYPS CDSCAPR Jake Tapp,12,LOSC EKIAPR Zacary Odger,12,CASC EKSCMAR Nathan Demchuk,12,EKSC EKIAPR Matthew Cunes,12,KSC-BRSA 2:42.21 2:42.96 UCSAJAN Jayme Hagen,12,0SC CDSCAPR Jeffrey Lau,12,GATOR 2:43.27 20 21 CDSCAPR Malcolm Tan,12,HYACK EKIAPR Brett Richter,12,ROD 2.43.89 2.44 35 FKIAPR Adam Szon 12 CASC CDSCAPR Sandy Lockhart,12,PDSA PQIMAY Hans Richard,12,PCSC 2.44 60

100 METRES BREASTSTROKE 1:12.24 David Cheung,CREST,94 1:21.65 POIMAY Erik Brisson,12,DDO 1:22.09 EKIAPR Mason Cully,12,LEDUC UCSAJAN Jeffrey Lai,12,EKSC ODIV2APR Nicholas Shoust,12,SSMAC 1:24.01

UCSAJAN Matthew Verwey,12,RDCSC UCSAJAN Charles Wong,12,UCSC PQIMAY Dillon Babb,12,DDO CDSCAPR Jordan Hartney,12,PSW 1:24.25 1:24.40 1:24.87 1:25.38 POIMAY Chris Waldau,12,PCSC POIMAY Cristian Popovici,12,CAMO 1.25 58 1:25.92 1:26.06 UCSAJAN Winston Yeap, 12, OSC

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ODIV3APR Jordan Murtonen 12 SYD
                          EKIAPR Adrian Podjarkowski,12,EKSC
                    CDSCAPR Jeffrey Lau,12,GATOR
DAVISMAR Ryan Gow,12,TRENT
         1:26.47
15
16
17
          1:26.61
                     POIIIMAY Martin Belanger,12,HIPPO
ODIV3APR Cameron McKendrick,12,MAC
         1:26.75
                     ODIV1APR Jordan Di Cresce 11 RHAC
19
         1:27.55
20
21
                        PQIMAY Jason Ochiai,11,DDO
         1.27 79
                         EKIAPR Travis Hnatiuk 12 GWSC
                     ODIV1APR Uko Abara,11,RHAC
UCSAJAN Emanuel Lvs.12.UCSC
23
         1.27 84
                        PQIIAPR Mathias Leblanc,27,CAMO
200 METRES BREASTSTROKE
      2:36.28 Ryan Chiew,HYACK,99
2:54.78 PQIMAY Erik Brisson,12,DDO
                    DAVISMAR Alexander Lai,12,MYSC
PQIMAY Dillon Babb,12,DDO
         3:01.70
         3:01.86
3:01.98
                     EKSCMAR Winston Yeap,12,0SC
RAPIDAPR Jordan Hartney,12,PSW
         3:02.15
3:02.19
                     EKSCMAR Matthew Verwey,12,RDCSC
PQIMAY Antoine Lamoureux,11,REG
                     UCSAJAN Jeffrey Lai,12,EKSC
ODIV2APR Nicholas Shoust,12,SSMAC
         3:02.32
         3:03.32
                        EKIAPR Mason Cully,12,LEDUC
PQIMAY Jason Ochiai,11,DDO
10
         3.03.81
         3:04.24
                    ODIV3APR Zach Summerhayes,11,RISC
POIIAPR Guillaume Gagnon,12,CNCB
HTACAPR Marc Pyle,12,SWAT
PQIIAPR Mathias Leblanc,27,CAMO
12
         3:04 27
13
14
         3:05.02
15
16
17
         3:05.63
                     EKSCMAR Nathan Demchuk,12,EKSC
EKIAPR Kuba Szmigielski,12,GOLD
         3:06.18
18
         3.07.08
                        POIMAY Chris Waldau, 12, PCSC
         3:07.33
                      UCSAJAN Charles Wong,12,UCSC
                         EKIAPR Adrian Podiarkowski.12.EKSC
20
         3:07.35
                    ODIV1APR Calvin Kwong,12,NYAC
ODIV3APR Jordan Murtonen,12,SYD
         3:07.69
23
         3:08.27
                         EKIAPR Emanuel Lys,12,UCSC
                     ODIV1APR Derek Woodhall.11.ROW
24
         3:08.47
         3:08.59 ODIV3APR Cameron McKendrick,12,MAC
100 METRES BUTTERFLY
       MICHES BUTTERFLY

1:03.26 Michael Calkins,IS,90

1:07.83 GMACMAR Yonathan Prajogo,12,COBRA

1:09.36 RAPIDAPR Jordan Hartney,12,PSW

1:09.69 PQIMAY Jonathan Blouin,12,CSQ
         1:10.16
                     UCSAJAN Joel Greenshields,12,RDCSC
CDSCAPR IIya Brotzky,12,PDSA
         1:10.86
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1:11.05 CDSCAPR Jake Tapp,12,LOSC PQIMAY Vincent Tremblay,12,SAMAK POIIAPR Guillaume Gagnon,12,CNCB EKIAPR Zacary Odger,12,CASC CDSCAPR Malcolm Tan,12,HYACK EKIAPR Nathan Demchuk,12,EKSC 1.11 33 10 1.11.83 1:12.46 PQIMAY Jonathan Gagne,12,DDO DAVISMAR Samuel Thrall,12,OAK 1:13.22 1:13.69 14 15 1:13.72 1:13.79 RAPIDAPR Fraser Roberts, 12, RAPID UCSAJAN Jeffrey Lai, 12, EKSC 1:13.84 DAVISMAR Cameron Cummings,12,0AK 1:13.96 ODIV3APR Viktor Verblac,12,YORK 16 17 18 19 1:14.34 PQIMAY David Plezu,12,UL ODIV2APR Karl Trimble, 12, BROCK EKIAPR Justin Di Stefano,12,UCSC ODIV2APR Nick Price,12,TMSC-NWO 20 21 1:15.07 1:15.22 22 1:15.30 UCSAJAN McLean Fubank 12.CP EKIAPR Jeff Saganski,12,GOLD PQIIIMAY Frederic Lamoureux,12,CASE 23 24 1:16.50 EKIAPR Ben Partridge,12,PDSA

200 METRES BUTTERFLY :19.88 Jonathan Cantin,PLUS,91 2:30.68 CDSCAPR Jordan Hartney,12,PSW POIMAY Jonathan Blowin,12,CSQ POIMAY Jonathan Gagne,12,DDO EKIAPR Nathan Demchuk,12,EKSC ODIV1APR Patrick Cuch,12,TSC-TO 2:37.53 2:39.77 2:40.22 2:42.01 2:43.74 POIIAPR Guillaume Gagnon,12,CNCB ODIV3APR Viktor Verblac,12,YORK 2:43.83 2:44.32 EKIAPR IIya Brotzky,12,PDSA UCSAJAN McLean Eubank,12,CP

2:46.69 RAPIDAPR Jake Tapp, 12, LOSC PQIMAY David Plezu, 12, UL 2:47.32 PQIMAY Vincent Tremblay,12,SAMAK ODIV1APR Cody Gault,12,TSC UCSAJAN Nathan Lynch,12,0SC ODIV2APR Karl Trimble,12,BROCK 2:47.47 2:47.62 2.48.25 CDSCAPR Malcolm Tan.12.HYACK EKIAPR Zacary Odger,12,CASC ODIV1APR Bryan Fumerton,11,USC DAVISMAR Samuel Thrall,12,OAK 2.48 46 2.49.05 POIIIMAY Frederic Lamoureux 12 CASE UCSAJAN Jeffrey Lai,12,EKSC
ODIV1APR Matt Earley,12,CVPS
DAVISMAR Cameron Cummings,12,OAK
UCSAJAN Adam Kautz,12,CASC

2:53.12 2:55.42 23 24 2.56.49 UCSAJAN Jayme Hagen, 12, OSC 200 METRES IND.MEDLEY

10 11

12 13

14

15 16 17

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22

2:52.66

Rec: 2:21.81 Brian Johns,RACER,95
1 2:31.75 EKSCMAR Joel Greenshields,12,RDCSC 2:33.31 CDSCAPR Jordan Hartney,12,PSW 2:36.76 ODIV1APR Patrick Cuch,12,TSC-TO 2:38.63 EKSCMAR Matthew Verwey,12,RDCSC 2:39.96 EKSCMAR Nathan Demchuk,12,EKSC 2:40.50 RAPIDAPR Jake Tapp, 12, LOSC

PQIMAY Jonathan Gagne, 12, DDO ISAPR Ryan Cochrane,12,IS CDSCAPR IIya Brotzky,12,PDSA ISAPR Ryan Buna,12,IS 2:43.00 UCSAJAN Charles Wong,12,UCSC ISAPR Graeme Yamagishi,12,COMOX 2:43.16 POIMAY Antoine Lamoureux 11 RFG 14 2:44.36 ODIV1APR Peter Bowen, 12, GO EKIAPR Zacary Odger, 12, CASC EKIAPR Brett Schmid, 12, CASC 16 2.45.24 FKIAPR Adam Szoo, 12, CASC 2:45 50 2:45.54 ODIV3APR Zach Summerhayes,11,RISC POIMAY Pascal Plante.12.UL 20 2:45.75 ODIV2APR Alex Griffith,11,PICK
ODIV1APR Kyung Soo Yoon,10,NYAC
ODIV1APR Bryan Fumerton,11,USC
EKIAPR Matthew Chan,12,STSC 2:45.88 2:46.57 2:46.62 2:46.67 25 2:46.79 UCSAJAN Adam Kautz,12,CASC 400 METRES IND.MEDLEY Rec: 5:03.60 Andrew Cho,HYACK,91 1 5:23.05 RAPIDJAN Jordan Hartney,12,PSW PQIMAY Renaud Laliberte,12,UL PQIMAY Pascal Provencher-F,12,DD0 5:25.96 5:37.59 PQIMAY Jonathan Gagne,12,DDO 5:39.66 DAVISMAR Ryan Gow,12,TRENT 5:37 59 ISAPR Ryan Cochrane, 12,18 UCSAJAN Matthew Verwey, 12,RDCSC EKIAPR Nathan Demchuk, 12,EKSC RAPIDAPR Jake Tapp, 12,LOSC 5:40.95 5:41.75 5:44.78 ISAPR Ryan Buna,12,IS 5:45.95 DAVISMAR Cameron Cummings,12,OAK 5:47.04 UCSAJAN Nathan Lynch,12,OSC 5:48.08 EKIAPR Zacary Odger,12,CASC 5:48.78 POIMAY Antoine Lamoureux,11,REG 5:44 78 5:47 04 13 14 5:48.78 UCSAJAN Adam Kautz,12,CASC UCSAJAN Jayme Hagen,12,OSC POIMAY Steven Bielby,11,PCSC 5:50.41 5:54.03 17 5:54.81 POIMAY Dillon Babb.12.DDO 18 5:56.33 5:56.59 RAPIDAPR Jeffrey Lau,12,GATOR 5:58.59 DAVISMAR Drew Grey,12,OAK 5:58.94 ISAPR Graeme Yamagishi,12,COMOX 4X50 MEDLEY RELAY 4ASU MICLET NELTAY

Rec: 2:06.96 Mississauga AC, TOMAC, 92

1 2:12 98 EKIAPR Cascade Swim Club, CASC

2 2:14.72 UCSAJAN Red Deer Catalina SC, RDCSC

3 2:18.28 ODIV1APR Richmond Hill AC, RHAC 2.18 54

ODIV1APR Toronto Swim Club,TSC ODIV1APR North York AC,NYAC PQIIMAY Hippocame St-Hubert,HIPPO PQIMAY Univ.Laval Rouge & Or,UL 2:22.19 2:22.98 EKIAPR Edmonton Keyano, EKSC PQIMAY Pointe Claire SC, PCSC 2-23 95 2:24.26 ODIV2APR Sault Ste.Marie AC,SSMAC ODIV1APR Uxbridge SC,USC 2:24.40 2:24.91 2:25.43 2:26.40 ODIV1APR Chatham Y.CYPS EKIAPR Saskatoon Goldfins, GOLD POIMAY Samak de Brossard, SAMAK POIMAY Montreal Aquatique, CAMO 2:27.02

ODIV2APR Pickering SC,PICK PGBAPR Points North SC,PN 16 17 2:28.07 ODIV2APR Timmins Marlins TMSC-NWO 2:28.82 ODIV1APR Region of Waterloo,ROW ODIV2APR Vaughan AC,VAC ISAPR Island Swimming,IS ODIV1APR Scarborough SC,SCAR 2:28.90 20 2:29.50 2:30.08

2:30.23 ODIV1APR Glouc-Ottawa Kingfish,GO UCSAJAN Olympian Swim Club,OSC 2:30.65 2:30.67 2:30.84 EKSCMAR Calgary Patriots,CP

4X50 FREE RELAY Rec: 1:54.21 Hamilt-Wentworth AC,HWAC,91 1:57.73 ODIV1APR Richmond Hill AC,RHAC

EKIAPR Cascade Swim Club,CASC EKSCMAR Red Deer Catalina SC,RDCSC 1:58.19 PQIMAY Dollard Swim Team,DDO EKIAPR Edmonton Keyano,EKSC 2:00.55 2:02.76 2:02.81 ODIV1APR Toronto Swim Club,TSC ODIV1APR North York AC,NYAC 2:04.11 2.05.31 PGBAPR Points North SC,PN PQIMAY Pointe Claire SC,PCSC ODIV2APR Timmins Marlins, TMSC-NWO 2:05.39 PQIMAY Univ.Laval Rouge & Or,UL ODIV1APR Uxbridge SC,USC POIIIMAY Hippocame St-Hubert,HIPPO 2:06.19 13 14 2:06.34 ODIV1APR Glouc-Ottawa Kingfish,GO PQIMAY Samak de Brossard,SAMAK 2.06.67

2:07.01 2.07 39 EKIAPR Saskatoon Goldfins.GOLD PQIMAY Montreal Aquatique,CAMO ODIV1APR Chatham Y.CYPS 18 2.09 38 ODIV2APR Pickering SC,PICK HTACAPR Eastern Alliance,EAST 2:09.63 20 ODIV2APR Sault Ste.Marie AC,SSMAC ODIV3APR Aurora Swim Club,AUROR 2:10.38 2:10.57

POIIAPR Megophias Trois Rivieres, MEGO ISAPR Island Swimming, IS 2:11.80 ODIV1APR Toronto Champs, CHAMP

2:25.12

2:25.36

2:26.27

2:26.52

2:26.97

Rankings for the period (results received) January 1,2001 to April 30, 2001 Financially supported by Swimming Natation Canada Compiled by SWIMNEWS

# 2001 LONG COURSE TAG®

# **GIRLS** 13-14

# 50 METRES FREESTYLE Rec: 26.51 Lori Melien,AAC,86

FKIAPR Kirsten Pomerleau, 13, DEL 28.12 EKIAPR Kirsten Pomerleau, 13.DEL 28.17 ODIV3APR Julia Wilkinson, 13.SKY 28.27 MMAPR Julianne Toogood, 13,MM 28.29 CANLCMAR Laura Wise, 14, COBRA 28.46 POCUPFEB Emily Gillespie, 13,PERTH 28.60 EKIAPR Shannon Hackett, 14,PDSA 28.66 GMACMAR Kirstin McIlroy, 14,MMST 28.75 EKIAPR Sabrina Taylor, 14,HYACK 28.76 POIMAY Calitlin Babb, 14,DDO 28.77 TOPL CIAN Alligen Benpett 14,MYAC TORLCJAN Allison Bennett,14,NYAC DAVISMAR Melissa Bartlett,14,CYPS 28 77 12 13 14 15 16 17 18 ODIV2APR Shannon Hazelton 14 SSMAC PQIMAY Alice Chow,13,PCSC PQIMAY Chani Davidson,14,CAMC 28.93 29.05 HTACAPR Kayla Graham,14,EAST PQIIIMAY Suzanne Vary,14,CNDR ISAPR Jessica Aspinall,14,RAC PQIMAY Catherine Savoie-Laberge,14,CNO 29.08 29.09 LEDUCMAY Melyssa Kallusky, 13, EDSON 29.22 ISAPR Genevieve Poirier-Leroy, 14, NRST 29.22 PQIIAPR Anne-M. L-Frechette, 13, CNB 19 21

CDSCAPR Heidi Claasen,14,PSW

# 100 METRES FREESTYLE

Rec: 56.91 Julie Howard,BRANT,91 1 1:00.15 EKIAPR Kirsten Pomerleau,13,DEL 1:00.45 ODIV1APR Allison Bennett,14,NYAC 1:00.50 CANLCMAR Laura Wise,14,COBRA CHAILCHWARE LAUIA WISE, 14, CUBRA
EKIAPR Sabrina Taylor, 14, HYACK
MMAPR Julianne Toogood, 13, MM
ODIV3APR Kristin McIlroy, 14, MMST
EKIAPR Kelly Timmons, 14, OSC-UA
POIMAY Chani Davidson, 14, CAMO
EKIADP. Schopped Judgett 14, DSC-6 1:01.07 1:01.31 1:01.54 EKIAPR Shannon Hackett,14,PDSA PQIIIMAY Suzanne Vary,14,CNDR 1.01 79 1:01.88 HTACAPR Kayla Graham,14,EAST PQIMAY Caitlin Babb,14,DDO 1.01 90 1:02.09 12 13 14 ODIVIAPR Victoria Clarridge,14,BTSC POIMAY Catherine Savoie-Laberge,13,CNO ODIVIAPR Brittney Scott,14,ROW 1.02 42 1:02.63 15 16 17 PQIMAY Stephanie Ross,14,CAMO ODIV3APR Julia Wilkinson,13,SKY 1:02.63 1:02.72 1:02.78 PQCUPFEB Joan Brouillard,14,ELITE 1:02.91 PQIIAPR Pamela Filiatreaux,14,RCA ISAPR Jessica Aspinall,14,RAC HTACAPR Jennifer Brown,14,TCSC 20 21 1:03.03 1:03.45 EKIAPR Jody Jelen,13,ESWIM 1:03.50 PQCUPFEB Andrea Zarins,14,NKB 1:03.50 PQIMAY Alice Chow,13,PCSC 22

200 METRES FREESTYLE Rec: 2:03.35 Julie Barbeau,ELITE,89 2:10.48 CANLCMAR Shannon Hackett,14,PDSA 2:12.30 ODIV1APR Allison Bennett,14,NYAC ODIV1APR Hilary Jackson,14,STARS PQCUPFEB Emily Gillespie,13,PERTH 2.12.30 2:13.41 POIMAY Chani Davidson.14.CAMO RAPIDAPR Brittany Reimer,13,SKSC HTACAPR Bevan Haley,13,WTSC RAPIDAPR Anne Schmuck,13,PSW POIMAY Caitlin Babb,14,DDO 2:13.88 2:14.19 EKIAPR Sabrina Taylor,14,HYACK EKIAPR Jody Jelen,13,ESWIM 2.14.22 EKIAPR Jody Jelen, 13, ESWIM
HTACAPR Jennifer Brown, 14, TCSC
POIIIMAY Suzanne Vary, 14, CNDR
POIIAPR Myriam Roy-L'Ecuyer, 14, CNDR
ISAPR Genevieve Porifer-Leroy, 14, INRST
CDSCAPR Darcy Goodridge, 14, PDSA
EKIAPR Avery Kremer, 14, OSC
POIMAY Catherine Savoie-Laberge, 14, CND
POIMAP Catherine Savoie-Laberge, 14, CND 12 13 2.14 88 2:15.99 2:16.47 2:16.77 2:16.89 2:16.93 2:17.15 PQIIAPR Pamela Filiatreaux,14,RCA PQCUPFEB Andrea Zarins,14,NKB 19 21 22 23 ISAPR Stephanie Bigelow.14.IS 2:17.42 ODIV1APR Alyssa Hubert,13,CYPS EKIAPR Sara Murphy,14,ESWIM 2:17.54 2:17.92 24 25 MMAPR Julianne Toogood,13,MM CDSCAPR Kayla Rawlings,13,PSW

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400 METRES FREESTYLE
4.37.99 CANLCMAR Emily Gillespie,13,PERTH
4.37.99 CANLCMAR Bevan Haley,13,WTSC
4.44.19 CDSCAPR Darcy Goodridge,14,PDSA
4.45.43 ODIV3APR Martha Ziolkowski,14,YORK
           4:46.04
                                EKIAPR Thea Norton, 14, OSC
                                EKIAPR Sabrina Taylor,14,HYACK
                          ISAPR Genevieve Poirier-Leroy,14,NRST
POIMAY Chain Davidson,14,CAMO
POCUPFEB Andrea Zarios,14,NKB
           4.47 16
11
12
13
14
           4:47.40
4:48.77
           4:49.24 POIMAY Catherine Savoie-Laberge,14,CNO
4:49.26 POCUPFEB Myriam Roy-L'Ecuyer,13,CNB
4:50.00 ODIV3APR Kristin McIlroy,14,MMST
4:50.66 POIMAY Nirmeen Gandhi,14,PCSC
           4:51.12 POCUPFEB Suzanne Vary,14,CNDR
4:51.76 ODIV2APR Roberta Gillespie,14,PERTH
           4:51.84 RAPIDAPR Amanda Bell 13 SPART
800 METRES FREESTYLE
Rec: 8:44.45 Michelle Sallee, CDSC, 88
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3:44.45 Michelle Sallee, CDSC, 88 9:13.4 CANL CMAR Shannon Hackett, 14, PDSA 9:16.42 HTACAPR Bevan Haley, 13, WTSC 9:23.60 CANL CMAR Etyse Dudar, 14, MSSAC-TO 9:36.47 ISAPR Stephanie Bigelow, 14, ISSA 9:37.81 CDSCAPR Darcy Goodridge, 14, PDSA 9:39.75 CANL CMAR Kelly Timmons, 14, OSC-UA 9:47.40 EKIAPR Michelle Mange, 14, PDSA HTACAPR Ainsley McFadgen,14,CBD EKIAPR Thea Norton,14,OSC 9:49.62 9:51.76 9:52.74 POIMAY Allyson Germain, 14,UL
EKIAPR Jody Jelen, 13, ESWIM
CDSCAPR So Yoon Lee, 14, HYACK
EKIAPR Avery Kremer, 14,OSC 9:53.03 9.57 29 9:58.01 POIMAY Nirmeen Gandhi 14 PCSC 10:02 77 10:04.12 10:06.89 CDSCAPR Sabrina Taylor,14,HYACK
PQIMAY Genevieve De Repentigny,14,SAMAK 10:07.61 10:09.83 EKIAPR Mallory Hoekstra, 13, EKSC-UA EKIAPR Sara Murphy, 14, ESWIM PQIMAY Chani Davidson,14,CAMO 100 METRES BACKSTROKE

Rec: 1:03.28 Nancy Garapick,HTAC,76 1 1:06.21 CANLCMAR Katle Smith,14,COBRA 1:07.21 CANLCMAR Melissa Bartlett,14,CYPS 1:07.59 EKIAPR Kirsten Pomerleau,13,DEL 1:07.91 CANLCMAR Mallory Hoekstra,13,EKSC-UA 1:08.06 ISAPR Jessica Aspinall,14,RAC 1:08.48 CANLCMAR Laura Wise,14,COBRA 1:08.71 CANLCMAR Kelsey Rush,14,RAYS 1:08.83 ODIV3APR Kristin McIlroy,14,MMS1 POIMAY Genevieve Saumur 13 CAMO 1.09 36 ODIV1APR Alyssa Hubert,13,CYPS ODIV1APR Hilary Jackson,14,STARS CDSCAPR Anne Schmuck,13,PSW PQIMAY Michelle-A Bouchard,14,CAMO 1:09.66 1:10.38 EKIAPR Kimberly Kabesh,13,STSC PQIMAY Stephanie Ross,14,CAMO 1.10 41 1:10.62 1:10.82 EKIAPR Thea Norton, 14, OSC 1:11.08 MMAPR Landice Yestrau, 13, MM 1:11.08 ODIV3APR Martha Ziolkowski, 14, YORK 1:11.53 TORIC, JAN Kristin Cloutier, 14, CAJ 1:11.78 CANLCMAR Blair Holmes, 14, COBRA

MMAPR Julianne Toogood,13,MM EKIAPR Carol Starratt,13,CASC

1:12.28 1:12.35 CDSCAPR Emily Barnett,14,PDSA ODIV3APR Christine Sadler,13,MAC 25 1:12.46 OYOMAR Tara Baxter,13,NKB 200 METRES BACKSTROKE

1:12.15

200 METRES BACKSTRUKE Rec: 2:15.60 Nancy Garapick,HTAC,76 1 2:24.78 CANLCMAR Katie Smith,14,COBRA 2 2:27.19 CANLCMAR Kelsey Rush,14,RAYS 2:27.26 TORLCJAN Laura Wise,14,COBRA 2:27.87 CANLCMAR Melissa Bartlett,14,CYPS CDSCAPR Anne Schmuck,13,PSW ODIV1APR Hilary Jackson,14,STARS 2:28.95 EKIAPR Thea Norton,14,0SC ODIV1APR Alyssa Hubert,13,CYPS 2.29 30 2:29.92 POCUPFEB Julia Guay-Racine, 14, CAMO 2:29.92 POCUPFEB Genevieve Saumur, 13, CAMO 2:30.04 ODUYAPR Kristin McIlroy, 14, MMST 2:30.47 CAMICMAR Malloy Hoekstra, 13, EKSC-UA 2:30.81 UCSAJAN Kirsten Pomerleau, 13, DEL RAPIDAPR Brittany Reimer, 13, SKSC ISAPR Jessica Aspinall, 14, RAC 2.30.99 2:31.09 MMAPR Landice Yestrau,13,MM PQCUPFEB Emily Gillespie,13,PERTH 2:31 22 HTACAPR Bevan Haley,13,WTSC
ODIV3APR Christine Sadler,13,MAC
ODIV3APR Martha Ziolkowski,14,YORK 2:32.48 2:32.78 2:32.83 2:32.83 ODIV3APK MARTIMA ZIOKOWSKI, 14, YORK. 2:33.00 POIMAY Stephanie Ross, 14, CAMO 2:33.70 ODIV1APR Brittney Scott, 14, ROW 2:34.01 TORLCJAN Kristin Cloutler, 14, CAJ 2:34.10 CMOAPR Shannon McQueen, 14, NKB 2:34.27 POIIAPR Roxane Cote, 14, CNCB

 25
 2:34:27
 POII/APR Roxane Cote,14,CNCB

 100
 METRES BREASTSTROKE

 Rec: 1:09,84
 Allison Higson,ESC,86

 1
 1:14.73
 CANLCMAR Kelly Timmons,14,OSC-UA

 2
 1:16.24
 CANLCMAR Emily Gillespie,13,PERTH

 3
 1:16.29
 CANLCMAR Kim Labbett,14,OAK-TO

 4
 1:16.42
 CANLCMAR Haylee Johnson,14,PDSA

 5
 1:16.76
 CANLCMAR Michelle Mange,14,PDSA

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ODIV2APR Whitney Rich, 13, ISS
PQCUPFEB Caitlin Babb, 14, DDO
              1:18.86
                                   EKIAPR Carol Starratt.13.CASC
 10
11
                              ODIV1APR Chantelle Lonsdale,13,WAC
ODIV3APR Julia Wilkinson,13,SKY
             1:19.26
                              ODIV1APR Elizabeth Engs,14,CAJ
ODIV3APR Heather McMaster,14,MAC
 12
13
14
15
16
17
                                  PQIMAY Jasmine Kastner,13,DD0
EKIAPR So Yoon Lee,14,HYACK
              1.19 94
             1:20.15
1:20.74
                              ODIV1APR Meaghan Nicholson,14,NKB
ODIV2APR Allison McCabe,14,GGST
              1.20 97
                               LICSA IAN Thea Norton 14 OSC
                              POIIAPR Mireille Tremblay,13,CNCB
ODIV3APR Susan Miner,14,HHAC
              1:21.03
             1:21.44
20
21
                                EKIAPR Catherine Kasongo,13,EKSC
EKIAPR Carleen Ready,13,LASC
CNOAPR Katrina Obas,13,NKB
EKIAPR Dana Williams,14,STSC
             1:21.48
             1:21.51
             1:21.60
                                   PQIMAY Julie Vincent, 14, CAMO
 200 METRES BREASTSTROKE

    200 METRES BERASTSTROKE
    229.18 Courtenay Chuy,HYACK,98
    239.63 CANLCMAR Kim Labbett,14,0AK-TO
    240.33 CANLCMAR Michelle Mange,14,PDSA
    240.93 CANLCMAR Haylee Johnson,14,PDSA
    240.90 CANLCMAR Haylee Johnson,14,PDSA

             2:45.49 CDSCAPR Anne Schmuck,13,PSW
2:46.63 CANLCMAR Elizabeth Hendrick,13,NCS-BRSA
            2:47.37 ODIV2APR Emily Gillespie,13,PERTH
2:48.23 POIMAY Jasmine Kastner,13,DDO
2:49.61 ODIV1APR Chantelle Lonsdale,13,WAC
          10
 11
12
 13
14
                             ODIV1APR Elizabeth Engs,14,CAJ
PQIIAPR Mireille Tremblay,13,CNCB
 15
16
17
                              UCSAJAN Megan Bird,14,UCSC
ODIV1APR Katrina Obas,13,NKB
ODIV3APR Rachel Robinson,13,MMST
             2.53.02
            2:54.06
2:54.71
 18
19
                            PQCUPFEB Andrea Zarins,14,NKB
EKIAPR Dana Williams,14,STSC
             2.54.85
             2:55.01
20
            2:55.29
2:55.77
                               EKIAPR So Yoon Lee,14,HYACK
UCSAJAN Carol Starratt,13,CASC
                              PQIMAY Julie Pamerleau,14,CNO
ODIV3APR Heather McMaster,14,MAC
23
             2:56.29
             2:56.33
             2:56.50
                             ODIV1APR Meaghan Nicholson,14,NKB
100 METRES BUTTERFLY
Rec: 1:02.87 Julie Howard, BRANT, 91
            106.41 CANLCMAR Blair Holmes,14,COBRA
1:06.47 EKIAPR Kelly Timmons,14,COBC-UA
1:06.72 POCUPFEB Julia Guay-Racine,14,CAMO
1:07.11 ODIVZAPR Emily Gillespie,13,PERTH
                                  EKIAPR Shannon Hackett,14,PDSA
PQIMAY Allyson Germain,14,UL
             1.07.72
             1:07.96
                                    EKIAPR Avery Kremer, 14, OSC
              1:08.21
                               CDSCAPR Kayla Rawlings,13,PSW
                                   EKIAPR Kimberly Kabesh,13,STSC
EKIAPR Carleen Ready,13,LASC
MMAPR Stefanie Andruchuk,14,MANTA
              1:08.46
 10
             1.08 96
              1:09.60
                               UCSAJAN Ally Jack,14,GLEN
CDSCAPR Teresa Au Yeung,14,PDSA
 12
             1.09.62
 13
14
15
              1:09.79
                            CDSCAPR Teresa Au Yeung, 14,PDSA
POIMAY Marie-C. Dione, 13, UL
DDIVZAPR Devon Sioul, 14, TD
EKIAPR Haley Kremer, 13, OSC
MMAPR Tilfany Monkman, 14,MANTA
POIMAY Genevieve De Repentigny, 14, SAMAK
GMACMAR Sarah Porchak, 14, TAT
POIMAY Genevieve Saumur, 13, CAMO
CMACMAP Kietish McHeral 14, MAST
              1.10 11
              1:10.14
 16
17
             1:10.15
 18
             1:10.42
              1:10.51
21
22
             1.10.55
                            GMACMAR Kristin McIlroy,14,MMST
PQIIAPR Anne-M. L-Frechette,13,CNB
23
             1:10.65
                            DAVISMAR Amanda Gordon, 14, HWAC
                            EKIAPR Linda Duarte,13,ROD
ODIV3APR Michelle Mendez,14,MAC
              1:10.88
 200 METRES BUTTERFLY
 Rec: 2:15.76 Sandra Marchand, ENL, 88
            19.76 Sandra Marciand, ENL, 88
225.49 CANI CMAR Bevan Haley, 13, WTSC
228.63 EKIAPR Avery Kremer, 14, OSC
228.81 EKIAPR Shannon Hackett, 14, PDSA
228.88 TORL CJAN Brittney Scott, 14, ROW
228.94 CDSCAPR Kayla Rawlings, 13, PSW
229.88 TORIC, LJAN Blair Holmes, 14, COBRA
2326 DOCUMENT LANGE COMP.
                             POCUPFEB Julia Guay-Racine, 15, CAMO
POIMAY Allyson Germain, 14, UL
ISAPR Stephanie Bigelow, 14, IS
             2:30.59
            2:31.73
2:31.84
 10
11
            2:31.99
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EKIAPR Kimberly Kabesh,13,STSC EKIAPR Haley Kremer,13,OSC 2:32.09 HTACAPR Amy Longobardi, 14,EAST UCSAJAN Megan Bird, 14,UCSC ODIV1APR Robyn Pimm, 14,RHAC TORLCJAN Melissa Bartlett, 14,CYPS 2:34 30 2:35.37 2:35.95 ODIV2APR Devon Sioui,14,TD POIMAY Marie-C. Dionne,13,UL EKIAPR Glenna Young,13,FMSC ODIV1APR Katie Davis,14,BRANT EKIAPR Jody Jelen,13,ESWIM 2:36.93 2:37.74 2:37.89 2:38.45 2:38.64 POIMAY Genevieve Saumur,13,CAMO ODIV1APR Emily Victory,14,STARS ISAPR Shizuka Kikuchi,14,CRKW 2:38.66 2:39.28 PQIIAPR Anne-M. L-Frechette,13,CNB ODIV1APR Juliana Gonzalez,14,NYAC

12 13

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16 17 18

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28cc: 2:18.08 Allison Higson,ESC,88
1 2:24.76 CANLCMAR Kelly Timmons,14,0SC-UA
2 2:27.65 PQCUPFEB Emily Gillespie,13,PERTH
                                                                  2:29.44 POIMAY Allyson Germain,14,UL
2:30.63 RAPIDJAN Anne Schmuck,13,PSW
2:31.01 CANLCMAR Kelsey Rush,14,RAYS
                                                           2:31.01 CANLCMAR Kelsey Rush, 14, RAYS
2:31.19 POCUPFEB Cailtil Babb, 14, DDO
2:31.80 EKIAPR Carleen Ready, 13, LASC
2:31.81 ISAPR Stephanie Bigelow, 14, LS
2:32.51 HTACAPR Bevan Haley, 13, WTSC
2:32.33 42 OUVIAPR Michsel Bardlett, 14, CYPS
2:33.87 CDSCAPR Shannon Hackett, 14, PDSA
2:34.20 OUVIAPR Katile Davis, 14, BRANT
2:34.20 OUVIAPR Katile Davis, 13, BRANT
2:34.20 OUVIAPR Katile Davis, 13, BRANT
2:34.20 OUVIAPR Cheevister, 13, BRANT
                                                       2:34.96 DIVIAPR Katle Davis,14,BRANT
2:34.93 DIVIAPR Chantelle Lonsdale,13,WAC
2:34.42 CDSCAPR Kayla Rawlings,13,PSW
2:34.49 POCUPFEB Andrea Zarins,14,NKB
EKIAPR Carol Starratt,13,CASC
2:34.95 USAJAN Thea Norton,14,0SC
2:35.50 DIVIZAPR Roberta Gillespie,14,PERTH
2:35.20 DIVIZAPR Roberta Gillespie,14,PERTH
2:35.20 DIVIZAPR Withinay Pich 13,1SC
   15
16
17
   18
19
                                                              2:35.30 DDIVZAPR Whitney Rich, 13,ISS
2:35.99 RAPIDJAN Genevieve Poirier-Leroy,13,NRST
2:36.05 PQCUPFEB Myriam Roy-L'Ecuyer,13,CNB
2:36.12 MMAPR Landice Yestrau,13,MM
400 METRES IND.MEDLEY
Rec: 4:52.35 Joanne Malar,HWAC,90
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.52.35 Joanne Mailar, HWAC, 90 507.93 CANLCMAR Kelly Timmons, 14,0SC-UA 5:14.21 CDSCAPR Anne Schmuck, 13,PSW 5:17.51 HTACAPR Bevan Haley, 13,WTSC 5:17.72 CANLC CMAR Michelle Mange, 14,PDSA 5:17.83 ODIV/2APR Emily Gillespie, 13,PERTH DIVAZAR Etiling Gilespie, 15,7ERTH POIMAY Allyson Germain, 14,UL ISAPR Stephanie Bigelow, 14,IS ODIVTAPR Katie Davis, 14, BRANT POIMAY Caitlin Babb, 14, DDO ODIV3APR Kristin McIroy, 14,MMST UCSAJAN Thea Norton, 14,OSC COSCADS Schapped McKett 14, DDS 5:19.52 5:22.10 5:24.39 5:24.89 UCSAJAN Thea Norton,14,0SC CDSCAPR Shannon Hacket,11,4,PDSA RAPIDARP Bittlany Relimer,13,SKSC CDSCAPR Kayla Rawlings,13,PSW TORLCJAN Elyse Dudar,14,MSSAC-TO EKIAPR Avery Kremer,14,OSC ISAPR Kelsey Rush,14,RAYS ISAPR Genevieve Poriter-Leroy,14,NRST RAPIDJAN Courtenay Mulhern,14,PSW ODIV1APR Brittney Scott,14,ROW POIMAY Jasmine Kastner,13,DDO RAPIDJAN Valerie Pomaizl,14,NRST TORI CJAN Blair Holmes,14,CORRA 5.25.82 14 15 16 17 5:26.14 5:26.62 5:26.73 5:26.81 5:26.91 5:27.43 20 5.27.85 5:28.11 5:29.64 TORLCJAN Blair Holmes,14,COBRA RAPIDAPR Amanda Bell,13,SPART 5-30.27 ODIV1APR Allison Bennett, 14.NYAC

4X50 MEDLEY RELAY
Rec: 2:02.81 Etobicoke Swimming,ETOB,97
1 2:07.54 PQIMAY Montreal Aquatic (DDICKE SWIMMING, ETOB, 7)

POIMAY Monfreal Aquatique, CAMO

EKIAPR Olympian Swim Club, OSC

EKIAPR Pacific Dolphins, PDSA

POIMAY Dollard Swim Team, DDO

UCSAJAN Edmonton Keyano, EKSC

ODIV3APR Markham AC, MAC 2:10.34 2:11.91 ODIV1APR Nepean Kanata,NKB PQIMAY Univ.Laval Rouge & Or,UL ODIV3APR Milton Marlins,MMST 2:12.78

ODIV1APR Uxbridge SC,USC ODIV1APR North York AC,NYAC MMAPR Manitoba Marlins MM 12 13 14 15 16 17 MMAPR Manitoba Marins, MM
POIMAY Pointe Claire SC, PCSC
EKIAPR Silver Tide SC, STSC
ODIV1APR Chatham Y, CYPS
ODIV1APR Toronto Swim Club, TSC
POIMAY CN Outaouais, CNO 2.14.61 2:14.63 ODIV1APR Region of Waterloo,ROW UCSAJAN Glencoe Gators,GLEN UCSAJAN Univ.of Calgary SC,UCSC 2:15.03

ODIV1APR Tillsonburg AT,TAT MMAPR Manta Swim Club,MANTA 23 EKIAPR Etobicoke Swimming, ESWIM 2:15.23 POIIAPR CN Beauport, CNCB POIMAY Samak de Brossard, SAMAK 4X50 FREE RELAY

EKIAPR Pacific Dolphins, PDSA ODIV1APR Barrie Trojans, BTSC 1.58 93 1:59.00 UCSAJAN Edmonton Kevano EKSC

ODIV1APR Nepean Kanata,NKB EKIAPR Elobicoke Swimming,ESWIM ODIV1APR Brantford AC,BRANT 1:59.63 ODIVIAPR Brantford AC, BRANI
ODIVIAPR Uxbridge SC, USC
EKIAPR Univ. of Calgary SC, UCSC
EKIAPR Silver Tide SC, STSC
POIMAY Dollard Swim Team, DDO
ODIVIAPR Cambridge Aquajets, CAJ
ODIVIAPR Markham AC, MAC 1:59.65 1:59.73 18 19 1.59 77 1.59 77 1:59.89 2:00.00 2:00.30 2:00.33 PQIMAY CN Outaouais, CNO ODIV3APR Milton Marlins, MMST

2:18.88

RRankings for the period (results received) January 1,2001 to April 30, 2001 Financially supported by Swimming Natation Canada Compiled by SWIMNEWS

# 2001 LONG COURSE TAG.

# BOYS 13-14

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50 METRES FREESTYLE
Rec: 23.97 Kurtis Miller, SCAR, 0
1 25.23 PQIMAY Vincent Boulanger-M., 14, CSQ.
                                            POINVAPY VIII.CERII BOURININE IVII., 14, USU

ODIV2APR Matteo Di Paolo, 14, VAC

ODIV2APR Brannyn Hale, 14, NBYT

ODIV2APR Jeff Byrne, 13, SSMAC

POIMAY Octavian Peter, 14, CAMO

ODIV3APR Adam MacWilliam, 14, MAKOS
                                            DAVISMAR Julian Cino,14,HWAC
ODIV2APR Steven Posthumus,13,TBT-NWO
EKIAPR Darren Tso,14,LASC
                                            ODIV3APR Jonathan Peace-Hall,14,RISC
EKIAPR Michael Smela,14,LASER
POIMAY David Milot,13,PCSC
                       26.96
                       26.98
                                            POIMAY DAVID MIIOI, 13,PCSC
POIMAY Wesley Newman,14,DDO
DAVISMAR James San Pedro, 14,OAK
DAVISMAR Marco Monaco,14,OAK
DAVISMAR Aaron Donst,14,HWAC
CNOAPR Sean Dawson,13,GO
                                              POIIAPR Alex Agostino,14,LAVAL
RAPIDJAN Jackson Wang,13,DELTA
EKIAPR Lee Grant,13,UCSC
                       27 22
                                             EXIAPR Lee Grant, 13,UCSC
CDSCAPR Dan Minster,14,PDSA
EXIAPR Thomas Seibel,14,GOLD
CDSCAPR Tommy Yi,14,GATOR
POIIIMAY Etienne Brillant,13,CNDR
DAVISMAR FranK Myslik,14,CYPS
                       27.38
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100 METRES ERFESTYLE 
 100 METRES FRESTYLE

 Rec: 52.91 Yannick Lupien, CAGRA, 94

 1
 56.48 POIMAY Vincent Boulanger-M., 14, CSQ

 2
 57.27 ODIVZAPR Matteo Di Paolo, 14, VAC

 3
 57.47 POIMAY Marc Laliberte, 14, UL

 4
 57.85 ODIV1APR Misha Vujaklija, 14, NYAC
 ODIV2APR Dave Spencer,14,GGST PQIMAY Wesley Newman,14,DDO EKIAPR Darren Tso,14,LASC 58.49 EKIAPR Daffen 1SQ, 14,LASC CNOAPR Sean Dawson, 13, GO ODIV2APR Jeff Byrne, 13,SSMAC CNOAPR Andrej Lenert, 14, INDA EKIAPR JenS Cuthbert, 14, PDSA ODIV3APR Adam MacWilliam, 14, MAKOS 58.60 ODIV2APR Christian Carl,13,TBT-NWO EKIAPR Jim Judiesch,14,CASC ODIV3APR Stephen Louli,13,MAC 59 18 59.31 EKIAPR Pascal Wollach,13,CASC 59.44 DAVISMAR Aaron Donst,14,HWAC 59.46 PQIIAPR Samuel Chartrand,13,ELITE 59.46 ODIV3APR Michael Allain,14,BST EKIAPR Gavin D'Amico,13,EKSC 59 51 EKIAPR Lee Grant, 13, UCSC
POCUPFEB Philippe Drolet, 14, SAMAK
ODIV1APR Frank Myslik, 14, CYPS 59 68 59.77 59.79 CDSCAPR Dan Minster 14 PDSA 25 59.79 ODIV1APR Hans Fracke, 14, USC 200 METRES FREESTYLE

METRES FREESTYLE

155.97 Brian Johns, RACER, 97

2:04.09 POIMAY Vincent Boulanger-M., 14, CSQ

2:05.54 ODIV2APR Buddy Green, 14, LUSC

2:06.11 EKIAPR Jens Cuthbert, 14, PDSA

2:06.96 ODIV2APR Dave Spencer, 14, GGST

2:08.24 POIIAPR Samuel Chartrand, 13, ELITE

2:08.65 RAPIDJAN James Mont, 14, PDSA CDSCAPR Sebastian Salas,14,PDSA EKIAPR Alexander Love,13,ROD ISAPR Richard Alexander,14,IS 2.08 99 2:09.68 SAPR RICHARD AIEXANDEY, 14,1S PQIMAY Wesley Newman, 14,DDO ODIV1APR Hans Fracke, 14,USC EKIAPR Gavin D'Amico, 13,EKSC ODIV3APR Stephen Louli, 13,MAC POIMAY Aubert Lachance-F, 13, UL 2.09 71 2:09.78 2:10.69 UCSAJAN Braden O'Neill 13.0SC 2.11 44 PGBAPR Alex Sherwood,14,KCS ODIV2APR Francesco Agueci,14,VAC 2:11.64 UCSAJAN Stats Tserkovny, 14, UCSC UCSAJAN Stats Tserkovny, 14, UCSC EKIAPR Jesse Lund, 13, EKSC ODIVIAPR Kyle Pittman, 14, GO ODIVZAPR Christian Carl, 13, TBT-NWO CDSCAPR Brad Reid, 14, HYACK 2:11.83 ODIV1APR Kyle Svara,14,CHAMP 2:11.84 ODIV1APR Andrew Cheung,14,WAC

400 METRES FREESTYLE Rec: 4:05.63 Jamie Stevens MANTA 89 ODIVZAPR Buddy Green,14,LUSC EKIAPR Jens Cuthbert,14,PDSA PQIMAY David Provencher-F,14,GAMIN ODIVZAPR Dave Spencer,14,GGST 4:25.93 4:27.04 4.29 31 4:29.66 RAPID JAN James Monk 14 PDSA RAPIDJAN Jallies Wolfk, 14,195A POIMAY Phillip Brassard-G., 14,DDO RAPIDJAN Simon Wing, 14,PSW CDSCAPR Brad Reid, 14,HYACK ISAPR Richard Alexander, 14,IS 4:33.89 4:34.39 4:36.59 PGBAPR Alex Sherwood,14,KCS CDSCAPR Ray Betuzzi,13,PDSA PQIMAY Aubert Lachance-F.,13,UL 4:37.40 4:40.11 4:40.25 CDSCAPR Andrew Wagner,14,PDSA
ODIV2APR Anthony Orazietti,14,SSMAC 4:40.42 ODIV3APR Stephen Louli,13,MAC EKIAPR Michael Smela,14,LASER UCSAJAN Braden O'Neill,13,OSC 4.40.67 4:40.95 EKIAPR Gavin D'Amico,13,EKSC CDSCAPR Matthew Sze,13,PDSA 4:41.90 ODIVZAPR Sean Alexander,13,TD 4:41.91 ODIVZAPR Christian Carl,13,TBT-NWO 4:42.69 DAVISMAR Aaron Donst,14,HWAC 4:42.90 DAVISMAR Brandon Holden,13,HWAC 4:43.08 CDSCAPR Kris Yap-Chung,13,HYACK ODIV3APR Max Kwok,14,MAC 4.43.41 1500 METRES FREESTYLE Rec: 16:00.93 Alex Baumann, LUSC, 79

AIEX Baumann, LUSC, /9

EKIAPR Jens Cuthbert,14,PDSA

POIMAY Philip Brassard-G.,14,DDO

CDSCAPR Brad Reid,14,HYACK

ISAPR Richard Alexander,14,IS

POIMAY David Provencher-F,14,GAMIN 17:46.53 17:52.41 17:55.52 18:09.67 18:13.25 18:13.99 18:17.18 CDSCAPR Leonard Ho,13,HYACK EKIAPR Alexander Love,13,ROD EKIAPR Alexandra Love, 13, KOD EKIAPR Gavin D'Amico, 13, EKSC ISAPR Derek Westra-Luney, 14, IS EKIAPR Jesse Lund, 13, EKSC HTACAPR Chris Dever, 14, TIDE 18:22.04 18:34.51 18:41.99 18:45.42 18:51.11 EKIAPR Tyler Burton,13,FMSC ISAPR Ryan Clouston,13,IS 18:52 56 POIMAY Maximilian Leger,14,CAMO CDSCAPR Travis Redpath,12,PDSA EKIAPR Tyson Larone,13,EKSC EKIAPR Jayme Hagen,13,OSC HTACAPR Mathieu Bouchard,13,AQUA 18:56.97 18:57.86 18:58.19 18:58 20 100 METRES BACKSTROKE

58.92 Tobias Oriwol,ESWIM,0 1:04.96 ODIV3APR Michael Allain,14,BST 1:05.29 DAVISMAR Aaron Donst,14,HWAC 1:05.33 PQIMAY Wesley Newman,14,DDO PUINAT WESTEY NEWHAIT, 14, IDDU CNOAPR Andrej Lenert, 14, INKB POIMAY Vincent Boulanger-M., 14, CSO EKIAPR Eric Gendron, 14, KSC-BRSA UCSAJAN Kyle Sorrenti, 14, GLEN ODIVTAPR Colin Ackroyd, 14, SCAR 1.05.70 1:05.78 1:05.80 1.06.04 1:06.12 EKIAPR Pascal Wollach, 13, CASC ODIV2APR Steven Posthumus, 13, TBT-NWO ODIV1APR Hans Fracke, 14, USC 1:06.57 1:06.66 1:06.72 POIIAPR Felix Renaud, 13, CNB POIIAPR Alex Desilets, 13, MEGO 1:06.90 1:07.05 1:07.34 PGBAPR Alex Sherwood 14 KCS 1:07.47 1:07.83 ODIV2APR Dave Spencer,14,GGST TORLCJAN Marco Monaco,14,OAK EKIAPR Lee Grant, 13, UCSC CNOAPR Richard Shih, 12, NYAC 1:07.94 EKIAPR John Lapins,13,EXST PQIIIMAY Jean-P Martin,14,DYNAM ISAPR Richard Alexander,14,IS

1.07 98

1:08.21

1.08.31

1:08.52

23 24

UCSAJAN Tyler Dahlseide,14,LEDUC ODIV1APR David Arcand,13,GO 24 1:08.63 200 METRES BACKSTROKE 2:22.76 2:22.81 PGBAPR Alex Sherwood,14,KCS PQIMAY Wesley Newman,14,DDO 2:22.85 DAVISMAR Aaron Donst.14.HWAC CNOAPR Andrej Lenert,14,NKB ODIV2APR Dave Spencer,14,GGST 2:23.01 2:23.17 2:23.91 2:24.11 ODIV3APR Michael Allain,14,BST TORLCJAN Marco Monaco,14,OAK 2:24.58 POIMAY Richard 7ieba 13 PCSC PQIIAPR Alex Desilets, 13,MEGO UCSAJAN Kyle Sorrenti, 14,GLEN

EKIAPR Alexander Love,13,ROD PQIMAY Richard Zieba,13,PCSC

2:25.03 CSAJAN Kyle Sorreni, 14,GLEN
EKIAPR Pascal Wollach, 13,CASC
ODIV1APR Colin Ackroyd, 14,SCAR
POIIIMAY Jean-P Martin, 14,DYNAM
POIIIMAY Etienne Lavallee, 13,EXCEL
EKIAPR John Lapins, 13,EXST 2:25.06 2:25.43 2:25.44 2:26.55 2:27.59 ODIV2APR Sean Alexander,13,TD ODIV2APR Steven Posthumus,13,TBT-NWO ODIV1APR Kyle Pittman,14,GO
CNOAPR Richard Shih,12,NYAC
ODIV1APR Brandon Connerty,14,BRANT
ODIV1APR Stephen Malinas,13,NYAC 2-27.73 2:28.33

Rec: 1:04.53 Matthew Huang, PDSA, 99
1 1:12.04 EKIAPR Rodale Estor, 13, CASC
2 1:12.29 DAVISMAR Marco Monaco, 14, OAK ODIV1APR Misha Vujaklija,14,NYAC PQIMAY Marc Laliberte,14,UL ODIV1APR Alex Olsen,14,SCAR DAVISMAR James San Pedro,14,OAK PQIMAY Max Dumont,12,REG 1:14.25 1:14.57 1:15.18 1:15.37 ODIV3APR Jamie Ross,12,AUROR EKIAPR Michael Smela,14,LASER ODIV3APR Daniel Vollmer,14,AAC ODIV1APR Andrew Cheung,14,WAC ODIV3APR Adam Dunn,14,AAC 10 11 1:16.23 12 13 14 ODIV3APR Adam Dunn,14,AAC
CDSCAPR Leonard Ho.13,HYACK
ODIV2APR Brannyn Hale,14,NBYT
ODIV3APR Adam Sapelak,14,WAAC
EKIAPR Edward Quinlan,14,PDSA
POIMAY Zachary Glassman,14,CAMO
ODIV1APR Jonathan Cagulat,13,CHAMP
ODIV2APR Matteo DI Paolo,14,VAC 1:16.24 1:16.36 1:16.72 15 16 17 1:16.90 1:16.91 1:16.93 EKIAPR Sean Armstrong,14,EKSC POIMAY Marc-A. Duchesneau,13,CAMO ODIV1APR Geoff Wyatt,14,CHAMP 20 21 1:16.95 22 1:17.42 23 24 1:17.89 1:18.14 EKIAPR Brody Fowler,14,LASER PQIIIMAY Jean-S. Despatie,14,ENC 1.18 16 EKIAPR Andrew Malawski,14,ROD 200 METRES BREASTSTROKE | 200 WETRES BREASTSTRUKE | Rec: 2:19.95 Matthew Huang, PDSA, 99 | 2:36.14 DAVISMAR Marco Monaco, 14, OAK | 2:239.37 | EKIAPR Rodale Estor, 13, CASC | 3:239.80 | ODIV1APR Misha Vujaklija, 14, NYAC | 4:240.26 DAVISMAR James San Pedro, 14, OAK | 5:240.50 | POIMAY David Provencher F, 14, GAMIN

EKIAPR Edward Quinlan,14,PDSA PQIMAY Marc Laliberte,14,UL 2:41.61 2:41.64 2:42.18 2:42.29 PQIMAY Zachary Glassman,14,CAMO ODIV1APR Alex Olsen,14,SCAR 10 POIMAY Max Dumont.12.REG 2:42.55 2:43.34 2:44.65 RYMMMAR Michael Smela,14,LASER ODIV3APR Jamie Ross,12,AUROR ODIV1APR Andrew Cheung,14,WAC CDSCAPR Leonard Ho,13,HYACK 2.45 02 POIIIMAY Jean-S. Despatie,14,ENC ODIV3APR Adam Dunn,14,AAC PQIMAY Marc-A. Duchesneau,13,CAMO 2:46.23 15 16 17 18 2:46.80 2:46.96 2:47.06 ODIV1APR Jonathan Caguiat,13,CHAMP ODIV3APR Adam Sapelak,14,WAAC 2:47.12 2:47.19 CDSCAPR Sebastian Salas 14 PDSA 20 EKIAPR Andrew Malawski,14,POSA EKIAPR Andrew Malawski,14,ROD EKIAPR Sean Armstrong,14,EKSC ODIV2APR Jeremy Doner,13,ROC POIIIIMAY Etienne Lavallee,13,EXCEL 2:48.09 2:48.59 21 22 2:49.18 2:49.31 23 24 2.49 55 ODIV1APR Kyle Palfrey,13,SCAR

100 METRES BUTTERFLY
Rec: 57.45 Philip Weiss, SKSC, 94 IIII) Weiss,SASC,Y POIMAY David Milot,13,PCSC ODIV2APR Jeff Byrne,13,SSMAC POIMAY Maximilian Leger,14,CAMO ODIV2APR Nathan Ferguson,14,EBSC DAVISMAR Marco Monaco,14,OAK 1.01 23 1:03.56

1:04.06 EKIAPR Tyson Larone,13,EKSC POIIAPR Samuel Chartrand,13,ELITE POIIAPR Felix Renaud,13,CNB 1.04 47 1:04.56 1:04.89 1:05.50 1:05.54 CDSCAPR Simon Wing,14,PSW PQIIAPR Alex Agostino,14,LAVAL ODIV2APR Francesco Agueci,14,VAC CDSCAPR Edward Quinlan,14,PDSA 1:05.71 1.05 91 POIMAY Octavian Petre 14 CAMO CDSCAPR Dan Minster,14,PDSA MMAPR Chris Jones,14,MANTA 1:05.94 1:06.14 1:06.19 1:06.27 EKIAPR Kris Yap-Chung,13,HYACK EKIAPR Justin Allen,13,EKSC

1:06.35 1:06.47 DAVISMAR Julian Cino,14,HWAC ODIV2APR Matteo Di Paolo,14,VAC EKIAPR Jens Cuthbert.14.PDSA 1:06.47 EKIAPR Matt Derochie,14,KSC-BRSA POIIIMAY Steven Marcoux,14,EXCEL ODIV3APR Adam MacWilliam,14,MAKOS 1:06.51 1:06.69 1:06.75 HTACAPR Brad Feicht,14,TIDE PQIIAPR Pierre-Luc Leblanc,12,ELITE

PQIMAY David Milot, 13, PCSC

200 METRES BUTTERFLY Rec: 2:05.20 Philip Weiss, SKSC, 94 2.21 19

8 9 10

13

14 15

18 19

20 21

22 23

12 13

2:29.12 2:29.54

2:30.34 2:30.37

2:30.81

EKIAPR Tyson Larone,13,EKSC EKIAPR Jens Cuthbert,14,PDSA 2:21.26 2:21.91 2:21.91 2:21.94 PQIMAY Philip Brassard-G.,14,DDO CDSCAPR Simon Wing,14,PSW POIMAY Maximilian Leger,14,CAMO ODIV1APR Bryce Tung,14,TSC ODIV1APR Zachary Hurd,14,BTSC 2:22.09 2:22.82 ODIVIAPR Zachary Hurd, 14,815C ODIVZAPR Jeff Byrne,13,SSMAC ODIVZAPR Nathan Ferguson,14,EBSC EKIAPR Kris Yap-Chung,13,HYACK EKIAPR Edward Quinlan,14,PDSA DAVISMAR Marco Monaco,14,OAK 2:23.03 10 11 2:23.46 2:26.01 2:26.02 2:26.42 ODIV1APR Brent Charlton,14,TAT RAPIDJAN James Monk,14,PDSA PQIIAPR Felix Renaud,13,CNB 2:26.67 2:27.16 16 17 18 2:27.25 ODIV1APR Kyle Palfrey,13,SCAR CDSCAPR Leonard Ho,13,HYACK 2:27.43 2:27.48

ODIV2APR Buddy Green,14,LUSC ODIV2APR Francesco Agueci,14,VAC

EKIAPR Justin Allen,13,EKSC EKIAPR Alexander Love,13,ROD

POIIMAY Frienne Lavallee 13 FXCFL

2:31.63 CDSCAPR Dan Minster,14,PDSA 2:32.00 PQCUPFEB Philippe Drolet,14,SAMAK 200 METRES IND.MEDLEY Rec: 2:09.65 Tobias Oriwol,ESWIM,0 2:19.78 DAVISMAR Marco Monaco,14,0AK 2:22.12 POIMAY David Provencher-F,14,GAMIN POIMAY Marc Laliberte,14,UL POIMAY Philip Brassard-G.,14,DDO EKIAPR Alexander Love,13,ROD 2:23.31 2:25.33 2:25.57 2:25.37 EXAPAR ALEXANDER LOVE, 1.5, KUD 2:25.72 ISAPR Richard Alexander, 14, IS 2:25.86 CDSCAPR Simon Wing, 14, PSW 2:26.01 EXCAPR Matt Derochie, 14, KSC-BRSA 2:26.02 CDSCAPR Andrew Wagner, 14, PDSA 2:26.07 RYMMMAR Michael Smela, 14, LASER ODIV1APR Brandon Connerty,14,BRANT ODIV1APR Alex Olsen,14,SCAR 2:26.95 CNOAPR Andrej Lenert,14,NKB ODIV1APR Kyle Palfrey,13,SCAR EKIAPR Braden O'Neill,14,OSC 2:27.22 2:27.33

2:27.54 2:27.87 ODIV2APR Brannyn Hale,14,NBYT CDSCAPR Leonard Ho,13,HYACK 2:27.88 2:27.96 ODIV2APR Francesco Agueci,14,VAC EKIAPR Tyson Larone,13,EKSC EKIAPR Pascal Wollach,13,CASC 18 19 20 2:28.34 2:28.48 2:28.70 EKIAPR Rodale Estor,13,CASC ODIV3APR Adam MacWilliam,14,MAKOS ODIV1APR Bryce Tung,14,TSC CDSCAPR Dan Minster,14,PDSA UCSAJAN Kyle Sorrenti,14,GLEN 2.28 77 400 METRES IND. MEDLEY

400 METRES IND. MEDLEY REC: 432.97 Tobias Oriwol, ESWIM, 0 1 4:55.57 DAVISMAR Marco Monaco, 14, OAK 2 4:57.47 POIMAY David Provencher-F, 14, GAMIN 3 502.99 ODIV1APR David Hughes, 14, ROW 5:05.59 5:06.13 CDSCAPR Simon Wing,14,PSW PQIMAY Philip Brassard-G.,14,DDO PUIMAY Philip Brassard-G.,14,DDO CDSCARP, JenS Cultbert,14,PDSA ODIV2APR, Jeff Byrne,13,SSMAC ODIV1APR, Bryce Tung,14,TSC ODIV1APR, Brandon Connerty,14,BRANT ODIV1APR Colin Ackroyd,14,SCAR CDSCARP, Sebastian Salas,14,PDSA POIMAY Marc Laliberte,14,UL CDSCARP, Bandrew Wagner,14 DPSA 5:07.17 5:08.37 9 10 5:08.40 5:09.13 5:11.04

CDSCAPR Andrew Wagner,14,PDSA EKIAPR Alexander Love,13,ROD EKIAPR Matt Derochie,14,KSC-BRSA 5:12.27 13 14 15 16 5:15.25 5:16.37 ODIV2APR Buddy Green,14,LUSC POIMAY Zachary Glassman,14,CAMO UCSAJAN Braden O'Neill,13,OSC 5:16.87 5:17.46 5:18.13 ODIV1APR Kyle Palfrey,13,SCAR ODIV1APR Matthew Pariselli,13,NYAC 5.18.63

PQIMAY Richard Zieba, 13, PCSC 4X50 MEDLEY RELAY 4AOU MIELLEY RELAY
REC: 1:54.59 Etobicoke Swimming,ESWIM,98
1 2:01.44 ODIYIAPR North York AC,NYAC
2 2:01.78 EKIAPR Cascade Swim Club,CASC 2.03.08 PQIMAY Pointe Claire SC,PCSC PQIMAY Dollard Swim Team,DDO 2:03.39 2:03.60

PUIMAY Dollard Swim Leam, IDD UCSALAN Edmonton Keyano, EKSC ODIV1APR Scarborough SC, SCAR EKIAPR Calgary Killarney, KSC POIMAY Montreal Aquatique, CAMO ODIV1APR Glouc-Ottawa Kingfish, GO POIMAY CS Quebec, CSQ ODIV2APR Ernestown Barracudas, EBSC POIMAY Univ. Laval Rouge & OT, UL CONVIADR PERMITS AND CREATER AND CONTRACTOR OF THE CONVIADRA PROMETER AND CREATER AND CONTRACTOR OF THE CONTRAC 2:04.28 2:05 41 2:05.74 10 2:06.11 2:07.05 2:07.10 2:07.26 2:07.83 ODIV1APR Brantford AC, BRANT ODIV3APR Markham AC, MAC ODIV1APR Guelph Marlin AC,GMAC 2.08.30 16 17

2:08.40 ODIVTAPR Gueiph Marin AC, SMAC 2:08.40 ODIVTAPR Toronto Champs, CHAMP 2:08.50 ODIVZAPR Thunder Bay, TBT-NWO 2:08.50 EKIAPR Univ. of Calgary SC, UCSC 2:09.47 RYMMMAR Saskatoon Lasers, LASER PQIIAPR Megophias Trois Rivieres, MEGO ODIV1APR Richmond Hill AC, RHAC 20 21 2:09.62 POJJAPR Longueuil, ELITE 2:10.42 MMAPR Manta Swim Club,MANTA
ODIV2APR Vaughan AC,VAC
ISAPR Island Swimming,IS 2:10.81 2:11.05

4X50 FREE RELAY

23

 
 4X50 FREE RELAY

 Rec: 1:42.23 Elobicoke Swimming,ESWIM,98

 1
 1:49.01 ODIVTAPR North York AC,NYAC

 2
 1:50.04 POIIMAY Montreal Aquatique,CAMO

 3
 1:50.38 POIIMAY Dollard Swim Team,DDO

 4
 1:51.23 EKIAPR Edmonton Keyano,EKSC

 5
 1:51.31 EKIAPR Cascade Swim Club,CASC
 ODIV1APR Toronto Champs,CHAMP PQIMAY Univ.Laval Rouge & Or,UL 1:51.79 1:52.06 1:52.37 1.52.88

POIMAY Univ. Lavat Rouge & Or, UL
ODIV1APR Brantford AC, BRANT
ODIV1APR Scarborough SC, SCAR
POIIAPR Longueuil, ELITE
POIMAY Pointe Claire SC, PCSC
ODIV1APR Glouc-Ottawa Kingfish, GO
ODIV2APR Vaughan AC, VAC
EKIAPR Univ. of Calgary SC, UCSC
ODIV2APR Thunder Bay, TST-NWO
ODIV1APR Richmond Hill AC, RHAC
EKIAPR Calgary Killarney, KSC
EKIAPR Saskatoon Goldfins, GOLD
POIMAY Samak de Brossard, SAMAK
POIMAY CS Quebec, CSO
POIIAPR MEAODHIS TOTOS RIVIERS MET 1:53.50 1:53.53 1:54.39 14 15 1:54.46 1:54.62 1.54 64 1:54.78

20 1:55.75 1:55.76 POIIAPR Megophias Trois Rivieres,MEGO EKIAPR Saskatoon Lasers,LASER ODIV2APR Ernestown Barracudas, EBSC ODIV1APR Toronto Swim Club, TSC 1.55 91 1.56.38 ODIV3APR Markham AC MAC

Rankings for the period (results received) January 1,2001 to April 30, 2001 Financially supported by Swimming Natation Canada Compiled by SWIMNEWS

# 2001 LONG COURSE TAG®

# **GIRLS** 15-17

50 METRES FREESTYLE Rec: 25.92 Laura Nicholls,ROW,96 1 26.39 CANLCMAR Laura Pomeroy,17,0AK-TO 26.64 CANLCMAR Jenna Gresdal, 16, ESWIM 26.93 CANLCMAR Jennifer Porenta, 15, MMST-TO 2033 CANLOLIMA Jetline Forelia, 15,0M037-27:00 POIMAY Audrey Lacroix, 17,CAMO 27:25 CANLCMAR Erin Kardash, 15,MM 27:29 POCUPFE Victoria Poon, 16,CALAC 27:29 CANLCMAR Jessie Bradshaw, 16, UCSA 27:50 CANLCMAR Diane Kardash, 15,MM 27:55 SYDNJAN Elizabeth Wycliffe, 17,EBSC 27.61 CANL CMAR Stephanie Kuhn,15,TMSC-NWO 27.64 MMAPR Jennifer Toogood,16,MM 27.73 TORLCJAN Kate Plyley,15,OAK-TO 27.73 CANLCMAR Jennifer Beckberger, 15, AAC 27.73 CANLCMAR Jennifer Beckberger, 15, AAC 27.77 CANLCMAR Joanna McLean, 17, ESWIM 27.82 CANLCMAR Mila Zvijerac, 15, HYACK 27.88 CANLCMAR Heather Crowdis, 17, AAC 27.90 CANLCMAR Michaela Schmidt, 17, UCSA 13 14 15 16 17 18 19 20 27.97 ODIVZAPR Andrea Shoust, 15,SSMAC 27.99 EKIAPR Kari Pomerleau, 15,DEL MMAPR Elizabeth Cleven, 16,MM 28.05 POIMAY Sarah Gault, 15, DDO 28.12 CANLCMAR Jackie Garay, 17, TSC-TO 28.15 TORLCJAN Jackie Chan, 15, MSSAC-TO 21 22 23 24 28.16 TORLCJAN Leanna Lee,15,SCAR
28.18 PQIIAPR Marie-P. Blais,15,MEGO

# 100 METRES ERFESTYLE

| 100 METRES FREESTYLE | Rec: 56.61 Shannon Shakespeare,MM,94 | 57.40 CANLCMAR Laura Pomeroy,17,OAK-TO | 57.66 CANLCMAR Jenna Gresdal,16,ESWIM | 58.27 CANLCMAR Jennifer Porenta,15,MMST-TO | 4 58.40 CANLCMAR Erin Kardash,15,MM 58.89 CANLCMAR Jessie Bradshaw,16, UCSA 59.18 POIMAY Chanell Charron-W.,16, CNO 59.23 CANLCMAR Marieve De Blois,17,PPO 59.23 CANLCMAR Marieve De Biols, 17,PPO 59.23 CANLCMAR Elizabeth Wycliffe,17,EBSC 59.38 CANLCMAR Adriana Koc-Spadaro,17,PDSA 59.43 CANLCMAR Laura Grant, 16,UCSA 59.47 CANLCMAR Katherine Telfer, 16,ESWIM 59.58 CANLCMAR Am 9 10 11 12 13 14 15 59,76 CANLCMAR Isabelle Ascah-Coallier,17,CAMO 59,77 CANLCMAR Jennifer Beckberger,15,AAC 59,83 CANLCMAR Monica Wejman,16,ESWIM 59.83 CANLCMAR MONICA WEIJMAIN, 16, ESWIM 59.92 ODIVIAPR Jackie Garay, 17, TSC-TO 59.94 CANLCMAR Jaanna McLean, 17, ESWIM 10.000 CANLCMAR Diane Kardash, 15, IM 10.000 CANLCMAR Diane Kardash, 15, IM 10.023 CANLCMAR Francine Ling, 17, DELTA 18 19 20 21 22 23 1:00 25 CANLCMAR Flizabeth Cleven 16 MM 1:00.48 POCUPFEB Veronick Cullen,17,RCA 1:00.48 ODIV2APR Stephanie Kuhn,15,TMSC-NWO 24 1:00.53 CANLCMAR Orlagh O'Kelly, 15, EKSC-UA 25 1:00.54 EKIAPR Elizabeth Amer, 16, EKSC 200 METRES FREESTYLE

200 MERICES TREES TERES TO THE STREET TO THE STREET TREES TO THE STREET TREES | 20.6.2 CANLCMAR Marieve De Blois, 17, PPO |
2.07.40 ODIV1APR Jennifer Fraies, 17, ROW |
2.07.97 CANLCMAR Tamee Ebert, 17, PDSA |
2.08.10 CANLCMAR Meghan Brown, 17, PDSA |
2.08.50 CANLCMAR OBER DE PARCE, 17, MSSAC-TO |
2.08.50 CANLCMAR OBER DE PARCE, 17, MSSAC-TO |
2.08.51 CANLCMAR Deanna Stefanyshyn, 16, PDSA |
2.09.17 POJIMAY Chanell Charron-W., 16, CNO |
2.09.21 ODIV3APR Jennifer Porenta, 15, MMST-TO |
2.09.85 CANLCMAR Katherine Telfer, 16, ESWIM |
2.10.32 ABSRJAN Shawna Bothwell, 17, RDCSC |
2.10.33 PGCUPFEB Audrey Lacroix, 17, CAMO |
2.10.58 EKIAPR Allison Laidlow, 16, PDSA |
2.10.62 PGIJAPR Patricia Perreauti, 15, CNCB |
2.11.10.6 EKIAPR Orlagh O'Kelly, 15, EKSC-UA 10 11 12 13 14 15 2:11.06 EKIAPR Orlagh O'Kelly,15,EKSC-UA 2:11.09 EKIAPR Meghan Demchuk,17,ROD 2:11.25 CANLCMAR Jennifer Coombs,17,HYACK 2:11.32 MMAPR Erin Kardash,15,MM 2:11.45 ODIV1APR Chandra Engs,16,CAJ 2:11.70 CANLCMAR Monica Wejman,16,ESWIM 19 20 21 22 23 24 POIIAPR Veronick Cullen,17,RCA RAPIDJAN Amber Dykes,17,HYACK EKIAPR Taryn Lencoe, 15, PDSA PQIMAY Isabelle Ascah-Coallier, 17, CAMO 2:12.34

400 METRES FREESTYLE Rec: 4:14.45 Donna McGinnis,ESC,86 1 4:23.03 SYDNJAN Danielle Bell,17,IS 2 4:23.98 CANLCMAR Tamee Ebert,17,PDSA 4:26.68 POCUPFEB Karine Legault,22,PPO 4:28.09 PQIMAY Audrey Lacroix,17,CAMO 4:29.90 CANLCMAR Katherine Telfer,16,ESWIM 4:30.80 CANLCMAR Allison Laidlow,16,PDSA 4:31.16 ODIV2APR Rosie Meade,16,BOSC 4:31.65 CANLCMAR Meghan Brown,17,PDSA 4:31.76 CANLCMAR Cynthia Pearce,17,MSSAC-TO 4:32.45 CANLCMAR Elizabeth Wycliffe,17,EBSC 4:32.56 CANLCMAR Alicia Jobsé 17, MANTA
4:32.63 CANLCMAR Hayley Doody,15 LUCSA
4:32.99 CANLCMAR Sara McNally,16,EKSC-UA
4:33.20 CANLCMAR Taryn Lencoe, 15,PDSA
4:33.40 CANLCMAR Kathy Studa,15,ROW
4:33.40 CANLCMAR Kathy Studa,15,ROW
4:34.35 CANLCMAR Monica Wejman,16,ESWIM
4:34.55 CANLCMAR Monica Wejman,16,ESWIM
4:34.54 EKIAPR Deanna Stefanyshyn,16,PDSA
4:35.12 POCUPFEB Danielle Beland,16,GO
4:36.63 POCUPFEB Daniell Ebaland,16,GO
4:36.63 POLIMPEB Daniell Ebaland,16,GO
4:36.64 POLIMPEB Daniel Ebaland,16,GO 4:32.56 CANLCMAR Alicia Jobse 17 MANTA 18 19 20 21 22 23 24 4:37.62 HTACAPR Bevan Haley,13,WTSC 4:37.76 CANLCMAR Emily Carwithen,16,COMOX 4:37.77 RAPIDAPR Francine Ling,17,DELTA 4.38.45 PQIMAY Alex Lachance-F.16.UL 800 METRES FREESTYLE 8:39.19 Debbie Wurzburger, LYAC, 85 9:00.02 SYDNJAN Danielle Bell,17,IS 9:01.23 CANLCMAR Tamee Ebert,17,PDSA 9:13.26 CANLCMAR Taryn Lencoe,15,PDSA 9:19.37 POCUPFEB Joan Bernier,16,CNCB 9:19.43 EKIAPR Allison Laidlow,16,PDSA

9:19.43 EKIAPR Allison Laidlow,16,PDSA 9:19.99 CANLCMAR Danielle Beland, 16,GO 9:21.35 TORLCJAN Nathalie Lacoste,15,MSSAC-TO 9:21.38 CANLCMAR Alicia Jobse,17,MANTA 9:21.63 CANLCMAR Sara McNally,16,EKSC-UA 9:21.86 CANLCMAR Hayley Doody,15,UCSA 9:27.46 EKIAPR Deanna Stefanyshyn,16,PDSA 9:31.16 EKIAPR Anamay Pierse,17,EKSC-UA 9:32.53 POIMAY Annie Lizotte,17,UL 9:32.91 CANLCMAR Amber Dykes,17,HYACK 9:37.78 CANLCMAR FINI'Q Carwithen,16,COMOX 9:39.18 CANLCMAR Emily Carwithen,16,COMOX 9:38.32 CANLCMAR Kelsey Nemeth,15,AAC 9:39.13 PQIMAY Alex Lachance-F,16,UL 9:39.13 POIMAY Alex Lachance-F,16.UL 9:39.84 POCUPFEB Angela Sloan 15, PCSC 9:40.87 EKIAPR Meghan Demchuk,17,ROD 9:41.24 POCUPFEB Patricia Perrauli,15,CNCB 9:43.73 TORLCJAN Alana Murphy,16.ESWIM 9:45.17 EKIAPR Cynthia Gaifre,15,EKSC 9:46.29 EKIAPR Maria Breitkreutz,16,EKSC MINTES RACYSTONE

100 METRES BACKSTROKE 1:02.14 Kelly Stefanyshyn,PDSA,99 1:02.87 CANLCMAR Jennifer Fratesi,16,ROW 1:03.27 CANLCMAR Elizabeth Wycliffe, 17, EBSC 1:03.27 CANLCMAR Elizabeth Wycliffe, 17, EBSC 104.62 POCLIPFEB Jennifer Carroll, 19, CAMO 1:05.30 CANLCMAR Caitlin Meredith, 17, KCS 1:06.35 ODIV1APR Sheena Martin, 16, ROW 106.38 CANLCMAR Erin Kardsh, 15, MM 1:06.55 ODIV2APR Andrea Shoust, 15, SSMAC 106.60 ODIV1APR Amy Jacina, 17, GMAC 1:06.60 ODIV1APR Amy Jacina, 17, GMAC 1:06.69 CANLCMAR Amanda Gillespie, 16, MKB 1:06.82 ESWIMAPR Jenna Gresdal, 16,ESWIM 1:06.88 EKIAPR Hania Kubas, 15,EKSC-UA 1:06.90 CANLCMAR Amanda Leslie, 17,RAYS 1-06-90 CANLCMAR Amanda Leslie,17,RAYS
1-07.16 CANLCMAR Randi Beaulieu,15,MSSAC-TO
1:07.83 CANLCMAR Elizabeth Cleven,16,MM
1:07.87 CANLCMAR Elizabeth Cleven,16,MM
1:07.89 CANLCMAR Elizabeth Cleven,16,MM
1:07.90 CANLCMAR Atherine Telfer,16,ESWIM
1:07.94 CANLCMAR Tina Hoang,15,HYACK
1:07.94 CANLCMAR Tina Hoang,15,HYACK
1:07.94 CANLCMAR Tina Bradshaw,16,UCSA
1:08.42 CANLCMAR Allison Laidlow,16,PDSA
1:08.42 CANLCMAR Allison Laidlow,16,PDSA 1:08.54 CANLCMAR Joanna McLean,17,ESWIM 1:08.55 CANLCMAR Jennifer Esford,17,ROW 1:08.69 ABSRJAN Lynette Bayliss,15,UCSA

25 1:08.94 CANLCMAR Anna Szaflarski, 16, BROCK 200 METRES BACKSTROKE ILTRES BACKSTROKE :12.42 Jennifer Fratesi,ROW,1 2:12.42 SYDNJAN Jennifer Fratesi,16,ROW 2:15.06 CANLCMAR Elizabeth Wycliffe,17,EBSC 2:20.71 CANLCMAR Sheena Martin, 15,ROW 2:21.49 CANLCMAR Allison Laidlow,16,PDSA 2:22.10 CANLCMAR Amanda Gillespie,16,NKB 2:22.10 CANLCUMAR AMARIANG GHIESPIE, I, NING 2:22.14 O DIVIAPR Amy Jacina; 17.GMAC 2:22.53 CANLCMAR Shawna Bothwell, 17, RDCSC 2:23.03 CANLCMAR Amanda Leslie, 17, RAYS 2:23.66 CANLCMAR Cattlin Meredith, 17, KCS 2:23.75 CANLCMAR Hania Kubas, 15, EKSC-UA 2:24.09 CANLCMAR Katherine Telfer,16,ESWIM 2:24.40 CANLCMAR Lynette Bayliss,15,UCSA 2:24.98 PQIMAY Chanell Charron-W.,16,CNO 2:24.98 POIIMAY Chanell Charron-W.1.6,CNO
2:25.96 CANLCMAR Anna Szaflarski,16,BROCK
2:26.26 CANLCMAR Jennifer Esford,17,ROW
2:26.06 CANLCMAR Stathy Siuda,1,5,ROW
2:26.92 HTACAPR Andrea Roberts,16,TCSC
2:27.19 ODIV2APR Andrea Shoust,15,SSMAC
2:27.43 MMAPR Cindy Jobes,15,MANTA
2:27.45 CANLCMAR Randi Beaulieu,15,MSSAC-TO
2:27.9 ODIV3APR Diane Volpe,17,YORK
2:28.36 POIIMAY Kayleigh Donovan,15,DDO
2:28.52 CANLCMAR Amber Dykes,17,HYACK
2:28.96 EKIAPR Erin Proul,15,EKSC-UA

2:29.16 RAPIDJAN Tina Hoang, 15, HYACK

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Rec: 1:08.86 Allison Higson,EPS,88
1 1:12.98 CANLCMAR Annamay Pierse,17,EKSC-UA
2 1:13.23 SYDNJAN Tamara Wagner,15,ROW
                                 1:14.79 CANI CMAR Heather Bell 17.BTSC
                               1:15.07 CANLCMAR Courtenay Chuy,15,HYACK
1:15.40 ODIV1APR Renee Hober,16,ROW
                               1:15.86 SYDNJAN Kristen Bradley, 17,NEW
1:15.87 CANLCMAR Meghan Demchuk, 17,ROD
1:16.12 CANLCMAR Ariane Kich, 17,GMAC
                            1:16.12 CANLCMAR Ariáne Kich,17,GMAC
1:16.18 EKIAPR Haylee Johnson,15,PDSA
1:16.19 ODIVTAPR Shayna Burns,17,CHAMP
1:16.29 CANLCMAR Shannon Kryhul,15,ROW
1:16.30 CANLCMAR Magan Sincialr,16,UCSA
1:16.36 CANLCMAR Joanna Lee,16,MSSAC-TO
1:16.63 CANLCMAR Kimberley Hirsch,15,STSC
1:16.63 CANLCMAR Fractine Ling,17,DELTA
1:16.64 CANLCMAR Fractine Ling,17,DELTA
1:16.69 CANLCMAR Marcy Edgecumbe,17,EKSC-UA
1:16.90 CANLCMAR Marcy Edgecumbe,17,EKSC-UA
1:16.90 CANLCMAR Marcy Edgecumbe,17,EKSC-UA
1:16.90 EKIAPR Mitra Chandler,17,HYACK
1:16.90 FOLIPFER Marieve De Blois, 17,PPO
   15
16
17
                              1-16.92 EKIAPR Miltra Chandler I./ H.YAU.A.
1-16.96 POCUPFEB Marieve De Blois,17,PPO
1-17.06 CANLCMAR Norah Vogan,16,GPP
1-17.76 ISAPR Jenny Lock,15,COMOX
1-17.78 CANLCMAR Julie Marcotte,17,UL
1-17.82 POIMAY Sarah Gault,15,DDO
1-17.86 ODIVSAPR Kathryn Chapman,17,MMST
**TDEC RIDGACTEROKE**
 22
25 I:17.80 UDIYAPIR Ralmryn Chapman, I7, MiNISI
200 METRES BREASTSTROKE
Rec: 2:27.27 Allison Higson,EPS,88
1 2:34.88 SYDUJAN Tamara Wagner,15,ROW
2 2:35.48 CANL CMAR Annamay Pierse,17,EKSC-UA
3 2:40.44 CANLCMAR Meagan Sinclair,16,UCSA
                              2:40.44 CANLCMAR wiegglan sinclair, In, UCS-
2:40.61 CANLCMAR Courlenay Chuy, 15, HYACK
2:41.41 SYDNJAN Kristen Bradley, 17, NEW
2:42.84 CANLCMAR Marcy Edgecumbe, 17, KESC-UA
2:43.90 CANLCMAR Marieve De Blois, 17, PPO
2:43.31 CANLCMAR Healther Bell, 17, BTSC
                            2-43.31 CANLCMAR Heather Bell, 17, BTSC
2-43.43 CANLCMAR Joanna Lee, 16, MSSAC-TO
2-43.75 ODIV2APR Genevieve Dack, 15, TBT-NWO
2-43.82 ODIV1APR Renee Hober, 16, ROW
2-43.92 CANLCMAR Genevieve Frappier, 17, CAMO
2-43.96 CANLCMAR Ariane Kich, 17, GMAC
2-44.42 CANLCMAR Shannon Kryhul, 15, ROW
2-44.58 EKJAPR Mitra Chandler, 17, HYACK
2-44.63 CANLCMAR Norah Vogan, 16, GPP
2-45.30 EKJAPR Haylee Johnson, 15, PDSA
2-45.51 DOMAY Michaline Duffour, 15, LIL
   11
12
   14
   15
16
17
                               2:45.51 PQIMAY Micheline Dufour,15,UL
2:45.85 CANLCMAR Kimberley Hirsch,15,STSC
                            2-43-95 CANILCIMAR KINIDERIES (115-15)
2-46-29 CANILCIMAR Julie Marcotte, 17, CSO
2-46-46 POIIMAY Sarah Gault, 15, DDO
2-46-54 ABSRJAN Emma Spooner, 17, UCSA-UC
2-46-91 ODIV3APR Kathryn Chapman, 17, MMST
2-46-98 CANLCIMAR Meghan Demchuk, 17, ROD
 20
 21
22
23
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2:47.86 ODIV1APR Danielle Gervais.16.NKB 100 METRES BUTTERFLY 1:01.22 Audrey Lacroix, CAMO, 0 1:01.36 SYDNJAN Jennifer Fratesi, 16, ROW 1:01.30 SYDIVAN JERNIHE FTBES, IG, ROW 1:01.41 CANLCMAR Audrey Lacroix, 17, CAMO 1:04.05 CANLCMAR Nancy Gajos, 16, ESWIM 1:04.17 CANLCMAR Michelle Landry, 16, PDSA 1:04.60 CANLCMAR Michaela Schmidt, 17, UCSA 1:04.64 CANLCMAR Islabelle Ascah-Coallier, 17, CAMO 1:05 13 CANLCMAR Jessie Bradshaw 16 LICSA 1:05.36 CANLCMAR Orlagh O'Kelly, 15, EKSC-UA 1:05.47 CANLCMAR Amanda Gillespie, 16, NKB 1:05.47 CANLCMAR Amanda Gillespie, I 6, NKB 1:05.52 POIMAY Valerie Trohlkayan, 16, DDO 1:05.65 CANLCMAR Meghan Brown, 17, PDSA 1:05.87 CANLCMAR Darcie Armstrong, 16, TAT 1:05.87 CANLCMAR Peniffe Graf.17, ROD 1:05.87 POIIAPR Joan Bernier, 16, CNCB 10 11 12 1:05.87 POIJAPR Joan Bernier, 16, CNCB 1:05.92 ODIV3APR Jennifer Porenta, 15, MMST-TO 1:06.02 POIJMAY Julia Guay-Racine, 15, CAMO 1:06.09 CANL CMAR Laura Grant, 16, UCSA 1:06.37 POIJAPR Chrystele Roy-l'Ecuyer, 16, CNB 1:06.38 POCUPFEB Veronick Cullen, 17, RCA 1:06.42 CANL CMAR Stephanie Kuhn, 15, TMSC-NWO 17 1:06.52 CANLCMAR Danielle Gudgeon,17,NYAC 1:06.52 CANLCMAR Danielle Beland,16,GO 1:06.53 ODIV3APR Heather Crowdis 17 AAC 23 1:06.54 ODIV3APR Maya Ziolkowski,16,YORK 1:06.54 PQIMAY Sarah Bartosh,16,PCSC 200 METRES BUTTERFLY

METRES BUTTERFLY
2:11.26 Jessica Deglau, PDSA, 98
2:12.48 CANLCMAR Audrey Lacroix, 17, CAMO
2:20.62 CANLCMAR Andrey Lacroix, 17, CAMO
2:20.62 CANLCMAR Minchel Schmidt, 17, UCSA
2:20.76 CANLCMAR Michelle Landry, 16, PDSA
2:20.78 POIMAY Alex Lachance-F, 16, UL
2:23.34 CANLCMAR Danielle Beland, 16, GO
2:24.04 POIMAP Langle Repire 16, CMCP. 2:23.62 CANLCMAR Danielle Beland, 16.G0
2:24.48 EKIAPR Meghan Demchuk, 17.ROD
2:24.52 CANLCMAR Cynthia Pearce, 17, MSSAC-TO
2:24.81 CANLCMAR Meghan Brown, 17, PDSA
2:24.94 CANLCMAR Meghan Brown, 17, PDSA
2:24.94 CANLCMAR Meghan Brown, 17, PDSA
2:24.94 CANLCMAR Meghan Brown, 17, PDSA
2:25.74 POIIAPR Veronick Cullen, 17, RCA
2:26.02 CANLCMAR Tilfany Vincent, 15, BRANT
2:26.53 EKIAPR Orlagh O'Kelly, 15, EKSC-UA
2:27.48 POIIMAY Sarah Bartosh, 16, PDSA
2:27.14 POIIMAY Sarah Bartosh, 16, PCSC 2.27 48 POIMAY Sarah Bartosh 16 PCSC POIIMAY Saria Bartosh, 16, PCSC POIMAY Julia Guay-Racine, 15, CAMO POIMAY Julia Guay-Racine, 15, CAMO ABSRJAN Brittney Kremer, 15, OSC EKIAPR Kristin Anstey, 16, STSC PQIMAY Milaine Gervais, 16, DDO 2:28.19 2:28.90 2:29.31 2:29.47 2:29.98

ISAPR Meaghan McColl,15,IS PQCUPFEB Chanell Charron-W.,16,CNO

12 13 14

2:30.58

Rec: 2:15.61 Nancy Sweetnam,LLSC,90
2:18.70 CANLCMAR Jennifer Fratesi,16,ROW
2:20.01 CANLCMAR Marieve De Blois,17,PPO 2:21.01 CANLCMAR Kristen Bradley,17,NEW 2:24.35 CANLCMAR Jennifer Coombs,17,HYACK 2:25.44 EKIAPR Annamay Pierse,17,EKSC-UA 2:25.44 EKIAPR Annamay Pierse, I / EKSC-1 2:26.07 CANLCMAR Milchelle Landry, 16, PDSA 2:26.11 EKIAPR Meghan Demchuk, 17, ROD 2:26.19 CANLCMAR Kathy Siuda, 15, ROW 2:26.45 CNOAPR Elizabeth Osterer, 15, NKB 2:26.71 CNOAPR Amanda Gillespie, 16, NKB 2:20.11 ESWIMAPR Jenna Gresdal, 16, ESWIM
2:27.59 CANL CMAR Genevieve Frappler, 17, CAMO
2:27.95 POCUPFEB Chanell Charron-W., 16, CNO
2:27.96 EKIAPR Allison Laidlow, 16, PDSA 2:27.96 EKIAPR Allison Laidlow,16,PDSA
2:28.00 ODIVTAPR Chandria Engs,16,CAJ
2:28.22 CANL CMAR Marcia Bryon,17,USC
2:28.36 ODIVZAPR Stephanie Kuhn,15,TMSC-NWO
2:28.47 CANL CMAR Shawna Bothwell,17,RDCSC
2:28.47 ODIVZAPR Jenier Porenta,15,MMST-TO
2:28.75 POIIMAY Alex Lachance-F,16,UL
2:28.86 POIIMAY Sarah Gault,15,DDO
2:28.97 ORIVINAM Marcy Engerupha 17,EKS-LIA 15 16 17 2:29.02 CANLCMAR Marcy Edgecumbe,17,EKSC-UA 2:29.03 POIMAY Isabelle Ascah-Coallier,17,CAMO 2:29.28 CANLCMAR Katherine Telfer,16,ESWIM 2.29 57 ISAPR Danielle Bell.17.IS 400 METRES IND.MEDLEY

400 METRES IND.MEDIETY
Rec: 447.62 Nancy Sweetnam,LLSC,91
1 4:54.70 SYDNJAN Kristen Bradley,17,NEW
2 4:58.32 SYDNJAN Ashley Chandler,16,USA
3 5:00.45 ODIV1APR Jennifer Fratesi,17,ROW 5:01.13 CANLCMAR Allison Laidlow,16,PDSA 5:02.17 CANLCMAR Marieve De Blois,17,PPO 5.02.17 CANLCMAR Marieve De Blois, 17, PPO
5.04.41 ODIVTAPR Kathy Siuda, 15, ROW
5.07.07 CANLCMAR Amber Dykes, 17, HYACK
5.08.07 CANLCMAR Leah Schaab, 17, UCSA
5.09.54 CANLCMAR Norah Vogan, 16, GPP
5.09.63 POCUPFEB Annamay Pierse, 17, EKSC-SE
5.10.04 POIMAY Chanell Charron-W., 16, CNO
5.11.21 POIMAY Alex Lachance, F. 16, UL
5.11.27 CANLCMAR Genevieve Frappier, 17, CAMO
5.11.32 RAPIDJAN Michelle Landry, 16, PDSA
5.11.39 POCUPFEB Joan Bernier, 16, CNCB
5.12.18 RAPIDJAN Jennifer Coombs, 17, HYACK
5.13.37 ODIVTAPR Amanda Gillespie, 16, NKB
5.14.22 CANLCMAR Elizabeth Osterer, 15, NKB 5:13.37 ODIVIAPR Amanda Gillespie, I6,NRK 5:14.22 CANLCMAR Elizabeth Osterer, 15,NKB 5:14.38 CANLCMAR Julie Babin,17,ESWIM 5:15.68 ODIV1APR Carly Cernak,16,CAJ 5:16.22 CANLCMAR Alicia Jobse,17,MANTA 5:16.45 ISAPR Danielle Bell,17,IS 20 5:16.62 POCUPFEB Aurelie Meziere,16,PPO 5:17.55 CANLCMAR Marcy Edgecumbe,17,EKSC-UA 5:17.72 ODIV2APR Genevieve Dack,15,TBT-NWO

4X50 MEDLEY RELAY

Claire,PCSC,76 1:59.20 PQIMAY Dollard Swim Team.DDO 2:03.79 2:04.47 EKIAPR Edmonton Keyano, EKSC PQIMAY Pointe Claire SC, PCSC 2:07.03 POIMAY POINTE CHAIR SC, PUSC POIMAY Montreal Aquatique, CAMO EKIAPR Pacific Dolphins, PDSA EKIAPR Regina Opt. Dolphins, ROD EKIAPR Univ. of Calgary SC, UCSC POIMAY Univ. Laval Rouge & Or, UL 2:07.29 2:07.81 2.07.88 2:08.45 ODIV1APR Chatham Y.CYPS 2:09.12 2:09.30 2:09.74 ODIV1APR North York AC,NYAC MMAPR Manitoba Marlins,MM 10 11 12 13 14 MOMAPY NIBITITUDE WHAT INTS, WIND ODIVIAPR Cambridge Aquajets, CAJ POIMAY Samak de Brossard, SAMAK EKIAPR Hyack Swim Club, HYACK POIIAPR Megophias Trois Rivieres, MEGO PGBAPR Points North SC, PN FEMAPS, Stiven Tido SC, STSC 2:10.11 2:10.16 15 16 17 2:11.02 FKIAPR Silver Tide SC.STS0 2:11.45 ODIV1APR Toronto Champs,CHAMP PGBAPR Kamloops Classic,KCS ISAPR Nanaimo Riptide ST,NRST 2:11.74 2:12.04 HTACAPR Eastern Alliance, EAST
EKIAPR Cascade Swim Club, CASC
EKIAPR Delta SC, DEL 2:12.07 2:12.23 23 2:12.62 2:13.05 PQIMAY CN Outaouais,CNO ODIV2APR Timmins Marlins,TMSC-NWO

4X50 FREE RELAY :47.46 Etobicoke Swimming,ESWIM,0 MMAPR Manitoba Marlins,MM 1:51.61 ODIV1APR North York AC,NYAC EKIAPR Edmonton Keyano,EKSC PQIMAY Dollard Swim Team,DDO 1:53.38 1:53.41 POIIMAY DOIIRIG SWIM FEAM, DDU POIIMAY Montreal Aquatique, CAMO EKIAPR Pacific Dolphins, PDSA EKIAPR Hyack Swim Club, HYACK POIIMAY Pointe Claire SC, PCSC POIIMAY Univ. Laval Rouge & Or, UL 1:53.65 1:54.31 1:54.74 1:54.77 1:54.82 1.54 98 EKIAPR Delta SC DEL

1:55.10

1:55.20

12 13 14

18 19

EKIAPR Uleila SC, IELE
EKIAPR Univ. of Calgary SC, IUCSC
ODIV1APR Cambridge Aquajets, CAJ
POIIAPR Megophias Trois Rivieres, MEGO
ODIV1APR Chatham Y, CYPS
POIIMAY Samak de Brossard, SAMAK 1:56.13 1:56.22 1:56.23 EKIAPR Lethbridge ASC,LASC EKIAPR Regina Opt.Dolphins,ROD 1.57 35 HTACAPR Fastern Alliance FAST ODIV1APR Toronto Champs, CHAMP PGBAPR Points North SC, PN 1:57.72 EKIAPR Silver Tide SC.STSC 1.58 10 1:58.34 1:58.52 ODIV1APR Kenora Swimming,KSS-NWO ODIV2APR Timmins Marlins,TMSC-NWO EKIAPR Calgary Killarney, KSC HTACAPR Truro Centurions, TCSC

RRankings for the period (results received) January 1,2001 to April 30, 2001 Financially supported by Swimming Natation Canada Compiled by SWIMNEWS

# **2001 LONG COURSE TAG**<sub>®</sub>

# BOYS 15-17

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50 METRES FREESTYLE
Rec: 23.19 Yannick Lupien,GO,97
1 23.76 CANLCMAR Kurtis Miller,15,SCAR
                   24.29 CANLCMAR Brent Hayden,17,5PART
24.64 ODIV3APR BIII Cocks,17,TRENT
24.73 CANLCMAR Graeme Tozer,16,UCSA
                  24.73 CANLLUMAR Grise Hozel, 16,UCSA
44.84 CANLUMAR Chris Lukas,17 ESWIM
24.96 EKIAPR Devin Phillips,15,EKSC-UA
24.99 CANLUMAR Cedric Sureau-L.,17,PPO
25.24 DIVZAPR Stefano Caprara,17,VAC
                                     RAPIDJAN Daniel Petrus,17,PDSA
ODIV2APR Andrew Bignell,17,SSMAC
EKIAPR Trevor Coulman,16,GOLD
                   25.28
25.47
                                     PGBAPR Brian Verigin,17,PGB
MMAPR Ben Johnson,17,MM
ODIV3APR Chris Ford,17,CPAC
POIIAPR Alex Chartrand,15,ELITE
EKIAPR Kevin Gillespie,15,EXST
                    25.62
                                     PQIIAPR Kevin Laflamme,15,RCA
TORLCJAN Nathan Chang,15,SCAR
EKIAPR J.D. O'Connell,17,LASC
                   25.74
25.76
25.77
                                      POIMAY Nicolas Guillotte,17,CAMO
ABSRJAN Jian-Lok Chang,15,EKSC
TORLCJAN Tobias Oriwol,15,ESWIM
                                     PQIIIMAY Hugues Bouchard,16,CNCI
PQCUPFEB Keith Beavers,17,STARS
100 METRES ERFESTYLE
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SYDNJAN Andrew Coupland, 17, GO SYDNJAN Chad Thomsen, 17, EKSC-SE POIMAY Mark Thauvette, 16, PCSC 53.72 53.91 54-UI PUIMAY MAIK MAUVELLE, IA, PUSA 54-08 DDIV2APR Stefano Caprara, 17, VAC 54-20 CANLCMAR Darryl Rudolf, 16, PDSA 54-33 CANLCMAR Cedric Sureau-L, 17, PPO 54-43 DDIV3APR Bill Cooks, 17, TRENT 54-77 POJIAPR Kevin Laflamme, 15, RCA EKIAPR Trevor Coulman,16,GOLD EKIAPR Marc Sze,16,PDSA ODIV2APR A.J. Bakker,17,BOSC ODIVZAPR A.J. Barker, 17, BOSC PQCUPFEB Nicolas Guillotte, 17, CAMO ODIVTAPR Erik Binga, 17, TAT PQIIAPR Alex Chartrand, 15, ELITE ODIVZAPR Andrew Bignell, 17, SSMAC EKIAPR Trevor Neufeld, 16, CASC 55.89 EKIAPR Kevin Gillespie, 15, EXST 55.93 POCUPFEB Kevin Rioux, 15, CAMO 55.94 RAPIDJAN Daniel Petrus, 17, PDSA 24 56.23 EKIAPR Brent Hankewich,17,GOLD 25 56.41 PQCUPFEB Jonathan Cantin,22,CAMO 200 METRES FREESTYLE

AETRES FREESTYLE

50.34 Brian Johns, RAPID.0

1:53.82 SYDNJAN Andrew Coupland, 17, G0

1:54.40 CANL.CMAR Brent Hayden, 17, SPART

1:55.00 CANL.CMAR Brent O'Connor, 17, PDSA

1:57.52 ODIV1APR Kurtis MacGillivary, 17, ROW

1:58.18 POIMAY Mark Thauvelte, 16, PCSC

1:58.29 CANL.CMAR Graeme Tozer, 16, LOCSA

1:58.61 CANL.CMAR Chris Kula, 17, CAJ

1:59.60 EVIADP Deain Politics 15 EVSC-11A 1:59.60 EKIARR Devin Phillips,15,EKSC-UA 1:59.81 RYMMMAR Brent Hankewich,17,GOLD 2:00.10 CANLCMAR Steven Medaglia,16,NKB 2:00.45 POIIAPR Jonathan Aubry, 15, CNB 2:00.71 CANLCMAR Cedric Sureau-L., 17, PPO 2:00.74 PQCUPFEB Kevin Rioux, 15, CAMO EKIAPR Darryl Rudolf,16,PDSA RAPIDAPR Elliot Rushton,17,RAPID ODIV3APR Scott Chester,17,MAC ODIV2APR A.J. Bakker,17,BOSC ODIV3APR Elliot Burger,17,TRENT 2:01.20 2:01.27 POIMAY Nicolas Guillotte,17,CAMO POCUPFEB Michael Brown,16,PERTH POIIAPR Kevin Laflamme,15,RCA 2:01.28 2:01.53 2:01.86 EKIAPR Justin Ho,16,PDSA ABSRJAN James Reid,17,UCSA POIIIMAY Benoit Huot,17,HIPPO 2:02.57 2:02.77 2:02.85

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400 METRES FREESTYLE
| Rec: 3:52.23 | Andrew Hurd, MSSAC, 0 | 1 | 4:00.05 | CANLCMAR Brent O'Connor, 17, PDSA | 2 | 4:00.28 | SYDNJAN Kurtis MacGillivary, 17, ROW 3 | 4:05.65 | SYDNJAN Keith Beavers, 17, STARS
            4:05.95 SYDNJAN Andrew Coupland,17,G0
4:10.69 CANLCMAR Darryl Rudolf,16,PDSA
4:10.78 CANLCMAR lan MacLeod,17,ESWIM
                                 PQIMAY Mark Thauvette, 16, PCSC
                             ODIV2APR Michael Brown 16 PERTH
             4:14.86 CANLCMAR Matt Johnston, 16, MSSAC-TO
            4:14.94 EKIAPR Devin Phillips,15,EKSC-UA
4:15.14 RAPIDAPR Elliot Rushton,17,RAPID
4:15.17 CANLCMAR Don Nicholson,17,TSUN
                                PQIMAY Nicolas Guillotte,17,CAMO
PQIMAY Charles Rodrigue,16,UL
            4:16.40
4:17.59
                           ISAPR Travis Musgrave,17,COMOX
ODIV3APR Elliot Burger,17,TRENT
ABSRJAN Graeme Tozer,15,UCSA
POCUPFEB Michael Ruggiero,16,CAMO
            4:17.96
4:17.99
            4:18.09
4:18.87
            4:18.88 POCUPFEB Steven Medaglia,16,NKB
4:19.37 EKIAPR Brent Hankewich,17,GOLD
            4:19.80 RAPIDAPR Brent Hayden,17,SPART
4:20.14 CANLCMAR Bentley Gaikis,17,TSC-TO
            4:20.16 POCUPFEB Jonathan Aubry, 15, CNB
4:20.45 RAPIDJAN Bryce McRae, 16, COMOX
             4:20.68 CANLCMAR Spencer Laidley,17,PERTH
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1500 METRES FREESTYLE | 1500 METRES | TREES | TYLE | Rec: 15:12.70 | Andrew Hurd, MSSAC, 0 | 16:00.19 | CANLCMAR Kurtis MacGillivary, 17, ROW | 2 | 16:37.57 | CANLCMAR Matt Johnston, 16, MSSAC-TO | 16:41.85 | CANLCMAR Don Nicholson, 17, TSUN | 16:42 45 SYDN IAN Brent O'Connor 17 PDSA 16:57.83 CANLCMAR Karim Abdulla,17,ROD 16:59.69 CANLCMAR Bentley Gaikis.17.TSC-TO 17:16.84 RAPIDJAN Darryl Rudolf,16,PDSA 17:19.63 PQIMAY Charles Rodrigue, 16, UL EKIAPR Devin Phillips,15,EKSC-UA 17:21.23 CANLCMAR Andy Andrew,17,WVOSC 17:21.92 PQCUPFEB Jonathan Aubry,15,CNB FKIAPR William Walters 17 PDSA 17:28.49 17:32.52 EKIAPR Malcolm Lavoie,15,0SC EKIAPR James Monk,15,PDSA 17:32.63 17:32.64 EKIAPR Michael Derban,16,UCSC 17:38.92 PQCUPFEB Andrew Baier,15,COBRA 17:47.29 POCUPFEB David Fremeth,17,DDO 17:49.50 EKIAPR Aaron Blair,15,CASC 17:56.40 17:56.98 ISAPR Travis Musgrave,17,COMOX PQCUPFEB Stephan Dumont,17,REG 100 METRES BACKSTROKE

| 100 Wei Fies BACKSTROKE | Rec: 56.49 | Mark Tewksbury, UCSC, 85 | 1 | 56.90 | SYDNJAN Tobias Oriwol, 15, ESWIM | 2 | 59.12 | ODIV2APR Stefano Caprara, 17, VAC 1:00.09 CANLCMAR Adam Martinson,16,UCSA 1:00.51 CANLCMAR Devin Phillips,15,EKSC 1:00.62 ODIV1APR Kurtis Miller,15,SCAR 1:01.17 CANLCMAR Mark Thauvette,16,PCSC 1:01.20 CANLCMAR Ryan Pallett,16,BRANT 1:01.21 CANLCMAR Douglas McQueen,16,PDSA FKIAPR Maciek Zielnik 16. FKSC 1:01.43 CANLCMAR Chris Lukas, 17, ESWIM EKIAPR Trevor Coulman, 16, GOLD 1:01.88 CANLCMAR Spencer Laidley,17,PERTH 1:01.97 CANLCMAR Chris Kula,17,CAJ EKIAPR Charles Turanich-N.,17,EKSC ODIV2APR Marshall Holbrook,16,ROC 1:02.22 1:02.24 ESWIMAPR Ryan Atkinson,15,LAC 1:02.34 ODIV3APR Chris Ford,17,CPAC EKIAPR Callum Ng,15,CASC EKIAPR Ryan Dube,17,EKSC 1:02.89 ABSRJAN Craig Gillis,17,UCSA ODIV1APR Erik Binga,17,TAT 1:03.08

1:03.14 CANLCMAR Ciaran Dickson, 17, ROD 1:03.29 ODIV1APR Nathan French, 17, CYPS

1:03.44 PQCUPFEB Jonathan Cantin,16,CAMO 1:03.59 ODIV2APR Jamie Ellerton,15,VEW 200 METRES BACKSTROKE Rec: 2:00.03 Tobias Oriwol,ESWIM,1

2:00.03 SYDNJAN Tobias Oriwol,15,ESWIM 2:08.34 CANLCMAR Adam Martinson,16,UCSA 2:08.42 SYDNJAN Andrew Coupland, 17, GO 2:09.45 ODIV1APR Kurtis MacGillivary,17,ROW 2:10.98 CANLCMAR Ciaran Dickson,17,ROD PQIMAY Mark Thauvette, 16, PCSC 2:11.45 CANLCMAR Douglas McQueen, 16, PDSA 2:13.26 CANLCMAR Spencer Laidley, 17, PERTH 2:13.32 ABSRJAN Craig Gillis, 17, UCSA 2:13.62 CANLCMAR Ryan Pallett, 16, BRANT 2.15.22 ODIV1APR Milos Marianovic 16 NYAC 2:15.57 ODIV3APR Quinton Sabourin,17,UPCAN
2:15.61 ODIV2APR Stefano Caprara,17,VAC 2:15.71 EKIAPR Callum Ng,15,CASC 2:16.01 CANLCMAR Devin Phillips,15,EKSC-UA 2:16.15 2:16.19 EKIAPR James Winfield,17,UCSA ODIV1APR Oleg Chernukhin,16,NYAC 2:16.45 2:16.57 ODIV2APR Matt Hawes,15,KBM PQCUPFEB Jonathan Cantin,16,CAMO 2:16.64 ODIV3APR Aaron Maszko,19,TRENT 2:16.77 PQCUPFEB Patrick Bourassa-F.,17,CAMO CNOAPR Danny Carter,15,NKB ABSRJAN Charles Turanich-N.,17,STSC 2:16.98 2:17.39 2:17.47 PQIMAY Michel Bertrand,15,CAMO 2:17.49 CANLCMAR Chris Kula,17,CAJ

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Rec: 1:02.53 Morgan Knabe, UCSC, 99
1 1:03.93 SYDNJAN Chad Thomsen, 17, EKSC-SE
          1:03.98
                       SYDNJAN Michael Brown, 16, PERTH
          1:04.77 CANLCMAR Matthew Huang,16,PDSA
1:06.49 ODIV1APR Scott Dickens,16,BRANT
1:07.08 CANLCMAR Nathan Parker,17,MKFF
          1:07.88 CANLCMAR Thomas South 17 UCSA
                       ODIV2APR Pat Russell,17,ROC
          1.08.20 ODIVZAPK PAI KUSSEII, I/, ROC
1.08.82 ODIVZAPR Jim Hinton, 17, TBT-NWO
1.09.42 CANL CMAR Jung Hun Choi, 16, PDSA
1.09.60 CNOAPR Steven Medaglia, 16, NKB
1.09.99 PGBAPR Brian Verigin, 17, PGB
10
          1.09.60
11
12
          1:10.06 CANLCMAR Devon Ackrovd.17.SCAR
13
14
                           PQIIAPR Simon Letendre, 15, SHER
                           PQIMAY Kevin Rioux,16,CAMO
          1:10.33
          1:10.90
                       ODIV3APR Bill Cocks,17,TRENT
ODIV3APR David McKechnie,15,CYC
15
16
          1:11.28
          1:11.39
                        RAPIDJAN Ian Meredith,17,RAYS
PQIMAY Yohann Theriault-R.,15,CSQ
          1:11.61
                       ODIV2APR Raymond Chow,15,TMSC-NWO
ODIV1APR Daniel Tracy,17,USC
          1:11.88 ESWIMAPR Adam Kafka,16,LAC
1:11.88 ODIV3APR Dylan Pringle,16,UPCAN
21
          1:11.91 ODIV3APR Eric Chan. 16. AAC
200 METRES BREASTSTROKE
Rec: 2:15.45 Morgan Knabe, UCSC, 99
1 2:16.35 CANLCMAR Michael Brown, 16, PERTH
         2:19.20 SYDNJAN Keith Beavers,17,STARS
2:23.08 CANLCMAR Matthew Huang,16,PDSA
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2:23.37 SYDNJAN Chad Thomsen,17,EKSC-SE 2:26.69 MMAPR Nathan Parker,17,MJKFF 2:27 52 CANLCMAR Thomas South 17 LICSA 2:27.69 CANLCMAR Jung Hun Choi,16,PDSA 2:29.71 ODIV1APR Steven Medaglia,16,NKB 2:29.96 CANLCMAR Scott Dickens,16,BRANT 2:29.96 CANLCMAR Conrad Aach,16,ESWIM 10 PGBAPR Brian Verigin, 17, PGB POIMAY Kevin Rioux, 16, CAMO 12 13 2:31.54 ODIV2APR Pat Russell,17,ROC ODIV2APR Jim Hinton,17,TBT-NWO 14 2:32.85 2:34.86 PQIMAY Dominic Pelletier,16,UL 2:34.91 CANLCMAR Devon Ackroyd,17,SCAR 16 17 POLIAPR Jonathan Aubry, 15, CNB POLIAPR Maxime Samson, 15, ELITE 2:35.34 18 19 2:35.58 2:35 95 TORLCJAN Warren Barnes, 15, SCAR RAPIDAPR Richard Taylor, 17, RAPID 20 21 2:36.42 ODIV2APR Raymond Chow,15,TMSC-NWO ODIV1APR Danny Parsons,17,SCAR 2:36.76 23 2:37 16 TORLCJAN Donald Smith.16.COBRA ODIV3APR David McKechnie,15,CY0 2:38.38 ODIV3APR Kader El-Fityani,17,UPCAN 2:38.80 100 METRES BUTTERFLY Rec: 54.50 Adam Sioui,TD,99 1 57.39 CANLCMAR Darryl Rudolf,16,PDSA PQIMAY Sean Zunini,17,CAMO ODIV3APR BIII Cocks,17,TRENT

58.59 CANLCMAR Karim Abdulla,17,ROD 59.08 CANLCMAR Ian MacLeod,17,ESWIM 59.15 PQCUPFEB Keith Beavers, 17, STARS ODIV2APR Stefano Caprara,17,VAC CNOAPR Steven Medaglia,16,NKB ABSRJAN Graeme Tozer,15,UCSA 59.75 59.86 10 1:00.03 ODIV2APR Andrew Bignell 17.SSMAC PQIMAY Nicolas Guillotte,17,CAMO ABSRJAN Craig Gillis,17,UCSA 1:00.21 12 13 14 1:00.50 EKIAPR Ryan Dube, 17, EKSC PQIMAY Sofian Mohand-Cherif, 15, CAMO 1:00.60 1:00.71 1:00.81 EKIAPR Douglas McQueen, 16, PDSA 15 16 EKIAPR William Johnson, 16, PDSA 1:00.82 1:00.93 1:01.11 EKIAPR Trevor Coulman,16,GOLD ABSRJAN Callum Ng,15,CASC 17 18 1:01.19 EKIAPR Adam Martinson,16,UCSA 1:01.36 DAVISMAR Steven Caswell,17,HWAC RAPIDJAN Daniel Petrus,17,PDSA DAVISMAR Alex Watson,16,OSHAC 1:01.41 1:01.61 1:01.67 PQCUPFEB Jonathan Cantin,16,CAMO 1:01.73 PQIIAPR Alex Chartrand,15,ELITE

ODIV3APR Kader EI-Fityani,17,UPCAN 2:00.78 Peter Ward CDSC 81 2:04.87 CANLCMAR Brent O'Connor,17,PDSA 2:07.27 CANLCMAR Darryl Rudolf,16,PDSA 2:07.72 CANLCMAR Ian MacLeod,17,ESWIM 2:08.89 ODIV1APR Steven Medaglia,16,NKB 2:09.53 CANLCMAR Karim Abdulla,17,ROD PQIMAY Sean Zunini,17,CAMO ODIV1APR Adam Peacey,25,TSC-TO TORLCJAN Evan Jellie,17,ROW 2.11 46 2:11.79 2:12.41 EKIAPR Callum Ng,15,CASC ODIV3APR Bill Cocks,17,TRENT 10 2:14.58 RAPIDJAN Chris Kargl-Simard,16,PDSA PQIMAY Sofian Mohand-Cherif,15,CAMO 11 12 2:15.67 EKIAPR Trevor Coulman,16,GOLD TORLCJAN Roman Margulis,16,NYAC 2:15.84 14 2:16.36 2:16.54 2:17.65 EKIAPR Ciaran Dickson, 17, ROD EKIAPR Douglas McQueen, 16, PDSA 15 16 RAPIDJAN Daniel Petrus,17,PDSA MMAPR Andrew Metcalfe,16,MANTA 17 2:17.66 18 DAVISMAR Steven Caswell,17,HWAC PQIMAY Dominic Pelletier,16,UL 2.17.83 2:18.30

POCUPFEB Dan Wright,16,CNB EKIAPR William Johnson,16,PDSA

2:19.76 TORLCJAN Kyle Welsh,16,0AK 2:19.79 RAPIDAPR Richard Taylor,17,RAPID 200 METRES IND. MEDLEY Rec: 2:02.78 Alex Baumann, LUSC, 81 2:04.04 SYDNJAN Tobias Oriwol,15,ESWIM 2:04.91 SYDNJAN Keith Beavers,17,STARS 2:08.89 CANI CMAR Michael Brown 16 PERTH CNOAPR Steven Medaglia, 16, NKB SYDNJAN Andrew Coupland, 17, GO 2:14.62 CANLCMAR Scott Dickens,16,BRANT 2:14.97 CANLCMAR Devon Ackroyd,17,SCAR 2:15.91 CANLCMAR Conrad Aach,16,ESWIM 2:16.06 ODIV2APR Jim Hinton.17.TBT-NWO PQIMAY Timothy Ruse,15,PCSC PQIMAY Charles Rodrigue,16,UL 2:16.61 PGBAPR Brian Verigin,17,PGB PQIMAY Kevin Rioux,16,CAMO 12 13 2:17.26 2:17.32 RAPIDAPR Brent Hayden,17,SPART EKIAPR Brent Hankewich,17,GOLD 2:17.44 2:17.64 CANLCMAR Jung Hun Choi,16,PDSA 2:17.75 ODIV1APR Roman Margulis,17,NYAC 2:17.93 POIMAY Sean Zunini,17,CAMO 2:18.31 CANLCMAR Adam Martinson,16,UCSA 2:18.82 ODIV1APR Jamie Del Mastro,16,USC 2:18.93 DAVISMAR Kyle Welsh,16,OAK 400 METRES IND.MEDLEY Rec: 4:22.39 Alex Baumann,LUSC,81

4.22.55 SYDNJAN Keith Beavers, 17, STARS SYDNJAN Tobias Oriwol, 15, ESWIM 4:36.46 ODIV1APR Kurtis MacGillivary,17,ROW 4:40.29 CANLCMAR Steven Medaglia,16,NKB 4:42.07 CANLCMAR Douglas McQueen, 16, PDSA 4:45.54 ODIV2APR Michael Brown, 16, PERTH 4:46.31 TORLCJAN Conrad Aach, 15, ESWIM ABSRJAN Graeme Tozer,15,UCSA PQIMAY Dominic Pelletier,16,UL 4:49.87 4:51.11 PQIMAY Charles Rodrigue, 16, UL 4:51.67 EKIAPR Callum Ng, 15, CASC RAPIDJAN Matthew Huang, 16, PDSA RAPIDAPR Brent Hayden, 17, SPART 4:52.48 RAHIDAH'R Brent Hayden, IT, SHART EKIAPR Citaran Dickson, 17, ROD ISAPR Bryce McRae, 17, COMOX RAPIDAPR Richard Taylor, 17, RAPID POIMAY Timothy Ruse, 15, PCSC ODIV2APR Jim Hinton, 17, TBT-NWO ODIV1APR Roman Margulis, 17, NYAC 4:53.96 4:54.00 4:54.01 4:54.53 4.54.54 4:55.15 4:56.80 4:56.87 PGBAPR Brian Verigin,17,PGB PQCUPFEB Patrick Bourassa-F.,17,CAMO 4X50 MFDLFY RFLAY

Rec: 1:46.72 Markham AC,MAC,94 EKIAPR Edmonton Keyano, EKSC EKIAPR Cascade Swim Club, CASC 1.53 39 POIMAY Montreal Aquatique, CAMO POIMAY Pointe Claire SC, PCSC 1:55.04 EKIAPR Saskatoon Goldfins, GOLD ODIV1APR Brantford AC, BRANT EKIAPR Pacific Dolphins,PDSA ODIV1APR Toronto Champs,CHAMP 1:56.65 1:58.27 HTACAPR Eastern Alliance, EAST 2:00.57 EKIAPR Regina Opt.Dolphins,ROD EKIAPR Kegina Opt. Dolphins, ROD EKIAPR Univ. of Calgary SC, UCSC OYOMAR Upper Canada SC, UPCAN POIMAY Samak de Brossard, SAMAK POIMAY Dollard Swim Team, DDO HTACAPR Wolfville Tritons, WTSC 2:00.67 2:00.94 13 14 2:01.19 2:01.25 2:01.48 2:01.51 2:01.79 PQIMAY Univ.Laval Rouge & Or,UL PQIIAPR Longueuil,ELITE 16 17 POIIMAY CONJUST COME SOURCE LOTE OF THE VILLE SAPR COMOX Valley AC, COMOX MMAPR Manta Swim Club, MANTA EKIAPR Olympian Swim Club, OSC POIIMAY ON ST-Hyacinthe, CNSH POIIMAP Construction of the Company o 2:04.02 18 19 2:04.20 2:04.44 2:05.04 20 21 2:05.10 2:05.83 ODIV1APR Glouc-Ottawa Kingfish,GO PQIIIMAY Hippocame St-Hubert,HIPPO 2:05.98 2:06.20

Rec: 1:35.93 Markham AC,MAC,94 1.41.46 EKIAPR Pacific Dolphins, PDSA EKIAPR Edmonton Keyano, EKSC 1:42.79 FKIAPR Saskatoon Goldfins GOLD PQIMAY Pointe Claire SC,PCS EKIAPR Cascade Swim Club.CASC 1:43.77 ODIV1APR Toronto Champs, CHAMP POIMAY Montreal Aquatique, CAMO HTACAPR Eastern Alliance, EAST 1.43 94 1.45.82 HTACAPR Wolfville Tritons WTSC POIMAY Univ.Laval Rouge & Or,UL EKIAPR Univ.of Calgary SC,UCSC POIMAY Samak de Brossard,SAMAK ODIV2APR Lakeshore SC,LSC 1.48 03 12 13

4X50 FREE RELAY

20

21

22

23

24 25

1:48.26 1:48.98 1:49.43 14 15 EKIAPR Regina Opt.Dolphins,ROD ODIV1APR Glouc-Ottawa Kingfish.GO 1:49.50 1:49.76 PGBAPR Points North SC,PN PQIIAPR Longueuil,ELITE POIMAY Dollard Swim Team,DDO EKIAPR Olympian Swim Club,OSC 1:49.92 1:50.31 MMAPR Manta Swim Club,MANTA ISAPR Comox Valley AC,COMOX 1:50.33 1:50.51 1:50.73 1:51.43 OYOMAR Upper Canada SC,UPCAN PQIIAPR Chaudiere-Appalache,RCA POIIAPR Megophias Trois Rivieres, MEGO EKIAPR Glencoe Gators, GL 1.51.88 1:52.08

ISAPR Bryce McRae 17.COMOX

2:02:61

Rankings for the period (results received) January 1,2001 to April 30, 2001 Financially supported by Swimming Natation Canada Compiled by SWIMNEWS

# **2001 LONG COURSE TAG**<sub>®</sub>

# GIRLS 10&U

## 100 METRES FREESTYLE

Rec: 1:04.42 Shauna Collins,ROD,88 1:14.84 ELITEMAR Lilia Hadouchi,10,LSCDN OYOMAR Erin Mills, 10, EBSC CDSCAPR Amity Chow, 10, PDSA HTACAPR Ashley MacKendrick,10,SWAT 1:16.02 ESWIMAPR Natalie Hagan, 10, ESWIM 1:16.39 LEDUCMAY Danielle Newton, 10, FMSC ISAPR Shawnee Landolt.10.IS 1:16.60 MMAPR Hannah Whitehead,10,GFYND CNOAPR Jenna York, 10, NKB 1:17.23 HTACAPR Ann Gordon,10,SWAT 1:17.41 DAVISMAR Casey Leslie,10,HWAC OYOMAR Kristen Bradbury, 10, HOST CNOAPR Natasha Brousseau, 9, CNO ELITEMAR Kristen Campbell, 10, DDO 13 1.17.57 1:17.90 1:18.10 RYMMMAR Jordan Quick, 10, LASER 1:18.13 PGBAPR Carlene Creyke, 10, PN 1.18 47 HTACAPR Nicole Brown 10 SWAT CDSCAPR Christine Edwards, 10, PDSA 18 1:18.51 MMAPR Samantha Burnell, 10, SJS 20 1.18.88 PGBAPR Meredith Brule.10.GPP 1:19.08 DAVISMAR Meghan Brockington, 9, OSHAC 21 MMAPR Jennifer Dailey, 10, SSSC 1:19.86 ELITEMAR Barbara Jardin, 9, LSCDN

# 400 METRES FREESTYLE

Rec: 4:48.72 Amanda Hansford, ROW, 96 5:29.08 EKSCMAR Megan Young, 10, FMSC 5:45.33 EKSCMAR Madison Achtymichuk,10,STSC 5:48.68 EKSCMAR Nicole Delaloye,10,CASC ISAPR Shawnee Landolt, 10, IS 5:52.74 LEDUCMAY Danielle Newton, 10, FMSC 6:01.71 FKSCMAR Michelle Beveridge 10 LICSC 6:03.39 EKSCMAR Pamela Kunyk, 10, EKSC 6:03.58 HTACAPR Ashley MacKendrick, 10, SWAT 6.08.60 ISAPR Justyna Sypniewski, 10, NRST

100 METRES BACKSTROKE Rec: 1:15.87 Jennifer Fratesi, SSMAC, 95 1:24.11 DAVISMAR Amy Harriman,10,HWAC 1:25.19 ISAPR Shawnee Landolt.10.IS 1:25.62 LEDUCMAY Krysta Shack, 10, EDSON 1:26.75 LEDUCMAY Danielle Newton, 10, FMSC 1:27.31 ESWIMAPR Natalie Hagan, 10, ESWIM MMAPR Jennifer Dailey, 10, SSSC 1:27.89 GMACMAR Kaylee Dakers, 9, COBRA HTACAPR Ashley MacKendrick, 10, SWAT FLITEMAR Lilia Hadouchi.10.LSCDN CDSCAPR Christine Edwards, 10, PDSA 1:29.13 DAVISMAR Casey Leslie, 10, HWAC 12 1-29 75 MMAPR Samantha Holloway 10 MANTA OYOMAR Jenna York,10,NKB 13 1:29.83 1:29.92 RYMMMAR Jordan Quick, 10, LASER 15 1:30.23 ESWIMAPR Carissa Carrabetta, 10, ODSC 1:30.34 DAVISMAR Alvce Sutcliffe.10.BST 17 MMAPR Marissa Davies, 10, SJS 1:30.72 PGBAPR Carlene Creyke, 10, PN 1:31.08 MMAPR Samantha Burnell,10,SJS CDSCAPR Vanessa Hanbury,10,GATOR 19 1.32 21 20 1:32.51 MMAPR Karleigh Gallagher, 10, SJS 21 1:32.78 DAVISMAR Tamara Gimon,9,BAD 1:32.98 ESWIMAPR Sasha Menu-Courey,10,ESWIM 23 24 1:33.92 RYMMMAR Lauren Doupe, 10, YOSSC ISAPR Justyna Sypniewski, 10, NRST CDSCAPR Scarlett Smith, 10, PDSA 26 1.34 15 1:34.20 DAVISMAR Kirstyn McCasey,9,0SHAC 27 OYOMAR Basia Falicki, 10, NKB

1:34.66 RYMMMAR Rikkia Trischuk.10.GOLD

100 METRES BREASTSTROKE

## Rec: 1:25.18 Kelly Timmons, OSC, 97 1:34.97 CDSCAPR Vanessa Hanbury,10,GATOR 1:36.52 LEDUCMAY Nicole Norrie,10,AMAC 1:37.08 ELITEMAR Karolyn Long, 10, DDO MMAPR Marissa Davies, 10, SJS ELITEMAR Marcela Rojas, 10, LSCDN ELITEMAR Lilia Hadouchi,10,LSCDN MMAPR Samantha Holloway, 10, MANTA 1:38.11 LEDUCMAY Danielle Newton,10,FMSC 1:38.47 ESWIMAPR Sasha Menu-Courey,10,ESWIM PGBAPR Khuen Yi Hong, 10, PGB CDSCAPR Amity Chow, 10, PDSA 1.42 06 OYOMAR Jenna York,10,NKB 1:42.26 OYOMAR Lesley Stonebridge, 10, NKB ESWIMAPR Alisha Ancinelli, 10, ESWIM 1:42.55 15 1.42 76 MMAPR Sheila Alvaro.10.MM 1:43.20 DAVISMAR Rebecca Vedell,10,HWAC ISAPR Elyse Richard, 10, COMOX

1:43.85 RYMMMAR Jordan Quick,10,LASER PGBAPR Carlene Creyke,10,PN 1:44.68 MMAPR Meghan Winser, 10, MANTA 1:44.85 100 METRES BUTTERFLY

ISAPR Anna Francis, 10, IS

1:43.80 ESWIMAPR Kaylee Dakers,10,COBRA

1.43 49

:13.09 Tracy Osswald, VPSC, 75 1:25.39 ISAPR Shawnee Landolt, 10, IS 1:26.74 ESWIMAPR Natalie Hagan, 10, ESWIM 1:28.60 EKSCMAR Megan Young,10,FMSC MMAPR Marissa Davies, 10, SJS 1:31.14 DAVISMAR Meghan Brockington,9,0SHAC 1:32.01 DAVISMAR Amy Harriman,10,HWAC 1:33.67 DAVISMAR Casey Leslie,10,HWAC 1:34.64 EKSCMAR Julie Kells,9,RDCSC MMAPR Hannah Whitehead,10,GFYND 1:34.97 1:35.11 MMAPR Jennifer Dailey, 10, SSSC CDSCAPR Amity Chow, 10, PDSA 1:35.78 GMACMAR Alana Byron,10,GMAC 1:36.09 RYMMMAR Jordan Quick,10,LASER :36.50 EKSCMAR Robyn Pape,10,NCS 1:36.85 LEDUCMAY Evengeline Fletcher, 9, AIR 1:38.02 ESWIMAPR Kaylee Dakers, 10, COBRA 1:38.14 DAVISMAR Kirstyn McCasey, 9, OSHAC 1:38.29 HTACAPR Ann Gordon,10,SWAT 1:39.17 ESWIMAPR Sasha Menu-Courey,10,ESWIM 1:39.37 EKSCMAR Maura Lavoie,9,0SC

1:39.72 ESWIMAPR Alisha Harricharan, 9, COBRA

1:39.77 RAPIDAPR Karen Hemmes, 10, CHENA 200 METRES IND MEDI FY

Rec: 2:41.44 Mallory Hoekstra,EKSC,98 2:48.20 EKSCMAR Madison Achtymichuk,10,STSC 2:56.38 EKSCMAR Megan Young,10,FMSC 2:58.04 DAVISMAR Tamara Gimon,9,BAD 3:02.01 GMACMAR Shauna Donaldson,10,0SAC 3:02.17 GMACMAR Alana Byron,10,GMAC 3:03.28 DAVISMAR Meghan Knapton,10,RISC 3:03.44 DAVISMAR Alyce Sutcliffe, 10, BST 3:04.61 ESWIMAPR Natalie Hagan, 10, ESWIM 3:04 91 FLITEMAR Lilia Hadouchi 10 LSCDN ELITEMAR Kristen Campbell, 10, DDO 3:05.48 LEDUCMAY Danielle Newton, 10, FMSC 3:06.42 DAVISMAR Alison Benton,10,BAD MMAPR Marissa Davies, 10, SJS 3:06.92 3:07.36 RYMMMAR Jordan Quick, 10, LASER 3:08.30 ELITEMAR Marcela Rojas, 10, LSCDN HTACAPR Ashley MacKendrick, 10, SWAT MMAPR Samantha Holloway, 10, MANTA 3:09.29

# BOYS **10&U**

100 METRES FREESTYLE Rec: 1:05.02 Andrew Bignell.SSMAC.94 EKIAPR Curtis Lutsch, 10, UCSC 1:10.82 1:13.15 ISAPR Will Hergesheimer, 10, NRST 1:13.40 GMACMAR Steven Saltzberry.10.TAT 1:13.46 GMACMAR Tyler Bredschneider 10.COBRA PGBAPR Judd Grossman.10.PN 1.13.63 1:13.86 CDSCAPR Hong-Kei Chan, 10, PDSA CDSCAPR Hong-Ting Chan, 10, PDSA 1:13.89 8 1:14.27 DAVISMAR Dinos San Pedro,10,0AK 9 1:15.55 CDSCAPR Marko Gavric,9,PDSA 10 1:16.40 MMAPR David Woodman, 10, MANTA 11 MMAPR Romeo Zapata, 10, MM 12 1:17.44 OYOMAR Ben Roberts, 10, KBM 1:17.93 DAVISMAR Curtis Samuel, 10, OAK 13 1:18.90 DAVISMAR Alex Serwotka.10.CYPS 14 CNOAPR Troy Baxter, 9, NKB 15 1.19 60 16 1:19.90 ESWIMAPR Colin Coombs, 10, ESWIM

400 METRES ERFESTYLE Rec: 4:55.60 Trevor Jakisch, SJS, 78 ISAPR Craig Dagnall, 10, IS ISAPR Will Hergesheimer, 10, NRST 5:37.65 LEDUCMAY Michael Clarke,10,0SC 5:47.66 DAVISMAR Dinos San Pedro, 10, OAK 5:49.18 GMACMAR Tyler Bredschneider,10,COBRA 5:49 79 FKSCMAR Michael Lowenstein 10 CASC 6 5:53.25 FKSCMAR Jordie Szoo.10.CASC 8 5:57.31 LEDUCMAY Ben Schaeffer.10.BRSC 9 6:00.13 EKSCMAR Aman Hansra.10.FMSC 10 6:01.70 EKSCMAR Karl Wolk, 9, EKSC ISAPR Zachary Relf, 10, IS 6:08.29 6:08.40 CDSCAPR Hong-Kei Chan, 10, PDSA 100 METRES BACKSTROKE Rec: 1:14.50 Andrew Bignell, SSMAC, 94 1:17.19 CDSCAPR Andre Kudaba.10.HYACK

1:24.96 DAVISMAR Dinos San Pedro,10,0AK 1:26.53 DAVISMAR Frank Despond 9. BAD ISAPR Will Hergesheimer, 10, NRST 1:26.82 1:28.38 CDSCAPR Marko Gavric.9.PDSA 1:28.68 RYMMMAR Parker Zeeben, 10, PASS 8 1:28.72 ESWIMAPR Colin Coombs,10,ESWIM 1:29.03 CDSCAPR Hong-Ting Chan, 10, PDSA 10 ISAPR Craig Dagnall, 10, IS 1:30.49 LEDUCMAY Nicholas Vanderveen.10.EDSON OYOMAR Ben Roberts, 10, KBM 1:30.60 ESWIMAPR Tyler Bredschneider, 10, COBRA 13 1:30.66 ESWIMAPR Scott Jessett, 10, SCAR 14 1:31 36 GMACMAR Evan Buck 10 GMAC 15 1-32 19 RYMMMAR Bretton Love, 9, GOLD 17 1:32.50 LEDUCMAY Matthew Peddie.10.0SC 18 1:33.47 DAVISMAR Colin Hubert,10,CYPS 19 OYOMAR Ryan Cockell,9,NKB 1:34.00 DAVISMAR Ben Wyman,8,HWAC MMAPR David Woodman, 10, MANTA 2:13.35 LEDUCMAY Ben Schaeffer,10,BRSC 100 METRES BREASTSTROKE

Rec: 1:22 79 David Cheung CREST 92 EKIAPR Curtis Lutsch, 10, UCSC 1:27.53 1:33.67 CDSCAPR Hong-Kei Chan,10,PDSA OYOMAR Troy Baxter, 9, NKB 1:37.90 GMACMAR Steven Saltzberry, 10, TAT 1:38.05 CDSCAPR Marko Gavric, 9, PDSA PGBAPR Judd Grossman, 10.PN 1:38.69 CDSCAPR Dennis Brotzky,9,PDSA 8 ISAPR Will Hergesheimer, 10, NRST 1:40.84 LEDUCMAY Ben Schaeffer, 10, BRSC 1:43.02 LEDUCMAY Nathan Kindrachuk 10.0SC 10 11 1.43 37 MMAPR Romeo Zapata 10 MM 1.44 09 OYOMAR Eric Brunet.10.CNO 13 1:44.51 MMAPR Adam Brown, 10, SD 1:44.65 ESWIMAPR Scott Jessett.10.SCAR 1:44.70 LEDUCMAY Michael Clarke,10,0SC 15 1:44.91 RYMMMAR Patrick Cowan, 10, GOLD 100 METRES BUTTERFLY

Rec: 1:13.20 Alex Baumann, LUSC, 75

1:19.44 CDSCAPR Andre Kudaba, 10, HYACK 1:23.80 EKSCMAR Michael Lowenstein.10.CASC 1-23.89 ISAPR Craig Dagnall, 10, IS 1:24.73 DAVISMAR Curtis Samuel, 10, OAK 1:25.36 EKSCMAR Ben Berg, 10, RDCSC CDSCAPR Hong-Ting Chan, 10, PDSA ISAPR Will Hergesheimer, 10, NRST 1:26.10 ESWIMAPR Tyler Bredschneider, 10, COBRA 1:27.55 DAVISMAR Dinos San Pedro, 10, OAK 10 1:28.71 EKSCMAR Curtis Lutsch,10,UCSC 11 1:29.28 EKSCMAR Jordie Szoo,10,CASC 1:33.09 DAVISMAR Alex Serwotka 10 CYPS 1:33.65 EKSCMAR Justin Odger,9,CASC 13

1:33.70 EKSCMAR Michael Clarke.10.0SC 14 15 1:36.19 CDSCAPR Marko Gavric,9,PDSA 1:38.56 ESWIMAPR Colin Coombs,10,ESWIM

1:39.54 RYMMMAR Alek Szmigielski,10,GOLD 1:39.78 LEDUCMAY Ben Schaeffer,10,BRSC

200 METRES IND. MEDLEY

Rec: 2:35.84 Tobias Oriwol, PCSC, 96

2:42.93 GMACMAR Steven Saltzberry, 10, TAT 2:43.58 DAVISMAR Curtis Samuel 10.0AK 2.46.54 EKIAPR Curtis Lutsch 10 UCSC 2:47.48 DAVISMAR Frank Despond.9.BAD 2:51.01 DAVISMAR David Duhan, 10, BAD 2:58.44 DAVISMAR Alex Serwotka,10,CYPS 2:58.58 CDSCAPR Hong-Kei Chan, 10, PDSA 2:59.45 ISAPR Will Hergesheimer, 10, NRST ISAPR Craig Dagnall, 10, IS 10 3:00.82 EKSCMAR Michael Lowenstein,10,CASC CDSCAPR Hong-Ting Chan, 10, PDSA 11 3:01.21 12 3:02.67 EKSCMAR Michael Clarke.10.0SC 3:03.21 GMACMAR Kodie Yorke, 10, GMAC 13 3:04.35 GMACMAR Evan Buck,10,GMAC 14 15 3:05.44 DAVISMAR Duncan Partridge, 10, OAK 3:05.60 DAVISMAR Colin Hubert, 10, CYPS

3:06.78 EKSCMAR Jordie Szoo,10,CASC

3:07.22 CDSCAPR Marko Gavric, 9, PDSA

3:09.89 EKSCMAR Ben Berg, 10, RDCSC

3:08.14 RYMMMAR Alek Szmigielski, 10, GOLD



Victor Davis Fund receives \$26,400 from the proceeds of the Davis Memorial Cup held annually in Guelph. The fund awards \$1,000 annual schoalrships, recipients for 2001 are Jessie Bradshaw, Kelly Doody, Kurtis MacGillivary, Tobias Oriwol, Annamay Pierse, Adam Siou and Chad Thomsen. Current and former Olympic swimmers accompany the presentation.

Marco Chiesa

17

# A PLEA FOR A CRITICAL REVIEW

# Jeno Thihany, Ph.D.

For some time now I have been quietly observing the progressive demise of the quality of international swimming in Canada. During the past eight years, Canada made no significant advance in the depth of successful participation internationally. The same swimmers carried the weight of responsibility at Sydney as at Seoul, with no podium potential lined up behind them.

I don't think that the present World Cup system works to benefit Canadian swimming, an opinion shared by other coaches. International exposure is essential but it has to be driven not by fringe issues such as prize money, but by deliberately designed developmental or tactical and strategic-based plans. In my preparation of Alex Baumann for the 1984 Olympics, I implemented such a plan, which was basically followed by Cliff Barry (with Victor Davis) and Paul Meronan (with Anne Ottenbrite). The four years of a deliberate and well-designed plan earned the three athletes in question four gold medals. I dare say the Canadian talent pool has not deteriorated since; in fact the population has increased. Swimming progressed to more popular heights resulting in more children involved in swimming; the number of coaches increased and their technical exposure improved; money is still available, etc. So what is different?

I do not think that the present system of training centres operate to benefit Canadian swimming as they should. The thriving club system of the past ensured a more constant flow of athletes to international levels. At present, the club system is oppressed and even abused, less motivated, and certainly the financial support is not adequate. The answer to the Canadian problem may be partially resolved by the training centres; however, the process should not be at the expense of an impaired club system. To this point in time the training centers have not contributed adequately to the high-performance advancement of this country; they significantly neglected their fiduciary responsibilities and at the end one might say "did not give us the expected bang for our money."

One might then ask who should be responsible for the progressive death of Canadian swimming. Perhaps it is too easy to point fingers; however, accountability should be high on the list of priorities. It is too easy to generalize, and to avoid such a headhunting exercise, Swimming Canada should enter into a well-publicized self examination, critical review of programs, leadership, and objectives. During my 42 years of coaching (16 years at the international level), I have never participated in any sort of critical evaluation of process because Swimming Canada has never conducted such an investigation. Is it not time to do such a self-examination? Is it not time to find out why the past eight years have not seen any

During my 42 years of coaching (16 years at the international level), I have never participated in any sort of critical evaluation of process because Swimming Canada has never conducted such an investigation. Is it not time to do such a self-examination? Is it not time to find out why the past eight years have not seen any progress?

progress? One may anticipate some improvement between now and 2004, more as a reaction to all the flack, but short-term patchwork will not offer direction and depth of purpose.

The recent World Trials have certainly not improved the profile of high-performance swimming in Canada. The high-performance leadership failed again. Was it a wise decision to have an important long-course meet, after such Olympic letdown, so early in the season? Why not swim short course if the country must have a winter nationals? The top athletes

would have been happy not to put their training cycle on the line, not worry about losing face, wondering about their worthiness, etc. And just to add insult to injury and to continue the string of poor decisions, after the scandalous results, the high-performance leadership decides to designate nine meets for athletes in which to qualify. This type of program design will not advance high-performance swimming, it will only help to destroy the preparatory training cycle of athletes and perpetuates the concept of just making the team rather than developing to the highest level. Aside from the implication for training, the cost to transport these athletes should be considered. Is this the wisest way to spend large sums of money? This plan just perpetuates the Canadian dilemma solve short term problems and be damned about what happens years down the road.

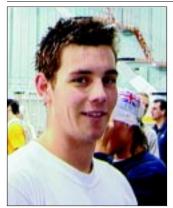
Although self-examination may help to change the direction of the country and it is a time-consuming and often hurtful experience, in the near future one should consider the implementation of a support program that will develop new faces, new goals, and a new spirit of competition. And what is different between now and the past is the total disregard to the youth program of this country. It is much too late to develop Olympians at the level of the training centres. Such process must be incubated, nurtured, and brought to fruition at the club level. This requires some judicious redirection of funds. I would think that such process can be readily implemented. The function of the training centre needs to shift to be part of the developmental process and not just carry the motherlode (of kidnapped swimmers) of Canadian swimming.

There are way too many issues to cover; therefore, I implore the leadership of Swimming Canada to initiate some process that will redirect Canadian swimming to a brighter future. This is the perfect time to implement changes; lets bring Canadian swimming back to its former level.

Dr. Jeno Tihanyi is a Professor in the School of Human Kinetics, Laurentian University, Sudbury, Ontario.

# TOP AGE GROUP PERFORMERS

# MAKING WAVES.



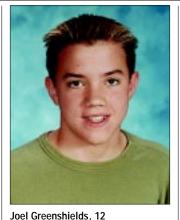
Michael Brown, 16 Club: Perth Stingrays Coach: Nandi Kormendi Specialty: Breaststroke 1st ranked for LCM01 TAG in the 200 breast and 2nd in the 100 breast. 2nd in 200 breast at

| LCM00   | LCM01                         |
|---------|-------------------------------|
| 1:05.71 | 1:03.98                       |
| 2:21.43 | 2:16.35                       |
| 2:14.00 | 2:08.89                       |
| 4:37.80 | 4:45.54                       |
|         | 1:05.71<br>2:21.43<br>2:14.00 |



James San Pedro, 14 Club: Oakville Aquatic Club Coach: Chris Yaremchuk Specialty: Breaststroke 4th ranked for LCM01 TAG in the 200 breast and 5th in the 100 breast

| Best Times       | LCM00   | LCM01   |
|------------------|---------|---------|
| 100 breaststroke | 1:17.04 | 1:13.96 |
| 200 breaststroke | 2:48.89 | 2:40.26 |
| 200 ind.medley   |         | 2:29.62 |
|                  |         |         |



Club: Red Deer Catalina Swim Cluv Coach: Aaron Dahl Specialty: Freestyle, back, fly and IM 1st ranked for LCM01 TAG in the 200-400 free, 200 back and 200 IM LCM00 Best Times LCM01 200 freestyle 2:12.08 400 freestyle 4:45.44 200 backstroke 2:41.31 2:29.95 200 ind.medley 2.42 24 2:31.75



Ryan Gow, 12 Club: Trent Swim Club Coach: Iain McDonald Specialty: Free , back and IM 1st ranked for LCM01 TAG in the 50-100 free, 2nd ranked for 100 back and 400 IM LCM01 Best Times SCM01 50 freestyle 27.35 27.59 100 freestyle 58.88 1:00.33 100 backstroke 1:10.06 1:10.44 400 ind.medley 5:28.55 5:39.66



Tamara Wagner, 15 Club: Region of Waterloo Swim Club Coach: Bud McAllister Specialty: Breaststroke 1st ranked for LCM01 TAG in the 200 breast and 2nd in the 100 breaststroke. Finalist in all three breast events at Spring Nationals Best Times LCM00 LCM01 100 breaststroke 1:12.63 1:13.23 200 breaststroke 2:36.89 2:34.88

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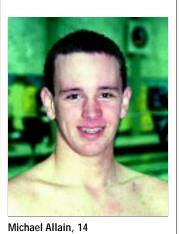
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Club: Breakers Swim Team Coach: Janice Breckon Specialty: Backstroke 1st ranked for LCM01 TAG in the 100 back 8th in the 200 back Best Times LCM00 LCM01 59.51 100 freestyle 100 backstroke 1:04.96

200 backstroke

1:08.36

2:28.91

2:23.91

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