

THE WORLD OF FOOD SUPPLEMENTS

REMEMBERING HOWARD FIRBY

# SWIM NEWS

NUMBER 264

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## 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  
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## CALENDAR

### CANADIAN

#### May

- 18-20 Canada Games Trials, Saskatoon  
19-21 Hyack Invitational, New Westminster  
25-27 Pacific Dolphins International, Vancouver  
Thunder Bay Invitational  
TOP Cup, Etobicoke

#### June

- 1-3 Ontario Canada Games Trials, London  
7-10 AGI Invitational, Etobicoke  
15-17 Island Invitational, Victoria  
22-24 BC Championships, Surrey  
22-24 McCormick Invitational, Hamilton  
28-1 Man/Sask Championships, Regina  
29-1 Coupe du Quebec, Montreal

#### July

- 5-8 Quebec Age Groups, Montreal  
7 The Gorge Open Water 10K Nationals, Victoria  
12-15 BC Age Groups  
Ontario Championships, Etobicoke  
19-22 Youth & Junior and SWAD Nationals, Winnipeg  
27-29 Eastern Cup, Montreal  
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

#### February

- 21-24 Youth, Junior, SWAD Nationals  
East-Etobicoke, West-New Westminster

#### March

- 12-16 Spring National, Winnipeg

### UNITED 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, Phoenix, AZ  
24 10K Open Water selection, Daytona Beach, FL  
30-1 Cadillac 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

#### 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

- 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 Championships  
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  
Bettors own record of 1:45.51 May 2000.

#### • Men's 800 freestyle:

7:41.59 Ian Thorpe, AUS, Hobart, Mar 27, 2001  
Bettors 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  
Bettors old world best of 27.61 Alexander  
Dzhaburiya, UKR, 1996.

#### • Men's 100 breaststroke:

1:00.29 Ed Moses, USA, Austin, Mar 28, 2001  
Bettors 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)  
Bettors old record of 1:55.19 To Malchow, 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)  
Bettors 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  
Bettors own record of 1:45.37 Sep 2000.

#### • Men 800 freestyle:

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

#### • Men's 50 backstroke:

25.66 Josh Watson, AUS, Hobart, Mar 27, 2001  
Bettors 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.  
Bettors old record 28.05 Brett Peterson, RSA, 1999

#### • Women's 50 freestyle:

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

#### • Women's 50 backstroke:

28.68 Dyana Calub, AUS, Hobart, Mar 27, 2001  
Bettors 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  
Bettors 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 membership 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 O, which maintained a myriad of benefits resulting in its ability to enrich the bloodstream with additional oxygen (hence the name vitamin O). But when investigated, it turns out that the ten-dollar-an-ounce vitamin O 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 Frappuccinos." 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 multi-vitamin. 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 L form 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 by-product 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 is 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.



## 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 freeze-frame drawings of swimmers that spring like multiple-exposure 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 almost 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 technique, he loved to spin vivid "let's pretend" yarns, parables, and anecdotes.

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 Africa.





## 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-for-service 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 simply 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 lose TAG. But since they've changed everything every year I can't seem to think why they shouldn't screw this 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 Jenó 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 heresy; 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. Jenó Tihanyi  
School of Human Kinetics,  
Laurentian University, Sudbury, ON*



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

## 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
Malchow	25.69	55.04	1:24.60	1:55.46

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 year."

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 Curl-



Nathalie Coughlin, 100 back and fly winner

Donald Miralle, Allsport

Burke in the early 1990s, along with 400 IM world record holder Tom Dolan, Olympic winner in 1996 and 2000.

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 100 back with 1:01.98.

# "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 butterflyers 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

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 Progression

	2001	2000	1999
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

1	1:54.92	USALCMAR	Michael Phelps, USA	LCM01
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

1	1:54.92	USALCMAR	Michael Phelps, USA	LCM01
2	1:55.18	CHARLJUN	Tom Malchow, USA	LCM00
3	1:55.22	CANETJUN	Denis Pankratov, RUS	LCM95
4	1:55.63	ROMEMAY	Franck Esposito, FRA	LCM00
5	1:55.69	WORLD91	Melvin Stewart, USA	LCM91
6	1:55.76	OLYMPICS	Denis Syntayev, UKR	LCM00
7	1:56.17	OLYMPICS	Justin Norris, AUS	LCM00
8	1:56.24	FRGNATS	Michael Gross, GER	LCM86
9	1:56.34	USALCMAR	Stephen Parry, GBR	LCM00
10	1:56.34	OLYMPICS	Anatoli Poliakov, RUS	LCM00
11	1:56.75	ASIADEC	Takashi Yamamoto, JPN	LCM98
12	1:56.81	USNATAUG	Ugur Taner, USA	LCM98
13	1:56.82	GERLJUN	Thomas Rupprath, GER	LCM00
14	1:56.86	AUSLCMAR	Scott Goodman, AUS	LCM97
15	1:57.04	SEASN84	Jon Sieben, AUS	LCM84



Michael Phelps

Donald Miralle, Allsport

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 record-setting 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 national-level 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

Donald Miralle, Allsport

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.”

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 bests.

“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 University 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.



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# SWIMNEWS

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4







IAN

# Ian Thorpe

Australia

# 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 short-course 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.

"I 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 Thorpe.



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 x 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 Thorpe 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 Tarnae 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 Mew in 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 Fergus 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 Chiesa

# CHAMPIONSHIPS / TRIALS RESULTS

## USA NATIONALS / WORLD TRIALS

Austin, Mar 27-Apr 1 (50 M)

### MEN

- 50 METRES FREESTYLE  
 1) 22.18 Anthony Ervin,81  
 2) 22.35 Jason Lezak,75  
 3) 22.53 Gregory Busse,79
- 100 METRES FREESTYLE  
 1) 48.98 Anthony Ervin,81  
 2) 49.26 Jason Lezak,75  
 3) 49.39 Neil Walker,76
- 200 METRES FREESTYLE  
 1) 1:48.89 Klete Keller,82  
 2) 1:49.31 Scott Goldblatt,79  
 3) 1:49.33 Nate Dusing,78
- 400 METRES FREESTYLE  
 1) 3:48.72 Robert Margalis,82  
 2) 3:49.47 Chad Carvin,74  
 3) 3:53.25 Erik Vendt,81
- 800 METRES FREESTYLE  
 1) 7:56.39 Chad Carvin,74  
 2) 8:01.51 Francis Crippen,84  
 3) 8:06.96 John Cole,82
- 1500 METRES FREESTYLE  
 1) 15:13.00 Erik Vendt,81  
 2) 15:16.45 Robert Margalis,82  
 3) 15:21.24 Chris Thompson,78
- 100 METRES BACKSTROKE  
 1) 54.80 Aaron Peirsol,83  
 2) 55.00 Randall Bal,80  
 3) 55.03 Peter Marshall,82
- 200 METRES BACKSTROKE  
 1) 1:56.56 Aaron Peirsol,83  
 2) 1:59.44 Marc Lindsay,80  
 3) 2:00.64 Peter Marshall,82
- 100 METRES BREASTSTROKE  
 1) 1:00.29 Ed Moses,80  
 2) 1:01.39 Jarrod Marrs,75  
 3) 1:01.39 Anthony Robinson,80
- 200 METRES BREASTSTROKE  
 1) 2:10.40 Ed Moses,80  
 2) 2:12.67 Brendan Hansen,81  
 3) 2:14.81 Kyle Salyards,80
- 100 METRES BUTTERFLY  
 1) 52.46 Ian Crocker,82  
 2) 53.50 Bryan Jones,78  
 3) 53.89 Tommy Hannan,80
- 200 METRES BUTTERFLY  
 1) 1:54.92 Michael Phelps,85  
 2) 1:55.46 Tom Malchow,76  
 3) 1:58.64 Jeff Somensatto,79
- 200 METRES IND.MEDLEY  
 1) 2:01.58 Tom Wilkens,75  
 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  
 2) 4:14.52 Tom Wilkens,75  
 3) 4:15.20 Michael Phelps,85
- 4X100 MEDLEY RELAY  
 1) 3:46.79 Irvine Nova A  
 2) 3:46.87 Univ.Minnesota  
 3) 3:47.18 Auburn Univ.B
- 4X100 FREE RELAY  
 1) 3:23.80 Irvine Nova A  
 2) 3:26.03 Auburn University  
 3) 3:28.13 Univ.Minnesota
- 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  
 1) 25.11 Tammie Stone,76  
 2) 25.35 Haley Cope,79  
 3) 25.42 Kari Woodall-Haag,74
- 100 METRES FREESTYLE  
 1) 55.20 Colleen Lanne,79  
 2) 55.51 Lindsay Benko,76  
 3) 55.51 Maritza Correia,81
- 200 METRES FREESTYLE  
 1) 1:59.81 Lindsay Benko,76  
 2) 2:00.71 Colleen Lanne,79  
 3) 2:01.08 Stefanie Williams,79
- 400 METRES FREESTYLE  
 1) 4:12.06 Ashley Chandler,84  
 2) 4:12.09 Kaitlin Sandeno,83
- 3) 4:14.21 Kalyn Keller,85
- 800 METRES FREESTYLE  
 1) 8:32.20 Diana Munz,82  
 2) 8:32.82 Kaitlin Sandeno,83  
 3) 8:40.54 Ashley Chandler,84
- 1500 METRES FREESTYLE  
 1) 16:27.74 Diana Munz,82  
 2) 16:35.48 Meredith Green,83  
 3) 16:35.54 Adrienne Binder,85
- 100 METRES BACKSTROKE  
 1) 1:01.32 Natalie Coughlin,82  
 2) 1:01.98 Haley Cope,79  
 3) 1:02.11 Courtney Shealy,77
- 200 METRES BACKSTROKE  
 1) 2:13.34 Jamie Reid,83  
 2) 2:13.38 Lindsay Benko,76  
 3) 2:13.99 Jessica Aveyard,80
- 100 METRES BREASTSTROKE  
 1) 1:08.25 Kristy Kowal,78  
 2) 1:08.58 Megan Quann,84  
 3) 1:08.93 Amy Balcerzak,78
- 200 METRES BREASTSTROKE  
 1) 2:26.57 Kristy Kowal,78  
 2) 2:27.90 Amanda Beard,81  
 3) 2:27.94 Megan Quann,84
- 100 METRES BUTTERFLY  
 1) 59.38 Natalie Coughlin,82  
 2) 59.39 Mary Descenza,85  
 3) 59.40 Shelly Ripple,80
- 200 METRES BUTTERFLY  
 1) 2:10.95 Kaitlin Sandeno,83  
 2) 2:11.76 Shelly Ripple,80  
 3) 2:12.26 Emily Mason,82
- 200 METRES IND.MEDLEY  
 1) 2:14.19 Maggie Bowen,80  
 2) 2:14.48 Cristina Teuscher,78  
 3) 2:16.25 Kristen Caverly,84
- 400 METRES IND.MEDLEY  
 1) 4:42.98 Kaitlin Sandeno,83  
 2) 4:43.75 Maggie Bowen,80  
 3) 4:45.03 Cristina Teuscher,78
- 4X100 MEDLEY RELAY  
 1) 4:14.35 U.Southern California  
 2) 4:17.14 Dallas Mustangs A  
 3) 4:18.26 Kansas City Blazers
- 4X100 FREE RELAY  
 1) 3:45.44 Univ.of Texas  
 2) 3:51.86 Terrapins  
 3) 3:53.13 U.Southern California
- 4X200 FREE RELAY  
 1) 8:14.90 U.Southern California  
 2) 8:17.78 Auburn Univ.  
 3) 8:22.30 Dynamo Swim Club

- 100 METRES BACKSTROKE  
 1) 54.43 Matt Welsh,76  
 2) 55.26 Josh Watson,77  
 3) 55.96 Raymond Hass,77
- 200 METRES BACKSTROKE  
 1) 1:59.64 Matt Welsh,76  
 2) 2:00.60 Raymond Hass,77  
 3) 2:01.46 Leigh McBean,83
- 50 METRES BREASTSTROKE  
 1) 28.84 Simon Cowley,80  
 2) 28.85 Phil Rogers,71  
 3) 29.24 Robert Van Der Zant,75
- 100 METRES BREASTSTROKE  
 1) 1:01.96 Simon Cowley,80  
 2) 1:02.16 Regan Harrison,77  
 3) 1:02.63 Jim Piper,81
- 200 METRES BREASTSTROKE  
 1) 2:13.14 Regan Harrison,77  
 2) 2:13.23 Simon Cowley,80  
 3) 2:13.32 Jim Piper,81
- 50 METRES BUTTERFLY  
 1) 23.85 Geoff Huegill,79  
 2) 23.99 Michael Klim,77  
 3) 24.02 Burl Reid,78
- 100 METRES BUTTERFLY  
 1) 52.23 Geoff Huegill,79  
 2) 52.34 Michael Klim,77  
 3) 53.09 Adam Pine,76
- 200 METRES BUTTERFLY  
 1) 1:57.70 Justin Norris,80  
 2) 1:58.69 William Kirby,75  
 3) 1:59.10 Grant McGregor,78
- 200 METRES IND.MEDLEY  
 1) 2:01.54 Grant McGregor,78  
 2) 2:01.59 Justin Norris,80  
 3) 2:02.79 Robert Van Der Zant,75
- 400 METRES IND.MEDLEY  
 1) 4:17.62 Grant McGregor,78  
 2) 4:21.52 Justin Norris,80  
 3) 4:22.02 Trent Steed,77
- 4X100 MEDLEY RELAY  
 1) 3:51.44 Nunawading  
 2) 3:54.35 Carey Aquatic  
 3) 3:57.50 Redcliffe Leagues
- 4X100 FREE RELAY  
 1) 3:26.47 Nunawading  
 2) 3:28.24 Yeronga Park  
 3) 3:29.20 Brothers
- 4X200 FREE RELAY  
 1) 7:25.19 Miami, OLD  
 2) 7:34.86 City of Perth  
 3) 7:38.08 Nunawading

## AUTRALIAN NATIONALS / WORLD TRIALS

Hobart, Mar 24-31 (50 M)

### MEN

- 50 METRES FREESTYLE  
 1) 22.58 Brett Hawke,74  
 2) 22.71 Michael Klim,77  
 3) 22.71 Ashley Callus,79
- 100 METRES FREESTYLE  
 1) 49.05 Ian Thorpe,82  
 2) 49.46 Ashley Callus,79  
 3) 49.53 Michael Klim,77
- 200 METRES FREESTYLE  
 1) 1:44.69 Ian Thorpe,82  
 2) 1:48.22 William Kirby,75  
 3) 1:48.88 Todd Pearson,77
- 400 METRES FREESTYLE  
 1) 3:40.76 Ian Thorpe,82  
 2) 3:45.46 Grant Hackett,80  
 3) 3:52.60 Craig Stevens,80
- 800 METRES FREESTYLE  
 1) 7:41.59 Ian Thorpe,82  
 2) 7:44.57 Grant Hackett,80  
 3) 8:04.55 Stephen Penfold,82
- 1500 METRES FREESTYLE  
 1) 14:49.30 Grant Hackett,80  
 2) 15:17.20 Craig Stevens,80  
 3) 15:22.33 Andrew Affleck,83
- 50 METRES BACKSTROKE  
 1) 25.66 Josh Watson,77  
 2) 25.76 Matt Welsh,76  
 3) 26.07 Beau Mannix,80

- 3) 32.59 Leisel Jones,85
- 100 METRES BREASTSTROKE  
 1) 1:07.96 Leisel Jones,85  
 2) 1:07.99 Tarnee White,81  
 3) 1:09.29 Brooke Hanson,78
- 200 METRES BREASTSTROKE  
 1) 2:27.41 Leisel Jones,85  
 2) 2:28.83 Brooke Hanson,78  
 3) 2:31.65 Tarnee White,81
- 50 METRES BUTTERFLY  
 1) 27.06 Petria Thomas,75  
 2) 27.46 Julia Ham,79  
 3) 27.60 Nicole Irving,82
- 100 METRES BUTTERFLY  
 1) 58.24 Petria Thomas,75  
 2) 1:00.28 Julia Ham,79  
 3) 1:00.48 Lara Davenport,84
- 200 METRES BUTTERFLY  
 1) 2:07.42 Petria Thomas,75  
 2) 2:12.40 Nicole Hunter,84  
 3) 2:12.42 Felicity Galvez,85
- 200 METRES IND.MEDLEY  
 1) 2:16.48 Lori Munz,79  
 2) 2:17.12 Jennifer Reilly,83  
 3) 2:18.08 Leisel Jones,85
- 400 METRES IND.MEDLEY  
 1) 4:46.35 Jennifer Reilly,83  
 2) 4:52.44 Megan McMahon,82  
 3) 4:55.79 Yvette Rodier,81
- 4X100 MEDLEY RELAY  
 1) 4:15.79 Redcliffe Leagues  
 2) 4:16.44 Carey Aquatic  
 3) 4:20.66 Redcliffe Leagues B
- 4X100 FREE RELAY  
 1) 3:50.04 Carey Aquatic  
 2) 3:52.80 Aquadot  
 3) 3:54.74 Commercial
- 4X200 FREE RELAY  
 1) 8:33.66 Redcliffe Leagues
- BRITISH WORLD TRIALS**  
 Sheffield, April 10-15 (50 M)
- MEN**  
 50 METRES FREESTYLE  
 1) 22.62 Mark Foster,70  
 2) 23.03 Matthew Kidd,79  
 3) 23.33 Sion Brinn,73
- 100 METRES FREESTYLE  
 1) 50.50 Paul Palmer,74  
 2) 50.66 Matthew Kidd,79  
 3) 50.82 Alex Scotcher,80
- 200 METRES FREESTYLE  
 1) 1:48.85 Paul Palmer,74  
 2) 1:49.97 Edward Sinclair,80  
 3) 1:50.54 James Saller,76
- 400 METRES FREESTYLE  
 1) 3:51.82 Paul Palmer,74  
 2) 3:52.15 Graeme Smith,76  
 3) 3:52.46 Edward Sinclair,80
- 800 METRES FREESTYLE  
 1) 8:01.77 Adam Faulkner,81  
 2) 8:03.66 Graeme Smith,76  
 3) 8:12.13 Stuart Trees,81
- 1500 METRES FREESTYLE  
 1) 15:27.02 Graeme Smith,76  
 2) 15:34.36 Adam Faulkner,81  
 3) 15:34.62 Andrew Jameson,81
- 50 METRES BACKSTROKE  
 1) 26.06 Neil Willey,76  
 2) 26.39 Gregor Tait,79  
 3) 26.83 Liam Tancock,85
- 100 METRES BACKSTROKE  
 1) 56.40 Adam Ruckwood,74  
 2) 56.52 Gregor Tait,79  
 3) 56.84 Neil Willey,76
- 200 METRES BACKSTROKE  
 1) 2:02.73 Simon Millitis,77  
 2) 2:02.85 Gregor Tait,79  
 3) 2:03.09 Adam Ruckwood,74
- 50 METRES BREASTSTROKE  
 1) 27.79 James Gibson,80  
 2) 28.13 Darren Mew,79  
 3) 28.66 Gavin Brettell,76
- 100 METRES BREASTSTROKE  
 1) 1:01.52 Darren Mew,79  
 2) 1:02.61 Adam Whitehead,80  
 3) 1:02.69 Ian Edmond,78
- 200 METRES BREASTSTROKE  
 1) 2:15.50 Ian Edmond,78  
 2) 2:15.99 Adam Whitehead,80  
 3) 2:17.83 Chris Cook,79
- 50 METRES BUTTERFLY  
 1) 24.12 Mark Foster,70  
 2) 24.94 David Bennett,81  
 3) 25.08 Seth Chappels,82
- 100 METRES BUTTERFLY  
 1) 53.53 James Hickman,76  
 2) 54.37 Stephen Parry,77  
 3) 54.90 Robert Greenwood,79
- 200 METRES BUTTERFLY  
 1) 1:58.42 Stephen Parry,77  
 2) 1:58.76 James Hickman,76  
 3) 2:01.76 Robert Greenwood,79
- 200 METRES IND.MEDLEY  
 1) 2:04.19 Adrian Turner,77  
 2) 2:04.21 James Goddard,83  
 3) 2:05.82 Michael Cole,78
- 400 METRES IND.MEDLEY  
 1) 4:19.90 Simon Millitis,77  
 2) 4:23.82 James Goddard,83  
 3) 4:24.92 Adrian Turner,77
- WOMEN**  
 50 METRES FREESTYLE  
 1) 25.07 Allison Sheppard,72  
 2) 25.30 Rosalind Brett,79  
 3) 25.94 Melanie Marshall,82
- 100 METRES FREESTYLE  
 1) 55.78 Rosalind Brett,79  
 2) 56.10 Karen Pickering,71  
 3) 56.19 Allison Sheppard,72
- 200 METRES FREESTYLE  
 1) 2:01.12 Karen Legg,78  
 2) 2:01.72 Karen Pickering,71  
 3) 2:02.03 Nicola Jackson,84
- 400 METRES FREESTYLE  
 1) 4:13.73 Rebecca Cooke,83  
 2) 4:17.45 Sarah Collings,78  
 3) 4:17.71 Stacey Houldsworth,81
- 800 METRES FREESTYLE  
 1) 8:34.91 Rebecca Cooke,83  
 2) 8:45.86 Stacey Houldsworth,81  
 3) 8:50.06 Sarah Collings,78
- 1500 METRES FREESTYLE  
 1) 16:21.75 Rebecca Cooke,83  
 2) 16:42.18 Nathalie Brown,83  
 3) 16:42.37 Sarah Collings,78
- 50 METRES BACKSTROKE  
 1) 29.57 Sarah Price,79  
 2) 29.86 Katy Sexton,82  
 3) 29.98 Melanie Marshall,82
- 100 METRES BACKSTROKE  
 1) 1:01.32 Sarah Price,79  
 2) 1:02.07 Katy Sexton,82  
 3) 1:03.27 Joanna Fargus,82
- 200 METRES BACKSTROKE  
 1) 2:11.81 Joanna Fargus,82  
 2) 2:12.44 Katy Sexton,82  
 3) 2:12.45 Sarah Price,79
- 50 METRES BUTTERFLY  
 1) 31.99 Zoe Baker,76  
 2) 32.28 Jaime King,76  
 3) 32.45 Kate Hayward,87
- 100 METRES BUTTERFLY  
 1) 1:09.64 Jaime King,76  
 2) 1:10.84 Kirsty Balfour,84  
 3) 1:11.02 Zoe Baker,76
- 200 METRES BUTTERFLY  
 1) 2:28.10 Jaime King,76  
 2) 2:33.09 Heidi Earp,80  
 3) 2:35.07 Charlotte Evans,84
- 50 METRES IND.MEDLEY  
 1) 27.53 Rosalind Brett,79  
 2) 27.73 Nicola Jackson,84  
 3) 28.22 Jenna Coyne,81
- 100 METRES IND.MEDLEY  
 1) 1:00.37 Georgina Lee,81  
 2) 1:01.42 Margaretha Pedder,80  
 3) 1:01.70 Nicola Jackson,84
- 200 METRES IND.MEDLEY  
 1) 2:10.21 Georgina Lee,81  
 2) 2:12.51 Margaretha Pedder,80  
 3) 2:13.68 Natalie Turner,82
- 200 METRES IND.MEDLEY  
 1) 2:18.13 Kathryn Evans,81  
 2) 2:18.87 Joanne Mullins,84  
 3) 2:20.63 Holly Fox,84
- 400 METRES IND.MEDLEY  
 1) 4:49.09 Holly Fox,84  
 2) 4:51.24 Thea Evanson,80  
 3) 4:51.78 Rachel Corner,81

GIRLS
11-12

50 METRES FREESTYLE

Table with 2 columns: Rank and Name/Team. Lists top swimmers for 50m Freestyle, including Shauna Collins, Brooke Buckland, Seanna Mitchell, etc.

100 METRES FREESTYLE

Table with 2 columns: Rank and Name/Team. Lists top swimmers for 100m Freestyle, including Shauna Collins, Natalie Chan, Katerina Symes, etc.

200 METRES FREESTYLE

Table with 2 columns: Rank and Name/Team. Lists top swimmers for 200m Freestyle, including Shauna Collins, Natalie Chan, Katerina Symes, etc.

400 METRES FREESTYLE

Table with 2 columns: Rank and Name/Team. Lists top swimmers for 400m Freestyle, including Shauna Collins, Natalie Chan, Stephanie Pollard, etc.

800 METRES FREESTYLE

Table with 2 columns: Rank and Name/Team. Lists top swimmers for 800m Freestyle, including Shannon Smith, Natalie Chan, Stephanie Pollard, etc.

100 METRES BACKSTROKE

Table with 2 columns: Rank and Name/Team. Lists top swimmers for 100m Backstroke, including Michelle Cruz, Katerina Symes, Jessi Wardale, etc.

200 METRES BACKSTROKE

Table with 2 columns: Rank and Name/Team. Lists top swimmers for 200m Backstroke, including Michelle Cruz, Brooke Buckland, Katerina Symes, etc.

100 METRES BREASTSTROKE

Table with 2 columns: Rank and Name/Team. Lists top swimmers for 100m Breaststroke, including Allison Higson, Morgan Kierstead, Genevieve Crevier, etc.

Table with 2 columns: Rank and Name/Team. Lists top swimmers for 400m Freestyle (continued), including Donna MacLeod, Nadine McAdam, Tara Hahto, etc.

200 METRES BREASTSTROKE

Table with 2 columns: Rank and Name/Team. Lists top swimmers for 200m Breaststroke, including Allison Higson, Whitney Rich, Morgan Kierstead, etc.

100 METRES BUTTERFLY

Table with 2 columns: Rank and Name/Team. Lists top swimmers for 100m Butterfly, including Shauna Collins, Natalie Chan, Andrea Kells, etc.

200 METRES BUTTERFLY

Table with 2 columns: Rank and Name/Team. Lists top swimmers for 200m Butterfly, including Michelle Coulombe, Natalie Chan, Lauren Lavigna, etc.

200 METRES IND. MEDLEY

Table with 2 columns: Rank and Name/Team. Lists top swimmers for 200m Individual Medley, including Allison Higson, Natalie Chan, Katerina Symes, etc.

Table with 2 columns: Rank and Name/Team. Lists top swimmers for 400m Freestyle (continued), including Stephanie Pollard, Hanna Pierson, HTACAPR Brooke Buckland, etc.

400 METRES IND. MEDLEY

Table with 2 columns: Rank and Name/Team. Lists top swimmers for 400m Individual Medley, including Joanne Malar, Whitney Rich, Natalie Chan, etc.

4500 FREESTYLE RELAY

Table with 2 columns: Rank and Name/Team. Lists top teams for 4500m Freestyle Relay, including Regina Opt. Dolphins, Nepean Kanata, Cascade Swim Club, etc.













# TOP AGE GROUP TIMES

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 10&U

### 100 METRES FREESTYLE

- Rec: 1:04.42 Shauna Collins, ROD 88
- 1:14.84 ELITEMAR Lilia Hadouchi, 10, LSCDN
  - 1:15.20 OYOMAR Erin Mills, 10, EBSC
  - 1:15.79 CDSCAPR Amity Chow, 10, PDOSA
  - 1:15.79 HTACAPR Ashley MacKendrick, 10, SWAT
  - 1:16.02 ESWIMAPR Natalie Hagan, 10, ESWIM
  - 1:16.39 LEDUCMAY Danielle Newton, 10, FMSC
  - 1:16.60 ISAPR Shawnee Landolt, 10, IS
  - 1:16.81 MMAPR Hannah Whitehead, 10, GFYND
  - 1:17.13 CNOAPR Jenna York, 10, NKB
  - 1:17.23 HTACAPR Ann Gordon, 10, SWAT
  - 1:17.41 DAVISMAR Casey Leslie, 10, HWAC
  - 1:17.51 OYOMAR Kristen Bradbury, 10, HOST
  - 1:17.57 CNOAPR Natasha Brousseau, 9, CNO
  - 1:17.90 ELITEMAR Kristen Campbell, 10, DDO
  - 1:18.10 RYMMMAR Jordan Quick, 10, LASER
  - 1:18.13 PGBAPR Carlene Creyke, 10, PN
  - 1:18.47 HTACAPR Nicole Brown, 10, SWAT
  - 1:18.51 CDSCAPR Christine Edwards, 10, PDOSA
  - 1:18.64 MMAPR Samantha Burnell, 10, SJS
  - 1:18.88 PGBAPR Meredith Brule, 10, GPP
  - 1:19.08 DAVISMAR Meghan Brockington, 9, OSHAC
  - 1:19.16 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 Delaoye, 10, CASC
  - 5:49.59 ISAPR Shawnee Landolt, 10, IS
  - 5:52.74 LEDUCMAY Danielle Newton, 10, FMSC
  - 6:01.71 EKSCMAR Michelle Beveridge, 10, UCSC
  - 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 Frateli, 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
  - 1:27.80 MMAPR Jennifer Dailey, 10, SSSC
  - 1:27.89 GMACMAR Kaylee Dakers, 9, COBRA
  - 1:28.03 HTACAPR Ashley MacKendrick, 10, SWAT
  - 1:28.22 ELITEMAR Lilia Hadouchi, 10, LSCDN
  - 1:28.43 CDSCAPR Christine Edwards, 10, PDOSA
  - 1:29.13 DAVISMAR Casey Leslie, 10, HWAC
  - 1:29.75 MMAPR Samantha Holloway, 10, MANTA
  - 1:29.83 OYOMAR Jenna York, 10, NKB
  - 1:29.92 RYMMMAR Jordan Quick, 10, LASER
  - 1:30.23 ESWIMAPR Carissa Carrabetta, 10, ODSO
  - 1:30.34 DAVISMAR Alyce Sutcliffe, 10, BST
  - 1:30.72 MMAPR Marissa Davies, 10, SJS
  - 1:31.08 PGBAPR Carlene Creyke, 10, PN
  - 1:32.21 MMAPR Samantha Burnell, 10, SJS
  - 1:32.51 CDSCAPR Vanessa Hanbury, 10, GATOR
  - 1:32.53 MMAPR Karleigh Gallagher, 10, SJS
  - 1:32.78 DAVISMAR Tamara Gimon, 9, BAD
  - 1:32.98 ESWIMAPR Sasha Menu-Courey, 10, ESWIM
  - 1:33.92 RYMMMAR Lauren Doupe, 10, YOSSC
  - 1:34.04 ISAPR Justyna Sypniewski, 10, NRST
  - 1:34.15 CDSCAPR Scarlett Smith, 10, PDSA
  - 1:34.20 DAVISMAR Kirstyn McCasey, 9, OSHAC
  - 1:34.26 OYOMAR Basia Fallick, 10, NKB
  - 1:34.66 RYMMMAR Riklia 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
  - 1:37.69 MMAPR Marissa Davies, 10, SJS
  - 1:37.75 ELITEMAR Marcela Rojas, 10, LSCDN
  - 1:37.84 ELITEMAR Lilia Hadouchi, 10, LSCDN
  - 1:37.94 MMAPR Samantha Holloway, 10, MANTA
  - 1:38.11 LEDUCMAY Danielle Newton, 10, FMSC
  - 1:38.47 ESWIMAPR Sasha Menu-Courey, 10, ESWIM
  - 1:39.67 PGBAPR Khuen Yi Hong, 10, PGB
  - 1:42.06 CDSCAPR Amity Chow, 10, PDOSA
  - 1:42.26 OYOMAR Jenna York, 10, NKB
  - 1:42.52 OYOMAR Lesley Stonebridge, 10, NKB
  - 1:42.55 ESWIMAPR Alisha Ancinelli, 10, ESWIM
  - 1:42.76 MMAPR Sheila Alvaro, 10, MM
  - 1:43.20 DAVISMAR Rebecca Vedell, 10, HWAC
  - 1:43.30 ISAPR Elyse Richard, 10, COMOX
  - 1:43.49 ISAPR Anna Francis, 10, IS
  - 1:43.80 ESWIMAPR Kaylee Dakers, 10, COBRA
  - 1:43.85 RYMMMAR Jordan Quick, 10, LASER
  - 1:44.68 PGBAPR Carlene Creyke, 10, PN
  - 1:44.85 MMAPR Meghan Winsler, 10, MANTA

### 100 METRES BUTTERFLY

- Rec: 1:13.09 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
  - 1:30.36 MMAPR Marissa Davies, 10, SJS
  - 1:31.14 DAVISMAR Meghan Brockington, 9, OSHAC
  - 1:32.01 DAVISMAR Amy Harriman, 10, HWAC
  - 1:33.67 DAVISMAR Casey Leslie, 10, HWAC
  - 1:34.64 EKSCMAR Julie Kells, 9, RDSCS
  - 1:34.97 MMAPR Hannah Whitehead, 10, GFYND
  - 1:35.11 MMAPR Jennifer Dailey, 10, SSSC
  - 1:35.24 CDSCAPR Amity Chow, 10, PDOSA
  - 1:35.78 GMACMAR Alana Byron, 10, GMAC
  - 1:36.09 RYMMMAR Jordan Quick, 10, LASER
  - 1:36.50 EKSCMAR Ryan Pape, 10, NCS
  - 1:36.85 LEDUCMAY Evangeline Fletcher, 9, AIR
  - 1:38.02 ESWIMAPR Kaylee Dakers, 9, 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 Lavioie, 9, OSC
  - 1:39.72 ESWIMAPR Alisha Haricharan, 9, COBRA
  - 1:39.77 RAPIDAPR Karen Hemmes, 10, CHENA

### 200 METRES IND. MEDLEY

- 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, OSAC
  - 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 ELITEMAR Lilia Hadouchi, 10, LSCDN
  - 3:05.31 ELITEMAR Kristen Campbell, 10, DDO
  - 3:05.48 LEDUCMAY Danielle Newton, 10, FMSC
  - 3:06.42 DAVISMAR Alison Benton, 10, BAD
  - 3:06.92 MMAPR Marissa Davies, 10, SJS
  - 3:07.36 RYMMMAR Jordan Quick, 10, LASER
  - 3:08.30 ELITEMAR Marcela Rojas, 10, LSCDN
  - 3:08.64 HTACAPR Ashley MacKendrick, 10, SWAT
  - 3:09.29 MMAPR Samantha Holloway, 10, MANTA

## BOYS 10&U

### 100 METRES FREESTYLE

- Rec: 1:05.02 Andrew Bignell, SSMAC, 94
- 1:10.82 EKAPR Curtis Lutsch, 10, UCSC
  - 1:13.15 ISAPR Will Hergeshelmer, 10, NRST
  - 1:13.40 GMACMAR Steven Saltzberry, 10, TAT
  - 1:13.46 GMACMAR Tyler Bredschneider, 10, COBRA
  - 1:13.63 PGBAPR Judd Grossman, 10, PN
  - 1:13.86 CDSCAPR Hong-Kei Chan, 10, PDOSA
  - 1:13.89 CDSCAPR Hong-Ting Chan, 10, PDOSA
  - 1:14.27 DAVISMAR Dinos San Pedro, 10, OAK
  - 1:15.55 CDSCAPR Marko Gavric, 9, PDSA
  - 1:16.40 MMAPR David Woodman, 10, MANTA
  - 1:16.86 MMAPR Romeo Zapala, 10, MM
  - 1:17.44 OYOMAR Ben Roberts, 10, KBM
  - 1:17.93 DAVISMAR Curtis Samuel, 10, OAK
  - 1:18.90 DAVISMAR Alex Serwotka, 10, CYPs
  - 1:19.60 CNOAPR Troy Baxter, 9, NKB
  - 1:19.90 ESWIMAPR Colin Coombs, 10, ESWIM

### 400 METRES FREESTYLE

- Rec: 4:55.60 Trevor Jakisch, SJS, 78
- 5:18.15 ISAPR Craig Dagnall, 10, IS
  - 5:31.79 ISAPR Will Hergeshelmer, 10, NRST
  - 5:37.65 LEDUCMAY Michael Clarke, 10, OSC
  - 5:47.66 DAVISMAR Dinos San Pedro, 10, OAK
  - 5:49.18 GMACMAR Tyler Bredschneider, 10, COBRA
  - 5:49.79 EKSCMAR Michael Lowenstein, 10, CASC
  - 5:53.25 EKSCMAR Jordie Szoo, 10, CASC
  - 5:57.31 LEDUCMAY Ben Schaeffer, 10, BRSC
  - 6:00.13 EKSCMAR Aman Hansra, 10, FMSC
  - 6:01.70 EKSCMAR Karl Wolk, 9, EKSC
  - 6:08.29 ISAPR Zachary Relf, 10, IS
  - 6:08.40 CDSCAPR Hong-Kei Chan, 10, PDOSA

### 100 METRES BACKSTROKE

- Rec: 1:14.50 Andrew Bignell, SSMAC, 94
- 1:17.19 CDSCAPR Andre Kudaba, 10, HYACK

- 1:24.18 LEDUCMAY Michael Clarke, 10, OSC
- 1:24.96 DAVISMAR Dinos San Pedro, 10, OAK
- 1:26.53 DAVISMAR Frank Despond, 9, BAD
- 1:26.82 ISAPR Will Hergeshelmer, 10, NRST
- 1:28.38 CDSCAPR Marko Gavric, 9, PDSA
- 1:28.68 RYMMMAR Parker Zeeben, 10, PASS
- 1:28.72 ESWIMAPR Colin Coombs, 10, ESWIM
- 1:29.03 CDSCAPR Hong-Ting Chan, 10, PDOSA
- 1:29.94 ISAPR Craig Dagnall, 10, IS
- 1:30.49 LEDUCMAY Nicholas Vanderveen, 10, EDSON
- 1:30.60 OYOMAR Ben Roberts, 10, KBM
- 1:30.60 ESWIMAPR Tyler Bredschneider, 10, COBRA
- 1:30.66 ESWIMAPR Scott Jessett, 10, SCAR
- 1:31.36 GMACMAR Evan Buck, 10, GMAC
- 1:32.19 RYMMMAR Bretton Love, 9, GOLD
- 1:32.50 LEDUCMAY Matthew Peddie, 10, OSC
- 1:33.47 DAVISMAR Colin Hubert, 10, CYPs
- 1:33.55 OYOMAR Ryan Cockell, 9, NKB
- 1:34.00 DAVISMAR Ben Wyman, 8, HWAC
- 1:34.62 MMAPR David Woodman, 10, MANTA
- 2:13.35 LEDUCMAY Ben Schaeffer, 10, BRSC

### 100 METRES BREASTSTROKE

- Rec: 1:22.79 David Cheung, CREST, 92
- 1:27.53 EKAPR Curtis Lutsch, 10, UCSC
  - 1:33.67 CDSCAPR Hong-Kei Chan, 10, PDOSA
  - 1:37.89 OYOMAR Troy Baxter, 9, NKB
  - 1:37.90 GMACMAR Steven Saltzberry, 10, TAT
  - 1:38.05 CDSCAPR Marko Gavric, 9, PDSA
  - 1:38.46 PGBAPR Judd Grossman, 10, PN
  - 1:38.69 CDSCAPR Dennis Brotzky, 9, PDSA
  - 1:40.51 ISAPR Will Hergeshelmer, 10, NRST
  - 1:40.84 LEDUCMAY Ben Schaeffer, 10, BRSC
  - 1:43.02 LEDUCMAY Nathan Kindrachuk, 10, OSC
  - 1:43.37 MMAPR Romeo Zapala, 10, MM
  - 1:44.09 OYOMAR Eric Brunet, 10, CNO
  - 1:44.51 MMAPR Adam Brown, 10, SD
  - 1:44.65 ESWIMAPR Scott Jessett, 10, SCAR
  - 1:44.70 LEDUCMAY Michael Clarke, 10, OSC
  - 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, RDSCS
  - 1:25.67 CDSCAPR Hong-Ting Chan, 10, PDOSA
  - 1:25.79 ISAPR Will Hergeshelmer, 10, NRST
  - 1:26.10 ESWIMAPR Tyler Bredschneider, 10, COBRA
  - 1:27.55 DAVISMAR Dinos San Pedro, 10, OAK
  - 1:28.71 EKSCMAR Curtis Lutsch, 10, UCSC
  - 1:29.28 EKSCMAR Jordie Szoo, 10, CASC
  - 1:33.09 DAVISMAR Alex Serwotka, 10, CYPs
  - 1:33.65 EKSCMAR Justin Odger, 9, CASC
  - 1:33.70 EKSCMAR Michael Clarke, 10, OSC
  - 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, OAK
  - 2:46.54 EKAPR 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, PDOSA
  - 2:59.45 ISAPR Will Hergeshelmer, 10, NRST
  - 3:00.36 ISAPR Craig Dagnall, 10, IS
  - 3:00.82 EKSCMAR Michael Lowenstein, 10, CASC
  - 3:01.21 CDSCAPR Hong-Ting Chan, 10, PDOSA
  - 3:02.67 EKSCMAR Michael Clarke, 10, OSC
  - 3:03.21 GMACMAR Kodie Yorke, 10, GMAC
  - 3:04.35 GMACMAR Evan Buck, 10, GMAC
  - 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
  - 3:08.14 RYMMMAR Alek Szmigielski, 10, GOLD
  - 3:09.89 EKSCMAR Ben Berg, 10, RDSCS



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

Marco Chiesa

# 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 head-hunting 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; let's bring Canadian swimming back to its former level.

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

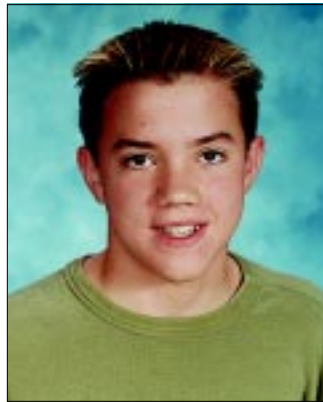
# MAKING WAVES<sup>®</sup>



**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 Spring Nationals

Best Times	LCM00	LCM01
100 breaststroke	1:05.71	1:03.98
200 breaststroke	2:21.43	2:16.35
200 ind.medley	2:14.00	2:08.89
400 ind.medley	4:37.80	4:45.54



**Joel Greenshields, 12**

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

Best Times	LCM00	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

Best Times	SCM01	LCM01
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



**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

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**Michael Allain, 14**

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
100 freestyle		59.51
100 backstroke	1:08.36	1:04.96
200 backstroke	2:28.91	2:23.91

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