

CANADA GAMES HISTORY

AGE GROUPERS SWIMMING FAST

SWIMNEWS

NUMBER 266

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JULY 2001

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FOR 100 BREASTSTROKE***



DRYLAND TRAINING

SENIOR COACH POSITION

White Dolphin Swim School Hong Kong Swimming Dragons



Hong Kong Swimming Dragons and White Dolphin Swim School have been offering professional swimming coaching and teaching service in Hong Kong since 1997. Our main venue is 6 lane 25 metres indoor heated swimming pool at Japanese International School.

Our main businesses are:

- Swim team operation (Hong Kong Swimming Dragons)
- Swim school operation (White Dolphin Swim School)
- Teach P.E. swimming lessons for Japanese International School
- Swimming pool management service
- Local school swim team program and P.E. extra curricular program
- Public residential swimming camp for Hong Kong age group swimmers

To cope with the coming expansion, we are inviting the qualified candidates to fill the position of Senior Coach.

Main duties

- Conduct swimming lesson and swim team training
- Supervising general grade instructors
- Swim School and Swim Team administration

Requirements

- Degree holder in Physical Education
- PE teacher qualification in secondary and/or primary school
- NCCP (swimming) or ASCA Coaching Level I or equivalent
- Experience in swimming school/team management and coaching will be an advantage

Salary: HK\$195,000 – HK\$325,000/year
(Approx. CAN\$ 37,500 – CAN\$ 65,500/year)

Fringe Benefit: Annual paid leave, Relocation allowance,
Medical and Dental Insurance will be offered.

For appropriate candidates interview will be held in Orlando, Florida on August 10th, 2001.

Please send an application letter and a full resume on or before Aug 1, 2001 to

Mr. Takeo INOKI, Managerial Director by:

- E-mail wdss@netvigator.com or
- Fax (852) 2657-1518

AMATEUR SWIMMING ASSOCIATION

WORLD CLASS POTENTIAL / WORLD CLASS START DISABILITY SWIMMING

PROGRAMME DIRECTOR

**Salary : British Swimming Grade X
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The Programme Director - Disability Swimming will be responsible for the strategy, direction and management of the World Class Potential and World Class Start Disability Swimming programmes.

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The closing date for this application is Tuesday 31st July 2001

To obtain an application pack please contact the ASA Employment Line on +44 (0)1509 618 703 (24 hours), e-mail leona.allen@swimming.org or write to Leona Allen, Personnel Officer, ASA, Harold Fern House, Derby Square, Loughborough, LE11 5AL

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Cover photo: Marco Chiesa



Michelle MacPherson



Laura Nicholls



Roman Sloudnov



Mathieu Bois

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CALENDAR

CANADIAN

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

May

- 24-26 Zajac International, Vancouver

July

- 18-21 Youth, Junior, SWAD Nationals, Winnipeg

August

- 6-10 Summer Nationals, Victoria

UNITED STATES

July

- 12-15 US Grand Prix 4, Long Island, NY
 19-22 US Grand Prix 5, Los Angeles, CA
 August
 4 FINA Open Water World Cup, Atlantic City, NJ
 14-18 Summer Nationals, Fresno, CA
 19 5K Open Water Nationals, Fresno, CA
 November
 27-28 FINA World Cup, East Meadow, NY
 29-1 U.S. Open, (25m) East Meadow, NY

2002

March

- 19-23 Spring Nationals
 24 5K Open Water Nationals

May

- 25-27 10K-25K Open Water Nationals, Newport Beach, CA

June

- 21-23 US Disability Championships, Federal Way, WA

August

- 13-17 Summer Nationals
 18 5K Open Water Nationals

December

- 5-7 U.S. Open, Minneapolis, MN

INTERNATIONAL

July

- 13-20 European Olympic Youth Days, Murcia, ESP
 19-22 English Championships
 17-29 FINA World Championships, Fukuoka, JPN

August

- 29-3 British Age Groups, Sheffield
 4-7 Australian SC Championships, Perth
 9-12 British SC Championships
 22-1 FISU Universiade, Beijing, CHN

September

- 2-15 Mediterranean Games, Tunis, TUN
 26-29 New Zealand Winter Champs., Roturua
 29-5 Goodwill Games, Brisbane, AUS

November

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

December

- 13-16 European SC Championships, Antwerp, BEL

2002

April

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

July

- 25-4 European Championships, Berlin

CANADIAN WORLD CHAMPIONSHIPS TEAM

WOMEN (11)

| | |
|--------------------------------|---------------------------------------|
| Jennifer Carroll, 19, CAMO, | 50 back, 100m back |
| Jessica Deglau, 21, PDSA, | 4x200 free |
| Jennifer Fratesi, 16, ROW, | 200 back |
| Audrey Lacroix, 17, CAMO, | 4x100 medley |
| Rhiannon Leier, 23, MANTA, | 50 breast, 100 breast 4x100 medley |
| Marianne Limpert, 28, PDSA | 200 IM, 4x200 free |
| Michelle Lischinsky, 26, MANTA | 50 back, 100 back, 4x100 medley |
| Laura Nicholls, 22, ROW, | 100 free, 4x100 medley, 4x200 free |
| Christin Petelski, 23, IS, | 100 breast |
| Sophie Simard, 22, UL, | 4x200 free |
| Elizabeth Wycliffe, 18, EBSC, | 200 back |
| 4x100 medley relay | 4:08.74 |
| 4x200 free relay | 8:07.65 |

HEAD COACH

Dave Johnson, SNC Calgary, AB

COACHING STAFF

| | |
|----------------------------|---------------------------|
| Randy Bennett PDSA | Vancouver, BC |
| Jan Bidman UCSA | Calgary, AB |
| Lucie Hewitt-Henderson, TO | Oakville, ON |
| Ron Jacks IS, | Victoria, BC (Open Water) |
| Tom Johnson PDSA, | Vancouver, BC |
| Claude St-Jean CAMO, | Montréal, QC |

MEN (10)

| | |
|-----------------------------|--------------------------------|
| Andrew Hurd, 18, MSSAC, | 400 free, 800 free |
| Riley Janes, 21, ESWIM, | 50 back |
| Brian Johns, 18 RAPID, | 200 IM, 400 IM, 4x200 free |
| Mark Johnston, 21, PDSA, | 4x200 free |
| Morgan Knabe, 19, UCSA, | 50 breast, 100 breast |
| Michael Mintenko, 26, PDSA, | 50 fly, 100 fly, 4x200 free |
| Curtis Myden, 27, UCSA, | 200 IM |
| Tobias Oriwol, 16, ESWIM, | 200 back |
| Rick Say, 21, UCSA, | 200 free, 400 free, 4x200 free |
| Sean Sepulis, 23, GMAC, | 50 back |
| 4x200 free relay | 7:23.73 |

OPEN WATER (3)

| | |
|---------------------|-----------|
| Tim Cowan, UCSA, | 5km, 10km |
| Karley Stutzel, IS, | 5km, 10km |
| Liam Weseloh, NYAC, | 25km |

MANAGERS:

| | |
|----------------|---------------|
| Margie Schuett | Toronto, ON |
| Lance Cansdale | Vancouver, BC |

SUPPORT PERSONNEL:

| | |
|---------------|----------------------------------|
| Jamie Connors | Physiologist Calgary, AB |
| Dr. Hap Davis | Sport Psychologist Calgary, AB |
| Sherry Gross | Massage therapist Pierceland, SK |
| Aurel Hamran | Team therapist Edmonton, AB |
| Ken Mikkelsen | Chiropractor Vancouver, BC |
| Ken Olson | Bio-mechanist Calgary, AB |

ABOUT THIS ISSUE

The biggest news this past June was the World Record in the men's 100 breaststroke in a time of 59.97 by Roman Sloudnov (RUS). It was first sub-minute performance and the represents a 13-second improvement since 1957.

Canadian Laura Nicholls (ROW) took it easy after the Olympics with a light load until this spring. She needed to rehabilitate her shoulder and it took longer than expected. She chose the weekend of June 30-July 1, at the Quebec Cup 3, to attempt to qualify for the World Championships team, the last possible competition. The rest in the fall and winter must have helped, as she bettered the Canadian record with 55.69, a 25/100ths improvement over her previous best from August 1999.

In August London, ON, will be hosting the Canada Games and we give a brief overview of past results from 1969 until 1997. The 1981 Games were one of the best ever, especially for the Ontario Women's Team, which included some of the greatest women of the mid 1980s.

TAG times are up-to-date to July 6. All competitions in Canada are included, including the Manitoba-Saskatchewan Age Groups. The 10 & under events for which rankings are published now includes the 200 freestyle.

MANY GOT THEIR START HERE

Nick Thierry

The Canada Games was to be an interprovincial competition between provincial teams, roughly in an Olympic format. Winter Games got underway in 1967 and Summer Games followed in 1969. Funding has always been a partnership between the federal and provincial governments, and the host city. A legacy from these Games has been new 50-metre facilities in most of the host cities. This year, the competition takes place in London, Ontario, on August 14-17. Here are some highlights from previous Canada Games:

1969

Halifax, NS—The first Canada Games had no restrictions as to who could take part, and all the very best just off Summer Nationals were present. Most of the winners represented Canada at the 1968 Olympics. BC swimmers won 14 of 32 events.

1973

New Westminster, BC—Only athletes with no previous international experience could take part from this point onwards. Ontario won the competition with 341 points over BC with 332 points, with BC's men's team winning 13 of 17 events. It was BC backstroker Stephen Pickell's debut (winning the 100-200)—he went on to win Olympic relay silver in 1976.

The women's competition was the first that saw sprinter Gail Amundrud, ON, sweep the 50-100-200 free, Wendy Quirk, PQ, win the 400-800 free, and Becky Smith, AB, win the 100 back and 200-400 IM. All three would become international medallists from 1974-78, including the Olympic relay bronze in 1976.

1977

St. John's, NF—Peter Szmidt, 15, from Quebec was the undisputed star of these Games with a sweep of the freestyle events from the 100 to the 1500 in record times of 54.09, 1:55.16, 4:05.09, and 16:15.49. He added two more relay golds for an overall total of six. Three years later, Szmidt set a world record for the 400 free with 3:50.49.

Hometown flyer Blair Tucker won the 200, giving Newfoundland its first-ever gold.

Ontario won the competition with 402 points, to Quebec's 325 and BC's 259.

1981

Thunder Bay, ON—Ontario won 21 of 34 events and a total of 44 medals (the most ever), with Alberta 18 and Quebec 16. The women's competition was very strong. Michelle MacPherson, ON, won three individual events (100-200 fly, 400 IM) in times of 1:02.82, 2:16.13, and 4:50.12, all Canada Games records that still stand today. She added three relay golds. However Jennifer Campbell, ON, won the most medals with 9—7 golds for 100 free, 100-200 back, and four relays; silver in the 400 IM; and a bronze for 50 free.

Anne Ottenbrite, ON, won both breaststrokes and became the most successful Canadian female ever with an Olympic gold in 1984.

Canada Games records were established in all but one event.

One of the Ontario coaches, Jenö Tihanyi, remembers: "I co-coached the team with Bob Boadway with Lea Bredschneider the Manager.

"This meet was one of the great highlights of my coaching. I just returned from Heidelberg where Alex Baumann set his first world record. I organized the training camp at Laurentian University. When the swimmers arrived a few days after my return and I had my first meeting with them, I was not very confident. As the training camp progressed, I was able

to convert the non-believers and they were beginning to click.

"They were a great group of swimmers and their enthusiasm, especially the girls, was intoxicating. I remember well the energy and the determination of those athletes. These swimmers were the product of the great club system Canada and Ontario had in that age period. We had no training centres but we had several developmental training camps at Laurentian, during a two-to-three year period, where about 20 Ontario talented youth swimmers and their coaches participated. Those years were the golden years of youth development, which left an indelible mark on Canadian swimming. It would be nice if history could repeat itself.

"Our taper worked really well and the swimmers were able to maintain their peak through the Games. Aside from winning and all the records, the 4x200 relay was ranked No 1 in the world, if I remember correctly, and there were other high world-ranked swims. Also, Jennifer Campbell, I believe still holds the record for most gold medals won in a Games by an individual."

1985

Saint John, NB—Ontario won 31 medals, with Quebec 29 and BC 17. It was 12-year-old Allison Higson's, ON, debut on the national stage, winning both breaststrokes. A year later she won two Commonwealth golds, medalled at the 1986 Worlds and 1988 Olympics, and established a 200 breaststroke world record in 1988.

Sophie Dufour, PQ, won five golds, with a sweep of the 100-400-800 free, the 200 fly, and the 4x100



Michelle MacPherson still holds Games records in 100-200 fly, 200 IM from 1981

medley relay. New Brunswick had its first-ever winner when Tarek Raafat won the men's 100 free.

1989

Saskatoon, SK—Quebec won its first Canada Games with 25 medals (13-6-6) over Alberta 18 (7-6-5) and Ontario 26 (4-11-11). Manitoba was the most-improved team, winning 9 medals (3-2-4) after no medals in 1981-85.

Marianne Limpert, NB, won the 200 IM and became a three-time Olympian, winning a silver in 1996 for the same event.

1993

Kamloops, BC—Ontario won 35 medals (10-11-14), BC 26 (6-12-8), and Quebec 18 (6-4-8). Canada Games records were bettered in 22 events.

Mark Versfeld, BC, won the 100 backstroke and the 200-400 IMs. He's had a distinguished career since, winning two bronze medals at the 1998 Worlds.

Iona Allen, NS, was top female with wins in the 100 fly, 200-400 IM, and a silver in the 200 fly.

1997

Brandon, MB—The Canada Games were held in a six-lane pool for the first time since the inaugural 1969 Games in Halifax. This, of course, removed two potential finalists and the weaker provinces felt short-changed. The pool was also shallow, lacked a warm-down facility, and seating for the athletes, who had to watch the races on TV in a converted hockey arena nearby. But the swimmers rose to the challenge. Five Canada Games records were established in the men's events.

Ontario won 32 medals (13-6-13), Quebec 25 (6-12-7), and BC 19 (6-7-6).

Riley Janes, SK, won the first gold for Saskatchewan in the 100 back, and he will be competing this summer at the Worlds in Japan in the 50 back.

Karin Legault, PQ, who won the 200 and 800 freestyle, was a 2000 Olympic team member competing in the 400-800 free. Sara Alroubaie, MB, won the 100-200 fly and 200 IM, and a silver in the 400 IM. Manitoba's medal total was 5 after a single bronze in 1993.



Jennifer Campbell and Jenő Tihanyi in 1981

CANADA GAMES RECORDS

MEN'S EVENTS

| | | | |
|------------|----------|---|-----------------------|
| 50 free | 23.48 | Simon MacDonald, ON | Brandon, Aug. 1997 |
| 100 free | 52.35 | Jason Lukeman, NS | Kamloops, Aug. 1993 |
| 200 free | 1:52.83 | Brett Regan, BC | Kamloops, Aug. 1993 |
| 400 free | 4:00.25 | Jaret Abel, AB | Kamloops, Aug. 1993 |
| 1500 free | 15:49.45 | Liam Weseloh, ON | Kamloops, Aug. 1993 |
| 100 back | 57.47 | Sean Sepulis, ON | Brandon, Aug. 1997 |
| 200 back | 2:03.39 | Kevin Draxinger, BC | Saint John, Aug. 1985 |
| 100 breast | 1:04.64 | Jason Flint, ON | Brandon, Aug. 1997 |
| 200 breast | 2:19.19 | Jason Flint, ON | Brandon, Aug. 1997 |
| 100 fly | 56.17 | Jonathan McLeod, SK | Kamloops, Aug. 1993 |
| 200 fly | 2:03.61 | Dino Verbrugge, BC | Kamloops, Aug. 1993 |
| 200 IM | 2:05.47 | Mark Versfeld, AB | Kamloops, Aug. 1993 |
| 400 IM | 4:27.07 | Jean-N. Poirer, AB | Kamloops, Aug. 1993 |
| 4x100 MR | 3:49.70 | Ontario | Brandon, Aug. 1997 |
| | | Sean Sepulis, Jason Flint, Doug Browne, Simon MacDonald | |
| 4x50 FR | 1:34.38 | Alberta | Kamloops, Aug. 1993 |
| | | Conor Braiden, Clint Stevens, Val Weaver, Ted Murphy | |
| 4x100 FR | 3:29.46 | Ontario | Kamloops, Aug. 1993 |
| | | Steve Thomas, Derek McEachern, Simon Eberlie, Kris Fisher | |
| 4x200 FR | 7:39.56 | Alberta | Saskatoon, Aug. 1989 |
| | | Mark Phillips, Ron Clark, John Mohr, David Bowie | |

WOMEN'S EVENTS

| | | | |
|------------|---------|--|------------------------|
| 50 free | 26.96 | Johanna Malloy, ON | St. John's, Aug. 1977 |
| 100 free | 57.84 | Erin Murphy, MB | Saskatoon, Aug. 1989 |
| 200 free | 2:03.86 | Michelle Killins, ON | Kamloops, Aug. 1993 |
| 400 free | 4:18.69 | Cheryl McArton, ON | Thunder Bay, Aug. 1981 |
| 800 free | 8:49.98 | Sophie Dufour, PQ | Saint John, Aug. 1985 |
| 100 back | 1:04.94 | Christine Harris, ON | Kamloops, Aug. 1993 |
| 200 back | 2:17.18 | Lisa Virgini, PQ | Kamloops, Aug. 1993 |
| 100 breast | 1:11.75 | Willa Bostock, ON | Kamloops, Aug. 1993 |
| 200 breast | 2:36.96 | Willa Bostock, ON | Kamloops, Aug. 1993 |
| 100 fly | 1:02.82 | Michelle MacPherson, ON | Thunder Bay, Aug. 1981 |
| 200 fly | 2:16.13 | Michelle MacPherson, ON | Thunder Bay, Aug. 1981 |
| 200 IM | 2:20.04 | Kathy Bald, ON | Thunder Bay, Aug. 1981 |
| 400 IM | 4:50.12 | Michelle MacPherson, ON | Thunder Bay, Aug. 1981 |
| 4x100 MR | 4:18.18 | Quebec | Kamloops, Aug. 1993 |
| | | Nadine Rolland, Nancy Gravel, Josee Santillan, Lisa Virgini | |
| 4x50 FR | 1:47.03 | Ontario | Thunder Bay, Aug. 1981 |
| | | Kathy Bald, Michelle MacPherson, Cathie Griffin, Jennifer Campbell | |
| 4x100 FR | 3:52.88 | British Columbia | Kamloops, Aug. 1993 |
| | | Glencora Maughan, Anita Lee, Donna Wu, Karen Chow | |
| 4x200 FR | 8:21.41 | Ontario | Thunder Bay, Aug. 1981 |
| | | Kathy Bald, Michelle MacPherson, Jennifer Campbell, Cheryl McArton | |

Grande Prairie Piranha Swim Club Grande Prairie, Alberta, Canada

The Piranha Swim Club is seeking to hire a Head Coach, to commence in September, 2001, at the beginning of the 2001/2002 season.

The Piranhas are based in the City of Grande Prairie, a young and dynamic city located approximately 400km northwest of Edmonton. With an economy driven by forestry, oil and gas development, and agriculture, our present population is in excess of 33,000. The City is a regional center serving the geographic area of northwest Alberta and northeast British Columbia. The services available in Grande Prairie rival those found in centres of a much larger size. As the host City of the very successful 1995 Canada Winter Games and the 2000 Alberta Summer Games, Grande Prairie continues to show its enthusiasm for amateur sport development within Alberta and Canada.

As the Head Coach of the Piranhas, you will be completely involved in a club that has popular non-competitive learn-to-swim programs through to athletes competing at Youth, Junior, and Senior National levels. Entering our 21st year, the Piranhas are committed to developing all of our athletes to their maximum potential. The Head Coach, in addition to coaching the upper level squads, will be responsible for the ongoing development and implementation of all swimming programs. Assistant and developmental coaches will answer to the Head Coach, who in turn will provide mentorship, training, and on deck assistance to ensure that the Club will continue to thrive at all levels. The Head Coach answers to a Board of Directors, who are elected from the members of the Piranha Swim Club. Other areas of responsibility include maintaining an excellent working relationship with facility staff, representing the club in regards to facility use, and acting as liaison with other user groups. When necessary you will be required to assist the Treasurer with budget preparation and to ensure that the Team Manager is provided with timely information on an ongoing basis. Presently, the club has 65 members in competitive programs and 150 registrants in learn-to-swim programs. The Piranha organization operates the Bear Creek Pool (summer pool) and maintains a working relationship with the Grande Prairie Regional College Wolves Swim Team.

To be considered for this position you will have a minimum Level 3 N.C.C.P. accreditation, 6 years coaching experience, and a valid driver's license. The preferred candidate will have 10+ years coaching experience including time spent as a Head Coach. Coaching experience should cover from learn-to-swim up to national level swimmers. The Head Coaching position demands a person with excellent verbal and written communication skills. Strong administrative abilities are essential. A post-secondary education in a related discipline would be beneficial. This is a position for an individual who has chosen coaching as a career and who is willing to make the long-term commitment to ensure the success of the sport and of the Piranha Swim Club.

Equivalent combinations of experience and education will be considered. Salary to be negotiated. A relocation allowance is available.

Interested parties should respond no later than July 14th, 2001. Please direct your responses and inquiries, including salary expectations, to:

*Grande Prairie Piranha Swim Club
Box 1012,*

*Grande Prairie, Alberta, Canada, T8V 4 B5
Attn : Club President*

WOMEN'S CANADA GAMES MEDAL WINNERS

50 FREESTYLE

| | | | |
|------|----------------------------------|--------------------------------------|-----------------------------------|
| 1969 | | event not on program | |
| 1973 | 0:28.42 Gail Amundrud, ON | 0:28.76 Jill Quirk, PQ | 0:29.10 Andrea Kerr, MB |
| 1977 | 0:26.95 Johanna Malloy, 15, ON | 0:27.35 Carol Klimpel, 14, ON | 0:27.46 Debbie Daigneault, 16, PQ |
| 1981 | 0:27.16 Pam Rai, 15, BC | 0:27.20 Cathie Griffin, 15, ON | 0:27.33 Jennifer Campbell, 15, ON |
| 1985 | 0:27.25 Valerie McLaren, 22, ON | 0:27.42 Rhonda Mayes, AB | 0:27.53 Chantal Rouleau, 19, PQ |
| 1989 | 0:27.10 Sharon Turner, 16, BC | 0:27.13 Gabriella Kuntz, 16, PQ | 0:27.26 Erin Murphy, 19, MB |
| 1993 | 0:27.05 Anita Lee, BC | 0:27.18 Martine Dessureault, PQ / 27 | 0:27.18 Laura Nicholls, ON |
| 1997 | 0:27.09 Chrissy MacAulay, 14, ON | 0:27.35 Janet Cook, 18, SK | 0:27.48 Inge Rooneem, 20, BC |

100 FREESTYLE

| | | | |
|------|-----------------------------------|----------------------------------|-----------------------------------|
| 1969 | 1:02.90 Angela Coughlan, ON | | |
| 1973 | 1:01.71 Gail Amundrud, ON | 1:02.58 Gail Amundrud, ON | 1:02.95 Barbara Clark, AB |
| 1977 | 0:59.37 Johanna Malloy, 15, ON | 0:59.90 Susan Allen, 15, AB | 0:59.96 Carol Klimpel, 14, ON |
| 1981 | 0:58.37 Jennifer Campbell, 15, ON | 0:59.21 Thonda Thomasson, 17, BC | 0:59.22 Linda Sanders, 16, PQ |
| 1985 | 0:59.24 Sophie Dufour, 14, PQ | 0:59.78 Katherine Josey, 16, PEI | 0:59.79 Andrea Schloegl, 17, ON |
| 1989 | 0:57.84 Erin Murphy, 19, MB | 0:58.34 Sharon Turner, 16, BC | 0:58.81 Patricia Levesque, 15, PQ |
| 1993 | 0:58.29 Glencora Maughan, BC | 0:58.45 Karen Chow, BC | 0:58.46 Michelle Killins, 18, ON |
| 1997 | 0:58.90 Marsha Hamilton, 19, AB | 0:59.24 Janet Cook, 18, SK | 0:59.49 Shelley Babin, 17, ON |

200 FREESTYLE

| | | | |
|------|----------------------------------|----------------------------------|---------------------------------|
| 1969 | 2:14.20 Angela Coughlan, ON | | |
| 1973 | 2:12.85 Gail Amundrud, ON | | |
| 1977 | 2:06.41 Susan Allen, 16, AB | 2:06.49 Susan Mason, 17, NS | 2:09.02 Beth Carmichael, 17, ON |
| 1981 | 2:05.10 Cheryl McArton, 15, ON | 2:05.38 Julie Daigneault, 16, PQ | 2:05.93 Kathy Bald, 17, ON |
| 1985 | 2:04.39 Patricia Noall, 14, PQ | 2:05.81 Lorraine Maisey, 17, BC | 2:07.03 Elissa Purvis, 14, BC |
| 1989 | 2:05.87 Julie Barbeau, 14, PQ | 2:06.01 Kim Paton, 17, ON | 2:06.63 Erin Murphy, 19, MB |
| 1993 | 2:04.02 Michelle Killins, 18, ON | 2:05.36 Alicia Hicken, 18, ON | 2:05.47 Donna Wu, 15, BC |
| 1997 | 2:07.25 Karine Legault, 19, PQ | 2:07.50 Marsha Hamilton, 19, AB | 2:07.51 Cara Lachmuth, 19, AB |

400 FREESTYLE

| | | | |
|------|----------------------------------|--------------------------------|-----------------------------------|
| 1969 | 4:44.10 Angela Coughlan, ON | | |
| 1973 | 4:39.51 Wendy Quirk, PQ | | |
| 1977 | 4:22.67 Susan Mason, 17, NS | 4:24.57 Lorinda Parkes, 14, ON | 4:27.65 Lisa Matheson, 16, SK |
| 1981 | 4:18.69 Cheryl McArton, 15, ON | 4:20.97 Karen Ward, 15, PQ | 4:22.37 Bronwyn Beatty, 16, SK |
| 1985 | 4:20.08 Sophie Dufour, 14, PQ | 4:20.82 Sara Frisby, 15, BC | 4:23.68 Elissa Purvis, 14, BC |
| 1989 | 4:22.57 Erin Holland, 16, AB | 4:28.20 Jill Lukasiak, 14, MB | 4:28.69 Brigitte Davidson, 16, ON |
| 1993 | 4:20.61 Stephanie Richardson, ON | 4:21.92 Michelle Killins, ON | 4:25.02 Tanya Tighe, BC |
| 1997 | 4:23.25 Tanya Hunks, 16, ON | 4:23.36 Karin Legault, 19, PQ | 4:26.25 Julie Gravelle, 17, ON |

800 FREESTYLE

| | | | |
|------|----------------------------------|-----------------------------------|----------------------------------|
| 1969 | | event not on program | |
| 1973 | 9:33.53 Wendy Quirk, PQ | 9:43.11 Anne-M. Latta, ON | 9:46.84 Brenda Bourke, BC |
| 1977 | 9:01.31 Susan Mason, 17, NS | 9:06.64 Lorinda Parkes, 14, ON | 9:09.66 Cathy DeGroot, 17, AB |
| 1981 | 8:54.27 Cheryl McArton, 15, ON | 8:57.56 Bronwyn Beatty, 16, SK | 8:57.89 Sandra Honour, 16, SK |
| 1985 | 8:49.98 Sophie Dufour, 14, PQ | 8:54.85 Sara Frisby, 15, BC | 8:59.42 Elissa Purvis, 14, BC |
| 1989 | 8:54.23 Erin Holland, 16, AB | 9:07.28 Brigitte Davidson, 16, ON | 9:08.55 Marla Dowdeswell, 15, SK |
| 1993 | 8:58.90 Stephanie Richardson, ON | 9:02.51 Michelle Killins, ON | 9:06.07 Stephanie Labelle, PQ |
| 1997 | 9:01.51 Karine Legault, 19, PQ | 9:08.49 Tanya Hunks, 16, ON | 9:10.09 Cara Lachmuth, 19, AB |

100 BACKSTROKE

| | | | |
|------|-----------------------------------|------------------------------------|---------------------------------|
| 1969 | 1:10.70 Donna-M. Gurr, BC | | |
| 1973 | 1:08.43 Becky Smith, AB | 1:10.32 Marlene Hartnell, BC | 1:10.96 Lynn Chenard, PQ |
| 1977 | 1:06.17 Lois Daigneault, 16, PQ | 1:07.01 Jennifer Boulianne, 14, PQ | 1:07.40 Cathy Sheehan, 17, AB |
| 1981 | 1:05.39 Jennifer Campbell, 15, ON | 1:05.66 Barb McBain, 14, BC | 1:05.76 Reema Abdo, 18, ON |
| 1985 | 1:06.00 Caroline Teskey, 16, ON | 1:06.52 Manon Simard, 16, PQ | 1:06.71 Robyn Gyrlevich, 16, SK |
| 1989 | 1:06.48 Nikki Dryden, 14, BC | 1:07.44 Genevieve Paquette, 18, PQ | 1:07.69 Cindy Mabee, 20, BC |
| 1993 | 1:04.94 Christine Harris, 22, ON | 1:05.03 Allison Barriscale, 17, BC | 1:05.16 Nadine Rolland, 18, PQ |
| 1997 | 1:06.12 Shauna McNally, 15, AB | 1:06.29 Genevieve Noiseux, 17, PQ | 1:06.33 Sarah Lo, 16, ON |

200 BACKSTROKE

| | | | |
|------|------------------------------------|-----------------------------------|-------------------------------|
| 1969 | 2:29.00 Donna-M. Gurr, BC | | |
| 1973 | 2:30.45 Marlene Hartnell, BC | 2:31.62 Marlene Hartnell, BC | 2:34.39 Barbara Clark, AB |
| 1977 | 2:21.30 Jennifer Boulianne, 14, PQ | 2:22.59 Suzanne Kwasny, 14, ON | 2:23.90 Nancy Nolan, 19, BC |
| 1981 | 2:20.20 Jennifer Campbell, 15, ON | 2:21.90 Reema Abdo, 18, ON | 2:23.25 Lisa Dixon, 19, AB |
| 1985 | 2:20.34 Caroline Teskey, 16, ON | 2:22.00 Sophie Plante, PQ | 2:22.12 Janet McKetsy, 15, ON |
| 1989 | 2:21.90 Corinne Liedtke, 17, BC | 2:23.69 Rebecca Glennie, 17, ON | 2:24.04 Rae Sears, 15, NB |
| 1993 | 2:17.28 Lisa Virgini, PQ | 2:18.50 Allison Barriscale, BC | 2:18.93 Karen Seland, AB |
| 1997 | 2:20.06 Shauna McNally, 15, AB | 2:20.15 Genevieve Noiseux, 17, PQ | 2:20.05 Amanda Marin, 20, SK |

100 BREASTSTROKE

| | | | |
|------|----------------------------------|-------------------------------------|---------------------------------|
| 1969 | 1:19.80 Jane Wright, ON | | |
| 1973 | 1:18.78 Sylvie Deschamps, PQ | 1:20.96 Karen Wimbush, ON | 1:21.78 Sandra Seath, AB |
| 1977 | 1:16.30 Sheila Dezeeu, 12, ON | 1:17.18 Marie-C. Beauchemin, 14, PQ | 1:17.24 Licia Corbella, 14, BC |
| 1981 | 1:13.99 Anne Ottenbrite, 15, ON | 1:14.35 Kathy Bald, 17, ON | 1:17.24 Brenna Tymko, 13, AB |
| 1985 | 1:12.89 Allison Higson, 12, ON | 1:13.33 Krista Burris, 17, NB | 1:14.45 Genevieve Biron, 16, PQ |
| 1989 | 1:13.82 Marianne Limpert, 16, NB | 1:14.09 Lisa Flood, 18, ON | 1:14.75 Chantal Pelland, 16, PQ |
| 1993 | 1:11.75 Willa Bostock, 14, ON | 1:11.84 Nancy Gravel, PQ | 1:13.08 Anne Blachford, ON |
| 1997 | 1:12.50 Lucy Mae Smith, 15, PQ | 1:13.31 Melissa Dyson, 13, AB | 1:13.42 Kristy Cameron, 16, ON |

200 BREASTSTROKE

| | | | |
|------|---------------------------------|--------------------------------|------------------------------|
| 1969 | 2:55.40 Jane Wright, ON | | |
| 1973 | 2:48.86 Sylvie Deschamps, PQ | 2:49.70 Wendy Grant, MB | 2:52.51 Sandra Seath, AB |
| 1977 | 2:44.38 Sheila Dezeeu, 12, ON | 2:44.86 Licia Corbella, 14, BC | 2:46.99 Susan Allen, 16, ALB |
| 1981 | 2:37.72 Anne Ottenbrite, 15, ON | 2:43.32 Tammy Balkwill, 15, ON | 2:45.04 Kim Austin, 17, BC |

| | | | |
|------|--------------------------------|--------------------------------|---------------------------------|
| 1985 | 2:38.88 Allison Higson, 12, ON | 2:41.05 Krista Burris, 17, NB | 2:43.39 Dina DeMarchi, 18, BC |
| 1989 | 2:41.24 Lisa Flood, 18, ON | 2:42.49 Tara Higgins, 18, ON | 2:42.50 Chantal Pelland, 16, PQ |
| 1993 | 2:36.96 Willa Bostock, ON | 2:37.53 Rae Abbott, BC | 2:38.24 Nancy Gravel, PQ |
| 1997 | 2:38.10 Kristy Cameron, 16, ON | 2:38.22 Lucy Mae Smith, 15, PQ | 2:39.66 Sarah Lo, 16, ON |

100 BUTTERFLY

| | | | |
|------|-------------------------------------|------------------------------------|----------------------------------|
| 1969 | 1:07.50 Susan Smith, AB | | |
| 1973 | 1:08.29 Barbara Clark, AB | 1:08.56 Julie Bonner, ON | 1:08.77 Lynn Purdy, AB |
| 1977 | 1:05.03 Lori O'Hara, 14, ON | 1:05.60 Debbie Armstead, 15, AB | 1:06.04 Theresa Mazur, 14, MB |
| 1981 | 1:02.85 Michelle MacPherson, 15, ON | 1:03.06 Pam Rai, 15, BC | 1:04.23 Kathy Doolan, 18, ON |
| 1985 | 1:04.72 Ruth Horne, 20, ON | 1:05.01 Anne Taylor, 15, AB | 1:05.40 Patricia Noall, 15, PQ |
| 1989 | 1:03.39 Jennifer Hutchison, 17, PQ | 1:04.08 Elizabeth Hollihan, 16, ON | 1:04.20 Catherine Schier, 17, BC |
| 1993 | 1:03.08 Iona Allen, NS | 1:04.10 Anne Blachford, ON | 1:04.13 Josee Santillan, PQ |
| 1997 | 1:04.09 Sara Alroubaie, 16, MB | 1:04.25 Melissa Laflamme, 15, PQ | 1:04.50 Judy Koonstra, 17, ON |

200 BUTTERFLY

| | | | |
|------|-------------------------------------|------------------------------------|-----------------------------------|
| 1969 | 2:30.80 Jeanne Warren, BC | | |
| 1973 | 2:30.78 Karen Nelson, AB | 2:30.86 Joanne DePepe, MB | 2:34.32 France Latendresse, PQ |
| 1977 | 2:21.14 Susan Mason, 17, NS | 2:21.39 Lori O'Hara, 14, ON | 2:22.47 Michelle Coulombe, 12, PQ |
| 1981 | 2:16.13 Michelle MacPherson, 15, ON | 2:16.99 Chantal Venne, 16, PQ | 2:18.09 Kevyn Stafford, 17, BC |
| 1985 | 2:17.62 Sophie Dufour, 14, PQ | 2:18.56 Anne Taylor, 15, AB | 2:19.83 Linda Gardiner, 17, ON |
| 1989 | 2:18.06 Kristen Clark, 19, SK | 2:18.20 Jennifer Hutchison, 17, PQ | 2:19.61 Catherine Schier, 17, BC |
| 1993 | 2:17.32 Josee Santillan, 17, PQ | 2:20.18 Iona Allen, 19, NS | 2:21.30 Jennifer Button, 15, ON |
| 1997 | 2:16.80 Sara Alroubaie, 16, MB | 2:18.10 Judy Koonstra, 17, ON | 2:19.07 Tanya Hunks, 16, ON |

200 INDIVIDUAL MEDLEY

| | | | |
|------|----------------------------------|---|--------------------------------|
| 1969 | 2:34.60 Donna-M. Gurr, BC | | |
| 1973 | 2:28.69 Becky Smith, AB | 2:30.63 Mimi Dancy, ON | 2:34.56 Sylvie Deschamps, PQ |
| 1977 | 2:24.91 Jody McPhee, 16, ON | 2:26.13 Licia Corbella, 14, BC | 2:27.80 Suzanne Kwasny, 14, ON |
| 1981 | 2:20.04 Kathy Bald, 17, ON | 2:24.07 Lisa Dixon, 19, AB | 2:24.71 Kim Vendette, 15, ON |
| 1985 | 2:22.54 Patricia Noall, 14, PQ | 2:23.31 Caroline Teskey, 16, ON | 2:23.89 Linda Gardiner, 17, ON |
| 1989 | 2:22.29 Marianne Limpert, 16, NB | 2:24.56 Jennifer Hutchison, 17, PQ | 2:24.84 Gail Lorentz, 18, AB |
| 1993 | 2:20.47 Iona Allen, NS | 2:21.07 Allison Barriscale, BC / 2:21.07 Anne Blachford, ON | |
| 1997 | 2:22.98 Sara Alroubaie, 16, MB | 2:23.13 Ariadne Legendre, 20, PQ | 2:23.38 Kristy Cameron, 16, ON |

400 INDIVIDUAL MEDLEY

| | | | |
|------|-------------------------------------|------------------------------------|-----------------------------------|
| 1969 | 5:24.70 Jeanne Warren, BC | | |
| 1973 | 5:14.89 Becky Smith, AB | 5:21.18 Mimi Dancy, ON | 5:24.81 Karen Nelson, BC |
| 1977 | 5:05.45 Jody McPhee, 16, ON | 5:07.33 Jennifer Boulianne, 14, PQ | 5:08.90 Susan Mason, 17, NS |
| 1981 | 4:50.12 Michelle MacPherson, 15, ON | 4:58.60 Jennifer Campbell, 15, ON | 5:01.37 Bronwyn Beatty, 16, SK |
| 1985 | 4:57.49 Patricia Noall, 14, PQ | 4:57.78 Sara Frisby, 15, BC | 4:59.88 Linda Gardiner, 17, ON |
| 1989 | 5:00.18 Tara Seymour, 17, AB | 5:03.50 Kristen Clark, 19, SK | 5:04.22 Jocelyn Jay, 17, ON |
| 1993 | 4:57.07 Iona Allen, NS | 4:59.54 Allison Barriscale, BC | 5:01.41 Tania Belisle-Leclerc, ON |
| 1997 | 5:00.59 Tanya Hunks, 16, ON | 5:01.29 Sara Alroubaie, 16, MB | 5:03.19 Kelly Doody, 17, AB |

4x100 MEDLEY RELAY

| | | | |
|------|-----------------|--------------------------|--------------------------|
| 1969 | 4:43.40 Ontario | | |
| 1973 | 4:40.09 Alberta | 4:41.07 Manitoba | 4:42.34 Ontario |
| 1977 | 4:28.77 Quebec | 4:31.74 Ontario | 4:32.85 British Columbia |
| 1981 | 4:20.47 Ontario | 4:26.67 British Columbia | 4:28.27 Quebec |
| 1985 | 4:25.39 Quebec | 4:28.39 British Columbia | 4:30.88 New Brunswick |
| 1989 | 4:23.38 Quebec | 4:23.87 British Columbia | 4:27.55 Ontario |
| 1993 | 4:18.18 Quebec | 4:18.61 Ontario | 4:22.11 British Columbia |
| 1997 | 4:21.90 Alberta | 4:22.49 Ontario | 4:22.78 Quebec |

4x50 FREE RELAY

| | | | |
|------|-----------------|--------------------------|--------------------------|
| 1969 | | event not on program | |
| 1973 | 1:54.44 Quebec | 1:54.92 Alberta | 1:55.44 Manitoba |
| 1977 | 1:50.57 Quebec | 1:50.67 Ontario | 1:52.49 Alberta |
| 1981 | 1:47.03 Ontario | 1:49.31 British Columbia | 1:50.71 Quebec |
| 1985 | 1:48.78 Ontario | 1:49.60 Quebec | 1:50.07 Alberta |
| 1989 | 1:48.09 Quebec | 1:48.34 British Columbia | 1:48.94 Manitoba |
| 1993 | 1:47.92 Quebec | 1:48.01 Ontario | 1:48.34 British Columbia |
| 1997 | 1:47.42 Quebec | 1:47.62 Ontario | 1:49.81 Alberta |

4x100 FREE RELAY

| | | | |
|------|--------------------------|--------------------------|--------------------------|
| 1969 | 4:15.00 British Columbia | | |
| 1973 | 4:10.84 Alberta | 4:11.10 Ontario | 4:12.26 Quebec |
| 1977 | 3:59.62 Ontario | 4:02.61 Quebec | 4:04.58 British Columbia |
| 1981 | 3:54.05 Ontario | 3:58.91 Quebec | 3:59.51 British Columbia |
| 1985 | 3:57.86 Ontario | 3:58.54 Quebec | 4:00.60 Alberta |
| 1989 | 3:56.55 Quebec | 3:58.19 British Columbia | 3:58.55 Manitoba |
| 1993 | 3:52.88 British Columbia | 3:53.52 Ontario | 3:55.95 Quebec |
| 1997 | 3:56.84 Quebec | 3:59.37 Alberta | 3:58.49 Ontario |

4x200 FREE RELAY

| | | | |
|------|--------------------------|--------------------------|--------------------------|
| 1969 | 9:25.20 British Columbia | | |
| 1973 | 9:06.22 Ontario | | |
| 1977 | 8:38.31 Ontario | 8:41.58 Manitoba | 8:44.41 Quebec |
| 1981 | 8:21.41 Ontario | 8:33.51 Quebec | 8:35.12 British Columbia |
| 1985 | 8:28.25 British Columbia | 8:29.02 Quebec | 8:38.17 Ontario |
| 1989 | 8:32.88 Quebec | 8:33.73 Alberta | 8:37.13 Ontario |
| 1993 | 8:21.87 Ontario | 8:27.20 British Columbia | 8:33.09 Quebec |
| 1997 | 8:34.49 Ontario | 8:34.90 Quebec | 8:35.40 Nova Scotia |

TINY OLYMPIC PROSPECTS

TOP

| CLUB NAME | CODE | PROV | BOYS | GIRLS | TOTAL |
|--------------------------|-------|------|------------|------------|------------|
| Edmonton Keyano SC | EKSC | AB | 17 | 20 | 37 |
| Granite Gators ST | GGST | ON | 1 | 1 | 2 |
| Hyack Swim Club | HYACK | BC | 32 | 11 | 43 |
| Olympian Swim Club | OSC | AB | 11 | 14 | 25 |
| Oshawa Aquatic Club | OSHAC | ON | 3 | 4 | 7 |
| Pacific Sea Wolves | PSW | BC | 26 | 26 | 52 |
| Pointe Claire SC | PCSC | PQ | 36 | 43 | 79 |
| Regina Optimist Dolphins | ROD | SK | 5 | 14 | 19 |
| Richmond Rapids | RAPID | BC | 5 | 4 | 9 |
| University of Calgary SC | UCSC | AB | 18 | 26 | 44 |
| Vancouver Pacific SC | VPSC | BC | 19 | 26 | 45 |
| West Vancouver Otters | WVOSC | BC | 2 | 2 | 4 |
| Total | | | 175 | 191 | 366 |

GIRLS EVENTS

GIRLS 7&U - 200 FREESTYLE

Rec: 2:55.04 Donna Wu, AQUA, 85

- 3:39.35 Sarah Assi, PCSC
- 3:42.51 Allison Beveridge, UCSC
- 4:03.46 Lauren Loughheed, PSW
- 4:03.49 Breanne Hart-Dowhun, OSC
- 4:07.27 Isabelle Cloutier, PCSC
- 4:07.73 Kari MacLeod, UCSC
- 4:19.76 Roxan Canty-Currie, PCSC
- 4:31.40 Katie Caldwell, PSW
- 4:50.16 Queenie Wei, UCSC
- 4:52.11 Viviana Zampetti, VPSC
- 5:05.60 Patricia Pierser, EKSC
- 5:07.84 Brooke Gallagher, PSW
- 5:09.84 Tatianna Zamozdra, PCSC
- 5:10.30 Ashley Guerreiro, HYACK
- 5:13.11 Stephanie Cassarato, PCSC
- 5:31.11 Wylle Panet-Raymon, HYACK
- 5:36.43 Stephanie Hillman, VPSC
- 5:41.24 Katie Moore, VPSC
- 5:54.53 Anna Nicol, VPSC
- 5:54.99 Sarah McLeod, PCSC
- 5:57.33 Emily Gerson, HYACK
- 6:01.76 Kendra Weir, HYACK
- 6:08.16 Meagan Butters, PCSC
- 6:17.41 Leor Laniode, VPSC
- 6:32.00 Rachael Carich, PSW
- 6:49.70 Allison Badger, UCSC
- 7:01.68 Lauren Siarkowski, UCSC
- 7:20.94 Emma Mittermaier, PSW
- 7:37.27 Breanna Kemps, PSW

GIRLS 8 - 400 FREESTYLE

Rec: 5:49.44 Sandy Sabo, DDO, 83

- 6:48.48 Ashley McGregor, PCSC
- 7:28.20 Saidye Assi, PCSC
- 7:30.42 Lori Kremer, PCSC
- 7:41.63 Kyla Centomo, PCSC
- 7:44.20 Amy Allan, PCSC
- 7:46.55 Kate McCord, UCSC
- 7:58.02 Emma Sproule, UCSC
- 8:00.35 Haley Lippiatt, PCSC
- 8:17.67 Anne Kerr, PCSC
- 8:26.83 Valerie Vionis, PCSC

- 8:31.48 Haley Tierney, PCSC
- 8:38.20 Natalie McCallum, UCSC
- 8:43.21 Courtney Fry, OSC
- 8:46.24 Michaela Schmidt, UCSC
- 8:50.77 Laura Hossari, PCSC
- 8:53.43 Olivia McMullen, PCSC
- 8:57.42 Catherine Crepnjak, PSW
- 9:13.58 Lynnaea Mulligan, PSW
- 9:20.70 Alexandra Tully, VPSC
- 9:27.14 Rachel Phillips, VPSC
- 9:36.03 Sabrina Davis, UCSC
- 9:37.09 Gloria Ho, VPSC
- 9:43.27 Madison McAnerin, PSW
- 9:51.49 Michelle Kryschuk, UCSC
- 9:52.77 Nicole Lachance, EKSC
- 9:54.57 Katie McLeod, VPSC
- 10:31.50 Jenna Beaudry, VPSC
- 12:07.40 Oliva Szpakowski, HYACK
- 12:32.00 Cathalina Lu, PSW
- 13:53.00 Emma Cosford, PSW
- 16:58.19 Christina Juer, PSW
- 19:30.21 Gheevan Dhesi, PSW

GIRLS 9 - 800 FREESTYLE

Rec: 10:45.42 Julie Bodenbender, AQUA, 88

- 12:48.84 Maura Lavoie, OSC
- 13:05.20 Kirstyn McCassey, OSHAC
- 13:43.34 Deanna Matthews, EKSC
- 13:46.52 Kyra Lippiatt, PCSC
- 14:02.40 Christine Bosse, PCSC
- 14:07.54 T.J. Hebert, PCSC
- 14:21.02 Kate Mittermaier, PSW
- 14:44.96 Christina Tanninen, EKSC
- 14:45.98 Tsue Andersen, EKSC
- 14:49.69 Maxine Rist, PCSC
- 14:50.24 Molly McCullough, PCSC
- 14:53.30 Kristine Lawson, HYACK
- 14:55.23 Grace Jauristo, VPSC
- 15:19.61 Lindsey Moore, VPSC
- 15:57.31 Kajsa Heyes, VPSC
- 15:58.27 Allyson McGill, UCSC
- 16:17.28 Kaylea De Jong, EKSC
- 16:34.09 Tina Tam, VPSC
- 16:41.31 Talia Ritondo, PCSC
- 16:43.87 Kelsi Boushasiri, UCSC
- 16:45.00 Courtenay Catlin, HYACK

- 16:52.15 Nicole Johnson, UCSC
- 16:57.76 Sabrina Novack, PCSC
- 16:59.41 Kylee Wilyman, ROD
- 17:01.22 Leah Terhorst, ROD
- 17:04.33 Anne Penner, UCSC
- 17:08.31 Teresa Shiang, VPSC
- 17:31.22 Madison Goldburger, PCSC
- 17:58.14 Michelle Chan, VPSC
- 18:02.51 Margaret Marak, PCSC
- 18:03.31 K.C. Kunsang, PSW
- 18:04.31 Andrea Temple, PSW
- 18:11.00 Lydia Schramm, EKSC
- 18:18.26 Sarah Stelte, OSC
- 18:18.26 Karla Hillis, ROD
- 18:25.11 Jordan Gardiner, VPSC
- 18:30.28 Kate Kirkpatrick, OSC
- 18:40.03 Kathy Tran, OSC
- 18:48.37 Samantha Bancescu, ROD
- 18:50.00 Katie Yurkovich, EKSC
- 19:29.20 Stephanie Chan-Lay, UCSC
- 19:39.74 Kelsey Kilbach, ROD
- 19:40.71 Jenica Montgomery, UCSC
- 19:54.68 Erin Hillis, ROD
- 20:42.78 Kimberly Meerse, PSW
- 21:00.07 Quennie Lai, HYACK
- 21:02.31 Lindsey Routledge, UCSC
- 21:04.14 Nadia Bensari, UCSC
- 21:23.33 Callista Flemming, ROD
- 23:06.00 Catherine Cameron, EKSC
- 23:16.00 Gina Nasser, EKSC
- 23:31.76 Hannah Iqbal, VPSC
- 24:20.55 Erin Potter, PSW
- 24:49.10 Johanna Steyn, VPSC
- 26:17.70 Peggy Cho, HYACK
- 27:14.01 Maddy Brazil, ROD

GIRLS 10 - 1500 FREESTYLE

Rec: 19:12.09 Melanie Copple, AQUA, 86

- 22:33.09 Christine Edwards, VPSC
- 22:35.57 Catherine Powell, PCSC
- 23:18.39 Jemma Hinkley, PCSC
- 23:23.49 Alexandra Centomo, PCSC
- 23:36.50 Geneva Murphy, ROD
- 23:44.90 Lisa Alibrando, PCSC
- 24:51.00 Pamela Kunyk, EKSC
- 25:07.10 Scarlett Smith, VPSC
- 25:14.12 Eleanora Dalling, VPSC
- 25:20.73 Meghan Brockington, OSHAC
- 26:22.80 Siobhan Newell, HYACK
- 26:45.67 Lauren Motherell, OSC
- 27:01.51 Victoria Hanna, OSHAC
- 27:06.31 Nicole Che, VPSC
- 27:15.59 Nicole Vincent, OSC
- 27:56.59 Lindsay Reed, PCSC
- 28:01.87 Chrissy Panet-Raymond, HYACK
- 28:30.80 Candace Bergmann, RAPID
- 28:32.50 Alexandra Zatylny, PCSC
- 28:35.00 Brielle Bukieda, EKSC
- 28:38.04 Katie Beautillier, PCSC
- 28:50.00 Daisy Jar, EKSC
- 28:52.86 Jessie Olson-Heisl, UCSC
- 28:55.98 Alex Williams, OSC
- 29:08.04 Hilary Caldwell, PSW
- 29:11.72 Victoria Roduta, OSC
- 29:23.00 Elaine Jar, EKSC
- 29:25.00 Adrienne Funk, EKSC
- 29:40.00 Rebecca Britten, EKSC
- 30:00.80 Christine de Nobrega, RAPID
- 30:03.76 Maggie Siu, GGST
- 30:06.54 Jenny McGuinness, UCSC
- 30:28.10 Youssra Zaki, PCSC
- 31:34.46 Amy Hillis, ROD
- 31:52.80 Nicolette Harbridge, RAPID
- 32:01.80 Yvonne Cheng, RAPID
- 32:40.00 Bobbie Melnichuk, EKSC
- 33:09.45 Kirsten Armour, VPSC
- 33:41.85 Sasha Sproule, UCSC
- 33:44.00 Francesca Mariani, PSW

- 33:47.72 Mackenzie King, ROD
- 33:49.70 Michelle Russell, VPSC
- 34:07.00 Elizabeth Forrester-C., PSW
- 34:45.57 Caitlin Kryschuk, UCSC
- 35:13.25 Melissa Gosselin, UCSC
- 35:14.00 Kayla Callas, EKSC
- 35:45.06 Ashley Pennington, ROD
- 36:01.27 Amanda Palmer, UCSC
- 36:08.00 Netanya Bushwesky, OSC
- 36:08.92 Danielle Anderson, ROD
- 37:27.41 Nicole Yeap, OSC
- 38:39.39 Anne Meyer, OSHAC
- 41:12.49 Sarita Good, PSW
- 44:17.23 Katie Kenvielle, PSW
- 48:12.00 Sandra Rijken, PSW
- 53:27.00 Alyssa Jobb, HYACK
- 60:35.00 Carolina Acededo, HYACK

GIRLS 7&U - 100 IND. MEDLEY

Rec: 1:28.46 Donna Wu, AQUA, 85

- 1:57.84 Katie Caldwell, PSW
- 1:57.94 Allison Beveridge, UCSC
- 1:59.00 Lauren Loughheed, PSW
- 2:06.89 Sarah Assi, PCSC
- 2:09.15 Queenie Wei, UCSC
- 2:10.97 Kari MacLeod, UCSC
- 2:15.06 Brooke Gallagher, PSW
- 2:16.80 Ashley Guerreiro, HYACK
- 2:18.62 Isabelle Cloutier, PCSC
- 2:24.69 Roxan Canty-Currie, PCSC
- 2:26.73 Breanne Hart-Dowhun, OSC
- 2:34.20 Patricia Pierser, EKSC
- 2:37.42 Tatianna Zamozdra, PCSC
- 2:45.54 Wylle Panet-Raymon, HYACK
- 2:50.40 Emily Gerson, HYACK
- 2:51.07 Sarah McLeod, PCSC
- 2:57.01 Stephanie Cassarato, PCSC
- 3:00.16 Viviana Zampetti, VPSC
- 3:00.37 Kendra Weir, HYACK
- 3:01.00 Rachael Carich, PSW
- 3:02.39 Stephanie Hillman, VPSC
- 3:11.44 Meagan Butters, PCSC
- 3:14.64 Katie Moore, VPSC
- 3:31.10 Leor Laniode, VPSC
- 3:33.66 Anna Nicol, VPSC
- 4:18.04 Allison Badger, UCSC
- 4:20.90 Lauren Siarkowski, UCSC

GIRLS 8 - 100 IND. MEDLEY

Rec: 1:27.52 Donna Wu, AQUA, 85

- 1:42.30 Ashley McGregor, PCSC
- 1:43.69 Bryn Tod-Tims, WVOSC
- 1:48.83 Valerie Vionis, PCSC
- 1:49.38 Amy Allan, PCSC
- 1:50.68 Saidye Assi, PCSC
- 1:56.33 Kate McCord, UCSC
- 1:56.95 Kyla Centomo, PCSC
- 1:58.76 Anne Kerr, PCSC
- 1:58.78 Haley Lippiatt, PCSC
- 2:01.78 Madison McAnerin, PSW
- 2:01.98 Lori Kremer, OSC
- 2:06.49 Natalie McCallum, UCSC
- 2:06.52 Emma Sproule, UCSC
- 2:07.11 Caroline Parsons, PCSC
- 2:07.57 Sabrina Davis, UCSC
- 2:08.89 Courtney Fry, OSC
- 2:09.31 Alexandra Tully, VPSC
- 2:09.80 Michaela Schmidt, UCSC
- 2:10.56 Haley Tierney, PCSC
- 2:12.15 Laura Hossari, PCSC
- 2:15.24 Michelle Kryschuk, UCSC
- 2:18.86 Katie McLeod, PCSC
- 2:20.22 Kathleen D'Agunno, PCSC
- 2:21.74 Rachel Phillips, VPSC
- 2:25.07 Gloria Ho, VPSC
- 2:36.80 Olivia McMullen, PCSC
- 2:44.38 Jenna Beaudry, VPSC
- 2:45.41 Emma Cosford, PSW

- 2:46.10 Anna Van De Leur, PSW
- 3:00.88 Cathalina Lu, PSW
- 3:19.20 Oliva Szpakowski, HYACK
- 5:08.19 Nicole Lachance, EKSC

GIRLS 9 - 200 IND. MEDLEY

Rec: 2:50.84 Leslie Dowson, WISC, 88

- 3:12.99 Kate Mittermaier, PSW
- 3:17.89 T.J. Hebert, PCSC
- 3:19.14 Deanna Matthews, EKSC
- 3:19.28 Alexandra Cloutier, PCSC
- 3:19.57 Kirstyn McCassey, OSHAC
- 3:27.44 Kyra Lippiatt, PCSC
- 3:32.32 Christine Bosse, PCSC
- 3:40.70 Courtenay Catlin, HYACK
- 3:41.00 Molly McCullough, PCSC
- 3:42.35 Grace Jauristo, VPSC
- 3:42.77 Tsue Andersen, EKSC
- 3:44.71 Maxine Rist, PCSC
- 3:45.18 Maura Lavoie, OSC
- 3:47.00 Christina Tanninen, EKSC
- 3:48.89 Allyson McGill, UCSC
- 3:54.15 Leah Terhorst, ROD
- 3:54.91 Kajsa Heyes, VPSC
- 3:55.81 Kristine Lawson, HYACK
- 3:55.84 Lindsey Moore, VPSC
- 3:57.29 Talia Ritondo, PCSC
- 3:57.35 Kelsi Boushasiri, UCSC
- 4:02.35 Teresa Shiang, VPSC
- 4:05.94 Tina Tam, VPSC
- 4:07.89 Eleni Rompotionos, PCSC
- 4:09.74 Anne Penner, UCSC
- 4:10.00 K.C. Kunsang, PSW
- 4:11.25 Michelle Chan, VPSC
- 4:14.60 Nicole Johnson, UCSC
- 4:14.79 Sarah Stelte, OSC
- 4:17.27 Jordie Dollinger, PCSC
- 4:16.44 Sabrina Novack, PCSC
- 4:16.59 Erin Hillis, ROD
- 4:17.22 Kylee Wilyman, ROD
- 4:19.73 Margaret Marak, PCSC
- 4:20.00 Kaylea De Jong, EKSC
- 4:20.54 Sofie Agger, WVOSC
- 4:23.10 Leor Laniode, VPSC
- 4:26.85 Karla Hillis, ROD
- 4:28.00 Katie Yurkovich, EKSC
- 4:30.00 Lydia Schramm, EKSC
- 4:36.62 Andrea Temple, PSW
- 4:34.54 Samantha Bancescu, ROD
- 4:36.51 Jenica Montgomery, UCSC
- 4:38.43 Stephanie Chan-Lay, UCSC
- 4:45.12 Jordan Gardiner, VPSC
- 4:55.92 Kelsey Kilbach, ROD
- 4:57.67 Kate Kirkpatrick, OSC
- 4:58.20 Lindsey Routledge, UCSC
- 4:58.27 Kathy Tran, OSC
- 5:03.60 Kimberly Meerse, PSW
- 5:24.46 Callista Flemming, ROD
- 5:28.40 Dana Margittai, HYACK
- 5:36.52 Hannah Iqbal, VPSC
- 5:40.55 Nadia Bensari, UCSC
- 5:55.57 Maddy Brazil, ROD
- 6:02.00 Quennie Lai, HYACK
- 6:12.00 Gina Nasser, EKSC
- 6:19.28 Johanna Steyn, VPSC
- 6:28.20 Peggy Cho, HYACK
- 6:29.00 Catherine Cameron, EKSC

GIRLS 10 - 400 IND. MEDLEY

Rec: 5:36.76 Stephanie Shewchuk, PCSC, 85

- 6:14.30 Melissa Larocque, PCSC
- 6:28.35 Catherine Powell, PCSC
- 6:37.16 Jemma Hinkley, PCSC
- 6:37.63 Alexandra Centomo, PCSC
- 6:42.18 Christine Edwards, VPSC
- 6:43.83 Lisa Alibrando, PCSC
- 6:46.00 Pamela Kunyk, EKSC
- 6:47.76 Meghan Brockington, OSHAC

- 9) 6:55.40 Alex Williams, OSC
- 10) 7:01.90 Eleanor Darling, VPSC
- 11) 7:04.89 Scarlett Smith, VPSC
- 12) 7:05.33 Siobhan Newell, HYACK
- 13) 7:07.49 Tanya Hurlbutse, PCSC
- 14) 7:10.62 Nicole Vincent, OSC
- 15) 7:13.67 Victoria Hanna, OSHAC
- 16) 7:20.00 Kirsten Munro, PSW
- 17) 7:20.60 Candace Bergmann, RAPID
- 18) 7:29.28 Lindsay Reed, PCSC
- 19) 7:33.13 Nicole Che, VPSC
- 20) 7:34.00 Brielle Bukieda, EKSC
- 21) 7:35.90 Hilary Caldwell, PSW
- 22) 7:44.00 Elaine Jar, EKSC
- 23) 7:45.00 Daisy Jar, EKSC
- 24) 7:50.00 Adrienne Funk, EKSC
- 25) 7:51.09 Lauren Mothersell, OSC
- 26) 7:53.40 Emmanuelle Beaulieu, PCSC
- 27) 7:53.93 Victoria Roduta, OSC
- 28) 7:55.07 Chrissy Panel-Raymond, HYACK
- 29) 7:56.51 Alexandra Zatylny, PCSC
- 30) 7:58.01 Brittany Vader, OSC
- 31) 8:07.30 Christine de Nobrega, RAPID
- 32) 8:13.50 Rebecca Britten, EKSC
- 33) 8:14.37 Katie Beautillier, PCSC
- 34) 8:24.35 Jessie Olson-Heisler, UCSC
- 35) 8:26.00 Francesca Mariani, PSW
- 36) 8:29.80 Nicolette Harbridge, RAPID
- 37) 8:30.00 Bobbie Melnichuk, EKSC
- 38) 8:31.82 Anne Meyer, OSHAC
- 39) 8:33.88 Charlotte Dolan, HYACK
- 40) 8:39.97 Sophie Bechard, UCSC
- 41) 8:40.49 Youssra Zaki, PCSC
- 42) 8:41.01 Amy Hillis, OSC
- 43) 8:44.38 Daniella Bustos, OSC
- 44) 8:45.69 Jenny McGuinness, UCSC
- 45) 8:46.10 Michelle Russell, VPSC
- 46) 9:04.13 Sasha Sproule, UCSC
- 47) 9:10.38 Mackenzie King, ROD
- 48) 9:13.00 Kayla Calfas, EKSC
- 49) 9:22.10 MOLLY GROVE, EKSC
- 50) 9:27.08 Netanya Bushwesky, OSC
- 51) 9:32.06 Danielle Anderson, ROD
- 52) 9:35.37 Melissa Gosselein, UCSC
- 53) 9:48.22 Caitlin Kryszyk, UCSC
- 54) 9:50.91 Nicole Yeap, OSC
- 55) 9:58.35 Chelsea Zuber, VPSC
- 56) 10:10.28 Dana Todd, HYACK
- 57) 10:21.56 Kirsten Armour, VPSC
- 58) 10:27.07 Ashley Pennington, ROD
- 59) 10:29.21 Erin Ennis, ROD
- 60) 10:42.15 Amanda Palmer, UCSC
- 61) 11:32.30 Adrienne Findlay, EKSC

BOYS EVENTS

BOYS 7&U - 200 FREESTYLE

Rec: 2:50.36 Joshua Hammervold, UCSC, 97

- 1) 4:12.27 Eric Johnson, UCSC
- 2) 4:37.03 Mac Williams, OSC
- 3) 4:46.21 Martin Burke, UCSC
- 4) 4:49.83 Nicholas Petrushev, UCSC
- 5) 5:15.42 Luke Peddie, OSC
- 6) 5:57.16 Sam Hogg, VPSC
- 7) 6:23.62 Ryan Bailey, PSW
- 8) 6:33.00 Matthew Kratzman, EKSC
- 9) 7:15.00 Sham Raja, PSW
- 10) 7:34.00 Ryder Holuboff, PSW
- 11) 7:45.00 Nicholas Newman, HYACK
- 12) 8:02.00 Chris Li, HYACK
- 13) 8:22.00 Alex Jobb, HYACK
- 14) 8:29.55 Kevin Lee, PSW
- 15) 9:30.00 Braxton Jager, HYACK
- 16) 11:20.00 Brayden Hubermin, PSW
- 17) 12:10.13 Ngawang Kyirong, PSW

BOYS 8 - 400 FREESTYLE

Rec: 5:22.65 Doug Wake, YLSC, 86

- 1) 6:40.00 Matthew Emory, PCSC
- 2) 7:31.00 Jason Lai, EKSC
- 3) 7:42.14 Thomas Jirasek, PCSC
- 4) 7:44.79 Ryan Symonik, PCSC
- 5) 7:53.24 Michael Dionisi, PCSC
- 6) 7:54.10 Jackson Forsythe, VPSC
- 7) 7:54.38 Trevor Ayre, PCSC
- 8) 8:19.28 Tanner Fisher, OSC
- 9) 8:28.51 Thomas Wagner, UCSC
- 10) 8:47.48 Vincent Czyn, UCSC
- 11) 8:51.91 Michael Blumenthal, PCSC
- 12) 9:04.76 Daniel Daly-Grafein, VPSC
- 13) 9:06.08 Connor Caborn, VPSC
- 14) 9:28.50 Jeffrey Yeh, VPSC
- 15) 9:29.81 Derek Ostrom, UCSC
- 16) 9:52.31 Dylan Rush, UCSC
- 17) 9:52.41 Anthony Mak, UCSC
- 18) 9:59.43 Robert Eggen, UCSC
- 19) 10:01.19 Brandon Reed, PCSC
- 20) 10:01.41 Zoltan Havas, OSC
- 21) 10:16.30 Eric Grehan, EKSC
- 22) 10:16.60 Grant Jones, VPSC
- 23) 10:18.81 Alex King, VPSC
- 24) 10:21.00 Trevor Morrison, HYACK
- 25) 10:24.80 Colin Findlay, EKSC
- 26) 10:29.40 Chris Debiller, PCSC
- 27) 10:48.50 Calvin Ho, EKSC
- 28) 10:59.89 Reid White, EKSC
- 29) 11:02.21 Joshua Chua, UCSC
- 30) 11:02.40 Simon Minster, VPSC
- 31) 11:16.21 Sam Hardwicke-B., EKSC
- 32) 11:27.00 Rory Hislop, PSW
- 33) 11:34.00 Mitchell Mueller, PSW
- 34) 11:36.27 Taylor Riar, EKSC
- 35) 12:18.74 Michael McCulloch, UCSC
- 36) 12:40.00 Eugene Ho, PSW
- 37) 12:55.52 Nicholas Chow, HYACK
- 38) 13:08.90 Isaac Stoddard, VPSC
- 39) 13:25.30 Steve Choi, HYACK
- 40) 13:45.81 Jordan Strand, UCSC
- 41) 14:11.89 Michael Huang, HYACK
- 42) 14:30.97 Joey Bogle, UCSC
- 43) 17:16.39 Michael Smith, UCSC

BOYS 9 - 800 FREESTYLE

Rec: 10:27.10 Doug Wake, YLSC, 86

- 1) 12:07.50 Karl Wolk, EKSC
- 2) 12:33.73 Josh Botelho, PCSC
- 3) 12:53.21 Marlow Nicol, VPSC
- 4) 12:59.48 Thomas Rae, PSW
- 5) 13:12.80 David Dotan, RAPID
- 6) 13:31.70 Aaron Blumenthal, PCSC
- 7) 13:59.18 Sammy Zayed, PCSC
- 8) 14:04.58 Michael Luck, PCSC
- 9) 14:08.14 Christian Savu, PCSC
- 10) 14:10.71 Nils Smit-Anseuw, PSW
- 11) 14:15.50 Kelvin Cheung, RAPID
- 12) 14:23.60 David Leitch, RAPID
- 13) 14:55.26 Brandon Chan, EKSC
- 14) 15:26.46 Angus Straight, VPSC
- 15) 15:30.71 Wayland Chang, VPSC
- 16) 15:58.26 Malcolm Mitton, VPSC
- 17) 16:01.43 Troy Peakman, PSW
- 18) 16:02.25 Geoffrey Steventon, PCSC
- 19) 16:03.28 Eli Lubbel, PCSC
- 20) 16:45.43 Neils Peter, PCSC
- 21) 17:00.00 Jared Cathro, EKSC
- 22) 17:01.55 Martin Laurent, EKSC
- 23) 17:03.64 Joshua MacDonald, PSW
- 24) 17:29.14 Mark Thomas, ROD
- 25) 17:53.25 Alastair Nicol, ROD
- 26) 18:38.51 Josh Tate, OSHAC
- 27) 18:48.00 Nathan Ozee, HYACK
- 28) 19:05.12 Josh Martin, VPSC
- 29) 19:09.40 Stefan Tihanyi, PCSC

- 30) 19:17.12 Ahmed Zaki, PCSC
- 31) 19:18.00 Mark Stewart, PSW
- 32) 19:21.80 Daniel Corneau, UCSC
- 33) 20:09.05 Michael Siarkowski, UCSC
- 34) 21:02.00 Bryon Tse, HYACK
- 35) 21:02.00 Kishen Raja, PSW
- 36) 21:17.00 Andrew Carmichael, HYACK
- 37) 21:26.42 Ilusha Suchinev, OSC
- 38) 21:34.00 Grady Edge, PSW
- 39) 22:23.00 James Choi, HYACK
- 40) 22:24.00 Albert Kozak, PSW
- 41) 22:45.00 Brian Yim, HYACK
- 42) 23:04.35 Alex Tarras, UCSC
- 43) 23:54.31 Andres Acevedo, HYACK
- 44) 24:06.00 Clay Abougoche, EKSC
- 45) 24:12.00 Michael Lu, PSW
- 46) 25:13.00 James Jarvis, PSW
- 47) 25:33.13 Jonathan Chan, UCSC
- 48) 26:29.52 Gus Tsang, HYACK
- 49) 27:26.57 Sacha Shams, PSW
- 50) 35:26.00 Jamie Cluff, PSW

BOYS 10 - 1500 FREESTYLE

Rec: 18:41.93 Michael Calkins, VICO, 89

- 1) 21:00.40 Karim Zayed, PCSC
- 2) 21:08.31 Spencer Ayre, PCSC
- 3) 23:08.57 Robbie Irvine, OSHAC
- 4) 23:15.37 Erik Cheng, PCSC
- 5) 23:32.11 Erik Olsen, OSC
- 6) 24:11.43 Daniel Jensen, PCSC
- 7) 24:15.26 Nathan Kindrachuk, OSC
- 8) 24:16.31 Trace Kremer, OSC
- 9) 25:24.00 Ben Britten, EKSC
- 10) 26:00.09 Dominique Massie-M, HYACK
- 11) 26:30.44 Cameron Bailey, PSW
- 12) 26:32.83 Jeff Lee, HYACK
- 13) 26:34.29 Marc-A. Ruel, PCSC
- 14) 27:00.10 Matt Kerr, PCSC
- 15) 27:20.63 Kyle Crepnjak, PSW
- 16) 27:26.38 Kenneth Fung, HYACK
- 17) 27:30.22 Brent Sveta, OSHAC
- 18) 27:30.47 David Hatch, GGST
- 19) 27:39.62 Nicholas Chien, VPSC
- 20) 28:08.00 Andrew Lai, EKSC
- 21) 28:16.36 Matthew Peddie, OSC
- 22) 28:18.51 Kent Kerr, VPSC
- 23) 28:18.80 Ian Leitch, RAPID
- 24) 28:26.66 Danny Taylor, VPSC
- 25) 29:05.32 Sam Starke, VPSC
- 26) 30:14.31 Alex Zamozdra, PCSC
- 27) 30:33.36 Matthew Novack, PCSC
- 28) 30:35.58 Alex Tseng, HYACK
- 29) 30:44.99 Riley Schmalhaus, PCSC
- 30) 31:14.89 Gary Dishington, ROD
- 31) 31:33.01 Jake McGeough, HYACK
- 32) 31:58.82 Greg Johnstone, ROD
- 33) 32:21.82 Jamie Dong, HYACK
- 34) 32:31.20 John Yoo, PSW
- 35) 33:32.87 Ross MacKenzie, OSC
- 36) 33:44.21 Justin Selnor, OSC
- 37) 34:03.98 Jonathan Lariviere, PCSC
- 38) 36:20.45 Andrew Calibaba, ROD
- 39) 36:55.77 Billy Leung, HYACK
- 40) 36:56.12 Russell Sargent, VPSC
- 41) 41:50.00 Blake Allan, PSW
- 42) 45:50.60 Arjun Nanda, HYACK

BOYS 7&U - 100 IND. MEDLEY

Rec: 1:29.77 Andrew Bignell, SSMAC, 91

- 1) 2:17.17 Nicholas Petrushev, UCSC
- 2) 2:21.08 Eric Johnson, UCSC
- 3) 2:28.98 Mac Williams, OSC
- 4) 2:29.39 Martin Burke, UCSC
- 5) 2:35.31 Luke Peddie, OSC
- 6) 2:46.40 Matthew Kratzman, EKSC
- 7) 2:47.02 Sam Hogg, VPSC
- 8) 2:53.76 Ryan Bailey, PSW

- 9) 4:00.01 Nicholas Newman, HYACK
- 10) 4:17.00 Alex Jobb, HYACK
- 11) 5:14.00 Braxton Jager, HYACK

BOYS 8 - 100 IND. MEDLEY

Rec: 1:21.38 Andrew Bignell, SSMAC, 92

- 1) 1:34.50 Matthew Emory, PCSC
- 2) 1:45.53 Michael Dionisi, PCSC
- 3) 1:51.89 Jackson Forsythe, VPSC
- 4) 1:52.95 Trevor Ayre, PCSC
- 5) 1:53.38 Thomas Jirasek, PCSC
- 6) 1:53.97 Michael Blumenthal, PCSC
- 7) 1:55.50 Ryan Symonik, PCSC
- 8) 1:58.61 Vincent Czyn, UCSC
- 9) 1:59.03 Nicholas Tatigian, PCSC
- 10) 2:08.57 Anthony Mak, UCSC
- 11) 2:09.36 Alex King, VPSC
- 12) 2:10.25 Thomas Wagner, UCSC
- 13) 2:13.29 Connor Caborn, VPSC
- 14) 2:14.06 Daniel Daly-Grafein, VPSC
- 15) 2:14.38 Eugene Gusman, PCSC
- 16) 2:16.60 Tanner Fisher, OSC
- 17) 2:25.20 Brandon Reed, PCSC
- 18) 2:26.11 Robert Eggen, UCSC
- 19) 2:26.51 Jeffrey Yeh, VPSC
- 20) 2:28.50 Eric Grehan, EKSC
- 21) 2:29.00 Trevor Morrison, HYACK
- 22) 2:36.13 Rory Hislop, PSW
- 23) 2:36.15 Grant Jones, VPSC
- 24) 2:36.66 Zoltan Havas, OSC
- 25) 2:38.20 Chris Debiller, PCSC
- 26) 2:44.98 Dylan Rush, UCSC
- 27) 2:48.80 Derek Ostrom, UCSC
- 28) 2:51.18 Simon Minster, VPSC
- 29) 3:02.36 Michael McCulloch, UCSC
- 30) 3:06.01 Joshua Chua, UCSC
- 31) 3:20.06 Nicholas Chow, HYACK
- 32) 3:22.98 Isaac Stoddard, VPSC
- 33) 3:45.22 Joey Bogle, UCSC
- 34) 3:49.03 Steve Choi, HYACK
- 35) 3:52.20 Colin Findlay, EKSC
- 36) 4:11.28 Jordan Strand, UCSC
- 37) 4:17.03 Michael Huang, HYACK
- 38) 4:27.91 Michael Smith, UCSC
- 39) 5:22.88 Aaron Kwan, HYACK

BOYS 9 - 200 IND. MEDLEY

Rec: 2:41.91 Tobias Oriwol, PCSC, 95

- 1) 3:09.40 Karl Wolk, EKSC
 - 2) 3:12.06 Marlow Nicol, VPSC
 - 3) 3:12.28 Thomas Rae, PSW
 - 4) 3:25.39 Aaron Blumenthal, PCSC
 - 5) 3:26.61 Josh Botelho, PCSC
 - 6) 3:27.49 Benjamin Christie, WVOCS
 - 7) 3:33.38 Nils Smit-Anseuw, PSW
 - 8) 3:35.27 Michael Luck, PCSC
 - 9) 3:40.29 Christian Savu, PCSC
 - 10) 3:42.66 Sammy Zayed, PCSC
 - 11) 3:42.69 Joshua MacDonald, PSW
 - 12) 3:44.26 Brandon Chan, EKSC
 - 13) 3:44.69 Troy Peakman, PSW
 - 14) 3:48.20 David Leitch, RAPID
 - 15) 3:49.50 Kelvin Cheung, RAPID
 - 16) 3:52.81 Wayland Chang, VPSC
 - 17) 3:53.60 Alastair Nicol, ROD
 - 18) 3:55.92 Neils Peter, PCSC
 - 19) 3:59.50 Michael Leblanc, PCSC
 - 20) 4:01.47 Eli Lubbel, PCSC
 - 21) 4:04.00 Jason Lai, EKSC
 - 22) 4:05.89 Angus Straight, VPSC
 - 23) 4:07.04 Geoffrey Steventon, PCSC
 - 24) 4:07.60 Andrew Jarvis, WVOCS
 - 25) 4:09.76 Josh Tate, OSHAC
 - 26) 4:12.11 Malcolm Mitton, VPSC
 - 27) 4:12.33 Alex Zhang, PCSC
 - 28) 4:17.76 Nathan Ozee, HYACK
 - 29) 4:31.16 Ilusha Suchinev, OSC
- 30) 4:32.42 Stefan Tihanyi, PCSC
 - 31) 4:32.46 Ahmed Zaki, PCSC
 - 32) 4:36.03 Mark Thomas, ROD
 - 33) 4:38.40 Fraser Phillips, EKSC
 - 34) 4:38.44 Martin Laurent, EKSC
 - 35) 4:38.80 Michael Parson, PCSC
 - 36) 4:43.26 Daniel Corneau, UCSC
 - 37) 4:53.53 Kishen Raja, PSW
 - 38) 5:02.33 Josh Martin, VPSC
 - 39) 5:07.20 Marc Grehan, EKSC
 - 40) 5:08.63 Grady Edge, PSW
 - 41) 5:17.78 Michael Siarkowski, UCSC
 - 42) 5:20.70 Andrew Carmichael, HYACK
 - 43) 5:27.00 Albert Kozak, PSW
 - 44) 5:32.12 Calvin Ho, EKSC
 - 45) 5:35.65 Jamie Cluff, PSW
 - 46) 5:48.88 Michael Lu, PSW
 - 47) 5:48.37 Andres Acevedo, HYACK
 - 48) 5:54.00 Bryon Tse, HYACK
 - 49) 5:55.44 Sacha Shams, PSW
 - 50) 6:02.00 Jared Cathro, EKSC
 - 51) 6:08.27 Reid White, EKSC
 - 52) 6:04.10 James Choi, HYACK
 - 53) 6:35.12 Clay Abougoche, EKSC
 - 54) 6:45.16 Alex Tarras, UCSC
 - 55) 6:48.37 Sam Hardwicke-B., EKSC
 - 56) 6:59.23 Taylor Riar, EKSC
 - 57) 7:08.47 Vlad Tkachenko, HYACK
 - 58) 7:26.50 Gus Tsang, HYACK
 - 59) 7:41.19 Jonathan Chan, UCSC

BOYS 10 - 400 IND. MEDLEY

Rec: 5:29.10 Tobias Oriwol, PCSC, 96

- 1) 6:10.87 Spencer Ayre, PCSC
- 2) 6:18.68 Karim Zayed, PCSC
- 3) 6:25.51 Robbie Irvine, OSHAC
- 4) 6:32.91 Daniel Jensen, PCSC
- 5) 6:39.21 Erik Cheng, PCSC
- 6) 6:41.65 Erik Olsen, OSC
- 7) 6:44.37 Nathan Kindrachuk, OSC
- 8) 6:55.00 Ben Britten, EKSC
- 9) 7:10.23 Marc-A. Ruel, PCSC
- 10) 7:10.44 Derek Engel, PCSC
- 11) 7:11.47 Cameron Bailey, PSW
- 12) 7:15.36 Trace Kremer, OSC
- 13) 7:16.20 Ian Leitch, RAPID
- 14) 7:17.73 Nicholas Chien, VPSC
- 15) 7:18.90 Jimmy Lin, RAPID
- 16) 7:20.03 Matthew Peddie, OSC
- 17) 7:28.23 Kyle Crepnjak, PSW
- 18) 7:31.52 Matt Kerr, PCSC
- 19) 7:39.48 Brent Sveta, OSHAC
- 20) 7:40.00 Andrew Lai, EKSC
- 21) 7:40.91 Dominique Massie-M, HYACK
- 22) 7:41.36 Sam Starke, VPSC
- 23) 7:42.29 Kent Jones, VPSC
- 24) 7:43.25 Jeff Lee, HYACK
- 25) 7:55.10 Nicholas Kamel, PCSC
- 26) 7:56.70 Mark Balla, HYACK
- 27) 7:57.61 Danny Taylor, VPSC
- 28) 7:58.18 Jamie Dong, HYACK
- 29) 7:58.20 Alex Tseng, HYACK
- 30) 8:12.30 Jake McGeough, HYACK
- 31) 8:17.81 Rich Shin, HYACK
- 32) 8:26.03 Cory McAnerin, PSW
- 33) 8:30.25 Matthew Novack, PCSC
- 34) 8:30.75 Riley Schmalhaus, PCSC
- 35) 8:40.98 Patrick Laporte, PCSC
- 36) 8:53.24 Alex Zamozdra, PCSC
- 37) 8:58.92 Gary Dishington, ROD
- 38) 9:27.77 Andrew Calibaba, ROD
- 39) 9:29.90 Kenneth Fung, HYACK
- 40) 9:45.40 Greg Johnstone, ROD
- 41) 10:12.77 Jonathan Lariviere, PCSC
- 42) 11:44.44 Russell Sargent, VPSC
- 43) 12:27.67 Rudi Plesch, HYACK
- 44) 12:48.67 Thomas Lui, HYACK

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: Congratulations on being inducted into the Hall of Fame. I cannot think of anyone who deserves it more. I am pleased for you.

I liked your article on "Fixing What Isn't Broken." I also feel Ron Jacks is one of the best coaches in Canada and in the world. Why not hire him or put some money into his program and let him develop the club-level athlete? I don't like the idea of taking a swimmer out of their home environment and away from the person who has done the basic work.

Take care and again, congratulations.

*George Haines
ghaines@jps.net*

(A fine endorsement from coach Haines, chosen "Swimming Coach of the 20th Century" by the International Swimming Hall of Fame. He was a seven-time USA Olympic Coach between 1960-84, whose club swimmers won 44 gold, 14 silvers, and 10 bronze medals.)

Creating more than a ripple: I have just returned from a meet in Phoenix with the Canadian National Team for swimmers with a disability. It was US Nationals and our team swam exceptionally. However, there is no mention of this meet anywhere on your website and I assume that it is deliberate on your behalf as there was no mention of the Paralympics Games as well.

I did notice, however, that you were seeking the support of clubs across the country for subscriptions so that you will continue with TAG rankings. Manta has put the subscription fee into our registration fee for several years and we have been a loyal supporter, but in light of the fact that one of our top swimmers, Kirby Cote, is not deemed worthy enough for your magazine, we feel that your magazine is not worthy of our membership. As a result, we will be reviewing our membership status with your magazine this fall.

Every member of the national SWAD team is also a member of an able-bodied club. All of them compete in able-bodied competitions as well. This is an element of Canadian swimming much the same as open water swimming, and I fail to understand why you do not recognize it.

*Tom Hainey
Head Coach, Manta Swim Club
Winnipeg, MB*

Thanks for your letter Tom: I have to tell you that I think your letter touches on several points that require some explanation on our part.

While SWIMNEWS tries to cover swimming around the world, we do not claim to be able to cover all swimming. We do not normally cover Masters swimming for the most part, but are happy to post Masters news and meet results when they are sent to us. We do not cover Fin Swimming or Open Water for the most part, but like Masters, we are happy to post reports and results. The same goes for SWAD Swimming. While we do not specifically cover events for SWAD, we are always happy to post results and reports that are sent to us.

Your complaints about any coverage that we have are a little bit unfair. First, there are just two of us who work on both the magazine and the website, and not even full time at that. We do not claim to be able to cover these extra aspects of the sport like SWAD because we simply do not have the experience or the resources to do so.

However, with that said, I will say that we also don't cover things like NCAA swimming, however every year I get complaints from Canadian college coaches asking why we don't cover their meets. The fact of the matter is that, with only two people and several freelance writers, we can only cover a few events. Organizations like the NCAA and the US Colleges are very professional in the way they support their sports. They have their own staff write reports on the events and email them to us daily. We are always happy to get these reports and post them whenever possible. We have talked to and encouraged the CIAU coaches to do the same thing, and we make every effort to post reports and results from their meets.

The same applies for our coverage of SWAD. Whenever we are sent reports and results we are happy to post them. With that said, I can then say "Where are the reports?" No one sent us any information from the meet this weekend, not one report or result. You were there. Did you think of sending us any information other than this email about our lack of coverage? I can assure you that if you did, it would have been published on our website.

After receiving your email I went to the Swimming Canada website and noticed that they did have a report but they never sent us any. Although I can say that the Scottish Championships were on this weekend in Great Britain, and we did get reports and results every day. Funny how that happens.

This is not the first time Swimming Canada has not sent us information about events in Canada or other parts of the world. In the past, after repeated requests by both email, phone, and even in person, Swimming Canada has refused to put us on a mailing list for media information. Whether it's Canadian Nationals or Joanne Malar's retirement news

conference, they make sure not to send us any information. Yet if a swimmer on the National team moves, we are sent an address update for their magazine subscription immediately. This happens every week.

Some people don't want us to cover the sport here in Canada so that we become somewhat irrelevant to the Canadian audience. It seems to be part of the plan. They don't want an independent voice to cover the sport in this country. They have taken many of our suggestions and implemented them, but have refused to try to work with us or cooperate in any way. If they had reports on the SWAD swimming in Phoenix, why don't you ask them why we were never sent the reports or results?

It's always funny to us that they can get reports on swimming out to all the media in Canada but never send them to us.

Some at Swimming Canada would love it if the sport had only their officially approved statements for media information disseminated to the swimming community. It's certainly not the job we want to do.

While we don't attempt to claim to cover SWAD swimming, we would always be happy to post reports and results as we do with Masters and college swimming.

If you have any reports and results in the future, please feel free to send them to us.

Also keep in mind that we are an independent organization with no support from Ottawa whatsoever. What little support we did have was for TAG, which was just cut by Ottawa.

We have to cover what is of interest to the broadest audience—this applies mainly to the print magazine since space is so limited and so expensive. We are not funded to cover these meets and report on them. No one covers the expenses, airline tickets, meals, hotel, and salaries. These are real issues that we have to deal with in our budgets for our month-to-month survival.

Most swimming publications in most countries actually do not exist without financial help from the federations because the sport is just too small. SWIMNEWS has been around for 27 years and is one of only two publications that have survived this long. Swimming is a small business and a hard business to survive in.

In the future, if you would really like to help SWAD swimming, why don't you consider covering the event not only from your coach's perspective but also with the idea of producing a report on each day's event from poolside. This would accomplish two things. It would get SWAD the coverage you desire and it would help the sport in a real way, by covering it!

We would be happy to help in any way possible by offering suggestions and advice, and would be happy to post the reports and results on our website.

*Marco Chiesa
SWIMNEWS Business Manager*

Marco: Thanks for getting back to me so quickly

and with such detail. I will take you up on the offer to send you results especially from such an important meet. I may have been mistaken, but I was lead to believe that *SWIMNEWS* felt that any focus on SWAD swimming was a detriment to high-performance swimming in Canada. As you may have noticed, USS also gave the meet incredible coverage and *Swimming World* was on the pool deck and in fact gave Kirby an interview.

I share the view, like many, that Canadian swimming in general is in trouble, so I think anytime we have something good to say about it we should.

SWAD swimming is part of the swimming culture now, and with the US finally getting on board, it will only become more relevant.

TAG is a critical part of Canadian swimming, and now that I understand your point of view, you can be assured we will support you and the magazine. However, I would like to leave you with this point. I feel that SNC is no longer supporting TAG for one reason and one reason only: your attention to their failings. I appreciate the articles and critiques you provide, and am in support of them. We need to have an agency with a voice to keep the powers-that-be in check and force them to constantly evaluate themselves. The slight by SNC towards *SWIMNEWS* is wrong. What you feel is what the SWAD athletes feel from your magazine—a concerted effort to downplay their relevance in Canadian swimming.

I am the head coach of a large Canadian club. The most recognized female athlete in this province right now is Kirby Cote. Her success in Sydney brought more attention to our club and swimming than anything else. We are bringing more and more swimmers into our program because of her, and that is good for Canadian swimming. One of our swimmers may end up on the cover of your magazine as a result of the influence of Kirby. How is that for relevance?

*Thanks again
Tom Haney*

PS: We will continue to support *SWIMNEWS* as we have in the past.

Editor: I recently had a chance to read over the latest issue of *SWIMNEWS* in between representing this country proudly and preparing well for this month's upcoming World Aquatic Championships. As a veteran national team member, I would like to offer my insight towards what seems to be the topic of conversation in your Backwash section. Over the course of the last few months especially, I have heard many different opinions. These views have pointed out everything, including a critical analysis of the ineffectiveness/effectiveness of SNC over the last two quadrennials. Through all of this I have listened to what seems to be the assessments of "disgruntled employees," both past and present.

I believe myself to be a true fan of the sport and I have two feelings towards the dialogue taking place. The first one is of annoying displeasure, and the second is of puzzlement and how these issues will affect me and Canada's swimming future. While reading the comments of some of Canada's past and present coaches, I hear very little of optimism and change. It seems that everyone, including the editor of this magazine, has nothing positive to say about Canadian swimming anymore! I remember being an age group swimmer in Moose Jaw receiving *SWIM* in the mail once a month. Like every swimmer, I was ecstatic to see my name in the TAG rankings, as well as being anxious to hear about some of the activities taking place within Canadian swimming. From watching Alex Baumann on television during his "Get Cracking" campaign to Sandy Goss earning a silver medal with an amazing 100 freestyle split, I have learned to love and appreciate the accomplishments of Canadians. It is only now in recent years, with the arrival of this publication's new international format, that we as parents, coaches, and most importantly swimmers have lost sight of the actions that positively affect the Canadian swimming community and are focused more on what the rest of the world is doing. It is my belief that following the world's best swimming is important, but not at the expense of Canada's swimming future.

A great example of this was this year's post-Olympic issue. If it wasn't being critical of some of the SNC administrative decisions made, it surely wasn't appreciating the hard work and performances of me and my teammates. For instance, Curtis Myden is arguably the greatest Canadian swimmer ever. Not only has he achieved multiple podium finishes in both the 1996 and 2000 Olympic Games, in an era of outstanding depth and miraculous performances, he has accomplished these accolades cleanly in a world of increased performance enhancement. Through all of this, his picture in this magazine was the size of my thumb. What a joke and an injustice to Curtis! It is my view that if this publication was 100% supportive of Canadians, Curtis would have been on the cover. I'm not going to deny that I enjoy reading results from all over the world, because I feel it's important to watch your competition, and the *SWIMNEWS* format does that. I just feel that it has lost touch and perspective on what makes Canada a great country to swim in. It's time to move forward and to indulge in change! It's time to leave the past behind, while always respecting the forefathers of our sport like Howard Firby. It is my view that when an age grouper comes home to find this magazine in the mail, he/she should be able to read a section promoting Canadian swimmers and coaches. I would want to know the secrets of success from the CAMO program in Montreal, as well as what 2004 prospects Tobias Oriwol and Brian Johns are

doing in their training and how their coaches Kevin Thorburn and Craig McCord play an instrumental role in their development. Why can't we move in a positive direction? This magazine can be a catalyst for this movement.

This brings me to last issue's topic of concern being the elimination of SNC funding towards this monthly publication. The views that have been expressed have many valid points, but let's not forget the SNC perspective. SNC has found another product to work as a national database for the results submitted across the country. SNC feels that this new technology is more effective, and with that in mind, they made a business decision that they want to follow. *SWIMNEWS* owns the TAG logo rights, so if it wants to continue to publish, it can. SNC is not preventing this! If money is the issue, maybe *SWIMNEWS* could promote Canadian swimming more and then its national subscription rate would go up and help offset the costs of producing TAG. It is my opinion that SNC made the correct decision. Why should SNC, who promotes myself and others, pay for negative press? The day-to-day bashing of the Canadian system has become a huge disappointment and distraction! The Backwash section has unfortunately become a glossy version of the swimmer-made website "Amazing Swim News." It has almost been a year since the Sydney Games and still individuals want to vent about problems and make new ones. Why can we not move forward? Do we think that the other great swimming nations don't have problems of concern? I plan to continue to receive *SWIMNEWS*, but not if it's going to continue to criticize the hard work of my teammates and coaches.

Like the great swimmers in Canada's past, I too go to the pool dreaming and aiming for gold. Do you think I went to Sydney for a fifth-place finish? This magazine needs to start to appreciate the hard work of today's and tomorrow's stars. If you have questions, come to the UBC National Training Centre/PDSA and walk a mile in my shoes, and then go and tell the world that my swimming is a disappointment. Lastly, I would like to encourage and challenge every reader of this issue involved in Canadian swimming to consider how he/she can add something positive to this publication, rather than detracting from Canadian swimming with negativity. Let's all remember we are all on the same team, and that we all bleed red and white!

*Mike Minterko
Proud Canadian Swimmer*



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

AGE GROUPERS SWIMMING FAST

WE CHASE THE BEST WITH MORE INTEREST AND EXCITEMENT THAN WE CHASE THE ORDINARY

John Leonard

Since about 1980, it has been a trend for some people to dismiss the idea that age group swimmers should swim fast. The concept has been that fast age group swimming means more dropouts, more “burnouts,” more early disenchantments with the sport. In fact, it has become so “au courant” to subscribe to this view that many coaches brag about how they do not ask nor want their age group swimmers to swim fast. They insist that their plan of slow development will result in superior senior swimmers.

My observation is that these coaches often don't have anyone swimming fast at the senior level, either. Surely some do have fast seniors as well. But I haven't seen many of them.

My combative assertion in this commentary is that fast age group swimming is important, nay, vital, to a healthy Swim Team. Here's my reasoning:

1. It's not whether an age group athlete swims fast that determines if he will drop out, burn out, or stagnate out. It's how he or she gets to swim fast. What did they do to get there?

2. We need fast 8-year-olds. We need fast 10-year-olds. We need fast 12-year-olds. We need fast 14-year-olds, 16-year-olds, and so on. Each plays a role in our national development. We need to be fast at all ages and both sexes.

3. Neither Top 16 rankings nor national age group champions hurt senior swimming. In fact, they help create fast senior swimming.

Now, let me discuss each of the above in some detail, so those of you who are mentally debating me have some more meat to work on.

1. The real question in age group swimming is not if swimmers swim fast or not, but how they got to swim fast. Coaches with significant experience know that it is not much of a trick to get age group swimmers to swim fast—very fast in some cases—as numerous age group athletes have set world records.

You can get age group swimmers to swim fast by:

1. Accelerating the training volume of 10-year-olds to “normal” 13 and 14-year-old volume and similar volume increases.

2. Accelerating the speed component of young athletes. You can train the nervous system to better speeds with ease at an early age.

3. Improving an athlete's biomechanical or stroke

skills. Better strokes equal faster speed with no other improvement.

4. Combining 1, 2, and 3 above.

5. Training younger swimmers with older, faster training partners. Young will strive, using all of 1-4 above, to match the older and, eventually, come close to doing so.

The long-term “problem” with number 1 is that there are limits. If you are spending three hours a day in the water at age 10, then to improve at age 12, you'll need 5 hours a day in the water; at age 14, 7 hours, etc. And of course at any age, volume carries its own medical risks of overuse syndromes and mental fatigue. The long-term problem with number 2 is that the window of opportunity for aerobic development in a maximum way is rather early—11-14 for girls, 13-16 for boys. If you spend too much time sprinting madly down the pool, there is less time for aerobic gains and thus, this approach is eventually very self-limiting, though it likely is better for retention in the sport than number 1.

Number 3 is, in my view, the best way to swim fast at an early age. I will argue that first comes excellent biomechanics, then comes an increase in volume, and then comes an increase in intensity. In my shorthand, I call this “going as fast as you can, for as long as you can, with as little volume as you can, and the best strokes that you can.” Later, let me offer some plaudits to American teams whom I believe to exemplify this approach successfully. Number 4 is what happens when finally you must add some volume and speed in order to keep improving.

And Number 5 is a disaster. Everyone deserves the chance to be a child—to play and learn in the water with their peers—to locker-room talks about things appropriate for their age and maturity, without “skipping any steps,” as children training consistently with older teammates do. As my wife, the famous “Miss Karen” says, “children should have developmentally appropriate experiences—at the right time, not earlier and not later.” I won't argue with that. Now, what good does a fast age group swimmer do for his team, his swimming nation, and most critically, for himself? We need fast swimmers at all age groups!

Who, generally speaking, are our fast 10-year-olds? Quite simply, they are those individuals who are developmentally mature in advance of their chronological age. They are bigger, stronger, and more coordinated. Naturally enough, it is easier for these

early maturing individuals to produce fast swims when they are compared to their developmentally “on time” peers.

Mother Nature, in her general wisdom, dictates that in most cases, the early maturer realizes less of a growth spurt later in life and generally, by their mid teens are comparable, physically, with their more normal maturing peers.

One danger for these early maturers, of course, is that because they are “winning” and perhaps even “dominating” their events, they will place less importance on, and therefore value and concentrate less, on developing the stroke, start, and turn skills that they will require to be successful later in their career. So many of these early maturers hit a “barrier” and fail to improve because either a) their biomechanics will not support significant further improvement, or b) they have already done so much physical work due to their early mature bodies that they do not have anywhere left to go in training to continue to improve physically.

So what does the early maturer provide for our swim programs if they are not going to reach a “peak performance” at a later set of years? Very simply, they set the bar. For instance, if a 10-year-old boy swims a 27.4 in the 50 free and that time is the best in the area, that is the top bar to which all the other ten-year-old boys aspire and work towards. If the best swimmer is only 29.6, then the bar is much lower for all the 10 and under boys in that area. It is an axiom of human performance that the higher the bar is set, the better the pursuing individual will perform. We chase the best with more interest and excitement than we chase the ordinary. The normal or later matured child must chase the 27.4 early maturer with improved skills, starts, and turns—until such time as they grow and mature themselves. Then, they add size, strength, and power to the previously gained technical skills and they surpass the early maturer who peaked early with muscle and power.

In each age group, our nation needs fast swimmers who blaze the path, raise the bar or set the example of what “fast swimming” really means. In poor swimming areas, we see both slow age group and slow senior swimming. No areas exist where we have fast senior swimming where we do not have fast age groupers in the area. Fast age group swimming goes with fast senior swimming and leads up to it.

Age Group Rankings

Asimilar argument applies to age group swim rankings. We frequently hear from people that “age group rankings reward the wrong thing.” Age group rankings reward fast swimming. If the fast swimming comes from good technique teaching, good aerobic base training, and a solid philosophical foundation for competition as a learning tool, we can only applaud and value the fast swimming.

If the coach, parent, and athlete chose to achieve

fast times with an overemphasis on volume, inappropriate use of speed training, and overly accelerated training methods (like early weight training for young athletes), then most of us, as coaches, would judge that fast swimming is not in the best long-term interests of the athlete. At the same time, age group rankings serve as goals, times, and targets for the normally developed athlete. In each age group, they serve as markers for the swimmers below the levels of those rankings. A coach, using well-proven and accepted training methods for his age group team, will use the times himself as goals for his athletes. The coach will not change his methods to achieve the times with his athletes.

The rankings themselves, then, are not bad, but they can be and have, in some cases, been used to stimulate training behaviors that are not in the athletes' best interest. Their value, however, is great in the way that they serve to raise the bar for all athletes in those age groups. In addition, I would argue that many athletes are not, because of their genetic predisposition to early maturity, likely to ever develop fully as senior swimmers, and great age group achievements are the peak of their athletic careers. Surely our sport is big enough to want to provide rewards for these athletes, as well as for those who develop at normal maturity rates and peak at later "traditional senior" ages?

In summary, age group swimming is not exclusively an end in itself, nor is it properly seen as "only" a means to producing great senior swimmers, but rather, should encompass opportunities and rewards for those who both mature early and those who have a more "normal" developmental maturity. Fast swimming at age group level is vital to fast swimming at the senior level. Coaches have a responsibility to recognize those development patterns that have traditionally produced our great American senior athletes, as well as the "special cases" of precocious maturity, and to coach each to perform to the best of his or her ability. Swim fast early by teaching good technique, by encouraging appropriate aerobic training, and promoting good competition. But swim fast!

Swim as fast as you can, for as long as you can, on as little work as you can. When you add volume to your athletes' training program, they will improve. Later, when you add speed training and strength and flexibility training to your athletes program, they will swim faster again. It's not fast age groupers that keep people from swimming fast as seniors. It's poor training and technique progressions.

Swim fast. Now and later.

*John Leonard is Executive Director of ASCA
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#6. More info on ASCA can be found at
www.swimmingcoach.org.*

FIRBY'S GENIUS

FEEL OF THE WATER

That elusive special dimension of swimming known as *feel* can be nurtured in nearly all individuals, *i.e.*, it can be learned. *Feel is not rare.* It has simply been overlooked or unwittingly suppressed by the majority of coaches who, in their insecure knowledge of the subtleties of technique, approach the teaching of strokes as a sergeant might approach rifle drill—"by the numbers." As a former freelance commercial artist of some 20 years experience, and as a one-time art school teacher, I can state that the familiar "paint by numbers" kits tend to stifle rather than help the development of true creative skills. It's unfortunate but this same sort of unimaginative methodology still pervades most swimming instruction: "do this," "push this far," "bend here," and so on—*by the numbers, two, three, four.* The result is that in the sport there are countless so-called competitors who are, for the most part, mechanical robots and no match for the few with *feel* or, if you like, "soul."

I have gone on at some length on *feel* as it pertains to swimmers, but coaches, too, should have *feel*. Coaches who would teach *feel* must themselves have *feel*—*a feel for feel*, as it were.

By that I mean that the dedicated coach should strive to surmount the *by-the-numbers* barrier; he should look for the symphony of movement that is great stroke technique; he should learn to think in terms of moving body masses, momentums, clean alignments, shifting forces, and subtle nuances of timing. He should be able to see all of the above within a framework of fluid mechanics, kinesiology, physiology, and psychology—especially psychology because *feel* is a total experience in which the temperament of the individual must be taken into account. Just as music is more than so many notes strung together, so is inspired swimming more than so many levers and units of force. In other words, the coach should strive to be more than a mere craftsman, he should aspire to being an artist in the classic sense of the word. In a manner of speaking, his swimmers should be his works of art.

It takes time in the sport to understand this. The process can be speeded up, however, if the would-be coach will only open his eyes. He should study and evaluate *for himself* the techniques of the great swimmers. Past and present, looking always beyond the superficial details to absorb and, in a sense, *live* the rhythms, etc.—the very essence of what he perceives.

The coach who is caught up in his daily routine of coaching—which can be repetitious in the extreme—should from time to time renew his love affair with swimming. He should himself swim, at least occasionally, and he should constantly imagine the feel of the movements he teaches.

A trick I have borrowed from my years in commercial art is to look at the "artwork," *i.e.* the swimmers, upside down. Artists will turn their work upside down or look at it in a mirror to get a fresh, stranger's-eye, critical view of it now and then as they develop it. To achieve the same end while coaching, I sometimes bend over and invert my head, eyes lower than my nose. The effect is astounding! The swimmers appear to be swimming across the ceiling! Their every movement springs into focus, stroke irregularities that had gone unnoticed before, moments of excessive drag, and the phenomena of waves and swirling water all fairly cry out for attention. So spectacular is it that I often have my pupils take turns standing on deck at the side of the pool with their heads bent down, watching their teammates swim. I find this especially helpful in selling the porpoise-like action of good butterfly to those who are too inhibited in their own rigid version of the stroke.

The inverted "look-see" is certain to help a doubting coach appreciate the flowing, non-mechanical essence of good swimming.

Further, the coach who would understand *feel* should at every opportunity look long and hard at fish and other creatures that are "at home" in "Mother Water." Even where there are no large aquariums there are television programs with scenes showing dolphins, sharks, seals, and the like, swimming. Only recently, I saw swimming polar bears on television filmed from below the surface—it was clear that they are fine natural swimmers and that they trail their hind legs in what modern coaches refer to as a "drag kick."

Feel is what makes the best swimmers such a joy to coach, and *the giving of this extra dimension to swimmers* who would be written-off as "ordinary" by most coaches is an even more satisfying experience.

The swimmer who knows the *feel* of his stroke when it is going well can usually detect encroaching errors early and correct them himself or seek help before things become seriously out of adjustment.

For many years now, I have encouraged each of my swimmers to think of himself as an assistant coach in charge of one swimmer—himself. This approach has produced some remarkable independent and successful athletes who, along with their *feel of the water*, have a special, even reverent, feeling for the sport—it has become their sport to enjoy.

From *Howard Firby on Swimming*,
"Feel of the Water," pages 17-18.

SWIMNEWS

www.swimnews.com



Laura Nicholls

Canada

DRYLAND TRAINING

Nikki Dryden

In the last two articles, we waded through the supplement craze that has tidal-waved our sport and we outlined the most basic ingredient for optimum health and faster swimming: food. Now, we are set to wrestle with the multitude of activities you can do on land to improve your peak performance, and discuss how your failure to do additional land work could adversely affect your overall health.

Aswimmer's dryland program constantly evolves over the course of his or her career in the sport. Young swimmers usually just swim at swim practice, but are involved in other activities away from the pool, which is especially important for developing strong athletes. In order to build strong bones, children need to participate in weight-bearing activities. Swimming is not a load-bearing sport, whereas bones grow strong and rebuild when mildly stressed or loaded. Playing soccer, dancing, or playing a round of tennis will help young swimmers build strong bones, improve coordination, increase aerobic and anaerobic capacity, and have fun. Swimmers are often and unfortunately branded by jocks as clumsy and unathletic, due in some part because after hundreds of hours in the pool, our waterlogged bodies cannot remember how to move on land!

But as young swimmers plunge deeper into the commitments of competitive swimming, a portion of swim practice will be spent doing dryland work. There are an abundance of dryland programs that can be incorporated into your training program, the simplest being pure aerobic-building activities like running, biking, rowing, Stairmaster, roller blading, running stadiums, or aerobics. The most difficult task is finding the program that contributes and best supports your water work.

At the UBC National Swim Centre at Pacific Sport in Vancouver, top coaches and swimmers have been working with physiotherapists to create and customize dryland programs for each individual swimmer. Not waiting for injury, each swimmer is assessed from head to toe, for weaknesses and imbalances. Steve Price, senior coach at the Centre and also Director of Age Group Development for the 300-member Pacific Dolphin Swim Association, describes how their dryland program may be nothing new, but has certainly moved towards a more holistic routine. "Swimming goes in circles, and what we are doing has probably been done a million times before, but right now we are trying to move away from the North American,

bulky swimmer to a more European-looking athlete. We are all working together: swimmers, coaches, physios, and stroke experts like Rein Haljand. We are looking at increasing an athlete's range of motion, and developing a body type more like Popov's than any other. But unlike previous dryland programs that centre on injury prevention, we have built a performance-enhancement dryland program that incorporates muscle balance, core strength, and flexibility."

A major component of their land program focuses on increasing general strength. Five times a week, swimmers move through a combination of 600 movements that involves some dynamic stretching, as well as exercises such as arm swings, push-ups, sit-ups, and jumping jacks. "We are trying to increase general fitness and strength without any muscle hypertrophy," says Price. "We want our swimmers to have long muscles and toned bodies with no real bulk."

This basic calisthenics program runs throughout the entire club, with certain exercises modified for the younger kids. "We are really working to encourage the age group swimmers to move up to a higher degree of technique and coordination." Price adds. "Even eleven-year-olds can have muscle imbalances, and we are teaching the coaches to teach the swimmers the importance of a basic stability program."

Stretching

The most important dryland training you can do is stretching. There are opposing philosophies out there about how to stretch. My generation was taught the kind of stretching where you hold a stretch for thirty seconds, known as static stretching. My Mum's generation was taught to bounce each stretch. But today there is a superior form of dynamic stretching called active isolated stretching (AIS).

I learned AIS in 1995, and I will do it for the rest of my life. I saw my flexibility increase dramatically within one month. AIS is also fun, easy, painless, and better for your muscles. The gurus behind my AIS training are Jim and Phil Wharton. This father-and-son team is world renowned for their AIS training, as well as sport-specific strength training. I was fortunate to meet them in Gainesville, Florida, where son Phil ran track at the University of Florida. Want to know the secrets behind world-record-holder Alison Wagner's success or Olympic gold medallist Anthony Nesty? The answer is simple: Jim and Phil Wharton. The Whartons have also worked with hundreds of the

world's top amateur and professional athletes, including the New York Knicks and currently an Italian soccer team.

According to *The Wharton Stretch Book*, if a muscle is stretched with bouncing and pulling (static stretching), the muscle will contract back to protect itself from ripping. This is called the myotactic reflex, and kicks in about three seconds into a static stretch. The key to AIS is that each stretch is held for only two seconds. Stretches are done in sets of ten to twenty repetitions and as each set of stretches progresses, you gradually increase your range of motion with gentle assistance at the end of each stretch. Each stretch is then a little more elongated than the one previous, which means you do not need to warm-up before you stretch because the stretch is the warm-up.

Also, only a relaxed muscle will allow itself to be stretched. This is the second concept of AIS. For instance, if you are preparing to stretch one isolated muscle, actively contract the muscle that is opposite. The isolated muscle will then relax in preparation for its stretch.

Stretching is important before and after a workout. Prior to workout, use stretching to get your muscles ready for swimming by warming them up gently but effectively. After workout, stretching allows the muscles to increase blood flow and oxygen in the body, thereby flushing out waste and lactic acid from our muscles.

AIS Strength Training

Using the same philosophy that is used in active isolated stretching, AIS strength training involves exercises using weights and pulley machines that isolate the muscle you want to strengthen. When one muscle is weak, fatigued, cramped, or tired, the body will recruit others to finish the job. The Whartons have published a companion book to their stretching program called *The Wharton Strength Book*. Their book is particularly good if you have a few problem areas or injuries, because you can really target the muscle that needs help.

Stretch cords

This form of resistance training is great for even the youngest swimmer. Known as stretch cords, surgical tubing, or bands, the names say it all. Cords are merely long pieces of hollow rubber that vary in thickness (that may or may not be attached to paddles) that are used to mimic actions you make in the water or to strengthen muscles that do not get enough work in the pool. Band training provides a workout that closely simulates the resistance you feel in the water.

During my first week at the University of Florida, I was so desperate to impress my coach that I put 110% into everything I did. Without looking to the next workout I would readily destroy myself in each practice. During this first week, our coach gave us a stretch

cord workout to do, 10x100 butterfly pulls. Eager as I was to test myself, I set up my cords next to Olympic gold medalist Nicole Haislett and got to it. It was mad trying to keep up to her, but I didn't stop trying. Well, I made it through all 1000 pulls, but that was about it. I struggled through the pool workout and by that night I couldn't lift my arms above 45 degrees and there was no way I was going to finish the IM set we did the next day or even the day after that. While ignorance may seem like bliss, it is important to make steady progressions into your dryland routines, even if they seem simple. When you are dealing with any exercise you have never done before, be cautious, build up your numbers, and you will see a steady improvement. While I thought I was taking steps forward, I probably ended up taking quite a few back as I tried to regain movement in my ravaged muscles.

Similar to cord training is the Swim Bench or VASA. I prefer Swim Bench because it allows you to change resistance, and therefore mix up the workout as you would in the pool. VASA lets you change the incline, but it is only your body weight and a small stretch cord that creates the resistance.

Plyometrics

Simply put, the combination of speed and strength is power. This distinct method of training for power or explosiveness has been termed plyometrics, which is an important element for a good start and beating your competitors off every turn.

Several examples of plyometric exercises are drop jumping, medicine balls, and wheels. Drop jumping involves the swimmer dropping (not jumping) to the ground from a raised platform or box, and then immediately jumping up. The exercise will be most effective the shorter the time the feet are on the ground.

A great way to increase upper body strength is by using medicine balls. One exercise is to lie on the ground face up. Your partner then drops the med ball down towards your chest. Without hesitation, you catch the ball and immediately throw it back upwards.

Wheels were the brainchild of Randy Reese, who coached at the University of Florida in the 1980s. But when I arrived in 1993, they were still around to torture us. All it entails is a two-by-four strapped to a small set of wheels and wrapped in a bit of foam. Swimmers then place this contraption under their knees and lay out in a push up position. They then run on their hands up steep inclines (we used the ramps in the football stadium.) But for those swimmers who are a little less inclined to torture, a simpler exercise such as push-ups with a hand clap in between would suffice.

Higher-than-normal forces are put on the musculoskeletal system during plyometric exercises, so it is important for the athlete to have a good sound

base of general strength and endurance. Less intensive plyometric exercises can be incorporated into general circuit and weight training programs during the early season so as to progressively condition the swimmer.

Core Strength

One of the great new programs I started last year at the National Sports Centre-Calgary while training with Bill Makee was core strength exercises using Swiss physiotherapy balls. When I first started, I never thought I would ever get my 6'2" body to balance on the ball, let alone do full squats with only a spotter. But once I learned what abdominal muscles were involved with developing my core strength, it was incredible how quickly I improved. Core strength exercises can also be performed on wobble boards and are important in helping with balance and stability.

Pilates and Yoga

The benefits for swimmers from yoga are plentiful and include: increased flexibility, strength, alignment, endurance, focus, breath control, relaxation, clarity, and general wellbeing. Yoga means union or the path that leads to that union, which is a lot like swimming in the "zone." Swimmers are highly capable of understanding discipline and most thrive on structure to channel their efforts. Give a swimmer an impossible set, and she'll do it. This is the yoga work ethic that swimmers naturally have, and it is why swimmers are embracing this ancient technique.

The Pilates Method of body conditioning was developed in the 1920s by the legendary physical trainer Joseph H. Pilates. Pilates is an exercise system focused on improving flexibility and strength for the total body without building bulk. The Pilates Method is not just exercise, however. It is a series of controlled movements engaging your body and mind, performed on specifically designed exercise equipment and supervised by trained teachers.

Olympic medalist Marianne Limpert is a big fan of both yoga and Pilates. She spends an additional three hours a week away from any proscribed team dryland training at the gym doing Pilates. Other swimmers at PDSA perform yoga only once a week for 90 minutes. Pilates is done by a handful of swimmers, but on an individual basis. But with so many dryland exercises that need to be done, plus either work or school, it is difficult to incorporate some of these newer (in the realm of swimming anyway) programs into one's schedule.

Weight Training

Weight training is the process of breaking your muscles down and letting them rebuild. Power is the measurement of how much work a muscle can do in a short period of time (1-5 seconds). Muscular

endurance is the ability to sustain power over longer periods of time (30-60 seconds). There are three aspects of muscle function—biochemical, neuromuscular, and hormonal—and understanding these elements is critical to examining the differences between adult's and children's muscles. Although the basic structure of muscle is the same, the physiology of the muscle of an adult and a child is different (a child being prepubescent).

Adult muscle is stronger because of its size, and the training of prepubescent swimmers will not have an effect on the size of their muscle. Therefore children swimmers should spend less time doing anaerobic and bulking-type power exercises and more time training for strength, aerobic capacity, skill building, and flexibility. Children have been shown to have similar or better gains in strength as adults. Young muscles respond well to resistance training as opposed to weight training for power.

Bill Makee at the NSC-Calgary has contributed to many of the dryland programs on pool decks across the country. In Vancouver and Calgary, swimmers are using his basic weight-training routine, which simply involves three main exercises each time in the weight room: one push (like bench press), one pull (like lat pull downs), and one leg (like squats). In Vancouver, a few additional exercises for shoulder stability are also incorporated.

Each swimmer's weight program will depend on several variants, including the time of the season, your stroke specialty, and your race distance. Most swim teams begin each season with the goal of increasing general overall body strength. That would mean lifting ten to fifteen repetitions in two to three sets. After time, dryland workouts will move towards more max efforts in the gym, or a power focus phase. The key would be then to build the endurance of this power.

In Vancouver, the weight-training program has moved away from the traditional idea of blocking weight training, and moved towards the idea of cycling weight exercises. According to Price, "We cycle through the different components and never drop any one exercise off completely. Swimming is such a dynamic sport that we don't want to hinder speed at any moment, but the accumulated effect of the weight training remains the same."

Adopting any number and combination of these dryland programs would certainly help any swimmer. And the idea of creating a dryland program that does not centre on injury prevention, but performance enhancement, is excellent.

In our next installment of the Your Health series, we will investigate a multitude of injury rehabilitation techniques. Remember to keep your questions coming: e-mail to: yourhealth@swimmail.com

WORLD RECORD SETTER

SLOUDNOV FIRST UNDER ONE MINUTE FOR 100 BREASTSTROKE

QUICK FACTS: SLOUDNOV, Roman, RUS

BIRTHDATE, PLACE 24 FEB 1980, Omsk
 HEIGHT / WEIGHT 189 cm / 73 kg
 HOME / OCCUPATION Omsk / Student
 COACH Natalia Roschina

- 2001 Nationals 1st 100 breast 59.97
- 2000 Olympics 3rd 100 breast 1:00.91, 20th 200 breast 2:16.26
- 2000 Nationals 1st 100 breast 1:00.52, 1st 200 breast 2:12.86
- 99 Europeans 10th 50 breast 28.82, 6th 100 breast 1:02.87
- 99 Nationals 1st 50 breast 28.70, 1st 100 breast 1:01.51
- 97 EU Juniors 1st 100 breast 1:03.2, 3rd 200 breast 2:18.05
- 2000 SC Worlds 1st 100 breast 58.57, 1st 200 breast 2:07.59
- 99 SC Europeans 3rd 50 breast 27.38, 1st 100 breast 58.85
- 99 SC Worlds 4th 50 breast 27.71, 5th 100 breast 1:01.19



Roman Sloudnov

Marco Chiesa

ALL TIME 100 METRES BREASTSTROKE 15 PERFORMANCES

| | | | | |
|----|---------|----------|-------------------------|-------|
| 1 | 59.97 | RUSLCJUN | Roman Sloudnov,RUS | LCM01 |
| 2 | 1:00.26 | RUSLCJUN | Roman Sloudnov,RUS | LCM01 |
| 3 | 1:00.29 | USALCMAR | Ed Moses,USA | LCM01 |
| 4 | 1:00.36 | RUSLCJUN | Roman Sloudnov,RUS | LCM00 |
| 5 | 1:00.44 | USTRIALS | Ed Moses,USA | LCM00 |
| 6 | 1:00.46 | OLYMPICS | Domenico Fioravanti,ITA | LCM00 |
| 7 | 1:00.52 | RUSLCJUN | Roman Sloudnov,RUS | LCM00 |
| 8 | 1:00.54 | USALCMAR | Ed Moses,USA | LCM01 |
| 9 | 1:00.60 | OLYMPICS | Fred deBurghgraeve,BEL | LCM96 |
| 10 | 1:00.65 | OLYMPICS | Fred deBurghgraeve,BEL | LCM96 |
| 11 | 1:00.73 | OLYMPICS | Ed Moses,USA | LCM00 |
| 12 | 1:00.77 | OLYMPICS | Jeremy Linn,USA | LCM96 |
| 13 | 1:00.81 | USALCMAR | Brendan Hansen,USA | LCM01 |
| 14 | 1:00.84 | OLYMPICS | Domenico Fioravanti,ITA | LCM00 |
| 15 | 1:00.91 | OLYMPICS | Roman Sloudnov,RUS | LCM00 |

ALL TIME 100 METRES BREASTSTROKE 15 PERFORMERS

| | | | | |
|----|---------|----------|-------------------------|-------|
| 1 | 59.97 | RUSLCJUN | Roman Sloudnov,RUS | LCM01 |
| 2 | 1:00.29 | USALCMAR | Ed Moses,USA | LCM01 |
| 3 | 1:00.46 | OLYMPICS | Domenico Fioravanti,ITA | LCM00 |
| 4 | 1:00.60 | OLYMPICS | Fred deBurghgraeve,BEL | LCM96 |
| 5 | 1:00.77 | OLYMPICS | Jeremy Linn,USA | LCM96 |
| 6 | 1:00.81 | USALCMAR | Brendan Hansen,USA | LCM01 |
| 7 | 1:00.95 | EUR93AUG | Karoly Guttler,HUN | LCM93 |
| 8 | 1:01.09 | USTRIALS | Patrick Calhoun,USA | LCM00 |
| 9 | 1:01.17 | EURO0JUL | Jarmo Pihlava,FIN | LCM00 |
| 10 | 1:01.22 | PAC97AUG | Kurt Grote,USA | LCM97 |
| 11 | 1:01.22 | USALCMAR | Anthony Robinson,USA | LCM01 |
| 12 | 1:01.24 | USAAPR | Norbert Rozsa,HUN | LCM94 |
| 13 | 1:01.26 | JPNLCAPR | Kosuke Kitajima,JPN | LCM01 |
| 14 | 1:01.31 | USALCMAR | Jarrod Marrs,USA | LCM01 |
| 15 | 1:01.33 | GBRMAJ | Nick Gillingham,GBR | LCM92 |

LONG COURSE (record chronology prior to 1957 was short course)

MEN'S 100 BREASTSTROKE

| | | |
|----------|---------------------------------|-------------------------|
| 1:12.7 | Viteslav Svozil,TCH | Piestany,May 1,57 |
| 1:11.6 | Chi Lieh-Yung,CHN | Canton,May 1,57 |
| 1:11.5 | Vladimir Minashkin,URS | Leipzig,Sep.15,57 |
| 1:11.4 | Leonid Kolesnikov,URS | Moscow,May.2,61 |
| 1:11.1 | Chet Jastremski,USA | Chicago,Jul.2,61 |
| 1:10.8 | Gunter Tittes,GDR | Berlin,Jul.5,61 |
| 1:10.7 | Chet Jastremski,USA | Tokyo,Jul.28,61 |
| 1:10.0 | Chet Jastremski,USA | Tokyo,Jul.30,61 |
| 1:09.5 | Chet Jastremski,USA | Osaka,Aug.3,61 |
| 1:07.8 | Chet Jastremski,USA | Los Angeles,Aug.20,61 |
| 1:07.5 | Chet Jastremski,USA | Los Angeles,Aug.20,61 |
| 1:07.4 | Georgi Prokopenko,URS | Baku,Mar.26,64 |
| 1:06.9 | Georgi Prokopenko,URS | Moscow,Sep.3,64 |
| 1:06.7 | Vladimir Kosinski,URS | Leningrad,Nov.6,67 |
| 1:06.4 | Jose Fiolo,BRA | Rio,Feb.19,68 |
| 1:06.2 | Nikolai Pankin,URS | Moscow,Apr.18,68 |
| 1:05.8 | Nikolai Pankin,URS | Magdeburg,Apr.20,69 |
| 1:05.68 | John Hencken,USA | Munich,Aug.29,72 |
| 1:05.13 | Nobutaka Taguchi,JPN | Munich,Aug.29,72 |
| 1:04.94 | Nobutaka Taguchi,JPN | Munich,Aug.30,72 |
| 1:04.35 | John Hencken,USA | Belgrade,Sep.4,73 |
| 1:04.02 | John Hencken,USA | Belgrade,Sep.4,73 |
| 1:03.88 | John Hencken,USA | Concord,Aug.31,74 |
| 1:03.88e | John Hencken,USA | Montreal,Jul.19,76 |
| 1:03.62 | John Hencken,USA | Montreal,Jul.19,76 |
| 1:03.11 | John Hencken,USA | Montreal,Jul.19,76 |
| 1:02.86 | Gerald Morken,FRG | Jonkoping,Aug.17,77 |
| 1:02.62 | Steve Lundquist,USA | Mission Viejo,Jul.19,82 |
| 1:02.53 | Steve Lundquist,USA | Indianapolis,Aug.21,82 |
| 1:02.34 | Steve Lundquist,USA | Clovis,Aug.6,83 |
| 1:02.28 | Steve Lundquist,USA | Caracas,Aug.17,83 |
| 1:02.13 | John Moffet,USA | Indianapolis,Jun.25,84 |
| 1:01.65 | Steve Lundquist,USA | Los Angeles,Jul.29,84 |
| 1:01.49 | Adrian Moorhouse,GBR | Bonn,Aug.15,89 |
| 1:01.49e | Adrian Moorhouse,GBR | Auckland,Jan.25,90 |
| 1:01.49e | Adrian Moorhouse,GBR | London,Jul.26,90 |
| 1:01.49e | Norbert Rozsa,HUN | Perth,Jan.7,91 |
| 1:01.45 | Norbert Rozsa,HUN | Perth,Jan.7,91 |
| 1:01.45e | Vasili Ivanov,URS | Moscow,Jun.11,91 |
| 1:01.29 | Norbert Rozsa,HUN | Athens,Aug.20,91 |
| 1:00.95 | Karoly Guttler,HUN | Sheffield,Aug.3,93 |
| 1:00.60 | Fred de Burghgraeve,BEL (28.23) | Atlanta,Jul.20,96 |
| 1:00.36 | Roman Sloudnov,RUS (28.64) | Moscow,June 15,2000 |
| 1:00.29 | Ed Moses,USA (28.47) | Austin,Mar 28,2001 |
| | Pending FINA ratification | |
| 1:00.26 | Roman Sloudnov,RUS (28.68) | Moscow,June 28,2001 |
| 59.97 | Roman Sloudnov,RUS (28.54) | Moscow,June 29,2001 |

CHRONOLOGY 100 FREE/LIBRE CANADIAN RECORD

| | | |
|--------|-------------------------|-----------------------|
| 1:15.2 | Irene Mullen, DELTA SC | Los Angeles,8/8/32 |
| 1:09.2 | Phyllis Dewar, VASC | Berlin,10/8/36 |
| 1:06.3 | Virginia Grant, EMAC | Vancouver,2/8/54 |
| 1:05.1 | Virginia Grant, EMAC | Melbourne,1/12/56 |
| 1:04.2 | Mary Stewart, CDSC | Rome,30/8/60 |
| 1:03.9 | Mary Stewart, CDSC | Philadelphia,11/8/61 |
| 1:03.6 | Mary Stewart, CDSC | Perth,23/11/62 |
| 1:03.3 | Mary Stewart, CDSC | Sao Paulo,15/4/63 |
| 1:02.6 | Marion Lay, UNATT | Vancouver,5/9/64 |
| 1:02.1 | Marion Lay, UNATT | Tokyo,12/10/64 |
| 1:01.4 | Marion Lay, UNATT | Blackpool,14/8/65 |
| 1:01.1 | Marion Lay, UNATT | Winnipeg,30/7/67 |
| 1:00.5 | Marion Lay, UNATT | Mexico City,22/10/68 |
| 59.88 | Gail Amundrud, OK | Belgrade,8/9/73 |
| 58.87 | Gail Amundrud, OK | Christchurch,26/1/74 |
| 58.66 | Anne Jardin, PCSC | Winnipeg,25/5/75 |
| 58.63 | Gail Amundrud, CDSC | Mexico City,15/10/75 |
| 57.48 | Anne Jardin, PCSC | Etobicoke,6/1/76 |
| 57.17 | Gail Amundrud, CDSC | Etobicoke,16/4/78 |
| 56.75 | Anne Jardin, PCSC | Austin,4/9/80 |
| 56.60 | Carol Klimpel, SSAC | Heidelberg,7/29/81 |
| 56.53 | Andrea Nugent, UCSC | Montreal,13/5/92 |
| 56.29 | Marianne Limpert, NYAC | Buffalo,14/7/93 |
| 56.05 | Shannon Shakespeare, MM | Atlanta,Jul.22,96 |
| 55.94 | Laura Nicholls, ROW | Sydney, 27 AUG 1999 |
| 55.87 | Marianne Limpert, PDSA | Sydney, 16 SEP 2000 |
| 55.69 | Laura Nicholls, ROW | Montreal, 30 JUN 2001 |

CANADIAN RECORD SETTER

LAURA NICHOLLS BETTERS CANADIAN 100 FREESTYLE RECORD

Quick Facts: NICHOLLS, Laura

BIRTHDATE, PLACE 25 SEP 1978, Kitchener, ON
 HEIGHT / WEIGHT 183 cm / 70 kg
 HOME Waterloo
 REPRESENTS Region of Waterloo (ROW)
 COACH Dean Boles

- 2001 Trials 1st 50 free 26.37, 2nd 100 free 57.06, 5th 200 free 2:05.39
- 2000 Olympics 12th 100 free 55.94, 23rd 200 free 2:02.69
- 2000 Trials 1st 50 free 26.06, 2nd 100 free 56.49, 2nd 200 free 2:01.01
- 2000 Nationals 5th 50 free 26.39, 2nd 100 free 56.24
- 99 Pan Pacs 5th 50 free 26.16, 4th 100 free 55.94, 8th 200 free 2:04.73, 3rd 4x100 free, 3rd 4x200 free
- 99 Pan Ams 3rd 50 free 26.10, 1st 100 free 56.25, 2nd 4x100 medley, 1st 4x100 free 1st 4x200 free
- 98 Commonwealths 7th 50 free 26.42, 4th 100 free 56.36, 10th 200 free 2:05.95, 3rd 4x100 Free, 3rd 4x200 Free
- 98 Nationals 1st 50 free 25.90, 1st 100 free 56.30
- 98 Worlds 23rd 50 free 26.41, 13th 100 free 56.61, 6th 4x100 free
- 97 Pan Pacs 7th 50 free 26.14, 8th 100 free 57.18, 2nd 4x100 free
- 96 Olympics 30th 50 free 26.52

ALL TIME LONG COURSE CANADIAN

WOMEN'S 100 FREE 15 PERFORMANCES

| | | | | |
|----|-------|----------|-----------------------------|-------|
| 1 | 55.69 | PQCUPIUN | Laura Nicholls,22,ROW | LCM01 |
| 2 | 55.87 | OLYMPICS | Marianne Limpert,27,PDSA | LCM00 |
| 3 | 55.94 | PAC99AUG | Laura Nicholls,20,ROW | LCM99 |
| 4 | 55.94 | OLYMPICS | Laura Nicholls,21,ROW | LCM00 |
| 5 | 56.03 | CANLCAUG | Marianne Limpert,27,PDSA | LCM00 |
| 6 | 56.05 | OLYMPICS | Shannon Shakespeare,19,MM | LCM96 |
| 7 | 56.05 | CANLCMAR | Laura Nicholls,21,ROW | LCM00 |
| 8 | 56.24 | CANLCAUG | Laura Nicholls,21,ROW | LCM00 |
| 9 | 56.25 | PAN99AUG | Laura Nicholls,20,ROW | LCM99 |
| 10 | 56.29 | FISUJUL | Marianne Limpert,20,NYAC | LCM93 |
| 11 | 56.29 | TOULMAY | Nadine Rolland,25,CAMO | LCM00 |
| 12 | 56.30 | WORLD98 | Shannon Shakespeare,20,HWAC | LCM98 |
| 13 | 56.30 | CANAUG | Laura Nicholls,19,ROW | LCM98 |
| 14 | 56.30 | OLYMPICS | Laura Nicholls,21,ROW | LCM00 |
| 15 | 56.31 | CDNLCMAY | Marianne Limpert,27,PDSA | LCM00 |



Laura Nicholls

Marco Chiesa

2001 EUROPEAN JUNIORS

Malta, July 5-8 (50 M)
 • = Meet record

- MEN**
50 METRES FREESTYLE
 1) 23.05 Duje Draganja, 83, CRO
 2) 23.34 Germain Cayette, 83, FRA
 3) 23.49 Benjamin Friedrich, 83, GER
 4) 23.57 Maxim Skrynnykov, 83, RUS
 5) 23.64 Fabio Gallo, 83, ITA
 6) 23.67 Clement Vanhac, 83, FRA
 7) 23.73 Erik Dorch, 83, SWE
 8) 23.99 Ondrej Fleischmann, 83, CZE

- 100 METRES FREESTYLE**
 1) • 49.95 Duje Draganja, 83, CRO
 2) 51.11 Maxim Skrynnykov, 83, RUS
 3) 51.52 Martin Skacha, 83, CZE
 4) 51.62 Leif-M. Kruger, 83, GER
 5) 51.73 Paul A. Kersale, 84, FRA
 6) 51.77 Erik Dorch, 83, SWE
 7) 51.86 Thomas Rueter, 83, GER
 8) 52.09 Luis Monteiro, 83, POR

- 200 METRES FREESTYLE**
 1) 1:51.77 Denis Rodkin, 83, RUS
 2) 1:51.97 Olaf Wildeboer, 83, ESP
 3) 1:52.01 Paul A. Kersale, 84, FRA
 4) 1:52.33 Luis Monteiro, 83, POR
 5) 1:53.13 Martin Skacha, 83, CZE
 6) 1:55.36 Guy-Noel Schmitt, 83, FRA
 7) 1:55.39 Michal Budny, 84, POL
 8) 1:56.03 Richard Bryant, 83, GBR

- 400 METRES FREESTYLE**
 1) 3:57.33 Yuri Prilukov, 80, RUS
 2) 3:58.17 Philipp Moller, 83, GER
 3) 3:58.50 Andreas Zisimos, 83, GRE
 4) 3:58.63 Guy-Noel Schmitt, 83, FRA
 5) 3:59.32 Olaf Wildeboer, 83, ESP
 6) 3:59.44 Richard Bryant, 83, GBR
 7) 4:00.55 Ivo Carneiro, 84, POR
 8) 4:01.02 Marcos Rivera, 83, ESP

- 1500 METRES FREESTYLE**
 1) 15:30.40 Guy-Noel Schmitt, 83, FRA
 2) 15:39.75 Javier Nunez, 83, ESP
 3) 15:41.90 Andreas Zisimos, 83, GRE
 4) 15:42.79 Yuri Prilukov, 80, RUS
 5) 15:49.64 Petros Petropoulos, 84, GRE
 6) 15:57.00 Ross Hughes, 84, GBR
 7) 15:58.61 Tom Vangeneugden, 83, BEL
 8) 16:00.41 Gard Kvale, 84, NOR

- 50 METRES BACKSTROKE**
 1) 26.19 Viktor Bodrogi, 83, HUN
 2) 26.81 Pavlo Ilichev, 83, UKR
 3) 26.84 Flori Lang, 83, SUI
 4) 26.87 Enrico Catalano, 83, ITA
 5) 27.03 Matthew Bowe, 83, GBR
 6) 27.20 Jens Petterson, 83, SWE
 7) 27.24 Andriy Oleynyk, 83, UKR
 8) 27.46 Nathan Oxford, 83, GBR

- 100 METRES BACKSTROKE**
 1) • 56.03 Viktor Bodrogi, 83, HUN
 2) 57.23 Andriy Oleynyk, 83, UKR
 3) 57.38 Enrico Catalano, 83, ITA
 4) 57.48 Arkadi Viatchanin, 84, RUS
 5) 57.53 Dimitri Smirnov, 83, RUS
 6) 57.56 Helge Meeuw, 84, GER
 7) 57.97 David O'Brien, 83, GBR
 8) 58.32 Robert Wanja, 83, GER

- 200 METRES BACKSTROKE**
 1) • 1:59.29 Viktor Bodrogi, 83, HUN
 2) 2:03.56 Andriy Oleynyk, 83, UKR
 3) 2:03.98 Arkadi Viatchanin, 84, RUS
 4) 2:04.21 David O'Brien, 83, GBR
 5) 2:04.60 Bojan Zdesar, 84, SLO
 6) 2:05.77 Andriy Lapszyn, 83, UKR

- 7) 2:05.86 Wojciech Betlej, 84, POL
 8) 2:06.55 Robert Wanja, 83, GER

- 50 METRES BREASTSTROKE**
 1) 29.25 Sergei Lyubimov, 83, RUS
 2) 29.29 Matiaz Markic, 83, SLO
 3) 29.44 Jon Odur Sigurdsson, 84, ISL
 4) 29.49 Mate Humor, 83, HUN
 5) 29.68 Thijs vanValkengoed, 83, NED
 6) 29.75 Joakim Nielsen, 84, SWE
 7) 29.78 Jan Papenbrock, 83, GER
 8) 29.80 Robert Lee, 83, GBR

- 100 METRES BREASTSTROKE**
 1) 1:03.67 Thijs vanValkengoed, 83, NED
 2) 1:04.16 Sergei Lyubimov, 83, RUS
 3) 1:04.57 Jan Papenbrock, 83, GER
 4) 1:04.58 Alexei Tyurin, 83, RUS
 5) 1:04.76 Loris Facci, 83, ITA
 6) 1:04.86 Igor Borysik, 84, UKR
 7) 1:05.02 Adrian Blaszczak, 83, POL
 8) 1:05.28 Dario Nadari, 83, ITA

- 200 METRES BREASTSTROKE**
 1) 2:16.01 Thijs vanValkengoed, 83, NED
 2) 2:17.44 Alexei Tyurin, 83, RUS
 3) 2:17.72 Vladimir Labzin, 83, EST
 4) 2:18.57 Jacek Borkowski, 83, POL
 5) 2:18.77 Loris Facci, 83, ITA
 6) 2:19.62 Tomasz Pyk, 84, POL
 7) 2:20.33 Francisco Garcia, 83, ESP
 8) 2:22.13 Matiaz Pernat, 84, SLO

- 50 METRES BUTTERFLY**
 1) • 24.58 Duje Draganja, 83, CRO
 2) 24.66 Milorad Cavic, 83, YUG
 3) 24.85 Sergiy Advena, 84, UKR
 4) 24.86 Evgeni Korotyshkin, 83, RUS
 5) 25.02 Nikolai Skvortsov, 84, RUS
 6) 25.43 Flori Lang, 83, SUI
 7) 25.47 Ales Volcansk, 83, CRO
 8) 25.49 Hjortur Reynisson, 83, ISL

- 100 METRES BUTTERFLY**
 1) 54.18 Milorad Cavic, 83, YUG
 2) 54.66 Sergiy Advena, 84, UKR
 3) 54.86 Leif-M. Kruger, 83, GER
 4) 55.13 Nikolai Skvortsov, 84, RUS
 5) 55.51 Rudy Goldin, 84, ITA
 6) 55.82 Maciej Kacer, 83, POL
 7) 55.84 Jernej Mencinger, 83, SLO
 8) 56.17 Gergely Meszaros, 84, HUN

- 200 METRES BUTTERFLY**
 1) 1:59.51 Ioannis Drymonakos, 79, GRE
 2) 1:59.75 Viktor Bodrogi, 83, HUN
 3) 2:01.65 Sergiy Advena, 84, UKR
 4) 2:01.78 Francesco Vespe, 83, ITA
 5) 2:02.31 Mark Lewis, 83, GBR
 6) 2:03.42 Manuel Aberle, 83, GER
 7) 2:03.81 Lukasz Drzewinski, 84, POL
 8) 2:06.21 Ivo Carneiro, 84, POR

- 200 METRES IND. MEDLEY**
 1) • 2:02.66 James Goddard, 83, GBR
 2) 2:04.53 Nick van der Zandt, 83, NED
 3) 2:05.44 Igor Berezutskiy, 84, RUS
 4) 2:05.83 Robin van Agele, 84, NED
 5) 2:06.22 Vasilios Demetis, 83, GRE
 6) 2:06.76 Andriy Lapszyn, 83, UKR
 7) 2:06.91 Leonardo Tumiotto, 83, ITA
 8) 2:08.72 Ioannis Drymonakos, 79, GRE

- 400 METRES IND. MEDLEY**
 1) • 4:19.30 James Goddard, 83, GBR
 2) 4:21.39 Pierre Henri, 83, FRA
 3) 4:22.32 Vasilios Demetis, 83, GRE
 4) 4:28.13 Igor Berezutskiy, 84, RUS
 5) 4:30.55 Lukasz Drzewinski, 84, POL
 6) 4:31.81 Martin Vrhovsek, 83, SLO
 7) 4:33.94 Francisco Garcia, 83, ESP

- 8) 4:35.15 Krzysztof Zoladak, 84, POL
4X100 MEDLEY RELAY
 1) 3:46.17 Hungary, HUN
 2) 3:48.18 Russia, RUS
 3) 3:48.81 Germany, GER
 4) 3:48.90 Italy, ITA
 5) 3:49.30 Ukraine, UKR
 6) 3:49.43 Sweden, SWE
 7) 3:50.43 Netherlands, NED
 8) 3:55.33 Czech Republic, CZE

- 4X100 FREE RELAY**
 1) 3:26.68 Germany, GER
 2) 3:27.05 France, FRA
 3) 3:28.37 Russia, RUS
 4) 3:28.52 Italy, ITA
 5) 3:29.10 Spain, ESP
 6) 3:31.45 Sweden, SWE
 7) 3:31.76 Poland, POL
 8) 3:32.45 Portugal, POR

- 4X200 FREE RELAY**
 1) 7:31.15 France, FRA
 2) 7:31.72 Germany, GER
 3) 7:31.91 Russia, RUS
 4) 7:37.82 Greece, GRE
 5) 7:40.99 Spain, ESP
 6) 7:41.10 Sweden, SWE
 7) 7:46.13 Portugal, POR
 8) 7:47.02 Belgium, BEL

- WOMEN**
50 METRES FREESTYLE
 1) • 25.53 Aleksandra Herasimenia, 85, BLR
 2) 25.84 Agata Korc, 86, POL
 3) 26.18 Cristiana Tatar, 85, ROM
 4) 26.59 Sonja Schober, 85, GER
 5) 26.64 Inge Dekker, 85, NED
 6) 26.69 Victoria Cook, 85, GBR
 7) 26.76 Catrin Wandzik, 86, GER
 8) 26.94 Claudia Calliari, 85, ITA

- 100 METRES FREESTYLE**
 1) 56.92 Aleksandra Herasimenia, 85, BLR
 2) 57.33 Agata Korc, 86, POL
 3) 57.47 Celina Lemmen, 85, NED
 4) 57.58 Ida Mattsson, 85, SWE
 5) 57.63 Victoria Cook, 85, GBR
 6) 57.78 Ekaterina Nasyrova, 85, RUS
 7) 57.85 Maria Fuster, 85, ESP
 8) 57.97 Anna Stylianou, 86, CYP

- 200 METRES FREESTYLE**
 1) 2:01.94 Zoe Dimoshaki, 85, GRE
 2) 2:03.27 Celina Lemmen, 85, NED
 3) 2:03.76 Ekaterina Nasyrova, 85, RUS
 4) 2:04.11 Krisztina Lippsei, 86, HUN
 5) 2:05.22 Sylvia Salvador, 85, ITA
 6) 2:05.53 Polina Chornikova, 86, RUS
 7) 2:05.99 Natascha Kraus, 85, GER
 8) disq Pauline Leclercq, 86, FRA

- 400 METRES FREESTYLE**
 1) • 4:11.59 Zoe Dimoshaki, 85, GRE
 2) 4:16.17 Eva Risztov, 85, HUN
 3) 4:16.43 Olga Beresnyeva, 85, UKR
 4) 4:20.74 Natascha Kraus, 85, GER
 5) 4:21.19 Claire Johnson, 85, GBR

- 6) 4:21.27 Daria Beliakina, 86, RUS
 7) 4:23.65 Ludmila Machkovtseva, 85, RUS
 8) 4:29.08 Ida Mattsson, 85, SWE
800 METRES FREESTYLE
 1) 8:43.37 Eva Risztov, 85, HUN
 2) 8:43.78 Olga Beresnyeva, 85, UKR
 3) 8:52.37 Daria Beliakina, 86, RUS
 4) 8:53.95 Christiane Vendel, 85, GER
 5) 8:54.04 Roberta Ioppi, 85, ITA
 6) 8:54.17 Ludmila Machkovtseva, 86, RUS
 7) 8:57.17 Anja van Boxel, 85, BEL
 8) 9:04.42 Theodora Margioukla, 86, GRE

- 50 METRES BACKSTROKE**
 1) 29.55 Aleksandra Herasimenia, 85, BLR
 2) 29.71 Laure Manaudou, 86, FRA
 3) 30.02 Louise Ormstedt, 85, DEN
 4) 30.55 Anja Carman, 85, SLO
 5) 30.58 Ekaterina Lopareva, 86, RUS
 6) 30.83 Irina Amshennikova, 86, UKR
 7) 31.13 Stefanie Luiken, 85, NED
 8) 31.78 Aleksandra Bas, 85, BLR

- 100 METRES BACKSTROKE**
 1) 1:03.26 Louise Ormstedt, 85, DEN
 2) 1:03.66 Laure Manaudou, 86, FRA
 3) 1:04.24 Irina Amshennikova, 86, UKR
 4) 1:04.53 Anja Carman, 85, SLO
 5) 1:04.59 Valentina Brat, 85, ROM
 6) 1:04.83 Ekaterina Lopareva, 86, RUS
 7) 1:05.28 Lenneke van Schaik, 86, NED
 8) 1:06.31 Andrea Palmaj, 86, HUN

- 200 METRES BACKSTROKE**
 1) 2:16.21 Ekaterina Lopareva, 86, RUS
 2) 2:16.29 Valentina Brat, 85, ROM
 3) 2:16.57 Anja Carman, 85, SLO
 4) 2:16.65 Andrea Palmaj, 86, HUN
 5) 2:17.38 Irina Amshennikova, 86, UKR
 6) 2:17.90 Roberta Ioppi, 85, ITA
 7) 2:19.17 Louise Ormstedt, 85, DEN
 8) 2:20.67 Julia Baum, 86, GER

- 50 METRES BREASTSTROKE**
 1) 32.83 Mirna Jukic, 86, AUT
 2) 33.01 Tamara Sambraillo, 86, SLO
 3) 33.09 Caroline Bohm, 86, GER
 4) 33.13 Lisa Schoelhammer, 86, GER
 5) 33.32 Belen Domenech, 85, ESP
 6) 33.34 Petra Chocova, 86, CZE
 7) 33.42 Caroline Drab, 85, SWE
 disq Svetlana Beliaeva, 86, RUS

- 100 METRES BREASTSTROKE**
 1) • 1:10.23 Mirna Jukic, 86, AUT
 2) 1:10.90 Lisa Schoelhammer, 86, GER
 3) 1:11.84 Tamara Sambraillo, 86, SLO
 4) 1:11.86 Chiara Boggiatto, 86, ITA
 5) 1:11.92 Caroline Bohm, 86, GER
 6) 1:12.08 Petra Chocova, 86, CZE
 7) 1:12.69 Evgenia Alekhina, 85, RUS
 8) 1:12.93 Svetlana Beliaeva, 86, RUS

- 200 METRES BREASTSTROKE**
 1) • 2:28.41 Mirna Jukic, 86, AUT
 2) 2:31.33 Diana Remyeni, 86, HUN
 3) 2:31.78 Lisa Schoelhammer, 86, GER
 4) 2:32.41 Chiara Boggiatto, 86, ITA
 5) 2:33.95 Svetlana Beliaeva, 86, RUS

- 4X100 FREE RELAY**
 1) 3:50.42 Germany, GER
 2) 3:54.41 Spain, ESP
 3) 3:54.47 Russia, RUS
 4) 3:54.61 Italy, ITA
 5) 3:55.02 Sweden, SWE
 6) 3:58.02 Switzerland, SUI
 7) 4:04.02 Greece, GRE
 disq Czech Republic, CZE

- 4X200 FREE RELAY**
 1) 8:19.19 Hungary, HUN
 2) 8:20.91 Russia, RUS
 3) 8:21.45 Germany, GER
 4) 8:27.80 Italy, ITA
 5) 8:28.00 Sweden, SWE
 6) 8:28.01 Greece, GRE
 7) 8:30.24 France, FRA
 8) 8:41.39 Belgium, BEL

| RATING SUMMARY OF TOP PERFORMANCES | | | | | | | | | |
|------------------------------------|-----|---------|--------------|---|---------------------------------|--|--|--|--|
| 1) | 976 | 1:59.29 | 200 back M | F | Viktor Bodrogi, 83, HUN | | | | |
| 2) | 968 | 4:19.30 | 400 im M | F | James Goddard, 83, GBR | | | | |
| 3) | 966 | 4:11.59 | 400 free W | F | Zoe Dimoshaki, 85, GRE | | | | |
| 4) | 961 | 2:28.41 | 200 breast W | F | Mirna Jukic, 86, AUT | | | | |
| 5) | 956 | 4:21.39 | 400 im M | F | Pierre Henri, 83, FRA | | | | |
| 6) | 955 | 49.95 | 100 free M | F | Duje Draganja, 83, CRO | | | | |
| 7) | 954 | 1:59.51 | 200 fly M | F | Ioannis Drymonakos, 79, GRE | | | | |
| 8) | 953 | 29.55 | 50 back W | F | Aleksandra Herasimenia, 85, BLR | | | | |
| 9) | 951 | 24.61 | 50 fly M | S | Evgeni Korotyshkin, 83, RUS | | | | |
| 10) | 951 | 2:16.01 | 200 breast M | F | Thijs vanValkengoed, 83, NED | | | | |
| | 951 | 4:22.32 | 400 im M | F | Vasilios Demetis, 83, GRE | | | | |

GIRLS 11-12

50 METRES FREESTYLE

- Rec: 27.16 Shauna Collins, ROD, 90
- 28.34 NSSRJUN Brooke Buckland, 12, WTSC
 - 28.83 OYOMAR Seanna Mitchell, 12, NKB
 - 28.98 TORL CJAN Whitney Rich, 12, ISS
 - 29.01 CAS CJUN Carol Starratt, 14, CASC
 - 29.08 CNOAPR Sarah Phee, 12, GO
 - 29.19 CAS CJUN Jessi Wardale, 12, CASC
 - 29.22 AACAPR Nadine McAdam, 12, TSC
 - 29.26 HYACKMAY Natalie Chan, 12, PSDA
 - 29.49 MSSACMAY Rachael Kloosterman, 12, WD
 - 29.50 POIMAY Elianne de Larochellier, 12, UL
 - 29.55 PPOMAY Carolyn Dalkus, 12, BTSC
 - 29.72 POIMAY Kim Nguyen, 12, DDO
 - 29.73 AACAPR Emily Easto, 11, TSC
 - 29.84 ISJUN Stephanie Pollard, 12, IS
 - 29.92 AACAPR Miriam Kim, 11, TSC
 - 29.95 PGABAPR Laura Woodman, 12, PN
 - 29.95 CAS CJUN Rebecca Sayles, 12, CASC
 - 29.96 CAS CJUN Kristina Mollen, 11, DEL
 - 29.98 DAVISMAR Jillian Peace-Hall, 12, RISC
 - 29.98 EKSCMAR Katerina Symes, 12, EKSC
 - 29.98 HYACKMAY Mackenzie Jones, 12, UCSC
 - 29.98 MBSKJUN Donna MacLeod, 12, EKSC
 - 30.01 DAVISMAR Rachel Shallhorn, 12, OSHAC
 - 30.07 ULJUN Myriam Plante, 11, UL
 - 30.12 MMAPR Jennifer Klein, 12, MANTA

100 METRES FREESTYLE

- Rec: 58.04 Shauna Collins, ROD, 90
- 1:01.49 NSSRJUN Brooke Buckland, 12, WTSC
 - 1:02.83 EKIAPR Natalie Chan, 12, PSDA
 - 1:03.12 EKIAPR Katerina Symes, 12, EKSC
 - 1:03.28 ODIV1APR Seanna Mitchell, 12, NKB
 - 1:03.86 MBSKJUN Haliee Traa, 12, MANTA
 - 1:03.92 CAS CJUN Jessi Wardale, 12, CASC
 - 1:04.06 EKIAPR Mackenzie Jones, 12, UCSC
 - 1:04.12 MSSACMAY Rachael Kloosterman, 12, WD
 - 1:04.15 HYACKMAY Stephanie Pollard, 12, IS
 - 1:04.82 ODIV1APR Nadine McAdam, 12, TSC
 - 1:05.18 PPOMAY Courtney Kehoe, 12, PERTH
 - 1:05.23 AACAPR Miriam Kim, 11, TSC
 - 1:05.48 DAVISMAR Rachel Shallhorn, 12, OSHAC
 - 1:05.53 POIMAY Myriam Plante, 11, UL
 - 1:05.70 ODIV3APR Aryn Fraser, 12, MMST
 - 1:05.70 CAS CJUN Kristie Carter, 12, UCSC
 - 1:05.77 EKIAPR Rebecca Sayles, 12, CASC
 - 1:05.96 POIMAY Kim Nguyen, 12, DDO
 - 1:06.05 MSSACMAY Lorraine Whiting, 12, MSSAC
 - 1:06.11 ESOAJUN Corinne Bacher, 12, CSS
 - 1:06.14 ESOAJUN Farris Blaskovits, 12, NKB
 - 1:06.19 ESOAJUN Fay Yachetti, 12, HWAC
 - 1:06.25 ODIV3APR Heather Gosling, 12, CYC
 - 1:06.35 ESWIMJUN Carolyn Dalkus, 12, BTSC
 - 1:06.39 HYACKMAY Lauren Lavigna, 12, GATOR

200 METRES FREESTYLE

- Rec: 2:03.72 Shauna Collins, ROD, 90
- 2:12.54 PHENXJUN Natalie Chan, 12, PSDA
 - 2:16.70 NSSRJUN Brooke Buckland, 12, WTSC
 - 2:18.59 MBSKJUN Haliee Traa, 12, MANTA
 - 2:18.72 EKIAPR Katerina Symes, 12, EKSC
 - 2:19.11 MSSACMAY Rachael Kloosterman, 12, WD
 - 2:20.02 MBSKJUN Stephanie Pollard, 12, IS
 - 2:20.17 CAS CJUN Mackenzie Jones, 12, UCSC
 - 2:20.45 ESOAJUN Seanna Mitchell, 12, NKB
 - 2:21.21 ESOAJUN Lauren Lavigna, 12, GATOR
 - 2:21.36 HYACKMAY Jennifer Self, 12, PSDA
 - 2:21.38 MSSACMAY Nadine McAdam, 12, TSC
 - 2:21.70 ROWMAY Zara Laing, 12, ROW
 - 2:21.78 ESWIMJUN Lorraine Whiting, 12, MSSAC
 - 2:21.92 OCREJUN Nicole Lacoste, 13, MSSAC
 - 2:21.97 ODIV1APR Maggie Young, 12, HWAC
 - 2:22.08 ESWIMJUN Fay Yachetti, 12, HWAC
 - 2:22.19 MBSKJUN Kelsey Jenkins, 12, FMSC
 - 2:22.44 POIAPR Stephanie Horner, 12, BFB
 - 2:22.88 OCREJUN Amanda McTeague, 11, ESWIM
 - 2:23.57 MBSKJUN Courtney Kapustniak, 12, LASER
 - 2:23.62 CAS CJUN Rebecca Sayles, 12, CASC
 - 2:23.93 POIMAY Ariane Nadeau, 12, REG
 - 2:24.05 CDCAPR August Griffin, 12, PSDA
 - 2:24.08 AACAPR Sacha Lambert, 12, TSC
 - 2:24.26 MBSKJUN Jessi Wardale, 12, CASC

400 METRES FREESTYLE

- Rec: 4:28.48 Shauna Collins, ROD, 90
- 4:40.20 PHENXJUN Natalie Chan, 12, PSDA
 - 4:51.78 MBSKJUN Haliee Traa, 12, MANTA
 - 4:51.80 HYACKMAY Lauren Lavigna, 12, GATOR
 - 4:53.74 MBSKJUN Stephanie Pollard, 12, IS
 - 4:59.26 PHENXJUN Jennifer Self, 12, PSDA
 - 5:00.99 MBSKJUN Courtney Kapustniak, 12, LASER
 - 5:01.01 ESWIMJUN Kaleigh McKinnon, 11, TORCH
 - 5:01.63 NSSRJUN Hannah Vaughan, 12, EAST
 - 5:01.95 CDCAPR August Griffin, 12, PSDA
 - 5:02.13 ESWIMJUN Lorraine Whiting, 12, MSSAC
 - 5:02.47 EKIAPR Katerina Symes, 12, EKSC
 - 5:02.78 ESOAJUN Seanna Mitchell, 12, NKB
 - 5:02.85 HYACKMAY Mackenzie Jones, 12, UCSC
 - 5:02.91 ESWIMJUN Ariane Nadeau, 12, REG
 - 5:03.49 ESWIMJUN Lindsay Charles, 12, ESWIM
 - 5:03.53 ESWIMJUN Katie McIntosh, 12, FMSC
 - 5:03.98 MBSKJUN Kelsey Jenkins, 12, FMSC
 - 5:04.26 POIMAY Kelly Hodgson, 12, PSC
 - 5:05.00 CAS CJUN Rebecca Sayles, 12, CASC
 - 5:05.60 OCREJUN Nicole Lacoste, 13, MSSAC
 - 5:05.65 HYACKMAY Sheena Gross, 12, EKSC
 - 5:06.13 ESWIMJUN Christina Malinas, 12, NYAC
 - 5:06.47 ESWIMJUN Alexa Komarnyck, 11, ESWIM
 - 5:06.84 CNOAPR Sarah Phee, 12, GO
 - 5:06.94 EKIAPR Mary Alice Ennis, 12, ROD

800 METRES FREESTYLE

- Rec: 9:12.83 Shannon Smith, VANPK, 74
- 9:45.17 EKIAPR Natalie Chan, 12, PSDA
 - 10:00.10 MBSKJUN Haliee Traa, 12, MANTA
 - 10:03.78 HYACKMAY Stephanie Pollard, 12, IS
 - 10:16.32 HYACKMAY Nicole Routtu, 12, HYAC
 - 10:16.70 ESWIMJUN Kaleigh McKinnon, 11, TORCH
 - 10:17.49 MBSKJUN Courtney Kapustniak, 12, LASER
 - 10:20.25 HYACKMAY August Griffin, 12, PSDA
 - 10:21.19 HYACKMAY Sheena Gross, 12, EKSC
 - 10:21.72 MBSKJUN Rebecca Sayles, 12, CASC
 - 10:22.60 ESWIMJUN Ariane Nadeau, 12, REG
 - 10:23.64 ESWIMJUN Lorraine Whiting, 12, MSSAC
 - 10:25.15 ESWIMJUN Jennifer Cao, 12, YORK
 - 10:25.51 LACMAY Adriana Hinson, 12, TAT
 - 10:26.19 NSSRJUN Hannah Vaughan, 12, EAST
 - 10:27.60 ESOAJUN Samantha Dilotte, 12, NKB
 - 10:28.51 EKIAPR Kelsey Jenkins, 12, FMSC
 - 10:31.54 ESOAJUN Seanna Mitchell, 12, NKB
 - 10:34.44 WOSAJUN Christina Gallagher, 12, BROCK
 - 10:34.48 ESWIMJUN Cristina Tersigni, 12, ESWIM
 - 10:35.71 ESWIMJUN Fay Yachetti, 12, HWAC
 - 10:36.28 ESWIMJUN Monika Stitski, 11, ESWIM
 - 10:36.35 ESWIMJUN Kailae McKinnon, 12, HWAC
 - 10:36.51 MBSKJUN Jessi Wardale, 12, CASC
 - 10:37.34 HYACKMAY Mackenzie Jones, 12, UCSC
 - 10:38.14 ESWIMJUN Amanda McTeague, 11, ESWIM

100 METRES BACKSTROKE

- Rec: 1:07.31 Michelle Cruz, ACE, 93
- 1:09.32 NSSRJUN Brooke Buckland, 12, WTSC
 - 1:11.83 EKIAPR Katerina Symes, 12, EKSC
 - 1:12.72 EKIAPR Jessi Wardale, 12, CASC
 - 1:13.10 ODIV2APR Genieve Handforth, 12, EBSC
 - 1:13.26 PPOMAY Courtney Kehoe, 12, PERTH
 - 1:13.84 PHENXJUN Jennifer Self, 12, PSDA
 - 1:14.03 LACMAY Meghann Percy, 12, WAC
 - 1:14.20 MSSACMAY Miriam Kim, 11, TSC
 - 1:14.23 HYACKMAY Stephanie Pollard, 12, IS
 - 1:14.69 ESOAJUN Penny Baxter, 12, NKB
 - 1:15.91 STARJUN Rachael Kloosterman, 12, WD
 - 1:15.03 ODIV1APR Victoria Tan, 12, WAC
 - 1:15.10 MMAPR Haliee Traa, 12, MANTA
 - 1:15.19 CDCAPR Robyn Thom, 11, GATOR
 - 1:15.21 ESWIMJUN Christina Malinas, 12, NYAC
 - 1:15.42 ESWIMJUN Zuzanna Celkowska, 12, MAC
 - 1:15.56 UCSAJUN Lauren Walker, 12, OSJC
 - 1:15.58 POIMAY Vanessa Taillefer, 11, DDO
 - 1:15.64 ULJUN Myriam Plante, 11, UL
 - 1:15.66 HYACKMAY Lauren Lavigna, 12, GATOR
 - 1:15.78 CDCAPR Emma Cartwright, 12, PSDA
 - 1:15.91 ESWIMJUN Kryssi Unruh, 11, HWAC
 - 1:16.09 HYACKMAY Donna MacLeod, 12, EKSC
 - 1:16.10 MBSKJUN Andrea Kells, 12, RDCSC
 - 1:16.12 EKIAPR Mary Alice Ennis, 12, ROD

200 METRES BACKSTROKE

- Rec: 2:24.64 Michelle Cruz, ACE, 93
- 2:31.29 NSSRJUN Brooke Buckland, 12, WTSC
 - 2:35.25 EKIAPR Jennifer Self, 12, PSDA
 - 2:37.85 MBSKJUN Haliee Traa, 12, MANTA
 - 2:38.34 ESWIMJUN Christina Malinas, 12, NYAC
 - 2:38.84 ODIV2APR Genieve Handforth, 12, EBSC
 - 2:40.36 MBSKJUN Stephanie Pollard, 12, IS
 - 2:40.91 EKSCMAR Katerina Symes, 12, EKSC
 - 2:41.05 UCSAJUN Lauren Walker, 12, OSJC
 - 2:41.08 MBSKJUN Sheena Gross, 12, EKSC
 - 2:41.35 ESWIMJUN Kryssi Unruh, 11, HWAC
 - 2:41.87 LUSCMAY Kailae McKinnon, 12, HWAC
 - 2:42.95 EKIAPR Stephanie Davis, 12, UCSC
 - 2:42.08 HYACKMAY Jessi Wardale, 12, CASC
 - 2:42.27 MSSACMAY Miriam Kim, 11, TSC
 - 2:42.66 ODIV1APR Meghann Percy, 12, WAC
 - 2:42.33 RAPIDAPR Lauren Lavigna, 12, GATOR
 - 2:42.34 CAS CJUN Brittany Ozar, 11, CASC
 - 2:42.36 UCSAJUN Sharla Wingerter, 12, EXST
 - 2:42.39 ODIV2APR Courtney Kehoe, 12, PERTH
 - 2:42.47 POIMAY Kelly Hodgson, 12, PSC
 - 2:42.51 POIMAY Vanessa Taillefer, 11, DDO
 - 2:42.58 CDCAPR Emma Cartwright, 12, PSDA
 - 2:42.68 RODJUN Samantha Morrice, 12, GOLD
 - 2:42.82 DAVISMAR Rachel Shallhorn, 12, OSHAC
 - 2:42.86 ESWIMJUN Jennifer Cao, 12, YORK

100 METRES BREASTSTROKE

- Rec: 1:10.94 Allison Higson, ESC, 86
- 1:17.08 NBLCMAY Morgan Kierstead, 12, AQUA
 - 1:19.03 POIIMAY Genevieve Crevier, 12, CNHR
 - 1:19.29 POIIMAY Claudia Bonsant, 12, EXCEL
 - 1:21.86 HYACKMAY Hanna Pierce, 12, EKSC
 - 1:21.92 MSSACMAY Rachel Chan, 12, MSSAC
 - 1:22.41 MBSKJUN Lisa Kenke, 12, GOLD
 - 1:22.54 CDCAPR Natalie Chan, 12, PSDA
 - 1:22.54 NEORJUN Sarah Turgeon, 12, SSMAC
 - 1:22.55 GMACJUN Vicki Curtis, 12, GMAC
 - 1:22.68 ESOAJUN Penny Baxter, 12, NKB
 - 1:23.15 CAS CJUN Donna MacLeod, 12, EKSC
 - 1:23.27 PHENXJUN Alicia Neasmith, 12, PCSC
 - 1:23.30 MBSKJUN Tara Hahto, 11, CASC
 - 1:23.40 ODIV1APR Sacha Lambert, 12, TSC
 - 1:23.61 AACAPR Nadine McAdam, 12, TSC
 - 1:23.68 PPOMAY Anne-M Vachon, 12, CNCC
 - 1:23.69 UCSAJUN Lauren Walker, 12, OSJC
 - 1:23.75 TBTMAY Jane Harrington, 12, MM
 - 1:24.80 MSSACMAY Andrea Holik, 12, WD
 - 1:24.91 HYACKMAY Jessica Crepnjak, 11, PSW
 - 1:24.94 LUSCMAY Jy Lawrence, 12, CT33
 - 1:24.96 MSSACMAY Karly Harding, 12, WD
 - 1:25.08 CDCAPR Jennifer Gardiner, 12, PSDA
 - 1:25.28 ESWIMJUN Jessica Ward, 12, PICK
 - 1:25.32 ULJUN Myriam Plante, 11, UL

200 METRES BREASTSTROKE

- Rec: 2:34.11 Allison Higson, ESC, 86
- 2:46.58 TORL CJAN Whitney Rich, 12, ISS
 - 2:47.75 MBSKJUN Donna MacLeod, 12, EKSC
 - 2:49.04 NBLCMAY Morgan Kierstead, 12, AQUA
 - 2:51.44 POIIMAY Genevieve Crevier, 12, CNHR
 - 2:51.89 POIIMAY Claudia Bonsant, 12, EXCEL
 - 2:52.09 EKIAPR Hanna Pierce, 12, EKSC
 - 2:53.70 ESWIMJUN Rachel Chan, 12, MSSAC
 - 2:54.53 CDCAPR Natalie Chan, 12, PSDA
 - 2:55.15 MBSKJUN Lisa Kenke, 12, GOLD
 - 2:57.73 POIIMAY Alicia Neasmith, 12, PCSC
 - 2:58.78 HYACKMAY Tara Hahto, 11, CASC
 - 2:58.81 HYACKMAY Jessica Crepnjak, 11, PSW
 - 2:58.98 AACAPR Sacha Lambert, 12, TSC
 - 2:59.52 EKSCMAR Katerina Symes, 12, EKSC
 - 3:00.18 ODIV1APR Vicki Curtis, 12, GMAC
 - 3:00.32 ESWIMJUN Christine Hui, 12, RHAC
 - 3:00.58 MSSACMAY Karly Harding, 12, WD
 - 3:00.66 ODIV3APR Aryn Fraser, 12, MMST
 - 3:00.72 NEORJUN Sarah Turgeon, 12, SSMAC
 - 3:00.74 ODIV3APR Jy Lawrence, 12, CT33
 - 3:01.14 ODIV1APR Nadine McAdam, 12, TSC
 - 3:02.00 ESOAJUN Penny Baxter, 12, NKB
 - 3:02.17 RAPIDAPR Annika Schmuck, 12, PSW
 - 3:02.28 ESOAJUN Farris Blaskovits, 12, NKB
 - 3:02.37 POIIMAY Marie-P Ouellet, 11, CNDR

100 METRES BUTTERFLY

- Rec: 1:05.51 Shauna Collins, ROD, 90
- 1:10.27 CAS CJUN Andrea Kells, 12, RDCSC
 - 1:11.22 MBSKJUN Stephanie Pollard, 12, IS
 - 1:11.48 HWACJUN Kailae McKinnon, 12, HWAC
 - 1:11.60 ONSRJUN Rachael Kloosterman, 12, WD
 - 1:12.12 CDCAPR Natalie Chan, 12, PSDA
 - 1:12.56 ESWIMJUN Kaleigh McKinnon, 11, TORCH
 - 1:12.90 CAS CJUN Mackenzie Jones, 12, UCSC
 - 1:13.05 ESWIMJUN Courtney Kapustniak, 12, LASER
 - 1:13.27 MBSKJUN Amy Findlay, 11, KSC-BRSA
 - 1:13.86 EKIAPR Darby Jack, 12, GL-BRSA
 - 1:13.89 HYACKMAY Lauren Lavigna, 12, GATOR
 - 1:14.07 TBTMAY Haliee Traa, 12, MANTA
 - 1:14.15 CAMOMAR Edith Acevedo, 12, CNMN
 - 1:14.23 RODJUN Erika Brown, 12, ROD
 - 1:14.43 MBSKJUN Elynn Barnlund, 11, MANTA
 - 1:14.46 MBSKJUN Donna MacLeod, 12, EKSC
 - 1:14.54 CAMOMAR Marie-P. Bleau, 12, CNHR
 - 1:14.80 LACMAY Dana Serwotka, 12, CPYS
 - 1:14.84 LACMAY Maggie Young, 12, WAC
 - 1:14.91 ODIV2APR Courtney Kehoe, 12, PERTH
 - 1:14.93 OYOMAR Caitlin Reilly, 12, UPKAN
 - 1:15.01 OCREJUN Nicole Lacoste, 13, MSSAC
 - 1:15.03 GMACJUN Aryn Fraser, 12, MMST
 - 1:15.04 ESOAJUN Katie McClean, 12, PERTH
 - 1:15.10 UCSAJUN Glenn Young, 12, FMSC

200 METRES BUTTERFLY

- Rec: 2:22.47 Michelle Coulombe, CNMN, 77
- 2:36.17 CDCAPR Natalie Chan, 12, PSDA
 - 2:36.63 CDCAPR Lauren Lavigna, 12, GATOR
 - 2:37.54 MBSKJUN Courtney Kapustniak, 12, LASER
 - 2:38.71 ESWIMJUN Kaleigh McKinnon, 11, TORCH
 - 2:39.68 RAPIDJUN Kathryn Johnson, 12, PSDA
 - 2:40.70 HYACKMAY Andrea Kells, 12, RDCSC
 - 2:40.81 MSSACMAY Rachael Kloosterman, 12, WD
 - 2:42.49 HTACAPR Hannah Vaughan, 12, EAST
 - 2:42.51 AACAPR Carol Kong, 11, TORCH
 - 2:42.72 LUSCMAY Kailae McKinnon, 12, HWAC
 - 2:45.35 ODIV1APR Maggie Young, 12, WAC
 - 2:45.40 MBSKJUN Amy Findlay, 11, KSC-BRSA
 - 2:46.05 POIMAY Vanessa Taillefer, 11, DDO
 - 2:46.68 TBTMAY Elynn Barnlund, 11, MANTA
 - 2:46.76 ESWIMJUN Jennifer Cao, 12, YORK
 - 2:47.50 ESWIMJUN Hope Martin, 11, HWAC
 - 2:47.53 NSSRJUN Danielle Weir, 11, WTSC
 - 2:47.96 MSSACMAY Sacha Lambert, 12, TSC
 - 2:49.02 MSSACMAY Lucy Wu, 12, SCAR
 - 2:49.19 EKSCMAR Sarah Gagnon, 12, FMSC
 - 2:49.61 ODIV1APR Karen Ingo, 12, KSS-NWO
 - 2:50.01 ESWIMJUN Donna MacLeod, 12, EKSC
 - 2:50.14 DAVISMAR Rachel Shallhorn, 12, OSHAC
 - 2:50.31 GMACJUN Aryn Fraser, 12, MMST
 - 2:51.05 ODIV1APR Dana Serwotka, 12, CPYS

200 METRES IND. MEDLEY

- Rec: 2:21.55 Allison Higson, ESC, 86
- 2:33.70 EKIAPR Natalie Chan, 12, PSDA
 - 2:35.63 MBSKJUN Stephanie Pollard, 12, IS
 - 2:38.12 MBSKJUN Haliee Traa, 12, MANTA
 - 2:38.20 EKIAPR Katerina Symes, 12, EKSC
 - 2:38.51 MSSACMAY Rachael Kloosterman, 12, WD
 - 2:40.77 HTACAPR Morgan Kierstead, 12, AQUA
 - 2:40.07 CNOAPR Sarah Phee, 12, GO
 - 2:40.26 DAVISMAR Rachel Shallhorn, 12, OSHAC
 - 2:40.85 ESWIMJUN Kailae McKinnon, 12, HWAC
 - 2:40.98 MSSACMAY Miriam Kim, 11, TSC
 - 2:41.36 MSSACMAY Nadine McAdam, 12, TSC
 - 2:41.40 NSSRJUN Hannah Vaughan, 12, EAST
 - 2:41.73 HTACAPR Brooke Buckland, 11, WTSC
 - 2:42.13 MSSACMAY Sacha Lambert, 12, TSC
 - 2:42.21 ESWIMJUN Rachel Chan, 12, MSSAC
 - 2:42.41 CNOAPR Seanna Mitchell, 12, NKB
 - 2:42.46 HYACKMAY Andrea Kells, 12, RDCSC
 - 2:42.49 NEORJUN Sarah Turgeon, 12, SSMAC
 - 2:42.77 CAS CJUN Sheena Gross, 12, EKSC
 - 2:42.77 HYACKMAY Donna MacLeod, 12, EKSC
 - 2:42.80 PHENXJUN Jennifer Self, 12, PSDA
 - 2:42.95 ESWIMJUN Jennifer Cao, 12, YORK
 - 2:43.01 POIMAY Alicia Neasmith, 12, PCSC
 - 2:43.26 CDCAPR Lauren Lavigna, 12, GATOR
 - 2:43.50 CAS CJUN Hanna Pierce, 12, EKSC

400 METRES IND. MEDLEY

- Rec: 5:02.71 Joanne Malar, HWAC, 88
- 5:24.29 TORL CJAN Whitney Rich, 12, ISS
 - 5:31.04 MBSKJUN Stephanie Pollard, 12, IS
 - 5:31.79 EKIAPR Natalie Chan, 12, PSDA
 - 5:34.14 TBTMAY Haliee Traa, 12, MANTA
 - 5:35.40 HTACAPR Hannah Vaughan, 12, EAST
 - 5:37.41 MSSACMAY Rachael Kloosterman, 12, WD
 - 5:37.94 EKIAPR Katerina Symes, 12, EKSC
 - 5:38.67 RAPIDAPR Lauren Lavigna, 12, GATOR
 - 5:38.88 RAPIDAPR Michelle Jung, 11, CHENA
 - 5:39.03 MSSACMAY Sacha Lambert, 12, TSC
 - 5:40.58 ESWIMJUN Kailae McKinnon, 12, HWAC
 - 5:41.42 ESWIMJUN Rachel Chan, 12, MSSAC
 - 5:41.71 ESWIMJUN Alexa Komarnyck, 11, ESWIM
 - 5:42.42 ESWIMJUN Kaleigh McKinnon, 11, TORCH
 - 5:42.42 POIMAY Vanessa Taillefer, 11, DDO
 - 5:43.08 ISJUN Kathryn Stanton, 12, IS
 - 5:44.43 HYACKMAY Jessica Crepnjak, 11, PSW
 - 5:46.28 ESWIMJUN Jennifer Cao, 12, YORK
 - 5:46.39 HYACKMAY Hanna Pierce, 12, EKSC
 - 5:47.37 CAS CJUN Andrea Kells, 12, RDCSC
 - 5:48.69 LACMAY Susan Long, 11, LAC
 - 5:48.76 NEORJUN Sarah Turgeon, 12, SSMAC
 - 5:48.92 ISJUN Annika Schmuck, 12, PSW
 - 5:49.43 ESOAJUN Samantha Dilotte, 12, NKB
 - 5:49.61 MSSACMAY Miriam Kim, 11, TSC

4500 METRE RELAY

- Rec: 2:10.53 Regina Opt, ROD, 90
- 2:16.02 CAS CJUN Cascade Swim Club, CASC
 - 2:17.33 ODIV1APR Nepean Kanata, NKB
 - 2:18.03 AACAPR Toronto Swim Club, TSC
 - 2:19.16 POIMAY Dollard Swim Team, DDO
 - 2:19.43 EKIAPR Edmonton Keyano, EKSC
 - 2:19.80 ESWIMJUN Hamill-Wentworth AC, HWAC
 - 2:20.34 EKIAPR Pacific Dolphins, PSDA
 - 2:20.91 POIIMAY CN Haut-Richelieu, CNHR
 - 2:21.20 MMAPR Manta Swim Club, MANTA
 - 2:21.75 AACAPR Mississauga AC, MSSAC
 - 2:21.84 POIIMAY Pointe Claire SC, PCSC
 - 2:21.88 CAS CJUN City of Calgary SC, UCSC
 - 2:22.27 POIIMAY Montreal Aquatique, CAMO
 - 2:22.65 PPOMAY Uxbridge SC, USC
 - 2:23.06 ESWIMJUN Etobicoke Swimming, ESWIM
 - 2:23.22 ODIV1APR Windsor AC, WAC
 - 2:23.77 POIIMAY Univ. Laval Rouge & Or, UL
 - 2:24.29 ODIV2APR Ottawa Y.O.U.
 - 2:24.29 ODIV3APR Markham AC, MAC
 - 2:24.95 ODIV1APR Scarborough SC, SCAR
 - 2:25.28 OCREJUN Pickering SC, PICK
 - 2:25.53 HYACKMAY Vancouver Gators, GATOR
 - 2:25.55 ODIV1APR Chatham Y, CPYS
 - 2:25.82 ESOAJUN Perth Stingrays, PERTH
 - 2:26.02 POIAPR Beaconfield Bluefins, BFB

4500 FREE RELAY

- Rec: 1:55.93 Regina Opt, Dolphins, ROD, 95
- 2:00.00 CAS CJUN City of Calgary SC, UCSC
 - 2:00.08 CAS CJUN Cascade Swim Club, CASC
 - 2:01.36 ODIV1APR Nepean Kanata, NKB
 - 2:02.03 ODIV1APR Toronto Swim Club, TSC
 - 2:02.99 EKIAPR Pacific Dolphins, PSDA
 - 2:04.23 EKIAPR Edmonton Keyano, EKSC
 - 2:04.53 POIIMAY Univ. Laval Rouge & Or, UL
 - 2:05.28 ODIV1APR Brantford AC, BRANT
 - 2:05.50 HYACKMAY Vancouver Gators, GATOR
 - 2:05.54 ODIV1APR Windsor AC, WAC
 - 2:05.95 LACMAY London AC, LAC
 - 2:06.00 NSSRJUN Eastern Alliance, EAST
 - 2:06.42 ODIV1APR Richmond Hill AC, RHAC
 - 2:06.43 ODIV2APR Perth Stingrays, PERTH
 - 2:06.46 POIIMAY Dollard Swim Team, DDO
 - 2:06.54 AACAPR Mississauga AC, MSSAC
 - 2:06.65 AACAPR Coora Swim Club, COBRA
 - 2:06.87 ODIV1APR North York AC, NYAC
 - 2:06.91 UCSAJUN Fort McMurray SC, FMSC
 - 2:06.93 OCREJUN Uxbridge SC, USC
 - 2:07.20 ESWIMJUN Hamill-Wentworth AC, HWAC
 - 2:07.27 MBSKJUN Manta Swim Club, MANTA
 - 2:07.29 ESWIMJUN Etobicoke Swimming, ESWIM
 - 2:07.35 ODIV2APR Lakeshore SC, LSC
 - 2:07.61 POIIMAY Samak de Brossard, SAMAK

2001 LONG COURSE TAG®

BOYS
11-12

50 METRES FREESTYLE

Table of 50 Metres Freestyle results for boys aged 11-12, listing times and names of participants.

100 METRES FREESTYLE

Table of 100 Metres Freestyle results for boys aged 11-12, listing times and names of participants.

200 METRES FREESTYLE

Table of 200 Metres Freestyle results for boys aged 11-12, listing times and names of participants.

400 METRES FREESTYLE

Table of 400 Metres Freestyle results for boys aged 11-12, listing times and names of participants.

1500 METRES FREESTYLE

Table of 1500 Metres Freestyle results for boys aged 11-12, listing times and names of participants.

100 METRES BACKSTROKE

Table of 100 Metres Backstroke results for boys aged 11-12, listing times and names of participants.

200 METRES BACKSTROKE

Table of 200 Metres Backstroke results for boys aged 11-12, listing times and names of participants.

100 METRES BREASTSTROKE

Table of 100 Metres Breaststroke results for boys aged 11-12, listing times and names of participants.

200 METRES BREASTSTROKE

Table of 200 Metres Breaststroke results for boys aged 11-12, listing times and names of participants.

100 METRES BUTTERFLY

Table of 100 Metres Butterfly results for boys aged 11-12, listing times and names of participants.

200 METRES BUTTERFLY

Table of 200 Metres Butterfly results for boys aged 11-12, listing times and names of participants.

200 METRES IND. MEDLEY

Table of 200 Metres Individual Medley results for boys aged 11-12, listing times and names of participants.

400 METRES IND. MEDLEY

Table of 400 Metres Individual Medley results for boys aged 11-12, listing times and names of participants.

4X50 METRES RELAY

Table of 4x50 Metres Relay results for boys aged 11-12, listing times and names of participants.

4X50 FREE RELAY

Table of 4x50 Metres Freestyle Relay results for boys aged 11-12, listing times and names of participants.

GIRLS

13-14

50 METRES FREESTYLE

Rec: 26.51 Lori Meilen, AAC, 86

| | | | |
|----|-------|----------|------------------------------|
| 1 | 27.59 | CASCJUN | Kirsten Pomerleau, 13, DEL |
| 2 | 27.63 | ONSJUN | Emily Gillespie, 14, PERTH |
| 3 | 27.83 | ONSJUN | Allison Bennett, 14, NYAC |
| 4 | 27.86 | KCSJUN | Melissa Lam, 14, SPART |
| 5 | 28.05 | ONSJUN | Julia Wilkinson, 13, SKY |
| 6 | 28.13 | ONSJUN | Nadia Kumentas, 13, WD |
| 7 | 28.20 | ESWIMJUN | Laura Wise, 14, COBRA |
| 8 | 28.26 | MBSKJUN | Julianne Toogood, 13, MM |
| 9 | 28.48 | PHENXJUN | Alice Chow, 13, PCCC |
| 10 | 28.53 | ESWIMJUN | Victoria Clarridge, 14, BTSC |
| 11 | 28.54 | HYACKMAY | Sabrina Taylor, 14, HYACK |
| 12 | 28.56 | PPOMAY | Genevieve Saumur, 13, CAMO |
| 13 | 28.60 | EKIAPR | Shannon Hackett, 14, PDSA |
| 14 | 28.60 | NSSRJUN | Kayla Graham, 14, EAST |
| 15 | 28.64 | CASCJUN | Lindsay Miller, 14, NCS-BRSA |
| 16 | 28.65 | ONSJUN | Danielle Armstrong, 13, TAT |
| 17 | 28.66 | GMACMAR | Kristin McLroy, 14, MMST |
| 18 | 28.71 | HYACKMAY | Brittany Reimer, 13, SKSC |
| 19 | 28.74 | MBSKJUN | Kelly Timmons, 14, OSC-UA |
| 20 | 28.75 | HYACKMAY | Kendall Filizek, 14, UCSC |
| 21 | 28.76 | POIMAY | Caitlin Babb, 14, DDO |
| 22 | 28.76 | LACMAY | Monica Wakeman, 14, NEW |
| 23 | 28.77 | DAVISMAR | Melissa Bartlett, 14, Cyps |
| 24 | 28.80 | STARJUN | Katie Davis, 14, BRANT |
| 25 | 28.87 | ODIV3APR | Shannon Hazelton, 14, SSMAC |

100 METRES FREESTYLE

Rec: 56.91 Julie Howard, BRANT, 91

| | | | |
|----|---------|----------|-----------------------------------|
| 1 | 59.56 | ONSJUN | Allison Bennett, 14, NYAC |
| 2 | 1:00.12 | ONSJUN | Emily Gillespie, 14, PERTH |
| 3 | 1:00.15 | EKIAPR | Kirsten Pomerleau, 13, DEL |
| 4 | 1:00.42 | MBSKJUN | Julianne Toogood, 13, MM |
| 5 | 1:00.50 | CANLCMAR | Laura Wise, 14, COBRA |
| 6 | 1:00.75 | MSSACMAY | Nadia Kumentas, 13, WD |
| 7 | 1:00.82 | ZAJACMAY | Shannon Hackett, 14, PDSA |
| 8 | 1:00.99 | NSSRJUN | Kayla Graham, 14, EAST |
| 9 | 1:01.00 | POCUPMAY | Caitlin Babb, 14, DDO |
| 10 | 1:01.07 | EKIAPR | Sabrina Taylor, 14, HYACK |
| 11 | 1:01.17 | RODJUN | Kelsey Rush, 14, RAYS |
| 12 | 1:01.29 | ZAJACMAY | Melissa Lam, 14, SPART |
| 13 | 1:01.31 | ODIV3APR | Kristin McLroy, 14, MMST |
| 14 | 1:01.36 | HYACKMAY | Kelly Timmons, 14, OSC-UA |
| 15 | 1:01.54 | POIMAY | Chani Davidson, 14, CAMO |
| 16 | 1:01.71 | PPOMAY | Genevieve Saumur, 13, CAMO |
| 17 | 1:01.77 | ESWIMJUN | Victoria Clarridge, 14, BTSC |
| 18 | 1:01.84 | POCUPMAY | Suzanne Vary, 14, CNDR |
| 19 | 1:01.88 | HYACKMAY | Brittany Reimer, 13, SKSC |
| 20 | 1:01.94 | MBSKJUN | Thea Norton, 14, OSC |
| 21 | 1:01.98 | CAMOMAR | Stephanie Ross, 14, CAMO |
| 22 | 1:02.21 | HYACKMAY | Kendall Filizek, 14, UCSC |
| 23 | 1:02.25 | MSSACMAY | Martha Ziolkowski, 14, YORK |
| 24 | 1:02.44 | POIMAY | Catherine Savoie-Laberge, 13, CNO |
| 25 | 1:02.63 | ODIV1APR | Brittney Scott, 14, ROW |

200 METRES FREESTYLE

Rec: 2:03.35 Julie Barbeau, ELITE, 89

| | | | |
|----|---------|----------|-----------------------------------|
| 1 | 2:09.82 | ONSJUN | Allison Bennett, 14, NYAC |
| 2 | 2:10.48 | CANLCMAR | Shannon Hackett, 14, PDSA |
| 3 | 2:10.82 | HYACKMAY | Kelly Timmons, 14, OSC-UA |
| 4 | 2:11.02 | NSSRJUN | Bevan Haley, 14, WTSC |
| 5 | 2:11.61 | PPOMAY | Emily Gillespie, 13, PERTH |
| 6 | 2:12.30 | ODIV1APR | Hilary Jackson, 14, STARS |
| 7 | 2:12.32 | HYACKMAY | Brittany Reimer, 13, SKSC |
| 8 | 2:12.49 | ESWIMJUN | Jody Jelen, 13, ESWIM |
| 9 | 2:12.52 | NSSRJUN | Kayla Graham, 14, EAST |
| 10 | 2:12.65 | HYACKMAY | Avery Kremer, 14, OSC-UA |
| 11 | 2:12.66 | MBSKJUN | Julianne Toogood, 13, MM |
| 12 | 2:12.85 | MSSACMAY | Elyse Dudar, 14, MSSAC-TO |
| 13 | 2:13.00 | POCUPMAY | Suzanne Vary, 14, CNDR |
| 14 | 2:13.17 | HYACKMAY | Anne Schumuck, 13, PSW |
| 15 | 2:13.41 | POIMAY | Chani Davidson, 14, CAMO |
| 16 | 2:13.45 | MSSACMAY | Laura Wise, 14, COBRA |
| 17 | 2:13.47 | RODJUN | Kelsey Rush, 14, RAYS |
| 18 | 2:13.80 | MSSACMAY | Nadia Kumentas, 13, WD |
| 19 | 2:14.13 | POCUPMAY | Caitlin Babb, 14, DDO |
| 20 | 2:14.22 | EKIAPR | Sabrina Taylor, 14, HYACK |
| 21 | 2:14.88 | HTACAPR | Jennifer Brown, 14, TCSC |
| 22 | 2:15.05 | ZAJACMAY | Genevieve Poirier-Leroy, 14, NRST |
| 23 | 2:15.54 | ESWIMJUN | Jamie MacLeod, 13, ESWIM |
| 24 | 2:15.58 | MSSACMAY | Sara Murphy, 14, ESWIM |
| 25 | 2:15.89 | AACAPR | Martha Ziolkowski, 14, YORK |

400 METRES FREESTYLE

Rec: 4:14.60 Shannon Smith, HYACK, 76

| | | | |
|----|---------|----------|-----------------------------------|
| 1 | 4:28.12 | ZAJACMAY | Shannon Hackett, 14, PDSA |
| 2 | 4:29.09 | NSSRJUN | Bevan Haley, 14, WTSC |
| 3 | 4:33.71 | HYACKMAY | Brittany Reimer, 13, SKSC |
| 4 | 4:34.26 | CANLCMAR | Elyse Dudar, 14, MSSAC-TO |
| 5 | 4:37.95 | CDCAPR | Anne Schumuck, 13, PSW |
| 6 | 4:37.99 | CANLCMAR | Emily Gillespie, 13, PERTH |
| 7 | 4:39.30 | HYACKMAY | Kelly Timmons, 14, OSC-UA |
| 8 | 4:41.59 | POCUPMAY | Suzanne Vary, 14, CNDR |
| 9 | 4:41.93 | ONSJUN | Martha Ziolkowski, 14, YORK |
| 10 | 4:42.02 | LACMAY | Brittany Cooper, 14, LAC |
| 11 | 4:42.29 | MBSKJUN | Thea Norton, 14, OSC |
| 12 | 4:42.72 | POCUPJUN | Hilary Jackson, 14, STARS |
| 13 | 4:42.89 | ZAJACMAY | Avery Kremer, 14, OSC-UA |
| 14 | 4:43.18 | ZAJACMAY | Kathryn Johnson, 13, PDSA |
| 15 | 4:44.17 | ESWIMJUN | Sarah O'Neill, 14, MAC |
| 16 | 4:44.19 | CDCAPR | Darcy Goodridge, 14, PDSA |
| 17 | 4:44.35 | NSSRJUN | Kayla Graham, 14, EAST |
| 18 | 4:44.84 | ESWIMJUN | Sara Murphy, 14, ESWIM |
| 19 | 4:44.87 | ONSJUN | Amanda Long, 14, LAC |
| 20 | 4:45.14 | LACMAY | Kristen Vandenberg, 14, LAC |
| 21 | 4:45.50 | NSSRJUN | Ainsley McFadgen, 14, CBD |
| 22 | 4:45.84 | HYACKMAY | Sabrina Taylor, 14, HYACK |
| 23 | 4:47.16 | ISAPR | Genevieve Poirier-Leroy, 14, NRST |
| 24 | 4:47.40 | POIMAY | Chani Davidson, 14, CAMO |
| 25 | 4:47.70 | ESWIMJUN | Meghan Croucher, 14, NEW |

800 METRES FREESTYLE

Rec: 8:44.45 Michelle Sallee, CDCSC, 88

| | | | |
|----|---------|----------|-----------------------------|
| 1 | 9:08.49 | NBLCMAY | Bevan Haley, 14, WTSC |
| 2 | 9:13.74 | CANLCMAR | Shannon Hackett, 14, PDSA |
| 3 | 9:19.20 | HYACKMAY | Kelly Timmons, 14, OSC-UA |
| 4 | 9:21.45 | HYACKMAY | Brittany Reimer, 13, SKSC |
| 5 | 9:23.60 | CANLCMAR | Elyse Dudar, 14, MSSAC-TO |
| 6 | 9:30.74 | HYACKMAY | Thea Norton, 14, OSC |
| 7 | 9:36.47 | ISAPR | Stephanie Bigelow, 14, JS |
| 8 | 9:36.90 | ESWIMJUN | Jody Jelen, 13, ESWIM |
| 9 | 9:37.62 | ONSJUN | Hilary Jackson, 14, STARS |
| 10 | 9:37.81 | CDCAPR | Darcy Goodridge, 14, PDSA |
| 11 | 9:38.11 | LACMAY | Brittany Cooper, 14, LAC |
| 12 | 9:39.60 | HYACKMAY | Anne Schumuck, 13, PSW |
| 13 | 9:43.36 | HYACKMAY | Carol Starratt, 14, CASC |
| 14 | 9:45.14 | HYACKMAY | Avery Kremer, 14, OSC-UA |
| 15 | 9:45.31 | POCUPMAY | Suzanne Vary, 14, CNDR |
| 16 | 9:45.42 | NSSRJUN | Ainsley McFadgen, 14, CBD |
| 17 | 9:47.40 | EKIAPR | Michelle Mangle, 14, PDSA |
| 18 | 9:47.86 | LACMAY | Kristen Vandenberg, 14, LAC |
| 19 | 9:48.40 | HYACKMAY | Kathryn Johnson, 13, PDSA |
| 20 | 9:48.62 | ESWIMJUN | Sara Murphy, 14, ESWIM |
| 21 | 9:50.77 | LACMAY | Amanda Long, 14, LAC |
| 22 | 9:52.74 | POIMAY | Allyson Germain, 14, UL |
| 23 | 9:54.04 | HYACKMAY | Sabrina Taylor, 14, HYACK |
| 24 | 9:57.29 | CDCAPR | Soo Yoon Lee, 14, HYACK |
| 25 | 9:58.23 | HYACKMAY | Kayla Rawlings, 13, PSW |

100 METRES BACKSTROKE

Rec: 1:03.28 Nancy Garapick, HTAC, 76

| | | | |
|----|---------|----------|-------------------------------|
| 1 | 1:06.21 | CANLCMAR | Katie Smith, 14, COBRA |
| 2 | 1:07.21 | CANLCMAR | Melissa Bartlett, 14, Cyps |
| 3 | 1:07.30 | ONSJUN | Emily Gillespie, 14, PERTH |
| 4 | 1:07.46 | ZAJACMAY | Jessica Aspinall, 14, RAC |
| 5 | 1:07.59 | EKIAPR | Kirsten Pomerleau, 13, DEL |
| 6 | 1:07.91 | CANLCMAR | Mallory Hoeksra, 13, EKSC-UA |
| 7 | 1:08.01 | ESWIMJUN | Laura Wise, 14, COBRA |
| 8 | 1:08.11 | ONSJUN | Hilary Jackson, 14, STARS |
| 9 | 1:08.54 | ESWIMJUN | Blair Holmes, 14, COBRA |
| 10 | 1:08.71 | CANLCMAR | Kelsey Rush, 14, RAYS |
| 11 | 1:08.83 | ODIV3APR | Kristin McLroy, 14, MMST |
| 12 | 1:08.86 | PPOMAY | Genevieve Saumur, 13, CAMO |
| 13 | 1:09.24 | CASCJUN | Thea Norton, 14, OSC |
| 14 | 1:09.43 | ODIV1APR | Alyssa Hubert, 13, Cyps |
| 15 | 1:09.87 | KCSJUN | Melissa Lam, 14, SPART |
| 16 | 1:10.14 | CDCAPR | Anne Schumuck, 13, PSW |
| 17 | 1:10.38 | POIMAY | Michelle-A Bouchard, 14, CAMO |
| 18 | 1:10.41 | EKIAPR | Kimberly Kabesh, 13, STSC |
| 19 | 1:10.55 | ESWIMJUN | Christine Sadler, 13, MAC |
| 20 | 1:10.62 | POIMAY | Stephanie Ross, 14, CAMO |
| 21 | 1:10.66 | MBSKJUN | Landice Yestrau, 14, MM |
| 22 | 1:10.67 | AACAPR | Martha Ziolkowski, 14, YORK |
| 23 | 1:10.94 | EOSAJUN | Makine Bacher, 14, CSL |
| 24 | 1:11.12 | HYACKMAY | Kendall Filizek, 14, UCSC |
| 25 | 1:11.15 | MBSKJUN | Julianne Toogood, 13, MM |

200 METRES BACKSTROKE

Rec: 2:15.60 Nancy Garapick, HTAC, 76

| | | | |
|----|---------|----------|-------------------------------|
| 1 | 2:24.20 | ESWIMJUN | Laura Wise, 14, COBRA |
| 2 | 2:24.78 | CANLCMAR | Katie Smith, 14, COBRA |
| 3 | 2:25.61 | ONSJUN | Hilary Jackson, 14, STARS |
| 4 | 2:26.51 | RODJUN | Kelsey Rush, 14, RAYS |
| 5 | 2:27.13 | CASCJUN | Thea Norton, 14, OSC |
| 6 | 2:27.24 | HYACKMAY | Kristen Pomerleau, 13, DEL |
| 7 | 2:27.87 | CANLCMAR | Melissa Bartlett, 14, Cyps |
| 8 | 2:28.12 | CDCAPR | Anne Schumuck, 13, PSW |
| 9 | 2:28.22 | POCUPMAY | Genevieve Saumur, 13, CAMO |
| 10 | 2:29.00 | LACMAY | Alyssa Hubert, 13, Cyps |
| 11 | 2:29.07 | POCUPFEB | Julia Guay-Racine, 14, CAMO |
| 12 | 2:29.97 | COHOMAY | Jessica Aspinall, 14, RAC |
| 13 | 2:30.03 | MBSKJUN | Mallory Hoeksra, 13, EKSC-UA |
| 14 | 2:30.04 | ODIV3APR | Kristin McLroy, 14, MMST |
| 15 | 2:30.92 | ESWIMJUN | Martha Ziolkowski, 14, YORK |
| 16 | 2:30.99 | RAPIDAPR | Brittany Reimer, 13, SKSC |
| 17 | 2:31.17 | EOSAJUN | Shannon McQueen, 14, NKB |
| 18 | 2:31.22 | MIMAPR | Landice Yestrau, 13, MM |
| 19 | 2:31.33 | ESWIMJUN | Christine Sadler, 13, MAC |
| 20 | 2:32.18 | PPOMAY | Emily Gillespie, 13, PERTH |
| 21 | 2:32.48 | HTACAPR | Bevan Haley, 13, WTSC |
| 22 | 2:32.84 | POCUPMAY | Michelle-A Bouchard, 14, CAMO |
| 23 | 2:32.90 | HYACKMAY | Avery Kremer, 14, OSC-UA |
| 24 | 2:33.00 | POIMAY | Stephanie Ross, 14, CAMO |
| 25 | 2:33.03 | SASKMAY | Elyse Silzer, 14, ROD |

2001 LONG COURSE TAG®

100 METRES BREASTSTROKE

Rec: 1:09.84 Allison Higson, ESC, 86

| | | | |
|----|---------|----------|----------------------------------|
| 1 | 1:14.73 | CANLCMAR | Kelly Timmons, 14, OSC-UA |
| 2 | 1:16.24 | CANLCMAR | Emily Gillespie, 13, PERTH |
| 3 | 1:16.29 | CANLCMAR | Kim Labbett, 14, OK-TO |
| 4 | 1:16.42 | CANLCMAR | Haylee Johnson, 14, PDSA |
| 5 | 1:16.76 | CANLCMAR | Michelle Mangle, 14, PDSA |
| 6 | 1:17.75 | RAPIDJUN | Anne Schumuck, 13, PSW |
| 7 | 1:18.55 | LACMAY | Whitney Rich, 13, ISS |
| 8 | 1:18.59 | MSSACMAY | Elizabeth Engs, 14, CAJ |
| 9 | 1:18.85 | POCUPFEB | Caitlin Babb, 14, DDO |
| 10 | 1:18.86 | EKIAPR | Carol Starratt, 13, CASC |
| 11 | 1:19.22 | ODIV1APR | Chantelle Lonsdale, 13, WAC |
| 12 | 1:19.23 | CASCJUN | Elizabeth Hendrick, 13, NCS-BRSA |
| 13 | 1:19.26 | ODIV3APR | Julia Wilkinson, 13, SKY |
| 14 | 1:19.75 | HYACKMAY | Soo Yoon Lee, 14, HYACK |
| 15 | 1:19.87 | ODIV3APR | Heather McMaster, 14, MAC |
| 16 | 1:19.94 | POIMAY | Jasmine Kastner, 13, DDO |
| 17 | 1:20.37 | HYACKMAY | Thea Norton, 14, OSC |
| 18 | 1:20.73 | EOSAJUN | Tara Baxter, 13, NKB |
| 19 | 1:20.74 | ODIV1APR | Meaghan Nicholson, 14, NKB |
| 20 | 1:20.75 | PPOMAY | Sasha Tracy, 14, USC |
| 21 | 1:20.84 | ODIV3APR | Allison McCabe, 14, GGST |
| 22 | 1:21.03 | POIAPR | Mireille Tremblay, 13, CNCB |
| 23 | 1:21.03 | ESWIMJUN | Kristen Low, 13, MSSAC |
| 24 | 1:21.14 | KCSJUN | Kaela Richardson, 13, VKSC |
| 25 | 1:21.18 | ULJUN | Ulucun Cecile Dufour, 14, UL |

200 METRES BREASTSTROKE

Rec: 2:29.18 Courtenay Chuy, HYACK, 98

| | | | |
|----|---------|----------|----------------------------------|
| 1 | 2:38.59 | SCSCJUN | Michelle Mangle, 14, PDSA |
| 2 | 2:39.60 | HYACKMAY | Kelly Timmons, 14, OSC-UA |
| 3 | 2:39.63 | CANLCMAR | Kim Labbett, 14, OK-TO |
| 4 | 2:40.90 | CANLCMAR | Haylee Johnson, 14, PDSA |
| 5 | 2:45.49 | CDCAPR | Anne Schumuck, 13, PSW |
| 6 | 2:45.82 | ONSJUN | Whitney Rich, 13, ISS |
| 7 | 2:46.63 | CANLCMAR | Elizabeth Hendrick, 13, NCS-BRSA |
| 8 | 2:47.37 | ODIV3APR | Emily Gillespie, 13, PERTH |
| 9 | 2:48.23 | POIMAY | Jasmine Kastner, 13, DDO |
| 10 | 2:49.55 | CASCJUN | Thea Norton, 14, OSC |
| 11 | 2:49.61 | ODIV1APR | Chantelle Lonsdale, 13, WAC |
| 12 | 2:50.58 | ESWIMJUN | Amanda Williams, 14, NEW |
| 13 | 2:50.58 | CASCJUN | Carol Starratt, 14, CASC |
| 14 | 2:51.15 | HYACKMAY | Soo Yoon Lee, 14, HYACK |
| 15 | 2:51.23 | POCUPFEB | Caitlin Babb, 14, DDO |
| 16 | 2:51.74 | ODIV3APR | Julia Wilkinson, 13, SKY |
| 17 | 2:51.74 | KCSJUN | Kaela Richardson, 13, VKSC |
| 18 | 2:52.42 | LACMAY | Ashley Marion, 13, LAC |
| 19 | 2:52.64 | ESWIMJUN | Kristen Low, 13, MSSAC |
| 20 | 2:52.74 | ODIV1APR | Elizabeth Engs, 14, CAJ |
| 21 | 2:52.78 | POIAPR | Mireille Tremblay, 13, CNCB |
| 22 | 2:53.02 | UCSAJUN | Megan Bird, 14, UCSC |
| 23 | 2:53.10 | ESWIMJUN | Quynh Nguyen, 14, MSSAC |
| 24 | 2:53.95 | EOSAJUN | Katrina Obas, 13, NKB |
| 25 | 2:54.01 | ONSJUN | Sasha Tracy, 14, USC |

100 METRES BUTTERFLY

Rec: 1:02.87 Julie Howard, BRANT, 91

| | | | |
|---|---------|----------|-----------------------------|
| 1 | 1:04.89 | ONSJUN | Emily Gillespie, 14, PERTH |
| 2 | 1:05.65 | ONSJUN | Nadia Kumentas, 13, WD |
| 3 | 1:06.03 | ONSJUN | Brittney Scott, 14, ROW |
| 4 | 1:06.39 | ZAJACMAY | Avery Kremer, 14, OSC-UA |
| 5 | 1:06.41 | CANLCMAR | Blair Holmes, 14, COBRA |
| 6 | 1:06.47 | EKIAPR | Kelly Timmons, 14, OSC-UA |
| 7 | 1:06.72 | POCUPFEB | Julia Guay-Racine, 14, CAMO |

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Jody Jelen, 13

Club: Etobicoke Swimming
Coach: Tom Landridge
Specialty: Freestyle and IM
8th ranked for LCM01 TAG in the 200-800 free and 400 IM

| Best Times | LCM00 | LCM01 |
|----------------|----------|---------|
| 200 freestyle | 2:20.79 | 2:12.49 |
| 800 freestyle | 10:09.45 | 9:36.90 |
| 200 ind.medley | 2:37.84 | 2:32.04 |
| 400 ind.medley | 5:36.36 | 5:17.46 |



Mathieu Bois, 12

Club: Hippocame St-Hubert
Coach: Guy Dorion
Specialty: Free, breast, fly, and IM
1st ranked for LCM01 TAG in the 100-200 free, 100-200 breast, 100 fly, 200-400 IM

| Best Times | LCM00 | LCM01 |
|------------------|---------|---------|
| 100 freestyle | 1:06.69 | 58.60 |
| 200 freestyle | 2:12.52 | 2:11.48 |
| 200 breaststroke | 2:48.85 | 2:38.38 |
| 100 butterfly | 1:11.24 | 1:04.93 |
| 200 ind.medley | 2:34.98 | 2:25.50 |



Renaud Laliberte, 12

Club: Universite Laval Rouge & Or
Coach: Frederic Simard
Specialty: Freestyle and IM
2nd ranked for LCM01 TAG in the 1500 free, 3rd in the 200 free, 4th in the 400 IM

| Best Times | LCM00 | LCM01 |
|----------------|----------|----------|
| 200 freestyle | 2:21.61 | 2:14.73 |
| 400 freestyle | 4:51.52 | 4:47.91 |
| 1500 freestyle | 19:23.24 | 18:43.84 |
| 400 ind.medley | | 5:25.96 |



Renee Hober, 16

Club: Region of Waterloo Swim Club
Coach: Dawn Bulton
Specialty: Breaststroke
3rd ranked for LCM01 TAG in the 200 breaststroke, 5th in 100 breaststroke

| Best Times | LCM00 | LCM01 |
|------------------|---------|---------|
| 50 freestyle | | 28.07 |
| 100 breaststroke | 1:15.87 | 1:14.75 |
| 200 breaststroke | 2:44.90 | 2:39.83 |
| 200 ind.medley | | 2:29.32 |



Sabrina Taylor, 14

Club: Hyack Swim Club
Coach: Jason Meyer
Specialty: Freestyle

10th ranked for LCM01 TAG in the 100 freestyle

| Best Times | LCM00 | LCM01 |
|----------------|----------|---------|
| 50 freestyle | | 28.54 |
| 100 freestyle | 1:03.52 | 1:01.07 |
| 200 freestyle | | 2:14.22 |
| 400 freestyle | | 4:45.84 |
| 1500 freestyle | 10:11.34 | 9:54.04 |

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Marc Laliberte, 14

Club: Universite Laval Rouge & Or
Coach: Johanne Girardin
Specialty: Freestyle, breaststroke and IM
2nd ranked for LCM01 TAG in the 100 free, 6th 100 breast 1:13.31, 7th 200 IM

| Best Times | LCM00 | LCM01 |
|------------------|---------|---------|
| 100 freestyle | 58.84 | 57.05 |
| 200 freestyle | 2:07.21 | 2:04.89 |
| 100 breaststroke | | 1:13.31 |
| 200 ind.medley | 2:25.18 | 2:23.31 |

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