

NCAA CHAMPIONSHIPS

TOMORROW'S SWIMMER TODAY

SWIM NEWS

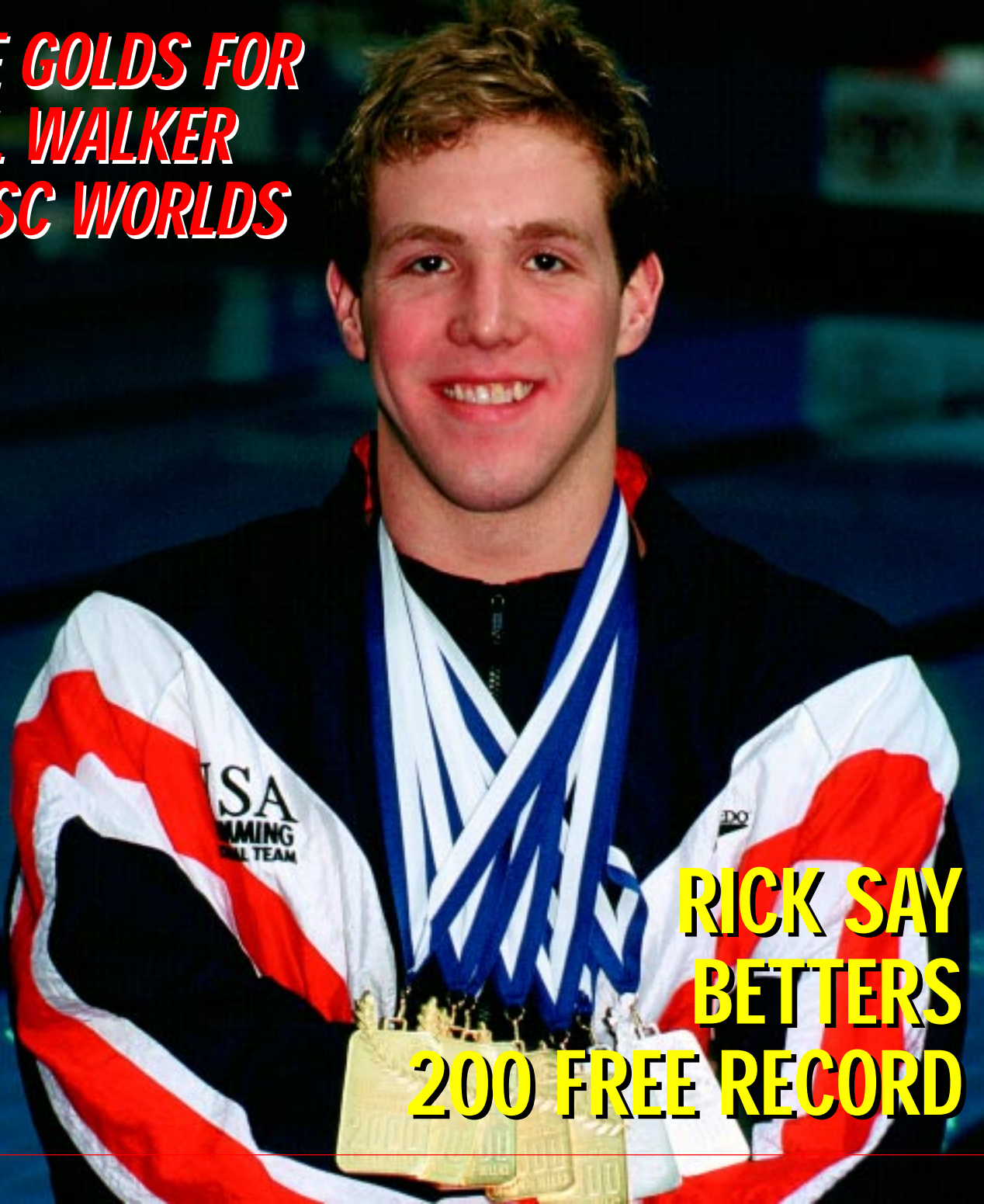
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***FIVE GOLDS FOR
NEIL WALKER
AT SC WORLDS***



**RICK SAY
BETTERS
200 FREE RECORD**

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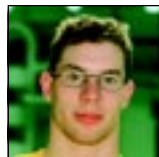
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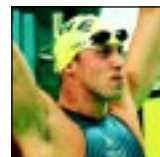
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Cover photo: Marco Chiesa



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Lars Frolander



Kristy Kowal



Tara Sloan

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TOP

Plan to take part in the
2000 TOP Program

HOW TO TAKE PART

Submit names of swimmers with
their performances
on TOP ENTRY FORM
available on swimnews.com
(club trials are recommended) in
one age category only, free and I.M.
to: **SWIMNEWS**

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Second deadline: April 28, 2000

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CANADIAN CALENDAR

April

14-16 Ontario Team Championships
Island Championships, Victoria

28-30 Edmonton Keyano International

May

13-14 Island Invitational, Victoria

26-28 New Brunswick Champs, Saint John

28-4 Maritime Life Olympic Trials,
Montreal

June

2-4 ROD Invitational, Regina

3-4 Durham Invitational, Pickering

16-18 Moose Jaw Invitational
Provincial Trials, Victoria

25-25 Jack McCormick Invitational,
Hamilton

Island Invitational, Victoria

29-2 Man/Sask Champs, Winnipeg

July

6-9 Ontario JR Provincials, Thunder Bay

7-9 Mel Zajac International, Vancouver

13-16 Youth/Junior Nationals/SWAD,
Etobicoke

20-23 BC Provincials, Victoria

30 Thetis Lake Open Water, Victoria

August

3-6 Maritime Life Nationals, Winnipeg

12 Canadian 10K Championships,
Victoria

October

13-15 POW Invitational, Woodstock, ON

November

10-12 Island Pacific Cup, Victoria

25-26 World Cup, Edmonton

2001

February

23-25 Youth & Junior Nationals

East - Saint John, NB

West - Saskatoon, SK

March

14-17 Spring Nationals (50 m), Edmonton

May

TBA Mel Zajac International, Vancouver

July

18-21 Youth & Junior Nationals, Winnipeg

August

7-10 Summer Nationals

INTERNATIONAL

April

10-14 Australian Age Group Champs, Perth

10-16 So. American Champs, Mar del Plata, ARG

May

6-7 Flanders Grand Prix, Brugges, BEL

12-14 Akropolis Meet, Athens, GRE

Antwerp Grand Prix, BEL

13-14 Swedish Grand Prix 2, Uppsala, SWE

19-21 Belgian GP, Charleroi, BEL

20-27 Australian Olympic Trials, Sydney

22-22 Mare Nostrum 1, Monte Carlo, MON

21-24 Oceania Champs, Christchurch, NZL

25-25 Mare Nostrum 2, Barcelona, ESP

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

26-29 Speedo Super Final, Sheffield, GBR

31-6 Brazil Trophy, Rio de Janeiro, BRA

June

4-7 Swedish EU Trials, Jonkoping, SWE

3-9 South Pacific Games, Guam, GUM

15-18 German Championships, Berlin, GER

16-18 Netherland Championships, NED

17-18 Golden Bear, Zagreb, CRO

17-18 Porto International, POR

21-24 Oceania Championships,
Christchurch, NZL

28-9 European Championships, Helsinki, FIN

July

7-9 Darmstadt International, GER

11-14 British Championships, Sheffield, GBR

15 Traversee Lac Lemans, SUI

20-23 Swedish Nationals, Landskrona, SWE

22-23 Vittel Cup Finals, Millau, FRA

27-30 European Junior Championships,
Dunquerque, FRA

28-31 British Olympic Trials, Sheffield, GBR

27-7 FINA World Masters, Munich, GER

August

3-6 National Champs, Vevey, SUI

4-6 National Champs, Belgium

6-9 Italian Championships, Asti, ITA

12-13 Balkan Games, Nicosia, CYP

17-23 Arab Tournament, Amman, JOR

September

16-23 Olympic Games, Sydney, AUS

October

7-8 Bremen SC International, GER

12-15 SC Champs, Melbourne, AUS

November

17-22 FINA World Open Water Champs,

Ft. Lauderdale, USA

December

14-17 European SC Championships,

Valencia, ESP

16-18 British Winter Champs, Sheffield, GBR

2001

July

17-29 FINA World Championships,

Fukuoka, JPN

August

22-1 FISU Universiade, Beijing, CHN

25-7 Mediterranean Games, Tunis, TUN

September

29-9 Goodwill Games, Brisbane, AUS

November

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

2002

April

TBA FINA World SC Champs, Moscow, RUS

July

26-36 Commonwealth Games, Manchester, UK

August

25-30 Pan Pacific Champs, Yokohama, JPN

2006

March

15-26 Commonwealth Games,

Melbourne, AUS

U.S. CALENDAR

April

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

May

26-28 Cadillac 1, Ann Arbor, MI

June

15-18 Cadillac 2, Charlotte, NC

22-25 Cadillac 3, Santa Clara, CA

July

13-16 Cadillac 4, Los Angeles, CA

14-16 Cadillac 5, Long Island, NY

August

1-5 Speedo Junior Championships

West, San Antonio, TX

Southeast, Gainesville, FL

Northeast, Oxford, OH

9-16 Olympic Trials, Indianapolis, IN

November

18-18 FINA World Cup 1, College Park, MD

30-2 US Open (25 M), Auburn, AL

2001

March

15-17 Women's NCAA, Long Island, NY

22-24 Men's NCAA, College Station, TX

27-3 World Champs Trials, Austin, TX

August

14-18 Summer Nationals

ABOUT THIS ISSUE

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

Nikki Dryden writes on the Canadian Speedo Spring Nationals, held early in March long course. Rick Say broke a 10-year-old Canadian 200 freestyle record with a fantastic effort. Most others were in heavy training and swam through the meet.

The fifth FINA Short Course World Championships followed in Athens and that's where 15 world records tumbled during the four days of competition. Neil Walker (USA) was the star of the meet with five golds and two silvers. His mastery of the underwater kick in backstroke obliterated the existing records. He also posted impressive times for the 100 free and 100 I.M. Lenny Krazyleburg, who re-wrote the backstroke records during the past year, injured his toe on the touch pad in Athens and scratched from the 100 and 200 backs. The point is that nothing is certain—expect the unexpected.

For the first time the NCAA Championships went metric. The women's meet coincided with Athens and the comparisons were interesting. Two world records fell. A week later the men's championships was even faster with seven world records. Ed Moses obliterated the breaststroke records from Athens.

Early March is traditionally the period for provincial championships, so amidst all the international excitement the Canadian program displayed its fastest times for the Winter season and extra time was needed to process all this information. TAG is pretty well up-to-date, with minor exceptions due to some missing events. We have requested same. Next issue will have the 50 top performances for 25 m pools.

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

SPEEDY SPRING NATIONALS

2000 SPEEDO SPRING NATIONALS

Elibicoke, Mar 8-11 (50 m pool)

MEN

50 METRES FREESTYLE

- 23.38 Yannick Lupien, 20, ULC
- 23.41 Craig Hutchinson, 24, PCSC
- 23.66 Kevin Johns, 20, PDSA
- 23.70 Matthew Rose, 18, TRENT
- 23.79 Sylvain Pelletier, 18, UL
- 23.90 Robbie Taylor, 18, COBRA-TO
- 23.93 Nicholas O'Hare, 27, IRL
- 24.13 Jason Middleton, 23, UNB

Semi-final

- 23.47 Yannick Lupien, 20, ULC
- 23.55 Craig Hutchinson, 24, PCSC
- 23.79 Sylvain Pelletier, 18, UL
- 23.90 Matthew Rose, 18, TRENT
- 23.92 Kevin Johns, 20, PDSA
- 24.05 Robbie Taylor, 18, COBRA-TO
- 24.05 Nicholas O'Hare, 27, IRL
- 24.05 Jason Middleton, 23, UNB
- 24.09 Miki Martinovic, 19, UCSC
- 24.11 Ryan Laurin, 24, IS
- 24.13 Mark Shivers, 19, ROW
- 24.16 Etienne Caron, 25, UCSC
- 24.18 Jean-P. Gowdy, 22, UCSC
- 24.24 Dominic Besner, 25, PPO
- 24.43 Yannick Demers, 21, CAMO

100 METRES FREESTYLE

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

Semi-final

- 51.02 Yannick Lupien, 20, ULC
- 51.13 Craig Hutchinson, 24, PCSC
- 51.68 Rick Say, 20, IS
- 51.68 Garret Pulle, 22, UCSC
- 51.75 Kevin Johns, 20, PDSA
- 51.89 Michael Mintenko, 24, PDSA
- 51.96 Brian Johns, 17, RAPID
- 52.06 Robbie Taylor, 18, COBRA-TO
- 52.08 Josh Ballem, 22, UCSC
- 52.30 Kyle Smerdon, 20, TO
- 52.31 Mark Johnston, 20, PDSA
- 52.42 Jake Steele, 20, PDSA
- 52.44 Jean-P. Gowdy, 22, UCSC
- 52.62 Ryan Laurin, 24, IS
- 52.73 Justin Tisdall, 18, PDSA
- 52.90 Nicholas O'Hare, 27, IRL

200 METRES FREESTYLE

- 1:48.86 Rick Say, 20, IS
- 1:50.74 Brian Johns, 17, RAPID
- 1:51.97 Mark Johnston, 20, PDSA
- 1:54.69 Ryan Keesey, 20, IS
- 1:54.70 Scott Flood, 22, UCSC
- 1:55.05 Tim Johnson, 18, WAC
- 1:55.24 Etienne Caron, 25, UCSC
- 1:55.68 Craig Hutchinson, 24, PCSC

B Final

- 1:54.79 Justin Tisdall, 18, PDSA
- 1:55.13 Ian Young, 22, BROCK
- 1:55.16 Brian Edey, 20, EKSC-SE
- 1:55.17 Andrew Coupland, 16, GO
- 1:55.22 Sebastian Paddington, 24, CAMO
- 1:55.34 Frederic Savo, 20, CAMO
- 1:55.74 Chris Hilberd, 21, UCSC
- 1:57.35 Kyle Smerdon, 20, TO

400 METRES FREESTYLE

- 3:51.63 Rick Say, 20, IS
- 3:57.58 Andrew Hurd, 17, MSSAC-TO
- 3:57.73 Brian Johns, 17, RAPID
- 3:59.07 Mark Johnston, 20, PDSA
- 4:01.00 Douglas Browne, 21, ROW
- 4:01.33 Ryan Keesey, 20, IS
- 4:04.57 Sylvain Lemieux, 19, PPO
- 4:05.85 Chuck Sayao, 17, MSSAC-TO

B Final

- 4:04.64 Joe Melton, 20, UCSC
- 4:05.00 Tim Peterson, 21, PDSA

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

1500 METRES FREESTYLE

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

50 METRES BACKSTROKE

- 26.49 Mark Versfeld, 23, PDSA
- 26.59 Chris Renaud, 23, UCSC
- 26.71 Alexandre Pichette, 23, CAMO
- 26.73 Sean Sepulis, 22, ROW
- 26.76 Chris Sawbridge, 19, NRST
- 26.87 Bob Hayes, 23, TO
- 27.48 Dustin Hersee, 24, UBC
- 27.61 Sandy Henderson, 20, OAK-TO

Semi-final

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

100 METRES BACKSTROKE

- 57.08 Mark Versfeld, 23, PDSA
- 57.41 Chris Renaud, 23, UCSC
- 57.57 Sean Sepulis, 22, ROW
- 57.62 Chris Sawbridge, 19, NRST
- 58.06 Dustin Hersee, 24, PDSA
- 58.36 Stephen Preston, 18, UL
- 58.50 Kelly Albrecht, 19, MANTA
- 59.29 Greg Hamm, 23, PDSA

Semi final

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

200 METRES BACKSTROKE

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

B Final

- 2:05.05 Chuck Sayao, 17, MSSAC-TO
- 2:06.47 Jonathan Schjott, 18, GO
- 2:06.64 Francois Castonguay, 17, PPO
- 2:07.15 Jonathan Fowler, 22, UCSC
- 2:07.67 Gordon McKay, 19, EKSC-SE
- 2:07.73 Michael Power, 19, UCSC
- 2:10.37 Stephen Preston, 18, UL
- 2:12.23 Adam Peacey, 23, UCSC

50 METRES BREASTSTROKE

- 29.15 Morgan Knabe, 18, UCSC
- 29.34 Trevor Brekke, 22, UCSC
- 29.55 Brad Mori, 22, UOFL
- 29.57 Chad Thomsen, 17, EKSC-SE
- 29.63 Jason Hunter, 20, NRST
- 29.67 Michel Boulianne, 21, CAMO
- 29.69 Jason Middleton, 23, UNB
- 29.76 Travis Leyenhorst, 21, PDSA

Semi-final

- 28.90 Morgan Knabe, 18, UCSC
- 29.33 Trevor Brekke, 22, UCSC
- 29.50 Jason Hunter, 20, NRST
- 29.55 Chad Thomsen, 17, EKSC-SE
- 29.65 Jason Middleton, 23, UNB
- 29.74 Brad Mori, 22, UOFL
- 29.80 Travis Leyenhorst, 21, PDSA
- 29.81 Michel Boulianne, 21, CAMO
- 29.87 Chris Stewart, 22, EAST
- 29.92 John Stahmuis, 21, IS
- 30.01 Guillaume Fillion, 20, CNCB
- 30.06 Matthew Huang, 15, PDSA
- 30.18 Roger Boucher, 19, PASS
- 30.32 Bryson Tan, 21, UNATT
- 30.51 Greg Steinberg, 22, ROW
- 32.45 Nicolas Jorgensen, 19, PCSC

100 METRES BREASTSTROKE

- 1:03.72 Morgan Knabe, 18, UCSC
- 1:04.00 John Stahmuis, 21, IS
- 1:04.27 Chad Thomsen, 17, EKSC-SE
- 1:04.28 Jason Hunter, 20, NRST
- 1:04.58 Michel Boulianne, 21, CAMO
- 1:05.00 Matthew Huang, 15, PDSA
- 1:05.14 Brad Mori, 22, UOFL
- 1:05.47 Trevor Brekke, 22, UCSC

Semi-final

- 1:03.73 Morgan Knabe, 18, UCSC
- 1:03.85 Jason Hunter, 20, NRST
- 1:03.88 John Stahmuis, 21, IS
- 1:04.19 Michel Boulianne, 21, CAMO
- 1:04.26 Chad Thomsen, 17, EKSC-SE
- 1:04.79 Matthew Huang, 15, PDSA
- 1:05.32 Brad Mori, 22, UOFL
- 1:05.58 Trevor Brekke, 22, UCSC
- 1:05.64 Chris Stewart, 22, EAST
- 1:06.13 David Montpetit, 17, PPO
- 1:06.18 Joe Melton, 20, UCSC
- 1:06.36 Travis Leyenhorst, 21, PDSA
- 1:06.38 John Bartlet, 18, NEW
- 1:06.69 Bryson Tan, 21, UNATT
- 1:06.84 David Schulze, 20, UNATT
- 1:06.85 Greg Steinberg, 22, ROW

200 METRES BREASTSTROKE

- 2:17.53 John Stahmuis, 21, IS
- 2:18.08 Morgan Knabe, 18, UCSC
- 2:18.71 Adam Taschereau, 18, SHER
- 2:18.74 Michel Boulianne, 21, CAMO
- 2:19.29 Jason Hunter, 20, NRST
- 2:21.10 Keith Beavers, 17, STARS
- 2:22.26 Chad Thomsen, 17, EKSC-SE
- 2:27.02 Adam Peacey, 23, UCSC

B Final

- 2:22.47 John Bartlet, 18, NEW
- 2:22.83 Matthew Huang, 15, PDSA
- 2:25.25 Michael Brown, 15, PERTH
- 2:25.41 David Schulze, 20, UNATT
- 2:25.90 Nicolas Jorgensen, 19, PCSC
- 2:26.71 Chris Elliott, 22, UNATT
- 2:26.85 Chris Nelson, 20, OSC-SE
- 2:27.67 Cameron Charlton, 18, TAT

50 METRES BUTTERFLY

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

Semi-final

- 24.86 Michael Mintenko, 24, PDSA
- 24.91 Takashi Yamamoto, 21, ROW
- 25.01 Garret Pulle, 22, UCSC
- 25.03 Gavin Carscallen, 21, UNATT

- 25.17 Collin Sood, 26, UCSC
- 25.23 Adam Sioui, 17, TD
- 25.39 Ryan Kelly, 23, PDSA
- 25.40 Shamek Pietucha, 23, UCSC
- 25.42 Iain Tennent, 26, UNB
- 25.46 Josh Ballem, 22, UCSC
- 25.53 Charles-E. Goyette, 19, SAMAK
- 25.61 Sylvain Pelletier, 18, UL
- 25.68 Alexandre Pichette, 23, CAMO
- 25.73 Doug Wake, 23, PDSA
- 25.82 Miki Martinovic, 19, UCSC
- 25.84 Yannick Demers, 21, CAMO

100 METRES BUTTERFLY

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

Semi-final

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

200 METRES BUTTERFLY

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

B final

- 2:06.28 Jan Pelechtyik, 19, EKSC-SE
- 2:06.30 Jesse Jacks, 17, IS
- 2:06.90 Andrew Dragunas, 18, PCSC
- 2:06.95 David Rose, 18, ROW
- 2:07.14 Brent O'Connor, 16, PDSA
- 2:07.67 Jonathan Schjott, 18, GO
- 2:07.67 Serge Blais, 24, CAMO
- 2:09.20 Niels Versfeld, 18, UCSC

200 METRES IND. MEDLEY

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

B Final

- 2:05.89 George Bovell, 16, PPO
- 2:09.00 Scott Flood, 22, UCSC
- 2:09.65 Tobias Oriwol, 14, ESWIM
- 2:09.78 Shawn Van Hooft, 22, PDSA
- 2:10.46 Garth Coxford, 19, UCSC
- 2:11.30 Matthew Wilson, 22, IS
- 2:12.42 Francois Castonguay, 17, PPO

400 METRES IND. MEDLEY

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

B Final

- 4:32.29 George Bovell, 16, PPO
- 4:32.36 Shawn Van Hooft, 22, PDSA
- 4:34.32 Garth Coxford, 19, UCSC
- 4:34.50 Owen MacGregor, 21, TO
- 4:37.16 David MacDonald, 19, IS

- 4:39.60 Sebastien Poulin, 20, CAMO
- 4:42.54 Steven Medaglia, 15, GO
- disq Alex Boulanger, 18, CAMO

4X100 MEDLEY RELAY

- 3:44.88 Calgary Swimming B, UCSC
- 3:46.73 Pacific Dolphins, PDSA
- 3:48.43 Region of Waterloo, ROW
- 3:51.20 Calgary Swimming, UCSC
- 3:52.30 Island Swimming, IS
- 3:53.13 Calgary Swimming C, UCSC
- 3:54.03 Pacific Dolphins B, PDSA
- 3:56.29 Pacific Dolphins C, PDSA

4X100 FREE RELAY

- 3:25.19 Pacific Dolphins, PDSA
- 3:27.88 Calgary Swimming B, UCSC
- 3:28.23 Univ. Laval Rouge & Or, UL
- 3:28.75 Pisc. Olym Montreal, PPO
- 3:29.52 Island Swimming, IS
- 3:30.31 Toronto All Stars, TO
- 3:32.49 Calgary Swimming, UCSC
- 3:33.31 Montreal Aquatique, CAMO

4X200 FREE RELAY

- 7:31.53 Pacific Dolphins, PDSA
- 7:38.76 Calgary Swimming, UCSC
- 7:38.78 Island Swimming, IS
- 7:45.02 Montreal Aquatique, CAMO
- 7:45.47 Toronto All Stars, TO
- 7:45.68 Calgary Swimming B, UCSC
- 7:47.37 Pisc. Olym Montreal, PPO
- 7:47.44 Univ. Laval Rouge & Or, UL

WOMEN

50 METRES FREESTYLE

- 26.21 Laura Nicholls, 21, ROW
- 26.48 Chrissy MacAulay, 17, ESWIM
- 26.60 Jenna Gresdal, 15, ESWIM
- 26.74 Jessie Bradshaw, 15, UCSC
- 26.87 Anna Lydall, 20, OAK-TO
- 26.90 Julie Tardif, 22, CAMO
- 27.08 Carol Chiang, 24, CAMO
- 27.33 Kelly Stefanyshyn, 17, PDSA

Semi-final

- 26.36 Laura Nicholls, 21, ROW
- 26.72 Chrissy MacAulay, 17, ESWIM
- 26.86 Jenna Gresdal, 15, ESWIM
- 26.90 Julie Tardif, 22, CAMO
- 26.95 Carol Chiang, 24, CAMO
- 26.96 Anna Lydall, 20, OAK-TO
- 27.01 Jessie Bradshaw, 15, UCSC
- 27.05 Kelly Stefanyshyn, 17, PDSA
- 27.10 Natalie Kieglmann, 17, BTSC
- 27.15 Allison Zwarich, 19, UCSC
- 27.17 Tara Taylor, 17, HYACK
- 27.28 Kate Pihley, 14, OAK
- 27.34 Alexandra Lys, 15, UCSC
- 27.49 Genevieve Gregoire, 18, PCSC
- 27.77 Amelie Theroux-Lemay, 19, CAMO
- 27.86 Kate Brambley, 21, PDSA

100 METRES FREESTYLE

- 55.84 Suzu Chiba, 24, ROW
- 56.05 Laura Nicholls, 21, ROW
- 57.21 Marianne Limpert, 27, PDSA
- 57.46 Jessica Deglau, 19, PDSA
- 57.47 Tara Taylor, 17, HYACK
- 57.58 Claudia Poll, 27, CRC
- 57.71 Jenna Gresdal, 15, ESWIM
- 58.28 Carol Chiang, 24, CAMO

Semi final

- 55.92 Suzu Chiba, 24, ROW
- 57.05 Laura Nicholls, 21, ROW
- 57.06 Claudia Poll, 27, CRC
- 57.10 Marianne Limpert, 27, PDSA
- 57.35 Tara Taylor, 17, HYACK
- 57.37 Jessica Deglau, 19, PDSA
- 57.72 Jenna Gresdal, 15, ESWIM
- 57.80 Carol Chiang, 24, CAMO
- 57.85 Jessie Bradshaw, 15, UCSC
- 57.99 Alexandra Lys, 15, UCSC
- 58.38 Jennifer Button, 22, ROW
- 58.38 Marilyn Chiang, 22, ESWIM
- 58.74 Melania Bussiere, 27, CNB
- 59.08 Karley Stutzel, 17, IS
- 59.13 Tara Brock, 23, PCSC
- 59.23 Chrissy MacAulay, 17, ESWIM

200 METRES FREESTYLE

- 2:00.80 Suzu Chiba, 24, ROW
- 2:01.94 Claudia Poll, 27, CRC
- 2:02.80 Jessica Deglau, 19, PDSA

RECORD SETTERS

CANADIAN SENIOR (50 M)

Men's 200 freestyle: 1:48.86 Rick Say, IS, Etobicoke, Mar 8
 Betterers old record of 1:49.71 Turlough O'Hare, PDSA, 1991.

Men's 50 butterfly: 24.40 Michael Mintenko, PDSA, Etobicoke, Mar 11.
 Betterers old record of 24.65 Stephen Clarke, COBRA, 1996.

NATIONAL AGE GROUP (50 M)

Boys 13-14 100 backstroke: 58.92 Tobias Oriwol, ESWIM, Etobicoke, Mar 10 (swim-off for 17th place). Betterers old record of 59.95 David Whang, ESWIM, 1998.

Boys 13-14 200 backstroke: 2:05.62 Tobias Oriwol, ESWIM, Etobicoke, Mar 9. Betterers old record of 2:09.08 Tobias Oriwol, ESWIM, 1999.

Boys 13-14 200 ind. medley: 2:09.65 Tobias Oriwol, ESWIM, Etobicoke, Mar 11. Betterers old record of 2:10.82 Philip Weiss, SKSC, 1994.

- 2) 1:01.80 Audrey Lacroix, 16, CAMO
- 3) 1:02.22 Michaela Schmidt, 16, CASC
- 4) 1:02.33 Jessica Deglau, 19, PDSA
- 5) 1:02.39 Shona Kitson, 22, OSC-SE
- 6) 1:02.42 Andrea Schwartz, 22, UCSC
- 7) 1:03.22 Karine Chevrier, 22, CAMO
- 8) 1:04.02 Nancy Gajos, 15, ESWIM
- 9) 1:04.06 Sara Alroubaie, 18, MANTA
- 10) 1:04.18 Elizabeth Collins, 17, ROD
- 11) 1:04.38 Kelly Stefanyshyn, 17, PDSA
- 12) 1:04.47 Cynthia Pearce, 16, MSSAC-TO
- 13) 1:04.49 Julie Unrau, 17, PDSA
- 14) 1:04.76 Melissa Laflamme, 17, UL
- 15) 1:04.93 Sophie Emond, 21, STARS

200 METRES BUTTERFLY

- 1) 2:11.95 Jennifer Button, 22, ROW
- 2) 2:12.34 Jessica Deglau, 19, PDSA
- 3) 2:14.35 Andrea Schwartz, 22, UCSC
- 4) 2:15.48 Audrey Lacroix, 16, CAMO
- 5) 2:17.10 Michaela Schmidt, 16, CASC
- 6) 2:17.18 Julie Gravelle, 20, TO
- 7) 2:19.19 Tanya Hunks, 19, BRANT
- 8) 2:19.68 Kellie Rolston, 19, IS

B final

- 1) 2:18.71 Kristy MacLennan, 17, ESWIM
- 2) 2:18.91 Sara Alroubaie, 18, MANTA
- 3) 2:19.92 Shona Kitson, 22, OSC-SE
- 4) 2:20.14 Sophie Emond, 21, STARS
- 5) 2:20.30 Julie Unrau, 17, PDSA
- 6) 2:20.65 Karine Chevrier, 22, CAMO
- 7) 2:21.03 Melissa Laflamme, 17, UL
- 8) 2:22.10 Nancy Gajos, 15, ESWIM

200 METRES IND. MEDLEY

- 1) 2:17.37 Joanne Malar, 24, UCSC
- 2) 2:17.71 Marianne Limpert, 27, PDSA
- 3) 2:19.06 Elizabeth Warden, 22, TO
- 4) 2:19.09 Carrie Burgoyne, 18, UCSC
- 5) 2:20.06 Kelly Doody, 20, PDSA
- 6) 2:21.52 Kristy Cameron, 18, GMAC
- 7) 2:22.64 Marieve De Blois, 16, PPO
- 8) 2:23.75 Kristen Bradley, 16, NEW

B final

- 1) 2:21.58 Andree-Ann Leroy, 18, NRST

- 2) 2:23.01 Michelle Landry, 15, PDSA
- 3) 2:23.76 Jenna Gresdal, 15, ESWIM
- 4) 2:24.23 Michelle Poirier, 17, RDSCS
- 5) 2:25.26 Tara Schulz, 20, PCSC
- 6) 2:25.35 Melissa Laflamme, 17, UL
- 7) 2:26.04 Denia Durand, 19, BROCK
- 8) 2:29.27 Shauna McNally, 18, EKSC-SE

400 METRES IND. MEDLEY

- 1) 4:45.90 Joanne Malar, 24, UCSC
- 2) 4:48.62 Carrie Burgoyne, 18, UCSC
- 3) 4:51.88 Elizabeth Warden, 22, TO
- 4) 4:54.36 Kelly Doody, 20, PDSA
- 5) 4:57.10 Kristen Bradley, 16, NEW
- 6) 4:57.60 Lauren Costella, 15, USA
- 7) 5:03.99 Lauren van Oosten, 21, UCSC
- 8) 5:09.99 Tanya Hunks, 19, BRANT

B final

- 1) 4:59.34 Lindsay Beavers, 18, STARS
- 2) 5:00.85 Kristy Cameron, 18, GMAC
- 3) 5:02.18 Allison Laidlow, 15, PDSA
- 4) 5:02.66 Michelle Landry, 15, PDSA
- 5) 5:02.66 Andree-Ann Leroy, 18, NRST
- 6) 5:04.28 Denia Durand, 19, BROCK
- 7) 5:06.98 Chaneil Charon-W., 15, CAG
- 8) 5:14.12 Kathy Sluda, 14, ROW

4X100 MEDLEY RELAY

- 1) 4:17.25 Calgary Swimming, UCSC
- 2) 4:20.06 Pacific Dolphins, PDSA
- 3) 4:20.23 Manta Swim Club, MANTA
- 4) 4:21.30 Etobicoke Swimming, ESWIM
- 5) 4:23.50 Montreal Aquatique, CAMO
- 6) 4:25.58 Island Swimming, IS
- 7) 4:25.78 Pacific Dolphins B, PDSA
- 8) 4:28.72 Toronto All Stars, TO

4X100 FREE RELAY

- 1) 3:46.84 Region of Waterloo, ROW
- 2) 3:50.35 Pacific Dolphins, PDSA
- 3) 3:52.94 Calgary Swimming, UCSC
- 4) 3:53.65 Etobicoke Swimming, ESWIM
- 5) 3:56.70 Pacific Dolphins B, PDSA
- 6) 3:57.24 Montreal Aquatique, CAMO
- 7) 4:00.53 Region of Waterloo B, ROW
- 8) 4:01.95 Calgary Swimming B, UCSC

4X200 FREE RELAY

- 1) 8:14.27 Pacific Dolphins, PDSA
- 2) 8:14.58 Region of Waterloo, ROW
- 3) 8:21.80 Calgary Swimming, UCSC
- 4) 8:25.50 Pacific Dolphins B, PDSA
- 5) 8:28.87 Island Swimming, IS
- 6) 8:36.33 Montreal Aquatique, CAMO
- 7) 8:36.65 Toronto All Stars, TO
- 8) 8:38.65 Univ. Laval Rouge & Or, UL

COMBINED TEAM SCORES

- 1) 1468.0 University of Calgary SC, UCSC
- 2) 1218.5 Pacific Dolphins SA, PDSA
- 3) 801.5 Region of Waterloo, ROW
- 4) 584.5 Island Swimming, IS
- 5) 434.0 Toronto All Stars, TO
- 6) 360.5 Aquatique de Montreal, CAMO
- 7) 252.5 Etobicoke Swimming, ESWIM
- 8) 228.0 Universite Laval, UL
- 9) 218.0 Manta Swim Club, MANTA
- 10) 194.0 Swim Edmonton, SE

- 4) 2:03.69 Laura Nicholls, 21, ROW
- 5) 2:04.54 Carla Geurts, 28, UNB
- 6) 2:05.67 Karley Stutzel, 17, IS
- 7) 2:05.69 Jaime Theriault, 18, GO
- 8) 2:06.32 Jennifer Button, 22, ROW

B final

- 1) 2:04.97 Alexandra Lys, 15, UCSC
- 2) 2:05.04 Tara Taylor, 17, HYACK
- 3) 2:05.94 Kate Brambley, 21, PDSA
- 4) 2:05.95 Tamee Ebert, 16, PDSA
- 5) 2:05.97 Danielle Bell, 16, IS
- 6) 2:07.69 Jessie Bradshaw, 16, UCSC
- 7) 2:07.69 Tiffany Jones, 19, IS
- 8) 2:08.12 Deanna Stefanyshyn, 15, PDSA

400 METRES FREESTYLE

- 1) 4:14.23 Claudia Poll, 27, CRC
- 2) 4:15.55 Carrie Burgoyne, 18, UCSC
- 3) 4:17.35 Joanne Malar, 24, UCSC
- 4) 4:17.81 Danielle Bell, 16, IS
- 5) 4:19.99 Julie Gravelle, 20, TO
- 6) 4:20.22 Carla Geurts, 28, UNB
- 7) 4:23.00 Jessica Deglau, 19, PDSA
- 8) 4:23.33 Laura Nicholls, 21, ROW

B final

- 1) 4:20.36 Lindsay Beavers, 18, STARS
- 2) 4:20.74 Karine Legault, 21, PPO
- 3) 4:22.89 Tara Taylor, 17, HYACK
- 4) 4:23.12 Tamee Ebert, 16, PDSA
- 5) 4:23.39 Karley Stutzel, 17, IS
- 6) 4:24.05 Kate Brambley, 21, PDSA
- 7) 4:25.45 Lauren Costella, 15, USA
- 8) 4:27.86 Tanya Hunks, 19, BRANT

800 METRES FREESTYLE

- 1) 8:43.60 Danielle Bell, 16, IS
- 2) 8:43.95 Lindsay Beavers, 18, STARS
- 3) 8:52.36 Tamee Ebert, 16, PDSA
- 4) 8:54.93 Lauren Costella, 15, USA
- 5) 8:57.51 Carrie Burgoyne, 18, UCSC
- 6) 8:57.64 Karine Legault, 21, PPO
- 7) 9:00.25 Julie Gravelle, 20, TO
- 8) 9:01.78 Tara Taylor, 17, HYACK

50 METRES BACKSTROKE

- 1) 29.92 Erin Gammel, 19, KCS
- 2) 30.04 Jennifer Carroll, 18, CAMO
- 3) 30.08 Michelle Lischinsky, 24, MANTA
- 4) 30.47 Andrea Finlay, 20, ESWIM
- 5) 30.48 Kelly Stefanyshyn, 17, PDSA
- 6) 30.69 Kristen Schneider, 18, ROD
- 7) 30.76 Elizabeth Wycliffe, 16, EBSC
- 8) 30.90 Nikki Dryden, 24, UCSC

Semi-final

- 1) 30.14 Erin Gammel, 19, KCS
- 2) 30.14 Michelle Lischinsky, 24, MANTA
- 3) 30.17 Jennifer Carroll, 18, CAMO
- 4) 30.40 Kelly Stefanyshyn, 17, PDSA
- 5) 30.70 Andrea Finlay, 20, ESWIM
- 6) 30.73 Elizabeth Wycliffe, 16, EBSC
- 7) 30.78 Kristen Schneider, 18, ROD
- 8) 30.95 Nikki Dryden, 24, UCSC
- 9) 31.06 Michelle Cruz, 19, ROW
- 10) 31.08 Julia Wright, 18, UCSC
- 11) 31.17 Sasha Taylor, 17, PERTH
- 12) 31.18 Melanie Frigon, 17, BBF
- 13) 31.28 Amy Jacina, 15, GMAC
- 14) 31.52 Jennifer Cooper, 17, LAC
- 15) 31.57 Genevieve Gregoire, 18, PCSC
- 16) 31.58 Jane Mikoulchik, 20, UCSC

100 METRES BACKSTROKE

- 1) 1:02.86 Erin Gammel, 19, KCS
- 2) 1:03.21 Kelly Stefanyshyn, 17, PDSA
- 3) 1:03.57 Michelle Lischinsky, 24, MANTA
- 4) 1:03.92 Jennifer Fratesi, 15, ROW
- 5) 1:04.10 Julie Howard, 23, BRANT
- 6) 1:04.69 Elizabeth Wycliffe, 16, EBSC
- 7) 1:05.24 Andree-Ann Leroy, 18, NRST
- 8) 1:05.25 Kristen Schneider, 18, ROD

Semi-final

- 1) 1:03.81 Erin Gammel, 19, KCS
- 2) 1:03.82 Michelle Lischinsky, 24, MANTA
- 3) 1:03.86 Kelly Stefanyshyn, 17, PDSA
- 4) 1:03.91 Jennifer Fratesi, 15, ROW
- 5) 1:04.14 Julie Howard, 23, BRANT
- 6) 1:04.74 Elizabeth Wycliffe, 16, EBSC
- 7) 1:05.08 Andree-Ann Leroy, 18, NRST
- 8) 1:05.08 Kristen Schneider, 18, ROD
- 9) 1:05.35 Nikki Dryden, 24, UCSC
- 10) 1:05.45 Julia Wright, 18, UCSC
- 11) 1:05.49 Jennifer Carroll, 18, CAMO

- 12) 1:05.97 Andrea Finlay, 19, ESWIM
- 13) 1:06.09 Melanie Frigon, 17, BBF
- 14) 1:06.21 Michelle Cruz, 19, ROW
- 15) 1:06.24 Genevieve Gregoire, 18, PCSC
- 16) 1:07.02 Dominique Kennedy, 18, ROW

200 METRES BACKSTROKE

- 1) 2:15.69 Jennifer Fratesi, 15, ROW
- 2) 2:15.80 Kelly Stefanyshyn, 17, PDSA
- 3) 2:17.67 Michelle Lischinsky, 24, MANTA
- 4) 2:17.95 Elizabeth Warden, 22, TO
- 5) 2:18.86 Nikki Dryden, 24, UCSC
- 6) 2:19.33 Joanne Malar, 24, UCSC
- 7) 2:20.49 Melanie Frigon, 17, BBF
- 8) 2:21.56 Julia Wright, 18, UCSC

B final

- 1) 2:19.38 Elizabeth Wycliffe, 16, EBSC
- 2) 2:21.68 Erin Gammel, 19, KCS
- 3) 2:21.84 Dominique Kennedy, 18, ROW
- 4) 2:23.38 Lynette Bayliss, 14, UCSC
- 5) 2:23.63 Melanie Bussiere, 27, CNB
- 6) 2:24.20 Sasha Taylor, 17, PERTH
- 7) 2:24.46 Andrea Szezechuk, 16, ESWIM
- 8) 2:24.89 Shauna McNally, 18, EKSC-SE

50 METRES BREASTSTROKE

- 1) 32.89 Rhiannon Leier, 22, MANTA
- 2) 33.24 Lisa Blackburn, 28, NKB
- 3) 33.31 Lauren van Oosten, 21, UCSC
- 4) 33.40 Tamara Wagner, 14, TORCH
- 5) 33.56 Christin Petelski, 22, IS
- 6) 33.79 Courtenay Chuy, 14, HYACK
- 7) 34.09 Trisha Lakatos, 17, PCSC
- 8) 34.32 Christy Anderson, 17, STARS

Semi-final

- 1) 33.26 Lisa Blackburn, 28, NKB
- 2) 33.46 Rhiannon Leier, 22, MANTA
- 3) 33.66 Christin Petelski, 22, IS
- 4) 33.67 Lauren van Oosten, 21, UCSC
- 5) 33.68 Tamara Wagner, 14, TORCH
- 6) 33.97 Courtenay Chuy, 14, HYACK
- 7) 33.98 Trisha Lakatos, 17, PCSC
- 8) 34.37 Christy Anderson, 17, STARS
- 9) 34.45 Julie Tardif, 22, CAMO
- 10) 34.62 Joanna Lee, 15, MSSAC-TO
- 11) 34.64 Josee Dubois, 22, IS
- 12) 34.66 Marcy Edgecumbe, 16, EKSC
- 13) 34.81 Michelle Laprade, 18, CAG
- 14) 34.85 Jessica Sloan, 17, UCSC
- 15) 34.86 Marie-C. Guilbert, 17, BBF
- 16) 35.04 Ariane Kich, 16, GMAC

100 METRES BREASTSTROKE

- 1) 1:11.48 Christin Petelski, 22, IS
- 2) 1:11.57 Lauren van Oosten, 21, UCSC
- 3) 1:11.65 Rhiannon Leier, 22, MANTA
- 4) 1:11.91 Lisa Blackburn, 28, NKB
- 5) 1:13.23 Courtenay Chuy, 14, HYACK
- 6) 1:13.45 Annamay Piers, 16, EKSC-SE
- 7) 1:13.70 Christy Anderson, 17, STARS
- 8) 1:14.72 Tamara Wagner, 14, TORCH

Semi-final

- 1) 1:11.32 Rhiannon Leier, 22, MANTA
- 2) 1:11.95 Christin Petelski, 22, IS
- 3) 1:12.18 Courtenay Chuy, 14, HYACK
- 4) 1:12.24 Lisa Blackburn, 28, NKB
- 5) 1:13.10 Lauren van Oosten, 21, UCSC
- 6) 1:13.85 Annamay Piers, 16, EKSC-SE

- 7) 1:13.93 Christy Anderson, 17, STARS
- 8) 1:14.00 Tamara Wagner, 14, TORCH
- 9) 1:14.38 Marcy Edgecumbe, 16, EKSC
- 10) 1:14.56 Josee Dubois, 22, IS
- 11) 1:14.69 Trisha Lakatos, 17, PCSC
- 12) 1:14.74 Elizabeth Warden, 22, TO
- 13) 1:14.80 Marieve De Blois, 16, PPO
- 14) 1:15.38 Emma Spooner, 17, NCSA
- 15) 1:15.90 Victoria Arrandale, 20, IS
- 16) 1:15.94 Michelle Poirier, 17, RDSCS

200 METRES BREASTSTROKE

- 1) 2:31.14 Courtenay Chuy, 14, HYACK
- 2) 2:32.90 Christin Petelski, 22, IS
- 3) 2:35.00 Lauren van Oosten, 21, UCSC
- 4) 2:36.02 Rhiannon Leier, 22, MANTA
- 5) 2:36.61 Joanne Malar, 24, UCSC
- 6) 2:37.00 Elizabeth Warden, 22, TO
- 7) 2:37.07 Josee Dubois, 22, IS
- 8) 2:37.79 Lisa Blackburn, 28, NKB

B final

- 1) 2:36.61 Annamay Piers, 16, EKSC-SE
- 2) 2:38.94 Kristy Cameron, 18, GMAC
- 3) 2:39.06 Marieve De Blois, 16, PPO
- 4) 2:39.82 Christy Anderson, 17, STARS
- 5) 2:41.36 Kristin Keery, 22, UNATT
- 6) 2:41.58 Trisha Lakatos, 17, PCSC
- 7) 2:42.93 Kelly Doody, 20, PDSA
- 8) 2:44.12 Joanna Lee, 15, MSSAC-TO

50 METRES BUTTERFLY

- 1) 27.93 Shona Kitson, 22, OSC-SE
- 2) 28.26 Marylyn Chiang, 22, ESWIM
- 3) 28.47 Michaela Schmidt, 16, CASC
- 4) 28.48 Karine Chevrier, 22, CAMO
- 5) 28.49 Jennifer Button, 22, ROW
- 6) 28.76 Andrea Schwartz, 22, UCSC
- 7) 28.91 Elizabeth Collins, 17, ROD
- 8) 28.96 Jessica Deglau, 19, PDSA

Semi-final

- 1) 28.16 Marylyn Chiang, 22, ESWIM
- 2) 28.17 Shona Kitson, 22, OSC-SE
- 3) 28.65 Karine Chevrier, 22, CAMO
- 4) 28.66 Jennifer Button, 22, ROW
- 5) 28.68 Elizabeth Collins, 17, ROD
- 6) 28.76 Jessica Deglau, 19, PDSA
- 7) 28.78 Michaela Schmidt, 16, CASC
- 8) 28.89 Andrea Schwartz, 22, UCSC
- 9) 28.90 Audrey Lacroix, 16, CAMO
- 10) 29.15 Cynthia Pearce, 16, MSSAC-TO
- 11) 29.18 Jessie Bradshaw, 15, UCSC
- 12) 29.21 Marie-H. Tremblay, 21, UL
- 13) 29.34 Jennifer Manley, 19, LAC
- 14) 29.39 Amanda Gillespie, 15, PERTH
- 15) 29.55 Sara Alroubaie, 18, MANTA
- 16) 29.57 Jennifer Carroll, 18, CAMO

100 METRES BUTTERFLY

- 1) 1:01.25 Jennifer Button, 22, ROW
- 2) 1:01.40 Audrey Lacroix, 16, CAMO
- 3) 1:02.51 Shona Kitson, 22, OSC-SE
- 4) 1:02.56 Jessica Deglau, 19, PDSA
- 5) 1:02.62 Karine Chevrier, 22, CAMO
- 6) 1:02.62 Andrea Schwartz, 22, UCSC
- 7) 1:03.01 Michaela Schmidt, 16, CASC
- 8) 1:04.46 Nancy Gajos, 15, ESWIM

Semi-final

- 1) 1:01.61 Jennifer Button, 22, ROW

Rating Summary of Top Performances

1)	981	53.18	100 fly M	Takashi Yamamoto, 21, ROW
2)	971	1:48.86	200 free M	Rick Say, 20, IS
3)	970	53.59	100 fly M	Michael Mintenko, 24, PDSA
4)	964	55.84	100 free W	Suzu Chiba, 24, ROW
5)	963	53.84	100 fly M	Shamek Pietucha, 23, UCSC
6)	958	56.05	100 free W	Laura Nicholls, 21, ROW
7)	957	4:21.92	400 IM M	Owen Von Richter, 24, ESWIM
8)	955	3:46.84	4x100 FR W	Region of Waterloo, ROW
9)	953	8:14.27	4x200 FR W	Pacific Dolphins, PDSA
10)	952	29.92	50 back W	Erin Gammel, 19, KCS
			400 free W	Claudia Poll, 27, CRC
			400 IM W	Joanne Malar, 24, UCSC

5TH FINA SHORT COURSE WORLD CHAMPIONSHIPS

2000 FINA WORLD CHAMPIONSHIPS

Athens, Mar 16-19 (25 m) • = world record

MEN

50 METRES FREESTYLE

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

Semi-finals

- 21.43 Mark Foster, 70, GBR
- 21.86 Stefan Nystrand, 81, SWE
- 21.91 Brett Hawke, 75, AUS
- 21.95 Ricardo Busquets, 75, PUR
- 22.10 Sabir Muhammad, 76, USA
- 22.14 Bill Pilczuk, 71, USA
- 22.20 Darren Lange, 73, AUS
- 22.21 Brendon Dedekind, 76, RSA
- 22.25 Christoph Buhler, 74, SUI
- 22.27 Salim Iles, 75, ALG
- 22.30 Peter Mankoc, 78, SLO
- 22.31 Marcos Hernandez, 78, CUB
- 22.32 Dimitri Kalinovski, 72, BLR
- 22.35 Jose M. Meolans, 78, ARG
- 22.56 Yoav Bruck, 72, ISR
- 22.65 Marjan Kanjer, 73, CRO

100 METRES FREESTYLE

- 46.80 Lars Frolander, 74, SWE
- 47.73 Stefan Nystrand, 81, SWE
- 47.82 Scott Tucker, 75, USA
- 48.36 Salim Iles, 75, ALG
- 48.38 Jose M. Meolans, 78, ARG
- 48.57 Denis Pimankov, 75, RUS
- 48.59 Ashley Callus, 79, AUS
- 48.85 Igor Koleđa, 78, BLR

Semi-finals

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

200 METRES FREESTYLE

- 1:45.17 Bela Szabados, 74, HUN
- 1:45.63 Massi Rosolino, 78, ITA
- 1:45.79 Chad Carvin, 74, USA
- 1:45.89 Andrei Kapralov, 80, RUS
- 1:46.29 James Salter, 76, GBR
- 1:46.74 Stefan Herbst, 78, GER
- 1:47.58 Dimitri Chernyshev, 75, RUS
- 1:49.79 Igor Koleđa, 78, BLR

400 METRES FREESTYLE

- 3:41.13 Chad Carvin, 74, USA
- 3:42.70 Paul Palmer, 74, GBR
- 3:43.68 Massi Rosolino, 78, ITA
- 3:45.02 James Salter, 76, GBR
- 3:45.21 Jacob Carstensen, 78, DEN
- 3:46.17 Jorg Hoffmann, 70, GER
- 3:46.50 Alexei Filipets, 78, RUS
- 3:47.09 Bela Szabados, 74, HUN

1500 METRES FREESTYLE

- 14:47.57 Jorg Hoffmann, 70, GER
- 14:48.20 Igor Chervynskiy, 81, UKR
- 14:51.23 Chad Carvin, 74, USA
- 14:54.95 Alexei Kovrigin, 81, RUS
- 14:55.44 Alexei Filipets, 78, RUS
- 14:56.56 Andrea Righi, 79, ITA
- 15:00.53 Igor Sniitko, 78, UKR
- 15:04.07 Adam Faulkner, 81, GBR

50 METRES BACKSTROKE

- 23.99 Neil Walker, 76, USA
- 24.24 Lenny Krayzelburg, 75, USA
- 24.32 Rodolfo Falcon, 72, CUB
- 24.67 Mariusz Siembida, 75, POL
- 24.67 Sebastian Halgasch, 80, GER
- 24.67 Neil Willey, 76, GBR
- 25.07 Miro Zeravica, 72, CRO

- 25.10 Ante Maskovic, 79, CRO

Semi-finals

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

Prelims

- 24.04 Neil Walker, 76, USA

100 METRES BACKSTROKE

- 50.75 Neil Walker, 76, USA
- 52.87 Rodolfo Falcon, 72, CUB
- 52.88 Derya Buyukuncu, 76, TUR
- 53.43 Steffen Driesen, 81, GER
- 53.46 Volodymyr Nikolaychuk, 75, UKR
- 53.55 Gordan Kozulj, 76, CRO
- 53.63 Marko Strahija, 75, CRO
- 53.67 Neil Willey, 76, GBR

Semi-finals

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

200 METRES BACKSTROKE

- 1:53.31 Gordan Kozulj, 76, CRO
- 1:53.87 Brad Bridgewater, 73, USA
- 1:55.33 Volodymyr Nikolaychuk, 75, UKR
- 1:55.78 Marko Strahija, 75, CRO
- 1:55.90 Jorge Sanchez, 77, ESP
- 1:55.99 Sergei Ostapchuk, 76, RUS
- 1:56.01 Adrian Radley, 76, AUS
- 1:56.62 Razvan Florea, 80, ROM

50 METRES BREASTSTROKE

- 27.22 Mark Warneke, 70, GER
- 27.27 Brendon Dedekind, 76, RSA
- 27.30 Oleg Lisogor, 79, UKR
- 27.59 Yi Zhu, 77, CHN
- 27.61 Qiliang Zeng, 77, CHN
- 27.61 Daniel Malek, 73, CZE
- 27.80 Domenico Fioravanti, 77, ITA
- 28.00 Morgan Knabe, 81, CAN

Semi-finals

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

100 METRES BREASTSTROKE

- 58.57 Roman Sloudnov, 80, RUS
- 59.99 Yi Zhu, 77, CHN
- 1:00.05 Roman Ivanovski, 77, RUS
- 1:00.28 Oleg Lisogor, 79, UKR
- 1:00.32 Qiliang Zeng, 77, CHN
- 1:00.40 Morgan Knabe, 81, CAN
- 1:00.73 Daniel Malek, 73, CZE
- 1:01.24 Darren Mew, 79, GBR

Semi-finals

- 58.51 Roman Sloudnov, 80, RUS
- 59.96 Yi Zhu, 77, CHN
- 1:00.45 Morgan Knabe, 81, CAN
- 1:00.53 Qiliang Zeng, 77, CHN
- 1:00.66 Oleg Lisogor, 79, UKR
- 1:00.66 Roman Ivanovski, 77, RUS
- 1:00.69 Daniel Malek, 73, CZE
- 1:00.70 Darren Mew, 79, GBR
- 1:00.74 Hugues Duboscq, 81, FRA
- 1:00.85 Jarrod Marrs, 75, USA
- 1:00.90 Bjorn Nowakowski, 74, GER
- 1:00.91 James Gibson, 80, GBR
- 1:01.08 Martin Gustavsson, 80, SWE
- 1:01.12 Terence Parkin, 80, RSA
- 1:01.14 Valeri Kaimikov, 73, LAT
- 1:01.25 Sean Quinn, 81, USA
- 1:01.31 Filip Wrzeski, 79, POL

200 METRES BREASTSTROKE

- 2:07.59 Roman Sloudnov, 80, RUS
- 2:07.91 Terence Parkin, 80, RSA
- 2:09.90 Andrei Ivanov, 76, RUS
- 2:10.82 Adam Whitehead, 80, GBR
- 2:11.42 Daniel Malek, 73, CZE
- 2:12.05 Valeri Kaimikov, 73, LAT
- 2:12.95 Sean Quinn, 81, USA
- 2:13.01 Filip Wrzeski, 79, POL

50 METRES BUTTERFLY

- 23.30 Mark Foster, 70, GBR
- 23.46 Neil Walker, 76, USA
- 23.56 Sabir Muhammad, 76, USA
- 23.90 Burl Reid, 78, AUS
- 23.96 Milos Milosevic, 72, CRO
- 23.96 Thomas Rupprath, 77, GER
- 24.02 Jere Hard, 78, FIN
- 24.37 Ricardo Busquets, 75, PUR

Semi-finals

- 23.35 Sabir Muhammad, 76, USA
- 23.41 Neil Walker, 76, USA
- 23.66 Mark Foster, 70, GBR
- 23.69 Milos Milosevic, 72, CRO
- 23.96 Burl Reid, 78, AUS
- 23.96 Jere Hard, 78, FIN
- 23.98 Ricardo Busquets, 75, PUR
- 24.06 Thomas Rupprath, 77, GER
- 24.10 Indrek Sei, 72, EST
- 24.16 Francisco Sanchez, 76, VEN
- 24.21 Pavel Lagoun, 79, BLR
- 24.22 Denis Sylyantsev, 76, UKR
- 24.28 Robert Borucki, 77, POL
- 24.44 Ante Maskovic, 79, CRO
- 24.49 Brendon Dedekind, 76, RSA
- 24.53 Shamek Pietucha, 76, CAN

Prelims

- 23.19 Lars Frolander, 74, SWE

100 METRES BUTTERFLY

- 50.44 Lars Frolander, 74, SWE
- 51.53 James Hickman, 76, GBR

Rating Summary of all Top Performances

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

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

Semi-finals

- 50.59 Lars Frolander, 74, SWE
- 51.61 James Hickman, 76, GBR
- 52.37 Thomas Rupprath, 77, GER
- 52.50 Denis Sylyantsev, 76, UKR
- 52.64 Anatoli Poliakov, 80, RUS
- 52.84 Burl Reid, 78, AUS
- 53.23 Ioan Gherghel, 78, ROM
- 53.33 Shamek Pietucha, 76, CAN
- 53.38 Sabir Muhammad, 76, USA
- 53.42 Joakim Dahl, 76, SWE
- 53.50 Theo Verster, 75, RSA
- 53.63 Francisco Sanchez, 76, VEN
- 53.72 Martin Pepper, 73, USA
- 53.77 Xiao Zhang, 80, CHN
- 53.92 Stefan Aarlsen, 75, NED
- 53.93 Aaron Wiles, 80, GBR

200 METRES BUTTERFLY

- 1:53.57 James Hickman, 76, GBR
- 1:54.27 Shamek Pietucha, 76, CAN
- 1:54.47 Anatoli Poliakov, 80, RUS
- 1:54.74 Denis Sylyantsev, 76, UKR
- 1:55.31 Thomas Rupprath, 77, GER
- 1:56.30 Ioan Gherghel, 78, ROM
- 1:56.84 Andrew Livingston, 78, PUR
- 1:57.04 Xufeng Xie, 78, CHN

100 METRES IND. MEDLEY

- 52.79 Neil Walker, 76, USA
- 54.08 Jani Sievinen, 74, FIN
- 54.38 James Hickman, 76, GBR
- 54.45 Peter Mankoc, 78, SLO
- 54.66 Jens Kruppa, 76, GER
- 55.06 Indrek Sei, 72, EST
- 55.29 Xiao Zhang, 80, CHN
- 55.30 Jakob Andersen, 77, DEN

Semi-finals

- 53.27 Neil Walker, 76, USA
- 54.28 Peter Mankoc, 78, SLO
- 54.59 Jens Kruppa, 76, GER
- 54.59 Jani Sievinen, 74, FIN
- 54.65 James Hickman, 76, GBR
- 54.80 Jakob Andersen, 77, DEN
- 55.30 Xiao Zhang, 80, CHN
- 55.63 Indrek Sei, 72, EST
- 55.85 Ron Karnaugh, 66, USA
- 56.06 Robert Abernethy, 71, AUS
- 56.36 Lorenz Liechti, 75, SUI
- 56.67 Theo Verster, 75, RSA
- 56.68 Pavel Lagoun, 79, BLR
- 56.71 Orel Oral, 79, TUR
- 57.14 Nuno Laurentino, 75, POR
- 57.21 Kresimir Cac, 76, CRO

200 METRES IND. MEDLEY

- 1:56.27 Jani Sievinen, 74, FIN
- 1:56.86 James Hickman, 76, GBR

- 1:58.05 Massi Rosolino, 78, ITA
- 1:59.00 Ron Karnaugh, 66, USA
- 1:59.39 Peter Mankoc, 78, SLO
- 2:01.10 Michael Halika, 78, ISR
- 2:01.34 Xufeng Xie, 78, CHN
- 2:02.96 Kresimir Cac, 76, CRO

400 METRES IND. MEDLEY

- 4:09.54 Jani Sievinen, 74, FIN
- 4:10.56 Terence Parkin, 80, RSA
- 4:10.90 Michael Halika, 78, ISR
- 4:14.58 Ron Karnaugh, 66, USA
- 4:15.50 Xufeng Xie, 78, CHN
- 4:15.69 Alexei Kovrigin, 81, RUS
- 4:17.89 Yves Platel, 79, SUI
- 4:19.12 Ioannis Kokkodis, 81, GRE

4X100 M MEDLEY RELAY

- 3:30.03 United States, USA
- 3:31.77 Germany, GER
- 3:32.08 Great Britain, GBR
- 3:32.10 Russia, RUS
- 3:34.18 Australia, AUS
- 3:36.49 Croatia, CRO
- 3:37.77 Switzerland, SUI
- 3:45.07 Greece, GRE

4X100 M FREE RELAY

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

4X200 M FREE RELAY

- 7:01.33 United States, USA
- 7:03.06 Great Britain, GBR
- 7:05.24 Russia, RUS
- 7:06.84 Germany, GER
- 7:10.24 Italy, ITA
- 7:11.72 Denmark, DEN
- 7:19.06 China, CHN
- 7:26.50 Brazil, BRA

WOMEN

50 METRES FREESTYLE

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

Semi-finals

- 24.11 Therese Alshammer, 77, SWE
- 24.77 Sandra Volker, 74, GER
- 25.06 Alison Sheppard, 72, GBR
- 25.23 Tammie Spatz-Stone, 76, USA
- 25.30 Katrin Meissner, 73, GER
- 25.44 Anna-K. Kammerling, 80, SWE
- 25.50 Elena Poptchenko, 79, BLR
- 25.58 Hanna Shcherba, 82, BLR
- 25.61 Stacey Bowley, 75, RSA
- 25.64 Mette Jacobsen, 73, DEN
- 25.64 Vivienne Rignall, 73, NZL
- 25.70 Elka Graham, 81, AUS
- 25.97 Hanna-M. Seppala, 84, FIN
- 26.14 Cristina Chiuso, 73, ITA
- 26.34 Kirsten Thomson, 83, AUS
- 26.46 Julie Douglas, 80, IRL

100 METRES FREESTYLE

- 52.17 Therese Alshammer, 77, SWE
- 53.14 Jenny Thompson, 73, USA
- 53.88 Martina Moravcova, 76, SVK
- 54.54 Tammie Spatz-Stone, 76, USA
- 54.60 Karen Pickering, 71, GBR
- 54.93 Katrin Meissner, 73, GER
- 55.50 Elka Graham, 81, AUS
- 55.77 Marianne Limpert, 72, CAN

Semi-finals

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

RECORD SETTERS

WORLD RECORDS

Men's 50 backstroke:

- 24.04 Neil Walker, USA, prelims, Athens, March 16
 - 23.42 Neil Walker, USA, semis, Athens, March 16
- Bettors old record of 24.11 Matt Welsh, AUS, 2000

Men's 100 backstroke:

- 50.75 Neil Walker, USA, final, Athens, March 19
- Bettors old record of 51.28 Lenny Krayzelburg, USA, 2000

Men's 100 breaststroke:

- 58.51 Roman Sloudnov, RUS, semis, Athens, March 17
- Bettors old record of 58.79 Fred deBurghgrave, BEL, 1998

Men's 200 breaststroke:

- 2:07.59 Roman Sloudnov, RUS, final, Athens, March 19
- Bettors old record of 2:07.79 Andrei Korneev, RUS, 1998

Men's 50 butterfly:

- 23.19 Lars Frolander, SWE, prelims, Athens, March 19
- Bettors old record of 23.21 Michael Klim, AUS, 1999

Men's 100 butterfly:

- 50.59 Lars Frolander, SWE, semis, Athens, March 16
 - 50.44 Lars Frolander, SWE, final, Athens, March 17
- Bettors old record of 50.99 Michael Klim, AUS, 1999

Men's 100 individual medley:

- 52.79 Neil Walker, USA, final, Athens, March 18
- Bettors old record of 53.10 Jani Sievinen, FIN, 1996

Men's 4x100 freestyle:

- 3:09.57 Sweden, final, Athens, March 16
- Bettors old record of 3:10.45 Brazil, 1998

Men's 4x200 freestyle:

- 7:01.33 United States, final, Athens, March 17
- Bettors old record of 7:01.60 Australia, 1999

Women's 50 freestyle:

- 23.59 Therese Alshammar, SWE, final, Athens, March 18
- Bettors old record of 24.09 Therese Alshammar, SWE, 1999

Women's 100 freestyle:

- 52.17 Therese Alshammar, SWE, final, Athens, March 17
- Bettors old record of 52.80 Therese Alshammar, SWE, 1999

Women's 100 butterfly:

- 56.56 Jenny Thompson, USA, semis, Athens, March 18
- Bettors old record of 56.90 Jenny Thompson, USA, 1998

Women's 4x200 freestyle:

- 7:49.11 Great Britain, final, Athens, March 16
- Bettors old record of 7:51.70 Sweden, 1999

CANADIAN SENIOR (25 M)

Men's 50 backstroke:

- 23.90 Riley Janes, ESWM (relay lead-off), Minneapolis, Mar 24
- Bettors old record of 24.25 Chris Renaud, UCSC, 1997

Men's 100 backstroke:

- 52.22 Riley Janes, ESWM (prelims), Minneapolis, Mar 24
 - 52.18 Riley Janes, ESWM (finals), Minneapolis, Mar 24
- Bettors old record of 52.50 Mark Tenksbury, UCSC, 1992

Men's 100 butterfly:

- 51.94 Shamek Pietucha, UCSC (final) Athens, Mar 17
- Bettors old record of 52.07 Marcel Gery, EPS, 1990

Men's 200 butterfly:

- 1:54.27 Shamek Pietucha, UCSC (final) Athens, Mar 18
- Bettors old record of 1:55.71 Shamek Pietucha, UNATT, 1999

Women's 50 backstroke:

- 28.03 Marylyn Chiang, ESWM (final) Athens, Mar 18
- Bettors old record of 28.09 Julie Howard, BRANT, 1995

Women's 100 backstroke:

- 1:00.01 Marylyn Chiang, ESWM (prelims) Athens, Mar 16
 - 59.33 Marylyn Chiang, ESWM (finals) Athens, Mar 17
- Bettors old record of 1:00.13 Marylyn Chiang, ESWM, 2000

- 15) 55.95 Camelia Potec, 82, ROM
 16) 1:00.33 Dan Sun, 85, CHN
- 200 METRES FREESTYLE**
- 1) 1:56.06 Yu Yang, 85, CHN
 2) 1:56.46 Marlina Moravcova, 76, SVK
 3) 1:57.54 Natalia Baranovskaya, 79, BLR
 4) 1:57.71 Karen Pickering, 71, GBR
 5) 1:57.78 Camelia Potec, 82, ROM
 6) 1:57.97 Mette Jacobsen, 73, DEN
 7) 1:58.46 Karen Legg, 78, GBR
 8) 1:59.75 Lindsay Benko, 76, USA
- 400 METRES FREESTYLE**
- 1) 4:02.44 Lindsay Benko, 76, USA
 2) 4:04.39 Yana Klochkova, 82, UKR
 3) 4:06.63 Hua Chen, 82, CHN
 4) 4:07.48 Natalia Baranovskaya, 79, BLR
 5) 4:07.57 Camelia Potec, 82, ROM
 6) 4:08.25 Brooke Bennett, 80, USA
 7) 4:11.04 Artemis Daphnis, 83, GRE
 8) 4:14.78 Kerstin Kielgass, 69, GER
- 800 METRES FREESTYLE**
- 1) 8:17.03 Hua Chen, 82, CHN
 2) 8:19.66 Brooke Bennett, 80, USA
 3) 8:21.57 Flavia Rigamonti, 81, SUI
 4) 8:24.16 Chantal Strasser, 78, SUI
 5) 8:29.87 Rebecca Cooke, 83, GBR
 6) 8:38.33 Tatiana Mikhailova, 82, RUS
 7) 8:41.50 Elena Carcarino, 85, ITA
 8) 8:41.53 Jana Pechanova, 81, CZE
- 50 METRES BACKSTROKE**
- 1) 27.90 Antje Buschschulte, 78, GER
 2) 28.03 Marylyn Chiang, 77, CAN
 3) 28.06 Kellie McMillan, 77, AUS
 4) 28.40 Sarah Price, 79, GBR
 5) 28.52 Charlene Wittstock, 78, RSA
 6) 28.55 Anna Kopatchenia, 80, BLR
 7) 28.60 Urska Slapcena, 72, SLO
 8) 28.75 Ilona Hlavackova, 77, CZE
- Semi-finals**
- 1) 28.16 Marylyn Chiang, 77, CAN
 2) 28.30 Antje Buschschulte, 78, GER
 3) 28.34 Kellie McMillan, 77, AUS
 4) 28.51 Ilona Hlavackova, 77, CZE
 5) 28.53 Sarah Price, 79, GBR
 6) 28.63 Urska Slapcena, 72, SLO
 7) 28.68 Charlene Wittstock, 78, RSA
 8) 28.70 Anna Kopatchenia, 80, BLR
 9) 28.77 Anu Koivisto, 80, FIN
 10) 28.80 Ekaterina Kibalo, 82, RUS
 11) 28.82 Jiaru Cheng, 86, CHN
 12) 28.99 Erin Gammel, 80, CAN
 13) 28.99 Ana-M. Gonzalez, 76, CUB
 14) 29.12 Zoe Cray, 74, GBR
 15) 29.16 Yasmin Dunn, 83, AUS
 16) 29.22 Alena Nyvitlova, 82, CZE
- 100 METRES BACKSTROKE**
- 1) 58.66 Sandra Volker, 74, GER
 2) 59.33 Marylyn Chiang, 77, CAN
 3) 59.37 Antje Buschschulte, 78, GER
 4) 1:00.09 Clementine Stoney, 82, AUS
 5) 1:00.28 Charlene Wittstock, 78, RSA
 6) 1:00.44 Jamie Reid, 83, USA
 7) 1:00.84 Linda Riker, 76, USA
 8) 1:01.41 Erin Gammel, 80, CAN
- Semi-finals**
- 1) 59.89 Sandra Volker, 74, GER
 2) 1:00.15 Marylyn Chiang, 77, CAN
 3) 1:00.29 Antje Buschschulte, 78, GER
 4) 1:00.52 Jamie Reid, 83, USA
 5) 1:00.60 Clementine Stoney, 82, AUS
 6) 1:00.73 Charlene Wittstock, 78, RSA
 7) 1:01.32 Linda Riker, 76, USA
 8) 1:01.42 Erin Gammel, 80, CAN
 9) 1:01.45 Jiaru Cheng, 86, CHN
 10) 1:01.46 Yasmin Dunn, 83, AUS
 11) 1:01.48 Sarah Price, 79, GBR
 12) 1:02.00 Irina Raevskaya, 83, RUS
 13) 1:02.01 Ilona Hlavackova, 77, CZE
 14) 1:02.08 Zoe Cray, 74, GBR
 15) 1:02.62 Anu Koivisto, 80, FIN
 16) 1:03.00 Anna Kopatchenia, 80, BLR
- 200 METRES BACKSTROKE**
- 1) 2:07.29 Antje Buschschulte, 78, GER
 2) 2:08.64 Clementine Stoney, 82, AUS
 3) 2:08.85 Lindsay Benko, 76, USA
 4) 2:09.24 Helen Don-Duncan, 81, GBR
 5) 2:09.93 Linda Riker, 76, USA
 6) 2:11.19 Joanna Fargus, 82, AUS
 7) 2:11.79 Elena Grechushnikova, 80, RUS
 8) 2:14.39 Yasmin Dunn, 83, AUS
- 50 METRES BREASTSTROKE**
- 1) 30.66 Sarah Poewe, 83, RSA
 2) 31.22 Ping Hao, 83, CHN
 3) 31.47 Tara Kirk, 82, USA
 4) 31.58 Wei Li, 79, CHN

- 5) 31.66 Rebecca Brown, 77, AUS
 6) 31.68 Brooke Hanson, 78, AUS
 7) 31.73 Elena Bogomazova, 82, RUS
 8) 32.06 Zoe Baker, 76, GBR
- Semi-finals**
- 1) 30.97 Sarah Poewe, 83, RSA
 2) 31.20 Ping Hao, 83, CHN
 3) 31.49 Rebecca Brown, 77, AUS
 4) 31.54 Tara Kirk, 82, USA
 5) 31.57 Wei Li, 79, CHN
 6) 31.60 Elena Bogomazova, 82, RUS
 7) 31.66 Zoe Baker, 76, GBR
 8) 31.68 Brooke Hanson, 78, AUS
 9) 31.81 Janne Schafer, 81, GER
 10) 31.93 Emma Igelstrom, 80, SWE
 11) 32.03 Terrie Miller, 78, NOR
 12) 32.07 Emma Robinson, 78, IRL
 13) 32.22 Kirie Suzuki, 80, JPN
 14) 32.28 Natasha Kejzar, 76, SLO
 15) 32.41 Heidi Earp, 80, GBR
 16) 32.41 Kazue Nakashima, 80, JPN
- 100 METRES BREASTSTROKE**
- 1) 1:06.21 Sarah Poewe, 83, RSA
 2) 1:07.69 Alicja Peczak, 70, POL
 3) 1:08.27 Elena Bogomazova, 82, RUS
 4) 1:08.28 Rebecca Brown, 77, AUS
 5) 1:08.30 Brooke Hanson, 78, AUS
 6) 1:08.59 Emma Igelstrom, 80, SWE
 7) 1:08.70 Ping Hao, 83, CHN
 8) 1:08.96 Natasha Kejzar, 76, SLO
- Semi-finals**
- 1) 1:07.58 Sarah Poewe, 83, RSA
 2) 1:08.03 Alicja Peczak, 70, POL
 3) 1:08.04 Elena Bogomazova, 82, RUS
 4) 1:08.13 Rebecca Brown, 77, AUS
 5) 1:08.49 Emma Igelstrom, 80, SWE
 6) 1:08.51 Brooke Hanson, 78, AUS
 7) 1:08.52 Ping Hao, 83, CHN
 8) 1:08.53 Natasha Kejzar, 76, SLO
 9) 1:08.65 Wei Li, 79, CHN
 10) 1:08.81 Anita Nail, 76, USA
 11) 1:08.95 Tara Kirk, 82, USA
 12) 1:09.32 Kirie Suzuki, 80, JPN
 13) 1:09.45 Emma Robinson, 78, IRL
 14) 1:09.50 Terrie Miller, 78, NOR
 15) 1:10.32 Kazue Nakashima, 80, JPN
 16) 1:10.51 Heidi Earp, 80, GBR
- 200 METRES BREASTSTROKE**
- 1) 2:23.41 Rebecca Brown, 77, AUS
 2) 2:24.24 Alicja Peczak, 70, POL
 3) 2:25.30 Brooke Hanson, 78, AUS
 4) 2:26.32 Kirie Suzuki, 80, JPN
 5) 2:26.83 Sarah Poewe, 83, RSA
 6) 2:27.50 Ping Hao, 83, CHN
 7) 2:28.21 Anita Nail, 76, USA
 8) 2:29.61 Jaime King, 76, GBR
- 50 METRES BUTTERFLY**
- 1) 26.13 Jenny Thompson, 73, USA
 2) 26.16 Anna-K. Kammerling, 80, SWE
 3) 26.85 Nicola Jackson, 84, GBR
 4) 26.87 Johanna Sjoberg, 78, SWE
 5) 26.90 Karen Campbell, 77, USA
 6) 27.15 Elena Poptchenko, 79, BLR
 7) 27.34 Caroline Foot, 65, GBR
 8) 27.54 Vered Borochovski, 84, ISR
- Semi-finals**
- 1) 26.32 Anna-K. Kammerling, 80, SWE
 2) 26.40 Jenny Thompson, 73, USA
 3) 26.90 Karen Campbell, 77, USA
 4) 27.06 Nicola Jackson, 84, GBR
 5) 27.07 Elena Poptchenko, 79, BLR
 6) 27.22 Johanna Sjoberg, 78, SWE
 7) 27.27 Caroline Foot, 65, GBR
 8) 27.49 Vered Borochovski, 84, ISR
 9) 27.51 Mette Jacobsen, 73, DEN
 10) 27.57 Danna Wang, 77, CHN
 11) 27.64 Chantal Groot, 82, NED
 12) 27.69 Anna Kopatchenia, 80, BLR
 13) 27.78 Marja Paivinen, 71, FIN
 14) 27.86 Carmen Cosgrove, 81, AUS
 15) 27.95 Ayako Doi, 80, JPN
 16) 28.10 Ekaterina Vinogradova, 81, RUS
- 100 METRES BUTTERFLY**
- 1) 57.67 Jenny Thompson, 73, USA
 2) 57.96 Johanna Sjoberg, 78, SWE
 3) 58.86 Karen Campbell, 77, USA
 4) 59.17 Mette Jacobsen, 73, DEN
 5) 59.50 Otilia Jedrejczak, 83, POL
 6) 59.51 Nicola Jackson, 84, GBR
 7) 59.58 Jin Li, 82, CHN
 8) 59.87 Caroline Foot, 65, GBR
- Semi-finals**
- 1) 56.56 Jenny Thompson, 73, USA
 2) 58.97 Johanna Sjoberg, 78, SWE
 3) 59.26 Karen Campbell, 77, USA

- 4) 59.63 Nicola Jackson, 84, GBR
 5) 59.71 Otilia Jedrejczak, 83, POL
 6) 59.77 Jin Li, 82, CHN
 7) 59.90 Caroline Foot, 65, GBR
 8) 59.90 Caroline Foot, 65, GBR
 9) 1:00.15 Sophia Skou, 73, DEN
 10) 1:00.16 Ayako Doi, 80, JPN
 11) 1:00.39 Katrin Jake, 73, GER
 12) 1:00.39 Ekaterina Vinogradova, 81, RUS
 13) 1:00.88 Vered Borochovski, 84, ISR
 14) 1:00.96 Anna Uryniuk, 74, POL
 15) 1:00.99 Maria Pelaez, 77, ESP
 16) 1:01.80 Carmen Cosgrove, 81, AUS
- 200 METRES BUTTERFLY**
- 1) 2:08.10 Mette Jacobsen, 73, DEN
 2) 2:09.42 Katrin Jake, 73, GER
 3) 2:09.61 Otilia Jedrejczak, 83, POL
 4) 2:09.86 Sophia Skou, 73, DEN
 5) 2:09.99 Maria Pelaez, 77, ESP
 6) 2:10.46 Anna Uryniuk, 74, POL
 7) 2:11.19 Katie Yevak, 82, USA
 8) 2:11.26 Ekaterina Vinogradova, 81, RUS
- 100 METRES IND. MEDLEY**
- 1) 59.71 Marlina Moravcova, 76, SVK
 2) 1:02.00 Marianne Limpert, 72, CAN
 3) 1:02.24 Alenka Kejzar, 79, SLO
 4) 1:02.38 Danna Wang, 77, CHN
 5) 1:02.50 Yvetta Hlavacova, 75, CZE
 6) 1:02.78 Oxana Verevka, 77, RUS
 7) 1:02.91 Sarah Whewell, 80, GBR
 8) 1:03.84 Hanna-M. Seppala, 84, FIN
- Semi-finals**
- 1) 1:00.91 Kathryn Evans, 81, GBR
 2) 1:02.06 Marlina Moravcova, 76, SVK
 3) 1:02.42 Alenka Kejzar, 79, SLO
 4) 1:02.46 Yvetta Hlavacova, 75, CZE
 5) 1:02.86 Oxana Verevka, 77, RUS
 6) 1:02.86 Marianne Limpert, 72, CAN
 7) 1:03.03 Danna Wang, 77, CHN
 8) 1:03.19 Sarah Whewell, 80, GBR
 9) 1:03.47 Hanna-M. Seppala, 84, FIN
 10) 1:03.52 Nadiya Beshevi, 82, UKR
 11) 1:03.52 Sabine Herbst-Klenz, 74, GER
 12) 1:03.68 Anu Koivisto, 80, FIN
 13) 1:03.95 Terrie Miller, 78, NOR
 14) 1:04.35 Smiljana Marinovic, 77, CRO
 15) 1:04.67 Caroline Pickering, 80, FIJ
 16) 1:04.83 Nicole Zahnd, 80, SUI
- 200 METRES IND. MEDLEY**
- 1) 2:08.97 Yana Klochkova, 82, UKR
 2) 2:08.98 Marlina Moravcova, 76, SVK
 3) 2:12.68 Marianne Limpert, 72, CAN
 4) 2:14.15 Katie Yevak, 82, USA
 5) 2:14.18 Alenka Kejzar, 79, SLO
 6) 2:14.26 Federica Biscia, 80, ITA
 7) 2:15.09 Sabine Herbst-Klenz, 74, GER
 8) 2:15.46 Nadiya Beshevi, 82, UKR
- 400 METRES IND. MEDLEY**
- 1) 4:32.45 Yana Klochkova, 82, UKR
 2) 4:37.92 Nicole Helzer, 79, GER
 3) 4:38.80 Katie Yevak, 82, USA
 4) 4:40.98 Hana Cerna, 74, CZE
 5) 4:42.43 Federica Biscia, 80, ITA
 6) 4:42.49 Artemis Daphnis, 83, GRE
 7) 4:43.50 Yin Liu, 84, CHN
 8) 4:48.46 Tami Ransom, 82, USA
- 4X100 M MEDLEY RELAY**
- 1) 3:59.53 Sweden, SWE
 2) 4:01.47 Germany, GER
 3) 4:02.51 United States, USA
 4) 4:03.27 Australia, AUS
 5) 4:03.35 Great Britain, GBR
 6) 4:04.73 Russia, RUS
 7) 4:05.28 China, CHN
 8) 4:07.60 Canada, CAN
- 4X100 M FREE RELAY**
- 1) 3:35.54 Sweden, SWE
 2) 3:37.31 Germany, GER
 3) 3:37.93 Great Britain, GBR
 4) 3:37.97 United States, USA
 5) 3:39.92 China, CHN
 6) 3:43.26 Australia, AUS
 7) 3:44.20 Greece, GRE
 8) 3:44.63 Belarus, BLR
- 4X200 M FREE RELAY**
- 1) 7:49.11 Great Britain, GBR
 2) 7:50.59 United States, USA
 3) 7:52.70 China, CHN
 4) 7:59.44 Sweden, SWE
 5) 8:02.03 Australia, AUS
 6) 8:04.63 Italy, ITA
 7) 8:07.31 Greece, GRE
 8) 8:08.29 Switzerland, SUI

WOMEN'S NCAA

2000 WOMEN'S NCAA CHAMPIONSHIPS

Indianapolis, Mar 16-18 (25 m)

• = world record

50 METRES FREESTYLE

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

100 METRES FREESTYLE

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

200 METRES FREESTYLE

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

400 METRES FREESTYLE

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

1500 METRES FREESTYLE

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

100 METRES BACKSTROKE

- 1) 58.66 Courtney Shealy, 77, USA, Georgia
- 2) 59.17 Haley Cope, 79, USA, California
- 3) 59.34 Beth Botsford, 81, USA, Arizona
- 4) 59.35 Catherine Fox, 77, USA, Stanford
- 5) 59.56 Shelly Ripple, 80, USA, Stanford

- 6) 59.92 Denali Knapp, 78, USA, Arizona
- 7) 1:00.35 Summer Mack, 78, USA, North Carolina
- 8) 1:01.15 Julie Manitt, 80, USA, Arizona

200 METRES BACKSTROKE

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

100 METRES BREASTSTROKE

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

200 METRES BREASTSTROKE

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

100 METRES BUTTERFLY

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

200 METRES BUTTERFLY

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

200 METRES IND. MEDLEY

- 1) 2:10.69 Kristy Kowal, 78, USA, Georgia
- 2) 2:10.74 Elli Overton, 74, AUS, California
- 3) 2:12.21 Maggie Bowen, 80, USA, Auburn
- 4) 2:12.56 Kristin MacGregor, 79, USA, Southern Cal
- 5) 2:13.09 Joscelin Yeo, 79, SIN, California
- 6) 2:13.38 Shannon Shakespeare, 77, CAN, Michigan
- 2:13.38 Michala Kwasny, 80, USA, Southern Cal
- 8) 2:14.62 Gabrielle Rose, 77, USA, Stanford

RECORD SETTERS

WORLD RECORDS

Pending FINA Ratification

4x100 medley relay:

• 3:57.46 University of Georgia, Indianapolis, Mar 16
 Better old record of 3:57.62 Japan, 1999

50 backstroke:

• 27.25 Haley Cope, USA, Indianapolis, Mar 17
 Better old record of 27.27 Sandra Volker, GER, 1998

400 METRES IND. MEDLEY

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

4X50 M MEDLEY RELAY

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

4X100 M MEDLEY RELAY

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

4X50 M FREE RELAY

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

4X100 M FREE RELAY

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

4X200 M FREE RELAY

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

Rating Summary of Top Performances

1)	1019	1:05.74	100 breast	Kristy Kowal, 78, USA
2)	1012	1:49.23	4x50 medley	Univ. of California, USA
3)	1011	3:57.46	4x100 medley	Univ. of Georgia, USA
4)	1009	58.66	100 back	Courtney Shealy, USA
5)	1005	3:58.47	4x100 medley	Univ. of Arizona, USA
6)	1005	2:06.04	200 fly	Limin Liu, 76, CHN
7)	1001	2:06.70	200 back	Beth Botsford, 81, USA
8)	1000	1:50.15	4x50 medley	Stanford Univ., USA
9)	999	2:06.55	200 fly	Misty Hyman, 79, USA
10)	997	59.17	100 back	Haley Cope, 79, USA

FINAL TEAM STANDINGS

1)	Georgia	490.5
2)	Arizona	472
3)	Stanford	397
4)	California	311.5
5)	Auburn	207
6)	Northwestern	186.5
7)	Southern California	185
8)	UCLA	163
9)	Texas	155
	Virginia	155
11)	Wisconsin	133

MEN'S NCAA

MEN'S NCAA CHAMPIONSHIPS

Minneapolis, Mar 23-25 (25 m)

• = world record

50 METRES FREESTYLE

- 1) • 21.21 Anthony Ervin, 80, USA, California
- 2) 21.22 Roland Schoeman, 80, RSA, Arizona
- 3) 21.49 Gregory Busse, 78, USA, Auburn
- 4) 21.50 Bartosz Kizierowski, 77, POL, California
- 5) 21.64 Matt Busbee, 76, USA, Auburn
- 6) 21.66 Matthew Macedo, 80, USA, California
- 7) 21.75 Aaron Ciarla, 78, USA, Auburn
- 8) 22.00 Bryan Jones, 78, USA, Texas

100 METRES FREESTYLE

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

200 METRES FREESTYLE

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

400 METRES FREESTYLE

- 1) 3:40.47 Ryk Neethling, 77, RSA, Arizona
- 2) 3:42.81 Erik Vendt, 81, USA, Southern Cal
- 3) 3:43.81 Chris Thompson, 78, USA, Michigan
- 4) 3:44.44 Scott Goldblatt, 79, USA, Texas
- 5) 3:46.07 Adam Messner, 78, USA, Stanford
- 6) 3:47.28 Michael Windisch, 76, AUT, Nebraska
- 7) 3:47.53 Mark Warkentin, 79, USA, Southern Cal
- 8) 3:47.76 Austin Ramirez, 78, USA, Virginia

1500 METRES FREESTYLE

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

100 METRES BACKSTROKE

- 1) 52.05 Matt Ulrickson, 78, USA, Texas
- 2) 52.18 Riley Janes, 80, CAN, Texas A&M
- 3) 52.24 Alexandre Massura, 75, BRA, Minnesota
- 4) 52.53 Tommy Hannan, 80, USA, Texas
- 5) 52.54 Bartosz Kizierowski, 77, POL, California
- 6) 52.71 Michael Gilliam, 79, USA, Tennessee

- 7) 52.72 Matt Allen, 77, USA, Arizona
- 8) 52.88 Leonardo Costa, 76, BRA, Southern Cal

200 METRES BACKSTROKE

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

100 METRES BREASTSTROKE

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

200 METRES BREASTSTROKE

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

100 METRES BUTTERFLY

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

200 METRES BUTTERFLY

- 1) 1:55.79 Adam Messner, 78, USA, Stanford
- 2) 1:55.88 Zsolt Gaspar, 77, HUN, South Carolina
- 3) 1:56.47 Jeff Somensatto, 80, USA, Auburn
- 4) 1:56.50 Doak Finch, 77, USA, Virginia
- 5) 1:57.01 Jeff Dash, 80, USA, Arizona
- 6) 1:57.16 Steven Brown, 79, USA, Stanford
- 7) 1:57.24 Duncan Sherrard, 79, USA, Florida
- 8) 1:58.09 Marcin Kaczmarek, 77, POL, Central Conn

200 METRES IND. MEDLEY

- 1) 1:54.65 Attila Czene, 74, HUN, Arizona State
- 2) 1:56.84 Nate Dusing, 78, USA, Texas
- 3) 1:57.86 Beau Wiebel, 78, USA, Georgia
- 4) 1:58.06 Kevin Clements, 80, USA, Auburn
- 5) 1:58.52 Steven Brown, 79, USA, Stanford
- 6) 1:59.32 Joey Montague, 78, USA, Texas
- 7) 1:59.49 Zane Dewitz, 79, USA, Tennessee
- 8) 2:01.09 Jeff Somensatto, 80, USA, Auburn

400 METRES IND. MEDLEY

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

RECORD SETTERS

WORLD RECORDS

Pending FINA Ratification

50 freestyle:

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

100 breaststroke:

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

200 breaststroke:

- 2:06.40 Ed Moses, USA (final), Minneapolis, Mar 25
- Bettors existing record of 2:07.59 Roman Sloudnov, RUS, from March 19

200 individual medley:

- 1:54.65 Attila Czene, HUN, Minneapolis, Mar 23
- Ties existing record of 1:54.65 Jani Sievinen, FIN, 1994

- 3) 4:10.43 Kevin Clements, 80, USA, Auburn
- 4) 4:11.74 Michael Windisch, 76, AUT, Nebraska
- 5) 4:11.89 Eric Donnelly, 80, USA, Florida
- 6) 4:13.82 Mark Warkentin, 79, USA, Southern Cal
- 7) 4:14.34 Steven Brown, 79, USA, Stanford
- 8) 4:16.99 Joey Montague, 78, USA, Texas

4X50 M MEDLEY RELAY

- 1) 1:35.66 Univ. of Texas
 - 2) 1:35.87 Univ. of Arizona
 - 3) 1:35.93 Univ. of Tennessee
 - 4) 1:36.30 Auburn Univ.
 - 5) 1:37.24 Univ. of California
 - 6) 1:37.27 Univ. of Minnesota
 - 7) 1:38.24 North Carolina State
- disq Stanford

4X100 M MEDLEY RELAY

- 1) 3:31.23 Univ. of Texas
- 2) 3:32.22 Univ. of Tennessee
- 3) 3:32.69 Auburn Univ.
- 4) 3:33.47 Univ. of Virginia
- 5) 3:33.85 U. Southern California
- 6) 3:35.06 Stanford Univ.
- 7) 3:35.48 Univ. of Arizona
- 8) 3:38.24 Univ. of Minnesota

4X50 M FREE RELAY

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

4X100 M FREE RELAY

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

4X200 M FREE RELAY

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

Rating Summary of Top Performances

1)	1039	57.66	100 breast	Ed Moses, 80, USA
2)	1030	1:25.14	4x50 free	Auburn Univ., USA
3)	1029	1:25.21	4x50 free	Univ. of California, USA
4)	1024	21.22	50 free	Roland Schoeman, 80, RSA
	1024	21.21	50 free	Anthony Ervin, 80, USA
6)	1021	1:54.65	200 IM	Attila Czene, 74, HUN
7)	1014	58.68	100 breast	David Denniston, 78, USA
8)	1010	3:31.23	4x100 medley	Univ. of Texas, USA
	1010	4:06.02	400 IM	Tim Siciliano, 80, USA
10)	1008	51.23	100 fly	Adam Pine, 76, AUS
	1008	52.05	100 back	Matt Ulrickson, 78, USA
	1008	14:31.02	1500 free	Erik Vendt, 81, USA

FINAL TEAM SCORES

1)	Texas	538
2)	Auburn	385
3)	Arizona	360.5
4)	Stanford	279.5
5)	California	279
6)	Southern California	249
7)	Tennessee	219
	Minnesota	219
9)	Florida	207
10)	Arizona State	152.5

CSCA SPEEDO COACHING RECOGNITION AWARDS 1998-1999



High Performance Coaches

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

Gold

Dean Boles
Tom Johnson
Jan Bidrman
Ken McKinnon
Michel Berube
Kevin Thorburn
Ron Jacks
Peter Visolyi

Gold SWAD

Mike Moore
Jason Isbister
Karl Simonson
Blair Tucker
Dean Schultz
Gary Vandermeulen
Bill O'Toole
Guy Dorion
Cory Beatt
Rafael Polinario
Andre Seminov
Vince Mikuska
Andrew Moss

Silver

Sylvain Pineau
Mike Blondal
Don Burton
Claude St-Jean
Byron MacDonald
Alan Swanston
Craig McCord
Mark Temple
Randy Bennett
Lucie Hewitt
Kevin Anderson

Silver SWAD

Herb deBray

Silver Open Water

Linda Kiefer
Claude Warren

Bronze

Sean Baker
Dave Heinbuch
Lance Cansdale
Mark Fellner
Liam Donnelly

Bronze Youth & Junior Teams

Ken Anderson
Shauna Nolden
Bud McAllister
Claude Picard
Bill Humby

Bud McAllister
Derrick Schoof
Scott Faithful
Marc Tremblay

Coaches of this level receive a Speedo Duffel Bag, Waist Pack and Baseball Cap.

Coaches of this level receive a Speedo Fleece Top and Baseball Cap.

Coaches of this level receive Speedo Watch (smoke colour) and Baseball Cap.

Development Coach & Swimmer Program Recipients

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

Male Swimmer #2: Jason Hunter, Nanaimo Riptides, Avg Pts: 911
Coach: Sean Baker

Female Swimmer #1: Julia Pomeroy, Oakville Aquatic Club, Avg Pts: 915.3
Coach: Lucie Hewitt

Female Swimmer #2: Julie Gravelle, NYAC, Avg Pts: 914.6
Coach: Linda Kiefer

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

Performance Recognition for Women Recipients:

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

Coach #2: Lucie Hewitt - OAK Swimmer: Anna Lydall, 935 pts 100 Free.
Receives a SPEEDO professional development certificate.

Coach #3: Christina Yaremczuk – COBRA Swimmer: Laura Wise, 100 Back Bronze Youths.
Receives a SPEEDO professional development certificate.



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

Nikki Dryden

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

This proves nothing more than that you need to be a subsidized Centre to win a team title at Nationals, making the club grant program seem unfair.

The men's medley relay saw UCSC and PDSA in 6 of 8 lanes, making the accumulation of points determinate on depth, not necessarily quality of swimmers. But at Olympic Trials, with no relays and quality a necessity, perhaps we will see a more accurate portrait of the country's "best" teams.

A majority of the national team swimmers swam through the meet, opting not to shave or taper until Olympic Trials. This is often more difficult to do mentally than physically. When everyone around you is racing fast, it is hard to remember you are on a different schedule. But for those swimmers who can swim solidly year round, the meet proved an excellent gauge of their training.

Of course we might be in for one fast Olympic Trials, as was evidenced by those who did shave. Jen Button (ROW) and Rick Say (IS) had some excellent

racing, a good sign for May. A few youngsters stepped up and made themselves heard: Tobias Oriwol, 14 (ESWIM), Jennifer Fratesi, 15 (ROW), and Danielle Bell, 16 (IS) all dropped time for records and wins.

Jen Button capped off a winning winter season by claiming her first national title in the 200 fly. Button dethroned Canadian record holder Jessica Deglau (PDSA)—her first loss in this event in Canada since 1995 and a feat not missed by Button. "Five years is a long time. She (Deglau) is not indestructible, and I am slowly getting closer to her. I wanted to come here and give her a race; it is good for both of us and the 200 fly in Canada. I still have to step up to get to her level, but my goal coming into this meet was to race and to win." Based on her best times from the short course season, Button also wanted a best time. Her 2:11.95 bettered her swim from Pan Ams last summer, where she placed second to Deglau with a 2:12.09.

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

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



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

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

1998 Summer Nationals, August:	1:52.77
1998 Commonwealths, September:	1:52.42
1999 Spring Nationals, March:	1:51.56
1999 Pan Pacifics, August:	1:50.55
2000 Spring Nationals, March:	1:48.86

Button decided to spend the year at home in order to prepare for the Olympics. After sitting down with her two coaches, Byron MacDonald in Toronto and Dean Boles in Waterloo, Button made the decision to stay at home with her Mom and Dad. "It is much easier to have my Mum take care of me! Plus I needed a break from school." With no varsity swimming, the World Cup circuit was instrumental in her season planning. "The circuit fit into my schedule this year. I wanted lots of quality racing against the people I will hopefully be swimming at the Olympics."

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



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

Marco Chiesa

number of swimmers.”

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

Button is going to maintain her current training and racing strategy through to the Trials. "There is more expectation from everyone now, but I have so much more confidence too. I reached this level a lot faster, so I know I can reach the next level as fast." Button believes there are still parts of her race she can improve, including the third 50. "I would like to go a 2:10-2:09. It's a bit of a stretch, but I did take off three seconds short course. It's like I am 14 again!"

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

ROW has tried to incorporate many of the programs developed in Calgary, such as the core strength and dryland programs. "The Centre here has consolidated our work. I focus on the water work and we have experts helping with dryland, sports psych, etc. When you go to the next level it takes listening to experts. I get the info and make the decisions. And if you make the right decisions you get the right results."

The ROW Centre also services several drops-ins. "Adam Sioui comes in and trains with us now and then, which makes it interesting. So we are able to help some of the kids in Ontario a bit."

Although having McAllister, Chiba, and Yamamoto in the Centre reminds everyone of quality international swimming, Boles credits Canada for his success. "I am very much a product of the Canadian coaching system. I think it is important to give credit to those programs and keep investing in them because it is working."

The Centre programs are effective: experienced coaches, quality sports science support, dryland and sports psychology programs. So how do you get one? Well, there are rules set up for the Centres. First, a sport partnership between your Pro-



Dave Johnson

Cecil Colwin

vincial Sport Organization (PSO), the National Sports Organization (NSO), and the National Sports Centre (NSC) must be set up to agree upon a viable project. Dave Johnson, the head coach of SNC, then set up two other criteria: "I want the Centres to be linked with the clubs as well, because they have the sport-specific infrastructure already in place. I also wanted the Centres to be linked with the Universities."

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

Centres in Toronto and the Atlantic provinces."

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

According to Johnson, there is currently another Club Grant program on the table with the Executive Committee/Board of Directors at SNC that would recognize quality performances at Junior Nationals. The program would also reward swimmers and coaches who perform at Juniors, then again at Senior Nationals.

"Creating better linkages to the development system has been a dilemma. How to compensate and recognize junior-level coaches led us to create better stratification. Now at Junior Nationals there will be two age groups: 16 and under, and 17 and 18."

There are also new programs in place and being developed for the nation's coaches. "We want to re-describe the career path of a coach; that it is okay to develop a swimmer and then let them move on because you will still be getting recognition and still be contributing to that swimmer's career. The swimmer then gets the benefit of incorporating 25 years of coaching experience into his or her program."

"Our goal is to put what is in the best interests of the swimmer first, but the reverse of that is what is the impact on the coach. Therefore our initial goal is to get key people in place, then over the long term link those coaches as mentors with the younger coaches."

"We want to train Canadian coaches to manage and coach at the international level. One way to do that is a career path through a Centre. But there are coaches who are doing it outside of this structure. Sean Baker in Nanaimo is an excellent example."

Indeed, the Centres proved strongest, along with the citywide teams formed just for Nationals. Etobicoke was dominant without any help. But we cannot really judge where we are until Trials, when the whole country will be shaved, tapered, and focused on long-course swimming. And when team titles are of no issue, it will matter little if you are a Centre swimmer; what will matter is that you are ready to race and swim really fast.



Mark Versfeld, PDSA, won the 50-100-200 backstroke

FIFTEEN WORLD RECORDS

AMERICANS WIN MOST MEDALS

Nick J. Thierry

ATHENS—The 2000 FINA Short Course World Championships, held only 11 months after the 1999 edition, resulted in 15 world records. The regular rhythm of this competition will be every second year and the next ones are scheduled for 2002 in Moscow.

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

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

Notably, 23 countries shared in the 120 medals, as strong countries like Australia and Germany sent small teams. Canada only sent a team of six (four women and two men), who gave a very good account of themselves with four silvers and one bronze and five Canadian records.

The facility in Athens was outstanding, part of the Olympic complex built in 1990. It includes two outdoor 50-m pools and an indoor 50-m pool with seating on both sides for over 4,000. The outdoor complex was the site of the 1991 European Championships and will be the site for the 2004 Olympics.

The 40-event program with three rounds (prelims, semi-finals, and finals) for the 50s (all in one day) and the 100s (over two days) made it impossible for some prominent swimmers to swim their regular events. Many scratched after the first round. The finals session went by so fast that it was hard to absorb and enjoy some of the great individual efforts. A revision (simplification) of the program will be done for 2002.

As an example of the program's complexity, Neil Walker (the swimmer of the meet) on the first day swam three rounds of the 50 back, and two world records, and the 4x100 free relay twice.

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

On the third day, during the prelims he swam 100 back and a 100 free in 46.88 (the fastest time), which he scratched from. In the evening he won the 100 IM in a world record time, followed within minutes by the semi of the 100 back.

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

Walker had a total of 17 swims, with four world

MEDAL TOTALS

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

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



DAY 1-March 16

A new world record and two championships records were bettered during the morning prelims. After the conclusion of the final event, 5 world records and 9 championship records were bettered.

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

Neil Walker (USA) shattered his world record from his morning swim in the 50 backstroke with a 23.42 (his prelim time was 24.04), swimming beside Lenny Krayzelburg (USA), the long and short course backstroke record holder for all other distances. The margin of victory was substantial—about half a body length. Walker made the most of the allowable underwater kicking (15 metres after the start and the turn) to gain his advantage.

Minutes later, in another semi-final, Lars Frolander (SWE) bettered the 100 butterfly world record with 50.59 (23.58 split), ahead of Michael Klim's (AUS) six-month-old record of 50.99. "I will try for an even faster time tomorrow in the final," Frolander said.

Jenny Thompson (USA), in the second 100 freestyle semi-final, swam 52.92, a new championship record. It was also the second fastest time ever. Therese Alshammar (SWE), the current world record holder (52.80), swam a hard three lengths and then cruised home to a 53.70. "I didn't expect such a fast time,"

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

In the first final, Mette Jacobsen (DEN) defended her SC World title from 1999 with a 2:08.10 (her winning time last year was 2:06.52). It was a swim-to-win effort, splitting 1:01.74 at the 100 and just staying ahead of the challengers. Katrin Jake (GER) was second with 2:09.42 and Otylia Jedrzejczak (POL) was third with 2:09.61.

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

Jani Sievinen (FIN) battled Terence Parkin (RSA) in the men's 400 IM. The lead changed after each stroke. Sievinen was in the lead for fly and back, Parkin then moved almost a body length ahead after breaststroke—a n insurmountable lead, but Sievinen caught up and touched first in 4:09.54, with Parkin second with 4:10.56 (a personal best

and African record) and Mickey Halika (ISR) third with 4:10.90.

The splits:

Sievinen	57.82	2:02.11	3:12.81	4:09.54
Parkin	57.95	2:03.67	3:11.07	4:10.56
Halika	58.37	2:03.50	3:13.26	4:10.96

Yana Klochkova (UKR) won the 400 IM in 4:32.45 and was ahead of world record pace after the fly and back legs. She fell behind the pace on the breaststroke leg but had a three-body-length lead on the field to win easily in 4:32.45. Nicole Hetzer (GER) placed second with 4:37.92 and Katie Yevak (USA) third with 4:38.80. Klochkova's splits:

Fly	back	breast	free
1:02.14	2:10.51	3:29.05	4:32.45
	1:08.37	1:18.46	1:03.40

Mark Warnecke (GER) touched ahead of Brendon Dedekind (RSA) in the men's 50 breaststroke. The more experienced German, with 8 of the 10 fastest times ever done, won in 27.22 to Dedekind's 27.27.

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

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

The men's 4x100 free was a Swedish romp in a world record time of 3:09.57, with the USA in second with 3:10.98 and Germany third in 3:13.69. The Americans took the lead on the first leg, but Lars Frolander, in second for the Swedes, moved them well into the lead, never to be challenged. He split 45.69.

The final event of the first day was the women's 4x200 free relay. The USA took the lead on the first 200 with GBR, CHN, and SWE battling for second. Lindsay Benko gave the USA a solid lead with her 1:56.45 (bettering a 22-year-old American record by Cynthia Woodhead). On the second 200, Nicola Jackson moved GBR into the lead over the USA with CHN and SWE trailing. They held on to their lead with Karen Pickering anchoring (with a body-and-half lead) over Jenny Thompson for the USA. Pickering touched in 7:49.11, another world record. The Americans finished second with 7:50.59 and China third with 7:52.70. The winning relay's splits:

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

DAY 2 March 17

World and championship records continued to fall by ever-increasing margins during the second day's finals.

The first final was the men's 100 fly, where Lars Frolander (SWE) broke his world record from Day One's semi-finals. The race was never in doubt, with Frolander in the lead from the start, turning in 23.50, the same as

the day before, but he brought it home even faster, lowering his record time to 50.44. He took only eight strokes on the second length and 11 on the final length.

"It's logical to be satisfied with my time," Frolander said. "It's my second gold of the championships (Sweden won the 4x100 free in world record time on Day One). The race was as good as it should be from start to finish. My goal is still to win in Sydney. I'd like to be here in 2004 for the Olympics if I'm not too old by then." (He would be 30 in 2004.)

Rebecca Brown (AUS) won the 200 breaststroke. She was in the lead for the distance with a 1:09.18 at the 100 and finished in 2:23.41. Brown held the long course world record in 1994, but missed the limelight afterwards. She is on a successful comeback now.

"It's my first world title," Brown said. "I am the happiest person on the earth tonight. I was quite anxious about my race."

Chad Carvin (USA) was an easy winner in the men's 400 freestyle, leading throughout (53.08, 1:48.69, 2:44.85) with a final time of 3:41.13. It was not his fastest this winter, but enough. Paul Palmer (GBR) was second with 3:42.70 and Massimiliano Rosolino (ITA) was third with 3:43.68.

Therese Alshammar (SWE), already the world record holder in the 100 freestyle with 52.80 from last Decem-

and Volodymyr Nikolaychuk (UKR) third with 1:55.33.

Jenny Thompson won the 50 fly in 26.13 over Anna-K. Kammerling (SWE) with 26.16. It was a gutsy effort by Thompson after the hard 100 freestyle. She was able to come back within a few minutes for this winning effort. Kammerling has a much faster world record from last December with 25.64.

"My emotions are mixed," Thompson said. "I have a gold now, but lost another one earlier. This is my last competition before Olympic Trials and Sydney. I'll be ready there."

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

Sandra Volker (GER) won the 100 backstroke with a near-record effort of 58.66 (the record is 58.50). "I'm happy with this performance," Volker said. "I was close to the record." Marylyn Chiang (CAN) was second with 59.33, her first sub-minute time. "My advantages are the start and turns because I have been training to stay under and kick for as long as allowed (15 metres)," she said.

Chen Hua (CHN) won the 800 freestyle in 8:17.03, another championship record, over Brooke Bennett (USA) with 8:19.66. Bennett, with 23 strokes a length,

was in the lead for the first half but Chen, with only 19 strokes a length, gradually moved into the lead.

In the final race of the evening, the American men won the 4x200 free relay in world record time. Josh Davis 1:44.10, Neil Walker 1:45.24, Scott Tucker 1:45.97, and Chad Carvin 1:46.02, combined for a time of 7:01.33, just under the 7:01.60 record by an Australian team last September.

In semi-final action:

Mark Foster (GBR) was fastest in the 50 free with 21.43, a new championship record.

In the second semi-final in the men's 100 breaststroke Roman Sloudnow (RUS) broke the world record with 58.51, bettering Fred de Burghgraeve's (BEL) former time of

58.79 from 1998.

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

DAY 3 March 18

The world record total moved up to 12 after three days of competition. The USA continued to run away with the medals with 7 golds and a total of 17.

Neil Walker (USA) continued his amazing swimming, winning the 100 individual medley in a new world record of 52.79, bettering the four-year-old record of 53.10 by Jani Sievinen (FIN.) who finished second this day. Walker has the best underwater technique with half the distance kicking off the walls. He had about a body-length lead on the field at the 50 and held off Sievinen, who closed the gap but not enough to threaten Walker.

Martina Moravcova (SVK) cruised to a two-body-length lead in winning the women's 100 individual medley in 59.71. Marianne Limpert (CAN) was second



Canadians medallists: Chiang, Pietucha and Limpert

Marco Chiesa

ber, expected to be challenged by Jenny Thompson (USA) who was fastest in the semi-final with a personal best of 52.92. But Alshammar more than rose to the occasion. She took off the blocks and stroking smoothly turned at the 50 in 24.81 (her old record split was 25.30) and extended her lead with each stroke. Approaching the end she seemed to glide into the finish. Her amazing new world record was 52.17. Jenny Thompson (USA) was never in the race. Her time of 53.14 was slower than her semi-final.

"I didn't expect to be this fast," Alshammar said. "I was hoping for a good race. In Sydney things will be different."

With Lenny Krayzelburg scratching from the final of the men's 200 backstroke, the opportunity for Gordan Kozulj (CRO) to be world champion arose. After qualifying first, he went for the gold from the start and was able to hold off a challenge from Brad Bridgewater (USA). Kozulj's winning time of 1:53.31 was a championship record, with Bridgewater second with 1:53.87

in 1:02.00. "I'm closing in on the record," Moravcova said after her first ever sub-minute 100 IM. "Although I was tired before this final, I'm very pleased. Swimming in this pool feels great."

With a world record under his belt from the semis, Roman Sloudnov (RUS) swam to make sure of the gold. "It is my first World Championships and I'm satisfied," he said. "I don't depend on luck, just power and hard work." Sloudnov's time was 58.57.

Lindsay Benko (USA) won the 400 freestyle in 4:02.44 and has now erased the last remaining American record of Cytynhia Woodhead (4:02.59—from 1978). Yana Klochkova (UKR), winner of the 400 IM two days earlier, was second throughout and finished with a 4:04.39, a personal best. Chen Hua (CHN) was third with 4:06.63.

Antje Buschschulte (GER) won the 50 back in 27.90, even though Marylyn Chiang (CAN), with superior underwater work, was ahead for most of the race but touched second in 28.03. Kelli McMillan (AUS) was third in 28.06.

Therese Alshammar (SWE) won the 50 freestyle in world record time of 23.59, lowering her own three-month time of 24.09. It was a textbook display of perfection. She gained a half-body on the dive off the block, then took 14 strokes on the first length and 18 on the second length.

"I expected a world record," Alshammar said. "The time was much faster than I imagined. I will use the money I earned here at these championships to pay my coach (Dirk Lange) because I owe him a lot."

It was an easy swim for James Hickman (GBR) in the 200 butterfly. In the lead throughout, he cruised to a 1:53.57 (two seconds over his world record). Shamek Pietucha (CAN) swam a gutsy race in lane two and gradually moved up to second with 1:54.27. Anatoli Poliakov (RUS) was third with 1:54.47.

"The race was always in control," Hickman said. "I felt confident of first place. This is my third medal here."

"It was my best time," Pietucha said. "I wanted a better place, but I have to be satisfied and it does give me confidence." Pietucha bettered his year-old Canadian record.

In semi finals, Jenny Thompson (USA) lowered her world record in the 100 butterfly to 56.56 (26.14 split) from 56.80. Thompson scratched from the 50 freestyle after the prelims.

"I felt a little tired and tense in the warm-up," Thompson said. "I didn't expect to break the record, but was happy to please the fans. I'll try to better it again tomorrow in the final." Martina Moravcova (SVK) scratched from the 100 fly after the morning prelims, where she bettered the European record with 57.55.

Lars Frolander (SWE) was fastest in the men's 100 freestyle semis with 46.75 (22.52 split), missing Alex Popov's six-year-old world record by 1/100th of a

second. It moves him to number two all time ahead of Neil Walker.

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

DAY 4 March 19

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

In the 100 Frolander took flight early, splitting well ahead of the world record pace of 22.80 with his 22.57. He had a body-length lead at the finish, but just missed the world record of 46.74 with his 46.80.

"I will leave here with the best of memories," Frolander said. "I expected to break the record in this race. It really doesn't matter, I'll try harder in Sydney."

Yana Klochkova (UKR) and Martina Moravcova (SVK) traded places during the 200 individual medley. Moravcova had the lead after fly, with Klochkova gaining a slight edge on the backstroke and breaststroke legs. Moravcova

moved up on the freestyle leg and ended in a virtual tie: 2:08.97 for Klochkova and 2:08.98 for Moravcova.

The splits:
Klochkova 28.43 1:01.10 1:38.82 2:08.97
Moravcova 28.04 1:01.26 1:39.50 2:08.98

Sara Poewe (RSA) won the 100 breaststroke with 1:06.21 (31.23), a personal best by over a second. She was clearly in the lead throughout. Alicja Peczek (POL) placed second with 1:07.69 and Elena Bogomazova (RUS) third with 1:08.27.

"I always paint my nails black for good luck," Poewe said. "This time they really brought me good luck. The time and the gold medal are the perfect finale for me at these Championships." Poewe is 16 and will make a terrific duo with world record holder Penny Heyns (RSA).

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

Showing signs of wear, Jenny Thompson (USA) just swam to win the 100 butterfly with 57.67. She set a world record the previous day in the semis in 56.56. Johanna Sjoberg (SWE) was second with 57.96 and Karen Campbell (USA) in third with 58.86.

"I expected to win the silver," Sjoberg said, "since the gold was already occupied."

There was a great battle in the men's 200 breaststroke. Roma Sloudnov (RUS) had the

early lead. Then Terence Parkin (RSA) moved ahead and held through the 150. Sloudnov then came back and they battled for the finish. Sloudnov finished first with 2:07.59, a new world record and his second of these championships. Parkin was second with 2:07.91, his personal best. Andre Ivanov (RUS) was third with 2:09.90. The splits:

Sloudnov 29.02 1:01.90 1:35.04 2:07.59
Parkin 29.22 1:01.44 1:34.56 2:07.91

"This should set me up for a medal in Sydney," Sloudnov said. "I didn't expect to win any prize money, so I don't really know how to spend it."

"I think I can do better in long course," Parkin said. "I'll try for a better performance next month."

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

James Hickman (GBR) gave it a good try. In the men's 200 IM he had an almost body-and-a-half lead. Then Jani Sievinen (FIN) made his decisive move in the breaststroke to overtake Hickman, who was never again able to close the gap.

The splits:
Sievinen 25.62 55.22 1:28.89 1:56.27
Hickman 24.68 53.84 1:29.00 1:56.86

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

The splits:
Yang 27.79 57.21 1:26.92 1:56.06
Moravcova 27.76 57.44 1:27.54 1:56.46

The 4x100 medley relay was another American win for the men with their 3:30.03 missing the world record. The injured Lenny Krayzelburg swam the backstroke leg in 51.82, with Jarrod Marris 59.26 for breaststroke, Neil Walker 51.43 in the 100 fly, and Scott Tucker 47.50 for freestyle. Germany finished in second and Great Britain in third.

Sweden won the women's medley relay with Therese Alshammar swimming backstroke in 59.73, Emma Iglestrom breaststroke in 1:07.93, Johanna Sjoberg fly in 57.36, and Anna-K. Kammerling freestyle in 54.51, for an overall time of 3:59.53. Germany finished second and the USA third.



Lars Frolander, SWE

Marco Chiesa



Top performers Neil Walker and Jenny Thompson

Marco Chiesa

GEORGIA WINS SECOND TEAM TITLE TWO WORLD RECORDS SET

INDIANAPOLIS, Ind.—In a classic cat and dog fight, the Georgia Bulldogs hung on to defeat the Arizona Wildcats for their second straight NCAA team title. Georgia finished with 490.5 points to Arizona's 472. Georgia's Courtney Shealy and Kristy Kowal were named co-NCAA Female Swimmers of the Year. Jack Bauerle was voted Coach of the Year for the third time.

Shealy won the 50 and 100 free, the 100 backstroke, and swam on the winning 4x100 medley and free relay. Kowal won the 100 and 200 breaststrokes and the 4x100 medley.

"What a terrific meet it was. I have great respect for Arizona," Georgia coach Jack Bauerle said.

"This year was harder to win. I now have a newfound respect for (Stanford) coach Richard Quick who's won so many titles. Defending a title is a different feeling. Last year was almost easy. It just seemed to flow. We didn't have many injuries. At one point in January, we were a skeleton of what we were tonight."

The NCAA meet, held in short course metres for the first time in history, saw the record books rewritten. Over the three-day meet, two world records (50 back, 4x100 medley relay) and one world best (4x50 medley relay) were broken, as well as 11 American records.

Highlights: Freestyle

Courtney Shealy, Georgia, surprised the field in the 50 free on the first day with a win out of lane 6, posting a 24.80 for her first title after qualifying fourth. Courtney Allen of Northwestern touched in 24.87, followed by three-time defending champion Catherine Fox of Stanford in 24.97.

Shealy added the 100 free (53.99) win on the final night and Maritza Correia, Georgia, won the 200 free with 1:57.33.

Columbia senior Cristina Teuscher, a team of one at these champi-

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

Backstroke

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

Breaststroke

It was an American record performance from senior Kristy Kowal, Georgia, who posted a 1:05.74 in the 100 breast, not far off Penny Heyns' world mark of 1:05.40.

Kowal was pushed by Cal freshman Staciana Stitts, who was out first in 31.24 to Kowal's 31.28. Stitts and Northwestern senior Amy Balcerzak tied for second in 1:06.79. "I'm really excited to be that close to Penny's (Heyns) world record. She's an amazing swimmer and I love racing her, but I won't start thinking about the Olympics until after this meet is over. I'm just so excited with how well the team is doing here.

"It's my senior year so that's the last time I'll swim that event at NAAs," Kowal said. "It hasn't hit

me yet and probably won't until after I swim the 200, but the 100 is my fun event."

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

Butterfly

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

Individual Medley

Kristy Kowal, Georgia, won her fifth NCAA individual title with a hard-fought victory in the 200 individual medley, touching in 2:10.69.

She was fifth after the first leg (butterfly), but passed Cal senior Elli Overton (AUS) in the breaststroke to freestyle turn. Overton finished in 2:10.74, followed by Auburn freshman Maggie Bowen in 2:12.21.

"The past two years I've gotten third, and I was happy with that, but I knew this year I had a good shot at it," Kowal said. "I knew it was close. I didn't feel anything the last 15 metres."

Columbia senior Cristina Teuscher claimed her fourth and final NCAA title in decisive fashion, winning the 400 individual medley by almost four seconds with a time of 4:33.81, just off Tracy Caulkins' US Open record of 4:33.44 from 1981. The time would have earned her a silver medal at the FINA Short Course World Championships—a meet she chose to miss so she could compete in her final collegiate meet.

"I think the competition is just as good here, so why fly halfway around the world when I could just take an hour flight here?"

Teuscher said. "It was nice to end my college career here. Now I'll start focusing on the Olympic Trials. I'm much more mature than I was four years ago and going to Columbia had a lot to do with that. I was really lucky to be able to have the best of both worlds, working with both (Columbia coach) Diana Caskey and club coach John Collins of Badger SC."

Relays

California won the first relay, breaking the US Open record in the 4x50 free relay with a time of 1:40.18. The team consisted of Anya



Kristy Kowal helped Georgia to its second team title

Marco Chiesa

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

Seniors Kristy Kowal and Courtney Shealy, who both won individual titles on the first night, led Georgia to a world-record swim in the 4x100 medley relay. Shealy led off with a 58.75, followed by Kowal (1:06.09), Keegan Walkley (59.28), and anchored by freshman Maritza Correia (53.34) with the four posting a 3:57.46, bettering Japan's world record of 3:57.62.

"Courtney and I had never won a relay at NCAAs in our four years so it was a big goal to win and that gave us momentum," Kowal said.

The California 4X50 medley relay team of Haley Cope (USA) 27.25, Staciana Stitts (USA) 30.59, Waen Minprahal (THA) 27.07, and Joscelin Yeo (SIN) 24.32 started off the second night with a world-best swim of 1:49.23. The previous world record was 1:49.47 by Sweden in 1999. Since the California team was composed of swimmers from three countries, it will not be recognized since team members must have the same nationality (FINA rule SW 12.3).

Cope also set her own world record in the 50 back leadoff with a time of 27.25, bettering German Sandra Volk's time of 27.27. Arizona set the American record with its second-place time of 1:49.71 by Beth Botsford, Amanda Beard, Amy Bouta, and Denali Knapp.

"When I looked up at the board (after my leg) and saw that I broke the world record, I was thinking 'please don't false start,'" Cope said. "Breaking that record was one of my goals this year."

Arizona won the 4x200 free relay with Trina Jackson (1:59.46), Sarah Tolar (1:57.29), Jenny Vanker (2:00.77), and Emily Mastin (1:57.99) in 7:55.51.

It came down to the final relay, with Arizona needing to win the 4x100 free relay and Georgia to finish sixth or lower for the Wildcats to win the title. The Bulldogs could have been extra careful about the relay takeoffs to ensure no false starts. Georgia went after the race aggressively though, with Courtney Shealy (53.70), Stefanie Williams (55.00), Jennifer Mihalik (55.45), and Maritza Correia (53.52) winning the event and the team title with an American record time of 3:37.67, bettering the time set by the USA National Team earlier that day in Athens, Greece, at the Short Course World Championships. Arizona finished second with 3:38.89.

"The coaches told us we just needed to finish fifth, but we weren't out there to do that," senior Courtney Shealy said. "We still wanted to win it."

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

2000 MEN'S NCAA CHAMPIONSHIPS

MOSES PARTS THE WATERS

TEXAS RUNS AWAY WITH TEAM TITLE, RECORDS FOR RILEY JANES

MINNEAPOLIS—Seven world short course records fell during the 76th men's NCAA Championships. The records were equalled or bettered in four events.

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

Texas won the team title, the Longhorns' first since 1996. They won three out of five relays, placed second in the 4x100 free and fourth in the 4x50 free relay. The Longhorns finished with 538 points, followed by Auburn (385) and Arizona (360.5).

Texas coach Eddie Reese was named NCAA Coach of the Year, winning his seventh team title during a 21-year career in Austin.

These men's NCAA championships, held continuously since 1924, have been mostly held in a 25-yard pool, but for the first time they were held in a 25-metre pool.

Highlights: Freestyle

California freshman Anthony Ervin shocked the swimming world on the first night with a world record in winning the 50 free (short course metres) in 21.21, edging Arizona sophomore Roland Schoeman (RSA) who also went under the existing world record with a 21.22. Prior to this meet, Ervin's biggest competition had been at the Junior National level.

"Anthony's never been in the limelight," said California coach Mike Bottom. "He's come out of virtually nowhere."

"I was trying to hit all the things I usually miss, like the start," Ervin said. "I'm known as having bad starts. For me, this was a good start. It was decent, but not a great start by any stretch of the imagination."

Ervin, who at 6' 2"/188 cm weighed just 150 lbs/68 kg when he entered college, has put on 10 pounds of muscle in the last year since he started weight training seriously.

"I think it's been the coaching more than anything (that's made a difference)," Ervin said. "I haven't grown much yet."

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

Ryk Neethling (RSA), a senior at Arizona, won the 400 free in 3:40.47 on the first day, while Southern Cal



Three world records for Ed Moses

Marco Chiesa

freshman Erik Vendt was second in 3:42.81. On the second day, Neethling won his ninth career title, his second of the meet and his third straight in the 200 free event.

Stanford junior Adam Messner jumped out to an early lead, but Neethling turned it on in the last 25 to move past Messner. His final split was 25.74 to Messner's 27.50. Neethling finished with a 1:43.90 to Messner's 1:45.01.

On the third day, Southern Cal's Erik Vendt turned in a gutsy performance in winning the 1500 freestyle in an American record time of 14:31.02, upsetting three-time defending champion Ryk Neethling (14:39.04) of Arizona, who finished third behind

Michigan junior Chris Thompson (14:35.95). Thompson took the early lead with Neethling and Vendt staying at his hip until Vendt started his six-beat kick at the 800 mark to pull away from the field. His 10th, 11th, and 12th 100s were all under 58 seconds and he finished with a 58.09 for the last 100. Vendt's time ranks as the fourth-fastest performance in history behind two swims by Australians Grant Hackett and one by Kieren Perkins.

Backstroke

Texas junior Matt Ulrickson won the 100 back out of lane two with a time of 52.05. He was fourth at the 50 mark and then finished in a 26.87 to win the race.

"The race was so close," Ulrickson said, "that I didn't know where I finished until I looked up at the board. I had to look a couple of times to make sure before I got excited."

Last year, Ulrickson made what he termed "an eight-year-old age grouper's mistake" when he turned too soon, thinking the false start rope was the flags. He seems to have learned from his mistake.

Canadian Riley Janes, Texas A & M, in finishing second with 52.18 (52.22 prelims) twice bettered Mark Tewksbury's record of 52.50 from 1992. Janes also bettered the 50 backstroke national record with his 23.90 lead-off on the 4x50 medley relay. Both former Canadian records were world records in their day.

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

Breaststroke

With his mom's "Part the Water, Moses" sign in plain view in the Minnesota Aquatic Center, Virginia sophomore Ed Moses did just that in winning the 100 breaststroke in a world-record time of 57.66 on March 24. It was his second world record-breaking performance of the day as he first broke the mark in prelims with a 58.05.

"I knew I had a shot at the world record this morning after the relay split I had yesterday," Moses said. "My coach told me not to hold back. I had a four-second drop between my first and second 50 splits this morning and had really run out of energy on the last 50. Tonight I tried to hold back a little, which is hard to do in this meet, and then come home strong. I'm surprised my split (for the first 50) was only a little slower than this morning because I had a lot more energy coming home. I don't think I could have done much better."

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

stroke. Moses' time of 2:06.40 was more than a second faster than the previous mark of 2:07.59 swum by Russia's Roman Sloudnov at the Short Course World Championships in Athens, Greece, the week before.

"I went out after it," Moses said. "I wanted to go a 2:05, but I made a couple of mistakes. It's only the second or third time I've swum this race in short course metres and it's very different from yards. At my turn for the last 25, I felt like I should be done already. I took it out too quickly and suffered in the last 50. I'm really excited about it though. My goal was to break those records."

Butterfly

Nebraska senior Adam Pine (AUS) won the 100 fly in 51.23 on the second day. Runner-up Nate Dusing of Texas broke the American record with a 52.00.

Stanford junior Adam Messner used a strong back half to win the 200 fly on the third day in 1:55.79, ahead of South Carolina's Zsolt Gaspar (HUN) who led most of the race. Messner had a little trouble getting his warm-up suit off at the blocks.

"It reminded me of being an age grouper," Messner said. "I used to have to run to the bathroom right



Nine NCAA career wins for Ryk Neethling

Bill Collins

before my races because I'd get so nervous, but it made my mom even more nervous. That's the only thing that kept me calm tonight—thinking my mom was probably really nervous and maybe she absorbed some of it for me.

"All season we've put an emphasis on underwater dolphin kicking. Misty Hyman brought that to Stanford and Skip (Kenney) really worked us on it. I tried to use it as an offensive weapon tonight. Off both walls I could see him (Gaspar) come off ahead of me so I tried to inch ahead each time with my dolphin kick. I knew we were really close and I didn't know I had won at the end."

Individual medley

Arizona State freshman Atilla Czene (HUN), a 1996 Olympic gold medalist, tied the world record in

winning the 200 individual medley on the first day in 1:54.65. Texas junior Nate Dusing was second in 1:56.84. Though only a freshman, Czene is 26 and just recently moved to the United States from Hungary to train.

"It's much more fun at NCAAs (than international competitions)," Czene said. "There was so much pressure on me in Hungary after the Olympics. I didn't feel any pressure here. I went to the 1998 World Championships wanting to win and I made some mistakes and ended up in the consolation final. I thought about quitting, but then I made my decision to come to the United States. I'm glad Arizona State was willing to take me. I feel like I'm re-energized."

Michigan sophomore Tim Siciliano dropped more than five seconds off his prelim time to win the 400 individual medley in an American record time of 4:06.02. Southern Cal freshman Erik Vendt set the record in prelims with a 4:08.22 and finished second in 4:09.35.

Relays

On the very first event of the first day Auburn started off the night by winning the 4x50 free relay with Matt Busbee (21.77), Aaron Ciarla (21.09), Oswaldo Quevedo (21.34), and Greg Busse (20.94) posting a 1:25.14. The four set a world best in prelims with a 1:24.83, but since Quevedo is from Venezuela it will not be recognized as team members must have the same nationality (FINA rule SW 12.3) Roland Schoeman (RSA) was the lead-off for Arizona in a short-lived world record of 21.28.

In the final relay on the first day, Texas won the 4x100 medley relay in 3:31.23, swum by Tom Hannan (52.15), Russell Chozick (59.70), Nate Dusing (51.48), and Bryan Jones (47.90).

On the second day Dusing also swam the butterfly leg (22.52) for Texas' winning 4x50 medley relay, which swam an American record time of 1:35.66 in the first event of the night. Also on that relay was 100 back champion Ulrickson (23.96), Russell Chozick (27.62), and Bryan Jones (21.56).

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

The 4x100 free relay was won by California with Matthew Macedo (47.81), Anthony Ervin (47.32), Bart Kizierowski (POL) 46.92, and Lars Merseburg (GER) 49.20 in 3:11.25.

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

BACKWASH

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.

Davis Scholarships Awarded: Six swimmers will be receiving \$1,000 each provided by the Victor Davis Memorial Fund to help them in their swimming careers. The fund was created in 1989 in memory of Olympic and world champion Victor Davis, who died tragically that year. The six swimmers are Kristen Bradley, 16 (Newmarket, ON), Jenna Gresdal, 15 (Huntsville, ON), Alexandra Lys, 15 (Calgary, AB), Benoit Banville-Auger, 17 (Cap-de-la-Madeleine, QC), Francois Castonguay, 17 (St-Jerome, QC), and Matthew Huang, 16 (Vancouver, BC).

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

Paying the price: Alexander Popov pays 100 Australian dollars (US \$60) a day to train at the Australian Institute of Sport with his coach Gennadi Touretsky, a former Soviet national sprint coach. The decision to continue to swim for Russia has cost him dearly. Rob Woodhouse, an Olympic bronze medal winner in 1984 and now an agent for swimmers, estimates Popov could have made a million dollars a year in endorsements if he were an Australian. That's what Michael Klim, Popov's training partner, and 17-year-old Ian Thorpe are currently earning.

"The financial thing is difficult for Alex," Touretsky says. "He has a few sponsors, none in Australia."

After winning the 50 and 100 freestyle in 1992 and 1996, Popov is spending six hours a day in the water and an additional hour in the gym preparing for Sydney.

"People are writing Alex off, but I'm not," said Michael Klim. Touretsky agrees. "I know he will win the 100 again," he said. "The difference this time is I don't know how."

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

Banned: Italian sprinter Viviana Susin, 27, received a four-year suspension from FINA. Susin was tested in January 1999 at a meet in France and was found to have a Testosterone/Epistosterone level greater than 6. The suspension is effective March 25, 2000. It's not known why there is such a long delay between the test and the suspension. She competed last December at the European SC Championships in Lisbon. Susin won the Italian Championships in the 50 and 100 free during the past decade.

Caught: Trent Bray, NZL, also tested positive earlier this year for the steroid nandrolone, but has so far eluded any actual suspension and competed recently in the New Zealand Championships. Trent hired a good lawyer and got off on a technicality. The judge ruled there was too long a delay between the specimen arriving in the lab—in Sydney—and the tests being done. In addition, the containers that have been used all over the world were found wanting! The NZL drug testing agency has lodged an appeal.

Biggest splash: Speedo announced the Fastskin in Athens. The suit will change the sport. It's a major innovation. The fabric has thousands of tiny teeth-like dents in the knit, mimicking dermal denticles of a shark's skin. Each suit has 13,000 stitches and 1,800 m of thread. A rougher fabric on the underside of the arms helps the swimmer to grip water when stroking. A rougher fabric at the shoulders creates vortices like those generated by the roll of a fish for faster swimming. Speedo claims that the suit is 3 to 7.5 percent faster than other suits.

FINA has approved full bodysuits as within its existing rules.

The suit will be priced between US \$150 and \$250 depending on the configuration (full body suit to a more conventional shape). The suit will be available to the general public in September. Speedo has agreed to supply Fastskins to swimmers competing at the Canadian Olympic Trials. Swimmers with the best chance to make the Olympic team as prime candidates for the suit.

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

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

The award is offered in recognition and appreciation of your continued dedication to the unearthing of the story of the East German Doping Regime over the past decades. We are very grateful for your efforts.

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

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

Again, my congratulations and thanks from our entire Board of Directors. I hope this note finds you happy and well."

Best Regards, John Leonard
ASCA Executive Director

Congratulations Karin, from your friends at SWIMNEWS!



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

ASK JUDY

DON'T ALWAYS EXPECT IT!

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

I start by asking the athlete "What is your goal for this competition?"

This may seem like a roundabout way to figure out a strategy, but this often identifies the root of the problem. The most common goal that swimmers set is to do a personal best time or a PB. The next thing to determine is if the goal is difficult, yet realistic, specific, and measurable, and if the swimmer has a clear understanding of what she or he needs to do to achieve the goal.

Once this has been determined, we can move to the next question, which is "What do you expect out of yourself?" The response to this question is the clincher. If the swimmer's response is "I expect a personal best" then we have probably figured out what the problem is.

Now you may be confused, but answer this question—What is the difference between an expectation and a goal? In this case, not much. By definition, an *expectation* is something that you expect to happen, it has high probability of occurring. A *goal* is something that you are striving for, reaching for, not sure if you will achieve it.

If the goal is difficult yet it is something you expect to happen, this can be the cause of a great deal of stress. Expectations should be focused on things that are completely in your control. For example, "I expect myself to keep focused during my race" and "I expect myself to give 100% during the race."

Things that you expect out of yourself are likely to contribute to the chance of you achieving your goal. But when swimmers or athletes, in general, start to set their expectations as high as their goals, the question becomes "What's the point of setting the goal, if you expect it to happen?"

Another way that expectations can cause a great deal of stress or anxiety is when the expectations are not even the athlete's own, but when they are those of the coach, parents, or teammates. So, before your next competition, it is in your best interest to take the time to establish what your goals are and then to determine how they are different from your expectations. This should help you feel more focused and in control.

Keep the letters and emails coming at gossj@dalelessmann.com

Judy Goss, Ph.D., is a Sport Psychology Consultant at the National Sport Centre—Toronto.

GIRLS 11-12

50 METRES FREESTYLE

Rec: 26.34 Lori Melien AAC, 85

- 27.38 ONTAGMAR Allison Bennett, 12, NYAC
- 27.83 JRNATFEB Kirsten Pomerleau, 12, UCSC
- 27.86 ONTAGMAR Nadia Kumentas, 12, WD
- 27.90 BCAGMAR Melissa Lam, 12, SPART
- 28.14 BCAGMAR Kirsty Teit, 12, PGB
- 28.20 ONTAGMAR Julia Wilkinson, 12, SKY
- 28.27 ONTAGMAR Emily Gillespie, 12, PERTH
- 28.27 ONTAGMAR Amanda Kelly, 12, HWAC
- 28.31 ABAGFEB Amanda Macey, 12, CASC
- 28.38 ONTAGMAR Whitney Rich, 12, ISS
- 28.44 SFOYNOV Suzanne Vary, 12, CNDR
- 28.52 ONTAGMAR Monica Wakeman, 12, NEW
- 28.65 PCSDECE Alice Chow, 11, PCSC
- 28.89 YOUTHDEC Amanda Long, 12, LAC
- 28.95 PCSDECE Clare Dermody, 12, HWAC
- 28.96 BCAGMAR Brittany Reimer, 12, SKSC
- 28.99 ONTAGMAR Chantelle Lonsdale, 12, WAC
- 29.12 MBSKMAR Mallory Hoekstra, 12, EKSC
- 29.20 RAPIDDECE Carleen Ready, 12, LASC
- 29.21 ONTAGMAR Jamie MacLeod, 12, USC
- 29.22 ONTAGMAR Heather Julien, 12, LAC
- 29.27 SCARFEB Jessica Lau, 12, SCAR
- 29.31 POAAAFEB Genevieve Saumur, 12, CAMO
- 29.32 BCAGMAR Carla Henderson, 12, PDSA
- 29.38 ONTAGMAR Ogechi Abara, 12, RHAC

100 METRES FREESTYLE

Rec: 57.36 Lori Melien AAC, 85

- 1:00.02 ONTAGMAR Nadia Kumentas, 12, WD
- 1:00.25 JRNATFEB Allison Bennett, 12, NYAC
- 1:00.63 BCAGMAR Melissa Lam, 12, SPART
- 1:01.12 YOUTHDEC Kirsten Pomerleau, 12, UCSC
- 1:01.39 JRNATFEB Amanda Long, 12, LAC
- 1:01.53 ONTAGMAR Amanda Kelly, 12, HWAC
- 1:01.58 SFOYNOV Suzanne Vary, 12, CNDR
- 1:01.99 BCAGMAR Kirsty Teit, 12, PGB
- 1:02.06 HWACOCT Clare Dermody, 12, HWAC
- 1:02.29 TJANJAN Emily Gillespie, 12, PERTH
- 1:02.62 ONTAGMAR Heather Julien, 12, LAC
- 1:02.84 BCAGMAR Brittany Reimer, 12, SKSC
- 1:02.94 POAAAFEB Alice Chow, 11, PCSC
- 1:02.95 ONTAGMAR Chantelle Lonsdale, 12, WAC
- 1:02.98 MBSKMAR Mallory Hoekstra, 12, EKSC
- 1:03.02 YOUTHDEC Monica Wakeman, 12, NEW
- 1:03.08 POAAAFEB Genevieve Saumur, 12, CAMO
- 1:03.08 ONTAGMAR Whitney Rich, 12, ISS
- 1:03.16 POAAAFEB Chrystele Roy-L'Ecuyer, 15, CNB
- 1:03.58 ISCPUPOV G. Poirier-Leroy, 12, NRST
- 1:03.58 MSSACNOV Elyse Dudar, 12, MSSAC
- 1:03.59 POAAAFEB Sarah Caron-Cantlin, 12, CNCI
- 1:03.72 ONTAGMAR Jackie Morrison, 11, NYAC
- 1:03.76 SCARFEB Martha Ziolkowski, 12, YORK
- 1:03.87 POAAAFEB Marie-C. Dionne, 12, UL

200 METRES FREESTYLE

Rec: 2:05.41 Shauna Collins, ROD, 90

- 2:11.19 ONTAGMAR Nadia Kumentas, 12, WD
- 2:11.30 ONTAGMAR Allison Bennett, 12, NYAC
- 2:11.44 ONTAGMAR Amanda Long, 12, LAC
- 2:12.73 SFOYNOV Suzanne Vary, 12, CNDR
- 2:13.24 BRANTNOV Amanda Kelly, 12, HWAC
- 2:13.42 ABAGFEB Mallory Hoekstra, 12, EKSC
- 2:14.12 BCAGMAR Brittany Reimer, 12, SKSC
- 2:14.13 BCAGMAR Anne Schmuck, 12, PSW
- 2:14.41 CASCNVOV Kirsten Pomerleau, 11, UCSC
- 2:15.26 ONTAGMAR Chantelle Lonsdale, 12, WAC
- 2:15.56 PCSDECE Clare Dermody, 12, HWAC
- 2:15.60 ONTAGMAR Jody Jelen, 12, ESWIM
- 2:16.68 SCARFEB Martha Ziolkowski, 12, YORK
- 2:16.96 POAAAFEB Marie-C. Dionne, 12, UL
- 2:17.86 POAAAFEB Myriam Roy-L'Ecuyer, 12, CNB
- 2:17.04 RAPIDDECE Melissa Lam, 12, SPART
- 2:17.33 ONTAGMAR Shannon McQueen, 12, GO
- 2:17.48 ISCPUPOV G. Poirier-Leroy, 12, NRST
- 2:17.57 RAPIDDECE Carleen Ready, 12, LASC
- 2:17.63 MSSACNOV Elyse Dudar, 12, MSSAC
- 2:17.69 ONTAGMAR Monica Wakeman, 12, NEW
- 2:18.34 ABAGFEB Carol Starratt, 12, CASC
- 2:18.40 YOUTHDEC Bevan Haley, 12, WTSC
- 2:18.43 BCAGMAR Amanda Bell, 12, SPART
- 2:18.63 MANTADECE Whitney Reed, 12, MANTA

400 METRES FREESTYLE

Rec: 4:23.93 Stephanie Shewchuk, PCSC, 87

- 4:36.46 SFOYNOV Suzanne Vary, 12, CNDR
- 4:36.58 BCAGMAR Anne Schmuck, 12, PSW
- 4:37.17 ONTAGMAR Amanda Long, 12, LAC
- 4:37.88 ABAGFEB Mallory Hoekstra, 12, EKSC
- 4:38.75 NSAGFEB Bevan Haley, 12, WTSC
- 4:40.87 BCAGMAR Brittany Reimer, 12, SKSC
- 4:41.19 ONTAGMAR Chantelle Lonsdale, 12, WAC
- 4:43.06 ONTAGMAR Julia Wilkinson, 12, SKY
- 4:45.11 ONTAGMAR Nadia Kumentas, 12, WD
- 4:45.22 ONTAGMAR Amanda Kelly, 12, HWAC
- 4:46.02 JRNATFEB Caitlyn Harris, 12, LL
- 4:46.11 BRANTNOV Clare Dermody, 12, HWAC
- 4:46.35 ONTAGMAR Shannon McQueen, 12, GO
- 4:47.08 POAAAFEB Myriam Roy-L'Ecuyer, 12, CNB
- 4:47.47 ONTAGMAR Allison Bennett, 12, NYAC
- 4:48.48 MSSACNOV Elyse Dudar, 12, MSSAC
- 4:48.81 BCAGMAR Kayla Rawlings, 12, PSW
- 4:48.99 ABAGFEB Carol Starratt, 12, CASC
- 4:49.11 BCAGMAR Amanda Bell, 12, SPART
- 4:49.72 ONTAGMAR Jody Jelen, 12, ESWIM
- 4:50.13 ISCPUPOV G. Poirier-Leroy, 12, NRST
- 4:50.40 ABAGFEB Kirsten Pomerleau, 12, UCSC
- 4:52.86 ONTAGMAR Jackie Sweets, 12, CAJ
- 4:53.30 YOUTHDEC Michelle Mange, 12, PDSA
- 4:54.36 ONTAGMAR Katie Lawrie, 12, AAC

800 METRES FREESTYLE

Rec: 8:55.85 Stephanie Shewchuk, PCSC, 87

- 9:25.24 ABAGFEB Mallory Hoekstra, 12, EKSC
- 9:29.95 ONTAGMAR Amanda Long, 12, LAC
- 9:31.86 BCAGMAR Anne Schmuck, 12, PSW
- 9:32.69 BCAGMAR Brittany Reimer, 12, SKSC
- 9:33.13 NSAGFEB Bevan Haley, 12, WTSC
- 9:45.22 ONTAGMAR Shannon McQueen, 12, GO
- 9:48.44 ONTAGMAR Julia Wilkinson, 12, SKY
- 9:49.55 ONTAGMAR Emily Gillespie, 12, PERTH
- 9:51.18 BCAGMAR Amanda Bell, 12, SPART
- 9:56.99 ONTAGMAR Jody Jelen, 12, ESWIM
- 9:58.20 ONTAGMAR Emily Jellie, 12, ROW
- 9:59.07 BCAGMAR Erin Carlyle, 12, LL
- 9:59.63 BCAGMAR Kayla Rawlings, 12, PSW
- 10:00.29 MBSKMAR Carol Starratt, 12, CASC
- 10:03.10 YOUTHDEC Michelle Mange, 12, PDSA
- 10:03.70 BCAGMAR Kathryn Johnson, 11, PDSA
- 10:03.94 EOSAFEB G. Hansforth, 11, EBSC
- 10:06.46 ISCPUPOV G. Poirier-Leroy, 12, NRST
- 10:06.78 MANTADECE Marie Arsenault-C, 12, UL
- 10:07.29 MANTADECE Caitlyn Harris, 12, SKSC
- 10:07.45 POAAAFEB Chelsea Cleary, 12, DDO
- 10:08.48 CHENAJIAN Brittan Barber, 12, PSW
- 10:08.81 LACNOV Heather Julien, 12, LAC
- 10:11.21 BCAGMAR Melanie Nelson, 12, IS
- 10:11.44 BCAGMAR Sarah Mayzes, 12, IS

100 METRES BACKSTROKE

Rec: 1:05.71 Stephanie Brueschke, MAC, 94

- 1:06.52 ONTAGMAR Emily Gillespie, 12, PERTH
- 1:08.19 BCAGMAR Melissa Lam, 12, SPART
- 1:08.48 MBSKMAR Mallory Hoekstra, 12, EKSC
- 1:08.54 ONTAGMAR Nadia Kumentas, 12, WD
- 1:09.11 JRNATFEB Kirsten Pomerleau, 12, UCSC
- 1:09.27 POAAAFEB Genevieve Saumur, 12, CAMO
- 1:09.41 ONTAGMAR Allison Bennett, 12, NYAC
- 1:10.07 ONTAGMAR Amanda Kelly, 12, HWAC
- 1:10.09 BCAGMAR Anne Schmuck, 12, PSW
- 1:10.27 SCARFEB Martha Ziolkowski, 12, YORK
- 1:10.37 ONTAGMAR Jennifer MacLachlan, 12, NEW
- 1:10.47 SCARFEB Monica Wakeman, 12, NEW
- 1:10.62 ONTAGMAR Julia Wilkinson, 12, SKY
- 1:10.77 ONTAGMAR Chantelle Lonsdale, 12, WAC
- 1:10.79 ABAGFEB Stacie Karach, 11, SWDV
- 1:10.86 MBSKMAR Landice Yestreau, 12, MM
- 1:11.17 YOUTHDEC Kayla Truswell, 12, LAC
- 1:11.52 ONTAGMAR Heather Julien, 12, LAC
- 1:11.55 BCAGMAR Carla Henderson, 12, PDSA
- 1:11.64 NWOFEB Katy Murdoch, 12, KSS
- 1:11.94 ABAGFEB Elyse Silzer, 12, ROD
- 1:12.12 MBSKMAR Carol Starratt, 12, CASC
- 1:12.16 OAKJAN Clare Dermody, 12, HWAC
- 1:12.20 TJANJAN Alyssa Hubert, 12, CYP
- 1:12.20 ABAGFEB Kimberly Kabesh, 12, STSC

200 METRES BACKSTROKE

Rec: 2:20.47 Jennifer Fratesi, SSMAC, 97

- 2:25.92 JRNATFEB Mallory Hoekstra, 12, EKSC
- 2:26.40 POAAAFEB Genevieve Saumur, 12, CAMO
- 2:27.54 BCAGMAR Melissa Lam, 12, SPART
- 2:27.62 BCAGMAR Anne Schmuck, 12, PSW
- 2:29.17 KBMSCNOV Emily Gillespie, 12, PERTH
- 2:29.90 OSACFEB Amanda Long, 12, LAC
- 2:30.74 YOUTHDEC Kayla Truswell, 12, LAC
- 2:30.94 MBSKMAR Kirsten Pomerleau, 11, UCSC
- 2:32.50 CASCNVOV Landice Yestreau, 12, MM
- 2:32.50 MBSKMAR Carol Starratt, 12, CASC
- 2:32.72 MANTADECE Elyse Silzer, 12, ROD
- 2:33.03 YOUTHDEC Monica Wakeman, 12, NEW
- 2:33.97 HWACOCT Amanda Kelly, 12, HWAC
- 2:34.38 POAAAFEB Audrey Portelance, 12, CNSJ
- 2:34.42 PCSDECE Shannon McQueen, 12, GO
- 2:34.46 SCARFEB Martha Ziolkowski, 12, YORK
- 2:34.60 HWACOCT Clare Dermody, 12, HWAC
- 2:35.02 YOUTHDEC Meghan Croucher, 12, NEW
- 2:35.06 BCAGMAR Erin Carlyle, 12, LL
- 2:35.25 OSACFEB Ashley Elykins, 12, LAC
- 2:35.29 ONTAGMAR Christine Sadler, 12, MAC
- 2:35.41 YOUTHDEC Jennifer MacLachlan, 12, NEW
- 2:35.42 NBJAN Bevan Haley, 12, WTSC
- 2:35.63 NWOFEB Katy Murdoch, 12, KSS
- 2:35.71 ESWIMJAN Heather Julien, 12, LAC

100 METRES BREASTSTROKE

Rec: 1:10.11 Allison Higson, ESC, 85

- 1:15.14 JRNATFEB Whitney Rich, 12, ISS
- 1:15.73 ONTAGMAR Anne Schmuck, 12, PSW
- 1:17.61 YOUTHDEC Elizabeth Engs, 12, CAJ
- 1:19.19 MBSKMAR Mallory Hoekstra, 12, EKSC
- 1:19.26 ONTAGMAR Chantelle Lonsdale, 12, WAC
- 1:19.30 JRNATFEB Elizabeth Hendrick, 12, NCSA
- 1:19.46 KCSDECE Johanna Wick, 12, PN
- 1:19.69 PCSDECE Kim Labbett, 12, OAK
- 1:20.15 ISCPUPOV Michelle Miller, 12, PDSA
- 1:20.23 POAAAFEB Jasmine Kastner, 12, DDO
- 1:20.51 MBSKMAR Jane Harrington, 11, MM
- 1:20.68 ABAGFEB Carleen Ready, 12, LASC
- 1:21.02 YOUTHDEC Michelle Claessens, 12, MMSST
- 1:21.13 ABAGFEB Catherine Kasongo, 11, EKSC
- 1:21.27 ONTAGMAR Kristen Low, 12, MSSAC
- 1:21.32 YOUTHDEC Michelle Mange, 12, PDSA
- 1:21.63 KBMSCNOV Andrea Zarins, 12, NKB
- 1:21.74 OSCEDE Dana Williams, 12, STSC
- 1:21.85 BCAGMAR Sarah Minaker, 12, PN
- 1:22.04 OSCEDE Lauren Crawford, 12, UCSC
- 1:22.04 BCAGMAR Melanie Nelson, 12, IS
- 1:22.05 PCSDECE Kelly Salvador, 12, TMSC
- 1:22.08 PCSDECE Alice Chow, 11, PCSC
- 1:22.28 NORACJAM Kristyna Cleminson, 12, BYST
- 1:22.50 SFOYNOV Cecile Dufour, 12, UL

200 METRES BREASTSTROKE

Rec: 2:30.55 Courtenay Chuy, HYACK, 98

- 2:40.94 JRNATFEB Anne Schmuck, 12, PSW
- 2:41.88 ONTAGMAR Whitney Rich, 12, ISS
- 2:43.21 UTJAN21 Elizabeth Engs, 12, CAJ
- 2:46.47 JRNATFEB Mallory Hoekstra, 12, EKSC
- 2:47.82 JRNATFEB Chantelle Lonsdale, 12, WAC
- 2:48.41 PCSDECE Kim Labbett, 12, OAK
- 2:49.56 POAAAFEB Jasmine Kastner, 12, DDO
- 2:50.53 KBMSCNOV Andrea Zarins, 12, NKB
- 2:51.09 ISCPUPOV Michelle Miller, 12, PDSA
- 2:51.36 EOSAFEB Emily Gillespie, 12, PERTH
- 2:51.76 JRNATFEB Michelle Mange, 12, PDSA
- 2:51.78 ABAGFEB Elizabeth Hendrick, 12, NCSA
- 2:51.82 PGBNOV Johanna Wick, 12, PN
- 2:52.03 ONTAGMAR Ivanna Corovic, 12, OAK
- 2:53.97 YOUTHDEC Michelle Claessens, 12, MMSST
- 2:54.24 ONTAGMAR Jessica Pata, 11, OAK
- 2:54.46 ONTAGMAR Kristen Low, 12, MSSAC
- 2:54.54 MBSKMAR Catherine Kasongo, 12, EKSC
- 2:54.61 YOUTHDEC Melanie Nelson, 12, IS
- 2:54.99 BCAGMAR Sarah Minaker, 12, PN
- 2:55.51 ABAGFEB Carleen Ready, 12, LASC
- 2:55.72 MBSKMAR Kendall McLean, 11, MANTA
- 2:55.79 PCSDECE Kelly Salvador, 12, TMSC
- 2:56.13 SFOYNOV Cecile Dufour, 12, UL
- 2:56.39 BCAGMAR Kaela Richardson, 11, VKSC

100 METRES BUTTERFLY

Rec: 1:05.24 Allison Barriscale, KMSC, 89

- 1:06.63 JRNATFEB Carleen Ready, 12, LASC
- 1:07.63 ONTAGMAR Amanda Long, 12, LAC
- 1:07.96 POAAAFEB Genevieve Saumur, 12, CAMO
- 1:08.27 ONTAGMAR Emily Gillespie, 12, PERTH
- 1:08.90 BCAGMAR Kayla Rawlings, 12, PSW
- 1:09.76 KCSDECE Mallory Hoekstra, 12, EKSC
- 1:10.02 ONTAGMAR Claire Lawrence, 12, HWAC
- 1:10.45 ONTAGMAR Allison Bennett, 12, NYAC
- 1:10.51 ONTAGMAR Kristine Bunker, 12, NYAC
- 1:10.67 PCSDECE Shannon Hazelton, 12, SSMAC
- 1:11.01 SFOYNOV Marie-C. Dionne, 12, UL
- 1:11.10 MBSKMAR Kimberly Kabesh, 12, STSC
- 1:11.36 SFOYNOV Suzanne Vary, 12, CNDR
- 1:11.39 YOUTHDEC Heather Julien, 12, LAC
- 1:11.51 BCAGMAR Katie Koltowski, 12, PSW
- 1:11.60 ONTAGMAR Rachael Kloosterman, 11, WD
- 1:11.76 BRANTNOV Laura Connor, 12, OAK
- 1:11.77 CASCNVOV Kirsten Pomerleau, 11, UCSC
- 1:11.88 TJANJAN Nadia Kumentas, 12, WISC
- 1:11.91 ONTAGMAR Mykah Payne, 12, BRANT
- 1:11.93 MSSACNOV Elyse Dudar, 12, MSSAC
- 1:12.01 ONTAGMAR Jennifer MacLachlan, 12, NEW
- 1:12.05 ESWIMJAN Monica Wakeman, 12, NEW
- 1:12.08 ONTAGMAR Tawnya Rudy, 12, TORCH
- 1:12.21 KCSDECE Johanna Wick, 12, PN

200 METRES BUTTERFLY

Rec: 2:18.09 Michelle Coulombe, CNM, 78

- 2:28.28 ONTAGMAR Amanda Long, 12, LAC
- 2:28.53 BCAGMAR Kayla Rawlings, 12, PSW
- 2:28.57 ABAGFEB Carleen Ready, 12, LASC
- 2:29.11 ABAGFEB Mallory Hoekstra, 12, EKSC
- 2:30.73 POAAAFEB Genevieve Saumur, 12, CAMO
- 2:30.85 JRNATFEB Bevan Haley, 12, WTSC
- 2:32.29 ONTAGMAR Emily Gillespie, 12, PERTH
- 2:33.54 ONTAGMAR Nadia Kumentas, 12, WD
- 2:34.25 ONTAGMAR Claire Lawrence, 12, HWAC
- 2:34.35 BCAGMAR Katie Koltowski, 12, PSW
- 2:35.94 ONTAGMAR Jennifer MacLachlan, 12, NEW
- 2:36.30 ONTAGMAR Tawnya Rudy, 12, TORCH
- 2:37.54 ONTAGMAR Monica Wakeman, 12, NEW
- 2:37.73 ONTAGMAR Kayla Truswell, 12, LAC
- 2:37.82 ONTAGMAR Lindsay Bays, 12, AAC
- 2:37.94 PCSDECE Shannon Hazelton, 12, SSMAC
- 2:37.95 YOUTHDEC Heather Julien, 12, LAC
- 2:38.20 MSSACNOV Elyse Dudar, 12, MSSAC
- 2:38.59 BCAGMAR Kathryn Johnson, 11, PDSA
- 2:38.75 POAAAFEB Marie-C. Dionne, 12, UL
- 2:38.89 BCAGMAR Amanda Bell, 12, SPART
- 2:39.79 ONTAGMAR Jody Jelen, 12, ESWIM
- 2:40.59 ONTAGMAR Rachael Kloosterman, 11, WD
- 2:40.60 LACNOV Whitney Rich, 11, ISS
- 2:40.75 POAAAFEB Myriam Roy-L'Ecuyer, 12, CNB

200 METRES IND. MEDLEY

Rec: 2:19.25 Allison Higson, ESC, 85

- 2:21.23 SFOYNOV Marie-C. Dionne, 12, UL
- 2:26.31 ABAGFEB Mallory Hoekstra, 12, EKSC
- 2:26.34 ONTAGMAR Amanda Long, 12, LAC
- 2:29.00 KCSDECE Anne Schmuck, 12, PSW
- 2:30.23 ONTAGMAR Emily Gillespie, 12, PERTH
- 2:30.64 ONTAGMAR Whitney Rich, 12, ISS
- 2:30.86 JRNATFEB Clare Dermody, 12, HWAC
- 2:31.24 JRNATFEB Carleen Ready, 12, LASC
- 2:32.90 ONTAGMAR Chantelle Lonsdale, 12, WAC
- 2:34.00 YOUTHDEC Monica Wakeman, 12, NEW
- 2:34.07 POAAAFEB Genevieve Saumur, 12, CAMO
- 2:34.63 YOUTHDEC Jennifer MacLachlan, 12, NEW
- 2:34.63 MBSKMAR Carol Starratt, 12, CASC
- 2:34.65 ABAGFEB Kirsten Pomerleau, 12, UCSC
- 2:35.20 UTJAN21 Elizabeth Engs, 12, CAJ
- 2:35.67 ISCPUPOV G. Poirier-Leroy, 12, NRST
- 2:35.71 KCSDECE Johanna Wick, 12, PN
- 2:35.80 ESWIMJAN Jody Jelen, 12, ESWIM
- 2:35.98 ISCPUPOV Melissa Lam, 12, SPART
- 2:36.38 ONTAGMAR Julia Wilkinson, 12, SKY
- 2:36.63 PCSDECE Alice Chow, 11, PCSC
- 2:37.23 ONTAGMAR Tawnya Rudy, 12, TORCH
- 2:37.53 YOUTHDEC Allison Bennett, 12, NYAC
- 2:37.82 ONTAGMAR Ashley Elykins, 12, LAC
- 2:37.85 MBSKMAR Landice Yestreau, 12, MM

400 METRES IND. MEDLEY

Rec: 4:55.03 Allison Higson, ESC, 85

- 5:06.88 ABAGFEB Mallory Hoekstra, 12, EKSC
- 5:07.76 ONTAGMAR Amanda Long, 12, LAC
- 5:13.63 JRNATFEB Anne Schmuck, 12, PSW
- 5:14.78 NSAGFEB Bevan Haley, 12, WTSC
- 5:15.99 JRNATFEB Carleen Ready, 12, LASC
- 5:20.33 ONTAGMAR Nadia Kumentas, 12, WD
- 5:23.83 YOUTHDEC Michelle Mange, 12, PDSA
- 5:24.40 ONTAGMAR Whitney Rich, 12, ISS
- 5:25.63 ONTAGMAR Kayla Truswell, 12, LAC
- 5:25.95 BCAGMAR Kayla Rawlings, 12, PSW
- 5:26.06 YOUTHDEC Jennifer MacLachlan, 12, NEW
- 5:26.11 CHENAJIAN Brittan Barber, 12, PSW
- 5:26.15 PCSDECE Genevieve Saumur, 12, CAMO
- 5:26.82 MBSKMAR Carol Starratt, 12, CASC
- 5:27.16 KBMSCNOV Andrea Zarins, 12, NKB
- 5:28.29 PCSDECE Clare Dermody, 12, HWAC
- 5:29.56 POAAAFEB Myriam Roy-L'Ecuyer, 12, CNB
- 5:30.17 ONTAGMAR Jody Jelen, 12, ESWIM
- 5:32.04 ISCPUPOV G. Poirier-Leroy, 12, NRST
- 5:32.06 KCSDECE Johanna Wick, 12, PN
- 5:32.22 JRNATFEB Caitlyn Harris, 12, LL
- 5:32.32 YOUTHDEC Michelle Mange, 12, PDSA
- 5:34.29 KBMSCNOV Emily Gillespie, 12, PERTH
- 5:34.69 ONTAGMAR Tara Baxter, 12, NKB
- 5:34.74 ABAGFEB Kimberly Kabesh, 12, STSC

4X50 M MEDLEY RELAY

Rec: 2:07.70 Markham AC, MAC, 94

- 2:12.53 BCAGMAR Fraser Valley Spartans, SPART
- 2:12.64 ONTAGMAR North York AC, NYAC
- 2:12.84 YOUTHDEC Newmarket SC, NEW
- 2:14.00 BCAGMAR Pacific Sea Wolves, PSW
- 2:14.60 ONTAGMAR London AC, LAC
- 2:14.85 BRANTNOV Hamilt-Wentworth AC, HWAC
- 2:15.25 MBSKMAR Mantla Swim Club, MANTA
- 2:15.32 POAAAFEB Univ Laval Rouge & Or, UL
- 2:15.54 ABAGFEB Edmonton Keyano, EKSC
- 2:16.15 PCSDECE Montreal Aquatique, CAMO
- 2:16.56 ONTAGMAR Whitty Dolphins, WD
- 2:16.99 ABAGFEB Cascade Swim Club, CASC
- 2:17.62 SFOYNOV CN Beauport, CNB
- 2:17.73 ONTAGMAR Cambridge Aquajets, CAJ
- 2:18.42 BTSCNOV Barrie Trijans, BTSC
- 2:18.74 YOUTHDEC OAK AC, OAK
- 2:19.00 ONTAGMAR Markham AC, MAC
- 2:19.09 MBSKMAR Manitoaba Marlins, MM
- 2:19.49 ONTAGMAR Etobicoke Swimming, ESWIM
- 2:19.71 BCAGMAR Nanaimo Riptide, ST, NRST
- 2:20.30 BCAGMAR Pacific Dolphins, PDSA
- 2:20.31 BCAGMAR Island Swimming, IS
- 2:20.37 NSAGFEB Eastern Alliance, EAST
- 2:21.17 POAAAFEB Hull Phoenix, PHENX
- 2:21.88 PCSDECE Pointe Claire SC, PCSC

4X50 M FREE RELAY

Rec: 1:53.45 Regina Opt. Dolphins, ROD, 90

- 1:56.00 ONTAGMAR North York AC, NYAC
- 1:57.77 YOUTHDEC London AC, LAC
- 1:58.05 BCAGMAR Fraser Valley Spartans, SPART
- 1:58.22 YOUTHDEC Newmarket SC, NEW
- 1:58.48 BRANTNOV Hamilt-Wentworth AC, HWAC
- 1:59.34 POAAAFEB Univ Laval Rouge & Or, UL
- 2:00.01 MBSKMAR Mantla Swim Club, MANTA
- 2:00.18 ABAGFEB Edmonton Keyano, EKSC
- 2:01.01 POAAAFEB Montreal Aquatique, CAMO
- 2:01.67 BCAGMAR Pacific Sea Wolves, PSW
- 2:01.76 ABAGFEB Cascade Swim Club, CASC
- 2:02.33 BRANTNOV Pointe Claire SC, PCSC
- 2:02.40 ABAGFEB Calgary Swimming, UCSC
- 2:02.91 ONTAGMAR Cambridge Aquajets, CAJ
- 2:03.50 BCAGMAR Nanaimo Riptide, ST, NRST
- 2:03.55 ONTAGMAR Whitty Dolphins, WD
- 2:04.51 ONTAGMAR Markham AC, MAC
- 2:04.57 BCAGMAR Pacific Dolphins, PDSA
- 2:05.29 ONTAGMAR Oakville AC, OAK
- 2:05.71 ONTAGMAR Etobicoke Swimming, ESWIM
- 2:05.95 BCAGMAR Island Swimming, IS
- 2:06.11 MANTADECE Uxbridge SC, US
- 2:06.24 POAAAFEB Dorval SC, DSC
- 2:06.27 EOSAFEB Glouc-Ottawa Kingfish, GO
- 2:06.31 NSAGFEB Eastern Alliance, EAST

TOP AGE GROUP TIMES

Rankings for the period (results received)
 October 1, 1999 to March 30, 2000
 TAG is financially supported by
 Swimming/Natation Canada. Compiled by SWIMNEWS

2000 SHORT COURSE TAG®

BOYS 11-12

50 METRES FREESTYLE

Rec: 25.28 John M.Mills,GO,93

1	26.25	CNSHDEC Vincent Boulanger-M.,12,CNO
2	26.61	ONTAGMAR Sean Dawson,12,GO
3	26.76	ONTAGMAR Jeff Byrne,12,SSMAC
4	26.90	ONTAGMAR Mark Kurtzer,12,NEW
5	27.40	ABAGFEB Darren Tso,12,LASC
6	27.60	MANADEC Michael Smela,12,YLSC
7	27.98	ONTAGMAR Brandon Holden,12,HWAC
8	28.00	CASCNOV Shane Kemmel,12,LASC
9	28.10	BRANTNOV Julian Cino,12,HWAC
10	28.20	BRANTNOV James San Pedro,12,OKA
11	28.27	BCAGMAR Brad Barton,12,VKSC
12	28.28	OKAJAN Stephen Louli,12,MAC
13	28.31	YOUTHDEC Michael Allain,12,BST
14	28.33	CASCNOV Braden O'Neill,12,OSCC
15	28.34	YOUTHDEC Paul Mereau,12,CASC
16	28.35	RODSCJAN Andrew Malawski,12,ROD
17	28.37	ONTAGMAR Matt Kapitan,12,COBRA
18	28.46	BCAGMAR Jackson Wang,12,DELTA
19	28.49	ONTAGMAR Brian Beaudette,12,ROC
20	28.51	SFOYNOV Etienne Brillant,12,CNDR
21	28.51	MBSKMAR Jim Judiesch,12,CASC
22	28.52	YOUTHDEC Nelson Niedzielski,12,MSSAC
23	28.70	BCAGMAR Richard Alexander,12,IS
24	28.77	MBSKMAR Alexander Love,12,ROD
25	28.81	KCSDEC Aaron Loh,12,EKSC

100 METRES FREESTYLE

Rec: 55.99 Brad Creelman,TOMAC,83

1	57.25	CNSHDEC Vincent Boulanger-M.,12,CNO
2	57.60	ONTAGMAR Sean Dawson,12,GO
3	58.70	ONTAGMAR Mark Kurtzer,12,NEW
4	59.76	MBSKMAR Jim Judiesch,12,CASC
5	59.79	POAAAFEB Etienne Lavallee,12,EXCEL
6	59.99	MBSKMAR Braden O'Neill,12,OSCC
7	1:00.63	ABAGFEB Darren Tso,12,LASC
8	1:01.17	ONTAGMAR Brandon Holden,12,HWAC
9	1:01.27	MBSKMAR Gavin D'Amico,12,EKSC
10	1:01.55	CASCNOV Michael Smela,12,YLSC
11	1:01.56	BCAGMAR Brad Barton,12,VKSC
12	1:01.91	LASCNOV Shane Kemmel,12,LASC
13	1:02.33	YOUTHDEC Alex Olsen,12,SCAR
14	1:02.35	SFOYNOV Etienne Brillant,12,CNDR
15	1:02.45	NWOFEB Christian Carl,12,TBT
16	1:02.53	ONTAGMAR Nelson Niedzielski,12,MSSAC
17	1:02.62	BRANTNOV Julian Cino,12,HWAC
18	1:02.65	YOUTHDEC Kyles Vara,12,CHAMP
19	1:02.66	BCAGMAR Richard Alexander,12,IS
20	1:02.81	CASCNOV Norman Ng,12,HYACK
21	1:02.90	ABAGFEB Jesse Lund,12,EKSC
22	1:02.95	MBSKMAR Alexander Love,12,ROD
23	1:02.95	POAAAFEB Samuel Chartrand,12,ELITE
24	1:02.97	YOUTHDEC Paul Mereau,12,CASC
25	1:03.03	POAAAFEB David Milot,12,PCSC

200 METRES FREESTYLE

Rec: 2:01.59 Doug Wake,YLSC,90

1	2:05.55	CNSHDEC Vincent Boulanger-M.,12,CNO
2	2:06.63	ONTAGMAR Sean Dawson,12,GO
3	2:08.17	MBSKMAR Braden O'Neill,12,OSCC
4	2:08.27	ONTAGMAR Mark Kurtzer,12,NEW
5	2:08.72	MBSKMAR Jim Judiesch,12,CASC
6	2:09.76	ONTAGMAR Chris Bento,12,LAC
7	2:11.04	ONTAGMAR Steven Rubacha,11,ESWIM
8	2:11.56	ONTAGMAR Brandon Connelly,12,BRANT
9	2:12.10	MANADEC Michael Smela,12,YLSC
10	2:12.60	ABAGFEB Pascal Wollach,12,LASC
11	2:12.81	ABAGFEB Gavin D'Amico,12,EKSC
12	2:13.69	ABAGFEB Darren Tso,12,LASC
13	2:13.77	ABAGFEB Jesse Lund,12,EKSC
14	2:14.00	ONTAGMAR Matthew Scott,12,HWAC
15	2:14.47	ONTAGMAR Brandon Holden,12,HWAC
16	2:14.91	ONTAGMAR Jeff Byrne,12,SSMAC
17	2:15.01	YOUTHDEC Alex Olsen,12,SCAR
18	2:15.04	YOUTHDEC Paul Mereau,12,CASC
19	2:15.26	ONTAGMAR Scott VanDoornmaal,12,GMAC
20	2:15.35	YOUTHDEC Michael Allain,12,BST
21	2:16.12	YOUTHDEC Nelson Niedzielski,12,MSSAC
22	2:16.16	SFOYNOV Etienne Brillant,12,CNDR
23	2:16.16	NWOFEB Christian Carl,12,TBT
24	2:16.19	ONTAGMAR Nelson Niedzielski,12,MSSAC
25	2:16.68	BCAGMAR Brad Barton,12,VKSC

400 METRES FREESTYLE

Rec: 4:15.89 Chuck Sayao,TOMAC,95

1	4:32.28	ONTAGMAR Mark Kurtzer,12,NEW
2	4:32.67	ONTAGMAR Chris Bento,12,LAC
3	4:34.17	MBSKMAR Braden O'Neill,12,OSCC
4	4:36.40	MBSKMAR Jim Judiesch,12,CASC
5	4:38.95	ABAGFEB Pascal Wollach,12,LASC
6	4:39.72	ONTAGMAR Brandon Connelly,12,BRANT
7	4:40.55	ONTAGMAR Brandon Holden,12,HWAC
8	4:41.16	ONTAGMAR Scott VanDoornmaal,12,GMAC
9	4:41.27	ABAGFEB Jesse Lund,12,EKSC
10	4:41.91	ONTAGMAR Matthew Scott,12,HWAC
11	4:43.22	POAAAFEB Jonathan Rinaldi,12,CALAC
12	4:43.23	BCAGMAR Richard Alexander,12,IS
13	4:44.07	ONTAGMAR Steven Rubacha,11,ESWIM
14	4:44.12	YOUTHDEC Nelson Niedzielski,12,MSSAC
15	4:44.53	ABAGFEB Gavin D'Amico,12,EKSC
16	4:45.75	BCAGMAR Leonard Ho,12,HYACK
17	4:46.09	ONTAGMAR Nelson Niedzielski,12,MSSAC
18	4:46.10	KCSDEC Kris Yap-Chung,12,HYACK
19	4:46.88	YOUTHDEC Paul Mereau,12,CASC
20	4:47.15	CNOJAN Etienne Lavallee,12,EXCEL
21	4:47.58	MBSKMAR Alexander Love,12,ROD
22	4:47.58	ONTAGMAR Scott Samuel,12,OKA
23	4:47.69	PCSCDEC Sean Dawson,12,GO
24	4:47.97	SFOYNOV Etienne Brillant,12,CNDR
25	4:48.55	ONTAGMAR Adam Ellath,12,RHAC

1500 METRES FREESTYLE

Rec: 16:58.85 Jamie White,LAC,90

1	18:09.07	ONTAGMAR Chris Bento,12,LAC
2	18:22.83	ONTAGMAR Scott VanDoornmaal,12,GMAC
3	18:27.12	MBSKMAR Alexander Love,12,ROD
4	18:36.18	POAAAFEB Jonathan Rinaldi,12,CALAC
5	18:37.46	ABAGFEB Pascal Wollach,12,LASC
6	18:39.06	ONTAGMAR Scott Samuel,12,OKA
7	18:46.68	POAAAFEB Nicolas Sanschagrin,12,SAMAK
8	18:48.23	MBSKMAR Gavin D'Amico,12,EKSC
9	18:49.92	BCAGMAR Richard Alexander,12,IS
10	18:59.86	BCAGMAR Chris Wiggins,11,PDSA
11	19:03.66	TBTFC Christian Carl,12,TBT
12	19:04.23	ONTAGMAR David Mongeri,11,BROCK
13	19:09.08	LACNOV Brandon Connelly,12,BRANT
14	19:09.66	MBSKMAR Jesse Lund,12,EKSC
15	19:09.69	BCAGMAR Davor Isic,12,PDSA
16	19:09.80	MANADEC Brad Hankiewicz,12,GOLD
17	19:10.55	ONTAGMAR Adam Ellath,12,RHAC
18	19:13.67	ONTAGMAR David Arcand,12,IGAC
19	19:15.04	ONTAGMAR Alex Cambarelli,11,CPAC
20	19:19.11	ONTAGMAR Kellan O'Neill,12,SSMAC
21	19:23.67	NESFEB Mathieu Bouchard,12,AQUA
22	19:24.68	OKAJAN Brandon Holden,12,HWAC
23	19:25.06	OKAJAN Matthew Scott,12,HWAC
24	19:26.08	ULAVDEC Etienne Lavallee,12,EXCEL
25	19:26.47	ONTAGMAR Matthew Pariselli,12,NYAC

100 METRES BACKSTROKE

Rec: 1:03.53 Tobias Oriwol,PCSC,98

1	1:05.78	CNSHDEC Vincent Boulanger-M.,12,CNO
2	1:06.31	ONTAGMAR Brandon Connelly,12,BRANT
3	1:07.12	MBSKMAR Braden O'Neill,12,OSCC
4	1:07.66	BCAGMAR Richard Alexander,12,IS
5	1:07.87	BCAGMAR Brad Barton,12,VKSC
6	1:08.27	YOUTHDEC Michael Allain,12,BST
7	1:08.36	CASCNOV Jesse Lund,12,EKSC
8	1:08.85	POAAAFEB Etienne Lavallee,12,EXCEL
9	1:09.58	NWOFEB Christian Carl,12,TBT
10	1:09.59	ONTAGMAR Steven Rubacha,11,ESWIM
11	1:09.66	POAAAFEB Alex Deslites,12,MEGO
12	1:09.96	YOUTHDEC Wesley Newman,12,CAC
13	1:10.31	ONTAGMAR Jeff Byrne,12,SSMAC
14	1:10.45	ONTAGMAR John Lukovich,12,COBRA
15	1:10.86	RAPIDDEC Pascal Wollach,12,LASC
16	1:11.18	ONTAGMAR Ivan Leung,11,RHAC
17	1:11.24	YOUTHDEC Stephen Malinas,12,GGST
18	1:11.26	UTJAN21 Alex Olsen,12,SCAR
19	1:11.35	ONTAGMAR Matthew Scott,12,HWAC
20	1:11.37	BCAGMAR Leonard Ho,12,HYACK
21	1:11.40	SCARFEB Mark Kurtzer,12,NEW
22	1:11.40	ONTAGMAR Scott Samuel,12,OKA
23	1:11.49	POAAAFEB Felix Renaud,12,CNB
24	1:11.74	BCAGMAR Jordan Hartney,11,PSW
25	1:11.84	ONTAGMAR Sean Dawson,12,GO

200 METRES BACKSTROKE

Rec: 2:14.05 Tobias Oriwol,PCSC,98

1	2:22.13	ONTAGMAR Brandon Connelly,12,BRANT
2	2:22.46	ONTAGMAR Mark Kurtzer,12,NEW
3	2:22.69	BCAGMAR Richard Alexander,12,IS
4	2:22.78	MBSKMAR Braden O'Neill,12,OSCC
5	2:25.44	POAAAFEB Etienne Lavallee,12,EXCEL
6	2:25.78	ONTAGMAR Steven Rubacha,11,ESWIM
7	2:25.95	BCAGMAR Brad Barton,12,VKSC
8	2:26.75	YOUTHDEC Michael Allain,12,BST
9	2:27.84	ABAGFEB Pascal Wollach,12,LASC
10	2:28.31	POAAAFEB Alex Deslites,12,MEGO
11	2:29.83	ABAGFEB Jesse Lund,12,EKSC
12	2:29.94	YOUTHDEC Stephen Malinas,12,GGST
13	2:30.87	YOUTHDEC Wesley Newman,12,CAC
14	2:31.06	ONTAGMAR Scott Samuel,12,OKA
15	2:31.20	PCSCDEC Matthew Scott,12,HWAC
16	2:31.56	POAAAFEB Felix Renaud,12,CNB
17	2:31.78	ONTAGMAR Jeff Byrne,12,SSMAC
18	2:31.81	NWOFEB Christian Carl,12,TBT
19	2:32.18	ONTAGMAR Ivan Leung,11,RHAC
20	2:32.59	ONTAGMAR Sean Dawson,12,GO
21	2:33.16	ONTAGMAR Scott VanDoornmaal,12,GMAC
22	2:33.29	ONTAGMAR Kevin Jones,12,OKA
23	2:33.45	MBSKMAR Jim Judiesch,12,CASC
24	2:33.69	BCAGMAR Leonard Ho,12,HYACK
25	2:34.24	ABAGFEB Gavin D'Amico,12,EKSC

100 METRES BREASTSTROKE

Rec: 1:07.51 Matthew Huang,ARBU,97

1	1:13.98	ABAGFEB Rodale Estor,12,CASC
2	1:15.16	ONTAGMAR Bryan Mell,12,NEW
3	1:15.74	UTJAN21 Alex Olsen,12,SCAR
4	1:15.86	MBSKMAR Jesse Lund,12,EKSC
5	1:16.09	MANTADEC Michael Smela,12,YLSC
6	1:16.51	RODSCJAN Andrew Malawski,12,ROD
7	1:17.17	ONTAGMAR Chris Bento,12,LAC
8	1:17.93	CASCNOV Darren Tso,12,LASC
9	1:17.97	YOUTHDEC Kyles Vara,12,CHAMP
10	1:18.00	ONTAGMAR Nathan Zonenberg,12,NYAC
11	1:18.20	BRANTNOV James San Pedro,12,OKA
12	1:18.55	BTSNOV Jamie Ross,12,AUROR
13	1:19.32	BCAGMAR Brad Barton,12,VKSC
14	1:19.47	ONTAGMAR Kyle Palfrey,12,SCAR
15	1:19.66	BCAGMAR Leonard Ho,12,HYACK
16	1:19.71	SCARFEB Bryn Jones,12,NEW
17	1:19.77	ONTAGMAR Kevin Dickson,12,GMAC
18	1:19.85	CNOJAN Etienne Lavallee,12,EXCEL
19	1:19.97	SFOYNOV Vincent Boulanger-M.,12,CNO
20	1:20.04	CHAMPDEC Kyle Svava,12,CHAMP
21	1:20.30	MBSKMAR Braden O'Neill,12,OSCC
22	1:20.61	POAAAFEB Jonathan Turcotte,12,HIPPO
23	1:20.71	ULAVDEC Jonathan Dumont,12,NES
24	1:20.86	POAAAFEB Maxime Dumont,12,CNO
25	1:21.39	ONTAGMAR Kellan O'Neill,12,SSMAC

200 METRES BREASTSTROKE

Rec: 2:26.87 Matthew Huang,ARBU,97

1	2:40.44	MBSKMAR Rodale Estor,12,CASC
2	2:41.94	ONTAGMAR Chris Bento,12,LAC
3	2:43.06	ONTAGMAR Bryan Mell,12,NEW
4	2:44.33	MBSKMAR Jesse Lund,12,EKSC
5	2:44.39	MANTADEC Michael Smela,12,YLSC
6	2:46.93	YOUTHDEC Kyles Vara,12,CHAMP
7	2:47.64	ONTAGMAR Brandon Connelly,12,BRANT
8	2:48.09	POAAAFEB Etienne Lavallee,12,EXCEL
9	2:48.36	ONTAGMAR Steven Rubacha,11,ESWIM
10	2:48.52	BRANTNOV James San Pedro,12,OKA
11	2:49.31	ONTAGMAR Kyle Palfrey,12,SCAR
12	2:49.66	YOUTHDEC Alex Olsen,12,SCAR
13	2:49.81	SCARFEB Bryn Jones,12,NEW
14	2:50.07	RAPIDDEC Darren Tso,12,LASC
15	2:50.12	RODSCJAN Andrew Malawski,12,ROD
16	2:50.46	BTSNOV Jamie Ross,12,AUROR
17	2:50.75	BCAGMAR Leonard Ho,12,HYACK
18	2:51.08	ONTAGMAR Kellan O'Neill,12,SSMAC
19	2:52.73	RAPIDDEC Geoffrey Chen,12,RAPID
20	2:52.92	ONTAGMAR Nathan Zonenberg,12,NYAC
21	2:53.04	POAAAFEB Patrick Marion,12,DDO
22	2:53.28	ONTAGMAR Philippe GrandMaison,12,CAMO
23	2:54.89	MBSKMAR Gavin D'Amico,12,EKSC
24	2:55.09	OKAJAN Kevin Dickson,12,GMAC
25	2:55.29	MBSKMAR Alexander Love,12,ROD

100 METRES BUTTERFLY

Rec: 1:02.37 D.Chorney,TMSC,91 / M.Calkins,IS,91

1	1:06.60	POAAAFEB Etienne Lavallee,12,EXCEL
2	1:07.56	CNSHDEC Vincent Boulanger-M.,12,CNO
3	1:08.97	CASCNOV Michael Smela,12,YLSC
4	1:09.01	POAAAFEB David Milot,12,PCSC
5	1:09.06	ONTAGMAR Jeff Byrne,12,SSMAC
6	1:09.09	MBSKMAR Braden O'Neill,12,OSCC
7	1:09.16	BCAGMAR Kris Yap-Chung,12,HYACK
8	1:09.54	BCAGMAR Lu Yi Lay,12,IS
9	1:09.63	ONTAGMAR Patrick Cuch,11,TSC
10	1:09.71	ONTAGMAR Scott VanDoornmaal,12,GMAC
11	1:09.76	BRANTNOV Julian Cino,12,HWAC
12	1:10.39	ETOFEB Mehmet Dinc,12,COBRA
13	1:10.84	ONTAGMAR Kyle Palfrey,12,SCAR
14	1:11.50	BCAGMAR Jackson Wang,12,DELTA
15	1:11.63	MACJAN Stephen Louli,12,MAC
16	1:11.64	SCARFEB Nelson Niedzielski,13,MSSAC
17	1:11.65	ONTAGMAR Matthew Pariselli,12,NYAC
18	1:11.67	MBSKMAR Gavin D'Amico,12,EKSC
19	1:11.67	POAAAFEB Nicolas Sanschagrin,12,SAMAK
20	1:11.71	ABAGFEB Tyson Larone,12,EKSC
21	1:11.95	ONTAGMAR Nathan Zonenberg,12,NYAC
22	1:12.05	LASCNOV Shane Kemmel,12,LASC
23	1:12.22	ONTAGMAR Mathieu Bouchard,12,AQUA
24	1:12.69	POAAAFEB Guillaume Vallieres-L.,11,CNSJ
25	1:12.70	SHERDEC Steven Gagne,12,MEGO

200 METRES BUTTERFLY

Rec: 2:17.46 Andrew Cho,HYACK,91

1	2:30.19	ONTAGMAR Scott VanDoornmaal,12,GMAC
2	2:30.37	POAAAFEB David Milot,12,PCSC
3	2:31.49	BCAGMAR Kris Yap-Chung,12,HYACK
4	2:34.37	ONTAGMAR Matthew Pariselli,12,NYAC
5	2:34.47	BCAGMAR Lu Yi Lay,12,IS
6	2:35.11	ONTAGMAR Patrick Cuch,11,TSC
7	2:35.37	POAAAFEB Nicolas Sanschagrin,12,SAMAK
8	2:35.97	ONTAGMAR Kyle Palfrey,12,SCAR
9	2:36.88	ONTAGMAR Nelson Niedzielski,12,MSSAC
10	2:37.52	ABAGFEB Gavin D'Amico,12,EKSC
11	2:37.56	

TOP AGE GROUP TIMES

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2000 SHORT COURSE TAG®

GIRLS 13-14

50 METRES FREESTYLE

Rec: 26.04 Kristin Topham, MANTA, 88

1	26.67	MANTADEC	Alexandra Lys, 14, UCSC
2	26.67	ONTAGMAR	Jennifer Porenta, 14, MMST
3	26.94	PCSCDEC	Jackie Chan, 14, MSSAC-TO
4	26.96	JRNATFEB	Kate Pleyley, 14, OAK
5	26.97	POAAAFEB	Sarah Gault, 14, CAC
6	26.97	BCAGMAR	Courtenay Chuy, 14, HYACK
7	26.99	JRNATFEB	Kari Pomerleau, 14, UCSC
8	27.01	ONTAGMAR	Stephanie Kuhn, 14, TMSC
9	27.26	BCAGMAR	Mila Zvijerac, 14, HYACK
10	27.33	JRNATFEB	Jenny Lock, 14, COMOX
11	27.41	JRNATFEB	Marie-P. Blais, 13, MEGO
12	27.51	ONTAGMAR	Andrea Shoust, 14, SSMAC
13	27.55	JRNATFEB	Amy Kilam, 14, LASC
14	27.55	ABAGFEB	Andrea Baird, 14, RDCSC
15	27.57	JRNATFEB	Diane Kardash, 14, MM
16	27.57	KBMSGNVO	Amanda Gillespie, 14, PERTH
17	27.59	ABAGFEB	Hayley Doody, 14, CASC
18	27.64	ONTAGMAR	Jennifer Beckberger, 14, AAC
19	27.66	MANTADEC	Erin Kardash, 14, MM
20	27.79	JRNATFEB	April Tam, 13, PN
21	27.85	KCSDCEC	Orlagh O'Kelly, 14, EKSC
22	27.88	ONTSRNOV	Leanna Lee, 14, TORCH
23	27.88	POAAAFEB	Suzanne Vary, 13, CNDR
24	27.95	BCAGMAR	Tina Hoang, 14, HYACK
25	27.97	MBSKMAR	Jennifer Humphreys, 14, AMAC

100 METRES FREESTYLE

Rec: 56.29 Shauna Collins, ROD, 90

1	56.89	JRNATFEB	Alexandra Lys, 14, UCSC
2	57.95	ONTAGMAR	Kate Pleyley, 14, OAK
3	58.08	YOUTHDEC	Jackie Chan, 14, MSSAC-TO
4	58.34	ONTAGMAR	Jennifer Porenta, 14, MMST
5	58.92	MALMOFEB	Courtenay Chuy, 14, HYACK
6	58.94	ABAGFEB	Hayley Doody, 14, CASC
7	59.29	ONTAGMAR	Stephanie Kuhn, 14, TMSC
8	59.33	POAAAFEB	Sarah Gault, 14, CAC
9	59.35	JRNATFEB	Erin Kardash, 14, MM
10	59.64	KCSDCEC	Andrea Baird, 14, RDCSC
11	59.69	YOUTHDEC	Monica Wejman, 14, ESWIM
12	59.73	JRNATFEB	Jenny Lock, 14, COMOX
13	59.75	JRNATFEB	Chelsey Burnett, 14, NRST
14	59.97	SSMACNOV	Andrea Shoust, 14, SSMAC
15	1:00.01	RAPIDDEC	Michelle Landry, 14, PDSA
16	1:00.14	BCAGMAR	Shannon Hackett, 13, PDSA
17	1:00.15	MBSKMAR	Orlagh O'Kelly, 14, EKSC
18	1:00.21	KCSDCEC	Mila Zvijerac, 14, HYACK
19	1:00.26	ONTSRNOV	Jessica Vance, 14, BRANT
20	1:00.29	ONTAGMAR	Sarah Phillips, 14, MUSA
21	1:00.32	POAAAFEB	Suzanne Vary, 13, CNDR
22	1:00.36	ONTAGMAR	Leanna Lee, 14, TORCH
23	1:00.55	PICKDEC	Amanda Gillespie, 14, PERTH
24	1:00.74	BCAGMAR	April Tam, 13, PN
25	1:00.86	JRNATFEB	Kari Pomerleau, 14, UCSC

200 METRES FREESTYLE

Rec: 2:00.88 Jane Kerr, ESC, 83

1	2:03.76	JRNATFEB	Alexandra Lys, 14, UCSC
2	2:05.28	JRNATFEB	Kate Pleyley, 14, OAK
3	2:05.53	ISCPUNOV	Michelle Landry, 14, PDSA
4	2:05.76	ABAGFEB	Hayley Doody, 14, CASC
5	2:06.19	YOUTHDEC	Monica Wejman, 14, ESWIM
6	2:06.96	ONTAGMAR	Stephanie Kuhn, 14, TMSC
7	2:07.10	BCAGMAR	Courtenay Chuy, 14, HYACK
8	2:08.41	BCAGMAR	Chelsey Burnett, 14, NRST
9	2:08.55	YOUTHDEC	Jackie Chan, 14, MSSAC-TO
10	2:08.60	ONTAGMAR	Kathy Siuda, 14, ROW
11	2:08.84	POAAAFEB	Alex Lachance-F, 14, UL
12	2:08.88	ONTAGMAR	Kelsey Nemeth, 14, AAC
13	2:08.93	BCAGMAR	Marla May, 14, KCS
14	2:08.94	POAAAFEB	Patricia Perreault, 14, CNB
15	2:08.98	BCAGMAR	Jenny Lock, 14, COMOX
16	2:09.31	BRANTNOV	Carly Cermak, 14, CAJ
17	2:09.37	JRNATFEB	Elizabeth Amer, 14, EKSC
18	2:10.46	POAAAFEB	Julia Guay-Racine, 14, CAMO
19	2:10.49	POAAAFEB	Suzanne Vary, 13, CNDR
20	2:10.50	ONTAGMAR	Nathalie Lacoste, 14, MSSAC
21	2:10.65	ONTAGMAR	Jennifer Porenta, 14, MMST
22	2:10.71	MBSKMAR	Orlagh O'Kelly, 14, EKSC
23	2:10.77	JRNATFEB	Lynette Bayliss, 14, UCSC
24	2:10.98	MBSKMAR	Krista Haslund, 14, RDCSC
25	2:11.13	ONTSRNOV	Jessica Vance, 14, BRANT

400 METRES FREESTYLE

Rec: 4:14.43 Elissa Purvis, CDSC, 85

1	4:21.83	JRNATFEB	Hayley Doody, 14, CASC
2	4:21.92	JRNATFEB	Kate Pleyley, 14, OAK
3	4:22.80	RAPIDDEC	Michelle Landry, 14, PDSA
4	4:24.15	ONTAGMAR	Kathy Siuda, 14, ROW
5	4:27.23	JRNATFEB	Alexandra Lys, 14, UCSC
6	4:28.41	YOUTHDEC	Carly Cermak, 14, CAJ
7	4:28.45	JRNATFEB	Chelsey Burnett, 14, NRST
8	4:30.46	YOUTHDEC	Monica Wejman, 14, ESWIM
9	4:31.02	BCAGMAR	Marla May, 14, KCS
10	4:31.76	ONTAGMAR	Nathalie Lacoste, 14, MSSAC
11	4:31.78	BCAGMAR	Jenny Lock, 14, COMOX
12	4:32.59	JRNATFEB	Lynette Bayliss, 14, UCSC
13	4:32.85	CNOJAN	Patricia Perreault, 14, CNB
14	4:32.88	POAAAFEB	Alex Lachance-F, 14, UL
15	4:33.15	ONTAGMAR	Kelsey Nemeth, 14, AAC
16	4:33.57	KCSDCEC	Andrea Baird, 14, RDCSC
17	4:33.99	PCSCDEC	Angela Sloan, 14, PCSC
18	4:34.20	BCAGMAR	Brienne Cloak, 14, IS
19	4:34.43	BCAGMAR	Shannon Hackett, 13, PDSA
20	4:34.49	YOUTHDEC	Sheena Martin, 14, TORCH
21	4:35.81	POAAAFEB	Suzanne Vary, 13, CNDR
22	4:36.36	JRNATFEB	Stacy Cormack, 13, GLEN
23	4:36.53	BCAGMAR	Kelsey Rush, 13, RAYS
24	4:36.59	ONTAGMAR	Elyse Dudar, 13, MSSAC
25	4:36.72	GOLDDOCT	Michelle Cove, 14, RDCSC

800 METRES FREESTYLE

Rec: 8:40.43 Elissa Purvis, CDSC, 86

1	9:01.74	ISCPUNOV	Michelle Landry, 14, PDSA
2	9:03.68	JRNATFEB	Hayley Doody, 14, CASC
3	9:10.35	JRNATFEB	Alex Lachance-F, 14, UL
4	9:12.12	ONTAGMAR	Kathy Siuda, 14, ROW
5	9:15.15	BCAGMAR	Chelsey Burnett, 14, NRST
6	9:15.71	BCAGMAR	Marla May, 14, KCS
7	9:17.25	MANTADEC	Alexandra Lys, 14, UCSC
8	9:17.91	CNOJAN	Patricia Perreault, 14, CNB
9	9:20.96	ONTAGMAR	Elyse Dudar, 13, MSSAC
10	9:22.01	ONTAGMAR	Elizabeth Oesterer, 14, NKB
11	9:22.62	YOUTHDEC	Monica Wejman, 14, ESWIM
12	9:23.01	BCAGMAR	Brienne Cloak, 14, IS
13	9:26.47	BCAGMAR	Jaimie Graham, 14, PDSA
14	9:27.02	BCAGMAR	Shannon Hackett, 13, PDSA
15	9:27.13	MANTADEC	Lynette Bayliss, 14, UCSC
16	9:29.06	CNOJAN	Suzanne Vary, 13, CNDR
17	9:30.36	YOUTHDEC	Nathalie Lacoste, 14, MSSAC
18	9:30.74	ONTAGMAR	Brittany Cooper, 13, LAC
19	9:31.09	ONTAGMAR	Kahla Walkinshaw, 14, HWAC
20	9:31.18	JRNATFEB	Cynthia Galfré, 14, EKSC
21	9:31.89	MANTADEC	Rebecca Haight, 14, BROCK
22	9:32.64	ABAGFEB	Stacy Cormack, 13, GLEN
23	9:34.27	BCAGMAR	Stephanie Bigelow, 13, IS
24	9:35.73	MANTADEC	Krista Haslund, 13, ROD
25	9:36.63	YOUTHDEC	Laura Wise, 13, COBRA

100 METRES BACKSTROKE

Rec: 1:02.21 Suzanne Weckend, JS, 92

1	1:05.02	ONTAGMAR	Andrea Shoust, 14, SSMAC
2	1:05.26	ONTAGMAR	Randie Beaulieu, 14, MSSAC
3	1:05.41	ONTAGMAR	Jackie Chan, 14, MSSAC-TO
4	1:05.69	ONTAGMAR	Katie Smith, 13, COBRA
5	1:05.70	BCAGMAR	Tina Hoang, 14, HYACK
6	1:06.09	JRNATFEB	Claudia Bernard, 14, CNO
7	1:06.13	JRNATFEB	Maya Ziolkowski, 14, YORK
8	1:06.26	ABAGFEB	Hania Kubas, 14, EKSC
9	1:06.52	JRNATFEB	Lynette Bayliss, 14, UCSC
10	1:06.57	MANTADEC	Erin Kardash, 14, MM
11	1:06.73	ONTAGMAR	Laura Wise, 13, COBRA
12	1:06.81	BSCCOCT	Diane Kardash, 13, MM
13	1:06.83	JRNATFEB	Kari Pomerleau, 14, UCSC
14	1:06.93	YOUTHDEC	Danielle Di Giovanni, 14, MSSAC
15	1:06.94	ONTAGMAR	Melissa Bartlett, 13, CYP
16	1:07.01	POAAAFEB	Julia Guay-Racine, 14, CAMO
17	1:07.03	ONTAGMAR	Kristen McIlroy, 13, MMST
18	1:07.05	YOUTHDEC	Amanda MacNeill, 14, ESWIM
19	1:07.13	ONTAGMAR	Tiffany Vincent, 14, BRANT
20	1:07.29	ONTAGMAR	Callan Gault, 14, TSC
21	1:07.44	JRNATFEB	Amanda Gillespie, 14, PERTH
22	1:07.51	ISCPUNOV	Michelle Landry, 14, PDSA
23	1:07.59	JRNATFEB	Chelsey Burnett, 14, NRST
24	1:07.67	JRNATFEB	Jennifer Porenta, 14, MMST
25	1:07.81	YOUTHDEC	Stephanie Moir, 14, EAST

200 METRES BACKSTROKE

Rec: 2:12.86 Kelly Stefanyshyn, MANTA, 97

1	2:17.67	JRNATFEB	Kathy Siuda, 14, ROW
2	2:19.26	JRNATFEB	Lynette Bayliss, 14, UCSC
3	2:19.77	ONTAGMAR	Andrea Shoust, 14, SSMAC
4	2:20.12	ONTAGMAR	Laura Wise, 13, COBRA
5	2:20.16	RAPIDDEC	Michelle Landry, 14, PDSA
6	2:21.38	JRNATFEB	Maya Ziolkowski, 14, YORK
7	2:21.45	ONTAGMAR	Sheena Martin, 14, TORCH
8	2:21.45	ONTAGMAR	Randie Beaulieu, 14, MSSAC
9	2:22.63	POAAAFEB	Julia Guay-Racine, 14, CAMO
10	2:22.91	YOUTHDEC	Callan Gault, 14, TSC
11	2:23.41	ONTAGMAR	Kristen McIlroy, 13, MMST
12	2:23.88	JRNATFEB	Lesley Emtz, 14, LL
13	2:23.94	ONTAGMAR	Kelsey Nemeth, 14, AAC
14	2:24.24	ONTAGMAR	Vanessa Fleguil, 14, NKB
15	2:24.25	POAAAFEB	Noemie Brand, 13, PCSC
16	2:24.33	YOUTHDEC	Hayley Doody, 14, CASC
17	2:24.48	PCSCDEC	Amanda MacNeill, 14, ESWIM
18	2:24.49	ONTAGMAR	Melissa Bartlett, 13, CYP
19	2:24.60	MBSKMAR	Thea Norton, 13, STSC
20	2:24.67	BCAGMAR	Tina Hoang, 14, HYACK
21	2:24.84	BRANTNOV	Katherine Telfer, 14, ESWIM
22	2:24.93	SFOYNOV	Amelie Houde, 14, CNB
23	2:25.07	ONTAGMAR	Tiffany Vincent, 14, BRANT
24	2:25.10	PCSCDEC	Kate Pleyley, 14, OAK
25	2:25.14	YOUTHDEC	Carly Cermak, 14, CAJ

100 METRES BREASTSTROKE

Rec: 1:08.64 Allison Higson, ESC, 88

1	1:11.23	SHEFFEB	Tamara Wagner, 14, TORCH
2	1:12.20	MALMOFEB	Courtenay Chuy, 14, HYACK
3	1:13.76	BCAGMAR	Mila Zvijerac, 14, HYACK
4	1:14.36	CASCNOV	Alexandra Lys, 14, UCSC
5	1:14.36	JRNATFEB	Kelly Timmons, 13, OSC
6	1:14.43	ABAGFEB	Kimberley Hirsch, 14, STSC
7	1:14.86	ONTAGMAR	Brooke Heath, 14, TAT
8	1:14.92	BRANTNOV	Stephanie Arthur, 14, PCSC
9	1:14.96	JRNATFEB	Elizabeth Oesterer, 14, NKB
10	1:15.03	ULAVDEC	Caillin Babb, 13, DDO
11	1:15.14	MANTADEC	Norah Vogan, 14, GPP
12	1:15.15	ONTAGMAR	Shannon Kryhul, 14, LAC
13	1:15.30	MBSKMAR	Evangeline Blais, 14, CASC
14	1:15.51	BRANTNOV	Brittany Segeren, 13, SKY
15	1:15.57	KCSDCEC	Christine Barton, 14, VKSC
16	1:16.16	YOUTHDEC	Carly Cermak, 14, CAJ
17	1:16.25	BRANTNOV	Kathy Siuda, 14, ROW
18	1:16.32	ONTAGMAR	Rachel Brock, 14, STARS
19	1:16.52	POAAAFEB	Joan Darsigny, 14, CNSH
20	1:16.71	ONTAGMAR	Elizabeth Engs, 13, CAJ
21	1:16.74	YOUTHDEC	Monica Wejman, 14, ESWIM
22	1:16.86	JRNATFEB	Genevieve Dack, 14, TBT
23	1:16.89	DDOJAN	Caillin Babb, 13, DDO
24	1:16.98	JRNATFEB	Renee Hober, 14, ROW
25	1:17.19	SFOYNOV	Amelie Boulanger, 14, CNO

200 METRES BREASTSTROKE

Rec: 2:26.48 Allison Higson, ESC, 88

1	2:32.66	BCAGMAR	Courtenay Chuy, 14, HYACK
2	2:32.93	BERLNFB	Tamara Wagner, 14, TORCH
3	2:38.57	MANTADEC	Norah Vogan, 14, GPP
4	2:38.76	JRNATFEB	Kelly Timmons, 13, OSC
5	2:39.26	ONTAGMAR	Shannon Kryhul, 14, LAC
6	2:40.36	JRNATFEB	Elizabeth Oesterer, 14, NKB
7	2:40.63	POAAAFEB	Caillin Babb, 13, DDO
8	2:41.08	JRNATFEB	Genevieve Dack, 14, TBT
9	2:41.49	BRANTNOV	Brittany Segeren, 13, SKY
10	2:41.56	BRANTNOV	Stephanie Arthur, 14, PCSC
11	2:41.80	KCSDCEC	Christine Barton, 14, VKSC
12	2:42.07	HWACCOCT	Lyla Gharib, 13, BRANT
13	2:42.09	ONTAGMAR	Elizabeth Engs, 13, CAJ
14	2:42.76	MBSKMAR	Evangeline Blais, 14, CASC
15	2:43.22	YOUTHDEC	Carly Cermak, 14, CAJ
16	2:43.24	BCAGMAR	Natalie Foster, 14, LL
17	2:43.26	MANTADEC	Alexandra Lys, 14, UCSC
18	2:43.55	ABAGFEB	Kimberley Hirsch, 14, STSC
19	2:43.61	ONTAGMAR	Kim Labbett, 13, OAK
20	2:43.82	ONTSRNOV	Kathy Siuda, 14, ROW
21	2:43.96	BRANTNOV	Renee Hober, 14, ROW
22	2:43.96	JRNATFEB	Meaghan Nicholson, 13, NKB
23	2:44.85	POAAAFEB	Heather Chanda, 14, PCSC
24	2:44.92	ONTAGMAR	Amanda Williams, 13, NEW
25	2:45.03	BCAGMAR	Haylee Johnson, 13, PDSA

100 METRES BUTTERFLY

Rec: 1:02.60 Jennifer Frateli, SSMAC, 99

1	1:04.62	JRNATFEB	Julia Guay-Racine, 14, CAMO
2	1:05.58	ONTSRNOV	Amanda Gillespie, 14, PERTH
3	1:05.68	JRNATFEB	Kahla Walkinshaw, 14, HWAC
4	1:05.85	ONTAGMAR	Kathy Siuda, 14, ROW
5	1:06.14	ONTAGMAR	Blair Holmes, 13, COBRA
6	1:06.17	JRNATFEB	Orlagh O'Kelly, 14, EKSC
7	1:06.17	ONTAGMAR	Stephanie Kuhn, 14, TMSC

TOP AGE GROUP TIMES

Rankings for the period (results received)
 October 1, 1999 to March 30, 2000
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2000 SHORT COURSE TAG®

BOYS 13-14

50 METRES FREESTYLE

Rec: 23.45 Yannick Lupien,CAGRA,95

1	24.07	UTJAN21	Kurtis Miller,14,SCAR
2	24.17	JRNATFEB	Graeme Tozer,14,UCSC
3	24.64	JRNATFEB	Devin Phillips,14,EKSC
4	24.91	ONTAGMAR	Tobias Oriwol,14,ESWIM
5	25.08	POAAAFEB	Nicolas Bovelli,13,PPO
6	25.13	ONTAGMAR	Alex Tanton,14,NEW
7	25.17	ONTAGMAR	Michael Chu,14,CHAMP
8	25.22	POAAAFEB	Tristan Jones,14,CNNG
9	25.29	BRANTNOV	Mark Thauvette,14,OKA
10	25.38	JRNATFEB	Kevin Laflamme,14,RCA
11	25.47	POAAAFEB	Steve Desforges,14,CAG
12	25.50	PCSCDEC	Kevin Rioux,14,CAMO
13	25.51	ABAGFEB	Gaelen Andrews,14,FMSC
14	25.59	ONTAGMAR	Nathan Chang,14,TORCH
15	25.62	POAAAFEB	Alex Chartrand,14,ELITE
16	25.66	MSBKMAR	Pat Turanich-N,14,STSC
17	25.68	ONTAGMAR	Kieran O'Neill,14,SSMAC
18	25.78	KSCDEC	Chase Reid,14,CASC
19	25.87	BCAGMAR	Ben Keast,14,HYACK
20	25.89	ABAGFEB	Jian-Lok Chang,14,EKSC
21	26.02	YOUTHDEC	Casey Ralph,14,IS
22	26.02	POAAAFEB	Serge Demers-Giroux,13,CNTR
23	26.03	BCAGMAR	Richard Hortness,14,SKSC
24	26.07	ONTAGMAR	Ian McLean,14,CYPS
25	26.09	POAAAFEB	Jean Boivin,13,CNQ

100 METRES FREESTYLE

Rec: 51.93 Yannick Lupien,CAGRA,95

1	51.03	JRNATFEB	Graeme Tozer,14,UCSC
2	53.05	JRNATFEB	Kurtis Miller,14,SCAR
3	53.24	MSBKMAR	Tobias Oriwol,14,ESWIM
4	53.32	ABAGFEB	Devin Phillips,14,EKSC
5	54.29	BRANTNOV	Mark Thauvette,14,OKA
6	54.57	POAAAFEB	Nicolas Bovelli,13,PPO
7	54.70	POAAAFEB	Tristan Jones,14,CNNG
8	55.05	CNOJAN	Kevin Laflamme,14,RCA
9	55.18	ONTAGMAR	Alex Tanton,14,NEW
10	55.57	MSBKMAR	Pat Turanich-N,14,STSC
11	55.60	YOUTHDEC	Casey Ralph,14,IS
12	55.81	ONTAGMAR	Kieran O'Neill,14,SSMAC
13	55.82	POAAAFEB	Jonathan Aubry,15,CNB
14	55.94	ONTAGMAR	Andrew Nicholas,14,NEW
15	56.26	PCSCDEC	Sofian Mohand-Cherif,14,CAMO
16	56.29	YOUTHDEC	Dario Lizio,14,PDSA
17	56.30	BRANTNOV	Kevin Rioux,14,CAMO
18	56.30	ABAGFEB	Gaelen Andrews,14,FMSC
19	56.45	POAAAFEB	Alex Chartrand,14,ELITE
20	56.46	POAAAFEB	Tommy St-Pierre,13,CNCC
21	56.62	CHAMPDEC	Michael Chu,14,CHAMP
22	56.66	BCAGMAR	Justin Pommerville,13,IS
23	56.68	RDSCCFEB	Marcus Greenshields,14,RDSCC
24	56.79	ONTAGMAR	Jonathan Long,14,LAC
25	56.83	YOUTHDEC	Marc Sze,14,PDSA

200 METRES FREESTYLE

Rec: 1:52.51 Yannick Lupien,CAGRA,95

1	1:55.74	JRNATFEB	Tobias Oriwol,14,ESWIM
2	1:55.77	JRNATFEB	Graeme Tozer,14,UCSC
3	1:56.93	BRANTNOV	Mark Thauvette,14,OKA
4	1:57.21	ABAGFEB	Devin Phillips,14,EKSC
5	1:59.19	POAAAFEB	Nicolas Bovelli,13,PPO
6	1:59.73	ULAVDEC	Kevin Laflamme,14,RCA
7	1:59.96	PCSCDEC	Kevin Rioux,14,CAMO
8	2:00.31	UTJAN21	Kurtis Miller,14,SCAR
9	2:00.59	POAAAFEB	Jonathan Aubry,14,CNB
10	2:00.59	POAAAFEB	Tristan Jones,14,CNNG
11	2:00.73	ONTAGMAR	Andrew Nicholas,14,NEW
12	2:00.93	PCSCDEC	Douglas McQueen,14,GO
13	2:01.57	ONTAGMAR	Michael Pisarczyk,14,LAC
14	2:01.95	ONTAGMAR	Joe Bajcar,14,OKA
15	2:02.02	ONTAGMAR	Alex Tanton,14,NEW
16	2:02.25	YOUTHDEC	Justin Pommerville,13,IS
17	2:02.64	ONTAGMAR	Kieran O'Neill,14,SSMAC
18	2:02.68	KSCDEC	Casey Ralph,14,IS
19	2:02.72	ABAGFEB	Gaelen Andrews,14,FMSC
20	2:03.03	MSBKMAR	Pat Turanich-N,14,STSC
21	2:03.37	ONTAGMAR	Adam Slater,14,NEW
22	2:03.45	ULAVDEC	Sofian Mohand-Cherif,14,CAMO
23	2:03.65	ABAGFEB	Jian-Lok Chang,14,EKSC
24	2:03.71	OSACFEB	Jonathan Long,14,LAC
25	2:04.24	POAAAFEB	Vincent Boulanger-M,13,CNO

400 METRES FREESTYLE

Rec: 3:58.32 Jamie Stevens,MANTA,89

1	4:08.32	JRNATFEB	Graeme Tozer,14,UCSC
2	4:08.63	YOUTHDEC	Tobias Oriwol,14,ESWIM
3	4:12.36	BRANTNOV	Mark Thauvette,14,OKA
4	4:12.36	ONTAGMAR	Joe Bajcar,14,OKA
5	4:13.00	ABAGFEB	Devin Phillips,14,EKSC
6	4:13.10	PCSCDEC	Douglas McQueen,14,GO
7	4:16.10	POAAAFEB	Jonathan Aubry,14,CNB
8	4:16.24	YOUTHDEC	Casey Ralph,14,IS
9	4:16.71	ONTAGMAR	Ryan Atkinson,14,LAC
10	4:16.89	ONTAGMAR	Jonathan Long,14,LAC
11	4:17.55	BCAGMAR	Justin Pommerville,13,IS
12	4:18.14	PCSCDEC	Conrad Aach,14,ESWIM
13	4:18.27	ULAVDEC	Kevin Laflamme,14,RCA
14	4:19.10	ONTAGMAR	Kurtis Miller,14,SCAR
15	4:20.86	POAAAFEB	Charles Rodriguez,14,UL
16	4:22.42	ONTAGMAR	Michael Pisarczyk,14,LAC
17	4:22.61	ONTAGMAR	Alex Tanton,14,NEW
18	4:22.76	BCAGMAR	Janco Mynhardt,14,PSW
19	4:22.80	POAAAFEB	Nicolas Murray,13,DYNAM
20	4:22.86	BCAGMAR	Jens Cuthbert,13,PDSA
21	4:22.92	ULAVDEC	Phillippe Deshamais,14,RCA
22	4:22.92	ONTAGMAR	Andrew Baier,14,COBRA
23	4:23.24	BCAGMAR	Thomas Demetzer,14,PGB
24	4:23.62	ONTAGMAR	Adam Slater,14,NEW
25	4:23.97	POAAAFEB	Maxime Samson,14,ELITE

1500 METRES FREESTYLE

Rec: 15:32.15 Alex Baumann,LUSC,79

1	16:25.21	ABAGFEB	Graeme Tozer,14,UCSC
2	16:30.35	YOUTHDEC	Tobias Oriwol,14,ESWIM
3	16:44.32	ONTAGMAR	Jonathan Long,14,LAC
4	16:47.97	POAAAFEB	Jonathan Aubry,14,CNB
5	16:50.43	ONTAGMAR	Ryan Atkinson,14,LAC
6	16:55.14	YOUTHDEC	Simon Gatsch,13,SSMAC
7	16:58.79	YOUTHDEC	Conrad Aach,14,ESWIM
8	16:59.33	ONTAGMAR	Joe Bajcar,14,OKA
9	17:04.87	ABAGFEB	Devin Phillips,14,EKSC
10	17:09.95	BCAGMAR	Justin Pommerville,13,IS
11	17:10.60	BCAGMAR	Jens Cuthbert,13,PDSA
12	17:16.70	POAAAFEB	Charles Rodriguez,14,UL
13	17:16.74	YOUTHDEC	Casey Ralph,14,IS
14	17:21.90	POAAAFEB	David Provencher,13,GAMIN
15	17:24.72	ONTAGMAR	Andrew Baier,14,COBRA
16	17:25.90	ULAVDEC	Nicolas Murray,13,DYNAM
17	17:28.25	MSBKMAR	Adam Abdulla,13,ROD
18	17:30.18	ULAVDEC	Kevin Laflamme,14,RCA
19	17:30.27	BCAGMAR	Patrick Fonseca,14,WVOSC
20	17:30.91	ONTAGMAR	Michael Pisarczyk,14,LAC
21	17:31.37	BCAGMAR	Brendan Robertson,14,HYACK
22	17:33.45	ONTAGMAR	Buddy Green,13,LUSC
23	17:36.23	BCAGMAR	Mark Grossman,14,PN
24	17:36.52	ONTAGMAR	Simon Borjeson,13,OKA
25	17:37.04	CNOJAN	Phillippe Deshamais,14,RCA

100 METRES BACKSTROKE

Rec: 56.93 Garret Pulte,MAC,93

1	57.10	JRNATFEB	Tobias Oriwol,14,ESWIM
2	57.85	JRNATFEB	Kurtis Miller,14,SCAR
3	58.64	MSBKMAR	Devin Phillips,14,EKSC
4	1:00.94	ONTAGMAR	Ryan Atkinson,14,LAC
5	1:00.96	PCSCDEC	Martin Renaud,14,CNB
6	1:01.18	POAAAFEB	Nicolas Bovelli,13,PPO
7	1:01.40	ABAGFEB	Gaelen Andrews,14,FMSC
8	1:01.41	POAAAFEB	Kevin Bouchard,14,EXCEL
9	1:01.87	YOUTHDEC	Conrad Aach,14,ESWIM
10	1:02.90	LUSCOCT	David Gibson,14,SSMAC
11	1:02.95	ONTAGMAR	Danny Carter,14,NKB
12	1:02.99	BCAGMAR	Justin Pommerville,13,IS
13	1:03.16	POAAAFEB	Timothy Ruse,14,PCSC
14	1:03.22	ONTAGMAR	Andrew Nicholas,14,NEW
15	1:03.25	ONTAGMAR	Nathan Chang,14,TORCH
16	1:03.61	ABAGFEB	Myles Macey,14,CASC
17	1:03.62	YOUTHDEC	Casey Ralph,14,IS
18	1:03.72	POAAAFEB	Serge Demers-Giroux,13,CNTR
19	1:03.83	BRANTNOV	Mark Thauvette,14,OKA
20	1:03.84	ONTAGMAR	Brian Holland,13,SSMAC
21	1:03.87	BCAGMAR	Thomas Demetzer,14,PGB
22	1:03.89	POAAAFEB	Vincent Boulanger-M,13,CNO
23	1:04.16	NSAGFEB	Patrick Craine,14,EAST
24	1:04.17	SCARFEB	David Hinan,14,SCAR
25	1:04.40	ONTAGMAR	Andrew Baier,14,COBRA

200 METRES BACKSTROKE

Rec: 2:00.04 Tobias Oriwol,ESWIM,0

1	2:00.04	JRNATFEB	Tobias Oriwol,14,ESWIM
2	2:06.52	MSBKMAR	Devin Phillips,14,EKSC
3	2:08.17	UTJAN21	Kurtis Miller,14,SCAR
4	2:10.26	POAAAFEB	Kevin Bouchard,14,EXCEL
5	2:10.91	YOUTHDEC	Conrad Aach,14,ESWIM
6	2:11.29	PCSCDEC	Douglas McQueen,14,GO
7	2:11.72	ONTAGMAR	Ryan Atkinson,14,LAC
8	2:12.32	ULAVDEC	Martin Renaud,14,CNB
9	2:13.14	JRNATFEB	Justin Pommerville,13,IS
10	2:13.99	ABAGFEB	Gaelen Andrews,14,FMSC
11	2:15.30	BCAGMAR	Thomas Demetzer,14,PGB
12	2:15.56	JRNATFEB	Myles Macey,14,CASC
13	2:15.82	ONTAGMAR	Danny Carter,14,NKB
14	2:16.03	ABAGFEB	Graeme Tozer,14,UCSC
15	2:16.14	KSCDEC	Casey Ralph,14,IS
16	2:16.60	ONTAGMAR	Andrew Baier,14,COBRA
17	2:16.72	POAAAFEB	Timothy Ruse,14,PCSC
18	2:16.88	ONTAGMAR	Greg Toglietta,14,LAC
19	2:17.05	BCAGMAR	Erich Schmitt,14,IS
20	2:17.55	ONTAGMAR	Ian McLean,14,CYPS
21	2:17.57	POAAAFEB	Sofian Mohand-Cherif,14,CAMO
22	2:18.79	YOUTHDEC	Nathan Chang,14,TORCH
23	2:18.86	POAAAFEB	Alexandre Leroux,14,CNTR
24	2:18.93	ONTAGMAR	Marc Mazzucco,14,ESWIM
25	2:19.08	YOUTHDEC	Craig Partridge,14,GGST

100 METRES BREASTSTROKE

Rec: 1:03.27 Michael Mason,EPS,89

1	1:07.21	POAAAFEB	Tristan Jones,14,CNNG
2	1:08.79	POAAAFEB	Andre Champagne,14,SAMAK
3	1:09.31	BCAGMAR	Ryan Chiew,13,HYACK
4	1:09.39	PCSCDEC	Kevin Rioux,14,CAMO
5	1:09.70	ESWIMJAN	Tobias Oriwol,14,ESWIM
6	1:10.05	ONTAGMAR	Michael Chu,14,CHAMP
7	1:10.12	YOUTHDEC	Conrad Aach,14,ESWIM
8	1:10.17	MSBKMAR	Devin Phillips,14,EKSC
9	1:10.38	ONTAGMAR	Warren Barnes,14,PICK
10	1:10.68	NSAGFEB	Douglas Young,14,SWAT
11	1:10.70	ONTAGMAR	Eric Chan,14,AAAC
12	1:10.80	BCAGMAR	Ben Keast,14,HYACK
13	1:11.07	JRNATFEB	Brandon Grove,14,EDSON
14	1:11.57	POAAAFEB	Simon Letendre,14,SHER
15	1:11.83	ABAGFEB	Tim Kinsella,14,EKSC
16	1:11.85	KSCDEC	Chase Reid,14,CASC
17	1:11.90	ONTAGMAR	Nathan Chang,14,TORCH
18	1:12.00	BCAGMAR	Brendan Robertson,14,HYACK
19	1:12.07	UTJAN21	Kurtis Miller,14,SCAR
20	1:12.11	PCSCDEC	Olivier Andre,14,CAMO
21	1:12.16	ABAGFEB	Graeme Tozer,14,UCSC
22	1:12.43	PCSCDEC	Gareth Chantler,13,OKA
23	1:12.53	POAAAFEB	Jonathan Aubry,14,CNB
24	1:12.57	CLMOCT	Michael Eubank,14,CP
25	1:12.59	ONTAGMAR	David McKechnie,14,CYC

200 METRES BREASTSTROKE

Rec: 2:14.36 Matthew Huang,PDSA,98

1	2:25.72	ESWIMJAN	Tobias Oriwol,14,ESWIM
2	2:27.47	PCSCDEC	Conrad Aach,14,ESWIM
3	2:28.23	POAAAFEB	Andre Champagne,14,SAMAK
4	2:28.68	BCAGMAR	Ryan Chiew,13,HYACK
5	2:29.99	POAAAFEB	Tristan Jones,14,CNNG
6	2:30.99	PCSCDEC	Kevin Rioux,14,CAMO
7	2:31.43	JRNATFEB	Tim Kinsella,14,EKSC
8	2:31.59	JRNATFEB	Brandon Grove,14,EDSON
9	2:32.29	POAAAFEB	Maxime Samson,14,ELITE
10	2:32.78	NSAGFEB	Douglas Young,14,SWAT
11	2:33.66	MSBKMAR	Devin Phillips,14,EKSC
12	2:34.13	ONTAGMAR	Warren Barnes,14,PICK
13	2:34.18	ONTAGMAR	Jonathan Long,14,LAC
14	2:34.45	ONTAGMAR	Marco Monaco,13,OKA
15	2:35.06	YOUTHDEC	Mark Pariselli,14,NYAC
16	2:35.28	ONTAGMAR	Nathan Chang,14,TORCH
17	2:35.65	POAAAFEB	Timothy Ruse,14,PCSC
18	2:35.77	POAAAFEB	Jonathan Aubry,14,CNB
19	2:36.19	POAAAFEB	Olivier Andre,14,CAMO
20	2:36.47	KSCDEC	Chase Reid,14,CASC
21	2:36.49	ABAGFEB	Marcus Greenshields,14,RDSCC
22	2:36.82	ONTAGMAR	Raymond Chow,13,TMSC
23	2:36.96	BCAGMAR	Brendan Robertson,14,HYACK
24	2:37.09	OKAJAN	Gareth Chantler,13,OKA
25	2:37.37	RAPIDDEC	Matt Yuzwa,13,CASC

100 METRES BUTTERFLY

Rec: 56.61 Garret Pulte,MAC,93

1	58.91	ONTAGMAR	Tobias Oriwol,14,ESWIM
2	59.90	ONTAGMAR	Kurtis Miller,14,SCAR
3	1:00.22	ABAGFEB	Graeme Tozer,14,UCSC
4	1:00.33	PCSCDEC	Douglas McQueen,14,GO
5	1:00.85	POAAAFEB	Nicolas Bovelli,13,PPO
6	1:00.90	PCSCDEC	Kevin Rioux,14,CAMO
7	1:01.10	JRNATFEB	Marcus Greenshields,14,RDSCC
8	1:01.54	ONTAGMAR	Michael Pisarczyk,14,LAC
9	1:01.66	POAAAFEB	Sofian Mohand-Cherif,14,CAMO
10	1:01.88	POAAAFEB	Steve Desforges,14,CAG
11	1:02.02	BCAGMAR	Janco Mynhardt,14,PSW
12	1:02.14	MSBKMAR	Erik Hogan,14,UCSC
13	1:02.18	ABAGFEB	Malcolm Lavioie,14,OSC
14	1:02.35	ONTAGMAR	Eric Chan,14,AAAC
15	1:02.48	POAAAFEB	Tristan Jones,14,CNNG
16	1:02.64	CNOJAN	Kevin Laflamme,14,RCA

GIRLS 15-17

50 METRES FREESTYLE

Rec: 25.25 Shannon Shakespeare,MM,93

1	25.80	JRNATFEB Chrissy MacAulay,17,ESWIM
2	26.13	JRNATFEB Jenna Gresdal,15,ESWIM
3	26.32	MANTADEC Jessie Bradshaw,15,UCSC
4	26.61	JRNATFEB Natalie Kiegelmann,16,BTSC
5	26.63	BCAGMAR Tara Taylor,17,HYACK
6	26.73	PCSDECE Tiffany Woods,15,PCSC
7	26.81	EDMONNOV Kelly O'Toole,17,EKSC
8	26.90	BRANTNOV Adrienne Karney,16,AAAC
9	27.00	PCSDECE Audrey Lacroix,16,CAMO
10	27.01	RAPIDDEC Francine Ling,16,DELTA
11	27.03	MANTADEC Andrea Hayden,16,GPP
12	27.09	MALMOFEB Kelly Stefanyshyn,17,PDSA
13	27.13	JRNATFEB Michaela Schmidt,16,CASC
14	27.16	BEAVNDEC Adriana Koc-Spadaro,16,PDSA
15	27.19	SFOYNV Merylie Giguere,17,UL
16	27.19	POAAAFEB Catherine Dugas-Savoie,16,DYNAM
17	27.20	POAAAFEB Victoria Poon,15,CALAC
18	27.20	ONTAGMAR Heather Crowdis,16,AAAC
19	27.21	EDMONNOV Elizabeth Wycliffe,16,EBSC
20	27.24	EDMONNOV Angela Catford,16,NEW
21	27.28	JRNATFEB Sasha Taylor,17,PERTH
22	27.30	JRNATFEB Elizabeth Cleven,15,MM
23	27.30	ABAGFEB Heather McIntosh,17,LEDUC
24	27.31	POAAAFEB Kathryn Milligan,16,DDO
25	27.32	ONTSRNOV Jennifer Brankovskiy,17,EYSC

100 METRES FREESTYLE

Rec: 54.75 Shannon Shakespeare,MM,94

1	56.15	JRNATFEB Jenna Gresdal,15,ESWIM
2	57.28	JRNATFEB Natalie Kiegelmann,16,BTSC
3	57.35	JRNATFEB Chrissy MacAulay,17,ESWIM
4	57.38	KCSDCEC Tara Taylor,17,HYACK
5	57.39	MANTADEC Jessie Bradshaw,15,UCSC
6	57.49	PCSDECE Tiffany Woods,15,PCSC
7	57.61	JRNATFEB Audrey Lacroix,16,CAMO
8	57.66	POAAAFEB Catherine Dugas-Savoie,16,DYNAM
9	57.74	MALMOFEB Kelly Stefanyshyn,17,PDSA
10	58.20	BEAVNDEC Adriana Koc-Spadaro,16,PDSA
11	58.22	POAAAFEB Marieve De Blois,16,PPO
12	58.36	SFOYNV Merylie Giguere,17,UL
13	58.41	JRNATFEB Elizabeth Collins,17,ROD
14	58.49	JRNATFEB Francine Ling,16,DELTA
15	58.52	JRNATFEB Elizabeth Wycliffe,16,EBSC
16	58.59	JRNATFEB Chantal Ares,15,GO
17	58.60	JRNATFEB Michaela Schmidt,16,CASC
18	58.62	MBSKMAR Meghan Demchuk,16,ROD
19	58.65	JRNATFEB Andrea Hayden,17,GPP
20	58.66	ONTAGMAR Monica Wejman,15,ESWIM
21	58.73	JRNATFEB Tamee Ebert,16,PDSA
22	58.73	MBSKMAR Elizabeth Amer,15,EKSC
23	58.75	JRNATFEB Melanie Bouchard,17,CNB
24	58.76	JRNATFEB Kelly O'Toole,17,EKSC
25	58.83	JRNATFEB Deanna Stefanyshyn,15,PDSA

200 METRES FREESTYLE

Rec: 1:58.28 Patricia Noall,CNMM,88

1	2:02.72	PARISFEB Kelly Stefanyshyn,17,PDSA
2	2:02.91	COLPKNOV Jenna Gresdal,15,ESWIM
3	2:03.17	BEAVNDEC Deanna Stefanyshyn,15,PDSA
4	2:03.24	ISCPUNOV Danielle Bell,16,IS
5	2:03.49	JRNATFEB Tamee Ebert,16,PDSA
6	2:03.53	JRNATFEB Elizabeth Wycliffe,16,EBSC
7	2:03.87	JRNATFEB Jessie Bradshaw,15,UCSC
8	2:04.17	COLPKNOV Jennifer Fratesi,15,ROW
9	2:04.63	ONTAGMAR Kristen Bradley,16,NEW
10	2:04.78	KCSDCEC Tara Taylor,17,HYACK
11	2:04.90	POAAAFEB Audrey Lacroix,16,CAMO
12	2:05.18	ISCPUNOV Karley Stutzel,17,IS
13	2:05.43	MANTADEC Andrea Hayden,16,GPP
14	2:05.44	ONTSRNOV Loren Sweny,17,NKB
15	2:05.51	POAAAFEB Catherine Dugas-Savoie,16,DYNAM
16	2:05.61	ONTAGMAR Monica Wejman,15,ESWIM
17	2:05.64	SFOYNV Merylie Giguere,17,UL
18	2:05.76	POAAAFEB Chanell Charron-W,15,CAG
19	2:05.85	JRNATFEB Elizabeth Collins,17,ROD
20	2:05.91	BCAGMAR Jennifer Coombs,16,HYACK
21	2:06.25	POAAAFEB Melanie Bouchard,17,CNB
22	2:06.26	ABAGFEB Leslie Cove,17,RDSCC
23	2:06.31	EDMONNOV Melissa Laflamme,17,UL
24	2:06.33	JRNATFEB Aimee Bourassa,16,NKB
25	2:06.47	ONTAGMAR Cynthia Pearce,16,MSSAC-TO

400 METRES FREESTYLE

Rec: 4:07.79 Nikki Dryden,IS,93

1	4:15.35	EDMONNOV Kelly Stefanyshyn,17,PDSA
2	4:15.75	ISCPUNOV Danielle Bell,16,IS
3	4:18.54	JRNATFEB Tamee Ebert,16,PDSA
4	4:18.87	BEAVNDEC Deanna Stefanyshyn,15,PDSA
5	4:20.46	ISCPUNOV Karley Stutzel,17,IS
6	4:21.26	JRNATFEB Audrey Lacroix,16,CAMO
7	4:22.29	JRNATFEB Michelle Landry,15,PDSA
8	4:22.70	JRNATFEB Cynthia Pearce,16,MSSAC-TO
9	4:22.85	JRNATFEB Tara Taylor,17,HYACK
10	4:23.22	ABAGFEB Shauna McNally,17,EKSC
11	4:23.24	JRNATFEB Andrea Hayden,17,GPP
12	4:23.25	JRNATFEB Danielle Beland,15,GO
13	4:23.52	JRNATFEB Jennifer Coombs,16,HYACK
14	4:24.03	JRNATFEB Loren Sweny,17,NKB
15	4:24.33	JRNATFEB Allison Laidlow,15,PDSA
16	4:24.62	JRNATFEB Amber Dykes,16,HYACK
17	4:24.71	JRNATFEB Emily Carwithen,15,COMOX
18	4:24.74	JRNATFEB Stephanie Barbe,17,UL
19	4:24.78	POAAAFEB Joan Bernier,15,CNCB
20	4:24.82	JRNATFEB Leslie Cove,17,RDSCC
21	4:24.95	BEAVNDEC Meghan Brown,15,PDSA
22	4:25.38	UTJAN21 Jolie Pun,17,BROCK
23	4:25.69	JRNATFEB Alicia Jobse,16,MANTA
24	4:25.92	JRNATFEB Julie Babin,16,ESWIM
25	4:26.05	ONTAGMAR Katherine Telfer,15,ESWIM

800 METRES FREESTYLE

Rec: 8:31.65 Nikki Dryden,IS,93

1	8:43.45	ISCPUNOV Danielle Bell,16,IS
2	8:48.60	JRNATFEB Tamee Ebert,16,PDSA
3	8:53.13	ISCPUNOV Karley Stutzel,17,IS
4	8:56.61	BEAVNDEC Deanna Stefanyshyn,15,PDSA
5	8:57.56	KCSDCEC Tara Taylor,17,HYACK
6	9:00.82	JRNATFEB Joan Bernier,15,CNCB
7	9:01.97	ABAGFEB Shauna McNally,17,EKSC
8	9:02.26	JRNATFEB Dale Colman,17,MSSAC-TO
9	9:02.37	BCAGMAR Emily Carwithen,15,COMOX
10	9:02.92	JRNATFEB Allison Laidlow,15,PDSA
11	9:03.70	JRNATFEB Jennifer Coombs,16,HYACK
12	9:06.19	JRNATFEB Annie Lizotte,16,CNCB
13	9:07.16	JRNATFEB Michelle Landry,15,PDSA
14	9:08.76	JRNATFEB Kristy MacLennan,17,ESWIM
15	9:08.79	JRNATFEB Amber Dykes,16,HYACK
16	9:09.11	JRNATFEB Julie Babin,16,ESWIM
17	9:09.11	JRNATFEB Christy Anderson,17,STARS
18	9:09.28	ABAGFEB Leslie Cove,17,RDSCC
19	9:09.31	ONTAGMAR Kristen Bradley,16,NEW
20	9:10.01	MANTADEC Alicia Jobse,16,MANTA
21	9:10.35	JRNATFEB Dominique Charron,15,PPO
22	9:11.17	MBSKMAR Alison McKay,17,EKSC
23	9:11.47	POAAAFEB Audrey Lacroix,16,CAMO
24	9:11.65	JRNATFEB Sara McNally,15,EKSC
25	9:13.06	POAAAFEB Stephanie Barbe,17,UL

100 METRES BACKSTROKE

Rec: 1:00.43 Kelly Stefanyshyn,PDSA,99

1	1:00.50	EDMONNOV Kelly Stefanyshyn,17,PDSA
2	1:02.36	JRNATFEB Elizabeth Wycliffe,16,EBSC
3	1:02.84	JRNATFEB Jenna Gresdal,15,ESWIM
4	1:03.45	EDMONNOV Jennifer Fratesi,15,ROW
5	1:03.49	PCSDECE Melanie Frigon,17,BBF
6	1:03.73	JRNATFEB Amy Jacina,15,GMAC
7	1:04.00	ONTAGMAR Jennifer Esford,16,ROW
8	1:04.26	JRNATFEB Michaela Schmidt,16,CASC
9	1:04.54	EDMONNOV Shauna McNally,17,EKSC
10	1:04.61	JRNATFEB Alexis Rieck,17,ROW
11	1:04.71	JRNATFEB Elizabeth Collins,17,ROD
12	1:04.86	JRNATFEB Caitlin Meredith,15,KCS
13	1:04.87	ONTSRNOV Jennifer Cooper,17,LAC
14	1:04.92	RAPIDDEC Andree-Ann Leroy,17,NRST
15	1:05.06	JRNATFEB Jessie Bradshaw,15,UCSC
16	1:05.17	SHERDEC Chanell Charron-W,15,CAG
17	1:05.22	JRNATFEB Jennifer Kasuya,17,HYACK
18	1:05.25	EDMONNOV Stephanie Barbe,16,UL
19	1:05.33	POAAAFEB Catherine Dugas-Savoie,16,DYNAM
20	1:05.48	JRNATFEB Sasha Taylor,17,PERTH
21	1:05.49	JRNATFEB Shawna Bothwell,16,RDSCC
22	1:05.71	JRNATFEB Amanda MacNeill,15,ESWIM
23	1:05.76	KCSDCEC Michelle Poirier,17,RDSCC
24	1:05.77	MBSKMAR Elizabeth Cleven,15,MM
25	1:05.78	ONTAGMAR Maya Ziolkowski,15,YORK

200 METRES BACKSTROKE

Rec: 2:08.06 Kelly Stefanyshyn,PDSA,99

1	2:08.06	EDMONNOV Kelly Stefanyshyn,17,PDSA
2	2:12.17	JRNATFEB Elizabeth Wycliffe,16,EBSC
3	2:13.49	EDMONNOV Jennifer Fratesi,15,ROW
4	2:14.14	PCSDECE Melanie Frigon,17,BBF
5	2:15.79	JRNATFEB Amy Jacina,15,GMAC
6	2:16.80	EDMONNOV Shauna McNally,17,EKSC
7	2:16.98	JRNATFEB Jennifer Esford,16,ROW
8	2:17.78	JRNATFEB Jenna Gresdal,15,ESWIM
9	2:17.87	ONTAGMAR Kristen Bradley,16,NEW
10	2:18.14	BEAVNDEC Allison Laidlow,15,LL
11	2:18.27	JRNATFEB Chanell Charron-W,15,CNO
12	2:18.60	BCAGMAR Amanda Leslie,16,RAYS
13	2:18.63	OSACFEB Jennifer Cooper,17,LAC
14	2:18.87	RAPIDDEC Michaela Schmidt,16,CASC
15	2:19.09	BCAGMAR Caitlin Meredith,15,KCS
16	2:19.10	JRNATFEB Jennifer Kasuya,17,HYACK
17	2:19.16	JRNATFEB Andrea Szwachuk,16,ESWIM
18	2:19.31	MANTADEC Adrienne Ford,16,YLSC
19	2:19.40	PCSDECE Sophie McKay,16,CAMO
20	2:19.48	JRNATFEB Anna Szaffarski,15,BROCK
21	2:19.57	JRNATFEB Sasha Taylor,17,PERTH
22	2:19.72	BRANTNOV Erin Dermody,17,HWAC
23	2:20.20	ONTAGMAR Katherine Telfer,15,ESWIM
24	2:20.39	PCSDECE Lucy Mae Smith,17,BBF
25	2:20.42	ONTAGMAR Maya Ziolkowski,15,YORK

100 METRES BREASTSTROKE

Rec: 1:07.96 Tara Sloan,UCSC,97

1	1:12.18	JRNATFEB Marcy Edgcombe,16,EKSC
2	1:12.27	ONTAGMAR Joanna Lee,15,MSSAC-TO
3	1:12.47	JRNATFEB Marie-C. Guilbert,17,BBF
4	1:12.47	ABAGFEB Annamay Pierce,16,EKSC
5	1:12.53	JRNATFEB Trisha Lakatos,17,PCSC
6	1:12.64	POAAAFEB Marieve De Blois,16,PPO
7	1:12.89	JRNATFEB Christy Anderson,17,STARS
8	1:13.00	EDMONNOV Kristen Bradley,16,NEW
9	1:13.06	JRNATFEB Ariane Kich,16,GMAC
10	1:13.09	KCSDCEC Michelle Poirier,17,RDSCC
11	1:13.55	PCSDECE Lucy Mae Smith,17,BBF
12	1:13.57	RAPIDDEC Francine Ling,16,DELTA
13	1:13.69	JRNATFEB Norah Vogan,15,GPP
14	1:13.70	JRNATFEB Jessica Sloan,17,UCSC
15	1:13.74	ABAGFEB Emma Spooner,16,NCSA
16	1:13.80	ABAGFEB Lesley Williams,17,STSC
17	1:13.92	ULAVDEC Barbara Poret,16,UL
18	1:14.03	RAPIDDEC Meagan Sinclair,15,CASC
19	1:14.28	PCSDECE Tiffany Woods,15,PCSC
20	1:14.29	JRNATFEB Chrissy MacAulay,17,ESWIM
21	1:14.32	POAAAFEB Julie Marcotte,16,CNO
22	1:14.44	JRNATFEB Kristie Lis,16,ROD
23	1:14.45	ULAVDEC Annie Lizotte,16,CNCB
24	1:14.55	BCAGMAR Mia Baumeister,15,HYACK
25	1:14.63	ONTAGMAR Kim Bacon,15,COBRA

200 METRES BREASTSTROKE

Rec: 2:27.08 Anne Ottenbrite,AAC,84

1	2:34.23	JRNATFEB Marieve De Blois,16,PPO
2	2:34.40	JRNATFEB Christy Anderson,17,STARS
3	2:34.59	ABAGFEB Annamay Pierce,16,EKSC
4	2:34.86	JRNATFEB Trisha Lakatos,17,PCSC
5	2:35.01	KCSDCEC Marcy Edgcombe,16,EKSC
6	2:35.07	JRNATFEB Kristen Bradley,16,NEW
7	2:35.41	JRNATFEB Marie-C. Guilbert,17,BBF
8	2:35.54	ONTAGMAR Joanna Lee,15,MSSAC-TO
9	2:36.67	JRNATFEB Heather Bell,16,BTSC
10	2:37.20	JRNATFEB Michelle Poirier,17,RDSCC
11	2:37.24	JRNATFEB Emma Spooner,16,NCSA
12	2:37.35	ABAGFEB Lesley Williams,17,STSC
13	2:37.36	RAPIDDEC Meagan Sinclair,15,CASC
14	2:37.42	MANTADEC Alicia Jobse,16,MANTA
15	2:38.00	JRNATFEB Chrissy MacAulay,17,ESWIM
16	2:38.10	JRNATFEB Norah Vogan,15,GPP
17	2:38.48	JRNATFEB Annie Lizotte,16,CNCB
18	2:38.48	POAAAFEB Julie Marcotte,16,CNO
19	2:38.51	JRNATFEB Ariane Kich,16,GMAC
20	2:38.86	KCSDCEC Kathleen Stody,17,HYACK
21	2:39.25	POAAAFEB Genevieve Frappier,16,EXCEL
22	2:39.51	JRNATFEB Jennifer Brankovskiy,17,EYSC
23	2:39.93	MBSKMAR Katherine Cochran,16,CASC
24	2:40.16	ONTAGMAR Kim Bacon,15,COBRA
25	2:41.07	BCAGMAR Alex Lezy-Miller,16,PDSA

100 METRES BUTTERFLY

Rec: 1:01.45 Kristin Topham,EPS,91

1	1:01.18	EDMONNOV Audrey Lacroix,16,CNMM
2	1:02.31	EDMONNOV Jennifer Fratesi,15,ROW
3	1:02.51	JRNATFEB Michaela Schmidt,16,CASC
4	1:02.77	JRNATFEB Jessie Bradshaw,15,UCSC
5	1:02.85	RAPIDDEC Julie Unrau,16,PDSA
6	1:03.10	MBSKMAR Elizabeth Collins,17,ROD
7	1:03.28	JRNATFEB Nancy Gajos,15,ESWIM
8	1:03.36	JRNATFEB Cynthia Pearce,16,MSSAC-TO
9	1:03.38	SFOYNV Merylie Giguere,17,UL
10	1:03.96	JRNATFEB Melissa Laflamme,17,UL
11	1:04.06	JRNATFEB Jennifer Graf,16,ROD
12	1:04.08	JRNATFEB Alexis Rieck,17,ROW
13	1:04.29	PCSDECE Danielle Beland,15,GO
14	1:04.32	EDMONNOV Angela Catford,16,NEW
15	1:04.36	POAAAFEB Isabelle Asch-Coallier,16,CAMO
16	1:04.51	RAPIDDEC Meghan Brown,15,PDSA
17	1:04.52	JRNATFEB Lindsay Burton,16,NKB
18	1:04.66	BCAGMAR Claire Wong,15,PDSA
19	1:04.72	SFOYNV Veronick Cullen,15,RCA
20	1:04.79	POAAAFEB Valerie Tcholkayan,15,DDO
21	1:04.88	ONTSRNOV Elizabeth Day,17,NEW
22	1:05.01	JRNATFEB Rocío Flores,16,PPO
23	1:05.06	ONTSRNOV Pamela Tung,17,MAC
24	1:05.24	JRNATFEB Suzanne Brodeur,17,MAC
25	1:05.25	BCAGMAR Martina Zamecnik,16,KISU

200 METRES BUTTERFLY

Rec: 2:09.47 Jessica Deglau,PDSA,98

1	2:13.24	HONGKJAN Audrey Lacroix,16,CAMO
2	2:17.04	EDMONNOV Melissa Laflamme,17,UL
3	2:17.48	JRNATFEB Nancy Gajos,15,ESWIM
4	2:18.00	JRNATFEB Michaela Schmidt,16,CASC
5	2:18.55	JRNATFEB Julie Unrau,17,PDSA
6	2:19.07	JRNATFEB Cynthia Pearce,16,MSSAC-TO
7	2:19.33	PCSDECE Kristy MacLennan,17,ESWIM
8	2:19.41	JRNATFEB Jennifer Coombs,16,HYACK
9	2:19.60	SFOYNV Merylie Giguere,17,UL
10	2:19.82	BEAVNDEC Meghan Brown,15,PDSA
11	2:20.25	JRNATFEB Jennifer Brankovskiy,17,EYSC
12	2:20.26	JRNATFEB Emily Aubie,17,NKB
13	2:20.64	ONTAGMAR Kristen Bradley,16,NEW
14	2:20.65	JRNATFEB Danielle Beland,15,GO
15	2:20.85	

TOP AGE GROUP TIMES

Rankings for the period (results received)
 October 1, 1999 to March 30, 2000
 TAG is financially supported by
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2000 SHORT COURSE TAG®

BOYS 15-17

50 METRES FREESTYLE

Rec: 22.56 Simon MacDonald,NKB,97

1	23.77	BEAVNDEC	Daniel Petrus,16,PDSA
2	23.78	JRNATFEB	Nick Langan,17,SCAR
3	23.81	JRNATFEB	Adam Sioui,17,TD
4	23.87	JRNATFEB	Ian Grotkowski,17,UCSC
5	23.97	JRNATFEB	Cedric Sureau-L.,16,PPO
6	24.01	JRNATFEB	David Whang,16,ESWIM
7	24.05	MANTADEC	Lee Raffa,17,UCSC
8	24.09	KCSDEC	Brian Verigin,16,PGB
9	24.11	ONTSRNOV	Doug Fleming,17,ODSC
10	24.16	MBSKMAR	Borrey Kim,17,OSCC
11	24.18	JRNATFEB	Serge Loiselle,17,LUSC
12	24.19	JRNATFEB	Matthew Liberator,17,ESWIM
13	24.21	MBSKMAR	Kevin Saganaki,17,GOLD
14	24.23	MANTADEC	Scott Briggs,17,UCSC
15	24.26	ONTAGMAR	Andrew Bignell,16,SSMAC
16	24.30	JRNATFEB	Joe Bartoch,16,LAC
17	24.36	ISCUPNOV	Jason Strelzow,17,PDSA
18	24.40	JRNATFEB	Andrew Coupland,16,GO
19	24.40	ONTAGMAR	Bradley Vanderkam,16,LAC
20	24.41	BCAGMAR	Brent Hayden,16,SPART
21	24.42	JRNATFEB	Stefano Caprara,16,VAC
22	24.47	ONTAGMAR	Patrick Doret,16,ESWIM
23	24.48	POAAAFEB	Nicolas Guillotte,16,CAMO
24	24.49	ONTSRNOV	C. Vythoukas,15,ODSC
25	24.50	POAAAFEB	Daniel Emond,17,CNQ

100 METRES FREESTYLE

Rec: 49.84 Yannick Lupien GO,97

1	49.93	JRNATFEB	Brian Johns,17,RAPID
2	51.11	JRNATFEB	Adam Sioui,17,TD
3	51.53	BEAVNDEC	Daniel Petrus,16,PDSA
4	51.96	JRNATFEB	Andrew Coupland,16,GO
5	52.11	JRNATFEB	Brent Hayden,16,SPART
6	52.16	JRNATFEB	Serge Loiselle,17,LUSC
7	52.28	MANTADEC	Richard Cormack,17,GLEN
8	52.28	JRNATFEB	David Whang,16,ESWIM
9	52.36	JRNATFEB	Daniel Emond,17,CNQ
10	52.39	JRNATFEB	Ian Grotkowski,17,UCSC
11	52.42	POAAAFEB	Nicolas Guillotte,16,CAMO
12	52.51	KCSDEC	Cedric Sureau-L.,16,PPO
13	52.57	ONTSRNOV	Bob Phipps,16,STARS
14	52.71	JRNATFEB	Bill Cocks,16,TRENT
15	52.79	JRNATFEB	Borrey Kim,17,OSCC
16	52.89	JRNATFEB	Cameron Hyder,17,NCSA
17	52.92	ONTAGMAR	Andrew Bignell,16,SSMAC
18	53.00	POAAAFEB	Kevin Monaghan,17,CNQ
19	53.23	JRNATFEB	Stefano Caprara,16,VAC
20	53.24	ISCUPNOV	Jason Strelzow,17,PDSA
21	53.31	ONTSRNOV	Doug Fleming,17,ODSC
22	53.32	JRNATFEB	Brian Verigin,16,PGB
23	53.34	ONTSRNOV	Chuck Sayao,17,MSSAC-TO
24	53.38	ONTAGMAR	Bradley Vanderkam,16,LAC
25	53.42	JRNATFEB	Nick Langan,17,SCAR

200 METRES FREESTYLE

Rec: 1:47.83 A.Baumann,LUSC,81 / E.Parenti,NSC,89

1	1:48.97	JRNATFEB	Brian Johns,17,RAPID
2	1:52.17	JRNATFEB	Andrew Hurd,17,MSSAC-TO
3	1:52.42	JRNATFEB	Andrew Coupland,16,GO
4	1:52.55	JRNATFEB	Serge Loiselle,17,LUSC
5	1:52.76	MANTADEC	Richard Cormack,17,GLEN
6	1:53.72	EDMONNOV	Adam Sioui,17,TD
7	1:53.83	POAAAFEB	Nicolas Guillotte,16,CAMO
8	1:53.96	MBSKMAR	Borrey Kim,17,OSCC
9	1:54.04	JRNATFEB	Simon Gignac,17,SHER
10	1:54.24	JRNATFEB	Ian Grotkowski,17,UCSC
11	1:54.43	BEAVNDEC	Daniel Petrus,16,PDSA
12	1:54.50	JRNATFEB	Cameron Hyder,17,NCSA
13	1:54.53	KCSDEC	Cedric Sureau-L.,16,PPO
14	1:54.58	EDMONNOV	Chuck Sayao,17,MSSAC-TO
15	1:54.62	POAAAFEB	Daniel Emond,17,CNQ
16	1:54.65	BCAGMAR	Brent Hayden,16,SPART
17	1:54.70	ONTSRNOV	Bob Phipps,16,STARS
18	1:55.11	JRNATFEB	Frederic Cayen,17,UL
19	1:55.15	JRNATFEB	Benjamin Patrieux,17,PPO
20	1:55.29	KCSDEC	Erik Gendreau-B.,16,CAMO
21	1:55.37	UTJAN21	Keith Beavers,16,STARS
22	1:55.47	JRNATFEB	Brent O'Connor,16,PDSA
23	1:55.92	POAAAFEB	Mark Thauvette,15,PCSC
24	1:56.17	ONTAGMAR	Devon Ackroyd,16,SCAR
25	1:56.25	JRNATFEB	Alex Boulanger,17,CAMO

400 METRES FREESTYLE

Rec: 3:47.27 Brian Johns,RAPID,0

1	3:47.27	JRNATFEB	Brian Johns,17,RAPID
2	3:54.35	JRNATFEB	Andrew Hurd,17,MSSAC-TO
3	3:56.28	JRNATFEB	Andrew Coupland,16,GO
4	3:57.92	JRNATFEB	Chuck Sayao,17,MSSAC-TO
5	3:58.60	EDMONNOV	Brent O'Connor,16,PDSA
6	4:00.81	JRNATFEB	Benjamin Patrieux,17,PPO
7	4:01.28	JRNATFEB	Simon Gignac,17,SHER
8	4:01.58	JRNATFEB	Nicolas Guillotte,16,CAMO
9	4:01.87	MANTADEC	Richard Cormack,17,GLEN
10	4:02.07	JRNATFEB	Kurtis MacGillivray,16,BRANT
11	4:02.72	JRNATFEB	Serge Loiselle,17,LUSC
12	4:04.33	JRNATFEB	Erik Gendreau-B.,17,CAMO
13	4:04.77	JRNATFEB	David Rose,18,ROW
14	4:04.95	JRNATFEB	Jonathan Bird,17,UCSC
15	4:04.99	RAPIDDEC	Jesse Jacks,17,IS
16	4:05.20	JRNATFEB	Steven Medaglia,15,GO
17	4:05.21	JRNATFEB	Frederic Cayen,17,UL
18	4:05.71	JRNATFEB	Mark Thauvette,15,OKA
19	4:05.77	POAAAFEB	Jerome Le Siege,16,LAVAL
20	4:06.01	EDMONNOV	Phillippe Dubreuil,17,SHER
21	4:06.35	JRNATFEB	Alex Boulanger,17,CAMO
22	4:06.54	JRNATFEB	Cameron Hyder,17,NCSA
23	4:06.70	JRNATFEB	Kyle Welsh,15,OKA
24	4:06.81	JRNATFEB	Marcin Parlika,17,PGB
25	4:06.93	JRNATFEB	Caillie Dartyhouse,17,TSC

1500 METRES FREESTYLE

Rec: 15:04.14 Michael McWha,WAC,95

1	15:13.76	EDMONNOV	Andrew Hurd,17,MSSAC-TO
2	15:44.87	ISCUPNOV	Brian Johns,17,RAPID
3	15:47.18	JRNATFEB	Chuck Sayao,17,MSSAC-TO
4	15:55.18	MBSKMAR	Karim Abdulla,16,ROD
5	15:57.68	EDMONNOV	Brent O'Connor,16,PDSA
6	16:00.83	JRNATFEB	Kurtis MacGillivray,16,BRANT
7	16:03.72	RAPIDDEC	Jesse Jacks,17,IS
8	16:07.32	JRNATFEB	Elliot MacDonald,17,MANTA
9	16:09.01	JRNATFEB	Frederic Cayen,17,UL
10	16:09.69	BCAGMAR	Travis Musgrave,16,COMOX
11	16:11.88	JRNATFEB	Benjamin Patrieux,17,PPO
12	16:12.12	EDMONNOV	Phillippe Dubreuil,17,SHER
13	16:15.07	JRNATFEB	Jerome Le Siege,16,LAVAL
14	16:16.36	JRNATFEB	Olivier Gauthier,15,PPO
15	16:16.97	ABAGFEB	Richard Cormack,17,GLEN
16	16:17.75	JRNATFEB	Bryan McMillan,17,GMAC
17	16:18.18	JRNATFEB	J.T. Collision,16,VKSC
18	16:20.95	JRNATFEB	Marcin Parlika,17,PGB
19	16:22.63	JRNATFEB	Anton Blais,16,CASC
20	16:22.71	RAPIDDEC	Terry Nathan,17,IS
21	16:22.83	JRNATFEB	Rylan Kafara,16,RDSCC
22	16:26.05	ONTAGMAR	Spencer Laidley,16,PERTH
23	16:26.72	JRNATFEB	Andy Sheffelt,16,WVOSC
24	16:27.89	JRNATFEB	Dan Sheffelt,16,BRANT
25	16:28.55	ONTAGMAR	Kyle Welsh,15,OKA

100 METRES BACKSTROKE

Rec: 54.56 Chris Renaud,UCSC,93

1	56.77	JRNATFEB	Benoit Banville-A.,17,MEGO
2	57.05	JRNATFEB	Stefano Caprara,16,VAC
3	57.53	JRNATFEB	Francois Castonguay,17,PPO
4	57.60	PCSCDEC	David Whang,16,ESWIM
5	58.00	CNOOCT	Stephen Preston,17,UL
6	58.05	JRNATFEB	Craig Gillis,16,CASC
7	58.16	ONTAGMAR	Chris Ford,16,CPAC
8	58.45	JRNATFEB	Bryan McMillan,17,GMAC
9	58.57	ONTAGMAR	Bradley Vanderkam,16,LAC
10	59.00	POAAAFEB	Marc Prud'Homme,17,CALAC
11	59.04	ONTSRNOV	Remy Di Giovanni,17,MSSAC
12	59.06	MANTADEC	Richard Cormack,17,GLEN
13	59.18	JRNATFEB	Chris Lukas,16,ESWIM
14	59.28	JRNATFEB	Andrew McGillivray,16,MANTA
15	59.34	ONTSRNOV	Doug Fleming,17,ODSC
16	59.34	UTJAN21	Keith Beavers,16,STARS
17	59.34	MBSKMAR	Trevor Coulman,15,GOLD
18	59.40	BEAVNDEC	Andrew Greener,15,UNATT
19	59.50	JRNATFEB	Anthony Costa,17,NEW
20	59.65	ABAGFEB	Ryan Dube,16,EKSC
21	59.69	ONTSRNOV	Richard Malolepszy,17,ROW
22	59.77	JRNATFEB	Maciek Zieliak,15,EKSC
23	59.79	JRNATFEB	Martin Enault,17,CNB
24	59.80	JRNATFEB	Charles Turanich-N.,16,STSC
25	59.80	POAAAFEB	Olivier Mathieu,17,HIPPO

200 METRES BACKSTROKE

Rec: 1:57.13 Chris Renaud,UCSC,94

1	2:01.77	EDMONNOV	Chuck Sayao,17,MSSAC-TO
2	2:02.60	JRNATFEB	Andrew Coupland,16,GO
3	2:02.69	POAAAFEB	Benoit Banville-A.,17,MEGO
4	2:02.94	JRNATFEB	Craig Gillis,16,CASC
5	2:03.13	ONTSRNOV	Francois Castonguay,17,PPO
6	2:04.78	JRNATFEB	Stefano Caprara,16,VAC
7	2:05.07	ONTAGMAR	Spencer Laidley,16,PERTH
8	2:05.78	UTJAN21	Keith Beavers,16,STARS
9	2:05.82	MANTADEC	Richard Cormack,17,GLEN
10	2:05.96	MANTADEC	Kurtis Dickson,16,ROD
11	2:06.85	JRNATFEB	Curtis MacGillivray,16,BRANT
12	2:07.12	ONTSRNOV	Remy Di Giovanni,16,MSSAC
13	2:07.32	ESWIMJAN	Chris Lukas,16,ESWIM
14	2:07.55	ONTSRNOV	Doug Fleming,17,ODSC
15	2:07.75	JRNATFEB	Bryan McMillan,17,GMAC
16	2:08.05	ONTSRNOV	Goran Marjanovic,17,HWAC
17	2:08.37	JRNATFEB	Andrew Hurd,17,MSSAC-TO
18	2:08.46	MANTADEC	Geoff Keyser,17,GLEN
19	2:08.47	BCAGMAR	Kyle Nartz,16,PN
20	2:08.57	JRNATFEB	Adam Martinson,15,CASC
21	2:08.65	JRNATFEB	Andrew McGillivray,16,MANTA
22	2:08.69	ONTAGMAR	Patrick Doret,16,ESWIM
23	2:08.75	POAAAFEB	Marc Prud'Homme,17,CALAC
24	2:08.80	JRNATFEB	Noah Pink,16,EA5T
25	2:08.94	JRNATFEB	Charles Turanich-N.,16,STSC

100 METRES BREASTSTROKE

Rec: 59.93 Morgan Knabe,UCSC,98

1	1:01.94	EDMONNOV	Matthew Huang,15,PDSA
2	1:02.54	EDMONNOV	Chad Thomsen,16,EKSC
3	1:04.90	MBSKMAR	Nathan Parker,16,MJKFF
4	1:05.11	JRNATFEB	Michael Brown,15,PERTH
5	1:05.65	JRNATFEB	Scott Dickens,15,BRANT
6	1:05.89	JRNATFEB	David Montpetit,17,PPO
7	1:05.96	JRNATFEB	Richard Hui,17,RHAC
8	1:05.96	JRNATFEB	Francois Hudon,17,CNQ
9	1:06.16	EDMONNOV	Lee Raffa,17,CS
10	1:06.17	KCSDEC	Brian Verigin,16,PGB
11	1:06.24	JRNATFEB	Chris Keung,17,SCAR
12	1:06.27	KCSDEC	Andrew Sweet,17,PGB
13	1:06.67	JRNATFEB	Mike Yuzwa,17,CASC
14	1:06.81	RAPIDDEC	Ken Hamilton,16,IS
15	1:06.88	JRNATFEB	Brett Levert,16,NKB
16	1:06.97	JRNATFEB	Alex Boulanger,17,CAMO
17	1:07.02	MBSKMAR	Thomas South,16,CASC
18	1:07.04	JRNATFEB	Daniel Tracy,16,USC
19	1:07.15	UTJAN21	Jonathan Cheng,17,SCAR
20	1:07.18	JRNATFEB	Aleksy Jones,17,LUSC
21	1:07.36	ONTAGMAR	Jonathan Moga,16,ESWIM
22	1:07.40	JRNATFEB	Evan Jellie,16,ROW
23	1:07.43	JRNATFEB	Roman Margulis,15,NYAC
24	1:07.44	POAAAFEB	Mathieu Bilodeau,16,UL
25	1:07.46	JRNATFEB	Keegan Harris,17,NKB

200 METRES BREASTSTROKE

Rec: 2:11.45 Morgan Knabe,UCSC,98

1	2:13.38	EDMONNOV	Matthew Huang,15,PDSA
2	2:16.09	EDMONNOV	Chad Thomsen,16,EKSC
3	2:19.23	UTJAN21	Keith Beavers,16,STARS
4	2:20.74	RAPIDDEC	Ken Hamilton,16,IS
5	2:21.16	PCSCDEC	David Montpetit,17,PPO
6	2:21.41	JRNATFEB	Michael Brown,15,PERTH
7	2:21.73	JRNATFEB	Alex Boulanger,17,CAMO
8	2:22.22	JRNATFEB	Scott Dickens,15,BRANT
9	2:22.36	JRNATFEB	Nathan Parker,15,MJKFF
10	2:22.38	JRNATFEB	Chris Keung,17,SCAR
11	2:22.88	JRNATFEB	Aleksy Jones,17,LUSC
12	2:23.71	KCSDEC	Andrew Sweet,17,PGB
13	2:23.85	JRNATFEB	Daniel Tracy,16,USC
14	2:23.87	JRNATFEB	Steven Medaglia,15,GO
15	2:24.03	JRNATFEB	Francois Hudon,17,CNQ
16	2:24.26	JRNATFEB	Brian Verigin,16,PGB
17	2:24.35	POAAAFEB	Dominic Pelletier,15,UL
18	2:24.81	ISCUPNOV	Brian Johns,17,RAPID
19	2:24.86	JRNATFEB	Stefan Dagenais,17,EAST
20	2:24.96	JRNATFEB	Andy White,17,WTSC
21	2:25.20	JRNATFEB	Bill Parker,17,GMAC
22	2:25.72	MBSKMAR	Thomas South,16,CASC
23	2:25.95	JRNATFEB	Mike Yuzwa,17,CASC
24	2:26.08	ONTSRNOV	Chuck Sayao,17,MSSAC-TO
25	2:26.20	MBSKMAR	Robbie Anderson,17,ROD

100 METRES BUTTERFLY

Rec: 53.77 Adam Sioui,TD,0

1	53.77	JRNATFEB	Adam Sioui,17,TD
2	54.20	JRNATFEB	Brian Johns,17,RAPID
3	56.40	JRNATFEB	Benoit Banville-A.,17,MEGO
4	56.74	POAAAFEB	Kevin Monaghan,17,CNQ
5	56.91	MBSKMAR	Karim Abdulla,16,ROD
6	57.05	MBSKMAR	Borrey Kim,17,OSCC
7	57.27	POAAAFEB	Frederic Cayen,17,UL
8	57.33	RAPIDDEC	Jesse Jacks,17,IS
9	57.41	RAPIDDEC	Craig Gillis,16,CASC
10	57.63	ONTAGMAR	Bradley Vanderkam,16,LAC
11	57.77	JRNATFEB	Joe Bartoch,16,LAC
12	57.83	JRNATFEB	Martin Enault,17,CNB
13	57.88	JRNATFEB	Jean-S. Savard,17,CAMO
14	57.91	ONTAGMAR	Andrew Bignell,16,SSMAC
15	58.05	POAAAFEB	Cedric Sureau-L.,16,PPO
1			

TAKING THE NEXT STEP

BE TOMORROW'S SWIMMER TODAY

Wayne Goldsmith

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

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

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

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

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

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

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

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

A training set like 16 x 25 butterfly might be completed on a one-minute cycle by a young swimmer training for his or her local competition. The importance would be placed on the stroke technique and skills elements, rather than speed, at this early stage. However, we know that as the swimmer develops and aims for higher, more challenging, and more difficult goals, three things are crucial to good butterfly at senior levels:

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

When training for the next step (such as Metropolitan or Country/Regional), it could be expected that the swimmer would complete the 16 x 25 fly set with less rest and perhaps at a faster speed.

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

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

Training sets need to progress in terms of faster speeds, shorter rest (or longer rest), breathing control, skill level, and stroke efficiency as the swimmer progresses to the next level of excellence and takes the next step in their competitive career.

A key part of progressing to the next step is to think like a swimmer who is already there! This is a difficult concept to understand because it requires you to "know" what you "don't know."

This change in mindset and change to approach applies particularly to training. It comes with a change in the swimmer's level of

commitment to the program. It comes with a change in attitude to workouts. It comes with a change in the effort put into doing the little things right in training. It comes with a change in attention to detail with starts, turns, dives, and finishes. It comes with a change in time management and a better approach to time prioritizing—school, swimming, and life.

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

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

Your coach knows what is expected and what is needed to be successful at the next level. Your training program is designed to help you break through barriers and obstacles and to help you understand what it is like to be a "next level" swimmer. The little challenges that your coach sets before you at training are designed to help you take the next step by demanding more of you than ever before and in the process teaching you to expect more of yourself than you ever thought possible.

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

In many ways you are already "there" (at the next level) before you actually get the opportunity to prove it at a meet. The swim meet just confirms what you and your coach already know—that you have, by your thoughts and actions, taken the next step.

"The significant problems we face cannot be solved by the same level of thinking that created them." (Einstein).

TARA SLOAN 1979-2000

Nikki Dryden

“This is a time to cherish.
It’s a time to come together in celebration and gratitude.
A time to hear the tender and humorous stories.
A time to revel in a thousand beautiful moments.
A time to capture once more the vision of her smile.
A time to embrace the best of her.
And to memorialize for all time, the gifts of Tara’s precious life.”

On March 18, one week after her death, family, friends, and teammates gathered in Calgary to celebrate the life of Tara Leigh Sloan. Although seeing her beautiful smile and hearing warm memories of Tara was the hardest thing I have ever done, it was such a wonderful celebration that I did not want it to end. I did not want to have to come home and write this, I wanted her here with us. But what the celebration of Tara’s life did was remind everyone that she will always be here with us, for her spirit lives on in all whose lives she touched.

Looking around the room, Tara’s father said to me, “We are so lucky, just look at all the wonderful people she brought into our lives.” Tara brought me into their lives. I remember worrying just a little about moving to Calgary, and I recall a friend saying to me, “Oh you will love it there. Do you know Tara? She is such a cool girl; not just a swimmer. She plays guitar and writes poetry. I think you will really like her.” I feel so lucky that I moved to Calgary when I did.

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

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

World Championships, placing 14th in the 100 breast, and the 1997 World Short Course Championships with 8th and 11th place finishes. Perhaps her best swimming came at the 1997 Pan Pacific Championships. There she placed 4th in the 100 breast in her first major international competition.

Tara tempered her love of swimming and her love of travel by racing on the World Cup circuit in 1997 and 1998. She came away with 17 medals and a realization of her love of Europe. It was after her first year on the circuit she decided to spend the summer living in



Marco Chiesa

Prague in the Czech Republic.

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

Although most swimmers dream of having a career as successful as Tara’s, surprisingly it is not her swimming for which she will be remembered best. For those who were privileged to know Tara, it was her passion for living that was so special. Never content to be labeled an athlete, Tara was always exploring new dimensions of her creative abilities. Artist, writer, singer, and musician, Tara never ceased to amaze us.

Tara’s swimming accomplishments speak for themselves, but it was her person that was referred to again and again during the celebration of her life. One story that was shared by her friend and teammate Allison Zwarich was of a trip to the West Coast Trail. “Tara sat with her back against a log gazing out over the Pacific, when a pod of killer whales decided to swim by. The sun was rising behind her and she casually leaned back, placed her hands behind her head and said, “Life doesn’t get much better than this.”

Then there were the stories of her younger years, always cooking up schemes for herself and her younger brother Tyler. It was as she matured that her wild imagination was shaped into a beautiful and thoughtful mind. Tara’s coach, Mike Blondal, told of her smile that came with her sense of accomplishment, while Hap Davis, our sports psychologist, listed all the many gifts Tara inadvertently gave to him through their friendship.

The next description was written by Tara’s parents as part of her obituary for the *Calgary Herald*. As my words can never capture Tara’s beauty as well as her family has done, I have reprinted the following:

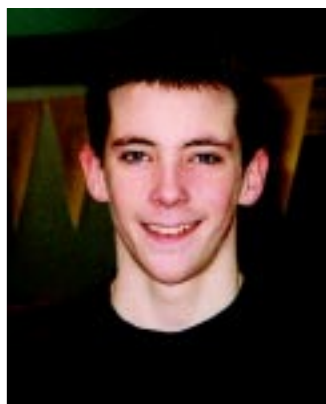
“From the time she was very young, Tara was independent and unique...a free spirit with a zest for life, marching to her own tune. Her giving nature allowed people to feel comfortable and accepted in her presence. Although her accomplishments were many she remained modest about her successes. Tara’s love of music, drawing, and composing allowed her to express profound feelings about life and love. Her creativity extended into cooking, pottery, and decorating. Tara loved all things that enabled her to connect with nature. She was an eager learner, who strove to better herself through a broad education.”

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

If friends so desire, memorial tributes may be made directly to the Tara Sloan Memorial Fund, set up to continue Tara’s legacy by providing help and support to young aspiring athletes, as well as contributions to other charities such as the Foothills ICU Foundation and S.T.A.R.S. (Shock Trauma Air Rescue Society).

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

MAKING WAVES®



Braden O'Neill, 12

Club: Olympian Swim Club
 Coach: Kevin Dennis & Kelly Steeves
 Specialty: Freestyle, back, fly and I.M.
 3rd ranked in SCM00 TAG for 200-400 free
 100 back and 200 I.M.

Best Times	SCM99	SCM00
200 freestyle	2:17.76	2:08.17
400 freestyle	4:50.14	4:34.17
100 backstroke	1:10.04	1:07.12
200 ind.medley	2:34.46	2:25.13



Etienne Lavallee, 12

Club: EXCEL
 Coach: Martin Cleroult
 Specialty: Fly, back, I.M.
 1st ranked SCM00 TAG in the 100 fly and 5th
 for 200 back, 200-400 IM, 50 free

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



Deanna Stefanyshyn

Club: Pacific Dolphin Swim Association
 Coach: Tom Johnson
 Specialty: Freestyle and I.M.
 3rd ranked in SCM00 TAG for 200 free, 4th for
 400-800 freestyle

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



Carleen Ready, 12

Club: Lethbridge Swim Club
 Coach: Brad Vanderstelt
 Specialty: Butterfly and I.M.
 1st ranked in SCM00 TAG for 100 fly, 3rd for
 200 fly, 5th for 400 I.M.

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



Alexandra Lys, 14

Club: Calgary Swimming
 Coach: Bill Humby
 Specialty: Freestyle
 1st ranked for SCM00 TAG in the 50-100-200
 freestyle, 4th for 100 breast and 400 I.M.

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

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Pascal Wollach, 12

Club: Lethbridge Swim Club
 Coach: Dave Vanderstelt
 Specialty: Freestyle, backstroke
 5th ranked for SCM00 TAG in the 400-1500
 free, 9th for 200 backstroke

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

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