## 201 HNAVCRDCAMMOAHS

## CAMCDANATIOAS

## SWIIINEWS

## AUSTRALIA'S THORPE WINS SIX: GOLDS IN FUKUOKA



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## ABOUT THIS ISSUE



Whata depresingperiod. DuringmostofAugust, thenewspapers werefull of doom and gloom articles on Canadian sport. See below.

Then September 11 happened.
It paralyzed almost everyone I know.
How could such a thing happen?
Forsomeonewhotravelsextensively(I'vebeento Europethreetimesthisyear, to South America, andto Japan), the prospect of moretravel to competitionsis daunting.

Black September indeed.
Sport becomes irrelevant when so many lives perished.

September was black for sport almost 30 years ago, when during the second week of the 1972 Munich Olympics, eight Arab terrorists entered the Athletes' Village and took nine Isradis as hostage, having killed two coaches. They announced that they were Palestinians and demanded that Israel release 200 Arab prisoners and that the terrorists be given safe passage out of Germany.

Atterhoursoftensenegotiations, thePalestinians, whoitwaslaterleamedbelongedtothePLO(Palestine Liberation Organization) faction called Black September, agreed to be taken by helicopter to an airbase where theywould begiven a plane that would fly them to Egypt. The Germans prepared to ambush the terrorists at the airport.

A series of shootouts and German mistakes resultedin eightmoreIsraeli athleteskilled, aswell as five terrorists and a German policeman.

Three of the terrorists were captured. A month later, on October 29, a German airliner was hijacked by terrorists demanding that the Munich killers be released.

The Germans capitulated and the remaining three terrorists were released, but an Israeli team tracked them down and assassinated two, with one dying of natural causes.

The mastermind of the massacre remains at large. In 1999, Abu Daoud admitted his role in his autobiography, Memoirs of a Palestinian Terrorist.

The IOC (International Olympic Committee) suspended the Games for a day of mourning but did
not consider the death of 11 athletes and coaches sufficiently seriousto meritcancelling or postponing the Olympics.

It was the end of sport as an innocent pastime.

Losers: "A nation of losers," the $N$ ational Post headlined on August 22. The article began "We are flailing at swimming, at track and field, at soccer, at rugby.

Wearestruggling atrowing, atskiing, atboxing, and even at hockey.

Each caseistheresultofa complex combination of factors. And everyone agrees its not for lack of trying.

Forsomeitslack ofgovemmentfunding. Others decry the government's use of sport for social engineering."

Doug Fisher, dean of the Ottawa press gallery, writes on politicsin $T$ heT oronto Sun and was one of the original thinkers behind the 1969 govemment task force on funding of sport. In the decade from 1969 to 1979, federal sport spending moved from $\$ 3$ million to $\$ 50$ million, and itinched to $\$ 80$ million by the 1990 s.

Assoon asOttawa startedfundingnational sports groups, the provinces quickly duplicated it for their provincial counterparts. Fisher estimates that there are 4,000 full-timesportbureaucrats in Canada. The hopedforincreasein participation andmedalsdidn't materialize.

Fisher estimates that over $\$ 10$ billion has been spent hosting international Games including the 1967and 1999Pan Ams, the 1976Summer0lympics, two Commonwealth Games (1978 and 1994), the World University Games in 1981, 1988 Winter Olympics, etc.

More money will not deliver better results. It'sa complex problem partially due to the tri-level sport bureaucracy, lack of school sports, no real athletic scholarships, lack of media interest in anything but professional sports, obsession with hockey.

Snubbed: Alex Baumann, considered a leading contenderforChiefExecutiveoftheCanadian Olympic

Association, certainly the athlete's choice, has not even been short-listed. Among those on the short list area formerToronto SkyDomeexecutive and a sport shoe industry executive. Baumann has been Chief Executive with Queensland Swimming in Australia andrecentlyjoined theBoardofAustralian Swimming.

Formerskiing greatKen Read wrotein the N ational Post(August31, 2001): "Thisisa prime example of what is wrong with Canadian sport. We don't need another bureaucrat or businessperson to administer sport. Weneedaleader. Weneedinspiration. Weneed new ideas. We need Alex Baumann and many more like him.

Weneed to call on our past heroes and put them into meaningful positions to inspire our athletes, drawattention to the shortcomings in our programs and build interest in corporate Canada."

Aletter in the N ational Post, September 11, 2001 HeroesandCEOs: Kudosto Ken Readforhisthoughtful observations concerning the CEO selection for the Canadian Olympic Association (We Need a Leader. We Need Baumann. Aug. 31). To say that Alex Baumann lacks Canadian business connectionsisto suggest that the major mandate of the Canadian Olympic Association is based on profittaking.

The COA is heading in the direction of other Canadian sport governing groups, which have excluded sportsheroeswith recognizablenamesfrom leadership positions. Amateur sport bureaucracy is largely yesponsibleforthecrumbling system of sports in Canada. The strength of the system has always been theathlete; perhapsthepresentleadershipshould take a closer look at other countries or even the way pro sports believe in the value and potential of their formerathletes. Thequestionthatbegstobeanswered is: "Is theintention of the COAto createvisibilityand namerecognition for thenewCEO, or should thenew CEO (with high visibility in the world of sport and community) re establish the credibility of the COA? ${ }^{\prime \prime}$

Dr. Jeno Tihanyi, School of H uman Kinetics,
Laurentian U niversity, Sudbury, Ont.

## 2001 CANADIAN

## 0 ctober

13-14 Grande Prairie Invitational
13-14 UCSAFall Invitational
20 BC SR Circuit, Victoria
20-21 McMasterInnitational, Familton
20-21 Olympian SC 10\&U, Edmonton
19-20 Toronto All Stars Sprints
20-21 SFUClan Cup, NewWestminster
25-28 Goldfin Invitational, Saskatoon
26-28 TrentInvitational, Peterborough
26-28 CAMO Invitational, Montreal
26-28 Hany Bailey Invitational, Saskatoon
26-28 Lethbridge Fall Invitational
November
2-4 Ontario SC Cup, Etobicoke
2-3 UBC Colleges Cup, Vancouver
3-4 SilverTide Invitational, Edmonton
3-4 Nose Creek Invitational, Calgary
3-4 Hyack Invitational, NewWestminster
9-10 Quebec Cup, Sherbrooke
9-11 Swim Intermational, Brantford
9-11 Cascade Invitational, Calgary
9-11 Island Pacific Cup, Victoria
16-18 Burlington Invitational, ON
23-24 World Cup, Edmonton
23-25 Dartmouth Invitational, NS
$24-25$ SAMAKInvitational, Brossard
24-25 PPOInvitational, Montreal December
30-2 Ontario SR Championships, Etobiooke
29-2 Prairie Winter Invitational, Winnipeg
1-2 Olympic Candy Cane, Edmonton
1-2 Cascade Challenge, Calgary
6-9 Youth Cup, NYAC at Etobicoke
7-9 MEGO Invitaional, Trois-Rivieres
7-9 Bluevater Invitational, Sarnia
7.9 Kamloops Ice Classic, BC

7-9 Vancouver Island Regionals, Comox
8-9 Laser Invitational, Saskatoon
14-16 HPPO Invitational, St-Hubert
14-16 Dash for Cash, Guelph
15-17 Jaoobson Invitational, Vaughan
15-17 Olympian 10\&U, Edmonton
15-17 LMRL Regional, Delta and SFU
2002
January
4.6 Trjan Invitational, Halifax

5-6 Ingersoll Invitational, ON
12 BC SR Carauit, Richmond
12-13 CNMNInvitational, Montreal-Nord
12-13 SAMAKInvitational, Brossard
12-13 Toronto Swim Invitational, ON
12-13 Perth Invitational, ON

## 12-13 BC Senior Circuit

18-19 Toronto All Stars Perfomance
18-20 Atlantic Championships, Wolfrille
19-21 Canada West University Champs, Edmonton
19-20 Hyack Invitational, NewWestminster
25-27 Quebec Cup, Sainte Foy
25-27 Regina Invitational, SK
25-27 Leduc Invitational, AB
25-27 Alberta Marin Invitational, Moose Jaw
February
1-3 Ontario LC Cup
1-3 New Brunswick SC Championships, Moncton
1-3 Quebec Cup, Sainte Foy
1-3 BC Senior Championships
8-10 Central Region Champs, Etobicoke
7-10 Man-Sask Championships, Saskatoon
7-10 Alberta Senior Championships
21-24 Youth, Junior, SWAD Nationals
21-24 East-Etobicoke, West-New Westminster
23-24 Central Region Team Champs, Etobicoke
23-25 CIS Championships, Vancouver
M arch
28-3 Ontario JR Provincials, Brantford
1-3 Nova Scotia Championships, Antigonish
1-3 Quebec AG Championships, Trois Rivieres
1-3 Sharks Invitational, Prince Abbert
1-3 BC Age Group Championships
12-16 Spring Nationals Cwith Trials, Winnipeg
16-17 EKSC White Bears, Edmonton
16-17 Lethbridge Invitational, AB
23-24 CAMO Invitational, Montreal
A pril
5-7 NBSCTeam Championships, Fredericton
6-7 SAMAK Invitational, Brossard
6-7 Excalibur Invitational, Lethbridge
13 Etobicoke Pentathlon, ON
13-14 Laser Septathlon, Saskatoon
13-15 LMRL Invitationals, Vancouver
13-15 Chinook Invitational, Calgary
19-21 Trjan Invitational, Halifax
19-21 Ontario Team Championships
Brantford (I), Sudbury (II), TBD (III)
19-21 Island Invitational, Victoria
26-28 Quebec Team Championships
Sainte Foy (I), St-Jean (II), Sherbrooke (III)
26-28 EK Intemational, Edmonton
May
3-5 Hicken Invitational, Etobicoke
45 Olympian 10\&U, Edmonton
9-12 Hollandia Garden Invitational, London
9-12 ROWInvitational, Waterloo
9-12 Cascade NKE Invitational, Calgary
9-12 Leduc Invitational, AB
9-12 AMAC Invitational, AB

## 2001 UNTED STATES

## November

27-28 FINAWorld Cup, East Meadow, NY
29-1 U.S. Open, (25m) East Meadow, NY
2002
M arch
19-23 Spring Nationals, Minneapodis, MN
21-23 Women's NCAAChampionships, Austin, TX
245 K Open Water Nationals
28-30 Men's NCAAChampionships, Ahens, GA
M ay
17-19 US Grand Prix 1, Ann Abbor
25-27 10K-25K Open Water Nationals, Newport Beach. CA
June
6-9 USGrand Prix 2, Charlotte, NC
14-17 Mission Kiejo Invitational, CA
21-23 USDisability Championships, Federal Way, WA
28-30 US Grand Prix 3, Santa Clara, CA
July
13-14 USGrand prix 4
19-21 USGrand prix 5
Augus
13-17 Summer Nationals
18 5K Open Water Nationals
D ecember
5-7 U.S. Open, Minneapolis, MN

## 2001 INTERNATIONAL

## N ovember

16-18 World Cup 1, Rio de Janeiro, BRA
23-24 World Cup 2, Edmonton, CAN
27-28 World Cup 3, East Meadow, USA
D ecember
2-3 World Cup 4, Shanghai, CHN
7-9 World Cup 5, Melbourne, AUS
13-16 European SCChampionships, Antwerp, BEL
22-23 French Interclubs, Antibes

## 2002

January
18-19 World Cup 6, Paris, FRA
22-23 World Cup 7, Stockholm, SWE
26-27 World Cup 8, Berlin, GER
April
4.7 FINAWorld SC Champs, Moscow, RUS

15-21 National Championships, Chalon-sur-Saone, FRA June
1-2 Mare Nostrum 1
8-9 Mare Nostrum 2
July
6-7 Coupe de France Finals, Millau
25-4 European Championships, Berlin
26-31 Commonwealth Games, Manchester, UK
August
25-31 Pan Pacific Champs, Yokohama, JPN

## 2001 SUMMER NATIONALS

## YOUNGER SWIMMERS HUNGRY FOR SUCCESS DIFFICUT CONDITIONS WERE NOT CONDUCIVE FOR RAST SWIMMING

were fighting sickness and exhaustion from their recent trip to Japan, these kids were in Etobicoke to swim their best.

In the women's 1500, Danielle Bell of Island continuedherholdoverwomen'sdistanceswimming, winning in a best time of 16:52.29. The silver medal went to 15 -year-old Taryn Lencoe of the Paciic

## Nikki Dryden

ETOBICOKE- The swimming calendar looks a lot likeaThanksgivingdinnerthesedays: too much to be healthy, buttoo goodto turn down. Notonly are there more meets in exotic destinations, but the meets themselvesaregrowing longer; and itdoesn'tappear we'regoing to end thegluttonysoon. So thesportand its athletes are learning how to balance eight-day meets, semi-finals, training camps in exotic locales, and the old staples of school and family. But it's not easy. Marianne Limpert fell ill en route to Japan for the receent World Championships, while Brian Johns, Mark Johnson, and Tobias Oriwal got sick returning home to Canada.

With that in mind, this summer's Canadian Nationals was a buffet of performances. Established stars added more titles, like Limpert (PDSA), Curtis Myden (UCSA), MikeMintenko (PDSA), MarkVersfeld (PDSA), and Rick Say (UCSA) who even managed to set a new record, being the first Canadian male to sweepthe $100,200,400$, and 800 freestylesatNationals. But all these veterans were considerably over their best times. Even thehottestswimmer of themoment, Jennifer Fratesi (ROW) swam "off" events, opting to just "have some fun."

But regardless of the realities presented to the country'stopswimmers, and thenot-so-perfectracing conditions (a deadly heatwave and steamy pool deck coupled with dismal indoor lighting), there werestill


1500 free winner Danielle Bell, Island Swimming
some exciting races and some eager new swimmers hungry for success.

Audrey Lacroix, Riley Janes, Taryn Lencoe, Mike Brown, Laura Pomeroy, Matt Rose, Keith Beavers, and Jennifer Porenta: if you haven't heard these names before, take out a pen and paper and start memorizing becauseliketheclassbeforethem, these kids havebeen tagged as thenext group of swim stars in Canada. And although their swimming heroes


Three in a row for 200 fly winner Adam Sioui, TRENT
Marco Chiesa

Dolphins, who swam a 17:01.46, a personal bestof 24 seconds from this summerin Santa Clara, and overa 30 -second drop from winter nationals.

Taryn is coached by Kelly Taitinger, PDSA's age group coach, who for yearshas been developing some of the club's fastest and freshest talent. Over the summer months Taryn was able to train with her olderexperiencedteammate, Olympian Tim Peterson. "I got to train with Tim for about two months while everyonewasawayatWorlds," saysTaryn. "Itwasjust thetwo of usin the distancelane." It certainly did not hurt the precocious teen who was quite excited after winning her first national medal. "I went into the raceknowing I could geta medal, but I knewI had to reallypush myselfbecauseI wasprettynervoustonight, I look at those girls [Bell, and third place finisher Karley Sutzul of Island] as the 'big guys' so it wasa bit scary." Taryn was sixth in the 800 free, which was won by Lindsay Beavers in an 8:51.18, and keep your eyeon eighth-placefinisher 14 -year-oldBevan Haley of the Tritons.

In the men's 800 , Rick Say took it out in 55.1, only to drop his pace off steadily with each hundred. Saywasseveral bodylengthsaheadoffellowOlympian Andrew Hurd of Mississauga at the 400, but Say slowed decisively and Hurd reeled him in. Although flippingwithin onesecond of Sayatthe700, Hurd was unableto catch Say, who put on somespeedin thelast 100 , with a final lap of 59.7 to finish in an $8: 09.56$.


200 breaststroke winner Michael Brown, PERTH
Hurd's time of 8:11.22 was well off his best of 8:00, howeverHurd has been strugglingto regain hisform after an ankle sprain just weeks before World Championships. Hurd didmanagea win in the 1500, with a $15: 40.76$.

In the women's 100 free, Marianne Limpertwas out for vengeance after Laura Nichols broke her Canadian recordlastJune. Butafter averageheatand semi times, neither woman was able to get down into the 55s. Nichols won in a 56.46 to Limpert's 56.75 .

| Rating Summary of Top Performances |  |  |  |  |  |
| :---: | ---: | ---: | ---: | :---: | :---: |
| 1) | 984 | 52.85 | 100 fly M |  |  | Michael Mintenko,25,PDSA

Threeteens rounded out the final and could one day clash for preeminence if they continue to improve. TeammatesLaura Pomeroy and Jennifer Portenta of the Toronto Allstars were sixth and seventh, while Olympian Jenna Gresdal of Etobicoke was eighth. In the 50 , it was the same group of young sprinters challenging Nichols for the title of Canada's fastest woman. Pomeroytied with Nicholsin a speedy 26.03 for thewin, Gresdal was third, and Portenta was fifth.

Although it seems like yesterday that Jesica Deglau was the youngest member of the Canadian Olympic Team in Atlanta, this 21 -year-old is now a seasoned veteran who continues to win despite continual attempts by many to knock her off the top of the podium. Deglau won the 200 and 400 free as well as her specialty the 200 fly, but not without a hard-fought battle with CAMO's Audrey Lacroix. Deglau ledfrom thegun, building herleadlap bylap to tum almost one and a half seconds ahead of Lacroix at the 150. Buttheyoungsprintspecialistwas
not going to settle for second that easily. Lacroix moved in on Deglau as the two powered to the wall. Deglau reigned supreme once again, winning in 2:11.10, whileLacroix dropped herpersonal best bya second to finish in 2:11.36.

Lacroix took the yellow jersey later in the competition when she beat Deglau in the 100 fly. At Worlds, Lacroix broke Jessica Amey's five year-old record in this event, but her time in Etobiooke of 1:00.97 was off herrecord timeof1:00.20from Japan. "I felt anxious to get the record again and my techniquesuffered," said Lacroix. "I dida 1:00.75 in the prelims and it felt easy so I was really putting pressure on myself to swim faster." While Deglau hit the pads in 1:01.65, another young standout, 18-year-old Elizabeth Collins of Regina, was third in 1:01.75.

The men's 200 fly saw some newcomers to the event. Brian Johns (RAPID) and Mike Mintenko, Olympians in other events, both decided to give the eventual winner, Adam Sioui of Trenton, a fight for the belt. Sioui won in 2:00.78, atter chasing down earlyleader Mintenko. In the final metres, Johnswas also able to mow down the "Tank," and the two Vancouverteammatesfinishedinbestimesof2:01.24 and 2:01.79. Siou's win was his third in a row. (Summer 2000, Spring 2001).

Thewomen's 400 IMhas given ussomeexciting races over the past decade. In recent memory it was NancySweetnamandJoanneMalar, thenlastsummer is was Liz Warden of Toronto, Carrie Burgogne of Calgary, and Kelly Doody of Vancouver who raced to exhaustion for a spot on the Canadian Olympic

| Combined Team Scores |  |  |  |
| :---: | :---: | :---: | :---: |
| 1 | Pacific Dolphin Swim Assoc | PDSA | 1,321.50 |
| 2 | Univ. Of Calgary Swim Assoc | UCSA | 1,028.00 |
| 3 | Toronto All-Stars | TO | 669.50 |
| 4 | Club Aquatique de Monitreal | CAMO | 660.00 |
| 5 | Region of Waterloo | ROW | 332.00 |
| 7 | Universite Laval | UL | 296.00 |
| 8 | Univ. Oif Alberta Swim Centre | UASC | 254.00 |
| 10 | Island Swimming | IS | 228.50 |
| 11 | Manta Swim Club | MANTA | 220.00 |
| 12 | Dorado Stars | STARS | 192.00 |
| 13 | Etobicoke Swimming | ESWIM | 179.00 |
| 14 | CFB Trenton Dolphins Swim Club | TD | 100.00 |
| 15 | Trent Swim Club | TRENT | 97.00 |
| Men's Team Scores |  |  |  |
| 1 | Pacific Dolphin Swim Assoc | PDSA | 730.50 |
| 2 | Univ. Of Calgary Swim Assoc. | UCSA | 690.00 |
| 3 | Toronto All-Stars | TO | 387.50 |
| 4 | Club Aquatique de Montreal | CAMO | 267.00 |
| 5 | Univ. of Alberta Swim Centre | UASC | 163.00 |
| 6 | Universite Laval | UL | 149.00 |
| 8 | CFB Trenton Dolphins Swim Club | TD | 100.00 |
| 9 | Trent Swim Club | TRENT | 97.00 |
| 10 | Island Swimming | IS | 93.50 |
| Women's Team Scores |  |  |  |
| 1 | Pacific Dolphin Swim Assoc | PDSA | 591.00 |
| 2 | Club Aquatique de Montreal | CAMO | 393.00 |
| 3 | Univ. Of Calgary Swim Assoc. | UCSA | 338.00 |
| 4 | Toronto Al-Stars | TO | 282.00 |
| 5 | Region of Waterloo | ROW | 242.00 |
| 7 | Manta Swim Club | MANTA | 220.00 |
| 8 | Universite Laval | UL | 147.00 |
| 10 | Island Swimming | IS | 135.00 |

Team. This year, Warden and Burgoyne were joined by Dena Durand (UCSA) and Marianne Limpert.

Durand qualified in lane four for inals and was first to finish the flyleg of therace, foll owed dlosely by training partner Burgoyne. Warden showed her superiorbackstrokeskills (shealso won the 200 back in abesttimeof2:14.02) bytakinga body-length lead headingintothesecondhalfoftherace, with Burgoyne holding on to second just ahead of Limpert. Not known for the 400 IM, Limpert moved into second placeon thebreaststrokelegbutwasalmost3seconds behind Warden, who splita 1:22 breastleg. In a gusty final 50, Limpertwas able to catch Warden under the flags, and the two lunged for the wall together. But it wasnotto be forLimpert, who fell justshy of winning her first 400 IM National title. Warden won the race with $4: 48.57$ to Limperts $4: 48.87$. Burgoone finished third with 4:54.42.

Limpert decided to race the 400 for pure enjoyment, but afterwards agreed with Warden that its hard to feel good atter a 400 IM . "I like to race," said Limpert, "So I was trying to catch Liz, but 3 seconds is a lot to make up, and she just got the touch." Warden admitted that she never saw Limpert until the end. "I didn't see her for thewhole raceand there she was on the last 50!"

In themen's 400 IM , Keith Beavers of the Dorado Stars won handily with a 4:24.41. Mississauga swimmer Chuck Sayo and Chad Murray of Calgary followed him in 4:25.88 and 4:27.11 respectively. These three men, as well as fourth- and fifth-place finishersKurtisMacGillivaryofROWandTrentStaley of Thunder Bay, are among the new crop of young teens battlingfor IMdomination. Although Olympic triplebronzemedallistCurtisMyden isstill swimming, he has been focusing on the 200 IM this past year. Watch outforStaley, who isalsoa ainebackstroker, he won the 200 back in a best time of 2:01.12.

In the women's 200 breast, two-time Olympian Christin Petelski (Island) won with $2: 31.88$ overfellow Olympian Rhiannon Leier (MANTA). Leier had a better swim in the 100 , clocking 1:09.82, just off her best time from this year's Worlds. In thatsameevent, teensTamara Wagner of Waterloo and AnnamayPierseofEdmonton both posted personal best times of 1:11.78, and 1:11.99 to round out the podium.

Morgan Knabe is Canada's top breaststroker. Knabe won the 100 breast in Etobicoke after placing fifth in the event at the World



Keith Beavers, STARS, won 400 IM .
Marco Chiesa
didn't stop Mike Brown of Perth from upsetting the defending champion in the 200. Athough the trend for the meet was to swim fastonly in finals, 17 -yearold Brown showed he was ready by posting a 2:16.82 in the heats. Hedroppedhistimeto 2 $2: 16.16$ todefeat Knabe and win his first National Title.
"It feels really good to show that I can be on top of the podium too," said Brown, who has trained with the Perth Stingrayssincehestarted swimming at age seven. "All I could think about on the last turn wasto head for the wall as fast as I can." Brown picked up silver in the 100 breast as well.

Riley Janes (ESWMM) reclaimed the Canadian recordin the 50 back. Fresh from a sixth-placefinish at Worlds, Janes clocked a 25.79 to better the 25.81 standard set by Chris Renaud of Calgary. "Its about timeI got the record back," said Janes. "I came close at Worlds but the difference here was the pool. The blocks are a little lower and a little wider and that helps my starta lot."

Janes has been swimming for Texas A\&M University for the last few years, where he has honed in the NCAA one two. Championships, but that
his speed racing in the fast NCAA. Because of the scheduling of theCanadian World Trials, Janes was only able to swim the 50 back before heading off to NCAAs. Luckily for Janes hewasnota girl. Canadian Trials were scheduled directlyin conflictwith women'sNCAAs,leaving several women out of the Trials altogether.

Janes' Texas A\&Mteammate, Matt Rose (TRENT), was first in the 50 freestyle, fourth in the 50 back, and seventh in the 50 fly. Itisapparent that this 20 -year-old has somereal speed thatis being sharpened down south

The freestyle dominance of the Pacific Dolphins is apparent in the relays. With the luxury that comes with such depth, theDolphinscan mix up theirrelaysin order to getasmanyteamsin thefinals. In thewomen's4x200, PDSA placed first, third, and sixth, and had their four fastestgirlsbeen on the "A" team, theircumulative time would have smashed the Canadian Club Record by two seconds. In the men's 4x100 free relay, PDSA finished first, third, and eighth, with the winning team breaking the club record by 0.17. If they had forgone the record attemptand mixed the two teams, they could have gone

CAMOwomen emeryedasanewforcein thewomen's relays. Theywon the $4 x 100$ freeand medleyrelays, aided by world championship teammates Audrey Lacroix and Jennifer Carroll, and Olympian Nadine Rolland.

Rick Say, with four golds, and Jessica Deglau, with three wins, were named the top male and female swimmers ofthemeet. "I wasfeeling pretty iredandI did much better than expected," said Say about the competition. "I justwanted to go out this week and have somefun becauseI didn'tswim aswell asI wantedin the individual events at the Worlds. This [success] is unexpected becauseI wasn'tfocused on thismeet." Mike Mintenko's 52.85 in the 100 Aly wasthe high-pointswim of the meet, while the Paciic Dolphins continued their supremacy in Canadian swimming by sweeping the women's, men's and overall team titles.

Thechlorinewon'tbegonefrom theseswimmers' skin for long. Chuck Sayao andAndrewHurdareheading off to the World Student Games in Beijing. Let's hope they leam the winning ways of this future Olympic city. Six swimmers, including Marianne Limpert and Mike Mintenko, are flying back Down Under, this time to Brisbane for the Goodwill Games. This Canadian contingent will compete for the World Team. Here's to theirmedal haul on theAussie Gold Coast.

## CANADIAN RESULTS

## MEN

50 METRES FREESTYLE
23.01 Mathew Rose,20,TRENT
23.20 Thomas Kindler,21,CAMO
23.46 Simon MacDonald,22,NKB
23.46 Craig Hutchison,26,TO
23.49 Kyle Smerdon,21,TO
23.82 Ryan Laurin.26,PDSA
23.87 Graham Duthie,23,IS
23.91 Jake Steele,22,,PDSA Semi Finals
23.10 Mathew Rose,20,TRENT 23.40 Thomas Kindler,21,CAMO 23.49 Simon MacDonald,22,NKB
23.54 Craig Hutchison,26,TO
23.57 Graham Duthie,23,IS
23.66 Jake Steele,22,PDSA
23.76 Riley Janes,21,ESWIM
23.77 Ryan Laurin,26,PDSA
23.77 Kyle Smerdon.21,TO
23.81 Paul Wikins, 19,VKSC
24.04 Kurtis Miller, 16,SCAR
24.05 Yannick Lupien,21,UL
24.05 Kevin Johns, 21, PDSA
24.06 Garret Pulle,23,PDSA
24.12 Justin Tisdall,19,PDSA
24.16 Rick Say,22,UCSA

100 METRES FREESTYLE
50.85 Rick Say,22,UCSA
50.98 Kyle Smerdon,21,TO
51.01 Mathew Rose,20,TRENT
51.36 Craig Hutchison,26,TO
51.75 Thomas Kinder,21,CAMO
51.84 Brian Edey,21,EKSC-UA
51.91 Jake Steele,22,PDSA
51.94 Simon MacDonald,22,NKB Semi Finals
50.93 Rick Say,22,UCSA
50.99 Mathew Rose,20,TRENT
51.29 Kyle Smerdon,21,TO
51.49 Simon MacDonald,22,NKB
51.56 Craig Hutchison,26,TO
51.60 Thomas Kindler,21,CAMO
51.61 Brian Edey,21,EKSC-UA
51.66 Jake Steele,22,PDSA
51.68 Graham Duthie,23,IS
51.86 Riley Janes, 21, ESWIM
51.91 Brent Hayden, 17,SPART
52.08 Justin Tisdall,19,PDSA
52.41 Scott Schultz, 19,USA
52.63 Ryan Laurin,26,PDSA 52.64 Michael Pigassou,19,USA
52.84 Josh Ballem,24,UCSA

## METRES FREESTYLE

1:49.60 Rick Say,22,UCSA
1:50.65 Michael Mintenko,25,PDSA
1:52.40 Adam Sioui, 19,TD
1:53.62 Brent Hayden,17,SPART
1:53.86 Chad Murray, 19,UCSA
1:53.88 Scott Schultz, 19,USA
1:53.91 Kyle Smerdon,21,TO
1:53.99 Justin Tisdal, 19, PDSA
B Finals
1:53.86 Brian Edey,21,EKSC-UA
1:54.25 Michael Pigassou,19,USA
1:55.33 Chad Hankewich, 19,GOLD
1:55.33 Jake Steele, 22,PDSA
1:56.10 Frederic Cayen,18,UL
1:56.11 Devin Phillips, 16,EXSC-UA
1:56.16 Andrew Coupland,18,GO
1:57.68 Serge Loiselle,20,LUSC
EIRES FREESTYLE
3:54.48 Rick Say,22,UCSA
3:50.44 Tim Peterson,22,PDSA
3:58.66 Andrew Hurd, 18,MSSAC-TO
4:02.35 Chad Murray, 19,UCSA
4:02.57 Frederic Cayen,18,UL
4:03.70 Brent O'Connor,17,PDSA
4:07.42 Andre Couturier,20,UL
4:07.99 Richard Cormack, 19,UCSA Finals
4:04.12 Sylvain Lemieux,21,CAMO
4:04.20 Philippe Gagnon,21,UL
4:04.37 Tom Rushton,21,RAPID
4:04.53 Kurtis MacGillivary, 17, ROW
4:05.81 David Creel,20,1S
4:06.08 Dan Lee,,24,TO
4:07.23 Michael Power,20,UCSA
4:09.67 Andrew Coupland,18,G0

## 800 METRES FREESTYLE

8:11.22 Andrew Hurd, 18,MSSAC-TO 8:20.52 Kurtis MacGillivary,17,ROW 8:21.99 Dan Lee,24,TO 8:24.82 David Creel,20.IS 8:31.03 Robbie Stanger,20,OSC-UA 8:31.79 Jarrod Ballem,22,UCSA 8:35.01 Jesse Jacks, $19,1 \mathrm{~S}$

## 500 METRES FREESTYLE

15:40.76 Andrew Hurd, 18,MSSAC-TO 15:53.16 Tim Peterson.22.PDSA 15:57.03 Liam Weseloh,26,TO 16:07.55 Dan Lee,24,T0 16:08.12 David Creel,20,IS 16:10.79 Frederic Cayen,18,UL 16:10.84 Andre Couturier,20,UL 16:10.94 Joe Melton,22,UCSA METRES BACKSTROKE 25.79 Riley Janes,21,ESWIM 26.14 Mark Versféd,25,PDSA 26.30 Gord Veldman,22,EBSC 26.34 Mathew Rose,20,TRENT 26.61 Alexandre Pichette,24,CAMO 26.66 Chris Sawbridge,21,NRST 26.77 Sean Sepulis,24,ROW 27.18 Trent Staley, 19,USA Semi Finals
26.77 Mark Versfeld,25,PDSA 26.83 Riley Janes,21,ESWIM 26.88 Chris Sawbridge,21,NRST 26.91 Gord Veldman,22,EBSC 27.06 Sean Sepulis,24,BOW 27.16 Alexandre Pichette,24,CAMO 27.40 Mathew Rose,20,TRENT 27.56 Trent Staley, 19,USA 27.74 Bob Hayes,24,TSC-TO 27.78 Stefano Caprara, 18,VAC 27.81 Stephen Preston,19,UL 27.82 Ryan Dube, 18,EKSC 27.89 Callum Ng,16,CASC 28.03 Remi Lachapelle,21,CAMO 28.10 Andrew Greener,17, UNATT 28.36 Maciek Ziennik,17,EKSC-UA

## ETRES BACKSTROKE

 56.34 Mark Versfeld,25,PDSA 56.42 Riley Janes, 21 , ESWIM 56.89 Trent Staley, 19,USA 57.07 Chris Sawbridge,21,NRST 57.35 Alexandre Pichette,24,CAMO 58.13 Francois Castonguay, 18,CAMO 58.90 Stephen Preston, 19,UL 1:00.60 Andrew Greener, 17, UNATT semi Finals57.06 Riley Janes,21,ESWIM 57.29 Mark Versfeld,25,PDSA 57.60 Alexandre Pichette,24,CAMO 57.61 Chris Sawbridge,21,NRST 57.67 Trent Staley, 19,USA 57.99 Francois Castonguay 18,CAMO 58.21 Andrew Greener, 17,UNATT 58.34 Stephen Preston,19,UL 58.45 Tobias Oriwol, 16, ESWIM 58.94 Benoit Banville A., 18,MEGO 58.99 Stefano Capraa, 18,VAC 59.23 Roland Bauhart,21,PDSA 59.55 Brian Keats,21,NYAC 59.79 Gordon McKay,20,EKSC-UA 59.92 Michael Power,20,UCSA 1:00.50 Jonathan Schjott,20,GO METRES BACKSTROKE
2:01.12 Trent Staley, 19,USA
2:01.51 Mark Versfeld,25,PDSA
2:03.92 Keith Beavers,18,STARS 2:04.32 Chuck Sayao, 18,MSSAC-TO 2:06.12 Andrew Greener,17,UNATT 2:06.30 Francois Castonguay, 18,CAMO 2:06.52 Alexandre Pichette,24,CAMO 2:06.70 Stephen Preston,19,UL BFinals

2:04.36 Roland Bauhart,21,PDSA
2:06.07 Benoit Banville-A., 18,MEGO
2:07.67 Tom Rushton,21,RAPID
2:07.68 Craig Gillis, 18,UCSA
2:08.64 Tobias Oriwol,16,ESWIM
2:08.66 Michael Power,20,UCSA
2:09.78 Jonathan Schiott,20,GO
2:10.71 Brian Keats,21, NYAC
METRES BREASTSTROKE
28.75 Morgan Knabe,20, UCSA 29.27 Chad Thomsen, 18,EKSC-UA 29.45 David Schulze,22,TO 29.59 Peter Lennox-King,23,NYAC 29.71 Otto Hinks,23,NKB
29.71 Matthew Huang,17,PDSA
29.72 Michael Brown,17,PERTH
8) 29.80 Scott Dickens 16 BRANT

1) 29.05 Morgan Knabe, 20, UCSA 29.23 Chad Thomsen.18.EXSC-UA 29.43 David Schulze.22.TO 29.50 Peter Lennox-King,23,NYAC 29.53 Scott Dickens, 16.BRANT 29.59 Otto Hinks, $23, \mathrm{NKB}$ 29.73 Mathew Huang,17,PDSA 29.78 Michael Brown, 17,PERTH 29.79 Mathew Rose,20,TRENT 29.82 Michel Boulianne,23,CAMO 30.04 Clayton Delaney,20,ROW 30.13 Adam Taschereau-C.,20,UL 30.41 Chris Stewart,24,EAST 30.41 Roger Boucher,20,GOLD
30.42 Gregory Zann,22,USA 30.42 Cameron Charlton,20,TAT

## 100 METRES BREASTSTROKE

1) $1: 02.31$ Morgan Knabe,20,UCSA

1:03.57 Michael Brown,17,PERTH
1:03.88 Matthew Huang,17,PDSA 1:04.00 Chad Thomsen,18,EKSC-UA 1:04.12 David Schulze,22,TO 1:04.31 Clayton Delaney,20,ROW 1:04.47 Michel Boulianne,23,CAMO 1:04.63 Scott Dickens,16,BRANT Semi Finals 1:02.91 Morgan Knabe,20,UCSA 1:03.87 Michael Brown,17,PERTH 1:04.06 Chad Thomsen, 18,EKSC-UA 1:04.09 Matthew Huang,17,PDSA 1:04.09 David Schulze,22.TO 1:04.56 Clayton Delaney,20,ROW 1:04.62 Scott Dickens,16,BRANT 1:04.69 Michel Boulianne,23,CAMO 1:04.93 Otto Hinks,23,NKB
10) 1:05.03 Peter Lennox-King,23,NYAC

1:05.05 Adam Taschereau-C.,20,UL 1:05.13 John Stamhuis,22,IS 1:05.50 Chris Nelson,22,OSC-UA
14) 1:05.86 Cameron Charlton,20,TAT 1:06.86 Louis-P. Delorme, 18,MEGO
1:06.96 Roger Boucher,20,GOLD

## 200 METRES BREASTSTROKE

2:16.16 Michael Brown,17,PERTH 2:16.46 Morgan Knabe,20,UCSA 2:17.94 Michel Boulianne,23,CAMO 2:18.19 David Schulze,22,TO 2:18.67 John Stamhuis,22,IS 2:21.48 Clayton Delaney,20,ROW 2:22.00 Cameron Charlton,20,TAT 2:२2.27 Kevin Dupuis,23,EAST $B$ Finals

## 2:21.48 Adam Taschereau-C.,20,UL

2:21.63 Chris Nelson,22,OSC-UA
2:21.69 Scott Dickens,16,BRANT
2:21.90 John Bartlet,19,NEW
2:22.59 Matthew Huang,17,PDSA
2:22.69 Keith Beavers, 18,STARS
2:23.11 Gregory Zann,22,USA
2:24.51 David Allard,21,CAMO

## 50 METRES BUTTERFLY

24.35 Michael Mintenko,25,PDSA 24.55 Thomas Kindler,21,CAMO 24.95 Jean-F. Langlais,22,UL 24.96 Doug Wake,24,PDSA 25.04 Curtis Myden,27,UCSA 25.34 Josh Ballem,24,UCSA 25.37 Matthew Rose,20,TRENT 25.60 Brian Johns,19,RAPID Semi Finals
24.53 Michael Mintenko,25,PDSA 24.56 Thomas Kindler,21,CAMO
25.14 Doug Wake,24,PDSA
25.24 Josh Ballem,24,UCSA 25.28 Curtis Myden,27,UCSA 25.37 Jean-F. Langlais,22,UL 25.46 Matthew Rose,20,TRENT 25.52 Brian Johns,19,RAPID 25.55 Robbie Taylor,20,COBRA-TO 25.76 Adam Sioui,19,TD 25.86 Joe Bartoch,18,LAC
25.97 Sandy Henderson,21,PDSA 26.07 Mark Shivers,20,ROW 26.14 Chad Hankewich,19,GOLD 26.42 Jesse Jacks,19,IS 26.53 Kurtis Miller,16,SCAR

## 100 METRES BUTTERFLY

52.85 Michael Mintenko,25,PDSA 54.86 Adam Sioui,19,TD 54.88 Jean-F. Langlais,22,UL 54.89 Doug Wake,24,PDSA 56.09 Josh Ballem,24,UCSA 56.17 Jesse Jacks, 19,IS 56.17 Joe Bartoch,18,LAC
8) 56.86 Jonathan Schjott,20,GO
54.18 Michael Mintenko,25,PDSA 54.51 Doug Wake,24,PDSA 55.06 Adam Sioui,19,TD 55.40 Jean- F. Langlasis,22,UL 55.65 Joe Bartoch, 18,LAC 56.01 Jesse Jacks, 19 , IS 56.33 Jonathan Schjott,20,GO 56.50 Josh Ballem,24,UCSA 56.66 Sebastien Poulin,21,CAMO 56.77 Sylvain Lemieux,21,CAMO 56.89 Chad Hankewich,19.GOLD 56.93 Darryl Rudolf,17,PDSA 57.30 Mark Arzaga,23,CREST 57.30 Mark Arzaga,23,CRESS
57.40 Jan Pelechyitik2,ESSC-UA 57.44 Sandy Henderson,21,PDSA 57.53 Bill Cocks,17,TRENT

## METRES BUTTERFLY

2:00.78 Adam Sioui,19,TD
2:01.24 Brian Johns, 19,RAPID
2:01.79 Michael Mintenko,25,PDSA
2:03.40 Doug Wake,24,PDSA
2:03.74 Sebastien Poulin,21,CAMO
2:05.56 Jesse Jacks, $19,1 \mathrm{~S}$
2:06.80 Jonathan Schjott,20,GO 2:08.17 Chad Hankewich,19,GOLD

WOMEN
50 METRES FREESTYLE

1) 26.03 Laura Nicholls, 22, ROW 26.03 Laura Pomeroy,17,OAK-TO 26.35 Jenna Gresdal. 16,ESWIM 26.57 Chrissy MacAulay, 18 ,ESWIM 26.61 Jennifer Porenta, 16,MMST-TO 26.75 Kim Dodson,20,USA 26.78 Erin Kardash, 15,MM 27.10 Nadine Rolland,27,CAMO Semi Finals 26.40 Laura Pomeroy,17,OAK-TO 26.59 Jenna Gresdal, 16,ESWIM 26.69 Laura Nicholls,22,ROW 26.73 Chrissy MacAulay, 18 ,ESWIM 26.75 Kim Dodson,20,USA
26.81 Ein Kardash,15,MM
26.86 Nadine Rolland,27,CAMO
26.91 Jennifer Porenta,16,MMST-TO
27.15 Elise Thieler, 19,USA
27.16 lris Eliott,19,KBM
27.18 Renate Duplessis,20,USA
27.34 Jennifer Beckberger, 15,AAC
27.49 Sarah Jung, 19,PDSA
27.52 Natalie Pike,14,USA
27.70 Majanke Miller, 15, USA
27.87 Melanie Bouchard, 19,CNB Finals
2:05.49 Andrew Dragunas, 19,PCSC
2:05.62 Jan Pelechyitik,20,EKSC-UA
2:06.51 Callum Ng,16,CASC
2:07.17 lan MacLeod,17,ESWIM
2:07.25 Thierry Bannon, 18,SAMAK
2:07.31 Tim Cowan,23,UCSA
2:07.40 Darryl Rudolif,17,PDSA
2:08.02 Tom Rushton,21,RAPID
2:01.67 Curtis Myden,27.UCSA
2:04.59 Brian Johns,19,RAPID
2:04.90 Keith Beavers,18,STARS
2:06.55 Chad Murray, 19,UCSA
2:07.10 Jake Steele,22,PDSA
2:07.74 Chris Nelson,22,OSC-UA
2:08.00 Joe Melton,22,UCSA
2:09.03 Garth Coxiord,20,UCSA

## Finals

2:06.14 Francois Castonguay, 18,PPO
2:08.70 Kevin Dupuis,23,EAST
2:08.98 Trent Staley, 19,USA
2:09.07 David Allard,21,CAMO
2:09.17 Sylvain Lemieux,21,CAMO
2:09.56 David Rose,19,ROW
2:09.78 Craig Gillis, 18, UCSA
2:09.94 Steven Medaglia, 16,NKB

## METRES IND.MEDLEY

4:24.22 Keith Beavers,18,STARS 4:25.88 Chuck Sayao,18,MSSAC-TO 4:27.11 Chad Murray, 19,UCSA 4:29.21 Kurtis MacGillivary,17,ROW 4:29.80 Trent Stadey,19,USA 4:30.99 Chris Nelson,22,0SC-UA 4:34.73 Joe Melton,22,UCSA 4:34.97 Kevin Dupuis,23,EAST Finals

4:32.13 Sylvain Lemieux,21,CAMO
4:32.66 Andrew Coupland, 18,GO

|  | 500 METRES FREESTYLE | 7) |  | Emma Spooner, 18,UCSA |
| :---: | :---: | :---: | :---: | :---: |
|  | 16:52.29 Danielle Bell, 18,1S | 8) |  | Christin Petelski,23,1S |
| 2) | 17:01.46 Taryn Lencoe, 15,PDSA | 9) |  | Genna Patterson,16,USA |
| 3) | 17:07.73 Karley Stutzel,19,IS | 10) |  | Sarah Gault,16,DDO |
| 4) | 17:22.98 Kathy Siuda,15,ROW | 11) |  | Nadine Rolland,27,CAMO |
| 5) | 17:23.13 Alicia Jobse, 17,MANTA | 12) |  | Kathleen Stoody,18,PDSA |
| 6) | 17:32.07 Bevan Haley,14,WTSC | 13) |  | Louise Middlemore, 22, GBR |
| 7) | 17:39.69 Danielle Beland,17,G0 |  |  | Renee Hober,16,ROW |
| 8) | 17:46.53 Eyse Dudar,14,MSSAC-TO | 15) |  | Chrissy MacAulay,18,ESWIM |
|  | METRES BACKSTROKE | 16) |  | Michelle Laprade, 20, CAMO |
| 1) | 29.17 Jennifer Carroll,20,CAMO |  | 0 METR | BREASTSTROKE |
| 2) | 29.66 Michelle Lischinsky,26,MANTA | 1) | 1:09.82 | Rhiannon Leier,24,MANTA |
| 3) | 29.97 Renate Duplessis,20,USA | 2) | 1:11.7 | Tamara Wagner, 16,ROW |
| 4) | 30.24 Bizabeth Wyclifte,18,EBSC | 3) | 1:11.99 | Annamay Pierse, 17,EKSC-UA |
| 5) | 30.44 Lindsey Kroeger, 19,USA | 4) | 1:12.10 | Christin Petelski,23,1S |
| 6) | 30.44 Caitlin Merecilth,17,KCS | 5) | 1:12.37 | Lauren van Oosten,22,UCSC |
| 7) | 30.65 Jessie Bradshaw, 17,UCSA | 6) | 1:12.57 | Louise Middlemore,22,GBR |
| 8) | 30.92 Nadine Rolland, 27,CAMO | 7) | 1:12.6 | Genna Patterson,16,USA |
|  | emi Finals | 8) | 1:13.37 | y,21, |
| 1) | 29.90 Jennifer Carroll,20,CAMO | Sem | Finals |  |
| 2) | 30.21 Renate Duplessis,20, USA | 1) | 1:10.28 | Rhiannon Leier,24,MANTA |
| 3) | 30.24 Michelle Lischinsky,26,MANTA | 2) | 1:11.38 | Christin Petelski,23,1S |
| 4) | 30.58 Bizabeth Wyclifte, 18,EBSC | 3) | 1:12.52 | Tamara Wagner,16,ROW |
| 5) | 30.80 Jessie Bradshaw, 17,UCSA | 4) | 1:12.68 | Louise Middlemore, 22, GBR |
| 6) | 30.88 Nadine Rolland, 27,CAMO | 5) | 1:12.86 | arna Patt |
| 7) | 30.93 Caitlin Meredith,17,KCS | 6) | 1:12.88 | Annamay Pierse, 17,EKSC-UA |
| 8) | 30.96 Lindsey Kroeger, 19,USA | 7) | 1:12.94 | Lauren van Oosten,22,UCSC |
| 9) | 31.03 Hania Kubas,15,EXSC-UA | 8) | 1:13.47 | Julia Pomeroy,21,OAK-TO |
| 10) | 3) 31.15 Julia Wright,20,UCSA | 9) | 1:13.63 | Jennifer Noddle,21,COBRA |
| 11) | 31.16 Danielle Erickson,16,USA | 10) | 1:13.76 | Christy Anderson,18,STARS |
| 12) | 31.34 Eizabeth Collins,18,ROD | 11) | 1:13.78 | Kristy Cameron,20,UCSA |
| 13) | 31.40 Adriana Koc-Spadaro,17,PDSA | 12) | 1:13.85 | Chrissy MacAulay, 18,ESWIM |
| 14) | 31.52 Andrea Shoust,15,SSMAC | 13) | 1:13.91 | Joanna Lee,16,MSSAC-TO |
| 15) | 31.97 Mary Patterson,15,USA | 14) | 1:13.98 | Kathleen Stoody,18,PDSA |
| 16) | 32.27 Andree-Ann Leroy, 19,NRST | 15) | 1:14.38 | Emma Spooner, 18,UCSA |
|  | 00 METRES BACKSTROKE |  |  | Amanda Commons,20,USA |
| 1) | 1:03.11 Erin Gammel, 21, UCSA |  | METRE | BREASTSTROKE |
| 2) | 1:03.22 Michelle Lischinsky,26,MANTA | 1) | 2:31.88 | Christin Petelski,23,IS |
| 3) | 1:03.63 Bizabeth Wyclife, 18,EBSC | 2) | 2:32.06 | Rhiannon Leier,24,MANTA |
| 4) | 1:03.89 Jennifer Caroll, $20, \mathrm{CAMO}$ | 3) | 2:32.66 | Annamay Pierse, 17,EKSC-UA |
| 5) | 1:04.32 Jessie Bradshaw, 17,UCSA | 4) | 2:37.06 | Louise Middlemore,22,GBR |
| 6) | 1:04.34 Melanie Bouchard, 19,CNB | 5) | 2:37.13 | Tamara Wagner, 16,ROW |
| 7) | 1:04.67 Caitlin Meredith,17,KCS | 6) | 2:37.81 | Kristy Cameron,20,UCSA |
| 8) | 1:05.44 Eizabeth Collins,18,ROD | 7) | 2:37.91 | Jennifer Noddle,21, COBRA |
|  | emi Finas |  | 2:38.17 | Lauren van Oosten,22,UCSC |
| 1) | 1:03.41 Erin Ganmel,21,UCSA |  |  |  |
| 2) | 1:03.49 Jennifer Carroll,20,CAMO | 1) | 2:37.87 | Joanna Lee,16,MSSAC-TO |
| 3) | 1:04.14 Michele Lischinsky,26,MANTA | 2) | 2:38.77 | Kelly Timmons, 14,OSC-UA |
| 4) | 1:04.27 Melanie Bouchard, 19,CNB | 3) | 2:39.23 | Emma Spooner, 18,UCSA |
| 5) | 1:04.54 Eizabeth Wyclife,18,EBSC | 4) | 2:39.33 | Christy Anderson, 18,STA |
| 6) | 1:04.59 Jessie Bradshaw, 17,UCSA | 5) | 2:39.53 | nifer |
| 7) | 1:05.32 Caitlin Meredith,17,KCS | 6) | 2:39.76 | Dena Durand, 20,UCSA |
| 8) | 1:05.52 Bizabeth Coll ins, 18,ROD | 7) | 2:39.82 | Marcy Edgecumbe, 17,EKSC |
| 9) | 1:05.55 Julia Wright,20,UCSA |  | 2:40.83 | Meagan Sinclair,17,UCSA |
| 10) | 1) 1:05.67 Lindsey Kroeger,19,USA |  | ETRES | UTTERF |
| 11) | 1) 1:05.81 Amanda Gillespie, 16, NKB | 1) |  | Jennifer Caroll,20,CAMO |
| 12) | 12) 1:05.89 Renate Duplessis,20,USA | 2) |  | Kristen Kilroy, 16,USA |
|  | 1:05.89 Andree-Ann Leroy, 19,NRST | 3) |  | Nadine Rolland,27,CAMO |
| 14) | 14) 1:05.94 Jennifer Cooper,19,LAC | 4) |  | Elizaeth Collins,18,ROD |
| 15) | 15) $1: 05.95$ Jenna Gresdal , 16,ESWIM | 5) |  | Renate Duplessis,20, USA |
|  | 1:06.09 Danielle Erickson,17,USA | 6) |  | Marianne Limpert,28,PDSA |
|  | 00 METRES BACKSTROKE | 7) |  | Elise Thieler,21,USA |
|  | 2:14.02 Eizabeth Warden,23,TO | 8) |  | Stephanie Hughes,22,EAST |
|  | 2:16.39 Eizabeth Wyclife, 18,EBSC |  | mi Finals |  |
| 3) | 2:16.69 Melanie Bouchard, 19,CNB | 1) |  | Nadine Rolland,27,CAMO |
| 4) | 2:16.77 Erin Gammel, 21, UCSA | 2) |  | Jennifer Carroll,20,CAMO |
| 5) | 2:18.69 Amanda Gillespie, 16,NKB | 3) |  | Marianne Limpert,28,PDSA |
| 6) | 2:20.60 Julia Wright,20, UCSA | 4) |  | Elizabeth Collins,18,ROD |
| 7) | 2:21.44 Loren Sweny, 19,NKB | 5) |  | Kristen Kilroy, 16,USA |
|  | 2:21.71 Caitlin Meredith,17,KCS | 6) |  | Elise Thieler,21,USA |
|  | Finals | 7) |  | Renate Duplessis,20,USA |
| 1) | 2:18.65 Jennifer Cooper, 19,LAC | 8) |  | Stephanie Hughes,22,EAST |
| 2) | 2:19.34 Stephanie Barbe,18,UL | 9) |  | Audrey Lacroix,17,CAMO |
| 3) | 2:19.63 Jessie Bradshaw,17,UCSA | 10) |  | Melissa Greene,17,USA |
| 4) | 2:21.48 Danielle Erickson,17,USA | 11) |  | Michaela Schmidt,17,UCSA |
| 5) | 2:21.66 Allison Laidow, 16,PDSA | 12) |  | Darcie Armstrong, 16, TAT |
| 6) | 2:23.46 Karen Thibodeau, 19,ROW | 13) |  | Hayley Doody, 16, UCSA |
| 7) | 2:27.08 Katie Byrnes,19,USA | 14) |  | Melania Bussiere, 29, CNB |
|  | 2:27.44 Mallory Hoekstra,13,EKSC-UA | 15) |  | Issbelle Ascah-Coallier,17,CAMO |
|  | O METRES BREASTSTROKE | 16) |  | Karine Chevrier,24,CAMO |
| 1) | 32.78 Rhiannon Leier,24,MANTA |  | METRES | BUTTERFLY |
| 2) | 32.92 Amanda Commons,20,USA | 1) | 1:00.97 | Audrey Lacroix, 17,CAMO |
| 3) | 32.99 Tamara Wagner, 16,ROW | 2) | 1:01.65 | Jessica Deglau,21,PDSA |
| 4) | 33.37 Genna Patterson,16,USA | 3) | 1:01.75 | Eizabeth Collins,18,ROD |
| 5) | 33.44 Laura Pomeroy, 17,OAK-TO | 4) | 1:01.89 | Melissa Greene,18,USA |
| 6) | 33.66 Emma Spooner,18,UCSA | 5) |  | Stephanie Hughes,22,EAST |
| 7) | 33.80 Christin Petelski,23,1S | 6) |  | Jennifer Fratesi,17,ROW |
|  | 33.96 Julia Pomeroy,21,OAK-TO | 7) |  | Renate Duplessis,20,USA |
|  | emi Finals | 8) | 1:03.26 | Melania Bussiere,29,CNB |
| 1) | 32.89 Amanda Commons,20,USA |  | mi Finals |  |
| 2) | 32.97 Rhiannon Leier,24,MANTA | 1) |  | Audrey Lacroix, 17,CAMO |
| 3) | 33.04 Tamara Wagner, 16,ROW | 2) |  | Jennifer Fratesi, 17, ROW |
| 4) | 33.32 Laura Pomeroy, 17,OAK-TO | 3) |  | Eizabeth Collins,18,ROD |
| 5) | 33.54 Annamay Pierse, 17,EKSC-UA 33.55 Julia Pomeroy.21,OAK-TO | 4) |  | Jessica Deglau,21,PDSA Melissa Greene,19,USA |


| 6) 1:02.23 Stephanie Hughes,22,EAST <br> 7) 1:02.32 Jennifer Button, 23, ROW |  |
| :---: | :---: |
|  |  |
| 8) | 1:02.36 Renate Duplessis,20,USA |
| 9) | 1:02.72 Melania Bussiere,29,CNB |
| 10) | 1:02.95 Jennifer Carroll,20,CAMO |
| 11) | 1:03.44 Michelle Landry,16,PDSA |
| 12) | 1:04.09 Karine Chevrier,24,CAMO |
| 13) | 1:04.11 Darcie Armstrong,16,TAT |
| 14) | 1:04.12 Nancy Gajos, 17,ESWIM |
| 15) | 1:04.17 Nadine Rolland,27,CAMO |
| 16) | 1:04.22 AngelaMacAlpine,23,PDSA |
| 200 METRES BUTTERFLY |  |
| 1) | 2:11.10 Jessica Deglau,21,PDSA |
| 2) | 2:11.36 Audrey Lacroix, 17,CAMO |
| 3) | 2:15.38 Melissa Greene,19,USA |
| 4) | 2:15.99 Kristy MacLennan,18,ESWIM |
| 5) | 2:16.53 Stephanie Hughes,22,EAST |
| 6) | 2:17.97 Renate Duplessis,20,USA |
| 7) | 2:19.54 Kristen Kilroy, 16,USA |
| 8) | 2:19.82 Melissa Hubley,20,EAST |
| $B$ Finals |  |
| 1) | 2:19.11 Michelle Landry,16,PDSA |
| 2) | 2:19.79 Joan Bernier,16,CNCB |
| 3) | 2:21.31 TerraWelsh, 18,MANTA |
| 4) | 2:22.26 Orlagh OKKelly,15,EKSC-UA |
| 5) | 2:22.80 Deanna Stefanyshyn,16,PDSA |
| 6) | 2:22.99 Rebecca Fausel,18,USA |
| 7) | 2:23.61 Tamee Ebert,18,PDSA |
| 8) | 2:25.03 Danielle Beland, 17,G0 |
|  | METRES IND.MEDLEY |
| 1) | 2:15.78 Marianne Limpert,28,PDSA |
| 2) | 2:16.93 Eizabeth Warden,23,70 |
| 3) | 2:17.37 Jennifer Fratesi,17,ROW |
| 4) | 2:18.78 Marieve De Blois,17,CAMO |
| 5) | 2:21.22 Dena Durand,20,UCSA |
| 6) | 2:21.95 Melissa Laflamme,19,UL |
| 7) | 2:23.00 Kristy Cameron,20,UCSA |
| $\begin{aligned} & \text { 8) } \\ & \text { TO } \end{aligned}$ | 2:23.06 Jennifer Coombs,18,MSSAC- |
| $B$ Finals |  |
| 1) | 2:21.72 Christy Anderson,18,STARS |
| 2) | 2:22.44 Ariadne Legendre,24,CAMO |
| 3) | 2:22.53 Michelle Landry,16,PDSA |
| 4) | 2:22.88 Amanda Gillespie,16,NKB |
| 5) | 2:23.47 Natalie Pike,16,USA |
| 6) | 2:23.53 Kelly Timmons, 14,OSC-UA |
| 7) | 2:23.83 Jennifer Noddle, 21, COBRA |
| 8) | 2:24.17 Caitlin Summers, 14,USA |
| 400 METRES IND.MEDLEY |  |
| 1) | 4:48.57 Eizabeth Warden,23,TO |
| 2) | 4:48.87 Marianne Limpert,28,PDSA |
| 3) | 4:54.42 Carie Burgoyne,19,UCSA |
| 4) | 4:54.74 Dena Durand,20,UCSA |
| 5) | 4:55.83 Marieve De Blois, 17, CAMO |
| 6) | 4:56.24 Jennifer Coombs,18,MSSAC- |
| 7) | 4:58.85 Melissa Laflamme,19,UL |
|  | 5:04.44 Allison Laidlow,16,PDSA |
| B Finals |  |
|  | 5:01.23 Lindsay Beavers,20,STARS |
| 2) | 5:02.50 Caitlin Summers, 14,USA |
| 3) | 5:02.79 Christy Anderson,18,STARS |
| 4) | 5:02.82 Kathy Siuda,15,ROW |
| 5) | 5:03.46 Amber Dykes,17,HYACK |
| 6) | 5:03.71 Lauren van Oosten,22,UCSC |
| 7) | 5:06.75 Michelle Mange,14,PDSA |
| 8) | 5:07.28 Eizabeth Osterer, 15,NKB |
| 4X100 MEDLEY RELAY |  |
| 1) | 4:14.56 Montreal Aquatique,CAMO |
| 2) | 4:16.01 Pine Crest SC,USA |
| 3) | 4:16.31 Region of Waterloo, ROW |
| 4) | 4:17.73 Manta Swim Club,MANTA |
| 5) | 4:18.39 Calgary Swim Assoc,UCSA |
| 6) | 4:19.21 Tualain Hills,USA |
| 7) | 4:21.34 Etobicoke Swimming,ESWIM |
| 8) | 4:23.26 Univ.Alberta,UALB |
| 4X100 FREE RELAY |  |
| 1) | 3:50.10 Montreal Aquatique,CAMO |
| 2) | 3:51.23 Pacific Dolphins,PDSA |
| 3) | 3:53.74 Pine Crest SC, USA |
| 4) | 3:53.78 Pacific Dolphins B,PDSA |
| 5) | 3:55.75 Etobicoke Swimming,ESWIM |
| 6) | 3:56.79 Tualain Hills,USA |
| 7) | 3:57.24 Pine Crest SC B,USA |
| 8 | 3:57.71 Calgary Swim Assoc,UCSA |
|  | 200 FREE RELAY |
| 1) | 8:16.56 Pacific Dolphins,PDSA |
| 2) | 8:21.70 Univ.Laval Rouge \& Or,UL |
| 3) | 8:22.14 Pacific Dolphins B,PDSA |
| 4) | 8:22.31 Montreal Aquatique,CAMO |
| 5) | 8:24.55 Calgary Swim Assoc,UCSA |
| 6) | 8:31.18 Paciic Dolphins C,PDSA |
| 7) | 8:32.88 Pine Crest SC,USA |
|  | 8:34.24 Univ.Alberta,UALB |

YOUTH / JUNIOR NATIONALS
Winnipeg, MB, Jul 19-22 (50 M)

## MALES

Born 1982-83
24.45 Brent Hayden,83,SPART 24.62 Scott Briggs,82,USC 24.65 Joe Bartoch,83,LAC 24.78 Bradley Vanderkam,83,LAC 24.82 Nicolas Guillotte,83,CAMO 24.84 Kevin Saganski,83,GOLD 24.93 Mathieu Aubry,83,CNHR 25.24 Erik Binga,83,TAT

## Born 1984 and late

24.64 Mark Thauvette,84,PCSC 24.88 Trevor Neufeld,84,CASC 24.93 Marc Sze,85,PDSA 25.20 Kevin Laflamme,85,RCA 25.33 Darryl Rudolf,84,PDSA 25.43 Alex Chartrand, 85, ELITE 25.49 Ryan Pallett,84,BRANT 25.94 Marshall Holbrook,84,ROC

100 METRES FREESTYLE
Born 1982-83
51.45 Brent Hayden,83,SPART 54.10 Nicolas Guillotte,83,CAMO 54.24 Scott Briggs,82,USC 54.47 Mathieu Aubry,83,CNHR 54.51 Tim Sauve,82,CYPS 54.61 Cameron Hyder,82,UCSA 54.95 Charles Turanich-N.,83,EKSC rn 1984 and later
53.32 Devin Phillips,85,EKSC-UA 53.35 Scott Dickens,84,BRANT 53.68 Mark Thauvette,84,PCSC 54.22 Kevin Laflamme,85,RCA 54.29 Trevor Neufeld,84,CASC 54.45 Marc Sze,85,PDSA 55.69 Justin Ho,85,PDSA

200 METRES FREESTYLE
Born 1982-83
1:54.66 Brent Hayden,83,SPART 1:55.59 Richard Cormack,82,UCSA 1:57.27 Nicolas Guillotte,83,CAMO
1:57.45 Cameron Hyder,82,UCSA
1:57.53 Borrey Kim,82,OSC-UA
1:57.70 Brent Hankewich,83,GOLD
1:59.64 Charles Turanich-N.,83,EKSC
2:01.12 Thierry Bannon,83,SAMAK
Born 1984 and later
1:55.86 Devin Phillips,85,EKSC-UA
1:57.77 Mark Thauvette,84,PCSC
3) $1: 58.52$ Eliot Rushton,84,RAPID
4) 1:59.04 Benoit Huot,84, HIPPO
5) $1: 59.10$ Scott Dickens,84,BRANT
6) $1: 59.17$ Steven Medaglia,84,NKB
7) 1:59.39 Adam Martinson,84,UCSA
8) 2:03.24 Chris Kargl-Simard,85,PDSA

400 METRES FREESTYLE
Born 1982-83
1.04.30 Richard Cormack,82,UCSA

4:06.22 Keith Beavers,83,STARS
3) 4:10.17 Eliot MacDonald,82,MANTA

4:14.02 Thierry Bannon,83,SAMAK
4:14.03 Don Nicholson,83,TSUN
4:14.18 Cameron Hyder,82,UCSA
7) 4:17.01 Marcin Partyka,82,PGB

4:17.31 William Walters,83,PDSA
Born 1984 and later

1) $4: 08.03$ Devin Phillips,85,EKSC-UA
2) 4:12.08 Mark Thauvette,84,PCSC
3) $4: 12.08$ Eliot Rushton,84,RAPID
4) $4: 13.91$ Matt Johnston, 84, MSSAC-TO

4:14.11 Michael Ruggiero,84,CAMO
4:16.40 Adam Martinson,84,UCSA
7) $4: 16.63$ Malcolm Lavoie,85,OSC-UA
8) $4: 16.92$ Darryl Rudolf;,84,PDSA

1500 METRES FREESTYLE
Born 1982-83

1) $16: 24.41$ Richard Cormack, 82, UCSA
2. 16:30.18 Don Nicholson,83,TSUN
3) 16:52.08 Eliot MacDonald,82,MANTA
4) 16:56.04 William Walters,83,PDSA
5) 17:00.73 Simon Gignac,83,UL
6) 17:06.05 Marcin Partyka,82,PGB
7) 17:14.12 Mikael Benoit,84,CNNG
8) 17:18.20 Brad Gionet,82,BROCK

Born 1984 and later

1) 16:30.90 Malcolm Lavoie,85,OSC-UA
2) 16:40.16 Matt Johnston,84,MSSAC-TO
3) 16:40.16 Matt Johnston,84,MSSAC
4) 16:52.72 Charles Rodrigue,85,UL
5) 17:00.01 Michael Derban,84,UCSC
6) $17: 05.48$ Jonathan Aubry, 85,CNB
7) 17:06.19 Aaron Blair,85,CASC
8) 17:07.24 Travis Musgrave,84,COMOX

50 METRES BACKSTROKE

## Born 1982-83

27.86 Ryan Dube,83,EXSC
28.33 Craig Gillis,83,UCSA
28.34 Keith Beavers,83,STARS
28.36 Bryan McMillan,82,GMAC
28.59 Charles Turanich-N.,83,EKSC
29.02 Scott Briggs,82,USC
29.02 Scott Briggs,82,USC
29.10 James Winfield,83,UCSA
29.53 Andrew Sweet,82,PGB

## Born 1984 and later

27.61 Callum Ng,85,CASC
28.00 Adam Martinson,84,UCSA
28.24 Marshall Holbrook,84,ROC
28.36 Ryan Pallett,84,BRANT
28.42 Devin Phillips,85,EKSC-UA
28.45 Ryan Atkinson,85,LAC
28.70 Mark Thauvette,84,PCSC
29.89 Brendan Curley,8
100 METRES BACKSTROKE

Born 1982-83
1:00.42 Craig Gillis,83,UCSA
1:00.77 Bryan McMillan,82,GMAC
1:00.81 Charles Turanich-N.,83, EKSC
1:01.11 Ryan Dube,83,EKSC
1:01.68 Braedon Sharp,83,USC
$\begin{array}{ll}\text { 1:01.68 } & \text { Braedon Sharp,83,USC } \\ \text { 1:01.79 } & \text { Bradley Vanderkam,83,LAC }\end{array}$
1:01.88 James Winfield,83,UCSA
1:01.94 Martin Enault,82,CNB
Born 1984 and later
59.80 Adam Martinson,84,UCSA

1:00.62 Ryan Atkinson,85,LAC
1:00.62 Callum Ng,85,CASC
1:00.62 Callum Ng,85,CASC
1:01.09 Ryan Pallett,84,BRANT
1:02.06 Luke Armstrong,84,NKB
1:02.45 Mark Thauvette,84,PCSC
1:02.48 Marshall Holbrook,84,ROC
METRES BACKSTROKE
Born 1982-83
2:05.31 Keith Beavers,83,STARS
2:07.99 Craig Gillis,83,UCSA
2:09.93 Bryan McMillan,82,GMAC
2:11.04 Ciaran Dickson, 83, ROD
2:11.24 Eliot MacDonald,82,MANTA
2:12.26 Charles Turanich-N.,83,EKSC
2:12.52 James Winfield,83,UCSA
2:12.81 Braedon Sharp,83,USC
Born 1984 and later
2:08.07 Adam Martinson,84,UCSA
2:10.98 Ryan Atkinson,85,LAC
2:10.98 Devin Phillips,85,EKSC-UA
2:10.98 Devin Phillips,85,EKSC-UA
2:11.34 Mark Thauvette,84,PCSC
2:11.34 Mark Thauvette,84,P
2:11.49 Erich Schmitt,,85,IS
2:13.47 Luke Armstrong,84,NKB
2:14.06 Ryan Pallett,84,BRANT
2:16.58 Kevin Bouchard,85,EXCEL
50 METRES BREASTSTROKE
Born 1982-83
30.08 Chad Thomsen,83,EKSC-UA
30.22 Pat Russell,83,ROC
30.34 Louis-P. Delorme,83,MEGO
30.77 Benoit Dalpe,83,H1PPO
31.24 Jim Hinton,83,TBT-NWO
31.30 Brian Verigin,83,PGB
31.78 Ian Meredith,83,RAYS
32.06 Ryan Pandos,82,STSC

## Born 1984 and later

30.22 Scott Dickens,84,BRANT
30.34 Nathan Parker,84,MJKFF
31.96 Konaid Smith,84,COBRA
31.96 Kevin Rioux,85,CAMO
32.10 Joel Thomsen,85,EKSC
32.33 Andre Champagne,85,SAMAK
32.53 Kevin Tyson,84,NKB
32.73 Tyler Brown,84,COBRA

100 METRES BREASTSTROKE
Born 1982-83
1:05.80 Louis-P. Delorme,83,MEGO
1:06.07 Chad Thomsen,83,EKSC-UA
1:07.62 Pat Russell,83,ROC
1:08.37 Benoit Dalpe,83,HIPPO
1:08.68 Jim Hinton,83,TBT-NWO
1:08.99 Thomas South,83,UCSA
1:08.99 Thomas South,83,UCSA
1:10.39 Andrew Sweet,82,PGB
1:10.39 Andrew Sweet,82,PGB
1:11.68 Daniel Tracy,83,USC

## Born 1984 and later

1:05.26 Scott Dickens,84,BRANT
1:07.17 Nathan Parker,84,MJKFF
1:08.32 Maxime Samson,85, ㄹITE
1:08.92 Simon Letendre,86,SHER
1:08.92 Simon Letendre,86,SHE
1:09.08 Kevin Rioux,85,CAMO
1:09.10 Adam Kaaka,84,LAC
7) 1:09.35 Joshua Berry,84,BRANT
8) $1: 09.42$ Donald Smith,84,COBR

200 METRES BREASTSTROKE
Born 1982-83

1) $2: 22.40$ Keith Beavers, 83, STARS

2：26．12 Nathan Parker，84，MJKFF 2：27．02 Kevin Rioux，85，CAMO 2：28．10 Raymond Chow，86，TMSC－NWO 2：29．67 Steven Medaglia，84，NKB 2：31．52 Adam Kafka，84．，．AC 2：32．37 Donald Smith，84，COBRA 2：33．16 Andre Champagne，85，SAMAK 50 METRES BUTTERFLY
Born 1982－83
25．75 Bradley Vanderkam，83，LAC
26.13 Joe Bartoch，83，LAC

6．19 Marc－0．Lepage，82，SAMAK
26．27 Mathieu Aubry，83．CNHR
26．40 Matthew Del Mastro，82，USC
26．70 Nicolas Guillotte，83，CAMO
58．83 Brent Hayden，83，SPART
27．27 Thierry Bannon，83，SAMAK

## Born 1984 and later

26．63 Steven Medaglia，84，NKB
26．76 Darryl Rudolt；，84，PDSA
26.88 Ben Keast， 85, HYACK

27．04 David Milot，87，PCSC
27．06 Trevor Neufeld，84，CASC
27．09 Garett Lyall，84，COBRA
27．10 Sean Zunini， $84, \mathrm{CAMO}$ 27．57 Kevin Rioux，85，CAMO
100 METRES BUTTERFLY
Born 1982－83
56.38 Joe Bartoch，83，LAC
56.83 Bradley Vanderkam，83，LAC

57．77 Craig Gillis，83，UCSA
58．11 Matthew Del Mastro，82，USC
58．40 Martin Enault，82，CNB
58．73 Marc－0．Lepage，82，SAMAK
58.83 Brent Hayden，83，SPART

59．13 Andy White，82，WTSC
Born 1984 and later
57．83 Adam Martinson，84，UCSA
57.86 Darryl Rudolf；，84，PDSA
58.48 Callum Ng，85，CASC
58.98 Sean Zunini， 84, CAMO

59．19 Steven Medaglia，84，NKB
1：00．04 David Milot，87，PCSC
1：00．12 Luke Armstrong，84，NKB ：00．55 Taylor Graham，84，NCS－BRSA
200 METRES BUTTERFL
Born 1982－83
2：07．73 Bradley Vanderkam，83，LAC
2：08．64 Karim Abdulla，83，ROD
2：09．40 Martin Enault，82，CNB
2：09．88 Thierry Bannon，83，SAMAK 2：11．94 Max Jensen，82，HYACK 2：13．23 Craig Gillis，83，UCSA 2：14．76 Brock Murray，83，LASC
Born 1984 and later
2：06．84 Callum Ng，85，CASC 2：08．85 Darryl Rudolf；84，PDSA 2：10．02 Steven Medaglia，84，NKB 2：12．83 Andrew Metcalfe，84，MANTA 2：13．06 Taylor Graham，84，NCS－BRSA 2：13．45 Sean Zunini，84，CAMO 2：13．96 Malcolm Lavoie，85，OSC－UA 2：14．34 Michae Commito，86，LUSC

## 200 METRES IND．MEDLEY

Born 1982－83
2：06．33 Keith Beavers，83，STARS
2：09．79 Craig Gillis，83，UCSA
2：10．20 Brian Verigin，83，PGB
2：12．02 Cameron Hyder，82，UCSA
2：13．77 Andrew Sweet，82，PGB 2：14．86 Jim Hinton，84，TBT－NWO 2：14．95 Bob Phipps，83，COBRA 2：14．98 Blaine Dolcetti，82，SSMAC Born 1984 and later

2：10．87 Steven Medaglia，84，NKB 2：11．62 Scott Dickens，84，BRANT 2：11．87 Callum Ng，85，CASC 2：12．49 Timothy Ruse，85，PCSC 2：13．05 Maxime Samson，85，ELITE 2：15．35 Chris Kargl－Simard，85，PDSA－UBC 2：16．59 Martin Gagne，84，HIPPO 2．17．71 Kevin Rioux 85．CAMO

## 400 METRES IND．MEDLEY

Born 1982－83
4：26．67 Keith Beavers，83，STARS 4：39．21 Eliot MacDonald，82，MANTA 4：40．45 Cameron Hyder，82，UCSA 4：43．23 Craig Gillis，83，UCSA 4：48．25 Andrew Sweet，82，PGB 4：50．93 Max Jensen 82 HYACK 4：51．34 Jim Hinton，84，TBT－NWO

|  | 4：51．59 Don Nicholson，83，TSUN orn 1984 and later |
| :---: | :---: |
| 1） | 4：38．89 Steven Medaglia，84，NKB |
| 2） | 4：40．22 Calum Ng，85，CASC |
| 3） | 4：41．07 Timothy Ruse，85，PCSC |
| 4） | 4：42．54 Malcolm Lavoie，85，OSC－UA |
| 5） | 4：46．58 Erich Schmitt，85，1S |
| 6） | 4：48．24 Colin Lyon，85，RACE |
| 7） | 4：52．17 Taylor Graham，84，NCS－BRSA |
| $8)$ | 4：54．47 Jonathan Aubry，85 |
|  | X100 MEDLEY RELAY |
| 1） | 3：55．86 Edmonton Keyano，EKSC |
| 2） | 3：58．41 Calgary Swim Assoc，UCSA |
| 3） | 4：01．52 Brantord AC，BRANT |
| 4） | 4：03．09 London AC，LAC |
| 5） | 4：06．03 Montreal Aquatique，CAMO |
| 6） | 4：06．72 Hippocame St－Hubert，HIPPO |
| 7） | 4：06．87 Samak de Brossard，SAMAK |
| 8） | 4：08．47 Nepean Kanata，NKB |
|  | X100 FREE RELAY |
| 1） | 3：36．65 Edmonton Keyano，EKSC |
| 2） | 3：37．16 Calgary Swim Assoc，UCSA |
| 3） | 3：38．75 Pacific Dolphins，PDSA |
| 4） | 3：40．72 Hippocame St－Hubert，H1PPO |
| 5） | 3：41．25 Montreal Aquatique，CAMO |
| 6） | 3：42．56 Nepean Kanata，NKB |
| 7） | 3：45．84 London AC，LAC |
| 8） | disg Samak de Brossard，SAMAK |
|  | 200 FREE RELAY |
| 1） | 7：53．31 Calgary Swim Assoc，UCSA |
| 2） | 7：59．11 Pacific Dolphins，PD |
| 3） | 8：02．95 Edmonton Keyano，EKSC |
| 4） | 8：10．25 Nepean Kanata，NKB |
| 5) | 8：11．01 Montreal Aquatique，CAMO |
| 6) | 8：14．30 Pacific Dolphins B，PDSA |
| 7) | 8：15．24 Hippocame St－Hubert，HIPPO |
|  | 8：21．58 Samak de Brossard，SAMAK |
|  | EMALES |
|  | METRES FREESTYLE |
|  | 1982－83 |
| 1） | 27．39 Michaela Schmidt，83，UCSA |
| 2） | 27.43 Kelly OToole，82，EKSC－UA |
| 3） | 27．46 Amber Dykes，83，HYACK |
| 4） | 27.68 SheenaMills，83，UCSC |
| 5） | 27.70 Caitlin Meredith， $83, \mathrm{KCS}$ |
| $6)$ | 27.91 Kristen Lis， $83, \mathrm{ROD}$ |
| 7） | 28．07 Heather Crowdis，83，AAC |
|  | 28.89 Laura Coleman， 83, EDSON |
|  | 1984 and later |
| 1） | 26．80 Erin Kardash，85，MM |
| 2） | 27.23 Diane Kardash， $85, \mathrm{MM}$ |
| 3） | 27．29 Jennifer Beckberger，86，AAC |
| 4） | 27.60 Julianne Toogood，87，MM |
| 5） | 27.73 Sarah Gault，85，DDO |
| $6)$ | 27．85 Esa Vangoudoever，85，NCS－BRSA |
| 7） | 27.96 Laura Grant，84，UCSA |
| 8） | 28.17 Danielle Sandulak，86，EKSC |
|  | 00 METRES FREESTYLE |
|  | orn 1982－83 |
| 1） | 58．76 Eizabeth Collins，82，ROD |
| 2） | 59.63 SheenaMills，83，UCSC |
| 3） | 59.70 Michaela Schmidt，83，UCSA |
| 4） | 59.96 Caitlin Meredith，83，KCS |
| 5） | 1：00．05 Amber Dykes，83，HYACK |
| 6） | 1：00．13 Melissa Laflamme．82，UL |
| 7） | 1：00．34 Jennifer Cooper，82，LAC |
|  | 1：01．47 Gail Findlay－Shirras，83，PDSA |
|  | orn 1984 and later |
| 1） | 58．04 Erin Kardash，85，MM |
| 2） | 59．36 Elizaeth Amer，84，EKSC |
| 3） | 59.41 Diane Kardash，85，MM |
| 4） | 59.82 Stephanie Kuhn，85，TMSC－NWO |
| 5） | 1：00．23 Julianne Toogood， $87, \mathrm{MM}$ |
| 6） | 1：00．28 Deanna Stefarayshyn，84，PDSA |
| 7） | 1：00．95 Valerie Boudreault，85，UL |
|  | 1：01．08 Jennifer Toogood，85，MM |
|  | 20 METRES FREESTYLE |
|  | Born 1982－83 |
| 1） | 2：05．64 Eizabeth Collins，82，ROD |
| 2） | 2：08．05 Melissa Laflamme，82，UL |
| 3） | 2：08．12 Gail Findlay－Shirras，83，PDSA |
| 4） | 2：10．36 Amanda Leslie，83，RAYS |
| 5） | 2：10．58 Kimberly Conti， 83, HWAC |
| 6） | 2：12．79 Josianne Legris，82，CAMO |
| 7） | 2：13．76 Juliana Heinz，83，UCSA |
|  | 2：16．54 Aimee Bourassa，83，NKB |
|  | orn 1984 and later |
| 1） | 2：07．64 Hayley Doody，85，UCSA |
| 2） | 2：07．69 Deanna Stefarashyn，84，PDSA |
| 3） | 2：09．41 Amanda Gillespie，85，NKB |
| 4） | 2：09．45 Orlagh O＇Kelly，85，EXSC－UA |
| 5 | 2：10．36 Laura Grant，84，UCSA |
| 6） | 2：10．98 Nathalie Lacoste，85，MSSAC－TO |
|  | 2：11．03 Shannon Hackett，86，PDSA |
|  | 2；12．87 Sara McNaly， 844, EKSC－UA |
|  | 0 METRES FREESTYLE <br> orn 1982－83 |

## Born 1984 and later

4：38．89 Steven Medaglia，84，NKB
4：40．22 Callum Ng，85，CASC
4．41．07 Timothy Ruse，85，PCSC
4：46．58 Erich Schmitt，85，IS
4：48．24 Colin Lyon，85，RACE
4：52．17 Taylor Graham，84，NCS－BRSA

## X100 MEDLEY RELAY

3：55．86 Edmonton Keyano，EKSC
3：58．41 Calgary Swim Assoc，UCSA 4.03 .09 Indon AC，BRA 4：06．03 Montreal Aquatique，CAMO 0687 ippocame Si－Huber，，IHM 4：08．47 Nepean Kanata NKB X100 FREE RELAY

3：36．65 Edmonton Keyano，EKSC
．3．18 Calgary Swim Assoc，UCSA
3：40．72 Hippocame St－Hubert，HIPPO
3：41．25 Montreal Aquatique，CAMO 3：42．56 Nepean Kanata，NKB ．84 London AC，LAC 0 FREE RELAY
．53．31 Calgary Swim Assoc，UCSA
8．0295 Fdmonton Keyano EKSC
8：10．25 Nepean Kanata，NKB
8：11．01 Montreal Aquatique，CAMO
8：15．24 Hippocame St－Hubert，HIPP
8：21．58 Samak de Brossard，SAMAK

## FEMALES

50 METRES FREESTYLE
27．39 Michaela Schmidt，83，UCSA
27.43 Kelly OToole，82，EKSC－UA 27.40 Amber Dykes，83，HYACK 27．70 Caitlin Meredith，83，KCS 27．91 Kristen Lis，83，ROD 28．07 Heather Crowdis，83，AAC Laura Coleman，83，EDSON

26．80 Erin Kardash，85，MM 27．23 Diane Kardash，85，MM 27．29 Jennifer Beckberger，86，AAC 27.73 Saral Gaogood，07，1 27．85 Esa Vangoudoever，85，NCS－BRSA 27.90 Laura Grant，84，UCSA 28．17 Danielle Sandulak，86，EKSC
00 METRES FREESTYLE
58．76 Elizabeth Collins，82，ROD
59.63 SheenaMills，83，UCSC 906 Citina ：00．05 Amber Dykes，83，HYACK 1：00．13 Melissa Laflamme，82，UL 1：00．34 Jennifer Cooper，82，LAC 1984 and later
58．04 Erin Kardash，85，MM 59．36 Elizabeth Amer，84，EKSC 59.82 Stephanie Kuhn， 85, TMSC－NWO 1：00．23 Julianne Toogood，87，MM 00．28 ：00．95 Valerie Boudreault，85，U 0 METRES FREESTYLE 1982－83
．08．05 Mentalins，02，ROD
2：08．12 Gail Findlay－Shirras，83，PDSA
2：10．36 Amanda Leslie，83，RAYS
2：10．58 Kimberly Conti，83，HWAC
2：12．79 Josianne Legris，82，CAMO
2：13．76 Juliana Heinz，83，UCSA
2：16．54 Aimee Bourassa，83，NKB
2：07．64 Hayley Doody，85，UCSA 2：07．69 Deanna Stefanyshyn，84，PDSA 2：09．41 Amanda Gillespie，85，NKB 2：09．45 Orlagh O＇Kelly，85，EKSC－UA 2：10．36 Laura Grant，84，UCSA 2．11．03 Shannon Hackett 86 PDSA 2；12．87 Sara McNally，84，EKSC－UA
Born 1982－83

4：26．69 Alica Jobe83 MaNt 4：27．09 Gail Findlay－Shirras，83，PDSA 4：29．10 Jennifer Coombs，83，MSSAC－TO 4：33．79 Amanda Leslie，83，RAYS 4：39．68 Amber Dykes，83，HYACK 4：41．67 Shauna McNally，82，EKSC－UA 4：45．18 Aimee Bourassa，83，NKB 4：45．86 Karen Fahrni，83，UCSA Born 1984 and later

4：28．67 Shannon Hackett，87，PDSA
4：28．68 Hayley Doody，85，UCSA
4：29．44 SaraMcNally，84，EKSC－UA 4：29．94 Deanna Stefanyshyn，84．PDSA 4：30．02 Bevan Haley，87，WTSC
4：30．70 Nathalie Lacoste，85，MSSAC－TO
4：32．46 Brittany Reimer，88，SKSC
4：40．03 Alex Lachance－F，85，UL 800 METRES FREESTYLE
Born 1982－83
9：18．08 Alicia Jobse，83，MANTA
9：23．68 Shauna McNally，82，EKSC－UA
9：26．21 Christy Anderson，82，STARS
9：27．28 Amanda Leslie，83，RAYS 9：27．88 Gail Findlay－Shirras，83，PDSA Born 1984 and later

9：07．52 Bevan Haley，87，WTSC 9：11．40 Nathalie Lacoste，85，MSSAC－TO 9：13．85 Sara McNally，84，EKSC－UA
9：16．96 Brittany Reimer，88，SKSC
9：19．51 Elyse Dudar，87，MSSAC－TO
9：23．77 Shannon Hackett，87，PDSA
9：23．81 Hayley Doody，85，UCSA
9：26．55 Marie－P．Martin，85，EXCEL
50 METRES BACKSTROKE Born 1982－83

30．60 Caitlin Meredith，83，KCS 31．45 Michaela Schmidt，83，UCSA 31.52 Jennifer Cooper，82，LAC 31.84 Heather Mcintosh，83，LEDUC 32．63 Ashleigh Thomas，83，USC
32．82 Amanda Leslie，83，RAYS
32.93 Tina Sestan，83，ROW

33．09 Marlene Przykling，82，TAT

## Born 1984 and later

30．67 Katie Smith，86，COBRA
30．79 Erin Kardash，85，MM
30．96 Hania Kubas，85，EKSC－UA
31．43 Melissa Bartlett，87，CYPS
31.68 Jessica Aspinall，87，RAC

31．83 Emilie Lefort，85，DDO
31.87 Diane Kardash，85，MM

32．31 Laura Wise，86，COBRA
100 METRES BACKSTROKE Born 1982－83

1：04．76 Caitlin Meredith，83，KCS
1：06．02 Jennifer Cooper，82，LAC
1：06．66 Amanda Leslie，83，RAYS
1：06．86 Elizabeth Collins，82，ROD
1：07．88 Michaela Schmidt，83，UCSA
1：09．07 Ashleigh Thomas，83，USC
1：10．23 Tina Sestan，83，ROW
8）1：11．90 Amber Dykes，83，HYACK
Born 1984 and later
1：05．06 Katie Smith，86，COBRA
1：05．26 Erin Kardash，85，MM
1：05．88 HaniaKubas，85，EKSC－UA
1：07．50 Melissa Bartlett，87，CYPS
1：07．57 Randi Beaulieu，85，MSSAC－TO
1：08．60 Mallory Hoekstra，87，EKSC－UA
1：08．73 Noemi Brand，86，PCSC
1：08．84 Hilary Jackson，96，STARS
200 METRES BACKSTROKE
Born 1982－83
1） $2: 19.65$ Jennifer Cooper，82，LAC
2：21．81 Amanda Leslie，83，RAYS
2：22．70 Caitlin Meredith，83．KCS
2：23．29 Elizabeth Collins，82，ROD
2：25．98 Melissa Laflamme，82，UL
2：27．89 Jennifer Coombs，83，MSSAC－TO
2：28．46 Tina Sestan，83，ROW
2：30．13 Andrea Hayden，83，GPP
Born 1984 and later
2：18．99 Amanda Gillespie，85，NKB
2：21．30 Lynette Bayliss，85，UCSA
2：22．35 Hania Kubas，85，EKSC－UA
2：22．35 Hania Kubas，85，CKBR－UA
2：22．64 Katie Smith，86，COBRA
2：22．64 Katie Smith，86，COBRA
2：23．10 Laura Wise，86，COBRA
2：25．75 Hilary Jackson，86，STARS
2：29．95 Mallory Hoekstra，87，EKSC－UA
2：31．45 Chelsey Burnett，85，NRST
50 METRES BREASTSTROKE Born 1982－83

33．92 Emma Spooner，83，UCSA
34．30 Christy Anderson，82，STARS
34．33 Marcy Edgecumbe，83，EKSC－UA 34．50 Trisha Lakatos，82，PCSC
34．52 Annamay Pierse，83，EKSC－UA
34．52 Annamay Pierse，83，
34．65 Kristen Lis，83，ROD

35．19 Allison Birket，83，MJKFF 36．33 Kathryn Easey，83，PCSC

## Born 1984 and later

33．37 Sarah Gault，85，DDO
34.35 Joanna Lee，84，MSSAC－TO 34．59 Kimberley Hirsch，85，STSC 35．26 Holly Mazar． 84, AAC 35．31 Haylee Johnson，86，PDSA 35．46 Kelly Timmons，86，OSC－UA 35．83 Amanda Budd，84，GMAC 36.26 Danielle Sandulak，86，EKSC 00 METRES BREASTSTROKE

## Born 1982－83

1） $1: 13.82$ Emma Spooner， 83, UCSA
2）1：13．92 Annamay Pierse，83，EKSC－UA
1：15．09 Trisha Lakatos，82，PCSC
1：15．23 Christy Anderson，82，STARS
1：15．90 Marcy Edgecumbe，83，EKSC－UA
1：16．23 Allison Birkett，83，MJKFF
1：17．22 Kristen Lis，83，ROD
1：58．43 Genevieve Frappier，83，CAMO

## Born 1984 and later

1） $1: 13.57$ Genevieve Dack，85，TBT－NWO
1：14．08 Joanna Lee，84，MSSAC－TO
1：15．00 Sarah Gault，85，DDO
4）1：15．26 Kimberley Hirsch，85，STSC
1：15．29 Meagan Sinclair，84，UCSA
1：15．68 Haylee Johnson，86，PDSA
7）
1：15．86 Kelly Timmons，86，OSC－UA
8）
1：16．17

## 200 METRES BREASTSTROKE

## Born 1982－83

2：37．74 Annamay Pierse，83，EKSC－UA
2：38．81 Emma Spooner，83，UCSA
2：42．77 Jennifer Coombs，83，MSSAC－

2：42．91 Trisha Lakatos，82，PCSC
2：43．49 Marcy Edgecumbe，83，EKSC－UA
2：45．64 Allison Birkett，83，MJKFF
2：47．53 Genevieve Frappier， 83, CAMO
2：48．80 Kristen Lis，83，ROD
Born 1984 and later
2：38．13 Genevieve Dack，85，TBT－NWO
2：38．16 Joanna Lee，84，MSSAC－TO
2：39．60 Meagan Sinclair，84，UCSA
2：41．56 MitraChandler，84，HYACK
2：43．27 Shannon Frey，84，KSC－BRSA
2：43．50 Micheline Dufour， $85, \mathrm{UL}$
2：43．64 Haylee Johnson，86，PDSA
2：45．65 Natasha lacobucci，84，COBRA

## 50 METRES

I $282-75$
28．75 Michaela Schmidt，83，UCSA
28．79 Eizabeth Collins，82，ROD
29．65 Terra Welsh，83，MANTA
29.83 Laura Coleman，83，EDSON
29.84 Cynthia Pearce，83，MSSAC－TO
29.99 Sheena Mills，83，UCSC

30．00 Martina Zamecnik， 83, WLLBF
30.72 Josianne Legris，82，CAMO

## Born 1984 and late

29．05 Darcie Armstrong，85，TAT
29．23 Valerie Tcholkayan，84，DDO 29．25 Stephanie Kuhn，85，TMSC－NWO
29．27 Sarah Gault，85．DDO
29．34 Esa Vangoudoever，85，NCS－BRSA 29．47 Jennifer Graf，84，ROD
30．07 Laura Grant，84，UCSA
30．12 Amanda Gillespie，85，NKB
M MEIRES
1）1：02．06 Bizabeth Collins，82，ROD
1：04．43 Terra Welsh，83，MANTA
1：05．10 Michaela Schmidt，83，UCSA
1：05．51 Sheena Mills，83，UCSC
1：06．59 Caitlin Meredith，83，KCS
1：07．07 Kelly O＇Toole，82，EKSC－UA
1：07．50 Heather Crowdis，83，AAC
1：09．30 Cynthia Pearce，83，MSSAC－TO
Born 1984 and later
1） $1: 03.61$ Hayley Doody，85，UCSA
2）1：04．34 Amanda Gillespie，85，NKB
4）1：04．67 Valerie Tcholkayan，84，DDO
Rating Summary of Top Performances

| Rating Summary of Top Performances |  |  |  |
| :---: | :---: | :---: | :---: |
| 1） | 926 | $4: 26.67$ | 400 im $M$ | Keith Beavers，83，STARS

5）
1：04．82 Darcie Armstrong 85 TAT
1：04．96 Stephanie Kuhn，85，TMSC－NWO
1：05．91 Brittney Scott，86，ROW
1：06．44 Kristin Anstey，85，STSC 200 METRES BUTTERFLY
Born 1982－83
2：21．47 TerraWelsh，83，MANTA
2：23．38 Jennifer Coombs，83，MSSAC－TO
3） $2: 25.45$ Jocelyn Tanner，82，ROD
4） $2: 29.56$ Genevieve Frappier， 83, CAMO
Born 1984 and later
2：22．49 Amanda Gillespie，85，NKB
2：23．56 Shannon Hackett，87，PDSA

## INTERNATIONAL RESULTS

## 2001 FINA WORLD CHAMPIONSHIPS <br> Fukuoka, Jul $22-29(50 \mathrm{~m})$

w- world record

## MEN

50 METRES FREESTYLE Jul 23

1) 22.09 Anthony Evin,81,USA
2) 22.16 Pieter vdHoogenband, 78 ,NED
22.18 Roland Schoeman,80,RSA
22.18 Tomohiro Yamanoi,77.JPN
3) 22.39 Brett Hawke,74,AUS
4) 22.42 Vyacheslav Shyrshov, 79, UKR
22.44 Stefan Nystrand,81,SWE
22.44 Mark Foster,70,GBR

Semi finals Jul 22
22.05 Anthony Evin,81,USA
22.14 Pieter vdHoogenband,78,NED 22.19 Mark Foster,70,GBR 22.30 Vyacheslav Shysshov,79,UKR
22.31 Stefan Nystrand,81,SWE 22.34 Brett Hawke,74,AUS 22.34 Roland Schoeman,80,RSA 22.37 Tomohiro Yamanoi,77,JPN
22.42 BartoszKizierowski,77,POL
10) 22.43 Jason Lezak, 75, USA
11) 22.45 Jose M. Meolans, 78, ARG
12) 22.46 Ashley Callus,79,AUS 13) 22.51 Johan Kenkhuis,80,NED 14) 22.54 AttilaZubor, 75, HUN
15) 22.64 Julio Santos,77,ECU 16) 22.83 Ricardo Busquets, 75, PUR Prelims Jul 22

1) 22.18 Brett Hawke, 74, AUS
2) 22.31 Jose M. Meolans,78,ARG 22.34 Julio Santos,77,ECU 22.39 Roland Schoeman, 80,RSA 22.39 BartoszKizierowski,77,POL 22.42 Ashley Callus, 79,AUS 22.42 Anthony Evin, 81,USA 22.45 Jason Lezak,75,USA 22.47 Johan Kenkhuis,80,NED
3) 22.48 Stefan Nystrand,81,SWE
4) 22.48 Pieter vdHoogenband, 78 ,NED
5) 22.51 Mark Foster,70,GBR
6) 22.51 Vyacheslav Shyrshov, 79, UKR
7) 22.70 Ricardo Busquets, 75, PUR
8) 22.75 Tomohiro Yamanoi,77,JPN
9) 22.76 AttilaZubor,75,HUN
10) 22.78 Salim lles, 75, ALG
11) 22.78 Edvaldo Silva,78,BRA
12) 22.84 Oleksander Volynets,74,UKR
13) 22.89 Christoph Buhler,74,SUI
14) 22.91 Lorenzo Vismara,75,ITA
15) 22.94 Karel Novy,80,SUI
16) 22.95 Riley Janes,80,CAN
17) 22.95 Ravil Nachaev,74,UZB
18) 22.98 Milorad Cavic, 83, YUG
19) 22.98 Marijan Kanjer, $73, \mathrm{CRO}$
20) 22.99 Camilo Becerra,80,COL
21) 22.99 Leonid Khokhlov,80,RUS
22) 23.00 Jere Hard, $78, \mathrm{FIN}$
23) 23.04 Nicholas Dos Santos, 80, BRA
23.08 Rolandas Gimbutis,81,LTU
23.09 Nicholas Folker,76,RSA
23.19 Peter Mankoc,78,SLO
23.25 Duje Draganja,83,CRO 23.38 Eric La Fleur,79,SWE 23.41 Min-Suk Kim,79,KOR 23.47 Oswaldo Quevedo,75,VEN 23.60 Shunsuke Ito,76,JPN 23.77 Arwut Chinnapasaen,80,THA 23.87 Brendan Ashby,80,ZIM 23.96 Nien-Pin Wu,83,TPE

## Total of 91 competitors

100 METRES FREESTYLE Jul 27 48.33 Anthony Evin,81,USA 48.43 Pieter vaHoogenband,78,NED 48.79 Lars Frolander,74,SWE 48.81 lan Thorpe,82,AUS 49.13 AttilaZubor,75,HUN 49.35 Torsten Spanneberg,75,GER 49.39 Ashley Callus,79,AUS 49.51 Jason Lezak,75,USA

Semi finals Jul 26
1)

> 48.57 Pieter voHoogenhand,78,NED
> 48.96 lan Thorpe,82,AUS
> 49.32 AttilaZubor,75,HUN
> 49.38 Ashley Callus,79,AUS 49.43 Anthony Evin, 81, USA 49.49 Jason Lezzak,75,USA 49.54 Lars Frolander,74,SWE 49.60 Torsten Spanneberg,75,GER 49.69 JoseM. Meolans,78,ARG 49.79 Duje Draganja,83,CRO 49.80 Stefan Nystrand,81,SWE 49.89 Gustavo Borges,72,BRA 49.90 Salim Iles,75,ALG 49.92 Lars Conrad,76,GER 49.93 Edvaldo Silva,78,BRA 50.05 Johan Kenkhuis,80,NED ms Jul 26
48.96 Pieter vdHoogenband,78,NED
49.08 Anthony Evvin,81,USA 49.21 lan Thorpe,82,AUS 49.40 Torsten Spanneberg,75,GER 49.46 Ashley Callus,79,AUS 49.51 Jason Lezzak,75,USA 49.65 Stefan Nystrand, 81,SWE 49.65 Jose M. Meolans,78,ARG 49.73 AttilaZubor,75,HUN 49.76 Lars Frolander,74,SWE 49.80 Salim Iles, $75, \mathrm{ALG}$ 49.80 Gustavo Borges,72,BRA 49.89 Lars Conrad,76,GER 49.90 Duje Draganja,83,CRO 50.03 Edvaldo Silva,78,BRA 50.08 Johan Kenkhuis,80,NED 50.13 Roland Schoeman,80,RSA 50.13 BartoszKizierowski,77,POL 50.22 Vyacheslav Shyrshov,79,UKR 50.25 Karel Novy,80,SUI 50.41 Simone Cercato,75,ITA
50.65 Rolandas Gimbutis,81,LTU
50.66 Nicholas Folker,76,,RSA 50.73 Ivan Mladina, 80, CRO 50.76 Jorge Ulibaari, 75, ESP 50.91 Yoshihiro Okumura,83,JPN 51.19 Riley Janes, 80,CAN 51.29 Shunsuke lto,76,JPN 51.40 Maxim Korshunov,77,RUS 51.52 Oleksander Volynets,74,UKR 51.63 Oswaldo Quevedo,75,VEN 51.71 Min-SukKim,79,KOR 51.78 Danil Haustov,80,FIN 51.81 Xufeng Xie, $78, \mathrm{CHN}$ 51.87 Christoph Buhler, 74, SUI 51.88 Kunpeng Ouyang,82,CHN 51.97 Saulius Binevicius,79,LTU

## Total of 88 competitors

200 METRES FREESTYLE Jul 25
w1:44.06 lan Thorpe,82,AUS
1:45.81 Pieter vaHoogenband,78,NED
1:47.10 Klete Keller, 82, USA
1:47.58 Emiliano Brembilla,78,ITA
1:48.13 William Kirby,75,AUS 1:48.86 Jacob Carstensen,78,DEN 1:49.39 Mark Johnston,79,CAN 1:49.54 Scott Goldblatt,79,USA
Semi finals Jul 24
1:45.80 Pieter vaHoogenband,78,NED
1:47.26 lan Thorpe,82,AUS
1:47.77 Klete Keller,82,USA
1:47.84 Emiliano Brembilla,78,ITA
1:48.50 Scott Goldblatt,79,USA
1:48.88 William Kirby,75,AUS
1:48.90 Mark Johnston,79,CAN
1:49.26 Jacob Carstensen,78,DEN
1:49.30 Kvetoslav Svoboda,82,CZE
1:49.32 Paul Palmer,74,GBR

1) 1:49.34 Jose M. Meolans,78,ARG
2) 1:49.73 Daisuke Hosokawa,82,JPN

1:49.75 Stefan Herbst,78,GER
14) 1:49.78 Stefian Pohl,78,GER
5) 1:49.80 Rick Say,79,CAN
16) 1:50.28 Athanasios Oikonomou,78,GRE Prelims Jul 24

1) 1:47.18 Pieter volHoogenband, 78, NED
2) 8:02.92 Nicolas Rostoucher, 81, FRA
3) $8: 07.53$ Spyridon Gianniotis, 80, GRE
4) $8: 10.56$ Andrew Hurd, $82, \mathrm{CAN}$
5) 8:13.49 Shilo Ayalon,81,ISR
6) $8: 16.57$ Shibin Zheng, $80, \mathrm{CHN}$
7) $8: 22.63$ Leonardo Salinas, 80, MEX
8) 8:22.79 Giancarlo Zolezzi,81,CHI
9) 8:23.28 Jorge Carral, $83, \mathrm{MEX}$

Total of 25 participants
1500 METRES FREESTYLE Jul 29

1) w14:34.56 Grant Hackett,80,AUS
2) $14: 58.94$ Graeme Smith,76,GBR
3) 15:01.43 Alexei Filipets,78,RUS
4) $15: 06.13$ Igor Chervynskiy, 81, UKR
5) 15:07.67 Chris Thompson,78,USA
6) 15:10.54 Massi Rosolino,78,ITA
7) 15:15.02 Craig Stevens,80,AUS
8) 15:18.89 Nicolas Rostoucher,81,FRA

Prelims Jul 28

1) 15:07.19 Grant Hackett,80,AUS
2) $15: 09.57$ Graeme Smith,76,GBR
3) $15: 14.62$ Craig Stevens, 80, AUS
4) $15: 14.74$ Igor Chervynskiy,81,UKR
5) 15:14.77 Chris Thompson,78,USA
6) 15:17.24 Alexe Filipets,78,RUS
7) 15:17.74 Massi Rosolino,78,ITA
8) 15:18.70 Nicolas Rostoucher,81,FRA
9) 15:20.62 Spyridon Gianniotis,80,GRE
10) 15:20.73 Ricardo Monasterio,78, VEN
11) 15:21.21 Alexei Butsenin,76,RUS
12) 15:28.82 Masato Hirano,75,JPN
13) 15:29.70 Dragos Coman,80,ROM
14) 15:31.92 Shunichi Fujita,82,JPN
15) 15:38.59 Shilo Ayalon,81,ISR
16) 15:40.56 Andrea Righi,79,1TA
17) $15: 40.61$ Andrew Hurd, 82, CAN
18) 15:49.94 RobertMargalis,82,USA 19) $16: 00.51$ Jorge Carral, $83, \mathrm{MEX}$ 20) 16:01.58 Giancarlo Zolezz,81,CH

## Total of 26 participants

## IRES BACKSTROKE JUl 25

25.34 Randall Bal,80,USA
25.44 Thomas Rupprath,77,GER
25.49 Matt Welsh,76,AUS
25.69 Stev Theloke,78,GER
25.82 MariuszSiembida,75,POL
25.98 Riley Janes, $80, \mathrm{CAN}$
26.05 Josh Watson, 77,AUS
26.40 Vyacheslav Shyrshov,79,UKR

Semi finals Jul 24
25.31 Thomas Rupprath,77,GER
25.59 Randall Bal, 80, USA 25.72 Matt Welsh,76,AUS 25.82 MariuszSiembida,75,POL 25.83 Riley Janes, 80, CAN
6) 25.95 Vyacheslav Shyrshov,79,UKR 25.95 Josh Watson,77,AUS 25.95 Stev Theloke,78,GER
9) 25.97 Tomomi Morita,84,JPN
10) 25.98 Neil Willey,76,GBR
11) 26.00 Pablo Abal, 77, ARG
12) 26.08 Darius Grigalionis,77,LTU
3) 26.12 Alexandre Massura,75,BRA
4) 26.30 Peter Horvath $, 74, \mathrm{HUN}$
5) 26.40 Neil Walker,76,USA
6) 26.48 Daniel Lonnberg,72,SWE Swim off Jul 24
) 26.13 Neil Willey, $76, G B R$
26.16 Josh Watson,77,AUS 26.24 Ante Maskovic,79,CRO Prelims Jul 24

> 25.43 Randall Bal, 80,USA 25.90 Riley Janes, 80, CAN 25.91 Matt Welsh,76,AUS 25.92 Thomas Rupprath,77,GER 25.93 MariuszSiembida,75,POL 25.97 Darius Grigalionis,77,LTU 26.05 Tomomi Morita,84,JPN 26.08 Vyacheslav Shyrshov,79,UKR 26.14 Peter Horvath,74,HUN 26.17 Neil Waker,76,USA
11) 26.22 Alexandre Massura, 75, BRA 26.22 Stev Theloke,78,GER
13) 26.23 Pablo Abal,77,ARG
14) 26.27 Daniel Lonnberg,72,SWE
15) 26.33 Neil Willey,76,GBR
26.33 Josh Watson,77,AUS
26.33 Ante Maskovic,79,CRO

Rodolfo Falcon,72,CUB
26.44 Eduardo Otero,80,ARG
26.44 BlazMedvesek,80,SLO
23) 26.51 Miroslav Machovic,76,SVK 26.54 Vladislav Aminov,77,RUS 26.55 Peter Mankoc,78,SLO 26.56 Eithan Urbach,77,ISR 26.57 Pierre Roger, 83, FRA
26.58 Min-Suk Kim,79,KOR
26.59 Mindaugas Spokas,75,LTU 26.59 Mindaugas Spokas,75,LTU
31) 26.62 Sean Sepulis,77,CAN
26.88 Keng Liat Lim,79,MAS
27.09 Martin Viilep,81,EST
27.21 Mark Chay,82,SIN
27.22 Philippe Gilgen,76,SUI 27.23 Diego Gallo,82,URU
27.36 Mattias Ohlin,78,SWE
27.38 Derya Buyukuncu,76,TUR

Total of 58 participants
100 METRES BACKSTROKE Jul 23
54.31 Matt Welsh,76,AUS 54.75 Om Arnarson, 81, ISL 54.91 Steffen Driesen,81,GER 54.97 Randall Bal, 80, USA 55.23 Markus Rogan,81,AUT 55.43 Peter Horvath, $74, \mathrm{HUN}$ 55.60 Gordan Kozull 176, CRO 55.98 Josh Watson,77,AUS Semi finals Jul 22

### 54.93 Randall Bal, 80,USA

55.21 Orn Arnarson,81,ISL 55.22 Markus Rogan,81,AUT 55.26 Steffen Driesen, 81,GER 55.38 Peter Horvath, 74, HUN 55.42 Gordan Kozulj,76,CRO 55.47 Matt Welsh,76,AUS 55.78 Josh Watson,77,AUS 55.82 Stev Theloke,78,GER 55.89 Aaron Peirsol,83,USA 55.98 VIadislav Aminov, 77, RUS 56.16 Mariusz Siembida,75,POL 56.29 Keng Liat Lim,79,MAS 56.41 BlazMedvesek,80,SLO
56.52 Alexandre Massura,75,BRA 56.54 Emanuele Merisi,72,ITA Swim off Jul 22
56.27 Emanuele Merisi,72,TA 56.61 Ethan Urbach,77,ISR

## Prelims Jul 22

55.08 Markus Rogan, 81 ,AUT
55.44 Steffen Driesen,81,GER
55.47 Randall Bal, 80 ,USA 55.56 Gordan Kozuli,76,CRO 55.63 Om Arnarson, 81, ISL 55.67 Peter Horvath,74,HUN 55.85 Keng Liat Lim,79,MAS 55.99 Stev Theloke,78,GER 56.02 Aaron Peirsol,83,USA 56.04 Matt Welsh,76,AUS
56.11 Josh Watson,77,AUS
12) 56.24 Alexandre Massura, 75, BRA 56.24 BlazMedvesek,80,SLO
56.25 Vladislav Aminov,77,RUS
56.28 MariuszSiembida,75,POL
16) 56.33 Ethan Urbach,77,ISR
56.33 Emanuele Merisi,72,1TA
8) 56.38 Viktor Bodrogi,83,HUN
56.39 Atsushi Nishikori,78,JPN
56.50 Pierre Roger, 83,FRA
56.63 Marko Strahija,75,CRO 56.70 Miroslav Machovic,76,SVK 56.77 Darius Grigalionis,77,LTU
56.82 Eduardo Otero,80,ARG
56.97 Sean Sepulis,77,CAN
57.09 Haruki Takeuchi,81,JPN
57.16 Yoav Gath,80,ISR
57.35 Derya Buyukuncu,76,TUR
57.57 Daniel Lonnberg,72,SWE
57.77 Martin Vilep,81,EST
58.00 Mindaugas Spokas,75,LTU
58.15 loannis Kokkodis,81,GRE

## METRES BACKSTROKE Jul 27

1:57.13 Aaron Peirsol,83,USA
1:58.07 Markus Rogan,81,AUT
1:58.37 Orn Arnarson,81,ISL
5) 1:59.23 Gordan Kozulj,76,CRO
6) $1: 59.74$ Viktor Bodrogi, $83, H \mathrm{HUN}$
7) $1: 59.83$ Emanuele Merisi,72,ITA 8) $2: 00.09$ Yoav Gath,80,ISR

Semi finas Jul 26

1) $1: 58.12$ Aaron Peirsol,83,USA
2) $1: 58.91$ Markus Rogan, 81, AUT
3) $1: 59.24$ Viktor Bodrogi, $83, H \mathrm{HUN}$
4) $1: 59.34$ Matt Welsh,76,AUS
5) $1: 59.39$ Yoav Gath,80,ISR
6) 1:59.75 Om Arnarson,81,ISL
7) $1: 59.80$ Gordan Koulij,76,CRO
8) 1:59.98 Emanuele Merisi,72,ITA
9) 1:59.99 Raymond Hass,77,AUS
10) $2: 00.72$ Marc Lindsay, 80, USA
11) $2: 00.98$ Marko Strahija, 75, CRO
12) 2:01.05 Rogerio Romero,69,BRA
13) $2: 01.33$ Tobias Oriwol,85,CAN
14) 2:01.34 Kozan Hashimoto,80,,JPN
15) 2:01.54 Steffen Driesen,81,GER
16) 2:02.98 Pierre Roger, 83, FRA

Prelims Jul 26

1) $1: 59.79$ Aaron Peirsol, 83, USA
2) $2: 00.12$ Marc Lindsay, 80, USA
3) $2: 00.27$ Viktor Bodrogi, 83, HUN
4) $2: 00.63$ Matt Welsh,76,AUS
5) 2:00.66 Orn Arnarson,81,ISL
6) $2: 00.72$ Yoav Gath,, 80, ISR
7) 2:00.82 Emanuele Merisi,72,1TA
8) $2: 00.97$ Marko Strahija, 75, CRO
9) 2:01.19 Gordan Kouluj,76,CRO
10) 2:01.30 Rogerio Romero,69,BRA
11) $2: 01.35$ Markus Rogan,81,AUT
12) $2: 01.36$ Klaas Zwering,81,NED
13) $2: 01.41$ Pierre Roger, 83, FRA
14) 2:01.42 Raymond Hass,77,AUS
15) 2:01.57 Tobias Oriwol,85,CAN
16) $2: 01.61$ Kozan Hashimoto, 80, JPN
17) 2:02.40 Steffen Driesen,81,GER
18) 2:02.43 Haruki Takeuchi,81,JPN
19) 2:02.48 Miroslav Machovic,76.SVK
20) $2: 02.74$ Peter Horvath, 74, HUN
21) 2:03.17 Keng Liat Lim,79,MAS
22) 2:03.45 Blaz Medvesek,80,SLO
23) $2: 03.81$ Eduardo Otero,80,ARG
24) $2: 04.82$ loannis Kokkodis,81,GRE
25) 2:04.94 Shibin Zheng,80,CHN
26) $2: 05.19$ Martin Viilep,81,EST
27) $2: 05.21$ George Gleason,79,ISV
28) $2: 05.23$ Philippe Gilgen,76,SU|
29) 2:06.04 Diego Urreta,81,MEX
30) 2:06.45 Gary Tan,82,SIN

Total of 42 participants
50 METRES BREASTSTROKE Jul 29
27.52 Oleg Lisogor,79,UKR 27.60 Roman Sloudnov,80,RUS 27.72 Domenico Fioravanti,77,ITA
27.73 Anthony Robinson,80,USA
27.93 Mark Warnecke,70,GER
28.02 Ed Moses,80,USA
28.05 Daren Mew,79,GBR disq James Gibson,80,GBR

## emi finas Jul 28

27.59 Mark Warnecke,70,GER
27.78 Roman Sloudnov,80,RUS
27.90 Ed Moses,80,USA
27.92 Oleg Lisogor,79,UKR

### 27.95 Darren Mew,79,GBR

27.96 Domenico Fioravanti,77,ITA
27.97 Anthony Robinson,80,USA
28.01 James Gibson,80,GBR
28.06 Remo Lutolff,80,SUI
28.23 Daniel Malek, 73, CZE
11) 28.33 Morgan Knabe, 81, CAN
28.37 Vanja Rogulj,82,CRO
28.40 Hugues Duboscq,81,FRA
28.59 Patrik Isaksson,73,SWE
28.62 Jose Couto,78,POR
16) 28.65 Jarno Pihlava,78,FIN Prelims Jul 28
27.71 James Gibson, 80, GBR
27.82 EdMoses,80,USA 27.86 Mark Warnecke,70,GER 27.92 Oleg Lisogor,79,UKR 27.98 Roman Sloudnov,80,RUS 28.18 Jarno Pihlava, 78, FIN 28.22 Daren Mew,79,GBR
28.22 Daniel Malek,73,CZE
28.27 Domenico Fioravanti,77,ITA
0) 28.28 Patrik Isaksson,73,SWE 1) 28.44 Morgan Knabe,81,CAN 28.44 Anthony Robinson,80,USA 28.44 Hugues Dubosca,81,FRA
14) 28.49 Vanja Rogulj,82,CRO
15) 28.51 Jose Couto, 78, POR
16) 28.55 Remo Lutolf, 80, SUI
28.65 Phil Rogers,71,AUS
28.73 Kosuke Kitajima,82,JPN
28.78 Ryosuke Imai, $78, \mathrm{JPN}$ 28.80 Eduardo Fischer,80,BRA 28.84 Qailiang Zeng,77,CHN 28.84 Arsen Malyarov,79,RUS
23) 28.89 Simon Cowley,80,AUS 24) 29.09 Max Podoprigora,78,AUT 29.13 Rako Pachel,74,EST 29.47 Alvaro Fortuny,80,GUA 29.72 Martin Vilep,81,EST 29.81 Chi Kin Tam,80,HKG 29.87 Dov Melnik,78,ISR 29.87 Jakob Sveinsson, 82,ISL

## Total of 58 participants

100 METRES BREASTSTROKE Jul 24

1) $1: 00.16$ Roman Sloudnov, 80, RUS
2) $1: 00.47$ Domenico Fioravanti,77,ITA

1:00.61 Ed Moses,80,USA
1:00.67 Kosuke Kitajima,82,JPN
1:01.27 Morgan Knabe,81,CAN
1:01.51 Oleg Lisogor,79,UKR
1:01.92 Darren Mew,79,GBR
1:01.94 Hugues Duboscq,81,FRA Semi finals Jul 23
w59.94 Roman Sloudnov,80,RUS
1:00.55 Ed Moses,80,USA
1:00.61 Kosuke Kitailma,82,JPN
1:01.24 Oleg Lisogor,79,UKR
1:01.25 Morgan Knabe,81,CAN
1:01.47 Darren Mew,79,GBR
1:01.66 Domenico Fioravanti,77,ITA
1:01.96 Hugues Dubosca,81,FRA
1:02.02 Jarno Pihlava,78,FIN
10) 1:02.10 Daniel Malek, $73, \mathrm{CZE}$

1:02.17 Jose Couto,78,POR
2) $1: 02.18$ Karoly Guttler, $68, \mathrm{HUN}$
3) $1: 02.22$ Max Podoprigora,78,AUT
4) 1:02.35 Simon Cowley,80,AUS
5) 1:02.49 Ryosuke Imai, $78, \mathrm{JPN}$
16) 1:03.08 Eduardo Fischer,80,BRA Prelims Jul 23
) 1:00.40 Roman Sloudnov,80,RUS
1:00.95 Kosuke Kitaijma,82,JPN
1:01.12 Ed Moses,80,USA
1:01.29 Domenico Fioravanti,77,ITA
1:01.50 Morgan Knabe,81,CAN
1:01.93 Daren Mew,79,GBR
7) 1:02.03 Oleg Lisogor,79,UKR

1:02.21 Ryosuke Imai,78,JPN
9) $1: 02.34$ Hugues Dubosca, 81, FRA
10) 1:02.38 Daniel Malek, 73, CZE
11) $1: 02.42$ Simon Cowley,80,AUS
12) $1: 02.49$ Jarno Pihlava, $78, \mathrm{FIN}$
13) $1: 02.50$ Karoly Guttler,68,HUN

1:02.50 Jose Couto,78,POR
15) $1: 02.51$ Eduardo Fischer,80,BRA
16) $1: 02.52$ Max Podoprigora,78,AUT
17) $1: 02.54$ Jens Kruppa,76,GER
18) $1: 02.60$ Davide Rummolo,77,ITA 19) 1:02.62 Dimitri Komornikov,81,RUS 20) 1:02.65 Regan Harison,77,AUS
21) 1:02.83 Vanja Rogulj,82,CRO
22) 1:02.88 Evin Chia,77,MAS
23) 1:02.98 Anthony Robinson,80,USA
24) 1:03.33 Martin Gustavsson,80,SWE
5) 1:03.56 Remo Lutolf;80,SUI
6) 1:04.11 Alvaro Fortuny,80,GUA
7) 1:04.36 Raiko Pachel,74,EST
28) 1:04.41 Jakob Sveinsson,82,ISL
29) $1: 04.71$ Dov Melnik, 78, ISR
30) 1:04.93 Qiliang Zeng,77,CHN
31) $1: 04.94$ Chi Kin Tam,80,HKG
32) 1:05.10 Wickus Nienaber,82,SWZ
33) $1: 05.15$ Vladimir Labzin,83,EST
34) $1: 05.24$ Ansel Tjin A Tam,79,SUR
35) 1:05.36 Valeri Kalmikovs,73,LAT

Total of 59 participants

20
200 METRES BREASTSTROKE Jul 26
2:10.69 Brendan Hansen,81,USA
2:11.09 Max Podoprigora,78,AUT
2:11.21 Kosuke Kitajima,82,JPN
2:11.31 Domenico Fioravanti,77,ITA
2:11.38 Ed Moses,80,USA
2:11.51 Regan Harrison,77,AUS
2:12.89 Davide Rummolo,77,ITA
2:13.19 Daniel Malek,73,CZE
Semi finals Jul 25
2:11.65 Max Podoprigora,78,AUT
2:12.21 Kosuke Kitaijma,82,JPN
2:12.34 Regan Harrison, 77,AUS
2:12.70 Domenico Fioravanti,77,ITA
2:13.13 Brendan Hansen,81,USA
2:13.27 Ed Moses,80,USA
2:13.40 Davide Rummolo,77,ITA
2:13.75 Daniel Malek,73,CZE
2:14.11 Morgan Knabe,81,CAN
2:15.27 Jose Couto,78,POR
2:15.32 Martin Gustavsson,80,SWE
12) $2: 15.87$ Hugues Dubosca,81,FRA
13) $2: 16.61$ Jakob Sveinsson, 82,ISL
14) 2:17.02 Yoshiaki Okita,78,JPN disq Dimitri Komornikov,81,RUS disq lam Edmond,78,GBR
Prelims Jul 25

1) $2: 12.26$ Max Podoprigora,78,AUT
2) 2:13.35 Brendan Hansen,81,USA

2:13.50 Regan Harrison,77,AUS
2:13.56 Kosuke Kitaima,82,JPN
2:13.58 Ed Moses,80,USA
2:13.73 Dimitri Komornikov,81,RUS
2:14.33 Davide Rummolo,77,ITA
2:14.72 Martin Gustavsson, 80,SWE
2:15.09 Domenico Fioravanti,77,ITA
10) $2: 15.62$ Morgan Knabe, 81, CAN
11) 2:15.64 Daniel Malek,73,CZE
12) $2: 15.84$ lan Edmond, $78, \mathrm{GBR}$
13) $2: 15.95$ Jose Couto, 78,POR
14) 2:16.51 Hugues Dubosca,81,FRA
15) $2: 16.80$ Yoshiaki Okita,78,JPN
16) $2: 17.09$ Jakob Sveinsson, 82, ISL
17) $2: 17.35$ Simon Cowley,80,AUS
18) $2: 17.91$ Evin Chia,77,MAS
19) 2:18.73 Vladimir Labzin,83,EST
20) $2: 18.90$ Jarno Pihlava, 78, FIN
21) 2:19.23 Valeri Kalmikovs,73,LAT
22) 2:19.78 Chi Kin Tam,80,HKG
23) 2:20.09 Michael Williamson,81,IRL
24) $2: 20.52$ Dov Melnik,78,ISR
25) 2:21.85 Wickus Nienaber,82,SWZ

## \section*{Total of 40 participants} <br> 50 METRES BUTTERFLY Jul 28

23.50 Geoff Huegill,79,AUS
23.57 Lars Frolander,74,SWE
23.62 Mark Foster,70,GBR
23.76 Roland Schoeman,80,RSA
23.85 Ian Crocker,82,USA
23.99 Ewout Holst,78,NED
24.10 Tero Valimaa, 78,FIN
24.16 Thomas Rupprath,77,GER

Semi finals Jul 27

1) w23.44 Geoff Huegill,79,AUS
23.66 Mark Foster,70,GBR
23.68 Roland Schoeman,80,RSA
23.73 Lars Frolander,74,SWE
23.91 Ewout Holst,78,NED
23.93 Tero Valimaa, 78, FIN
23.97 lan Crocker,82,USA
24.01 Thomas Rupprath,77,GER
24.04 Jere Hard, $78, \mathrm{FIN}$
24.18 Vladislav Kulikov,71,RUS
24.23 Michael Klim,77,AUS
24.26 Pablo Abal,77,ARG
24.31 Andriy Serdinov,82,UKR
2) 24.40 Ravil Nachaev, 74, UZB
24.40 Joris Keizer,79,NED
3) 24.45 Zsolt Gaspar,77,HUN

Swim off Jul 27

1) 24.47 Andriy Serdinov,82,UKR
2) 24.50 Oswaldo Quevedo,75,VEN

Prelims Jul 27
23.71 Geoff Huegill,79,AUS
2) 23.91 Jere Hard, 78, FIN
23.96 Roland Schoeman, 80, RSA
24.02 Mark Foster,70,GBR
24.03 Lars Frolander, 74,SWE

| 6) | 24.08 Ewout Holst,78,NED |
| :---: | :---: |
| 7) | 24.14 Vladislav Kulikov,71,RUS |
| 8) | 24.27 lan Crocker,82,USA |
| 9) | 24.28 Joris Keizer,79,NED |
| 10) | 24.31 Thomas Rupprath,77,GER |
| 11) | 24.36 Zsolt Gaspar,77,HUN |
| 12) | 24.38 Ravil Nachaev,74,UZB |
| 13) | 24.39 Michael Klim,77,AUS |
| 14) | 24.40 Pablo Abal,77,ARG |
| 15) | 24.42 Tero Valimaa, $78, \mathrm{FIN}$ |
| 16) | 24.45 Oswaldo Quevedo,75,VEN |
|  | 24.45 Andriy Serdinov,82,UKR |
| 18) | 24.47 Duje Draganja,83,CRO |
| 19) | 24.50 Igor Marchenko,75,RUS |
| 20) | 24.53 Javier Noriega,80,ESP |
| 21) | 24.55 Bryan Jones,78,USA |
| 22) | 24.57 Milos Milosevic,72,CRO |
|  | 24.57 Michael Mintenko,75,CAN |
| 24) | 24.58 Camilo Becerra,80, COL |
| 25) | 24.59 Fabian Friedrich,80,GER |
| 26) | 24.64 Ryo Takayasu,81,JPN |
| 27) | 24.79 Milorad Cavic,83,YUG |
| 28) | 24.83 Nicholas Dos Santos,80,BRA |
|  | 24.83 Dmytriy Koshel, 81,BLR |
|  | 24.83 Takashi Yamamoto,78,JPN |
| 31) | 24.93 Jorge Ulibarri,75,ESP |
| 32) | 24.95 Petter Sjodal, 79, NOR |
| 33) | 24.96 Jesus Gonzalez,74,MEX |
| 34) | 25.05 Fernando Alves,79,BRA |
| 35) | 25.09 Min-Suk Kim,79,KOR |
| 36) | 25.18 Simao Morgado,79,POR |
| 37) | 25.19 Lorenz Liechti,75,SUI |
| 38) | 25.21 Luc Decker, 77,LUX |
| 39) | 25.27 Rolandas Gimbutis,81,LTU |
| 40) | 25.34 Danil Haustov,80,FIN |
| 41) | 25.58 Georgi Palazov,80,BUL |
| 42) | 25.77 Alex Miladinovski,79,MKD |
| 43) | 25.84 Cesar Uribe,80,MEX |
| Total of 80 participants |  | $24)$

$25)$
$26)$
$27)$
$28)$
$29)$
$30)$
$31)$
$32)$
$33)$
54.36 Fernando Alves 79 BRA
54.54 Simao Morgado,79,POR
54.65 Pablo Abal,77,ARG
54.71 Milorad Cavic,83,YUG
54.79 Camilo Becerra,80,COL
54.93 Andrew Livingston,78,PUR 54.98 Fabian Friedrich,80,GER
55.18 Oswaldo Quevedo,75,VEN
55.19 Cesar Uribe,80,MEX
55.30 Jesus Gonzalez,74,MEX
55.30 Alex Miladinovski,79,MKD
35) 55.95 loannis Drymonakos,79,GRE
56.03 Ivan Mladina,80,CRO 56.19 Dmytriy Koshel,81,BLR
56.23 Luc Decker,77,LUX
39) 56.47 Lorenz Liechti,75,SUI

## Total of 74 participants

## 200 METRES BUTTERFLY Jul 24

1) $w 1: 54.58$ Michael Phelps,85,USA

1:55.28 Tom Malchow,76,USA
1:55.68 Anatoli Poliakov,80,RUS
1:55.71 Franck Esposito,71,FRA
1:55.84 Takashi Yamamoto,78,JPN
1:56.71 Denis Sylantyev,76,UKR
7) 1:57.18 Justin Norris,80,AUS
8) 1:58.68 Andrew Livingston,78,PUR Semi finals Jul 23

1) $1: 55.03$ Franck Esposito,71,FRA

1:55.03 Tom Malchow,76,USA
3) $1: 56.41$ Michael Phelps,85,USA

1:56.51 Denis Sylantyev,76,UKR
1:56.85 Takashi Yamamoto,78,JPN
1:56.98 Justin Norris,80,AUS
1:57.34 Anatoli Poliakov,80,RUS
8) 1:57.94 Andrew Livingston,78,PUR
9) 1:57.96 Ioan Gherghel,78,ROM
10) $1: 58.15$ Thomas Rupprath,77,GER
11) $1: 58.20$ Cristian Galenda,82,ITA
12) $1: 58.60$ Viktor Bodrogi,83,HUN
13) $1: 59.06$ Juan Veloz,82,MEX
14) $1: 59.52$ William Kirby,75,AUS
15) $1: 59.56$ loannis Drymonakos,79,GRE 16) $2: 01.37$ Tero Valimaa, $78, \mathrm{FIN}$ Prelims Jul 23

1) $1: 56.05$ Franck Esposito,71,FRA
2) $1: 56.11$ Michael Phelps,85, USA
3) 1:56.13 Tom Malchow,76,USA
4) 1:57.76 Takashi Yamamoto,78,JPN
5) 1:57.79 Justin Norris,80,AUS
6) 1:57.80 Thomas Rupprath, 77, GER
7) 1:58.27 Anatoli Poliakov,80,RUS
8) 1:58.41 Denis Sylantyev,76,UKR
9) $1: 58.71$ loan Gherghel, 78, ROM
10) 1:58.72 Andrew Livingston,78,PUR
11) $1: 58.85$ Juan Veloz,82,MEX
12) $1: 59.31$ Cristian Galenda,82,ITA
13) 1:59.41 loannis Drymonakos,79,GRE
14) $1: 59.77$ Tero Valimaa, 78, FIN
15) 2:00.12 William Kirby,75,AUS
16) $2: 00.54$ Viktor Bodrogi, $83, \mathrm{HUN}$
17) 2:01.32 Alessio Boggiatto,81,ITA
18) $2: 01.37$ Xufeng Xie, $78, \mathrm{CHN}$
19) $2: 01.67$ Michael Halika, 78, ISR
20) 2:02.10 Simao Morgado,79,POR
21) 2:02.72 Hisayoshi Tanaka,79,JPN
22) 2:03.09 Dean Kent, 79,NZL
23) $2: 03.71$ Zoran Lazarevski,80,MKD
24) 2:03.72 Jacob Frayre,81,MEX
25) 2:03.95 Jae-Hyon Joe,82,KOR
26) $2: 03.96$ Jeong-Nam Yu, $83, \mathrm{KOR}$
27) $2: 04.19$ Benjamin Gan, $83, \mathrm{SIN}$
28) 2:04.22 Alex Miladinovski,79,MKD
29) $2: 05.29$ Raazik Nordien, 82, RSA 30) $2: 05.31$ Georgi Palazov,80,BUL

## Total of 40 participants

200 METRES IND. MEDLEY Jul 26
1:59.71 Massi Rosolino,78,ITA
2:00.73 Tom Wilkens,75,USA
2:00.91 Justin Norris,80,AUS
2:01.50 George Bovell,83,TRI
5) 2:01.54 Takahiro Mori,80,JPN

2:01.54 Jiro Miki,83,JPN
7) 2:01.76 Alessio Boggiatto,81,ITA
8) 2:02.42 Curtis Myden,73,CAN Semi finals Jul 25

1) $2: 00.45$ Tom Wilkens,75,USA
2) 2:00.49 Alessio Boggiatto,81,ITA
3) 2:01.07 Justin Norris,80,AUS
4) 2:01.35 George Bovell,83,TR
5) 2:01.46 Jiro Miki, 83,JPN
6) 2:01.57 Massi Rosolino,78,ITA
7) 2:01.67 Takahiro Mori,80,JPN
8) $2: 01.70$ Curtis Myden,73,CAN
9) 2:02.45 Brian Johns,82,CAN
10) 2:02.71 Robert Margalis,82,USA
11) $2: 02.85$ Dean Kent,79,NZL
12) $2: 04.00$ Grant McGregor,78,AUS
13) $2: 04.38$ Michael Halika,78.ISR
14) $2: 04.79$ loannis Kokkodis,81,GRE
15) 2:05.15 Brenton Cabello,81,ESP
16) 2:05.20 Peter Mankoc,78,SLO

Prelims Jul 25

1) 2:01.35 George Bovell, $83, \mathrm{TR}$
2) 2:01.42 Tom Wilkens,75,USA
3) $2: 02.02$ Massi Rosolino,78.ITA
4) $2: 02.13$ Jiro Miki, $83, \mathrm{JPN}$
5) 2:02.22 Alessio Boggialto,81,1TA
6) 2:02.42 Justin Noris,80,AUS
7) 2:02.48 Peter Mankoc,78,SLO
8) $2: 02.55$ Brian Johns, $82, \mathrm{CAN}$ 2:02.55 Curtis Myden,73,CAN
9) 2:02.81 Takahiro Mori,80,JPN 2:02.81 Robert Margalis,82,USA
10) $2: 02.93$ Grant McGregor,78,AUS
11) 2:03.11 Dean Kent,79,NZL
12) $2: 04.11$ loannis Kokkodis,81,GRE
13) 2:04.19 Brenton Cabello,81,ESP
14) $2: 04.23$ Jacob Carstensen,78,DEN
15) 2:04.48 Michael Halika,78,ISR
16) $2: 05.11$ Yves Platel, 79, SUI
17) $2: 05.35$ Vasilios Demetis, 83, GRE
18) 2:05.52 Marko Milenkovic,76,SLO
19) $2: 06.34$ Diego Ureeta, 81, MEX
20) $2: 06.66$ George Gleason,79,1SV
21) 2:07.80 Javier Diaz,79,MEX
22) $2: 08.44$ Margus Saia,81,EST
23) $2: 08.88$ Shibin Zheng, $80, \mathrm{CHN}$

Total of 44 participants
400 METRES IND.MEDLEY Jul 29

1) $4: 13.15$ Alessio Boggiatto,81,,TA
2) $4: 155.36$ Erik Vendt,81,USA
3) $4: 15.94$ Tom Wilkens,75,USA
4) $4: 18.05$ Susumu Tabuchi,80,JPN
5) $4: 18.56$ Justin Norris, 80, AUS
6) 4:19.75 Brian Johns,82,CAN
7) 4:19.80 Curtis Myden,73,CAN
8) $4: 23.11$ Jiro Miki,83,JPN

Prelims Jul 29

1) $4: 16.13$ Tom Wilkens,75,USA
2) $4: 17.86$ Alessio Boggiatto,81,ITA
3) $4: 18.09$ Erik Vendt, 81, USA
4) $4: 18.48$ Jiro Miki,83,JPN
5) 4:18.90 Susumu Tabuchi, $80, \mathrm{JPN}$
6) 4:19.25 Brian Johns,82,CAN
7) 4:19.34 Justin Norris,80,AUS
8) $4: 20.88$ Curtis Myden,73,CAN
9) 4:21.11 Yves Platel,79,SUI
10) $4: 22.18$ Dean Kent,79,NZL
11) $4: 22.66$ Michael Halika,78,ISR
12) $4: 22.67$ Grant McGregor,78,AUS
13) $4: 22.74$ Jacob Carstensen, $78, \mathrm{DEN}$
14) $4: 24.01$ Vasilios Demetis, 83, GRE
15) $4: 24.55$ loannis Kokkodis,81,GRE
16) $4: 25.32$ Marko Milenkovic,76,SLO
17) 4:26.32 Xufeng Xie,78,CHN
18) $4: 30.22$ George Bovell,83,TRI
19) $4: 31.58$ Brenton Cabello,81,ESP
20) 4:34.17 Javier Diaz,79,MEX

Total of 31 participants
4X100 MEDLEY RELAY Jul 28

1) $3: 35.35$ Australia,AUS
55.19 Matt Welsh

1:00.80 Regan Harison 51.39 Geoff Huegill 47.97 lan Thorpe
2) 3:36.34 Germany,GER 55.22 Steffen Driesen 1:01.06 Jens Kruppa 51.96 Thomas Rupprath 48.10 Torsten Spanneberg
3) $3: 37.77$ Russia,RUS 55.63 Vladislav Aminov 1:00.90 Dimitri Komornikov 52.01 Vladislav Kulikov 49.23 Dimitry Chernyshev
4) 3:38.23 Canada,CAN
56.46 Tobias Oriwol

1:00.51 Morgan Knabe 51.63 Michael Mintenko 49.63 Richard Say
5) $3: 38.29$ Hungary,HUN 55.48 Peter Horvath 1:01.29 Karoly Guttler 53.05 Zsolt Gaspar 48.47 AttilaZubor
6) 3:38.92 Japan,JPN 54.33 Atsushi Nichikori

1:00.18 Kosuke Kitaiima 52.19 Takashi Yamamoto 50.22 Daisuke Hosokawa disa United States,USA disq Netherlands,NED
Prelims Jul 28

1) $3: 37.56$ United States,USA
2) 3:38.83 Austraia,AUS

3:39.26 Canada,CAN
4) $3: 39.50$ Hungary,HUN

3:39.78 Germany,GER
3:39.94 Netherlands,NED
7) $3: 40.35$ Russia,RUS

3:40.84 Japan,JPN
9) 3:41.31 Sweden,SWE
10) 3:41.98 Croatia,CRO
11) $3: 42.74$ Brazil,BRA
12) $3: 43.32$ Italy,ITA
13) 3:50.56 Switzerland,SUI
14) $3: 51.43$ China,CHN
15) $3: 54.24$ Mexico,MEX
16) 3:59.94 Chinese Taipei,TPE
17) 4:05.85 Macau,MAC

4X100 FREE RELAY Jul 22

1) $3: 14.10$ Australia,AUS 49.12 Michael Kim 48.31 Ashley Cakus 48.80 Todd Pearson 47.87 lan Thorpe
2) $3: 14.56$ Netherlands, NED 49.80 Mark Veens 48.56 Johan Kenkhuis 49.18 Klaas E Zwering 47.02 Pieter vdHoogenband
3) $3: 17.52$ Germany,GER 50.54 Stefan Herbst 48.86 Torsten Spanneberg 49.08 Lars Conrad 49.04 Sven Lodzewsk
4) 3:18.00 Sweden,SWE 50.70 Mattias Ohlin 48.31 Lars Frolander 48.79 Stefan Nystrand 50.20 Erik LaFleur
5) $3: 19.37$ Italy,ITA 50.49 Lorenzo Vismara 49.54 Matteo Pelliciari 50.06 Klaus Lanzarini 49.28 Simone Cercato
6) $3: 21.63$ Russia, RUS 50.92 Maxim Korshunov 50.38 Leonid Khoklov 50.16 Dimitri Talepov 50.17 Dimitri Chernyshev disq Brazil,BRA disq United States,USA
Prelims Jul 22
7) $3: 17.11$ United States,USA
8) $3: 17.27$ Australia,AUS
9) $3: 18.48$ Netherlands,NED
10) $3: 18.60$ Germany,GER
11) $3: 19.20$ Sweden,SWE
12) $3: 20.03$ Italy,ITA
13) $3: 21.19$ Brazil,BRA
14) 3:21.70 Russia,RUS
15) $3: 22.01 \mathrm{Japan}, \mathrm{JPN}$
16) 3:24.10 Switzerland,SU|
17) $3: 30.78$ Singapore,SIN
18) $3: 32.01$ Mexico,MEX
19) $3: 39.09$ Malaysia,MAS
20) 3:42.40 Chinese Taipei,TPE
21) 3:44.30 UZzekisian,UZB
22) $3: 49.37$ Macau,MAC
23) $3: 55.53$ Guam,GUM

4X200 FREE RELAY Jul 27

1) w7:04.66 Australia,AUS

1:46.11 Grant Hackett
1:46.49 Michael Klim
1:47.92 William Kirby
1:44.14 lan Thorpe
2) $7: 10.86$ Italy, ITA

1:48.19 Emiliano Brembilla
1:48.02 Matteo Pelliciari
1:47.97 Andrea Beccari
1:46.68 Massi Rosolino
3) 7:13.69 United States, USA

1:49.00 Scott Goldblatt
1:48.78 Nate Dusing
1:48.41 Chad Carvin
1:47.50 Klete Keller
4) 7:15.60 Great Britain,GBR

1:49.95 Edward Simclair
1:47.14 Paul Palmer
1:49.55 Marc Spackman
1:48.96 James Salter
5) 7:17.29 Germany, GER

1:50.29 Johannes Osterling
1:48.87 Stefan Herbst
1:49.07 Stefan Pohl
1:49.06 Lars Conrad
6) 7:17.80 Canada,CAN

1:50.12 Mark Johnston
1:49.00 Rick Say
1:49.42 Brian Johns
1:49.26 Michael Mintenko
7) 7:20.60 Japan,JPN

1:50.90 Hideaki Hara
1:49.32 Daisuke Hosokawa
1:49.87 Yoshihiro Okumura
1:50.51 Shunichi Fujita
8) $7: 22.44$ Russia,RUS

1:50.24 Stepan Ganzey
1:49.04 Dimitri Chernyshev
1:50.83 Anatoli Poliakov
1:52.33 Maxim Korshunov
Prelims Jul 27

1) $7: 15.20$ United States, USA
2) 7:19.50 Great Britann,GBR
3) $7: 19.85$ Australia,AUS

7:20.69 Canada,CAN
7:20.81 Itay,ITA
7:21.07 Germany,GER
7:22.03 Japan,JPN
8) $7: 29.53$ Russia,RUS
9) 7:41.12 Mexico,MEX
10) 7:49.63 Malaysia,MAS
11) $7: 58.33$ Singapore,SIN
12) $8: 10.58$ Chinese Taiei, TPE

## WOMEN

50 METRES FREESTYLE Jul 29
24.47 Ingede Bruijn,73,NED
24.88 Therese Alshammar,77,SWE
24.96 Sandra Volker, 74 ,GER
25.00 Alison Sheppard,72,GBR
25.10 Tammie Stone,76,USA
25.25 Haley Cope,79,USA
25.40 Katrin Meissner,73,GER
25.73 Bena Poptchenko,79,BLR

Semi finals Jul 28
24.45 Inge de Bruijn,73,NED
24.87 Therese Alshammar,77,SWE
25.11 Tammie Stone,76,USA
25.13 Alison Sheppard,72,GBR
25.20 Sandra Volker,74,GER
25.26 Haley Cope,79,USA
25.45 Eena Popitchenko,79,BLR
25.48 Katrin Meissner,73,GER
25.49 Sumika Minamoto,79,JPN
10) 25.53 Olga Mukomol,79,UKR
11) 25.64 Ekaterina Kibal 0,82, RUS
12) 25.65 Jana Kolukanova,81,EST
13) 25.77 Michelle Engelsman,79,AUS
25.77 Martina Moravcova,76,SVK
15) 25.81 Rosalind Brett,79,GBR
16) 25.81 Judith Draxerer,70,AUT

Prelims Jul 28

1) 24.79 Inge de Bruijn, $73, \mathrm{NED}$
2) 25.07 Alison Sheppard,72,GBR
25.11 Tammie Stone,76,USA
25.37 Sandra Volker,74,GER
25.62 Sumika Minamoto,79,JPN
25.68 Olga Mukomol,79,UKR 25.72 Therese Alshammar,77,SWE 25.79 Katrin Meissner,73,GER 25.82 Rosalind Brett,79,GBR 25.82 Martina Moravcova,76,SVK 25.83 Jana Kolukanova,81,EST 25.84 Haley Cope,79,USA 25.84 Eena Poptchenko,79,BLR 25.87 Michelle Engelsman,79,AUS 25.92 Judith Draxker,70,AUT 25.93 Ekaterina Kibalo,82,RUS 25.95 Xue Han,81,CHN 25.96 Anna-Kain Kammerling,80,SWE 25.96 LauraNicholls,78,CAN 25.97 Sarah Ryan,77,AUS 26.01 Agata Korc,86,POL 26.06 Urska Slapsak,72,SLO 26.09 Inna Yaitskaya,79,RUS 26.11 Cecilia Vianini,76,ITA 26.14 Vivienne Rignall,73,NZL 26.15 Leah Martindale,78,BAR 26.16 Aleksandra Herasimenia,85,BLR 26.17 Cristina Chiuso,73,1TA 26.23 Hanna-M. Seppala,84,FIN 26.30 Yingwen Zhu,81,CHN 26.32 Flavia Delaroli,83,BRA 26.32 Mette Jacobsen,73,DEN 26.35 Wilmavan Rijn,71,NED 26.37 Julie Douglas, 80, IRL 26.43 Tomoko Nagai,81,JPN 26.57 Ilona Hllavackova, 77, CZE 26.60 Dominique Diezi,77,SUI 26.64 Karen Egdal,78,DEN 26.74 Carmen Herea,79,ROM 26.79 Ninavan Koeckhoven, 83,BEL 26.86 Ania Gustamelski,81,|SR 26.99 Eina Partyka,83,EST

## tal of 63 participants

METRES FREESTYLE Jul 25
54.18 Ingede Bruijn,73,NED
55.07 Katrin Meissner,73,GER
55.11 Sandra Volker,74,GER
55.12 Martina Moravcova,76,SVK
55.19 Bena Poptchenko,79,BLR
55.38 Yanwei Xu,84,CHN
55.42 Johanna Sjoberg,78,SWE 55.53 Sarah Ryan,77,AUS emi finals Jul 24
54.47 Ingede Bruijn,73,NED
55.15 Katrin Meissner,73,GER
55.19 Eena Poptchenko,79,BLR
55.19 Martina Moravcova,76,SVK
55.28 Sandra Volker,74,GER
55.33 Yanwei Xu,84,CHN
55.37 Sarah Ryan,77,AUS
55.43 Johanna Sjoberg,78,SWE
55.60 Maritza Correia,81,USA
55.70 Cecilia Vianinin,76,ITA
55.90 Sumika Minamoto,79,JPN
55.97 Otylia Jedrzejczak,83,POL
55.98 Colleen Lanne,79,USA
56.23 Laura Nicholls,78,CAN
56.30 Mette Jacobsen,73,DEN
56.33 Luisa Striani,78,ITA
elims Jul 24
55.44 Yanwei Xu,84,CHN
55.44 Johanna Sjoberg,78,SWE
55.51 Katrin Meissner,73,GER
55.55 Sarah Ryan,77,AUS
55.65 Ingede Bruijn,73,NED
55.72 Martina Moravcova,76,SVK
55.80 Cecilia Vianini,76,ITA
55.89 Sandra Volker,74,GER
56.03 Mette Jacobsen,73,DEN
56.08 Sumika Minamoto,79,JPN
56.13 Maritza Correia,81,USA
56.17 Laura Nicholls,78,CAN
56.24 Otylia Jedrzejczak, 83,POL
56.36 Luisa Striani,78,ITA
56.38 Colleen Lanne,79,USA
56.39 Hanna-M. Seppala,84,FIN
56.39 Olga Mukomol,79,UKR
56.44 Lori Munz,79,AUS
56.47 Inna Yaitskaya,79,RUS
56.55 Marianne Limpert,72,CAN
56.56 Natalia Baranovskaya,79,BLR
56.63 Eena Poptchenko,79,BLR
56.65 Eina Partyka,83,EST
24) 56.73 Jana Kolukanova.81 EST
25) 56.75 Tomoko Nagai, 81, JPN
26) 56.91 Florencia Szigeti,81,ARG
27) 56.93 Leah Martindale,78,BAR
28) 57.07 Ania Gustamelski,81,ISR
29) 57.11 Xue Han, $81, \mathrm{CHN}$
30) 57.31 Ekaterina Kibalo,82,RUS
31) 57.33 Nicole Zahnd,80,SUl
32) 57.50 Wilmavan Rijn,71,NED
57.50 Dominique Diezi,77,SUI
34) 57.53 Nina van Koeckhoven,83,BEL
35) 57.59 Vivienne Rignall, 73, NZL
36) 57.65 Chanta Gibney, 80, IRL
57.77 Judith Draxler,70,AUT
38) 57.83 Carmen Herea, 79, ROM
39) 58.02 Julie Douglas,80,IRL

## Total of 60 participants

200 METRES FREESTYLE Jul 27
1:58.57 Giaan Rooney, 82, AUS
2) $1: 58.78$ Yu Yang, $86, \mathrm{CHN}$
3) $1: 58.85$ Camelia Potec,82,ROM
4) 1:58.92 Claudia Poll,72,CRC
5) 1:59.29 Martina Moravcova,76,SVK

1:59.44 Nicola Jackson,84,GBR
7) 1:59.63 Eka Graham,81,AUS
8) $1: 59.64$ Mette Jacobsen, $73, \mathrm{DEN}$ Semi finals Jul 27

1) $1: 59.45$ Claudia Poll,72,CRC
2) 1:59.62 Giaan Rooney,82,AUS
3) $1: 59.68$ Yu Yang, $86, \mathrm{CHN}$
4) 1:59.68 Nicola Jackson,84,GBR
5) 1:59.73 Camelia Potec,82,ROM
6) 1:59.75 Eka Graham,81,AUS
7) 1:59.76 MartinaMoravcova,76,SVK
8) 2:00.05 Maki Mita,83,JPN

2:00.05 Mette Jacobsen, 73, DEN
10) $2: 00.37$ Nadezhda Chemezova,80,RUS
7) 4:13.04 Carla Geurts, 71 , NED

Prelims Jul 29

1) $4: 11.30$ Hannah Stockbauer,82,GER
2) 4:11.83 Yana Klochkova,82,UKR
3) 4:11.92 Irina Oufimiseva,,85,RUS
4) 4:12.17 Claudia Poll,72,CRC
5) 4:12.19 Hua Chen,82,CHN
6) 4:12.49 Carla Geurts, 71, NED
7) 4:12.66 Alicia Bozon,84,FRA
8) $4: 12.79$ Camelia Potec, 82, ROM
9) 4:12.82 Kaitlin Sandeno,83,USA
10) $4: 13.15$ Simona Paduraru,81,ROM
11) $4: 13.58$ Giaan Roonev,82,AUS
12) $4: 14.80$ Sofie Goffin,79,BEL
13) $4: 14.83$ Ashley Chandler, 83, USA
14) 4:15.14 Sachiko Yamada,82,JPN 15) $4: 15.24$ Nadezhda Chemezova, 80, RUS
15) $4: 15.25$ Eva Ristiov,85,HUN
16) $4: 15.93$ Jessica Deglau, $80, \mathrm{CAN}$
17) $4: 16.17 \mathrm{Yu}$ Yang, $86, \mathrm{CHN}$
18) $4: 16.47$ Lidia Elizalde,83,ESP
19) $4: 17.16$ Laura Roca, 80, ESP
20) $4: 17.97$ Bizabeth Van Welie,79,NZL
21) 4:18.00 Monique Ferreira,80,BRA
22) 4:18.04 Sarah-J. D'Arcy,77,AUS
23) $4: 18.76$ Hana Cerna-Netrefova, 74, CZE
24) 4:19.00 Patricia Villareal, 82,MEX
25) 4:19.87 Sophie Simard,78,CAN
26) $4: 20.20$ Helen Norfolk,81,NZL
27) 4:20.43 Jana Pechanova,81,CZE
28) 4:20.80 Zoe Dimoshaki,85,GRE
29) 4:20.90 Marianna Lymperta,79,GRE
30) $4: 21.79$ Ivanka Moralieva,83,BUL
31) $4: 22.53$ Ei Yamanoi,78,JPN
32) 4:22.87 Chantal Strasser,78,SUI

Total of 41 participants
800 METRES FREESTYLE Jul 23

1) $8: 24.66$ Hannah Stockbauer,82,GER
2) 8:88.84 Diana Munz,82,USA
3) 8:31.45 Kaitlin Sandeno,83,USA
4) $8: 31.66$ HuaChen, $82, \mathrm{CHN}$
5) 8:33.79 Flavia Rigamonti,81,SUI
6) 8:36.67 Rebecca Cooke,83,GBR
7) 8:39.32 Jana Pechanova,81,CZE
8) 8:45.05 Sachiko Yamada,82,JPN

Prelims Jul 22

1) 8:31.79 Hannah Stockbauer,82,GER
2) 8:33.09 Diana Munz,82,USA
3) $8: 35.51$ Kaitlin Sandeno, 83, USA
4) $8: 36.87$ Jana Pechanova, 81, CZE
5) 8:37.21 Rebecca Cooke,83,GBR
6) 8:37.27 Sachiko Yamada,82,JPN
7) 8:37.52 Hua Chen, $82, \mathrm{CHN}$
8) 8:40.33 Flavia Rigamonti,81,SUI
9) 8:40.55 Irina Outimtseva,85,RUS
10) $8: 41.35$ Camelia Potec, 82, ROM
11) 8:43.60 Charlene Benzie,81,AUS
12) 8:43.79 Amanda Pascoe,85,AUS
13) $8: 43.85$ Nayara Ribeiro,84,BRA
14) $8: 44.78$ Chantal Strasser,, 78, SUI
15) $8: 44.95$ Yumi Kida.85.JPN
16) 8:47.54 Alexandra Malanina, 85, RUS
17) $8: 47.61$ Marianna Lymperta, 79, GRE
18) $8: 48.62$ Fabiana Susini, 81, ITA
19) $8: 50.47$ Peggy Buchse, 72, GER
20) $8: 54.00$ Cecilia Biagioli,85,ARG
21) $8: 54.49$ Patricia Villareal, $82, \mathrm{MEX}$
22) 9:01.22 Ivanka Moralieva,83,BUL
23) 9:01.74 Chi-Chan Lin,80,TPE

Total of 24 participants
1500 METRES FREESTYLE Jul 28

1) 16:01.02 Hannah Stockbauer,82,GER
2) 16:05.99 Flavia Rigamonti,81,SUI
3) 16:07.05 Diana Munz,82,USA
4) 16:16.80 Amanda Pascoo,85,AUS
5) 16:20.15 RebeccaCooke,83,GBR
6) 16:88.91 Kaitlin Sandeno,83,USA
7) 16:34.43 Sachiko Yamada,82.JPN
8) $16: 40.37$ Nayara Ribeiro,84,BRA

Prelims Jul 27

1) $16: 14.51$ Hannah Stockbauer,82,GER
2) 16:17.08 Diana Munz,82,USA
3) 16:21.75 Amanda Pascoe,85,AUS
4) 16:21.80 Kaitlin Sandeno,83,USA
5) 16:22.41 Rebecca Cooke,83,GBR
6) 16:27.91 Flavia Rigamonti,81,SUI
7) 16:31.60 Sachiko Yamada,82,JPN
8) $16: 32.18$ Nayara Ribeiro,84,BRA
9) 16:32.29 Nathalie Brown,83,GBR
10) 16:34.22 Hua Chen,82,CHN
11) 16:34.27 Irina Oufimtseva,85,RUS
12) $16: 36.02$ Jana Pechanova,81,CZE
13) $16: 38.23$ Peggy Buchse,72,GER
14) $16: 41.43$ Hayley Lewis, 75, AUS
15) 16:43.71 Hana Cerra-Netrefova,74,CZE
16) $16: 45.60$ Chantal Strasser,78,SUI
17) 16:46.30 Yumi Kida,85,JPN
18) 16:49.52 Alexandra Malanina,85,RUS
19) $16: 55.53$ Ivanka Moralieva,83,BUL
20) $16: 56.10$ Patricia Villaread, 82,MEX
21) 16:59.36 Marianna Lymperta, 79,GRE
22) 17:10.35 Fabiana Susini, 81, TA
23) 17:16.07 Cecilia Biagioli,85,ARG
24) 17:23.01 Chi-Chan Lin,80,TPE

## Total of 26 participants

## 50 METRES BACKSTROKE Jul 24

### 28.51 Haley Cope,79,USA

28.53 Antje Buschschulte,78,GER
28.54 Natalie Coughlin,82,USA
28.62 Sandra Volker,74,GER
28.86 Diana Mocanu,84,ROM
28.89 DyanaCalub,75,AUS
28.90 NinaZhivanevskaya, 77, ,ESP 28.99 Hinkelien Schreuder,84,NED

## inals Jul 23 <br> 28.49 Natalie Coughlin,82,USA

 28.51 Sandra Volker,74,GER 28.66 Antje Buschschulte,78,GER 28.74 Dyana Calub,75,AUS 28.78 Haley Cope,79,USA 28.83 Nina Zhivanevskaya,77,ESP 29.19 Diana Mocanu,84,ROM 29.22 Hinkelien Schreuder,84,NED 29.23 Hanae lto,85,JPN 29.28 Giaan Rooney,82,AUS 29.30 Mai Nakamura,79,JPN 29.41 Anu Koivisto,80,FIN 29.48 Dominique Diezi,77,SUI 29.50 Aleksandra Herasimenia,85,BLR 29.52 Michelle Lischinsky,74,CAN 29.57 Sarah Price,79,GBRPrelims Jul 23
28.60 Haley Cope,79,USA
28.62 Antje Buschschulte,78,GER 28.72 Sandra Volker,74,GER 28.77 Natalie Coughlin,82,USA 28.93 Nina Zhivanevskaya,77,ESP 29.00 Mai Nakamura,79,JPN 29.21 Diana Mocanu,84,ROM 29.24 Dyana Calub,75,AUS 29.29 Hinkelien Schreuder,84,NED 29.31 Hanae Ito,85,JPN 29.38 Anu Koivisto,80,FIN 29.44 Aleksandra Herasimenia,85,BLR 29.46 Giaan Roonev,82,AUS 29.47 Michelle Lischinsky,74,CAN 29.48 Dominique Diezi,77,SUI 29.49 Sarah Price,79,GBR 29.67 Ilona Hlavackova,77,CZE 29.67 Min-Jie Shim,83,KOR 29.89 Shu Zhan,85,CHN 29.92 Louise Ornstedt,85,DEN 30.02 Jennifer Carroll, 81, CAN 30.04 Ekaterina Kibalo,82,RUS 30.29 MariaC. Santos,78,POR 30.40 Alenka Kejzar,79,SLO 30.56 Ania Gustamelski,81,ISR 30.89 Urska Slapsak,72,SLO 30.95 Alessandra Cappa,82,ITA

## Total of 44 participants

100 METRES BACKSTROKE Jul 28 1:00.37 Natalie Coughlin,82,USA 1:00.68 DianaMocanu,84,ROM 1:01.42 Antje Buschschulte,78,GER 1:01.75 NinaZhivanevskaya,77,ESP 1:01.80 Mai Nakamura,79,JPN 1:01.82 Sarah Price,79,GBR 1:02.40 Hanae lto,85,JPN 1:02.60 Illona Hlavackova, 77,CZE Semi finals Jul 27
1:00.91 Natalie Coughlin,82,USA
1:01.26 DianaMocanu,84,ROM
3) 1:01.44 NinaZhivanevskaya,77,ESP

## 4

1:01.55 Antje Buschschulte 78 GER
5) 1:01.60 Sarah Price,79,GBR
6) 1:01.94 Mai Nakamura, 79, JPN
7) 1:02.19 Ilona Hlavackova,77,CZE
8) 1:02.25 DyanaCalub,75,AUS
9) 1:02.53 Stanislava Komarova,86,RUS
10) 1:02.61 Haley Cope,79,USA
11) 1:02.67 Louise Ornstedt, 85 , DEN
12) $1: 02.70$ ShuZhan, $85, \mathrm{CHN}$
13) $1: 02.90$ Hanae lto,85,JPN
14) $1: 03.04$ Anu Kovisisto,80,FIN
15) $1: 03.16$ Katy Sexton,82,GBR 16) $1: 03.85$ Giaan Rooney,82,AUS Prelims Jul 27

1) 1:00.94 Natalie Coughlin,82,USA
2) 1:01.60 Antje Buschschulte,78,GER
3) 1:01.81 Diana Mocanu,84,ROM
4) $1: 01.91$ NinaZhivanevskaya,77,ESP
5) 1:01.99 Sarah Price, $79, \mathrm{GBR}$
6) 1:02.36 Mai Nakamura,79,JPN
7) 1:02.48 Katy Sexton,82,GBR

1:02.48 Ilona Havackova, 77,CZE
9) 1:02.64 Hanae lto,85,JPN
10) 1:02.70 Stanislava Komarova, 86, RUS
11) 1:03.05 Louise Ornstedt,85,DEN
12) 1:03.17 DyanaCalub,75,AUS
13) 1:03.22 ShuZhan,85,CHN
14) 1:03.23 Haley Cope,79,USA
15) $1: 03.25$ Anu Koivisto, $80, \mathrm{FIN}$
16) $1: 03.58$ Giaan Rooney, 82, AUS
17) 1:03.63 Michelle Lischinsky,74,CAN 18) 1:04.49 Jennifer Carroll,81,CAN
19) 1:04.52 Dominique Diezi,77,SU|
20) 1:04.59 Ania Gustamelski,81,ISR
21) $1: 04.65$ Maria C. Santos, $78, \mathrm{POR}$ 22) $1: 04.67 \mathrm{Min}$-Jie Shim,83,KOR
23) 1:04.75 Alessandra Cappa,82,,ITA
24) 1:04.75 Alenka Kejzar,79,SLO

Total of 42 participants

## 200 METRES BACKSTROKE Jul 26

1) 2:09.94 DianaMocanu,84,ROM
2) 2:10.43 Stanislava Komarova,86,RUS
3) 2:11.05 Joanna Fargus,82,GBR
4) 2:11.16 Jennifer Fratesi, $84, \mathrm{CAN}$

2:11.47 Antje Buschschulte,78,GER
6) 2:11.58 Clementine Stoney,82,AUS
7) 2:11.68 Nicole Hetzer,79,GER
8) 2:14.12 Aya Terakawa,84,JPN

Semi finals Jul 26

1) 2:10.59 Diana Mocanu,84,ROM
2) $2: 11.61$ Joanna Fargus, $82, G B R$

2:11.65 Jennifer Fratesi,84,CAN
2:11.69 Nicole Hetzer,79,GER
2:12.05 Clementine Stoney,82,AUS
2:12.11 Stanislava Komarova,86,RUS
2:12.47 Aya Terakawa,84,JPN
8) 2:12.78 Antje Buschschulte, $78, \mathrm{GER}$
9) 2:13.42 Reiko Nakamura,82,JPN
10) 2:14.37 Katy Sexton,82,GBR
11) 2:14.57 Jamie Reid,83,USA
12) $2: 14.67$ Jessica Aveyard, 80 ,USA
13) $2: 15.31$ Shu Zhan, $85, \mathrm{CHN}$
14) $2: 15.38$ Eizabeth Wycliffe,83,CAN
15) 2:15.64 Anu Koivisto,80,FIN
16) $2: 17.02$ Valentina Brat, $85, \mathrm{ROM}$ Prelims Jul 26

1) $2: 11.04$ Diana Mocanu,84,ROM
2) 2:11.16 Joanna Fargus, $82, G B R$
3) $2: 11.54$ Stanislava Komarova,86,RUS

2:12.31 Clementine Stoney,82,AUS
2:12.67 Jennifer Fratesi,84,CAN
6) 2:12.88 Antje Buschschulte,78,GER

2:13.19 Nicole Hetzer,79,GER
8) 2:13.31 Reiko Nakamura, 82, JPN
9) 2:13.84 Aya Terakawa,84,JPN
10) 2:14.97 Eizabeth Wyclifte,83,CAN
11) $2: 15.01$ Anu Koivisto, $80, \mathrm{FIN}$
12) $2: 15.04$ Katy Sexton,82,GBR
13) $2: 15.08$ Shu Zhan, $85, \mathrm{CHN}$
14) 2:15.22 Jessica Aveyard,80,USA
15) $2: 15.32$ Valentina Brat, $85, \mathrm{ROM}$
16) $2: 15.38$ Jamie Reid, 83, USA
17) $2: 15.55$ Kelly Tucker,85,AUS
18) $2: 15.56$ Helen Norfolk, $81, \mathrm{NZL}$
19) 2:16.31 Alenka Kejzar,79,SLO
20) 2:17.48 Louise Ornstedt,85,DEN
21) 2:17.63 NinaZhivanevskaya,77,ESP
22) 2:18.36 Ania Gustamelski, 81, ISR

## Total of 33 participants

## 50 METRES BREASTSTROKE Jul 27

4) 1:08.98 Agnes Kovacs,81,HUN
5) 1:09.02 Kristy Kowal,78,USA
6) 1:09.40 Rhiannon Leier,76,CAN
30.84 Xuejuan Luo,84,CHN
31.37 Kristy Kowal, ,7,USA
31.40 Zoe Baker,76,GBR
31.55 Megan Quann,84,USA
31.87 Brooke Hanson,78,AUS
31.96 Roberta Crescentini,75,ITA
32.03 Sarah Poewe,83,RSA
7) 32.05 Agnes Kovacs, 81, HUN

Semi finals Jul 26
31.10 Xuejuan Luo,84,CHN
31.27 Zoe Baker,76,GBR
3) 31.58 Megan Quann,84,USA 31.67 Kristy Kowal,78,USA 31.71 Brooke Hanson,78,AUS 31.88 Agnes Kovacs,81,HUN 32.02 Sarah Poewe,83,RSA 32.15 Roberta Crescentini,75,ITA 32.27 Tarnee White,81,AUS 10) 32.43 Emmalgelstrom,80,SWE
11) 32.45 Majken Thorup,79,DEN
12) 32.46 Eena Bogomazova,82,RUS
13) 32.51 Simone Karn-Weiler,78,GER
14) 32.56 Vera Lischka,76,AUT
15) 32.64 Sanae Nawata,85,JPN
16) 32.71 Madelon Baans, 77,NED

Prelims Jul 26
) 31.23 Zoe Baker,76,GBR
31.62 Kristy Kowal,78,USA 31.77 Megan Quann,84,USA 31.96 Brooke Hanson,78,AUS 32.05 Xuejuan Luo, $84, \mathrm{CHN}$ 32.05 Sarah Poewe,83,RSA 32.09 Agnes Kovacs, 81, HUN
32.25 Sanae Nawata,85,JPN 32.25 Roberta Crescentini,75,ITA
10) 32.31 Vera Lischka,76,AUT
11) 32.34 Eena Bogomazova,82,RUS
12) 32.37 Simone Karn-Weler,78,GER
13) 32.42 Majken Thorup,79,DEN
14) 32.55 Madelon Baans, 77, NED
15) 32.62 Tarnee White, 81, AUS
16) 32.63 Emmalgelstrom,80,SWE
17) 32.72 Anne-M. Gulbrandsen,84,NOR
18) 32.75 Emma Robinson,78,IRL
32.79 Rhiarnon Leier,76,CAN
20) 32.81 Mirna Jukic,86,AUT
21) 32.85 Maria Ostling,78,SWE
22) 32.96 Natalia Hissamutdinova,83,EST
23) 33.03 Junko Isoda,81,JPN
24) 33.33 Ziada Jardine,84,RSA
25) 33.36 Carmela Schlegel,83,SUI
26) 33.43 Ilkay Dikmen,81,TUR
27) 33.64 Nicole Teo,80,SIN
28) 33.85 Christin Petelski,77,CAN

## Total of 39 participants

100 METRES BREASTSTROKE Jul 23

1) 1:07.18 Xuejuan Luo,84,CHN
2) 1:07.96 Leisel Jones,85,AUS
3) $1: 08.50$ Agnes Kovacs,81,HUN
4) $1: 08.52$ Sarah Poewe,83,RSA
5) $1: 08.80$ Megan Quann,84,USA
6) $1: 08.92$ Kristy Kowal,78,USA
7) 1:09.48 Mirna Jukic,86,AUT
8) 1:09.90 Rhiannon Leier, 76, CAN

Semi finas Jul 22

1) 1:07.48 Xuejuan Luo,84,CHN
2) $1: 08.02$ Agnes Kovacs, 81, HUN
3) $1: 08.58$ Leisel Jones, 85, AUS
4) $1: 08.98$ Sarah Poewe,83,RSA
5) $1: 09.31$ Mirna Jukic,86,AUT
6) 1:09.32 Megan Quann,84,USA
7) $1: 09.37$ Kristy Kowal, 78, USA
8) 1:09.69 Rhiannon Leier, $76, \mathrm{CAN}$
9) 1:09.77 Tarnee White,81,AUS
10) 1:09.92 Eena Bogomazova,82,RUS
11) 1:10.44 Simone Karn-Weiler,78,GER
12) 1:10.79 Junko Isoda,81,JPN
13) 1:10.98 Madelon Baans,77,NED
14) $1: 11.04$ Jaime King,76,GBR
15) 1:11.12 Roberta Crescentini,75,ITA
16) $1: 11.18$ Evira Fischer,78,AUT

Prelims Jul 22

1) $1: 08.71$ Sarah Poeve,83,RSA
2) 1:08.78 Xuejuan Luo,84,CHN
3) $1: 08.86$ Leisel Jones,85,AUS

1:09.71 Megan Quann,84,USA
8) $1: 09.85$ Mirna Jukic,86,AUT
9) 1:09.94 Tarnee White,81,AUS
10) 1:09.96 Simone Karn-Weiler, 78, GER
11) 1:09.99 Elena Bogomazova,82,RUS
12) $1: 10.45$ Junko Isoda, $81, J P N$
13) $1: 10.85$ Jaime King,76,GBR 14) $1: 10.90$ Roberta Crescentini,75,ITA 15) 1:11.08 Madelon Baans,77,NED
16) $1: 11.14$ Evira Fischer,78,AUT
17) $1: 11.24$ Emmalgelstrom,80,SWE 18) 1:11.27 Yuko Sakaguchi,79,JPN 19) $1: 11.42$ Christin Petelski,77,CAN 20) 1:11.45 Maiken Thorup,79,DEN 21) 1:11.51 Maria Ostling,78,SWE 22) $1: 11.70$ Emma Robinson,78,IRL 23) 1:12.45 Anne-M. Gulbrandsen,84,NOR 24) $1: 12.60$ NataliaHissamutdinova,83,EST 25) 1:13.00 Carmela Schlegel,83,SUl 26) 1:13.01 Nicole Teo,80,SIN 27) 1:13.20 Hyo-Jin Ku,85,KOR 28) $1: 13.34$ Ilkay Dikmen,81,TUR Total of 42 participants
200 METRES BREASTSTROKE Jul 25

1) $2: 24.90$ Agnes Kovacs, $81, \mathrm{HUN}$
2) 2:25.09 Hui Qi, $85, \mathrm{CHN}$
3) 2:25.29 Xuejuan Luo,84,CHN

### 26.10 Ingede Bruijn,73,NED

26.18 Therese Alshammar,77,SWE 26.56 Anna-Karin Kammerling,80,SWE 26.64 Natalie Coughlin,82,USA 26.78 Petria Thomas,75,AUS 26.87 Karen Egda, 78, DEN 27.05 Otylia Jedrzejczak,83,POL 27.10 Yi Ruan,81,CHN 27.12 Urska Slapsak,72,SLO 10) 27.15 Alison Sheppard,72,GBR 11) 27.17 Junko Onishi,74,JPN
12) 27.18 Mary Descenza,85,USA 27.18 Vered Borochovski,84,ISR
14) 27.46 Natalia Soutiaguina,80,RUS
15) 27.49 Fabienne Dufour,81,BEL
16) 27.69 Elena Poptchenko,79,BLR

Prelims Jul 25

1) 26.52 Natalie Coughlin, 82, USA
2) 26.63 Inge de Bruijn,73,NED
3) 26.89 Karen Egdal,78,DEN
27.01 PetriaThomas,75,AUS 27.02 Vered Borochovski,84,ISR 27.06 Anna-Karin Kammerling,80,SWE 27.11 Junko Onishi,74,JPN 27.16 Yi Ruan,81,CHN 27.19 Therese Alshammar,77,SWE
4) 27.33 Alison Sheppard,72,GBR 11) 27.39 Fabienne Dufour, 81, BE
5) 27.40 Natalia Soutiaguina,80,RUS
6) 27.47 Otylia Jedrzejczak,83,POL
7) 27.51 Eena Poptchenko,79,BLR
8) 27.53 Urska Slapsak,72,SLO
9) 27.54 Mary Descenza,85,USA
10) 27.61 Julia Ham,79,AUS
11) 27.64 Judith Draxler,70,AUT
12) 27.84 Chantal Groot,82,NED
13) 27.88 Inna Yaitskaya,, 7, RUS
14) 28.04 Anna Kopatchenia,80,BLR 28.04 Angela San Juan,83,ESP
15) 28.27 Leah Martindale, 78, BAR
16) 28.32 Yuko Nakanishi, $81, \mathrm{JPN}$
17) 28.42 Sophia Skou,73,DEN
18) 28.46 Tine Bossuyt, 80, BEL
28.47 Audrey Lacroix,83,CAN
19) 29.00 Sharntelle Mclean, 84, TRI
20) 29.02 Julie Douglas,80,IRL

Total of 45 participants
100 METRES BUTTERFLY Jul 28

1) 58.27 Petria Thomas, 75, AUS
2) 58.72 Oitlia Jedrzejczak,83,POL
58.88 Junko Onishi,74,JPN
59.30 Mary Descenza,85,USA
59.43 Johanna Sjoberg,78,SWE 59.67 Shelly Ripple,80,USA 59.75 Vered Borochovski,84,ISR 8) $1: 00.00$ Natalia Soutiaguina,80,RUS Semi finals Jul 27
3) 58.59 Petria Thomas, 75, AUS
58.73 Otylia Jedrzejczaz, 83, POL 59.21 Junko Onishi,74,JPN 59.38 Mary Descenza,85,USA 59.63 Vered Borochovski,84,ISR 59.82 Johanna Sjoberg,78,SWE 59.89 Natalia Soutiaguina,80,RUS 59.96 Shelly Ripple,80,USA

1:00.15 SophiaSkou,73,DEN
10) 1:00.20 Audrey Lacroix,83,CAN
11) $1: 00.37$ Irina Bespalova, 81, RUS
12) $1: 00.46$ Mireia Garcia,81,ESP
13) $1: 00.62$ Julia Ham,79,AUS
14) $1: 00.67$ Yi Ruan, $81, \mathrm{CHN}$
15) 1:00.80 PetraZanrl,81,AUT 16) 1:01.02 Fabienne Dufour,81,BEL Prelims Jul 27

1) 58.53 Petria Thomas, 75, AUS
2) 59.24 Otylia Jedrzejczak, 83, POL 59.30 Junko Onishi,74,JPN 59.73 Mary Descenza,85,USA 59.89 Natalia Soutiaguina,80,RUS 59.94 Vered Borochovski,84,ISR 59.96 Irina Bespalova,81,RUS

1:00.12 Shelly Ripple,80,USA
9) 1:00.35 Johanna Sjoberg,78,SWE
10) 1:00.53 Sophia Skou,73,DEN
11) $1: 00.55$ Fabienne Dufour,81,BEL
12) $1: 00.81$ Mireia Garcia,81,ESP
13) 1:00.84 Audrey Lacroix,83,CAN
14) $1: 01.00$ Yi Ruan, $81, \mathrm{CHN}$
15) $1: 01.08$ PetraZanrl,81,AUT
16) 1:01.14 Julia Ham,79,AUS
17) 1:01.24 Sara Parise,82,ITA
18) $1: 01.27$ AnnaKopatchenia,80,BLR
19) 1:01.56 Angela San Juan,83,ESP
20) $1: 01.58$ Saori Haruguchi,87,JPN
21) $1: 01.63$ Jennifer Fratesi,84,CAN
22) 1:02.69 Elizabeth Van Welie,79,NZL
23) 1:02.77 Raquel Felgueiras,80,POR

Total of 37 participants
200 METRES BUTTERFLY Jul 23

1) $2: 06.73$ Petria Thomas, 75, AUS
2) 2:06.97 Annika Mellhorn,83,GER
3) $2: 08.52$ Kaitlin Sandeno,83,USA
4) $2: 09.08$ Yuko Nakanishi, 81, JPN
5) $2: 09.57$ Mette Jacobsen,73,DEN
6) 2:10.11 EvaRistov, $85, \mathrm{HUN}$
7) 2:10.42 Mireia Garcia,81,ESP 8) 2:11.09 Shelly Ripple,80,USA Semi finas Jul 22
8) $2: 08.95$ Annika Mehlhorn, $83, G E R$
9) $2: 09.20$ Petria Thomas, 75, AUS
10) 2:09.79 Yuko Nakanishi,81,JPN
11) 2:09.91 Eva Ristov, 85, HUN
12) $2: 09.97$ Mireia Garcia,81,ESP
13) 2:10.43 Mette Jacobsen, $73, \mathrm{DEN}$
14) 2:10.62 Shelly Ripple,80,USA
15) 2:10.65 Kaitlin Sandeno,83,USA
16) 2:11.03 Jessica Deglau,80,CAN
17) $2: 11.07$ GeorginaLee,81,GBR
18) 2:11.68 Sophia Skou,73,DEN
19) $2: 12.09$ PetraZanrl, 81, AUT
20) 2:12.58 Irina Bespalova,81,RUS
21) 2:13.05 Asako Kitada,83,JPN
22) 2:13.10 Audrey Lacroix,83,CAN 16) 2:13.29 Elizabeth Van Welie,79,NZL Prelims Jul 22
23) $2: 07.91$ Petria Thomas, 75, AUS
24) 2:08.37 AnnikaMehhhorn,83,GER
25) $2: 10.75$ Jessica Deglau, $80, \mathrm{CAN}$
26) 2:10.87 Kaitlin Sandeno,83,USA

2:11.07 Eva Ristov,85,HUN
6) 2:11.15 Mireia Garcia,81,ESP
7) 2:11.27 Mette Jacobsen,73,DEN

2:11.45 Yuko Nakanishi,81,JPN
9) 2:11.61 Georgina Lee,81,GBR
10) $2: 11.76$ Shelly Ripple,80,USA
11) 2:11.87 Elizabeth Van Welie,79,NZL
12) $2: 12.03$ Asako Kitada,83,JPN
13) 2:12.25 PetraZahr,81,AUT
14) 2:12.35 Sophia Skou,73,DEN
15) 2:12.94 Audrey Lacroix,83,CAN
16) 2:13.65 Irina Bespalova,81,RUS
17) $2: 14.24$ Vered Borochovski,84,ISR
18) $2: 14.69$ Nicole Hunter, 84, AUS
19) $2: 15.73$ Yi Ruan, $81, \mathrm{CHN}$
20) 2:18.24 Mirijana Bosevska,81,MKD
21) 2:19.27 Christel Bouvron, $84, \mathrm{SIN}$
22) 2:19.33 Anna Kopatchenia,80,BLR
23) $2: 19.81$ Mariela Yepez,79,ECU
24) 2:19.90 Natalia Roubina, $84, \mathrm{CYP}$ Total of 29 participants
200 METRES IND.MEDLEY Jul 27

1) $2: 11.93$ Maggie Bowen, 80, USA
2) 2:12.30 YanaKlochkova,82,UKR
3) $2: 12.46$ Hui $Q i, 85, C H N$
4) $2: 13.62$ Oxana Verevka,77,RUS
5) 2:13.78 Beatrice Coada-Caslaru,75,ROM
6) 2:14.82 Cristina Teuscher,78,USA
7) 2:14.93 Tomoko Hagiwara,80,JPN
8) $2: 15.15$ Annika Menlhorn,83,GER

Semi finas Jul 26

1) 2:13.07 YanaKlochkova,82,UKR
2) $2: 13.55$ Maggie Bowen,80,USA
3) $2: 13.56$ Oxana Verevka, 77, RUS
4) 2:14.11 Annika Mehlhorn,83,GER
5) 2:14.22 Tomoko Hagiwara,80,JPN
6) $2: 14.37$ Cristina Teuscher,78,USA
7) 2:14.40 Hui $\AA i, 85, \mathrm{CHN}$
8) 2:14.42 Beatrice Coada-Caslaru,75,ROM
9) $2: 15.40$ Marianne Limpert,72,CAN
10) 2:16.10 Lori Munz,79,AUS
11) $2: 16.32$ Jennifer Reilly,83,AUS
12) $2: 17.17$ Sara Nordenstam, 83, SWE
13) $2: 17.78$ Hinkelien Schreuder,84,NED
14) $2: 18.56$ Ayane Sato,82,JPN
15) 2:19.11 Georgina Bardach,83,ARG
16) 2:19.22 Mirjana Bosevska,81,MKD

Prelims Jul 26

1) 2:14.07 YanaKlochkova,82,UKR
2) 2:14.23 Maggie Bowen,80,USA
3) $2: 14.88$ Annika Mehlhorn,83,GER
4) 2:15.07 Lori Munz,79,AUS
5) 2:15.07 Nicole Hetzer,79,GER
6) 2:15.23 Cristina Teuscher,78,USA
7) 2:15.47 Tomoko Hagiwara,80,JPN
8) $2: 16.15$ Jennifer Reilly,83,AUS
9) 2:16.16 Marianne Limpert,72,CAN
10) 2:16.70 Oxana Verevka,77,RUS
11) $2: 16.79$ Beatrice Coada-Caslaru,75,ROM
12) $2: 17.23$ Sara Nordenstam, 83, SWE
13) 2:18.49 Hui $\AA, 85, \mathrm{CHN}$
14) $2: 18.56$ Mirjana Bosevska,81,MKD
15) 2:18.83 Ayane Sato,82,.JPN
16) $2: 19.20$ Georgina Bardach, 83, ARG
17) $2: 19.39$ Hinkelien Schreuder, 84, NED
18) $2: 19.39$ Tatiana Rouba,83,ESP
19) $2: 19.47$ Alenka Kejzar,79,SLO
20) $2: 19.99$ Eva Ristov, 85, HUN
21) $2: 20.06$ Hana Cerna-Netrefova,74,CZE
22) 2:21.03 Helen Norfolk,81,NZL
23) $2: 22.66$ LaraH. Bjargardottir, 81, ISL

Total of 35 participants
400 METRES IND.MEDLEY Jul 22

1) $4: 36.98$ YanaKlochkova,82,UKR
2) 4:39.06 Maggie Bowen,80,USA
3) $4: 39.33$ Beatrice Coada-Caslaru,75,ROM
4) 4:41.64 Hui $Q, 85, \mathrm{CHN}$
5) 4:43.13 Kätlin Sandeno,83,USA
6) $4: 44.77$ Nicole Hetzer, $79, G E R$
7) 4:48.47 Tomoko Hagiwara,80,JPN disq Ayane Sato,82,JPN

## Prelims Jul 22

1) 4:40.36 Beatrice Coada-Caslaru,75,ROM
2) $4: 41.31$ Maggie Bowen,80,USA
3) 4:41.81 Nicole Hetzer,79,GER
4) 4:42.52 YanaKlochkova,82,UKR
5) $4: 43.88$ Kaitlin Sandeno,83,USA
6) 4:44.65 Hui $Q i, 85, \mathrm{CHN}$
7) 4:45.94 Tomoko Hagiwara,80,JPN
8) 4:46.05 Ayane Sato, $82, J P N$
9) 4:46.29 Jennifer Reilly,83,AUS
10) 4:47.46 Hana Cerna-Netrefova,74,CZE
11) $4: 47.55$ Oxana Verevka,77,RUS
12) $4: 48.54$ Paula Carballido,79,ESP
13) $4: 49.26$ Sara Nordenstam,83,SWE

Rating Summary of Top Performances


## Ian Thorpe,82,AUS

 Grant Hackett,80,AUS Australia,AUS Geoff Huegill,79,AUS Roman Sloudnov,80,RUS Michael Phelps,85,USA Xuejuan Luo,84,CHN Lars Frolander,74,SWE Inge de Bruijn,73,NED Mark Foster,70,GBR14) 4:49.45 Simona Paduraru,81,RON
15) $4: 50.60$ Helen Norfolk, $81, \mathrm{NZL}$
16) $4: 52.31$ Georgina Bardach, 83, ARG
17) $4: 53.01$ Mirijana Bosevska,81,MKD
18) $4: 57.73$ Megan McMahon,82,AUS
19) $4: 57.91$ Wai Yen Sia,84,MAS

Total of 22 participants
4X100 MEDLEY RELAY Jul 29

1) $4: 01.50$ Australia,AUS

1:02.80 Dyana Calub
1:07.68 Leisel Jones
57.65 Petria Thomas
54.09 Sarah Ryan
2) 4:01.81 United States, USA

1:00.18 Natalie Coughlin
1:07.67 Megan Quann
59.59 Mary Descenza
54.37 Ein Phenix
3) $4: 02.63$ China, CHN

1:01.97 Shu Zhan
1:06.47 Xuejuan Luo 59.74 Yi Ruan 54.35 Yanwei Xu
4) $4: 03.06$ Germany, GER 1:01.07 Antje Buschschulte 1:09.58 Simon Karn-Weiler 58.59 Annika Mellhorn 53.82 Katrin Meissner
5) $4: 06.44$ Japan,JPN

1:01.97 Mai Nakamura
1:10.14 Junko Isoda 59.14 Junko Onishi
55.19 SumikaMinamoto
6) $4: 06.66$ Great Britain, GBR

1:01.84 Sarah price
1:09.86 Jaime King
59.85 Nicola Jackson
55.11 Rosalind Brett
7) $4: 07.58$ Russia,RUS

1:02.06 Stanislava Komarova
1:10.05 Eena Bogomazova
59.32 Natalia Soutiaguina 56.15 Inna Yaitskaya
8) $4: 08.10$ Canada,CAN

1:02.62 Jennifer Fratesi
1:09.85 Rhiannon Leier
1:00.26 Audrey Lacroix 55.37 LauraNicholls

## Prelims Jul 29

1) $4: 04.45$ Germany,GER
2) 4:05.07 United States,USA
3) $4: 05.70$ China,CHN
4) $4: 07.03$ Australia,AUS
5) $4: 07.37 \mathrm{Japan}, \mathrm{JPN}$
6) $4: 07.56$ Great Britain,GBR
7) 4:08.28 Russia,RUS
8) 4:08.58 Canada,CAN
9) 4:08.69 Denmark,DEN
10) 4:10.04 Sweden,SWE
11) $4: 11.06$ Romania,ROM
12) 4:11.24 Netherlands,NED
13) $4: 11.53$ Italy,ITA
14) $4: 26.33$ Singapore,SIN 15) 4:33.27 Chinese Taipei,TPE

4X100 FREE RELAY Jul 23

1) $3: 39.58$ Germany,GER
55.33 Petra Dallmann
55.13 Antje Buschschulte
54.07 Katrin Meisner
55.05 Sandra Volker
2) 3:40.80 United States, USA
56.15 Colleen Lanne 54.68 Ein Phenix 54.94 Maritza Correia 55.03 Courney Sheady

3:40.80 Great Britain,GBR 56.15 Alison Sheppard 55.22 Melanie Marshal 54.76 Rosalind Brett 54.67 Karen Pickering
4) 3:41.18 Sweden,SWE
56.19 Josefin Lillhage 54.79 Johanna Sjoberg
54.58 Therese Alshammar 55.62 Anna-K.Kammerling
5) 3:41.32 China,CHN 55.89 Yu Yang
55.77 Xue Han
55.31 Yingwen Zhu
54.35 Yanwei Xu
6) 3:42.01 Australia,AUS
55.22 Sarah Ryan
55.68 Petria Thomas
55.57 Lori Munz
55.54 Giaan Rooney
7) 3:43.07 Japan,JPN 56.00 Tomoko Nagai 55.83 Maki Mita
55.04 Sumika Minamoto
56.20 Eri Yamanoi
8) $3: 44.67 \mathrm{Italy}, \mathrm{ITA}$
56.64 Luisa Striani
56.11 Cristina Chiuso
56.06 Sara Parise 55.86 Cecilia Vianini

Prelims Jul 23

1) 3:41.40 Germany,GER
2) 3:41.49 United States,USA
3) $3: 41.76$ Austradia,AUS
4) $3: 41.92$ Great Britain,GBR
5) $3: 42.88$ China, CHN
6) $3: 43.23$ Sweden,SWE
7) $3: 43.58$ Italy,ITA
8) $3: 43.71$ Japan,,JPN
9) 3:46.03 Canada,CAN
10) 3:46.54 Netherlands,NED
11) $4: 02.03$ Singapore,SIN
12) $4: 02.65$ Chinese Taipei,TPE
13) $4: 14.77$ Macaul,MAC

4X200 FREE RELAY Jul 25

1) $7: 58.69$ Great Britain, GBR

2:00.05 Nicola Jackson
2:00.64 Janine Belton
1:58.95 Karen Legg
1:59.05 Karen Pickering
2) $8: 01.35$ Germany,GER

2:00.39 Silvia Szadai
1:59.48 Sara Harstick
1:59.06 Hannah Stockbauer
2:02.42 Meike Freitag
3) 8:02.97 Japan,JPN

2:00.38 Maki Mita
1:59.25 Tomoko Hagiwara
2:00.98 Tomoko Nagai
2:02.36 Ei Yamanoi
4) $8: 06.42$ Canada, CAN

2:01.13 Marianne Limpert
2:00.65 Jessica Deglau
2:02.47 Sophie Simard
2:02.17 LauraNicholls
5) $8: 06.55$ Spain,ESP

2:01.77 Laura Roca
2:01.75 Tatiana Rouba
2:01.91 Lidia Eizalde
2:01.12 Paula Carbalido

## 2001 FINA WORLD CHAMPIONSHIPS

# ASIRAIAVKEMMST(G)एS ISAMSTMEALS THORPE STARS WITH FOUR OF EIGHT WORLD RECORDS 

Nick J. Thierry

FUKUOKA- The9th FINAWorldChampionships was a greatswimming competition, with 8 world records and an Australian win over the USA in goldmedals (13to 9), although the USAclaimed 26 total medals to 19 for the Ausies.

With thepointsystem used, the USA, with 847 points,beatoutAustraliawith 788. Canadaearned 8points. Thispointsystem wasdesignedin theera of Aand Bfinals, and has not been updated now that semifinals have been introduced. So scoring included the top eight finalists as well as the semifinalists from 9th to 16th.

The men's FINA Trophy (top individual performers) was awarded to Ian Thorpe for his three individual wins, his fourth in the 100 free, and bonus points for three world records, for a
 total of 22 points. Inge de Bruijn (NED) won the
women's FINA Trophy with 15 points for three individual wins. Points are awarded 5-3-2-1 with a bonus of 2 for a world record.

There were 48 World Championship records in 40 events (up from 32 events in 1998). Continental records werebettered as follows: Africa 1, Americas 8, Asia 21, Europe 14, and Oceania 10.

A total of 1498 competitors from 134 National Federations took part in the five disciplines of Open Water (104), Diving (146), Synchronized (166), Swimming (720) and Men's (209) and Women's (153) Water Polo.

The swimming events were held in the Marine Messe, an indoor multi-purpose facility. The temporary 50 -m pool with 10,000 seats on threesides cost US $\$ 4$ million for the two-week period.

The Seiko timing system used for swimming had some faulty touch pads and caused controversy throughout the eight days of the competition.

Men's events were faster than the women's, with all the world records set by the men. Australia swept themen's relays (a first) and won two of three of the women's relays, although subsequently disqualified in the $4 x 200$ freefora post-raceinfraction (jumping into the pool before all teams had finished).

Australia'sIan Thorpe and Grant Hackett are in a class of their own and should dominatetheirevents as long as theywant. Countries that did poorly atlast
year's Olympics- Great Britain (no medals) and Germany (three bronze medals) - made huge improvements. GBR had 7(1-2-4) and GER 15 (3-66). Michael Phelps (USA), already theyoungest male world-record holder at 16, bettered the record again

| SWIMMING MEDALS TOTALS |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
|  | Gold | Silver | Bronze | Total |
| AUS | 13 | 3 | 3 | 19 |
| USA | 9 | 9 | 8 | 26 |
| GER | 3 | 6 | 6 | 15 |
| NED | 3 | 4 | 0 | 7 |
| UKR | 3 | 1 | 0 | 4 |
| CHN | 2 | 2 | 3 | 7 |
| ITA | 2 | 2 | 2 | 6 |
| SWE | 1 | 3 | 2 | 6 |
| GBR | 1 | 2 | 4 | 7 |
| RUS | 1 | 2 | 3 | 6 |
| ROM | 1 | 1 | 2 | 4 |
| HUN | 1 | 0 | 1 | 2 |
| AUT | 0 | 2 | 0 | 2 |
| ISL | 0 | 1 | 1 | 2 |
| SUI | 0 | 1 | 0 | 1 |
| POL | 0 | 1 | 0 | 1 |
| CRC | 0 | 1 | 0 | 1 |
| JPN | 0 | 0 | 4 | 4 |
| RSA | 0 | 0 | 1 | 1 |
| TOTAL | 40 | 41 | 40 | 121 |

in winning the 200 fly. Thorpe, Hackett, and Phelps are products of strong club programs, and each has been with one coach since they started in the sport.

Canada missed out on a medal in the pool, not for the first time, as they also had none in 1994. But they had finalists in six individual men's events and two of threerelays, both in record swims. Thewomen only had two individual finalists and two out of three relays. Thetop Canadian performance was by rookie Jennifer Fratesi, 17, with a fourth-place finish in the 200 backstroke, just 11/100ths of a second out of a medal. Canadian records were bettered 11 times in 6 events. The party line was "we're rebuilding," but most of the best from last year's Olympic team, with one exception, was at these World Championships.

The next Worlds will be in Barcelona in 2003, with Montreal chosen to hostthe 2005 championships. The Worlds started in 1973 and have been held on a four-year cycle (except for the first three, held every two years). But from 2001 onwards, they will be held every two years, with the short-course Worlds in between, every two years.

Montreal'ssuccessul bid was based on a unified siteforall fivedisciplines on St-Helen'sIsland (site of the 1967 World Exposition) andwill consistof outdoor poolsforswimming, synchro, diving, waterpolo, with the open water races in the 1976 Olympic rowing basin. The tentative dates are late July 2005.

## OPEN WATER WORLD CHAMPIONSHIPS

## RSSAEIISTLIMBMAROMMRTN

PAM PANA'S DISQUALIFICATION COSTLY

A total of 104 athletes took part in the open water swimming competition, representing 30 different nations. The 5 km eventwasheld on July 16 , followed by the 10 km eventon July 18 and the 25 km event on July 21, all starting from Momochihama Beach and swimming in Hakata Bay.

The 5 km raceconsisted ofa 2.5kmswim towards Nokonoshima Island, a turn around the buoy, and then theretum. The 10 km race wastwo trips around the 5 km course. In the 25 km course, participants swam around Nokonoshima Island (about 12.km) and returned to the starting point.

## 5 km Event

The Italians dominated the 5 km event as Alina Valli (ITA) and Luca Baldini (ITA) won their races decisively. A third-place finish by Marco Formentini (ITA) capped a nearly perfect day in the hot and humid conditions.

The 29 -year-old Valli avenged her third-place finish at the 5 km Open WaterWorldChampionships in Honolulu, Hawaii, lastyearby finishing 26seconds ahead of Peggy Busche (GER), the winner in Honolulu. Aconfident Valli said, "I felt likeI madea couple of mistakes, but it was a competiion against myself, andI wassurethatI could win when I reached thefirst300 m." HayleyLewis (AUS) wasa mere three seconds behind Busche as she captured the bronze medal. Lewis moved up to open-water events after a successful competitive career in the pool, including three Olympics and a world championships for the 200 free in 1991.

The two Italian men grew up on the Mediterranean shores near Genoa and spent most of their lives in the sea. They train for open water swimmingalmostexclusively, which perhapsexplains their success. Baldini's time of $55: 37$ was nearly a minutefasterthan thatofthesilvermedallistEvgueni Bezroutchenko (RUS). Baldini, like Valli, also placed third in Honolulu last year. "I didn't have a plan," Baldini said. "But at the firstbuoy, I tried to makea gap between me and the other swimmers, and then I just kept going." Formentini, in third, said, "I was satisfied with theresult tbecauseI am 31 yearsoldand this was my last chance to win a medal."

## 10 km Event

The sun really did shine on the Russian athletes on
this day at Momochihama Beach as they captured one gold and two silver medals in the men's and women's 10 km events. The powerful Evgueni Bezroutchenko (RUS) crossed the finish line just ahead of his teammate Vladimir Diattchine (RUS). Peggy Buchse (GER), who was second in the 5 km race, easily outpaced Irina Abyssova (RUS) for the women's 10 km gold. Bezroutchenko and Abyssova are both coached by three time world champion Alexei Akatiev.

Two Australians, a Syrian, a Frenchman, and a NewZealanderwerean unlikely collection of athletes tobeleadingtherace, butitwasearly, with little more than onequarter of theraceunder theirbelt. Stephan Lecat(FRA) andMarkSaliba(AUS) tookturnsleading theraceforthenexthour, matchingeach otherstroke for stroke and sizing each other up with each breath. The Russians and Italians had been in the middle of thepack throughout, alwayswithin strikingdistance, conserving their energy. "Mystrategywasto staywith the crowd the whole time and move in front at the final point, then lead the race with the best of my ability," said a proud Bezroutchenko, who had collected a silver medal in the 5 km event.

At the 7500 metre mark, Fabio Venturini (ITA) brokefrom thepackandwastrailedbyBezzoutchenko, Diattchine, and Samuel Pampana (ITA). Several loudwhistle blastsfrom the refereeindicated that the swimmers were being scolded because they were dratting off each other. Additionally, Pampana had been warned by the referee to avoid bodily contact with other swimmers and was threatened with disqualification forintentional interferenceofanother swimmer. With lessthan 300 metresto go, thereferee confirmed what Diattchine already knew, that Pampana hadbeen punchingorslappingthesmaller Russian with each strokehetook. The referee made thedecision to disqualify Pampana from theracebut the two Rusians and the two Italians were unaware of his decision. All four athletes sprinted to the finish line and each pounded the banner marking the end of theraceuntil thebannerfell into the water, unable to takefurtherpunishmentuntil itwasrehungby the officials.

Venturini told the media, "This is a bittersweet medal, it obviously belonged to Pampana." Italian team officials filed a protest with the referee, but the decision was upheld. The Italians then took their
protestto thejury of appeals, the FINABureau, which upheld the earlier decision.

In the women's event, Buchse added the 10 km gold medal to thesilver medal sheearnedin the 5 km event. "I can'tbelieve I actuallywon. I wasnotin the leading pack, but I remembered that my coach told me to speed it up in the last 1500 metres. I felt that I had a chance to win when I got ahead of Van Dijk (NED)."

Van Dijk said, "I wasn't confident about getting a medal, the groupstayed together solong and itwas difficultto get out. In the last 900 metres, I knew that whatever happened, I would geta medal." Van Dijk was the winner of both the 10 km and the 25 km eventsatthe2000WorldChampionshipsin Honoulu, Hawaii, last November.

Silver medallist Abysova had placed 8th in the 10 km event in Honolulu last November, just one month after the death of her longtime coach. She joined the training group coached by Akatiev and believed that her best event would be the 5 km , but placed only 10th.

KarleyStuzel (CAN) wasfourth, movingupfrom 10th at last year's championships. She wasless than a minutefrom a medal. Shefinished 19th in the 5 km event. Stutzel was in thelead for part of the race and swam a very hard race.

## 25 km Event

Since 1991, when open water was included in the program of the World Championships, the winner's time was about five hours. But during the coaches' inspection of therace, the most experienced observers predicted that the race would be harder and would takemore timethan ever. Theywereright. Thewarm temperature (32 c) didn'thelp either.

Right from the start, Christopher Wandratsch (GER) and Yury Kudinov( RUS) triedtotakethelead, butitwasn'teasy. Theotherswimmersdidn'tletthem getahead. Thereisa particularityoflongraces: ifyou swim alone, far from the others, you feel more confidence and the swim itself is not too hard. Butif thegroup isjustbehind, you feel likeyou arecarrying the whole race on your own shoulders. Eventually Wandratsch and Kudinov fell back to swim in the middle of the pack.

Atthefirst2.5 km buoy, Hiroki Fikida (JPN) lead therace.At 7.2 km , Kudinovwenttemporarilyintothe lead, but then fell back again, leaving Mark Leonard (USA) and Stefan Lecat (FRA) in the lead. With 2 hours and 40 minutes elapsed, 20 athletes reached the midpoint of the race all together. It was still imposible to say who had the best chance to win a medal.

Experienced long-distance swimmers say that the marathon starts after the 22nd kilometre.

Kudinov picked up the pace after 23 km . He
looked very confident. His time at the finish was 28 seconds ahead of Stephan Gomez (FRA) and 1:04 ahead Stephan Lecat (FRA).
"I'm veryhappy thatI won," Koudinovsaidafter the end of the race. "But that was the most difficult competition I ever had in my life. First of all, it's the distance itself. There is a strong underwater current and the water was sometimes cold, sometimeswarm, sometimes very hot, and the waves. I made a big mistake at the beginning, trying to lead. My coach wasmad at me. He was yelling 'you'restupid,' but it took much time for me to realize that I really was. I lostalot of energy, trying to pick up speed. Butfinally I won and can say that Fukuoka is lucky for me and for the rest of Russian swimmers."
"I wasn't expecting to win a medal in thisrace," Lecat said. "I'm really happy with the result. I wasin 8th place last year at the Worlds in Honolulu and Gomez was 5th. It is our first time on the podium together and it feels great!"

Russians intended to win easily the team gold. They expected Olga Gusseva to be at leastamong the first fivein the women's 25 km and Natalia Pankina amongthefirstten. ButGussevalefttheracesuddenly after reaching 18 km , leaving only Pankina in the race, who managed a fifth- just enough for the team trophy.

Viola Valli (ITA), winner of the 5 km event, and Edith van Dijk (NED) wereboth favourites in the 25 km event. They both looked confident after the first buoy.

Valli was 2 minutes behind at 8 km , but shewas determinedto catch up.Van Dijkwasin theleadatthe midpoint. After rounding the buoy at 12.5 km , Valli movedahead and theDutch swimmerwasnotableto keep up with her.
"It'swonderful to win two goldshere," Valli said. "Even though I was behind at 8 km , I was confident I would catch up."
"I felt good," Van Dijk said. "I wasworkinghard to win, I was well ahead of the others for a while, but Valli was really fast. I kept up with her on the retum legbutshemovedaheadin thelast 6.5 km . I'm happy with the silver."

Bronzemedal winner Angela Maurer (GER) was happy because she didn't expect any medal at all. "I almost gave up during the race, it was very hard. I needed to drink waterall thetime. I musthavedrunk six litres during the race. The current and the big waves made the race really tough. It was the hardest race I ever swam. I tried to stay in and concentrateto do my best."

Team gold went to Russia by only a two-point advantage over Italy. The Italians lost their chance with the disqualification of Pampana in the 10 km event.

## OPEN WATER RESULTS



| MENS 25K OPEN WATER SWIM, Jul 21 |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| 1 KOUDINOV Yury | 79 | RUS | 2:40:04 | 5:25:32 |
| 2 GOMEZ Stephane | 76 | FRA | 2:40:01 | 5:26:00 |
| 3 LECAT Stephane | 71 | FRA | 2:39:53 | 5:26:36 |
| FUSI Fabio | 69 | ITA | 2:40:00 | 5:28:16 |
| 5 SALIBA Mak | 79 | AUS | 2:40:05 | 5:29:17 |
| 6 LEONARD Mark | 77 | USA | 2:39:48 | 5:31:53 |
| 7 WANDRATSCH Christof | 66 | GER | 2:39:56 | 5:33:36 |
| 8 PEREZ GONZALLZ Andres | 80 | CUB | 2:40:26 | 5:34:37 |
| 9 VASIC Miodrag | 75 | YUG | 2:40:07 | 5:35:22 |
| 10 SANATCHEV Anton | 78 | RUS | 2:40:06 | 5:36:21 |
| 11 WESELOH Liam | 75 | CAN | 2:40:23 | 5:37:53 |
| 12 KENNY John | 80 | USA | 2:40:03 | 5:39:26 |
| 13 MAJCEN Nace | 68 | SLO | 2:40:40 | 5:40:24 |
| 14 SRB Pavel | 80 | CZE | 2:41:16 | 5:42:49 |
| 15 HIKIDA Hiroki | 72 | JPN | 2:42:27 | 5:44:15 |
| 16 VITEK Rostislav | 76 | CZE | 2:40:37 | 5:48:16 |
| 17 MENON Simone | 74 | ITA | 2:40:24 | 5:56:19 |
| 18 MASRI Hisham | 73 | SYR | 2:40:22 | 5:56:19 |
| 19 NAGY-PAL Levente | 80 | HUN | 2:54:26 | 6:00:03 |
| 20 SUGISAWA Takash | 67 | JPN | 2:54:20 | 6:04:28 |
| 21 HANSMANN Christian | 77 | GER | 3:00:13 | 6:05:57 |
| 22 ABDEL HAMIDSRROR Mohamed | 82 | EGY | 2:58:34 | 6:13:02 |
| 23 FUENTES CALI Gregory hiamar | 70 | ECU | 2:54:34 | 6:16:45 |
| 24 CSEENYY Bazzs | 79 | HUN | 2:57:55 | 6:37:51 |
| DNF SCANAYINO Carlos | 64 | URU | 2:46:57 |  |
| WOMEN'S 25K OPEN WATER SWIM, Jul 21 |  |  | 12.5 K | 25K |
| VALLIV Viola | 72 | ITA | 2:56:47 | 5:56:51 |
| 2 VAN DIJK Edith | 73 | NED | 2:56:45 | 6:00:36 |
| 3 MAURER Angela | 75 | GER | 2:56:46 | 6:06:19 |
| 4 KAMRAU Bitta | 79 | GER | 2:56:49 | 6:08:46 |
| 5 PANKINA Natalia | 83 | RUS | 3:02:21 | 6:14:26 |
| 6 BERGEN Briley | 83 | USA | 3:03:24 | 6:20:07 |
| 7 ROMITI Alessandra | 82 | ITA | 3:04:23 | 6:35:14 |
| 8 HLAVACOVA Yvetha | 75 | CZE | 3:13:45 | 6:36:22 |
| 9 CLARK Shelley | 81 | AUS | 3:99:00 | 6:41:16 |
| 10 SAWIN Tiffany | 77 | USA | 3:14:22 | 6:44:12 |
| 11 FUKUDA Yuki | 83 | JPN | 3:15:56 | 7:07:22 |
| DNF GOUSSEVA Olga | 76 | RUS | 3:01:13 |  |
| DNF BALAZS Ester | 80 | HUN | 3:27:15 |  |
| NF BOITE Andrey | 79 | FRA |  |  |

## OPEN WATER MEDAL TOTALS

|  | Gold | Silver | Bronze | Total |
| :--- | ---: | ---: | ---: | ---: |
| ITA | 3 | - | 2 | 5 |
| RUS | 2 | 3 | - | 5 |
| GER | 1 | 1 | 1 | 3 |
| NED | - | 1 | 1 | 2 |
| FRA | - | 1 | 1 | 2 |
| AUS | - | - | 1 | 1 |
| Total | 6 | 6 | 6 | 18 |

## OPEN WATER TEAM TROPHY

| OPEN WATER TEAM TROPHY |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | 5K | 5K | 10K | 10K | 25K | 25K | Points |
|  |  | Men | Women | Men | Women | Men | Women |  |
| 1 | RUS | 24 | 6 | 34 | 20 | 21 | 10 | 115 |
| 2 | ITA | 32 | 28 | 14 | 3 | 12 | 24 | 113 |
| 3 | GER | - | 28 | - | 26 | 6 | 26 | 86 |
| 4 | FRA | 11 | 3 | 9 | - | 30 | - | 53 |
|  | USA | 15 | 6 | 12 | - | 9 | 11 | 53 |
| 6 | AUS | - | 14 | 6 | 16 | 10 | 4 | 50 |
| 7 | NED | - | 8 | - | 14 | - | 15 | 38 |
| 8 | NZL | 11 | - | 8 | 5 | - | - | 24 |
| 9 | BUL | 4 | - | 10 | - | - | - | 14 |
|  | CAN | - | - | - | 12 | 2 | - | 14 |
| 10 | YUG | - | - | 4 | - | 4 | - | 8 |
| 11 | CUB | - | - | . | - | 5 | 0 | 5 |
|  | CZE | - | - | - | - | - | 5 | 5 |
|  | SUI | - | 4 | - | 1 | - | - | 5 |
| 14 | BRA | 2 | - | 2 | - | - | - |  |
|  | GBR | - | 2 | - | 2 | - | - | 4 |
| 16 | JPN | - | - | - | - | - | 2 | 2 |

## TVOCOIS SFORTHEXE

Swimming got underway on the seventh day of the championships. And Ian Thorpe (AUS) got things underway with a world record in the 400 free and a winning anchor leg in the $4 \times 100$ free.

## Men's 400 Freestyle

Ian Thorpe(AUS) nibbled away athisworldrecord by slowing down thefirst threehundred metresand then turning on hisincredible finishingkick to slip under hisoldrecord by $42 / 100$ ths of a second. Thenewtime of $3: 40.17$ bettered his Olympic winning time of 3:40.59.
A comparison of the splits:

| 2000 | 52.64 | $1: 48.86$ | $2: 45.09$ | $3: 40.59$ |
| :--- | :--- | :--- | :--- | :--- |
|  |  | $(56.22)$ | $(56.23)$ | $(55.60)$ |
| 2001 | 53.81 | $1: 50.44$ | $2: 46.39$ | $3: 40.17$ |
|  |  | $(56.67)$ | $(55.95)$ | $(53.78)$ |

Thorpe remains unbeatable when allowed to swim his race plan. The strategy of slowing the front end of the race and then having a stronger finish is physiologicallysound, asitleadsto betterdistribution of the effort. Most record improvements now come from this type of swim.

Grant Hackett (AUS) was at his best. In the moming prelims, his $3: 44.88$ qualified firstand tied his personal best. He improved on that by over two seconds to 3:42.51. He turned first at the 100 but let Thorpe move into the lead and was never able to challenge again.

Emiliano Brembilla (ITA) surprised Massimiliano Rosolino (ITA) with a well-pacedrace to comefrom behind and claim thebronzein thelast 100. Brembilla swam 3:45.11, a personal best, and Rosolino placed fouth in 3:45.41.

Thorpe was happy. "My initial reaction when I looked at the scoreboard was to laugh. I was in the 3:40sand I washopingto do better. Anyway, I am very pleased with my overall performance.
"I expected to go faster. My main goal is always to progress." On the local fan support: "I noticed the large number of fans here. I didn't expect to have so many outside of Australia."

When told that Michael Klim said Thorpe is Australia's greatest swimmer, Thorpe responded: "I can'tsay that. I don't think I havereached mylimits. Alot of people think that, but we have to let the time go on and then decide. Michael is a good friend. Itis really a privilege to be on the same team."

Hackett commented on the race: "I feel that I
shouldhavestartedthekickalittlebitearlier.I wasn't sure what the swim would be like. I'm hoping to do better in my longer events. Thorpe and I discussed tacticsasto howwego to go. I think my 400 isstill my weakest event."

For Brembilla, it was a return to the podium. "I havetobesatisfied, theAustraliansarejusttoo strong. Themedal meansalotpsychologicallyformeandfor my future in swimming. This was much better than what I expected. I have more races and hope to do even better."

## Women's 400 Individual Medley

Yana Klochkova (UKR) isentirely in her own class in this event. Her mastery of all the strokes has no current challengers.

Maggie Bowen (USA) and Beatrice Caslaru (ROM) swam personal bestsand raced each other for theremainingmedals. Bowen gotsecond becauseshe had the better freestyle leg. Caslaru, well back at the 200, moved to second after the breaststroke leg, but Bowen's freestyle was two seconds faster. Bowen finished second with $4: 39.06$ and Caslaru third with 4:39.33.

Klochkova, the worldrecord holder and Olympic champion, said"Thisismyfirttworldchampionships gold (she won a silver in 1998). I had a hectic
schedule after the Olympics, but everything has been perfect here in Japan.
"I like being in the water, I feel it almost as a natural environment for me to be in. This gold I got thanksto my coach (Nina Khozukh), who is really a great expert. This is just the beginning for me."

Maggie Bowen said: "I worked really hard for this- lots of distance work, and between four to seven hours of daily training. Yana was really tough anditwashardtokeepupwith her.Atterthismoming, I thoughtI could win a medal. I did my bestandI am happy with the result."

Caslaru said: "It's not exactly how I wanted to swim, but in endit was O.K. I got the medal." It was her first time under 4:40.

## Men's 4x100 Freestyle Relay

Australia made ittwo in a row- theybeat arch-rival USA for the second consecutive year.

It was a stroke for-stroke battle for the first three legs. Butwhen Ian Thorpeswam theanchor, itwasall overforthe Americans. Thorpe'sanchorwas47.87, to give Australia the gold with a time of 3:14.10.

TheUSAfinishedsecondbutweredisqualifiedfor swimming a different order than submitted on the official entry card. That moved the Netherlands into second, with a European record time of 3:14.56. Of note was Pietervan den Hoogenband's anchor leg of 47.02, the fastestever. Germanypickedupthe bronze with 3:17.52.

Thorpe commented on the relay: "I feel satisied when I reach my goals. Today I swam well, so I'm happy. In termsofpleasure, therelaywin ismuch more emotional. It was in this relay that I won my first intemational medal and my first Olympic title. I feel proudtobeAustralian and tobepartofateam likethis."


400 individual medley winner Yana Klochkova
Patrick Kramer

Thorpe, on van den Hoogenband's split: "It's amazing and shows that he is ready for the 100 free. I believeI am also well prepared for the next days. I felt very well tonight."

Records atter one day of competition: 1 World, 3 Championship, 2 Asian, 1 European.

| 400 FREESTYLE RECORD CHRONOLOGY |  |
| :---: | :---: |
| 4:27.0 Murray Rose,AUS | Melbourne,Oct.27,1956 |
| At the end of 1960 |  |
| 4:15.9 John Konrads,AUS | Sydney,Feb.23,1960 |
| At the end of 1970 |  |
| 4:02.6 Gunnar Larsson,SWE | Barcelona,Sep.7,1970 |
| At the end of 1980 |  |
| 3:50.49 Peter Szmidt,CAN | Etobicoke,Jul.15,1980 |
| All subsequent records |  |
| 3:49.57 Vladimir Salnikov,URS | Moscow,Mar 12,1982 |
| 3:48.32 Vladimir Salnikov,URS | Moscow,Feb.19,1983 |
| 3:47.80 Michael Gross,FRG | Wuppertal,Jun.27,1985 |
| 3:47.38 Artur Wojdat, POL | Orlando,Mar.25,1988 |
| 3:46.95 Uwe Dassler,GDR | Seoul,Sep.23,1988 |
| 3:46.47 Kieren Perkins,AUS | Canberra,Apr.3,1992 |
| 3:45.00 Evgeni Sadovyi,EUN | Barcelona,Jul.29,1992 |
| 3:43.80 Kieren Perkins,AUS | Rome,Sep.9,1994 |
| 3:41.83 lan Thorpe,AUS | Sydney,Aug 22,1999 |
| 3:41.33 lan Thorpe,AUS | Sydney,May 13,2000 |
| 3:40.59 lan Thorpe,AUS | Sydney,Sep 16,2000 |
| 3:40.17 lan Thorpe,AUS | Fukoka,Jul 22,2001 |

## 400 FREESTYLE TOP 10 ALL TIME PERFORMANCES

| 1 | $3: 40.17$ | WORLD01 lan Thorpe,AUS | LCM01 |
| :--- | :--- | :--- | :--- |
| 2 | $3: 40.59$ | OLYMPICS lan Thorpe,AUS | LCM00 |
| 3 | $3: 40.76$ | AUSLCMAR lan Thorpe,AUS | LCM01 |
| 4 | $3: 41.33$ | AUSLCMAY lan Thorpe,AUS | LCM00 |
| 5 | $3: 41.71$ | MONACJUN lan Thorpe,AUS | LCM01 |
| 6 | $3: 41.83$ | PAC99AUG lan Thorpe,AUS | LCM99 |
| 7 | $3: 42.51$ | WORLD01 Grant Hackett,AUS | LCM01 |
| 8 | $3: 43.40$ | OLYMPICS Massi Rosolino,ITA | LCM00 |
| 9 | $3: 43.80$ | WORLD94 Kieren Perkins,AUS | LCM94 |
| 10 | $3: 43.85$ | AUSLCMAR lan Thorpe,AUS | LCM99 |
| 400 |  |  |  |
| 400 | FREESTYLE TOP 25 ALL TIME PERFORMERS |  |  |
| 1 | $3: 40.17$ | WORLD01 lan Thorpe,AUS | LCM01 |
| 2 | $3: 42.51$ | WORLD01 Grant Hackett,AUS | LCM01 |
| 3 | $3: 43.40$ | OLYMPICS Massi Rosolino,ITA | LCM00 |
| 4 | $3: 43.80$ | WORLD94 Kieren Perkins,AUS | LCM94 |
| 5 | $3: 45.00$ | OLYMPICS Evgeni Sadovyi,RUS | LCM92 |
| 6 | $3: 45.11$ | WORLD01 Emiliano Brembilla,ITA | LCM01 |
| 7 | $3: 46.31$ | PAC99AUG Ryk Neethling,RSA | LCM99 |
| 8 | $3: 46.77$ | OLYMPICS Anders Holmertz,SWE | LCM92 |
| 9 | $3: 46.95$ | OLYMPICS Uwe Dassler,GDR | LCM88 |
| 10 | $3: 47.00$ | OLYMPICS Klete Keller,USA | LCM00 |
| 11 | $3: 47.15$ | OLYMPICS Duncan Armstrong,AUS | LCM88 |
| 12 | $3: 47.34$ | OLYMPICS Artur Wojdat,POL | LCM88 |
| 13 | $3: 47.38$ | OLYMPICS Dragos Coman,ROM | LCM00 |
| 14 | $3: 47.50$ | USTRIALS Chad Carvin,USA | LCM00 |
| 15 | $3: 47.80$ | FRGNATLS Michael Gross,FRG | LCM85 |
| 16 | $3: 47.81$ | EUR93AUG Antti Kasvio,FIN | LCM93 |
| 17 | $3: 47.97$ | OLYMPICS Danyon Loader,NZL | LCM96 |
| 18 | $3: 48.02$ | WORLD98 Paul Palmer,GBR | LCM98 |
| 19 | $3: 48.04$ | WORLD91 Jorg Hoffmann,GER | LCM91 |
| 20 | $3: 48.06$ | USAAUG Matt Cetlinski,USA | LCM88 |
| 21 | $3: 48.30$ | FRGNATS Rainer Henkel,FRG | LCM86 |
| 22 | $3: 48.32$ | SEASN83 Vladimir Salnikov,URS | LCM83 |
| 23 | $3: 48.37$ | TOULAPR Pieter vdHoogenband,NED LCM00 |  |
| 24 | $3: 48.59$ | OLYMPICS Mariusz Podkoscielny,POLLCM88 |  |
| 25 | $3: 48.68$ | EUR89AUG Stefan Pfeiffer,FRG | LCM89 |
|  | EUBG |  |  |

## WORLD CHAMPIONSHIPS, DAY 2, JULY 23

## TVOTOLSFASASRAIAANDTRMAV

 WORLD RECORD FOR SLOUDNOV IN SEM FINALSAustralia and Germany won two golds each, with China and the United States winning oneeach in the six finalscontested on Day2.Thehostcountry,Japan, also pickedupabronze in themen's 50 freeand had finalists in three of the four women's events.

## Men's 50 Freestyle

Anthony Ervin (USA), with 22.09, hada clearcut win over Pieter van den Hoogenband (NED) with 22.16. The four swimmerswho shared in the medals ( there wasa tiefor third) all hadterificreaction timesat the start, ranging from 0.63 seconds for Tomohiro Yamanoi (JPN) to van den Hoogenband with 0.74. Yamanoi and Roland Schoeman (RSA) tied for the bronze with 22.18.

The race was so close that the whole field was separated by only $35 / 100$ th of a second. There was a further tie for seventh.
"I feel great," Ervin said. "I justbecame a world champion for thefirst time. I felt great from the start. I like thisrace, the crowd, everything. It feels great to be here in Japan. Everything is just fine."
"It was not a good start," van den Hoogenband said. "I was OKafter that. I'm happy with the colour of the medal becauseat theOlympicsI gotthe bronze. I need to improve my start."
"This is my first international medal," said RolandSchoeman (RSA), who sharedthird. "I wasn't nervous before the startand I thought 'just go for it.' This is justso cool. It's worth being here just for this feeling."

For Tomohiro Yamanoi (JPN), on sharing the third spot and a new Asian record: "Both the time (22.18) and the medal is unbelievable. Everthing went justas I planned beforetherace. I did my besto prove that Japanese are able to win medals if we try hard enough. The record was a year late."

During the awards ceremony, Alexander Popov, who was still in his home in Moscow recuperating from his illness and had the fastest time this year (21.91) backin June, was contactedbyphone. Hesaid had carefully planned this race all year and he immensely regretted not being able to swim.

## Women's 200 Butterfly

Petria Thomas (AUS) won the goldwith 2:06.73, atter years of swimmingin thewakeof world recordholder
and now retired Susie O'Neill (AUS). "It's about time," Thomas said. "I just wanted to get out there and have a good swim. I knew it was going to be a tough race in the last 50 . I looked at the clock twice just to be sure I won. I really wanted to win my first championships."

Annika Mehlhom (GER) broke the European recordwith 2:06.97 andbattledfortheleadthroughout the distance. "I did my best" (by three seconds), the 17-year-old said. "My coach really calmed me down before the race."

Kaitlin Sandeno (USA) won her first bronze of two. (She later added another in the 800 freee). It was her personal best with 2:08.52. "I was not expecting to win this race," Sandeno said. "I had a hard day yesterday ( 5 th in the 400 IM and prelims for the 800 free). I am really happy with this result."

Petria Thomas, who is eight years older than Mehlhorn and Sandeno, had her day in the spotlight on this day.

## Men's 100 Backstroke

Matt Welsh (AUS) won the race from lane one with 54.31. "I knewI haditin me," Welsh said. "I'venever swam in laneonebeforebutitwas a goodplaceformy strategy." Hewasin thelead throughout(25.84atthe 50). "It took me seven years to win this gold and I'm justso happywith it. First thing I thought when I hit the wall was to find my dad in the crowd. It's his birthday andI'm happy to givehim a great present."

Iceland won its irst ever international medal as Om Amarson was secondwith 54.75. "I just feel very good," hesaid. "I swam verywell although my 200 ismy bestevent. Ater winning five European championships, this is my first world championships medal. I dedicateit all who supported me, especially my coach."

In third wasSteffen Driesen (GER) in 54.91. "Itwas great, mypersonal bestoo.I Iam partofthenewgeneration of German swimmers, so it was important."

## Women's 100 Breaststroke

China's Xuejuan Luo, with 1:07.18, upset Leisel Jones (AUS), whose 1:07.96 got second.
"I wanted the Asian record today," Luo said. "This is my first win at a major meet."
"I don'tlikebeingbeaten," Jonessaid. "I camehere to win butitwill have to be the next time." On herstart:
"I have been working on it, and obriously I need to work harder." Her reaction timeat the start was 0.84 to Luo's 0.72 of a second.

## Women's 800 Freestyle

Improvingbyfivesecondsto 8:24.66(4:12.54atthe400) from herpreviousbest, Hannah Stockbauer(GER) swam a perfect race, letting Diana Munz (USA) take the early lead and then even spliting to win by two bodylengths. Munz placed second with 8:28.34. Sandeno was third in 8:34.45, tired from the 200 fly earlier.
"I didn't try to lead in the early part," Stockbauer said. "My training went really well and now I will concentrate on the 1500 free."
"After the Olympics, I had a hard time training," Munz said. "This is almostequal to my best time. I am excited with this happening."

## Women's $4 \times 100$ Freestyle Relay

Afast German team was in the lead from the gun and their winning time was $3: 39.5$. "I felt we could do it," said Sandra Volker, who swam thelastleg. "Itwasa hard race," Antje Buschschulte said. It was Germany's first time under 3:40 and a European record.

Great Britain and the United States tied for second with 3:40.80.

Roman Sloudnov(RUS) surprisedeveryonewith a new world record in the semifinal of the 100 breaststroke with 59.94 (28.49). "Just 20 days ago I broke the minute," Sloudnov said. "I wanted to better it today." Mission accomplished.

In the men's 200 fly semifinal, Franck Esposito (FRA) and Tom Malchow (USA) tied with theirpersonal best of $1: 55.03$. The final should be even faster, when you add Michael Phelps (USA), theyoungestevermale world record holder.

The pace picked up noticeably on the secondday. Records tumbled at an increasing pace, including one world and 11 Championship marks. In addition, four Asian, two American, andfourEuropean records were bettered.

## WORLD CHAMPIONSHIPS, DAY 3, JULY 24

## VARDFECRSB TMUI\#\#MIRS THORPE AND PHELPS AGAIN

Two more world records were set on the third day of swimming, as Michael Phelps (USA), the young butterly prodigy, bettered his 200 butterfly, and Ian Thorpe lowered his 800 free for the second time this year.

## Men's 100 Breaststroke

Roman Sloudnov (RUS) is in a class of one. Atter three rounds, he grabbed the gold, set the world recordin thesemis, andsettwo championshiprecords. Hiswinningtimeof 1:00.16(28.28) heldoffDomenico Fioravanti (ITA) in 1:00.47 (just1/100th of a second off his best) and Ed Moses (USA) in 1:00.61.

Sloudnov admitted that "I found thelast part of

the race difficult. Maybe the real secret of my success is my coach, who is also my mother, and the hard training she plans for me. My next goal is to break 59.00 seconds."

Fioravanti, the Olympic champion, said "I knew thatI havenottrainedenoughandI takeresponsibility for that. My race plan went well, especially in the second length. It will be difficullt to swim under the minute, but that's my goal for next year."

Ed Moses had the lead at the tum (28.04) but faded in the sprintto the finish. "I felta little tired in thelast 10 metres. I knewafter the semifinals that the other guys were good in the last 50 metres and $I$ was prepared for it. I am ready for the 200 now. This was onlymyfirstraceandI havethreemoreto go. I will try to be at my best."

## Men's 800 Freestyle

It took a world record to beat the fastimproving GrantHackett (AUS), who was in theleadfor 700 m butwasunableto withstand the fantastic finish by Ian Thorpe in the last 100 when Thorpe split 53.23 to Hackett's 54.60. Thorpe's 7:39.16 was a new record, andHackett's $7: 40.34$ wasa four-second drop from hispreviousbest. Thorpewasswimming a steady 30 strokesalength whileHackettwas doing 33.

Thorpe hadto swim a 200 freesemifinal 20 minutes before the 800. "I wasn't sure what I was able to do atter the 200, where I tried to make it as easy as possible to be able to swim the 800 . I did it perfectly. I just used what I know from training."
"I don'tknowhowmuch fasterI can go. I don't know where the line in the sand is. Judge me when I retire. For the time being there is still a lotto do. When I look ahead it is the unknown."
"I am disappointed in FINA's decision not to include the 800 free in the Olympic program.Swimmingisgrowingin popularity and competitors must have more events to compete. I'd like to have one more event in my program. Maybe I'll have to move up to the 1500. Right now I'm happy with the program asitis now."

Hackett, on the closeness of the race,
said: "I was trying to nudge ahead but Ian kept sticking there like glue. I knewI had a good chance, and I went out there to give it a shot. Ian is a phenomenal competitor but he's not kicking away like he used to. I'll try harder the next time."

Graeme Smith (GBR) was third in 7:51.12, improving six seconds over his previous best. "I'm over the moon. My main eventisthe 1500 at the end of theweek. Thisbronzeisreallyabonus. I didn'teven swim in the Olympics. I'd like to dedicate this medal to my supportteam, my Mum and Dad, my brother, family, friends, and my coach."

## Women's 50 Backstroke

Only three hundreds of a second separated themedal winners. Haley Cope( USA) had the bestlast stroketo become the surprise winner in 28.51. Antje Buschschulte (GER) was second with 28.53 and Natalie Coughlin (USA) third with 28.54. Coughlin swam a championshiprecordin thesemiswith 28.49.
"I thoughtI was really dying," Haley Copesaid. "I was just tying to keep up with the girl next to me. This is my firstinternational win. I can't telieve I am a world champion. We do not even swim this eventin the United States."

Although little known, Cope holds the shortcourse 50 back world record from March 2000.

## Men's 200 Butterfly

A new era. Out with the oldsters. Sixteen-year-old Michael Phelps (USA) bettered the world record for the second time this year, swimming from the front andleadingfrom startto inish. (25.64,54.81, 1:24.71, and 1:54.58 to better his old mark of 1:54.92 from April).

Olympic champion Tom Malchow (USA) was second with 1:55.28 and Anatoli Poliakov (RUS) third with 1:55.68. Franck Esposito (FRA) wasfourth with 1:55.71, after setting his European record of 1:55.03 from the previous day's semis.

For Phelps, there is only one goal: "To get faster and faster, keep improving, that's my main goal. I was disappointed in my semifinals, so I wanted to see if I could hang on if I took it outreal hard. I did."

Malchow, in second, said "I am notdisappointed. The USA team needed our 1-2 finish. I made a contribution to theteam and itgetsuson trackfor the next fivedays. Lastnightwas my besteverand itgives me confidence that I can still do that at age 25 ."

In semifinal action, Pieter van den Hoogenband (NED) won the 200 free in a championships record time of 1:45.80. Inge de Bruijn (NED) was fastest in the women's 100 free in 54.47 and was the only one under55seconds. BeatriceCaslaru (ROM) established a new championship record in the semifinal of the 200 breaststroke with 2:25.00.

## WORLD CHAMPIONSHIPS, DAY 4, JULY 25

## THAKPEASTHFDVADFECDD

Atter four days, in three individual races and three world records, Ian Thorpe (AUS) has four golds and is on course for one of the greatest championship performances ever.

## Men's 200 Freestyle

Ayear ago, this racewas the tuming pointin Sydney. Today, Ian Thorpeavenged thatlossto Pietervan den Hoogenband (NED) with a crushing final length. Thorpe and van den Hoogenband swam stroke for stroke for 150 metres, but then Thorpe turned on his powerful kick and moved into an insurmountable body-length-and-a-half lead at the finish. It was a new world record of 1:44.06, breaking his former mark of 1:44.69. Vanden Hoogenbandfinishedsecond with 1:45.81
The splits:

| Thore | 24.81 | 51.45 | 1:18.26 | 1:44.00 |
| :---: | :---: | :---: | :---: | :---: |
|  |  | ${ }^{(26.64)}$ | (26.81) |  |
| VDH | 24.67 |  |  | 1:45.8 |

"I am usuallythehardestperson toraceagainst," Thorpe explained. "I tyy todo thebestI can, no matter
on what level. I didn't care about what anyone else was doing. It is very important to me to swim fast. I havefound Pieter (VDH) to bea tough competitor. In thepast, Ihavefound him hardto beat. Today I swam my own race. Itisaprivilegetoswim in thesamepool with him as he is such a great swimmer and my personal friend.
"I still havemoreracesto swim so I would like to concentrate on them now."
"It came down to conditioning," van den Hoogenband said. "Thorpe was in such good shape tonight. I am not in the same condition I was in Sydney. He was terific and we have to respect that. I had no special raceplan tonight. I just swam as fast as I could and tried my best.
"This is how it goes in swimming, sometimes you win and sometimes you lose. I will come back." Better believe it.

## Women's 100 Freestyle

TherewasIngedeBruijn (NED) and all therest. Theworldrecordholder(53.77) showedhersuperiority


Pieter van den Hoogenband and lan Thorpe (AUS) after 200 free
Patrick Kramer


British winning relay: Nicola Jackson, Janine Belton, Karen Legg, and Karen Pickering
from the start, moving ahead of the field with each stroke. Shehadabody-length leadatthefifty, turning in 26.12 and moving steadilyinto the clear, touching at the finish in 54.18 , more than a second over everyone else.

Katrin Meissner (GER) was second with 55.07 and Sandra Volker (GER) third with 55.11. Martina Moravcova (SK) missed the medal by $1 / 100$ th of a second to finish fourth in 55.12.

IngedeBruijn paid tributeto hercoach. "I would liketodedicatemymedal toJaco(Verhaeren). Forthe last fivemonths, he wasworking so hard to getmein shape and prepare me properly for these championships. I definitely owe my success to him."

Meissner and Volker were happy to medal, after winning the $4 \times 100$ free relay the previous day.

## Men's 50 Backstoke

Randall Bal (USA), who missed a medal in the 100 back, madeupforitwith a win in the shorter distance in 25.34 over Thomas Rupprath (GER) with 25.44 and Matt Welsh (AUS) with 25.49, the winner of the 100 back earlier.
"It was a tough race," Ball said. "I tried to get ahead in the first 15 metres underwater kicking. For the rest of the race I was going as fast as I could. My coach and my family support me a lot, I really want to thank them."

Rupprath set the championship record in the semis with 25.31 and was not disappointed with the silver. "I'm pleasedtomedal asthisisnotmyspecialty. I trained mostly for the 100 fly."
"I had a good start, I think much better than the other," Welsh said. "There's no time for mistakes in the 50 metres. Make one and you're gone. I don't think I made any mistakes. I just need to get faster."

## Women's 200 Breaststroke

Atter a so-so 100 breaststroke (third), Agnes Kovacs (HUN), swimming against Hui Qi (CHN) who set a world record of 2:22.99 in April, would have to be extraordinary. Shehasbeen all through hercareer, 50 what followed was typical.

In a well-paced race- 33.75, 1:10.82 (37.07), 1:47.77 (36,95) , 2:24.90 (37.13) - Kovacswasin the lead atter the 150 and knewit was within her grasp. Alwaysa big finisher, she managed to get ahead of a group of five who were closely bunched together, all scrambling to the finish. The two Chinese followed, Hui Qi in second with 2:25.09 and Xuejuan Luo in third with 2:25.29.

Kovacsthought BeatriceCoada (ROM) wouldbe
the one to beat. She moved in the lead at the 150 but couldn't finish and ended up sixth with 2:25.92.
"I tried to pace the race so I would be strong at the finish," Kovacs said.

World record holder Hui Qi said, "I gave itmybestshot. SinceI camehere,I Ididnotfeel good about my stroke. I worked very hard for this and have done the best I could here."

Women's 4x200 Freestyle Relay
WhatseemedlikeanotherAustralian triumph ended in a farce. Australia lead for the whole race. When the race was over, all the team jumped into the water, a no-no as not all teams had finished, which resulted in the team being disqualified. Finishingin second, the United States team was also disqualified for their second swimmer leaving early, at least according to the results.

This resulted in Great Britain, Germany, and Japan winning the medals. However, the results were appealed to the FINA Bureau, which could not meet until the following morning. The decision was upheld and the medals awarded the following day.

However, touch pad failures were becoming the norm and on reviewing the US takeover, the referee looked at the video backup and detemined that Cristina Teuscher did not leave early. That would have given the US the gold, but the FINA Bureau upheldtheearlierdisqualification withoutlooking at the video evidence.
"We've gone from third to second to first to second to first," said British swimmer Karen Legg, "So I'm a bit knackered!"


Australian Don Talbot arguing his case with FINA Vice President Roger Smith
Patrick Kramer

## WORLD CHAMPIONSHIPS, DAY 5, JULY 26

# DRRI MMSGFCODGOD 

NEW FACES ON THE PODIUM
butI'm surethere'salways somethingthatI can fix."
Thepodium felt good, Huegill explained. "Third is always better than fourth. It was really tough. I knewI would only have a chance if I was fast at the turn. My last 25 m waspoor. I guessI wasn't as fit as I needed to be."

## Women's 50 Butterfly

Ingede Bruijn (NED) won the50 fly in 25.90, almost a half a body length ahead of Therese Alshammar (SWE) with 26.18 and Anna-Karin Kammerling (SWE) with 26.45 .

It was a demonstration of technical superiority. Inge de Bruijn is at peak form with no challengers. "Not only am I in good shape, but I also had a good start," deBruijnsaid. "Thestartisusuallythedeciding factor for the medals."

Alshammar said, "It's very good. My personal bestanda Swedish record. I am really a freestylerand it's great to get a fly medal."
"I was disappointed," Kammeringsaid. "I have a fastertime (26.29) from two yearsago. Mystartwas bad, and I couldn'tmakeup for itduring theswim."

## Men's 100 Butterfly

With a stellar field including the three Olympic medallists, Lars Frolander (SWE) won in 52.10, a championship record. Fast-improving Ian Crocker (USA), eight years younger than the winner, posted an American record of 52.25. Geoff Huegill (AUS) finishedthirdwith 52.36. WorldrecordholderMichael $\operatorname{Kim}(A U S)$, definitely off form, wasseventh in 52.91.

Frolander indicated this was hislast lly swim. "I feltstrongthroughout theprelimsandsemis, andfelt


Women's 200 back medallists: Komarova (RUS), Mocanu (ROM), and Fargus (GBR)
Patrick Kramer

I could break the world record (51.81). I got a little tired on the second 50 . It was great to win and it's a relief as I plan to retire after this meet."
"My goal wasto win a medal," Ian Crockersaid. "I saw Huegill beside me in lane seven and I knew I hada pretty good shotata medal. Itwasmybest time and an American record, I think it was a good swim,


Men's 100 fly medallists: Huegill (AUS), Frolander (SWE), Crocker (USA)
Patrick Kramer

## Men's 200 Breaststroke

Unheralded Brendan Hansen (USA), in his first intemational competition, won with 2:10.69. Itwasa three second improvement since US Olympic Trials last August. He was in the lead throughout the race with times of 29.66, 1:03.05, and 1:36.90.
"I'veworked hardall yearfor this," Hansen said. "I still cannot believe the result. It's my first intemational medal. It's a big night for the USA"

In second was a virtual unknown, Maxim Podoprigora (AUT) in 2:11.09. He was 11th at last year's Olympicswith a then-bestof2:14.20. Hedidhis personal best in each swim (2:12.26 prelims, 2:11.65 semis).Hewasbom in theUkraineandhasrepresented Austria since 1998.
"My first 50 was too slow (30.31, 1:03.92, 1:37.40)," Podoprigora said. "My finish went well. I know how shocked everyone is with my results."

Kosuke Kitajima (JPN) was third with 2:11.21, an Asian record. "I could see the swimmer on both sides (he was in lane five). I knewI could medal if I stayed with them. I thoughtthe onewho doesnotgive upon thelast25will win therace.I wouldliketo share my joy with all the Japanese people who came to Fukuoka."

Women's 200 Backstroke
Olympic champion Diana Mocanu (ROM) had little
troublein winning this event in 2:09.94. "It's not my best(2:08.16 lastyear). I justhaven'ttrained enough this year."

StanislavaKomarova(RUS), avirtual unknown, was the biggest surprise. At her first major championships, shesteadilyimprovedwith each swim (2:12.11 prelims, 2:11.54 semis) to place second in 2:10.43. Last year, her best was 2:16.44. "I never expected to do so well. It doesn'tseem real, I haven't even won a Russian championships. I just could never imagine this could ever happen."

Joanna Fargus(GBR) was third with 2:11.05. "I expected to be faster. It's just off my best."

Antje Buschschulte (GER) was in the lead for three lengths, then faded to fifth.

## Men's 200 Individual Medley

Itwasafantastic two-wayracebetween Massimiliano Rosolino (ITA), the eventual winner in 1:59.71, and Tom Wilkens (USA), second with 2:00.73. An arm length behind in third was Justin Norris (AUS) with 2:00.91, a personal best.

Rosolino had to come from behind after the first 100 and moved into the lead on breaststroke, which sealedWilkensfate, asthat'shisbeststroke. Rosolino, a great200 and 400 freestyler, had no troublepulling way on the last length.
"I believed in myself, I knew I could do it," Rosolino said. "Sory to have kept my fans worried. (He finished out of the medals in the 400 free and scratchedfrom the 200 free). Ittakesa whileto getmy rhythm, but gold is gold and I'm still number one. I had somebadtimesbefore, buttheyareall in the past now."
"I mainly train for the 400 IM," Wilkens said. "I felt good after the prelims and semis. I did not see Rosolino (he was in lane seven) moving ahead in breaststroke. If I see others during the race, my stroke tends to break apart somewhat. It was my best time in a major international meet."

Norris was at his best. "I had an open mind going in and really worked on aspects of the race like the start and turns. It was more satisfying thantheOlympics. (He wasa finalistin the 400 IM). I set myself outto do something and it worked."


Ian Thorpe(AUS) finishedfourth with 48.81, his first sub-49-second swim. "It was a difficult swim. I didn't expect to win, but I'm more than happy with the result."

## Men's 200 Backstroke

Eighteen-year-old Aaron Peirsol (USA) had little difficulty leading throughout, with splits of 27.48, 56.93, 1:26.91, and 1:57.13, finishing with a personal best and championship record.

Markus Rogan (AUT) was second with 1:58.07 and Orn Arnarson (ISL) wasthird with 1:58.37 forhis second backstroke medal.
"I feel so good that I am going to celebrate by visiting about 20 barstonight. Justkidding." Peirsol added, "I need to rest because I have a hard day tomorrow. I dedicatethismedal to my fansincluding the charming Japanese lady standing nearby."

Winning his first international medal, Markus Rogan said, "I had just one goal and it just become real. I am satisfied with thesilver. I wanted to swim as fast as possible."

## Women's 50 Breaststroke

Xuejuan Luo (CHN), winner of the 100 breaststroke earlier, hadlittle difficultywith the shorter distance. Her time of 30.84 missed the world record by $1 / 100$ th of a second. "I didn't have any pressure," Luo said. "I had confidence that I could win. I'dliketo thank mycoach for thetwogoldshere.Iwashappy to competehere in Japan and would like to come back."
"Thank God," Kristy Kowal (USA) said after winningthesilverwith 31.37. "I had years of training for the 200 breaststroke, so I didn'texpectthisto happen. I am so happy I feel like

Zoe Baker (GBR), in third with 31.40, wasfasterin the semis. "I am quite disappointed. I expected to win. A bronze medal is 200 individual medley winner Massimiliano Rosolino (ITA)
crying."
 Patrick Kramer disappointing."

## Women's 200 Freestyle

Atter she anchored the $4 \times 200$ free relay for Australia, subsequentlydisqualified, Giaan Rooney(AUS) made up for that disappointment with a win in the 200 freestyle with $1: 58.57$, in an incredibly close race as four swimmers battled throughout the distance and were separated by $3 / 10$ ths of a second at the finish.

Yu Yang (CHN) was second with 1:58.78 and Camelia Potec (ROM) third with 1:58.85. Claudia Poll (CRC) was fourth with 1:58.92, only 2/100ths of a second slower than her winning time in 1998.
"It just went exactly as I wanted it to," Rooney said. "IdeserveditandI neededitmorethan anything. I knew tonight was my night."

Sixteen-year-old Yu Yang (CHN) did her best time. "I aimed at a medal and I had a good feeling that I would get one. I was inspired by Luo's win earlier."

Improving with every swim, Camelia Potec (ROM) was 8th in the prelims, 5th in the semis, and thirdinthefinal. "Thisismyfirstworldchampionship medal."

## Women's 200 Individual Medley

Improving four seconds from a year ago, Maggie Bowen (USA) won with a 2:11.93 (missing the American record by $2 / 100$ ths of a second). She beat Yana Klochkova (UKR), whose 2:12.30 was almost two seconds off her best.

Hui Qi (CHN) was third atter leading at the 150. Her final time of 2:12.46 was her best. "I felt really good. My breaststrokeismy beststrokeand that'swhy I had the lead then."

## Men's 4x200 Freestyle Relay

It was only a question of by what margin would the world record fall as the mighty Australians thrashed the old record by three seconds, finishing with a 7:04.66. Their old record was 7:07.05from justa year ago.

Italy finished second with 7:10.86, a European record, and the USA was third with 7:13.69.
"Arigato! ("Thankyou" inJapanese) Iam excited for this team," anchor Ian Thorpe explained. "To maintain this position is a challenge. Australia now has the fastest men's and women's $4 x 200$ free relay. We dedicate this gold to the women's team. It's important to maintain the strength of Australian swimming. Everyone has done a fantastic job."

The Australian recordsetters were GrantHackett, wholed offin 1:46.11, Michael Klim 1:46.49, William Kirby 1:47.92, and Ian Thorpe 1:44.14.

In semifinal action, GeoffHuegill (AUS) bettered his own 50 fly world record of 23.60 to 23.44 .

## WORLD CHAMPIONSHIPS, DAY 7, JULY 28

# ASIRAIAIIGID(SA9 USA RELAY DISQUALLFIED AGAIN 

## Women's 1500 Freestyle

Hannah Stockbauer (GER) and Diana Munz (USA) swam togethertothe400, spliting4:14.63and4:14.73. In third, Flavia Rigamonti (SUI) was about a body length back with 4:16.48.

Stockbauer and Munz were together at the 800, with times of $8: 32.40$ and $8: 32.70$ respectively. Rigamonti wastwo bodylengthsbehindwith 8:35.45.

Munzstartedtolosecontactwith Stockbauerand Rigamonti was still third at the 1200 .

Rigamonti picked up the pace and moved into second with 100 metres remaining.

Stockbauer finished first with 16:01.02, a championshipandEuropean record. Rigamonti was second with 16:05.99 and Munz third with 16:07.05.
"During the race I developed a terible stomach pain," Stockbauer said. "I think that caused me to slowdown. I must thank my coach Roland Boller for the victory, who spent so much time and so much work with me."
"It was a hard race," Rigamonti said. "I never expecteda silver, it sabigsurprise." Itwasthesecond women's medal at a world championships for Switzerland (the first was in 1986).
"I am tired," Munz said. "I tried to stay with Stockbauer and then I didn't see Rigamonti move ahead. It wasn't even my best time."

## Men's 50 Butterfly

Geofffuegill (AUS) had theleadforthewholedistance and touched in 23.50 (just off his record swim of 23.44 from the previous day). "This has been mypet event," Huegill said. "It was in this one thatI won my first medal. To win the world championships is awesome."

In second was Lars Frolander (SWE) with 23.57, a European record. "I'm morethan pleased with this medal. NowI've got three, one of each colour. I was a bit nervous before the race. Atter winning the gold in the 100 Ily, theseadditional medalsaremoreorless like a bonus. I would like to dedicate this one to everyone who helped me, including my family and my coach."

## Women's 100 Butterfly

Already the winner of the 200 fly, Petria Thomas (AUS) held the lead, tuming first in 27.51 to finish with 58.27, achampionshiprecord. Otyiajedrzejczak
(POL) wassecondwith 58.72 and Junko Onishi (JPN) third with 58.88 .
"I was better than expected tonight," Thomas said. "It's great to get another gold. I didn't let the 4x200fireerelaydisqualification affectme.I'm moving on to better things."
"The silver makes up for the disqualification in the 200 fly," Jedrzejczak said.
"I was planning for a bronze," Onishi said. "It was my best time. I was thinking of retiring after Sydney. I'm glad I continued to swim."

## Women's 100 Backstroke

It's always risky to go outhard but Natalie Coughlin (USA) beattheOlympic champion. Hersplitat the50 was 29.16, and her winning time was 1:00.37, an American record. Diana Mocanu (ROM) didn'thave the finishing kick and wassecond with 1:00.68. Antie Buschschulte (GER) was third with 1:01.42.
"The last 25 was painful," Coughlin said. "It really hurt, mylegs were gone. I knewI could win the race and I was waiting forit all week. I still have the medley relay tomorrow."
"Mytimewasbetterthan expected," Buschschulte said. "I didn'ttakeit out too hard and I was confident I would have a strong finish. We have great team spirit. All the German team will celebrate this success tonight."

## Men's 4x100 Medley Relay

It was a very close battle between Australia and the USA Matt Welsh (AUS) had a slight lead with his 55.19 backstroke split to Randall Ball's 55.87 . Ed Moses (USA) moved the Americans into thelead with his 59.84 breaststroke split to Reagan Harison's 1:00.80. Geoff Huegill (AUS) split 51.39 to give Ian Thorpe, their freestyle anchor, a 22/100ths lead.

Anthony Ervin (USA), winner of the 50 and 100 free sprints, dovein and quickly caughtupto Thorpe and had an almost body length lead after the turn. Thorpemovedupwith each strokeon thefinal length as Ervin started to fade. Thorpe managed to touch first with $3: 35.35$.

Astheresultsweredisplayed, theAmericansfound out they had been disqualified for Ervin'searly start. Itwasthethirdrelaydisqualification out of fiveforthe USA Itwasa historicfirstsweepofthemen'srelaysfor the Aussies.

Itmoved Australia into the gold medal lead 11 to 9 , with one day remaining.

The Netherlands were also disqualified for van den Hoogenband'searly start, allowing theGermans to move to second and the Russians to third.
"I didn't think I was that far behind (with 50 metresremaining)," Thorpesaid. "I made sure I did all therightthingscominghome. Thethousandsand thousands of touches I've done in training havepaid off. I wanted to do my best as this was my last swim and wanted to finish on a high."

The Russians didn'texpecta medal. Their world recordbreaststroker Roman Sloudnovwasresting for the 50 breast final the next day and Dimitri Komomikov split 1:00.90. "We lost so many races," flyer WadislavKulikovexplained. "We arereallyglad we can geta relay bronze. We thought we werefourth until the disqualifications."

## RETURN OF A GIANT

Sven Lodziewski is back after a 15 -year absence. Ian Thorpewasnotyetbom when Sven Lodziewski competed athisfirstworldchampionships. Hewason thepodium in Fukuoka.

The former star freestyler of the 1980s during the GDR era swam on the $4 x 100$ free relay for Germany.

Already in the moming heats, hissplit was 49.84, swimming in second position as his team qualified fourth.

In thefinal hegotamedal anchoring theGerman team with a 49.04, as the USA, who were ahead, were disqualified.

Back in 1986 at the World Championships in Madrid, he was a member of the winning GDR $4 \times 200$ freerelay and wassecondin theindividual 200 freestyle. In a career spanning the 1980s, Lodziewski competed in one Olympicsin 1988, two Worldchampionshipsin 1982 and 1986, and three European championshipsin 1983, 1985 and 1987.

He has an Olympic relay silver from 1988, one gold, one silver, and two bronze from two world championships, and two gold, six silvers, anda bronze from three European championships.

He is currently doing his medical internship in Berlin and is moving to Greifswald, near Rostock, in August to continue same.

He was swimming in masters competition and after breaking 50 sec last February in the German Team Championsips (25m), hedecidedto tryforaspot on the National Team at the May Championships. He finished fourth in the 100 free with 50.79 , earning a spot on the relay that swam today.

The masters best time in the 35-40 category is 51.49 by Rowdy Gaines (USA), the 1984 Olympic Champion. Sven isa lot faster than that, but will have to do it in a masters competition for it to count.

## WORLD CHAMPIONSHIPS, DAY 8, JULY 29

##  <br> AUSTRALA'S RELAY WIN CLINCHES SWIM SUPREMACY

## Men's 50 Breaststroke

Oleg Lisogor (UKR) surprised the more experienced swimmers in this fast field, which included world and European record holders. Swimming in lane six, he had 27.92 from the prelims and the semis. He touched first in 27.52, a championship record, with Roman Sloudnov (RUS) in second with 27.60 and Domenico Fioravanti (ITA) third with 27.72.
"I didn't expect the gold here," Lisogor said. "There were so many great breaststrokers in the field, I knew it would be tough. I hoped a little bit before the race that I'd have a chance. My next competition will be the World University Games in Beijing."

## Women's 50 Freestyle

"I onlytook onebreath to win," Ingede Bruijn (NED) said. It was her third gold of the compecition, giving her the women's FINA prize for best women's performer. Her winning time was 24.47 . She was faster in the semifinals with 24.45 .

TherseeAlshammar(SWE) wassecondwith 24.88 and Sandra Volker (GER) third with 24.96.
"Tiple goldfeelsgood," de Bruijn said. "Itsthesame

## Men's 1500 Freestyle

Ater his great 200, 400, and 800 swims, Grant Fackett was expectedto bespectacular. Hedidnotdisappoint. Itwas the 10th world record of these championships.

Byall measures, hewasin exceptional fom. Swimming alone, taking a steady 33 strokesperlength (thesame as in the 400 free), he split $3: 50.18$ at the 400 and $7: 44.47$ at the 800, moving well ahead ofKieren Perkins' old record pace. His 14:34.56 was a seven-second drop from the previous record of 14:41.66. Themargin ofvictorywasalmosta pool length.

Graeme Smith (GBR) finished second with 14:58.94 and Alexei Filipets (RUS) third with 15:01.43.
"I'd never expected to take seven scconds offtheworld record," Hackett said. "Its absolutely unbelievable. When I saweveryoneon theirfeetasi touched the wall, I thought, 'I must have done it'. In 1997, Perkins told me don't fall asleep in the middle 500 whatever you do. I have always remembered that andit'sbeen abigfactorin myrace. This has been my event for five yeers. I think I can take it down even more."
"It's thefirst ime under 15 minutes," Smith said. "It was harder than I imagined."

"It took a long time to get a medal," Filipets said. "I was fourthatheOlympics.Imised a medal in the 800 free earlier. I vasmotivated tonight."

Men's 400 Individual Medley
Ayear late, but better late than never. Alessio Boggiatto (ITA) made up for thefourth place at the Olympics last year. His winning time of 4:13.15 was a personal best. He won the race on the breaststroke (1:09.96 split), theonlysub1:12 split. He
number as at the Olympics. I workedreally hardfor thelast five months."
"I expectedto win," Alshammar said. "Mybestimeis fasterthan thewinning time. I had a abad startand couldn't make up for that in such a short distance."
"I wasgladto better 25 seconds," Volkersaid. "I really gaveitall. I believe all thetrainingI did for thismeetmade the difference."
hada body-length lead with the 100 freestyle to go. Hewas even better with a 58.75 .

ErikVendt(USA) placedsecond with 4:15.36 and Tom Wilkens ( USA) third with 4:15.94.

Boggiatto was exhausted. "I feel tired. I planned to swim a hard last 100. I have been training hard for this,"
"I never had a world championship medal before," Vendt said. "I think I had a great race tonight. Boggiatto was very strong on the second half."


Mission accomplished, a new world record for Grant Hackett
Patrick Kramer
"Ididnotfeel goodatall," Wilkenssaid. "Thetimewas two seconds slower than my hest. I wish the 400 IM would have been scheduledeearlier. I mayhave restedtoo much."

## Women's 400 Freestyle

It's nevertoo late. Yana Kochkova (UKR) made up forthe 200IMloss with a greatvictoryin the 400 freestyle. Shehad a clear lead at the 150 and won easily, spliting 1:00.11, 2:02.96, 3:05.20, 4:07.30.

Claudia Poll (CRC) followed Klochkova and was in sccondaterthemidpoint(1:00.71,2:04.01,3:06.97,4:09.15) to pick up a silver. Hannah Stockbauer (GER), winner of the 800 and 1500 free, finished third with 4:09.36.
"I want to go home because I'm tired," Klochkova said. "I enjoyed Japan and the championships."
"I don't know how to thank my coach (Francisco Rivas)," Poll said. "I could not have won this medal by myself. Thisismy only medal here, asI missed one in the

200 free. It was a great race."
"I am exhausted," Stockbauer said. "I had so many races. The 800 free, the 1500 free, and therelay. I waslucky to even get into the finals today. The bronze makes me happy."

## Women's $4 \times 100$ Medley Relay

Australia's win clinched swimming supremacy over the USA It was not easy. Petria Thomas' fy leg (57.65) and Sarah Ryan'sfreeleg ( 54.09 ) put them overthe top with a 4:01.50, a championship record.

The USA had a great lead-off swim from Natalie Coughlin (1:00.18), an American record, and they were in the lead at the 200, but couldn't hold off the Aussies, finishing in 4:01.81.

China finished thirdwith $4: 22.53$ and Germanyfourth with $4: 03.06$ fora European record.
"This is the sweetest victory. What a way to finish," Petria Thomassaid. Thetouchpad failed (again) and they had to wait for the final results to be announced.


## ALL CANADIAN WORLD CHAM PIONSHIP PERFORMANCES



## LONG COURSE RECORD SETTERS

## WORLD

- Men's 200 freestyle:

1:44.06 Ian Thorpe, AUS, Fukuoka, July 25.
Betters own record of 1:44.69 from Mar 27, 2001.

- Men's 400 freestyle:

3:40.17 Ian Thorpe, AUS, Fukuoka, July 22.
Betters own record of 3:40.59 from Sep 16, 2000.

- Men's 800 freestyle:

7:39.16 Ian Thorpe, AUS, Fukuka, July 24.
Betters own record of 7:41.59 from Mar 26, 2001.

- Men's 1500 freestyle:

14:34.56 Grant Hackett, AUS, Fukuka, July 29, 2001. Betters old record of Kieren Perkins, AUS, 1994.

- Men's 100 breaststroke:

1:00.26 Roman Sloudnov, RUS, Moscow, June 28. 59.97 Roman Sloudnov, RUS, Moscow, June 29. 59.94 Roman Sloudnov, RUS, Fukuoka, Julyy 23. Betters old record of 1:00.29 Ed Moses, USA, March 2001.


Breaststroker Roman Sloudnov (RUS)
Patric Kramer

- Men's 50 butterfly:
23.44 Geoff Huegill, AUS, Fukuoka, July 27.

Betters his own record of 23.60 from May 2000.

- Men's 200 butterfly:

1:54.58 Michael Phelps, USA, Fukuoka, July 24. Betters own record of 1:54.92 from Mar 30, 2001.

- Men's 4x200 free relay:

7:04.66 Australia, Fukuoka, July 27.
Betters old record of 7:07.05 Australia, Sep 2000.


Freestyler Grant Hackett (AUS)
Patric Kramer
COMMONWEALTH

- Men's 200 freestyle:

1:44.06 Ian Thorpe, AUS, Fukuoka, July y25.
Betters own record of 1:44,69 from Mar 27, 2001.

- Men's 400 freestyle:

3:40.17 Ian Thorpe, AUS, Fukuoka, Julyy 22.
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- Men's 800 freestyle:

7:39.16 Ian Thorpe, AUS, Fukuka, July 24.
Betters own record of 7:41.59 from Mar 26, 2001.

- Men's 1500 freestyle:

14:34.56 Grant Hackett, AUS, Fukuka, July 29, 2001. Betters old record of Kieren Perkins, AUS, 1994.

- Men's 50 backstroke:
25.49 MattWelsh, AUS, Fukuoka, Julyy 25.

Betters old record of 25.66 Josh Watson, AUS, March 2001.

- Men's 50 breaststroke:
27.71 James Gibson, ENG, Fukuoka, Julyy 28.

Betters own record of 27.79 from April 15, 2001.

- Men's 100 breaststroke:

1:01.25 Morgan Knabe, CAN, Fukuoka, July 23.
Betters old record of 1:01.33 Nick Gillingham, ENG, 1992.

- Men's 50 butterfly:
23.44 Geoff Huegill, AUS, Fukuoka, July 27.

Betters his own record of 23.60 from May 2000.

- Men's 4x200 free relay:

7:04.66 Australia, Fukuoka, July 27.
Betters old record of 7:07.05 Australia, Sep 2000.

## - Women's 50 freestyle:

25.07 Alison Sheppard, SCO, prelims Fukuoka, Julyy 28. 25.00 Alison Sheppard, SCO, finals Fukuoka, Julyy 29. Betters own record of 25.07 from April 12, 2001.

- Women's 50 fly:
26.78 Petria Thomas, AUS, Fukuoka, Julyy 25.

Equals own record of 26.78 from May 2000.

- Women's $4 \times 100$ medley:

4:01.50 Australia, Fukuoka, Julyy 29.
Betters old record of 4:01.59 Australia, 1995.

## SENIOR CANADIAN

- Men's 50 backstroke:
25.79 Riley Janes,ESWIM, Etobicoke, Aug 2001

Betters old record of 25.81 Chris Renaud,UCSC,1998

- Men's 50 breaststroke:
28.44 Morgan Knabe, UCSA, prelims Fukuoka, Julyy 28. 28.33 Morgan Knabe, UCSA, semis Fukuoka, Julyy 28. Betters own record of 28.47 from Mar, 2001.
- Men's 100 breaststroke:

1:01.50 Morgan Knabe, UCSA, prelims Fulkuoka, Julyy 23. 1:01.25 Morgan Knabe, UCSA, semis Fukuoka, Julyy 23.
Betters own record of 1:01.58 from September 2000.

- Men's $4 \times 100$ medley:

3:39.26 World Team prelims, Fukuoka, Julyy 28. 3:38.23 World Team finals, Fukuoka, Julyy 28. Betters old record of 3:39.28 Olympic Team 1988.

- Men's 4x200 free:

7:20.69 World Team prelims, Fukuoka, Julyy 27. 7:17.80 World Team finals, Fukuoka, Julyy 27. Betters old record of 7:21.45 Olympic Team 2000. - Women's 200 backstroke:

2:11.65 Jennifer Fratesi, ROW, semis Fukuoka, Julyy 25.
2:11.16 Jennifer Fratesi, ROW, inals Fukuoka, Julyy 25. Betters own record of 2:12.42 from Jan 2001.

- Women's 100 butterfly:

1:00.20 AudreyLacroix, CAMO, semis Fukuoka, Julyy 27. Betters old record of 1:00.24 Jessica Amey, UCSC, 1995.

## Canadian Age Group

- Boys 15-17 100 backstroke:
56.46 Tobias Oriwol, ESWIM, Fukuoka, Julyy 28.

Betters old record of 56.49 Mark Tewksbury, UCSC, 1985.

- Girls 15-17 100 butterfly:

1:00.29 Audrey Lacroix, CAMO, Montreal, June 29.
1:00.20 AudreyLacroix, CAMO, semis Fukuoka, Julyy 27. Betters old record of 1:00.86 Audrey Lacroix, CAMO, Rome, June 10.

## 2001 CANADA GAMES

## M ATTHEW ROSE TOP PERFORM ER WITH SIX GOLDS ONTARIO TOP TEAM WITH 29 MEDALS

## HIGHLIGHTS FROM EACH PROVINCE

## Alberta

- Chad Murray won three individual golds: 200 fly, $200-400 \mathrm{IM}$, addedasilverin the $4 x 100$ medleyandabronzein the $4 x 200$ free relays.
- Chad Thomsen won the 100 breaststroke in a record 1:02.89 for the top performance of the Canada Games.
- Annamay Pierse won both breaststrokes, 1:11.79 in the 100 anda record swim in the prelims and final of 2:32.95 in the 200, bettering theold recordof $2: 36.29$ from 1993.
- 8 golds (4 in 1997) and total medals of 19 .


## British Columbia

- 25 total medals ( 19 in 1997)
- 5 men's sgolds including $4 \times 200$ free, and 2 women's.
- Brent Hayden with most medals- goldfor200free, bronze for 100 free, gold for $4 \times 200$ free andsilversin $4 \times 50$ freeand $4 x 100$ free relays.

Manitoba


- Two pairs of sisters won thebronzein the $4 x 50$ freeas Erin and DianeKardash andJenniferandJulianneToogoodswam 1:47.67.
- Other medalsby Erin Kardash, secondin the 100 freeand third in the 50 free.
- Rhea Schmidt(Manitoba Marlins) earned5goldmedalsin the SWAD category by placing firstin the $50-100$ free, 100 back, 100 breast and 200 IM . Other medal winners were CSO swimmers JeanetteMattem,BrucePenner,AshleeMcLeod, andPhilipBialk.


## New Brunswick

- Andre Couturier won both bronze medals, with a 16:09.79 in the 1500 free and a $4: 33.48$ in the 400 IM.
- Morgan Kiersteadwastheyoungestinalistin both breaststrokes. Inthe 100 her 1:15.16isthefastestCanadian performancefor1112 -year-olds this summer.


## Nova Scotia

- Melissa Hubley won the 200 butterfly, the only gold for her province.
- Bevan Haley, 14, added a silver in the 800 free with a 9:00.41, the fastest 13-14 800 TAG performer of the summer.
and was part of three winning relays for a total of six golds, the most by any swimming competitor.
- Laura Pomeroywon the 50-100 free in record times, added two more golds in the $4 x 50$ free and $4 \times 100$ free relays.
- Most medals with 29 (12-9-8)

Quebec

- Melanie Bouchard won both backstrokes, the 100 in a record time of 1:04.25, and the 200 in 2:18.28. She added four relay medals: gold in the 4x200 free, silversin the $4 x 50$ and $4 x 100$ free, and bronze in the $4 x 100$ medley. - 19 (4-9-6) total medals.


## Prince Edward Island

- Denis Alisic was 18th in the men's 200 breaststroke.
- Maria Profit 17th in the 200


## Newfoundland and Labrador

- Top placings were by Eileen Robinson with a fourth in the 50 free and Suzanne Drodge seventh in the 400 free.


## Ontario

- Matthew Rose won the $50-100$ free, 100 back, in record times
backstroke and 400 IM .

9) 1:00.68 Trevor Coulman, 17,SK
10) $1: 00.93$ Gerry Martselos, $21, B C$
11) $1: 01.66$ Brendan Curley, $17, \mathrm{SK}$
12) 1:02.27 Colin Baird, 15 ,NB
13) $1: 02.38$ Tim Gibbons, 16, NF
14) $1: 02.43$ Jeff Bailey, $21, \mathrm{NS}$
15) $1: 02.53$ Matthew Terauds, 18 ,NS
16) $1: 02.82$ Andrew McGillivray, $18, \mathrm{MB}$

200 METRES BACKSTROKE Aug 16

1) $2: 04.66$ Roland Bauhart, $21, \mathrm{BC}$
2) $2: 06.70$ Stephen Preston, $19, \mathrm{QC}$ 2:07.76 Francois Castonguay, 18,QC 2:08.03 Michael Power,20,AB 2:09.11 Kelly Albrecht,20,NB 2:11.06 Eliot MacDonald,18,MB 2:11.36 Ciaran Dickson,17,SK 2:15.72 Andrew Coupland,18,0N $B$ Final
3) 2:12.57 Eliot MacDonald, 18,MB
4) $2: 13.16$ Noah Pink, 18, NS
5) $2: 13.25$ Gordon McKay, $20, \mathrm{AB}$
6) $2: 13.89$ Colin Baird, 15 ,NB
7) $2: 14.05$ Brendan Curley, $17, \mathrm{SK}$
8) 2:14.18 Jeff Bailey,21,NS
9) $2: 18.76$ Kurtis MacGillivary,17,0N
10) $2: 25.13$ Tim Gibbons, $16, \mathrm{NF}$

100 METRES BREASTSTROKE Aug 15

1) • 1:02.89 Chad Thomsen, $18, \mathrm{AB}$
2) 1:05.02 Adam Taschereau-C.,20, QC
3) $1: 05.35$ Scott Dickens, $16, \mathrm{ON}$
4) $1: 05.74$ Matthew Mains, $19,0 \mathrm{~N}$
5) 1:06.47 Nathan Parker,17,SK
6) 1:06.58 Roger Boucher,20,SK
7) 1:07.20 Marcus Blouw,21,MB disq Aaron Lee,21,NB
$B$ Final
8) 1:07.28 Alex Boulanger, 19, QC
9) $1: 07.71$ Garth Coxford, $20, \mathrm{AB}$
10) $1: 08.48$ Brian Verigin, $17, \mathrm{BC}$
11) $1: 08.50$ Nick Graham, $19, \mathrm{NS}$
12) $1: 08.69$ Adam Ferguson,18,NB
13) $1: 08.84$ Ken Hamilton, $18, \mathrm{BC}$
14) $1: 09.16$ Steven Thornhill,18,NF
15) $1: 09.27$ Chris Grimes, $21, \mathrm{NF}$

200 METRES BREASTSTROKE Aug 17

1) $2: 19.81$ Matthew Mains, $19,0 \mathrm{~N}$
2) $2: 20.00$ Adam Taschereau-C., $20, \mathrm{QC}$
3) $2: 20.64$ Chad Thomsen, 18,AB

2:22.28 Scott Dickens, 16,0N 2:24.62 Aaron Lee,21,NB 2:25.32 Nathan Parker,17,SK 2:26.52 Thomas South,18,AB 2:27.56 Marcus Blouw,21,MB B Final
9) 2:24.52 Alex Boulanger, 19, QC
10) $2: 28.32$ Ken Hamilton, $18, \mathrm{BC}$
11) $2: 30.15$ Roger Boucher, $20, \mathrm{SK}$
12) $2: 31.27$ Chris Grimes, $21, \mathrm{NF}$
13) $2: 32.68$ Joseph Holownia, 17,NB
14) $2: 32.99$ Stefan Dagenais, 18 ,NS
15) $2: 37.07$ Andrew McGillivray, 18,MB disq Brian Verigin,17,BC
100 METRES BUTTERFLY, Aug 16

1) • 55.87 Bradley Vanderkam, $18, \mathrm{ON}$ 56.25 Jesse Jacks, 19,BC 56.28 Chad Hankewich,19,SK 57.25 Nicholas Dargus,20,ON 57.70 Andrew Dragunas,19,QC 57.89 Jan Pelechytik,20,AB 58.28 Andy White,19,NS 58.70 Niels Versfeld,19,AB

B Final
57.51 Darryl Rudolf,17,BC
10) 58.68 Benoit Banville-A., 18,QC
11) 58.69 George Colbert,20,NF 59.26 Karim Abdulla,18,SK 13) 59.32 Chris Razeau, $21, \mathrm{MB}$ 14) 59.82 Justin Gionet 10 NB 15) 1.00 .21 Aron Butler, 17,NB 10) 1.00 .2 Aaron Butler, $17, \mathrm{NB}$ 16) $1: 00.49$ Collin Gyles, 19,MB

200 METRES BUTTERFLY, Aug 14

1) $2: 04.19$ Chad Murray, $19, \mathrm{AB}$
2) $2: 04.26$ Bradley Vanderkam, $18, \mathrm{ON}$ 2:04.57 Jesse Jacks, 19, BC
3) 2:05.75 Andrew Dragunas, $19, \mathrm{QC}$ 5) 2:06.36 Sylvain Lemieux,21,QC 2:06.56 Brent O'Connor,17,BC 2:06.56 Brent O'Connor,17,BC 2:09.95 Chad Hankewich, B Final
4) 2:07.31 Nicholas Dargus,20,ON 10) $2: 08.55$ Andy White, 19, NS 11) $2: 08.78$ Mike Terauds,20,NS 12) $2: 09.62$ George Colbert, $20, \mathrm{NF}$ 13) $2: 11.08$ Karim Abdulla,18,SK 14) $2: 13.26$ Lawrence Cohen, $19, \mathrm{MB}$
5) $2: 13.88$ Andrew Metcalfe, 17,MB
6) $2: 17.40$ Aaron Butler, 17,NB

200 METRES IND.MEDLEY, Aug 17

1) 2:06.79 Chad Murray, 19, AB
2) $2: 07.53$ Sylvain Lemieux $, 21, Q C$
3) $2: 07.73$ Francois Castonguay, $18, \mathrm{QC}$

2:08.61 Brian Verigin, 17,BC
5) 2:11.11 Steven Medaglia, $16, \mathrm{ON}$
6) 2:12.20 Marcus Blouw, $21, \mathrm{MB}$
7) $2: 13.61$ Andrew Coupland, $18, \mathrm{ON}$
8) $2: 13.88$ Andy White, 19, NS

## B Final

9) 2:09.20 Garth Coxford, $20, \mathrm{AB}$
10) $2: 13.48$ Brent Hankewich, 17, SK
11) 2:13.93 Dave MacDonald, $21, \mathrm{BC}$
12) $2: 15.70$ Matthew Terauds,18,NS
13) $2: 16.50$ Kyle Murphy,20,MB
14) $2: 16.83$ Colin Baird, 15, NB
15) 2:17.93 Sean Pederson,19,SK
16) $2: 21.87$ George Colbert, $20, \mathrm{~N}$

400 METRES IND.MEDLEY, Aug 15
4:27.19 Chad Murray, 19,AB
4:32.74 David Creel,20,BC
4:33.48 Andre Couturier,20,NB
4:33.57 Sylvain Lemieux,21,QC
4:35.81 Garth Coxford,20,AB
4:36.21 Kurtis MacGillivary,17,0N
4:36.39 Michel Tremblay,20,QC disq Dave McDonald,21,BC B Final
9) 4:38.81 Steven Medaglia, 16, ON
) $4: 42.14$ Eliot MacDonald, 18,MB

1) $4: 44.33$ Andy White,19,NS
2) $4: 48.59$ Karim Abdulla, $18, \mathrm{SK}$
3) 4:50.06 Ciaran Dickson,17,SK
4) $4: 51.83$ George Colbert,20,NF
5) 5:01.39 Jason Meadows,20,NS 16) $5: 01.42$ Sebastien Sirois, 17,NB 4X100 MEDLEY RELAY, Aug 17 1) • 3:49.38 Ontario, ON
56.93 Rose, 1:04.44 Dickens,
56.22 Vanderkam, 51.79 Szaflarski
6) $3: 50.81$ Alberta, AB
59.87 Power, 1:02.51 Thomsen,
56.76 Pelechytik, 51,77 Murray
7) 3:53.33 Quebec, QC
59.53 Preston, 1:04.92 Taschereau,
57.05 Dragunas, 51.83 Bourdages 4) $3: 54.46$ British Columbia, BC
8) $3: 56.87$ Saskatchewan, SK
9) $4: 00.37$ Manitoba,MB
10) $4: 00.43$ Nova Scotia,NS
11) 4:03.91 Newfoundland,NF

4X50 FREE RELAY, Aug 14

1)     - 1:34.12 Ontario, ON
24.15 Rose, 23.56 Zochowski,
23.15 Szaflarski, 23.26 Miller
2) $1: 34.85$ British Columbia, BC 23.62 Wilkins, 23.33 Tisdall, 23.63 Hayden, 24.27 Jacks
3) 1:35.40 Quebec, QC 23.98 Bourdages, 23.55 Heroux, 23.74 Anctil, 24.13 Preston
4) $1: 35.81$ Alberta,AB
5) 1:37.00 Saskatchewan,SK
6) $1: 39.50$ Nova Scotia,NS
7) 1:39.83 New Brunswick,NB

4X100 FREE RELAY, Aug 16

1) • 3:26.83 Ontario, ON
52.34 Szaflarski, 50.65 Rose, 51.92 Zochowski, 51.92 Miller
2) $3: 28.88$ British Columbia, BC 53.23 Wilkins, 51.45 Tisdall, 52.90 Jacks, 51.30 Hayden
3) $3: 30.95$ Alberta,AB
53.75 Tozer. 51.54 Murray,
52.66 Power, 53.00 Phillips
4) 3:31.36 Quebec, QC
5) $3: 34.40$ Saskatchewan, SK
6) $3: 38.27$ Manitoba,MB
7) $3: 38.65$ Nova Scotia,NS
8) 3:39.77 New Brunswick,NB

4X200 FREE RELAY, Aug 15

1) • $7: 37.53$ British Columbia, $B C$ 1:53.23 Tisdall, 1:54.40 O'Connor 1:56.25 Jacks, 1:53.65 Hayden
2) $7: 39.88$ Alberta, AB 1:54.81 Power, 1:55.06 Cormack, 1:54.01 Murray, 1:56.00 Tozer
3) 7:41.00 Ontario, ON 1:53.95 Szaflarski, 1:55.05 Loiselle, 1:57.91 Zochowski, $1 ; 54.09$ Coupland
4) 7:46.92 Quebec,QC
5) 7:51.25 Saskatchewan,SK
6) $7: 57.02$ Manitoba,MB
7) 8:02.95 Nova Scotia,NS
8) 8:10.96 New Brunswick,NB

WOMEN
50 METRES FREESTYLE Aug 17 - 26.04 Laura Pomeroy,17,0N 26.70 Jennifer Porenta, $16, \mathrm{ON}$ 26.86 Erin Kardash,15,MB 27.01 Eleen Robinson, 17,NF 27.41 Jessie Bradshaw, 17,AB 27.42 Laura Grant, 17,AB 27.42 Amber Dykes, 17, BC 27.42 Amber Dykes,17,BC
27.50 Caroline Clapham, $20, B C$

## Final

9) 27.61 Victoria Poon, 16, QC
10) 27.75 Jennifer Toogood, 16,MB
27.83 Victoria Lally,18,NB
27.85 Jennifer Alexander, 19,NB
27.93 Genevieve Boucher,20,QC
28.12 Brooke Buckland,12,NS
28.12 Brooke Buckland,12,NS
28.19 Eyse Gibson,17,NS 28.21 Kristen Lis,18,SK

100 METRES FREESTYLE Aug 15
56.92 Laura Pomeroy, 17,ON
58.66 Jennifer Porenta, 16, ON
58.87 Angela Stanley,21,BC
58.90 Isabelle Ascah-Coallier,17,QC
58.93 Eizabeth Collins,18,SK
58.99 Melanie Bouchard,19, QC
59.43 Caroline Clapham, $20, B C$

## B Final

9) 59.90 Jessie Bradshaw, 17,AB
59.91 Laura Grant, 17,AB
59.97 Eileen Robinson,16,NF

1:00.27 Diane Kardash,15,MB
1:00.42 Kayla Graham,14,NS
1:00.75 Eyse Gibson,17,NS
1:00.85 Victoria Lally, 18,NB
1:01.24 Kara Folsom,20,NB
METRES FREESTYLE Aug 14
2:04.00 Eizabeth Colins,
2:04.35 Iris Eliott,19,ON
2:05.06 Megan Kinsella, 19,AB
$\begin{array}{ll}\text { 2:05.50 } & \text { Marieve De Blois,17, QC } \\ \text { 2:05.58 } & \text { Deanna Stefanyshyn,16,BC }\end{array}$
2:05.72 Chanell Charron-W.,17,QC
2:07.33 Alicia Jobse, 17,MB
2:10.27 Katherine Telfer,16,0N B Final
9) 2:07.07 Sienna Quirk, 18,NB
10) 2:07.26 Hayley Doody, 16,AB
11) $2: 09.03$ Meghan Brown, 17,BC
$\begin{array}{lll}\text { 12) } 2: 09.40 & \text { Suzanne Drodge,21,NF } \\ \text { 13) } & 2: 09.97 \text { Meghan Demchuk,17,SK }\end{array}$
13) 2:09.97 Meghan Demchuk, 17,SK
14) $2: 10.73$ Kara Folsom, $20, \mathrm{NB}$
15) $2: 10.94$ Bevan Haley, 14,NS
16) $2: 15.35$ Sarah Button, 19,NF

400 METRES FREESTYLE Aug 16
4:23.64 Angela Stanley, 21,BC
4:24.32 Taryn Lencoe, 15,BC
4:25.55 Kathy Siuda, 15,ON
4:26.21 Megan Kinsella, 19,AB
4:26.87 Alicia Jobse, 17,MB
4:30.17 Sienna Quirk,18,NB
4:31.29 Suzanne Drodge,21,NF 4:33.32 Katherine Telfer,16,ON B) B Final
9) 4:28.97 Stephanie Barbe, 18, QC
10) 4:29.00 Marieve De Blois,17,QC

4:29.67 Bevan Haley, 14,NS
12) $4: 30.02$ Sara McNally, $16, A B$
13) $4: 37.14$ Meghan Demchuk, 17,SK
14) $4: 38.32$ Daniele Smith, 16, NS
15) $4: 40.41$ Jocelyn Tanner, $19, \mathrm{SK}$ 4:42.45 Christine McKinley, 16,MB
800 METRES FREESTYLE Aug 17
8:59.08 Taryn Lencoe, 15, BC
9:00.41 Bevan Haley, 14,NS
3) $9: 06.78$ Sheena Martin, $16,0 \mathrm{~N}$
4) $9: 09.67$ Allison Laidlow, $16, \mathrm{BC}$

9:13.38 Sienna Quirk, 18,NB
9:13.62 Rosie Meade,17,ON
9:14.13 Stephanie Barbe,18,QC
9:16.10 Alicia Jobse,17,MB
100 METRES BACKSTROKE Aug 1

1)     - 1:04.25 Melanie Bouchard, $19, \mathrm{QC}$
2) $1: 04.60$ Jessie Bradshaw, 17,AB
3) $1: 04.64$ Caitlin Meredith, $17, \mathrm{BC}$
4) $1: 04.70$ Julia Wright, $20, \mathrm{AB}$
5) 1:05.02 Andree-Ann Leroy, 19,BC
6) 1:05.30 Erin Kardash, 15,MB
7) 1:05.95 Eizabeth Collins,18,SK
$\begin{array}{ll}\text { 7) } & 1: 05.95 \\ \text { Eizabeth Collins, } 18, \mathrm{SK} \\ \text { 1:06.31 } & \text { Sheena Martin, } 16, \mathrm{ON}\end{array}$
$B$ Final
8) 1:07.02 Katie Smith, $15, \mathrm{ON}$
9) $1: 07.56$ Genevieve Boucher,20,QC
10) $1: 08.07$ Andrea Roberts, $16, \mathrm{NS}$
11) $1: 08.12$ Brooke Buckland,12,NS
12) $1: 08.19$ Eizabeth Cleven, $16, \mathrm{MB}$
13) 1:09.42 Victoria Lally, 18,NB
14) $1: 10.84$ Georgina Cox,16,NB
15) 1:11.57 Eleen Robinson, $16, \mathrm{NF}$
200 METRES BACKSTROKE Aug 16
16) $2: 18.28$ Melanie Bouchard, $19, \mathrm{QC}$
17) $2: 18.28$ Melanie Bouchard, $19, \mathrm{QC}$
18) $2: 18.56$ Sheena Martin,16,ON
$\begin{array}{ll}\text { 2) } 2: 18.56 & \text { Sheena Martin, } 16, \mathrm{ON} \\ \text { 3) } 2: 19.54 & \text { Julia Wright, } 20, \mathrm{AB}\end{array}$
$\begin{array}{lll}\text { 3) } & 2: 19.54 & \text { Julia Wright, } 20, \mathrm{AB} \\ \text { 4) } & 2: 20.27 & \text { Stephanie Barbe, } 18, \mathrm{Q}\end{array}$
19) 2:21.11 Andree-Ann Leroy, 19, BC
20) 2:22.89 Allison Laidlow, $16, B C$
21) $2: 24.88$ Cindy Jobse, $15, \mathrm{MB}$
22) $2: 26.31$ Brooke Buckland, 12, NS B Final
23) 2:23.42 Andrea Roberts, 16,NS
24) $2: 25.63$ Katie Smith, $15,0 \mathrm{~N}$
25) $2: 26.98$ Diane Kardash, $15, \mathrm{MB}$
26) $2: 29.46$ Shawna Bothwell, $17, A B$
27) $2: 30.22$ Eleen Robinson, 17,NF
28) $2: 33.79$ Kaere Ballman,17,SK
29) $2: 36.94$ Georgina Cox, 16,NB
30) $2: 37.19$ Krista Haslund, $15, \mathrm{SK}$
100 METRES BREASTSTROKE Aug 15
1:11.79 Annamay Pierse,17,AB
1:12.49 Emma Spooner,18,AB
31) $1: 13.55$ Christy Anderson, $18, \mathrm{ON}$
1:14.69 Trisha Lakatos,18,QC
1:14.90 Renee Hober, 16, AB
1:14.99 Michelle Laprade, $20, Q C$
1:15.16 Morgan Kierstead, 12,NB
1:15.29 Jenny Wear,20,BC
B Final
g) 1:15.66 Michelle Mange, 14, BC
32) $1: 15.70$ Kristen Lis,18,SK
33) $1: 17.34$ Laurie Green,20,NF
34) $1: 17.74$ Allison Birkett,18,SK
35) $1: 17.85$ Kirby Cote, $17, \mathrm{MB}$
36) 1:18.15 Daniella Garofoli,21,MB
37) $1: 18.36$ Eaine Munroe,17,NS
38) $1: 19.18$ Erin Pasloski, $16, \mathrm{YK}$
200 METRES BREASTSTROKE, Aug 17
39) ï 2:32.95 Annamay Pierse,17,AB
2:36.17 Emma Spooner,18,AB
40) $2: 38.68$ Jenny Wear, $20, \mathrm{BC}$
41) $2: 39.19$ Michelle Mange, $14, \mathrm{BC}$
42) $2: 39.98$ Christy Anderson, $18, \mathrm{ON}$
43) 2:40.32 Trisha Lakatos, $18, \mathrm{QC}$ 7) $2: 43.31$ Morgan Kierstead, 12,NB 8) $2: 44.90$ Renee Hober, $16,0 \mathrm{~N}$ B Final
44) $2: 43.73$ Kristen Lis, $18, \mathrm{SK}$
45) $2: 45.68$ Allison Birkett, $18, \mathrm{SK}$
46) $2: 45.97$ Michelle Laprade, $20, \mathrm{QC}$
47) $2: 47.05$ Laurie Green, $20, \mathrm{NF}$
48) $2: 47.53$ Alicia Jobse, 17,MB
49) $2: 47.75$ Jessica McLellan, 16,NS
50) $2: 49.69$ Daniella Garofoli,21,NB
51) $2: 49.83$ Stephanie Cross,16,NS
100 METRES BUTTERFLY, Aug 16
52) • 1:02.37 Eizabeth Collins,18,SK
53) $1: 02.87$ Michaela Schmidt, $17, \mathrm{AB}$
1:03.95 Nancy Gajos, 17,0N
1:04.17 Virginie Robitaille,19,QC
1:04.19 Michelle Landry, 16, BC
1:04.41 Melissa Hubley,20,NS
1:04.54 Hayley Doody,16,AB
1:04.65 Amanda Gillespie,16,0N B Final
54) 1:04.65 Julia Guay-Racine,15,QC
55) 1:05.93 Terra Welsh, $18, \mathrm{MB}$
56) $1: 06.31$ Lori Borgal, $20, \mathrm{NS}$
57) $1: 06.61$ Jennifer Graf, $17, \mathrm{SK}$
58) $1: 06.91$ Meghan Brown, 17,BC
59) $1: 07.64$ Jennifer Alexander, $19, \mathrm{NB}$
60) $1: 08.53$ Stefanie Andruchuk, 14,MB
61) $1: 08.81$ Sarah Button, $19, \mathrm{NF}$
200 METRES BUTTERFLY, Aug 14
62) $2: 17.91$ Melissa Hubley,20,NS
2:18.68 Joan Bernier,16,QC
63) 2:19.23 Michelle Landry, 16, BC
64) 2:21.43 Deanna Stefanyshyn, $16, \mathrm{BC}$
65) $2: 21.54$ Terra Welsh, $18, \mathrm{MB}$
66) 2:21.96 Amanda Gillespie,16,ON
67) $2: 22.27$ Dena Durand, $20, \mathrm{AB}$
68) $2: 31.11$ Michaela Schmidt, $17, \mathrm{AB}$ B Final
69) 2:22.83 Nancy Gajos, 17, ON
70) $2: 25.02$ Bevan Haley, $14, \mathrm{NS}$
71) $2: 25.06$ Julia Guay- Racine, $15, \mathrm{QC}$
72) $2: 26.74$ Leah Murrin, $15, \mathrm{NF}$
73) $2: 26.89$ Meghan Demchuk, 17, SK
74) $2: 27.14$ Stefanie Anrduchuk, 14,MB
75) $2: 27.72$ Jocelyn Tanner, 19,SK
76) 2:29.79 Suzanne Drodge,21,NF
200 METRES IND.MEDLEY, Aug 17
200 METRES IND.MEDLEY, Aug 17
77) $2: 19.00$ Marieve De Blois, $17, Q C$
78) • 2:19.00 Marieve De Blois, $17, \mathrm{QC}$
79) $2: 21.47$ Christy Anderson, $18, \mathrm{ON}$
80) 2:22.12 Andree-Ann Leroy, 19, BC
81) 2:22.15 Dena Durand, $20, A B$

## 2001 LONG COURSE TAG.

$\mathbb{H R S}$


50 METRES FREESTYLE
Rec: 27.16 Shauna Collins, ROD, 90
28.01 CAGMSAUG Brooke Buckland, 12,WTSC
28.95 BCAGJUL Natalie Chan,12,PDSA
28.98 TORLCJAN Whitney Rich,12,ISS
29.00 ABAGJUL Donna MacLeod,12,EKSC
29.01 CASCJUN Carol Starratt, 14,CAS
29.08 CNOAPR Sarah Phee,12,GO
29.09 BCAGJUL Stephanie Pollard, 12,IS
29.22 AACAPR Nadine McAdam,12,TSC
29.31 BCAGJUL LuciaZamecnik,12,WLBF 29.44 PQAGJUL Eianne de Larochellier, 12,UL 29.55 PPOMAY Carolyn Delkus, 12,BTSC 29.59 ABAGJUL Rebecca Sayles, 12,CASC
29.62 ONAGJUL Miriam Kim,12,TSC 29.64 ABAGJUL Mackenzie Jones, 12,UCSC 29.69 ABAGUUL Jillian Tyler,12,ASSA 29.72 PQIMAY Kim Nguyen,12,DDO 29.73 AACAPR Emily Easto,11,TSC 29.76 ABAGJUL Kristie Carter, 12, UCSC 29.85 PQAGJUL Edith Acevedo, 12,CNMN 29.87 BCAGJUL Cecilie Balfour, 11,WVOSC 29.96 CASCJUN Kristin Pomerleau,11,DE 100 METRES FREESTYLE
Rec: 58.04 Shauna Collins,ROD,90
1:00.95 CAGMSAUG Brooke Buckland, 12,WTSC
$\begin{array}{lc}1: 02.39 & \text { JRNATJUL Natalie Chan,12,PDSA } \\ \text { 1:03.12 EKIAPR Katerina Symes, 12, FKSC }\end{array}$
1:03.28 ODIV1APR Seanna Mitchell,12,NKB
1:03.44 JRNATJUL Lauren MacQuarrie, 12,ROD
1:03.84 ONAGJUL Rachael Kloosterman, 12,WD
1:03.86 MBSKJUN Hailee Traa, 12,MANTA
1:03.92 CASCJUN Jessi Wardale,12,CAS IS
1:04.06 EKIAPR Mackenzie Jones,12 UCS
1:04.82 ODIV1APR Nadine McAdam,12,TSC
1:04.85 ONAGJUL Jessica Bredschneider,12,COBRA
1:04.93 ONAGULL Miriam Kim, 12,TSC
1:05.18 PPOMAY Courtney Kehoe,12,PERTH
1:05.48 DAVISMAR Rachel Shal horn,12,OSHAC
1:05.53 PQIMAY Myriam Plante, 11,UL
1:05.70 CASCJUN Kristie Carter 12 UCSC
1:05.70 CASCJUN Kristie Carter,12,UCSC
1:05.80 PQAGJUL Eianne de Larochellier, 12,UL
1:05.91 ONAGJUL Sarah Hurst,12,BRANT
1:05.91 ONAGJUL Jillian Peace-Hall,12,RISC
1:05.91 ONAGJUL Jiliian Peace-Hal,,12,RIS
1:05.96 PQIMAY Kim Nguyen,12,DDO
1:06.05 MSSACMAY Lorraine Whiting,12,MSSAC

## 200 METRES FREESTYLE

Rec: 2:03.72 Shauna Collins, ROD,90
2:12.54 PHENXUUN Natalie Chan,12,PDSA
$\begin{array}{ll}\text { 2:16.70 } & \text { NSSRJUN Brooke Buckland,12,WTSC } \\ \text { 2:17.11 } & \text { BCAGUUL Lauren Lavigna,12 GATOR }\end{array}$
2:17.11 BCAGJUL Lauren Lavigna, 12,GATOR
2:18.59 MBSKJUN Hallee Traa, 2,MANTA
2:19.11 MSSACMAY Rachael Kloosterman,12,WD
2:20.02 MBSKJUN Stephanie Pollard,12,IS
2:20.17 CASCJUN Mackenzie Jones,12, UCSC
2:20.29 ABAGJUL Kelsey Jenkins,12,FMSC
2:20.45 EOSAJUN Seanna Mitchell,12,NKB
2:20.52 PQAGULL Edith Acevedo, 12,CNMN
2:20.83 PQAGUL Stephanie Horner 12 BBF
$\begin{array}{ll}\text { 2:20.83 } & \text { PQAGUUL Stephanie Horner, 12,BBF } \\ \text { 2:20.89 } & \text { ONAGULL Jessica Bredschneider, } 12, \text { COBRA }\end{array}$
2:21.24 ABAGJUL Rebecca Sayles,12,CASC
2:21.36 HYACKMAY Jennifer Self,12,PDSA
2:21.38 MSSACMAY Nadine McAdam,12,TSC
2:21.70 ROWMAY Zara Laing,12,ROW
2:21.70 ROWMAY Zara Laing,12,ROW
2:21.78 ESWIMJUN Lorraine Whiting, 12,MSSAC
2:21.92 OCREJUN Nicole Lacoste, 13,MSSAC
2:21.97 ODIV1APR Maggie Young, 12, WAC
2:22.08 ESWIMJUN Fay Yachetti,12,HWAC
2:22.88 OCREJUN Amanda McTeague, 11,ESWI
2:22.88 OCREJUN Amanda McTeague,11,ESWI
2:23.16 ONAGUL Adriana Hinson,12,TAT
2:23.46 ONAGJUL Samantha Diotte,12,NKB
2:23.50 ABAGJUL Jessi Wardale,12,CASC


Rec: 1:10.94 Allison Higson,ESC, 86
1.15.16 CAGMSAUG Morgan Kierstead, 12,AQUA 1:19.29 PQIIIMAY Claudia Bonsant,12,EXCE 1:21.38 JRNATJUL Donna MaCLeod,12,EKSC 1:21.86 HYACKMAY Hanna Pierse,12,EKSC 1:21.92 MSSACMAY Rachel Chan,12,MSSAC 1:22.41 MBSKJUN Lisa Kenke,12,GOLD 1:22.54 CDSCAPR Natalie Chan,12,PDSA
$1: 22.55$ GMACJUN Vicki Curtis,12,GMAC 1:22.68 EOSAJUN Penny Baxter,12,NKB BCAGJUL Jessica Creppinak, 11,PSW
PHENXJUN Alicia Neasmith, 2 PCSC MBSKJUN Tara Hahto,11,CASC ONAGJUL Amanda Bissonette, 12,GMAC ONAGJUL Christine Hui, 12,RHAC AACAPR Nadine McAdam,12,TSC PQAGJUL Kim Nguyen,12,DDO PPOMAY Anne-M Vachon,12,CNCC UCSAJAN Lauren Walker,12,OSC TBTMAY Jane Harrington, 12,MM

## METRES BREASTSTROKE

2:43.31 CAGMSAUG Morgan Kierstead,12,AQUA
2.47.75 MBSKJUN Donna MacLeod,12,

2:50.73 JRNATJUL Hanna Pierse,12,EKSC
2.51.89 PQIIIMAY Claudia Bonsant.12,EXCE

2:53.37 ONAGJUL Sarah Turgeon,12,SSMAC
2:54.53 CDSCAPR Natalie Chan,12.PDSA
2:55.15 MBSKJUN Lisa Kenke, 12,GOLD
2:56.84 $\quad$ BCAGJUL Jessica Crepjnak,11,PSW
2:57.61 PQAGJUL Alicia Neasmith, 12,PCSC
2:58.30 ONAGJUL Amanda Bissonette, 12, GMAC
2:58.78 HYACKMAY Tra Hahto
2:58.98 AACAPR Sacha Lambert,12,TSC
2:59.28 BCAGULL Kelsey Chapman, 11 ,PGB
2:59.52 EKSCMAR Katerina Symes, 12.FKSC
2:59.73 ONAGJUL Christine Hui, 12,RHAC
3:00.58 MSSACMAY Karly Harding,12,WD
3:00.66 ODIV3APR Aaryn Fraser, 12, MMST 3:01.03 ONAGJUL Monika Stitski,11,ESWIM
ec: 1:05.51 Shauna Collins, ROD 90
:10.17 ONAGJUL Kailee MacKinnon,12,HWAC
11072 NAGJUL Rad Klocterman 12
1:11.01 ONAGJUL Kalli Buchanan, 12,COBRA
1.11.53 POAGJUL Marie-P Bollard,12,IS

1:11.55 ONAGJUL Kaleigh McKinnon,11,TORCH
1:12.12 CDSCAPR Natalie Lavigna, 12,GATOR
1:12.90 CASCJUN Mackenzie Jones, 12,UCSC $\begin{array}{ll}\text { 1:13.05 } & \text { MBSKJUN Courtney Kapustianyk, 12,LASER } \\ \text { 1:13.27 } & \text { MBSKJUN Amy Findlay,11, KSC-BRSA }\end{array}$ 1:13.86 EKIAPR Darby Jack 12 Gl - BRSA 1:14.07 TBTMAY Hailee Traa, 12,MANTA 1.14.15 CAMOMAR Edith Acevedo,12,CNMN 1:14.43 MBSKJUN Elyn Barnlund,11,MANTA 1:14.50 ONAGJUL Lisa Mitchell 12, ROW 1:14.62 ONAGJUL Megan Heaney,12,LSC 1:14.80 LACMAY Dana Serwotka, 12,CYPS ODIV2APR Courtney Kehoe, 12,PERTH OYOMAR Caitlin Reilly, 12,UPCAN

## ITRES BUTTERFLY

.47 Michelle Coulombe,CNMN,77
2:36.17 CDSCAPR Natalie Man,12,PDSA
2:36.63 CDSCAPR Lauren Lavigna, 12,GATOR $\begin{array}{ll}\text { 2:37.54 } & \text { MBSKJUN Courtney Kapustianyk, 12,LASER } \\ \text { 2:37.90 } & \text { ONAGJUL }\end{array}$
$\begin{array}{ll}\text { 2:37.90 } & \text { ONAGJUL Rachael Kloosterman, 12,WD } \\ \text { 2:39.68 RAPIDJAN Kathryn Johnson,12,PDSA }\end{array}$
2:40.52 ONAGJUL Kailee MacKinnon, 12,HWAC
2:40.69 ABAGJUL Andrea Kells, 12,RDCSC
2:42.49 HTACAPR Hannah Vaughan,12,EAST
AACAPR Carol Kong, 11,TORCH
BCAGJUL Hilary Todd,12,PDSA
BCAGJUL Annika Schmuck,12,PSW
ONAGJUL Lisa Mitchell,12,ROW
ODIV1APR Maggie Young,12,WAC
MBSKJUN Amy Findlay,11,KSC-BRS
PQIMAY Vanessa Taillefer,11,DDO TBTMAY Elyn Barnlund,11,MANTA 2:47.26 ESWIMJUN Jennifer Cao, 12,YORK 2:47.53 NSSRJUN Danielle Weir,11,WTSC 2:47.96 MSSACMAY Sacha Lambert, 12,TSC
2:48.80
ONAGUUL Katie McLean, 12,PERTH 2:49.02 MSSACMAY Lucy Wu,12,SCAR
2:49.18 ONAGJUL Kaitlin Olidis,12,USC

## 00 MEIRES IND.MEDLEY

Rec: 2:21.55 Allison Higson,ESC,86
$\begin{array}{ll}\text { 2:31.87 } & \text { BCAGJUL Natalie Chan, 12,PDSA } \\ \text { 2:35.57 } & \text { BCAGUUL Stephanie Pollard 12,IS }\end{array}$
2:37.91 ABAGJUL Donna MacLeod, 12,EKSC
2:38.12 MBSKJUN Hailee Traa, 12,MANTA
2:38.20 EKIAPR Katerina Symes, 12,EKSC
2:38.51 MSSACMAY Rachael Kloosterman, 12,WD
2:38.75 HTACAPR Morgan Kierstead, 12,AQUA
2:39.03 ONAGJUL Kailee MacKinnon, 12,HWAC
2:40.00 BCAGUL Sarah Turgeon, 12,SSMAC
2:40.07 CNOAPR Sarah Phee,12,GO
2:40.26 DAVISMAR Rachel Shall horn, 12,OSHAC
2:40.79 ABAGUUL Andrea Kells,12,RDCSC
2:40.96 ABAGJUL Sheena Gross,12,EKSC
2:40.98 MSSACMAY Miriam Kim,11,TSC
2:41.20 ONAGUUL Susan Long,11,LAC
2:41.36 MSSACMAY Nadine McAdam,12,TSC
2:41.51 ONAGJUL Alexa Komarnycky,11, ESWIM
2:41.51 ONAGJUL Alexa Komarnycky,11,ESWIM
2:42.13 MSSACMAY Sacha Lambert,12,TSC
2:42.21 ESWIMJUN Rachel Chan,12,MSSAC
2:42.41 CNOAPR Seanna Mitchell,12,NKB
2:42.53 PQAGULL Stephanie Horner,12,BB

## METRES IND.MEDLEY

## 5ec 5:02.71 Joanne Malar,HWAC,88

5:24.29 TORLCJAN Whitney Rich, 12,ISS
5:25.29 BCAGUUL Natalie Chan,12,PDSA
$\begin{array}{ll}\text { 5:30.27 } & \text { BCAGJUL Stephanie Pollard, 12,IS } \\ \text { 5:32.37 } & \text { BCAGJUL Lauren Lavigna, 12 GATOR }\end{array}$
5:34.14 TBTMAY Hailee Traa, 12,MANTA
5:35.40 HTACAPR Hannah Vaughan,12,EAST
5:35.40 HTACAPR Hannah Vaughan, 12,EAST
5.37.44 ONAGJUL Kailee MacKinnon, 12,HWAC

5:37.94 EKIAPR Katerina Symes,12,EKSC
5:38.18 ONAGJUL Kaleigh McKinnon,11,TORCH
5:38.88 RAPIDAPR Michelle Jung,11,CHENA
5:39.03 MSSACMAY Sacha Lambert,12,TSC
5:39.84 PQAGJUL Stephanie Horner, 12,BBF
5:40.56 PQAGUUL Caroline Murray, 12,DYNAM 5:41.11 ONAGJUL Sarah Turgeon,12,SSMAC 5:41.14 ONAGUUL Alexa Komarnycky, 11,ESWIM 5:41.38 ONAGJUL Susan Long,11,LAC
5:41.42 ESWIMJUN Rachel Chan,12,MSSAC
5:41.64 ABAGNUL Sheena Gross, 12, EKSC
5:42.42 $\quad$ PQIMAY Vanessa Taillefer,11,DDO
5:42.55 $\quad$ BCAGJUL Jessica Crepinak, 11, PSW
$\begin{array}{lc}\text { 5:42.55 } & \text { BCAGAU J essica Crepjnak,11,PS } \\ \text { 5:43.08 } & \text { ISJUN Kathryn Sutton,12,IS }\end{array}$
5:43.08 $\quad$ BCAGJUL Annika Schmuck,12,PSW
5:44.72 ABAGJUL Hanna Pierse,12,EKSC

## Rec: 2:10.53 Regina OD

2:10.53 Regina OD,ROD,90
2:14.19 ABAGJUL Cascade Swim Club,CASC
2:17.33 ODIV1APR Nepean Kanata,NKB
2:17.79 $\quad$ ONAGJUL Hamilt-Wentworth AC,HWAC
2:18.03 AACAPR Toronto Swim Club,TSC
2:18.47 ABAGJUL Univ.of Calgary SC,UCSC
2:18.48 BCAGJU Paciic Doiphins,FOSA
2:19.16 PQIMAY Dollard Swim Team,DDO
2:19.68 ONAGJUL London AC,LAC
2:20.46 ONAGUUL Etobicoke Swimming, ESWIM
2:20.91 PQIlIMAY CN Haut-Richelieu,CNHR
2:21.20
$\begin{array}{ll}\text { 2:21.20 } & \text { MMAPR Manta Swim Club,M } \\ \text { 2:21.23 } & \text { ONAGJUL Uxbridge SC, USC }\end{array}$
$\begin{array}{ll}\text { 2:21.23 } & \text { ONAGJUL Uxbridge SC,USC } \\ \text { 2:21.72 } & \text { PQAGUL Univ.Laval Rouge \& Or,UL }\end{array}$
2:21.75 AACAPR Mississauga AC,MSSAC
PQIMAY Pointe Claire SC,PCSC
ONAGUUL Cobra Swim Club,COBRA
PQIMAY Montreal Aquatique,CAMO
ABAGJUL Fort McMurray SC,FMSC
ABAGJUL Fort McMurray SC,FMS
ODIV1APR Windsor AC,WAC
ODIV1APR Windsor AC,WA
ODIV2APR Ottawa Y,OYO
$\begin{array}{ll}\text { 2:24.29 } & \text { ODIV3APR Markham AC,MAC } \\ \text { 2:24.95 } & \text { ODIV1APR Scarborough SC,SCAR }\end{array}$
2:24.95 ODIV1APR Scarborough SC,SCA
2:25.28 OCREJUN Pickering SC,PICK

## X50 FREE RELAY

1:58.68 ABAGJUL Cascade Swim Club,CASC
2:00.00 CASCJUN Univ.of Calgary SC,UCSC
2:01.36 ODIV1APR Nepean Kanata, NKB
$\begin{array}{ll}\text { 2:02.03 } & \text { ODIV1APR Toronto Swim Club,TSC } \\ \text { 2:02.44 } & \text { BCAGJUL Pacifi Dolpins, PDSA }\end{array}$
2:02.44 BCAGJUL Pacific Dolphins,PDSA
$\begin{array}{ll}\text { 2:02.76 } & \text { ONAGJUL Cobra Swim Club, COBRA } \\ \text { 2:03.21 } & \text { ABAGJUL Edmonton Keyano,EKSC }\end{array}$
$\begin{array}{ll}\text { 2:03.21 } & \text { ABAGJUL Edmonton Keyano, EKSC } \\ \text { 2:04.53 } & \text { PQIMAY Univ.Laval Rouge \& Or.U }\end{array}$
$\begin{array}{ll}\text { 2:04.53 } & \text { PQIMAY Univ.Laval Rouge \& Or,UL } \\ \text { 2:04.57 } & \text { ONAGJUL Etobicoke Swimming,ESWIM }\end{array}$
$\begin{array}{ll}\text { 2:04.95 } & \text { BCAGJUL Vancouver Gators,GATOR } \\ \text { 2:05.28 } & \text { ODIV1APR Brantford AC,BRANT }\end{array}$
2:05.28 ODIV1APR Brantford AC,BRANT
2:05.54 ODIV1APR Windsor AC,WAC
$\begin{array}{ll}\text { 2:05.95 } & \text { LACMAY London AC,LAC } \\ \text { 2:05.95 } & \text { ONAGUL Hamilt-Wentworth }\end{array}$
$\begin{array}{ll}\text { 2:05.95 } & \text { ONAGJUL Hamilt-Wentworth AC,HWAC } \\ \text { 2:06.00 } & \text { NSSRJUN Eastern Alliance EAST }\end{array}$
2:06.00 NSSRJUN Eastern Alliance,EAST
2:06.29 ABAGJUL Fort McMurray SC,FMSC
2:06.42 ODIV1APR Richmond Hill AC,RHAC
2:06.43 ODIV2APR Perth Stingrays,PERTH
2:06.46 PQIMAY Dollard Swim Team,DDO
2:06.54 AACAPR Mississauga AC,MSSAC
2:06.87 ODIV1APR North York AC,NYAC
2:06.93 OCREJUN Uxbridge SC,USC
$\begin{array}{ll}\text { 2:07.27 } & \text { MBSKJUN Manta Swim Club,MANTA } \\ \text { 2:07.35 } & \text { ODIV2APR Lakeshore SC,LSC }\end{array}$
$\begin{array}{ll}\text { 2:07.35 } & \text { ODIV2APR Lakeshore SC,LSC } \\ \text { 2:07.61 } & \text { PQIMAY Samak de Brossard, }\end{array}$
2:07.61 PQIMAY Samak de Brossard,SAMAK

## 50 METRES FREESTYLE

Rec: 26.17 John M.Mills,GO,92
$\begin{array}{ll}27.43 & \text { BCAGJUL Kurt Grossman, 12,PN } \\ 27.59 \text { ODIV3APR Ryan Gow, 12TRENT }\end{array}$
27.83 BCAGJUL Jake Tapp,12,LOSC
28.11 ULJUN Claude Cyr-Cormier,12,LSNR
28.18 LUSCMAY Nick Price,12,TMSC-NWO 28.37 HYACKMAY Brett Schmid,12,CASC
28.58 OLYJUN Yonathan Praiogo, 12, COBRA
28.59 AACAPR Patrick Cuch,12,TSC-TO
28.63 EKSCMAR Joel Greenshields,12,RDCS
28.66 PQAGJUL Pascal Plante,12,UL
28.80 BCAGUUL Glen Wooldridge, 12, WLBF
28.94 PQAGJUL Charles Francis, 12,ENC
28.99 EASTJUL Marc Pyle,12,SWAT
29.12 ABAGJUL Sam Berg,12,RDCSC
29.13 STARJUN Samuel Thrall,12,OAK 29.14 CASCJUN Mathew Chan, 12,STSC 29.14 ONAGJUL Kevin Kwok, 12,RHAC 29.22 ONAGJUL Andrew Suen,12,RHAC 29.23 ABAGJUL Charles Wong,12,UCSC 29.41 PQAGJUL Francois-P Murray, 12,CNDR 29.43 ONAGJUL David Moreno,12,ESWIM 29.49 ONAGJUL Harrison Curtis,12,TSC 29.54 ONAGJUL Uko Abara,12,RHAC 29.61 BCAGJUL Mike Miskiman,12,ORCA 100 METRES FREESTYLE
Rec: 57.20 Miguel Munoz, ESC, 86
58.60 PQIllMAY Mathieu Bois,12,HIPPO 1:00.08 AACAPR Yonathan Prajogo, 12,COBRA 1:00.33 DAVISMAR Ryan Gow,12,TRENT 1:02.33 PQAGJUL Francois-PMurray, 12,CNDR 1:02.55 HYACKMAY Brett Schmid,12,CASC 1:02.63 ONAGJUL Harrison Curtis,12,TSC 1:02.66 UCSAJAN Joel Greenshields,12,RDCSC 1:02.67 EKIAPR Nathan Demchuk, 12,EKSC 1:02.77 ONAGJUL Samuel Thrall,12,OAK 1:03.25 ODIV2APR Nick Price,12,TMSC-NWO 1:03.55 ODIV2APR Glen Torontow,120YO $\begin{array}{ll}\text { 1:03.55 } & \text { ODIV2APR Glen Torontow, 12,0YO } \\ \text { 1:03.72 } & \text { PQAGJUL Erik Brisson,12,DDO }\end{array}$ 1:03.76 BCAGUUL Patrick Downing,12,HYACK 1:03.98 BROCKMAY David Mongeri,12,BROCK 1:04.04 ONAGUL David Moreno 12 ESWII 1:04.29 ULJUN Claude Cyr-Cormier, 12,LSNR 1:04.61 HYACKMAY Charles Wong,12,UCSC 1:04.76 BCAGJUL Glen Wooldridge, 12, WLBF 1:04.85 CASCJUN Chad Michie,12,CASC 1:04.80 ESWIM UN Viktor Verbson,12, YAK 1:04.9 ESEESTYIE ktor Verblac, 12, YORK 200 ME 2.05 .83 Chuck Saya TO
Rec. 2.1148 POIIMAY MAC,95
2:12.08 FKSIIMAY Mathieu Bois, 12,HIPPO $\begin{array}{ll}\text { 2:12.08 } & \text { EKSCMAR Joel Greenshields,12,RDCSC } \\ \text { 2:12.97 } & \text { PQAGUUL Renaud Laliberte 12, }\end{array}$ $\begin{array}{ll}\text { 2:12.97 PQAGUL Renaud Laliberte, 12,UL } \\ \text { 2:15.07 } & \text { RAPIDAPR Jordan Hartney, 12,PSW }\end{array}$
2:15.91 ESWIMJUN Patrick Cuch,12,ESWIM
2:16.38 ODIV3APR Ryan Gow,12,TRENT
2:16.46 ONAGJUL Harrison Curtis,12,TSC
2:16.48 OLYJUN Yonathan Prajogo,12,COBRA
2:17.07 EKIAPR Nathan Demchuk, 12,EKSC
2:17.22 ODIV1APR Peter Bowen 12, GO
$\begin{array}{ll}\text { 2:17.22 } & \text { ODIV1APR Peter Bowen,12,GO } \\ \text { 2:17.28 } & \text { BCAGJUL Jake Tapp,12,LOSC }\end{array}$
$\begin{array}{ll}\text { 2:17.28 } & \text { BCAGUUL Jake Tapp,12,LOSC } \\ \text { 2:17.41 } & \text { PQAGJUL Francois-PMurray, 12,CNDR }\end{array}$
2:17.69 ONAGUL Cameron Bailey,11,HWAC
2:18.65 PQAGJUL Erik Brisson,12,DDO
2:18.97 CAMOMAR Etienne Paquet,12,BBF
2:18.99 MSSACMAY Alex Thompson,12,OAK
2:18.99 MSSACMAY Alex Thompson,12,OAK
2:19.00 EKSCMAR Matthew Verwey,12,RDCSC
2:19.04 CAMOMAR Guillaume Vallieres, 12,CASE
2:19.14 BCAGUL Patrick Downing,12,HYACK
2:19.42 HYACKMAY Ilya Brotzky, 12,PDSA
2:19.63 FARWAUG Kurt Grossman,12.PN
$\begin{array}{lr}\text { 2:19.63 } & \text { FARWAUG Kurt Grossman,12,PN } \\ \text { 2:20.83 } & \text { EKIAPR Brett Schmid,12,CASC }\end{array}$
$\begin{array}{ll}\text { 2:20.83 } & \text { EKIAPR Brett Schmid, 12,CASC } \\ 2: 21.34 & \text { ONAGJUL Sean O'Donnell,12,BROCK }\end{array}$
$\begin{array}{ll}\text { 2:21.58 } & \text { STARJUN Samuel Thrall,12,OAK } \\ \text { 2:21.58 } & \text { ABAGUUL Charles Wong,12,UCSC }\end{array}$

## 2001 LONG COURSE TAG.

## Rec: 4:19.04 Chuck Sayao, TOMAC, 95 $\begin{array}{ll}\text { 4:37.49 } & \text { PQAGJUL Renaud Laliberte, 12,UL } \\ \text { 4:38.56 } & \text { POAGUUL }\end{array}$ 4:44.19 BCAGJUL Jordan Hartney, $12, \mathrm{PSW}$ 4:44.84 BCAGULL Patrick Downing,12,HYACK 4.45.44 EKSCMAR Joel Greenshiedas,12,ALM 4:45.87 ESWIMJUN Cameron Bailey, 11,HWAC 4:47.12 NKBMAY Peter Bowen,12,GO 4.47.33 EKSCMAR Matthew Verwey, 12,RDCSC 4:49.59 OLYJUN Yonathan Praion 4:50.30 BCAGJUL Ryan Cochrane,12,IS 4:52.15 HYACKMAY Ilya Brotzky,12,PDSA 4.52.29 $\quad$ ONAGJUL Harrison Curtis, 12,15C 4:54.77 BCAGULL Jake Tapp,12,LOSC 4:56.41 PQIMAY Pascal Provencher-F,12,DDO 4:57.49 BCAGJUL Kurt Grossman, 12,PN 4:57.73 EKSCMAR Nathan Demchuk,12,EKSC 4:57.96 MBSKJUN Ryan Buna,12,IS $\begin{array}{ll}\text { 4:58.35 } & \text { ONAGUUL Frank Kelly,12,TD } \\ \text { 4:59.27 } & \text { MBSKJUN Nick Berrns, 12 LASER }\end{array}$ 4:59.33 ONAGJUL Samuel Thrall, 12,OAK 5:00.59 HYACKMAY Kyr Getman,12,WVOSC <br> METRES FREESTYLE 17:05.50 Nicholas Richards, PCSC, 84 18:32.28 ESWIMJUN Patrick Cuch,12,ESWIM 18:54.37 BCAGJUL Patrick Downing,12,HYACK $\begin{array}{ll}\text { 18:58.90 } \\ \text { 19:02.37 } & \text { ESWIMJUN Jonathan Blouin,12,CSQ } \\ \text { Cameron Bailey, 11, HWAC }\end{array}$ 19:12.15 BCAGJUL Ryan Cochrane,12,IS 19:14.19 BCAGJUL Ryan Buna,12,IS 19:15.20 BCAGJUL Ilya Brotzky, 12,PDSA $\begin{array}{ll}\text { 19:21.30 } & \text { ESWIMJUN Viktor Verblac,12,YORK } \\ \text { 19:21.97 } & \text { PQIMAY Pascal Provencher-F,F,12,GAMIN }\end{array}$ 19:25.70 BCAGJUL Jake Tapp,12,LOSC 19:31.68 MSSACMAY Cameron Cummings,12,OAK $\begin{array}{ll}\text { 19:35.52 } & \text { MBSKJUN Patrick Errington,12,RDCSC } \\ \text { 19:35.96 } & \text { EKIAPR Nathan Demchuk 12, EKSC }\end{array}$ 19:36.32 BROCKMAY Yonathan Praiogo,12,COBRA 19:50.22 MSSACMAY Alex Thompson,12,OAK 19:54.02 PQIMAY Jonathan Gagne,12,DDO 19:54.50 ONAGJUL Sean O'Donnell,12,BROCK 19:54.87 HYACKMAY Kyr Getman,12,WVOS 20:08.05 PQAGJUL Frederic Lamoureux, 12,CASE 20:13.56 BCAGJUL Kyle Gillich,12,KISU 20:14.18 MSSACMAY Harrison Curtis,12,TSC 20:14.63 ONAGJUL Kyle Orrick,12,LAC 20:15.46 ONAGJUL Xavier Schoppel,12,ROW 100 MEIRES BACKSTROKE

$\begin{array}{lll}\text { Rec: } 1: 05.60 & \text { Tobias Oriwol,PCSC, } 98 \\ 1 & 1: 06.89 & \text { CDSCAPR Jordan Hartney, } 12, \text { PSW }\end{array}$ 1:09.99 PQAGJUL Jonathan Blouin,12,CSQ 1:11.44 DAVSMAR Ryan Gow, 2, ThEN 1:11.45 ONAGJUL Harrison Curtis,12,TSC 1:11.94 ONAGUUL Matt Miner, 12,HHAC 1.12.23 EASTJUL M Marc Pyle, 12, NHAC 1:12.42 UCSAJAN Joel Greenshields,12,RDCSC 1:12.73 ODIV2APR Glen Torontow,12,0YO 1:12.76 OLYJUN Yonathan Prajogo, 12 ,COBRA $\begin{array}{ll}\text { 1:12.96 } \\ 1: 12.97 & \text { ONAGJUL Cameron Cummings, 12,OAK }\end{array}$ $\begin{array}{lr}\text { 1:12.97 } & \text { EKIAPR Matthew Chan,12,STSC } \\ 1: 13.20 & \text { BCAGJUL Kurt Grossman,12,PN }\end{array}$ 1:13.44 ONAGJUL Cameron Bartlett,12,CYPS $\begin{array}{ll}\text { 1:13.63 } \\ \text { 1.13.89 } & \text { CASCJUN Justin Di Stefano,12,UCSC }\end{array}$ 1:13.94 BCAGJUL Karter De La Nuez 12 PN 1.14.02 CDSCAPR Jake Tapp,12, LOSC 1.1405 ONAGUL 1:14.05 ONAGJUL David Grubb,12,MAC $\begin{array}{ll}1: 14.09 & \text { BCAGJUL Ryan Cochrane,12,IS } \\ \text { 1:14.18 } & \text { ONAGUUL Zack Zeiler, 12,WD }\end{array}$ $\begin{array}{ll}\text { 1.14.18 } & \text { ONAGJUL Zack Zeiler, 12,WD } \\ 1.1428 & \text { ONAGJUL Bryan Fumerton }\end{array}$ 1:14.28 ONAGUUL Bryan Fumerton,12,USC 1:14.33 MBSKJUN Zacary Odger,12,CASC ITRES BACKSTROKE
200 METRES BACKSTROKE
2:28.67 PQAGJULL Jonathan Blouin,12,CSQ 2:29.95 EKSCMAR Joel Greenshields,12,RDCSC
$\begin{array}{ll}\text { 2:30.00 } & \text { BCAGUUL Jordan Hartney, 12,PSW } \\ \text { 2:30.70 } & \text { ABAGUUL Justin Di Stefano,12, UCSC }\end{array}$
$\begin{array}{ll}\text { 2:30.70 } & \text { ABAGJUL Justin Di Stefano,12,UCSC } \\ \text { 2:32.98 } & \text { ONAGUUL Harrison Curtis 12,TSC }\end{array}$
2:32.98 ONAGUUL Harrison Curtis, 12,TSC
2:33.38 HYACKMAY Brett Schmid,12,CASC
2:33.44 MSSACMAY Patrick Cuch,12,TSC-TO
2:33.44 MSSACMAY Patrick Cuch,12,TSC-TO
2:33.77 DAVISMAR Ryan Gow,12,TRENT
$\begin{array}{ll}\text { 2:33.77 } & \text { DAVISMAR Ryan Gow,12,TRENT } \\ \text { 2:34.41 } & \text { PQIMAY Renaud Laliberte,12,UL }\end{array}$
$\begin{array}{lr}\text { 2:34.41 } & \text { PQIMAY Renaud Laliberte, 12,UL } \\ \text { 2:35.25 } & \text { ODIV2APR Glen Torontow,12,0YO }\end{array}$ 2:35.86 AACAPR Cameron Cummings,12,OAK 2:36.92 HYACKMAY Ryan Cochrane,12,IS
2:37.39 CAMOMAR Etienne Paquet, 12, BBF 2:37.39 CAMOMAR Etienne Paquet, 12,BBF 2:37.58 BCAGJUL Jake Tapp,12,LOSC $\begin{array}{ll}\text { 2:38.01 } & \text { ONAGJUL Bryan Fumerton,12,USC } \\ \text { 2:38.02 } & \text { PPOMAY Pascal Provencher-F,12,DDO }\end{array}$ PPOMAY Pascal Provencher-F,12,DDO ONAGJUL Matt Miner, 12,HHAC EASTJUL Marc Pyle,12,SWAT EKSCMAR Matthew Verwey, 12,RDCSC ONAGJUL Cameron Bartlett,12,CYPS HYACKMAY Ilya Brotzky,12,PDSA EKSCMAR Matthew Chan,12,STSC BCAGJUL Malcolm Tan,12,HYACK MBSKJUN Matthew Cunes,12,KSC-BRSA
ABAGJUL Zacary Odger,12,CASC

Rec METRES BREASTSTROKE

| 1 | 1:12.73 | PQCUPJUN Mathieu Bois,12,HIPPO |
| :---: | :---: | :---: |
| 2 | 1:17.62 | ONAGJUL Alexander Lai, 12,COBRA |
| 3 | 1:17.78 | ONAGJUL Jason Yee,12,NEW |
| 4 | 1:19.45 | NSSRJUN Marc Pyle,12,SWAT |
| 5 | 1:20.65 | PQAGJUL Erik Brisson,12,DDO |
| 6 | 1:20.85 | PQAGJUL Chris Waldau,12,PCSC |
| 7 | 1:21.36 | CASCJUN Charles Wong,12,UCSC |
| 8 | 1:22.09 | EKIAPR Mason Cully, 12, LEDUC |
| 9 | 1:22.30 | ONAGJUL Nicholas Shoust,12,SSMAC |
| 10 | 1:22.69 | ONAGJUL Andrew Hall,12,CHAMP |
| 11 | 1:22.77 | CASCJUN Winston Yeap,12,0SC |
| 12 | 1:23.11 | BROCKMAY Yonathan Prajogo,12,COBRA |
| 13 | 1:23.15 | MSSACMAY Patrick Cuch,12,TSC-TO |
| 14 | 1:23.17 | UCSAJAN Jeffrey Lai, 12,EKSC |
| 15 | 1:23.42 | CAMOMAR Pierre-L. Genereux,12,CNTR |
| 16 | 1:23.90 | PQAGJUL Dillon Babb,12,DDO |
| 17 | 1:24.08 | PQAGJUL Martin Belanger, 13,HIPPO |
| 18 | 1:24.25 | UCSAJAN Matthew Verwey,12,RDCSC |
| 19 | 1:24.27 | ONAGJUL Steven Kalaba, 12,EYSC |
| 20 | 1:24.68 | ULJUN Guillaume Gagnon,12,CNCB |
| 21 | 1:24.74 | BCAGJUL Malcolm Tan,12,HYACK |
| 22 | 1:24.78 | BCAGUUL Justin Ng, 11,PDSA |
| 23 | 1:25.38 | CDSCAPR Jordan Hartney, 12,PSW |
| 24 | 1:25.38 | ONAGJUL Luke Pike,12,OAK |
| 25 | 1:25.58 | ESWIMJUN Feodor Tchougainov,11,ESWIM |
|  | ETRES | EEASTSTROKE |
|  | 36.28 Ry | jan Chiew,HYACK, 99 |
| 1 | 2:38.38 | PQCUPJUN Mathieu Bois,12,HIPPO |
| 2 | 2:51.68 | ESWIMJUN Jason Yee,12,NEW |
| 3 | 2:51.70 | ESWIMJUN Patrick Cuch,12,ESWIM |
| 4 | 2:51.94 | EASTJUL Marc Pyle,12,SWAT |
| 5 | 2:53.45 | HYACKMAY Joey Wai, 12,HYACK |
| 6 | 2:53.50 | PQAGJUL Erik Brisson,12,DDO |
| 7 | 2:54.70 | HYACKMAY Charles Wong,12,UCSC |
| 8 | 2:56.06 | CNHRJUN Pierre-L. Genereux, 12,CNTR |
| 9 | 2:56.66 | ONAGJUL Nicholas Shoust,12,SSMAC |
| 10 | 2:57.93 | DAVISMAR Alexander Lai, 12,MYSC |
| 11 | 2:58.17 | ONAGJUL Feodor Tchougainov,11,ESWIM |
| 12 | 2:58.57 | ONAGJUL Derek Woodhall,11,ROW |
| 13 | 2:58.78 | CASCJUN Winston Yeap, 12,0SC |
| 14 | 2:59.01 | MBSKJUN Mason Cully,12,LEDUC |
| 15 | 2:59.21 | PQAGJUL Chris Waldau,12,PCSC |
| 16 | 2:59.23 | AACAPR Yonathan Prajogo,12,COBRA |
| 17 | 3:00.34 | ESWIMJUN Antoine Lamoureux,11,REG |
| 18 | 3:00.57 | PQAGJUL Dillon Babb, 12,DDO |
| 19 | 3:01.12 | ESWIMJUN Zach Summerhayes,12,RISC |
| 20 | 3:01.35 | BCAGJUL Malcolm Tan,12,HYACK |
| 21 | 3:01.43 | ONAGJUL Andrew Hall,12,CHAMP |
| 22 | 3:01.97 | BCAGJUL Jordan Hartney, 12,PSW |
| 23 | 3:02.15 | EKSCMAR Matthew Verwey, 12,RDCSC |
| 24 | 3:02.32 | UCSAJAN Jeffrey Lai,12,EKSC |
| 25 | 3:03.58 | PQAGJUL Jason Ochiai,11,DDO |
| 100 METRES BUTTERFLY |  |  |

Rec: 1:03.26 Michael Calkins,IS,90
1:04.93 CNHRJUN Mathieu Bois,12,HIPPO :06.27 BCAGJUL Jake Tapp,12,LOSC :06.61 ESWIMJUN Patrick Cuch,12,ESWIM 1.07 .89 OLYGUN Yonathan Prajogo,12,COBRA 1:07.89 PQAGJUL Jonathan Blouin,12,CSQ
$\begin{array}{ll}\text { 1:08.38 } & \text { BCAGJUL Jordan Hartney, } 12, \text { PSW } \\ \text { 1:09.08 } & \text { ULJUN Guillaume Gagnon, 12,CNCB }\end{array}$ ULJCAPR Endi Babbi,12,EYSC AACAPR Endi Babbi,12,EYSC :10.16 UCSAJAN Joel Greenshields,12,RD
1:10.25 CASCJUN Charles Wong,12,UCSC 1:10.31 PHENXUUN Ilya Brotzky, 12,PDSA 1:10.53 CAMOMAR Guillaume Vallieres, 12,CASE 1:10.65 BCAGJUL Kurt Grossman,12,PN 1:11.24 PQIMAY Vincent Tremblay,12,SAMAK 1:11.25 MBSKJUN Zacary Odger,12,CASC 1:11.83 CDSCAPR Malcolm Tan, 12,HYACK $\begin{array}{ll}1: 12.46 & \text { EKIAPR Nathan Demchuk,12,EKSC }\end{array}$ 1:12.57 BCAGJUL Kyle Gillich,12,KISU 1:12.67 ESWIMJUN Viktor Verblac,12,YORK $\begin{array}{ll}1: 12.84 \\ 1: 12.91 & \text { PPOMAY Bryan Fumerton,11,USC }\end{array}$ $\begin{array}{ll}1: 12.91 & \text { ULJUN Renaud Laliberte,12,UL } \\ 1: 13.13 & \text { MBSKJUN Jeff Saganski, 1,GOL }\end{array}$
1:13.22 PQIMAY Jonathan Gagne,12,DDO

## 00 METRES BUTTERFLY

2:19.88 Jonathan Cantin,PLUS,91
2:29.49 PQAGJUL Jonathan Blouin,12,CSQ
2:29.95 BCAGUUL Jordan Hartney, 12,PSW
2:30.27 ESWIMJUN Patrick Cuch,12,ESWIM
2:34.28 AACAPR Yonathan Praion
$\begin{array}{ll}\text { 2:34.28 AACAPR Yonathan Prajogo, 12,COBRA } \\ 2: 3680 & \text { BCAGIUL }\end{array}$
$\begin{array}{ll}\text { 2:36.80 } & \text { BCAGJUL Ilya Brotzky,12,PDSA } \\ \text { 2:37.04 } & \text { BCAGJUL Malcolm Tan,12,HYACK }\end{array}$
2:37.04 BCAGUUL Malcolm Tan,12,HYACK
$\begin{array}{ll}\text { 2:37.53 PQIMAY Jonathan Gagne,12,DDO } \\ \text { 2:39.77 } & \text { EKIAPR Nathan Demchuk,12,EKSC }\end{array}$
2:39.84 ESWIMJUN Viktor Verblac,12,YORK 2:39.97 ONAGJUL Yi Liu, 11,NYAC
2:40.14 ONAGUUL Bryan Fumerton,12,USC $\begin{array}{ll}\text { 2:40.37 } & \text { MBSKJUN Zacary Odger,12,CASC } \\ \text { 2:41.30 } & \text { AACAPR Endi Babbi,12,EYSC }\end{array}$ 2:42.01 PQIIAPR Guillaume Gagnon,12,CNCB 2:42.22 ONAGJUL Oleg Murzenko,12,ESWIM 2:42.39 ULJUN Renaud Laliberte,12,UL $\begin{array}{ll}\text { 2:43.67 } & \text { PQAGJUL Frederic Lamoureux,12,CASE } \\ \text { 2:43.73 } & \text { BCAGJUL Ryan Buna }\end{array}$ 2:43.73 BCAGJUL Ryan Buna, 12,IS 2:44.32 UCSAJAN McLean Eubank,12,CP 2:44.40 NKBMAY David Plezu,12,UL 2:44.92 MSSACMAY Cody Gault,12,TSC $\begin{array}{ll}\text { 2:46.47 } & \text { PPOMAY Zach Summerhayes, } 11, \text { RISC } \\ \text { 2:46.69 } & \text { RAPIDAPR Jake Tapp, 12 LOSC }\end{array}$ 2:46.69 RAPIDAPR Jake Tapp, 12, LOSC 2:46.99 MSSACMAY Samuel Thrall,12,OAK
2:47.30 HYACKMAY Joey Wai,12,HYACK

Rec: 2:21.81 Brian Johns, RACE

2:25.50
2.30.99 ONAGIII Patrick Cuich 12, ESWIM

2:31.75 EKSCMAR Joel Greenshields,12,RDCSC
2:32.96 BCAGUUL Jordan Hartney, 12,PSW
$\begin{array}{ll}\text { 2:34.25 } & \text { EASTJUL Marc Pyle,12,SWAT } \\ \text { 2:35.39 } & \text { BCAGJUL Jake Tapp,12, LOSC }\end{array}$
2:35.70 CAMOMAR Guillaume Vallieres, 12,CASE
2:36.09 OLYJUN Yonathan Prajogo,12,COBRA
2:36.18 ABAGJUL Charles Wong,12,UCSC
2:36.55 ULJUN Renaud Laliberte,12,UL
$\begin{array}{ll}\text { 2:37.06 } & \text { FARWAUG Kurt Grossman, 12,PN } \\ \text { 2:37.47 } & \text { PQAGJUL Francois-P Murray }\end{array}$
2:37.55 HYACKMAY Brett Schmid, 12,CASC
2:38.63 EKSCMAR Matthew Verwey, 12,RDCS
2:39.07 BCAGJUL Ryan Cochrane,12,IS
2:39.30 ONAGJUL Cameron Cummings, 12, OAK
2:39.40 BCAGULL Malcolm Tan, 12,HYACK
2:39.80 BCAGJUL Ilya Brotzky,12,PDSA
2:39.92 ABAGJUL Zacary Odger,12,CASC
2:39.96 EKSCMAR Nathan Demchuk,12,EKSC
2:40.02 MBSKJUN Ryan Buna, 12, IS
2:40.03 ONAGJUL Kyung Soo Yoon, 10,NYAC
2.40.10 ABAGJUL Justin Di Stefano,12

2:41.43 ONAGJUL Aasoxander Lai, 12,COBRA

## \section*{METRES IND.MEDLEY} <br> : 5:03.60 Andrew Cho,HYACK, 91

5:12.07 CNHRUUN Mathieu Bois, 12,HIPPO
5.20.56 ESWIMJUN Patrick Cuch,12,ESWIM
5.21 .15 BCAGJUL Jordan Hartney 12 PSW

5:25.96 PQIMAY Renaud Laliberte, 12,UL
5:30.46 BCAGJUL Patrick Downing,12,HYAC
5:31.11 BROCKMAY Yonathan Praiogo,12,COBRA
5:31.23 ULJUN Francois-P Murray,12,CNDR
5:31.70 BCAGJUL Malcolm Tan,12,HYACK
$\begin{array}{ll}\text { 5:31.70 } & \text { BCAGJUL Malcolm Tan,12,HYACK } \\ \text { 5:32.18 } & \text { BCAGJUL Kurt Grossman,12,PN }\end{array}$
5:32.18
5:33.31 HYACKMAY Kurt Grossman,
Hochrane.12,IS
5:35.49 PQIMAY Pascal Provencher-F,12,DDO
5:35.97 BCAGUUL Ryan Buna,12,IS
5:36.12 HYACKMAY Joey Wa, 12,HYACK
5.37.51 BCAGUU Ilya Brotzky 12.PDSA
5.37.59 POIMAY Jonthan Gagn 12 ,

5:39.29 ONAGJUL Zach Summerhayes, 12,RISC
5.39.66 DAVISMAR Ryan Gow, 12 TRENT

5:40.63 ULJUN Guillaume Gagnon, 12,CNCB
5:41.21 UCSAJAN Matthew Verwey, 12,RDCSC
5:41.75 EKIAPR Nathan Demchuk, 12, EKSC
5:42.23 RAPIDAPR Jake Tapp, 12, LOSC
5:42.48 ABAGJUL Charles Wong,12,UCSC
5:42.56 ONAGJUL Cameron Cummings,12,OAK 5:42.57 MBSKJUN Zacary Odger,12,CASC
5:42.78 ESWIM
4X50 MEDLEY RELAY
Rec: 2:06.96 Mississauga AC,TOMAC,92
2:12.98 EKIAPR Cascade Swim Club,CASC
2:14.72 UCSAJAN Red Deer Catalina SC RDCS
2.14.72 UCSAJAN Red Deer Catalina SC,RDCSC
$\begin{array}{ll}\text { 2:16.04 } & \text { ABAGULL Univ.of Calgary } \\ \text { 2:16.94 } & \text { ONAGJUL Oakville AC,OAK }\end{array}$
2:18.11 ONAGJUL Etobicoke Swimming,ESWIM
2:18.28 ODIV1APR Richmond Hill AC,RHAC
2:18.54 ODIV1APR Toronto Swim Club,TSC
2:18.79 ONAGJUL Cobra Swim Club,COBRA
2:18.84 ODIV1APR North York AC,NYAC
2:20.41 BCAGJUL Pacific Dolphins,PDSA
2:21.01 PQAGJUL Dollard Swim Team,DDO
2:22.19 PQIIIMAY Hippocame St-Hubert,HIPPO
PQIMAY Univ.Laval Rouge \& Or,UL
EKIAPR Edmonton Keyano, EKSC
ONAGMUL Chatham Y,CYPS
PQIMAY Pointe Claire SC,PCS
ODIV2APR Sault Ste.Marie AC,SSMAC
ODIV1APR Uxbridge SC,USC
ONAGJUL Pickering SC,PICK
MBSKJUN Bow River Swim Assoc,BRSA
EKIAPR Saskatoon Goldfins,GOL
CAGIML ISland Swimming,IS PQIMAY Montreal Aquatique,CAMO
2:27.42
4X50 FREE RELAY
, worth AC,HWAC,91
1:56.08 HYACKMAY Cascade Swim Club,CASC
$\begin{array}{ll}\text { 1:56.96 } & \text { ONAGJUL Richmond Hill AC,RHAC } \\ \text { 1:58.19 } & \text { EKSCMAR Red Deer Catalina SC,RDCSC }\end{array}$
$\begin{array}{ll}\text { 1:58.19 } & \text { EKSCMAR Red Deer Catalina SC,RDCS } \\ \text { 2:00.55 } & \text { PQIMAY Dollard Swim Team,DDO }\end{array}$
2:00.98
2:01.41
2:02.54
BCAGJUL Hyack Swim Club,HYACK
ONAGULL Etobicoke Swimming,ESWIM
ABAGJUL Univ.of Calgary SC, UCSC
NKBMAY Greater Ottawa Kinglish,GO
EKIAPR Edmonton Keyano, EKSC
ODIV1APR Toronto Swim Club,TSC
ODIV1APR North York AC,NYAC
ONAGJUL Cobra Swim Club, COBRA
BCAGUUL Pacific Dolphins,PDSA
MBSKJUN Bow River Swim Assoc,BRSA
PGBAPR Points North SC,PN
PQIMAY Pointe Claire SC, PCSC
ODIV2APR Timmins Marlins,TMSC-NWO ULJUN Univ.Laval Rouge \& Or,UL ODIV1APR Uxbridge SC,USC
PQIIIMAY Hippocame St-Hubert,HIPPO
NKBMAY Markham AC,MAC
MBSKJUN Saskatoon Goldfins,GOLD
PQIMAY Samak de Brossard,SAMAK
PQIMAY Samak de Brossard,SAM ONAGJUL Pickering SC,PICK

# 2001 LONG COURSE TAG. 

## TRS <br> 1314

Rec: 26.51 Lori Melien AAC

| 1 | 27.36 | ONAGJUL Emily Gillespie,14,PERTH |
| :---: | :---: | :---: |
| 2 | 27.44 | ABAGJUL Kirsten Pomerleau, 13,DEL |
| 3 | 27.74 | ONAGJUL Nadia Kumentas, 13,WD |
| 4 | 27.83 | ONSRJUN Allison Bennett,14,NYAC |
| 5 | 27.85 | BCAGJUL Melissa Lam,14,SPART |
| 6 | 27.97 | ONAGJUL Julia Wilkinson,14,SKY |
| 7 | 28.09 | ONAGJUL Seanna Mitchell, 12,NKB |
| 8 | 28.13 | BCAGJUL Lindsay Kruit,14,RAC |
| 9 | 28.16 | BCAGJUL Shannon Hackett, 14,PDSA |
| 10 | 28.20 | ESWIMJUN Laura Wise,14,COBRA |
| 11 | 28.21 | JRNATJUL Brittany Reimer, 13, SKSC |
| 12 | 28.26 | MBSKJUN Julianne Toogood, 13,MM |
| 13 | 28.45 | ONAGULL Shannon Hazelton,14,SSMAC |
| 14 | 28.48 | PHENXJUN Alice Chow, 13,PCSC |
| 15 | 28.50 | PQAGJUL Caitlin Babb,14,DDO |
| 16 | 28.51 | BCAGJUL Teresa Au Yeung, 14,PDSA |
| 17 | 28.53 | ESWIMJUN Victoria Clarridge,14,BTSC |
| 18 | 28.54 | HYACKMAY Sabrina Taylor,14,HYACK |
| 19 | 28.55 | ONAGJUL Taye Patterson,14,GO |
| 20 | 28.55 | JRNATJUL Genevieve Saumur,14,CAMO |
| 21 | 28.60 | NSSRJUN Kayla Graham,14,EAST |
| 22 | 28.61 | JRNATJUL Katerina Symes, 13,EKSC |
| 23 | 28.63 | BCAGJUL Erica Beaton,13,HYACK |
| 24 | 28.63 | JRNATJUL Lindsey Miller, 14,NCS-BRSA |
| 25 | 28.64 | JRNATJUL Danielle Armstrong,13,TAT |
| 100 METRES FREESTYLE |  |  |
|  | $0.91 \text { Julie }$ | Howard,BRANT, 91 |
| 1 | 59.56 | ONSRJUN Allison Bennett, 14,NYAC |
| 2 | 59.69 | ONAGUUL Emily Gillespie, 14,PERTH |
| 3 | 59.88 | ONAGJUL Nadia Kumentas, 13, WD |
| 4 | 1:00.15 | EKIAPR Kirsten Pomerleau, 13, DEL |
| 5 | 1:00.23 | JRNATJUL Julianne Toogood, 13,MM |
| 6 | 1:00.42 | CAGMSAUG Kayla Graham,14,EAST |
| 7 | 1:00.50 | CANLCMAR Laura Wise,14,COBRA |
| 8 | 1:00.76 | ECUPJUL Victoria Claridge, 14,BTSC |
| 9 | 1:00.80 | CANLCAUG Kelly Timmons, 14,OSC-UA |
| 10 | 1:00.82 | ZAJACMAY Shannon Hackett,14,PDSA |
| 11 | 1:01.00 | PQCUPMAY Caitlin Babb,14,DDO |
| 12 | 1:01.07 | EKIAPR Sabrina Taylor,14,HYACK |
| 13 | 1:01.07 | BCAGJUL Melissa Lam,14,SPART |
| 14 | 1:01.17 | RODJUN Kelsey Rush,14,RAYS |
| 15 | 1:01.31 | ODIV3APR Kristin Mcllroy,14,MMST |
| 16 | 1:01.54 | PQIMAY Chani Davidson,14,CAMO |
| 17 | 1:01.57 | BCAGJUL Maya Beaudry,12,PDSA |
| 18 | 1:01.62 | BCAGJUL Genevieve Poirier-Leroy,14,NRST |
| 19 | 1:01.71 | PPOMAY Genevieve Saumur,13,CAMO |
| 20 | 1:01.71 | BCAGJUL Brittany Reimer,13,SKSC |
| 21 | 1:01.75 | PQAGJUL Suzanne Vary, 14,CNDR |
| 22 | 1:01.76 | ONAGJUL Martha Ziolkowski,14,YORK |
| 23 | 1:01.80 | ONAGJUL Julia Wilkinson,14,SKY |
| 24 | 1:01.90 | PQAGJUL Stephanie Ross,14,CAMO |
| 25 | 1:01.94 | MBSKJUN Thea Norton,14,OSC |
| 200 METRES FREESTYLE |  |  |
| Rec: 2:03.35 Julie Barbeau, El ITE,89 |  |  |
| 1 | 2:09.82 | ONSRJUN Allison Bennett, 14,NYAC |
| 2 | 2:09.97 | CANLCAUG Kelly Timmons, 14,OSC-UA |
| 3 | 2:10.48 | CANLCMAR Shannon Hackett, 14,PDSA |
| 4 | 2:10.94 | CAGMSAUG Bevan Haley, 14,WTSC |
| 5 | 2:11.09 | CAGMSAUG Kayla Graham,14,EAST |
| 6 | 2:11.22 | ONAGJUL Martha Ziolkowski, 14, YORK |
| 7 | 2:11.61 | PPOMAY Emily Gillespie,13,PERTH |
| 8 | 2:12.01 | ONAGJUL Hilary Jackson, 14,STARS |
| 9 | 2:12.19 | ONAGJUL Jody Jelen, 13,ESWIM |
| 10 | 2:12.31 | BCAGJUL Kelsey Rush,14,RAYS |
| 11 | 2:12.32 | HYACKMAY Brittany Reimer,13,SKSC |
| 12 | 2:12.65 | HYACKMAY Avery Kremer, 14,0SC-UA |
| 13 | 2:12.66 | MBSKJUN Julianne Toogood, 13,MM |
| 14 | 2:12.85 | MSSACMAY Eyse Dudar,14,MSSAC-TO |
| 15 | 2:13.00 | PQCUPMAY Suzanne Vary,14,CNDR |
| 16 | 2:13.15 | PQAGJUL Caitlin Babb,14,DDO |
| 17 | 2:13.17 | HYACKMAY Anne Schmuck,13,PSW |
| 18 | 2:13.31 | BCAGJUL Genevieve Poirier-Leroy,14,NRST |
| 19 | 2:13.41 | PQIMAY Chani Davidson,14,CAMO |
| 20 | 2:13.45 | MSSACMAY Laura Wise,14,COBRA |
| 21 | 2:13.80 | MSSACMAY Nadia Kumentas, 13, WD |
| 22 | 2:14.22 | EKIAPR Sabrina Taylor,14,HYACK |
| 23 | 2:14.69 | BCAGJUL Maya Beaudry,12,PDSA |
| 24 | 2:14.80 | BCAGJUL Amanda Bell,13,SPART |
|  |  |  |

400 METRES FREESTYLE
Rec: 4:14.60 Shannon Smith,HYACK,76
 :28.12 ZAJACMAY Shannon Hackett, 14,PDS 4:32.46 JRNATJUL Brittany Reimer,13,SKSC $\begin{array}{ll}\text { 4.32.46 } & \text { JRNATJUL Brittany Reimer, 13,SKSC } \\ \text { 4:32.86 } & \text { JRNATJUL Anne Schmuck, 13,PSW }\end{array}$ 4:33.37 CANLCAUG Eyse Dudar,14,MSSAC-TO 4:37.40 ONAGJUL Brittany Cooper, 14,LAC $\begin{array}{ll}\text { 4:37.89 } & \text { ONAGJUL Emily Gillespie, 14,PERTH } \\ \text { 4:38.71 } & \text { ECUPJUL Kayla Graham, 14,EAST }\end{array}$ 4:38.75 BCAGJUL Kelsey Rush,14,RAYS 4:39.08 ONAGUUL Hilary Jackson,14,STARS 4:39.35 ONAGJUL Jody Jelen,13,ESWIM 4:40.39 JRNATJUL Ainsley McFadgen, 14,WTSC ONAGJUL Kristen Vandentera,14, LAC BCAGJUL Michelle Mange,14,PDSA ECUPJUL Suzanne Vary,14,CNDR BCAGJUL Kathryn Johnson 13,1PDSA 4:41.22 ECUPJUL Dayna Mckenney, 14,RHAC 4:41.25 BCAGJUL Amanda Bell,13,SPART 4:41.93 ONSRJUN Martha Zolkowski,14, YORK 4:42.29 MBSKJUN Thea Norton,14,OSC 4:42.89 ZAJACMAY Avery Kremer, 14,OSC-UA :43.71 ONAGJUL Sarah O'Neill,14,MAC :43.72 ECUPJUL Shannon McQueen, 14,NKB 4.44.17 ONAGJUL Sara Murphy, 14, ESWIM

Rec: 8.44.45 Michelle Sallee CDSC, 88
9:00.41 CAGMSAUG Bevan Haley, 14,WTSC 9:13.74 CANLCMAR Shannon Hackett,14,PDSA 9:19.11 CANLCAUG Eyse Dudar, 14,MSSAC-TO 9:19.1 CANLCAUG Eyse Dudar,14,MSSAC-TO
9:19.20 HYACKMAY Kelly Timmons,14,OSC-UA 9:29.86 BCAGJUL Michelle Mange.14 PDSA 9:30.74 HYACKMAY Thea Norton,14,OSC 9:31.82 ONAGUUL Brittany Cooper 14, LA 9:33.24 ONAGJUL Kristen Vandenberg,14,LAC 9:36.28 BCAGJUL Amanda Bell,13,SPART $\begin{array}{ll}9: 36.28 & \text { BCAGNA Amanda Bell,1,1,SPART } \\ \text { 9:36. } & \\ \text { ISAPR Stephanie Bigelow,14,IS }\end{array}$ 9:36.54 BCAGJUL Kathryn Johnson,13,PDSA 9:36.90 ESWIMJUN Jody Jelen,13,ESWIM 9:37.81 CDSCAPR Darcy Goodridge,14.,PDSA 9:39.60 HYACKMAY Anne Schmuck,13,PSW 9:42.22 JRNATJUL Ainsley McFadgen, 14,WTSC 9:43.13 PQAGJUL Suzanne Vary,14,CNDR 9:43.28 ONAGJUL Amanda Long, 14,LAC 9.4514 HYACKMAY Avery Kremer 14,OSC-UA 9:48.42 BCAGJUL Genevieve Poirier-Leroy, 14,NRST 9:48.48 ONAGJUL Sarah O'Neill,14,MAC 9:48.62 ESWIMJUN Sara Murphy,14,ESWIM 9:48.86 ONAGJUL Shannon McQueen,14,NKB 100 METRES BACKSTROKE
Rec: 1:03.28 Nancy Garapick,HTAC,76
1:06.21 CANLCMAR Katie Smith, 14,COBRA 1:06.47 ONAGJUL Melissa Bartlett,14,CYPS 1:07.37 CANLCAUG Mallory Hoekstra,13,EKSC-UA 1:07.46 ZAJACMAY Jessica Aspinall, 14,RAC 1:07.86 JRNATJUL Hilary Jackson, 14, STARS 1:08.01 ESWIMJUN Laura Wise 14, COBRA 1:08.14 PQAGJUL Genevieve Saumur, 14,CAMO $\begin{array}{ll}\text { 1:08.14 } & \text { PQAGGUL Genevieve Saumur, } 14, \text { C } \\ \text { 1:08.21 } & \text { BCAGUUL Kelsey Rush, 14,RAYS }\end{array}$ 1:08.54 ESWIMJUN Blair Holmes, 14,COBRA 1:08.83 CDIV3APR Kristin Mcliroy, 14,MMST
1.09.24 CASCJUN Thea Norton 14,OSC 1:09.43 ODIV1APR Alyssa Hubert 13 CYPS $\begin{array}{ll}\text { 1:09.43 } & \text { ODIV1APR AlySsa Hubert, 13,CYPS } \\ \text { 1:09.80 JRNATJUL Anne Schmuck,13,PSW }\end{array}$ $\begin{array}{ll}\text { 1:09.87 } & \text { KCSJUN Melissa Lam, 14,SPART }\end{array}$ $\begin{array}{ll}\text { 1:09.87 } & \text { KCSJUNL Melissa Lam, 14,SPAR } \\ \text { ONAGJUL Maxine Bacher,14,CSL }\end{array}$ 1:10.26 JRNATJUL Kimberly Kabesh, 13,STSC 1:10.27 ECUPJUL Shannon McQueen,14,NKB $\begin{array}{ll}\text { 1:10.38 } & \text { PQIMAY Michelle-A Bouchard, 14,C } \\ \text { 1:10.40 } & \text { ONAGJUL Nadia Kumentas, } 13, W D\end{array}$ 1:10.49 ONAGUUL Christine Sadler, 13,MAC 1:10.56 JRNATJUL Sarah Porchak, 14,TAT 1:10.61 ONAGJUL Courtney Kehoe, 13 ,PERTH
1:10.62 PQIMAY Stephanie Ross,14,CAMO

## 200 METRES BACKSTROKE

Rec: 2:15.60 Nancy Garapick,HTAC,76
2:24.20 ESWIMJUN Laura Wise,14,COBRA
2:24.21 CANLCAUG Mallory Hoekstra,13,EKSC-UA
2:24.78 CANLCMAR Katie Smith, 14,COBRA
2:24.79 PQAGJUL Genevieve Saumur, 14,CAMO
2:25.09 JRNATJUL Hilary Jackson, 14,STARS
2:25.30 JRNATJUL Melissa Bartlett,14 CYPS JRNATJULL Melissa Bartlett,14, 14 ,YPS JRNATJUL Kelsey Rush, 14,RAYS CASCJUN Thea Norton, 14,OSC HYACKMAY Kirsten Pomerleau,13,DEL ONAGJUL Christine Sadler,13,MAC JRNATJUL Anne Schmuck,13,PSW ONAGJUL Shannon McQueen, 14,NKB JRNATJUL Alyssa Hubert,14,CYPS JRNATJUL Landice Yestrau, 14,MM BCAGJUL Brittany Reimer, 13,SKSC
PQCUPFEB Julia Guay-Racine,14,CAMO PQCUPFEB Julia Guay-Racine, 14,CAM
COHOMAY Jessica Aspinall,14,RAC COHOMAY Jessica Aspinall,14,RAC
ODIV3APR Kristin Mcllroy,14,MMST ODIV3APR Kristin Mcllroy,14,MMST
PQAGJUL Stephanie Ross,14,CAMO BCAGJUL Melissa Lam,14,SPART ONAGJUL Martha Zolkowski, 14, YORK JRNATJUL Roxane Cote, 14,CNCB PPOMAY Emily Gillespie,13,PERTH HTACAPR Bevan Haley,13,WTSC
JRNATJUL Stacy Cormack,15,GL-BRS

100 METRES BREASTSTROKE

1:14.73 CANLCMAR Kelly Timmons,14,OSC-UA 1:15.66 CAGMSAUG Michelle Mange, 14,PDSA 1.16.24 CANLCMAR Emily Gillespie, 13,PERTH 1.16.42 CANLCMAR Kim Labbett, 14,OAK--1 1:16.69 BCAGJUL Anne Schmuck,13,PSW 1:18.09 ONAGJUL Whitney Rich,13,ISS 1:18.38 BCAGJUL Lynsey Pasloski,13,WGB 1:18.55 ABAGJUL Thea Norton,14,OSC 1:18.59 MSSACMAY Eizabeth Engs,14,CA 1:18.64 ECUPJUL Genevieve Crevier,13,CNHR 1:18.85 PQCUPFEB Caitlin Babb,14,DDO 1:18.86 EKIAPR Carol Starratt,13,CASC 1:18.97 ECUPJUL Amanda Williams, 14 ,NEW 1:19.05 JRNATJUL Danielle Armstrong.13,TAT 1:19.08 BCAGJUL So Yoon Lee,14,HYACK 1:19.09 ECUPJUL Katrina Obas, 13,NKB 1:19.16 ABAGJUL Lauren Walker,13,OSC 1:19.22 ODIV1APR Chantelle Lonsdale,13,WAC 1:19.23 CASCJUN Bizabeth Hendrick, 13,NCS-BRSA 1:19.26 ODIV3APR Julia Wilkinson, 13,SKY 19.59 ONAGJUL Casey Beck, 14, COBRA

## METRES BREASTSTROKE

## Rec: 2:29.18 Courtenay Chuy.HYACK, 98

2:38.59 SCSCJUN Michelle Mange, 14, PDSA 2:39.63 CANLCMAR Kim Iimmons, 14, OSC-UA 2:39.63 CANLCMAR Kim Labbett, 14,OAK-TO 2:43.64 ONAGJUL Whitney Rich, 13,ISS 2:44.42 ECUPJUL Amanda Williams 14 NEN 2:45.49 CDSCAPR Anne Schmuck, 13,PSW 2:46.63 CANLCMAR Bizabeth Hendrick, 13,NCS-BRSA 2:47.11 ABAGUUL Carol Starratt, 14,CASC 2:47.37 ODIV2APR Emily Gillespie,13,PERTH 2:47.74 ONAGUUL Julia Wilkinson, 14SKY 2:48.52 BCAGJUL Lynsey Pasloski, 13,WGB 2:49.43 JRNATJUL Chantelle Lonsdale,14,WAC 2:49.55 CASCJUN Thea Norton, 14,OSC 2:49.63 ECUPJUL Genevieve Crevier, $13, \mathrm{CNH}$ 2:49.75 JRNATJUL Casey Beck, 14,COBRA 2:50.02 ONAGJUL Rachel Chan, 12,MSSAC 2:50.11 BCAGJUL So Yoon Lee, 14, H 11 ACK 2:51.23 PQCUPFEB Caitlin Babb, 14,DDO 2:51.28 ECUPJUL Andrea Zarins,14,NKB 2:51.30 ONAGJUL Katrina Obas,13,NKB 2:51.74 KCSJUN Kaela Richardson,13,VKSC 2:51.88 BUFFAJUL Elizabeth Engs,14,CAJ

## METRES BUTTERFLY

## Rec: 1:02.87 Julie Howard,BRANT,9

1:04.61 ONAGJUL Nadia Kumentas, 13,WD $1: 0508$ NAGJII Britney Soott14, ROW $1: 06.13$ CAN CAUG Kelly TImmons 14OSC $1: 0639$ ZAIACMAY Avery Kromer 14, OSC UA 1.06 .41 ANA MAR Blar HIme 14, SOBRA 1:06.72 PQCUPFEB Julia Guay-Racine,14,CAMO 1:06.74 CASCJUN Carleen Ready,13,LASC 1:07.01 ESWIMJUN Michelle Mendez, 14,MAC 1:07.04 JRNATJUL Kayla Rawlings,13,PSW 1:07.08 PQAGJUL Genevieve Saumur, 14,CAMO $\begin{array}{ll}\text { 1:07.08 } & \text { PQAGGUL Genevieve Saumur, } \\ \text { BCAGUUL Kelsey Rush,14,RAYS }\end{array}$ 1:07.64 ZAJACMAY Shannon Hackett,14,PDSA 1:07.65 JRNATJUL Stefanie Andruchuk, 14,MANTA 1:07.73 ONAGJUL Amanda Williams,14,NEW 1:07.81 PQMMAY Allyson German, 14, N1.08.02 ONAGAU Alyson Germañ, 4, UL 1:08.07 BCAGJUL Teresa Au Yeung, 14,PDSA 1:08.14 JRNATJUL Melissa Bartlett,14,CYPS 1:08.40 ABAGJUL Kimberly Kabesh,13,STSC $\begin{array}{ll}1: 08.46 & \text { ABAGJUL Michelle Jensen, } 14, \text { ens } \\ \text { 1:08.56 } & \text { BCAGJUL Katie Kotlowski, 13 PSW }\end{array}$ $\begin{array}{ll}1.08 .56 & \text { BCAGJUL Katie Kotlowski, 13,PSW }\end{array}$ $\begin{array}{ll}\text { 1:08.73 } & \text { ONSRAUNUL Keather Julien, 13,LAC } \\ \text { PQAGJL Karine Charette, 14,CNCC }\end{array}$ AACAPR Katie Smith, 14,COBRA

## 00 METRES BUTTERFL

### 2.23 .56 JNATHIL

2.2.56 JRNATJUL Shannon Hackett,14,PDSA 2:24.95 JRNATJUL Brittney Scott,14,ROW 2:25.02 CAGMSAUG Bevan Haley, 14,WISC 2:25.15 ONAGJUL Nadia Kumentas, 13,WD 2:25.52 CAGMSAUG Stefanie Andruchuk, 14,MANTA 2:26.21 CASCJUN Kelly Timmons, 14,OSC-UA
$2: 26.25$
ZAJACMAY Avery Kremer, 14, OSC-UA 2:26.25 ZAJACMAY Avery Kremer, 14,OSC-UA 2:26.64 CASCJUN Carleen Ready,13,LASC JRNATJUL Kayla Rawlings, 13,PSW NSSRJUN Amy Longobardi, 14,EAST TORLCJAN Blair Holmes, 14,COBRA LACMAY Heather Julien,13,LAC $\begin{array}{ll}\text { 2:30.47 } & \text { ABAGJUL Kimberly Kabesh,13,STSC } \\ \text { 2:30.48 } & \text { ONAGJUL Brittany Cooper,14,LAC }\end{array}$ 2:30.48 ONAGJUL Brittany Cooper,14,LAC
2:30.59 PQCUPFEB Julia Guay-Racine,15,CAMO 2:30.59 PQCUPFEB Julia Guay-Racine,15,CAMO
2:30.63 MSSACMAY Eyse Dudar, 14,MSSAC-TO 2:30.81 ONAGJUL Amanda Williams, 14,NEW 2:31.56 ECUPJUL Robyn Pimm,14,RHAC $\begin{array}{ll}\text { 2:31.73 } & \text { PQIMAY Allyson Germain,14,UL } \\ \text { 2:31.84 } & \text { ISAPR Stephanie Bigelow,14,IS }\end{array}$ $\begin{array}{lc}\text { 2:31.84 } & \text { ISAPR Stephanie Bigelow, 14,IS } \\ \text { 2:31.85 } & \text { JRNATJUL Michelle Jensen, 14,EKSC }\end{array}$ JRNATJUL Michelle Jensen, 14,EKS
ECUPJUL Tawnya Rudy, 14,SCAR ECUPJUL Tawnya Rudy,14,SCAR
EKIAPR Haley Kremer,13,0SC $\begin{array}{ll}\text { 2:32.09 } & \text { EKIAPR Haley Kremer,13,OSC } \\ \text { 2:32.43 } & \text { PQAGJUL Karine Charette,14,CNCC }\end{array}$ $\begin{array}{ll}\text { 2:32.43 } & \text { PQAGUUL Karine Charette, 14,CNCC } \\ \text { 2:33.25 } & \text { BCAGJUL Katie Kotlowski,13,PSW }\end{array}$

## 200 METRES IND.MEDLEY

$\begin{aligned} & \text { 2:23.10 CANLCMAR Emily Gillespie, 13,PERTH } \\ & \text { 2:23.31 JRNATJUL Kelly Timmons 14 }\end{aligned}$
2:23.31 JRNATJUL Kelly Timmons, 14,OSC-UA
2:27.83 JRNATJUL Anne Schmuck, 13,PSW
2:27.96 JRNATJUL Kelsey Rush,14,RAYS
2:28.16 AACAPR Laura Wise, 14,COBRA
$\begin{array}{ll}\text { 2:28.16 } \\ \text { 2:28.73 AACAPR Laura Wise, } 14, \text { COBRA }\end{array}$
ONAGJUL Julia Wilkinson,14,SKY
PQIMAY Allyson Germain,14,UL
$\begin{aligned} & \text { 2:29.84 HYACKMAY Carleen Ready, 13,LASC } \\ & 2: 29.97 \text { ECUPJUL Monica Wakeman, 14,NEW }\end{aligned}$
2:30.01 EASTJUL Bevan Haley, 14, WTSC
2:30.49 ZAJACMAY Genevieve Poirier-Leroy, 14,NRST
2:30.70 ABAGUUL Carol Starratt, 14,CASC
2:30.80 ONAGJUL Nadia Kumentas, 13,WD
2:30.92 JRNATJUL Melissa Bartlett,14,CYP
2:31.19 PQCUPFEB Caitlin Babb,14,DDO
2:31.21 LACMAY Brittany Cooper, 14,LAC
2:31.50 ONAGJUL Whitney Rich,13,ISS
2:31.59 ONAGULL Amanda Long.14,LAC
2:31.68 ECUPJUL Andrea Zarins, 14,NKB
2:31.81 ISAPR Stephanie Bigelow,14,IS
2:31.83 AACAPR Blair Holmes, 14,COBRA

Rec: 4:52.35 Joanne Malar,HWAC, 90
5:01.89 CAGMSAUG Kelly Timmons,14,OSC-UA
5:08.54 CAGMSAUG Bevan Haley, 14,WTSC
5:10.34 ONAGJUL Brittany Cooper, 14, LAC
5:11.96 JRNATJUL Anne Schmuck,13,SSW
5:11.98 BCAGJUL Kelsey Rush, 14, RAYS
5:13.04 HYACKMAY Thea Norton,14,OSC
5:16.99 ZAJACMAY Avery Kremer 14, OSC
5.17.26 HYACKMAY Carleen Ready 13 ASC

5:17.33 ONAGJUL AmandaLong 14. .AC
5:17.46 ESWIMJUN Jody Jelen 13, ESWIM
5:17.83 ODIV2APR Emily Gillespie, 13,PERTH
5:18.64 ONAGJUL Andrea Zarins, 14,NKB
5:19.27 BCAGUUL Brittany Reimer,13,SKSC
5:19.52 PQIMAY Allyson Germain,14,UL
5:19.68 ONAGJUL Amanda Williams, 14,NEW
5:21.18 ECUPJUL Kim Labbett, 14,OAK-TO
5:21.41 MSSACMAY Blair Holmes, 14,COBRA
5:22.10 ODIV1APR Katie Davis, 14, BRANT
5:22.12 ESWIMJUN Kristen Low,13,MSSAC
$5: 22.59$ ONAGULL Whitney Rich 13ISS
5:23.29 ISJUN Kayla Rawlings, 13, PSW
5:23.29 ISJUN Kayla Raw ings, 13 ,PSW
5:23.37 HYACKMAY Shannon Hacket, 14 ,PDSA

## 4 X50 MEDLEY RELAY

| Rec: 2:02.81 Etobicoke Swimming,ETOB,97 |  |  |
| :---: | :---: | :---: |
| 1 | 2:07.54 | PQIMAY Montreal Aquatique,CAMO |
| 2 | 2:08.21 | ABAGJUL Edmonton Keyano,EKSC |
| 3 | 2:09.02 | EKIAPR Olympian Swim Club, OSC |
| 4 | 2:09.02 | ONAGJUL Newmarket SC,NEW |
| 5 | 2:09.33 | BCAGJUL Pacific Dolphins,PDSA |
| 6 | 2:09.86 | AACAPR Cobra Swim Club,COBRA |
| 7 | 2:09.96 | MBSKJUN Manitoba Marlins,M |
| 8 | 2:10.34 | BCAGJUL Pacific Sea Wolves,PSW |
| 9 | 2:10.70 | PQIMAY Dollard Swim Team,DDO |
| 10 | 2:10.81 | ABAGJUL North York AC,NYAC |
| 11 | 2:10.88 | ONAGUUL Markham AC,MAC |
| 12 | 2:11.79 | MBSKJUN Bow River Swim Assoc, BR |
| 13 | 2:11.82 | CASCJUN Cascade Swim Club,CASC |
| 14 | 2:11.99 | ONAGUUL Hamilt-Wentworth AC,HWAC |
| 15 | 2:12.11 | ODIV1APR Nepean Kanata,NKB |
| 16 | 2:12.34 | PQIMAY Univ.Laval Rouge \& Or,UL |
| 17 | 2:12.77 | ONAGUUL Etobicoke Swimming, ESWIM |
| 18 | 2:12.78 | ODIV3APR Milton Marli |
| 19 | 2:12.86 | ODIV1APR Uxbridge SC,USC |
| 20 | 2:12.97 | ABAGJUL Silver Tide SC,STSC |
| 21 | 2:13.18 | ONAGJUL Mississauga AC,MSSAC |
| 22 | 2:13.29 | ONAGJUL Burlington AD,BAD |
| 23 | 2:13.30 | ONAGULL London AC,LAC |
| 24 | 2:13.58 | PQIMAY Pointe Claire SC,PCSC |
| 25 | 2:13.61 | LACMAY Tillsonburg |
| 4X50 FREE RELAY |  |  |
| Rec: 1:50.15 Etobicoke Swimming,ETOB, 97 |  |  |
| 1 | 1:53.75 | ONAGJUL Nepean Kanata,NKB |
| 2 | 1:54.45 | ONAGJUL Newmarket SC,NEW |
| 3 | 1:54.49 | PQIMAY Montreal Aquatique,CAMO |
| 4 | 1:55.48 | ABAGJUL North York AC,NYAC |
| 5 | 1:55.61 | PQIIAPR CN Laval, LAVAL |
| 6 | 1:56.24 | ONAGJUL London AC,LAC |
| 7 | 1:56.45 | EKIAPR Olympian Swim Club,OSC |
| 8 | 1:56.88 | HYACKMAY Pacific Dolphins,PDSA |
| 9 | 1:57.03 | BCAGJUL Nanaimo Riptide ST,NRST |
| 10 | 1:57.03 | ONAGUUL Etobicoke Swimming,ESWIM |
| 11 | 1:57.05 | ESWIMJUN Barrie Trojans,BTSC |
| 12 | 1:57.22 | HYACKMAY Hyack Swim Club,HYACK |
| 13 | 1:57.23 | BCAGJUL Pacific Sea Wolves,PSW |
| 14 | 1:57.29 | PQIMAY Univ.Laval Rouge \& Or, UL |
| 15 | 1:57.32 | CASCJUN Cascade Swim Club,CASC |
| 16 | 1:57.46 | ONAGUUL Hamilt-Wentworth AC,HWAC |
| 17 | 1:57.52 | MBSKJUN Edmonton Keyano,EKSC |
| 18 | 1:57.68 | MBSKJUN Manitoba Marlins,MM |
| 19 | 1:57.77 | BCAGJUL Whitehorse GB,WGB |
| 20 | 1:57.86 | ONAGJUL Markham AC,MAC |
| 21 | 1:57.96 | PQIMAY Pointe Claire SC,PCSC |
|  | 1:58.65 | PQAGJUL Dollard Swim Team,DDO |
| 2 | 1:58.65 | ONAGJUL Mississauga AC,MSSAC |
| 24 | 1:58.83 | ODIV1APR Greater Ottawa Kingtish,G0 |
| 25 | 1:59.03 | AACAPR Cobra Swim Club,COBRA |

## 2001 LONG COURSE TAG.

Rec: 23.97 Kurtis Miller,SCAR.0

| 1 | 25.21 | ULJUN Vincent Boulanger-M, 14,CSQ |
| :---: | :---: | :---: |
| 2 | 25.88 | SASKMAY Michael Smela, 14,LASER |
| 3 | 25.91 | PQCUPJUN Nicolas Murray,14,DYNAM |
| 4 | 26.01 | ODIV2APR Matteo Di Paolo,14,VAC |
| 5 | 26.06 | TBTMAY Christian Carl, 14,TBT-NWO |
| 6 | 26.09 | ODIV2APR Brannyn Hale,14,NBYT |
| 7 | 26.11 | ODIV2APR Jeff Byrne,13,SSMAC |
| 8 | 26.11 | JRNATJUL Marc Laliberte, 14,UL |
| 9 | 26.25 | ONAGJUL Mark Kurtzer, 13,NEW |
| 10 | 26.35 | PQIMAY Octavian Petre,14,CAMO |
| 11 | 26.39 | CAMOMAR Philippe Drolet,14,SAMAK |
| 12 | 26.48 | HYACKMAY Gi-Hun Lim,14,PDSA |
| 13 | 26.50 | ONAGUUL Julian Cino,14,HWAC |
| 14 | 26.57 | ABAGJUL Darren Tso,14,LASC |
| 15 | 26.60 | BCAGJUL Jackson Wang,13,DELTA |
| 16 | 26.64 | LUSCMAY Aaron Donst, 14,HWAC |
| 17 | 26.68 | HYACKMAY Simon Wing,14,PSW |
| 18 | 26.70 | ODIV3APR Adam MacWilliam, 14,MAKOS |
| 19 | 26.71 | HWACJUN Dave Spencer, 14,GGST |
| 20 | 26.74 | ABAGJUL Paul Mereau,14,CASC |
| 21 | 26.80 | ONAGJUL James San Pedro, 14,OAK |
| 22 | 26.83 | ONAGJUL Matt Kapitan, 14,COBRA |
| 23 | 26.93 | ODIV2APR Steven Posthumus,13,TBT-NWO |
| 24 | 26.96 | ODIV3APR Jonathan Peace-Hall,14,RISC |
| 25 | 26.96 | PHENXJUN David Milot,13,PCSC |
| 100 METRES FREESTYLE |  |  |
| Rec: 52.91 Yannick Lupien,CAGRA,94 |  |  |
| 1 | 54.46 | PQAGJUL Vincent Boulanger-M,14,CSQ |
| 2 | 56.10 | PQAGJUL Marc Laliberte,14,UL |
| 3 | 56.22 | ONAGJUL Mark Kurizer,13,NEW |
| 4 | 56.46 | PQAGJUL David Provencher-F,14,DDO |
| 5 | 57.04 | ONAGJUL Matteo Di Paolo,14,VAC |
| 6 | 57.05 | ONAGJUL Alex Olsen, 14,SCAR |
| 7 | 57.22 | ABAGJUL Darren Tso,14,LASC |
| 8 | 57.25 | PQCUPJUN Nicolas Murray, 14,DYNAM |
| 9 | 57.33 | PQAGJUL Etienne Lavallee,14,EXCEL |
| 10 | 57.37 | ABAGJUL Pascal Wollach,13,CASC |
| 11 | 57.64 | ONAGJUL Jeff Byrne,14,SSMAC |
| 12 | 57.85 | ODIV1APR Misha Vujaklija, 14,NYAC |
| 13 | 57.94 | AACAPR Marco Monaco,14,OAK |
| 14 | 57.94 | BCAGJUL Jens Cuthbert,14,PDSA |
| 15 | 58.09 | RODJUN Michael Smela, 14,LASER |
| 16 | 58.14 | ODIV2APR Dave Spencer,14,GGST |
| 17 | 58.14 | PQIMAY Wesley Newman,14,DDO |
| 18 | 58.28 | KCSJUN Jackson Wang,13,DELTA |
| 19 | 58.29 | ONAGJUL Stephen Louli,14,MAC |
| 20 | 58.32 | ABAGJUL Paul Mereau,14,CASC |
| 21 | 58.34 | PQAGJUL David Milot,13,PCSC |
| 22 | 58.37 | ABAGJUL Gavin D'Amico,13,EKSC |
| 23 | 58.41 | CAMOMAR Philippe Drolet,14,SAMAK |
| 24 | 58.41 | MBSKJUN Thomas Seibel,14,GOLD |
| 25 | 58.48 | BCAGJUL Richard Alexander,14,IS |
| 200 METRES FREESTYLE |  |  |
| Rec: 1:55.97 Brian Johns, RACER,97 |  |  |
| 1 | 2:00.50 | ECUPJUL Vincent Boulanger-M, 14,CSQ |
| 2 | 2:00.79 | ECUPJUL Mark Kurtzer,13,NEW |
| 3 | 2:00.93 | PQAGJUL Marc Laliberte, 14,UL |
| 4 | 2:03.86 | AACAPR Marco Monaco,14,OAK |
| 5 | 2:03.92 | LUSCMAY Buddy Green,14,LUSC |
| 6 | 2:03.97 | ABAGJUL Pascal Wollach,13,CASC |
| 7 | 2:04.98 | ONAGJUL Colin Ackroyd, 14,SCAR |
| 8 | 2:05.19 | HYACKMAY Jens Cuthbert,14,PDSA |
| 9 | 2:05.36 | PQCUPJUN Nicolas Murray, 14,DYNAM |
| 10 | 2:05.73 | ULJUN Etienne Lavallee,13,EXCEL |
| 11 | 2:05.96 | ECUPJUL Zachary Hurd, 14,BTSC |
| 12 | 2:06.63 | MSSACMAY Simon Borjeson, 14,0AK |
| 13 | 2:06.66 | ESWIMJUN Alex Olsen,14,SCAR |
| 14 | 2:06.77 | MBSKJUN Michael Smela,14,LASER |
| 15 | 2:06.91 | ABAGJUL Gavin D'Amico,13,EKSC |
| 16 | 2:06.96 | ODIV2APR Dave Spencer,14,GGST |
| 17 | 2:07.07 | ISJUN Simon Wing,14,PSW |
| 18 | 2:07.13 | SASKMAY Alexander Love, 13,ROD |
| 19 | 2:07.13 | PHENXJUN David Milot,13,PCSC |
| 20 | 2:07.18 | BCAGJUL Sebastian Salas,14,PDSA |
| 21 | 2:07.65 | ISJUN Richard Alexander, 14,IS |
| 22 | 2:07.71 | ABAGJUL Braden O'Neill,14,0SC |
| 23 | 2:07.73 | ONAGUUL Brandon Connerty, 14,BRANT |
| 24 | 2:08.16 | ESWIMJUN Brian Holland,14,MSSAC-TO |
| 25 | 2:08.19 | PQAGJUL Octavian Petre,14,CAMO |

## :4:05.63 Jamie Stevens,MANTA,89

 :15.51 ONSRJUN Marco Monaco, 14,OAK $\begin{array}{ll}\text { 4:16.59 } & \text { PQAGJUL Marc Laliberte, 14,UL } \\ \text { 4:18.59 } & \text { ECUPJUL Mark Kurtzer , 13 NPN }\end{array}$ $\begin{array}{ll}\text { 4.18.59 } & \text { ECUPJUL Mark Kurtzer, 13,NEW } \\ \text { 4:19.32 } & \text { BCAGULL Jens Cuthbert,14,PDSA }\end{array}$ 4:22.07 PQAGJUL David Provencher-F,FA 14 ,DDO 4:22.48 ECUPJUL Colin Ackroyd,14,SCAR 4:23.85 ABAGJUL Pascal Wollach, 13,CASC 4:25.93 ODIV2APR Buddy Green, 14,LUSC $\begin{array}{ll}\text { 4:26.17 } & \text { BCAGJUL Sebastian Salas, 14,PDSA } \\ \text { 4:26.33 } & \text { BCAGJUL Richard Alexander,14, IS }\end{array}$ $\begin{array}{ll}\text { 4.26.37 } & \text { BCAGJUL Richard Alexander, } \\ \text { ONAGJUL David Hughes, } 14, \text { ROW }\end{array}$ 4:27.88 PQAGJUL Wesley Newman, 14,DDO 4:28.19 PQAGJUL Philip Brassard-G.,14,DDO 4:29.73 AACAPR Simon Gabsch, 14,MSSAC-TO ODIV2APR Dave Spencer, 14,GGS ONAGJUL Chris Bento,14,LAC ONAGJUL Nelson Niedzielski,14,MSSAC $\begin{array}{lr}4: 29.98 & \text { ONAGJUN NeIson Needzielsk,, } 4 \text {,M } \\ \text { 4:31.15 } & \text { ISUUN Simon Wing,14,PSW } \\ \text { 4:31.37 } & \text { POAGJUL Aubert Lachance-F.,14, }\end{array}$ HYACKMAY Brad Reid,14,HYACK PQCUPJUN Nicolas Murray, 14,DYNA 4:31.51 ABAGJUL Braden O'Neill,14,OSC

## METRES FREESTYLE

Rec: 16:00.93 Alex Baumann,LUSC,79
17:00.18 BCAGJUL Jens Cuthbert,14,PDSA 17:11.93 MSSACMAY Simon Borjeson,14,OAK
17:17.86 ECUPJUL Marco Monaco 14,OAK $\begin{array}{ll}\text { 17:17.86 } & \text { ECUPJUL Marco Monaco, 14,OAK } \\ \text { 17:77.90 } & \text { VIT11JUN Philip Brassard-G.,14,DDO }\end{array}$ 17:28.64 ONSRJUN David Hughes,14,ROW 17:30.65 POAGJUL David Provencher-F,14,DDO 17:34.72 ONAGJUL Nelson Niedzielski,14,MSSAC $\begin{array}{ll}\text { 17:41.14 } & \text { BCAGJUL Brad Reid,14,HYACK } \\ \text { 17:41.58 } & \text { MBSKJUN Pascal Wollach, 13,CASC }\end{array}$ 17:45.35 ISJUN Simon Wing,14,PSW 17:48.31 HYACKMAY Richard Alexander, 14,IS 17:48.77 BCAGJUL Edward Quinlan, 14,PDSA 17:56.00 ULLJUN Vincent Boulanger-M, 14,CSO 17:57.81 HYACKMAY Kris Yap-Chung, 13,HYACK $\begin{array}{ll}\text { 18:04.63 } & \text { BCAGAUL Sebastian Salas, } 14, \text {,PDSA }\end{array}$ 18:07.67 EOSAJUN Sean Alexander,14,TD 18:07.68 BCAGJUL Derek Westra-Luney, 14,IS 18:11. 69 ONAGUUL Adam Fisher- Itus, 14, GO 18:12.31 LUSCMAY Buddy Green, 14, LUSC 18:13.89 MBSKJUN Tyson Larone,13.EKSC 18:13.99 CDSCAPR Leonard Ho,13,HYACK 18:14.04 ONSRJUN Chris Bento,14,LAC 100 METRES BACKSTROKE
Rec: 58.92 Tobias Oriwol, ESWIM, 0
1:02.77 ONAGJUL Colin Ackroyd,14,SCAR 1:03.00 ESWIMJUN Brian Holland,14,MSSAC-TO $\begin{array}{ll}\text { 1:04.08 } & \text { PQAGJUL Wesley Newman,14,DDO } \\ \text { 1:04.39 JRNATJUL Eric Gendron,14,KSC-BRSA }\end{array}$ 1:04.58 BCAGJUL Alex Sherwood,14,KCS 1:04.65 MBSKJUN Jesse Lund, 1 , ERSC 1:04.96 ODIV3APR Michael All in 14,BST 1.05.29 DAVISMAR Aaron Dilant 14, HWAC $\begin{array}{ll}1: 05.29 & \text { DAVISMAR Aaron Donst, 14,HWAC } \\ 1: 05.32 & \text { ONAGJUL Hans Frack, 14, USC }\end{array}$ $\begin{array}{ll}\text { 1:05.32 } & \text { ONAGJUL Hans Fracke,14,USC } \\ \text { 1:05.49 } & \text { PQAGJUL Vincent Boulanger-M,14,CSQ }\end{array}$ $\begin{array}{ll}\text { 1:05.62 } & \text { ONAGJUL Brandon Connerty, 14,BRAN } \\ 1: 05.70 & \text { CNOAPR Andrei Lenert, 14,NKB }\end{array}$ 1:05.70 CNOAPR Andre Lenert, 14,NKB $\begin{array}{ll}\text { 1:05.80 } & \text { MBSKJUN Richard Alexander, } 14, \text {,S } \\ \text { 1:05.80 } & \text { ONAGJUL Richard Shih,13,NKB }\end{array}$ 1:06.04 UCSAJAN Kyle Sorrenti,14,GLEN 1:06.5
1:06.58 MSSACMAY Marco Monaco,14,OAK 1:06.66 ODIV2APR Steven Posthumus, 13,TBT-NWO $\begin{array}{lr}1: 06.90 & \text { PQIIAPR Felix Renaud, } 13, \text { CNB } \\ 1: 07.05 & \text { ONAGJUL Mark Kurtzer } 13 \text { NEN }\end{array}$ $\begin{array}{ll}\text { 1:07.05 } & \text { ONAGJUL Mark Kurtzer, 13,NEW } \\ 1: 07.20 & \text { CASCJUN John Lapins, 13,EXST }\end{array}$ $\begin{array}{ll}\text { 1:07.20 } & \text { CASCJUN John Lapins, 13,EXST } \\ \text { 1:07.20 } & \text { PHENXJUN David Milot 13,PCSC }\end{array}$ 1:07.20 PHENXJUN David Milot,13,PCSC $\begin{array}{ll}\text { 1:07.43 PQAGUUL Alex Agostino,14,LAVAL } \\ \text { 1:07.47 } & \text { ODIV2APR Dave Spencer, 14,GGST }\end{array}$

## 200 METRES BACKSTROKE

Rec: 2:05.16 Tobias Oriwol, ESWIM,
:13.52 ESWIMJUN Brian Holland, 14,MSSAC-TO 2:15.98 ONAGULL Colin Ackroyd,14,SCAR $\begin{array}{ll}\text { 2:17.61 } & \text { BCAGJUL Richard Alexander, } 14, \text { IS } \\ \text { 2:18.01 } & \text { ONAGJUL Mark Kurtzer, 13,NEW }\end{array}$ 2:18.01

ONAGJUL Mark Kurtzer,13,NEW PQAGJUL Wesley Newman,14,DDO BCAGJUL Alex Sherwood,14,KCS ABAGJUL Pascal Wollach,13,CASC ONAGJUL Hans Fracke, 14,USC JRNATJUL Eicic Gendron,14,KSC-BRSA
EKIAPR Jesse Lund ,13,ESC EKIAPR Jesse Lund, 13,EKSC
,BRANT ONAGJUL Brandon Connerty, 14,
ONAGJUL Chris Bento, 14,LAC ONAGJUL Chris Bento,14,LAC
ONAGJUL Richard Shih,13,NKB ONAGJUL Richard Shih,13,NKB
PQCUPJUN Nicolas Murray,14,DYNAM PQCUPJUN Nicolas Murray,14,DYN
PQIIAPR Felix Renaud, 13,CNB PQIIIAPR Felix Renaud, 13,CNB
DAVISMAR Aaron Donst, 14, HWAC ONAGJUL Maron Moel Allain,14,BST CNOAPR Andrej Lenert, 14,NKB ODIV2APR Dave Spencer, 14, GGST ECUPJUL Vincent Boulanger-M, 14,CS PQAGJUL Alex Desilets, 13,MEGO ABAGJUL Tristan Armstrong, 14,NCS-BRSA PQAGJUL Etienne Lavallee, 14, EXCE ONAGJUL David Arcand,13,GO

Rec: 1:04.53 Matthew Huang,PDSA
1.0.1.36 ONSRJUN Marco Monaco,14,OAK $\begin{array}{ll}\text { 1.1.11.66 } & \text { ONAGJUL Bryan Mell, 13,NEW } \\ \text { PQAGJUL Mathieu Bois 13HIPPO }\end{array}$ 1:12.03 ECUPJUL Bryn Jones, 14,NEW 1:12.04 EKIAPR Rodale Estor,13,CASC 1:12.43 ECUPJUL Alex Olsen,14,SCAR 1:12.51 ODIV1APR Misha Vujaklija, 14,NYAC 1:12.84 ONAGJUL James San Pedro,14,OAK 1:13.17 ESWIMJUN Jamie Ross,12,AUROR $\begin{array}{ll}\text { 1:13.31 } & \text { PQIMAY Marc Laliberte,14,UL } \\ 1: 13.73 & \text { SASKMAY Michael Smela,14,LASER }\end{array}$ 1:14.02 BCAGJUL Leonard Ho, 14, HYACK 1:14.25 PQIMAY Max Dumont, 12,REG 1:15.21 ONAGJUL Johnathon Caquiat, 14,CHAMP 1:15.28 MBSKJUN Jesse Lund, 13, EKSC 1:15.36 EOSAJUN Jordie Lewis, 14,UPCAN 1:15.37 ODIV3APR Daniel Vollmer,14,AAC $\begin{array}{ll}\text { 1:15.47 } & \text { PQAGGJUL Jean-S. Despatie, 14,ENC } \\ \text { CAdamasa Miyashita, 14,NCS-BRSA }\end{array}$ 1:15.64 PHENXJUN Edward Quinlan,14,PDSA 1:15.66 HYACKMAY Ryan Chiew, 14,HYACK 1:16.10 ODIV1APR Andrew Cheung,14,WAC 1:16.18 ONAGJUL Adam Dunn,14,AAC 1:16.36 ODIV2APR Brannyn Hale,14,NBYT 1:16.49 ONAGJUL Donald Ellison,14,NEW 00 METRES BREASTSTROKE

2:31.43 ONAGJUL Marco Monaco, 14,OAK
2. 2 . $\begin{array}{ll}\text { 2:31.43 } & \text { ONAGJUL Marco Monaco, } \\ \text { 2:32.03 } & \text { ONAGJUL Bryn Jones, } 14, \text { NEW }\end{array}$ 2:35.51 ONAGJUL Bryan Mell, 13,NEW $\begin{array}{ll}\text { 2:37.10 } & \text { JRNATJUL Rodale Estor, 14,CASC } \\ \text { 2:37.59 } & \text { ONAGJUL James San Pedro, 14, OAK }\end{array}$ 2:38.43 PQAGJUL David Provencher-F,14,DDO 2:38.96 PQAGJUL Mathieu Bois, 13,HIPPO 2:39.38 PHENXJUN Edward Quinlan, 14,PDSA 2:39.41 ECUPJUL Alex Olsen,14,SCAR 2:39.80 ODIV1APR Misha Vujaklija, 14,NYAC 2:40.69 MBSKJUN Michael Smela,14,LASER 2:41.41 PPOMAY Zachary Glassman, 14,CAMO 2:41.41 PQAGJUL Jean-S. Despatie, 14,ENC 2:41.63 ESWIMJUN Donald Ellison,14,NEW 2:41.64 PQIMAY Marc Laliberte, 14, UL 2.42.13 ESWIMJUN Jamie Ross, 13, AUROR 2:42.55 PQIMAY Max Dumont, 13,REG 2:43.56 HYACKMAY Ryan Chiew, 14,HYACK 2:44.87 ONAGJUL Johnathon Caquiat, 14,CHAMP 2:45.02 ODIV1APR Andrew Cheung,14,WAC 2:45.30 EOSAJUN Jordie Lewis, 14,UPCAN 2:46.23 ONAGJUL Adam Dunn,14,AAC 2:46.39 ABAGJUL Raymond Rieger, 14,KSC 2:40.44 ONAGNUL Kellan O'Neill,14,SSMAC 0. 57.45 Phili Wers SKS

1:00.04 JRNATJUL David Milot,13,PCSC
1:01.20 ONAGUL Jef Byme, 14, SSMAC
1:02.85 ONAGJUL Nathan Ferguson, 14, EBSC
1:02.97 ONAGJUL Marco Monaco, 14,OAK
1:03.10 ECUPJUL Zachary Hurd 14, BTSC
$\begin{array}{ll}\text { 1:03.10 } & \text { ECUPJUL Zachary Hurd,14,BTSC } \\ \text { 1:03.34 } & \text { ONAGJUL Matteo Di Paolo,14,VAC }\end{array}$
1:03.36 PQAGJUL Vincent Boulanger-M, 14,CSQ
1:03.46 PQAGJUL Etienne Lavallee,14,EXCE
1:03.49 CAMOMAR Maximilian Leger,14,CAMO 1:03.49 CAM
1:03.78 MSSACMAY Bryce Tung,14,TSC 1:03.84 ONAGJUL Mehmet Dinc, 14,MSSAC 1:03.89 PQAGJUL Steven Marcoux,14,EXCE 1:03.95 PQAGJUL Roman Dagash,14,PPO 1:04.09 BCAGUUL Jens Cuthbert,14,PDSA 1:04.14 AACAPR Simon Gabsch,14,MSSAC-TO
1:04.17 BCAGUU Gi-Hun 1.04.18 HYACKMAY Gimon Lim, 14,PSW 1:04.18 HYACKMAY Simon Wing,14,,PSW 1:04.47 EKIAPR Tyson Larone, 13, EKSC $\begin{array}{ll}\text { 1:04.51 ABAGUUL Justin Allen, 14, EKSC } \\ \text { 1:04.56 } & \text { PQIIAPR Samuel Chartrand, } 13 \text {,ELITE }\end{array}$ $\begin{array}{ll}1: 04.58 & \text { ABAGJUL Gavin D'Amico, 13,EKSC } \\ 1: 04.59 & \text { PPOMAY }\end{array}$ $\begin{array}{ll}\text { 1:04.59 } & \text { PPOMAY Octavian Petre, 14,CAMO } \\ 1: 04.71 & \text { ECUPJUL Mathieu }\end{array}$ $\begin{array}{ll}\text { 1:04.71 } & \text { ECUPJUL Mathieu Bois,13,HIPPO } \\ \text { 1:04.74 } & \text { ABAGJUL Matt Derochie,14,KSC-BRSA }\end{array}$ METRES BUTTERFLY

## 200 METRES BUUT ERFLY

2:16.19 ONAGJUL Jeff Byrne, 14,SSMAC 2:17.14 ECUPJUL David Milot,13,PCSC 2:18.91 PQAGJUL Prilip Brassard-G., 14,DDO
2:20.19 MSSACMAY Marco 2:20.19 MSSACMAY Marco Monaco, 14,OAK
2:20.84 ONAGJUL Nathan Ferguson, 14,EBSC 2:20.84 ONAGJUL Nathan Ferguson,14,EBSC $\begin{array}{ll}\text { 2:20.96 } & \text { BCAGJUL Jens Cuthbert, 14,PDSA } \\ \text { 2:21.13 } & \text { ECUPJUL Zachary Hurd 14,BTSC }\end{array}$ 2:21.13 ECUPJUL Zachary Hurd,14,BTSC 2:21.26 EKIAPR Tyson Larone,13,EKSC
2:21.39 HYACKMAY Simon Wing,14,PSW 2:22.09 PQIMAY Maximilian Leger, 14,CAMO 2:22.82 ODIV1APR Bryce Tung, 14,TSC 2:24.12 BCAGJUL Kris Yap-Chung,13,HYACK 2:24.66
2.2483 PQAGJUL Roman Dagash,14,PPO EOSAJUN Majed Piedra,17,NKB GMACMAY Jonathan Pilon, 14,HOST PQAGUUL Steven Marcoux, 14,EXCE ABAGJUL Justin Allen,14,EKSC AACAPR Simon Gabsch,14,MSSAC-TO EKIAPR Edward Quinlan,14,PDSA ONAGJUL David Hughes, 14,ROW
ODIV1APR Brent Charlton,14,TAT ODIV1APR Brent Charlton,14,TAT
ONAGUUL Scott VanDoormaal, 14,GMAC ONAGJUL Mehmet Dinc, 14,MSSAC PQAGJUL Felix Renaud,13,CNB
RAPIDJAN James Monk,14,PDSA

200 METRES IND.MEDLEY

### 2.15.83 ONSRJUN Marco Monaco, 14,OAK

2:17.92 PQAGJUL David Provencher-F,14,DDO
$\begin{array}{ll}\text { 2:20.17 } & \text { PQAGJUL Marc Laliberte, 14,UL } \\ \text { 2:20.51 } & \text { ONAGULL Alex Olsen 14 SCAR }\end{array}$
2:20.53 ONAGJUL Colin Ackroyd, 14,SCAR
2:20.64 ONAGJUL Brandon Connerty, 14,BRANT
2:21.22 PQAGJUL Philip Brassard-G.,14,DDO
2:21.96 ABAGJUL Braden O'Neill,14,OSC
2:22.22 MBSKJUN Michael Smela,14,LASE
2:22.30 PQCUPJUN Nicolas Murray,14,DYNAM
2:22.89 PQAGUUL Etienne Lavallee,14,EXCEL

2:23.30 HYACKMAY Jesse Lund,13,EKSC
2:23.38
ISJUN Simon Wing,14,PSW
2:23.71
OAGJUL Mathieu Bois,13,HIPPO
BCAGUUL Richard Alexander, 14,IS
BCAGJUL Jens Cuthbert,14,PDSA
$2: 23.87$
2.24 .04
ONAGJUL Chris Bento, 14,LAC
2:24.42 BCAGJUL Sebastian Salas, 14,PD
$\begin{array}{ll}\text { 2:24.62 } & \text { ONAGJUL Adam Dunn,14,AAC } \\ 2: 24.64 & \text { ABAGJUL Matt Derochie,14,KSC-BRSA }\end{array}$
$\begin{array}{ll}\text { 2:24.64 } & \text { ABAGGUL Mat Derochie,14,KNT } \\ \text { 2:24.91 } & \text { ONAGJUL Ted Smith, 14,BRANT }\end{array}$
2:25.23 ESWIMJUN Bryn Jones, 14 ,NEW
2:25.48 MBSKJUN Tyson Larone,13,EKSC
2:25.57 EKIAPR Alexander Love 13 ROD

## 2:25.62 ONAGJUL METRES IND.MEDLEY

Rec: 4:
Tobias Oriwol,ESWIM,0
4:46.62 ECUPJUL Marco Monaco,14,OAK
4:52.64 PQAGJUL David Provencher-F,14,DDO
4:56.67 JRNATJUL Philip Brassard-G.,14,DDO
5:00.58 ONAGJUL Colin Ackroyd,14,SCAR
$\begin{array}{ll}\text { 5:01.11 } & \text { BCAGJUL Jens Cuthbert,14,PDSA } \\ \text { 5:01.41 } & \text { BCAGJUL Richard Alexander 14 IS }\end{array}$
5:02.59 ABAGJUL Braden O'Neill,14,OSC
5:02.99 ODIV1APR David Hughes,14,ROW
$\begin{array}{ll}\text { 5:02.99 } & \text { ODIV1APR David Hughes, 14,R0W } \\ \text { 5:03.11 } & \text { ONAGJUL Brandon Connerty, } 14, \text { BRANT }\end{array}$
$\begin{array}{ll}\text { 5:03.11 } & \text { ONAGJUL Brandon Connerty, } 14, \\ \text { 5:03.21 } & \text { ECUPJUL Bryn Jones, 14,NEW }\end{array}$
5:03.66 BCAGJUL Sebastian Salas, 14,PDSA
5:04.11 ABAGJUL Pascal Wollach,13,CASC
5:04.36 HYACKMAY Simon Wing, 14,PSW
5:05.40 MBSKJUN Tyson Larone,13,EKSC
5:05.40 PQAGJUL Jonathan Rinaldi, 14,PPO
5:06.66 ONAGJUL Chris Bento,14,LAC
5:06.81 MSSACMAY Simon Borjeson,14,OAK 5:07.08 ABAGJUL Matt Derochie,14,KSC-BRSA 5:07.11 HYACKMAY Leonard Ho, 14, HYACK 5:07.14 SASKMAY Alexander Love, 13,ROD 5:07.68 ODIV2APR Jeff Byrne,13,SSMAC 5:07.73 ULJUN Etienne Lavallee, 13, EXCEL 5:08.37 ODIV1APR Bryce Tung,14,TSC 5:09.24 ESWIMJUN Mark Kurtzer, 13,NEW 5:09.24 ESWIMJUN Mark Kurizer, 13,NEW
5:10.71 CASCJUN Jesse Lund, 13,EKSC

## 4X50 MEDLEY RELAY

Rec: $1: 54.59$ Etobicoke Swimming,ESWIM, 98
1:59.47 ABAGUUL Cascade Swim Club,CASC
1:59.58 ONAGJUL Newmarket SC,NEW
2:00.40 AACAPR Mississauga AC,MSSAC
2:02.02 ONAGUI Oakville AC, OAK
2:02.44 ONAGUUL Greater Ottawa Kingtish,GO
2:03.08 PQMMAY Pointe Claire SC,PCSC
$\begin{array}{ll}\text { 2:03.14 } & \text { CASCJUN Edmonton Keyano,EKSC } \\ \text { 2:03.16 } & \text { ONAGUUL Scarborough SC SCAR }\end{array}$
$\begin{array}{ll}\text { 2:03.16 } & \text { ONAGUUL Scarborough SC,SCAR } \\ \text { 2:03.39 } & \text { PQIMAY Dollard Swim Team DDO }\end{array}$
2:03.39 PQMMAY Dollard Swim Team, DDO
2:03.96 MBSKJUN Bow River Swim Assoc,BRS
2:04.50 BCAGJUL Pacific Dolphins,PDSA
2:04.79 HYACKMAY Hyack Swim Club,HYACK
2:05.58 ONAGJUL Brantrford AC,BRANT
2:06.11 PQIMAY CS Quebec CSO
2:06.15 ABAGJUL Nose Creek SA,NCS
2:06.31 CASCJUN Univ.of Calgary SC,UCS
2:06.36 EOSAJUN Ennestown Barracudas, EBSC
2:07.10 PQIMAY Univ.Laval Rouge \& Or,UL
2:07.64 MBSKJUN Saskatoon Lasers,LASE
2:07.71 ONAGJUL Nepean Kanata,NKB
2:07.83 ODIV3APR Markham AC,MAC
2:07.99
LUSCMAY Hamilt-Wentworth
50 FREE RELAY
Rec: 1:42.23 Etobicoke Swimming,ESWIM, 98
1:47.62 $\quad$ BCAGUUL Pacific Dolphins,PDSA
1:47.85 ONAGULL Newmarket SC,NEW
$\begin{array}{ll}\text { 1:48.31 ESWIMJUN Mississauga AC,MSSAC } \\ \text { 1:48.32 } & \text { MBSKJUN Cascade Swim Club,CASC }\end{array}$
1:48.32 MBSKJUN Cascade Swim Club,CASC
$\begin{array}{ll}\text { 1:48.81 ONAGJUL Oakville AC,OAK } \\ \text { 1:49.01 } & \text { ODIV1APR North York AC, NYAC }\end{array}$
$\begin{array}{ll}\text { 1:49.01 } & \text { ODIV1APR North York AC,NYAC } \\ \text { 1:49.02 } & \text { ONAGUUL Greater Ottawa Kingfish, GO }\end{array}$
1:49.44 PQAGJUL Dollard Swim Team,DDO
1:50.04 PQIMAY Montreal Aquatique,CAMO
$1: 50.53$
$1: 50.93$
ONAGJUL Brantford AC,BRANT
1:50.93
ONAGULL Scarborough SC,SCAR
1:50.97 HY
HYACKMAY Vancouver Gators,GATOR
1:51.15 LUSCMAY Hamilt-Wentworth AC,HWAC
1:51.20 ABAGJUL Edmonton Keyano,EKSC
1:51.43 ODIV1APR Toronto Champs,CHAMP
1:51.60 CASCJUN Univ.of Calgary SC,UCSC
$\begin{array}{ll}1: 51.72 & \text { PQIMAY Univ.Laval Rouge \& Or,UL } \\ 1.5209 & \end{array}$
1:52.09 MBSKJUN Bow River Swim Assoc,BRSA
$1: 52.37$
PQIIAPR Longueuil,ELITE
MBSKJUN Saskatoon Goldfins,GOLD
ONAGJUL Nepean Kanata,NKB
1:52.60
$1: 52.73$
ONAGUUL Nepean Kanata,NKB
CASCIUN Calgary Killarney, KSC
1:52.73 CASCJUN Calgary Killarney, KSC
$\begin{array}{ll}\text { 1:52.88 } & \text { PQIMAY Pointe Claire SC,PCSC } \\ \text { 1:53.22 } & \text { BCAGJUL Island Swimming,IS }\end{array}$

400 METRES FREESTYLE
Rec: 4:14.45 Donna McGinnis,ESC, 86
4:23.03 SYDNJAN Danielle Bell,17,IS 4:23.64 ECUPJUL Marieve De Blois,17,PPO 4:23.98 CANLCMAR Tamee Ebert,17,PDSA 4:24.32 CAGMSAUG Taryn Lencoe,15,PDSA 4:25.51 ONSRJUN Katherine Telfer,16, ESWIM 4:25.55 CAGMSAUG Kathy Siuda, 15,ROW 4:25.80 ZAJACMAY Allison Laidlow,16,PDSA 4:26.09 CANLCAUG Sara McNally,16,EKSC-UA 4:26.42 CANLCAUG Chanell Charron-W.,17,UL 4:26.69 JRNATJUL Alicia Jobse, 17,MANTA 4:27.24 ESWIMJUN Jenna Gresdal, 16,ESWIM 4:27.63 ECUPJUL Rosie Meade,17,BOSC 4:28.09 PQIMAY Audrey Lacroix,17,CAMO 4:28.29 CANLCAUG Deanna Stefanyshyn,16,PDSA 4.28.29 CANLCAUG Deanna StefanyShyn, 16,F
4:28.68 JRNATJUL Hayley Doody,16,UCSA 4:30.42 ESWIMJUN Nathalie Lacoste,15,MSSAC-TO 4:31.16 ONSRJUN Danielle Beland,16,GO 4:31.16 ONSRUUN Danielle Beland,16,GO 4:31.65 CANLCMAR Meghan Brown, 17,PDSA 4:31.76 CANLCMAR Cynthia Pearce,17,MSSAC-TO 4:32.12 CANLCAUG Amanda Gillespie,16, NKB 4:32.22 ECUPJUL Dominique Charron, 17,PPO 4:32.45 CANLCMAR Elizabeth Wycliffe, 17,EBSC 4:33.87 CANLCMAR Shawna Bothwell, 17,RDCSC 4:33.93 ECUPJUL Carolyn McNeill,17,NEW
50 METRES FREESTYLE
Rec: 25.92 Laura Nicholls,ROW, 96 26.03 CANLCAUG Laura Pomeroy, 17,OAK-TO 26.61 CANLCAUG Jennifer Porenta 16,MMST-TO 26.78 CANLCAUG Erin Kardash,15,MM 26.96 PQCUPJUN Audrey Lacroix,17,CAMO 27.01 CAGMSAUG Eleen Robinson,17,PSC 27.06 CAGMSAUG Chanell Charron-W., 17,UL 27.09 CANLCAUG Jennifer Beckberger,15,AAC 27.23 JRNATJUL Diane Kardash, 15,MM 27.29 CANLCMAR Jessie Bradshaw,16,UCSA 27.42 CAGMSAUG Laura Grant,17,UCSA 27.42 CAGMSAUG Amber Dykes, 17,HYACK 27.44 ONSRJUN Stephanie Kuhn,15,TMSC-NWO 27.54 JRNATJUL Jennifer Toogood,16,MM 27.55 SYDNJAN Eizabeth Wycliffe,17,EBSC 27.57 ABAGJUL Michaela Schmidt,17,UCSA
27.59 ESWIMJUN Joanna McLean,17,ESWIM 27.60 JRNATJUL Julianne Toogood, 13.MM 27.67 CANLCAUG Renee Hober,16,ROW 27.68 JRNATJUL Sheena Mills, 17, UCS 27.70 JRNATJUL Caitlin Meredith,17,KCS 27.73 JRNATJUL Sarah Gault,16,DDO 27.74 PQCUPMAY Marie-P. Blais,15,MEGO

## ETRES FREESTYLE

## 61 Shannon Shakespeare,MM, 94

56.92 CAGMSAUG Laura Pomeroy, 17,OAK-TO 57.60 CANLCAUG Jennifer Porenta, 16, MMST-TO 57.88 CANLCAUG Erin Kardash,15,MM 57.88 CANLCAUG Chanell Charron-W.,17,UL 58.28 CANLCAUG Marieve De Blois, 17,CAMO 58.30 CANLCAUG Jessie Bradshaw, 17,UCSA 58.30 CANLCAUG Audrey Lacroix,17,CAMO 59.19 CANLCAUG Isabelle Ascah-Coadlier,17,CAMO 59.23 CANLCMAR Eizabeth Wycliffe,17,EBSC 59.36 JRNATJUL Eizabeth Amer, 17, EKSC 59.37 JRNATJUL Diane Kardash, 15,MM 59.38 CANLCMAR Adriana Koc-Spadaro,17,PDSA 59.43 CANLCMAR Laura Grant, 16,UCSA 59.47 CANLCMAR Katherine Telfer,16,ESWIM 59.54 CANLCAUG Jennifer Beckberger,15,AAC 59.58 CANLCMAR Amanda Gillespie,16,NKB 59.63 JRNATJUL SheenaMills,17,UCSC
59.78 CANLCAUG Amber Dykes,17,HYACK 59.78 CANLCAUG Amber Dykes,17,HYACK 59.82 JRNATUL Stephani Kun 16 TMSC NI 59.82 JRNATJUL Stephanie Kuhn, 16 , TMSC-NWO 59.83 CANLCMAR Monica Wejman, 16, ,ESWIM
59.92
ODIV1APR Jackie Garay, 17,TSC-TO 59.93 CANLCAUG Michaela Schmidt,17,UCSA 59.93 CANLCAUG Michaela Schmidt,17,UCSA
59.94 CANLCMAR Hayley Doody, 15, UCSA

## METRES FREESTYLE

2:04.28 USGP1MAY Jenna Gresdal, 16,ESWIM 2:04.49 CANLCAUG Chanell Charron-W.,17,UL 2:05.58 CAGMSAUG Deanna Stefanyshyn,16,PDSA 2:05.58 CAGMSAUG Deanna Stefanyshyn,16,PDS
2:06.31 CAGMSAUG Katherine Telfer,16,ESWIM 2:06.60 SYDNJAN Danielle Bell, 17,IS
$\begin{array}{ll}\text { 2:06.60 } & \text { SYDNJAN Danielle Bell, 17,IS } \\ \text { 2:06.62 } & \text { MVNJUN Jennifer Fratesi,17,ROW }\end{array}$
2:06.93 CANLCAUG Sara McNally, 16, EKSC-UA
2:07.17 CAGMSAUG Alicia Jobse,17,MANTA
2:07.18 ECUPJUL Rosie Meade, 17,BOSC
2:07.26 CAGMSAUG Hayley Doody,16,UCSA
2:07.66 CANLCAUG Isabelle Ascah-Coallier, 17,CAMO 2:07.97 CANLCMAR Tamee Ebert,17,PDSA 2:08.10 CANLCMAR Meghan Brown,17,PDSA
2:08.50 CANLCMAR Cynthia Pearce, 17, MSSAC-TO 2:08.50 CANLCMAR Cynthia Pearce,17,MSSAC-TO
2:08.92 EVANSUUL Adriana Koc-Spadaro,17,PDSA $\begin{array}{ll}\text { 2:08.92 } & \text { EVANSJUL Adriana Koc-Spadaro, } \\ \text { 2:09.10 } & \text { MBSKJUN Erin Kardash,15,MM }\end{array}$ $\begin{array}{ll}\text { 2:09.10 } & \text { MBSKJUN Erin Kardash, 15,MM } \\ \text { 2:09.13 ECUPJUL Jennifer Porenta, } 16 \text {,MMST-TO }\end{array}$ 2:09.13 ECUPJUL Jennifer Porenta, 1,
2:09.28 CANLCAUG Taryn Lencoe, 11, PDSA 2:09.38 ECUPJUL Joan Bernier, 16,CNCB 2:09.41 JRNATJUL Amanda Gillespie,16,NKB 2:09.45 JRNATJUL Orlagh O'Kelly,15,EKSC-UA 2:09.64 JRNATJUL Thea Norton,15,OSC
2:09.81 CANLCMAR Kathy Siuda,15,ROW 2:09.81 CANLCMAR Kathy Siuda, 15,ROW
2:09.96 HYACKMAY Amber Dykes,17,HYACK

Rec: 1:08.86 Allison Higson.EPS 88

1:11.77 GOODWAUG Tamara Wagner,16,ROW 1:11.79 CAGMSAUG Annamay Pierse,17,EKSC-UA 1:13.91 CANLCAUG Joanna Lee, 16,MSSAC-TO 1:14.16 ESWIMJUN Shayna Burns, 17,CHAMP 1:14.30 MSSACMAY Laura Pomeroy,17,OAK-TO 1:14.75 ONSRJUN Renee Hober,16,ROW 1:14.75 CANLCAUG Marcy Edgecumbe, 17,EKSC-UA 1:14.79 CANLCMAR Heather Bell, 17,BTSC 1:15.00 JRNATJUL Sarah Gault, 16, DDO 1:15.07 CANLCMAR Courtenay Chuy, 15,HYACK 1:15.26 JRNATJUL Kimberley Hirsch, 15,STSC 1:15.29 JRNATJUL Meagan Sinclair, 17,UCSA 1:15.31 CANLCAUG Ariane Kich,17,UNATT 1:15.68 JRNATJUL Haylee Johnson,15,PDSA 1:15.86 SYDNJAN Kristen Bradley, 17,NEW 1:15.87 CANLCMAR Meghan Demchuk, 17,ROD 1:15.92 MSSACMAY Yohanna Prajogo, 15,COBRA 1:16.03 HYACKMAY Norah Vogan, 16,GPP 1:16.09 ONSRJUN Shannon Kryhul, 15, ROW 1:16.17 JRNATJUL Natasha lacobucci, 16 1:16.19 CANLCAUG Kristen Lis, 17,ROD
1:16.34 JRNATJUL Shannon Frey,17,KSC-BRSA 1:16.57 ULJUN Micheline Dufour,15,UL
1:16.61 CANLCAUG Julie Marcotte,17,UL

## 0 METRES BREASTSTROKE

2:32.66 CANLCAUG Annamay Pierse,17,EKSC-UA
2:34.88 SYDNJAN Tamara Wagner, 15,ROW
2:37.87 CANLCAUG Joanna Lee, 16,MSSAC-TO
2:38.13 JRNATJUL Genevieve Dack,15,TBT-NWO
2:39.60 JRNATJUL Meagan Sinclair,16,UCSA
2:39.82 CANLCAUG Marcy Edgecumbe,17,EKSC-UA 2:39.83 ONSRJUN Renee Hober,16,ROW 2:40.14 PQCUPMAY Marie-P. Ratelle,15,MEGO 2:40.61 CANLCMAR Courtenay Chuy,15,HYACK 2:41.03 ZAJACMAY Haylee Johnson,15,PDSA 2:41.41 SYDNJAN Kristen Bradley, 17,NEW 2:41.50 PQCUPJUN Marieve De Blois,17,PPO 2:41.56 JRNATJUL Mitra Chandler, 17,HYACK 2:42.12 ESWIMJUN Shayna Burns,17,CHAMP 2:43.27 JRNATJUL Shannon Frey, 17,KSC-BRSA 2:43.31 CANLCMAR Heather Bell, 17,BTSC 2:43.50 JRNATJUL Micheline Dufour, 15,UL 2:43.92 CANLCMAR Genevieve Frappier, 17,CAMO 2:44.13 CANLCAUG Julie Marcotte,17,UL 2:44.42 CANLCMAR Shannon Kryhul,15,ROW 2:44.59 CANLCAUG Kristen Lis,17,ROD 2:44.63 CANLCMAR Norah Vogan, 16,GPP 2:44.79 ZAJACMAY Jennifer Coombs,17,MSSAC-TO 2:44.92 JRNATJUL Natasha lacobucci, 16 , COBRA 00 MEIRES BUTTERFLY
Rec: 1:00.20 Audrey Lacroix,CAMO,
1:00.20 WORLD01 Audrey Lacroix,17,CAMO 1:01.36 SYDNJAN Jennifer Fratesi, 6, ROW 1:02.87 CAGMSAUG Michaela Schmidt,17,UCSA 1:03.44 CANLCAUG Michele Landry, 16,PDSA 1.03.75 ONSRUUN Amanda Gillespie 16 NKB 1:03.92 PQAGJUL Valerie Tcholkayan,16,DDO 1:03.95 CAGMSAUG Nancy Gajos,17,ESWIM 1:03.95 CAGMSAUG Nancy Gajos, 17,ESS, TM 1:04.64 CANLCMAR Isabelle Ascah-Coallier,17,CAMO 1:04.65 CAGMSAUG Julia Guay-Racine,15,CAMO 1:04.75 JRNATJUL Orlagh O'Kelly,15,EKSC-UA 1:04.75 JRNATJUL Orlagh OKKelly,15,EKSC-UA
1:04.88 PHENXJUN Sarah Bartosh,16,PCSC 1:04.94 ONSRJUN Stephanie Kuhn,15,TMSC-NWO 1:05.07 ECUPJUL Danielle Gudgeon,17,NYAC 1:05.13 CANLCMAR Jessie Bradshaw, 16, UCSA 1.05.41 CANLCAUG Joan Bernier, 16,CNCB 1:05.51 JRNATJUL Sheena Mills 17, UCSC 1:05.51 JRNATJUL Sheena Mills, 17,UCSC 1:05.58 PQCUPMAY Veronick Cullen,17,RCA
1:05.65 CANLCMAR Meghan Brown,17,PDSA 1:05.65 CANLCMAR Meghan Brown,17,PD 1:05.92 ODIV3APR Jennifer Porenta, 15,MMST-TO 1:05.92 ODIV3APR Jennifer Porenta, 15,MN
1:06.09 CANLCMAR Laura Grant, 16, UCSA 1:06.21 JRNATJUL Tiffany Vincent, 16, BRANT

## MEIRES BUTTERFL

2:11.26 Jessica Deglau,PDSA,98
2:11.36 CANLCAUG Audrey Lacroix, 17,CAMO 2:18.68 CAGMSAUG Joan Bernier, 16,CNCB 2:19.11 CANLCAUG Michelle Landry, 16,PDSA 2:20.37 ONSRJUN Nancy Gajos,16, ESWIM 2:20.70 CANLCMAR Michaela Schmidt,17,UCSA 2:21.43 CAGMSAUG Deanna Stefanyshyn, 16,PDSA 2:21.96 CAGMSAUG Amanda Gillespie,16,NKB 2:22.26 CANLCAUG Orlagh O'Kelly,15,EKSC-UA 2:22.28 ECUPJUL Danielle Gudgeon, 17,NYAC 2:22.78 PQIMAY Alex Lachance F,16, UL 2:23.34 CANLCMAR Jennifer Coombs,17,HYACK 2:23.40 ONSRJUN Danielle Beland, 16,GO 2:23.57 PQCUPMAY Veronick Cullen,17,RCA
2:24.48 EKIAPR Meghan Demchuk,17,ROD 2:24.48 EKIAPR Meghan Demchuk,17,ROD
2:24.52 CANLCMAR Cynthia Pearce,17,MSSAC-TO 2:24.74 PQCUPMAY Julia Guay-Racine, 15,CAMO 2:24.81 CANLCMAR Meghan Brown,17,PDSA 2:24.91 PQCUPMAY Genevieve Frappier,17,CAMO
2:25.17 JRNATJUU Brianne 2:25.17 JRNATJUL Brianne Cloak, 15,IS 2:25.94 JRNATJUL Gillian Coles,16,BROCK 2:26.02 CANLCMAR Tiffany Vincent, 15,BRANT 2:26.71 ECUPJUL Callan Gault,15,TSC-TO
$2: 26.74$ CAGMSAUG Lean Murrin,15,SUL 2:26.74 CAGMSAUG Leah Murrin,15,SJL $\begin{array}{lc}\text { 2:27.48 } & \text { PQIMAY Sarah Bartosh,16,PCSC } \\ \text { 2:27.64 } & \text { ECUPJUL Carolyn McNeill,17,NEW }\end{array}$

## OO MEERES IND.MEDLEY

Rec. 2.15.61 Nancy Sweetnam, LLSC, 90
$\begin{array}{ll}1 & \text { 2:17.37 CANLCAUG Jennifer Fratesi,17,ROW } \\ 2 & 2: 18.78 \text { CANLCAUG Marieve De Blois,17,CAMO }\end{array}$
2.21.01 CANCMAR Kristen Brad ey 17 NEN

2:21.88 USGP1MAY Jenna Gresdal 16,ESWIM
2:22.35 CAGMSAUG Michelle Landry,16,PDSA
2:22.88 CANLCAUG Amanda Gillespie,16,NKB
2:23.55 ONSRJUN Kathy Siuda,15,ROW
2:24.35 CANLCMAR Jennifer Coombs,17,HYACK
2:24.75 JRNATJUL Caitlin Meredith, 17,KCS
$\begin{array}{ll}\text { 2:25.44 EKIAPR Annamay Pierse, 17,EKSC-UA } \\ \text { 2:25.44 } & \text { ONAGJUL Katherine Telfer, 16,ESWIM }\end{array}$
2:25.44
2:25.58 JRAGJUL Katherine Telfer, 16,ESS
JRATUL Leah Schaab, 17, UCSA
2:25.58
JRNATJUL Sarah Gault,16,DDO
EKIAPR Meghan Demchuk, 17,ROD
2:26.1
ONSRJUN Rachel Hosford-E, 17,HWAC
2:26.13
2:26.25
2:26.35
CANLCAUG Eizabeth Osterer, 15,NKB
2:26.42 ZAJJACMAY Allison Dyes, 17, HYACK 2:26.55 AACAPR Stephanie Kuhn, 15,TMSC-NWO 2:26.55 JRNATJUL Ashlee Hagel, 15,LASC 2:27.00 ONSRJUN Tamara Wagner,16,ROW 2:27.09 BUFFAJUL Chandra Engs, 16,CAJ 2:27.18 PHENXJUN Chanell Charron-W., 16,CNO 2:27.26 JRNATJUL Mitra Chandler,17,HYACK

## 0 METRES IND.MEDLEY

4:54.70 SYDNJAN Kristen Bradley, 17,NEW
4:55.83 CANLCAUG Marieve De Blois, 17,CAMO
4:55.83 CANLCAUG Marieve De Bois,
EURJRJUL Kathy Siuda, 15, ROW
4:58.75 CAGMSAUG Allison Laidlow,16,PDSA
4:59.56 ESWIMJUN Jenna Gresdal, 16, ESWIM
5:00.45 ODIV1APR Jennifer Fratesi, 17,ROW
5:02.29 JRNATJUL Leah Schaab, 17,UCSA
5:02.29 CAGMSAUG Alicia Jobse, 17 MANTA
5:02.29 CAGMSAUG Alicia Jobse, 17,MAN
5:02.47 CAGMSAUG Amber Dykes 17, HYACK
5:02.47 CAGMSAUG Amber Dykes, 17,HYACK
5:04.59 ZAJACMAY Michelle Landry,16,PDSA
5:04.59 ZAJACMAY Michelle Landry, 16,PDSA 5:06.35 CANLCAUG Bizabeth Osterer,15,NKB 5:06.59 JRNATJUL Amanda Gillespie 16 NKB 5:06.59 JRNATJUL Amanda Gillespie, 16, NKB 5:08.69 PQCUPMAY Aurelie Meziere 17 PPO 5:08.77 MSSACMAY Jennifer Coombs,17,MSSAC 5:08.85 JRNATJUL Thea Norton,15,OSC 5:09.54 CANLCMAR Norah Vogan, 16, GPP 5:09.63 PQCUPFEB Annamay Pierse, 17, EKSC-SE 5:09.70 JRNATJUL Lynette Bayl iss, 17, UCSA 5:11.05 ONSRJUN Brittany Cooper 15 LAC 5:11.21 PQIMAY Alex Lachance-F,L6 5:11.27 CANLCMAR Genevieve Frappier, 17, CAMO 4X50 MEDLEY RELAY
Rec: 1:59.20 Pt-Claire.PCSC 76
2:01.81 ABAGULL Edmonton Keyano, EKSC
2.01.98 PQAGULL Dollard Swim Team,DDO

2:03.65 ECUPJUL Toronto AII Stars, TO
2:06.58 ECUPJUL Montreal Aquatique,CAMO
2:06.58 ECUPJUL Montreal Aquatique,CAMO
2:06.76 HYACKMAY Hyack Swim Club,HYACK
2:06.92 CASCJUN Nose Creek SA,NCS
2:06.03 CASCJUN Nose Creek SA,NCS
2:07.09 ONAGJUL Ajax Aquatic Club,AAC
2:07.36 EKIAPR Pacific Dolphins,PDSA
2:07.53 ESWIMJUN Cobra Swim Club.COBRA $\begin{array}{ll}\text { 2:07.53 } & \text { ESWIMJUN Cobra Swim Club,COBRA } \\ \text { 2:07.81 } & \text { EKIAPR Regina Opt.Dolphins,ROD }\end{array}$ 2:07.88 EKIAPR Univ.of Calgary SC,UCSC
2:07.95 ONAGUUL Chatham Y,CYPS
2:08.12 PQIMAY Univ.Laval Rouge \& Or,UL
$\begin{array}{ll}\text { 2:08.20 } & \text { ESWIMJUN Etobicoke Swimming,ESWIM } \\ \text { 2:08.55 } & \text { MBSKJUN Bow River Swim Assoc,BRSA }\end{array}$
$\begin{array}{ll}\text { 2:08.55 MBSKJUN Bow River Swim Assoc } \\ \text { 2:09.12 } & \text { ODIV1APR North York AC,NYAC }\end{array}$
2:09.46 ONAGJUL Milton Marlins,MMST
2:09.74 ODIV1APR Cambridge Aquajets,CAJ
2:09.85
2:10.02
2:10.02
2:10.11
2:10.31
LACMAY Tillsonburg AT,TAT
ONAGJUL Nepean Kanata,NKB
PQIMAY Samak de Brossard,SAMAK
PQIMAY Samak de Brossard,SA
ECUPJUL Newmarket SC,NEW
ECUPJUL Newmarket SC,NEW
PQllAPR Megophias Trois Rivieres,MEGO X50
X50 FREE RELA
1:50.12 MBSK UN Ming,ESWIM, 0
$\begin{array}{ll}\text { 1:50.12 } & \text { MBSKJUN Manitoba Marlins,MM } \\ \text { 1:51.60 } & \text { ONAGUUL Etobicok }\end{array}$ $\begin{array}{ll}\text { 1:51.60 } & \text { ONAGJUL Etobicoke Swimming,ESWIM } \\ \text { 1:51.74 } & \text { ABAGJUL Edmonton Keyano,EKSC }\end{array}$ $\begin{array}{ll}1: 51.74 & \text { ABAGJUL Edmonton Keyano, EKSC } \\ 1: 52.24 & \text { ECUPJUL Toronto All Stars,TO }\end{array}$
$\begin{array}{ll}1: 52.24 & \text { ECUPJUL Toronto All Stars,TO } \\ 1: 52.47 & \text { AACAPR Ajax Aquatic Club,AAC }\end{array}$
$\begin{array}{ll}1: 52.52 & \text { CASCJUN Univ.of Calgary SC,UCSC } \\ 1.53 .16 & \text { ODIV1APR North York AC NYAC }\end{array}$
1:53.16 ODIV1APR North York AC,NYAC
$\begin{array}{ll}\text { 1:53.41 } & \text { PQIMMAY Dollard Swim Team,DDO } \\ \text { 1:53.42 } & \text { CASCJUN Cascade Swim Club,CASC }\end{array}$
1:53.42 CASCJUN Cascade Swim Club,CASC
1:53.49 HYACKMAY Hyack Swim Club,HYACK
$\begin{array}{ll}\text { 1:53.49 } & \text { HYACKMAY Hyack Swim Club,HYACK } \\ \text { 1:53.51 } & \text { ECUPJUL Montreal Aquatique,CAMO }\end{array}$
$\begin{array}{ll}\text { 1:53.51 } & \text { ECUPJUL Montreal Aquatique,CAMO } \\ 1: 53.64 & \text { ONAGULL Greater Ottawa Kingfish,GO }\end{array}$ 1:53.64 ONAGJUL Greater Ottawa
1:54.14 HYACKMAY Delta SC,DE
1:54.14 HYACKMAY Delta SC,DE
1:54.25 MBSKJUN Bow River Swim Assoc, BRSA
1:54.31 EKIAPR Pacific Dolphins,PDSA
1:54.31
1:54.31
1:54.76 BCAGUN Nose Creek SA,NCS
1:54.77 PQIMAY Pointe Clair SC PCSC
1:54.82 POIMAY Unive laire SC,PCSC
1:55.14 ECUPUU Sor.Laval Rouge \& Or,
1:55.20 ODIV1APR Cambridge Aquajets,CA
1:55.31 PQIIAPR Megophias Trois Rivieres,MEGO
$\begin{array}{ll}\text { 1:55.55 } & \text { ONAGJUL Milton Marlins,MMS } \\ \text { 1:55.64 } & \text { ODIV1APR Chatham Y,CYPS }\end{array}$

400 METRES FREESTYLE


Rec: 3:52.23 Andrew Hurd, MSSAC, 0 4:00.05 CANLCMAR Brent O'Connor, 17,PDSA 4.00.28 SYDNJAN Kurtis MacGillivary, 17,ROW 4:01.60 USGP1MAY Tobias Oriwol, 16, ESWIM
4:05.65 SYDNJAN Keith Beavers 17 STARS 4:05.95 SYDNJAN Andrew Coupland, 17,GO 4:08.03 JRNATJUL Devin Phillips,16,EKSC-UA 4:10.69 CANLCMAR Darryl Rudolf,16,PDSA 4:10.78 CANLCMAR Ian MacLeod, 17,ESWIM 4:10.95 ONAGJUL Jonathan Long, 16, LAC 4:11.30 CAGMSAUG Brent Hankewich,17,GOLD 4:11.76 PHENXJUN Mark Thauvette,16,PCSC 4:11.95 ZAJACMAY Graeme Tozer, 16, UCSA 4:11.97 ECUPJUL Robert McDow,17,RHAC 4:12.08 JRNATJUL Eliot Rushton,17,RAPID 4:12.17 JRNATJUL Malcolm Lavoi, 15,OSC-UA 4:13.07 ECUPJUL Mikael Benoit,17,CNNG 4:13.07 ECUPJUL Paul Dudar,17,SCAR 4:13.81 ONSRJUN Scott Dickens,16,BRANT 4:13.84 ZAJACMAY Douglas McQueen,16,PDSA 4:13.89 ECUPJUL Joe Bajcar,15,OAK 4:13.91 JRNATJUL Matt Johnston,16,MSSAC-TO 4:13.96 PQCUPMAY Jonathan Aubry,15.CNB 4:14.11 JRNATJUL Michael Ruggiero,17,CAMO 4:14.48 ODIV2APR Michael Brown,16,PERTH 4:14.68 PQAGJUL Charles Rodrigue, 16, UL

## METRES FREESTYLE

## Rec: 15:12.70 Andrew Hurd,MSSAC, 0

15:56.36 MVNJUN Kurtis MacGillivary,17,ROW 16:09.27 ESWIMJUN Tobias Oriwol,16,ESWIM 16:30.90 JRNATJUL Malcolm Lavoie,15,OSC-UA 16:37.57 CANLCMAR Matt Johnston, 16 ,MSSAC-TO 16:41.30 ONSRJUN Jonathan Long, 15, LAC 16:41.43 JRNATJUL Eliot Rushton, 17 RAPID 16.41.85 CANLCMAR Don Nicholson 17 TSUN 16:42.45 SYDNJAN Brent O'Connor 17 PDSA 16:45.40 ESWIMJUN Ian Macleod 17 ESWIM 16:48.45 ECUPJUL Jonathan Aubry, 16, CNB 16:52.62 ONSRJUN Simon Borieson, 15, OAK 16:53.24 ECUPJUL Mikael Benoit 17 CNNG 16:53.43 CASCJUN Graeme Tozer 16 UCSA 16:53.58 ECUPJUL Simon Gabsch,15,MSSAC-TO 16:55.23 ONSRJUN Bentley Gaikis, 17,TSC-TO 16:57.41 HYACKMAY Rylan Kafara, 17,RDCSC 16:57.83 CANLCMAR Karim Abdulla,17,ROD 17:01.64 BCAGUU James Monk 15 PDSA 17:04.19 HYACKMAY Travis Musgrave,17,COMOX 17:04.57 PPOMAY Eliot Burger, 17, TRENT 17:04.74 PQCUPMAY Jerome Le Siege,17,LAVAL 17:06.19 JRNATJUL Aaron Blair, 16,CASC

## 100 METRES BACKSTROKE

Rec: 56.46 Tobias Oriwol ESWIM 1
56.46 WORLD01 Tobias Oriwol,16,ESWIM 58.18 CANLCAUG Andrew Greener,17,UNAT 59.12 ODIV2APR Stefano Caprara, 17,VAC 5972 CAN CAUG Maciek Zienik 17, EKS 59.2 CANLCAUG Maciek Zenik, 17, EKSC-UA 59.80 NASRUN A A Atkinson, 16, UC :00.44 CANLCNU Devin Phillips 16, KKSC 00.62 IPNATUL CIll $\operatorname{Na} 16$, CASC 1.00.62 JRNA JUL Callum Ng, 6, CASC 1.0069 ONSRUNN Ryan Pallett 17, BRANT .00.88 ONRUN An F Coupland 17, 1:01.17 CANLCMAR Mark Thauvetto 16 PCSC 1:01.21 CANLCMAR Douglas McQueen,16,PDSA 1:01.21 CAGMSAUG Brendan Curley,17,ROD 1.01.43 CANLCMAR Chris Lukas,17, ESWIM 1:01.13 CAGMSUUG Tm Gibbons 10SH 1.01.43 CAGMSAUG 1:01.50 ONSRJUN Marshall Holbrook, 16,ROC 1:01.50 ONSRJUN Marshall Holbrook,16,ROC :01.53 ECUPJUL Milos Marjanovic, 17,NYAC
1:01.82 ABAGJUL Ryan Dube 17, IKSC 1:01.82 ABAGJUL Ryan Dube,17,EKSC 1:01.88 CANLCMAR Spencer Laidley,17,PERTH
1:01.94 ECUPJUL Brian Holland, 15,MSSAC-TO 1:01.94 ECUPJUL Brian Holland, 15,MSSAC-TO :01.97 CANLCMAR Chris Kula, 17,CAJ 1:02.02 EKIAPR Charles Turanich-N.,17,EKSC 200 METRES BACKSTROKE
Rec: 2:00.03 Tobias Oriwol, ESWIM,
2:00.03 SYDNJAN Tobias Oriwol, 15,ESWIM 2:06.12 CANLCAUG Andrew Greener,17,UNAT 2:08.07 JRNATJUL Adam Martinson,17,UCSA
2:08.25 MSSACMAY Joe Baicar 15,0AK 2:08.25 MSSACMAY Joe Bajcar, 15,OAK 2:08.42 SYDNJAN Andrew Coupland,17,GO 2:09.39 ONSRJUN Kurtis MacGillivary, 17,ROW
2:10.56 CANLCAUG Maciek Zelnik, 17, EKSC-UA 2:10.56 CANLCAUG Maciek Zielnik, 17,EKSC-UA 2:10.59 ONSRJUN Ryan Atkinson,16,LAC 2:10.98 CANLCMAR Ciaran Dickson,17,ROD 2:10.98 JRNATJUL Devin Phillips, 16,EKSC-UA 2:11.34 JRNATJUL Mark Thauvette,16,PCSC 2:11.45 CANLCMAR Douglas McQueen, 16,PDSA 2:11.49 JRNATJUL Erich Schmitt,16,IS 2:11.63 ECUPJUL Milos Marjanovic, 17,NYAC 2:12.32 CANLCAUG Callum Ng, 16,CASC 2:13.10 ESWIMJUN Conrad Aach,16, ESWIM 2:13.17 ECUPJUL Martin Renaud, 16,CNB 2:13.20 ECUPJUL Brian Jaeggi,17,NEW 2:13.26 CANLCMAR Spencer Laidley,17,PERTH 2:13.27 JRNATJUL Ryan Pallett, 17,BRANT 2:13.32

ABSRJAN Craig Gillis,17,UCSA STARJUN Stefano Caprara, 17,VAC 2:13.35 2:13.47
2:13.62

JRNATJUL Luke Armstrong, 17,NKB ONSRJUN Adam Kafka, 17,LAC

100 METRES BREASTSTROKE
Rec. 1.02.53 Morgan Knabe,UCSC, 99 1:03.57 CANLCAUG Michael Brown,17,PERTH 1:03.93 SYDNJAN Chad Thomsen, 17. EKSC-SE 1:04.62 CANLCAUG Scott Dickens, 16,BRANT 1:06.28 SASKMAY Nathan Parker,17,MJKFF 1:07.62 JRNATJUL Pat Russell, 17,ROC 1:07.88 CANLCMAR Thomas South,17,UCSA 1:08.14 ONSRJUN Jim Hinton,17,TBT-NWO 1:08.32 JRNATJUL Maxime Samson, 15, ㄹ ITE 1:08.48 CAGMSAUG Brian Verigin,17,PGB 1:08.59 CANLCAUG Kevin Rioux,16,CAMO 1:08.73 CANLCAUG Jung Hun Choi,17,PDSA 1:08.78 MSSACMAY Tobias Oriwol 15,ESWIM 1:08.91 PQCUPMAY Eric Demay, 17,CNO 1:08.92 JRNATJUL Simon Letendre,15,SHER 1:09.10 JRNATJUL Adam Kafka, 17, LAC 1:09.35 JRNATJUL Joshua Berry, 17,BRANT 1:09.42 JRNATJUL Donald Smith, 17,COBRA 1:09.60 CNOAPR Steven Medaglia, 16,NKB 1:09.60 ONSRJUN Warren Barnes, 15,SCAR 1:09.77 NBLCMAY Joseph Holownia, 16,SACKS 1:09.79 ECUPJUL Yohann Theriault-R.,16,CSQ 1:09.82 JRNATJUL Ian Meredith, 17,RAYS 1:10.06 CANLCMAR Devon Ackroyd,, 17, SCAR
$1: 10.17$ JRNATJUL Raymond Chow,15,TMSC-NWO

## 00 MEIRES BREASTSTROKE

2:16.16 CANLCAUG Michael Brown,17,PERTH 2:19.20 SYDNJAN Keith Beavers, 17,STARS 2:20.64 EVANSJUL Matthew Huang,17,PDSA 2:21.69 CANLCAUG Scott Dickens, 6, BRAN 2:23.37 SYDNJAN Chad Thomsen, 17, EKSC-SE 2:25.09 ZAJACMAY Jung Hun Choi, 16, PDSA 2:25.32 CAGMSAUG Nathan Parker 17, MJKFF 2:27.02 JRNATJUL Kevin Rioux, 16 CAMO 2.2752 CAN MMAR Thomas South 17 UCS 2:28.10 JRNATJUL Raymond Chow,15,TMSC-NWO 2:28.36 CANLCAUG Steven Medaglia, 16, NKB 2.2864 JRNATUL Jim Hinton 17 TBT NWO 2.29.07 ESWIMJUN Conrad Aach 16 ESWIM 2.29.18 ECUPJUL Richard Bowen, 16 GO 2.29.68 BCAGJUL Brian Verigin 17 PGB 2.29.99 ESWIMJUN Brian Ma 17, CHAMP 2:30.12 ECUPJUL Warren Barnes, 16,SCAR 2:30.58 ECUPJUL Andre Champagne, 16,SAMAK 2:30.68 PHENXJUN Maxime Samson, 15, EITE 2:31.11 BCAGJUL lan Meredith,17,RAYS 2:31.40 NBLCMAY Joseph Holownia, 16,SACK 2:31.52 JRNATJUL Adam Kafka, 17,LAC 2:32.49 ODIV2APR Pat Russell, 177,ROC

## 00 METRES BUTTERFLY

56.93 CANLCAUG Darryl Rudolf,17,PDSA 57.42 ONSRJUN Evan Jellie,17,ROW 57.81 ZAJACMAY Brent Hayden,17,SPART 57.83 JRNATJUL Adam Martinson,17,UCSA 57.89 ONAMLE 58.48 JRNATUUL Callum Na, 16 CASC 58.59 AN CMAR Krim Ndu, 17 ROD 58.85 ONSR UN In Abdod 17, ESD 59.80 NNU N 59.15 POC UPFEB Kith Beavers 17 STARS 59.15 PQCURFB Ketn Beavers,17,STARS 59.31 FCUPUL Roman Margulis 17 NYAC 59.50 ODIV2APR Steano Caprara 17, VAC 59.50 ODIV2APR Stefano Caprara, 17,VAC
59.59
SASKMAY Trevor 59.59 SASKMAY Trevor Coulman,16,GOLD $\begin{array}{ll}59.74 & \text { PQAGJUL Kevin Rioux, 16,CAMO } \\ 59.78 & \text { CASCJUN Graeme Tozer 16, UCSA }\end{array}$ 59.87 PASAGJUL Sofian Mohand-Cherif,16,CAMO 59.87 ECUPJUL Timothy Ruse,16,PCSC 59.89 PQCUPMAY Nicolas Guillotte,17,CAMO 1:00.03 ODIV2APR Andrew Bignell, 17,SSMAC :00.12 JRNATJUL Luke Armstrong, 17,NKB :00.30 ABAGJUL Ryan Dube 17.EKSC METRES BUTTERFLY

## Rec: 2000.78 Peter Ward CDSC 81

2:04.87 CANLCMAR Brent O'Connor, 17,PDSA
2:06.51 CANLCAUG Callum Ng, 16,CASC
2:07.17 CANLCAUG lan MacLeod,17,ESWIM
2.07.20 CANLCAUG Dary Rudolif,17,PDSA

2:08.32 ESWIMJUN Tobias Oriwol,16,ESWIM
2:08.89 ODIV1APR Steven Medaglia, 16,NKB
2:09.53 CANLCMAR Karim Abdulla, 17,ROD
2:09.60 ABAGUUL
$\begin{array}{ll}\text { 2:09.60 } & \text { ABAGJUL Malcolm Lavoie,15,OSC- } \\ \text { 2:11.01 } & \text { ONSRJUN Evan Jellie,17,ROW }\end{array}$
$\begin{array}{ll}\text { 2:11.01 } & \text { ONSRJUN Evan Jellie, 17,ROW } \\ \text { 2:11.32 } & \text { PQAGJUL Sofian Mohand-Cherif, } 16, \mathrm{CAMO}\end{array}$
$\begin{array}{ll}\text { 2:11.32 } & \text { PQAGUUL Sofian Mohand-Cherii, } \\ \text { 2:11.46 } & \text { PQIMAY Sean Zunini,17,CAMO }\end{array}$
2:11.64 ONSRJUN Conrad Aach,16,ESWIM
2:12.19 ECUPJUL Thomas Senecal, 17,NEW
2:12.60 JRNATJUL Brock Murray, 17,LASC
2:12.83 JRNATJUL Andrew Metcalfe, 16,MANTA
2:12.89 JRNATJUL Taylor Graham,16,NCS-BRSA
$\begin{array}{ll}\text { 2:13.01 } & \text { ONAGJUL Michael Commito,15,LUSC } \\ \text { 2:13.02 } & \text { ONSRJUN Bill Cocks,17,TRENT }\end{array}$
2:13.02 ONSRJUN Bill Cocks, 17,TRENT
$\begin{array}{ll}\text { 2:13.35 } & \text { ECUPJUL Roman Margulis, } 17, \text {,NYAC } \\ \text { 2:13.87 } & \text { ECUPJUL Mark Pariselli,16,NYAC }\end{array}$
2:15.06 RAPIDJAN Chris Kargl-Simard, 16, PDSA
2:15.43 JRNATJUL Timothy Ruse, 16, PCSC
$\begin{array}{ll}\text { 2:15.51 } & \text { ECUPJUL Simon Gabsch, } 15, M \text { SSAC-TO } \\ \text { 2:15.52 } & \text { PQAGJUL Marc Lachapelle } 15 \text { CAMO }\end{array}$
2:15.52 PQAGJUL Marc Lachapelle,15,CAMO 2:15.59

200 METRES IND.MEDLEY

## Rec. 2.02.78 Alex Baumann,LUSC,81

2:04.04 SYDNJAN Tobias Oriwol,15,ESWIM
2:08.55 ONSRJUN Steven Medaglia 16,NKB
2:08.61 CAGMSAUG Brian Verigin,17,PGB
2:08.89 CANLCMAR Michael Brown,16,PERTH
2:11.26 ONSRJUN Conrad Aach,16,ESWIM
2:11.62 JRNATJUL Scott Dickens,16,BRAN
2:11.87 JRNATJUL Callum Ng, 16, CASC
2:12.49 JRNATJUL Timothy Ruse, 16,PCSC
2:13.05 JRNATJUL Maxime Samson, 15,E ITE
2:13.29 USGP1MAY Kurtis MacGillivary,17,ROW
2:13.31 ECUPJUL Roman Margulis,17,NYAC
2:13.48 CAGMSAUG Brent Hankewich, 17 GOL
2:13.99 SYDNJAN Andrew Coupland, 17,GO
2:14.65 ZAJACMAY Graeme Tozer,16,UCSA
2:14.77 NEORJUN Bill Cocks, 17,TRENT
2:14.86 JRNATJUL Jim Hinton,17,TBT-NWO
2:14.97 CANLCMAR Devon Ackroyd, 17,SCAR
2:15.21 PQAGJUL Charles Rodrigue, 16,UL
2:15.35 JRNATJUL Chris Kargl-Simard, 16,PDSA
2:16.19 ECUPJUL Richard Bowen, 16,GO
2:16.45 CANLCAUG Nathan Parker,17,MJKFF
2:16.59 JRNATJUL Martin Gagne,16,HIPPO

## 00 METRES IND.MEDLEY

Rec: 4:22.39 Alex Baumann,LUSC,8
4:22.55 SYDNJAN Keith Beavers, 17,STARS
4.23.38 USGP1MAY Tobias Oriwol,16, ESWIM
4.29.21 CANLCAUG Kurtis MacGillivary, 17,ROW
4:35.39
ONSRJUN Steven Medaglia 16, NKB

4:35.39 ONSRJUN Steven Medag iaa, 6, ,NB
4:40.22 JRNATJUL Callum Ng.16, CASC
$\begin{array}{ll}\text { 4:40.22 } & \text { JRNATJUL Callum Ng, 16, CASC } \\ \text { 4RNATJUL Timothy Ruse,16, PCSC }\end{array}$
4:42.07 CANLCMAR Douglas McQueen, 16,PDSA
4:42.54 JRNATJUL Malcolm Lavoie,15,OSC-UA
4:43.69 ECUPJUL Richard Bowen, 16,GO
4:45.13 ONAGJUL Jonathan Long,16, LAC
4:45.43 ECUPJUL Michael Brown, 17, PERTH
4:45.54 ECUPJUL Roman Margulis,17,NYAC
4:45.63 PHENXJUN Mark Thauvette, 16,PCSC
4:46.58 JRNATJUL Erich Schmitt,16, IS
4:48.24 JRNATJUL Colin Lyon, 16,RACE
4:488.66 JRNATJUL Adam Katka 17, ILAC
4:48.99 ESWIMJUN lan MacLeod,17,ESWIM
4:49.01 ECUPJUL Paul Dudar,17,SCAR
4:49.08 ONSRJUN Jim Hinton,17,TBT-NWO
4:49.27 ONAGJUL Scott Dickens, 16,BRANT 4:49.83 JRNATJUL Chris Kargl-Simard, 16,PDSA

## X50 MEDLEY RELAY

Rec: 1:46.72 Markham AC,MAC,94
1:50.85 ONAGULL Scarborough SC,SCAR
1.53.16 ABACAPR Cobra Swim Cono, KKSC

1:54.00 ONAGJUL Etobicoke Swimming,ESWIM
1.54.01 MBSK UN Coico Swim Cing,ESWIM

1:54.01 MBSKIUN Cascade Swim Cliub,CASC
$\begin{array}{ll}\text { 1.54.78 } & \text { PQIMAY MAY Pontreal Aqualique,CAM } \\ \text { 1.54 }\end{array}$
1.54.85 LACMAY Newmarket SC, NFN

1:55.04 EKIAPR Saskatoon Goldfins,GOL
1:55.04 EKIAPR Saskatoon Goldfins,GOL
1:55.15 ODIV1APR Brantford AC,BRANT
$\begin{array}{ll}1: 55.15 & \text { ODIV1APR Brantford AC,BRANT } \\ \text { 1:55.16 } & \text { EOSAJUN Nepean Kanata,NKB }\end{array}$
$\begin{array}{ll}1: 55.16 & \text { EOSAJUN Nepean Kanala,NKB } \\ 1: 55.64 & \text { ECUPJUL Toronto All Stars, TO }\end{array}$
1:56.33 EOSAJUN Upper Canada SC,UPCAN
1:56.51 HYACKMAY Hyack Swim Club,HYACK
1:56.65 EKIAPR Pacific Dolphins,PDSA
$\begin{array}{ll}\text { 1:57.07 } & \text { ONAGJUL London AC,LAC } \\ \text { 1:57.87 } & \text { ODIVIAPR Toronto Champs,CHAM }\end{array}$
$\begin{array}{ll}\text { 1:57.87 } & \text { ODIV1APR Toronto Champs,CHAM } \\ 1: 58.27 & \text { HTACAPR Eastern Alliance,EAST }\end{array}$
1:58.77 ABAGJUL North York AC,NYAC
$\begin{array}{ll}\text { 1:59.89 } & \text { ONAGULL Ajax Aquatic Club,AA } \\ \text { 2:00.05 } & \text { LACMAY Chatham Y CYPS }\end{array}$
2:00.05 LACMAY Chatham Y,CYPS
2:00.10 ONAGUUL Oakville AC,OAK
$\begin{array}{ll}\text { 2:00.57 } & \text { EKIAPR Regina Opt.Dolphins,ROD } \\ \text { 2:00.67 } & \text { EKIAPR Univ.of Calgary SC UCSC }\end{array}$
2:01.06 ULJUN Univ.Laval Rouge \& Or, U
X50 FREE RELAY
ULJUN Univ.Laval Rouge \& Or,UL
Rec: 1:35.93 Markham AC,MAC,94
1:40.32 ABAGJULL Edmonton Keyano,EKSC
$\begin{array}{ll}\text { 1:41.46 } & \text { EKIAPR Pacific Dolphins,PDSA } \\ \text { 1:41.51 } & \text { ONAGJUL Scarboroup SC SCAR }\end{array}$
1:41.51 ONAGJUL Scarborough SC,SCAR
1:41.93 $\quad$ ABAGJUL Cascade Swim Club,CASC
$\begin{array}{ll}\text { 1:42.79 } & \text { EKIAPR Saskatoon Goldfins,GOLD } \\ \text { 1:43.09 } & \text { AACAPR Cobra Swim Club,COBRA }\end{array}$
1:43.25 LACMAY London AC,LAC
$\begin{array}{ll}\text { 1:43.30 } & \text { PQIMAY Pointe Claire SC,PCSC } \\ \text { 1:43.51 } & \text { ONAGUUL Newmarket SC NEN }\end{array}$
1:43.51
1:43.80
ONAGUUL Newmarket SC,NEW
ODIV1APR Toronto Champs,CHAMP
PQIMAY Montreal Aquatique,CAMO
BCAGJUL Hyack Swim Club,HYACK
BCAGJUL Hyack Swim Club,HYACK
ONAGJUL Etobicoke Swimming,ESWIM
ONAGJUL Etobicoke Swimming,ESWIM
HTACAPR Eastern Alliance,EAST
HTACAPR Eastern Alliance,EAST
ABAGJUL North York AC NYAC
ABAGJUL North York AC,NYAC
HTACAPR Woltville Tritons,WTSC
ECUPJUL Toronto All Stars,TO
ECUPJUL Toronto All Stars,TO
ONAGJUL Ajax Aquatic Club,AAC
PQIMAY Univ.Laval Rouge \& Or,UL
PQIMAY Univ.Laval Rouge \& Or,U ONAGUUL Oakville AC,OAK
MBSKJUN Bow River Swim Assoc,BRSA
KCSJUN Richmond Rapids, RAPID
ABAGUUL Univ.of Calgary SC,UCSC
AACAPR Markham AC,MAC
EOSAJUN Upper Canada SC,UPCA

## 2001 LONG COUSSE TAGI

$\mathbb{A R S}$

## 100 MEIRES FREESTYLE

Rec: 1:04.42 Shauna Collins,ROD,88
1.10.83 TOPCPMAY Christine Zwart,10,LAC 1:11.86 MBSKJUN Robyn Pape,10,NCS-BRSA 1:12.13 EASTJUL Ingrid Antonsen, 10,SJL 1:12.44 MBSKJUN Danielle Newton,10,FMSC 1:12.80 TOPCPMAY Natalie Hagan, 10,ESWIM 1:13.30 MBSKJUN Rikkia Trischuk,10,GOLD 1:13.57 TOPCPMAY Mandy Bailey,10,RISC
1:13.64 AACAPR Patricia Sloan,10,NEN 1:13.66 TOPCPMAY Anna Freeman,10,MSSAC 1:14.05 TOPCPMAY Andrea St.Jules, 10, EYSC 1:14.19 DDOUUN Kristen Campbell,10,DDO 1:14.46 SKSCJUN Karen Hemmes,10,CHENA 1:14.47 NEORJUN Megan Bujold, 10, ITSC 1:14.74 LUSCMAY Amy Harriman, 10,HWAC :14.75 HYACKMAY Amity Chow,10,PDSA 1:14.84 ELITEMAR Lilia Hadouchi, 10,LSCDN 1:15.20 OYOMAR Erin Mills,10,EBSC 1:15.20 HWACJUN Casey Leslie,10,HWAC 1:15.42 OCREJUN Meghan Brockington,10,OSHAC 1:15.52 TOPCPMAY Kristina Sims,10,ISS
1:15.70 AACAPR Krista Morgado,10,MSSAC
1:15.74 AACAPR Jennifer Wilson,10,MSSAC
1:15.79 HTACAPR Ashley MacKendrick,10,SWAT
1:15.95 MBSKJUN Geneva Murphy,10,ROD
1:16.00 NEORJUN Samantha Filek, 10,SSMAC

## METRES FREESTYLE

Rec: 2:19.44 Alison Dozzo,NYAC,78
2:31.21 OCREJUN Natalie Hagan, 10,ESWIM
2.34.01 OCREJUN Anna Freeman, 10,MSSAC

2:37.99 EKSCMAR Megan Young,10,FMSC
2:38.51 ABAGJUL Danielle Newton,10,FMSC
2:38.77 LACMAY Patricia Sloan,10,NEW
2:39.39 LACMAY Christine Zwart,10,LAC
2:39.74 GMACJUN Kristina Sims, 10 ,ISS
2:40.45 AACAPR Jennifer Wilson,11,MSSAC
2:40.45 EASAPR Jennifer Wil son, 11,MSSAC Ingrid Antonsen,10,SJL
2:41.45 MSSACMAY Krista Morgado,10,MSSAC
2:42.54 ABAGJUL Melissa Hayes, 10,GPP
2:42.72 EKSCMAR Madison Achtymichuk, 10,STSC
2:43.00 LUSCMAY Andrea St.Jules, 10,EYSC
2:43.32 LUSCMAY Casey Leslie, 10, HWAC
2:43.42 SKSCJUN Karen Hemmes, 10,CHENA
2:44.05 MMAPR Hannah Whitehead, 10,GFYND
2:44.48 OCREJUN Meghan Brockington, 10,OSHAC
2:44.76 RYMMMAR Jordan Quick, 10,LASER
2:45.27 ABAGJUL Pamela Kunyk, 10,EKSC
2:45.50 $\quad$ AKKBMAY Kristen Bradbury,10,HOST
2:45.65 AACAPR Melanie McIntyre,10,MSSAC
2:45.65 AACAPR Melanie Mcintyre,10,MSS
2:46.11 LUSCMAY Megan Bujold, 10, TSC
2:46.88 STSCMAY Michelle Beveridge,10,UCS
2:47.45 MBSKJUN Rikkia Trischuk,10,GOLD

## 400 METRES FREESTYLE Rec: 48.72 Amanda Hansford, ROW, 96

5:16.26 OCREJUN Natalie Hagan, 10,ESWIM 5:2:22.90 ESWIMJUN Anna Freeman 10 MSSAC 5:22.90 ESWIMJUN Anna Freeman, 10,MSSAC 5:31.82 WOSAJUN Kristina Sims 10, ISS 5:33.76 ABAGJUL Robyn Pape,10,NCS-BRSA 5:35.03 LACMAY Patricia Sloan, 10,NEW 5:35.72 ABAGJUL Danielle Newton,10,FMSC 5:39.02 WOSAJUN Casey Leslie,10,HWAC 5:45.18 EASTJUL Ingrid Antonsen,10 SU 5:45.33 EKSCMAR Madison Achtymichuk, 10,STSC 5:46.01 MSSACMAY Krista Morgado,10,MSSAC 5:46.01 MSSACMAY KristaM Morgado,10,M SSAC
5:48.16 ABAGUUL Pamela Kunyk, 10,EKSC 5:48.68 EKSCMAR Nicole Delaloye 10, CASC 5:48.86 WOSAJUN Kristine Walker 10, LAC 5:48.86 $\begin{array}{ll}\text { WOSAJUN Kristine Waker, I, LAC }\end{array}$
5:50.21 MBSKJUN Heather Pearson, 10 FMS $\begin{array}{ll}5: 50.21 & \text { MBSKJUN Heather Pearson,10,FMSC } \\ 5: 50.33 & \text { DDOJUN Kristen Camphell 10, }\end{array}$ $\begin{array}{ll}\text { 5:50.33 } & \text { ODOJUN Kristen Campbeil, } 10, \text { DDO } \\ \text { 5:51.26 } & \text { OCREJUN Meghan Brockington,10,OSHAC }\end{array}$ 5:52.10 WOSAJUN Alex Cooper, 10,LAC
$\begin{array}{ll}5: 52.10 & \text { WOSAJUN Alex Cooper, 10,LAC } \\ 5: 52.23 & \text { ABAGUUL Evengeline Fletcher, } 9, \text { AI }\end{array}$
$\begin{array}{ll}5: 52.23 & \text { ABAGJUL Evengeline Fulftcher,9,AIR } \\ 5: 52.33 & \text { SKSCJUN Jovanna Ruffolo,10,IS }\end{array}$
$\begin{array}{ll}5: 52.33 & \text { SKSCUUN Jovanna Ruifiolo, } 10,1 \text { S } \\ 5: 54.07 & \text { NEORJUN Samantha Filek, } 10, \text { SSMAC }\end{array}$
$\begin{array}{ll}\text { 5:54.07 } & \text { NEORJUN Samantha Filek, 10,SSMA } \\ \text { 5:54.41 } & \text { WOSAJUN Amy Harriman, 10,HWAC }\end{array}$
$\begin{array}{ll}\text { 5:54.41 } & \text { STSCMAY Michelle Beveridge,10,UCSC }\end{array}$


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## 100 METRES FREESTYLE

Rec: 1:05.02 Andrew Bignell,SSMAC,94 1:09.02 STSCMAY Curtis Lutsch,10,UCSC :10.63 TOPCPMAY Karim Zayed, 10,PCSC 1:11.40 TOPCPMAY Steven Saltzberry, 10,TAT 1:11.73 TOPCPMAY Spencer Ayre,10,PCSC 1:12.01 CASCJUN Jordie Szoo,10,CASC 1:12.42 CASCJUN Michael Lowenstein,10, CASC 1:12.82 HYACKMAY Craig Dagnall,10,IS
1:12.92 FARWAUG Judd Grossman, 10,PN 1:12.93 AACAPR Sean O'Beirn,10,MSSAC 1:13.15 ISAPR Will Hergesheimer, 10,NRST 1:13.29 TOPCPMAY Tyler Bredschneider, 10, COBRA 1:13.30 HYACKMAY Marko Gavric, 9, PDSA 1:13.43 MSSACMAY Dinos San Pedro,10,OAK 1:13.66 AACAPR Nick Karpov,9,RHAC 1:13.86 CDSCAPR Hong-Kei Chan,10,PDSA 1:13.89 CDSCAPR Hong-Ting Chan,10,PDSA 1:14.07 BROCKMAY Jim Lee,10,WAC
1:14.09 MBSKJUN David Woodman, 10,MANTA 1:14.86 ROWMAY Kenneth Wang,10,RHAC 1:14.97 DDOJUN Luc Pelletier-P.,10,CPAC 1:14.99 OCREJUN Adrian Ng, 10,RHAC $\begin{array}{ll}\text { 1:15.04 } & \text { OCREJUN Robert Irvine,10,OSHAC } \\ \text { 1:15.12 } & \text { CASCJUN James Kendrick, 10,CASC }\end{array}$ 1:15.60 TOPCPMAY Paul Zielinski,9,MSSAC 1:15.74 TOPCPMAY Tom Lawrie,10,AAC

## 00 METRES FREESTYLE

Rec: 2:21.39 Trevor Jakisch,SJS,78
$\begin{array}{ll}\text { 2:28.56 } & \text { STSCMAY Curtis Lutsch,10,UCSC } \\ \text { 2:33.25 } & \text { CDSCAPR Andre Kudaba, 10,HYACK }\end{array}$
2:34.34 ABAGJUL Jordie Szoo, 10, CASC
2:34.90 ABAGJUL Michael Lowenstein,10,CASC
2:36.23 OCREJUN Sean O'Beirn,10,MSSAC
2:37.33 ISAPR Will Hergesheimer,10,NRST
2:38.31 ISJUN Craig Dagnall,10,IS 2:38.43 OCREJUN Colin Coombs, 10,ESWIM 2:39.18 BROCKMAY Tyler Bredschneider, 10, COBRA 2:39.70 FARWAUG Judd Grossman, 10,PN 2:40.13 CASCMAY James Kendrick,2,CASC 2:40.27 OCREJUN Kairun Daikoku,10,MSSAC 2:40.29 ABAGUUL Karl Wolk,9, EKSC $\begin{array}{ll}\text { 2:40.29 } & \text { ABAGUUL Karl Woik, , } 10 \text {,ESC } \\ \text { 2:40.45 } & \text { ABAGJUL Erik Olson,10,OSC }\end{array}$ 2:41.28 OCREJUN Robert Irvine,10,OSHAC 2:42.18 STSCMAY Michael Clarke,10,OSC $\begin{array}{ll}\text { 2:42.26 } & \text { SKSCJUN Hong-Ting Chan, 10,PDSA } \\ 2: 4274 & \text { LACMAY Steven Saltzberry 10,TAT }\end{array}$ 2:43.40 OCREJUN Adrian Ng,10,RHAC $\begin{array}{ll}\text { 2:43.40 } \\ \text { 2:43.56 } & \text { OCREJUN Adrian Ng, } 10, \text { Raul Zielinski,9,MSSAC }\end{array}$ 2:43.56 OCREJUN Paul Zielinski,9,MSSAC 2:43.06 RYMMMAR Patrick Cowan,10,GOLD 2:45.41 LACMAY Skyler Mclndoe,10,LAC 2:45.87 AACAPR Jacques D'Souza,10,CREST

## 400 METRES FREESTYLE

Rec: 4:55.60 Trevor Jakisch,SJS,78
5:13.84 ABAGJUL Curtis Lutsch,10,UCSC 5:18.15 ISAPR Craig Dagnall, 10,IS
5:22.88 HYACKMAY Andre Kudaba 10 HYACK 5:22.88 HYACKMAY Andre Kudaba, 10,HYACK
5:27.22 OCREJUN Sean O'Beirn, 10,MSSAC 5:27.22 OCREJUN Sean O'Beirn,10,MSSAC
$5: 29.91$ OCREJUN Colin Coombs,10,ESWIM $\begin{array}{ll}5: 29.91 & \text { OCRESAN Colin Coombs,10,ESWIM } \\ 5: 31.79 & \text { ISAPR Will Hergesheimer, 10,NRS }\end{array}$ $\begin{array}{lr}\text { 5:31.19 } & \text { FARAPR Will Hergesheimer,10,N } \\ \text { 5:31.99 } & \text { FARWAUG Judd Grossman, } 10, \text { PN }\end{array}$ 5:33.59 ABAGJUL Michael Lowenstein, 10, CASC 5:34.76 OLYJUN Tyler Bredschneider, 10,COBRA 5:35.44 OCREJUN Robert Irvine,10,OSHAC $\begin{array}{ll}\text { 5:35.44 } & \text { OCREJUN Robert Irvine,10,OS } \\ \text { 5:36.12 } & \text { ABAGJUL Karl Wolk,9,EKSC }\end{array}$ 5:36.85 OCREJUN Kairun Daikoku,10,MSSAC 5:37.65 LEDUCMAY Michael Clarke,10,OSC 5:40.47 WOSAJUN Jim Le 10 WAC
5:41.56 STSCMAY Ben Schaeffer,10,BRSC 5:43.48 ABAGJUL James Kendrick,10,CASC 5:43.52 WOSAJUN Skyler McIndoe,10,LAC 5:43.86 MSSACMAY Dinos San Pedro,10,OAK 5:43.97 ABAGJUL Erik Olson,10,OSC 5:44.01 WOSAJUN Michael Brock,10, LAC 5:45.03 MSSACMAY Jacques D'Souza, 10,CREST 5:48.34 OCREJUN Alex Lee,10,CHAMP $\begin{array}{ll}\text { 5:48.34 } & \text { OCREJUN Alex Lee, } 10, \text {,HAMP } \\ \text { 5:48.80 } & \text { ABAGJUL Jordie Szoo, 10, CASC }\end{array}$ 5:49.24 WOSAJUN Frank Despond, 10,BAD 5:50.43 WOSAJUN Ross Bennett,9,ROW

100 METRES BACKSTROKE
1:14.44 ONAGULL Jim Lee,10,WAC
1:17.19 CDSCAPR Andre Kudaba, 10,HYACK 1:22.08 TOPCPMAY Nick Karpov, 10,RHAC 1:23.00 OCREJUN Alex Lee,10,CHAMP 1:23.32 MSSACMAY Dinos San Pedro,10,OAK 1:23.53 KCSJUN Curtis Lutsch,10,UCSC 1:23.91 CASCJUN James Kendrick, 10,CASC 1:24.16 LUSCMAY Frank Despond,9,BAD 1:24.18 LEDUCMAY Michael Clarke,10,OSC 1:24.52 OCREJUN Colin Coombs,10,ESWIM 1:24.64 CASCJUN Jordie Szoo, 10,CASC 1:24.93 OCREJUN Kairun Daikoku,10,MSSAC 1:25.16 RODJUN Parker Zeeben,10,PASS 1:25.50 CASCJUN Michael Lowenstein, 10,CASC 1:25.83 TOPCPMAY Sidney Chu,10,RHAC 1:25.92 STARJUN Curtis Samuel, 10,OAK 1:25.95 OCREJUN Daren Rubenchik, 10 ,CHAMP 1:26.33 DDOJUN Luc Pelletier-P.,10,CPAC 1:26.78 GMACMAY Evan Buck, 10,GMAC $\begin{array}{ll}1: 26.82 & \text { ISAPR Will Hergesheimer,10 } \\ 1: 27.41 & \text { AACAPR Adrian Ng, 10,RHAC }\end{array}$ 1:27.74 TOPCPMAY Andrew Bloch-Hansen, 10,LAC 1:27.76 HYACKMAY Marko Gavric,9,PDSA 1:27.95 NSSRJUN Dave Sharpe,10,EAST 1:28.38 CASCJUN Braden Maybury,10,CASC

## 0 METRES BREASTSTROKE

1:27.53 EKIAPR Curtis Lutsch,10,UCSC
1:32.79 LACMAY Steven Saltzberry, 10,TAT
1:33.13 CASCJUN Kelly Tso,10,LASC
1:33.16 BCAGJUL Hong-Kei Chan,10,PDSA
1:33.56 TOPCPMAY Julian Monks,10,WD
1:33.84 TOPCPMAY Matthew Chu, 10,NYAC
1:34.79 TOPCPMAY Spencer Ayre,10,PCSC
1:35.51 DDOJUN Luc Pelletier-P.,10,CPAC
1:37.13 TOPCPMAY Ahmed Ali,10,SCAR
1:37.42 STSCMAY Ben Schaeffer,10,BRSC
1:37.77 EASTJUL Jordan Fisk, 10,EAS
1:37.89 OYOMAR Troy Baxter,9,NKB
1:37.98 FARWAUG Judd Grossman, 10,PN
1:38.05 CDSCAPR Marko Gavric,9,PDS
1:38.28 TOPCPMAY Daniel Jensen,9,PCSC
1:38.53 TOPCPMAY Skyler McIndoe,10,LAC
1:38.69 CDSCAPR Dennis Brotzky,9,PDSA
1:39.38 TOPCPMAY Clement Kwong, 10,NYAC
1:39.44 OCREJUN Bogdan Knezevic, 10,ESWIM
1:39.70 GMACMAY Brandon Kingston, 10,NEW
1:39.83 OCREJUN Daniel Lam, 10, NYAC
1:40.29 AACAPR Sean O'Beirn,10,MSSAC
1:40.51 ISAPR Will Hergesheimer, 10,NRST
0 METRES BUTTERFLY
1:13.20 Alex Baumann,LUSC,75
1:18.37 HYACKMAY Andre Kudaba, 10,HYACK
1:20.17 OCREJUN Curtis Samuel, 10,OAK
1:21.50 CASCJUN Michael Lowenstein,10,CASC
1.21.92 CASCJUN Erik Nelson,10,CASC

1:22.51 TOPCPMAY Karim Zayed 10,PCSO
1:22.51 TOPCPMAY Karim Zayed, 10,PCSC
1:23.71 TOPCPMAY Tyler Bredschneider,10,COBRA 1:23.89 ISAPR Craig Dagnall,10,IS 1:25.36 EKSCMAR Ben Berg,10,RDCSC 1:25.67 CDSCAPR Hong-Ting Chan, 10,PDSA $\begin{array}{ll}\text { 1:25.67 } & \text { CDSCAPR Hong-Ing Chan, 10,PDSA } \\ \text { 1:25.79 } & \text { ISAPR Will Hergesheimer, } 10 \text {,NRST }\end{array}$ $\begin{array}{ll}\text { 1:25.79 } \\ \text { 1:26.15 } & \text { CASCJUN Jordie Szoo,10,CASC }\end{array}$ 1:26.77 MSSACMAY Dinos San Pedro,10,OAK 1:27.46 TOPCPMAY Spencer Ayre,10,PCSC 1:28.71 EKSCMAR Curtis Lutsch, 10, UCSC 1:28.71 EKSCMAR Curtis Lutsch, $1: 29.46$ TOPCPMAY Michael Brock, ,LAC 1:29.74 OCREJUN Colin Coombs, 10,ESWIM 1:30.77 PPOJUN Jean-F. Thivierge, 10 ,REG 1:30.88 TOPCPMAY Tom Lawrie,10,AAC 1:30.96 CASCJUN Justin Odger,9,CASC 1:31.41 OCREJUN David Dimitrov,9,MMST 1:31.87 GMACMAY Matthew Swanston,10,NEW 1:31.87 GMACMAY Matthew Swanston,10,NEW 1:32.17 TOPCPMAY Kairun Daikoku,10,MSSAC

## METRES IND.MEDLEY

: $2: 35.84$ Tobias Oriwol,PCSC, 96
2:43.58 DAVISMAR Curtis Samuel, 10,OAK
2.47.48 DAVISMAR Frank Dusch,

2:47.48 DAVISMAR Frank Despond,9,BAD
2:48.80 DAVISMAR David Duhan 10 BAD
2:53.69 TOPCPMAY Steven Saltzberry,10,TAT
2:53.69 TOPCPMAY Steven Sal tzberry,10,TAT
2:53.95 HYACKMAY Andra Kudaba 10,HYACK
2:53.95 HYACKMAY Andre Kudaba, 10, HYACK
2:54.55 TOPCMAY Spencer Ayre, 10, PCSC
2:58.44 DAVISMAR Alex Serwotka, 10,CYPS
2:58.58 CDSCAPR Hong-Kei Chan,10,PDSA $\begin{array}{ll}\text { 2:58.62 } & \text { CASCJUN Michael Lowenstein,10,CASC } \\ \text { 2:59.45 } & \text { ISAPR Will Hergesheimer,10,NRST }\end{array}$ 2:59.45 ISAPR Will Hergesheimer, 10,NRS
3:00.07 TOPCPMAY Karim Zayed 10, PCSC $\begin{array}{ll}\text { 3:00.07 TOPCPMAY Karim Zayed, 10,PCSC } \\ 3: 00.36 & \text { ISAPR Craig Dagnal 10 IS }\end{array}$ $\begin{array}{ll}3: 00.36 & \text { ISAPR Craig Dagnall,10,IS } \\ 3: 00.92 & \text { SKSCJU }\end{array}$ $\begin{array}{ll}\text { 3:00.92 } & \text { SKSCJUN Marko Gavic,,10,PDSA } \\ \text { 3:00.96 } & \text { OCREJUN Adrian Ng, 10,RHAC }\end{array}$ $\begin{array}{ll}\text { 3:00.96 } & \text { OCREJUN Adrian Ng,10,RHAC } \\ \text { 3:01.21 } & \text { CDSCAPR Hong-Ting Chan, } 10, \text { PDSA }\end{array}$ 3:01.21 CDSCAPR Hong-ing Chan, 10 OCPSA 3:01.31 OCREJUN Robert Invine,10,OSHAC 3:01.47 DDOUUN Luc Pelletier-P.,10,CPAC 3:01.55 ABAGUUL Jordie Szoo, 10,CASC 3:01.66 ABAGUU Sidney Chu, 10,RHAC 3:01.66 ABAGULL Karl Wolk, ,9,EKSC 3:02.43 TOPCPMAY Kairun Daikoku,10,MSSAC
3:02.53 OCREJUN Sean O'Beirn,10,MSSAC

## BACKWASH

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

Narrow Escape: Australian swimmer Ian Thorpe narrowly escaped the tragedy that struck the World TradeCenter in NewYork on Tuesday, September 11.

Thorpehadbeen visiting NewYorkaccompanied by Michelle Flaskas, wife of manager David Flaskas, when he decided to takean early moming stroll and visited the World Trade Center building. He decided he would return with his camera after breakfast and takephotographsfrom thetopfloorviewingplatform.
"Thankgoodness hedidn'tleavefifteen minutes earlier," an emotional Flaskassaid from hishomein Sydney.

Editor: Some great performances in Fukuoka. It was great watching the Championships live every nightin Brisbane. (Channel 9 hadthree hoursoflive primetime telecasts for eight days). When you have the product, it is easy to get the coverage.

What do you think of Canada's performances? Much of the same I guess, although I don't recall when Canada never won a medal at previous Championships. AtleastMontreal will hosttheWorlds in 2005. I cannot believe that some major changes haven'tbeen madeatthetop. Thepeopleinvolvedare well entrenched.

I waselectedtotheBoardofAustralian Swimming aboutfivemonthsago.Iam theChairoftheCorporate Strategy Development Committee. The Committee looksatstrategicissuesrelevanttothefuturedirection of swimming in Australia. I must admit that I am enjoying it.

I am also currently involved with the Goodwill Games.

Alex Baumann
E-Mail: alexbaumann@bigpond.com
Editor: Thecontents of the Backwashpagesin your July 2001 edition had mecloseto weeping foryou two guys.Amongstthosewhohavewatchedyourmagarine growfrom its humbleblack and white beginningsin the early 1970s to its present sophisticated format, theremustbe plentywho would gladly offeryou their shoulders to cry on.

Who amongstyourworldwidereadership realize thatitall started as a much-needed newssheet for the Canadian competitive swimming community. Only oneof you at thestart, totally dedicated to the pursuit of excellence. And now, still only two of you.

Had Winnipeg Head Coach Tom Hainey and proud Canadian swimmer Mike Mintenko known your magazine's background and growth history, theircritiquesmight well havebeen thesamebutthey would have been couched in much gentler terms. After all, Mike, look at pastissues of SWIMNEWS and its predecessor and you'll find nothing but strong exposure and support for Canadian swimmers. Any criticism, more often than not justified, would have been directed at theprograms and not the swimmers.

The payback for success is, I suppose, frequent brickbats. I hope your skins are thick because the world of swimming needs you. Let your magazine continue to funnel constructive criticism, with of course bouquets when appropriate, towards those in charge of Canada's hoped-for climb back to the pinnacles of swimming excellence. If constructive criticism is not heeded by the top echelons, God help us all.

Which bringsmeto myfinal point. Itwould serve you well if your readers were made aware of your growth history. Good luck.

> Bernard McGrath
> Gibsons, BC

Editor: I want to start by complimenting you on your induction into the Swimming Hall of Fame, an incredible feat to say the least. Canada and the world owes you much foryourundaunting documentation of both national and international swimming, as well as your outstanding coaching results over the past three to four decades.

I also wanted to complimentDr. Jeno Tihanyi on his brilliant observations on the "State of Canadian Swimming."

That being said, I just wanted to comment on Mike Mintenko's article, which appeared in July's Backwash. I share with Mike the thought that if the majority of readers are young swimmers and their parents, then SWIMNEWSmaynotbetheideal venue to air our dirty laundry. Like watching politicians debate on TV, the general public hasnoidea whom to believe. More often than not, we are left questioning the entire process and dismayed by all the negativity. However, to answer Mike'squestion "Whycan wenot move forward?" the answer is simple. We cannot move forward because past and present issues have not been addressed or resolved. Until that time, we will continue to have too much unhappiness and frustration in Canadian Swimming. If there was a process in place for fair and open discussion to take place and changeto occur, perhapsBackwash would notbenecessary and we could get on with the goals of promoting fast swimming.

Cifford Barry
Mississauga, ON

Editor: First, let mejoin those who have sent you such well-earned congratulationsfor being inducted to the International Swimming Hall of Fame.

Also, I gather that I am not the only one who wonders about the last few years in Canadian swimming, while thinking back to the great ones I had the thrill of describing, Leslie Cliff and Bruce Robertson, all theSmithsfrom Edmonton, and Elaine Tanner and Mary Stewart, and so many more, and individuals like Howard Firby, who taught me more aboutthesportthan anyoneelse. Then thegreatstars of the 1980s, of course Alex Baumann and Victor Davis made 1984 my most memorable as far as results were concemed.

NowI seeagain, followingtherecentWorlds, that it is "rebuilding" and "Oh Yes we set Canadian records," and I'm afraid some peoplein my business have fallen into the trap of accepting that kind of result without real questioning.

I did so enjoy Jeno Tihanyi's remarks on the subject.

It's great to keep in touch through SWIMNEWS. Thanks for rememberingme. Cheers. Here'shoping!

Ted Reynolds,
Vancouver, BC
Reynolds was the CBC television commentator from the 1960s through the 1980s. In the endless reruns from 1984 with Alex Baumann and Victor Davis winning Olympic gold, it's his voice you hear.

Editor: I have enjoyed reading thearticles thatyou have written over the past months for SWIMNEWS, butparticularlytherecentarticleon drylandtraining. The article provides an excellent overview of the variouspossible components of a dryland program. I am also a strong supporter of the Whartons' AIS stretching method, and was interested to learn that theyhavea strength trainingprogram aswell. Doyou have the catalogueinformation so thatI can order a copy of The Wharton Strength Book? If so I would appreciate it if you would send that information along.

I hope that you continue writing articles for SWIMNEWS. They are a valuablecontribution to an already excellent publication.

Gordon Sustrik
(Volunteer coach and Masters swimmer)
Sherwood Park, AB

## 

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

## YOUR HEALTH

## ALTERNATIVE THERAPIES

## Nikki Dryden

Part four in the on-going series Your Health. Earlier articles:

- Your are what you eat, March 2001;
- The world of food supplements, April 2001;
- Dryland training, July 2001.

Thedreadedswimmer'sshoulder: theresultoftensofthousands of strokesculminating in whatiscalled RepetitiveStressInjury. It all starts because swimming movements strengthen the internal working shoulder muscles. Strong pectoral muscles tighten and pull the shoulder forward, and the tiny stability muscles in the shoulder are unable to hold the shoulder in place. As swimmers, we need to have flexible, almost elastic shoulders, butiftheyaretoolooseproblemsensue. Whatfollows is loss of strength, muscle imbalances, and combinations of ligament and joint capsule laxity, impingement syndrome, tendonitis, and even muscle tears.

It'sourrotatorcuff musclesthatget thebestofus, and any swimmer with the slightest pain should make themselves familiar with the four muscles in the rotator cuff. The infraspinatus and teres minor work on external rotation and areusuallytheweak guys. Thesupraspinatusandsubscapularis abduct and internally rotate. Knowing your weaknesses is half the battle in the fight to stay ahead of a burgeoning shoulder injury. Strength is all relative. Bench pressing plate after plate is not going to help your infraspinatus get stronger. It is importantto find a balancein yourshoulder, wherethebigand small muscles are working in unison to keep you swimming stroke after stroke.

Thefirststepin combating orpreventinga shoulderinjury is to know your weak areas and establish with your doctor a routineofdrylandexercisestoimproveshoulderstability. Butin the continual struggle for optimum performance, swimmers, especially those who are injured, will try anything to speed recoveryorrebuildaftera setback. In thispiece, Your Health will examine the alternative therapy industy, or complementary therapyindustry (asinsidersliketo call it), coveringeverything from Acupunctureto Rolfing. Forbidden andoncemysticeastern and experimental medicine has crept its way into our westem lives, while scientific frontiers are bridged in the search for better health. Although all of these techniques could play an important role in injury prevention, the reality is that most athletes don'tlook for help until their acute shoulder pain has become chronic.

## MICE

Thegameplan foranyinjuryisthreefold: reduceinflammation, restore mobility, and strengthen problem muscles. Most of us weretaughtRICE- rest, ice, compression, and elevation foran injury. Butthereisa newapproach todaytaughtbyJim andPhil Wharton, co-authors of The Wharton Stretch and Strength books:MCE- moveit, iceit, compressit(when notdoingyour rehab exercises), and elevate it.

Peoplehave a desireto putheat on an injury, but this can actually harm an acute injury further. For chronic injuries, moist heat is best, as it will increase blood circulation to the area. Andalthough the chill ofice on the skin isn'tpleasant, ice isyourbestfriend!Icealsoincreasesbloodandlymph circulation whilenumbing the pain. If you have access to and can take the
pain, try sitting in an ice tank or bath to recover not just from injury but from a hard workout.

## Sports Massage

Massage enhances circulation through the manipulation of muscles. This means moving out the bad stuff in muscles, like lactic acid and carbon dioxide, that build up in muscles atter working out. Increased circulation will also allow oxygen and other nutrients to move in and help recover the tissue. Massage can also break up adhesions and scar tissuein injured muscles and ligaments, accelerating healing time. And best of all, massage can release tension and relax muscles, which can relieve pain from hard work or injury.

Mavis Wahl, a sports massage therapist at the National SportsCentre- Calgary, isabigproponentofsportsmassageas a form of preventative care. There are two main reasons: "Firstly, if somearea does becomeinjured ordamaged, usually the damage inn't as severe and the rehabilitation is quicker. Secondly, an athletereceiving care is usually more body aware and will seek out help before an injury gets out of control."

Wahl believes it is extremely important to get younger athletes into care because injuries to young, growing muscles could cause long-term growth problems. Plus you begin a lifelong program with a young athletethat she will incorporate into her training regime, making her adaptable to both good and bad experiences.

Massagehastheobriousphysiological benefitsofincreased circulation andlymph muscledrainage. Butwith Mavis, massage is also a time for an athlete to relax, focus on breathing, and visualization techniques.

Wahl agrees that many coaches are skeptical about massage. "Itis sometimes difficult getting it out of a coach's or even an athlete'shead that massageisfor wimps, thatitis good tojustsuckupthepain." Butaslong asthecoachesknowwhat is going on, they are usually more open to massage. "And for athletes, if they arefeeling better, it can be a hugeboost to their morale. You arestill goingto haveto bementallyandphysically tough in everythingyou do - gettinga massagedoesnotmake you weak."

## Lymphatic Drainage Massage

Ourlymphatic system liesjust under our skin. Itsjob is to help our body's cells function propenly and has a big impact on our immune system. Each cell is a delicate balance of nutrients, oxygen, and proteins. The lymphatic system helps keep all that fluid in balance, and ifitis out ofkilter, you will feel out of kilter too.

Lymphaticdrainagemassagehelpstomakethelymphatic system doitsjobofmovingthisfluid. Thiswill helpin stimulating a sluggish immunesystem. Italso helpsspeedhealing ofinjury. Aftertheinitial period of inflammation has passed, lymph work can bedoneafter sportsmassage. Thiswill help clean thetissue of debris and help to increase tissue regeneration. This type of massageisextremelylightsoasto gentlystimulatethelymphatic system.

## Deep Tissue Massage

Deep tissue massage is performed in quite the opposite way as lymphatic massage; hence thename "deep." When a muscle is stressed, it will begin to block out oxygen and nutrients and
grow inflamed. This increases the toxins in the tissue. Deep tissuemassageworkson themuscleand connectivetissueto get blood and oxygen circulating again, thus releasing the toxins.

Deeptissuemassageworksbytreatingindependentmuscle fibres and unsticking them, which will correct tension, release toxins, and begin reeducation of the muscle.

## Cross Fibre Friction Massage

This technique works to treat soft tissue lesions through deep transversefriction, which will decrease Fibrosisandincrease the formation of pliable soft tissueat the site of healing. Cross fibre friction massage is verypainful massage done across the grain of a muscle, tendon, or ligament at the site of the lesion. At a right angle to the fibres, a therapist will make broad strokes to separate fibers without bouncing over them. The end result is thatitdecreasestheroughnessthatformsbetween tendonsand their sheaths, problems that cause tendonitis.

## Rolfing

Rolfing is a system of soft tissue manipulation and movement to realign and reorient the body. It then loosens the connective tissue and frees the muscles, causing tension and pain to subside, and speeds up the recovery of damaged tissue. Roling was developed in the 1950s by a biochemist named Ida Rolf, under the theory that if one part of the body is injured then the whole body is out of whack. Asession of Roling will correctall theimbalancesin your body caused by an injuryto onespecific body part.

Through guided movements, the therapist will slowly stretch and reposition your fascia, restoring normal length and elasticity to the connective fibres. Roling will bring less pain and tension to your body, as it becomes more balanced and symmetrical, allowingyour bones and musclesto do theirjobs. Olympic athletes like Elvis Stojko and Michelle Kwan and pro athletesCharles Barkleyand Mario Lemieux useRolfingto help their pefformance, in particular their centre of balance.

## Active Release Technique

Over-workedandunder-stretched musclesareprimetargetsfor injury. What happens next is loss of mobility, a decrease in strength and power, and the introduction of pain. In other words, overused, injured muscles build up scar tissue, which makes the other tissues tighter, and muscles become shorter and weaker. Next comes tension on tendons, which causes tendonitis, andfinallynervescan become entrapped, causing a multitude of problems.

Soft tissue includes our muscles, tendons, ligaments, nerves, andfascia. Ourfasciaisourflexibleskeleton of connective tissue. When the fascia is unhealthy, adhesions form, making it harder for the soft tissue to function fluidly. With all this in mind, an ActiveReleaseTechnician makesan assessment of the injury, reading your muscles the way a blind person reads Braille. The therapist then focuses on the specific sites of scar tissueandadhesions. ActiveReleaseTechnique(ART) isachieved by the active lengthening of muscles, ligaments, and tendons, orpulling of nerves, accompanied by pressure that isapplied to split the scar tissue and adhesions that stick to the fascia. ART is a painful procedure. Imagine this being performed on the small muscles in the shoulder, which are reached through places in the ribcage, armpit, back, and neck.

Milton Bingham, who has worked with the Canadian National Team andwith manyathletesin the Toronto area, has been working asa sportsmassage therapistfor overeightyears. During his early massage training, he was exposed to a variety of techniques and thinking that have shaped the kind of work he now does. "Athletes' muscles are always in motion, it made no senseto metojustlearn about the bodyin a static state," says

Milton. "I like to work through a range of motions with my athletes, which is why I gravitated towards techniques such as Active Isolated Stretching [see Your Health PartIII] and Active Release Technique."

Bingham is open to many complementary or alternative therapies. "Some therapies may merely be part of the placebo effect. But if you find a technique that works for you, and you believeit ishelping, then I seenothing wrong with it. Thereare some things science doesn't understand, and if you are finding a benefit from a technique then why not?'

Bingham, likeWahl, preachestheimportanceofprevention with his athletes. "It is hard to deal with an injury at a meet. I would much rather work on an athlete in advance so that, by competition, my job is just to fine tune an athlete."

Track star Donavan Bailey is a fan of ART. Many chiropractorsandmassagetherapistsareseekingoutspecialized training in ART to complement the care they can provide an athlete.

## Chiropractic

Chiropractic care is based on the theory that illness and pain can result from misaligned vertebrae. By manipulating the spine, nerve impulses can flow more freely. Thus, good health depends on a normal nervous system, and when there is an interferencein thissystem caused bya misaligned spine, tissues and organs cannot function propery. Most chiropractors work to enhance the function of the neuromusculoskeletal system (interaction of the nervous system, muscles, and bones) by usingmanipulation, physical therapy, andotherrehabilitation exercises.

More and moreathletes are asking for chiropractors to be included in medical teams for major events like the Olympics and on deck for workouts. The Pacific Dolphins in Vancouver have been working with Dr. Ken Mikkelson for years. He now comesto thepool twicea weekto adjust theteam. Healso travels tomeetswherehecan beseen adjustingCanada'stopswimmers before and after a race.

## Magnetic and Ionized Therapy

In magnetic therapy, magnets are placed on or near the sore muscle. The magnets are usually held in a pouch or pocket, which isstrapped or wrapped on the body part in question. The magnetic field created will increase blood flow, resulting in a quickened healing time.

Ionized therapy comes in the form of a bracelet. The theory behind this type of pain relief is similar to that of acupuncture.Accordingto themakersofQ-Rayionizedbracelets, when you are injured or sick, the body's natural flow of chi becomes impeded. When this happens, the body increases its flow of yang and the body begins to overgenerate yang ions, causingimbalancesin yourbody'selectrical system. TheQ-Ray braceletisdesignedto" dischargeyangions, which flowthrough the body and restore the yin-yang balance."

## Acupuncture

This ancient Chinese practice treats illness and provides pain relief through the insertion of needles at specific points on the body. Eastem doctors believe that the human body's life force, or chi, circulates along meridians in the body. Sickness or injuryblock thesemeridiansandinterruptthelifeforce, causing imbalances in the body and further problems. The insertion of the needles releases the blocked energy and restores balance to the body.

Western doctors look at acupuncture slightly differently. They believe that theneedles actually stimulate the production of endorphins that block pain.

Intra Muscular Stimulation
Also known asneedling, thisprocedureinvolvestheinsertion of acupuncture needles directly into the problem muscle. The experience is painful, as the muscle will first contract, then slowly release. The needles are actually causing microinjuries that stimulate blood and circulation to the area to promote healing.

## Electrotherapy Stimulation

There are three types of electrotherapy stimulation: Transcutaneous Electrical Nerve Stimulation or TENS, Interferential Current or IFC, and Galvanic Stimulation. All three work to decrease and block pain signals and promote the release of endorphins.

TENS uses either high frequency stimulation (conventional) on the muscles, which can be donefor hoursat a time, orlowfrequencystimulation, which ismorepainful and can only be wom on the muscle for about twenty minutes, but thepain relief will lastlonger. IFCis deeper form of TENS that penetrates the skin much more deeply with less discomfort. Galvanic stimulation shouldbeusedforacuteinjuryassociated with bleeding or swelling.

Although Milton Bingham likes acupuncture, the nature of hisjob (long hours spent on pool decks) prevents him from using needles. Instead, he uses electrotherapy stimulation (TENS) for similar benefits and ease of portability.

## Ultrasound

This form of heat treatment for soft tissue problems, such as joint or muscle sprains or tendonitis, works to relieve pain, decrease inflammation, and speed healing. Ultrasound works by using high frequency sound waves that vibrate the tissues in the injured area. This creates heat, which draws more blood to the area, and the healing begins.

## Prolotherapy

Prolotherapyinvolvesinjecting animitant, usuallya solution of sugar water, into thebody where theligamentortendon attach to the bone. What happens next is the solution inflames the tissue, which leads to a boost in collagen production. The collagen boost will eventuallystrengthen thedamagedligaments or tendons. As with other therapies, it also works to increase blood supply and flow of nutrients to stimulate tissue recovery.

## Cortisone Shots

Cortisone is a natural hormone in your body. The higher the stress on your body, the lower your levels of cortisone will be. Cortisoneisinjectedintotheinjurytoimmediatelystartworking to suppressinflammation and hasten healing, and to work over the long term at dissolving scar tissue.

There is a lot of controversy surrounding the use of cortisone shots. They seem like a nice quick fix, but it may be possible that repeetitive use could have a weakening effect on tendonsif theinjection is made directly into thetendon. Itmay also soften cartilage, and cause an athleteto losestrength at the ligament-bone junction.

## Radio Waves

Prior to this technique, surgery was the only option for a swimmerwith severeshoulderlaxity.Employingnewtechnology, a heatprobeusingradio wavesheatsandshrinkstheligaments. The collagen meshes closer together as the heat is applied, and the theory is that they then heal in place, tighter together. Done under local anesthesia, the surgery requires only two small incisionsand costs half theprice of traditional surgery. Butthis is a newtechnology, and thelong-term effectsarestill unknown.

## Surgery

There are two types of surgery possible for a swimmer: one to tighten the shoulder, and one to makemore room inside it. To tighten requires a fiveto-ten-centimetre cut through the shoulder muscles to open up the shoulder. The surgeon then usesstitchesandstaplesto tighten theligaments. Recoveryfrom this type of surgery can take anywhere from six months to several years. Some athletes never recover fully.

Another type of surgery will chisel bone off the atrium in the shoulder, allowing for moreroom andlessimpingementin the shoulder. This al so takes a dedicated rehabilitation regime and can take up to a year to recover fully.

## Disclaimer

Before you start any of these therapies, talk first with your doctor. Although somedoctorsmaybe skeptical, itisimportant to keep them informed of your therapy program.

Within reason, Milton Bingham believes a swimmer is never too young to start working with a therapist. But what would be of greater benefit, he says, is for swimmers to be crostraining. "Swimmingcan causealotofmuscleimbalances, especially through theshoulders. Swimmingisa very repetitive sport. Doing avariety of sportswill complementyourswimming and increase muscle strength and stability."

In finding a therapist, itisimportant to find a person who listens to what you have to say and does not just express his or her perspective. Milton stresses that athletes don't usually have aproblem findingalternativetherapies, buthavetroublefinding someone who knows what they are doing. He suggests seeking out a therapist who has worked with athletes or swimmers before.

With regards to mixing up your therapies, Milton says that, although there can be animosity and turf wars between practitioners of different techniques, many can and do work together for the athlete. "I like to work with a team of professionals, especially atan event. I think itisgreatthat I can send an athleteto seea chiropractor for a certain problem, then have that athlete comeback so I can work on him further. Itis difficult to do everything, and great when you find a good team with a common goal."

Even today, with my swimming career over, I havedays of deep regret. If only I could turm back the clock, I would have made very different choices about my shoulders.

I canvouch forthesuccessofmanyofthesecomplementary therapies. Sports massage, deep tissue massage, cross fibre friction massage, ART, chiropractic, acupuncture, electrotherapy stimulation, intra muscular stimulation, ultrasound, and cortisoneshots- all worked to varying degrees, helpingto ease the pain and move me through the next meet, workout, or metre. Surprisingly, I would give it all up! I would trade in all the delightful hours spent in rehab learning about all these wonderful alternativetherapiesjustto havethemomentin time when I made the decision to keep swimming and not take time out of the water to heal and rebuild my ailing shoulders.

A training program that promotes preventative care is really theonlyacceptableprogram forcoaches, swimmers, and parents. The Your Health series has covered many of the key ingredients necessary for this kind of program: a wholesome diet, properdietarysupplementation, drylandworkthatbalances work done in the water, and a therapy program that teaches athletes how to read their bodies and detect signs of weakness.

The final piece in this series will examine the psychology of sports and competition. Now that our bodies are in top condition, wemustmakecertain that our minds can finish the job. I am enjoyingyourquestionsand comments, so keep them coming at yourhealth@ swimmail.com.

## PARTING SHOT

# THPRFVVIHNSBAFYAFIGKR WHAT IS WRONG WITH THE CANADIAN SPORTING SYSTEM? 

## Alex Baumann

Subsequent to Canada's lackluster performances at last year's Olympic Games and the recent World Swimming and Athletics Championships in Fukuoka and Edmonton, one has to ask "What is wrong with the Canadian Sporting System? This article does not pretend to solve Canada's woes in the high-performance arena but hopefully will stimulatefurther debate to improve what is obviously in dire need of drastic change.

Somedecision-makerswill say that change is forthcoming subsequent to the SportSummit held lastApril in Ottawa. I am hoping thatthisisthecase; however, there is little evidence to support that the necessary changes will be made. Some high-level administratorswill also suggest that theonlyreason thatCanada isnot doing well in high performance is because there are not enough financial resources to achieve outcomes. While I do not disagree that there needs to be an additional infusion offundsinto high performanceanddevelopment, an increase in financial supportisnottheonlyingredientto ensuresuccess on the world stage.

Havingbeen an eliteathleteandcoachedin Canada, Program Manager of the Queensland Academy of Sport, Executive Manager of Intemational Sportwith the State Government, Chief Executive Officer of the Queensland Swimming Association, and a currentBoardMember (ChairoftheStrategy and Development Committee) of Australian Swimming Incorporated, I feel that I can adequately comment on the effectiveness of sporting systems and structures in Canada and Australia.

## Australia and Canada

Comparisonscan bemadebetween Australia and Canada since many similarities exist. Both countries have to deal with the tyranny of distance and lack of population (18 million for Australia and 30 million for Canada). Both are constitutional monarchies that have similar histories and political institutions, and both enjoy an extremely high standard of living.

SowhydoesacountrylikeAustraliadominatein somanysportsintemationally? Interestingly, both countriesdidpoorly at the 19760lympicsin Montreal. Canada was the only host country not to win an Olympic Gold Medal in Olympic history andAustralia won oneindividual bronzemedal initspremieresportofswimming.

Both countries responded to their poor performances in different ways, but both substantially increased their financial commitment to amateur sport. Australia set up theAustralian InstituteofSportin Canberrain 1981 (a centralized institution for thedevelopment ofeliteathleteswith specifictechnical supportand residences).

In subsequentyears, each Stateset up Institutesand Academies ofitsown. The State Academies and Institutes, however, did not have a residential component and tended to support existing programs (i.e., worked closely with clubs and coaches).All theAcademiesandInstitutesintegrated sportscience,sportsmedicine, and athlete career education, providing an holistic approach to the development of the athlete and coach. Australia also set up a system of direct athlete support.

The strength of the Australian system is that an integrated and coordinated approach exists to achieve high-performance outcomes and that elite athletes havea widevariety of choice. The Australian SportsCommission also increasedits
commitmentto National Sporting Organisations (NSOs). There isno doubt that Australia has committed large resourcesto amateur sport (particularly after 1993 when Sydney wasawarded the 2000 Olympic Games). Governmentviewsamateur sportasaninvestmentin thefuture. TheAustralian OlympicCommitteestrategically led the coordination and delivery of this high-performance system and program.

Canada chosea differentpath in establishing SportCanada asthegovernment arm for high performance sport.

SportCanada setupa structurethatincludeda carding system that supported the athlete and coach, and funded National Sport Organizations/Federations (NSOs/NSFs) based on strictperformancecriteria. Atthetimeofimplementation, Canada's structure was seen as leading edge intemationally.

Unfortunately, Canada has not progressed much in terms of structure and policy since the late 1970s.

Other countries have overtaken Canada in establishing integrated and innovativeapproachesin thedevelopmentofeliteathletes, coaches, and programs.

National Sport Centres have been established but have yet to "produce the goods" for Canada internationally. These Centres have, in fact, been detrimental to the existing club system in Canada (a system that was the best in the world in swimming in the late 1970s and early 1980s) and have created a climate of animosity rather than cooperation.

Additionally, there has been little support for national youth programs that serve as a feeder system for national teams. Clubs and youth development are the backbone of any sporting system, and need to be supported within a fully integrated structure.

## Accountability

Canada lacks credibility in its ability to deliver a coordinated high-performance program. Canada's vision must be to create a seamless sport delivery system conducive to high-performance outcomes that is athlete focused.

All stakeholders, including the Federal and Provincial Governments, the Canadian Olympic Association, National Sport Centres, national and provincial sport organizations, and local municipalities, must work together to ensure that a coordinated approach exists with clear delineation of roles and responsibilities guaranteeing there is minimal duplication of resources.

The Canadian Olympic Association must lead this process.
Lack of vision among administrators and decision-makers has for too long produced mediocrity. Canada needs to critically analyze its performances at all levelsandhavethewill to "fix" thesystem - somethingthathaseludeditthusfar.

Accountabilityforperformancemustbean integral component of thissystem (asitis in the business world).

## Leadership

Canada needsto establish clearobjectives and goals, and havepeoplethatcan lead the process.

Leaders are pathmakers that invent new solutions to old problems and ultimately overcome obstacles.

Canadian sportmustlookatitscurrentgovernancestructuressinceleadership starts at the top. Leaders must not be afraid of change and must make informed
decisionsbased on inputfrom avariety ofsources. However, thesedecisionsshould not be based purely on consensus. Hard and often unpopular decisions will need to be made to rationalize and prioritize funds for amateur sport.

Canada has the potential to become one of the best sporting nations in the world, with sufficientalentto makeitto the toplevel, ifitcan adequatelyaddress these issues. Unfortunately, the biggest casualty of the existing system is the athlete. Athletes are working hard and striving to win, but are increasingly fustrated with lack of support, recognition, continuity, and direction.

Australia has become one of the top sporting nations in the world by having a clear direction, establishing realistic goals, having a strong desire to succeed, and prioritizing and rationalizing theallocation of funds. In 1996, the Australian Olympic Committee set a taryet, based on potential, of coming 5th and winning 60 medals ( 20 gold) at the 2000 Olympic Games. This target was accepted by all relevant stakeholders and consequently adopted, thereby creating a common purposeand senseof unity. In Sydney, Australia camein 4th placeand won a total of 58 medals ( 16 gold, 25 silver, 17 bronze); Canada came in 24 th placeand won a total of 13 medals ( 3 gold, 3 silver, 8 bronze).

The Australian Olympic Committee, the Australian Sports Commission, National SportOrganisations, theAustralian InstituteofSport, theStateAcademies and Institutes, and State Govemments work hand-in-hand to deliver highperformance outcomes. One other importantattribute of the Australian system is its ability not to rest on its laurels, but rather to identify weaknesses and make adjustmentswherenecessary.Australian Swimming, for example, hadtheforesight to critically analyze its performance and structure despite results being at an alltime high after the 2000 Olympic Games. This non-complacent attitude enabled Australia to improve upon its performances at the recent World Swimming Championships despite the retirement of four of its internationally ranked swimmers (Kieren Perkins, Susie O'Neill, Sam Riley, and Chris Fydler).

Always rebuilding
There is no doubt that expressing my views on the Canadian system and itslack of performance will draw criticism, as was the case when I spoke out in 1990 and stated that changes needed to be made to swimming in Canada if success was to be forthcoming.

The response then was that Canada was in a "rebuilding phase" and that plans were in placeto remedy the situation. I am hearing these same wordstoday and, sadly, instead of advancing, results have been steadily decining.

Canada has lost its confidence in the international arena and it will take a tremendous collaborativeeffortto regain national prideon thesportingstage. The Canadian OlympicAssociation'smotto is" forthefirewithin." I wouldsuggest that at this point in time, and for some time now, it is barely a flicker. Canada needs to have strongleadership if it is to fan the ficker into a flame. Canadian athletes need to reclaim their hunger, their passion. My dear friend Victor Davis was the embodiment of this passion and desire to be the best in the world, an attitude that pervades the Australian sporting psyche.

Success in high performance sport must incorporate a solid integrated structure, with the rightpeople, in theright positions, having sufficientresources, to produce medal-podium results. If Canada is to become one of the top sporting nations in the world (which I believeit is capable of being), it will have to address all threecriteria. Thisis, of course, assuming thatCanada hasthedesireto improve its results internationally.

Alex Baumann is Canada's only modern era double Olympic goldmedal winner at the 1984 Olympics. He won five golds, one silver, and one bronze at the 1982 to 1986 Commonweelth Games, and won 34 national championships from 1978 to 1987. He is a member of the Order of Canada.


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## TOP AGE GROUP PERFORMERS

## MAKING WAVES



Marc Pyle, 12
Club: Sackville Waves, NS
Coach: Kevin Ross
Specialty: Breaststroke and ind.medley 4th ranked for LCM01 TAG in the 100-200 breast, 5th in the 200 IM and 400 IM

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| 200 ind.medley | $2: 44.20$ | $2: 34.25$ |
| 400 ind.medley |  | $5: 47.59$ |



Julie Kells, 10
Club: Red Deer Catalina Swim Club
Coach: Aaron Dahl
Specialty: Backstroke
1st ranked for LCM01 TAG in the 100 backstroke
Best Times SCM01 LCM01
100 freestyle 1:17.32
400 freestyle
100 backstroke
1:22.91 1:20.88
100 butterfly
200 ind.medley
3:05.34


Harrison Curtis, 12
Club: Toronto Swim Club
Coach: John Grootveld
Specialty: Freestyle and backstroke 5th ranked for LCM01 TAG in the 100-200 back, 7 th in the 200 free and 8 th in the 100 free. Best Times SCM01 LCM01 100 freestyle $\quad 1: 03.70 \quad 1: 02.63$ 200 freestyle $\quad 2: 19.19 \quad 2: 16.46$ 100 backstroke $\quad$ 1:13.07 1:11.45 200 backstroke $\quad 2: 35.33 \quad 2: 32.98$


Miriam Kim, 12
Club: Toronto Swim Club
Coach: John Grootveld
Specialty: Backstroke
3rd ranked for LCM01 TAG in the 100 back, 5th in the 200 back.
Best Times LCM00 LCM01
100 freestyle $\quad 1: 10.17 \quad 1: 04.93$
100 backstroke $\quad 1: 17.36 \quad 1: 12.34$
200 backstroke
200 ind.medley

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Web based e-mail for the entire swimming community

## What is SwimMail?

SwimMail is a free internet e-mail account that allows you- swimmers, coaches, officials, parents, and fans- to access your e-mail from any computer in the world with a browser. All you need to do is Sign up and Login.
This means while you are at school, at work, at the local public library, or while traveling to swim meets, you'll be able to check your e-mail! SwimMail gives you one central place to store and read all your messages. Your account will have the same messages in it no matter where you check it. And, since your e-mail address looks like:
yourusername@SwimMail.com, people can instantly tell you are a swimmer.

## SwimMail is Private, Personal \& Permanent

Your SwimMail account is accessible only by your secret password, which can be changed as often as you like.
It's personal. You can give your account any name you like and because we're not as big as similar services like "Hotmail" you are more likely to get the username you really want, without giving up any of the services.
You can change schools, colleges, teams, programs, jobs, or ISPs without having to change your email address.
You can move or travel without having to inform your friends of your new e-mail address. Your SwimMail account will stay the same no matter where you go.

So don't delay. Go to www. SwimMail. com and sign up today!


Yonathan Prajogo, 12
Club: Cobra Swim Club
Coach: Mike Pickard
Specialty: Butterfly
2nd ranked for LCM01 TAG for the 100 free, 4th ranked for 100-200 fly

| Best Times | SCM01 | LCM01 |
| :--- | ---: | ---: |
| 100 freestyle | 58.75 | $1: 00.08$ |
| 100 butterfly | $1: 04.69$ | $1: 06.62$ |
| 200 butterfly | $2: 24.83$ | $2: 34.28$ |
| 200 ind medley | $2: 28.99$ | $2: 36.60$ |



Andrea Kells, 12
Club: Red Deer Catalina Swim Club
Coach: Aaron Dahl
Specialty: Butterfly and ind.medley
2nd ranked for LCM01 TAG in the 100 fly, 8th for 200 fly.

| Best Times | LCMO0 | LCM01 |
| :--- | :--- | :--- |
| 100 butterfly | $1: 13.26$ | $1: 10.27$ |
| 200 butterfly | $2: 50.59$ | $2: 40.69$ |
| 200 ind.medley | $2: 55.39$ | $2: 40.79$ |
| 400 ind.medley |  | $5: 45.07$ |

