## SWIMINEIS

## SLOUDNOV FIRST UNDER ONE MINUTE FOR 100 BREASTSTROKE

## DRYLAND TRAINING

## SENIOR COACH POSITION

White Dolphin Swim School Hong Kong Swimming Dragons


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

- Swim team operation (Hong Kong Swimming Dragons)
- Swim school operation (White Dolphin Swim School)
- Teach P.E. swimming lessons for Japanese International School
- Swimming pool management service
- Local school swim team program and P.E. extra curricular program
- Public residential swimming camp for Hong Kong age group swimmers
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- Conduct swimming lesson and swim team training
- $\quad$ Supervising general grade instructors
- $\quad$ Swim School and Swim Team administration

Requirements

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

Salary: HK\$195,000 - HK\$325,000/year (Approx. CAN\$ 37,500 - CAN\$ 65,500/year)
Fringe Benefit: Annual paid leave, Relocation allowance, Medical and Dental Insurance will be offered. For appropriate candidates interview will be held in Orlando, Florida on August $10^{\text {th }}, 2001$.
Please send an application letter and a full resume on or before Aug 1, 2001 to
Mr. Takeo INOKI, Managerial Director by:

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

AMATEUR SWIMMING ASSOCIATION

## WORLD CLASS POTENTIAL / WORLD CLASS START DISABILITY SWIMMING

## PROGRAMME DIRECTOR

Salary : British Swimming Grade X Package to $£ \mathbf{3 5 , 0 0 0}$

The Amateur Swimming Association is the National Governing Body for Swimming and its associated disciplines in England with its headquarters currently situated in the centre of Loughborough.

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## The Person

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Canadian Record Setter
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Laura Nicholls


Mathieu Bois

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TOZER, Graeme, 16
UCSA
UCSA
UCSA
UCSA
UCSA
EKSC-UA
EKSC-UA
UCSA
UCSA
OSC-UA
UCSA
UCSA
EKSC-UA
EKSC-UA
EKSC-UA
UCSA
UCSA
OSC-UA
EKSC-UA
UCSA
UCSA
Special Olympics
DOUPE, James
McCARTHY, Sarah
PALARDY, Nicole
ROBINSON, Dan
SWAD
BAARS, Tim
BUHLER, Matthew
Coaching Staff:
Bill Humby
Sam Montgomery
Marc Tremblay
John Vadeika
Sandi Clark
Martha McCormack Special Olympics Coach
Manager
Hella Versfeld Fort McMurray

## BRITISH COLUMBIA

## Females

BROWN, Meghan, 17
CLAPHAM, Caroline, 20
DYKES, Amber, 17
LAIDLOW, Allison, 16
LANDRY, Michelle, 16
LENCOE, Taryn, 15
LEROY, Andrea-Ann, 19
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CREEL, David, 20
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HAYDEN, Brent, 17
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MacDONALD, Dave, 20
MARTSELOS, Gerry, 20
O'CONNOR, Brent, 17
RUDOLPH, Darryl, 16
TISDALL, Justin, 19
WILKINS, Paul, 19
Coaches
JACKS, Ron
BAKER, Sean
SCHOOF, Derrick
BERTRAND, Claude-Yves

PDSA
PDSA
HYACK
PDSA
PDSA
PDSA
NRST
PDSA
KCS
PDSA
IS
IS

PDSA
IS
IS
SPART
IS
KSC
PDSA
PDSA
PDSA
VKSC

IS
NRST
PDSA
VKSC

## NEW BRUNSWICK

Females

| ALEXANDER, Jenny, 19 | SSC |
| :--- | ---: |
| BLAKNEY, Tara, 13 | CVAC |
| COX, Georgina, 15 | FAST |
| FOLSOM, Kara, 19 | FAST |
| GUIMOND, Tracy, 20 | UNB |
| KIERSTEAD, Morgan, 13 | AQUA |
| KILPATRICK, Carrie, 17 | CVAC |
| LALLY, Victoria, 18 | FAST |
| LEBEL, Sabrina, 16 | TIDE |
| MORRISON, Heidi, 18 | FAST |
| QUIRK, Sienna, 18 | FAST |
| ROY, Anna, 14 | NES |
| Males |  |
| BAIRD, Colin, 15 | BLAST |
| BUTLER, Aaron, 17 | MWC |
| COUTURIER, Andre, 20 | NES |
| FERGUSON, Adam, 18 | MWC |
| GIONET, Justin, 19 | NES |
| HASTIE, Nick, 19 | SSC |
| HOLOWNIA, Joseph, 16 | SSC |
| LEE, Aaron, 20 | UNB |
| MOORE, Adam, 18 | FAST |
| RUTHERFORD, Ian, 20 | SSC |
| SIROIS, Sebastien, 17 | NES |
| WALKER, David, 17 | FAST |
|  |  |
| KNOWLES, Amanda | Special Olympics |
| FORREST, Craig | Special Olympics |

FORREST, Craig Special Olympics

## NEWFOUNDLAND <br> Females

BUTTON, Sarah, 18
DRODGE, Suzanne, 21
GREEN, Laurie, 19
LAVERTY, Fiona, 16
MURRIN, Leah, 17
MURRIN, Susan, 15
ROBINSON, Eileen, 16

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COLBERT, George, 19
GIBBONS, Tim 16
GRIMES, Chris, 20
HARE, Josh, 20
KENNEDY, Justin, 16
SMITH, Nick 17
THORNHILL, Steven, 18
WARREN, Justin, 20
SWAD
BOWDREY, Andrea, 17
DAWE, Katie, 15
ROBSON, Terry, 16
Special Olympics
BLAKE, Kori, 15
15
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Championships in July
NOVA SCOTIA

## Female

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BORGAL, Lori, 17
BUCKLAND, Brooke, 12
CROSS, Stephanie, 16 GIBSON, Elyse, 16 GRAHAM, Kayla, 14 HALEY, Bevan, 14 HUBLEY, Melissa, 19 MCLELLAN, Jessica, 16 MUNROE, Elaine, 16 ROBERTS, Andrea, 16 SMITH, Danielle, 16

## Male

BAILEY, Jeff, 19
DAGENAIS, Stephane, 17 GORMAN, Mike, 19

SSC
CVAC
FAST
AST
UNB
CVAC
FAST
TIDE
FAST
FAST
NES
BLAST
MWC
NES
MWC
SSC
SSC
UNB
FAST
NES
FAST

YYW

## Females

ONTAR
ANDERSON, Christy. 18 STARS
ELLIOTT, Iris, 19
GAJOS, Nancy, 16
GILLESPIE, Amanda, 16
HOBER, Reneé, 16
MARTIN, Sheena, 16
MEADE, Rosie, 17
POMEROY, Laura, 18
PORENTA, Jennifer, 16
SIUDA, Kathy, 15
SMITH, Katie, 15
TELFER, Katharine, 16
Males
COUPLAND, Andrew, 17
DARGUS, Nicholas, 20
DICKENS, Scott, 16
LOISELLE, Serge, 20
MACGILLIVARY, Kurtis, 17
MAINS, Matt, 19
MEDAGLIA, Steve, 16
MILLER, Kurtis, 16
ROSE, Matt, 20
SZAFLARSKI, Peter, 20
VANDERKAM, Brad, 18
ZOCHOWSKY, Thomas, 20
SWAD
COWAN, Ashley, 15 VVAC
HARRISON, Elaine, 14 BAC
HORNYAK, Adam, 20 BAC
KARN, Justin, 20
Special Olympics
DOWDEN, Janet, 22
DUKE, Robert, 18
HICKSON, Bill, 25
SHEARER, Beth, 18
Staff
YAREMCZUK, Christy Head Coach
CORLEY, Kathy Team Manager
GREENE, Randy Special Olympic
PINEAU, Sylvain Coach
MAYCOCK, Mark(Tapper for Blind Swimmer)
MCALLISTER, Bud Coach
O'TOOLE, Bill
VOISARD, Philippe
Coach
Coach

## QUEBEC

Females
ASCAH-COALLIER, Isabelle, 17CAMO
BARBE, Stéphanie, 18 UL
BERNIER, Joannie, 16 CNCB
BOUCHARD, Mélanie, 19 CNB

BOUCHER, Geneviève, 20 ELITE CHARRON-WATSON, Chanelle, 17 CNO DE BLOIS, Mariève, 17 CNPPO GUAY-RACINE, Julia, 15 CAMO
LAKATOS, Trisha, 18 CNPC
LAPRADE Michelle, 20 CAMO

POON, Victoria, 16 CALAC
ROBITAILLE, Virginie, 19 HIPPO

## Males

ANCTIL, Pascal, 18
MEGO
BANVILLE-AUGER, Benoît, 18 MEGO
BOULANGER, Alexandre, 19 CAMO
BOURDAGES, Dominique, 19 CNDR CASTONGUAY, François, 18 CNPPO
CAYEN, Frédéric, 18
DRAGUNAS, Andrew, 19 CNPC
HÉROUX, Mathieu, 19 CAMO
LEMIEUX, Sylvain, 20 CNPPO
PRESTON, Steve, 19
TASCHEREAU, Adam, 20
UL
TREMBLAY, Michel, 20 CAMO
Entraîneur-chef LAMY, Pierre
Gérant DORION, Guy
Assistants-entraîneurs
LATENDRESSE, France
PERRON, Nicolas
SWAD
BONENFANT-CORNEAU, Amélie CNJA
OUELLET, Geneviève AQMS
Special Olympics
BOURNIVAL, Josee MAU

LAPIERRE, Chantal BEA
MIRON, Joseph
OI
CABANA, Michael GRA
Entraineurs
BERTRAND, Louise Special Olympics
LAPIERRE, James Special Olympics

SASKATCHEWAN
Males

| ABDULLA, Karim, 18 | ROD |
| :--- | ---: |
| BOUCHER, Roger, 20 | GOLD |
| CLARKE, Brendon, 17 | GOLD |
| COULMAN, Trevor, 16 | GOLD |
| CURLEY, Brendan, 17 | ROD |
| DEMCHUK, Steven, 19 | ROD |
| DICKSON, Ciaran, 17 | ROD |
| HANKEWICH, Brent 17 | GOLD |
| HANKEWICH, Chad, 19 | GOLD |
| PARKER, Nathan, 17 | MJKFF |
| PEDERSON, Sean, 19 | GOLD |
| SAGANSKI, Kevin, 18 | GOLD |

## Females

BALLMAN, Kaere, 17 RYMM
BIRKETT, Allison, 18 MJKFF
COLLINS, Elizabeth, 18 ROD
CONGER, Melina, 15 RYMM

COOK, Joana, 15
RYMM
DEMCHUK, Meghan, 17 ROD
$\begin{array}{ll}\text { GRAF, Jennifer, } 17 & \text { ROD } \\ \text { HASLUND, Krista, } 14 & \text { ROD }\end{array}$
HYNES, Heather, 20 GOLD
LIS, Kristen, 17 ROD
SCHNEIDER, Kristen, 20 ROD

TANNER, Jocelyn, 19
ROD
Special Olympics
BRASS, Rose Prince Albert
COOKE, Coralee Kindersley
ROZNOWSKY, Ryan Prince Albert
Head Coach
Darin Muma Saskatoon Goldfins Assistants
Jasen Pratt Regina Optimist Dolphins
Gord Shields Prince Albert Sharks
Kathy Smith
Team Manager
Elaine Hankewich
Saskatoon

## CALENDAR

## CANADIAN

July
5-8 Quebec Age Groups, Montreal
7 The Gorge Open Water 10KNationals, Victoria
12-15 BC Age Groups
Ontario Championships, Etobicoke
19-22 Youth \& Junior and SWAD Nationals, Vinnipeg
27-29 Eastem Cup, Montreal
28 Traversee internationale de Lac St-Jean
28 Thetis Lake 5KNationals, Victoria
August
5-9 Summer Nationals, Etobicoke
14-17 Canada Summer Games, London
2002
February
21-24 Youth, Junior, SWAD Nationals
East-Etobicoke, West-New Westminster
March
12-16 Spring National, Winnipeg
May
24-26 Zajac International, Vancouver
July
18-21 Youth, Junior, SWAD Nationals, Winnipeg August
6-10 Summer Nationals, Victoria

## UNTED STATES

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

## 2002

March
19-23 Spring Nationals
24 5KOpen Water Nationals
May
25-27 10K-25K Open Water Nationals, Newport Beach. CA June
21-23 USDisability Championships, Federal Way, WA
August
13-17 Summer Nationals
18 5KOpen Water Nationals
December
5-7 U.S. Open, Minneapolis, MN

## CANADIAN WORLD CHAMPIONSHIPS TEAM

WOMEN (11)
Jennifer Carroll, 19, CAMO, Jessica Deglau, 21, PDSA,
Jennifer Fratesi, 16, ROW,
Audrey Lacroix, 17, CAMO,
Rhiannon Leier, 23, MANTA,

Marianne Limpert, 28, PDSA
Michelle Lischinsky, 26, MANTA

Laura Nicholls, 22, ROW,

Christin Petelski, 23, IS,
Sophie Simard, 22, UL,
Elizabeth Wycliffe, 18, EBSC,
$4 \times 100$ medley relay
$4 \times 200$ free relay

## HEAD COACH

Dave Johnson, SNC

## COACHING STAFF

Randy Bennett PDSA
Jan Bidrman UCSA
Lucie Hewitt-Henderson, TO
Ron Jacks IS,
Tom Johnson PDSA,
Claude St-Jean CAMO,

Calgary, $A B$
50 back, 100 m back $4 \times 200$ free 200 back
$4 \times 100$ medley
50 breast, 100 breast
$4 \times 100$ medley
200 IM, 4x200 free
50 back, 100 back,
$4 \times 100$ medley
100 free, $4 \times 100$ medley, $4 \times 200$ free 100 breast $4 \times 200$ free 200 back 4:08.74 8:07.65

> Vancouver, BC Calgary, AB Oakville, ON

Victoria, BC (Open Water)
Vancouver, BC
Montréal, QC

MEN (10)
Andrew Hurd, 18, MSSAC, 400 free, 800 free Riley Janes, 21, ESWIM, 50 back Brian Johns, 18 RAPID, $\quad 200$ IM, 400 IM, 4x200 free Mark Johnston, 21, PDSA, $4 \times 200$ free
Morgan Knabe, 19, UCSA, 50 breast, 100 breast
Michael Mintenko,26, PDSA, 50 fly, 100 fly, $4 \times 200$ free
Curtis Myden, 27, UCSA, 200 IM
Tobias Oriwol, 16, ESWIM, 200 back
Rick Say, 21, UCSA, 200 free, 400 free, $4 \times 200$ free
Sean Sepulis, 23, GMAC, 50 back
$4 \times 200$ free relay $\quad 7: 23.73$

OPEN WATER (3)
Tim Cowan, UCSA,
$5 \mathrm{~km}, 10 \mathrm{~km}$
Karley Stutzel, IS,
Liam Weseloh, NYAC,
$5 \mathrm{~km}, 10 \mathrm{~km}$
25 km

## MANAGERS:

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

SUPPORT PERSONNEL:

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

## INTERNATIONAL

## July

13-20 European OlympicYouthDays, Murcia, ESP
19-22 English Chapionships
17-29 FINAWorld Championships, Fukuoka, JPN August
29-3 British Age Groups, Sheffield
4-7 Australian SCChampionships, Perth
9-12 British SCChampionships
22-1 FISU Universiade, Beijing, CHN
September
2-15 Mediterranean Games, Tunis, TUN
26-29 New Zealand Winter Champs., Roturua
29-5 Goodwill Games, Brisbane, AUS
November
3-11 Afro-Asian Games, New Delhi, IND
December
13-16 European SCChampionships,Antwerp, BEL
2002
April
4-7 FINAWorld SC Champs, Moscow, RUS
July
25-4 European Championships, Berlin

## ABOUT THIS ISSUE

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

Canadian Laura Nicholls (ROW) took it easy atter the Olympics with a lightload until this spring. She needed to rehabilitate her shoulder and it took longer than expected. She chose the weekend of June 30-July 1, at the Quebec Cup 3, to attempt to qualify for the World Championships team, thelast possible competition. Therestinthefall andwintermusthave helped, as she bettered the Canadian record with 55.69, a $25 / 100$ ths improvement over her previous best from August 1999.

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

TAG times are up-to-date to July 6. All competitions in Canada are included, including the Manitoba-Saskatchewan AgeGroups. The 10\&under eventsforwhich rankingsarepublishednowincludes the 200 freestyle.

## CANADA GAMES HISTORY

## MAVGGIIIRRSART IEE

## Nick Thierry

The Canada Games was to be an interprovincial competition between provincial teams, roughlyin an Olympicformat. WinterGamesgotunderwayin 1967 and Summer Games followed in 1969. Funding has always been a partnership between the federal and provincial governments, and the host city. Alegacy from theseGameshasbeen new50-metrefacilitiesin most of the host cities. This year, the competition takes place in London, Ontario, on August 14-17. Here are some highlights from previous Canada Games:

## 1969

Halifax, NS- The first Canada Games had no restrictionsasto who couldtakepart, andall thevery bestjust off Summer Nationals were present. Most of thewinnersrepresentedCanadaatthe19680lympics. BC swimmers won 14 of 32 events.

## 1973

NewWestminster, BC- Onlyathleteswith no previous international experience could take part from this pointonwards. Ontario won thecompetition with 341 pointsover $B C$ with 332 points, with $B C$ smen'steam winning 13 of 17 events. ItwasBCbackstrokerStephen Pickell'sdebut (winning the 100-200) - he went on to win Olympic relay silver in 1976.

The women's competition was the first that saw sprinter Gail Amundrud, ON, sweep the 50-100-200 free, Wendy Quirk, PQ, win the 400-800 free, and Becky Smith, AB, win the 100 back and 200-400 IM. All threewouldbecomeinternational medallistsfrom 1974-78, includingtheOlympicrelaybronzein 1976.

## 1977

St. John's, NF- Peter Szmidt, 15, from Quebec was theundisputedstar of theseGameswith a sweep of the freestyle events from the 100 to the 1500 in record times of 54.09, 1:55.16, 4:05.09, and 16:15.49. He added two more relay golds for an overall total of six. Threeyearslater, Szmidtseta worldrecordfor the 400 free with 3:50.49.

Hometown flyerBlairTuckerwon the200, giving Newfoundland its first-ever gold.

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

## 1981

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

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

Canada Games records were established in all but one event.

One of the Ontario coaches, Jeno Tihanyi, remembers: "I co-coachedtheteam with BobBoadway with Lea Bredschneider the Manager.
"Thismeet wasone of the greathighlights ofmy coaching. I justreturned from Heidelberg where Alex Baumann set his first world record. I organized the training camp at Laurentian University. When the swimmers arrived a few days after my retum and I had my first meeting with them, I was not very confident. Asthetraining camp progressed, I wasable
to convert thenon-believersand theywere beginning to click.
"They were a great group of swimmers and their enthusiasm, especially the girls, was intoxicating. I remember well the energy and the determination of those athletes. These swimmers were the product of thegreatclubsystem Canada andOntario hadin that age period. We had no training centres but we had several developmental trainingcampsatLaurentian, during a two-to-three year period, where about 20 Ontario talented youth swimmers and their coaches participated. Those years were the golden years of youth development, which left an indelible mark on Canadian swimming.Itwouldbeniceifhistorycould repeat itself.
"Our taper worked reallywell and the swimmers wereableto maintain theirpeak through theGames. Aside from winning and all the records, the $4 \times 200$ relay was ranked No 1 in the world, if I remember correctly, and there were other high world-ranked swims. Also, Jennifer Campbell, I believe still holds therecordformostgoldmedalswon in a Gamesbyan individual."

## 1985

SaintJohn, NB- Ontariowon 31 medals, withQuebec 29andBC17. Itwas12-year-oldAllison Higson's, ON, debut on the national stage, winning both breaststrokes. Ayearlatershewon two Commonwealth golds, medalledatthe1986Worldsand19880lympics, and established a 200 breaststroke world record in 1988.

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


Michell MacPherson still holds Games records in 100-200 fly, 200 IM from 1981
medley relay. New Brunswick had its first-ever winner when Tarek Raafat won the men's 100 free.

## 1989

Saskatoon, SK- Quebec won its first Canada Games with 25 medals ( $13-6-6$ ) over Aberta 18 (7-6-5) and Ontario26(4-11-11).Manitoba wasthemost-improved team, winning 9 medals (3-2-4) after no medals in 1981-85.

MarianneLimpert, NB, won the200IMandbecame a three timeOlympian, winninga silverin 1996 for the same event.

## 1993

Kamloops, BC- Ontario won 35 medals (10-11-14), BC26(6-12-8), and Quebec 18(6-4-8). Canada Games records were bettered in 22 events.

Mark Versfeld, BC, won the 100 backstrokeandthe $200-400 \mathrm{IMs}$. He's had a distinguished career since, winning two bronze medals at the 1998 Worlds.

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

## 1997

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

Ontario won 32 medals (13-613), Quebec 25 (6-12-7), and BC 19 (6-7-6).

RileyJanes, SK, won thefirstgold for Saskatchewan in the 100 back, andhewill becompetingthissummer attheWorldsin Japan in the 50 back.

Karin Legault, PQ , who won the 200 and 800 freestyle, was a 2000 Olympic team member competingin the $400-800$ free. Sara Alroubaie, MB, won the 100-200 fly and 200IM, and a silver in the 400 IM Manitoba's medal total was5 aftera singlebronze in 1993.


Jennifer Campbell and Jeno Tihanyi in 1981

## CANADA GAMES RECORDS <br> MEN'S EVENTS

50
100
200
400
150
100
200
100
$\begin{array}{ll}100 \text { free } & 23.48 \\ 52.35\end{array}$
200 free $\quad 1: 52.83$
400 free $4: 00.25$
1500 free $15: 49.45$
100 back 57.47
200 back 2:03.39
100 breast 1:04.64
200 breast $\quad 2: 19.19$
100 fly 56.17
200 fly 2:03.61
200 IM 2:05.47
400 IM $\quad 4: 27.07$
$4 \times 100$ MR $3: 49.70$

Simon MacDonald, ON Jason Lukeman, NS Brett Regan, BC
Jaret Abel, AB Liam Weseloh, ON Sean Sepulis, ON Kevin Draxinger, BC Jason Flint, ON Jason Flint, ON Jonathan McLeod, SK Dino Verbrugge, BC Mark Versfeld, AB Jean-N. Poirer, AB Ontario

Brandon,Aug. 1997 Kamloops,Aug. 1993 Kamloops,Aug. 1993
Kamloops,Aug. 1993 Kamloops,Aug. 1993 Brandon,Aug. 1997 Saint John,Aug. 1985 Brandon,Aug. 1997 Brandon,Aug. 1997
Kamloops,Aug. 1993 Kamloops,Aug. 1993 Kamloops,Aug. 1993 Kamloops,Aug. 1993
Brandon,Aug. 1997
Sean Sepulis, Jason Flint, Doug Browne, Simon MacDonald
4x50 FR 1:34.38 Alberta
Kamloops,Aug. 1993 Conor Braiden, Clint Stevens, Val Weaver, Ted Murphy
4x100 FR 3 3:29.46 Ontario Kamloops,Aug. 1993
Steve Thomas, Derek McEachern, Simon Eberlie, Kris Fisher
4x200 FR 7:39.56 Alberta
Saskatoon,Aug. 1989
Mark Phillips, Ron Clark, John Mohr, David Bowie
WOMEN'S EVENTS

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

## Grande Prairie Piranha Swim Club <br> Grande Prairie, Alberta, Canada

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

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

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

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

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

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

Grande Prairie Piranha Swim Club
Box 1012,
Grande Prairie, Alberta, Canada, T8V 4 B5
Attn : Club President

## MEN'S CANADA GAMES MEDAL WINNERS

| 50 FREESTYLE |  |  |  |
| :---: | :---: | :---: | :---: |
| 1969 |  | not on program |  |
| 1973 | 0:24.79 Richard Zajchowski,PQ | 0:24.96 George Steplock, ON | 0:25.24 Gary MacDonald, BC |
| 1977 | 0:24.91 Stu Ballantyne, 16,BC | 0:24.94 Alan Swanston, ON | 0:25.12 Doug McNeill, 19,AB |
| 1981 | 0:24.17 Louis St.Laurent,22,PQ | 0:24.48 David Churchill, 18,0N | 0:24.49 Blair Hicken, 15,0N |
| 1985 | 0:24.18 Steve VanderMeulen,16,BC | 0:24.34 Tarek Raafat, 19,NB | 0:24.47 Hebert Henry,18,PQ |
| 1989 | 0:24.32 Erik Ede, 19,MB | 0:24.37 Taras Pawlowsky,19,PQ | 0:24.41 Derek Delong, 18,ON |
| 1993 | 0:23.84 Jason Lukeman,NS | 0:23.90 Martin Hebert,PQ | 0:24.04 Kris Fisher, ON |
| 1997 | 0:23.48 Simon MacDonald, 18,ON | 0:23.97 Robert Pettifer,20,BC | 0:24.17 Gordon Vatcher, 19.AB |
| 100 FREESTYLE |  |  |  |
| 1969 | 0:55.20 Raph Hutton, BC |  |  |
| 1973 | 0:55.61 Richard Zajchowski,PQ | 0:55.78 Ken Olson,SK | 0:56.11 Brent Foster,AB |
| 1977 | 0:54.09 Peter Szmidt, 18,PQ | 0:54.26 Chris Erickson, 18,BC | 0:54.74 Graham Welbourn,16,PQ |
| 1981 | 0:53.29 Jeff Sheehan, 16,AB | 0:53.42 Bob Ansell, 17,AB | 0:53.51 Wayne Kelly, 18,BC |
| 1985 | 0:52.87 Tarek Raafat, 19,NB | 0:53.02 Francois Dionne,20,PQ | 0:53.15 Steve VanderMeulen, 16,BC |
| 1989 | 0:52.62 Derek Devong, 18, ON | 0:52.73 Mark Phillips, 18,AB | 0:52.94 Sebastien Goulet, 19,PQ |
| 1993 | 0:52.77 lain Tennent,NF | 0:52.85 Martin Hebert,PQ | 0:52.90 Jason Lukeman,NS |
| 1997 | 0:52.47 Graham Duthie,19,BC | 0:52.70 Robert Pettifer,20,BC | 0:53.15 Alexandre Pichette, $20, \mathrm{PQ}$ |
| 200 FREESTYLE |  |  |  |
| 1969 | 2:02.10 Bob Kasting, AB |  |  |
| 1973 | 2:00.76 Pat McCloskey, AB |  |  |
| 1977 | 1:55.16 Peter Szmidt, $15, \mathrm{PQ}$ | 1:56.37 Chris Erickson, 18,BC | 1:57.22 Darrell Dean, 17,SK |
| 1981 | 1:54.83 Bob Ansell, 17,AB | 1:55.43 Wayne Kelly, 18,BC | 1:56.04 Chris Daly, 18,NF |
| 1985 | 1:54.71 Paul Szekula,16,PQ | 1:55.08 Raymond Brown, 16,0N | 1:55.11 Scott Flowers, 17,AB |
| 1989 | 1:53.95 Mark Phillips, $18, \mathrm{AB}$ | 1:54.91 Brett Regan, 18,BC | 1:55.38 Ron Clark, $20, \mathrm{AB}$ |
| 1993 | 1:53.28 Brett Regan,22,BC | 1:53.58 Jaret Abel, $19, \mathrm{BC}$ | 1:55.04 Simon Eberlie,18,ON |
| 1997 | 1:55.33 Simon deJong, 20, BC | 1:55.96 Robert Pettifer,20, BC | 1:56.05 Andrew Munro,19,0N |
| 400 FREESTYLE |  |  |  |
| 1969 | 0:00.00 Ron Jacks, BC |  |  |
| 1973 | 4:17.01 Michael Ker, BC | 4:19.43 Jim Fowlie,BC | 4:21.45 Bruce Rogers, ON |
| 1977 | 4:05.09 Peter Szmidt, $15, \mathrm{PQ}$ | 4:05.94 Darrell Dean, 17,SK | 4:08.88 Dennis Corcoran, ON |
| 1981 | 4:04.35 Steve Hayward, 18,0N | 4:06.42 Phil Blanchard,20,PQ | 4:07.08 Kevin Stapleton, 18,BC |
| 1985 | 4:01.81 Scott Flowers, 17,AB | 4:01.87 Brian Wasylowich,20,ON | 4:02.79 Paul Szekula,16,PQ |
| 1989 | 4:00.49 Paul Deshaies, 17,PQ | 4:01.88 Stan McLaurin, 18,ON | 4:03.44 Brett Regan, 18,BC |
| 1993 | 4:00.25 Jaret Abel,AB | 4:00.79 Brett Regan, BC | 4:02.01 Brett Creed, BC |
| 1997 | 4:03.78 Sam Lawson,18,BC | 4:04.06 Joseph-P. Richard,20,PQ | 4:06.26 Dan Lee,21,0N |
| 1500 FREESTYLE |  |  |  |
| 1969 |  | event not on program |  |
| 1973 | 17:10.88 Michael Ker,BC | 17:16.39 Bruce Rogers, ON | 17:27.10 George Nagy, ON |
| 1977 | 16:15.49 Peter Szmidt, 15,PQ | 16:17.19 Darrell Dean,17,SK | 16:26.20 Rob Baylis, 15,BC |
| 1981 | 16:05.28 Steve Hayward, 18,0 N | 16:15.93 Andre Theoret, 19,PQ | 16:17.77 Shane Esau,17,AB |
| 1985 | 15:52.58 Harry Taylor, 16, AB | 16:00.60 Brian Wasylowich,20,ON | 16:02.45 Fin Donnelly,19,BC |
| 1989 | 15:47.90 Paul Deshaies,17,PQ | 16:02.13 Robert Pearson, 19,PQ | 16:06.57 Stephen Baird, 16,ON |
| 1993 | 15:49.45 Liam Weseloh, ON | 15:58.56 Brett Creed, BC | 16:03.79 Dave Chisholm, ON |
| 1997 | 16:00.92 Sam Lawson,18,BC | 16;07.89 Tim Peterson, 18,BC | 16:11.18 Sebastien Guerard,21,PQ |
| 100 BACKSTROKE |  |  |  |
| 1969 | 1:03.20 Bill Kennedy, ON |  |  |
| 1973 | 1:01.16 Stephen Pickell,BC | 1:02.61 Doug Hogg, BC | 1:02.83 Rick Frame, ON |
| 1977 | 1:00.33 Dan Rogers, 18,0N | 1:01.34 Jay Tapp, 17,ON | 1:01.44 Wade Flemons, 17,BC |
| 1981 | 0:59.48 Daryl Banman, 17,AB | 1:00.37 Simon Witton, 17,ON | 1:00.73 Enie Salac, 17,0N |
| 1985 | 0:58.20 Kevin Draxinger, 18,BC | 0:59.06 Gary Anderson, 16, ON | 0:59.54 Mike Bushore, 16,AB |
| 1989 | 0:59.12 Rick Cosgrove, 19,PQ | 1:00.01 John Oram, 18,BC | 1:00.18 Stephen Hulford, 17,0N |
| 1993 | 0:57.76 Mark Versfeld, 17,AB | 0:57.99 Chris Renaud, 16,AB | 0:58.49 Kris Fisher, 17,ON |
| 1997 | 0:57.82 Riley Janes, 17,SK / 57.82 Ja | n Brockman, 18,AB | 0:57.96 Sean Sepulis,20, ON |
| 200 BACKSTROKE |  |  |  |
| 1969 | 2:17.30 Bill Kennedy, ON |  |  |
| 1973 | 2:14.71 Stephen Pickell,BC | 2:15.98 Donale Lowe, AB | 2:16.54 George Gross, ON |
| 1977 | 2:09.30 Dan Rogers, 18, ON | 2:12.17 Wade Flemons, 17,BC | 2:13.37 Jerome Powers, $16, \mathrm{PQ}$ |
| 1981 | 2:08.18 Daryl Banman, 17,AB | 2:10.13 Jean Guimond, 17,PQ | 2:10.41 Simon Witton,17,0N |
| 1985 | 2:03.39 Kevin Draxinger, 18,BC | 2:06.61 Gary Anderson, 16,0N | 2:07.88 Mike Bushore, 18,AB |
| 1989 | 2:07.65 Rick Cosgrove, 19,PQ | 2:09.12 Stephen Hulford, 17,0N | 2:09.63 Jasen Pratt, 16,AB |
| 1993 | 2:03.97 Chris Renaud, AB | 2:05.69 Mark Versfeld, $A B$ | 2:07.24 Shawn Button, ON |
| 1997 | 2:06.72 Mathew Leaker,20,0N | 2:06.82 Jason brockman, 18,AB | 2:08.73 Jamie White, 19, ON |
| 100 BREASTSTROKE |  |  |  |
| 1969 | 1:08.80 Bill Mahony, BC |  |  |
| 1973 | 1:10.22 Mel Zajac, BC | 1:11.34 Graham Smith,AB | 1:12.21 David Heinbuch, ON |
| 1977 | 1:08.23 Dave Miller,18,0N | 1:09.18 Greg Wurzbach, 17,PQ | 1:09.20 Gareth Luke, 19,NS |
| 1981 | 1:06.96 Andrew Cole,18,NS | 1:07.38 Paul Crehan,20,PQ | 1:08.21 Todd Gray, 17,0N |
| 1985 | 1:05.80 Darcy Wallingford, 18,0N | 1:07.89 Marco Cavazoni, PQ | 1:07.98 Steve Verseghy, 17,ON |
| 1989 | 1:06.41 Rodney Thomas, $21, \mathrm{ON}$ | 1:06.42 Kelvin Mortimer,20,BC | 1:06.67 Grey Fairley, 17,0N |
| 1993 | 1:05.32 Jean-N. Poirier, PQ | 1:05.81 Russell Patrick,AB | 1:06.12 Michael Moore, ON |
| 1997 | 1:04.78 Jason Flint,20,0N | 1:05.14 Michel Boulianne,19,QC | 1:05.41 John Stamhuis, 18,BC |
| 200 BREASTSTROKE |  |  |  |
| 1969 | 2:31.90 Bill Mahony, BC |  |  |
| 1973 | 2:31.56 Mel Zajac, BC | 2:33.15 David Heinbuch, ON | 2:34.04 Graham Smith,AB |
| 1977 | 2:27.95 Greg Wurzbach,17,PQ | 2:29.40 Steve Sproule,16, ON | 2:29.58 Gareth Luek, 19,NS |
| 1981 | 2:26.61 Paul Crehan,20,PQ | 2:26.82 Rob Chernoff, 16,SK | 2:26.85 Andrew Cole, 18,NS |


| 1985 | 2:24.01 Darcy Wallingford, 18,0N | 2:26.65 Glen Cairns, 18,BC | 2:27.75 Martin Tamme, 17,PQ |
| :---: | :---: | :---: | :---: |
| 1989 | 2:22.97 Rodney Thomas, $21, \mathrm{ON}$ | 2:23.38 Kelvin Mortimer,20,BC | 2:26.34 Bryce Milsom, 17,AB |
| 1993 | 2:22.95 Jean-N. Poirier, PQ | 2:23.57 John Grootveld, ON / 2:23 | 57 Edward Ng, BC |
| 1997 | 2:19.19 Jason Flint,20,0N | 2:22.38 Michel Boulianne,19,QC | 2:23.21 John Stamhuis,18,BC |
| 100 BUTTERFLY |  |  |  |
| 1969 | 1:00.00 George Smith, AB |  |  |
| 1973 | 0:59.27 Bob Duncan, BC | 1:00.00 John VanBuren, BC | 1:00.71 Doug Martin,ON |
| 1977 | 0:58.51 Butch Skulsky,22,AB | 0:58.71 Greg Hemstreet, 17,0N | 0:58.95 Dan Monfette,26,PQ |
| 1981 | 0:56.64 David Churchill,18,ON | 0:57.62 John Lyall,24,0N | 0:57.80 Bob Ansell, 17,AB |
| 1985 | 0:57.65 Frederic Chalut,19,PQ | 0:57.82 Mike Gurzi,16,ON | 0:58.02 Scott Flowers, 17,AB |
| 1989 | 0:56.65 Sebastien Goulet, 19, PQ | 0:56.85 Tim Schneider, 19,AB | 0:57.03 Andrew Boyd, 19,0N |
| 1993 | 0:56.17 Jonathan McLeod,SK | 0:56.54 lain Tennent,NF | 0:56.60 Jonathan Dean, BC |
| 1997 | 0:57.16 Douglas Browne,18,ON | 0:57.26 Yannick Demers,20,PQ | 0:57.31 Mark Welty, 17,AB |
| 200 BUTTERFLY |  |  |  |
| 1969 | 2:17.10 Ron Jacks, BC |  |  |
| 1973 | 2:11.83 Doug Martin, ON | 2:12.36 Bruce Rohers, ON | 2:16.97 John VanBuren, BC |
| 1977 | 2:09.20 Blair Tucker,17,NF | 2:09.24 Greg Hemstreet, 17,0N | 2:10.69 Dan Monfette,16,PQ |
| 1981 | 2:06.61 Shane Esau,17,AB | 2:07.45 David Churchill,18,0N | 2:07.69 Bernard L'Heureux, 18, PQ |
| 1985 | 2:04.27 Mike Meldrum, 17,AB | 2:05.27 Mike Gurz, 16,ON | 2:05.09 Frederic Chalut,19,PQ |
| 1989 | 2:04.45 Paul Block, $20, \mathrm{BC}$ | 2:05.93 Jean-P. Cote, 19,AB | 2:05.94 John Mohr,18,AB |
| 1993 | 2:03.61 Dino Verbrugge,18,BC | 2:04.09 Jonathan McLeod, 17,SK | 2:04.34 Dan Letourneau,17,PQ |
| 1997 | 2:06.21 Sebatien Poulin,17,PQ | 2:07.23 Douglas Browne, 18,0N | 2:07.62 Andrew Cho,19,BC |
| 200 INDIVIDUAL MEDLEY |  |  |  |
| 1969 | 2:15.20 George Smith, AB |  |  |
| 1973 | 2:16.44 Brad Shirley, BC | 2:17.94 John VanBuren, BC | 2:18.40 Bill Woodley, ON |
| 1977 | 2:12.21 Chris Erickson, 18,BC | 2:13.09 Steve Sproule, 16,0N | 2:13.54 Paolo Rodeghiero, 16,0N |
| 1981 | 2:08.87 Jeff Sheehan, 16,AB | 2:09.33 Dave Town,20,0N | 2:10.58 Scott Smith,20,AB |
| 1985 | 2:09.24 Gary Anderson, 16, ON | 2:09.49 Frederic Chalut,19,PQ | 2:09.56 Mike Meldrum, 17,AB |
| 1989 | 2:08.62 David Bowie,18,AB | 2:08.65 Grey Farley, 17,0N | 2:09.07 Ron Watson, $20, \mathrm{ON}$ |
| 1993 | 2:03.61 Dino Verbrugge, BC | 2:04.09 Joantahn McLeod,SK | 2:04.34 Dan Letourneau,PQ |
| 1997 | 2:08.10 John Stamhuis, 18,BC | 2:08.35 David Allard, 17,PQ | 2:08.60 Jeremy jaud, $20, B C$ |
| 400 INDIVIDUAL MEDLEY |  |  |  |
| 1969 | 4:53.50 George Smith, AB |  |  |
| 1973 | 4:50.68 Gary MacDonald, BC |  |  |
| 1977 | 4:41.82 Steve Sproule,16,ON | 4:43.36 Peter Szmidt, 15,PQ | 4:44.65 Rob Grundison, 19,BC |
| 1981 | 4:34.97 Dave Town,20,ON | 4:37.78 Darryl Banman, 17,AB | 4:38.15 Alix Wallingford, 17,ON |
| 1985 | 4:30.28 Raymond Brown,16,0N | 4:33.10 Frederic Chalut,19,PQ | 4:34.65 Mike Meldrum, 17,AB |
| 1989 | 4:29.37 Jasen Pratt, 16,AB | 4:29.46 Jean-P. Cote, 19, AB | 4:33.39 Bernard Lapierre,18,PQ |
| 1993 | 4:27.07 Mark Versfeld, 17,AB | 4:27.10 Jaret Abel, 19,AB | 4:29.51 Andrew Foulds, ON |
| 1997 | 4:30.43 Owen MacGregor,19,MB | 4:32.64 Kevin Dupuis, 19,NS | 4:32.65 Joe Meltom, 18,BC |
| 4x100 MEDLEY RELAY |  |  |  |
| 1969 | 4:08.80 Brtitish Columbia |  |  |
| 1973 | 4:05.40 British Columbia | 4:09.10 Ontario | 4:10.08 Alberta |
| 1977 | 3:59.24 Ontario | 4:04.20 British Columbia | 4:04.32 Quebec |
| 1981 | 3:56.12 Ontario | 3:57.95 Quebec | 3:58.62 Alberta |
| 1985 | 3:55.20 Ontario | 3:56.53 British Columbia | 3:59.09 Alberta |
| 1989 | 3:55.24 Quebec | 3:55.43 Ontario | 3:57.09 British Columbia |
| 1993 | 3:50.16 Alberta | 3:52.31 Ontario | 3:58.91 Nova Scotia |
| 1997 | 3:49.70 Ontario | 3:54.09 British Columbia | 3:54.38 Quebec |
| 4×50 FREE RELAY |  |  |  |
| 1969 |  | event not on program |  |
| 1973 | 1:40.22 British Columbia | 1:42.79 Quebec | 1:43.13 Alberta |
| 1977 | 1:39.51 Quebec | 1:39.98 Ontario | 1:40.00 Alberta |
| 1981 | 1:36.82 Alberta | 1:37.20 British Columbia | 1:37.76 Ontario |
| 1985 | 1:36.66 Ontario | 1:37.30 Quebec | 1:39.07 New Brunswick |
| 1989 | 1:35.36 Manitoba | 1:36.64 Alberta | 1:36.69 British Columbia |
| 1993 | 1:34.38 Alberta | 1:34.67 British Columbia | 1:34.96 Ontario |
| 1997 | 1:35.32 Ontario | 1:35.67 British Columbia | 1:35.85 Quebec |
| $4 \times 100$ FREE RELAY |  |  |  |
| 1969 | 3:48.00 Ontario |  |  |
| 1973 | 3:44.50 British Columbia | 3:45.56 Alberta | 3:50.05 Ontario |
| 1977 | 3:37.90 British Columbia | 3:38.21 Ontario | 3:40.70 Alberta |
| 1981 | 3:31.56 Alberta | 3:35.24 British Columbia | 3:36.37 Ontario |
| 1985 | 3:33.19 Ontario | 3:33.99 Alberta | 3:34.38 Quebec |
| 1989 | 3:29.71 Quebec | 3:31.39 Manitoba | 3:31.86 Ontario |
| 1993 | 3:29.46 Ontario | 3:30.34 British Columbia | 3:30.72 Quebec |
| 1997 | 3:30.73 Ontario | 3:32.17 British Columbia | 3:32.49 Quebec |
| $4 \times 200$ FREE RELAY |  |  |  |
| 1969 | 8:22.20 British Columbia |  |  |
| 1973 | 8:15.19 British Columbia |  |  |
| 1977 | 7:55.98 Quebec | 7:57.44 British Columbia | 8:00.86 Ontario |
| 1981 | 7:45.54 Alberta | 7:47.69 British Columbia | 7:48.74 Ontario |
| 1985 | 7:40.67 Alberta | 7:41.54 Ontario | 7:45.93 Quebec |
| 1989 | 7:39.56 Alberta | 7:39.89 Ontario | 7:24.21 Quebec |
| 1993 | 7:40.30 Ontario | 7:43.76 Alberta | 7:43.82 British Columbia |
| 1997 | 7:42.55 British Columbia | 7:44.80 Ontario | 7:47.15 Quebec |

## WOMEN'S CANADA GAMES MEDAL WINNERS

| 50 FREESTYLE |  |  |  |
| :---: | :---: | :---: | :---: |
| 1969 |  | event not on program |  |
| 1973 | 0:28.42 Gail Amundrud, ON | 0:28.76 Jill Qurik, PQ | 0:29.10 Andrea Kerr,MB |
| 1977 | 0:26.95 Johanna Malloy, $15, \mathrm{ON}$ | 0:27.35 Carol Klimpel, 14, ON | 0:27.46 Debbie Daigneault, 16,PQ |
| 1981 | 0:27.16 Pam Rai, 15,BC | 0:27.20 Cathie Griffin,15,ON | 0:27.33 Jennifer Cambpell, 15,ON |
| 1985 | 0:27.25 Valerie McLaren, $22, \mathrm{ON}$ | 0:27.42 Rhonda Mayes, AB | 0:27.53 Chantal Rouleau, 19,PQ |
| 1989 | 0:27.10 Sharon Turner, 16,BC | 0:27.13 Gabriella Kuntz, 16,PQ | 0:27.26 Erin Murphy, 19,MB |
| 1993 | 0:27.05 Anita Lee,BC | 0:27.18 Martine Dessureault,PQ / 2 | 27.18 Laura Nicholls, ON |
| 1997 | 0:27.09 Chrissy MacAulay, $14, \mathrm{ON}$ | 0:27.35 Janet Cook, 18,SK | 0:27.48 Inge Rooneem, $20, \mathrm{BC}$ |
| 100 FREESTYLE |  |  |  |
| 1969 | 1:02.90 Angela Coughlan, ON |  |  |
| 1973 | 1:01.71 Gail Amundrud, ON | 1:02.58 Gail Amundrud, ON | 1:02.95 Barbara Clark,AB |
| 1977 | 0:59.37 Johanna Malloy, 15,0N | 0:59.90 Susan Allen, 15,AB | 0:59.96 Carol Klimpel, 14, ON |
| 1981 | 0:58.37 Jennifer Campbell, $15, \mathrm{ON}$ | 0:59.21 Thonda Thomasson,17,BC | 0:59.22 Linda Sanders, 16,PQ |
| 1985 | 0:59.24 Sophie Dufour, 14,PQ | 0:59.78 Katherine Josey, 16, PE | 0:59.79 Andrea Schloegl, $17,0 \mathrm{~N}$ |
| 1989 | 0:57.84 Erin Murphy, 19,MB | 0:58.34 Sharon Turner, 16, BC | 0:58.81 Patricia Levesque, $15, \mathrm{PQ}$ |
| 1993 | 0:58.29 Glencora Maughan, BC | 0:58.45 Karen Chow, BC | 0:58.46 Michelle Killins, $18, \mathrm{ON}$ |
| 1997 | 0:58.90 Marsha Hamilton, 19, AB | 0:59.24 Janet Cook, 18,SK | 0:59.49 Shelley Babin,17,0N |
| 200 FREESTYLE |  |  |  |
| 1969 | 2:14.20 Angela Coughlan, ON |  |  |
| 1973 | 2:12.85 Gail Amundrud, ON |  |  |
| 1977 | 2:06.41 Susan Allen, 16, AB | 2:06.49 Susan Mason,17,NS | 2:09.02 Beth Carmichael,17,0N |
| 1981 | 2:05.10 Cheryl McArton, 15,0N | 2:05.38 Julie Daigneault,16,PQ | 2:05.93 Kathy Bald, 17,0N |
| 1985 | 2:04.39 Patricia Noall,14,PQ | 2:05.81 Lorraine Maisey, 17,BC | 2:07.03 Eissa Purvis,14,BC |
| 1989 | 2:05.87 Julie Barbeau,14,PQ | 2:06.01 Kim Paton, 17,0N | 2:06.63 Ein Murphy, 19,MB |
| 1993 | 2:04.02 Michelle Killins, 18,ON | 2:05.36 Alicia Hicken,18, ON | 2:05.47 Donna Wu, 15,BC |
| 1997 | 2:07.25 Karine Legault,19,PQ | 2:07.50 Marsha Hamilton, 19,AB | 2:07.51 Cara Lachmuth, 19.AB |
| 400 FREESTYLE |  |  |  |
| 1969 | 4:44.10 Angela Coughlan, ON |  |  |
| 1973 | 4:39.51 Wendy Quirk, PQ |  |  |
| 1977 | 4:22.67 Susan Mason, 17,NS | 4:24.57 Lorinda Parkes, 14,ON | 4:27.65 Lisa Matheson,16,SK |
| 1981 | 4:18.69 Cheryl McArton, 15, ON | 4:20.97 Karen Ward, 15, PQ | 4:22.37 Bronwyn Beatty, 16,SK |
| 1985 | 4:20.08 Sophie Dufour, 14,PQ | 4:20.82 Sara Frisby, 15,BC | 4:23.68 Eissa Purvis,14,BC |
| 1989 | 4:22.57 Erin Holland, 16,AB | 4:28.20 Jill Lakusiak,14,MB | 4:28.69 Brigitte Davidson,16,0N |
| 1993 | 4:20.61 Stephanie Richardson, ON | 4:21.92 Michelle Killins, ON | 4:25.02 Tanya Tighe,BC |
| 1997 | 4:23.25 Tanya Hunks, $16, \mathrm{ON}$ | 4:23.36 Karin Legault,19,PQ | 4:26.25 Julie Gravelle,17,ON |
| 800 FREESTYLE |  |  |  |
| 1969 |  | event not on program |  |
| 1973 | 9:33.53 Wendy Quirk, PQ | 9:43.11 Anne-M.Latta, ON | 9:46.84 Brenda Bourke,BC |
| 1977 | 9:01.31 Susan Mason, 17,NS | 9:06.64 Lorinda Parkes, $14,0 \mathrm{~N}$ | 9:09.66 Cathy DeGroot, 17,AB |
| 1981 | 8:54.27 Cheryl McArton, $15, \mathrm{ON}$ | 8:57.56 Bronwyn Beatty,16,SK | 8:57.89 Sandra Honour, 16,SK |
| 1985 | 8:49.98 Sophie Dufour, 14,PQ | 8:54.85 Sara Frisby, 15,BC | 8:59.42 Eissa Purvisw, 14,BC |
| 1989 | 8:54.23 Erin Holland, 16,AB | 9:07.28 Brigitte Davidson,16,ON | 9:08.55 Marla Dowdeswell, 15,SK |
| 1993 | 8:58.90 Stephanie Richardson, ON | 9:02.51 Michelle Killins, ON | 9:06.07 Stephanie Labelle,PQ |
| 1997 | 9:01.51 Karine Legault, 19,PQ | 9:08.49 Tanya Hunks, $16, \mathrm{ON}$ | 9:10.09 Cara Lachmuth, 19,AB |
| 100 BACKSTROKE |  |  |  |
| 1969 | 1:10.70 Donna-M. Gurr, BC |  |  |
| 1973 | 1:08.43 Becky Smith,AB | 1:10.32 Marlene Hartnell, BC | 1:10.96 Lynn Chenard, PQ |
| 1977 | 1:06.17 Lois Daigneault,16,PQ | 1:07.01 Jennifer Boulianne, 14,PQ | 1:07.40 Cathy Sheehan, 17,AB |
| 1981 | 1:05.39 Jennifer Campbell,15,ON | 1:05.66 Barb McBain,14,BC | 1:05.76 Reema Abdo, 18,0N |
| 1985 | 1:06.00 Caroline Teskey, 16, ON | 1:06.52 Manon Simard, 16,PQ | 1:06.71 Robyn Gyrlevich,16,SK |
| 1989 | 1:06.48 Nikki Dryden,14,BC | 1:07.44 Genevieve Paquette,18,PQ | 1:07.69 Cindy Mabee,20,BC |
| 1993 | 1:04.94 Christine Harris,22, ON | 1:05.03 Allison Bariscale, 17,BC | 1:05.16 Nadine Rolland, 18,PQ |
| 1997 | 1:06.12 Shauna McNally, $15, \mathrm{AB}$ | 1:06.29 Genevieve Noiseux, 17,PQ | 1:06.33 Sarah Lo,16,ON |
| 200 BACKSTROKE |  |  |  |
| 1969 | 2:29.00 Donna-M. Gurr, BC |  |  |
| 1973 | 2:30.45 Marlene Hartnell, BC | 2:31.62 Marlene Hartnell, $B C$ | 2:34.39 Barbara Clark,AB |
| 1977 | 2:21.30 Jennifer Boulianne, 14,PQ | 2:22.59 Suzanne Kwasny, 14,ON | 2:23.90 Nancy Nolan, 19, BC |
| 1981 | 2:20.20 Jennifer Campbell,15,ON | 2:21.90 Reema Abdo, 18,0N | 2:23.25 Lisa Dixon, 19,AB |
| 1985 | 2:20.34 Caroline Teskey, 16,0N | 2:22.00 Sophie Plante,PQ | 2:22.12 Janet McKetsy, 15,0N |
| 1989 | 2:21.90 Corinne Liedtke, 17,BC | 2:23.69 Rebecca Glennie,17,0N | 2:24.04 Rae Sears, $15, N B$ |
| 1993 | 2:17.28 Lisa Virgini, PQ | 2:18.50 Allison Barriscale, BC | 2:18.93 Karen Seland, $A B$ |
| 1997 | 2:20.06 Shauna McNally, $15, \mathrm{AB}$ | 2:20.15 Genevieve Noiseux, 17,PQ | 2:20.05 Amanda Marin,20,SK |
| 100 BREASTSTROKE |  |  |  |
| 1969 | 1:19.80 Jane Wright, ON |  |  |
| 1973 | 1:18.78 Sylvie Deschamps, PQ | 1:20.96 Karen Wimbush,ON | 1:21.78 Sandra Seath, $A B$ |
| 1977 | 1:16.30 Sheila Dezeeuw, 12,0N | 1:17.18 Marie-C. Beauchemin,14,PQ | 1:17.24 Licia Corbella, 14,BC |
| 1981 | 1:13.99 Anne Ottenbrite, 15,ON | 1:14.35 Kathy Bald, 17,0N | 1:17.24 Brenna Tymko,13,AB |
| 1985 | 1:12.89 Allison Higson, 12,0N | 1:13.33 Krista Burris,17,NB | 1:14.45 Genevieve Biron, $16, \mathrm{PQ}$ |
| 1989 | 1:13.82 Marianne Limpert, 16,NB | 1:14.09 Lisa Flood, 18,ON | 1:14.75 Chantal Pelland, 16,PQ |
| 1993 | 1:11.75 Willa Bostock, 14,ON | 1:11.84 Nancy Gravel, PQ | 1:13.08 Anne Blachford, ON |
| 1997 | 1:12.50 Lucy Mae Smith,15,PQ | 1:13.31 Melissa Dyson,13,AB | 1:13.42 Kristy Cameron, 16, ON |
| 200 BREASTSTROKE |  |  |  |
| 1969 | 2:55.40 Jane Wright, ON |  |  |
| 1973 | 2:48.86 Sylvie Deschamps, PQ | 2:49.70 Wendy Grant,MB | 2:52.51 Sandra Seath, AB |
| 1977 | 2:44.38 Sheila Dezeeuw,12,ON | 2:44.86 Licia Corbella, 14, BC | 2:46.99 Susan Allen, 16,ALB |
| 1981 | 2:37.72 Anne Ottenbrite, 15, ON | 2:43.32 Tammy Bakwill, 15, ON | 2:45.04 Kim Austin, 17,BC |


| 1985 | 2:38.88 Allison Higson, 12,0N | 2:41.05 Krista Buris, 17,NB | 2:43.39 Dina DeMarchi, 18, BC |
| :---: | :---: | :---: | :---: |
| 1989 | 2:41.24 Lisa Flood, 18,0N | 2:42.49 Tara Higgins, $18,0 \mathrm{~N}$ | 2:42.50 Chantal Pelland, 16, PQ |
| 1993 | 2:36.96 Willa Bostock, ON | 2:37.53 Rae Abbott,BC | 2:38.24 Nancy Gravel, PQ |
| 1997 | 2:38.10 Kristy Cameron,16,0N | 2:38.22 Lucy Mae Smith,15,PQ | 2:39.66 Sarah Lo,16,ON |
| 100 BUTTERFLY |  |  |  |
| 1969 | 1:07.50 Susan Smith, AB |  |  |
| 1973 | 1:08.29 Barbara Clark,AB | 1:08.56 Julie Bonner, ON | 1:08.77 Lynn Purdy,AB |
| 1977 | 1:05.03 Lori O'Hara, 14,ON | 1:05.60 Debbie Armstead, 15,AB | 1:06.04 Theresa Mazur,14,MB |
| 1981 | 1:02.85 Michelle MacPherson, 15,0N | 1:03.06 Pam Rai, 15, BC | 1:04.23 Kathy Doolan,18,ON |
| 1985 | 1:04.72 Ruth Horne,20,ON | 1:05.01 Anne Taylor,15,AB | 1:05.40 Patricia Noall,15,PQ |
| 1989 | 1:03.39 Jennifer Hutchison,17,PQ | 1:04.08 Eizabeth Hollihan, 16, ON | 1:04.20 Catherine Schier, 17,BC |
| 1993 | 1:03.08 Iona Allen,NS | 1:04.10 Anne Blachford, ON | 1:04.13 Josee Santillan, PQ |
| 1997 | 1:04.09 Sara Alroubaie,16,MB | 1:04.25 Melissa Laflamme, 15,PQ | 1:04.50 Judy Koonstra, 17,0N |
| 200 BUTTERFLY |  |  |  |
| 1969 | 2:30.80 Jeanne Warren, BC |  |  |
| 1973 | 2:30.78 Karen Nelson,AB | 2:30.86 Joanne DePape,MB | 2:34.32 France Latendresse, PQ |
| 1977 | 2:21.14 Susan Mason, 17,NS | 2:21.39 Lori O'Hara, 14, ON | 2:22.47 Michelle Coulombe,12,PQ |
| 1981 | 2:16.13 Michelle MacPherson, 15,0N | 2:16.99 Chantal Venne,16,PQ | 2:18.09 Kevyn Stafford, 17,BC |
| 1985 | 2:17.62 Sophie Dufour,14,PQ | 2:18.56 Anne Taylor,15,AB | 2:19.83 Linda Gardiner, 17,0N |
| 1989 | 2:18.06 Kristen Clark, 19,SK | 2:18.20 Jennifer Hutchison,17,PQ | 2:19.61 Catherine Schier, 17,BC |
| 1993 | 2:17.32 Josee Santillan,17,PQ | 2:20.18 lona Allen, 19,NS | 2:21.30 Jennifer Button, 15, ON |
| 1997 | 2:16.80 Sara Alroubaie, 16,MB | 2:18.10 Judy Koonstra, 17,0N | 2:19.07 Tanya Hunks,16,0N |
| 200 INDIVIDUAL MEDLEY |  |  |  |
| 1969 | 2:34.60 Donna-M. Gurr, BC |  |  |
| 1973 | 2:28.69 Becky Smith,AB | 2:30.63 Mimi Dancy, ON | 2:34.56 Sylvie Deschamps, PQ |
| 1977 | 2:24.91 Jody McPhee, 16,ON | 2:26.13 Licia Corbella, 14,BC | 2:27.80 Suzanne Kwasny, 14,0N |
| 1981 | 2:20.04 Kathy Bald, 17,0N | 2:24.07 Lisa Dixon, 19,AB | 2:24.71 Kim Vendette, 15,0N |
| 1985 | 2:22.54 Patricia Noall,14,PQ | 2:23.31 Caroline teskey, 16, ON | 2:23.89 Linda Gardiner, 17,0N |
| 1989 | 2:22.29 Marianne Limpert, 16,NB | 2:24.56 Jennifer Hutchison,17,PQ | 2:24.84 Gail Lorentz,18,AB |
| 1993 | 2:20.47 Iona Allen,NS | 2:21.07 Allison Barriscale,BC / 2:2 | 1.07 Anne Blachford, ON |
| 1997 | 2:22.98 Sara Alroubaie,16,MB | 2:23.13 Ariadne Legendre,20,PQ | 2:23.38 Kristy Cameron, 16, ON |
| 400 INDIVIDUAL MEDLEY |  |  |  |
| 1969 | 5:24.70 Jeanne Warren, BC |  |  |
| 1973 | 5:14.89 Becky Smith,AB | 5:21.18 Mimi Dancy,ON | 5:24.81 Karen Nelson,BC |
| 1977 | 5:05.45 Jody McPhee, 16,ON | 5:07.33 Jennifer Boulianne,14,PQ | 5:08.90 Susan Mason,17,NS |
| 1981 | 4:50.12 Michelle MacPherson, 15,0N | 4:58.60 Jennifer Campbell, 15,0N | 5:01.37 Bronwyn Beatty,16,SK |
| 1985 | 4:57.49 Patricia Noall,14,PQ | 4:57.78 Sara Frisby,15,BC | 4:59.88 Linda Gardiner, 17,0N |
| 1989 | 5:00.18 Tara Seymour,17,AB | 5:03.50 Kristen Clark, 19,SK | 5:04.22 Jocelyn Jay, 17,ON |
| 1993 | 4:57.07 Iona Allen,NS | 4:59.54 Allison Barriscale,BC | 5:01.41 Tania Belisle-Leclerc, ON |
| 1997 | 5:00.59 Tanya Hunks, 16, ON | 5:01.29 Sara Alroubaie, 16,MB | 5:03.19 Kelly Doody, 17,AB |
| $4 \times 100$ MEDLEY RELAY |  |  |  |
| 1969 | 4:43.40 Ontario |  |  |
| 1973 | 4:40.09 Alberta | 4:41.07 Manitoba | 4:42.34 Ontario |
| 1977 | 4:28.77 Quebec | 4:31.74 Ontario | 4:32.85 British Columbia |
| 1981 | 4:20.47 Ontario | 4:26.67 British Columbia | 4:28.27 Quebec |
| 1985 | 4:25.39 Quebec | 4:28.39 British Columbia | 4:30.88 New Brunswick |
| 1989 | 4:23.38 Quebec | 4:23.87 British Columbia | 4:27.55 Ontario |
| 1993 | 4:18.18 Quebec | 4:18.61 Ontario | 4:22.11 British Columbia |
| 1997 | 4:21.90 Alberta | 4:22.49 Ontario | 4:22.78 Quebec |
| $4 \times 50$ FREE RELAY |  |  |  |
| 1969 |  | event not on program |  |
| 1973 | 1:54.44 Quebec | 1:54.92 Alberta | 1:55.44 Manitoba |
| 1977 | 1:50.57 Quebec | 1:50.67 Ontario | 1:52.49 Alberta |
| 1981 | 1:47.03 Ontario | 1:49.31 British Columbia | 1:50.71 Quebec |
| 1985 | 1:48.78 Ontario | 1:49.60 Quebec | 1:50.07 Alberta |
| 1989 | 1:48.09 Quebec | 1:48.34 British Columbia | 1:48.94 Manitoba |
| 1993 | 1:47.92 Quebec | 1:48.01 Ontario | 1:48.34 British Columbia |
| 1997 | 1:47.42 Quebec | 1:47.62 Ontario | 1:49.81 Alberta |
| 4x100 FREE RELAY |  |  |  |
| 1969 | 4:15.00 British Columbia |  |  |
| 1973 | 4:10.84 Alberta | 4:11.10 Ontario | 4:12.26 Quebec |
| 1977 | 3:59.62 Ontario | 4:02.61 Quebec | 4:04.58 British Columbia |
| 1981 | 3:54.05 Ontario | 3:58.91 Quebec | 3:59.51 British Columbia |
| 1985 | 3:57.86 Ontario | 3:58.54 Quebec | 4:00.60 Alberta |
| 1989 | 3:56.55 Quebec | 3:58.19 British Columbia | 3:58.55 Manitoba |
| 1993 | 3:52.88 British Columbia | 3:53.52 Ontario | 3:55.95 Quebec |
| 1997 | 3:56.84 Quebec | 3:59.37 Alberta | 3:58.49 Ontario |
| 4x200 FREE RELAY |  |  |  |
| 1969 | 9:25.20 British Columbia |  |  |
| 1973 | 9:06.22 Ontario |  |  |
| 1977 | 8:38.31 Ontario | 8:41.58 Manitoba | 8:44.41 Quebec |
| 1981 | 8:21.41 Ontario | 8:33.51 Quebec | 8:35.12 British Columbia |
| 1985 | 8:28.25 British Columbia | 8:29.02 Quebec | 8:38.17 Ontario |
| 1989 | 8:32.88 Quebec | 8:33.73 Alberta | 8:37.13 Ontario |
| 1993 | 8:21.87 Ontario | 8:27.20 British Columbia | 8:33.09 Quebec |
| 1997 | 8:34.49 Ontario | 8:34.90 Quebec | 8:35.40 Nova Scotia |

## TINY OLYMPIC PROSPECTS

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

Total
175
191
366

## GIRLS EVENTS

## GIRLS 7\&U-200 FREESTYLE

Rec: 2:55.04 Donna Wu,AQUA,85

1) $3: 39.35$ Sarah Assi,PCSC
2) $3: 42.51$ Allison Beveridge,UCSC
3) 4:03.46 Lauren Lougheed, PSW
4) 4:03.49 Breanne Hart-Dowhun,OSC
5) $4: 07.27$ Isabelle Cloutier,PCSC
6) $4: 07.73$ Kari MacLeod,UCSC
7) 4:19.76 Roxan Canty-Currie,PCSC
8) $4: 31.40$ Katie Caldwell,PSW
9) $4: 50.16$ Queenie Wei,UCSC
10) $4: 52.11$ Viviana Zampetti,VPSC
11) $5: 05.60$ Patricia Pierse, EKSC
12) $5: 07.84$ Brooke Gallagher,PSW 13) $5: 09.84$ TatiannaZamozdra,PCSC
13) $5: 10.30$ Ashley Guerreiro,HYACK
14) 5:13.11 Stephanie Cassarato,PCSC
15) $5: 31.11$ Wylle Panet-Raymon,HYACK
16) $5: 36.43$ Stephanie Hillman,VPSC
17) $5: 41.24$ Katie Moore,VPSC
18) $5: 54.53$ Anna Nicol,VPSC
19) $5: 54.99$ Sarah McLeod,PCSC
20) $5: 57.33$ Emily Gerson,HYACK
21) 6:01.76 KendraWeir,HYACK
22) 6:08.16 Meagan Butters,PCSC
23) 6:17.41 Leor Laniode,VPSC
24) 6:32.00 Rachael Carich,PSW
25) 6:49.70 Allison Badger,UCSC
26) 7:01.68 Lauren Siarkowski,UCSC
27) $7: 20.94$ Emma Mittermaier,PSW
28) 7:37.27 BreannaKemps,PSW

## GIRLS 8-400 FREESTYLE

Rec: 5:49.44 Sandy Sabo,DDO,83

1) $6: 48.48$ Ashley McGregor,PCSC
2) $7: 28.20$ Saidye Assi,PCSC
3) 7:30.42 Lori Kremer,OSC
4) $7: 41.63$ Kyla Centomo,PCSC
5) 7:44.20 Amy Allan,PCSC
6) 7:46.55 Kate McCord,UCSC
7) 7:58.02 EmmaSproule,UCSC
8) $8: 00.35$ Haley Lippiatt,PCSC
9) $8: 17.67$ Anne Kerr,PCSC
10) $8: 26.83$ Valerie Vrionis,PCSC
11) 8:31.48 Haley Tierney,PCSC
12) $8: 38.20$ Natalie McCallum,UCSC
13) $8: 43.21$ Courtney Fry,OSC
14) 8:46.24 Michaela Schmidt,UCSC
15) 8:50.77 Laura Hossari,PCSC
16) $8: 53.43$ Olivia McMullen,PCSC
17) $8: 57.42$ Catherine Crepnjak,PSW
18) 9:13.58 Lynnaea Mulligan,PSW
19) $9: 20.70$ Alexandra Tully,VPSC
20) 9:27.14 Rachel Phillips,VPSC
21) $9: 36.03$ Sabrina Davis,UCSC
22) $9: 37.09$ Gloria Ho,VPSC
23) 9:43.27 Madison McAnerin,PSW
24) 9:51.49 Michelle Kryschuk,UCSC
25) 9:52.77 Nicole Lachance,EKSC
26) 9:54.57 Katie McLeod,PCSC
27) 10:31.50 Jenna Beaudry,VPSC 28) 12:07.40 Oliva Szpakowski,HYACK 29) $12: 32.00$ Cathalina Lu,PSW 30) $13: 53.00$ Emma Cosford, PSW 31) $16: 58.19$ Christina Juert,PSW 32) 19:30.21 Gheevan Dhesi,PSW

## GIRLS 9-800 FREESTYLE

Rec: 10:45.42 Julie Bodenbender,AQUA,88

1) 12:48.84 Maura Lavoie,OSC 2) $13: 05.20$ Kirstyn McCasey,OSHAC 3) $13: 43.34$ Deanna Mathhews,EKSC 4) $13: 46.52$ Kyra Lippiatt,PCSC 5) 14:02.40 Christine Bosse,PCSC 6) $14: 07.54$ T.J. Hebert,PCSC 7) $14: 21.02$ Kate Mittermaier,PSW 8) $14: 44.96$ Christina Tanninen, EKSC 9) 14:45.98 Tsue Andersen,EKSC 10) 14:49.69 Maxine Rist,PCSC 11) $14: 50.24$ Molly McCullough,PCSC 12) $14: 53.30$ Kristine Lawson,HYACK 13) $14: 55.23$ Grace Jauristo,VPSC 14) $15: 19.61$ Lindsey Moore,VPSC 15) $15: 57.31$ Kajsa Heyes,VPSC 16) $15: 58.27$ Allyson McGill,UCSC 17) 16:17.28 Kaylea De Jong,EKSC 18) $16: 34.09$ Tina Tam,VPSC 19) $16: 41.31$ Talia Ritondo,PCSC 20) 16:43.87 Kelsi Bouphasiri,UCSC 21) $16: 45.00$ Courtenay Catlin,HYACK
2) 16:52.15 Nicole Johnson,UCSC 23) 16:57.76 Sabrina Novack,PCSC 24) $16: 59.41$ Kylee Wilyman,ROD 25) 17:01.22 Leah Terhorst,ROD 26) 17:04.33 Anne Penner, UCSC 27) 17:08.31 Teresa Shiang,VPSC 28) 17:31.22 Madison Goldburger,PCSC 29) $17: 58.14$ Michelle Chan,VPSC 30) $18: 02.51$ Margarett Marak,PCSC 31) $18: 03.31$ K.C. Kunsang,PSW 32) 18:04.31 Andrea Temple,PSW 33) 18:11.00 Lydia Schramm,EKSC 34) $18: 18.26$ Sarah Stelte,OSC 35) 18:18.26 Karla Hillis,ROD 36) $18: 25.11$ Jordan Gardiner,VPSC 37) 18:30.28 Kate Kirkpatrick,VPSC 38) $18: 40.03$ Kathy Tran,OSC 39) $18: 48.37$ Samantha Bancescu,ROD 40) $18: 50.00$ Katie Yurkovich,EKSC 41) 19:29.20 Stephanie Chan-Lay,UCSC 42) 19:39.74 Kelsey Kilbach,ROD 43) 19:40.71 Jenica Montgomery,UCSC 44) 19:54.68 Erin Hillis,ROD 45) 20:42.78 Kimberly Meerse,PSW 46) 21:00.07 Quennie Lai,HYACK 47) 21:02.31 Lindsey Routledge,UCSC 48) 21:04.14 Nadia Bensari,UCSC 49) $21: 23.33$ Callista Flemming,ROD 50) $23: 06.00$ Catherine Cameron,EKSC 51) $23: 16.00$ Gina Nasseri,EKSC 52) 23:31.76 Hannah Iqbal,VPSC 53) 24:20.55 Ein Potter,PSW 54) 24:49.10 Johanna Steyn,VPSC 55) 26:17.70 Peggy Cho,HYACK 56) 27:14.01 Maddy Brazil,ROD

## GIRLS 10-1500 FREESTYLE

Rec: 19:12.09 Melanie Copple,AQUA,86

1) $22: 33.09$ Christine Edwards,VPSC
2) $22: 35.57$ Catherine Powell,PCSC
3) $23: 18.39$ Jemma Hinkley,PCSC
4) $23: 23.49$ Alexandra Centomo,PCSC
5) $23: 36.50$ Geneva Murphy, ROD
6) $23: 44.90$ Lisa Alibrando,PCSC
7) $24: 51.00$ PamelaKunyk,EKSC
8) $25: 07.10$ Scarlett Smith,VPSC
9) 25:14.12 Eeanora Dalling,VPSC 10) $25: 20.73$ Meghan Brockington,OSHAC 11) $26: 22.80$ Siobhan Newell,HYACK 12) $26: 45.67$ Lauren Mothersell,OSC 13) $27: 01.51$ Victoria Hanna,OSHAC 14) $27: 06.31$ Nicole Che,VPSC 15) 27:15.59 Nicole Vincent,OSC 16) $27: 56.59$ Lindsay Reed,PCSC 17) 28:01.87 Chrissy Panet-Raymond,HYACK 18) 28:30.80 Candace Bergmann,RAPID 19) $28: 32.50$ Alexandra Zatylny,PCSC 20) $28: 35.00$ Brielle Bukieda,EKSC 21) $28: 38.04$ Katie Beautilier,PCSC 22) 28:50.00 Daisy Jar, EKSC 23) $28: 52.86$ Jessie Olson-Heisler,UCSC 24) $28: 55.98$ Alex Williams,OSC 25) 29:08.04 Hilary Caldwell,PSW 26) 29:11.72 Victoria Roduta,OSC 27) 29:23.00 Eaine Jar,EKSC 28) 29:25.00 Adrienne Funk,EKSC 29) 29:40.00 Rebecca Britten,EKSC 30) $30: 00.80$ Christine de Nobrega, RAPID 31) $30: 03.76$ Maggie Siu,GGST 32) 30:06.54 Jenny McGuinness,UCSC 33) 30:28.10 YoussraZaki,PCSC 34) $31: 34.46$ Amy Hillis,ROD 35) $31: 52.80$ Nicolette Harbridge,RAPID 36) $32: 01.80$ Yvonne Cheung,RAPID 37) 32:40.00 Bobbie Melnichuk,EKSC 38) $33: 09.45$ Kirsten Armour,VPSC 39) 33:41.85 Sasha Sproule,UCSC 40) $33: 44.00$ Francesca Mariani,PSW
10) 33:47.72 Mackenzie King,ROD 42) $33: 49.70$ Michelle Russell,VPSC 43) $34: 07.00$ Eizabeth Forrester-C.,PSW 44) 34:45.57 Caitlin Kryschuk,UCSC 45) $35: 13.25$ Melissa Gosselin,UCSC 46) $35: 14.00$ Kayla Calfas,EKSC 47) $35: 45.06$ Ashley Pennington,ROD 48) 36:01.27 AmandaPalmer,UCSC
11) $36: 08.00$ Netanya Bushwesky,OSC
12) 36:08.92 Danielle Anderson, ROD
13) $37: 27.41$ Nicole Yeap,OSC
14) 38:39.39 Anne Meyer,OSHAC
15) $41: 12.49$ Sarita Good,PSW
16) 44:17.23 Katie Kenvielle,PSW
17) 48:12.00 Sandra Rijken,PSW
18) 53:27.00 Alyssa Jobb,HYACK
19) 60:35.00 Carolina Acevedo,HYACK

GIRLS 7\&U - 100 IND. MEDLEY
Rec: 1:28.46 DonnaWu,AQUA,85

1) $1: 57.84$ Katie Caldwell,PSW
2) $1: 57.94$ Allison Beveridge,UCSC
3) $1: 59.00$ Lauren Lougheed,PSW
4) $2: 06.89$ Sarah Assi,PCSC
5) 2:09.15 Queenie Wei,UCSC
6) $2: 10.97$ Kari MacLeod,UCSC
7) 2:15.06 Brooke Gallagher,PSW
8) $2: 16.80$ Ashley Guerreiro,HYACK
9) 2:18.62 Isabelle Cloutier,PCSC
10) $2: 24.69$ Roxan Canty-Currie,PCSC 11) $2: 26.73$ Breanne Hart-Dowhun,OSC 12) $2: 34.20$ Patricia Pierse,EKSC 13) 2:37.42 TatiannaZamozdra,PCSC 14) $2: 45.54$ Wylle Panet-Raymon,HYACK 15) $2: 50.40$ Emily Gerson,HYACK 16) $2: 51.07$ Sarah McLeod,PCSC 17) $2: 57.01$ Stephanie Cassarato, PCSC 18) $3: 00.16$ Viviana Zampetti,VPSC
11) $3: 00.37$ Kendra Weir, HYACK
12) 3:01.00 Rachael Carich,PSW
13) $3: 02.39$ Stephanie Hillman,VPSC
14) 3:11.44 Meagan Butters,PCSC
15) $3: 14.64$ Katie Moore,VPSC
16) 3:31.10 Leor Laniode,VPSC
17) $3: 33.66$ Anna Nicol,VPSC
18) 4:18.04 Allison Badger,UCSC
19) $4: 20.90$ Lauren Siarkowski,UCSC

## GIRLS 8-100 IND. MEDLEY

Rec: 1:27.52 Donna Wu,AQUA,85

1) 1:42.30 Ashley McGregor,PCSC
2) 1:43.69 Bryn Tod-Tims,WVOSC
3) $1: 48.83$ Valerie Vrionis,PCSC
4) 1:49.38 Amy Allan,PCSC
5) $1: 50.68$ Saidye Assi,PCSC
6) $1: 56.33$ Kate McCord, UCSC
7) $1: 56.95$ Kyla Centomo,PCSC
8) $1: 58.76$ Anne Kerr,PCSC
9) $1: 58.78$ Haley Lippiatt,PCSC
10) 2:01.78 Madison McAnerin, PSW 11) $2: 01.98$ Lori Kremer,OSC 12) $2: 06.49$ Natalie McCallum,UCSC 13) $2: 06.52$ Emma Sproule,UCSC 14) 2:07.11 Caroline Parsons,PCSC 15) $2: 07.57$ Sabrina Davis,UCSC 16) 2:08.89 Courtney Fry,OSC 17) 2:09.31 Alexandra Tully,VPSC 18) $2: 09.80$ Michaela Schmidt,UCSC 19) $2: 10.56$ Haley Tierney, PCSC 20) $2: 12.15$ Laura Hossari,PCSC 21) $2: 15.24$ Michelle Kryschuk,UCSC 22) $2: 18.86$ Katie McLeod,PCSC 23) $2: 20.22$ Kathleen D'Agunno,PCSC 24) $2: 21.74$ Rachel Phillips,VPSC 25) 2:25.07 Gloria Ho,VPSC 26) $2: 36.80$ OliviaMcMullen,PCSC 27) $2: 44.38$ Jenna Beaudry,VPSC 28) $2: 45.41$ EmmaCosford,PSW
11) 2:46.10 Anna Van De Leur,PSW
12) 3:00.88 Cathalina Lu,PSW
13) 3:19.20 Oliva Szpakowski,HYACK
14) 5:08.19 Nicole Lachance, EKSC

## GIRLS 9-200 IND. MEDLEY

Rec: 2:50.84 Leslie Dowson,WISC,88

1) $3: 12.99$ Kate Mittermaier,PSW
2) $3: 17.89$ T.J. Hebert,PCSC
3) $3: 19.14$ Deanna Matthews, EKSC
4) $3: 19.28$ Alexandra Cloutier,PCSC
5) $3: 19.57$ Kirstyn McCasey,OSHAC
6) 3:27.44 Kyra Lippiatt,PCSC
7) 3:32.32 Christine Bosse,PCSC
8) $3: 40.70$ Courtenay Catilin,HYACK
9) $3: 41.00$ Molly McCullough,PCSC
10) $3: 42.35$ Grace Jauristo,VPSC
11) $3: 42.77$ Tsue Andersen,EKSC
12) 3:44.71 Maxine Rist,PCSC
13) $3: 45.18$ Maura Lavoie,OSC
14) $3: 47.00$ Christina Tanninen,EKSC
15) $3: 48.89$ Allyson McGill,UCSC
16) $3: 54.15$ Leah Terhorst, ROD
17) $3: 54.91$ Kajsa Heyes,VPSC
18) $3: 55.81$ Kristine Lawson,HYACK
19) $3: 55.84$ Lindsey Moore,VPSC
20) 3:57.29 Talia Ritondo,PCSC
21) $3: 57.35$ Kelsi Bouphasiri,UCSC
22) $4: 02.46$ Teresa Shiang,VPSC
23) $4: 05.94$ Tina Tam,VPSC
24) 4:07.89 Eleni Rompotionos,PCSC
25) $4: 09.74$ Anne Penner, UCSC
26) 4:10.00 K.C. Kunsang,PSW
27) 4:11.25 Michelle Chan,VPSC
28) $4: 14.60$ Nicole Johnson,UCSC
29) $4: 14.79$ Sarah Stelte,OSC
30) 4:15.27 Jordie Dollinger,PCSC
31) $4: 16.44$ Sabrina Novack,PCSC
32) $4: 16.59$ Erin Hillis,ROD
33) $4: 17.22$ Kylee Wilyman, ROD
34) 4:19.73 Margarett Marak,PCSC
35) 4:20.00 Kaylea De Jong,EKSC
36) $4: 20.54$ Sofie Agger,WVOSC
37) $4: 23.05$ Madison Goldburger,PCSC
38) $4: 26.85$ Karla Hillis,ROD
39) $4: 28.00$ Katie Yurkovich,EKSC
40) $4: 30.00$ Lydia Schramm,EKSC
41) 4:33.62 Andrea Temple,PSW
42) 4:34.54 Samantha Bancescu,ROD
43) 4:36.51 Jenica Montgomery,UCSC
44) $4: 38.43$ Stephanie Chan-Lay,UCSC
45) $4: 51.22$ Jordan Gardiner, VPSC
46) $4: 55.92$ Kelsey Kilbach,ROD
47) 4:57.67 Kate Kirkpatrick,VPSC
48) 4:58.20 Lindsey Routledge,UCSC
49) $4: 58.97$ Kathy Tran,OSC
50) 5:03.60 Kimberly Meerse,PSW
51) 5:24.46 Callista Flemming,ROD
52) 5:28.40 Dana Margittai,HYACK
53) 5:36.52 Hannah Iqbal,VPSC
54) $5: 40.55$ Nadia Bensari,UCSC
55) 5:55.57 Maddy Brazil,ROD
56) 6:02.00 Quennie Lai,HYACK
57) 6:12.00 Gina Nasseri,EKSC
58) 6:19.28 Johanna Steyn,VPSC
59) 6:28.20 Peggy Cho,HYACK
60) 6:29.00 Catherine Cameron,EKSC

## GIRLS 10-400 IND. MEDLEY

Rec: 5:36.76 Stephanie Shewchuk,PCSC,85

1) 6:14.30 Melissa Larocque,PCSC
2) 6:28.35 Catherine Powell,PCSC
3) 6:37.16 Jemma Hinkley,PCSC
4) 6:37.63 Alexandra Centomo,PCSC
5) 6:42.18 Christine Edwards,VPSC
6) 6:43.83 Lisa Alibrando,PCSC
7) 6:46.00 PamelaKunyk,EKSC
8) 6:47.76 Meghan Brockington,OSHAC
9) 6:55.40 Alex Williams,OSC
10) 7:01.90 Eeanora Dalling,VPSC
11) $7: 04.89$ Scarlett Smith,VPSC
12) $7: 05.33$ Siobhan Newell, HYACK
13) $7: 07.49$ Tanya Hurtubise,PCSC
14) 7:10.62 Nicole Vincent,OSC
15) 7:13.67 Victoria Hanna,OSHAC
16) $7: 20.00$ Kirsten Munro,PSW
17) 7:20.60 Candace Bergmann,RAPID
18) $7: 29.28$ Lindsay Reed, PCSC
19) $7: 33.13$ Nicole Che,VPSC
20) $7: 34.00$ Brielle Bukieda,EKSC
21) $7: 35.90$ Hilary Caldwell,PSW
22) 7:44.00 Eaine Jar,EKSC
23) 7:45.00 Daisy Jar,EKSC
24) $7: 50.00$ Adrienne Funk,EKSC
25) 7:51.09 Lauren Mothersell,OSC
26) 7:53.40 Emmanuelle Beaulieu,PCSC
27) $7: 53.93$ Victoria Roduta,OSC
28) 7:55.07 Chrissy Panet-Raymond,HYACK
29) $7: 56.51$ Alexandra Zatylny,PCSC
30) 7:58.01 Brittany Vader,OSC
31) $8: 07.30$ Christine de Nobrega, RAPID
32) $8: 13.50$ Rebecca Britten,EKSC
33) $8: 14.37$ Katie Beautilier,PCSC
34) 8:24.35 Jessie Olson-Heisler,UCSC
35) $8: 26.00$ Francesca Mariani,PSW
36) $8: 29.80$ Nicolette Harbridge,RAPID
37) 8:30.00 Bobbie Melnichuk,EKSC
38) $8: 31.82$ Anne Meyer,OSHAC
39) $8: 33.88$ Charlotte Dolan,HYACK
40) 8:39.97 Sophie Bechard,UCSC
41) $8: 40.49$ YoussraZaki,PCSC
42) 8:41.01 Amy Hillis,ROD
43) 8:44.38 DaniellaBustos,OSC
44) 8:45.69 Jenny McGuinness,UCSC
45) 8:46.10 Michelle Russell,VPSC
46) 9:04.13 Sasha Sproule,UCSC
47) 9:10.38 Mackenzie King,ROD 48) 9:13.00 KaylaCalfas,EKSC 49) $9: 22.10$ MOLLY GROVE,EKSC 50) $9: 27.08$ Netanya Bushwesky,OSC 51) 9:32.06 Danielle Anderson,ROD 52) 9:35.37 Melissa Gosselin,UCSC 53) 9:48.22 Caitlin Kryschuk,UCSC 54) $9: 50.91$ Nicole Yeap,OSC 55) 9:58.35 Chelsea Zuber,VPSC 56) 10:10.28 Dana Todd,HYACK 57) 10:21.56 Kirsten Armour,VPSC 58) $10: 27.07$ Ashley Pennington, ROD 59) 10:29.21 Erin Ennis,ROD 60) 10:42.15 Amanda Palmer,UCSC 61) 11:32.30 Adrienne Findlay,EKSC

## BOYS EVENTS

## BOYS 7\&U-200 FREESTYLE

Rec: 2:50.36 Joshua Hammervold, UCSC, 97

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

BOYS 8-400 FREESTYLE Rec: 5:22.65 Doug Wake,YLSC,86

1) $6: 40.00$ Matthew Emory,PCSC
2) $7: 31.00$ Jason Lai, EKSC
3) $7: 42.14$ Thomas Jirasek,PCSC
4) 7:44.79 Ryan Symonyik,PCSC
5) $7: 53.24$ Michael Dionisi, PCSC
6) $7: 54.10$ jackson Forsythe,VPSC
7) $7: 54.38$ Trevor Ayre,PCSC
8) $8: 19.28$ Tanner Fisher,OSC
9) $8: 28.51$ Thomas Wagner,UCSC
10) 8:47.48 Vincent Czyz,UCSC
11) $8: 51.91$ Michael Blumenthal, PCSC
12) 9:04.76 Daniel Daly-Grattein,VPSO
13) 9:06.08 Connor Caborn,VPSC
14) $9: 28.50$ Jeffrey Yeh,VPSC
15) 9:29.81 Derek Ostrom,UCSC
16) $9: 52.31$ Dylan Rush,UCSC
17) 9:52.41 Anthony Mak,UCSC
18) 9:59.43 Robert Eggen,UCSC
19) 10:01.19 Brandon Reed, PCSC
20) 10:01.41 Zoltan Havas, OSC 21) $10: 16.30$ Eric Grehan, EKSC 22) 10:16.60 Grant Jones,VPSC 23) $10: 18.81$ Alex King,VPSC 24) 10:21.00 trevor Morrison,HYACK 25) $10: 24.80$ Colin Findlay,EKSC 26) 10:29.40 Chris Debiller,PCSC 27) $10: 48.50$ Calvin $\mathrm{H}_{0}$,EKSC 28) 10:59.89 Reid White,EKSC 29) $11: 02.21$ Joshua Chua,UCSC 30) 11:02.40 Simon Minster,VPSC 31) 11:16.21 Sam Hardwicke-B.,EKSC 32) 11:27.00 Rory Hislop,PSW 33) 11:34.00 Mitchell Mueller,PSW 34) 11:36.27 Taylor Riar,EKSC 35) 12:18.74 Michael McCulloch,UCSC 36) 12:40.00 Eugene Ho,PSW 37) 12:55.52 Nicholas Chow,HYACK 38) $13: 08.90$ Isaac Stoddard,VPSC 39) 13:25.30 Steve Choi,HYACK 40) 13:45.81 Jordan Strand, UCSC 41) 14:11.89 Michael Huang,HYACK 42) $14: 30.97$ Joey Bogle,UCSC 43) 17:16.39 Michael Smith,UCSC

## BOYS 9-800 FREESTYLE

Rec: 10:27.10 Doug Wake, YLSC,86

1) $12: 07.50$ Karl Wolk,EKSC
2) $12: 33.73$ Josh Botelho,PCSC
3) $12: 53.21$ Marlow Nicol,VPSC
4) $12: 59.48$ Thomas Rae,PSW
5) 13:12.80 David Dotan,RAPID
6) $13: 31.70$ Aaron Blumenthal, PCSC
7) $13: 59.18$ Sammy Zayed,PCSC
8) $14: 04.58$ Michael Luck,PCSC
9) $14: 08.14$ Christian Savu,PCSC
10) 14:10.71 Nils Smit-Anseeuw,PSW
11) $14: 15.50$ Kelvin Cheung,RAPID 12) 14:23.60 David Leitch,RAPID 13) $14: 55.26$ Brandon Chan,EKSC 14) $15: 26.46$ Angus Straight,VPSC 15) 15:30.71 Wayland Chang,VPSC 16) 15:58.26 Malcolm Mitton,VPSC 17) 16:01.43 Troy Peakman,PSW 18) 16:02.25 Geoffrey Steventon,PCSC 19) 16:03.28 Ei Lubbel,PCSC 20) $16: 45.43$ Neils Peter,PCSC 21) 17:00.00 Jared Cathro,EKSC 22) 17:01.55 Martin Laurent,EKSC 23) 17:03.64 Joshua MacDonald,PSW 24) 17:29.14 Mark Thomas,ROD 25) 17:53.25 Alastair Nicol,ROD 26) $18: 38.51$ Josh Tate,OSHAC 27) $18: 48.00$ Nathan Ozee,HYACK 28) 19:05.12 Josh Martin,VPSC 29) 19:09.40 Stefan Tihanyi,PCSC
12) 19:17.12 Ahmed Zaki,PCSC 31) 19:18.00 Mark Stewart,PSW 32) 19:21.80 Daniel Cormeau,UCSC 33) $20: 09.05$ Michael Siarkowski,UCSC 34) $21: 02.00$ Bryon Tse,HYACK 35) $21: 02.00$ Kishen Raja,PSW 36) $21: 17.00$ Andrew Carmichael, HYACK 37) 21:26.42 Ilusha Suchinev,OSC 38) $21: 34.00$ Grady Edge,PSW 39) $22: 23.00$ James Choi,HYACK 40) $22: 24.00$ Albert Kozak, PSW 41) $22: 45.00$ Brian Yim,HYACK 42) $23: 04.35$ Alex Tarras,UCSC 43) $23: 54.91$ Andres Acevedo, HYACK 44) $24: 06.00$ Clay Abougoche,EKSC 45) 24:12.00 Michael Lu,PSW 46) 25:13.00 James Jarvis,PSW 47) 25:33.13 Jonathan Chan,UCSC 48) $26: 29.52$ Gus Tsang,HYACK 49) 27:26.57 Sacha Shams,PSW 50) $35: 26.00$ Jamie Cluff,PSW

## BOYS 10-1500 FREESTYLE

Rec: 18:41.93 Michael Cakins, VICO,89

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

## BOYS 7\&U- 100 IND. MEDLEY

Rec: 1:29.77 Andrew Bignell,SSMAC,91

1) $2: 17.17$ Nicholas Petrusev,UCSO
2) 2:21.08 Eric Johnson, UCSC
3) $2: 28.98 \mathrm{Mac}$ Williams, OSC
4) $2: 29.39$ Martin Burke,UCSC
5) 2:35.31 Luke Peddie,OSC
6) 2:46.40 Matthew Kratzman,EKSC
7) 2:47.02 Sam Hogg,VPSC
8) $2: 53.76$ Ryan Bailey,PSW
9) 4:00.01 Nicholas Newman,HYACK
10) $4: 17.00$ Alex Jobb,HYACK
11) $5: 14.00$ Braxton Jager, HYACK

## BOYS 8 - 100 IND. MEDLEY

Rec: 1:21.38 Andrew Bignell,SSMAC,92

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

## BOYS 9-200 IND. MEDLEY

Rec: 2:41.91 Tobias Oriwol,PCSC,95

1) $3: 09.40$ Karl Wolk,EKSC
2) $3: 12.06$ Marlow Nicol,VPSC
3) $3: 12.28$ Thomas Rae, PSW
4) $3: 25.39$ Aaron Blumenthal, PCSC
5) $3: 26.61$ Josh Botelho,PCSC
6) 3:27.49 Benjamin Christie,WVOSC
7) $3: 33.38$ Nils Smit-Anseeuw,PSW
8) $3: 35.27$ Michael Luck,PCSC
9) $3: 40.29$ Christian Savu,PCSC
10) 3:42.66 Sammy Zayed,PCSC
11) $3: 42.69$ Joshua MacDonald,PSW
12) $3: 44.26$ Brandon Chan,EKSC
13) $3: 44.69$ Troy Peakman,PSW
14) 3:44.80 David Leitch,RAPID
15) 3:49.50 Kelvin Cheung, RAPID
16) 3:52.81 Wayland Chang,VPSC
17) $3: 53.60$ Alastar Nicol, ROD
18) $3: 55.92$ Neils Peter,PCSC
19) $3: 59.50$ Michael Leblanc, PCSC
20) 4:01.47 Ei Lubbel,PCSC
21) 4:04.00 Jason Lai, EKSC
22) $4: 05.89$ Angus Straight,VPSC
23) 4:07.04 Geoffrey Steventon,PCSC
24) $4: 07.60$ Andrew Jarvis,WVOSC
25) 4:09.76 Josh Tate,OSHAC
26) $4: 12.11$ Malcolm Mitton,VPSC
27) 4:12.33 Alex Zhang,PCSC
28) $4: 17.76$ Nathan Ozee,HYACK
29) 4:31.16 Ilusha Suchinev,OSC
30) 4:32.42 Stefan Tihanyi,PCSC
31) $4: 32.46$ Ahmed Zaki,PCSC
32) $4: 36.03$ Mark Thomas, ROD
33) $4: 38.40$ Fraser Phillips,EKSC
34) $4: 38.44$ Martin Laurent,EKSC
35) 4:38.80 Michael Parson,PCSC
36) 4:43.26 Daniel Cormeau,UCSC
37) $4: 53.53$ Kishen Raja,PSW
38) $5: 02.33$ Josh Martin,VPSC
39) 5:07.20 Marc Grehan,EKSC
40) 5:08.63 Grady Edge,PSW
41) $5: 17.78$ Michael Siarkowski,UCSC
42) 5:20.70 Andrew Carmichael, HYACK
43) $5: 27.00$ Albert Kozak, PSW
44) 5:32.12 Calvin Ho,EKSC
45) 5:35.65 Jamie Cluff,PSW
46) 5:48.88 Michael Lu,PSW
47) 5:50.01 Andres Acevedo,HYACK
48) 5:54.00 Bryon Tse,HYACK
49) 5:55.44 Sacha Shams,PSW
50) 6:02.00 Jared Cathro,EKSC
51) 6:03.78 Reid White,EKSC
52) 6:04.10 James Choi,HYACK
53) 6:35.12 Clay Abougoche,EKSC
54) 6:45.16 Alex Tarras,UCSC
55) 6:48.37 Sam Hardwicke-B.,EKSC
56) 6:59.23 Taylor Riar,EKSC
57) 7:08.47 Vlad Tkachenko,HYACK
58) 7:26.50 Gus Tsang,HYACK
59) 7:41.19 Jonathan Chan,UCSC

## BOYS 10-400 IND. MEDLEY

Rec: 5:29.10 Tobias Oriwol, PCSC,96

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

## BACKWASH

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

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

Ilikedyourarticleon "FixingWhatIsn'tBroken." I also feel Ron Jacks is one of the best coaches in Canada and in the world. Why not hire him or put somemoneyinto hisprogram andlethim develop the club-level athlete? I don't like the idea of taking a swimmer out of their home environment and away from the person who has done the basic work.

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

Creating more thana ripple:I havejustreturmed from a meet in Phoenix with the Canadian National Team for swimmers with a disability. It was US Nationalsandourteam swam exceptionally. However, there is no mention of this meet anywhere on your websiteandIassumethatitisdeliberateon yourbehalf as there was no mention of the Paralympics Games as well.

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

Every member of the national SWAD team is also a memberof an able bodied club. All of them compete in able bodiedcompeditionsaswell. Thisisan element of Canadian swimming much thesameas open water swimming, and I fail to understand why you do not recognize it.

Tom Hainey
Head Coach, Manta Swim Cub
Winnipeg, MB

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

WhileSWIMEWStriestocoverswimmingaround the world, we do not claim to be able to cover all swimming. We do not normally cover Masters swimming for the most part, but are happy to post Mastersnews andmeetresultswhen theyaresenttous. We do not cover Fin Swimming or Open Water for the mostpart, butlikeMasters, wearehappyto postreports and results. The same goes for SWAD Swimming. While we do notspecifically cover eventsfor SWAD, we are always happy to post results and reports that are sentto us.

Yourcomplaintsaboutany coveragethat we have area littlebit unfair. First, there arejusttwo of uswho work on both the magazine and the website, and not even full time at that. We do not claim to be able to covertheseextraaspectsofthesportlikeSWAD because we simply do not have the experience or theresources to do so.

However, with that said, I will say that we also don'tcoverthingslikeNCAAswimming, howeverevery year I get complaints from Canadian college coaches asking why we don't cover their meets. The fact of the matteristhat, with onlytwo peopleand several freel ance witers, we can only cover a fewevents. Onganizations liketheNCAAand theUSCollegesareveryprofessional in the way they support their sports. They have their own staff writereportson theeventsandemail them to usdaily. We are always happy to get these reports and post them whenever possible. We have talked to and encouraged the CIAU coaches to do the same thing, and we make every effort to post reports and results from their meets.

The same applies for our coverage of SWAD. Whenever wearesentreports and resultswe are happy to postthem. With thatsaid, I can then say "Whereare thereports?" No onesentus anyinformation from the meet this weekend, not one report or result. You were there. Did you think of sending us any information other than thisemail aboutour lack of coverage?I can assureyou thatifyou did, itwould havebeen published on our website.

Atterreceivingyouremail I wentto the Swimming Canada website and noticedthatthey did haveareport but theynever sentus any. Although $I$ can say that the Scottish Championshipswereon thisweekendin Great Britain, and we did get reports and results every day. Funny how that happens.

This is not the first time Swimming Canada has not sent us information about events in Canada or other parts of the world. In the past, after repeated requests by both email, phone, and even in person, SwimmingCanada has refusedto putus on a mailing list for media information. Whether it's Canadian Nationals or Joanne Malar's retirement news
conference, they make sure not to send us any information. Yet if a swimmer on the National team moves, wearesentan addressupdatefortheirmagazine subscription immediately. This happens every week.

Some peopledon'twantusto cover the sport here in Canada so that we become somewhat irrelevant to theCanadian audience. Itseemsto bepart of theplan. They don't want an independent voice to cover the sport in this country. They have taken many of our suggestions and implemented them, but haverefused to try to work with us or cooperate in any way. If they had reports on the SWAD swimming in Phoenix, why don'tyou ask them why we werenever sent thereports or results?

It'salwaysfunnyto usthatthey can getreportson swimming out to all the media in Canada but never send them to us.

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

While we don't attempt to claim to cover SWAD swimming, we would always be happy to post reports andresultsaswedowith Mastersand collegeswimming.

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

Also keep in mind that we are an independent organization with nosupportfirom Ottawa whatsoever. Whatlittlesupportwedidhave wasfor TAG, which was just cut by Ottawa.

Wehaveto coverwhatis of interestto the broadest audience- thisappliesmainlyto theprintmagazine since space is so limited and so expensive. We are not funded to cover these meets and report on them. No one covers the expenses, airline tickets, meals, hotel, and salaries. Thesearereal issues that we have to deal with in our budgetsfor our month-to-month survival.

Most swimming publications in most countries actually do not exist without financial help from the federations because the sport is just too small. SWIMNEWShasbeen aroundfor27 yearsandisone of only two publications that have survived this long. Swimming is a small business and a hard business to survive in.

In thefuture, ifyou wouldreallyliketo helpSWAD swimming, why don'tyou consider covering the event not only from your coach's perspective but also with theidea of producingareportoneach day'seventfrom poolside. This would accomplish two things. It would getSWAD the coverage you desireanditwouldhelp the sport in a real way, by covering it!

Wewould be happyto help in anywaypossibleby offering suggestions and advice, and would be happy to post the reports and results on our website.

Maroo Chiesa
SMIMEWSBusiness Manager
Marco: Thanks for getting back to me so quickly
andwith such detail. I will takeyou up on the offerto send you results especially from such an important meet. I may have been mistaken, but I was lead to believe that SMMNEWSfelt that any focus on SWAD swimming was a detriment to high-performance swimming in Canada. As you may havenoticed, USS alsogavethemeetincrediblecoverageandSwimming World was on thepool deck and in fact gaveKirby an interview.

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

SWADswimmingispartoftheswimmingculture now, and with the US finally getting on board, itwill only become more relevant.

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

I am the head coach of a large Canadian club. The most recognized female athlete in this province rightnowisKirbyCote. Hersuccessin Sydneybrought more attention to our club and swimming than anything else. We are bringing more and more swimmersinto our program becauseof her, and that isgoodforCanadianswimming.Oneofourswimmers mayendup on the cover of yourmagazineas a result of the influence of Kirby. How is that for relevance?

Thanks again
Tom Haney
PS: Wewill continueto supportSMMNEWSaswe have in the past.

Editor:I recentlyhadachanceto readoverthelatest issue of SWIMNEWS in between representing this country proudly and preparing well for this month's upcomingWorldAquaticChampionships. Asaveteran national team member, I would like to offer my insight towards what seems to be the topic of conversation in your Backwash section. Over the courseof the lastfewmonthsespecially, I have heard many different opinions. These views have pointed out everything, including a critical analysis of the ineffectiveness/ effectiveness of SNC over the last two quadrennials. Through all of this I have listened to what seems to be the assessments of "disgruntled employees," both past and present.

I believe myself to be a true fan of the sport and I havetwofeelingstowardsthedialoguetaking place. The first one is of annoying displeasure, and the second is of puzzlement and how these issues will affect me and Canada's swimming future. While reading the comments of some of Canada's pastand present coaches, I hear very little of optimism and change. It seems that everyone, including the editor of this magazine, has nothing positive to say about Canadian swimming anymore! Irememberbeing an age group swimmer in MooseJawreceiving SMMin the mail once a month. Like every swimmer, I was ecstatic to see my namein the TAG rankings, as well as being anxious to hear about some of the activities taking place within Canadian swimming. From watching Alex Baumann on television during his "Get Cracking" campaign to Sandy Goss eaming a silver medal with an amazing 100 freestyle split, I have learned to love and appreciate the accomplishments of Canadians. It is only now in recentyears, with thearrival of thispublication'snew international format, that we as parents, coaches, andmostimportantlyswimmershavelostsightofthe actionsthatpositively affecttheCanadian swimming communityand arefocused moreon what the rest of the world is doing. It is my belief that following the world's best swimming is important, but not at the expense of Canada's swimming future.

A great example of this was this year's postOlympicissue.Ifitwasn'tbeingcritical ofsomeof the SNC administrative decisions made, it surely wasn't appreciating the hard work and pefformances of me and my teammates. For instance, Curtis Myden is arguably the greatest Canadian swimmer ever. Not only has he achieved multiple podium finishes in both the 1996 and 2000 Olympic Games, in an era of outstandingdepth andmiraculousperformances, he has accomplished these accolades cleanly in a world of increasedperformanceenhancement. Through all of this, hispicturein thismagazine wasthesize of my thumb. Whatajokeandan injusticetoCurtis! Itismy view that if this publication was $100 \%$ supportive of Canadians, Curtiswould havebeen on the cover. I'm notgoing todeny thatI enjoyreading resultsfrom all over the world, becauseI feel it's important to watch your competition, and the SWMNEWSformat does that. I justfeel thatithaslosttouch and perspectiveon what makes Canada a great country to swim in. It's time to move forvard and to indulge in change! It's timetoleave thepastbehind, whilealways respecting theforefathers of oursportlike Howard Firby. Itismy view that when an age grouper comes home to find this magazine in the mail, he/she should be able to read a section promoting Canadian swimmers and coaches. I would want to know the secrets of success from theCAMO program in Montreal, as well as what 2004 prospects Tobias Oriwol and Brian Johns are
doing in their training and how their coaches Kevin Thorburn and Craig McCord play an instrumental role in their development. Why can't we move in a positivedirection?Thismagazinecan beacatalystfor this movement.

This brings me to last issue's topic of concem being the elimination of SNC funding towards this monthly publication. The views that have been expressed have manyvalid points, but let's notforget the SNC perspective. SNChas found another product toworkasanational databasefortheresultssubmitted acrossthecountry. SNCfeelsthat thisnewtechnology is more effective, andwith that in mind, theymadea businessdecision thattheywanttofollow.SMMNEWS ownsthe TAG logo rights, soifitwantsto continue to publish, it can. SNC is not preventing this! If money is the issue, maybe SWIMEWS could promote Canadian swimming more and then its national subscription ratewouldgoupandhelpoffsetthecosts ofproducingTAG. Itismy opinion thatSNCmadethe correct decision. Why should SNC, who promotes myself and others, pay fornegative press?Theday-today bashing of the Canadian system has become a hugedisappointmentanddistraction!TheBackwash section has unfortunately becomea glossy version of the swimmer-made website "Amazing Swim News." Ithasalmostbeen a yearsincethe Sydney Gamesand still individuals want to vent about problems and makenewones. Why can wenotmoveforward?Do we think that the other great swimming nations don't have problems of concerm? I plan to continue to receive SMMNEWS but not ifit's going to continue to criticize the hard work of my teammates and coaches.

Like the great swimmers in Canada's past, I too go to thepool dreaming and aiming for gold. Do you think I went to Sydney for a fifth-place finish? This magazine needs to start to appreciate the hard work oftoday'sandtomorrow'sstars. Ifyou havequestions, cometotheUBCNational Training Centre/PDSAand walk a mile in my shoes, and then go and tell the world thatmyswimmingisa disappointment. Lastly, I would like to encourageand challenge every reader of this issue involved in Canadian swimming to consider how he/she can add something positive to this publication, rather than detracting from Canadian swimming with negativity. Let's all remember we are all on the sameteam, and that we all bleed red and white!

Mike Mintenko<br>Proud Canadian Swimmer

## 

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

## THINKING TO IMPROVE OUR SPORT

## AGE GROUPERS SWIMMING FAST <br> WE CHASE THE BEST WITH M ORE INTEREST AND EXCITEM ENT THAN WE CHASE THE ORDINARY

## John Leonard

Sinceabout 1980, ithas been a trend for somepeopleto dismiss theidea thatage group swimmers should swim fast.Theconcepthasbeenthatfastagegroupswimming means more dropouts, more "burnouts," more early disenchantments with the sport. In fact, it has become so "au courant" to subscribe to this view that many coaches brag about how they do not ask nor want their agegroupswimmersto swim fast. They insist that their plan of slow development will result in superior senior swimmers.

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

Mycombative assertion in thiscommentary is that fastage group swimming is important, nay, vital, to a healthy Swim Team. Here's my reasoning:

1. It's not whether an agegroup athlete swimsfast thatdeterminesifhewill drop out, burn out, or stagnate out. It's how he or she gets to swim fast. What did they do to get there?
2. We need fast 8 -year-olds. We need fast 10 -yearolds. We need fast 12 -year-olds. We need fast 14 -yearolds, 16 -year-olds, and so on. Each plays a rele in our national development. Weneed to befastatall agesand both sexes.
3. NeitherTop 16 rankingsnornational agegroup champions hurt senior swimming. In fact, they help create fast senior swimming.

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

1. Thereal question in age groupswimming is not if swimmers swim fast or not, buthow they got to swim fast. Coacheswith significantexperienceknowthatitis not much of a trick to getagegroup swimmers to swim fast- veryfastin somecases- asnumerousagegroup athletes have set world records.

You can get age group swimmers to swim fast by:
1.Acceleratingthetrainingvolumeof 10 -year-olds to "normal" 13 and 14 -year-old volume and similar volume increases.
2. Accelerating the speed component of young athletes. You can train the nervous system to better speeds with ease at an early age.
3. Improving an athlete's biomechanical or stroke
skills. Better strokes equal faster speed with no other improvement.
4. Combining 1,2 , and 3 above.
5. Training younger swimmers with older, faster training partners. Young will strive, using all of 1-4 above, to match theolderand, eventually, comecloseto doing so.

The long-term "problem" with number 1 is that therearelimits. Ifyou arespendingthreehoursa dayin the water at age 10, then to improve at age 12, you'll need 5 hours a day in the water; at age 14,7 hours, etc. Andof courseatanyage, volumecarriesitsown medical risks of overuse syndromes and mental fatigue. The long-term problem with number2isthatthewindow of opportunity for aerobic development in a maximum way is rather early- 11-14 for girls, 13-16 for boys. If you spend too much time sprinting madly down the pool, there is less time for aerobic gains and thus, this approach is eventually very self-limiting, though it likely isbetter for retention in the sport than number 1.

Number 3is, in my view, the best way to swim fast at an early age. I will argue that first comes excellent biomechanics, then comes an increase in volume, and then comes an increase in intensity. In my shorthand, I call this "going as fast as you can, for aslong as you can, with as little volume as you can, and the best strokes that you can." Later, let meoffer some plaudits to American teams whom I believe to exemplify this approach successfully. Number4iswhathappenswhen finallyyou mustadd somevolumeandspeedin orderto keep improving.

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

Who, generally speaking, are our fast 10-yearolds? Quite simply, they are those individuals who are developmentally mature in advance of their chronological age. They arebigger, stronger, and more coordinated. Naturally enough, it is easier for these
earlymaturingindividualsto producefastswimswhen they are compared to their developmentally "on time" peers.

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

One danger for these early maturers, of course, is that because they are "winning" and perhaps even "dominating" their events, they will place less importance on, and therefore value and concentrate less, on developing the stroke, start, and turn skillsthat theywill requireto besuccessful later in their career. So many of these early maturershita "barrier" andfail to improve because either a) their biomechanics will not support significant further improvement, or b) they have already done so much physical work due to their early mature bodies that they do nothaveanywhereleft to go in training to continue to improve physically.

So what does the early maturer provide for our swim programs if they are not going to reach a "peak performance" ata later set ofyears? Very simply, theyset the bar. For instance, ifa 10 -year-old boy swims 27.4 in the 50 free and that time is the best in the area, that is the top bar to which all the other ten-year-old boys aspire and work towards. If the best swimmer is only 29.6, then thebarismuch lowerfor all the 10 and under boysin that area. Itisan axiom of human performance that the higher the bar is set, the better the pursuing individual will perform. We chase the best with more interestandexcitementthan wechasetheordinary. The normal orlatermaturedchildmustchasethe27.4early maturer with improved skills, starts, and turns- until such time as they grow and mature themselves. Then, they add size, strength, and power to the previously gainedtechnical skillsandtheysurpasstheearlymaturer who peaked early with muscle and power.

In each agegroup, ournation needsfastswimmers who blaze the path, raise the bar or set the example of what"fastswimming" reallymeans. In poorswimming areas, we see both slow age group and slow senior swimming. No areas exist where we have fast senior swimmingwherewedonothavefastagegroupersin the area. Fast age group swimming goes with fast senior swimming and leads up to it.

## Age Group Rankings

Asimilarargumentappliestoagegroupswim rankings. Wefrequentlyhearfrom peoplethat"agegrouprankings reward the wrong thing." Age group rankings reward fast swimming. Ifthefastswimming comes from good technique teaching, good aerobic base training, and a solid philosophical foundation for competition as a learning tool, we can only applaud and value the fast swimming.

If the coach, parent, and athlete chose to achieve
fast times with an overemphasis on volume, inappropriate use of speed training, and overly accelerated trainingmethods (likeearlyweighttraining for young athletess, then mostof us, as coaches, would judge that fast swimming is not in the best long-term interests of the athlete. At the same time, age group rankings serve as goals, times, and targets for the normally developed athlete. In each age group, they serve as markers for the swimmers below the levels of thoserankings. Acoach, usingwell-proven andaccepted training methods for his age group team, will use the times himself as goals for his athletes. The coach will not change his methods to achieve the times with his athletes.

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

In summary, agegroupswimmingisnotexclusively an end in itself, norisitproperly seen as "only" ameans toproducing greatsenior swimmers, butrather, should encompass opportunities and rewards for those who both matureearlyand thosewho haveamore "normal" developmental maturity. Fast swimming at age group level is vital to fast swimming at the senior level. Coaches have a responsibility to recognize those development patterns that have traditionally yroduced ourgreatAmerican seniorathletes, aswell asthe" "special cases" of precocious maturity, and to coach each to perform to thebest of his or her ability. Swim fastearly byteachinggoodtechnique, byencouragingappropriate aerobictraining, and promotinggood competiion. But swim fast!

Swim asfastas you can, for as long asyou can, on aslittle work as you can. When you add volumeto your athletes' training program, they will improve. Later, when you addspeedtrainingandstrength andflexibility training to yourathletes program, theywill swim faster again. It's not fast age groupers that keep people from swimming fast as seniors. It's poor training and technique progressions.

Swim fast. Now and later.

## John Leonard is Executive Director of ASCA

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## FIRBY'S GENIUS

## FEEL OF THE WATER

That elusive special dimension of swimming known as feel can benurtured in nearly all individuals, i.e, it can belearned. Feel is notrare. It has simply been overlooked or unwittinglysuppressed by themajority of coaches who, in their insecure knowledge of the subtleties of technique, approach the teaching of strokesasa sergeantmightapproach rifledrill- "by the numbers." As a former freelance commercial artistof some 20 years experience, and as a one time artschool teacher, I can state that thefamiliar" paint by mumbers" kits tend to stifle rather than help the development of true creative skills. It's unfortunate butthissamesortofunimaginativemethodologystill pervadesmostswimminginstruction:" dothis," "push thisfar," "bendhere," andso on - by thenumbers, two, three, four. The result is that in the sport there are countless 50 -called competitors who are, for the most part, mechanical robots and no match for the few with feed or, if you like, "soul."

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

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

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

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

A trick I have borrowed from my years in commercial art is to look at the "artwork," i.e. the swimmers, upside down. Artists will tum their work upside down or look at it in a mirror to get a fresh, stranger's eye, critical view of itnowand then asthey develop it. To achieve the same end while coaching, I sometimesbend over and invertmyhead, eyeslower than mynose. Theeffectisastounding!Theswimmers appearto beswimmingacrosstheceiling! Theirevery movement springs into focus, stroke irregularities thathadgoneunnoticedbefore, momentsofexcessive drag, and the phenomena of waves and swirling water all fairly cry out for attention. So spectacular is it that I often have my pupilstake tumsstanding on deckat thesideof thepool with theirheadsbentdown, watching theirteammatesswim. I findthisespecially helpful in selling the porpoiselike action of good butterfly to those who are too inhibited in their own rigid version of the stroke.

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

Further, the coach who would understand feel shouldatevery opportunitylooklongand hardatfish and other creatures that are "at home" in "Mother Water." Even where there are no large aquariums there are television programs with scenes showing dolphins, sharks, seals, andthelike, swimming. Only recently, I saw swimming polar bears on television filmed from belowthesurface- itwasclearthat they are fine natural swimmers and that they trail their hind legs in what modem coaches referto as a "drag kick."

Fed iswhatmakes thebestswimmerssuch ajoy to coach, and the giving of this extra dimension to swimmerswho would bewitten-off as "ordinary" by most coaches is an even more satisfying experience.

The swimmer who knows the feed of his stroke when it is going well can usually detectencroaching emrors early and correct them himself or seek help before things become seriously out of adjustment.

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

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



## Canada

## YOUR HEALTH PART 3

## DRYLAND TRAINING

## Nikki Dryden

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

Aswimmer'sdrylandprogram constantlyevolves overthecourse of hisor hercareerin thesport. Young swimmersusuallyjustswim atswim practice, butare involved in otheractivities awayfrom thepool, which isespeciallyimportantfordeveloping strongathletes. In order to build strong bones, children need to participatein weight-bearingactivities Swimmingis nota load-bearing sport, whereas bones growstrong and rebuild when mildly stressed or loaded. Playing soccer, dancing, orplayinga roundoftenniswill help young swimmers build strong bones, improve coordination, increaseaerobic andanaerobiccapacity, andhavefun. Swimmersareoften andunfortunately branded by jocks as clumsy and unathletic, due in some part because after hundreds of hours in the pool, our waterlogged bodies cannot remember how to move on land!

But as young swimmers plunge deeper into the commitments of competitiveswimming, a portion of swim practicewill bespentdoingdryland work. There are an abundance of dryland programs that can be incorporatedinto yourtrainingprogram, thesimplest being pure aerobic-building activities like running, biking, rowing, Stairmaster, roller blading, running stadiums, oraerobics.Themostdifficulttaskisfinding the program that contributes and best supports your water work.

At the UBCNational Swim CentreatPacific Sport in Vancouver, top coaches and swimmers have been workingwith physiotherapiststo createandcustomize dryland programs for each individual swimmer. Not waiting for injury, each swimmer is assessed from head to toe, for weaknesses and imbalances. Steve Price, senior coach at the Centre and also Director of Age Group Developmentfor the 300-member Pacific Dolphin Swim Association, describeshowtheirdryland program may be nothing new, but has certainly moved towards a more holistic routine. "Swimming goes in circles, and what we are doing has probably been done a million times before, but right now we are trying to move away from the North American,
bulkyswimmerto a more European-looking athlete. We are all working together: swimmers, coaches, physios, and stroke experts like Rein Haljand. Weare looking at increasing an athlete's range of motion, and developing a body type more like Popov's than anyother. Butunlikepreviousdrylandprogramsthat centre on injury prevention, we have built a performance-enhancement dryland program that incorporates muscle balance, core strength, and flexibility."

Amajorcomponentoftheirlandprogram focuses on increasing general strength. Five times a week, swimmers move through a combination of 600 movements that involves some dynamic stretching, aswell asexercisessuch asam swings, push-ups, situps, and jumping jacks. "We are trying to increase general fitness and strength without any muscle hytrophy," says Price. "We want our swimmers to have long muscles and toned bodies with no real bulk."

Thisbasiccalisthenicsprogram runsthroughout the entireclub, with certain exercisesmodifiedfor the younger kids. "We are really working to encourage the age group swimmers to move up to a higher degree of technique and coordination." Price adds. "Even eleven-year-oldscan havemuscleimbalances, andweareteachingthecoachestoteach theswimmers the importance of a basic stability program."

## Stretching

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

Ilearned AISin 1995, and I will do it for therest of my life. I saw my flexibility increase dramatically within onemonth. AISisalso fun, easy, painless, and better for your muscles. The gurus behind my AIS training areJim and Phil Wharton. Thisfather-andson team is world renowned for their AIS training, as well assport-specificstrength training. I wasfortunate to meet them in Gainesville, Florida, where son Phil ran track at the University of Forida. Want to know the secrets behind world-record-holder Alison Wagner'ssuccess or Olympic gold medallistAnthony Nesty?The answer is simple: Jim and Phil Wharton. TheWhartons have also worked with hundreds of the
world's top amateur and professional athletes, including the New York Knicks and currently an Italian soccer team.

According to The Wharton Stretch Book, if a muscleisstretched with bouncingand pulling (static stretching), the muscle will contract back to protect itselffrom ripping. Thisiscalledthemyotacticrefex, and kicks in about three seconds into a static stretch. The key to AISis thateach stretch isheld for only two seconds. Stretches are done in sets of ten to twenty repetitionsandaseach set of stretchesprogresses, you gradually increase your range of motion with gentle assistance at the end of each stretch. Each stretch is then a little more elongated than the one previous, which meansyou do notneed to warm-up beforeyou stretch because the stretch is the wam-up.

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

Stretchingisimportantbeforeandafteraworkout. Prior to workout, use stretching to get your muscles ready for swim ming by warming them up gently but effectively. Atterworkout, stretchingallowsthemuscles toincreasebloodflowandoxygen in thebody, thereby flushing out waste and lactic acid from our muscles.

## AIS Strength Training

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

## Stretch cords

This form of resistance training is great for even the youngestswimmer. Known as stretch corld, surgical tubing, or bands, the names say it all. Cords are merely long pieces of hollow rubber that vary in thickness (thatmayormaynotbeattachedto paddles) thatare used to mimic actionsyou makein the water orto strengthen musclesthat do not getenough work in the pool. Band training provides a workout that closely simulates the resistance you feel in the water.

During my first week at the University ofForida, I wassodesperateto impressmycoach thatI put 110\% into everything I did. Without looking to the next workout I wouldreadilydestroymyselfineach practice. During this first week, our coach gave us a stretch
cord workoutto do, 10x100 butterflypulls. Eager as I was to test myself, I set up my cords next to Olympic goldmedallistNicoleHaisettandgottoit. Itwasmad trying to keep up to her, but I didn'tstop trying. Well, I made it through all 1000 pulls, but that was about it. I struggled through the pool workout and by that night I couldn't lift my arms above 45 degrees and there was no way I was going to finish the IM set we did the next day or even the day after that. While ignorancemayseem likebliss, itisimportanttomake steady progrescions into your dryland routines, even if they seem simple. When you are dealing with any exercise you have never done before, be cautious, build up your numbers, and you will see a steady improvement. While I thought I was taking steps forward, I probably ended up taking quite a few back as I tried toregain movementin myravagedmuscles.

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

## Plyometrics

Simplyput, the combination of speed and strength is power. This distinct method of training for power or explosiveness has been termed plyometrics, which is an importantelementforacingyourstartandbeating your competitors off every turn.

Severalexamplesofplyometricexercisesaredrop jumping, medicine balls, and wheels. Dropjumping involvestheswimmerdropping ( notjumping) to the ground from a raised platform or box, and then immediately jumping up. The exercise will be most effective the shorter the time the feet are on the ground.

Agreat way to increase upper body strength is by using medicine balls. One exercise is to lie on the groundfaceup. Yourpartnerthen dropsthemedball down towards your chest. Without hesitation, you catch theball andim mediatelythrowitbackupwards.

Wheels were the brainchild of Randy Reese, who coached at the University of Florida in the 1980s. But when I arrived in 1993, they were still around to torture us. All itentails sisa two-by-four strapped to a small set of wheels and wrapped in a bit of foam. Swimmers then place this contraption under their knees and lay out in a push up position. They then run on their hands up steep inclines (we used the rampsinthefootball stadium.) Butforthoseswimmers who are a little less inclined to torture, a simpler exercisesuch aspush-upswith ahandclapin between would suffice.

Higher-than-normal forces are put on the musculoskeletal system during plyometric exercises, soitisimportant for theathleteto havea good sound
baseofgeneral strengthandendurance. Lessintensive plyometric exercisescan beincorporatedinto general circuit and weight training programs during the early season so as to progressively condition the swimmer.

## Core Strength

Oneof thegreatnewprogramsI startedlastyearatthe National Sports Centre-Calgary while training with Bill Makee was core strength exercises using Swiss physiotherapy balls. When I first started, I never thoughtI would ever get my $6^{\prime} 2^{\prime \prime}$ bodyto balance on the ball, let alone do full squats with only a spotter. But once I learned what abdominal muscles were involved with developing my core strength, it was incredible how quickly I improved. Core strength exercisescan al so beperformedon wobbleboardsand are important in helping with balance and stability.

## Pilates and Yoga

The beneits for swimmers from yoga are plentiful andinclude:increasedflexibility, strength, alignment, endurance, focus, breath control, relaxation, clarity, andgeneral wellbeing. Yoga meansunion orthepath thatleadsto thatunion, which isa lotlikeswimming in the "zone." Swimmers are highly capable of understandingdisciplineandmostthriveonstructure tochannel theirefforts. Giveaswimmeran impossible set, and she'll do it. This is the yoga work ethic that swimmersnaturally have, anditiswhyswimmersare embracing this ancient technique.

The Pilates Method of body conditioning was developed in the 1920s by the legendary physical trainerJoseph $H$. Pilates. Pilates is an exercisesystem focused on improving flexibility and strength for the total body withoutbuildingbulk. The Pilates Method isnotjustexercise, however. Itisa series of controlled movementsengagingyourbodyandmind, performed on specifically designed exercise equipment and supervised by trained teachers.

OlympicmedallistMarianneLimpertisabigfan of both yoga and Pilates. She spends an additional thre hours a week away from any proscribed team dryland training at the gym doing Pilates. Other swimmersatPDSAperform yoga only oncea week for 90 minutes. Pilatesisdonebya handful ofswimmers, buton an individual basis. But with so many dryland exercises that need to be done, plus either work or school, it is difficult to incorporate some of these newer (in therealm of swimming anyway) programs into one's schedule.

## Weight Training

Weighttrainingistheprocessofbreakingyourmuscles down and letting them rebuild. Power is the measurement of howmuch work a musclecan do in a short period of time ( $1-5$ seconds). Muscular
endurance is the ability to sustain power over longer periods of time ( $30-60$ seconds). There are three aspects of muscle function- biochemical, neuromuscular, andhomonal- andunderstanding theseelementsiscritical to examiningthedifferences between adult'sandchildren'smuscles. Although the basic structure of muscleis the same, the physiology of the muscle of an adult and a child is different (a child being prepubescent).

Adult muscle is stronger because of its size, and the training of prepubescent swimmers will not have an effecton thesizeoftheirmuscle. Thereforechildren swimmers should spend less time doing anaerobic and bulking-type power exercises and more time training for strength, aerobic capacity, skill building, and flexibility. Children have been shown to have similar or better gains in strength as adults. Young musclesrespondwell toresistancetrainingasopposed to weight training for power.

Bill MakeeattheNSC-Calgary hascontributedto many of the dryland programs on pool decks across the country. In Vancouver and Calgary, swimmers are using his basic weight-training routine, which simplyinvolves thremain exercises each timein the weight room: one push (like bench press), one pull (like lat pull downs), and one leg (like squats). In Vancouver, a few additional exercises for shoulder stability are also incorporated.

Each swimmer'sweightprogram will depend on several variants, including the time of the season, your stroke specialty, and your race distance. Most swim teams begin each season with the goal of increasing general overall bodystrength. That would mean lifting ten to fifteen repectitions in two to three sets. Atter time, dryland workouts will move towards moremax efforts in the gym, ora power focus phase. The key would be then to build the endurance of this power.

In Vancouver, the weight-training program has moved away from the traditional idea of blocking weighttraining, andmovedtowardstheidea of cycling weightexercises.Accordingto Price, "Wecyclethrough the different components and never drop any one exerciseoff completely. Swimmingissuch a dynamic sport that we don't want to hinder speed at any moment, but the accumulated effect of the weight training remains the same."

Adopting any number and combination of these drylandprogramswouldcertainlyhelpanyswimmer. And theidea of creating a dryland program that does not centre on injury prevention, but performance enhancement, is excellent.

In our next installment of the Your Health series, we will investigate a multitude of injury rehabilitation techniques.Remembertokeepyourquestionscoming: email to: yourhealth@ swimmail.com

## WORLD RECORD SETTER

## SLOUDNOV FIRST UNDER ONE MINUTE FOR 100 BREASTSTROKE

QUICK FACTS: SLOUDNOV, Roman, RUS

BIRTHDATE, PIACE
HEIGHT / WEIGHT
HOME / OCCUPATION
COACH
24 FEB 1980, Omsk $189 \mathrm{~cm} / 73 \mathrm{~kg}$ Omsk / Student Natalia Roschina

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


Roman Sloudnov Marco Chiesa
ALL TIME 100 METRES BREASTSTROKE 15 PERFORMANCES

| 1 | 59.97 | RUSLCJUN | Roman Sloudnov,RUS | LCM01 |
| :--- | ---: | ---: | :--- | :--- |
| 2 | $1: 00.26$ | RUSLCJUN | Roman Sloudnov,RUS | LCM01 |
| 3 | $1: 00.29$ | USALCMAR | Ed Moses,USA | LCM01 |
| 4 | $1: 00.36$ | RUSLCJUN | Roman Sloudnov,RUS | LCM00 |
| 5 | $1: 00.44$ | USTRIALS | Ed Moses,USA | LCM00 |
| 6 | $1: 00.46$ | OLYMPICS | Domenico Fioravanti,ITA | LCM00 |
| 7 | $1: 00.52$ | RUSLCJUN | Roman Sloudnov,RUS | LCM00 |
| 8 | $1: 00.54$ | USALCMAR | Ed Moses,USA | LCM01 |
| 9 | $1: 00.60$ | OLYMPICS | Fred deBurghgraeve,BEL | LCM96 |
| 10 | $1: 00.65$ | OLYMPICS | Fred deBurghgraeve,BEL | LCM96 |
| 11 | $1: 00.73$ | OLYMPICS | Ed Moses,USA | LCM00 |
| 12 | $1: 00.77$ | OLYMPICS | Jeremy Linn,USA | LCM96 |
| 13 | $1: 00.81$ | USALCMAR | Brendan Hansen,USA | LCM01 |
| 14 | $1: 00.84$ | OLYMPICS | Domenico Fioravanti,ITA | LCM00 |
| 15 | $1: 00.91$ | OLYMPICS | Roman Sloudnov,,US | LCM00 |
| ALL TIME 100 METRES BREASTSTROKE 15 PERF0RMERS |  |  |  |  |
| 1 | 59.97 | RUSLCJUN | Roman Sloudnov,RUS | LCM01 |
| 2 | $1: 00.29$ | USALCMAR | Ed Moses,USA | LCM01 |
| 3 | $1: 00.46$ | OLYMPICS | Domenico Fioravanti,ITA | LCM00 |
| 4 | $1: 00.60$ | OLYMPICS | Fred deBurghgraeve,BEL | LCM96 |
| 5 | $1: 00.77$ | OLYMPICS | Jeremy Linn,USA | LCM96 |
| 6 | $1: 00.81$ | USALCMAR | Brendan Hansen,USA | LCM01 |
| 7 | $1: 00.95$ | EUR93AUG | Karoly Guttler,HUN | LCM93 |
| 8 | $1: 01.09$ | USTRIALS | Patrick Calhoun,USA | LCM00 |
| 9 | $1: 01.17$ | EUROOJUL | Jamo Pihlava,FIN | LCM00 |
| 10 | $1: 01.22$ | PAC97AUG | KurtGrote,USA | LCM97 |
| 11 | $1: 01.22$ | USALCMAR | Anthony Robinson,USA | LCM01 |
| 12 | $1: 01.24$ | USAAPR | Norbert Rozsa,,HN | LCM94 |
| 13 | $1: 01.26$ | JPNLCAPR | Kosuke Kitajima,JPN | LCM01 |
| 14 | $1: 01.31$ | USALCMAR | Jarrod Marrs,USA | LCM01 |
| 15 | $1: 01.33$ | GBRMAY | Nick Gillingham,GBR | LCM92 |

LONG COURSE (reoord chronology priort to 1957 was shourt course)
MEN'S 100 BREASTSTROKE

1:12.7 Viteslav Svozil,TCH
1:11.6 Chi Lieh-Yung,CHN
1:11.5 Vadimir Minashkin,URS
1:11.4 Leonid Kolesnikov,URS
1:11.1 Chet Jastremski,USA
1:10.8 GunterTittes,GDR
1:10.7 Chet Jastremski,USA
1:10.0 Chet Jastremski,USA
1:09.5 Chet Jastremski,USA
1:07.8 Chet Jastremski,USA
1:07.5 Chet Jastremski,USA
1:07.4 Georgi Prokopenko,URS
1:06.9 Georgi Prokopenko,URS
1:06.7 Vadimir Kosinski,URS
1:06.4 Jose Fiolo,BRA
1:06.2 Nikolai Pankin,URS
1:05.8 Nikolai Pankin,URS
1:05.68 John Hencken,USA
1:05.13 Nobutaka Taguchi,JPN
1:04.94 Nobutaka Taguchi,JPN
1:04.35 John Hencken,USA
1:04.02 John Hencken,USA
1:03.88 John Hencken,USA
1:03.88e John Hencken,USA
1:03.62 John Hencken,USA
1:03.11 John Hencken,USA
1:02.86 Gerald Morken,FRG
1:02.62 Steve Lundquist,USA
1:02.53 Steve Lundquist,USA
1:02.34 Steve Lundquist,USA
1:02.28 Steve Lundquist,USA
1:02.13 John Moffet,USA
1:01.65 Steve Lundquist,USA
1:01.49 Adrian Moorhouse,GBR
1:01.49e Adrian Moorhouse,GBR
1:01.49e Adrian Moorhouse,GBR
1:01.49e Norbert Rozsa,HUN
1:01.45 Norbert Rozsa,HUN
1:01.45e Vasili Ivanov,URS
1:01.29 Norbert Rozsa,HUN
1:00.95 Karoly Guttler,HUN
1:00.60 Fred de Burghgraeve,BEL (28.23)
1:00.36 Roman Sloudnov,RUS (28.64)
1:00.29 Ed Moses,USA(28.47)
Pending FINAratification
1:00.26 Roman Sloudnov,RUS(28.68
59.97 Roman Sloudnov,RUS (28.54)

Piestany,May 1,57
Canton,May 1,57
Leipzig,Sep.15,57
Moscow,May.2,61
Chicago,Jul.2,61
Berlin,Jul.5,61
Tokyo,Jul.28,61
Tokyo,jul.30,61
Osaka,Aug.3,61
Los Angeles,Aug.20,61 Los Angeles,Aug.20,61

Baku,Mar.26,64
Moscow,Sep.3,64
Leningrad,Nov.8,67
Rio,Feb.19,68
Moscow,Apr.18,68
Magdeburg,Apr.20,69
Munich,Aug.29,72
Munich,Aug.29,72
Munich.Aug.30,72
Belgrade,Sep.4,73
Belgrade,Sep.4,73
Concord,Aug.31,74
Montreal,Jul.19,76
Montreal,Jul.19,76
Montreal,Jul.19,76
Jonkoping,Aug.17,77
Mission Vejo,Jul. 19,82
Indianapolis,Aug.21,82
Clovis,Aug.6,83
Caracas,Aug.17.83
Indianapolis,Jun.25,84
Los Angeles,Jul.29,84
Bonn,Aug.15,89
Auckland,Jan.25,90
London, Jul 26,90
Perth,Jan 7,91
Perth.Jan 7,91
Moscow,Jun.11,91
Athens,Aug.20,91
Sheffield,Aug.3,93
Atlanta, Jul.20,96
Moscow,June 15,2000
Austin,Mar 28,2001
Moscow,June 28,2001
Moscow,June 29,2001

## CHRONOLOGY 100 FREE/LIBRE CANADIAN RECORD

1:15.2 Irene Mullen, DELTASC
1:09.2 Phylis Dewar, VASC
1:06.3 Virginia Grant, EMAC
1:05.1 Virginia Grant, EMAC
1:04.2 Mary Stewart, CDSC
1:03.9 Mary Stewart, CDSC
1:03.6 Mary Stewart, CDSC
1:03.3 Mary Stewart, CDSC
1:02.6 Marion Lay, UNATT
1:02.1 Marion Lay, UNATT
1:01.4 Marion Lay, UNATT
1:01.1 Marion Lay, UNATT
1:00.5 Marion Lay, UNATT
59.88 Gail Amundrud, OK
58.87 Gail Amundrud, OK
58.66 Anne Jardin, PCSC
58.63 Gail Amundrud, CDSC
57.48 AnneJardin, PCSC
57.17 Gail Amundrud, CDSC
56.75 Anne Jardin, PCSC
56.60 Carol Klimpel, SSAC
56.53 Andrea Nugent, UCSC
56.29 Marianne Limpert, NYAC
56.05 Shannon Shakespeare, MM
55.94 Laura Nicholls, ROW
55.87 MarianneLimpert, PDSA
55.69 Laura Nicholls, ROW

Los Angeles, $8 / 8 / 32$
Berlin,10/8/36
Vancouver,2/8/54
Melbourne,1/12/56
Rome,30/8/60
Philadelphia,11/8/61
Perth,23/11/62
Sao Paulo,15/4/63
Vancouver,5/9/64 Tokyo,12/10/64 Blackpool,14/8/65 Winnipeg,30/7/67
Mexico City,22/10/68 Belgrade,8/9/73
Christchurch,26/1/74
Winnipeg,25/5/75
Mexico City,15/10/75
Etobicoke,6/1/76
Etobicoke,16/4/78 Austin, $4 / 9 / 80$
Heidelberg,7/29/81
Montreal,13/5/92 Buffalo,14/7/93
Atlanta,Jul.22,96
Sydney, 27 AUG 1999
Sydney, 16 SEP 2000
Montreal, 30 JUN 2001

## CANADIANRECORDSETER

## LAURA NICHOLLS BETTERS CANADIAN 100 FREESTYLE RECORD

## Quick Facts: NICHOLLS, Laura

BIRTHDATE, PLACE
25 SEP 1978, Kitchener, ON
HEIGHT / WEIGHT
HOME $183 \mathrm{~cm} / 70 \mathrm{~kg}$ Waterloo
REPRESENTS
Region of Waterloo (ROW)
Dean Boles

- 2001 Trials 1st 50 free 26.37, 2nd 100 free 57.06, 5 th 200 free 2:05.39
- 2000 Olympics 12 th 100 free 55.94, 23rd 200 free 2:02.69
- 2000 Trials 1st 50 free 26.06, 2nd 100 free 56.49, 2nd 200 free 2:01.01
- 2000 Nationals 5 th 50 free 26.39, 2nd 100 free 56.24
- 99 Pan Pacs 5 th 50 free 26.16, 4th 100 free $55.94,8$ th 200 free

2:04.73, 3rd 4x100 free, 3rd 4x200 free

- 99 Pan Ams 3rd 50 free 26.10, 1st 100 free 56.25, 2nd 4x100 medley, 1st 4x100 free 1st 4x200 free
- 98 Commonwealths 7th 50 free 26.42 , 4th 100 free 56.36 , 10th 200 free 2:05.95, 3rd 4x100 Free, 3rd 4x200 Free
- 98 Nationals 1st50 free 25.90, 1st 100 free 56.30
- 98 Worlds 23 rd 50 free $26.41,13$ th 100 free $56.61,6$ th $4 x 100$ free
- 97Pan Pacs 7th 50 free 26.14, 8th 100 free 57.18, 2nd 4x100 free
- 96 Olympics 30th 50 free 26.52


## ALL TIME LONG COURSE CANADIAN WOMEN'S 100 FREE 15 PERFORMANCES

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



Laura Nicholls
Marco Chiesa

## 2001 EUROPEAN JUNIORS

Malta, July 5-8 (50 M)

## - = Meet record

MEN
50 METRES FREESTYLE

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

100 METRES FREESTYLE

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

200 METRES FREESTYLE

1) $1: 51.77$ Denis Rodkin, 83, RUS
2) $1: 51.97$ Olaf Wildeboer, 83, ESP
3) $1: 52.01$ Paul A. Kersale, 84, FRA
4) $1: 52.33$ Luis Monteiro, $83, \mathrm{POR}$
5) $1: 53.13$ Martin Skacha,83,CZE
6) $1: 55.36$ Guy-Noel Schmitt,83,FRA
7) 1:55,39 Michal Budny,84,POL
8) $1: 56.03$ Richard Bryant, $83, \mathrm{GBR}$

400 METRES FREESTYLE

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

1500 METRES FREESTYLE

1) $15: 30.40$ Guy-Noel Schmitt,83,FRA 2) $15: 39.75$ Javier Nunez,83,ESP
2) $15: 41.90$ Andreas Zisimos, 83, GRE 4) $15: 42.79$ Yuri Prilukov,80,RUS 5) 15:49.64 Petros Petropoulos,84,GRE 6) $15: 57.00$ Ross Hughes, 84, GBR
3) $15: 58.61$ Tom Vangeneugden, $83, \mathrm{BE}$ 8) 16:00.41 Gard Kvale,84,NOR

50 METRES BACKSTROKE

1) 26.19 Viktor Bodrogi,83,HUN
2) 26.81 Pavlo llichev,83,UKR
3) 26.84 Flori Lang,83,SUI
4) 26.87 Enrico Catalano,83,ITA
5) 27.03 Matthew Bowe,83,GBR
6) 27.20 Jens Pettersson,83,SWE
7) 27.24 Andriy Oleynyk,83,UKR
8) 27.46 Nathan Oxford, $83, \mathrm{GBR}$

100 METRES BACKSTROKE

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

200 METRES BACKSTROKE
1)• 1:59.29 Viktor Bodrogi, 83,HUN
2) $2: 03.56$ Andriy Oleynyk, $83, \mathrm{UKR}$
3) $2: 03.98$ Arkadi Viatchanin, 84, RUS
4) $2: 04.21$ David O'Brien, $83, G B R$
5) $2: 04.60$ Bojan Zdesar,84,SLO
6) $2: 05.77$ Andriy Lapshyn, 83, UKR
7) 2:05.86 Wojciech Betlej,84,POL
8) $2: 06.55$ Robert Wanja,83,GER 50 METRES BREASTSTROKE

1) 29.25 Sergei Lyubimov,83,RUS
2) 29.29 MatiazMarkic,83,SLO
3) 29.44 Jon Odur Sigurdsson,84,ISL
4) 29.49 Mate Humor, 83, HUN
5) 29.68 Thijs vanVakengoed, 83, NED
6) 29.75 Joakim Nielsen, 84, SWE
7) 29.78 Jan Papenbrock, $83, G E R$
8) 29.80 Robert Lee, $83, G B R$

100 METRES BREASTSTROKE

1) $1: 03.67$ Thijs WValkengoed, 83 ,NED
2) $1: 04.16$ Sergei Lyubimov,83,RUS
3) $1: 04.57$ Jan Papenbrock, $83, G \in R$
4) $1: 04.58$ Alexei Tyurin,83,RUS
5) $1: 04.76$ Loris Facci, $83, \mathrm{TA}$
6) $1: 04.86$ Igor Borysik,84,UKR
7) 1:05.02 Adrian Blaszczak,83,POL
8) $1: 05.28$ Dario Nodari, $83, \mathrm{TTA}$

200 METRES BREASTSTROKE

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

50 METRES BUTTERFLY

1)     - 24.58 Duje Draganja,83,CRO
2) 24.66 Milorad Cavic, $83, Y$ YU
3) 24.85 Sergiy Advena,84,UKR
4) 24.86 Evgeni Korotyshkin,83,RUS
5) 25.02 Nikolai Skvortsov, 84, RUS
6) 25.43 Flori Lang, 83, SUI
7) 25.47 Ales Volcansek,83,CRO 8) 25.49 Hjortur Reynisson,83,ISL

## 100 METRES BUTTERFLY

) 54.18 Milorad Cavic, $83, Y U G$
2) 54.66 Sergiy Advena,84,UKR
) 54.86 Leif-M. Kruger,83,GER
4) 55.13 Nikolai Skvortsov,84,RUS
55.51 Rudy Goldin,84,ITA
6) 55.82 Maciej Kacer, $83, \mathrm{POL}$
7) 55.84 Jernej Mencinger, 83, SLO
8) 56.17 Gergely Meszaros, $84, \mathrm{HUN}$

## 200 METRES BUTTERFLY

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

200 METRES IND.MEDLEY

1) 2:02.66 James Goddard,83,GBR
2) 2:04.53 Nick van der Zandt,83,NED
3) $2: 05.44$ Igor Berezutskiy, 84, RUS
4) $2: 05.83$ Robin van Aggele, 84 ,NED
5) $2: 06.22$ Vasilios Demetis, 83, GRE
6) $2: 06.76$ Andriy Lapshyn,83,UKR
7) 2:06.91 Leonardo Tumiotto,83,1TA
8) $2: 08.72$ loannis Drymonakos,79,GRE

400 METRES IND.MEDLEY

1) • $4: 19.30$ James Goddard, 83, GBR
2) $4: 21.39$ Pierre Henri, 83, FRA
3) $4: 22.32$ Vasilios Demetis,83,GRE
4) $4: 28.13$ Igor Berezutskiy,84,RUS
5) 4:30.55 Lukasz Drzewinski,84,POL
6) $4: 31.81$ Martin Vrhoysek,83,SLO
7) $4: 33.94$ Francisco Garcia,83,ESP
8) $4: 35.15$ Krzyszof Zoldak, 84, POL

4X100 MEDLEY RELAY

1) $3: 46.17$ Hungary,HUN
2) $3: 48.18$ Russia,RUS
3) $3: 48.81$ Germany,GER
4) $3: 48.90 \mathrm{Italy}, \mathrm{ITA}$
5) 3:49.30 Ukraine,UKR
6) $3: 49.43$ Sweden,SWE
7) $3: 50.43$ Netherlands,NED
8) $3: 55.33$ Czech Republic,CZE

## 4X100 FREE RELAY

1) $3: 26.68$ Germany,GER
2) $3: 27.05$ France,FRA
3) $3: 28.37$ Russia,RUS
4) $3: 28.52 \mathrm{Itay}, \mathrm{ITA}$
5) $3: 29.10$ Spain,ESP
6) $3: 31.45$ Sweden,SWE
7) $3: 31.76$ Poland,POL
8) $3: 32.45$ Portugal,POR

4X200 FREE RELAY

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

## WOMEN

## 50 METRES FREESTYLE

1)     - 25.53 Aleksandra Herasimenia,85,BLR
2) 25.84 Agata Korc, $86, \mathrm{POL}$
3) 26.18 Cristina Tatar, $85, \mathrm{ROM}$
4) 26.59 Sonja Schober,85,GER
5) 26.64 Inge Dekker, 85 ,NED
6) 26.69 Victoria Cook, $85, \mathrm{GBR}$
7) 26.76 Catrin Wandzik, 86, GER
8) 26.94 Claudia Calliari,85,ITA

100 METRES FREESTYLE

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

200 METRES FREESTYLE

1) $2: 01.94$ Zoe Dimoshaki, 85, GRE
2) 2:03.27 Celina Lemmen, $85, \mathrm{NED}$
3) $2: 03.76$ Ekaterina Nasyrova, 85, RUS
4) $2: 04.11$ Kriszina Lipcsei,86,HUN
5) 2:05.22 Sylvia Salvador,85,ITA
6) $2: 05.53$ Polina Chornikova,86,RUS
7) $2: 05.99$ Natascha Kraus,85,GER
8) disq Pauline Leclercq,86,FRA

## 400 METRES FREESTYLE

1) • 4:11.59 Zoe Dimoshaki,85,GRE
2) $4: 16.17$ Eva Riszov, $85, \mathrm{HUN}$
3) $4: 16.43$ Olga Beresnyeva,85,UKR
4) $4: 20.74$ Natascha Kraus,85,GER
5) 4:21.19 Claire Johnson, 85, GBR
6) 4:21.27 Daria Beliakina,86,RUS
7) $4: 23.65$ Ludmula Machkoviseva,85,RUS
8) $4: 29.08$ IdaMattsson, 85, SWE

800 METRES FREESTYLE

1) $8: 43.37$ EvaRisztov,85,HUN
2) $8: 43.78$ Olga Beresnyeva, 85, UKR
3) $8: 52.37$ Daria Beliakina,86,RUS
4) $8: 53.95$ Christiane Vendel, 85, GER
5) $8: 54.04$ Roberta loppi,85,ITA
6) $8: 54.17$ LudmilaMachkovtseva,86,RUS
7) $8: 57.17$ Anja van Boxel, $85, \mathrm{BEL}$
8) $9: 04.42$ Theodora Margioukla,86,GRE

50 METRES BACKSTROKE

1) 29.55 Aleksandra Herasimenia,85,BLR
2) 29.71 Laure Manaudou, 86, FRA
3) 30.02 Louise Ornstedt,85,DEN
4) 30.55 AnjaCarman,85,SLO
5) 30.58 Ekaterina Lopareva,86,RUS
6) 30.83 Irina Amshennikova, 86, UKR
7) 31.13 Stefanie Luiken,85,NED
8) 31.78 Aleksandra Bas, 85, BLR

100 METRES BACKSTROKE

1) $1: 03.26$ Louise Ornstedt, 85, DEN
2) $1: 03.66$ Laure Manaudou, 86, FRA
3) 1:04.24 Irina Amshennikova,86,UKR
4) $1: 04.53$ Anja Carman,85,SLO
5) $1: 04.59$ Valentina Brat, $85, \mathrm{ROM}$
6) $1: 04.83$ Ekaterina Lopareva, 86, RUS
7) $1: 05.28$ Lenneke van Schaik, 86, NED
8) $1: 06.31$ Andrea Palmai, $86, \mathrm{HUN}$

## 200 METRES BACKSTROKE

1) $2: 16.21$ Ekaterina Lopareva, 86, RUS
2) $2: 16.29$ Valentina Brat, $85, \mathrm{ROM}$
3) $2: 16.57$ Anja Carman,85,SLO
4) $2: 16.65$ Andrea Palmai, $86, \mathrm{HUN}$
5) $2: 17.38$ Irina Amshennikova,86,UKR
6) $2: 17.90$ Roberta loppi, 85, ITA
7) $2: 19.17$ Louise Ornstedt,85,DEN
8) $2: 20.67$ Julia Baum,86,GER

## 50 METRES BREASTSTROKE

1) 32.83 Mirna Jukic, 86, AUT
2) 33.01 Tamara Sambrailo,86,SLO
3) 33.09 Caroline Bohm, 86, GER
4) 33.13 Lisa Schoelhammer, $85, \mathrm{GER}$
5) 33.32 Belen Domenech,85,ESP
6) 33.34 Petra Chocova,86,CZE
7) 33.42 Caroline Drab,85,SWE disq Svetlana Beliave,86,RUS
100 METRES BREASTSTROKE
8) • 1:10.23 Mirna Jukic,86,AUT
9) $1: 10.90$ Lisa Schoelhammer, $85, \mathrm{GER}$
10) $1: 11.84$ Tamara Sambrailo,86,SLO
11) $1: 11.86$ Chiara Boggiatto,86,ITA
12) $1: 11.92$ Caroline Bohm, 86, GER
13) $1: 12.08$ Petra Chocova,86,CZE
14) $1: 12.69$ Evgenia Alekhina,85,RUS
15) $1: 12.93$ Svetlana Beliaeva,86,RUS

200 METRES BREASTSTROKE

1) • 2:28.41 Mirna Jukic,86,AUT
2) 2:31.33 Diana Remenyi,86,HUN
3) $2: 31.78$ Lisa Schoelhammer, $85, \mathrm{GER}$
4) $2: 32.41$ Chiara Boggialto, 86, ITA
5) $2: 33.95$ Svetlana Beliaeva,86,RUS

## RATING SUMMARY OF TOP PERFORMANCES

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

6) $2: 34.05$ Andrea Gabos, 86, ROM
7) $2: 34.88$ Evgenia Alekhina,85,RUS
8) $2: 38.34$ Amelie Ibanez, 85, FRA

50 METRES BUTTERFLY

1) • 27.26 Cristina Maccagnola,85,ITA
2) 27.99 Inge Dekker, 85, NED
3) 28.43 Catherine Friedrich, 85, GER
4) 28.48 Fabienne Nadarajah, 85, AUT
5) 28.81 Linda Knutsson, 85, SWE
6) 28.84 Thea Vanggaard, 85, DEN
7) 28.87 Filipa Silva, 85, POR
8) 28.87 Caroline Drab,85,SWE

100 METRES BUTTERFLY

1) $1: 01.07$ Cristina Maccagnola,85,ITA
2) 1:01.65 Catherine Friedrich,85,GER
3) $1: 02.66$ Sara Oliveira, $85, \mathrm{POR}$
4) $1: 02.67$ Gabriella Fagundez,85,SWE
5) $1: 02.69$ Malgorzata Gembicka,85,POL
6) $1: 03.06$ Inge Dekker, 85, NED
7) $1: 03.41$ Thea Vanggaard, $85, \mathrm{DEN}$
8) $1: 03.44$ LindaKnutsson, 85, SWE

200 METRES BUTTERFLY

1) $2: 13.91$ Eva Ristov,85,HUN
2) $2: 16.91$ Vesna Stojanovska, 85, MKD
3) $2: 17.22$ Cristina Malagamba,85,ITA
4) 2:18.02 Danai Athanasoula,85,GRE
5) 2:19.28 Christine Neubrech, $85, \mathrm{GER}$
6) 2:19.58 Diana Hegedus,85,HUN
7) $2: 20.34$ Patrycja Pawlak,85,POL
8) $2: 20.45$ Frederike Glesner, 86, DEN

200 METRES IND.MEDLEY

1) $2: 17.82$ Eva Ristov,85,HUN
2) $2: 18.80$ Katalin Molnar, $85, \mathrm{HUN}$
3) 2:19.33 Sophie De Ronchi,85,FRA
4) $2: 19.39$ Mirna Jukic,86,AUT
5) $2: 21.18$ Julie Preston,86,GBR
6) $2: 23.66$ Julia Preston,86,GBR
7) $2: 24.78$ LudmilaMachoviseva,85,RUS
8) 2:24.82 Judit Llach,85,HUN

400 METRES IND.MEDLEY

1) $4: 48.51$ Diana Remenyi, 86, HUN
2) $4: 51.67$ Katalin Molnar, $85, \mathrm{HUN}$
3) $4: 51.80$ Julie Preston,86,GBR
4) $4: 56.77$ Kathy Siuda,85,POL
5) $4: 59.63$ Sophie De Ronchi, 85,FRA
6) $5: 02.01$ Franziska Steinmetz,86,GER
7) $5: 02.45$ Melissa Caballero,85,ESP
8) $5: 06.79$ Silvie Rybarova, 85, CZE

4X100 MEDLEY RELAY

1) • 4:14.29 Germany,GER
2) $4: 16.86$ Hungary,HUN
3) $4: 19.21$ Sweden,SWE
4) $4: 21.33$ Spain,ESP
5) $4: 21.65$ Netherlands,NED
6) $4: 22.18$ Portugal, POR
disq Great Britain,GBR
disq Denmark,DEN
4X100 FREE RELAY
7) $3: 50.42$ Germany,GER
8) $3: 54.41 \mathrm{Spain}, \mathrm{ESP}$
9) $3: 54.47$ Russia,RUS
10) $3: 54.61 \mathrm{Italy}, \mathrm{ITA}$
11) $3: 55.02$ Sweden,SWE
12) $3: 58.02$ Switzerland,SUI
13) $4: 04.02$ Greece,GRE

## disq Chech Republic,CZE

## 4X200 FREE RELAY

1) $8: 19.19$ Hungary,HUN
2) $8: 20.91$ Russia,RUS
3) $8: 21.45$ Germany,GER
4) $8: 27.80$ Italy,ITA
5) $8: 28.00$ Sweden,SWE
6) $8: 28.01$ Greece,GRE
7) $8: 30.24$ France,FRA
8) $8: 41.39$ Belgium, BE
28.34 NSSRJUN Brooke Buckland,12,WTSC
28.98 TORLCJAN Whitney Rich 12 ISS
29.01 CASCJUN Carol Starratt,14,CASC
29.08 CNOAPR Sarah Phee,12,GO
29.19 CASCJUN Jessi Wardale, 12, CASC 29.26 HYACKMAY Natalie Chan,12,PDSA 29.49 MSSACMAY Rachael Kloosterman, 12,WD 29.50 PQIMAY Eianne de Larochellier,12,UL 29.55 PPOMAY Carolyn Delkus,12,BTSC 29.72 PQIMAY Kim Nguyen,12,DDO 29.73 AACAPR Emily Easto,11,TSC ISJUN Stephanie Pollard,12,IS AACAPR Miriam Kim,11,TSC 29.95 PGBAPR Laura Woodman,12,PN
29.95 CASCJUN Rebecca Sayles,12,CASC 29.96 CASCJUN Kristin Pomerleau, 11,DE 29.98 DAVISMAR Jillian Peace-Hall,12,RISC 29.98 EKSCMAR Katerina Symes, 12, EKSC 29.98 HYACKMAY Mackenzie Jones, 12, UCSC 29.98 MBSKJUN Donna MacLeod,12,EKSC 29.98
30.01 DAVISMAR Rachel Shallhorn,12,OSHAC 30.07 ULJUN Myriam Plante,11,UL 30.07
30.12

## 100 METRES FREESTYLE

## Rec: 58.04 Shauna Collins, ROD, 90

1:01.49 NSSRJUN Brooke Buckland, 12,WTSC
$\begin{array}{ll}1: 02.83 & \text { EKIAPR Natalie Chan,12,PDSA } \\ 1: 03.12 & \text { EKIAPR Katerina Symes, 12,FKSC }\end{array}$
1:03.12 EKIAPR Katerina Symes,12,EKSC
1:03.28 ODIV1APR Seanna Mitchell,12,NKB
1:03.86 MBSKJUN Hailee Traa, 12,MANTA
1:03.86 MBSKJUN Hallee Traa, 12,MANTA
1:04.06 EKIAPR Mackenzie Jones,12, UCSC
1:04.06 EKIAPR Mackenzie Jones, 12,UCSC
1:04.12 MSSACMAY Rachael Kloosterman, 12,WD
1:04.15 HYACKMAY Stephanie Pollarman, 12,IS
1:04.82 ODIV1APR Nadine McAdam,12,TSC
1:05.18 PPOMAY Courtney Kehoe, 12,PER
1:05.23 AACAPR Miriam Kim, 11, ISC
1:05.48
$1: 05.53$
$\begin{array}{ll}\text { 1:05.53 } & \text { PQIMAY Myriam Plante, 11,UL } \\ 1: 05.70 & \text { ODIV3APR Aaryn Fraser 12 MMS }\end{array}$
1:05.70 $\quad$ ODIV3APR Aaryn Fraser, 12,MMST
1:05.70 CASCJUN Kristie Carter, 12,UCSC
1:05.77 EKIAPR Rebecca Sayles,12,CASC
1:06.05 MSSACMAY Lorraine Whiting,12,MSSAC
1:06.11
1.06.14 EOSAJUN Corinne Bacher,12,CSL
EOSAJUN Faris Blackovits, 12NKB
1:06.14 EOSAJUN Farris Blaskovis, 10 , 19 ,NKB
1:06.19 ESWIMJUN Fay Yachetti, 12,HWAC
1:06.25 ODIV3APR Heather Gosing 12 YYC
1:06.25 ODIV3APR Heather Gosling,12,CYC
1:06.35 ESWIMJUN Carolyn Delkus,12,BTSC
1:00.3 ESWIMCKMAY Lauren Lavigna, 12,GATOR
1:06.39 HYACKMAY

## Rec: 2:03.72 Shauna Collins, ROD, 90

2:12.54 PHENXJUN Natalie Chan,12,PDSA
2:16.70 NSSRJUN Brooke Buckland,12,WTSC
2:18.59 MBSKJUN Hailee Traa, 12,MANTA
2:19.11 MSSACMAY Rachael Kloosterman,12,WD
2:120.02 MBSKJUN Stephanie Pollard, 12,IS
2:20.1
$\begin{array}{ll}\text { 2:20.02 } & \text { MBSKJUN Stephanie Pollard, } 12, \text { IS } \\ \text { 2:20.17 } & \text { CASCJUN Mackenzie Jones, } 12, \text { UCSC }\end{array}$
$\begin{array}{ll}\text { 2:20.17 } & \text { CASCJUN Mackenzie Jones, } 12, \text { UCSC } \\ \text { 2:20.45 } & \text { EOSAJUN Seanna Mitchell, 12,NKB }\end{array}$
2:20.45 EOSAJUN Seanna Marthen, 2 CDCAPR Lauren Lavigna, 12 GATOR
2:21.36 HYACKMAY Jennifer Self,12,PDSA
2:21.38 MSSACMAY Nadine McAdam,12,TSC
2:21.70 ROWMAY Zara Laing,12,ROW
2:21.78 ESWIMJUN Lorraine Whiting, 12, MSSAC
2:21.92 OCRE UUN Nicole Lacoste, 13,MSSAC
2:21.97 ODIV1APR Maggie Young, 12,WAC
2:22.08 ESWIMJUN Fay Yachetti,12,HWAC
2:22.19 MBSKJUN Kelsey Jenkins, 12,FMSC
$\begin{array}{ll}\text { 2:22.19 } \\ \text { 2:22.44 } & \text { MBSKJUN Kelsey Jenkins,12,FMSC }\end{array}$
2:22.44 PQIIAPR Stephanie Horner, 12,BBF
2:22.88 OCREJUN Amanda McTeague, 11, ESW
2:22.88 OCREJUN Amanda McTeague,11,ESWIM
2:23.57 MBSKJUN Courtney Kapustianyk, 12,LASER
2:23.62 CASCJUN Rebecca Sayles,12,CASC
$2: 23.93$
2:23.93
2:24.05 PDSCAPA Ariane Nadeau, 12,REG
2:24.05 CDSCAPR August Griffin,12,PDSA
2:24.08 AACAPR Sacha Lambert,12,TSC
$\begin{array}{ll}\text { 2:24.08 } & \text { AACAPR Sacha Lambert,12,TSC } \\ \text { 2:24.26 } & \text { MBSKJUN Jessi Wardale,12,CASC }\end{array}$

Rec: 1:10.94 Allison Higson,ESC 86
1:17.08 NBLCMAY Morgan Kierstead,12,AQUA 1:19.03 PQIIIMAY Genevieve Crevier,12,CNHR 1:19.29 PQIIIMAY Claudia Bonsant,12,EXCE 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 1:22.54 NEORJUN Sarah Turgeon, 12,SSMAC $\begin{array}{ll}1: 22.55 & \text { GMACJUN Vicki Curtis, 12,GMAC } \\ 1.2268 & \text { EOSAJUN Penny Baxter, 12,NKB }\end{array}$ 1:23.15 CASCJUN Donna MacLeod,12,EKSC 1:23.27 PHENXJUN Alicia Neasmith, 12,PCSC 1:23.30 MBSKJUN Tara Hahto,11,CASC 1:23.40 ODIV1APR Sacha Lambert,12,TSC $\begin{array}{ll}1: 23.61 & \text { AACAPR Nadine McAdam, } 12, \text { TSC } \\ 1.23 .68 & \text { PPOMAY Anne-M Vahon }\end{array}$ $\begin{array}{ll}\text { 1:23.68 } & \text { PPOMAY Anne-M Vachon,12,CNCC } \\ \text { 1:23.69 UCSAJAN Lauren Walker,12,OSC }\end{array}$ 1:23.75 TBTMAY Jane Harrington,12,MM 1:24.80 MSSACMAY Andrea Holek, 12,WD 1:24.91 HYACKMAY Jessica Crepinak, 11,PSW 1:24.94 LUSCMAY Jy Lawrence,12,CT33
1.24 .96 MSSACMAY Karly Harding,12,WD 1:25.08 CDSCAPR Jennifer Gardiner,12,PDSA 1:25.28 ESWIMJUN Jessica Ward,12,PICK

## 1:25.32 ULJUN Myriam Plante,11,UL

200 METRES BREASTSTROKE
2:46.58 TORLCJAN Whitney Rich,12,ISS 2:47.75 MBSKJUN Donna MacLeod,12,EKSC $\begin{array}{ll}\text { 2.49.04 } & \text { NBLCMAY Morgan Kierstead, 12,AQUA }\end{array}$ 2:51.89 PQIIIMAY Claudia Bonsant,12,EXCE 2:52.09 EKIAPR Hanna Pierse,12,EKSC 2:53.70 ESWIMJUN Rachel Chan, 12 MSSAC 2:54.53 CDSCAPR Natalie Chan, 12,PDSA 2:55.15 MBSKJUN Lisa Kenke,12,GOLD 2:57.73 PQIMAY Alicia Neasmith,12,PCSC 2:58.78 HYACKMAY Tara Hahto, 11, CASC 2:58.81 HYACKMAY Jessica Crepjnak, 11,PSW 2:58.98 AACAPR Sacha Lambert, 12,TSC 2:59.52 EKSCMAR Katerina Symes, 12, EKSC 3:00.18 ODIV1APR Vicki Curtis,12,GMAC 3:00.58 MSSACMAY Karly Harding, 12, WD 3:00.66 ODIV3APR Aaryn Fraser, 12,MMST 3:00.72 NEORJUN Sarah Turgeon,12,SSMAC 3:00.74 ODIV3APR Jy Lawrence,12,CT33 3:01.14 ODIV1APR Nadine McAdam,12,TSC 3.0217 RAPIDAPR Annik Saxer,12, 12 PS 3:02.28 EOSAJUN Farris Blaskovits, 12, NKB 3:02.37 PQIIIMAY Marie-P Ouellet,11,CNDR 00 METRES BUTTERFLY
Rec: 1:05.51 Shauna Collins,ROD,90
1:10.27 CASCJUN Andrea Kells, 12,RDCSC
1.11.48 HWACJUN Kailee Marinnon,
$\begin{array}{ll}\text { 1:11.48 } & \text { HWACJUN Kailee MacKinnon, 12,HWAC } \\ \text { 1:11.60 } & \text { ONSRJUN Rachael Kloosterman }\end{array}$
1:11.60 ONSRJUN Rachael Kloosterman,12,
1:12.56 ESWIMJUN Kaleigh McKinnon,11,TORCH
1:12.56
1:12.90 CSWIMJUN Kaleigh McKinnon, 11,JORCH
CASCJUN Mackenzie Jones,12,UCSC
1:13.05 MBSKJUN Courtney Kapustianyk, 12,LASER
1:13.27 MBSKJUN Amy Findlay,11,KSC-BRSA
1:13.27 MBSKJUN Amy Findlay, 11,KSC-BRSA
1:13.86 EKIAPR Darby Jack 12GL.BRSA
1.1389 HYACKMAY Darby Jack, $12, \mathrm{GL}$-BRSA

1:14.07
TBTMAY Hailee Traa, 12, MANTA
1.14.15 CAMOMAR Edith Aceredo 12 CNMN

1:14.23 RODJUN Erika Arown 12 ROD
1.14.43 MBSKUN EInn Barn, 2, ROD
$\begin{array}{ll}\text { 1:14.43 } \\ \text { 1.14.46 } & \text { MBSKJUN Elyn Barnlund,11,MANTA }\end{array}$
1:14.46 MBSKJUN Donna MacLeod,12,EKSC
1.14.80 LACMAY Dana-Perwotka 12 CYPS

1:14.84 LACMAY Maggie Young, 12 WAC
1.14.84 LACMAY Maggie Young, 12, WAC

1:14.93 OYOMAR Caitlin Reilly, 12,UPCAN
1:15.01 OCREJUN Nicole Lacoste,13,MSSAC
1:15.03 GMACMAY Aaryn Fraser,12,MMST
1:15.04 EOSAJUN Katie McClean,12,PERTH
1:15.10 UCSAJAN Glenna Young,12,FMSC

## ETRES BUTTERFLY

$\begin{array}{ll}\text { 2:36.17 CDSCAPR Natalie Chan, 12,PDSA } \\ \text { 2:36.63 } & \text { CDSCAPR Lauren Lavigna, 12,GATO }\end{array}$
2:36.63 CDSCAPR Lauren Lavigna,12,GATOR 2:37.54 MBSKJUN Courtney Kapustianyk, 12,LASER
2:38.71 ESWIMJUN Kaleigh McKinnon 11, TORCH 2:38.71 ESWIMJUN Kaleigh McKinnon, 11,TORCH 2:39.68 RAPIDJAN Kathryn Johnson,12,PDSA 2:40.70 HYACKMAY Andrea Kells,12,RDCSC 2:40.81 MSSACMAY Rachael Kloosterman, 12,WD
2:42.49 HTACAPR Hannah Vaughan 12,EAST 2:42.49 HTACAPR Hannah Vaughan, 12,EAST
$2: 42.51$ AACAPR Carol Kong,11, TORCH 2:42.51 AACAPR Carol Kong, 11,TORCH
2:42.72 LUSCMAY Kailee Mackinnon, 12,HW 2:42.72 LUSCMAY Kailee MacKinnon,12,HWAC 2:45.35 ODIV1APR Maggie Young, 12,WAC
2:45.40 MBSKJUN Amy $\begin{array}{ll}\text { 2:45.40 } & \text { MBSKJUN Amy Findlay, 11,KSC-BRSA }\end{array}$ $\begin{array}{ll}\text { 2:46.05 } & \text { PQIMAY Vanessa Taillefer,11,DDO } \\ \text { 2:46.68 } & \text { TBTMAY Ellyn Barnlund 11,MANTA }\end{array}$ $\begin{array}{ll}\text { 2:46.68 TBTMAY Elyn Barnlund,11,MANTA } \\ \text { 2:47.26 } & \text { ESWIMJUN Jennifer Cao,12,YORK }\end{array}$ 2:47.26 ESWIMJUN Jennifer Cao, 12, YORK 2:47.50 ESWIMJUN Hope Martin,11,HWAC 2:47.53 NSSRJUN Danielle Weir,11,WTSC 2:47.96 MSSACMAY Sacha Lambert,12,TSC
2:49.02 MSSACMAY Lucy Wu,12,SCAR 2:49.02 MSSACMAY Lucy Wu,12,SCAR 2:49.19 EKSCMAR Sarah Gagnon,12,FMSC 2:49.61 ODIV1APR Karen Ingo,12,KSS-NWO
2:50.01 MBSKJUN DonnaMacleod, 12,EKSC 2:50.01 MBSKJUN Donna MacLeod,12,EKSC
2:50.14 DAVISMAR Rachel Shallhorn,12,OSHAC 2:50.31 GMACMAY Aaryn Fraser, 12,MMST 2:51.05 ODIV1APR Dana Serwotka, 12,CYPS

200 MEIRES IND.MEDLEY
2:33.70 EKIAPR Natalie Chan, 12,PDSA
2:35.63 MBSKUUN Stephanie Pollard 12 IS
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
2:40.26 DAVISMAR Rachel Shallhorn, 12,OSHAC
2:40.85 ESWIMJUN Kailee MacKinnon,12,HWAC
2:40.98 MSSACMAY Miriam Kim,11,TSC
2:41.36 MSSACMAY Nadine McAdam,12,TSC
2:41.40 NSSRJUN Hannah Vaughan,12,EAST
2:42.13 MSSACMAY Sacha Lambert,12,TSC
2:42.21 ESWIMJUN Rachel Chan,12,MSSAC
2:42.41 CNOAPR Seanna Mitchell, 12,NKB
2:42.46 HYACKMAY Andrea Kells, 12,RDCSC
2:42.49 NEORJUN Sarah Turgeon,12,SSMAC
2:42.51 CASCJUN Sheena Gross,12,EKSC
2:42.77 HYACKMAY DonnaMacLeod,12,EKSC
2:42.80 PHENXJUN Jennifer Self,12,PDSA
2:42.95 ESWIMUUN Jennifer Cao,12,YORK
2:43.01 PQIMAY Alicia Neasmith, 12,PCSC 2:43.26 CDSCAPR Lauren Lavigna, 12,GATOR

## METRES IND. MEDLEY

## 5:02.71 Joanne Malar,HWAC, 88

5:24.29 TORLCJAN Whitney Rich, 12,ISS
5:31.04 MBSKJUN Stephanie Pollard,12,IS
5:31.79 EKIAPR Natalie Chan,12,PDSA 5:35.40 HTACAPR Hannah Vaughan, 12,EAST 5:37.41 MSSACMAY Rachael Kloosterman, 12,WD 5:37.94 EKIAPR Katerina Symes, 12,EKSC 5:38.67 RAPIDAPR Lauren Lavigna, 12,GATOR 5:38.88 RAPIDAPR Michelle Jung, 11, CHENA 5.4058 ESWIM IUN Kaileo MacKinnon 12 HW 5.41.42 ESWIM UUN Rachel Chan 12 MSSAC 5.41.71 ESWIMUUN Alexa Komarnycky 11 ESWIM 5:42.40 ESWIMJUN Kaleigh McKinnon,11,TORCH 5:42.42 POIMAY Vanessa Taillefer, 11 DDO 5:43.08 $\quad$ ISJUN Kathryn Sutton, 12,IS 5:44.43 HYACKMAY Jessica Crepjnak, 11,PSW 5:46.28 ESWIMJUN Jennifer Cao, 12,YORK 5:46.39 HYACKMAY Hanna Pierse,12,EKSC 5:47.37 CASCJUN Andrea Kells,12,RDCSC 5:48.69 LACMAY Susan Long,11,LAC 5:48.76 NEORJUN Sarah Turgeon, 12,SSMAC 5:48.92 ISJUN Annika Schmuck,12,PSW 5:49.43 EOSAJUN Samantha Diotte,12,NKB

## 4X50 MEDLEY RELAY

Rec: 2:10.53 Regina OD,ROD,90
2:16.02 CASCJUN Cascade Swim Club,CASC
2:17.33 ODIV1APR Nepean Kanata,NKB
$\begin{array}{ll}\text { 2:18.03 } & \text { AACAPR Toronto Swim Club,TSC } \\ \text { 2:19.16 } & \text { PQIMAY Dollard Swim Team,DDO }\end{array}$
$\begin{array}{ll}\text { 2:19.16 } & \text { PQIMAY Dollard Swim Team,DDO } \\ \text { 2:19.43 } & \text { EKIAPR Edmonton Keyano,KKSC }\end{array}$
2:19.43 EKIAPR Edmonton Keyano, EKSC
2:19.80 ESWIMJUN Hamilt-Wentworth AC,HWAC
2:19.80 ESWIMJUN Hamilt-Wentworth AC,HW
2:20.34 EXIAPR Pacilic Dolphins,
2:21.20 PQIIMAY CN Haut-Richelieu,CNHR
$\begin{array}{ll}\text { 2:21.20 } & \text { MMAPR Manta Swim Club,MANTA } \\ \text { 2:21.75 } & \text { AACAPR Mississauga AC,MSSAC }\end{array}$
$\begin{array}{ll}\text { 2:21.75 } & \text { AACAPR Mississauga AC,MSSAC } \\ \text { 2:21.84 } & \text { PQIMAY PointeClaire SC PCSC }\end{array}$
PQIMAY Pointe Claire SC,PCSC
PQIMAY Montreal Aquatique,CAMO
PPOMAY Uxbridge SC,USC
2:22.65 PPOMAY Uxbridge SC,USC
2:23.06 ESWIMJUN Etobicoke Swimming,ESWIM
2:23.22 ODIV1APR Windsor AC,WAC
$\begin{array}{ll}\text { 2:23.77 PQIMAY Univ.Laval Rouge \& Or,UL } \\ \text { 2:24.28 } & \\ \text { ODIV2APR Ottawa Y OYO }\end{array}$
2:24.28 ODIV2APR Ottawa Y,OYO
2:24.29 ODIV3APR Markham AC,MAC
2:24.95 ODIV1APR Scarborough SC,SCAR
2:25.28 OCREJUN Pickering SC,PICK
2:25.28 OCREJUN Pickering SC,PICK
2:25.53 HYACKMAY Vancouver Gators,GATO
$\begin{array}{ll}\text { 2:25.55 } & \text { ODIV1APR Chatham Y,CYPS } \\ \text { 2:25.82 } & \text { EOSAJUN Perth Stingrays,PERT }\end{array}$
$\begin{array}{ll}\text { 2:25.82 } & \text { EOSAJUN Perth Stingrays,PERTH } \\ \text { 2:26.02 } & \text { PQUIIAPR Beaconsfield Bluefins, BBF }\end{array}$
XX50 FREE RELAY
ec: 1:55.93 Regina Opt.Dolphins,ROD,95
2:00.00 CASCJUN Univ.of Calgary SC,UCSC
2:00.08 CASCJUN Cascade Swim Club,CASC
2:01.36 ODIV1APR Nepean Kanata,NKB
2:02.03 ODIV1APR Toronto Swim Club,TSC
$\begin{array}{ll}\text { 2:02.99 } & \text { EKIAPR Pacific Dolphins,PDSA } \\ \text { 2:04.23 } & \text { EKIAPR Edmonton Keyano,EKSC }\end{array}$
2:04.23 EKIAPR Edmonton Keyano,EKSC
2:04.53 PQIMAY Univ.Laval Rouge \& Or,UL
2:05.50 HYACKMAY Vancouver Gators,GATOR
2:05.54 ODIV1APR Windsor AC,WAC
2:05.95 LACMAY London AC,LAC
2:06.00 NSSRJUN Eastern Alliance,EAST
$\begin{array}{ll}\text { 2:06.42 } & \text { ODIV1APR Richmond Hill AC,RHAC } \\ \text { 2:06.43 } & \text { ODIV2APR Perth Stingrays,PERTH }\end{array}$
$\begin{array}{ll}\text { 2:06.43 } & \text { ODIV2APR Perth Stingrays,PERTH } \\ \text { 2:06.46 } & \text { PQIMAY Dollard Swim Team,DDO }\end{array}$
$\begin{array}{ll}\text { 2:06.46 } & \text { PQIMAY Dollard Swim Team,DDO } \\ \text { 2:06.54 } & \text { AACAPR Mississauga AC,MSSAC }\end{array}$
2:06.65 AACAPR Cobra Swim Club, COBRA
2:06.87 ODIV1APR North York AC NYAC
2:06.87 ODIV1APR North York AC,NYAC
$\begin{array}{ll}\text { 2:06.91 } & \text { UCSAJAN Fort McMurray SC,FMSC } \\ \text { 2:06.93 OCREJUN Uxbridge SC,USC }\end{array}$
2.07.20 ESWIMUN Uxbridge SC,USC

2:07.27 MBSKJUN Manta Swim Club,MANTA
2:07.29 ESWIMJUN Enanta Swim Club,MANTA
2:07.35 ODIV2APR Lakeshore SC,LSC
2:07.61 PQIMAY Samak de Brossard,SAMAK
27.59 ODIV3APR Ryan Gow,12,TRENT 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, RDCSC 28.85 PGBAPR Kurt Grossman,12,PN 29.09 ULJUN Pascal Plante,12,ULL 29.13 STARJUN Samuel Thrall,12,OAK 29.14 CASCJUN Matthew Chan,12,STSC 29.23 CDSCAPR Jake Tapp,12,LOSC 29.29 CASCJUN Sam Berg,12,RDCSC 29.47 HYACKMAY Charles Wong.12,UCSC 29.54 HYACKMAY Glen Wooldridge, 12,WLBF 29.65 ESWIMJUN Uko Abara,12,RHAC 29.68 OYOMAR Glen Torontow,12.OYO 29.72 EOSAJUN Jacob Barton,12,GO 29.78 ULJUN Simon Boulanger-M.,12,CSQ 29.79 PQIMAY Erik Brisson,12,DDO ., 12,CSQ PQIMAY Erik Brisson,12,DDO 29.80 PQIMAY Vincent Tremblay,12,SAMAK 29.80 ESWIMJUN David Moreno,12,ESWIM 29.82 CDSCAPR Jeffrey Lau, 12,GATOR 0 METRES FREESTYLE
Rec: 57.20 Miguel Munoz,ESC,86
58.60 PQIIIMAY Mathieu Bois,12,HIPPO :00.08 AACAPR Yonathan Prajogo,12,COBRT 1:02.48 ULJUN Francois-PMurray, 12,CNDR 1:02.55 HYACKMAY Brett Schmid,12,CASC 1:02.66 UCSAJAN Joel Greenshields, 12,RDCS 1:03.25 ODIV2APR Nick Price 12 TMSC-NWO :03.39 MSSACMAY Patrick Cuch 12 TSC TO 1:03.55 ODIV2APR Glen Torontow, 12.OYO 1:03.83 CDSCAPR Jake Tapp, 12,LOSC 1:03.86 STARJUN Samuel Thral 120AK 1:03.86 STARNUN Samuel Thral,12,OAK
1:03.98 BROCKMAY David Mongeri,12,BROC 1:04.29 ULJUN Claude Cyr-Cormier,12,LSNR 1:04.61 HYACKMAY Charles Wong,12,UCSC 1:04.85 CASCJUN Chad Michie,12,CASC :04.88 MSSACMAY Alex Thompson, 12,OAK 1:04.92 MBSKUUN Zarary Odger 12, CASC 1:04.94 STARJUN Cameron Cummings,12,OAK 1:05.11 PHENXUUN Steven Bielby,11,PCSC :05.12 AACAPR Harrison Curtis,12,TSC 1:05.13 ESWIMJUN Kyung Soo Yoon,10,NYAC 1:05.30 EKIAPR Adam SZoo,12,CASC
1:05.45 EOSAJUN Jacob Barton, 12,GO

## 200 METRES FREESTYLE

Rec: 2:05.83 Chuck Sayao,TOMAC,95
2:11.48 PQllIMAY Mathieu Bois, 12,HIPPO
2:12.08 EKSCMAR Joel Greenshields,12,RDCSC
2:15.07 RAPIDAPR Jordan Hartney, 12 PSW
2.15.01 RAPIDAPR Jordan Hartney, 12, PSW

2:16.38 ODIV3APR Ryan Gow,12,TRENT
$\begin{array}{ll}\text { 2:16.48 } & \text { OLYJUN Yonathan Prajogo, 12,COBR }\end{array}$
2:17.07 EKIAPR Nathan Demchuk, 12,EKSC
2:17.22 ODIV1APR Peter Bowen,12,GO
2:18.01 ESWIMJUN Cameron Bailey,11,HWAC
2:18.61 ULJUN Francois-P Murray, 12,CNDR
2:18.97 CAMOMAR Etienne Paquet, 12,BBF
2:18.99 MSSACMAY Alex Thompson 12 IK
2:18.99 MSSACMAY Alex Thompson,12,OAK
2:19.00 EKSCMAR Matthew Verwey, 12,RDCSC
2:19.00 EKSCMAR Mathew Verwey,12,RDCSC
2:19.04 CAMOMAR Guillaume Vallieres,12,CASE
2:19.04 CAMOMAR Guillaume Vallieres,12,
2:19.18 MSSACMAY Harrison Curtis,1,TSC
2:19.18 MSSACMAY Harrison Curtis,12,IS
2:20.70 CDSCAPR Jake Tapp,12,LOSC
$\begin{array}{ll}\text { 2:20.75 } & \text { EKIAPR Patrick Downing,12,HYACK } \\ \text { 2:20.83 } & \text { EKIAPR Brett Schmid 12CASC }\end{array}$
2:20.83 EKIAPR Brett Schmid,12,CASC
$\begin{array}{ll}\text { 2:21.58 } & \text { STARJUN Samuel Thrall,12,OAK } \\ \text { 2:21.59 } & \text { PPOMAY Pascal Provencher-F,12,DDO }\end{array}$
2:22.46 STARJUN Cameron Cummings, 12,OAK
2:22.50 PQIMAY Erik Brisson,12,DDO
2:22.52 ESWIMJUN Viktor Verblac,12,YORK

## 2001 LONG COURSE TAG

## 400 METRES FREESTYLE Rec: 4:19.04 Chuck Sayao,TOMAC, 95

 4:45.44 EKSCMAR Joel Greenshields,12,RDCSC 4:45.84 ESWIMJUN Patrick Cuch,12,ESWIM 4:45.87 ESWIMJUN Cameron Bailey,11,HWAC 4:47.91 PQIMAY Renaud Laliberte, 12,UL 4:49.59 OLYJUN Yonathan Prajogo,12,COBRA 4:52.15 HYACKMAY Ilya Brotzky,12,PDSA 4:52.25 HYACKMAY Ryan Cochrane,12,IS 4:53.10 PQIMAY Jonathan Blouin,12,CSQ 4:55.67 DAVISMAR Ryan Gow,12,TRENT 4:55.85 CDSCAPR Jordan Hartney, 12,PSW 4:56.41 PQIMAY Pascal Provencher-F,12,DDO 4:57.734:57.96
EKSCMAR Nathan Demchuk, 12 4:58.71 ULJUN Francois-P Murray,12,CNDR 4:59.27 MBSKJUN Nick Berrns, 12,LASER 5:00.56 HYACKMAY Patrick Downing, 12, HYACK 5:00.59 HYACKMAY Kyr Getman, 12, WVOSC 5:00.64 ESWIMJUN Viktor Verblac, 12,YORK 5:00.70 BROCKMAY Cameron Cummings,12,OAK 5:02.06 EKIAPR Adam Szoo,12,CASC 5:02.68 AACAPR Samuel Thrall,12,OAK 5:04.41 HWACJUN Drew Grey,12,OAK

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5:04.44 HWACJUN
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Rec: 17:05.50 Nicholas Richards, PCSC, 84
18:32.28 ESWIMJUN Patrick Cuch,12,ESWIM $\begin{array}{ll}18.43 .84 & \text { PQIMAY Renaud Laliberte,12,UL } \\ \text { 18:58.90 } & \text { ULUUN Jonathan Blouin,12,CSO }\end{array}$ 19:02.37 ESWIMJUN Cameron Bailey,11,HWAC 19:21.30 ESWIMJUN Viktor Verblac, 12, YORK 19:21.97 PQIMAY Pascal Provencher-F,12,GAMIN 19:22.10 HYACKMAY Ryan Buna, 12,IS 19:31.68 MSSACMAY Cameron Cummings,12,OAK 19:35.52 MBSKJUN Patrick Errington,12,RDCSC 19:36.32 BROCKMAY Yonathan Prajogo,12COBRA 19:50.22 MSSACMAY Alex Thompson, 12 OAK 19:54.02 PQIMAY Jonathan Gagne,12,DDO 19:54.87 HYACKMAY Kyr Getman,12,WVOSC 20:03.67 HWACJUN Drew Gray,12,OAK 20:14.18 MSSACMAY Harrison Curtis,12,TSC 20:24.50 ESWIMJUN Alex Griffiths,12,PICK 20:24.76 ULJUN Guillaume Gagnon,12,CNCB 20:27.07 HWACJUN Samuel Thrall,12.OAK 20:32.17 HYACKMAY Damuel Thrall,12, OAK 20:33.33 ESWIMJUN Antoine Lamoureux, 11,REG 20:33.71 WOSAJUN Xavier Schoppel, 12,ROW 20:35.26 MBSKJUN Brett Richter, 12,ROD Rec: 1:05.60 Tobias Oriwol,PCSC, 9

1:05.60 Tobias Oriwol,PCSC,98
1:06.89 CDSCAPR Jordan Hartney, 12, PSW 1:06.89 CDSCAPR Jordan Hartney, 12,PS
1:10.44 DAVISMAR Ryan Gow,12,TRENT 1:12.33 HYACKMAY Brett Schmid,12,CASC
UCSAJAN Joel Greenshields,12,RDCSC 1:12.64 AACAPR Patrick Cuch,12,TSC-TO 1.12 .67 AACAPR Parick Cuch,12,TSC-TO 1:12.73 ODIV2APR Glen Torontow,12,OYO 1:12.76 OLYJUN Yonathan Prajogo, 12,COBRA 1:12.97 EKIAPR Matthew Chan,12,STSC 1:13.63 CASCJUN Justin Di Stefano, 12,UCSC $\begin{array}{ll}\text { 1:14.02 } & \text { CDSCAPR Jake Tapp, 12,LOSC } \\ 1: 14.14 & \text { STARJUN Cameron Cummings, }\end{array}$ 1:14.14 STARJUN Cameron Cummings,12,OAK 1:14.33 MBSKJUN Zacary Odger,12,CASC $1 \cdot 1491$ ESWIM IUN David Grubb 12 MAC 1:14.91 ESWIMJUN David Grubb,12,MAC
$1: 1495$ AACAPR Harison Curtis 12 TSC 1:14.98 LACMAY Cameron Bartlett,12,CYPS 1:15.00 NSSRJUN Marc Pyle,12,SWAT 1:15.01 PPOMAY Bryan Fumerton, 11,USC 1:15.07 RAPIDJAN Daniel Kennedy,12,KISU 1:15.60 HYACKMAY Ryan Cochrane, 12,IS 1:15.69 EKIAPR Evan Vanderven, 12,CASC
1:15.80 CDSCAPR Ilya Brotzky, 12 PDSA 1:15.80 CDSCAPR llya Brotzky,12,PDSA $\begin{array}{ll}\text { 1:15.84 } & \text { MBSKJUN Sean Kimak, 12,GL-BRSA } \\ \text { 1:16.06 } & \text { PHENXJUN Steven Bielby,11,PCSC }\end{array}$

## METRES BACKSTROKE

## Rec: 2:18.05 Tobias Oriwol,PCSC,98

2:29.95 EKSCMAR Joel Greenshields,12,RDCSC 2:30.25 RAPIDJAN Jordan Hartney, 12,PSW 2:32.68 PQIMAY Jonathan Blouin,12,CSQ
2:33.38 HYACKMAY Bret Schmid 12 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 $\begin{array}{ll}\text { 2:33.77 } \\ \text { 2:34.41 } & \text { DQVISMAR Ryan Gow, } \\ \text { PQIMA }\end{array}$ 2:35.25 ODIV2APR Glen Torontow,12,0YO 2:35.68 CASCJUN Justin Di Stefano,12,UCSC 2:35.86 AACAPR Cameron Cummings,12,OAK 2:36.92 HYACKMAY Ryan Cochrane, 12,IS 2:37.21 MSSACMAY Harrison Curtis,12,TSC 2:37.39 CAMOMAR Etienne Paquet,12,BBF 2:38.02 $\quad$ PPOMAY Bryan Fumerton, 11,USC 2:38.02 PPOMAY Pascal Provencher-F,12,DDO
2:38.64 EKSCMAR Mathew Verwey, 12,RDCSC 2:38.64 EKSCMAR Matthew Verwey, 12,RDCS
2:39.00 HYACKMAY Ilya Brotzky,12,PDSA 2:39.00 HYACKMAY IIya Brotzky, 12,PDSA 2:39.41 EKSCMAR Matthew Chan, 12,STSC 2:39.79 MBSKJUN Matthew Cunes,12,KSC-BRSA 2:40.61 NSSRJUN Marc Pyle,12,SWAT 2:40.82 GMACMAY Cameron Bartlett,12,CYPS
2:41.64 AACAPR Yonathan Praiogo,12,COBRA 2:41.64 AACAPR Yonathan Prajogo,12,COBRA
2:41.68 HYACKMAY Zacary Odger,12,CASC 2:41.68 HYACKMAY Zacary Odger,12,CASC
$2: 42.21$ CDSCAPR Jake Tapp,12, LOSC 2:42.21 CDSCAPR Jake Tapp,12,LOSC
2:42.79 ESWIMJUN Jason Yee,12,NEW

100 MEIRES BREASTSTROKE
Rec: 1:12.24 David Cheung,CREST,94 1:18.39 PQCUPJUN Mathieu Bois, 12,HIPPO 1.19.45 CASCJUN Gavin D'Amico,13,EKSC 1:20.59 AACAPR Jason Yee,12,NEN 1:21.36 CASCJUN Charles Wong,12,UCSC 1:21.65 PQIMAY Erik Brisson,12,DDO 1:22.09 EKIAPR Mason Cully,12,LEDUC 1:23.11 BROCKMAY Yonathan Prajogo,12,COBRA 1:23.15 MSSACMAY Patrick Cuch,12,TSC-TO 1:23.17 UCSAJAN Jeffrey Lai,12,EKSC 1:23.42 CAMOMAR Pierre-L. Genereux,12,CNTR 1:24.01 ODIV2APR Nicholas Shoust,12,SSMAC 1:24.25 UCSAJAN Matthew Verwey,12,RDCSC 1:24.87 PQMMAY Dillon Babb,12,DDO 1:25.38 CDSCAPR Jordan Hartney,12,PSW 1:25.58 ESWIMJUN Feodor Tchougainov, 11, ESW 1:25.58 ESWIMJUN Feodor Thouganov,
1:25.87 ESWIMJU Alex Collins,12,TSC 1:25.92 PQUMMY Cristian Popovici,12,CAMO 1:26.07 ODIV3APR Zach Summerhayes,11,RISC 1:26.14 ESWIMJUN Antoine Lamoureux, 11,REG 1:26.21 ODIV3APR Jordan Murtonen, 12,SYD

## METRES BREASTSTROKE

## Rec: $2: 36.28$ Ryan Chiew,HYACK,99

2:38.38 PQCUPJUN Mathieu Bois, 12,HIPPO
2:51.68 ESWIMJUN Jason Yee, 12,NEW
2:51.70 ESWIMJUN Patrick Cuch,12,ESWIM
2:54.70 HYACKMAY Charles Wong,12,UCSC
2:54.78 PQIMAY Erik Brisson,12,DDO 2:56.06 CNHRJUN Pierre-L. Genereux, 12,CNTR 2:57.93 DAVISMAR Alexander Lai, 12,MYSC 2:58.78 CASCJUN Winston Yeap,12,OSC 2:59.01 MBSKJUN Mason Cully, 12,LEDUC 2:59.23 AACAPR Yonathan Prajogo,12,COBRA 3:00.34 ESWIMJUN Antoine Lamoureux,11,REG 3:01.12 ESWIMJUN Zach Summerhayes, 12,RISC 3:01.70 PQIMAY Dillon Babb,12,DDO 3:01.98 RAPIDAPR Jordan Hartney, 12,PSW 3:02.15 EKSCMAR Matthew Verwey,12,RDCSC 3:02.32 UCSAJAN Jefficha, 3:03.13 LUSCMAY Nicholas Shoust,12,SSMAC 3:04.63 CAMOMAR Cristian Popovici,12,CAMO 3:04.71 LUSCMAY Steven Kalaba, 12,EYSC
 $\begin{array}{ll}\text { 3:04.88 } & \text { ESWIMJUN Alex Collins,12,TSC } \\ \text { 3:04.89 } & \text { ESWIMJUN Feodor Tchougainov,11,ESWIM }\end{array}$ 3:05.02 HTACAPR Marc Pyle,12,SWAT

## 00 METRES BUTTERFL

Rec: 1:03.26 Michael Calkins,IS,90
1:04.93 CNHRJUN Mathieu Bois,12,HIPPO :06.61 ESWMMUUN Parick Cuch,12,ESWIM 1:06.62 OLYJUN Yonathan Prajogo, 12,COBRA
1:09.08 ULJUN Guillaume Gagnon 12 CNCB RAPIDAPR Jordan Hartney 12, PSW RAPIDAPR Jordan Hartney, 12,PS 1.09 .68 AACAPR Endi Babbi,12,EYSC 1:10.16 UCSAJAN Joel Greenshields,12,RDCSC 1.10.25 CASCJUN Charles Wong 12, UCSC 1:10.25 CASCJUN Charles Wong,12,UCSC 1:10.53 CAMOMAR Guillaume Vallieres, 12, CASE 1:11.05 CDSCAPR Jake Tapp,12,LOSC 1:11.05 CDSCAPR Jake Tapp, 12,LOSC
1:11.08 ESWIMJUN Kyung Soo Yoon,10,NYAC 1:11.24 PQIMAY Vincent Tremblay, 12,SAMAK 1:11.24 PQMMAY Vincent Tremblay,12,SAM
1:11.25 MBSKJUN Zacary Odger,12,CASC 1:11.83 CDSCAPR Malcolm Tan,12,HYACK 1:12.46 EKIAPR Nathan Demchuk, 12,EKSC 1:12.67 ESWIMJUN Viktor Verblac,12,YORK
1:12.84 PPOMAY Bryan Fumerton,11,USC 1:12.84 PPOMAY Bryan Fumerton,11,USC ULJUN Renaud Laliberte, 12,UL PQIMAY Jonathan Gagne,12,DDO ULIMAUN Pascal Plante,12,UL 1:13.30 ULJUN Pascal Plante, 12,UL
$1: 13.46$ MSSACMAY Samuel Thrall,12,OAK 1:13.46 MSSACMAY Samuel Thral,,2,OAK
1:13.72 RAPIDAPR Fraser Roberts,12,RAPID

### 1.13.72 RAPIDAPR

## Rec: 2:19.88 Jonathan Cantin,PLUS, 91

2:30.27 ESWIMJUN Patrick Cuch,12,ESWIM 2:30.68 CDSCAPR Jordan Hartney,12,PSW $\begin{array}{ll}\text { 2:33.34 } & \text { PQIMAY Jonathan Blouin,12,CSQ } \\ \text { 2:34.28 AACAPR Yonathan Prajogo,12,COBRA }\end{array}$ $\begin{array}{ll}\text { 2:34.28 AACAPR Yonathan Prajogo,12,COBRA } \\ \text { 2:37.53 } & \text { PQIMAY Jonathan Gagne,12,DDO }\end{array}$ 2:37.53 PQIMAY Jonathan Gagne,12,DDO 2:39.84 ESWIMJUN Viktor Verblac,12,YORK 2:40.37 MBSKJUN Zacary Odger,12,CASC 2:40.69 HYACKMAY Ilya Brotzky,12,PDSA 2:40.92 HYACKMAY Malcolm Tan,12,HYACK 2:41.30 AACAPR Endi Babbi,12,EYSC 2:42.01 PQ|IAPR Guillaume Gagnon, 12,CNCB 2:42.39
2:44.32 ULJUN Renaud Laliberte,12,UL
UCSAJAN McLean Eubank,12,CP 2:44.32 UCSAJAN McLean Eubank, 12,
2:44.51 MBSKJUN Ryan Buna, 12,IS 2:44.92 MSSACMAY Cody Gault,12,TSC 2:46.47 PPOMAY Zach Summerhayes, 11,RISC 2:46.54 ULJUN David Plezu,12,UL 2:46.69 RAPIDAPR Jake Tapp,12,LOSC
2:46.99 MSSACMAY Samuel Thrall,12,OAK 2:46.99 MSSACMAY Samuel Thrall,12,OAK
2:47.30 HYACKMAY Joey Wai,12,HYACK 2:47.30 HYACKMAY Joey Wai, 12,HYACK
2:47.32 PQMMAY Vincent Tremblay, 12,SAMAK 2:47.34 PPOMAY Bryan Fumerton,11,USC $\begin{array}{ll}\text { 2:47.47 } & \text { UCSAJAN Nathan Lynch, 12,OSC } \\ \text { 2:47.62 } & \text { ODIV2APR Karl Trimble,12,BROCK }\end{array}$

Rec: 2:21.81 Brian Johns, RAC

2.251.75 PQCUPJUN Mathieu Bois, 12, HIPPO
2.31.75 EKSCMAR Joel Greenshields,12,RDCSC

2:33.31 CDSCAPR Jordan Hartney, 12,PSW
2:35.70 CAMOMAR Guillaume Vallieres, 12,CASE
2:36.09 OLYJUN Yonathan Prajogo,12,COBRA
2:36.49 CASCJUN Charles Wong,12,UCSC
2:36.55 ULJUN Renaud Laliberte,12,UL
2:37.34 NSSRJUN Marc Pyle,12,SWAT
2:37.55 HYACKMAY Brett Schmid,12,CASC
2:38.63 EKSCMAR Matthew Verwey, 12,RDCSC
2:39.96 EKSCMAR Nathan Demchuk, 12, EKSC
2:40.00 MBSKJUN Zacary Odger,12,CASC
2:40.02 MBSKJUN Ryan Buna,12,IS
2:40.50 RAPIDAPR Jake Tapp,12,LOSC
2:40.52 STARJUN Cameron Cummings,12,OAK
2:41.31 ESWIMJUN Kyung Soo Yoon,10,NYAC
2:41.31 PHENXJUN Ilya Brotzky, 12,PDSA
2:41.92 ESWIMJUN Jason Yee,12,NEW
2:42.28 HYACKMAY Joey Wai,12,HYACK
2:42.35 RAPIDAPR Fraser Roberts,12,RAPID
$\begin{array}{ll}\text { 2:42.64 } & \text { OCREIUN Alexander La, 12,COBRA } \\ \text { 2:42.85 PQIMAY Jonathan Gagne,12.DDO }\end{array}$
2:42.86 ISAPR Ryan Cochrane, 12,IS 2:43.72 ULJUN Claude Cyr-Cormier,12,LSNR

## METRES IND. MEDLEY

## ec: 5:03.60 Andrew Cho,HYACK, 91

5:12.07 CNHRIUN Mathieu Bois, 12,HIPPO
5:20.56 ESWIMJUN Patrick Cuch,12,ESWIM
$\begin{array}{ll}5.25 .05 & \text { RAPIDJAN Jordan Hartney,12,PSW } \\ 5: 25 & \text { PQIMAY Renaud Laliberte,12UL }\end{array}$
5:31.11 BROCKMAY Yonathan Prajogo,12,COBRA
$\begin{array}{ll}\text { 5:31.11 } \\ \text { 5:31.23 BROCKMAY Yonathan Prajogo, } & \text { ULJUN Francois-P Murray, } 12, \text { CNDR }\end{array}$
5:33.31 HYACKMAY Ryan Cochrane, 12, IS
5:35.49 PQIMAY Pascal Provencher-F,12,DDO
5:35.49 PQIMAY Pascal Provencher--,12,
5:35.99 HYACKMAY Malcolm Tan,12,HYACK
5:36.12 HYACKMAY Joey Wai,12,HYACK
5:36.12
5:37.59 PQIMAY Jonathan Gagne, 12,DDO
5:39.66 DAVISMAR Ryan Gow,12,TRENT
5:40.63 ULJUN Guillaume Gagnon,12,CNCB
5:40.63
5:40.73 HYACKMAY Ilya Brotzky,12,PDSA
5:41.21 UCSAJAN Mathew Verwey, 12,RDCSC 5:41.21 $\begin{aligned} & \text { ICSAJAN Mathew Verwey, } 12 \\ & \text { ISJUN Ryan Buna, 12,IS }\end{aligned}$ 5:41.75 EKIAPR Nathan Demchuk, 12,EK
5.4257 MBSKUN Zake Tapp,12,LOSC

5:42.57 MBSKJUN Zacary Odger, 12,CASC
5:42.78 ESWIMJUN Jason Yee,12,NEW
5:42.80 ESWIMJUN Viktor Verblac, 12,YORK
5:43.46 ESWIMJUN Antoine Lamoureux, 11,REG
5:43.57 MSSACMAY Cameron Cummings, 11 , 2 KK 5:45.43 PPOMAY Zach Summerhayes,11,RISC 5:47.43 UCSMAY Zach Summerhayes, 11 ,
5:4.04

## X50 MEDLEY RELAY

Rec: 2:06.96 Mississauga AC,TOMAC,92
2:12.98 EKIAPR Cascade Swim Club,CASC
2:14.22 HYACKMAY Hyack Swim
2:14.72 UCSAJAN Red Deer Catalina SC RDCS
2:14.72 UCSAJAN Red Deer Catalina SC,RDCSC
2:18.28 ODIV1APR Richmond Hill AC,RHAC
2:18.60 CASCJUN Univ.of Calgary SC,UCSC
2:18.60 CASCJUN Univ.of Calgary SC,UCSC
2:19.56 STARJUN Oakville AC,OAK
2:21.16 ESWIMJUN Etobicoke Swimming,ESWIM
$\begin{array}{ll}\text { 2:21.16 } & \text { ESWIMJUN Etobicoke Swimming,ESWIM } \\ \text { 2:22.19 } & \text { PQIIIMAY Hippocame St-Hubert,HIPPO }\end{array}$
PQIMAY Univ.Laval Rouge \& Or,UL EKIAPR Edmonton Keyano, EKSC PAMAY Pobia Sim Club,COBRA
QIMAY Pointe Claire SC,PCSC
ODIV2APR Sault Ste.Marie AC,SSMAC
ODIV1APR Uxbridge SC,USC
ODIV1APR Chatham Y.CYPS
MBSKJUN Bow River Swim Assoc,BRSA
EKIAPR Saskatoon Goldfins,GOLD
PQIMAY Samak de Brossard,SAMAK
PQIMAY Samak de Brossard,SAMAK
PQIMAY Montreal Aquatique,CAMO
OCREJUN Pickering SC,PICK
LUSCMAY East York SC, EYSC
PGBAPR Points North SC, PN

### 2.28 .51

YACKMAY Pacific Dolphins,PDSA
XX50 FREE RELAY
1:56.08 HYACKMAY Cascade Swim Club,CASC
1:57.73 ODIV1APR Richmond Hill AC,RHAC
1:58.19 EKSCMAR Red Deer Catalina SC,RDCSC
2:00.55 PQIMAY Dollard Swim Team,DDC
2:01.08
AACAPR Oakville AC,OAK
EKIAPR Edmonton Keyano, EKSC
2:02.81
2:02.88
CASCJUN Univ.of Calgary SC,UCSC
ODIV1APR North York AC,NYAC
2:04.30 HYACKMAY Hyack Swim Club,HYACK
2:04.72 MBSKJUN Bow River Swim Assoc,BRSA MBSKJUN Bow River Swim ASSOC,
PGBAPR Points North SC,PN
PQIMAY Pointe Claire SC,PCSC
ODIV2APR Timmins Marlins,TMSC-NWO ULJUN Univ.Laval Rouge \& Or,UL AACAPR Cobra Swim Club,COBRA
ODIV1APR Uxbridge SC.USC ODIV1APR Uxbridge SC,USC PQlIIMAY Hippocame St-Hubert,HIPPO ODIV1APR Greater Ottawa Kingtish,GO MBSKJUN Saskatoon Goldfins,GOLD PQIMAY Samak de Brossard,SAMAK PQIMAY Montreal Aquatique,CAMO
2:08.43
LACMAY Chatham Y,CYPS
NSSRRJUN Eastern Alliance,EAST
ESWIMJUN Etobicoke Swimming,ESWII

## 2001 LONG COURSE TAG.

## $\mathbb{A R S}$ 1314

50 METRES FREESTYLE
Rec: 26.51 Lori Melien,AAC. 86
$\begin{array}{ll}\text { 27.59 } & \text { CASCJUN Kirsten Pomerleau, 13,DEL } \\ \text { 27.63 } & \text { ONSRJUN Emily Gillespie 14, PERTH }\end{array}$
27.83 ONSRJUN Allison Bennett,14,NYAC
27.86 KCSJUN MelissaLam,14,SPART
28.05 ONSRJUN Julia Wilkinson,13,SKY
28.20 ESWIMJUN Laura Wise,14, COBRA
28.26 MBSKJUN Julianne Toogood, 13,MM
28.48 PHENXJUN Alice Chow,13,PCSC
28.53 ESWIMJUN Victoria Clarridge, 14,BTSC
28.56 PPOMAY Genevieve Saumur, 13CAM
28.60 EKIAPR Shannon Hackett,14,PDSA
28.60 NSSRJUN Kayla Graham,14,EAST 28.64 CASCJUN Lindsey Miller,14,NCS-BRSA 28.65 ONSRJUN Danielle Armstrong,13,TAT 28.66 GMACMAR Kristin Mcllroy,14,MMST 28.71 HYACKMAY Brittany Reimer, 13,SKSC 28.75 HYACKMAY Kendall Filazek, 14, UCSC 28.76 PQIMAY Caitlin Babb,14,DDO 28.76 LACMAY Monica Wakeman,14,NEW 28.77 DAVISMAR Melissa Bartlett,14,CYP
STARJUN Katie Davis 14, BRANT 28.80 STARUUN Katie Davis, 14, BRAN
28.87 ODIV2APR Shannon Hazelton, 14,SSMAC

## 0 METRES FREESTYLE

## Rec: 56.91 Julie Howard,BRANT,91

59.56 ONSRJUN Allison Bennett,14,NYAC :00.12 ONSRJUN Emily Gillespie,14,PERTH 1:00.15 EKIAPR Kirsten Pomerleau,13,DEL 1:00.50 CANLCMAR Laura Wise,14,COBRA :00.75 MSSACMAY Nadia Kumentas 13 WD 1:00.75 MSSACMAY Nadia Kumentas, 13 , 10 1:00.99 NSSRJUN Kayla Graham,14,EAST 1:01.00 PQCUPMAY Caitlin Babb 14, DDO 1:01.07 EKIAPR Sabrina Taylor, 14, HYACK 1:01.17 RODJUN Kelsey Rush,14,RAYS 1.0129 ZAJACMAY MelissaLam 14 SPART 1:01.31 ODIV3APR Kristin Mcllroy,14,MMST 1:01.36 HYACKMAY Kelly Timmons, 14,0SC-UA 1:01.54 PQIMAY Chani Davidson,14,CAMO 1:01.71 PPOMAY Genevieve Saumur,13,CAMO 1:01.77 ESWIMJUN Victoria Clarridge,14,BTSC 1:01.84 PQCUPMAY Suzanne Vary,14,CNDR 1:01.88 HYACKMAY Brittany Reimer,13,SKSC 1:01.94 MBSKJUN Thea Norton, 14,OSC 1:01.98 CAMOMAR Stephanie Ross, 14,CAMO 1:02.21 HYACKMAY Kendall Filazek, 14,UCSC 1:02.25 MSSACMAY Martha Ziolkowski,14,YORK 1:02.44 PQIMAY Catherine Savoie-Laberge, 13, CNO 1:02.44 PQIMAY Canherine Savoie-Laberge,
1:02.63 ODIV1APR Britney Scott,14,ROW METRES FREESTYLE
Rec: 2:03.35 Julie Barbeau, l ITE, 89
2:09.82 ONSRJUN Allison Bennett,14,NYAC
2:10.48 CANLCMAR Shannon Hackett, 14,PDSA
2:10.82 HYACKMAY Kelly Timmons, 14,OSC-UA
2:11.02 NSSRNUN Bevan Haley, , 14 , W 1 SC
$\begin{array}{ll}2: 11.61 & \text { PPOMAY Emily Gillespie, 13,PERTH } \\ 2.1230 & \text { ODIV1APR Hilary Jackson, 14STARS }\end{array}$
2:12.30 ODIV1APR Hilary Jackson, 14,STARS
2:12.32 HYACKMAY Brittany Reimer,13,SKSC
2:12.49 ESWIMJUN Jody Jelen,13,ESWIM
2:12.52 NSSRJUN Kayla Graham, 14,EAST
2:12.65 HYACKMAY Avery Kremer, 14,OSC-UA
2:12.66 MBSKJUN Julianne Toogood,13,MM
2:12.66 MBSKJUN Julianne Toogood,13,MM
2:12.85 MSSACMAY Eyse Dudar,14,MSSAC-TO
2:13.00 PQCUPMAY Suzanne Vary, 14,CNDR
2:13.17 HYACKMAY Anne Schmuck,13,PSW
2:13.41
PQIMAY Chani Davidson,14,CAMO
2:13.41 PQIMAY Chani Davidson, 14,CAM
2:13.45 MSSACMAY Laura Wise,14,COBRA
$\begin{array}{ll}\text { 2:13.45 MSSACMAY Laura Wise, 14, } \\ \text { 2:13.47 } & \text { RODJUN Kelsey Rush,14,RAYS }\end{array}$
2:13.47 RODJUN Kelsey Rush,14,RAYS
2:13.80 MSSACMAY Nadia Kumentas, 13,WD
2:14.13 PQCUPMAY Caitlin Babb,14,DDO
2:14.22 EKIAPR Sabrina Taylor,14,HYACK
2:14.88 HTACAPR Jennifer Brown,14,TCSC
2:15.05 ZAJACMAY Genevieve Poirier-Leroy,14,NRST
2:15.54 ESWIMJUN Jamie Maclerd 13 ESWIM
2:15.54 ESWIMJUN Jamie MacLeod,13,ESWIM
2:15.58 MSSACMAY Sara Murphy,14,ESWIM
2:15.58 MSSACMAY Sara Murphy, 14,ESWIM
2:15.89 AACAPR Martha Ziolkowski, 14,YORK

400 METRES FREESTYLE
Rec: 4:14.60 Shannon Smith,HYACK,76 4:28.12 ZAJACMAY Shannon Hackett, 14,PDSA 4:29.09 NSSRJUN Bevan Haley, 14,WTSC 4:33.71 HYACKMAY Brittany Reimer, 13,SKSC 4:34.26 CANLCMAR Eyse Dudar,14,MSSAC-TO 4:37.95 CDSCAPR Anne Schmuck, 13,PSW 4:37.99 CANLCMAR Emily Gillespie,13,PERTH 4:39.30 HYACKMAY Kelly Timmons, 14,OSC- UA 4:41.59 PQCUPMAY Suzanne Vary,14,CNDR 4:41.93 ONSRJUN MarthaZiolkowski, 14,YORK 4:42.02 LACMAY Brittany Cooper, 14,LAC
4:42.29 MBSKJUN Thea Norton,14,OSC 4:42.72 PQCUPJUN Hilary Jackson,14,STARS 4:42.89 ZAJACMAY Avery Kremer,14,OSC-UA 4:44.17 ESWIMJUN Sarah O'Neill,14,MAC 4:44.19 CDSCAPR Darcy Goodridge,14,PDSA 4:44.35 NSSRJUN Kayla Graham,14,EAST 4:44.84 ESWIMJUN Sara Murphy, 14,ESWIM 4:44.87 ONSRJUN Amanda Long,14,LAC 4:45.14 LACMAY Kristen Vandenberg,14,LAC $\begin{array}{ll}\text { 4:45.50 NSSRJUN Ainsley MCFadgen, 14,CBD } \\ 4: 5484 & \text { HYACKMAY Sabrina Tavlor 14,HYACK }\end{array}$ 4:47.16 ISAPR Genevieve Poirier-Leroy 14 NRS 4:47.40 PQIMAY Chani Davidson,14,CAMO 4:47.70 ESWIMJUN Meghan Croucher, 14,NEW

## METRES FREESTYLE

## Rec: 8:44.45 Michelle Sallee,CDSC, 88

 9:08.49 NBLCMAY Bevan Haley, 14,WTSC 9:13.74 CANLCMAR Shannon Hackett,14,PDSA 9:19.20 HYACKMAY Kelly Timmons, 14,OSC-U 9:23.60 CANLCMAR Eyse Dudar, 14,MSSAC-TO 9:30.74 HYACKMAY Thea Norton, 14,OSC 9:36.47 ISAPR Stephanie Bigelow, 14,IS 9:36.90 ESWIMJUN Jody Jelen, 13, ESWIM 9:37.62 ONSRJUN Hilary Jackson,14,STARS 9:37.81 CDSCAPR Darcy Goodridge, 14,PDSA 9:39.60 HYACKMAY Anne Schmuck, 13,PSW 9:43.36 HYACKMAY Carol Starratt 14, CASC 9.4514 HYACKMAY Avery Kremer 14, OSC UA 9:45.31 PQCUPMAY Suzanne Vary,14,CNDR 9:45.42 NSSRJUN Ainsley McFadgen, 14,CBD 9:47.40 EKIAPR Michelle Mange,14,PDSA 9:47.86 LACMAY Kristen Vandenberg,14,LAC $9: 48$ ESWIM UUN Sara Murphy 14 ESWIM 9:48.62 ESWIMJUN Sara Murphy, 14, ESWIM $9: 52.74$ POIMAY Allyson Germain,14U 9:54.04 HYACKMAY Sabrina Taylor, 14,HYACK 9:57.29 CDSCAPR So Yoon Lee, 14,HYACK GTRES BACKSTROKE 100 METRES BACKSTROKERec: 1:03.28 Nancy Garapick,HTAC,76
1:06.21 CANLCMAR Katie Smith,14,COBRA
1.07.30 ONSRUUN Emily Gillespi, 14, CPRT

1:07.46 ZAJACMAY Jessica Aspinall, 14 RAC
1:07.46 ZAJACMAY Jessica Aspinal,14,RAC
1:07.59 EKIAPR Kirsten Pomerleau, 13,DEL 1:07.91 CANLCMAR Mallory Hoekstra, 13,EKSC-UA :08.01 ESWIMJUN Laura Wise,14,COBRA 1.0854 NWHUN Hilary Jackson, 14,STARS 1.08.71 CANLCMAR Kelsey Rush,14 RAVS 1:08.71 CANLCMAR Kelsey Rush,14,RAYS
1:08.83 ODIV3APR Kristin Mcllroy,14,MMST 1:08.86 PPOMAY Genevieve Saumur,13,,CAMO $\begin{array}{ll}\text { 1:08.86 } & \text { PPOMAY Genevieve Saumur,13, } \\ \text { 1:09.24 } & \text { CASCJUN Thea Norton,14,OSC }\end{array}$ 1:09.43 ODIV1APR Alyssa Hubert, 13,CYPS 1:09.87 KCSUN MelissaLam, 14,SPART
1:10.14 CDSCAPR Anne Schmuck,13,PSW $\begin{array}{ll}\text { 1:10.14 } & \text { CDSCAPR Anne Schmuck, 13,PSW } \\ \text { 1:10.38 } & \text { PQIMAY Michelle-A Bouchard,14,CAMO }\end{array}$ 1:10.41 EKIAPR Kimberly Kabesh,13,STSC $\begin{array}{ll}\text { 1:10.55 } & \text { ESWIMJUN Christine Sadier,13,MAC } \\ \text { 1:10.62 PQIMAY Stephanie Ross, 14,CAMO }\end{array}$ $\begin{array}{ll}\text { 1:10.62 } & \text { PQIMAY Stephanie Ross,14,CAMO } \\ \text { 1:10.66 } & \text { MBSKJUN Landice Yestrau, 14,MM }\end{array}$ $\begin{array}{ll}\text { 1:10.66 } & \text { MBSKJUN Landice Yestrau, 14,MM } \\ \text { 1:10.67 } & \text { AACAPR MarthaZIolkowski, } 14 \text {,YORK }\end{array}$ 1:10.94 EOSAUUN Maxine Bacher, 14,CSL 1:11.12 HYACKMAY Kendall Filazek, 14,UCSC
1:11.15 MBSKJUN Julianne Toogood,13,MM

## METRES BACKSTROKE

Rec: 2:15.60 Nancy Garapick,HTAC,76
2:24.20 ESWIMJUN Laura Wise, 14, COBRA
2:24.78 CANLCMAR Katie Smith 14, OBRA 2:24.78 CANLCMAR Katie Smith, 14,COBRA
2:25.61 ONSRUUN Hilary Jackson, 14 STARS 2:25.61 ONSRJUN Hilary Jackson, 14,STARS
$2: 26.51$ RODJUN Kelsey Rush 14,RYS $\begin{array}{lc}\text { 2:26.51 } & \text { RODJUN Kelsey Rush, 14,RAYS } \\ \text { 2:27.13 } & \text { CASCJUN Thea Norton, 14,OSC }\end{array}$
2:27.13 CASCJUN Thea Norton,14,OSC
2:27.24 HYACKMAY Kirsten Pomerleau, 13,DEL
2:27.24 HYACKMAY Kirsten Pomerleau,13,DEL
2:27.87 CANLCMAR Melissa Bartlett,14,CYPS
2:28.12 CDSCAPR Anne Schmuck, 13,PSW
2:28.22 PQCUPMAY Genevieve Saumur,13,CAMO
2:29.00 LACMAY Alyssa Hubert,13,CYPS
2:29.00 LACMAY Alyssa Hubert, 13,CYPS
2:29.92 PQCUPFEB Julia Guay-Racine, 14,CAMO
2:29.97 COHOMAY Jessica Aspinall 14 RAC
$\begin{array}{ll}\text { 2:29.97 } & \text { COHOMAY Jessica Aspinall,14,RAC } \\ \text { 2:30.03 } & \text { MBSKJUN Mallory Hoekstra,13,EKSC }\end{array}$
$\begin{array}{ll}\text { 2:30.03 } & \text { MBSKJUN Mallory Hoekstra, 13,EKSC-UA } \\ \text { 2:30.04 } & \text { ODIV3APR Kristin Mcllroy,14,MMST }\end{array}$
2:30.04 ODIV3APR Kristin Mcllroy, 14,MMST
2:30.92 ESWIMJUN Martha Ziolkowski, 14 ,YORK
2:30.99 RAPIDAPR Brittany Reimer, 13,SKSC
$\begin{array}{ll}\text { 2:30.99 } & \text { RAPIDAPR Brittany Reimer, 13,SKSC } \\ \text { 2:31.17 } \\ \text { EOSAJUN Shannon McQueen, 14,NKB }\end{array}$
$\begin{array}{ll}\text { 2:31.17 } & \text { EOSAJUN Shannon MCQueen, } 14 \text {,NKB } \\ 2: 31.22 & \text { MMAPR }\end{array}$
2:31.22 MMAPR Landice Yestrau, 13,MM
2:31.33
ESWIMJUN Christine Sadler, 13,MAC
$\begin{array}{ll}\text { 2:31.33 } & \text { ESWIMJUN Christine Sadler, 13,MAC } \\ \text { 2:32.18 PPOMAY Emily Gillespie }\end{array}$
$\begin{array}{ll}\text { 2:32.18 } & \text { PPOMAY Emily Gillespie,13,PERTH } \\ \text { 2:32.48 HTACAPR Bevan Halev 13WTSC }\end{array}$
2:32.48 HTACAPR Bevan Haley, 13, WTSC
2:32.84 POCUPMAY Michelle
2:32.84 PQCUPMAY Michelle-A Bouchard, 14,CAMO
2:32.90 HYACKMAY Avery Kremer 14.OSC- UA
2:32.90 HYACKMAY Avery Kremer, 14,OSC-UA $\begin{array}{ll}\text { 2:33.00 PQIMAY Stephanie Ross, 14,CAMO } \\ 2: 33.03 & \text { SASKMAY Eyse }\end{array}$ 2:33.03 SASKMAY Eyse Silzer,14,ROD

100 METRES BREASTSTROKE

1:14.73 CANLCMAR Kelly Timmons, 14,OSC-UA 1.16.24 CANLCMAR Emily Gillespie,13,PERTH 1.16.29 CANLCMAR Kim Labbett,14,OAK-TO 1:16.76 CANCMAR Michelle Mange,14,PDSA 1:17.75 RAPIDJAN Anne Schmuck, 13,PSW 1:18.55 LACMAY Whitney Rich,13,ISS 1:18.59 MSSACMAY Elizabeth Engs,14 CA 1:18.85 PQCUPFEB Caitlin Babb,14,DDO 1:18.86 EKIAPR Carol Starratt,13,CASC 1:19.22 ODIV1APR Chantelle Lonsdale,13,WAC 1:19.23 CASCJUN Eizabeth Hendrick,13,NCS-BRSA 1:19.26 ODIV3APR Julia Wilkinson, 13,SKY 1:19.35 HYACKMAY So Yoon Lee, 14,HYACK 1:19.94 PQIMAY Jasmine Kastner,13,DDO 1:20.37 HYACKMAY Thea Norton,14,OSC 1:20.73 EOSAJUN Tara Baxter, 13,NKB 1:20.74 ODIV1APR Meaghan Nicholson, 14,NKB 1:20.75 PPOMAY Sasha Tracy,14,USC 1:20.84 ODIV2APR Allison McCabe,14,GGST 1:21.03 PQIIAPR Mireille Tremblay, 13, CNCB 1:21.03 ESWIMJUN Kristen Low, 13,MSSAC 1:21.14 KCSJUN Kaela Richardson,13,VKS

## 00 METRES BREASTSTROKE

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

2:38.59 SCSCJUN Michelle Mange, 14, PDSA
2:39.63 CANLCMAR Kim Labbett,14,OKK-TO
2:40.90 CANLCMAR Haylee Johnson 14 PDSA
2:45.49 CDSCAPR Anne Schmuck, 13,PSW
2:45.82 ONSRJUN Whitney Rich, 13,ISS
2:46.63 CANLCMAR Eizabeth Hendrick, 13,NCS-BRSA
2:47.37 ODIV2APR Emily Gillespie,13,PERTH
2:48.23 PQIMAY Jasmine Kastner,13,DDO
2:49.55 CASCJUN Thea Norton,14,OSC
2:49.61 ODIV1APR Chantelle Lonsdale, 13,WAC
2:50.16 ESWIMJUN Amanda Williams,14,NEW
2:50.58 CASCJUN Carol Starratt, 14, CASC
2:51.15 HYACKMAY So Yoon Lee, 14,HYACK
2:51.23 PQCUPFEB Caitlin Babb,14,DDO
2:51.74 ODIV3APR Julia Wilkinson, 13,SKY
2:51.74 KCSJUN Kaela Richardson, 13,VKSC
2:52.42 LACMAY Ashley Marion, 13,LAC
2:52.64 ESWIMJUN Kristen LOW,13,MSSAC
2:52.78 PQIIAPR Mireille Tremblay,13,CNCB 2:53.02 UCSAJAN Megan Bird,14,UCSC
2:53.10 ESWIMJUN Quynh Nguyen, 14,MSSAC 2:53.95 EOSAJUN Katrina Obas,13,NKB

## 00 METRES BUTTERFLY

Rec: 1:02.87 Julie Howard,BRANT,91
1:04.89 ONSRJUN Emily Gillespie,14,PERTH 1:05.65 ONSRUUN Nadia Kumentas, 13 ,WD 1.0639 ZAJACMAY Avery Kremer 14OSC-UA 1:06.41 CANCMAR Blair Holmes 14, COBRA 1.06.47 EKIAPR Kdl Times 14, 1.06.72 POCUPFEB Julia Guay-Racis 14-UMM 1.0674 PQCC IUN Carleen Ready 13, LSSC 107.01 ESWIM UN Mien Heady 1.07.01 ESWMMUN Michelle Mendez, 1,MAC 1:07.81 PGIMAY Allyson German,14, 1.07 .03 MBSKUN Stan Andruch, 14 1.08 .01 MBSKUUN Sleanie Andruchuk, 14,MANTA 1.08 .21 CDSCAPR Kayla Rawings, 13,PSW
1.08 .57 ONSRJUN Heother Kubes 13, STS

1:09.02 ESWIMJUN Amanda Williams, 14 ,NEW
1:09.04 AACAPR Katie Smith, 14,COBRA
1:09.18 ESWIMJUN Robyn Pimm,14,RHAC
1:09.19 HYACKMAY Halej Kremer, 13,OSC
1:09.22 NSSRJUN Amy Longobardi, 14,EAST 1:09.40 ESWIMJUN Juliana Gonzalez,14,NYAC
1:09.51 MSSACMAY Elyse Dudar,14,MSSAC-TO 1:09.51 MSSACMAY Eyse Dudar, 14,MSS
1:09.62 UCSAJAN Ally Jack 14, GLEN $\begin{array}{ll}\text { 1:09.62 } & \text { UCSAJAN Ally Jack, 14,GLEN } \\ 1: 09.66 & \text { LACMAY Myekah Payne, 13,BRANT }\end{array}$ 1:09.79 CDSCAPR Teresa Au Yeung,14,PDSA

## 00 METRES BUTTERFLY

d,ENL,88
2:25.43 ONSRJUN Britney Scott,14,ROW 2:25.49 CANLCMAR Bevan Haley, 13,WTSC 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 2:27.58 MSSACMAY Nadia Kumentas, 13, WD 2:28.41 ZAJACMAY Kayla Rawlings,13,PSW
2:28.47 HYACKMAY Shannon Hackett,14,PDSA 2:28.47 HYACKMAY Shannon Hackett,14,PDSA
2:29.76 NSSRJUN Amy Longobardi,14,EAST 2:29.81 MBSKJUN Stefanie Andruchuk, 14, MANTA
2.29 .88 TORL 2:29.88 TORLCJAN Blair Holmes, 14,COBRA 2:30.10 LACMAY Heather Julien, 13,LAC 2:30.59 PQCUPFEB Julia Guay-Racine,15,CAMO
2:30.63 MSSACMAY Else Dudar, 14,MSSAC-TO 2:30.63 MSSACMAY Eyse Dudar, 14,MSSAC-
2:30.74 LACMAY Brittany Cooper, 14, LAC PQIMAY Allyson Germain,14,UL ISAPR Stephanie Bigelow,14,IS EKIAPR Kimberly Kabesh,13,STSC EKIAPR Haley Kremer, 13,OSC 2:32.67 ESWIMJUN Amanda Williams, 14,NEW 2:32.68 ESWIMJUN Robyn Pimm,14,RHAC 2:34.02 MBSKJUN Hollis Roth, 13,IS 2:34.15 LACMAY Amanda Long,14,LAC $\begin{array}{ll}\text { 2:34.40 } & \text { UCSAJAN Megan Bird, 14,UCSC } \\ \text { 2:34.48 } & \text { ROWMAY Juliana Gonzalez,14,NYAC }\end{array}$

## Rec: $2 \cdot 18.08$ Allison HigLE

> 2:23.10 CANLCMAR Emily Gillespie,13,PERTH 2:24.76 CANLCMAR Kelly Timmons,14,OSC-UA 2:27.78 CASCJUN TheaNorton,14,OSC

2:28.16 AACAPR Laura Wise,14,COBRA
2:28.73 AACAPR Katie Smith, 14, COBRA
2:29.44 PQIMAY Allyson Germain, 14,UL
2:29.84 HYACKMAY Carleen Ready,13,LASC
2:30.07 RODJUN Kelsey Rush,14,RAYS
2:30.49 ZAJACMAY Genevieve Poirier-Leroy,14,NRST
2:30.63 RAPIDJAN Anne Schmuck, 13,PSW
2:31.19 PQCUPFEB Caitlin Babb, 14,DDO
2:31.21 LACMAY Brittany Cooper, 14,LAC
$\begin{array}{ll}\text { 2:31.24 } & \text { CASCJUN Kirsten Pomerleau, } 13, \text { DEL } \\ \text { 2:31.81 } & \text { ISAPR Stephanie Bigelow, } 14, \text { IS }\end{array}$
2:31.83 AACAPR Blair Holmes, 14,COBRA
2:32.04 ESWIMJUN Jody Jelen, 13,ESWIM
$\begin{array}{ll}\text { 2:32.15 } & \text { HTACAPR Bevan Haley, } 13, \text { WTSC } \\ \text { 2:32.31 } & \text { EKIAPR Michelle Mange, } 14, \text { PDSA }\end{array}$
2:32.90 MSSACMAY Nadia Kumentas, 13,WD
2:33.34 HYACKMAY Carol Starratt,14,CASC
2:33.42 ODIV1APR Melissa Bartlett,14,CYPS
2:33.56 ONSRJUN Whitney Rich,13,ISS
2:33.83 ISJUN Kayla Rawlings,13,PSW
2:33.87 CDSCAPR Shannon Hackett,14,PDSA 2:33.94 HYACKMAY Eizabeth Hendrick,13,NCS-BRSA

## METRES IND.MEDLEY

5:04.56 HYACKMAY Kelly Timmons, 14,OSC-UA
5:09.53 SCSCJUN Michelle Mange,14,PDSA
5:11.01 NSSRJUN Bevan Haley, 14,WTSC
5:13.04 HYACKMAY Thea Norton,14,OSC
5:14.21 CDSCAPR Anne Schmuck,13,PSW
5:16.99 ZAJACMAY Avery Kremer, 14,OSC
5:16.99 ZAJACMAY Avery Kremer, 14, OSC
5:17.26 HYACKMAY Carleen Ready,13,LASC
5:17.2
5:17.46 ESWIMJUN Jody Jelen,13,ESWIM
5:17.83 ODIV2APR Emily Gillespie,13,PERTH
5:19.38 LACMAY Brittany Cooper, 14,LAC
5:19.52 PQIMAY Allyson Germain,14,UL
5:19.84 ONSRJUN Amanda Long,14,LAC
5:21.02 HYACKMAY Brittany Reimer,13,SKSC
5:21.02
HYACKMAY Brittany Reimer,13,SKSC
$5: 21.27$
ISAPR Stephanie Bigelow, 14,IS
5:21.41 MSSACMAY Blair Holmes, 14,COBRA
5:22.10 ODIV1APR Katie Davis,14, BRANT
5:22.12 ESWIMJUN Kristen Low,13,MSSAC
5:23.29
ISJUN Kayla Rawlings,13,PSW
5:23.29
HYA
$5: 23.37$
ISJUN Kayla Rawlings,13,PSW
5:23.87 PQCUPMAY Jasmine Kastner,14,DDO
5:23.87 PQCUPMAY Jasmine Kastner, 14,DDO
5:24.24 ODIV1APR Chantelle Lonsdale,13,WAC
5:24.39 PQIMAY Caitlin Babb,14,DDO
$\begin{array}{lc}5: 24.39 & \text { PQIMAA Cattin Babb, 14,DDO } \\ 5: 24.89 & \text { ODIV3APR Kristin Mcllroy,14,MMST }\end{array}$
5:26.08 LACMAY Hilary Jackson,14,STARS

## 4X50 MEDLEY RELAY

Rec: 2:02.81 Etobicoke Swimming, ETOB 97
2:07.54 PQIMAY Montreal Aquatique,CAMO
2:09.02 EKIAPR Olympian Swim Club,OSC
2:09.44 HYACKMAY Pacitic Dolphins,PDSA
2:09.86 AACAPR Cobra Swim Club,COBRA
2:09.96 MBSKJUN Manitoba Marlins,MM
$\begin{array}{ll}\text { 2:09.96 } & \text { MBSKJUN ManitobaMMarlins,MM } \\ \text { 2:10.70 } & \text { PQIMAY Dollard Swim Team,DDO }\end{array}$
2:11.44 MBSKJUN Edmonton Keyano,EKSC
2:11.79 MBSKJUN Bow River Swim Assoc,BRSA
2.11.82 CASCJUN Cascade Swim Club,CASC
2.12.11 ODIV1APR Nephan Ke,MAC

2:12.11 ODIVAPR Nepean Kanala,NKB
$\begin{array}{ll}\text { 2:12.34 } & \text { PQIMAY Univ.Laval Rouge \& Or,UL } \\ \text { 2.12.78 } & \text { ODIV3APR Milton Marlins MMST }\end{array}$
2:12.86 ODIVAAPR Uxbridge SC USC
2.12.86 DIVAPR Uxbridge SC, USC

2:13.01 ODIVIAPR North York AC,NYAC
2:13.07 LACMAY Newmarket SC,NEW
$\begin{array}{ll}\text { 2:13.58 } & \text { PQIMAY Pointe Claire SC,PCSC } \\ \text { 2:13.61 } & \text { LACMAY Tillsonburg AT,TAT }\end{array}$
2:13.61 LACMAY Tillsonburg AT,
2:14.30 EKIAPR Silver Tide SC,STSC
2:14.55 HYACKMAY Pacific Sea Wolves,PSW
2:14.61 ODIV1APR Chatham Y,CYPS
2:14.63 ODIV1APR Toronto Swim Club,TSC
2:14.71 PQIMAY CN Outaouais,CNO

## X50 FREE RELAY

Rc: 1:50.15 Etobicoke Swimming,ETOB, 97
1:54.49 PQIMAY Montreal Aquatique,CAMO 1:55.61
1:56.38
$1: 56.45$
1.56 .88
1:56.88 HXACKAPR Olympian Swim Club,OSC
1:57.05 ESWIMJUN Barrie Trojans BTSC
1:57.22 HYACKMAY Hyack Swim CTSC
1:57.29 PQIMAY Univ.Laval Rouge \& Or,UL
1:57.29 EOSAJUN Nepean Kanata, NKB
$\begin{array}{ll}\text { 1:57.32 } & \text { CASCJUN Cascade Swim Club,CASC } \\ 1: 57.45 & \text { ESWIMJUN Newmarket SC,NEW }\end{array}$
$1: 57.45$
1.57 .52
$1: 57.52$
1.57 .68
1:57.68
$1: 57.96$
PQMMY Manitoba Marlins,MM
1:58.23 HYACKMAY Pacific Sea Wolves,PSW
1:58.26 LACMAY London AC,LAC
$1: 58.83$
$1: 59.03$
$1: 59.03$
1.59 .18
$1: 59.18$
$1: 59.30$
1:59.30
1:59.59
1:59.59
$1: 59.63$
1:59.63
$1: 59.65$
$1: 59.73$
1.59 .77
$1: 59.73$
$1: 59.77$

$\begin{array}{ll}\text { Rec：} & 58.92 \text { Tobias Oriwol，ESWIM，} \\ 1 & 1: 03.00 \\ \text { ESWIMJUN Brian Holland，14，MSSAC－TO }\end{array}$ 1：03．00 ESWIMJUN Brian Holland，14，MSSAC
1：04．65 MBSKJUN Jesse Lund，13，EKSC $\begin{array}{ll}\text { 1：04．96 } & \text { ODIVJAPR Michael Allan，14，BST } \\ \text { 1：05．00 } & \text { CASCJUN Eric Gendron，14，KSC－BRSA }\end{array}$ 1：05．27 KCSUUN Alex Sherwood，14，KCS 1：05．29 DAVISMAR Aaron Donst，14，HWAC $\begin{array}{lr}\text { 1：05．33 } & \text { PQIMAY Wesley Newman，14，DDO } \\ \text { 1：05．69 } & \text { MBSKJUN Pascal Wollach，13，CASC }\end{array}$ 1：05．70 CNOAPR Andrej Lenert，14，NKB 1：05．78 PQIMAY Vincent Boulanger－M．，14，CSQ $\begin{array}{ll}\text { 1：05．80 } & \text { MBSKJUN Richard Alexander，14，IS } \\ \text { 1：06．04 } & \text { UCSAJAN Kyle Sorrenti，14，GLEN }\end{array}$ 1：06．04 UCSAJAN Kyle Sorrenti，14，GLEN $\begin{array}{ll}\text { 1：06．12 } & \text { ODIVIAPR Colin Ackroyd，14，SCAR } \\ \text { 1：06．57 ULJUN Alex Desilets，13，MEGO }\end{array}$ 1：06．58 MSSACMAY Marco Monaco，14，OAK 1：06．66 ODIV2APR Steven Posthumus，13，TBT－NWO 1：06．68 EOSAUUN Richard Shih，，13，NKB
1：06．72 ODIV1APR Hans Fracke，14，USC $\begin{array}{ll}\text { 1：06．72 } & \text { ODIV1APR Hans Fracke，14，USC } \\ \text { 1：06．90 } & \text { PQllAPR Felix Renaud，} 13, \mathrm{CNB}\end{array}$ $\begin{array}{ll}\text { 1：06．90 } & \text { PQIIAPR Felix Renaud，13，CNB } \\ \text { 1：07．03 } & \text { ONSRNUN Brandon Connerty，} 14, \text { BRANT }\end{array}$ 1：07．20 CASCJUN John Lapins，13，EXST
1：07．20 PHENXJUN David Milot，13，PCSC $\begin{array}{ll}\text { 1：07．20 } & \text { PHENXJUN David Milot，13，PCSC } \\ \text { 1：07．47 } & \text { ODIV2APR Dave Spencer，14，GGST }\end{array}$ $\begin{array}{ll}\text { 1：07．47 } & \text { ODIV2APR Dave Spencer，14，GGST } \\ \text { 1：07．69 } & \text { TBTMAY Christian Carl，14，TBT－NWO }\end{array}$ 1：07．69 TBTMAY Christian Carl，14，TBT－NWO
1：07．74 PCCUPJUN Nicolas Murray，14，DYNAM

## 200 METRES BACKSTROKE

Rec：2：05．16 Tobias Oriwol，ESWIM，0 2：13．52 ESWIMJUN Brian Holland，14，MSSAC－TO
$2: 18.54$ MBSKUN R $\begin{array}{ll}\text { 2：18．54 } & \text { MBSKJUN Richard Alexander，14，IS } \\ \text { 2：18．98 } & \text { KCSUUN Alex Sherwood } 14 \text { KCS }\end{array}$ $\begin{array}{ll}\text { 2：18．98 KCSJUN Alex Sherwood，14，KCS } \\ 2: 20.85 & \text { EKIAPR Jesse Lund，13，EKSC }\end{array}$ 2：20．85 EKIAPR Jesse Lund，13，EKSC
2：21．55 PQCUPJUN Nicolas Murray，14，DYNAM $\begin{array}{ll}\text { 2：21．55 } & \text { PQCUPJUN Nicolas Murray，14，DYNAM } \\ \text { 2：21．68 } & \text { STARJUN Brandon Connerty，14，BRANT } \\ \text { 2：21．82 } & \text { MBSKJUN Pascal Wollach }\end{array}$ $\begin{array}{ll}\text { 2：21．82 MBSKJUN Pascal Wollach，13，CASC } \\ 2: 21.95 & \text { ODIV1APR Hans Frack 14，}\end{array}$ $\begin{array}{ll}\text { 2：21．95 } & \text { ODIV1APR Hans Fracke，14，USC } \\ \text { 2：22．07 } & \text { PQIIAPR Felix Renaud，13，CNB }\end{array}$ 2：22．45 HYACKMAY Eric Gendron，14，KSC－BRSA
2：22．81 PQIMAY Weslen Newman， 2：22．81 PQIMAY Wesley Newman，14，DDO
$2: 22.85$ DAVISMAR Aarin Donst $14, H W A C$ $\begin{array}{ll}\text { 2：22．85 } & \text { DAVISMAR Aaron Donst，14，HWAC } \\ \text { 2：22．87 } & \text { PPOMAY Michael Allain，14，BST }\end{array}$ CNOAPR Andrej Lenert，14，NKB EOSAUUN Richard Shih，13，NKB ODIV2APR Dave Spencer，14，GGST TORLCJAN Marco Monaco，14，OAK 2：24．27 ESWIMJUN Mark Kurtzer，13，NEW 2：24．58 $\quad$ PQIMAY Richard Zieba，13，PCSC 2：24．74 PQIIAPR Alex Desilets，13，MEGO $\begin{array}{ll}\text { 2：25．03 } & \text { UCSAJAN Kyle Sorrenti，14，GLEN } \\ \text { 2：25．43 } & \text { ODIV1APR Colin Ackroyd 14 SCAR }\end{array}$ $\begin{array}{ll}\text { 2：25．43 } & \text { ODIV1APR Colin Ackroyd，14，SCAR } \\ 2.25 .44 & \text { POUIMAY Jean－P Martin 14，DYNAM }\end{array}$ $\begin{array}{ll}\text { 2：25．44 } & \text { PQIIIMAY Jean－P Martin，14，DYNAM } \\ 2.2558 & \text { ESWIMJUN Stephen Malinas，13，NYAC }\end{array}$ 2：25．58 ESWIMJUN Stephen Malinas，13，NYAC
2：25．95 ESWIMJUN Kyle White 14 MSSAC 2：25．95 ESWIMJUN Kyle White，14，MSSAC

## 2001 LONG COURSE TAG．

100 MEIRES BREASTSTROKE
1：09．36 ONSRJUN Marco Monaco，14，OAK 1：12．04 EKIAPR Rodale Estor，13，CASC 1：12．51 ODIV1APR Misha Vujaklija，14，NYAC 1：12．88 ONSRJUN Bryan Mell，13，NEW 1：13．17 ESWIMJUN Jamie Ross，12，AUROR 1：13．31 PQMMAY Marc Laliberte，14，UL 1：13．35 ODIV1APR Alex Olsen，14，SCAR 1：13．62 ONSRJUN James San Pedro，14，OAK 1：13．69 ESWIMJUN Bryn Jones，14，NEW 1：13．73 SASKMAY Michael Smela，14，LASER 1：14．25 PQIMAY Max Dumont，13，REG 1：15．23 HYACKMAY Leonard Ho，14，HYACK 1：15．28 MBSKJUN Jesse Lund，13，EKSC 1：15．36 EOSAJUN Jordie Lewis，，14，UPCAN 1：15．37 ODIV3APR Daniel Vollmer，14，AAC 1：15．47 CASCJUN Tadamasa Miyashita，14，NCS－BRSA 1：15．64 PHENXJUN Edward Quinlan，14，PDSA 1：15．66 HYACKMAY Ryan Chiew，14，HYACK 1：16．10 ODIV1APR Andrew Cheung，14，WAC 1：16．23 ODIV3APR Adam Dunn，14，AAC $\begin{array}{ll}\text { 1：16．36 } & \text { ODIV2APR Brannyn Hale，14，NBYT }\end{array}$ 1：16．72 ODIVAAPR Adam Sapelak，14，WAAC
1.1689 HYACKMAY Sean Armstron，14，EKSC 1：16．89 HYACKMAY Sean Armstrong，14，EKSC 1：16．90 PQIMAY Zachary Glassman，14，CAMO
1：16．91 ODIV1APR Jonathan Caguiat， 13 ，CHAMP

## 00 METRES BREASTSTROKE

Rec：2：19．95 Matthew Huang，PDSA，99
2：33．28 ONSRJUN Marco Monaco，14，OAK 2：36．84 ESWIMJUN Bryan Mell，13，NEW 2：36．94 ESWIMJUN Bryn Jones，14，NEW
2：39．37 EKIAPR Rodale Estor，13，CASC 2：39．38 PHENXJUN Edward Quinlan，14，PDSA 2：39．80 ODIV1APR Misha Vujaklija，14，NYAC 2：40．50 PQIMAY David Provencher－F，14，GAMIN 2：40．69 MBSKJUN Michael Smela，14，LASER 2：41．41 PPOMAY Zachary Glassman，14，CAMO 2：41．63 ESWIMJUN Donald Elison，14，NEW 2：41．64 PQIMAY Marc Laliberte，14，UL 2：41．99 HYACKMAY Leonard Ho，14，HYACK 2：42．13 ESWIMJUN Jamie Ross，13，AUROR 2．42．55 PQIMAY Max Dumont 12，REG 2：43．56 HYACKMAY Ryan Chiew，14，HYACK 2：45．02 ODIV1APR Andrew Cheung，14，WAC 2：45．30 EOSAJUN Jordie Lewis，14，UPCAN 2．46．77 EOSAJUN John M．Peters 14CSL $\begin{array}{ll}\text { 2：46．77 } & \text { EOSAJUN John M．Peters，} 14, \text { ，CS } \\ \text { 2：46．80 } & \text { ODIV3APR Adam Dunn，14，AAC }\end{array}$
2：46．80 ULJUN Etienne Lavallee，13，EXCE 2：46．96 PQIMAY Marc－A．Duchesneau，13，CAMO
2：46．97 EOSAJUN Phillip Rzentkowski，14，OYO

## 00 METRES BUTTERFL

Rec： 57.45 Philip Weiss，SKSC， 94
1：00．91 PHENXJUN David Milot，13，PCSC 1.01 .83 AACAPR Jef Byme，1，SSNAC 1．03．46 FOSAUN Nathan Ferguson，14， 1：03．49 CAMOMAR Maximilian Leger，14，CAMO 1：03．78 MSSACMAY Bryce Tung，14，TSC 1：04．11 ESWIMJUN Alex Olsen，14，SCAR 1：04．14 AACAPR Simon Gabsch，14，MSSAC－TO 1：04．18 HYACKMAY Simon Wing，14，PSW 1：04．25 HYACKMAY Gi－Hun Lim，13，PDSA 1：04．25
1：04．47
EKACKAAPR Tyson Larone，13，EKSC 1：04．56 PQIIAPR Samuel Chartrand，13，ELITE 1：04．59 PPOMAY Octavian Petre，14，CAMO 1：04．89 PQIIAPR Felix Renaud，13，CNB
1．05．01 ESWIMJUN Stephen Louli 14 MAC 1：05．01 ESWIMMUN Stephen Louli，14，MAC
1：05．09 HYACKMAY Kris Yap－Chung，13，HYACK 1：05．19 MSSACMAY Mehmet Dinc，14，MSSAC 1：05．31 PPOMAY Zachary Hurd，14，BTSC 1：05．39 CASCJUN Justin Allen，13，EKSC 1：05．52 STARJUN Francesco Agueci，14，VAC 1：05．54 PQ｜｜APR Alex Agostino，14，LAVAL
1：05．60 PQCUPMAY Vincent Boulanger－M．，14，CSQ 1：05．61 MBSKJUN Chris Jones，14，MANTA 1：05．77 CDSCAPR Edward Quinlan，14，PDSA
1：05．82 ESWIMJUN Bryn Jones，14，NEW 1：05．82 ESWIMJUN Bryn Jones，14，NEW

## 200 METRES BUTTERFLY

2：19．32 PHENXJUN David Milot，13，PCSC 2：19．91 AACAPR Jeff Byrne，13，SSMAC 2：20．19 MSSACMAY Marco Monaco，14，OAK
2：21．26 EKIAPR Tyson Larone，13，EKSC 2：21．26 EKIAPR Tyson Larone，13，EKSC 2：21．39 HYACKMAY Simon Wing，14，PSW
2：21．91 EKIAPR Jens Cuthbert，14 PDSA 2：21．91 EKIAPR Jens Cuthbert，14，PDSA
2：21．91 POIMAY Philip Brassard－G $\begin{array}{ll}\text { 2：21．91 } & \text { PQIMAY Philip Brassard－G．，14，DDO } \\ \text { 2：22．09 } & \text { PQIMAY Maximilian Leger，14，CAMO }\end{array}$ 2：22．09 PQIMAY Maximilian Leger，14，C
2：22．82 ODIV1APR Bryce Tung，14，TSC 2：23．01 ODIV1APR Zachary Hurd，14，BTSC $\begin{array}{ll}\text { 2：23．46 } & \text { ODIV2APR Nathan Ferguson，14，EBSC } \\ \text { 2：24．83 } & \text { EOSAJUN Majed Piedra，17，NKB }\end{array}$ 2：24．83 $\quad$ EOSAJUN Majed Piedra，17，NKB
$2: 25.42$ GMACMAY Jonathan Pilon，14，HOS 2：25．42 GMACMAY Jonathan Pilon，14，HOST
2：25．85 HYACKMAY Kris Yap－Chung，13，HYACK 2：25．89 AACAPR Simon Gabsch，14，MSSAC－TO 2：26．02 EKIAPR Edward Quinlan，14，PDSA
$2: 26.67$ $\begin{array}{ll}\text { 2：26．67 } & \text { ODIV1APR Brent Charlton，14，TAT } \\ \text { 2：27．16 } & \text { RAPIDJAN James Monk 14，PDSA }\end{array}$ $\begin{array}{ll}\text { 2：27．16 } & \text { RAPIDJAN James Monk，14，PDSA } \\ \text { 2：27．25 } & \text { PQUAPR Felix Renaud 13，CNB }\end{array}$ 2：27．25 PQ｜IAPR Felix Renaud，13，CNB 2：27．43 ODIV1APR Kyle Palfrey，13，SCAR 2：27．48 CDSCAPR Leonard Ho，13，HYACK
2：28．37 MSSACMAY KyleWhite 14，MSSAC $\begin{array}{ll}\text { 2：28．37 MSSACMAY Kyle White，14，MSSAC } \\ \text { 2：28．78 } & \text { STARJUN Francesco Agueci，14 VAC }\end{array}$ $\begin{array}{ll}\text { 2：28．78 } & \text { STARJUN Francesco Agueci，} 14, \text { VAC } \\ \text { 2：29．12 } & \text { ODIV2APR Buddy Green 14，USC }\end{array}$ $\begin{array}{ll}\text { 2：29．12 } & \text { ODIV2APR Buddy Green，14，LUSC } \\ \text { 2：30．08 } & \text { CASCJUN Justin Allen，13，EKSC }\end{array}$

200 METRES IND．MEDLEY

2：20．99 ESWIMJUN Alex Olsen 14 SCAR
2：22．12 PQIMAY David Provencher－F，14 GAMIN
2：22．22 MBSKJUN Michael Smela，14，LASER
2：22．30 PQCUPJUN Nicolas Murray，14，DYNAM
2：23．30 HYACKMAY Jesse Lund，13，EKSC
2：23．31 PQIMAY Marc Laliberte，14，UL $\begin{array}{ll}\text { 2：23．38 } & \text { ISJUN Simon Wing，14，PSW } \\ 2: 25.18 & \text { LACMAY Brandon Connerty，14，BRANT }\end{array}$ 2：25．23 HYACKMAY Sebastian Salas，14，PDSA 2：25．23 ESWIMJUN Bryn Jones，14，NEW 2：25．25 MBSKJUN Matt Derochie，14，KSC－BRSA
2：25．33 PQIMAY Philip Brassard－G．，14，DDO
2：25．48 MBSKJUN Tyson Larone，13，EKSC 2：25．57 EKIAPR Alexander Love，13，ROD 2：25．65 MBSKJUN Pascal Wollach，13，CAS ESWIMJUN Mark Kurtzer，13，NEW ISAPR Richard Alexander，14，IS
IACAPR Brian Holland 14，MSSAC－TO 2：25．82 MSSACMAY Kyle Palfrey，13，SCAR 2：26．02 CDSCAPR Andrew Wagner，14，PDSA 2：26．61 PPOMAY Marc－A．Duchesneau，13，CAMO 2：26．80 MSSACMAY Simon Borjeson，14，OAK 2：26．96 HYACKMAY Gavin D＇Amico，13，EKSC 2：27．00 LACMAY Chris Bento，13，LAC

## METRES IND．MEDLEY

## ：4：32．39 Tobias Oriwol，ESWIM，0

4：47．29 ONSRJUN Marco Monaco，14，OAK
4：57．47 PQIMAY David Provencher－F，14，GAMIN
5：02．99 ODIV1APR David Hughes，14，ROW
5：04．36 HYACKMAY Simon Wing，14，TSW
5：05．40 MBSKJUN Tyson Larone，13，EKSC
5：05．43 HYACKMAY Sebastian Salas，14，PDSA
5：05．43
5：06．13 PYACKMAY Sebastian Salas，
PQIMAY Philip Brassard－G．14，DDO
5：06．81 MSSACMAY Simon Borieson，14．，AAK
5：07．11 HYACKMAY Leonard Ho， 14 ，HYACK 5：07．14 SASKMAY Alexander Love，13，ROD 5：07．14
5ASKMAY Alexander Love，13，ROD
CDSCAPR Jens Cuthbert，14，PDSA 5：07．68 ODIV2APR Jeff Byrne，13，SSMAC 5：07．73 ULJUN Etienne Lavallee，13，EXCE 5：08．37 ODIV1APR Bryce Tung，14，1SC 5：08．40 ODIV1APR Brandon Connerty，14，BRANT 5：08．4
5：09．13 ODIV1 APR Colin Ackroyd， 14, ，SCAR 5：09．24 ESWIMJUN Mark Kurtzer，13，NEW 5：09．34 ONSRJUN Chris Bento，14，LAC 5．10．15 HYACKMAY Richard A，14，LAC 5：10．15 HYACKMAY Richard Alexander，14，IS
5：10．25 MBSKJUN Pascal Wollach，13，CASC 5：10．43 ESWIMJUN Bryn Jones，14，NEW $5: 10.71$ CASCJUN Jesse Lund，13，EKSC 5：10．96 PHENXJUN Edward Quinlan，14，PDSA 5：11．33 MBSKJUN Braden O＇Neill，14，OSC $\begin{array}{ll}\text { 5：11．33 } & \text { MBSKJUN Braden ONeill，14，OSC } \\ \text { 5：11．66 } & \text { CASCJUN Matt Derochie，14，KSC－BRSA }\end{array}$

## $4 \times 50$ MEDLEY REL AY

Rec：1：54．59 Etobicoke Swimming，ESWIM， 98
2：00．40 AACAPR Mississauga AC，MSSAC
2：00．55 MBSKJUN Cascade Swim Club，CASC
2：01．44 ODIVIAPR North York AC，NYAC
2：03．08 PQIMAY Pointe Claire SC，PCSC
2：03．14 CASCJUN Edmonton Keyano，EKSC
2：03．39 PQIMAY Dollard Swim Team，DDO
2：03．63 ODIV1APR Scarborough SC，SCAR
2：03．88 CASCJUN Calgary Killarney，KSC
2：03．96 MBSKJUN Bow River Swim Assoc，BRSA
2：04．79 HYACKMAY Hyack Swim Club，HYACK
2：05．22 EOSAJUN Greater Ottawa Kingfish，GO
2：05．41 PQIMAY Montreal Aquatique，CAMO
2：06．11 PQIMAY CS Quebec，CSQ
$\begin{array}{ll}\text { 2：06．31 } & \text { CASCJUN Univ．of Calgary SC，UCSC } \\ \text { 2：06．36 } & \text { EOSAJUN Ernestown Barracudas，EBSC }\end{array}$
2：06．36 EOSAJUN Ernestown Barracudas，EBSC
$\begin{array}{ll}\text { 2：07．10 } & \text { PQIMAY Univ．Laval Rouge \＆Or，UL } \\ \text { 2：07．26 } & \text { ODIV1APR Brantford AC，BRANT }\end{array}$
2：07．26 ODIV1APR Branttord AC，BRANT
2：07．63 HYACKMAY Pacific Dolphins，PDSA
2：07．64 MBSKJUN Saskatoon Lasers，LASE
2：07．83 ODIV3APR Markham AC，MAC
2：07．99 LUSCMAY Hamilt－Wentworth
2：07．99 LUSCMAY Hamilt－Wentworth AC，HWAC
2：08．30 ODIV1APR Guelph Marlin AC，GMAC
2：08．42 TBTMAY Thunder Bay，TBT－NWO
2：08．44 ODIV1APR Toronto Champs，CHAMP
2：08．44 ODIV1APR Toronto Champs，CHAM
FREE RELAY
4X50 FREE RELAY
1：48．31 ESWIM Swimming，ESWIM，98
1：48．31 ESWIMJUN Mississauga AC，MSSAC
1：48．32 MBSKJUN Cascade Swim Club，CASC
1：49．01 ODIV1APR North York AC NYAC
1：49．01 ODIV1APR North York AC，NYAC
1：50．04 PQIMAY Montreal Aquatique，CAMO
$1: 50.29$ HYACKMAY Pacific
1：50．29 HYACKMAY Pacific Dolphins，PDSA
$1: 50.38$ PQIMAY Dollard Swim Team，DDO
1：50．38 PQIMAY Dollard Swim Team，DDO
$1: 50.41$ ESWIMJUN Newmarket SC，NEW
1：50．41 ESWIMJUN Newmarket SC，NEW
1：50．97 HYACKMAY Vancouver Gators GA
1：50．97 HYACKMAY Vancouver Gators，GATOR
$1: 51.15$ GUSCMAY Hamilt－Went
$\begin{array}{ll}\text { 1：51．15 } & \text { LUSCMAY Hamilt－Wentworth AC，HWAC } \\ \text { 1：51．23 } & \text { EKIAPR Edmonton Keyano EKSC }\end{array}$
1：51．23 EKIAPR Edmonton Keyano，EKSC
$1: 51.23$ EOSAJUN Groater OHza
$\begin{array}{ll}1: 51.23 & \text { EOSAJUN Greater OHtawa Kingfish，GO } \\ 1: 51.43 & \text { ODIV1APR Toronto Champs，CHAMP } \\ 1: 51.60 & \text { CASC IUN }\end{array}$
1：51．60 CASCJUN Univ．of Calgary SC，UCSC
1：51．72 PQIMAY Univ．Laval Rouge \＆Or，
1：51．79
ODIV1APR Brantford AC，BRANT
1：51．79 ODIV1APR Brantford AC，BRANT
1：52．03 HYACKMAY Hyack Swim Club，HYAC
1：52．03 HYACKMAY Hyack Swim Club，HYACK
1：52．06 ODIV1APR Scarborough SC，SCAR
$\begin{array}{ll}1: 52.09 & \text { MBSKJUN Bow River Swim Assoc，BRSA } \\ 1: 52.37 & \text { PQUIIAPR Longueuil，ElITE }\end{array}$
PQUIAPR Longueuil，ElITE
MBSKJUN Saskatoon Goldfins，GOLD
MBSKJUN Saskatoon Goldfins，GOL
CASCJUN Calgary Killarney，KSC
PQIMAY Pointe Claire SC，PCSC
PQIMAY Pointe Claire SC，FCS
ODIV2APR Vaughan AC，VAC
$\begin{array}{ll}\text { 1：53．50 } & \text { ODIV2APR Vaughan AC，，} \\ 1.54 .01 & \text { COHOMAY Is } \\ \end{array}$
$\begin{array}{ll}\text { 1：54．01 } & \text { COHOMAY Island Swimming，IS } \\ 1: 54.16 & \text { TBTMAY Thunder Bay，TBT－NWO }\end{array}$

## TOP AGE GROUP TIMES

ARS1517

50 METRES FREESTYLE 26.39 CANLCMAR Laura Pomeroy,17,OAK-TO 26.63 ONSRJUN Jennifer Porenta, 16,MMST-TO 26.64 CANLCMAR Jenna Gresdal,16,ESWIM 26.96 PQCUPJUN Audrey Lacroix, 17,CAMO 27.13 PHENXJUN Victoria Poon,16,CALAC 27.24 ZAJACMAY Erin Kardash,15,MM 27.29 CANLCMAR Jessie Bradshaw, 16,UCSA 27.44 ONSRJUN Stephanie Kuhn,15,TMSC-NWO 27.50 CANLCMAR Diane Kardash,15,MM 27.55 SYDNJAN Eizabeth Wyclifte,17,EBSC 27.59 ONSRJUN Jennifer Beckberger,15,AAC 27.59 ESWIMJUN Joanna MCLean, 17,ESWIM 27.64 PQCUPMAY Chanell Charron-W.,16,CNO 27.73 TORLCJAN Kate Plyley,15,OAK-TO 27.74 PQCUPMAY MarieP. Blais,15,MEGO 27.75 ONSRJUN Frances Stephenson, 16,NYAC 27.75 HYACKMAY Amber Dykes,17,HYACK 27.82 CANLCMAR Mila Zvijerac, 15,HYACK 27.85 CANLCMAR Kristen Lis, 17,ROD 27.88 CANLCMAR Heather Crowdis,17,AAC 27.89 ONSRNUN Rachel Hosford-E,17,HWAC 27.92 KCSJUN Caitlin Mereditht, 17, KCS 27.92 KCSJUN Caitlin Meredith,17,KCS

## ETRES FREESTYLE

## Shannon Shakespeare,MM, 94

57.40 CANLCMAR Laura Pomeroy, 17,OAK-TO
57.52 PQCUPJUN Jenna Gresdal 16, ESWIM 57.74 ONSRJUN Jennifer Porenta, 16, MMST-TO 57.1
58.17 ZAJACMAY Erin Kardash, $15, \mathrm{MM}$ 58.35 PQCUPJUN Marieve De Blois,17,PPO 58.50 PHENXJUN Chanell Charron-W.,16,CNO
58.89 CANLCMAR Jessie Bradshaw, 16,UCSA
59.23 CANLCMAR Bizabeth Wycliffe, 17,EBSC
59.38 CANLCMAR Adriana Koc-Spadaro,17,PDSA
59.38 CANLCMAR Adriana Koc-Spadaro, 17, PD
59.43 CANLCMAR Laura Grant 16 UCSA
59.43 CANLCMAR Laura Grant, 16,UCSA
59.43 MBSKJUN Diane Kardash, 15 MM
59.43 MBSKJUN Diane Kardash, 15,MM
59.47 CANLCMAR Katherine Telfer, 16, ESWIM
59.58 CANLCMAR Amanda Gillespie, 16, NKB
59.58 CANLCMAR Amanda Gillespie, 16,NKB
59.76 CANLCMAR I sabelle Ascah-Coallie, 17, CAMO 59.76 CANLCMAR Isabelle Ascah-Coalier, 17,CAMO
59.77 CANLCMAR Jennifer Beckberger, 15,AAC 59.82 PQCUPJUN Nichola Matthews, 17,ROW
59.83 CANLCMAR Monica Weiman 16 ESWIM 59.83 CANLCMAR Monica Wejman, 16,ESWIM 59.92 ODIV1APR Jackie Garay, 17,TSC-TO 59.94 CANLCMAR Hayley Doody, 15 ,UCSA 59.95 CANLCMAR Joanna McLean, 17,ESWIM
1.00.00 ONSRUUN Frances Stephenson, 16 NYA 1:00.00 ONSRUUN Frances Stephenson,16,NYAC $\begin{array}{ll}\text { 1:00.09 } & \text { SCSCJUN Michelle Landry, 16,PDS } \\ \text { 1:00.19 } & \text { LACMAY Rosie Meade,16,BOSC }\end{array}$ 1:00.19 LACMAY Rosie Meade, 16,BOSC
1:00.19 LUSCMAY Stephanie Kuhn,15,TMSC-NWO 1:00.22 ZAJACMAY Mitra Chandler,17,HYACK

## 200 METRES FREESTYLE

2:04.28 USGP1MAY Jenna Gresdal, 16,ESWIM
2:06.14 PQCUPJUN Marieve De Blois,17,PPO
2:06.60 SYDNJAN Danielle Bell,17,IS
2:06.62 MVNJUN Jennifer Fratesi, 17,ROW
$\begin{array}{ll}\text { 2:07.52 } & \text { PHENXJUN Chanell Charron-W.,16,CNO } \\ \text { 2:07.76 } & \text { ONSRJUN Katherine Telfer 16, ESWIM }\end{array}$
2:07.76 ONSRJUN Katherine Telfer, 16,ESW
2:07.97 CANLCMAR Tamee Ebert, 17,PDSA
2:07.97 CANLCMAR Tamee Ebert,17,PDSA
2:08.10 CANLCMAR Meghan Brown,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
2:08.67 ONSRJUN Rosie Meade,17,BOSC
2:08.77 CANLCMAR Deanna Stefanyshyn,16,PDSA
2:09.10 MBSKJUN Erin Kardash, 15,MM
2:09.10 MBSKJUN Erin Kardash,15,MM
2:09.16 POCUPMAY I Isabelle Ascah-Coallier 17
2:09.16 PQCUPMAY Isabelle Ascah-Coallier,17,CAMO
2:09.21 ODIV3APR Jennifer Porenta,15,MMST-TO
2:09.21 ODIV3APR Jennifer Porenta, 15,MMST-TO
2:09.73 SCSCJUN Taryn Lencoe,15,PDSA
2:09.81 CANLCMAR Kathy Siuda,15,ROW
2:09.96 HYACKMAY Amber Dykes,17,HYACK
2:10.06 CASCJUN Hayley Doody, 15,UCSA
2:10.06 CASCJUN Orlagh OKKelly,15,EKSC-UA
2:10.07 PQCUPJUN NichlaMathews 17, ROW
2:10.07 PQCUPJUN Nichola Matthews,17,ROW
2:10.32 ABSRJAN Shawn Bothwell 17 RD
2:10.32 ABSRJAN Shawna Bothwell, 17,RDCSC
$\begin{array}{ll}\text { 2:10.33 POCUPFEB Audrey Lacroix,17,CAMO } \\ \text { 2:10.45 } & \text { ULJUN Joan Bernier,16,CNCB }\end{array}$
2:10.45 ULJUN Joan Bernier,16,CNCB
2:10.58 EKIAPR Allison Laidlow,16,PDSA
2:10.59 PQCUPMAY Dominique Charron,17,PPO

Rankings for the period (results received)
January 1, 2001 to July 6, 200
Compiled by SWIMNEWS

## 2001 LONG COURSE TAG

400 METRES FREESTYLE
Rec: 4:14.45 Donna McGinnis,ESC,86 4:23.03 SYDNJAN Danielle Bell, 17,IS
4:23.98 CANLCMAR Tamee Fbert 17 PDSA 4:25.51 ONSRJUN Katherine Telfer,16,ESWIM 4:25.80 ZAJACMAY Allison Laidlow, 16,PDSA 4:26.68 PQCUPFEB Karine Legault,22,PPO 4:26.78 USGP1MAY Kathy Siuda, 15,ROW 4:27.24 ESWIMJUN Jenna Gresdal, 16 , ESWIM 4:28.09 PQIMAY Audrey Lacroix,17,CAMO 4:29.03 SCSCJUN Taryn Lencoe,15,PDSA 4:29.34 PQCUPMAY Marieve De Blois, 17,PPO 4:30.04 PHENXJUN Chanell Charron-W.,16,CNO 4:30.62 ONSRJUN Rosie Meade.,17,BOSC 4:31.16 ONSRJUN Danielle Beland,16,GO 4:31.65 CANLCMAR Meghan Brown,17,PDSA 4:31.76 CANLCMAR Cynthia Pearce, 17,MSSAC-TO 4:31.90 MBSKJUN Alicia Jobse,17,MANTA 4:32.10 ZAJACMAY Hayley Doody,15,UCSA 4:32.45 CANLCMAR Eizabeth Wycliffe, 17,EBSC 4:32.66 PQCUPMAY Joan Bernier,16, CNCB 4:32.99 CANLCMAR Sara McNally,16, EKSC-UA 4:33.87 CANLCMAR Shawna Bothwell, 17,RDCSC 4:34.55 CANLCMAR Monica Weiman,16,ESWIM 4:34.56 PQCUPMAY Dominique Charron,17,PPO METRES FREESTYLE
Rec: 8:39.19 Debbie Wurzburger,LYAC, 85 9:00.02 SYDNJAN Danielle Bell, 17,IS
$9: 0123$ CANLCMAR Tamee 9:05.49 SCSC.JUN Taryn Lenco 15.PDSA 9:10.29 USGP1MAY Kathy Siuda,15,ROW 9:13.24 MVNJUN Allison Laidlow,16,PDSA 9:14.17 ONSRUUN Rosie Meade,17,BOSC 9:14.65 ESWIMJUN Nathalie Lacoste, 15,MSSAC-TO 9:15.78 ONSRJUN Danielle Beland, 16,GO 9:17.30 MSSACMAY Katherine Telfer, 16,ESWIM 9:17.62 MVNJUN Hayley Doody,15,UCSA 9:18.74 HYACKMAY Amber Dykes, 17, HYACK 9:19.37 PQCUPFEB Joan Bernier,16,CNCB 9:21.38 CANLCMAR Alicia Jobse,17,MANTA 9:21.46 PHENXJUN Chanell Charron-W.,16,CNO 9:21.63 CANLCMAR Sara McNally, 16,EKSC-UA 9:22.82 ESWIMJUN Jennifer Coombs,17,MSSAC-TO 9:27.46 EKIAPR Deanna Stefanyshyn,16,PDSA 9:28.02 PHENXJUN Darcy Goodridge,15,PDSA $\begin{array}{ll}\text { 9:28.02 } & \text { PHENXUUN Darcy Goodridge, } \\ 9: 28.20 & \text { ISUUN Leah Schaab, 17,UCSA }\end{array}$ ${ }^{9}: 29.60$ EOSAUUN Amanda 9:30.68 EOSAJUN Bizabeth Osterer 15 9:31.16 EKIAPR Annamay Pierse 17,FKSC-UA 9:32.13 HYACKMAY Mitra Chandler, 17,HYACK 100 METRES BACKSTROKE
Rec: 1:02.14 Kelly Stefanyshyn,PDSA,99 :02.87 CANLCMAR Jennifer Fratesi, 16,ROW :03.27 CANLCMAR Eizabeth Wycliffe,17,EBSC $1: 04.75$ ONSRJUN Katie Smith 15 COBRA : 0530 CANL CMAR Citlin Meredith 17 KCS 1.05 .51 ONSRJUN Sheena Martin 16, ROW 1.06.15 ONSRUN Amanda Gillespie 16 NKB 1:06.38 CANLCMAR Erin Kardash,15,MM 1:06.54 PQIMAY Audrey Lacroix,17,CAMO 1:06.55 ODIV2APR Andrea Shoust,15,SSMAC 1:06.60 ODIV1APR Amy Jacina, 17,GMAC 1:06.83 ONSRJUN Melissa Bartlett, 15,CYPS 1 106.90 CAN CMAR Amanda Lesli 17 RAYS 1.07.14 ZAJACMAY Tina Hoang 15 HYACK 1:07.14 ZAJACMAY Tina Hoang, 15,HYACK 1.07.30 MBSKUUN Eizabeth Cleven, 16 MMAC-TO :07.30 MBSKJUN Eizabeth Cleven,16,MM 1.07.52 ONSRUN Kaher Mirer, 5 ,ESWIM 1.07.52 ONSR JUN Joanna McLean, 77 ,ESWM 1:07.85 ONSRJUN Rachel Hosford-E,17,HWAC 1:07.87 CANLCMAR Erin Prout,15,EKSC-UA 1:07.94 CANLCMAR Diane Kardash,15,MM 1:08.04 PQCUPFEB Jessie Bradshaw, 16, UCSA $\begin{array}{ll}\text { 1:08.17 } & \text { PPOMAY Ashleigh Thomas, 17,USC } \\ \text { 1:08.37 } & \text { ONSRJUN Michelle Zambri,17,WD }\end{array}$

## METRES BACKSTROKE

## Rec: 2:12.42 Jennifer Fratesi,ROW, 1

2:12.42 SYDNJAN Jennifer Fratesi, 16,ROW 2:15.06 CANLCMAR Bizabeth Wycliffe,17,EBS $\begin{array}{ll}\text { 2:17.66 } & \text { ONSRJUN Sheena Martin,16,ROW } \\ \text { 2:20.30 } & \text { ONSRJUN Amanda Gillespie,16,NKB }\end{array}$ 2:20.30 ONSRJUN Amanda Gillespie, 16,NKB
$2 \cdot 20.52$ USGP1MAY 2:20.52 USGP1MAY Jenna Gresdal, 16,ESWIM 2:21.49 CANLCMAR Allison Laidlow, 16,PDSA
2:22.14 ODIV1APR Amy Jacina, 17,GMAC 2:22.14 ODIV1APR Amy Jacina, 17,GMAC
2:22.53 CANLCMAR Shawna Bothwell, 17,RDCSC 2:22.80 KCSUUN Caitlin Meredith,17,KCS 2:23.03 CANLCMAR Amanda Leslie, 17,RAYS 2:23.52 ONSRJUN Katherine Telfer, 16, ESWIM
$2: 2375$ 2:23.75 CANLCMAR Hania Kubas, 15,EKSC-UA 2:23.82 ESWIMJUN Katie Smith,15,COBRA 2:24.40 CANLCMAR Lynette Bayliss, 15,UCSA 2:24.98 PQIMAY Chanell Charron-W., 16,CNO 2:25.02 ONSRJUN Andrea Shoust,16,SSMAC 2:25.57 ONSRUUN Melissa Bartlett,15,CYPS 2:25.63 ZAJACMAY Amber Dykes,17,HYACK 2:25.96 CANLCMAR Anna Szaflarski, 16,BROCK 2:26.26 CANLCMAR Jennifer Esford, 17,BOW 2:26.52 MSSACMAY Bla Burley, 16,WD 2:26.60 CANLCMAR Kathy Siuda, 15,ROW 2:26.63 MSSACMAY Randi Beaulieu,15,MSSAC-TO $\begin{array}{ll}\text { 2:26.67 } & \text { NSSRJUN Andrea Roberts,16,TCSC } \\ \text { 2:26.99 } & \text { MBSKJUN Cindy Jobse,15,MANTA }\end{array}$

Rec: 1:08.86 Allison Higson,EPS,88
1.12.38 MUNJUN Tamara Wagner,16,ROW 1.14.16 EANLCMAR Annamay Pierse,17,EKSC-UA 1:14.30 MSSACMAY Laura Pomeroy,17,OAK-TO 1:14.75 ONSRJUN Renee Hober,16,ROW 1:14.79 CANLCMAR Heather Bell, 17,BTSC 1:15.07 CANLCMAR Courtenay Chuy, 15,HYACK 1:15.26 MSSACMAY Joanna Lee,16,MSSAC-TO 1:15.37 ONSRJUN Genevieve Dack,15,TBT-NWO 1:15.73 ZAJACMAY 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,COB
1:16.03 HYACKMAY Norah Vogan 16, GPP $1: 16.09$ ONSRJUN Shannon Kryhul 15 ROW 1:16.09 PHENXJUN Sarah Gault,15,DDO 1:16.10 ONSRJUN Ariane Kich,17,GMAC 1:16.30 CANLCMAR Meagan Sinclair,16,UCSA 1:16.57 ULJUN Micheline Dufour,15,UL 1:16.63 CANLCMAR Kimberley Hirsch,15,STSC 1:16.63 CANLCMAR Francine Ling, 17,DELTA 1:16.70 ABSRJAN Emma Spooner, 17,UCSA-UC 1:16.79 PQCUPJUN Julie Marcotte,17,UL 1:16.88 ZAJACMAY Mitra Chandler,17,HYACK 1:16.90 CANLCMAR Marcy Edgecumbe, 17,EKSC-UA 200 METRES BREASTSTROKE

2:33.97 BARCJUN Annamay Pierse,17,EKSC-UA
2:34.88 SYDNJAN Tamara Wagner, 15,ROW
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
2:41.59 ONSRUUN Genevieve Dack, 15,TBT-NWO
2:41.93 ESWIMJUN Joanna Lee, 16,MSSAC-TO
2:42.12 ESWIMJUN Shayna Burns, 17,CHAMP
2:42.84 CANLCMAR Marcy Edgecumbe,17,EKSC-UA 2:43.31 CANLCMAR Heather Bell,17,BTSC
2:43.74 PQCUPMAY Micheline Dufour, 15, UL
2:43.92 CANLCMAR Genevieve Frappier, 17,CAMO 2:43.96 CANLCMAR Ariane Kich, 17,GMAC
2:44.18 PQCUPJUN Julie Marcotte, 17,UL 2:44.19 ZAJACMAY Mitra Chandler, 17,HYACK 2.44.63 CANLCMAR Norah Vogan 16 GPP 2:44.79 ZAJACMAY Jennifer Coombs,17,MSSAC-TO 2:45.85 CANLCMAR Kimberley Hirsch,15,STSC 2:46.85 CANLCMAR Kimberley Hirsch, 15 NSSRJUN Stephanie Cross,16,SWAT $\begin{array}{ll}\text { 2:46. } \\ \text { 2:46.46 } & \text { PQIMAY Sarah Gault,15,DDO }\end{array}$

## METRES BUTTERFLY

Rec: 1:00.29 Audrey Lacroix,CAMO,
1:00.29 PQCUPJUN Audrey Lacroix, 17,CAMO 1:01.36 SYDNJAN Jennifer Fratesi, 16,ROW 1.03.75 ONSRUNN Amanda Gillespie 16 NKB 1.04.05 CANL MAR Nancy Gajos 16 ESWIM 1.04.12 ONSRUN Darcie Armstrong 16 TAT 1:04.60 CANLMAR Michad Armstrong, 16, TAT 1:04.64 CANLCMAR Isabelle Ascah-Coadlier,17,CAMO 1:04.88 PHENXJUN Sarah Bartosh,16,PCSC 1:04.94 ONSRJUN Stephanie Kuhn,15,TMSC-NWO 1:05.13 CANLCMAR Jessie Bradshaw,16, UCSA 1:05.36 CANLCMAR Orlagh O'Kelly,15,EKSC-UA 1:05.39 PQCUPMAY Julia Guay-Racine, 15,CAMO 1:05.41 ONSRJUN Danielle Beland,16,GO 1:05.52 PQIMAY Valerie Tcholkayan,16,DDO 1:05.58 PQCUPMAY Veronick Cullen,17,RCA 1.05.65 CANLCMAR Meghat Brow,17,PDSA 1:05.87 PANIAPR Joan Bernier,16,CNCB 1:05.92 ODIV3APR Jennifer Porenta, 15,MMST-TO 1:06.08 ONSRJUN Danielle Gudgeon, 17,NYAC 1:06.09 CANLCMAR Laura Grant, 16, UCSA 1:06.37 PQUlAPR Chrystele Roy-l'Ecuyer, 16, CNB 1:06.51 LACMAY Tiffany Vincent,15,BRANT
1:06.51 ESWIMJUN Jenna Gresdal,16,ESWIM

## METRES BUTTERFLY

Rec: 2:11.26 Jessica Deglau,PDSA, 98
2:12.48 CANLCMAR Audrey Lacroix, 17,CAMO
2:20.37 ONSRJUN Nancy Gajos, 16, ESWIM
2:20.70 CANLCMAR Michaela Schmidt,17,UCSA
2:20.76 CANLCMAR Michelle
2:20.76 CANLCMAR Michelle Landry, 16,PDSA
2:22.78 PQIMAY Alex Lachance-F,16,UL
2:23.17 PQCUPMAY Joan Bernier,16,CNCB
2:23.34 CANLCMAR Jennifer Coombs,17,HYACK 2:23.40 ONSRJUN Danielle Beland, 16,GO 2:23.57 PQCUPMAY Veronick Cullen, 17,RCA 2:23.72 ONSRJUN Danielle Gudgeon,17,NYAC 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 2:24.74 PQCUPMAY Julia Guay-Racine,15,CAM
2:24.81 CANLCMAR Meghan Brown,17,PDSA 2:24.91 PQCUPMAY Genevieve Frappier,17,CAMO
2:26.02 CANLCMAR Tiffany Vinat 2:26.02 CANLCMAR Tiffany Vincent,15,BRANT 2:26.25 EKIAPR Orlagh O'Kelly,15,EKSC-UA 2:26.53 EKIAPR Deanna Stefanyshyn,16,PDSA 2:27.06 MBSKJUN Brianne Cloak, 15,IS $\begin{array}{ll}\text { 2:27.07 } & \text { TORLCJAN Gillian Coles, 15,BROCK } \\ 2: 27 & \text { ONSRUUN Amanda Gillespie,16,NKB }\end{array}$ $\begin{array}{ll}\text { 2:27.47 } & \text { ONSRJUN Amanda Gillespie,16,NKB } \\ \text { 2:27.48 } & \text { PQIMAY Sarah Bartosh,16,PCSC }\end{array}$ $\begin{array}{ll}\text { 2:27.48 PQIMAY Sarah Bartosh, 16,PCSC } \\ \text { 2:27.81 } & \text { ESWIMJUN Jenna Gresdal, } 16, \text { ESWIM }\end{array}$ 2:28.15 ESWIMJUN Katherine Telfer,16,ESWIM
2:28.24 NSSRJUN Colleen Smith,16,EAST

200 METRES IND.MEDLEY
2:18.48 Nancy Sweetnam,LLSC 90
2:18.48 MVNJUN Jennifer Fratesi, 17,ROW
2:21.01 CANLCMAR Kristen Bradley,17,NEW
2:21.88 USGP1MAY Jenna Gresdal, 16,ESWIM
2:23.55 ONSRJUN Kathy Siuda, 15,ROW
2:24.35 CANLCMAR Jennifer Coombs,17,HYACK
2:24.37 ZAJACMAY Michelle Landry,16,PDSA
2:25.30 ONSRJUN Amanda Gillespie,16,NKB
2:25.44 EKIAPR Annamay Pierse,17,EKSC-UA
2:26.13 ONSRJUN Rachel Hosford-E, 17,HWAC
2:26.35 ZAJACMAY Amber Dykes,17,HYACK
2:26.42 ZAJACMAY Allison Laidlow, 16,PDSA
$2: 26.45$ CNOAPR Eizabeth Osterer 15NKB
CNOAPR Eizabeth Osterer,15,NKB
AACAPR Stephanie Kuhn, 15,TMSC-N
ISJUN Leah Schaab, 17,UCSA
$\begin{array}{ll}\text { 2:26.71 } & \text { ISJUN Leah Schaab, 17, } \\ \text { 2:27.00 } & \text { ONSRJUN Tamara Wagner,16,ROW }\end{array}$
2:27.18 PHENXJUN Chanell Charron-W.,16,CNO
2:27.59 CANLCMAR Genevieve Frappier, 17,CAMO
2:28.00 ODIV1APR Chandra Engs, 16, CAJ
2:28.00 MBSKJUN Erin Kardash 15,MM
2:28.04 ULJUNN Joan Bernier, 16, CNCB
2:28.22 CANLCMAR Marcia Bryon,17,USC
2:28.30 ZAJACMAY Mitra Chandler, 17,HYACK

## 0 METRES IND.MEDLEY

ec: 4:47.62 Nancy Sweetnam,LLSC,91
4:54.70 SYDNJAN Kristen Bradley,17,NEW
4:56.77 EURJRJUL Kathy Siuda, 15,ROW
4:59.56 ESWIMJUN Jenna Gresdal, 16, ESWIM
5:00.45 ODIV1APR Jennifer Fratesi,17,ROW
5:01.13 CANLCMAR Allison Laidlow,16,PDSA
5:04.59 ZAJACMAY Michelle Landry, 16,PDSA
5:04.59 ZAJACMAY Michelle Landry, 16,PDAA
5:04.94 ZAJACMAY Amber Dykes,17,HYACK
5:08.69 PQCUPMAY Aurelie Meziere,17,PPO
5:08.77 MSSACMAY Jennifer Coombs,17,MSSAC
5:09.23 PQCUPMAY Joan Bernier,16,CNCB
5:09.23 PQCUPMAY Joan Bernier, 16, CNCB
5:09.54 CANLCMAR Noranay $5: 09.63$ PQCUPFEB Annamay Pierse, 17, EKSC-SE
5:09.76 PQCUPMAY Chanell Charron-W.,16,CNO
5:11.05 ONSRJUN Brittany Cooper, 15,LAC
5:11.21 PQIMAY Alex Lachance-F,16,UL
5:11.27 CANLCMAR Genevieve Frappier, 17,CAMO
5:13.37 ODIV1APR Amanda Gillespie,16,NKB
5:13.99 NSSRNUN Jessica McLellan,16,EAST
5:14.22 CANLCMAR Eizabeth Osterer 15 NKB
5:14.38 CANLCMAR Julie Babin.17 ESWIM
5:14.38 CANLCMAR Julie Babin,17,ESWIM
5:14.41 ESWIMJUN Katherine Telfer, 16 ,ESWIM
5:14.41 ESWIMJUN Katherine Telter, 16,ESWIM
5:15.01 ONSRJUN Frances Stephenson,16,NYAC

## 4 X50 MEDLEY RELAY

4X50 MEDLEY RELAY
1:59.20 Pt-Claire,PCSC,76

> 2:03.79 PQIMAY Dollard Swim Team,DDO 2:04.47 EKIAPR Edmonton Keyano,EKSC 2:06.33 MBSKJUN Manitoba Marlins,MM
2:06.76 HYACKMAY Hyack Swim Club,HYACK 2:06.76 HYACKMAY Hyack Swim Club,HYACK
2:06.92 CASCJUN Nose Creek SA,NCS
> $\begin{array}{ll}\text { 2:06.92 } & \text { CASCIMAY Nose Creek SA,NCS } \\ \text { 2:07.03 } & \text { PQMMAY Pointe Claire SC,PCSC }\end{array}$
> 2:07.29 PQIMAY Montreal Aquatique,CAMO
> 2:07.29 PQIMAY Montreal Aquatique,CAMO
2:07.36 EKIAPR Pacific Dolphins,PDSA
> 2:07.53 ESWIMJUN Cobra Swim Club, COBRA
> $\begin{array}{ll}\text { 2:07.81 } & \text { EKIAPR Regina Opt.Dolphins,ROD } \\ \text { 2:07.88 } & \text { EKIAPR Univ. of Calgary SC UICSC }\end{array}$
> 2:08.12 PQIMAY Univ.Laval Rouge \& Or,UL
> 2:08.20 ESWIMJUN Etobicoke Swimming ESWIM
> 2:08.45 ODIV1APR Chatham Y,CYPS
> 2:08.55 MBSKJUN Bow River Swim Assoc,BRSA
> 2:09.08 AACAPR Ajax Aquatic Club,AAC
> $\begin{array}{ll}\text { 2:09.12 } & \text { ODIV1APR North York AC,NYAC } \\ \text { 2:09.74 } & \text { ODIV1APR Cambridge Aquajets,CA }\end{array}$
> $\begin{array}{ll}\text { 2:09.74 } & \text { ODIV1APR Cambridge Aquajets, } \\ \text { 2:09.85 } & \text { LACMAY Tillsonburg AT,TAT }\end{array}$
> LACMAY Tillsonburg AT,TAT
PQIMAY Samak de Brossard.SAMAK PQlIMAY Samak de Brossard,SAMAK
PQIIAPR Megophias Trois Rivieres,MEGO LACMAY Newmarket SC,NEW NEORJUN Timmins Marlins,TMSC-NWO NEORJUN Timmins Marlins, TI
EOSAJUN Nepean Kanata,NKB

## FREE RELAY

Rec: 1:47.46 Etobicoke Swimming,ESWIM,0
1:50.12 MBSKJUN Manitoba Marlins,MM
$1: 52.47$ AACAPR Ajax Aquatic Club,AAC
1:52.52 CASCJUN Univ.of Calgary SC,UCSC
1:53.16 ODIV1APR North York AC,NYAC
1:53.33
1:53.33 MBSKJUN Edmonton Keyano,EKSC $\begin{array}{ll}\text { 1:53.36 } & \text { ESWIMJUN Etobicoke Swimming, ESWIM } \\ \text { 1:53.41 } & \text { PQIMAY Dollard Swim Team, DDO }\end{array}$
$\begin{array}{ll}1: 53.41 & \text { PQIMAY Dollard Swim Team,DDO } \\ 1: 53.42 & \text { CASCJUN }\end{array}$
1:53.42 CASCJUN Cascade Swim Club,CASC
1.53.49 HYACKMAY Hyack Swim Club HYACK
1:53.49 HYACKMAY Hyack Swim Club,HYACK
1:53.65 PQIMAY Montreal Aquatique,CAMO
1:54.14 HYACKMAY Delta SC,DE 1:54.14 HYACKMAY Delta SC,DE
$1: 54.25$
1:54.25
1:54.31
MBSKJUN Bow River Swim Assoc, BRSA
EKIAPR Pacific Dolphins,PDSA
$\begin{array}{ll}\text { 1:54.31 } & \text { EKIAPR Pacific Dolphins,PDSA } \\ \text { 1:54.31 } & \text { CASCJUN Calgary Killarney,KSC }\end{array}$
$\begin{array}{ll}\text { 1:54.31 } & \text { CASCJUN Calgary Killarney, KSC } \\ \text { 1:54.31 } & \text { CASCJUN Nose Creek SA,NCS }\end{array}$
1:54.77 PQIMAY Pointe Claire SC,PCSC
$\begin{array}{lr}\text { 1:54.82 } & \text { PQIMAY Univ.Laval Rouge \& Or,UL } \\ \text { 1:55.20 } & \text { ODIV1APR Cambridge Aquajets,CAJ }\end{array}$
$\begin{array}{ll}\text { 1:55.31 } & \text { PQ|IAPR Megophias Trois Rivieres,MEGO } \\ 1: 55.64 & \text { ODIV1APR Chatham Y CYPS }\end{array}$
1:55.64
$1: 56.13$
ODIV1APR Chatham Y,CYPS
POIMAY Samak Brossard
1:56.13 PQIMAY Samak de Brossard,SAMAK
1:56.22
1:56.22 $\quad$ EKIAPR Lethbridge ASC,LASC
: $: 566.23$ EKIAPR Regina Opt.Dolphins, ROD
$1: 56.49$ LACMAY Newmarket SC,NEN 1:57.06 PPOMAY Uxbridge SC,USC


400 METRES FREESTYLE
Rec: 3:52.23 Andrew Hurd,MSSAC, 0
4.00.05 CANLCMAR Brent O'Connor, 17,PDSA S.O.28 SYDNJAN Kurtis MacGillivary, 17,ROW 4:01.60 USGP MAMY Tobias Oriwol, 16, ESWIM 4:05.95 SYDNJAN Andrew Coupland, $17, \mathrm{GO}$ 4:10.69 CANLCMAR Daryl Rudolf, 16,PDSA 4:10.78 CANLCMAR lan MacLeod. 17.ESWIM 4:11.76 PHENXJUN Mark Thauvette, 16, PCSC 4:11.95 ZAJACMAY Graeme Tozer, 16 UCSSA 4:13.19 ONSRJUN Jonathan Long, 15 LLAC 4:13.41 ZAJACMAY Devin Phillips, 16, EXSC-UA 1384 ZNSNUN Scott Dickens, 6, B. 16 PDSA 4:13.846 POCUPMAY Jonathan Aubry,15 CNB 4:14.48 ODIV2APR Michael Brown,16,PRRTH 4:14.86 CANLCMAR Matt Johnston, 16,MSSAC-TO 4:14.89 PHENXJUN Charles Rodrigue, 16,UL 4:15.14 RAPIDAPR Eliot Rushton, 17,RAPID 4:15.17 CANLCMAR Don Nicholson, 17,TSUN 4:15.46 SASKMAY Brent Hankewich, 17,GOLD 4:15.52 ONSRJUN Steven Medaglia, 16,NKB 4:15.63 POCUPMAY Nicolas Guillotite 17,CAMO 4:15.67 ONSRJUN Robert McDow,17,RHAC 4:17.51 ONSRJUN Bentley Gakis, 17,TSC-TO 4:17.96 ISAPR Travis Musgrave, 17,COMOX

## 1500 METRES FREESTYLE

Rec: 15:12.70 Andrew Hurd,MSSAC, 0
15:56.36 MVNUUN Kurtis MacGillivary,17, ROW 16:03.27 ESWIMJUN Tobias Oriwol, 16 ,ESWIM
16 POCUPMAY Charles Rodrigue16 16:37.57 CANLCMAR Matt Johnston, 16,MSSAC-TO 16:41.30 ONSRJUN Jonathan Long, 15, LAC 16:41.85 CANLCMAR Don Nicholson, 17,TSUN 16:42.45 SYDNJAN Brent OCOnnor,17,PDSA 16:45.40 ESWIMJUN Ian MacLeod,17,ESWIM 16:47.14 HYACKMAY Eliot Rushton, 17,RAPID 16.55.52 ONSRUN SIm 16:54.71 MBSKJUN Malcolm Lavoie, 15,OSC-UA 16:55.23 ONSRJUN Bentley Gakis, 17,TSC-TO 16:57.41 HYACKMAY Rylan Kafara, 17,RDCSC 16:57.80 PQCUPMAY Jonathan Aubry,15,CNB 16:57.83 CANLCMAR Karim Abdulla, 17,ROD 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 17:06.50 HYACKMAY Michael Derban, 17,UCSC
17:08.05 ZAJACMAY William Walters, 17,PDSA
17:08.55 HYACKMAY James Monk, 15,PDSA
17.15.15 NEOX UN Sergel benoi, 17:15.29 HYACKMAY Aaron Blair,15,CASC

## OO METRES BACKSTROK

Rec: 56.49 Mark Tewksburry,UCSC,85
56.90 SYDNJAN Tobias Oriwol, 15,ESWIM 59.11 ROM EJUN Andrew Greene, IT, UNAT 59.12 ODIV2APR Stefano Capraara, , 1 ,VAC 5. 09 ON CMAR Adm Mrinco 100.09 CANLLMAR Adam Marinson, 6 ,UCSA O00.51 CAN CMAR D Devin Phillin 115 EKSC 1:00.69 ONSRJUN Ryan Pallett,17,BRANT 1:00.88 ONSRJUN Andrew Coupland, 17,GO 1:01.02 SASKMAY Trevor Coulman, 16,GOLD 1:01.21 CANLCMAR Douglas McQueen, 16, PDSA 1:01.38 EKIAPR Maciek Zelnik,16,EKSC 1:01.38 EKAPR Maciek Zenin, 16, , EAS
1:01.50 ONSRJUN Marshal Iolbrook, 16,RO : 101.88 CANLCMAR Spencer Laidley, 17 ,PRRTH 1:01.97 CANLCMAR Chris Kula, 17,CAJ
1:02.02 EKIAPR Charles Turarich-N. 17,EKSC 1:02.17 ONSAJUN Eik Binga, 17, TAT 1:02.34 ODIVYAPR Chris Ford, 17,CPAC $\begin{array}{ll}\text { 1:02.34 } & \text { ODDIV3AP Chris Ford, } 17, \text { TAAC } \\ \text { 1:02.45 } & \text { MBSKUUN Callum Ng.16,CASC }\end{array}$ 1:02.48 ONSRJUN Milos Marianovic, 17,NYAC 1:02.50 NSSRJUN Mathew Terauds, 17, WTSC 1:02.79 SASKMAY Brendan Curley,17,ROD GRES BACKSTROK Conrad Aach, 16 ,ESWIM
200 MEIRES BACKSTROKE
2:00.03 SYDNJAN Tobias Otiwol, 15,ESWIM 2:08.25 MSSACMAY Joe Baicar,15,0AK
2:08.34 CANLCMAR Adam Martinson, 16,UCSA 2:08.42 SYDNJAN Andrew Coup and, 17,GO 2:09.39 ONSRJUN Kurtis MacGillivary,17,ROW 2:10.59 ONSRNUN Ryan Akkinson,16,LAC 2:10.98 CANLCMAR Ciaran Dickson,17,ROD 2:11.43 PQIMAY Mark Thauvette, 16,PCSC
2:11.45 CANLCMAR Douglas McQueen,16,PDSA 2:12.90 ONSRUUN Milos Majianovic, 17,NYAC 2:13.10 ESWIMJUN Conrad Aach, 16, ESWIM 2:13.26 CANLCMAR Spencer Laidley,17,PRERTH 2:13.32 ABSRJAN Craig Gillis, 17,UCSA 2:13.34 STARJUN Stefano Capraara,17,VAC 2:13.62 CANLCMAR Ryan Pallett, 16,BRANT 2:13.62 ONSRJUN Adam Kaka, 17,LAC 2:14.09 ONSRJUN Matt Hawes, 15,KBM 2:14.80 ESWIMJUN Brian Jaeggi, 17,NEW 2:14.91 ONSRJUN Luke Armstrong, 17,NKB 2:15.06 MBSKJUN Erich Schmitt,15,IS 2:15.44 HYACKMAY Callum Ng,16,CASC 2:15.57 ODIVYAPR Quinton Sabourin,17,UPCAN 2:15.76 ONSRUUN Danny Carter, 15,NKB 2:11.01 CANLCMAR Devin Phillips,15,EKSC-UA
2:16.14 ESWMMJUN Oleg Chernukhin,16,NYAC

00 MEIRES BREASTSTROKE
Rec. 1.02.53 Morgan Knabe, UCSC,99
1:03.93 SYDNJAN Chad Thomsen,17,EKSC-SE 1:03.98 SYDNJAN Michael Brown, 16,PPRTH 1:04.77 CANLCMAR Matthew Huang,16,PDSA 1:06.11 ONSRJUN Scott Dickens, 16, BRANT 1:06.28 SASKMAY Nathan Parker, 17,MJKFF 1:07.88 CANLCMAR Thomas South, ,17,UCSA
1:07.98 ONSRJUN Pat Russell, 17,ROC
1:08.14 ONSRJUN Jim Hinton, 17,TBT-NWO
1:08.78 MSSACMAY Tobias Oriwol,15.ESWIM
1:08.79 PQCUPMAY Kevin Rioux, 16,CAMO
1:08.91 POCUPMAY Eric Demay, 17,CNO
1:09.17 SCSCJUN Jung Hun Choi, 16,PDSA
1:09.33 PHENXUUN Maxime Samson, 15, EITE
1:09.60 CNOAPR Steven Medaglia, 16,NKB
1:09.60 ONSRUUN Warren Barnes, 15,SCAR
1:09.68 ESWIMUUN Donald Smith, 17,COBRA
1:09.77 NBLCMAY Joseph Holownia, 16,SACKS
1:09.84 ZAJACMAY Brian Verigin,17,PGB
1:10.06 CANLCMAR Devon Ackroyd, 17, ,SCAR
1:10.06 ZAJACMAY lan Meredith,17, 1 ,AYS
1:10.23 PQIIAPR Simon Letendre, 15,SHER
1:10.82 PPOMAY David MCKechnie, 15,0
1.11.14 ESWIMJUN Conrad Aach 16 ESW

1:11.24 MSSACMAY Danny Passons, 17, SCAR

## 200 MEIRES BREASTSTROKE

2:16.35 CANLCMAR Michael Brown,16,PERTH
2:19.20 SYDNJAN Keith Beavers,17,STARS
2:22.04 SCSCJUN Mathew Huang,17,PDSA
2:23.24 ESWIMJUN Tobias Oriwol, 16, ESWIM
2:23.37 SYDNJAN Chad Thomsen, 17, EKSC-SE
2:25.09 ZAJACMAY Jung Hun Choi, 16, PDSA
2:25.55 SASKMAY Nathan Parker, 17, MUK
2:27.52 CANLCMAR Thomas South,17,UCSA
2.2971 ODIV APR Steven Medagli 16 NKB

2:29.82 ONSRJUN Scott Dickens 16 , BRANT
2:29.87 ONSRNUN Jim Hinton, ,17 TBT-NWO
2:29.88 PHENXJN Kevin Rioux 16 CAMO
2.29.99 ESWIMUUN Brian Ma17. CHAMP

2:30.68 PHENXJUN Maxime Samson,15, 且ITE
2:31.06 ZAJACMAY Brian Verigin,17,PGB
2:31.40 NBLCMAY Josesh Holownia, 16,SACKS
2:32.04 ONSRJUN Warren Barnes, 15,SCAR
2:32.49 ODIV2APR Pat Russell, 17,ROC
2:33.00 ULJUN Dominic Pelletier, 17,UL
2:33.43 ONSRJUN Richard Bowen, $16, \mathrm{GO}$
2:34.45 PQCUPMAY Jonathan Aubry,15,CNB
2.34.03 AACAPR Donala Smint, 17, COBRA 2:35.27 KCSJUN Richard Taylor,17,RAPID

## 00 METRES BUTTERFLY

57.39 CANLCMAR Darryl Rudolf,16,PDSA
57.42 ONSRJUN Evan Jellie,17,ROW
57.81 ZAJACMAY Brent Hayden, 17,SPART
58.55 POIIMAPPR Bill Cocks 17,TRNT
58.59 CAN CMAR Krim Abdu 17 ROD
58.55 ONSRUN Ia Macled 17, RSW
58.86 CASCUN A Adam Martinson 1 UICS
59.15 POCLDFEB K내 B
59.15 PaCU M K Thireavers, 1,SIARS
59.19 ESWIMJUN Tobias Oriwol, 6, ESW
59.36 MBSKJUN Calum Ng, 16,CASC
59.50 ODIV2APR Stefano Caprara, 17,VAC
59.59 SASKMAY Trevor Coulman, 16 ,GOLD
59.75 WOAPC Steren Madalia 1 NKB
59.75 CNOAPR sleven Medagia, 6, ,NK
59.89 POCLDMAY Naem Oer,
59.89 POCUPMAY Nicolas Guiliotte, 17,CAMO
100.03 ONSRUN MK Argnill, 7, SSMAC
100.23 ONSNU Luke Armstrong, 17, NKB

1:00.35 ZAJACMAY Brent OConnor, 17 PPDSA
00.40 MSSACMA Parrk Doret, 17, LSSA

1:00.50 ABSRJAN Craig Gillis,17,UCSA
1:00.50 PQCUPMAY Jonathan Cantin,17.CAMO
1:00.50 PQCUPMAY Jonathan Cantin,17,CAMO
1:00.60 EKIAPR Ryan Dube, 17, EKSC

## METRES BUTTERFLY

2:04.87 CANLCMAR Brent O'Connor,17,PDSA
2:07.25 ONSRJUN lan MacLeod, 17,ESWIM
2:07.27 CANLCMAR Daryll Rudolf,16,PDSA
2:08.32 ESWIMJUN Tobias Oriwol, 16 , ESW
2:08.81 MBSKJUN Calum Ng, 16,CASC
2:08.89 ODIVV APR Steven Medaglia, 16,NKB
2:09.53 CANLCMAR Karim Abdulla,17,ROD
2:11.01 ONSRUN Evan Jellie, 17 ROW
2:11.01 ONSRJUN Evan Jellie,17,ROW
2:11.35 ZAJACMAY Malcolm Lavoie, 15,OSC-UA
2:11.46 POMMAY Sean Zunini 17.CAMO
2:11.46 PQIMAY Sean Zunini, 17,CAMO
2:11.64 ONSRJUN Conrad Aach,16, EESWIM
2:12.69 ONSRUUN Thomas Senecal, 17,NEW
2:1302
2:13.02 ONSRJUN Bill Cocks,17, TREN
2:14.94 ROWMAY Roman Margulis, 17,NYAC
2:15.06 RAPIDJAN Chris Kargl-Simard,16, PDSA
2:15.59 MBSKJUN Andrew Metcalfe, 16,MANTA
2:15.63 SASKMAY Trevor Coulman,16,GOLD
2:15.67 POMMAY Sofian Mohand-Cherifi,15,CAMO
2:16.49 PHENXUUN Timothy Ruse, 16,PCSC
2:16.54 EKIAPR Ciaran Dickson, 17,ROD
2:16.56 MSSACMAY Alex Watson,16,0SHAC
2:17.65 EKIAPR Douglas McQueen,16,PDSA
2:17.66 RAPIDJAN Daniel Petrus, 17,PDSA
$\begin{array}{ll}\text { 2:17.69 } & \text { ONSR,UUN Michael Commito,15,LUSC } \\ \text { 2:17.74 } & \text { MBSKUUN Taylor Graham, } 6, \text {,NCS-BRSA }\end{array}$

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
2:08.89 CANLCMAR Michael Brown, 16, PERTH
2:11.26 ONSRJUN Conrad Aach, 16, ESWIM
2:11.43 ZAJACMAY Brian Verigin, 17,PGB
2:11.29 USGP1MAY Kurtis MacGillivary,17,ROW
2:13.99 SYDNJAN Andrew Coupland, 17,GO
2:14.31 PHENXJUN Timothy Ruse, 16,PCSC
2:14.50 HYACKMAY Callum Ng, 16,CASC
2:14.62 CANLCMAR Scott Dickens, 16.BRANT
2:14.65 ZAJACMAY Graeme Tozer, 16,UCSA
2:14.73 SASKMAY Brent Hankewich,17,GOLD
2:14.77 NEORJUN Bill Cocks, 17,TRENT
2:14.97 CANLCMAR Devon Ackroyd, 17,SCAR
2:15.31 ULLJUN Dominic Pelletier,17.UL
2:15.61 ONSRJUN Roman Margulis,17,NYAC
2:16.08 PHENXJUN Kevin Rioux, 16, CAMO
2:16.35 PHENXJUN Maxime Samson, 15,ELITE
2:16.61 PQMMAY Charles Rodrigue, 16, UL
2:16.70 STARNUN Stefano Caprara, 17,VAC
2:16.97 ESWIMJUN Ian MacLeod, 17,ESWIM
2:17.18 ONSRJUN Richard Bowen,16,GO

## METRES IND.MEDLEY <br> \section*{ce: 4:22.39 Alex Baumann,LUSC. 81}

4:22.55 SYDNJAN Keith Beavers,17,STARS
4:23.38 USGP1MAY Tobias Oriwol, 16,ESWIM
4:34.18
4:35.39
ONSRJUN Kurtis MacGillivary, 17,ROW
$\begin{array}{ll}\text { 4:35.39 } & \text { ONSRJUN Steven Medaglia, 16,NK } \\ \text { 4:35.97 } & \text { ONSRJUN Conrad Aach 16, ESWIM }\end{array}$
4:42.07 CANLCMAR Douglas McQueen, 16,PDSA
4:44.22 ZAJACMAY Graeme Tozer,16,UCSA
4:44.22 ZAJACMAY Graeme Tozer, 16, UCSA
4:45.54 ODIV2APR Michael Brown,16,PERTH
4:45.63 PHENXJUN Mark Thauvette, 16,PCSC
4:45.71 PHENXJUN Timothy Ruse, 16, PCSC 4:46.27 ONSRJUN Richard Bowen,16,GO 4:47.34 HYACKMAY Callum Ng, 16 , CASC 4.48.99 ESWIMUUN Lan Mam Ng, 6, CASC
$\begin{array}{ll}\text { 4:48.99 } & \text { ESWMMUN } \\ \text { 4:49.08 MacLeod, 17,ESWIM } \\ \text { ONSRJUN Jim Hinton,17,TBT-NWO }\end{array}$ 4:49.08 ONSRUUN Jim Hinton, 17,TBT-NWO 4:50.66 ONSRJUN Thomas Senecal 17, NEN 4.50.68 ONSRUUN Jonathan Long 15, AC 4:50.80 POCUPMAY Jonathan Aubry 15 CNB 4:51.11 PQIMAY Charles Rodrigu, 16, UL 4.52 .25 RAPIDJAN Matthew Hung 16 PDS 4:52.25 $\quad$ RAPIDJAN Matthew Huang, 16 , PDSA 4:52.48 RAPIDAPR Brent Hayden, 17,SPART 4:52.59 ESWIMJUN Andrew Baier,16,COBRA
4:53.88 HYACKMAY Richard Taylor,17,RAPID 4:53.88
4:53.9CKMAY Richard Taylor,17,RAPID
EKIAPR Ciaran Dickson,17,ROD 4:54.00 ERIAPR Ciaran Dickson,17, ROD
ISAPR Bryce McRae, 17,COMOX

## K50 MEDIEY REL

Rec: 1:466.72 Maxham AC.MAC. 9

| $\begin{gathered} \text { 46.72 M } \mathrm{M}: 53.16 \end{gathered}$ | ham AC,MAC,94 <br> AACAPR Cobra Swim Club,COBRA |
| :---: | :---: |
| 1:53.39 | EKIAPR Edmonton Keyano, EKSC |
| 1:54.01 | MBSKJUN Cascade Swim Club,CASC |
| 1:54.77 | PQIMAY Montreal Aquatique,CAMO |
| 1:54.78 | PQIMAY Pointe Claire SC,PCSC |
| 1:54.85 | LACMAY Newmarket SC,NEW |
| 1:55.04 | EKIAPR Saskatoon Goldfins,GOLD |
| 1:55.15 | ODIV1APR Brantford AC,BRANT |
| 1:55.16 | EOSAJUN Nepean Kanata,NKB |
| 1:56.10 | ESWIMJUN Etobicoke Swimming,ESWIM |
| 1:56.33 | EOSAJUN Upper Canada SC,UPCAN |
| 1:56.51 | HYACKMAY Hyack Swim Club,HYACK |
| 1:56.65 | EKIAPR Pacific Dolphins,PDSA |
| 1:57.87 | ODIV1APR Toronto Champs,CHAMP |
| 1:58.27 | HTACAPR Eastern Alliance,EAST |
| 2:00.05 | LACMAY Chatham Y,CYPS |
| 2:00.57 | EKIAPR Regina Opt.Dolphins,ROD |
| 2:00.67 | EKIAPR Univ.of Calgary SC,UCSC |
| 2:01.06 | ULJUN Univ.Laval Rouge \& Or,UL |
| 2:01.07 | AACAPR Scarborough SC,SCAR |
| 2:01.19 | PQIMAY Samak de Brossard,SAMAK |
| 2:01.25 | PQIMAY Dollard Swim Team,DDO |
| 2:01.48 | HTACAPR Wolfville Tritons,WTSC |
| 2:01.79 | PQIIAPR Longueuil,EIITE |
| 2:02.12 | AACAPR Lakeshore SC,LSC |

## \section*{X50 FREE RELAY} <br> Rec: 1:35.93 Markham AC,MAC,9

$\begin{array}{ll}\text { 1:41.46 } & \text { EKIAPR Pacific Dolphins, PDSA } \\ \text { 1.41.74 } & \text { EKIAPR Edent }\end{array}$
1:41.74 EKIAPR Edmonton Keyano,EKSC
1:42.32 HYACKMAY Cascade Swim Club,CASC
1:42.79 EKIAPR Saskatoon Goldfins,GOLD
$1: 43.09 \quad$ AACAPR Cobra Swim Club,COBRA
1:43.09 $\quad$ AACAPR Cobra Swim Club,
1:43.30 PQIMAY Pointe AClaire SC
1:43.80
$1: 43.94$
1:44.45 E
1:44.45 ESWIMJUN Newmarket SC,NEN
1:45.02 HTACAPR Eastern Alliance EAS
1:45.14 ESWIMJUN Etobicoke Swimming,ESWIM
1:45.82
1:46.23
1:47.28
$1 \cdot 47.38$
$1: 4.7$
1:47.38
1:47.49
1:47.49
$1: 47.80 \quad$ ECA
1:47.88 CASCJUN Red Deer Catalina SC,RDCSC
$\begin{array}{ll}\text { 1:48.03 } & \text { EKIAPR Univ.of Calgary SC,UCSC } \\ \text { 1:48.16 } & \text { PQIMAY Samak }\end{array}$
$\begin{array}{ll}\text { 1:48.16 } & \text { PQIMAY Samak de Brossard, SA } \\ 1: 48.26 & \text { ODIV2APR Lakeshore SC LSC }\end{array}$
1:48.26 ODIV2APR Lakeshore SC,LSC
1:48.98 EKIAPR Regina Opt.Dolphins,ROD

## 100 MEIRES FREESTYLE

Rec. 1.04.42 Shauna Collins,ROD,88
1:10.83 TOPCPMAY Christine Zwart,10,LAC 1:12.80 TOPCPMAY Natalie Hagan,10,ESWIM 1:12.89 CASCJUN Robyn Pape,10,NCS 1:13.57 TOPCPMAY Mandy Bailey, $10, \mathrm{RISC}$ 1:13.64 AACAPR Patricia Sloan, 10,NEW 1:13.66 TOPCPMAY Anna Freeman,10,MSSAC 1:14.05 TOPCPMAY Andrea St.Jules,10,EYSC 1:14.19 DDOJUN Kristen Campbell,10,DDO 1:14.24 RODJUN Rikkia Trischuk, 10,GOLD 1:14.46 SKSCJUN Karen Hemmes,10,CHENA 1:14.47 NEORJUN Megan Bujold,10, TTS 1:14.74 LUSCMAY Amy Harriman, 10,HWAC 1:14.75 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 Jrista Morgado, 10,MSSAC
1:15.79 HTACAPR Ashley MacKendrick, 10,SWAT
1:16.00 NEORJUN Samantha Filek,10,SSMAC
1:16.13 PPOJUN Marie-P Couillard,9,REG
1:16.15 AACAPR Melanie McIntyre,10,MSSAC
1:16.29 TOPCPMAY Chelsea Wiese,10,RHAC

## 0 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
2:38.77 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
2:41.45 MSSACMAY Krista Morgado,10,MSSAC
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
2:44.12 CASCMAY Danielle Newton,3,FMSC
2:44.48 OCREJUN Meghan Brockington,10,OSHAC
2:44.76 RYMMMAR Jordan Quick, 10,LASER
2:45.65 AACAPR Melanie Mclntyre,10,MSSAC
2.45.65
2:46.11
LUSCMAY Megan Bujold, 10 , TSSC

2:46.88 STSCMAY Michelle Beveridge,10,UCS
2:47.84 EKSCMAR Nicole Delaloye,10,CASC
2.48.30 EOSAJUN Mackenzie Veltman, 10,TD

2:48.35 CASCMAY Robyn Pape,3,NCS
2:49.48 SKSCJUN Christine Edwards,10,PDSA
$\begin{array}{ll}\text { 2:49.70 } & \text { SKSCJUN Christine Edwards,10,PDSA } \\ \text { NEORJUN Caitlin Tomlinson,10,SSMAC }\end{array}$
$\begin{array}{ll}\text { 2:49.70 } & \text { NEORUUN Caitlin Tomlinson,10,SSMAC } \\ \text { 2:49.91 OCREJUN Christine Raininger,10,AAC }\end{array}$

## Rec: 4:48.72 Amanda Hansford, ROW, 96

5:16.26 OCREJUN Natalie Hagan,10,ESWIM 5:21.22 WOSAJUN Christine Zwart, 10,LAC 5:22.90 ESWIMJUN Anna Freeman, 10,MSSAC 5:31.82 WOSAJUN Kristina Sims, 10,ISS 5.35.03 LACMAY Patricia Sloan 10, NEW 5:39.02 WOSAJUN Casey Leslie,10,HWAC 5:45.33 EKSCMAR Madison Achtymichuk, 10,STSC 5:46.01 MSSACMAY Krista Morgado, 10,MSSAC 5:48.68 EKSCMAR Nicole Delaloye,10,CASC
5:48.86 WOSAJUN Kristine Walker,10,LAC
$\begin{array}{lr}5: 48.86 & \text { WOSAJUN Kristine Wakker, IO,LAC } \\ 5: 49.59 & \text { ISAPR Shawnee Landolt,10, IS }\end{array}$
$\begin{array}{ll}5: 49.59 & \text { ISAPR Shawnee Landolt,10,IS } \\ 5: 50.33 & \text { DDO.JUN Kristen Campbell, 10,DDO }\end{array}$
$\begin{array}{ll}5: 50.33 & \text { DDOUN Kristen Campbell, } 10, \text {,DDO } \\ \text { 5:51.26 } & \text { OCREJUN Meghan Brockington, } 10,0 \text { OHAC }\end{array}$
5:52.10 WOSAJUN Alex Cooper,10,LAC
5:52.33 SKSCJUN Jovanna Ruffolo, 10,IS
$\begin{array}{ll}\text { 5:52.74 } & \text { LEDUCMAY Danielle Newton, 10,FMSC } \\ 5: 54.07 & \text { NEORJUN Samantha Filek, 10,SSMAC }\end{array}$
5.54.41 WOSAJUN Amy Harriman 10, HWAC

5:54.45 STSCMAY Michelle Beveridge, 10,UCS
$\begin{array}{ll}5: 54.45 & \text { STSCMAY Michelle Beveridge,10,UCS } \\ 5: 59.36 & \text { KCSJUN Melissa Hayes, } 10 \text {,GPP }\end{array}$
5:59.36 KCSSUN Melissa Hayes, 10, , GPP
6:00.40 NSSRUUN Shauna Manning, 10 ,WTSC 6:01.30 DDOUUN Maude Provencher-F.,10,DDO 6:01.30 DDOUUN Maude Provencher-F.,10,DDO 6:01.60 WOSAJUN Meagan Michalski,10,ISS

100 METRES BACKSTROKE
$\begin{aligned} & \text { 1:21.51 TOPCPMAY Natalie Hagan,10,ESWIM } \\ & \text { 1:22.14 CASCJUN Julie Kells,10,RDCSC }\end{aligned}$
1:22.32 NEORJUN Caitlin Tomlinson,10,SSMAC
1:22.73 HWACJUN Amy Harriman, 10,HWAC
LACMAY Patricia Sloan,10,NEW
OCREJUN Lindsay Cameron,10,LSC
:23.92 CASCJUN Robyn Pape,10,NCS
$\begin{array}{ll}\text { 1:24.34 } & \text { NEORJUN Dominique Bouchard,9,NBYT } \\ 1: 24.46 & \text { NEORJUN Megan Bujold, } 10 \text {,TSC }\end{array}$
1:24.76 SKSCJUN Beanora Dalling.10,PDSA
1:24.84 NSSRJUN Ann Gordon,10,SWAT
$\begin{array}{ll}\text { 1:25.02 } & \text { RODJUN Geneva Murphy, 10,ROD } \\ 1: 25.19 & \text { ISAPR Shawnee Landor }\end{array}$
$\begin{aligned} & \text { 1:25.62 LEDUCMAY Krysta Shack, 10,EDSON } \\ & \text { 1:25.69 TOPCPMAY Catherine Powell,10,PCSC }\end{aligned}$
1:25.69 TOPCPMAY Catherine Powell,10,PCSC
1:25.81 CASCJUN Danielle Newton,10,FMS
1:26.01 HWACJUN Tamara Gimon,, H ,BAD
1:26.48 MSSACMAY Gabrielle Laurin,10,SSMAC
1:26.91 OCREJUN Emily Jones,9,OOSC
1:26.92 STSCMAY Michelle Beveridge, 10,UCSC
1:27.16 HYACKMAY Christine Edwards,10,PD
1:27.41 COHOMAY Stephanie Bernard, 10,CRKW
1:27.45 OCREJUN Carissa Carrabetta,10,ODSC Tec $1: 25.18$ Kelly Timmons OSC

1:31.62 OCREJUN Angelika Uremovich, 9, ODSC 1:32.66 EOSAJUN Heather Miller,10,MAKOS 1:32.86 AACAPR Jennifer Wilson,10,MSSAC CNHRJUN Marianne Hogan, $10, \mathrm{CNHR}$ OCREJUN Kristi Russell,10,MAC CASCJUN Shelbi Snodgrass,10,CASC OCREJUN Kaylee Dakers,10,COBRA HYACKMAY Amity Chow,10,PDSA CDSCAPR Vanessa Hanbury,10,GATOR NEORJUN Megan Bujold,10,TTSC TOPCPMAY Melissa Larocque,10,PCSC PPQUUN Marie-P Couillard,9,REG TOPCPMAY Christine Zwart, 10, LAC 1:36.52 LEDUCMAY Nicole Norrie,10,AMAC 1:36.73 OCREJUN Sasha Menu-Courey, 10,ESWIM STSCMAY Danielle Newton,10,FMSC EITTEMAR Karolyn Long 10 , DDO NSSRJUN Ann Gordon,10,SWAT MSSRJUN Ann Gordon,10,SWAT ELITEMAR Marcela Rojas, 10,LSCDN ELITEMAR Lilia Hadouchi,10,LSCDN SKSCJUN Karen Hemmes, 10,CHENA CASCJUN Sierra Dakin-Kuiper, 9, ,LASC MMAPR Samantha Holl oway,10,MAN IEIRES BUTTERFLY
1:18.91 TOPCPMAY Natalie Hagan, 10,ESWIM 1:20.80 NEORJUN Megan Bujold, 10 ,TTSC 1:21.93 RODJUN Geneva Murphy, 10, ROD 1:23.01 SKSCJUN Shawnee Landolt,10,IS 1.24 .70 CNHRJUN Caroline Provost,10, CNHR 1:25.04 TOPCPMAY Meghan Brockington,10,OSHAC 1:25.72 CASCJUN Julie Kells,10,RDCSC 1:26.28 TOPCPMAY Mandy Bailey, 10,RISC 1:28.02 LACMAY Jessica Pietrusiak, 10,NEV 1:28.28 PPOJUN Natasha Brousseau,10,CNO 1:28.44 DDOJUN Kristen Campbell 10,DDO DDQUUN Kristen Campbell, 10,DDO EKSCMAR Megan Young, 10,FMSC EKSCMAR Megan Young, 10,FMSC
HWACJUN Casey Leslie, 10,HWAC 1:29.34 HWACJAY Krista Morgado, 10,MSSAC
1:29.61 MSSACMA K 1:29.78 TOPCPMAY Kristine Walker, 10,LAC 1:29.84 CASCJUN Shelbi Snodgrass,10,CASC 1:30.22 AACAPR Chelsea Wiese, 10, RHAC MMAPR Marissa Davies,10,SJS 1:30.54 TOPCPMAY Heanher Lee, 1.30 , WD 1:30.81 OPCPMAY Christne Zvart, 10, LAC 1:31.01 TOPCPMAY Kristina Sims, ,10,ISS 1:31.01 TOPCPMAY Kristina Sims, 10,ISS
1:32.01 DAVISMAR Amy Harriman,10,HWAC 200 METRES IND.MEDLEY

## Rec: 2:41.44 Mallory Hoekstra, EKSC. 98

2:48.20 EKSCMAR Madison Achtymichuk, 10, STSC
2:53.25 TOPCPMAY Christine Zwart,10,LAC
2:53.47 TOPCPMAY Natalie Hagan,10, ESWIM
2.56.38 EKSCMAR Megan Young, 10,FMSC
2.56.38 EASIMAR Megan Young, 10 ,FMS

2:58.04 DAVISMAR Tamara Gimon,9,BAD
2:58.70 TOPCPMAY Melissa Larocque,10,PCS
2:58.70 TOPCPMAY Melissa Larocque,10,P
2:59.16 TOPCPMAY Kristina Sims,10,ISS
3:00.44 SKSCJUN Karen Hemmes, 10,CHENA
3:01.56 HWACJUN Casey Leslie,10,HWAC
3:01.89 HWACJUN Amy Harriman, 10,HWAC
$\begin{array}{ll}\text { 3:02.24 } & \text { RODJUN Geneva Murphy, } 10, \text { ROD } \\ \text { 3:02.62 } & \text { PPOJUN Marie-P Couillard, } 9 \text { REG }\end{array}$
3:02.62 PPQUUN Marie-P Couillard,9,REG
3:02.66 HYACKMAY Amity Chow, 10 PDSA
3:02.66 HYACKMAY Amity Chow,10,PDSA
3:02.76 OCREJUN Anna Freeman 10 MSSAC
$\begin{array}{ll}\text { 3:02.76 } & \text { OCREJUN Anna Freeman, 10,MSSAC } \\ \text { 3:03.28 } & \text { DAVISMAR Meghan Knapton 10 RISC }\end{array}$
3:03.28
BAVISMAR Meghan Knapton,10,RISC
3:03.44
DAVISMAR Alyce Sutcliffe,10,BST
3:03.44 DAVISMAR Alyce Sutclifte,10,BST
3:03.62 DDQUUN Kristen Campbell,10,DDO
3:03.63 CASCJUN Shelbi Snodgrass,10,CASC
3:03.63 CASCJUN Shelbi Snodgrass,10,CASC
$3: 04$ HYACKMAY Shawnee Landolt 10, IS
3:04.23 HYACKMAY Shawnee Landolt,10,IS
3:04.91 ELTEMAR Lilia Hadouchi, 10 ,LSCDN
3:04.91
ELITEMAR Lilia Hadouchi, 10,LSCDN
3:04.96 OCRE UNN Kaylee Dakers,10,COBRA
$\begin{array}{ll}\text { 3:04.96 } & \text { OCREJUN Kaylee Dakers,10,COBRA } \\ \text { 3:05.08 } & \text { AACAPR Patricia Sloan 10, NEN }\end{array}$
$\begin{array}{ll}\text { 3:05.08 } & \text { AACAPR Patricia Sloan, 10,NEW } \\ \text { 3:05.18 } & \text { AACAPR Jennifer Wilson 10, MSS }\end{array}$
3:05.18 AACAPR Jennifer Wilson,10,MSSAC
3:05.48 LEDUCMAY Danielle Newton,10,FMSC

100 METRES BACKSTROKE
Rec: 1:14.50 Andrew Bignell,SSMAC. 94
1:17.19 CDSCAPR Andre Kudaba, 10,HYACK
1:17.65 BROCKMAY Jim Lee,10,WAC 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
Rec: 1.22.79 David Cheung,CREST,92
1.27.53 EKIAPR Curtis Lutsch,10,UCSC

1:32.79 LACMAY Steven Saltzberry,10,TAT
1:33.13 CASCJUN Kelly Tso,10,LASC
1:33.56 TOPCPMAY Julian Monks,10,WD
1:33.67 CDSCAPR Hong-Kei Chan,10,PDSA
1:33.84 TOPCPMAY Matthew Chu,10,NYAC
1:34.79 TOPCPMAY Spencer Ayre,10,PCSC
1:35.51 DDOJUN Luc Pelletier-P. $10 . \mathrm{CPAC}$
1:37.13 TOPCPMAY Ahmed Ali,10,SCAR
1:37.42 STSCMAY Ben Schaeffer,10,BRSC
1:37.89 OYOMAR Troy Baxter,9,NKB
1:38.05 CDSCAPR Marko Gavric,9,PDSA
1:38.12 OCREJUN Tom Lawrie,10,AAC
1:38.28 TOPCPMAY Daniel Jensen,9,PCSC
1:38.46 PGBAPR Judd Grossman,10,PN
1:38.53 TOPCPMAY Skyler McIndoe,10,LAC
1:38.69 CDSCAPR Dennis Brotzky,9,PDSA
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
$\begin{array}{ll}1: 40.29 & \text { AACAPR Sean OBeirn, } 10, \text { MSSAC } \\ 1: 40.46 & \text { PPOJUN Jean-F. Thivierge,10,REG }\end{array}$ 1:40.51 ISAPR Will Hergesheimer,10,NRST 1:40.53 TOPCPMAY Paul Zelinski,9,MSSAC

## METRES BUTTERFLY

ec: 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
1:23.71 TOPCPMAY Tyler Bredschneider, 10,COBRA
$\begin{array}{ll}1: 23.89 \\ 1: 25 & \text { ISAPR Craig Dagnall, } 10, \text { IS } \\ 1: 23\end{array}$
1:25.36 EKSCMAR Ben Berg,10,RDCSC
1:25.67 CDSCAPR Hong-Ting Chan, 10, PDSA
$\begin{array}{ll}\text { 1:25.67 } & \text { CDSCAPR Hong-IIng Chan, } 10, \text { PPSA } \\ 1: 25.79 & \text { ISAPR Will Hergesheimer, } 10, \text { NRST }\end{array}$
1:26.15 CASCJUN Jordie Szoo,10,CASC
$\begin{array}{ll}\text { 1:26.15 CASCJUN Jordie Szoo, 10,CASC } \\ \text { 1:26.34 } & \text { NSSRJUN Dave Sharpe, 10,EAST }\end{array}$
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
$1 \cdot 29.46$ TOPCPMAY Michael Brock, 10, LAC
1:29.46 TOPCPMAY Michael Brock, , LAC 1:30.77 PPOJUN Jean-F. Thivierge,10,REG 1:30.88 TOPCPMAY Tom Lawrie 10,AAC
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 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
2:46.54 EKAAPR Curtis Lutsch, 10, UCSC
2:47.48 DAVISMAR Frank Despond,9, BAD
2:51.01 DAVISMAR David Duhan, 10,BAD
2:53.69 TOPCPMAY Steven Sal tzberry, 10,TAT
2:53.95 HYACKMAY Andre Kudaba 10 HYACK
2.53.95 HTACKMAY Andre Kudaba, 10,HYACK

2:54.55 TOPCPMAY Spencer Ayre,10,PC
2:55.67 WOSAJUN Jim Lee,10,WAC
$\begin{array}{ll}\text { 2:58.44 } & \text { DAVISMAR Alex Serwotka, 10, CYPS } \\ \text { 2:58.58 } & \text { CDSCAPR Hong-Kei Chan 10 PDSA }\end{array}$
2:58.58 CDSCAPR Hong-Kei Chan, 10,PDSA $\begin{array}{ll}\text { 2:58.62 } & \text { CASCJUN Michael Lowenstein,10,CASC } \\ \text { 2:59.45 } & \text { ISAPR Will Hergesheimer, } 10 \text { NRST }\end{array}$ 2:59.45 ISAPR Will Hergesheimer, 10,NRS
3:00.07 TOPCPMAY Karim Zayed 10, PCSC 3:00.07 TOPCPMAY Karim Zayed, 10,PCSC
3:00.36 ISAPR Craig Dagnall 10, IS $\begin{array}{lr}\text { 3:00.36 } & \text { ISAPR Craig Dagnall,10,IS } \\ \text { 3:00.92 } & \text { SKSCJUN Marko Gavric,10,PDSA }\end{array}$ $\begin{array}{ll}\text { 3:00.92 } & \text { SKSCJUN Marko Gavric, 10,PDSA } \\ \text { 3:00.96 } & \text { OCREJUN Adrian Ng, 10,RHAC }\end{array}$ 3:00.96 OCREJUN Adrian Ng,10,RHAC 3.01.26 CDSCAPR Hong-Ting Chan,10,PDSA $\begin{array}{ll}\text { 3:01.26 OCREJUN Kenneth Wang,10,RHAC } \\ \text { 3:01.31 } & \text { OCREJUN Robert Invine, 10, OSHAC }\end{array}$ 3:01.47 DDOJUN Luc Pelletier-P.,10,CPAC 3:01.61 TOPCPMAY Sidney Chu,10,RHAC 3:01.61 TOPCPMAY Sidney Chu,
3:02.43 TOPCPMAY Kairun Daikoku,10,MSSAC 3:02.53 OCREJUN Sean O'Beirn,10,MSSAC 3:02.53 OCREJUN Sean O'Beirn,10,MSSAC
3:02.67 EKSCMAR Michael Clarke, 10, OSC $\begin{array}{ll}\text { 3:02.67 } & \text { EKSCMAR Michael Clarke,10,OSC } \\ \text { 3:03.42 } & \text { PPOJUN Jean-F. Thivierge,10,REG }\end{array}$

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## MAKING WAVES



Jody Jelen, 13
Club: Etobicoke Swimming
Coach: Tom Landridge
Specialty: Freestyle and IM
8th ranked for LCM01 TAG in the 200-800 free and 400 IM

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



Sabrina Taylor, 14
Club: Hyack Swim Club
Coach: Jason Meyer
Specialty: Freestyle
10th ranked for LCM01 TAG in the 100 freestyle
Best Times LCM00 LCM01
50 freestyle 28.54
100 freestyle $\quad 1: 03.52 \quad 1: 01.07$
200 freestyle
400 freestyle
1500 freestyle
9:54.04


Mathieu Bois, 12
Club: Hippocame St-Hubert
Coach: Guy Dorion
Specialty: Free, breast, fly, and IM 1st ranked for LCM01 TAG in the 100-200 free, 100-200 breast, 100 fly, 200-400 IM

| Best Times | LCM00 | LCM01 |
| :--- | ---: | ---: |
| 100 freestyle | $1: 06.69$ | 58.60 |
| 200 freestyle | $2: 12.52$ | $2: 11.48$ |
| 200 breaststroke | $2: 48.85$ | $2: 38.38$ |
| 100 butterfly | $1: 11.24$ | $1: 04.93$ |
| 200 ind medley | 2.34 .98 | 2.25 .50 |



Renaud Laliberte, 12
Club: Universite Laval Rouge \& Or Coach: Frederic Simard
Specialty: Freestyla and IM 2nd ranked for LCM01 TAG in the 1500 free, 3rd in the 200 free, 4 th in the 400 IM
Best Times LCM00 LCM01
200 freestyle $\quad 2: 21.61 \quad 2: 14.73$
400 freestyle $\quad 4: 51.52 \quad 4: 47.91$
1500 freestyle $\quad 19: 23.24 \quad 18: 43.84$
400 ind.medley $\quad 5: 25.96$


Renee Hober, 16
Club: Region of Waterloo Swim Club
Coach: Dawn Button
Specialty: Breaststroke
3rd ranked for LCM01 TAG in the 200
breaststroke, 5th in 100 breaststroke

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



## Marc Laliberte, 14

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

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

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