## DSCONETOLEKK

## SWIMNENS

## BRIAN J OHNS WINS TWICE IN EUROPE

ED MOSES<br>DOING EVERYTHING TO GET IT RIGHI

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## HEAD COACH

Truro Centurion Swim Club requires a Head Coach, effective September 1st, 2001. Located in Truro, Nova Scotia, with a trade area of $25-30,000$, our Club is financially sound and has 65 swimmers from Future League to National level, including several TAG swimmers.

We are looking for an NCCP Level 2 or higher coach to maintain the competitive level of our Club. Applicants must possess a highly motivational \& positive personality in addition to a strong technical background with National/Junior National experience.

We offer a competitive salary package including travel, meet and educational expenses. Please forward resumes by July 1st, 2001, including qualifications, experience, goals and coaching philosophy to:

Mr. Kim Galvin, President, T.C.S.C.<br>135 Victoria St., Truro, Nova Scotia<br>B2N 1 Z4

kgalvin@ns.sympatico.ca

## CALENDAR

| CANADIAN |  |
| :--- | :--- |
| June |  |
| 22-24 | BCChampionships, Surrey |
| 22-24 | McCormick Invitational, Hamilton |
| 28-1 | Man/Sask Championships, Regina |
| 29-1 | Coupe du Quebec, Montreal |
| July |  |
| 5-8 | Quebec Age Groups, Montreal |
| 7 | The Gorge Open Water 10KNationals, Victoria |
| 12-15 | BC Age Groups |
| 19-22 | Ontario Championships, Etobicoke |
| Younior and SWAD Nationals, Winnipeg |  |
| 27-29 | Eastern Cup, Montreal |
| 28 | Traversee internationalede Lac StJean |
| 28 | Thetis Lake 5K Nationals, Victoria |
| August |  |
| 5-9 | Summer Nationals, Etobicoke |
| 14-17 | Canada Summer Games, London |
| 2002 |  |
| February |  |
| 21-24 | Youth, Junior, SWAD Nationals |
|  | East-Etobicoke, Weet-New Westminster |
| March |  |
| 12-16 | Spring National, Winnipeg |

## May

24-26 Zajac International, Vancouver
July
18-21 Youth, Junior, SWAD Nationals, Winnipeg
August
6-10 Summer Nationals, Victoria

## UNITED STATES

June
23-23 Disability Championships, Phoeniz, AZ
24 10K Open Water selection, Daytona Beach, FL
30-1 Cadillas Series 3, Santa Clara, CA
July
15-16 Cadillac Series 4, Long Island, NY
19-22 Cadillac Series 5, Los Angeles, CA August
4 FNAOpen Water World Cup, Allantic City, NJ
14-18 Summer Nationals, Fresno, CA
225 K Open Water Nationals, Fresno, CA
November
28-28 FINAWorld Cup, East Meadow, NY
29-1 U.S. Open, (25m) East Meadow, NY
2002
March
19-23 Spring Nationals
$24 \quad 5 \mathrm{~K}$ Open Water Nationals

## RECORD SETTER

## Canadian National Age Group <br> Girls 15-17 100 butterfly:

1:00.86 Audrey Lacroix, CAMO, Rome, Jun 10. Betters old record of 1:01.22 by Aurey Lacroix, CAMO, 2000.

## QUICK FACTS: Audrey Lacroix

BIRTHDATE, PLACE 17 NOV 1983
HEIGHT / WEIGHT $\quad 163 \mathrm{~cm} / 45 \mathrm{~kg}$
HOME Pont-Rouge, QC REPRESENTS Centre National CAMO
COACH Pierre Lamy

- 2001 World Trials 1st 100 fly 1:01.41, 1st 200 fly 2:12.48
- 2000 Summer Nationals 4th 100 fly 1:01.50
- 2000 Olympic Trials 4th 100 fly 1:01.50
- 2000 Spring Nationals 2 nd 100 fly 1:01.40, 4th 200 fly 2:18.29
- 99 Summer Nationals 4th 100 fly $1: 02.82$, 4th 200 fly $2: 18.29$

All Time 15 Canadian Performers
Women's 100 butterlfy

| 1 | $1: 00.24$ | PAC95AUG | Jessica Amey, 18,UCSC | LCM95 |
| :--- | ---: | :---: | :---: | :---: |
| 2 | $1: 00.48$ | PAC99AUG Jessica Deglau,19,PDSA | LCM99 |  |
| 3 | $1: 00.51$ | CANLCAUG | Jennifer Button,22,ROW | LCM00 |
| 4 | $1: 00.71$ | CDNLCMAY Karine Chevrier,22,CAMO | LCM00 |  |
| 5 | $1: 00.86$ | ROMEJUN Audrey Lacroix,17,CAMO | LCM01 |  |
| 6 | $1: 01.18$ | CANAUG | Kristin Topham,18,PEPSI | LCM91 |
|  | $1: 01.18$ | CANAPR Sarah Evanetz,20,PDSA | LCM96 |  |
|  | $1: 01.18$ | CANLCAUG Shona Kitson,22,OSC-SE | LCM00 |  |
| 9 | $1: 01.27$ | SEASN80 Wendy Quirk,20,EKSC | LCM80 |  |
| 10 | $1: 01.28$ | CWLTHSEP Sara Alroubaie,17,MANTA | LCM98 |  |
| 11 | $1: 01.36$ | SYDNJAN Jennifer Fratesi,16,ROW | LCM01 |  |
| 12 | $1: 01.38$ | SEASN83 Michelle MacPherson,15,ESC | LCM83 |  |
| 13 | $1: 01.75$ | CANMAY Jane Kerr,20,EPS | LCM88 |  |
| 14 | $1: 01.78$ | CANAUG Nancy Sweetnam,16,LLSC | LCM90 |  |
| 15 | $1: 01.79$ | CANLCAUG Bizabeth Collins,17,ROD | LCM00 |  |

## QUICK FACTS: Brian Johns

| BIRTHDATE, PLACE | 5 AUG 1982, Regina, SK |
| :--- | :--- |
| HEIGHT / WEIGHT | $183 \mathrm{~cm} / 86 \mathrm{~kg}$ |
| HOME | Richmond |
| REPRESENTS | Richmond Rapids (RAPID) |
| COACH | Craig McCord |

- 2001 World Trials 2nd 200 free 1:51.17, 3rd 400 free

3:54.59, 2nd $200 \mathrm{IM} 2: 02.50$, 1st $400 \mathrm{IM} 4: 20.47$

- 2000 Summer Nationals 2nd 200 free 1:51.04, 3rd 400 free 3:55.41, 3rd 200 IM 2:04.29
- 2000 Olympic Trials 2nd 200 free 1:50.34, 2nd 200 IM 2:02.80
- 2000 Spring Nationals 2nd 200 free 1:51.04, 3rd 400 free 3:55.41, 3rd 200 IM 2:04.29
- 99 Pan Pacs 8th 200 free 1:51.09, 3rd $4 \times 200$ free
- 99 Pan Ams 3rd 4x200 free

All Time 15 Canadian Performers
Men's 200 Individual Medley

| 2:00.38 | GOODWJUL Curtis Myden,24,UCSC | LCM98 |  |
| ---: | :---: | :---: | :---: |
| 2:01.42 | ESSOCUP Alex Baumann,21,LUSC | LCM86 |  |
| 2:01.88 | CANAUG Gary Anderson,21,NYAC | LCM90 |  |
| 2:02.50 | CANLCMAR | Brian Johns, 18,RAPID | LCM01 |
| 2:02.83 | CANMAY Darren Ward,23,UCSC | LCM92 |  |
| 2:02.91 | CANLCMAR Owen Von Richter,23,ESWIM | LCM99 |  |
| 2:03.34 | AUSTNAUG Jonathan McLeod,18,UNATT | LCM94 |  |
| 2:03.56 | PAC95AUG Mark Versfeld,19,EKSC | LCM95 |  |
| 2:03.65 | SEASN78 Graham Smith,19,TBT | LCM78 |  |
| 0 | $2: 03.90$ | CANAUG Steve Lutz,20,NYAC | LCM90 |
| 1 | $2: 04.04$ | SYDNJAN Tobias Oriwol,15,ESWIM | LCM01 |
| 2 | $2: 04.08$ | PAC93AUG Ron Watson,24,NYAC | LCM93 |
| 3 | $2: 04.18$ | PAC97AUG Philip Weiss,18,PSW | LCM97 |
| 4 | $2: 04.59$ | CANLCMAR Keith Beavers,18,STARS | LCM01 |
| 5 | $2: 04.83$ | SEASN8O Bill Sawchuk,20,TBT | LCM80 |

## INTERNATIONAL

June
24-24 International Gala, Stuttgart, GER
29-1 COMENCup, Tunis
30-1 Hamburg Intemational, GER
July
7-8 European Juniors, Malta
7-8 Darmstadt International, GER
7-8 International del Castello, Bellinzona, SUI
13-20 European OlympicYouth Days, 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

## ABOUT THIS ISSUE

## From the Editor

Thenews in thelastissueregarding SNC'sdecision to end financial support for TAG generated a great deal of witten commentary.IttookthreepagesofBackwash to publish all the feedback.

Thanks also to all who wrote regarding my induction in the International Swimming Hall of Fame. That was a very emotional experience and it waswonderful to bepart of such a memorablegroup. Thanks to all who made it possible.

Rest assured TAG will continue to be published regardless of SNC. We will expand coverage to additional events and categories mostly on the world wide web; space will likely not allow for additional events in the print publication.

Topics in this issue include a transcript of the CBC Sports Journal interview with Jen Tihanyi, of which onlyaboutfiveminutes wasaired on the show. Wayne Goldmsith writes on the concept of the Power Circle, regarding the work and rest phases in each stroke cycle. Russ Ewald writes on American breaststroker EdMoseswhobetteredtwo worldrecords in March. To illustratethegenius of Howard Firby his observations on "natural breaststroke" from his trip to Minsk in 1969 should be a revelation, especially to those who didn'tknowhim.

## JENO TIHANYI INTERVIEW

## DISCONTENT ON DECK

The interview was conducted by producer Marc StAubin (formerswim coach for 13years) foraprogram aired on CBCNewsworld on March 4on theThe Sports Journal.JenoTihanyi had aboutfiveminutes on air; here is the edited text of the whole conversation.

The Sports Journal (SJ)- How did you feel watching the performances of the Canadian Olympic Team on CBCTelevision?
Jeno Tihanyi (JT) - Not very happy with the outcome or the excuses heard from some of our leaders. I wastroubledbytheHeadCoach'scomments on howwonderful itwasforswimmersto berecording personal best times. In fact, he was widely quoted in Australia saying that hefelt that the Canadian team did well. But remember: these are not provincial championshipsnor third-gradeinternational meets, but the Olympic Games.

To commenton howwell the Canadian team did would require an in-depth critical analysis. We don't have such an analysis because neither the Canadian team leadership nor theadministration arewillingto look in depth at a problem that has been ailing Canadian swimming for some time.

SJ- Many people in the sport say it is caused by lack of money. Do you think that is true?
JT- Idon'tbelievewehadmoremoneyin the 1980s when the Canadian program thrived. Today theclub system is nowhere near where it was in mid-1980s. And there is more to it than just money. In the 1980s themoney wasinvestedinto programs thatproduced results. Wespentmoretimeand money on provincial and national youth programs. Today the Canadian youth program is virtually non-existent, and for the last two or three Olympics, we've relied on three veterans: MarianneLimpert, JoannaMalar, andCurtis Myden. Thereisno back-upsystem or feeding system to support the veterans and bring in newblood, and such progress will not happen unless there exists a viable youth program.

SJ- What do you mean by "youth programs"?
JT- I mean a talent identification system, such as Laurentian University and my colleagues submitted to Swimming Canada, and were always told they didn't have the money for it. Talentidentification is the basis of youth programs throughout the world, and Australia is good example of this. I know that
talent selection in Australia is alive and well. Alex Baumann, now working in Australia, told me that their youth program examines $400-500$ young athletes. From this group they select 20 youngstersto join a financially supported training squad, who still maintain their club identity.

For some reason, the money today has been channelled elsewhere. In the 1980 s we were able to develop our own provincial, national, international programs. I wouldsubmitmyprogram to Swimming Canada and I would be supported financially to international events with my club swimmers.

Leadinguptothe1984Olympics, Itookadvantage of something like a dozen of these international training camps and meets. The World Cup has its place but it's way over-emphasized here in Canada. It'sa gooddevelopmental eventforyoungerswimmers who need intemational competition. Our World Cup performances are very good and our Games performances are very poor.

Today, thereisfartoo much emphasison money to be won. You spend a month in Europe- a month hereanda month there. I am nottotally againstitbut it certainly detracts from a program that should develop emerging athletes.

I believe the Canadian team went to Sydney withouta specific goal in mind. Manyof theswimmers interviewed saidhowniceitwasto makethenational Olympicteam - butwinninga medal andgetting on the podium is the real ultimate purpose of going to these big international Games. It's not a developmental opportunity. With the exception of Marianne Limpert, I didn't hear of anybody, except perhaps Joanne Malar, who was really angry for not winning a gold medal.

SJ- You said theCanadian Olympicteam wentto Sydney withouta plan. Why do you say that?
JT- Well, I am reading between thelines. But some of the comments we heard about the preparation of the athletes and how they were looking forward to pursuing personal-best times is fine-but this is an indication of a program that has sort of come to an end at a swim meet. But I am talking about longrangeplans, plans that arequadrennial, that stretch overfouryears, whereathletesdevelopstrategy, develop tactical prowessin goinginto bigGames, tolearn how torace- howtoracetheracethatisathandandhow to race other individuals, and win.

Over theyearsI'vecoached manyinternationalcalibre swimmers and of course the top of the heap was Alex Baumann. To us, winning was always the mandate- not how fast you swam.

SJ- Compare when you first started coaching in the 1960s and when you finished your national coaching career.
JT- Coaching has changed as society changed, as the social structure has changed in the country- at least that'sthewayI seeit. Ibelievethatin thepastyou could be a very demanding coach, without being a mean coach. Nowadays, I think, if you becomea very demanding coach and you present a plan that looks $4-5$ yearsdown the road, you perhapsbecomemore of a mean coach in the eyeso of many associated with the sport. I think coachingisnowmorevalued bythesize of the contractand how much money you can wing out of the system. I believe that there are coaches out therewho are reallyproudto do well, but perhaps the focushas changed a bit, and thatfocusperhapsisnot in thebestinterestofCanadian swimming. Thefocus has changed to bringing in athletes from clubsto the regional training centres while the poor home coach struggles to develop an athlete, only to lose that athlete to the national and regional centres.

SJ- Howdothesenational trainingcentresimpact the club system?
JT- The stated principle behind the centres is that you bring in the swimmer to train in the centre for a while and theswimmer will still participatein and be part of the club. No such thing exists anymore- at least not $100 \%$ I see swimmers being named to our training centre and being identified not with their home club but with the training club. Now, as a coach, I would have a tough time with that; the person who struggled to bring a swimmer up to age 13-14 andsuddenlydoesn'thaveanyauthorityin the training of this individual, and preparing this individual's future. So I think coaches may have taken exception to this in their approach to training. It's very hard to say, but certainly the focus and the philosophy of swimming personal bests may be overshadowing that ultimate desire of everybody reaching the very top.

Theenticement of going to thenational triaining centre is not justified at all. Perhaps they get more financial support, perhaps they receive a little extra than ifyou werestaying athome. ButI thinkit'smore than that. Whatgoes on behindclosed doors- I have noidea and I am not goingto second guess anybody, butI'veheard some shoddy dealings going on. Ifyou cometo the National Training Centreyou will beable to do these sort of things, but if you stay with your home club, with your coach, who is probably just as technically sound as anybody else, you may not be
able to do the following. And obviously, the perk dangled before theyoungambitiousswimmerisvery attractive- andthehomecoach probablylosessome enthusiasm. Certainly I would.

In thefirstplaceI wouldn'tallowmyswimmerto go if I was ableto do what everyone else is doing and ifI wasgiven thesupport. In the 1980 s, ifmyswimmer wanted to go swim against all the potential medley swimmers who were a threat, or at least potential finalists in 1984, I said I wanted him to go swim against those people. So he went to Europe to swim against everybody. And he went down to the U.S. to swim against everyone down there. I was given that opportunity- no training centre can replace that. I was able to develop a strategy that was built on not getting beaten.

SJ- AndaretheseNational Centresreallyassisting other coaches?
JT- I hear from other coaches that the training centresdonotsupportthe dubsystem. AndI think the fundamental principle when thediscussions were on thetablewasto createthesetrainingcentresto givean additional opportunity to bring individuals together periodically and maybe even make the centres more specialized. Bringin theindividual medleyswimmers for two weeks, bring in the backstrokers for a month, and so on, and retain the club system. I believe thisis not happening. And that may be one of the most important critical analytical points that one could make post-mortem after the Sydney Olympics. How can we make this work so we can support the clubs? Support the swimmers? It's created a few jobs, channelled a few thousand dollars into the system, without any seemingly positive results. Certainly we have not advanced much.

SJ- Why did you leaveinternational coaching? JT- As you get a little bit older, you can't carry on three or four jobs. I have a full-time job at the university and that wasjusta hobby of mineto coach theclub. Andif SwimmingCanada would havecome andsaid, "look, wearegoingto pay $50 \%$ ofyoursalary if they allow you to continue coaching," then the universitywould haveprobablyallowedmeto continue doing that. But this didn't happen.

Obviously SNC wasn't interested in doing anything like that. But beyond the fact that you get tired and you need to get back into your real life sooner or later, for some time I was really contemplatingnotgettinginvolved with SNCanymore simplybecauseIcouldnothandlethepoliticsanymore that took my focus off of coaching.

You always had to cut through a lot of nonsense at meetings, whether it was coaches' meetings or administrative meetings. And you always had to cut through a lot of nonsense when you tried to raise
some money to run your program. It was a real strugglein mylastcoupleofyearswhen I wasinvolved with Nancy Sweetnam, because we had no financial assistance. We had no financial aid to do the things that we wanted to do. Eventually, it took its toll. It's notbecause I suddenly lostitas a coach, it's secause I didn't want to be involved in a political ballgame anymore. ItwasCanadian swimming'slossthatI am not involved anymore, it wasn't my loss. It hurts me that the system is not progressing as it should. $\mathrm{So}, \mathrm{I}$ just slowly faded away into the sunset and that was that. I simply didn't want to be involved with people who were more concerned with their personal gains than the gains of Canadian swimming at large.

SJ- Arethepoliticsreally thatdetrimental to other coaches?
JT- You seethesamepeoplein thesameposition for three, four Olympic quadrennials, and there is absolutely no innovative changes taking place in Canadian swimming. Andwhatsomepeopleperceive to be changes are really nothing more than reallocation of some of the financial resources and personnel resources. And that's no step forward.

A long time ago, it was "let's support Calgary financially." And then we found that a lot of the moneythatwaschannelledinto the Calgaryprogram was missing elsewhere. And that's why some of the other programs were cut out. Now let's channel moneyinto someotherphantom program. Andlook, someof thoseprogramsthatgota largepercentageof the money from the Canadian system produced absolutely nothing other than national champions. National champions are great, and that's progress. Butin the international arena, you have to take that extra step. And I believe that the system, the lame system that we entered into, with lame leadership, prevented it. You can't focus on the top and totally neglect the bottom.

AndI have to go back to youth programs. I think overseven years, ouryouth program would havehad paid phenomenal dividends. But Canada wasn't interested in the talentidentification program. They weren't interested in any sort of youth program. I think a good $50 \%$, if not more, of the money of what is available should be put into the development of youth programs and notsupporta system thattotally neglects the club system.

Certainly there needs to be some changes to the structure. It has always been a disturbing situation for me. SNC has over 20 members of the board of directors.In Australia, therearenine. You canimagine how much money goes into the mere production of information for just the board members, and then flying the board members into meetings, and so on. And the inability of the group to really come to consensus because everybody wants to push their
provincial rights forward and seehowmuch theycan gain. Sothepresentsystem of provincial representation is not the best way of going into the future.

SJ- Canadian swim coaches are the experts in technical mattersin thesport, butdo coacheshave real input in these areas at Swimming Canada? JT- Ibelievethatan oldboysnetworkhasestablished itself in Canadian swimming at the upper level, which is making it very difficult for new ideas to emerge. And without newideas, there's no progress. There are a lot of great wonderful coaches out there, butthestruggle they havetogo through to tryand get to the top because they are not part of that old boys network, because they are not part of that little tight group at the top who make coaching politics very unpleasant. And that's whatI didn'tlike. I didn'tfeel I hadtobeinside thedoorto beabletodo many of the things that I was doing as coach.

Ithinkcoachingshouldbean open-doorprocess where you can come and go as you like with your ideas. And by critically analyzing those ideas, if they work, then let's pursue it. The system is also forcing the coaches to succeed in probably a manner that is contrary to the best process for developing young athletes. Thesystem isrushedbecausethereisnothing atthetop. So let'spush a fewathletesthough andlet's see if we can fill a fewgaps hereand there. And one of themajoraspects of dealingwith young children isby respectingthedevelopmental process anddeveloping athletes over many years, not a few skills over a few days or a few months or a few years. I think it's documentedin a fewpublicationsthatdeveloping an international athletetakesapproximatelyeightyears. And to develop somebody to the level where they can become an international athlete takes another four or five years. And it's notall training; it'sgrowth and development.

I think thesystem isforcingooachestoignorethe developmental processofthechild. Weshoulddevelop all theskills thatarenecessaryfirst, then trainingwill becomemorebeneficialduringthehigh-performance years.

I think most programs are rushing into the process of developing fast swimmers quickly rather than developing athletes over a longer period who will be more resilient and more competitive and will be able to race at a higher level at maturity.

I believe there were more listening ears in the past than we have today. Whether it's a social phenomenon or its just changein focus or attitude, I don't know. There's a different mentality of the parent support group at the club level. And it carries through to the provincial and the national level. It would go a long way if the country would put more emphasis on physical activity, physical education in schools, and that focus would continue on to higher
levels and the need for expertopinion would be more respected.

SJ- For a Canadian coachto produœetoptalent, whatisreally needed from sport governing bodies like Swimming Canada?
JT- I don't think SNC has done enough marketing of swimming the way other countries have done. Many people don't know what swimming is about. I knowit's a hockey country, and I know football has its season and so on, but based on the amount of money that we have spent, swimming could enjoy morepopularity.Ibelieve that thereneedsto besome changes made.

PerhapssomeofthefocusofCanadian swimming for a period of time should move to the lower levels, butnotnecessarilyattheexpenseoflosingsightofthe upper levels. I think you have to keep maintaining what wehavenow, butI think theemphasisshouldbe put on the kindergarten of swimming- the youth program.

Andforgetaboutspendinghundredsofthousands ofdollarson coachingeducation. Coachingeducation can beresolved in a less expensivemanner. I left the coachingeducation program too becauseI didn'tfeel the focus was right. And I looked at it from the point of viewofaperson whospent35yearsin theeducation system and 40 years as a coach. And I had a good mariage of the two, and I could see where our coachingeducation really lagged, the emphasis, and where weneed to make some changes. So , weneed to do an in-depth critical analysis of what ails us. Secondly, how we can move our sport to the next step forward?

We achieved that once when Sport Canada was headed by Abby Hoffman. Many of the contributors were brought to Ottawa and we had two days of critical analysis. And I thought that helped sport in Canada a great deal. And a lot of positive changes were made at that time.

Weneedto bring in peoplewho havecontributed in thepastandmaystill havesomethingto contribute for the future. I remember when Howard Firby no longer coached, but was still able to do some of the thingshewasfamousfor- then wastotallyforgotten byCanadian swimming.Todaywehavesimilarpeople. Paul Meronen has moved to Iceland! And I am sure that there are many other peoplein this countrywho have contributeda great deal who havebeen ignored.

SJ- Why are coaches like you ignored?
JT-Contrary ideas are often looked upon as threatening ideas because people tend to take them personally. And often such coaches get ostracized merely for being open-minded as well as outspoken. Thisattitudeon thepartofthosein powerisindicative of immaturity, and maybe swimming is a little
immature in some respects. In politics, politicians don't take issues personally- they can still sit down and have a social occasion with their opposition. However, it seems that in swimming, contrary ideas create animosity. And this is one big reason why we are unable to get out of those lead shoes that we've been anchored in since the early 1990s.

SJ- What about the National Coaching Certification Program? Doesitreally helpcoaches? JT- I think thereareperhapssomeredundancies at different levels. It seems to me that coaches have to fulfill someobligations that may notbe as necessary as some of the people who designed thoseobligations see it. Unfortunately, many of people who dexigned the coachingeducation obligations never had much to do with coaching. And I always felt pretty lucky in that I as a coach was also an educator. And I saw thingsfrim a differentperspective. Perhaps, coaching education needs to be more practical, made less invasive into people's time and lives and more acceptable to coaches. There are too many demands put on coaches. They have to produce tasks which have littleapplication to everydaypractical coaching

SJ- Howisooachingappreciated in thiscountry?
JT- Certainlycoaching hasneverbeen lookedupon in thiscountryasaprofession.Coachingisaprofession elsewhere. A coach is an educator. A coach is a teacher. AndwhatmakesitdifferentI suppose, perhaps in Europe, is that coaches are hired as a legitimate occupation.

In Canada, and I am not talking about theelite level, coaching is largely a volunteer concept, and who needs coaching education for the guys who are out thereplaying, having fun, orbaseball children or children engaged in soccer? But it starts there.

Coaching could be looked at as a real job in which people earn a living and make important decisions, and contributeveryimportantly to thelives and well-being of many individuals out there, especially young people.

SJ- You'vementioned severalareasthatthreaten the swim coaches' ability to produce. The Shauna Nolden controversy of last summer- did it hurt coaching?
JT- Well, I think it left many people distrustful of thesystem andnotconfidentin thosewhoaremaking decisions concerning that. NowI am not questioning the need, or no need, of appointing a female coach. Its not the question of being female or male in coaching. It'smatter of being ableto and preparedto do what is at hand: to do the job.

Here we aretalkingabout the Olympicsand how poorly Canadian swimmers have done and we nominatea coach with littleinternational experience,
no coaching background to speak of. At the highest posiblelevel, whentheathletesneed thehighestposible careandattention with thegreatestamountofoollective experience that one could bring to the table, yes, this sortofdecision will certainlymakecoachesveryskeptical and distrust thessytem. Itcertainly didn'tcontributeto our performance at the Olympics.

SJ- Your swimmers who have moved to coaching and you still keep in contact with, how do they feel about the coaching environment?
JT- Certainly those involved in some sort of a swimming activity as a coach, administrator, or a parentaredisappointed. But the system, unfortunately, creates thisfeeling of distrust and everybody is woried about succeeding.

There is a certain amount of expectations by new coaches when they get out into the system. And unfortunately, some of those expectations are soon turned into disappointments because they see that in fact it's not as rosy as one would hope that it may be.

SJ- What changeedoesSwimmingCanada need to do to really help coaches do a better job?
JT- There's not really all that many things that need to be changed. Some change in attitude in what needs to be important in the process of the development. Changes in the control system, how the moneyisspent for example, isa very important point. Andwho should make those decisions? Coaches have been shut out of decision makingin thepast. Anditwasalwaysastruggle, I remember, as much as I always feltrespectablein the system, becauseI Ilwaysunselfishlycontributed. People don'tallowyou to comeinto theircourtandtryto make changes very easily.

From the manyinterviews thatI've heard after the Sydney Olympics, it was very clearly vocalized that change is essential and needs to be made- and the sooner the better. And the people who are responsible needtositdown andcriticallylookatwhathashappened during the last eight years and leam from that and make changes immediately. There's no other way.

SJ- Why did you feel it wasimportantfor you to do this interview?
JT- Itspainsmetoseewhatishappeningin Canadian swimming. Ifeel that I havealotto contribute. Someone out therejusthasto ask meto getinvolved. I am nottoo sure if I want to be involved in front-line coaching at this stage in mylife, but I would certainly liketo share my experiences, my knowledge about training and athlete development.

The Canadian swimming system must look at its roots more seriously, and in the very near future enter into the development of a viable youth program to developthefutureof Canadian swimming- otherwise wewill berevisiting the same oldissue everyfouryears.

Academic accomplishments:
Jeno Tihanyi is a professor in the School of Human Movement and Centre for Research In Human Development, Laurentian University, Sudbury, ON.

Hisresearch areas ofinterestarePhysical Growth of Children and Effects of Physical Stress on Growth.

1961-68 eamed Bachelor and Master degreesin
Physical Education specializing in Child Development.

1968 moved to Edmonton and earned a PhD specializing in child physiology and development.

## Coaching record:

Late 1950s coached a summer clubin Kelowna, B.C. Early 1960s coached a summer club in Port Alberni, B.C.

Early 1960s started a club in theVancouver area called Killarny Swim Club.

1964-1968CoachedtheVancouverAmateurSwim Clubandcoachedindividualssuch asShirleyCazalet, Karen James, Bill Mahoney, Bob Kasting.

1968-69CoachedtheEdmonton SouthsideSwim ClubandcoachedfuturegreatsGraham, Sue, Sandra, and Becky Smith while Dr. Don Smith was experiencing health problems.

1969-70 Reorganized and coached the West Edmonton Y Swim Club.

1970 moved to Sudbury and accepted a job at Laurentian University. Assisted the local Y with their competitive Swimming program.

1973 (when the university pool was completed) started the Laurentian University Swim Club and the Laurentian VarsityVoyageurs.Developedintemational athletes: Roman Baumann, Alex Baumann, Rob Wallenius,JenniferCampbell, DeniseGereghty, Darcy Wallingford, Jody McPhee. Also coached for varying lengths of time Deke Botsford, Nancy Sweetnam.

Coaching and administrative positions:
Provincial Head Coach, Alberta.
Northeastern Ontario Technical and Program Director in Swimming.

1974-81 Director and Chair of Ontario Swim Coaches Association and member of the Board of Directors of Ontario.

Provincial Head Coach for Ontario.
Master Coach for Ontario Swimming.
Vice President (research), Canadian Swimming Association

1982-87 Director and Chair of Canadian Swim Coaches Association.

1978-1994 National Team coach in various capacities.

Invited speaker at over 40 conferences (seven different countries), and has spoken on training and children, etc.

## FIXING WHAT ISN'T BROKEN

## Nick J. Thierry

Swimming/Natation Canada (SNC) is advertising for the position of Head Coach at the National Swimming Centre in Victoria, B.C. Ironically there is an already established successful program in Victoria in the same pool.

Island Swimming coaches Ron Jacks and Peter Vizsolyi, M.D. have been successful in producing consistent international swimmers from within their program.

I haveknown Ron Jackssince 1965, when I wasthe coach of a Canadian Touring Team that competed in Europe that summer. Ron wasstill in his teens and was swimming in Vancouver with coach Ted Simpson. He was a member of the 1964 Olympic Team and would competeuntil 1972, in histhirdOlympicsasa swimmer. He graduated from Indiana University with a degree in Zoology, where he was coached by James Counsilman, one of the all-time greats of the sport.

In the fall of 1972, Ron started coaching and the resultssoon followed. Hehashad National winnersover
all distances and strokes, both men and women. He developed one of Canada's all-time greats, Shannon Smith, who won the bronze in the women's 400 free at the 1976 Montreal Olympics. Another milestone was Greg Streppel's win in the 25K Open Water World Championships in 1994.

Ron hasneverfailedto placeoneormoreswimmers that he developed from within his club on Canada's major international teams (Olympics, Worlds, Commonwealths, Pan Ams, and Pan Pacifics), a rare feat over such a long period ( 28 years).

He has been somewhat of an outsider, not always holding thefashionableviews of the day, buthasalways been a voice for openness, change, individuality, and integrity, and has never wavered from those ideals.

Peter Vizsolyi, M.D. has been head coach of the University ofVictoria since 1983andwasCIAUCoach of The Year in 1987/1997. In addition to his coaching he is Adjunct Assistant Professor, School of PE, University of Victoria, and specializes in Sports Medicine.

The partnership between Ron Jacks and Peter Vizsolyi has been successful in producing national champions and intemational swimmers.

## INTERNATIONAL SWIMMERS

| 1975 Worlds | 1982 Commonwealths |
| :--- | :--- |
| Shannon Smith | Peter Dobson |
| Jim Green | 1983 Pan Ams |
| Steve Hardy | Pam Rai |
| 1975 Pan Ams | Bruce Berger |
| Steve Hardy | Peter Dobson |
| 1976 Olympics | 1984 Olympics |
| Lisa Geary | Pam Rai |
| Shannon Smith | 1986 Commonwealths |
| Steve Hardy | Pam Rai |
| 1978 Commonwealths | Jon Kelly |
| Chris Erickson | 1987 Pan Pacifics |
| 1979 Pan Ams | Jon Kelly |
| Chris Erickson | 1988 Olympics |
| Eugene Gyorfi | Jon Kelly |
| 1980 Olympics | 1989 Pan Pacifics |
| Bruce Berger | Anne Barnes |
| Eugene Gyorfi | Jon Kelly |
| 1982 Worlds | 1990 Commonwealths |
| Pam Rai | Anne Barnes |
| Bruce Berger | Jon Kelly |
|  |  |

1995 Pan Ams Kate Brambley 1995 Pan Pacifics Kate Brambley 1996 Olympics Christin Petelski 1998 Commonwealths Rick Say Philip Weiss Christin Petelski 1999 Pan Ams Danielle Bell Rick Say Philip Weiss 1999 Pan Pacifics Danielle Bell Rick Say Philip Weiss 2000 Olympics Christin Petelski Rick Say 2001 Worlds Christin Petelski

| MEN - NATIONAL CHAMPIONS200 free |  | WOMEN-NATIONAL CHAMPIONS |  | 1500 free |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | 50 free |  |  |  |
| 2000 | 1:48.86 Rick Say, IS | 1984 | 0:26.31 Pamela Rai, HYAC |  | 16:49.92 Shannon Smith,HYACK |
| 2000 | 1:49.19 Rick Say, IS | 1984 | 0:26.90 Pamela Rai, HYACK | 50 back |  |
| 400 free |  | 1984 | 0:57.34 Pamela Rai,HYACK |  | 0:30.26 Anne Barnes, IS |
| 1975 | 4:08.02 Jim Green,HYACK | 200 free |  | 100 back |  |
| 2000 | 3:51.63 Rick Say, IS | 1976 | 2:01.56 Shannon Smith,HYACK | 1989 | 1:04.01 Anne Barnes, IS |
| 2000 | 3:49.99 Rick Say, IS | 1992 | 2:00.69 Nikki Dryden,1S | 1990 | 1:04.70 Nikki Dryden,IS 1:02.45 Nikki Dryden.IS |
| 800 free |  | 400 free 1976 |  | 1991 | (1:04.70 Nikki rryden, ${ }^{\text {a }}$ |
| 1993 | 8:16.60 Greg Streppel, IS | 1976 1977 | 4:14.79 Shannon Smith,HYACK | 1992 | 1:01.65 Nikk Dryden, , S |
| 100 back |  | 1992 | 4:10.40 Nikki Dryden, IS | 1992 | $1: 04.89$ Suzanne Weckend, IS |
| 1977 | 0:58.92 Darcy Hamilton,HYACK | 1992 | 4:16.22 Nikki Dryden,1S | 1993 | 1:03.92 Suzanne Weckend, IS |
| 1978 | 0:59.73 Darcy Hamilton,HYACK | 1993 | 4:07.79 Nikki Dryden, , | 200 back |  |
| 200 back |  | 1995 | 4:10.77 Kate Brambley,IS |  | 2:17.90 Anne Barnes, IS |
| 1973 | 2:11.28 Steve Hardy, Van Byng | 1996 | 4:18.79 Kate Brambley,1S | 1989 1990 | 2:17.52 Anne Barnes.IS 2:17.23 Nikki Dryden, IS |
| 1978 | 2:08.74 Darcy Hamilton,HYACK | 800 free | 9:01.66 Shannon Smith,HYACK | 1991 | 2:12.18 Nikki Dryden, IS |
| 200 breast |  | 1975 | 9:03.77 Shannon Smith, HYACK | 1991 | 2:16.79 Nikki Dryden, IS |
| 2000 | 2:17.53 John Stamhuis,IS | 1976 | 8:44.71 Shannon Smith, HYACK | 1992 | 2:15.15 Nikki Dryden,1S |
| 2000 | 2:16.45 John Stamhuis,IS | 1976 | 8:49.11 Shannon Smith,HYACK | 1993 | 2:10.15 Nikki Dryden, IS |
| 200 fly |  | 1976 | 8:50.13 Shannon Smith,HYACK | 1994 100 breast | 2:15.47 Nikki Dryden,1S |
| 1987 | 2:01.34 Jon Kelly, VICO | 1977 | 8:41.17 Shannon Smith, HYACK | 2000 | 1:11.48 Christin Petelski, IS |
| 1989 | 2:00.56 Jon Kelly, IS | 1971 | 8:49.52 Nikki Dryden,IS | 2001 | 1:10.41 Christin Petelski, \|S |
| 1990 | 1:58.06 Jon Kelly,IS | 1992 | 8:34.72 Nikki Dryden,1S | 200 breast |  |
| 1990 | 2:01.23 Jon Kelly,IS | 1993 | 8:31.65 Nikki Dryden, IS | 1996 | 2:29.51 Christin Petelski, IS |
| 1998 | 2:03.63 Philip Weiss,IS | 1994 | 8:48.83 Nikki Dryden, IS | 1996 | 2:30.43 Christin Petelski, IS |
| 400 im |  | 1998 | 8:54.74 Kate Brambley,1S | 2001 |  |
| 1988 | 4:25.37 Jon Kelly, VICO | 2000 | 8:43.60 Danielle Bell, ,S | 200 fly |  |
| 1989 | 4:16.30 Jon Kelly, VICO |  |  | 1988 | 2:15.45 Marie Moore, VICO |

## BACKWASH

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

More of the same: Atter Canada's dreary performancein the2000SummerOlympicsinSydney, the federal government will implement a "playground-to-podium" sports policy aimed at bolstering the national medal haul.

Federal SportsMinisterDenisCoderrewillincrease funding for sports programming, while unveiling a new management regime to oversee such things as anti-dopingprogramsandathletes' complaintsabout coaches or sports associations.

Mr. Coderrewouldnotdivulgehowmuch money the federal govemment intends to put behind the initiative, butsaidthenewmeasuresarethe "firststep of a 10 -year plan."

At a news conference following the official opening of the National Summit on Sports (last April),Mr. Coderresaidfundingforelite- level athletes will become more "results-oriented," while efforts will bemadeto link public and private- Sector financial support into collaborative programs.

Delegates to the summit cast the current system as being largely in disarray. Participation levels are declining while facilities are aging, University of Toronto professorandex-OlympicrunnerBruceKidd said. School sports programming is disappearing whileelite level athletes arestarved for cash and then forced to bear the "brunt of Canadian discontent" atter poor performances in the Olympics.

Until a national policyis developed, Canada will have no idee "what sports to support, what athletes, what coaches, or to what level," added ex-Olympian swimmer Marion Lay.

Editor: RetherecentCanadian SummitMeetingon Sport- it's merely about saving jobs, privileges, comfy living, status. Whata transparentjoke for the Minister of Sport, to look like he's doing something positive, just toss a few million at the "problem."

Eliteathletesstrapped for cash? What a bunch of whiners. I saw one of our ESPN2 "athletes" (an extreme snowboarder), a scruffy 26 -year-old, is also a coin-laundromatowner. Nowthere'sagreatsolution for the national sportbureaucratstojump on- just buy each of the national team members their own laundromat. Then we wouldn'thave to fretaboutall the "swim bums."

Yesterday wewerein a meeting of coaches ofarea teams, and the one guy with an elite level swimmer (notme!) hadon his USASwimmingTrainingCenter t-shirt. Emblazoned on the front in large letters was
the word "ALTITUDE." It gave mea good laugh in a drearymeeting while waiting for thesandwichesand cookies to be served.

Charles Yourd, Bloomington, Mlinois

Editor: Congratulations on yourinduction into the International SwimmingHall ofFame(ISHOF).Your constantdedication, supportforgreatswimmingand longtimefriendship makesmeproudto haveworked with you for all theseyears and now the World knows how great you are, also.

## Pierre Lafontaine, <br> Phoenix, AZ

Editor:Greetingsand congratulationsto Nickupon his induction into the ISHOF.

Stefano Arcobelli
Gazzetta dello Sport
Milan, IT
Editor: Congratulations on you induction in the ISHOF. Keep up the good work.

Vastimil Cerny, University of Manitoba Swimming/National Swim Centre vcerny@msumanitoba.ca

Editor: Congratulations on yourInduction into the ISHOF! Youreffortshavemadeyou thebeststatistician in our sport.

## Mark Lancaster <br> hictoria, BC

Editor:Please give my regards to Nick and tell him that there is no one more deserving of this honour than him. I wish I could be there to share this occasion with him.

George Gate ISHOF Honoree 1989
St-Telesphore, Quebec
Editor: Cannot think of a better scenario. Al Schoenfield presenting Nick Thierry at the ISHOF 2001 induction ceremonies- the two greatest contributorsto thesportin theworld. Congratulations again!

Jack Smon, Director of Swimming
State of Jalisco, Mexioo
Editor: I just want to congratulate you on your induction into the ISHOF. Your contributions to the swimming world have truly been a labour of love. Thanks again for all your help to USA Swimming.

Everett Uchiyama. USA Swimming National Team Coordinator, Colorado Spings, 0

Editor: Congratulation for your entry in the ISHOF. You are doing a greatjob for our sport.

Patrick Kramer, Switzerland

Editor: I justwantto say thatI'm sorry for the crap from SNC. You have been such a great friend to swimming for so long that it doesn't seem possible that they would screw you around like this.

Anyway, Ijustwantedtosayit.Ifthereisanything I can do, just let me know.

Bob Boadway
Port Perry, ON
Editor: It is very nice to see that you finally get honouredbytheIntemational swimmingcommunity for all your hard work and dedication. Congratulations.

You certainly deserve it. I hope that SNC and the boardwakeupto thefactthatyourhard workdeserves our praise also. The cutting of funding for the TAG program isa disappointmenttomyselfasa coachand parent. I don'tknowwhattheyhavein mind, butI'm sure you've spent countless hours and years ironing out the bugsin thesystem. Itseems veryirresponsible ofSNCtothink thattheycan whiptogethera program that will work the same. Where will these new socalled better TAG results be printed? Is SNC going to send these results out to all the clubs to post?This is what you did at virtually no cost to anyone. I would hopethatsomeonewith political cloutseestheidiocy in all thisandgives thefundingbackto themagazine thathelpedbringCanadian swimmingto theforefiont. Again, congratulations Nick.

Chris Givens
Edmonton Keyano Swim Cub
Development Coordinator
Editor: Itisbecomingmoreandmoreapparentthat SNC is losing touch with the swimmers and coaches thatactuallyareCanadian swimming.Thecoaching selection fiasco at last year's Olympics, the fact that Dave Johnson somehow still has his job, and now SNC's decision to drop its support for the Canadian TAG ranking in your magazine all support thisview. While the coaching selection is a done deal, and SNC apparently has no performance expectationsfrom its high performance program, I ind this last decision almostasunsettling. I challenge Ken Radford to find a world class, or national level Canadian swimmer that does not wait in anticipation for each month's magazine. I challenge him to find a Top Age Group swimmer that can'ttell you their rankings as well as who they are trying to catch thanks to SWIMNEWS. While I am sure there are swimmers who tum to the Website for additional information, I can't ever remember any swimmerI've ever known saying they
couldn't care if they got the magazine or not.
I took the opportunity to look up SNC's mission statement on their Website and found in the second paragraph of the association profile the following quote:

In remainingloyal to itsmission statement, SNC makes great effort "to promote excellence in swimming across Canada, continuing to serve as a world leader in every aspect of the sport."

My question to Ken Radford, or anybody on the SNCexecutive, is this: Afternearly causinga revolt in Canadian coachingwith lastyear'scoachingselection; after continually leaving a high performance coach in place, who, for whatever reason, has been unable to stop the freefall in Canadian performance at the worldlevel;andnow,afterremovingfinancial support from one of the few areas that we, as a Canadian swimming community, go to measure ourselves, howcanyou even pretendto be "promotingexcellence in swimming?"

As a former swimmer ( 14 years), a former fulltime coach (8 years), and a presently, part-time volunteer coach, I ind the presentlack of leadership andlackofcommitmentto excellenceatthenational level appalling. To Ken Radford and everyone else sitting at the top of the SNCheap, please understand that the only reason there are any coaches and swimmers still associated with your organization is that there is no alternative.

Jeff Budau
Disillusioned spectator
Editor: Greatissue! Overthepastcoupleofyears, we have hosted some pretty high-profile meets, and in mymedia molefor Keyano, I havemeta largenumber of coaches. I am not really qualified to speak on the direction of thesport, but I am in theplanning stages of a letter to the editor on the oppressive atmosphere in the Canadian swimming community.

> Rob Matthews
> Edmonton, AB

Editor: The letter from Ken Radford in your last publication (\#264) prompted me to write. It appears thatSwim Canada issevering the last tether of public connection to the most enduring and historical reporting on swimming in Canada.

For some 25 years, SWIMNEWS has served the Canadian public reliably and accurately with its reporting of TAG. This publication connected this vast country by providing an ongoing and historical account of the progress in swimming.

I rememberthebuzzeach publication hascreated among my swimmers when they saw their names appearin a national publication. Wewereableto seek out opponents at different meets and prepare for competitions based on available statistics. It had
faces, emotions, respect, determination, challangein each of the issues.

AWeb-based data system isinevitablein different commercial endeavors and serves the curious well. However, it is not available to everyone, it is emotionless, and it does not memorialize achievements and bring the swimming community together. I reject thenotion that wwwwill better serve the statistical needs of swimming. Also, there are many privacy dangers that may be lurking around the corner.

From the financial perspective, themeagre $\$ 15-$ $18,000.00$ support SNC provided for the TAG publication was well spent. This expenditure was perhaps the only visible support SNC offered to the manythousandsofswimmersandfamily. Swimmers pay every year a registration fee to SNC (of which Ontario sends $\$ 48.00$ to Ottawa). Quick calculation revealsthatapproximately $\$ 1.50$ isspentperregistered swimmer per year toward the TAG publication, a rather paltry sum. What will SNC return to the rank and file swimmers in the future?I suggest that every club should, for every registered swimmer, withhold from the registration fee $\$ 1.50$ in support of TAG. If partial feewithholdingisconsideredunconstitutional, then each club should find a way to support SWIMNEWS for the TAG publication.

I challenge the swimming community not to be deterred by the ill-conceived decision of SNC. My supportisin themail. (Achequefor\$100arriveddays later.- Editor)

> Dr. Jeno Tihanyi
> School of Human Kinetics
> Laurentian University
> jeno@nickel.laurentian.ca

Editor: I only had a chance to read your latest issue on SundayandI wasdeeplydisturbedto find out what is going on in regards to TAG. I will first voice to you my appreciation over theyears for what thisprogram has done for ourcountry. Asa swimmer, as simpleas itmay be and as trivial as I knowitis, my two biggest thrillsand things I am most proud of came from this system. FirstI wasin MakingWaves asan agegrouper and second was being part of a team from Regina to be \#l in TAG. These were the thrills of my swimming careerandI thankyou. TheTAGsystem motivatedme and many of my teammates to do things we never though were possible, and this system has helped manyyoung athletes creategoals and motivatethem to better and better performances.

As a coach I appreciate this system immensely. I have coached in the Toronto area (Dorado) and the Lower Mainland (PSW) and have used the TAG and TOP programs to motivate the swimmers I have coached. It has been a big reason athletes from these two clubshavebeen successful. Theyhavetaken pride
in their swimming and their teams because of this system, seeing that they can beat bigger clubs. We never used it as an end. TAG is a meansto an endthe end of hopefully having athletes compete intemationallyforCanada. Notonlycompetebutwin intemationally for Canada. TAG is a means that is motivatingandcreatespridein manyathletesaround this country (and beyond- Lynn Fowlie has said in thepastshehasuseditto motivateherAustrailian age groupers and I am sure she is not the only one). Now thatI am in GrandePrairieand away from thebigger centresofcompetition,TAGiseven moreappreciated. I use it to bring an awareness of what the best swimmers in ourcountry aredoing and howtheyare performing. Thisexposureisso critical forswimmers to develop confidence and create success when they do not get to seehigh-level competition on a regular basis. I vill also use itto create team pride and goals, so once again a group of athletes from a small team will develop the confidence and bring about a realization that they can compete with and beat big teams. I will useTOP to sell distanceswimming to the younger athletes and their parents so that they will haveprideinit, aswell asto createexcitementaround these events.

Nick, I am saddened to hear of this struggle and think itisa mistakefor thefunding forTAG to becut. Jeff Grace, Head Coach
Grande Prairie Piranhas Suim Cub

Great letter, Jeff:I think the people who needto receive this are the board of directors as well as the executive of SNC. You can find out who they are by visiting the SNC web site.

IknowI alreadymademyviewsknown, butsofar I have only received correspondence from Rob Colbum. He is basically following the party line and gave me a pretty pat answer that was motivated by politics rather than substance.

The only way we can change the system is to makeourvoicesheardtothepowereliteand that'sthe board and executive. These are the individuals who made the decision. Bad one at that.

If theyfeel thereisa program that'sbetter, atleast run thetwo side by side for a period of six months or so to seeifthe "new" program is whatits cracked up to be. All Iknowisthatwhen I tryandaccessfilesfrom my home computer, it takes about 15 to 20 minutes to load onemeetbecauseI am on dial-up with a 33.+ modem. Notall of us can afforda high speedintemet connection.

The kids enjoy seeing a hard copy in magazine formatthattheycan haveforakeepsake.I don'tthink the "new" program will do this unless we printit out on our own. What about privacy rights? What will happen in the future when this company decides to sell the data to recruiting clubs? Do the kids give up
their right to data collection and let another company profitbyprivateinformation?I do hopethat thecoaches and parents rally around Nick and the causeto uphold theCanadian traditionsalready setbySWIMNEWSand Nick's original ideas. I view this new company as someone tying to profit by other peoples' ideas.

Chris Givens
Editor: Your work on TAG has made a significant contribution to swimmingacrossCanada. I am sorryto hear that you will no longer be funded by SNC.

I am notinterestedin financingthe 10 -and-under TAG times but I would consider paying more for TAG should that be an option for you.

Ginny Smith,
Yarmouth Y Whitecaps, NS
Editor: While reading SNC's letter regarding the cancellation of TAG funding in the April issue, I was overcome by the undeniable aroma of sour grapes (as well as another odour best left unstated). My original disbelief incited me to read the letter several times, howeveratno pointduring thesemultiplerevisionsdid theexplanation even borderupon an acceptablelevel of adequacy.

ForyearsTAGhasbeen essential to thedevelopment of young Canadian swimmers; it is the yardstick by which their performances are measured. TAG provides a valuable tool for goal setting, as well as a gratifying reward for those who reach their goals and excel. Nothing could ever replace the thrill of seeing your namein print alongside the best in the country, not to mention in the premiere swimming magazine in the world I Iam curiousasto howa second-rate websitewill rival the pride and inspiration that SWIMNEWS and TAG rankings provide for our young swimmers.

This is indeed another blow to an already weak grassroots ssstem. If SNC had anyidea of the impact of TAG on Age Group swimmers, such an ill-advised decision would never be made. Motivating young club swimmers should be priority number one: they are the lifeblood of the sport. Atter all, who will the National Centres "import" in the future if we don't motivate today's young swimmers?

TAG rankings are a tool that swimmers use to evaluatehowthey"measure up" with theircompetion. By the sametoken, SWIMNEWS is a publication thatat timesprovidesa similar evaluation for SNC. I ind itan interesting coincidence that SNC is now distancing itself from the magazine, especially at a time when nearly everyone is demanding that they too "measureup."

SNC should be proud to be affiliated with such a reputablemagazine, even moreso becauseSWIMNEWS is and remains a Canadian publication. In fact, one might suggest that SWIMNEWS is in reality Canada's most important contribution to the intemational
swimming community in recent years (as opposed to our decisively less-than-significant aquatic contributions).

Perhaps this is an unfair evaluation. Maybe SNC could use the money elsewhere; maybe there are plans for our 108th National TrainingCentrein Clyde, Baffin Island. Maybe. But probably not.

I would liketo urgeeveryone, pastand present, who valuesTAGrankingsto expresstheirdispleasureto SNC and to continue to support SWIMNEWS- a clear and intelligent voice amidst a National program that continues to prove it is neither.

Matt Bell,
Ajax, ON
Editor: How tragic to lose support from SNC for your irreplaceable statistical work that you have provided to the swimming community over so many years. Your TAG rankings have been such a motivator- witness my own grandchildren who among their myriad of goals in swimming, aim to see their names in print in SWMNEWS. The same goes for coaches too.

Colwin's article on Howard Firby was excellent. Howard'sbookshouldberequiredreadingforall coaches in training- I can't help it- I deplore lack of stroke work vs mileage- itjust never made sense to me, and I see it in every meet I attend. Guess I'm just "old school" like Howard, but if he were still here he would have more swimmers at the top.

Goodluck in your efforts. The work you have done and your publication are invaluable.

Kay Ferguson Neale
Penticton, BC
Note: As Kay McNamee, she represented Canada at the 1948 Olympics and 1950 British Empire Games.

Editor: I justhad to comment on the greatarticle on Howard Firby.

I had the distinct pleasure of swimming under Howard's direction at the 1958 British Empire and Commonwealth Gamesin Cardiff. Hewas swimming's greatest communicator and did not only impart his knowledge and guidance to his own swimmers but wouldhelpanywho asked. Athough histeam andmine (MAAA) went head-to-head at a number of National Championships, he would always make constructive suggestionsand then illustratethem to both myselfand my swim coach.

Howard was someone who you looked up to as a coach but you also considered a friend.

Keep up the good work.
Cameron Grout Oakville, ON

## 

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

## AWARDS

The 2001 International Swimming Hall of Fame held its annual honorees recognition ceremonies on May 10-12 in Ft. Lauderdale, FL.

> Swimmers honoured:
> Krisztina Egerszegi (HUN)
> Janet Evans (USA)
> Tom Jager (USA)
> Jeff Rouse (USA)
> Divers honoured:
> Carlos Giron (MEX) Wendy Wyland (USA)

Synchronized swimmers honoured: Michelle Calkins (CAN) Water Polo honouree: Alexander Kabanov (RUS) Coaches honoured: Koiji Katoh (JPN) swimming Gail Emery (USA) synchronized Contributor honoured: Nick J. Thierry (CAN) Pioneer contributor: Robert M. Hoffmann (USA) Master Diver honoured:
Patty Robinson Fulton (USA)
Aquatic Athetes of the 20th Century

Swimmer
Mark Spitz (USA)
Team Relay
1976 Olympic USA Women's $4 \times 100$ Free
Diver
Greg Louganis (USA)
Synchronized Swimming
Tracie Ruiz (USA)
Water Polo
Tamas Farago / Dezso Gyarmati (HUN)
Coach Swimming
George Haines (USA)
Coach Diving
Ron 0'Brien (USA)
Marathon Swimming
Abdellatief Abouheif (EGY)
Contributors
Harold Henning (USA)
Mustapha Larfaoui (ALG)

## POWER ON - POWER OFF: THE POWER CIRCLE

## Wayne Goldsmith

Therearetwo keyphases in all swimming strokes: the work phase and the rest, or recovery, phase.

In the work phase, when the arms are applying force to the water, muscles are working hard to propel the body through the water. Generally the arms and hands are moving backwards, i.e. towards the end of the pool you areswimming away from. Thisfeels like you are "pushing" the water backwards, but you are actually pulling your body forward.

Intherecoveryphase, armsaremovingforwardin thedirection of the end of the pool you areswimming towards. In butterfly, backstroke, and freestyle, the armsarerecovered out of the water and in breaststroke (for most swimmers), ams are recovered just under the surface.

Thinkaboutthatword" "ecovevery." Itmeans"rest." It means "restoration." It means "take a break." It means "turn the power off and prepare for the next stroke." Recoveryisin manywaysjustasimportantas the work part of your stroke.

## The Power Circle Concept

The power circle explains how work and recovery interact to help you to swim fast.
When yourarmsare working hard, tum the power on. When your arms are recovering, tum the power off.

When your ams are working, concentrate on great technique, high elbows, correct sculling, and smooth hand actions. Then when you have finished working, tum the power off again during recovery.

This is particularly important when swimming butterfly.

Youngswimmersoften struggletoswim flyrepeats longer than 25 metres. They mistakenly believe that the reason they struggle is due to a lack of strength or fitness. One of the main reasonslong fly repeatsseem tough is that swimmers don't turn off the power in recovery- they keep working their arms and tiring theirmuscleseven when theyarein recoveryy (i.e. when their arms are moving forward out of the water). In other words, their power circle is power on, power on, power on, power on - they are not recovering!

To ensure that the work phase in your stroke is effective, itisessential thatyou learn to strokecomectly andapplyforreto thewateratkeypointsin yourstroke. Current thinking in swimming and under-waterstroke power tellsusthat the bestswimmersreach out long, catch thewater, "holdthewater" rightto theend of the stroke, release, and then recover.

You can practise this by remembering the three
power ips:
(When applying force in freestyle, breaststroke and butterfly)

- Fingers pointing to the bottom of the pool.
- Elbow pointing to the side of the pool
- Back ofyourhandfacingthedirection you aregoing

In backstroke this is changed around:

- Fingers pointing to the side of the pool.
- Elbow pointing to the bottom of the pool
- Back ofyourhandfacingthedirection you aregoing

Underwaterfilm ofthebestswimmersin theworld taken attheOlympicsand World Championshipsgives us the answers we need. Looking from front on (i.e., with the swimmers moving towards the camera) you can observe the back of the swimmers' hands when theyarestroking and seetheback of their hand all the way through their underwater pull. By keeping their hand in that position (with the back of their hand facingthedirection theyareswimming), they areable to keep constant pressure on the water (i.e. feel the pressureof thewateron theirpalms) andkeeppushing the water backwards (pulling their bodies forward).

However, this constant pulling force is far more effective over the duration of the race if you also practise to rest and relax during your stroke recovery phase.

Power on when pulling, power off when not Turn the power on when you need to. Tum it off when you don't. It's a simple way of improving stroke through saving energy and relaxing your muscles when you don't need to use them.

## Why does it work?

Resting and recovering your stroke uses less energy overall, and using less energy means you have more left when itreally counts- the last ten metres of your 100 , thelast 25 of your 200 .

Therearebasicallythreedifferentypes ofmuscles in yourbody: the onesthat work, theones thatrest, and the ones that support the others. The aim in being efficient istoleam howto work the "workers," rest the "resters," andallowthe" supporters" tosupportwithout overstressing them. Recovery isall aboutbeing ableto rest muscles when they are not working and not getting the "supporters" involved in the swimming action so they can keep doing their supportjob.

Itislogical.Muscleshelpmoveyourbodythrough the water, they don't need to help you move through air! Whywasteefortandenergyworkingthosemuscles hard when they are out of the water recovering?

It is a great mental technique because it gets you to focus on the feeling of resting and recovering, and helps you to stay relaxed right through your races.

And now the best part: Learning to recover and to tum the power off meansyou will learn to swim faster, swim fasterforlonger, andhavemorepower leff forthe last part of the race, when it really matters. It doesn't require doing more training or more laps, or eating special foods, orbuyingspecial equipment. Thepowercircle concept means you swim fast by doing lessi.e.,learningto restyourarmswhen you arerecovering! Who says you can't get something for nothing!

## Tips for developing the power circle

In fly, tyy thepower-circlechant. When you pull, sayto yourself power on. As your fingers leave the water to recover, say power off. You will soon develop a rhythm of power on, power off, power on, power off, which not only reminds you to use the power circle correctly but helps you develop a nice stroke rhythm as well. This rhythm, in turn, helps you to develop a long, relaxed stroke.

Try some slow (very slow) swimming with a deliberate, purposeful power on, power off approach. Initially, you may have to use fins to maintain momentum. In freestyle, try reaching out long and tall, catch the water, and feel the pressure of the water on your palm. Think power on and pull your body forwardwith powerandstrength. Then, asyourfingers leave the water to recover, think power off and relax yourarms, fingers, and handsasyou reach forward for the next stroke. Imagine there is a big ONbutton just outin frontof you asyou swim. With each stroke, reach forward, feel the water, then getyourelbowhigh ready for the catch. As you catch the water, imagine your hand is pushing the ONbutton.

Use an exaggerated onearm drill in free, back, and fl , where you feel a long, easy, relaxed recovery with each stroke. This works particularly well with an exaggerated straight-arm recovery when doing one arm free and fly drills in training.

Think of cues - words like "easy," "smooth," "relax," "long," etc., in recovery to teach yourbrain to tum off the power.

Work when you have to - rest when you can.
This is the way to be the best in the land.
Turn the power on when your arms are in the water.
Turn the power off when your arms are out of the water (or moving forvard).
Leam to use the power circle- it really works.

## AMERICAN PERSONALITY: ED MOSES

## DOING EVERYTHING TO GET IT RIGHT

## Russ Ewald

Newworld-record-holder Ed Mosestook an unusual route to the top. The U.S. swimmer, who this March bettered the 100 metre breaststroke mark, quit swimming at age 10 and didn'tseriously take up the sport again until his senior year in high school. "I played so many sports as a kid I had to pick and choose," says Moses. "I played golf, soccer, baseball, and basketball, too. I decided swim practice wasn't the activity I wanted to do after school."

Moses swam again in high school but didn'tjoin a club team until his senior year. His main athletic focus was golf. When he didn't play well enough asa senior in thefall to eam a college scholarship in that sport, he turned his sights on swimming. He began trainingattheCurl-Burkeclub, workingundercoach Pete Morgan in his hometown of Burke, Virginia, nearWashington D.C. Just10 monthslater, theyoung Virginian swam 1:02.29in the 100 metrebreaststroke to be ranked 15th in the world for 1998.

How did he go so fast so soon?
"He'sa greatathlete,", says Morgan. "And he'sa student of thesport. Helistened well. Hewanted meto continuallychallengehim in workouts. Wegavehim the aerobic fitnessandworkedwith hisbiomechanics to change him from just powering through the water to using that power more effectively."

The next year Moses stunned the swimming world by winning the 100 in 1:00.99 at the Pan American Games to rank No. 1 in the world. He followed that by cracking the short course world records in both breaststrokes ( $57.66,2: 06.40$ ) at last year's NCAAs as a sophomore at Virginia.

Mosesisn'tphysicallyimposing. Hestandsjust5-foot-11(1.78m). Hemakesupforhislack ofsizewith an incredible attention to detail. He doesn't miss an angle in seeking to improve his perfomance.
"I can't put my finger on one reason for my success," saysMoses. "WhatI dorightisI do everything. From my diet, mysleeping regime, to the way I train, I don't think I'm missing any aspect of preparation. That'swhat allowed meto have the confidencein my swimming."

When Moses took up the sport again, he made sacrifices in his pursuit of excellence. He eliminated sweetsand soda from hisdietand added moreprotein by taking a couple of doctor-recommended supplements andeatinglots of meat. Hecut down on hanging out with friends to get to bed by 9 p.m.


## QUICK FACTS: Ed Moses

Born
Height:
Weight:
Hometown:
Club:
7JUN 1980

Coach: $5^{\prime} 111^{\prime \prime} / 180 \mathrm{~cm}$ 1751bs/ 78kg Burke, VA
Curl-Burke

## Long Course Progression (World Ranking)

| Year | 100 Breast | 200 Breast |
| :--- | :--- | :--- |
| 1998 | $1: 02.29(15)$ | $2: 18.05(63)$ |
| 1999 | $1: 00.99(01)$ | $2: 13.41(06)$ |
| 2000 | $1: 00.44(02)$ | $2: 13.13(08)$ |
| 2001 | $1: 00.29(01)$ | $2: 10.40(01)$ |

## ALL TIME 10 PERFORMANCES

## 100 METRES BREASTSTROKE

| 1 | $1: 00.29$ | USALCMAR Ed Moses,USA | LCM01 |
| :--- | :--- | :--- | :--- |
| 2 | $1: 00.36$ | RUSLCJUN Roman Sloudnov,RUS | LCM00 |
| 3 | $1: 00.44$ | USTRIALS Ed Moses,USA | LCM00 |
| 4 | $1: 00.46$ | OLYMPICS Domenico Fioravanti, ,TA | LCM00 |
| 5 | $1: 00.52$ | RUSLCJUN Roman Sloudnov,RUS | LCM00 |
| 6 | $1: 00.54$ | USALCMAR Ed Moses,USA | LCM01 |
| 7 | $1: 00.60$ | OLYMPICS Fred deBurghgraeve,BEL | LCM96 |
| 8 | $1: 00.65$ | OLYMPICS Fred deBurghgraeve,BEL | LCM96 |
| 9 | $1: 00.73$ | OLYMPICS Ed Moses,USA | LCM00 |
| 10 | $1: 00.77$ | OLYMPICS Jeremy Linn,USA | LCM96 |
| 200 | METRES | BREASTSTROKE |  |
| 1 | $2: 10.16$ | OLYMPICS Mike Barrowman,USA | LCM92 |
| 2 | $2: 10.40$ | USALCMAR Ed Moses,USA | LCM01 |
| 3 | $2: 10.60$ | USAAUG Mike Barrowman,USA | LCM91 |
| 4 | $2: 10.87$ | OLYMPICS Domenico Fioravanti,ITA | LCM00 |
| 5 | $2: 11.23$ | WORLD91 Mike Barrowman,USA | LCM91 |
| 6 | $2: 11.23$ | OLYMPICS Norbert Rozsa,HUN | LCM92 |
| 7 | $2: 11.29$ | OLYMPICS Nick Gillingham,GBR | LCM92 |
| 8 | $2: 11.53$ | GOODWUUL Mike Barrowman,USA | LCM90 |
| 9 | $2: 11.55$ | USAAUG Mike Barrowman,USA | LCM90 |
| 10 | $2: 11.56$ | SHEFFJUN Nick Gillingham,GBR | LCM93 |

In his workouts, Moses basically follows the training methods of former Curl-Burke swimmer Mike Barrowman, the world record holder and 1992 Olympic champion in the 200 breast.
"I looked at how the best trained," says Moses. "Mike Barrowman is the best in the 200 breast. I've usedhisdrylandbooksinceI gotbackinto swimming, and it has increased my strength and flexibility tremendously."

Thedryland trainingcentres on flexibility, range ofmotion, calisthenics(pushups, sit-ups, andv-ups), and Barrowman's medicine ball routine. He uses the medicine ball for an hour on Mondays, Wednesdays, and Fridays, doing chest passes and overhead throws holding onearm behindhisback, and "tons" ofsquat jumps. He works on getting his heart rate high. He can reach about 190. The conditioning has brought his resting heart rate down to 50 .
"When you get your heart rate to go real high and can also bring it down, it shows you are welltuned and in shape," he says.

Moses doesn't think weighttraining is necessary for swimming.
"I think a couple of repetitions of power will not benefitme," hesays. "I ibelievein strength endurance. I want to be as strong as I can and stay as small as I can and be able to go forever. My exercises increase myflexibilityandmyfast-twitch, notjustbrutepower."

The breaststroker typically swims about 7,000 yards a workout, andabout 60,000 a week. He spends a lot of time swimming breaststrokenear the bottom of the pool. He repeats 25 s with pullouts underwater and swimming undervater. He says he swims faster underwater than on the surface.
"The hypoxic work helpsa great deal," he says. "It allows your body to adjust to not having air. And that's what it feels like the last 20 or 25 metres of a race. You can alsofeel your strokeso well underwater. I notice when my stroke is slow and not efficient."

Moses uses the "wave stroke" with an over-the water recovery. He prides himself on distance per stroke.
"I swam against breaststrokers that will take eight more strokes than me on the first lap and 9 or 10 on the way home," he recalls.

Mosesdoesbreaststrokewith a certain amount of strokeseverylap. Pulloutand fivestrokeswhetherit's a 50 or 300 fortime. "Then when Iraceincompetition, I can just lock into my stroke and zone everything out."

Moses took 16 strokes theopening 50 and 17 the final lap in setting the world record. He trains in a shortcoursepool anddidn'twork outin a long course pool once before setting the record.

Moses' rise to the top didn't come without a glitch. The favouriteat the Olympics after setting an

"With my aerobic capacity up, I wasn'tscared of swimming it (the 200) and going after the record," Moses explains. "I inallygotthrough the mental block and convincedmyselfI am capable of threatening that record."

Moses thinks living at home this season also had a lot to do with his spectacular performances.
"My parents take care of me," he says. "They'vebeen a big part of my success. I think that swhyI should do well this summer. I don't have

American record at the U.S. trials, he wound up second to Italy's Domenico Fioravanti in Sydney.
"I think I let things get to me before the Olympics," saysMoses, whodidn'tmentionhebattled shoulder soreness for six weeks of his training. "I didn't treatitlike another shaved meet. Once I got to Sydney, I got rattled. You have to put things in perspectivethatyou arelaying everything on theline rather than you should treat it as any other meet.
"Thepart thathurtme the most was my timeat the trials would have won me the gold. That was part of the motivation to get back in the water (after the Games)."

In the $4 \times 100$ medley relay, Moses swam the fastest breaststroke leg ever of 59.74 to lead the American team to the gold medal. He increased the U.S. lead to a full body length- from 0.42 seconds to 2.06 seconds over Australia.

FollowingtheOlympics, Mosesdidn't take a break. Instead, he worked harder than ever. He took the year off from school, trained at Curl-Burke, and lived at home.
"Coming away with the silver when I thought I was the best man there gave me the motivation," he says. "I gave every practice everything I had."

The dedication led to sensational performances at the nationals. Beides shattering Russian Roman Sloudnov's worldmarkin the 100breaststroke, Moses also seta global standard in the 50 breast of 27.39 in a time trial and swam the second-fastest 200 breast (2:10.40) in history.

Mosesfeltmost proud abouthis 200 performance, missing Barrowman's Two world record swims in March 2001
mark byjust $24 / 100$ ths. He had failed to qualify for the Olympicslast year in that event, finishing a close fourth at the U.S. trials behind winner Kyle Salyards in 2:13.21.
"I knewI was better than a 2:13," saysMoses. "I was in for a bigdrop this time. I alwaysswim my best when I'm in for a big drop.
"It hurtto see I came so close and didn'tget the record. But I have been so scared of that record for three years. Now I know I can hang with it. Twotenths is just two quicker tums. That's not even changing the swim around at all."

The huge improvement in the 200 came from more emphasis on aerobic training instead of speed work.

Macco Chiesa academic responsibilities. My
only concern is going to
Marco Chiesa academic responsibilities. My
only concern is going to practice and swimming hard."

He'sabletosupporthimselfthrough prizemoney, making public appearances, and an endorsement contract with Adidas. The world record got him his biggest paycheck, a $\$ 12,500$ chunk awarded by USA Swimming.

Moses is confident he can break the one minute barrier in the 100 and better the world mark in the 200.Ifhedoesget the 200 mark, hewould becomethe first swimmer in 25 years to hold both world records (American John Hencken last held them in 1976).

And no one ever has held all the breaststroke marks in short course and long course.
"My goal is to makemy mark as one of the best swimmers ever," Ed Moses concludes.



# $$
-a A d r e y \text { Lacroix }
$$ <br> Canada 

## HOWARD FIRBY'S GENIUS

## VOYAGE TO MINSK

## HOW CANADIANS LEARNED TO COACH BREASTSTROKE

Editor: In 1969, Howard Firbywasthecoach-manager of a small Canadian team that competed in a longcourse international meet in Minsk. He had his eyes opened to what he went on to call the "natural style" of breaststroke. During the 1960s Canada had little successintemationallyin breaststroke, andourwomen lagged well behind the world level, but produced a number of Olympic medallists in other strokes.

What follows are excerpts from his book Howard Firby on Sximming(1975), Chapter4on Breaststroke, and personal correspondence that I had with him for 30 years.

In the world of breaststroke aficionados there are countlessdifferences of opinion on such thingsashow besto use the arms, theideel width of thekick, and the timing of the breathing. So much is this the case, it remainslittleknown thatobscured byall thisattention to detail there are two distinctly different schools of thought on the fundamentals of "body position."

Thereisthe "body-flat, keep-the hips-up" school currently the most popular throughout the worldespecially in the U.S.A; and there is the lesser-known "don't-worry-about-the-hips" school which has pockets of supporters here and there around the world- but mainly in Eastem Europe and the Soviet Union.

Forpurposesofdiscussion, andwith full knowledge of the slanted implications involved, I will arbitrarily label the body flat style "the formal style," and the don't-worry style "the natural style."
(From the Editor: The body-flat style is no longer in vogue. Rule changes now allow water to pass over the head in each stroke cycle.)

During most of my years in coaching it never occurred to me to doubt the absolute rightness of the body-flatpronouncementsofthenearbyU.S. coaching "authorities." Their preaching made sense. Their pontificationsseemed sological. Thatthetorso should beheldflatatthesurfacewasa fixedcomerstonein my mind all the while I was becoming more and more fascinated by the challenge of coaching the stroke.

In 1964, at the Tokyo Olympics, and again at the Mexico City Olympics in 1968, I sudied, filmed, and sketched nearly all of the outstanding breaststrokers. I haunted the training pools because, more than anything, I wanted to uncover clues on breaststroke technique thatmighthelp Canadian swimmers catch

up to the world in the stroke. I was especially anxious to learn whatitis was that the Soviets were doing that allowedthem tobesosingularlystrongin breaststroke. I hadreasoned thattheirconsistentdepth and strength in this onestrokemustbelinked to techniquebecause in the other strokes, their record, although by no means weak, was not remarkable: surely, I thought, theirknowedgeof conditioningandfitnessmust have been applied equally to swimmers in general, yet in one category- breaststroke- they excelled.

In Minsk I saw dozens of very fast and obviously experienced breaststrokers swimming as if they had never heard of lying flat or keeping the hips up, yet it took world-class times to make the finals.
(From the Editor: So strong was Soviet breaststroke domination atthe Olympics that their men won 10 medalsbetween 1956 and 1988, whiletheir women won 15 between 1964 and 1980 , with a sweepofthe top thre positions in the 200 breaststroke in 1976 and 1980.)

From a letter from Howard Firby, March30, 1969
... The day after Nikolai Pankin broke the 200 breaststroke world record (2:26.5, breaking the old mark of2:27.4), I askedfor and gota privateinterview (through an interpreter) with Pankin'scoach who isa jolly, five foot-by-five foot woman of about 50 .

Pankin trains only five times a week. He trains in a short-course pool for an hour or so a day atter his studies at"the institute." She has her choice of pools, longand short course, but preferstheshortpool except for the last two weeks before a major competition. He swam short course this time right up until coming to Minsk in order to work on his tums.

The philosophy of breaststroke is this: Teach techniqueand only techniqueuntil theswimmer can do a very fast 50 of the stroke (fast is 29 second for Pankin) then, and only then, does she introduce training. "Any reasonably well-built fellow can do a good 50 withoutconditioningifhistechniqueissound and totally learned." Interesting.

Shesaid thatbeforethe 1968 Olympicsshedidnot see Pankin for months while he was with the Soviet team training. She was horified with his technique when shedid seeitjust beforehelefffor Mexico. So the stuff we have on film from Mexico of the Rusians is not the true "new stroke" that is the rage in Europe.

I think I know how to teach the Russian stroke now. It is quite the reverse of anything I ever thought of. Totally different in its concept. I shot about 200 morefeet of the stroke while in Minsk. I a so dida few drawings. Brace yourself for a shattering, mindboggling experience. The stroke is that different.

Itiseasy to teach. In the three sessions I have had with my club swimmers since getting back I have converted about 40 of the kids, some with fantastic results. It is so bloody easy and so unthinkable that it is a little wonder we have been skirting all around it. And even my sore knee squad can do it painlessly.

From a letter from Howard Firby, April 8, 1969 Although thefilm I shotin Minsk isnotthat goodfrom a lighting point ofview, thebreaststrokesequencesare good. Anditismoreandmoreobviousthatwein North Americaareon thewrongtrack. Counsilman iswrong, soaremostoftheother "authorities" on thiscontinent. I would like to be able to look at the Mexico film, in order to be able to compare things, so could I have it back please. I think I will editall the breaststrokeinto one special reel. I need as much ammunition on the

strokeasI can getin order to sell the "new stroke" to the coaches in this country. I can'thelpfeelingthat, atlast, Canada has achanceofbecomingabreaststrokepower. And we can steal a march becauseitisnot likelythattheUSAwill repudiatethegreats in their country for several years. The great "authorities," that is.

This new stroke is so simple it can be taught in just a fewlessons and then it is learned, with very little stroke correction required ever afterwards. But it takes somebody who is convinced of its merit. And I am. Already I have converted my whole club and most of them have got it. Somehavefallen intoitnaturally, andare doingbestimes. Otherswho havenotbeen singularly successful in the stroke are now challenging the specialists. Even those who have had histories of sore knees say that it is so comfortable they can't feel any twinges. I guess you can tell that I am sold on the stroke.

## A description of the natural-style breaststroke

In "natural-style" breaststroke, there is no conscious efforton the part of theswimmerto eitherkeephiships high or to sink them low. (But those who want to shed themselves of the influence of a previous exposure to the formal style may have to work at arching their backs and sinking their hips at the right moments in the stroke.)

No special thoughtisgiven to the "position" of the torso.Theemphasisison themostefficient(andlegal) use of thearmsandlegs, the taking of thebreath atthe natural moment, and the shaping of the whole body, spearlike, for a streamlinedlungeforwardthrough the water as each full stroke cycle is completed. The hips arefreetoriseandfall in timewith theteeter-totter-like action of thetorso. Thereisa poise-and-lungerhythm to thetotal motion (somehavelikenedthistoa "snake striking"). The head moves hardly at all as an independentunit. Itremains poised on theneck, tilted slightly back, and rises and falls along with the shoulders- asiftheswimmerhassuffereda whiplash injury and wears a light-weight supportive brace to steady the position of the head relative to the body.

In Minsk, while interviewing Pankin's coach, I had my ten-inch plasticine manikin with meand got things started I explained, through our interpreter, howI hadalwaystaughtthe keeping of thehipshigh. I shaped my little man to illustrate this point. She smiled benignly (you poor fool) and took my little man and with her thick fingers pressed his hips down creating a straighter, but sloping alignment of his figure from the shoulders through to the knees.

And that is an important clue. Things are not al ways what they seem, especially in swimming.

passing behindorbelow. Ifthefoil shapeand pitch are right, considerable differences in pressure are created and the blade or wing is thrust or lifted forcefully toward the zone of lowresistance. Giantairplanes areliftedinto the air by the application of Bemoulli's Principle, and ships use propellers rather than paddle wheels to get the maximum from their available engine power, it having been long since determined that propellers are more efficient than paddle-wheels in delivering thrust.

So herewearewith feetpoorly shapedfor paddling- tryusing onebarefoot to paddle
Propeller fashioned out of two identical feet fused to a single ankle a canoe sometime to appreciate this- but which are well suited to obtaining great
(From theEditor:Toillustratetheexœeptional genius of Firby, herearehisobservation on thebreaststroke kick.)

Contrary to popular belief, the feet in good breaststroke do not drive the swimmer forward as a directresult of any paddle like pressing of the soles of the feet backward against the water.

Benjamin Franklin, by all accounts a good breaststroke swimmer and certainly one with a lot of curiosity, surmised as much some 200 years ago. He fashioned foot paddles, similar to the hand paddles in common use today as training aids, from the flat, round tops of small kegs and found them worse than useless for breaststroke; he got more thrust without them.

Andtoday, if wewouldbutthinkaboutit, theswim fins used by skin divers, offering as they do all those extra square inches of sole area, are useless to a swimmer who attempts the breaststroke kick while wearing them (ourbreaststroke kick isnotatall likea "frog kick").

The feet in good breaststroke are mainly effective as propelling surfaces because they function in the mannerofrotatingpropellerblades. Anystraight-back oar-likepushingtheydoisinsignificantin comparison.

Withoutrealizingit, thebetterbreaststrokershave all alongbeen taking advantageofthefactthata good part of the human foot forward of the ankle is shaped and contoured remarkably like an efficient propeller blade.

The thrust obtained by a propeller blade results from a phenomenon of fluid mechanics known as "Bemoulli'sPrinciple," which statesthatwhen a fluid passes over a surface the pressure of thefluid upon the surface is reduced proportionally to the speed of the fluid'stravel relativeto the surface. Thefasterthefluid travels, the greater the reduction in pressure.

The propeller blade and the airplane wing are designed to make use of this principle. Their crosssectional shape(foil) and theirangleto theirdirection (pitch) are such that the fluid forced over the front or top moves farther (and therefore faster) than the fluid
amountsofthrustwhen movedsoasto causethewater to flow rapidly over the instep crossways toward the little toe side of the foot.

Now, a propeller bladerotates on a shaft with one or more identical counterbalancing blades. Our feet, strictlyspeaking, arenotattached to rotatingshaftsthey can be rotated through an arc of only about one quarter of a circle; and that is what the successful breaststrokekick is all about. To prove this to my own satisfaction, I fashionedapropelleroutoftwoidentical feet fused to a single ankle. The feet were modelled accurately in regard to proportion and contours. The unique foot-bladed propeller was rigged to a simple boatshapeand wasdriven bya woundmodel-airplane flight rubber.

It worked on its firstrial. Thethrust generated by the rotating foot-blades was more than even I had supposed it would be; and subsequent tests using varying speeds or motation, revealed some significant aspects about foot-blading. The propeller was at its mostefficient when it turned at a moderaterate, i.e. at a rate which could be followed easily by the eye; apparently athigh r.p.m.stherelatively thick foil isso good at reducing pressure over the instep the water there literally tums to steam (a phenomenon known ascavitation) effectivelyspoiling thethrust-producing capabilities of the foil shape (one of the first experimenters with propeller-driven ships, circa 1800, had this problem until he used reduction gears to bringhispropellers down to a ratecompatiblewith the water).

From the Editor: The rest is history. By the late 1970s, Canadian breaststrokershad caught-up. In 1982, Victor Daviswon theWorld Championshipsin world-record time. In 1984, Anne Ottenbrite won the Olympic 200 breaststroke, and in 1988 Allison Higson brokethe 200 breaststrokeworld record (the lastlong course world mark by a Canadian). And today, HowardFirby iseither forgotten or unknown by most peopleinvolved in swimming. But, to their credit, a small group of people who do remember him aretrying to havehisclassicbookre published.

## PERFECTION THE GOAL, THORPE IN FULL FLIGHT

## Nick J. Thierry

The Mare Nostrum series has become a mustinclude for the elite of world swimming each year as performance levels improve each year.

Six number one world times were done during the four meet series. 28 different countries medalled with the Ukraine winning 17 times.

Particularly dominant was Alexander Popov (RUS) winningseven of eightracesin the 50 and 100 free, with the fastest time of the year in the 50 free in 21.91. He has five of the 10 fastest 50 free times this season.

Even stronger was Yana Klochkova (UKR) competing in all four cities with eigth wins, sweeping the 200-400 IMat three, losing the 200 IM in Monte Carlo, but addinga win in the 200 fly. Shehasfour of the 10 fastest 400 IM for the season.

Other world leading performances were done by Claudia Poll (CRC) who won the 200 free at all four competitions: 1:59.35, 1:59.35, 1:59.02, and 2:00.05, adding wins in the 400 free of $4: 11.88$ and $4: 08.91$.

Inge de Bruijn (NED) in only her second competiion after the Olympics won the 50-100 free (24.85 and 54.62) and 100 fly (58.78) in Canet.

Ian Thorpe(AUS) wasin nearworld record form. Competing in three meets, heeasilywon the 200-400 missinghisworld mark of 1:44.69 in the 200 in Canet with his 1:44.97 (ahead of the record pace at the 100 with 51.85 to 51.90 , buta slower third 50 costhim the record), but still the best single performanceoftheseriesworth 1019 points).
"Such a fast swim indicates even faster times ahead," coach Doug Frost said. "I wanted to swim fast here," Thrope added, "I'm in heavytraining phaseandwantedto see how fast I could swim under these conditions. I don't set any limits. My goal is perfection which results in better performances."

He now has eigth of the 10 fastest ever 200 freestyle times with Olympic champion Pieter van den Hoogenband the other two.

Forthosecompeting in all four meetsan award based on the world performance points in the same event was won by Denis Sylantev Martina Moravcova (SVK) and Alexander Popov (RUS) in Barcelona


Ian Thorpe (AUS)
Marco Chiesa
(UKR) forhisfourwinsin the 200 fly 1:57.17, 1:56.49, 1:56.00, and 1:57.01, worth respectively 983, 991, 997, 984, for a total of 3955. Claudia Poll (CRC) in second with 3931 for her four wins in the 200 free, edging Popov who had 3930 for his four wins in the 50 free.

Thefourcompetitionsstill don'thavea common format: In Barcelona 32 events were contested, in Canetand Romeonly 26, andin MonteCarlo 30 with the stroke 50s having four rounds (prelims, quarter-
finals, semi-finals, andafinal amongsttheremaining two), but no distance free events.

Canadianswon 19medals(2-5-12) overthefour competitions.

Brian Johns (RAPID) won the 200 IMtwice with 2:03.21 in Canet, and 2:03.11 in MonteCarlo, adding a second in Rome in 2:03.68.
"I'm pretty surprised to go this fast at this point in the year," said Johns. "Over the last couple of monthsI'vebeen working hard on thebreaststroketo bring itup to a pretty respectable international level. I came here hoping to get a sense of the field in my events for the world championships (next month in Japan) and I feel now thatI can reach the final (topeight) there."

CurtisMyden (UCSA) wassecondin the 400 IM in Canetwith 4:22.60,fourth in the 200IMin 2:04.68.In Rome he missed the finals in the 200 IM and in his final appearance in Monte Carlo he was third in the 400 IM in 4:24.12.
"It's greatto finish on thepodium," said Myden, an IM Olympic bronze medallistin 1996-2000. "I'd been feeling tired at these meets because of all the travelling. I'm excited about my progress for the worlds. I'vehada differenttraining program thisyear so it'll be interesting to see how it turns out."

Myden qualified in the 200 IM for the World Championships last March.

In CanetAudreyLacroix (CAMO) wasthirdin the 200 fly 2:13.25, and second in Rome with 2:13.11, adding the 15-17 NAG record for the 100 fly with $1: 00.86$.

Marianne Limpert (PDSA) raced Olympic champion Yana Klochkova three times in her main event the 200 IM. Limpert wassecondin Canetwith 2:17.86, third in Rome with 2:18.53 and thirdin MonteCarlo with 2:16.93.

Morgan Knabe (UCSA) placed third in the 100 breast in Canet with 1:02.92, and Monte Carlo with 1:02.53. In Rome he was fourth with 1:02.26 in a field thatincludedOlympicchampion Domenico Fioravanti (ITA) winning in 1:02.11.

## 2001 MARENOSTRUM RESULTS

## BARC <br> <br> MEN

 <br> <br> MEN}
## 50 METRES FREESTYLE

22.34 Alexander Popov,71,RUS
2) 22.62 Bartosz Kizierowski,77,PO
3) 23.20 Nicholas Folker,76,RSA

100 METRES FREESTYLE

1) 49.74 Alexander Popov,71,RUS
50.74 BartoszKizierowski,77,PO
50.74 AttilaZubor,75,HUN

200 METRES FREESTYLE

1) $1: 49.82$ AttilaZubor, 75, HUN
2) $1: 51.46$ Olaf Wildeboer, 83, ESP
3) $1: 51.84$ Jorge Ulibarii,75,ESP

400 METRES FREESTYLE

1) $3: 57.30$ Olaf Wildeboer, $83, E S P$
2) $3: 57.91$ Jonathan Duncan, 82, NZL
3) $3: 58.11$ Takashi Matsuda,84,JPN

1500 METRES FREESTYLE

1) $15: 36.71$ Takashi Matsuda,84,JPN 2) 15:45.69 Koji Azuma,84,JPN 3) $15: 49.55$ Jonathan Duncan,82,NZL 50 METRES BACKSTROKE
2) 26.32 Peter Horvath, $74, \mathrm{HUN}$
26.35 Rodolfo Falcon,72,CUB
26.62 Markus Rogan,82,AUT

100 METRES BACKSTROKE

1) 56.02 Markus Rogan,82,AUT
2) 56.84 Marko Strahija,75,CRO 57.04 Toshifumi Takeuchi,83,JPN 200 METRES BACKSTROKE
3) $1: 59.85$ Markus Rogan,82,AUT
4) $2: 01.61$ Peter Horvath, 74, HUN
5) 2:01.95 Takahashi Nakano,83,JPN

50 METRES BREASTSTROKE
28.58 Oleg Lisogor,79,UKR
28.82 Patrik Isaksson,73,SWE 3) 29.16 Jarno Pihlava,78,FIN

100 METRES BREASTSTROKE

1) $1: 02.17$ Oleg Lisogor, 79, UKR
2) $1: 04.14$ Jarno Pihlava, $78, \mathrm{FIN}$ 3) $1: 04.39$ Chad Thomsen, $83, \mathrm{CAN}$ 200 METRES BREASTSTROKE
3) $2: 17.21$ Taiki Kawagoe,84,JPN 2) $2: 18.10$ Yuki Sato, 86 ,JPN 3) $2: 18.84$ Michel Boulianne,78,CAN 50 METRES BUTTERFLY
24.21 Jere Hard, 78, FIN 24.30 Lars Frolander,74,SWE 24.88 Jorge Ulibarri,75,ESP

100 METRES BUTTERFLY

1) 53.28 Denis Sylantyev,76,UKR
2) 53.53 Lars Frolander,74,SWE
3) 54.72 Daniel Morales, $77, \mathrm{ESP}$

200 METRES BUTTERFLY

1) $1: 57.17$ Denis Sylantyev, 76, UKR
2) $2: 01.07$ Jordi Pau,80,ESP
3) $2: 03.04$ Hidemasa Sano,82,JPN

200 METRES IND.MEDLEY

1) $2: 04.59$ Dean Kent,79,NZL
2) $2: 05.36$ Peter Horvath, $74, \mathrm{HUN}$
3) $2: 06.43$ Brenton Cabello,81,ESP

400 METRES IND.MEDLEY

1) $4: 24.20$ Dean Kent,79,NZL
2) $4: 24.80$ Michael Halika,78,ISR
3) $4: 28.64$ Baptiste Levaillant, 80, FRA

## WOMEN

## 50 METRES FREESTYLE

1) 25.91 Martina Moravcova,76,SVK
2) 26.09 Vivienne Rignall, 73, NZL
3) 26.20 Judith Draxler, 70, AUT

100 METRES FREESTYLE

1) 56.42 Martina Moravcova, 76, SVK
57.38 CristinaChiuso,73,ITA
57.38 Mia Muusfeldt,79,DEN

200 METRES FREESTYLE

1) $1: 59.38$ Claudia Poll,72,CRC
2) $2: 00.03$ Eka Graham, 81, AUS
3) $2: 01.02$ Mette Jacobsen, $73, \mathrm{DEN}$

400 METRES FREESTYLE

1) $4: 11.88$ Claudia Poll,72,CRC
2) $4: 13.86$ 日ka Graham, 81, AUS
3) $4: 16.86$ Laura Roca,80,ESP

800 METRES FREESTYLE

1) $8: 45.98$ Jana Pechanova, 81, CZE
2) $8: 51.00$ Shiho Yoshimura,82,JPN
3) 8:51.67 Fabiana Susini, 81 ,ITA

50 METRES BACKSTROKE
29.29 NinaZhivanevskaya,77,ESP
2) 29.59 Yuanqing $\mathrm{Li}, 81, \mathrm{CHN}$
3) 29.94 Michelle Lischinsky,74,CAN 100 METRES BACKSTROKE

1) $1: 01.92$ NinaZhivanevskaya,77,ESP 2) $1: 03.14$ RoxanaMaracineanu,75,FRA 3) $1: 03.58$ Michelle Lischinsky,74,CAN 200 METRES BACKSTROKE
2) $2: 13.58$ NinaZhivanevskaya,77,ESP 2) $2: 14.09$ Clementine Stoney, 82, AUS 3) $2: 15.00$ Toshie Abe,83,JPN 50 METRES BREASTSTROKE
32.10 Sarah Poewe,83,RSA
32.82 Rhiannon Leier,76,CAN
32.98 Majken Thorup,79, DEN

100 MEIRES BREASTSTROKE

1) $1: 09.14$ Sarah Poewe,83,RSA
2) 1:09.26 Amanda Beard,81,USA 3) $1: 10.31$ Nan Luo, $80, \mathrm{CHN}$ 200 METRES BREASTSTROKE
3) $2: 26.86$ Nan Luo, $80, \mathrm{CHN}$
4) $2: 28.29$ Amanda Beard, 81, USA 3) $2: 29.25$ Sarah Poewe,83,RSA 50 METRES BUTTERFLY
27.15 Martina Moravcova,76,SVK
27.50 Judith Draxler,70,AUT
27.51 Julia Ham,79,AUS

100 METRES BUTTERFLY
59.20 Martina Moravcova,76,SVK 1:00.70 Mireia Garcia,81,ESP 3) 1:01.12 Lara Davenport,83,AUS 200 METRES BUTTERFLY

1) $2: 10.71$ Mireia Garcia,81,ESP 2) $2: 10.89$ Mette Jacobsen, 73, DEN 3) $2: 12.97$ Sophia Skou,73,DEN 200 METRES IND.MEDLEY
2) $2: 15.65$ YanaKlochkova,82,UKR
3) $2: 16.99$ Julie Hjorth-Hansen,84,DEN 3) $2: 17.64$ Shuang Liang, $83, \mathrm{CHN}$ 400 METRES IND.MEDLEY
4) $4: 41.82$ Yana Klochkova,82,UKR
5) $4: 47.20$ Hana Cerna-Netrefova,74,CZE
6) $4: 47.32$ Shuang Liang,83,CHN

## CANET, June 5-6 <br> MEN

50 METRES FREESTYLE

1) 22.18 Alexander Popov, 71, RUS
2) 22.96 Salim Iles,75,ALG
3) 23.12 Ryk Neethling,77,RSA 100 METRES FREESTYLE
) 49.75 Alexander Popov,71,RUS
50.26 Salim Iles,75,ALG
50.49 Todd Pearson,77,AUS 200 METRES FREESTYLE
4) $1: 44.97$ lan Thorpe,82,AUS
5) $1: 49.64$ William Kirby,75,AUS 3) 1:49.70 Antony Matkovich,77,AUS 400 METRES FREESTYLE
6) $3: 51.47$ lan Thorpe,82,AUS
7) $3: 55.54$ Nicolas Rostoucher, 81, FRA 3) $3: 56.70$ Alexei Filipets,78,RUS 1500 METRES FREESTYLE
8) 15:19.40 Nicolas Rostoucher,81,FRA 2) 15:19.71 Alexei Filipets,78,RUS
9) $15: 38.85$ Takashi Matsuda,84,JPN 3) 100 MEIRES BACKSTROKE
55.67 Gordan Kozulj,76,CRO
57.13 Raymond Hass,77,AUS
10) 57.43 Vladislav Aminov, 77, RUS

200 METRES BACKSTROKE

1) $1: 59.26$ Gordan Kozulj,76,CRO
2) 2:01.71 Raymond Hass,77,AUS
3) 2:03.81 Marko Strahija,75,CRO 100 METRES BREASTSTROKE
4) $1: 02.52$ Oleg Lisogor, 79, UKR 2) $1: 02.70$ Dimitri Komornikov,81,RUS 3) $1: 02.92$ Morgan Knabe,81,CAN

200 METRES BREASTSTROKE

1) $2: 12.40 \mathrm{Jim}$ Piper, 81, AUS
2) $2: 12.63$ Dimitri Komornikov,81,RUS 3) $2: 14.37$ Yohan Bernard,74,FRA 100 METRES BUTTERFLY
52.61 Lars Frolander, 74, SWE
53.25 Denis Sylantyev,76,UKR
53.45 Vladislav Kulikov,71,RUS 200 METRES BUTTERFLY
3) $1: 56.49$ Denis Sylantyev, 76, UKR
4) $1: 59.59$ Anatoli Poliakov, 80, RUS
5) $1: 59.62$ William Kirby,75,AUS

200 METRES IND.MEDLEY

1) $2: 03.21$ Brian Johns, 82, CAN
2) $2: 003.57$ Grant McGregor, 78, AUS 3) 2:03.69 Robert Van Der Zant,75,AUS 400 METRES INDMEDLEY
3) $4: 22.44$ Grant McGregor,78,AUS
4) $4: 22.60$ Curtis Myden,73,CAN
5) $4: 23.61$ Michael Halika, 78, ISR

## WOMEN

50 METRES FREESTYLE
24.85 Inge de Bruijn,73,NED
25.96 Martina Moravcova,76,SVK
26.13 Vivienne Rignall,73,NZL

100 METRES FREESTYLE

1) 54.62 Inge de Bruijn,73,NED
2) 55.77 Martina Moravcova,76,SVK
3) 57.03 Marianne Limpert, $72, \mathrm{CAN}$

200 METRES FREESTYLE

1) $1: 59.35$ Claudia Poll,72,CRC
2) $2: 00.46$ Mette Jacobsen, $73, \mathrm{DEN}$ 3) $2: 02.75$ Eka Graham, 81, AUS 400 METRES FREESTYLE
3) $4: 08.91$ Claudia Poll,72,CRC
4) $4: 09.22$ Irina Oufimtseva, 85, RUS
5) $4: 16.18$ Nadezhda Chemezova,80,RUS 800 METRES FREESTYLE
6) $8: 35.95$ Irina Oufimtseva, 85, RUS
7) $8: 54.30$ Shiho Yoshimura, $82, \mathrm{JPN}$
8) $8: 58.36$ Marion Perrotin, 83, FRA

100 METRES BACKSTROKE

1) $1: 02.05$ NinaZhivanevskaya,77,ESP
2) $1: 02.48$ Yuanging Li,81,CHN
3) $1: 02.92$ Roxana Maracineanu, 75, FRA

200 METRES BACKSTROKE

1) $2: 13.48$ Clementine Stoney, 82, AUS
2) $2: 13.95$ NinaZhivanevskaya,77,ESP 3) $2: 15.85$ Toshie Abe,83,JPN 100 METRES BREASTSTROKE
3) $1: 08.80$ Sarah Poewe,83,RSA
4) $1: 08.95$ Amanda Beard, 81, USA
5) $1: 10.85$ Nan Luo,80,CHN

200 METRES BREASTSTROKE

1) 2:27.73 Amanda Beard,81,USA
2) $2: 28.88$ Sarah Poewe, 83, RSA
3) $2: 29.53 \mathrm{Nan} \mathrm{Luo}, 80, \mathrm{CHN}$

100 METRES BUTTERFLY

1) 58.78 Inge de Bruijn,73,NED 2) 58.80 Martina Moravcova,76,SVK 3) $1: 00.82$ Irina Bespalova, 81, RUS 200 METRES BUTTERFLY
2) $2: 11.06$ Mette Jacobsen, 73, DEN
3) $2: 12.03$ Sophia Skou,73,DEN
4) $2: 13.25$ Audrey Lacroix, $83, C A N$ 200 METRES IND.MEDLEY
5) $2: 14.75$ Yana Klochkova,82,UKR
6) $2: 17.86$ Marianne Limpert,72,CAN
7) 2:18.28 Shuang Liang,83,CHN

400 METRES IND.MEDLEY

1) $4: 41.04$ Yana Klochkova,82,UKR
2) $4: 53.73$ Shuang Liang, $83, \mathrm{CHN}$
3) $4: 57.72$ Carrie Burgoyne, $81, \mathrm{CAN}$

## ROME, June 9-10

MEN
50 METRES FREESTYLE

1) 22.11 Alexander Popov,71,RUS
2) 23.03 Ryk Neethling,77,RSA
3) 23.32 Leonid Khokhlov, 80 ,RUS

100 METRES FREESTYLE

1) 49.49 Alexander Popov,71,RUS
2) 49.78 Lars Frolander,74,SWE
3) 49.85 lan Thorpe,82,AUS

200 METRES FREESTYLE

1) 1:47.86 lan Thorpe,82,AUS
2) $1: 49.88$ William Kirby,75,AUS
3) $1: 50.81$ Jacob Carstensen, $78, \mathrm{DEN}$

400 METRES FREESTYLE

1) $3: 44.71$ lan Thorpe, 82 ,AUS
2) $3: 47.32$ Massi Rosolino,78,ITA
3) $3: 50.08$ Emiliano Brembilla,78,ITA

1500 METRES FREESTYLE

1) $15: 15.13$ Alexei Filipets, 78 ,RUS
2) $15: 29.24$ Takashi Matsuda,84,JPN 3) $15: 35.85$ Fabio Venturini, 77, ITA 100 METRES BACKSTROKE
3) 55.52 Lenny Krayzelburg,75,USA
$\begin{array}{ll}\text { 2) } & 55.90 \\ \text { 3) } & \text { Markus Rogan,82,AUT } \\ \text { 57.08 } & \text { Raymond Hass,77,AUS }\end{array}$
4) 57.08 Raymond Hass,77,AUS

200 METRES BACKSTROKE

1) $2: 01.21$ Markus Rogan, 82, AUT
2) $2: 01.49$ Emanuele Merisi, 72, ITA
3) 2:01.92 Takahashi Nakano,83,JPN

100 METRES BREASTSTROKE

1) $1: 02.11$ Domenico Fioravanti,77,ITA
2) $1: 02.17$ Oleg Lisogor,79,UKR
3) $1: 02.21$ Patrick Schmollinger, 73, AUT

200 METRES BREASTSTROKE

1) $2: 12.42 \mathrm{Jim}$ Piper, 81, AUS
2) $2: 15.64$ Domenico Fioravanti, 77, ITA
3) $2: 16.12$ Michele Vancini,81,ITA 100 METRES BUTTERFLY
4) 52.82 Lars Frolander, 74, SWE
5) 52.92 Denis Sylantyev, 76, UKR
6) 53.66 Jere Hard, $78, \mathrm{FIN}$

200 METRES BUTTERFLY

1) $1: 56.00$ Denis Sylantyev, 76, UKR
2) $1: 59.82$ Anatoli Poliakov,80,RUS
3) $2: 00.01$ Alessio Boggiatto,81,ITA

200 METRES IND.MEDLEY

1) $2: 03.42$ Massi Rosolino,78,ITA
2) $2: 03.68$ Brian Johns,82,CAN
3) $2: 04.52$ Davide Cassol, 80, ITA

400 METRES IND.MEDLEY

1) $4: 18.62$ Alessio Boggiatto, 81, ITA 2) $4: 23.20$ Grant McGregor,78,AUS 3) $4: 24.89$ Dean Kent,79,NZL

## WOMEN

50 METRES FREESTYLE

1) 25.86 Vivienne Rignall, $73, \mathrm{NZL}$
2) 26.08 Cristina Chiuso,73,ITA 100 METRES FREESTYLE
) 56.30 Eka Graham,81,AUS 56.47 Luisa Striani,78,ITA 3) 57.14 Cristina Chiuso, 73 ,ITA 200 METRES FREESTYLE
3) $1: 59.02$ Claudia Poll,72,CRC
4) $2: 00.72$ Nadezhda Chemezova,80,RUS
5) $2: 00.82$ Eka Graham, 81, AUS

400 METRES FREESTYLE

1) $4: 09.92$ Irina Oufimtseva,85,RUS
2) $4: 10.40$ Claudia Poll,72,CRC
3) $4: 12.88$ 日ka Graham, 81, AUS

800 METRES FREESTYLE

1) $8: 37.76$ Irina Oufimtseva,85,RUS
2) $8: 48.46$ Marianna Lyberta, 79, GRE 3) $8: 52.01$ Shiho Yoshimura,82,JPN 100 METRES BACKSTROKE
3) 1:02.03 NinaZhivanevskaya,77,ESP
4) $1: 02.92$ Yuanqing Li,81,CHN
5) $1: 03.60$ Stanislava Komarova, 86, RUS

200 METRES BACKSTROKE

1) $2: 13.31$ Clementine Stoney,82,AUS
2) $2: 14.84$ Toshie Abe,83,JPN
3) $2: 15.07$ Stanislava Komarova, 86, RUS

100 METRES BREASTSTROKE

1) $1: 08.81$ Sarah Poewe, 83, RSA
2) $1: 09.61$ Amanda Beard, 81, USA 3) $1: 10.69 \mathrm{Nan} \mathrm{Luo,80,CHN}$

200 METRES BREASTSTROKE

1) $2: 27.22$ Amanda Beard, 81, USA
2) $2: 28.01$ Nan Luo,80,CHN
3) $2: 29.40$ Sarah Poewe,83,RSA

100 METRES BUTTERFLY

1) $1: 00.33$ Ekaterina Vinogradova,80,RUS
2) $1: 00.55$ Irina Bespalova,81,RUS
3) $1: 00.84$ Sophia Skou, $73, \mathrm{DEN}$

200 METRES BUTTERFLY

1) $2: 11.81$ Ekaterina Vinogradova,80,RUS 2) $2: 13.11$ Audrey Lacroix, $83, \mathrm{CAN}$ 3) $2: 13.57$ Sophia Skou,73,DEN 200 METRES IND.MEDLEY
2) $2: 14.38$ YanaKlochkova,82,UKR 2) $2: 15.32$ Shuang Liang, $83, \mathrm{CHN}$ 3) $2: 18.53$ Marianne Limpert,72,CAN 400 MEIRES IND.MEDLEY
3) $4: 41.10$ YanaKlochkova,82,UKR
4) $4: 49.77$ Federica Biscia,80,ITA
5) $4: 53.86$ Paola Cavallino,77,ITA

## MONTE CARLO, Jun 12-13

MEN
50 METRES FREESTYLE

1) 21.91 Alexander Popov,71,RUS
2) 22.68 Salim Iles,75,ALG

100 METRES FREESTYLE

1) 49.51 Lars Frolander, 74 ,SWE
2) 49.53 Alexander Popov, 71, RUS
3) 50.05 Salim lles,75,ALG

200 METRES FREESTYLE

1) $1: 45.75$ lan Thorpe,82,AUS
2) $1: 49.10$ William Kirby, 75, AUS
3) $1: 50.19$ Kvetoslav Svoboda,82,CZE

## 400 METRES FREESTYLE

1) $3: 41.71$ lan Thorpe,82,AUS
2) $3: 57.28$ Kvetoslav Svoboda,82,CZE 3) $3: 58.61$ Jonathan Duncan,82,NZL 50 METRES BACKSTROKE
50 METRES BACKSTROKE
3) 25.74 Lenny Krayzelburg,75,USA
4) 26.17 Gerhard Zandberg, $83, \mathrm{RSA}$
5) 55.51 Gordan Kozulj, $76, \mathrm{CR}$
55.71 Lenny Krayzelburg,75,USA
56.94 Toshifumi Takeuchi, 83.JPN

200 METRES BACKSTROKE

1) $2: 01.68$ Raymond Hass, 77, AUS
2) $2: 01.71$ Gordan Kozulj,76,CRO
3) $2: 01.78$ Takahashi Nakano,83,JPN 50 METRES BREASTSTROKE
4) 27.92 Oleg Lisogor,79,UKR
5) 28.27 Daniel Malek,73,CZE

100 METRES BREASTSTROKE

## 400 METRES FREESTYLE

Rec: 4:28.48 Shauna Collins, ROD,90 4:41.17 HYACKMAY Natalie Chan,12,PDSA 4.51.80 HYACKMAY Lauren Lavigna, 12,GATOR 4:54.52 ISAPR Stephanie Pollard, 12,IS $\begin{array}{ll}\text { 5:00.04 } \\ \text { 5:01.01 } & \text { ESWIMJUNN Kaleigh McKinnon, 11,TORCH }\end{array}$ 5:01.63 NSSRJUN Hannah Vaughan,12,EAST 5:01.95 CDSCAPR August Griffin,12,PDSA 5:02.13 ESWIMJUN Lorraine Whiting, 12,MSSAC 5:02.47 EKIAPR Katerina Symes, 12,EKSC 5:02.82 HYACKMAY Jennifer Self,12,PDSA 5:02.85 HYACKMAY Mackenzie Jones, 12,UCSC 5:02.91 ESWIMJUN Ariane Nadeau, 12,REG 5:03.49 ESWIMJUN Lindsay Charles,12,ESWIM 5:03.53 ESWIMJUN Katie McIntosh,12,MAC 5:04.26 PQIMAY Kelly Hodgson,12,PCSC 5:05.00 CASCJUN Rebecca Sayles,12,CASC 5:05.65 HYACKMAY Sheena Gross,12,EKSC 5:06.13 ESWIMJUN Christina Malinas, 12,NYAC 5:06.47 ESWIMJUN Alexa Komarnycky,11,ESWIM 5:06.84 CNOAPR Sarah Phee, 12,GO 5:06.94 EKIAPR Mary Alice Ennis, 12,ROD 5:07.31 LACMAY Maggie Young,12,WAC
5:07.55 QUEBMAY Edith Acevedo,12,CNMN 5:07.95 PQIMAY Vanessa Taillefer,11,DDO 50 METRES FREESTYLE
Rec: 27.16 Shauna Collins,ROD,90
28.34 NSSRJUN Brooke Buckland,12,WTSC
28.83 OYOMAR
28.98 TORLCJAN Whitney Rich 12 ISS 29.08 CNOAPR Sarah Phee,12,GO 29.19 CASCJUN Jessi Wardale,12,CASC
29.22 AACAPR Nadine McAdam 12TSC 29.26 HYACKMAY Natalie Chan,12,PDSA 29.49 MSSACMAY Rachael Kloosterman, 12,WD 29.50 PQIMAY Elianne de Larochellier $12, \mathrm{UL}$ 29.55 PPOMAY Carolyn Delkus, 12,BTSC POIMAY Kim Nouyen 12, DDO PQMAY Kim Nguyen, 12,DDO AACAPR Miriam Kim,11,TSC PGBAPR Laura Woodman,12,PN CASCJUN Rebecca Sayles,12,CAS 29.95 CASCJUN Rebecca Sayles,12,CASC 29.98 EKSCMAR Katerina Symes, 12, EKSC 29.98 HYACKMAY Mackenzie Jones, 12,UCSC 30.01 DAVISMAR Rachel Shallhorn, 12,OSHAC 30.07 ULJUN Myriam Plante,11,UL 30.12 MMAPR Jennifer Klein, 12,MANT 30.14 HTACAPR Hannah Vaughan, 12, EAST 30.14 HYACKMAY Kristie Carter,12,UCSC 30.20 HYACKMAY Lucia Zamecnik,12,WLBF 30.24 CASCJUN Kristin Pomerleau,11,DE日 100 METRES FREESTYLE

## Rec: 5804 Shauna Collins,ROD, 90

1:01.49 NSSRJUN Brooke Buckland, 12,WTSC
:02.83 EKIAPR Natalie Chan,12,PDSA
1:03.12 EKIAPR Katerina Symes,12,EKSC
$\begin{array}{ll}\text { 1:03.28 } & \text { ODIVIAPR Seanna Mitchell,12,NKB } \\ \text { 1:03.92 } & \text { CASCJUN Jessi Wardale,12,CASC }\end{array}$
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, ISC
1:05.23 AACAPR Miriam Kim,11,TSC
1:05.47 MMAPR Hailee Traa, 12,MANTA
$1: 05.48$
DAVISMAR Rachel Shall horn,12,OSHAC
$\begin{array}{ll}\text { 1:05.48 } & \text { DAVISMAR Rachel Shal horn,12,0S } \\ \text { 1:05.53 PQIMAY Myriam Plante,11,UL }\end{array}$
1:05.70 ODIV3APR Aaryn Fraser,12,MMST
$\begin{array}{ll}\text { 1:05.70 } & \text { CASCJUN Kristie Carter,12,UCSC } \\ \text { 1:05.77 }\end{array}$
1:05.96 POIMAY Kim Nguyen 12,DDO
1:06.05 MSSACMAY Lorraine Whiting,12,MSSAC
1:06.19 ESWIMJUN Fay Yachetti,12,HWAC
1:06.25 ODIV3APR Heather Gosling,12,CYC
1:06.35 ESWIMJUN Carolyn Delkus,,12,BTSC
1:06.41 AACAPR Jessica Bredschneider 12 COBR
1:06.18 PPOMAY Jessica Bredschneider, 12, COBRA
1:06.48 PPOMAY Emilie Ladouceur-G.,12,CAMO

## Rec: 2:03.72 Shauna Collins POD

2:14.12 EKIAPR Natalie Chan,12,PDSA
2:16.70 NSSRJUN Brooke Buckland,12,WTSC
2.19.11 MSSACMAY Rachael KIoosterman 12 WD

2:19.11 MSSACMAY Rachael Kloosterman, 12,WD
2:20.17 CASCJUN Mackenzie Jones, 12,UCSC
2:21.17 HYACKMAY Stephanie Pollard,12,IS
2:21.21 CDSCAPR Lauren Lavigna, 12,GATOR
2:21.32 ODIV1APR Seanna Mitchell,12,NKB
2:21.36 HYACKMAY Jennifer Self,12,PDSA
2:21.38 MSSACMAY Nadine McAdam,12,TSC
2:21.38 MSSACMAY Nadine McAdam,12,TSC
2:21.49 MMAPR Hailee Traa, 12,MANT
2:21.70 ROWMAY Zara Laing, 12,ROW
2:21.70 ROWMAY Zara Laing, 12,ROW
2:21.78
ESWIMJUN Lorraine Whiting,12,MSSAC
2:21.97 ODIV1APR Maggie Young, 12, WAC
2:22.08 ESWIMJUN Fay Yachetti,12,HWAC
$\begin{array}{ll}\text { 2:22.44 } & \text { PQIIAPR Stephanie Horner, 12,BBF } \\ \text { 2:23.62 } & \text { CASCJUN Rebecca Sayles, } 12 \text { CASC }\end{array}$
$\begin{array}{ll}\text { 2:23.62 } & \text { CASCJUN Rebecca Sayles,12,CASC } \\ \text { 2:23.93 } & \text { POIMAY Ariano Nadeau 12, REG }\end{array}$
2:23.93 PQIMAY Ariane Nadeau, 12,REG
2.24
2:24.05 CDSCAPR August Griffin,12,PDSA
2:24.08 AACAPR Sacha Lambert,12TSC
2:24.08 AACAPR Sacha Lambert, 12,TSC
2:24.49 ODIV1APR Sarah Phee,12,GO
$\begin{array}{ll}\text { 2:24.49 } & \text { ODIV1APR Sarah Phee, 12,GO } \\ \text { 2:24.74 } & \text { PPOMAY Courtney Kehoe, 12,PERTH }\end{array}$
2:24.91 CASCJUN Kristie Carter, 12,UCSC
$\begin{array}{ll}\text { 2:25.09 } & \text { EKSCMAR Kelsey Jenkins,11,FMSC } \\ \text { 2:25.21 } & \text { AACAPR Jessica Bredschneider } 12, C O\end{array}$
2:25.21 AACAPR Jessica Bredschneider,12,COBRA

100 METRES BREASTSTROKE

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 1:22.54 CDSCAPR Natalie Chan, 12,PDSA 1:22.54 NEORJUN Sarah Turgeon,12,SSMAC 1:23.11 ODIV1APR Vicki Curtis,12,GMAC 1:23.40 ODIV1APR Sacha Lambert,12,TSC $\begin{array}{ll}\text { 1:23.45 } & \text { RODJUN Lisa Kenke,12,GOLD } \\ \text { 1:23.61 } & \text { AACAPR Nadine McAdam,12,TS }\end{array}$ 1:23.68 PPOMAY Anne-M Vachon,12,CNCC 1:23.69 UCSAJAN Lauren Walker,12,OSC 1:23.75 CASCJUN Donna MacLeod,12,EKSC 1:24.10 HYACKMAY Tara Hahto,11,CASC 1:24.80 MSSACMAY Andrea Holek,12,WD 1:24.91 HYACKMAY Jessica Crepjnak, 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 1:25.35 MSSACMAY Caitlin Nolan,12,CHAMP

## METRES BREASTSTROKE

2:46.58 TORLCJAN Whitney Rich, 12,ISS 2:49.04 NBLCMAY Morgan Kierstead, 12,AQUA 2:51.44 PQIIIMAY Genevieve Crevier,12,CNHR $2: 51.89$ PQillimAY Claudia Bonsant, 12,EXCE
2.52 .09 EKIAPR Hanna Pierse 12 EKSC 2:53.70 ESWIMJUUN Rachel Chan, 12,MSSAC 2:54.53 CDSCAPR Natalie Chan,12,PDSA 2:56.77 HYACKMAY Donna MacLeod,12,EKSC 2:57.73 PQIMAY Alicia Neasmith 12,PCSC $\begin{array}{ll}\text { 2:57.73 } & \text { PQIMAY Alicia Neasmith,12,PCSC } \\ \text { 2:58.20 } & \text { RODJUN Lisa Kenke, 12,GOLD }\end{array}$ 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 3:00.32 ESWIMJUN Christine Hui, 12,RHAC 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 ODIVIAPR Nadine McAdam, 12,TSC $\begin{array}{ll}\text { 3:02.17 } & \text { RAPIDAPR Annika Schmuck, 12,PSW } \\ \text { 3:02.37 } & \text { POIIIMAY Marie-P Ouellet 11, CNDR }\end{array}$ 3:02.39 NSSRJUN Hannah Vaughan 12 FAST 3:02.73 LEDUCMAY Brittany Achtymichuk, 12,STSC 00 METRES BUTTERFLY
Rec: 1:05.51 Shauna Collins,ROD,90
1:10.27 CASCJUN Andrea Kells,12,RDCSC
1:11.60 ONSRJUN Rachael Kloosterman,12,WD
1:12.12 CDSCAPR Natalie Chan,12,PDSA
1:12.56 ESWIMJUN Kadeigh McKinnon,11,TORCH
1:12.90 CASCJUN Mackenzie Jones,12,UCSC
$1: 13.89$ HYACKMAY Lauren Lavigna, 12, GATOR
1:13.89 HYACKMAY Lauren Lavigna, 12,GATOR
1:14.23 RODJUN Erika Brown, 12,ROD $\begin{array}{ll}\text { 1:14.23 } & \text { RODJUN Erika Brown,12,ROD } \\ \text { 1:14.28 } & \text { RODJUN Courtney Kapustianyk, 12,GOLD }\end{array}$ 1:14.54 CAMOMAR Marie-P. Bleau,12,CNHR 1.14.80 LACMAY Dana Serwotka, 12, CYP 1.14.91 ODIV2APR Courtne King, 12, ,VAC 1.14.93 OYOMAR Coitlin Reilly, 12 , 12,PERTH 1.15.03 GMACMAY Aaryn Fraser 12MMST 1.15.10 GMACMAJAN Garyn Fraser, 12,MMS 1.15 .24 HYACKMAY Donna Macleod, 12,EKSC 1:15.24 HYACKMAY DonnaMaCLeod,12,EKSC 1:15.32 ISAPR Stephanie Pollard,12,IS
$1: 15.32$ EKIAPR Amy Findlay, 11 KSC 1:15.32 EKIAPR Amy Findlay,11,KSC
$1: 15.53$ NSSRJUN Danielle Weir,11,WTSC 1:15.56 ROWMAY Zara Laing, 12, ROW 1:15.82 ESWIMJUN Jennifer Cao, 12,YORK 1:16.01 ODIV3APR Sara Gardhouse, 12,MUSAC

## O METRES BUTTERFL

2:36.17 CDSCAPR Ne,CNMN,77
2:36.17 CDSCAPR Natalie Chan, 12,PDSA 2:36.63 CDSCAPR Lauren Lavigna, 12,GATOR 2:38.71 ESWIMJUN Kaleigh McKinnon,11,TORCH
2:39.68 RAPIDJAN Kathryn Johnson, 12, PDSA 2:39.68 RAPIDJAN Kathryn Johnson,12,PDSA
2:40.70 HYACKMAY Andrea Kells,12,RDCSC 2:40.70 HYACKMAY Andrea Kells,12,RDCSC 2:40.81 MSSACMAY Rachael Kloosterman, 12,WD 2:42.49 HTACAPR Hannah Vaughan, 12,EAST $\begin{array}{ll}\text { 2:42.51 } & \text { AACAPR Carol Kong,11,TORCH } \\ \text { 2:42.72 } & \text { LUSCMAY Kailee MacKinnon,12,HWAC }\end{array}$ 2:42.72 LUSCMAY Kailee MacKinnon, 12,HWAC 2:44.28 EKIAPR Courtney Kapustianyk, 12,GOLD
$2: 45.35$ ODIV1APR Maggie Young, 12 WAC $\begin{array}{ll}\text { 2:45.35 } & \text { ODIV1APR Maggie Young, 12,WAC } \\ 2: 46.05 & \text { PQIMAY Vanessa Taillerer 11 }\end{array}$ 2:46.05 PQIMAY Vanessa Taillefer,11,DDO 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 2:47.96 MSSACMAY Sacha Lambert,12,TSC 2:49.19 EKSCMAR Sarah Gagnon,12,FMSC
2:49.61 ODIV1APR Karen Ingo,12,KSS-NWO 2:49.61 ODIV1APR Karen Ingo,12,KSS-NWO
2:50.14 DAVISMAR Rachel Shallhorn,12,OSHAC 2:50.14 DAVISMAR Rachel Shallhorn,12,OSHAC
2:50.31 GMACMAY Aaryn Fraser,12,MMST $\begin{array}{ll}2: 50.31 & \text { GMACMAY Aaryn Fraser,12,MMST } \\ 2: 50.39 \text { EKIAPR Amy Findlay,11,KSC }\end{array}$ 2:50.39 EKIAPR Amy Findlay, 11,KSC
$2: 51.05$ ODIV1APR Dana Serwotka, 12,CYP $\begin{array}{ll}\text { 2:51.05 } & \text { ODIV1APR Dana Serwotka, 12,CYPS } \\ \text { 2:51.48 } & \text { EKSCMAR Darby Jack, 12,GL-BRSA }\end{array}$ 2:51.52 ESWIMJUN Alexa Komarnycky,11,ESW
2:51.61 HYACKMAY Hilary Todd,12,PDSA

## 200 MEIRES IND.MEDLEY

2:33.70 EKIAPR Natalie Chan, 12,PDSA
2:38.20 EKIAPR Katerina Symes, 12,EKSC
2:38.51 MSSACMAY Rachael Kloosterman, 12,WD
2:38.75 HTACAPR Morgan Kierstead, 12,AQUA
2:40.07 CNOAPR Sarah Phee,12,GO
2:40.26 DAVISMAR Rachel Shallhorn,12,OSHAC
2:40.29 ISAPR Stephanie Pollard, 12,IS
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
2:41.73 HTACAPR Brooke Buckland,11,WTSC
2:42.13 MSSACMAY Sacha Lambert,12,TSC
2:42.21 ESWIMJUN Rachel Chan,12,MSSAC
2:42.46 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
2:42.95 ESWIMJUN Jennifer Cao, 12,YORK
$\begin{array}{ll}\text { 2:43.01 } & \text { PQIMAY Alicia Neasmith,12,PCSC } \\ \text { 2:43.26 } & \text { CDSCAPR Lauren Lavigna,12,GATOR }\end{array}$
2:43.50 CASCJUN Hanna Pierse,12, EKSC
2:43.52 GMACMAY Aaryn Fraser,12,MMST

## METRES IND.MEDLEY

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

5:24.29 TORLCJAN Whitney Rich,12,ISS
5:31.79 EKIAPR Natalie Chan,12,PDSA 5:34.28 MMAPR Halee Traa, 12,MANTA 5:35.40 HTACAPR Hannah Vaughan, 12,EAST 5:37.41 MSSACMAY Rachael Kloosterman,12,WD 5:37.94 EKIAPR Katerina Symes, 12,EKSC 5:38.67 RAPIDAPR Lauren Lavigna,12,GATOR 5:38.88 RAPIDAPR Michelle Jung,11,CHENA 5:38.88 RAPIDAPR Michelle Lung, 11,CHENA
5:39.03 MSSACMAY Sacha Lambert, 12, TSC 5:40.58 ESWIMJUN Kailee MacKinnon,12,HWAC 5:41.42 ESWIMJUN Rachel Chan,12,MSSAC 5:41.71 ESWIMJUN Alexa Komarnycky,11,ESWIM 5:42.40 ESWIMJUN Kaleigh McKinnon, 11,TORCH 5:42.42 PQIMAY Vanessa Taillefer,11,DDO 5:44.43 HYACKMAY Jessica Crepinak,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 5:47.6 CASCJUN Andreakens,11,1AC 5:48.76 NEORJUN Sarah Turgeon, 12,SSMAC 5:49.59 HYACKMAY Annika Schmuck, 12,PSW 5:49.61 MSSACMAY Miriam Kim,11,TSC 5:50.23 HYACKMAY August Griffin,12,PDSA 5:50.23
5YACKMAY August Gritlin,12,PDSA
5:

## 4 X50 MEDIEY REL AY

Rec: 2:10.53 Regina OD,ROD,90
2:17.33 ODIV1APR Nepean Kanata,NKB
2:17.71 EKIAPR Cascade Swim Club,CASC
2:18.03
$\begin{array}{ll}\text { 2:18.03 } & \text { AACAPR Toronto Swim Club,TSC } \\ \text { 2:19.16 } & \text { PQIMAY Dollard Swim Team, DDO }\end{array}$
2:19.16 PQMMAY Dollard Swim Team,DDO
2:19.80 ESWIMJUN Hamilt-Wentworth AC,HWAC
2:19.80 ESWIMJUN Hamilt-Wentworth AC,HW
2:20.34 EKIAPR Pacific Dolphins,PDSA
2:20.91 PQIIIMAY CN Haut-Richelieu,CNHR
2:21.20 MMAPR Manta Swim Club,MANTA
$\begin{array}{ll}\text { 2:21.20 } \\ \text { 2:21.75 } & \text { MACAPR Manta Mississauga AC,MSSAC }\end{array}$
AACAPR Mississauga AC,MSSAC
PQIMAY Pointe Claire SC,PCSC
PQIMAM Pointe Claire SC,PCSC
PQIMAY Montreal Aquatique,CAMO
PQMAY Montreal Aquatique,
PPOMAY Uxbridge SC,USC
2:22.65 PPOMAY Uxbridge SC,USC
2:23.06 ESWIMJUN Etobicoke Swimming,ESWIM
2:23.06 ESWIMJUN Etobicoke Swimm
2:23.22 ODIV1APR Windsor AC,WAC
2:33.40 HYACKMAY Univ.of Calgary SC,UCSC
$\begin{array}{ll}\text { 2:23.40 } \\ \text { 2:23.77 } & \text { PQMMAY Univ. Laval Rouge \& Or,UL }\end{array}$
2:24.28 ODIV2APR Ottawa Y,OYO
2:24.29 ODIV3APR Markham AC,MAC
2:24.95 ODIV1APR Scarborough SC,SCAR
2:25.53 HYACKMAY Vancouver Gators,GATOR
2:25.55 ODIV1APR Chatham Y,CYPS
2:26.02 PQIIAPR Beaconsfield Bluefins, BBF
2:26.46 ODIV1APR North York AC NYAC
$\begin{array}{ll}\text { 2:26.46 } & \text { ODIV1APR North York AC,NYAC } \\ \text { 2:26.53 } & \text { PQIMAY Samak }\end{array}$
XX50 FREE RELAY
Rec: 1:55.93 Regina Opt.Dolphins,ROD,95
2:00.00 CASCJUN Univ.of Calgary SC,UCSC
2:00.08 CASCJUN Cascade Swim Club,CASO
2:01.36 ODIV1APR Nepean Kanata,NKB
2:02.03 ODIV1APR Toronto Swim Club,TSC
2:02.99 EKIAPR Pacific Dolphins,PDSA
2:04.23 EKIAPR Edmonton Keyano,EKSC
2:04.53 PQIMAY Univ.Laval Rouge \& Or,
2:05.28 ODIV1APR Brantford AC,BRANT
2:05.50 HYACKMAY Vancouver Gators,GATOR
2.05.95

2:05.95
2:06.00
2:06.42
$2: 06.43$
2:06.43 OD
.0.46 PQ Perth Stingrays,PERTH
2:06.54 AACAPR Mississurg AC MSSAC
2:06.65 AACAPR Cobra Swim Club,COBRA
2:06.87 ODIV1APR North York AC,NYAC
2:06.91 UCSAJAN Fort MCMurray SC,FMSC
2:07.20 ESWIMJUN Hamilt-Wentworth AC,HWAC
2:07.29 ESWIMJUN Etobicoke Swimming ESWIM
2:07.29 ESWIMJUN Etobicoke Swimming,ESWIM
2:07.35 ODIV2APR Lakeshore SC LSC
2:07.35 ODIV2APR Lakeshore SC,LSC
2:07.44 ODIV1APR Uxbridge SC,USC
$\begin{array}{ll}\text { 2:07.61 } & \text { PQIMAY Samak de Brossard,SAMAK } \\ \text { 2:07.85 } & \text { PQIMAY Pointe Claire SC,PCSC }\end{array}$

## TOP AGE GROUP TIMES

 BOS 17-12 50 METRES FREESTYLE
## Rec: 26.17 John M.Mills,GO,92

27.59 UDIV3APR 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,ÜL 29.14 CASCJUN Matthew Chan,12,STSC 29.23 CDSCAPR Jake Tapp,12,LOSC 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 29.78 ULJUN Simon Boulanger-M., 12,CSQ 29.79 PQIMAY Erik Brisson,12,DDO 29.79 ESWIMJUN Viktor Verblac,12,YORK 29.80 ESWIMJUN David Moreno,12,ESWIM 29.82 CDSCAPR Jeffrey Lau,12,GATOR 29.85 CAMOMAR Etienne Paquet,12,BB 29.88 ESWIMJUN Alex Brown,11, AUROR 29.90 EKSCMAR Matthew Verwey,12,RDCSC 100 METRES FREESTYLE
Rec: 57.20 Miguel Munoz, ESC, 86
58.60 PQIIIMAY Mathieu Bois, 12,HIPPO :00.08 AACAPR Yonathan Prajogo,12,COBRA 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 1:03.39 MSSACMAY Patrick Cuch 12 TSC-TO 1:03.39 MSSACMAY Patrick Cuch, 12, TSC-1O
1:03.55 ODIV2APR Glen Torontow, 120YO 1:03.55 ODIV2APR Glen Torontow, 12,0 1:03.98 BROCKMAY David Mongeri,12,BROCK 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 1:04.08 MSSACMAY Alex mompson, 2 , OAK 1:05.12 AACAPR Harrison Curtis ,12 TSC 1:05.13 ESWIMJUN Kyung Soo Yoon, 10,NYAC
1:05.30 EKIAPR Adam Szoo, 12,CASC
1:05.53 POIMAY Erik Brisson,13,DDO
1:05.83 AACAPR Samuel Thrall,12,OAK
1:05.83 AACAPR Samuel Tral, 12,OAK
1:05.87 ESWIMJUN Cameron Bailey,11,HWAC
1:05.88 ODIV1APR Kevin Kwok, 11,RHAC

## 1:05.88 RODJUN Kuba Szmigielski,12,GOLD

## Rec: 2:05.83 Chuck Sayao,TOMAC,95

2:11.48 PQIIIMAY Mathieu Bois,12,HIPPO
2:12.08 EKSCMAR Joel Greenshields,12,RDCSC
2:15.07 RAPIDAPR Jordan Hartney, 12 PSW
:15.07 RAPIDAPR Jordan Hartney, 12,PSW
2:16.38 ODIV3APR Ryan Gow, 12 TRENT
2:16.38 ODIV3APR Ryan Gow, 12,TRENT
2:16.48 OLYJUN Yonathan Prajogo, 12,COBRA
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,OAK
2:19.00 EKSCMAR Matthew Verwey, 12, RDCSC
2:19.04 CAMOMAR Guillaume Vallieres, 12, CASE
2:19.04 CAMOMAR Guillaume Vallieres,12,CAS
2:19.18 MSSACMAY Harrison Curtis,12,TSC
2:19.42 HYACKMAY Ilya Brotzky,12,PDSA
$\begin{array}{ll}\text { 2:19.42 } \\ \text { 2:20.75 } & \text { EKACKMAPR Patrick Downing,12,HYACK } \\ \text { 2:20 }\end{array}$
2:20.83 EKIAPR Brett Schmid,12,CASC
$\begin{array}{ll}\text { 2:21.59 } & \text { PPOMAY Pascal Provencher-F, 12,DDO } \\ \text { 2:21.74 } & \text { RAPIDAPR Jake Tapp 12. LOSC }\end{array}$
2:21.74 RAPIDAPR Jake Tapp, 12,LOSC
2:22.07 MSSACMAY Samuel Thral 12 OAK
2:22.07 MSSACMAY Samuel Thrall, 12,OAK
2:22.50 PQMMY Erik Brisson 12,DDO
2:22.50 PQIMAY Erik Brisson,12,DDO
2:22.52 ESWIMJUN Viktor Verblac,12,YOR
$\begin{array}{ll}\text { 2:22.52 ESWIMJUN Viktor Verblac,12,YORK } \\ \text { 2:22.54 } & \text { ODIV3APR Alex Cambareri,12,CPAC }\end{array}$

## 2001 LONG COURSE TAG

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 4.47.33 EKSCMAR Matthew Verwey, 12,RDCS 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
4:57.73 EKSCMAR Nathan Demchuk, 12,EKSC
4:58.71 ULJUN Francois-P Murray, 12,CNDR
4:59.49 CDSCAPR Jake Tapp,12,LOSC
5:00.56 HYACKMAY Patrick Downing,12,HYACK
5:00.59 HYACKMAY Kyr Getman,12,WVOSC
5:00.64 ESWIMJUN Viktor Verblac,12,YORK
5:02.06 EKIAPR Adam Szoo, 12,CASC
$\begin{array}{ll}\text { 5.02.06 } & \text { AACAPR Samuel Thrall, 12,OAK } \\ \text { 5:02.68 } & \text { PQIMAY Michael Tatigian,11,PCS }\end{array}$ $\begin{array}{ll}\text { 5:05.81 } & \text { PQMMAY Michael Tatigian,11,PCSC } \\ \text { 5:05.88 } & \text { PPOMAY Zach Summernayes, 11,RISC }\end{array}$ $\begin{array}{ll}\text { 5:08.88 } & \text { RPPIMAY Zach Summerhayes,11,RIS } \\ \text { 5:08.99 }\end{array}$ O METRES FREESTYLE
Rec: 17:05.50 Nicholas Richards,PCSC,84
18:32.28 ESWIMJUN Patrick Cuch,12,ESWIM
18:58.90 ULJUN Jonathan Blouin,12,CSQ
19:02.37 ESWIMJUN Cameron Bailey,11,HWAC
19:02.37 ESWIMJUN Cameron Baley, 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 19:35.96 EKIAPR Nathan Demchuk, 12,EKSC 19:36.32 BROCKMAY Yonathan Prajogo, 12,COBRA
19:50.22 MSSACMAY Alex Thompson 12 AAK 19:54.02 PQIMAY Jonathan Gagne 12, DDO 19:54.87 HYACKMAY Kyr Getman, 12 WYOSC
20:02.63 ISAPR Ryan Cochrane,12,IS
20:10.49 CASCJUN Patrick Errington,12,RDCSC
20:14.18 MSSACMAY Harrison Curtis,12,TSC
20:14.18 MSSACMAY Harrison Curtis,12,ISC
20:24.50 ESWIMJUN Alex Griffiths,12,PICK
20:24.76 ULJUN Guillaume Gagnon,12,CNCB
20:25.33 WOSAJUN Sean O'Donnell,12,BROCK
20:32.17 HYACKMAY David Peddie 12, 20:32.17 HYACKMAY David Peddie,12,OSC 20:33.33 ESWIMJUN Antoine Lamoureux, 11,REG
20:33.71 WOSAJUN Xavier Schoppel,12,ROW 20:37.23 LACMAY Kyle Orrick,12,LAC 20:37.91 PQIMAY Vincent Tremblay,12,SAMAK 100 METRES BACKSTROKE
Rec: 1:05.60 Tobias Oriwol, PCSC, 98
1:06.89 CDSCAPR Jordan Hartney, 12,PSW
1:10.44 DAVISMAR Ryan Gow, 12,TRENT 1:10.44 DAVISMAR Ryan Gow,12, TRENT 1:12.42 UCSAJAN Joel Greenshields,12,RDCSC 1:12.64 AACAPR Patrick Cuch,12,TSC-TO $\begin{array}{ll}\text { 1:12.67 } & \text { ULJUN Jonathan Blouin, 12,CSQ } \\ \text { 1:12.73 ODIV2APR Glen Torontow, 12,OYO }\end{array}$ $\begin{array}{ll}\text { 1:12.73 } & \text { ODIV2APR Glen Torontow, 12,OYO } \\ \text { 1:12.76 } & \text { OLYJUN Yonathan Prajogo,12,COBRA }\end{array}$ 1:12.97 EKIAPR Matthew Chan,12,STSC 1:13.63 CASCJUN Justin Di Stefano,12,UCSC 1:14.02 CDSCAPR Jake Tapp, 12,LOSC 1:14.53 CAMOMAR Etienne Paquet,12,BBF 1:14.61 CASCJUN
1:14.64 Aacary Odger,12,CASC
AACAPR Cameron Cummings,12,0AK 1:14.91 ESWIMJUN David Grubb,12.MAC 1:14.91 ESWIMJUN David Grubb,12,MAC
$\begin{array}{ll}\text { 1:14.95 } & \text { AACAPR Harrison Curtis, 12,TSC } \\ \text { 1:14.98 } & \text { LACMAY Cameron Bartlett,12,CYPS }\end{array}$
$\begin{array}{ll}1: 14.98 & \text { LACMAY Cameron Bartlett,12,C } \\ \text { 1:15.00 } & \text { NSSRJUN Marc Pyle,12,SWAT }\end{array}$
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
$\begin{array}{ll}\text { 1:15.80 CDSCAPR Ilya Brotzky,12,PDSA } \\ 1.16 .09 & \text { EKIAPR Sean Kimak, 12,GL - BRS }\end{array}$
1:16.09 HYACKMAY Charles Wong,12,UCSC

## 200 METRES BACKSTROKE

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 |
| :--- |
| $2: 33$ |

2:33.38 HYACKMAY Brett Schmid,12,CASC
2:33.44 MSSACMAY Patrick Cuch,12,TSC-TO
2:33.77 DAVISMAR Ryan Gow,12,TRENT
2:33.77 DAVISMAR Ryan Gow,12,TRENT
$\begin{array}{ll}\text { 2:34.41 } & \text { PQIMAY Renaud Laliberte, 12,UL } \\ \text { 2:35.25 } & \text { ODIV2APR Glen Torontow,12,0YO }\end{array}$
$\begin{array}{ll}\text { 2:35.25 } & \text { ODIV2APR Glen Torontow, 12,OYO } \\ \text { 2:35.68 } & \text { CASCJUN Justin Di Stefano, 12,UCSC }\end{array}$
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 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
2:40.61 NSSRJUN Marc Pyle,12,SWAT
2:40.82
2:41.64 AACAPR Yomeron Bartlett,12,CYPS Prajogo,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
$\begin{array}{ll}\text { 2:42.79 ESWIMJUN Jason Yee,12,NEW } \\ \text { 2:42.96 } & \text { EKSCMAR Nathan Demchuk,12,EKSC }\end{array}$

100 METRES BREASTSTROKE Rec: 1:12.24 David Cheung,CREST,94 1.29 .45 NSSRJUN Marc Pyle,12,SWAT $\begin{array}{ll}1: 20.59 & \text { AACAPR Jason Yee,12,NEW } \\ 1.21 .65 & \text { POIMAY Erik Brisson,12.DDO }\end{array}$ 1:22.09 EKIAPR Mason Cully, 12,LEDUC 1:22.93 HYACKMAY Charles Wong,12,UCSC 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
1:24.68 ULJUN Guillaume Gagnon,12,CNCB CASCJUN Winston Yeap,12,OSC PQIMAY Dillon Babb,12,DDO CDSCAPR Jordan Hartney, 12,PSW SWIMJUN Feodor Tchougainov,11, ESWIM ESWIMJUN Alex Collins,12,TSC PQIMAY Cristian Popovici,12,CAMO ODIV3APR Zach Summerhayes, 11,RISC ESWIMJUN Antoine Lamoureux,11,RE EKIAPR Adrian Podjarkowski,12,EKSC CDSCAPR Jeffrey Lau,12,GATOR 1:26.53 ULJUN Renaud Laliberte,12,UL

## 200 METRES BREASTSTROKE

2:51.68 ESWIMJUN Jason Yee, 12,NEW
2:51.70 ESWIMJUN Patrick Cuch, 12, ESWIM
2:53.45 HYACKMAY Joey Wai, 12,HYACK
2:54.70 HYACKMAY Charles Wong,12,UCSC
2:54.78 PQIMAY Erik Brisson, 12,DDO
2:58.78 CASCJUN Winston Yeap, 12,OSC
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 Jeffrey Lai,12,EKSC 3:03.13 LUSCMAY Nicholas Shoust,12,SSMAC 3:03.81 EKIAPR Mason Cully, 12,LEDUC 3:04.63 CAMOMAR Cristian Popovici 12 CA 3.04.03 CAMOMAR Cristian Popovici,12,CAN
3:04.71 LUSCMAY Steven Kalaba 12 EYSC 3:04.83 PQIIAPR Guillaume Gagnon, 12,CNCB 3:04.88 ESWIMJUN Alex Collins,12,TSC 3:04.88 ESWIMJUN Alex Colinss,12,TSC
3:04.89 ESWIMJUN Feodor Tchougainov,11,ESWIM $\begin{array}{ll}\text { 3:04.89 ESWIMJUN Feodor Tchougainov,11 } \\ \text { 3:05.02 } & \text { HTACAPR Marc Pyle,12,SWAT }\end{array}$ 3:05.63 PQllAPR Mathias Leblanc,27,CAMO 3:05.63 PQIIAPR Mathias Leblanc,27,CAMO
3:06.18 EKSCMAR Nathan Demchuk,12,EKSC

## 100 METRES BUTTERFLY

## Rec: 1:03.26 Michael Calkins,IS, 90

1:06.61 ESWIMJUN Patrick Cuch,12,ESWIM 1:06.62 OLYJUN Yonathan Prajogo,12,COBRA
1:09.08 ULJUN Guillaume Gagnon,12,CNCB
9.36 RAPIDAPR Jordan Hartney,12,PSW
$\begin{array}{ll}1: 09.68 & \text { AACAPR Endi Babbi,12,EYSC } \\ 1.0969 & \text { POMMAY Jonathan Blouin 12 }\end{array}$
1:09.69 PQIMAY Jonathan Blouin,12,CSQ
1:10.16 UCSAJAN Joel Greenshields,12,RDCSC
1:10.25 CASCJUN Charles Wong,12,UCSC
1:10.53 CAMOMAR Guillaume Vallieres,12,CASE
1:10.86 CDSCAPR Ilya Brotzky,12,PDSA
1:11.05 CDSCAPR Jake Tapp, 12,LOSC
1:11.08 ESWIMJUN Kyung Soo Yoon,10,NYAC
1:11.08 ESWIMJUN Kyung Soo Yoon,10,NYAC
PQIMAY Vincent Tremblay, 22, SAMAK
1:11.24 PQIMAY Vincent Tremblay,12,SAM
1:11.45 EKIAPR Zacary Odger,12,CASC
1:11.83 CDSCAPR Malcolm Tan,12,HYACK
:12.46 EKIAPR Nathan Demchuk, 12,EKSC
1:12.67 ESWIMJUN Viktor Verblac,12,YORK
1:12.67 ESWIMJUN Viktor Verblac,12,YORK
1:12.84 PPOMAY Bryan Fumerton,11,USC
1:12.91 ULOMUN Renaud Laliberte,12,UL
1:13.22 PQIMAY Jonathan Gagne, 12,DDO
1:13.30 ULJUN Pascal Plante, 12,UL
1:13.46 MSSACMAY Samuel Thral , 120AK
1:13.46 MSSACMAY Samuel Thrall,12,OAK
1:13.72 RAPIDAPR Fraser Roberts,12,RAPID
1:13.79 UCSAJAN Jeffrey Lai,12,EKSC
1:13.84 DAVISMAR Cameron Cummings,12,OAK

## 00 METRES BUTTERFL

19.88 Jonathan Cantin,PLUS,91
2:30.27 ESWIMJUN Patrick Cuch,12,ESWIM

2:30.68 CDSCAPR Jordan Hartney,12,PSW
$\begin{array}{ll}\text { 2:33.34 } & \text { PQIMAY Jonathan Blouin,12,CSQ } \\ \text { 2:34.28 AACAPR Yonathan Prajogo,12,COBRA }\end{array}$
$\begin{array}{ll}\text { 2.34.28 } & \text { AACAPR Yonathan Prajogo,12,COBRA } \\ \text { 2:37.53 } & \text { PQIMAY Jonathan Gagne,12,DDO }\end{array}$
2:39.77 EKIAPR Nathan Demchuk,12,EKSC
2:39.84 ESWIMJUN Viktor Verblac,12,YOR
2:40.69 HYACKMAY Ilya Brotzky,12,PDSA
2:40.92 HYACKMAY Malcolm Tan,12,HYACK
$2: 41.30$ AACAPR Endi Babbi, 12, YYSC $\begin{array}{ll}\text { 2:41.30 } & \text { AACAPR Endi Babbi,12,EYSC } \\ \text { 2:42.01 } & \text { PQUAPR Guillaume Ganon }\end{array}$ 2:42.01 PQIIAPR Guillaume Gagnon, 12, ,CNCB $\begin{array}{ll}\text { 2:42.39 ULJUN Renaud Laliberte,12,UL } \\ \text { 2:44.32 } & \text { UCSAJAN McLean Eubank, 12,CP }\end{array}$ 2:44.32 UCSAJAN McLean Eubank,12,CP 2:44.92 MSSACMAY Cody Gault,12,TSC
2:45.44 HYACKMAY Zacary Odger,12,CASC 2:45.44 HYACKMAY Zacary Odger, 12,CASC
2:46.47 PPOMAY Zach Summerhayes, 11, RISC 2:46.47 PPOMAY Zach Summerhayes, 2:46.69 RAPIDAPR Jake Tapp, 12, LOSC 2:46.99 MSSACMAY Samuel Thrall,12,OAK
2:47.30 HYACKMAY 2:47.30 HYACKMAY Joey Wai,12,HYACK $\begin{array}{ll}\text { 2:47.32 } & \text { PQIMAY Vincent Tremblay, 12,SAMAK } \\ \text { 2:47.34 } & \text { PPOMAY Bryan Fumerton 11,USC }\end{array}$ 2:47.34 PPOMAY Bryan Fumerton,11,USC 2:47.44 HYACKMAY Ryan Buna, 12,IS $\begin{array}{ll}\text { 2:47.47 } & \text { UCSAJAN Nathan Lynch,12,OSC } \\ \text { 2:47.62 } & \text { ODIV2APR Karl Trimble,12,BROCK }\end{array}$

Rec: 2:21.81 Brian Johns,RACEE
1 2:31.75 EKSCMAR Joel Greenshields,12,RDCSC
2:33.31 CDSCAPR Jordan Hartney, 12,PSW
2:33.36 ESWIMJUN Patrick Cuch,12,ESWIM
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
2:38.63 EKSCMAR Matthew Verwey, 12,RDCSC
2:39.96 EKSCMAR Nathan Demchuk,12,EKSC
2:40.26 HYACKMAY Zacary Odger, 12,CASC
2:40.50 RAPIDAPR Jake Tapp,12,LOSC
2:41.31 ESWIMJUN Kyung Soo Yoon, 10,NYAC
2:41.92 ESWIMJUN Jason Yee,12,NEW,
2:42.28 HYACKMAY Joey Wai,12,HYACK
2:42.35 RAPIDAPR Fraser Roberts, 12,RAPID
2:42.86 ISAPR Ryan Cochrane,12,IS
$\begin{array}{lc}\text { 2:43.00 } & \text { CDSCAPR llya Brotzky, } 12, \text { ITS } \\ \text { 2: } & \text { ISAPR Ryan Buna, } 12, \text { IS }\end{array}$
2:43.30 BROCKMAY Cameron Cummings,12,OAK
2:43.72 ULJUN Claude Cyr-Cormier,12,LSNR $\begin{array}{ll}\text { 2:43.87 ISAPR Graeme Yamagishi,12,COMOX } \\ \text { 2:43.87 } & \text { CASCJUN Mathew Chan 12 STSC }\end{array}$

## METRES IND.MEDLEY

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

5:20.56 ESWIMJUN Patrick Cuch,12,ESWIM
5 5:25.96 PQIMAY Renaud Ladiberte,12,UL
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
5:35.99 HYACKMAY Malcolm Tan,12,HYACK
5:36.12 HYACKMAY Joey Wai, 12,HYACK
5:37.59 PQIMAY Jonathan Gagne,12,DDO
5:39.66 DAVISMAR Ryan Gow,12,TRENT
5:40.63 ULJUN Guillaume Gagnon,12,CNCB
5:40.73 HYACKMAY Ilya Brotzky,12,PDSA
5:41.21 UCSAJAN Matthew Verwey, 12,RDCSC
5:41.75 EXIAPR Nathan Demchuk, 12,EKSC
5:42.23 RAPIDAPR Jake Tapp, 12 LOSC
$\begin{array}{ll}\text { 5:42.23 } & \text { RAPIDAPR Jake Tapp,12,LOSC } \\ \text { 5:42.78 } & \text { ESWIMJUN Jason Yee,12,NEW }\end{array}$
$\begin{array}{ll}\text { 5:42. } \\ 5: 42.80 & \text { ESWIMMJUN Viktor Verblac, 12, YORK }\end{array}$
5:42.80 ESWIMJUN Viktor Verblac,12,
5:43.02 HYACKMAY Ryan Buna, 12,IS
5:43.46 ESWIMJUN Antoine Lamoureux, 11,REG 5:43.46 ESWIMJUN Antoine Lamoureux, 11,REG
5:43.57 MSSACMAY Cameron Cummings,12,OAK 5:43.57 MSSACMAY Cameron Cummings, 12 ,
5:44.16 HYACKMAY Zacary Odger,12,CASC 5:44.16 HYACKMAY Zacary Odger, 12,CASC
5:45.43 PPOMAY Zach Summerhayes,11,RISC 5:47.04 UCSAJAN Nathan Lynch, 12,OSC 5:47.59 NSSRJUN Marc Pyle,12,SWAT

## 4X50 MEDLEY RELAY

Rec: 2:06.96 Mississauga AC,TOMAC, 92
2:12.98 EKIAPR Cascade Swim Club,CASC
2:14.22 HYACKMAY Hyack Swim Club,HYACK
2:14.72 UCSAJAN Red Deer Catalina SC,RDCSC
$\begin{array}{ll}\text { 2:18.28 } & \text { ODIV1APR Richmond Hill AC,RHAC } \\ \text { 2:18.54 } & \text { ODIV1APR Toronto Swim Club,TSC }\end{array}$
$\begin{array}{ll}\text { 2:18.54 } & \text { ODIV1APR Toronto Swim Club,TSC } \\ \text { 2:18.84 } & \text { ODIV1APR North York AC,NYAC }\end{array}$
2:18.84 ODIVAAPR North York AC,NY
2:21.16 ESWIMJUN Etobicoke Swimming,ESWIM
$\begin{array}{ll}\text { 2:22.19 PQIIIMAY Hippocame St-Hubert,HIPPO } \\ 2: 22.98 & \text { POIMAY Univer }\end{array}$
PQIMAY Univ.Laval Rouge \& Or, UL
AACAPR Cobra Swim Club COBRA
PQIMAY Pointe Claire SC,PCSC
PDIMAY Pointe Claire SC, PCSC
ODIV1APR Uxbridge SC,USC
ODIV1APR Uxbridge SC,USC
ODIV1APR Chatham Y.CYPS
EKIAPR Saskatoon Goldfins,GOLD
PQIMAY Samak de Brossard,SAMAK
PQIMAY Montreal Aquatique,CAMO
2:27.02
LUSCMAY East York SC,EYSC
LUSCMAY East York SC,EYSC
ODIV2APR Pickering SC,PICK
PGBAPR Points North SC,PN
HYACKMAY Pacific Dolphins,PDSA
ODIV2APR Timmins Marlins,TMSC-NWO
2.28 .84

## X50 FREE RELAY

Rec: 1:54.21 Hamilt-Wentworth AC,HWAC,91
1:56.08 HYACKMAY Cascade Swim Club, CASC
1:57.73 ODIV1APR Richmond Hill AC,RHAC
$\begin{array}{ll}\text { 1:58.19 } & \text { EKSCMAR Red Deer Catalina SC,RDCSC } \\ \text { 2:00.55 } & \text { PQIMAY Dollard Swim Team,DDO }\end{array}$
$\begin{array}{ll}\text { 2:00.55 } & \text { PQIMAY Dollard Swim Team,DDO } \\ \text { 2:01.08 } & \text { AACAPR Oakville AC OAK }\end{array}$
2:01.08
2:02.81
$2: 02.88$
$2: 04.11$
2:04.11
$2: 04.30$
2:04.30
2:05.31
2:05.31
2:05.38
2:05.39
$2: 05.85$
2:05.85
2:06.04
2:06.19
2:06.34 PQ
$\begin{array}{ll}\text { 2:06.67 OD } \\ \text { 2:07.01 } & \text { Pa }\end{array}$
2:07.01 PQIMAY Samak de Brossard SAMAK
2:07.39 EKIAPR Saskatoon Goldfins,GOLD
2:08.39 PQIMAY Montreal Aquatique,CAMO
2:08.43 LACMAY Chatham Y,CYPS
2:08.62 NSSRJUN Eastern Alliance,EAST
2:09.03 ESWIMJUN Etobicoke Swimming,ESWIM
2:09.37 HYACKMAY Pacific Dolphins,PDSA

400 METRES FREESTYLE
Rec: 4:14.60 Shannon Smith,HYACK,76 2.29.09 ZAJACMAY Shannon Hackett,14,PDSA 4:29.09 NSSRJUN Bevan Haley, 14,WTSC 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 Martha Zolkowski, 14,YORK 4:42.02 LACMAY Brittany Cooper,14,LAC 4:42.89 ZAJACMAY Avery Kremer, 14,OSC-UA 4:43.18 ZAJACMAY Kathryn Johnson,13,PDSA 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 4:44.62 LACMAY Hilary Jackson, 14,STARS 4:44.84 ESWIMJUN Sara Murphy, 14,ESWIM 4:44.87 ONSRJUN Amanda Long, 14,LAC 4:45.14 LACMAY Kristen Vandenberg, 14,LAC 4:45.50 NSSRNU Ainsley Mcradgen,14,CBD 4.45.84
4:46.04 EKIAPR Thea Norton, 14, OSC 4:47.16 ISAPR Genevieve Poirier-Leroy,14,NRST 4:47.40 PQIMAY Chani Davidson,14,CAMO

## 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 , SC - U 9:21.45 HYACKMAY Brittany Reimer 13SKSC 9.23 .60 CANLCMAR Byse 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 9:38.11 LACMAY Brittany Cooper,14,LAC 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 9:48.40 HYACKMAY Kathryn Johnson,13,,PDSA 9:48.62 ESWIMJUN SaraMurphy,14,ESWIM 9:50.77 LACMAY Amanda Long,14,LAC 9:54.04 HYACKMAY Sabrina Taylor, 14,HYACK 9:57.29 CDSCAPR So Yoon Lee, 14,HYACK .50.23 HIACKIROKE 100 MEIRES BACKSTROK
Rec: 1:03.28 Nancy Garapick,HTAC,76
1:06.21 CANLCMAR Katie Smith,14,COBRA
1.07.30 ONSRJUN Emily Gillespi, 14, PEPT

1:07.36 ZAJACMAY Jessica Aspinall 14, RAC
1:07.46 ZAJACMAY Jessica Aspinal,14,RAC
1:07.91 CANLCMAR Mallory Hoekstra, 13,EKSC-UA
1:08.01 ESWIMJUN Laura Wise,14,COBRA
1.0854 ESWIM JUN Blar Hackson, 14, STARA

1:08.71 CAN CMAR Kelsey Rush 14RAYS
1:08.71 CANLCMAR Kelsey Rush, 14,RAYS
ODIV3APR Kristin Mcllroy,14,MMST
1:08.86 PPOMAY Genevieve Saumur,13,,CAMO
1:09.24 CASCJUN Thea Norton,14,OSC
1:09.43 ODIV1APR Alyssa Hubert, 13,CYPS
$\begin{array}{ll}\text { 1:09.87 } & \text { KCSUUN Melissa Lam,14,SPART } \\ \text { 1:10.14 } & \text { CDSCAPR Anne Schmuck,13,PSW }\end{array}$
$\begin{array}{ll}\text { 1:10.14 } & \text { CDSCAPR Anne Schmuck, 13,PSW } \\ \text { 1:10.38 } & \text { PQIMAY Michelle-A Bouchard,14,CAMO }\end{array}$
1:10.41 EKIAPR Kimberly Kabesh,13,STSC
$1 \cdot 10.55$ ESWIMJUN Christine Sadler 13MAC
1:10.55 ESWIMJUN Christine Sadler,13,MAC
$\begin{array}{ll}\text { 1:10.62 } & \text { PQIMAY Stephanie Ross,14,CAMO } \\ \text { 1:10.67 } & \text { AACAPR MarthaZiolkowski,14,YORK }\end{array}$
$\begin{array}{ll}\text { 1:10.67 } & \text { AACAPR Martha Zolkowski, } 14, \text {,YOR } \\ \text { 1:11.00 } & \text { MMAPR Landice Yestrau, 13,MM }\end{array}$
1:11.12 HYACKMAY Kendall Filazek, 14,UCSC
1:11.34 HYACKMAY Carol Starratt,14,CASC
1:11.45 HYACKMAY
200 METRES BACKSTROKE
2:15.60 Nancy Garapick,HTAC,76
2:24.20 ESWIMJUN Laura Wise, 14,COBRA
2:24.78 CANLCMAR Katie Smith,14,COBRA
2:25.61 ONSRJUN Hilary Jackson,14,STARS
$\begin{array}{ll}\text { 2:26.51 } & \text { RODJUN Kelsey Rush, 14,RAYS } \\ \text { 2:27.13 } \\ \text { CASCJUN Thea Norton 14, }\end{array}$
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
2:29.92 PQCUPFEB Julia Guay-Racine, 14,CAMO
2:29.97 COHOMAY Jessica Aspinall, 14,RAC
2:30.04 ODIV3APR Kristin Mcllroy,14,MMST
2:30.47 CANLCMAR Mallory Hoekstra,13,EKSC-UA
2:30.92 ESWIMJUN Martha Zio
2:30.92 ESWIMJUN Martha Zolkowski, 14,YORK
2:30.99 RAPIDAPR Brittany Reimer,13,SKSC
2:31.22 MMAPR Landice Yestrau, 13,MM
2:31.33 ESWIMJUN Christine Sadler,13,MAC
$\begin{array}{ll}\text { 2:32.18 } & \text { PPOMAY Emily Gillespie, 13,PERTH } \\ \text { 2:32.48 } & \text { HTACAPR Bevan Haley 13,WTSC }\end{array}$
2:32.48 HTACAPR Bevan Haley,13,WTSC
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
2:33.00 PQIMAY Stephanie Ross,14,CAMO
$\begin{array}{ll}\text { 2:33.03 } & \text { SASKMAY Eyse Silzer, 14,ROD } \\ \text { 2:33.17 } & \text { CASCJUN Carol Starratt,14,CASC }\end{array}$

100 METRES BREASTSTROKE
Rec: 1:09.84 Allison Higson,ESC,86
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 CANLCMAR 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
1:18.85 PQCUPFEB Caatlin Babb, $1: 18.86$ EKIAPR Carol Staratt,13,CASC
1:19.22 ODIV1APR Chantelle Lonsdale, 13,WAC
1:19.26 ODIV3APR Julia Wilkinson,13,SKY 1:19.71 HYACKMAY Bizabeth Hendrick,13,NCS-BRSA 1:19.87 ODIV3APR Heather McMaster, 14,MAC 1:19.94 PQIMAY Jasmine Kastner,13,DDO 1:19.94 PQMMAY Jasmine Kastner, 13,D
1:20.37 HYACKMAY Thea Norton, 14, OSC 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,VKSC 1:21.18
1:21.28 ESWIMJJUN Cecile Dutour, 14,UL
Quyn Nguyen,14,MSSAC

## METRES BREASTSTROKE

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

2:39.60 HYACKMAY Kelly Timmons, 14,OSC-UA 2:39.63 CANLCMAR Kim Labbett, 14,OAK-TO 2:40.90 CANLCMAR Hayle Jonnge, 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,SK 2.52.74 KACMAY Ashley Marion 13, LAC 2.52.64 ESWIMJUN Kristen Low, 13 MSSAC 2.52.64 ESWIV1APR Elizabeth Engs 14, 14 2:52.78 PQIIAPR Mireille Tremblay,13,CNCB 2:53.02 UCSAJAN Megan Bird, 14, UCSC 2:53.10 ESWIMJUN Quynh Nguyen, 14,MSSAC 2:54.06 ODIV1APR 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, I3,WD 1.0639 ZAJACMAY Avery Kremer 14, NSC UA 1:06.41 CANLCMAR Blair Holmes, 14,COBRA 1:06.47 EKIAPR Kelly Timmons,14,OSC-UA 1:06.72 PQCUPFEB Julia Guay-Racine,14,CAMO 1:06.74 CASCJUN Carleen Ready,13,LASC 1:07.01 ESWIMJUN Michelle Mendez,14,MAC 1.07.64 ZAJACMAY Shannon 1.07.81 POIMAY Allyson Garmain,14, 1.07.81 PQMMAY Allyson Germain,14,UL 1:08.46 EKIAPR Kimberly Kabesh,13,STSC 1:08.57 ONSRUUN Heather Julien, 13, 13C 1:09.02 ESWIMJUN Amanda Williams,14,NEW 1:09.04 AACAPR Katie Smith, 14,COBRA 1:09.18 ESWIMJUN Robyn Pimm, 14,RHAC 1:09.22 NSSRJUN Amy Longobardi,14,EAST 1:09.40 ESWIMJUN Juliana Gonzalez, 14,NYAC 1:09.51 MSSACMAY Eyse Dudar,14,MSSAC-TO 1:09.60 MMAPR Stefanie Andruchuk, 14,MANTA 1:09.62 UCSAJAN Ally Jack, 14,GLEN 1:09.66 LACMAY Myekah Payne, 13,BRANT
1:09.79 CDSCAPR Teresa Au Yeung,14,PDSA

## 1:09.79 CDSCAPR METRES BUTTERFLY

Rec: $2 \cdot 1576$ Sandra Marchand ENL 88
2:25.43 ONSRJUN Brittney 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 $\begin{array}{ll}\text { 2:29.76 } & \text { NSSRJUN Amy Longobarda, } 14, \text {,ASA } \\ \text { 2:29.88 } & \text { TORLCJAN Blair Holmes, } 14, \text { COBRA }\end{array}$ 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-TO 2:30.74 LACMAY Brittany Cooper, 14,LAC PQIMAY Allyson Germain,14,UL ISAPR Stephanie Bigelow,14,IS
EKIAPR Kimberly Kabesh,13,STSC EKIAPR Kimberly Kabesh,13,S ESWIMJUN Amanda Williams,14,NEW ESWIMJUN Robyn Pimm,14,RHAC LACMAY Amanda Long,14,LAC UCSAJAN Megan Bird,14,UCSC
ROWMAY Juliana Gonzalez,14,NY ROWMAY Juliana Gonzal ez, 14,NYAC
LACMAY Kristen Vandenbera 14 LAC CASCJUN Brittany Jansen,14,RDCSC

200 METRES IND.MEDLEY

> 2:23.10 CANLCMAR Emily Gillespie, 13,PERTH 2:24.76 CANLCMAR Kelly Timmons,14,0SC-UA 0.2778

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
2:30.49 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
2:31.24 CASCJUN Kirsten Pomerleau, 13,DEL
2:31.81 ISAPR Stephanie Bigelow, 14,IS
2:31.83 AACAPR Blair Holmes, 14,COBRA
2:32.04 ESWIMJUN Jody Jelen, 13,ESWIM
2:32.15 HTACAPR Bevan Haley, 13,WISC
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
2:33.87 CDSCAPR Shannon Hackett,14,PDSA
2:33.94 HYACKMAY Elizabeth Hendrick,13,NCS-BRSA 2:33.99 ESWIMJUN Kristen Low, 13,MSSAC

## METRES IND.MEDLEY

Rec: 4:52.35 Joanne Malar,HWAC,90
5:04.56 HYACKMAY Kelly Timmons, 14 OSC-UA
5:11.01 NSSRJUN Bevan Haley, 14,WTSC
5:11.75 ZAJACMAY Michelle Mange,14,PDSA
5:13.04 HYACKMAY Thea Norton,14,OSC
5:16.21 CAJCAPR Anne Schmuck, 13 ,PSW
5:16.99 ZAJACMAY Avery Kremer, 14,OSC
5:17.26 HYACKMAY Carleen Ready,13,LASC
5:17.83 ODIV2APR Emily Gillespie, 13,PERTH
$\begin{array}{ll}\text { 5:17.83 } & \text { ODIV2APR Emily Gillespie, 13,PERTH } \\ \text { 5:19.38 } & \text { LACMAY Brittany Cooper,14,LAC }\end{array}$
5:19.52 PQIMAY Allyson Germain,14,UL
5:19.84 ONSRUUN Amanda Long, 14,LAC
5:20.67 RODJUN Kelsey Rush,14,RAYS
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, 1,MSSAC
5:23.37 HYACKMAY Shannon Hackett,14,PDSA
5.23 .87 PQCDIV1APR Jasmine Kastner, 14 , DB
$\begin{array}{ll}\text { 5:24.39 } & \text { PQIMAY Caitlin Babb, 14,DDO }\end{array}$
5:24.89 ODIIVAPR Kristin Mallroy,14,MMST
5:25.60 HYACKMAY Kayla Rawlings,13,PSW
5:25.60 HYACKMAY Kayla Raw ings, 13 ,PSW
5:26.08 LACMAY Hilary Jackson,14,STARS

## 4 X50 MEDLEY RELAY

Rec: 2:02.81 Etobicoke Swimming, ETOB, 97

$$
\begin{aligned}
& \text { 2:07.54 PQIMAY Montreal Aquatique,CAMO } \\
& \text { 2:09.02 EKIAPR Olympian Swim Club,OSC } \\
& \text { 2:09.84 HYACKMAY Pacitic Dolphins,PDSA } \\
& \text { 2:09.86 AACAY Cobra Swim } \\
& \text { 2:10.70 PQIMAY Dollard Swim Team,DDO } \\
& \text { 2:11.91 ODIV3APR Markham AC,MAC } \\
& \text { 2:12.11 ODIV1APR Nepean Kanata,NKB } \\
& \text { 2:12.34 PQIMAY Univ.Laval Rouge \& Or,UL } \\
& \text { 2:12.86 ODIV1APR Uxbridge SC, USC } \\
& \text { 2:12.86 ODNAPR Uxbridge SC, USC } \\
& \text { 2:13.07 LACMAY Nowmarket SCNYA } \\
& \text { 2:13.07 LACMAY Newmarket SC,NEW } \\
& \text { POIMAY Pointo a Marlins, PCSO } \\
& \text { PQIMAY Pointe Clare SC,PCSC } \\
& \text { LACMAY Tillsonburg AT,TAT } \\
& \text { EKIAPR Silver Tide SC,STSC } \\
& \begin{array}{l}
\text { 2:14.30 EKIAPR Silver Tide SC,STSC } \\
\text { 2:14.55 HYACKMAY Pacific Sea Wolves, PSW }
\end{array} \\
& \text { 2:14.61 ODIVIAPR Chatham Y,CYPS } \\
& \text { 2:14.63 ODIV1APR Toronto Swim Club,TSC } \\
& \text { 2:14.92 ULJUN CN Beauport,CNCB } \\
& \text { 2:14.95 ODIV1APR Region of Waterloo,ROW }
\end{aligned}
$$

## X50 FREE RELAY

c: 1:50.15 Etobicoke Swimming,ETOB, 97

| 1:54.49 | PQIMAY Montreal Aquatique,CAMO |
| :---: | :---: |
| 1:55.61 | PQIIAPR CN Laval,LAVAL |
| 1:56.38 | ODIV1APR North York AC,NYAC |
| 1:56.45 | EKIAPR Olympian Swim Club, OSC |
| 1:56.88 | HYACKMAY Pacific Dolphins,PDSA |
| 1:57.05 | ESWIMJUN Barrie Trojans,BTSC |
| 1:57.22 | HYACKMAY Hyack Swim Club,HYACK |
| 1:57.29 | PQIMAY Univ.Laval Rouge \& Or,UL |
| 1:57.32 | CASCJUN Cascade Swim Club,CASC |
| 1:57.45 | ESWIMJUN Newmarket SC,NEW |
| 1:57.71 | MMAPR Manitoba Marlins,MM |
| 1:57.96 | PQIMAY Pointe Claire SC,PCSC |
| 1:58.23 | HYACKMAY Pacific Sea Wolves,PSW |
| 1:58.26 | LACMAY London AC,LAC |
| 1:58.37 | CASCJUN Edmonton Keyano,EKSC |
| 1:58.83 | ODIV1APR Glouc-Ottawa Kingtish,GO |
| 1:59.03 | AACAPR Cobra Swim Club,COBRA |
| 1:59.18 | AACAPR Markham AC,MAC |
| 1:59.38 | ODIV1APR Nepean Kanata,NKB |
| 1:59.59 | ESWIMJUN Etobicoke Swimming,ESWIM |
| 1:59.63 | ODIV1APR Brantford AC,BRANT |
| 1:59.65 | ODIV1APR Uxbridge SC,USC |
| 1:59.73 | EKIAPR Univ.of Calgary SC,UCSC |
| 1:59.77 | EKIAPR Silver Tide SC, STSC |
| 1:59.77 | PQIMAY Dollard Swim Team,DDO |

## TOP AGE GROUP TIMES

## BOS

 131450 METRES FREESTYLE

$\begin{array}{ll}25.88 & \text { SASKMAY Michael Smela, 14,LASER } \\ 26.01 \text { ODIV2APR Matteo Di Paolo,14,VAC }\end{array}$
26.09 ODIV2APR Brannyn Hale,14,NBYT 26.11 ODIV2APR Jeff Byrne,13,SSMAC 26.35 PQIMAY Octavian Petre,14,CAMO 26.39 CAMOMAR Philippe Drolet,14,SAMAK 26.48 HYACKMAY Gi-Hun Lim, 14,PDSA 26.65 LUSCMAY Julian Cino,14,HWAC 26.68 HYACKMAY Simon Wing, 14,PSW 26.70 ODIV3APR Adam MacWilliam,14,MAKOS 26.84 ESWIMJUN Mark Kurtzer,13,NEW 26.95 EKIAPR Darren Tso,14,LASC 26.96 ODIV3APR Jonathan Peace-Hall, 14,RISC 27.00 MSSACMAY Marco Monaco,14,OAK 27.03 PQIMAY Wesley Newman,14,DDO 27.12 DAVISMAR James San Pedro, 14,OAK 27.17 MSSACMAY Alex Chiu,14,MSSAC 27.22 PQUIAPR Alex Agostino,14,LAVAL

91 Yamicich Lumic.CAGARA94
56.48 PQIMAY Vincent Boulanger-M.,14,CSQ
57.27 ODIV2APR Matteo Di Paolo,14,VAC
57.50 PQCUPMAY Nicolas Murray,14,DYNAM
57.64 ESWIMJUN Mark Kurtzer, 13,NEW
57.78 ESWIMJUN Alex Olsen,14,SCAR
57.79 ULJUN Etienne Lavallee, 13,EXCE
57.85 ODIV1APR Misha Vuiaklia 14, NYAC
57.94 AACAPR Marco Monaco, 14,OAK
58.09 RODJUN Michael Smela, 14,LASER
58.14 PQIMAY Wesley Newman 14.DDO
5.28 KCSJUN Jackson Wang,13,DELTA 58.47 MSSACMAY Stephen Louli 14, MAC
58.49 EKIAPR Darren Tso,14,LASC
58.67 CNOAPR Andre
58.70 HYACKMAY Simon Wing,14,PSW
58.88 PPOMAY Octavian Petro 14 EKIAPR Jens Cuthbert,14,PDSA 8.91 ESWM UAY Zachay Hur,14,BTS

### 55.97 Brian Johns,RACER, 9

2:03.86 AACAPR Marco Monaco, 14,OAK 2:04.09 PQIMAY Vincent Boulanger-M.,14,CSQ 2.04.38 ESWIM UN Mark Kurzer, IJ,NEW 2:05.19 HYACKMAY Jens Cuthbert,14,PDSA 2:05.73 ULJUN Etienne Lavallee, 13,EXCE 2:06.63 MSSACMAY Simon Borjeson, 14,OAK 2:06.96 ODIV2APR Dave Spencer,14,GGS 2.07.44 HYACKMAY Siman Wing,14, 13 , RO 2:07.72 PQCUPMAY Nicolas Murray, 14,DYNAM 2:08.16 ESWIMJUN Brian Holland,14,MSSAC-TO 2:08.24 PQIIAPR Samuel Chartrand,13, ELITE 2:08.33 HYACKMAY Richard Alexander, 14,, 2:08.61 PPOMAY Zachary Hurd, 14,BTSC 2:08.65 RAPIDJAN James Monk, 14,PDSA 2:09.71 PQIMAY Wesley Newman,14,DDO 2:09.80 HYACKMAY Brad Reid 14 HYACK 2:09.88 KCSJUN Alex Sherwood, 14,KCS

Rec: 4:05.63 Jamie Stevens,MANTA, 89 4:20.33 MSSACMAY Marco Monaco, 14,OAK 423.31 MSSACMAY Simon Borieson 14 OAK 4:25.93 ODIV2APR Buddy Green,14,LUSC 4:27.04 EKIAPR Jens Cuthbert, 14,PDSA 4:28.73 AACAPR Simon Gabsch,14,MSSAC-TO 4:29.40 ODIV2APR Dave Spencer,14,GGST 4:29.66 RAPIDJAN James Monk, 14,PDSA 4:30.35 PQIMAY Philip Brassard-G., 14,DDO 4:31.38 HYACKMAY Brad Reid, 14,HYACK 4:32.30 HYACKMAY Simon Wing,14,PSW 4:32.52 HYACKMAY Richard Alexander, 14 IS 4:32.75 ULJUN Marc Laliberte,14,UL 4:33.25 KCSJUN Alex Sherwood,14,KCS 4:33.45 HYACKMAY Kris Yap-Chung,13,HYACK 4:33.50 ESWIMJUN Brian Holland, 14,MSSAC-TO 4:33.76 ONSRJUN David Hughes,14,ROW 4:34.08 ESWIMJUN Zachary Hurd,14,BTSC 4:34.78 HYACKMAY Gavin D'Amico,13,EKSC 4:35.09 PQCUPMAY Nicolas Murray,14,DYNAM 4:35.22 LACMAY Chris Bento,13,LAC 4:35.58 ESWIMJUN Nelson Niedzielski,14,MSSAC 4:35.96 HYACKMAY Sebastian Salas 14,PDSA 4:36.61 NEORJUN Jeff Byrne,14.SSMAC METRES FREESTYLE

## Rec: 16:00.93 Alex Baumann,LUSC,79

17:11.93 MSSACMAY Simon Borjeson,14,OAK 17:19.04 HYACKMAY Jens Cuthbert, 14,PDSA 17:44.77 ESWIMJUN Nelson Niedzielski,14,MSSAC 17:48.31 HYACKMAY Richard Alexander,14,IS 17:50.57 GMACMAY Mark Kurtzer,13,NEW 17:52.41 PQIMAY Philip Brassard-G., 14,DDO 17:54.08 HYACKMAY Simon Wing,14,PSW 17:56.00 ULJUN Vincent Boulanger-M.,14,CSQ 17:57.81 HYACKMAY Kris Yap-Chung,13,HYACK 18:11.69 HYACKMAY Gavin D'Amico,13,EKSC 18:11.79 HYACKMAY Derek Westra-Luney,14,IS 18:12.31 LUSCMAY Buddy Green, 14,LUSC 18:13.25 PQIMAY David Provencher-F,14,GAMIN 18:13.99 CDSCAPR Leonard Ho, 13,HYACK 18:14.65 ESWIMJUN Kyle White,14,MSSAC 18:16.96 HYACKMAY Sebastian Salas, 14,PDSA 18:17.18 EKIAPR Alexander Love, ,13,ROD 18:22.04 EKIAPR Edward Quinlan 14 PDSA 18:23.76 GMACMAY Graeme Plant,13,NEW 18:27.40 ULJUN Aubert Lachance F.,14,UL METRES BACKSTROKE
Rec: 58.92 Tobias Oriwol, ESWIM 0
1:03.00 ESWIMJUN Brian Holland, 14,MSSAC-TO 1:04.88 HYACKMAY Jesse Lund,13,EKSC 1:05.00 CASCJUN Eric Gendron,14,KSC-BRSA 1:05.27 KCSJUN Alex Sherwood, 14,KCS 1:05.29 DAVISMAR Aaron Donst, 14,HWAC 1:05.33 PQIMAY Wesley Newman, 14,DDO 1:05.78 PQIMAY Vincent Boulanger-M., $\begin{array}{ll}1: 05.78 & \text { PQIMAY Vincent Boulanger-M.,14,CSQ } \\ \text { 1:05.82 } & \text { CASCJUN Pascal Wollach 13.CSC }\end{array}$ 1:05.82 CASCJUN Pascal Wollach,13,CASC
1:06.04 UCSAJAN Kyle Sorrenti, 14, GLEN $\begin{array}{ll}1: 06.04 & \text { UCSAJAN Kyle Sorrenti, 14,GLEN } \\ \text { ODIV1APR Colin Ackroyd, 14, SCAR }\end{array}$ 1:06.29 HYACKMAY Richard Alexander 14 IS $\begin{array}{ll}1: 06.29 & \text { HYACKMAY Richard Alexander, } 14, \text { IS } \\ \text { 1:06.57 ULJUN Alex Desilets. } 13 \text { MEG }\end{array}$ 1:06.58 MSSACMAY Marco Monaco,14,OAK 1:06.66 ODIV2APR Steven Posthumus,13,TBT-NWO 1:06.72 ODIV1APR Hans Fracke,14,USC 1:07.03 ONSRJUN Brandon Connerty,14,BRANT 1:07.20 CASCJUN John Lapins,13,EXST 1:07.47 ODINEAPR Dave Spencer, 14,GGST 1:07.94 EKIAPR Lee Grant,13,UCSC 1:07.95 HYACKMAY Simon Wing, 14,PSW 1:07.97 CNOAPR Richard Shih,13,NYAC :.07.98 ESWIMJUN Mark Kurtzer,13,NEW

## 200 METRES BACKSTROKE

2:13.52 ESWIMJUN Brian Holland, 14,MSSAC-TO 2:18.98 KCSUUN Alex Sherwood,14,KCS 2:20.60 HYACKMAY Richard Alexander,14,IS 2:20.85 EKIAPR Jesse Lund, 13, EKSC $\begin{array}{ll}\text { 2:21.95 } & \text { ODIV1APR Hans Fracke, 14,USC } \\ \text { 2:22.07 } & \text { PQIIAPR Felix Renaud, 13,CNB }\end{array}$ 2:22.07 PQIIAPR Felix Renaud, 13,CNB
2:22.45 HYACKMAY Eric Gendron, 14 ,KSC-BRSA 2:22.54 PQCUPMAY Nicolas Murray, 14,DYNAM 2:22.81 PQIMAY Wesley Newman,14,DDO 2:22.85 D

DAVISMAR Aaron Donst,14,HWAC
PPOMAY Michael Allain,14,BST PPOMAY Michael Allain,14,BST CNOAPR Andrej Lenert,14,NKB ODIV2APR Dave Spencer,14,GGST TORLCJAN Marco Monaco,14,OAK ESWIMJUN Mark Kurtzer,13,NEW PQIMAY Richard Zieba, 13,PCSC PQIIAPR Alex Desilets,13,MEGO UCSAJAN Kyle Sorrenti,14,GLEN EKIAPR Pascal Wollach,13,CASC
ODIV1APR Colin Ackroyd 14,SCAR ODIV1APR Colin Ackroyd,14,SCAR
PQIIIMAY Jean-P Martin,14,DYNAM PQIIIIMAY Jean-P Martin,14,DYNAM
ESWIMJUN Stephen Malinas,13,NYAC ESWIMJUN Stephen Malinas, 13,NYAC
ESWIMJUN Kyle White,14,MSSAC 2:25.95 ESWIMJUN Kyle White,14,MSSAC $\begin{array}{ll}\text { 2:26.12 } & \text { PQIIIIMAY Etienne Lavallee,13,EXCEL } \\ \text { 2:26.55 } & \text { EKIAPR John Lapins,13,EXST }\end{array}$

100 MEIRES BREASTSTROKE Rec: 1:04.53 Mathew Huang,PDSA,99 1:12.04 EKIAPR Rodale Estor,13,CASC
1.12 .08 MSSACMAY Marco Monaco, 14, OAK 1:12.51 ODIV1APR Misha Vuiaklija 14, NYAC 1:12.88 ONSRJUN Bryan Mell,13,NEW 1:13.17 ESWIMJUN Jamie Ross,12,AUROR 1:13.31 PQIMAY Marc Laliberte,14,UL 1:13.35 ODIV1APR Alex OIsen, 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,12,REG 1:15.23 HYACKMAY Leonard Ho,14,HYACK 1:15.37 ODIV3APR Daniel Vollmer,14,AAC 1:15.66 HYACKMAY Ryan Chiew,14,HYACK 1:16.10 ODIV1APR Andrew Cheung, 14,WAC 1:16.23 ODIV3APR Adam Dunn,14,AAC 1:16.36 ODIV2APR Brannyn Hale,14,NBYT 1:16.72 ODIV3APR Adam Sapelak, 14,WAAC 1:16.86 EKIAPR Edward Quinlan,14,PDSA
1:16.89 HYACKMAY Sean Armstrong,14,EKSC 1:16.90 PQIMAY Zachary Glassman, 14,CAMO 1:16.91 ODIV1APR Jonathan Caguiat, 13,CHAMP 1:16.93 ODIV2APR Matteo Di Paolo,14,VAC 1:17.21 MSSACMAY Karol Hyjek, 14,WD 1:17.29 PQIMAY Marc-A. Duchesneau, 13,CAMO

## 200 METRES BREASTSTROKE

2:19.95 Matthew Huang, PDSA,99
2:34.84 AACAPR Marco Monaco, 14, OAK 2.34.84 AACAPR Marco Monaco, 14,OAK
2:36.84 ESWIMJUN Bryan Mell, 13,NEW 2:36.94 ESWIMJUN Bryn Jones, 14,NEW $\begin{array}{ll}\text { 2:39.37 EKIAPR Rodale Estor,13,CASC } \\ 2: 39 & \text { ODIV1APR Misha Vuiaklija,14,NYAC }\end{array}$ 2:40.26 DAVISMAR James San Pedro,14,OAK 2:40.50 PQIMAY David Provencher-F,14,GAMIN 2:41.41 PPOMAY Zachary Glassman, 14,CAMO 2:41.61 EKIAPR Edward Quinlan,14,PDSA 2:41.63 ESWIMJUN Donald Ellison,14,NEW 2:41.64 PQIMAY Marc Laliberte 14 UL 2:41.99 HYACKMAY Leonard Ho, 14 HYACK 2:42.00 SASKMAY Michae Smela 14 LASER 2:42.13 ESWIMJUN Jamie Ross, 12, AUROR 2.42.29 ODIV1 APR Alex Olsen, 14, SCAR 2.42.55 POIMAY Max Dumont 12 REG 2:43.56 HYACKMAY Ryan Chiew, 14, HYACK 2:45.02 ODIV1APR Andrew Cheung 14, WAC 2:46.23 PQIIIMAY Jean-S. Despatie, 14, ,NNC 2:46.80 ODIV3APR Adam Dunn,14,AAC 2:46.80 ULJUN Etienne Lavallee,13,EXCE 2:46.96 PQIMAY Marc-A. Duchesneau,13,CAMO促 13 SCAR $2 \cdot 47.11$ CASC IUN Joss Lund 13, EKSC

## 00 METRES BUTTERFLY

Rec: 57.45 Philip Weiss,SKSC,94
1:01.23 PQIMAY David Milot, 13,PCSC 1:01.83 AACAPR Jeff Byrne,13,SSMAC 1:03.49 CAMOMAR Maximilian Leger,14,CAMO 1:03.61 ODIV2APR Nathan Ferguson, 14, 1 ,BSC 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 1:04.2
1:04.47
HYACKMAY
EKIAPR Tyson Larone,13,EKSC 1:04.56 PQUIAPR Samuel Chartrand, 13,ELITE $\begin{array}{ll}1: 04.56 & \text { PQIIAPR Samuel Chartrand, } 13, \text { ELLI } \\ 1: 04.59 & \text { PPOMAY Octavian Petre,14,CAMO }\end{array}$ 1:04.89 PQUIAPR Felix Renaud, 13,CNB 1:05.01 ESWIMJUN Stephen Louli,14,MAC 1:05.09 HYACKMAY Kris Yap-Chung, 13,HYACK 1.05.31 PPOMAY Zachary Hurd 14BTSC 1.05.31 POSC IUN Zachary Hurd, , 4, BTSC 1:05.54 PQ|IAPR Alex Agostino,14,LAVA 1:05.54 PQIIAPR Alex Agostino,14,LAVAL
1:05.60 PQCUPMMY Vincent Boulanger-M.,14,CSQ 1:05.71 ODIV2APR Francesco Agueci, 14,VAC 1:05.77 CDSCAPR Edward Quinlan,14,PDSA $1: 05.82$
$1: 05.90$
LACMAY Brent Chartton 14 TAT

## METRES BUTTERFLY

Rec: 2:05.20 Philip Weiss,SKSC, 94
2:19.91 AACAPR Jeff Byrne,13,SSMAC 2:20.19 MSSACMAY Marco Monaco,14,OAK $\begin{array}{ll}2: 21.19 & \text { PQIMAY David Milot,13,PCSC } \\ 2: 21.26 & \text { EKIAPR Tyson Larone,13,EKSC }\end{array}$ 2:21.26 EKIAPR Tyson Larone, 13,EKSC
2:21.39 HYACKMAY Simon Wing, 14, PSW $\begin{array}{ll}\text { 2:21.39 HYACKMAY Simon Wing,14,PSW } \\ 2: 21.91 & \text { EKIAPR Jens Cuthbert,14,PDSA }\end{array}$ $\begin{array}{ll}\text { 2:21.91 EKIAPR Jens Cuthbert,14,PDSA } \\ \text { 2:21.91 } & \text { PQIMAY Philip Brassard-G., 14,DDO }\end{array}$ $\begin{array}{ll}\text { 2:21.91 } & \text { PQIMAY Philip Brassard-G., 14,DDO } \\ \text { 2:22.09 } & \text { PQIMAY Maximilian Leger,14,CAMO }\end{array}$ 2:22.09 PQIMAY Maximilian Leger, 14, ,
2:22.82 ODIV1APR Bryce Tung, 14,TSC $\begin{array}{ll}\text { 2:23.01 } & \text { ODIVIAPR Zachary Hurd, 14,BTSC } \\ \text { 2:23.46 } & \text { ODIV2APR Nathan Ferguson, } 14, \text { EBSC }\end{array}$ ODIV2APR Nathan Ferguson, 14,EBSC
GMACMAY Jonathan Pilon, 14, HOST GMACMAY Jonathan Pilon,14,HOST HYACKMAY Kris Yap-Chung,13,HYACK
AACAPR Simon Gabsch,14,MSSAC-TO EKIAPR Edward Quinlan,14,PDSA ODIV1APR Brent Charlton,14,TAT RAPIDJAN James Monk, 14,PDSA PQIIAPR Felix Renaud, 13,CNB ODIV1APR Kyle Palfrey,13,SCAR 2:27.48 CDSCAPR Leonard Ho, 13, HYACK 2:28.37 MSSACMAY Kyle White, 14,MSSAC 2:29.12 ODIV2APR Buddy Green,14,LUSC $\begin{array}{ll}\text { 2:29.54 } & \text { ODIV2APR Francesco Agueci,14,VAC } \\ \text { 2:30.08 } & \text { CASCJUN Justin Allen,13,EKSC }\end{array}$ 2:30.08
$2: 30.37$ $\qquad$ ASCJUN Justin Allen,13,EKSC
EKIAPR Alexander Love,13,ROD

200 METRES IND.MEDLEY
Rec: 2:09.65 Tobias Oiwol ES
$\qquad$
2
3
4
5
2.10.34 AACAPR Marco Monaco,14,OAK 2:22.12 PQIMAY David Provencher-F,14,GAMIN 2:23.30 HYACKMAY Jesse Lund,13,EKSC 2:23.31 PQIMAY Marc Laliberte,14,UL 2:23.70 PQCUPMAY Nicolas Murray,14,DYNAM 2:24.00 HYACKMAY Simon Wing,14,PSW 2:25.18 LACMAY Brandon Connerty, 14,BRANT 2:25.23 HYACKMAY Sebastian Salas,14,PDSA 2:25.23 ESWIMJUN Bryn Jones, 14,NEW $\begin{array}{ll}2: 25.33 & \text { PQIMAY Philip Brassard-G.,14,DDO } \\ 2: 25.35 & \text { CASCJUN Matt Derochie,14.KSC-BRSA }\end{array}$ 2:25.57 EKIAPR Alexander Love, 13,ROD 2:25.67 ESWIMJUN Mark Kurtzer,13,NEW 2:25.83 AACAPR Brian Holland, 14,MSSAC2:25.92 MSSACMAY Kyle Palfrey, 13,SCAR 2:26.02 CDSCAPR Andrew Wagner, 14,PDSA 2:26.07 RYMMMAR Michael Smela,14,LASER 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 2:27.20 AACAPR Jeff Byrne,13,SSMAC 2:27.22 CNOAPR Andrej Lenert, 14,NKB METRES IND.MEDLEY
4:32.39 Tobias Oriwol, ESWIM, 0
4:55.57 DAVISMAR 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,PSW
 5:06.81 MSSACMAY Simon Borieson,14.,AAK 5:07.11 HYACKMAY Leonard Ho,14, HYACK 5:07.14 SASKMAY Alexander Love 13,ROD 5:07.17 CDSCAPR Jens Cuthbert,14,PDSA 5:07.68 ODIV2APR Jeff Byrne,13,SSMAC 5:07.73 ULJUN Etienne Lavallee,13,EXCEL 5:08.37 ODIV1APR Bryce Tung,14,TSC 5:08.40 ODIV1APR Brandon Connerty, 14,BRANT 5:09.13 ODIV1APR 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 Alexander, 14, IS 5:10.43 ESWIMJUN Bryn Jones, 14,NEW 5:10.43 ESNMSUN Bryn Jones, 14,NEW
$5: 10.71$ CASCJUN Jesse Lund, 13,EKSC 5:11.66 CASCJUN Matt Derochie,14,KSC-BRSA 5:12.02 PQIMAY Marc Laliberte,14,UL 5:1.27 CDSCAPR Andrew Wagner,14,PDSA $\begin{array}{ll}\text { 5:12.27 } \\ \text { 5:13.62 } & \text { PDOMAY Jonathan Rinaldi, } 14, \text { PPO }\end{array}$ $\begin{array}{ll}\text { 5:13.62 } & \text { PSOMAY Jonathan Rinalal, } 14, \text {,ASO } \\ \text { 5:14.15 } & \text { SASKMAY Michael Smela,14,LASER }\end{array}$

## 4X50 MEDLEY RELAY

Rec: 1:54.59 Etobicoke Swimming,ESWIM,98
2:00.40 AACAPR Mississauga AC,MSSAC 2:01.44 ODIV1APR North York AC,NYAC $\begin{array}{ll}\text { 2:01.78 } & \text { EKIAPR Cascade Swim Club,CASC } \\ \text { 2:02.91 } & \text { ESWIMUUN Newmarket SC, NEW }\end{array}$
2:02.91 ESWIMJUN Newmarket SC,NEW
$\begin{array}{ll}\text { 2:03.08 } & \text { PQIMAY Pointe Claire SC,PCSC } \\ \text { 2:03.39 } & \text { PQIMAY Dollard Swim Team,DDO }\end{array}$
$\begin{array}{ll}\text { 2:03.39 } & \text { PQIMAY Dollard Swim Team, DDO } \\ \text { 2:03.60 } \\ \text { UCSAJAN Edmonton Keyano,KKSC }\end{array}$
2:03.60 UCSAJAN Edmonton Keyano, EKSC
2:04.28 EKIAPR Calgary Killarney KSC
2:04.28 EKIAPR Calgary Killarney, KSC
2:04.79 HYACKMAY Hyack Swim Club,HYACK
2:05.41 PQIMAY Montreal Aquatique,CAMO
2:05.74 ODIV1APR Glouc-Ottawa Kingtish,GO
2:06.11 PQIMAY CS Quebec,CSQ
2:07.05 ODIV2APR Enestown Barracudas, EBSC
2:07.10 PQIMAY Univ.Laval Rouge \& Or,UL
2:07.26 ODIV1APR Brantford AC,BRANT
2:07.63 HYACKMAY Pacific Dolphins,PDSA
2:07.83 ODIV3APR Markham ACMAC
2:07.83 ODIV3APR Markham AC,MAC
2:07.99 LUSCMAY Hamilt-Wentworth AC,HWAC
2:08.30 $\quad$ ODIV1APR Guelph Marlin AC,GMAC
2:08.44 ODIV1APR Toronto Champs,CHAMP
2:08.46 HYACKMAY Island Swimming,IS
2:08.50 ODIV2APR Thunder Bay,TBT-NWO
2:08.50 EKIAPR Univ.of Calgary SC,UCSC
2:08.94

## X50 FREE RELAY

ULJUN Megophias Trois Rivieres,MEGO
Rec: 1:42.23 Etobicoke Swimming,ESWIM,98
1:48.31 ESWIMJUN Mississauga AC,MSSAC
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
1:50.41 ESWIMJUN Newmarket SC,NEW
1:50.97 HYACKMAY Vancouver Gators,GATO
1:50.97 HYACKMAY Vancouver Gators,GATOR
1:51.15 LUSCMAY Hamilt-Wentworth AC,HWAC
$\begin{array}{ll}\text { 1:51.15 } & \text { LUSCMAY Hamilt-Wentworth AC,HWAC } \\ \text { 1:51.23 } & \text { EKIAPR Edmonton Keyano, EKSC }\end{array}$
1:51.31 EKIAPR Cascade Swim Club,CASC
1:51.43 ODIV1APR Toronto Champs,CHAMP
1:51.60 CASCJUN Univ.of Calgary SC,UCSC
1:51.72 PQIMAY Univ.Laval Rouge \& Or
1.51.79
1:51.79 ODIV1APR Brantford AC,BRANT
1:52.03 HYACKMAY Hyack Swim Club,HYACK
1:52.06
ODIV1APR Scarborough SC,SCAR
1:52.06 ODIV1APR Scarborough SC,SCAR
1:52.37 PQ|IAPR Longueuil, EIITE
$\begin{array}{ll}\text { 1:52.73 } & \text { CASCJUN Calgary Killarney,KSC } \\ 1: 52.88 & \text { PQIMAY Pointe Claire SC,PCSC }\end{array}$
$\begin{array}{ll}\text { 1:52.88 } & \text { PQIMAY Pointe Claire SC, PCSC } \\ \text { 1:53.18 } & \text { ODIV1APR Glouc-Ottawa Kingish,GO }\end{array}$
$\begin{array}{ll}\text { 1:53.18 } & \text { ODIVIAPR Glouc-Ottawa Kingiis } \\ \text { ODIV2APR Vaughan AC, VAC }\end{array}$
1:54.01 COHOMAY Island Swimming,IS
1:54.39 ODIV2APR Thunder Bay,TBT-NWO
$\begin{array}{ll}\text { 1:54.46 ODIV1APR Richmond Hill AC,RHAC } \\ \text { 1:54.64 } & \text { EKIAPR Saskatoon Goldfins,GOL }\end{array}$

## 400 METRES FREESTYLE

Rec: 4:14.45 Donna McGinnis,ESC,86
4:23.03 SYDNJAN Danielle Bell, 17,IS
4:23.98 CANLCMAR Tamee 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 4:29.34 PQCUPMAY Marieve De Blois,17,PPO
4:30.42 ESWIMJUN Nathalie Lacoste,15,MSSAC-TO 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 4:32.10 ZAJACMAY Hayley Doody,15,UCSA 4:32.45 CANLCMAR Elizabeth Wycliffe, 17,EBSC 4:32.56 CANLCMAR Alicia Jobse, 17,MANTA 4:32.66 PQCUPMAY Joan Bernier,16.CNCB 4:32.99 CANLCMAR Sara McNally, 16, EKSC-UA 4:33.20 CANLCMAR Taryn Lencoe 15, PDSA 4:33.87 CANLCMAR Shawna Bothwell,17,RDCSC 4:34.55 CANLCMAR Monica Wejman, 16,ESWIM 4:34.56 PQCUPMAY Dominique Charron,17,PPO 4:34.84 EKIAPR Deanna Stefanyshyn,16,PDSA
50 METRES FREESTYLE

|  | ,96 | ec: 8:39.19 Debbie Wurzburger, LYAC,85 |  |  |
| :---: | :---: | :---: | :---: | :---: |
| 1 | 26.39 CANLCMAR Laura Pomeroy,17,OAK-TO | 1 | 9:00.02 | SYDNJAN Danielle Bell,17,IS |
| 2 | 26.63 ONSRJUN Jennifer Porenta, 16,MMST-TO | 2 | 9:01.23 | CANLCMAR Tamee Ebert,17,PDSA |
| 3 | 26.64 CANLCMAR Jenna Gresdal, 16,ESWIM | 3 | 9:10.29 | USGP1MAY Kathy Siuda, 15,ROW |
| 4 | 27.00 PQIMAY Audrey Lacroix,17,CAMO | 4 | 9:13.26 | CANLCMAR Taryn Lencoe, 15,PDSA |
| 5 | 27.24 ZAJACMAY Erin Kardash, 15,MM | 5 | 9:14.17 | ONSRJUN Rosie Meade, 17,BOSC |
| 6 | 27.29 PQCUPFEB Victoria Poon,16,CALAC | 6 | 9:14.65 | ESWIMJUN Nathalie Lacoste, 15,MSSAC-TO |
| 7 | 27.29 CANLCMAR Jessie Bradshaw,16,UCSA | 7 | 9:15.27 | ZAJACMAY Allison Laidlow, 16,PDSA |
| 8 | 27.44 ONSRJUN Stephanie Kuhn,15,TMSC-NWO | 8 | 9:15.78 | ONSRJUN Danielle Beland,16,GO |
| 9 | 27.50 CANLCMAR Diane Kardash,15,MM | 9 | 9:17.30 | MSSACMAY Katherine Telfer, 16,ESWIM |
| 10 | 27.55 SYDNJAN Eizabeth Wycliffe,17,EBSC | 10 | 9:18.74 | HYACKMAY Amber Dykes, 17,HYACK |
| 11 | 27.59 ONSRJUN Jennifer Beckberger,15,AAC | 11 | 9:19.37 | PQCUPFEB Joan Bernier,16, CNCB |
| 12 | 27.59 ESWIMJUN Joanna McLean,17,ESWIM | 12 | 9:19.79 | ZAJACMAY Hayley Doody,15,UCSA |
| 13 | 27.64 MMAPR Jennifer Toogood, 16,MM | 13 | 9:21.38 | CANLCMAR Alicia Jobse, 17,MANTA |
| 14 | 27.64 PQCUPMAY Chanell Charron-W.,16,CNO | 14 | 9:21.63 | CANLCMAR Sara McNally, 16,EKSC-UA |
| 15 | 27.73 TORLCJAN Kate Plyley,15,OAK-TO | 15 | 9:22.44 | ESWIMJUN Jenna Gresdal, 16. ESWIM |
| 16 | 27.74 PQCUPMAY Marie-P. Blais,15,MEGO | 16 | 9:22.82 | ESWIMJUN Jennifer Coombs,17,MSSAC-TO |
| 17 | 27.75 ONSRJUN Frances Stephenson,16,NYAC | 17 | 9:27.46 | EKIAPR Deanna Stefanyshyn,16,PDSA |
| 18 | 27.75 HYACKMAY Amber Dykes, 17,HYACK | 18 | 9:29.68 | PQCUPMAY Annie Lizotte,17,UL |
| 19 | 27.82 CANLCMAR Mila Zvijerac, 15,HYACK | 19 | 9:31.16 | EKIAPR Annamay Pierse, 17,EKSC-UA |
| 20 | 27.88 CANLCMAR Heather Crowdis,17,AAC | 20 | 9:32.13 | HYACKMAY Mitra Chandler,17,HYACK |
| 21 | 27.89 ONSRJUN Rachel Hosford-E, 17,HWAC | 21 | 9:32.30 | HYACKMAY Kelsey Cross,16,LL |
| 22 | 27.90 CANLCMAR Michaela Schmidt, 17,UCSA | 22 | 9:32.54 | ONSRJUN AlanaMurphy,17,ESWIM |
| 23 | 27.91 SASKMAY Kristen Lis,17,ROD | 23 | 9:33.09 | PQCUPMAY Dominique Charron,17,PPO |
| 24 | 27.92 KCSJUN Caitlin Meredith,17,KCS | 24 | 9:33.83 | PQCUPMAY Patricia Perreault,15,CNCB |
| 25 | 27.94 HYACKMAY Kari Pomerleau,15,DEL | 25 | 9:35.76 | HYACKMAY Carly Schaab, 15,UCSC |
|  | RES FREESTYLE | 100 METRES BACKSTROKE |  |  |
|  | .61 Shannon Shakespeare,MM,94 | Rec: 1:02.14 Kelly Stefanyshyn,PDSA,99 |  |  |
| 1 | 57.40 CANLCMAR Laura Pomeroy,17,OAK-TO | 1 | 1:02.87 | CANLCMAR Jennifer Fratesi,16,ROW |
| 2 | 57.66 CANLCMAR Jenna Gresdal, 16,ESWIM | 2 | 1:03.27 | CANLCMAR Eizabeth Wycliff, 17, EBSC |
| 3 | 57.74 ONSRJUN Jennifer Porenta,16,MMST-TO | 3 | 1:04.64 | USGP1MAY Jenna Gresdal, 16,ESWIM |
| 4 | 58.17 ZAJACMAY Erin Kardash,15,MM | 4 | 1:04.75 | ONSRJUN Katie Smith, 15,COBRA |
| 5 | 58.89 CANLCMAR Jessie Bradshaw,16,UCSA | 5 | 1:05.30 | CANLCMAR Caitlin Meredith, 17,KCS |
| 6 | 59.18 PQIMAY Chanell Charron-W.,16,CNO | 6 | 1:05.51 | ONSRJUN Sheena Martin,16,ROW |
| 7 | 59.23 CANLCMAR Marieve De Blois, 17,PPO | 7 | 1:06.15 | ONSRJUN Amanda Gillespie,16,NKB |
| 8 | 59.23 CANLCMAR Eizabeth Wyclife, 17,EBSC | 8 | 1:06.38 | CANLCMAR Ein Kardash, 15,MM |
| 9 | 59.38 CANLCMAR Adriana Koc-Spadaro,17,PDSA | 9 | 1:06.54 | PQIMAY Audrey Lacroix, 17,CAMO |
| 10 | 59.43 CANLCMAR Laura Grant, 16, UCSA | 10 | 1:06.55 | ODIV2APR Andrea Shoust,15,SSMAC |
| 11 | 59.47 CANLCMAR Katherine Telfer,16,ESWIM | 11 | 1:06.60 | ODIV1APR Amy Jacina, 17,GMAC |
| 12 | 59.58 CANLCMAR Amanda Gillespie,16,NKB | 12 | 1:06.83 | ONSRJUN Melissa Bartlett,15,CYPS |
| 13 | 59.76 CANLCMAR Isabelle Ascah-Coallier, 17,CAMO | 13 | 1:06.88 | EKIAPR Hania Kubas, 15,EKSC-UA |
| 14 | 59.77 CANLCMAR Jennifer Beckberger, 15, AAC | 14 | 1:06.90 | CANLCMAR Amanda Leslie,17,RAYS |
| 15 | 59.83 CANLCMAR Monica Wejman,16,ESWIM | 15 | 1:07.14 | ZAJACMAY Tina Hoang, 15,HYACK |
| 16 | 59.92 ODIV1APR Jackie Garay, 17,TSC-TO | 16 | 1:07.16 | CANLCMAR Randi Beaulieu,15,MSSAC-TO |
| 17 | 59.94 CANLCMAR Hayley Doody,15,UCSA | 17 | 1:07.37 | ONSRJUN Katherine Telfer,16,ESWIM |
| 18 | 59.95 CANLCMAR Joanna McLean,17,ESWIM | 18 | 1:07.52 | ONSRJUN Joanna McLean, 17,ESWIM |
| 19 | 1:00.00 CANLCMAR Diane Kardash,15,MM | 19 | 1:07.83 | CANLCMAR Elizabeth Cleven, $16, \mathrm{MM}$ |
| 20 | 1:00.00 ONSRJUN Frances Stephenson,16,NYAC | 20 | 1:07.85 | ONSRJUN Rachel Hosford-E, 17,HWAC |
| 21 | 1:00.19 LACMAY Rosie Meade, 16,BOSC | 21 | 1:07.87 | CANLCMAR Erin Prout,15,EKSC-UA |
| 22 | 1:00.19 LUSCMAY Stephanie Kuhn, 15,TMSC-NWO | 22 | 1:07.94 | CANLCMAR Diane Kardash,15,MM |
| 23 | 1:00.22 ZAJACMAY Mitra Chandler,17,HYACK | 23 | 1:08.04 | PQCUPFEB Jessie Bradshaw, 16, UCSA |
| 24 | 1:00.23 CANLCMAR Francine Ling,17,DELTA | 24 | 1:08.17 | PPOMAY Ashleigh Thomas, 17, USC |
| 25 | 1:00.25 CANLCMAR Eizabeth Cleven, 16,MM | 25 | 1:08.37 | ONSRJUN Michelle Zambri,17,WD |
|  | ETRES FREESTYLE | 200 METRES BACKSTROKE |  |  |
|  | 1.08 Jane Kerr,ESC,85 | Rec: 2:12.42 Jennifer Fratesi,ROW, 1 |  |  |
| 1 | 2:04.28 USGP1MAY Jenna Gresdal, 16,ESWIM | 1 | 2:12.42 | SYDNJAN Jennifer Fratesi, 16,ROW |
| 2 | 2:06.60 SYDNJAN Danielle Bell, 17,IS | 2 | 2:15.06 | CANLCMAR Bizabeth Wycliff, 17,EBSC |
| 3 | 2:06.62 CANLCMAR Marieve De Blois,17,PPO | 3 | 2:17.66 | ONSRJUN Sheena Martin,16,ROW |
| 4 | 2:07.40 ODIV1APR Jennifer Fratesi, 17,ROW | 4 | 2:20.30 | ONSRJUN Amanda Gillespie,16,NKB |
| 5 | 2:07.76 ONSRJUN Katherine Telfer,16,ESWIM | 5 | 2:20.52 | USGP1MAY Jenna Gresdal, 16,ESWIM |
| 6 | 2:07.97 CANLCMAR Tamee Ebert, 17,PDSA | 6 | 2:21.49 | CANLCMAR Allison Laidlow,16, PDSA |
| 7 | 2:08.02 PQCUPMAY Chanell Charron-W.,16,CNO | 7 | 2:22.14 | ODIV1APR Amy Jacina, 17,GMAC |
| 8 | 2:08.10 CANLCMAR Meghan Brown, 17,PDSA | 8 | 2:22.53 | CANLCMAR Shawna Bothwell, 17,RDCSC |
| 9 | 2:08.50 CANLCMAR Cynthia Pearce, 17,MSSAC-TO | 9 | 2:22.80 | KCSJUN Caitlin Meredith, 17,KCS |
| 10 | 2:08.67 ONSRJUN Rosie Meade, 17,BOSC | 10 | 2:23.03 | CANLCMAR Amanda Leslie,17,RAYS |
| 11 | 2:08.77 CANLCMAR Deanna Stefanyshyn,16,PDSA | 11 | 2:23.52 | ONSRJUN Katherine Telfer,16,ESWIM |
| 12 | 2:09.16 PQCUPMAY Isabelle Ascah-Coallier,17,CAMO | 12 | 2:23.75 | CANLCMAR Hania Kubas, 15,EKSC-UA |
| 13 | 2:09.21 ODIV3APR Jennifer Porenta, 15,MMST-TO | 13 | 2:23.82 | ESWIMJUN Katie Smith,15,COBRA |
| 14 | 2:09.81 CANLCMAR Kathy Siuda, 15,ROW | 14 | 2:24.40 | CANLCMAR Lynette Bayliss,15,UCSA |
| 15 | 2:09.96 HYACKMAY Amber Dykes,17,HYACK | 15 | 2:24.98 | PQIMAY Chanell Charron-W.,16,CNO |
| 16 | 2:10.06 CASCJUN Hayley Doody,15,UCSA | 16 | 2:25.02 | ONSRJUN Andrea Shoust, 16,SSMAC |
| 17 | 2:10.06 CASCJUN Orlagh O'Kelly,15,EKSC-UA | 17 | 2:25.57 | ONSRJUN Melissa Bartlett,15,CYPS |
| 18 | 2:10.32 ABSRJAN Shawna Bothwell, 17,RDCSC | 18 | 2:25.63 | ZAJACMAY Amber Dykes,17,HYACK |
| 19 | 2:10.33 PQCUPFEB Audrey Lacroix,17,CAMO | 19 | 2:25.96 | CANLCMAR Anna Szaflarski,16,BROCK |
| 20 | 2:10.45 ULJUN Joan Bernier, 16,CNCB | 20 | 2:26.26 | CANLCMAR Jennifer Esford, 17,ROW |
| 21 | 2:10.58 EKIAPR Allison Laidlow, 16, PDSA | 21 | 2:26.52 | MSSACMAY Ela Burley,16,WD |
| 22 | 2:10.59 PQCUPMAY Dominique Charron,17,PPO | 22 | 2:26.60 | CANLCMAR Kathy Siuda, 15,ROW |
| 23 | 2:10.60 SASKMAY Meghan Demchuk, 17,ROD | 23 |  | MSSACMAY Randi Beaulieu, $15, \mathrm{MSSAC}$-TO |
| 24 | 2:10.62 PQIIAPR Patricia Perreault,15,CNCB | 24 | 2:26.67 | NSSRJUN Andrea Roberts,16,TCSC |
|  |  |  |  |  |

Rec: 1:08.86 Allison Higson,EPS,88
1.12.48 ONSRJUN Tamara Wagner, 16, ROW 1.14.16 CANLCMAR Annamay Pierse,17,EKSC-UA 1:14.30 MSSACMAY Shayna Burns, 17 ,CHAKP 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 1:16.03 HYACKMAY Norah Vogan, 16,GPP 1:16.09 ONSRJUN Shannon Kryhul,15,ROW 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 1:16.88 ZAJACMAY Mitra Chandler,17,HYACK 1:16.90 CANLCMAR Marcy Edgecumbe,17,EKSC-UA 1:16.95 ONSRJUN Brooke Heath, 15,TAT

## METRES BREASTSTROKE

$\begin{array}{ll}\text { Rec: 2:27.27 Allison Higson,EPS,88 } \\ \text { 2:33.97 } & \text { BARCJUN Annamay Pierse, 17,EKSC-UA }\end{array}$
2.33.97 BARCJUN Annamay Pierse,17,EKSC-UA 2:39.83 ONSRJUN Renee Hober,16,ROW 2:40.14 PQCUPMAY Marie-P. Ratelle,15,MEGO 2:40.44 CANLCMAR Meagan Sinclair 16,UCSA 2:40.61 CANLCMAR Courtenay Chuy,15,HYACK 2:41.03 ZAJACMAY Haylee Johnson, 15,PDSA 2:41.41 SYDNJAN Kristen Bradley 17 NEW 2:41.59 ONSRJUN Genevieve Dack,15,TBT-NWO 2.41 .93 ESWIMJUN Joanna De 16 MSSAC-TO 2:42.12 ESWIMJUN Shayna Burns,17,CHAMP 2:42.84 CANLCMAR Marcy Edgecumbe, 17,EKSC-UA 2:43.09 CANLCMAR Marieve De Blois, 17,PPO 2:43.31 CANLCMAR Heather Bell,17,BTSC 2.4374 POCUPMAY Micheline Dufour 15 Ul 2:43.92 CANLCMAR Genevieve Frappier, 17,CAMO 2:43.96 CANLCMAR Ariane Kich,17,GMAC 2:44.19 ZAJACMAY Mitra Chandler, 17,HYACK 2:44.42 CANLCMAR Shannon Kryhul, 15,ROW 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 .09 NSAN 2 I 2:46.46 PQIMAY Sarah Gault,15,DDO

## METRES BUTTERFLY

## Rec: 1:00.86 Audrey Lacroix,CAMO,

1:00.86 ROMEJUN Audrey Lacroix, 17,CAMO 1:01.36 SYDNJAN Jennifer Fratesi, 16, ROW 1:03.88 ZAJACMAY Michelle Landry,16.PDSA 1.04.05 CANL CMAR Nancy Gaios 16, ESWIM 1.04.12 ONSRUUN Nancy Garos, 16 , ESWIM 1:0460 CAN CMAR Michad Schmidt 17, UCS 1:04.64 CANLCMAR Isabelle Ascah-Coallier, 17,CAMO 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 Meghan Brown,17,PDSA 1:05.65 CANLCMAR Meghan Brown,17,rDS 1:05.87 CANLCMAR Jennifer Graf, 17,ROD 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 PQUIAPR Chrystele Roy-l'Ecuyer, 16,CNB $1: 06.51$ LACMAY Tiffany Vincent, 15,BRANT
$1: 06.51$ ESWIMUUN 1:06.51 ESWIMJUN Jenna Gresdal, 16,ESWIM
1:06.53 ODIV3APR Heather Crowdis, 17, AAC

## 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 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,CAN
2:24.81 CANLCMAR Meghan Brown, 17,PDSA 2:24.91 PQCUPMAY Genevieve Frappier,17,CAMO 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 2:27.07 TORLCJAN Gillian Coles,15,BROCK
$2: 2747$ 2:27.47 ONSRJUN Amanda Gillespie, 16, NKB $\begin{array}{ll}\text { 2:27.48 PQIMAY Sarah Bartosh,16,PCSC } \\ 2 \cdot 27.81 & \text { ESWIMJUUN Jenna Gresdal 16, ESWIM }\end{array}$ 2:27.81 ESWIMJUN Jenna Gresdal, 16, ESWIM 2:28.15 ESWIMJUN Katherine Telfer, 16, ESWIM
$2: 28.24$ NSSRJUN Colleen Smith, 16,EAST $\begin{array}{ll}\text { 2:28.24 } & \text { NSSRJUN Colleen Smith, 16,EAST } \\ \text { 2:28.37 MSSACMAY Kahla Walkinshaw,15,HWAC }\end{array}$

## 00 MEIRES IND.MEDLEY

Rec. 2:15.61 Nancy Sweetnam,LLSC, 90
2:18.70 CANLCMAR Jennifer Fratesi, 16,ROW
2.21.01 CANLCMAR Kristen Bradey 17, NEN

2:22.63 ESWIMJUN Jenna Gresdal, 16,ESWIM
2:23.55 ONSRUUN 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
2:26.11 EKIAPR Meghan Demchuk, 17,ROD
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
2:26.55 AACAPR Stephanie Kuhn, 15,TMSC-N
2:27.00 ONSRJUN Tamara Wagner,16,ROW
2:27.59 CANLCMAR Genevieve Frappier, 17, CAMO
2:27.79 PQCUPMAY Chanell Charron-W.,16,CNO
2:27.82 PQCUPMAY Aurelie Meziere,17,PPO
2:28.00 ODIV1APR Chandra Engs, 16,CAJ
2:28.04 ULJUN Joan Bernier, 16, CNCB
2:28.22 CANLCMAR Marcia Bryon, 17,USC
2:28.30 ZAJACMAY Mitra Chandler,17,HYACK 2:28.47 CANLCMAR Shawna Bothwell, 17,RDCSC 2:28.47 ODIV3APR Jennifer Porenta, 15,MMST-TO

## 0 METRES IND.MEDLEY

### 47.62 Nancy Sweetnam,LLSC,91

4:54.70 SYDNJAN Kristen Bradley, 17,NEW
4:58.32 SYDNJAN Ashley Chandler, 16 ,USA
4:59.56 ESWIMJUN Jenna Gresdal 16 ESWIM
5:00.45 ODIV1APR Jennifer Fratesi,17,ROW
5:00.45 ODIV1APR Jennifer Fratesi,17,ROW
5:01.13 CANLCMAR Allison Laidlow,16,PDSA
5:01.13 CANLCMAR Allison Laidlow, 16,PD
5:01.42 USGP1MAY Kathy Siuda, 15,ROW
5:02.17 CANLCMAR Marieve De Blois, 17,PPO
5:04.59 ZAJACMAY Michelle Landry, 16,PDSA
5:04.59 ZAJACMAY Michele Landry,1, 1, PDCK
5:04.94 ZAJACMAY Amber Dykes,17,HYACK
5:04.94 ZAJACMAY Amber Dykes,17,HYACK
5:08.07 CANLCMAR Leah Schaab,17,UCSA
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 Norah Vogan, 16, GPP
5:09.63 PQCUPFEB Annamay Pierse, 17, EKSC-SE
5:09.76 PQCUPMAY Chanell Charron-W.,16,CNO
$\begin{array}{ll}\text { 5:11.05 } & \text { ONSRJUN Brittany Cooper,15,LAC } \\ 5: 11.21 & \text { POMMAY Alex }\end{array}$
5:11.27 CANLCMAR Genevieve Frappier,17,CAMO
5:13.37 ODIV1APR Amanda Gillespie 16 NKB
5:13.37
5:13.99
NSSRJUUN Jessica McLellan, 16, EAST
5:13.99 NSSRJUN JessicaMcLellan, 16, EAST
5:14.22 CANLCMAR Eizabeth Osterer, 1 ,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
$\begin{array}{ll}\text { 5:14.41 } & \text { ESWIMJUN Katherine Telfer, 16,ESWIM } \\ \text { 5:15.01 } & \text { ONSRJUN Frances Stephenson,16,NYAC }\end{array}$

## 4X50 MEDLEY RELAY

Rec: 1:59.20 Pt-Clair,PCSC,76

|  | laire,PCSA,76 - |
| :---: | :---: |
| 2:03.79 | PQIMAY Dollard Swim Team,DDO |
| 2:04.47 | EKIAPR Edmonton Keyano,EKSC |
| 2:06.76 | HYACKMAY Hyack Swim Club,HYACK |
| 2:07.03 | PQIMAY Pointe Claire SC,PCSC |
| 2:07.29 | PQIMAY Montreal Aquatique,CAMO |
| 2:07.36 | EKIAPR Pacific Dolphins,PDSA |
| 2:07.53 | ESWIMJUN Cobra Swim Club,COBRA |
| 2:07.81 | EKIAPR Regina Opt.Dolphins,ROD |
| 2:07.88 | EKIAPR Univ.of Calgary SC,UCSC |
| 2:08.12 | PQIMAY Univ.Laval Rouge \& Or,UL |
| 2:08.20 | ESWIMJUN Etobicoke Swimming,ESWIM |
| 2:08.45 | ODIV1APR Chatham Y,CYPS |
| 2:09.08 | AACAPR Ajax Aquatic Club,AAC |
| 2:09.12 | ODIV1APR North York AC,NYAC |
| 2:09.30 | MMAPR Manitoba Marlins,MM |
| 2:09.74 | ODIV1APR Cambridge Aquajets, CAJ |
| 2:09.85 | LACMAY Tillsonburg AT,TAT |
| 2:10.11 | PQIMAY Samak de Brossard,SAMAK |
| 2:10.36 | PQIIAPR Megophias Trois Rivieres,MEGO |
| 2:10.82 | LACMAY Newmarket SC,NEW |
| 2:11.02 | PGBAPR Points North SC,PN |
| 2:11.11 | NEORJUN Timmins Marlins, TMSC-NWO |
| 2:11.45 | EKIAPR Silver Tide SC,STSC |
| 2:11.74 | ODIV1APR Toronto Champs,CHAMP |
| 2:12.02 | PGBAPR Kamloops Classic,KCS |

## X50 FREE RELAY

1:47.46 Etobicoke Swimming,ESWIM, 0
$\begin{array}{ll}\text { 1:51.61 } & \text { MMAPR Manitoba Marlins,MM } \\ 1: 52.47 & \text { AACAPR A Aaz Aautic }\end{array}$
1:52.47 AACAPR Aijax Aquatic Club,AAC
1:52.52 CASCJUN Univ.of Calgary SC,UCSC
1:53.16 ODIV1APR North York AC,NYAC
1:53.36 ESWIMJUN Etobicoke Swimming, ESWIM
1:53.38 EKIAPR Edmonton Keyano EKS
1:53.38 EKIAPR Edmonton Keyano,EKSC
$\begin{array}{lr}\text { 1:53.41 } & \text { PQIMMAY Dollard Swim Team,DDO } \\ \text { 1:53.42 } & \text { CASCJUN Cascade Swim Club,CASC }\end{array}$
1:53.42 CASCJUN Cascade Swim Club,CASC
1:53.49 HYACKMAY Hyack Swim Club,HYACK
1:53.65 PQIMAY Montreal Aquatique,CAMO
1:54.14 HYACKMAY Delta SC,DE
1:54.31 EKIAPR Pacific Dolphins,PDSA
1:54.31 CA
$1: 54.31$
$1: 54.31$
1.54 .77
1:54.77
1:54.82
PQMAY Pointe Claire SC,PCSC
1:55.20 ODIV1APR Caivbridgal Rouge \& Or,UL
1:55.31 PQU|APR Megophias Trois Rivieres
$\begin{array}{ll}\text { 1:55.31 PQIIAPR Megophias Trois R } \\ \text { 1:55.64 } & \text { ODIV1APR Chatham Y,CYPS }\end{array}$
1:56.13 PQIMAY Samak de Brossard,SAMAK
1:56.22 EKIAPR Lethbridge ASC,LASC EKIAPR Lethbridge ASC,LASC LACMAY Newmarket SC,NEW PPOMAY Uxbridge SC,USC
CASCJUN Glencoe Gators,GL

TOP AGE GROUP TIMES Januay tor the period (results received)
Financially supported by Swimming Natation Canada Compiled by SWIMNENS

# 2001 LONG COURSE TAG 



400 METRES FREESTYLE
Rec: 3:52.23 Andrew Hurd,MSSAC,0
:00.28 SYDNAR Brent O'Connor,17,PDSA :01.60 USGP1MAY Tobias Oriwol 16 ESWIM 4:05.65 SYDNJAN Keith Beavers,17,STARS :05.95 SYDNJAN Andrew Coupland, 17,GO :10.69 CANLCMAR Darryl Rudolf,16,PDSA :10.78 CANLCMAR lan MacLeod, 17,ESWIM :11.95 ZAJACMAY Graeme Tozer,16,UCSA 4:12.04 PQIMAY Mark Thauvette,16, PCSC 4:13.19 ONSRJUN Jonathan Long,15,LAC :13.41 ZAJACMAY Devin Phillips,16, EKSC-UA 4:13.81 ONSRJUN Scott Dickens, 16,BRANT 4:13.84 ZAJACMAY Douglas McQueen,16,PDSA 4:13.96 PQCUPMAY Jonathan Aubry,15,CNB 4:14.48 ODIV2APR Michael Brown,16, PERTH 4:14.86 CANLCMAR Matt Johnston,16,MSSAC-TO 4:15.14 RAPIDAPR Eliot Rushton,17,RAPID 4:15.17 CANLCMAR Don Nicholson,17,TSUN 4:15.46 SASKMAY Brent Hankewich,17,GOLD 4:15.51 ONSRJUN Marco Monaco,15,OAK 4:15.52 ONSRJUN Steven Medaglia, 16,NKB 4:15.63 PQCUPMAY Nicolas Guillotte, 17,CAMO 4:15.67 ONSRJUN Robert McDow, 17,RHAC 4:16.46 PQCUPMAY Charles Rodrigue,16,UL 4:17.51 ONSRJUN Bentley Gakis,17,TSC-TO
50 METRES FREESTYLE
Rec: 23.19 Yannick Lupien GO. 97
23.76 CANLCMAR Kurtis Miller,15,SCAR
24.30 AANMAR Brent Hayden, 17,SPART
24.64 ODIV3APR Bill Cocks,17,TRENT
24.73 CANLCMAR Graeme Tozer, 16,UCSA
24.84 CANLCMAR Chris Lukas, 17 ,ESWIM
24.91 ONSRJUN Erik Binga, 17,TAT
24.92 ESWIMJUN Tobias Oriwol, 16,ESWIM
24.96 EKIAPR Devin Phillips, 15, EKSC-UA
24.99 CANLCMAR Cedric Sureau-L., 17,PPO
25.12 AACAPR Andrew Bignell,17,SSMAC
25.20 PQCUPMAY Mark Thauvette, 16,PCSC
25.22 HYACKMAY Trevor Neufeld, 16, CASC
25.24 ODIV2APR Stefano Caprara, 17, VAC
25.26 RAPIDJAN Daniel Petrus,17,PDSA
25.31 ESWIMJUN Ian MacLeod 17 ESWIM
25.40 AACAPR Jamie Del Mastro, 16. USC
25.41 ULJUN Kevin Laflamme,15,RCA
25.47 PGBAPR Brian Verigin,17,PGB
25.49 CASCJUN Jeff Cormack, 17,GL-BRSA 25.49 CAMOMAR Maxime Dorion,16,CNSH 25.56 CASCJUN Kevin Gillespie,15,EXST 25.57 MMAPR Ben Johnson,17,MM

## ETRES FREESTYLE

Rec: 51.14 Yannick Lupien,CAGRA, 96
52.08 CANLCMAR Brent Hayden,17,SPART
53.89 CANLCMAR Kurtis Miller,15,SCAR
53.49 CANLCMAR Graeme Tozer 16, UCSA
53.51 ESWIMJUN Tobias Oriwol , 16, ESWIM
53.68 ONSRJUN Bill Cocks, 17,TRENT
$\begin{array}{ll}53.68 & \text { SNSRNU B Andrew Coupland, 17,GO }\end{array}$
53.91 SYDNJAN Chad Thomsen, 17,EKSC-SE
53.98 SASKMAY Trevor Coulman,16,GOLD
54.01 POIMAY Mark Thauvette,16,PCSC
54.08 ODIV2APR Stefano Caprara, 17 VAC
54.20 CANLCMAR Darryl Rudolf 16 . PDSA
54.20 CANLCMAR Darryl Rudolf,16,PDSA
54.33 CANLCMAR Cedric Sureau-L.,17,PPO
54.90 ESWIMJUN Ian MacLeod, 17,ESWIM
54.96 ESWIMAPR Chris Lukas, 17,ESWIM
54.05 HYACKMAY Eliot Rushton, 17,RAPID
55.20 NSSRJUN Mathew Terauds,17,WTSC
55.21 PQCUPMAY Nicolas Guillotte,17,CAMO
55.27 SASKMAY Brent Hankewich,17,GOLD
55.39 EKIAPR Marc Sze,16,PDSA
55.39 HYACKMAY Trevor Neufeld, 16,CASC
55.44 ESWIMJUN Koji Takahashi,17,ESWIM
55.55 ONSRJUN Erik Binga, 17,TAT

### 5.59 MSSACMAY

## Rec: 1.50.34 Brian Johns RAPID, 0

1:53.82 SYDNJAN Andrew Coupland,17,GO
.54.76 ESWIM UIN Tonizs Oriwo 16, ESWIM 1:54.76 ESWIMJUN Tobias Oriwol, 16,ESWIM 1:57.52 ODIV1APR Kurtis MacGillivary,17,ROW 1:57.97 CASCJUN Graeme Tozer,16,UCSA
1:58.05 PQCUPMAY Nicolas Guillotte,17,CAMO
1:58.18 PQIMAY Mark Thauvette,16,PCSC
$\begin{aligned} & \text { 1:58.18 } \text { PQIMAY Mark Thauvette, } 158, \text {,TCSC } \\ & \text { SASKMAY Brent Hankewich, } 17, \text { GOLD }\end{aligned}$
1:58.61 CANLCMAR Chris Kula, 17,CAJ
1:58.61 CANLCMAR Chris Kula, 1, CAJ
1:58.71 ZAJACMAY Darryl Rudolf, 16 ,PDS
1:58.86 HYACKMAY Eliot Rushton,17,RAPID
1:59.31 ONSRJUN lan MacLeod, 17,ESWIM
1:59.49 ONSRJUN Jonathan Long,15,LAC
1:59.60 EKIAPR Devin Phillips,15,EKSC-UA
1:59.97 ZAJACMAY Douglas McQueen 16, PDSA 1:59.97 ZAJACMAY Douglas McQueen,16,PDSA
2:00.03 ZAJACMAY William Walters, 17, PDSA 2:00.03 ZAJACMAY William Walters,17,PDSA
2:00.10 CANLCMAR Steven Medaglia, 16,NKB 2:00.10 CANLCMAR Steven Medaglia,16,NKB 2:00.15 RODJUN Trevor Coulman,16,GOLD 2:00.45 PQIIAPR Jonathan Aubry, 15,CNB 2:00.71 CANLCMAR Cedric Sureau-L.,17,PPO
2:00.74 PQCUPFEB Kevin Rioux,15,CAMO $\begin{array}{ll}\text { 2:00.74 } & \text { PQCUPFEB Kevin Rioux,15,CAMO } \\ \text { 2:00.77 } & \text { ULJUN Kevin Laflamme,15,RCA }\end{array}$ 2:00.77 ULJUN Kevin Laflamme,15,
2:00.92 ZAJACMAY Justin Ho, 16,PDSA 2:00.92 ZAJACMAY Justin Ho,16,PDSA
2:01.03 ESWIMJUN Bob Phipps,17,COBRA

100 MEIRES BREASTSTROKE
Rec. 1.02.53 Morgan Knabe,UCSC,99
1.03 .98 SYDNAN Chad Thomsen, 17,EKSC-SE 1.03.98 SYDNJAN Michael Brown,16,PERTH 1.04.77 CANLCMAR Matthew Huang,16,PDSA 1:06.28 SASKMAY Nathan Parker 17, MJKKF 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
1:08.79 PQCUPMAY Kevin Rioux, 16,CAMO
1:08.91 PQCUPMAY Eric Demay, 17,CNO
1:09.36 ONSRJUN Marco Monaco, 15,
1:09.42 CANLCMAR Jung Hun Choi, 16,PDSA
1:09.60 CNOAPR Steven Medaglia,16,NKB
1:09.60 ONSRJUN Warren Barnes,15,SCAR
1:09.68 ESWIMJUN 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,RAYS
1:10.23 PQUAPR Simon Letendre,15,SHER
1:10.82 PPOMAY David McKechnie,15,CYC
1:10.90 ODIV3APR Bill Cocks,17,TRENT
1:11.14 ESWIMJUN Conrad Aach,16,ESWIM
1:11.48 AACAPR Danny Parsons, 17,SCAR

## METRES BREASTSTROKE

## Rec: 2:15.45 Morgan Knabe,UCSC, 99

2:16.35 CANLCMAR Michael Brown, 16,PERTH
2:19.20 SYDNJAN Keith Beavers,17,STARS 2:23.08 CANLCMAR Matthew Huang, 16,PDSA 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, MJKFF
2.27.52 CANLCMAR Thomas South 17, UCSA
2.29.07 ESWIMMUN Conrad Aach 16 ESWIM

2:29.71 ODIV1APR Steven Medaglia, 16 , NKB
2:29.82 ONSRJUN Scott Dickens 16, BRANT 2:29.87 ONSRJUN Jim Hinton,17,TBT-NWO 2.29 .90 POCUPMAY Kevin Rioux 16 CAMO 2.29 .99 ESWIM UUN Brian Ma 17CHAMP

2:31.06 ZAJACMAY Brian Verigin,17,PGB
2:31.40 NBLCMAY Joseph Holownia, 16,SACKS
2:32.04 ONSRJUN Warren Barnes,15,SCAR
2.32.49 ODIV2APR Pat Russell 17, ROC
2.3300 UUUN Dominic Pelletier 17 U
2.33.28 ONSRUUN Marco Monaco, 15, OAK

2:33.43 ONSRJUN Richard Bowen 16,GO
2.34.45 POCUPMAY Jonathan Aubry, 15 CNB
2.34.45 PQCUPMAY Jonathan Aubry, 15,CNB
2.34.91 CANLCMAR Dovon Ackroyd 17 SCAR 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
58.21 PQIMAY Sean Zunini, 17,CAMO
58.59 CANLCMAR Karim Abdull 17, ROD
58.85 ONSRJUN Ian Maclud 17, ESWI
58.86 CASCIUN Adam Martinson, 16 UCS
59.15 POCUPFEB Kaith Meaver, 17 , STARS
59.19 ESWIM UN Tobias Oiwd 16, ESWM

59.50 ODISAP
59.59 SASKMA M Tevor Coulman, 16, GOLD
59.74 ESWIM UUN Canad N, 16, CASC
59.74 ESWM 59.75 Conrad Aach, 16 , ESWIIM
59.75 CNOAPR Steven Medaglia,16,NKB
C. 9.78 CASGUN Graeme Tozer,16, UCSA
59.89 PQCUPMAY Nicolas Guillotte,17,CAMO
00.03 ONSR UN L 1 ke Amstrong 17NKB
:00.23 ONSRJUN Luke Armsitrong, 17,NKB
.00.30 PQ UMCMAY Beant
:00.35 ZAJACMAY Brent O'Connor,17,PDSA

:00.50 ABSRJAN Craig Gillis, 17,UCSA
:00.50 PQCUPMAY Jonathan Cantin, 17,CAMO

## ETRES BUTTERFLY

2:04.87 CANLCMAR Brent O'Connor, 17,PDSA
2:07.25 ONSRJUN Ian MacLeod, 17,ESWIM
2:07.27 CANLCMAR Darryl Rudolf,16,PDSA
2:08.32 ESWIMJUN Tobias Oriwol,16,ESWIM
2:08.89 ODIV1APR Steven Medaglia, 16,NKB
2:09.53 CANLCMAR Karim Abdulla,17,ROD
2:11.01 ONSRJUN Evan Jellie,17,ROW
2:11.35 ZAJACMAY Malcolm Lavoie,15,OSC-UA
2:11.46 PQIMAY Sean Zunin
2:11.46 PQIMAY Sean Zunini, 17,CAMO
2:11.64 ONSRJUN Conrad Aach, 16,ESWIM
2:11.72 HYACKMAY Callum Ng,16,CASC
$\begin{array}{ll}\text { 2:12.69 } & \text { ONSRJUN Thomas Senecal, 17,NEW } \\ \text { 2:13.02 } & \text { ONSRJUN Bill Cocks,17,TRENT }\end{array}$
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
2:15.63 SASKMAY Trevor Coulman,16,GOLD
2:15.67 PQIMAY Sofian Mohand-Cherif,15,CAMO
2:16.54 EKIAPR Ciaran Dickson,17,ROD
2:16.56 MSSACMAY Alex Watson, 16,OSHAC
2:16.56 MSSACMAY Alex Watson,16,OSHAC
2:17.65 EKIAPR Douglas McQueen, 16,PDSA
2:17.66 RAPIDJAN Daniel Petrus,17,PDSA
$\begin{array}{ll}\text { 2:17.66 } & \text { MMAPR Andrew Metcalfe, 16,MANTA } \\ \text { 2:17.69 ONSRUUN Michael Commit }\end{array}$
2:17.69 ONSRJUN Michael Commito, 15,LUSC
$\begin{array}{ll}\text { 2:17.83 } & \text { DAVISMAR Steven Caswell,17,HWAC } \\ \text { 2:18.30 } & \text { PQIMAY Dominic Pelletier,16,UL }\end{array}$

200 MEIRES IND.MEDLEY
Rec: 2:02.78 Alex Baumann,LUSC, 81
2.04.04 SYDNJAN Tobias Oriwo , 15, ESWIM

2:04.91 SYDNJAN Keith Beavers, 17,STARS
2:08.55 ONSRJUN Steven Medaglia, 16 ,NKB
2:11.26 ONSRJUN Conrad Aach,16,ESWIM
2:11.43 ZAJACMAY Brian Verigin,17,PGB
2:13.99 SYDNJAN Andrew Coupland, 17,GO
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
2:14.99 ONSRJUN Jim Hinton, 17,TBT-NWO
2:15.31 ULJUN Dominic Pelletier, 17,UL
2:15.61 ONSRJUN Roman Margulis,17,NYAC
2:15.83 ONSRJUN Marco Monaco,15,OAK
2:16.44 PQIMAY Timothy Ruse,15,PCSC
2:16.61 PQIMAY Charles Rodrigue, 16,UL
2:17.18 ONSRJUN Richard Bowen,16,GO
2:17.26 PQIMAY Kevin Rioux,16,CAMO
2:17.26 ESWIMJUN Donald Smith,17,COBRA
2:17.32 RAPIDAPR Brent Hayden, 17,SPART

## METRES IND.MEDLEY

## : 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 ONSRJUN Kurtis MacGillivary, 17,ROW
4.35.39 ONSRJUN Steven Medaglia, 16,NKB

4:32.07 CANLCMAR Conrad Aach, 16,ESWMM
4:42.07 CANLCMAR Douglas McQueen,16,PDSA
4:44.22
4:4J.5ACMAY Graeme Tozer,16, UCSA
ODIV2APR Michael Brown,16,PERTH
4:46.27 ONSRJUN Richard Bowen, 16,GO 4:47.29 ONSRJUN Marco Monaco,15,OAK 4:47.34 HYACKMAY Callum Ng, 16,CASC 4:48.99 ESWIMJUN Ian MacLeod,17,ESWIM
4:49.08 ONSRJUN Jim Hinton, 17,TBT-NWO 4:49.87 PQIMAY Dominic Pelletier, 16, UL 4:50.66 ONSRUUN Thomas Seneca, ,17,NEW 4.50.80 POCUPMAY Jonathan Long, 15, LAC 4:51.11 PQIMAY Charles Rodrigue,16,UL 4.5225 RAPIDIAN Mathew Hodigue, 16 , UL $\begin{array}{ll}4: 52.25 & \text { RAPIDJAN Mathew Huang, } 16, \text { PDSA }\end{array}$ 4:52.48 RAPIDAPR Brent Hayden, 17,SPART
$4: 52.59$ ESWIMUN Andrew Baier 16, 4:52.59 ESWIMJUN Andrew Baier, 16,COBRA
4:53.88 HYACKMAY Richard Taylor, 17 RAPID 4:53.88 HYACKMAY Richard Taylor, 17,RAPID $\begin{array}{ll}\text { 4:53.96 } & \text { EKIAPR Ciaran Dickson,17,ROD } \\ \text { 4:54.00 } & \text { ISAPR BryceMcRae 17,COMOX }\end{array}$ 4:54.24 PPOMAY Daniel Tracy, 17,USC

## X50 MEDLEY RELAY

Rec: 1:46.72 Markham AC,MAC, 94

| 1:53.16 | AACAPR Cobra Swim Club,COBRA |
| :---: | :---: |
| 1:53.39 | EKIAPR Edmonton Keyano,EKSC |
| 1:54.49 | EKIAPR 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 Brantord AC,BRANT |
| 1:56.10 | ESWIMJUN Etobicoke Swimming,ESWIM |
| 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 |
| 2:00.94 | OYOMAR Upper Canada SC,UPCAN |
| 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 | PQ\|IAPR Longueuil,ElITE |
| 2:02.12 | AACAPR Lakeshore SC,LSC |
| 2:02.25 | WOSAJUN Region of Waterloo,ROW |

## X50 FREE RELAY

Rec: 1:35.93 Markham AC,MAC,9
$\begin{array}{ll}\text { 1:41.46 } & \text { EKIAPR Pacific Dolphins,,PDSA } \\ 1: 41.74 & \text { EKIAPR ES }\end{array}$
1:41.74 EKIAPR Edmonton Keyano,EKSC
1:42.32 HYACKMAY Cascade Swim Club,CASC
1:42.79 EKIAPR Saskatoon Goldfins,GOLD
1:42.79 EKIAPR Saskatoon Goldfins,GOLD
$1: 43.09 \quad$ AACAPR Cobra Swim Club,COBRA
$\begin{array}{ll}1: 43.09 & \text { AACAPR Cobra Swim Club,C } \\ \text { 1:43.25 }\end{array}$
1:43.30 PQIMAY Pointe Claire SC, PCSC
$\begin{array}{ll}\text { 1:43.80 } & \text { ODIV1APR Toronto Champs,CHAMP } \\ \text { 1:43.94 } & \text { PQIMAY Montreal Aquatique,CAMO }\end{array}$
1:44.45 ESWIMJUN Newmarket SC,NEW
1:45.02 HTACAPR Eastern Alliance,EAST
1:45.14 ESWIMJUN Etobicoke Swimming,ESWIM
1:45.82 HTACAPR Wolfville Tritons,WTSC
$\begin{array}{ll}\text { 1:45.82 } & \text { HTACAPR Wolfville Tritons,WTSC } \\ \text { 1:46.23 } & \text { PQIMAY Univ laval Rouge }\end{array}$
$\begin{array}{ll}\text { 1:46.23 } & \text { PQIMAY Univ.Laval Rouge \& Or,UL } \\ \text { 1:47.38 } & \text { KCSJUN Richmond Rapids.RAPID }\end{array}$
1:47.49 AACAPR Markham ACapids,RAP
1:47.88 CASCJUN Red Deer Catalina SC,RDCSC
1:48.03 EKIAPR Univ.of Calgary SC,UCSC
$\begin{array}{lc}\text { 1:48.16 } & \text { PQIMAY Samak de Brossard,SAN } \\ \text { 1:48.26 } & \text { ODIV2APR Lakeshore SC.LSC }\end{array}$
1:48.26 ODIV2APR Lakeshore SC,LSC
$\begin{array}{ll}\text { 1:48.98 } & \text { EKIAPR ReginaOpt.Dolphins,ROD } \\ \text { 1:49.43 } & \text { ODIV1APR Glouc-Ottawa Kingtish,GO }\end{array}$
1:49.43 ODIV1APR Glouc-Ottawa Kinglish,GO
1:49.50 PGBAPR Points North SC,PN
$\begin{array}{ll}\text { 1:49.50 } & \text { PGBAPR Points North SC,PN } \\ 1: 49.76 & \text { PQ|APR }\end{array}$
$\begin{array}{ll}\text { 1:49.76 } & \text { PQIIAPR Longueuil,ELITE } \\ \text { 1:49.92 } & \text { PQIMAY Dollard Swim Team,DDO }\end{array}$

TOP AGE GROUP TIMES
January 1,2001 to June 13, 2001
Financially supported by Swimming Natation Canada Compiled by SWIMNEWS
:15.87 Jennifer Fratesi,SSMAC,9
1:21.51 TOPCPMAY Natalie Hagan, 10,ESWIM 1:22.14 CASCJUN Julie Kells,10,RDCSC 1:22.32 NEORJUN Caitlin Tomlinson,10,SSMAC 1:22.85 LUSCMAY Amy Harriman, 10,HWAC 1:22.96 LACMAY Patricia Sloan, 10,NEW :23.92 CASCJUN Robyn Pape,10,NCS 1:24.34 NEORJUN Dominique Bouchard,9,NBYT 1:24.46 NEORJUN Megan Bujold,10,TISC :24.74 TOPCPMAY Lindsay Cameron,10,LSC
:24.84 NSSRJUN Ann Gordon,10,SWAT
:25.02 RODJUN Geneva Murphy,10,ROD
1:25.19 ISAPR Shawnee Landolt, 10,IS
1:25.69 TOPCPMAY Catherine Powell,10,PCSC
1:25.81 CASCJUN Danielle Newton,10,FMSC
:26.48 MSSACMAY Gabrielle Laurin,10,SSMAC
:26.92 STSCMAY Michelle Beveridge,10,UCSC
:27.16 HYACKMAY Christine Edwards,10,PDSA
:27.27 CASCJUN Nicole Vincent,10,OSC
1:27.41 COHOMAY Stephanie Bernard, 10,CRKW
27.47 PPOUN Natasha Brousseau, $10, \mathrm{C}$
1.27.63 TOPCPMAY Mandy Bailey, 10,RISC
27.80 LUSCMAY Casey Lesile,10,HWAC
:27.89 GMACMAR Kaylee Dakers,9,COBRA
METRES BREASTSTROKE
1:25.18 Kelly Timmons,OSC, 97
$1: 32.86$ AACAPR Jennifer Wilson,10,MSSAC
1:34.85 HYACKMAY Amity Chow,10,PDSA
1:34.97 CDSCAPR Vanessa Hanbury, 10,GATOR
1:35.51 NEORJUN Megan Bujold,10,TISC 1:35.80 TOPCPMAY Melissa Larocque, 10,PCSC 1:35.90 PPOUUN Marie-P Couillard,9,REG :36.00 TOPCPMAY Christine Zwart,10,LAC 1:36.52 LEDUCMAY Nicole Norrie, 10,AMAC 1:36.75 STSCMAY Danielle Newton,10,FMSC 1:37.08 ELITEMAR Karolyn Long,10,DDO 1:37.11 MSSACMAY Kristi Russell,10,MAC 1:37.17 TOPCPMAY Sasha Menu-Courey, 10,ESWIM 1:37.26 NSSRJUN Ann Gordon,10,SWAT 1:37.27 TOPCPMAY Kaylee Dakers, 10 COBRA 1:37.69 MMAPR Marissa Davies, 10,SJS 1:37.75 ELITEMAR Marcela Rojas, 10,LSCDN 1:37.75 ELITEMAR Marcela Rojas, 10,LSCDN 1:37.94 MMAPR Samantha Holloway,10,MANTA 1:38.03 LUSCMAY Rebecca Vedell,10,HWAC 1:38.34 PPOJUN Maude Provencher-F.,10,DDO 1:38.93 PPOJUN Jessica Bibeault,10,DDO 1:39.07 LUSCMAY Samantha Filek, 10,SSMAC 1:39.07 LUSCMAY Samantha Filek, 10,SSMAC
EXSTJUN Sierra Dakin-Kuiper,9,LASC :39.08 EXSTJUN Sierra Dakin-Kuiper,9,LASC
1:39.25 TOPCPMAY Samantha Galway,10,NYAC 1:39.26 MSSACMAY Vanessa Niedzielski,10,MSSAC METRES BUTTERFLY

1:18.91 TOPCPMAY Natalie Hagan, 10,ESWIM 1:20.80 NEORJUN Megan Bujold, 10, TSC 1:21.93 RODJUN Geneva Murphy, 10,ROD 1:24.70 MSSACMAY Meghan Brockington,10,OSHAC 1:25.04 TOPCPMAY Melissa Larocque,10, PCSC 1:25.39 ISAPR Shawnee Landolt, 10 ,IS 1:25.72 CASCJUN Julie Kells,10,RDCSC 1:26.28 TOPCPMAY Mandy Bailey,10,RISC 1:26.28 TOPCPMAY Mandy Bailey,10,RISC
1:28.02 LACMAY Jessica Pietrusiak, 10,NEW 1:28.02 LACMAY Jessica Pietrusiak, 10,NEW
1:28.28 PPQUN Natasha Brousseau 10, CNO 1:28.60 EKSCMAR Megan Young,10,FMSC 1:28.62 PRCOUUN Kristen Campbell, 10,DDO 1:29.61 MSSACMAY Krista Morgado, 10,MSSAC 1.29.78 TOPCPMAY Kristine Walker 10 LAC 1.29.84 CASCJUN Shelbi Snodgrass 10 CASC 1.29.84 CASCJUN Shelbi Snodgrass, 10,CASC
1:30.22 AACAPR Chelsea Wiese 10, RHAC $\begin{array}{ll}\text { 1:30.22 AACAPR Chelsea Wiese, } 10, \text {,RHAC } \\ 1: 30.24 & \text { AACAPR Julie Policht,10,YORK }\end{array}$ AMAPR Julie Policht, 10, YORK MMAPR Marissa Davies,10,SJS :30.54 TOPCPMAY Heather Lee, I0, WD 1:30.61 TOPCPMAY Christine Zwart,10,LAC 1:32.01 DAVISMAR Amy Harriman, 10,HWAC 1:32.01 DAVSMAR Amy Harriman,10,HW
1:32.34 MSSACMAY Ali Cherniak, 10,TSC 1:32.72 GMACMAY Rebecca Sloan, 10,NEW 1:32.96 NSSRJUN Ann Gordon,10,SWAT

## 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
2:54.24 NEORUUN Megan Bujold, 10 , TISC
2.56.04 DAVISMAR Tamara Gimon, 10, FMA
2.58.04 DAVISMAR Tamara Gmon, 9 ,BAD

2:58.70 TOPCPMAY Melissa Larocque,10,PCSC
2:59.16 TOPCPMAY Kristina Sims, 10,1SS
3.02.17 GMACMAR Shauna Donaldson,10,OSAC
3.02.24 GMACMAR Alana Byron, 10,GMAC
3.02.24 RODJUN Geneva Murphy, 10,ROD

3:02.62 PPQUUN Marie-P Couillard,9,REG
$3: 0266$ HYACKMAY Amity Chow,10,PDSA
3:02.66 HYACKMAY Amity Chow,10,PDSA
3.02.80 MSSACMAY Anna Freeman, 10,MSSAC
$\begin{array}{ll}\text { 3:03.28 } \\ \text { 3:03.44 } & \text { DAVISMAR MAR Meghan Knapton, 10,RISC } \\ \text { 3. }\end{array}$
3:03.44 DAVSMAR Alyce Sutclifte, 10,BST
3:03.63 CASCJUN Shelbi Snodgrass,10,CASC
3:0423 HYACKMAY Shawnee Landolt 10 IS
3:04.23 HYACKMAY Shawnee Landolt, 10,IS
3:04.31 WOSAJUN Casey Leslie10 HWAC
3:04.31
WOSAJUN Casey Leslie,10,HWAC
3:04.91
3:04.91 ElITEMAR Lilia Hadouchi, 10,LSCDN
$3: 05$ AACAPR Patricia
$\begin{array}{ll}3: 05.08 & \text { AACAPR Patricia Sloan, 10,NEW } \\ 3: 0518 & \text { AACAPR Jonnifer Wilson }\end{array}$
$\begin{array}{ll}3: 05.18 & \text { AACAPR Jennifer Wilson,10,MSSAC } \\ 3: 05.31 & \text { EITEMAR Kristen Campbell } 10 \text {, }\end{array}$
$\begin{array}{ll}\text { 3:05.31 } & \text { ELITEMAR Kristen Campbell, 10,DDO } \\ \text { 3:05.48 LEDUCMAY Daniell Newton 10,FMSC }\end{array}$
3:05.48 LEDUCMAY Danielle Newton,10,FMSC
3:05.91 NEORJUN Caitlin Tomlinson,10,SSMAC

## NOO 11150 BACKSTROKE

Rec: 1:14.50 Andrew Bignell,SSMAC, 94 $\begin{array}{lll}1 & \text { 1:17.19 } & \text { CDSCAPR Andre Kudaba, 10, } \\ 2 & 1: 17.65 & \text { BROCKMAY Jim Lee,10,WAC } \\ 3 & 1.2208\end{array}$ 1:22.08 TOPCPMAY Nick Karpov, 10, RHAC 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 1:24.64 CASCJUN Jordie Szoo,10,CASC 1:25.01 TOPCPMAY 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 1:26.78 GMACMAY Evan Buck,10,GMAC 1:26.82 ISAPR Will Hergesheimer,10,NRST 1:27.10 TOPCPMAY Colin Coombs, 10,ESWIM 1:27.30 MSSACMAY Daren Rubenchik,10,CHAMP 1:27.41 AACAPR Adrian Ng,10,RHAC 1:27.74 TOPCPMAY Andrew Bloch-Hansen, 10,LAC 1:27.76 HYACKMAY Marko Gavric,9,PDSA 1:27.95 NSSRJUN Dave Sharpe,10,EAS 1:28.38 CASCJUN Braden Maybury,10,CASC 1:28.38 PPOUUN Jean-F. Thivierge, 10,REG 1:28.39 ESWIMJUN Jacques D'Souza, 10,CRES 1:28.53 AACAPR Curtis
METRES BREASTSTROKE
Rec: 1:22.79 David Cheung, CREST,
1:27.53 EKIAPR Curtis Lutsch,10,UCSC 1:32.79 LACMAY Steven Saltzberry, 10,TA 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 1:35.35 EXSTJUN Kelly Tso,10,LASC 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 $\begin{array}{ll}\text { 1:38.28 TOPCPMAY Daniel Jensen,9,PCSC } \\ \text { 1:38.46 } & \text { PGBAPR Judd Grossman,10,PN }\end{array}$ 1:38.53 TOPCPMAY Skyler McIndoe,10,LAC 1:38.69 CDSCAPR Dennis Brotzky,9,PDSA 1:38.85 AACAPR Tom Lawrie,10,AAC 1:39.38 TOPCPMAY Clement Kwong, 10,NYAC 1:39.70 GMACMAY Brandon Kingston,10,NEW 1:40.29 AACAPR Sean O'Beirn,10,MSSAC 1:40.46 PPOJUN Jean-F. Thivierge,10,REG 1:40.51 ISAPR Will Hergesheimer,10,NRST 1:40.53 TOPCPMAY Paul Zelinski,9,MSSAC 1:40.92 LACMAY Jeremy Leite,9,LAC 1:41.98 TOPCPMAY Daniel Lam, 10, NYAC 1:41.98 HYACKMAY Hong-Ting Chan, 10, PDSA

## 100 METRES FREESTYLE

Rec: 1:05.02 Andrew Bignell, SSMAC. 94 1:09.02 STSCMAY Curtis Lutsch,10,UCSC 1:10.63 TOPCPMAY Karim Zayed, 10, PCSC 1:11.40 TOPCPMAY Steven Saltzberry, 10,TAT 1:11.73 TOPCPMAY Spencer Ayre 10, PCSC 1:12.01 CASCJUN Jordie Szoo,10,CASC 1:12.42 CASCJUN Michael Lowenstein,10,CASC 1:12.82 HYACKMAY Craig Dagnall,10,IS 1:12.93 AACAPR Sean O'Beirn,10,MSSAC 1.12.93 AACAPR Sean OBeirn,10,MSSAC
1:13.15 ISAPR Will Hergesheimer,10,NRST $1: 13.29$ TOPCPMAY Tyler Bredschneider,10,COBRA 1:13.29 TOPCPMAY Tyler Bredschneider, 10,
1:13.30 HYACKMAY Marko Gavric,9,PDSA 1:13.30 HYACKMAY Marko Gavric,,9,PDSA
1:13.43 MSSACMAY Dinos San Pedro,10,OAK 1:13.43 MSSACMAY Dinos San Pedro,10,OAK
1:13.63 PGBAPR Judd Grossman, 10,PN 1:13.66 AACAPR Nick Karpov,9,RHAC 1:13.86 CDSCAPR Hong-Kei Chan,10,PDSA 1:13.86 CDSCAPR Hong-Kei Chan, 10,PDSA 1:14.07 BROCKMAY Jim Lee,10, WAC 1:14.86 ROWMAY Kenneth Wang, 10,RHAC 1:15.12 CASCJUN James Kendrick, 10 CASC $\begin{array}{ll}\text { 1:15.12 } & \text { CASCJUN James Kendrick, 10,CA } \\ \text { 1:15.40 } & \text { ROWMAY Adrian Ng,10,RHAC }\end{array}$ 1:15.60 TOPCPMAY Paul Zielinski,9,MSSAC 1.15.74 TOPCPMAY Tom Lawrie 10 AAC 1:16.03 ROWMAY Sidney Chu,10,RHAC 1:16.28 PPOJUN Jean-F. Thivierge,10,REG 1:16.40 MMAPR David Woodman,10,MANTA

## 00 METRES FREESTYLE

Rec: 4:55.60 Trevor Jakisch,SJS,78
5:15.70 STSCMAY Curtis Lutsch,10,UCSC 5:18.15 ISAPR Craig Dagnall,10,IS 5:22.88 HYACKMAY Andre Kudaba, 10,HYACK 5:30.33 ESWIMJUN Colin Coombs,10,ESWIM 5:34.76 OLYJUN Tyler Bredschneider, 10,COBRA 5:36.35 MSSACMAY Sean O'Beirn,9,MSSAC 5:37.65 LEDUCMAY Michael Clarke,10,OSC 5:37.65 LEDUCMAY Michael Clarke,10, 5:40.77 MSSACMAY Robert Irvine,10,OSHAC 5:41.56 STSCMAY Ben Schaeffer,10,BRSC 5:41.77 MSSACMAY Kairun Daikoku,10,MSSAC 5:43.52 WOSAJUN Skyler McIndoe,10,LAC 5:43.86 MSSACMAY Dinos San Pedro,10,OAK 5:44.01 WOSAJUN Michael Brock,10,LAC 5:45.03 MSSACMAY Jacques D'Souza, 10, CRES 5:49.24 WOSAJUN Frank Despond, 10,BAD 5:49.79 EKSCMAR Michael Lowenstein,10,CASC 5:50.43 WOSAJUN Ross Bennett 9 ROW $\begin{array}{ll}5: 50.43 & \text { WOSAJUN Ross Bennett,9,ROW } \\ \text { 5:53.25 } & \text { EKSCMAR Jordie Szoo,10,CASC }\end{array}$ 5:57.95 WOSAJUN Andrew Bloch-Hansen, 10,LAC 5:57.96
WOSAJUN Jeremy Leite,9,LAC 6:00.13 EKSCMAR Aman Hansra, 10,FMSC 6:00.13 EKSCMAR Aman Hansra, 10, FM 6:01.95 MSSACMAY Curtis Samuel,10,OAK

## 0 METRES BUTTERFLY

Rec: 1:13.20 Alex Baumann,LUSC,75
1:18.37 HYACKMAY Andre Kudaba, 10, HYACK
1:21.50 CASCJUN Michael Lowenstein,10,CASC

1:23.71 TOPCPMAY Tyler Bredschneider, 10,COBRA
1:23.89 ISAPR Craig Dagnall,10,IS
1:23.89
1:24.73
DAVISAPR Craig Dagnall, 10, IS
Durtis Samuel, 10,0 OAK
1:24.73
1:25.36 EKSCMAR Ben Berg,10,RDCSC
$\begin{array}{ll}\text { 1:25.36 } & \text { EXSCMAR Ben Berg,10,RDCSC } \\ \text { 1:25.67 } & \text { CDSCAPR Hong-Ting Chan,10,PDSA }\end{array}$
$\begin{array}{ll}\text { 1:25.79 } & \text { ISAPR Will Hergesheimer, } 10 \text {,NRST }\end{array}$
1:26.15 CASCJUN Jordie Szoo,10,CASC $\begin{array}{ll}\text { 1:26.15 } & \text { CASCJUN Jordie Szoo,10,CASC } \\ \text { 1:26.34 } & \text { NSSRJUN Dave Sharpe, } 10, \text { EAST }\end{array}$ 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 1:28.71 EKSCMAR Curtis Lutsch,10,UCSC 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 1:31.04 TOPCPMAY Colin Coombs,10,ESWIM 1:31.37 GMACMAY Evan Buck,10,GMAC 1:31.87 GMACMAY Matthew Swanston, 10,NEW 1:31.81 GMACMAY Matthew Swanston,, 10, ,NEw 1:33.09 DAVISMAR Alex Serwotka,10,CYPS $\begin{array}{ll}\text { 1:33.09 } & \text { DAVISMAR Alex Serwotka, } \\ \text { 1:33.10, } & \text { RODJUN Ashveen Ambulgekar, 10,GOLD }\end{array}$

## METRES IND.MEDLEY

Rec: 2:35.84 Tobias Oriwol,PCSC, 96
2:42.93 GMACMAR Steven Sal tzberry, 10,TAT 2:43.58 DAVISMAR Curtis Samuel, 10,OAK 2:47.48 DAVISMAR Frank Dusch, 10 , BAD 2:47.48 DAVISMAR Frank Despond, 9 , BAD 2:51.01 DAVISMAR David Duhan,10,BAD 2:53.95 HYACKMAY Andre Kudaba, 10,HYACK 2:54.55 TOPCPMAY Spencer Ayre, 10,FCSC 2:55.67 WOSAJUN Jim Lee,10,WAC 2:58.44 DAVISMAR Alex Serwotka,10,CYPS 2:58.58 CDSCAPR Hong-Kei Chan,10,PDSA $\begin{array}{ll}\text { 2:58.62 } & \text { CASCJUN Michael Lowenstein,10,CASC } \\ \text { 2:59.45 } & \text { ISAPR Will Hergesheimer, 10,NRST }\end{array}$ 2:59.45 ISAPR Will Hergesheimer,10,NRST 3:00.07 TOPCPMAY Karim Zayed,10,PCSC $\begin{array}{ll}\text { 3:00.36 } & \text { ISAPR Craig Dagnal, } 10, \text { IS } \\ \text { 3:01.21 } & \text { CDSCAPR Hong-Ting Chan, 10,P }\end{array}$ 3:01.21 CDSCAPR Hong-Ting Chan, 10,PDSA 3:01.61 TOPCPMAY Sidney Chu,10,RHAC 3.02.10 TOPCPMAY Robert Irvine, 1 ,OSHAC 3:02.34 HYACKMAY Marko Gavric,9,PDSA 3:02.43 TOPCPMAY Kairun Daikoku,10,MSSAC 3:02.67 EKSCMAR Michael Clarke,10,OSC $\begin{array}{ll}\text { 3:03.21 } \\ 3: 03.42 & \text { GPACMAR Kodie Yorke, } 10, \text { GMAC } \\ \text { PPan-F Thivierg } 10, R E G\end{array}$ $\begin{array}{ll}\text { 3:03.4 } & \text { PPOUUN Jean-F. Thivierge, 10,REG } \\ \text { 3:03.97 } & \text { OLYJUN Tyler Bredschneider, } 10, \text { COBR }\end{array}$ 3:03.97 OLYJUN Tyler Bredschneider,10,
3:04.35 GMACMAR Evan Buck, 10,GMAC 3:04.35 GIMACMAR Evan Buck, 10,GMAC
3:04.88 TOPCPMAY Kenneth Wang,10,RHAC


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## MAKING WAVES



Bryn Jones, 14
Club: Newmarket Stingrays
Coach: Ulf Ornhjelm
Specialty: Breaststroke
3rd ranked for LCMO1 TAG in the 200 breaststroke and 9th in the 100 breaststroke

| Best Times | LCMO0 | LCM01 |
| :--- | :--- | :--- |
| 100 breaststroke | $1: 16.99$ | $1: 13.69$ |
| 200 breaststroke | $2: 42.58$ | $2: 36.94$ |
| 200 indmedley |  | $2: 25.23$ |
| 400 ind.medley |  | $5: 10.43$ |



Dave Spencer, 14
Club: Granite Gators
Coach: Bill Durrant
Specialty: Distance free, backstroke
8thranked for LCM01 TAG in the 400 free, 10th in the 200 free

| Best Times | SCM01 | LCM01 |
| :--- | :--- | :--- |
| 200 freestyle | $2: 04.75$ | $2: 06.96$ |
| 400 freestyle | $4: 25.41$ | $4: 29.40$ |
| 100 backstroke | $1: 04.99$ | $1: 07.47$ |
| 200 backstroke | $2: 19.43$ | $2: 23.17$ |



Kailee MacKinnon, 12
Club: Hamilton-Wentworth Aquatic Club
Coach: Joanne Malar / Michael Vukmir
Specialty: Butterfly and ind. medley
3rd ranked for LCM01 TAG in the 100 fly, 9th in the 200 fly and 200 IM

| Best Times | SCM01 | LCM01 |
| :--- | :--- | :--- |
| 100 butterfly | $1: 12.52$ | $1: 12.05$ |
| 200 butterfly | $2: 34.12$ | $2: 42.72$ |
| 200 ind.medley | $2: 42.29$ | $2: 40.85$ |
| 400 ind.medley | $5: 36.78$ | $5: 40.58$ |



Jason Yee, 12
Club: Newmarket Stingrays
Coach: Caroline Teskey
Specialty: Beaststroke
1st ranked for LCM01 TAG in 200 breaststroke, 2nd ranked for 100 breaststroke
Best Times LCMOO LCMO1
100 breaststroke $\quad$ 1:27.62 1:20.59
200 breaststroke $\quad$ 1:10.06 $2: 51.68$
200 ind.medley
400 ind.medley $\quad 5: 41.92$


Viktor Verblac, 12
Club: York Swim Club
Coach: Victor Verblac
Specialty: Distance free, butterfly
5th ranked for LCM01 TAG in the 1500 free and 7 th in the 200 butterfly

| Best Times | LCM00 | LCM01 |
| :--- | ---: | ---: |
| 400 freestyle |  | $5: 00.64$ |
| 1500 freestyle |  | $19: 21.30$ |
| 100 butterfly | $1: 16.00$ | $1: 12.67$ |
| 200 butterfly | $2: 43.44$ | $2: 39.84$ |

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Michelle Mendez, 14
Club: Markham Aquatic Club
Coach: Andrey Puzanov
Specialty: Butterfly
9th ranked for LCM01 TAG in the 100 fly Best Times LCM00 LCM01
100 butterfly 1:07.01

