ED MOSES DOING EVERYTHING TO GET IT RIGHT

BRIAN JOHNS WINS TWICE IN EUROPE

DISCONTENT ON DECK

NUMBER 265

HOWARD FIRBY ON BREASTSTROKE

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Computer programs for TAG, World Rankings

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3

5

CONFERNIS CONSECUTIVE NUMBER 265

FEATURES

6-7	Discontent On Deck	Marc St-Aubin
	CBC Sports Journal Interview with Jeno Tihany	
8	Fixing What Isn't Broken	Nick J. Thierry
	Successful program threatened	
12	2001 International Swimming Hall of Fame Hone	Drees
	SWIMNEWS Editor/Publisher among 13 inducted in ISHOF	
13	Technique	Vayne Goldsmith
	Power On—Power Off: The Power Circle	
14	American Personality: Ed Moses	Russ Ewald
	Doing Everything To Get It Right	
16-17	Poster: Audrey Lacroix, Canada	Marco Chiesa
18	Howard Firby's Genius	Howard Firby
	Voyage To Minsk	
	How Canadians Learned To Coach Breaststroke	
20	Mare Nostrum Series	Nick J. Thierry
	Perfection the Goal, Thorpe In Full Flight	



Contents	10	Backwash
Calendar	21	Mare Nostrum Series Results
Record Setter	22-28	TAG (Top 25 Long Course Age Group Rankings)
About This Issue	30	Making Waves



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. 135 Victoria St., Truro, Nova Scotia B2N 1Z4

kgalvin@ns.sympatico.ca



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CALENDAR

CANADIAN

UNITAD		may
June		24-26
22-24	BC Championships, Surrey	July
22-24	McCormick Invitational, Hamilton	18-21
28-1	Man/Sask Championships, Regina	Augu
29-1	Coupe du Quebec, Montreal	6-10
July		TINITT
5-8	Quebec Age Groups, Montreal	UNIT
7	The Gorge Open Water 10K Nationals, Victoria	June
12-15	BC Age Groups	23-23
	Ontario Championships, Etobicoke	24
19-22	Youth & Junior and SWAD Nationals, Winnipeg	30-1
27-29	Eastern Cup, Montreal	<i>July</i>
28	Traversee internationale de Lac St-Jean	15-16 19-22
28	Thetis Lake 5K Nationals, Victoria	
August		Augu: 4
5-9	Summer Nationals, Etobicoke	4 14-18
14-17	Canada Summer Games, London	22
2002		Novei
Februa	0	28-28
21-24	Youth, Junior, SWAD Nationals	29-1
_	East-Etobicoke, West-New Westminster	2002
March		Marci
12-16	Spring National, Winnipeg	19-23
		24
		61

RECORD SETTER

Canadian National Age Group 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

	BIR	THDATE, P	LACE	17 NOV 1983	
	HEI	GHT / WEI	GHT	163 cm / 45 kg	
	ΗОІ	ME		Pont-Rouge, QC	
	RFF	RESENTS		Centre National CAMO	
	CO	ACH		Pierre Lamy	
			Triale 1et 10	0 fly 1:01.41, 1st 200 fly 2	12 10
				,	.12.40
				4th 100 fly 1:01.50	
		5 1		100 fly 1:01.50	
				d 100 fly 1:01.40, 4th 200 fly	
	• 9	9 Summer N	Vationals 4th	100 fly 1:02.82, 4th 200 fly 2:	18.29
	AII 1	Fime 15 Car	nadian Perfor	mers	
1	Wo	men's 100			
	1	1:00.24		Jessica Amey, 18, UCSC	LCM95
	2	1:00.48		Jessica Deglau, 19, PDSA	LCM99
	3	1:00.51		Jennifer Button, 22, ROW	LCM00
	4	1:00.71			LCM00
	5	1:00.86		Audrey Lacroix, 17, CAMO	LCM01
1	6	1:01.18	CANAUG	Kristin Topham, 18, PEPSI	LCM91
		1:01.18	CANAPR		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		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	Elizabeth Collins, 17, ROD	LCM00

14	
May	
24-26	Zajac International, Vancouver
July	
18-21	Youth, Junior, SWAD Nationals, Winnipeg
August	
6-10	Summer Nationals, Victoria
UNITE	D 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	0
4	FINA Open Water World Cup, Atlantic City, NJ
14-18	
22	5K Open Water Nationals, Fresno, CA
Novem	-
28-28	FINA World Cup, East Meadow, NY
29-1	U.S. Open, (25m) East Meadow, NY
2002	
March	
19-23	Spring Nationals
24	5K Open Water Nationals

QUICK FACTS: Brian Johns

	1010111011	S: Brian Joh	115		
BIR	THDATE, P	LACE	5 AUG 1982, Regina, SK		
HEI	GHT / WE	IGHT	183 cm / 86 kg		
HO	ME		Richmond		
REF	PRESENTS		Richmond Rapids (RAPID)		
C0/	COACH Craig McCord				
• 2	001 World		00 free 1:51.17, 3rd 400 fr	ee	
			50, 1st 400 IM 4:20.47		
			2nd 200 free 1:51.04, 3rd	400 free	
		200 IM 2:04.2		100 1100	
			200 free 1:50.34, 2nd 200	N IM	
	2.80		200 1100 1.00.04, 210 200	/ 11 / 1	
		a Nationals 2	nd 200 free 1:51.04, 3rd 4	00 froo	
		200 IM 2:04.2		UU II EE	
		3rd 4x200 fre	e 1:51.09, 3rd 4x200 free		
• 9	9 Pall Allis	310 4X200 II e	е		
		nadian Perfor			
Mer	n's 200 Inc	lividual Medle	ey	LCM09	
Mer 1	n's 200 Inc 2:00.38	GOODWJUL	ey Curtis Myden,24,UCSC	LCM98	
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Mer 1	n's 200 Inc 2:00.38	lividual Medle GOODWJUL ESSOCUP CANAUG	y Curtis Myden,24,UCSC Alex Baumann,21,LUSC Gary Anderson,21,NYAC		
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INTERNATIONAL

- 24-24 International Gala, Stuttgart, GER
- 29-1 COMEN Cup, Tunis
- 30-1 Hamburg International, GER
- July
- 7-8 European Juniors, Malta
- 7-8 Darmstadt International, GER
- 7-8 International del Castello, Bellinzona, SUI
- 13-20 European Olympic Youth Days, Murcia, ESP
- 19-22 English Chapionships
- 17-29 FINA World Championships, Fukuoka, JPN *August*
- 29-3 British Age Groups, Sheffield
- 4-7 Australian SC Championships, Perth
- 9-12 British SC Championships
- 22-1 FISU Universiade, Beijing, CHN

September

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

29-5 Goodwill Games, Brisbane, AUS *November*

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

ABOUT THIS ISSUE

From the Editor

The news in the last issue regarding SNC's decision to end financial support for TAG generated a great deal of written commentary. It took three pages of Backwash 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 was wonderful to be part of such a memorable group. 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 only about five minutes was aired 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 Ed Moses who bettered two world records in March. To illustrate the genius of Howard Firby his observations on "natural breaststroke" from his trip to Minsk in 1969 should be a revelation, especially to those who didn't know him.

JENO TIHANYI INTERVIEW

DISCONTENT ON DECK

The interview was conducted by producer Marc St-Aubin (formerswim coach for 13 years) for a program aired on CBC Newsworld on March 4 on the *The Sports Journal*. Jeno Tihanyi had about five minutes 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 CBC Television?*

Jeno Tihanyi (JT)—Not very happy with the outcome or the excuses heard from some of our leaders. I was troubled by the Head Coach's comments on how wonderful it was for swimmers to be recording personal best times. In fact, he was widely quoted in Australia saying that he felt that the Canadian team did well. But remember: these are not provincial championships nor third-grade international meets, but the Olympic Games.

To comment on how well 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 the administration are willing to 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—I don't believe we had more money in the 1980s when the Canadian program thrived. Today the club system is nowhere near where it was in mid-1980s. And there is more to it than just money. In the 1980s the money was invested into programs that produced results. We spent more time and 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: Marianne Limpert, Joanna Malar, and Curtis Myden. There is no back-up system or feeding system to support the veterans and bring in new blood, 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. Talent identification is the basis of youth programs throughout the world, and Australia is a 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 youngsters to join a financially supported training squad, who still maintain their club identity.

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

Leading up to the 1984 Olympics, I took advantage 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's a good developmental event for youngerswimmers who need international competition. Our World Cup performances are very good and our Games performances are very poor.

Today, there is far too much emphasis on money to be won. You spend a month in Europe—a month here and a month there. I am not totally against it but it certainly detracts from a program that should develop emerging athletes.

I believe the Canadian team went to Sydney without a specific goal in mind. Many of the swimmers interviewed said how nice it was to make the national Olympic team—but winning a medal and getting 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 the Canadian Olympic team went to Sydney without a plan. Why do you say that?

JT—Well, I am reading between the lines. 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 longrange plans, plans that are quadrennial, that stretch overfour years, where athletes develop strategy, develop tactical prowess in going into big Games, to learn how to race—how to race the race that is at hand and how to race other individuals, and win. Over the years I've coached many internationalcalibre 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's the way I see it. I believe that in the past you could be a very demanding coach, without being a mean coach. Nowadays, I think, if you become a very demanding coach and you present a plan that looks 4-5 years down the road, you perhaps become more of a mean coach in the eyes of many associated with the sport. I think coaching is now more valued by the size of the contract and how much money you can wring out of the system. I believe that there are coaches out there who are really proud to do well, but perhaps the focus has changed a bit, and that focus perhaps is not in the best interest of Canadian swimming. The focus has changed to bringing in athletes from clubs to 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—How do these national training centres impact 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 the swimmer will still participate in 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 and suddenly doesn't have any authority in 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.

The enticement of going to the national training centre is not justified at all. Perhaps they get more financial support, perhaps they receive a little extra than if you were staying at home. But I think it's more than that. What goes on behind closed doors—I have no idea and I am not going to second guess anybody, but I've heard some shoddy dealings going on. If you come to the National Training Centre you will be able 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 the young ambitious swimmer is very attractive—and the home coach probably loses some enthusiasm. Certainly I would.

In the first place I wouldn't allow myswimmer to go if I was able to do what everyone else is doing and if I was given the support. In the 1980s, if myswimmer 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—And are these National Centres really assisting other coaches?

JT—I hear from other coaches that the training centres do not support the club system. And I think the fundamental principle when the discussions were on the table was to create these training centres to give an additional opportunity to bring individuals together periodically and maybe even make the centres more specialized. Bring in the individual medley swimmers for two weeks, bring in the backstrokers for a month, and so on, and retain the club system. I believe this is 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 leave international 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 was just a hobby of mine to coach the club. And if Swimming Canada would have come and said, "look, we are going to pay 50% of your salary if they allow you to continue coaching," then the university would have probably allowed me to 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 contemplating not getting involved with SNC anymore simply because I could not handle the politics anymore 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 struggle in mylast couple of years when I was involved 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 not because I suddenly lost it as a coach, it's because I didn't want to be involved in a political ballgame anymore. It was Canadian swimming's loss that I am not involved anymore, it wasn't my loss. It hurts me that the system is not progressing as it should. So, 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—Are the politics really that detrimental to other coaches?

JT—You see the same people in the same position for three, four Olympic quadrennials, and there is absolutely no innovative changes taking place in Canadian swimming. And what some people perceive 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 money that was channelled into the Calgary program was missing elsewhere. And that's why some of the other programs were cut out. Now let's channel money into some other phantom program. And look, some of those programs that got a large percentage of the money from the Canadian system produced absolutely nothing other than national champions. National champions are great, and that's progress. But in 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.

And I have to go back to youth programs. I think over seven years, our youth program would have had paid phenomenal dividends. But Canada wasn't interested in the talent identification 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 not support a system that totally 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, there are nine. You can imagine 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 see how much they can gain. So the present system of provincial representation is not the best way of going into the future.

SJ—*Canadian swim coaches are the experts in technical matters in the sport, but do coaches have real input in these areas at Swimming Canada?* **JT**—I believe that an old boys network has established itself in Canadian swimming at the upper level, which is making it very difficult for new ideas to emerge. And without new ideas, there's no progress. There are a lot of great wonderful coaches out there, but the struggle they have to go through to try and get to the top because they are not part of that little tight group at the top who make coaching politics very unpleasant. And that's what I didn't like. I didn't feel I had to be inside the door to be able to do many of the things that I was doing as coach.

I think coaching should be an open-door process 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. The system is rushed because there is nothing at the top. So let's push a few athletes though and let's see if we can fill a few gaps here and there. And one of the major aspects of dealing with young children is by respecting the developmental process and developing athletes over many years, not a few skills over a few days or a few months or a few years. I think it's documented in a few publications that developing an international athlete takes approximately eight years. And to develop somebody to the level where they can become an international athlete takes another four or five years. And it's not all training; it's growth and development.

I think the system is forcing coaches to ignore the developmental process of the child. We should develop all the skills that are necessary first, then training will become more beneficial during the high-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 it's just change in 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 expert opinion would be more respected.

SJ—For a Canadian coach to produce top talent, what is really 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 know it'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 more popularity. I believe that there needs to be some changes made.

Perhaps some of the focus of Canadian swimming for a period of time should move to the lower levels, but not necessarily at the expense of losing sight of the upper levels. I think you have to keep maintaining what we have now, but I think the emphasis should be put on the kindergarten of swimming—the youth program.

And forget about spending hundreds of thousands of dollars on coaching education. Coaching education can be resolved in a less expensive manner. I left the coaching education program too because I didn't feel the focus was right. And I looked at it from the point of view of a person who spent 35 years in the education system and 40 years as a coach. And I had a good marriage of the two, and I could see where our coaching education really lagged, the emphasis, and where we need to make some changes. So, we need 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.

We need to bring in people who have contributed in the past and maystill have something to contribute for the future. I remember when Howard Firby no longer coached, but was still able to do some of the things he was famous for—then was totally forgotten by Canadian swimming. Todaywe have similar people. Paul Meronen has moved to Iceland! And I am sure that there are many other people in this country who have contributed a great deal who have been 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. This attitude on the part of those in power is indicative 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? Does it really help coaches? JT—I think there are perhaps some redundancies at different levels. It seems to me that coaches have to fulfill some obligations that may not be as necessary as some of the people who designed those obligations see it. Unfortunately, many of people who designed the coaching education 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 things from a different perspective. 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 little application to everyday practical coaching

SJ—*How is coaching appreciated in this country?* **JT**—Certainly coaching has never been looked upon in this country as a profession. Coaching is a profession elsewhere. A coach is an educator. A coach is a teacher. And what makes it different I suppose, perhaps in Europe, is that coaches are hired as a legitimate occupation.

In Canada, and I am not talking about the elite level, coaching is largely a volunteer concept, and who needs coaching education for the guys who are out there playing, having fun, or baseball 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 contribute very importantly to the lives and well-being of many individuals out there, especially young people.

SJ—You've mentioned several areas that threaten 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 the system and not confident in those who are making decisions concerning that. Now I am not questioning the need, or no need, of appointing a female coach. It's not the question of being female or male in coaching. It's matter of being able to and prepared to do what is at hand: to do the job.

Here we are talking about the Olympics and how poorly Canadian swimmers have done and we nominate a coach with little international experience, no coaching background to speak of. At the highest possible level, when the athletes need the highest possible care and attention with the greatest amount of collective experience that one could bring to the table, yes, this sort of decision will certainly make coaches very skeptical and distrust the system. It certainly didn't contribute to 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 parent are disappointed. But the system, unfortunately, creates this feeling of distrust and everybody is worried 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 changes does Swimming Canada 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 money is spent for example, is a very important point. And who should make those decisions? Coaches have been shut out of decision making in the past. And it was always a struggle, I remember, as much as I always felt respectable in the system, because I always unselfishly contributed. People don't allow you to come into their court and try to make changes very easily.

From the many interviews that I'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 need to sit down and critically look at what has happened during the last eight years and learn from that and make changes immediately. There's no other way.

SJ— Why did you feel it was important for you to do this interview?

JT—It's pains me to see what is happening in Canadian swimming. I feel that I have a lot to contribute. Someone out there just has to ask me to get involved. I am not too sure if I want to be involved in front-line coaching at this stage in my life, but I would certainly like to 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 develop the future of Canadian swimming—otherwise we will be revisiting the same old issue every four years.

Academic accomplishments:

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

His research areas of interest are Physical Growth of Children and Effects of Physical Stress on Growth.

1961-68 earned Bachelor and Master degrees in 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 club in Kelowna, B.C. Early 1960s coached a summer club in Port Alberni, B.C.

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

1964-1968 Coached the Vancouver Amateur Swim Club and coached individuals such as Shirlev Cazalet. Karen James, Bill Mahoney, Bob Kasting.

1968-69 Coached the Edmonton Southside Swim Club and coached future greats Graham. 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 Varsity Voyageurs. Developed international athletes: Roman Baumann, Alex Baumann, Rob Wallenius, Jennifer Campbell, Denise Gereghty, 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 have known Ron Jacks since 1965, when I was the coach of a Canadian Touring Team that competed in Europe that summer. Ron was still in his teens and was swimming in Vancouver with coach Ted Simpson. He was a member of the 1964 Olympic Team and would compete until 1972, in his third Olympics as a 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 results soon followed. He has had National winners over

INTERNATIONAL SWIMMERS

Jim Green

Lisa Geary

Pam Rai

200 free

400 free

2000

2000

1975

2000

2000

1003

1977

1978

1973

1978

2000 2000

200 fly

1987 1989

1990

1990

1998

1988

1989

400 im

800 free

100 back

200 back

200 breast

MEN - NATIONAL CHAMPIONS

1:48.86 Rick Say, IS

1:49.19 Rick Say IS

3:51.63 Rick Say, IS

3:49.99 Rick Say, IS

4:08.02 Jim Green HYACK

8:16.60 Greg Streppel, IS

0:58.92 Darcy Hamilton, HYACK

0:59.73 Darcy Hamilton, HYACK

2:11.28 Steve Hardy, Van Byng

2:08.74 Darcy Hamilton, HYACK

2:17.53 John Stamhuis, IS

2:16.45 John Stamhuis, IS

2:01.34 Jon Kelly, VICO

2:00.56 Jon Kelly, IS

1:58.06 Jon Kelly, IS

2:01.23 Jon Kellv, IS

2:03.63 Philip Weiss IS

4:25.37 Jon Kelly, VICO

4:16.30 Jon Kelly, VICO

1975 Worlds 1982 Commonwealths Shannon Smith Peter Dobson Steve Hardy Pam Rai 1975 Pan Ams Bruce Berger Steve Hardy Peter Dobson 1976 Olympics Pam Rai Shannon Smith Steve Hardy Pam Rai 1978 Commonwealths Jon Kelly Chris Erickson 1979 Pan Ams Jon Kellv Chris Erickson Jon Kelly Eugene Gyorfi 1980 Olympics Bruce Berger Anne Barnes Eugene Gyorfi Jon Kelly 1982 Worlds Anne Barnes Bruce Berger Jon Kelly

1983 Pan Ams 1984 Olympics 1986 Commonwealths 1987 Pan Pacifics 1988 Olympics 1989 Pan Pacifics 1990 Commonwealths

WOMEN-NATIONAL CHAMPIONS

0:26.31 Pamela Rai, HYAC 0:26.90 Pamela Rai, HYACK

0:57.34 Pamela Rai, HYACK

2:00.69 Nikki Dryden,IS

4:16.22 Nikki Dryden,IS 4:07.79 Nikki Dryden,IS 4:10.77 Kate Brambley,IS

4:18.79 Kate Brambley, IS

2:01.56 Shannon Smith.HYACK

4-14-79 Shannon Smith HYACK

4:15.81 Shannon Smith, HYACK 4:10.40 Nikki Dryden, IS

9:01.66 Shannon Smith, HYACK

9:03.77 Shannon Smith, HYACK 8:44.71 Shannon Smith, HYACK 8:50.13 Shannon Smith, HYACK 8:50.13 Shannon Smith, HYACK 8:41.17 Shannon Smith, HYACK 8:47.87 Shannon Smith, HYACK

8:49.52 Nikki Dryden,IS 8:34.72 Nikki Dryden,IS 8:31.65 Nikki Dryden,IS

8:48.83 Nikki Dryden,IS 8:54.74 Kate Brambley,IS 8:43.60 Danielle Bell,IS

50 free

1984 1984

100 free

1976 1977

1992

1992 1993 1995

1996

1975 1975

1976 1976

1994 1998 2000

800 free

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 has never failed to place one or more swimmers 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 the fashionable views of the day, but has always 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 of Victoria since 1983 and was CIAU Coach 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 international swimmers.

1995 Pan Ams

Nikki Dryden Corinne Liedtke Jon Kellv Greg Streppel 1991 Pan Pacifics Suzanne Weckend 1991 Pan Ams Nikki Dryden 1992 Olympics Nikki Dryden 1993 Pan Pacifics Nikki Drvden Suzanne Weckend Greg Streppel 1994 Commonwealths Nikki Drvden Suzanne Weckend 1994 Worlds Nikki Dryden Suzanne Weckend Kim Dyke Greg Streppel

1991 Worlds

	17751 011 Allis
	Kate Brambley
	1995 Pan Pacifics
	Kate Brambley
	1996 Olympics
	Christin Petelski
	1998 Commonwealth
	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
ľ	Christin Petelski

1500 free	
1976	16:49.92 Shannon Smith, HYACK
1977	16:53.91 Shannon Smith, HYACK
50 back	
1989	0:30.26 Anne Barnes, IS
100 back	
1989	1:04.01 Anne Barnes, IS
1990	1:04.70 Nikki Dryden,IS
1991	1:02.45 Nikki Dryden,IS
1991	1:04.70 Nikki Dryden,IS
1992	1:01.65 Nikki Dryden,IS
1992	1:04.89 Suzanne Weckend, IS
1993	1:03.92 Suzanne Weckend, IS
200 back	
1989	2:17.90 Anne Barnes, IS
1989	2:17.52 Anne Barnes, IS
1990	2:17.23 Nikki Dryden, IS
1991	2:12.18 Nikki Dryden,IS
1991	2:16.79 Nikki Dryden, IS
1992	2:15.15 Nikki Dryden,IS
1993	2:10.15 Nikki Dryden, IS
1994	2:15.47 Nikki Dryden, IS
100 breast	
2000	1:11.48 Christin Petelski, IS
2001	1:10.41 Christin Petelski, IS
200 breast	
1996	2:29.51 Christin Petelski, IS
1996	2:30.43 Christin Petelski, IS
2000	2:29.91 Christin Petelski, IS
2001	2:29.89 Christin Petelski, IS
200 fly	
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: After Canada's dreary performance in the 2000 Summer Olympics in Sydney, the federal government will implement a "playground-to-podium" sports policy aimed at bolstering the national medal haul.

Federal Sports Minister Denis Coderre will increase funding for sports programming, while unveiling a new management regime to oversee such things as anti-doping programs and athletes' complaints about coaches or sports associations.

Mr. Coderre would not divulge how much money the federal government intends to put behind the initiative, but said the new measures are the "first step of a 10-year plan."

At a news conference following the official opening of the National Summit on Sports (last April), Mr. Coderre said funding for elite-level athletes will become more "results-oriented," while efforts will be made to 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 professor and ex-Olympic runner Bruce Kidd said. School sports programming is disappearing while elite-level athletes are starved for cash and then forced to bear the "brunt of Canadian discontent" after poor performances in the Olympics.

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

Editor: Re the recent Canadian Summit Meeting on Sport—it's merely about saving jobs, privileges, comfy living, status. What a transparent joke for the Minister of Sport, to look like he's doing something positive, just toss a few million at the "problem."

Elite athletes strapped 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-laundromat owner. Now there's a great solution for the national sport bureaucrats to jump on—just buy each of the national team members their own laundromat. Then we wouldn't have to fret about all the "swim bums."

Yesterday we were in a meeting of coaches of area teams, and the one guy with an elite level swimmer (not me!) had on his USAS wimming Training Center t-shirt. Emblazoned on the front in large letters was the word "ALTITUDE." It gave me a good laugh in a dreary meeting while waiting for the sandwiches and cookies to be served.

Charles Yourd, Bloomington, Illinois

Editor: Congratulations on your induction into the International Swimming Hall of Fame (ISHOF). Your constant dedication, support for great swimming and long time friendship makes me proud to have worked with you for all these years and now the World knows how great you are, also.

Pierre Lafontaine, Phoenix, AZ

Editor: Greetings and congratulations to Nick upon 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.

Nastimil Cerny, University of Manitoba Swimming/National Swim Centre vcerny@ms.umanitoba.ca

Editor: Congratulations on your Induction into the ISHOF! Your efforts have made you the best statistician in our sport.

Mark Lancaster Victoria, 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 contributors to the sport in the world. Congratulations again!

Jack Simon, Director of Swimming State of Jalisco, Mexico

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, CO **Editor:** Congratulation for your entry in the ISHOF. You are doing a great job for our sport.

Patrick Kramer, Switzerland

Editor: I just want to say that I'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, I just wanted to say it. If there is anything I can do, just let me know.

Bob Boadway Port Perry, ON

Editor: It is very nice to see that you finally get honoured by the International swimming community for all your hard work and dedication. Congratulations.

You certainly deserve it. I hope that SNC and the board wake up to the fact that your hard work deserves our praise also. The cutting of funding for the TAG program is a disappointment to myself as a coach and parent. I don't know what they have in mind, but I'm sure you've spent countless hours and years ironing out the bugs in the system. It seems very irresponsible of SNC to think that they can whip together a 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 hope that someone with political clout sees the idiocy in all this and gives the funding back to the magazine that helped bring Canadian swimming to the forefront. Again, congratulations Nick.

> Chris Givens Edmonton Keyano Swim Club Development Coordinator

Editor: It is becoming more and more apparent that SNC is losing touch with the swimmers and coaches that actually are Canadian swimming. The coaching 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 this view. While the coaching selection is a done deal, and SNC apparently has no performance expectations from its high performance program, I find this last decision almost as unsettling. 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't tell you their rankings as well as who they are trying to catch thanks to SWIMNEWS. While I am sure there are swimmers who turn to the Website for additional information, I can't ever remember any swimmer I'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 remaining loyal to its mission 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 SNC executive, is this: After nearly causing a revolt in Canadian coaching with last year's coaching selection; 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 world level; and now, after removing financial support from one of the few areas that we, as a Canadian swimming community, go to measure ourselves, how can you even pretend to be "promoting excellence in swimming?"

As a former swimmer (14 years), a former fulltime coach (8 years), and a presently, part-time volunteer coach, I find the present lack of leadership and lack of commitment to excellence at the national level appalling. To Ken Radford and everyone else sitting at the top of the SNC heap, 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: Great issue! Over the past couple of years, we have hosted some pretty high-profile meets, and in my media role for Keyano, I have met a large number of coaches. I am not really qualified to speak on the direction of the sport, but I am in the planning 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 that Swim Canada is severing 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 remember the buzz each publication has created among my swimmers when they saw their names appear in a national publication. We were able to seek out opponents at different meets and prepare for competitions based on available statistics. It had faces, emotions, respect, determination, challange in each of the issues.

AWeb-based data system is inevitable in 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 the notion that www will better serve the statistical needs of swimming. Also, there are many privacy dangers that may be lurking around the corner.

From the financial perspective, the meagre \$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 many thousands of swimmers and family. Swimmers pay every year a registration fee to SNC (of which Ontario sends \$48.00 to Ottawa). Quick calculation reveals that approximately \$1.50 is spent per registered 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 fee withholding is considered unconstitutional, 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 support is in the mail. (A cheque for \$100 arrived days 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 Sunday and I was deeply disturbed to find out what is going on in regards to TAG. I will first voice to you my appreciation over the years for what this program has done for our country. As a swimmer, as simple as it may be and as trivial as I know it is, my two biggest thrills and things I am most proud of came from this system. First I was in Making Waves as an age grouper and second was being part of a team from Regina to be #1 in TAG. These were the thrills of my swimming career and I thank you. The TAG system motivated me and many of my teammates to do things we never though were possible, and this system has helped many young athletes create goals and motivate them 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 clubs have been successful. They have taken 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 means to an endthe end of hopefully having athletes compete internationally for Canada. Not only compete but win internationally for Canada. TAG is a means that is motivating and creates pride in many athletes around this country (and beyond-Lynn Fowlie has said in the past she has used it to motivate her Austrailian age groupers and I am sure she is not the only one). Now that I am in Grande Prairie and away from the bigger centres of competition, TAG is even more appreciated. I use it to bring an awareness of what the best swimmers in our country are doing and how they are performing. This exposure is so critical for swimmers to develop confidence and create success when they do not get to see high-level competition on a regular basis. I will also use it to 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 use TOP to sell distance swimming to the younger athletes and their parents so that they will have pride in it, as well as to create excitement around these events.

Nick, I am saddened to hear of this struggle and think it is a mistake for the funding for TAG to be cut. *Jeff Grace, Head Coach Grande Prairie Piranhas Swim Club*

Great letter, **Jeff**:I think the people who need to 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.

I know I already made my views known, but so far I have only received correspondence from Rob Colburn. 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 make our voices heard to the power elite and that's the board and executive. These are the individuals who made the decision. Bad one at that.

If they feel there is a program that's better, at least run the two side by side for a period of six months or so to see if the "new" program is what it's cracked up to be. All I know is that when I try and access files from my home computer, it takes about 15 to 20 minutes to load one meet because I am on dial-up with a 33.+ modem. Not all of us can afford a high speed internet connection.

The kids enjoy seeing a hard copy in magazine format that they can have for a keepsake. I don't think the "new" program will do this unless we print it 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 profit by private information? I do hope that the coaches and parents rally around Nick and the cause to uphold the Canadian traditions already set by SWIMNEWS and Nick's original ideas. I view this new company as someone trying to profit by other peoples' ideas. *Chris Givens*

Editor: Your work on TAG has made a significant contribution to swimming across Canada. I am sorry to hear that you will no longer be funded by SNC.

I am not interested in financing the 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, however at no point during these multiple revisions did the explanation even border upon an acceptable level of adequacy.

For years TAG has been essential to the development 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 name in print alongside the best in the country, not to mention in the premiere swimming magazine in the world. I am curious as to how a second-rate website will 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 system. If SNC had any idea 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. After 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 evaluate how they "measure-up" with their competition. By the same token, SWIMNEWS is a publication that at times provides a similar evaluation for SNC. I find it an 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 reputable magazine, even more so because SWIMNEWS is and remains a Canadian publication. In fact, one might suggest that SWIMNEWS is in reality Canada's most important contribution to the international

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 Training Centre in Clyde, Baffin Island. Maybe. But probably not.

I would like to urge everyone, past and present, who values TAG rankings to express their displeasure to 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 SWIMNEWS. The same goes for coaches too.

Colwin's article on Howard Firby was excellent. Howard's book should be required reading for all coaches in training—I can't help it—I deplore lack of stroke work vs mileage—it just 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.

Good luck 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 just had to comment on the great article on Howard Firby.

I had the distinct pleasure of swimming under Howard's direction at the 1958 British Empire and Commonwealth Games in Cardiff. He was swimming's greatest communicator and did not only impart his knowledge and guidance to his own swimmers but would help any who asked. Although his team and mine (MAAA) went head-to-head at a number of National Championships, he would always make constructive suggestions and then illustrate them to both myself and 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

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 4x100 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 O'Brien (USA)

Marathon Swimming

Abdellatief Abouheif (EGY) Contributors Harold Henning (USA)

Harold Henning (USA) Mustapha Larfaoui (ALG)

TECHNIQUE

POWER ON—POWER OFF: THE POWER CIRCLE

Wayne Goldsmith

There are two key phases 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 are swimming away from. This feels like you are "pushing" the water backwards, but you are actually pulling your body forward.

In the recovery phase, arms are moving forward in the direction of the end of the pool you are swimming towards. In butterfly, backstroke, and freestyle, the arms are recovered out of the water and in breaststroke (for most swimmers), arms are recovered just under the surface.

Think about that word "recovery." It means "rest." It means "restoration." It means "take a break." It means "turn the power off and prepare for the next stroke." Recovery is in many ways just as important as 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 your arms are working hard, turn the power on. When your arms are recovering, turn the power off.

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

This is particularly important when swimming butterfly.

Young swimmers often struggle to swim 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 reasons long fly repeats seem tough is that swimmers don't turn off the power in recovery—they keep working their arms and tiring their muscles even when they are in recovery (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, it is essential that you learn to stroke correctly and apply force to the water at key points in your stroke. Current thinking in swimming and under-waterstroke-power tells us that the best swimmers reach out long, catch the water, "hold the water" right to the end of the stroke, release, and then recover.

You can practise this by remembering the three

power tips:

(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 of your hand facing the direction you are going
- In backstroke this is changed around:
- Fingers pointing to the side of the pool.
- Elbow pointing to the bottom of the pool
- · Back of your hand facing the direction you are going

Underwater film of the best swimmers in the world taken at the Olympics and World Championships gives 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 they are stroking and see the back of their hand all the way through their underwater pull. By keeping their hand in that position (with the back of their hand facing the direction they are swimming), they are able to keep constant pressure on the water (i.e. feel the pressure of the water on their palms) and keep pushing 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. Turn 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 it really counts—the last ten metres of your 100, the last 25 of your 200.

There are basically three different types of muscles in your body: the ones that work, the ones that rest, and the ones that support the others. The aim in being efficient is to learn how to work the "workers," rest the "resters," and allow the "supporters" to support without overstressing them. Recovery is all about being able to rest muscles when they are not working and not getting the "supporters" involved in the swimming action so they can keep doing their support job.

It is logical. Muscles help move your body through the water; they don't need to help you move through air! Why waste effort and energy working those muscles 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 turn the power off means you will learn to swim faster, swim faster for longer, and have more power left for the last part of the race, when it really matters. It doesn't require doing more training or more laps, or eating special foods, or buying special equipment. The powercircle concept means you swim fast by doing less i.e., learning to rest your arms when you are recovering! Who says you can't get something for nothing!

Tips for developing the power circle

In fly, try the power-circle chant. When you pull, say to 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 forward with power and strength. Then, as your fingers leave the water to recover, think power off and relax your arms, fingers, and hands as you reach forward for the next stroke. Imagine there is a big ON button just out in front of you as you swim. With each stroke, reach forward, feel the water, then get your elbow high ready for the catch. As you catch the water, imagine your hand is pushing the ON button.

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

Think of cues - words like "easy," "smooth," "relax," "long," etc., in recovery to teach your brain to turn 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 forward).

Learn to use the power circle—it really works.

AMERICAN PERSONALITY: ED MOSES

DOING EVERYTHING TO GET IT RIGHT

Russ Ewald

New world-record-holder Ed Moses took 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't seriously 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't join a club team until his senior year. His main athletic focus was golf. When he didn't play well enough as a senior in the fall to earn a college scholarship in that sport, he turned his sights on swimming. He began training at the Curl-Burke club, working under coach Pete Morgan in his hometown of Burke, Virginia, near Washington D.C. Just 10 months later, the young Virginian swam 1:02.29 in the 100 metre breaststroke to be ranked 15th in the world for 1998.

How did he go so fast so soon?

"He's a great athlete," says Morgan. "And he's a student of the sport. He listened well. He wanted me to continually challenge him in workouts. We gave him the aerobic fitness and worked with his biomechanics 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.

Moses isn't physically imposing. He stands just 5foot-11 (1.78 m). He makes up for his lack of size with an incredible attention to detail. He doesn't miss an angle in seeking to improve his performance.

"I can't put my finger on one reason for my success," says Moses. "What I do right is I do everything. From my diet, my sleeping regime, to the way I train, I don't think I'm missing any aspect of preparation. That's what allowed me to have the confidence in my swimming.'

When Moses took up the sport again, he made sacrifices in his pursuit of excellence. He eliminated sweets and soda from his diet and added more protein by taking a couple of doctor-recommended supplements and eating lots of meat. He cut down on hanging out with friends to get to bed by 9 p.m.



With Olympic medley relay gold

OUICK FACTS: Ed Moses

Born:		7 JUN 1980
Heigh	t:	5'11" / 180cm
Weigh	t:	175lbs / 78kg
Home	town:	Burke, VA
Club:		Curl-Burke
Coach	:	Pete Morgan
Long	Course Progre	ession (World
Rank	ing)	
Year	100 Breast	200 Breast
1998	1:02.29 (15)	2:18.05 (63)
1999	1:00.99 (01)	2:13.41 (06)

ALL TIME 10 PERFORMANCES

2:13.13 (08)

2:10.40 (01)

100 METRES BREASTSTROKE

1:00.44 (02)

1:00.29 (01)

2000

2001

100	WILTINES	DIVERSISI	NUKL	
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,ITA	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	BREASTST	ROKE	
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	GOODWJUL	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 used his dryland book since I got back into swimming, and it has increased my strength and flexibility tremendously."

The dryland training centres on flexibility, range of motion, calisthenics (pushups, sit-ups, and v-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 one arm behind his back, and "tons" of squat 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 weight training is necessary for swimming.

"I think a couple of repetitions of power will not benefit me," he says. "I believe in 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 myflexibility and myfast-twitch, not just brute power."

The breaststroker typically swims about 7,000 yards a workout, and about 60,000 a week. He spends a lot of time swimming breaststroke near the bottom of the pool. He repeats 25s with pullouts underwater and swimming underwater. He says he swims faster underwater than on the surface.

"The hypoxic work helps a 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 also feel your stroke so well underwater. I notice when my stroke is slow and not efficient."

Moses uses the "wave stroke" with an over-thewater 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.

Moses does breaststroke with a certain amount of strokes every lap. Pullout and five strokes whether it's a 50 or 300 for time. "Then when I race in competition, I can just lock into my stroke and zone everything out."

Moses took 16 strokes the opening 50 and 17 the final lap in setting the world record. He trains in a short course pool and didn't work out in a long course pool once before setting the record.

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



Dejection after losing Olympic 100 breast final to Domenico Fioravanti (ITA)

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," says Moses, who didn't mention he battled shoulder soreness for six weeks of his training. "I didn't treat it like another shaved meet. Once I got to Sydney, I got rattled. You have to put things in perspective that you are laying everything on the line rather than you should treat it as any other meet.

"The part that hurt me the most was my time at 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 4x100 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.

Following the Olympics, Moses didn'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. Besides shattering Russian Roman Sloudnov's world mark in the 100 breaststroke, Moses also set a 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.

Moses felt most proud about his 200 performance, missing Barrowman's Two world record swims in March 2001

mark by just 24/100ths. He had failed to qualify for the Olympics last year in that event, finishing a close fourth at the U.S. trials behind winner Kyle Salyards in 2:13.21.

"I knew I was better than a 2:13," says Moses. "I was in for a big drop this time. I always swim my best when I'm in for a big drop.

"It hurt to see I came so close and didn't get 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 turns. 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.

"With my aerobic capacity up, I wasn't scared of swimming it (the 200) and going after the record," Moses explains. "Ifinally got through the mental block and convinced myself I 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've been a big part of my success. I think that's why I should do well this summer. I don't have academic responsibilities. My only concern is going to

practice and swimming hard."

He's able to support himself through prize money, 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. If he does get the 200 mark, he would become the first swimmer in 25 years to hold both world records (American John Hencken last held them in 1976).

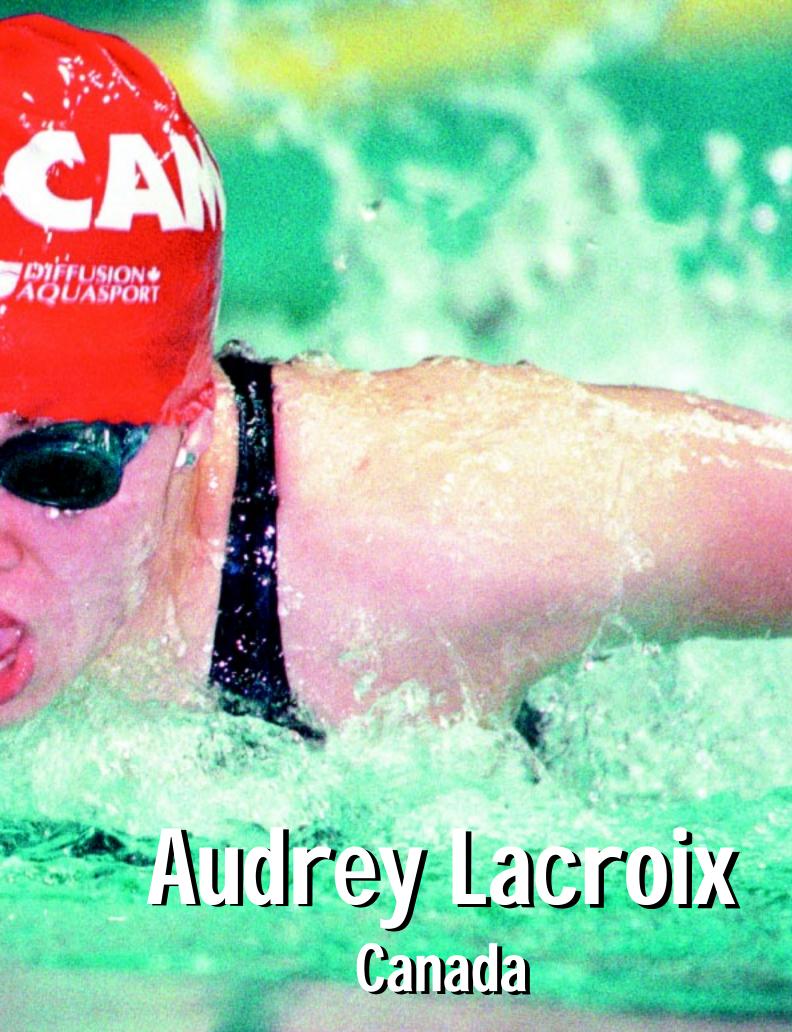
And no one ever has held all the breaststroke marks in short course and long course.

"My goal is to make my mark as one of the best swimmers ever," Ed Moses concludes.



Marco Chiesa

SUBJECT OF STATES STATE



HOWARD FIRBY'S GENIUS

VOYAGE TO MINSK HOW CANADIANS LEARNED TO COACH BREASTSTROKE

Editor: In 1969, Howard Firby was the coach-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 success internationally in breaststroke, and our women 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 Swimming* (1975), Chapter 4 on Breaststroke, and personal correspondence that I had with him for 30 years.

In the world of breaststroke aficionados there are countless differences of opinion on such things as how best to use the arms, the ideal width of the kick, and the timing of the breathing. So much is this the case, it remains little known that obscured by all this attention to detail there are two distinctly different schools of thought on the fundamentals of "body position."

There is the "body-flat, keep-the-hips-up" school currently the most popular throughout the world especially 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 Eastern Europe and the Soviet Union.

For purposes of discussion, and with 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-flat pronouncements of the nearby U.S. coaching "authorities." Their preaching made sense. Their pontifications seemed so logical. That the torso should be held flat at the surface was a fixed cornerstone in 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 studied, 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 that might help Canadian swimmers catch



up to the world in the stroke. I was especially anxious to learn what it is was that the Soviets were doing that allowed them to be so singularly strong in breaststroke. I had reasoned that their consistent depth and strength in this one stroke must be linked to technique because in the other strokes, their record, although by no means weak, was not remarkable: surely, I thought, their knowledge of conditioning and fitness must 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 at the Olympics that their men won 10 medals between 1956 and 1988, while their women won 15 between 1964 and 1980, with a sweep of the top three positions in the 200 breaststroke in 1976 and 1980.)*

From a letter from Howard Firby, March 30, 1969 ... The day after Nikolai Pankin broke the 200 breaststroke world record (2:26.5, breaking the old mark of 2:27.4), I asked for and got a private interview (through an interpreter) with Pankin's coach who is a 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 after his studies at "the institute." She has her choice of pools, long and short course, but prefers the short pool 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 turns.

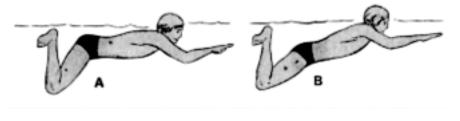
The philosophy of breaststroke is this: Teach technique and only technique until the swimmer can do a very fast 50 of the stroke (fast is 29 second for Pankin) then, and only then, does she introduce training. "Any reasonably well-built fellow can do a good 50 without conditioning if his technique is sound and totally learned." Interesting.

She said that before the 1968 Olympics she did not see Pankin for months while he was with the Soviet team training. She was horrified with his technique when she did see it just before he left for Mexico. So the stuff we have on film from Mexico of the Russians 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 more feet of the stroke while in Minsk. I also did a few drawings. Brace yourself for a shattering, mindboggling experience. The stroke is that different.

It is easy 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 the film I shot in Minsk is not that good from a lighting point of view, the breaststroke sequences are good. And it is more and more obvious that we in North America are on the wrong track. Counsilman is wrong, so are most of the other "authorities" on this continent. 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 edit all the breaststroke into one special reel. I need as much ammunition on the



A = formal style, B = natural style

stroke as I can get in order to sell the "new stroke" to the coaches in this country. I can't help feeling that, at last, Canada has a chance of becoming a breaststroke power. And we can steal a march because it is not likely that the USA will repudiate the greats in their country for several years. The great "authorities," that is.

This new stroke is so simple it can be taught in just a few lessons 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. Some have fallen into it naturally, and are

doing best times. Others who have not been 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.

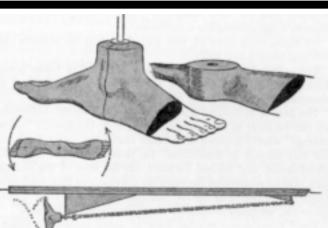
A description of the natural-style breast-stroke

In "natural-style" breaststroke, there is no conscious effort on the part of the swimmer to either keep his hips 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 thought is given to the "position" of the torso. The emphasis is on the most efficient (and legal) use of the arms and legs, the taking of the breath at the natural moment, and the shaping of the whole body, spearlike, for a streamlined lunge forward through the water as each full stroke cycle is completed. The hips are free to rise and fall in time with the teeter-totter-like action of the torso. There is a poise-and-lunge rhythm to the total motion (some have likened this to a "snake striking"). The head moves hardly at all as an independent unit. It remains poised on the neck, tilted slightly back, and rises and falls along with the shoulders—as if the swimmer has suffered a 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 me and got things started I explained, through our interpreter, how I had always taught the keeping of the hips high. 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 always what they seem, especially in swimming.



Propeller fashioned out of two identical feet fused to a single ankle

(From the Editor: *To illustrate the exceptional genius of Firby, here are his observation on the breaststroke kick.*)

Contrary to popular belief, the feet in good breaststroke do not drive the swimmer forward as a direct result 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.

And today, if we would but think about it, the swim 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 (our breaststroke kick is not at all like a "frog kick").

The feet in good breaststroke are mainly effective as propelling surfaces because they function in the manner of rotating propeller blades. Anystraight-back oar-like pushing theydo is insignificant in comparison.

Without realizing it, the better breaststrokers have all along been taking advantage of the fact that a 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 "Bernoulli's Principle," which states that when a fluid passes over a surface the pressure of the fluid upon the surface is reduced proportionally to the speed of the fluid's travel relative to the surface. The faster the fluid 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 their angle to their direction (pitch) are such that the fluid forced over the front or top moves farther (and therefore faster) than the fluid passing behind or below. If the foil shape and pitch are right, considerable differences in pressure are created and the blade or wing is thrust or lifted forcefully toward the zone of low resistance. Giant airplanes are lifted into the air by the application of Bernoulli'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 here we are with feet poorlyshaped for paddling—try using one bare foot to paddle a canoe sometime to appreciate this—but which are well suited to obtaining great

amounts of thrust when moved so as to cause the water to flow rapidly over the instep crossways toward the little-toe side of the foot.

Now, a propeller blade rotates on a shaft with one or more identical counterbalancing blades. Our feet, strictlyspeaking, are not attached to rotating shafts they can be rotated through an arc of only about one quarter of a circle; and that is what the successful breaststroke kick is all about. To prove this to my own satisfaction, I fashioned a propeller out of two identical 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 boat shape and was driven by a wound model-airplane flight rubber.

It worked on its first trial. The thrust generated by the rotating foot-blades was more than even I had supposed it would be; and subsequent tests using varying speeds or rotation, revealed some significant aspects about foot-blading. The propeller was at its most efficient when it turned at a moderate rate, i.e. at a rate which could be followed easily by the eye; apparently at high r.p.m.s the relatively thick foil is so good at reducing pressure over the instep the water there literally turns to steam (a phenomenon known as cavitation) effectively spoiling the thrust-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 bring his propellers down to a rate compatible with the water).

From the Editor: The rest is history. By the late 1970s, Canadian breaststrokers had caught-up. In 1982, Victor Davis won the World Championships in world-record time. In 1984, Anne Ottenbrite won the Olympic 200 breaststroke, and in 1988 Allison Higson broke the 200 breaststroke world record (the last long course world mark by a Canadian). And today, Howard Firby is either forgotten or unknown by most people involved in swimming. But, to their credit, a small group of people who do remember him are trying to have his classic book re-published.

MARE NOSTRUM SERIES

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) winning seven of eight races in 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 IM at three, losing the 200 IM in Monte Carlo, but adding a win in the 200 fly. She has four 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 competition after the Olympics won the 50-100 free (24.85 and 54.62) and 100 fly (58.78) in Canet.

Ian Thorpe (AUS) was in near world record form. Competing in three meets, he easily won the 200-400 missing his world 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, but a slower third 50 cost him the record), but still the best single

performance of the series worth 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 heavy training phase and wanted to 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 eigh of the 10 fastest ever 200 freestyle times with Olympic champion Pieter van den Hoogenband the other two.

For those competing in all four meets an award based on the world performance points in the same event was won by Denis Sylantey



Ian Thorpe (AUS)

Marco Chiesa

(UKR) for his four wins in 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.

The four competitions still don't have a common format: In Barcelona 32 events were contested, in Canet and Rome only 26, and in Monte Carlo 30 with the stroke 50s having four rounds (prelims, quarterfinals, semi-finals, and a final amongst the remaining two), but no distance free events.

Canadians won 19 medals (2-5-12) over the four competitions.

Brian Johns (RAPID) won the 200 IM twice with 2:03.21 in Canet, and 2:03.11 in Monte Carlo, 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 months I've been working hard on the breaststroke to bring it up 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 that I can reach the final (topeight) there."

Curtis Myden (UCSA) was second in the 400 IMin Canet with 4:22.60, fourth in the 200 IMin 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 great to finish on the podium," said Myden, an IM Olympic bronze medallist in 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've had a different training program this year so it'll be interesting to see how it turns out."

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

In Canet Audrey Lacroix (CAMO) was third in 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 was second in Canet with 2:17.86, third in Rome with 2:18.53 and third in Monte Carlo 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 that included Olympic champion Domenico Fioravanti (ITA) winning in 1:02.11.



event was won by Denis Sylantev Martina Moravcova (SVK) and Alexander Popov (RUS) in Barcelona

Neville Smith

2001 MARE NOSTRUM RESULTS

BARCELONA, Jun 1-3 (50 M) MEN
50 METRES FREESTYLE
1) 22.34 Alexander Popov,71,RUS
 22.62 Bartosz Kizierowski,77,POL 23.20 Nicholas Folker,76,RSA
100 METRES FREESTYLE
 49.74 Alexander Popov,71,RUS 50.74 Bartosz Kizierowski,77,POL
3) 50.74 Attila Zubor.75.HUN
200 METRES FREESTYLE 1) 1:49.82 Attila Zubor,75,HUN
2) 1:51.46 Olaf Wildeboer.83.ESP
3) 1:51.84 Jorge Ulibarri,75,ESP 400 METRES FREESTYLE
1) 3:57.30 Olaf Wildeboer,83,ESP
2) 3:57.91 Jonathan Duncan,82,NZL
 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
 26.32 Peter Horvath,74,HUN 26.35 Rodolfo Falcon,72,CUB
 26.62 Markus Rogan, 82, AUT
100 METRES BACKSTROKE
 56.02 Markus Rogan,82,AUT 56.84 Marko Strahija,75,CRO
3) 57.04 Toshifumi Takeuchi,83,JPN
200 METRES BACKSTROKE 1) 1:59.85 Markus Rogan,82,AUT
2:01.61 Peter Horvath,74,HUN
 2:01.95 Takahashi Nakano,83,JPN 50 METRES BREASTSTROKE
1) 28.58 Oleg Lisogor,79,UKR 2) 28.82 Patrik Isaksson,73,SWE
2) 28.82 Patrik Isaksson, 73, SWE
 29.16 Jarno Pihlava, 78, FIN 100 METRES BREASTSTROKE
 1:02.17 Oleg Lisogor, 79, UKR
 2) 1:04.14 Jarno Pihlava,78,FIN 3) 1:04.39 Chad Thomsen,83,CAN
200 METRES BREASTSTROKE
 2:17.21 Taiki Kawagoe,84,JPN 2:18.10 Yuki Sato,86,JPN
 2:18.84 Michel Boulianne, 78, CAN
50 METRES BUTTERFLY 1) 24.21 Jere Hard, 78, FIN
 24.30 Lars Frolander, 74, SWE
 24.88 Jorge Ulibarri, 75, ESP 100 METRES BUTTERFLY
 53.28 Denis Sylantyev, 76, UKR
 53.53 Lars Frolander,74,SWE 54.72 Daniel Morales,77,ESP
200 METRES BUTTERELY
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
 2:04.59 Dean Kent, 79, NZL 2:05.36 Peter Horvath, 74, HUN
2:06.43 Brenton Cabello,81,ESP
400 METRES IND.MEDLEY 1) 4:24.20 Dean Kent, 79, NZL
4:24.80 Michael Halika,78,ISR
3) 4:28.64 Baptiste Levaillant,80,FRA WOMEN
50 METRES FREESTYLE
 25.91 Martina Moravcova,76,SVK 26.09 Vivienne Rignall,73,NZL
26.20 Judith Draxler, 70, AUT
100 METRES FREESTYLE 1) 56.42 Martina Moravcova,76,SVK
2) 57.38 Cristina Chiuso,73,ITA
3) 57.38 Mia Muusfeldt, 79, DEN
200 METRES FREESTYLE 1) 1:59.38 Claudia Poll,72,CRC
 2:00.03 Elka Graham,81,AUS
400 METRES FREESTYLE
 4:11.88 Claudia Poll,72,CRC
 4:13.86 Elka Graham,81,AUS 4:16.86 Laura Roca,80,ESP
800 METRES FREESTYLE
 8:45.98 Jana Pechanova,81,CZE 8:51.00 Shiho Yoshimura,82,JPN
8:51.67 Fabiana Susini,81,ITA
50 METRES BACKSTROKE 1) 29.29 Nina Zhivanevskaya, 77, ESP
2) 29.59 Yuanqing Li,81,CHN

29.94 Michelle Lischinsky,74,CAN 100 METRES BACKSTROKE 1:01.92 Nina Zhivanevskaya, 77, ESP 1) 2) 1:03.14 Roxana Maracineanu, 75, FRA 1:03.58 Michelle Lischinsky,74,CAN 200 METRES BACKSTROKE 2:13.58 Nina Zhivanevskaya, 77, ESP 1) 21 2:14.09 Clementine Stoney, 82, AUS 2.15.00 Toshie Abe 83 JPN **50 METRES BREASTSTROKF** 32.10 Sarah Poewe,83,RSA 32.82 Rhiannon Leier, 76, CAN 3) 32.98 Majken Thorup, 79, DEN 100 METRES BREASTSTROKE 1:09.14 Sarah Poewe.83.RSA 1:09.26 Amanda Beard, 81, USA 1:10.31 Nan Luo,80,CHN 200 METRES BREASTSTROKE 2:26.86 Nan Luo.80.CHN 1) 2Ì 2:28.29 Amanda Beard.81.USA 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 2ĺ 1:00.70 Mireia Garcia,81,ESP 1:01.12 Lara Davenport.83.AUS 200 METRES BUTTERFLY 2:10.71 Mireia Garcia,81,ESP 2:10.89 Mette Jacobsen, 73, DEN 3) 2:12.97 Sophia Skou,73,DEN 200 METRES IND.MEDLEY 2:15.65 Yana Klochkova,82,UKR 2:16.99 Julie Hjorth-Hansen, 84, DEN 3) 2:17.64 Shuang Liang,83,CHN 400 METRES IND.MEDLEY 1) 4:41.82 Yana Klochkova.82.UKR 4:47.20 Hana Cerna-Netrefova,74,CZE 4:47.32 Shuang Liang,83,CHN CANET, June 5-6 MEN **50 METRES FREESTYLE** 1) 22.18 Alexander Popov, 71, RUS 22.96 Salim Iles.75 ALG 23.12 Ryk Neethling, 77, RSA 100 METRES FREESTYLE 49.75 Alexander Popov, 71, RUS 2ĺ 50.26 Salim Iles, 75, ALG 50.49 Todd Pearson, 77, AUS 200 METRES FREESTYLE 1:44.97 Ian Thorpe,82,AUS 1) 1:49.64 William Kirby, 75, AUS 3) 1:49.70 Antony Matkovich, 77, AUS 400 METRES FREESTYLE 3:51.47 Ian Thorpe,82,AUS 2ĺ 3:55.54 Nicolas Rostoucher,81,FRA 3:56.70 Alexei Filipets, 78, RUS 1500 METRES ERFESTYLE 1) 15:19.40 Nicolas Rostoucher,81,FRA 15:19.71 Alexei Filipets, 78, RUS 3) 15:38.85 Takashi Matsuda,84,JPN 100 METRES BACKSTROKE 55.67 Gordan Kozulj,76,CRO 57.13 Raymond Hass,77,AUS 2) 57.43 Vladislav Aminov,77,RUS 200 METRES BACKSTROKE 1:59.26 Gordan Kozulj,76,CRO 1) 2:01.71 Raymond Hass,77,AUS 2:03.81 Marko Strahija,75,CRO 3Ì 100 METRES BREASTSTROKE 1) 1:02.52 Oleg Lisogor, 79, UKR 1:02.70 Dimitri Komornikov,81,RUS 1:02.92 Morgan Knabe 81 CAN 200 METRES BREASTSTROKE 2:12.40 Jim Piper,81,AUS 1) 2) 2:12.63 Dimitri Komornikov,81,RUS 3Ì 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 BUTTERELY 1:56.49 Denis Sylantyev, 76, UKR 1:59.59 Anatoli Poliakov, 80, RUS 1) 2) 1:59.62 William Kirby, 75, AUS

200 METRES IND. MEDI FY 1) 2:03.21 Brian Johns,82,CAN 2:03.57 Grant McGregor, 78, AUS 3Ì 2:03.69 Robert Van Der Zant.75.AUS 400 METRES INDMEDI FY 4:22.44 Grant McGregor, 78, AUS 1) 2) 4:22.60 Curtis Myden,73,CAN 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 ERFESTYLE 54.62 Inge de Bruijn,73,NED 55.77 Martina Moravcova,76,SVK 1) 2) 57.03 Marianne Limpert, 72, CAN 200 METRES FREESTYLE 1:59.35 Claudia Poll, 72, CRC 1) 2:00.46 Mette Jacobsen 73 DEN 2) 2:02.75 Elka Graham,81,AUS 3) 400 METRES FREESTYLE 1) 4:08.91 Claudia Poll, 72, CRC 4:09.22 Irina Oufimtseva,85,RUS 2) 4:16.18 Nadezhda Chemezova,80,RUS 3) 800 METRES FREESTYLE 8:35.95 Irina Oufimtseva,85,RUS 1) 2) 8:54.30 Shiho Yoshimura,82,JPN 8:58.36 Marion Perrotin.83.FRA 100 METRES BACKSTROKE 1:02.05 Nina Zhivanevskaya, 77, ESP 1:02.48 Yuanqing Li,81,CHN 3) 1:02.92 Roxana Maracineanu, 75, FRA 200 METRES BACKSTROKE 1) 2:13.48 Clementine Stonev.82,AUS 2:13.95 Nina Zhivanevskaya,77,ESP 2:15.85 Toshie Abe,83, JPN 100 METRES BREASTSTROKE 1:08.80 Sarah Poewe.83.RSA 1) 1:08.95 Amanda Beard, 81, USA 2) 1:10.85 Nan Luo,80,CHN 200 METRES BREASTSTROKE 2:27.73 Amanda Beard,81,USA 2:28.88 Sarah Poewe.83,RSA 1) 2) 2:29.53 Nan Luo, 80, CHN 3) 100 METRES BUTTERFLY 58.78 Inge de Bruijn,73,NED 1) 58.80 Martina Moravcova,76,SVK 1:00.82 Irina Bespalova,81,RUS 3 200 METRES BUTTERFLY 2:11.06 Mette Jacobsen, 73, DEN 2ĺ 2:12.03 Sophia Skou, 73, DEN 2:13.25 Audrey Lacroix,83,CAN 200 METRES IND.MEDLEY 1) 2:14.75 Yana Klochkova,82,UKR 2:17.86 Marianne Limpert, 72, CAN 3) 2:18.28 Shuang Liang,83,CHN 400 METRES IND.MEDLEY 4:41.04 Yana Klochkova,82,UKR 1) 4:53.73 Shuang Liang, 83, CHN 3) 4:57.72 Carrie Burgoyne,81,CAN ROME, June 9-10 MEN **50 METRES FREESTYLE** 22.11 Alexander Popov, 71, RUS 23.03 Ryk Neethling, 77, RSA 23.32 Leonid Khokhlov, 80, RUS 2) 3) 100 METRES FREESTYLE 49.49 Alexander Popov, 71, RUS 1) 49.78 Lars Frolander, 74, SWE 49.85 Ian Thorpe, 82, AUS 200 METRES FREESTYLE 1:47.86 Ian Thorpe,82,AUS 1) 1:49.88 William Kirby,75,AUS 3) 1:50.81 Jacob Carstensen, 78, DEN 400 METRES FREESTYLE 1) 3:44.71 Ian Thorpe,82,AUS 3:47.32 Massi Rosolino, 78, ITA 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 15:35.85 Fabio Venturini,77,ITA 100 METRES BACKSTROKE 55.52 Lenny Krayzelburg,75,USA 55.90 Markus Rogan,82,AUT 57.08 Raymond Hass,77,AUS 1) 200 METRES BÁCKSTROKE 2:01.21 Markus Rogan,82,AUT 2:01.49 Emanuele Merisi,72,ITA 2:01.92 Takahashi Nakano.83.JPN 100 METRES BREASTSTROKE 1:02.11 Domenico Fioravanti,77,ITA

2) 1:02.17 Oleg Lisogor, 79, UKR

1:02.21 Patrick Schmollinger.73.AUT 200 METRES BREASTSTROKE 2:12.42 Jim Piper,81,AUS 2:15.64 Domenico Fioravanti,77,ITA 2:16.12 Michele Vano 100 METRES BUTTERFLY 2:16.12 Michele Vancini.81.ITA 52.82 Lars Frolander, 74, SWE 1) 52.92 Denis Sylantyev, 76, UKR 53.66 Jere Hard.78.FIN 200 METRES BUTTERFLY 1:56.00 Denis Sylantyev,76,UKR 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 2:03.68 Brian Johns, 82, CAN 2) 3) 2:04.52 Davide Cassol, 80, ITA 400 METRES IND. MEDLEY 1) 4:18.62 Alessio Boggiatto,81,ITA 4:23.20 Grant McGregor, 78, AUS 4:24.89 Dean Kent, 79, NZL 2) 3) WOMEN **50 METRES FREESTYLE** 25.86 Vivienne Rignall,73,NZL 26.08 Cristina Chiuso,73,ITA 1) 2) 100 METRES FREESTYLE 56.30 Elka Graham,81,AUS 56.47 Luisa Striani,78,ITA 57.14 Cristina Chiuso,73,ITA 2) 3) 200 METRES FREESTYLE 1:59.02 Claudia Poll,72,CRC 2:00.72 Nadezhda Chemezova,80,RUS 3) 2:00.82 Elka Graham,81,AUS 400 METRES ERFESTYLE 1) 4:09.92 Irina Oufimtseva,85,RUS 4:10.40 Claudia Poll,72,CRC 4:12.88 Elka Graham,81,AUS 800 METRES FREESTYLE 1) 8:37 76 Irina Oufimtseva 85 RUS 8:48.46 Marianna Lyberta, 79, GRE 2) 8:52.01 Shiho Yoshimura,82, JPN 100 METRES BACKSTROKE 1) 1:02.03 Nina Zhivanevskaya,77,ESP 1:02.92 Yuanqing Li,81,CHN 2) 1:03.60 Stanislava Komarova,86,RUS 3) 200 METRES BACKSTROKE 2:13.31 Clementine Stoney,82,AUS 2:14.84 Toshie Abe,83,JPN 2:15.07 Stanislava Komarova,86,RUS 2) 3) 100 METRES BREASTSTROKE 1:08.81 Sarah Poewe,83,RSA 2) 1:09.61 Amanda Beard, 81, USA 3) 1:10.69 Nan Luo.80.CHN 200 METRES BREASTSTROKE 1) 2:27.22 Amanda Beard,81,USA 2:28.01 Nan Luo, 80, CHN 3) 2:29.40 Sarah Poewe,83,RSA 100 METRES BUTTERFLY 1:00.33 Ekaterina Vinogradova,80,RUS 1:00.55 Irina Bespalova,81,RUS 2) 1:00.84 Sophia Skou,73,DEN 200 METRES BLİTTERELY 2:11.81 Ekaterina Vinogradova.80.RUS 2:13.11 Audrey Lacroix,83,CAN 2:13.57 Sophia Skou, 73, DEN 200 METRES IND.MEDLEY 2:14.38 Yana Klochkova,82,UKR 2:15.32 Shuang Liang,83,CHN 1) 2) 3) 2:18.53 Marianne Limpert, 72, CAN 400 METRES IND. MEDLEY 4:41.10 Yana Klochkova,82,UKR 4:49.77 Federica Biscia.80.ITA зí 4:53.86 Paola Cavallino,77,ITA MONTE CARLO, Jun 12-13 MEN 50 METRES FREESTYLE 21.91 Alexander Popov, 71, RUS 1) 22.68 Salim Iles, 75, ALG 100 METRES FREESTYLE 49.51 Lars Frolander,74,SWE 49.53 Alexander Popov,71,RUS 2ĺ 50.05 Salim Iles, 75, ALG 200 METRES FREESTYLE 1) 1:45.75 Ian Thorpe,82,AUS 1:49.10 William Kirby,75,AUS 1:50.19 Kvetoslav Svoboda.82.CZE 2) 3) 400 METRES FREESTYLE 1) 3:41.71 Ian Thorpe,82,AUS 3:57.28 Kvetoslav Svoboda,82,CZE 3) 3:58.61 Jonathan Duncan,82,NZL 50 METRES BACKSTROKE 25.74 Lenny Krayzelburg, 75, USA 1) 2ĺ 26.17 Gerhard Zandberg, 83, RSA

100 METRES BACKSTROKE 55.51 Gordan Kozulj,76,CRO 1) 55.71 Lenny Krayzelburg, 75, USA 56.94 Toshifumi Takeuchi,83,JPN 200 METRES BACKSTROKE 2:01.68 Raymond Hass, 77, AUS 1) 2) 2:01.71 Gordan Kozuli,76,CRO 2:01.78 Takahashi Nakano,83,JPN 50 METRES BREASTSTROKE 27.92 Oleg Lisogor, 79, UKR 28.27 Daniel Malek, 73, CZE 1) 100 METRES BREASTSTROKE 1) 1:02.01 Daniel Malek, 73, CZE 2) 1:02.34 Oleg Lisogor, 79, UKR 3) 1:02.53 Morgan Knabe,81,CAN 200 METRES BREASTSTROKE 2:12.41 Jim Piper,81,AUS 1) 2:15.15 Daniel Malek,73,CZE 3Ì 2:15.88 Yohan Bernard.74.FRA 50 METRES BUTTERFLY 23.85 Lars Frolander, 74, SWE 1) 23.95 Jere Hard, 78, FIN 100 METRES BUTTERFLY 52.84 Lars Frolander, 74.SWF 1) 52.90 Thomas Rupprath, 77, GER 2) 3) 53.40 Denis Sylantyev, 76, UKR 200 METRES BUTTERFLY 1:57.01 Denis Sylantyev,76,UKR 2:00.81 Grant McGregor,78,AUS 1) 2) 2:01.15 William Kirby,75,AUS 3) 200 METRES IND.MEDLEY 1) 2:03.11 Brian Johns, 82, CAN 2) 2:04.00 Robert Van Der Zant, 75, AUS 2:05.06 Dean Kent 79 N7L 400 METRES IND. MEDLEY 4:21.78 Grant McGregor, 78, AUS 1) 4:23.17 Lorenzo Sirigu, 81, ITA 4:24.12 Curtis Myden,73,CAN WOMEN **50 METRES FREESTYLE** 1) 25.76 Johanna Sjoberg, 78, SWE 26.30 Cristina Chiuso, 73, ITA 100 METRES FREESTYLE 56.20 Johanna Sjoberg, 78, SWE 1) 56.66 Mette Jacobsen,73,DEN 2) 57.16 Cristina Chiuso, 73, ITA 200 METRES FREESTYLE 1) 2:00.05 Claudia Poll,72,CRC 2) 2:01.39 Mette Jacobsen,73,DEN 3) 2:03.26 Karen Tait,82,NZL 400 METRES FREESTYLE 1) 4:16.01 Jana Pechanova,81,CZE 2) 4:18.40 Karen Tait.82.N7L 4:19.45 Kristina Kynerova, 79, CZE 50 METRES BACKSTRÓKE 28.30 Sandra Volker, 74, GER 1) 2) 29.26 Nina Zhivanevskaya,77,ESP 100 METRES BACKSTROKE 1:01.94 Nina Zhivanevskaya,77,ESP 1) 1:02.80 Yuanging Li,81,CHN a) 1:03.45 Ilona Hlavackova,77,CZE
 b) METRES BACKSTROKE 1) 2:13.65 Toshie Abe,83,JPN 2ĺ 2:14.03 Yuanging Li,81,CHN 2:14.82 Arisa Murakawa,83,JPN 3) 50 METRES BREASTSTROKE 31.89 Sarah Poewe,83,RSA 31.90 Amanda Beard,81,USA 1) 100 METRES BREASTSTROKE 1:08.74 Sarah Poewe,83,RSA 1) 1:08.93 Amanda Beard, 81, USA 1:10.46 Nan Luo.80.CHN 200 METRES BREASTSTROKE 1) 2:27.07 Nan Luo,80,CHN 2) 2:28.04 Amanda Beard, 81, USA 2:31.28 Nanaka Tamura, 87, JPN 50 METRES BUTTERELY 27.54 Johanna Sjoberg, 78, SWE 1) 27.81 Amanda Loots, 78, RSA 100 METRES BUTTERFLY 1) 1:00.17 Johanna Sjoberg, 78, SWE 2) 1:00.19 Amanda Loots, 78, RSA 1:01.63 Sophia Skou, 73, DEN 3Ì 200 METRES BUTTERFLY 2:11.00 Yana Klochkova,82,UKR 1) 2) 2:13.29 Amanda Loots, 78, RSA 2:13.86 Paola Cavallino.77.ITA 200 METRES IND.MEDLEY 1) 2:15.42 Shuang Liang,83,CHN 2) 2:16.79 Yana Klochkova,82,UKR 3) 2:16.93 Marianne Limpert, 72, CAN
 400 METRES IND.MEDLEY 4:42.33 Yana Klochkova,82,UKR 1) 4:46.91 Shuang Liang,83,CHN 3) 4:47.35 Federica Biscia.80.ITA

Rankings for the period (results received) January 1,2001 to June 13, 2001 Financially supported by Swimming Natation Canada Compile

		Compile
		400 M
		Rec: 4: 1
		2
		3 4
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1	1	17
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50 METRES FREESTYLE		800 M
Rec: 27.16 Shauna Collins, 1 28.34 NSSRJUN	OD,90 Brooke Buckland,12,WTSC	Rec: 9: 1
2 28.83 OYOMAR	Seanna Mitchell, 12, NKB	2
	Whitney Rich, 12, ISS Sarah Phee, 12, GO	3
5 29.19 CASCJUN	Jessi Wardale, 12, CASC	5
	Nadine McAdam, 12, TSC Natalie Chan, 12, PDSA	6
8 29.49 MSSACMAY	Rachael Kloosterman, 12, WD	7 8
9 29.50 PQIMAY 10 29.55 PPOMAY	Elianne de Larochellier, 12, UL Carolyn Delkus, 12, BTSC	9
11 29.72 PQIMAY	Kim Nguyen, 12, DDO	10 11
12 29.73 AACAPR	Emily Ĕaśto,11,TSC Miriam Kim,11,TSC	12
14 29.95 PGBAPR	Laura Woodman, 12, PN	13 14
15 29.95 CASCJUN	Rebecca Sayles, 12, CASC Jillian Peace-Hall, 12, RISC	15
17 29.98 EKSCMAR	Katerina Symes, 12, EKSC	16 17
18 29.98 HYACKMAY	Mackenzie Jones, 12, UCSC	18
20 30.07 ULJUN	Rachel Shallhorn, 12, OSHAC Myriam Plante, 11, UL	19 20
21 30.12 MMAPR 22 30.14 HTACAPR	Jennifer Klein, 12, MANTA	21
23 30.14 HYACKMAY	Hannah Vaughan, 12, EAST Kristie Carter, 12, UCSC	22 23
24 30.20 HYACKMAY	Lucia Zamecnik,12,WLBF	24
100 METRES FREESTYLE	Kristin Pomerleau, 11, DEL	25 100 M
Rec: 58.04 Shauna Collins, R		Rec: 1:
2 1:02.83 EKIAPR	Brooke Buckland,12,WTSC Natalie Chan,12,PDSA	1
3 1:03.12 EKIAPR	Katerina Symes, 12, EKSC	2
	Seanna Mitchell,12,NKB Jessi Wardale,12,CASC	4 5
6 1:04.06 EKIAPR	Mackenzie Jones, 12, UCSC Rachael Kloosterman, 12, WD	6
8 1:04.15 HYACKMAY	Stephanie Pollard, 12, IS	7 8
9 1:04.82 ODIV1APR	Nadine McAdam, 12, TSC	9
11 1:05.23 AACAPR	Courtney Kehoe, 12, PERTH Miriam Kim, 11, TSC	10 11
12 1:05.47 MMAPR	Hailee Traa, 12, MANTA	12
14 1:05.53 POIMAY	Rachel Shallhorn, 12, OSHAC Myriam Plante, 11, UL	13 14
15 1:05.70 ODIV3APR	: Aaryn Fraser, 12, MMST	15
16 1:05.70 CASCJUN	Kristie Carter, 12, UCSC Rebecca Sayles, 12, CASC	16 17
18 1:05.96 PQIMAY	Kim Nguyen, 12, DDO Lorraine Whiting, 12, MSSAC	18
19 1:06.05 MSSACMAY 20 1:06.19 ESWIMJUN	Lorraine Whiting, 12, MSSAC Fay Yachetti, 12, HWAC	19 20
21 1:06.25 ODIV3APR	Heather Gosling, 12, CYC	21
	Carolyn Delkus, 12, BTSC Lauren Lavigna, 12, GATOR	22 23
24 1:06.41 AACAPR	Jessica Bredschneider, 12, COBRA	24
25 1:06.48 PPOMAY 200 METRES FREESTYLE	Emilie Ladouceur-G.,12,CAMO	25 200 M
Rec: 2:03.72 Shauna Collins		Rec: 2:
	Natalie Chan, 12, PDSA Brooke Buckland, 12, WTSC	1 2
3 2:18.72 EKIAPR	Katerina Symes, 12, EKSC	3
	Rachael Kloosterman, 12, WD Mackenzie Jones, 12, UCSC	4
6 2:21.17 HYACKMAY	Stephanie Pollard, 12, IS	5 6
	Lauren Lavigna, 12, GATOR Seanna Mitchell, 12, NKB	7 8
9 2:21.36 HYACKMAY	Jennifer Self. 12. PDSA	9
10 2:21.38 MSSACMAY	Nadine McAdam, 12, TSC Hailee Traa, 12, MANTA	10
12 2:21.70 ROWMAY	Zara Laing, 12, ROW	11 12
13 2:21.78 ESWIMJUN	Lorraine Whiting, 12, MSSAC	13
15 2:22.08 ESWIMJUN	Maggie Young,12,WAC Fay Yachetti,12,HWAC	14 15
16 2:22.44 PQIIAPR	Stephanie Horner, 12, BBF	16
17 2:23.62 CASCJUN 18 2:23.93 PQIMAY	Rebecca Sayles, 12, CASC Ariane Nadeau, 12, REG	17 18
19 2:24.05 CDSCAPR	August Griffin, 12, PDSA	19
20 2:24.08 AACAPR 21 2:24.49 ODIV1APR	Sacha Lambert, 12, TSC Sarah Phee, 12, GO	20 21
22 2:24.74 PPOMAY	Courtney Kehoe, 12, PERTH	22
	Kristie Carter, 12, UCSC Kelsey Jenkins, 11, FMSC	23 24
	Jessica Bredschneider,12,COBRA	24

cially suppor iled by SWIN		ng Natation Canada
METRES F	REESTYLE	
1 00 10 01	0.111	ROD,90 Natalio Chan 12 RDSA
4:51.80	HYACKMAY	RUD.90 Natalie Chan,12,PDSA Lauren Lavigna,12,GATOR Stephanie Pollard,12,IS Hailee Traa,12,MANTA Kaleigh McKinnon,11,TORCH Hannah Vaughan,12,EAST August Griffin 12, PDSA
4:54.52 5:00.04	ISAPR MMAPR	Stephanie Pollard, 12, IS Hailee Traa 12 MANTA
5:01.01	ESWIMJUN	Kaleigh McKinnon, 11, TORCH
5:01.63 5:01.95	CDSCAPR	August Griffin, 12, PDSA
5:02.13	ESWIMJUN	August Griffin, 12, PDSA Lorraine Whiting, 12, MSSAC Katerina Symes, 12, EKSC
5:02.47 5:02.82	HYACKMAY	Jennifer Self, 12, PDSA
5:02.85	HYACKMAY	Mackenzie Jones. 12. UCSC
5:03.49	ESWIMJUN	Ariane Nadeau, 12, REG Lindsay Charles, 12, ESWIM
5:03.53 5:04.26	ESWIMJUN	Katie McIntosh, 12, MAC Kelly Hodgson, 12, PCSC
5:05.00	CASCJUN	Rebecca Sayles, 12, CASC
5:05.65		Sheena Gross, 12, EKSC Kelsey Jenkins, 12, FMSC
5:06.13	ESWIMJUN	Christina Malinas, 12, NYAC
5:06.84	CNOAPR	Alexa Komarnycky,11,ESWIM Sarah Phee,12,GO
5:06.94 5:07.31	EKIAPR LACMAY	Mary Alice Ennis, 12, ROD Maggie Young 12 WAC
5:07.55	QUEBMAY	Maggie Young, 12, WAC Edith Acevedo, 12, CNMN
5:07.95 METRES F	REESTYLE	Vanessa Taillefer, 11, DDO
9:12.83 St 9:45.17	nannon Smith	VANPK,74 Natalie Chan,12,PDSA
10:03.78	HYACKMAY	Stephanie Pollard, 12, PDSA
10:05.27	MMAPR	Hailee Traa, 12, MANTA Nicole Pouttu 12 HVACK
10:16.70	ESWIMJUN	Stephanie Pollard,12,IS Hailee Traa,12,MANTA Nicole Routtu,12,HYACK Kaleigh McKinnon,11,TORCH
10:20.25	HYACKIVIAY	August Griffin, 12, PDSA
10:22.60	ESWIMJUN	Ariane Nadeau, 12, EKSC Lorraine Whiting, 12, MSSAC
10:23.64	ESWIMJUN	Jennifer Cao, 12, YORK
10:25.51	LACMAY	Jennifer Cao, 12, YORK Adriana Hinson, 12, TAT Hannah Vaughan, 12, FAST Kelsey Jenkins, 12, FMSC
10:28.51	EKIAPR	Kelsey Jenkins, 12, FMSC
10.34.18		Reperca Savies 17 CASC
10:34.48	ESWIMJUN	Christina Gallagher, 12, BROCK Cristina Tersigni, 12, ESWIM Fay Yachetti, 12, HWAC
10:35.71	ESWIMJUN	Fay Yachetti, 12, HWAC Monika Stitski, 11, ESWIM
10:36.35	ESWIMJUN	Kailee MacKinnon, 12, HWAC
10:38.14	ESWIMJUN	Mackenzie Jones, 12, UCSC Amanda McTeague, 11, ESWIM
10:38.31	HYACKMAY	Kristie Carter, 12, UCSC Annika Schmuck, 12, PSW
10:39.10	HYACKMAY	Jessica Crepjnak, 11, PSW
10:39.47 METRES E	NBLCMAY BACKSTROK	Monica MacGillivray, 12, TIDE E
1:07.31 M 1:09.32	ichelle Cruz,A	CE,93 Brooke Buckland,12,WTSC
1:11.83	EKIAPR	Katerina Symes, 12, EKSC
1:12.72 1:13.10	EKIAPR ODIV2APR	Katerina Symes,12,EKSC Jessi Wardale,12,CASC Genvieve Handforth,12,EBSC
1:14.03	MSSACMAY	Courtney Kenoe, I.2/FRHT Meghann Percy, 12/WAC Miriam Kim, 11, TSC Stephanie Pollard, 12, IS Jennifer Self, 12, PDSA Victoria Tan, 12, WAC Hailee Traa, 12, MANTA Robyn Thom, 11, GATOR Christian Adlinea, 12, NVAC
1:14.23	HYACKMAY	Stephanie Pollard, 12, IS Jennifer Self, 12, PDSA Victoria Tan, 12, WAC Hallee Traa, 12, MANTA Robyn Thom, 11, GATOR Christina Malinas, 12, NYAC Zuzanna Celkowska, 12, MAC Lauren Walker, 12, OSC Vanessa Taillefer, 11, DDO Myriam Plante, 11, UL Lauren Lavigna, 12, GATOR Emma Cartwindh, 12, PDSA
1:14.72	ODIV1APR	Victoria Tan, 12, WAC
1:15.10	MMAPR CDSCAPR	Hailee Traa, 12, MANTA Robyn Thom 11 GATOR
1:15.21	ESWIMJUN	Christina Malinas, 12, NYAC
1:15.42	UCSAJAN	Zuzanna Celkowska, 12, MAC Lauren Walker, 12, OSC
1:15.58	PQIMAY	Vanessa Taillefer, 11, DDO
1:15.66	HYACKMAY	Lauren Lavigna, 12, GATOR
1:15.78 1:15.91		Emma Cartwright, 12, PDSA Kryssi Unruh, 11, HWAC
1:16.09	HYACKMAY	Donna MacLeod, 12, EKSC
1:16.12 1:16.29	ESWIMJUN	Mary Alice Ennis, 12, ROD Kailee MacKinnon, 12, HWAC
1:16.37	CDSCAPR	Natalie Chan, 12, PDSA Stephanie Horner, 12, BBF
METRES E	BACKSTROK	E
2:24.64 M 2:31.29	ichelle Cruz,A NSSR ILIN	CE,93 Brooke Buckland,12,WTSC
2:35.25	EKIAPR	Jennifer Self, 12, PDSA
2:38.34 2:38.84	ODIV2APR	Christina Malinas, 12, NYAC Genvieve Handforth, 12, EBSC
2:40.12	MMAPR	Hailee Traa, 12, MANTA Stophania Pollard 12, IS
2:40.91	EKSCMAR	Katerina Symes, 12, EKSC
2:41.05 2:41.35	UCSAJAN ESWIM ILIN	Katerina Symes,12,EKSC Lauren Walker,12,OSC Kryssi Unruh,11,HWAC Kailee MacKinnon,12,HWAC
2:41.87	LUSCMAY	Kailee MacKinnon, 12, HWAC
2:41.95 2:42.08		Jacob Wardala 12 CASC
2:42.22	HYACKMAY	Sheena Gross, 12, EKSC
2:42.27	ODIV1APR	Meghann Percy, 12, WAC
2:42.33 2·42 34	RAPIDAPR CASC IUN	Lauren Lavigna, 12, GATOR Brittany Ozar 11 CASC
2:42.34	UCSAJAN	Sharla Wingerter, 12,EXST
2:42.39 2:42.47		
2:42.51	PQIMAY	Vanessa Taillefer, 11, DDO
2:42.58 2:42.68	RODJUN	Emma Cartwright, 12, PDSA Samantha Morrice, 12, GOLD
2:42.82	DAVISMAR	Rachel Shallhorn, 12, OSHAC Jennifer Cao, 12, YORK
2:42.86		Sommor Out, 12, I UNIN

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100	METRES I	BREASTSTR		200 N
Rec 1	: 1:10.94 A 1:17.08	Ilison Higson, NBLCMAY	ESC,86 Morgan Kierstead,12,AQUA	Rec: 2
2 3	1:19.03	PQIIIMAY	Genevieve Crevier, 12, CNHR Claudia Bonsant, 12, EXCEL	23
4	1:21.86	HYACKMAY	Hanna Pierse, 12, EKSC	4
5 6	1:21.92	CDSCAPR	Rachel Chan, 12, MSSAC Natalie Chan, 12, PDSA	5 6
7 8	1:22.54 1:23.11	NEORJUN	Sarah Turgeon, 12, SSMAC Vicki Curtis, 12, GMAC	7 8
9	1:23.40	ODIV1APR	Sacha Lambert, 12, TSC	9
10 11	1:23.45 1:23.61	AACAPR	Lisa Kenke, 12, GOLD Nadine McAdam, 12, TSC	10 11
12 13	1:23.68 1:23.69	PPOMAY UCSAJAN	Anne-M Vachon,12,CNCC Lauren Walker,12,OSC	12 13
14 15	1.23 75	CASCIUN	Donna MacLeod 12 EKSC	14 15
16	1:23.00	HYACKMAY	Alicia Neasmith, 12, PCSC Tara Hahto, 11, CASC Andrea Holek, 12, WD	16
17 18	1:24.80 1:24.91	MSSACMAY HYACKMAY	Andrea Holek, 12, WD Jessica Crepinak, 11, PSW	17
19 20	1:24.94	LUSCMAY	Jessica Crepjnak, 11, PSW Jy Lawrence, 12, CT33 Karly Harding, 12, WD	19 20
21	1:25.08	CDSCAPR	Jennifer Gardiner, 12, PDSA	21
22 23	1:25.28 1:25.32	ULJUN	Jessica Ward, 12, PICK Myriam Plante, 11, UL	22 23
24 25	1:25.35 1:25.37	MSSACMAY	Cáitlin Nolan, 12, CHAMP Riley Truswell, 10, LAC	24 25
200) METRES I	BREASTSTR	OKE	400 N
1	2:34.11 A 2:46.58	Ilison Higson, TORLCJAN	Whitney Rich, 12, ISS	Rec: 5
2 3	2:49.04 2:51.44	NBLCMAY	Morgan Kierstead, 12, AQUA Genevieve Crevier, 12, CNHR	2
4	2:51.89	PQIIIMAY	Claudia Bonsant, 12, EXCEL	3
5 6	2:52.09 2:53.70	ESWIMJUN	Hanna Pierse, 12, EKSC Rachel Chan, 12, MSSAC	5 6
7 8	2:54.53 2:56.77		Natalie Chan, 12, PDSA Donna MacLeod, 12, EKSC	7
9	2:57.73	PQIMAY	Alicia Neasmith, 12, PCSC	9
10 11	2:58.20 2:58.78	ΗΥΔΟΚΜΔΥ	Lisa Kenke, 12, GOLD Tara Hahto, 11, CASC	10 11
12 13	2:58.81 2:58.98	HYACKMAY	Jessica Crepjnak,11,PSW Sacha Lambert,12,TSC	12 13
14	2:59.52	EKSCMAR	Katerina Symes, 12, EKSC Vicki Curtis, 12, GMAC	14 15
15 16	3:00.18 3:00.32	ESWIMJUN	Christine Hui 12 RHAC	16
17 18	3:00.58	ODIV3APR	Karly Harding, 12, WD Aaryn Fraser, 12, MMST	17 18
19 20	3:00.72 3:00.74	NEORJUN	Sarah Turgeon, 12, SSMAC Jy Lawrence, 12, CT33	19 20
21	3:01.14	ODIV1APR	Nadine McAdam, 12, TSC	21
22 23	3:02.17 3:02.37	PQIIIMAY	Annika Schmuck, 12, PSW Marie-P Ouellet, 11, CNDR	22 23
24 25	3:02.39	NSSRJUN I FDUCMAY	Marie-P Ouellet,11,CNDR Hannah Vaughan,12,EAST Brittany Achtymichuk,12,STSC	24 25
100) METRES I	BUTTERFLY hauna Collins		4X50
1	1:10.27	CASCJUN	Andrea Kells, 12, RDCSC	Rec: 2
2 3	1:11.60 1:12.05	ONSRJUN LUSCMAY	Rachael Kloosterman, 12, WD Kailee MacKinnon, 12, HWAC	23
4 5	1:12.12 1:12.56	CDSCAPR	Natalie Chan, 12, PDSA Kaleigh McKinnon, 11, TORCH	4 5
6	1:12.90	CASCJUN	Mackenzie Jones, 12, UCSC	6
7 8		HYACKMAY	Darby Jack, 12, GL-BRSA Lauren Lavigna, 12, GATOR	7 8
9 10	1:14.15 1:14.23		Edith Acevedo, 12, CNMN Erika Brown, 12, ROD	9 10
11	1:14.28	RODJUN	Courtney Kapustianyk, 12, GOLD	11
12 13	1:14.54 1:14.80	LACMAY	Marie-P. Bleau, 12, CNHR Dana Serwotka, 12, CYPS	12 13
14 15	1:14.84 1:14.91	LACMAY ODIV2APR	Maggie Young, 12, WAC Courtney Kehoe, 12, PERTH	14 15
16 17	1:14.93 1:15.03	OYOMAR	Caitlin Reilly, 12, UPCAN Aaryn Fraser, 12, MMST	16 17
18	1:15.10	UCSAJAN	Glenna Young, 12, FMSC	18
19 20	1:15.24 1:15.32	ISVDB	Donna MacLeod, 12, EKSC Stephanie Pollard, 12, IS	19 20
21 22	1:15.32 1:15.53	EKIAPR NSSR II IN	Amy Findlay, 11, KSC Danielle Weir, 11, WTSC Zara Laing, 12, ROW Jennifer Cao, 12, YORK	21 22
23	1:15.56	ROWMAY	Zara Laing,12,ROW	23
24 25	1:15.82 1:16.01	ODIV3APR	Sara Gardhouse, 12, MUSAC	24 25
		BUTTERFLY	mbe,CNMN,77	4X50 Rec: 1
1	2:36.17	CDSCAPR	Natalie Chan, 12, PDSA	1
2 3	2:36.63 2:38.71	ESWIMJUN	Lauren Lavigna, 12, GATOR Kaleigh McKinnon, 11, TORCH	2
4 5	2:39.68 2:40.70	RAPIDJAN	Kathryn Johnson, 12, PDSA Andrea Kells, 12, RDCSC	4 5
6 7	2:40.81	MSSACMAY	Rachael Kloosterman, 12, WD Hannah Vaughan, 12, EAST	6 7
8	2:42.49 2:42.51	AACAPR	Carol Kong, 11, TORCH	8
9 10	2:42.72 2:44.28		Kailee MacKinnon, 12, HWAC Courtney Kapustianyk, 12, GOLD	9 10
11 12	2:45.35 2:46.05	ODIV1APR	Maggie Young, 12, WAC Vanessa Taillefer, 11, DDO	11 12
13	2:47.26	ESWIMJUN	Jennifer Cao, 12, YORK	13
14 15	2:47.50 2:47.53	NSSRJUN	Hope Martin, 11, HWAC Danielle Weir, 11, WTSC	14 15
16 17	2:47.96 2:49.19	MSSACMAY	Sacha Lambert, 12, TSC Sarah Gagnon, 12, FMSC	16 17
18 19	2:49.61	ODIV1APR	Karen Ingo,12,KSS-NWO Rachel Shallhorn,12,OSHAC	18 19
20	2:50.14 2:50.31	GMACMAY	Aaryn Fraser, 12, MMST Amy Findlay, 11, KSC	20
21 22	2:50.39 2:51.05	()DIV14PR	Dana Serwotka 12 CYPS	21 22
23 24	2:51.48	EKSCMAR	Darby Jack, 12, GL-BRSA	23 24
24	2:51.61	HYACKMAY	Alexa Komarnycky,11,ESWIM Hilary Todd,12,PDSA	24

2001 LONG COURSE TAG®

V	V			
			IND.MEDLE	
	Rec: 2:2	21.55 A 2:33.70	Ilison Higson,	ESC,86 Natalie Chan,12,PDSA
	2	2:38.20	EKIAPR	Katerina Symes, 12, EKSC
	3 4	2:38.51 2:38.75	MSSACMAY	Rachael Kloosterman, 12, WD
	5	2:40.07	CNOAPR	Morgan Kierstead, 12, AQUA Sarah Phee, 12, GO
	6 7	2:40.26		Rachel Shallhorn, 12, OSHAC
	8	2:40.29 2:40.85	MMAPR	Stephanie Pollard, 12, IS Hailee Traa, 12, MANTA
	9	2:40.85	ESWIMJUN	Kailee MacKinnon, 12, HWAC
	10 11	2:40.98	MSSACIVIAY	Miriam Kim, 11, TSC Nadine McAdam, 12, TSC
	12	2:41.40	NSSRJUN	Hannah Vaughan 12 FAST
	13 14	2:41.73	MSSACMAY	Brooke Buckland,11,WTSC Sacha Lambert,12,TSC
	15			
	16 17	2:42.41	HYACKMAY	Rachei Uran, 12, MSSAU Seanna Mitcheil, 12, NKB Andrea Kells, 12, RDCSC Sarah Turgeon, 12, SSMAC Sheena Gross, 12, EKSC Donna MacLeod, 12, EKSC Jennifer Cao, 12, YORK Alicia Neasmith, 12, PCSC Lauren Lavigna, 12, GATOR Hanna Pierce 12, EKSC
	18	2:42.49	NEORJUN	Sarah Turgeon, 12, SSMAC
	19 20	2:42.51	CASCJUN	Sheena Gross, 12, EKSC Donna MacLeod 12 EKSC
	21	2:42.95	ESWIMJUN	Jennifer Cao, 12, YORK
	22 23	2:43.01	PQIMAY	Alicia Neasmith, 12, PCSC
	23	2:43.50	CASCJUN	Hanna Pierse, 12, EKSC Aaryn Fraser, 12, MMST
	25	2:43.52	GMACMAY IND.MEDLEY	Aaryn Fraser, 12, MMST
		02.71 Ju	banne Malar,H	
	1	5:24.29	TORLCJAN	Whitney Rich, 12, ISS Natalie Chan, 12, PDSA
	2 3	5:31.79 5:34.28		Hailee Traa, 12, MANTA
	4	5:35.28	HYACKMAY	Stephanie Pollard, 12, IS
	5 6	5:35.40 5:37.41		Hannah Vaughan, 12, EAST Rachael Kloosterman, 12, WD
	7	5:37.94	EKIAPR	Katerina Symes, 12, EKSC
	8 9	5:38.67 5:38.88		Lauren Lavigna, 12, GATOR Michelle Jung, 11, CHENA
	10	5:39.03	MSSACMAY	Sacha Lambert 12 TSC
	11 12	5:40.58 5:41.42	ESWIMJUN ESWIMJUN	Kailee MacKinnon,12,HWAC Rachel Chan,12,MSSAC
	13	5:41.71	ESWIMJUN	Alexa Komarnycky, 11, ESWIM
	14 15	5:42.40 5:42.42	ESWIMJUN	Kaleigh McKinnon, 11, TORCH Vanessa Taillefer, 11, DDO
	16	5:44.43	HYACKMAY	Jessica Crepjnak,11,PSW Jennifer Cao,12,YORK
	17 18	5:46.28	ESWIMJUN	Jennifer Cao, 12, YORK
	19	5:47.37	CASCJUN	Andrea Kells, 12, RDCSC
	20	5:48.69	LACMAY	Susan Long, 11, LAC
	21 22	5:48.76	HYACKMAY	Annika Schmuck, 12, SSMAC
	23	5:49.61	MSSACMAY	Miriam Kim, 11, TSC
0	24 25	5:50.23	POIMAY	Jennife Cao, I.2, YUKK Hanna Pierse, I.2, KSC Andrea Kells, 12, RDCSC Susan Long, 11, LAC Sarah Turgeon, 12, SSMAC Annika Schmuck, 12, PSW Miriam Kim, 11, TSC August Griffin, 12, PDSA Myriam Plante, 11, UL
	4X50 I		ILE/LI	
	Rec: 2:1	10.53 R 2:17.33	egina OD,ROD ODIV1APR	,90 Nepean Kanata,NKB
	2	2:17.71	EKIAPR	Cascade Swim Club, CASC
	3 4	2:18.03 2:19.16	AACAPR POIMAY	Toronto Swim Club, TSC Dollard Swim Team, DDO
	5	2:19.43	EKIAPR	Edmonton Keyano, EKSC
	6 7	2:19.80 2:20.34		Hamilt-Wentworth AC, HWAC Pacific Dolphins, PDSA
	8	2:20.91	PQIIIMAY	CN Haut-Richelieu, CNHR
	9 10	2:21.20 2:21.75		Manta Swim Club, MANTA
D	11	2:21.75	PQIMAY	Mississauga AC,MSSAC Pointe Claire SC,PCSC
	12 13	2:22.27 2:22.65	PQIMAY	Montreal Aquatique,CAMO Uxbridge SC,USC
	14	2:22.05	ESWIMJUN	Etobicoke Swimming, ESWIM
	15 16	2:23.22	ODIV1APR	Windsor AC, WAC Univ.of Calgary SC, UCSC
	17	2:23.40	PQIMAY	Univ.Laval Rouge & Or,UL
	18 19	2:24.28	ODIV2APR	Ottawa Y,OYO
	20	2:24.29 2:24.95	ODIV1APR	Markham AC,MAC Scarborough SC,SCAR
	21	2:25.53	HYACKMAY	Vancouver Gators, GATOR Chatham Y, CYPS
	22 23	2:25.55	PQIIAPR	Beaconsfield Bluefins, BBF
	24	2:26.46	ODIV1APR	North York AC,NYAC Samak de Brossard,SAMAK
	25 4X50 F	2:26.53 REE RE	PUIMAY	Samak de Brossard, SAIVIAK
	Rec: 1:5	55.93 R	egina Opt.Dolj	
	1	2:00.00 2:00.08	CASCJUN	Univ.of Calgary SC,UCSC Cascade Swim Club,CASC
	2 3	2:01.36	ODIV1APR	Nepean Kanata,NKB
	4 5	2:02.03 2:02.99	ODIV1APR FKIAPR	Toronto Swim Club,TSC Pacific Dolphins,PDSA
	6	2:04.23	EKIAPR	Edmonton Keyano, EKSC
	7 8	2:04.53 2:05.28		Univ.Laval Rouge & Or,UL Brantford AC,BRANT
	9		HYACKMAY	Vancouver Gators, GATOR
.D	10	2:05.54	ODIV1APR	Windsor AC, WAC London AC, LAC
	11 12	2:05.95 2:06.00		Eastern Alliance, EAST
	13	2:06.42	ODIV1APR	Richmond Hill AC, RHAC
	14 15	2:06.43 2:06.46	PQIMAY	Perth Stingrays, PERTH Dollard Swim Team, DDO
	16	2:06.54	AACAPR	Mississauga AC, MSSAC
	17 18	2:06.65 2:06.87	ODIV1APR	Cobra Swim Club,COBRA North York AC,NYAC
	19	2:06.91	UCSAJAN	Fort McMurray SC, FMSC
	20 21	2:07.20 2:07.29	ESWIMJUN	Hamilt-Wentworth AC,HWAC Etobicoke Swimming,ESWIM
	22	2:07.35	ODIV2APR	Lakeshore SC,LSC
	23 24	2:07.44 2:07.61	PQIMAY	Uxbridge SC,USC Samak de Brossard,SAMAK
	25	2:07.85	PQIMAY	Samak de Brossard, SAMAK Pointe Claire SC, PCSC

SWIMNEWS MAY-JUNE 2001

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				24
50 1	METRES F	REFSTVI F		25 150
	26.17 Joh	n M.Mills,GO,		Rec:
1	27.59	ODIV3APR	Ryan Gow, 12, TRENT	1
2 3	28.11 28.18		Claude Cyr-Cormier,12,LSNR Nick Price,12,TMSC-NWO	2
4	28.37	HYACKMAY	Brett Schmid, 12, CASC	4
5	28.58	OLYJUN	Yonathan Prajogo, 12, COBRA	5
6 7	28.59 28.63	AACAPR FKSCMAD	Patrick Cuch, 12, TSC-TO Joel Greenshields, 12, RDCSC	6 7
8	28.85	PGBAPR	Kurt Grossman, 12, PN	8
9	29.09	ULJUN	Pascal Plante, 12, UL	9
10 11	29.14 29.19		Matthew Chan, 12, STSC Samuel Thrall, 12, OAK	10 11
12	29.19	CDSCAPR	Jake Tapp, 12, LOSC	12
13	29.47	HYACKMAY	Charles Wong, 12, UCSC	13
14 15	29.54 29.65		Glen Wooldridge,12,WLBF Uko Abara,12,RHAC	14 15
16	29.68		Glen Torontow, 12, 0YO	16
17	29.78	ULJUN	Simon Boulanger-M., 12, CSQ	17
18 19	29.79 29.79	PQIMAY FSWIM IUN	Erik Brisson, 12, DDO Viktor Verblac, 12, YORK	18 19
20	29.80	PQIMAY	Vincent Tremblay, 12, SAMAK	20
21	29.80	ESWIMJUN	David Moreno, 12, ESWIM	21
22 23	29.82 29.85	CAMOMAR	Jeffrey Lau, 12, GATOR Etienne Paquet, 12, BBF	22 23
24	29.88	ESWIMJUN	Alex Brown, 11, AUROR	23
25	29.90	EKSCMAR	Matthew Verwey, 12, RDCSC	25
		REESTYLE uel Munoz,ES	6.00	100
1	58.60	ΡΟΙΙΙΜΔΥ	Mathieu Bois 12 HIPPO	Rec:
2	1:00.08	AACAPR	Yonathan Dors, 12, min to Yonathan Day, 12, COBRA Ryan Gow, 12, TRENT	2
3 4	1:00.33 1:02.48	DAVISMAR	Ryan Gow, 12, I REN I Francois-P Murray, 12, CNDR	3
5	1:02.40	HYACKMAY	Brett Schmid. 12. CASC	4 5
6	1:02.66	UCSAJAN	Brett Schmid, 12, CASC Joel Greenshields, 12, RDCSC	6
7 8	1:02.67 1:03.25	EKIAPR ODIV2APR	Nathan Demchuk, 12, EKSC Nick Price, 12, TMSC-NWO	7
9			Patrick Cuch, 12, TSC-TO	8
10	1:03.55	ODIV2APR	Glen Torontow, 12, OYO	10
11 12	1:03.83 1:03.98	CDSCAPR	Jake Tapp, 12, LOSC	11
12	1:03.90		David Mongeri, 12, BROCK Claude Cyr-Cormier, 12, LSNR	12 13
14	1:04.61	HYACKMAY	Charles Wong, 12, UCSC	14
15	1:04.85		Chad Michie, 12, CASC	15
16 17			Alex Thompson, 12, OAK Viktor Verblac, 12, YORK	16 17
18	1:05.12	AACAPR	Harrison Curtis, 12, TSC	18
19 20	1:05.13 1:05.30	ESWIMJUN	Kyung Soo Yoon,10,NYAC Adam Szoo,12,CASC	19
20	1:05.53		Erik Brisson, 13, DDO	20 21
22	1:05.83	AACAPR	Samuel Thrall.12.0AK	22
23 24	1:05.87 1:05.88	ESWIMJUN	Cameron Bailey, 11, HWAC Kevin Kwok, 11, RHAC	23
24 25	1:05.88	RODJUN	Kuba Szmigielski,12,GOLD	24 25
200	METRES F	REESTYLE	-	200
Rec: 1		huck Sayao,TO	DMAC,95 Mathieu Bois,12,HIPPO	Rec:
	2:11.48 2:12.08	EKSCMAR	Joel Greenshields.12.RDCSC	1
23	2:14.73	PQIMAY	Joel Greenshields, 12, RDCSC Renaud Laliberte, 12, UL	2 3
4 5	2:15.07	RAPIDAPR	Jordan Hartney, 12, PSW Patrick Cuch, 12, ESWIM	4
6	2:15.91 2:16.38	ODIV3APR	Ryan Gow, 12, TRENT	5 6
7	2:16.48	OLYJUN	Ryan Gow, 12, TRENT Yonathan Prajogo, 12, COBRA	7
8 9	2:17.07 2:17.22	EKIAPR	Nathan Demchuk, 12, EKSC	8 9
	2:17.22	ESWIMJUN	Peter Bowen, 12, GO Cameron Bailey, 11, HWAC	9 10
10		ULJUN	Cameron Bailey, 11, HWAC Francois-P Murray, 12, CNDR	11
10 11	2:18.61			
10 11 12	2:18.61 2:18.97	CAMOMAR	Etienne Paquet, 12, BBF Alex Thompson 12, OAK	12
10 11	2:18.61 2:18.97 2:18.99	CAMOMAR MSSACMAY	Alex Thompson, 12, OAK	13
10 11 12 13 14 15	2:18.61 2:18.97 2:18.99 2:19.00 2:19.04	CAMOMAR MSSACMAY EKSCMAR CAMOMAR	Alex Thompson, 12, OAK Matthew Verwey, 12, RDCSC Guillaume Vallieres, 12, CASE	13 14 15
10 11 12 13 14 15 16	2:18.61 2:18.97 2:18.99 2:19.00 2:19.04 2:19.18	CAMOMAR MSSACMAY EKSCMAR CAMOMAR MSSACMAY	Alex Thompson,12,0AK Matthew Verwey,12,RDCSC Guillaume Vallieres,12,CASE Harrison Curtis,12,TSC	13 14 15 16
10 11 12 13 14 15 16 17	2:18.61 2:18.97 2:18.99 2:19.00 2:19.04 2:19.18 2:19.42	CAMOMAR MSSACMAY EKSCMAR CAMOMAR MSSACMAY HYACKMAY	Alex Thompson, 12, OAK Matthew Verwey, 12, RDCSC Guillaume Vallieres, 12, CASE Harrison Curtis, 12, TSC Ilya Brotzky, 12, PDSA	13 14 15 16 17
10 11 12 13 14 15 16	2:18.61 2:18.97 2:18.99 2:19.00 2:19.04 2:19.18	CAMOMAR MSSACMAY EKSCMAR CAMOMAR MSSACMAY HYACKMAY EKIAPR	Alex Thompson,12,0AK Matthew Verwey,12,RDCSC Guillaume Vallieres,12,CASE Harrison Curtis,12,TSC	13 14 15 16
10 11 12 13 14 15 16 17 18 19 20	2:18.61 2:18.97 2:18.99 2:19.00 2:19.04 2:19.18 2:19.42 2:20.75 2:20.83 2:21.59	CAMOMAR MSSACMAY EKSCMAR CAMOMAR MSSACMAY HYACKMAY EKIAPR EKIAPR PPOMAY	Alex Thompson,12,0AK Matthew Verwey,12,RDCSC Guillaume Vallieres,12,CASE Harrison Curtis,12,TSC Ilya Brotzky,12,PDSA Patrick Downing,12,HYACK Brett Schmid,12,CASC Pascal Provencher-F,12,DDO	13 14 15 16 17 18 19 20
10 11 12 13 14 15 16 17 18 19 20 21	2:18.61 2:18.97 2:18.99 2:19.00 2:19.04 2:19.18 2:19.42 2:20.75 2:20.83 2:21.59 2:21.74	CAMOMAR MSSACMAY EKSCMAR CAMOMAR MSSACMAY HYACKMAY EKIAPR EKIAPR PPOMAY RAPIDAPR	Alex Thompson, 12, OAK Matthew Verwey, 12, RDCSC Guillaume Vallieres, 12, CASE Harrison Curtis, 12, TSC Ilya Brotzky, 12, PDSA Patrick Downing, 12, HYACK Brett Schmid, 12, CASC Pascal Provencher, F, 12, DDO Jake Tapp, 12, LOSC	13 14 15 16 17 18 19 20 21
10 11 12 13 14 15 16 17 18 19 20 21 22 23	2:18.61 2:18.97 2:19.00 2:19.04 2:19.18 2:19.42 2:20.75 2:20.75 2:20.83 2:21.59 2:21.74 2:22.07 2:22.50	CAMOMAR MSSACMAY EKSCMAR CAMOMAR MSSACMAY HYACKMAY EKIAPR EKIAPR PPOMAY RAPIDAPR MSSACMAY POIMAY	Alex Thompson, 12, OAK Matthew Verwey, 12, RDCSC Guillaume Vallieres, 12, CASE Harrison Curtis, 12, TSC Ilya Brotzky, 12, DPSA Patrick Downing, 12, HYACK Brett Schmid, 12, CASC Pascal Provencher F, 12, DDO Jake Tapp, 12, LOSC Samuel Thrall, 12, OAK Erik Brisson, 12, DDO	13 14 15 16 17 18 19 20
10 11 12 13 14 15 16 17 18 19 20 21 22	2:18.61 2:18.97 2:18.99 2:19.00 2:19.04 2:19.18 2:19.42 2:20.75 2:20.83 2:21.59 2:21.74 2:22.07	CAMOMAR MSSACMAY EKSCMAR CAMOMAR MSSACMAY HYACKMAY EKIAPR EKIAPR PPOMAY RAPIDAPR RAPIDAPR MSSACMAY POIMAY ESWIMJUN	Alex Thompson, 12,0AK Matthew Verwey 12,RDCSC Guillaume Vallieres, 12,CASE Harrison Curtis, 12,TSC Hya Brotzy, 12, PDSA Patrick Downing, 12, HYACK Brett Schmid, 12, CASC Pascal Provencher, F, 12,DDO Jake Tapp, 12, LOSC Samuel Thrafi, 12, OAK	13 14 15 16 17 18 19 20 21 22

January 1,2001 to June 13, 2001 Financially supported by Swimming Natation Canada Compiled by SWIMNEWS 400 METRES FREESTYLE Chuck Sayao,TOMAC,95 44 EKSCMAR Joel Greenshields,12,RDCSC 84 ESWIMJUN Patrick Cuch,12,ESWIM Rec: 4:19.04 1.15 11 4:45.84
 4:45.87
 ESWIMJUN
 Cameron Bailey,11,HWAC

 4:47.33
 EKSCMAR
 Matthew Verwey,12,RDCSC

 4:47.91
 POIMAY
 Renaud Laliberte,12,UL
 4:47.91 PUIMAY kenaud Laitberle, 12,UL
 4:47.59 OL:YUIN Yonaham Prajogo,12,COBRA
 4:52.15 HYACKMAY Ilya Brotzky,12,PDSA
 4:52.15 HYACKMAY Ilya Brotzky,12,PDSA
 4:52.15 HYACKMAY Ryan Coctrane,12,IS
 4:53.10 PUIMAY Jonathan Blouin,12,CSQ
 4:55.67 DAVISMAR Ryan Gow,12,TRENT
 EF 0F COCOMD Incident Undersy 13 DEWI CDSCAPR Jordan Hartney, 12, PSW PQIMAY Pascal Provencher-F, 12, DDO EKSCMAR Nathan Demchuk, 12, EKSC 4:55.85 4:55.85 CDSCAP Jordan Hartney.12.PSW 4:55.41 POKIMAY Pascal Provencher-F.12.DDO 4:57.73 EKSCMAR Nathan Demchuk,12.EKSC 4:58.71 ULUN Francois-P Murray.12.CNDR 4:59.49 CDSCAPR Jake Tapp.12.LOSC 5:00.56 HYACKMAY Partick Downing.12.HYACK 5:00.59 HYACKMAY Kay Getman.12.WOSC 5:00.64 ESWIMJUN Vikior Verblac.12.V0RK 5:00.70 RPOCKMAY Camero Cummings.12.00K 5:00.70 BROCKMAY Cameron Cummings,12,0AK 5:02.06 EKIAPR Adam Szoo,12,CASC AACAPR Samuel Thral, 12,0AK POIMAY Michael Tatigian, 11,PCSC PPOMAY Zach Summerhayes, 11,RISC RAPIDJAN Daniel Kennedy, 12,KISU 5.02.68 5.05.81 5:05.88 5.08.99 1500 METRES FREESTYLE METRES FREESTYLE 7:05.50 Nicholas Richards, PCSC, 84 18:32.28 ESWIMJUN Patrick Cuch, 12, ESWIM 18:43.84 PQIMAY Renaud Laliberte, 12, UL 18:58.90 ULJUN Jonathan Blouin, 12, CSQ ESWIMJUN Cameron Bailey, 11, HWAC ESWIMJUN Viktor Verblac, 12, YORK 19.02 37 19:21.30 19:21.97 PQIMAY Pascal Provencher-F,12,GAMIN 19:22.10 HYACKMAY Ryan Buna,12,IS 19:22.10 HYACKMAY Ryan Buna,12,IS 19:31.68 MSSACMAY Cameron Cummings,12,OAK 19:35.96 EKIAPR Nathan Demchuk,12,EKSC
 19:35:96
 EKIAPR Nalhan Demchuk 12, EKSC

 19:36:32
 BROCKMAY Yonathan Prajogo, 12, COBRA

 19:50:22
 MSSACMAY Alex Thompson, 12, OAK

 19:54:37
 HXACKMAY Kye Thompson, 12, DAX

 19:54:37
 HXACKMAY Kye Thompson, 12, DAX

 20:02:38
 LSAPR Ryan Cochrame, 12, INOSC

 20:01:49
 CASCJUN Patrick Errington, 12, RDSC

 20:11:48
 MSSACMAY Harrison Curlis, 12, TSC

 20:24:56
 ESWINUM Alex Griffiths, 12, PICK

 20:24:56
 ESWINUM Alex Griffiths, 12, CNC
 20:24.76 20:25.33 ULJUN Guillaume Gagnon,12,CNCB WOSAJUN Sean O'Donnell,12,BROCK 20:32 17 HYACKMAY David Peddie 12 OSC 20:33.33 20:33.71 ESWIMJUN Antoine Lamoureux, 11, REG WOSAJUN Xavier Schoppel, 12,ROW LACMAY Kyle Orrick, 12,LAC POIMAY Steven Bielby, 11,PCSC POIMAY Vincent Tremblay, 12,SAMAK 20:37.23 20:37.67 20.37 91
 Ioo METRES BACKSTROKE

 Rec: 1:05.60
 Tobias Oriwol, PCSC, 98

 1
 1:06.89
 CDSCAPR Jordan Hartney, 12, PSW
 1:10.44 DAVISMAR Ryan Gow, 12, TRENT 1:12.33 HYACKMAY Brett Schmid, 12, CAS UCSAJAN Joel Greenshields,12,RDCSC AACAPR Patrick Cuch,12,TSC-TO ULJUN Jonathan Blouin,12,CSQ 1:12.42 1:12.64 1:12.67 1:12.73 ODIV2APR Glen Torontow,12,0Y0 OLYJUN Yonathan Prajogo,12,COBRA 1:12.76 FKIAPR Matthew Chan 12 STSC 1:12.97 CASCJUN Justin Di Stefano, 12, UCSC CDSCAPR Jake Tapp, 12, LOSC CAMOMAR Etienne Paquet, 12, BBF 1.13.63 1:14.02 1:14.53 CANODWAR Elterine Paquet, 12, BBF CASCJUN Zacary Odger, 12, CASC AACAPR Cameron Cummings, 12, OAK ESWIMJUN David Grubb, 12, MAC AACAPR Harrison Curtis, 12, TSC 1:14.61 1:14.64 1.14 91 1:14.95
 114:30
 ARCARY Analissin Coulds, 21, 35

 114:49
 LACMAW Cameron Barllett, 12 CYPS

 115:00
 NSSRUIN Marc Pyle, 12, SWAT

 POMAY Bryan Fumerion, 11, USC
 115:00

 115:00
 RAPIDIAN Daniel Kennedy, 12, KISU

 115:00
 RAPIDIAN Daniel Kennedy, 12, KISU

 115:60
 HXACKMAY Ryan Cochrane, 12, IS

 115:60
 EKIAPR Evan Vanderven, 12, CASC

 115:80
 CASCAD lub De Detti 13, DPCA
 EKIAPR EVall Validervelt, 12,0430 CDSCAPR IIya Brotzky,12,PDSA EKIAPR Sean Kimak,12,GL-BRSA HYACKMAY Charles Wong,12,UCSC 1:15.80 1:16.09 :16.09 200 METRES BACKSTROKE 18.05 Tobias Oriwol, PCSC, 98 2:29.95 EKSCMAR Joel Greenshields, 12, RDCSC 2:30.25 RAPIDJAN Jordan Hartney,12,PSW 2:32.68 PQIMAY Jonathan Blouin,12,CSQ 2:33.38 HYACKMAY Brett Schmid,12,CASC 233.38 HYACKMAY Brett Schmid, 12 CASC 233.44 MSSACMAY Patrick Cuch, 12 TSC-TO 233.77 DAVISMAR Ryan Gow, 12, TRENT 234.41 POIMAY Renaud Laliberte, 12, UL 235.25 ODIV2APR Glen Toortow, 12, OVO 235.68 CASCJUN, Justin Di Stefano, 12, UCSC 236.92 HYACKMAY Ryan Cochrane, 12, IS 237.20 CMAMAP Elicone Dervist 12 DEF CAMOMAR Etienne Paquet,12,BBF PPOMAY Bryan Fumerton,11,USC PPOMAY Pascal Provencher-F,12,DDO 2:37.39 2:38.02 2:38.02 2:38.02 PPOMAY Pascal Provencher - F12.DD0
 2:38.04 EKSCMAR Matthew Verwey12.RDCSC
 2:39.00 HYACKMAY IIya Brotzky,12.PDSA
 2:39.41 EKSCMAR Matthew Chan,12.STSC
 4:04.01 NSSRUIM Marc Pye1,2.SWAT
 2:40.62 GMACMAY Cameron Bartlett,12.CYPS
 2:41.64 AACAPR Yonathan Prajogo,12.COBRA
 4:168 HYACKMAY Zaary Odger,12.CASC
 2:42.21 CDSCAPR Jake Tap,12.LOSC
 4:120 FSWAUHU hereory 0.13.NDM

ESWIMJUN Jason Yee, 12, NEW EKSCMAR Nathan Demchuk, 12, EKSC

2.42 79

2:42.96

RRankings for the period (results received)

2001 LONG COURSE TAG rian Johns RACER 95

100 METRES BREASTSTROKE	200 METRES IND.MEDLEY	
Rec: 1:12.24 David Cheung, CREST, 94	Rec: 2:21.81 Brian Johns,RACER,95	
1 1:19.45 NSSRJUN Marc Pyle,12,SWAT	1 2:31.75 EKSCMAR Joel Greenshields,12,RDCS	SC
2 1:20.59 AACAPR Jason Ýee,12,NEW 3 1:21.65 PQIMAY Erik Brisson,12,DDO	2 2:33.31 CDSCAPR Jordan Hartney,12,PSW 3 2:33.36 ESWIMJUN Patrick Cuch,12,ESWIM	
4 1:22.09 EKIAPR Mason Cully,12,LEDUC	4 2:35.70 CAMOMAR Guillaume Vallieres,12,CAS	SF
5 1:22.93 HYACKMAY Charles Wong 12.UCSC	5 2:36.09 OLYJUN Yonathan Prajogo, 12, COBF	RA
6 1:23.11 BROCKMAY Yonathan Prajogo,12,COBRA	6 2:36.49 CASCJUN Charles Wong, 12, UCSC	
7 1:23.15 MSSACMAY Patrick Cuch,12,TSC-TO	7 2:36.55 ULJUN Renaud Laliberte, 12, UL 8 2:37.34 NSSRJUN Marc Pyle, 12, SWAT	
 8 1:23.17 UCSAJAN Jeffrey Lai,12,EKSC 9 1:23.42 CAMOMAR Pierre-L. Genereux,12,CNTR 	8 2:37.34 NSSRJUN Marc Pyle,12,SWAT 9 2:37.55 HYACKMAY Brett Schmid,12,CASC	
10 1:24.01 ODIV2APR Nicholas Shoust,12,SSMAC	10 2:38.63 EKSCMAR Matthew Verwey, 12, RDCSC	2
11 1:24.25 UCSAJAN Matthew Verwey, 12, RDCSC	11 2:39.96 EKSCMAR Nathan Demchuk,12,EKSC	
12 1:24.68 ULJUN Guillaume Gagnon,12,CNCB	12 2:40.26 HYACKMAY Zacary Odger,12,CASC	
13 1:24.85 CASCJUN Winston Yeap,12,0SC 14 1:24.87 PQIMAY Dillon Babb,12,DD0	13 2:40.50 RAPIDAPR Jake Tapp, 12, LOSC 14 2:41.31 ESWIMJUN Kvung Soo Yoon.10, NYAC	
14 1:24.87 PQIMAY Dillon Babb,12,DDO 15 1:25.38 CDSCAPR Jordan Hartney,12,PSW	14 2:41.31 ESWIMJUN Kyung Soo Yoon,10,NYAC 15 2:41.92 ESWIMJUN Jason Yee,12,NEW	
16 1:25.58 PQIMAY Chris Waldau, 12, PCSC	16 2:42.28 HYACKMAY Joey Wai,12,HYACK	
17 1:25.58 ESWIMJUN Feodor Tchougainov, 11, ESWIM	17 2:42.35 RAPIDAPR Fraser Roberts, 12, RAPID	
18 1:25.87 ESWIMJUN Alex Collins, 12, TSC	18 2:42.85 PQIMAY Jonathan Gagne, 12, DDO	
19 1:25.92 PQIMAY Cristian Popovici,12,CAMO 20 1:26.07 ODIV3APR Zach Summerhayes,11,RISC	19 2:42.86 ISAPR Ryan Cochrane,12,IS 20 2:43.00 CDSCAPR IIva Brotzky.12,PDSA	
21 1:26.14 ESWIMJUN Antoine Lamoureux, 11, REG	20 2:43.00 CDSCAPR IIya Brotzky,12,PDSA 21 2:43.01 ISAPR Ryan Buna,12,IS	
22 1:26.21 ODIV3APR Jordan Murtonen,12,SYD	22 2:43.30 BROCKMAY Cameron Cummings, 12, 0A	١K
23 1:26.46 EKIAPR Adrian Podjarkowski,12,EKSC	23 2:43.72 ULJUN Claude Cyr-Cormier,12,LSI	NR
24 1:26.47 CDSCAPR Jeffrey Lau, 12, GATOR	24 2:43.87 ISAPR Graeme Yamagishi,12,CON	ЛОХ
25 1:26.53 ULJUN Renaud Laliberte,12,UL 200 METRES BREASTSTROKE	25 2:43.87 CASCJUN Matthew Chan, 12, STSC 400 METRES IND. MEDLEY	
Rec: 2:36.28 Ryan Chiew, HYACK, 99	Rec: 5:03.60 Andrew Cho, HYACK, 91	
1 2:51.68 ESWIMJUN Jason Yee, 12, NEW	1 5:20.56 ESWIMJUN Patrick Cuch, 12, ESWIM	
2 2:51.70 ESWIMJUN Patrick Cuch, 12, ESWIM	2 5:23.05 RAPIDJAN Jordan Hartney, 12, PSW	
3 2:53.45 HYACKMAY Joey Wai, 12, HYACK	3 5:25.96 POIMAY Renaud Laliberte, 12, UL	24
4 2:54.70 HYACKMAY Charles Wong,12,UCSC 5 2:54.78 PQIMAY Erik Brisson,12,DDO	4 5:31.11 BROCKMAY Yonathan Prajogo,12,COBF 5 5:31.23 ULJUN Francois-P Murray,12,CND	۲A D
6 2:57.93 DAVISMAR Alexander Lai,12,MYSC	6 5:33.31 HYACKMAY Ryan Cochrane,12,IS	11
7 2:58.78 CASCJUN Winston Yeap, 12,0SC	7 5:35.49 PQIMAY Pascal Provencher-F,12,DE	00
8 2:59.23 AACAPR Yonathan Prajogo, 12, COBRA	8 5:35.99 HYACKMAY Malcolm Tan, 12, HYACK	
9 3:00.34 ESWIMJUN Antoine Lamoureux, 11, REG	9 5:36.12 HYACKMAY Joey Wai,12,HYACK	
10 3:01.12 ESWIMJUN Zach Summerhayes,12,RISC 11 3:01.70 PQIMAY Dillon Babb,12,DDO	10 5:37.59 PQIMAY Jonathan Gagne,12,DDO 11 5:39.66 DAVISMAR Ryan Gow,12,TRENT	
12 3:01.98 RAPIDAPR Jordan Hartney,12,PSW	12 5:40.63 ULJUN Guillaume Gagnon,12,CNC	B
13 3:02.15 EKSCMAR Matthew Verwey, 12, RDCSC	13 5:40.73 HYACKMAY IIya Brotzky, 12, PDSA	
14 3:02.32 UCSAJAN Jeffrey Lai, 12, EKSC	14 5:41.21 UCSAJAN Matthew Verwey, 12, RDCSC)
15 3:03.13 LUSCMAY Nicholas Shoust,12,SSMAC	15 5:41.75 EKIAPR Nathan Demchuk,12,EKSC	
16 3:03.81 EKIAPR Mason Cully,12,LEDUC 17 3:04.24 PQIMAY Jason Ochiai,11,DDO	16 5:42.23 RAPIDAPR Jake Tapp,12,LOSC 17 5:42.78 ESWIMJUN Jason Yee,12,NEW	
18 3:04.63 CAMOMAR Cristian Popovici,12,CAMO	18 5:42.80 ESWIMJUN Viktor Verblac,12,YORK	
19 3:04.71 LUSCMAY Steven Kalaba, 12, EYSC	19 5:43.02 HYACKMAY Ryan Buna,12,IS	
20 3:04.83 POIIAPR Guillaume Gagnon,12,CNCB	20 5:43.46 ESWIMJUN Antoine Lamoureux, 11, REG	
21 3:04.88 ESWIMJUN Alex Collins, 12, TSC 22 3:04.90 ESWIMJUN Forder Tabauaringu 11 ESWIM	21 5:43.57 MSSACMAY Cameron Cummings,12,0A	4K
22 3:04.89 ESWIMJUN Feodor Tchougainov,11,ESWIM 23 3:05.02 HTACAPR Marc Pyle,12,SWAT	22 5:44.16 HYACKMAY Zacary Odger,12,CASC 23 5:45.43 PPOMAY Zach Summerhayes,11,RISI	C.
24 3:05.63 PQIIAPR Mathias Leblanc,27,CAMO	24 5:47.04 UCSAJAN Nathan Lynch,12,0SC	0
25 3:06.18 EKSCMAR Nathan Demchuk,12,EKSC	25 5:47.59 NSSRJUN Marc Pyle,12,SWAT	
100 METRES BUTTERFLY	4X50 MEDLEY RELAY	
Rec: 1:03.26 Michael Calkins,IS,90 1 1:06.61 ESWIMJUN Patrick Cuch,12,ESWIM	Rec: 2:06.96 Mississauga AC,TOMAC,92 1 2:12.98 EKIAPR Cascade Swim Club,CASC	
1 1:06.61 ESWIMJUN Patrick Cuch,12,ESWIM 2 1:06.62 OLYJUN Yonathan Prajogo,12,COBRA	1 2:12.98 EKIAPR Cascade Swim Club,CASC 2 2:14.22 HYACKMAY Hyack Swim Club,HYACK	
3 1:09.08 ULJUN Guillaume Gagnon, 12, CNCB	3 2:14.72 UCSAJAN Red Deer Catalina SC, RDC	SC
4 1:09.36 RAPIDAPR Jordan Hartney, 12, PSW	4 2:18.28 ODIV1APR Richmond Hill AC,RHAC	
5 1:09.68 AACAPR Endi Babbi,12,EYSC	5 2:18.54 ODIV1APR Toronto Swim Club,TSC	
6 1:09.69 PQIMAY Jonathan Blouin,12,CSQ 7 1:10.16 UCSAJAN Joel Greenshields.12,RDCSC	6 2:18.84 ODIV1APR North York AC,NYAC 7 2:20.41 AACAPR Oakville AC,OAK	
7 1:10.16 UCSAJAN Joel Greenshields,12,RDCSC 8 1:10.25 CASCJUN Charles Wong,12,UCSC	8 2:21.16 ESWIMJUN Etobicoke Swimming,ESWI	M
9 1:10.53 CAMOMAR Guillaume Vallieres,12,CASE	9 2:22.19 PQIIIMAY Hippocame St-Hubert, HIPP	
10 1:10.86 CDSCAPR IIya Brotzky, 12, PDSA	10 2:22.98 PQIMAY Univ.Laval Rouge & Or,UL	
11 1:11.05 CDSCAPR Jake Tapp, 12,LOSC	11 2:23.95 EKIAPR Edmonton Keyano, EKSC	
12 1:11.08 ESWIMJUN Kyung Soo Yoon,10,NYAC 13 1:11.24 PQIMAY Vincent Tremblay,12,SAMAK	12 2:23.96 AACAPR Cobra Swim Ćlub,COBRA 13 2:24.26 PQIMAY Pointe Claire SC,PCSC	
14 1:11.45 EKIAPR Zacary Odger, 12, CASC	14 2:24.40 ODIV2APR Sault Ste.Marie AC,SSMAC	2
15 1:11.83 CDSCAPR Malcolm Tan, 12, HYACK	15 2:24.91 ODIV1APR Uxbridge SC,USC	
16 1:12.46 EKIAPR Nathan Demchuk,12,EKSC	16 2:25.43 ODIV1APR Chatham Y,CYPS	
17 1:12.67 ESWIMJUN Viktor Verblac,12,YORK 18 1:12.84 PPOMAY Bryan Fumerton,11,USC	17 2:26.40 EKIAPR Saskatoon Goldfins,GOLD	v
18 1:12.84 PPOMAY Bryan Fumerton,11,USC 19 1:12.91 ULJUN Renaud Laliberte,12,UL	18 2:27.02 PQIMAY Samak de Brossard,SAMAk 19 2:27.42 PQIMAY Montreal Aquatique,CAMO	
20 1:13.22 PQIMAY Jonathan Gagne, 12, DDO	20 2:28.02 LUSCMAY East York SC,EYSC	
21 1:13.30 ULJUN Pascal Plante, 12, UL	21 2:28.07 ODIV2APR Pickering SC, PICK	
22 1:13.46 MSSACMAY Samuel Thrall,12,0AK	22 2:28.10 PGBAPR Points North SC,PN	
23 1:13.72 RAPIDAPR Fraser Roberts,12,RAPID 24 1:13.79 UCSAJAN Jeffrey Lai,12,EKSC	23 2:28.51 HYACKMAY Pacific Dolphins,PDSA 24 2:28.82 ODIV2APR Timmins Marlins,TMSC-N	wo
24 1:13.79 UCSAJAN Jeffrey Lai,12,EKSC 25 1:13.84 DAVISMAR Cameron Cummings,12,OAK	25 2:28.84 ULJUN Megophias Trois Rivieres,N	
200 METRES BUTTERFLY	4X50 FREE RELAY	
Rec: 2:19.88 Jonathan Cantin, PLUS, 91	Rec: 1:54.21 Hamilt-Wentworth AC, HWAC, 91	
1 2:30.27 ESWIMJUN Patrick Cuch, 12, ESWIM	1 1:56.08 HYACKMAY Cascade Swim Club,CASC	
2 2:30.68 CDSCAPR Jordan Hartney,12,PSW 3 2:33.34 PQIMAY Jonathan Blouin,12,CSQ	2 1:57.73 ODIV1APR Richmond Hill AC,RHAC 3 1:58.19 EKSCMAR Red Deer Catalina SC,RDC	22
4 2:34.28 AACAPR Yonathan Prajogo, 12, COBRA	4 2:00.55 PQIMAY Dollard Swim Team,DDO	30
5 2:37.53 PQIMAY Jonathan Gagne, 12, DDO	5 2:01.08 AACAPR Oakville AC,OAK	
6 2:39.77 EKIAPR Nathan Demchuk,12,EKSC	6 2:02.76 EKIAPR Edmonton Keyano, EKSC	
7 2:39.84 ESWIMJUN Viktor Verblac, 12, YORK	7 2:02.81 ODIV1APR Toronto Swim Club,TSC 8 2:02.88 CASCJUN Univ.of Calgary SC.UCSC	
8 2:40.69 HYACKMAY IIya Brotzky,12,PDSA 9 2:40.92 HYACKMAY Malcolm Tan,12,HYACK	8 2:02.88 CASCJUN Univ.of Calgary SC,UCSC 9 2:04.11 ODIV1APR North York AC,NYAC	
10 2:41.30 AACAPR Endi Babbi,12,EYSC	10 2:04.30 HYACKMAY Hyack Swim Club, HYACK	
11 2:42.01 PQIIAPR Guillaume Gagnon, 12, CNCB	11 2:05.31 PGBAPR Points North SC,PN	
12 2:42.39 ULJUN Renaud Laliberte, 12, UL	12 2:05.38 PQIMAY Pointe Claire SC, PCSC	we
13 2:44.32 UCSAJAN McLean Eubank,12,CP 14 2:44.92 MSSACMAY Cody Gault.12,TSC	13 2:05.39 ODIV2APR Timmins Marlins,TMSC-N 14 2:05.85 ULJUN Univ,Laval Rouge & Or.UL	WO
14 2:44.92 MSSACMAY Cody Gault,12,TSC 15 2:45.44 HYACKMAY Zacary Odger,12,CASC	14 2:05.85 ULJUN Univ.Laval Rouge & Or,UL 15 2:06.04 AACAPR Cobra Swim Club,COBRA	
16 2:46.47 PPOMAY Zach Summerhayes, 11, RISC	16 2:06.19 ODIV1APR Uxbridge SC,USC	
17 2:46.54 ULJUN David Plezu,12,UL	17 2:06.34 PQIIIMAY Hippocame St-Hubert, HIPP	0
18 2:46.69 RAPIDAPR Jake Tapp,12,LOSC 19 2:46.99 MSSACMAY Samuel Thrall,12,OAK	18 2:06.67 ODIV1APR Glouc-Ottawa Kingfish,GO	v
19 2:46.99 MSSACMAY Samuel Thrall,12,0AK 20 2:47.30 HYACKMAY Joey Wai,12,HYACK	19 2:07.01 POIMAY Samak de Brossard, SAMAk 20 2:07.39 EKIAPR Saskatoon Goldfins, GOLD	ς
20 2:47.30 HYACKMAY Joey Wai,12,HYACK 21 2:47.32 PQIMAY Vincent Tremblay,12,SAMAK	20 2:07.39 EKIAPR Saskatoon Goldfins,GOLD 21 2:08.39 PQIMAY Montreal Aquatique,CAMO	
22 2:47.34 PPOMAY Bryan Fumerton, 11, USC	22 2:08.43 LACMAY Chatham Y,CYPS	
23 2:47.44 HYACKMAY Ryan Buna,12,IS	23 2:08.62 NSSRJUN Eastern Alliance, EAST	
24 2:47.47 UCSAJAN Nathan Lynch,12,0SC	24 2:09.03 ESWIMJUN Etobicoke Swimming, ESWI	M
24 2:47.47 UCSAJAN Nathan Lynch, 12, UCSAJAN Nathan Lynch, 12, USC 25 2:47.62 ODIV2APR Karl Trimble, 12, BROCK		M

SWIMNEWS MAY-JUNE 2001

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	- 1			25
	METRES FI			80
		Melien, AAC,	S6	Rec
1	27.59		Kirsten Pomerleau, 13, DEL	1
2 3	27.63 27.83	UNSRJUN	Emily Gillespie, 14, PERTH Allison Bennett, 14, NYAC	2
4	27.86	KCSJUN	Melissa Lam, 14, SPART	4
5	28.05		Julia Wilkinson, 13, SKY	5
6	28.13	ONSRJUN	Nadia Kumentas, 13, WD	6
7	28.20	ESWIMJUN	Laura Wise, 14, COBRA	7
8	28.27	MMAPR	Julianne Toogood, 13, MM	8
9 10	28.53	ESWIMJUN	Victoria Clarridge, 14, BTSC	9
10 11	28.54	DDOMAY	Sabrina Taylor, 14, HYACK Genevieve Saumur, 13, CAMO	10
12	28.56 28.60	FKIADD	Shannon Hackett, 14, PDSA	11 12
13	28.60		Kayla Graham, 14, EAST	12
14	28.64	CASCJUN	Lindsey Miller, 14, NCS-BRSA	14
15	28.65	ONSRJUN	Danielle Armstrong, 13, TAT	15
16	28.66		Kristin McIlroy,14, MMST	16
17	28.71		Brittany Reimer, 13, SKSC	17
18	28.75		Kendall Filazek, 14, UCSC	18
19 20	28.76 28.76		Caitlin Babb, 14, DDO Monica Wakeman, 14, NEW	19 20
20	28.77		Melissa Bartlett, 14, CYPS	20
22	28.87		Shannon Hazelton, 14, SSMAC	22
23	28.88		Alice Chow, 13, PCSC	23
24	28.93		Chani Davidson,14,CAMO	24
25	28.99	ESWIMJUN	Jamie MacLeod, 13, ESWIM	25
		REESTYLE	NT 01	10
		e Howard, BRA		Rec
1 2	59.56 1:00.12	ONSCIUM	Allison Bennett, 14, NYAC Emily Gillespie, 14, PERTH	1
3	1:00.12	FKIAPR	Kirsten Pomerleau, 13, DEL	3
4	1:00.50		Laura Wise, 14, COBRA	4
5		MSSACMAY	Nadia Kumentas, 13, WD	5
6	1:00.82	ZAJACMAY	Shannon Hackett, 14, PDSA	6
7	1:00.85	ZAJACMAY	Julianne Toogood, 13, MM	7
8 9	1:00.99 1:01.00	N22KJUN	Kayla Graham, 14, EAST	8
10	1:01.00	FUCUPIVIAT	Caitlin Babb,14,DDO Sabrina Taylor,14,HYACK	9 10
11	1:01.17	RODIUN	Kelsey Rush, 14, RAYS	11
12	1:01.29	ZAJACMAY	Melissa Lam, 14, SPART	12
13	1:01.31		Kristin McIlroy, 14, MMST	13
14	1:01.36	HYACKMAY	Kelly Timmons, 14, OSC-UA	14
15	1:01.54		Chani Davidson, 14, CAMO	15
16	1:01.71		Genevieve Saumur, 13, CAMO	16
17	1:01.77	E3WIIVUUN POCLIDMAV	Victoria Clarridge,14,BTSC Suzanne Vary,14,CNDR	17 18
19	1.01.04	HYACKMAY	Brittany Reimer, 13, SKSC	18
20	1:01.98		Stephanie Ross, 14, CAMO	20
21			Kendall Filazek, 14, UCSC	21
22	1:02.25	MSSACMAY	Martha Ziolkowski, 14, YORK	22
23	1:02.44		Catherine Savoie-Laberge, 13, CNO	23
24	1:02.63		Brittney Scott, 14, ROW	24
25	1:02.72	REESTYLE	Julia Wilkinson, 13, SKY	25
		lie Barbeau,E	LITE.89	20 Rec
1	2:09.82		Allison Bennett, 14, NYAC	Red 1
			Shannon Hackett, 14, PDSA	2
2 3	2:10.82	HYACKMAY	Kelly Timmons, 14, OSC-UA	3
4	2:11.02	NSSRJUN	Bevan Haley, 14, WTSC	4
5	2:11.61	PPOMAY	Emily Gillespie, 13, PERTH	5
6	2:12.30	ODIV1APR	Hilary Jackson, 14, STARS	6
7		ESIMINATION	Brittany Reimer, 13, SKSC	7
8 9	2:12.49 2:12.52	E SWIIVLUUN	Jody Jelen, 13, ESWIM Kayla Graham, 14, EAST	8 9
10	2:12:52	HYACKMAY	Avery Kremer 14.0SC-IIA	9 10
11	2:12.85	MSSACMAY	Avery Kremer, 14, OSC-UA Elyse Dudar, 14, MSSAC-TO	11
12	2:13.00	PQCUPMAY	Suzanne Vary, 14, CNDR	12
13	2:13.17	HYACKMAY	Elyse Duda , 14, MISSAC-10 Suzanne Vary, 14, CNDR Anne Schmuck, 13, PSW Chani Davidson, 14, CAMO Laura Wise, 14, COBRA	13
14	2:13.41	PQIMAY	Chani Davidson, 14, CAMO	14
15	2:13.45	MSSACMAY	Laura Wise, 14, COBRA	15
16	2:13.47	RODJUN	Keisey Rush, 14, RAYS	16
17 18	2:13.80	NISSACINAY POCHDMMV	Nadia Kumentas,13,WD Caitlin Babb,14,DDO	17
18	2:14.13 2:14.22	FKIAPP	Sabrina Taylor, 14, HYACK	18 19
20	2:14.22		Jennifer Brown, 14, TCSC	20
21	2:15.05	ZAJACMAY	Genevieve Poirier-Leroy, 14, NRST	20
22	2:15.54	ESWIMJUN	Jamie MacLeod, 13, EŚWIM	22
23		MSSACMAY	Sara Murphy, 14, ESWIM	23
24	2:15.89		Martha Ziolkowski, 14, YORK	24
25	2:15.99	PUIAPR	Myriam Roy-L'Ecuyer,14,CNB	25
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Rankings for the period (results received) January 1,2001 to June 13, 2001 Financially supported by Swimming Natation Canada Compiled by SWIMNEWS

COIII	piled by SWIN	/IIVEWV3	
400	METRES F	REESTYLE	
		hannon Smith	HYACK,76
1	4:28.12	ZAJACMAY	Shannon Hackett, 14, PDSA Bevan Haley, 14, WTSC
2	4:29.09	NSSRJUN	Bevan Haley, 14, WISC
3 4			Brittany Reimer, 13, SKSC Elyse Dudar, 14, MSSAC-TO
5	4:37.95	CDSCAPR	Anne Schmuck, 13, PSW
6	4:37.99	CANLCMAR	Emily Gillespie, 13, PERTH Kelly Timmons, 14, OSC-UA
7	4:39.30	HYACKMAY	Kelly Timmons, 14, OSC-UA
8 9	4:41.59 4:41.93	ONSR II IN	Suzanne Vary, 14, CNDR Martha Ziolkowski, 14, YORK
10	4:42.02	LACMAY	Brittany Cooper, 14, LAC
11	4:42.89	7A IACMAV	Avery Kremer 14 OSC-11A
12 13	4:43.18	ZAJACMAY	Kathryn Johnson, 13, PDSA Sarah O'Neill, 14, MAC
14	4:44.17 4:44.19	CDSCAPR	Darcy Goodridge 14 PDSA
15	4:44.35	NSSRJUN	Kayla Graham, 14, EAST Hilary Jackson, 14, STARS Sara Murphy, 14, ESWIM Amanda Long, 14, LAC Kristen Vandenberg, 14, LAC Ainsley McFadgen, 14, CBD Sabrina Taylor, 14, HYACK Thea Nardna 14, OSC
16	4:44.62	LACMAY	Hilary Jackson, 14, STARS
17	4:44.84	ESWIMJUN	Sara Murphy, 14, ESWIM
18 19	4:44.87 4:45.14		Kristen Vandenherg 14 LAC
20	4:45.50	NSSRJUN	Ainsley McFadgen, 14, CBD
21	4:45.84	HYACKMAY	Sabrina Taylor, 14, HYACK
22	4:46.04	EKIAPR	Thea Norton, 14, USC Consultant Desirier Loroy 14 NDST
23 24	4:47.16 4:47.40	POIMAY	Sabrilla Tayloi, 14, HYACK Thea Norton, 14, OSC Genevieve Poirier-Leroy, 14, NRST Chani Davidson, 14, CAMO Meghan Croucher, 14, NEW
25	4:47.70	ESWIMJUN	Meghan Croucher, 14, NEW
800	METRES F	REFERENCE	
Rec:	8:44.45 M	ichelle Sallee,	CDSC,88 Reven Heley 14 WTSC
2	9.00.49	CANI CMAR	Bevan Haley,14,WTSC Shannon Hackett,14,PDSA
3	9:19.20	HYACKMAY	Kelly Timmons, 14, OSC-UA
4	9:21.45	HYACKMAY	Kelly Timmons, 14, OSC-UA Brittany Reimer, 13, SKSC
5	9:23.60	CANLCMAR	Elyse Dudar, 14, MSSAC-10
6 7	9:30.74 9:36.47	YAIVIAJATTI QQD2	Thea Norton, 14, OSC Stephanie Bigelow, 14, IS
8	9:36.90	ESWIMJUN	Jody Jelen, 13, ESWIM
9	9:37.62	ONSRJUN	Hilary Jackson, 14, STARS
10	9:37.81	CDSCAPR	Darcy Goodridge, 14, PDSA Brittany Cooper 14, LAC
11 12	9:38.11	HYACKMAY	Brittany Cooper, 14, LAC Anne Schmuck, 13, PSW
13	Q-43 36	ΗΥΔΟΚΜΔΥ	Carol Starratt 14 CASC
14	9:45.14	HYACKMAY	Avery Kremer, 14, OSC-UA
15	9:45.31	POCUPMAY	Avery Kremer, 14, OSC-UA Suzanne Vary, 14, CNDR Ainsley McFadgen, 14, CBD
16 17	9:45.42 9:47.40	FKIAPR	Michelle Mange, 14, PDSA
18			
19	9:48.40	HYACKMAY	Kathryn Johnson, 13, PDSA
20	9:48.62	ESWIMJUN	Sara Murphy, 14, ESWIM
21 22	9:50.77	POIMAY	Alluson Germain 14 III
23	9:54.04	HYACKMAY	Sabrina Taylor, 14, HYACK
24	9:57.29	CDSCAPR	So Yoon Lee, 14, HYACK
25	9:58.23	HYACKMAY	Kristen Vandenberg, 14, LAC Kathryn Johnson, 13, PDSA Sara Murphy, 14, ESWIM Amanda Long, 14, LAC Allyson Germain, 14, UL Sabrina Taylor, 14, HYACK So Yoon Lee, 14, HYACK Kayla Rawlings, 13, PSW
1	1:03.28 Ni 1:06.21	CANLCMAR	Katie Smith, 14, COBRA
1	1:07.21	CANLCMAR	HTAC,76 Katie Smith,14,COBRA Melissa Bartlett,14,CYPS
1 2 3	1:07.21 1:07.30	ONSRJUN	Melissa Bartlett, 14, CYPS Fmily Gillespie, 14, PERTH
1	1:07.21 1:07.30 1:07.46	ONSRJUN	Melissa Bartlett, 14, CYPS Fmily Gillespie, 14, PERTH
1 2 3 4	1:07.21 1:07.30	CANLCMAR ONSRJUN ZAJACMAY EKIAPR CANLCMAR	Melissa Bartlett, 14, CYPS Emily Gillespie, 14, PERTH Jessica Aspinall, 14, RAC Kirsten Pomerleau, 13, DEL Mallory Hoekstra, 13, EKSC-UA
1 2 3 4 5 6 7	1:07.21 1:07.30 1:07.46 1:07.59 1:07.91 1:08.01	CANLCMAR ONSRJUN ZAJACMAY EKIAPR CANLCMAR ESWIMJUN	Melissa Bartlett, 14, CYPS Emily Gillespie, 14, PERTH Jessica Aspinall, 14, RAC Kirsten Pomerleau, 13, DEL Mallory Hoekstra, 13, EKSC-UA Laura Wise, 14, COBRA
1 2 3 4 5 6 7 8	1:07.21 1:07.30 1:07.46 1:07.59 1:07.91 1:08.01 1:08.11	CANLCMAR ONSRJUN ZAJACMAY EKIAPR CANLCMAR ESWIMJUN ONSRJUN	Melissa Bartlett, 14, CYPS Emily Gillespie, 14, PERTH Jessica Aspinal, 14, RAC Kirsten Pomerleau, 13, DEL Mallory Hoekstra, 13, EKSC-UA Laura Wise, 14, COBRA Hillary Jackson, 14, STARS
1 2 3 4 5 6 7 8 9	1:07.21 1:07.30 1:07.46 1:07.59 1:07.91 1:08.01 1:08.11 1:08.54	CANLCMAR ONSRJUN ZAJACMAY EKIAPR CANLCMAR ESWIMJUN ONSRJUN ESWIMJUN	Melissa bartlett, 14, CYPS Emily Gillespie, 14, PERTH Jessica Aspinall, 14, RAC Kirsten Pomerleau, 13, DEL Mallory Hoekstra, 13, EKSC-UA Laura Wise, 14, COBRA Hilary Jackson, 14, STARS Blair Holmes, 14, COBRA
1 2 3 4 5 6 7 8 9 10 11	1:07.21 1:07.30 1:07.46 1:07.59 1:07.91 1:08.01 1:08.11 1:08.54 1:08.71 1:08.83	CANLCMAR ONSRJUN ZAJACMAY EKIAPR CANLCMAR ESWIMJUN ONSRJUN ESWIMJUN CANLCMAR ODIV3APR	Melissa Bartlett, 14, CYPS Emily Gillesgie, 14, PERTH Jessica Aspinal, 14, RAC Kirsten Pomerleau, 13, DEL Mallory Hoekstra, 13, EKSC-UA Laura Wise, 14, COBRA Hilary Jackson, 14, STARS Blair Holmes, 14, COBRA Kelsey Rush, 14, RAYS Kristin McIrony, 14, MAST
1 2 3 4 5 6 7 8 9 10 11 12	1:07.21 1:07.30 1:07.46 1:07.59 1:07.91 1:08.01 1:08.11 1:08.54 1:08.71 1:08.83 1:08.86	CANLCMAR ONSRJUM ZAJACMAY EKIAPR CANLCMAR ESWIMJUN ONSRJUN ESWIMJUN CANLCMAR ODIV3APR PPOMAY	Melissa Barliett, 14, CYPS Emily Gillespie, 14, PERTH Jessica Aspinal, 14, RAC Kirsten Pomerleau, 13, DEL Mallory Hoekstra 13, EKSC-UA Laura Wise, 14, COBRA Hilary Jackson, 14, STARS Blair Holmes, 14, COBRA Kelsey Rush, 14, RAYS Kristin McItroy, 14, AMSS Geneview Saumur, 13, CAMO
1 2 3 4 5 6 7 8 9 10 11 12 13	1:07.21 1:07.30 1:07.46 1:07.59 1:07.91 1:08.01 1:08.11 1:08.54 1:08.71 1:08.83 1:08.86 1:09.24	CANLCMAR ONSRJUM ZAJACMAY EKIAPR CANLCMAR ESWIMJUM ONSRJUM ESWIMJUM CANLCMAR ODIV3APR PPOMAY CASCJUN	Meissa Barliett, 14, CVPS Emily Gillespie, 14, PERTH Jessica Aspinali, 14, RAC Kirsten Pomerleau, 13, DEL Mallory Hoekstra, 13, EKSC-UA Laura Wise, 14, COBRA Hilary Jackson, 14, STARS Blair Holmes, 14, COBRA Kelsey Rush, 14, RAYS Kristin McIrroy, 14, MMST Geneview Saumur, 13, CAMO Thea Norton, 14, OSC
1 2 3 4 5 6 7 8 9 10 11 12	1:07.21 1:07.30 1:07.46 1:07.59 1:07.91 1:08.01 1:08.11 1:08.54 1:08.83 1:08.86 1:09.24 1:09.43 1:09.87	CANLCMAR ONSRJUM ZAJACMAY EKIAPR CANLCMAR ESWIMJUN ONSRJUM CANLCMAR ODIV3APR PPOMAY CASCJUN ODIV1APR KCSJUN	Melissa Barliett, 14, CVPS Emily Gillespie, 14, PERTH Jessica Aspinali, 14, RAC Kirslen Pomerkau, 13, DEL Mallory Hoekstra, 13, EKSC-UA Laura Wise, 14, COBRA Hilary Jackson, 14, STARS Blair Holmes, 14, COBRA Keisey Rush, 14, RAYS Kristin Mollroy, 14, MMST Genevieve Saumur, 13, CAMO Thea Norton, 14, OSC Alyssa Hubert, 13, CYPS Melissa Land, 14, SPART
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16	1:07.21 1:07.30 1:07.46 1:07.59 1:07.91 1:08.01 1:08.11 1:08.83 1:08.83 1:08.86 1:09.24 1:09.43 1:09.87 1:10.14	CANLCMAR ONSRJUM ZAJACMAY EKIAPR CANLCMAR ESWIMJUN ONSRJUM ESWIMJUN CANLCMAR ODIV3APR PPOMAY CASCJUN ODIV1APR KCSJUN CDSCAPR	Melissa Barliett, 14, CYPS Emily Gillespie, 14, PERTH Jessica Aspinali, 14, RAC Kirsten Pomerleau, 13, DEL Mallory Hoekstra, 13, EKSC-UA Laura Wise, 14, COBRA Kelsey Rush, 14, STARS Blair Holmes, 14, COBRA Kelsey Rush, 14, GNST Kristin McIfroy, 14, MMST Kristin McIfroy, 14, MST Kristin McIfroy, 14, MST Kristi
1 2 3 4 5 6 7 8 9 10 11 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 7	1:07.21 1:07.30 1:07.46 1:07.59 1:07.91 1:08.01 1:08.11 1:08.54 1:08.83 1:08.83 1:08.86 1:09.24 1:09.43 1:09.43 1:09.43 1:09.43 1:09.43	CANLCMAR ONSRJUN ZAJACMAY EKIAPR CANLCMAR ESWIMJUN ONSRJUN ESWIMJUN CANLCMAR ODIV3APR CASCJUN ODIV1APR KCSJUN CDSCAPR POIMAY	Melissa Barliett, 14, CYPS Emily Gillespie, 14, PERTH Jessica Aspinali, 14, RAC Kirsten Pomerteau, 13, DEL Mallory Hoekstra, 13, EKSC-UA Laura Wise, 14, COBRA Hilary Jackson, 14, STARS Bair Holmes, 14, COBRA Kelsey Rush, 14, MMST Geneviewe Saumur, 13, CAMO Thea Norton, 14, OSC Ayssa Hubert, 13, CYPS Melissa Lam, 14, SPART Arne Schmuck, 13, PSW Michelle - A Bouchard, 14, CAMO
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16	1:07.21 1:07.30 1:07.46 1:07.59 1:07.91 1:08.01 1:08.11 1:08.54 1:08.83 1:08.83 1:08.86 1:09.24 1:09.43 1:09.87 1:10.14	CANLCMAR ONSRJUN ZAJACMAY EKIAPR CANLCMAR ESWIMJUN ONSRJUN ESWIMJUN CANLCMAR ODIVJAPR CASCJUN ODIVJAPR KCSJUN CDSCAPR POIMAY EKIAPR	Meirssa Bartiett, 14, CVPS Emily Gillespie, 14, PERTH Jessica Aspinali, 14, RAC Kirsten Pomerleau, 13, DEL Mallory Hoekstra, 13, EKSC-UA Laura Wise, 14, COBRA Hilary Jackson, 14, STARS Blair Holmes, 14, COBRA Kelsey Rush, 14, RAYS Kristin McHroy, 14, MMST Geneview Saumur, 13, CMAO Thea Norton, 14, OSC Alyssa Hubert, 13, CYPS Meilssa Lam, 14, SPART Ame Schmuck, 13, PSW Michelle-A Bouchard, 14, CAMO
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20	1:07.21 1:07.30 1:07.46 1:07.59 1:07.91 1:08.11 1:08.54 1:08.86 1:09.24 1:09.43 1:09.43 1:09.43 1:09.43 1:09.43 1:10.14 1:10.38 1:10.41 1:10.52	CANLEMAR ONSRUIN ZAJACMAY EKIAPR CANLEMAR ESWIMJUN ONSRUIN ESWIMJUN CANLEMAR ODIV3APR PPOMAY CASCJUN COSCAPR POIMAY EKIAPR ESWIMJUN POIMAY	Melissa Barliett, 14, CVPS Emily Gillespie, 14, PERTH Jessica Aspinali, 14, RAC Kirslen Pomerkau, 13, DEL Mallory Hoekstra, 13, EKSC-UA Laura Wise, 14, COBRA Hilary Jackson, 14, STARS Blair Holmes, 14, COBRA Kirslin McIlroy, 14, MNST Geneviewe Saumur, 13, CAMO Thea Norton, 14, GNSC Alyssa Hubert, 13, CYPS Michele, A Bouchard, 14, CAMO Kimberly Kabesh, 13, STSC Christine Sadler, 13, MAC Stephanie Rosz, 14, CAMO
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 9 20 21	1:07.21 1:07.30 1:07.46 1:07.59 1:07.91 1:08.01 1:08.11 1:08.54 1:09.24 1:09.24 1:09.87 1:00.18 1:09.87 1:10.18 1:10.41 1:10.55 1:10.65	CANLEMAR ONSRUIN ZAJACMAY EKIAPR CANLEMAR ESWIMJUN ONSRUIN ESWIMJUN CANLEMAR ESWIMJUN CANLEMAR ODIVJAPR KCSJUN ODIVIAPR KCSJUN CDSCAPR POIMAY EKIAPR ESWIMJUN POIMAY	Melissa Barliett, 14, CYPS Emily Gillespie, 14, PERTH Jessica Aspinali, 14, RAC Kirsten Pomerleau, 13, DEL Mallory Hoekstra, 13, EKSC-UA Laura Wise, 14, COBRA Hilary Jackson, 14, STARS Blair Holmes, 14, COBRA Kelsey Rush, 14, KAYS Kristin McIfroy, 14, MMST Geneviewe Saumur, 13, CAMO Thea Norton, 14, OSC Alyssa Hubert, 13, CYPS Melissa Lam, 14, SPART Anne Schmuck, 13, PSW Michelle-A Bouchard, 14, CAMO Kimberly Kabes, 13, STSC Christine Sadler, 13, MAC Stephanle Ross, 14, CAMO Kantha Ziolkowski, 14, YORK
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22	1:07.21 1:07.30 1:07.46 1:07.59 1:07.51 1:08.01 1:08.11 1:08.54 1:08.83 1:08.86 1:09.24 1:09.43 1:09.87 1:10.14 1:01.98 1:10.41 1:01.05 1:10.62 1:10.67 1:11.10	CANLEMAR ONSRUM ZAJACMAY EKIAPR CANLEMAR ESWIMJUN ONSRUM ESWIMJUN CANLEMAR ESWIMJUN CANLEMAR CASCJUN COSCAPR PPOMAY EKSJUN CDSCAPR ESWIMJUN PEKIAPR ESWIMJUN PCACAPR	Melissa Barliett, 14, CYPS Emily Gillespie, 14, PERTH Jessica Aspinali, 14, RAC Kirsten Pomerleau, 13, DEL Mallory Hoekstra, 13, EKSC-UA Laura Wise, 14, COBRA Hilary Jackson, 14, STARS Blair Holmes, 14, COBRA Kelsey Rush, 14, RAYS Kristin McIfroy, 14, MMST Geneviewe Saumur, 13, CAMO Thea Norton, 14, OSC Alyssa Hubert, 13, CYPS Melissa Lam, 14, SPART Anne Schmuck, 13, PSW Michelle-A Bouchard, 14, CAMO Kimberly Kabes, 13, STSC Christine Sadler, 13, MAC Stephanie Ross, 14, CAMO Kantha Ziolkowski, 14, VORK Landice Yestau, 13, MM Kandal Elizark JL LOSC
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 7 18 19 20 21 22 23	1:07.21 1:07.30 1:07.46 1:07.59 1:07.51 1:08.01 1:08.11 1:08.54 1:08.83 1:08.86 1:09.24 1:09.43 1:09.87 1:10.14 1:01.98 1:10.41 1:01.05 1:10.62 1:10.67 1:11.10	CANLEMAR ONSRUM ZAJACMAY EKIAPR CANLEMAR ESWIMJUN ONSRUM ESWIMJUN CANLEMAR ESWIMJUN CANLEMAR CASCJUN COSCAPR PPOMAY EKSJUN CDSCAPR ESWIMJUN PEKIAPR ESWIMJUN PCACAPR	Melissa Barliett, 14, CYPS Emily Gillespie, 14, PERTH Jessica Aspinali, 14, RAC Kirsten Pomerleau, 13, DEL Mallory Hoekstra, 13, EKSC-UA Laura Wise, 14, COBRA Hilary Jackson, 14, STARS Blair Holmes, 14, COBRA Kelsey Rush, 14, RAYS Kristin McIfroy, 14, MMST Geneviewe Saumur, 13, CAMO Thea Norton, 14, OSC Alyssa Hubert, 13, CYPS Melissa Lam, 14, SPART Anne Schmuck, 13, PSW Michelle-A Bouchard, 14, CAMO Kimberly Kabes, 13, STSC Christine Sadler, 13, MAC Stephanie Ross, 14, CAMO Kantha Ziolkowski, 14, VORK Landice Yestau, 13, MM Kandal Elizark JL LOSC
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25	1:07.21 1:07.30 1:07.46 1:07.59 1:07.59 1:08.11 1:08.54 1:08.71 1:08.83 1:08.86 1:09.24 1:09.43 1:09.43 1:09.43 1:00.41 1:10.55 1:10.62 1:10.62 1:11.04 1:11.12	CANLEMAR ONSRUM ZAJACMAY EKIAPR CANLCMAR ESWIMJUN ONSRUM ESWIMJUN CANLEMAR ODIVJAPR PPOMAY CASCJUN ODIVJAPR POMAY CASCJUN ODIVIAPR ESWIMJUN POIMAY AACAPR MMAPR HYACKMAY HYACKMAY	Melissa Barliett, 14, CYPS Emily Gillespie, 14, PERTH Jessica Aspinali, 14, RAC Kirsten Pomerkau, 13, DEL Mallory Hoekstra, 13, EKSC-UA Laura Wise, 14, COBRA Hilary Jackson, 14, STARS Blair Holmes, 14, COBRA Kirslin McIroy, 14, MMST Geneviewe Saumur, 13, CAMO Thea Norton, 14, GNSC Alyssa Hubert, 13, CYPS Michele, A Bouchard, 14, CAMO Kimberfy Kaber, 13, STAC Christine Sadler, 13, MMC Kendali Filazek, 14, UCSC Carol Staratt, 14, CASC Britany Reimer, 35, SKSC
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 200	1:07.21 1:07.30 1:07.46 1:07.59 1:07.91 1:08.01 1:08.81 1:08.84 1:08.71 1:08.83 1:09.84 1:09.24 1:09.43 1:09.43 1:09.43 1:09.43 1:00.87 1:10.14 1:10.55 1:10.67 1:11.00 1:11.25 1:11.45 METPECS	CANLEMAR ONSRUM ZAJACMAY EKIAPR CANLCMAR ESWIMJUN ONSRUM ONSRUM ODIVJAPR PPOMAY CASCUM ODIVJAPR KCSJUN CDSCAPR POIMAY EKIAPR ESWIMJUN POIMAY HYACKMAY HYACKMAY HYACKMAY	Melissa Barliett, 14, CVPS Emily Gillespie, 14, PERTH Jessica Aspinali, 14, RAC Kirsten Pomerleau, 13, DEL Mallory Hoeksten, 13, ESC-UA Laura Wise, 14, COBRA Kelsey Rush, 14, STARS Blair Holmes, 14, COBRA Kelsey Rush, 14, STARS Blair Holmes, 14, COBRA Kelsey Rush, 14, STARS Blair Holmes, 14, COBRA Kelsey Rush, 14, STARS Melissa Lam, 14, STARS Melissa Lam, 14, SPART Anne Schmuck, 13, PSW Michelle-A Bouchard, 14, CAMO Kimberly Kabesh, 13, STSC Christine Sadler, 13, MAC Stephanie Ross, 14, CAMO Kantha ZiolKowski, 14, VORK Landice Yestrau, 13, MM Kendali Fliazk, 14, UCSC Carol Staratt, 14, CASC Brittary Reimer, 13, SKSC
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 200 Rec:	1:07.21 1:07.30 1:07.46 1:07.59 1:07.91 1:08.01 1:08.81 1:08.84 1:08.71 1:08.83 1:09.84 1:09.24 1:09.43 1:09.43 1:09.43 1:09.43 1:00.87 1:10.14 1:10.55 1:10.67 1:11.00 1:11.25 1:11.45 METPECS	CANLEMAR ONSRUM ZAJACMAY EKIAPR CANLCMAR ESWIMJUN ONSRUM ONSRUM ODIVJAPR PPOMAY CASCUM ODIVJAPR KCSJUN CDSCAPR POIMAY EKIAPR ESWIMJUN POIMAY HYACKMAY HYACKMAY HYACKMAY	Melissa Barliett, 14, CVPS Emily Gillespie, 14, PERTH Jessica Aspinali, 14, RAC Kirsten Pomerleau, 13, DEL Mallory Hoeksten, 13, ESC-UA Laura Wise, 14, COBRA Kelsey Rush, 14, STARS Blair Holmes, 14, COBRA Kelsey Rush, 14, STARS Blair Holmes, 14, COBRA Kelsey Rush, 14, STARS Blair Holmes, 14, COBRA Kelsey Rush, 14, STARS Melissa Lam, 14, STARS Melissa Lam, 14, SPART Anne Schmuck, 13, PSW Michelle-A Bouchard, 14, CAMO Kimberly Kabesh, 13, STSC Christine Sadler, 13, MAC Stephanie Ross, 14, CAMO Kantha ZiolKowski, 14, VORK Landice Yestrau, 13, MM Kendali Fliazk, 14, UCSC Carol Staratt, 14, CASC Brittary Reimer, 13, SKSC
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 7 8 9 10 11 12 23 24 25 200 Rec: 1	1:07.21 1:07.30 1:07.46 1:07.59 1:07.91 1:08.01 1:08.81 1:08.84 1:08.71 1:08.83 1:09.84 1:09.24 1:09.43 1:09.43 1:09.43 1:09.43 1:00.87 1:10.14 1:10.55 1:10.67 1:11.00 1:11.25 1:11.45 METPECS	CANLEMAR ONSRUM ZAJACMAY EKIAPR CANLCMAR ESWIMJUN ONSRUM ONSRUM ODIVJAPR PPOMAY CASCUM ODIVJAPR KCSJUN CDSCAPR POIMAY EKIAPR ESWIMJUN POIMAY HYACKMAY HYACKMAY HYACKMAY	Melissa Barliett, 14, CVPS Emily Gillespie, 14, PERTH Jessica Aspinali, 14, RAC Kirsten Pomerleau, 13, DEL Mallory Hoeksten, 13, ESC-UA Laura Wise, 14, COBRA Kelsey Rush, 14, STARS Blair Holmes, 14, COBRA Kelsey Rush, 14, STARS Blair Holmes, 14, COBRA Kelsey Rush, 14, STARS Blair Holmes, 14, COBRA Kelsey Rush, 14, STARS Melissa Lam, 14, STARS Melissa Lam, 14, SPART Anne Schmuck, 13, PSW Michelle-A Bouchard, 14, CAMO Kimberly Kabesh, 13, STSC Christine Sadler, 13, MAC Stephanie Ross, 14, CAMO Kantha ZiolKowski, 14, VORK Landice Yestrau, 13, MM Kendali Fliazk, 14, UCSC Carol Staratt, 14, CASC Brittary Reimer, 13, SKSC
1 2 3 4 5 6 7 8 9 10 11 12 13 14 5 6 7 8 9 10 11 12 13 14 5 6 7 8 9 10 11 12 13 14 5 6 7 8 9 10 11 12 23 24 22 23 24 25 6 7 8 9 10 11 12 13 14 5 6 7 8 9 10 11 12 23 24 25 26 8 9 10 11 12 23 24 25 26 8 9 10 11 12 23 24 25 26 8 9 10 11 12 23 24 25 26 27 20 20 20 20 20 20 20 20 20 20 20 20 20	1:07.21 1:07.30 1:07.46 1:07.59 1:07.91 1:08.01 1:08.81 1:08.84 1:08.71 1:08.83 1:09.84 1:09.24 1:09.43 1:09.43 1:09.43 1:09.43 1:00.41 1:10.55 1:10.67 1:11.00 1:11.04 1:11.45 METPES L	CANLEMAR ONSRUM ZAJACMAY EKIAPR CANLCMAR ESWIMJUN ONSRUM ONSRUM ODIVJAPR PPOMAY CASCUM ODIVJAPR KCSJUN CDSCAPR POIMAY EKIAPR ESWIMJUN POIMAY HYACKMAY HYACKMAY HYACKMAY	Melissa Barliett, 14, CVPS Emily Gillespie, 14, PERTH Jessica Aspinali, 14, RAC Kirsten Pomerleau, 13, DEL Mallory Hoeksten, 13, ESC-UA Laura Wise, 14, COBRA Kelsey Rush, 14, STARS Blair Holmes, 14, COBRA Kelsey Rush, 14, STARS Blair Holmes, 14, COBRA Kelsey Rush, 14, STARS Blair Holmes, 14, COBRA Kelsey Rush, 14, STARS Melissa Lam, 14, STARS Melissa Lam, 14, SPART Anne Schmuck, 13, PSW Michelle-A Bouchard, 14, CAMO Kimberly Kabesh, 13, STSC Christine Sadler, 13, MAC Stephanie Ross, 14, CAMO Kantha ZiolKowski, 14, VORK Landice Yestrau, 13, MM Kendali Fliazk, 14, UCSC Carol Staratt, 14, CASC Brittary Reimer, 13, SKSC
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 200 Rec: 1 2 3 4	1:07.21 1:07.30 1:07.46 1:07.59 1:07.91 1:08.01 1:08.11 1:08.54 1:08.54 1:09.24 1:09.43 1:09.83 1:09.87 1:01.14 1:10.38 1:09.87 1:10.14 1:10.55 1:10.62 1:10.62 1:11.45 METRES 1 2:15.60 N 2:24.20 2:24.78 2:25.61 2:25.61 2:25.61	CANLCMAR ONSRUN ZAJACMAY EKIAPR CANLCMAR ESWIMJUN ONSRUN ODIVJAPR KCSJUN CODIVJAPR KCSJUN CODIVJAPR KCSJUN COSCAPR EKIAPR HYACKMAY HYACKMAY HYACKMAY CANLCMAR CANLCMAR CANLCMAR	Melissa Barliett, 14, CYPS Emily Gillespie, 14, PERTH Jessica Aspinali, 14, RAC Kirsten Pomerleau, 13, DEL Mallory Hoekstra, 13, EKSC-UA Laura Wise, 14, COBRA Kelsey Rush, 14, STARS Blair Holmes, 14, COBRA Kelsey Rush, 14, STARS Blair Holmes, 14, COBRA Kelsey Rush, 14, MNST Kristin McIroy, 14, MNST Kristin McIroy, 14, MNST Geneviewe Saurmur, 13, CAMO Thea Norton, 14, SNAR Melissa Lam, 14, SPART Anne Schmuck, 13, SPSW Michelle-A Bouchard, 14, CAMO Kimberly Kabes, 13, STSC Christine Sadler, 13, MAC Stephanie Ross, 14, CAMO Kendall Filazek, 14, UCSC Carol Staratt, 14, CASC Brittany Reimer, 13, SKSC E HTAC, 76 Laura Wise, 14, COBRA Kalie Smith, 14, COBRA Hilary Jackson, 14, STARS
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		BREASTSTR Ilison Higson,				ND.MEDLEY lison Higson,	
	1:14.73	CANLCMAR	Kelly Timmons, 14, OSC-UA	1	2:23.10	CANLCMAR	Emily Gillespie, 13, PERTH
			Emily Gillespie, 13, PERTH Kim Labbett, 14, OAK-TO	2	2:24.76 2:27.78	CASCJUN	Kelly Timmons, 14, OSC-UA Thea Norton, 14, OSC
	1:16.42	CANLCMAR	Haylee Johnson, 14, PDSA	4	2:28.16	AACAPR	Laura Wise, 14, COBRA
	1:16.76		Michelle Mange,14,PDSA Anne Schmuck,13,PSW	5 6	2:28.73 2:29.44		Katie Smith, 14, COBRA Allyson Germain, 14, UL
	1:18.55	LACMAY	Whitney Rich, 13, ISS	7	2:29.84	HYACKMAY	Carleen Ready, 13, LASC
	1:18.59	POCUPFEB	Elizabeth Engs, 14, CAJ Caitlin Babb, 14, DDO	8	2:30.07 2:30.49	ZAJACMAY	Kelsey Rush, 14, RAYS Genevieve Poirier-Leroy, 14, NRS
)	1:18.86	EKIAPR	Carol Starratt, 13, CASC	10	2:30.63	RAPIDJAN	Anne Schmuck, 13, PSW
)	1:19.22 1:19.26		Chantelle Lonsdale, 13, WAC Julia Wilkinson, 13, SKY	11 12	2:31.19 2:31.21		Caitlin Babb,14,DDO Brittany Cooper,14,LAC
}	1:19.35	HYACKMAY	So Yoon Lee, 14, HYACK	13	2:31.24	CASCJUN	Kirsten Pomerleau, 13, DEL
} ;	1:19.71		Elizabeth Hendrick, 13, NCS-BRSA Heather McMaster, 14, MAC	14 15	2:31.81 2:31.83		Stephanie Bigelow, 14, IS Blair Holmes, 14, COBRA
, ,	1:19.94	PQIMAY	Jasmine Kastner, 13, DDO	16	2:32.04	ESWIMJUN	Jody Jelen, 13, ESWIM
}	1:20.37		Thea Norton, 14, OSC Meaghan Nicholson, 14, NKB	17 18	2:32.15 2:32.31	EKIAPR	Bevan Haley,13,WTSC Michelle Mange,14,PDSA
2	1:20.75	PPOMAY	Sasha Tracy, 14, USC	19		MSSACMAY	Nadia Kumentas,13,WD
)	1:20.84 1:21.03	PQIIAPR	Allison McCabe, 14, GGST Mireille Tremblay, 13, CNCB	20 21	2:33.34 2:33.42		Carol Starratt, 14, CASC Melissa Bartlett, 14, CYPS
2		ESWIMJUN	Kristen Low, 13, MSSAC	22 23	2:33.56 2:33.87	ONSRJUN	Whitney Rich, 13, ISS Shannon Hackett, 14, PDSA
) Į	1:21.14 1:21.18	ULJUN	Kaela Richardson, 13, VKSC Cecile Dufour, 14, UL	23	2:33.94	HYACKMAY	Elizabeth Hendrick, 13, NCS-BRS
	1:21.28	ESWIMJUN BREASTSTR	Quynh Nguyen, 14, MSSAC	25		ESWIMJUN ND.MEDLEY	Kristen Low, 13, MSSAC
ec: 2:	29.18 C	ourtenay Chuy	/,HYACK,98 Kelly Timmons,14,0SC-UA		4:52.35 Jo	anne Malar,H	WAC,90
	2:39.60	HYACKMAY	Kelly Timmons, 14, OSC-UA Kim Labbett, 14, OAK-TO	1 2	5:04.56 5:11.01		Kelly Timmons, 14, OSC-UA Bevan Haley, 14, WTSC
	2:40.33	CANLCMAR	Michelle Mange, 14, PDSA	3	5:11.75	ZAJACMAY	Michelle Mange, 14, PDSA
	2:40.90 2:45.49		Haylee Johnson, 14, PDSA Anne Schmuck, 13, PSW	4 5	5:13.04 5:14.21		Thea Norton,14,0SC Anne Schmuck,13,PSW
	2:45.82	ONSRJUN	Whitney Rich, 13, ISS	6	5:16.99	ZAJACMAY	Avery Kremer, 14, OSC
	2:46.63 2:47.37		Elizabeth Hendrick, 13, NCS-BRSA Emily Gillespie, 13, PERTH	7	5:17.26	HYACKMAY ESWIM II IN	Carleen Ready,13,LASC Jody Jelen,13,ESWIM
	2:48.23	PQIMAY	Jasmine Kastner, 13, DDO	9	5:17.83	ODIV2APR	Emily Gillespie, 13, PERTH
)	2:49.55 2:49.61		Thea Norton, 14, OSC Chantelle Lonsdale, 13, WAC	10 11	5:19.38 5:19.52	LACMAY	Brittany Cooper, 14, LAC Allyson Germain, 14, UL
2	2:50.16	ESWIMJUN	Amanda Williams, 14, NEW	12	5:19.84	ONSRJUN	Amanda Long, 14, LAC
}	2:50.58		Carol Starratt, 14, CASC So Yoon Lee, 14, HYACK	13 14	5:20.67 5:21.02		Kelsey Rush, 14, RAYS Brittany Reimer, 13, SKSC
5	2:51.23	PQCUPFEB	Caitlin Babb, 14, DDO	15	5:21.27	ISAPR	Stephanie Bigelow, 14, IS
)	2:51.74 2:51.74		Julia Wilkinson, 13, SKY Kaela Richardson, 13, VKSC	16 17	5:21.41 5:22.10	MSSACMAY ODIV1APR	Blair Holmes, 14, COBRA Katie Davis, 14, BRANT
3	2:52.42	LACMAY	Ashley Marion, 13, LAC	18	5:22.12	ESWIMJUN	Kristen Low, 13, MSSAC
))	2:52.64 2:52.74		Kristen Low, 13, MSSAC Elizabeth Engs, 14, CAJ	19 20			Shannon Hackett, 14, PDSA Jasmine Kastner, 14, DDO
ĺ	2:52.78	PQIIAPR	Mireille Tremblay, 13, CNCB	21	5:24.24	ODIV1APR	Chantelle Lonsdale, 13, WAC
2	2:53.02		Megan Bird, 14, ÚCSC Quynh Nguyen, 14, MSSAC	22 23	5:24.39 5:24.89		Caitlin Babb,14,DDO Kristin McIlroy,14,MMST
ļ	2:54.01	ONSRJUN	Sasha Tracy, 14, USC	24	5:25.60	HYACKMAY	Kayla Rawlings, 13, PSW
; 10 M	2:54.06	ODIV1APR BUTTERFLY	Katrina Obas,13,NKB	25 4X50	5:26.08 MEDLEY	LACMAY RELAY	Hilary Jackson, 14, STARS
ec: 1:	02.87 Ju	ulie Howard,Bl		Rec: 2	2:02.81 Et	obicoke Swim	ming,ETOB,97
	1:04.89 1:05.65		Emily Gillespie, 14, PERTH Nadia Kumentas, 13, WD	1	2:07.54 2:09.02		Montreal Aquatique,CAMO Olympian Swim Club,OSC
	1:06.03	ONSRJUN	Brittney Scott, 14, ROW	3	2:09.44	HYACKMAY	Pacific Dolphins, PDSA
			Avery Kremer, 14, OSC-UA Blair Holmes, 14, COBRA	4 5	2:09.86 2:10.70	PQIMAY	Cobra Swim Club,COBRA Dollard Swim Team,DDO
	1:06.47	EKIAPR	Kelly Timmons, 14, OSC-UA	6	2:11.67	UCSAJAN	Edmonton Keyano, EKSC
	1:06.72	CASCJUN	Julia Guay-Racine, 14, CAMO Carleen Ready, 13, LASC	7	2:11.91 2:12.11	ODIV3APR ODIV1APR	Markham AC, MAC Nepean Kanata, NKB
,	1:07.01	ESWIMJUN	Michelle Mendez, 14, MAC	9	2:12.34	PQIMAY	Univ.Laval Rouge & Or,UL
)	1:07.64		Shannon Hackett, 14, PDSA Allyson Germain, 14, UL	10 11	2:12.78 2:12.86		Milton Marlins, MMST Uxbridge SC, USC
2	1:08.21	CDSCAPR	Kayla Rawlings, 13, PSW	12	2:13.01	ODIV1APR	North York AC, NYAC
ļ	1:08.46 1:08.57	ONSRJUN	Kimberly Kabesh, 13, STSC Heather Julien, 13, LAC	13 14	2:13.07 2:13.28	MMAPR	Newmarket SC,NEW Manitoba Marlins,MM
5	1:09.02 1:09.04	ESWIMJUN	Amanda Williams, 14, NEW Katie Smith, 14, COBRA	15 16	2:13.58 2:13.61		Pointe Claire SC,PCSC Tillsonburg AT,TAT
1	1:09.18	ESWIMJUN	Robyn Pimm, 14, RHAC	17	2:14.22	LACMAY	London AC,LAC
}	1:09.19 1:09.22		Haley Kremer, 13, OSC Amy Longobardi, 14, EAST	18 19	2:14.30		Silver Tide SC,STSC Pacific Sea Wolves,PSW
)	1:09.40	ESWIMJUN	Juliana Gonzalez, 14, NYAC	20	2:14.61	ODIV1APR	Chatham Y,CYPS
)	1:09.51 1:09.60	MSSACMAY	Elyse Dudar, 14, MSSAC-TO Stefanie Andruchuk, 14, MANTA	21 22	2:14.63 2:14.71	ODIV1APR POIMAY	Toronto Swim Club, TSC CN Outaouais, CNO
3	1:09.62	UCSAJAN	Ally Jack, 14, GLEN	23	2:14.92	ULJUN	CN Beauport, CNCB
	1:09.66 1:09.79	LACMAY	Myekah Payne, 13, BRANT Teresa Au Yeung, 14, PDSA	24 25	2:14.95 2:14.99	ODIV1APR	Region of Waterloo, ROW Glencoe Gators, GLEN
, 00 N	IETRES I	BUTTERFLY	-	4X50	FREE RE	LAY	
ec: 2:	15.76 Si 2:25.43	andra Marchar ONSR II IN	nd,ENL,88 Brittney Scott,14,ROW	Rec:	1:50.15 Et 1:54.49	obicoke Swim POIMAY	ming,ETOB,97 Montreal Aquatique,CAMO
	2:25.49	CANLCMAR	Bevan Haley, 13, WTSC	2	1:55.61	PQIIAPR	CN Laval, LAVAL
	2:26.21 2:26.25	ZAJACMAY	Kelly Timmons, 14, OSC-UA Avery Kremer, 14, OSC-UA	3 4	1:56.38 1:56.45		North York AC,NYAC Olympian Swim Club,OSC
	2:26.64	CASCJUN	Carleen Ready,13,LASC Nadia Kumentas,13,WD	5	1.56.88	HYACKMAY	Pacific Dolphins PDSA
	2:27.58	ZAJACMAY	Kavla Rawlings,13,WD	6	1:57.05	HYACKMAY	Barrie Trojans,BTSC Hyack Swim Club,HYACK Univ.Laval Rouge & Or,UL
	2:28.47	HYACKMAY	Kayla Rawlings,13,PSW Shannon Hackett,14,PDSA	8	1:57.29	PQIMAY	Univ.Laval Rouge & Or,UL
)	2:29.76 2:29.88		Amy Longobardi, 14, EAST Blair Holmes, 14, COBRA	9 10	1:57.32 1:57.45	ESWIMJUN	Cascade Swim Club,CASC Newmarket SC,NEW
	2:30.10	LACMAY	Heather Julien, 13, LAC	11	1:57.71	MMAPR	Manitoba Marlins,MM
3	2:30.59	MSSACMAY	Julia Guay-Racine, 15, CAMO Elyse Dudar, 14, MSSAC-TO	12 13	1:57.96 1:58.23	PUIMAY	Pointe Claire SC,PCSC Pacific Sea Wolves,PSW
	2:30.74	LACMAY	Brittany Cooper, 14, LAC	14	1:58.26	LACMAY	London AC,LAC
5	2:31.73 2:31.84		Allyson Germain, 14, UL Stephanie Bigelow, 14, IS	15 16	1:58.37 1:58.83		Edmonton Keyano, EKSC Glouc-Ottawa Kingfish, GO
1	2:31.99	EKIAPR	Kimberly Kabesh, 13, STSC	17	1:59.03	AACAPR	Cobra Swim Club, COBRA
)	2:32.09 2:32.67		Haley Kremer, 13, OSC Amanda Williams, 14, NEW	18 19	1:59.18 1:59.38		Markham AC,MAC Nepean Kanata,NKB
)	2:32.68	ESWIMJUN	Robyn Pimm, 14, RHAC	20	1:59.59	ESWIMJUN	Etobicoke Swimming, ESWIM
)	2:34.15 2:34.40		Amanda Long,14,LAC Megan Bird,14,UCSC	21 22	1:59.63 1:59.65		Brantford AC, BRANŤ Uxbridge SC, USC
}	2:34.48	ROWMAY	Juliana Gonzalez, 14, NYAC	23 24	1:59.73	EKIAPR	Univ.of Calgary SC,UCSC
;)	2:35.40 2:35.58		Kristen Vandenberg, 14, LAC Brittany Jansen, 14, RDCSC	24 25	1:59.77 1:59.77		Silver Tide SC,STSC Dollard Swim Team,DDO

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			ND.MEDLEY	1
	Rec: 2:1	18.08 Al 2:23.10	lison Higson, CANLCMAR	ESC,88 Emily Gillespie,13,PERTH
	2 3	2:24.76 2:27.78	CANLCMAR CASCJUN	Emily Gillespie, 13, PERTH Kelly Timmons, 14, OSC-UA Thea Norton, 14, OSC
	4 5	2:28.16 2:28.73	AACAPR	Laura Wise, 14, COBRA Katie Smith, 14, COBRA
	6 7	2:29.44	PQIMAY	Allyson Germain, 14, UL Carleen Ready, 13, LASC
	8	2:30.07	RODJUN	Kelsey Rush, 14, RAYS
	9 10	2:30.49 2:30.63	RAPIDJAN	Genevieve Poirier-Leroy,14,NRST Anne Schmuck,13,PSW
	11 12	2:31.19 2:31.21	PQCUPFEB LACMAY	Caitlin Babb,14,DDO Brittany Cooper,14,LAC
4	13 14	2:31.24 2:31.81		Kirsten Pomerleau, 13, DEL Stephanie Bigelow, 14, IS
	15 16	2:31.83 2:32.04	AACAPR	Blair Holmes, 14, COBRA Jody Jelen, 13, ESWIM
	17 18	2:32.15 2:32.31	HTACAPR	Bevan Haley,13,WTSC Michelle Mange,14,PDSA
	19	2:32.90	MSSACMAY	Nadia Kumentas,13,WD Carol Starratt,14,CASC
	20 21	2:33.42	ODIV1APR	Melissa Bartlett, 14, CYPS
	22 23	2:33.56 2:33.87	CDSCAPR	Whitney Rich, 13, ISS Shannon Hackett, 14, PDSA Elizabeth Hendrick, 13, NCS-BRSA
	24 25	2:33.94 2:33.99	HYACKMAY ESWIMJUN	Elizabeth Hendrick, 13, NCS-BRSA Kristen Low, 13, MSSAC
	400 M Rec: 4:5	ETRES I 52.35 Jo	ND.MEDLEY anne Malar,H	/ WAC.90
	1 2	5:04.56 5:11.01	HYACKMAY NSSRILIN	Kelly Timmons, 14, OSC-UA Bevan Haley, 14, WTSC
	3	5:11.75	ZAJACMAY	Michelle Mange, 14, PDSA
	5	5:13.04	CDSCAPR	Michelle Mange, 14, PDSA Thea Norton, 14, OSC Anne Schmuck, 13, PSW
A	6 7	5:16.99 5:17.26	HYACKMAY	Avery Kremer, 14, OSC Carleen Ready, 13, LASC
	8 9	5:17.46 5:17.83	ESWIMJUN ODIV2APR	Jody Jelen, 13, ESWIM Emily Gillespie, 13, PERTH
	10 11	5:19.38 5:19.52	LACMAY	Brittany Cooper, 14, LAC Allyson Germain, 14, UL
	12 13	5:19.84 5:20.67	ONSRJUN	Amanda Long, 14, LAC Kelsey Rush, 14, RAYS
	14	5:21.02	HYACKMAY	Brittany Reimer, 13, SKSC
	15 16		MSSACMAY	Stephanie Bigelow, 14, IS Blair Holmes, 14, COBRA
	17 18	5:22.10 5:22.12	ESWIMJUN	Katie Davis,14,BRANT Kristen Low,13,MSSAC
	19 20	5:23.37 5:23.87	HYACKMAY PQCUPMAY	Shannon Hackett, 14, PDSA Jasmine Kastner, 14, DDO
	21 22	5:24.24 5:24.39	ODIV1APR	Chantelle Lonsdale, 13, WAC Caitlin Babb, 14, DDO
	23 24	5:24.89	ODIV3APR	Kristin McIlroy,14,MMST Kayla Rawlings,13,PSW
	25	5:26.08	LACMAY	Hilary Jackson, 14, STARS
	Rec: 2:0		obicoke Swim	ming,ETOB,97
	1	2:07.54 2:09.02	EKIAPR	Montreal Aquatique,CAMO Olympian Swim Club,OSC
	3 4	2:09.44 2:09.86	AACAPR	Cobra Swim Club,COBRA
	5 6	2:10.70 2:11.67	PQIMAY UCSAJAN	Volumpian Swim Club,OSC Pacific Dolphins,PDSA Cobra Swim Club,COBRA Dollard Swim Team,DDO Edmonton Keyano,EKSC
	7 8	2:11.91 2:12.11	ODIVSAPR	Markham AC, MAC Nepean Kanata, NKB
	9 10	2:12.34 2:12.78	PQIMAY	Univ.Laval Rouge & Or,UL Milton Marlins,MMST
	11 12	2:12.86	ODIV1APR	Uxbridge SC,USC
	13	2:13.01 2:13.07	LACMAY	North York AC,NYAC Newmarket SC,NEW
	14 15	2:13.28 2:13.58	PQIMAY	Pointe Claire SC,PCSC
	16 17	2:13.61 2:14.22	LACMAY	Tillsonburg AT,TAT London AC,LAC
	18 19	2:14.30 2:14.55	EKIAPR HYACKMAY	Silver Tide SC,STSC Pacific Sea Wolves,PSW
	20 21	2:14.61 2:14.63	ODIV1APR	Chatham Y,CYPS Toronto Swim Club,TSC
	22 23	2:14.71 2:14.92	PQIMAY	CN Outaouais, CNO CN Beauport, CNCB
	24 25	2:14.95 2:14.99	ODIV1APR	Region of Waterloo,ROW Glencoe Gators,GLEN
	4X50 F	REE RE	LAY	
	1	1:54.49	PQIMAY	ming,ETOB,97 Montreal Aquatique,CAMO
	2 3	1:55.61 1:56.38	000/1400	CN Laval, LAVAL North York AC, NYAC
	4 5	1:56.45 1:56.88	EKIAPR HYACKMAY	North York AC, NYAC Olympian Swim Club, OSC Pacific Dolphins, PDSA Barrie Trojans, BTSC Hyack Swim Club, HYACK Univ, Laval Rouge & Or, UL Cascade Swim Club, CASC Newmarket SC, NEW Maaindrah Marijins, MM
	6 7	1:57.05 1:57.22	ESWIMJUN HYACKMAY	Barrie Trojans, BTSC Hvack Swim Club, HYACK
	8	1:57.29	PQIMAY CASC IUN	Univ.Laval Rouge & Or,UL Cascade Swim Club CASC
) 10 11	1:57.45	ESWIMJUN	Newmarket SC,NEW
	12	1:57.96	PQIMAY	Pointe Claire SC,PCSC
	13 14	1:58.26	LACMAY	Pacific Sea Wolves, PSW London AC, LAC
	15 16	1:58.37 1:58.83	CASCJUN	Edmonton Keyano, EKSC Glouc-Ottawa Kingfish, GO
	17 18	1:59.03 1:59.18	AACAPR	Cobra Swim Club,COBRA Markham AC,MAC
	19	1:59.38	ODIV1APR	Nepean Kanata,NKB
	20 21	1:59.59 1:59.63	ODIV1APR	Etobicoke Swimming, ESWIM Brantford AC, BRANT
	22 23	1:59.65 1:59.73	EKIAPR	Uxbridge SC,USC Univ.of Calgary SC,UCSC
	24 25	1:59.77 1:59.77	ekiapr Pqimay	Silver Tide ŠC,STSC Dollard Swim Team,DDO

SWIMNEWS MAY-JUNE 2001

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50 METDE	S FREESTYLE	25
Rec: 23.97	Kurtis Miller, SCAR, 0	1500 Rec: 1
	5.21 ULJUN Vincent Boulanger-M.,14,CSQ 5.88 SASKMAY Michael Smela.14,LASER	1
3 2	6.01 ODIV2APR Matteo Di Paolo,14,VAC	3
	6.09 ODIV2APR Brannyn Hale, 14, NBYT 6.11 ODIV2APR Jeff Byrne, 13, SSMAC	4 5
	6.35 PQIMAY Octavian Petre, 14, CAMO	6
8 2	6.39 ULJUN Marc Laliberte,14,UL 6.39 CAMOMAR Philippe Drolet,14,SAMAK	7 8
	6.48 HYACKMAY Gi-Hun Lim,14,PDSA 6.64 LUSCMAY Aaron Donst,14,HWAC	9 10
11 2	6.65 LUSCMAY Julian Cino.14.HWAC	11
	6.68 HYACKMAY Simon Wing,14,PSW 6.70 ODIV3APR Adam MacWilliam,14,MAKOS	12 13
14 2	6.84 ESWIMJUN Mark Kurtzer, 13, NEW	14
	6.93 ODIV2APR Steven Posthumus,13,TBT-NWO EKIAPR Darren Tso,14,LASC	15 16
	6.96 ODIV3APR Jonathan Peace-Hall, 14, RISC 6.98 PQIMAY David Milot, 13, PCSC	17 18
19 2	7.00 MSSACMAY Marco Monaco, 14, OAK	10
	7.03 PQIMAY Wesley Newman, 14, DDO 7.04 ESWIMJUN Dave Spencer, 14, GGST	20 21
22 2	7.12 DAVISMAR James San Pedro, 14, OAK 7.17 MSSACMAY Alex Chiu, 14, MSSAC	22
23 2 24 2	7.17 MISSACINAY AIEX CITIU, 14, MISSAC 7.21 CNOAPR Sean Dawson, 13, GO	23 24
25 2 100 METR	7.22 PQIIAPR Alex Agostino, 14, LAVAL ES FREESTYLE	25 100 M
Rec: 52.91	Yannick Lupien, CAGRA, 94	Rec: 5
2 5	6.48 PQIMAY Vincent Boulanger-M.,14,CSQ 7.05 ULJUN Marc Laliberte,14,UL	1 2
	7.27 ODIV2APR Mattee DI Paolo,14,VAC 7.50 POCUPMAY Nicolas Murray,14,DYNAM 7.64 ESWIMJUN Mark Kurtzer,13,NEW	3 4
5 5	7.64 ESWIMJUN Mark Kurtzer, 13,NEW	5
	7.65 AACAPR Jeff Byrne,13,SSMAC 7.78 ESWIMJUN Alex Olsen,14,SCAR	6 7
8 5	7.79 ULJUN Etienne Lavallee, 13, EXCEL	8
	7.85 ODIV1APR Misha Vujaklija,14,NYAC 7.94 AACAPR Marco Monaco,14,OAK	9 10
	8.09 RODJUN Michael Smela,14,LASER 8.14 ODIV2APR Dave Spencer,14,GGST	11 12
13 5	8.14 PQIMAY Wesley Newman, 14, DDO	13
	8.28 KCSJUN Jackson Wang,13,DELTA 8.41 CAMOMAR Philippe Drolet,14,SAMAK	14 15
16 5	8.47 MSSACMAY Stephen Louli, 14, MAC	16
18 5	8.49 EKIAPR Darren Tso,14,LASC 8.60 CNOAPR Sean Dawson,13,GO	17 18
	8.67 CNOAPR Andrej Lenert, 14, NKB 8.70 HYACKMAY Simon Wing, 14, PSW	19 20
21 5	8.87 LUSCMAY Buddy Green, 14, LUSC	21
	8.88 PPOMAY Octavian Petre,14,CAMO 8.89 EKIAPR Jens Cuthbert,14,PDSA	22 23
24 5	8.91 ESWIMJUN Zachary Hurd, 14, BTSC	24
200 METR	9.05 MSSACMAY James San Pedro, 14, OAK ES FREESTYLE	25 200 M
	7 Brian Johns,RACER,97 3.86 AACAPR Marco Monaco,14,OAK	Rec: 2
2 2:0	3.92 LUSCMAY Buddy Green, 14, LUSC	2
	4.09 PQIMAY Vincent Boulanger-M.,14,CSQ 4.38 ESWIMJUN Mark Kurtzer,13,NEW	3
5 2:0	4.89 ULJUN Marc Laliberte, 14, UL	5
6 2:0 7 2:0	5.19 HYACKMAY Jens Cuthbert,14,PDSA 5.73 ULJUN Etienne Lavallee,13,EXCEL	6 7
8 2:0 9 2:0	6.63 MSSACMAY Simon Borjeson,14,0AK 6.66 ESWIMJUN Alex Olsen,14,SCAR	8
10 2:0	6.96 ODIV2APR Dave Spencer, 14, GGST	10
11 2:0 12 2:0	7.13 SASKMAY Alexander Love, 13, ROD 7.44 HYACKMAY Simon Wing, 14, PSW	11 12
13 2:0	7.44 HYACKMAY Simon Wing,14,PSW 7.72 PQCUPMAY Nicolas Murray,14,DYNAM	13
15 2:0	8.16 ESWIMJUN Brian Holland,14,MSSAC-TO 8.20 EKIAPR Pascal Wollach,13,CASC	14 15
16 2:0	8.24 PQIIAPR Samuel Chartrand, 13, ELITE 8.33 HYACKMAY Richard Alexander, 14, IS	16 17
18 2:0	8.39 HYACKMAY Sebastian Salas, 14, PDSA	18
	8.61 PPOMAY Zachary Hurd, 14, BTSC 8.65 RAPIDJAN James Monk, 14, PDSA	19 20
21 2:0	9.23 HYACKMAY Andrew Wagner, 14, PDSA	21
	9.71 PQIMAY Wesley Newman, 14, DDO 9.78 ODIV1APR Hans Fracke, 14, USC	22 23
	9.80 HYACKMAY Brad Reid, 14, HYACK	24

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	oiled by SWIN			
		FREESTYLE amie Stevens, M	MANTA.89	100 Rec
1 2	4:20.33	MSSACMAY	Marco Monaco, 14, OAK Mark Kurtzer, 13, NEW	1 2
3	4:23.31	MSSACMAY	Simon Borieson 14 OAK	3
4 5	4:25.93 4:27.04	EKIAPR	Buddy Green, 14, LUSC Jens Cuthbert, 14, PDSA	4
6 7	4:28.73 4:29.31	AACAPR	Simon Gabsch, 14, MSSAC-TO David Provencher-F, 14, GAMIN	6
8	4:29.40	ODIV2APR	Dave Spencer, 14, GGST	8
9 10	4:29.66 4:30.35	RAPIDJAN PQIMAY	James Monk, 14, PDSA Philip Brassard-G., 14, DDO	9
11 12	4:31.38	HYACKMAY	Brad Reid, 14, HYACK Simon Wing, 14, PSW	11 12
13	4:32.52	HYACKMAY	Richard Alexander, 14, IS	13
14 15	4:32.75 4:33.25	KCSJUN	Marc Laliberte, 14, UL Alex Sherwood, 14, KCS	14 15
16 17			Alex Sherwood, 14, KCS Kris Yap-Chung, 13, HYACK Brian Holland, 14, MSSAC-TO	16 17
18	4:33.76	ONSRJUN	Bital Hollarlu, 14, MSSAC-10 David Hughes, 14, ROW Zachary Hurd, 14, BTSC Gavin D'Amico, 13, EKSC Nicolas Murray, 14, DYNAM Chris Bento, 13, LAC Nelson Niedzielski, 14, MSSAC	18
19 20	4:34.08 4:34.78	ESWIMJUN	Zachary Hurd, 14, BTSC Gavin D'Amico, 13, EKSC	19 20
21 22	4:35.09	PQCUPMAY	Nicolas Murray, 14, DYNAM Chris Ponto 12 LAC	21 22
23	4:35.58	ESWIMJUN	Nelson Niedzielski, 14, MSSAC	23
24 25	4:35.96 4:36.61	NEORJUN	Sebastian Salas,14,PDSA Jeff Byrne,14,SSMAC	24 25
) METRES	FREESTYLE Alex Baumann		200 Rec
1	17:11.93	MSSACMAY	Simon Borjeson,14,0AK Jens Cuthbert,14,PDSA	1
2 3	17:19.04 17:28.64	ONSRJUN	Jens Cuthbert,14,PDSA David Hughes,14,ROW	2
4 5	17:44.77	ESWIMJUN	Nelson Niedzielski,14,MSSAC	4
6	17:48.31	GMACMAY	Richard Alexander, 14, IS Mark Kurtzer, 13, NEW	5
7 8	17:52.41	PQIMAY	Philip Brassard-G.,14,DDO Simon Wing,14,PSW	7
9	17:55.52	CDSCAPR	Brad Reid, 14, HYACK	9
10 11	17:56.00 17:57.81	HYACKMAY	Vincent Boulanger-M.,14,CSQ Kris Yap-Chung,13,HYACK	10
12 13	18:11.69	HYACKMAY	Gavin D'Amico, 13, EKSC Derek Westra-Luney, 14, IS	12 13
14	18:12.31	LUSCMAY	Buddy Green, 14, LUSC	14
15 16	18:13.25 18:13.99	PQIMAY	David Provencher-F, 14, GAMIN Leonard Ho, 13, HYACK	15
17	18:14.04	ONSRJUN	Chris Bento, 14, LAC	17
18 19	18:14.65 18:16.96	ESWIMJUN HYACKMAY	Kyle White,14,MSSAC Sebastian Salas,14,PDSA Alexander Love,13,ROD	18
20 21	18:17.18	EKIAPR	Alexander Love, 13, ROD	20 21
22	18:22.04	EKIAPR	Edward Quinlan, 14, PDSA	22
23 24	18:23.76 18:27.40	GMACMAY	Norman Ng,14,HYACK Edward Quinlan,14,PDSA Graeme Plant,13,NEW Aubert Lachance-F.,14,UL	23
25	18:30.38	CASC IUN	Tyson Larone, 13, EKSC	25
	METDEC I	DACKETDOK	r joon Earono, ro, Ercoo	
Rec:	METRES E 58.92 Tob	BACKSTROK ias Oriwol,ES	E WIM,0	100 Rec
Rec: 1	METRES E 58.92 Tob 1:03.00	BACKSTROK ias Oriwol,ES ESWIMJUN	E WIM,0 Brian Holland,14,MSSAC-TO	100 Rec 1
Rec: 1 2 3	METRES E 58.92 Tob 1:03.00 1:04.88 1:04.96	BACKSTROK ias Oriwol,ESI ESWIMJUN HYACKMAY ODIV3APR	E [°] WIM,0 Brian Holland,14,MSSAC-TO Jesse Lund,13,EKSC Michael Allain,14,BST	100 Rec 1 2 3
Rec: 1 2 3 4 5	METRES E 58.92 Tob 1:03.00 1:04.88 1:04.96 1:05.00 1:05.27	BACKSTROK ias Oriwol,ES' ESWIMJUN HYACKMAY ODIV3APR CASCJUN KCSJUN	E [*] WIM,0 Brian Holland,14,MSSAC-TO Jesse Lund,13,EKSC Michael Allain,14,BST Eric Gendron,14,KSC-BRSA Alex Sherwood,14,KCS	100 Rec 1 2 3 4 5
Rec: 1 2 3 4 5 6	METRES E 58.92 Tob 1:03.00 1:04.88 1:04.96 1:05.00 1:05.27 1:05.29	BACKSTROK ias Oriwol,ES' ESWIMJUN HYACKMAY ODIV3APR CASCJUN KCSJUN DAVISMAR	E [*] WIM,0 Brian Holland,14,MSSAC-TO Jesse Lund,13,EKSC Michael Allain,14,BST Eric Gendron,14,KSC-BRSA Alex Sherwood,14,KCS Aaron Donst,14,HWAC	100 Rec 1 2 3 4 5 6
Rec: 1 2 3 4 5 6 7 8	METRES E 58.92 Tob 1:03.00 1:04.88 1:04.96 1:05.00 1:05.27 1:05.29 1:05.33 1:05.70	BACKSTROK ias Orivol,ES' ESWIMJUN HYACKMAY ODIV3APR CASCJUN KCSJUN DAVISMAR PQIMAY CNOAPR	E MM.0 Brian Holland, 14, MSSAC-TO Jesse Lund, 13, EKSC Michael Allian, 14, BST Eric Gendron, 14, KSC-BRSA Alex Sherwood, 14, KCS Aaron Donst, 14, HWAC Wesley Newman, 14, DDO Andrej Lenet, 14, NKB	100 Rec 1 2 3 4 5 6 7 8
Rec: 1 2 3 4 5 6 7	METRES E 58.92 Tob 1:03.00 1:04.88 1:04.96 1:05.00 1:05.27 1:05.29 1:05.33 1:05.70 1:05.78 1:05.82	BACKSTROK ias Oriwol,ES' ESWIMJUN HYACKMAY ODIV3APR CASCJUN KCSJUN DAVISMAR POIMAY CNOAPR POIMAY	E WIM,0 Brian Holland,14,MSSAC-TO Jesse Lund,13,EKSC Michael Allain,14,BST Eric Gendron,14,KSC-BRSA Alex Sherwood,14,KCS Aaron Dons,14,HWAC Wesley Newman,14,DD0	100 Rec 1 2 3 4 5 6 7 8 9 10
Rec: 1 2 3 4 5 6 7 8 9 10 11	METRES E 58.92 Tob 1:03.00 1:04.88 1:04.96 1:05.00 1:05.27 1:05.33 1:05.70 1:05.78 1:05.82 1:06.04	BACKSTROK ias Oriwol,ES' ESWIMJUN HYACKMAY ODIV3APR CASCJUN KCSJUN DAVISMAR POIMAY CNOAPR POIMAY CASCJUN UCSAJAN	E MM.0 Brian Holland, 14, MSSAC-TO Jesse Lund, 13, EKSC Michael Allain, 14, BST Eric Gendron, 14, KSC-BRSA Alex Sherwood, 14, KCS Aaron Dons, 14, HWAC Wesley Newman, 14, IDDO Andref Lenet, 14, NKB Vincent Boulanger-M, 14, CSO Pascal Wollach, 13, CASC Kyle Sorrent, 14, GLEN	100 Rec 1 2 3 4 5 6 7 8 9 10 11
Rec: 1 2 3 4 5 6 7 8 9 10 11 12 13	METRES E 58.92 Tob 1:03.00 1:04.88 1:04.96 1:05.00 1:05.27 1:05.29 1:05.33 1:05.70 1:05.78 1:05.78 1:05.64 1:06.04 1:06.12 1:06.29	BACKSTROK lias Oriwol, ES' ESWIMJUN HYACKMAY ODIV3APR CASCJUN KCSJUN DAVISMAR POIMAY CNOAPR POIMAY CASCJUN UCSAJAN ODIV1APR HYACKMAY	E WM,0 Brian Holland,14,MSSAC-TO Jesse Lund,13,EKSC Michael Allian,14,BST Eric Gendron, 14,KSC-BRSA Alex Sherwood,14,KCS Aaron Donsl,14,HWAC Wesley Newman,14,DD0 Andrej Lenet,14,NKB Vincent Boulanger-M,14,CS0 Pascal Wollach,13,CASC Kyle Sorrentl,14,GLEN Colin Ackroyd,14,SCAR Richard Alexander,14,IS	100 Rec 1 2 3 4 5 6 7 8 9 10 11 12 13
Rec: 1 2 3 4 5 6 7 8 9 10 11 12	METRES E 58.92 Tob 1:03.00 1:04.84 1:05.00 1:05.27 1:05.29 1:05.33 1:05.70 1:05.78 1:05.78 1:05.82 1:06.04 1:06.12 1:06.29 1:06.57	BACKSTROK iias Oriwol,ESI ESWIIMJUN HYACKMAY ODIV3APR CASCJUN KCSJUN DAVISMAR POIMAY CNOAPR POIMAY CASCJUN UCSAJAN ODIV1APR HYACKMAY ULJUN MSSACMAY	E WM,0 Brian Holland, 14, MSSAC-TO Jesse Lund, 13, EKSC Michael Allian, 14, BST Eric Gendron, 14, KSC BRSA Alex Sherwood, 14, KCS Aaron Donst, 14, HWAC Wesley Newman, 14, DDO Andrej Lenet, 14, NKB Vincent Boulanger-M, 14, CSO Pascal Wollach, 13, CASC Kyle Sorrenti, 14, GLEN Colin Ackroyd, 14, SCAR Richard Alexander, 14, IS Alex Desilets, 13, MEGO Marco Monaco, 14, QKK	100 Rec 1 2 3 4 5 6 7 8 9 10 11 12
Rec: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16	METRES I 58.92 Tob 1:03.00 1:04.88 1:04.96 1:05.00 1:05.27 1:05.29 1:05.33 1:05.70 1:05.78 1:05.62 1:06.04 1:06.29 1:06.57 1:06.57 1:06.58 1:06.66	SACKSTROK ias Oriwol, ES ESWIMJUN HYACKMAY ODIV3APR CASCJUN CASCJUN DAVISMAR POIMAY CASCJUN UCSAJAN ODIV1APR HYACKMAY ULJUN MSSACMAY ODIV2APR	E MM.0 Brian Holland, 14, MSSAC-TO Jesse Lund, 13, EKSC Michael Allain, 14, BST Eric Gendron, 14, KSC-BRSA Alex Sherwood, 14, KCS Aaron Donst, 14, HWAC Wesley Newman, 14, IDDO Andrej Lenert, 14, NKB Vincent Boulanger-M, 14, CSD Pascal Wollach, 13, CASC Kyle Sorrent, 14, GLEN Colin Ackroyd, 14, SCAR Richard Alexander, 14, IS Alex Desilets, 13, MEGO Marco Monaco, 14, OAK	100 Rec 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16
Rec: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18	METRES I 58.92 Tob 1:03.00 1:04.88 1:04.96 1:05.00 1:05.27 1:05.29 1:05.33 1:05.70 1:05.82 1:06.04 1:06.12 1:06.29 1:06.58 1:06.58 1:06.58 1:06.65 1:06.65 1:06.69	SACKSTROK ias Oriwol, ES ESWIMJUN HYACKMAY ODIV3APR CASCJUN KCSJUN DAVISMAR POIMAY CNOAPR POIMAY CASCJUN UCSAJAN ODIV1APR ODIV2APR ODIV2APR ODIV1APR POIDAY	E MM.0 Brian Holland, 14, MSSAC-TO Jesse Lund, 13, EKSC Michael Allian, 14, BST Eric Gendron, 14, KSC- BRSA Alex Sherwood, 14, KCS Aaron Donst, 14, HWAC Wesley Newman, 14, DDO Andrej Lenert, 14, NKB Vincent Boulanger-M. 14, CSO Pascal Wollach, 13, CASC Kyle Sorrent, 14, GLEN Colin Ackroyd, 14, SCAR Richard Alexander, 14, IS Alex Desilels, 13, MEGO Marco Monaco, 14, OAK Steven Posthumus, 13, TBT-NWO Hans Fracke, 14, USC Felix Renaud, 13, CNB	100 Rec 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
Rec: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19	METRES I 58.92 Tob 1:03.00 1:04.88 1:04.96 1:05.02 1:05.27 1:05.29 1:05.70 1:05.78 1:05.78 1:05.78 1:05.82 1:06.04 1:06.57 1:06.58 1:06.65 1:06.58 1:06.66 1:06.72 1:06.90 1:07.03	SACKSTROK ias Oriwol, ES ESWIMJUN HYACKMAY ODIV3APR CASCJUN KCSJUN DAVISMAR POIMAY CASCJUN USAJAN ODIV1APR POIMAY USAJAN ODIV1APR POIMAY ODIV1APR POIMAPR ODIV1APR POIMAPR ODIV1APR POIMAPR ODIV1APR POIMAPR ODIV1APR POIMAPR ODIV1APR POIMAPR ODIV1APR POIMAPR ODIV1APR POIM	E WM,0 Brian Holland, 14, MSSAC-TO Jesse Lund, 13, EKSC Michael Allian, 14, BST Eric Gendron, 14, KSC- BRSA Alex Sherwood, 14, KCS Aaron Donst, 14, HWAC Wesley Newman, 14, DDO Andrej Lenert, 14, ANKB Vincent Boulanger-M, 14, CSO Pascal Wollach, 13, CASC Kyle Sorrenti, 14, GLEN Colin Ackroyd, 14, SCAR Richard Alexander, 14, IS Alex Desiles, 13, MEGO Marco Monaco, 14, OSK Steven Posthumus, 13, TBT-NWO Hans Fracke, 14, USC Falix Renaud, 13, CMB Brandon Connerty, 14, BRANT John Lapins, 12, EKST	100 Rec 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17
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$\begin{array}{c} \text{Rec:} \\ 1 \\ 2 \\ 3 \\ 4 \\ 5 \\ 6 \\ 7 \\ 8 \\ 9 \\ 10 \\ 11 \\ 12 \\ 13 \\ 14 \\ 15 \\ 16 \\ 17 \\ 18 \\ 19 \\ 20 \\ 21 \\ 22 \\ 23 \\ 4 \\ 5 \\ 6 \\ 7 \\ 8 \\ 9 \\ 10 \\ 11 \\ 12 \\ 13 \\ 14 \\ 15 \\ 16 \\ 17 \\ 18 \\ 19 \\ 20 \\ 21 \\ \end{array}$	METRES I 58.92 Tob 0 1:03.00 1:04.88 1:04.96 1:05.00 1:05.27 1:05.29 1:05.33 1:05.70 1:05.78 1:05.62 1:06.04 1:05.78 1:06.64 1:06.61 1:06.57 1:06.57 1:06.57 1:06.57 1:06.66 1:06.67 1:06.57 1:06.66 1:06.67 1:06.57 1:07.03 1:07.03 1:07.03 1:07.03 1:07.04 1:07.98 METRES I 2:05.16 TC 2:13.52 2:18.98 2:20.85 2:21.95 2:22.19 2:22.85 2:22.19 2:22.81 2:22.81 2:22.81 2:22.81 2:22.85 2:22.19 2:22.85 2:22.19 2:22.85 2:22.19 2:22.85 2:22.19 2:22.85 2:22.19 2:22.85 2:22.19 2:22.85 2:22.19 2:22.85 2:22.19 2:22.85 2:22.28 2:22.85 2:22.19 2:22.85 2:22.	JACKSTROK JackSTROK JackSTROK Jackmay ODIV3APR CASCJUN CASCJUN DAVISMAR POIMAY CNOAPR POIMAY CNOAPR HYACKMAY ODIV1APR POILAPR ODIV1APR POILAPR ODIV1APR POILAPR ODIV1APR CNOAPR ESWIMJUN CNOAPR ESWIMJUN CNOAPR ESWIMJUN POILAPR ODIV1APR POILAPR ODIV1APR POILAPR ODIV1APR POILAPR ODIV1APR POILAPR DOIV1APR POILAPR DOIV1APR POILAPR DOIV1APR POILAPR DOIV1APR POILAPR DOIV1APR POILAPR DOIV1APR POILAPR DOIV1APR POILAPR DOIV1APR POILAPR CNOAPR ESWIMJUN POILAPR DOIV1APR POILAPR DOIV1APR POILAPR	E WM.0 Brian Holland, 14 MSSAC-TO Jesse Lund, 13 EKSC Michael Alliain, 14, BST Eric Gendron, 14, KSC- BRSA Alex Sherwood, 14, KSC Aaron Donst, 14, HWAC Wesley Newman, 14, DDO Andrej Lenert, 14, NKB Vincent Boulanger-M, 14, CSO Pascal Wollach, 13, CASC Kyle Sorrenti, 14, GLEN Colin Ackroyd, 14, SCAR Richard Alexander, 14, IS Alex Desiles, 13, MEGO Marco Monaco, 14, OLS Richard Alexander, 14, IS Alex Desiles, 13, MEGO Marco Monaco, 14, OLS Brandon Connerty, 14, BBANT John Lapins, 13, CKSC Simon Wing, 14, PSW Richard Alexander, 14, ISS Ewith, 0 Brian Holland, 14, MSSAC-TO Alex Sherwood, 14, KSC Richard Alexander, 14, ISS Brian Folland, 14, MSSAC-TO Alex Sherwood, 14, KSC Brian Folland, 14, KSC-BRSA Nicolas Murray, 14, DYNAM Wesley Newma, 14, DDO Aaron Donst, 14, HST Andrej Lenet, 14, NKB Dave Spencer, 14, GSST Has Fracke, 14, USC Felix Renaud, 13, CNB Brian Holland, 14, MSSAC-TO Alex Sherwood, 14, KSC Richard Alexander, 14, ISS Brian Folland, 14, KSC-BRSA Nicolas Murray, 14, DYNAM Wesley Newma, 14, DDO Aaron Donst, 14, HST Andrej Lenet, 14, NKB Dave Spencer, 14, GSST Marc Mara, 14, DDO Aaron Donst, 14, HST Andrej Lenet, 14, NKB Dave Spencer, 14, GSST Marc Mara, 14, DDO Aaron Donst, 14, BST Andrej Lenet, 14, NKB Dave Spencer, 14, GSST Marc Mara, 13, ONB Frian Holland, 14, ASSAC-TO Alex Desiles, 13, MEGO Mark Kurtzer, 13, NEW E Michael Allain, 14, GEN Pascal Wollach, 13, CAR Jean-P Martin, 14, DYNAM	1000 Recc 1 2 3 4 5 6 7 8 9 101 123 3 4 5 6 7 8 9 100 212 23 24 25 200 Rect 1 2 3 4 5 6 7 8 9 101 12 13 14 15 17 18 9 101 12 13 14 15 17 18 19 20 21

RRankings for the period (results received) January 1,2001 to June 13, 2001

2001 LONG COURSE TAG

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1	00 METRES I	BREASTSTR	OKE	200 N	NETRES INC
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1	1:12.04		Rodale Estor, 13, CASC Marco Monaco, 14, OAK	2	2:18.34 2:20.99 E
3	1:12.50		Misha Vujaklija,14,NYAC	3	2:22.12
4	1:12.88	ONSRJUN	Bryan Mell, 13, NEW	4	2:23.30 H
5 6	1:13.17 1:13.31		Jamie Ross, 12, AUROR Marc Laliberte, 14, UL	5	2:23.31 2:23.70 PC
7	1:13.35		Alex Olsen, 14, SCAR	7	2:24.00 H
8	1:13.62	ONSRJUN	James San Pedro, 14, OAK	8	2:25.18
9 11	1:13.69	ESWIMJUN	Bryn Jones, 14, NEW	9	2:25.23 H 2:25.23 E
1		POIMAY	Michael Smela, 14, LASER Max Dumont, 12, REG	11	2:25.33
1.	2 1:15.23	HYACKMAY	Leonard Ho, 14, HYACK	12	2:25.35
1:	3 1:15.37	ODIV3APR	Daniel Vollmer, 14, AAC	13	2:25.57
1.			Ryan Chiew, 14, HYACK Andrew Cheung, 14, WAC	14	2:25.67 E 2:25.72
1		ODIV3APR	Adam Dunn, 14, AAC	16	2:25.83
1		ODIV2APR	Brannyn Hale, 14, NBYT	17	2:25.92 M
11		ODIV3APR	Adam Sapelak, 14, WAAC Edward Quinlan, 14, PDSA	18	2:26.02 2:26.07 R
2) 1:16.89	HYACKMAY	Sean Armstrong, 14, EKSC	20	2:26.61
2	1:16.90	PQIMAY	Sean Armstrong, 14, EKSC Zachary Glassman, 14, CAMO	21	2:26.80 M
2	2 1:16.91	ODIV1APR	Jonathan Caguiat, 13, CHAMP	22 23	2:26.96 H
2	3 1:16.93 4 1:17.21	MSSACMAY	Matteo Di Paolo,14,VAC Karol Hyjek,14,WD	23	2:27.00 2:27.20
2!	5 1:17.29	PQIMAY	Marc-A. Duchesneau, 13, CAMO	25	2:27.22
2	DO METRES I	BREASTSTR	OKE		IETRES INC
R 1	ec: 2:19.95 N 2:34.84		,PDSA,99 Marco Monaco,14,0AK	Rec: 4	:32.39 Tobi 4:55.57 E
2	2:36.84		Bryan Mell, 13, NEW	2	4:57.47
3	2:36.94	ESWIMJUN	Bryn Jones, 14, NEW	3	5:02.99 (
4 5	2:39.37 2:39.80		Rodale Estor, 13, CASC Misha Vujaklija, 14, NYAC	4	5:04.36 H 5:05.43 H
6			James San Pedro, 14, OAK	6	5:06.13
7	2:40.50	PQIMAY	David Provencher-F, 14, GAMIN	7	5:06.81 M
8	2:41.41	PPOMAY	Zachary Glassman, 14, CAMO Edward Quinlan, 14, PDSA	8	5:07.11 H 5:07.14
11	2:41.61 2:41.63		Donald Ellison, 14, NEW	10	5:07.14
1	2:41.64	PQIMAY	Marc Laliberte, 14, UL	11	5:07.68
1:		HYACKMAY	Leonard Ho, 14, HYACK	12	5:07.73
1:			Michael Smela, 14, LASER Jamie Ross, 12, AUROR	13	5:08.37 5:08.40
1	5 2:42.29	ODIV1APR	Alex Olsen, 14, SCAR	15	5:09.13
1	5 2:42.55	PQIMAY	Max Dumont, 12, REG	16	5:09.24 E
1			Ryan Chiew, 14, HYACK Andrew Cheung, 14, WAC	17	5:09.34 5:10.15 H
1		PQIIIMAY	Jean-S. Despatie, 14, ENC	19	5:10.43 E
21) 2:46.80	ODIV3APR	Jean-S. Despatie, 14, ENC Adam Dunn, 14, AAC	20	5:10.71
2	2:46.80	ULJUN	Etienne Lavallee, 13, EXCEL	21 22	5:11.66
2	2 2:40.90	ODIV1APR	Jonathan Caquiat 13 CHAMP	22	5:12.02 5:12.27
2	1 2:47.09	MSSACMAY	Marc-A. Duchesneau, 13, CAMO Jonathan Caguiat, 13, CHAMP Kyle Palfrey, 13, SCAR	24	5:13.62
2	2:47.11	CASCJUN	Jesse Lund, 13, EKSC	25	5:14.15
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1	1:01.23		David Milot,13,PCSC	1	2:00.40
2	1:01.83		Jeff Byrne, 13, SSMAC	2	2:01.44 (
3	1:03.25 1:03.49		Marco Monaco, 14, OAK Maximilian Leger, 14, CAMO	3	2:01.78 2:02.91 E
5	1:03.61	ODIV2APR	Nathan Ferguson, 14, EBSC	5	2:03.08
6	1:03.78	MSSACMAY	Bryce Tung, 14, TSC	6	2:03.39
7	1:04.11 1:04.14		Alex Olsen,14,SCAR Simon Gabsch,14,MSSAC-TO	7	2:03.60 2:03.63 (
9			Simon Wing, 14, PSW	9	2:04.28
10) 1:04.25	HYACKMAY	Gi-Hun Lim, 13, PDSA	10	2:04.79 H
1:		EKIAPR	Tyson Larone, 13, EKSC Samuel Chartrand, 13, ELITE	11	2:05.41 2:05.74 (
1			Octavian Petre, 14, CAMO	13	2:06.11
1	1:04.89	PQIIAPR	Felix Renaud, 13, CNB	14	2:07.05
1!		ESWIMJUN	Stephen Louli, 14, MAC	15	2:07.10
10			Kris Yap-Chung,13,HYACK Mehmet Dinc,14,MSSAC	16	2:07.26 2:07.63 H
1	3 1:05.31	PPOMAY	Zachary Hurd, 14, BTSC	18	2:07.83
1		CASCJUN	Justin Allen, 13, EKSC	19	2:07.99
21		POCLIPMAY	Alex Agostino, 14, LAVAL Vincent Boulanger-M., 14, CSQ	20 21	2:08.30 2:08.44
2	2 1:05.71	ODIV2APR	Francesco Agueci, 14, VAC	22	2:08.46 H
2		CDSCAPR	Edward Quinlan, 14, PDSA	23	2:08.50
2		LACMAY	Bryn Jones, 14, NEW Brent Charlton, 14, TAT	24 25	2:08.50 2:08.94
	00 METRES I		Dicht Charlon, 14, 141		FREE RELA
R	ec: 2:05.20 Pl	hilip Weiss,SK		Rec: 1	:42.23 Etobi
1	2:19.91	AACAPR	Jeff Byrne, 13, SSMAC Marco Monaco, 14, OAK	1	1:48.31 E 1:49.01
2 3	2:20.19		David Milot, 13, PCSC	2	1:50.04
4	2:21.26	EKIAPR	Tyson Larone, 13, EKSC	4	1:50.29 H
5	2:21.39		Simon Wing, 14, PSW	5	1:50.38
6	2:21.91 2:21.91	POIMAY	Jens Cuthbert, 14, PDSA Philip Brassard-G., 14, DDO	6	1:50.41 E 1:50.97 H
8	2:22.09	PQIMAY	Maximilian Leger, 14, CAMO	8	1:51.15 I
9	2:22.82		Bryce Tung, 14, TSC	9	1:51.23
10			Zachary Hurd, 14, BTSC Nathan Ferguson, 14, EBSC	10	1:51.31 1:51.43 (
1:	2 2:25.42	GMACMAY	Jonathan Pilon, 14, HOST	12	1:51.60
1:	3 2:25.85	HYACKMAY	Kris Yap-Chung, 13, HYACK	13	1:51.72
1. 1!			Simon Gabsch, 14, MSSAC-TO Edward Quinlan, 14, PDSA	14	1:51.79 1:52.03 H
1			Brent Charlton, 14, TAT	15	1:52.03 H 1:52.06
1	7 2:27.16	RAPIDJAN	James Monk, 14, PDSA	17	1:52.37
11		PQIIAPR	Felix Renaud, 13, CNB Kyle Palfrey 13 SCAP	18	1:52.73
1' 21			Kyle Palfrey, 13, SCAR Leonard Ho, 13, HYACK	19 20	1:52.88 1:53.18 (
2	1 2:28.37	MSSACMAY	Kyle White, 14, MSSAC	21	1:53.50
2	2 2:29.12	ODIV2APR	Buddy Green, 14, LUSC	22	1:54.01 (
2		CASC IUN	Francesco Agueci,14,VAC Justin Allen,13,EKSC	23 24	1:54.39 1:54.46
2	2:30.08	EKIAPR	Alexander Love, 13, ROD	24 25	1:54.40

.MEDLEY ias Oriwol ESWIM 0 AACAPR Marco Monaco,14,0AK ESWIMJUN Alex Olsen,14,SCAR ESWINUUN Alex Olsen, 14 SCAR POIMAY David Provencher, F, 14, GAMIN HYACKMAY Jesse Lund, 13, EKSC POIMAY Marc Lailberte, 14, UL POCUPHAY Nicolas Murray, 14, DYNAM HYACKMAY Simon Wing, 14, PSW LACMAY Brandon Connerty, 14, BRANT HYACKMAY Sebastian Salas, 14, PDSA ESWINUUN Byn Jones, 14, NEW POIMAY Philin Brassard, G, 14, DDO POIMAY Philip Brassard-G, 14, NEW POIMAY Philip Brassard-G, 14, DDO CASCJUN Matt Derochie, 14, KSC-BRSA EKIAPR Alexander Love, 13, ROD ESWIMJUN Mark Kurtzer, 13, NEW ESWINDUM Mark Kurzer, 13,NEW ISAPR Richard Alexander, 14,IS AACAPR Brian Holland, 14,MSSAC-TO /ISSACMAY Kyle Paffrey, 13,SCAR CDSCAPR Andrew Wagner, 14,PDSA RYMMAR Michael Smela, 14, LASER RYMNINIAR Michael Smela, 14, LASER PPOMAY Marc-A. Duchesneau, 13, CANO MSSACMAY Simon Borjeson, 14, OAK HYACKMAY Gavin DYAmico, 13, EKSC LACMAY Chris Bento, 13, LAC AACAPR Jeff Byrne, 13, SSMAC ON COMPACT SIZE AND COMPACT SIZE AND COMPACT ACCAPR Jeff Byrne, 13, SSMAC CNOAPR Andrej Lenert, 14, NKB DI MEDLEY Jas Orivol, ESWIM, 0 DAVISMAR Marco Monaco, 14, OAK POIMAY David Provencher-F, 14, GAMIN DOWAY David Provencher-F, 14, GAMIN ODIV1APR David Hughes.14.ROW ODIV1APR David Hughes, 14 ROW HYACKMAY Simon Wing, 14 PSW HYACKMAY Sebastian Salas, 14, PDSA POIMAY Philip Brassard-G, 14, DDO KSACMAY Simon Borjeson, 14, OAK HYACKMAY Leonard Ho, 14, HYACK SASKMAY Alexander Love, 13, ROD CDSCAPR Lens Cuthbert, 14, PDSA ODIV2APR Jeff Byrne, 13, SSMAC LII UIN Efforme Lavalue at 25 YCE1 ULJUN Etienne Lavallee, 13, EXCEL ODIV1APR Bryce Tung, 14, TSC ODIVTAPR Brandon Connerty,14,BRANT ODIVTAPR Colin Ackroyd,14,SCAR ESWIMJUN Mark Kurtzer,13,NEW ONSRJUN Chris Bento,14,LAC IYACKMAY Richard Alexander, 14, IS ESWIMJUN Bryn Jones, 14, NEW CASCJUN Jesse Lund, 13, EKSC CASCJUN Matt Derochie, 14, KSC-BRSA PQIMAY Marc Laliberte, 14, UL CDSCAPR Andrew Wagner,14,PDSA PPOMAY Jonathan Rinaldi,14,PDS SASKMAY Michael Smela,14,LASER PEI AY KELAY bicoke Swimming,ESWIM,98 AACAPR Mississauga AC,MSSAC ODIV1APR North York AC,NYAC EKIAPR Cascade Swim Club,CASC ESWIMJUN Newmarket SC,NEW PQIMAY Pointe Claire SC,PCSC PQIMAY Dollard Swim Team,DDO UCSAJAN Edmonton Keyano, EKSC ODIVIAPR Scarborough SC, SCAR EKIAPR Calgary Killarney, KSC HYACKMAY Hyack Swim Club, HYACK POIMAY Montreal Aquatique, CAMO ODIV1APR Glouc-Ottawa Kingfish,GO PQIMAY CS Quebec, CSQ ODIV2APR Ernestown Barracudas, EBSC PQIMAY Univ.Laval Rouge & Or,UL ODIV1APR Brantford AC,BRANT IYACKMAY Pacific Dolphins,PDSA HYACKMAY Pacific Dolphins, PDSA ODIV3APR Markham AC, MAC LUSCMAY Hamilt-Wentworth AC, HWAC ODIVIAPR Guelph Mariin AC, GMAC ODIVIAPR Grootho Champs, CHAMP HYACKMAY Island Swimming IS ODIV2APR Thunder Bay, TBT-NWO EKIAPR Univ.of Calgary SC, UCSC ULJUN Megophias Trois Rivieres, MEGO Ay AY AY bicoke Swimming,ESWIM,98 ESWIMJUN Mississauga AC,MSSAC DIVTAPR North York AC,NYAC POIMAY Montreal Aquatique,CAMO HYACKMAY Pacific Dolphins,PDSA POIMAY Pacific Doiphins, PD3A POIMAY Dollard Swim Team, DDO ESWIMJUN kewmarket SC, NEW YACKMAY Vancouver Gators, GATOR LUSCMAY Hamilt-Wentworth AC, HWAC EKIAPR Edmonton Keyano, EKSC EKIAPR Converte Science Action EKIAPR Cascade Swim Club, CASC ODIVIAPR Toronto Champs, CHAMP CASCUIN Unit of Catagry SC UCSC CASCUIN Unit of Catagry SC UCSC POIMAY Univ.Laval Rouge & Or,UL ODIVIAPR Brantford AC, BRANT 4YACKMAY Hyack Swim Club,HYACK ODIVIAPR Scarborough SC, SCAR POIMAPR LongueuiLLITE CASCUIN.Clame Killprock SC CASCJUN Calgary Killarney,KSC POIMAY Pointe Claire SC,PCSC ODIV1APR Glouc-Ottawa Kingfish,GO ODIV2APR Vaughan AC,VAC COHOMAY Island Swimming,IS ODIV2APR Thunder Bay,TBT-NWO

ODIV1APR Richmond Hill AC RHAC

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SWIMNEWS MAY-JUNE 2001

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24 27.92 KCSJUN Catilin Meredith.17.KCS 25 27.94 HYACKMAY Kari Pomerleau,15,DEL 100 METRES FREESTVLE Rec: 56.61 Shannon Shakespeare.MM,94 1 57.46 CANLCMAR Laura Pomeroy,17,0AK-TO 2 57.66 CANLCMAR Laura Pomeroy,17,0AK-TO 3 57.74 ONSRUN Lennifer Porenta,16,15MM 5 58.89 CANLCMAR Lenna Gresoda,16,5WM 5 58.89 CANLCMAR Vin Kardash,15,MM 5 59.23 CANLCMAR Marieve De Biols,17,PPO 8 59.23 CANLCMAR Adiriana Koc-Spadzio,17,PDSA 10 59.43 CANLCMAR Adiriana Koc-Spadzio,17,PDSA 11 59.47 CANLCMAR Adiriana Koc-Spadzio,17,PDSA 12 59.58 CANLCMAR Adiriana Koc-Spadzio,17,PDSA 13 59.76 CANLCMAR Adiriana Koc-Spadzio,17,PDSA 14 59.77 CANLCMAR Adiriana Koc-Spadzio,17,PDSA 15 59.83 CANLCMAR Monica Wejman,16,ESWIM 16 59.92 CONTARE Mackie Garay,17,17,SC-TO 17 59.94 CANLCMAR Hayley Doody,15,UCSA <td< td=""><td>22 27.90</td><td>CANLCMAR</td><td>Michaela Schmidt, 17, UCSA</td></td<>	22 27.90	CANLCMAR	Michaela Schmidt, 17, UCSA
100 METRES FREESTVLE Rec: 56.61 Shannon Shakespare: MM.94 1 57.40 CANLCMAR Laura Pomeroy, 17.0AK-TO 2 57.66 CANLCMAR Laura Pomeroy, 17.0AK-TO 3 57.74 ONSRUD Jennifer Porenia, 16.MMST-TO 4 58.17 ZAJACMAY Erin Kardash, 15.MM 5 58.89 CANLCMAR Lessie Bradshaw, 16.UCSA 6 59.18 POIMAY Chanell Charron-W.16.CNO 7 59.23 CANLCMAR Marinev De Blois, 17.PPO 8 59.23 CANLCMAR Adriana Koc-Spadaro, 17.PDSA 9 59.38 CANLCMAR Adriana Koc-Spadaro, 17.PDSA 10 59.43 CANLCMAR Amanda Gillesgie, 16.MKB 13 59.76 CANLCMAR Amanda Gillesgie, 16.MKB 14 59.77 CANLCMAR Manda Gillesgie, 16.MKB 15 59.83 CANLCMAR Mandica Weigman, 16.ESWIM 16 59.92 ODIVIAPR Jackie Garay, 17.TSC-TO 17 59.94 CANLCMAR Halve Dood, 15.UCSA 18 59.95 CANLCMAR Jage Dood, 15.UCSA 19 100.00 ONSRUM Frances Stephenson, 16.NYAC 21 100.19 LJSCAMY Stephanie Kunn, 15.TMSC-WO 23 100.22 CANLCMAR Halve Dood, 17.DELTA 100.22 CANLCMAR Thaneschagh, 16.ESWIM 20.00 ONSRUM	24 27.92	KCSJUN	Caitlin Meredith, 17, KCS
 Rec: 56.61 Shannon Shakespeare.JM.9.4 ST.66 CANLCMAR Jenna Gresdal, 16,ESWIM 57.74 ONSRUIN Jennifer Porenta, 16, MMST-TO 48.17 ZAJACMAY Firn Kardash, 15, MM 58.89 CANLCMAR Jessie Bradshaw, 16, UCSA 69.18 POIMAY Chanel Charono-W, 16 CNO 75.23 CANLCMAR Marieve De Blois, 17, PPO 89.23 CANLCMAR Marieve De Blois, 17, PPO 59.23 CANLCMAR Marieve De Blois, 17, PPO 59.23 CANLCMAR Marieve De Blois, 17, PPO 59.23 CANLCMAR Marieve De Blois, 17, PPO 59.43 CANLCMAR Adriana Koc-Spadro, 17, PDSA 59.53 CANLCMAR Anandra Gillespie, 16, NKB 59.76 CANLCMAR Rahnier Telfer, 16, ESWIM 59.83 CANLCMAR Monica Wejman, 16, ESWIM 59.83 CANLCMAR Monica Wejman, 16, ESWIM 59.95 CANLCMAR Monica Wejman, 16, ESWIM 100.00 CANLCMAR Diane Kardash, 15, MM 100.00 CANLCMAR Diane Kardash, 15, MM 100.00 CANLCMAR Diane Kardash, 15, MM 100.01 CANLCMAR Voisi Meade, 16, ADSC 100.19 LUCMAY Stephanie Kuhn, 15, TMSC-1WO 100.23 CANLCMAR Marieve De Blois, 17, PPO 20.42 BUSGPTIMAY Jenna Gresdal, 16, ESWIM 20.66 SYDNLAN Danielle Bell, 17, IS 20.66 SYDNLAN Danielle Bell, 17, IS 20.66 SYDNLAN Danielle Bell, 17, IS 20.66 CANLCMAR Marieve De Blois, 17, PPO 20.76 ONSRUM Raher Elter, 16, ESWIM 20.76 ONSRUM Raher Berner, 16, MM 20.76 ONSRUM Raher Derente, 17, PDSA 20.81 CANLCMAR Harieve De Blois, 17, PPO 20.82 OOLUPAPY ChanaB Gresdal, 16, ESWIM 20.98 CANLCMAR	25 27.94 100 METRES I	HYACKMAY FREESTYLE	Kari Pomerleau, 15, DEL
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5 58.89 CANLCMAR Jessie Bradshaw, 16,UCSA 6 59.18 POIMAY Chanell Charmon-W, 16,CNO 7 59.23 CANLCMAR Marieve De Blois, 17, PPO 8 59.23 CANLCMAR Elizabeth Wycliffe, 17, ESC 9 59.33 CANLCMAR Adrians Acc-Spadro 17, PDSA 10 59.43 CANLCMAR Laura Gran, 16, UCSA 15 59.43 CANLCMAR Adrians Acc-Spadro 17, PDSA 12 59.58 CANLCMAR Adrians Acc-Spadro 17, DSA 13 59.76 CANLCMAR Adrians Acc-Spadro 17, DSA 14 59.77 CANLCMAR Amenide Gillespie, 16, NKB 15 59.83 CANLCMAR Hanife Backberger, 15, AAC 15 59.83 CANLCMAR Monica Wejman, 16, ESWIM 16 59.92 DUIV1APR Lackle Garay, 17, TSC-TO 17 59.94 CANLCMAR Diane Kardas, 15, MM 20 DIOU OR NEQUEN Prances Stephenson, 16, NYAC 11 100.19 LACMAY Rosis Meade, 16, BOSC 21 100.22 CANLCMAR Francine Ling, 17, DELTA 20 20.62 CANLCMAR Marieve De Blois, 17, PPO	4 58.17	7AJACMAY	Frin Kardash 15 MM
8 59.23 CANLCMAR Elizabelm Wycliffe, 17,ESC 9 59.33 CANLCMAR Adriana Koc-Spadro 17,PDSA 10 59.43 CANLCMAR Laura Gran, 16,UCSA 11 59.47 CANLCMAR Kaherine Telfer, 16,ESWIM 12 59.58 CANLCMAR Amarda Gillespie, 16,NKB 13 59.76 CANLCMAR Kaherine Telfer, 16,ESWIM 14 59.77 CANLCMAR Monica Wejman, 16,ESWIM 15 59.83 CANLCMAR Monica Wejman, 16,ESWIM 16 59.92 DIV1APR Lackle Gary, 17,TSC-TO 17 59.94 CANLCMAR Monica Wejman, 16,ESWIM 10 100.00 ONSRUIN Frances Stephenson, 16,NYAC 11 100.19 LACMAY Posie Meade, 16, BOSC 21 100.19 LACMAY Posie Meade, 16, BOSC 21 100.23 CANLCMAR Trancine: Ling, 17,LPLTA 20 20.66 SYDNJAN Danielle Bell, 17,IS 20.06 SYDNJAN Danielle Bell, 17,IS 20.06.20 SYDNJAN Danielle Bell, 17,IS 20.06.20 SYDNJAN Danielle Bell, 17,IS 20.06.20 SYDNJAN Danielle Bell, 17,IS	5 58.89 6 59.18	CANLCMAR	Jessie Bradshaw, 16, UCSA Chanell Charron-W 16 CNO
9 59.38 CANLCMAR Adriana Koc-Spadaro, 17, PUSA 10 59.43 CANLCMAR Laura Grant, 16, UCSA 11 59.47 CANLCMAR Laura Grant, 16, UCSA 12 59.58 CANLCMAR Laura Grant, 16, UCSA 13 59.76 CANLCMAR Isabelle Ascah-Coallier, 17, CAMO 14 59.77 CANLCMAR Isabelle Ascah-Coallier, 17, CAMO 15 59.83 CANLCMAR Jennifer Beckberger, 15, AAC 15 59.83 CANLCMAR Jennifer Beckberger, 15, AAC 15 59.83 CANLCMAR Janey Monica Wigman, 16, ESWIM 16 59.92 CDIV1APR Jackie Garay, 17, ISC-TO 17 59.94 CANLCMAR Joanna McLean, 17, ESWIM 19 100.00 ONSRUIN Frances Stephenson, 16, NYAC 21 100.19 LUSCMAY Stephanie KLIN, 15, IMSC-W0O 23 100.22 ZAJACMAY Mitra Chandler, 17, HYACK 24 100.23 CANLCMAR Pranters VIE 20 MERES FREESTVLE Rec.20108 20.06.02 CANLCMAR Marieve De Blois, 17, PPO 20.07 CANLCMAR Tamee Ebert, 17, PDSA 20.08.70	7 59.23	CANLCMAR	Marieve De Blois, 17, PPO
3 59/.6 CANLCUMAR Sabelle Accan-Callier, 17,CAMU 4 59.75 CANLCUMAR Lennife Beckberger, 15,AAC 15 59.83 CANLCUMAR Monica Wejman, 16,ESWIM 16 59.92 CDIV1APR Lackle Gary, 17, 175C-T0 17 59.94 CANLCUMAR Jackle Gary, 17, 175C-T0 18 59.95 CANLCUMAR Jackle Gary, 17, 175C-T0 19 10:000 CANLCUMAR Joanna MucLean, 17, ESWIM 20 10:001 CANLCUMAR Joanna MucLean, 17, ESWIM 20 10:001 PLACMAY Posis Meade, 16, BOSC 21 10:019 LUSCAWAY Stephanie Kuhn, 15, IMKC-NWO 23 1:00.22 CANLCMAR Trancine Ling, 17, JPELTA 24 1:00.23 CANLCMAR Trancine Ling, 17, DELTA 25 1:00.25 CANLCMAR Trancine Ling, 17, DELTA 20 2:06.60 SYDNJAN Danielle Bell, 17, IS 2:06.62 CANLCMAR Marieve De Biois, 17, PPO 2:07.97 CANLCMAR Marieve De Biois, 17, ROW 2:07.97 CANLCMAR Vanael Charon-W., 16, CNO 2:08.10 CANLEVMAR Y Chanell Charon-W., 16, CNO 2:08.10 CANLC	o 59.25 9 59.38	CANLCMAR	Adriana Koc-Spadaro, 17, PDSA
3 59/7.6 CANLCUMAR Isabelle Ascan-Callier, 17, CANU 4 59.76 CANLCUMAR Isabelle Ascan-Callier, 17, CANU 15 59.83 CANLCUMAR Monica Wejman, 16, ESWIM 16 59.92 ODIV1APR Lackle Gazy, 17, 175, C-TO 17 59.94 CANLCUMAR Monica Wejman, 16, ESWIM 18 59.95 CANLCUMAR Jackle Gazy, 17, 175, C-TO 17 59.94 CANLCUMAR Joanna McLean, 17, ESWIM 19 100.00 ONSRUIN Frances Stephenson, 16, NYAC 21 100.19 LACMAY Rosie Meade, 16, BOSC 22 100.22 CANLCMAR Stephanie Kuhn, 15, TMSC-NWO 23 1:00.22 CANLCMAR Francine Ling, 17, LPLIA 24 1:00.23 CANLCMAR Francine Ling, 17, LPLIA 25 1:00.25 CANLCMAR Francine Ling, 17, DELIA 20 2:06.60 SYDNJAN Danielle Bell, 17, IS 2:06.62 CANLCMAR Marieve De Biois, 17, PPO 2:07.97 CANLCMAR Marieve De Biois, 17, ROW 2:07.97 CANLCMAR Venhal Brown, 17, PDSA 2:08.10 CANLCMAR Stephana Brown, 17, PDSA 2:08.10 CA	10 59.43 11 59.47	CANLCMAR	Laura Grant, 16, UCSA Katherine Telfer, 16, ESWIM
14 59.77 CANLCMAR Jennifer Beckberger, 15, AAC 15 59.83 CANLCMAR Monica Wejman, 16, ESWIM 16 59.92 ODIVIAPR Jackie Garay, 17, 15C-10 17 59.94 CANLCMAR Hayley Doody, 15, UCSA 18 59.95 CANLCMAR Joanna McLean, 17, ESWIM 19 1.00.00 CANLCMAR Joanna McLean, 17, ESWIM 20 1.00.00 CANLCMAR Joanna McLean, 17, ESWIM 21 1.00.19 LACMAY Rosie Meade, 16, BOSC 22 21 1.00.19 LACMAY Rosie Meade, 16, BOSC 23 23 1.00.22 CANLCMAR Francine Ling, 17, DELTA 25 1.00.22 CANLCMAR Francine Ling, 17, DELTA 25 1.00.25 CANLCMAR Francine Ling, 17, DELTA 25 2.04.62 USGP1MAY Jenna Gresdal, 16, ESWIM 2 2.06.60 SYDNUAN Danielle Bell, 17, 15 3 2.06.62 CANLCMAR Timer Ebert, 17, PON 2 2.06.02 CANLCMAR Timer Ebert, 17, PON 4 2.07.40 ODIVIAPR Jennifer Fratesi, 17, ROW 2 <td< td=""><td>12 59.58</td><td>CANLCMAR</td><td>Amanda Gillespie, 16, NKB</td></td<>	12 59.58	CANLCMAR	Amanda Gillespie, 16, NKB
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18 59.95 CANLCMAR, Joánrá McLéan, 17, ESWIM 19 1:00.00 CANLCMAR, Diane Kardash, 15, MM 10 1:00.00 ONSRUIN, Frances Stephenson, 16, NYAC 21 1:00.19 LLSCMAY, Stephenson, 16, MYAC 21 1:00.19 LUSCMAY, Stephenis Kun, 15, TMSC-NWO 23 1:00.22 ZAJACMAY, Mitra Chandler, 17, HYACK 24 1:00.23 CANLCMAR, Francine, Ling, 17, DELTA 25 1:00.25 CANLCMAR, Francine, Ling, 17, DELTA 20 MERES, FREZENTLE Rec. 2010.08 2:06.60 SYDNLAN Danielle Bell, 17, IS 2:07.60 SYDNLAN Danielle Bell, 17, IS 2:07.60 ONSRUIN Katherine Feller, 16, SWIM 2:07.76 ONSRUIN Katherine Feller, 16, SWIM 2:07.76 ONSRUIN Katherine Feller, 16, SWIM 2:08.77 CANLCMAR, Tamee Ebert, 17, PDSA 2:08.60 CANLCMAR Beana Brown, 17, PDSA 2:09.61 CANLCMAR Canther Stefary, Styn, 16, PDSA 2:09.61 CANLCMAR Athry Suida, 15, ROW 2:09.61 CANLCMAR Athry Suida, 15, ROW 2:09.61 CANLCMAR Athry Suida, 15, ROW<	16 59.92	ODIV1APR	Jackie Garay, 17, TSC-TO
19 1:00.00 CANLCMAR Diane Kardash, 15,MM 20 1:00.00 ONSRUIN Frances Stephenson 16,NYAC 21 1:00.19 LACMAY Rosie Meade, 16,BOSC 22 1:00.19 LACMAY Rosie Meade, 16,BOSC 23 1:00.22 ZAJACMAY Mitra Chandler, 17,HYACK 24 1:00.23 CANLCMAR Francine Ling, 17,DELTA 25 1:00.25 CANLCMAR Francine Ling, 17,DELTA 26 1:00.25 CANLCMAR Francine Ling, 17,DELTA 27 1:00.25 CANLCMAR Markine Ling, 17,DELTA 20:06.00 SYDNIAN Danielle Bell, 17,IS 2:06.62 CANLCMAR Marieve De Blois, 17 PPO 2:07.60 ODIVIAPR Jennifer Fratesi, 17,ROW 2:07.76 ODSRUIN Katherine Flefer, 16,ESWIM 2:07.76 ODSRUIN Rame Ebert, 17,PDSA 2:08.10 CANLCMAR Meghan Brown, 17,PDSA 2:08.20 CANLCMAR Meghan Brown, 17,PDSA 2:09.21 COBNSUN Rosie Meade, 17,BOSC 1:00.20.21 COBNAR Aming Suma Bothweil, 17,CANO 2:09.21 COBNAR Amber Subkes, 17,HVACK 2:09.20 COUPMAY Isabela es			
1 1:00.19 LACMAY Rosie Meade 16.80SC 22 1:00.19 LUSCMAY Stephanie kuhn 15.71MSC-NWO 23 1:00.22 ZAJACMAY Mitra Chandler, 17.1YACK 24 1:00.23 CANLCMAR Francine Ling, 17.0ELTA 25 1:00.25 CANLCMAR Francine Ling, 17.0ELTA 25 1:00.25 CANLCMAR Francine Ling, 17.0ELTA 26 1:00.25 CANLCMAR Francine Ling, 17.0ELTA 27 1:00.25 CANLCMAR Francine Ling, 17.0ELTA 20:6.60 SYDNJAN Danielle Bell, 17.1S 2:06.60 2:00.62 CANLCMAR Tame Eberl, 17.1PS 2:07.76 2:07.76 ONRUIN Katherine Flefer, 16.ESWIM 6: 2:07.97 2:08.20 CANLCMAR Tamee Eberl, 17.1PSA 2:08.20 2:08.50 CANLCMAR Reghan Brown, 17.PDSA 2:08.10 2:08.50 CANLCMAR Reghan Brown, 17.PDSA 2:09.20 2:08.50 CANLCMAR Meghan Brown, 17.PDSA 2:09.20 2:08.50 CANLCMAR Meghan Brown, 17.PDSA 2:09.91 2:09.96 FVACKMAY Amber Dykes, 17.140SC 1:00 1:00.20.81 CANLCMAR Meghan Drown, 17.DSA	19 1:00.00	CANLCMAR	Diane Kardash, 15, MM
23 1:00.22 ZAJACMAY Miria Chandler, 17, HYACK 24 1:00.23 CANLCMAY Financia Ling, 17, DELTA 25 1:00.25 CANLCMAR Elizabeth Cleven, 16, MM 200 METRES FREESTVLE Rec. 2010.08 Jane Kert, ESC, 85 1 2:00.60 SYDNLAN Danielle Bell, 17, IS 2:00.60 SYDNLAN Danielle Bell, 17, IS 2:00.60 SYDNLAN Danielle Bell, 17, IS 2:00.62 CANLCMAR Marieve De Blois, 17, PPO 4 2:07.60 ODIVTAPR Jennifer Fratesi, 17, ROW 2:07.76 ONSRUIN Katherine Feller, 16, ESWIM 6 2:07.76 CANLCMAR Tamee Ebert, 17, PDSA 7 2:08.02 CANLCMAR Cynthia Paerce, 17, MSSAC-T0 10 2:08.67 CANLCMAR Cynthia Paerce, 17, MSSAC-T0 12 2:09.76 CANLCMAR Canalis Befanystryn, 16, PDSA 2:09.70 CANLCMAR Canaly Beaniar Steanystryn, 16, PDSA 2:09.71 CANLCMAR Athry Suda, 15, ROW 13 2:09.76 CANLCMAR Athry Suda, 15, ROW 14 2:09.81 CANLCMAR Kathry Suda, 15, ROW 15 2:09.66 HYACKMAY Amber Dydes, 1	21 1:00.19	LACMAY	Rosie Meade, 16, BOSC
25 1:00.25 CANLCWAR Elizabeth Cleven, 16,MM 200 METRES FREESTVLE Rec: 2:01.08 Jane Kerr, ESC,85 2:06.60 SYDNLAN Danielle Bell,17,15 2:06.60 SYDNLAN Danielle Bell,17,15 2:06.60 SYDNLAN Danielle Bell,17,15 2:06.62 CANLCMAR Marieve De Blois,17,PPO 4:207.60 ODIVTARE Jennifer Frates,17,ROW 5:207.76 ONSRUUN Katherine Telfer,16,ESWIM 6:207.97 CANLCMAR Tamee Ebert,17,PDSA 9:208.50 CANLCMAR Venhall Charton-W.,16,CNO 8:208.10 CANLCMAR Venhall Charton-W.,16,CNO 9:208.50 CANLCMAR Venhall Charton-W.,16,CNO 2:08.10 CANLCMAR Venhall Charton-W.,16,CNO 2:09.16 CANLCMAR Art Stabelle Ascah-Cailler,17,CMO 2:09.91 CANLCMAR Athry Studa,15,ROW 15 2:09.96 CHYACKMAY Amber Dykes,17,HYACK 16 CANLOWAR Stabelle Ascah-Cailler,17,CAMO 12 2:09.96 CASCJUN Orlagh OKell,15,EKSC-UA 16 2:10.32 PABEYAN Shawna Bothwell,17,ROCSC 17 2:10.32 SBEYAN Shawna Bothwell, 17,ROCSC 12	23 1:00.22	ZAJACMAY	Mitra Chandler, 17, HYACK
200 DETRES FREESTYLE Rec: 20108 Jane Kerr, ESC,85 2:04:28 USGPTIAMY Jenna Gresdal, 16,ESWIM 2:06:60 SYDNJAN Danielle Bell, 17,15 2:06:62 CANLCMAR Marievo De Biols; 17,PPO 4:207:40 ODIVTAPR Jennie Frates; 17,ROW 5:207:65 ONSRUIN Katherine Teller, 16,ESWIM 6:207:97 CANLCMAR Tamee Ebet, 17,PDSA 7:208:02 POCUPMAY Chanell Charron-W, 16,CNO 8:208:10 CANLCMAR Tamee Ebet, 17,PDSA 9:208:50 CANLCMAR Weghan Brown, 17,PDSA 9:208:50 CANLCMAR Deama Steatryshyn, 16,PDSA 12:209:16 POCUPMAY Chanell Charron-W, 16,CNO 2:208:17 CANLCMAR Deama Steatryshyn, 16,PDSA 12:209:16 POCUPMAY Isabelle Ascah-Coallier, 17,CANO 12:209:16 POCUPHAY Isabelle Ascah-Coallier, 17,CANO 12:209:16 CASCLUM Analys Dowd, 15,UCSA 17:210:32 CASCLUM Nalys Amber Dybes, 17,HYACK 16 210:06 CASCLUM Nalys Domot, 15, EKSC: UA 18:210:33 POCUPFEB Audrey Lacroix, 17, CAMO 210:40 CASCLUM Allison Laidlow, 16, POSA 210:05 </td <td></td> <td></td> <td></td>			
1 2:04.28 USCPTIMAY Jens Gresdal, 16, ESWIM 2 2:06.60 SYDNIAN Danielle Bell, 17, 15 2 2:06.62 CANLCMAR Marieve De Biois, 17, PPO 4 2:07.40 ODIVIAPR Jennifer Fratesi, 17, ROW 5 2:07.67 ONSRUIN Matherine Telfer, 16, ESWIM 6 2:07.97 CANLCMAR Tamee Ebert, 17, PDSA 7 2:08.02 OCUPMAY Chanler, 17, PDSA 8 2:08.02 CANLCMAR Weghan Brown, 17, PDSA 9 2:08.05 CANLCMAR Portanal Stearystry, 16, PDSA 10 2:08.67 ONSRUIN Rosie Meade, 17, BOSC 11 2:09.96 HYACKMAR Deanna Stearystry, 16, PDSA 12 2:09.91 DOWARR Beanna Stearystry, 16, PDSA 12 2:09.96 HYACKMAY Amber Dykes, 17, HYACK 16 2:10.06 CASCJUN Hayley Doody, 10, USA 17 2:10.06 CASCJUN Hayley Doody, 15, EKSC- UA 18 2:10.32 ABSRUAN Shama Bothwell, 17, RDCSC 19 2:10.33 POCUPFEB Audrey Lacroix,	200 METRES I	REESTYLE	
3 2:06.62 CANLCMAR Marieve De Biols;17,PPO 4 2:07.40 ODIVTAPR Lennifer Frates;17,ROW 5 2:07.76 ONSRUIN Katherine Telfer;16,ESWIM 6 2:07.97 CANLCMAR Tamee Ebert;17,PDSA 7 2:08.02 POCUPMAY Chanel Charron-W.;16,CNO 8 2:08.10 CANLCMAR Tamee Ebert;17,PDSA 9 2:08.50 CANLCMAR Cynthia Paerac; 17,MSSAC-T0 10 2:08.67 CANLCMAR Cynthia Paerac; 17,MSSAC-T0 12 2:08.77 CANLCMAR Cynthia Paerac; 17,MSSAC-T0 12 2:08.70 CANLCMAR Archar Staffarshryn,16,PDSA 2:09.91 FOCUPMAY Isabelle Ascat-Callie; 17,CAMO 13 2:09.91 FOCUPMAY Isabelle Ascat-Callie; 17,CAMO 14 2:09.96 HYACKMAY Amber Dykes; 17,HYACK 16 2:10.06 CASCJUN Variey Downi; 10,EDSA 17 2:10.66 CASCJUN Variey Downi; 17,FOX 18 2:10.32 ABSRJAN Shawna Bolhwell; 17,FOX 19 2:10.35 EKUPR Allison Laidow; 16, FOSA 12 2:10.55 EKUPR Allison Laidow; 16, FOSA	1 2:04.28	USGP1MAY	Jenna Gresdal, 16 FSWIM
5 2:07.76 ONSRUIN Katherine Telfer, 16.ESWM 6 2:07.97 CANLCMAR Tames Ebert, 17.PDSA 7 2:08.02 POCUPMAY Chanell Charron-W., 16,CNO 8 2:08.10 CANLCMAR Meghan Brown, 17,PDSA 9 2:08.50 CANLCMAR Cynhia Paerae, 17,MSSAC-TO 10 2:08.67 ONSRUIN Rosie Meade, 17,BOSC 12 2:08.77 CANLCMAR Deanna Stefanyshyn, 16,PDSA 12 2:09.16 POCUPMAY Isabelle Ascah-Coallier, 17,CAMO 13 2:09.21 CANLCMAR Kathy Sluda, 15,MW 14 2:09.81 CANLCMAR Kathy Sluda, 15,MW 15 2:09.96 HYACKMAY Amber Dykes, 17,HYACK 16 2:10.06 CASCJUN Mayley Dowdy,15,LCSA 17 2:10.32 PASUAN Shawa Bothwell, 17,RDCSC 19 2:10.33 PASUAN Shawa Bothreell, 17,RDCSC 12 2:10.55 EKUAPR Allison Laidlow, 16,PDSA 12 2:10.56 EKUAPR Allison Laidlow, 16,PDSA 12 2:10.58 EKUAPR Allison Laidlow, 16,PDSA 12 2:10.59 PASULPMAP Dominique Charon, 17,PDO	3 2:06.62	CANLCMAR	Marieve De Blois, 17, PPO
6 2:07.97 CANLC/MAR Tamee Ebert,17,PDSA 7 2:08.02 POCUPMAY Chanell Charron-W.,16,CNO 8 2:08.10 CANLC/MAR Meghan Brown,17,PDSA 9 2:08.50 CANLC/MAR Meghan Brown,17,PDSA 9 2:08.50 CANLC/MAR Meghan Brown,17,PDSA 9 2:08.50 CANLC/MAR Meghan Brown,17,PDSA 10 2:08.67 ONSRUM Rosie Meade,17, BOSC 11 2:08.77 CANLC/MAR Deanna Stefanyshyn,16,PDSA 12 2:09.76 POUPMAY Isabelle Accah-Caillier,17,CAMO 13 2:09.21 ODIV3APR Lennifer Porenta,15, MMST-TO 14 2:09.96 HYACKMAY Anber Dykes,17, HYACK 15 2:09.96 HYACKMAY Anber Dykes,17, HYACK 16 2:10.06 CASCJUN Orlagh Orkelly,15, EKSC-UA 17 2:10.60 CASCJUN Orlagh Orkelly,15, EKSC-UA 18 2:10.32 ABSRUM Sharma Bothwell,17, RDCSC 19 2:10.33 POCUPFEB Audrey Lacroix,17, CAMO 2:10.45 EKUAPR Altion Laidlow, 16, POSA 2:10.50 SASKMAY Meghan Demerkin, 17, ROD <td< td=""><td>5 2:07.76</td><td>ONSRJUN</td><td>Katherine Telfer, 16, ESWIM</td></td<>	5 2:07.76	ONSRJUN	Katherine Telfer, 16, ESWIM
8 2:08.10 CANLCMAR Meghan Brown, 17,PDSA 9 2:08.50 CANLCMAR,Cynhia Paerce, 17,MSSAC-T0 10 2:08.67 CANLCMAR,Cynhia Paerce, 17,MSSAC-T0 11 2:09.77 CANLCMAR,Deanna StefanysTyn, 16, PDSA 2:09.77 CANLCMAR, Deanna StefanysTyn, 16, PDSA 2:09.71 CANLCMAR, Baelle Aszah-Coallier, 17, CAMO 13 2:09.21 ODIV3APR Jennifer Porenta, 15, MMST-T0 14 2:09.81 CANLCMAR, Kathy Studa, 15, ROW 15 2:09.06 HYACKMAY, Amber Dykes, 17, HYACK 16 2:10.06 CASCJUN Hayley Doody, 15, UCSA 17 2:10.02 ABSRJAN, Shawna Bothwell, 17, RDCSC 19 2:10.32 BASRJAN, Shawna Bothwell, 17, ROLSC 10 2:10.45 ELLUPN Joan Bernier, 16, CNCB 12 2:10.55 POLUPFER MIlson Laidiow, 16, PDSA 2:2:10.59 POCUPENAY Dominique Charron, 17, PPO 2:2:10.62 POLUPRE Particia Perreault, 17, ROD 2:10.62 POLUPRE Particia Parterault, 15, CNCB	6 2:07.97	CANLCMAR	Tamee Ebert, 17, PDSA
10 2:08.67 ONSRUIN Rosie Meade, 17,80SC 12 2:08.77 CANLCMAR Deama Stefanystyn, 16,PDSA 12 2:09.71 CANLCMAR Deama Stefanystyn, 16,PDSA 12 2:09.21 ODIV3APR Jennifer Porenta, 15, MMST-10 13 2:09.21 ODIV3APR Jennifer Porenta, 15, MMST-10 14 2:09.81 CANLCMAR Kathy Studa, 15, KOW 15 2:09.96 HYACKMAY Amber Dykes, 17, HYACK 16 2:10.06 CASCJUN Halyle Dodd, 15, LICSA 17 2:10.32 ABSRJAN Shawna Bothwell, 17, RDCSC 19 2:10.33 POCUPFEB Audrey Lacroix, 17, CAMO 20 2:10.48 EKIAPR Allison Laidlow, 16, PDSA 2:2:10.58 EKIAPR Allison Laidlow, 16, PDSA 2:2:10.59 POCUPMAY Dominique Charron, 17, PPO 2:2:10.60 SASKMAY Meghan Demchuk, 17, ROD 2:10.62 POLIAPR Patricia Perreaul, 15, CNCB	8 2:08.10	CANLCMAR	Meghan Brown, 17, PDSA
12 2:09.16 POCUPMAY Isabelle Ascah-Coalilier,17,CAMO 2:09.21 ODIV3APR Jennifer Porental,15, IMIST-TO 14 2:09.81 CANLCMAR Kathy Sluda,15, ROW 15 2:09.96 HYACKMAY Amber Dykes,17, HYACK 16 2:10.06 CASCJUN Halye Dood,15, UCSA 17 2:10.06 CASCJUN Ordagn Orkelly,15, EKSC-UA 18 2:10.32 ABSRJAN Shawna Bothwell,17, RDCSC 19 2:10.33 POCUPFEB Audrey Lacroix,17, CAMO 20 2:10.58 EKIAPR Allison Laidlow, 16, POSA 12 2:10.58 EKIAPR Allison Laidlow, 16, POSA 22 2:10.59 POCUPHAP Dominique Charon, 17, PPO 23 2:10.60 SASKMAY Meghan Demchuk,17, RDD 24 2:10.62 POILPMAP Daminique Charon, 17, CAND	10 2:08.67	ONSRJUN	Rosie Meade, 17, BOSC
17 2:1003 CASCJOW Originy, DERSC-OVA 18 2:10.32 ABSRUAN Shawna Bothwell 17, RDCSC 19 2:10.33 POCUPFEB Audrey Lacroix, 17, CAMO 20 2:10.45 ULJUN Joan Bernier, 16, CNCB 12 2:10.58 EKIAPR Allison Laidlow, 16, PDSA 22 2:10.59 POCUPMAY Dominique Charron, 17, PPO 23 2:10.60 SASKMAY Meghan Dernchuk, 17, ROD 24 2:10.62 POLIAPR Patricia Perreaul, 15, CNCB	11 2:08.77 12 2:09.16	CANLCMAR PQCUPMAY	Deanna Stefanyshyn, 16, PDSA Isabelle Ascah-Coallier. 17. CAMO
17 2:1003 CASCJOW Originy, DERSC-OVA 18 2:10.32 ABSRUAN Shawna Bothwell 17, RDCSC 19 2:10.33 POCUPFEB Audrey Lacroix, 17, CAMO 20 2:10.45 ULJUN Joan Bernier, 16, CNCB 12 2:10.58 EKIAPR Allison Laidlow, 16, PDSA 22 2:10.59 POCUPMAY Dominique Charron, 17, PPO 23 2:10.60 SASKMAY Meghan Dernchuk, 17, ROD 24 2:10.62 POLIAPR Patricia Perreaul, 15, CNCB	13 2:09.21 14 2:09.91	ODIV3APR	Jennifer Porenta, 15, MMST-TO Kathy Siuda 15 ROW
17 2:1003 CASCJOW Originy, DERSC-OVA 18 2:10.32 ABSRUAN Shawna Bothwell 17, RDCSC 19 2:10.33 POCUPFEB Audrey Lacroix, 17, CAMO 20 2:10.45 ULJUN Joan Bernier, 16, CNCB 12 2:10.58 EKIAPR Allison Laidlow, 16, PDSA 22 2:10.59 POCUPMAY Dominique Charron, 17, PPO 23 2:10.60 SASKMAY Meghan Dernchuk, 17, ROD 24 2:10.62 POLIAPR Patricia Perreaul, 15, CNCB	15 2:09.96	HYACKMAY	Amber Dykes, 17, HYACK
18 2:10.32 ABSRJAN Shawina Bothiwell,17,RDCSC 19 2:10.33 POCUPFEB Audrey Lacroix,17,CAMO 02 2:10.45 ULUN Joan Bernier, 16,CNCB 21 2:10.58 EKIAPR Allison Laidlow, 16,PDSA 22 2:10.59 OCUPMAY Dominique Charon, 17,PPO 23 2:10.60 SASKMAY Meghan Demchuk, 17, ROD 24 2:10.62 PQIIAPR Patricia Perreault, 15,CNCB	17 2.10.00	CASCIDIN	UTIDUTU NETTY, TO, ENGU-UA
20 2:10.45 ULJUN Joan Bernier, 16, CNCB 21 2:10.58 EKIAPR Allison Laidlow, 16, PDSA 22 2:10.59 POCUPMAY Dominique Charcon, 17, PPO 23 2:10.60 SASKMAY Meghan Demchuk, 17, ROD 24 2:10.62 POILAPR Patricia Perreault, 15, CNCB	18 2:10.32	ABSRJAN	Shawna Bothwell, 17, RDCSC
22 2:10.59 PQCUPMAY Dominique Charron, 17, PPO 23 2:10.60 SASKMAY Meghan Demchuk, 17, ROD 24 2:10.62 PQIIAPR Patricia Perreault, 15, CNCB	20 2:10.45	ULJUN	Joan Bernier, 16, CNCB
24 2:10.62 PQIIAPR Patricia Perreault, 15, CNCB	22 2:10.59	PQCUPMAY	Dominique Charron, 17, PPO
25 2:10.72 ZAJACMAY Erin Kardash,15,MM	24 2:10.62	PQIIAPR	Patricia Perreault, 15, CNCB
	25 2:10.72	ZAJACMAY	Erin Kardash, 15, MM

Rankings for the period (results received) January 1,2001 to June 13, 2001 Financially supported by Swimming Natation Canada

Compiled by SWIMNEWS	ing Natation Canada
400 METRES FREESTYLE	
Rec: 4:14.45 Donna McGinr 1 4:23.03 SYDNJAN	iis,ESC,86 I Danielle Bell,17,IS
2 4:23.98 CANLCMAR	Tamee Ebert, 17, PDSA
4 4:25.80 ZAJACMAY	I Katherine Telfer, 16, ESWIM VAllison Laidlow, 16, PDSA
5 4:26.68 PQCUPFEE	Karine Legault, 22, PPO
7 4:27.24 ESWIMJUN	Kathy Siuda, 15, ROW Jenna Gresdal, 16, ESWIM Audrey Lacroix, 17, CAMO
8 4:28.09 PQIMA 9 4:29.34 POCUPMA	Audrey Lacroix, 17, CAMO Marieve De Blois, 17, PPO
10 4:30.42 ESWIMJUN	Nathalie Lacoste, 15, MSSAC-TO
12 4:31.16 ONSRIUM	I Rosie Meade, 17, BOSC I Danielle Beland, 16, GO
13 4:31.65 CANLCMAR	Meghan Brown,17,PDSA Cynthia Pearce,17,MSSAC-TO
14 4:31.76 CANLCMAR 15 4:32.10 ZAJACMA	' Hayley Doody, 15, UCSA
16 4:32.45 CANLCMAR 17 4:32.56 CANLCMAR	/ Hayley Doody,15,UCSA 2 Elizabeth Wycliffe,17,EBSC 2 Alicia Jobse,17,MANTA
18 4:32.66 PQCUPMA	/ Joan Bernier, 16, CNCB § Sara McNally, 16, EKSC-UA R Taryn Lencoe, 15, PDSA § Shawna Bothwell, 17, RDCSC Monica Weimana 16 ESWIM
19 4:32.99 CANLCMAR 20 4:33.20 CANLCMAR	Sara McNally, 16, EKSC-UA Tarvn Lencoe, 15, PDSA
21 4:33.87 CANLCMAR	Shawna Bothwell, 17, RDCSC
22 4:34.55 CANLCMAR 23 4:34.56 PQCUPMA	Dominique Charron, 17, PPO
24 4:34.72 MSSACMA 25 4:34.84 EKIAPE	Monica Wejman, 16,ESWIM ' Dominique Charron, 17,PPO ' Jennifer Coombs, 17,MSSAC Peanna Stefanyshyn, 16,PDSA
800 METRES FREESTYLE	
Rec: 8:39.19 Debbie Wurzbi 1 9:00.02 SYDNJAN	irger,LYAC,85 I Danielle Bell,17,IS
2 9:01.23 CANLCMAR	Tamee Ebert, 17, PDSA
4 9:13.26 CANLCMAR	Y Kathy Siuda, 15, ROW Taryn Lencoe, 15, PDSA
	I Rosie Meade, 17, BOSC I Nathalie Lacoste, 15, MSSAC-TO
7 9:15.27 ZAJACMA	' Allison Laidlow, 16, PDSA
9 9:17 30 MSSACMAY	I Danielle Beland, 16, GO Katherine Telfer, 16, ESWIM
10 9:18.74 HYACKMAY	Amber Dykes, 17, HYACK
11 9:19.37 PQCUPFEE 12 9:19.79 ZAJACMA	3 Joan Bernier, 16, CNCB 7 Hayley Doody, 15, UCSA 8 Alicia Jobse, 17, MANTA
13 9:21.38 CANLCMAR 14 9:21.63 CANLCMAR	R Alicia Jobse, 17, MANTA R Sara McNally 16 EKSC-114
15 9:22.44 ESWIMJUN	Ricia Jobse, 17, WARTA & Sara McNally, 16, EKSC-UA J Jenna Gresdal, 16, ESWIM J Jennifer Coombs, 17, MSSAC-TO & Deanna Stefanyshyn, 16, PDSA (Annic) Lisetta 17, 14
16 9:22.82 ESWIMJUN 17 9:27.46 EKIAPI	Deanna Stefanyshyn, 16, PDSA
18 9:29.68 POCUPMA 19 9:31.16 EKIAPE	Annie Lizotte, 17, UL
20 9:32.13 HYACKMA	Mitra Chandler, 17, HYACK
21 9:32.30 HYACKMA 22 9:32.54 ONSRJUN	' Kelsey Cross,16,LL L Alana Murphy,17,FSWIM
23 9:33.09 PQCUPMA 24 9:33.83 PQCUPMA	Dominique Charron, 17, PPO
25 9:35.76 HYACKMA	Deanna Stefanyshyn, 16,PDSA Annie Lizotte, 17,UL 2 Annamay Pierse, 17,EKSC-UA Mitra Chandler, 17,HYACK Kelsey Cross, 16,LL 1 Alana Murphy, 17,ESWIM Dominique Charron, 17,PPO Patricia Perreault, 15,CNCB Carly Schaab, 15,UCSC E
100 METRES BACKSTRO Rec: 1:02.14 Kelly Stefanys	
1 1:02.87 CANLCMAR	E Jennifer Fratesi, 16, ROW E Elizabeth Wycliffe, 17, EBSC
3 1:04.64 USGP1MA	/ Jenna Gresdal 16 FSWIM
	Sonna Grosdan, rojeonnin
4 1:04.75 ONSRJUN 5 1:05.30 CANLCMAR	/ Jenna Gresdal, 16, ESWIM I Katie Smith, 15, COBRA 2 Caitlin Meredith, 17, KCS
5 1:05.30 CANLCMA	Caitlin Meredith, 17, KCS
5 1:05.30 CANLCMAH 6 1:05.51 ONSRJUN 7 1:06.15 ONSRJUN 8 1:06.38 CANLCMAH	2 Caitlin Meredith,17,KCS I Sheena Martin,16,ROW I Amanda Gillespie,16,NKB 2 Erin Kardash,15,MM
5 1:05.30 CANLCMAH 6 1:05.51 ONSRJUN 7 1:06.15 ONSRJUN 8 1:06.38 CANLCMAH	2 Caitlin Meredith,17,KCS I Sheena Martin,16,ROW I Amanda Gillespie,16,NKB 2 Erin Kardash,15,MM
5 1:05.30 CANLCMAI 6 1:05.51 ONSRJUI 7 1:06.15 ONSRJUI 8 1:06.38 CANLCMAI 9 1:06.54 POIIMA' 10 1:06.55 ODIV2API 11 1:06.60 ODIV1API	C Cattin Meredith,1,7,KCS I Sheena Martin,16,ROW I Amanda Gillespie,16,NKB E Erin Kardash,15,MM Audrey Lacroix,17,CAMO 2 Andrea Shoust,15,SSMAC Amy Jacina,17,GMAC
5 1:05.30 CANLCMAI 6 1:05.51 ONSRUU 7 1:06.15 ONSRUU 8 1:06.38 CANLCMAF 9 1:06.54 POIMA' 10 1:06.55 ODIV2APF 11 1:06.60 ODIV1APF 12 1:06.83 ONSRUE	2 Cattin Meredith,1 /,KCS I Sheena Martin,16,ROW I Amanda Gillespie,16,NKB 2 Erin Kardash,15,MM / Audrey Lacroix,17,CAMO 2 Andrea Shoust,15,SSMAC 2 Amy Jacina,17,CMAC I Melissa Bartlett,15,CYPS
5 1:05.30 CANLCMAI 6 1:05.51 ONSRJUN 7 1:06.15 ONSRJUN 8 1:06.38 CANLCMAI 9 1:06.54 POIMA' 10 1:06.55 ODIV2API 11 1:06.60 ODIV1API 12 1:06.83 ONSRJUN 13 1:06.88 EKIAPI 14 1:06.90 CANLCMAI	C Caltin Meredith, 17, KCS Sheena Martin, 16, ROW I Amanda Gillespie, 16, NKB Erin Kardash, 15, MM Audrey Lacroix, 17, CAMO A Andrea Shoust, 15, SSMAC A my Jacina, 17, GMAC I Melissa Bartlett, 15, CYPS Hania Kubas, 15, EKSC-UA Amanda Lesiie, 17, RAYS
5 1:05.30 CANLCMAI 6 1:05.51 ONSRUID 7 1:06.15 ONSRUID 8 1:06.36 CANLCMAI 9 1:06.54 POIMAI 10 1:06.56 ODIVIZAPI 11 1:06.60 ODIVIAPI 12 1:06.88 EKIAPI 13 1:06.88 EKIAPI 14 1:06.90 CANLCMAI 15 1:07.14 ZAJACMAY 16 1:07.16 CANLCMAI	C Carlin Meredith, 17, KCS Sheena Martin, 16, ROW I Amanda Gillespie, 16, NKB E rin Kardash, 15, MM Audrey Lacroix, 17, CAMO A marte a Shoust, 15, SSMAC Amy Jacina, 17, CMAC Melissa Bartlett, 15, CYPS I Hania Kubas, 15, EKSC-UA Hania Kubas, 15, EKSC-UA Hanada Leslie, 17, RAYS Tina Hoang, 15, HYACK Randi Baaulieu, 15, MSAC-TO
5 1:05.30 CANLCMAI 6 1:05.51 ONSRUID 7 1:06.15 ONSRUID 8 1:06.53 CANLCMAI 9 1:06.54 POIMAI 10 1:06.55 ODIVIZAPI 11 1:06.60 ODIVIAPI 12 1:06.83 EKLAPI 13 1:06.88 EKLAPI 14 1:06.90 CANLCMAI 15 1:07.16 CANLCMAI 16 1:07.16 CANLCMAI 18 1:07.22 ONSRUID	C Carlin Meredith, 17, KCS Sheena Marin, 16, ROW I Amanda Gillespie, 16, NKB E trin Kardash, 15, MM Audrey Lacroix, 17, CAMO Andrey Shoust, 15, SSMAC Amy Jacina, 17, CMAC Melissa Bartlett, 15, CYPS Hania Kubas, 15, EKSC-UA Hania Kubas, 15, EKSC-UA Ramarda Lesile, 17, RAYS Tina Hoang, 15, HYACK Randi Beaulieu, 15, MSSAC-TO Katherine Teller, 16, ESWIM Joanna McLean, 17, ESWIM
5 1:05.30 CANLCMAI 6 1:05.51 ONSRUID 7 1:06.15 ONSRUID 8 1:06.36 CANLCMAI 9 1:06.54 POIIMAI 10 1:06.56 POIV2API 11 1:06.60 ODIV1API 12 1:06.88 EKIAPI 14 1:06.90 CANLCMAI 15 1:07.14 ZAJACMAY 16 1:07.16 CANLCMAI 17 1:07.37 ONSRUID 18 1:07.52 ONSRUID 19 1:07.33 CANLCMAI	C Carlin Meredith, 17, KCS I Sheena Martin, 16, ROW I Amanda Gillespie, 16, hKB E trin Kardash, 15, MM Audrey Lacroix, 17, CAMO A Andrea Shoust, 15, SSMAC A my Jacina, 17, CMAC I Melissa Bartlett, 15, CYPS Hania Kubas, 15, EKSC-UA Amanda Lesiie, 17, RAYS Tina Hoang, 15, HYACK Randi Beaulieu, 15, MSSAC-TO Katherine Telfer, 16, ESWIM Joanna McLean, 17, ESWIM Joanna McLean, 17, ESWIM
5 1:05.30 CANLCMAI 6 1:05.51 ONSRUID 7 1:06.15 ONSRUID 8 1:06.38 CANLCMAI 9 1:06.54 POIIMAI 10 1:06.55 ODIV2API 11 1:06.63 ONSRUID 12 1:06.63 ONSRUID 13 1:06.83 ONSRUID 14 1:06.60 CANLCMAI 15 1:07.14 ZAJACMAI 16 1:07.16 CANLCMAI 17 1:07.33 ONSRUID 18 1:07.52 ONSRUID 10 1:07.83 CANLCMAI	C Carlin Meredith, 17, KCS I Sheena Marin, 16, ROW I Amanda Gillespie, 16, NKB Erin Kardash, 15, MM Audrey Lacroix, 17, CAMO Andrea Shoust, 15, SSMAC Amy Jacina, 17, GMAC Melissa Bartlett, 15, CYPS Hania Kubas, 15, EKSC-UA Amanda Leslie, 17, RAYS Tina Hoang, 15, HYACK Randi Beaulieu, 15, MSSAC-TO Katherina Teller, 16, ESWIM Joanna McLean, 17, ESWIM Elizabeth Cleven, 16, MM Elizabeth Cleven, 16, MM
5 1:05.30 CANLCMAI 6 1:05.51 ONSRUID 7 1:06.15 ONSRUID 8 1:06.38 CANLCMAI 9 1:06.54 POIIMAI 10 1:06.55 ODIVIZAPI 11 1:06.60 ODIVIAPI 12 1:06.83 ONSRUID 14 1:06.90 CANLCMAI 15 1:07.14 ZAJACMAN 16 1:07.63 ONSRUID 18 1:07.32 ONSRUID 19 1:07.83 CANLCMAI 10 1:07.78 CANLCMAI 21 1:07.44 CANLCMAI 21 1:07.44 CANLCMAI	C Carlin Meredith, 17, KCS Sheena Marin, 16, ROW Amanda Gillespie, 16, NKB Erin Kardash, 15, MM Audrey Lacroix, 17, CAMO A ndrej Lacroix, 17, CAMO Audrey Lacroix, 17, CAMO Melissa Bartlett, 15, CYPS Hania Kubas, 15, EKSC-UA Amanda Leslie, 17, RAYS Tina Hoang, 15, HYACK Randi Beaulieu, 15, MSSAC-TO Katherin Erlier, 16, ESWIM J Joanna McLean, 17, ESWIM Rachel Hosford, E, 17, HWAC Erin Prout, 15, EKSC-UA
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5 1:05.30 CANLCMAI 6 1:05.51 ONSRUID 7 1:06.15 ONSRUID 9 1:06.54 POIIMAI 10 1:06.55 ODIVZAPI 11 1:06.60 ODIVTAPI 12 1:06.83 ONSRUID 13 1:06.88 EKIAPI 14 1:06.90 CANLCMAI 15 1:07.14 ZAJACMAY 16 1:07.16 CANLCMAI 10 1:07.83 CANLCMAI 10 1:07.83 CANLCMAI 10 1:07.83 CANLCMAI 2 1:07.87 CANLCMAI 2 1:07.87 CANLCMAI 2 1:07.87 CANLCMAI 2 1:08.07 PPOMENE 2 1:08.17 PPOMAI 2 1:08.37 ONSRUP 2 2:12.42 SYDNIAI 2 2:12.42 SYDNIAI 2 2:22.52 CANLCMAI	C Carlin Meredith, 17, KCS Sheena Martin, 16, ROW I Amanda Gillespie, 16, NKB E trin Kardash, 15, MM Audrey Lacroix, 17, CAMO Audrey Lacroix, 17, CAMO A more a Shous, 15, SSMAC Amy Jacina, 17, CMAC I Melissa Bartlett, 15, CYPS Hania Kubas, 15, EKSC-UA Amanda Leslie, 17, RAYS Fandi Beaulieu, 15, MSSAC-TO I Katherine Telfer, 16, ESWIM J Joanna McLean, 17, ESWIM B Jessie Bradshaw, 16, UCSA A Shleigh Thomas, 17, USC I Michelle Zambri, 17, WUC E (ROW, 1 Jennifer Fratesi, 16, ROW I Jennifer Fratesi, 16, ROW I Jennifer Fratesi, 16, ROW E Lizabeth Wycliffe, 17, EBSC Sheena Martin, 16, ROW Amy Jacina, 17, GMAC Shawma Bothwell, 17, ROCSC Catilin Meredith, 17, KCS Amanda Leslie, 17, RAYS Katherine Telfer, 16, ESWIM Katherin, 16, COBRA Lynnet Bayliss, 15, UCSA Anna Szallars, 16, SCNUM Kather Smith, 15, COBRA Chanel Charon-W, 16, CNO Andre 3 Shouz, 16, SSMAC Melissa Bartlett, 15, CYPS Anna Szallarski, 16, BROCK J Lenniffer Esford, 17, ROW
5 1:05.30 CANLCMAI 6 1:05.51 ONSRUID 7 1:06.15 ONSRUID 8 1:06.36 CANLCMAI 9 1:06.54 POIIMAI 10 1:06.63 CANLCMAI 11 1:06.60 DDIVTAPI 12 1:06.83 EKIAPI 13 1:06.88 EKIAPI 14 1:06.90 CANLCMAI 15 1:07.14 ZAJACMAY 16 1:07.16 CANLCMAI 10 1:07.87 CANLCMAI 10 1:07.87 CANLCMAI 21 1:07.97 CANLCMAI 21 1:07.97 CANLCMAI 21 1:07.97 CANLCMAI 21 1:08.17 PPOMAI 22 1:08.37 ONSRUID 22:12.42 Jennife Frates 22:12.42 Jennife Frates 22:24 SONLMAI 22:252 CANLCMAI 22:243 CANLCMAI	C Carlin Meredith, 17, KCS Sheena Marin, 16, ROW I Amanda Gillespie, 16, NKB E trin Kardash, 15, MM Audrey Lacroix, 17, CAMO A andre a Shous, 15, SSMAC Amy Jacina, 17, CMAC I Melissa Bartlett, 15, CYPS Hania Kubas, 15, EKSC-UA E Mania Kubas, 15, EKSC-UA E Mania Kubas, 15, EKSC-UA Katherine Telfer, 16, ESWIM E Elizabeth Cleven, 16, MM Rachel Hosford-E, 17, HWAC E Elizabeth Cleven, 16, MM Rachel Hosford-E, 17, HWAC E Elizabeth Cleven, 16, MM Rachel Hosford-E, 17, HWAC E Sheena Martin, 16, ROW J Josnia McLean, 17, LSWIM E Elizabeth Cleven, 16, MM Rachel Hosford-E, 17, HWAC E Sheena Martin, 16, ROW J Joshie Kardash, 15, MM E Elizabeth Wycliffe, 17, ZBSC Sheena Martin, 16, ROW J Jennia Gresdal, 16, ESWIM J Jenna Gresdal, 16, ESWIM J Jenna Gresdal, 16, ESWIM A Malona, 17, CMAC E Shawna Bothwell, 17, RDSC Catilin Meredith, 17, KDS C Catilin Meredith, 17, KDS C Catilin Meredith, 17, KDS C Catilin Meredith, 17, KDS C Catilin Meredith, 17, KDS C Chanel Charon-W, 16, CNN L Hania Kubas, 15, EKSC-UA L Hanie Subas, 15, SUSCA L Andre Shous, 16, SDSMAC L Joneth Charon-W, 16, CNN L Hania Kubas, 15, COBRA L Unette Bayliss, 15, LUCSA C Annea Szatlarski, 16, BROCK J Jennia Cristol, 16, SDW Kathy Sluda, 15, ROW Kathy Sluda, 15, ROW
5 1:05.30 CANLCMAI 6 1:05.51 ONSRUID 7 1:06.15 ONSRUID 8 1:06.36 CANLCMAI 9 1:06.54 POIIMAI 10 1:06.63 CANLCMAI 11 1:06.60 DDIVTAPI 12 1:06.83 EKIAPI 13 1:06.88 EKIAPI 14 1:06.90 CANLCMAI 15 1:07.14 ZAJACMAY 16 1:07.16 CANLCMAI 10 1:07.87 CANLCMAI 10 1:07.87 CANLCMAI 21 1:07.97 CANLCMAI 21 1:07.97 CANLCMAI 21 1:07.97 CANLCMAI 21 1:08.17 PPOMAI 22 1:08.37 ONSRUID 22:12.42 Jennife Frates 22:12.42 Jennife Frates 22:24 SONLMAI 22:252 CANLCMAI 22:243 CANLCMAI	C Carlin Meredith, 17, KCS Sheena Martin, 16, ROW I Amanda Gillespie, 16, NKB E trin Kardash, 15, MM Audrey Lacroix, 17, CAMO Audrey Lacroix, 17, CAMO A more a Shous, 15, SSMAC Amy Jacina, 17, CMAC I Melissa Bartlett, 15, CYPS Hania Kubas, 15, EKSC-UA Amanda Leslie, 17, RAYS Fandi Beaulieu, 15, MSSAC-TO I Katherine Telfer, 16, ESWIM J Joanna McLean, 17, ESWIM B Jessie Bradshaw, 16, UCSA A Shleigh Thomas, 17, USC I Michelle Zambri, 17, WUC E (ROW, 1 Jennifer Fratesi, 16, ROW I Jennifer Fratesi, 16, ROW I Jennifer Fratesi, 16, ROW E Lizabeth Wycliffe, 17, EBSC Sheena Martin, 16, ROW Amy Jacina, 17, GMAC Shawma Bothwell, 17, ROCSC Catilin Meredith, 17, KCS Amanda Leslie, 17, RAYS Katherine Telfer, 16, ESWIM Katherin, 16, COBRA Lynnet Bayliss, 15, UCSA Anna Szallars, 16, SCNUM Kather Smith, 15, COBRA Chanel Charon-W, 16, CNO Andre 3 Shouz, 16, SSMAC Melissa Bartlett, 15, CYPS Anna Szallarski, 16, BROCK J Lenniffer Esford, 17, ROW

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		IETRES BREASTSTR 08.86 Allison Higson,	EPS,88		:15.61 N	ND.MEDLEY ancy Sweetnar	n,LLSC,90
	1 2	1:12.48 ONSŘJUN	Tamara Wagner, 16, ROW Annamay Pierse, 17, EKSC-UA	1	2:18.70	CÁNLCMAR	Jennifer Fratesi, 16, ROW Marieve De Blois, 17, PPO
	3	1:14.16 ESWIMJUN	Shayna Burns, 17, CHAMP	3	2:21.01	CANLCMAR	Kristen Bradley, 17, NEW
	4 5		Laura Pomeroy, 17, OAK-TO Renee Hober, 16, ROW	4 5	2:22.63 2:23.55		Jenna Gresdal, 16, ESWIM Kathy Siuda, 15, ROW
	6 7	1:14.79 CANLCMAR	Heather Bell, 17, BTSC Courtenay Chuy, 15, HYACK	6		CANLCMAR	Jennifer Coombs, 17, HYACK Michelle Landry, 16, PDSA
	8	1:15.26 MSSACMAY	Joanna Lee, 16, MSSAC-TO	8	2:25.30	ONSRJUN	Amanda Gillespie, 16, NKB
	9 10		Genevieve Dack, 15, TBT-NWO Haylee Johnson, 15, PDSA	9 10	2:25.44 2:26.11		Annamay Pierse, 17, EKSC-UA Meghan Demchuk, 17, ROD
	11 12	1:15.86 SYDNJAN	Kristen Bradley, 17, NEW	11 12	2:26.13	ONSRJUN	Rachel Hosford-E., 17, HWAC Amber Dykes, 17, HYACK
	13	1.15 92 MSSACMAY	Meghan Demchuk, 17, ROD Yohanna Prajogo, 15, COBRA	13	2:26.42	ZAJACMAY	Allison Laidlow, 16, PDSA
	14 15	1:16.03 HYACKMAY 1:16.09 ONSRJUN	Norah Vogan, 16, GPP Shannon Kryhul, 15, ROW	14 15	2:26.45 2:26.55		Elizabeth Osterer, 15, NKB Stephanie Kuhn, 15, TMSC-NWO
	16 17	1:16.10 ONSRJUN	Ariane Kich, 17, GMAC Meagan Sinclair, 16, UCSA	16 17	2:27.00	ONSRJUN	Tamara Wagner, 16, ROW Genevieve Frappier, 17, CAMO
	18	1:16.57 ULJUN	Micheline Dufour, 15, UL	18	2:27.79	PQCUPMAY	Chanell Charron-W., 16, CNO
	19 20		Kimberley Hirsch, 15, STSC Francine Ling, 17, DELTA	19 20	2:27.82	PQCUPMAY ODIV1APR	Aurelie Meziere, 17, PPO Chandra Engs, 16, CAJ
	21	1:16.70 ABSRJAN	Emma Spooner, 17, UCSA-UC	21	2:28.04	ULJUN	Joan Bernier, 16, CNCB
	22 23	1:16.90 CANLCMAR	Mitra Chandler, 17, HYACK Marcy Edgecumbe, 17, EKSC-UA	22 23	2:28.30	ZAJACMAY	Marcia Bryon, 17, USC Mitra Chandler, 17, HYACK
	24 25	1:16.95 ONSRJUN 1:16.96 POCUPEEB	Brooke Heath, 15, TAT Marieve De Blois, 17, PPO	24 25	2:28.47 2:28.47	CANLCMAR ODIV3APR	Shawna Bothwell, 17, RDCSC Jennifer Porenta, 15, MMST-TO
	200 M	ETRES BREASTSTR 27.27 Allison Higson,	OKE	400 N	NETRES I	ND.MEDLEY	1
	1	2:33.97 BARČJUN	Annamay Pierse, 17, EKSC-UA	1	4:54.70	SYDNJAN	n,LLSC,91 Kristen Bradley,17,NEW
	2 3		Tamara Wagner, 15, ROW Renee Hober, 16, ROW	2	4:58.32	SYDNJAN	Ashley Chandler, 16, USA Jenna Gresdal, 16, ESWIM
	4	2:40.14 PQCUPMAY	Marie-P. Ratelle, 15, MEGO	4	5:00.45	ODIV1APR	Jennifer Fratesi, 17, ROW
	5 6	2:40.61 CANLCMAR	Meagan Sinclair, 16, UCSA Courtenay Chuy, 15, HYACK	5 6	5:01.42	USGP1MAY	Allison Laidlow, 16, PDSA Kathy Siuda, 15, ROW
	7 8	2:41.03 ZAJACMAY	Haylee Johnson, 15, PDSA Kristen Bradley, 17, NEW	7 8	5:02.17	CANLCMAR	Marieve De Blois, 17, PPO Michelle Landry, 16, PDSA
	9	2:41.59 ONSRJUN	Genevieve Dack, 15, TBT-NWO	9	5:04.94	ZAJACMAY	Amber Dykes, 17, HYACK
	10 11		Joanna Lee,16,MSSAC-TO Shayna Burns,17,CHAMP	10 11			Leah Schaab, 17, UCSA Aurelie Meziere, 17, PPO
	12 13	2:42.84 CANLCMAR	Marcy Edgecumbe, 17, EKSC-UA Marieve De Blois, 17, PPO	12 13			Jennifer Coombs, 17, MSSAC Joan Bernier, 16, CNCB
	14	2:43.31 CANLCMAR	Heather Bell, 17, BTSC	14	5:09.54	CANLCMAR	Norah Vogan, 16, GPP
	15 16		Micheline Dufour, 15, UL Genevieve Frappier, 17, CAMO	15 16	5:09.63 5:09.76	PQCUPFEB	Annamay Pierse, 17, EKSC-SE Chanell Charron-W., 16, CNO
	17 18	2:43.96 CANLCMAR	Ariane Kich, 17, GMAC Mitra Chandler, 17, HYACK	17 18	5:11.05 5:11.21	ONSRJUN	Brittany Cooper, 15, LAC Alex Lachance-F, 16, UL
	19	2:44.42 CANLCMAR	Shannon Kryhul, 15, ROW	19	5:11.27	CANLCMAR	Genevieve Frappier, 17, CAMO
	20 21	2:44.63 CANLCMAR 2:44.79 ZAJACMAY	Jennifer Coombs, 17, MSSAC-TO	20 21	5:13.37 5:13.99	NSSRJUN	Amanda Gillespie, 16, NKB Jessica McLellan, 16, EAST
	22 23	2:45.85 CANLCMAR	Kimberley Hirsch, 15, STSC Stephanie Cross, 16, SWAT	22 23		CANLCMAR	Elizabeth Osterer, 15, NKB Julie Babin, 17, ESWIM
	24	2:46.29 CANLCMAR	Julie Marcotte, 17, CSQ	24	5:14.41	ESWIMJUN	Katherine Telfer, 16, ESWIM
	25 100 M	IETRES BUTTERFLY	Sarah Gault, 15, DDO		5:15.01 MEDLEY	RELAY	Frances Stephenson, 16, NYAC
	Rec: 1: 1	00.86 Audrey Lacroix, 1:00.86 ROMFILIN	CAMO,1 Audrey Lacroix,17,CAMO	Rec: 1 1	:59.20 Pt 2:03.79	-Claire, PCSC POIMAY	,76 Dollard Swim Team,DDO
	2	1:01.36 SYDNJAN	Jennifer Fratesi, 16, ROW	2	2:04.47	EKIAPR	Edmonton Keyano, EKSC
	3 4		Amanda Gillespie,16,NKB Michelle Landry,16,PDSA	3 4	2:06.76 2:07.03	PQIMAY	Hyack Swim Club, HYACK Pointe Claire SC, PCSC
	5 6	1:04.05 CANLCMAR	Nancy Gajos, 16, ESWIM Darcie Armstrong, 16, TAT	5 6	2:07.29 2:07.36	PQIMAY	Montreal Aquatique,CAMO Pacific Dolphins,PDSA
	7	1:04.60 CANLCMAR	Michaela Schmidt, 17, UCSA	7	2:07.53	ESWIMJUN	Cobra Swim Club,COBRA
	8 9		Isabelle Ascah-Coallier, 17, CAMO Stephanie Kuhn, 15, TMSC-NWO	8	2:07.81 2:07.88		Regina Opt.Dolphins,ROD Univ.of Calgary SC,UCSC
	10 11		Jessie Bradshaw, 16, UCSA Orlagh O'Kelly, 15, EKSC-UA	10 11	2:08.12	PQIMAY	Univ.Laval Řouge & Or,UL Etobicoke Swimming,ESWIM
	12	1:05.39 PQCUPMAY	Julia Guay-Racine, 15, CAMO	12	2:08.45	ODIV1APR	Chatham Y,CYPS
	13 14		Danielle Beland, 16, GO Valerie Tcholkayan, 16, DDO	13 14	2:09.08 2:09.12		Ajax Aquatic Club, AAC North York AC, NYAC
	15 16		Veronick Cullen, 17, RCA Meghan Brown, 17, PDSA	15 16	2:09.30 2:09.74	MMAPR	Manitoba Marlins,MM Cambridge Aquajets,CAJ
	17	1:05.87 CANLCMAR	Jennifer Graf, 17, ROD	17	2:09.85	LACMAY	Tillsonburg AT, TAT
	18 19		Joan Bernier, 16, CNCB Jennifer Porenta, 15, MMST-TO	18 19	2:10.11 2:10.36	PQIMAY	Samak de Brossard, SAMAK Megophias Trois Rivieres, MEGO
	20 21	1:06.08 ONSRJUN	Danielle Gudgeon, 17, NYAC Laura Grant, 16, UCSA	20 21	2:10.82 2:11.02	LACMAY	Newmarket SC,NEW Points North SC,PN
	22	1:06.37 POIIAPR	Chrystele Roy-I'Ecuver. 16. CNB	22	2:11.11	NEORJUN	Timmins Marlins, TMSC-NWO
	23 24	1:06.51 LACMAY 1:06.51 ESWIMJUN	Tiffany Vincent, 15, BRANT Jenna Gresdal, 16, ESWIM	23 24	2:11.45 2:11.74		Silver Tide SC,STSC Toronto Champs,CHAMP
	25 200 M		Heather Crowdis, 17, AAC	25 4X50	2:12.02 FREE RE	PGBAPR	Kamloops Classic, KCS
	Rec: 2:	11.26 Jessica Deglau,		Rec: 1	:47.46 Et	obicoke Swim	ming,ESWIM,0
	1	2:20.37 ONSRJUN	Audrey Lacroix, 17, CAMO Nancy Gajos, 16, ESWIM	1	1:51.61 1:52.47		Manitoba Marlins,MM Ajax Aquatic Club,AAC
	3 4	2:20.70 CANLCMAR	Michaela Schmidt, 17, UCSA Michelle Landry, 16, PDSA	3	1:52.52 1:53.16		Univ.of Calgary SC,UCSC North York AC,NYAC
	5	2:22.78 PQIMAY	Alex Lachance-F,16,UL	5	1:53.36	ESWIMJUN	Etobicoke Swimming, ESWIM
	6 7	2:23.17 PUCUPINAY 2:23.34 CANLCMAR	Joan Bernier, 16, CNCB Jennifer Coombs, 17, HYACK	6 7	1:53.38 1:53.41	PQIMAY	Edmonton Keyano, EKSC Dollard Swim Team, DDO
	8		Danielle Beland, 16, GO Veronick Cullen, 17, RCA	8	1:53.42		Cascade Swim Club,CASC Hyack Swim Club,HYACK
	10	2:23.72 ONSRJUN	Danielle Gudgeon, 17, NYAC	10	1:53.65	PQIMAY	Montreal Aquatique,CAMO
	11 12		Meghan Demchuk, 17, ROD Cynthia Pearce, 17, MSSAC-TO	11 12	1:54.14		Delta SC, DEL Pacific Dolphins, PDSA
	13 14		Júlia Guay-Racine, 15, CAMO Meghan Brown, 17, PDSA	13 14	1:54.31 1:54.31		Calgary Killarney, KSC Nose Creek SA, NCS
	15	2:24.91 PQCUPMAY	Genevieve Frappier, 17, CAMO	15	1:54.77	PQIMAY	Pointe Claire SC, PCSC
	16 17		Tiffany Vincent, 15, BRANT Orlagh O'Kelly, 15, EKSC-UA	16 17	1:54.82 1:55.20		Univ.Laval Rouge & Or,UL Cambridge Aquajets,CAJ
	18 19	2:26.53 EKIAPR	Deanna Stefanyshyn, 16, PDSA Gillian Coles, 15, BROCK	18 19	1:55.31 1:55.64	PQIIAPR	Megophias Trois Rivieres, MEGO Chatham Y, CYPS
	20	2:27.47 ONSRJUN	Amanda Gillespie, 16, NKB	20	1:56.13	PQIMAY	Samak de Brossard, SAMAK
	21 22	2:27.48 PQIMAY 2:27.81 ESWIMJUN	Sarah Bartosh, 16, PCSC Jenna Gresdal, 16, ESWIM	21 22	1:56.22 1:56.23	EKIAPR	Lethbridge ASC,LASC Regina Opt.Dolphins,ROD
	23 24	2:28.15 ESWIMJUN	Katherine Telfer, 16, ESWIM Colleen Smith, 16, EAST	23 24	1:56.49 1:57.06	LACMAY	Newmarket SC,NEW Uxbridge SC,USC
	24 25		Kahla Walkinshaw, 15, HWAC	24	1:57.30		Glencoe Gators,GL

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			ND.MEDLEY	1
	1	2:18.70	INCY Sweetnar CANLCMAR	Jennifer Fratesi, 16, ROW
	2 3	2:20.01 2:21.01	CANLCMAR	Marieve De Blois, 17, PPO Kristen Bradley, 17, NEW
	4 5	2:22.63 2:23.55	ESWIMJUN ONSRJUN	Kristen Bradley,17,NEW Jenna Gresdal,16,ESWIM Kathy Siuda,15,ROW
	6 7	2:24.35 2:24.37	CANLCMAR ZAJACMAY	Jennifer Coombs, 17, HYACK Michelle Landry, 16, PDSA
	8 9	2:25.30	ONSRJUN FKIAPR	Jerna Giesda, 16,25WiW Kathy Siuda, 15,ROW Jennifer Coombs,17,HYACK Michelle Landry,16,PDSA Amanda Gillespie,16,NKB Annamay Pierse,17,EKSC-UA Meghan Demchuk,17,ROD Rachel Hosford-E.,17,HWAC
	10 11	2:26.11 2:26.13	EKIAPR	Meghan Demchuk, 17, ROD Pachel Hosford, E, 17, HWAC
	12 13	2:26.35 2:26.42	ZAJACMAY	Rachel Hosford-E., 17, HWAC Amber Dykes, 17, HYACK Allison Laidlow, 16, PDSA Elizabeth Osterer, 15, NKB
	14	2:26.45	CNOAPR	Elizabeth Osterer, 15, NKB
	15 16	2:26.55 2:27.00	ONSRJUN	Stephanie Kuhn, 15, TMSC-NWO Tamara Wagner, 16, ROW
	17 18	2:27.79	PQCUPMAY	Genevieve Frappier, 17, CAMO Chanell Charron-W., 16, CNO
	19 20	2:27.82 2:28.00		Aurelie Meziere, 17, PPO Chandra Engs, 16, CAJ
	21 22	2:28.04		Joan Bernier, 16, CNCB Marcia Bryon, 17, USC
JA	23 24	2:28.30	ZAJACMAY	Mitra Chandler, 17, HYACK Shawna Bothwell, 17, RDCSC
	25	2:28.47	ODIV3APR ND.MEDLEY	Jennifer Porenta, 15, MMST-TO
	Rec: 4	:47.62 Na	incy Sweetnar	n,LLSC,91 Kristen Bradley,17,NEW
	2	4:58.32	SYDNJAN	Ashley Chandler, 16, USA
	3 4	4:59.56 5:00.45	ODIV1APR	Jenna Gresdal, 16, ESWIM Jennifer Fratesi, 17, ROW
	5 6			Allison Laidlow, 16, PDSA Kathy Siuda, 15, ROW
	7 8	5:02.17 5:04.59	CANLCMAR ZAJACMAY	Marieve De Blois, 17, PPO Michelle Landry, 16, PDSA
	9 10	5:04.94 5:08.07	ZAJACMAY CANLCMAR	Amber Dykes, 17, HYACK Leah Schaab 17, UCSA
JA	11 12	5:08.69	PQCUPMAY	Aurelie Meziere, 17, PPO
	13 14	5:09.23	POCUPMAY	Kathy Sluda, 15, ROW Marieve De Blois, 17, PPO Michelle Landry, 16, PDSA Amber Dykes, 17, HYACK Leah Schaab, 17, HYACK Leah Schaab, 17, IVCSA Aurelik Meziere, 17, PPO Jennifer Coombs, 17, MSSAC Jaan Bernier, 16, CNCB Norah Vogan, 16, GPP Annamav Pieres, 17, KSC-SF
	15			
	16 17	5:09.76	ONSRJUN	Chanell Charron-W.,16,CNO Brittany Cooper,15,LAC
	18 19		CANLCMAR	Alex Lachance-F,16,UL Genevieve Frappier,17,CAMO
то	20 21	5:13.37 5:13.99	NSSRJUN	Amanda Gillespie, 16, NKB Jessica McLellan, 16, EAST
	22 23			Elizabeth Osterer, 15, NKB Julie Babin, 17, ESWIM
	24 25	5:14.41 5:15.01	ESWIMJUN	Katherine Telfer, 16, ESWIM Frances Stephenson, 16, NYAC
	4X50	MEDLEY		
	1	2:03.79	PQIMAY	Dollard Swim Team.DDO
	2 3 4	2:06.76	HYACKMAY	Edmonton Keyano, EKSC Hyack Swim Club, HYACK
	5	2:07.03 2:07.29	PQIMAY	Pointe Claire SC, PCSC Montreal Aquatique, CAMO
	6 7	2:07.36 2:07.53	ESWIMJUN	Pacific Dolphins, PDSA Cobra Swim Club, COBRA
10 /0	8 9	2:07.81 2:07.88	EKIAPR	Regina Opt.Dolphins,ROD Univ.of Calgary SC,UCSC
	10 11	2:08.12 2:08.20	DOIMAY	Univ Laval Dougo & Or III
	12 13	2:08.45 2:09.08	ODIV1APR AACAPR	Chatham Y,CYPS Ajax Aquatic Club,AAC North York AC,NYAC
	14 15	2:09.12 2:09.30	ODIV1APR MMAPR	North York AC, NYAC Manitoba Marlins, MM
	16 17	2:09.74	ODIVIAPR	Cambridge Aquajets,CAJ
	18	2:09.85	PQIMAY	Tillsonburg AT, TAT Samak de Brossard, SAMAK
)	19 20	2:10.36 2:10.82	LACMAY	Megophias Trois Rivieres, MEGO Newmarket SC, NEW
в	21 22	2:11.02 2:11.11	NEORJUN	Points North SC,PN Timmins Marlins,TMSC-NWO
	23 24	2:11.45 2:11.74		Silver Tide SC,STSC Toronto Champs,CHAMP
	25 4X50	2:12.02 FREE RE		Kamloops Classic,KCS
	Rec: 1 1	:47.46 Et 1:51.61		ming,ESWIM,0 Manitoba Marlins,MM
	2 3	1:52.47 1:52.52	AACAPR CASCJUN	Ajax Aquatic Club, AAC Univ.of Calgary SC, UCSC
	4 5	1:53.16 1:53.36	ODIV1APR	North York AC, NYAC Etobicoke Swimming, ESWIM
	6 7	1:53.38 1:53.41	EKIAPR	Edmonton Keyano, EKSC Dollard Swim Team, DDO
	8 9	1:53.42	CASCJUN	Cascade Swim Club,CASC
	10	1:53.65	PQIMAY	Hyack Swim Club, HYACK Montreal Aquatique, CAMO
)	11 12	1:54.31	EKIAPR	Delta SC, DEL Pacific Dolphins, PDSA
	13 14	1:54.31 1:54.31	CASCJUN CASCJUN	Calgary Killarney,KSC Nose Creek SA,NCS
	15 16	1:54.77 1:54.82	POIMAY	Pointe Claire SC PCSC
	17 18	1:55.20 1:55.31	ODIV1APR POILAPP	Univ.Laval Rouge & Or,UL Cambridge Aquajets,CAJ Megophias Trois Rivieres,MEGO
	19	1:55.64	ODIV1APR	Chatham Y,CYPS
	20 21	1:56.13 1:56.22	EKIAPR	Samak de Brossard, SAMAK Lethbridge ASC, LASC
	22 23	1:56.23 1:56.49	LACMAY	Regina Opt.Dolphins,ROD Newmarket SC,NEW
	24 25	1:57.06 1:57.30		Uxbridge SC,USC Glencoe Gators,GL

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50 1	METRES FI	DEESTVI E	
Rec:	23.19 Yan	nick Lupien,G	
1 2	23.76 24.29		Kurtis Miller, 15, SCAR Brent Hayden, 17, SPART
3 4	24.30 24.64	SASKMAY ODIV3APR	Trevor Coulman, 16, GOLD Bill Cocks, 17, TRENT
5	24.73	CANLCMAR	Graeme Tozer, 16, UCSA
6 7	24.84 24.91	ONSRJUN	Chris Lukas, 17, ESWIM Erik Binga, 17, TAT
8 9	24.92 24.96		Tobias Oriwol, 16, ESWIM Devin Phillips, 15, EKSC-UA
10 11	24.99 25.11	CANLCMAR NSSR JUN	Cedric Sureau-L.,17,PPO Matthew Terauds,17,WTSC
12 13	25.12	AACAPR	Andrew Bignell, 17, SSMAC Mark Thauvette, 16, PCSC
14 15	25.22	HYACKMAY	Trevor Neufeld, 16, CASC Stefano Caprara, 17, VAC
16	25.24 25.26	RAPIDJAN	Daniel Petrus, 17, PDSA
17 18	25.31 25.40	AACAPR	Ian MacLeod,17,ESWIM Jamie Del Mastro,16,USC Kevin Laflamme,15,RCA
19 20	25.41 25.47	PGBAPR	Brian Veridin, 17, PGB
21 22	25.49 25.49	CASCJUN	Jeff Cormack, 17, GL-BRSA Maxime Dorion, 16, CNSH Kevin Gillespie, 15, EXST
23 24	25.56 25.57	CASCJUN	Kevin Gillespie, 15,EXST Ben Johnson, 17,MM
25	25.58	ODIV3APR	Chris Ford,17,CPAC
	51.14 Yan	REESTYLE nick Lupien,C	AGRA,96
1 2	51.14 Yan 52.08 52.89	nick Lupien,C CANLCMAR CANLCMAR	Brent Hayden, 17, SPART Kurtis Miller, 15, SCAR
1	51.14 Yan 52.08	nick Lupien,C CANLCMAR CANLCMAR CANLCMAR	Brent Hayden, 17, SPART Kurtis Miller, 15, SCAR Devin Phillips, 15, EKSC-UA
1 2 3 4 5	51.14 Yan 52.08 52.89 53.38 53.49 53.51	nick Lupien,C CANLCMAR CANLCMAR CANLCMAR CANLCMAR ESWIMJUN	Brent Hayden, 17, SPART Kurtis Miller, 15, SCAR Devin Phillips, 15, EKSC-UA Graeme Tozer, 16, UCSA Tobias Oriwol, 16, ESWIM
1 2 3 4 5 6 7	51.14 Yan 52.08 52.89 53.38 53.49 53.51 53.68 53.72	nick Lupien,C CANLCMAR CANLCMAR CANLCMAR CANLCMAR ESWIMJUN ONSRJUN SYDNJAN	Brent Hayden, 17, SPART Kurlis Miller, 15, SCAR Devin Phillips, 15, EKSC-UA Graeme Tozer, 16, UCSA Tobias Oriwol, 16, ESWIM Bill Cocks, 17, TRENT Andrew Coupland, 17, GO
1 2 3 4 5 6 7 8 9	51.14 Yan 52.08 52.89 53.38 53.49 53.51 53.68 53.72 53.91 53.98	nick Lupien, C Canlcmar Canlcmar Canlcmar Canlcmar Canlcmar Eswimjun Onsrjun Sydnjan Sydnjan Saskmay	Brent Hayden, 17, SPART Kurtis Miller, 15, SCAR Devin Phillips, 15, EKSC-UA Graeme Tozer, 16, UCSA Tobias Oriwol, 16, ESWIM Bill Cocks, 17, TRENT Andrew Coupland, 17, GO Chad Thomsen, 17, EKSC-SE Trevor Coulman, 16, GOLD
1 2 3 4 5 6 7 8 9 10 11	51.14 Yan 52.08 52.89 53.38 53.49 53.51 53.68 53.72 53.72 53.91 53.98 54.01 54.08	nick Lupien, C CANLCMAR CANLCMAR CANLCMAR CANLCMAR ESWIMJUN ONSRJUN SYDNJAN SYDNJAN SASKMAY POIMAY ODIV2APR	Brent Hayden, 17, SPART Kurtis Miller, 15, SCAR Devin Phillips, 15, EKSC-UA Graeme Tozer, 16, UCSA Tobias Orivol, 16, ESWIM Bill Cocks, 17, TRENT Andrew Coupland, 17, GO Chad Thomsen, 17, EKSC-SE Trevor Coulman, 16, GOLD Mark Thauvette, 16, PCSC Stefano Caprara, 17, VAC
1 2 3 4 5 6 7 8 9 10	51.14 Yan 52.08 52.89 53.38 53.49 53.51 53.68 53.72 53.72 53.91 53.98 54.01 54.08	nick Lupien, C CANLCMAR CANLCMAR CANLCMAR CANLCMAR ESWIMJUN ONSRJUN SYDNJAN SYDNJAN SASKMAY POIMAY ODIV2APR CANLCMAR CANLCMAR	Brent Hayden, 17, SPART Kurtis Miller, 15, SCAR Devin Phillips, 15, EKSC-UA Graeme Tozer, 16, UCSA Tobias Orivol, 16, ESWIM Bill Cocks, 17, TRENT Andrew Coupland, 17, GO Chad Thomsen, 17, EKSC-SE Trevor Coulman, 16, GOLD Mark, Thauvelte, 16, PCSC Stefano Caprara, 17, VAC Darryl Rudol, 16, PDSA Cedric Sureau-L, 17, PPO
1 2 3 4 5 6 7 8 9 10 11 12	51.14 Yan 52.08 52.89 53.38 53.49 53.51 53.68 53.72 53.98 54.01 54.08 54.20 54.33 54.77	nick Lupien, C CANLCMAR CANLCMAR CANLCMAR CANLCMAR ESWIMJUN ONSRJUN SYDNJAN SYDNJAN SASKMAY POIMAY ODIV2APR CANLCMAR CANLCMAR POIIAPR	Brent Hayden, 17, SPART Kurtis Miller, 15, SCAR Devin Phillips, 15, EKSC-UA Graeme Tozer, 16, UCSA Tobias Orivol, 16, ESWIM Bill Cocks, 17, TRENT Andrew Coupland, 17, GO Chad Thomsen, 17, EKSC-SE Trevor Coulman, 16, GCLD Mark Thauvette, 16, PCSC Stelano Caprara, 17, VAC Darryl Rudol, 16, PDSA Cedric Sureau-L, 17, PPO Kevin Laflamme, 15, RCA
1 2 3 4 5 6 7 8 9 10 11 12 13 14	51.14 Yan 52.08 52.09 53.38 53.49 53.51 53.51 53.72 53.91 53.98 54.00 54.03 54.20 54.33 54.77 54.90 54.90 54.96	nick Lupien, C CANLCMAR CANLCMAR CANLCMAR ESWIMJUN ONSRUM SYDNJAN SYDNJAN SYDNJAN SASKMAY POIMAY ODIV2APR CANLCMAR CANLCMAR ESWIMJAPR ESWIMJAPR	Brent Hayden, 17, SPART Kurtis Miller, 15, SCAR Devin Phillips, 15, EKSC-UA Graeme Tozer, 16, UCSA Tobias Orivol, 16, ESWIM Bill Cocks, 17, TRENT Andrew Coupland, 17, GO Chad Thomsen, 17, EKSC-SE Trevor Coulman, 16, GOLD Mark Thauvetle, 16, PCSC Stefano Caprana, 17, VAC Darryl Rudolf, 16, PDSA Cedric, Sureau, 1, 7, PPO Kevin Laflamme, 15, RCA Ian MacLeod, 17, ESWIM
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18	51.14 Yan 52.08 52.89 53.38 53.49 53.51 53.68 53.72 53.91 54.01 54.08 54.01 54.03 54.77 54.90 54.90 54.96 55.05 55.20	nick Lupien, C CANLCMAR CANLCMAR CANLCMAR CANLCMAR ESWIMJUN SYDNJAN SYDNJAN SYDNJAN SASKMAY POIMAY ODIV2APR CANLCMAR POILAPR ESWIMJUN ESWIMAPR HYACKMAY NSSRUN	Brent Hayden, 17, SPART Kurtis Miller, 15, SCAR Devin Phillips, 15, EKSC-UA Graeme Tozer, 16, UCSA Tobias Orivol, 16, ESWIM Bill Cocks, 17, TRENT Andrew Coupland, 17, C0 Chad Thomsen, 17, EKSC-SE Trevor Coulman, 16, GOLD Mark Thauvelte, 16, PCSC Stefano Caprara, 17, VAC Darryl Rudolf, 16, PDSA Cedric Sureau–L, 17, PPO Kevin Laflamme, 15, RCA Ian MacL eod, 17, ESWIM Chris Lukas, 17, ESWIM Chris Lukas, 17, KSC
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$\begin{array}{c}1\\2\\3\\4\\5\\6\\7\\8\\9\\10\\11\\12\\13\\14\\15\\16\\17\\18\\19\\20\\21\\22\end{array}$	51.14 Yan 52.08 52.89 53.38 53.49 53.51 53.68 53.72 53.91 54.08 54.01 54.08 54.01 54.08 54.01 54.08 55.05 55.05 55.20 55.20 55.27 55.39 55.39	nick Lupien, C CANLCMAR CANLCMAR CANLCMAR CANLCMAR ESWIMJUN ONSRUM SYDNJAN SYDNJAN SYDNJAN SYDNJAN SASKMAY POIV2APR CANLCMAR POIDPR ESWIMJUN ESWIMAPR HYACKMAY POCUPMAY	Brent Hayden, 17, SPART Kurtis Miller, 15, SCAR Devin Phillips, 15, EKSC-UA Graeme Tozer, 16, UCSA Tobias Orivol, 16, ESWIM Bill Cocks, 17, TRENT Andrew Coupland 17, GO Chad Thomsen, 17, EKSC-SE Trevor Coulman, 16, GOLD Mark Thauvette, 16, PCSC Stefano Capara, 17, VAC Darry Raudol, 16, PDSA Cedric Sureau-L, 17, PPO Kevin Laflamme, 15, RCA Ian Mad.ced, 17, ESWIM Chris Lukas, 17, ESWIM Chris Lukas, 17, ESWIM Chris Lukas, 17, ESWIM Elliol Rushton, 17, RAPID Matthew Terauds, 17, WTSC Nicolas Guillotte, 17, CAMO Brent Hankewich, 17, GOLD Marc Sze, 16, PDSA
$\begin{array}{c}1\\2\\3\\4\\5\\6\\7\\8\\9\\10\\11\\12\\13\\14\\15\\16\\17\\18\\19\\20\\21\\22\\23\\24\end{array}$	51.14 Yan 52.08 52.89 53.38 53.49 53.51 53.68 53.72 53.91 54.08 54.01 54.08 54.01 54.08 54.01 54.08 55.05 55.05 55.02 55.20 55.27 55.29 55.39 55.39	nick Lupien,C CANLCMAR CANLCMAR CANLCMAR CANLCMAR ESWIMJUN ONSRUM SYDNJAN SYDNJAN SYDNJAN SYDNJAN SASKMAY POIWAPR CANLCMAR POIWAPR ESWIMJUN SSRUM POCUPMAY SASKMAY ESWIMJUN ONSRUM	Brent Hayden, 17, SPART Kurtis Miller, 15, SCAR Devin Phillips, 15, EKSC-UA Graeme Tozer, 16, UCSA Tobias Orivol, 16, ESWIM Bill Cocks, 17, TRENT Andrew Coupland 17, C0 Chad Thomsen, 17, EKSC-SE Trevor Coulman, 16, GOLD Mark Thauvette, 16, PCSC Stefano Capara, 17, IAXC Darry Raudol, 16, PDSA Cediric Sureau-L, 17, PPO Kevin Laflamme, 15, RCA Ian MacLed, 17, TSKVIM Chris Lukas, 17, ESWIM Chris Lukas, 17, ESWIM Elitol Rushton, 17, RAPID Matthew Terauds, 17, WTSC Nicolas Guillotte, 17, CAMO Brent Hankewich, 17, GOLD Marc Sze, 16, PDSA Trevor Neufel, 16, CASC Koji Takahashi, 17, ESWIM
$\begin{array}{c}1\\2\\3\\4\\5\\6\\7\\8\\9\\10\\11\\12\\13\\14\\15\\16\\17\\18\\9\\20\\21\\22\\23\\24\\25\\\textbf{200}\end{array}$	51.14 Yan 52.08 52.89 53.38 53.49 53.51 53.68 53.72 53.91 54.00 54.00 54.00 54.00 54.00 54.00 54.00 54.00 54.00 54.00 55.05 55.05 55.21 55.29 55.39 55.49 55.55 55.59 METRES F	nick Lupien, C CANLCMAR CANLCMAR CANLCMAR CANLCMAR ESWIMJUN ONSRUIN SYDNJAN SYDNJAN SYDNJAN SYDNJAN SYDNJAN CANLCMAR CANLCMAR CANLCMAR CANLCMAR CANLCMAR ESWIMJUN ESWIMJUN POLUPAN SASKMAY ESWIMJUN SASKMAY ESWIMJUN SASKMAY ESWIMJUN SASCANAY	Brent Hayden, 17, SPART Kurtis Miller, 15, SCAR Devin Phillips, 15, EKSC-UA Graeme Tozer, 16, UCSA Tobias Orivol, 16, ESWIM Bill Cocks, 17, TRENT Andrew Coupland, 17, GO Chad Thomsen, 17, EKSC-SE Trevor Coulman, 16, GOLD Mark, Thauvelte, 16, PCSC Stefano Caprara, 17, VAC Darryl Rudol, 16, PDSA Cedric Sureau-L, 17, PPO Kevin Laflamme, 15, RCA Ian MacLeod, 17, ESWIM Chris Lukas, 17, ESWIM Chris Lukas, 17, ESWIM Elliof Rushton, 17, RAPID Matthew Teraudus, 17, WTSC Nicolas Guillotte, 17, CAMO Brent Hankewich, 17, GOLD Marc Sze, 16, PDSA Trevor Neufeld, 16, CASC Koji Takahash, 17, ESWIM Erik Binga, 17, TAT Patrick Dorel, 17, ESWIM
1 2 3 4 5 6 7 8 9 10 11 12 13 14 5 6 7 8 9 10 11 12 13 14 5 16 17 18 19 20 21 22 23 24 25 200 Rec:	51.14 Yan 52.08 52.89 53.38 53.48 53.71 53.68 53.72 53.91 54.00 54.03 54.03 54.03 54.03 54.04 54.03 54.05 55.05 55.21 55.27 55.39 55.34 55.21 55.27 55.39 55.34 55.55 55	nick Lupien, C CANLCMAR CANLCMAR CANLCMAR CANLCMAR ESWIMJUN ONSRUIN SYDNJAN SYDNJAN SYDNJAN SASKMAY POIMAY ODIV2APR CANLCMAR CANLCMAR CANLCMAR CANLCMAR CANLCMAR ESWIMJUN SASKMAY ESWIMJUN SASKMAY ESWIMJUN SASKMAY EKJAPR ESWIMJUN SASKMAY EKJAPR EKJAPR EKJAPR	Brent Havden, 17, SPART Kurtis Miller, 15, SCAR Devin Phillips, 15, EKSC-UA Graeme Tozer, 16, UCSA Tobias Orivol, 16, ESWIM Bill Cocks, 17, TRENT Andrew Coupland, 17, GO Chad Thomsen, 17, EKSC-SE Trevor Coulman, 16, GOLD Mark Thauvelte, 16, PCSC Stefano Caprara, 17, VAC Darryl Rudolf, 16, PDSA Cedric Sureau–L, 17, PPO Kevin Laflamme, 15, RCA Ian MacL eod, 17, ESWIM Chris Lukas, 17, ESWIM Chris Lukas, 17, ESWIM Chris Lukas, 17, ESWIM Chris Lukas, 17, ESWIM Ernet Hankewich, 17, GOLD Marc Sze, 16, PDSA Trevor Neufeld, 16, CASC Koji Takahash, 17, ESWIM Erik Binga, 17, TAT Patrick Doret, 17, ESWIM PID,0 Andrew Coupland, 17, GO
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 7 8 9 20 21 22 23 24 25 200 Rec:	51.14 Yan 52.08 52.89 53.38 53.49 53.51 53.68 53.61 53.68 54.01 54.08 54.01 54.08 54.20 54.33 54.77 54.96 55.05 55.20 55.20 55.21 55.39 55	nick Lupien, C CANLCMAR CANLCMAR CANLCMAR CANLCMAR ESWIMJUN ONSRUIN SYDNJAN SYDNJAN SYDNJAN SASKMAY POIMAY ODIV2APR CANLCMAR CANLCMAR CANLCMAR CANLCMAR CANLCMAR ESWIMJUN SASKMAY ESWIMJUN SASKMAY ESWIMJUN SASKMAY EKJAPR ESWIMJUN SASKMAY EKJAPR EKJAPR EKJAPR	Brent Havden, 17, SPART Kurtis Miller, 15, SCAR Devin Phillips, 15, EKSC-UA Graeme Tozer, 16, UCSA Tobias Orivol, 16, ESWIM Bill Cocks, 17, TRENT Andrew Coupland, 17, GO Chad Thomsen, 17, EKSC-SE Trevor Coulman, 16, GOLD Mark Thauvelte, 16, PCSC Stefano Caprara, 17, VAC Darryl Rudolf, 16, PDSA Cedric Sureau–L, 17, PPO Kevin Laflamme, 15, RCA Ian MacL eod, 17, ESWIM Chris Lukas, 17, ESWIM Chris Lukas, 17, ESWIM Chris Lukas, 17, ESWIM Chris Lukas, 17, ESWIM Ernet Hankewich, 17, GOLD Marc Sze, 16, PDSA Trevor Neufeld, 16, CASC Koji Takahash, 17, ESWIM Erik Binga, 17, TAT Patrick Doret, 17, ESWIM PID,0 Andrew Coupland, 17, GO
$\begin{array}{c} 1 \\ 2 \\ 3 \\ 4 \\ 5 \\ 6 \\ 7 \\ 8 \\ 9 \\ 10 \\ 11 \\ 12 \\ 13 \\ 14 \\ 15 \\ 16 \\ 17 \\ 18 \\ 19 \\ 20 \\ 21 \\ 22 \\ 23 \\ 24 \\ 25 \\ \textbf{200} \\ \textbf{Rec:} \\ 1 \\ 2 \\ 3 \\ 4 \end{array}$	51.14 Yan 52.08 52.89 53.49 53.49 53.51 53.68 54.01 54.08 54.03 54.03 54.03 54.03 54.03 54.03 54.03 54.03 54.03 54.03 55.05 55.05 55.27 55.39 55.44 55.55 55.59 METRES I 1:50.34 B 1:55.50 55.49 55.59 55.	nick Lupien, C CANLCMAR CANLCMAR CANLCMAR CANLCMAR ESWIMJUN ONSRUIN SYDNJAN SYDNJAN SYDNJAN SYDNJAN SYDNJAN CANLCMAR CANLCMAR CANLCMAR CANLCMAR ESWIMJUN ESWIMJUN POCUPMAY SASKMAY ESWIMJUN SSRUIN MSSACMAY EKJAPR ESWIMJUN SSRUIN SYDNJAN ZAJACMAY ESWIMJUN CANLCMAR	Brent Hayden, 17, SPART Kurtis Miller, 15, SCAR Devin Phillips, 15, EKSC-UA Graeme Tozer, 16, UCSA Tobias Orivol, 16, ESWIM Bill Cocks, 17, TRENT Andrew Coupland, 17, GO Chad Thomsen, 17, EKSC-SE Chad Thomsen, 17, EKSC-SE Trevor Coulman, 16, GOLD Mark Thauvelte, 16, PCSC Stefano Caprara, 17, VAC Darryl Rudolf, 16, PDSA Cedric Sureau–L, 17, PPO Kevin Laflamme, 15, RCA Ian MacL, eod, 17, ESWIM Chris Lukas, 17, ESWIM Chris Lukas, 17, ESWIM Chris Lukas, 17, ESWIM Chris Lukas, 17, CAMO Brent Hankevin, 17, GOLD Marc Sze, 16, PDSA Trevor Neufeld, 16, CASC Korgi Takahash, 17, ESWIM Erik Binga, 17, TAT Patrick Oreel, 17, ESWIM PID,0 Andrew Coupland, 17, GO Brent Hayden, 17, SPART Tobias Orivol, 16, ESWIM Brent O'Connor, 17, PDSA
$\begin{array}{c}1\\2\\3\\4\\5\\6\\7\\8\\9\\10\\11\\12\\13\\14\\15\\16\\17\\18\\9\\20\\22\\23\\4\\5\\0\mathbf{Rec:}\\1\\2\\3\\4\\5\\6\end{array}$	51.14 Yan 52.08 52.89 53.49 53.49 53.51 53.68 54.01 54.08 54.00 54.06 54.00 54.06 55.20 55.21 55.27 55.29 55.25 55.29 METRES I 1:50.34 B 1:53.38 I :50.55 55.55 I :55.55 I	nick Lupien, C CANLCMAR CANLCMAR CANLCMAR CANLCMAR ESWIMJUN ONSRUIN SYDNJAN SYDNJAN SYDNJAN SYDNJAN SASKMAY POIMAY ODIV2APR CANLCMAR CANLCMAR CANLCMAR CANLCMAR ESWIMJUN SASKMAY ESWIMJUN SASKMAY EKJAPR ESWIMJUN SASKMAY EKJAPR ESWIMJUN SASCAMAY EKJAPR ESWIMJUN SASCAMAY EKJAPR ESWIMJUN CANLCMAR ESWIMJUN CANLCMAR ESWIMJUN CANLCMAR ESWIMJUN CANLCMAR ESWIMJUN CANLCMAR ESWIMJUN CANLCMAR	Brent Hayden, 17, SPART Kurtis Miller, 15, SCAR Devin Phillips, 15, SCAR Devin Phillips, 15, SCAR Devin Phillips, 15, EKSC-UA Graeme Tozer, 16, UCSA Tobias Orivol, 16, SCWIM Bill Cocks, 17, TRENT Andrew Coupland, 17, GO Chad Thomsen, 17, EKSC-SE Trevor Coulman, 16, 60LD Mark, Thauvelte, 16, PCSC Stefano Caprara, 17, VAC Darryl Rudolf, 16, PDSA Cedric Sureau–L, 17, PPO Kevin Laflamme, 15, RCA lan MacLeod, 17, ESWIM Chris Lukas, 17, ESWIM Chris Lukas, 17, ESWIM Chris Lukas, 17, ESWIM Eliiot Rushton, 17, RAPID Matthew Terauds, 17, WTSC Nicolas Guillotte, 17, GAMO Brent Hankevin, 17, GOLD Marc Sze, 16, PDSA Trevor Neufeld, 16, CASC Koji Takahash, 17, ESWIM Erik Binga, 17, TAT Patrick Doret, 17, SPART Tobias Orivol, 16, ESWIM Brent O'Connor, 17, PDSA Kurlis MacGillivary, 17, ROW Graeme Tozer, 16, LGSA
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$\begin{array}{c}1\\2\\3\\4\\5\\6\\7\\8\\9\\10\\11\\2\\3\\4\\5\\6\\7\\8\\9\\10\\11\\2\\2\\3\\4\\5\\6\\7\\8\\9\\10\\11\\2\\13\\4\\15\\16\\17\\18\end{array}$	51.14 Yan 52.08 52.89 53.49 53.49 53.51 53.68 54.01 54.08 54.00 54.90 54.90 55.05 55.21 55.29 55.21 55.29 55.21 55.29 55.21 55.29 55.25 55.55 55.55 11.50.34 Br 11.50.34 Br 11.53.48 11.55.00 11.50.00 11.55.00 11	nick Lupien, C CANLCMAR CANLCMAR CANLCMAR CANLCMAR CANLCMAR ESWIMJUN ONSRUIN SYDNJAN SYDNJAN SYDNJAN SYDNJAN SYDNJAN SYDNJAN CANLCMAR CANLCMAR CANLCMAR CANLCMAR ESWIMJUN ESWIMJUN ESWIMJUN SASKMAY ESWIMJUN ONSRUIN MSSAUM ONSRUIN ONSRUIN POCUPMAY POIDAR CANLCMAR CANLCMAR CANLCMAR CANLCMAR CANLCMAR CANLCMAR CANLCMAR CANLCMAR CANLCMAR CANLCMAR CANLCMAR CANLCMAR CANLCMAR CANLCMAR CANLCMAR COJUN POCUPMAY CANLCMAR CANLCMAR	Brent Hayden, 17, SPART Kurtis Miller, 15, SCAR Devin Phillips, 15, EKSC-UA Graeme Tozer, 16, LCSA Tobias Orivol, 16, ESWIM Bill Cocks, 17, TRENT Andrew Coupland, 17, 60 Chad Thomsen, 17, EKSC-SE Trevor Coulman, 16, GOLD Mark Thauvelte, 16, PCSC Stefano Caprara, 17, IAC Darry Rudolf, 16, PDSA Cedric Sureau-L, 17, PPO Kewin Laffamme, 15, RCA Lan MacLeod, 17, ESWIM Chris Lukas, 17, ESWIM Chris Lukas, 17, ESWIM Chris Lukas, 17, ESWIM Chris Lukas, 17, ESWIM Eliol Rushton, 17, RAPID Matthew Terauds, 17, WTSC Nicolas Guillott, 17, CANO Brent Hankewich, 17, GOLD Marc Sze, 16, PDSA Trevor Neufeld, 16, CASC Kuji Takahash, 17, ESWIM Erki Binga, 17, TAT Patrick Doret, 17, CSN Marc Stranger, 16, UCSA Marc Stranger, 17, DSA Trevor Neufeld, 16, CASC Kuji Takahash, 17, ESWIM Erki Binga, 17, TAT Patrick Doret, 17, CSN Marc Thauvette, 16, PCSC Brent Hankewich, 17, GOLD Mark MacGillivary, 17, ROW Graeme Tozer, 16, UCSA Nicolas Guillotte, 17, CAMO Mark Thauvette, 16, PCSC Brent Hankewich, 17, GOLD Darry Rudolf, 16, FDSA Elliof Rushton, 17, RAPID Jan MacLeod, 17, ESWIM Elliof Rushton, 17, RAPID Jandhan Long, 15, LKSC-UA Douglas McCuen, 16, PDSA William Walters, 17, PDSA Steven Metadiotid, 16, KB

RRankings for the period (results received) January 1,2001 to June 13, 2001 Financially supported by Swimming Natation Canada

Compiled by SWIMNEWS					
400	METRES F	REESTYLE			
Rec:	3:52.23 Ar	ndrew Hurd,M	SSAC,0		
1 2	4:00.05	SYDNJAN	Brent O'Connor, 17, PDSA Kurtis MacGillivary, 17, ROW		
3	4:01.60	USGP1MAY	Tobias Oriwol, 16, ÉSWIM		
4 5	4:05.65 4:05.95	SYDNJAN SYDNJAN	Keith Beavers, 17, STARS Andrew Coupland, 17, GO		
6	4:10.69	CANLCMAR	Darryl Rudolf, 16, PDSA		
7			Ian MacLeod, 17, ESWIM		
8 9	4:11.95 4:12.04	PQIMAY	Graeme Tozer, 16, UCSA Mark Thauvette, 16, PCSC		
10	4:13.19	ONSR IUN	Ionathan Long 15 LAC		
11 12	4:13.41 4:13.81	ONSRJUN	Devin Phillips,16,EKSC-UA Scott Dickens,16,BRANT		
13	4:13.84	ZAJACMAY	Douglas McQueen, 16, PDSA		
14 15	4:13.96 4:14.48	ODIV20PR	Jonathan Aubry, 15, CNB Michael Brown, 16, PERTH		
	4:14.86	CANLCMAR	Matt Johnston, 16, MSSAC-TO Elliot Rushton, 17, RAPID		
16 17 10	4:15.14 4:15.17	RAPIDAPR	Elliot Rushton, 17, RAPID		
18 19	4:15.17	SASKMAY	Don Nicholson, 17, TSUN Brent Hankewich, 17, GOLD		
20	4:15.51	ONSRJUN	Marco Monaco, 15, OAK		
21 22	4:15.52 4:15.63	POCUPMAY	Steven Medaglia, 16, NKB Nicolas Guillotte, 17, CAMO		
23	4:15.67	ONSRJUN	Nicolas Guillotte, 17, CAMO Robert McDow, 17, RHAC		
24 25	4:16.46 4:17.51	ONSRJUN	Charles Rodrigue, 16, UL Bentley Gaikis, 17, TSC-TO		
150	D METRES	FREESTYLE			
Rec: 1	15:12.70 A	Andrew Hurd, N	/ISSAC,0 Kurtis MacGillivary 17 POW		
	16:09.27	ESWIMJUN	Kurtis MacGillivary,17,ROW Tobias Oriwol,16,ESWIM Charles Rodrigue,16,UL		
2 3	16:34.48	PQCUPMAY	Charles Rodrigue, 16, UL		
4 5	16:37.57	ONSRJUN	Matt Johnston, 16, MSSAC-TO Jonathan Long, 15, LAC		
6	16:41.85	CANLCMAR	Don Nicholson, 17, TSUN		
7 8	16:42.45	SYDNJAN	Brent O'Connor, 17, PDSA Ian MacLeod, 17, ESWIM		
9			Elliot Rushton, 17, RAPID		
10	16:52.62	ONSRJUN	Simon Borjeson, 15, OAK		
11 12	16:55.23	ONSRJUN	Graeme Tozer, 16, UCSA Bentley Gaikis, 17, TSC-TO		
13	16:57.41	HYACKMAY	Rylan Katara, 17, RDCSC		
14 15	16:57.80	CANLCMAR	Jonathan Aubry, 15, CNB Karim Abdulla, 17, ROD		
16	17:04.19	HYACKMAY	Travis Musgrave, 17, COMOX		
17 18	17:04.57	PPOMAY	Elliot Burger, 17, TRENT Jerome Le Siege, 17, LAVAL		
19	17:06.50	HYACKMAY	Michael Derban, 17, UCSC		
20	17:08.05	ZAJACMAY	William Walters, 17, PDSA		
21 22	17:15.13	POCUPMAY	James Monk, 15, PDSA Mikael Benoit, 17, CNNG		
23	17:15.15	NEORJUN	Serge Loiselle.20.LUSC		
24	17:15.29	HYACKMAY	Aaron Blair, 15, CASC Ryan Atkinson, 16, LAC		
	1/-16.24				
100	METRES E	BACKSTROK	E		
Rec:	56.49 Mar	ACKSTROK k Tewksburv.I	E JCSC.85		
Rec: 1	METRES E 56.49 Mar 56.90 59.11	ACKSTROK k Tewksbury,I SYDNJAN ROME IUN	E JCSC,85 Tobias Oriwol,15,ESWIM Andrew Greener 17 LINATT		
Rec: 1 2 3	METRES E 56.49 Mar 56.90 59.11	ACKSTROK k Tewksbury,I SYDNJAN ROME IUN	E JCSC,85 Tobias Oriwol,15,ESWIM Andrew Greener 17 LINATT		
Rec: 1 2 3 4	METRES E 56.49 Mar 56.90 59.11	ACKSTROK k Tewksbury,I SYDNJAN ROME IUN	E JCSC,85 Tobias Oriwol,15,ESWIM Andrew Greener 17 LINATT		
Rec: 1 2 3 4 5 6	METRES E 56.49 Mar 56.90 59.11 59.12 59.93 1:00.09 1:00.38	BACKSTROK k Tewksbury, SYDNJAN ROMEJUN ODIV2APR ONSRJUN CANLCMAR ONSRJUN	E JCSC,85 Tobias Oriwol,15,ESWIM Andrew Greener,17,UNATT Stefano Caprara,17,VAC Kurtis Miller,16,SCAR Adam Martinson,16,UCSA Ryan Atkinson,16,LAC		
Rec: 1 2 3 4 5 6 7	METRES E 56.49 Mar 59.11 59.12 59.93 1:00.09 1:00.38 1:00.51	BACKSTROK k Tewksbury, I SYDNJAN ROMEJUN ODIV2APR ONSRJUN CANLCMAR ONSRJUN CANLCMAR	E ICSC,85 Tobias Oriwol,15,ESWIM Andrew Greener,17,UNATT Stefano Caparar,17,VAC Kuriis Miller,16,SCAR Adam Martinson,16,LQCSA Ryan Atkinson,16,LAC Devin Phillips,15,EKSC		
Rec: 1 2 3 4 5 6 7 8 9	METRES E 56.49 Mar 59.11 59.12 59.93 1:00.09 1:00.38 1:00.51 1:00.69 1:00.88	BACKSTROK k Tewksbury, I SYDNJAN ROMEJUN ODIV2APR ONSRJUN CANLCMAR ONSRJUN CANLCMAR ONSRJUN ONSRJUN	E CISC, 85 Tobias Oriwol, 15, ESWIM Andrew Greener, 17, UNATT Stefano Caprara, 17, VAC Kurtis Miller, 16, SCAR Adam Martinson, 16, LAC Devin Phillips, 15, EKSC Ryan Pallett, 17, BRANT Andrew Coupland, 17, GO		
Rec: 1 2 3 4 5 6 7 8 9 10	METRES E 56.49 Mar 59.11 59.12 59.93 1:00.09 1:00.38 1:00.51 1:00.69 1:00.88 1:01.02	BACKSTROK k Tewksbury, I SYDNJAN ROMEJUN ODIV2APR ONSRJUN CANLCMAR ONSRJUN CANLCMAR ONSRJUN ONSRJUN SASKMAY	E ICSC,85 Tobias Oriwol, 15, ESWIM Andrew Grener, 17, UNATT Stefano Caprara, 17, VAC Kurtis Miller, 16, SCAR Adam Martinson, 16, LAC Devin Phillips, 15, EKSC Ryan Paltett, 17, BRANT Andrew Coupland, 17, GO Trevor Coulman, 16, GOLD		
Rec: 1 2 3 4 5 6 7 8 9	METRES E 56.49 Mar 59.11 59.12 59.93 1:00.09 1:00.38 1:00.51 1:00.69 1:00.88 1:01.02 1:01.17	BACKSTROK k Tewksbury, I SYDNJAN ROMEJUN ODIV2APR ONSRJUN CANLCMAR ONSRJUN CANLCMAR ONSRJUN SASKMAY CANLCMAR	E ICSC, 85 Tobias Oriwol, 15, ESWIM Andrew Greener, 17, UNATT Stefano Caprara, 17, VAC Kurtis Miller, 16, SCAR Adam Martinson, 16, LAC Devin Phillips, 15, EKSC Ryan Pallett, 17, BRANT Andrew Coupland, 17, GO		
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2001 LONG COURSE TAG

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		BREASTSTR			METRES IN
Rec: 1	1:02.53 M 1:03.93	lorgan Knabe, SYDN IAN	UCSC,99 Chad Thomsen,17,EKSC-SE	Rec:	2:02.78 Ale 2:04.04
2	1:03.98	SYDNJAN	Michael Brown, 16, PERTH	2	2:04.91
3			Matthew Huang, 16, PDSA	3	2:08.55
4 5	1:06.11 1:06.28	SASKMAY	Scott Dickens, 16, BRANT Nathan Parker, 17, MJKFF	4	2:08.89 2:11.26
6	1:07.88	CANLCMAR	Thomas South, 17, UCSA	6	2:11.43
7 8	1:07.98 1:08.14	ONSRJUN	Pat Russell, 17, ROC Jim Hinton, 17, TBT-NWO	7	2:13.99 2:14.50
9	1:08.79	POCUPMAY	Kevin Rioux.16.CAMO	9	2:14.62
10			Eric Demay, 17, CNO	10	2:14.65
11 12	1:09.36 1:09.42	CANLCMAR	Marco Monaco, 15, OAK Jung Hun Choi, 16, PDSA	11	2:14.73 2:14.77
13	1:09.60	CNOAPR	Jung Hun Choi, 16, PDSA Steven Medaglia, 16, NKB Warren Barnes, 15, SCAR	13	2:14.97
14 15	1:09.60 1:09.68	ESWIM IUN	Donald Smith, 17, COBRA	14 15	2:14.99 2:15.31
16	1:09.77	NBLCMAY	Joseph Holownia,16,SACKS Brian Verigin,17,PGB	16	2:15.61
17	1:09.84	ZAJACMAY	Brian Verigin, 17, PGB	17	2:15.83
18 19	1:10.06	7A JACMAY	Devon Ackroyd, 17, SCAR Ian Meredith, 17, RAYS	18	2:16.44 2:16.61
20	1:10.23	PQIIAPR	Simon Letendre, 15, SHER	20	2:16.97
21 22	1:10.82 1:10.90		David McKechnie,15,CYC Bill Cocks,17,TRENT	21 22	2:17.18 2:17.26
23	1:11.14		Conrad Aach, 16, ESWIM	23	2:17.26
24 25	1:11.48 1:11.50		Danny Parsons, 17, SCAR	24 25	2:17.32 2:17.52
		BREASTSTR	Douglas Young, 15, SWAT OKE		METRES IN
Rec: 2	2:15.45 M	lorgan Knabe,	UCSC,99	Rec:	4:22.39 Ale
1 2	2:16.35 2:19.20		Michael Brown, 16, PERTH Keith Beavers, 17, STARS	1 2	4:22.55 4:23.38
3		CANLCMAR	Matthew Huang, 16, PDSA	3	4:34.18
4	2:23.24		Tobias Oriwol, 16, ESWIM	4	4:35.39
5 6	2:23.37 2:25.09	ZAJACMAY	Chad Thomsen, 17, EKSC-SE Jung Hun Choi, 16, PDSA	5	4:35.97 4:42.07
7	2:25.55	SASKMAY	Nathan Parker, 17, MJKFF	7	4:44.22
8 9	2:27.52 2:29.07	ESWIM IUN	Thomas South, 17, UCSA Conrad Aach, 16, ESWIM	8	4:45.54 4:46.27
10	2:29.71	ODIV1APR	Steven Medaglia 16 NKB	10	4:47.29
11 12	2:29.82 2:29.87	ONSRJUN	Scott Dickens, 16, BRANT Jim Hinton, 17, TBT-NWO	11 12	4:47.34 4:48.99
13	2:29.90	PQCUPMAY	Kevin Rioux, 16, CAMO	13	4:49.08
14	2:29.99	ESWIMJUN	Brian Ma, 17, CHAMP	14	4:49.87
15 16	2:31.06 2:31.40	NBI CMAY	Brian Wa, 17, CHAWP Brian Verigin, 17, PGB Joseph Holownia, 16, SACKS Warren Barnes, 15, SCAR	15	4:50.66 4:50.68
17	2:32.04	ONSRJUN	Warren Barnes, 15, SCAR	17	4:50.80
18 19	2:32.49 2:33.00	ODIV2APR	Pat Russell, 17, ROC Dominic Pelletier, 17, UL	18	4:51.11 4:52.25
20	2:33.28		Marco Monaco, 15, OAK	20	4:52.48
21 22	2:33.43		Richard Bowen, 16, GO	21 22	4:52.59
22	2:34.43		Jonathan Aubry, 15, CNB Donald Smith, 17, COBRA	22	4:53.88 4:53.96
24	2:34.91	CANLCMAR	Devon Ackroyd, 17, SCAR	24	4:54.00
25 100	2:35.27 METRES E	BUTTERFLY	Richard Taylor, 17, RAPID	25 4X50	4:54.24) MEDLEY
Rec: S	54.50 Ada	m Sioui,TD,99		Rec:	1:46.72 Ma
1 2	57.39 57.42		Darryl Rudolf, 16, PDSA Evan Jellie, 17, ROW	2	1:53.16 1:53.39
3	57.81	ZAJACMAY	Brent Hayden, 17, SPART	3	1:54.49
4 5	58.21 58.55	PQIMAY	Sean Zunini, 17, CAMO Bill Cocks, 17, TRENT	4	1:54.77 1:54.78
6			Karim Abdulla, 17, ROD	6	1:54.85
7	58.85	ONSRJUN	Ian MacLeod, 17, ESWIM	7	1:55.04
8 9	58.86 59.15		Adam Martinson, 16, UCSA Keith Beavers, 17, STARS	8	1:55.15 1:56.10
10	59.19	ESWIMJUN	Tobias Oriwol, 16. ESWIM	10	1:56.51
11 12	59.50 59.59	ODIV2APR SASKMAY	Stefano Caprara, 17, VAC Trevor Coulman, 16, GOLD	11 12	1:56.65 1:57.87
13	59.71	CASCJUN	Callum Ng,16,CASC	13	1:58.27
14 15	59.74 59.75	ESWIMJUN	Conrad Aach, 16, ESWIM Steven Medaglia, 16, NKB	14 15	2:00.05 2:00.57
16	59.75	CASCJUN		16	2:00.57
17		PQCUPMAY	Nicolas Guillotte, 17, CAMO Andrew Bignell, 17, SSMAC	17	2:00.94
18 19	1:00.03 1:00.23	ONSRIUN	Luke Armstrong 17 NKB	18	2:01.06 2:01.07
20	1:00.30	POCUPMAY	Cedric Sureau-L.,17,PPO Brent O'Conet,17,PDSA Patrick Doret,17,ESWIM	20	2:01.19
21 22	1:00.35	ZAJACMAY	Brent O'Connor,17,PDSA Patrick Doret 17 FSWIM	21 22	2:01.25 2:01.48
23	1:00.50	AB2KJAN	Craig Gillis, 17, UCSA	23	2:01.79
24 25	1:00.50 1:00.60	PQCUPMAY	Jonathan Cantin, 17, CAMO Ryan Dube, 17, EKSC	24 25	2:02.12 2:02.25
		BUTTERFLY	Ryall Dube, 17, EKSC) FREE REL
		eter Ward, CDS			1:35.93 Ma
1 2	2:04.87		Brent O'Connor, 17, PDSA Ian MacLeod, 17, ESWIM	1	1:41.46 1:41.74
3	2:07.27	CANLCMAR	Darryl Rudolf, 16, PDSA	3	1:42.32
4 5	2:08.32 2:08.89		Tobias Oriwol, 16, ESWIM Steven Medaglia, 16, NKB	4	1:42.79 1:43.09
6	2:09.53	CANLCMAR	Karim Abdulla, 17, ROD	6	1:43.25
7 8	2:11.01 2:11.35		Evan Jellie, 17, ROW Malcolm Lavoie, 15, OSC-UA	7	1:43.30 1:43.80
9	2:11.35 2:11.46	PQIMAY	Sean Zunini, 17, CAMO	9	1:43.80
10	2:11.64	ONSRJUN	Conrad Aach, 16, ESWIM	10	1:44.45
11 12	2:11.72 2:12.69	ONSR IUN	Callum Ng,16,CASC Thomas Senecal,17,NEW	11 12	1:45.02 1:45.14
13	2:13.02	ONSRJUN	Bill Cocks, 17, TRENT	13	1:45.82
14 15	2:14.94 2:15.06	ROWMAY RAPID IAN	Roman Margulis, 17, NYAC Chris Kargl-Simard, 16, PDSA	14 15	1:46.23 1:47.38
16	2:15.63	SASKMAY	Trevor Coulman,16,GOLD Sofian Mohand-Cherif,15,CAMO	16	1:47.49
17	2:15.67	POIMAY	Sofian Mohand-Cherif, 15, CAMO	17	1:47.88
18 19	2:10.54 2:16.56	MSSACMAY	Ciaran Dickson, 17, ROD Alex Watson, 16, OSHAC	18 19	1:48.03 1:48.16
20	2:17.65	EKIAPR	Douglas McQueen, 16, PDSA Daniel Petrus, 17, PDSA	20	1:48.26
21 22	2:17.66 2:17.66	KAPIDJAN MMAPR	Andrew Metcalfe 16 MANTA	21 22	1:48.98 1:49.43
22	2.17.00	ONCDIUM	Andrew Metcalfe, 16, MANTA Michael Commito 15 LUSC	22	1.47.45

ND.MEDLEY lex Baumann.LUSC.81 SYDNJAN Tobias Oriwol, 15, ESWIM SYDNJAN Keith Beavers, 17, STARS SYDUJAN Keith Beavers,17,151AKS ONSRUIU Steven Medaglia,16,NKB CANLCMAR Michael Brown,16,PERTH ONSRUIU Corrad Aach,16,ESWIM ZAJACMAY Brian Verligin,17,PCB SYDNJAN Andrew Coupland,17,GO HYACKMAY Callum Ng,16,CASC CANLCMAR Scott Dickens,16,BRANT ZAJACMAY Graeme Tozer,16,UCSA SASKMAY Brent Hankewich,17,GOLD NFOR IUN BIL Code: 17,TENT NEORJUN BIII Cocks, 17, TRENT CANLCMAR Devon Ackroyd, 17, SCAR CANLCMAR Devon Ackroyd, 17, SCAR ONSRUIU Jim Hinton, 17, TBT-NWO ULJUN Dominic Pelletier, 17, UL ONSRUIM Roman Margulis, 17, NYAC ONSRUIM Marco Monaco, 15, OAK POIMAY Timothy Ruse, 15, PCSC POIMAY Charles Rodrigue, 16, GL ESWIMJUN Richard Bowen, 16, GO POIMAY Kewin Pigway 16, GAMO POIMAY Kevin Rioux 16 CAMO ESWIMJUN Donald Smith, 17, COBRA RAPIDAPR Brent Hayden, 17, SPART NSSRJUN Matthew Terauds, 17, WTSC IND.MEDLEY Ilex Baumann,LUSC,81 ex Baurianin, LUSC, 81 SYDNJAN Keith Beavers, 17, STARS USCPTIMAY Tobias Oriwol, 16, ESWIM ONSRJUN Kurtis MacGillivary, 17, ROW ONSRJUN Steven Medaglia, 16, NKB ONSRJUN Conrad Aach, 16, ESWIM CANI CAMP Develop McOrego 1, DPCA CANLCMAR Douglas McQueen, 16, PDSA ZAJACMAY Graeme Tozer, 16, UCSA ODIV2APR Michael Brown, 16, PERTH ONSR JUN Richard Bowen 16 GO ONSRJUN Marco Monaco,15,0AK HYACKMAY Callum Ng,16,CASC ESWIMJUN Ian MacLeod,17,ESWIM ONSRUIN Jim Hinton, 17, TBT-NWO POIIMAY Dominic Pelletier, 16, UL ONSRUIN Jomas Seneca, 17, NEW ONSRUIN Jonathan Long, 15, LAC POCUPMAY Jonathan Aubry, 15, CNB POIIMAY Charles Rodrigue, 16, UL RAPIDAR Brent Hayden, 17, SAPRT ESWIMJUN Andrew Baier, 16, COBRA HYACKMAY Richard Taylor, 17, RAPID EKIAPR Claran DicKson, 17, ROD EKIAPR Claran DicKson, 17, ROD ISAPR Bryce McRae, 17, COMOX PPOMAY Daniel Tracy, 17, USC ReLAY ONSRJUN Jim Hinton, 17, TBT-NWO RELAY arkham AC,MAC,94 AACAPR Cobra Swim Club.COBRA AACAPR COD'A SWIM CIUD, COBRA EKIAPR Edmonton Keyano, EKSC EKIAPR Cascade Swim Club, CASC POIMAY Montreal Aquatique, CAMO POIMAY Pointe Claire SC, PCSC LACMAY Newmarket SC, NEW EKIAPR Saskatoon Goldfins,GOLD ODIV1APR Brantford AC,BRANT ESWIMJUN Etobicoke Swimming ESWIM HYACKMAY Hyack Swim Club, HYACK EKIAPR Pacific Dolphins, PDSA ODIV1APR Toronto Champs, CHAMP OUIVIAPR 10fonto Champs, CHAMP HTACAPR Eastern Alliance, EAST LACMAY Chatham Y, CYPS EKIAPR Regina Opt Dolphins, ROD EKIAPR Univ.of Calgary SC, UCSC OYOMAR Upper Canada SC, UPCAN ULJUN Univ.Laval Rouge & Or,UL AACAPR Scarborough SC,SCAR PQIMAY Samak de Brossard,SAMAK PQIMAY Dollard Swim Team, DDO HTACAPR Wolfville Tritons, WTSC PQIIAPR Longueuil,ELITE AACAPR Lakeshore SC,LSC WOSAJUN Region of Waterloo,ROW LAY arkham AC,MAC,94 EKIAPR Pacific Dolphins, PDSA EKIAPR Edmonton Keyano,EKSC HYACKMAY Cascade Swim Club,CASC EKIAPR Saskatoon Goldfins,GOLD EKNAPK Saskation Goldins, Sould AACAPR Cobra Swim Club, COBRA LACMAY London AC, LAC POIMAY Pointe Claire SC, PCSC ODIV1APR Toronto Champs, CHAMP POIMAY Montreal Aquatique, CAMO ESWIMJUN Newmarket SC,NEW HTACAPR Eastern Alliance,EAST ESWIMJUN Etobicoke Swimming,ESWIM HTACAPR Wolfville Tritons,WTSC POIMAY Univ.Laval Rouge & Or,UL KCSJUN Richmond Rapids,RAPID AACAPR Markham AC,MAC CASCJUN Red Deer Catalina SC,RDCSC EKIAPR Univ.of Calgary SC,UCSC PQIMAY Samak de Brossard,SAMAK ODIV2APR Lakeshore SC,LSC EKIAPR Regina Opt.Dolphins,ROD ODIV1APR Glouc-Ottawa Kingfish,GO PGBAPR Points North SC,PN 1:49.50

SWIMNEWS MAY-JUNE 2001

24

25

2:00.77 ULJUN Kevin Laflamme,15,RCA 2:00.92 ZAJACMAY Justin Ho.16.PDSA

2:01.03 ESWIMJUN Bob Phipps, 17, COBRA

22

24 25

23

24 25

2:17.69

2.17.83

2:18.30

ONSRJUN Michael Commito, 15, LUSC

24 25

1.49 76

1:49.92

DAVISMAR Steven Caswell, 17, HWAC PQIMAY Dominic Pelletier, 16, UL

POIIAPR Longueuil,ELITE POIMAY Dollard Swim Team,DDO

Rankings for the period (results received) January 1,2001 to June 13, 2001 Financially supported by Swimming Natation Canada Compiled by SWIMNEWS

2001 LONG COURSE TAG 00 METRES BACKSTROKE Rec: 1:14.50 Andrew Bignell,SSMAC,94 1 1:17.19 CDSCAPR Andre Kudaba,10,HYACK

1

4

1:23.53

1:17.65 BROCKMAY Jim Lee,10,WAC 1:22.08 TOPCPMAY Nick Karpov,10,RHAC 1:23.32 MSSACMAY Dinos San Pedro,10,OAK

KCSJUN Curtis Lutsch, 10, UCSC

GIRLS **10&U**

100	METRES	REESTYLE	
		hauna Collins.	ROD 88
1			Christine Zwart.10.LAC
2			Natalie Hagan, 10, ESWIM
3	1:12.89		Robyn Pape, 10, NCS
4	1:13.57	TOPCPMAY	Mandy Bailey, 10, RISC
5	1:13.64	AACAPR	Patricia Sloan 10 NFW
6	1:13.66	TOPCPMAY	Anna Freeman, 10, MSSAC
7			Andrea St.Jules, 10, EYSC
8	1:14.24		Rikkia Trischuk, 10, GOLD
9	1:14.47		Megan Bujold, 10, TTSC
10	1:14.74		Amy Harriman, 10, HWAC
11			Amity Chow, 10, PDSA
12 13	1:14.84 1:15.20		Lilia Hadouchi,10,LSCDN Erin Mills,10,EBSC
13		TOPODAAV	Kristina Sims, 10, ISS
15	1:15.70		Krista Morgado, 10, MSSAC
16	1:15.74		Jennifer Wilson, 10, MSSAC
17	1:15.79		Ashley MacKendrick, 10, SWAT
18	1:16.00	NEORJUN	Samantha Filek, 10, SSMAC
19	1:16.10		Casey Leslie, 10, HWAC
20	1:16.13		Marie-P Couillard,9,REG
21	1:16.15		Melanie McIntyre, 10, MSSAC
22			Chelsea Wiese, 10, RHAC
23	1:16.39	LEDUCMAY	Danielle Newton, 10, FMSC
24			Christine Edwards, 10, PDSA
25	1:16.60		Shawnee Landolt, 10, IS
400	METRES F	REESTYLE	
400 Rec:	METRES F 4:48.72 Ar	REESTYLE manda Hansfo	rd,ROW,96
400 Rec: 1	METRES F 4:48.72 Ar 5:21.22	REESTYLE manda Hansfo WOSAJUN	rd,ROW,96 Christine Zwart,10,LAC
400 Rec:	METRES F 4:48.72 Ar 5:21.22 5:22.90	REESTYLE manda Hansfo WOSAJUN ESWIMJUN	rd,ROW,96 Christine Zwart,10,LAC Anna Freeman,10,MSSAC
400 Rec: 1 2	METRES F 4:48.72 Ar 5:21.22 5:22.90 5:25.80	REESTYLE manda Hansfo WOSAJUN ESWIMJUN ESWIMJUN	rd,ROW,96 Christine Zwart,10,LAC
400 Rec: 1 2 3 4 5	METRES F 4:48.72 Ar 5:21.22 5:22.90 5:25.80 5:29.08 5:31.82	REESTYLE manda Hansfo WOSAJUN ESWIMJUN ESWIMJUN EKSCMAR WOSAJUN	rd,ROW,96 Christine Zwart,10,LAC Anna Freeman,10,MSSAC Natalie Hagan,10,ESWIM Megan Young,10,FMSC Kristina Sims,10,ISS
400 Rec: 1 2 3 4 5 6	METRES F 4:48.72 Ar 5:21.22 5:22.90 5:25.80 5:29.08 5:31.82 5:35.03	REESTYLE manda Hansfo WOSAJUN ESWIMJUN ESWIMJUN EKSCMAR WOSAJUN LACMAY	rd,ROW,96 Christine Zwart,10,LAC Anna Freeman,10,MSSAC Natalie Hagan,10,ESWIM Megan Young,10,FINSC Kristina Sims,10,ISS Patricia Sloan,10,NEW
400 Rec: 1 2 3 4 5 6 7	METRES F 4:48.72 Ar 5:21.22 5:22.90 5:25.80 5:29.08 5:31.82 5:35.03 5:39.02	REESTYLE manda Hansfo WOSAJUN ESWIMJUN ESWIMJUN EKSCMAR WOSAJUN LACMAY WOSAJUN	rd,ROW,96 Christline Zwart,10,LAC Anna Freeman,10,MSSAC Natalie Hagan,10,ESWIM Megan Young,10,FMSC Kristlina Sims,10,ISS Patricia Stoan,10,NEW Casey Leslie,10,HWAC
400 Rec: 1 2 3 4 5 6 7 8	METRES F 4:48.72 Ar 5:21.22 5:22.90 5:25.80 5:29.08 5:31.82 5:35.03 5:39.02 5:45.33	FREESTYLE manda Hansfo WOSAJUN ESWIMJUN ESWIMJUN EKSCMAR WOSAJUN LACMAY WOSAJUN EKSCMAR	rd,ROW,96 Christline Zwart,10,LAC Anna Freeman,10,MSSAC Natalie Hagan, 0,LSSWIM Megan Young,10,FMSC Kristlina Sims, 10,ISS Patricia Stoan,10,NEW Casey Leslle, 10,HWAC Casey Leslle, 10,HWAC
400 Rec: 1 2 3 4 5 6 7 8 9	METRES F 4:48.72 Ar 5:21.22 5:22.90 5:25.80 5:29.08 5:31.82 5:35.03 5:39.02 5:45.33 5:46.01	FREESTYLE manda Hansfo WOSAJUN ESWIMJUN ESWIMJUN EKSCMAR WOSAJUN LACMAY WOSAJUN EKSCMAR MSSACMAY	rd, ROW, 96 Christine Zwart, 10, LAC Anna Freeman, 10, MSSAC Natalie Hagan, 10, ESWIM Megan Young, 10, FMSC Kristina Sims, 10, ISS Patricia Stoan, 10, NEW Casey Leslie, 10, HWAC Madison Achtymichuk, 10, STSC Krista Morgado, 10, MSSAC
400 Rec: 1 2 3 4 5 6 7 8 9 10	METRES F 4:48.72 Ar 5:21.22 5:22.90 5:25.80 5:29.08 5:31.82 5:35.03 5:39.02 5:45.33 5:46.01 5:48.68	FREESTYLE manda Hansfo WOSAJUN ESWIMJUN ESWIMJUN EKSCMAR WOSAJUN EKSCMAR MSSACMAY EKSCMAR	rd,ROW,96 Christline Zwart,10,LAC Anna Freeman,10,MSSAC Natalie Hagan,10,ESWIM Megan Young,10,FMSC Kristlina Sims,10,ISS Patricia Stoan,10,NEW Casey Leslie,10,HWAC Madison Achtymichuk,10,STSC Krista Morgado,10,MSSAC Nicole Delaloye,10,CASC
400 Rec: 1 2 3 4 5 6 7 8 9 10 11	METRES F 4:48.72 Ar 5:21.22 5:22.90 5:25.80 5:29.08 5:31.82 5:35.03 5:39.02 5:45.33 5:46.01 5:48.68 5:48.86	FREESTYLE manda Hansfo WOSAJUN ESWIMJUN ESWIMJUN EKSCMAR WOSAJUN EKSCMAR MSSACMAY EKSCMAR WOSAJUN	rd, ROW, 96 Christine Zwart, 10, LAC Anna Freeman, 10, MSSAC Natalie Hagan, 10, LSSWM Megan Young, 10, FMSC Kristina Sims, 10, ISS Patricia Stoan, 10, NEW Casey Leslie, 10, HWAC Madison Achtymichuk, 10, STSC Krista Morgado, 10, MSSAC Nicole Delaloye, 10, LASC Kristine Walker, 10, LAC
400 Rec: 1 2 3 4 5 6 7 8 9 10 11 12	METRES F 4:48.72 Ar 5:21.22 5:22.90 5:25.80 5:29.08 5:31.82 5:35.03 5:39.02 5:45.33 5:46.01 5:48.68 5:48.86 5:49.59	FREESTYLE manda Hansfo WOSAJUN ESWIMJUN ESWIMJUN EKSCMAR WOSAJUN EKSCMAR MSSACMAY EKSCMAR WOSAJUN ISAPR	rd,ROW,96 Christine Zwart,10,LAC Anna Freeman,10,MSSAC Natalie Hagan,10,ESWIM Megan Young,10,FMSC Kristina Sims,10,ISS Patricia Sioan,10,NEW Casey Lesile,10,HWAC Madison Achtymichuk,10,STSC Krista Morgado,10,MSSAC Nicole Delaloye,10,CASC Kristine Walker,10,LAC Shawnee Landolt,10,IS
400 Rec: 1 2 3 4 5 6 7 8 9 10 11 12 13	METRES F 4:48.72 Ar 5:21.22 5:22.90 5:25.80 5:29.08 5:31.82 5:35.03 5:39.02 5:45.33 5:46.01 5:48.68 5:48.69 5:49.59 5:52.10	FREESTYLE manda Hansfo WOSAJUN ESWIMJUN ESWIMJUN EKSCMAR WOSAJUN EKSCMAR MSSACMAY EKSCMAR WOSAJUN ISAPR WOSAJUN	rd, ROW, 96 Christine Zwart, 10, LAC Anna Freeman, 10, MSSAC Natalie Hagan, 10, CSSWIM Megan Young, 10, FMSC Kristina Sims, 10, ISS Patricia Stoan, 10, NEW Casey Leslle, 10, HWAC Madison Achtymichuk, 10, STSC Krista Morgado, 10, MSSAC Nicole Delaloye, 10, CASC Kristine Walker, 10, LAC Shawnee Landolt, 10, IS
400 Rec: 1 2 3 4 5 6 7 8 9 10 11 12 13 14	METRES F 4:48.72 A: 5:21.22 5:22.90 5:25.80 5:25.80 5:31.82 5:35.03 5:39.02 5:46.01 5:48.68 5:48.68 5:49.59 5:52.74	FREESTYLE manda Hansfo WOSAJUN ESWIMJUN ESWIMJUN EKSCMAR WOSAJUN EKSCMAR WOSAJUN ISAPR WOSAJUN LEDUCMAY	rd, ROW, 96 Christine Zwart, 10, LAC Anna Freeman, 10, MSSAC Natalie, Hagan, 10, ESWIM Megan Young, 10, FMSC Kristina Sims, 10, ISS Patricia Sitoan, 10, NEW Casey Leslie, 10, HWAC Madison Achtymichuk, 10, STSC Kristia Morgado, 10, MSSAC Nicole Delaloye, 10, CASC Kristine Walker, 10, LAC Shawnee Landolt, 10, IS Alex Cooper, 10, LAC Danielle Newton, 10, FMSC
400 Rec: 1 2 3 4 5 6 7 8 9 10 11 12 13	METRES F 4:48.72 Ar 5:21.22 5:22.90 5:25.80 5:29.08 5:31.82 5:35.03 5:39.02 5:45.33 5:46.01 5:48.68 5:48.69 5:49.59 5:52.10	FRESTYLE manda Hansfo WOSAUJUN ESWIMJUN ESWIMJUN ESWIMJUN ESWIMJUN WOSAUJUN EKSCMAR WOSAUJUN ISAPR WOSAUJUN LEDUCMAY NEORUUN	rd ROW 96 Christline Zwart, 10,LAC Anna Freeman, 10,MSSAC Natalie Hagan, 10,ESWIM Megan Young, 10,ESWIM Kristlina Sims, 10,ISS Patricia Sloan, 10,NEW Casey Lesile, 10,HWAC Madison Achtymichuk, 10,STSC Krista Morgado, 10,MSSAC Nicole Delaloye, 10,CASC Kristline Walker, 10,LAC Shawnee Landolt, 10,IS Shawnee, 10,LAC Shawnee, 10,LAC Shawnee, 10,LAC Shawnee, 10,LAC Shawnee, 10,LAC Shawnee, 10,LAC Shawnee, 10,LAC Shawnee, 10,LAC
400 Rec: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	METRES F 4:48.72 Ar 5:21.22 5:22.90 5:25.80 5:29.08 5:31.82 5:35.03 5:39.02 5:45.33 5:46.01 5:48.68 5:48.86 5:49.59 5:52.10 5:52.74 5:52.10	FREESTYLE manda Hanslo WOSAJUN ESWIMJUN ESWIMJUN EKSCMAR WOSAJUN LACMAY WOSAJUN EKSCMAR KSSACMAY EKSCMAR WOSAJUN ISAPR WOSAJUN LEDUCMAY NEORJUN WOSAJUN	rd, ROW, 96 Christine Zwart, 10, LAC Anna Freeman, 10, MSSAC Natalie, Hagan, 10, ESWIM Megan Young, 10, FMSC Kristina Sims, 10, ISS Patricia Sitoan, 10, NEW Casey Leslie, 10, HWAC Madison Achtymichuk, 10, STSC Kristia Morgado, 10, MSSAC Nicole Delaloye, 10, CASC Kristine Walker, 10, LAC Shawnee Landolt, 10, IS Alex Cooper, 10, LAC Danielle Newton, 10, FMSC
400 Rec: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16	METRES F 4:48.72 Ar 5:22.22 5:22.90 5:25.80 5:29.08 5:35.03 5:39.02 5:45.33 5:46.01 5:48.68 5:49.59 5:52.10 5:52.74 5:52.74 5:54.41	REESTYLE manda Hanslo WOSAUM ESWIMJUN ESWIMJUN ESWIMJUN ESWIMJUN EKSCMAR WOSAJUN EKSCMAR WOSAUM ISAPR WOSAUM LEDUCMAY NEORUN WOSAUM STSCMAY	rd, ROW, 96 Christine Zwart, 10, LAC Anna Freeman, 10, MSSAC Natalie Hagan, 10, LSSWM Megan Young, 10, FMSC Kristina Sims, 10, ISS Patricia Stoan, 10, NEW Casey Leslie, 10, HWAC Madison Achtymichuk, 10, STSC Kristia Morgado, 10, MSSAC Nicole Delaloye, 10, CASC Kristine Walker, 10, LAC Shawnee Landolt, 10, IS Alex Cooper, 10, LAC Danielle Newton, 10, FMSC Samantha Filek, 10, SSMAC
400 Rec: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 6 6 7 8 9 10 11 12 13 14 15 16 17 18 19	METRES F 4:48.72 Ar 5:21.22 5:22.90 5:25.80 5:31.82 5:31.82 5:45.03 5:46.01 5:48.68 5:48.68 5:48.68 5:49.59 5:52.74 5:52.74 5:54.41 5:54.45 5:59.36 6:00.40	REESTYLE manda Hansfo WOSAUM ESWIMJUN ESWIMJUN ESWIMJUN EKSCMAR WOSAUM EKSCMAR WOSAUM ISAPR WOSAUM LEDUCMAY NEORJUN WOSAUM STSCMAY KCSUM NSSRUM	rd, ROW, 96 Christine Zwart, 10, LAC Anna Freeman, 10, MSSAC Natalie, Hagan, 10, ESWIM Megan Young, 10, FMSC Kristina Sims, 10, ISS Patricia Sitoan, 10, NEW Casey, Leslie, 10, HWAC Madison Achtymichuk, 10, STSC Krista Morgado, 10, MSSAC Nicole Delaloye, 10, CASC Kristine Walker, 10, LAC Shawnee Landolt, 10, IS Alex, Cooper, 10, LAC Shawnee Landolt, 10, IS Alex, Cooper, 10, LAC Samanha Filek, 10, SSMAC Amy Harriman, 10, HWAC Michelle Beveridge, 10, UCSC Melissa Hayes, 10, GPP Shauna Manning, 10, WTSC
400 Rec: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20	METRES F 4:48.72 Ar 5:21.22 5:22.90 5:25.80 5:29.08 5:31.82 5:35.03 5:45.63 5:48.66 5:49.56 5:48.86 5:49.56 5:52.74 5:54.75 5:55.75 5:	REESTYLE manda Hansfo WOSAUIN ESWIMJUN ESWIMJUN ESWIMJUN EKSCMAR WOSAUIN LACMAY WOSAUIN EKSCMAR WOSAUN EKSCMAR WOSAUN ISAPR HORJUN WOSAUIN STSCMAY KCSJUN NSTSUN WOSAUIN	rd ROW.96 Christline Zwart,10,LAC Anna Freeman,10,MSSAC Natalie Hagan, 10,ESWIM Megan Young,10,EMSC Kristlina Sims, 10,ISS Patricia Stoan,10,NEW Casey Leslie, 10,HWAC Madison Achtymichuk,10,STSC Krista Morgado,10,MSSAC Nicole Delaloye,10,CASC Kristline Walker, 10,LAC Shawnee Landoll,10,IS Alex Cooper, 10,LAC Shawnee Landoll,10,IS Alex Cooper, 10,LAC Smantha Filek, 10,SSMAC Amy Harriman,10,HWAC Michelle Beveridge,10,UCSC Melissa Hayes,10,GPP Shauna Maming, 10,WTSC Adriana Csanadi, 10,BROCK
400 Rec: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21	METRES I 4:48.72 Ar 5:21.22 5:22.90 5:25.80 5:29.08 5:31.82 5:35.83 5:39.02 5:45.33 5:46.01 5:48.86 5:48.86 5:48.59 5:52.74 5:52.74 5:54.41 5:54.45 5:59.36 6:00.40 6:01.31 6:01.60	REESTVLE manda Hansio WOSAUN ESWIMJUN ESWIMJUN ESKCMAR WOSAUN LACMAY WOSAUN EKSCMAR MSSACMAY EKSCMAR WOSAUN LEDUCMAY NEORUN WOSAUN NSSRUM NSSRUM	rd, ROW, 96 Christine Zwart, 10, LAC Anna Freeman, 10, MSSAC Natalie Hagan, 10, ESWIM Megan Young, 10, FMSC Kristina Sims, 10, ISS Patricia Stoan, 10, NEW Casey Leslie, 10, HWAC Madison Achtymichuk, 10, STSC Krista Morgado, 10, MSSAC Nicole Delaloye, 10, CASC Kristine Walker, 10, LAC Shawnee Landolt, 10, IS Alex Cooper, 10, LAC Danielle Newton, 10, FMSC Samaniha Filek, 10, SSMAC Amy Harriman, 10, HWAC Michelle Beveridge, 10, UCSC Michaelle Beveridge, 10, UCSC Michael Beveridge, 10, UCSC Adriana Csanadi, 10, BROCK Meagan Michaelski, 10, ISS
400 Rec: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 5 6 7 8 9 10 11 12 13 14 5 16 17 18 19 20 21 22	METRES I 4:48.72 Ar 5:21.22 90 5:25.80 5:29.08 5:31.82 5:35.03 5:39.02 5:45.33 5:46.01 5:48.68 5:48.86 5:49.59 5:52.10 5:52.74 5:52.44 5:55.40 5:52.74 5:54.45 5:59.36 6:00.40 6:01.70	REESTYLE manda Hansio WOSAUIN ESWIMJUN ESWIMJUN ESWIMJUN ESWIMJUN LACMAY WOSAUIN LACMAY WOSAUIN LACMAY WOSAUIN EKSCMAR WOSAUIN ISAPR WOSAUIN ISAPR WOSAUIN ISAPR WOSAUIN STSCMAY NEORUIN WOSAJUN WOSAJUN WOSAJUN ROJUN	rd ROW 96 Christline Zwart, 10,LAC Anna Freeman, 10, MSSAC Natalie Hagan, 10, ESWIM Megan Young, 10, ESWIM Matien Archiver, 10, ISSS Patricia Sioan, 10, NEW Casey Lesile, 10,HWAC Madison Achtymichuk, 10,STSC Krista Morgado, 10,MSSAC Nicole Delaloy, 10, CASC Kristline Walker, 10,LAC Shawnee Landout, 10,IS Alex Cooper, 10,LAC Danielle Newton, 10, FMSC Samantha Filek, 10,SSMAC Michelle Beverdige, 10,UCSC Melissa Hayes, 10, GPP Shauna Anning, 10, WTSC Artirana Csanadi, 10,BROCK Meagan Michalski, 10,ISS
400 Rec: 1 2 3 4 5 6 7 8 9 10 112 13 14 15 16 77 18 19 20 21 22 23	METRES I 4:48.72 Ar 5:21.22 5:22.90 5:25.80 5:29.08 5:31.82 5:35.03 5:39.02 5:45.33 5:46.01 5:48.68 5:48.59 5:52.10 5:52.70 5:52.70 5:52.70 5:52.74 5:54.41 5:54.45 5:59.36 6:00.40 6:01.70 6:01.70	REESTYLE manda Hansio WOSAUN ESWIMJUN ESWIMJUN ESKICMAR WOSAUN LACMAY WOSAJUN EKSCMAR KSSACMAY EKSCMAR KSSACMAY EKSCMAR WOSAJUN STSCMAY KCSJUN NSSRUN WOSAJUN NSSRUN WOSAJUN SJSMAY	rd, ROW, 96 Christline Zwart, 10, LAC Anna Freeman, 10, MSSAC Natalie Hagan, 10, ESSWIM Megan Young, 10, FMSC Kristlina Sims, 10, 10, 105 Particia Stoan, 10, NEW Casey Leslle, 10, HWAC Madison Achtymichuk, 10, STSC Krista Morgado, 10, MSSAC Nicole Delaloye, 10, CASC Kristine Walker, 10, LAC Shawnee Landolt, 10, IS Alex Cooper, 10, LAC Danielle Newton, 10, FMSC Samantha Filek, 10, SSMAC Amy Harriman, 10, HWAC Michelle Beverdge, 10, UCSC Michelle Beverdge, 10, UCSC Michaelle Newton, 10, FMSC Shauna Manning, 10, WTSC Ardriana Csamadi, 10, BROCK Meagan Michalski, 10, ISS Geneva Murphy, 10, ROD Samantha Burrell, 10, SJS
400 Rec: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 5 6 7 8 9 10 11 12 13 14 5 16 17 18 19 20 21 22	METRES I 4:48.72 Ar 5:21.22 90 5:25.80 5:29.08 5:31.82 5:35.03 5:39.02 5:45.33 5:46.01 5:48.68 5:48.86 5:49.59 5:52.10 5:52.74 5:52.44 5:55.40 5:52.74 5:54.45 5:59.36 6:00.40 6:01.70	REESTVLE manda Hansio WOSAUIN ESWIMJUN ESWIMJUN ESWIMJUN ESWIMJUN EKSCMAR WOSAUIN LACMAY WOSAUN LACMAY WOSAUN LACMAY WOSAUN ISAPR WOSAUN SACMAY KOSAUN STSCMAY KOSUN NOSAUN WOSAUN NOSAUN WOSAUN NOSAUN WOSAUN NOSAUN KOSUN RODJUN SJSMAY	rd ROW 96 Christline Zwart, 10,LAC Anna Freeman, 10, MSSAC Natalie Hagan, 10, ESWIM Megan Young, 10, ESWIM Matien Archiver, 10, ISSS Patricia Sioan, 10, NEW Casey Lesile, 10,HWAC Madison Achtymichuk, 10,STSC Krista Morgado, 10,MSSAC Nicole Delaloy, 10, CASC Kristline Walker, 10,LAC Shawnee Landout, 10,IS Alex Cooper, 10,LAC Danielle Newton, 10, FMSC Samantha Filek, 10,SSMAC Michelle Beverdige, 10,UCSC Melissa Hayes, 10, GPP Shauna Anning, 10, WTSC Artirana Csanadi, 10,BROCK Meagan Michalski, 10,ISS

	lied by Swin	VIIVEVVS	
		BACKSTROK	
		nnifer Fratesi,	
1	1:21.51		Natalie Hagan, 10, ESWIM
2 3	1:22.14 1:22.32	NEOR ILIN	Julie Kells, 10, RDCSC Caitlin Tomlinson, 10, SSMAC
4	1:22.85	LUSCMAY	Amy Harriman 10 HWAC
5	1:22.96	LACMAY	Amy Harriman, 10, HWAC Patricia Sloan, 10, NEW
6	1:23.92	CASCJUN	Robyn Pape, 10, NCS
7	1:24.34	NEORJUN	Dominique Bouchard,9,NBYT Megan Bujold,10,TTSC
8	1:24.46	NEURJUN	Megan Bujold, 10, 11SC
9 10	1:24.74 1:24.84	NCCPIVIAT	Lindsay Cameron, 10, LSC Ann Gordon, 10, SWAT
11	1:25.02	RODIUN	Geneva Murphy, 10, ROD
12	1:25.19		Shawnee Landolt, 10, IS
13	1:25.62	LEDUCMAY	Krysta Shack, 10, EDSON
14	1:25.69	TOPCPMAY	Catherine Powell, 10, PCSC
15	1:25.81	CASCJUN	Danielle Newton, 10, FMSC
16 17			Gabrielle Laurin, 10, SSMAC Michelle Beveridge, 10, UCSC
18	1:26.92 1:27.16		Christine Edwards, 10, PDSA
19	1:27.27		Nicole Vincent, 10, OSC
20	1:27.41		Stephanie Bernard, 10, CRKW
21	1:27.47		Natasha Brousseau, 10, CNO
22	1:27.63	TOPCPMAY	Mandy Bailey, 10, RISC
23 24	1:27.74 1:27.80	LUSCIVIAY	Casey Leslie, 10, HWAC Jennifer Dailey, 10, SSSC
25	1:27.89	GMACMAR	Kaylee Dakers,9,COBRA
		BREASTSTR	OKE
	1:25.18 Ke	elly Timmons,	OSC,97
1	1:32.86	AACAPR	Jennifer Wilson, 10, MSSAC Amity Chow, 10, PDSA
2	1:34.85	HYACKMAY	Amity Chow, 10, PDSA
3 4	1:34.97 1:35.51	VEOD II IN	Vanessa Hanbury, 10, GATOR Megan Bujold, 10, TTSC
5	1:35.80	TOPCPMAY	Melissa Larocque 10 PCSC
6	1:35.90	PPOJUN	Melissa Lárocque, 10, PCSC Marie-P Couillard, 9, REG
7	1.36.00	TOPCPMAY	Christine 7wart 10 LAC
8	1.26 52	I EDUCMAY	Nicolo Norrio 10 AMAC
9	1:36.75	STSCMAY	Nicole Norre, Io, Alvice Danielle Newton, 10, FMSC Karolyn Long, 10, DDO Kristi Russell, 10, MAC Sasha Menu-Courey, 10, ESWIM Ann Corden 10, SWAT
10 11	1.37.08	ELITEIVIAR	Karolyn Long, IU, DDU Krieti Duccoll 10 MAC
12	1.37.11	TOPCPMAY	Sasha Menu-Courey 10 FSWIM
13	1:37.26	NSSRJUN	Ann Gordon, 10, SWAT
14	1:37.27	TOPCPMAY	Kaylee Dakers, 10, COBRA
15	1:37.69	MMAPR	Marissa Davies, 10, SJS
16	1:37.75		Marcela Rojas, 10, LSCDN
17 18	1:37.84 1:37.94		Lilia Hadouchi,10,LSCDN Samantha Holloway,10,MANTA
19	1:38.03		Rebecca Vedell,10,HWAC
20	1:38.34		Maude Provencher-F.,10,DDO
21	1:38.93		Jessica Bibeault, 10, DDO
22	1:39.07		Samantha Filek, 10, SSMAC
23 24	1:39.08 1:39.25		Sierra Dakin-Kuiper,9,LASC
24	1.39.20	MSSACMAY	Samantha Galway, 10, NYAC Vanessa Niedzielski, 10, MSSAC
		BUTTERFLY	
		acy Osswald,	/PSC,75
1	1:18.91	TOPCPMAY	Natalie Hagan, 10, ESWIM
2 3	1:20.80 1:21.93		Megan Bujold, 10, TTSC
4		MSSACMAY	Geneva Murphy, 10, ROD Meghan Brockington, 10, OSHAC
5	1:25.04	TOPCPMAY	Melissa Larocque. 10. PCSC
6	1:25.39	ISAPR	Melissa Larocque, 10, PCSC Shawnee Landolt, 10, IS
7	1:25.72	CASCJUN	Julie Kells, IO RDCSC
8	1:26.28	TOPCPMAY	Mandy Bailey, 10, RISC Jessica Pietrusiak, 10, NEW
9 10	1:28.02 1:28.28	DDO IUN	Jessica Pietrusiak, 10, NEW Natasha Brousseau, 10, CNO
11	1:28.60	FROJUN	Megan Young, 10, FMSC
12	1.28.62	PPO II IN	Kristen Campbell 10 DDO
13	1:29.61	MSSACMAY	Krista Morgado, 10,MSSAC Kristine Walker, 10,LAC Shelbi Snodgrass, 10,CASC
14	1:29.78	TOPCPMAY	Kristine Walker, 10, LAC
15	1:29.84	CASCJUN	Shelbi Shodgrass, IU,CASC
16 17	1:30.22 1:30.24	AACAPK	
18			Chelsea Wiese, 10, RHAC Julie Policht 10 YORK
	1:30.36	AACAPR MMAPR	Julie Policht, 10, YORK Marissa Davies, 10, SJS
19		AACAPR MMAPR TOPCPMAY	Julie Policht,10,YORK Marissa Davies,10,SJS Heather Lee,10,WD
20	1:30.36 1:30.54 1:30.61	AACAPR MMAPR TOPCPMAY TOPCPMAY	Julie Policht, 10, YORK Marissa Davies, 10, SJS Heather Lee, 10, WD Christine Zwart, 10, LAC
20 21	1:30.36 1:30.54 1:30.61 1:31.01	AACAPR MMAPR TOPCPMAY TOPCPMAY TOPCPMAY	Julie Policht,10,YORK Marissa Davies,10,SJS Heather Lee,10,WD Christine Zwart,10,LAC Kristina Sims,10,ISS
20 21 22	1:30.36 1:30.54 1:30.61 1:31.01 1:32.01	AACAPR MMAPR TOPCPMAY TOPCPMAY TOPCPMAY DAVISMAR	Julie Policht,10,YORK Marissa Davies,10,SJS Heather Lee,10,WD Christine Zwart,10,LAC Kristina Sims,10,ISS Amy Harriman,10,HWAC
20 21 22 23	1:30.36 1:30.54 1:30.61 1:31.01 1:32.01 1:32.34	AACAPR MMAPR TOPCPMAY TOPCPMAY DAVISMAR MSSACMAY	Julie Policht, 10, YORK Marissa Davies, 10, SJS Heather Lee, 10, WD Christine Zwart, 10, LAC Kristina Sims, 10, ISS Amy Harriman, 10, HWAC Ali Cherniak, 10, TSC
20 21 22	1:30.36 1:30.54 1:30.61 1:31.01 1:32.01	AACAPR MMAPR TOPCPMAY TOPCPMAY TOPCPMAY DAVISMAR MSSACMAY GMACMAY	Julie Policht, 10, YORK Marissa Davies, 10, SJS Heather Lee, 10, WD Christine Zwart, 10, LAC Kristina Sims, 10, ISS Amy Harriman, 10, HWAC Ali Chemiak, 10, TSC Rebecca Sloan, 10, NEW
20 21 22 23 24 25 200	1:30.36 1:30.54 1:30.61 1:31.01 1:32.01 1:32.34 1:32.72 1:32.96 METRES I	AACAPR MMAPR TOPCPMAY TOPCPMAY DAVISMAR MSSACMAY GMACMAY NSSRJUN ND.MEDLEY	Julie Policht, 10, YORK Marissa Davies, 10, SJS Heather Lee, 10, WD Christine Zwart, 10, LAC Kristina Sims, 10, ISS Army Harriman, 10, HWAC All Cherniak, LO, TSC Rebecca Sloan, 10, NEW Ann Gardon, 10, SWAT
20 21 22 23 24 25 200 Rec: 2	1:30.36 1:30.54 1:30.61 1:31.01 1:32.01 1:32.34 1:32.72 1:32.96 METRES I 2:41.44 M	AACAPR MMAPR TOPCPMAY TOPCPMAY DAVISMAR MSSACMAY GMACMAY NSSRJUN ND.MEDLEY allory Hoekstr	Julie Policht, 10, YORK Marissa Davies, 10, SJS Heather Lee, 10, WD Christine Zwart, 10, LAC Kristina Sims, 10, ISS Amy Harriman, 10, HWAC Ali Cherniak, 10, TSC Rebecca Sloan, 10, NEW Ann Gordon, 10, SWAT (a EKSC, 98
20 21 22 23 24 25 200 I Rec: 1	1:30.36 1:30.54 1:30.61 1:31.01 1:32.01 1:32.34 1:32.72 1:32.96 METRES I 2:41.44 M 2:48.20	AACAPR MMAPR TOPCPMAY TOPCPMAY DOPCPMAY DAVISMAR MSSACMAY GMACMAY NSSRJUN ND.MEDLEY allory Hoekstr EKSCMAR	Julie Policht, 10, YORK Marissa Davise, 10, SJS Heather Lee, 10, WD Christine Zwart, 10, LAC Kristina Sims, 10, ISS Amy Harriman, 10, HWAC All Cherniak, 10, TSC Rebecca Sloan, 10, NEW Ann Gordon, 10, SWAT a, EKSC, 98 Madison Achtymichuk, 10, STSC
20 21 22 23 24 25 200 I Rec: 2 1 2	1:30.36 1:30.54 1:30.61 1:31.01 1:32.01 1:32.34 1:32.72 1:32.96 METRES I 2:41.44 M 2:48.20 2:53.25	AACAPR MMAPR TOPCPMAY TOPCPMAY DAVISMAR MSSACMAY GMACMAY NSSRJUN ND.MEDLEY Jallory Hoekstr EKSCMAR TOPCPMAY	Julie Policht, 10, YORK Marissa Davies, 10, SJS Heather Lee, 10, WD Christine Zwart, 10, LAC Kristina Sims, 10, ISS Amy Harriman, 10, HSW Ali Cherniak, 10, TSC Rebecca Sloan, 10, NEW Ann Gordon, 10, SWAT 'a EKSC, 98 Madison Achtymichuk, 10, STSC Christine Zwart, 10, LAC
20 21 22 23 24 25 200 1 Rec: 2 1 2 3 4	1:30.36 1:30.54 1:30.61 1:31.01 1:32.01 1:32.34 1:32.72 1:32.96 METRES I 2:41.44 M 2:48.20 2:53.25 2:53.47 2:54.24	AACAPR MMAPR TOPCPMAY TOPCPMAY DAVISMAR MSSACMAY GMACMAY MSSRJUN ND.MEDLEY allory Hoekstr EKSCMAR TOPCPMAY NEORJUN	Julie Policht, 10, YORK Marissa Davies, 10, SJS Heather Lee, 10, WD Christine Zwart, 10, LAC Kristina Sims, 10, LSS Army Harriman, 10, HWAC All Cherniak, LO, TSC Rebecca Sloan, 10, NEW Ann Gordon, 10, SWAT (a LKSC, 98 Madison Achtymichuk, 10, STSC Christine Zwart, 10, LAC Natalie Hagan, 10, ESWIM Megan Build, 10, TSC
20 21 22 23 24 25 200 1 2 3 4 5	1:30.36 1:30.54 1:30.61 1:31.01 1:32.01 1:32.34 1:32.72 1:32.96 METRES I 2:41.44 M 2:48.20 2:53.25 2:53.25 2:53.47 2:54.24 2:56.38	AACAPR MMAPR TOPCPMAY TOPCPMAY DAVISMAR MSSACMAY MSSACMAY NSSRJUN ND.MEDLEY allory Hoeksti EKSCMAR TOPCPMAY TOPCPMAY NEORJUN EKSCMAR	Julie Policht, 10, YORK Marissa Davies, 10, SJS Heather Lee, 10, WD Christine Zwart, 10, LAC Kristina Sims, 10, ISS Amy Harriman, 10, HWAC All Cherniak, 10, TSC Rebecca Sloan, 10, NEW Ann Gordon, 10, SWAT (Execca), 10, AC Madison Achtymichuk, 10, STSC Christine Zwart, 10, LAC Natalie Hagan, 10, ESWIM Megan Pulojd, 10, FMSC
20 21 22 23 24 25 200 1 Rec: 2 1 2 3 4 5 6	1:30.36 1:30.54 1:30.61 1:31.01 1:32.01 1:32.34 1:32.72 1:32.96 METRES I 2:41.44 M 2:48.20 2:53.25 2:53.47 2:54.24 2:56.38 2:58.04	AACAPR MMAPR TOPCPMAY TOPCPMAY TOPCPMAY DAVISMAR MSSACMAY GMACMAY MSRJUN NO. MEDLEY allory Hoekstr EKSCMAR TOPCPMAY TOPCPMAY NEORUN EKSCMAR DAVISMAR	Julie Policht, 10, YORK Marissa Davies, 10.SJS Heather Lee, 10, WD Christine Zwart, 10, LAC Kristina Sims, 10, ISS Army Harriman, 10, HWAC Ali Cherniak, 10, TSC Rebecca Sloan, 10, NEW Ann Gordon, 10, SWAT Madison Achtymichuk, 10, STSC Christine Zwart, 10, LAC Christine Zwart, 10, LAC Christine Zwart, 10, LAC Kalalie Hagan, 10, ESWIM Megan Bujdd, 10, TTSC Megan Poung, 10, FMJSC Tamara Gimon, 9, BAD
20 21 22 23 24 25 200 Rec: 2 1 2 3 4 5 6 7	1:30.36 1:30.54 1:30.61 1:31.01 1:32.01 1:32.34 1:32.72 1:32.96 METRES I 2:41.44 M 2:48.20 2:53.25 2:53.47 2:54.24 2:56.38 2:58.04	AACAPR MMAPR TOPCPMAY TOPCPMAY TOPCPMAY DAVISMAR MSSACMAY GMACMAY MSSACMAY NSSRUN ND. MEDLEY MONTHORES TOPCPMAY TOPCPMAY NEORJUN EKSCMAR DAVISMAR TOPCPMAY	Julie Policht, 10, YORK Marissa Davies, 10, SJS Heather Lee, 10, WD Christine Zwart, 10, LAC Kristina Sims, 10, ISS Amy Harriman, 10, HWAC Ali Cherniak, 10, TSC Rebecca Sloan, 10, NEW Ann Gordon, 10, SWAT (SC, 98 Madison Achtymichuk, 10, STSC Christine Zwart, 10, LAC Natalie Hagan, 10, ESWIM Megan Bujold, 10, TTSC Megan Young, 10, FMSC Tamara Gimon, 9, BAD Melissa Larocoue, 10, PCSC
20 21 22 23 24 25 200 1 Rec: 2 3 4 5 6 7 8	1:30.36 1:30.54 1:30.54 1:31.01 1:32.01 1:32.34 1:32.96 METRES I 2:41.44 M 2:48.20 2:53.25 2:53.25 2:53.25 2:53.25 2:53.24 2:58.04 2:58.04 2:58.04 2:59.16	AACAPR MMAPR TOPCPMAY TOPCPMAY TOPCPMAY TOPCPMAY DAVISMAR MSSACMAY GMACMAY MSSRUM ND.MEDLEY MSSRUM NO.MEDLEY MSCRUM TOPCPMAY NEORUJUN EKSCMAR DAVISMAR TOPCPMAY TOPCPMAY	Julie Policht, 10, YORK Marissa Davies, 10, SJS Heather Lee, 10, WD Christine Zwart, 10, LAC Kristina Sims, 10, ISS Amy Harriman, 10, HWAC Ali Cherniak, 10, TSC Rebecca Sloan, 10, NEW Ann Gordon, 10, SWAT dadison Achtymichuk, 10, STSC Christine Zwart, 10, LAC Kristine Zwart, 10, LSC Megan Bujold, 10, TTSC Megan Pujold, 10, TSC Megan Sujol, 10, SSW
20 21 22 23 24 25 200 Rec: 2 1 2 3 4 5 6 7	1:30.36 1:30.54 1:30.61 1:31.01 1:32.01 1:32.34 1:32.72 1:32.96 METRES I 2:41.44 M 2:48.20 2:53.25 2:53.47 2:54.24 2:56.38 2:58.04	AACAPR MMAPR TOPCPMAY TOPCPMAY TOPCPMAY DAVISMAR MSSACMAY GMACMAY NSRJUN ND. MEDLEY AIGNTHOLS KSCMAR TOPCPMAY TOPCPMAY TOPCPMAY TOPCPMAY TOPCPMAY	Julie Policht, 10, YORK Marissa Davies, 10, SJS Heather Lee, 10, WD Christine Zwart, 10, LAC Kristina Sims, 10, LSS Amy Harriman, 10, HWAC All Cherniak, 10, TSC Rebecca Sloan, 10, NEW Ann Gordon, 10, SWAT (Cherniak, 10, TSC Rebecca Sloan, 10, NEW And Gordon, 10, SWAT (Christine Zwart, 10, LAC Natalie Hagan, 10, ESWIM Megan Bujid, 10, TSC Tamara Gimon, 9, BAD Melissa Larcoque, 10, PCSC Kristina Sims, 10, LSS
20 21 22 23 24 25 200 1 2 3 4 5 6 7 8 9 10 11	1:30.36 1:30.54 1:30.54 1:31.01 1:32.01 1:32.34 1:32.96 METRES I 2:41.44 M 2:48.20 2:53.25 2:53.47 2:54.24 2:58.70 2:59.16 3:02.01 3:02.17 3:02.24	AACAPR MMAPR TOPCPMAY TOPCPMAY TOPCPMAY DAVISMAR MSSACMAY MSSACMAY NSSRUIN ND.MEDLEY NSSRUIN ND.MEDLEY NOPCPMAY TOPCPMAY TOPCPMAY TOPCPMAY GMACMAR GMACMAR ROJUN	Julie Policht, 10, YORK Marissa Davies, 10, SJS Heather Lee, 10, WD Christine Zwart, 10, LAC Kristina Sims, 10, ISS Army Harriman, 10, HWAC All Cherniak, 10, TSC Rebecca Sloan, 10, NEW Ann Gordon, 10, SWAT Wadison Achtymichuk, 10, STSC Christine Zwart, 10, LAC Madisen Achtymichuk, 10, STSC Christine Zwart, 10, LAC Megan Bujdd, 10, TTSC Megan Polugd, 10, TTSC Megan Polugd, 10, TTSC Megan Subjdd, 10, TTSC Kristina Sims, 10, ISS Shauan Danaldson, 10, OSAC Alana Bryon, 10, GMAC
20 21 22 23 24 25 200 1 2 3 4 5 6 7 8 9 10 11 12	1:30.36 1:30.54 1:30.61 1:32.01 1:32.01 1:32.24 1:32.72 1:32.96 METRES I 2:41.44 M 2:48.20 2:53.25 2:53.25 2:53.27 2:54.24 2:56.38 2:58.04 2:58.70 2:59.16 3:02.01 3:02.17 3:02.24	AACAPR MMAPR TOPCPMAY TOPCPMAY TOPCPMAY DAVISMAR MSSACMAY GMACMAY NSSRUN ND. MEDLE allory Hoeksti EKSCMAR TOPCPMAY TOPCPMAY TOPCPMAY TOPCPMAY TOPCPMAY TOPCPMAY TOPCPMAY TOPCPMAY CMACMAR GMACMAR RODUIN REDUIN	Julie Policht, 10, YORK Marissa Davis, 10, SJS Heather Le, 10, WD Christine Zwart, 10, LAC Kristina Sims, 10, ISS Amy Harriman, 10, HWAC Ali Cherniak, 10, TSC Rebecca Sloan, 10, NEW Ann Gordon, 10, SWAT (Execca Sloan, 10, NEW Ann Gordon, 10, SWAT (Christine Zwart, 10, LAC Natalie Hagan, 10, LSWM Megan Bujold, 10, TSC Means Surg, 10, LSC Shauna Donaldson, 10, OSAC Alama Byron, 10, GMAC Geneva Murphy, 10, ROD Merice P. Comiller 40, BEC
20 21 22 23 24 25 200 1 2 3 4 5 6 7 8 9 10 11 12 13	1:30.36 1:30.54 1:30.61 1:32.01 1:32.01 1:32.24 1:32.72 1:32.96 METRES I 2:41.44 M 2:48.20 2:53.25 2:53.25 2:53.27 2:54.24 2:56.38 2:58.04 2:58.70 2:59.16 3:02.01 3:02.17 3:02.24	AACAPR MMAPR TOPCPMAY TOPCPMAY TOPCPMAY DAVISMAR MSSACMAY GMACMAY NSSRUN ND. MEDLE allory Hoeksti EKSCMAR TOPCPMAY TOPCPMAY TOPCPMAY TOPCPMAY TOPCPMAY TOPCPMAY TOPCPMAY TOPCPMAY CMACMAR GMACMAR RODUIN REDUIN	Julie Policht, 10, YORK Marissa Davis, 10, SJS Heather Le, 10, WD Christine Zwart, 10, LAC Kristina Sims, 10, ISS Amy Harriman, 10, HWAC Ali Cherniak, 10, TSC Rebecca Sloan, 10, NEW Ann Gordon, 10, SWAT (Execca Sloan, 10, NEW Ann Gordon, 10, SWAT (Christine Zwart, 10, LAC Natalie Hagan, 10, LSWM Megan Bujold, 10, TSC Means Surg, 10, LSC Shauna Donaldson, 10, OSAC Alama Byron, 10, GMAC Geneva Murphy, 10, ROD Merice P. Comiller 40, BEC
20 21 22 23 24 25 200 1 2 3 4 5 6 7 8 9 10 11 12 13 14	1:30.36 1:30.54 1:30.61 1:32.01 1:32.01 1:32.24 1:32.72 1:32.96 METRES I 2:41.44 M 2:48.20 2:53.25 2:53.25 2:53.27 2:54.24 2:56.38 2:58.04 2:58.70 2:59.16 3:02.01 3:02.17 3:02.24	AACAPR MMAPR TOPCPMAY TOPCPMAY TOPCPMAY DAVISMAR MSSACMAY GMACMAY NSSRUN ND. MEDLE allory Hoeksti EKSCMAR TOPCPMAY TOPCPMAY TOPCPMAY TOPCPMAY TOPCPMAY TOPCPMAY TOPCPMAY TOPCPMAY CMACMAR GMACMAR RODUIN REDUIN	Julie Policht, 10, YORK Marissa Davis, 10, SJS Heather Le, 10, WD Christine Zwart, 10, LAC Kristina Sims, 10, ISS Amy Harriman, 10, HWAC Ali Cherniak, 10, TSC Rebecca Sloan, 10, NEW Ann Gordon, 10, SWAT (Execca Sloan, 10, NEW Ann Gordon, 10, SWAT (Christine Zwart, 10, LAC Natalie Hagan, 10, LSWM Megan Bujold, 10, TSC Means Surg, 10, LSC Shauna Donaldson, 10, OSAC Alama Byron, 10, GMAC Geneva Murphy, 10, ROD Merice P. Comiller 40, BEC
20 21 22 23 24 25 200 1 2 3 4 5 6 7 8 9 10 11 12 13	1:30.36 1:30.54 1:30.61 1:32.01 1:32.20 1:32.296 METRES 1 2:41.44 M 2:48.20 2:53.25 2:53.47 2:54.24 2:58.04 2:58.80 4 2:58.70 2:59.16 3:02.01 3:02.24 3:02.24 3:02.26 3:02.26 3:02.280 3:03.288	AACAPR MMAPR TOPCPMAY TOPCPMAY TOPCPMAY DAVISMAR MSSACMAY GMACMAY GMACMAY GMACMAY TOPCPMAY TOPCMAY TOPCPMAY TOPCMAY TOPCPMAY TOPCMAY TO	Julie Policht, 10, YORK Marissa Davies, 10, SJS Heather Lee, 10, WD Christine Zwart, 10, LAC Kristina Sims, 10, ISS Army Harriman, 10, HWAC All Cherniak, 10, TSC Rebecca Sloan, 10, NEW Ann Gordon, 10, SWAT (a LKSC, 98 Madison Achtymichuk, 10, STSC Christine Zwart, 10, LAC Natalie Hagan, 10, ESWIM Megan Buijdd, 10, TSC Christine Zwart, 10, LAC Natalie Hagan, 10, ESWIM Megan Buijdd, 10, TSC Megan Young, 10, FMSC Tamara Gimon, 9, BAD Melissa Larocque, 10, PCSC Kristina Sims, 10, ISS Shauna Donaldison, 10, 0, SAC Alana Byron, 10, GNAC Geneva Murphy, 10, ROD Marie-P Couillard, 9, REG Armity Chow, 10, PDSA Anna Freeman, 10, MSSAC Meghan Knapton, 10, RISC
20 21 22 23 24 25 200 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17	1:30.36 1:30.54 1:30.61 1:32.01 1:32.20 1:32.296 METRES 1 2:41.44 M 2:48.20 2:53.25 2:53.47 2:54.24 2:58.04 2:58.80 4 2:58.70 2:59.16 3:02.01 3:02.24 3:02.24 3:02.26 3:02.26 3:02.280 3:03.288	AACAPR MMAPR TOPCPMAY TOPCPMAY TOPCPMAY DAVISMAR MSSACMAY GMACMAY GMACMAY GMACMAY TOPCPMAY TOPCMAY TOPCPMAY TOPCMAY TOPCPMAY TOPCMAY TO	Julie Policht, 10, YORK Marissa Davies, 10, SJS Heather Lee, 10, WD Christine Zwart, 10, LAC Kristina Sims, 10, ISS Army Harriman, 10, HWAC All Cherniak, 10, TSC Rebecca Sloan, 10, NEW Ann Gordon, 10, SWAT (a LKSC, 98 Madison Achtymichuk, 10, STSC Christine Zwart, 10, LAC Natalie Hagan, 10, ESWIM Megan Buijdd, 10, TSC Christine Zwart, 10, LAC Natalie Hagan, 10, ESWIM Megan Buijdd, 10, TSC Megan Young, 10, FMSC Tamara Gimon, 9, BAD Melissa Larocque, 10, PCSC Kristina Sims, 10, ISS Shauna Donaldison, 10, 0, SAC Alana Byron, 10, GNAC Geneva Murphy, 10, ROD Marie-P Couillard, 9, REG Armity Chow, 10, PDSA Anna Freeman, 10, MSSAC Meghan Knapton, 10, RISC
20 21 22 23 24 25 200 1 Rec: 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18	1:30.36 1:30.54 1:30.61 1:32.01 1:32.20 1:32.296 METRES 1 2:41.44 M 2:48.20 2:53.25 2:53.47 2:54.24 2:58.04 2:58.80 4 2:58.70 2:59.16 3:02.01 3:02.24 3:02.24 3:02.26 3:02.26 3:02.280 3:03.288	AACAPR MMAPR TOPCPMAY TOPCPMAY TOPCPMAY DAVISMAR MSSACMAY GMACMAY GMACMAY GMACMAY TOPCPMAY TOPCMAY TOPCPMAY TOPCMAY TOPCPMAY TOPCMAY TO	Julie Policht, 10, YORK Marissa Davies, 10, SJS Heather Lee, 10, WD Christine Zwart, 10, LAC Kristina Sims, 10, ISS Army Harriman, 10, HWAC All Cherniak, 10, TSC Rebecca Sloan, 10, NEW Ann Gordon, 10, SWAT (a LKSC, 98 Madison Achtymichuk, 10, STSC Christine Zwart, 10, LAC Natalie Hagan, 10, ESWIM Megan Buijdd, 10, TSC Christine Zwart, 10, LAC Natalie Hagan, 10, ESWIM Megan Buijdd, 10, TSC Megan Young, 10, FMSC Tamara Gimon, 9, BAD Melissa Larocque, 10, PCSC Kristina Sims, 10, ISS Shauna Donaldison, 10, 0, SAC Alana Byron, 10, GNAC Geneva Murphy, 10, ROD Marie-P Couillard, 9, REG Armity Chow, 10, PDSA Anna Freeman, 10, MSSAC Meghan Knapton, 10, RISC
20 21 22 23 24 25 200 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19	1:30.36 1:30.54 1:30.61 1:32.01 1:32.20 1:32.296 METRES 1 2:41.44 M 2:48.20 2:53.25 2:53.47 2:54.24 2:58.04 2:58.80 4 2:58.70 2:59.16 3:02.01 3:02.24 3:02.24 3:02.26 3:02.26 3:02.280 3:03.288	AACAPR MMAPR TOPCPMAY TOPCPMAY TOPCPMAY DAVISMAR MSSACMAY GMACMAY GMACMAY GMACMAY TOPCPMAY TOPCMAY TOPCPMAY TOPCMAY TOPCPMAY TOPCMAY TO	Julie Policht, 10, YORK Marissa Davies, 10, SJS Heather Lee, 10, WD Christine Zwart, 10, LAC Kristina Sims, 10, ISS Army Harriman, 10, HWAC All Cherniak, 10, TSC Rebecca Sloan, 10, NEW Ann Gordon, 10, SWAT (a LKSC, 98 Madison Achtymichuk, 10, STSC Christine Zwart, 10, LAC Natalie Hagan, 10, ESWIM Megan Buijdd, 10, TSC Christine Zwart, 10, LAC Natalie Hagan, 10, ESWIM Megan Buijdd, 10, TSC Megan Young, 10, FMSC Tamara Gimon, 9, BAD Melissa Larocque, 10, PCSC Kristina Sims, 10, ISS Shauna Donaldison, 10, 0, SAC Alana Byron, 10, GNAC Geneva Murphy, 10, ROD Marie-P Couillard, 9, REG Armity Chow, 10, PDSA Anna Freeman, 10, MSSAC Meghan Knapton, 10, RISC
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20 21 22 23 24 25 200 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 22 122 22	$\begin{array}{c} 1:30.36\\ 1:30.56\\ 1:30.57\\ 1:30.57\\ 1:32.01\\ 1:32.01\\ 1:32.01\\ 1:32.01\\ 1:32.01\\ 1:32.05\\ 1:32.06\\ 1:32.$	AACAPR MMAPR TOPCPMAY TOPCPMAY TOPCPMAY DAVISMAR MSSACMAY GMACMAY GMACMAY GMACMAY IOPCPMAY TOPCPMAY TOPCPMAY TOPCPMAY TOPCPMAY TOPCPMAY TOPCPMAY TOPCPMAY TOPCPMAY TOPCPMAY TOPCPMAY TOPCPMAY TOPCPMAY TOPCPMAY CASCMAR MSSACMAY DAVISMAR DAVISMAR DAVISMAR CASCJUN HYACKMAY WSSAUMAY LEITEMAR ELITEMAR ELITEMAR	Julie Policht, 10, YORK Marissa Davies, 10, SJS Heather Lee, 10, WD Christine Zwart, 10, LAC Kristina Sims, 10, LSS Amy Harriman, 10, HWAC All Cherniak, 10, TSC Rebecca Sloan, 10, NEW Ann Gordon, 10, SWAT (Cherniak, 10, TSC Rebecca Sloan, 10, NEW And Grodon, 10, SWAT (Cherniak, 10, TSC Megan Bujidt, 10, TSC Megan Bujidt, 10, TSC Megan Pujudt, 10, TSC Anana Faneana, 10, MSSA Meghan Knapton, 10, GNAC Anna Freeman, 10, MSSAC Meghan Knapton, 10, RISC Anna Freeman, 10, MSSAC Meghan Knapton, 10, RISC Anyes Sutcliffe, 10, BST Shelbi Snodgrass, 10, CASC Shawne Landolt, 10, IS Casey Leslie, 10, HWAC Lilla Hadouchi, 10, LSCDN Patricla Sloan, 10, MSSAC



	6 1:23.91 CASCJUN James Kendrick,10,CASC 7 1:24.16 LUSCMAY Frank Despond,9,BAD
	8 1:24.18 LEDUCMAY Michael Clarke, 10, OSC
	10 1:25.01 TOPCPMAY Kairun Daikoku, 10, MSSAC
	11 1:25.16 RODJUN Parker Zeeben,10,PASS 12 1:25.50 CASCJUN Michael Lowenstein,10,CASC
	13 1:25.83 TOPCPMAY Sidney Chu,10,RHAC 14 1:26.78 GMACMAY Evan Buck,10,GMAC
	15 1:26.82 ISAPR Will Hergesheimer, 10, NRST 16 1:27.10 TOPCPMAY Colin Coombs, 10, ESWIM
	17 1:27.30 MSSACMAY Daren Rubenchik,10,CHAMP
	19 1:27.74 TOPCPMAY Andrew Bloch-Hansen, 10, LAC
	20 1:27.76 HYACKMAY Marko Gavric,9,PDSA 21 1:27.95 NSSRJUN Dave Sharpe,10,EAST
	22 1:28.38 CASCJUN Braden Maybury,10,CASC 23 1:28.38 PPOJUN Jean-F. Thivierge,10,REG
	24 1:28.39 ESWIMJUN Jacques D'Souza,10,CREST 25 1:28.53 AACAPR Curtis Samuel,10,OAK
KUX/	100 METRES BREASTSTROKE Rec: 1:22.79 David Cheung, CREST, 92
	1 1:27.53 EKIAPR Curtis Lutsch, 10, UCSC
	2 1:32.79 LACMAY Steven Saltzberry,10,TAT 3 1:33.56 TOPCPMAY Julian Monks,10,WD
	4 1:33.67 CDSCAPR Hong-Kei Chan,10,PDSA 5 1:33.84 TOPCPMAY Matthew Chu,10,NYAC
	6 1:34.79 TOPCPMAY Spencer Ayre,10,PCSC 7 1:35.35 EXSTJUN Kelly Tso,10,LASC
	8 1:37.13 TOPCPMAY Ahmed Ali,10,SCAR 9 1:37.42 STSCMAY Ben Schaeffer,10,BRSC
1//0/1	10 1:37.89 OYOMAR Troy Baxter,9,NKB
	12 1:38.28 TOPCPMAY Daniel Jensen,9,PCSC
	13 1:38.46 PGBAPR Judd Grossman,10,PN 14 1:38.53 TOPCPMAY Skyler McIndoe,10,LAC
ΙΙΛΙΧΙΙ	15 1:38.69 CDSCAPR Dennis Brotzky,9,PDSA 16 1:38.85 AACAPR Tom Lawrie,10,AAC
	17 1:39.38 TOPCPMAY Clement Kwong,10,NYAC 18 1:39.70 GMACMAY Brandon Kingston,10,NEW
	19 1:40.29 AACAPR Sean O'Beirn,10,MSSAC 20 1:40.46 PPOJUN Jean-F. Thivierge,10,REG
	21 1:40.51 ISAPR Will Hergesheimer, 10, NRST
	22 1:40.53 TOPCPMAY Paul Zielinski,9,MSSAC 23 1:40.92 LACMAY Jeremy Leite,9,LAC
	24 1:41.98 TOPCPMAY Daniel Lam,10,NYAC 25 1:41.98 HYACKMAY Hong-Ting Chan,10,PDSA
100 METRES FREESTYLE Rec: 1:05.02 Andrew Bignell,SSMAC,94	100 METRES BUTTERFLY Rec: 1:13.20 Alex Baumann,LUSC,75
1 1:09.02 STSCMAY Curtis Lutsch,10,UCSC 2 1:10.63 TOPCPMAY Karim Zayed,10,PCSC	1 1:18.37 HYACKMAY Andre Kudaba,10,HYACK 2 1:21.50 CASCJUN Michael Lowenstein,10,CASC
3 1:11.40 TOPCPMAY Steven Saltzberry,10,TAT 4 1:11.73 TOPCPMAY Spencer Ayre,10,PCSC	3 1:21.92 CASCJUN Erik Nelson,10,CASC 4 1:22.51 TOPCPMAY Karim Zayed,10,PCSC
5 1:12.01 CASCJUN Jordie Szoo, 10, CASC	5 1:23.71 TOPCPMAY Tyler Bredschneider, 10, COBRA
7 1:12.82 HYACKMAY Craig Dagnall, 10, IS	6 1:23.89 ISAPR Craig Dagnall,10,IS 7 1:24.73 DAVISMAR Curtis Samuel,10,OAK
8 1:12.93 AACAPR Sean O'Beirn,10,MSSAC 9 1:13.15 ISAPR Will Hergesheimer,10,NRST	8 1:25.36 EKSCMAR Ben Berg,10,RDCSC 9 1:25.67 CDSCAPR Hong-Ting Chan,10,PDSA
10 1:13.29 TOPCPMAY Tyler Bredschneider,10,COBRA 11 1:13.30 HYACKMAY Marko Gavric,9,PDSA	10 1:25.79 ISAPR Will Hergesheimer, 10, NRST 11 1:26.15 CASCJUN Jordie Szoo, 10, CASC
12 1:13.43 MSSACMAY Dinos San Pedro,10,0AK 13 1:13.63 PGBAPR Judd Grossman,10,PN	12 1:26.34 NSSRJUN Dave Sharpe,10,EAST 13 1:26.77 MSSACMAY Dinos San Pedro,10,OAK
14 1:13.66 AACAPR Nick Karpov,9,RHAC 15 1:13.86 CDSCAPR Hong-Kei Chan,10,PDSA	14 1:27.46 TOPCPMAY Spencer Ayre,10,PCSC 15 1:28.71 EKSCMAR Curtis Lutsch,10,UCSC
16 1:13.89 CDSCAPR Hong-Ting Chan, 10, PDSA 17 1:14.07 BROCKMAY Jim Lee, 10, WAC	16 1:29.46 TOPCPMAY Michael Brock, 10, LAC
18 1:14.86 ROWMAY Kenneth Wang, 10, RHAC	17 1:30.77 PPOJUN Jean-F. Thivierge,10,REG 18 1:30.88 TOPCPMAY Tom Lawrie,10,AAC
19 1:15.12 CASCJUN James Kendričk,10,CASC 20 1:15.40 ROWMAY Adrian Ng,10,RHAC	19 1:30.96 CASCJUN Justin Odger,9,CASC 20 1:31.04 TOPCPMAY Colin Coombs,10,ESWIM
21 1:15.60 TOPCPMAY Paul Zielinski,9,MSSAC 22 1:15.74 TOPCPMAY Tom Lawrie,10,AAC	21 1:31.37 GMACMAY Evan Buck,10,GMAC 22 1:31.87 GMACMAY Matthew Swanston,10,NEW
23 1:16.03 ROWMAY Sidney Chu,10,RHAC 24 1:16.28 PPOJUN Jean-F. Thivierge,10,REG	23 1:32.17 TOPCPMAY Kairun Daikoku,10,MSSAC 24 1:33.09 DAVISMAR Alex Serwotka,10,CYPS
25 1:16.40 MMAPR David Woodman, 10, MANTA 400 METRES FREESTYLE	25 1:33.10 RODJUN Ashveen Ambulgekar,10,GOLD 200 METRES IND.MEDLEY
Rec: 4:55.60 Trevor Jakisch,SJS,78 5:15.70 STSCMAY Curtis Lutsch,10,UCSC	Rec: 2:35.84 Tobias Orivol, PCSC, 96 1 2:42.93 GMACMAR Steven Saltzberry, 10, TAT
2 5:18.15 ISAPR Craig Dagnall, 10, IS	2 2:43.58 DAVISMAR Curtis Samuel, 10, OAK
4 5:30.33 ESWIMJUN Colin Coombs,10,ESWIM	3 2:46.54 EKIAPR Curtis Lutsch,10,UCSC 4 2:47.48 DAVISMAR Frank Despond,9,BAD
5 5:31.79 ISAPR Will Hergesheimer,10,NRST 6 5:34.76 OLYJUN Tyler Bredschneider,10,COBRA	5 2:51.01 DAVISMAR David Duhan,10,BAD 6 2:53.95 HYACKMAY Andre Kudaba,10,HYACK
7 5:36.35 MSSACMAY Sean O'Beirn,9,MSSAC 8 5:37.65 LEDUCMAY Michael Clarke,10,0SC	7 2:54.55 TOPCPMAY Spencer Ayre,10,PCSC 8 2:55.67 WOSAJUN Jim Lee,10,WAC
9 5:40.47 WOSAJUN Jim Lee,10,WAC 10 5:40.77 MSSACMAY Robert Irvine,10,OSHAC	9 2:58.44 DAVISMAR Alex Servotka,10,CYPS 10 2:58.58 CDSCAPR Hong-Kei Chan,10,PDSA
11 5:41.56 STSCMAY Ben Schaeffer,10,BRSC 5:41.77 MSSACMAY Kairun Daikoku,10,MSSAC	11 2:58.62 CASCJUN Michael Lowenstein,10, CASC 12 2:59.45 ISAPR Will Hergesheimer,10, NRST
13 5:43.52 WOSAJUN Skyler McIndoe,10,LAC 14 5:43.86 MSSACMAY Dinos San Pedro,10,0AK	13 3:00.07 TOPCPMAY Karim Zayed, 10, PCSC
15 5:44.01 WOSAJUN Michael Brock, 10, LAC	15 3:01.21 CDSCAPR Hong-Ting Chan, 10, PDSA
16 5:45.03 MSSACMAY Jacques D'Souza,10,CREST 17 5:49.24 WOSAJUN Frank Despond,10,BAD	16 3:01.61 TOPCPMAY Sidney Chu, 10, RHAC 17 3:02.10 TOPCPMAY Robert Irvine, 10, OSHAC
18 5:49.79 EKSCMAR Michael Lowenstein,10,CASC 19 5:50.43 WOSAJUN Ross Bennett,9,ROW	18 3:02.34 HYACKMAY Marko Gavric,9,PDSA 19 3:02.43 TOPCPMAY Kairun Daikoku,10,MSSAC
20 5:53.25 EKSCMAR Jordie Szoo, 10, CASC 21 5:57.95 WOSAJUN Andrew Bloch-Hansen, 10, LAC	20 3:02.67 EKSCMAR Michael Clarke,10,0SC 21 3:03.21 GMACMAR Kodie Yorke,10,GMAC
22 5:57.96 WOSJUN Jeremy Leite,9,LAC 23 6:00.13 EKSCMAR Aman Hansra,10,FMSC	22 3:03.42 PPOJUN Jean-F. Thivierge, 10, REG
24 6:01.70 EKSCMAR Karl Wolk,9,EKSC	24 3:04.35 GMACMAR Evan Buck,10,GMAC
25 6:01.95 MSSACMAY Curtis Samuel,10,0AK	25 3:04.88 TOPCPMAY Kenneth Wang,10,RHAC



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Bryn Jones, 14 Club: Newmarket Stingrays Coach: Ulf Ornhjelm Specialty: Breaststroke 3rd ranked for LCM01 TAG in the 200 breaststroke and 9th in the 100 breaststroke LCM01 Best Times LCM00 100 breaststroke 1:16.99 1:13.69 200 breaststroke 2:42.58 2:36.94 200 indmedlev 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 the400 free, 10th in the 200 free Best Times SCM01 LCM01 2:06.96 200 freestyle 2:04.75 400 freestyle 4:25.41 4:29.40 100 backstroke 1:04.99 1:07.47 2:19.43 2:23.17 200 backstroke



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 LCM00 Best Times LCM01 100 breaststroke 1:27.62 1:20.59 200 breaststroke 1:10.06 2:51.68 200 ind.medlev 2:41.92 400 ind.medley 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 7th in the 200 butterfly LCM00 Best Times 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

 100 butterfly
 1:07.01