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Subscription rates: Canada $\$ 35$ yearly
Inquire about bulk discounts to club teams. Foreign (air mailed) \$45 US United States \$35 US Single issues \$4.95 CAN \$4.95 USA Payments by cheque, bank money orders and VISA VISA payments require card number and expiry date All Canadian subscriptions include 7\% Federal GST International Standard Serial Number ISSN 1209-5966 Publications Mail Registration No. 09981 Gateway Postal Facility, Mississauga. We acknowledge the financial support of the Government of Canada, through the Publications Assistance Program (PAP), toward our mailing costs. SWIMNEWS (USPS \#015-207) is published monthly for US $\$ 35$ per year. Periodicals postage paid at Champlain,
N.Y. and additional mailing offices. Address changes should be sent to:
SWIMNENS, 356 Sumach Street, Toronto, ON, M4X 1V4 or (USA and International only)
IMS of N.Y., 100 Walnut St. \#3, P.O.Box 1518,
Champlain, N.Y. 12919-1518. For details call: IMS at 1 (800) 428-3003
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CONSECUTIVE NUMBER 271 May-J une 2002

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## ABOUT THIS ISSUE

Another team selection tumed into a major controversy.

For three months after the conclusion of Commonwealth Trialsin March, appealsand counter appealshavemarred whatshould havebeen a simple process.

WehaveNikki Dryden to thank for documenting in detail what took place. She competed in 1994 and 1998 at these Games, as well as the 1992 and 1996 Olympics and is more than qualified to write her commentary.

When your turns come for selection and something likethishappens, you'll beableto usethis article as a reference point.

Problemswith selection havealwaysbeen part of swimming. In earlier times teams were small and that would cause the controversy. In recent times, as team size expanded and more objective criteria developed, controversycontinuedaround thewording and interpretation of the selection criteria.

Feel free to send in your comments as we'll publish them all in the nextissue.

Other topics in this issue:
AbriefhistoryoftheCommonwealth Gamesison page 12-13 and note that the single greatest Games performance was by Canada's Graham Smith in Edmonton in 1978. Hewon the 100-200 breaststroke and the 200-400 IM, as wellas swimming on two of Canada'swinning relays, for atotal ofsix golds, a feat yetto berepeated. Hewascoached by Don Talbotwho was in Thunder Bay from 1972 to 1979 and helped Canada toitsonlydefeatofAustralia, 31 to 30 medals.

On page 18-19 we tell the story of Anthony Ervin who was only 19 when he tied for the gold at the Olympics in the 50 freestyle.

On page 22 Cecil Colwin is back with hisstory on Michael Phelps, a product of the North Baltimore AC whose story he will tell in a future issue. Phelps is a prodigy at age 15, the youngest American male Olympian since 1932 and the youngest-ever male world record holder.

There is a review of Colwin's new book Breakthrough Swimming on page 33. It's the third book the prolific Colwin has written in the past decade, a remarkable accomplishment.

Nikki Dryden tells us about Geoff Huegill, the sprintflyer, on page $34-35$. Shewill be covering him and the Canadians in Manchester at the Commonwealth Games.

TAG times should be somewhat improved, although we're still fixing problems with exact birthdays. If you'rein thewrong categoryletusknow your exact birthdateand we'll getitright for thenext time. It's very much a work in progress.

## CALENDAR

2002 CANADIAN
July
12-14 Quebec Championships, St-Hubert
12-14 Alberta Championships
11-14 BCChampionships
17-21 Youth, Junior, SWAD Nationals, Winnipeg
26-28 Eastern Cup, Montreal
August
6-10 Summer Nationals, Victoria

## October

26 TAS SR Circuit 1, Victoria, BC
26-27 Goldfin Invitational, Saskatoon, SK

## November

1-2 UBCCollegec Cup, Vancouver, BC
2-3 Hyack Invitational, New Westminster, BC
8-10 Island Pacific Cup, Victoria, BC

## December

29-1 Prainie Invitational, Winnipeg, MB
29-1 Rapids FasSwim, Richmond, BC
30-1 Atlantic SCChampionships, Fredericton, NB
6-8 NYAC Youth Cup, ON
6-8 Kamloops IceClassic, BC

## 2003

## January

11-12 TASSR Circuit 2, Richmond, BC
19-20 Hyack Invitational, New Westminster, BC
24-26 Canada West Championships
24-26 ROD Invitational, Regina, SK
February
6-9 Man/Sask Championships, Winnipeg, MB
7-9 TASBC Senior Championships, Vancouver, BC
20-23 Youth/Junior Nationals East, London, ON
20-23 Youth/Junior Nationals West, Regina, SK
21-23 CIS Interuniversity Champs, Victoria, BC

## March

28-2 Nova Scotia AG Championships
28-2 Alberta AG Championships
6-9 TASBCChampionships
8-9 Alberta SR Championships
April
4-6 Limpert Team Championships, NB
12-13 Richmond West Coast, BC
18-20 Island Invitational, Victoria, BC
May
3-4 Alberta Open
17-19 Hyack Invitational, New Westminster, BC
23-25 New Brunswick Championships
23-25 Mel Zajac International, Vancouver, BC
June
30-1 ROD Classic, Regina, SK
6-8 Ken Dunn Championships, Halifax, NS
6-8 Kamloops Classic, BC
13-15 MooseJawInvitational, SK
20-22 Island Invitational, Victoria, BC

26-29 Man/Sask Championships, Regina, SK
July
4-6 East Coast Championships, NB
4-6 Alberta SR Championships
10-13 TASBCChampionships
11-13 Alberta AG Championships
25-28 Eastern Cup, Montreal

2002 INTERNATIONAL
July
25-4 European Championships, Berlin
August
26-4 Commonwealth Games, Manchester, GBR
12-18 African Championships, Cairo, EGY
22-25 British SCChampionships, GBR
24-26 Asian AG Championships, Zuhai, CHN
24-29 Pan Pacific Champs, Yokohama, JPN
October
29-16 Asian Games, Pusan, KOR

## November

5-9 FINAOpen WaterWorlds, EGY
15-17 World Cup 1, Rio de Janeiro, BRA
22-23 World Cup 2, New York, USA
26-27 World Cup 3, Montreal, CAN
December
1-2 World Cup 4, Shanghai, CHN
6-8 World Cup 5, Melbourne, AUS
12-15 European SCChampionships, Riesa, GER
2003
January
13-14 World Cup 6, Imperia, ITA
17-18 World Cup 7, Paris, FRA
21-22 World Cup 8, Stockholm, SWE
25-26 World Cup 9, Berlin, GER
July
13-27 FINAWorld Championships, Barcelona, ESP
August
1-17 Pan American Games, Santo Domingo
21-31 World University Games, Daegu, KOR
24-29 Asian AG Championships, TPE

## October

4-18 All Africa Games, Abuja, NGR

## 2002 UNTTED STATES

July
13-14 USGrand Prix 4, Long Island, NY
19-21 USGrand Prix 5, Los Angeles, CA

## August

13-17 Summer Nationals, Fort Lauderdale, FL
18 5K Open Water Nationals, Fort Lauderdale, FL

## December

5-7 U.S. Open, Minneapolis, MN

# CONTROVERSY RAGED RIGHT FROM THE START the process was very dificult and hard on the athletes who have been ADDED AND DROPPED, AND ADDED AGAIN 

## Nikki Dryden

Despite months of petitions, protests, appeals, and arbitration, the original team announced on March 24, 2002 will be the same team representing Canada at the 2002 Commonwealth Games. Swim mers have been added and dropped, and added again, andthebestteam will beheadingtoManchester. But the three swimmers who have been passed over will not soon forgetthe bitter sting of a long selection process that did not go their way, nor will their coaches and teammates who make up one side of a growing division in Canadian swimming.

As conjectures developed and rumoursflew over just who might be selected and de selected from the Games Team, the number of swimmers fearing for their position on theteam grewto double digits. And hundreds of concemed team members, coaches, and parents also spent the last few months in flux. Separately, but perhaps even worse, because of past appointments of those undeserving, we have allowed thecreation of an atmospherein Canadian swimming where an unworthy athlete believes she is entitled to representhercountrywithoutearningherspoton the team.

It is apparent that the sport of swimming in Canada cannot afford another such estrangement. Miscommunication can onlybeused asan excusefor solong. While weprofessto learn from ourmistakes, public opinion in Canada as well as that from the world swimming community is continually deteriorating. While the selection of the Commonwealth Team hasbeen resolvedwith extemal assistance, whatisbeingdoneto bringtogetherapool deck divided?

## Identifying the Swimmers,

Committees, and Groups Involved
In order to understand this controversy, the groups involved in this dispute must be identified. The first group of swimmers who appealed theselection of the Commonwealth Team are Commonwealth Trials silver medallists: Chad Murray (UCSA), Kurtis MacGillivary (ROW), and Karley Stutzel (IS). These swimmers were the firstto appeal the original team selection to the Intemal Appeals Panel.

The second group of swimmers involved are Commonwealth Trials bronze medallists: Annamay

Pierse (UASC), Gord Veldman (Kingston), and Doug Wake (UBCD). These swimmers appealed their de selection from the team to an external body, the Alternative Dispute Resolution for Sport (ADR-SPORT-RED.)

Nadine Rolland (Montreal) petitioned the Selection Committee,appealedtotheInternal Appeals Panel, and finally the ADR for her inclusion in the team under Category F.

The first committee involved is the SNC Figh Performance Standing Committee chaired by Marco Veilleux and made up of coaches Tom Johnson (UBCD), Jan Bidrman (UCSA), Peter Vizsolyi (IS), Bud McAlister (ROW), and Linda Kiefer (UofT).

The second committee involved is the Selection Committee who reviewed and finalized the selection criteria, and selected the team. This committee is made up of Marco Veilleux, John Vadeika, president of the Canadian Swim Coaches Association (CSCA), and Brent Sallee (swimmer's representative). Two persons, former swimmer's representative Lisa Food and former national team member Chris Bowie, are
also members of the Selection Committee, however neitherindividual waspresentat theCommonwealth Games Trials in Winnipeg.

The third group involved is the Intemal Appeals Panel made up of chair Cheryl Gibson (former national swim team member, Edmonton-basedlawjer and 1976 Olympic silver medallist), Linda Cuthbert (president of the Canadian Amateur Diving Association), and Dan Smith (director of athletics at the University of Western Ontario andformerdirector general of Sport Canada). This panel heard the appeals of the silver medallists and Rolland.

The Altemative Dispute Resolution for Sport (ADR-SPORT-RED) is the arbitration body, which heard separately both the appeals of the bronze medallists and Rolland. The ADR has been in development for the last two years, and was first used for athleteswishingtoappeal againsta decision of the Canadian Olympic Association Team Selection Committee for the 2002 Winter Olympics. The object of the ADR program is "to offer the national sports communitya National AltemativeDisputeResolution

## SNC SWIMM ER SELECTION CRITERIA XVII COMM ONW EALTH GAM ES

CATEGORY A:Swimmerswho medal in an Olympicindividual eventat theXVII Commonwealth Games Trials in Winnipeg, Manitoba AND whoseperformances equal or better the 2004 FINA "A" standard shall be automatically selected. Performances in the preliminaries and/or the semi-finals of the top three finishers shall be considered for selection.
CATEGORY B: Once Category A selections have been determined and finalized, swimmers who are medalists in an Olympic program individual event at the XVI Commonwealth Games Trials shall be ranked accorling to the 2001-2005 SNCLong Course Performance Ratings and shall be considered for selection up to a maximum of 12 men and 12 women inclusive of the Category Aselections. 2001-10-01 CATEGORY C: Should positions remain open in the team complement, the SNC Selection Committee shall consider the first place finishers in an Olympic program event not selected in Category A or B. The swimmers shall be selected in rank order according to the 2001-2005 SNC Long Course Performance Ratings.
CATEGORY D: Should positions remain open in the team complement, the SNC Selection Committee shall consider the second place finishers in an Olympic program event not selected in CategoryA, B or C. The swimmers shall be selected in rank order according to the 2001-2005 SNCLong Course Performance Ratings.
CATEGORY E: Should positions remain open in the team complement, the selection committee shall consider the third place finishers in an Olympic program event not selected in Category A B, C or DThe swimmers shall be selected in rank order according to the 2001-2005 SNC Long Course Performance Ratings.
CATEGORY F: Additional swimmers may be considered for selection at the discretion of the SNC Selection Committee and SNC National Coach - Director Figh Performance Services.
RELAYS: Relays shall be made up from the team complementat the discretion of SNCNational Coach Director High Performance Services.

| 2004 FINA 'A' STANDARD |  |  |
| :--- | :---: | ---: |
| WOMEN | EVENTS | MEN |
| 0:25.62 | 50 Free | $0: 22.51$ |
| 0:55.58 | 100 Free | $0: 49.66$ |
| 2:00.07 | 200 Free | $1: 49.60$ |
| 4:11.60 | 400 Free | $3: 52.01$ |
| 8:37.57 | $800 / 1500$ Free | $15: 14.43$ |
| 1:02.35 | 100 Back | $0: 55.64$ |
| $2: 13.58$ | 200 Back | $2: 00.20$ |
| $1: 09.85$ | 100 Breast | $1: 01.92$ |
| $2: 28.21$ | 200 Breast | $2: 14.20$ |
| $0: 59.67$ | 100 Fly | $0: 53.56$ |
| $2: 11.20$ | 200 Fly | $1: 58.63$ |
| $2: 15.27$ | 200 IM | $2: 02.54$ |
| $4: 46.42$ | 400 IM | $4: 20.17$ |
|  |  |  |

System...thatwill providea decisional, administrative andeducational structure" forall participants in the Canadian sport system. The program was modelled after the Court of Arbitration for Sport, which is the international sports arbitration body. Mr. Picher is the arbitrator who heard the appeal of the bronze medallists, while Mr. Clement is the arbitrator who heard the appeal for Rolland. Mr. McLaren is the Co-Chief Arbitrator who was called upon to oversee the conflicting decisions of Clement and Picher.

## The Selection Criteria

In October, Swimming/Natation Canada (SNC) published the selection criteria for the 2002 Commonwealth Games. DaveJohnson, SNCnational coach, director of High Performance Services, in consultation with Josey Corbo, the SNC Coordinator of National Team programs, originally drafted the selection criteria. The SNC High Performance Standing Committee then reviewed the draft. The selection criteria were reviewed and approved by the SelectionCommittee.SNCby-lawsspecificallyprovide that the Selection Committee is the body responsible for drafting and implementing selection critena for all international teams.

In the SNC Swimmer Selection Criteria six categories werelaid out for swim mersto beselectedto theteam. CategoriesAand Bareinclusive. Categories C, D, E, and Fappearto beexclusive on the onehand, but have also proved inclusive. Only Category A involves the automatic selection of swimmers who equal orbetterthe 2004FINA "A" standards. Categories B-F involve the discretionary selection of swimmers based on their placing at the Trials and their point scores based on the 2001-2005 SNC Long Course Performance Ratings.

Category F is a totally discretionary category under which the Selection Committee was able to select swimmers using their discretion and that of Dave Johnson's. Due to an injury that forced him
from theTrials, tripleOlympicbronzemedallistCurtis Myden waspreselectedtotheteam underthiscategory as the 40th swimmer. Jennifer Carroll of Montreal was selected under thiscategory based on her 50 back performancefrom the Trials, asnon-Olympic events were not a basis for selection in Categories A-E.

## Determining the Team Size

Canada isallowed totake40ablebodied swimmersto the Commonwealth Games, and 21 women and 19 men have been selected to theteam. Logically a team of 40 would mean 20 women and 20 men, however thenumberofmen and women wasnotspelled outin the selection criteria. The criteria do say the top 12 women andtop 12 men in Olympic events (no stroke 50s) would bethefirstchosen, using Categories Aand B. Next, the two women and two men who won their events (Olympic events only), but did not make the top twelvefor theirsex wereselected usingCategoryC. Myden and Carroll were selected using Category F. With 10 spots remaining, the Selection Committee combined all the silver and bronze medallists regardless of sex and chose the top 10 swimmers in Olympic eventsbased on points. Iftheteam had been
assigned at the start of each season based on all-time performances.

Instead of inspiring Canada's swimmers to step upand race the rest of the world, SNC created a point system where the minimum requirement needed to just make the Olympics becomes the ultimate goal. Thewholeworldwill beusing theFINAtimestandards toselect theirOlympicteamsin 2004. PresentlyCanada cannot field a 40 -person team using the ' A ' cuts alone, however Canada could use a combination of the ' $A$ ' and the ' $B$ ' cuts or use the worldwide unified IPSpointsystem. However, thereason forthecreation of this inferior point system is anotherissue, and the big question is wouldn't tit make sense for the entire selection criteria to be uniform and use either the standards of FINA or those of SNC?

## The Appeals

On March 24, 2002, after the announcement by the Selection Committee of the Commonwealth Games Team, poolside protests erupted, and five coaches, Peter Vizsolyi, Mike Blondal (UCSA), Jan Bidrman, Byron MacDonald (TO*), and Ron Jacks (IS), immediately entered an appeal to the Selection
evened out, and 20 women and 20 men were selected to theteam, then Murray (who is the highest scoring swimmer of the silver medallists) wouldhavebeen selectedto theteam in lieu of Pierse, who is the lowest scoring woman on theteam.

Distinguishing Between the Point Systems
There also needs to be an explanation of the different pointsystemsused. Whilethe automaticselection cutsused in Category Acamefrom the published 2004 FINA (Federation Internationale de Natation) Olympic 'A' standards, therestoftheteam was selected using the 20012005 SNC Long Course PerformanceRatings. These SNC ratingsuse the FINA 'A' standardtoequal 1000points and proceed downwards.

TheIPSWorld Ranking Points (used to evaluate top swimsatmajorintemational competitionsincludingFINA World Cups) range from 0 1100 points. Pointvaluesare

## Timeline of Events

- October, 2001-SNC relesses selection criteria for the Commonwealth Games Team
- March 6, 2002-SNC issues press release announcing Curtis Myden is being pre selected as the 40th team member under Category Fof the selection criteria
- March 22- The Selection Committec hears Nadine Rolland's request for consideration in team selection
- March 24- TheSelection Commiltterereases CGTeam Members, Rollandisnot selected, neither are Trials silver medallists Murray, MacGillivary, and
Stutzel
- March 24- Appeals over the team selection are submitted by six coaches
- March 24- The Selection Committee rules it has no jurisdiction to entertain the appeals, but releases its rationale for sclection
- May 10-An Internal Appeals Panel hears the appeals of the three bronze medallists, as well as that of Rolland.
- May 13- The Appeals Panel releases decision instructing Selection Committee to overumm their selections and add the silver medalliliststo the team
- May 15- The Selection Committee reconvenes, re examines the selection, but maintains the original team
- May 21- SNC President and CEO instruct Selection Committee of their obligation to abide by the Appeals Panel decision, and the committee overturns their May 15 selections
- May 23- SNC announces the newteam, selecting Murray, MacGillivary, and Stutzel, and de selecting Pierse, Veldman, and Wake
- June 21- ADR Anbitrator rules Rolland must be selected to the team
- June 23- Separate ADR Arbitrator rules in favour of Pierse, Veldman, and Wake
- June 25- SNC requests clarification from ADR over contradictory rulings
- June 26- ADR confirms that Selection Committee has discretion to select team
- June 27- SNC announces final team selection, which is the same as the March 24th Team

Committee submitting, "That the selection of third placenon AandBCategoryswimmersbeovertumed." The appeal noted, "Exceptions were to bemade only around medal opportunities," thus leavingroom for thepreselection of Myden andtheselection ofCarroll for her 50 back.

Dean Boles (ROW) submitted a separateappeal, askingiftheselection critenia werefollowedin regards to the silvermedal swim of KurtisMaCGillivaryin the 1500 free.

In responseto theappealsiledbythesix coaches, the Selection Committee decided that it did not have the jurisdiction to entertain the appeals and passed the petitions on to acting SNC CEO Ken Radford and SNC President Rob Colbum. However, it did make public therationale for choosing the swimmers that it did select. The Selection Committee admitted that basedon itsinterpretation oftheselection criteria, the interpreted intent of the selection criteria, and based on technical information from Dave Johnson, that theSelection Committeeshouldconsiderall swimmers in categories D and E according to each swimmer's ranking in the 2001-2005 SNC Long Course Performance Rating. The committee said that it was under these criteria that they selected the top ten performers without regard to gender or place.

The most important admission of the Selection Committeewas that thekeywordsin the criteria were, "shall consider." In Categories B, C, D, and E, the words, "shall be considered" basically allowed the Selection Committeeto not consider the threeslowest silver medallists. Category F is the same only the words are "may be considered."

Despite the fact that the Selection Committee interpreted the words "shall be considered" to mean thatsomeswimmersin categorieshigher than others could not be considered, other points of contention were likely goingto ariseas two of thefive coaches on theSNCHigh PerformanceStandingCommitteewere now protesting the interpretation of the selection criteria- meaning that the intent of the selection criteria to pass over swimmers in one category for swimmers in a lower category was controversial.

New SNC CEO Karen Spierkel received and acceptedappealsby thethreesilvermedallists, aswell as one by Rolland. SNC President Rob Colburn then set up an Independent Appeals Panel to review the appeals. TheaforementionedswimmerschoseCheryl Gibson to be on the panel.

On May 10, the AppealsPanel heard the appeals of MacGillivary, Murray, and Stutzel, and on May 13 the Appeals Panel stated that the selection criteria wereclear and required theselection of all categoryD swimmers before the selection of any category E swimmers. ThePanel then referred thematterback to the Selection Com mitteeforre-selection on the basis thatall category D swim mers mustbe selected before
any category Eswimmers. (In the ADR'slater ruling it was found that the Appeals Panel might have used ancillarydocumentstomaketheirdecision. However, it was found that only the selection criteria may be used to select the team.)

On May 15, the Selection Committee then reconvened and following extensive discussion, the Selection Committeeunanimouslyadopteda motion to select an identical team to that announced on

March 24, 2002. Concemed with thisdecision asitdid notfollowthedirection recommended by the Appeals Panel, SNC executives Colbum and Spierkel (who as President and CEO are allowed to sit as observers on anySNCCommittee) askedto speakwith theSelection Committee and did so on May 21. According to the minutes of that meeting, Colburn declared that SNC hasstated thatitiscommittedtofollowing theAppeals Panel's recommendation. Spierkel confered that

## 2002 COMM ONWEALTH TEAM

| Men | Club | Coach | Event Qualified |
| :---: | :---: | :---: | :---: |
| BEAVERS, Keith, 19, | KWNSC, Waterloo, ON | Bud McAllister | 200 back |
| BROWN, Michael, 17 | PERTHStingrays, ON | Nandi Kormendi | 100 breast |
| HAYDEN, Brent, 18 | UBC Dolphins, Vancouver, BC | Tom Johnson | 100 free |
| HURD, Andrew, 19 | TO All Stars , Mississauga AC | Mark Temple | 400 free |
| HUTCHINSON, Craig, 26 | TO All Stars, Toronto, ON | Byron MacDonald | 100 free |
| JANES, Riley, 22 | Etobicoke Swimming, ON | Kevin Thorburn | 100 back |
| JOHNS. Brian, 19 | UBC Dolphins, Vancouver, BC | Tom Johnson | 200-400 IM |
| JOHNSTON, Mark, 22 | UBC Dolphins, Vancouver, BC | Tom Johnson | 200 free |
| KNABE, Morgan, 21 | UCSA, Calgary, AB | Jan Bidrman | 100 breast |
| MNIENK0, Michael, 26 | UBC Dolphins, Vancouver, BC | Tom Johnson | 100 fly |
| MYDEN, Curtis, 28 | UCSA, Calgary, AB | Jan Bidrman | 200 IM |
| ORIWOL, Tobias, 17 | Etobicoke Swimming, ON | Kevin Thorbum | 100 back |
| ROSE, Matt, 20 | TRENT, Peterborough, ON | Iain McDonald | 50 free |
| SAY, Rick, 22 | UCSA, Calgary, AB | Jan Bidrman | 200 free |
| SAYAO, Chuck, 19 | TO All Stars, Mississauga AC | Mark Temple | 400 IM |
| SIOUI, Adam, 19 | Trenton Dolphins, ON | Kevin Anderson | 200 fly |
| STAMHUS, John, 23 | Island Swimming, Victoria, BC | Ron Jacks | 100 breast |
| VELDMAN, Gord, 22 | Emestown Barracudas, ON | Gord Emmerson | 100 back |
| WAKE, Doug, 24 | UBC Dolphins, Vancouver, BC | Tom Johnson | 100 fly |
| Women | Club | Coach | Event Qualified |
| BELL, Danielle, 18 | Island Swimming, Victoria, BC | Ron Jacks | 800 free |
| BUTTON, Jennifer, 24 | TO All Stars, Toronto, ON | Linda Kiefer | 100 fly |
| CAMERON, Kristy, 20 | UCSA, Calgary, AB | Jan Bidrman | 200 IM |
| CARROLL, Jennifer, 20 | MAA, Montreal, QC | Patrick Clement | 50 back |
| DEGLAU, Jessica, 21 | UBC Dolphins, Vancouver, BC | Tom Johnson | 200 free |
| DURAND, Dena, 21 | UCSA, Calgary, AB | Mike Blondal | 400 IM |
| FRATESI, Jennifer, 17 | KWNSC, Waterloo, ON | Bud McAllister | 200 back |
| GAMMEL, Erin, 21 | UCSA, Calgary, AB | Jan Bidrman | 100 back |
| GRESDAL, Jenna, 17 | Etobicoke Swimming, ON | Kevin Thorbum | 100 free |
| LACROIX, Audrey, 18 | CAMO, Montreal, QC | Claude St-Jean | 100 fly |
| LEIER, Rhiannon, 24 | MNSC, Winnipeg, MB | Vastimil Cerny | 100 breast |
| LIMPERT, Marianne, 29 | CAMO, Montreal, QC | Claude St-Jean | 200 IM |
| LISCHNSKY, Michelle, 27 | MNSC, Winnipeg, MB | Vastimil Cerny | 100 back |
| NCHOLLSLaum, 23 | Region of Waterloo, ON | Dean Boles | 100 free |
| PETELSKI, Christin, 24 | Island Swimming, Victoria, BC | Ron Jacks | 200 breast |
| PIERSE, Annamay, 18 | UASC, Edmonton, AB | Marc Tremblay | 200 breast |
| POMEROY, Laura, 18 | TO All Stars, Oakville, ON | Christy Yaremczuk | 100 free |
| SIMARD, Sophie, 22 | UL, Quebec, QC | Michel Berube | 200 free |
| STEFANYSHYN, Kelly, 19 | UBC Dolphins, Vancouver, BC | Tom Johnson | 100 back |
| WARDEN, Elizabeth, 24 | TO All Stars, Toronto, ON | Byron MacDonald | 200 back, 200 IM |
| WYLCIFFE, Elizabeth, 19 | Ernestown Barracudas, ON | Gord Emmerson | 200 back |
| SWAD (Swimmers wit | disability) |  |  |
| GAGNON, Phillipe, 22 | CNUS, Sherbrooke, QC | Alain Iacono | 50-100 free S10 |
| HUOT, Benoit, 18 | CAMO, Montreal, QC | Benoit Lebrun | 50-100 free S10 |
| CAMPO, Danielle, 17 | Windsor Aquatic Club, ON | MikeMoore | 100 free S7 |
| COTE, Kirby, 17 | MANTA, Winnipeg, MB | Tom Hainey | 50 free S13 |
| DIXON, Stephanie, 18 | TO All Stars, Toronto, ON | Byron MacDonald | 50-100 free S9 |

underSNCpolicytheSelection Committeeisobligated to follow the decision of the Appeals Panel.

Accordingtotheminutes of thatmeeting, Colbum stated that Spierkel, Jan Meyer, Sport Canada Swimming Consultant, and he were all concerned with the decision of the Selection Committee. He stated that the Panel members were all very well respected people in the sport community and that it wasnotgoodforswimming'sreputation toturn down the decision of the Panel members. Heinformed the Selection Committee that they must take into consideration the decision of the Appeals Panel and nameall 2ndplacefinishersbefore3rdplaceefinishers.

While Spierkel remained supportive of Dave Johnson and the Selection Committee, she said that the committee needed to consider the impact it will haveon SNC, on thereputation of the National Team Head coach, and on the integrity of SNC and its leadership. Spierkel later explained to SwimNews that she and Mr. Colburn intervened because they "wishedtobringadditional material andinformation to the Committeesuch thattheCommitteeunderstood correctly that it must abide by an Appeals Panel ruling, otherwise why have an Appeals Panel?"

Under pressure, and "In full abidance with the decision of the Appeals Panel." the Selection Committee overturned their two previous announcementsandselectedsilvermedallistsMurray, MacGillivary, andStutzeltotheteam. SNCannounced this decision on May 23, which included the deselection of bronze medallists Pierse, Veldman, and Wake.

Whilein Winnipeg on March 22, Nadine Rolland had petitioned the Selection Committee to consider herfortheteam, howevershewasnotselectedbecause shedidnotmeetany oftheselection criteria. However, on May 10, theAppealsPanel also heard the appeal of Rolland. Completely contradicting her rationale for appealing, Rollandadmitted thatshehadbeen aware since October 2001 that the criteria did not allow for selection of swimmersin non-Olympic events, except underCategoryF,butshestill arguedthattheselection criteria were unreasonable because non-Olympic events are not treated on par with Olympic events.

Rolland stated that her ranking in the 20012005 SNC Long Course Performance Rating and finish at the Commonwealth Games Trials in the 50 fly entitled her to selection. Shealso argued that her performancein the 50 fly should haveresultedin her selection under Category Fof the selection criteria. Rollandreferredtoa certain "incident" thatoccurred on the pool deck, which inhibited her ability to qualify for the team in an Olympic event.

However, Rolland admitted that it was not until herincident on thepool deck that shedecided to take issue with the selection criteria.

The Appeals Panel did not allow the appeal of

Rolland, and confirmed the Selection Committee's decision not to select her to the team. Despite her rejection by both the Selection Committee and the Appeals Panel, Rolland felt a need to take her fight further.

Atterbeing de selectedfrom theteam, thebronze medallists (aswell as Rolland) askedSNC'spermission to take their appeals to the ADR, and SNC allowed it. According to SNC, the swimmers all knew that the ADR's decision would be final and binding on all parties, and all agreed to follow the final outcome.

Despite SNC's request that both appealsbeheard together, the ADR heard thebronzemedallists' appeal separately from the Rolland appeal. TheADR decided thatthetwo groupshadtherightto havetheirappeals heard in their language of choice, thus Rolland's appeeal washeardin French, and thebronzemedallists' appeal was heard in English. It was also felt by the ADR that Rolland's grounds for appeal were significantly different and warranted a separate hearing.

On June 23, ADR Arbitrator Picher heard the appeals of the bronze medallists and allowed the appeal of Pierse, Veldman, and Wake, and found that the Internal Appeals Panel was "unreasonable and directed SNC to restore the original team selection made by the Selection Committee on March 24, 2002."

However, on June 21 ADR Arbitrator Clement heardandall owed theappeal ofRollandtobeselected to the team under Category F. This decision was in direct contradiction to the Picher decision because it now meant that there were 41 swimmers for only 40 spots on the team. SNC then requested clarification on the decisions from the ADR, and on June $25, \mathrm{ADR}$ Co-Chief Arbitrator McLaren requested and directed Picher to provide the final clarification.

So on June 26, Picher's final decision included the statement that, "...the Selection Committee has thediscretion to chooseanythreesuccessful appellant athletes for inclusion in the team." With this final ruling in mind, the Selection Committee selected Pierse, Veldman, and Wake, the original three swimmers selected to the team back in March.

## The Controversy

The reason for all of these appeals has been the question over what was the true "intent" of the selection criteria.

The first swimmers who appealed to the Appeals Panel argued that thewording of theselection criteria required thatselection beundertaken in a stepprocess. That is, all Category C swimmers be selected before any Category D swimmers and all Category D swimmersbeselectedbeforeanyCategoryEswimmers.

However, the Selection Committee focused on the conditional wording in the criteria that the

Selection Committee "shall consider" swimmers in CategoriesB-F.Theintentofthecriteria asinterpreted by the Selection Committee and as allowed by ADR Arbitrator Picher was that the use of the words "shall consider" meant that they had the discretion to consider, butnotselect,anyswimmerineach category.

As found by Arbitrator Picher, if the intent of the selection criteria were that each category must be applied strictly and in sequential order, then the 40 positions on the team would be filled automatically, effectively deleting Category F from the criteria. Without the conditional wording of the criteria and the discretion allowed to the Selection Committee, the committee would have been prevented from considering the special circumstances of Myden and Carroll.

It was found that if Category F is read together with the entire criteria, including the automatic selection in CategoryAandthewords" shall consider" in CategoriesB-E, thesubstanceofthedocumentisto give discretion to the Selection Committee as it proceeds successively through Categories AF. If the intent of categories $\mathrm{B}-\mathrm{F}$ was to automatically select the swimmers in each category before moving to the next, then there would have been no need to use different wording in the criteria.

However, the question arises why even create separate Categories C-E if the intent was to combine all three and pick the swimmers with the highest point swims? According to one member of the SNC High PerformanceStanding Committee, thepurpose of creating separate categories D and E , and thus selecting second-place finishers over third-place swimmers, was to promote competition in Canada.

From this writer's perspective of the High Performance Committee'sintent, everyoneknewthe last few swimmers that made the team would below point scorers with little chance of medalling at the Games. The purpose was to ty to bring back the competitiveness of racing in Canada rather than reward less competitive swimmers who are average point scorers anyway. However, another member of the HP Committee explained that while this interpretation was discussed, it is the Selection Committee who has the final say on the criteria and how they shall be interpreted.
"The decision of ADR has clearly upheld the ability oftheSelection Committeetousediscretionary criteria," Spierkel told SwimNews. "And so itis clear to SNC that it has certain discretion in selecting its team. However, this process was very difficult and hard on the athletes. I would not want this situation to everoccuragain. Obviously, themoreobjective the criteria, the less chance they can be misinterpreted, but the ruling of the ADR does allow discretion, and I think that it is important to respect that."

## TINY OLYMPIC PROSPECTS



GIRLS EVENTS
GIRLS 7\＆U－200 FREESTYLE
Rec：2：55．04 DonnaWu，AQUA，85
1） $3: 23.39$ ASSI Sarah，PCSC
2） $3: 27.60$ QUON Caitlin，RAPID
3） $3: 41.54$ GAGNEAmanda，PCSC
4） $3: 46.58$ GRAVES Meagan，SHSC
5） $4: 02.31$ JOHNSTON Shannon，SHSC
6） $4: 10.80$ WU Yi Han，RAPID
7）4：12．34 FAIRLIEPaige，PCSC
8） $4: 31.30$ MITTEMMAIIREmma，PSW
9） $4: 37.94$ McDONALD Marina，PCSC
10）4：42．28 MACLEOD Katelyn，OSC
11） $4: 42.90$ STARMAN Sabra，EKSC
12） $4: 45.00$ HUDSON Taylor，PSW
13）4：46．89 TATIGIAN Liane，PCSC
14） $4: 48.46$ BLAGRAVECassandra，PCSC
15） $4: 58.00$ vonNOORDENNEMaria，LOSC
16） $5: 02.51$ TWOREK Gace，OSC
17） $5: 08.04$ CARICH Rachel，PSW 18） $5: 09.98$ MULLIGANMariah，PSW 19）5：13．54 MATE Andrea，PCSC 20）5：27．10 MacLEOD Sarah，PCSC 21）5：44．00 TADROS Katrina，LOSC 22） $5: 48.90$ GBSONKinley，GKSC 23） $5: 51.00$ MATHEWS Robyn，LOSC 24） $6: 05.64$ CHRISTOPP SONCheyenne，PSW $^{2}$ 25）6：21．64 JOHNSONAmanda，WDSC 26）6：29．44 BUTNRRNicola，WDSC 27）6：36．00 SOOTT Nicola，LOSC 28） $6: 38.00$ METCALIEMartha，LOSC 29） $7: 09.85$ PRITCHARD Bizabeth，WDSC 30） $7: 12.59$ von ENDEAyssa，WDSC 31）7：32．00 RIDDLEREve，LOSC 32） $7: 55.00$ LAWSON Kady，VASC 33）8：21．20 $⿴ 囗 十$ ICKSON Ryan，BKSC 34） $8: 47.50$ RIAZNaima，EKSC 35）10：28．96 DOOH－RTY Georgia，WDSC 36） $11: 51.00$ ALLAN Ashlœ，VASC 37） $13: 25.91$ BOL Salin，VASC GIRLS 8－400 FREESTYLE
Rec：5：49．44 Sandy Sabo，DDO，83
1） $7: 07.93$ NEUDORFKayla，SHSC
2） $7: 08.12$ HART－DOWHUN Breanne，OSC
3） $7: 17.62$ Q＿OTIIRIsabelle，PCSC 7：21．74 RUE MarieAnne，PCSC 5）7：31．88 CANTY－CURRIERoxan，PCSC

6） $7: 34.21$ NEUDORF Vanessa，SHSC 7）7：34．66 DUCHESNAY Cheyanne，SHSC
8） $7: 36.60$ ROSATOLaura，LAC
9）7：47．18 CALDWEL Katie，PSW
10） $8: 03.26$ ZEWNK Alexia，PCSC
11） $8: 08.12$ EVANGEISTAKaryna，PCSC 12） $8: 23.70$ OUNNINGHAM Margot，ROW 13） $8: 43.00$ AUYEUNGChristine，RAPID 14） $8: 45.92$ JABOBS Megan，USC
15）8：48．50 RATCHFORD Julianne，WDSC
16）8：53．00 TADROS Stephanie，LOSC
17） $8: 55.24$ ZAMOZDRA Tatiana，PCSC
18） $9: 11.50$ HOEKSTRA Mackenzie，EKSC 19）9：13．60 PIERSEPatricia， EKSC 20）9：21．48 GABRIE Sandra，PCSC 21） $9: 25.20$ MORGAN Jennifer，BKSC 22） $9: 28.80 \mathrm{McCANN}$ Josie，LAC 23） $9: 37.54$ BUTTERSMeagan，PCSC 24）10：07．00 MATTHEWS Katic，EKSC 25） $10: 23.00$ MILLER Sally，LOSC 26）10：30．30 D＇ARIANOLaura，LAC 27）10：39．25 NOVACK Arielle，PCSC 28） $10: 39.30$ FNAN Catherine，LAC 29）10：41．99 MARCOUX Britany，PSW 30） $11: 04.83$ KIM Jenny，PSW 31）11：37．77 DUDLEYMichelle，PSW 32）11：44．01 ASKEW Ceanne，VASC 33）11：58．50 ARMSTRONGFaith，EKSC 34）12：16．30 JANSENBecky，VASC 35）12：42．15 ANDERSON Arwen，VASC 36）13：49．10 QUISTKirsten，EXSC 37）14：04．96 NYLEN Adele，VASC 38） $14: 13.67$ GUYMary，VASC 39）14：29．35 ORRCarolyn，VASC 40）14：35．22 DEARDEN Theresa，VASC 41）15：01．00 REHBERGENataie，LOSC 42） $19: 20.00$ ALLEY Jillian，VASC 43） $21: 56.33$ ROBBINS Samantha，VASC 44）२2：10．53 D＇ARGIS Canna，VASC 45） $26: 22.00$ HITCHOOKK Cair，EXSC GIRLS 9－800 FREESTYLE Rec：10：45．42 Julie Bodenbender，AQUA，88 1） $12: 39.09$ McOULLOUGHMolly，PCSC 12：55．70 McGREGORAshley，PCSC 3） $13: 11.40$ ZAROFMarie，RAPID 4） $13: 20.00$ WLTSHIREMiriam，EKSC 5） $13: 22.24$ ALLANAmy，PCSC 6） $13: 32.23$ ASSI Saidye，PCSC

7） $13: 42.72$ WOODHALL Dana，ROW 8） $13: 48.62$ CENTOMOKyla，PCSC 9）13：55．84 MCMULLEN Oivia，PCSC 10） $13: 59.87$ KREMERLori，OSC 11）14：08．05 ALLARDYCEJamie Lœ，PCSC 12） $14: 20.00$ LACHANCENicole，EKSC 13）14：25．10 BECKKnsey，LAC 14） $14: 25.37$ VRIONIS Valerie，PCSC 15） $14: 27.10$ WALKER Alyson，LAC 16） $14: 35.00$ TADROS Sophie，LOSC 17） $14: 35.10$ D＇ARIANO Victoria，LAC 18） $14: 36.89$ WOOD Oivia，ROW 19） $14: 54.46$ KALBARCZYK Victoria，PCSC 20）15：07．00 CALSIN－MURDOCHMedea，RAPID 21）15：30．79 HOSSARI Laura，PCSC 22）15：48．49 SANTA－MARIA Alexandra，PCSC 23）16：01．50 CRPNNAK Catherine，PSW 24） $16: 34.63$ MAC＿EOD Katie，PCSC 25）16：36．77 MARTIN Kelsey，PCSC 26） $16: 42.70$ PRITCHARD Mara，LAC 27）16：44．28 JAHRAUS Carla，VASC 28）16：45．90 PARSON Caroline，PCSC 29）17：01．89 READ Laura，PCSC 30）17：33．00 McCORD Madison，RAPID 31）17：36．50 RUDKOLessia，PCSC 32） $18: 15.37$ RAUDSEP Ariel，OSC 33） $18: 36.82$ BORJIANNina，PCSC 34） $18: 52.59$ KENNEXY Ashley，PCSC 35） $18: 54.23$ POLACKMartha，PCSC 36） $18: 57.60$ PLICKA Nicole，EXSC 37）18：59．00 DUREAULT Bronte，LOSC 38） $19: 02.34$ JOOSTEN Victoria，USC 39） $19: 27.10$ VAN DELEUR Anna，PSW 40）19：38．57 K표INGKatie，USC 41）19：40．34 RESER Meghan，OSC 42）20：11．00 CAMERON Ashley，BKSC 43）20：27．27 JOHNSON Ashley，WDSC 44） $20: 45.00$ GBSON－BROKOP Lindsay，ERSC 45）20：48．20 MORRISCaron，PSW 46） $20: 48.67$ BARNEITOCaire，WDSC 47）21：08．00 CONTOLI Brianna，WDSC 48）21：53．74 WWGRS Andrea，USC 49）22：05．13 WLKINS Rebecca，WDSC 50）२2：10．66 MACDONALD Ariana，VASC 51） $22: 32.50$ JU日RT Christina，PSW 52） $22: 38.40$ BALLEY Ali，VASC 53） $22: 49.24$ BUIFAN Charlene，USC 54）23：52．16 TOMLEY Alexandra，VASC 55）24：16．25 TAM Winnie，VASC 56） $25: 07.34$ VALENTINUZ Emma，VASC 57）25：22．61 DOUGLAS Taylor，VASC 58） $26: 48.00$ FALLU Isabelle，EXSC 59）28：16．92 GRI円NG Rebecca，WDSC 60） $35: 10.00$ ÆITIGMINNZoe，VASC GIRLS 10－1500 FREESTYLE Rec：19：12．09 Melanie Copple，AQUA，86 1） $23: 29.53$ Q＿OTIRA Alexandra，PCSC 2） $23: 39.00$ ANDERSEN Tsue，EKSC 3） $23: 45.00$ MATTHEWS Deanna，$B K S C$ 4） $23: 45.00$ TANNINEN Orristina，EKSC 5） $24: 00.84 \mathrm{HB}$ BRT TJ，PCSC 6） $24: 15.72$ PIIRSEFionnuala，BKSC 7） $24: 24.60$ SENAY Nkita，LAC 8） $24: 35.60$ ADKIN Sydney，LAC 9） $24: 35.60$ McCANNLisa，LAC 10） $24: 45.56$ BUNA Brittany，VASC 11） $25: 05.16$ CAMERON Eyssa，PCSC 12） $25: 32.10$ QuoNMeghan，RAPID 13）26：39．18 DEVRIES Lauren，WDSC 14） $27: 01.92$ LAVOEMansa，OSC 15） $27: 03.50 \mathrm{KOCH}$ Katie，BKSC 16）27：04．50 JOHNSTON Amanda，LAC 17） $27: 55.69$ WHITEHaley，WDSC 18） $27: 56.30$ VANDENBRINK Amanda，LAC 19） $28: 06.50$ KYIRONGKC．，PSW 20） $28: 10.00$ MITTERMAIIRKate，PSW 21） $28: 18.03$ JAMIESON Katie，ROW 22）28：46．87 STIEOPULOS Katie，USC 23）28：59．09 NOVACK Sabrina，PCSC 24）29：14．32 KALBARCZYK Natalia，PCSC 25） $29: 28.00$ ROSATOSarah，LAC

26） $29: 28.88$ HCOPR Alison，VASC 27） $29: 38.80$ YEADON Isabelle，USC 28） $29: 40.34$ BRADLEY Christl，VASC 29） $29: 42.80$ LAU Sara，RAPID 30） $29: 44.50$ CAMPANALESam，LAC 31） $29: 52.10$ YURKOVICHKatie，EKSC 32）29：53．73 ROUTLDGELindsey，OSC 33） $29: 56.00$ SCHRAMM Lydia，EKSC 34）29：59．30 SUEN Jennifer，RAPID 35）30：10．00 DEJONGKaylea，EKSC 36） $30: 17.20$ ORFANIDES Alex，LAC 37） $30: 39.64$ THOMPSON Jessica，WDSC 38）30：54．00 DONAHUEMOrgan，LOSC 39） $31: 02.26$ CRAWFORD Nicole，VASC 40） $31: 03.60$ NEL Shannon，LAC 41）31：04．00 MATTHENSMyriah，VASC 42） $31: 31.46$ DEVANNA Jessica，VASC 43）31：40．50 BAKRRKathleen，VASC 44） $32: 06.68$ GOOD Rowan，VASC 45）33：03．87 PREITEEmery，VASC 46） $33: 06.24$ TRAN Carly，OSC 47） $33: 39.34$ BARRETOStephanie，PCSC 48） $33: 52.64$ PRILL Samantha，VASC 49） $33: 53.69$ VZSOLY Andrea，VASC 50） $34: 20.09$ BACHEVICH Andrea，EKSC 51）34：33．60 NEMMAN Amanda，EXSC 52） $34: 57.00$ GOVEREAU－TRAVERDJ，EKSC 53） $35: 52.52$ HOREZKY Sylvia，OSC 54） $36: 17.00$ NASSBRI Gina，BKSC 55）36：22．08 BMIRY Alexa，PSW 56）38：09．39 JUTEAU Chanta，OSC 57）38：10．00 SUR Jenya，LOSC 58） $39: 02.00$ EVINH Kong，PSW 59）42：11．00 SOOTT Carlann，LOSC 60） $44: 54.85$ IWATAMegan，USC 61） $52: 54.26$ LARISON Jennifer，OSC GIRLS $7 \& U-100$ IND．MEDLEY Rec：1：28．46 Donna Wu，AQUA，85 1） $1: 46.90$ QUON Caitlin，RAPID 2）1：49．30 GRAVES Meagan，SHSC 3） $1: 49.94$ ASSI Sarah，PCSC 4） $1: 54.61$ GAGNEAmanda，PCSC 5） $1: 56.00$ WU Yi Han，RAPID 6）2：07．74 BLACRAVECassandra，PCSC 7） $2: 10.00$ DOCH RTY Georgia WDSC 8） $2: 14.00$ STARMANSabra，EXSC
9） $2: 15.06$ McDONALD Marina，PCSC
10） $2: 16.53$ JOHNSTON Shannon，SHSC 11） $2: 17.16$ FAIRLIEPaige，PCSC 12） $2: 21.40$ GIBSON Kinley，BKSC 13） $2: 24.00$ vonNCORDENNEMaria，LOSC 14）2：28．87 MAC＿EOD Katelyn，OSC 15） $2: 33.73$ TATIGAN Liane，PCSC 16）2：34．50 HUDSON Taylor，PSW 17） $2: 34.69$ TWOREK Gace，OSC 18） $2: 35.00$ MULLIGANMariah，PSW 19） $2: 38.00$ CARICHRachel，PSW 20） $2: 38.66$ MATE Andrea，PCSC 21） $2: 40.83$ MITTEMMAIREmma，PSW 22） $2: 42.42$ OGGGY Ein，PCSC 23） $2: 44.28$ MacLEOD Sarah，PCSC 24） $2: 44.60$ JOHNSON Amanda，WDSC 25） $2: 52.28$ PRITCHARD Bizabeth，WDSC 26）3：05．53 MARTINEAUKatherine，PCSC 27）3：10．00 TADROS Katrina，LOSC 28） $3: 12.00$ RIDDL－R Eve，LOSC 29） $3: 13.84$ von ENDEAlyssa，WDSC 30）3：16．00 METCALEMartha，LOSC 31） $3: 17.00$ SOOTT Nicola，LOSC 32）3：37．40 OHRISTOPPBSON Cheyenne，PSW 33） $4: 08.10$ \＃BIOKSONRyan，BKSC 34） $4: 15.00$ MATHEWS Robyn，LOSC 35）4：44．10 RIAZNaima，EKSC 36） $4: 56.00$ LAWSONKady，VASC 37）5：24．40 ALLAN Ashle，VASC GIRLS 8－100 IND．MEDLEY Rec：1：27．52 Donna Wu，AQUA，85 1） $1: 41.99$ GAGNIIRMarla，PCSC 2）1：48．42 NEUDORFKayla，SHSC 3） $1: 50.32$ CANTY－CURRIERoxan，PCSC 4） $1: 51.49$ DUCHESNAY Cheyanne，SHSC

6） $1: 52.17$ ZENNIK Alexia，PCSC
7） $1: 53.57$ RUE Marie Anne，PCSC
8） $1: 54.93$ NEUDORF Vanessa，SHSC
9） $1: 56.40$ AU YEUNG Christine，RAPID
10） $1: 57.00$ CALDWEL Katie，PSW 11） $1: 57.48$ CUNNINGHAM Margot，ROW 12） $1: 57.79$ HART－DOWHUN Breanne，OSC 13） $1: 58.60$ ROSATOLaura，LAC 14） $2: 00.18$ SEXTON Michelle，PCSC 15） $2: 03.65$ JABOBS Megan，USC 16）2：05．16 EVANGEISTA Karyna，PCSC 17） $2: 05.26$ ANDERSONArwen，VASC 18） $2: 05.60$ HOEASTRA Mackenzie，EKSC 19） $2: 05.66$ RATCHFORD Julianne，WDSC 20）2：09．00 TADROS Stephanie，LOSC 21） $2: 09.50$ PI RSE Patricia，EKSC 22） $2: 10.60$ MORGAN Jennifer，BKSC 23）2：10．76 ZAMOZDRA Tatiana，PCSC 24） $2: 17.70 \mathrm{McCANN}$ Josie，LAC 25） $2: 20.00$ MATTHENS Katic，ESSC 26）2：22．00 DONAHUEDevan，LOSC 27）2：22．00 DAMEITOJenna，LOSC 28） $2: 24.20$ ANAN Catherine，LAC 29） $2: 33.28$ NOVACK Arielle，PCSC 30） $2: 35.80$ GABRIE Sandra，PCSC 31） $2: 39.10$ ARMSTRONGFaith，EKSC 32） $2: 41.48$ BUTTERSMeagan，PCSC 33）2：42．41 IRRAROAnika，USC 34） $2: 45.00$ MAROOUX Britany，PSW 35） $2: 53.66$ ASKEW Ceanne，VASC 36）3：01．47 GUYMary，VASC
37） $3: 04.00$ HITCHOOKK Cair，EKSC 38） $3: 06.32$ NYLEN Adele，VASC 39） $3: 08.00$ R HBERGENatalie，LOSC 40） $3: 10.30$ QUISTKirsten，BKSC 41） $3: 14.00$ MILLER Sally，LOSC 42） $3: 15.12$ JANSEN Becky，VASC 43） $3: 17.00$ SOOTTNicola，LOSC 44） $3: 19.16$ DEARDEN Theresa，VASC 45）3：20．23 ORR Carolyn，VASC 46）3：35．00 STURGEONMichanne，LOSC 47） $3: 40.99$ D＇ARGS Canna，VASC 48） $3: 50.39$ ROBBINS Samantha，VASC 49） $4: 05.72$ ALLEY Jillian，VASC 50）6：13．40 DUDLEY Michelle，PSW GIRLS 9－200 IND．MEDLEY
Rec：2：50．84 Leslie Dowson，WISC，88
1） $3: 12.68$ BOSSEChristina，PCSC
2） $3: 14.60$ McOULLOUGH Molly，PCSC
3） $3: 18.71$ WOODHALL Dana，ROW
4） $3: 24.55$ McGREGOR Ashley，PCSC
5） $3: 27.50$ ZAROFMarie，RAPID
6）3：28．01 ALLANAmy，PCSC
7） $3: 30.66$ ASSI Saidye，PCSC
8） $3: 31.04$ VRIONIS Valerie，PCSC
9） $3: 31.10$ WALKRR Alyson，LAC
10） $3: 36.97$ CENTOMOKyla，PCSC
11） $3: 37.20$ D＇ARIANO Victoria，LAC
12） $3: 39.60$ LAW Krista，RAPID
13） $3: 39.90$ BECKKinsey，LAC
14） $3: 41.05$ K $\mathrm{KRRAnne}, \mathrm{PCSC}$
15） $3: 42.08$ MCMULLEN Oivia，PCSC 16）3：45．01 ALLARDYCEJamieLœe，PCSC 17）3：45．63 KREM Lori，OSC 18） $3: 48.30$ CALLIN－MURDOCHMedea，RAPID 19） $3: 49.02$ KALBARCZYK Victoria，PCSC 20） $3: 53.00$ LACHANCENicole，EBSC 21） $3: 54.32$ DAVIDSONHillary，PCSC 22） $3: 55.09$ SANTAMARIA A lexandra，PCSC 23） $3: 56.30$ DAY Anne，RAPID 24）3：56．32 MARTNKelsey，PCSC 25） $3: 59.60$ WOOD Aivia，ROW 26） $4: 00.10$ PRITCHARD Mara，LAC 27）4：00．24 HOSSARI Laura，PCSC 28）4：00．61 WLTTSHIREMiriam，EKSC 29） $4: 05.80$ GOS日 Kim，RAPID
30）4：06．68 DUBOS Laurence，PCSC 31）4：08．00 TADROS Sophie，LOSC
32） $4: 08.59$ MACLEOD Katelyn，OSC
33） $4: 08.87$ CRENNAK Catherine，PSW

34）4：11．69 RAUDSEPP Ariel，OSC
35）4：12．26 VOSINAllison，ROW
36） $4: 16.25$ JAHRAUSCarla，VASC
37） $4: 17.01$ ODONNEL Tara，PCSC
38） $4: 17.76$ RUDKOLessia，PCSC
39） $4: 20.89$ PARSONCaroline，PCSC
40）4：22．34 READ Laura，PCSC
41） $4: 27.70$ D＂AGUANNOKathleen，PCSC
42） $4: 28.00$ PHILIP Leanne，VASC
43） $4: 28.20$ TIERNEY Haley，PCSC
44） $4: 30.00$ DUREAULT Bronte，LOSC
45） $4: 31.01 \mathrm{~K} \not \mathrm{P}$ ING Katie，USC
46） $4: 33.00$ RIESEN Aisha，LOSC
47） $4: 34.80$ BARNEITOAaire，WDSC
48） $4: 34.90$ PLICKANicole，BKSC
49） $4: 38.00$ CAM RONANAshley，BKSC
50）4：38．70 BORJIANNina，PCSC
51） $4: 39.47$ JOOSTEN Victoria，USC
52） $4: 42.37$ WYERS Andrea，USC
53） $4: 44.42$ KBNNDPY Ashley，PCSC
54） $4: 55.76$ BUFFAN Charlene，USC
55）5：05．89 POLACKMartha，PCSC
56）5：09．00 MUFFORD Lauren，LOSC
57）5：09．47 TAM Winnie，VASC
58）5：13．00 VANDELEURAnna，PSW
59）5：15．31 MORRIS Caron，PSW
60）5：19．57 TOMLEY Alexandra，VASC
61）5：21．09 JOHNSONAshley，WDSC
62）5：29．23 MACDONALD Ariana VASC
63）5：35．00 WLKINS Rebecca，WDSC
64）5：35．22 BALLEY Ali，VASC
65）5：36．17 RESRRMeghan，OSC
66）5：37．00 GBSON－BROKOP Lindsay，EKSC
67）5：42．20 DOUGLAS Taylor，VASC
68）5：42．57 JUERT Christina，PSW
69）5：45．64 PRITCHARD Caitin，WDSC
70） $5: 50.38$ VALENTINUZ Emma，VASC
71）6：07．00 HENRY Bizabeth，VASC
72）6：10．00 FALLU Isabelle，EKSC
73）6：32．00 RAMSBOTTOM Kristine，LOSC
74）6：49．00 GRIITNGRebecca，WDSC
75）8：25．99 ÆTITG－WINNZoe，VASC
GIRLS $10-400$ IND．MEDLEY
Rec：5：36．76 Stephanie Shewchuk，PCSC， 85
1） $6: 30.11 \mathrm{H} \nexists \mathrm{R} T \mathrm{TJ}, P C S C$
2） $6: 31.40 \mathrm{McCANNLIsaLAC}$
3）6：33．75 C＿OUTIR Alexandra，PCSC
4） $6: 37.00$ MATTHEWS Deanna，EMSC
5）6：40．32 MITITRMAIIRKate，PSW
6）6：45．48 CAMIRON Eyssa，PCSC
7）6：48．00 AND®RSENTsue，EKSC
8） $6: 50.43$ PI RRSEFonnuala， BXS
9） $6: 50.46$ BUNA Brittany，VASC
10）6：55．90 SENAY Nikita，LAC
11） $6: 56.00$ TANNINENChristina，EKSC
12） $7: 00.70$ JOHNSTON Amanda，LAC
13） $7: 07.90$ QUONMeghan，RAPID
14） $7: 20.70 \mathrm{KOCHKatie,BKSC}$
15） $7: 23.27$ STEFOPULOS Katie，USC
16） $7: 23.30$ HINDS Rebecca，GGST
17） $7: 26.50$ HOOPRR Alison，VASC
18） $7: 27.90$ ADKIN Sydney，LAC
19） $7: 32.42$ LAVOEMansa，OSC
20） $7: 41.00$ DEVRIES Lauren，WDSC
21） $7: 46.00$ KYIRONGKC．，PSW
22）7：46．83 JAMIESON Katie，ROW
23）7：49．88 YEADON I sabelle，USC
24） $7: 52.80$ VANDENBRINK Amanda，LAC
25）7：53．20 CAMPANALESam，LAC
26） $7: 53.90$ ORFANIDES Alex，LAC
27）7：54．00 YURKOVIOH Katie，EESSC
28） $7: 55.34$ WHITEHaley，WDSC
29） $7: 57.00$ DEJONGKaylea，EKSC
30）7：57．67 BAKR Kathleen，VASC
31） $7: 77.80$ LAU Sara，RAPID
32）7：58．00 SCHRAMM Lydia，EXSC
33） $7: 58.20$ KALBARCZYKNatalia，PCSC
34） $7: 58.93$ PREITEEmery，VASC
35）8：00．01 BRADLEY Christl，VASC
36） $8: 01.00$ MATTHEWSMyriah，VASC
37）8：01．59 ROMPOTINOSEeni，PCSC

38）8：02．00 GALBRAITHSarah，VASC 39）8：03．70 DEVANNA Jessica，VASC 40） $8: 04.37$ VIZSOLY Andrea，VASC 41） $8: 09.90$ ROSATOSarah，LAC 42）8：15．00 DONAHUEMorgan，LOSC 43） $8: 17.20$ NBL Shannon，LAC 44）8：19．71 NOVACK Sabrina，PCSC 45） $8: 36.85$ THOMPSON Jessica，WDSC 46）8：42．07 CRAWFORD Nicole，VASC 47）8：44．05 BARRETOStephanie，PCSC 48） $8: 58.20$ NEMMANAmanda，EKSC 49）8：59．69 ROUTLDGELindsey，OSC 50）9：01．36 GOOD Rowan，VASC 51）9：10．50 GARSIDEAlicia，RAPID 52）9：12．30 BACHEVICH Andrea，EKSC 53）9：14．45 AROHBALD Joanne，GGST 54）9：15．30 QUINNLauren，GGST 55）9：19．46 TRAN Carly，OSC 56）9：19．60 B B NNIRStephanie，PCSC 57）9：27．00 BRRGUM Ciara，LOSC 58）9：33．31 HOREZOKY Sylvia，OSC 59）9：37．00 SUR Jenya，LOSC 60）9：43．00 SMITH Shannon，LOSC 61）9：43．04 WLLSON Jessylee，USC 62）9：50．10 HOLLOWAY Diana，GGST 63）9：56．06 BMERY Alexa，PSW 64）10：52．01 EVNHKong，PSW 65）11：23．14 PRILL Samantha，VASC 66）11：42．00 SOOTT Carlann，LOSC 67） $11: 50.00$ GOVEREAU－TRAVERDJ，EKSC 68） $11: 59.00$ NASSER Gina，EKSC 69）12：43．00 GUSTAFSSONPauline，WDSC 70） $17: 23.51$ RAM Ashley，VASC 71）18：00．00 KRAGT Michelle，LOSC

## BOYS EVENTS

BOYS 7\＆U－200 FREESTYLE
Rec：2：50．36 Joshua Hammervold，UCSC， 97
1） $3: 49.00$ KLASSEN Cole，LOSC
2） $3: 51.45$ BENNETT Dean，ROW
3） $4: 08.00 \mathrm{~L}$ I Jonesy，RAPID
4） $4: 19.39$ LAF＿EUR Jonathan，PCSC
5） $5: 02.60$ OHOW Hugh，RAPID
6） $5: 17.29$ HIXAlex，VASC
7）5：20．96 MOORELukas，PCSC
8） $5: 23.00$ WONGBrian，LOSC
9） $5: 29.70$ GARLAND Liam，VASC
10） $5: 41.13$ LAURIENTI Jordan，VASC
11） $5: 59.00$ WASHTOCK Spencer，PSW
12）6：01．00 MOLONEY Ryan，LOSC
13）6：13．58 PARSON Andrew，PCSC
14） $6: 27.48$ ORR Andrew，VASC
15）7：19．00 FORSYTH Adriel，LOSC
16） $7: 30.00$ LEAHY Geradd，VASC
17）8：40．00 HILLIS Ey J，GKSC
18） $11: 40.00$ LOHR Alec，VASC
BOYS 8－400 FREESTYLE
Rec：5：22．65 Doug Wake，YLSC，86
1）6：23．10 SALMONBrayden，LAC
2） $7: 01.09$ SURA Conner，PCSC
3） $8: 04.32$ WLLLIAMS Mac，OSC
4） $8: 06.41$ LESSARD Charlie，PCSC 5） $8: 15.50$ GLMOURMark，LAC 6） $8: 24.65$ PBDIELuke，OSC 7）8：42．59 FORMAN Connor，VASC 8） $9: 09.00$ LEXCharles，LOSC 9）9：34．49 BALLEY Ryan，PSW 10） $10: 08.30$ KRATZMANNMathew，EXSC 11） $10: 21.84$ JOHNSON Cody，WDSC 12）10：22．20 SHUNIOHEV Daniel，OSC 13） $10: 26.84$ TEUTON－DENHEY Felix，PCSC 14） $10: 31.00$ ASIMAKIS Vassili，LOSC 15） $10: 33.00$ SURBill，LOSC 16）10：57．10 WENZ日 Marcus，EKSC 17） $10: 58.56$ STE－OPULOS Michael，USC 18） $11: 09.86$ RAJASham，PSW 19） $11: 59.80$ VAN SOHAIK Jordan，BKSC 20）12：03．00 CHALIFOUR Matthew，LOSC 21）12：39．20 NASSEII Oyrus，EKSC

22）13：50．75 SWINDE Troy，VASC 23）17：04．00 MATTHEWS Finnegan，BKSC 24）19：28．00 DICKSON Blake，EKSC BOYS 9－800 FREESTYLE
Rec：10：27．10 Doug Wake，YLSC，86 1） $12: 45.00$ WANGPeter，LOSC 2）12：45．10 EMORY Matthew，PCSC 3） $13: 01.06$ LA Jason，EXSC
4） $13: 04.00$ FUNK Richard，EKSC 5） $13: 24.80$ TATIGAN Nicholas，PCSC
6）13：30．12 AYRETrevor，PCSC
7） $13: 32.00 \mathrm{OH}$ Jihyoon，LOSC
8） $13: 50.00$ STEWART Cay，LOSC
9）14：11．45 SIMONYK Ryan，PCSC
10） $14: 25.60$ BLUMMENTHAL Michael，PCSC
11） $14: 36.57$ BLUMMENTHAL Jonathan，PCSC 12） $14: 40.00$ WHITEReid，EKSC 13）15：06．15 ROSS Sean，PCSC 14） $15: 23.00$ POLEDNIK Kyle，LOSC 15） $15: 30.00$ R巴彐VEBrady，LOSC 16）16：38．00 WASHBURN Joel，EKSC 17）16：41．80 CHRISTIEAndrew，VASC 18） $16: 51.00$ HOCalvin，EKSC 19） $17: 37.54$ WCOD Tyler，USC 20）17：40．62 R巴 Brandon，PCSC 21） $17: 52.30$ GREHANEic，EKSC २2）18：00．00 LIUJack，RAPID 23）18：58．00 WAGNER Dylan，WDSC 24） $19: 10.30$ KOSTIUKNick，BKSC 25）19：20．41 D $\mathbb{B I L I}$ R Chris，PCSC 26） $19: 58.00$ NICHOLSS Jeff，VASC 27） $20: 29.10$ BUSIGINMark，LAC 28） $20: 53.80$ BAUMESTERB Bake，PSW 29） $21: 33.51$ GRANT Tony，WDSC 30）21：50．10 CANDRAY Bradley，BKSC 31）२2：33．00 REIBERGESteven，LOSC 32） $23: 30.10$ ANDERSON Jesse，WDSC 33） $26: 10.00$ KOZOL David，EKSC 34） $31: 55.30$ FNDLAY Colin，EXSC BOYS 10－1500 FREESTYLE
Rec：18：41．93 Michael Calkins，VICO，89 1） $20: 50.70$ WOLK Karl，EXSC 2） $22: 22.00$ RAEThomas，PSW 3） $22: 44.00$ SMIT－ANS田WNils，PSW 4） $23: 47.91$ BENNETT Ross，ROW 5） $23: 52.04$ BOTHEOOJosh，PCSC 6） $23: 53.30$ LQTEJeremy，LAC 7） $24: 09.20$ SALMONMackenzie，LAC 8） $24: 10.20$ JONES Philip，LAC 9） $24: 20.24$ BLUMENTHAL Aaron，PCSC 10） $24: 23.44$ HARDINGGant，ROW 11） $24: 24.57$ LUCKMichael，PCSC 12）24：46．02 TWOSEK Nicholas，OSC 13） $24: 50.79$ ZAYED Sammy，PCSC 14） $26: 00.00$ McDONALD Josh，PSW 15） $26: 37.96$ SAVUChristian，PCSC 16） $26: 39.07$ SMITH Tyler，VASC 17）27：11．20 OHEUNGKevin，RAPID 18） $27: 47.30$ LAM Kwan，RAPID 19） $27: 52.64$ STEVENTON Geoffrey，PCSC 20） $27: 57.44$ LUBBEL $\operatorname{Bi}$ ，PCSC 21）28：09．40 PEIPRSNeils，PCSC 22） $28: 10.00 \mathrm{OHAN}$ Brandon，BKSC 23）28：10．00 PEAKMAN Troy，PSW 24） $28: 42.30$ MITCHELL Ryan，LAC 25） $28: 42.72$ GREHANMark，BKSC 26）29：00．54 ZHANG Alex，PCSC 27） $30: 04.75$ SC－WARZ Riley，VASC 28） $30: 45.58$ PARSONMichael，PCSC 29） $30: 52.75$ THANYI Stefan，PCSC 30）31：09．00 ZBMIANSK Jeremy，VASC 31）31：34．50 LOOKHART Andrew，LAC 32） $32: 15.00$ LAURENTMartin，EKSC 33） $32: 36.55$ ZAKI Ahmed，PCSC 34） $32: 42.70$ RATCLIFIEAndrew，EKSC 35）32：54．20 SANK Aidan，PSW 36）33：00．00 STEWART Mark，PSW 37） $34: 17.00$ ABOUGHOCHEClay，EKSC 38） $36: 42.20$ BIRNAURELucian，LAC 39） $36: 47.90$ PHILLIPS Fraser，EKSC 40）37：28．30 EDGEGady，PSW

41） $37: 34.87$ 田 LNARMathew，VASC
42） $38: 47.00$ FNCH Jordan，WDSC
43）43：10．12 KOZAK Albert，PSW
44）44：18．79 RAJAKikhen，PSW
45）45：01．32 SWIFTS Kale，PSW
BOYS $7 \&$ U－ 100 IND．MEDLEY
Rec：1：29．77 Andrew Bignell，SSMAC，91
1） $1: 42.16$ BENNETT Dean，ROW
2） $1: 59.10 \mathrm{Li}$ Jonesy，RAPID
3） $2: 15.30$ OHOWHugh，RAPID
4） $2: 19.18$ LAFLEUR Jonathan，PCSC
5）2：27．56 PP日且EA Thomas，PCSC
6）2：41．37 MOORELukas，PCSC
7） $2: 42.00$ KLASSEN Cole，LOSC
8） $2: 47.00$ WONGBrian，LOSC
9） $2: 58.87$ PARSON Andrew，PCSC
10）3：00．00 HXXAlex，VASC
11） $3: 19.50$ OSBORNENathan，BKSC
12）3：22．00 MOLONEY Ryan，LOSC
13） $3: 24.59$ GARLAND Liam，VASC
14） $3: 24.69$ ORR Andrew，VASC
15） $3: 40.00$ FORSYTH Adriel，LOSC
16） $3: 59.00$ WASHTOOK Spencer，PSW
17） $4: 00.00$ HLLIS Ey J，EKSC
18） $4: 39.00$ LEAHY Gerald，VASC
19） $5: 22.00$ LOHR Alec，VASC
20） $10: 29.00$ MATTHENS Tristan，VASC
BOYS 8 － 100 IND．MEDLEY
Rec：1：21．38 Andrew Bignell，SSMAC，92
1） $1: 43.26$ GRILLOMathew，PCSC
2） $1: 43.28$ SURA Conner，PCSC
3）1：44．80 SALMONBrayden，LAC
4）1：45．40 SHRAMKO Michaed，RAPID
5） $1: 55.70$ GLMOURMark，LAC
6） $1: 57.47$ WILIAMSMac，OSC
7）2：01．06 LESSARD Charlie，PCSC
8） $2: 03.00 \mathrm{LEXCharles}, \mathrm{LOSC}$
9） $2: 07.85$ PEDDELuke，OSC
10） $2: 09.00$ SURBBill，LOSC
11）2：13．59 HOUDENicolas，PCSC
12） $2: 18.23$ SHUNICHEV Daniel，OSC
13） $2: 30.00$ BALLEY Ryan，PSW
14） $2: 33.00$ MITCHE L D Devon，LOSC
15） $2: 37.24$ STEFOPULOS Michael，USC
16） $2: 38.00$ FORMAN Connor，VASC
17） $2: 41.51$ TEUTON－DENHEY Felix，PCSC
18） $2: 41.90$ WENZ Marcus，EXSC
19） $2: 45.90$ KRATZMANNMatthew，EKSC
20）2：46．78 JOHNSON Cody，WDSC
21） $2: 47.90$ VAN SCHAIK Jordan，EKSC 22）3：00．00 JOKevin，LOSC
23） $3: 04.00$ OHALIFOUR Matthew，LOSC
24）3：10．21 SWINDE Troy，VASC
25）3：12．64 RAJASham，PSW
26） $3: 15.57$ COX Matthev，PCSC
27）3：29．30 NASSERI Orus，EKSC
28） $3: 46.00$ DICKSONBlake，EKSC 29） $3: 48.80$ MATTHENS Finnegan，BKSC BOYS 9－200 IND．MEDLEY
Rec：2：41．91 Tobias Oiwol，PCSC，95
1） $3: 11.00$ OH Jihyoon，LOSC
2） $3: 11.56$ BMORY Matthew，PCSC
3） $3: 26.00$ FUNK Richard，EKSC
4） $3: 26.66$ BLUMENTHAL Jonathan，PCSC
5） $3: 27.11$ DIONISI Michael，PCSC
6） $3: 28.00$ WANGPeter，LOSC
7） $3: 32.22$ AYRETrevor，PCSC
8） $3: 33.14$ BLUMMENTHAL Michael，PCSC
9） $3: 37.00$ STENART Cay，LOSC
10） $3: 37.31$ SIMONYIK Ryan，PCSC
11） $3: 45.68$ TATIGIAN Nicholas，PCSC
12） $3: 52.00$ POLEDNIK Kyle，LOSC
13） $3: 56.60$ GREHANEic，EKSC
14） $4: 00.28$ FSH $\mathbb{R}$ Tanner，OSC
15） $4: 01.52$ ANGLINChris，WDSC
16） $4: 05.00$ R $\boxplus$ VEBrady，LOSC
17）4：19．00 WHITEReid，EKSC
18） $4: 20.09$ WOOD Tyler，USC
19） $4: 21.00$ WASHBURN Joel，EKSC
20） $4: 22.10$ DiCECOO Andrew，LAC
21） $4: 28.54$ LACASS Philip，PCSC

22）4：29．70 SOUTHAM Noah，LAC 23）4：30．60 KOSTUUKNick，EKSC
24） $4: 35.95$ NICHOLLS Jeff，VASC
25）5：01．71 RUTLEGGERyan，USC
26） $5: 05.00$ HOCalvin，EKSC
27） $5: 06.00$ BARRATT Cole，VASC
28）5：10．70 LIUJack，RAPID
29） $5: 11.01$ CHRISTIEAndrew，VASC
30） $5: 19.64$ DBILIIIRChris，PCSC
31） $5: 31.00$ MILLER Victor，LOSC
32） $5: 32.60$ CANDRAY Bradley，BKSC
33） $5: 33.00$ WAGNR D Dlan，WDSC
34）5：59．77 BAUMESTRBBlake，PSW
35）6：01．00 KOZIOL David，EKSC
36）6：19．10 ANDLAY Colin，EKSC
37）6：45．00 BURNS Taylor，LOSC
38）7：19．00 REHBERGESteven，LOSC
39）8：12．08 GLLL David，WDSC
40）9：39．50 BUSIGNMark，LAC
BOYS 10 － 400 IND．MEDLEY
Rec：5：29．10 Tobias Oiwol，PCSC，96
1） $6: 21.00$ WOLKKarl， E SSC
2）6：21．00 HARDINGGrant，ROW
3）6：33．00 SMIT－ANS田WNils，PSW
4） $6: 33.90$ LQTEJeremy，LAC
5）6：43．47 BENNETT Ross，ROW
6）6：50．53 LUCKMichaed，PCSC
7） $6: 53.00$ RAEThomas，PSW
8）6：55．41 BLUMENTHAL Aaron，PCSC
9） $6: 55.55$ BOTHE OJosh，PCSC
10）7：01．30 SALMON Mackenzie，LAC
11）7：02．00 JCNES Philip，LAC
12） $7: 16.16$ SMITH Tyler，VASC 13）7：18．00 OHAN Brandon，BKSC 14） $7: 18.00$ STURGEON Sage，LOSC
15） $7: 20.00$ McDONALD Josh，PSW
16） $7: 20.13$ PEIPRSNeils，PCSC
17） $7: 20.34$ GENTRY Ryan，PCSC
18）7：20．72 ZAY $\operatorname{\text {Zammy}}$ SamC
19） $7: 23.31$ SAW Christian，PCSC
20）7：24．30 LAM Kwan，RAPID
21） $7: 35.20$ MITCHE L Ryan，LAC
22）7：39．30 LETCH David，RAPID
23）7：40．90 OHEUNGKevin，RAPID
24） $7: 43.44$ LAVOEJordan，PCSC
25）7：45．70 DU Darson，RAPID
26）7：46．58 TWOSEK Nicholas，OSC
27） $7: 47.10$ CHUNG Vincent，RAPID
28） $7: 49.93$ GREHANMark，EKSC
29） $7: 51.70$ SHAN Joseph，RAPID
30）7：56．67 LUBBEL $\mathrm{Bi}, \mathrm{PCSC}$
31） $7: 57.52$ STEVENTON Geoffrey，PCSC
32） $8: 02.65$ SCHWARZ Riley，VASC
33） $8: 05.27$ 田LNARMathew，VASC
34） $8: 07.26$ ZEMIANSKI Jeremy，VASC
35）8：07．85 UNDERSTAB Dylan，PCSC
36）8：09．65 THANYI Stefan，PCSC
37）8：11．00 PEAKMAN Troy，PSW
38）8：12．43 ZHANGAlex，PCSC
39） $8: 16.00$ LAURENTMartin，EKSC
40）8：19．94 ZAKI Ahmed，PCSC
41）8：26．94 COPE－OOBEL Julien，PCSC
42） $8: 29.99$ PARSON Michael，PCSC
43）8：36．90 LOOKHART Andrew，LAC
44） $8: 54.00$ ABOUGHOOHEClay，EXSC
45） $9: 26.10 \mathrm{HSI}$ 버 Augustus，RAPID
46）9：26．10 NGUYEN Adam，RAPID
47）9：28．80 PHILLIPS Fraser，BKSC

## SWIMMING HISTORY

## BRIEF HISTORY OF THE COM M ONWEALTH GAM ES 1930-1998

## Jack Kelso

The upcoming Commonwealth Games slated for Manchester, at the end of July conjures up a myriad of images from thelengthy history of these Games. It also provides one with the incentive to reflect and hypothesize on the impact and importance of this type of international competition to Canadian swimmers. Astrong emphasis has always been placed on participation in this setting, yetin examiningthestatistics itis clear that there hasbeen only minor improvement in the breadth of countries participating. The various medal tablesclearlyillustrate that therearereally yonlytwo, or perhaps three, countries that win the majority of the medals in each Games: Australia, Canada, and England. In comparison, there were 70 nations represented in the last Commonwealth Games, yet onlyatotal of 10 nationshave won swimming medals throughout the history of the Games (with three of these winningonlyonemedaleach over the years). The competitionismainlyathree wayeffort, with theoddmedal being won by others on rare occasions. TheAustralianand Canadian teams have competed fairly closely over the years, but in the immediate past five Games the Aussies have clearly dominated the medal wins.

The Commonwealth Games, as it exists today, consistsof70nationsaround the world that have had, at some time, a political connection to Britain. The

Gameswerefirstheldin Hamilton, Ontario, in August of 1930. At theseinaugural Games, 400 athletesfrom 11 countries competed. The pool for the swimmers anddiverswasanew, 25 -yard, six-lane, indoorfacility; and it was the only time that swimmers at these Games competed in such a pool. The English team won the mostmedals, and this was theonly time that
 pool was a new 50 metres 10 lane facility. The Australians dominated the swimming events, winning 48 medals, England was second with 22, and Canada third with 21. Top Canadian male swimmer was Mark Versfeld (Vancouver), winningboth men's backstroke events. Joanne Malar (Hamilton) wasthetopCanadian women swimmerwith fivemedals, including a gold in her specialty, the 400 Individual Medley. The Canadian women faredbetterthan themen, with a total of 15 medals, to the men's6. MarianneLimpert (Fredericton) won the 200 Individual Medley. Othermultiple medal winners for Canada were: Jessica Deglau (Vancouver), Lauren van Oosten (Nanaimo), Kelly Stefanyshyn (Winnipeg), Laura Nicholls (Waterloo) and Garret Pulle (Vancouver).

So where does this put the significanceoftheseGamesin the total scheme of international competitions? As a swimming nation, wearecertainlycommitted to "performance excellence" pursuits on the international scene, and we competein all of of international games that are availableto us, including the Pan American Games, which is of a similar nature to the Commonwealth Gamesexceptthe Americans dominate that scene. The World Championships are certainly important, as are the Olympic Games, but what are we

| Total Swimming Medals by Country |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Country | 1930 | 1934 | 1938 | 1950 | 1954 | 1958 | 1962 | 1966 | 1970 | 1974 | 1978 | 1982 | 1986 | 1990 | 1994 | 1998 | TOTAL |
| Australia | 2 | 4 | 11 | 11 | 11 | 22 | 36 | 24 | 42 | 32 | 30 | 34 | 33 | 53 | 52 | 48 | 445 |
| Canada | 7 | 15 | 10 | 3 | 4 | 6 | 11 | 23 | 24 | 27 | 31 | 25 | 25 | 23 | 19 | 21 | 274 |
| England | 14 | 11 | 11 | 10 | 5 | 10 | 18 | 18 | 13 | 13 | 20 | 22 | 22 | 10 | 18 | 22 | 237 |
| NewZealand | 2 | 1 | 1 | 6 | 4 | 2 | 3 | 6 | 1 | 8 | 6 | 1 | 6 | 10 | 7 | 2 | 66 |
| Sootland | 6 | 7 | 1 | 3 | 5 | 3 | 1 | 1 | 1 | 6 | 0 | 5 | 4 | 0 | 1 | 1 | 45 |
| South Africa | 0 | 2 | 3 | 5 | 9 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 2 | 25 |
| Wales | 3 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 0 | 0 | 0 | 13 |
| Jamaica | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 |
| Guyana | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 |
| Isle of Man | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |  | 0 | 0 | 0 | 0 | 0 | 0 | 0 |  |

to make of the restrictive competitive environment within the Commonwealth Games?

Each countryisallowedtoenterthreecompetitors in each individual event- the only international Games where we are still allowed this freedom. This could be considered a positive element, asit provides us with more racing slots to fill, and thus more opportunityto gain international experience. On the down side, italso providestheopportunity fora strong team to simply become more dominant by sweeping medals in any given event.

With so few nations competing in swimming at these Games, theheatsarenotoften very competitive, with the hetterswimmersbeing reasonablyassured of a final spot in their best events. Relay events are contested by only the biggernations, with no need for heats, and usually every swimmer on these relays teams was assured a medal!

The following five figures/ charts were compiled and reproduced by the author in the hope thatitwill provide a further understanding and recognition of Canada's role throughout its participation in these Games in swimming. As a final note, in order to clarify the different names given to these Games, the following evolution is offered:
1930, 1934, 1938, 1950-Bitish Empire Games
1954, 1958, 1962-Bitish EmpireandCommonwealth Games
1966, 1970, 1974-British Commonwealth Games 1978 and onward-Commonwealth Games

TheCommonwealth Gameshavebeen a mainstay of ourinternational swimmingprogram for70 years. Canada was the inaugural site, and the country that hosted the Games the most times- four. We have enjoyed successin theswimmingeventsatall of these Games, but with only three countries providing the vast majority of medallists over the years, the Commonwealth Games cannotbe truly considereda major intemational swimming competition.

Jack Kelso is Professor Emeritus, School of Human Kinetics, University of British Columbia and the leading historian of Canadian Aquatics.

## SWIMMING MILESTONES

## Canadian Participants in Three Games

George Burleigh 1930-1934-1938
William Mahoney 1966-1970-1974
Becky Smith 1974-1978-1982
Tom Ponting 1982-1986-1990
Andrea Nugent 1986-1990-1994

## Canadian Medal Sweeps

1970 Men's 100 metres Butterfly

1. Byron MacDonald, 2. Tom Arusoo, 3. Ron Jacks

1982 Women's 200 metres Breaststroke
1.AnneOttenbrite, 2. KathyBald, 3.KathyRichardson 1982100 metres Backstroke

1. Mike West, 2. Cam Henning, 3. Wade Flemons

## Consecutive Games Winners

$\begin{array}{ll}\text { Dan Thompson } & \text { 1978-1982 100 Fly } \\ \text { Mark Tewksbury } & \text { 1986-1990 100 Back } \\ \text { Alex Baumann } & 1982-1986 \text { 200-400 IM }\end{array}$
Alex Baumann 1982-1986 200-400 IM
Canadian Medal Totals 1930-1998

|  | Gold | Silver | Bronze | Total |
| :--- | ---: | ---: | ---: | ---: |
| Men | 50 | 50 | 47 | 147 |
| Women | 39 | 44 | 44 | 127 |
| Totals | 89 | 94 | 91 | 274 |

Swimming Medals 1930-1998

| Country | Gold | Silver | Bronze | Totals |  |
| :--- | :--- | ---: | ---: | ---: | ---: |
| 1 | Australia | 191 | 136 | 118 | 445 |
| 2 | Canada | 89 | 94 | 91 | 274 |
| 3 | England | 59 | 77 | 101 | 237 |
| 4 | NewZealand | 13 | 24 | 29 | 66 |
| 5 | Scotland | 8 | 17 | 20 | 45 |
| 6 | South Africa | 7 | 12 | 6 | 25 |
| 7 | Wales | 3 | 5 | 5 | 13 |
| 8 | Jamaica | - | 1 | - | 1 |
| 8 | Guyana | - | 1 | - | 1 |
| 10 | Isle of Man | - | - | 1 | 1 |

Top Canadian Performers at a Single Game Elaine Tanner, 1966 (4 gold, 2 silver)
1st 100 Back, $100-200$ Fly, 400 IM ,
1st 4x 100 Free
2nd 200 Back, 4x100 Medley
Graham Smith, 1978 (6 golds)
1st $100-200$ Breast, $200-400$ IM
1st $4 \times 100$ Free, $4 \times 100$ Medley
Ralph Hutton, 1966 ( 1 gold, 5 silvers, 2 bronze)
2nd 100-200 back, 400 IM
3rd, 400-1500 Free
1st $4 \times 100$ Medley
2nd $4 \times 100$ Free, $4 \times 200$ Free
Bill Sawchuk, 1978 (2 gold, 4 silvers, 2 bronze)
2nd 100-200 Free, 200 IM
3rd 100 Fly, 400 IM
1st 4x100 Free, 4x100 Medley
2nd $4 \times 200$ Free
The Smith Family Record
George Smith, 1970
1st 200-400 Ind. Medley
2nd $4 \times 100$ Free, $4 \times 200$ Free
Sandra Smith, 1970
Finalist in 200-800 Free
Susan Smith, 1970
2nd 100 Fly , $4 \times 100$ Free
3rd $4 \times 100$ Medley
Becky Smith 1974-78-82
2nd 200-400 IM (three silvers)
3rd 200 IM
1st $4 \times 100$ Free
Graham Smith, 1978
1st $100-200$ Breast, $200-400 \mathrm{IM}$
1st $4 \times 100$ Free. $4 \times 100$ Medley
Family Totals
Individual - 6 gold, 4 silver, 1 bronze
Relays - 3 gold, 3 silver, 1 bronze
Total: 18 Commonwealth Games Medals

Based on results from finals at 2002 Trials * time done in 2001

## MEN

50 METRES FREESTYLE
22.18 Schoeman Roland, 80, RSA ${ }^{*}$ 22.51 Foster Mark,70,ENG 22.57 Callus Ashley,79,AUS 22.65 Hawke Brett,74,AUS 23.02 Neethling Ryk,78,RSA 23.12 Chris Murray, $80, \mathrm{BAH}{ }^{*}$ 23.17 Cozens Chris,82,ENG 22.77 Kidd Matthew,79,ENG 23.15 Rose Matthew,81,CAN 23.25 Hutchison Craig,75,CAN

## METRES FREESTYLE

48.98 Thorpe lan,82,AUS 49.43 Callus Ashley,79,AUS 49.64 Pearson Todd,77,AUS 49.86 Schoeman Roland, 80, RSA* 50.20 Kidd Matthew,79,ENG 50.43 Hayden Brent,83,CAN 50.50 Cozens Chris.82.ENG 50.52 Say Rick,79,CAN 50.56 Ruckwood Adam,74,ENG 50.66 Neethling Ryk,78,RSA 200 METRES FREESTYLE 1:45.09 Thorpe lan,82,AUS 1:46.67 Hacket Grant,80,AUS 1:48.88 Say Rick,79,CAN 1:48.96 Johnston Mark,79,CAN 1:49.26 Salter James,76,ENG 1:49.89 Cram Jason,82,AUS 1:50.06 Johns Brian,82,CAN 1:50.80 Carry David,81,SCO 1:50.88 Faulkner Adam,81,ENG 10 1:50.92 Parry Stephen,77,ENG 400 METRES FREESTYLE 3:40.54 Thorpe lan,82,AUS 3:45.39 Hackett Grant,80,AUS 3:50.64 Smith Graeme,76,SCO 3:50.79 Stevens Craig,80,AUS 3:51.71 Salter James,76,ENG 3:52.04 Say Rick,79,CAN 3:52.53 Johnston Mark, 79,CAN 3:53.86 Hurd Andrew,82,CAN 3:54.18 Faulkner Adam,81,ENG 3:56.09 Trees Stuart,81,ENG 1500 METRES FREESTYLE 14:56.30 Hackett Grant,80,AUS 15:14.34 Smith Graeme,76,SCO 15:19.64 Faulkner Adam,81,ENG 15:27.88 Stevens Craig,80,AUS 15:38.18 Jameson Andrew,81,SCO 15:40.42 Trees Stuart,81,ENG 15:45.34 Militis Simon,77,ENG 15:45.46 Hurd Andrew,82,CAN 15:55.73 Dieung Anak,80,MAS 50 METRES BACKSTROKE 25.71 Welsh Matt,76,AUS 25.79 Riley Janes, 80, CAN ${ }^{*}$ 26.08 Rolff Ethan,82,AUS 26.28 Zandberg Gerhard,82,RSA 26.37 Oiwol Tobias,85,CAN 26.38 Ruckwood Adam,74,ENG 26.38 Harris Martin,69,ENG 26.45 Veldman Gord,79,CAN 26.42 Van Der Zant Robert,75,AUS 26.51 Tait Gregor,80,SCO

100 METRES BACKSTROKE
54.96 Welsh Matt,76,AUS 55.74 Thorpe lan,82,AUS 55.85 Lim Alex,80,MAS* 55.98 Tait Gregor,80,SCO 56.19 Oriwol Tobias,85,CAN 56.20 Janes Riley, $80, \mathrm{CAN}$ 56.33 Ruckwood Adam,74,ENG 56.55 Gibson Cameron,83,NZL 56.80 Burnett Simon,82,ENG 56.81 Veldman Gord,79,CAN

## METRES BACKSTROKE

 1:59.67 Welsh Matt,76,AUS 2:00.02 Tait Gregor,80,SCO 2:00.59 Militis Simon,77,ENG 2:00.69 Goddard James,83,ENG 2:01.33 McBean Leigh,83,AUS2:01.92 Gibson Cameron,83,NZL 2:02.23 Oriwol Tobias,85,CAN 2:02.81 Beavers Keith,83,CAN 2:02.89 Lim Alex,80,MAS* 10 2:03.07 Sayao Chuck,82,CAN 50 METRES BREASTSTROKE
27.64 Mew Darren,79,ENG 27.69 Gibson James,79,ENG 28.36 Knabe Morgan,81,CAN 28.38 Whitehead Adam,79,ENG 28.76 Piper Jim, 81,AUS 28.78 Petersen Brett,77,RSA

## ETRES BREASTSTROKE

:00.69 Gibson James,79,ENG 1:00.95 Knabe Morgan,81,CAN 1:01.14 Mew Darren,79,ENG 1:01.72 Whitehead Adam,79,ENG :01.87 Piper Jim,81,AUS 1:02.20 Petersen Brett,77,RSA 1:02.45 Norris Justin,80,AUS 1:02.54 Harrison Regan,77,AUS 1:02.88 Chia Evin,77,MAS* 1:03.17 Brown Michael,84,CAN 00 METRES BREASTSTROKE

## 2:10.88 Piper Jim,81,AUS

 2:13.29 Knabe Morgan,81,CAN 2:13.69 Norris Justin,80,AUS 2:14.09 Hariison Regan,77,AUS2:14.23 Edmond lan,78,SCO
2:15.03 Francis Robin,82,ENG
2:15.83 Brown Michael,84,CAN
2:16.15 Whitehead Adam,79,ENG
2:16.20 Parkin Terence,80,RSA
2:16.33 Stamhuis John,79,CAN

## 0 METRES BUTTERFLY

23.58 Huegill Geoff,79,AUS
23.68 Schoeman Roland,80,RSA*
23.88 Foster Mark,70,ENG
24.30 Pine Adam,76,AUS
24.39 Mintenko Michael, $75, \mathrm{CAN}$
24.48 Hawke Brett,74,AUS
24.72 Hickman James,76,ENG
24.87 Sheeran Nicholas,78,NZL
25.17 Bennett David,81,ENG
25.31 Odendaal Hendrik,80,RSA
52.30 Huegill Geoff,79,AUS
53.03 Pine Adam,76,AUS
53.06 Mintenko Michael,75,CAN 53.41 Hickman James,76,ENG 53.64 Schoeman Roland,80,RSA* 54.09 Cooper Todd,83,SCO 54.74 Parry Stephen,77,ENG 54.74 Bennett David,81,ENG 54.79 Sioui Adam,82,CAN 54.95 Ramsay Heath,81,AUS

## BUTTERFLY

1:57.30 Norris Justin,80,AUS 1:57.53 Ramsay Heath,81,AUS 1:57.64 Parry Stephen,77,ENG 1:58.21 Hickman James,76,ENG 1:59.47 McGregor Grant,78,AUS 2:00.58 Sioui Adam,82,CAN 2:00.84 Burmester Moss,82,NZL 2:00.92 Cooper Todd,83,SCO 2:01.84 Ang Anthony,78,MAS* 0 2:02.28 Wake Doug,77,CAN 200 METRES IND.MEDLEY

2:01.30 Johns Brian,82,CAN 2:01.35 Bowell George,83,TR|* 2:01.67 Myden Curtis,73,CAN 2:02.07 Norris Justin,80,AUS 2:02.10 Van Der Zant Robert,75,AUS 2:02.72 Kent Dean,79,NZL 2:03.05 Francis Robin,82,ENG 2:03.52 Turner Adrian,76,ENG 2:03.59 McGregor Grant,78,AUS 2:03.63 Verster Theo,75,RSA

## 00 METRES IND.MEDLEY

4:19.49 Johns Brian,82,CAN
4:20.24 Norris Justin,80,AUS 4:20.93 Parkin Terence,80,RSA 4:21.15 Kent Dean,79,NZL
4:21.27 Francis Robin,82,ENG
4:21.45 McGregor Grant,78,AUS 4:21.61 Sayao Chuck,82,CAN

## WOMEN

50 METRES FREESTYLE 24.96 Sheppard Alison,72,SCO 25.73 Brett Rosalind,78,ENG 25.80 Ryan Sarah,77,AUS 25.81 Henry Jodie,83,AUS 25.91 Marshall Melanie.82,ENG 25.97 Mills Alice,86,AUS 26.06 Nicholls Laura,78,CAN 26.06 Whewell Sarah,80,ENG 26.08 Jeffs Toni, 69, NZL 26.12 Muller Helene,79,RSA

## 100 METRES FREESTYLE

54.94 Ryan Sarah,77,AUS
55.33 Henry Jodie,83,AUS
55.78 Marshall Melanie,82,ENG
55.79 Pickering Karen,71,ENG
55.98 Thomas Petria,75,AUS
55.99 Lega Karen,78,ENG
56.27 Sheppard Alison, $72, S C O$
56.27 Muller Helene,79,RSA
56.52 Nicholls Laura,78,CAN
57.04 Gresda Jenna,84,CAN

200 METRES FREESTYLE
1:59.77 Graham Eka,81,AUS
1:59.87 Muller Helene,79,RSA
1:59.94 Pickering Karen,71,ENG
2:00.15 Legg Karen,78,ENG
2:00.21 Thomas Petria,75,AUS
2:00.64 Deglau Jessica,80,CAN
2:00.80 Rooney Giaan,82,AUS
2:00.89 Simard Sophie,78,CAN
2:01.33 Belton Janine, 79,ENG
10 2:02.26 Button Jennifer,77,CAN
400 METRES FREESTYLE
4:13.27 Cooke Rebecca, 83, ENG
4:13.29 Atkinson Janelle,82,JAM*
4:13.81 Deglau Jessica,80,CAN
4:14.00 Graham Eka,81,AUS

| COMMONWEALTH LONG COURSE RECORDS |  |  |  |
| :---: | :---: | :---: | :---: |
| MEN'S EVENTS |  |  |  |
| 50 free | 22.04 | Roland Schoeman,RSA | Minneapolis,Aug 10,1999 |
| 100 free | 48.18 | Michael Klim,AUS | Sydney,Sep 16,2000 |
| 200 free | 1:44.06 | lan Thorpe,AUS | Fukuoka,Jul 25,2001 |
| 400 free | 3:40.17 | lan Thorpe,AUS | Fukupka, Jul 22,2001 |
| 800 free | 7:39.16 | Ian Thorpe,AUS | Fukuoka, Jul 24,2001 |
| 1500 free | 14:34.56 | Grant Hackett,AUS | Fukuoka,Jul 29,2001 |
| 50 back | 25.49 | Matt Welsh,AUS | Fukuoka,Jul 25,2001 |
| 100 back | 53.98 | Mark Tewksbury, CAN | Barelona, Jul 30,1992 |
| 200 back | 1:57.59 | Matthew Welsh,AUS | Sydney,Sep 21,2000 |
| 50 breast | 27.51 | James Gibson,ENG | Manchester,Apr 13,2002 |
| 100 breast | 1:00.69 | James Gibson,ENG | Manchester,Apr 12,2002 |
| 200 breast | 2:10.88 | Jim Piper,AUS | Brisbane,Mar 23,2002 |
| 50 fly | 23.44 | Geoff Huegill,AUS | Fukuoka,Jul 27,2001 |
| 100 fly | 51.81 | Michael Klim,AUS | Canberra,Dec 12,1999 |
| 200 fly | 1:56.17 | Justin Norris,AUS | Sydney,Sep 19,2000 |
| 200 i.m. | 2:00.26 | Matthew Dunn,AUS | Kuala Lumpur,Sep 17,1998 |
| 400 i.m. | 4:15.33 | Curtis Myden, CAN | Sydney,Sep 17,2000 |
| $4 \times 100 \mathrm{MR}$ | 3:35.27 | Australia,AUS | Sydney,Sep 23,2000 |
| $4 \times 100 \mathrm{FR}$ | 3:13.67 | Australia,AUS | Sydney,Sep 16,2000 |
| $4 \times 200$ FR | 7:04.66 | Australia,AUS | Fukuoka,Jul 27,2001 |
| WOMEN'S EVENTS |  |  |  |
| 50 free | 24.96 | Alison Sheppard, SCO | Manchester,Apr 13,2002 |
| 100 free | 54.79 | Susan O'Neill,AUS | Sydney,Sep 16,2000 |
| 200 free | 1:57.47 | Susan O'Neill,AUS | Sydney,May 15,2000 |
| 400 free | 4:06.28 | Tracey Wickham,AUS | Berlin,Aug 24,1978 |
| 800 free | 8:22.93 | Julie McDonald,AUS | Seoul,Sep 24,1988 |
| 1500 free | 16:04.84 | Hayley Lewis,AUS | Kobe,Aug 12,1993 |
| 50 back | 28.68 | Dyana Calub,AUS | Hobart,Mar 27,2001 |
| 100 back | 1:01.32 | Sarah Price,ENG | Manchester,Apr 12,2001 |
| 200 back | 2:10.20 | Nicole Stevenson,AUS | Barcelona, Jul 31,1993 |
| 50 breast | 30.83 | Penelope Heyns, RSA | Sydney,Aug 28,1999 |
| 100 breast | 1:06.52 | Penelope Heyns, RSA | Sydney,Aug 23,1999 |
| 200 breast | 2:23.64 | Penelope Heyns, RSA | Sydney,Aug 27,1999 |
| 50 fly | 26.78 | Petria Thomas,AUS | Sydney,May 18,2000 |
|  | e26.78 | Petria Thomas,AUS | Fukuoka, Jul 25,2001 |
| 100 fly | 58.05 | Petria Thomas,AUS | Sydney,May 13,2000 |
| 200 fly | 2:05.81 | Susan O'Neill,AUS | Sydney,May 17,2000 |
| 200 i.m. | 2:13.44 | Marianne Limpert,CAN | Sydney,Sep 19,2000 |
| 400 i.m. | 4:38.46 | Joanne Malar,CAN | Winnipeg,Aug.2,1999 |
| $4 \times 100 \mathrm{MR}$ | 4:01.50 | Australia,AUS | Fukuoka,Jul 29,2001 |
| $4 \times 100 \mathrm{FR}$ | 3:40.91 | Australia,AUS | Sydney,Sep 16,2000 |
| $4 \times 200 \mathrm{FR}$ | 7:58.52 | Australia,AUS | Sydney,Sep 20,2000 |

2:13.28 Fratesi Jennifer,84,CAN
2:14.54 McLean Hannah,82,NZ
2:15.65 Wycliffe Eizabeth,83.CAN 2:15.80 Wittstock Charlene,78,RSA

## 50 METRES BREASTSTROKE

31.33 Baker Zoe,76,ENG
32.02 Jones Leisel, 85 ,AUS
32.22 Kasoulis Sarah,84,AUS
32.27 White Tarnee,81,AUS
32.43 Leier Rhiannon,76,CAN
32.47 Sarah Poewe,RSA
32.83 Earp Heidi, 80,ENG
32.86 Haywood Kate,87,ENG
33.15 Balfour Kirsty,84,SCO
33.64 Teo Nicole,80,SIN*

METRES BREASTSTROKE
1:07.90 Jones Leisel,85,AUS
1:08.65 Sarah Poewe,83,RSA
1:09.18 White Tarnee,81,AUS 1:09.83 Hanson Brooke,78,AUS 1:09.89 Leier Rhiannon,76,CAN 1:10.24 Balfour Kirsty,84,SCO 1:10.29 Earp Heidili,80,ENG 1:10.49 Haywood Kate, 87,ENG
1:10.54 King Jaime,76, ENG
10 1:10.72 Petelski Christin,77,CAN
200 METRES BREASTSTROKE
2:25.10 Sarah Poewe,83,RSA
2:26.68 Jones Leisel,85,AUS
2:28.96 Waite Kelli,85.AUS
2:29.52 King Jaime,76, ENG
2:29.87 Petelski Christin,77,CAN
2:29.89 Earp Heidi,80,ENG
2:30.81 Balfour Kirsty,84,SCO
2:31.85 Hanson Brooke,78,AUS
2:31.90 Siow Yi Ting,84,MAS*
2:32.68 Leier Rhiannon,76,CAN

## METRES BUTTERFLY

27.22 Thomas Petria,75,AUS
27.25 Brett Rosalind,78,ENG
27.44 Inving Nicole,82,AUS
27.84 Du Pessis Renate,82,RSA
28.05 Martin Kerry,75,SCO
28.08 Amanda Loots,79,RSA
28.12 McLean Hannah,82,NZL
28.48 Yeo Joscelin,79,SIN*

ETRES BUTTERFLY
58.94 Thomas Petria,75,AUS

1:00.29 Lee Georgina,81,ENG
1:00.43 Button Jennifer,77,CAN
1:00.74 Lacroix Audrey, 83,CAN
1:00.88 Amanda Loots,79,RSA
1:00.93 Coffee Rachel,83,AUS
1:01.16 Yeo Joscelin,79.SIN
1:01.18 Du Plessis Renate,82,RSA
1:01.46 Pedder Margaretha,80,ENG
1:01.49 Deglau Jessica,80,CAN

## 200 METRES BUTTERFLY

2:09.52 Thomas Petria,75,AUS
2:10.59 Lee Georgina,81,ENG
2:12.15 Pedder Margaretha,80,EVG
2:12.61 Deglau Jessica,80,CAN
2:12.73 Lacroix Audrey, 83,CAN
2:12.85 Button Jennifer, 77, CAN
2:13.54 Smart Caroline,82,ENG
2:13.81 Van Welie Liz,80,NZL
2:15.94 Amanda Loots,79,RSA
2:17.37 Bouvron Christel, $84, \mathrm{SIN}^{*}$

## OOTRES IND.MEDLE

2:15.18 Warden Eizabeth,78.CAN
2:15.29 Reilly Jennifer,83,AUS
2:16.14 Cameron Kristy,81,CAN
2:16.96 Abbott Jessica,85,AUS
2:18.38 Mills Alice,86,AUS
2:17.25 Limpert Marianne,72,CAN
2:17.35 Evans Kathryn,81,ENG
2:17.52 Van Welie Liz,80,NZL
2:17.57 Mullins Joanne,84,ENG
2:18.19 Yeo Joscelin,79,SIN ${ }^{*}$

## 00 METRES IND.MEDLE

4:46.20 Reilly Jennifer,83,AUS
4:46.53 Warden Eizabeth,78,CAN
4:49.34 Rodier Yvette,81,AUS
4:49.34 Van Welie Liz,80,NZL
4:50.34 Fox Holly,84,ENG
4:51.06 Abbott Jessica,85,AUS
4:52.45 Cooke Rebecca,83,ENG
4:53.27 Durand Dena,81,CAN
4:55.87 SiaWai Yen,84,MAS
4:56.16 Loots Amanda,79,RSA

## 50 METRES FREESTYLE

## Ann Arbor 23.16 Ricardo Busquets,75,PUR

 Vancouver 23.87 Nicholas Brunelli,82,USAIrvine Michael Cavic,84,USA Rome 22.08 BartoszKzzerowski,77,PO 22.39 Alexander Popov,71,RUS Barcelona 22.39 Alexander Popov,71,RUS
22.54 Aexander Popov,71,RIS

Mission Viejo 22.91 Roland Schoeman,80,RSA Santa Cara $\quad 23.33$ Randall Ba, 80, USA 100 METRES FREESTYLE
Ann Arbor $\quad 51.56$ Ricardo Busquets, 75, PUR Vancouver 51.42 Brent Hayden,83,CAN Irvine 50.42 Scott Tucker,75,USA Monte Carlo 49.56 Pieter vdHoogenband, 78, NDD Rome $\quad 49.82$ Saim lles, 75, ALG Canet 49.66 Pieter valHoogenband, 78, NED Barcelona $\quad 49.98$ Salim Iles,75,ALG Charlotte $\quad 51.23$ Thomas Kinder, $80, \mathrm{CAN}$ Mission Viejo 51.07 Ryk Neethling,77,RSA Santa Cara 50.35 Scolt Tucker, 75 ,USA 200 METRES FREESTYLE
Ann Arbor 1:51.83 Kete Keller,82,USA Vancouver 1:52.67 Brent Hayden,83,CAN Invine 1:51.92 Scott Tucker,75,USA Monte Carlo 1:47.70 Pieter valHoogenband,78,ND Rome $\quad$ 1:48.79 Emiliano Brembilla,78,ITA Canet 1:47.58 Pieter valHoogenband, $78, \mathrm{NED}$ Barcelona 1:50.54 AttilaZubor,75,HUN
Charlotte 1:50.52 Scott Goldblalt,79,USA
Mission Viejo 1:51.94 Mark Johnston,79,CAN Santa Orara 1:50.18 Rick Say,79,CAN 400 METRES FREESTYLE
Ann Arbor 3:55.32 Michael Phelps,85,USA Vancouver 3:58.29 Markus Rogan,82,AUT Irvine $\quad$ 4:00.80 Larson Jensen, 85,USA Monte Carlo 3:56.38 Rick Say,79,CAN Rome 3:49.98 Emiliano Brembilla,78,ITA Canet 3:54.43 Dragos Coman,80,ROM Barcelona 3:53.33 Dragos Coman,80,ROM Charlotte 3:54.27 Kete Keller,82, USA Mission Viejo 3:57.08 Chad Carvin,74,USA Santa Oara 3:55.91 Rick Say,79,CAN 800 METRES FREESTYLE
Canet 8:03.49 Dragos Coman,80,ROM
Charlotte 8:07.37 Francis Crippen,84,USA
Mission Viejo 8:19.81 Justin Mortimer, 82, USA
Santa Cara 8:10.97 Larson Jensen,85,USA
1500 METRES FREESTYLE
Ann Arbor 15:35.44 Chris Thompson,78,USA
Vancouver 16:16.68 Jesse Jacks, 82, CAN
Irvine 15:49.19 Mo Cho Sung,85, KOR Rome $\quad$ 15:18.33 Crristian Minotti,80,ITA Barcelona 15:24.09 Dragos Coman,80,ROM Charlotte 15:34.12 Francis Ciippen,84,USA Mission Viejo 15:52.45 Eik Vendt,81,USA Santa Cara 15:32.25 Chris Thompson,78,USA 50 METRES BACKSTROKE
Vancouver 26.54 Riley Janes, $80, \mathrm{CAN}$ Irvine $\quad 26.59$ Alex Lim, $80, \mathrm{MAS}$ Monte Carlo 26.05 Lenny Krayzelburg,75, USA Barcelona 26.22 Neil Waker,76,USA 100 METRES BACKSTROKE
Ann Arbor 57.81 Tobias Oiwol,85,CAN Vancouver 57.08 Markus Rogan,82,AUT Invine 56.21 Aaron Peirsol,83,USA Monte Carlo 55.75 Lenny Krayzelburg,75,USA Rome $\quad 55.65$ Peter Horvath,74,HUN Canet $\quad 57.56$ Neil Waker, 76, USA Barcelona 56.51 Neil Waker,76,USA Charlote $\quad 58.46$ Benjamin Michadson, 82, USA Mission Viejo 56.81 Aaron Peirsol,83,USA Santa Cara 56.76 Markus Rogan,82,AUT 200 METRES BACKSTROKE
Ann Arbor 2:05.15 Tobias Qiwol,85,CAN Vancouver 2:04.13 Markus Rogan,82,AUT Irvine $\quad$ 2:00.96 Aaron Peirsol,83,USA Monte Carlo 2:00.74 Takashi Nakano,83,JPN
Rome 2:01.44 Takashi Nakano,83,JPN
Canet 2:02.96 Rui Yu,82,OHN
23.88 Zsolt Gaspar,77,HUN 23.98 Brent Hayden,83,CAN 23.66 Aaron Cara, 78, USA 22.45 Lorenzo Vismara,75,ITA 22.70 Lorenzo Vismara,75,TTA 22.95 Carsten Dehmlow,77,GR 23.01 Salim lles,75,ALG 23.59 Thomas Kinder, 80,CAN 23.30 Ryk Neething, 77, RSA 23.35 Mathew Rose,81,CAN
52.76 Kete Keller, 82, USA 51.86 Markus Rogan,82,AUT 51.63 Rodrigo Castro,78, BRA 49.95 Lars Frolander, 74,SWE 49.88 Alexander Popov,71,RUS 49.80 Salim Iles,75,ALG 50.03 Alexander Popov,71,RUS 52.46 Luke Anderson,82,USA 51.17 Rolandas Gimbutis,81,LTU 50.81 Brent Hayden, 83,CAN

1:52.36 Michael Phelps, 85,USA 1:52.92 Markus Rogan,82,AUT 1:52.64 Rodrigo Castro,78,BRA 1:50.60 Rick Say, 79, CAN 1:49.71 Matteo Pelliciari,79,TA 1:51.25 Martijn Zuijdweg,76,NED 1:50.76 Athanasios Oikonomou,78,GRE 1:52.77 Davis Tarwate, 83,USA 1:51.97 Ryk Neethling,77,RSA 1:51.28 Mark Johnston, $79, \mathrm{CAN}$

3:55.62 Kete Keller, 82, USA 3:59.66 Brian Johns,82,CAN 4:00.84 Chad Carvin,74,USA 3:52.80 Dragos Coman,80,ROM 3:51.19 Dragos Coman,80,ROM 3:55.06 Nicolas Rostoucher,81,RA 3:53.43 Athanasios akonomou,78,GPE 3:56.17 Francis Cippen,84,USA 3:59.07 Justin Mortimer,82,USA 3:56.29 Brian Johns,82,CAN

8:03.96 Nicolas Rostoucher, 81,RA 8:13.15 Chris Thompson,78,USA 8:21.73 Aram Kevorkian,82,USA 8:10.98 Chris Thompson,78,USA

15:39.50 Michael Phelps,85,USA 16:23.46 Malcolm Lavoie,85,CAN 16:00.31 Larson Jensen,85,USA 15:20.45 Luca Baldini, 76, ITA 15:55.95 Justin Mortimer,82,USA 16:05.18 Tyler Deberry,83,USA 15:36.95 Larson Jensen, 85, USA
26.94 Jayme Oramer, 83,USA 26.89 Ahmed Hussein,82, EGY 26.48 Ante Maskovic,79,CRO 26.27 Gerhard Zandberg,83,RSA
59.11 Peter Osborn,83,USA 57.53 Riley Janes, 80, CAN 57.48 Alex Lim,80,MAS 56.39 Gordan Kozulj,76,CRO 55.67 Lenny Krayzelburg,75,USA 57.92 Sander Ganzeveles,82,ND 56.82 Gerhard Zandberg,83,RSA 58.61 Steven Siler, 79,USA 57.13 Todd Smolinski,80,USA 56.80 Peter Marshall, 82, USA

2:05.72 Keith Beavers,83,CAN 2:05.08 Brian Johns,82,CAN 2:05.77 Alex Lim,80,MAS 2:01.25 Rui Yu,82, CH 2:01.57 Emanuele Merisi,72, ITA 2:04.03 Sander Ganzeves,82,NED
23.89 Kurtis Miller,85,CAN 24.15 Thomas Zochowski,80,CAN 23.78 Scott Tucker,75,USA
22.85 Salim Iles,75,ALG
22.98 Salim Iles,75,ALG 23.04 Carsten Dehmlow,77,GR 23.72 Bryan Jones,78, USA 23.43 Rolandas Gimbutis,81,LTU 23.51 Ncholas Brunelli,82, USA
53.02 Danie Ketchum,81,USA 51.93 Nicholas Brunelli,82,USA 52.10 Kicker Vencill, 78,USA 50.12 Alexander Popov,71,RUS 49.97 Lars Frolander, 74, SWE 50.46 Romain Barner,76, RAA 50.42 Attila Zubor, 75, HUN 52.53 Kete Keller, 82, USA 51.20 Roland Schoeman,80,RSA 51.06 Rolandas Gimbutis,81,LTU

1:55.31 Robert Margalis,82,USA 1:53.70 Daryl Rudolf,84,CAN 1:54.37 Aaron Peirsol,83,USA 1:50.64 Dragos Coman,80,ROM 1:50.78 Jacob Carstensen,78, DEN 1:51.88 Dragos Coman,80,ROM 1:51.22 Dragos Coman,80,ROM 1:53.10 Robert Margais,82,USA 1:52.07 Michael Mintenko,75,CAN 1:51.88 Scott Vonschoff,78,USA

15:24.43 Dragos Coman,80,ROM 15:43.08 Robet Mararis 82 USA 15.35.39 Georgios Diamantiolis,84, CRE 15:44.65 Davis Tarwater,83,USA 16:05.18 Tyler Deberry,83,USA
15:46.45 Andrew Hurd,82,CAN
27.36 Nicholas Brunelli,82,USA 27.68 Juan Rodela, 79, MEX 26.70 Nuno Laurentino,75,POR

3:57.42 Robert Margalis,82,USA 4:04.61 Daryl Rudolif,84,CAN 4:01.84 Michael Murad,81,USA 3:56.17 Mirko Mazzari,75, 3:54.54 Nicola Selleri, 80, ITA 3:59.24 Rick Say,79,CAN 3:56.35 Ncola Selleri,80,ITA 3:58.65 Scott Goldblatt,79,USA 4:01.99 Mark Warkentin,79,USA 3:56.85 Mark Johnston, $79, \mathrm{CAN}$

8:19.77 Sylvain Cos, 80, PRA 8:16.88 James Gimes, 79, USA 8:24.03 Mark Johnston, 79, CAN 8:16.81 Markus Rogan,82,AUT

15:47.48 Robert Margalis,82,USA 16:32.44 David Oreel,81,CAN 16:04.40 Michael Murad,81,USA $15 \cdot 4465$ Davis Tarwater 83 USA
59.14 Keith Beavers,83,CAN 58.99 Andrew Geener,84,CAN 57.82 Ahmed Hussein,82,EGY 56.66 Bartosz Kizierowski,77,POL 56.39 Neil Waker,76,USA 58.04 Rui Yu,82, OHN 56.92 Ethan Urbach, 77, ISR 59.58 Jon Stinson, 82,USA 58.62 Keith Beavers, $83, \mathrm{CAN}$ 57.11 Jayme Oramer,83,USA

2:07.78 Ryan Atkinson,85,CAN 2:06.44 Roland Bauhart,80,CAN 2:07.49 Trent Staley,82,USA 2:02.43 Evgeni Alechine,79,RUS 2:01.60 Evgeni Alechine,79,RUS 2:04.50 Klaas Zwering,81,N巴D

| Barcelona | 2:00.75 Rui Yu,82, OH | 2:01.70 Jorge Sanchez, 77,ESP | 2:03.77 Sander Ganzeves, 82, NDD |
| :---: | :---: | :---: | :---: |
| Charlotte | 2:06.90 Mat McGinnis,86,USA | 2:07.49 Bo Geerwood,83, USA | 2:08.26 Colin Underhill, 81,USA |
| Mission Viejo | 2:02.18 Keith Beavers, $83, \mathrm{CAN}$ | 2:06.54 Trent Staley,82,USA | 2:06.56 Roland Bauhart,80,CAN |
| Santa Cara | 2:00.99 Markus Rogan,82,AUT | 2:03.82 Randall Bal, 80,USA | 2:04.61 Nathan OBrien,83,CAN |
| 50 MEIRES BREASTSTROKE |  |  |  |
| Vancouver | 30.18 Roger Boucher, 81, CAN | 30.20 Mathew Huang, 84, CAN | 30.37 Tom Wilkens, 75,USA |
| Irvine | 29.89 David Denniston,78,USA | 30.49 Marco Gonzalez78,MEX | 30.49 Aejandro Jacobo,85,MEX |
| Monte Carlo | 27.86 Oeg Lisogor,79,UKR | 28.37 Daniel Malek, 73, CIE |  |
| Barcelona | 27.73 Ceg Lisogor,79,UKR | 28.12 Roman Sloudnov,80,RUS | 29.42 Brett Petersen,76, RSA |
| 100 METRES BREASTSTROKE |  |  |  |
| Ann Arbor | 1:04.89 Michaed Brown,84,CAN | 1:06.19 Cayton Delaney, 81,CAN | 1:06.62 Jeff Hopwood, 80,USA |
| Vancouver | 1:03.18 Morgan Knabe, 81,CAN | 1:05.92 Tom Wilkens,75,USA | 1:06.52 Brian Johns, 82, CAN |
| Irvine | 1:04.42 David Denniston,78, USA | 1:06.30 Alfredo Jacobo,82,MEX | 1:07.67 Aejandro Jacobo, 85,MEX |
| Monte Carlo | 1:02.03 Dimitri Komornikov,81,RUS | 1:02.24 Oeg Lisogor,79, UKR | 1:03.09 Daniel Malek, 73, CTE |
| Rome | 1:01.60 deg Lisogor,79, UKR | 1:02.18 Dimitri Komornikov,81,RUS | 1:03.20 Richard Bodor,79,HUN |
| Canet | 1:01.45 Roman Sloudnov,80,RUS | 1:02.40 Oeg Lisogor,79, UKR | 1:02.76 Morgan Knabe,81,CAN |
| Barcelona | 1:01.79 Roman Sloudnov,80,RUS | 1:01.98 Oeg Lisogor,79, UKR | 1:03.15 Richard Bodor,79,HUN |
| Charlotte | 1:02.27 Ed Moses, 80 , USA | 1:03.59 Jarrod Mars, 75, USA | 1:05.29 Andrew Bree, 81, IRL |
| Mission Viejo | 1:05.18 David Denniston,78,USA | 1:05.69 Evan Castro,82, USA | 1:06.00 Brooks Jenkins, 83, USA |
| Santa Cara | 1:02.20 Morgan Knabe,81,CAN | 1:03.67 Brendan Hansen,81,USA | 1:04.57 Henrique Barbosa, 84, BRA |
| 200 METRES BREASTSTROKE |  |  |  |
| Ann Arbor | 2:20.22 Michael Brown,84,CAN | 2:21.84 Cayton Delaney,81,CAN | 2:26.92 Warren Barnes, 85,CAN |
| Vancouver | 2:19.86 Morgan Knabe,81,CAN | 2:22.33 Mathew Huang, 84,CAN | 2:25.35 Brian Neuman,81, USA |
| Irvine | 2:21.92 Kevin Cements,80, USA | 2:23.98 David Denniston,78,USA | 2:27.97 Dan Leelachaili,85,USA |
| Monte Carlo | 2:12.35 Dimitri Komornikov,81,RUS | 2:16.83 Martin Usstásson,80,SWE | 2:16.95 Daniel Malek,73,CZE |
| Rome | 2:11.81 Dimitri Komornikov,81,RUS | 2:15.83 Davide Rummolo,77,1TA | 2:15.88 Yuki Sato,86,JPN |
| Canet | 2:14.49 Roman Sloudnov,80,RUS | 2:18.83 Hao Cheng, 81, CHN | 2:18.89 Yohan Bernard,74,RA |
| Barcolona | 2:15.54 Roman Sloudnov,80,RUS | 2:17.47 Richard Bodor,79,HUN | 2:17.87 Hao Cheng, 81, CHN |
| Charlotte | 2:16.54 Ed Moses, 80, USA | 2:19.67 Andrew Bree,81, IRL | 2:20.89 Sean Quinn,81, USA |
| Mission Viejo | 2:21.09 Ratepong Sirisanont,76, THA | 2:22.79 Brian Johns,82,CAN | 2:23.75 David Denniston,78,USA |
| Santa Clara | 2:15.93 Brendan Hansen,81,USA | 2:15.94 Morgan Knabe,81, CAN | 2:16.63 Tom Wilkens,75,USA |
| 50 METRES BUTTERFLY |  |  |  |
| Vancouver | 25.42 Michael Mintenko,75,CAN | 25.68 Simon MacDonald,79,CAN | 25.80 Matt Marshall, 82, USA |
| Irvine | 25.09 Michael Williams,76,USA | 25.12 Michal Cavic,84,USA | 25.20 Jason Gagnon,79, USA |
| Monte Carlo | 24.02 Jere Hard,78, FN | 24.69 Adam Pine,76,AUS |  |
| Barcelona | 24.00 Lars Frolander,74,SWE | 24.19 Jere Hard,78, AN | 24.64 Javier Noriega, 80, ESP |
| 100 METRES BUTTERFLY |  |  |  |
| Ann Arbor | 53.49 Takashi Yamamoto,78,JPN | 54.37 Tom Malchow,76, USA | 54.77 Zsolt Gaspar,77,HUN |
| Vancouver | 55.32 Michael Mintenko,75,CAN | 55.78 Matt Marshall, 82, USA | 56.73 Jayme Cramer,83,USA |
| Irvine | 54.40 Michael Cavic,84,USA | 55.58 Josh llika,76,MEX | 56.73 Paul Carter,58,USA |
| Monte Carlo | 53.29 Lars Frolander,74,SWE | 53.60 Igor Marchenko,75,RUS | 53.89 Adam Pine,76,AUS |
| Rome | 53.17 Igor Marchenko,75,RUS | 53.22 Franck Esposito,71,RA | 53.26 Lars Frolander,74,SWE |
| Canet | 52.76 Igor Marchenko,75,RUS | 53.69 Lars frolander, 74, SWE | 54.10 Jere Hard,78,FN |
| Barcelona | 53.09 Igor Marchenko,75,RUS | 53.40 Lars Frolander, 74, SWE | 53.59 Denis Sylantyev,76,UKR |
| Charlote | 54.05 Zsolt Gaspar,77,HUN | 54.84 Benjamin Michadson,82,USA | 54.98 Tom Malchow,76,USA |
| Mission Viejo | 53.79 Takashi Yamamoto,78,JPN | 54.02 Michael Mintenko,75,CAN | 54.75 Roland Schoeman, 80,RSA |
| Santa Clara | 53.75 Michael Mintenko,75,CAN | 54.27 Tommy Hannan, 80,USA | 54.54 lan Crocker, 82, USA |
| 200 METRES BUTTERFLY |  |  |  |
| Ann Arbor | 1:56.23 Tom Machow,76,USA | 1:57.15 Takashi Yamamoto,78,JPN | 2:03.64 Robert Margalis,82,USA |
| Vancouver | 2:03.71 Tom Wilkens, 75, USA | 2:04.58 Patrick Torpey,82,USA | 2:05.16 Jan Pelechytik,80, CAN |
| Irvine | 2:02.88 Tamas Kerekjarto,79,HUN | 2:05.07 Aaron Peirsol,83,USA | 2:06.26 Mo Cho Sung, $85, \mathrm{KOR}$ |
| Monte Carlo | 1:56.99 Denis Sylantyev,76, UKR | 2:01.03 Makoto Muto,84,JPN | 2:01.24 Stefan Aarsen, $75, \mathrm{NQD}$ |
| Rome | 1:56.37 Franck Esposito, 71, RRA | 1:57.45 Denis Sylantyev,76, UKR | 1:59.85 loannis Drymonakos,79,GRE |
| Canet | 1:56.29 Denis Sylantyev,76, UKR | 1:59.71 Anatoli Polyakov,80,RUS | 2:00.04 Joanes Hede, $80, \mathrm{RA}$ |
| Barcelona | 1:56.90 Denis Sylantyev,76,UKR | 1:57.74 Anatoli Polyakov,80,RUS | 1:59.14 loannis Drymonakos,79,GRE |
| Charlotte | 1:56.14 Tom Malchow,76,USA | 2:03.70 Michael Raab,82, USA | 2:05.73 Bo Geenwood, 83, USA |
| Mission Viejo | 2:00.78 Juan Veloz,82,MEX | 2:00.91 Takashi Yamamoto,78,JPN | 2:01.84 Brian Johns, $82, \mathrm{CAN}$ |
| Santa Cara | 1:57.51 Tom Machow,76,USA | 2:01.06 Tommy Hannan, 80, USA | 2:02.12 Jayme Oramer,83,USA |
| 200 METRES IND.MEDLEY |  |  |  |
| Ann Arbor | 2:03.04 Michael Phelps, 85,USA | 2:04.03 Tom Wilkens, 75, USA | 2:07.37 Robert Margais,82,USA |
| Vancouver | 2:04.54 Brian Johns,82,CAN | 2:04.90 Markus Rogan,82,AUT | 2:05.00 Tom Wilkens,75,USA |
| Irvine | 2:03.38 Tamas Kerekjarto,79,HUN | 2:07.59 Kevin Cements,80, USA | 2:08.56 Aaron Peirsol, 83, USA |
| Monte Carlo | 2:03.70 Cezar Badita,79,ROM | 2:04.29 Hidemasa Sano,82,JPN | 2:04.34 Peter Mankoc,78,SLO |
| Rome | 2:01.95 Alessio Boggiatto,81,1TA | 2:03.40 Tamas Kereckjarto,79,HUN | 2:03.43 Cezar Badita,79,ROM |
| Canet | 2:02.98 Cezar Badita,79,ROM | 2:05.91 Michael Haika, 78,ISR | 2:06.10 Peter Mankoc,78,SLO |
| Barcelona | 2:02.64 Cezar Badita,79,ROM | 2:03.84 Tamas Kerekjarto,79,HUN | 2:04.03 Istvan Bathaz,78,HUN |
| Charlotte | 2:04.41 Ron Karnaugh,66,USA | 2:05.87 Robert Margalis,82,USA | 2:07.67 Andrew Bree, 81, IRL |
| Mission Vieio | 2:03.19 Brian Johns,82,CAN | 2:05.74 Keith Beavers,83,CAN | 2:07.37 Byron Jeffers, 83, RSA |
| Santa Clara | 2:02.85 Markus Rogan,82,AUT | 2:03.34 Brian Johns, 82, CAN | 2:03.86 Dan Trupin,83,USA |
| 400 METRES IND.MEDLEY |  |  |  |
| Ann Arbor | 4:19.95 Michael Phelps,85,USA | 4:22.38 Tom Wilkens, 75, USA | 4:27.75 Robert Margalis,82,USA |
| Vancouver | 4:21.97 Tom Wilkens, 75, USA | 4:23.99 Brian Johns,82,CAN | 4:26.52 Orris Myden,73,CAN |
| Invine | 4:29.10 Tamas Kerekjaro,79,HUN | 4:34.76 Louis Vayo,85,USA | 4:34.90 Chad Canvin,74,USA |
| Monte Carlo | 4:21.34 Cezar Badita,79,ROM | 4:23.80 Hdemasa Sano,82,JPN | 4:27.37 Lorenzo Sirigu,81,TA |
| Rome | 4:16.94 Alessio Boggiatto,81,1TA | 4:22.01 Tom Wilkens,75,USA | 4:22.15 Cezar Badita,79,ROM |
| Canet | 4:22.23 Cezar Badita,79,ROM | 4:25.77 Michael Haika,78,ISR | 4:25.95 Baptiste Levaillant,80,RA |
| Barcelona | 4:20.80 Cezzar Badita,79,ROM | 4:22.04 Istvan Bathazi,78,HUN | 4:22.95 Michael Halika,78,SR |
| Charlotte | 4:25.72 Robert Margalis,82,USA | 4:28.69 Bo Geenwood, 83, USA | 4:29.27 Francis Oippen,84,USA |
| Mission Viejo | 4:24.97 Keith Beavers, $83, \mathrm{CAN}$ | 4:30.81 Kevin Cements,80,USA | 4:32.47 Justin Mortimer,82,USA |
| Santa Clara | 4:19.82 Brian Johns,82,CAN | 4:19.85 Markus Rogan,82,AUT | 4:23.45 Tom Wikens,75,USA |


| 50 METRES FREESTYLE |  |  |  |
| :---: | :---: | :---: | :---: |
| Ann Arbor | 26.51 Karalynn Joyce,86, USA | 26.59 Stefanie Williams,79,USA | 26.91 Laura Nicholls,78,CAN |
| Vancouver | 25.60 Alison Sheppard, 72,GBR | 26.91 Gin Kardash, 85,CAN | 27.40 Caroline Capham,81,CAN |
| Invine | 26.26 Tammie Stone,76,USA | 26.81 Brooke Bishop,86,USA | 26.82 Meredith Bryarly,79,USA |
| Monte Carlo | 25.40 Jodie Henry,83,AUS | 25.96 Chantal Groot,82,ND |  |
| Rome | 25.52 Jodie Henry,83,AUS | 25.52 Sandra Volker,74,GR | 25.70 Matrina Moravcova, 76, SVK |
| Canet | 25.86 Sandra Volker, $74, \mathrm{G}$ ¢ | 26.21 HannaM. Seppala,84,FN | 26.33 Chanta Goot, 82, NED |
| Barcelona | 25.72 Yanwei Xu, 84, OHN | 25.95 Hanna M. Seppala,84,HN | 26.29 Ana Belen Palomo,77,ESP |
| Charlotte | 26.15 Haley Cope, 79, USA | 26.36 Tammie Stone,76,USA | 26.39 Maritza Correia,81,USA |
| Mission Viejo | 26.32 Courtney Cashion,86,USA | 26.34 Laura Pomeroy,83,CAN | 26.35 Lacey Nymeyer,86, USA |
| Santa Cara | 25.72 Karalynn Joyce,86, USA | 25.76 Haley Cope, 79, USA | 25.82 Tammie Stone,76,USA |
| 100 METRES FREESTYLE |  |  |  |
| Ann Arbor | 56.87 Stéanie Williams,79,USA | 56.96 Laura Nichols, $78, \mathrm{CAN}$ | 58.23 Karalynn Joyce,86, USA |
| Vancouver | 56.95 Alison Sheppard,72,GBR | 58.18 Lauren Thies, 79,USA | 58.31 Gin Kardash, $85, \mathrm{CAN}$ |
| Invine | 57.17 Lindsay Benko,76, USA | 57.57 Courtney Cashion,86, USA | 58.03 Tammie Stone,76, USA |
| Monte Carlo | 55.34 Martina Moravcova, 76, SVK | 55.75 Jodie Henry,83,AUS | 56.18 Josefine Lillhage, 80,SWE |
| Rome | 55.01 Martina Moravcova,76,SVK | 55.53 Jodie Henry,83,AUS | 56.27 Lindsay Benko,76, USA |
| Canet | 55.40 Martina Moravcova,76,SVK | 56.22 Josefine Lillhage,80,SWE | 56.34 Hanna-M. Seppala,84,FN |
| Barcelona | 55.32 Yanwei Xu, $84, \mathrm{OHN}$ | 55.88 Hanna M. Seppala,84, FN | 56.97 Inge Dekker,85,NED |
| Charlotte | 56.46 Natalie Coughtin,82,USA | 56.77 Laura Nichols,78,CAN | 56.84 Helene Muller,78,RSA |
| Mission Viejo | 57.02 Lindsay Benko,76, USA | 57.09 Gabrielle Rose,77,USA | 57.98 Jennifer Porenta,85,CAN |
| Santa Cara | 54.93 Natalie Coughhin,82,USA | 57.18 Tanica Jamison,81,USA | 57.28 Karalynn Joyce,86, USA |
| 200 METRES FREESTYLE |  |  |  |
| Ann Arbor | 2:03.57 Stefanie Williams,79, USA | 2:04.53 Rachel Komisarz,77,USA | 2:04.74 Lauren Thies,79, USA |
| Vancouver | 2:03.15 Jessica Deglau, 80,CAN | 2:04.67 Lauren Thies,79, USA | 2:05.91 Carly Piper,84,USA |
| Invine | 2:02.03 Nataie Coughtin,82,USA | 2:02.13 Lindsay Benko,76, USA | 2:02.94 Gabrielle Rose,77,USA |
| Monte Carlo | 1:59.48 Lindsay Benko,76,USA | 2:00.83 Camelia Potec, 82,ROM | 2:02.32 Josefine Lillhage,80,SWE |
| Rome | 1:59.52 Martina Moravcova, 76,SVK | 1:59.59 Lindsay Benko,76,USA | 1:59.90 Yana Kochkova,82,UKR |
| Canet | 2:00.86 Camelia Potec, 82,ROM | 2:01.54 Josefine Lillhage,80,SWE | 2:03.12 Oylia Jedrzejczze, 83, POL |
| Barcelona | 2:00.39 Camelia Potec, 82, ROM | 2:00.73 Yanwei Xu,84,O-H | 2:02.09 Jingzhi Tang,86, OHN |
| Charlotte | 2:01.61 Nataie Coughlin,82,USA | 2:03.34 Georgina Lex,81,GBR | 2:03.62 Carly Piper,84,USA |
| Mission Viejo | 2:01.87 Lindsay Benko,76,USA | 2:01.91 Gabrielle Rose, 77,USA | 2:03.16 Rachel Komisarz,77,USA |
| SantaCara | 2:03.11 Jessica Deglau,80,CAN | 2:03.45 Tanica Jamison,81,USA | 2:04.21 Joscelin Yeo,79,SIN |
| 400 METRES FREESTYLE |  |  |  |
| Ann Arbor | 4:17.56 Alyssa Ked, 87,USA | 4:17.63 Kimberly Kelly,86,USA | 4:18.44 Rachel Komisarz,77,USA |
| Vancouver | 4:18.74 Jessica Deglau, 80,CAN | 4:20.09 Carly Piper, 84,USA | 4:20.53 Ashley Chander, 84,USA |
| Invine | 4:16.60 Adrienne Binder,85,USA | 4:17.43 Lindsay Benko,76, USA | 4:24.71 Jessica Cotton,86,USA |
| Monte Carlo | 4:12.41 Lindsay Benko,76,USA | 4:12.48 Camelia Potec, 82, ROM | 4:16.49 Madoka Ochi, $85, \mathrm{JPN}$ |
| Rome | 4:12.29 Lindsay Benko,76,USA | 4:12.31 Camelia Potec, 82,ROM | 4:15.73 Jingzhi Tang,86, O-N |
| Canet | 4:11.31 Yana Kochkova,82,UKR | 4:12.40 Camelia Potec, 82,ROM | 4:14.67 Jingzhi Tang,86,OHN |
| Barcelona | 4:10.23 Camelia Potec, 82, ROM | 4:14.74 Eika Villaecia,84,ESP | 4:15.86 Jingzhi Tang,86, OHN |
| Charlotte | 4:18.67 Bizabeth Hill,86, USA | 4:19.77 Mirijana Bosevska,81,MKD | 4:20.06 Carly Piper,84,USA |
| Mission Viejo | 4:15.32 Enily Mason,82,USA | 4:16.49 Lindsay Benko,76,USA | 4:17.27 Rachel Komisarz,77,USA |
| Santa Cara | 4:18.34 Jessica Deglau, $80, \mathrm{CAN}$ | 4:19.52 Rachel Burke,83,USA | 4:20.53 Kelly Doody,79,CAN |
| 800 METRES FREESTYLE |  |  |  |
| Ann Arbor | 8:44.63 Alyssakel, 87,USA | 8:48.98 Meghan Sackett,86,USA | 8:50.63 Kimberly Kelly,86, USA |
| Vancouver | 8:53.87 Jamie Tannhauser,84,USA | 8:55.11 Taryn Lencoe,86, CAN | 8:58.26 Kalyn Keller,85,USA |
| Invine | 8:44.89 Hayley Peirsol, 85,USA | 8:46.41 Lindsay Benko,76,USA | 8:54.68 Adrienne Binder,85, USA |
| Rome | 8:40.05 Hayley Peirsol, 85, USA | 8:42.89 Alyssa Kel, 87,USA | 8:43.06 Madoka Ochi, $85, \mathrm{JPN}$ |
| Canet | 8:44.29 Camelia Potec, 82,ROM | 8:44.35 Marion Perrotin,83,RA | 8:46.82 Jingzhi Tang,86, OHN |
| Charlotte | 8:57.78 Laura Conway, 84, USA | 8:58.85 Mirijana Bosevska,81,MKD | 8:59.19 Carly Riper,84,USA |
| Mission Viejo | 8:43.16 Hayley Peirsol, 85,USA | 8:44.52 Emily Mason,82,USA | 8:49.20 Adrienne Binder,85,USA |
| SantaCara | 8:46.72 Rachel Burke,83,USA | 8:47.56 Taryn Lencoe,86,CAN | 8:53.03 Lauren Costella,85,USA |
| 1500 METRES FREESTYLE |  |  |  |
| Charlotte | 16:59.01 Stephanie Smith,81,USA | 17:10.30 Laura Conway, 84,USA | 17:19.40 Carly Piper,84,USA |
| Mission Viejo | 16:42.80 Adrienne Binder, 85, USA | 16:43.99 Hayley Peirsol, 85, USA | 16:48.17 Rachel Komisarz,77,USA |
| Santa Cara | 16:41.75 Rachel Burke,83,USA | 16:54.43 Lauren Costella,85,USA | 17:00.96 Leslie Swinley,88,USA |
| 50 METRES BACKSTROKE |  |  |  |
| Invine | 29.42 Diana MacManus,86, USA | 29.50 Natalie Coughhin,82,USA | 30.73 Jessica Ouzat, 86, USA |
| Vancouver | 30.19 Michelle Lischinsky,74, CAN | 30.39 Ein Gammel, $80, \mathrm{CAN}$ | 30.51 Caitin Meredith,83,CAN |
| Monte Carlo | 28.85 Sandra Volker, $74, \mathrm{GR}$ | 28.87 Ilona Havackova, 77, CZE |  |
| Barcelona | 28.87 Ilona Havackova, 77, CIE | 29.27 Jennifer Carroll, 81,CAN | 29.35 Nna ZRivanevskaya, 77, ESP |
| 100 METRES BACKSTROKE |  |  |  |
| Ann Arbor | 1:03.30 Eizabeth Wycliffe,83, CAN | 1:04.06 Jennifer Fratesi,84,CAN | 1:04.47 Courney Shealy,77,USA |
| Vancouver | 1:04.33 Michelle Lischinsky,74,CAN | 1:04.88 Caitlin Meredith,83,CAN | 1:06.39 Hanna Kubas, 85, CAN |
| Invine | 1:01.78 Nataie Coughlin,82,USA | 1:03.72 Diana MacManus,86,USA | 1:05.13 Ein Volcan,83, VEV |
| Monte Carlo | 1:02.02 NnaZhivanevskaya, 77,ESP | 1:02.55 Diana Mocanu,84,ROM | 1:03.01 Laure Manaudou,86, FRA |
| Rome | 1:02.34 Stanislava Komarova,86,RUS | 1:03.11 Sandra Volker,74,GR | 1:03.28 Cementine Stoney,82,AUS |
| Canet | 1:02.89 Roxana Maracineanu,75,RA | 1:03.55 Louise Ornstedt,85,DEN | 1:03.72 Laure Manaudou,86,7A |
| Barcelona | 1:02.29 Nna Zhivanevskaya,77,ESP | 1:03.01 Laure Manaudou,86,FRA | 1:03.13 Ilona Havackova,77,C正 |
| Charlotte | 1:01.52 Natalie Coughlin,82,USA | 1:04.26 Haley Cope, 79,USA | 1:04.30 Alenka Kėzar,79,SLO |
| Mission Viejo | 1:03.62 Diana MacManus,86,USA | 1:04.76 Susan Woessner, 80, USA | 1:04.82 Hiu Wai Tsai,83,HKG |
| Santa Cara | 1:00.19 Natalie Coughlin,82,USA | 1:02.86 Haley Cope, 79, USA | 1:04.20 Kelly Stefanyshyn,82,CAN |
| 200 METRES BACKSTROKE |  |  |  |
| Ann Arbor | 2:13.64 Jennifer Fatesi, $84, \mathrm{CAN}$ | 2:16.56 Eizabeth Wycliffe,83,CAN | 2:20.93 Mary Descenza,85,USA |
| Vancouver | 2:19.64 Ein Gammel, $80, \mathrm{CAN}$ | 2:20.22 Caitlin Meredith,83,CAN | 2:23.10 Hanna Kubas, 85, CAN |
| Invine | 2:15.77 Ein Volcan,83,VEV | 2:16.04 Natalie Coughlin,82, USA | 2:16.90 Joanna Fargus, 82, CBR |
| Monte Carlo | 2:12.10 Stanislava Komarova,86,RUS | 2:13.61 Diana Mocanu,84,ROM | 2:14.46 Cementine Stoney, 82,AUS |
| Rome | 2:11.94 Stanislava Komarova,86,RUS | 2:14.01 dementine Stoney,82,AUS | 2:14.21 Roxana Maracineanu,75,RA |
| Canet | 2:14.44 Roxana Maracineanu,75,RA | 2:14.74 Louise Ornstedt,85, DEV | 2:16.92 Xijun Chen, 86, OHN |
| Barcelona | 2:14.26 NnaZZhivanevskaya, 77,ESP | 2:15.23 Xijun Chen,86,O-N | 2:15.46 Charlene Witstock, 78,RSA |


| Charlote | 2:15.50 Jamie Reid, 83, USA | 2:18.46 Haley Chura,85, USA | 2:21.01 Bessy Hassebroek, 80, USA |
| :---: | :---: | :---: | :---: |
| Mission Viejo | 2:15.00 Joanna Fargus,82,CBR | 2:17.22 Bizaeth Warden,78,CAN | 2:18.67 Beth Botsford,81, USA |
| Santa Cara | 2:15.65 Jamie Redd, 83,USA | 2:17.26 Margaret Hoelzer,83,USA | 2:18.50 Lauren Rogers, 87,USA |
| 50 METRES BREASTSTROKE |  |  |  |
| Vancouver | 32.68 Rhiannon Leier,76,CAN | 34.28 Emma Spooner,83,CAN | N |
| Irvine | 33.11 Staciana Stits, 81,USA | 33.15 Ein Sieper,84,USA | 34.25 Meredith Bryarly,79,USA |
| Monte Carlo | 31.70 Zoe Baker,76,GBR | 31.71 Kristy Kowa, 78,USA |  |
| Barcelona | 31.40 Zoe Bake | 32.40 Janne Schafer, 81,GER |  |
| 100 METRES BREASTSTROKE |  |  |  |
| Ann Arbor | 1:10.49 Kristy Kowa, 78,USA | 1:12.12 Lisa Blackburn,7 |  |
| Vancour | 1:10.66 Rhiannon Leier,76,CAN | 1:13.61 Annamay Pierse,83,CAN | 1:15.07 Emma Spoone, 83,CAN |
| ine | 1:11.92 Ein Sieper,84,USA | 1:12.83 Kristen Caverly,84,USA | 1:12.96 Staciana Stitts,81,USA |
| Monte Ca | 1:09.54 Emmalgestrom,80,SWE | 1:09.83 Amanda Beard, 81,USA | 1:10.44 Kristy Kowal, 78, USA |
| Rome | 1:09.51 Amanda Beard,81,USA | 1:09.52 Kristy Kowal,78,USA | 1:09.82 Hui G, 85,OHN |
| Car | 1:09.30 Amanda Beard,81,USA | 1:09.49 Hui $\mathrm{Q}, 85, \mathrm{CHN}$ | 1:09.66 Kisty Kowal,78, USA |
| Barcelona | 1:08.95 Hui $\mathrm{Q}, 85, \mathrm{CHN}$ | 1:08.98 Amanda Beard, 81,USA | 1:11.88 AnneS. Le Paranthoen,77, RA |
| Charlotte | 1:11.56 Masami Tanaka,79,JPN | 1:12.06 Lisa Blackburn,71,CAN | 1:12.25 Ashley Roby, $80, \mathrm{USA}$ |
| Mission Viejo | 1:11.01 Ein Sieper,84,USA | 1:11.02 Gabrielle Rose, 77,USA | 1:11.55 Kristen Caverly, 84, USA |
| Santa Cara | 1:09.26 TaraKirk,82,USA | 1:10.71 Staciana Stitts,81,USA | 1:11.62 Eica Liu,86,USA |
| 200 METRES BREASTSTROKE |  |  |  |
| Ann Arbor | 2:31.68 Kristy Kowal,78, USA | 2:35.77 Ashley Roby, 80, USA | in,82,USA |
| Vancour | 2:35.01 Rhiannon Leier,76,CAN | 2:35.88 Annamay Pierse,83,CAN | 2:36.37 Crristin Peteski,77,CAN |
| Irvine | 2:35.57 Ein Sieper, 84, USA | 2:37.00 Adriana Marmolejo,82,MEX | 2:37.78 Alexandra Elis,89,USA |
| Monte Car | 2:27.05 Amanda Beard,81,USA | 2:28.08 Hui O, $85, \mathrm{CHN}$ | 2:30.01 Kisty Kowal,78,USA |
| Rome | 2:26.18 Hui Q, 85, OHN | 2:26.46 Amanda Beard,81,USA | 2:30.20 Kristy Kowal,78,USA |
| Canet | 2:26.89 Hui $¢, 85, \mathrm{CHN}$ | 2:27.64 Amanda Beard,81,USA | 2:32.02 Kisty Kowal,78, USA |
| Barcelona | 2:27.16 Hui $¢, 85, \mathrm{CHN}$ | 2:28.01 Amanda Beard,81,USA | 2:34.75 Ingrid Haiden, 85, RSA |
| Charlotte | 2:29.65 Masami Tanaka,79, | 2:30.80 Anne Poleska, $80, \mathrm{GR}$ | USA |
| Mission Viejo | 2:32.73 Kristen Caverly,84,USA | 2:33.40 Ohristin Peteski,77,CAN | 2:34.13 Ein Sieper,84,USA |
| Santa Clara | 2:33.50 Tara Kirk,82,USA | 2:33.89 Christin Petelsk,77,CAN | 2:36.32 Leah Avilla,85,USA |
| 50 METRES BUTTERFLY |  |  |  |
| Vancouv | 27.73 Alison Sheppard,72,GBR | 29.38 Esa Vangoudoever, 85,CAN | 29.47 Bizabeth Collins,82,CAN |
| Irvine | 27.66 Bethany Goodwin,80, USA | 27.75 Natalie Coughlin,82,USA |  |
| Monte Carlo | 27.22 Martina Moravcova,76,SVK | 27.60 Johanna Sjoberg, 78,SWE |  |
| Barcelona | 27.66 X Zh | 27.74 Malia Metella,82,RA | , |
| 100 METRES BUTTERFLY |  |  |  |
| Ann Arbor | 1:01.32 Mary Descenzz,85, USA | 1:02.68 Rachel Komisarz77,USA | 1:03.26 Jennifer Fratesi, $84, \mathrm{CAN}$ |
| Van | 1:03.63 Jessica Deglau, 80, CAN | 1:03.65 Kelly Stefanyshyn,82,CAN | 1:04.02 Sara Alroubaie,81,CAN |
| Irvine | 1:01.31 Bethany Goodwin,80,USA | 1:01.48 Gabrielle Rose, 77,USA | 1:03.50 Robin Erecart,82,USA |
| Monte Carlo | 0:58.46 Martina Moravcova, 76,SVK | 1:00.65 Johanna Sjoberg,78,SWE | 1:00.75 Rachel Coffee,83,AUS |
| Rome | 0:59.93 Cyylia Jedrzejczazk, $83, \mathrm{PO}$ | 1:00.85 Rachel Coffee, 83, AUS | 1:01.10 Sara Parise,82,1TA |
| Canet | 0:58.26 Martina Moravcova, 76,SVK | 1:00.99 Xi Zheng, 83, CHN | 1:01.46 Chantal Groot,82,NDD |
| Barcelona | 1:00.02 Oylia Jedrzejczaz, $83, \mathrm{PO}$ | 1:00.32 X Z Zheng, 83, CHN | 1:00.60 Amanda Loots, 78,RSA |
| Charlote | 0:59.72 Natalie Coughlin,82,USA | 1:01.24 Mary Descenza,85,USA | 1:01.78 Audrey Lacrox, 83,CAN |
| ssion Viejo | 1:00.57 Jennifer Button,77,CAN | 1:01.41 Bethany Goodwin,80,USA | 1:01.66 Emily Mason,82,USA |
| Santa Cara | 0:58.87 Inge de Bruijn,73,ND | 0:58.97 Natalie Coughlin,82,USA | 1:01.10 Dana Krk,84,USA |
| 200 METRES BUTTERFLY |  |  |  |
| Ann Arbor | 2:14.98 Mary Descenza, 85, USA | 2:18.84 Linn Thorburn,82,USA | 2:19.68 Courney Francik,88,USA |
| Vancouver | 2:15.08 Jessica Deglau, 80,CAN | 2:20.95 Sara Alroubaie,81,CAN | 2:21.83 Kalyn Keller,85, USA |
| Irvine | 2:18.09 Robin Erecart,82,USA | 2:20.73 Paola Espana,78,MEX | 2:20.84 RebeccaKreutzijns,84, |
| Monte Carlo | 2:10.59 Oylia Jedrzeiczak, 83,PO- | 2:13.35 Margaretha Pedder, $80, \mathrm{CBR}$ | 2:13.91 Felicity Gavez, 85 ,AUS |
| Rome | 2:11.53 Oylia Jedrzejczak, $83, \mathrm{PO}$ | 2:12.72 Mette Jacobsen, $73, \mathrm{DEV}$ | 2:12.76 Felicity Gavez, 85,AUS |
| Canet | 2:10.2 YanaKochkova,82,UKR | 2:10.39 Oylia Jedrzejczak, $83, \mathrm{PO}$ | 2:11.51 Mette Jacobsen,73,DEN |
| Barcelona | 2:11.30 Oylia Jedrzéczak, 83,POL | 2:13.20 Mireia Garci,81,ESP | 2:14.54 Amanda Loots, 78,RSA |
| Charlotte | 2:11.57 Georgina Lee,81,CBR | 2:15.92 Mary Descenza,85,USA | 2:16.40 Rebecca Harper,83,USA |
| Mission Viejo | 2:13.03 Emily Mason,82,USA | 2:13.85 Jennifer Button, $77, \mathrm{CAN}$ | 2:15.26 Kristen Hastrup,86, USA |
| Santa Clara | 2:13.21 Audrey Lacroix,83,CAN | 2:14.43 Jessica Deglau, 80,CAN | 2:14.64 Margaret Hoelzer,83,USA |
| 200 METRES IND.MEDLEY |  |  |  |
| Ann Arbor | 2:20.29 Jennifer Fratesi, $84, \mathrm{CAN}$ | 2:21.04 Kristy Kowal,78,USA | 2:22.89 Ashley Roby,80,USA |
| Vanco | 2:19.90 Kristy Cameron,81, CAN | 2:23.06 Michelle Landry,85,CAN | 2:23.70 Kelly Doody,79,CAN |
| Irvine | 2:17.86 Gabrielle Rose,77,USA | 2:19.66 Nicole Mackey,84,USA | 2:22.12 Adrienne Binder,85,USA |
| Monte Carlo | 2:12.95 Yana Kochkova,82,UKR | 2:15.40 Gabrielle Rose, 77,USA | 2:16.95 AnneS. Le Parathoen, 77, R/ |
| Rome | 2:14.73 Yana Kochkova,82,UKR | 2:16.52 Gabrielle Rose, 77, USA | 2:17.76 Alice Mills,86,AUS |
| Canet | 2:13.93 Yana Kochkova,82,UKR | 2:15.58 Gabrielle Rose, 77,USA | 2:22.06 Paola Cavallino,77, ITA |
| Barcelona | 2:15.52 Yana Kochkova,82, UKR | 2:18.77 Federica Biscia,80,1TA | 2:18.82 Taiana Rouba,83,ESP |
| Charlott | 2:16.49 Natalie Coughlin,82,USA | 2:19.31 Marianne Limpert,72,CAN | 2:21.22 Mirjana Bosevska,81,MKD |
| Mission Viejo | 2:15.46 Gabrielle Rose, 77,USA | 2:17.10 Bizabeth Warden,78,CAN | 2:17.85 Kristen Caverly,84,USA |
| Santa Clara | 2:19.38 Kristy Cameron, 81, CAN | 2:20.18 Leah Avilla,85,USA | 2:20.82 Staciana Stitts,81,USA |
| 400 METRES IND.MEDLEY |  |  |  |
| Ann Arbor | 5:00.34 Alyssakel, 87,USA | 5:01.11 Amanda Dunnigan,88,USA | 5:02.97 Kathleen Carroll,85, USA |
| Vancouver | 4:57.62 Annamay Pierse,83,CAN | 4:58.53 Kisty Cameron, $81, \mathrm{CAN}$ | 5:01.21 Britany Reimer,88,CAN |
| Irvine | 4:49.19 Kristen Caverly,84,USA | 4:52.92 Hayley Peirsol, 85, USA | 4:53.33 Adrienne Binder,85,USA |
| Monte Carlo | 4:44.19 Yana Kochkova,82,UKR | 4:48.69 AnneS. Le Paranthoen,77,FA | 4:48.74 Hana Netréfova,74, CZE |
| Rome | 4:51.21 Jessica Abbotl,85,AUS | 4:54.12 Veronica Massari, 80,ITA | 4:54.57 Aiko Morishita,84,JPN |
| Canet | 4:56.06 Amanda Loots,78,RSA | 4:58.39 Celine Cartiaux,79,FRA | 4:58.59 MelissaKein,85,USA |
| Barcelona | 4:47.42 Hana Netrefova, 74, CZE | 4:48.07 Federica Biscia,80,1TA | 4:49.89 Amanda Loots,78,RSA |
| Charlotte | 4:52.98 Miriana Bosevska,81,MKD | 4:57.63 Andrea Cassidy, 82, USA | 4:59.59 Ashley Carusone,85,USA |
| Mission Viejo | 4:51.10 Kristen Caverly, 84,USA | 4:52.07 Bizabeth Warden,78,CAN | 4:52.78 Adrienne Binder,85,USA |
| Santa Cara | 4:54.24 Andrea Cassidy, 82, USA | 4:55.72 Kelly Doody, 79,CAN | 4:56.41 Kathleen Carroll,85,USA |

## INTERNATIONAL

## COUGHLIN LOOKS BEST <br> SHOCKER FROM POLL

## Monte Carlo, June 1-2

The firstmeet of the annual Mare Nostrum series in Monte Carlo featured the stroke 50 swith fiverounds over two days, the only competition of its kind. But to make room for all the sprints, freestyle distance events were dropped.

In men'ssprintsBartoszKizierowski (POL) won the50 free in 22.08 with world record holder Alexander Popov (RUS) winneroftheprelims22.91, theeightfinalsin 22.91, and the quarters in 22.48, but disqualified in the semis. Popov was third in the 100 free.

Lenny Krayzelburg (USA) won the 50-100 back with 26.05 and 55.75 . He had been injured and missed the previous six months.

OlegLisogor(UKR) won the50 breastin 27.86andwas fastest throughout the five rounds. ( 28.90 prelims, 28.69 eight finals, 28.46 quarter finals, 28.45 semi finals)

JodieHenry (AUS) won the50 freeleadingthroughout thefiveroundsto posta 25.40, herbesteverbyhalfa second. She added a second in the 100 free with 55.75 .

Martina Moravcova (SVK) won the 100 free in 55.34, and the $50-100$ fly with 27.22 and 58.46 , which was the top female performance.

Zoe Baker (GBR) was in her element, winning the 50 breast by 1/100th of a second over Kristy Kowal (USA) with 31.70 to 31.71. Baker was faster in the semis with 31.38.

ThreeCanadians also took part with Rick Say picking up a second in the 200 free with 1:50.60, adding a third in the 400 free with $3: 56.38$.

Breaststroker Morgan Knabe reached the semis in the 50 breast where he had the third-best time of 28.71. He was fourth in the 100 breast with 1:03.11. Jennifer Carroll reached the semis in the 50 backstroke and finished with the fourth fastest time of 29.17.

## Rome, June 4-5

The second competition in the MareNostrum series moved to Rome(ITA) and Dimitri Komornikov (RUS) wasthetop performer with wins in the 100 and 200 breaststroke in 1:01.60 and 2:11.81.

Emiliano Brembilla (ITA) won the 200 freein 1:48.79 and the 400 freein $3: 49.98$ and Alessio Boggiatto took both IMs in 2:01.95 and 4:19.94.

Franck Esposito (FRA) won the 200 fly in 1:56.37, adding a second in the 100 fly with 53.22 .

Martina Moravcova (SVK) posted a 55.01 in the 100 freeanda 1:59.52in the 200 free, asthetop threewentunder 2 minutes, with Lindsey Benko (USA) second in 1:59.59 and a surprising Yana Klochkova (UKR) in third with 1:59.90.

Top women'sperformancewasHui Qi (CHN), winner in the 200 breaststroke with $2: 26.18$.

The three Canadians taking part missed the podium, with Rick Say 5th in the 200 free in 1:51.00 and 8th in the 400 freein 4:02.31. Morgan Knabewas5th in the 100 breast with 1:03.45 and fourth in the 200 breast with 2:17.54. Jennifer Carroll was 8th in the 100 back with 1:04.66.

This second competition did not schedule the stroke 50s.

Canet, Jun 8-9
report by Karin Helmstaedt
The third leg of this year's Mare Nostrum Tour lived up to
its reputation of being a weather wild-card.
Thewarm welcometheswimmersal waysreceiveupon arriving in Canet was promptly cooled off by the onset of thick, threatening cloud cover. By Saturday morning the mercury had plummetted to about 12 degrees and rain was the order of the day.

As a result the performances on Saturday werelimited towhattheswimmerscouldmuster in glacial conditionsan exercise in toughness and mental perseverance. It was Denis Sylantyev (UKR) who calmly opposed the elements and posted a highly respectable 1:56.29 in the 200 fly, just to let everyone know (in particular number-one ranked French rival FranckEsposito) he'son trackfortheEuropean Championships coming up in July in Berlin.

Having come on from Monaco and Rome, there was no shortage of top names: Russian sprint tsar Alexander Popov always has Canet on his itinerary although he managed no better than 5 th on Saturday in the 100 free (50.56). Pietervan den Hoogenband (NED) kept theupper hand in that race in 49.66- in conditions that, as he was


## NEAR WORLD RECORD FOR COUGHLIN

Itlooks certain that Natalie Coughlin (USA) will get the world record of 1:00.16, the question is how soon.

On Saturday, June 29, at the 35th Annual Santa Clara Meet, Coughlin won the 100 backstrokein 1:00.19, just3/100ths off theeight-yearworld record of 1:00.16 of Cihong He (CHN) established at the 1994 World Championships in Rome.

Coughlin was ahead of the record split with her 29.42 (29.54 recordsplit). Shecouldbecomethefirstone to better the one minute barrier.

Coughlin also swam a 54.93 for the 100 free, only the fourth American to better 55.00

It was also the first appearance in the USA this year of Ingede Bruijn (NED) back with coach Paul Bergen at Tualatin FillsSCin Oregon. Shewon the 100 flyin 58.87 over Coughlin with 58.97.

Canadians werein good form in their final tune-up before the Commonwealth Games in four weeks in Manchester(ENG), winningnineeventsanda total of27 medals. The UBCDolphins swept the threemen's relays, and won theteam title. Brian Johns (UBCD) won the 400 IM in 4:19.82, adding seconds in the in 200 IM 2:03.34, and the 400 free in 3:56.85. Rick Say (UCSA) won the 200-400 free with 1:50.18 and 3:55.91. Jessica Deglau (UBCD) won the 200-400 free with 2:03.11 and 4:18.34, adding a second in the 200 fly in 2:14.43 with Audrey Lacroix (CAMO) winning it with 2:13.21.
heard to say, "separate the men from the boys." World record holder Qi Hui of China seta newmeet record in her specialty the 200 breaststroke (2:26.89)

On Sunday, righton schedule, the "tramontane" wind took over, sweeping the sky of cloud- and just about everything elsewith it. Thatmeantsunshineand galeforce winds, but the swimmers responded with some startlingly good performances, promising good things for Berlin" VHH " asvan den Hoogenbandisknown in France, took the 200 freein 1:47.58. Martina Moravcova (SUK) posted 58.26 in the 100 butterfy, preservinghernumber-oneranking in theworldandthebestperformanceso farthisyear. Russian breaststroker Roman Sloudnovtook the 100 breaststrokein a meetrecord time of 1:01.45. Popovimposed in the 50 free (22.39), and Ukranian dynamo Yana Klochkova demonstrated her dominanceand diversitywith winsin the 400 free(4:11.31), 200 IM (2:13.93, Meet Record), and 200 fly (Saturday, in 2:10.21).

TheCanadian contingent wassmall thisyearbut Rick Say and Morgan Knabedidmakeit onto the podium in the 400 free and 100 breast respectively. Short course world champion Jennifer Carroll, although using the meet as a training opportunity, was a local favourite asthelatestin a long tradition of Canadian recruitsswimming for Canet 66 Natation.

For yearsshewas a fixtureat the meetin Canet, wherewind on theopen water washerelement. Forthosewho wondered at the sudden scratch of Costa Rican Claudia Poll from the meet in Rome, by the time they got to Canet, they had an explanation. And a shocker it was too. On June 6th FINA announced that Poll was suspended for four years after a doping control from last February came up positive for Norandrosterone (metabolites of nandrolone). The suspension takeseffectas of March 26th, 2002, and involves a retroactive sanction and cancellation of all results performed in the six months prior to that. Poll has one month to make an appeal at the Court of Arbitration for Sportin Lausanne, and insists she isinnocent and that she will fight it all the way. An Olympic (1996) and World Champion (1998) Poll has been an international medal winner since 1993.

Whatever the outcome of this sory affair, it marked the end of an era in Canet where Poll holds meetrecords in the 200 and 400 freestyle.

Barcelona, Jun 11-12
report by Jorge Torres
Oleg Lisogor (UKR) and Zoe Baker (GBR) were the top performers in Barcelona International Grand Prix, the closing event of the 2002 Mare Nostrum circuit.

Oleg did 27.73 (991) and Zoe 31.40 (983), both Meet Records for their respective 50 breaststroke,

The competition level was a good one, with five Meet Records broken:

Men's 100 breast- 1.01.79 Roman Sloudnov (RUS)
Men's 50 fly - 24.00 Lars Frolander (SWE)
Men's 100 fly - 53.09 Igor Marchenko (RUS)
Men's 200 fly - 1.56.90 Denis Sylantyev (UKR)
Women's 100 free - 55.32 Xu Yanwei (CHN)
Anewspanish record wassetin women's 400 Freewith 4.14.74 by Erika Villaecija. The winner in this event was Camelia Potec (ROM) with 4.10.23.

Alexander Popov (RUS) won the 50 free 22.54 with a second in the 100 free.

Romania ( 6 gold and 1 bronze) was firstwith themost gold medals, thanks to Camelia Potec, Ceazr Badita and Coman Dragos. With less gold but a bigger total came China(5-3-3), with ateam of 5femaleand3maleswimmers.

# OLYM PIC AND WORLD CHAM PION IN THE SPRINT FREESTYLE 

## Russ Ewald

Anthony Ervin received tremendous media attention two years ago when he became the first AfricanAmerican to makethe U.S. Olympic swimmingteam. Being in the spotlight didn't deter Ervin in Sydney. Thetall, slendersprinter won a gold medal, finishing tied for first (with GaryHall) in the 50metrefreestyle.

ButErvin, whosefatherispartAfrican-American and part American Indian, and whose mother is Jevish, felt uncomfortable being cast as a role model for his race.
"Itputmein an awkward position, tryingto makeme something I wasn't," he says. "Not that they were trying to make me black, but tuying to make me a representative of some race. I don't want to be defined as from some race. I want to be known as Tony or Anthony, not as the first African-American gold medallist. I want to be a role model, but I want to be a role model for all kids."

In thefocus on hisracial origin, the media overlooked Ervin's incredibly quick rise to thetop. He was 19 when he collected the gold medal. The average age of the other seven 50 free finalists was 25.4 years. Only two years earlier, hisbest timeof23.28rankedjust76th in the world. He hardly worked out the summer prior to the Olympics and skippedthe1999U.S. summernationals because "I wasn't seriously thinking about making the Olympic team."

Instead, Ervin, who developed in theCanyon Aquaticsprogram in theLos Angeles suburb of Newhall, thought about college swimming. As the No. 1
rankedhigh school sprinternationally,leadingcollege teams like Aubum, California, Stanford, and USC recruited him. Nonetheless, he chose California because of its co-head coach, Mike Bottom.
"Atter talking with Mike, I believed he was the onethatcouldmakemefaster," recallsErvin, "make me be the best I can. Of course, I never imagined I'd be where I am now."

Bottom recallsfirstseeing Ervin swim atthe 1998 U.S. summer nationals in Clovis.
"Although hewasn't one of the bestat the time,


I thoughthecouldbegreat," saysBottom. "Hisability to gethold of the watercompared well with thebestin the world. He had a natural feel for the water and for whathisbodyisdoing in it. Hejustneeded somefine tuning and seasoning.
"Nort (Thornton, the other Califomia head coach) and I look at people's potential. We could see the possibilities (in Ervin), although we have given scholarshipsto guys that had possibilities that didn't pan out."
emphasis on technique. Thatisimportant, especially for a sprinteratthetoplevel. That'sbasicallywhatwe did. Mike and I found waysto improve my technique and strengthen mein areas I needed in orderto catch more water, as opposed to just swimming laps back and forth.
"I had never focused much in training on the catch. At California, I worked on being able to catch the water far out, holding the power and using your body roll and shoulder motion to drive your body forwardontothewaterratherthan driving your body down to your catch. I made my stroke longer and more efficient."

Ervin says his team does a lot of sculling, especially front sculling.
"The front sculling helps strengthen ourforearms," hesays. "Theforearmsare the basis for being able to hold the catch all the way through your stroke. I think aboutthe catch andapplyingitwhileIam swimming."

California does a lot more cross training than other college programs. Running, pull ups, basketball, box, skip rope, rope climbing, and plyometrics are all part of the workout process.
"We usedplyometricsto counter our weightlifting," says Ervin. "We did speed bags for triceps and high leg kick for squats. It made the workouts a lot more interesting and fun."

The team has a dryland "speed circuit," which is a high intensity, high repetition, and light weights-lifting set performed on a time interval. The swimmersdo sets usinga differentmuscle every 30 seconds.

Ervin rewarded thefaith of theoo-coaches. In his first season at Califomia, he swept the sprints at the national college (NCAA) championships and swam on the champion $4 \times 100$ metre free relay. The events wereheld in metresinstead of yards for the first time, allowing for world records at the NCAAs. Ervin capitalized on the opportunity, setting a world record of 21.21 in the 50 . His 100 metre time was 47.36 .
"Alot happened to me with the transition from high school to college," explains Ervin. "In age group swimming, I didn't think there was much

Marco Chiesa
"Crosstrainingispartofourregime," says Bottom. "We try to train the full body. The core strength is very important. Endurance is important and the capacity of the heart and lungs. It's a lot easier to train the cardiovascular system outside the water."

Ervin is sold on cross training.
"For me, dryland training is better aerobic conditioning than swimming," he says, "because swimming aerobically tends to cause wear and tear on myjoints. It promotes injury."

Ervin needed the most work on his start.

## QUICK FACTS: Anthony Ervin

Born: 26 MAY 1981
Heigh: 6' $2^{\prime \prime} / 185 \mathrm{~cm}$
Weight: $165 \mathrm{lbs} . / 75 \mathrm{~kg}$
Hometown: Valencia, CA
Club: Phoenix
Attends: University of California (Berkeley)
Coach: Mike Bottom
Long Course Progression (World Ranking)
Year 50 Freestyle $\quad 100$ Freestyle
1998 23.28(76)
1999 did not swim long course

| 2000 | $21.80(3)$ | $48.89(7)$ |
| :--- | :--- | :--- |
| 2001 | $22.05(2)$ | $48.83(1)$ |

"When he came to Cal," said Bottom, "hisstart was probably the worst I've seen of any top-flight swimmer. Butherecognized that. He has ability that once heneeds to work on something, he attacks it with extraordinary determination. He practised his starts over and over until he got much better."

Ervin admits that his technique was awful before he began training at Ca .
"I think it had a lot to do with I don't have very much leg strength," he says. "I didn't thave the spring and powerofftheblock thatalotofsprinters have."

Bottom coaches at the Phoenix Swim Club during the summer. Following Ervin's freshman year, the young sprinter joined his coach in Phoenix where he trained with Gary Hall, thedoublesilver medallistin the sprints in 1996, and Polish star Bart Kizierowski, another Cal sprinter.

Ervin made great strides in Phoenix.
"It was great there," he says. "I did nothing but work out. It was the hardest I ever trained in my life. That summer was one of the best times of my life even though a lot of it was spent being sore and tired. I still had tons and tons of fun because my teammates became my friends."

Hall saidattheOlympics, "Alotof guys didn't like him at first. I didn't like him at first. He's very confident. It's a good thing, self-confidence,

got it stretched out and worked on, it wasn't feeling good. I didn'tsleep very much. Before theprelims ( of the 50), I Id nn'tleepatall. I wasexhausted, too edgy to sleep. I was just hoping to make it to the semis."

Ervin madeit to thesemisas the fourth qualifier and placed second behind Hall in his semifinal race. By the time of the final, though, he felt much better physically and mentally.
"On the night of the finals, a calm came over me." he remembers. "I walked out there and there was nothing in my head. No worries. I didn't see anything. I didn't hear anything.
"I had noidea whereI wasduring therace.Atthe touch, I knew I was in thepack. I looked at the board and didn't believe it. I saw right away it was a tie."

Ervin couldhaveearned $\$ 83,000$ with hisOlympic performances. Buthepasedup themoneyto remain eligible for college competition.
"I didn'tfeel I was readyto abandon myteam at Cal," hesays. "I didn'twantto makeswimmingajob. I am still in the years of my life when I want to have fun with what I'm doing."

Since the Olympics, Ervin has experienced no letdown. On the contrary, he improved so much in the 100 that he swept the sprints at last year's World Championships in Fukuoka, Japan. He bettered Matt Biondi's U.S. record of 48.42 to beat Olympic champ Pieter van den Hoogenband in 48.33. At the U.S. Olympic Trials the year before, he had finished only fifth.
"Alotofit(hisimprovement) was technique change," he explains. "And my game plan, my racing strategy. Before, I was breathing every stroke in the 100. I thought I had to. I really don't. I was breathing every four the past summer."

This winter he took sole claim on the American record in the 100 yard freestyle, winningattheNCAAsin 41.62. He had tied Biondi's mark of 41.80 the previousyear.Itwashisthirdsuccessive NCAA victory in the 100. The 50 yard free may be a little short for him now. Atter winning the 50 at the metric distancehisfreshman year, he'splaced second the last two seasons when the race has been swum in yards.

Ervin is not ready to rest on his laurels.
"I can go farther," he proclaims. "There are still world records to break. I thinkthe 100 freestylecan begotten. I don't think by any means I'vereached my peak. Hopefilly, I'll still be around in 2004."

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# MICHAEL PHELPS - BALTIM ORE'S FLYING CLIPPER YOUNGEST AM ERICAN MALE OLYMPIAN SINCE 1932, YOUNGEST EVER MALE WORLD RECORD HOLDER 

## Cecil Colwin

"Everything we did in those first two years was to enoourage him to raise his sights, set progressive goals, and learn the importance of self-discipline and perseverance." ...Coach Bob Bowman

When coach Bob Bowman joined theNorth Baltimore Aquatic Club in 1996, he wasn't to know that within a year he would experience every coach's dream, namely to have a future world-beater drop right into his lap. Bowman was immediately impressed when he firts set eyes on Michael Phelps, then a promising 11-year-old who had already setnational age group records in backstroke, IM, and the 100 fly. Bowman saw that the lad had a fine physique and a keen competitive instinct, but that his breaststroke and freestyle "needed a dramatic overhaul."

Under Bowman's tutelage, Phelps' career took off. In the 11-12-year-old age group, he was soon recognized as an outstanding prospect. While Bowman's primary objective remained fixed on improvingMichael'sstrokemechanics,heencouraged Michael to believe that there were no limits to the improvementhecouldmake. Bowman says, "I wanted Michael to set his sights on long-term development andwherehemightitin thebigppictureofswimming. Everything we did in those first two years was to encourage him to raise his sights, set progressive goals, andlearn theimportanceof self-disciplineand perseverance."

## Growth Spurt

Bowman started Phelps on an endurance swimming program, in which he covered about 6,000 yards or metres per session, seven days a week. Bowman said, "Michael progressed extremely quickly with the introduction of the increased work load. This was an IM-oriented program but the majority of his real distance work was done on freestyle. Michael spent quite a bit of time trying to get his freestyle to a point where he was more efficient than when he was younger."

Although Michael had setUSnational age group recordsfor9-10-year-olds, hedidn'tsetanyrecordsat all asan 11-12-year-old, even though hewasfocussed on doing 50 , and was working hard and improving. Nevertheless, he was the top-ranked 11-12-year-old boyin thecountry. Atthattime, hewasn'tasphysically

In May, Hall of Famer Cecil Colwin was selected by ISHOF as the Paragon Award winner for 2002. The Paragon award is presented annually to individualswho have excelledin theirfields and contributed to the development of aquatics.

On his way homefrom Fort Lauderdale, Colwin stopped in Baltimore for several days to visit Murray Stephens' North Baltimore Aquatic Club, where he observed the program, advised and workedwith swimmersand coaches. In thisissue he writes about NBAC's phenomenal Michael Phelps, theyoungestmaleworld record holderin swimming history.In nextmonth'sissue, Colwin, on his third visit in 15 years to NBAC, talks with Head Coach Murray Stephens on how he built anddevelopedthegiantself-ownedMeadowbrook swimming complex, home to this successful world-renowned team. Stephens stresses the importance of coaches being independent and self-reliant.
mature as some of the other boys in his age group. However, by the time he turned 13, he had grown about four inches and gained 30 pounds in alm osta year. The resultwasthathe set 25 national agegroup records when he entered the new age group.


Michael Phelps
Bythesummer of 1999, Michael hadbroughthis general conditioning program and technique refinement to a new level. The results of this focus showed in the 2000 Spring Nationals, when he surprised Coach Bowman and the swimming public by clipping his best time for the 200 fly from 2:04

| Event | 1995 | 1996 | 1997 | 1998 | 1999 | 2000 | 2001 | * 2002 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Actual Age | 9-10 | 10-11 | 11-12 | 12-13 | 13-14 | 14-15 | 15-16 | 16-17 |
| 50 free |  |  |  | 27.01 |  | 25.15 |  |  |
| 100 free | 1:06.32 |  | 59.96 | 59.25 |  |  |  |  |
| 200 free | 2:22.07 |  | 2:09.12 | 2:07.29 |  | 1:55.37 | 1:51.73 | 1:52.36 |
| 400 free |  |  | 4:29.71 | 4:24.27 | 4:11.61 | 3:58.80 | 3:57.38 | 3:55.32 |
| 800 free |  |  |  |  | 8:31.25 | 8:16.10 | 8:14.59 | 8:20.34 |
| 1500 free |  |  |  |  | 16:00.82 | 15:39.08 | 15:35.35 | 15:39.50 |
| 100 back | 1:16.27 |  | 1:05.91 | 1:07.00 |  | 1:01.21 | 59.49 |  |
| 200 back |  |  |  |  |  | 2:11.92 | 2:00.57 |  |
| 100 breast |  |  |  |  |  |  |  |  |
| 200 breast |  |  |  |  |  | 2:27.42 |  |  |
| 100 fly | 1:10.48 | 1:06.27 | 1:04.34 | 1:04.17 | 57.50 | 55.78 | 52.98 |  |
| 200 fly |  |  |  |  | 2:04.68 | 1:59.02 | 1:54.58 |  |
| 200 im | 2:42.17 |  | 2:23.18 | 2:22.13 | 2:14.85 | 2:06.50 | 2:00.86 | 2:03.04 |
| 400 im |  |  |  |  | 4:31.84 | 4:24.77 | 4:15.20 | 4:19.35 |
| Note: 2002 times are from early season (mid-May) |  |  |  |  |  |  |  |  |
| Other facts: |  |  |  |  |  |  |  |  |
| - 2001 Worlds 1 st 200 fly 1:54.58 (world record) |  |  |  |  |  |  |  |  |
| - 2000 Olympics 5th 200 fly 1:56.50 (youngest American male (15) Olympian since 1932) |  |  |  |  |  |  |  |  |


(which was also his own national record for 13-14 boys) to an undreamed-of 1:59.0 to placethirdin the senior national event.

## A Moment of Truth

He accomplished this new performance on once daily practices except for a six-week period when he did two double workouts daily just prior to the nationals. Michael's sudden improvement immediately caused intense interest as to his future prospects. Bob Bowman recounts how Michael had recorded 1:59.6 in the last of the moming prelims and, as he sent him to warm down, Bowman remembered walking to the car park to get the car to come around and pick him up, when suddenly the thought flashed through his mind "so clearly that Michael would be swimming in the Olympic Games...and that this was inevitable- there was nothing we could do to stop it!"

Bowman saidthat"Michael'sreaction wasmuch thesameasithadbeenallalong, which wassomething thatI findveryinterestingabouthim. Heisextremely low-keyed in terms of never having been overly impressed with his swims at anylevel. When he went his 1:59 flat, that wasthebest that he could give, and hewasquitehappywith it, butdidn'tfeel thatthatwas the time to relax or lay back- he was hungry."

Michael Phelps' appetite was piqued to improve,
and his enthusiasm was at a higher peak than ever before. Michael wasnow14, andCoach Bowman decided to gear Michael'spreparation towards the Olympic trials, but that he wouldavoidplacingextrastress on him by maintaining the same training program, with the exception that he would add a little more butterfly swimming.

Bowman met with Michael's parents and forbade them to say the word "Olympics" untilAugustofthat year, so that he wasn't living with it 24 hours a day. At this stage, according to Bowman, "Michael was pretty much livinghisnormal life." During thecourseof thatsummerthey went to several Grand Prix meets where he steadily improved. "So we had a good feeling that things were on the righttrack, and when we gotto theOlympic Trials, hewasvery well prepared both mentally and physically."

## A Champion's Typical Day

Michael lives quite close to the pool, and during the school year, he rises at about 5:45 am, arrives at the pool at 6 am , and swims until 7.30 . Michael attends Towson High School, and he is fortunate that the school authoritiesallowhim to arrivean hourlatefor school . He doesn't have to be there before 8.45 . He stays atschool until about 2.15 pm , at which time he stops by hishouseon the way back to the pool to have a snack and relax for a while, then trains for $21 / 4$ hours of swimming, followed by 30 to 45 minutes of land training. At 6.45 pm he returns home to do schoolwork. Hetriesto bein bed by9.30. On the three daysa week that he doesn't havea morning practice, he sleeps until $80^{\prime}$ clock.

## Michael Phelps' Butterfly Technique

Askedto describeMichael Phelps' butterflytechnique, coach Bob Bowman said, "Thefirst thing you notice about Michael's butterfly is how relaxed he is, particularlyin hisarm recovery. Hekeepshisrecovery very low to the water, elbows nearly straight, and he enters with very 'soft' (not braced) hands instead of crashing them in. He isvery careful to keep hishands and wists relaxed as they enter the water. When Michael swims a fast ime and tells me that it felt
relaxed, I know heisreadyto swim well, because that is when he is at his mostefficient. Hetakes his breath with excellent head position, without lifting it too much, maintaining a near horizontal body position throughout the stroke. Michael has something that no other world-class 200 butterfly swimmer has, namely a continuouskicking action throughout the entire 200 metres."

When I noted that Michael's arms are able to hyper-extend at the elbows, which is srare for a male swimmer, Bowman respondedbysayingthat"Michael has rather unusual flexibility in that his upper body isextremelyflexible...buthishamstringsareextremely tight. He has actually experienced some back

## PHELPS' BUTTERFLY TECHNIQUE

"Natural" and "relaxed" are the two words that best describe Michael Phelps' flowing butterfly stroke. Simply stated, for beauty of rhythm and timing, this lad's technique is already up there with all-time greats like Mary T. Meagher and Pablo Morales.

Michael Phelps' body is ideally "designed" for butterfly swimming. He is long, lean, and lanky with tremendous arm-reach, powerful thighs, and a streamlined frame that allows him to slip almost eel-like through the water.

Michael Phelps swims a classical butterfly stroke with "key-hole pull" and pronounced "teeter-totter" action of torso and hips so clearly enunciated years ago by Howard Firby, that master stroke technician.

When Phelps' ams are about to enter the water- with elbowsupand hands relaxed, and justwideoftheshoulders- theswimmer'shead and upper torso have already dropped well between his arms. His spine is arched and his hips have popped up above the surface. Splitsecondtimingcombinedwith extremeflexibility of the hingelike stemo-clavicularjoints, chest, shoulder-joints, and spinemakethis somewhat unusual postureeasy to attain. As performed by Phelps, this phase of the stroke is both efficient and beautiful to behold.

NotonlyisPhelps' spineunusuallyflexible, but his arms can extend "past the stright" (hyperextend), and so can his knees and ankle joints. Hisbreathingtechniqueiswell timed; he inhalesjust before his hands exit and his head retumsbeneath surfaceas hisams recoverpast the shoulder-line. When inhaling, his head lift is minimal, and theback of hisneckisflat as he breathes with face down. Hisbody-dolphin kick is continuous. He uses more knee bend on the second kick which is well-timed with the final thrust of forearms and hands.
problems because of the tightness in his hamstrings, so that's an area that we have to work on."

## Michael Phelps' Butterfly Training

In describing some of Michael Phelps' training methods, Coach Bowman said, " To avoid becoming too fatigued to maintain technique Michael doesn't swim excessive amounts of butterfly. Therefore, he does most of his repeats in multiples of 100 metres or less. Heswims repeats of 100 yards ormetres, or 75 sor 50s, athigh speed, usuallyon a veryshortrestinterval, because we're trying to teach him to relax at high speed. The short rest intervals give him enough recovery time to maintain correct stroke. Michael does most of his training in a short courseyardormetrespool. Wetrain long course three or four times during a typical week. We feel that short course training is important for stroke swimmers because they can maintain strokemuch betterin the short pool. They can also maintain higher pulse rates and stroke rates than in the long pool.
"Wehaven'tdonealotofearlymorning pulse-rate testing, but when they did test Michael, his resting pulse rate was in the 40s. Phelps has used the Treffene heart ratemonitor, and thehighestpulse ratehehas registered to thispointis around 205. Hetends to do most of his training somewhere around 160-170."

## Future Plans

Coach Bowman hasbeen careful to plan Michael's activities within a long-term plan thatprovidesforhis developmentasa swimmer, andas a developingyoungadult. Bowman believesthatPhelpscould continue to competeinternationallyforupto 12 years from the time that he first burst upon the scene, maybe more if he so chooses.

Says Bowman, "Our goal is to make Michael the most complete swimmer that we can, and to offer him as many avenues for successas possible. With this in mind, we've really focussed on the IM and tried to make him proficient in all four strokes, and this will continue to be part of all our future planning."

Bowman believes thatMichael thinks of himself as more of an IMer than a butterflyer. He says, "The butterflyiswhereheistremendouslytalented, andhis 100 butterflywill improveashegetsstronger, older, and moremature. Aswetry to push his 200 timedown, we
will spend more time on developing speed than we have done up to now."

Michael Phelps is versatile; he has swum 2 minutes for the 200 backstroke, and is an excellent backstroker as well as a freestyler. His coach wants to keep all options open "without spreading him too thin."

Bowman states that his first objective is to bring Michael'sIMto thelevel ofhis 200 butterfly, and then to "look at doing some other things." Bowman says thatMichael'smain focus for the next two years will betheIM, the 200, and the 100 butterfly. "Hisfreestyle
and backstrokelegs can be so devastating in the 200 IM that they will probably be good enough to enable him to be competitive."

Part of Bowman'sphilosophyisthattwo or three timesa year, Michael will attend meets where hewill swim two or three events in the prelims and finals each day, plus relays. Sometimes he will swim 21 times over threedays. "We've found that he produces remarkable performances over three-day periods in all strokes. We also try to choose certain meets where he swims the breaststroke or backstroke in order to focus on these aspects of his IM."

Michael Phelps receives special medical and/or physiological supervision and advice on his training loads, Bowman says: "Rightnow, wehave a blood analysis doneevery four to six weeks under Dr Peter Rowe at Johns Hopkins University. This blood work focuses on threeareas. There is a general health area, which will tell us if he's sick or anything like that. There is a nutritional spectrum, which gives us some idea whether heis getting thepropernutrients, andhowthat's going. And then there are some markers that we have come up with to detect over-training or anything thatmight givea hint as to how his training is going, such as cortisone levels, his ECG, and those sorts of things. So from that standpoint, we do have a blood analysis available."

Asked to what extent Michael Phelps' training partners help establish his pace or provide opposition in training, Bowman repliedthat thetraininggroupwas progressing to the point where some of the younger boys, and even their best distance girls, can "sort of swim in Michael's ballpark."

While Michael was coming
and breaststroke times have steadily decreased. It is interesting that he never made a national ranking timein breaststrokewhen hewas 9 or $10 . \mathrm{So}$, asan 1112 -year-old, we set that as a goal for him to try to be in the top 16 rankings in the breaststroke. He never accomplished that goal. But as a 13 -year-old, he improved to thepoint wherehewas thenumber-oneranked boy in the 200 breaststroke. He has swum a tremendous 200 yards breaststroke in 2:01 flat. We thinkhisbreaststrokeissteadilyimproving. Although Michael may not be a top breaststroker, his butterfly
 through theranks, hedid virtually all hiswork without the benefit of training partners, since they "really swam at his feet, and so he became very adept at training against the clock." Bowman added that he has always tried to instil in Michael thebeliefthat"ultimatelyheisgoingtobetraining against theclock anyway becauseour goal is to tryto move him into a category by himself." However, Bowman says that, on some occasions, particularly when swimming breaststrokeor some of his otherstrokes, it ispossibleto set up some racing situations for him, but "in general, he pretty much races the clock."

## TOP AGE GROUP TIMES

## GIRLS 10 \& Under

## 50 m Freestyle

31.51 ONLUSCMAY GIMON, Tamara,91,BAD
31.63 ONLUSCMAY BOUCHARD, Dominique D,91,NSA
32.06 ONNEORAJUNMONTGOMERY,Shelby,91,LLBSC
32.21 PPOUUN SUPPAN,Alexadra,92,DYNAMO
32.25 ONTPCPMAY BELL,Hilary,91,LSC
32.48 ABEXSTJUN NESBITT,Colleen,92,GLEN
32.82 ABSTSCJUNMCGHEE,Pamela,91,UCSC
32.88 BCAAAINVJUN LEE,Bora,91,UBCD
933.06 BCHYACKMAY THORLAKSON,Hannah,91,COMOX
33.45 ABSTSCJUN TANNINEN,Christina,92,EKSC

## 100 m Freestyle

1:09.14 ONNKBMAY COUILLARD,Marie-Pier,91,REG
1:09.52 ONLUSCMAY GIMON, Tamara,91,BAD
3 1:09.53 ONLUSCMAY BOUCHARD,Dominique D,91,NSA
1:11.41 ONESWIMJUN BELL,Hilary,91,LSC
1:11.72 ONTPCPMAY SCHULTZ,Paige,91,CREST
1:12.23 ONTPCPMAY BELL,LHilary,91,LSC
1:12.24 ABSTSCJUNMCGHEE,Pamela,91,UCSC
1:12.33 ONTPCPMAY HARRICHARAN,Alisha,91,COBRA
1:13.52 ONNEORAJUNMONTGOMERY,Shelby,91,LLBSC
10 1:13.92 BCAAAINVJUNLEE,Bora,91,UBCD
200 m Freestyle
2:29.64 PPOJUN COUILLARD,Marie-Pier,91,REG
2 2:30.98 PPOUUN SUPPAN,Alexadra,92,DYNAMO
3 2:31.44 ONLUSCMAY BOUCHARD, Dominique D,91,NSA
4 2:34.71 ONLUSCMAY GIMON,Tamara,91,BAD
2:36.97 ONESWIMJUN SCHULTZ,Paige,91,CREST
2:38.17 ONNKBMAY GERA,Janny,92,REG
2:40.26 MBMMMAYMAMAKEESIC,Courtney,91,CGF
8 2:40.50 PPOUUN GERA, Jany,91,REG
9 2:40.74 ONNEORAJUNMONTGOMERY,Shelby,91,LLBSC
10 2:42.18 ONWOSABUUN GIGNAK, Jenna,91,HWAC
400 m Freestyle
1 5:29.39 BCCDSCAPRPANET-RAYMOND,Chrissy,91,HYACK
2 5:46.42 ONLACMAYMCCANN,Lisa,91,LAC
3 5:46.82 ONLACMAY FRAPPIER, Jasmine,91,CNS
4 5:47.75 ONVICDAPRMCCASEY,Kirstyn L,91,OSHAC
5 5:48.38 ABEKSCMARHOUSTON, Emily,91,CASC
6 5:49.79 ABLEDUCMAY FLETCHER,Evangeline,91,ARR
5:51.31 ONLACMAY ADKIN,Sydney,92, LAC
8 5:51.47 ABLEDUCMAY POLIQUIN,Rachelle,91,STSC
9 5:52.55 ONWOSABJUN GIGNAK, Jenna,91,HWAC
10 5:55.45 ABEXSTMARDAKIN-KUIPER,Sierra,91,LASC 50 m Backstroke
37.07 PPOUUN SUPPAN,Alexadra,92,DYNAMO
38.65 SKRYMMMAY PUFAHL,Alexis,91,GOLD
38.95 ONNKBMAY COUTUREAleksandra,91,REG
39.04 ONTPCPMAY CAMERON,Elyssa,91,PCSC
39.27 ONVICDAPR GIMON,Tamara,91,BAD
39.89 ONLACMAY JOHNSTON,Amanda,92,LAC
40.16 ONTPCPMAY WOZNIAK, Joanna,91,NYAC
40.29 ONROWMAY MILLER,Paige,91,00SC
940.41 ONNKBMAY CORRIVEAU,Emmalina,91,G0
$10 \quad 40.47$ ABEKSCMARHOUSTON,Emily,91,CASC
100 m Backstroke
1:15.44 ONNKBMAY COUILLARD,Marie-Pier,91,REG
2 1:19.93 ONLUSCMAY BOUCHARD,Dominique D,91,NSA
3 1:22.72 ONROWMAY GIMON,Tamara,91,BAD
4 1:24.32 BCCDSCAPRPANET-RAYMOND,Chrissy,91,HYACK
5 1:25.00 ONNKBMAY COUTURE,Aleksandra,91,REG
6 1:25.11 ONNEORAJUNMONTGOMERY,Shelby,91,LLBSC
1:25.15 ONESWIMJUNMCCASEY,Kirstyn L,91,OSHAC
8 1:25.90 ONTPCPMAY HEARD,Kaleigh,91,PICK
9 1:26.15 ONNKBMAY GERA, Janny,92,REG
10 1:27.15 BCKCSUUN LAVOIE,Maura,91,OSC

## 200 m Backstroke

1 2:41.75 ONNKBMAY COUILLARD,Marie-Pier,91,REG
2 2:48.44 ONLUSCMAY BOUCHARD,Dominique D,91,NSA
3 2:49.19 PPOUUN SUPPAN,Alexadra,92,DYNAMO
4 2:58.39 BCHYACKMAY PANET-RAYMOND,Chrissy,91,HYACK
5 2:59.24 ONNKBMAY COUTURE,Aleksandra,91,REG

3:00.32 MBMMMAY MAMAKEESIC,Courtney,91,CGF
3:01.10 ONESWIMJUN KASPER,Kirsten,91,NEW
3:01.25 BCKCSJUN LAVOIE,Maura,91,OSC
3:01.59 ONESWIMJUNMCCASEY,Kirstyn L,91,OSHAC
10 3:02.42 ABEKSCMARHOUSTON,Emily,91,CASC
50 m Breaststroke
41.14 PPOUUN JEAN-LACHAPELE,Marie Soleil,91,CAMO
42.01 PPOUUN COUILLARD,Marie Pier,91,REG
42.93 ONTPCPMAY SCHULTZ,Paige,91,CREST
43.26 ONTPCPMAY BELL,Hilary,91,LSC
43.56 SKRYMMMMAY PUFAHL,Alexis,91,GOLD
43.57 ONTPCPMAY DEBRUXX,Valerie,92,BBF
43.95 BCKCSUUN WATSON,Stephanie,91,ORCA
44.09 ONAACAPR HARRICHARAN,Alisha,91,COBRA
44.20 PPOJUN SUPPAN,Alexadra,92,DYNAMO
44.24 ONLACMAY ABRAMETZ,Rebecca,91,BOSC

## 100 m Breaststroke

1:25.87 BCAAAINVJUN LEE,Bora,91,UBCD
1:29.59 ONNKBMAY COUILLARD,Marie-Pier,91,REG
1:30.35 ONESWIMJUN BELL,Hilary,91,LSC
1:33.60 ONTPCPMAY DEBRUX, Valerie,92,BBF
1:34.18 ONTPCPMAY SCHULTZ,Paige,91,CREST
1:35.05 ABEXSTMARDAKIN-KUIPER,Sierra,91,LASC
1:35.83 ONLACMAY ABRAMETZ,Rebecca,91,BOSC
1:37.66 ABSTSCJUNMCCORD,Kate,92,UCSC
1:38.00 NSDUNNUUN STEEEE,Jacqueline,91,SWAT
1:38.02 ONNKBMAY DANIS,Stefanie,91,REG

## 200 m Breaststroke

3:04.21 BCAAAINVJUN LEEBBora91,UBCD
3:10.19 PPOUUN COUILLARD,Marie-Pier,91,REG
3:19.60 PPOUUN SUPPAN,Alexadra,92,DYNAMO
3:19.76 ONESWIMJUN SCHULTZ,Paige,91,CREST
3:20.81 ABEXSTMARDAKIN-KUIPER,Sierra,91,LASC
3:21.05 ONESWIMJUN BEIL,Hilary,91,LSC
3:22.42 NSDUNNUUN STEEEE, Jacqueline,91,SWAT
3:27.16 ONLACMAY ABRAMEIZ,Rebecca,91,BOSC
3:27.91 ONLACMAY HARDING,Jennifer,92,CNS
10 3:27.93 ABUCSCMAYMATTHEWS,Deanna,92,EKSC
50 m Butterfly
34.15 PPOUUN COUILLARD,Marie Pier,91,REG
34.49 PPOUUN GERA, Janny,91,REG
35.92 ONAACAPRBELL,Hilary,91,LSC
36.32 ONAACAPRHARRICHARAN,Alisha,91,COBRA
36.80 ONTPCPMAY HEARD,Kaleigh,91,PICK
36.91 ONTPCPMAY LITLEEJOHN,Meagan,92,COBRA
37.18 ONROWMAY GIGNAK, Jenna,91,HWAC
37.31 ABSTSCJUNMCGHEE,Pamela,91,UCSC
37.62 PPOUUN JEAN-LACHAPELE,MarieSoleil,91,CAMO
1037.80 SKRYMMMAY PUFAHL,Alexis,91,GOLD

100 m Butterfly
1:17.53 ONNKBMAY COUILLARD,Marie-Pier,91,REG
1:21.44 ONNKBMAY GERA, Janny,91,REG
1:23.99 ABLEDUCMAY FLETCHER,Evangeline,91,ARR
1:24.26 ONTPCPMAY HARRICHARAN,Alisha,91,COBRA
1:24.38 ONLUSCMAY BOUCHARD,Dominique D,91,NSA
1:25.40 ONTPCPMAY HEBERT-TOIREASA,Joyce,92,PCSO
1:26.60 ONAACAPRBEIL,Hilary,91,LSC
1:27.38 ONTPCPMAY HEARD,Kaleigh,91,PICK
1:27.98 ABSTSCJUN PIERSE,Fionnuala,92,EKSC
1:29.37 ONLUSCMAY GIMON, Tamara,91,BAD

## 200 m Ind. Medley

2:38.90 ONVICDAPRGIMON,Tamara,91,BAD
2:51.18 PPOUUN COUILLARD,Marie-Pier,91,REG
2:53.94 ONLUSCMAY BOUCHARD, Dominique D,91,NSA
2:55.32 ONTPCPMAY SCHULTZ,Paige, 91 ,CREST
2:55.32 ONESWIMJUN BELL,Hilary,91,LSC
2:55.59 PPOJUN JEAN-LACHAPELLE,Marie Soleil,91,CAMO
2:56.91 ONTPCPMAY BELL,Hilary,91,LSC
2:58.64 BCHYACKMAY THORLAKSON,Hannah,91,COMOX
3:01.71 PPOJUN GERA, Jany,91,REG
3:01.75 ONVICDAPRULIANA,Kendra,91,GMAC

## BOYS 10 \& Under

50 m Freestyle
30.65 BCHYACKMAY GAVRIC,Marko,91,UBCD
30.75 ONESWIMJUN RUBENCHIK,Darren,91,CHAMP
32.05 ONROWMAY HARDING,Grant,92,ROW
33.08 ABEKSCMAR KOZEL,Greg,92,STSC
33.22 BCAAAINVJUN BROTZKY,Dennis,92,UBCD
33.31 ABEXSTMAR TRICKETT,Chris,91,,BBSC
33.39 ONTPCPMAY GAJOS,Patrick,91,ESWIM
33.40 ONTPCPMAY HEBERT,Mathew,92,SCAR
33.43 ONLACMAY LOSHUSAN,Brandon,92,WAC

O 33.57 ONLACMAY DIMITROV,David,91,MMST

## 100 m Freestyle

1:06.68 ONESWIMJUN RUBENCHIK,Daren,91,CHAMP
1:07.91 BCHYACKMAY GAVRIC,Marko,91,UBCD 1:12.50 ONROWMAY VOWLES,Tristan,91,HWAC 1:13.57 ONLACMAY LOSHUSAN,Brandon,92,WAC 1:13.61 ONPNTLNAPR LETE,Jeremy,91,LAC 1:14.04 ONLACMAY FAUCHER,,Jean-Michel,91,CNS 1:14.10 ONTPCPMAY ZIELINSKI,Paul,92,MSSAC 1:14.23 ONTPCPMAY HEBERT,Matthew,92,SCAR 1:14.24 ONTPCPMAY GAJOS,Patrick,91,ESWIM 0 1:14.87 ABUCSCMAY WOLK,Karl,91,EKSC

## 200 m Freestyle

2:35.47 BCCDSCAPR GAVRIC,Marko,91,UBCD
2:37.71 ONESWIMJUN ZIELINSKI,Paul,92,MSSAC
2:37.98 ABSTSCJUN WOLK,Kar,91,EKSC
2:39.43 ONROWMAY TANG,Jack,92,HWAC
2:39.58 ONLACMAY DIMITROV,David,91,MMST 2:40.91 ONNEORAJUN LAWRENCE,Joshua,92,SSMAC
2:41.19 ONROWMAY VOWLES, Tristan,91,HWAC
2:41.50 PPOUUN FAUCHER,Jean-Miche1,91,CNS
2:41.59 ABEKSCMAR SPENCELEY,John,92,CASC
10 2:42.10 ONLACMAY LEITE,Jeremy,91,LAC

## 400 m Freestyle

5:18.22 BCHYACKMAY GAVRIC,Marko,91,UBCD
5:32.32 ONESWIMJUN ZIELINSKI,Paul,92,MSSAC
5:33.32 ABEKSCAPR WOLK,Karl,91,EKSC
5:35.93 ONESWIMJUN DAIKOKU,Kairun,91,MSSAC
5:37.67 ONLACMAY DIMITROV,David,91,MMST
5:37.97 ONLACMAY LEITE,Jeremy,91,LAC
5:38.25 BCCDSCAPR NICOL,Marlow,91,UBCD 5:42.10 ONLACMAY FAUCHER,Jean-Michel,91,CNS 5:43.48 BCHYACKMAY SMIT-ANSEEUW,Nils,92,PSW 10 5:43.88 BCCDSCAPR RAEThomas,91,PSW

## 1500 m Freestyle

20:52.29 BCHYACKMAY GAVRIC,Mark0,91,UBCD
2 21:54.37 ABUCSCMAY WOLK,Karl,91,EKSC
3 21:56.25 ABUCSCMAY NEWTON,Braeden,92,FMSC
4 22:47.82 ONLACMAY DIMITROV,David,91,MMST
5 23:13.54 SKRYMMMAY LOVEBretton,91,GOLD
6 32:53.98 ABNCSAMAY FREEMAN,Spencer,92,CP

## 50 m Backstroke

36.34 ABUCSCMAY WOLK,Karl,91,EKSC
37.89 ONROWMAY HARDING,Grant,92,ROW
38.10 ONNKBMAY PATTERSON,Harley,91,GO
39.33 ONTPCPMAY OLAVARIO,Paolo,91,CREST
39.37 ONNKBMAY COCKELL,Ryan,92,NKB
39.50 ONLACMAY LOSHUSAN,Brandon,92,WAC 39.61 ABEKSCMAR BLATTLER,Gregory,92,CASC
39.95 ONLACMAY SALMON,Mackenzie,92,LAC
40.04 ABEKSCMAR KOZEL, Greg,92,STSC
040.41 ONTPCPMAY ROCKET,Austin,92,MSSAC

## 100 m Backstroke

1:19.19 ABSTSCJUN WOLK,Karl,91,EKSC 1:19.84 ONESWIMJUN RUBENCHIK,Daren,91,CHAMP 1:22.40 ONNKBMAY COCKELL,RYyan,92,NKB 1:22.43 BCCDSCAPR GAVRIC,Marko,91,UBCD 1:22.97 ONDV2TMAPR SUNDBY,Allan,91,BOSC 1:23.57 ONTPCPMAY OLAVARII,Paolo,91,CREST 1:24.59 ONPNTLNAPR LEITE,Jeremy,91,LAC 1:25.20 ONNKBMAY BAXTER,Troy,91,NKB 1:25.50 BCCDSCAPR SMIT-ANSEEUW,Nils,92,PSW 10 1:25.53 ONLACMAY LOSHUSAN,Brandon,92,WAC

## 200 m Backstroke

2:47.27 ABEKSCAPR WOLK,Karl,91,EKSC 2:52.78 BCHYACKMAY GAVRIC,Marko,91,UBCD
3 2:56.37 BCHYACKMAY PARTRIDGEAlex,91,UBCD
4 2:57.88 ONNKBMAY COCKELL,Ryan,92,NKB 2:58.03 BCCDSCAPR SMIT-ANSEEUW,Nils,92,PSW 2:59.24 ONESWIMJUN DAIKOKU,Kairun,91,MSSAC 3:03.36 ONNKBMAY BAXTER,Troy,91,NKB
8 3:03.90 ONLACMAY LOSHUSAN,Brandon,92,WAC
g 3:04.28 ABEKSCMAR BLATTLER,Gregory,92,CASC

10 3:05.33 ONROWMAY HARDING,Grant,92,ROW
50 m Breaststroke
42.76 ONTPCPMAY CHANG,Micheal,92,SCAR
43.24 ONTPCPMAY SHIN,Cameron,91,CREST
43.33 BCKCSUUN CHRISTIE,Benjamin,91,WVOSC 43.53 ONTPCPMAY LETE,Jeremy,91,LAC
43.71 ONAACAPR TZVETANOV,Emil,91,CHAMP 44.29 ONTPCPMAY EMORY,Matt,92,PCSC
44.71 ONVICDAPR LIEW,Anthony,92,TRENT 45.16 ONPOSDNAPR KEUKEN,Jordan,91,OSAC 45.21 ONROWMAY HARDING,Grant,92,ROW
45.27 ONNKBMAY PATTERSON,Harley,91,GO

## 100 m Breaststroke

1:32.32 BCCDSCAPR GAVRIC,Marko,91,UBCD
2 1:32.77 ONTPCPMAY CHANG,Micheal,92,SCAR
3 1:33.40 ONTPCPMAY LETE,Jeremy,91,LAC
1:34.42 BCAAAINVJUN BROTZKY,Dennis,92,UBCD
5 1:34.96 BCCDSCAPR NICOL,Marlow,91,UBCD
$6 \quad$ 1:35.57 ONNEORAJUN LIEW, Anthony,92,TRENT
7 1:36.64 ONAACAPR SHIN,Cameron,91,CREST
8 1:37.06 ONTPCPMAY BMORY,Matt,92,PCSC
g 1:37.07 ONNKBMAY PATTERSON,Harley,91,GO
10 1:37.52 ONAACAPR TZVETANOV,Emil,91,CHAMP
200 m Breaststroke
3:15.32 BCCDSCAPR GAVRIC,Marko,91,UBCD
3:16.61 ONLACMAY LETE,Jeremy,91,LAC
3 3:17.91 ONNKBMAY LIEW,Anthony,92,TRENT
3:19.55 BCCDSCAPR NICOL,Marlow,91,UBCD
5 3:27.20 BCKCSUUN CHRISTIE,Benjamin,91,WVOSC
6 3:27.25 ABNCSAMAY DALEN,Christopher,92,CWC
7 3:27.30 NSDUNNUUN STEEEE,Justin,91,SWAT
8 3:27.60 ONESWIMJUN ZIELINSKI,Paul,92,MSSAC
$9 \quad 3: 29.46 \quad$ PPOUUN ST-PIERRE-LEBLANC, Guillaume,91,MEGO
10 3:29.57 BCAAAINVJUN BROTZKY,Dennis,92,UBCD

## 50 m Butterfly

36.64 ONLACMAY LOSHUSAN,Brandon,92,WAC
37.07 ONAACAPR RUBENCHKK,Daren,91,CHAMP 37.07 ONROWMAY HARDING,Grant,92,ROW 37.15 ABEKSCMAR BLATTLER,Gregory,92,CASC 37.50 ONNKBMAY BAXTER,Troy,91,NKB 37.70 ONROWMAY TANG,Jack,92,HWAC 37.75 ABEKSCMAR ODGER,Justin,91,CASC 37.87 ONAACAPR CHAK,Oskar,91,CHAMP
37.95 ONNKBMAY DILLON,Brent,92,NKB 38.19 ABEKSCMAR WOLK,Karl,91,EKSC

100 m Butterfly
1:23.83 BCAAAINVJUN GAVRIC,Marko,91,UBCD
2 1:25.16 ONPOSDNAPR DIMITROV,David,91,MMST
3 1:25.62 ONAACAPR RUBENCHK, Darren,91,CHAMP
4 1:25.74 ABEKSCMAR WOLK,Karl,91,EKSC
5 1:26.92 ONTPCPMAY SHIN,Cameron,91,CREST
$6 \quad 1: 27.92$ ONPNTLNAPR LETE,Jeremy,91,LAC
1:28.67 ONAACAPR DORIAN,David,91,TSC
8 1:28.86 NBTMLCMAY BERRYMAN,Tyler,91,CVAC
9 1:30.76 BCCDSCAPR RAEThomas,91,PSW
10 1:31.18 BCKCSJUN MCINTYRE,Anders, 92, WVOSC
200 m Butterfly
3:07.86 ABSTSCJUN WOLK,Karl,91,EKSC
2 3:16.78 BCCDSCAPR RAE,Thomas,91,PSW
3 3:25.42 NBTMLCMAY BERRYMAN,Tyler,91,CVAC
4 3:41.51 ABSTSCJUN HIBBERD,Steven,91,KSC
5 3:43.09 ABSTSCJUN TOTH,Cameron,91,KSC
6 3:45.29 BCKCSUUN TWOREK,Nicholas,91,OSC

## 200 m Ind. Medley

2:53.20 BCHYACKMAY GAVRIC,Marko,91,UBCD
2 2:57.96 ONLACMAY LETE,Jeremy,91,LAC
3 2:59.72 ONVICDAPR WEIR,lan,91,SKYAC
4 3:00.73 ONROWMAY VOWLES,Tristan,91,HWAC
5 3:00.97 ONROWMAY TANG,Jack,92,HWAC
6 3:01.45 ONROWMAY HARDING,Grant,92,ROW
7 3:01.54 ONROWMAY BENNETT,Ross,92,ROW
8 3:02.94 ABEKSCMAR WOLK,Karl,91,EKSC
9 3:03.58 ONTPCPMAY SHIN, Cameron,91,CREST
10 3:03.64 ONTPCPMAY CHANG,Michea,92,SCAR

## 400 m Ind. Medley

6:11.26 BCAAAINVJUN GAVRIC,Marko,91,UBCD
2 6:20.61 BCCDSCAPR NICOL,Marlow,91,UBCD
3 6:35.70 BCHYACKMAY SMIT-ANSEEUW,Nils,92,PSW
4 6:41.33 BCCDSCAPR RAE,Thomas,91,PSW
5 6:51.31 BCAAINVJUN OH,Jihyoon,92,LOSC
6 7:05.19 ABRDCSCJUN GRAY,Stuart,92,CP
7 7:15.54 ABNCSAMAY THORNLEY,Chad,91,CP
8 7:38.85 BCAAINVJUN STURGEON,Sage,91,LOSC
9 7:41.60 BCAAINVJUN MILBERS,Paul,91,HYACK

## GIRLS 11 Years of Age

## 50 m Freestyle

30.18 BCKCSJUN RYAN,Charlene,90,LLSC
30.52 ONESWIMJUNMENU-COUREY,Sasha,91,ESWIM
30.62 ONLACMAY SLOAN,Patricia,91,NEW
31.24 BCCDSCAPRBOWMAN,Kimberly,91,PSW
31.38 ONNKBMAY RIORDAN,Hannah,91,CSL
31.41 BCCDSCAPR HANBURY, Vanessa,90,GATOR
31.42 PPOINVMAY SOUCISSE,Gabrielle,90,BBF
31.44 ABEXSTJUN PAPE,Robyn,90,NCSA
31.61 ONNEORAUUN FILEK,Samantha,91,SSMAC
31.69 MBMMMAY BURNELL,Sam,91,SJS
31.77 ONAACAPRCHERNAAK,Ali,91,TSC

## 100 m Freestyle

1:05.70 BCKCSUUN RYAN,Charlene,90,LLSC
2 1:06.18 ONLACMAY SLOAN, Patricia,91,NEW
1:08.28 ONESWIMJUNMENU-COUREY,Sasha,91,ESWIM
1:08.92 ONESWIMJUN FREEMAN,Anna,90,MSSAC
1:09.21 ABSTSCJUN LIN,Lisa,90,UCSC
1:09.41 ONNEORAJUN FILEK,Samantha,91,SSMAC
1:09.68 ONESWIMUUN BROCKINGTON,Meghan L,91,OSHAC
1:09.70 ONESWIMJUN ROBINSON,Caitlin,91,MSSAC
1:09.81 ABUCSCMAY HARNACK, Teryn,90,EKSC
1:09.86 SKRYMMMAY TRISCHUK,Rikia,90,GOLD
1:09.91 BCHYACKMAY HEMMES,Karen,90,CHENA

## m Freestyle

2:24.30 QC3LCAPRSIMON,Stephanie,91,CALAC
2:24.76 ONLACMAY SLOAN,Patricia,91,NEW
2:25.85 ONESWIMJUN FREEMAN,Anna,90,MSSAC
2:28.75 ONROWMAY MCINTYRE,Melanie,91,MSSAC
2:28.91 BCKCSJUN RYAN,Charlene,90,LLSC
2:29.12 ABEKSCMARDELALOYE,Nicole,90,EKSC
2:30.07 ONLUSCMAY FILEK,Samantha,91,SSMAC
2:31.04 ONESWIMJUN BROCKINGTON,Meghan L,91,OSHAC
2:31.29 ONESWIMJUN ROBINSON, Caitlin,91,MSSAC
2:31.36 BCCDSCAPRNEWELL,Siobhan,91,HYACK
400 m Freestyle
4:56.38 ONESWIMJUN FREEMAN,Anna,90,MSSAC
5:03.78 ONESWIMJUNMCINTYRE,Melanie,91,MSSAC
5:10.32 QCCALACAPR SIMON,Stephanie,91,CALAC
5:11.26 ONESWIMJUN SLOAN,Patricia,91,NEN 5:12.43 ONESWIMJUN BROCKINGTON,Meghan L,91,OSHAC 5:16.77 ONLACMAY SIMS,Kristina,90,LAC
5:19.59 PPOINVMAY PROVOST,Caroline,90,CNHR
5:19.94 ABSTSCJUN KUNYK,Pamela,90,EKSC
5:20.76 BCCDSCAPR HANBURY, Vanessa,90,GATOR
5:21.66 PPOINVMAY HOGAN,Marianne,90,CNHR
800 m Freestyle
10:26.82 QC3LCAPR SIMON,Stephanie,91,CALAC
10:32.48 ONESWIMUUNMCINTYRE,Melanie,91,MSSAC
10:47.64 BCHYACKMAY NEWELL,Siobhan,91,HYACK
10:49.41 ONESWIMJUN SIMS,Kristina,90,LAC
11:02.35 BCAAAINVJUNHEMMES,Karen,90,CHENA
11:04.47 BCHYACKMAY BURG,Lindsay,90,SKSC
11:04.69 ONESWIMJUNMALEZIS,Katerina,90,MAC
11:07.03 ABEKSCAPRKUNYK,Pamela,90,EKSC
11:07.87 NSDUNNUUN DONNELY,Shannon,90,DCSC
10 11:08.93 ABUCSCMAY HARNACK, Teryn,90,EKSC

## 50 m Backstroke

34.46 QC3LCAPRFRANCIS,Dominique,90,ENC
35.59 ABEKSCMARKELLS,Julie,91,RDCSC
35.61 PPOINVMAY SOUCISSE,Gabrielle,90,BBF
36.50 QCCALACAPRSIMON,Stephanie,91,CALAC 36.88 QCCAMOMARHADOUCHI,Lilia,90,LSCDN
37.08 MBMMMAY BURNELL,Sam,91,SJS
37.10 ONLACMAY SLOAN,Patricia,91,NEW 37.12 QCCALACAPRZEVNIK,Amanda,90,CALAC 37.49 QC2LCAPRMARTE ,Vanessa,90,CNHR 37.84 QC2LCAPROUELLET,Emmanuelle,90,MEGO

## 100 m Backstrok

1:13.96 ONLUSCMAY DAILEY, Jennifer,90,SSMAC 1:14.91 ONESWIMJUNMCINTYRE,Melanie,91,MSSAC 1:16.49 BCKCSUUN RYAN,Charlene,90,LLSC 1:17.14 ONNEORAJUN BOUCHARD,Dominique D,91,NBYT 1:18.14 ABNOPAPRKELLS,Julie,91,RDCSC
1:18.21 ONPOSDNAPRSUTCLIFFEAlyce,90,BST 1:18.38 NITTSCMAYMENU-COUREY,Sasha,91,ESWIM 1:18.83 ONESWIMJUN SLOAN, Patricia,91,NEW 1:18.97 ONNKBMAY DUPUIS,Taylor,91,PERTH 1:19.31 ONLUSCMAY STEVENS,Amanda,91,HWAC

## 200 m Backstroke

2:42.30 QC3LCAPRFRANCIS,Dominique,90,ENC 2:43.86 ONESWIMJUN FREEMAN,Anna,90,MSSAC 2:44.14 ONLUSCMAY DALLEY,Jennifer, 90, SSMAC 2:44.42 QC2LCAPR SOUCISSE,Gabrielle,90,BBF 2:44.75 ONESWIMJUNMCINTYRE,Melanie,91,MSSAC 2:44.96 ONNEORAJUN BOUCHARD,Dominique D,91,NBYT 2:47.62 ONLACMAY SLOAN, Patricia,91,NEW 2:49.61 ONLACMAY COOPER,Alex,90,LAC
2:49.70 ABEKSCMARKELLS,Julie,91,RDCSC

10 2:49.73 PPOINYMAY SUPPAN Alev 91 BYD 50 m Breaststrok
37.86 ONAACAPRPITCHIK,Helen,90,TSC 38.99 ABEKSCMARKURWAL,Megan,90,KSC 39.05 ABEKSCMAR ACHTYMICHUK,Madisyn,91,ALB 41.86 NITTSCMAY MENU-COUREY,Sasha,91,ESWIM 42.03 ABSTSCJUN NORRIE,Nicole,90,BRSC 42.09 AB 42.31 42.31 42.38 42.43

100 m Breaststro
1:24.99 ABEKSCAPRACHTYMICHUK,Madisyn,91,ALB 1:26.62 ONAACAPRPITCHIK,Helen,90,TSC 1:26.69 ONNKBMAYMACDONALD,Stacey,90,GO 1:28.39 ABEKSCAPRCONIAH,Mahalia,90,EKSC 1:28.50 BCCDSCAPR HANBURY, Vanessa,90,GATOR 1:29.67 ONNEORAUUN FILEK,Samantha,91,SSMAC 1:29.67 BCKCSUUN RYAN,Charlene,90,LLSC 1:29.89 ONDV2TMAPRRUSSELL,Kristi,90,MAC
9 1:30.36 BCCDSCAPR JONES,Hannah, 90, LOSC
10 1:30.44 ONNKBMAY PIERMAN,Kayla,90,PERTH

## 200 m Breaststroke

3:01.98 ONNKBMAYMACDONALD,Stacey,90,GO
3:05.53 PPOINVMAY HOGAN,Marianne,90,CNHR
3 3:06.34 BCCDSCAPRHANBURY, Vanessa, 90, GATOR
3:08.50 ABSTSCJUN NORRIENicole,90,BRSC
3:00.86 BCCDSCAPR JONES,Hannah, 90, LOSC 3:09.51 ONESWIMJUNMENU-COUREY,Sasha,91,ESWIM 3:10.97 ABEKSCMARACHTYMICHUK,Madisyn,91,ALB
3:11.60 PPOINVMAY SOUCISSE,Gabrielle,90,BBF
3:12.31 BCHYACKMAY HEMMES,Karen,90,CHENA
10 3:12.32 BCKCSJUN RYAN,Charlene,90,LLSC

## 50 m Butterfly

 32.81 QCCALACAPRSIMON,Stephanie, 91, CALAC 32.90 PPOINVMAY FRANCIS,Dominique, 90, ENC 33.78 QC2LCAPR PROVOST,Caroline,90,CNHR 34.38 ONVICDAPRBROCKINGTON,Meghan L,91,OSHAC 34.90 ONROWMAY POLICHT,Julie,91,YORK 35.10 MBMMMAY DAVIES,Marissa,90,SUS 35.12 QC2LCAPROUELLET,Emmanuelle,90,MEGO ONAACAPRRAININGER,Christine,,91,AAC 35.59 PPOINVMAY SUPPAN,Alex,91,BYD1035.87 ABLEDUCMAY KELLS,Julie,91,RDCSC

100 m Butterily
1:15.91 ONESWIMJUN POLICHT,Julie,91,YORK 1:17.38 ONDV2TMAPRRAININGER,Christine,91,AAC 1:17.65 SKRYMMMAY CHERNOFF,Kendra,91,LASER 1:18.03 ONESWIMJUNMCINTYREMelanie,91,MSSAC 1:18.31 ONESWIMJUN BROCKINGTON,Meghan L,91,OSHAC 1:19.27 ONROWMAY WIESE,Chelsea,90,RHAC 1:19.32 ONESWIMJUN LEE,Heather,91,WD 1:19.34 BCHYACKMAY BOWMAN,Kimberly,91,PSW 1:19.96 ONLACMAY PIETRUSIAK, Jessica,90,NEW 10 1:21.50 ONLUSCMAY LOYZER,Melissa,91,HWAC

## 200 m Butterfly

2:51.30 ONESWIMJUN BROCKINGTON,Meghan L,91,OSHAC
2:53.89 ONESWIMJUNMCINTYRE,Melanie,91,MSSAC
3:00.06 ONLACMAY PIETRUSIAK,Jessica,90,NEW
3:00.32 BCAAAINVJUN HEMMES,Karen,90,CHENA
3:02.74 BCCDSCAPR JONES,Hannah,90,LOSC
3:02.77 BCCDSCAPRBURG,Lindsay,90,SKSC 3:06.27 ABEKSCMARDELALOYE,Nicole,90,EKSC 3:07.86 ABUCSCMAY KUNYK,Pamela,90,EKSC 3:08.48 ONLACMAY WALKER,Kristine,90,LAC
10 3:08.54 ONESWIMJUN SIMS,Kristina,90,LAC

## 200 m Ind. Medley

2:37.61 ONVICDAPRMCKAY,Taylor,90,CYPS
2:43.17 OC2LCAPR SOUCISSE,Gabrielle,90,BBF
2:47.77 ONESWIMJUNMCINTYRE,Melanie,91,MSSAC 2:47.86 ONESWIMJUN MENU-COUREY,Sasha,91,ESWIM 2:49.13 PPOINVMAY FRANCIS,Dominique,90,ENC 2:49.27 BCKCSJUN RYAN,Charlene,90,LLSC 2:49.62 PPOINVMAY SUPPAN,Alex,91,BYD 2:50.57 ONLUSCMAY FILEK,Samantha,91,SSMAC 2:51.93 PPOINVMAY CAMPBELL,Kristen,90,DDO 2:52.24 ONESWIMJUN FREEMAN,Anna,90,MSSAC 2:52.75 BCCDSCAPRHANBURY, Vanessa,90,GATOR

## 400 m Ind. Medley

5:52.33 ONESWIMJUNMCINTYRE,Melanie,91,MSSAC 5:58.98 QCCALACAPRSIMON,Stephanie,91,CALAC 6:01.24 BCAAAINVJUN JONES,Hannah,90,LOSC 6:02.29 PPOINVMAY HOGAN,Marianne,90,CNHR 6:03.24 PPOINVMAY SOUCISSE,Gabrielle, 90, BBF 6:04.92 ONESWIMJUN RUSSELL,Kristi,90,MAC 6:05.14 PPOINVMAY PROVOST,Caroline,90,CNHR 6:05.46 ONESWIMJUNMENU-COUREY,Sasha,91,ESWIM 6:06.84 PPOINVMAY CAMPBELL,Kristen,90,DDO 6:08.21 ONLACMAY SIMS,Kristina,90,LAC

## BOYS 11 Years of Age

## 50 m Freestyle

29.01 ONAACAPR YOON, Kyungsoo,90,NYAC 30.02 ONESWIMJUN BLOCH-HANSEN,Andrew,90,LAC 30.54 BCHYACKMAY MAYBURY,Braden,90,CASC 30.57 ONESWIMJUN WANG,Kenneth,91,RHAC 30.72 BCAAAINVJUN CHAN,Hong Kei,90,UBCD 30.94 PPOINVMAY PELLETIER-PLANTE,Luc-Oivier,90,CAMO 30.99 ONESWIMJUN TOWNSEND,Andy,90,NYAC
31.11 NISTARJUN SAMUE,Curtis,91,OAK 31.18 ONNKBMAY THIVIERGE,Jean-Francois,90,REC 31.30 MBMMMAY ZAPATA,Romeo,90,MM

## 100 m Freestyle

1:05.97 BCCDSCAPR KUDABA,Andre,90,HYACK
:06.51 BCHYACKMAY MAYBURY,Braden,90,CASC
:06.81 ONESWIMJUN TOWNSEND,Andy,90,NYAC
1:06.91 ONESWIMJUN WANG,Kenneth,91,RHAC
1:07.39 ONLACMAY BLOCH-HANSEN,Andrew,90,LAC
1:07.55 MBMMMAY WOODMAN,David,90,MANTA
1:07.97 ONNKBMAY THIVIERGE,Jean-Francois,90,REG
1:08.25 BCAAAINVJUN CHAN,Hong Ting,90,UBCD
1:08.43 BCCDSCAPR TAPP,Charlie,90,LOSC
1:08.56 NITTSCMAY COOMBS,Colin,90,ESWIM

## 200 m Freestyle

2:21.65 ONAACAPR YOON,Kyungsoo,90,NYAO
2:22.69 ONESWIMJUN COOMBS,Colin,90, ESWIM
2:24.38 QC2LCAPR THIVIERGE,Jean-Francois,90,REG 2:25.28 BCHYACKMAY MAYBURY,Braden,90,CASC
2:26.60 ABEKSCAPR COWAN,Patrick,90,GOLD
2:26.92 BCCDSCAPR KUDABA,Andre,90,HYACK
2:27.26 ABEKSCAPR BULL,Colin,90,EKSC
2:27.39 BCHYACKMAY LOWENSTEIN,Michael,90,CASO
2:27.44 ONLACMAY HUBERT,Colin,90,CYPS
2:27.99 BCAAAINVJUN CHAN,Hong Ting,90,UBCD

## 400 m Freestyle

4:52.32 ONESWIMJUN COOMBS,Colin,90,ESWIM
5:03.44 BCHYACKMAY MAYBURY,Braden,90,CASC
5:06.17 BCAAAINVUUN CHAN,Hong Ting,90,UBCD
5:07.57 ONESWIMJUN HATCH,David,91,GGST
5:08.41 ONLACMAY HUBERT,Colin,90,CYPS 5:10.43 ONESWIMJUN TOWNSEND,Andy,90,NYAC 5:10.91 BCCDSCAPR TAPP,Charlie,90,LOSC 5:12.50 BCHYACKMAY MASSIE-MARTE, Dominique,90,HYACK 5:14.16 BCCDSCAPR KUDABA,Andre,90,HYACK 5:14.20 BCKCSUUN OLSON,Erik,90,OSC

## 800 m Freestyle

10:46.78 BCHYACKMAY MASSIE-MARTE,Dominique,90,HYACK
11:04.86 BCHYACKMAY LEE,Jeff,90,HYACK
11:10.70 ABRDCSCJUN HICKEY,Evan,90,RDCSC
12:45.33 ABNRTLCJUN ALOOK,Joshua,91,FMSC
12:52.37 ABNRTLCUUN GRAVES,Kyle,90,SHSC
13:09.83 ABNRTLCJUN SHEWCHUK,Jordan,91,RDCSC
13:11.06 BCHYACKMAY TSENG,Alex,90,HYACK
13:35.83 ABNRTLCJUN MUSTECA,Trevor,91,LEDUC 13:55.68 ABRDCSCUUN ILISCUPIDEZ,Brian,90,RDCSC

## 500 m Freestyle

18:59.32 ONESWIMJUN COOMBS,Colin,90,ESWIM
20:01.40 BCHYACKMAY CHAN,Hong Ting,90,UBCD 20:10.34 ONLACMAY HUBERT,COlin,90,CYPS 20:21.73 BCHYACKMAY LOWENSTEIN,Michael,90,CASC 20:44.03 BCHYACKMAY MAYBURY,Braden,90,CASC
20:44.72 ABUCSCMAY BULL,Colin,90,EKSC 20:46.00 ABEKSCAPR OLSON,Erik,90,OSC 21:07.97 BCAAAINVJUN MASSIE-MARTE,Dominique,90,HYACK 21:19.75 ABEKSCAPR HICKEY,Evan,90,RDCSC 10 21:22.03 BCCDSCAPR TAPP,Charlie,90,LOSC

## 50 m Backstroke

36.03 ABEKSCMAR MAYBURY,Braden,90,CASC
36.41 ONVICDAPR BUCK,Evan,90,GMAC
36.96 ABEKSCMAR BLATTLER,Daniel,90,CASC
37.32 QC1LCAPR PHAN,William,90,CAMO
37.39 ONLACMAY SUNDBY,Allan,91,BOSC
37.55 ONVICDAPR STEMMLER,Ryan,90,CYPS
37.59 PPOINVMAY JOOSTEN,Bernard,90,USC
37.75 ABEKSCMAR WENZEL,Stephen,90,EKSC
37.79 NISTARJUN SAMUE, Curtis,91,OAK
37.81 ONVICDAPR DESPOND,Frankie,91,BAD

## 00 m Backstroke

1:14.72 ONESWIMJUN COOMBS,Colin,90,ESWIM
:14.80 ONNKBMAY THIVIERGE,Jean-Francois,90,REG
1:16.27 ONLACMAY BUCK,Evan,90,GMAC
1:16.83 BCHYACKMAY MAYBURY,Braden,90,CASC
1:17.27 ONESWIMJUN LEEALex,91,CHAMP
1:17.43 ABEKSCAPR COWAN,Patrick,90,GOLD 1:17.74 BCCDSCAPR TAPP,Charlie,90,LOSC : 17.77 BCHYACKMAY LOWENSTEIN,Michael,90,CASC
1:19.34 ABNOPAPR WENZE,Stephen,90,EKSC
1:19.69 ONVICDAPR STEMMLERRRyan,90,CYPS

## 00 m Backstroke

2:35.49 ONESWIMJUN COOMBS,Colin,90,ESWIM
2:38.85 BCCDSCAPR KUDABA,Andre,90,HYACK
2:39.02 QC2LCAPR THIVIERGE,Jean-Francois,90,REG
2:42.70 BCHYACKMAY CHAN,Hong Ting,90,UBCD
2:43.12 ABEKSCMAR MAYBURY,Braden,90,CASC

2:44.31 BCHYACKMAY MASSIE-MARTE, Dominique,90,HYACK 2:44.55 BCHYACKMAY LOWENSTEN,Michael, 90, CASC
2:44.79 ABEKSCAPR COWAN,Patrick,90,GOLD
2:45.02 ONLACMAY BUCK,Evan,90,GMAC
2:46.79 ONESWIMJUN LEE,Alex,91,CHAMP

## 50 m Breaststroke

39.56 QC1LCAPR PELLETER-PLANTELUC-Olivier,90,CAMO
40.85 ONVICDAPR STEMMLERRRyan,90,CYPS
41.33 NISTARJUN PARTRIDGE,Duncan,90,OAK 41.44 QCCAMOMAR HOULE,Jean-Philippe,90,CNSH 41.82 PPOINVMAY JOOSTEN,Bernard, 90, USC
42.09 QC2LCAPR PELLETIER,Mathieu,90,CNCB 42.22 ONLACMAY PATENAUDE,Gic,90,NEW 42.34 QC3LCAPR LUSSIER,Alexandre,90,ENC 42.44 QCCALACAPR KAME, Nicolas, 90, PCSC
42.47 MBMMMAY ZAPATA,Romeo,90,MM

## 100 m Breaststroke

1:24.90 ONESWIMJUN KNEZEVIC,Bogdan,91,ESWIM
1:25.35 ONAACAPR YOON,Kyungsoo,90,NYAC
1:27.01 BCCDSCAPR CHAN,Hong Ting,90,UBCD
1:27.72 ONNKBMAY THIVIERGE,Jean-Francois,90,REG
1:27.98 ONESWIMJUN MONKS,Julian,91,WD
1:28.98 ONLACMAY PATENAUDE,Gric,90,NEW
1:30.32 ONDV1TMAPR WANG,Kenneth,91,RHAC
1:30.79 ONROWMAY NG,Adrian,91,RHAC
1:31.93 BCKCSUUN KINDRACHUK,Nathan,90,0SC
10 1:32.18 BCKCSUUN LETCH,lan,90,RAPIDS
200 m Breaststroke
3:04.20 ONESWIMJUN KNEZEVIC,Bogdan,91,ESWIM
3:06.09 ONESWIMJUN MONKS,Julian,91,WD
3:06.28 BCCDSCAPR CHAN,Hong Ting,90,UBCD
3:07.49 BCAAAINVJUN CHAN, Hong Kei,90,UBCD 3:07.52 ONESWIMJUN WANG,Kenneth,91,RHAC
3:09.54 ONESWIMJUN PATENAUDEEFic,90,NEW
3:11.98 ONESWIMJUN NG,Adrian,91,RHAC
3:12.69 PPOINVMAY PELLETER-PLANTELuc-Olivie,90,CAMO
3:12.86 BCKCSUUN LEITCH,lan,90,RAPIDS
10 3:13.07 ONVICDAPR STEMMLER,Ryan,90,CYPS
50 m Butterfly
30.90 ONAACAPR YOON,Kyungsoo,90,NYAC
31.94 QC2LCAPR THIVIERGE,Jean-Francois,90,REG
32.68 ABEKSCMAR NELSON,Erik,91,CASC
33.21 NISTARJUN SAMUEL,Curtis,91,OAK
34.47 ABEKSCMAR LOWENSTEI,Michael,90,CASC
34.55 PPOINVMAY PELLEIIER-PLANTELLUC-Olivier, $90, \mathrm{CAMO}$
34.99 ONLACMAY SWANSTON,Matthew,91,NEW
35.07 QC3LCAPR BEZEAU,Christopher,90,CNS
35.24 MBJRPRVJUN WOODMAN,David,90,MANTA
35.25 PPOINVMAY ANGELORO,Patrick,90,CARP

## 100 m Butterfly

1:09.28 ONAACAPR YOON,Kyungsoo,90,NYAC
1:12.20 BCCDSCAPR KUDABA,Andre,90,HYACK
1:12.37 ONNKBMAY THIVIERGE,Jean-Francois, 90, RE
1:15.17 BCHYACKMAY LOWENSTEN,Michael,90,CASC
1:15.18 BCCDSCAPR CHAN,Hong Ting,90,UBCD
1:15.92 ONESWIMJUN WANG,Kenneth,91,RHAC
1:16.11 NSSPRINVAPR SHARPEDavid, 90, HTAC
1:16.54 ONLACMAY BLOCH-HANSEN,Andrew,90,LAC 1:16.94 BCAAAINVJUN CHAN,Hong Kei,90,UBCD
10 1:17.30 NISTARJUN SAMUEL,Curtis,91,OAK

## 00 m Butterfly

2:41.26 ONNKBMAY THIVIERGE,Jean-Francois, 90, ,REG 2:46.08 ABEKSCMAR LOWENSTEIN,Michael,90,CASC
2:46.56 BCHYACKMAY CHAN,Hong Ting,90,UBCD
2:48.85 BCAAAINVJUN CHAN,Hong Kei,90,UBCD
2:49.58 BCCDSCAPR KUDABA,Andre,90,HYACK
2:51.18 ONROWMAY COOMBS,Colin,90,ESWIM
2:58.86 NSSPRINVAPR SHARPE,David,90,HTAC
2:58.96 ABSTSCJUN CLARKEMichael,90,OSC
3:00.78 BCCDSCAPR TAPP,Charlie,90,LOSC
10 3:02.60 ONLACMAY SWANSTON,Matthew,91,NEW

## 00 m Ind. Medley

2:26.42 ONVICDAPR STEMMLER,Ryan,90,CYPS
2:34.86 ONAACAPR YOON,Kyungsoo,90,NYAC
2:37.70 ONVICDAPR DESPOND,Frankie,91,BAD
2:38.44 ONVICDAPR HUBERT,Colin,90,CYPS
2:38.75 ONVICDAPR BUCK,Evan,90,GMAC
2:42.48 BCCDSCAPR KUDABA,Andre,90,HYACK
2:43.49 BCHYACKMAY LOWENSTENN,Michael,90,CASC
2:45.62 BCCDSCAPR CHAN,Hong Ting,90,UBCD
2:45.82 ABEKSCAPR COWAN,Patrick,90,GOLD
10 2:46.47 ONESWIMJUN COOMBS,Colin,90,ESWIM

## 400 m Ind. Medley

## TOP AGE GROUP TIMES

## GIRLS 12 Years of Age

## 50 m Freestyle

28.39 SKRODJUN ROBSON,Bititany,89,LASER
29.18 BCSRLCFEB CARRERR-LESSARD,Całherine,89,,UBCD
29.48 ABEKSCAPR POMERLEAU,Kristin D,90,DE
29.59 PPOINVMAY BLAIS-LAROCHESarah.89.RCA 29.70 ONDV2TMAPR GILLISPIE,Lisa,90,PERTH
29.71 ONLACMAY SCHUURMAN,Meissa,90,WAC 29.71 ONESWIMJUN LONG, Susan,90,LAC
29.83 ONLUSCMAY O'CONNOR,EIShaE,89,NSA 29.87 CC3LCAPR BOULE:EACCINE,Lauriane,89,CALAC 29.89 QC2LCAPR BEZZLEMyiam,89,HIPPO

1:02.44 BCSRLCFFEB CARRIER LEESARD,Catheine,89,UBCD
1:04.03 ABEKSCAPR POMERLEAU,Kristin D D90,DE
1:04.72 SKRYMMMAY ROBSON,Britany,89,LASER
1:04.87 ONESWIMJUN MCTEAGUEAmanada89,ESWIM
1:04.89 ABEKSCAPR HENEMANN,Sarah,89,SK
1:05.27 BCKCSUUN BOGETI,Gia,90,KCS
1:05.36 BCCDSCAPR MURTON,BECCa,90,UBCD
1:05.44 NITSCMAY STITSKI,Monika,89,ESWIM
1:05.70 BCCDSCAPR THOM, Robyn, 89, UBCD
10 1:05.87 ONLACMAY SCHUURMAN,Melissa,90,WAC
200 m Freestyle
2:17.14 BCSRLCFEB CARPI|ER-LESSARD,Catherine,89,UBCD
2:18.00 OC1LCAPR BLAIS-LAROCHESarah,89,RCA
2:18.24 aC3LCAPR MURRAY,Caroline,90,DYNAM
2:19.21 ONESWIMJUN KOMARNYCKY,Alexa,89,ESWIM
2:19.35 ONLUSCMAY OCONNOR,Eisha E,89,NSA
2:19.50 ONESWIMJUN MCTEAGUEAmanada,89,ESWIM 2:19.54 NITSCMAY STITSKI,Monika,89,ESWIM 2:19.70 ONDVITMAPR HAGAN.Nataie.90.ESWIM 2:19.70 BCKCSUUN MORTON,Lindsay, $89,0 \mathrm{OSC}$ 2:20.29 ONESWIMJUN LONG,Susan,90,LAC
400 m Freestyle
4:40.74 BCSRLCFEB CHAN,Natalie,89,UBCD 4:48.61 ONESWIMJUN KOMARNYCKY,Alexa,89.ESWIM 4:49.04 ONESWIMJUN STITSKI,Monika,89,ESWIM 4:51.82 NITSCMAY MCTEAGUE,Amanada,89,ESWIM 4:53.03 PPOINYMAY BLAIS-LAROCHESarah, $99, R C A$ 4.54.18 PPOINVMAY MURRAY,Caroline,90,DYNAM 4:56.12 ABEKSCAPR THOMPSON,Pheagan,89,KISU 4:56.91 ONESWIMJUN HAGAN,Nataie,90,ESWIM 4:57.99 OC1LCAPR DESHARNAIS,Karine,89,RCA 4:58.91 BCKCSUUN MORTON,Lindsay,89,OSC 800 m Freestyle

9:50.79 ONESWIMJUN KOMARNYCKY,Alexa,89,ESWIM 9:53.16 ONESWIMJUN MCTEAGUEAmanada,89,ESWIM 10:00.65 ONESWIMJUN OKEKatelyn,89,LAC
10:05.78 ONLUSCMAY OCONNOREEIisha E,89,NSA 10:07.39 CC3LCAPR MURRAY,Caroline,90,DVNAM 10:09.65 ONESWIMUUN LONG.Susan.90.LAC 10:12.69 ONESWIMUUN HAGAN,Nataie,, OO,ESWIM 10:14.64 ABRDCSCJUN CHAPMAN,Kelsey,89,PGB 10:16.11 ABEKSCAPR THOMPSON,Pheagan,89,KISU 10:17.06 BCHYACKMAY GAANER,Brea,90,UBCD

## 1500 m Freestyle

19:43.93 NSSPRINVAPR DONNELLY.Steohanie.89.DCSC 19:45:06 BCCDSCAPR VANCE-GRIMARD,Danica,89,HYACK 19:55.66 BCCDSCAPR JUNG,Michelle,89,CHENA 20:45.93 BCHYACKMAY WIGGANS,Katrina,89,UBCD 20:53.12 SKRYMMMAY RICHARDS,Laissa,90,ROD 21:06.54 BCHYACKMAY KOOT,Jacqueline,89,UBCD 21:33.59 BCHYACKMAY DRANSUTAVICIUS,Corina,89,FMSC 21:34.71 BCAAAINVUUN BURG,Lindsay, $90, S K S C$
21:49.18 BCAAAINVUN MOOREAIIson,89,UBCD
10 22:02.07 BCHYACKMAY JOHNSON,Johanna,90,UBCD

## 50 m Backstroke

34.20 ABEKSCMAR OZARBBittany,90,CASC 34.42 OCLLCAPR PLANTE,Myiam,90,EXCE 34.51 QCILCAPR DESHARNAIS,Kaine,89,RCA 34.63 SKRODJUN ROBSON,Bititany,89,LASER 34.71 QCILCAPR VINCENT,Veronique,89,SAMAK 34.72 BCSRLCFEEB CARRIIER-LESSARD,Catherine,89,UBCD 35.01 PPOINVMAY MURRAY,Caroline,90,DYNAM 35.36 ABNCSAMAY POMERLEAU,Kristin D,90,DEL 35.41 ONLACMAY NELL,Hayey,89,LAC 35.53 NBTMLCMAY SULLIVAN,Brooke,89,MWC

## 100 m Backstroke

1:12.13 BCAAAINvUUN THOM, Robyn,89,UBCD
1:12.44 BCSRLCFEEB CARRERELESSARD,Catheine,89,,UBCD
1:113.38 SKRYMMMAY ROBSON,Brittany,89,LASER 1:13.69 ONWOSABUNN NELL,Hayey,89,LAC 1:13.92 ONESWIMUUN GALLANT,Nadaie,89,COBBA 1:14.35 ONPNTLNAPR OKEKatelyn,89,LAC 1:1436 ONDVTTMAPR PAYNEChantique,89,BBANT 1:14.64 ABERSCAPR MURDOCH,Jodie,90,KSS 1:14.65 ONLUSCMAY UNRUH,KYyssi,89,UNAT-ON
1:14.72 ONDV1TMAPR STITSKI,Monika,89,ESWIM

## 200 m Backstroke

2:33.12 ONLUSCMAY OCONNOR,Eisha E,89,NSA 2:33.47 BCSRLCFEB CAPRIER.LESSARD,Catherine89, UBCD 2:34.30 ONESWIMJUN KOMARNYCKY,Alexa,89,ESWIM 2:34.83 QC2LCAPR PLANTE,Myiam,90,EXCE

2:35.04 QC3LCAPR MURRAY,Caoline,90,DYNAM 2:35.71 ONESWIMUUN OKEKKadeyn,89,LAC 2:35.73 ONESWIMJUN STITTKI,Monika,89,ESWIM 2:35.96 ABEKSCMAR OZAR,Bitany,90,CASC 2:36.68 QCILCAPR DESHARNAIS,Karine,89,RCA 10 2:38.72 ONDVITMAPR MCTEAGUEAmanada 89,ESWIM

## 50 m Breasistroke

37.69 CCILCAPR TREMBLAY,Katerine,89,SAMAK 37.94 ONAACAPR DI CLEMENTESabbina,89,NYAC 37.98 PPOINWMAY BOIS,Amelie,89,HIPPO 38.02 NITTSCMAY STTTSK1,Monika,89,ESWIM 38.63 OCZLCAPR PURCELL,Stephanie,89,PHEN 38.81 CCILCAPR LONG,Karolyn,90,DDO 38.97 ONLACMAY SCHUURMAN,Meissa,90,WAC 39.01 ABEKSCMAR SNODGRASS,Shebbi,90,CASC 939.28 MBMMMAY CROCKET,Leah,89,TPRR 1039.42 ONROWMAY GREAVETTE,Meissa,89,MUSAC 100 m Breaststroke

1:20.07 ONLACMAY TRUSWELL,Rilev,90,LAC 1:21.16 ONDV2TMAPR OCONNOR,EISha E.89,NSA 1:21.22 ONDVITMAPR STITSKI,Monika,89,ESWIM 1:21.89 NSDUNNUUN LI,Kyra90,DCSC 1:22.15 ONDVUTMAPR DI CLEMENTESabrina,89,NYAC 1:22.90 ABRDCSCJUN CHAPMAN,Kelse,89,PGB 1:23.51 ONDV2TMAPR MCCABE,Martha,89,GGST 1:23.77 BCSRLCFEB WERRY,Andrea,89,SPART 1:23.96 MBMMMAY MALTAIS,Britany,89,MANTA 1:24.15 MBMMMAY BOCHEN,Keri-Ann,89,MANTA

## 200 m Breaststroke

2:50. 15 ONESWIMJUN STTTSKI,Monika,89,ESWIM 2:52.61 ONLACMAY TRUSWELL,Riley,90,LAC 2:56.41 ABRDCSCJUN CHAPMAN,Kelsev, 89, PGB 2:56.54 ONDV2TMAPR O'CONNOR,BishaE,89,NSA 2:56.88 MBMMMAY BOCHEN,Keri-An,,89,MANTA 2:57.17 ONESWIMJUN MCCABE,Martha,89,GGST 2:58.81 NSDUNNUN LI,Kyra, 90, DCSC
2:58.95 ONESWIMUUN WLLSON,Jennifer, 90, MSSAC 2:59.20 ONDVITMAPR DI CLEMENTE,Sabbina,89,NYAC
10 2:59.36 QCLLCAPR LACOMBEGGabielle,99,CNHR
50 m Butterfly
31.90 PPOINVMAY TETREAULTT,Alexandrine,90,CNSH 32.14 ABNCSAMAY POMERLEAU,Kristin D,90,DE 32.21 CCILCAPR TREMBLAY,Kaderine,89,SAMAK 32.74 PPOINYMAY BOIS,Amelie,89,HPPO 32.88 CCILCAPR BELEAU,Emilie,89,DDO 33.00 PPOINVMAY AYLOR,Jenn,90,UCSA 33.10 ONLACMAY SCHUUPMAN,Melissa,90,WAC 33.46 ONAACAPR CHAK,Christy,89,CHAMP 33.62 PPOINVMAY LETOURNEAU,Aurelie,90,ENC 33.72 OCZLCAPR PAQUET,Kim,90,REG

## 100 m Butterily

:09.89 ONESWIMJUN MCKIINON,Kalegh, 90, NYAC 1:09.94 ONLUSCMAY OCONNOR, Eisha E89,NSA 1:11.91 ABEKSCAPR BARNLUND,EIyn,90,MANTA 1:12.07 ONDVITMAPR PAYNE,Chantique,89,BRANT 1:12.30 ONDV1TMAPR GRANVILLEDiana,90,NKB 1:12.90 ABEKSCAPR HARMA,Chelsey,89,EXSC 1:13.49 ONESWIMJUN LONG,Susan,90,LAC 1:13.55 ABEKSCAPR FINDLAY,Amy,89,KSC 1:13.67 BCKCSUUN BOGETI,Gia, 90, KCS 1:13.71 BCCDSCAPR VANCE-GRMARD,Danica,89,HYACK

## 200 m Butterly

2:31.05 ONDV1TMAPR MCKINNON,Kadeigh,90,NYAC
2:36.32 ONDV2TMAPR O'CONNOR,Bisha E89,NSA
2:40.01 ONDVITMAPR KOMARNYCKY,Alexa,89,ESWIM
2:40.63 ABRDCSCUUN CHAPMAN,Kelsey,89,PGB
2:41.20 ABEKSCAPR BAANLUND,EIyn,90,MANTA 2:42.95 BCCDSCAPR VANCE-GRIMARD,Danica,89,HYACK 2:43.26 ABRDCSCJUN MORTON,Lindsay,89,0SC 2:43.98 ABEKSCAPR FINDLAY,Amy,89,KSC 2:44.34 ONVICDAPR GALLANT,Naalaie,89,COBBA
 10 2:45.27 ABEKS
200 m Ind. Medley

2:32.07 ONVICDAPR LOCKHART,Helen,89,TAT 2:33.28 BCSRLCFFB CHAN,Nataie,89,UBCD 2:33.46 ONVICDAPR KRUGG,Michelle,89,CYPS 2:33.48 ONVICDAPR GLOVER,Brynelle,89,CYPS 2:34.26 ONDVITMAPR STITSKI,Monika,89,ESWIM 2:34.52 ONDV1TMAPR MCKINNON,Kaleigh,90,NYAC 2:35.27 ONESWIMJUN KOMARNYCKY,Alexa,89,ESWIM 2:35.52 ONNEOPAUUN OCONNOR,EIsha E89,CT33 2:36.08 PPOINMMAY MURRAY,Caroline,90,DYNAM 2:36.96 ABEKSCMAR OZAR,Bittany,90,CASC

## 400 m Ind. Medley

5:21.26 ONESWIMJUN KOMARNYCKY,Alexa,89,ESWIM 5:25.84 ONESWIMJUN MCKINNON,Kadeigh,90,NYAC 5:28.64 ONESWIMJUN MCTEAGUEAmanada,89,ESWIM 5:28.74 ONROWMAY STITSKI,Monika,89,ESWIM 5:30.59 ONNEOPAUUN OCONNOR,Bisha E89,CT33 5:31.59 PPOINMMAY MURRAY,Caroline,90,DYNAM 5:32.63 ABRDCSCJUN CHAPMAN,Kelsey,89,PGB 5:36.07 BCKCSUN MORTON,Lindsay,89,OSC 5:36.73 PPOINMMAY LACOMBEGGabielle,89,CNHR 5:37.32 BCCDSCAPR VANCE-GRIMARD,Danica,89,HYACK

## 2002 LONG COURSE TAG.

## BOYS 12 Years of Ag

## 50 m Freestyle

27.57 PPOINMMAY BENOIT,Mar-Andre,90,CNSH
27.93 ONESWIMJUN BROWN,Alex,89,DUCKS
27.98 NSSPRINVAPR VAUGHAN,Paker,89,DCSC
28.08 ONESWIMJUN WONG,Jonahhan,89,CHAMP
28.56 BCHYACKMAY MAXEY,Taylor A. 89, CASC
28.81 BCHYACKMAY MANOLLOVIC-KOLARSKK,Mirko, 89,UBCD
28.96 ONDV2TMAPR KIKOT,LLLKe, $90,00 S C$
29.21 SKRODJUN MIAZGA,COIN,89,GOLD
29.34 BCKCSUUN TANNINEN,Christopher,89,EKSC
29.38 ONDV2TMAPR GBSON,Grant,89,0SAC

## 100 m Frestyle

1:00.95 ONESWIMJUN BROWN,Alex,89,DUCKS :02.87 ABEKSCAPR TANNINEN,Christopher,89,EKSC 1:03.16 BCHYACKMAY MANOLOVIC-KOLARSK,M,Mirko,89,UBCD 1:03.34 NSSPRINVAPR VAUGHAN,Paker, 89,DCSC 1:03.43 BCHYACKMAY MAXEY,Taylor A.89,CASC 1:03.44 ONESWIMUUN WONG,Jonathan,89,CHAMP 1:03.88 ONDVITMAPR YOON,Kyungsoo,90,NYAC 1:03.94 ONLUSCMAY ROSS,Daniel,89,NYAC
1:03.98 ABEKSCAPR MIAZGA,COlin,89,SK
1:04.10 ONNKBMAY PELLEIERRBERNER,Frederic,89,REG

## 00 m Freestyle

2:17.75 ONLUSCMAY ROSS,Daniel,89,NYAC
2:18.23 ONROWMAY SUMMERHAYES,Zach,90,RISC 2:18.63 NSSPRINVAPR VAUGHAN,Paker, 89, DCSC 2:18.64 BCCDSCAPR MANOLOVICCKOLARSKI,Mirko,89, UBCD 2:18.70 ABEKSCMAR TANNNEN,Christopher,89,EKSC
2:18.78 ONESWIMJUN YOON,Kyungsoo,90,NYAC 2:18.86 OC1LCAPR PP日EA,Cedric-Dan,90,PCSC 2:19.05 ONESWIMJUN PELLLETIER-BERNER,Frederic,89,REG 2:20.59 QC2LCAPR GAGNON,Guillaume, 90, CNCB 2:21.41 OC3LCAPR KNOWLEE, Jonathan,90,CALAC

## 400 m Freestyle

4.51.58 PPOINMMAY LUTSCH,Curtis,90,UCSA

4:54.11 ABEKSCMAR TANNNEVV,Christopher.89.EKSC 4:54.65 ONESWIMUUN LAMOUREUX-AUCLARRAAtione,89,REG 4:55.70 ONESWIMJUN JOHNSON,Alexander,89,CREST 4:56.51 BCCDSCAPR MANOLOVIC-KOLARSKL,Mirko,89,UBCD 4:56.94 ONROWMAY SUMM EPHAYES,Zach, $90, \mathrm{BISC}$ 4:58.09 ONESWIMJUN TCHOUGAINOV,Feodor,90,ESWIM
5:02.10 ABEKSCMAR HALVERSON, A.,.,89,KSC
5:03.75 BCAAAINVUUN REDD,Shane,89,HYACK
5:03.90 ONAACAPR LUU,Y,i,89,NYAC
800 m Freestyle
9:58.60 BCHYACKMAY MANOLOVVC-KOLARSKI,Mirko,89,UBCD
10:08.71 NSSPRINVAPR VAUGHAN,Parker,89,DCSC
10:19.92 BCCDSCAPR SAVUA,Demiian,89,UBCD
10:44.80 BCHYACKMAY HU,TTerence,89,UBCD
10:57.15 BCAAAINVUUN KUDABA,Andre,90,HYACK
11:00.65 SKRODUUN SMITH,Cobb,89,RAYS
11:04.69 BCHYACKMAY MCFARLANE,Jeft,89,HYACK
11:18.21 BCHYACKMAY NG,Justin,90,UBCD
11:45.67 NBTMLCMAY MLINE,Brendan,89,TIDE
12:25.91 ABNRTLCJUN PEDDIEMatthew,90,0SC 1500 m Frestyle

19:03.13 ONLUSCMAY ROSS,Daniel, 89,NYAC
19:06.98 ABEKSCAPR TANNNEN,CChistopher,89,EKSC
19:16.50 BCCDSCAPR MANOLOVVC-KOLARSK,M,Mirk,89,UBCD
19:37.14 ONESWIMUUN YOON,Kyungsoo,90,NYAC 19:39.20 BCCDSCAPR SAVJAA,Demian,89,UBCD 19:40.87 BCHYACKMAY RED,Shane,89,HYACK 19:46.77 ONESWIMUUN LUU,Yi,89,NYAC 19:47.20 ONESWIMUUN TCHOUGAINOV,Feodor,90,ESWIM 19:58.24 ONESWIMUUN JOHNSON,Alexander,89,CREST 0 20:05.42 BCCDSCAPR SHUDD,Tai,89,UBCD
33.35 QC3LCAPR BENOIT,Marc-Andre.90,CNS 33.41 ABEKSCMAR MAXEY,Taylor A.89,CASC
33.84 ONLACMAY LEE,Jim,90,WAC
33.92 SKRODJUN MIAZGA,COIin,89,GOLD
34.16 QCOLCAPR PELLEIERRBERNER,Frederic,89,REG
34.28 QCCALACAPR PEPE日EA,Cedri- Dan,89,PCSC
34.32 NISTARUUN VANMOERKERKE,Luke,89,TAT
34.91 PPOINVMAY BELANGER,Jerome,90,DYNAM
35.21 ONROWMAY GFROERRE,COnor, 89,ROW
35.43 QCCALACAPR HOFFMAN,Jordan,89,PCSC

## 100 m Backstroke

1:10.42 ONDVITMAPR LEE.Jim,90,WAC
: 122.62 BCHYACKMAY KUDABA,Andre,90,HYACK
1:12.78 SKRODJUN MIAZGA,COIN,89,GOLD
1:12.82 ONNKBMAY PELLLEIER-BEPNER,Frederic,89,REG
1:12.88 ABEKSCAPR HENEGordon,89,EXST 1:13.58 BCHYACKMAY MAXEY,Taylor A.,89,CASC
1:13.73 ONROWMAY GFROERER,Conor,89,ROW
::14.93 ABEXSCAPR KOZEL,Brad,89,STSC
1:14.93 ONESWIMJUN BROWN,Alex,89,DUCKS
1:15.13 ONDV2TMAPR CUZZOLINO,Brandon,89,00SC
200 m Backstroke
2:31.46 ONDVTTMAPR LEE.Jim,90,WAC
2:34.27 ABEKSCAPR MIAZGA,Colin,89,SK
2:35.36 QC2LCAPR PEELLEIER-BERNIER,Frederic,89,REG
2:35.95 QC3LCAPR KNOWLES,Jonathan,90,CALAC

2:35.99 OCILCAPR MAROIS,FFederic,89,ULAV
2:38.02 ABEKSCAPR LUTSCH,CUrtis,90,UCSC
2:38.32 ABEKSCMAR MAXEY,Taylor A.89,CASC
2:38.35 ABEKSCMAR HALVERSON, A.j.,89,KSC 2:38.53 ONDVITMAPR GFROERER,Conor, 89, ROW 2:38.53 BCHYACKMAY SHUDO,Taं. $89, U B C D$

## 50 m Breaststroke

36.89 ONROWMAY WOODHALL,Derek,90,ROW
37.00 QC2LCAPR GAGNON,Guillaume, 90, CNCB
37.36 PPOINVMAY LUTSCH,Curis,90,UCSA
37.72 PPOINVMAY BENOIT,Mar-Andre,90,CNSH
37.76 ONROWMAY DICRESCE,Jordan,89,PHAC
37.96 OC2LCAPR LAMOUREUX-AUCLARRARntione,89,REG
38.10 ONROWMAY SUMMEBHAYES,ZZach,90,RISC
38.29 ONAACAPR BURN,Richard,89,NYAC
38.75 OC2LCAPR BUJOLD,Batiste,89,MEGO
1039.88 ONAACAPR LUU,Yi,89,NYAC

## 100 m Breaststroke

1:18.28 ONDVITMAPR WOODHALL.Derek,90,ROW
1:20.50 ONNKBMAY LAMOUREUX-AUCLARR,Antoine,89,REG
1:21.26 ABEKSCAPR LUTSCH,Curtis,90,UCSC
1:21.39 ONESWIMUUN TCHOUGAINOV,Feodor,90,ESWIM
1:21.78 BCCDSCAPR NG, Uusin,90,UBCD
1:21.80 ABEKSCAPR MIAZGA,Colin,89,SK
1:22.03 ONDVITMAPR BURN,Richad,89,NYAC
1:22.72 BCAAAINVUUN MANOLOVIC-KOLARSK,Mirko,89,UBCD
1:23.66 ONDV1TMAPR DICRESCE,Jordan,89,RHAC
10 1:24.03 ONESWIMUUN KALABA,Steven, 89, NYAC

## 200 m Breaststroke

2:49.02 ONESWIMJUN LAMOUREUX-AUCLARR,Antoine,89,REG
2:49.89 ONESWIMUUN TCHOUGANOV.Feodor.90.ESWIM
2:52.74 ONDVITMAPR WOODHALL,Derk, ,90,ROW
2:54.42 ABEKSCAPR LUTSCH,CUrtis,90,UCSC
2:55.41 ONDVITMAPR LUUYY,, 89, NYAC
2:55.69 BCHYACKMAY LAI,Michael, 90 DYYNA
2:57.08 BCAAAINVUUN MANOLLOVC-KOLARSKI,Mirko,89,UBCD
2:57.77 ONDVITMAPR BURN,Richard,89,NYAC
2.57.79 ONROWMAY DICRESCE,Jordan,89,RHAC

10 2.58.07 ONAACAPR GIANNOPOULOS,Anthony,89,MAC
50 m Butterfly
30.73 PPOINVMAY BENOIT,Marc-Andre,90,CNSH
30.98 OCLLCAPR GAGNON,Guillaume,90,CNCB
31.36 ONAACAPR LUU,Yi,89,NYAC
31.89 ABEKSCMAR MAXEY,Taylor A. 899,CASC
32.68 ONAACAPR WONG,Jonathan,89,CHAMP
32.69 PPOINVMAY BELANGER,Jerome, 90, DYNAM
33.02 QCCALACAPR KNOWLES, Jonathann, $90, C A L A C$
33.03 QC1LCAPR ALLIEJUlien, 89, DDO
33.12 ABEKSCMAR TANNINEN,Chistopher,89,EKSC
33.19 PPOINVMAY KASPRZYCK1,Jan,89,DDO

## 100 m Butterily

1:08.23 ONESWIMJUN YOON,Kyungsoo,90,NYAC
1:08.31 ONESWIMJUN LIU,Yi, 89, ,NYAC
1:11.85 ONNKBMAY PELLLEIER-BERNIERFFrededic,89,REG
1:12.27 BCHYACKMAY MAXEY,Taylor A.,89,CASC
1:12.79 ABEKSCAPR TANNINEN,Christopher,89,EKSC
1:13.24 ONNKBMAY WILLIS,Alexander,89,GO
1:13.31 BCAAAINVUN KUDABA,Andre,90,HYACK
1:13.88 ONESWIMJUN TCHOUGAINOV,Feodor,90,ESWIM
1:15.39 BCHYACKMAY AU,Joshua,90,FMSC
10 1:16.18 NSSPRINVAPR VAUGHAN, Paker,89,DCSC

## 200 m Butterily

2:28.31 ONESWIMUUN LUUYY;,89,NYAC
2:37.73 ONDVITMAPR YOON,Ky,
2:242.97 BCHYACKMAY KUDABA,,Andre,90,HYACK
2:42.97 BCHYACKMAY KUDABA,Andre,90,HYACK
2:43.49 ONNKBMAY PEELLEIER-BERNNIERFFrederic,89,REG
2:44.76 ONNKBMAY LAMOUREUX-AUCLAAR,Antoine,89,REG
2:47.07 ABEKSCMAR HALVERSON,A.,.,89,KSC
2:47.57 ONESWIMUUN BONHAM,Randall, $89, \mathrm{DUCK}$
2:48.97 ONLACMAY BUCHOK,Nicholas,89, WAC
10 2:49.05 ABEKSCAPR MACSWEEN,SCott,89,RDCSC
200 m Ind. Medley
2:28.48 ONVICDAPR FORD,Andrew,89,GMAC
2:30.74 QC2LCAPR GAGNON,Guillaume,90,CNCB
2:31.98 ONESWIMUUN LIU,Yi,89,NYAC
2:33.21 ONVICDAPR SALTZBERRY,Steven,90,TAT
2:34.68 QCZLCAPR PELLEIIER-BERNER,FFededic,89,REG

## GIRLS 13 Years of Age

## $m$ Freestyle

28.63 BCHYACKMAY TYLER,Jillian,88,CASC
28.76 NSDUNNUUN BUCKLAND,Brooke,89,UNAT-NS
28.92 ONDVITMAPRWONG,Emily,88,NKB
29.09 ABEKSCAPR JONES,Mackenzie,89,CASO
29.12 BCHYACKMAY CHAN,Naadie,89,UBCD
29.12 OCLLCAPR HORNER,Stephanie,89,BBF
29.20 ONLACMAYTAN,Victoria,88,WAC
29.24 OC2LCAPR GENEREUX,Andre-Anne,88,CAG
29.26 OC1LCAPRDELAROCHELLIEREEIianne,88,ULAV
29.39 ONNKBMAY DLLLON,Jennifer,88,NKB

100 m Freestyle
1:01.19 BCZAAACMAY CHAN,Naadie,89,UBCD
1:01.80 ABEKSCAPRTYLER,Jilian,88,CASC
1:02.87 ONESWIMUUN LACOSTENicole,88,MSSAC
1:03.12 BCHYACKMAY JONES,Mackenzi,89,CASC
1:03.19 ABEKSCAPRTRAA,Haile,88,MANTA
1:03.76 ONDV1TMAPRWONG,Enily,88,NKB
1:03.83 ONLACMAY HINSON,Adriana,88,TAT
1:03.88 ONNEORAUNN KERR,Karen,89,TRENT
1:04.45 ONLACMAYTAN, Victoria,88,WAC
1:04.61 ONLUSCMAY YOUNG,Lisa,88,NYAC

## 200 m Frestyle

2:12.53 BCCDSCAPRCHAN,Nataie,89,UBCD 2:14.40 BCHYACKMAY LAVGINA,Lauren,89,GATOR 2:14.87 BCHYACKMAY JONES,Mackenzie,89,CASC
2:15.09 ONLACMAY HINSON,Adriana,88,TAT
2:16.38 ABEKSCAPRTRAA,Hailee,88,MANTA
2:16.57 BCSRLCFEB JOHNSON,Kalhryn,88,UBCD
2:16.64 ABEKSCAPRTYLER,Jilian,88,CASC
2:17.11 ONESWIMJUN LACOSTENicole,88,MSSAC
2:18.07 BCAAAINVUN SEEF,Jennifer, 89, UBCD
2:18.12 ONESWIMJUNCHARLES,Lindsay,92,ESWIM

## 400 m Freestyle

4:31.40 BCZAAACMAY CHAN,Nataie,89,UBCD 4:41.69 BCHYACKMAY LAVIGNA,Lauren,89,GATOR 4:43.67 ONESWIMUUNLACOSTE,Nicole,88,MSSAC 4:45:08 ONLACMAY HINSON,Adriana,88,TAT 4:46.28 BCHYACKMAY SEFF,Jenifer, 89, UBCD
4:46.72 PPOINWMAY HORNER,Stephanie,89,BBF
4:47.27 ABEKSCAPR TRAA,Halee,88,MANTA
4:47.89 BCAAAINVUUNIVANTIZ,Tara,88,VKSC
4:48.18 BCAAAINVUUN VANCE-GRMMARD,Danica,89,HYACK 4:48.19 BCAAAINJUUNHO,Phoebe,88,UBCD
800 m Frestyle
9:17.98 BCZAAACMAY CHAN,Nataie,89,UBCD
9:43.38 BCHYACKMAY VANCE-GRIMARD,Darica,89,HYACK
9:45.76 BCAAAINVUUNIVANITZ,Tara,88,VKSC
9:48.00 BCHYACKMAY SEEF,Jennifer, 89, UBCD
9:51.26 ONLACMAY HNSON,Adriana,88,TAT
9:54.23 ABEKSCAPRTRAA,Hailee,88,MANTA
9:55.54 ONESWIMUUNMOHEROOena,88,ESWIM
9:56.51 ONESWIMJUN LACOSTENiole:88,MSSAC
9:55.84 ABEKSCAPR GROSS,Sheena,89,EKSC
10 9:59.07 ABEKSCAPRJENKINS,Kelsey,89,FMSC

## 1500 m Frestyle

17:55.40 BCCDSCAPRCHAN,Nataie,89,UBCD 18:29.03 BCHYCKKMAY LAVIGNA,Lauren,89,GATOR
19:13.02 BCAAAANVUN VANCE-GRIMARD,Danica,89,HYACK
19:28.64 BCCDSCAPRSEFF,Jennifer,89,UBCD
19:29.81 NITSCMAY MOHER,Olena,88,ESWIM
19:33.44 NITSSCMAY CHARLES,Lindsay,92,ESWIM 19:36.78 BCAAAINVUUNSCHMUCK,Annika,88,PSW 19:42.75 BCCDSCAPRCREPNNAK,Jessica,899.PSW $\begin{array}{ll}\text { 19:42.75 } \\ \text { 20:13.55 } & \text { BCCCDSCAPRCREPNNAKK, Jessica,89,PS } \\ \text { BCDSAMUNRO,Lara,88,CCSC }\end{array}$
10 20:25.13 NSDUNNUUN BRADEN,Michelle,89,HTAC 50 m Backstroke
31.22 CANCWTPMARBUCKLAND,Brooke,89,WTSC 33.43 ONLACMAY TAN, Victoria,88,WAC
33.60 CC1LCAPRTAILLEFER, Vanessa, 89,DDO
33.61 PPOINYMAY HORNER,Stephanie,89,BBF
34.35 ONAACAPRPOLLCHT,Adrienn,89,YOBK 34.59 ABLEDUCMAY KELLS,Andrea,89,RDCSC 34.71 BCZANACMAY SEEF,Jennifer,89,UBCD 34.88 QC3LCAPRRICHERR|Isabelle,88,CNTR 34.91 ONAACAPRKIM,Miriam,89,TSC 34.92 QC1LCAPRNEASIITH,Alicia,89,PCSO

## 100 m Backstroke

1:06.39 BCZAJACMAY BUCKLLAND,Brooke,89,ACNS
1:11.09 BCSRLCFEEB KOTLOWSK1,Kaie,88,PSW
1:11.49 ONDV1TMAPRTAN,Victoria,88,WAC
1:11.69 BCHYACKMAYTYLER,Jilian,88,CASC
1:12.07 BCCDSCAPRCREPJNAK, Jessica,89,PSW
1:12.26 BCZAJACMAY SEEF,Jennifer, 89, UBCD
1:12.90 ONESWIM JUN POLICHT,Adrienne,89, YOBK
1:13.15 ONESWIMJUN HEANEY,Megan,89,MSSAC 1:13.23 BCCDSCAPRLAVIGNA,Lauren,89,GATOR 1:13.32 ONDVITMAPRPERCY,Meghann,88,WAC
200 m Backstroke
2:26.39 CANCWTRMARBUCKLAND,Brooke,89,WTSC
2:32.26 BCZAJACMAY SEFF,Jennifer,89,UBCD
2:32.35 BCKCSUUN GROSS,Sheena,89,EKSC
2:32.37 BCSRLCFEEB KOTLOWSKK,Kaie,88,PSW

2:32.65 BCCDSCAPRLAVIGNALawren 89.GATOR 2:33.02 NISTARJUN CRAIG, Jessica, 39, TD
2:34.31 ONESWIMUUN POLICHT,Adrienne,89,YORK
2:35.15 ABEKSCAPRTRAA,Halee,88,MANTA 2:35.35 BCHYACKMAYTYLER,Jilian,88,CASC
35.87 CCLLCAPR BONSANT,Claudia,89,EXCE
36.27 CANCWTRMAR KIIERTTEAD,Morgan,88,AQUA
36.91 CC1LCAPRKETH,Veronika,89,RCA
36.91 PPOINYMAY WOLCH,SUarah, 88, PICK
37.08 CC1LCAPRNEASMITH,Alicia,89,PCSC

23 CC1LCAPRLONG,Nadia,88,DDO
37.24 OCCALLACAPRJOHNSON,Shererele,88,CALAC
37.79 SKRODUUN KENKELisa,88,GOLD
37.83 aC2LCAPRMCKINNON,Sabrina,88,CNCB

100 m Breaststroke
1:18.44 CANCWTRMARKIERSTEAD,Morgan,88,AQUA
1:19.00 BCZAJACMAY KENKELisa,88,SK
1:19.00 BCHYACKMAY CREPNNAK,Jessica,89,PSW
1:20.61 ONDVTTMAPRLONSDALE,Chantelele,88,WAC
1:20.65 BCCDSCAPRNEASMITH,Alicia,89,PCSC
1:21.11 ABEXSCAPRBENNGER,Stephanie,93,CASC 1:21.74 BCHYACKMAY HAHTO,TTara,89,CASC 1:21.98 ONDVITMAPRHINSON.Adriana88.TAT 1:22.03 ABEESCAPRSETIRRLAND,Courney,89,KSS 1:22.73 BCHYACKMAY CHAN,Nadaie,89,UBCD

## 200 m Breasistroke

2:45.72 QC2LCAPRTREMBLAY,Mireille,89,CNCB
2:47.07 BCZAAACMAY CRPPJNAK,Jessica,89,PSW
2:47.42 ABEKSCAPRKENKELIsa,88,GOLD
2:50.13 OC1LCAPRNEASMITH,Alicia,89,PCSC
2:51.15 NSSPRIIVAPRRKIERSTEAD,Morgan,88,AQUA
2:51.52 PPOINVMAY BONSANT,Claudia,89,EXCEL
2:52.70 ONDV1TMAPR LONSDALE,Chantelle,88,WAC
2:54.07 BCSRLCFFB SCHMUCK,Annika,88,PSW 2:54.78 PPOINYMAY WARD, Jessica,88,PICK
10 2:55.15 ONESWIMUUN NOLAN,Caitlin,89,CHAMP
50 m Butterfly
30.91 ABEKSCMARKELLS.Andee,89,RDCSC
30.92 CCZLCAPRHORNER,Stephanie,89,BBF 31.32 SKRODJUN BROWN,Eika,88,,ROD 31.33 CC2LCAPRBLEAU,MariePier,88,CNHR 31.52 ONROWMAY GARDHOUSE,Sara,88,MUSAC 31.74 ONLACMAY TAN,Victoria,88,WAC
31.76 BCZAAACMAY BUCKLAND,Brooke,89,ACNS
32.23 CCILCAPRTALLLEER, Vaness, 89, DDO

26 BCZAAACMAY SELF,Jennifer, 89,UBCD
ABEXSTUNNMCPHEE,Laua,88,NCSA
100 2.27
BCSRLCFEB KOTLOWSKI,Kaie,88,PSW
$\begin{array}{ll}\text { 1:00.35 } & \text { BCSRLCFEB KOTLOWSKK|,Kaie, 88,PS } \\ \text { 1:08.67 } & \text { SKRODUN BROWN,Eika,88,FOD }\end{array}$
1:09.30 SKRODJUN KAPUSTANYK,Courney,89,LASER
1:09.63 BCHYACKMAY JONES,Mackenzie,89,CASC
1:09.85 ONESWIMUUN HEANEY,Megan,89,MSSAC
1:10.42 ONESWIMJUN KLOOSTERMAN,Rachael, 88, WD 1:10.84 BCAAANVJUNCHAN,Naatie,89,UBCD 1:11.65 BCCDSCAPRSEEF,Jennifer, 89, UBCD 1:11.81 NSDUNNUUN BUCKLAND,Brooke,89,UNAT-NS 1:12.18 ONLACMAY SERWOTKA,Dana,88,CYPS

## 200 m Butterfly

2:28.90 BCSRLCFFEB KOTLOWSKI,Kaie,88,PSW 2:32.57 SKRODJUN KAPUSTANYK,Courtney,89,LASER 2:33.18 BCAAAINvJUN CHAN,Natalie,89,UBCD 2:35.51 BCHYACKMAY LAVIGNA,LLaren,89,GATOR 2:37.35 BCHYACKMAY JONES,Mackenzie,89,CASC 2:38.74 ABEKSCMARKELSS,Andrea,89,RDCSC 2:39.18 BCHYACKMAY CRPPINAK, Jessica,89,PSW 2:39.35 BCHYACKMAY VANCE:GRIMARD,Danica,89,HYACK 2:40.23 CCZLCAPRBLEAU,Marie Pier,88,CNHR
10 2:42.82 ONESWMMUUN CAO,Jennifer, $89, E S W I M$
200 m Ind. Medley
2:30.64 ONVICDAPRLAYLAND,LLura,89,SKYAC
2:31.53 QCZLCAPRTREMBLAY,Mireille,89,CNCB
2:31.94 BCHYACKMAY CREPJNAK,Jessica,89,PSW
2:32.18 BCZANACMAY CHAN,Nataie,89,UBCD
2:32.87 MBMMMAY TRAA,Haliee,88,MANTA
2:34.85 BCHYACKMAY LAVGGNA,Lauren,89,GATOR
2:35.35 QCZLCAPR HORNER,Stephanie,89,BBF
2:35.41 ABEKSCAPRJONES,Mackenzie,89,CASC
2:36.33 NSDUNNUUN KIERSTEAD,Morgan,88,AQUA
10 2:36.78 ONESWMMJUN CAO,Jenniere,89,ESWIM
400 m Ind. Medley
5:19.92 BCZAJACMAY CHAN,Nataie,89,UBCD
5:22.74 BCHYACKMAY CREPNNAK, Jessica,89,PSW
5:23.45 BCHYACKMAY LAVIGNA,Lauren,89,GATOR
5:24.70 ABEKSCAPRTRAA,Hailee,88,MANTA
5:26.47 NSSPRINVAPRKIERSTEAD,Morgan,88,AQUA
5:28.25 ONESWIMUUN LACOSTE,Nicole,88,MSSAC 5:28.28 BCAAAINVUUN VANCE-GRIMARD,Danica,89,HYACK 5:28.85 BCKCSUUN GROSS,Sheena,89,EKSC 5:29.54 ONDVTTMAPRLONSDALE,Chantelele,88,WAC 0 5:30.86 BCSRLCFBB SCHMUCK,Annika,88,PSW

## BOYS 13 Years of Age

 50 m Freestyle27.13 ONESWIMJUN CUCH,Patrick,88,ESWIM
27.55 BCKCSUUN MISKIMAN,Michael, 88,ORCA
27.65 NSDUNNUUN PYLEMarc,89,WTSC
27.80 NSDUNNUUN VAUGHAN,Paker, 89,DCSC 27.83 BCHYACKMAY WOOLDRIDGEGlen,89,WLBF 28.03 ONNEORAUN JOLETTEPPhilippe,88,TMSC 28.17 OCCALACAPR DOWNNG,Patrick,88,PCSC
28.39 NISTARJUN THOMPSON,Alex,89,OAK 28.45 ONESWIMJUN KWOK,Kein,89,RHAC
28.47 OC3LCAPR FRANCIS,Chares,88,ENC

## 100 m Frestyle

59.36 ONESWIMJUN CUCHPPatrick,88,ESWIM

1:00.01 BCCDSCAPR TAPP,,Jake,88,_LOSC
1:01.04 ONBOWMAY KWOK,Kevin,89,RHAC
1:01.21 NSDUNNUN PYLEMarc,89,WTSC
1:01.49 ONNEORAUNN JOLETTE.Philippe,88,TMSC
1:01.67 NSDUNNUUN VAUGHAN,Parker,89,DCSC
1:01.85 BCSRLCFEEB DOWNNNG,Patick, $88, H Y A C K$
1:02.24 NISTARJUN THRALL,Sam,89,OAK
1:02.47 ONNKBMAY DUMONT,Max,89,REG
1:02.47 ABEKSCAPR BERRNS,Nick,89,SK

## 200 m Freestyle

2:06.80 QCLLCAPR LALIBERTERRenad.88,EXCE
2:08.46 ONESWIMJUN CUCH,Patrick,88,ESWIM
2:13.57 QC1LCAPR DOWNNG,Patrick,88,PCSC
2:14.08 BCCDSCAPR TAPP, Jake,88,LOSC
2:15.03 PPOINYMAY PROVEVCHERFORGET,Pascal,88,DDO
2:15.32 ABEKSCAPR BERPNS,Nick,89,SK
2:15.63 NSDUNNUUN PYLEMarc,89,WTSC
2:15.95 BCCDSCAPR HARTNEY,Jordan,88,PSW
2:15.99 NISTARUUN THRALL,Sam,89,OAK
0 2:16.17 ABEKSCAPR SZOO,Adam,88,CASC

## 400 m Freestyle

4:32.30 ONESWIMUUN CUCH,Paticic,,88,ESWIM
4:32.86 OCILCAPR DOWNNG,Patick,88,PCSC
4:35.81 PPOINVMAY MURRAY,Francois-Pier,89,CNDR
4:42.88 BCCDSCAPR TAPP,Jake,88,LOSC
4:43.67 ONESWIMJUN JANK,Mathew,88,MSSAC
4:44.88 PPOINYMAY PROVEVCHER-FORGET,Pacca, 88, DDO
4:45.47 NITSCMAY BABB,Endi; 88,ESWIM
4:46.47 BCAAAINVUUN BROTZKY, IYa,88, UBCD
4:47.83 ABEKSCAPR BERPNS,Nick,89,SK
4:47.93 ONNEORAJUN JOLETEEPhilippe,88,TMSC

## 800 m Frestyle

9:55.53 ABRDCSCJUN PENHALESSean,88,RDCSC
10:00.92 BCCDSCAPR GEIMAN,Ky, 89, UBCD
10:17.19 BCHYACKMAY TAYLOR.lan.88.HYACK
10:18.85 NSDUNNUUN VAUGHAN,Paker,89,DCSC
10:38.06 SKRODJUN BALLEY,,Jake,89,RAYS
10:49.40 ABRDCSCJUN MACSWEEN,Scott,89,RDCSC
10:50.44 NISTARUN SALTZEERRY,Tyler,89,TAT
10:51.05 ABNRTLCUUN SANCHEZ,Gilberto,89,OSC
11:03.09 ABRDCSCJUN CULLYY,Mason,88,LEDUC
0 11:12.10 BCAAAINJUUN SHING,Justin,88,GATOR

## 1500 m Freestyle

18:04.69 ONESWIMJUN CUCH.Patrick,88:ESWIM
18:29.19 BCHYACKMAY BROZKKY,Ilya,88,UBCD
18:48.60 BCCDSCAPR TAYLOR,Ian,88,HYACK
18:51.10 BCCDSCAPR TAPP,Jake,88,LOSC
18:52.04 PPOINVMAY MURRAY,Francois-Pier,89,CNDR
18:52.93 PPOINYMAY RINALDI,Christopher,89,CAMO
18:54.70 ONESWIMUUN JANK,Mathew, 88,MSSAC
18:56.91 BCHYACKMAY GEIMAN,Ky, 89, UBCD
19:04.53 ABRDCSCJUN RAWLCKK,Douglas,89,0SC
O 19:06.61 PPOINVMAY DALLARE, Jean-Francois,88,EXCEL

## 50 m Backstroke

31.18 PPOINVMAY FRANCIS,Charles,88,EVC
33.02 SKRODJUN RICHTER,Bret, 88, ROD
33.26 ABRDCSCJUN WARDLE,Dere,88,BRSC
33.40 ABICSAMAY KIMAK,Sean,89,GLEV
33.44 QC3LCAPR LEROUX,Frederick,88,CNTR
33.78 PPOINYMAY LALIBERTE,Renaud, 89, ECCE
33.81 MBMMMAY CAWSON,Curisi,88,SD
33.93 ONAACAPR HALL,Andrew,88,CHAMP
34.07 PPOINVMAY LAMOTHEGuillaume,88,CNNG
034.25 QC1LCAPR PEPPEEA,Cedric-Dan,89,PCSC

## 00 m Backstroke

1:07.15 BCCDSCAPR TAPP,Jake,88,LOSC
1:07.68 ONESWIMJUN HALL,Andrew,88,CHAMP
1:09.16 BCCDSCAPR HARTNEY,Jordan,88,PSW
1:09.29 ONESWIMUUN CUCH,Patrick,88,ESWIM
1:10.40 ONESWIMJUN ZELER,Zack,89,WD
1:11.29 ABEKSCAPR RICHTER,Brett,88,SK
1:11.35 ONAACAPR CUMMINGS,Cam,88,OAK
1:11.41 ONAACAPR JANKOWSKI,Andrew,88,COBRA
1:11.62 ABEKSCAPR CHAN,Mathew Y...88,STSC
1:11.81 ABEKSCAPR DISTEFANO,Justin,88,UCSC

## 200 m Backstroke

2:26.10 BCCDSCAPR HARTNEY,Jordan,88,PSW
2:27.07 PPOINMMAY FRANCIS,Charles,88,EVO
2:27.66 BCCDSCAPR TAPP,,Jake,88,LOSC
2:28.73 BCCDSCAPR BROTZKY, \|lya, 88, UBCD

2:29.01 ONESWMMJUN HALL,Andrew,88,CHAMP
2:29.03 NITSCMAY CUCH,Patrick,88,ESWIM
2:29.17 QCLLCAPR LALIBERTERRRaud,88,EXCEL
2:30.37 ABEKSCAPR DISTEAANO,Justin,88,UCSC
2:30.63 BCSRLCFEB REDPATH,TTavis, 88, UBCD
10 2:33.14 ABEKSCAPR CHAN,Mathew Y.c.,88,STSC
50 m Breaststroke
34.43 PPOINvMAY GENEREUX,Pierre Louis,88,CNTR

36,28 ONAACAPR SHOUST,Nicholas,89,SSMAC
36.75 PPOINYMAY CHOQUETTEFFrederic,89,CAMO 37.10 OCCAMOMAR WALDAU,Christopher,89,CAMO
37.35 ONVICDAPR KRUG,Mike,88,CYPS
37.39 ONAACAPR HALL,Andrew,88,CHAMP
37.52 SKRODJUN ACTON,Sam,88,ROD
37.74 CCILCAPR OCHA1, , لason,89, DDO
37.84 CC3LCAPR MENARD,Mathieu,88,CNJA
38.01 ABLEDUCMAY CULLY,Mason,88,LEDUC

## 00 m Breaststroke

1:12.64 ONNKBMAY DUMONT,MaX,89,REG
1:14.81 ONPNTLNAPR LAI,Alex,88,COBRA
1:17.53 ABEKSCAPR YEAP,Winston,88,OSC
1:17.97 NSDUNNUUN PYLE,Marc,89,WTSC
1:18.67 ONPNTLNAPR VEBBITSKY,Pavel,88,RAMAC
1:19.84 ONLUSCMAY SHOUST,Nicholas,89,SSMAC
1:20.48 ONDVITMAPR SWALL,Jordan,89,VAC 1:20.58 ONDVITMAPR KRUG,Mike,88,CYPS
1:20.58 SKRODJUN ACTON,Sam,88,ROD
10 1:20.64 ABEKSCAPR DOERKSEN,Derek,88,CASC

## 200 m Breaststroke

2:36.48 ONNKBMAY DUMONT,Max,89,REG
2:43.61 ONESWIMMUN LAI,Alex,88,COBBA
2:47.55 ABEKSCAPR YEAP,Winston,88,OSC
2:49.30 NSDUNNUUN PYLE,Marc,89,WTSC
2:50.91 OC3LCAPR GENEREUXXPierre-Louis,88,CNTR
2:52.84 ONESWIMUUN GIANNOPOULOS,Anithony,89,MAC
2:53.88 ONROWMAY WANG,Benjamin,89,RHAC
2:54.62 ONVICDAPR KRUG,Mike,88,CYPS
2.55.39 ONESWIMJUN COLLINS,Alex,89,TSC

10 2:55.48 ABEKSCAPR DOERKSEN,Derek,88,CASC

## 50 m Butterfly

30.70 SKRODUUN SAGANSKI, ,eff,89,GOLD
30.90 PPOINYMAY FRANCIS,Chares,88,EVC
31.06 PPOINMMAY CHEMSSY,Timour, 88,CAMO
31.47 QCCAMOMAR POMINVILEEUgo,89,CNTR
31.47 CC3LCAPR LEROUX,Frederick,88,CNTR
31.48 PPOINYMAY VEZINA-LEVASSEUR,Philip,88,CNBF
31.52 ONAACAPR CHOONG,Daniel,88,AAC
31.61 PPOINMMAY MURBAY,Francois-Pier,89,CNDR
31.71 ONLACMAY EARLEY,Mathew,89,CYPS
31.91 PPOINVMAY LALBERTE,Renaud,89,EXCEL

## 100 m Butterily

1:02.18 ONESWIMJUN CUCH,Patrick,88,ESWIM
1:05.39 ABEESCAPR SAGANSKI,Jeff, $89, G O L D$
1:05.50 NITTSCMAY BABI,Endi;88,ESWIM
1:05.59 BCCDSCAPR TAPP,,لake,88,,OSC
1:06.86 BCCDSCAPR BROTZKY, ॥lya,88,UBCD
1:08.29 SKRODJUN ASCHENBRENER,LLCas,89,ROD
1:09.64 ONLACMAY EARLEY,Mathew,89,CYPS
1:09.64 ONLACMAY EARLEY,Mathew,899,CYPS
1:10.18 ONDV2IMAPR CHOONG,Danie,,88,AAC
1:10.55 BCKCSUN RAMLCK,Dougas,89,OSC
10 1:10.71 ABEKSCAPR DISTEFANO,JUSin,88,UCSC

## 200 m Butterfly

2:18.97 ONESWIMUUN CUCH,Patrick,88,ESWIM
2:21.66 NITTSCMAY BABI,Endi, 88,ESWIM
2:27.56 BCAAAINVUUN BROTZKY, IIYa.88,UBCD
2:29.55 PPOINVMAY LALIBERTE,Renaud,89, EXCEL
2:29.84 ABEKSCAPR SAGANSK,Jeff, $89, G O L D$
2:31.12 BCCDSCAPR TAPP, Jake,88,LOSC
2:33.25 BCCDSCAPR HARTNEY,Jordan,88,PSW
2:34.51 ONLACMAY EARLEY,Mathen,89,CYPS 2:35.51 ABRDCSCJUN PENHALE,Sean,88,RDCSC
10 2:35.95 BCKCSUN RAWLCK,Douglas,89,0SC

## 200 m Ind. Medley

2:16.17 ONVICDAPR RPLEY, Jon,88,CYPS
2:16.34 ONVICDAPR KRUG,Mike,88,CYPS
2:25.33 ONVICDAPR BODEN,Tim,88,BAD
2:25.68 ONESWIMUUN CUCH,Patrick,88,ESWIM
2:27.69 BCCDSCAPR TAPP,,Jake,88, LOSC
2:29.09 NSDUNNUUN PYLE,Marc,89,WTSC

# 2002 LONG COURSE TAG. 

## GIRLS 14 Years of Age <br> 50 m Freestyle

27.46 MIDOM INOMAY GILLESPIE,Emily, 87,EOSA
27.51 BCHYACKMAY REIMER,Brittany,88,SKSC
27.83 NSSPRINVAPRVAUGHAN,Hannah,88,DCSC
27.84 ONDV2TMAPRMORDEN,Marlee,87,BOSC
27.89 ABEKSCAPR POMERLEAU,Kirsten L,87,DEL
27.93 ONESWIMJUN KUMENTAS,Nadia,87,WD
27.97 BCHYACKMAY PASLOSKI,Lynsey,87,WGB
28.17 ONESWIMUUN LEEHA,Catherine,88,RHAC
28.29 ONDV1TMAPRMCADAM,Nadine,88,TSC
28.43 ONESWIMJUN RICH,Whitney,88,LAC

100 m Freestyle
58.74 MIDOMINOMAY GILLESPIE,Emily,87,EOSA
59.52 ONDV2TMAPRMORDEN,Marlee,87,BOSC
59.58 CANCWTRMAR POMERLEAU,Kirsten L,87,DEL
59.82 BCZAJACMAY REIMER,Brittany,88,SKSC

1:00.65 BCHYACKMAY PASLOSKI,Lynsey,87,WGB
1:01.03 ONESWIMJUN LEE HA,Catherine,88,RHAC 1:01.38 ONESWIMJUNMACLEOD,Jamie,87,ESWIM
1:01.48 ABEKSCAPR SYMES,Katerina,88,EKSC
1:01.66 BCHYACKMAY RAWLINGS,Kayla,87,PSW
1:01.73 ABEKSCAPRBEAUDRY,Maya,88,UBCD
200 m Freestyle
2:06.84 BCZAJACMAY REIMER,Brittany,88,SKSC 2:10.85 ONNKBMAY GILLESPIE,Emily,87,PERTH 2:10.94 BCZAJACMAY SCHMUCK,Anne,87,PSW
2:11.87 ONESWIMJUN JELEN,Jody,87,ESWIM
2:12.24 ABEKSCAPRBEAUDRY,Maya,88,UBCD
2:12.28 ONLACMAY MORDEN,Marlee,87,BOSC 2:13.04 BCZAJACMAY JOHNSON,Kathryn,88,UBCD 2:13.04 ONDVITMAPRMACLEOD,Jamie,87,ESWIM 2:13.40 BCAAAINVJUN BEATON,ETica,88,HYACK 2:14.30 BCZAJACMAY BELL,Amanda,88,SPART 400 m Freestyle

4:22.75 BCZAJACMAY REIMER,Brittany,88,SKSC 4:24.87 BCZAJACMAY GRIFFIN,August,88,UBCD 4:33.39 BCSRLCFEB SCHMUCK,Anne,87,PSW 4:33.69 BCZAJACMAY JOHNSON.Kathryn,88,UBCD 4:37.12 BCZAJACMAY BELL,Amanda,88,SPART 4:40.78 BCAAAINVUUN BEAUDRY,Maya,88,UBCD 4:40.96 ONDV1TMAPRMACLEOD,Jamie,87,ESWIM 4:43.18 ONDV2TMAPRMORDEN,Marlee,87,BOSC 4:44.39 BCHYACKMAY YOUNG, Glenna,88,FMSC 4:44.62 ONDV1TMAPRJELEN,Jody,87,ESWIM
$m$ Freestyle
9:01.04 BCZAJACMAY REIMER,Brittany,88,SKSC 9:15.30 CANCWTRMARSCHMUCK,Anne,87,PSW
9:19.59 BCZAJACMAY JOHNSON,Kathryn,88,UBCD 9:29.74 ABEKSCAPR YOUNG,Glenna,88,FMSC $9: 29.90$ ABEXSCAPRBEAUDRY,Maya,88,UBCD 9:30.07 BCZAJACMAY BELL,Amanda,88,SPART 9:42.11 ONESWIMJUN JELEN,Jody,87,ESWIM 9:45.71 BCSRLCFEB LEEESO Yun,87,HYACK 9:48.13 ONESWIMJUNLOW,Kristen,88,MSSAC 9:51.90 BCCDSCAPR GRIFFIN,August,88,UBCD 1500 m Freestyle

17:26.63 BCAAAINVUUN REIMER,Brittany,88,SKSC 17:50.31 BCHYACKMAY JOHNSON,Kathryn,88,UBCD
17:57.10 BCCDSCAPRSCHMUCK,Anne,87,PSW
18:39.26 NITTSCMAY MACLEOD,Jamie,87,ESWIM
18:40.86 BCHYACKMAY YOUNG,Glenna,88,FMSC
18:44.71 BCCDSCAPR GRIFFIN,August,88,UBCD 18:52.13 BCAAAINVJUN BEAUDRY,Maya,88,UBCD 18:55.14 BCCDSCAPRRAWLINGS,Kayla,87,PSW
19:31.95 SKRODJUN DUARTE,Linda,87,ROD 10 19:38.03 BCCDSCAPRBARBER,Brittani,87,PSW 50 m Backstroke
31.25 BCHYACKMAY KOTLOWSKI,Katie,88,PSW 31.50 CANCWTRMARGILLESPIE,Emily,87,PERTH 32.24 CANCWTRMARPOMERLEAU,Kirsten L,87,DEL 32.58 BCZAJACMAY BUCZKOWSK1, Whitney,88,BRSA 33.11 BCZAJACMAY HOEKSTRA,Mallory,87,UOFA
33.36 BCZAJACMAY KABESH,Kim,87,STSC 33.42 QC1LCAPRNGUYEN,Celia,87,DDO 33.52 QC1LCAPRPULIATTI,Christina,87,DDO 33.76 ONAACAPRMCCOLEMAN,Anne-Louis,87,BTSC 33.79 PPOINVMAY DUFOUR,Cecile,88,EXCEL

## 100 m Backstroke

1:06.96 ABEKSCAPR POMERLEAU,Kirsten L,87,DEL
1:07.12 MIDOMINOMAY GILLESPIE,Emily,87,EOSA
3 1:08.85 BCZAJACMAY REIMER,Brittany,88,SKSC 1:09.56 BCZAJACMAY BUCZKOWSKI,Whitney,88,BRSA 1:09.72 ABEKSCAPR HOEKSTRA,Mallory,87,EKSC 1:10.09 BCZAJACMAY SCHMUCK,Anne,87,PSW 1:10.27 BCZAJACMAY KOTLOWSKI, Katie,88,PSW 1:10.52 ONLACMAY RICH,Whitney,88,LAC 1:10.87 ABEKSCAPR SYMES,Katerina,88,EKSC 10 1:11.07 BCHYACKMAY PASLOSKI,Lynsey,87,WGB

## 200 m Backstroke

2:23.08 BCHYACKMAY REIMER,Brittany,88,SKSC 2:24.35 CANCWTRMARSCHMUCK,Anne,87,PSW 2:26.24 BCZAJACMAY KOTLOWSKI,Katie,88,PSW 2:30.93 ABEKSCAPRGILLESPIE,Lauren,87,EXST

2:30.95 BCZANACMAY HOEKSTRA,Mallory,87,UOFA
2:31.62 BCZAJACMAY BUCZKOWSKI,Whitney,88,BRSA
2:32.08 PPOINVMAY DUFOUR,Cecile,88,EXCE
2:32.69 QC1LCAPRFRECHETTE,Anne Marie,87,CNB 2:32.90 BCKCSUUN WALKER,Lauren,88,0SC
10 2:33.03 ONDV1TMAPRMCCOLEMAN,Anne-Louis,87,BTSC
50 m Breaststroke
35.56 CANCWTRMARRICH,Whitney,88,LAC
36.09 ONAACAPRPLATA,Jessica,88,OAK
36.18 QC2LCAPRCREVIER, Genevieve,88,CNHR
36.99 ONAACAPRLITWIN,Erin,87,CHAMP
37.17 ONAACAPRMCADAM,Nadine,88,TSC
37.19 ONLACMAY LONSDALE,Chantelle,88,WAC
37.22 PPOINVMAY DUFOUR,Cecile,88,EXCEE
37.30 QC2LCAPR FONTAINE,Genevieve,88,LAVAL
37.73 BCZAJACMAY READY, Carleen,87,LASC

10 38.16 ONLACMAY ROBINSON,Rachel,87,MMST
100 m Breaststroke
1:15.58 MIDOMINOMAY OBAS, Katrina,88,EOSA
1:16.24 ONLACMAY RICH,Whitney,88,LAC
1:17.58 BCSRLCFEB SCHMUCK,Anne,87,PSW
1:17.90 ONDV2TMAPR GILLESPIE,Emily,87,PERTH
1:18.15 BCHYACKMAY PASLOSKI,Lynsey,87,WGB
1:18.43 ABEKSCAPRPIERSE,Hanna,88,EKSC
1:18.65 BCAAAINVJUN RICHARDSON,Kaela,88,VKSC
1:19.03 ONAACAPRPLATA,Jessica,88,OAK
$\begin{array}{ll}\text { 1:19.03 } & \text { ONAACAPRPLATA,Jessica,88,OAK } \\ \text { 1:19.49 } & \text { ABEKSCAPR READY,Carleen,87,LASC }\end{array}$
$\begin{array}{ll}\text { 1:19.49 } & \text { ABEKSCAPRREADY,Carleen,87,LASC } \\ \text { 1:19.86 } & \text { ABEKSCAPRSYMES,Katerina,88,EKSC }\end{array}$
200 m Breaststroke
2:42.81 ONLACMAY RICH,Whitney,88,LAC
2:44.10 BCKCSJUN PIERSE,Hanna,88,EKSC 2:45.64 PPOINVMAY CREVIER, Genevieve,88,CNHR 2:45.91 MIDOMINOMAY OBAS,Katrina,88,EOSA 2:46.98 BCZAJACMAY READY,Carleen,87,LASC 2:48.71 BCHYACKMAY PASLOSKI,Lynsey,87,WGB 2:48.84 ONESWIMJUN CHAN,Rachel,88,MSSAC
2:49.07 BCAAAINVJUN RICHARDSON,Kaela,88,VKSC
2:49.31 BCCDSCAPRSCHMUCK,Anne,87,PSW
10 2:51.13 ONLACMAY LONSDALE,Chantele,e,88,WAC
50 m Butterfly
30.46 PPOINVMAY FRECHETTE,Anne Marie,87,CNB
30.61 ABNCSAMAY POMERLEAU,Kirsten L,87,DE
30.89 BCZAJACMAY KOTLOWSKI,Katie,88,PSW 30.91 ONLACMAYMORDEN,Marlee,87,BOSC 31.14 BCZAJACMAY RAWLINGS,Kayla,87,PSW
31.48 PPOINVMAY LEPINE,Marilou,88,CAMO
31.51 BCSRLCFEB BRICECaitlin,87,NRST
31.58 QC2LCAPR PERRON,Melissa,88,CNCB
31.60 SKRODJUN DUARTELINda,87,ROD
31.68 QC1LCAPRCHOW,Alice,88,PCSC

## 100 m Butterily

:05.42 CANCWTRMARGILLESPIEEmily,87,PERTH
1:06.39 ONESWIMJUN KUMENTAS,Nadia,87,WD
1:06.99 BCAAAINVJUN RAWLINGS,Kayla,87,PSW
1:07.10 BCZAJACMAY KOTLOWSKI,Katie,88,PSW
1:07.22 ABEKSCAPRKABESH,Kim,87,STSC
1:07.72 BCZAJACMAY READY,Carleen,87,LASC
1:07.75 ONLACMAY RICH,Whitney,88,LAC
1:07.95 ONESWIMJUN RUDY,Tawyna,87,SCAR
1:08.36 ABEKSCAPR YOUNG,Glenna,88,FMSC
10 1:08.37 BCAAAINVJUN REMER,Brittany,88,SKSC
200 m Butterfly
2:24.78 BCSRLCFEB RAWLINGS,Kayy, 87, PSW
2:26.83 BCZAJACMAY READY,Carleen,87,LASC
2:28.40 MBMMMAY ANDRUCHUK,Stefanie,88,MANTA
2:28.68 ABEKSCAPR YOUNG,Glenna,88,FMSC
2:29.84 BCHYACKMAY JOHNSON,Kahhryn,88,UBCD
2:30.15 BCAAAINVJUN KOTLOWSKI,Katie,88,PSW
2:30.82 BCZAJACMAY DUARTELIINda,87,SK
2:31.60 OC1LCAPRFRECHETTEAnne Marie,87,CNB 2:31.76 ABEKSCAPRKABESH,Kim,87,STSC
2:31.85 BCHYACKMAY SCHMUCK,Anne,87,PSW

## 200 m Ind. Medley

2:25.50 CANCWTRMARSCHMUCK,Anne,87,PSW
2:26.27 ONLACMAY RICH,Whitney,88,LAC 2:26.73 BCZAJACMAY REMER,Brittany,88,SKSC 2:26.77 CANCWTRMARGILLESPIE,Emily,87,PERTH 2:30.46 BCZAJACMAY READY,Carleen,87,LASC 2:31.97 BCHYACKMAY KOTLOWSKI,Katie,88,PSW 2:32.15 BCHYACKMAY RAWLINGS,Kayla,87,PSW 2:33.24 ONDV1TMAPRRUDY,Tawyna,87,SCAR 2:34.05 QC2LCAPRPARENT,Anny,87,PHEN 0 2:34.28 ABEKSCAPRWALKER,Lauren,88,0SC 400 m Ind. Medley

5:01.21 BCZAJACMAY REMERBBrittany,88,SKSC 5:06.26 BCZAJACMAY SCHMUCK,Anne,87,PSW 5:14.94 CANCWTRMARGILLESPIE,Emily,87,PERTH 5:15.88 ONESWIMJUN RICH,Whitney,88,LAC 5:17.65 BCZANACMAY READY,Carleen,87,LASC 5:19.85 ONDV1TMAPRJELEN,Jody,87,ESWIM 5:20.62 BCCDSCAPRKOTLOWSKI,Katie,88,PSW 5:22.59 ONDV1TMAPRRUDY,Tawyna,87,SCAR 5:22.60 MBMMMAY ANDRUCHUK,Stefanie,88,MANTA 5:22.79 ONDV1TMAPRLAMBERT,Sacha,88,TSC

## BOYS 14 Years of Ag

 50 m Freestyle25.94 PPOINVMAY BOIS,Mathieu,88,HIPPO
26.33 BCCDSCAPR LIM,Ki Hun,87,UBCD
26.37 ONAACAPR CAGUIAT,Jonathan,87,CHAMP
26.37 ONDV2TMAPR GOW,Ryan,88,TRENT
26.37 BCKCSJUN SILVERBERG,Avi,87,UCSC
26.39 BCKCSUUN WANG,Jackson,87,DETA
26.41 PPOINVMAY SILVERBERG,Avi,88,UCSA
26.43 BCHYACKMAY WOLLACH,Pascal, 87,CASC
26.44 ABEKSCAPR GRANT,Lee,88,UCSC
26.73 ABEKSCAPR BETUZZ,,Ray,87,UCSC

100 m Freestyle
55.65 QC3LCAPR MURRAY,Nicolas,88,DYNAM
56.90 BCHYACKMAY WOLLACH,Pascal,87,CASC
57.54 BCCDSCAPR LIM,Ki Hun,87,UBCD
57.78 ONDV2TMAPR GOW,Ryan,88,TRENT
57.81 BCKCSUUN WANG,Jackson,87,DELTA
58.11 ABEKSCAPR SILVERBERG,Avi,87,UCSC
58.61 NSDUNNJUN MACAULAY,Daniel, 88, DCSC
58.66 ABEKSCAPR BETUZZI,Ray,87,UCSC
58.67 ABEKSCAPR GRANT,Lee,88,UCSC
58.82 ABEKSCAPR GREENSHEEDS,Joel,88,RDCSC

## 200 m Freestyle

2:02.39 QC3LCAPR MURRAY,Nicolas,88,DYNAM
2:04.15 ABEKSCAPR WOLLACH,Pascal, 87,CASC
2:05.89 ONESWIMJUN VAN DOORMAAL,Scolt,87,GMAC
2:07.15 ONAACAPR GOW,Ryan,88,TRENT
2:07.16 PPOINVMAY SILVERBERG,Avi,88,UCSA
2:07.24 ABEKSCAPR GREENSHIEEDS,Joel,88,RDCSC
2:07.46 BCKCSJUN DEMCHUK,Nathan,88,EKSC
2:07.76 BCKCSUUN WANG,Jackson,87,DELTA
2:07.78 ABEKSCAPR LOVE,Alexander,87,SK
2:08.06 BCCDSCAPR LIM,Ki Hun,87,UBCD
400 m Freestyle
4:24.95 BCHYACKMAY WOLLACH,Pascal,87,CASC
4:27.08 ONNEORAJUN GOW,Ryan,88,TRENT
4:28.72 ABEKSCAPR BEIUZZI,Ray,87,UCSC
4:29.72 ABEKSCAPR GREENSHEEDS, Joel,88,RDCSC 4:31.63 BCHYACKMAY ISIC,Davor,88,UBCD 4:32.30 ONDV1TMAPR ELATH,Adam, 87,NYAC 4:35.17 BCKCSUUN DEMCHUK,Nathan,88,EKSC 4:35.43 BCCDSCAPR HO,Leonard,87,HYACK 4:35.56 BCZAJACMAY WIGGANS,Chris,87,UBCD 4:36.53 ABRDCSCJUN VERWEY,Mathew,88,RDCSC

## 800 m Freestyle

9:04.10 BCHYACKMAY WOLLACH,Pascal ,87,CASC
9:22.09 ONNKBMAY GOW,Ryan,88,TRENT
9:24.91 BCCDSCAPR ISIC,Davor,88,UBCD
9:37.19 BCHYACKMAY SZEMatthew,88,UBCD
9:46.88 ABRDCSCJUN VERWEY,Matthew,88,RDCSC
$9: 50.50$ BCHYACKMAY YAP-CHUNG,Kris,87,HYACK
9:53.01 BCHYACKMAY INVERARITY,Max,88,UBCD
9:55.31 BCCDSCAPR GOMEZ,Inaki,88,UBCD
9:56.57 NBTMLCMAY THIBODEAU,Kyle,87,BLAST
9:57.06 BCCDSCAPR WIGGANS,Chris,87,UBCD 500 m Freestyle

17:33.19 BCHYACKMAY ISIC,Davor,88,UBCD 17:37.40 ABEKSCAPR WOLLACH,Pascal,87,CASC 17:47.13 ABEKSCAPR LOVE,Alexander,87,SK 17:54.30 BCHYACKMAY WIGGANS,Chris,87,UBCD 17:55.81 ABEKSCAPR BETUZZ,Ray,87,UCSC 17:56.35 NSDUNNJUN MACAULAY,Daniel,88,DCSC 18:03.94 ONLACMAY VAN DOORMAAL,Scott,87,GMAC 18:03.94 BCHYACKMAY REDPATH,Travis,88,UBCD 18:03.95 ABEKSCAPR DEMCHUK,Nathan,88,EKSC 0 18:10.16 BCHYACKMAY BURTON, Tyler,87,FMSC

## 50 m Backstroke

30.48 PPOINVMAY BOIS,Mathieu,88,HIPPO
31.12 QC2LCAPR LAVALLEE,Etienne,88,EXCEL
31.19 QC1LCAPR LANGLOIS,Bruno,87,ULAV
31.22 ONAACAPR GOW,Ryan,88,TRENT
31.48 PPOINVMAY SILVERBERG,Avi,88,UCSA
31.67 QC2LCAPR PAQUET,Etienne,88,BBF
31.71 ONROWMAY DERECH,Adam,87,WAAC
31.73 ONAACAPR LANGLOIS,Daniel,88,SCAR
31.77 QC3LCAPR RICHARD,Gabriel,87,KOTNO
31.78 QC1LCAPR DUPONT,Joel,87,ULAV

## 00 m Backstroke

1:03.80 ABEKSCAPR WOLLACH,Pascal, 87,CASC
1:04.66 QC3LCAPR MURRAY,Nicolas,88,DYNAM
1:05.93 ABEKSCAPR LUND,Jesse,87,EKSC
1:06.08 ABEKSCAPR GRANT,Lee,88,UCSC
1:06.44 BCCDSCAPR ZIEBA,Ricky,88,PCSC
1:07.04 ONROWMAY DERECH,Adam,87,WAAC
1:07.08 BCKCSUUN DEMCHUK,Nathan,88,EKSC
1:07.12 ONPNTLNAPR LANGLOIS,Daniel,88,SCAR
1:07.25 BCCDSCAPR HO,Leonard,87,HYACK
1:07.39 ONAACAPR GOW,Ryan,88,TRENT
200 m Backstroke
2:17.62 QC3LCAPR MURRAY,Nicolas,88,DYNAN 2:18.26 ABEKSCAPR WOLLACH,Pascal, 87,CASC 2:20.62 QC1LCAPR RINALDI,Jonathan,88,CAMO 2:23.50 BCCDSCAPR ZIEBA,Ricky,88,PCSC

2:23.88 ONNEORAJUN GOW,Ryan,88,TRENT
2:24.74 QC2LCAPR PAQUET,Eienne,88,BBF
2:24.94 ONDV1TMAPR LANGLOIS,Daniel,88,SCAR
2:24.95 QC1LCAPR LANGLOIS,Bruno,87,ULAV 2:25.01 BCKCSUUN DEMCHUK,Nathan,88,EKSC

### 2.2505 BCAAAINVJUN TAPP Jake 88, LOSC

## 50 m Breaststroke

31.38 QC2LCAPR BOIS,Mathieu,88,HIPPO
32.30 PPOINVMAY MELL,Bryan,88,USC
32.81 ONAACAPR KRAVTSOV,Paul,87,OAK
33.08 ONAACAPR CAGUIAT,Jonathan,87,CHAMP
33.92 QC2LCAPR DUMONT,Maxime,88,REG
34.24 PPOINVMAY LAVALLEEEEienne,88,EXCE
34.37 OC3LCAPR BROCHU,Mathieu,88,KOTNO
34.54 QC1LCAPR GAGNE,Mathieu,87,SAMAK
34.66 ONLACMAY YEE,Jason,88,NEN
34.77 QC2LCAPR MARCHAND,Zachary,87,MEGO

## 100 m Breaststroke

1:11.84 ONESWIMJUN MATERSKI,Michael,87,MSSAO
1:12.17 ONAACAPR KRAVTSOV,Paul, 87,OAK
1:12.21 ONDV1TMAPR CAGUIAT,Jonathan,87,CHAMP
1:12.31 BCCDSCAPR HO,Leonard,87,HYACK
1:12.48 ONESWIMJUN ROSS,Jamie,87,DUCKS
1:13.00 ONAACAPR MELL,Bryan,88,USC
1:15.17 BCCDSCAPR SZE,Matthew,88,UBCD
1:15.32 ONLACMAY YEE,Jason,88,NEW
1:16.20 ONNKBMAY MACDONALD,Mark,87,ABSC
10 1:16.21 ONDV2TMAPR BAIER,Daniel,88,STARS
200 m Breaststroke
2:34.45 QC2LCAPR BOIS,Mathieu,88,HIPPO
2:36.78 ONAACAPR KRAVTSOV,Paul,87,OAK
2:36.88 BCCDSCAPR HO,Leonard,87,HYACK 2:39.56 QC2LCAPR DUMONT,Maxime,88,REG
2:40.25 ONESWIMJUN ROSS,Jamie,87,DUCKS
2:40.76 PPOINVMAY MELL,Bryan,88,USC
2:42.78 PPOINVMAY ROBICHAUD,Simon,88,CNHR
2:44.65 ONDV1TMAPR CAGUIAT,Jonathan,87,CHAMP
2:44.71 ONLACMAY YEE,Jason,88,NEW
10 2:45.25 BCKCSJUN NG,Michael,87,EKSC

## 50 m Butterfly

27.20 QC2LCAPR BOIS,Mathieu,88,HIPPO
28.15 PPOINVMAY LAVALLEEEETienne,88,EXCE
29.14 QC2LCAPR TURCOTTE,Jonathan,88,HIPPO
29.18 QC2LCAPR ROME-GOSSELIN,Maxime,87,CNHR
29.42 QC2LCAPR LEBLANC,Pierre-Luc,87,ELITE
29.44 QC1LCAPR PLANTE,Pascal,88,ULAV
29.50 PPOINVMAY SILVERBERG,Avi,88,UCSA
29.51 PPOINVMAY COYLENick,88,USC
29.65 QC1LCAPR DUPONT,Joel,87,ULAV
29.67 ONLACMAY VAN DOORMAAL,Scott,87,GMAC

100 m Butterfly
1:03.41 BCSRLCFEB LIM,Ki Hun,87,UBCD
1:03.85 BCCDSCAPR YAP-CHUNG,Kris,87,HYACK
1:03.99 ONESWIMJUN BABI,Endi,88,ESWIM
1:04.35 ONPNTLNAPR PRAJOGA, Yonathan,88,COBRA
1:04.35 ABEKSCAPR GREENSHIELDS,Joel,88,RDCSC
1:04.46 ONLACMAY VAN DOORMAAL,Scott,87,GMAC 1:04.78 NSSPRINVAPR BOUCHARD,Mathieu,87,AQUA 1:05.19 ONESWIMJUN LUGO,Jon,87,MSSAC
1:06.27 BCCDSCAPR ISIC,Davor,88,UBCD
1:06.28 BCKCSJUN WANG,Jackson,87,DELTA

## 200 m Butterfly

2:19.30 BCCDSCAPR YAP-CHUNG,Kris,87,HYACK
2:19.46 ONESWIMJUN BABI,Endi,88,ESWIM 2:21.04 ONESWIMJUN VAN DOORMAAL,Scott,87,GMAC 2:21.76 NSDUNNUUN BOUCHARD,Mathieu,87,AQUA
2:22.51 BCCDSCAPR LIM,Ki Hun,87,UBCD
2:22.55 BCCDSCAPR ISIC,Davor,88,UBCD
2:24.05 PPOINVMAY LAVALLEE,Eienne,88,EXCEL
2:24.41 ABEKSCAPR DEMCHUK,Nathan,88,EKSC
2:24.80 ONESWIMJUN LUGO,Jon,87,MSSAC
0 2:25.01 QC1LCAPR RINALDI,Jonathan,88,CAMO
200 m Ind. Medley
2:14.01 ONVICDAPR BAIER,Daniel,88,STARS
2:16.63 QC3LCAPR MURRAY,Nicolas,88,DYNAM
2:17.46 QC2LCAPR BOIS,Mahhieu,88,HIPPO
2:22.58 QC2LCAPR LAVALLEE,Eienne,88,EXCE
2:22.72 BCCDSCAPR HO,Leonard,87,HYACK
2:22.93 QC1LCAPR RINALDI,Jonathan,88,CAMO
2:23.25 BCHYACKMAY WOLLACH,Pascal, 87, CASC
2:24.14 ONESWIMJUN ROSS,Jamie,87,DUCKS
2:24.75 ABEKSCAPR LOVE,Alexander,87,SK
10 2:25.10 BCCDSCAPR SZE,Mathew,88,UBCD

## 400 m Ind. Medley

5:00.35 BCHYACKMAY WOLLACH,Pascal, 87,CASC

## GIRLS 15 Years of Age <br> 50 m Freestyle

27.51 QC1LCAPRSAUMUR,Genevieve,87,CAMO
27.69 ONDV1TMAPRMITCHELL,Seanna,87,NKB 27.70 CANCWTRMARBENNETT,Allison,87,NYAC
28.38 ONESWIMUUN WAKEMAN,Monica,87,NEW
28.52 BCKCSJUN LING,Faye,86,DELTA
28.52 QC2LCAPRCAMPEAU,M-Pierre,86,HIPPO
28.59 BCSRLCFEB TAM,April,86,PN
28.63 ONLUSCMAY SERGEANT,Erika,87,BTSC
28.67 ONAACAPRZIOLKOWSKI,Martha,87,YORK
28.69 BCHYACKMAY TAYLOR,Sabrina,86,HYACK
59.33 CANCWTRMARBENNEIT,Allison,87,NYAC
59.76 CANCWTRMARSAUMUR,Genevieve,87,CAMO

1:00.11 CANCWTRMARMITCHELL,Seanna,87,NKB
1:01.11 BCZAJACMAY TAYLOR,Sabrina,86,HYACK
1:01.13 BCCDSCAPRHACKEIT,Shannon,86,UBCD
1:01.37 QC1LCAPRFFLIATREAUX-VELLLEUX,Pamela,86,,RCA
1:01.65 CANCWTRMARWISELaura,86,TO
1:01.67 ONESWIMJUNLAU,Jessica,87,SCAR
1:01.71 ONNEORAJUN SERGEANT,Erika,87,BTSC
1:01.90 MBMMMAYMONKMAN,Tiffany,86,MANTA
200 m Freestyle
2:06.88 CANCWTRMARHACKETT,Shannon,86,UBCD
2:08.90 BCSRLCFEB LENCOE,Taryn,86,UBCD
2:09.23 CANCWTRMARBENNEIT,Allison,87,NYAC
2:09.52 QC1LCAPRSAUMUR,Geneviev, 87, CAMO
2:10.39 NSDUNNUUN HALEY,Bevan,87,WTSC
2:11.02 ABEKSCAPRNORTON,Thea,86,0SC
2:11.86 CANCWTRMARWISELaura,86,TO
2:11.87 ONESWIMJUN JELEN, Jody,87,ESWIM 2:12.20 QC1LCAPRFILIATREAUX-VELLLEXX,Pamela,86,RCA 2:12.65 ONDV1TMAPRMITCHELL,Seanna,87,NKB

## 400 m Freestyle

4:21.09 CANCWTRMARHACKETI,Shannon,86,UBCD
4:22.84 BCSRLCFEB LENCOE,Taryn,86,UBCD
4:28.39 CANCWTRMARHALEY,Bevan,87,WTSC
4:33.87 BCZAJACMAY NORTON, Thea,86,UOFA
4:34.03 CANCWTRMARDUDAR,Eyse,86,TO
4:34.92 CANCWTRMARKREMER,Avery,86,UASC
4:35.09 CANCWTRMARPOMAIZL,Valerie,86,NRST
4:36.81 BCSRLCFEB RUSH,Kelsey,86,WVOSC
4:37.07 BCSRLCFEB GOODRIDGE,Darcy,86,UBCD
4:37.61 QC1LCAPRFILATREAUX-VELLEUX,Pamela,86,RCA

## 800 m Freestyle

9:00.24 CANCWTRMARHACKETI,Shannon,86,UBCD
9:01.87 BCSRLCFEB LENCOE,Taryn,86,UBCD 9:05.84 CANCWTRMARHALEY,Bevan,87,WTSC 9:08.63 CANCWTRMARDUDAR, Eyse,86,TO 9:23.91 CANCWTRMARNORTON,Thea,86,UASC 9:26.46 CANCWTRMARPOMAIZL,Valerie,86,NRST 9:31.19 BCSRLCFEB GOODRIDGE,Darcy,86,UBCD
9:33.68 ABEKSCAPRKREMER,Avery,86,OSC
9:38.60 ONESWIMJUN CHAPPELLE,Danielle,86,LAC
9:39.07 ONESWIMJUN LONG,Amanda,87,LAC

## 1500 m Freestyle

17:24.26 ONESWIMJUN DUDAR,Eyse,86,TO
17:58.06 BCCDSCAPR GOODRIDGE,Darcy,86,UBCD
18:27.79 BCHYACKMAY STARRATT,Carol,87,CASC
21:42.18 BCAAINVJUN ENGESETH,Jodie,87,HYACK

## 50 m Backstroke

30.60 CANCWTRMARBARTLETT,Melissa,86,CYPS
31.40 CANCWTRMARSMITH,Katelyn,86,TO
31.46 MBMMMAY YESTRAU,Landice,87,MM
31.82 CANCWTRMARMCILLROY,Kristin,86,TO
32.37 CANCWTRMARSAUMUR,Genevieve,87,CAMO
32.39 ONLACMAY HUBERT,Alyssa,87,CYPS
32.45 BCZAJACMAY ASPINALL,Jessica, 87, RAC
32.92 ONLACMAY MACLAUCHLAN,Jenn,87,NEN
32.93 SKRODJUN SLLLER,Eyse,87,ROD
33.54 QC1LCAPR ROSS,Carolyn,87,CAMO

## 100 m Backstroke

1:06.14 CANCWTRMARBARTLEIT,Melissa,86,CYPS 1:06.52 CANCWTRMAR SMITH,Katelyn,86,TO 1:07.36 CANCWTRMARMCILLROY,Kristin,86,TO 1:07.62 MBMMMAY YESTRAU,Landice,87,MM 1:07.89 ONDV1TMAPR HUBERT,Alyssa,87,CYPS 1:08.02 ONLACMAY JACKSON,Hilary,86,STARS 1:10.13 ABEKSCAPR STARRATT,Carol,87,CASC 1:10.15 BCZAJACMAY SILZZR, Eyse,87,SK 1:10.29 ONAACAPRWISE,Laura,86,COBRA 1:10.39 ONDV2TMAPR SADLER,Christine,87,MAC

## 200 m Backstroke

2:22.65 CANCWTRMARWISELaura,86,TO
2:24.02 CANCWTRMARMCILLROY,Kristin,86,TO
2:24.55 CANCWTRMARBARTLETT,Melissa,86,CYPS
2:25.71 CANCWTRMARSMITH,Katelyn,86,TO
2:26.68 MBMMMAY YESTRAU,Landice,87,MM
2:27.05 CANCWTRMARRUSH,Kelsey,86,WVOSC
2:27.23 CANCWTRMAR SAUMUR,Genevieve,87,CAMO

8 2:27.71 ONESWIMJUN JACKSON, Hilary,86,STARS
2:27.80 ONDV1TMAPRHUBERT,Alyssa,87,CYPS
10 2:27.86 BCZANACMAY SLLZER,Elyse,87,SK
50 m Breaststroke
35.00 BCSRLCFEB JONHSON, Haylee,86,UBCD 35.06 CANCWTRMARMANGE,Michelle,87,UBCD 36.05 CANCWTRMARLABBETT,Kim,87,OAK
36.28 CANCWTRMARLAKATOS,Nikki,87,OAK
36.53 ABEXSTJUN HENDRICK,Eizabeth,87,NCSA
36.70 ONAACAPRBECK,Casey,87,COBRA
36.84 ONAACAPRMCCABE,Allison,87,TSC
37.68 BCZAJACMAY WILLIAMS,Dana,87,STSC
37.90 PPOINVMAY KASTNER, Jasmine,87,DDO
1038.03 ONLACMAY ENGS,Eizabeth,87,CAJ

100 m Breaststroke
1:15.62 BCSRLCFEB JONHSON,Haylee,86,UBCD 1:15.79 CANCWTRMAR LAKATOS,Nikki,87,OAK 1:16.20 CANCWTRMARLABBEIT,Kim,87,0AK 1:16.67 BCZAJACMAYMANGE,Michelle,87,UBCD 1:16.91 CANCWTRMARTMMONS,Kelly,86,UASC 1:18.14 ABEKSCAPRWILLIAMS,Dana,87,STSC 1:18.75 ONDV2TMAPRENGS,Eizabeth,87,CAJ 1:19.57 ONPNTLNAPRBECK,Casey,87,COBRA
1:19.62 ONESWIMJUN NGUYEN,Quynh,86,MSSAC
10 1:19.86 ONESWIMJUN WILLIAMS,Amanda,86,NEW
200 m Breaststroke
2:38.06 CANCWTRMARMANGE,Michelle,87,UBCD
2:42.06 BCSRLCFEB JONHSON, Haylee,86,UBCD
2:44.87 CANCWTRMARTIMMONS,Kelly,86,UASC
2:45.63 CANCWTRMARLABBETT,Kim,87,OAK
2:47.87 CANCWTRMARLAKATOS,Nikki,87,OAK
2:48.44 ONESWIMJUN WILLIAMS,Amanda,86,NEW 2:48.65 ONDV1TMAPRMCCABE,Allison,87,TSC
2:49.81 ABEKSCAPRWILLIAMS,Dana,87,STSC
2:50.92 ONESWIMJUN BECK,Casey,87,COBRA
10 2:51.89 BCHYACKMAY STARRATT,Carol,87,CASC
50 m Butterfly
29.10 CANCWTRMAR SAUMUR,Genevieve,87,CAMO
29.86 QCCALACAPRHODGSON, Jennifer,87,PCSC
29.93 BCZAJACMAY HACKETT,Shannon,86,UBCD 30.16 CANCWTRMAR SMITH,Katelyn,86,TO 30.56 ONROWMAY SCOTT,Brittney,86,ROW 30.83 NBTMLCMAY BLAKNEY,Tara,87,CVAC 30.95 MBMMMAYMOORS,Kimberly,86,MM 31.07 ONLACMAY JULIEN,Heather,87,LAC 31.24 ONLACMAY HUBERT,Alyssa,87,CYPS 1031.40 ABEXSTJUN HENDRICK,Eizabeth,87,NCSA

## 100 m Butterfly

1:06.03 ONDV1TMAPRSCOTT,Brittney,86,ROW
1:06.66 BCZAJACMAY HACKEIT,Shannon,86,UBCD
1:06.67 CANCWTRMARSAUMUR,Genevieve,87,CAMO 1:06.79 CANCWTRMARKREMER,Avery,86,UASC
1:06.80 QC1LCAPR HODGSON,Jennifer,87,PCSC 1:06.85 ONESWIMJUN DUDAR,Eizabeth A,86,MSSAC 1:07.10 ONPNTLNAPR SM ITH,Katelyn,86,COBRA 1:07.17 BCHYACKMAY DOWNING,Mackenzie,86,WGB 1:07.55 QC1LCAPRGERMAIN,Allyson,87,ULAV
10 1:07.72 ONESWIMJUNMARION,Ashley,87,LAC
200 m Butterfly
2:24.21 BCSRLCFEB HACKETT,Shannon,86,UBCD
2:25.11 ONESWIMJUN DUDAR,Eizabeth A,86,MSSAC
2:25.65 CANCWTRMARHALEY,Bevan,87,WTSC
2:27.10 QC1LCAPRHODGSON,Jennifer,87,PCSC
2:27.26 ONDV1TMAPRSCOTT,Britney,86,ROW
2:27.35 ONESWIMJUN JULIEN,Heather,87,LAC 2:28.48 BCHYACKMAY JACK,Ally,86,CASC 2:28.76 CANCWTRMARKREMER,Avery,86,UASC
2:29.06 OC1LCAPRGERMAIN,Allyson,87,ULAV 10 2:29.95 ABEKSCAPRNORTON,Thea,86,OSC

## 200 m Ind. Medley

2:22.78 CANCWTRMARTIMMONS, Kelly,86,UASC
2:28.01 CANCWTRMAR POMAIZL, Valerie,86,NRST
2:28.07 CANCWTRMARNORTON,Thea,86,UASC
2:29.92 ONLACMAY MARION,Ashley,87,LAC
2:29.94 BCSRLCFEBMANGEMichelle,87,UBCD
2:29.99 OC1LCAPR HODGSON,Jennifer,87,PCSC
2:30.10 CANCWTRMARSAUMUR,Genevieve,87,CAMO
2:30.16 ONPNTLNAPRSMITH,Katelyn,86,COBRA
2:30.24 MBMMMAY YESTRAU,Landice,87,MM
10 2:30.65 NSDUNNJUNHALEY,Bevan,87,WTSC

## 400 m Ind. Medley

5:05.71 CANCWTRMARTIMMONS,Kelly,86,UASC 5:06.68 BCSRLCFEBMANGEMichelle,87,UBCD 5:08.89 CANCWTRMARNORTON,Thea,86,UASC 5:11.97 NSDUNNJUN HALEY,Bevan,87,WTSC 5:17.64 ONLACMAY MARION,Ashley,87,LAC 5:19.36 CANCWTRMAR JONHSON, Haylee,86,UBCD 5:19.78 QC1LCAPRHODGSON,Jennifer,87,PCSC 5:19.85 ONDV1TMAPRJELEN,Jody,87,ESWIM 5:20.36 ONESWIMJUN WAKEMAN,Monica,87,NEW 5:20.56 ABEKSCAPR KREMER,Avery,86,OSC

## BOYS 15 Years of Ag

## 50 m Freestyle

225.99 QC2LCAPRLALIBERTE Marc, 86 EXCE
26.21 ONDV2TMAPRPOSTHUMUS,Steven,87,TBT
26.26 ONLACMAY KURTZER,Mark,87,NEW 26.27 ONNEORAUUN BYRNE, Jeff,87,SSMAC 26.41 ABEXSTMAR TSO,Darren,87,LASC 26.44 QC3LCAPRBRILLANT,Etienne,86,CNDR 26.48 ONNEORAJUNHURD,Zachary,86,BTSC 26.54 BCZAJACMAY JACKS,Greer,86,IS
26.62 QC1LCAPRMILOT,David,87,PCSC

100 m Freestyle
55.65 QC1LCAPRNENMAN,Wesley,86,DDO
56.05 ONLACMAY KURTZER,Mark,87,NEW
56.61 QC2LCAPRLALIBERTEMarc,86,EXCEL
57.03 ONAACAPRMONACO,Marco,86,OAK
57.11 BCZAJACMAY DEROCHE,Mathew,86,BRSA
57.18 QC3LCAPRBRILLANT,Etienne,86,CNDR
57.37 BCZAJACMAY JACKS,Greer,86,IS 57.48 ABEKSCAPRMCKNIGHT, James,87,GOLD 57.61 ONNEORAUUN BYRNE,Jeff,87,SSMAC
57.67 ONDV2TMAPRCARL,Christian,87,TBT

200 m Freestyle
2:00.73 QC1LCAPR PROVENCHER-FORGEI,David,86,DDO
2:00.88 QC2LCAPRLALIBERTEMarc,86,EXCEL
2:01.28 ONESWIMJUN KURTZER,Mark,87,NEW
2:03.07 QC1LCAPRNENMAN,Wesley,86,DDO
2:03.78 BCSRLCFEB MONK, James,86,UBCD
2:04.01 ONLUSCMAY HURD,Zachary,86,BTSC
2:05.20 BCZAJACMAY MCKNIGHT,James,87,SK
2:05.47 BCHYACKMAY NG,Norman,86,HYACK
2:06.11 ONNKBMAY CONNERTY,Brandon,87,BRANT
10 2:06.40 QC1LCAPRLACHANCE-FORTIN,Aubert,87,ULAV

## 00 m Freestyle

4:17.56 ONLACMAY KURTZER,Mark,87,NEW
4:18.60 BCSRLCFEB MONK, James,86,UBCD
4:20.04 QC1LCAPRPROVENCHER-FORGET,David,86,DDO
4:21.80 ONDV2TMAPRACKROYD,Colin,86,AAC
4:24.63 ONNEORAJUN HURD,Zachary,86,BTSC
4:24.64 BCZAJACMAY CUTHBERT,Jens,86,UBCD
4:24.77 ONLACMAY BENTO,Chris,87,LAC
4:25.71 ONESWIMJUNNNEDZIE SKKI,Nelson,87,MSSAC 4:26.80 BCHYACKMAY REDD,Brad,86,HYACK
1 4:26.92 BCHYACKMAY WAGNER,Andrew,86,UBCD
800 m Freestyle
8:59.99 BCHYACKMAY CUTHBERT,Jens,86,UBCD
9:09.33 BCHYACKMAY QUINLAN,Edward Jovan,86,UBCD
9:12.90 BCHYACKMAYWAGNER,Andrew,86,UBCD
9:19.48 BCAAAINVJUN HO,Leonard,87,HYACK
9:34.26 BCHYACKMAYMINSTER,Dan,86,UBCD
9:40.45 BCAAAINVJUNNG,Norman,86,HYACK
10:42.96 BCAAAINVJUN CHIEN,Ryan,86,HYACK
11:57.46 BCAAAINVJUNMAROIS,Sebastian,87,SKSC

## stle

17:03.97 BCSRLCFEB MONK, James,86,UBCD
17:11.83 BCZAJACMAY CUTHBERT,Jens,86,UBCD 17:26.94 ONESWIMJUNNIEDZIESSKI,Nelson,87,MSSAC 17:29.72 ONESWIMJUNMIDGLEY,Andrew,87,LAC 17:31.24 BCZAJACMAY REID,Brad,86,HYACK 17:41.69 ONNEORAJUN HURD,Zachary,86,BTSC 17:47.00 ONLACMAY BENTO,Chris,87,LAC 17:48.02 BCCDSCAPRQUINLAN,Edward Jovan,86,UBCD 17:53.10 ONESWIMJUN WHITE,Kyle,87,MSSAC
17:54.48 BCHYACKMAY NG,Norman,86,HYACK

## 50 m Backstrok

28.92 ONAACAPRACKROYD,Colin,86,AAC 28.94 BCZAJACMAY GENDRON,Eric,86,BRSA 29.32 QC1LCAPRRENAUD,Felix,87,CNB 30.50 BCZAJACMAY SHERWOOD,Alex, 86,KCS 30.66 QC1LCAPR TODD-NORRIS,Daniel, 87, PCSO 30.83 QC2LCAPR DESLLETS,Alex,87,MEGO 30.88 ONLACMAY KURTZER,Mark,87,NEN 30.88 ONROWMAY ALLAIN,Michael,86,BST 30.95 SKRODJUN FOWLER,Brody,86,LASER 31.14 ONAACAPRMALINAS,Stephen,86,NYAC

## 00 m Backstroke

1:01.11 ONAACAPRACKROYD,Colin,86,AAC 1:02.34 BCZAJACMAY GENDRON,ETic,86,BRSA
1:02.46 QC1LCAPRNEWMAN,Wesley,86,DDO 1:02.48 BCKCSJUN SHERWOOD,Alex,86,KCS 1:04.35 ONNEORAJUNALLAIN,Michael,86,BST 1:04.43 ONLACMAY KURTZER,Mark,87,NEW 1:05.00 BCZAJACMAY ALEXANDER,Richard,87,IS 1:05.12 BCAAAINVJUN BARTON,Brad,87,VKSC 1:05.74 BCCDSCAPRMILOT,David,87,PCSC
1:05.76 ONESWIMJUN ELLISON,Donald,87,NEW

## 200 m Backstroke

## 2:12.09 ONAACAPRACKROYD,Colin,86,AAC

2:14.83 QC1LCAPRRENAUD,Felix,87,CNB
2:15.07 BCZAJACMAY GENDRON,Eric,86,BRSA
2:16.43 OC1LCAPRNENMAN,Wesley,86,DDO
2:17.81 BCKCSUUN SHERWOOD,Alex,86,KCS 2:17.98 ONLACMAY KURTZER,Mark,87,NEN

2:18.06 BCZAJACMAY ALEXANDERRRichadd,87,IS
2:19.35 ONLACMAY ELISON,Donadd,87,NEW
2:20.05 BCHYACKMAY WAGNER,Andrew,86,UBCD
10 2:20.45 QC1LCAPRZIEBA,Richard. 87,PCSC

## 50 m Breaststroke

34.25 SKRODJUN FOWLER,Brody,86,LASER
34.40 ONLACMAY ELLISON,Donald,87,NEW
34.49 BCZAJACMAY DEROCHE,Mathew,86,BRSA
34.61 ONAACAPRWYATT,Geoffrey,86,CHAMP
34.91 PPOINVMAY DUCHESNEAU,Marc-Andre,87,CARP
34.92 ONAACAPR SVARA, Kyle,87,CHAMP
34.95 ONLACMAY JONES,Bryn,87,NEW
35.00 QC1LCAPR VELLEUX-HAMEL,Guillaume,87,SAMAK
35.20 ONAACAPR DONER, Jeremy,87,ROC
35.26 BCSRLCFEB QUINLAN, Edward Jovan,86,UBCD

## 100 m Breaststrok

1:08.47 CANCWTRMARMONACO,Marco,86,OAK
1:11.95 ABEKSCAPR ESTOR,Rodale,87,CASC
1:12.12 BCAAAINVJUN CHIEN,Ryan,86,HYACK
1:12.43 BCHYACKMAY HO,Leonard,87,HYACK
1:12.98 ONESWIMJUNELLISON,Donald,87,NEW
1:13.42 MBMMMAY RANENKO,Andrey,86,MANTA
1:13.89 BCKCSJUN POZZNKOFF,Andrew,87,UCSC
1:14.04 QC1LCAPRHARMIDY,Kevin,86,PCSC
1:14.10 ABEKSCAPRARMSTRONG,Sean,86,EKSC
10 1:14.18 ABEKSCAPRDEROCHIE,Matthew,86,KSC

## 200 m Breaststrok

2:26.73 CANCWTRMARMONACO,Marco,86,OAK
2:34.72 BCZAJACMAY HO,Leonard,87,HYACK
2:37.86 ONLACMAY ELLISON,Donald,87,NEW
2:39.39 BCHYACKMAY ESTOR,Rodale,87,CASC
2:39.50 PPOINVMAY DUCHESNEAU,Marc-Andre,87,CARP
2:39.72 BCSRLCFEB QUINLAN,Edward Jovan,86,UBCD
2:41.01 ONNKBMAY LITVINOV,Kiril,86,GO
2:41.07 BCAAAINVJUNCHIEW,Ryan,86,HYACK
2:41.41 BCKCSJUN ARMSTRONG,Sean.86,EKSC 50 m Butterfly
26.91 PPOINVMAYMILOT,David,87,PCSC
27.72 ONAACAPRBYRNE, Jeff,87,SSMAC
27.96 QC2LCAPRCHARTRAND,Samuel,87,ELITE
28.21 QCCALACAPRLETOURNEAU,Mathew,87,CNHR
28.40 QC1LCAPRRENAUD,Felix,87,CNB
28.53 ONAACAPR HURD,Zachary,86,BTSC
28.71 SKRODJUN CRACOGNA,Pablo,86,GOLD
28.76 ONAACAPRZONENBERG,Nathan,87,NYAC
28.78 ONLACMAY JONES,Bryn,87,NEW
28.84 ONAACAPRBEAUDETTE,Brian,87,ROC

## 00 m Butterily

1:01.13 ONNEORAJUN BYRNE,Jeff, 87, SSMAC
1:01.16 BCCDSCAPRMILOT,David,87,PCSC
1:01.28 QC1LCAPRDAGASH,Roman,86,CAMO
1:02.51 ONESWIMJUN TUNG,Bryce,86,ESWIM
1:02.59 ONESWIMJUN DINC,Mehmet,87,MSSAC
1:02.68 ONAACAPRHURD,Zachary,86,BTSC
1:03.22 ONAACAPRACKROYD,Colin,86,AAC
1:03.25 QC2LCAPRLETOURNEAU,Mathew,87,CNHR
1:03.63 ONLACMAY JONES,Bryn,87,NEW
10 1:03.63 ABEKSCAPR DEROCHIE,Maathew, 86, ,KSC
200 m Butterfly
2:14.48 PPOINVMAYMILOT,David,87,PCSC
2:14.98 ONDV1TMAPRHURD,Zachary,86,BTSC
2:14.98 BCHYACKMAY CUTHBERT,Jens,86,UBCD
2:15.86 QC1LCAPRRENAUD,Felix,87,CNB
2:16.98 QC1LCAPRDAGASH,Roman,86,CAMO
2:17.45 ONESWIMJUN TUNG,Bryce,86,ESWIM
2:19.89 ONDV1TMAPRBYRNE,Jeff,87,SSMAC
2:20.38 QC2LCAPRLETOURNEAU,Mathew,87,CNHR
2:20.59 BCSRLCFEBMONK,James,86,UBCD
10 2:23.21 BCCDSCAPRMINSTER,Dan,86,UBCD

## 200 m Ind. Medley

2:16.04 QC1LCAPR PROVENCHER-FORGET,David,86,DDO 2:20.20 BCZAJACMAY DEROCHIE,Mathew,86,BRSA
2:20.28 QC1LCAPRMILOT,David,87,PCSC
2:20.97 ONAACAPRACKROYD,Colin,86,AAC
2:20.97 BCHYACKMAY WAGNER,Andrew,86,UBCD
2:21.45 ONESWIMJUN KURTZER,Mark, 87,NEW
2:21.77 ONVICDAPRCOX,Nathan,87,CYPS
2:21.79 ONAACAPROLSEN,Alex, 87,SCAR
2:21.81 BCHYACKMAY HO,Leonard,87,HYACK
10 2:22.35 ONESWIMJUN BENTO,Chris,87,LAC

## 400 m Ind. Medley

4:49.35 CANCWTRMARMONACO,Marco,86,OAK
4:50.57 QC1LCAPR PROVENCHER-FORGET,David,86,DDO
4:52.47 ONDV2TMAPRACKROYD,Colin,86,AAC
4:56.59 BCZAJACMAY DEROCHIE,Matthew,86,BRSA
4:57.74 ONLACMAY KURTZER,Mark,87,NEW

## TOP AGE GROUP TIMES

## GIRLS 16 Years of Age

## 50 m Freestyle

26.51 CANCWTPMARPORENTA,,Jennifer,85,TO
26.87 CANCWTRMARBECKBERGER,Jennifer,86,AAC
26.91 BCZAJACMAY KARDASH,EEin,85,MM
27.56 BCZAAACMAY NG, Jennier, 85, UBCD 27.65 CANCWTRMAR VANGOUDOEVER,Bsa,85,NCSA 27.71 MIDOMINOMAY SHOUST,Andrea,85,SSMAC
27.74 BCZAJACMAY KARDASH,Diane,85,MM
28.04 BCZAJACMAY LOCK,Jenny,85,COMOX
28.18 CANCWTPMARZVUERAC,Mila,85,HYACK
28.20 ABEKSCAPRSANDULAK,Danielle,86,EKSC 100 m Freestyle
57.52 CANCWTRMARPORENTA,Jenniere, $85, T 0$
58.09 CANCWTRMARKARDASH, Ein,85,MM
58.66 CANCWTRMARBECKBERGER,Jennifer, 86, AAC
59.22 BCZANACMAY NG,Jennifer, 85,UBCD

1:00.21 ONESWIMJUN LACOSTENahalie,85,MSSAC
1:00.36 CANCWTRMARKARDASH,Diane,85,MM 1:00.39 CANCWTRMAR VANGOUDOEVEREEST, 85,NCSA 1:00.40 ONAACAPRSHOUST,Andrea,85,SSMAC 1:00.43 CANCWTPMAR DOODY,Hayle, 85, UCSA 1:00.47 CC1LCAPBBABB,Caitin,86,DDO

## 200 m Freestyle

2:08.00 CANCWTRMARPORENTA,Jennifer,85,TO 2:08.78 ONESWIMUUNLACOSTE,Nathale,85,MSSAC 2:09.00 CANCWTRMAR DOODY,Hayley, 85, UCSA 2:09.07 CANCWTPMAR LENCOETTayn,86, UBCD 2:09.71 CANCWTPMARSIUDA,Kathy,85,ROW 2:09.71 OC1LCAPRGUAY-BACINE,Julia,86,CAMO 2:09.78 BCZAAACMAY LOCK,Jenny,85,COMOX 2:09.93 MBMMMAYKARDASH,Ein,85,MM 2:10.14 ONAACAPRBECKBERGER,Jennifer,86,AAC 2:10.42 QC1LCAPRBABB,Caitin,86,DDO 400 m Freestyle

4:23.38 BCZANACMAY LENCOETTayn,86,UBCD 4:23.56 BCZAJACMAY JELINEK,Courney,85,CHENA 4:24.26 CANCWTRMARLACOSTENahadie,85,TO 4:25.81 CANCWTRMARSIUDA,Kathy,85,ROW 4:28.81 CANCWTPMAR DOODY,Hayey,85,UCSA 4:34.53 BCHYACKMAY GOODRIDGE Darcy,86,UBCD 4:37.50 BCHYACKMAY CORMACK,Stacy,86,CASC
4:38.15 OCILCAPRGUAY-RACINE,Juia,86,CAMO 4:39.54 BCZAAACMAY BLOCK,Carmen,86,BRSA
4:39.71 BCZAAACMAY JONHSON,Hayle,86,UBCD
800 m Freestyle
8:55.11 BCZAJACMAY LENCOETTayn,86,UBCD
9:07.54 CANCWTRMARLACOSTENahhaie,85,TO
9:15.67 BCZZAACMAY GOODRIDGE,Dacy,86,UBCD
9:23.31 BCZAAACMAY DOODY,Hayley,85,UCSA 9:34.84 BCZANACMAY BLOCK,Carmen,86,BRSA 9:34.99 ONESWIMJUN COOPPRRBititany,86,LAC 9:39.61 BCZAJACMAY BIGELON,STephanie,86,IS 9:40.51 BCZAJACMAY BAYLISS,Lynette,85,UCSA 9:40.79 BCZAJACMAY HASLUND,Krisia,86,SK 10 9:40.99 ONESWIMJUN FOWLER,Stephanie,86,LAC 1500 m Freestyle

17:24.15 ONESWMMUUNLACOSTENahalie,85,MSSAC 17:38.12 BCHYACKMAY GOODRIDGEDacy,86,UBCD
17:58.92 BCHYACKMAY CORMACK,Stacy,86,CASC
18:38.81 BCCDSCAPR GRAHAM, Jamie, 85, UBCD
19:10.12 SKRODJUNHASLUND,Krista,86,ROD
19:13.52 ONNKBMAY STEVENS,Ein,86,NKB 19:23.03 SKRODJUN HOEVING,AShley,85,ROD 19:26.29 BCCDSCAPRTAYYOR,Kimberly,86,UBCD
19:30.57 BCCDSCAPRMURTON,Whitey, 85,UBCD
20:37.02 BCCDSCAPRWHEATLEY,Megan,85,CHEVA 50 m Backstroke
30.45 CANCWTRMARKUBAS,Hanna,85, UASC 31.19 ONAACAPRSHOUST,Andrea,85,SSMAC 31.26 BCZAAACMAY KARDASH,Ein,85,MM 31.31 CANCWTRMAR BEAULIEU,Randi, 85, TO 31.59 CANCWTPMARBBAND,Noemie,86,PCSC 31.77 BCZAJACMAY HOANG,TIna,85,HYACK
31.90 ONAACAPRBECKBERGGR,Nennifer, 86,AAC 32.21 CANCWTRMARGUAY-BACINE,JUlia,86,CAMO 32.55 CANCWTRMARKADDASH,Diane,85,MM
33.38 BCHYACKMAY BRYAN,Kimbereey,86,WLBF

## 100 m Backstrok

1:04.31 CANCWTRMAR KUBAS, Hanna,85, UASC 1:06.29 ONESWIMJUN SMITTH,Kadelyn,86,COBRA
1:06.32 CANCWTPMARBEAULIEU,Randi,85,TO 1:06.40 CANCWTPMARKARDASH,Ein,85,MM 1:06.54 MIDOMINOMAY SHOUST,Andrea,85,SSMAC 1:07.05 CANCWTRMARBBAND,Noemie,86,PCSC 1:07.57 BCZAJACMAY BAYLISS,Lynette,85, UCSA 1:08.24 BCZAJACMAY HOANG,Tina,85,HYACK
1:08.44 CCILCAPRROSS,Stephanie,86,CAMO
1:08.64 ONDV2TMAPRNEMEH,Kelsey,86,AAC
200 m Backstroke
2:23.10 BCZAAACMAY KUBAS,Hanna,85,UOFA 2:23.12 CANCWTRMARBAYLISS,Lynette,85,UCSA
2:23.73 ONAACAPRSHOUST,Andrea,85,SSMAC
2:24.74 ONESWIMJUN BEAULEUU,Randi, 85,MSSAC

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2:24.83 CANCWTRMAR JOBSECindy,85,MANTA
2:26.96 QC1LCAPR ROSS,Stephanie,86,CAMO
2:27.02 OC1LCAPRBBAND,Noemie,86,PCSC
2:27.28 ONESWIMUUN SMITT,Kaatelyn,86,COBRA
2:28.07 ONESWIMJUNTHERON,Sasha,86,NYAC
50 m Breaststrok
33.04 CANCWTRMARWAGNER,Tamara,85,ROW
34.06 CANCWTRMARZVIJERAC,Mila,85,HYACK
34.47 CANCWTPMAR BECKBERGER,Nennifer,86,AAC
34.67 CANCWTRMARHIRSCH,Kimberley,85,STSC
35.20 ONROWMAY DI CRESCEChisisine,85,RHAC
35.27 CANCWTRMAR HEATH,BTooke,85,TAT
36.28 MBMMMAY KARDASH,EEin,85,MM
36.33 ONAACAPRSUN,Stephanie.85,TD
36.67 BCSRLCFFEB LOCK,Jenny,85,COMOX
1036.92 ONAACAPRTRACY,Sasha,86,USC

100 m Breaststroke
1:11.83 CANCWTRMARWAGNER,Tamara,85,ROW 1:14.99 CANCWTRMARHRISSCH,Kimberley,85,STSC 1:15.15 CANCWTRMARZVIJERAC,Mila,85,HYACK 1:16.49 BCZAACCMAY JONHSON,Hayle,86,UBCD
1:16.76 OC1LCAPR DARSIGNY,Joan,85,CNB
1:17.30 ONLACMAY HEATH,Brooke,85,TAT
1:18.13 CC2LCAPRRATELLE,Marie Pier, $86, \mathrm{MEGO}$ 1:18.34 BCZANACMAY LOCK, Jenny, 85,COMOX 1:18.97 BCZANACMAY MATTE,Ashley,85,PGB 1:19.02 ABRDCSCUUN MACDONALD,Heather,86,EDSON

## 200 m Breaststroke

2:40.70 CANCWTPMAR WAGNERTTamara,85,ROW
2:41.10 BCZAAACMAY JONHSON,Hayee,86,UBCD
2:45.36 BCZAJACMAY MATTE,Ashley,85,PGB
2:46.34 BCZAAACMAY HIRSCH,Kimberley,85,STSC
2:48.64 ABLEDUCMAY BALLANTNE,Amy,85,PGB
2:49.97 ONDV2TMAPRBECKBERGER, Jennifer,86,AAO
2:50.10 QC1LCAPR DARSIGNY,Joan,85,CNB
2:51.07 OCCLCAPRRATELLE,Marie.Pier,86,MEGO 2:53.13 BCZAAACMAYCLAAKE,Mackenzie,86,BRSA
10 2:53.28 NSDUNNUUN BROWN, Jennifer,86,TCSC
50 m Butterfly
28.53 CANCWTRMARPORENTA, Jennier, 85, TO
29.03 CANCWTRMAR DOOOY,Hayley,85,UCSA 29.37 CANCWTRMAR VANGOUDOEVER,Esa,85,NCSA 29.41 CANCWTRMAROKELLY,Orlagh,85,UASC 29.48 ONAACAPPNEMEH,Keseey,86,AAC 29.69 CANCWTRMAR BECKBERGER,Jennifer, 86,AAC 29.76 CANCWTRMARGUAY-BACINE,Julia,86,CAMO
30.01 MBMMMAY KARDASH,Eiin,85,MM
30.31 BCZANACMAY NG,,Jennifer, 85, UBCD
1030.32 ONAACAPRHOLMES,Blai, 86,COBBA

100 m Butterfly
:03.72 CANCWTRMARGUAY-RACIIE,Julia,86,CAMO
1:04.29 CANCWTRMAR DOODY,Hayle,85,UCSA
1:04.68 CANCWTRMAROKELLY,Orlagh,85,UASC
1:06.66 ONESWIMUUN SMITT,Kaielyn,86,COBRA
1:06.95 ONESWIMJUN HOLMES,Blair,86,COBBA
1:07.04 CANCWTRMARNICHOLLS,Stephanie,85,PN
1:07.09 CANCWTRMARSIUDA.Kathy.85.FOW
1:07.24 QC2LCAPR PERREAULT,Patricia,86,CNCB
1:07.39 NSDUNNJUN LONGOBARDI,Amy,86,HTAC
10 1:07.40 ©C1LCAPRRATTE,Anne-Marie,86,ULAV

## 200 m Butterfly

2:22.42 CANCWTRMAROKELLY,Orlagh,85,UASC
2:23.37 CANCWTRMARGUAY-RACINE,Julia,86,CAMO
2:25.54 NSDUNNUUN LONGOBARDI,Amy,86,HTAC
2:26.40 ONESWMMUUN COOPER,B Bittany,86,LAC
2:28.74 ONESWIMUUNHOLMES,Blair,86,COBRA
2:30.63 BCZAJACMAY BIGELOW,Stephanie,86,IS
2:30.87 BCZANACMAY CLOAKK,Brianne.86,IS
2:31.57 BCCDSCAPRGRAHAM,,Jamie, 85, ,UBCD
2:31.58 CANCWTRMAR NEMEHH,Kelsey,86,AAC
2:32.38 CANCWTRMAR JOBSE,Cindy,85,MANTA

## 200 m Ind. Medley

2:25.09 CANCWTRMARSUUDA,Kathy,85,ROW
2:27.96 CANCWTRMARNCHOLLS,SStephanie,85.PN
2:27.97 CC1LCAPRGUAY-RACINEJJlia,86,CAMO 2:28.18 ONLACMAY COOPER,Bittany,86,LAC 2:28.34 ONESWIMJUNHOLMES,Blair,86,COBRA
2:28.82 CCILCAPRBABB,Caitin,86,DDO
2:29.19 ABEKSCAPRSANDULAKK,Danielle:86,EKSC
2:29.31 ABEKSCAPRHAGE,ASshlee,86,LASC
2:29.60 ONDV2TMAPRCLOUTIER,Kistin,86,CAJ
10 2:30.04 ONESWIMUUNLACOSTE,Nahhaie,85,MSSAC
400 m Ind. Medley
5:11.50 CANCWTPMARSUUDA,Kathy,85,ROW
5:12.95 ONESWIMJUN COOPER,Britany,86,LLAC
5:13.01 CANCWTRMAR DOODY,Hayley,85,UCSA
5:13.50 BCZZAACMAY BLOCK,Carmen,86,BRSA 5:15.51 CANCWTRMARLACOSTE,Nahhaie,85,TO 5:16.19 BCZAAACMAY BIGELOW,Stephanie,86,IS 5:17.35 CANCWTRMARNCHOLLS,Stephanie,85,PN 5:20.33 BCZAAACMAY SANDULAK,Danielle,86,UOFA 5:21.24 CANCWTRMARBAYLISS,Lynette,85,UCSA 5:22.52 CC1LCAPRBABB,Caitin,86,DDO

## OYS 16 Years of Age

50 m Freestyle
24.94 ABEXSTMARGILLESPIEKevin,85,EXST
25.16 NSDUNNUUNYOUNG,Doug,85,SWAT
25.16 CANCWTPMARBARD,Colin,85,UNB
25.20 ABEXSTMARHORTNESS,Fichard,85,AMAC
25.31 ONDV2TMAPRCHAN,EEi,85,AAC
25.44 ONESWIMJUN CHAN,Jason,85,SCAR
25.57 QCILCAPRLAFLAMME,Kevin,86,FCA
25.65 BCHYACKMAY ISIC,Dario,85,UBCD
25.68 ABEKSCAPRNG,Calum,85,CASC
25.71 OCZLCAPRHARRIS,Brendan,85,BBF

100 m Frestyle
54.58 ABEKSCAPR HORTNESS,Richard,85,AMAC
54.72 ONAACAPRCHAN,Eic,85,AAC
54.82 ABEKSCAPRGILLESPIEKevin,85,EXST
54.93 CANCWTRMARBARRD,COlin,85,UNB 55.08 ONESWMMJUN CHAN, Jason,85,SCAR
55.31 QCILCAPRLAFLAMME,Kevin,86,FCA
55.62 ONESWIMJUNMONAGHAN,James,85,NYAC
56.08 BCCDSCAPRIIIC, Dario,85,UBCD
56.34 ABEKSCAPRTURANCH-NOYEN,Patrick,85,EKSC
056.39 ONESWIMUUN QUEVEDO,PPau, 86,COBRA

200 m Freestyle
1:54.95 CANCWTPMARORWOL,TTbias,85,ESWIM
1:55.40 CANCWTPMARPHILLIPS,Devin,85,UASC
2:00.33 CANCWTRMAR RODRIQUE,Chares,85,ULAV
2:00.45 BCSRLCFEB JONES, Evan, 85, UBCD
2:02.11 BCSRLCFEBB ISIC,Dario,85,UBCD
2:02.33 QCILCAPR RODRIGUECharles,86,ULAV
2:02.57 CC1LCAPRLAFLAMME,Kevin,86,RCA
2:02.81 ABEKSCAPRLAVOEEMaColm,85,OSC
2:03.03 ABEXSTMARHORTNESS,Bichard,85,AMAC
10 2:03.20 BCCDSCAPRMONK,James,86, UBCD
400 m Freestyle
4:06.22 CANCWTPMARPHILLIPS,Devin,85,UASC
4:13.09 CANCWTRMARROORIQUE,Charles,85,ULAV
4:13.24 ABEKSCAPRLAVOIEMalcolm,85,OSC
4:13.52 QCiLCAPR RODRIGUECharles,86,ULAV
4:13.82 QCILCAPRRUSETM, 855 PCSC
4:14.86 BCSRLCFEB ISIC,Dario,85,UBCD
4:15.32 BCSRLCFEB JONES,Evan,85,UBCD
4:15.32 ONESWIMUUN CHAN, Jason,85,SCAR
4:15.87 ABEKSCAPRNG,Calum,85,CASC
0 4:19.93 BCZAJACMAY MONK,James,86,UBCD
800 m Freestyle
8:46.97 BCHYACKMAY ISIC, Dario,85, UBCD
8:54.62 BCHYACKMAY MONK,James, 86, UBCD
9:06.02 BCHYACKMAY JONES,Evan,85,UBCD
9:09.50 BCHYACKMAY DRIEDGER,Michael,86,CASC
9:16.43 BCCDSCAPRSTREEOWW,Desmond,85,UBCD
9:18.64 BCCDSCAPRWAGNER,Andrew,86,UBCD
9:29.90 NISTARUN CHARLTON,Bren,86,TAT
9:30.81 SKRODJUN ABDULLA,Adam,85,ROD
9:43.51 BCAAAINVUNN SCHMUCK,Andreas,86,PSW

## 1500 m Freestyle

16:23.46 BCZANACMAY LAVOIE,Malcolm,85,UOFA
16:30.13 CANCWTPMAR RODRROUECharles.85.ULAV
16:52.79 BCSRLCFEB JONES,Evan,85,UBCD
16:59.48 BCZAAACMAY MONK, James, 86, UBCD
17:03.55 ABEKSCAPRPHILLIPS,Devin,85,EXSC
17:18:27 BCCDSCAPRIIIC,Dario,85,UBCD
17:19.49 ABEKSCAPRNG,Calum,85,CASC 17:22.65 ONNEOPAUUN GREEN,Buddy,86,LUSC 17:42.30 BCZAJACMAY ABDULLA,Adam,85,SK
10 17:46.63 ABEKSCAPRDRIEDGER,Michael,86,CASC

## 50 m Backstroke

26.37 CANCWTRMAR ORIWOL,Tobias,85,ESWIM
27.40 CANCWTPMARNG,Callum,85,CASC
29.52 BCZAAACMAY SORRENTI,Kyle,86,BRSA
30.26 ONAACAPRKAYSER,Riley,85,TRENT
30.33 BCSRLCFEB STREZZOW,Desmond, 85, UBCD
30.46 BCSRLCFEB SCHMITT,EFich, $85,1 \mathrm{~S}$
30.70 ABEXSTUN GILLESPPEKevin,85,EXST
30.71 ONAACAPRHARE,At,86,TRENT
30.84 SKRODJUN RCHTTER,Derek,86,ROD
30.93 BCSRLCFEB WATERS,Patick, 85, KCS

## 100 m Backstroke

56.19 CANCWTRMAR ORIWOL,Tobias, 85, ESWIM

1:00.41 ONNKBMAY HAWES,Mathew,86, ,NKB
1:00.73 CANCWTPMARNG,Callum,85,CASC
1:01.24 CANCWTPMARPHILLLIPS,Devin,85,UASC
1:01.55 CANCWTPMARBARD,Colin,85,UNB
1:01.73 BCZAJACMAY SORRENTI,Kyle,86,BRSA
1:02.61 BCSRLCFEB SCHMITT,EFich,85,/S
1:02.85 QC2LCAPRBOUCHARD,Kevin,86,EXCEL
1:03.27 BCZAJACMAY STREZZOW,Desmond,85,UBCD
1:03.86 BCKCSUUN SHERWOOD,Graham,85,CP

## 200 m Backstroke

2:01.81 CANCWTRMARORWOL.Tobias,85,ESWIM
2:08.79 CANCWTRMARHAWES,Mathew,86,G0
2:10.24 BCSRLCFEB SCHMITT,EIch, 85, IS
2:11.69 CANCWTRMARNG,Calum,85,CASC
2:12.19 BCZAAACMAY STREZZOW,Desmond,85,UBCD

2:13.68 QC2LCAPR BOUCHARD,Kevin,86, EXCE
2:14.39 CANCWTRMARPHILLIPS,Devin,85,UASC
2:15.23 ABEKSCAPRGILLESPIE,Kevin,85,EXST
2:15.46 BCZANACMAY SORRENT,Kyle,86,BRSA
2:16.74 BCHYACKMAYMAXEY,Myles,85,CASC

## 50 m Breaststroke

30.75 BCZANACMAY THESSEN,Chad,85,SPART
31.79 ONAACAPRCHAN,Eic,85,AAC
31.87 CANCWTRMARBARNES,Waren,85,SCAR
33.24 ABUCSCMAY GHENT,Jeremy,85,UCSC
33.55 BCSLLCFEB ROBERTSON,Brendan,85,HYACK
33.70 ONAACAPRKAYSERRBiey, 85, TREVT
34.01 ONAACAPRMAK,Stephen,85,KBM
34.15 BCSRLCFEB FARAHURST,Sean,85,HANEY
34.21 ABUCSCMAY VAN HEERDEWihnn,86,FMSC
34.26 ONAACAPRDUNN,Adam,86,AAC

## 100 m Breaststroke

1:06.58 ONDV2TMAPRCHOW,Raymond,86,TMSC
1:07.00 BCSRLCFEB THESSENV,Chad,85,SPART
1:07.54 ONDVYTMAPRBARNES,Waren, 85,SCAR
1:09.45 OC3LCAPRLETENDRESimon,85,CNS
1:09.68 ONNEORAUNMCKECHNE,Dave,85,CYC
1:10.72 ONDV2TMAPRCHAN,EEic,85,AAC
1:12.71 NSDUNNUUN YOUNG,Doug,85,SWAT
1:13.07 BCSRLCFEB FAIRHURST,Sean, $85, H A N E Y$
1:13.27 ONESWIMUUNMATTI,86,NYAC
10 1:13.30 ONDV2TMAPRHALEBBannyn,86,NSA

## 200 m Breaststroke

2:26.99 ONDV2TMAPRCHOW,Raymond,86,TMSC
2:30.49 CANCWTPMARTHESSEN,Chad,85,SPART
2:31.78 OC3LCAPRLETENDRESimon,85,CNS
2:32.42 CANCWTRMARBARNES,Waren,85,SCAR
2:34.01 ONNEORAUUNMCKECHNE,Dave,85,CYC
2:35.37 QC1LCAPRGLASSMAN,Zachary,86,DDO
2:36.79 ONAACAPRCHAN,EIC, 85 ,AAC
2:38.96 ABEKSCAPR HTCHCOCK,Cody,86,FOD
2:39.41 BCZAAACMAY ROBERTSON,Brendan,85,HYACK
10 2:39.51 ABEKSCAPRNG,Calum,85,CASC
50 m Butterfly
27.05 BCSRLCFFEB KEAST,Ben,85,HYACK
27.22 ONVICDAPR BRONSON, JUstin A,86,OSHAC
27.48 NBTMLCMAY BAIRD,COlin,85,FAST
27.84 ONAACAPRCHAN,Eic,85,AAC
28.32 ABUCSCMAY HOGAN,Eiik,85,UCSC
28.64 ABEXSTJUN GILLEESPIE,Kevin,85,EXST
28.69 ONAACAPRPANKHURST,Abraham,85,ROC
29.02 NBTMLCMAY FECHT,Brad,8, 8 ,TIDE
29.06 BCSRLCFEB WATERS,Patick,85,KCS
29.12 MBMMMAY BECK,Aaron,85,RYMM

00 m Butterfly
59.79 ABEKSCAPRNG,Calum,85,CASC

1:00.23 OC1LCAPRRUSETIm,85,PCSC
1:00.47 ONNKBMAY HAWES,Mathew,86,NKB
1:00.64 ONDV2TMAPR FERGUSON,Nahan,86,EBSC
1:00.90 BCZAAACMAY LAVOIE,Macolm,85,UOFA
1:00.90 ONESWIMJUN CHAN, Jason, 85,SCAR
1:01.06 BCZAJACMAY MONK, James, 86, UBCD
1:01.12 ONDV2TMAPRCHAN,EEic,85,AAC
1:01.12 ONDV2IMAPRCHAN,EIC,85,AAC
1:01.17 BCHYACKMAY KEAST,Ben,85,HYACK
1:01.28 ABEKSCAPRHOGAN,Eik,855,UCSC

## 200 m Butterfly

2:07.85 CANCWTPMARLAVOIE,Macolm,85,UASC
2:08.28 ABEKSCAPRNG,Callum,85,CASC
2:11.76 CANCWTPMARHAWES,Mathee,86,GO
2:17.02 ONDV2TMAPRCHAN,EIic,55,AAC

2:17.38 BCSFLCFEB KEAST,Ben,85,HYACK
2:17.46 BCZANACMAY MONK,James,86,UBCD
2:19.10 ONDV2TMAPRFERGUSON,Nathan,86,EBSC
2:20.34 BCSRLCFEB WATERS,Patrick,85,KCS
10 2:20.92 QCILCAPRBBASSARD GAGNON,Philip,86,DDO
200 m Ind. Medley
2:04.72 CANCWTPMARORIWOL,Tobias,85,ESWIM
2:13.60 CANCWTRMARNG,Calum,85,CASC
2:14.10 BCZAJACMAY SORRENT,Kyle,86,BRSA
2:15.54 ABEKSCAPRPHILLIPS,Devin,85,EKSC
2:16.06 QCILCAPRRUSETTm,85,PCSC
2:16.76 BCSRLCFEB SCHMIT,EEich,85,/S
2:17.41 QCiLLCAPRROORIGUECharles 86, ULLAV
2:17.86 ONNEORAUNN KAYSERRRIEy, 85, TRENT
2:18.38 ONNKBMAY HAWES,Manhev,86,NKB
10 2:19:22 ONLACMAY SLATER,Adam,86,NEW
400 m Ind. Medley
4:29.17 ONDV1TMAPRORWOL,Tobias,85,ESWIM

## GIRLS 17 Years of Age <br> 50 m Freestyle

26.19 CANCWTRMARGRESDAL,Jenna,84,ESWIM
26.94 CANCWTRMAR POON,Victoria,84,CAMO
27.22 QC1LCAPRGAULT,Sarah,,85,DDO 27.47 CANCWTRMARBRADSHAW,Jessie,84,UCSA 27.49 ONDV2TMAPR KUHN,Stephanie,85,TMSC
27.52 MIDOMINOMAY HOBER,Renee,85,ROW
27.70 CANCWTRMARLECKOVIC,Kelsey,84,UBCD
27.86 ABEKSCAPRLYS,Alexandra,85,UCSA
27.94 CANCWTRMARLEFORT,Emilie,85,DDO

10 27.98 CANCWTRMARCHARRON-WATSON,Chanelle,84,ULAV
57.04 CANCWTRMARGRESDAL,Jenna,84,ESWIM
58.75 CANCWTRMARCHARRON-WATSON,Chanelle,84,ULAV
59.17 CANCWTRMARPOON,Victoria,84,CAMO
59.25 CANCWTRMARBRADSHAW,Jessie,84,UCSA
59.27 ABEKSCAPRLYS,Alexandra,85,UCSA
59.50 CANCWTRMARKUHN,Stephanie,85,TMSC
59.51 CANCWTRMARLECKOVIC,Kelsey,84,UBCD
59.64 NCULTRAUUN HOBER,Renee,85,ROW
59.68 CANCWTRMARAMER,Elizabeth,84,UASC

1:00.14 CANCWTRMARCHAN,Jackie,85,TO
200 m Freestyle
2:04.86 CANCWTRMARSTEFANYSHYN,Deanna,84,UBCD
2:05.52 CANCWTRMARCHARRON-WATSON,Chanelle,84,ULAV
2:05.57 CANCWTRMARGRESDAL,Jenna,84,ESWIM
2:07.15 ONDV1TMAPR FRATESI,Jennifer,84,ROW
2:09.30 ABEKSCAPRLYS,Alexandra,85,UCSA
2:09.31 CANCWTRMARAMER,EIizabeth,84,UASC 2:09.78 ONESWIMJUN TELFER,Katharine,84,ESWIM
2:10.40 QC2LCAPRSAVARD,Audrey,85,CNCB 2:10.45 ONDV2TMAPRWALKINSHAW,Kahla,85,HWAC
2:11.13 ABEKSCAPR GALFRE,Cynthia,85,EKSC
400 m Freestyle
4:22.28 CANCWTRMARSTEFANYSHYN,Deanna,84,UBCD
4:25.61 BCZAJACMAY MANNING,Jessica,85,UBCD
4:27.04 QC1LCAPRCHARRON-WATSON,Chanelle,84,ULAV 4:29.31 BCSRLCFEB BROWN,Meghan,84,UBCD 4:29.94 CANCWTRMARTELFER,Katharine,84,ESWIM 4:32.61 ONDV2TMAPRWALKINSHAW,Kahla,85,HWAC 4:33.63 ABEKSCAPR GALFRE,Cynthia,85,EKSC 4:35.54 ONDV1TMAPRMARTIN,Sheena,85,ROW 4:35.54 CANCWTRMARBERNIER,Joan,84,CNCB 4:36.10 ONESWIMJUN STEPHENSON,Frances,84,SCAR

## 800 m Freestyle

9:05.72 BCSRLCFEB STEFANYSHYN, Deanna,84,UBCD
9:17.29 ONESWIMJUN TELFER,Katharine,84,ESWIM
9:25.98 ONESWIMJUN STEPHENSON,Frances,84,SCAR
9:27.74 ABEKSCAPR GALFRE,Cynthia,85,EKSC
9:30.27 ONLACMAY COLES,Gillian,85,BROCK 9:35.06 BCZAJACMAY SCHNAPP,Nicole,84,PGB 9:35.19 BCZAJACMAY WALKINSHAW,Kahla,85,HWAC
9:38.53 MIDOMINOMAY MARTIN,Sheena,85,ROW
9:41.18 BCZAJACMAY GRAHAM, Jaimie,85,UBCD
9:41.78 ONESWIMJUN BERNARD,Claudia,84,REG 1500 m Freestyle

19:21.92 BCHYACKMAYMANNING, Jessica,85,UBCD 19:30.87 ONNKBMAY ALDRICH,Rachelle,85,NKB 21:46.52 NSDUNNJUN CHISHOLM,Terese,84,AA 22:19.55 NSSPRINVAPRCOX,Jen,85,YYW

## 50 m Backstroke

31.00 CANCWTRMARBRADSHAW,Jessie,84,UCSA 31.02 CANCWTRMARGILLESPIE,Amanda.85,NKB 31.92 CANCWTRMARKUHN,Stephanie,85,TMSC 32.01 CANCWTRMAR VINCENT,Tiffany,85,BRANT 32.52 CANCWTRMARROBERTS,Andrea,84,TCSC 32.59 CANCWTRMARMARTIN,Sheena,85,ROW 32.62 CANCWTRMARLEFORT,Emilie,85,DDO 32.98 ONAACAPRZIOLKOWSKI,Maya,84,YORK 33.17 BCZAJACMAY BURNETT,Chelsey,85,NRST 33.22 CANCWTRMARCLEVEN,Elizabeth,84,MM 1:03.74 CANCWTRMAR FRATESI,Jennifer,84,ROW 2 1:04.67 CANCWTRMARBRADSHAW,Jessie,84,UCSA 3 1:05.12 CANCWTRMARGILLESPIE,Amanda,85,NKB 1:06.02 ONESWIMJUN GRESDAL,Jenna,84,ESWIM 1:07.76 CANCWTRMARSTEFANYSHYN,Deanna,84,UBCD 1:07.97 CANCWTRMAR ROBERTS,Andrea,84,TCSC 1:08.22 CANCWTRMARTELFER,Katharine,84,ESWIM 1:08.52 QC1LCAPRMONTON,Danielle,85,PCSC 1:08.55 ONDV2TMAPRKUHN,Stephanie,85,TMSC 1:08.57 CANCWTRMARMARTIN,Sheena,85,ROW

## 200 m Backstroke

2:13.02 CANCWTRMARFRATESI,Jennifer,84,ROW 2:19.57 CANCWTRMARGILLESPIE,Amanda,85,NKB 2:22.50 ONDV1TMAPRGRESDAL,Jenna,84,ESWIM 2:24.08 CANCWTRMARTEEFER,Katharine,84,ESWIM 2:25.22 MIDOMINOMAY MARTIN,Sheena,85,ROW 2:26.59 ONLACMAY SZAFLARSKI,Anna,84,BROCK 2:26.62 CANCWTRMAR ROBERTS,Andrea,84,TCSC

8 2:26.68 QC1LCAPR DONOVAN,Kayleigh,85,DDO 2:27.12 BCZAJACMAY STEFANYSHYN,Deanna,84,UBCD 10 2:28.65 QC1LCAPRMONTON,Danielle,85,PCSC

## 50 m Breaststroke

33.49 CANCWTRMARHOBER,Renee,85,ROW 34.23 CANCWTRMARGAULT,Sarah,85,DDO 35.06 ONROWMAY WAGNER, Tamara,85,ROW 35.43 BCSRLCFEB LANDRY,Michelle C. 84, UBCD 35.51 ONAACAPRCRAFT,Jacquelyn,85,TRENT 35.53 CANCWTRMARALLEN,Megan,84,PN 35.68 CANCWTRMARBARTOSH,Sarah,84,UNAT-QC 35.73 CANCWTRMARDACK,Genevieve,85,TBT $9 \quad 35.78$ CANCWTRMARLEE,Joanna,84,TO
1035.84 CANCWTRMARBAUMEISTER,Mia,84,HYACK

## 100 m Breaststroke

1:12.19 MIDOMINOMAY WAGNER,Tamara,85,ROW 1:12.58 CANCWTRMARHOBER,Renee,85,ROW 1:15.54 CANCWTRMARGAULT,Sarah,85,DDO 1:15.72 ABEKSCAPRSINCLAIR,Meagan,84,UCSA 1:15.90 ONNKBMAY CRAFT,Jacquelyn,85,TRENT 1:15.92 OC1LCAPRDUFOUR,Micheline,85,ULAV 1:16.29 ONDV2TMAPRDACK,Genevieve,85,TBT 1:17.78 CANCWTRMARLEE,Joanna,84,TO
1:17.79 OC1LCAPRBOULIANNE,Bianca,85,CAMO
10 1:18.09 BCSRLCFBB ALLEN,Megan,84,PN

## 200 m Breaststroke

2:38.77 MIDOMINOMAY HOBER,Renee,85,ROW
2:38.86 ONDV1TMAPRWAGNER,Tamara,85,ROW
2:41.60 CANCWTRMARDACK, Genevieve,85,TBT
2:42.16 CANCWTRMARSINCLAIR,Meagan,84,UCSA
2:42.55 BCSRLCFEB LANDRY,Michelle C.,84,UBCD 2:42.76 CANCWTRMARDUFOUR,Micheline,85,ULAV 2:43.20 ONNKBMAY CRAFT,Jacquelyn,85,TRENT 2:44.82 CANCWTRMARGAULT,Sarah,85,DDO 2:47.29 QC1LCAPRCHANCE,Heather,85,PCSC 10 2:47.58 CANCWTRMARLEE,Joanna,84,TO 50 m Butterfly 28.49 CANCWTRMARARMSTRONG,Darcie,84,TAT 28.86 CANCWTRMAR KUHN,Stephanie,85,TMSC 29.09 CANCWTRMAR VINCENT,Tiffany,85,BRANT 29.52 CANCWTRMARGILLESPIEAmanda,85,NKB 29.61 CANCWTRMARCLEVEN,Bizabeth,84,MM 29.62 ONLACMAY PORENTA, Jennifer,85,MMST 29.70 BCSRLCFEB CHARD,Christine,84,WVOSC 29.72 BCSRLCFEBLANDRY,Michelle C.,84,UBCD 29.72 CANCWTRMAR BRADSHAW, Jessie,84,UCSA 10 29.76 CANCWTRMARBARTOSH,Sarah,84,UNAT-QC

## 100 m Butterfly

1:03.45 ONDV1TMAPRFRATESI, Jennifer,84,ROW
1:04.04 CANCWTRMARBERNER,,Joan,84,CNCB
1:04.25 ONDV1TMAPRVINCENT,Tiffany,85,BRANT 1:04.26 CANCWTRMARKUHN,Stephanie,85,TMSC 1:04.43 CANCWTRMARGILLESPIEAmanda,85,NKB 1:04.69 CANCWTRMARANSTEY,Kristin,85,STSC 1:05.42 BCZAJACMAY WALKINSHAW,Kahla,85,HWAC
1:05.42 QCILCAPRBARTOSH,Sarah,84,PCSC 1:05.50 ONDV1TMAPRARMSTRONG,Darcie,84,TAT
10 1:05.63 CANCWTRMARBRADSHAW,Jessie,84,UCSA
200 m Butterfly
2:19.81 CANCWTRMARBERNIER,Joan,84,CNCB
2:20.10 BCSRLCFEB LANDRY,Michelle C.,84,UBCD 2:22.18 CANCWTRMARGILLESPIEAmanda,85,NKB 2:22.55 CANCWTRMAR STEFANYSHYN,Deanna,84,UBCD 2:24.72 BCZAJACMAY WALKINSHAW,Kahla,85,HWAC
2:26.05 QC1LCAPRBARTOSH,Sarah,84,PCSC
2:26.90 QC1LCAPRLACHANCE-FORTIN,Alex,85,ULAV
2:27.90 QCILCAPRROY L'ECUYER,Chrystele,84,CNB
9 2:28.16 MBMMMAY FOLEY,Kara,85,BBSC
10 2:28.20 ABEKSCAPRANSTEY,Kristin,85,STSC

## 200 m Ind. Medley

2:18.82 CANCWTRMARLANDRY,Michelle C.,84,UBCD
2:18.87 CANCWTRMARFRATESI,Jennifer,84,ROW
2:24.85 CANCWTRMARGILLESPIE,Amanda,85,NKB
2:25.34 ONESWIMJUN GRESDAL,Jenna,84,ESWIM
2:25.91 ONDV2TMAPRKUHN,Stephanie,85,TMSC
2:26.02 ONLACMAY CERMAK, Carly,85,CAJ
2:26.33 CANCWTRMARGAULT,Sarah,85,DDO
2:26.91 CANCWTRMARBERNER,Joan,84,CNCB
2:27.07 CANCWTRMAROSTERER,Elizabeth,85,NKB
10 2:28.24 NCULTRAJUN HOBER,Renee,85,ROW

## 400 m Ind. Medley

4:56.23 CANCWTRMARLANDRY,Michelle C.,84,UBCD
5:04.02 ONDV1TMAPRFRATESI,Jennifer,84,ROW
5:06.98 CC1LCAPR CHARRON-WATSON,Chanelle,84,ULAV 5:07.78 CANCWTRMAR OSTERER,Eizabeth,85,NKB 5:12.52 QC1LCAPRCHANCE,Heather,85,PCSC 5:15.16 MIDOM INOMAY STEPHENSON,Frances,84,SCAR 5:15.38 ONESWIMJUN GRESDAL,Jenna,84,ESWIM 5:16.35 CANCWTRMARSINCLAIR,Meagan,84,UCSA 5:16.70 QC1LCAPRLACHANCE-FORTIN,Alex,85,ULAV 10 5:17.71 ONLACMAY CERMAK, Carly,85,CAJ

## BOYS 17 Years of Ag

## 50 m Freestyle

23.89 MIDOMINOMAY MILLER,Kurtis,85,SCAR
24.19 CANCWTRMARNEUFELD,Trevor,84,UCSA 24.19 CANCWTRMARTOZER,Graeme,85,MM 24.69 ONLUSCMAY RUSSELL,Colin,84,BTSC 24.94 ONESWIMJUN ORIWOL,Tobias,85,ESWIM 25.00 BCSRLCFEB SZE,M,85,UBCD 25.00 CANCWTRMARCOULMAN,Trevor,84,GOLD 25.14 BCHYACKMAY SZE,Marc Alexander,85,UBCD 25.21 ONDV1TMAPRCHANG,Nathan,85,SCAR 25.24 QC2LCAPRCHARTRAND,Alex,85,ELITE

## 00 m Freestyle

52.99 CANCWTRMARRUDOLF,Daryl, 84, UBCD
53.07 CANCWTRMARMILLER,Kurtis,85,SCAR 53.45 CANCWTRMAR TOZER,Graeme,85,MM 53.57 CANCWTRMARNEUFED,Trevor,84,UCSA 53.93 ONESWIMJUN SCHACH,Ben,85,NEW 53.96 SKRODJUN HORTNESS,Richard,85,AMAC 54.00 CANCWTRMARRUSSELL,Colin,84,BTSC 54.06 ONESWIMJUN ORIWOL,Tobias,85,ESWIM 54.56 BCSRLCFEB SZE,Marc Alexander,85,UBCD
054.96 MIDOMINOMAY MEDAGLIA,Steve,84,EOSA
1.53.70 BCZAJACMAY RUDOLF Darryl 84, UBCD

1:56.47 ONESWIMJUN ORIWOL,Tobias,85,ESWIM
1:56.80 ONDV1TMAPRRUSSELL,Colin,84,BTSC
1:57.60 CANCWTRMARMEDAGLIA,Steve,84,NKB
1:58.97 MBMMMAY TOZER, Graeme,85,MM
1:59.70 QC1LCAPR RIOUX,Kevin,85,CAMO
1:59.92 BCZAJACMAY SZE,Marc Alexander,85,UBCD
1:59.99 QC1LCAPR AUBRY,Jonathan,85,CNB
2:00.26 ONESWIMJUN SCHACH,Ben,85,NEN
2:00.43 CANCWTRMARLONG,Jonathan,85,LAC
400 m Freestyle
4:04.61 BCZAJACMAY RUDOLF,Daryl, 84,UBCD 4:05.26QLDSTAGLCJAN MACGILLIVARY,Kurtis,84,ROW 4:06.04 CANCWTRMARRUSSELL,Colin,84,BTSC 4:09.85 ONESWIMJUN ORIWOL,Tobias,85,ESWIM 4:12.12 BCZAJACMAY TOZER,Graeme,85,MM 4:12.16 BCZAJACMAY PHILLIPS,Devin,85,UOFA 4:13.01 BCSRLCFEBMCRAE,Bryce,84,COMOX 4:13.20 CANCWTRMARKEHOE,Joey,84,TO 4:13.99 CANCWTRMARJOHNSTON,Mathew,84,TO 0 4:14.26 ONDV1TMAPRMEDAGLIA,Steve,84,NKB

## 800 m Freestyle

8:21.16 QLDSTAGLCJAN MACGILLIVARY,Kurtis,84,ROW 9:11.47 ABRDCSCJUNENGI,Morgan,85,RDCSC 11:06.35 BCAAINVJUN TEMPLE,Evan,85,HYACK

## 1500 m Freestyle

16:00.79 QLDSTAGLCJAN MACGILLIVARY,Kurtis,84,ROW
16:20.92 ONESWIMJUN ORIWOL,Tobias,85,ESWIM 16:30.84 BCSRLCFEB RUDOLF,Daryl, 84, UBCD 16:39.51 CANCWTRMARKEHOE,Joey,84,TO 16:39.76 ONESWIMJUN LONG,Jonathan,85,LAC
16:57.46 BCSRLCFEB MCRAE,Bryce,84,COMOX 17:01.40 CANCWTRMARJOHNSTON,Mathew,84,TO 17:03.29 CANCWTRMARAUBRY,Jonathan,85,CNB 17:11.58 ONESWIMJUN ATKISON,Ryan,85,LAC 10 17:19.28 BCSRLCFEB HO, Justin,84,UBCD

## 50 m Backstroke

27.05 CANCWTRMARMILLER,Kurtis,85,SCAR
27.78 BCZAJACMAY NG,Callum, 85, CASC
28.16 CANCWTRMARATKINSON,Ryan,85,LAC 28.36 BCZAJACMAY COULMAN,Trevor,84,SK 28.51 CANCWTRMARMARTINSON,Adam,84,UCSA 28.97 BCZAJACMAY PHILLIPS,Devin,85,UOFA 30.12 ONLACMAY CUNNINGHAM,Adam,85,NEN 30.46 ONAACAPRDE MASTRO,Jamie,84,PICK 30.70 BCSRLCFEB CHEW,Mark,84,HYACK
30.84 BCSRLCFEB SHERSTOBITOFF,Timothy,84,KAJ

## 00 m Backstroke

57.81 MIDOMINOMAY ORWOL,Tobias,85,ESWIM
58.86 CANCWTRMARMILLER,Kurtis,85,SCAR
59.26 CANCWTRMARATKINSON, Ryan,85,LAC 59.65 CANCWTRMARMARTINSON,Adam,84,UCSA

1:00.81 BCZAJACMAY COULMAN,Trevor,84,SK 1:01.65 BCZAJACMAY PHILLIPS,Devin,85,UOFA 1:01.97 QC1LCAPRRENAUD,Martin,85,CNB 1:02.16 ONESWIMJUN AACH,Conrad,85,ESWIM 1:03.41 ABEKSCAPR ANDRENS,Gaelen,85,CASO
1:03.43 BCHYACKMAY BLAIR,Aaron,85,CASC

## 200 m Backstroke

## 2:05.15MIDOMINOMAY ORIWOL,Tobias,85,ESWIM

 2:07.78 MIDOMINOMAY ATKINSON,Ryan,85,LAC 2:08.08 CANCWTRMARMARTINSON,Adam,84,UCSA 2:11.61 QC1LCAPRRENAUD,Martin,85,CNB 2:12.35 MIDOMINOMAY MILLER,Kurtis,85,SCAR 2:12.36 ONESWIMJUN ATKISON,Ryan,85,LAC 2:13.95 ONESWIMJUN AACH,Conrad,85,ESWIM2:14.61 BCZAJACMAY MILLER,RBobert,84,WVOSC
29.26 CANCWTRMARDICKENS,Scot,,84,BRANT 30.12 BCSRLCFEB HUANG,Matthew,84,UBCD 30.21 CANCWTRMARBROWN,Michael,84,PERTH 33.13 BCSRLCFEB CHOI, Jung Hun,84,UBCD
33.36 ABEXSTJUN HARPER,Cori,85,EXST
33.72 ONAACAPRSMITH,Blar,85,BTSC
33.77 BCSRLCFEB CHIEN,Mark,84,HYACK
34.25 ONROWMAY MARTIN,Aaron,85,ROW
34.48 ONLACMAYMCLEAN, lan,85,CYPS
34.78 ONAACAPR NISHIBAYASHI,Joe,84,YORK

## 100 m Breaststroke

1:03.17 CANCWTRMARBROWN,Michael,84,PERTH
1:04.15 CANCWTRMARDICKENS,Scott,84,BRANT
1:04.90 CANCWTRMARHUANG,Mathew,84,UBCD
1:07.19 ONDV1TMAPRRUSSELL,Colin,84,BTSC
1:08.28 MIDOMINOMAY BARNES,Warren,85,SCAR
1:08.78 ONESWIMJUN ORIWOL,Tobias,85,ESWIM
1:09.43 QC1LCAPRRIOUX,Kevin,85,CAMO
1:09.56 QC2LCAPRSAMSON,Maxime,85,ELITE
9 1:09.66 QC1LCAPRCHAMPAGNE,Andre,85,SAMAK
10 1:10.61 ONESWIMJUN DEL MASTRO,Jamie,84,PICK

## 200 m Breaststroke

2:15.83 CANCWTRMARBROWN,Michael,84,PERTH
2:20.17 CANCWTRMARDICKENS,Scott,84,BRANT
2:22.02 BCSRLCFEB HUANG,Mathew,84,UBCD
2:26.69 ONESWIMJUN ORIWOL,Tobias,85,ESWIN
2:26.92 MIDOMINOMAY BARNES,Warren,85,SCAR
2:29.95 CANCWTRMARRUSSELL,Colin,84,BTSC
2:30.54 BCSRLCFEB CHOI,Jung Hun,84,UBCD
2:30.75 QC1LCAPRRIOUX,Kevin,85,CAMO
2:31.14 QC1LCAPRCHAMPAGNE,Andre,85,SAMAK
10 2:31.38 ONNKBMAYMEDAGLIA,Steve,84,NKB
50 m Butterfly
26.23 CANCWTRMARMILLER,Kurtis,85,SCAR
26.45 BCSRLCFEB RUDOLF,Daryl, 84, UBCD
26.58 CANCWTRMARNEUFELD,Trevor,84,UCSA
26.80 MBMMMAY TOZER,Graeme,85,MM
27.59 BCZAJACMAY COULMAN,Trevor,84,SK
28.06 SKRODJUN HORTNESS,Richard,85,AMAC
28.08 ONLACMAY SCHACH,Ben,85,NEN
28.24 BCSRLCFEBMCLEAN,Scott,84,KAJ
28.59 QCCALACAPRSTE-MARIEBISSONNETT,Mathieu,84,PCSC
1028.61 ONVICDAPRBAIER,Andrew,85,STARS

100 m Butterfly
56.28 CANCWTRMARRUDOLF,Darryl, 84, UBCD
58.40 MIDOMINOMAY MILLER,Kurtis.85,SCAR
58.83 ONLUSCMAY RUSSELL,Colin,84,BTSC
59.15 ONESWIMJUN AACH, Conrad, 85 ,ESWIM
59.24 ONESWIMJUN ORIWOL,Tobias,85,ESWIM
59.72 QC1LCAPRRIOUX,Kevin,85,CAMO

1:00.06 ABEKSCAPRMARTINSON,Adam,84,UCSA
1:00.26 MIDOMINOMAY WATSON,Alex S,84,SCAR
1:00.48 BCSRLCFEB SZE,Marc Alexander,85,UBCD
10 1:00.85 BCSRLCFEB KARGL-SIMARD,Christian,84,UBCT

## 200 m Butterfly

2:04.97 CANCWTRMARRUDOLF,Daryl|,84,UBCD
2:06.58 CANCWTRMARMEDAGLIA,Steve.84,NKB
2:10.01 MIDOMINOMAY ORIWOL,Tobias,85,ESWIM
2:10.67 ONESWIMJUN AACH,Conrad,85,ESWIM
2:10.83 ONESWIMJUN PARISELLI,Mark,85,NYAC
2:11.73 CANCWTRMARMARTINSON,Adam,84,UCSA
2:11.89 CANCWTRMARSENECAL,Thomas,84,NEW
2:13.64 MIDOMINOMAY WATSON,Alex S,84,SCAR
2:13.84 QC1LCAPRRENAUD,Martin,85,CNB
10 2:14.13 MIDOMINOMAY CHAN,Jason,85,SCAR

## 200 m Ind. Medley

2:07.66 MIDOMINOMAY ORIWOL.Tobias,85,ESWIM 2:09.41 CANCWTRMARMEDAGLIA,Steve,84,NKB 2:10.52 CANCWTRMARTOZER,Graeme,85,MM
2:12.21 BCZAJACMAY NG,Callum, 85, ,CASC
2:13.65 QC2LCAPRSAMSON,Maxime,85,ELITE
2:13.66 BCSRLCFEB HUANG,Mathew,84,UBCD
2:14.46 CANCWTRMARRIOUX,Kevin,85,CAMO 2:14.52 CANCWTRMARMARTINSON,Adam,84,UCSA
2:15.58 ONLUSCMAY RUSSELL,Colin,84,BTSC
10 2:15.63 ONAACAPRDEL MASTRO,Jamie,84,PICK

## 400 m Ind. Medley

4:28.02 MIDOMINOMAY ORIWOL,Tobias,85,ESWIM
4:36.56 CANCWTRMARMEDAGLIA,Steve,84,NKB
4:39.57 BCZAJACMAY NG,Callum,85,CASC
4:46.94 ONDV2TMAPRBROWN,Michael,84,PERTH
4:47.14 MIDOMINOMAY AACH,Conrad,85,ESWIM
4:47.55 MBMMMAY TOZER,Graeme,85,MM
4:47.85 BCSRLCFEB RUDOLF,Daryl, 84, UBCD


## COACH/ADM INSITRATOR UNIVERSITY OF GUELPH

## (Men's and Women's Swimming - Aquatics \& Recr eation Progr amming)

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## For further information: Alan Fairweather <br> (emailto: afairwea@uoguelph.ca <br> (519-824-4120 x2220)

Applications to:
Human Resources Department, University of Guelph,

Guelph, Ontario.
N1G 2W1

## BOOK REVIEW

## BREAKTHROUGH SWIMMING

By Cecil M. Colwin
247 pp., Champaign, IL
Human Kinetics, US \$22.95 (Cdn \$36.95)


Cecil M. Colwin

Thisbook, BreakthroughSwimming, hasitall:descriptions of historical swimming moments, explanations of the controversies surrounding the use of performanceenhancing drugs, in-depth discussions of the complex technical principles of human hydrodyamics, aswell asthe analysis of training and racing skills of the world's best competitive swimmers. The competitive swimming enthusiastwill, withouta doubt, berewardedandrecharged after reading this extensive and rich anthology.

In his quest to keep competitive swimming at the forefront of international sport excellence, the author has leftno stoneunturned. Colwin'sknowledgeand passion for competitive swimming translate well into his concise and comprehensive books through which he has established himself as the pre-eminent researcher and writer in this sport. This is his third book in the past ten years, and it is, thus far, his finest work.

Colwin has an uncanny knack of selecting the perfect anecdotal material and conjuring up vivid imagery of the past, in order to enhance the reader's enjoyment and understanding of issues that face competitive swimming today and to help establish realistic goals for the future of this uniquesport. The title, "Breakthrough Swimming," is apt as it is consistently used and developed as the major theme of this book; from the cover photo of a breaststroker breaking through the water's surface tension, to the recent breakthroughs of scientists, coaches, and swimmers at the elitelevel. Itiscertain that thisbook will playan important rolein thecontinueddevelopmentofcompetitiveswimming.

This treatise is a must-have for swimming coaches everywhere and a great read for everyone who enjoys this sport. Breakthrough Swimming is exceptionally presentable, readable, and interesting. This is a comprehensiveandimportantbook thatwill setthetonefor thesport of competitiveswimming for manyyearsto come.

Review by: J.G. Kelso, Ph.D.
Professor Emeritus, School of Human Kinetics, University of British Columbia

## AUSTRALIAN PERSONALITY: GEOFF HUECILL

## EVERY RACE BECOMES A STEPPING STONE TO THE FINALS OF THE 100 FLY AT THE OLYMPIC GAMES

## Nikki Dryden

He jets from capital to capital, lives and trains in paradise, andistreatedlikea rockstarin hishomeland; this is the glitzy world of Australian butterflyer Geoff Huegill, who trains with Ken Wood in Reddlife, just north ofBrisbane, Australia. Nicknamed Skippy, Geoff has the attitude to be a champion; his confidence borders on cockiness, but is backed up with just enough great swims to make you believe he will be great.

From RiodeJaneiroto NewYorkto Berlin, Skippy hopsfirm onecontinentto thenext, stayingjustlong enough to pick up a few gold medals, break a few world records, and cash a few paycheques before moving on to thenextlocation. Geoff'salso gotworld titles, Olympic medals, world records, and enough prime time endorsements to rival Michael Jordan at his peak. Welcome to the life of the newest breed of professional swimmer.

Geoff'sfinancial windfall began with theGoodwill Games in Brishane lastsummer, where US $\$ 250,000$ was up for grabs. Then, atter a surfing vacation in Maldives, Geoff headed to New York for Gary Hall's Sprint Cup. There he won the title of Male Swimmer of the Meet and collected well over US $\$ 15,000$ when his event, the 50 fly, was selected to carry double the prize money. Winners were supposed to collect US $\$ 7,500$ or a win, but Geoff'sracewasdrawn out of the hatbeforetheraceforthedouble prize moneybonus.

Skippywasalso the King of thisyear'sWorld Cup Circuit, with meetstopsin Rio, Edmonton, New York, Melboume, Stockholm, and Berlin. With the added pressure of having to pay his own way, Geoff made certain to make every swim count. Australia Swimming usually pays Skippy's expenses, but after changes in the sports hierarchy, he had to pay his own way through this year's circuit when Australia decided to only send a junior team. But that hardly slowed him. Geoff won six 50 -Ily events and five 100 flyraces, onlytohavehiseleven-eventwinningstreak broken by Germany'sThomas Rupprath on the inal event of the tour in Berlin. Rupprath not only upset Geoff, but also smashed the world record, clocking 50.10 to Geoff's 50.84.

Geoff had his own records though; he broke the 50 fly world record threetimes on the circuit, with the first one dropping in front of the Aussie crowd in Melboume. Skippywaspretty excited aboutbreaking
his first short-course world record. "I wasn't thinking about it [the record]. I had a really good day, did a promotion for Speedo with Michael Kim in thecity, came back to the hotel, and just relaxed. I feltreallygood. But I must admit I had a blinder of a swim and was actually pretty long on the wall." Geoff'sfirstrecondwasclocked at 22.84; he tied that time in Stockholm, and finally lowered it to 22.74 in Berlin. In total, Geoff's efforts on the tour eamed him US $\$ 24,500$. And thus is the life of a pro swimmer.

But do not let the image mislead you; money is notall that powers thissport. Geoffis an Olympic bronzemedallist, but it is a gold medal in the 100 fly at the Olympic Games that drives Geoff each and every day. "I still have strong memories as a 5 -year-old seeing Jon Sieben and the Huegill off the blocks 'Mean Machine' win medals
 in the 1984 Los Angeles Olympics. It wasat this point thatI began thinking about how greatit would beto one day represent Australia at the Olympics...Every time I step onto the blocks, the race becomes a stepping stone to the finals of the 100 fly at the Olympic Games."

So while money is an incentive to swim World Cup, itistheracing that will getGeoff hisdream. "My top priority atWorld Cup thisyearwasto race. Travel, race, travel, race; I wanted to getmybodyreadyfor the bigracesbyleaming howto swim when I'm tiredand sore. Your body starts to adapt to being constantly exhausted, so when I getto the big meets itiseasierto swim fast."

The whole World Cup process has also helped Geoffgrowasa swimmer.Although hetraveledalone, he talked to his coach every night after finals and made certain he maintained all the little things that are equally as important for swimming fast. "I'm at
thatage where I knowwhat I have to do; like getting rubs, eating right, and warming down propery. I think I'vereally matured physically and mentally as a swimmer from when I was 18."

Geoff's dominance continued after the World Cup Circuit ended, and will likely continue well into the summer. At the Short Course World Championships in Moscow, Geoff won two titles, leading Aussie sweeps with his countryman Adam Pine in the 50 and 100 flys. Despite being off hisbest in both races, Geoff was pleased with his 100 fly win. "Atter the first 25 metres I knew I was in front, and I just had to hang on to win and I was determined to claim thisgoldmedal tonight." Theflyersreceivedan extratreat when oneofRussia'shighestllyers,famous Cosmonaut Victor Savinich, made the medal presentations to the winners. And after the 50, Geoff was equally as pleased, even though he admitted he was trying for his own world record. "I was certainly
trying to get under my own world mark and I just couldn't get there in the end, but to win two world titles is a huge thrill, I'm loving every bit of it."

Thereign continued forSkippyinto the Australian Commonwealth Games / Pan Pacific Trials in his hometown of Brisbane.Australian Swimmingnamed Skippy as "The Face" of the 2002 Australian Swimming Championships, and Geoff helped to market the event, making a number of promotional and publicity appearances. Geoff admitted thatatter "a great timeon theWorld Cup Tour, I am gladto be home. I achieved some goodresults on the Tour, but nowI am focused on bigger and better things at the Australian Championships and for the rest of the season."

Skippydidnot disappointtheorganizers, as "The Face" of the meet won the 50 and 100 fly . Geoff beat Adam Pineforbothwins, anddespitemissingMichael Klim from the meet, who is out for the season after back surgery, the Brisbane crowd were on their feet the entire time. The pool rocked to the sounds of "Skippy," a tune from the legendary Australian TV show "Skippy" abouta real bush kangaroo who helps people somewhat like America'sfavourite dog Lassie and Canada's friendliest dog, the Littlest Hobo.

Meanwhile, Skippy the swimmer won race after race, and then thanked his growing legion of fans in thestands. Agroup of over 250 Skippyfans, dressedin green and gold and waving "We Love You Geoff" and "Go Skippy" banners, createdan energeticatmosphere at the pool. "It's good to swim in front of my home fans and I really appreciate the support I have been getting from the crowd here. It makes it a lot more enjoyableand aloteasierto getupforraceswhen you have a good crowd behind you."

Butdonotexpectitto beeasyto quietthe English crowd in Manchester that will be screaming for their butterfly heroes Steve Parry and James Fickman. Perhaps Geoff's rock-star status will inally betested. Butfor nowanyway, Geoff is the world'sbest 50 flyer and, luckily for him, he will be able to swim it this summerattheCommonwealth Games. Butthereality is that he will not be in the same position at the Olympics, and Geoff hashadtoacceptthefact thathis best event, the 50 fly , will not be in the Olympics in 2004.
"I didn't want to get my hopes up that FINA would add the 50 s to the Olympic program. I know they've tried before and been unsuccessful. I could onlywish the 50 was an event." Andso Geoff strivesto maintain his focus on what really counts. "While it wasfun to do the 50 atWorlds, I knewmylife couldn't bethateasyforme. Deepdown I'vealwaysknown that I havetoachievesuccessin the 100 , notin the 50 , and it'salways been the eventI've trained for." Geoff says the 100 ishisfavouniteevent, despitebeingtheworld's best 50 swimmer. "Anyone can getin and swim a 50, but it's the 100 where the bigger, stronger
swimmers race."
So what does Geoff Huegill have to do to turn a fast 50 into a winning 100 ? "Basically I just have to swim the perfect race, get it all together on the right day." Hisbest 100 so far camein the semi-final of the Olympics in Sydney. "In terms of swimming the perfectrace, I need to havea strong start, explode out of the 15 -metremark, get 17 strokeson the first 50 , get a great turn and 15 metres off the wall, then come home in 21 strokes."

Whilethe Olympicsarestill two yearsaway, Geoff Huegill will be using every opportunity to perfect his swimming and getready to win that elusive Olympic gold. And this summer he has two big chances to get some work done at both the Com monwealth Games in ManchesterandthePan PacificChampionshipsin Yokohama.

QUICK FACTS: HUECILL, Geoff, AUS
BIRTHDATE, PLACE: 4 MAR 1979, Gove
HEIGHT: 187 cm WEIGHT : 85 kg
HOME: Scarborough
REPRESENTS: Reddiffe Leagues SC
COACH: Ken Wood
■ 2001 Worlds 1st 50 fly 23.50, 3rd 100 fly 52.36, 1st 4x 100 medley
■ 2000 Olympics 3 rd 100 fly 52.22,
2nd $4 \times 100$ medley

- 1999 Pan Pacs 2nd 100 fly 52.51
- 1998 Commonwealths 1st 100 fly 52.81
- 1998 Worlds 3rd 100 fly 52.90
- 1997 Pan Pac Trials 1st 100 fly 52.95


Huegill wins 50 fly at 2001 Worlds

Marco Chiesa

# C-ANINGITEYEARYPANFRRANLDNSWMMNG 

## Jim Fowlie

Belowisaproposal which wasmade to the Provincial Technical Directors at the National Technical Planningmeeting, heldin Mississauga, April 15- 17, 2002. The motivation behind presenting this plan was made from observations at National Championships in Winnipeg and from discussions with Canadian swim coaches and swimmers across the country.

## Proposal A

Move Summer Nationals (early August) to late September or early October and create a short course Nationals for selection to all winter international teams.

Physiological basis for consideration: Thecurrentswimmingprogram in Canada isextremelywinterdominant.Duringwinter periods, swimmers are limited to "functional" training adaptations. Functional adaptation isthecardiovascular and glycolosis adaptation to training (aerobic, anaerobic systems). While this is good, the problem is the adaptation is temporary: within a three week period of competiion and rest, the swimmer can looseupto $80 \%$ ofthetraining benefits they gained ( one step forward and 8/10ths of a step backward). However, during summer periods, athletes beneit much more from both "functional" and "structural" adaptation. Structural adaptation is the growth and development of the athlete. Structural adaptation is the critical long term changeathletes requireto achievefull potential. Swimmers must go into a catabolic state to lose this training effect, i.e. mononucleosis.

## Proposal B

Move Spring Nationals to 10-12 weeks prior to the major International Competition of the year, mid - late May.

Physiological basis for consideration:

The optimum length of time for training adaptation to occur for functional work is 6 to 9 weeks. The minimum period of time for structural adaptation to occur is six months.

## Points for Consideration: Moving to late September Nationals

Extendstheswimmingyearbyuptotwo months. It is estimated, most Canadian swimmers are swimming less than 10 months a year and average under 2000 km per year. In comparison, their Australian counterpartsswim 11 monthsperyearand

Provincial and Youth Championships, plus allows time for other summer activities and holidays, while continuing to swim.

Swim clubsareback in training and full activity. The focus and attention provided senior club swimmers from within their own club will be enhanced.

Basic Model for Yearly Planning - 2003 and Beyond


Maximize the use of outdoor pools andgoodweathertrainingacrossCanada.

Create potential involvement of summer swimmersacrossCanada. Many of Canada's best talent has come from summer swim club programs. By closer aligningofWinterClubstoSummerClubs this talent search can be enhanced.

Avoid conflicts with University swim programs and academic schedules.

Canada hasthebestsummerdimate in the world for training. Long summer daysallowformorethan 12-hourtraining days.

Observation of othersports, Triathlon, Rowingand Cycling, attemptto enhance the length of their summers by moving around the world to train in a summer climate.

Indoor pools are not the best environment to train in for extended periods oftime. Peoplemusttrain in fresh air. Swimming is a summer sport and should be conducted outside as much as possible.

Canadian swim clubscurrentlyspend large amounts of money traveling to the USAfor training camps atChristmasand Easter. By extending training into the summer this pressure on clubs can be reduced.

Observation of other countries: Hungary, Finland, Sweden, Norway, Germany, Russia have sentmanygroups to summer climates for extended periods during their winters. Of particular note, the British have been sending swimmers to Australiafor6-to-8weekcampsduring their winter. In addition the British have introduced a September NationalsfollowingtheAustralian model, which has been in use for over 10 years.

## Moving to Mid-late May Trials

Provide 6 to 8 weeks for athletes to prepare for long course trials after University championships.

Reduce conflict with exam periods at all levels.
NCAACollegiate swimmers can easily return for the Nationals in May.

Avoid dangerous long periods of extended functional adaptation causing "plateau effect" leading into major competitions. Reference is made to the 1996 USAOlympic reviewin which athletesand coaches both felt they were over trained (prepared) and under competed because of such long extended training periods.

For functional adaptations to occur between NationalTrialsanda major competition, thereneeds to be a training period of more than six months. In thiscase theAmerican model is best used, wherethey areselecting theirteamsfor thenext 13months from this August's Nationals.

In addition, the American model of having their Olympic Trials 3 weeks before the 2000 Olympic Games provided them with the best result they have had since 1976. This 3 weeks model allows virtually no time for training adaptations, but rather the enhancement of competitive skill.

Thecombination ofthisNational Trials13month and 3 week selection process would be of particular interest.

## Weekend Invitational Meet and Senior Meet Format Proposal Goal <br> To improve and enhance the competitive nature of the meets <br> Requirements <br> Valued award/ recognition system (money/ <br> honours). Real measurable challenge <br> Structure: <br> 3 meets in one: <br> Eimination 50s <br> (heats; round of 12 ; round of 6 ; round of 3 ) Combined total time 100s <br> (lowest total time: heats + finals) <br> Timed Finals - 200 and longer

(Top 10 performances on IPS)

## Age Group - PENTATHLON Weekend

Goal
Improveand enhancethecompetitivenature of the meets
Requirements
Active and frequent involvement of children
Limit time access
Limit funding resources (parents and clubs)
FUN - sense of accomplishment:
Measurable
Self improvement
Ranking improvement
Structure:
5 events - all strokes

Jim Fowlie is head coach at the Pacific Sport National Swim Centre in Victoria, BC.

## AUSTRALIAN NEWS

## AUSSIE TEAM MAKES LAST MINUTE CHANGES TOURESKI AND HASS WITHDRAW, PIERRELAFONTAINEADDEDTOCOACHNGSTAFF

## Nikki Dryden

Gennadi Touretski appearsto beon hisfinal legshere in Australia. Atter an incident involving rowdy behaviour aboard an airplane flight, Touretski was suspended by the Australian SportsCommission, and has since withdrawn from the Australian Commonwealth Games Team atter histopswimmer, backstroker Ray Hass, pulled out of the meet.

Australian Swimming Chief Executive Glenn Taskerannounced thatTouretski isbeingreplaced by DavidUIrquhartoftheRedlands Clubin Brisbane, coach ofsprint star Ashley Callus. Hass's spot on the swim team has been replaced byafemale, butterflyer Rachel Coffee. While in Monte Carlo, Hass was involved in a motorscooteraccident, breaking his elbow after a fall, and was immediately flown home for surgery.

Before Touretski withdrew from theCommonwealth Team, withjustoneswimmer, Olympic 200 backstroker Clementine Stoney, underhischarge, heleft the AIS pool in Canberra where he has coached since 1993.

Soon atter learing the pool it was announced by Australian Sports Commission chief executive Mark Peters that the commission and the AIS believed Touretski wascurrentlyunableto perform hisservices as required by the tems of his engagement and was suspended onfull paypendinga medical examination.

Touretski was quoted as saying, "I have done some good things and some bad things in my time here(AIS)." Hesaidhefeltthattherewaslittlechance that he would be given the opportunity to continue coaching at the AIS and it was justa matter of time before he received his marching orders.

Of immediateconcem to Touretski wasto ensure that his one healthy swimmer, Clementine Stoney, would be coached up to the Commonwealth Games in Manchester. It was decided she would train under newly appointed AIS coach Pierre Lafontaine of Canada. Lafontaine joined the AIS coaching staff two months ago, after leaving the Phoenix Swim Club in the US, where he coached Olympic

## medallist, Kete Keller.

Touretsk's suspension by the Australian Sports Commission was also due to his actions while retuming from the Mare Nostrum Tour. Itis alleged that on an airplaneflightfrom Singaporeto Sydney, Touretski was harassing other passengers, and had spilled coffee over a flight attendant thying to settle him. Airline staff then handcuffed him. It has been suggested he wasintoxicated on theflight, although Touretski has asserted to AIS officials that he had reacted badly at altitude to blood pressure tablets he is required to take. Touretski is facing possible prosecution over the alleged incident. Qantas Airways said a passenger had "behavedinappropriatelytowards anumberofpassengersandcrew" andhadbeen questioned bypolice on arrival in Sydney.

No charges have been laid yet by police, and their investigation is expected to take five or six weeks. This would be the second such incident for Touretski who was involved in a similarairrageincidentresulting in a $\$ 10,000$ fine. While flying from Sydney to LA for the Pan Pacific Championships in 1995, which were held in Atlanta, hepuncheda pilot, bita flightattendant, and poked a fellow passenger in the eyewhileintoxicated. Theplanemadeanunscheduled stop in Honolulu, where Touretski was arrested and served 30 days in jail. Australian Swimming only reprimanded him at the time.

Gennadi Touretski was also in hot water earlier this year when he told a reporter during the World Short Course Championships in Moscow that his colleaguesbetrayedhim duringhislegal battleagainst drugs charges last year. He was suspended from his role at the AIS last year, atter drugs were allegedly found in a safe stolen from his home. The charges were later dropped and he was allowed to resume his duties at the AIS.

Speaking to a reporter from Reuters in Moscow, Touretski said his colleagues, who poached his swimmers during his legal battle, had betrayed him. He also said it was difficult to work and compete under somebody else's flag.

## TOP AGE GROUP PERFORMERS

## MAKING WAVES



Tamara Gimon, 10
Cub: Burlington Aqua Devils
Coach: Henry Bekker
Specialty: Freestyle, back and IM 1st ranked for LOM02 TAG in the 50 free and 200 IM , 2nd for 100 free
Best Times
LCM02
50 freestyle
100 freestyle
100 backstroke
31.51

1:09.52
1:22.72
2:38.90


Frederic Pelletier-Bernier, 12
Oub: Les Riverains
Coach: Martin Gregoire
Specialty: Backstroke and butterfly
3rd ranked for LCM02 TAG in the 200 back, 3rd for 100 fly
Best Times
100 backstroke
200 backstroke
100 butterfly
LCM02
1:12.82
2:35.36
1:11.85
200 butterfly


Antoine Lamoureux-Auclair, 12
Cub: Les Riverains
Coach: Martin Gregoire
Specialty: Free, breast, fly, IM
1st ranked for LCM02 TAG in the 200
breast, 3rd ranked in the 400 free and IM
Best Times
LOMO2
400 freestyle $\quad 4: 54.65$
100 breaststroke $\quad 1 ; 20.50$
200 breaststroke
2:49.02
400 ind.medley
5:28.57


Zach Summerhays, 12 Cub: Rock Island Swim Cub Coach: Mary Elen Peace-Hall Specialty: Individual medley 2nd ranked for LOMO2 TAG in the 400 IM Best Times LCM02 400 freestyle

4:56.94
38.10

50 breaststroke
5:28.57

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


Alexa Kormanycky, 12
Cub: Etobicoke Swimming
Coach: Jocelyn Jay
Specialty: Distance free and IM
1st ranked for LCMO2 TAG in the 800 free and 400 IM . 2nd for the 400 free
Best Times
LCM02
400 freestyle $\quad 4: 48.61$
800 freestyle $\quad 9: 50.79$
200 ind.medley
2:35.27
400 ind.medley
5:21.26


Kyungsoo Yoon, 12
Cub: North York Aquatic Cub
Coach: Brian Kelly
Specialty: Freestyle and butterfly
1st ranked for LCMO2 TAG in the 100
fly, 2nd for 200 fly, 4th for 1500 free
Best Times
LCM02
100 freestyle 1:03.88
1500 freestyle 19:37.14
100 butterfly $\quad 1: 08.23$
200 butterfly $\quad 2: 37.73$

## SwimMail.com







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