

NCAA CHAMPIONSHIPS

TOMORROW'S SWIMMER TODAY

SWIM NEWS

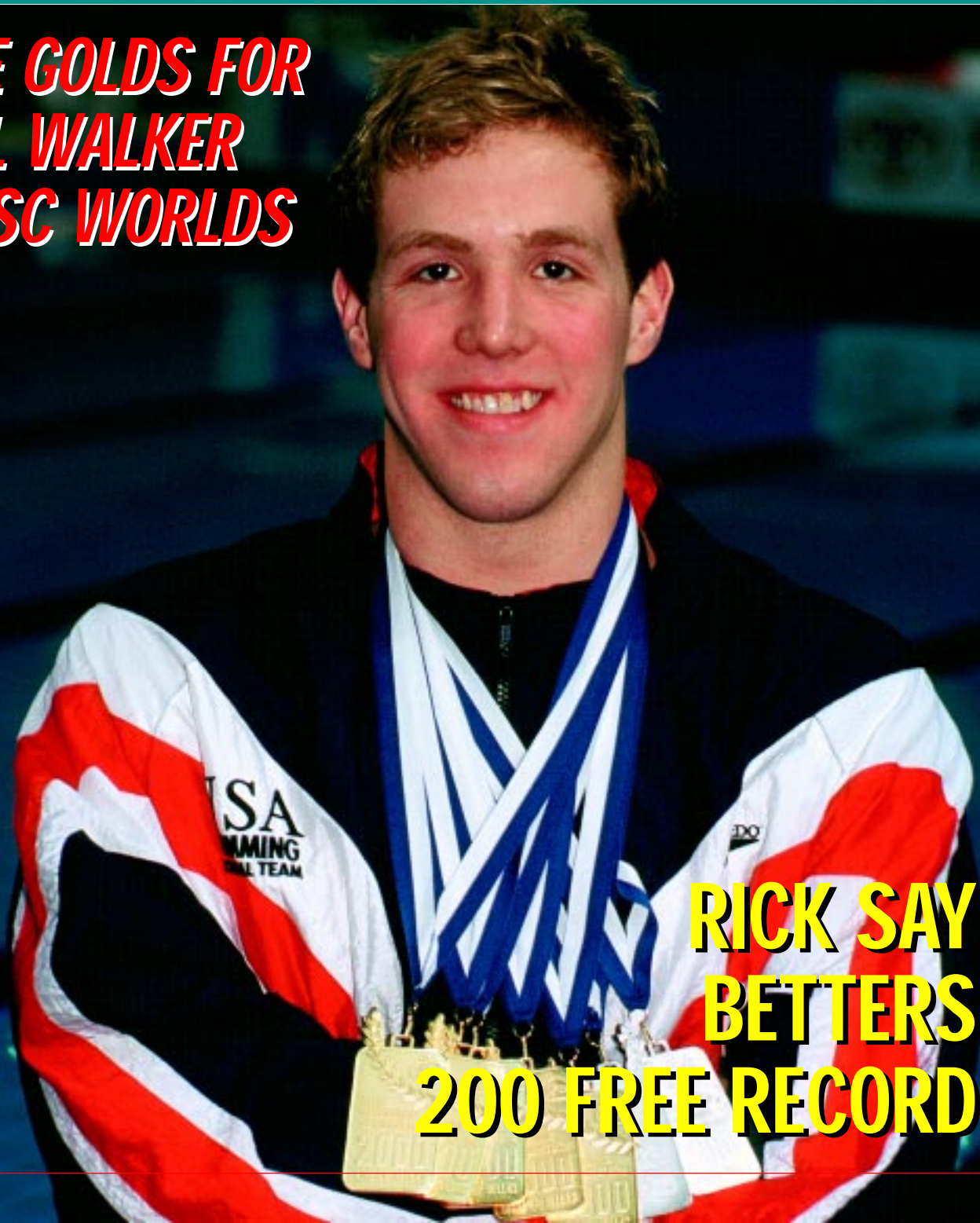
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***FIVE GOLDS FOR
NEIL WALKER
AT SC WORLDS***



**RICK SAY
BETTERS
200 FREE RECORD**

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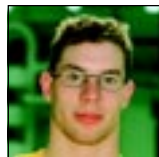
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Cover photo: Marco Chiesa



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Lars Frolander



Kristy Kowal



Tara Sloan

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TOP

Plan to take part in the
2000 TOP Program

HOW TO TAKE PART

Submit names of swimmers with
their performances
on TOP ENTRY FORM
available on swimnews.com
(club trials are recommended) in
one age category only, free and I.M.
to: **SWIMNEWS**
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Second deadline: April 28, 2000

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CANADIAN CALENDAR

April

14-16 Ontario Team Championships
Island Championships, Victoria

28-30 Edmonton Keyano International

May

13-14 Island Invitational, Victoria

26-28 New Brunswick Champs, Saint John

28-4 Maritime Life Olympic Trials,
Montreal

June

2-4 ROD Invitational, Regina

3-4 Durham Invitational, Pickering

16-18 Moose Jaw Invitational
Provincial Trials, Victoria

25-25 Jack McCormick Invitational,
Hamilton

Island Invitational, Victoria

29-2 Man/Sask Champs, Winnipeg

July

6-9 Ontario JR Provincials, Thunder Bay

7-9 Mel Zajac International, Vancouver

13-16 Youth/Junior Nationals/SWAD,
Etobicoke

20-23 BC Provincials, Victoria

30 Thetis Lake Open Water, Victoria

August

3-6 Maritime Life Nationals, Winnipeg

12 Canadian 10K Championships,
Victoria

October

13-15 POW Invitational, Woodstock, ON

November

10-12 Island Pacific Cup, Victoria

25-26 World Cup, Edmonton

2001

February

23-25 Youth & Junior Nationals

East - Saint John, NB

West - Saskatoon, SK

March

14-17 Spring Nationals (50 m), Edmonton

May

TBA Mel Zajac International, Vancouver

July

18-21 Youth & Junior Nationals, Winnipeg

August

7-10 Summer Nationals

INTERNATIONAL

April

10-14 Australian Age Group Champs, Perth

10-16 So. American Champs, Mar del Plata, ARG

May

6-7 Flanders Grand Prix, Brugges, BEL

12-14 Akropolis Meet, Athens, GRE

Antwerp Grand Prix, BEL

13-14 Swedish Grand Prix 2, Uppsala, SWE

19-21 Belgian GP, Charleroi, BEL

20-27 Australian Olympic Trials, Sydney

22-22 Mare Nostrum 1, Monte Carlo, MON

21-24 Oceania Champs, Christchurch, NZL

25-25 Mare Nostrum 2, Barcelona, ESP

25-28 JR Champs, Chalon-sur-Saone, FRA

26-29 Speedo Super Final, Sheffield, GBR

31-6 Brazil Trophy, Rio de Janeiro, BRA

June

4-7 Swedish EU Trials, Jonkoping, SWE

3-9 South Pacific Games, Guam, GUM

15-18 German Championships, Berlin, GER

16-18 Netherland Championships, NED

17-18 Golden Bear, Zagreb, CRO

17-18 Porto International, POR

21-24 Oceania Championships,
Christchurch, NZL

28-9 European Championships, Helsinki, FIN

July

7-9 Darmstadt International, GER

11-14 British Championships, Sheffield, GBR

15 Traversee Lac Lemans, SUI

20-23 Swedish Nationals, Landskrona, SWE

22-23 Vittel Cup Finals, Millau, FRA

27-30 European Junior Championships,
Dunquerque, FRA

28-31 British Olympic Trials, Sheffield, GBR

27-7 FINA World Masters, Munich, GER

August

3-6 National Champs, Vevey, SUI

4-6 National Champs, Belgium

6-9 Italian Championships, Asti, ITA

12-13 Balkan Games, Nicosia, CYP

17-23 Arab Tournament, Amman, JOR

September

16-23 Olympic Games, Sydney, AUS

October

7-8 Bremen SC International, GER

12-15 SC Champs, Melbourne, AUS

November

17-22 FINA World Open Water Champs,

Ft. Lauderdale, USA

December

14-17 European SC Championships,

Valencia, ESP

16-18 British Winter Champs, Sheffield, GBR

2001

July

17-29 FINA World Championships,

Fukuoka, JPN

August

22-1 FISU Universiade, Beijing, CHN

25-7 Mediterranean Games, Tunis, TUN

September

29-9 Goodwill Games, Brisbane, AUS

November

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

2002

April

TBA FINA World SC Champs, Moscow, RUS

July

26-36 Commonwealth Games, Manchester, UK

August

25-30 Pan Pacific Champs, Yokohama, JPN

2006

March

15-26 Commonwealth Games,

Melbourne, AUS

U.S. CALENDAR

April

11-14 YMCA SC Nationals, Ft.Lauderdale, FL

May

26-28 Cadillac 1, Ann Arbor, MI

June

15-18 Cadillac 2, Charlotte, NC

22-25 Cadillac 3, Santa Clara, CA

July

13-16 Cadillac 4, Los Angeles, CA

14-16 Cadillac 5, Long Island, NY

August

1-5 Speedo Junior Championships

West, San Antonio, TX

Southeast, Gainesville, FL

Northeast, Oxford, OH

9-16 Olympic Trials, Indianapolis, IN

November

18-18 FINA World Cup 1, College Park, MD

30-2 US Open (25 M), Auburn, AL

2001

March

15-17 Women's NCAA, Long Island, NY

22-24 Men's NCAA, College Station, TX

27-3 World Champs Trials, Austin, TX

August

14-18 Summer Nationals

ABOUT THIS ISSUE

Record setting in March continued at a torrid pace; 24 world records and 15 Canadian records indicate how faster swimming at all levels has become the norm. More and better competitions and the approaching Olympics are one reason.

Nikki Dryden writes on the Canadian Speedo Spring Nationals, held early in March long course. Rick Say broke a 10-year-old Canadian 200 freestyle record with a fantastic effort. Most others were in heavy training and swam through the meet.

The fifth FINA Short Course World Championships followed in Athens and that's where 15 world records tumbled during the four days of competition. Neil Walker (USA) was the star of the meet with five golds and two silvers. His mastery of the underwater kick in backstroke obliterated the existing records. He also posted impressive times for the 100 free and 100 I.M. Lenny Krazyleburg, who re-wrote the backstroke records during the past year, injured his toe on the touch pad in Athens and scratched from the 100 and 200 backs. The point is that nothing is certain—expect the unexpected.

For the first time the NCAA Championships went metric. The women's meet coincided with Athens and the comparisons were interesting. Two world records fell. A week later the men's championships was even faster with seven world records. Ed Moses obliterated the breaststroke records from Athens.

Early March is traditionally the period for provincial championships, so amidst all the international excitement the Canadian program displayed its fastest times for the Winter season and extra time was needed to process all this information. TAG is pretty well up-to-date, with minor exceptions due to some missing events. We have requested same. Next issue will have the 50 top performances for 25 m pools.

Tara Sloan had a car accident the week before Spring Nationals and was in a coma on life support for a week. She never regained consciousness and died. Her obituary by Nikki Dryden describes her life and accomplishments and the loss we all feel.

WOMEN'S NCAA

2000 WOMEN'S NCAA CHAMPIONSHIPS

Indianapolis, Mar 16-18 (25 m)

• = world record

50 METRES FREESTYLE

- 1) 24.80 Courtney Shealy, 77, USA, Georgia
- 2) 24.87 Courtney Allen, 78, USA, Northwestern
- 3) 24.97 Catherine Fox, 77, USA, Stanford
- 4) 25.09 Carrie Nixon, 80, USA, Notre Dame
- 5) 25.21 Katina Maistrellis, 79, GRE, So. Methodist
- 6) 25.24 Keiko Price, 78, USA, UCLA
- 7) 25.28 Jialin Sun, 75, CHN, Nevada
- 8) 25.57 Colleen Lanne, 80, USA, Texas

100 METRES FREESTYLE

- 1) 53.99 Courtney Shealy, 77, USA, Georgia
- 2) 54.68 Keiko Price, 78, USA, UCLA
- 3) 54.80 Colleen Lanne, 80, USA, Texas
- 4) 54.94 Catherine Fox, 77, USA, Stanford
- 5) 55.06 Helene Muller, 78, RSA, Nebraska
- 6) 55.13 Sarah Tolar, 80, USA, Arizona
- 7) 55.25 Courtney Allen, 78, USA, Northwestern
- 8) 55.77 Stefanie Williams, 80, USA, Georgia

200 METRES FREESTYLE

- 1) 1:57.33 Maritza Correia, 81, USA, Georgia
- 2) 1:57.59 Sarah Tolar, 80, USA, Arizona
- 3) 1:57.87 Helene Muller, 78, RSA, Nebraska
- 4) 1:58.09 Ellen Stonebraker, 79, USA, Wisconsin
- 5) 1:58.38 Lorena Diaconescu, 79, ROM, Nevada
- 6) 1:58.80 Kim Black, 78, USA, Georgia
- 7) 1:58.87 Rada Owen, 78, USA, Auburn
- 8) 1:58.96 Emily Mastin, 80, USA, Arizona

400 METRES FREESTYLE

- 1) 4:04.09 Cristina Teuscher, 78, USA, Columbia
- 2) 4:06.17 Jessica Foschi, 80, USA, Stanford
- 3) 4:07.31 Cara Lane, 81, USA, Virginia
- 4) 4:09.09 Ellen Stonebraker, 79, USA, Wisconsin
- 5) 4:09.53 Rada Owen, 78, USA, Auburn
- 6) 4:09.60 Kim Black, 78, USA, Georgia
- 7) 4:10.79 Trina Jackson, 77, USA, Arizona
- 8) 4:13.58 Sarah Tolar, 80, USA, Arizona

1500 METRES FREESTYLE

- 1) 16:03.59 Cara Lane, 81, USA, Virginia
- 2) 16:14.50 Trina Jackson, 77, USA, Arizona
- 3) 16:14.77 Asa Sandlund, 79, SWE, Southern Cal
- 4) 16:14.79 Mirjana Bosevska, 81, MKD, Virginia
- 5) 16:18.17 Jessica Foschi, 80, USA, Stanford
- 6) 16:18.18 Ellen Stonebraker, 79, USA, Wisconsin
- 7) 16:18.70 Becky Wilson, 80, USA, Georgia
- 8) 16:29.93 Maritza Correia, 81, USA, Georgia

100 METRES BACKSTROKE

- 1) 58.66 Courtney Shealy, 77, USA, Georgia
- 2) 59.17 Haley Cope, 79, USA, California
- 3) 59.34 Beth Botsford, 81, USA, Arizona
- 4) 59.35 Catherine Fox, 77, USA, Stanford
- 5) 59.56 Shelly Ripple, 80, USA, Stanford

- 6) 59.92 Denali Knapp, 78, USA, Arizona
- 7) 1:00.35 Summer Mack, 78, USA, North Carolina
- 8) 1:01.15 Julie Manitt, 80, USA, Arizona

200 METRES BACKSTROKE

- 1) 2:06.70 Beth Botsford, 81, USA, Arizona
- 2) 2:08.01 Shelly Ripple, 80, USA, Stanford
- 3) 2:08.63 Keegan Walkley, 79, USA, Georgia
- 4) 2:08.99 Denali Knapp, 78, USA, Arizona
- 5) 2:10.98 Jennifer Mihalik, 78, USA, Georgia
- 6) 2:11.53 Jessica Aveyard, 81, USA, Illinois
- 7) 2:11.63 Corrie Murphy, 79, USA, Southern Cal
- disq Sofia Svensson, 78, SWE, Cincinnati

100 METRES BREASTSTROKE

- 1) 1:05.74 Kristy Kowal, 78, USA, Georgia
- 2) 1:06.79 Amy Balcerzak, 78, USA, Northwestern
- 3) 1:06.79 Staciana Stitts, 81, USA, California
- 4) 1:06.95 Amanda Beard, 81, USA, Arizona
- 5) 1:07.22 Brook Monroe, 79, USA, Auburn
- 6) 1:08.25 Ashley Roby, 80, USA, Georgia
- 7) 1:08.25 Kristin MacGregor, 79, USA, Southern Cal
- 8) 1:09.43 Erin Eldridge, 77, USA, Washington State

200 METRES BREASTSTROKE

- 1) 2:22.05 Kristy Kowal, 78, USA, Georgia
- 2) 2:22.84 Amanda Beard, 81, USA, Arizona
- 3) 2:25.02 Staciana Stitts, 81, USA, California
- 4) 2:26.91 Katie Hathaway, 79, USA, North Carolina
- 5) 2:27.88 Elli Overton, 74, AUS, California
- 6) 2:28.16 Amy Balcerzak, 78, USA, Northwestern
- 7) 2:28.68 Brook Monroe, 79, USA, Auburn
- 8) 2:29.12 Sarah Chandler, 81, USA, So. Methodist

100 METRES BUTTERFLY

- 1) 57.97 Limin Liu, 76, CHN, Nevada
- 2) 58.60 Misty Hyman, 79, USA, Stanford
- 3) 58.82 Joscelin Yeo, 79, SIN, California
- 4) 59.34 Julia Voitowitsch, 76, GER, UCLA
- 5) 59.59 Katie Younglove, 80, USA, UCLA
- 6) 59.70 Haley Cope, 79, USA, California
- 7) 1:00.17 Gina Panighetti, 78, USA, Wisconsin
- 8) 1:01.03 Sarah Baham, 81, USA, Arizona State

200 METRES BUTTERFLY

- 1) 2:06.04 Limin Liu, 76, CHN, Nevada
- 2) 2:06.55 Misty Hyman, 79, USA, Stanford
- 3) 2:10.21 Shelly Ripple, 80, USA, Stanford
- 4) 2:10.46 Katie Younglove, 80, USA, UCLA
- 5) 2:11.64 Gina Panighetti, 78, USA, Wisconsin
- 6) 2:11.79 Erin Vogt, 80, USA, Arizona
- 7) 2:12.45 Joscelin Yeo, 79, SIN, California
- 8) 2:15.23 Trina Jackson, 77, USA, Arizona

200 METRES IND. MEDLEY

- 1) 2:10.69 Kristy Kowal, 78, USA, Georgia
- 2) 2:10.74 Elli Overton, 74, AUS, California
- 3) 2:12.21 Maggie Bowen, 80, USA, Auburn
- 4) 2:12.56 Kristin MacGregor, 79, USA, Southern Cal
- 5) 2:13.09 Joscelin Yeo, 79, SIN, California
- 6) 2:13.38 Shannon Shakespeare, 77, CAN, Michigan
- 2:13.38 Michala Kwasny, 80, USA, Southern Cal
- 8) 2:14.62 Gabrielle Rose, 77, USA, Stanford

RECORD SETTERS

WORLD RECORDS

Pending FINA Ratification

4x100 medley relay:

• 3:57.46 University of Georgia, Indianapolis, Mar 16
 Better old record of 3:57.62 Japan, 1999

50 backstroke:

• 27.25 Haley Cope, USA, Indianapolis, Mar 17
 Better old record of 27.27 Sandra Volker, GER, 1998

400 METRES IND. MEDLEY

- 1) 4:33.81 Cristina Teuscher, 78, USA, Columbia
- 2) 4:37.77 Corrie Murphy, 79, USA, Southern Cal
- 3) 4:38.94 Maggie Bowen, 80, USA, Auburn
- 4) 4:40.47 Mirjana Bosevska, 81, MKD, Virginia
- 5) 4:40.85 Katie Hathaway, 79, USA, North Carolina
- 6) 4:40.88 Elli Overton, 74, AUS, California
- 7) 4:41.87 Keegan Walkley, 79, USA, Georgia
- 8) 4:44.56 Katy Christoferson, 79, USA, Minnesota

4X50 M MEDLEY RELAY

- 1) 1:49.23 Univ. of California
- 2) 1:49.71 Univ. of Arizona
- 3) 1:50.14 Univ. of Georgia
- 4) 1:50.15 Stanford Univ.
- 5) 1:51.63 Northwestern Univ.
- 6) 1:52.40 UCLA
- 7) 1:52.69 Univ. of Virginia
- 8) 1:54.14 Univ. of Nevada

4X100 M MEDLEY RELAY

- 1) • 3:57.46 Univ. of Georgia
- 2) 3:58.47 Univ. of Arizona
- 3) 3:58.62 Univ. of California
- 4) 4:02.23 Stanford Univ.
- 5) 4:03.29 Northwestern Univ.
- 6) 4:03.30 Auburn Univ.
- 7) 4:04.39 UCLA
- 8) 4:07.43 U. Southern California

4X50 M FREE RELAY

- 1) 1:40.18 Univ. of California
- 2) 1:40.48 Stanford Univ.
- 3) 1:40.61 Univ. of Arizona
- 4) 1:41.12 Northwestern Univ.
- 5) 1:41.48 Univ. of Georgia
- 6) 1:41.51 Univ. of Michigan
- 7) 1:41.73 Univ. of Texas
- 8) 1:41.76 Southern Methodist Univ.

4X100 M FREE RELAY

- 1) 3:37.67 Univ. of Georgia
- 2) 3:38.89 Univ. of Arizona
- 3) 3:39.77 Stanford Univ.
- 4) 3:39.88 Univ. of California
- 5) 3:40.70 Univ. of Texas
- 6) 3:42.77 Auburn Univ.
- 7) 3:44.01 Southern Methodist Univ.
- 8) 3:44.96 Northwestern Univ.

4X200 M FREE RELAY

- 1) 7:55.51 Univ. of Arizona
- 2) 7:58.87 Univ. of Wisconsin
- 3) 7:59.53 Auburn Univ.
- 4) 8:00.45 Stanford Univ.
- 5) 8:00.46 Univ. of Georgia
- 6) 8:02.95 Southern Methodist Univ.
- 7) 8:03.40 Univ. of Texas
- 8) 8:05.54 Univ. of Virginia

Rating Summary of Top Performances

1)	1019	1:05.74	100 breast	Kristy Kowal, 78, USA
2)	1012	1:49.23	4x50 medley	Univ. of California, USA
3)	1011	3:57.46	4x100 medley	Univ. of Georgia, USA
4)	1009	58.66	100 back	Courtney Shealy, USA
5)	1005	3:58.47	4x100 medley	Univ. of Arizona, USA
6)	1005	2:06.04	200 fly	Limin Liu, 76, CHN
7)	1001	2:06.70	200 back	Beth Botsford, 81, USA
8)	1000	1:50.15	4x50 medley	Stanford Univ., USA
9)	999	2:06.55	200 fly	Misty Hyman, 79, USA
10)	997	59.17	100 back	Haley Cope, 79, USA

FINAL TEAM STANDINGS

1)	Georgia	490.5
2)	Arizona	472
3)	Stanford	397
4)	California	311.5
5)	Auburn	207
6)	Northwestern	186.5
7)	Southern California	185
8)	UCLA	163
9)	Texas	155
	Virginia	155
11)	Wisconsin	133

MEN'S NCAA

MEN'S NCAA CHAMPIONSHIPS

Minneapolis, Mar 23-25 (25 m)

• = world record

50 METRES FREESTYLE

- 1) • 21.21 Anthony Ervin, 80, USA, California
- 2) 21.22 Roland Schoeman, 80, RSA, Arizona
- 3) 21.49 Gregory Busse, 78, USA, Auburn
- 4) 21.50 Bartosz Kizierowski, 77, POL, California
- 5) 21.64 Matt Busbee, 76, USA, Auburn
- 6) 21.66 Matthew Macedo, 80, USA, California
- 7) 21.75 Aaron Ciarla, 78, USA, Auburn
- 8) 22.00 Bryan Jones, 78, USA, Texas

100 METRES FREESTYLE

- 1) 47.36 Anthony Ervin, 80, USA, California
- 2) 47.51 Roland Schoeman, 80, RSA, Arizona
- 3) 47.76 Bartosz Kizierowski, 77, POL, California
- 4) 47.77 Matthew Macedo, 80, USA, California
- 5) 48.36 Jamie Rauch, 79, USA, Texas
- 6) 48.42 Gregory Busse, 78, USA, Auburn
- 7) 48.62 Nicholas Folker, 76, RSA, Hawaii
- 8) 50.61 Anthony Robinson, 79, USA, Stanford

200 METRES FREESTYLE

- 1) 1:43.90 Ryk Neethling, 77, RSA, Arizona
- 2) 1:45.01 Adam Messner, 78, USA, Stanford
- 3) 1:46.35 Jamie Rauch, 79, USA, Texas
- 4) 1:46.72 John Waters, 81, USA, Stanford
- 5) 1:46.84 Scott Goldblatt, 79, USA, Texas
- 6) 1:47.44 Jacint Simon, 79, HUN, Nevada
- 7) 1:47.63 Jeff Lee, 81, USA, Southern Cal
- 8) 1:47.77 Jay Schryver, 78, USA, Arizona

400 METRES FREESTYLE

- 1) 3:40.47 Ryk Neethling, 77, RSA, Arizona
- 2) 3:42.81 Erik Vendt, 81, USA, Southern Cal
- 3) 3:43.81 Chris Thompson, 78, USA, Michigan
- 4) 3:44.44 Scott Goldblatt, 79, USA, Texas
- 5) 3:46.07 Adam Messner, 78, USA, Stanford
- 6) 3:47.28 Michael Windisch, 76, AUT, Nebraska
- 7) 3:47.53 Mark Warkentin, 79, USA, Southern Cal
- 8) 3:47.76 Austin Ramirez, 78, USA, Virginia

1500 METRES FREESTYLE

- 1) 14:31.02 Erik Vendt, 81, USA, Southern Cal
- 2) 14:35.95 Chris Thompson, 78, USA, Michigan
- 3) 14:39.04 Ryk Neethling, 77, RSA, Arizona
- 4) 14:48.59 Tim Siciliano, 80, USA, Michigan
- 5) 14:57.01 Nathan Lewis, 78, USA, Arizona
- 6) 14:57.22 James Grimes, 79, USA, Virginia
- 7) 14:59.23 Jon Younghouse, 78, USA, Texas
- 8) 14:59.97 Matt Martin, 74, USA, Purdue

100 METRES BACKSTROKE

- 1) 52.05 Matt Ulrickson, 78, USA, Texas
- 2) 52.18 Riley Janes, 80, CAN, Texas A&M
- 3) 52.24 Alexandre Massura, 75, BRA, Minnesota
- 4) 52.53 Tommy Hannan, 80, USA, Texas
- 5) 52.54 Bartosz Kizierowski, 77, POL, California
- 6) 52.71 Michael Gilliam, 79, USA, Tennessee

- 7) 52.72 Matt Allen, 77, USA, Arizona
- 8) 52.88 Leonardo Costa, 76, BRA, Southern Cal

200 METRES BACKSTROKE

- 1) 1:53.68 Matt Cole, 78, USA, Florida
- 2) 1:54.79 Leonardo Costa, 76, BRA, Southern Cal
- 3) 1:54.99 Alexandre Massura, 75, BRA, Minnesota
- 4) 1:55.47 Matt Ulrickson, 78, USA, Texas
- 5) 1:55.51 Kris Souther, 80, USA, Arizona
- 6) 1:56.08 Joey Faltraco, 81, USA, South Carolina
- 7) 1:56.25 Mike Jansen, 80, USA, Florida
- 8) 1:57.18 Dan Shevchik, 80, USA, Harvard

100 METRES BREASTSTROKE

- 1) • 57.66 Ed Moses, 80, USA, Virginia
- 2) 58.68 David Denniston, 78, USA, Auburn
- 3) 59.37 Jeremy McDonnell, 80, USA, Tennessee
- 4) 59.72 Ryosuke Imai, 78, JPN, Southern Cal
- 5) 1:00.22 Patrick Calhoun, 82, USA, Auburn
- 6) 1:00.40 Russell Chozick, 78, USA, Texas
- 7) 1:01.13 Steve Messner, 77, USA, California
- 8) 1:02.73 Otto Hinks, 78, CAN, Arizona State

200 METRES BREASTSTROKE

- 1) • 2:06.40 Ed Moses, 80, USA, Virginia
- 2) 2:09.46 David Denniston, 78, USA, Auburn
- 3) 2:09.81 Jeff Hackler, 81, USA, Minnesota
- 4) 2:10.09 Jeff Hopwood, 81, USA, Michigan
- 5) 2:10.41 Ryosuke Imai, 78, JPN, Southern Cal
- 6) 2:10.64 Valeri Kalmikovs, 73, LAT, Nebraska
- 7) 2:10.68 Ratapong Sirisanont, 76, THA, California
- 8) 2:11.75 Sean Quinn, 81, USA, North Carolina

100 METRES BUTTERFLY

- 1) 51.23 Adam Pine, 76, AUS, Nebraska
- 2) 52.00 Nate Dusing, 78, USA, Texas
- 3) 52.14 Roland Schoeman, 80, RSA, Arizona
- 4) 52.54 Zsolt Gaspar, 77, HUN, South Carolina
- 5) 52.82 Tommy Hannan, 80, USA, Texas
- 6) 52.99 Oswaldo Quevedo, 75, VEN, Auburn
- 7) 53.07 Bryan Jones, 78, USA, Texas
- 8) 53.43 Jeff Somensatto, 80, USA, Auburn

200 METRES BUTTERFLY

- 1) 1:55.79 Adam Messner, 78, USA, Stanford
- 2) 1:55.88 Zsolt Gaspar, 77, HUN, South Carolina
- 3) 1:56.47 Jeff Somensatto, 80, USA, Auburn
- 4) 1:56.50 Doak Finch, 77, USA, Virginia
- 5) 1:57.01 Jeff Dash, 80, USA, Arizona
- 6) 1:57.16 Steven Brown, 79, USA, Stanford
- 7) 1:57.24 Duncan Sherrard, 79, USA, Florida
- 8) 1:58.09 Marcin Kaczmarek, 77, POL, Central Conn

200 METRES IND. MEDLEY

- 1) 1:54.65 Attila Czene, 74, HUN, Arizona State
- 2) 1:56.84 Nate Dusing, 78, USA, Texas
- 3) 1:57.86 Beau Wiebel, 78, USA, Georgia
- 4) 1:58.06 Kevin Clements, 80, USA, Auburn
- 5) 1:58.52 Steven Brown, 79, USA, Stanford
- 6) 1:59.32 Joey Montague, 78, USA, Texas
- 7) 1:59.49 Zane Dewitz, 79, USA, Tennessee
- 8) 2:01.09 Jeff Somensatto, 80, USA, Auburn

400 METRES IND. MEDLEY

- 1) 4:06.02 Tim Siciliano, 80, USA, Michigan
- 2) 4:09.35 Erik Vendt, 81, USA, Southern Cal

RECORD SETTERS

WORLD RECORDS

Pending FINA Ratification

50 freestyle:

- 21.31 Roland Schoeman, RSA (prelims), Minneapolis, Mar 23
 - 21.28 Roland Schoeman, RSA (relay), Minneapolis, Mar 23
 - 21.21 Anthony Ervin, USA (final), Minneapolis, Mar 23
- Bettors old record of 21.31 Mark Foster, GBR, 1998

100 breaststroke:

- 58.05 Ed Moses, USA (prelims), Minneapolis, Mar 24
 - 57.66 Ed Moses, USA (final), Minneapolis, Mar 24
- Bettors existing record of 58.51 Roman Sloudnov, RUS, from March 17

200 breaststroke:

- 2:06.40 Ed Moses, USA (final), Minneapolis, Mar 25
- Bettors existing record of 2:07.59 Roman Sloudnov, RUS, from March 19

200 individual medley:

- 1:54.65 Attila Czene, HUN, Minneapolis, Mar 23
- Ties existing record of 1:54.65 Jani Sievinen, FIN, 1994

- 3) 4:10.43 Kevin Clements, 80, USA, Auburn
- 4) 4:11.74 Michael Windisch, 76, AUT, Nebraska
- 5) 4:11.89 Eric Donnelly, 80, USA, Florida
- 6) 4:13.82 Mark Warkentin, 79, USA, Southern Cal
- 7) 4:14.34 Steven Brown, 79, USA, Stanford
- 8) 4:16.99 Joey Montague, 78, USA, Texas

4X50 M MEDLEY RELAY

- 1) 1:35.66 Univ. of Texas
 - 2) 1:35.87 Univ. of Arizona
 - 3) 1:35.93 Univ. of Tennessee
 - 4) 1:36.30 Auburn Univ.
 - 5) 1:37.24 Univ. of California
 - 6) 1:37.27 Univ. of Minnesota
 - 7) 1:38.24 North Carolina State
- disq Stanford

4X100 M MEDLEY RELAY

- 1) 3:31.23 Univ. of Texas
- 2) 3:32.22 Univ. of Tennessee
- 3) 3:32.69 Auburn Univ.
- 4) 3:33.47 Univ. of Virginia
- 5) 3:33.85 U. Southern California
- 6) 3:35.06 Stanford Univ.
- 7) 3:35.48 Univ. of Arizona
- 8) 3:38.24 Univ. of Minnesota

4X50 M FREE RELAY

- 1) • 1:25.14 Auburn Univ.
- 2) 1:25.21 Univ. of California
- 3) 1:26.74 Univ. of Arizona
- 4) 1:27.09 Univ. of Texas
- 5) 1:27.37 Univ. of Hawaii
- 6) 1:27.87 Stanford Univ.
- 7) 1:28.32 Univ. of Minnesota
- 8) 1:28.53 Univ. of Florida

4X100 M FREE RELAY

- 1) 3:11.25 Univ. of California
- 2) 3:12.56 Univ. of Texas
- 3) 3:13.18 Univ. of Arizona
- 4) 3:14.08 Stanford Univ.
- 5) 3:15.31 Auburn Univ.
- 6) 3:15.93 Univ. of Minnesota
- 7) 3:16.81 U. Southern California
- 8) 3:17.34 Univ. of Hawaii

4X200 M FREE RELAY

- 1) 7:05.05 Univ. of Texas
- 2) 7:09.40 Arizona State Univ.
- 3) 7:11.48 Stanford Univ.
- 4) 7:11.67 Auburn Univ.
- 5) 7:11.78 Univ. of Arizona
- 6) 7:12.52 Univ. of Minnesota
- 7) 7:13.87 Penn State Univ.
- 8) 7:14.49 Univ. of Nebraska

Rating Summary of Top Performances

1)	1039	57.66	100 breast	Ed Moses, 80, USA
2)	1030	1:25.14	4x50 free	Auburn Univ., USA
3)	1029	1:25.21	4x50 free	Univ. of California, USA
4)	1024	21.22	50 free	Roland Schoeman, 80, RSA
	1024	21.21	50 free	Anthony Ervin, 80, USA
6)	1021	1:54.65	200 IM	Attila Czene, 74, HUN
7)	1014	58.68	100 breast	David Denniston, 78, USA
8)	1010	3:31.23	4x100 medley	Univ. of Texas, USA
	1010	4:06.02	400 IM	Tim Siciliano, 80, USA
10)	1008	51.23	100 fly	Adam Pine, 76, AUS
	1008	52.05	100 back	Matt Ulrickson, 78, USA
	1008	14:31.02	1500 free	Erik Vendt, 81, USA

FINAL TEAM SCORES

1)	Texas	538
2)	Auburn	385
3)	Arizona	360.5
4)	Stanford	279.5
5)	California	279
6)	Southern California	249
7)	Tennessee	219
	Minnesota	219
9)	Florida	207
10)	Arizona State	152.5

CSCA SPEEDO COACHING RECOGNITION AWARDS 1998-1999



High Performance Coaches

(based on World Rankings Top 25, 50, 75)

Gold

Dean Boles
Tom Johnson
Jan Bidrman
Ken McKinnon
Michel Berube
Kevin Thorburn
Ron Jacks
Peter Visolyi

Gold SWAD

Mike Moore
Jason Isbister
Karl Simonson
Blair Tucker
Dean Schultz
Gary Vandermeulen
Bill O'Toole
Guy Dorion
Cory Beatt
Rafael Polinario
Andre Seminov
Vince Mikuska
Andrew Moss

Silver

Sylvain Pineau
Mike Blondal
Don Burton
Claude St-Jean
Byron MacDonald
Alan Swanston
Craig McCord
Mark Temple
Randy Bennett
Lucie Hewitt
Kevin Anderson

Silver SWAD

Herb deBray

Silver Open Water

Linda Kiefer
Claude Warren

Bronze

Sean Baker
Dave Heinbuch
Lance Cansdale
Mark Fellner
Liam Donnelly

Bronze Youth & Junior Teams

Ken Anderson
Shauna Nolden
Bud McAllister
Claude Picard
Bill Humby

Bud McAllister
Derrick Schoof
Scott Faithful
Marc Tremblay

Coaches of this level receive a Speedo Duffel Bag, Waist Pack and Baseball Cap.

Coaches of this level receive a Speedo Fleece Top and Baseball Cap.

Coaches of this level receive Speedo Watch (smoke colour) and Baseball Cap.

Development Coach & Swimmer Program Recipients

Male Swimmer #1: Adam Sioui, Trenton Dolphins, Avg Pts: 946
Coach: Kevin Anderson

Male Swimmer #2: Jason Hunter, Nanaimo Riptides, Avg Pts: 911
Coach: Sean Baker

Female Swimmer #1: Julia Pomeroy, Oakville Aquatic Club, Avg Pts: 915.3
Coach: Lucie Hewitt

Female Swimmer #2: Julie Gravelle, NYAC, Avg Pts: 914.6
Coach: Linda Kiefer

Each club will receive \$1000.00 cash towards the support of the athlete's and coaches' training and competition expenses. Each athlete will received a Speedo performance pack of an aquablade suit and cap.

Performance Recognition for Women Recipients:

Coach #1: Linda Kiefer – NYAC Swimmer: Adam Peacey, 945 pts: 400 I.M.
Linda is the leading female coach recipient with a SPEEDO professional development certificate; Receiving \$500.00 cash (subject to criteria), a nd a \$500.00 SPEEDO apparel package.

Coach #2: Lucie Hewitt - OAK Swimmer: Anna Lydall, 935 pts 100 Free.
Receives a SPEEDO professional development certificate.

Coach #3: Christina Yaremczuk – COBRA Swimmer: Laura Wise, 100 Back Bronze Youths.
Receives a SPEEDO professional development certificate.



WEST IS BEST AS CENTRES DOMINATE NATIONALS RECORD IN 200 FREE FOR RICK SAY

Nikki Dryden

The much-downplayed Canadian Winter Nationals proved to be a showdown between the country's National Sport Centres, with the two oldest and biggest winning the meet. UCSC led PDSA throughout the competition while ROW overtook IS to place third overall.

This proves nothing more than that you need to be a subsidized Centre to win a team title at Nationals, making the club grant program seem unfair.

The men's medley relay saw UCSC and PDSA in 6 of 8 lanes, making the accumulation of points determinate on depth, not necessarily quality of swimmers. But at Olympic Trials, with no relays and quality a necessity, perhaps we will see a more accurate portrait of the country's "best" teams.

A majority of the national team swimmers swam through the meet, opting not to shave or taper until Olympic Trials. This is often more difficult to do mentally than physically. When everyone around you is racing fast, it is hard to remember you are on a different schedule. But for those swimmers who can swim solidly year round, the meet proved an excellent gauge of their training.

Of course we might be in for one fast Olympic Trials, as was evidenced by those who did shave. Jen Button (ROW) and Rick Say (IS) had some excellent

racing, a good sign for May. A few youngsters stepped up and made themselves heard: Tobias Oriwol, 14 (ESWIM), Jennifer Fratesi, 15 (ROW), and Danielle Bell, 16 (IS) all dropped time for records and wins.

Jen Button capped off a winning winter season by claiming her first national title in the 200 fly. Button dethroned Canadian record holder Jessica Deglau (PDSA)—her first loss in this event in Canada since 1995 and a feat not missed by Button. "Five years is a long time. She (Deglau) is not indestructible, and I am slowly getting closer to her. I wanted to come here and give her a race; it is good for both of us and the 200 fly in Canada. I still have to step up to get to her level, but my goal coming into this meet was to race and to win." Based on her best times from the short course season, Button also wanted a best time. Her 2:11.95 bettered her swim from Pan Ams last summer, where she placed second to Deglau with a 2:12.09.

Deglau is no slouch—her best time is still two seconds ahead of Button's and her national swims were solid considering she was unshaved. But for Button, beating Deglau gives her the confidence she needs to "step up" at Olympic Trials.

Button broke Deglau's shor-course record while on the World Cup circuit this year, once in Sheffield, then again in Imperia, ending the short-course season with a 2:07.76 (fourth place world ranking) and the 200 fly World Cup trophy.



Rick Say set the standard for the meet by smashing the nine-year-old 200 free record with a 1:48.86. (The old record of 1:49.71 was set by Turlough O'Hare in 1991.) His 400 free time of 3:51.63 just missed one of the oldest Canadian records and a former world record set by Peter Szmidt in 1980.

Born and raised in Salmon Arm, BC, Say only began swimming year round in the fall of 1997 when he began university in Victoria. Since then Say's star has been shooting skyward. After one year of winter swimming, Say made the Canadian Commonwealth team. Say's 200 free has dropped almost 4 seconds in the two years since his first national medal:

1998 Summer Nationals, August:	1:52.77
1998 Commonwealths, September:	1:52.42
1999 Spring Nationals, March:	1:51.56
1999 Pan Pacifics, August:	1:50.55
2000 Spring Nationals, March:	1:48.86

Button decided to spend the year at home in order to prepare for the Olympics. After sitting down with her two coaches, Byron MacDonald in Toronto and Dean Boles in Waterloo, Button made the decision to stay at home with her Mom and Dad. "It is much easier to have my Mum take care of me! Plus I needed a break from school." With no varsity swimming, the World Cup circuit was instrumental in her season planning. "The circuit fit into my schedule this year. I wanted lots of quality racing against the people I will hopefully be swimming at the Olympics."

Training at the Region of Waterloo has not changed much since ROW became a Centre, but for Button it helps to have swimmers around who are at such a competitive level. "We get some extra money now for travel and sport science services, which is nice. But it is really great to have good people to train with. We have a high-level environment with a small



Laura Nicholls, ROW, won 50 free and was second in 100 free

Marco Chiesa

number of swimmers.”

Button's group consists of 12 swimmers under the guidance of coach Dean Boles. Bud McAllister's group has 6, including Japanese stars Takashi Yamamoto and Suzu Chiba.

Button is going to maintain her current training and racing strategy through to the Trials. "There is more expectation from everyone now, but I have so much more confidence too. I reached this level a lot faster, so I know I can reach the next level as fast." Button believes there are still parts of her race she can improve, including the third 50. "I would like to go a 2:10-2:09. It's a bit of a stretch, but I did take off three seconds short course. It's like I am 14 again!"

Coach Dean Boles believes that the Centre has merely coordinated the efforts they have been making for the past four years. "The Centre hasn't changed our program too much, we've been going in that direction for a while. We already had a connection with the sport science and the University, so the Centre was the next logical step"

ROW has tried to incorporate many of the programs developed in Calgary, such as the core strength and dryland programs. "The Centre here has consolidated our work. I focus on the water work and we have experts helping with dryland, sports psych, etc. When you go to the next level it takes listening to experts. I get the info and make the decisions. And if you make the right decisions you get the right results."

The ROW Centre also services several drops-ins. "Adam Sioui comes in and trains with us now and then, which makes it interesting. So we are able to help some of the kids in Ontario a bit."

Although having McAllister, Chiba, and Yamamoto in the Centre reminds everyone of quality international swimming, Boles credits Canada for his success. "I am very much a product of the Canadian coaching system. I think it is important to give credit to those programs and keep investing in them because it is working."

The Centre programs are effective: experienced coaches, quality sports science support, dryland and sports psychology programs. So how do you get one? Well, there are rules set up for the Centres. First, a sport partnership between your Pro-



Dave Johnson

Cecil Colwin

vincial Sport Organization (PSO), the National Sports Organization (NSO), and the National Sports Centre (NSC) must be set up to agree upon a viable project. Dave Johnson, the head coach of SNC, then set up two other criteria: "I want the Centres to be linked with the clubs as well, because they have the sport-specific infrastructure already in place. I also wanted the Centres to be linked with the Universities."

With Centres dominating Nationals it is only natural that the rest of the country's clubs want a piece of the pie too. "We do need to green the pastures across the entire country," says Johnson. "The case was that certain provinces bought into the system later than other areas. But we are working on new

Centres in Toronto and the Atlantic provinces."

This Centre system is great for some clubs, but what happens to programs that cannot form a Centre? SNC has developed several initiatives to combat the drain of fast swimmers into the Centres and the demise of the small club and junior-level coach.

According to Johnson, there is currently another Club Grant program on the table with the Executive Committee/Board of Directors at SNC that would recognize quality performances at Junior Nationals. The program would also reward swimmers and coaches who perform at Juniors, then again at Senior Nationals.

"Creating better linkages to the development system has been a dilemma. How to compensate and recognize junior-level coaches led us to create better stratification. Now at Junior Nationals there will be two age groups: 16 and under, and 17 and 18."

There are also new programs in place and being developed for the nation's coaches. "We want to re-describe the career path of a coach; that it is okay to develop a swimmer and then let them move on because you will still be getting recognition and still be contributing to that swimmer's career. The swimmer then gets the benefit of incorporating 25 years of coaching experience into his or her program."

"Our goal is to put what is in the best interests of the swimmer first, but the reverse of that is what is the impact on the coach. Therefore our initial goal is to get key people in place, then over the long term link those coaches as mentors with the younger coaches."

"We want to train Canadian coaches to manage and coach at the international level. One way to do that is a career path through a Centre. But there are coaches who are doing it outside of this structure. Sean Baker in Nanaimo is an excellent example."

Indeed, the Centres proved strongest, along with the citywide teams formed just for Nationals. Etobicoke was dominant without any help. But we cannot really judge where we are until Trials, when the whole country will be shaved, tapered, and focused on long-course swimming. And when team titles are of no issue, it will matter little if you are a Centre swimmer; what will matter is that you are ready to race and swim really fast.



Mark Versfeld, PDSA, won the 50-100-200 backstroke

FIFTEEN WORLD RECORDS

AMERICANS WIN MOST MEDALS

Nick J. Thierry

ATHENS—The 2000 FINA Short Course World Championships, held only 11 months after the 1999 edition, resulted in 15 world records. The regular rhythm of this competition will be every second year and the next ones are scheduled for 2002 in Moscow.

Two world records were established in the prelims, four in the semi-finals, and nine in the finals.

The USA emerged with most golds with 9, and 25 total medals, as they sent a strong team of university graduates. Their totals could have been higher but for backstroker Lenny Krayzelburg's injury.

Notably, 23 countries shared in the 120 medals, as strong countries like Australia and Germany sent small teams. Canada only sent a team of six (four women and two men), who gave a very good account of themselves with four silvers and one bronze and five Canadian records.

The facility in Athens was outstanding, part of the Olympic complex built in 1990. It includes two outdoor 50-m pools and an indoor 50-m pool with seating on both sides for over 4,000. The outdoor complex was the site of the 1991 European Championships and will be the site for the 2004 Olympics.

The 40-event program with three rounds (prelims, semi-finals, and finals) for the 50s (all in one day) and the 100s (over two days) made it impossible for some prominent swimmers to swim their regular events. Many scratched after the first round. The finals session went by so fast that it was hard to absorb and enjoy some of the great individual efforts. A revision (simplification) of the program will be done for 2002.

As an example of the program's complexity, Neil Walker (the swimmer of the meet) on the first day swam three rounds of the 50 back, and two world records, and the 4x100 free relay twice.

On the second day he swam two rounds of the 100 IM and the 4x200 free in a world record.

On the third day, during the prelims he swam 100 back and a 100 free in 46.88 (the fastest time), which he scratched from. In the evening he won the 100 IM in a world record time, followed within minutes by the semi of the 100 back.

On the final day, during the prelims he swam the first round of the 50 fly. In the final session, the first event was the semi-final of the 50 fly, where he posted the second fastest time. A mere 30 minutes later he swam the final of the men's 100 back in another world record, followed by a second in the 50 fly final, and ended the evening on the winning 4x100 medley relay swimming the fly leg in 51.43.

Walker had a total of 17 swims, with four world

MEDAL TOTALS

Country	Gold	Silver	Bronze	Total
1 USA	9	7	9	25
2 SWE	7	3	1	11
3 GER	5	6	2	13
4 GBR	4	4	5	13
5 RSA	2	4	0	6
6 UKR	2	2	3	7
7 CHN	2	2	2	6
8 FIN	2	1	0	3
9 RUS	2	0	5	7
10 SVK	1	2	1	4
11 AUS	1	1	2	4
12 DEN	1	0	0	1
13 HUN	1	0	0	1
14 CRO	1	0	0	1
15 CAN	0	4	1	5
16 POL	0	2	1	3
17 ITA	0	1	2	3
18 CUB	0	1	1	2
19 ISR	0	0	1	1
20 SUI	0	0	1	1
21 SLO	0	0	1	1
22 TUR	0	0	1	1
23 BLR	0	0	1	1
Totals	40	40	40	120

records and a share of one relay world record, for total prize monies of US \$63,750.



DAY 1-March 16

A new world record and two championships records were bettered during the morning prelims. After the conclusion of the final event, 5 world records and 9 championship records were bettered.

The evening final session got underway with semi-finals in six events.

Neil Walker (USA) shattered his world record from his morning swim in the 50 backstroke with a 23.42 (his prelim time was 24.04), swimming beside Lenny Krayzelburg (USA), the long and short course backstroke record holder for all other distances. The margin of victory was substantial—about half a body length. Walker made the most of the allowable underwater kicking (15 metres after the start and the turn) to gain his advantage.

Minutes later, in another semi-final, Lars Frolander (SWE) bettered the 100 butterfly world record with 50.59 (23.58 split), ahead of Michael Klim's (AUS) six-month-old record of 50.99. "I will try for an even faster time tomorrow in the final," Frolander said.

Jenny Thompson (USA), in the second 100 freestyle semi-final, swam 52.92, a new championship record. It was also the second fastest time ever. Therese Alshammar (SWE), the current world record holder (52.80), swam a hard three lengths and then cruised home to a 53.70. "I didn't expect such a fast time,"

Thompson said, "I'm in pre-Olympic training and my goal here is to do the best possible times. I will get back to hard work after this meet."

In the first final, Mette Jacobsen (DEN) defended her SC World title from 1999 with a 2:08.10 (her winning time last year was 2:06.52). It was a swim-to-win effort, splitting 1:01.74 at the 100 and just staying ahead of the challengers. Katrin Jake (GER) was second with 2:09.42 and Otylia Jedrzejczak (POL) was third with 2:09.61.

Bela Szabados (HUN) won the 200 freestyle in 1:45.27 with Massimiliano Rosolino (ITA) in second with 1:45.63 and Chad Carvin (USA) third with 1:45.79. Szabados had the lead for most of the race and held off a late charge from Rosolino in lane one.

Jani Sievinen (FIN) battled Terence Parkin (RSA) in the men's 400 IM. The lead changed after each stroke. Sievinen was in the lead for fly and back, Parkin then moved almost a body length ahead after breaststroke—a n insurmountable lead, but Sievinen caught up and touched first in 4:09.54, with Parkin second with 4:10.56 (a personal best

and African record) and Mickey Halika (ISR) third with 4:10.90.

The splits:

Sievinen	57.82	2:02.11	3:12.81	4:09.54
Parkin	57.95	2:03.67	3:11.07	4:10.56
Halika	58.37	2:03.50	3:13.26	4:10.96

Yana Klochkova (UKR) won the 400 IM in 4:32.45 and was ahead of world record pace after the fly and back legs. She fell behind the pace on the breaststroke leg but had a three-body-length lead on the field to win easily in 4:32.45. Nicole Hetzer (GER) placed second with 4:37.92 and Katie Yevak (USA) third with 4:38.80. Klochkova's splits:

Fly	back	breast	free
1:02.14	2:10.51	3:29.05	4:32.45
	1:08.37	1:18.46	1:03.40

Mark Warnecke (GER) touched ahead of Brendon Dedekind (RSA) in the men's 50 breaststroke. The more experienced German, with 8 of the 10 fastest times ever done, won in 27.22 to Dedekind's 27.27.

Sarah Poewe (RSA) won the women's 50 breaststroke in 30.66, a championship record, bettering the 30.80 set by Penny Heyns (RSA) a year ago. Heyns was entered in this competition, but the tragic death of a teammate in Calgary prevented her from swimming here.

Neil Walker (USA), in his third 50 back swim this day, touched in 23.99 just ahead of Lenny Krayzelburg (USA) in 24.2. It was a good day's work for Walker, who earned US \$30,000 for his two earlier world records.

The men's 4x100 free was a Swedish romp in a world record time of 3:09.57, with the USA in second with 3:10.98 and Germany third in 3:13.69. The Americans took the lead on the first leg, but Lars Frolander, in second for the Swedes, moved them well into the lead, never to be challenged. He split 45.69.

The final event of the first day was the women's 4x200 free relay. The USA took the lead on the first 200 with GBR, CHN, and SWE battling for second. Lindsay Benko gave the USA a solid lead with her 1:56.45 (bettering a 22-year-old American record by Cynthia Woodhead). On the second 200, Nicola Jackson moved GBR into the lead over the USA with CHN and SWE trailing. They held on to their lead with Karen Pickering anchoring (with a body-and-half lead) over Jenny Thompson for the USA. Pickering touched in 7:49.11, another world record. The Americans finished second with 7:50.59 and China third with 7:52.70. The winning relay's splits:

Claire Huddart	1:58.19
Nicola Jackson	1:56.20
Karen Legg	1:57.51
Karen Pickering	1:57.21

DAY 2 March 17

World and championship records continued to fall by ever-increasing margins during the second day's finals.

The first final was the men's 100 fly, where Lars Frolander (SWE) broke his world record from Day One's semi-finals. The race was never in doubt, with Frolander in the lead from the start, turning in 23.50, the same as

the day before, but he brought it home even faster, lowering his record time to 50.44. He took only eight strokes on the second length and 11 on the final length.

"It's logical to be satisfied with my time," Frolander said. "It's my second gold of the championships (Sweden won the 4x100 free in world record time on Day One). The race was as good as it should be from start to finish. My goal is still to win in Sydney. I'd like to be here in 2004 for the Olympics if I'm not too old by then." (He would be 30 in 2004.)

Rebecca Brown (AUS) won the 200 breaststroke. She was in the lead for the distance with a 1:09.18 at the 100 and finished in 2:23.41. Brown held the long course world record in 1994, but missed the limelight afterwards. She is on a successful comeback now.

"It's my first world title," Brown said. "I am the happiest person on the earth tonight. I was quite anxious about my race."

Chad Carvin (USA) was an easy winner in the men's 400 freestyle, leading throughout (53.08, 1:48.69, 2:44.85) with a final time of 3:41.13. It was not his fastest this winter, but enough. Paul Palmer (GBR) was second with 3:42.70 and Massimiliano Rosolino (ITA) was third with 3:43.68.

Therese Alshammar (SWE), already the world record holder in the 100 freestyle with 52.80 from last Decem-

and Volodymyr Nikolaychuk (UKR) third with 1:55.33.

Jenny Thompson won the 50 fly in 26.13 over Anna-K. Kammerling (SWE) with 26.16. It was a gutsy effort by Thompson after the hard 100 freestyle. She was able to come back within a few minutes for this winning effort. Kammerling has a much faster world record from last December with 25.64.

"My emotions are mixed," Thompson said. "I have a gold now, but lost another one earlier. This is my last competition before Olympic Trials and Sydney. I'll be ready there."

Mark Foster (GBR) won the men's 50 freestyle in 21.58. "My next goal is to break the world record in Sydney. I'm working hard every day to improve several things in my technique."

Sandra Volker (GER) won the 100 backstroke with a near-record effort of 58.66 (the record is 58.50). "I'm happy with this performance," Volker said. "I was close to the record." Marylyn Chiang (CAN) was second with 59.33, her first sub-minute time. "My advantages are the start and turns because I have been training to stay under and kick for as long as allowed (15 metres)," she said.

Chen Hua (CHN) won the 800 freestyle in 8:17.03, another championship record, over Brooke Bennett (USA) with 8:19.66. Bennett, with 23 strokes a length,

was in the lead for the first half but Chen, with only 19 strokes a length, gradually moved into the lead.

In the final race of the evening, the American men won the 4x200 free relay in world record time. Josh Davis 1:44.10, Neil Walker 1:45.24, Scott Tucker 1:45.97, and Chad Carvin 1:46.02, combined for a time of 7:01.33, just under the 7:01.60 record by an Australian team last September.

In semi-final action:

Mark Foster (GBR) was fastest in the 50 free with 21.43, a new championship record.

In the second semi-final in the men's 100 breaststroke Roman Sloudnow (RUS) broke the world record with 58.51, bettering Fred de Burghgraeve's (BEL) former time of

58.79 from 1998.

After two days, 9 world records and 19 championship records had been bettered.

DAY 3 March 18

The world record total moved up to 12 after three days of competition. The USA continued to run away with the medals with 7 golds and a total of 17.

Neil Walker (USA) continued his amazing swimming, winning the 100 individual medley in a new world record of 52.79, bettering the four-year-old record of 53.10 by Jani Sievinen (FIN.) who finished second this day. Walker has the best underwater technique with half the distance kicking off the walls. He had about a body-length lead on the field at the 50 and held off Sievinen, who closed the gap but not enough to threaten Walker.

Martina Moravcova (SVK) cruised to a two-body-length lead in winning the women's 100 individual medley in 59.71. Marianne Limpert (CAN) was second



Canadians medallists: Chiang, Pietucha and Limpert

Marco Chiesa

ber, expected to be challenged by Jenny Thompson (USA) who was fastest in the semi-final with a personal best of 52.92. But Alshammar more than rose to the occasion. She took off the blocks and stroking smoothly turned at the 50 in 24.81 (her old record split was 25.30) and extended her lead with each stroke. Approaching the end she seemed to glide into the finish. Her amazing new world record was 52.17. Jenny Thompson (USA) was never in the race. Her time of 53.14 was slower than her semi-final.

"I didn't expect to be this fast," Alshammar said. "I was hoping for a good race. In Sydney things will be different."

With Lenny Krayzelburg scratching from the final of the men's 200 backstroke, the opportunity for Gordan Kozulj (CRO) to be world champion arose. After qualifying first, he went for the gold from the start and was able to hold off a challenge from Brad Bridgewater (USA). Kozulj's winning time of 1:53.31 was a championship record, with Bridgewater second with 1:53.87

in 1:02.00. "I'm closing in on the record," Moravcova said after her first ever sub-minute 100 IM. "Although I was tired before this final, I'm very pleased. Swimming in this pool feels great."

With a world record under his belt from the semis, Roman Sloudnov (RUS) swam to make sure of the gold. "It is my first World Championships and I'm satisfied," he said. "I don't depend on luck, just power and hard work." Sloudnov's time was 58.57.

Lindsay Benko (USA) won the 400 freestyle in 4:02.44 and has now erased the last remaining American record of Cytynhia Woodhead (4:02.59—from 1978). Yana Klochkova (UKR), winner of the 400 IM two days earlier, was second throughout and finished with a 4:04.39, a personal best. Chen Hua (CHN) was third with 4:06.63.

Antje Buschschulte (GER) won the 50 back in 27.90, even though Marylyn Chiang (CAN), with superior underwater work, was ahead for most of the race but touched second in 28.03. Kelli McMillan (AUS) was third in 28.06.

Therese Alshammar (SWE) won the 50 freestyle in world record time of 23.59, lowering her own three-month time of 24.09. It was a textbook display of perfection. She gained a half-a-body on the dive off the block, then took 14 strokes on the first length and 18 on the second length.

"I expected a world record," Alshammar said. "The time was much faster than I imagined. I will use the money I earned here at these championships to pay my coach (Dirk Lange) because I owe him a lot."

It was an easy swim for James Hickman (GBR) in the 200 butterfly. In the lead throughout, he cruised to a 1:53.57 (two seconds over his world record). Shamek Pietucha (CAN) swam a gutsy race in lane two and gradually moved up to second with 1:54.27. Anatoli Poliakov (RUS) was third with 1:54.47.

"The race was always in control," Hickman said. "I felt confident of first place. This is my third medal here."

"It was my best time," Pietucha said. "I wanted a better place, but I have to be satisfied and it does give me confidence." Pietucha bettered his year-old Canadian record.

In semi finals, Jenny Thompson (USA) lowered her world record in the 100 butterfly to 56.56 (26.14 split) from 56.80. Thompson scratched from the 50 freestyle after the prelims.

"I felt a little tired and tense in the warm-up," Thompson said. "I didn't expect to break the record, but was happy to please the fans. I'll try to better it again tomorrow in the final." Martina Moravcova (SVK) scratched from the 100 fly after the morning prelims, where she bettered the European record with 57.55.

Lars Frolander (SWE) was fastest in the men's 100 freestyle semis with 46.75 (22.52 split), missing Alex Popov's six-year-old world record by 1/100th of a

second. It moves him to number two all time ahead of Neil Walker.

The fast pace of the competition and the many rounds of swimming were taking their toll, so that even the very best couldn't cope successfully.

DAY 4 March 19

Lars Frolander (SWE) scratched from the 50 fly semis, immediately ahead of the final of the 100 free. He already established the world record in the 50 fly in the morning with 23.19.

In the 100 Frolander took flight early, splitting well ahead of the world record pace of 22.80 with his 22.57. He had a body-length lead at the finish, but just missed the world record of 46.74 with his 46.80.

"I will leave here with the best of memories," Frolander said. "I expected to break the record in this race. It really doesn't matter, I'll try harder in Sydney."

Yana Klochkova (UKR) and Martina Moravcova (SVK) traded places during the 200 individual medley. Moravcova had the lead after fly, with Klochkova gaining a slight edge on the backstroke and breaststroke legs. Moravcova

moved up on the freestyle leg and ended in a virtual tie: 2:08.97 for Klochkova and 2:08.98 for Moravcova.

The splits:

Klochkova	28.43	1:01.10	1:38.82	2:08.97
Moravcova	28.04	1:01.26	1:39.50	2:08.98

Sara Poewe (RSA) won the 100 breaststroke with 1:06.21 (31.23), a personal best by over a second. She was clearly in the lead throughout. Alicja Peczek (POL) placed second with 1:07.69 and Elena Bogomazova (RUS) third with 1:08.27.

"I always paint my nails black for good luck," Poewe said. "This time they really brought me good luck. The time and the gold medal are the perfect finale for me at these Championships." Poewe is 16 and will make a terrific duo with world record holder Penny Heyns (RSA).

Neil Walker (USA) continued to amaze. He won the 100 backstroke by a two-body-length margin. He turned at the 50 in 24.12 and then blasted to the finish in 50.75, a new world record, bettering the injured Lenny Krayzelburg's four-week-old mark of 51.28.

Showing signs of wear, Jenny Thompson (USA) just swam to win the 100 butterfly with 57.67. She set a world record the previous day in the semis in 56.56. Johanna Sjoberg (SWE) was second with 57.96 and Karen Campbell (USA) in third with 58.86.

"I expected to win the silver," Sjoberg said, "since the gold was already occupied."

There was a great battle in the men's 200 breaststroke. Roma Sloudnov (RUS) had the

early lead. Then Terence Parkin (RSA) moved ahead and held through the 150. Sloudnov then came back and they battled for the finish. Sloudnov finished first with 2:07.59, a new world record and his second of these championships. Parkin was second with 2:07.91, his personal best. Andre Ivanov (RUS) was third with 2:09.90.

The splits:

Sloudnov	29.02	1:01.90	1:35.04	2:07.59
Parkin	29.22	1:01.44	1:34.56	2:07.91

"This should set me up for a medal in Sydney," Sloudnov said. "I didn't expect to win any prize money, so I don't really know how to spend it."

"I think I can do better in long course," Parkin said. "I'll try for a better performance next month."

Antje Buschschulte (GER) battled Lindsay Benko (USA) over the first six lengths of the 200 IM, but then moved into the lead to win with 2:07.29. Clementine Stoney (AUS) caught Benko and touched in second with 2:08.64. Benko touched third in 2:08.85.

James Hickman (GBR) gave it a good try. In the men's 200 IM he had an almost body-and-a-half lead. Then Jani Sievinen (FIN) made his decisive move in the breaststroke to overtake Hickman, who was never again able to close the gap.

The splits:

Sievinen	25.62	55.22	1:28.89	1:56.27
Hickman	24.68	53.84	1:29.00	1:56.86

Yang Yu (CHN) won the women's 200 freestyle, battling Martina Moravcova (SVK) who minutes before finished the 200 IM. Moravcova had the lead at the 50 but fell behind and even her late surge fell short.

The splits:

Yang	27.79	57.21	1:26.92	1:56.06
Moravcova	27.76	57.44	1:27.54	1:56.46

The 4x100 medley relay was another American win for the men with their 3:30.03 missing the world record. The injured Lenny Krayzelburg swam the backstroke leg in 51.82, with Jarrod Marrs 59.26 for breaststroke, Neil Walker 51.43 in the 100 fly, and Scott Tucker 47.50 for freestyle. Germany finished in second and Great Britain in third.

Sweden won the women's medley relay with Therese Alshammar swimming backstroke in 59.73, Emma Iglestrom breaststroke in 1:07.93, Johanna Sjoberg fly in 57.36, and Anna-K. Kammerling freestyle in 54.51, for an overall time of 3:59.53. Germany finished second and the USA third.



Lars Frolander, SWE

Marco Chiesa



Top performers Neil Walker and Jenny Thompson

Marco Chiesa

GEORGIA WINS SECOND TEAM TITLE TWO WORLD RECORDS SET

INDIANAPOLIS, Ind.—In a classic cat and dog fight, the Georgia Bulldogs hung on to defeat the Arizona Wildcats for their second straight NCAA team title. Georgia finished with 490.5 points to Arizona's 472. Georgia's Courtney Shealy and Kristy Kowal were named co-NCAA Female Swimmers of the Year. Jack Bauerle was voted Coach of the Year for the third time.

Shealy won the 50 and 100 free, the 100 backstroke, and swam on the winning 4x100 medley and free relay. Kowal won the 100 and 200 breaststrokes and the 4x100 medley.

"What a terrific meet it was. I have great respect for Arizona," Georgia coach Jack Bauerle said.

"This year was harder to win. I now have a newfound respect for (Stanford) coach Richard Quick who's won so many titles. Defending a title is a different feeling. Last year was almost easy. It just seemed to flow. We didn't have many injuries. At one point in January, we were a skeleton of what we were tonight."

The NCAA meet, held in short course metres for the first time in history, saw the record books rewritten. Over the three-day meet, two world records (50 back, 4x100 medley relay) and one world best (4x50 medley relay) were broken, as well as 11 American records.

Highlights: Freestyle

Courtney Shealy, Georgia, surprised the field in the 50 free on the first day with a win out of lane 6, posting a 24.80 for her first title after qualifying fourth. Courtney Allen of Northwestern touched in 24.87, followed by three-time defending champion Catherine Fox of Stanford in 24.97.

Shealy added the 100 free (53.99) win on the final night and Maritza Correia, Georgia, won the 200 free with 1:57.33.

Columbia senior Cristina Teuscher, a team of one at these champi-

onships, easily won the 400 free in 4:04.09. Stanford's Jessica Foschi finished with 4:06.17 and Virginia's Cara Lane with 4:07.31. Lane won the 1500 freestyle in 16:03.59.

Backstroke

Courtney Shealy, Georgia, won the 100 backstroke in 58.66, with Haley Cope, Cal, second with 59.17, and Beth Botsford, Arizona, third with 59.34. Botsford added the 200 m backstroke with 2:06.70, an American record.

Breaststroke

It was an American record performance from senior Kristy Kowal, Georgia, who posted a 1:05.74 in the 100 breast, not far off Penny Heyns' world mark of 1:05.40.

Kowal was pushed by Cal freshman Staciana Stitts, who was out first in 31.24 to Kowal's 31.28. Stitts and Northwestern senior Amy Balcerzak tied for second in 1:06.79. "I'm really excited to be that close to Penny's (Heyns) world record. She's an amazing swimmer and I love racing her, but I won't start thinking about the Olympics until after this meet is over. I'm just so excited with how well the team is doing here.

"It's my senior year so that's the last time I'll swim that event at NAAs," Kowal said. "It hasn't hit

me yet and probably won't until after I swim the 200, but the 100 is my fun event."

Kowal added the 200 breaststroke in an American record of 2:22.05.

Butterfly

Limin Liu (CHN) of Nevada, the 1996 Olympic silver medalist in the 100 fly, won the 100 fly (57.97) after finishing as runner-up last year. Stanford's Misty Hyman (USA) was runner-up in 58.60. Liu also won the 200 m fly, in 2:06.04.

Individual Medley

Kristy Kowal, Georgia, won her fifth NCAA individual title with a hard-fought victory in the 200 individual medley, touching in 2:10.69.

She was fifth after the first leg (butterfly), but passed Cal senior Elli Overton (AUS) in the breaststroke to freestyle turn. Overton finished in 2:10.74, followed by Auburn freshman Maggie Bowen in 2:12.21.

"The past two years I've gotten third, and I was happy with that, but I knew this year I had a good shot at it," Kowal said. "I knew it was close. I didn't feel anything the last 15 metres."

Columbia senior Cristina Teuscher claimed her fourth and final NCAA title in decisive fashion, winning the 400 individual medley by almost four seconds with a time of 4:33.81, just off Tracy Caulkins' US Open record of 4:33.44 from 1981. The time would have earned her a silver medal at the FINA Short Course World Championships—a meet she chose to miss so she could compete in her final collegiate meet.

"I think the competition is just as good here, so why fly halfway around the world when I could just take an hour flight here?"

Teuscher said. "It was nice to end my college career here. Now I'll start focusing on the Olympic Trials. I'm much more mature than I was four years ago and going to Columbia had a lot to do with that. I was really lucky to be able to have the best of both worlds, working with both (Columbia coach) Diana Caskey and club coach John Collins of Badger SC."

Relays

California won the first relay, breaking the US Open record in the 4x50 free relay with a time of 1:40.18. The team consisted of Anya



Kristy Kowal helped Georgia to its second team title

Marco Chiesa

Kolbisen (USA) 25.90, Haley Cope (USA) 24.60, Nicole Omphroy (USA) 25.36, and Joscelin Yeo (Singapore) 24.32. Arizona, the third-place finisher, broke the American record in prelims with a 1:40.21.

Seniors Kristy Kowal and Courtney Shealy, who both won individual titles on the first night, led Georgia to a world-record swim in the 4x100 medley relay. Shealy led off with a 58.75, followed by Kowal (1:06.09), Keegan Walkley (59.28), and anchored by freshman Maritza Correia (53.34) with the four posting a 3:57.46, bettering Japan's world record of 3:57.62.

"Courtney and I had never won a relay at NCAAs in our four years so it was a big goal to win and that gave us momentum," Kowal said.

The California 4X50 medley relay team of Haley Cope (USA) 27.25, Staciana Stitts (USA) 30.59, Waen Minprahal (THA) 27.07, and Joscelin Yeo (SIN) 24.32 started off the second night with a world-best swim of 1:49.23. The previous world record was 1:49.47 by Sweden in 1999. Since the California team was composed of swimmers from three countries, it will not be recognized since team members must have the same nationality (FINA rule SW 12.3).

Cope also set her own world record in the 50 back leadoff with a time of 27.25, bettering German Sandra Volk's time of 27.27. Arizona set the American record with its second-place time of 1:49.71 by Beth Botsford, Amanda Beard, Amy Bouta, and Denali Knapp.

"When I looked up at the board (after my leg) and saw that I broke the world record, I was thinking 'please don't false start,'" Cope said. "Breaking that record was one of my goals this year."

Arizona won the 4x200 free relay with Trina Jackson (1:59.46), Sarah Tolar (1:57.29), Jenny Vanker (2:00.77), and Emily Mastin (1:57.99) in 7:55.51.

It came down to the final relay, with Arizona needing to win the 4x100 free relay and Georgia to finish sixth or lower for the Wildcats to win the title. The Bulldogs could have been extra careful about the relay takeoffs to ensure no false starts. Georgia went after the race aggressively though, with Courtney Shealy (53.70), Stefanie Williams (55.00), Jennifer Mihalik (55.45), and Maritza Correia (53.52) winning the event and the team title with an American record time of 3:37.67, bettering the time set by the USA National Team earlier that day in Athens, Greece, at the Short Course World Championships. Arizona finished second with 3:38.89.

"The coaches told us we just needed to finish fifth, but we weren't out there to do that," senior Courtney Shealy said. "We still wanted to win it."

Thanks to Mary Wagner, USA Swimming Media Relations Coordinator, who provided daily reports from Indianapolis.

2000 MEN'S NCAA CHAMPIONSHIPS

MOSES PARTS THE WATERS

TEXAS RUNS AWAY WITH TEAM TITLE, RECORDS FOR RILEY JANES

MINNEAPOLIS—Seven world short course records fell during the 76th men's NCAA Championships. The records were equalled or bettered in four events.

Virginia sophomore Ed Moses was voted NCAA Swimmer of the Year for his world records in the 100 and 200 breaststrokes.

Texas won the team title, the Longhorns' first since 1996. They won three out of five relays, placed second in the 4x100 free and fourth in the 4x50 free relay. The Longhorns finished with 538 points, followed by Auburn (385) and Arizona (360.5).

Texas coach Eddie Reese was named NCAA Coach of the Year, winning his seventh team title during a 21-year career in Austin.

These men's NCAA championships, held continuously since 1924, have been mostly held in a 25-yard pool, but for the first time they were held in a 25-metre pool.

Highlights: Freestyle

California freshman Anthony Ervin shocked the swimming world on the first night with a world record in winning the 50 free (short course metres) in 21.21, edging Arizona sophomore Roland Schoeman (RSA) who also went under the existing world record with a 21.22. Prior to this meet, Ervin's biggest competition had been at the Junior National level.

"Anthony's never been in the limelight," said California coach Mike Bottom. "He's come out of virtually nowhere."

"I was trying to hit all the things I usually miss, like the start," Ervin said. "I'm known as having bad starts. For me, this was a good start. It was decent, but not a great start by any stretch of the imagination."

Ervin, who at 6' 2"/188 cm weighed just 150 lbs/68 kg when he entered college, has put on 10 pounds of muscle in the last year since he started weight training seriously.

"I think it's been the coaching more than anything (that's made a difference)," Ervin said. "I haven't grown much yet."

On day three Ervin pulled off another upset over Arizona's Roland Schoeman (RSA), winning the 100 free from lane one in an American record time of 47.36. Schoeman finished second in 47.51.

Ryk Neethling (RSA), a senior at Arizona, won the 400 free in 3:40.47 on the first day, while Southern Cal



Three world records for Ed Moses

Marco Chiesa

freshman Erik Vendt was second in 3:42.81. On the second day, Neethling won his ninth career title, his second of the meet and his third straight in the 200 free event.

Stanford junior Adam Messner jumped out to an early lead, but Neethling turned it on in the last 25 to move past Messner. His final split was 25.74 to Messner's 27.50. Neethling finished with a 1:43.90 to Messner's 1:45.01.

On the third day, Southern Cal's Erik Vendt turned in a gutsy performance in winning the 1500 freestyle in an American record time of 14:31.02, upsetting three-time defending champion Ryk Neethling (14:39.04) of Arizona, who finished third behind

Michigan junior Chris Thompson (14:35.95). Thompson took the early lead with Neethling and Vendt staying at his hip until Vendt started his six-beat kick at the 800 mark to pull away from the field. His 10th, 11th, and 12th 100s were all under 58 seconds and he finished with a 58.09 for the last 100. Vendt's time ranks as the fourth-fastest performance in history behind two swims by Australians Grant Hackett and one by Kieren Perkins.

Backstroke

Texas junior Matt Ulrickson won the 100 back out of lane two with a time of 52.05. He was fourth at the 50 mark and then finished in a 26.87 to win the race.

"The race was so close," Ulrickson said, "that I didn't know where I finished until I looked up at the board. I had to look a couple of times to make sure before I got excited."

Last year, Ulrickson made what he termed "an eight-year-old age grouper's mistake" when he turned too soon, thinking the false start rope was the flags. He seems to have learned from his mistake.

Canadian Riley Janes, Texas A & M, in finishing second with 52.18 (52.22 prelims) twice bettered Mark Tewksbury's record of 52.50 from 1992. Janes also bettered the 50 backstroke national record with his 23.90 lead-off on the 4x50 medley relay. Both former Canadian records were world records in their day.

Florida senior Matt Cole claimed the Gators' first NCAA title since 1996 by winning the 200 back in 1:53.68, ahead of Brazilian Olympians Leonardo Costa (1:54.79) of USC and Alex Massura (1:54.99) of Minnesota.

Breaststroke

With his mom's "Part the Water, Moses" sign in plain view in the Minnesota Aquatic Center, Virginia sophomore Ed Moses did just that in winning the 100 breaststroke in a world-record time of 57.66 on March 24. It was his second world record-breaking performance of the day as he first broke the mark in prelims with a 58.05.

"I knew I had a shot at the world record this morning after the relay split I had yesterday," Moses said. "My coach told me not to hold back. I had a four-second drop between my first and second 50 splits this morning and had really run out of energy on the last 50. Tonight I tried to hold back a little, which is hard to do in this meet, and then come home strong. I'm surprised my split (for the first 50) was only a little slower than this morning because I had a lot more energy coming home. I don't think I could have done much better."

Moses grabbed the headline again on the final day, shattering the world record in the 200 breast-

stroke. Moses' time of 2:06.40 was more than a second faster than the previous mark of 2:07.59 swum by Russia's Roman Sloudnov at the Short Course World Championships in Athens, Greece, the week before.

"I went out after it," Moses said. "I wanted to go a 2:05, but I made a couple of mistakes. It's only the second or third time I've swum this race in short course metres and it's very different from yards. At my turn for the last 25, I felt like I should be done already. I took it out too quickly and suffered in the last 50. I'm really excited about it though. My goal was to break those records."

Butterfly

Nebraska senior Adam Pine (AUS) won the 100 fly in 51.23 on the second day. Runner-up Nate Dusing of Texas broke the American record with a 52.00.

Stanford junior Adam Messner used a strong back half to win the 200 fly on the third day in 1:55.79, ahead of South Carolina's Zsolt Gaspar (HUN) who led most of the race. Messner had a little trouble getting his warm-up suit off at the blocks.

"It reminded me of being an age grouper," Messner said. "I used to have to run to the bathroom right



Nine NCAA career wins for Ryk Neethling

Bill Collins

before my races because I'd get so nervous, but it made my mom even more nervous. That's the only thing that kept me calm tonight—thinking my mom was probably really nervous and maybe she absorbed some of it for me.

"All season we've put an emphasis on underwater dolphin kicking. Misty Hyman brought that to Stanford and Skip (Kenney) really worked us on it. I tried to use it as an offensive weapon tonight. Off both walls I could see him (Gaspar) come off ahead of me so I tried to inch ahead each time with my dolphin kick. I knew we were really close and I didn't know I had won at the end."

Individual medley

Arizona State freshman Atilla Czene (HUN), a 1996 Olympic gold medalist, tied the world record in

winning the 200 individual medley on the first day in 1:54.65. Texas junior Nate Dusing was second in 1:56.84. Though only a freshman, Czene is 26 and just recently moved to the United States from Hungary to train.

"It's much more fun at NCAAs (than international competitions)," Czene said. "There was so much pressure on me in Hungary after the Olympics. I didn't feel any pressure here. I went to the 1998 World Championships wanting to win and I made some mistakes and ended up in the consolation final. I thought about quitting, but then I made my decision to come to the United States. I'm glad Arizona State was willing to take me. I feel like I'm re-energized."

Michigan sophomore Tim Siciliano dropped more than five seconds off his prelim time to win the 400 individual medley in an American record time of 4:06.02. Southern Cal freshman Erik Vendt set the record in prelims with a 4:08.22 and finished second in 4:09.35.

Relays

On the very first event of the first day Auburn started off the night by winning the 4x50 free relay with Matt Busbee (21.77), Aaron Ciarla (21.09), Oswaldo Quevedo (21.34), and Greg Busse (20.94) posting a 1:25.14. The four set a world best in prelims with a 1:24.83, but since Quevedo is from Venezuela it will not be recognized as team members must have the same nationality (FINA rule SW 12.3) Roland Schoeman (RSA) was the lead-off for Arizona in a short-lived world record of 21.28.

In the final relay on the first day, Texas won the 4x100 medley relay in 3:31.23, swum by Tom Hannan (52.15), Russell Chozick (59.70), Nate Dusing (51.48), and Bryan Jones (47.90).

On the second day Dusing also swam the butterfly leg (22.52) for Texas' winning 4x50 medley relay, which swam an American record time of 1:35.66 in the first event of the night. Also on that relay was 100 back champion Ulrickson (23.96), Russell Chozick (27.62), and Bryan Jones (21.56).

Texas also won the 4x200 free relay with Jon Younghouse (1:47.34), Nate Dusing (1:44.90), Scott Goldblatt (1:46.52), and Jamie Rauch (1:46.29) with a 7:05.05.

The 4x100 free relay was won by California with Matthew Macedo (47.81), Anthony Ervin (47.32), Bart Kizierowski (POL) 46.92, and Lars Merseburg (GER) 49.20 in 3:11.25.

Thanks to Mary Wagner, USA Swimming Media Relations Coordinator, who provided daily reports from Minneapolis.

BACKWASH

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

Davis Scholarships Awarded: Six swimmers will be receiving \$1,000 each provided by the Victor Davis Memorial Fund to help them in their swimming careers. The fund was created in 1989 in memory of Olympic and world champion Victor Davis, who died tragically that year. The six swimmers are Kristen Bradley, 16 (Newmarket, ON), Jenna Gresdal, 15 (Huntsville, ON), Alexandra Lys, 15 (Calgary, AB), Benoit Banville-Auger, 17 (Cap-de-la-Madeleine, QC), Francois Castonguay, 17 (St-Jerome, QC), and Matthew Huang, 16 (Vancouver, BC).

After five decades of service: Swim Saskatchewan presented Life Memberships to Betty Lou and David Dean. The Deans were distinguished swimmers, administrators, and master officials. Congratulations.

Paying the price: Alexander Popov pays 100 Australian dollars (US \$60) a day to train at the Australian Institute of Sport with his coach Gennadi Touretsky, a former Soviet national sprint coach. The decision to continue to swim for Russia has cost him dearly. Rob Woodhouse, an Olympic bronze medal winner in 1984 and now an agent for swimmers, estimates Popov could have made a million dollars a year in endorsements if he were an Australian. That's what Michael Klim, Popov's training partner, and 17-year-old Ian Thorpe are currently earning.

"The financial thing is difficult for Alex," Touretsky says. "He has a few sponsors, none in Australia."

After winning the 50 and 100 freestyle in 1992 and 1996, Popov is spending six hours a day in the water and an additional hour in the gym preparing for Sydney.

"People are writing Alex off, but I'm not," said Michael Klim. Touretsky agrees. "I know he will win the 100 again," he said. "The difference this time is I don't know how."

Cadillac series: What was formerly known as the USA Grand Prix Series is being replaced by the Cadillac Swim Series. Increased prize money (a total of US \$100,000 over the five meets) and TV exposure within the USA should make for an exciting summer leading up to the Olympic Trials in mid August. ESPN has already agreed to broadcast the Ann Arbor Meet, and other television deals are in the works. See the US Calendar on page 3 for the dates and locations.

Banned: Italian sprinter Viviana Susin, 27, received a four-year suspension from FINA. Susin was tested in January 1999 at a meet in France and was found to have a Testosterone/Epistosterone level greater than 6. The suspension is effective March 25, 2000. It's not known why there is such a long delay between the test and the suspension. She competed last December at the European SC Championships in Lisbon. Susin won the Italian Championships in the 50 and 100 free during the past decade.

Caught: Trent Bray, NZL, also tested positive earlier this year for the steroid nandrolone, but has so far eluded any actual suspension and competed recently in the New Zealand Championships. Trent hired a good lawyer and got off on a technicality. The judge ruled there was too long a delay between the specimen arriving in the lab—in Sydney—and the tests being done. In addition, the containers that have been used all over the world were found wanting! The NZL drug testing agency has lodged an appeal.

Biggest splash: Speedo announced the Fastskin in Athens. The suit will change the sport. It's a major innovation. The fabric has thousands of tiny teeth-like dents in the knit, mimicking dermal denticles of a shark's skin. Each suit has 13,000 stitches and 1,800 m of thread. A rougher fabric on the underside of the arms helps the swimmer to grip water when stroking. A rougher fabric at the shoulders creates vortices like those generated by the roll of a fish for faster swimming. Speedo claims that the suit is 3 to 7.5 percent faster than other suits.

FINA has approved full bodysuits as within its existing rules.

The suit will be priced between US \$150 and \$250 depending on the configuration (full body suit to a more conventional shape). The suit will be available to the general public in September. Speedo has agreed to supply Fastskins to swimmers competing at the Canadian Olympic Trials. Swimmers with the best chance to make the Olympic team as prime candidates for the suit.

Other manufacturers already have full body suits (Adidas) or are close to releasing one (Arena).

Award for Karin Helmstaedt: "I am pleased to tell you that the ASCA (American Swimming Coaches Association) Board of Directors has voted to honor you with the American Swimming Coaches Association Press Award for 2000. Congratulations!

The award is offered in recognition and appreciation of your continued dedication to the unearthing of the story of the East German Doping Regime over the past decades. We are very grateful for your efforts.

The World Clinic is in Cincinnati, Ohio Sept. 7-9, 2000, and the banquet where we will make the award itself is on Friday evening, Sept. 8. We'd be pleased if you wanted to do a 10-20 minute talk at the banquet on the state of doping currently, or what you see happening in Germany/Europe.

We will pick up your travel costs from your home to Cincinnati and return, or equivalent if you plan to go on to Sydney. And we'll take care of your expenses in Cincinnati.

Again, my congratulations and thanks from our entire Board of Directors. I hope this note finds you happy and well."

Best Regards, John Leonard
ASCA Executive Director

Congratulations Karin, from your friends at SWIMNEWS!



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

ASK JUDY

DON'T ALWAYS EXPECT IT!

In preparation for Nationals, I met with many swimmers who were trying to cope with different aspects of anxiety, pressure, and stress. Usually athletes who express these feelings to me are in need of a strategy to calm and relax themselves.

I start by asking the athlete "What is your goal for this competition?"

This may seem like a roundabout way to figure out a strategy, but this often identifies the root of the problem. The most common goal that swimmers set is to do a personal best time or a PB. The next thing to determine is if the goal is difficult, yet realistic, specific, and measurable, and if the swimmer has a clear understanding of what she or he needs to do to achieve the goal.

Once this has been determined, we can move to the next question, which is "What do you expect out of yourself?" The response to this question is the clincher. If the swimmer's response is "I expect a personal best" then we have probably figured out what the problem is.

Now you may be confused, but answer this question—What is the difference between an expectation and a goal? In this case, not much. By definition, an *expectation* is something that you expect to happen, it has high probability of occurring. A *goal* is something that you are striving for, reaching for, not sure if you will achieve it.

If the goal is difficult yet it is something you expect to happen, this can be the cause of a great deal of stress. Expectations should be focused on things that are completely in your control. For example, "I expect myself to keep focused during my race" and "I expect myself to give 100% during the race."

Things that you expect out of yourself are likely to contribute to the chance of you achieving your goal. But when swimmers or athletes, in general, start to set their expectations as high as their goals, the question becomes "What's the point of setting the goal, if you expect it to happen?"

Another way that expectations can cause a great deal of stress or anxiety is when the expectations are not even the athlete's own, but when they are those of the coach, parents, or teammates. So, before your next competition, it is in your best interest to take the time to establish what your goals are and then to determine how they are different from your expectations. This should help you feel more focused and in control.

Keep the letters and emails coming at gossj@dalelessmann.com

Judy Goss, Ph.D., is a Sport Psychology Consultant at the National Sport Centre—Toronto.

TAKING THE NEXT STEP

BE TOMORROW'S SWIMMER TODAY

Wayne Goldsmith

At every stage of their swimming development, swimmers come to hurdles or obstacles. These hurdles and obstacles become goals to overcome and targets for swimmers to achieve.

For example, an obstacle that swimmers may face early in their career could be the challenge to swim fast enough to qualify to swim at their local, club, or regional championships. Once that has been achieved, the next goal might be to qualify for Metropolitan Championships or Regional Championships (for regional swimmers). The next target might be State or Provincial Championships, then Nationals. Finally, their ultimate goal might be to swim internationally.

This ongoing process of setting, achieving, and then resetting goals is fundamental to success in most areas of life. At each step along the way, hurdles and obstacles need to be overcome by training and racing smarter, more frequently, faster, with better skills, and with more commitment than ever before.

To make the breakthroughs and achieve the important goals (and to take the next step at each level), swimmers need to think and train like swimmers who are already at the next level.

In other words, to be successful at the next level, swimmers must act as if they are already there!

Look at a practical example: The six factors essential to swimming success are:

- **Swim with excellent technique**
- **Swim with excellent skills**
- **Swim with fast strokes**
- **Swim with long strokes**
- **Do all the above when tired**
- **Do all the above when under pressure**

These six factors can be used to progress training sets and training routines as swimmers aim for higher and higher goals.

A training set like 16 x 25 butterfly might be completed on a one-minute cycle by a young swimmer training for his or her local competition. The importance would be placed on the stroke technique and skills elements, rather than speed, at this early stage. However, we know that as the swimmer develops and aims for higher, more challenging, and more difficult goals, three things are crucial to good butterfly at senior levels:

- **Swim great technique with maximum speed**
- **Swim great technique with minimum breaths**
- **Swim great technique with minimum stroke**

When training for the next step (such as Metropolitan or Country/Regional), it could be expected that the swimmer would complete the 16 x 25 fly set with less rest and perhaps at a faster speed.

Targeting the next step (such as State or Provincial Age Championships), the swimmer would aim to maintain good speed with less rest and with a minimum breath count (perhaps breathing every three or four strokes).

At the next step (such as National Age Championships), the swimmer would aim to hold good speed, with limited rest, with the minimum number of breaths, and hold a stroke count of 8-10 strokes per 25.

Training sets need to progress in terms of faster speeds, shorter rest (or longer rest), breathing control, skill level, and stroke efficiency as the swimmer progresses to the next level of excellence and takes the next step in their competitive career.

A key part of progressing to the next step is to think like a swimmer who is already there! This is a difficult concept to understand because it requires you to "know" what you "don't know."

This change in mindset and change to approach applies particularly to training. It comes with a change in the swimmer's level of

commitment to the program. It comes with a change in attitude to workouts. It comes with a change in the effort put into doing the little things right in training. It comes with a change in attention to detail with starts, turns, dives, and finishes. It comes with a change in time management and a better approach to time prioritizing—school, swimming, and life.

To get to the next level, you must think like you are already there. To compete like a State Level Swimmer, Regional Level swimmers need to train like a State Level swimmer, warm up like a State Level swimmer, eat and rest like a State Level Swimmer, and so on.

This is where your coach can be the greatest help. It has been said that a coach's main job is to convince the unwilling to do the unwanted to achieve the unknown.

Your coach knows what is expected and what is needed to be successful at the next level. Your training program is designed to help you break through barriers and obstacles and to help you understand what it is like to be a "next level" swimmer. The little challenges that your coach sets before you at training are designed to help you take the next step by demanding more of you than ever before and in the process teaching you to expect more of yourself than you ever thought possible.

The "I can—I will—I did" philosophy is an important part of taking any step forward. Believing you can leads to the confidence to say "I will," which is only a short step away from "I did." Confidence is the key element in all successful sporting achievements. Achieving success at each step along the way gives you the confidence and self belief to take the next step.

In many ways you are already "there" (at the next level) before you actually get the opportunity to prove it at a meet. The swim meet just confirms what you and your coach already know—that you have, by your thoughts and actions, taken the next step.

"The significant problems we face cannot be solved by the same level of thinking that created them." (Einstein).

TARA SLOAN 1979-2000

Nikki Dryden

“This is a time to cherish.
It’s a time to come together in celebration and gratitude.
A time to hear the tender and humorous stories.
A time to revel in a thousand beautiful moments.
A time to capture once more the vision of her smile.
A time to embrace the best of her.
And to memorialize for all time, the gifts of Tara’s precious life.”

On March 18, one week after her death, family, friends, and teammates gathered in Calgary to celebrate the life of Tara Leigh Sloan. Although seeing her beautiful smile and hearing warm memories of Tara was the hardest thing I have ever done, it was such a wonderful celebration that I did not want it to end. I did not want to have to come home and write this, I wanted her here with us. But what the celebration of Tara’s life did was remind everyone that she will always be here with us, for her spirit lives on in all whose lives she touched.

Looking around the room, Tara’s father said to me, “We are so lucky, just look at all the wonderful people she brought into our lives.” Tara brought me into their lives. I remember worrying just a little about moving to Calgary, and I recall a friend saying to me, “Oh you will love it there. Do you know Tara? She is such a cool girl; not just a swimmer. She plays guitar and writes poetry. I think you will really like her.” I feel so lucky that I moved to Calgary when I did.

Just months ago I wrote an article about Penny Heyns and our team’s amazing breaststroking clan. Tara was a member of our order of breaststrokers. She was also a member of that elite group of swimmers I so lovingly refer to as black line hogs! Although I just began swimming with Tara in September, the swimming community has known her for years. Tara burst onto the national scene as a fiery 16-year-old with her first of five national titles. That first win was in the 100 breast at the 1996 winter Nationals; she went on to win two more short-course titles in the 100 and 200 breast and two long-course titles in the same events. Tara still holds the Canadian record in the 100 breast (SC) with a time of 1:07.96.

Tara represented Canada internationally for the past four years. She raced most recently at the Pan American Games in Winnipeg, placing 8th and 9th in the 200 and 100 breasts. She competed at both the 1998

World Championships, placing 14th in the 100 breast, and the 1997 World Short Course Championships with 8th and 11th place finishes. Perhaps her best swimming came at the 1997 Pan Pacific Championships. There she placed 4th in the 100 breast in her first major international competition.

Tara tempered her love of swimming and her love of travel by racing on the World Cup circuit in 1997 and 1998. She came away with 17 medals and a realization of her love of Europe. It was after her first year on the circuit she decided to spend the summer living in



Marco Chiesa

Prague in the Czech Republic.

Medals and times only go so far in describing a swimmer. More accurately, Tara’s career can best be defined by her tenacity of spirit and dedication to hard work. It is easy to train and compete when you are swimming fast and feeling healthy, but a true champion is able to toil during the moments in our careers when life is not perfect. Tara exemplified the real spirit of swimming by never giving up the fight.

Although most swimmers dream of having a career as successful as Tara’s, surprisingly it is not her swimming for which she will be remembered best. For those who were privileged to know Tara, it was her passion for living that was so special. Never content to be labeled an athlete, Tara was always exploring new dimensions of her creative abilities. Artist, writer, singer, and musician, Tara never ceased to amaze us.

Tara’s swimming accomplishments speak for themselves, but it was her person that was referred to again and again during the celebration of her life. One story that was shared by her friend and teammate Allison Zwarich was of a trip to the West Coast Trail. “Tara sat with her back against a log gazing out over the Pacific, when a pod of killer whales decided to swim by. The sun was rising behind her and she casually leaned back, placed her hands behind her head and said, “Life doesn’t get much better than this.”

Then there were the stories of her younger years, always cooking up schemes for herself and her younger brother Tyler. It was as she matured that her wild imagination was shaped into a beautiful and thoughtful mind. Tara’s coach, Mike Blondal, told of her smile that came with her sense of accomplishment, while Hap Davis, our sports psychologist, listed all the many gifts Tara inadvertently gave to him through their friendship.

The next description was written by Tara’s parents as part of her obituary for the *Calgary Herald*. As my words can never capture Tara’s beauty as well as her family has done, I have reprinted the following:

“From the time she was very young, Tara was independent and unique...a free spirit with a zest for life, marching to her own tune. Her giving nature allowed people to feel comfortable and accepted in her presence. Although her accomplishments were many she remained modest about her successes. Tara’s love of music, drawing, and composing allowed her to express profound feelings about life and love. Her creativity extended into cooking, pottery, and decorating. Tara loved all things that enabled her to connect with nature. She was an eager learner, who strove to better herself through a broad education.”

I last spoke with Tara in the locker room at the pool. She was smiling and asking me questions about my impending trip to New York City. She spoke of her desire to go there one day, and I said to her I knew she would love it there. New York is so full of life and energy, I said. Tara would have fit in very well there.

If friends so desire, memorial tributes may be made directly to the Tara Sloan Memorial Fund, set up to continue Tara’s legacy by providing help and support to young aspiring athletes, as well as contributions to other charities such as the Foothills ICU Foundation and S.T.A.R.S. (Shock Trauma Air Rescue Society).

You may make contributions in person at any Royal Bank or Royal Trust in Calgary, by telephone at (403) 299-5005 or (403) 503-6110 or by mail to the **Tara Sloan Memorial Fund, Royal Bank, 755 Lake Bonavista Dr. SE, Calgary, AB, T2G 0N3, Canada.**

MAKING WAVES®



Braden O'Neill, 12

Club: Olympian Swim Club
Coach: Kevin Dennis & Kelly Steeves
Specialty: Freestyle, back, fly and I.M.
3rd ranked in SCM00 TAG for 200-400 free
100 back and 200 I.M.

Best Times	SCM99	SCM00
200 freestyle	2:17.76	2:08.17
400 freestyle	4:50.14	4:34.17
100 backstroke	1:10.04	1:07.12
200 ind.medley	2:34.46	2:25.13



Etienne Lavallee, 12

Club: EXCEL
Coach: Martin Cleroult
Specialty: Fly, back, I.M.
1st ranked SCM00 TAG in the 100 fly and 5th
for 200 back, 200-400 IM, 50 free

Best Times	SCM99	SCM00
200 backstroke	2:38.80	2:25.44
100 butterfly	1:14.52	1:06.60
200 ind.medley	2:27.26	2:27.26
400 ind.medley	5:40.87	5:15.38



Deanna Stefanyshyn

Club: Pacific Dolphin Swim Association
Coach: Tom Johnson
Specialty: Freestyle and I.M.
3rd ranked in SCM00 TAG for 200 free, 4th for
400-800 freestyle

Best Times	SCM99	SCM00
200 freestyle	2:03.47	2:03.17
400 freestyle	4:24.00	4:18.87
800 freestyle	9:00.41	8:56.61
200 ind.medley	2:25.96	2:20.88



Carleen Ready, 12

Club: Lethbridge Swim Club
Coach: Brad Vanderstelt
Specialty: Butterfly and I.M.
1st ranked in SCM00 TAG for 100 fly, 3rd for
200 fly, 5th for 400 I.M.

Best Times	SCM99	SCM00
100 butterfly	1:15.79	1:06.63
200 butterfly		2:28.57
200 ind.medley	2:39.82	2:31.24
400 ind.medley	5:40.82	5:15.99



Alexandra Lys, 14

Club: Calgary Swimming
Coach: Bill Humby
Specialty: Freestyle
1st ranked for SCM00 TAG in the 50-100-200
freestyle, 4th for 100 breast and 400 I.M.

Best Times	SCM99	SCM00
50 freestyle	26.89	26.67
100 freestyle	57.14	56.89
200 freestyle	2:04.49	2:03.76
100 breaststroke	1:15.57	1:14.36
400 ind.medley		5:00.38

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Pascal Wollach, 12

Club: Lethbridge Swim Club
Coach: Dave Vanderstelt
Specialty: Freestyle, backstroke
5th ranked for SCM00 TAG in the 400-1500
free, 9th for 200 backstroke

Best Times	LCM99	SCM00
200 freestyle	2:25.20	2:12.60
400 freestyle	5:00.71	4:38.95
1500 freestyle		18:37.46
200 backstroke	2:41.58	2:27.84
400 ind.medley		5:25.63

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