## THE WORLD OF FOOD SUPPLEM ENTS

REM EM BERNG HOWARD FIRBY

## SWIIINENTS

NUMBER 264
www. swimnews.com
APRIL 2001


Island Swimming invites potential 10 Km swimmers to the

## Times Colonist GORGE SWIM CLASSIC

## J uly 7th, 2001 <br> Canadian Championships

10 Km Open Water race

## \$10,000 IN PRVE MONEY

\$100 for 3 nights accommodations and dinner


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Computer programs for TAG, World Rankings developed by EveryWare Development Corporation. SWIMNEWS established in 1974 Published ten times yearly (January to October) Contents copyright © No portion of this magazine may be reprinted without permission of the publisher.
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Payments by cheque, bank money orders and VISA VISA payments require card number and expiry date All Canadian subscriptions include 7\% Federal GST International Standard Serial Number ISSN 1209-5966 Publications Mail Registration No. 09981 Gateway Postal Facility, Mississauga.
We acknowledge the financial support of the Government of Canada, through the Publications Assistance Program (PAP), toward our mailing costs. SWIMNENS (USPS \#015-207) is published monthly for US $\$ 35$ per year. Periodicals postage paid at Champlain, N.Y. and additional mailing offices. Address changes should be sent to:
SWIMNEWS, 356 Sumach Street, Toronto, ON, M4X 1V4 or (USA and International only)
IMS of N.Y., 100 Walnut St. \#3, P.O.Box 1518, Champlain, N.Y.
12919-1518. For details call: IMS at 1 (800) 428-3003 Editorial Offices: SWIMNEWS,
356 Sumach St., Toronto, Ontario, M4X 1V4, CANADA
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CONSECUTIVE NUMBER 264

6-7 Health and Diet II Nikki Dryden
The World of Food Supplements
8 Top 20 Additional Supplements in Swimming Today
Nikki Dryden
$9 \quad$ Colwin on Coaching
Cecil Colwin
Howard Firby: Swimming's Great Communicator
13 US Spring Nationals / World Trials
Phelps Stuns With World Record in 200 Fly
Two World Records for Moses
14 American Personality: Michael Phelps
Casey Barrett
Damn The Thorpedo, It's The Yanke Missile
16-17 Poster: Ian Thorpe, Australia
Marco Chiesa

18 Australian Nationals / World Trials Ian Hanson / Belinda Dennett Two World Records for Thorpe
Australia Sends 44 to Worlds Including 26 Olympians
20 British World Trials
Anita Lonsbrough
21 Qualify for Fukuoka, More Additions in June
29 Issues
Jeno Tihanyi, Ph.D.
APlea For ACritical Review


DEPARTMENTS
3 Contents
5 Calendar
About This Issue
10-12 TOP (Tiny Olympic Prospects)

12 Backwash
21 Championships/ Trials Reaults
22-28 TAG (Top 25 Long Course Age Group Rankings)
30 Making Waves

## HEAD COACH

The West Vancouver Olters Swim Club is accepting applications for a Head Coach for the 2001/2002-swim season and beyond.

- Position starts August 01, 2001 (pending applicant availability).
- The club currently has over 100 swimmers ranging from novice to national levels. WVOSC is dedicated to providing highlevel training opportunities to swimmers on Vancouver's North Shore - former WVOSC members have set B.C. and Canadian records and participated on the Canadian Olympic team. The club has been in operation for over 25 years, has a solid financial base and a committed parent board. There is also a possibility that the successful applicant may be offered an expanded role within a newly-formed swim association.
- WVOSC trains out of the West Vancouver Aquatic Centre, a six-lane 25M facility which is being renovated next year. New facilities will include additional deck space, two cool down lanes, and expanded weight room. Regular long course training is scheduled at two nearby locations.
- Preference will be given to candidates possessing level 3 NCCP. Experience with the Hy-Tek Manager programs, and previous Head Coaching experience are assets.
- The successful candidate should have strong leadership and interpersonal skills, be know ledgeable about current coaching techniques and be committed to ongoing professional development. The WVOSC Head Coach will be expected to provideleadership to the coaching staff, and to work closely with the WVOSC Board in planning and organizing the swim program.

Please send your resume, coaching philosophy, and salary expectations to: West Vancouver Otters Swim Club \# 9-2471 Marine Drive West Vancouver, BC V7V 1L3 email: blairfisher@home.com phone: (604) 913-1944 fax: (604) 921-9798


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## CALENDAR

| CANADIAN |  |
| :---: | :---: |
| May |  |
| 18-20 | Canada Games Trials, Saskatoon |
| 19-21 | Hyack Invitational, New Westminster |
| 25-27 | Pacific Dolphins International, Vancouver |
|  | Thunder Bay Invitational |
|  | TOP Cup, Etobicoke |
| June |  |
| 1-3 | Ontario Canada Games Trials, London |
| 7-10 | AGI Invitational, Etobicoke |
| 15-17 | Island Invitational, Victoria |
| 22-24 | BCChampionships, Surrey |
| 22-24 | McCormick Invitational, Hamilton |
| 28-1 | Man/Sask Championships, Regina |
| 29-1 | Coupe du Quebec, Montreal |
| July |  |
| 5-8 | Quebec Age Groups, Montreal |
| 7 | The Gorge Open Water 10K Nationals, Victoria |
| 12-15 | BC Age Groups |
|  | Ontario Championships, Etobicoke |
| 19-22 | Youth \& Junior and SWAD Nationals, Winnipeg |
| 27-29 | Eastern Cup, Montreal |
| 28 | Traversee internationale de Lac St-Jean |
| 28 | Thetis Lake 5KNationals, Victoria |

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20. Coupe du Quebec, Montreal

5-8 Quebec Age Groups, Montreal
7 TheGorge Open Water 1OK Nationals, Victoria
12-15 BC Age Groups
Ontario Championships, Etobiioke
19-22 Youth \& Junior and SWAD Nationals, Winnipeg
27-29 Eastern Cup, Montreal
28 Traversee internationale de Lac StJJean
28 Thetis Lake 5KNationals, Victoria

## August

5-9 Summer Nationals, Etobicoke
14-17 Canada Summer Games, London
2002
February
21-24 Youth, Junior, SWAD Nationals
East-Etobicoke, West-New Westminster
March
12-16 Spring National, Winnipeg
UNTED STATES
May
20-20 Cadillac Series 1, Ann Abbor, Michigan
21 25K Open Water selection, Clemson, SC
June
10-11 Cadillac Series 2, Charlotte, NC
23-23 Disability Championships, Phoeniz, AZ
24 10K Open Water selection, Daytona Beach, FL
30-1 Cadillas Series 3, Santa Clara, CA
July
15-16 Cadillac Series 4, Long Island, NY
19-22 Cadillac Series 5, Los Angeles, CA August
$4 \quad$ FINAOpen Water World Cup, Allantic City, NJ
14-18 Summer Nationals, Fresno, CA
22 5K Open Water Nationals, Fresno, CA

## RECORD SETTERS

All world records pending FINA ratification
WORLD LONG COURSE

- Men's 200 freestyle:

1:44.69 Ian Thoppe,AUS,Hobart,Mar 25,2001
Betters own record of 1:45.51 May 2000.

- Men's 800 freestyle:

7:41.59 Ian Thoppe,AUS,Hobart,Mar 27,2001
Betters old record of 7:46.00 Kieren perkins,AUS,1994

- Men's 50 breaststroke:
27.49 Anthony Robinson,USA,Austin,Mar 29,2001
27.39 Ed Mosec,USAAAustin,Mar 31,2001

Betters old world best of 27.61 Alexander
Dzhaburiya,UKR,1996.

- Men's 100 breaststroke:

1:00.29 Ed Moses,USAAAustin,Mar 28,2001
Betters old record of 1:00.36 Roman Sloudnov,RUS,2000.

- Men's 200 butterfly:

1:54.92 Michael Phelps,USAAAustin,Mar 29,2001.
(26.47, 55.61, 1:25.04, 1:54.92)

Betters old record of 1:55.19 ToMalchow,USA,2000.

- Women's 200 breaststroke:

2:22.99 Hui Oi,CHN,Hangzhou,Apr 13,2001
(33.37, 1:10.00, 1:46.64, 2:22.99)

Betters old record of 2:23.64 Penelope Heyns,RSA,1999.

## COMMONWEALTH

- Men's 200 freestyle:

1:44.69 Ian Thope,AUS,Hobart,Mar 25,2001
Betters own record of 1:45.37 Sep 2000.

- Men 800 freestyle:

7:41.59 Ian Thorpe,AUS,Hobart,Mar 27,2001
Betters old record of 7:46.00 Kieren perkins,AUS,1994

- Men's 50 backstroke:
25.66 Josh Watson,AUS,Hobart,Mar 27,2001

Betters old record of 25.68 Matt Welsh,AUS, May 2001

- Men's 50 breaststroke:
28.00 James Gibson,ENG,Sheffield,Apr 14.
27.82 James Gibson,ENG,Sheffield,Apr 14.
27.79 James Gibson,ENG,Sheffield,Apr 15.

Betters old record 28.05 Brett Peterson,RSA, 1999

- Women's 50 freestyle:
25.07 Alison Sheppard,SCO,Sheffield,Apr 11,2001

Betters own record of 25.12 from July 2000.

- Women's 50 backstroke:
28.68 Dyana Calub,AUS,Hobart,Mar 27,2001

Betters own record of 28.86, May 2000.

- Women's 100 backstroke:

1:01.36 Sarah Price,ENG,Sheffild,Apr 11,2001
1:01.32 Sarah price,ENG,Sheffield,Apr 12,2001
Betters old record of 1:01.51 Dyana Calub,AUS,1999.

## INTERNATIONAL

May
11-13 Acropolis International, Athens
20-20 German Championships, Braunschweig
19-20 Belgium GP, Charleroi
27-27 East Asia Games, Osaka
25-27 Esbjerg Intemational, DEN
June
1-3 British GP Final, Manchester
1-3 Mare Nostrum, Barcelona, ESP
5-7 Mare Nostrum, Canet, FRA
9-10 Mare Nostrum, Rome, ITA
13-14 Mare Nostrum, Monte Carlo, MON
24-24 International Gala, Stuttgart, GER
29-1 COMENCup, Tunis
30-1 Hamburg Intemational, GER
July
7-8 European Juniors, Malta
7-8 Darmstadt International, GER
7-8 International del Castello, Bellinzona, SUI
13-20 European OlympicYouth Days, Murcia, ESP
19-22 English Chapionships
17-29 FINAWorld Championships, Fukuoka, JPN

## ABOUT THIS ISSUE

Nick J. Thierry, Editor/Publisher
I wasnotified by Swimming Natation Canada during April that theywill discontinuefinancial support for TAG rankings and other statistical support I have provided for the past 25 years, effective July 1, 2001.

In order to continue with this work I will need your support. We need you to continue to subscribe and encourage others to do so. Wearegrateful for the dozen clubs who build in the subscription to SWIMNEWS in their membersip dues. We encourage otherdubsto doso.Thiswould goalongwaytomake it possible to continue with TAG. I have also listened to requests to reintroduce 10 \& Under to regular monthlyTAG. Seepage28for thefirstlongcourselist.

Other features in this issue are Nikki Dryden's continuingserieson Health andDietexplainingFood Supplements.

Cecil Cowlin remembers the unique genius of Canadian Coach Howard Firbywhodied 10yearsago.

Former Canadian Olympic flyer Casey Barrett, now a journalist in New York wites on Michael Phelps who became the youngest male world record holder ever.

TAGisup-to-datefor all meets received until the end of April.

## HEALTH AND DIET

## YOU ARE WHAT YOU EAT II

THE WORLD OF FOOD SUPPLEM ENTS

## Nikki Dryden

"If there was a magic pill that could make you swim really fast, what would be the point of swimming?"

The headlines are splashed across newsstands, bookstores, and the intemet, making declarations as broadornarrowasyour desire for an edge may be. The claims are appealing: "A Major Advancement in the ScienceofSportsNutrition," "TheNatural Solution for Pain Relief," "The Miracle Road to Well-Being and Success," "PerhapstheMostImportantHealthDiscovery in Recent Years." The endless list of magazines and bookspromisingusmagical elixirsand miracletonics to improve our lives, health, and athletic performance are bombarding us at every turn.

In a Januaryarticlein TheNewYork Times, writer Sara Siwolop reported on the thousands of wonder cure-alls that have sprung to life on the internet. She wroteabout the discovery of oneproduct found online calledvitamin 0, which maintaineda myriadofbenefits resulting in its ability to enrich the bloodstream with additional oxygen (hence the name vitamin 0). But when investigated, it turns out that the ten-dollar-anounce vitamin 0 was merely saltwater!

Ms. Siwolop'sarticlealso introducedustoa retired psychiatrist and consumer advocate, Stephen Barrett, who nowrunsa websitecalledQuackwatch that triesto track down doubtful medical claims. Anditisprobably a good place to research products that sound too good to betrue. You should alsolog on to the website for the Canadian Centre for Ethics in Sports, where you can find out all of the legal and banned substances from herbal cold medicines to "Mocha Frappucinos." It is your responsibility to find out what is legal. Whether you can buyitat thegrocerystoreoryou needadoctor's prescription, in the world of competitive sports, there are more things you cannot put in your body than things that you can.

In the United States, there is a definite lack of quality and content control when it comes to supplements. What a package claims to contain, and actually contains, can be very different. Canadian athletes have been wamed for years not to buy their vitamins and supplements in the US, because the US industry has no regulations. In Canada and the US, stick with brands and names you know and trust.

Between the charlatanism and the old-fashioned home remedies fall many of the supplements that are favoured by the world's swimming elite. Of course the big debate may not be if these products have been scientifically proven, but whether or not their positive or negative effects are just part of the placebo effect. Someswimmersareconvincedthatcertain foods, dietary regimens, or supplementsimprove theirperformance.

These products may merely provide certain psychological benefits rather than any proven physiological benefits. And health and performance maybe adversely compromised if and when the use of these products replaces a sound nutrition program. In the search for a safe and legal competitive edge, some swimmers try fad diets or supplements that are not scientifically proven. Thefactis, many of usarewilling to pay out the ten or twenty bucksa bottle for many of these products, just in caseitgivesus the extra oomph we've been looking for.

## Getting Your A, B, Cs

The most basic supplement you can take is a multivitamin. Canada's national teams use Centrum Protegra, a special blend for athletes, which includes minerals like iron, zinc, and selenium, and a bevy of antioxidants. Swimmers work out hard, and exercise increases our body'sproduction of freeradicals, which in turn causethemuscledamage that givesussoreand inflamedmuscles. Antioxidantsareespeciallyimportant because they neutralize the free radicals before they wreak havoc on our muscles. Some swimmers like to take extra vitamin C, E, and B complex in addition to theirmulti. Butyou can getall you need from yourfood if you eata balanced diet. Taking a vitamin pill instead of eating right doesn't create a heal thy body, and your performance will suffer in thelong term.

Many athletes these days take amino acid supplements to help with the maintenance of the immunesystem, and with musclebuilding and repair. Amino acids are the basic building blocks of protein andaregroupedintoessential and non-essential amino acids. There are nine essential amino acids: histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine. They are called essential becausethey are the amino acidsthat cannot be synthesized by human cells and must be ingested from your diet. There are many other amino acids besidestheessential onesthatthehumanbodynormally manufactures. Nonessential amino acids can become essential during disease or stress when there is either increased need and/or increased breakdown of them. The main non-essential amino acids are alanine, arginine, asparagine, asparticacid, cysteine, glutamine, glutamic acid, glycine, proline, serine, and tyrosine.

Useoftheindividual Lform aminoacidsupplement is best. You may come across D forms, which may actuallyhaveto beconverted by the body to theLforms before your body can use them. Most high-stress times causeyour bodyto requiremoreamino acids, which is why it is important to get them in your diet, then supplement, for example, during exams, at meets, or while training at altitude.

Both animal and plant proteins contain essential amino acids. Butamino acid value is measured by the percentage of usable protein; that is, the proportion of usableprotein in relation to thetotal weight of thefood. Meatsconsistof 20\%to 30\%usableprotein, with turkey being the best. Soybean flour is $40 \%$ protein; most cheeses $30 \%$ to $35 \%$ protein; many nuts and seeds between $20 \%$ and $30 \%$; and peas, lentils, and dried beans between $20 \%$ and $25 \%$. Whole grains and eggs containabout12\%, whilemilkisabout4\% Soremember to consider both quality and quantity when choosing your protein-rich and amino-acid-rich foods.

## When Creatine Made Me Insane

It'strue, you can askmyteammates, thelastimeI tried creatine it made me feel crazy. It also made me borderlineviolent, depressed, and hostile. Physically, it gaveme severe muscle cramps, diarrhea, nausea, and headaches. Andno, I didn'ttakesomehugeweightlifter dose. These symptoms came after two separate onegram doses spread over three days.

I can't explain this totally; the scientific research hasn't reallybeen done on creatine. One idea I have is that, as a vegetarian, my body already makes enough and doesn't like the intrusion of synthetic creatine. Another idea is that women just don't react as well to creatine supplementation. In a pool deck survey of my female teammates, only a couple liked creatine; the rest, likeme, suffer from adversephysical andemotional side effects, with musclecrampsand weight gain from water retention being the worst.

The creatine craze began in 1992 when British track athletes Linford Christie, Sally Gunnele, and Colin Jackson used it before the Barcelona Olympics and two won gold medals. Creatine sales in Canada increased from $\$ 15$ million in 1994 to $\$ 180$ million in 1998.

Creatine is an energy-producing substance that is made naturally in our bodies. Manufactured in the liver, pancreas, andkidneysfrom aminoacids, creatine is transported in the blood and grabbed up by muscle cells where it is converted to creatine phosphate. Then it is used to help produce ATP, the body's energy compound. Asyoudomoreshort-term, intenseexercise and the demand on your body becomes more extreme; creatinephosphatehelpsmakemoreenergyavailable.

Most of our bodies make about two grams of creatine daily and the same amount is broken down and lost/used by the body each day, thus maintaining a balance of creatine in the body. Creatine can be supplemented by meats and fish, and also through creatine monohydrate supplementation. Somebelieve creatine supplementation can help build lean body mass, provide energy, speed recovery, and be a lactic acid buffer.

## Is Creatine Safe?

In Canada, creatine has been classified as a food supplement, notadrug. Thismeansitneverhasto pass pharmaceutical safety tests from Health Canada. Creatine appears safe; according to moststudies, there areno adverseeffectsexceptgastricupsetorintolerance.

Sideeffectsinclude: dehydration, cramping, diarrhea, sore muscles, upset stomach, and water retention. However, therehavebeen nolong-term safety studies with people taking large amounts over a period of years. The long-term effects on the liver and kidney are unknown and could be harmful as these organs are being forced to process abnomal amounts of the material over long periods of time.

Creatine supplementation works in only two of ten users, which would explain why I suffered emotional and physical sideeffects. Theweirdestpart isthatthefirsttimeI usedit, Iloveditandencountered only benefits. Since that first dose in 1994, I tried it threeseparatetimes, and had been soreand sick each time. I kept trying creatine because I couldn't resist thereportedbenefits, regardless of anynegativeeffects.

Sports Medicine Digest investigated fifty-four random creatine research reports in its July 1998 issue. Itfound that someof thestudiestestedasfewas four subjects. It also found that most of the studies followed up their clinical trials for only four to five days. And, according to a recent post on the Italian Swimmingwebsite, creatinemaybequitedamaging. They reported earlier thisyear thatthe French Agency of Medical Security for Food (AFSSA) had issued the following waming: the use of creatine " constitutes a risk that has not been sufficiently evaluated, particularly in thelong term." It went on to say that there was a "potential carcinogenic risk" for users, and that in epidemiological studies, creatine caused "digestive, muscular and cardiovascular problems."

## HMB, the Next Creatine?

Last year, in lieu of creatine, I decided to try HMB (Beta-hydroxy beta-methyl butyrate). It's the newest fad in swimming circles. Swimmers at both the National Swim Centrein CalgaryandtheThunderbird Swim Centre in Vancouver began HMB supplementation overthelastyear, andI wasreadyto give it a shot too. At about a dollar a day, it is one of the most expensive supplements around, so here is the lowdown.

HMB is another naturally produced compound, foundin a largepartin mother's milk. HMBispart of the essential amino acid leucine and is produced in ourbodies. Itcan also befoundin small quantitiesin grapefruit and cattish. HMB up-regulates our ability to build muscle and bum fat in response to intense exercise. Another way to describe its effects is that HMB shifts the balance of protein metabolism in favour of new muscle growth and minimizes the breakdown of muscle tissue. Therefore HMB can be said to help support a consistent increase in muscle tissue gronth.

In an Iowa StateUniversityStudyby Dr. Nissen et al., entitled 'The Effect of the Leucine Metabolite B-HydroxyB-Methyl ButyrateDuring ResistanceExercise Training," about 2100 athletes who supplemented their diets with three grams of HMB a day for three weeksgainedthreetimestheirmusclelean bodymass and got an increase in strength two-and-one-half times greater than the subjects with placebos. In a
study done on women, similar results were found, "possibly indicating that the compound does not depend on any specific androgenic hormones (like testosterone) to exert its efforts."

In another study at Wichita State University, cyclists who took HMB experienced increased VO2 Max and a decrease in blood lactate levels. As for my four months on HMB , I will admitI felt and saw an increase in my strength in the weight room from month two to three; but after that initial burst of improvementI began to think I wasjust pouring my money down the toilet.

HMBisawater-solublecompoundthatisexcreted in the urine in proportion to dietary intake. In the study donebyDr. Nissen, a safetyprofile wasincluded thatscreenedforadversereactionsandorgan function. However, the long-term effects are unknown. These studies were only conducted in thelast fiveyears, and who knows what may be discovered in the future.

If you choose to takeHMB, one to two gramsper day would besufficientfora swimmer, but it isbest to workwith a sportsscientistorphysiologistto determine the best amount for you and your training program. (I am certainly no expert!) Also, check to see you are buying pureHMB. Look for proven brands within the supplement industry, such as EAS or GNC products.

## Supplements In Use

British Olympian and short-course world record holder James Hickman recently tried a new supplement program while training at altitude this winter. Throughout the day and in particular before and after workouts, James took different combinations of the following: multivitamins, iron, vitamin C, beta-carotene, L-glutamine, cod liver oil, selenium, zinc, andvitamin E. Beforethistrip, James hadonlyreally evertaken vitaminsandL-glutamine, which he describes as "one of the most wonderful products. I get a small sniffle, and a bit of glutamine holds it at bay."

L-glutamine is an amino acid that helps your body in times of stress and disease. It can prevent musclewastingbecauseithasan anti-cataboliceffect, i.e., like HMB, it decreases the breakdown of muscle tissue, so it is particularly important when repairing damaged muscle tissue after weight training. L-glutamine is used throughout the whole body, so when the gut and immune system cannot get enough they steal it from the muscle tissue, creating musclebreakdown. That'swhyJamesfoundithelpful for fighting colds.

The "supplement protocol" was set up with a specialist before James and his teammates went to altitude. "Thephysiologistprescribedwhen weshould takeeach thing, becauseifyou take them all at once, they can work against you. We had our blood tested before we left, and will have it taken again when we come home. Our hope is that our red blood cells will haveincreased andlastlonger than beforewewentto altitude."

As for this new program, James admits he is interested, although it is all very newto him. "Some
peopleusesupplements greatdeal. In thepastI was never a big supplement person. I have used creatine, although I haven'tmadeupmymindyeton ifitreally makes a difference. I really don't know if all this works, I haveswum fastwithoutit, butitisworth a try I guess."

American Jenny Thompson first found out she was anemic (lowiron) as a teenager, and every time shehad heriron tested over theyearsitremainedlow. "I used to never take any vitamins, then I finally decided I needed to take better care of myself and my nutrition. It was actually my chiropractor and my Pilates instructor who both encouraged me to start." Jenny tried many supplements last year en route to Olympic gold; her supplement program included: L-lysine, L-leucine, L-glutamine (all amino acids), iron, co-enzymeQ-10, multi-vitaminsandminerals, vitamin C, echinacea (for colds), and creatine.

Jenny had never really taken many supplements until this past year. Her coach, Richard Quick, had invited nutritionist and immunologist Dr. Glen Luepnitzto helpwith theStanfordWomen'sTeam. "I waswillingto try something to helpmego faster, that was safe and legal. Dr. Luepnitz presented me with articles and research, and I decided to try some of these supplements. I knew other swimmers like the Canadians and Aussies were using these things, so I decided to get on the ball."

Most swimmers have all dabbled in the creatine fad, but we could find no one that swore by it. Aussie Olympicmedallist, Dan Kowalski, takesonlyvitamins, whileCanadian backstroker KellyStephanyshyntakes multi-vitamins, HMB, and L-glutamine. American short-coursewonld record holderAlison Wagner tried creatine during her career, but didn't love it. "I alwaystried to takea general multivitamin andiron, but I wasn't too good at taking them regularly!"

Whatever you decide, each swimmer has specific needs. It is important to work with a nutritionist or doctor to help you plan a diet and supplementation regime that works for you. Doctors design most of these supplement programs with mature athletes in mind, and more important than any supplement is drinking water, getting good sleep, and eating a healthy and balanced diet. Remember that our musclesarecomposed 70\%of water. Water transports nutrients in your body, so when you are dehydrated there is no water to flush out all the bad stuff as well as carry nutrients to your muscles. That is why, no matter whom I spoke with, they all stressed the importance of drinking water. Sleep, too, is essential to recovery, anda healthydietisthebestway to getall the nutrients your body needs. Taking a slew of supplements instead of getting plenty of rest and eating right will have adverse affects over time.

And so, perhaps 16-year-old Canadian backstroker Jen Fratesi sumsitup best. "I do not take supplements or vitamins because I get everything I need from my food. I don't believe any of this stuff, and my coach (Bud McAllister) doesn't either. His philosophy is 'just train harder if you want to swim faster."

## ERGOGENIC AIDS

## TOP 20 ADDITIONAL SUPPLEMENTS IN SWIMMING TODAY

## Nikki Dryden

I am justa writer who used to be a swimmer, who was and still is pretty obsessed with testing and taking many of these dietary supplements. Swimmers must maketheirown decisionsabouttheirhealth. Thisisa place to start because, for now, supplements seem inescapable. So herearesome of the hottestergogenic aids in swimming today.

1. Bee pollen is said to increase energy and endurance, and it may speed up the recovery process from exercise. Bee pollen contains 22 vitamins and minerals, and over 5,000 enzymes and co-enzymes, making it possible that bee pollen strengthens the immune system too.
2. Blue Green Algae may help remove toxic chemicals and heavy metals from the body and boost the immune system. It is rich in minerals, provides some protein, and also contains beta-carotene and vitamin C.
3. Brewer's yeast is available as a powder, flakes, or tablets, and is a slightly bitter-tasting ingredient that is used in brewing beer. It's also a byproduct of beer-making. The yeast itself is a tiny fungusthatgrowsongrain, usuallybarley,butbrewer's yeast is a rich source of many nutrients, including protein, someBvitamins, phosphorus, andchromium.
4. Caffeine boosts energy and alertness, and increasestherateatwhich thebodybumscalories, but is not necessarily indicative of weight loss as it also lowers blood sugar and increases hunger. Too much caffeine can cause nervousness, anxiety, even palpitations, and it can also add to stress, cause heartbum, and interfere with sleep. The effectiveness orineffectivenessof caffeineforsomecan beexplained bydifferencesin caffeinesensitivitybetween swimmers, theeffect of caffeine on differentforms of exerciseand under different environmental conditions, and the effects of other dietary components on theresponseto caffeine. Caffeine is banned by the International Olympic Committee at levels that produce urinary concentrations that would require ingestion of considerably more than several cups of coffee over a short period of time.
5. Chromium, taken as chromium picolinate, isclaimed to bum bodyfat and build musclesize and strength because it is a trace mineral thathelps your cellsusecarbohydratesfor energy. Chromium during exercise may help move more carbohydrates into muscle cells for boosts of energy. Small doses may improve glucose uptake for use during sprints. Losses of chromium may be greater with heavy training, so some athletes may improve their carbo use and performance by increasing their daily intake. Found
in foods like refried beans, chicken, and peas, chromium picolinatehasbeen studiedforitspotential role in altering body composition. However, several recentstudieshavefoundlittletono effectofchromium on body composition or strength.
6. Coenzyme Q-10 (CoQ10) helps produce ATP (the body's energy source) and controls the flow of oxygen within the body's cells, and it also supports thebody'simmunesystem. Hardexerciselowersblood levels of $\mathrm{COQ10}$. However, the effects of $\mathrm{C} 0 \mathrm{Q10}$ supplementation havebeen inconsistent, with several studies finding no improvement.
7. Echinacea is an herb that acts as an immunostimulant, something that helps your body fight off illness by bolstering its natural defences. Echinacea may stop colds, the flu, or bacterial infections before they spread in the body. It may also shorten the duration and lessen the symptoms of the infection if taken at the first sign of a cold. It is most effective right at the beginning of an infection, and echinacea maykill somevirusesandbacteria directly.
8. Essential fatty acids (EFAs) arecritical to a healthy immune system, and your body cannot makethem, so theymustbesuppliedbythediet. There aretwo kinds of EFAs: omega-6 is foundin safflowers, sunflower, com and evening primrose oils. Theother is omega-3. Flaxseeds are rich in omega-3 EFAs. Walnuts and soybeans also contain significant amounts as well as freshly ground wheat germ. Dried beans, such as great northem, kidney, navy, and soybeans, are inexpensive sources of both omega-6 and omega-3 EFAs. Certain fish like salmon, tuna, mackerel, bluefish, sardines, and herringareveryrich in EFAs. The body can convert EFAs from fish more easily than other forms.
9. Fish oil (such as cod liver oil) contains omega- 3 oils. Most fish oil supplements are $30 \%$ omega-3. Fish oils also have anti-inflammatory activity, and fish oil isused to helppeoplewith various inflammatory conditions.
10. Glucosamine sulfate (GS) is a nutrient denived from seashells and contains a building block needed for the repair of joint cartilage. Basically, it helpstostimulatetheproduction of connectivetissue, specifically cartilage. Some studies have shown it worksbetterthanibuprofen. Ithasanti-inflammatory effects and is often stacked (taken at the same time) with chondroitin sulfate. Benefits from GS generally becomeevidentafter threeto eightweeks of treatment. Continued supplementation is needed in order to maintain benefits.
11. Glycine is a nonessential amino acid used by the body to build proteins. It also helps trigger the release of oxygen to the cell-making process, and is
essential to the production of hormones responsible forastrongimmunesystem. Glycineisfoundin many foods high in protein, such as fish, meat, beans, and dairy.
12. Iron is important for athletes because it transports oxygen to and within muscle cells. Some athletes, especially women, do not get enough of this mineral, and distanceswimmers frequently havelow iron levels. A severe deficiency of iron can impair performance, but taking too much iron can also be harmful. Anemia in swimmers is sometimes not due to iron deficiency and may be part of a normal adaptation to the stress of hard training. Thus it is unwise to takeiron unlessa significantdeficiency has been diagnosed. Swimmerswho are abnomally tired (an early warning sign of iron deficiency) should have their iron levels checked by a nutritionist or doctor.
13. L-alanine supports the immune system and helps in the metabolism of sugars and organic acids. It is an important source of energy for muscle tissue, the brain, and central nervous system.
14. L-arginine improves the body's immune system responsetobacteria andviruses. Itiscrucial for muscle growth and tissue repair.
15. L-carnitine is shown to convert fat to energymoreefficiently, aswell asinhibitingthelactic acid production in muscle and reducing fatigue. Lcarnitine is made in the body from the amino acids lysine and methionine. It is needed to release energy from fat. Research shows that individuals who supplement with camitine while engaging in an exercise regimen are less likely to experience muscle soreness. Dairy and red meat contain the greatest amounts of camitine.
16. L-leucine isan essential amino acid andis critical tomusclefunction asitmakesupa significant portion of all muscle protein. Leucine inhibits the breakdown of muscle proteins and promotes muscle recovery during stressful times. Leucine is present in all protein foods, such as meat, fish, eggs, milk, and beans. It is also found in soy and whey protein supplements.
17. L-lysine aidsintheproduction ofantibodies, hormones, and enzymes, helps form collagen, and ensures the adequate absorption of calcium.
18. Magnesium deficiencycan reduceexercise performanceand contributeto musclecramps. Some studies show that magnesium (including both diet and supplements) may benefit strength training.
19. Selenium is an essential trace mineral, which is an important part of antioxidant enzymes thatprotectcellsagainsttheeffectsoffreeradicalsthat areproducedduringexercise. Seleniumisalsoessential for normal functioning of the immune system and thyroid gland.
20. Zinc is an essential mineral that isintegral to a healthy immune system. Zinc is found in meat, poultry, beans, nuts, anddairyproducts. Zinctaken in the initial stages of a cold may shorten its duration.

## COLWIN ON COACHING

## HOWARD FIRBY: SWIMMING'S GREAT COM MUNICATOR

Fir by's lectur es wer e spell-binding, and his dr aw ings seemed to sw eep acr oss the page with the speed and graphic tempo of an animated film

## Cecil Colwin

At the end of the Second World War, Howard Firby, a 20-year-old pupil pilotin the Royal Canadian AirForce, was about to earn his wings when he was struck down by poliomyelitis and hospitalised for nine months. During thistimehestudiedkinetics, aerodynamics, andanatomy, subjects he was later to use as a swimming coach. From thestart of his coaching career, although dependenton the constant use of a walking stick and often easily fatigued by the severe after-effects ofthedisease, Howard coached swimming in a spell-binding and exciting manner that captured the interest of his pupils and conveyed to them the pure joy of the sport itself.

From themomenthestartedcoachingasavolunteer assistant coach at the now defunct Vancouver Amateur Swimming Club, his keen eye was analysing the techniques of swimming. Before long he had placed a blackboard poolside, and chalk in hand, was drawing ideal swimming strokes with unerring accuracy. He believed that most swimmers worked too hard for the resultstheyobtained, and heshowedhowminorchanges in technique could quickly improve performance.

No one would have guessed that this was Firby's introduction to coaching and that he was new on the deck. The amazed club officials couldn't believe the seeming miracle they were witnessing. They soon discoveredhewasafull-imecommercial artistatthetop of his profession, employed by Eaton's, the former large Canadian department store chain. Howard could draw simply anything- suits of clothing, dining room tables andchairs, electrical appliances- you nameit, hecould drawit.

Swimmers as Ever-Changing Shapes and Forms Soon hewashaving fun slicing hisswimming drawings into different forms and shapes to show how skilled swimmers always seek the best combinations of streamlining and propulsion. Howard Firby had the artist's ability to visualize swimming techniques from every angle, including threequarter views as well as from above and below. His drawings seemed to sweep across page, or blackboard, with the speed and graphic tempo of an animated film.

Howard's legacy to the sport is preserved in freeze frame drawings of swimmers that spring like multiple exposure photographs from the pages of books and magazines. Seen in retrospect, Howard Firby wasn't just great; he was a giant who used his highly-developed drawing expertise to enrich and revolutionize the art of coaching swimming.

Wewereclosefriendsfor 25 years, and wehadmany chats on swimming techniques during which he would often illustratea pointwith perfectdrawingsofswimmers.

Everything Firby said seemed to make good sense and fall immediately into place. I hadn't known Firby long before I learned that he was a many-sided person who couldconverseauthoritativelyon a widerangeofsubjects. For example, during a visit to the Kruger National Park in South Africa, itwasinterestingto seehim impresslocal officials with his vast knowledge of African flora and fauna.

In theearly 1970s, Howardand I collaboratedin the publication of "An Introduction to SwimmingCoaching," theCanadianAmateurSwimming Association'scoaches' training manual, for which I wrote the text and Howard did the artwork that consisted of several hundred

illustrations. Our collaboration was unusual in that I was based in the National Sports Centre in Ottawa while Howard was 3000 miles away in Vancouver, and all our communication was by telephone. Howard would complete each set of drawings within days, and each drawing was perfect and exactly as required.

## Swimming's Great Communicator

Howard Firby was a natural teacher with a rare gift for presenting concepts in easily understood form. Hearing him speak was an experience that most coaches would remember for years to come. Howard would start amost apologetically, suggesting thattheaudiencemightwant to consider a few ideashe was about to present. But his audiencecouldn'thaveenvisagedtheuniqueexperience in storeforthem. With a modesty thatsoon impressed his listeners, he quietly presented profound new ideas that went to the heart of the subject.

Hisrich baritonevoice was an important partof the man. His tone was warm and good-humoured, friendly
yet compelling. Howard Firby was a born story teller. In teaching swimmers key points of techniqiue, heloved to spinvivid"let'spretend" yarns, parables, andanecodotes.

Howard'stalent for drawing swimming techniques was legendary. In addition, he carried with him a sort of "mascot," his omnipresent plasticine swimmer, which, to theamusementof theaudience, hewouldcontinuously moldand transform into variousshapes and techniques as he spoke, sometimes whimsically adding a in or a fishtail.

## "Olympic Arms" for Sale

On one occasion in 1973, at Camp Akomak in Northern Ontario, I was privileged to see Howard tell one of his famousallegoriesabout the sports equipmentcatalogue thatadvertised "OlympicArms" forswimmersthatranged in price from very cheap to deluxe models that sold for $\$ 995.50$ !

As he told the story to a group of young swimmers assembled on the deck, he signalled to one youngster to comeforwardand betheluckyrecipient of an imaginary pairofelite" OlympicArms." With greataplomb, Howard told the young lad to carry his set of Olympic Arms to workoutin a velvet-lined case. With elaborateceremony, Howard demonstrated to the young swimmer how, in preparation fortheOlympics, hisOlympic Armswouldbe fastened on to him in the correct positions with special shoulder, elbow, and wrist bolts and screws. Then, to augment the lesson, he modelled in plasticine an accurately-shaped 1/3scale arm, and worked itthrough thecorrectswimming movement to the raptattention of all his students.

## About Howard Firby:

HowardFirby, born September 18,1924, in Birmingham, Alabama, ofCanadian parents. Diedin Vancouver, March 30, 1991.

Canadian coach Howard Firby, who coached Vancouver'sCanadian DolphinsClub, whereheproduced a longline ofgreatswimmers, includingElaine"Mighty Mouse" Tanner, isregardedasoneofswimming'sgreatest innovators and stroke coaches. Howard Firby's book Howard Firby on Swimming (1975) published by Pelham, London, which he illustrated himself, became a classic and a collector'sitem. In thelastdecade, Firby's lucid writings and unique descriptive terminology have been frequentlycopiedwithoutproperacknowedgement given.

Howard Firby was educated in Regina, Saskatchewan. Atter the Second World War, he studied art in Vancouver and became a commercial artist and a part-time assistant swimming coach to the Vancouver Amateur Swimming Club, where he eventually became Head Coach before leaving to form the now-famous Canadian Dolphins Swim Club. During the 11 years in which hecoachedtheCanadian Dolphins, hisswimmers set 11 world records, 300 Canadian records, and won the Canadian Team Title six times. In addition to being the firstNational Technical DirectorofCanadian Swimming, Firby coached theCanadian National Team at the 1964 Olympics and the 1958 Commonwealth Games, and at intemational competitionsin theSovietUnion and South Africa.

TINY OLYMPIC PROSPECTS


## PARTICIPATING CLUB

| CLUB NAME | CODE | PROV | BOYS | GIRLS | TOTAL |
| :--- | ---: | ---: | ---: | ---: | ---: |
| Club Aquatique de Montreal | CAMO | PQ | 22 | 13 | 35 |
| Edmonton Keyano SC | EKSC | AB | 26 | 31 | 57 |
| Island Swimming | IS | BC | 21 | 32 | 53 |
| Kamloop Classic Swimming | KCS | BC | 5 | 11 | 16 |
| Langley Olympians | LOSC | BC | 7 | 12 | 19 |
| London AC | LAC | ON | 9 | 25 | 34 |
| Mississauga Aquatic Club | MSSAC | ON | 8 | 18 | 26 |
| Oshawa Aquatic Club | OSHAC | ON | 3 | 4 | 7 |
| Olympian Swim Club | OSC | AB | 11 | 15 | 26 |
| Pickering Swm Clib | PICK | ON | 8 | 6 | 14 |
| Pointe Claire SC | PCSC | PQ | 52 | 50 | 102 |
| Pacific Sea Wolves | PSW | BC | 19 | 20 | 39 |
| Richmond Rapids | RAPID | BC | 7 | 3 | 10 |
| Les Riverains | REG | PQ | 6 | 6 | 12 |
| Regina Opt.Dolphins | ROD | SK | 8 | 13 | 21 |
| Region of Waterloo SC | ROW | ON | 5 | 5 | 10 |
| Vancouver Pacific SC | VPSC | BC | 14 | 26 | 40 |
| West Van Otters SC | WVOSC | BC | 3 | 2 | 5 |
|  |  |  |  |  |  |
| Total |  | 234 | 292 | 526 |  |

## GIRLS EVENTS

## GIRLS7\&U-200 FREESTYLE

## Rec: 2:55.04 Donna Wu,AQUA, 85

## 3:38.64 Patricia Jaros,MSSAC

3:44.35 Breanne Hart-Dowhun,OSC 3:55.82 Sarah Assi,PCSC 4:05.57 Isabelle Cloutier,PCSC 4:12.58 Alexe Grandin-Beaudet,REG 4:19.00 Lauren Lougheed,PSW 4:19.60 Caroline Parson,PCSC 4:29.53 Stephanie Wilson,MSSAC 4:31.62 Amanda Gagne,PCSC 5:15.82 Janica Lee,MSSAC 5:28.88 Katija Bonin,MSSAC 5:30.10 Victoria Polyakova,IS 5:30.82 Maddison McAnevin,PSW 5:34.05 Stephanie Cassarato,PCSC
15) 5:35.50 Katie Moore,VPSC
16) 5:37.67 Cassandra Blagrave,PCSC 5:42.30 ViviannaZampetti,VPSC 5:43.40 Stephanie Hillman,VPSC
19) $5: 51.10$ Patricia Pierse,EKSC
20) 5:52.76 TatiannaZamozdra,PCSC

5:54.00 Brooke Gallagher,PSW
22) 6:06.80 Laura Rosato,LAC
23) 6:07.82 Robyn Melville,IS
24) 6:19.26 Meagan Butters,PCSC 6:33.00 Brianna Bolen,LOSC 6:44.93 Stephanie Tadros,LOSC 7:08.10 AnnaNicol,VPSC 8:06.00 Rosie Beale,IS 8:16.00 ArianaMacDonald,IS 30) 8:37.62 JuliaMarks,IS
31) 9:01.72 Katarina Bush,IS

## GIRLS 8-400 FREESTYLE

## Rec: 5:49.44 Sandy Sabo, DD0,83

 6:48.27 DeannaMahews,EKSC6:58.39 Christina Bosse.PCSC 7:05.31 Ashley McGregor,PCSC 7:15.11 Molly McCullough,PCSC
7:16.56 Lori Kremer,OSC
7:18.71 Sadye Assi,PCSC 7:19.49 Dana Woodhall,ROW 7:22.30 Fionnuala Pierse,EKSC
7:25.24 Kelly Ann White,MSSAC
10) 7:35.10 Kajsa Heyes, VPSC .any Alan,PCSC 12) 7.51.23 Courtney Fry,OSC 13) 8:03.87 Valerie Vionis,PCSC 8:07.32 Anne Ker,PCSC 8:09.68 Bizabeth Guimond, CAMO 8:09.78 Haley Lippiatt,PCSC 8:13.62 Morgan Donahue,LOSC 8:18.71 Kyla Centomo,PCSC 8:19.82 Michelle Chan, VPSC 80) 8:22.96 Haley Tierney,PCSC 8:25.00 Lydia Schramm,EKSC 8:29.92 Lina Moghrabi,PCSC 8:37.11 Sophie Tadros,LOSC 9:02.40 Sara Belo,MSSAC 9:02.67 Olivier McMullen,PCSC 9:03.30 Oleksandra Besshadskaya,CAMO 9:04.50 Julia Casol,KCS 9:11.10 Alexandra Tully,VPSC 9:17.76 Laura Hossari,PCSC 9:18.20 maude Dupuis,CAMO 9:24.00 Catherine Creprijk,PSW 9:24.20 Kinsey Beck,LAC 9:32.30 Riche Leveille,KCS 9:34.00 Mara Pritchard_LAC 9:37.80 Kate Kirkpatick,VPSC 9:40.40 Alyson Waker,LAC 9:42:80 Gloria Ho,VPSC 9:46.23 Madison Golddurger,PCSC 9:54.00 Lynnaea Mulligan,PSW 10:20.00 Rachel Phillips,VPSC 10:25.51 Kathleen D'Aguuno,PCSC 10:35.00 Rachel White,LOSC 10:39.38 Cala Jarhaus,IS 10:53.20 Jenna Beaudry,VPSC 10:57.90 Mercedes Bastord,KCS 11:08.50 Kayly Patterson,MSSAC 11:23.30 Shannon Nell,LAC 11:24.40 Brigitte Youakim,CAMO 11:37.20 Michele Miller,KCS 11:40.50 Eica Baniuk,PICK 11:46.90 Jennifer Zukiwski,EKSC 11:55.20 NicoleLaChance,EKSC 12:03.70 Marika Reuben,IS 12:50.00 Bronte Dureault,LOSC 13:37.98 Laura Simand,IS

GIRLS 9. 800 FREESTYLE Rec: 10:45.42 Julie Bodenbender,AQUA,88 1) 12:36.21 MarieP. Couillard,REG 2) 12:49.79 Alexandra Cloutier,PCSC 13:18.60 MarieS Jean-Lachapelle,CAMO 13:36.30 Kirstyn McCasey,OSHAC 13:39.38 Sonia Wiechec,CAMO 13:41.12 Brittany Buna/S 14:04.54 Maxine Rist,PCSC 14:19.34 Victoria Hanna,OSHAC 14:25.54 Kyra Lippiatt,PCSC 14:27.20 Amanda Johnston,LAC 14:36.72 T.J. Hebert,PCSC 14:37.13 Maura Lavoie,OSC 14:40.38 Bianca Liang,MSSAC 14:40.47 Jennifer Slongo,MSSAC 14:48.02 AlexandraZatylny,PCSC 14:56.00 Leeanne Midgley,LAC 15:00.00 Kate Mittermaier,PSW 15:14.00 Hilary Caddwell,PSW 15:21.32 Aleksandra Couture, REG 15:22.01 Lindsey Moore,VPSC 15:24.68 Genevieve Couture, REG 15:27.91 Marie Eve Althot,CAMO 15:31.00 Kaelyn Armstrong,PSW 15:31.10 Nikita Senay,LAC 15:37.41 Andrey Polyakov,IS 15:45.50 Sydney Adkin,LAC 15:46.31 Grace Jauristo,VPSC 16:15.90 Talia Ritondo,PCSC 16:45.50 Amanda Vandenbrink,LAC 16:48.00 RebeccaB Bitten,EKSC 16:50.11 Kathy Tran,OSC 16:51.17 Cristina Bravi,CAMO 16:52.77 Stéania Strati,MSSAC 17:07.42 Leah Ferhorst,ROD 17:11.84 TeresaShiang,VPSC 17:18.31 Mackenzie Allen,OSC 17:29.00 Kristina Tanninen,EKSC 17:30.00 Bobbie Mienichuk,EKSC 17:30.30 Alex Ofranides, LAC 17:33.73 Kylee Wilyman,ROD 17:35.40 Jordyn Bogetti,KCS 17:36.71 Joey Shea, VPSC 17:36.73 Anne Meyer,OSHAC 17:38.60 Madison McGregor,KCS 17:47.43 Margaret Marak,PCSC
46) 18:00.50 Sarah Rosato,LAC
47) 18:01.20 Sarah Kozak, KCS
48) 18:05.30 Taylor Walsh,KCS
49) 18:09.56 Bizzabeth Forrester-C.PSS 50) 18:16.30 Tsue Andersen,EKSC 51) 18:16.32 Tina Tam,VPSC 52) 18:16.58 Ein Laidey,PICK 53) 18:24.19 Kara Hillis,ROD 54) 18:24.71 Kelley Sutton,IS 55) 18:29.95 Katie Jamieson,ROW 56) 18:42.60 Gardiner Jordan,VPSC 57) 18:45.72 Melissa Teuton,PCSC 58) $18: 50.07$ Ein Hillis,ROD 59) 19:06.00 K.C. Kunsang,PSW 60) 19:15.03 Kadigh Heard,PICK 61) 19:18.40 Sam Campanale,LAC 62) 19:20.00 Siobhan Niell,IS 63) 19:32.27 Carlolyn Hamilton,PCSC 64) 19:42.00 Katie Yurkovich,EKSC 65) 20:08.35 Samantha Bancescu,ROD 66) 20:13.83 Kelsey Kilbach,ROD 67) 20:17.41 Stetanie Danis,REG 68) 20:21.40 Kathleen Baker,IS 69) 20:40.10 Ruby Yeh,VPSC 70) 21:02.50 Andrea Vizsolyi,IS 71) $21: 12.31$ Hayley Bath, $\mid \mathrm{IS}$ 72) 21:14.20 Emery Prette,|S 73) 21:19.00 Michelle Chen,PSW 74) $21: 19.99$ Sabrina Novak,PCSC 75) 21:37.50 Calliste Flemming,ROD 76) 22:36.00 Kimberly Meerse,PSW 77) 22:46.00 Andrea Temple,PSW 78) $23: 26.00$ Andrea Bachewich,EKSC 79) 23:41.00 Jesseca Lucier,PSW 80) 24:09.00 Kaitlyn Kenvielle,PSW 81) 24:26.20 Hannalgbn,VPSC 82) 25:08.10 Johanna Steyn,VPSC 83) $25: 12.70$ Maddy Brazil,FOD 84) $25: 51.00$ Amanda Newman,EKSC 85) $26: 56.84$ Sandra Rijken,PSW

## GIRLS 10-1500 FREESTYLE

Rec: 19:12.09 Melanie Copple,AQUA,86 1) $21: 39.15$ Jennifer Wilson,MSSAC
2) $21: 39.15$ Anna Freeman,MSSAC
3) $21: 55.45$ Jovanna Ruffalo,IS
4) $21: 57.90$ Hind Chelata,CAMO 5) 22:28.42 Melissa Larocque,PCSC 6) 22:56.23 Alexandra Centomo,PCSC 7) $23: 03.07$ Christine Edward,VPSC 8) $23: 07.30$ Lisa Alibrando,PCSC 9) 23:08.37 Stacy Perrier-Ammaos,PCSC
10) 23:12.81 Catherine Powell,PCSC
11) $23: 28.49$ Jemma Hinkley,PCSC
12) $23: 34.05$ Krista Morgado,MSSAC 13) 23:13.13 Geneva Murphy,ROD 14) $24: 16.60$ Christine Zwart,LAC 15) $24: 35.12$ Vanessa Niedzielski,MSSAC 16) $24: 41.10$ Kistine Wakke,_LAC 17) $25: 00.09$ Gabrielle Laurin,MSSAC 18) 25:10.16 Seana Sterner,PCSC 19) $25: 20.73$ Meghan Brockington,OSHAC 20) 25:29.69 Shawnee Landolt,IS 21) $25: 35.42$ Alex Williams, OSC 22) $25: 36.57$ Nicole Vincent,OSC 23) 25:42.09 Scarlet Smith,VPSC 24) $25: 50.12$ Brittany Vader,OSC 25) 26:07.17 Rachel Judges, ROW 26) 26:24.10 Eeanore Dalling,VPSC 27) 26:30.59 Caitlin Robinson,MSSAC 28) $26: 42.13$ Lisa Billson,IS 29) $26: 43.30$ Alex Cooper,LAC 30) 26:44.66 Lindsey Reed,PCSC 31) 27:00.42 Megan Chi; EKSC 32) 27:08.10 Abbey Oke.LAC 33) 27:09.00 Grainne Pierse,EKSC 34) $27: 16.10 \mathrm{Meg}$ Sloan,LAC 35) 27:17.48 NicoleChe,VPSC 36) 27:30.00 Brielle Bukieda,EKSC 37) $27: 55.40$ Anna Francis,IS 38) $28: 09.10$ Katie Couglin,IS 39) 28:09.61 Hannah Jones, LOSC 40) 28:30.00 Aislinn Pattesron-M.,LAC
41) $28: 32.12$ Stephanie Zae, IS 42) 28:39.31 Katie Beautilier,PCSC 43) 28:40.00 Adrienne Funk, EKSC 44) 28:49.20 Alex Fergusson,LAC
45) $28: 50.00$ Daisy Jar, EKSC
46) 28:50.00 Eaine Jar,EKSC
47) 28:55.16 Veronique Delisle,REG
48) $28: 57.00$ Kelsey Monaghan,EKSC 49) 29:00.01 Brenna Caldwell,ROD 50) 29:19.53 Victoria Roduta,OSC 51) 29:28.62 Lauren Mothersell,OSC 52) 29:56.10 Taryn Harnack,EXSC 53) 30:00.80 Christine DeNobrega,FAPID 54) 30:01.00 Amanda Rosato,LAC 55) 30:12.00 Elaine Gross,EKSC 56) 30:34.19 Hilary Sergeany,ROW 57) $30: 37.51$ BryniaClipsham,LOSC 58) 30:43.80 Dominique Boyer-Lelond,CAMO 59) $30: 44.10$ Megan Gilmour,LAC 60) $30: 51.70$ Colby Starman,EKSC 61) 31:07.29 brianna Cunningham,ROW 62) 31:12.42 YousssaZaki,PCSC 63) 31:35.00 Jiyoon Oh,LOSC 64) 32:29.17 Sophie Bugoyne,LOSC 65) 32:33.80 Nicolette Harbidge,FAPID 66) 32:44.50 Jessica Moloney,LOSC 67) 33:22.60 Mallory Tead,LAC 68) $33: 26.37$ Kelsey Blake,IS 69) $33: 27.78$ Nicole Jahhaus, 1 S 70) 33:35.46 Brianne Porter,PICK 71) $33: 50.37$ Amy Hillis,ROD 72) 34:03.90 Tatiana Solis,S 73) 34:10.61 Michelle Russell,VPSC 74) 34:24.40 Julie Hobby,LAC 75) $34: 25.42$ Emily Pearce,IS 76) 34:26.54 Celeena Sayani,MSSAC 77) 34:37.70 Talleah Haler,LAC 78) 34:43.00 Cassie Hall,LOSC 79) 34:43.00 Ashley Pennington,ROD 80) 35:45.22 Daniella Bustos,OSC 81) 36:42.64 Ein Ennis,ROD 82) 38:00.07 Netanya Bushwensky,OSC 83) 38:15.00 Lucy Laychuck,EKSC 84) 38:48.00 Francesca Mariani,PSW 85) 38:59.00 Laurel Humberstone,EKSC 86) 39:26.71 Nicole Yeap,OSC 87) $39: 55.02$ Melanie Clark, PICK 88) 41:28.50 Elisa Patterson,MSSAC 89) 50:26.00 Kirtsen Munroe,PSW

## GIRLS $7 \& \cup$ - 100 IND. MEDLEY

## Rec: 1:28.46 DonnaWu,AQUA,85

## 1:51.72 Patricia Jaros,MSSAC 2:08.89 Caroline Parson,PCSC

 2:10.00 Katie Caldwell,PSW 2:10.70 Sarah Assi,PCSC 2:15.37 Stephanie Wilson,MSSAC 2:16.79 Isabelle Cloutier,PCSC 2:18.43 Alexe Grandin-Beaudet,REG 2:23.45 Veronika Blach,PCSC 2:29.54 Amanda Gagne,PCSC 2:30.60 BreanneHart-Dowhun,OSC 2:30.81 Janica Lee,MSSAC 2:33.83 TatiannaZamozdra,PCSC 2:45.43 Cassandra Blagrave,PCSC 2:46.70 Laura Rosato,LAC 2:47.69 ViviannaZampetti,VPSC 2:49.03 Stephanie Hillman,VPSC 2:50.30 Patricia Pierse,EKSC 2:56.00 Hillary Willy,IS 2:56.65 Katija Bonin,MSSAC 3:02.90 Victoria Polyakova, IS 3:05.02 Robyn Melville,IS 3:07.78 Meagan Butters,PCSC 3:11.55 Anna Nicol,VPSC 3:13.02 Katie Moore,VPSC 3:14.71 Stephanie Cassarato,PCSC 3:32.00 Ariana MacDonald,IS 4:02.00 Rosie Beale,IS 4:29.56 JuliaMarks,IS 9) 5:15.32 Katarina Bush,IS
## GIRLS 8 - 100 IND. MEDLEY

## Rec: 1:27.52 Donna Wu,AQUA, 85

|  |  |  |
| :---: | :---: | :---: |
| 1:34.53 Deanna Mathews,EKSC | 35) | 4:02.31 Jordyn Bogetti,KCS |
| 1:41.39 Christina Bosse,PCSC | 36) | 4:07.39 Tina Tam,VPSC |
| 1:43.69 Bryn Tod-Tims,WVOSC | 37) | 4:08.72 Kaleigh Heard,PICK |
| 1:44.51 Molly McCullough,PCSC | 38) | 4:09.47 Anne Meyer,OSHAC |
| 1:44.92 Ashley McGregor,PCSC | 39) | 4:09.86 Stefania Strati,MSSAC |
| 1:46.14 Dana Woodhall,ROW | 40) | 4:11.98 Joey Shea, VPSC |
| 1:47.08 Kelly Ann White,MSSAC | 41) | 4:12.10 Alex Orfanides,LAC |
| 1:47.60 Fionnuala Pierse,EKSC | 42) | 4:12.53 Teresa Shiang,VPSC |
| 1:49.77 Saidye Assi,PCSC | 43) | 4:12.80 Sarah Rosato,LAC |
| 1:51.09 Valerie Vionis,PCSC | 44) | 4:14.75 Jordie Dollinger,PCSC |
| 1:51.10 Kajsa Heyes,VPSC | 45) | 4:14.89 Eleni Rompotinos,PCSC |
| 1:52.60 Amy Allan,PCSC | 46) | 4:15.20 Cristina Bravi,CAMO |
| 1:55.38 Anne Kerr,PCSC | 47) | 4:17.59 Stefanie Danis,REG | nalnanews,EKSC 1:43.69 Bryn Tod-Tims,WVOSC 1:44.51 Molly McCullough,PCSC 1:44.92 Ashley McGregor,PCSC 1:46.14 Dana Woodhall,ROW 1:47.08 Kelly Ann White,MSSAC .4.00 Fionnuala Pierse,EKSC 1.49.17 Saidye Assi,PCSC 1:51.09 Valerie Vionis,PCSC 1:52.60 Amy Allan,PCSC 1:55.38 Anne Kerr,PCSC

14) 1:58.74 Kyla Centomo,PCSC 15) 2:00.40 Elizabeth Guimond, CAMO
15) 2:01.10 Alyson Walker,LAC 2:01.23 Michelle Chan,VPSC 2:01.29 Haley Lippiatt,PCSC 2:01.81 Lori Kremer,OSC 2:03.91 Lina Moghrabi,PCSC 2:05.00 Kinsey Beck,LAC 2:05.50 Lynnaea Mulligan,PSW 2:06.00 Mara Pritchard,LAC 2:08.80 Alexandra Tully,VPSC 2:09.64 Lydia Schramm,EKSC 2:10.46 Haley Tierney,PCSC 2:11.00 Shannon Nell,LAC 2:12.00 Catherine Crepnjak,PSW 2:13.19 Kate Kirkpatrick,VPSC 2:13.78 Julia Casol,KCS 2:14.30 Oeksandra Bershadskaya,CAMO 2:14.66 Laura Hossari,PCSC 2:17.37 SaraBelo,MSSAC 2:18.39 Madison Goldburger,PCSC 2:18.92 Olivier McMullen,PCSC 2:23.83 Kathleen D'Aguuno,PCSC 2:26.26 Roxan Canty-Currie,PCSC 2:35.68 Courtney Fry,OSC 2:39.03 Kayly Patterson,MSSAC 2:40.12 Carla Jarhaus,IS 2:43.91 Michelle Miller,KCS 2:44.08 Mercedes Bastord,KCS 2:48.57 Jenna Beaudry,VPSC 2:49.07 Erica Baniuk,PICK 2:50.67 Jennifer Zukiwski,EKSC 2:55.20 Nicole LaChance,EKSC 3:05.40 Brigitte Youakim,CAMO 3:27.00 Sarah Dominy,IS 3:28.00 Laura Simandl,IS 3:36.00 Marika Reuben,IS 51) 4:22.00 Amanda Comberbach,IS 52) 4:27.00 Sarah Hudson,IS

## GIRLS 9-200 IND. MEDLEY

 Rec: 2:50.84 Leslie Dowson,WISC,88 3:07.66 Marie-P. Couillard,REG 3:17.50 Kate Mittermaier,PSW 3:20.25 Marie-S Jean-Lachapelle,CAMO 3:21.50 Sonia Wiechec,CAMO 3:22.53 Kirstyn McCasey, OSHAC 3:23.30 Amanda Johnston,LAC 3:24.19 Alexandra Cloutier,PCSC 3:30.93 T.J. Hebert,PCSC 3:32.61 Aleksandra Couture,REG 3:32.70 Sydney Adkin,LAC 3:32.80 Brittany Buna,IS 3:35.37 Victoria Hanna,OSHAC 3:37.08 Kyra Lippiatt,PCSC$\begin{array}{ll}\text { 48) } & \text { 4:17.70 } \\ \text { 4izabeth Forrester-C.PSS } \\ \text { 4: } & \text { P19.53 Margort }\end{array}$
4:19.53 Margarett Marak, PCSC
4:20.04 Ein Laidley,PICK
4:22.10 Amanda Vandenbrink, LAC
4:29.08 Mackenzie Allen,OSC
4:30.20 Siobhan Niell,IS
4:31.89 Cardolyn Hamilton,PCSC
4:32.22 Ein Hillis,ROD
4:34.22 Karla Hillis.ROD
4:34.44 Lauren Zedell,PCSC
4:38.22 Kylee Wilyman,ROD
4:42.30 Tsue Andersen,EKSC
4:44.00 Katie Yurkovich,EKSC
4:45.00 Kaylea Dejong,EKSC
4:45.62 Katie Jamieson,BOW
4:48.12 Gaddiner Jordan, VPSC
4:50.10 Sam Campanale,LAC
4:51.70 Andrea Vizsolyi,IS
4:51.70 K.C. Kunsang,PSW
4:53.31 Vahnessa Espie,KCS
4:56.50 Kathleen Baker,IS
4:58.06 Kelley Sutton,IS
5:05.53 Kathy Tran,OSC
5:05.77 Samantha Bancescu,ROD
5:06.90 Michelle Chen,PSW
5:09.00 Andrea Temple,PSW
5:11.60 Jesseca Lucier,PSW 5:13.00 Sarita Good,PSW 5:13.06 Melissa Teuton,PCSC 5:14.00 Andrea Bachewich,EKSC 5:18.10 Kaitlyn Kenvielle,PSW 5:23.20 Kelsey Kilbach, BOD 5:27.80 Emery Prette,IS 5:29.00 Amanda Newman,EKSC
5:37.80 Hanna Igbn,VPSC 5:41.24 Sabrina Novak,PCSC 5:45.62 Sarah Stete,OSC 5:58.10 Kimberly Miller,EKSC 6:07.30 Sandra Rijken,PSW 6:14.87 Calliste Feemming,ROD 6:20.40 Johanna Steyn, YPSC 6:22.40 Gina Nasseri,EKSC 6:33.40 Maddy Brazil,ROD

## GIRLS 10 - 400 IND. MEDLEY

### 5.36.76 Stephanie Shewchuk,PCSC,85

6:09.03 MelissaLarocque.PCSC
6:20.60 Christine Zwart,LAC
6:31.98 Lisa Alibrando,PCSC 6:33.45 Shawnee Landolt,IS 6:36.22 Jennifer Wilson,MSSAC 6:38.21 KristaMorgado,MSSAC 6:38.82 Alexandra Centomo,PCSC 6:39.67 Jemma Hinkley,PCSC 6:41.42 Catherine Powell,PCSC 6:44.81 Anna Freeman,MSSAC 6:45.10 Stacy Perrier-Armaos,PCSC 6:46.17 Christine Edward,VPSC 6:47.76 Meghan Brockington,OSHAC 6:56.25 Tania Hurtubise,PCSC 7:01.01 Vanessa Niedzielski,MSSAC 7:03.21 Beanore Dalling,VPSC 7:03.38 Jovanna Rufffao,|S 7:04.10 Kristine Waker,LAC 7:05.04 Scarlet Smith,VPSC 7:07.60 Alex Cooper,LAC 7:12.39 Rachel Judges,SOW 7:15.00 Megan Chi,EKSC 7:16.39 Gabrielle Laurin,MSSAC 7:26.12 Brittany Vader,OSC 7:28.88 Lindsey Reed,PCSC 7:30.48 Caitin Robinson,MSSAC 7:31.67 Nicole Vincent,OSC 7:31.68 Anna Francis,IS 7:33.20 Kelsey Monaghan,EKSC 7:34.00 Kirtsen Munroe,PSW 7:34.21 Lisa Billson,IS 7:34.45 Calindy Ramsden,WVOSC 7:37.90 Meg Sloan,LAC 7:38.20 Taynn Harnack,EKSC 7:38.75 Veronique Delisle,REG 7:39.68 Katie Couglin,IS 7:41.60 Candace Bergmann,RAPID 7:45.94 Mahalia Coniah,EKSC 7:46.34 Nicole Che,VPSC 7:49.30 Amanda Rosato,LAC 7:49.90 Megan Gilmour,LAC 7:50.60 Aislinn Pattesron-M.,LAC 7:56.50 Alex Fergusson,LAC 7:58.00 Brielle Bukieda,EKSC

7.59.48 Brenna Caldwell,ROD
8.00.02 Alex Will 7:00.02 Alex Williams,OSC
8:04.24 Victoria Roduta 8:05.00 Adrienne Funk EKSC 8:05.12 Angela Sullivan,IS 8:05.30 Colby Starman,EKSC 8:06.00 Baine Jar,EKSC 8:07.00 Daisy Jar,EKSC 8:07.74 Katie Beautilier,PCSC 8:09.14 Stephanie Zade,IS 8:11.00 Grainne Pierse,EKSC 8:13.30 Julie Hobby,LAC 8:18.25 brianna Cunningham, ROW 8:22.91 Lauren Mothersell,OSC 8:28.05 Patricia Manos,PICK 8:38.30 Talleah Haller,LAC 8:50.04 Hilary Sergeany,ROW 8:50.13 YousssaZaki,PCSC 8:55.74 Brianne Porter,PICK 8:57.40 Tatiana Solis,IS 8:59.52 Michelle Russell,VPSC 9:41.10 Molly Grove,EKSC 9:44.92 Sabrina Dionisi,PCSC 9:51.14 Daniella Bustos,OSC 9:55.10 Francesca Mariani,PSW 9:56.13 Nicole Yeap,OSC 9:56.16 Netanya Bushwensky,OSC 10:30.37 Melanie Clake,PICK 10:43.12 Tawni Omerod,KCS 10:45.10 Nancy Truong,IS 11:04.01 Becca Dickinson,KCS 11:09.00 Laurel Humberstone,EKSC 11:20.15 Emily Pearce,IS 11:53.60 Adrienne Finday,EKSC

## BOYS EVENTS

BOYS $7 \& U$ - 200 FREESTYLE Rec: : ::50.36 Joshua Hammervold, UCSC, 97 3:51.37 Guy Bach,CAMO 4:18.10 Brayden Samon,LAC 4:18.41 Bilad Malik,CAMO 4:25.94 Austin Yeung,MSSAC 4:26.65 Brandon Reed, PCSC 4:37.70 Rchard-O. Bouchard,CAMO 4:52.23 Justine Lewis,CAMO 5:06.20 Eic Grehan,EKSC 5:06.68 Trevor Paterson,PICK 5:11.10 Robert Masters,PICK 5:17.23 Chris Debiller,PCSC 5:20.20 Andrea Di Cecco,LAC 5:25.32 Mac Williams,OSC 5:57.41 Colin Ladidey,PICK 7:10.00 Mathew Kratzmann,EKSC 7:20.00 Stephen Mclinnes, 1 S 8:44.10 Tyrell Harley,IS 9:19.98 Aaron Giffin,IS

## BOYS 8-400 FREESTYLE

 Rec: 5:22.65 Doug Wake,YLSC,86 6:29.55 Matthew Emory,PCSC 7:21.90 Nicholas Tatigian,PCSC 7:28.34 Tanner Fisher,OSC 7:30.67 Wayland Chen, VPSC 7:40.85 Thomas Jirasek,PCSC 7:42.49 Ryan Cornford,MSSAC 7:42.52 Brandon Chan,EKSC 7:45.65 Michael Dionisi,PCSC 7:48.00 Clay Stewart,LOSC 8:02.00 Jason Lai,EKSC 8:04.67 Alex Zhang,PCSC 8:08.10 Ryan Simonyik,PCSC 8:08.60 Trevor Ayre,PCSC 8:10.11 Jihyoon Oh,LOSC 8:18.61 Joseph peplowski,PCSC 8:28.52 Dylan Unterstab,PCSC 8:32.42 Josh McDonald,PSW 8:46.70 Jeremy Bagshaw,IS 8:50.70 Jonathan Blumenthal, PCSC 8:50.89 Michael Blumenthal, PCSC 9:15.38 Stefan Tihanyi,PCSC 9:18.38 Antoine Grand'Maison,CAMO 9:24.06 Anthony Tucan,CAMO 9:33.12 Mark Storto, PICK 9:39.32 Eugene Gusman,PCSC 9:52.34 Peter Wang,LOSC 10:02.40 Nick Kostiuk,EKSC 10:10.28 Zoltan Havas,OSC 10:49.30 Mikhail Yerkovich,IS 11:05.60 HamzaMalik,CAMO 11:56.00 Reid White, EKSC 11:56.00 Calvin Ho,EKSC 11:57.00 Sam Hardwicke Brown,EKSC 12:41.75 Aidan Roth,IS 12:49.00 Juno Kim,PSW 14:06.00 Eugene Ho ,PSW 14:47.00 Taylor Riar,EKSC 15:31.00 Austin Smith,IS
## BOYS 9-800 FREESTYLE

## Rec: 10:27.10 Doug Wake,YLSC,86

## 12:38.90 Paul Zielinski,MSSAC

12:43.28 Josh Bothelo,PCSC
12:52.48 Grant Harding,ROW 13:19.11 Marlow Nicol,VPSC 13:20.63 Ross Bennett,ROW 13:28.53 Scott Johnston,PICK 13:34.30 David Dotan,RAPID 13:35.20 Francis Fung,RAPID 13:37.00 Thomas Rae,PSW 14:00.00 Karl Wolk,EKSC 14:02.86 Anoy Chu,VPSC 14:09.98 Derek Engel,PCSC 14:11.00 Kyle Crepnjak,PSW 14:18.16 Mitchell Mueller,PSW 14:25.00 Nils Smit-Anseeuw,PSW 14:26.30 Maxime Bourget,REG 14:30.33 Michael Luck,PCSC 14:30.63 Christian Savu,PCSC 14:30.84 Sammy Zayed,PCSC 14:33.78 Aaron Blumenthal,PCSC 14:35.10 Mikail Davidson,CAMO 14:56.00 Ben Britten,EKSC 14:59.31 Riley Schwarz,IS 15:05.63 Thanh Bach Hy,CAMO 15:18.59 Ryan Gentry,PCSC 15:49.24 Sean May,MSSAC 15:55.22 Sage Sturgeon,LOSC 15:56.10 Kelvin Cheung,RAPID 16:06.10 David Leitch,RAPID 16:16.15 Neil Peter,PCSC 17:08.05 Jeffrey Steventon,PCSC 17:46.95 Alastair Nicol, ROD 17:54.32 Antoine Cote,REG 18:02.39 Sylvain Boucher,REG 18:05.60 John Mancini,PCSC 18:09.26 Mark Thomas,ROD 18:40.20 Martin Laurent,EKSC 18:55.60 McKenzie Lefebvre,KCS 19:05.02 Matthew Howe,PICK 19:15.97 Michael Parsons,PCSC 19:40.76 Francis Delisle,REG 19:49.60 Philippe Provost,CAMO 19:53.26 Josh Martin,VPSC 20:27.00 Cory McAnerin,PSW 20:52.20 Jeremy Ziemienski,IS 21:00.00 Kishen Raja,PSW 21:34.16 Matthew De Visser,VPSC 22:01.48 Matthew Stevens, PSW 22:14.00 Albert Kozak,PSW 22:33.00 Aidan Sank, PSW 22:52.00 Mark Stewart,PSW 23:11.07 Jonathan Chung,MSSAC 23:38.90 Denis LaChance,EKSC 27:16.00 John Mulvany,EKSC 27:33.00 Grady Edge,PSW 27:38.00 James Jarvis,PSW 28:47.75 Martin Bol,IS

## BOYS 10-1500 FREESTYLE

 Rec: 18:41.93 Michael Calkins, VICO,89 1) 21:05.14 Spencer Ayre,PCSC 21:05.49 Karim Zayed,PCSC 21:16.60 Abdollah Gandhi,PCSC 21:32.50 Charlie Tapp,LOSC 22:00.29 Colin Donaldson,WVOSC 22:45.70 Sean O'Beirn,MSSAC 22:55.35 Craig Dagnall,IS 22:56.01 Michael Clarke,OSC 22:58.99 Evan Emory.PCSC 23:18.49 Kairun Daikoku,MSSAC 23:24.25 Robbie Irvine,OSHAC 23:38.30 Michael Brock,LAC 23:45.40 Skyler McIndoe,LAC 24:06.19 Erik Cheng,PCSC 24:20.00 Daniel Jensen,PCSC24:25.61 Gilbert Saumur,CAMO 24:45.57 lan Kendall,ROW
18) $24: 55.70$ Sean Leger,CAMO 19) $25: 24.17$ Devon Butters,PCSC 20) 25:26.12 Trace Kremer,OSC 21) $25: 32.16$ Nathan Kindrachuk, OSC 22) $25: 35.31$ Parker Lang, IS 23) $25: 36.84$ Felix Yeung,MSSAC 24) $25: 45.30$ Mark Bernotas,PCSC 25) 25:46.69 Frederic Blais-Chauvin,CAMO 26) $26: 06.30$ Matthew Peddie,OSC
27) $26: 08.74$ Matt Jamieson,ROW 28) $26: 17.70$ Dayton Salmon,LAC 29) 26:29.35 Eric Ross, PCSC 30) 26:39.45 Erik Olsen,OSC 31) $26: 49.00$ Cameron Bailey,PSW 32) 26:53.70 Jimmy Lin,RAPID 33) $26: 58.50$ Andrew Bloch-Hansen,LAC 34) 27:05.00 Cole Stewart,LOSC 35) 27:41.30 Nicholas Chien,VPSC 36) 28:09.50 Matthew Kerr,PCSC 37) 28:10.72 Cenna Ghaderpanah,PCSC 38) $28: 15.80$ Nicolas Hardy,CAMO 39) $28: 18.71$ Brent Svela,OSHAC 40) 28:18.80 lan Leitch,RAPID 41) 28:26.66 Danny Taylor,VPSC 42) 28:32.00 Andrew Lai,EKSC 43) 28:32.71 Zach Relf,IS 44) $28: 41.90$ Scott Nuttall,KCS 45) 28:45.77 Wilson Phan,CAMO 46) $28: 48.45$ William Phan,CAMO 47) 28:50.09 Cory Pederson,ROW 48) $28: 57.00$ Travis Hunter,PSW 49) $29: 36.01$ Kent Jones,VPSC 50) 29:42.08 Sam Starko,VPSC 51) 29:57.00 M.J. Sorba,KCS 52) 30:10.39 Riley Schmalhaus, PCSC 53) $31: 03.30$ AlexandraZamozdra,PCSC 54) $31: 15.57$ Gary Dishington, ROD 55) 31:21.97 Patrick Laporte,PCSC 56) $32: 01.00$ Philip Hague- ${ }_{D}$, CAMO 57) 32:33.50 Derek Sadden,KCS 58) 32:35.92 Greg Johnstone,ROD 59) 33:28.10 Adam Gomba,PICK 60) $33: 28.69$ Aaron Watson, ROD 61) $33: 48.22$ Thomas Morvan,CAMO 62) $33: 51.60$ Grady Gibson, EKSC 63) $34: 30.30$ Jason Berndt,IS 64) 35:03.02 Andrew Calibaba,ROD 65) 35:05.06 Ross MacKenzie,OSC 66) $35: 22.00$ John Yoo,PSW 67) 35:29.67 Khalifa-A Baouette,CAMO 68) $36: 01.54$ Jonathan Lariviere,PCSC 69) 37:01.05 ChelseaZuber,VPSC 70) 37:09.70 David Russ,IS 71) $37: 36.70$ Chris Smith,IS 72) $38: 19.21$ Russel Sargent,VPSC 73) $38: 50.25$ Patrick McGuinty,PICK 74) 39:12.10 Ravi Grewal,IS 75) 41:39.00 Andrew Fletcher,EKSC 76) 42:10.15 Dominic Rollet,CAMO 77) $45: 35.00$ Blake Allen, PSW

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

Rec: 1:29.77 Andrew Bignell,SSMAC, 91 2:01.90 Brayden Salmon,LAC 2:12.80 Guy Bach,CAMO 2:15.84 Bilal Malik,CAMO 2:19.30 Austin Yeung,MSSAC 2:24.28 Robert Masters,PICK 2:27.40 Andrea Di Cecco, LAC 2:30.15 Mac Williams,OSC 2:31.00 Rchard-0. Bouchard,CAMO 2:34.23 Brandon Reed,PCSC 10) $2: 39.02$ Eric Grehan, EXSC 11) $2: 42.04$ Justine Lewis,CAMO 12) 2:47.60 David Stoykov,CAMO 13) $2: 54.68$ Matthew Kratzmann,EKSC 14) 3:04.21 Colin Laidley,PICK 15) 3:12.00 Stephen Mclnnes,IS 16) $3: 28.00$ Tyrell Harley, IS 17) $4: 06.29$ Aaron Griffin,IS

## BOYS 8-100 IND. MEDLEY

Rec: 1:21.38 Andrew Bignell,SSMAC,92 1:32.19 Matthew Emory,PCSC 1:46.42 Michael Dionisi,PCSC 1:49.06 Wayland Chen,VPSC 1:49.91 Thomas Jirasek, PCSC 1:52.54 Brandon Chan,EKSC 1:53.19 Michael Blumenthal,PCSC 1:56.30 Josh McDonald,PSW
8) $\begin{aligned} & \text { 1:58.14 Trevor Ayre,PCSC } \\ & \text { 9) } \\ & \text { 1:58.31 }\end{aligned}$ 1:58.31 Ryan Simonyik,PCSC 58) 5:58.60 Denis LaChance,EKSC 10) 1:58.88 Jonathan Blumenthal, PCSC 1:59.15 Nicholas Tatigian, PCSC 1:59.50 Jeremy Bagshaw,IS 2:00.31 Jason Lai, EKSC 2:02.89 Ryan Cornford,MSSAC 2:03.87 Joseph peplowski,PCSC 2:04.10 Alex Zhang,PCSC 2:04.19 Jackson Forsythe,VPSC 2:04.82 Dylan Unterstab,PCSC 2:07.38 Stefan Tihanyi,PCSC 2:11.71 Tanner Fisher,OSC 2:15.40 Antoine Grand'Maison,CAMO 2:19.90 HamzaMalik,CAMO 2:20.36 Mark Storto,PICK 2:21.34 Caborn Connor,VPSC 2:26.30 Anthony Tucan,CAMO 2:28.62 Nick Kostiuk, EKSC 2:29.00 Mikhail Yerkovich,IS 2:33.56 Reid White,EKSC 2:34.07 Sam Hardwicke-Brown,EKSC 2:41.78 Zoltan Havas, OSC 2:48.53 Taylor Riar,EKSC 2:50.96 Aidan Roth,IS 2:56.40 Eugene $\mathrm{Ho}, \mathrm{PSW}$

## BACKWASH

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

Editor: Swimming Natation Canada and SWIMNEWS have had a long-term relationship promoting the sport of competitive swimming in Canada. This relationship has been both a fee forservice relationship for TAG rankings and one of a mutual interestin promoting the sport of swimming in Canada. However, in the epastfewyears, a variety of technical innovationsand occurences outside SNC's scope of influence have led SNC to reconsider its relationship with SWIMEWS.

Firstand foremost, SNCbelieves thatitcan better serveitsmembership'sneedsforstatistical information via a web-based data system. That is, innovations in database management and access to the World Wide Web have afforded SNC the opportunity to enhance the service providing results for ranking purposes.

Secondly, ithasbecomeclear thatSWMNEWSis pursuing an international focus. Sincethelaunch of the revamped SWIM Magazine to the new format known as SWIMNEWS, the volume and frequency of reporting on Canadian swimming has significantly decreased. WhileitisunderstoodthatSNCpaysforthe serviceofTAG rankings, wealso feel connected to the magazine content. It is clear that SWIMNEWS has moved into the international arena and this is something we simple cannot afford to support in a fiscal sense.

As a result, effective July 1, 2001, SNC will no longer continue to pay SWIMNEWS a fee for TAG rankings. As a federation member of FINA, we look forward to maintaining a relationship with and receiving the ongoing services of the International Swimming Statisticians Association. Thank you for the many years of service to Swimming Natation Canada. We wish you the best for the future.

Ken Radford, Acting SNC Executive Director
Editor: I am greatly dismayed and somewhat confused by SNC's decision to drop support of your magazine'ssuperbreporting ofTAG Rankings. What on earth is going on here? Your magazine, in my humble opinion, is one of the best, if not the best, in the world in reporting our great sport's endeavors, both statistically and socially. Surely the SNC has made a gross error in this very poor decision. One wondersatthedecision-makingprocessoftheleaders. Aretheyreallythatparanoidabouttheirown personal recordasadministrators thattheyfeel theneed to cut off the one voice that has the fortitude to take a look atthecontroversial andprovocativesideofthenational
officeanditsoftentimespoorjudgements?I certainly hope that the coaches across thisoountryrecognizea major mistake by their head office and that they do something about it.

Jack Kelso, Professor Emeritus, University of British Columbia, Vancouver

Other general comments received from a variety of respondents:

It would be very disappointing to see TAG go. How can you look back and showyourkids and grandkids what you did 30 years later? The internet is too fickle forsomethingsoimportant. Paperisatleastsomewhat permanent. Not everyone has internet. There are a million reasons to keep TAG going as is.

It would be a shame to loose TAG. But since they've changed everything every year I can't seem to think whytheyshouldn'tscrewthisuptoo. Somanydifferent ways to do this competitive swim thing and we seem to think that if we try everything at least once, maybe we'll get it right. Pretty soon we'll have Division IIs again and we'll be back to the beginning.

Crummy decision, it will only set swimming back a gazillion years. A website where you can filter meet info and stuff is 0 K, butit'snot the same as every kid getting the magazine, reading about Mike Mitenko, and looking up their TAG ranking on paper.

Reply to Tom Johnson'sletter that appeared in our last issue, from Jeno Tihanyi:

Over the years, I sat quietly on the sidelines and observed many of the goings-on in the Canadian swimming world. I never commented on anybody or anything. I was never much for political action, especially at the expense of my colleagues, whether it was in my academic life or swimming coaching life.

Several issuescameto myattention lately, which prompts me to respond. Perhaps I am reacting to heresay; however, youre mail to CBC conceming the SportsJournal program isa fact. BeforeI reactto your comments, let me address the CBC show. Unless you watcheda differentshowand nottheshowCliff Bary and I appeared in, there was no attack or maligning of anyone. We never insinuated that we could do a better job, as Dave Johnson implied at the end of his empty diatribe. Cliff and I intended to respond to the questions with our points of view and bring some awareness to the issues at hand. Perhaps we even offered our insight. We have no control over what is edited out. In fact, I feel that our interview was moderate at best.

Youre mail to Marc St-Aubin had no substance. Itwas theusual outpouring of wordswithout content.

It is not a national pastime to analyze the state of Canadian swimming. Itisan obligation tolook at the process critically and then modify for progress. I have coached for 42 years, from the lowest to the highest level, andnotoncein thistimeperiodhaveI participated in a critical analysis of results, progress, leadership, etc. I dare say Canada has never conducted such a process. Canadians sare not experts at maligning their own people (quote out of youre mail); however, I will say theCanadian swimming hierarchy isincapable of looking at itself critically and constructively. In the swimming fraternity, the key factor for many is not integrity but political manipulation of a system to one's own end. Howdareyou imply that Cliff and I are outsiders. I contributed 42 hard years to Canadian swimming, and nowI am washed up astheCanadian system washed up the late Howard Firby. In my 42 years of coaching, I never had the Swimming Canada "silverspoon" offeredto menor haveI allowed itto be put into my mouth. I achieved my success with hard work and sacrifices, which of course you and your brethren would never understand and appreciate. I never had the luxuryto bejusta coach. As a professor, I have to lecture, research, wite, publish, participate in the community, and beside all thatI found timeto coach. No Tom, I am not an outsider, I knowwhat it takes; I have the intellectual capacity to analyse situationsandseparatetheunacceptablefrom progress.

Ialso heardthatduring oneofyourteam meetings at the trials you actually and openly criticized (how low one can stoop?) Cliff and I about how inaccurate and out of date our statements were. Speaking of maligning "your own people." You did not hear half of what we said. Let me tell you, it does not take a genius to see that in the last eight years Canadian swimming has notprogressed and gradually the spirit of the club system is being suffocated. I do not even have to bring in the scandalous results at the recent trials. The success of the past was totally yrelated to the hard work of the club system. We did not have the luxury of the big silver spoons disguised as training centres. If anybody is inaccurate and out of date, it is you, Tom. We could all, given the money that is availableto thecentres, attractfrom differentprograms national-class swimmers, butto takethem to the next level internationally takes more than just money.

I am notlooking for a war, I am only responding to your irresponsible comments concerning my intelligenceandmyachievements. I seeno pointin all this unless itleads to changes in the system.

Dr. Jeno Tihanyi
School of Human Kinetics, Laurentian University, Sudbury, ON

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

## US SPRING NATIONALS / WORLD TRIALS

## P PPSSTUSWITMITDPECODIN2OAFY TWO WORLD RECORDS FOR MOSES

NickJ, Thierry and USA Swimming

AUSTIN- Fourworldrecordsin threeeventsand the coming of age by 15 -year-old Michael Phelps were the story of these championships.

In total, 44 swimmers ( 24 men and 20 women) earned spots on the World Championships Team.

Michael Phelps, 15, North Baltimore Aquatic Club, becametheyoungestmaleworld record holder with his upsetwin in the 200 butterflyin $1: 54.92$ over OlympicChampion Tom Malchow. Iteamed him the Phillips 66 Performance of the Meet award.

Phelps and former world record holder Tom MalchowofClubWolverineputon quiteashowasthe two kept neck-and-neck the entire race. Malchow, who had been fighting a cold, posted a $1: 55.60$ in the prelims, justoff his world mark of 1:55.18 setin June of 2000 .
"I knew something was going to happen atter I tookmyfirstbreath off the third wall," Phelpssaid. "I could hear the crowd. I knewwhoever got to the wall first was going to get the world record. I thought if I was out with Malchow, then I woulddefinitely havea shot."
"YesterdayI couldbarelydrinkwater," Malchow, who was on antibiotics, said. "I could barely swallow. But that's not the reason I got beat. The reason I got beat was a very talented young man."
Acomparison of the splits:

| Phelps | 26.47 | 55.61 | $1: 25.04$ | $1: 54.92$ |
| :--- | :--- | :--- | :--- | :--- |
| Malchow | 25.69 | 55.04 | $1: 24.60$ | $1: 55.46$ |

Phelps' recordmakeshim thesecond worldrecord holder from the North Baltimore club team. Phelps' teammate Anita Nall set the world mark in the 200 breaststroke at the 1992 U.S. Olympic Trials. Backstroker Beth Botsford, also from the club, won two golds at the 1996 Olympics.

Ed Moses lowered the 100 breaststroke world record to 1:00.29, missed the 200 recordwith his2:10.40, second-fastestofall time, and added the 50 breast record in a time trial with 27.39.

The Jamail Texas Swim Center crowd was treated to quite a show as history was made when Moses, Curl-Burke Swim Club, touched the wall in (28.47 split) 1:00.29. The Olympic silver medallist broke the record set by Rusian Roman Sloudnov (1:00.36, June 2000).
"I could tell by the crowd's reaction howwell I did," said Moses. "I just wanted to touch the wall and hear the crowd. Atter


the morning swim (1:00.54), I knew I had a great shot at [ the world record]. I've been close for over a year."

Atter his 200, Mosessaid "I can'tcomplain, that timewould have won methe gold medal in Sydney." He continued, "Thatrecord by Mike Barrowman has been puton a pedestal for 10 yeers andI wanttobethe one to approach that standard. The message is out across the world thatit snot going to be a walk in the park to walk away with two golds (at World Championships)." Barrowman also swam at Curl- free with 4:12.09. It broke my heart."

Burke in the early 1990s, along with 400 IM world recordholderTom Dolan, Olympic winner in 1996 and 2000.

Aaron Peirsol, Irvine Nova, won both backstrokes, with 54.80 in the 100 , and $1: 56.56$ in the $200-\mathrm{m}$ back. That time makes Peirsol the second-fastest man in history, behind Lenny Krayzelburg.
"People were saying this wouldn't be a fast meet, coming offan Olympicyear," Peirsol said. "I guessalot of people proved them wrong."

Erik Vendt, University of Southem Califomia, won the 1500 free in 15:13.00, with Robert Margalis, unattached St.Petersburg, touching second with 15:16.56. Vendt also qualified in the 400 IMin 4:14.19. Ironically, both his events have their finals on the last dayatWorlds. Maryalisalso won the 400 freein 3:48.72, adding a second in the 200 IM with 2:01.69.

Tom Wilkens, Santa Clara, won the 200 IM with 2:01.58 and was second in the 400 IM with 4:14.52.

Diana Munz, Lake Erie Silver Dolphins, won her 15th national title in the 800 free with $8: 32.20$, in a stroke for-strokebattle to the endwith Kaitlin Sandeno, NellieGaleGators, 8:32.82.Munzled themajority of the race, and managed to hold off a surging Sandeno. Sandeno qualified for her fourth event at the Worlds. Earlier she won the 200 fly in 2:10.94, added another firstin the 400 IMwith $4: 42.98$ and a second in the 400

One of the closest races was the women's 200 breast KristyKowal, AthensBulldogs, andMegan Quann, Puyallup Aquatic, traded tums leading the race, but in the end it was Kowal who touched firstin $2: 26.57$, with Amanda Beard, unattached, with 2:27.90 squeezing through to take second. Beard declined the trip to Worlds, which means both Kowal and Quann will compete in the 100 and 200 breast at the World Championships. Kowal won the 100 breast in 1:08.25, with Quann second in 1:08.58.
"I'm glad to be in the 100 again," Kowal said. She didnotqualifyfortheOlympicsin thatevent. "Thatwas the hardest thing in Australia, to watch the 100 breast

Natalie Coughlin, Terrapins, won the 100 m fly in 59.38. Coughlin comes off an exceptional NCAAmeet, where she won three events (100y and 200y back, and 100 y fly), setting four American records and being named Swimmer of the Year.
"I'm pretty tired," she said of her hecticschedule."Thisismyspringbreak, and I'vehad a long season. My goal was just to make the team. It doesn't matter in what. "

Coughlin added the 100 back titlein 1:01.32 to her 100 fly win from the day before. Her Califomia teammate Haley Cope (Chico, Calif) took second in the 100 back with 1:01.98.

## AMERICAN PERSONALITY: MICHAEL PHELPS

## "DAM THETHORPEOO, T'ST THEYANKEEMSSLLE"

## Casey Barrett

News spread fast, as it always does among the swimming community. Mouses clicked on results pages; phonesrangacrossborders; bleary-eyedathletes conversedin hushedtonesbeforepre dawn workouts. And everywhere- from the cold, cramped pools of the Ukraine to the sun-drenched stretches of Brisbane- the questions last April were surely the same: "Did you hear about that Michael Phelps?" Proud world-classswimmers, many owning Olympic medals, shook their collective heads in disbelief and brieflycontemplatedretirement. "Didyou hearabout that 15 -year-oldAmerican?" Olympic coachesstared at the splits, laid out in pure perfection, and fought painsofenvyfor thecoach who producedsuch magic. "1:54! The youngestmale world record holder ever!" Parentslooked to their own kids, to teenagers well on their wayto national teams and collegescholarships, andwondered whattheyweredoingwrong. "Howcan anyone be that good, that young?"

After a fifth-place finish in the 200 fly at the Sydney Games last September, Michael Phelps was already anamebutterfliersknewand werebeginning to fear. Yett, no one expected so much, so soon. Hewas a young talent on the fast-track, someone to keep an eyeon asAthensapproached. Buta worldrecord now? At 15? Itjust didn't seem possible.

Butsomewherein North Sydney, workoutscarried on as usual for the only man who could possibly understand. ForIan Thorpe, age iftteen wasa timeto


Michael Phelps
win world titles. For Michael Phelps, it is a time for world records.

In any sport, greatness demands comparison. Theremustbecontextfor any outlandish feat. Others mustpave the way beforewecan trulyappreciatenew barriers. Without Kieran Perkins, how would we describe Ian Thorpe? And now, without Thorpe, how could we describe Michael Phelps? There simply are no other comparisons available. No male swimmers have ever done so much, so young. For the last three years, the powerful Aussiewith thosefreakish finsfor feet has pushed our sense of the impossible to new heights. Nowit appears thata young American from Baltimore, Maryland, ispoisedto expand theselimits

| QUICK FACTS: | Michael Phelps |
| :---: | :---: |
| Dateot ilith | 30 JUN 1985, Towos, Mayland |
| Heght | $191 \mathrm{~mm} / 63^{3}$ |
| Weigh | $75 \mathrm{Kg} / 165 \mathrm{l}$ los |
| Club | North Batimore Aquaicic Club |
| Coach | Boo Bowman |

2000 Olympic trials: 2nd 200 fly $1: 57.48$, 11th 400 IM 4:25.97 2000 Olympics: 5th 200 fly $1: 56.50$
2001 Nationals: 1 st 200 fly $1: 54.92$, 8th 1500 free 15:35.35,
3rd 200 IM 2:02.17, 3rd 400 IM 4:15.20
Long Course Pogression

|  | 2001 | 2000 | 1999 |
| :--- | ---: | ---: | ---: |
| 400 FREE | - | $3: 58.80$ | - |
| 800 FREE | $8: 14.59$ | $8: 16.10$ |  |
| 1500 FREE | $15: 35.43$ | $15: 39.08$ | $16: 00.82$ |
| 100 FLY | 55.61 | 55.01 | - |
| 200 FLY | $1: 54.92$ | $1: 56.50$ | $2: 04.68$ |
| 200 IM | $2: 02.17$ | $2: 05.54$ | $2: 22.13$ |
| 400 IM | $4: 15.20$ | $4: 23.86$ | $4: 31.84$ |

200 METRES BUTTERFLY 10 PERFORMANCES
1 1:54.92 USALCMAR Michael Phelps,USA
LCM01
1:55.18 CHARLJUN Tom Malchow,USA
LCM00
1:55.22 CANETJUN Denis Pankratov,RUS
1:55.35 OLYMPICS Tom Malchow,USA
1:55.41 PAC99AUG Tom Malchow,USA
1:55.46 USALCMAR Tom Malchow,USA
1:55.60 USALCMAR Tom Malchow,USA
1:55.63 ROMEMAY Franck Esposito,FRA
1:55.67 USTRIALS Tom Malchow,USA
1:55.68 ANNARMAY Tom Malchow,USA
200 METRES BUTTERFLY 25 PERFORMERS

> 1:54.92 USALCMAR Michael Phelps,USA

1:55.18 CHARLJUN Tom Malchow,USA
1:55.22 CANETJUN Denis Pankratov,RUS
1:55.63 ROMEMAY Franck Esposito,FRA
1:55.69 WORLD91 Melvin Stewart,USA
1:55.76 OLYMPICS Denis Sylantyev,UKR
1:56.17 OLYMPICS Justin Norris,AUS
1:56.24 FRGNATS Michael Gross,GER
1:56.34 USALCMAR Stephen Parry,GBR
1:56.34 OLYMPICS Anatoli Poliakov,RUS
1 1:56.75 ASIADEC Takashi Yamamoto,JPN
12 1:56.81 USNATAUG Ugur Taner,USA
3 1:56.82 GERLCJUN Thomas Rupprath,GER
14 1:56.86 AUSLCMAR Scott Goodman,AUS
15 1:57.04 SEASN84 Jon Sieben,AUS
further still. Their events are different, their nations an ocean apart, but the message is clearly the same: it's time to re-define what is fast, what is possible in the water, at any age.

At the U.S. Nationals in Austin, Texas, in April, Phelps compiled a resume of times that demanded attention from morethan merely the butterlyranks. Inadditiontotoppling Olympicchampion andformer record holder Tom Malchow in a rousing recordsetting duel, Phelps opened the eyes of every medley specialist with times that loomed just off the world's best. In the 400 IM , he shaved an incredible eight seconds offhispreviousbest, claimingthirdin 4:15.20 behind Olympic medallists Erik Vendt and Tom Wilkens. In the 200IM, hegrabbedanotherthird with animpressive2:02.17. Butitwasdistinctly thefly that sent jaws dropping. His 1:54.92 not only made him thefirstman to dipunderthe 1:55barrier, itpropelled him swifly into the rarified air of the Thorpedo.

His coach at the North Baltimore Aquatic Club, Bob Bowman, realizes the link to the Australian wonder-boy is inevitable.
"Inhisevents, they'recomparable. I thinkthey're verysimilar. They'reboth extremelymaturefor their age and just psychologically superior to their competitors."

Like Thorpe, Phelps maintains an understated confidence in his own talent, coupled with a clear conviction that, when the field tums for home, he'll find a way to take over.
"The goal going in (to Nationals) was to break the world record- no time - just to break it. And I knewifI wasanywherenear Malchowwith a 50 to go, I'd get excited and have a shot."

Bowman also recognizes that, at fifteen, he has every reason to expect further rapid improvement as his young star continues to grow.
"On a regularbasis, Michael will swim his times from a previous meet in workouts, in repeats," says Bowman. "He'sstill on a natural development curve. He'sstill nowhere near his potential in every areaphysically or emotionally."

Of course, aswith anygreatathlete, theremustbe that essential mix of genetics, environment, and desire in order to truly fulfill this potential. At home in Maryland, Phelps seems to have found the perfect combination of all three.

The 200 fly has long been a trademark of the Phelpsfamily.Hisoldestrister, Fillary, wasanationallevel flyer for years, whilesisterWhitney displayedher world-class form with a gold in the fly at the Pan Pacific Games in 1995. Their combined experience andunwaveringsupportremainsaconstantpresence in Michael's progress.
"Hillary and Whitney have always been there, always encouraged me," hesays. "I'd say I still talk to both about oncea week."

As a life long member of the North Baltimore team, Michael also benefits from the comfortable, family-like atmosphere among his teammates.
"He'sbeen swimming with thesame group since


Enjoying the moment-after the world record effort
he was seven or eight," says Bowman. "Obviously, people have given him more attention since the Olympics, but he's still one of the kids and he's very conscious of the fact that he wants to fit in."

Phelps agrees, claiming that while some teammates may look up to him a bit these days, he's still distinctly one of the team. And whilehis workout intervals may require some special adjustments at times, he's still sharing the samelane with the same kids he's known for years. Besides, this is a team that already knows a thing or two about young phenoms.

Through theyears, the North Baltimore Aquatic Club has developed a reputation for its ability to produce world-shaking stars ata staggeringly young age. In 1992, 15 -year-old Anita Nall smashed the world record in the 200 breast twicein one day at the U.S. Olympic Trials. Nall followed that perfomance with a collection of gold, silver, and bronzemedalsat the Barcelona Games. Four years later, 16 -year-old Beth Botsford continuedtheyouthful charge, claiming two Olympic golds in the 100 back and $4 x 100$ medley relay at the Atlanta Games.

While masterful NBAC coach, Murray Stevens, has passed the reigns to Coach Bowman in the development of Phelps, the teen legacy remains.

For Phelps and Bowman, however, age is thelast number on their minds these days. When discussing long term goals, Bowman stops short of predicting exact times, yetashethrowsouthypothetical splits, it becomesimpossible not to project theoverwhelming possibilities.
"In the 400 IM , his first two legs should be 0:56, 1:00- comfortably. Not this summer, but down the road, afewyearsfrom now. Atterthat, wecan letthem fill in the blanks. As for the 200 fly, our goal isn't to just go 1:54.8 and break the record again. We're ultimately thinking what's possible four, five, eight years down the line."

And just for the sake of frightening world-class IMers everywhere, let's complete these speculative splits. IfPhelps wereto merely add his final 200 from theNationalsontoa 1:56.5fronthalf, he'dbeleftwith a 4:08.8, almost three seconds under Tom Dolan's already hugely impressive world mark.

For now, Phelps has some short-tem goals that are sure to stir the waters in the meantime.
"I think we're going to unveil the 200 back this summer," says Bowman. "I'd have to say, he'd be under 2:00 if he swam it right now. In every event, we're just aiming for a meaningful time drop each season."

And as Phelps sees it, there's no reason to doubt thathe'll continueto chop full secondsoffhispersonal bests.
"I thinkbyWorlds, I'dliketo beunder 1:54in the 200 fly," he says casually. "In the IM, right around the world record."

Like Ian Thorpe, Phelps seems to have realized that limits are merely for someone else to consider. And as these two teen titans continue their respective assaults on the record books, there's no telling where their talent could lead them. As Bowman points out, their paths may ultimately lead to a crossroads: "I wouldn't rule out a 400 free between the two before this whole thing is over. He's got a whole bag of tricks still in there."

## About the author:

Casey Barrett graduated from Southem Methodist UnivesityinDallas,Texas, with adegreeinjoumalism. HerepresentedCanadaatthe 19960lympics, finishing 11th in the 200 butterfly. He currently lives in New York City and works as a producer with the program Inside Edition. His work has also been published in Rolling Stone magazine.

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SWMCLUB since 1972

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E-mail: stan.cameron@sympatico.ca
Please submit your resume by
May 26, 2001

## AUSTRALIAN CHAMPIONSHIPS / WORLD TRIALS

## TWO WORLD RECORDS FOR THORPE AUSTRALLASEEOS 44 TO WORLDS INCLUDIMG26 OYYMPAMS

## Ian Hanson and Belinda Dennett

HOBART- The week-long competiion confirmed that Ian Thorpe is on top of his game. He swept the 100-200-400-800 freestyles, a feat not done sinceJon Konrads did it more than 40 years ago.

He bettered two world records: the 200 free and 800 free. Other Commonwealth record setters were Josh Watson in the 50 back with 25.66 and Dyana Calub, with 28.68 , also in the 50 back.

This competition served as the World Championship Trials and heading the list are individual Olympic gold medallists Ian Thorpe and Grant Hackett, with team veterans Phil Rogers included on a record fourth World Championship team and Hayley Lewis on her third team. Lewis has qualified for both the open water in the 5 km and 10 km and thepool competition in the 150 - thefirst Australian swimmer to qualify for both open water and pool competition.

Theteam consistsof 23 women and 21 men, with 9 rookies and only 11 survivors from the 1998 World Championship team.

Australian Swimming has named 10 coaches, including Manly's Narelle Simpson, the first female coach on an Australian swimming team in 30 years. Australian headcoach Don Talbotsaid: "Coaching is a very competitive situation at the moment and Narellehasshown shehasa swimmer (Eka Graham) who is doing well and shehasearned her position on
theteam. She is the first female swimming coach on an Australian team sinceUrsula Carlilein Munich in 1972."

Thorpe became the first swimmer to win four consecutive 400 freestyle Australian championships sinceJon Konrads dominated the eventbetween 1958 and 1961. Thorpenowowns the threefastest times in history over 400 and defeated Grant Hackett, who finished in $3: 45.46$, by almost ive seconds. Thorpe's split times were: $53.88,1: 50.12,2: 45.56$, for a final time of $3: 40.76$, the second-fastest time ever done.
"I was happy, very happy with it. I wasn't sure howfast I would swim but I was very happy with my preparation. I waspleasedswimmingclosetomybest time," Thorpe said.
"I know that I have trained well, but until you step up on the blocks and race you are never 100 percentsure. Iplacequiteadeal ofimportanceon this meet and in that race I was glad to see I'm back swimming where I was.
"I wasn'tplanning on swimming itdifferentlyto the Olympics. I went out with the intention of going out quite moderately and putting it up another gear in the last 100."

His next swim was in the 800 freestyle, a new WorddChampionshipsevent. Headdedanother world record to his long list of extraordinary swimming achievements when he took 4.41 seconds off Kieren Perkin's seven-year-oldworldrecord. "TheThorpedo" launched his size 17s into full throttle and took off
with 125 metres remaining to clock a time of 7:41.59 in a stunning performance.

Thorpe and Hackett swam stroke for-stroke for almost 700 metres, before the world record holder and Olympic champion for 400 metrestook off in an awesome display of power. Hackett had no answer to Thorpe's amazing surge- but he clocked a time of 7:44.57, under Perkins' world mark of 7:46.00 set on the way to his 1994 world mark for 1500 at the Commonwealth Games in Canada.

Butit was Thorpe's night and he kept the crowd and an Australia-wide live TV and radio audience in suspense when he cruised through the first 700 metres- only approaching world-record pace with 100 metres to go.

Thorpeactuallynegativesplittherace,swimming thefirst400 in 3:52.27 and the second 400 in 3:49.32. Hisplitswere:56.14;1:55.06;2:53.59; 3:52.27;4:51.42; 5:50.58; 6:47.88 and 7:41.59.

Thorpe'sfinal 100 metreswasan amazing53.71, comparedto Perkin' 700 -to-800100 metres of 58.28 . (In Perkins' defence, he did then touch the wall with his feet and kept swimming to clock the 1500 metres freestyle world record of 14:41.66.)

It was the second time Hackett has gone under a world recordbutinishedsecondtoThorpe- thefirst time when when the pair smashed the 400 shortcourse world mark in Perth in 1998.

Thorpeadmitted hestill seeshimselfasa sprinter and Hackettadmitted he wants to convince his mate to stop at 800 metres.
"I don't wanthim to swim thatextra 700 metres, no way," said Hackett.

AndThorpegaveHackettareassuranceitwouldn't happen. Not for a while, anyway.
"Grant can feel safe for the time being. I won't rule out swimming the 1500 metres completely butI can't see myself doing it in the near future," said Thorpe.


Next up was the 200 freestyle, where Thorpe smashed the world record with a time of 1:44.69, taking back the world mark from Pieter van den Hoogenband (NED), winner at last year's Sydney Olympics. Fis splits of $24.96,51.90$, and 1:18.27 lopped a staggering 65/100th off the old record and left the rest of the field in his wake, winning by over three body lengths. Once again it was Thorpe's remarkableturn of speed that madeall thedifference, swimming the last 50 in 26.42 despite having swum the grueling 800 the night before.
"I justmadesureI did therightthingslastnight and went to bed early, after the Oscars," he told former Olympian and Channel Nine's Nicole Stevenson in a poolside interview.

Thorpesaid hewasn'ttoo surehowhewouldfeel after the 800 and if he would recover for this swim.
"I wanted to convince myself and prove that I could get up and do a 200 atter a hard 800 - I don't think it really affected me in any way I could see- I think surprise is the right word. I just did not expect to swim this fast."

When asked how the extended program was affectinghim, Thorpesaid:"Itisa challenge. Iliketo see what I can put my body through and how much pain I can take.
"I've been very fortunate to get the results I do because many people put in the same amount of effortand thesame amount of timeand neverget the results I do.
"You have to enjoy each and every one of these times. If you're not enjoying your preparation you have to look at that.
"I do believe I am a sprinter, but in the 100 freestyle I haven't posted a time that matches the other competitors."

Thorpe'sfinal swim wasin the 100 free, wherehis personal best time of 49.05 was too quick for Ashley Callus (49.46), the fourth member of Australia's allconquering $4 \times 100 \mathrm{~m}$ freestylerelay at the Olympics. The former world record holder and defending champion, Michael Kim, wasrelegatedtothirdplace in a time of 49.53, and in a major upsetwill nowmiss his pet event in the World Championships.

On winning the four national titles, Thorpe admitted it was a "bit of a dream. It's something I didn't expect to do. To be able to add the 800 to my program and besuccessfiul is great. I'vebeen luckyto getback to the form I was in before the Olympics," he said after the race.
"To be mentioned in the same breath as Jon Konradsisan honourandI'mjustpleasedto bein the kind of form which allowed meto add the 100 metres time tonight.
"Michael Kim wasn't tat his best but Ashley and I were equal to or better to our best."

Callus summed up the thoughts of everyone at the Tattersall's Hobart Aquatic Centre. "I knew that Thorpie would be coming home fast, and boy, did he do that."

Other highlights: Grant Hackett won his fifth


Grant McGregor won 200 and 400 IMs
consecutive 1500 freenational title on thefinal night. Histime of 14:49.30 waslessthan one second outside the time he did to win the Olympic gold medal, and it makes Hackett the only person in history to swim under 14:50.00 on four occasions.
"It's a good time. To getunder 14:50.00 is great, I'm really satisfied," Hackett said atter the race. "It was pretty hard to be out there on my own so I sort of focused on Craig Stevens and tried to make the gap bigger."

In the 100 butterly, Geoff Huegill, swimming in lane two after a slow semi-final, stopped the clock at 52.23 to just out-touch Michael Kim by 11/100thsto defend his National 100 butterfly cromn. Huegill said in his poolside interview after the race, "I went into the final with blinkers on and swam how I like to swim the race. I knew Michael would attack it in the last 50 and I knew I had to ty and hold on."

Headmitted he had taken a couple of monthsoff training after the Olympics but was happy with his performance, which will put him in the box seat for this year's World Championships in Fukuoka.
"I've been cruising along and came into the meet really relaxed. I didn't put any pressure on myself," he said.

Kim didnotwin anyindividual eventforthefirst time in recent years.

Grant McGregor atoned for the disappointment of missing Olympic selection by winning the 200 IM
final with a personal bestand third-fastest timeby an Australian of:011.54. HedefeatedhisAIStrainingmate Justin Norris, who was not far behind in 2:01.59. Olympian Rob Van der Zant was third in 2:02.79. McGregor also won the 400 IM in 4:17.62.

Dyana Calub, Olympic medley relay silver medallist, set a new Commonwealth and Australian record time of 28.68 in the 50 metres backstroke. She also won the 100 back with 1:02.56.

In the women's 50 breaststroke final, it came down to the final touch and it was Olympian Tamee White who wasableto strectch to the wall firstin 31.84, with BrookeHanson, thedefending champion, taking the silver in 31.90 . Both White and Hanson swam personal-best times while Leisel Jones, the Olympic silvermedallistin the 100 breaststroke, finished third in 32.59 .

Leisel Joneswon the 100 breaststrokewith 1:07.96 and added a third in the $200 \mathrm{IMin} 2: 18.08$. She won her second goldin the 200 breaststroke with a time of 2:27.41. She was pushed all the way by Victorian Brooke Hanson, who swam a personal-best time of 2:28.83 to finish second. "Thelast 50 metreswas very painful. I really don'tknowhowI everswam 2:26, it's pretty hard," admitted Jones.

Petria Thomas made a clean sweep of the three fly events, winning the 50 in 27.06 , the 100 in 58.24 and the 200 in 2:07.42, all three in the fastest world times this year.

# 21 QUALIFY FOR FUKUOKA, MORE ADDITIONS IN J UNE 

## Anita Lonsbrough

SHEFFIELD- Atter fivedays, 11 individuals and 10 relay swimmers were chosen in what is the first round toward qualifying for the British World Championshipteam. There will be three additional chances to qualify during June.

Only individual event winners were automatically added to the team, since several swimmers who placed second and reached the qualifying time will notbe selected until the second round is completed. This was the case for Graeme Smith ( 800 freestyle), Darren Mew (50 breaststroke), Katy Sexton (50-100-200 backstroke), andNathalie Brown ( 1500 freestyle).

Commonwealth records were bettered in three events- the men's 50 breast, and the women's 50 free and 100 backstroke.

British records were bettered in 12 events ( 2 by men, 8 by women). James Gibson, in the 50 breaststroke, was goodforthree:in theheats(28.00), semis (27.82), andthefinals (27.79). Simon Militis seta British record in the 400 IMin 4:19.90. Alison Sheppard lowered her own 50-free record to 25.07. BackstrokerSarah Pricebettered the 50 backtwiceto 29.35 and repeated the feat in the 100 back with a 1:01.36in thesemisanda 1:01.32 in thefinal. Jaime

## the 200 fly 2:10.21.

Surprisingly, both Stephen Parry, the Olympic 200flyfinalist, andJamesFickman, theworld shortcourse 200 fly champion, missed out in the 200 butterfly. AndMarkFosterqualified onlyin the50fly ashemissed outin the 50 freestyle (22.62), theevent in which he finished seventh at the Sydney Games.

Jaime King nearly hung up her swimsuit after Sydney. But she'sgladshedidn'tasshe collected her second national title and British records, winning both the 100 and 200 breaststroke. Unfortunately, both times missed the qualifying time for the World Championships. Butthistimethe24-year-oldveteran of threeOlympics wasjust 12/100thsaway. Hertime of 1:09.64 shaved 28/100ths off the time established lastyear by Heidi Eapp. Butshewill bein Japan since the medley relay qualified.

Paul Palmer, Britain'smostsuccessful swimmer in recent years, completed a hat trick in freestyle, winning the 100 in 50.50 , the 200 , and the 400 in $3: 51.82$. In the heats of the 200 free, he was close to hisBritish recordof 1:47.95 witha 1:48.10. Hislongtime coach Ian Tumer said of Palmer, "He has to feel good thesedays. Ididn'tputanypressureon him and he always does his best."

Palmer's winning time of 1:48.85 gavehim his firstWorldqualification time.EdwardSinclair,Jamie

Salter, and Marc Spackman filled placestwo to four. This quartet finished fifth in the $4 x 200$ freestyle in Sydney and will have another chance to improvein Japan, as their total time was inside the required standard.

Alison Sheppard became the first swimmer to qualify for the Worlds with a British and Commonwealth mark in the 50 freestyle. The 28-year-old Canadian-based Scot mised her record by a mere1/100th in thesemi-final thepreviousday.In thefinal, Sheppard, theonly British femaleswimmer to reach a final in Sydney, made no mistakes. She stormed off theblocks and was soon into her stroke. She knew that if she made any mistake, Rosalind Brett would swoop past. In a perfect swim, she touched home in 25.07 and although pleased, she was "hoping for something under 25 seconds." But sheclaimsthatwill comein Japan, forthisswim was her first of the year.

Atterwards she admitted "I can't believe it, I'm happyjustto win though. The competition between Ros and myself is really tight," adding "It's greatto have someone like Ros because you can't afford to takeiteasy. Even if shehad beaten me, I would take that away with me and useit to make myself better. You always have to be positive." King bettered the 100 breaststroke with 1:09.64 and the 200 breaststroke with 2:28.10. And flyer Georgina Læebetteredthe 100 in 1:00.37 and the 200 in 2:10.21.

Individual event qualifiers were Paul Palmer in the 200 free $1: 48.85$, Adam Faulkner in the 800 free 8:01.77, James Gibson in the 50 breast 27.7, Darren Mewin the 100 breast 1:01.52, Mark Foster in the 50 fly 24.12, Alison Sheppardin the 50 free 25.07, Rebecca Cooke in the 800 free 8:34.91and 1500 free 16:21.75, Sarah Price in the 100 back 1:01.32, Joanna Fargusin the200 back2:11.81, Zoe Baker in the 50 breast 31.99, and Georgina Lee in


## CHAMPIONSHIPS / TRIALS RESULTS

## USA NATIONALS / WORLD

TRIALS
Austin, Mar 27-Apr 1 (50 M) MEN
50 METRES FREESTYLE
22.18 Anthony Ervin,81 22.35 Jason Lezak,75
3) 22.53 Gregory Busse,79

100 METRES FREESTYLE 48.98 Anthony Ervin, 81 49.26 Jason Lezak,75 49.39 Neil Walker,76

200 METRES FREESTYLE
1:48.89 Klete Keller, 82
2) $1: 49.31$ Scott Goldblatt, 79

1:49.33 Nate Dusing,78 METRES FREESTYLE
3:48.72 Robert Margalis, 82
3:49.47 Chad Carvin,74
3:53.25 Erik Vendt, 81
800 METRES FREESTYLE
7:56.39 Chad Carvin,74
8:01.51 Francis Crippen, 84
8:06.96 John Cole,82
1500 METRES FREESTYLE
15:13.00 Erik Vendt, 81
15:16.45 Robert Margalis,82
15:21.24 Chris Thompson,78
100 METRES BACKSTROKE
54.80 Aaron Peirsol, 83
2) 55.00 Randall Bal, 80
55.03 Peter Marshall, 82

200 METRES BACKSTROKE
1:56.56 Aaron Peirsol, 83
1:59.44 Marc Lindsay,80
2:00.64 Peter Marshall,82
100 METRES BREASTSTROKE
1:00.29 Ed Moses,80
2) 1:01.39 Jarrod Marrs, 75

1:01.39 Anthony Robinson,80
200 METRES BREASTSTROKE
2:10.40 Ed Moses,80
2:12.67 Brendan Hansen, 81
2:14.81 Kyle Salyards,80 METRES BUTTERFLY
> 52.46 Ian Crocker, 82 53.50 Bryan Jones,78 53.89 Tommy Hannan,80 200 METRES BUTTERFLY

1:54.92 Michael Phelps,85
1:55.46 Tom Malchow,76
1:58.64 Jeff Somensatto,79 200 METRES IND.MEDLEY

2:01.58 Tom Wilkens,75
2:01.69 Robert Margalis,82
2:02.17 Michael Phelps,85
400 METRES IND.MEDLEY
4:14.19 Erik Vendt,81
4:14.52 Tom Wilkens,75
4:15.20 Michael Phelps,85 4X100 MEDLEY RELAY

3:46.79 Irvine NovaA
3:46.87 Univ.Minnesota
3:47.18 Auburn Univ.B
4X100 FREE RELAY
3:23.80 Irvine Nova A
3:26.03 Auburn University
3:28.13 Univ.Minnesota
4X200 FREE RELAY

1) 7:28.47 U.Southern California 2) $7: 32.60$ Auburn Univ. A 3) 7:35.29 Univ.Minnesota

## WOMEN

50 METRES FREESTYLE

1) 25.11 Tammie Stone, 76 2) 25.35 Haley Cope,79 3) 25.42 Kari Woodall-Haag,74 100 METRES FREESTYLE
2) 55.20 Colleen Lanne, 79
3) 55.51 Lindsay Benko,76
4) 55.51 Maritza Correia, 81

200 METRES FREESTYLE
1:59.81 Lindsay Benko,76
2) $2: 00.71$ Colleen Lanne,79 3) 2:01.08 Stefanie Williams, 79

400 METRES FREESTYLE
4:12.06 Ashley Chandler,84
2) 4:12.09 Kaitlin Sandeno,83

| 3) 4:14.21 Kalyn Keller, 85 800 METRES FREESTYLE |  |
| :---: | :---: |
| 1) | 8:32.20 Diana Munz,82 |
| 2) | 8:32.82 Kaitlin Sandeno,83 |
| 3) | 8:40.54 Ashley Chandler,84 |
|  | METRES FREESTYL |
| 1) | 16:27.74 Diana Munz,82 |
| 2) | 16:35.48 Meredith Green,83 |
| 3) | 16:35.54 Adrienne Binder,85 |
|  | 0 METRES BACKSTROKE |
| 1) | 1:01.32 Natalie Coughlin,82 |
| 2) | 1:01.98 Haley Cope,79 |
| 3) | 1:02.11 Courtney Shealy,77 |
| 200 METRES BACKSTROKE |  |
| 1) | 2:13.34 Jamie Reid, 83 |
| 2) | 2:13.38 Lindsay Benko,76 |
| 3) | 2:13.99 Jessica Aveyard, 80 |
| 100 METRES BREASTSTROKE |  |
| 1) | 1:08.25 Kristy Kowal, 78 |
| 2) | 1:08.58 Megan Quann,84 |
| 3) | 1:08.93 Amy Balcerzak,78 |
| 200 METRES BREASTSTROKE |  |
| 1) | 2:26.57 Kristy Kowal,78 |
| 2) | 2:27.90 Amanda Beard,81 |
| 3) | 2:27.94 Megan Quann,84 |
| 100 METRES BUTTERFLY |  |
| 1) | 59.38 Natalie Coughlin,82 |
| 2) | 59.39 Mary Descenza,85 |
| 3) | 59.40 Shelly Ripple,80 |
| 200 METRES BUTTERFLY |  |
| 1) | 2:10.95 Kaitlin Sandeno,83 |
| 2) | 2:11.76 Shelly Ripple,80 |
| 3) | 2:12.26 Emily Mason, 82 |
| 200 METRES IND.MEDLEY |  |
| 1) | 2:14.19 Maggie Bowen,80 |
| 2) | 2:14.48 Cristina Teuscher,78 |
| 3) | 2:16.25 Kristen Caverly,84 |
| 400 METRES IND.MEDLEY |  |
| 1) | 4:42.98 Kaitlin Sandeno,83 |
| 2) | 4:43.75 Maggie Bowen,80 |
| 3) | 4:45.03 Cristina Teuscher,78 |
| 4X100 MEDLEY RELAY |  |
| 1) | 4:14.35 U.Southern California |
| 2) | 4:17.14 Dallas Mustangs A |
| 3) | 4:18.26 Kansas City Blazers |
| 4X100 FREE RELAY |  |
| 1) | 3:45.44 Univ.of Texas |
| 2) | 3:51.86 Terrapins |
| 3) | 3:53.13 U.Southern California |
| 4X200 FREE RELAY |  |
| 1) | 8:14.90 U.Southern California |
| 2) | 8:17.78 Auburn Univ. |
| 3) | 8:22.30 Dynamo Swim Club |

## AUTRALIAN NATIONALS /

## WORLD TRIALS

Hobart, Mar 24-31 (50 M) MEN
50 METRES FREESTYLE
22.58 Brett Hawke,74 22.71 Michael Klim,77 3) 22.71 Ashley Callus, 79 100 METRES FREESTYLE 49.05 lan Thorpe, 82 49.46 Ashley Callus,79 3) 49.53 Michael Klim,77 200 METRES FREESTYLE 1:44.69 lan Thorpe,82 1:48.22 William Kirby,75 1:48.88 Todd Pearson, 77 400 METRES FREESTYLE

3:40.76 lan Thorpe, 82
3:45.46 Grant Hackett, 80
3:52.60 Craig Stevens,80 00 METRES FREESTYLE

7:41.59 lan Thorpe, 82
7:44.57 Grant Hackett,80
8:04.55 Stephen Penfold, 82 500 METRES FREESTYLE
14:49.30 Grant Hackett, 80
15:17.20 Craig Stevens,80
15:22.33 Andrew Affleck,83 50 METRES BACKSTROKE
25.66 Josh Watson, 77
25.76 Matt Welsh,76
3) 26.07 Beau Mannix, 80

100 METRES BACKSTROKE
$\omega$

2) $\quad 55.26$ Josh Watson, 77
3)
55.96 Raymond Hass, 77 200 METRES BACKSTROKE

1) $1: 59.64$ Matt Welsh,76
2) $2: 00.60$ Raymond Hass, 77

2:01.46 Leigh McBean, 83
50 MEIRES BREASTSTROKE
28.84 Simon Cowley, 80
28.85 Phil Rogers,71
29.24 Robert Van Der Zant,75

100 METRES BREASTSTROKE
1:01.96 Simon Cowley,80
2) 1:02.16 Regan Harrison, 77

1:02.63 Jim Piper,81
200 METRES BREASTSTROKE
2:13.14 Regan Harrison, 77
2) $2: 13.23$ Simon Cowley, 80
3) $2: 13.32 \mathrm{Jim}$ Piper, 81

50 METRES BUTTERFLY
23.85 Geoff Huegill,79
2) 23.99 Michael Klim,77
24.02 Burl Reid, 78

100 METRES BUTTERFLY
52.23 Geoff Huegill,79
2) 52.34 Michael Klim,77 53.09 Adam Pine,76

200 METRES BUTTERFLY 1:57.70 Justin Norris, 80 2) $1: 58.69$ William Kirby,75 1:59.10 Grant McGregor,78
200 METRES IND.MEDLEY
2:01.54 Grant McGregor, 78
2) $2: 01.59$ Justin Norris, 80

2:02.79 Robert Van Der Zant,75
400 METRES IND.MEDLEY

1) $4: 17.62$ Grant McGregor, 78
2) $4: 21.52$ Justin Norris, 80

4:22.02 Trent Steed,77
4X100 MEDLEY RELAY

1) $3: 51.44$ Nunawading
2) $3: 54.35$ Carey Aquatic

3:57.50 Redcliffe Leagues 4X100 FREE RELAY

1) $3: 26.47$ Nunawading
2) $3: 28.24$ Yeronga Park
3) $3: 29.20$ Brothers

4X200 FREE RELAY

1) $7: 25.19$ Miami, QLD
2) $7: 34.86$ City of Perth
3) 7:38.08 Nunawading

## WOMEN

50 METRES FREESTYLE
25.76 Michelle Engelsman,79
25.98 Sarah Ryan,77
26.01 Jodie Henry,83

100 METRES FREESTYLE
55.66 Sarah Ryan, 77
2) 56.13 Petria Thomas, 75 56.19 Lori Munz,79

200 METRES FREESTYLE
1:59.77 Eka Graham, 81
2) $1: 59.99$ Giaan Rooney, 82
3) $2: 00.74$ Petria Thomas, 75

400 METRES FREESTYLE
4:13.98 Giaan Rooney,82
2) 4:14.40 Sarah-J. D'Arcy,77
3) $4: 14.96$ Kasey Giteau, 82

800 METRES FREESTYLE
8:39.78 Amanda Pascoe,85
2) 8:44.49 Charlene Benzie,81
3) $8: 46.52$ Kate Krywulycz,85

1500 METRES FREESTYLE

1) $16: 28.85$ Amanda Pascoe, 85
2) 16:36.79 Hayley Lewis, 75
3) 16:43.43 Tammie Smith, 83

50 METRES BACKSTROKE

1) 28.68 Dyana Calub, 75
29.42 Giaan Rooney, 82
2) 29.65 Sophie Edington, 85

100 METRES BACKSTROKE

1) $1: 02.56$ Dyana Calub, 75
2) $1: 02.66$ Giaan Rooney,82
3) 1:03.57 Clementine Stoney, 82

200 METRES BACKSTROKE

1) $2: 12.73$ Clementine Stoney, 82
2) $2: 14.40$ Kelly Tucker, 85
3) 2:16.24 Melissa Morgan,85

50 METRES BREASTSTROKE

1) METRES BRESTMOKE
2) 31.90 Brooke Hanson, 78
3) 

32.59 Leisel Jones,8

100 METRES BREASTSTROKE
1:07.99 Tarnee White 81
1:09.29 Brooke Hanson,78
200 METRES BREASTSTROKE
2:27.41 Leisel Jones,85
2:28.83 Brooke Hanson,78
2:31.65 Tarnee White,81 METRES BUTTERFLY
27.06 Petria Thomas, 75 27.46 Julia Ham,79 27.60 Nicole Irving, 82

METRES BUTTERFLY
58.24 Petria Thomas, 75

1:00.28 Julia Ham,79
1:00.48 Lara Davenport, 84 0 METRES BUTTERFLY
2:07.42 Petria Thomas, 75
2:12.40 Nicole Hunter, 84
2:12.42 Felicity Galvez,85 200 METRES IND.MEDLEY

2:16.48 Lori Munz,79
2:17.12 Jennifer Reilly,83
2:18.08 Leisel Jones,85
00 METRES IND.MEDLEY
4:46.35 Jennifer Reilly,83
4:52.44 Megan McMahon, 82
4:55.79 Yvette Rodier,81
4X100 MEDLEY RELAY
4:15.79 Redcliffe Leagues
4:16.44 Carey Aquatic
4:20.66 Redcliffe Leagues B 4X100 FREE RELAY

3:50.04 Carey Aquatic
3:52.80 Aquadot
3:54.74 Commercial 4X200 FREE RELAY

8:33.66 Redcliffe Leagues

## BRITISH WORLD TRIALS

Sheffield, April 10-15 (50 M) MEN
50 METRES FREESTYLE
22.62 Mark Foster,70
23.03 Matthew Kidd,79
23.33 Sion Brinn,73

00 METRES FREESTYLE
50.50 Paul Palmer,74
50.66 Matthew Kidd,79
50.82 Alex Scotcher, 80

METRES FREESTYLE
1:48.85 Paul Palmer, 74
1:49.97 Edward Sinclair,80
1:50.54 James Salter,76
0 METRES FREESTYLE
3:51.82 Paul Palmer,74
3:52.15 Graeme Smith,76
3:52.46 Edward Sinclair,80
00 METRES FREESTYLE
8:01.77 Adam Faulkner,81
8:03.66 Graeme Smith,76
8:12.13 Stuart Trees,81
00 METRES FREESTYLE
15:27.02 Graeme Smith,76
15:34.36 Adam Faulkner,81
15:34.62 Andrew Jameson, 81
ETRES BACKSTROKE
26.06 Neil Willey,76
26.39 Gregor Tait,79
26.83 Liam Tancock,85

0 METRES BACKSTROKE 56.40 Adam Ruckwood,74
56.52 Gregor Tait,79 56.84 Neil Willey,76 METRES BACKSTROKE
2:02.73 Simon Militis, 77
2:02.85 Gregor Tait,79
2:03.09 Adam Ruckwood,74 0 METRES BREASTSTROKE 27.79 James Gibson,80 28.13 Darren Mew,79 28.66 Gavin Brettell,76

0 METRES BREASTSTROKE
1:01.52 Darren Mew,79
2) $1: 02.61$ Adam Whitehead, 80

1:02.69 lan Edmond,78
200 METRES BREASTSTROKE
2:15.50 lan Edmond,78
2:15.99 Adam Whitehead, 80
2:17.83 Chris Cook,79


2)
3)
100 M
1)
2)
3)
200
> 24.12 Mark Foster, 70
> 24.94 David Bennett,81

100 METRES BUTTERFLY

1) 53.53 James Hickman, 76
54.37 Stephen Parry,77 54.90 Robert Greenwood, 79 200 METRES BUTTERFLY
2) $1: 58.42$ Stephen Parry, 77
3) $\quad 1: 58.76$ James Hickman,76

200 METRES IND.MEDLEY

1) $2: 04.19$ Adrian Turner, 77
2) 2:04.21 James Goddard,83
3) 2:05.82 Michael Cole,78

400 METRES IND.MEDLEY

1) $4: 19.90$ Simon Militis, 77 2) $4: 23.82$ James Goddard, 83 3) $4: 24.92$ Adrian Turner, 77

## OMEN

50 METRES FREESTYLE
25.07 Alison Sheppard,72 25.30 Rosalind Brett,79 25.94 Melanie Marshall,82
55.78 Rosalind Brett,79 56.10 Karen Pickering, 71 56.19 Alison Sheppard,72

200 METRES FREESTYLE
2:01.12 Karen Legg,78
2:01.72 Karen Pickering,71
2:02.03 Nicola Jackson,84
400 METRES FREESTYLE
4:13.73 Rebecca Cooke,83
4:17.71 Stacey Houldsworth,81
800 METRES FREESTYLE
8:34.91 Rebecca Cooke,83
8:45.86 Stacey Houldsworth,81 8:50.06 Sarah Collings,78
1500 METRES FREESTYLE
16:21.75 Rebecca Cooke,83
2) $16: 42.18$ Nathalie Brown, 83
3) 16:42.37 Sarah Collings, 78

50 METRES BACKSTROKE
2)
29.57 Sarah Price,79
29.86 Katy Sexton,82
3) 29.98 Melanie Marshall,82 100 METRES BACKSTROKE

1) 1:01.32 Sarah Price,79
2) $1: 02.07$ Katy Sexton, 82
3) 1:03.27 Joanna Fargus,82

200 METRES BACKSTROKE

1) $2: 11.81$ Joanna Fargus, 82
$\begin{array}{ll}\text { 2) } & 2: 12.44 \\ \text { Katy Sexton, } 82 \\ 2: 12.45 & \text { Sarah Price,79 }\end{array}$ 50 METRES BREASTSTROKE
31.99 Zoe Baker,76
31.99 Zoe Baker,76
32.28 Jaime King,76 32.45 Kate Haywood, 87 100 METRES BREASTSTROKE

1:09.64 Jaime King,76
2) $1: 10.84$ Kirsty Balfour, 84
3) 1:11.02 Zoe Baker,76

200 METRES BREASTSTROKE

1) $2: 28.10$ Jaime King, 76
2) $2: 33.09$ Heidi Earp, 80
3) $2: 35.07$ Charlotte Evans, 84

50 METRES BUTTERFLY

1) 27.53 Rosalind Brett, 79
2) $\quad 27.73$ Nicola Jackson,84

100 METRES BUTTERFLY
100 METRES BUTTERFLY
1:00.37 Georgina Lee,81
1:01.42 Margaretha Pedder,80
3) 1:01.70 Nicola Jackson, 84

400 METRES FREESTYLE

## Rec: 4:28.48 Shauna Collins,ROD,90

 4:42.50 EKIAPR Natalie Chan,12,PDSA 4:53.19 RAPIDAPR Lauren Lavigna, 12,GATOR 4:54.52 ISAPR Stephanie Pollard, 12,IS5:00.04 5:01.95 CDSCAPR August Griffin,12,PDSA $\begin{array}{lr}\text { 5:01.95 } & \text { CDSCAPR August Grifinin, } 12, \text { PDSA } \\ \text { 5:02.47 } & \text { EKIAPR Katerina Symes,12,EKSC }\end{array}$ $\begin{array}{ll}\text { 5:02.47 EKIAPR Katerina Symes, } 12, \text {,EKSC } \\ \text { 5:03.04 } & \text { PQIMAY Ariane Nadeau, 12,REG }\end{array}$ 5:04.26 PQIMAY Kelly Hodgson,12,PCSC EKIAPR Mackenzie Jones,12,UCSC EKIAPR Kelsey Jenkins,12,
5:06.84
$\begin{array}{ll}\text { 5:06.94 } & \text { EKIAPR Mary Alice Ennis,12,ROD } \\ \text { 5:07.95 } & \text { PQIMAY Vanessa Taillefer,11,DDO }\end{array}$ 5:09.56 GMACMAR Aaryn Fraser, 12,MMS 5:10.27 GMACMAR Adriana Hinson, 12,TA 5:10.45 PQIMAY Kim Paquet,12,REG $\begin{array}{ll}\text { 5:10.78 } & \text { EKSCMAR Sheena Gross, 12,EKSC } \\ \text { 5:11.20 } & \text { UCSAJAN Lauren Walker,12,OSC }\end{array}$ 5:11.44 EKIAPR Jennifer Winfield,12,UCSC 5:11.69 DAVISMAR Rachel Shallhorn,12,OSHAC 800 METRES FREESTYLE
Rec: 9:12.83 Shannon Smith,VANPK, 74

| 1 | 9:45.17 | EKIAPR Natalie Chan,12,PDSA |
| :---: | :---: | :---: |
| 2 | 10:05.27 | MMAPR Hailee Traa,12,MANTA |
| 3 | 10:16.20 | ISAPR Stephanie Pollard,12,IS |
| 4 | 10:28.51 | EKIAPR Kelsey Jenkins, 12,FMSC |
| 5 | 10:29.47 | PQIMAY Ariane Nadeau,12,REG |
| 6 | 10:30.81 | CDSCAPR August Grifin,12,PDSA |
| 7 | 10:33.23 | EKIAPR Sheena Gross,12,EKSC |
| 8 | 10:41.72 | HTACAPR Stefanie Donnelly,11,EAST |
| 9 | 10:42.69 | CDSCAPR Jennifer Self,12,PDSA |
| 10 | 10:43.37 | PQIMAY Kelly Hodgson,12,PCSC |
| 11 | 10:44.98 | EKIAPR Lindsay Charles,12,ESWIM |
| 12 | 10:47.40 | EKIAPR Mary Alice Ennis,12,ROD |
| 13 | 10:47.41 | PQIMAY Kim Paquet, 12,REG |
| 14 | 10:49.27 | EKIAPR Jennifer Winfield, 12,UCSC |
| 15 | 10:57.64 | EKIAPR Kristie Carter,12,UCSC |
|  | ETRES | CKSTROKE |

Rec: 1:07.31 Michelle Cruz,ACE
1:11.83 EKIAPR Katerina Symes,12,EKSC
1:12.72 EKIAPR Jessi Wardale,12,CASC
1:13.10 ODIV2APR Genvieve Handforth,12,EBSC
$1: 14.53$ ODIV2APR Curtney Kenor
1:14.53 ODIV2APR Courtney Kehoe, 12, PERTH
1:14.72 EKIAPR Jennifer Self,12,PDSA
1:15.03 ODIV1APR Victoria Tan,12,WAC
1:15.04 ODIV1APR Miriam Kim,11,TSC
1:15.10 MMAPR Hailee Traa, 12,MANTA
1:15.19 CDSCAPR Robyn Thom,11,GATOR
1:15.58 PQIMAY Vanessa Taillefer,11,DDO
1:15.78 CDSCAPR Emma Cartwright,12,PDSA
1:16.12 EKIAPR Mary Alice Ennis,12,ROD
1:16.37 CDSCAPR Natalie Chan,12,PDSA
1:16.38 PQIIAPR Stephanie Horner, 12,BBF
1:16.53 ODIV3APR Kelsey McDonald,12,LASR
1:16.57 ODIV1APR Meghann Percy,12,WAC
1:16.67 PQIMAY Genevieve Bouchard,12,CNO
1:16.67 PQIMAY Genevieve Bouchard,12,CNO
1:16.87 ODIV3APR Suzanna Celkowska,12,MAC
1:16.96 CNOAPR Sarah Phee,12,GO
1:17.29 UCSAJAN Sharla Wingerter, 12,EXS
1:17.30 ISAPR Stephanie Pollard,12,IS
1:17.34 DAVISMAR Kailee MacKinnon,12,HWAC
1:17.34 EKIAPR Joanie Stilling,12GL-BRSA
1:17.34 EKIAPR Joanie Stilling,12,GL-BRSA
1:17.51 PQIMAY Kelly Hodgson,12,PCSC
METRES BACKSTROKE
Rec: 2:24.64 Michelle Cruz,ACE,9
2:34.99 HTACAPR Brooke Buckland, 12,WTSC
2:35.25 EKIAPR Jennifer Self,12,PDSA
2:38.84 ODIV2APR Genvieve Handforth, 12,EBSC
2:40.12 MMAPR Hailee Traa,12,MANTA
2:40.91 EKSCMAR Katerina Symes, 12,EKSC
2:41.05 UCSAJAN Lauren Walker,12,OSC
2:41.95 EKIAPR Stephanie Davis,12,UCSC
2:42.32 ODIV1APR Meghann Percy, 12,WAC
2:42.33 RAPIDAPR Lauren Lavigna, 12, GATOR
2:42.36 UCSAJAN Sharla Wingerter, 12,EXST
$2: 42.39$ ODIV2APR Courtney Kehoe,12,PERTH
2:42.40 ISAPR Stephanie Pollard,12,IS
2:42.47 PQIMAY Kelly Hodgson,12,PCSC
2:42.51 PQIMAY Vanessa Taillefer, 11,DDO
2:42.82 DAVISMAR Rachel Shall horn 12, OSHAC
2:42.82 DAVISMAR Rachel Shal horn,12,OSHAC
2:43.27 ODIV1APR Karen Ingo,12,KSS-NWO
2:43.30 EKIAPR Samantha Morrice,12,GOLD
2:43.59 PQIMAY Myriam Plante,11,UL
2:43.77 EKIAPR Joanie Stilling,12,GL-BRSA
2:44.45 ODIV1APR ChristinaMalinas,12,NYAC
2:44.56 ODIV1APR Miriam Kim, 11,TSC
2:45.04 ODIV1APR Victoria Tan 12, WAC
$\begin{array}{ll}\text { 2:45.04 ODIV1APR Victoria Tan,12,WAC } \\ \text { 2:45.10 } & \text { ODIV1APR Paige Warden,12,SCAR }\end{array}$
2:45.25 EKSCMAR Donna MacLeod, 12,EKSC
100 METRES BREASTSTROKE
Rec: 1:10.94 Allison Higson, ESC, 86
1:18.94 HTACAPR Morgan Kierstead, 12,AQUA 1:19.03 PQIIIMAY Genevieve Crevier,12,CNHR 1:19.29 PQIIIMAY Claudia Bonsant,12,EXCEL 1:22.26 EKIAPR Hanna Pierse,12,EKSC 1:22.54 CDSCAPR Natalie Chan,12,PDSA 1:23.11 ODIV1APR Vicki Curtis,12,GMAC 1:23.40 ODIV1APR Sacha Lambert,12,TSC 1:23.69 UCSAJAN Lauren Walker,12,OSC 1:23.88 PQIMAY Alicia Neasmith,12,PCSC

1:24.26 EKIAPR Donna MacLeod,12,EKSC $1: 24.48$ ODIV1APR Nadine McAdam,12,TSC $\begin{array}{ll}\text { 1:24.51 EKIAPR Tara Hahto, 11,CASC } \\ \text { 1:24.67 } & \text { EKIAPR Lisa Kenke,12,GOLD }\end{array}$ 1:25.08 CDSCAPR Jennifer Gardiner,12,PDSA 1:25.62 CDSCAPR Vicky Pearson,12,PDSA 1:25.69 ODIV3APR Laurel MacKay-Case,12,BAD $\begin{array}{ll}\text { 1:25.69 } \\ \text { 1:25.95 } & \text { PQIMAY Nadia Long,12, DDO }\end{array}$ 1:26.05 ODIV3APR Jy Lawrence,12,CT33 1:26.06 ODIV1APR Penny Baxter,12,NKB 1:26.15 PQIMAY Kim Nguyen, 12,DDO 1:26.17 ODIV2APR Sarah Turgeon,12,SSMAC 1:26.25 ODIV3APR Katie McIntosh,12,MAC 1:26.31 ODIV1APR Caitlin Nolan,11,CHAMP 1:26.87 PQIMAY Amelie Grand'Maison,12,UL 1:27.09 EKIAPR Madison Achtymichuk,11,STSC 200 METRES BREASTSTROKE

2:34.11 Allison Higson,ESC,86
2:46.58 TORLCJAN Whitney Rich,12,ISS
2:50.32 HTACAPR Morgan Kierstead, 12,AQUA 2:51.44 PQIIIMAY Genevieve Crevier,12,CNHR 2:51.89 PQIIIMAY Claudia Bonsant,12,EXCEE 2:52.09 EKIAPR Hanna Pierse, 12,EKSC
2:54.53 CDSCAPR Natalie Chan,12,PDSA
2:57.73 PQIMAY Alicia Neasmith,12,PCSC
2:59.46 ODIV1APR Sacha Lambert, 12,TSC
2:59.52 EKSCMAR Katerina Symes, 12,EKSC
3:00.18 ODIV1APR Vicki Curtis,12,GMAC
3:00.66 ODIV3APR Aaryn Fraser,12,MMST
3:00.74 ODIV3APR Jy Lawrence,12,CT33
3:00.89 EKSCMAR Donna MacLeod,12,EKSC
3:01.14 ODIV1APR Nadine McAdam,12,TSC
3:02.29 CDSCAPR Annika Schmuck,12,PSW
3:02.39 ODIV2APR Sarah Turgeon 12 SSMA
3:02.73 LEDUCMAY Brittany Achtymichuk,12,STSC 3:02.73 LEDUCMAY Brittany Achtymichuk, 12
3:03.19 ODIV3APR Katie Mclntosh,12.MAC 3:03.19 OXI EKIAPR Tara Hahto,11,CASC
3:03.60 CDSCAPR Jessica Crepjnak, 11,PSW
$\begin{array}{ll}\text { 3:03.60 } & \text { CDSCAPR Jessica Crepjnak, 11,PSW } \\ \text { 3:03.74 } & \text { CDSCAPR Jessica Renshaw,12,PDSA }\end{array}$
$\begin{array}{ll}\text { 3:03.74 } & \text { CDSCAPR Jessica Renshaw,12,PD } \\ \text { 3:04.75 } & \text { EKIAPR Lisa Kenke,12,GOLD }\end{array}$ 3:04.89 PQIIAPR Sabrina McKinnon,12,CNCB 3:05.30 HTACAPR Hannah Vaughan,12,EAST METRES BUTTERFLY
Rec: 1:05.51 Shauna Collins,ROD,90
1:12.12 CDSCAPR Natalie Chan,12,PDSA 1:12.32 DAVISMAR Kailee MacKinnon, 12,HWAC 1:13.70 UCSAJAN Andrea Kells,11,RDCSC 1:13.86 EKIAPR Darby Jack,12,GL-BRSA 1:14.28 RAPIDAPR Lauren Lavigna,12,GATOR 1:14.46 EKIAPR Courtney Kapustianyk,12,GOLD 1:14.65 PQIIIMAY Marie-P. Bleau,12,CNHR 1:14.83 EKIAPR Erika Brown, 12,ROD 1:14.91 ODIV2APR Courtney Kehoe,12,PERTH 1:14.93 OYOMAR Caitlin Reilly,12,UPCAN 1:14.99 EKIAPR Mackenzie Jones,12,UCSC 1:15.10 UCSAJAN Glenna Young,12,FMSC 1:15.32 ISAPR Stephanie Pollard, 12,IS 1:15.32 EKIAPR Amy Findlay,11,KSC 1:16.01 ODIV3APR Sara Gardhouse, 12,MUSAC 1:16.03 ODIV2APR Megan Heaney,12,LSC 1:16.05 HTACAPR Brooke Buckland,12,WTSC 1:16.05 HTACAPR Brooke Buckland, 12 ,WISA 1:16.73 MMAPR Elyn Barnlund,11,MANTA 1:16.73 MMAPR Elyn Barnlund, 11,MANTA
1:16.81 ODIV2APR Sarah Turgeon, 12,SSMAC $\begin{array}{ll}\text { 1:16.81 } & \text { ODIV2APR Sarah Turgeon, 12,SSMAC } \\ \text { 1:16.95 } & \text { PQIMAY Marta Marzec, 12,CAMO }\end{array}$ 1:17.00 UCSAJAN Sarah Gagnon,12,FMSC 1:17.21 ODIV3APR Karli Mckinnon,12,FFA-NWO 1:17.28 GMACMAR Emileigh Laidlaw,12,TAT 1:17.28 ESWIMAPR Lucy Wu,12,SCAR

## 00 METRES BUTTERFLY

2:22.47 Michelle Coulombe,CNMN,77
2.36.17 CDSCAPR Natalie Chan,12,PDSA 2:36.63 CDSCAPR Lauren Lavigna,12,GATOR
2:39.68 RAPIDJAN Kathryn Johnson,12,PDSA 2:42.49 HTACAPR Hannah Vaughan,12,EAST 2:44.28 EKIAPR Courtney Kapustianyk,12,GOLD 2:45.35 ODIV1APR Maggie Young,12,WAC 2:46.05 PQIMAY Vanessa Taillefer,11,DDO 2:49.19 EKSCMAR Sarah Gagnon,12,FMSC 2:49.61 ODIV1APR Karen Ingo,12,KSS-NWO 2:50.14 DAVISMAR Rachel Shallhorn, 12,OSHAC 2:50.39 EKIAPR Amy Findlay,11,KSC
2:50.48 ODIV3APR Aaryn Fraser,12,MMST
2:51.03 EKSCMAR Andrea Kells,11,RDCSC
2:51.05 ODIV1APR Dana Serwotka, 12,CYPS
2:51.48 EKSCMAR Darby Jack,12,GL-BRSA
2:51.95 UCSAJAN Jennifer Tkachuk,12,OSC
2:52.47 DAVISMAR Kailee MacKinnon, 12, HWAC
2:52.47 DAVISMAR Kailee MacKinnon,12,HWAC
2:52.97 ODIV3APR Aleisha O'Connor,10,C13
2:53.66 EKIAPR Hanna Pierse, 12, EKSC
$2: 54.03$ EKIAPR Erika Brown, 12,ROD
2:54.03 EKIAPR Erika Brown,12,ROD
$\begin{array}{ll}\text { 2:54.31 } & \text { ODIV2APR Katie MacLean,12,OYO } \\ \text { 2:54.66 } & \text { PQIIIMAY Marie-P. Bleau,12,CNHR }\end{array}$
2:54.87 EKIAPR Mary Alice Ennis,12,ROD 2:55.20 RAPIDAPR Annika Schmuck, 12,PSW 2:55.41 PQIIAPR Chella Dubois, 12,BBF

## METRES IND.MEDLEY

1.55 Allison Higson,ESC,86

2:33.70 EKIAPR Natalie Chan,12,PDSA 2:38.20 EKIAPR Katerina Symes,12,EKSC 2:38.75 HTACAPR Morgan Kierstead, 12,AQUA 2:40.07 CNOAPR Sarah Phee, 12,GO
2:40.26 DAVISMAR Rachel Shallhorn,12,OSHAC

2:40.29
2:40.85 MMAPR Hailee Traa 12, MANTA 2:41.73 HTACAPR Brooke Buckland,11,WTSC 2:42.41 CNOAPR Seanna Mitchell,12,NKB 2:43.01 PQIMAY Alicia Neasmith,12,PCSC 2:43.26 CDSCAPR Lauren Lavigna,12,GATOR 2:43.67 ODIV1APR Maggie Young,12,WAC 2:43.81 ODIV1APR Miriam Kim, 11,TSC 2:44.54 ODIV3APR Aleisha O'Connor, 10,CT33 2:44.54 ODIV3APR Aleisha O'Connor,10,CT33
2:44.64 UCSAJAN Lauren Walker,12,OSC 2:44.98 PQIMAY Andree Genereux, 12,CNO $\begin{array}{ll}\text { 2:44.98 } & \text { PQIMAY Andree Genereux, } 2,45.28 \\ \text { PQIMAY Myriam Plante, 11,UL }\end{array}$
2:45.28 PQIMAY Myriam Plante,, 2 EKIAPR Jennifer Self,12,PDSA
2:45.81 ESWIMAPR Paige Warden,12,SCAR
2:45.95 CDSCAPR Jessica Crepinak, 11,PSW
2:46.07 EKSCMAR Donna MacLeod, 12,EKSC
2:46.43 GMACMAR Adriana Hinson, 12,TAT
2:46.51 CDSCAPR Emma Cartwright,12,PDSA 2:46.84 ODIV2APR Erin Emery, 12,NBYT

## METRES IND.MEDLE

:02.71 Joanne Malar,HWAC, 88
5.24.29 TORLCJAN Whitney Rich,12,ISS

5:31.79 EKIAPR Natalie Chan,12,PDSA
5:37.94 EKIAPR Katerina Symes,12,EKSC
5:38.37 ISAPR Stephanie Pollard,12,IS
5:38.67 RAPIDAPR Lauren Lavigna,12,GATOR
5:38.88 RAPIDAPR Michelle Jung, 11, CHENA
5:42.42 PQIMAY Vanessa Taillefer,11,DDO
5:49.13 EKIAPR Hanna Pierse,12,EKSC
$\begin{array}{ll}\text { 5:50.06 } & \text { CDSCAPR Jessica Crepjnak,11,PSW } \\ \text { 5:50.49 } & \text { PQIMAY Myriam Plante,11,UL }\end{array}$
5:50.50 DAVISMAR Kailee MacKinnon,12,HWAC
5:50.50 DAVISMAR Kailee Mackinnon,
$5: 50.88$ CNOAPR Sarah Phee, $12, \mathrm{GO}$
$\begin{array}{lc}\text { 5:50.88 } & \text { CNOAPR Sarah Phee,12,GO } \\ \text { 5:52.10 } & \text { CDSCAPR Hilary Todd,12,PDSA }\end{array}$
$\begin{array}{ll}5: 52.10 & \text { CDSCAPR Hilary Todd,12,PDSA } \\ \text { 5:52.62 PGBAPR Laura Woodman,12,PN }\end{array}$
$\begin{array}{ll}\text { 5.52.62 } & \text { PGBAPR Laura Woodman, 12,PN } \\ \text { PQIMAY Stephanie Malfara, 12,DDO }\end{array}$
5:53.90 CDSCAPR Annika Schmuck, 12,PSW
5:54.19 PQIMAY Alicia Neasmith, 12,PCSC
5:58.26
5:58.80
5:58.80
5:59.15
CDSCAPR August Griffin 12,PDSA
5.59.94 UCSAJAN Andrea Kells,11,RDCSC

5:59.95 UCSAJAN Lauren Walker,12,OSC
MEDLEY RELAY
.17. Regina OD,ROD,90
2.17.71 ODIVIAPR Nepean Kanata, NKB
2.19.71 EKIAPR Cascade Swim Club,CASC

2:19.16 PQIMAY Dollard Swim Team,DDO
2:19.43 EKIAPR Edmonton Keyano,EKSC
2:20.34 EKIAPR Pacific Dolphins,PDSA
2:20.91 PQIIIMAY CN Haut-Richelieu,CNHR
2:21.20 MMAPR Manta Swim Club,MANTA
2:21.84 PQIMAY Pointe Claire SC,PCSC
$\begin{array}{ll}\text { 2:21.84 } & \text { PQIMAY Pointe Claire SC,PCSC } \\ \text { 2:22.27 } & \text { PQIMAY Montreal Aquatique,CAMO }\end{array}$
2:22.27 PQIMAY Montreal Aquatique
2:23.77 PQIMAY Univ.Laval Rouge \& Or,UL
2:23.97 ODIV1APR Uxbridge SC,US
$\begin{array}{ll}\text { 2:24.28 } & \text { ODIVIVAPR Ottawa Y,OYO } \\ \text { 2:24.29 } & \text { ODIV3APR Markham AC,MAC }\end{array}$
$\begin{array}{ll}\text { 2:24.29 } & \text { ODIV3APR Markham AC,MAC } \\ \text { 2:24.95 } & \text { ODIV1APR Scarborough SC,SCAR }\end{array}$
2:24.95 ODIV1APR Scarborough SC,SC
2:25.55 ODIV1APR Chatham Y,CYPS
2:25.55 ODIV1APR Chatham Y,CYPS
2:26.02 PQUIAPR Beaconsfield Bluefins,BBF
2:26.46 ODIV1APR North York AC,NYAC
2:26.53 PQIMAY Samak de Brossard,SAMAK
2:26.76 ODIV1APR Kenora Swimming,KSS-NWO
2:26.92 PQIMAY CN Outaouais,CNO
2:26.94 ODIV2APR Pickering SC,PICK
2:26.96 UCSAJAN Univ.of Calgary SC,UCSC 2:27.24 ODIV1APR Glouc-Ottawa Kingfish,GO

## 0 FREE RELAY

c: 1:55.93 Regina Opt.Dolphins,ROD,95
2:01.36 ODIV1APR Nepean Kanata,NKB
2:01.68 EKIAPR Cascade Swim Club,CASC
2:02.03 ODIV1APR Toronto Swim Club,TSC
2:02.99 EKIAPR Pacific Dolphins,PDSA
2:03.98 EKIAPR Univ.of Calgary SC,UCSC
2:04.23 EKIAPR Edmonton Keyano,EKSC
2:04.53 PQIMAY Univ.Laval Rouge \& Or,UL
2:05.28 ODIV1APR Brantford AC,BRANT
2:05.54 ODIV1APR Windsor AC, WAC
2:06.42 ODIV1APR Richmond Hill AC,RHAC
2:00.42 ODIV1APR Richmond HiII AC,RRAC
2:06.43 ODIV2APR Perth Stingrays, PERTH
2:06.46 PQIMAY Dollard Swim Team,DDO
$\begin{array}{ll}\text { 2:06.46 } & \text { PQIMAY Dollard Swim Team, DDO } \\ \text { 2:06.87 ODIV1APR North York AC,NYAC }\end{array}$
$\begin{array}{ll}\text { 2:06.87 } & \text { ODIV1APR North York AC,NYAC } \\ \text { 2:06.91 } & \text { UCSAJAN Fort McMurray SC,FMSC }\end{array}$
$\begin{array}{ll}\text { 2:06.91 } & \text { UCSAJAN Fort McMurray SC,F } \\ \text { 2:07.35 ODIV2APR Lakeshore SC,LSC }\end{array}$
2:07.35 ODIV2APR Lakeshore SC,LSC
$\begin{array}{ll}\text { 2:07.44 } & \text { ODIV1APR Uxbridge SC,USC } \\ \text { 2:07.61 } & \text { PQIMAY Samak de Brossard,SAMAK }\end{array}$
2:07.85 PQIMAY Pointe Claire SC,PCSC
2:07.99 MMAPR Manta Swim Club,MANTA
2:08.01 ODIV1APR Scarborough SC,SCAR
2:08.10 UCSAJAN Olympian Swim Club,OSC
2:08.21 PQIMAY Montreal Aquatique,CAMO
2:08.24 PQIMAY CS Quebec,CSQ
2:08.63 HTACAPR Eastern Alliance, EAST
2:08.73 ISAPR Island Swimming,IS

## TOP AGE GROUP TIMES

## BOYS

 $11 \cdot 12$50 METRES FREESTYLE
Rec: 26.17 John M.Mills,GO,92
27.59 ODIVBAPR Ryan Gow,12,TRENT
28.43 ODIVAPR Nick Price 12 TMSC28.63 EKSCMAR Joel Greenshields 12-NWO 28.85 PGBAPR Kurt Grossman,12,PN 28.86 EKIAPR Brett Schmid,12,CASC 29.23 CDSCAPR Jake Tapp,12,LOSC EKIAPR Matthew Chan,12,STSC OYOMAR Glen Torontow, $12,0 \mathrm{OY}$ PQIMAY Erik Brisson,12,DDO PQIMAY Vincent Tremblay,12,SAMAK CKSCAPR Jeffrey Lau, 12, GAAOR PQIMAY Pascal Plante,12,UL PQllIMAY Francois-P Murray,12,CNDR MMAPR Curtis Cawson,12,SD PQIMAY Cristian Popovici,12,CAMO PGMBAY Cristian Popovici,12,CAMO EKIAPR Sean Kimak,12,GL-BRSA ODIV3APR Alex Brown,11,AUROR ODIVAAPR Alex Brown,1,AUROR
PQIMAY Karl Richard, 12,PCSC PQIIIMAY Jerome Belanger,12,DYNAM EKIAPR Justin Di Stefano,12,UCSC PQIMAY Jason Ochiai, 11,DDO EKIAPR Adam Szoo,12,CASC EKIAPR Patrick Downing,12,HYACK

## 0 METRES FREESTYLE

Rec: 57.20 Miguel Munoz,ESC, 86
58.60 PQIIIMAY Mathieu Bois,12,HIPPO :00.33 DAVISMAR Ryan Gow, 12,TRENT
1:02.66
102.67 EKKAAPR Nath Greenshields,12,RDCSC 1:02.68 EKIAPR Brett Schmid, 12,CASC 1:02.76 GMACMAR Yonathan Prajogo,12,COBRA 1:03.25 ODIV2APR Nick Price,12,TMSC-NWO :03.55 ODIV2APR Glen Torontow,12,OYO 1:04.13 PQllIMAY Francois-P Murray, 12,CNDR 1:05.30 EKIAPR Adam Szoo,12,CASC 1:05.53 PQIMAY Erik Brisson,13,DDO 1:05.88 ODIV1APR Kevin Kwok, 11,RHAC
$1: 05.92$ UCSAJAN Charles Wong, 12 UCSC 1:05.92 DCSAJAN Charles Wong,12,UCSC 1:06.19 EKIAPR Ilya Brotzky,12,PDSA
1:06.28 DAVISMAR Alex Thompson,12,OAK 1:06.47 EKIAPR Kuba Szmigielski,12 GOL
1:06.49 CDSCAPR Patrick Downing, 12,HYACK
1:06.49 CDSCAPR Patrick Downing,12,HYACK
1:06.52 CDSCAPR Jeffrey Lau,12,GATOR
$\begin{array}{ll}\text { 1:06.52 CDSCAPR Jeffrey Lau, } 12, \text { GATOR } \\ \text { 1:06.82 } & \text { PQIMAY Alex Mercier-Linteau,12,SAMAK }\end{array}$
1:06.86 EKIAPR Matthew Chan,12,STSC
1:06.95 ESWIMAPR Daniel Langlois,12,SCAR
1:06.95 EKIAPR Justin Di Stefano, 12, ,UCSC
1:07.01 ODIV1APR Kyung Soo Yoon,10,NYAC

## METRES FREESTYLE

Rec: 2:05.83 Chuck Sayao,TOMAC,95
2:11.48 PQIIIMAY Mathieu Bois, 12,HIPPO
$\begin{array}{ll}\text { 2:12.08 } & \text { EKSCMAR Joel Greenshields,12,RDCSC }\end{array}$
2:14.73 PQIMAY Renaud Laliberte, 12,UL
2:16.38 ODIV3APR Ryan Gow,12,TRENT
2:16.38
2:17.07
EKIAPR Nathan Demchuk, 12,EKSC
2:17.22 ODIV1APR Peter Bowen, 12,GO
2:19.00 EKSCMAR Matthew Verwey,12,RDCSC
2:19.14 PQIIIMAY Francois-P Murray,12,CNDR
2:20.69 ODIV1APR Harison Curtis, 12TSC
2:20.69 ODIV1APR Harrison Curtis,12,TSC
2:20.75
EKIAPR Patrick Downing,12.HYACK
$\begin{array}{ll}\text { 2:20.75 } & \text { EKIAPR Patrick Downing,12,HYACK } \\ \text { 2:20.83 } & \text { EKIAPR Brett Schmid 12, CASC }\end{array}$
$\begin{array}{ll}\text { 2:20.83 } & \text { EKIAPR Brett Schmid,12,CASC } \\ \text { 2:21.70 } & \text { EKIAPR Ilya Brotzky,12,PDSA }\end{array}$
EKIAPR Ilya Brotzky,12,PDSA
RAPIDAPR Jake Tapp,12,LOSC
POIMAY Erik Brisson, 12,DDO
PQIMAY Erik Brisson,12,DDO
ODIV3APR Alex Cambareri,12,CPAC
EKIAPR Adam Szoo,12CASC
EKIAPR Adam Szoo,12,CASC
EKIAPR Nick Berrns,12,LASER
ODIV3APR Viktor Verblac, 12,YORK
ODIV3APR Viktor Verblac,12,YORK
ODIV2APR Nick Price,12,TMSC-NWO
ISAPR Ryan Cochrane,12,IS
ISAPR Ryan Buna,12,IS
UCSAJAN Glen Nesbitt,12,GLEN
ISAPR Graeme Yamagishi,12,COMOX
ACAPR Marc Pyle,12,SWAT
HTACAPR Marc Pyle, 12,SWAT

## 400 METRES FREESTYLE

### 19.04 Chuck Sayao,TOMAC,95

 4:45.44 EKSCMAR Joel Greenshields, 12,RDCSC 4:47.33 EKSCMAR Matthew Verwey,12,RDCSC 4:47.91 PQIMAY Renaud Laliberte,12,UL 4:55.67 DAVISMAR Ryan Gow 12 TRENT 4.55 .85 CDSCAPR Jordan Hartne 12 PS 4:56.41 PQMMAY Pascal Provencher-F,12,DD 4:57.73 EKSCMAR Nathan Demchuk, 12,EKSC 4:59.49 CDSCAPR Jake Tapp,12,LOSC 5:02.06 EKIAPR Adam Szoo,12,CASC 5:02.29 ISAPR Ryan Cochrane,12,IS 5:02.81 ISAPR Ryan Buna, 12,IS 5:05.81 PQIMAY Michael Tatigian,11,PCSC 5:07.97 DAVISMAR Cameron Bailey, 11,HWAC 5:08.99 RAPIDJAN Daniel Kennedy,12,KISU 5:09.17 PQIMAY Steven Bielby,11,PCSC 5:10.39 EKIAPR Patrick Downing,12,HYACK 5:10.81 UCSAJAN Jayme Hagen, 12,OSC 5:11.16 GMACMAR Yonathan Prajogo,12,COBRA
## METRES FREESTYLE

Rec: 17:05.50 Nicholas Richards,PCSC,84
18:43.84 PQIMAY Renaud Laliberte,12,UL 19:21.97 PQIMAY Pascal Provencher-F,12,GAMIN 19:35.96 EKIAPR Nathan Demchuk, 12,EKSC
19:54.02 PQIMAY Jonathan Gagne,12,DDO
20:02.63 ISAPR Ryan Cochrane,12,IS
$\begin{array}{ll}\text { 20:37.67 } & \text { PQIMAY Steven Bielby,11,PCSC } \\ \text { 20:37.91 } & \text { PQIMAY Vincent Tremblay,12,SAMAK }\end{array}$ 20:41.63 PQIMAY Michael Tatigian,11,PCSC 20:43.56 PQIMAY Dillon Babb,12,DDO 20:44.29 EKIAPR Brett Richter,12,ROD 20:47.87 EKIAPR A.J. Halverson,12,KSC 20:58.94 PQIMAY Julien Alie,11,DDO

## 100 METRES BACKSTROKE

Rec: 1:05.60 Tobias Oriwol, PCSC, 98 1:06.89 CDSCAPR Jordan Hartney, 12,PSW 1:12.38 EKIAPR Brett Schmid,12 CASC 1:12.42 UCSAJAN Joel Greenshields,12,RDCSC 1:12.73 ODIV2APR Glen Torontow,12,OYO 1.12.97 EKIAPR Matthew Chan 12 STSC 1:13.47 PQIMAY Jonathan Blouin,12,CSQ 1:14.02 CDSCAPR Jake Tapp,12,LOSC $\begin{array}{ll}\text { 1:14.02 } & \text { CDSCAPR Jake Tapp,12,LOSC } \\ \text { 1:14.10 } & \text { EKIAPR Justin Di Stefano, 12,UCSC }\end{array}$ 1:14.98 ODIV1APR Harrison Curtis,12,TSC 1:15.07 RAPIDJAN Daniel Kennedy,12,KISU 1:15.69 EKIAPR Evan Vanderven,12,CASC 1:15.80 CDSCAPR Ilya Brotzky, 12,PDSA 1:16.09 EKIAPR Sean Kimak,12,GL-BRSA 1:16.09 EKIAPR Zacary Odger,12,CASC 1:16.48 ESWIMAPR Daniel Langlois,12,SCAR 1:16.53 ODIV3APR David Grubb,12,MAC 1:16.57 ODIV1APR Cameron Bartlett,12,CYPS 1:16.58 EKIAPR Matthew Cunes,12,KSC-BRSA 1:16.73 PQIIIMAY Jerome Belanger,12,DYNAM 1:16.94 EKIAPR Brett Richter, 12,ROD 1:17.00 ODIV1APR Kevin Kwok,11,RHAC 1:17.06 GMACMAR Yonathan Prajogo,12,COBRA 1:17.21 DAVISMAR Cameron Cummings,12,OAK 1:17.28 PQIMAY Pascal Provencher-F,12,GAMIN 200 METRES BACKSTROKE
$\begin{array}{ll}\text { Rec: 2:18.05 Tobias Oriwol, PCSC, } 98 \\ 1 & 2: 29.95 \\ \text { EKSCMAR Joel Gree }\end{array}$
2:29.95 EKSCMAR Joel Greenshields,12,RDCSC
2:30.25 RAPIDJAN Jordan Hartney, 12,PSW
$\begin{array}{ll}\text { 2:30.25 RAPIDJAN Jordan Hartney,12,PSW } \\ 2: 32.68 & \text { PQIMAY Jonathan Blouin,12,CSQ }\end{array}$
2:32.68 PQIMAY Jonathan Blouin,12,CSQ
2:33.77 DAVISMAR Ryan Gow, 12,TRENT
2:34.41 PQIMAY Renaud Laliberte, 12,UL
2:35.25 ODIV2APR Glen Torontow,12,0YO 2:35.70 EKIAPR Justin Di Stefano, 12,UCSC 2:38.64 EKSCMAR Matthew Verwey, 12,RDCSC
2:38.73 ODIV1APR Harrison Curtis,12,1SC
2:39.14 EKIAPR Ilya Brotzzy,12,PDSA
2:39.41 EKSCMAR Matthew Chan,12,STSC 2:41.52 EKIAPR Brett Schmid,12,CASC 2:41.69 ODIV1APR Bryan Fumerton,11,USC 2:41.99 ODIV1APR Cameron Bartlett,12,CYPS 2:42.21 CDSCAPR Jake Tapp,12,LOSC $\begin{array}{ll}\text { 2:42.33 } & \text { EKIAPR Zacary Odger,12,CASC } \\ \text { 2:42.96 } & \text { EKSCMAR Nathan Demchuk,12,EKSC }\end{array}$ 2:42.96 EKSCMAR Nathan Demchuk, 12, EKSC
2:43.21 EKIAPR Matthew Cunes, 12,KSC-BRSA 2:43.27 UCSAJAN Jayme Hagen,12,OSC 2:43.40 CDSCAPR Jeffrey Lau,12,GATOR 2:43.89 CDSCAPR Malcolm Tan,12,HYACK 2:44.24 EKIAPR Brett Richter,12,ROD $\begin{array}{ll}\text { 2:44.35 } & \text { EKIAPR Adam Szoo,12,CASC } \\ \text { 2:44.38 CDSCAPR Sandy Lockhart,12,PDSA }\end{array}$ 2:44.60 PQIMAY Hans Richard,12,PCSC

## Rec: $1: 1224$ David CTSTROKE

1:21.65 PQIMAY Erik Brisson,12,DDO 1:22.09 EKIAPR Mason Cully,12,LEDUC 1:23.17 UCSAJAN Jeffrey Lai,12,EKSC 1:24.01 ODIV2APR Nicholas Shoust,12,SSMAC 1:24.25 UCSAJAN Matthew Verwey, 12,RDCSC $\begin{array}{ll}\text { 1:24.40 } & \text { UCSAJAN Charles Wong,12,UCSC } \\ \text { 1:24.87 PQIMAY Dillon Babb,12,DDO }\end{array}$ $\begin{array}{ll}\text { 1:24.87 } & \text { PQIMAY Dillon Babb, 12,DDO } \\ 1.2538 & \text { CDSCAPR Jordan Hartne, } 12 \text { PS }\end{array}$ $\begin{array}{lr}1: 25.38 & \text { CDSCAPR Jordan Hartney,12,PSW } \\ \text { 1:25.58 } & \text { PQMMAY Chris Waldau,12,PCSC }\end{array}$ $\begin{array}{ll}\text { 1:25.58 } & \text { PQIMAY Chris Waldau,12,PCSC } \\ \text { 1:25.92 } & \text { PQIMAY Cristian Popovici,12,CAMO }\end{array}$ 1:26.06 UCSAJAN Winston Yeap,12,OSC
1.26.07 ODIV3APR Zach Summerhayes, 11, RISC 1.26.21 ODIV3APR Jordan Murtonen,12,SYD 1:26.46 EKIAPR Adrian Podjarkowski,12,EKS 1:26.47 CDSCAPR Jeffrey Lau,12,GATOR 1:26.75 PQllIMAY Martin Belanger,12,HIPPO 1:26.87 ODIV3APR Cameron McKendrick,12,MAC 1:26.87 ODIV3APR Cameron McKendrick,12,MAC 1:27.64 PQIMAY Jason Ochiai,11,DDO 1:27.64 PQIMAY Jason Ochiai, 11,DDO
1:27.79 $\quad$ EKIAPR Travis Hnatiuk, 12,GWSC 1:27.80 ODIV1APR Uko Abara, 11,RHAC $\begin{array}{ll}\text { 1:27.84 } & \text { UCSAJAN Emanuel Lys,12,UCSC } \\ \text { 1:27.91 } & \text { PQIIAPR Mathias Leblanc,27,CAM }\end{array}$ 1:27.91 PQlIAPR Mathi
METRES BREASTSTROKE
Rec: 2:36.28 Ryan Chiew,HYACK,99
2:54.78 PQIMAY Erik Brisson,12,DDO 2:57.93 DAVISMAR Alexander Lai,12,MYSC 3:01.70 PQIMAY Dillon Babb,12,DDO 3:01.86 EKSCMAR Winston Yeap, 12,OSC 3:01.98 RAPIDAPR Jordan Hartney,12,PSW 3:02.15 EKSCMAR Matthew Verwey, 12,RDCSC 3:02.19 PQIMAY Antoine Lamoureux,11,REG 3:02.32 UCSAJAN Jeffrey Lai, 12,EKSC 3:03.32 ODIV2APR Nicholas Shoust, 12,SSMAC 3:04.24 PKIMAY Mason Ochiai 11, 1 , 3:04.27 ODIV3APR Zach Summerhayes, 11,RISC 3:04.83 PQllAPR Guillaume Gagnon,12,CNCB 3:05.02 HTACAPR Marc Pyle,12,SWAT 3:05.63 PQIIAPR Mathias Leblanc,27,CAMO 3:06.18 EKSCMAR Nathan Demchuk, 12,EKSC 3:06.87 EKIAPR Kuba Szmigielski,12,GOLD 3:07.08 PQIMAY Chris Waldau,12,PCSC 3:07.33 UCSAJAN Charles Wong,12,UCSC 3:07.35 EKIAPR Adrian Podjarkowski,12,EKSC 3:07.43 ODIV1APR Calvin Kwong, 12,NYAC 3:07.69 ODIV3APR Jordan Murtonen, 12,SYD 3:08.27 EKIAPR Emanuel Lys,12,UCSC 3:08.47 ODIV1APR Derek Woodhall,11,ROW 3:08.59 ODIV3APR Cameron McKendrick,12,MAC METRES BUTTERFLY
Rec: 1:03.26 Michael Calkins, IS,90
1:07.83 GMACMAR Yonathan Prajogo,12,COBRA
1:09.36 RAPIDAPR Jordan Hartney, 12, PSW
1:09.69 PQIMAY Jonathan Blouin,12,CSQ
1:10.16 UCSAJAN Joel Greenshields,12,RDCSC 1:10.86 CDSCAPR Ilya Brotzky, 12,PDSA 1:11.05 CDSCAPR Jake Tapp,12,LOSC 1:11.24 PQIMAY Vincent Tremblay,12,SAMAK 1:11.33 PQIIAPR Guillaume Gagnon,12,CNCB 1:11.45 EKIAPR Zacary Odger,12,CASC 1:11.83 CDSCAPR Malcolm Tan,12,HYACK 1:12.46 EKIAPR Nathan Demchuk,12,EKSC 1:13.22 PQIMAY Jonathan Gagne,12,DDO 1:13.69 DAVISMAR Samuel Thrall,12,OAK 1:13.72 RAPIDAPR Fraser Roberts,12,RAPID 1:13.79 UCSAJAN Jeffrey Lai,12,EKSC 1:13.84 DAVISMAR Cameron Cummings,12,OAK 1:13.96 ODIV3APR Viktor Verblac,12,YORK 1:14.34 PQIMAY David Plezu,12,UL 1:14.78 ODIV2APR Karl Trimble,12,BROC 1:15.07 EKIAPR Justin Di Stefano,12,UCSC 1:15.22 ODIV2APR Nick Price,12,TMSC-NWO 1:15.30 UCSAJAN McLean Eubank, 12,CP 1:15.57 EKIAPR Jeff Saganski,12,GOLD 1:16.50 PQIIIMAY Frederic Lamoureux, 12,CASE 1:16.56 EKIAPR Ben Partridge,12,PDSA

## 00 METRES BUTTERFLY

2.30 68 CDSCantin,PLUS,9
2.30.68 CDSCAPR Jordan Hartney, 12,PSW

2:33.34 PQIMAY Jonathan Blouin,12,CSQ
2:39.77 EKIAPR Nathan Demchuk, 12,EKSC
2:40.22 ODIV1APR Patrick Cuch,12,TSC-TO
2:42.01 PQIIAPR Guillaume Gagnon,12,CNCB 2:43.74 ODIV3APR Viktor Verblac, 12,YORK 2:43.83 EKIAPR Ilya Brotzky, 12,PDSA 2:44.32 UCSAJAN McLean Eubank, 12,CP 2:46.69 RAPIDAPR Jake Tapp,12,LOSC
2:47.12 PQIMAY David Plezu,12,UL
2:47.32 PQIMAY Vincent Tremblay,12,SAMAK 2:47.45 ODIV1APR Cody Gault,12,TSC 2:47.47 UCSAJAN Nathan Lynch,12,OSC 2:47.62 ODIV2APR Karl Trimble,12,BROCK 2:48.25 CDSCAPR Malcolm Tan,12,HYACK 2:48.37 EKIAPR Zacary Odger,12,CASC 2:48.46 ODIV1APR Bryan Fumerton,11,USC 2:48.63 DAVISMAR Samuel Thrall,12,OAK 2:49.05 PQIIIMAY Frederic Lamoureux, 12,CASE 2:51.90 UCSAJAN Jeffrey Lai, 12,EKSC 2:52.66 ODIV1APR Matt Earley,12,CYPS 2:53.12 DAVISMAR Cameron Cummings,12,OAK 2:55.42 UCSAJAN Adam Kautz, 12,CASC 2:56.49 UCSAJAN Jayme Hagen, 12,OSC

## METRES IND.MEDLEY

Rec: 2:21.81 Brian Johns, RACER, 95
2:31.75 EKSCMAR Joel Greenshields,12,RDCSC
2:33.31 CDSCAPR Jordan Hartney, 12,PSW
2:36.76 ODIV1APR Patrick Cuch,12,TSC-TO
2:38.63 EKSCMAR Matthew Verwey, 12,RDCSC
2:39.96 EKSCMAR Nathan Demchuk,12,EKSC
2:40.50 RAPIDAPR Jake Tapp,12,LOSC

2:42.35
RAPIDAPR Fraser Roberts,12,RAPID
$\begin{array}{ll}\text { 2:42.85 } & \text { PQIMAY Jonathan Gagne,12,DDO } \\ \text { 2:42.86 } & \text { ISAPR Ryan Cochrane, 12 IS }\end{array}$
2:43.00 CDSCAPR Ilya Brotzky,12,PDSA
2:43.01 ISAPR Ryan Buna, 12,IS
2:43.16 UCSAJAN Charles Wong, 12,UCSC
$\begin{array}{lr}\text { 2:43.16 } & \text { UCSAJAN Charles Wong, 12,UCSC } \\ \text { 2:43.87 } & \text { ISAPR Graeme Yamagishi,12,COMOX }\end{array}$
$\begin{array}{lr}\text { 2:43.87 } & \text { ISAPR Graeme Yamagishi,12,COMOX } \\ \text { 2:44.36 } & \text { PQIMAY Antoine Lamoureux,11,REG }\end{array}$
2:44.36 PQIMAY Antoine Lamoureux,
2:44.38 ODIV1APR Peter Bowen,12,GO
$\begin{array}{ll}\text { 2:44.38 } & \text { ODIV1APR Peter Bowen,12,GO } \\ \text { 2:45.24 } & \text { EKIAPR Zacary Odger, } 12, \text { CASC }\end{array}$
2:45.43 EKIAPR Brett Schmid,12,CASC
2:45.50 EKIAPR Adam Szoo, 12,CASC
$2: 45.54$
2:45.54 ODIV3APR Zach Summerhayes, 11,RISC
$2: 4575$
2:45.75 PQIMAY Pascal Plante,12,UL
2:45.88 ODIV2APR Alex Griffith,11,PICK
2:46.57 ODIV1APR Kyung Soo Yoon, 10,NYAC
2:46.62 ODIV1APR Bryan Fumerton,11,USC
2:46.67 EKIAPR Matthew Chan,12,STSC
2:46.79 UCSAJAN Adam Kautz,12,CASC

## METRES IND.MEDLEY

: 5:03.60 Andrew Cho,HYACK,91
5:23.05 RAPIDJAN Jordan Hartney, 12,PSW
5:25.96 PQIMAY Renaud Laliberte,12,UL
5:35.49 PQIMAY Pascal Provencher-F,12,DDO
5:37.59 PQMAMY Jonathan Gagne,12,DDO
5:39.66 DAVISMAR Ryan Gow, 12,TRENT
5:40.95 ISAPR Ryan Cochrane,12,IS
$5: 4121$
5:41.21 UCSAJAN Matthew Verwey,12,RDCSC
5:41.75 EKIAPR Nathan Demchuk, 12,EKSC
$\begin{array}{ll}\text { 5:42.23 } & \text { RAPIDAPR Jake Tapp, 12,LOSC } \\ \text { 5:44.78 }\end{array}$
5:44.78 ISAPR Ryan Buna, 12,IS
5:45.95 DAVISMAR Cameron Cummings, 12,OAK
5:47.04 UCSAJAN Nathan Lynch, 12,OSC
5:48.08 EKIAPR Zacary Odger,12,CASC
5:48.78 PQIMAY Antoine Lamoureux,11,REG
5:50.41 UCSAJAN Adam Kautz, 12,CASC
5:54.03 UCSAJAN Jayme Hagen,12,OSC
$\begin{array}{ll}5.54 .03 \\ 5: 54.81 & \text { PQIMAY Steven Bielby,11,PCSC }\end{array}$
5:56.33 PQIMAY Dillon Babb,12,DDO
5:56.99 RAPIDAPR Jeffrey Lau, 12,GATOR
5:58.59 DAVISMAR Drew Grey,12,OAK 5:58.94 IS
X50 MEDLEY RELA
. 12.98 sissauga AC,TOMAC,92
2:12.98 EKIAPR Cascade Swim Club,CASC
2:14.72 UCSAJAN Red Deer Catalina SC,RDCSC
2:18.28 ODIV1APR Richmond Hill AC,RHAC
2:18.54 ODIV1APR Toronto Swim Club,TSC
2:18.84 ODIVIAPR North York AC,NYAC
2:22.19 PQIIIMAY Hippocame St-Hubert,HIPPO
2:22.98 PQIMAY Univ.Laval Rouge \& Or, UL
2:23.95 EKIAPR Edmonton Keyano,EKSC
2:24.26 PQIMAY Pointe Claire SC,PCSC
2:24.40 ODIV2APR Sault Ste.Marie AC,SSMAC
2:24.91 ODIV1APR Uxbridge SC, USC
2:25.43 ODIV1APR Chatham Y,CYPS
2:26.40 EKIAPR Saskatoon Goldfins,GOLD
2:27.02 PQIMAY Samak de Brossard,SAMAK
2:27.42 PQIMAY Montreal Aquatique,CAMO
2:28.07 ODIV2APR Pickering SC,PICK
2.28.10 PGBAPR Points North SC, PN

2:28.82 ODIV2APR Timmins Marlins,TMSC-NWO
2:28.90 ODIV1APR Region of Waterloo,ROW
2:29.50 ODIV2APR Vaughan AC,VAC
$\begin{array}{ll}\text { 2:30.08 ISAPR Island Swimming,IS } \\ \text { 2:30.23 } & \text { ODIV1APR Scarborough SC,SCAR }\end{array}$
2:30.23 ODIV1APR Scarborough SC,SCAR
2:30.65 ODIV1APR Glouc-Ottawa Kingfish,GO
2:30.67 UCSAJAN Olympian Swim Club,OSC 2:30.84 EKSCMAR Calgary Patriots,CP

## 0 FREE RELAY

: 1:54.21 Hamilt-Wentworth AC,HWAC,91
:57.73 ODIV1APR Richmond Hill AC,RHAC 1.57.93 EKIAPR Cascade Swim Club,CASC $\begin{array}{ll}\text { 1:58.19 } & \text { EKSCMAR Red Deer Catalina SC,RDCSC } \\ \text { 2:00.55 } & \text { PQIMAY Dollard Swim Team,DDO }\end{array}$ 2:02.76 EKIAPR Edmonton Keyano,EKSC 2:02.76 EKIAPR Edmonton Keyano,EKSC 2:02.81 ODIV1APR Toronto Swim Club, ISC
2:04.11 ODIVIAPR North York AC,NYAC
$\begin{array}{ll}\text { 2:05.31 } & \text { PGBAPR Points North SC,PN } \\ \text { 2:05.38 } & \text { PQIMAY Pointe Claire SC,PCSC }\end{array}$
2:05.38 PQIMAY Pointe Claire SC,PCSC
2:05.39 ODIV2APR Timmins Marlins,TMSC-NWO
2:06.11 PQIMAY Univ.Laval Rouge \& Or,UL
2:06.19 ODIV1APR Uxbridge SC,USC
2:06.34 PQIIIMAY Hippocame St-Hubert,HIPPO
2:06.67 ODIV1 APR Glouc-Ottawa Kingfish,GO
2:07.01 PQIMAY Samak de Brossard,SAMAK
2:07.39 EKIAPR Saskatoon Goldfins,GOLD
2:08.39 PQIMAY Montreal Aquatique,CAMO
2:09.38 ODIV1APR Chatham Y,CYPS
2:09.46 ODIV2APR Pickering SC,PICK
2:09.63 HTACAPR Eastern Alliance,EAST
2:10.38 ODIV2APR Sault Ste.Marie AC,SSMAC
2:10.57 ODIV3APR Aurora Swim Club,AUROR
2:10.91 PQIIAPR Megophias Trois Rivieres,MEGO
2:11.27 ISAPR Island Swimming,IS
2:11.80 ODIV1APR Toronto Champs,CHAMP

## GIRLS 13:14

50 METRES FREESTYLE
Rec: 26.51 Lori Melien AAC 86
$\begin{array}{lll}1 & 28.12 & \text { EKIAPR Kirsten Pomerleau, 13,DEL }\end{array}$
28.17 ODIV3APR Julia Wilkinson,13,SKY 28.27 MMAPR Julianne Toogood, 13,MM 28.29 CANLCMAR Laura Wise,14,COBRA 28.46 PQCUPFEB Emily Gillespie,13,PERTH 28.60 EKIAPR Shannon Hackett,14,PDSA
28.66 GMACMAR Kristin Mcllroy, 14,MMST 28.66 GMACMAR Kristin Mcliroy,14,MMST 28.75 EKIAPR Sabrina Taylor,14,HYACK
28.76 PQIMAY Caitlin Babb,14,DDO 28.76 PQIMAY Caitlin Babb,14,DDO
28.77 TORLCJAN Allison Bennett 14, NY 28.77 TORLCJAN Allison Bennett,14,NYAC 28.77 DAVISMAR Melissa Bartlett, 14,CYPS 28.87 ODIV2APR Shannon Hazelton,14,SSMAC
28.88 PQIMAY Alice Chow,13,PCSC 28.88 PQIMAY Alice Chow,13,PCSC $\begin{array}{ll}28.93 & \text { PQIMAY Chani Davidson,14,CAMO } \\ 29.05 \text { HTACAPR Kayl Grim }\end{array}$ 29.05 HTACAPR Kayla Graham, 14,EAST 29.06 PQIIIMAY Suzanne Vary, 14,CNDR 29.08 ISAPR Jessica Aspinall,14,RAC 29.08 PQIMAY Catherine Savoie Laberge, 14,CNO 29.09 LEDUCMAY Melyssa Kallusky,13,EDSON 29.22 ISAPR Genevieve Poirier-Leroy,14,NRST 29.22 PQIIAPR Anne-M. L-Frechette,13,CNB 29.25 CDSCAPR Heidi Claasen,14,PSW

## IRES FREESTYLE

1:00.15 EKIAPR Kirsten Pomerleau, 13,DEL
1:00.45 ODIV1APR Allison Bennett, 14,NYAC
1:00.50 CANLCMAR Laura Wise, 14,COBRA
1:01.07 EKIAPR Sabrina Taylor,14,HYACK
1:01.07 MMAPR Julianne Toogood, 13,MM 1:01.31 ODIV3APR Kristin Mcllroy,14,MMST
1:01.45 EKIAPR Kelly Timmons,14,OSC-UA
1:01.54 PQIMAY Chani Davidson,14,CAMO
1:01.79 EKIAPR Shannon Hackett,14,PDSA
1:01.88 PQIIIMAY Suzanne Vary,14,CNDR
1:01.90 HTACAPR Kayla Graham, 14,EAST
:02.09 PQIMAY Caitlin Babb,14,DDO
1:02.42 ODIV1APR Victoria Clarridge,14,BTSC
$\begin{array}{ll}\text { 1:02.44 } & \text { PQIMAY Catherine Savoie Laberge,13,CNO } \\ \text { 1:02.63 } & \text { ODIV1APR Brittney Scott 14,ROW }\end{array}$
1:02.63 ODIV1APR Brittney Scott,14,ROW 1:02.63 PQIMAY Stephanie Ross,14,CAMO 1:02.72 ODIV3APR Julia Wilkinson, 13,SKY 1:02.78 PQCUPFEB Joan Brouillard,14,ELITE 1:02.91 PQIIAPR Pamela Filiatreaux, 14,RCA
1:03.03 ISAPR Jessica Aspinall,14,RAC
1:03.07 HTACAPR Jennifer Brown,14,TCSC
1:03.45 EKIAPR Jody Jelen, 13,ESWIM
1:03.50 PQCUPFEB AndreaZarins,14,NKB
1:03.50 PQIMAY Alice Chow,13,PCSC

## 200 METRES FREESTYLE

2:10.48 CANLCMAR Shannon Hackett,14,PDSA
2:12.30 ODIV1APR Allison Bennett,14,NYAC
2:12.30 ODIV1APR Hilary Jackson,14,STARS
2:13.30 PQCUPFEB Emily Gillespie,13,PERTH
2:13.41 PQIMAY Chani Davidson,14,CAMO
2:13.57 RAPIDAPR Brittany Reimer, 13,SKSC
2:13.77 HTACAPR Bevan Haley, 13,WTSC
2:13.88 RAPIDAPR Anne Schmuck,13,PSW
2:14.19 PQIMAY Caitlin Babb,14,DDO
2:14.22 EKIAPR Sabrina Taylor,14,HYACK
2:14.63 EKIAPR Jody Jelen, 13,ESWIM
2:14.88 HTACAPR Jennifer Brown, 14,TCSC
2:15.28 PQIIIMAY Suzanne Vary,14,CNDR
2:15.99 PQIIAPR Myriam Roy-L'Ecuyer, 14,CNB
2:16.44 ISAPR Genevieve Poirier-Leroy,14,NRST
2:16.47 CDSCAPR Darcy Goodridge,14,PDSA
2:16.77 EKIAPR Avery Kremer,14,OSC
2:16.89 PQIMAY Catherine Savoie Laberge,14,CNO
2:16.93 PQIIAPR Pamela Filiatreaux, 14,RCA
2:17.15 PQCUPFEB Andrea Zarins, 14,NKB
2:17.42 ISAPR Stephanie Bigelow, 14,IS
2:17.54 ODIV1APR Alyssa Hubert,13,CYPS
2:17.92 EKIAPR SaraMurphy,14,ESWIM
$\begin{array}{ll}\text { 2:17.92 } & \text { MMAPR Julianne Toogood,13,MM } \\ \text { 2:18.88 } & \text { CDSCAPR Kayla Rawlings,13,PSW }\end{array}$

400 METRES FREESTYLE
Rec: 4:14.60 Shannon Smith,HYACK,76 4:32.26 CANLCMAR Shannon Hackett,14,PDSA
4.34.26 CANLCMAR Eyse Dudar, 14,MSSAC-TO
4:37.08 RAPIDAPR Brittany Reimer 13 SKS 4.37.08 RAPIDAPR Brittany Reimer,13,SKSC 4:37.99 CANLCMAR Emily Gillespie,13,PERTH 4:37.99 CANLCMAR Bevan Haley,13,WTSC 4:44.19 CDSCAPR Darcy Goodridge, 14,PDSA 4:45.43 ODIV3APR Martha Ziolkowski,14, YORK 4:46.04 EKIAPR Thea Norton,14,OSC
4:47.07 EKIAPR Sabrina Taylor,14,HYACK
4:47.16 ISAPR Genevieve Poirier-Leroy, 14,NRST
4.47.40 PQIMAY Chani Davidson,14,CAM

4:48.77 PQCUPFEB Andrea Zarins, 14,NKB 4:48.94 PQIMAY Catherine Savoie-Laberge, 14,CNO 4:49.26 PQCUPFEB Myriam Roy-L'Ecuyer,13,CNB 4:50.00 ODIV3APR Kristin Mcliroy, 14,MMST 4:50.66 PQIMAY Nirmeen Gandhi, 14,PCSC 4:51.12 PQCUPFEB Suzanne Vary,14,CNDR 4:51.76 ODIV2APR Roberta Gillespie, 14,PERTH 4:51.84 RAPIDAPR Amanda Bell,13,SPART

## METRES FREESTYLE

Rec: 8:44.45 Michelle Sallee,CDSC, 88
9:13.74 CANLCMAR Shannon Hackett, 14,PDSA
9:16.42 HTACAPR Bevan Haley, 13,WTSC 9:23.60 CANLCMAR Byse Dudar, 14,MSSAC-TO 9:36.47 ISAPR Stephanie Bigelow,14,IS 9:37.81 CDSCAPR Darcy Goodridge, 14,PDSA 9:47.40 EKIAPR Michelle Mange,14,PDSA 9:49.62 HTACAPR Ainsley McFadgen 14.CBD 9:51.76 EKIAPR Thea Norton,14,OSC 9.5274 POIMAY Allyson Germin 14 9:53.03 EKIAPR Jody Jelen,13,ESWIM 9:57.29 CDSCAPR So Yoon Lee,14,HYACK 13 9:58.01 EKIAPR Avery Kremer,14,OSC 10:02.77 PQIMAY Nirmeen Gandhi,14,PCSC
10:04.12 CDSCAPR Sabrina Taylor,14,HYACK $\begin{array}{ll}\text { 10:04.12 } & \text { CDSCAPR Sabrina Taylor,14,HYACK } \\ \text { 10:06.89 } & \text { PQIMAY Genevieve De Repentigny,14,SAMAK }\end{array}$ 10:07.61 EKIAPR Mallory Hoekstra, 13,EKSC-UA 10:09.83 EKIAPR Sara Murphy,14,ESWIM 10:12.13 PQIMAY Chani Davidson,14,CAMO
METRES BACKSTROKE Rec: 1.03 BACKSTROKE Rec. 1.03.28 Nancy Garapick,HTAC,76 1:06.21 CANLCMAR Katie Smith, 14,COBRA 1:07.21 CANLCMAR Melissa Bartlett,14,CYPS 1:07.59 EKIAPR Kirsten Pomerleau,13,DEL 1:07.91 CANLCMAR Mallory Hoekstra, 13,EKSC-UA 1:08.06 ISAPR Jessica Aspinall, 14,RAC 1:08.48 CANLCMAR Laura Wise, 14,COBRA 1:08.71 CANLCMAR Kelsey Rush, 14,RAYS 1:08.83 ODIV3APR Kristin Mcllroy,14,MMST 1:09.36 PQIMAY Genevieve Saumur,13,CAMO 1:09.43 ODIV1APR Alyssa Hubert,13,CYPS 1:09.66 ODIV1APR Hilary Jackson,14,STARS 1:10.14 CDSCAPR Anne Schmuck,13,PSW 1:10.38 PQIMAY Michelle-A Bouchard, 14,CAMO 1:10.41 EKIAPR Kimberly Kabesh, 13,STSC 1:10.62 PQIMAY Stephanie Ross,14,CAMO 1:10.82 EKIAPR Thea Norton,14,OSC
1:11.00 1:11.08 ODIV3APR Martha Ziolkowski,14,YORK 1:11.08 ODIV3APR Martha Zio kowski,,14,Y
1:11.53 TORLCJAN Kristin Cloutier,14,CAJ 1:11.53 TORLCJAN Kristin Cloutier,14,CAJ
1:11.78 CANLCMAR Blair Holmes, 14,COBRA 1:11.81 MMAPR Julianne Toogood,13,MM 1:12.15 EKIAPR Carol Starratt,13,CASC 1:12.28 CDSCAPR Emily Barnett,14,PDSA
1.1235
ODIV3APR Christinn Sadler 13,MAC 1:12.35 ODIV3APR Christine Sadler, 13,MAC 1:12.46 OYOMAR Tara Baxter, 13,NKB 200 MEIRES BACKSTROKE
Rec: 2:15.60 Nancy Garapick,HTAC,76 2:24.78 CANLCMAR Katie Smith, 14,COBRA 2:27.19 CANLCMAR Kelsey Rush,14,RAYS 2:27.26 TORLCJAN Laura Wise,14,COBRA 2:27.87 CANLCMAR Melissa Bartlett, 14,CYPS 2:28.12 CDSCAPR Anne Schmuck,13,PSW 2:28.95 ODIV1APR Hilary Jackson,14,STARS 2:29.30 EKIAPR Thea Norton, 14, OSC 2:29.50 ODIV1APR Alyssa Hubert, 13,CYPS 2:29.92 PQCUPFEB Julia Guay-Racine, 14,CAMO 2:29.92 PQCUPFEB Genevieve Saumur, 13,CAMO 2:30.04 ODIV3APR Kristin Mcllroy,14,MMST 2:30.47 CANLCMAR Mallory Hoekstra, 13,EKSC-UA 2:30.81 UCSAJAN Kirsten Pomerleau, 13,DE 2:30.99 RAPIDAPR Brittany Reimer,13,SKSC 2:31.09 ISAPR Jessica Aspinall,14,RAC 2:31.22 MMAPR Landice Yestrau,13,MM 2:32.35 PQCUPFEB Emily Gillespie,13,PERTH 2:32.48 HTACAPR Bevan Haley, 13,WTSC 2:32.78 ODIV3APR Christine Sadler, 13,MAC 2:32.83 ODIV3APR Martha Ziolkowski, 14,YORK 2:33.00 PQIMAY Stephanie Ross,14,CAMO 2:33.70 ODIV1APR Brittney Scott,14,ROW 2:34.01 TORLCJAN Kristin Cloutier,14,CAJ 2:34.10 CNOAPR Shannon McQueen, 14,NKB 2:34.27 PQIIAPR Roxane Cote, 14, CNCB 100 METRES BREASTSTROKE
Rec: 1:09.84 Allison Higson,ESC, 86
1:14.73 CANLCMAR Kelly Timmons, 14,OSC-UA 1:16.24 CANLCMAR Emily Gillespie, 13,PERTH 1:16.29 CANLCMAR Kim Labbett,14,OAK-TO 1:16.42 CANLCMAR Haylee Johnson,14,PDSA 1:16.76 CANLCMAR Michelle Mange, 14, PDSA

1:17.75 RAPIDJAN Anne Schmuck,13,PSW 1:18.85 PQCUPFEB Caitlin Babb,14,DDO 1:18.86 EKIAPR Carol Starratt,13,CASC 1:19.22 ODIV1APR Chantelle Lonsdale,13,WAC 1:19.26 ODIV3APR Julia Wilkinson,13,SKY $1 \cdot 19.54$ ODIV1APR Eizabeth Engs, 14, SA 1:19.87 ODIV3APR Heather McMaster, 14,MAC 1:19.87 ODIV3APR Heather McMaster,14,MAC 1.19.94 PQMAY Jasmine Kastner, 15 ,DDO 1:20.74 ODIV1APR Meaghan Nicholson,14,NKB 1:20.74 ODIV1APR Meaghan Nicholson, 14,NKB $\begin{array}{ll}\text { 1:20.84 } \\ \text { 1:20.97 } & \text { UCSAJIAN Thea Norton,14,OSC }\end{array}$ $\begin{array}{ll}\text { 1:20.97 } & \text { UCSAJAN Thea Norton,14,OSC } \\ \text { 1:21.03 } & \text { PQIIAPR Mireille Tremblay, } 13, \mathrm{CNCB}\end{array}$ $\begin{array}{ll}\text { 1:21.03 } & \text { PQIIIAPR Mireille Tremblay, 13,CNCB } \\ \text { 1:21.44 } & \text { ODIV3APR Susan Miner, } 14, \text { HHAC }\end{array}$ 1:21.48 EKIAPR Catherine Kasongo,13,EKSC 1:21.51 EKIAPR Carleen Ready, 13,LASC 1:21.53 CNOAPR Katrina Obas, 13,NKB 1:21.59 EKIAPR Dana Williams,14,STSC 1:21.60 PQIMAY Julie Vincent, 14,CAM

## METRES BREASTSTROKE

:29.18 Courtenay Chuy,HYACK,98
2.39.63 CANLCMAR KIm Labbett, 14,OAK-TO 2:40.33 CANLCMAR Michelle Mange, 14, PDSA 2:40.90 CANLCMAR Hayle Johnson 14 PDSA 2:45.49 CDSCAPR Anne Schmuck, 13,PSW 2:46.63 CANLCMAR Eizabeth Hendrick,13,NCS-BRSA 2:47.37 ODIV2APR Emily Gillespie, 13 PERTH 2:48.23 PQIMAY Jasmine Kastner, 13,DDO 2:49.61 ODIV1APR Chantelle Lonsdale,13,WAC 2:51.23 PQCUPFEB Caitlin Babb,14,DDO 2:51.27 ODIV2APR Whitney Rich,13,ISS 2:51.74 ODIVAAPR Julia Wikinson, 13,SKY 2:52.74 ODIV1APR Elizabeth Engs,14,CAJ 2:52.78 PQIIAPR Mireille Tremblay, 13,CNCB 2:52.78 PQIIAPR Mireille Tremblay, 13,CI
2:53.02 UCSAJAN Megan Bird, 14, UCSC 2:53.02 UCSAJAN Megan Bird, 14,UCSC $\begin{array}{ll}\text { 2:54.06 } & \text { ODIV1APR Katrina Obas, 13,NKB } \\ 2: 54.71 & \text { ODIV3APR Rachel Robinson, 13,MMST }\end{array}$ 2:54.85 PQCUPFEB Andrea Zarins, 14 ,NKB 2:55.01 EKIAPR Dana Williams,14,STSC 2:55.29 EKIAPR So Yoon Lee, 14,HYACK 2:55.77 UCSAJAN Carol Starratt, 13,CASC 2:56.29 PQIMAY Julie Pamerleau, 14,CNO 2:56.33 ODIV3APR Heather McMaster, 14,MAC 2:56.50 ODIV1APR Meaghan Nicholson,14,NKB 100 METRES BUTTERFLY
Rec: 1:02.87 Julie Howard,BRANT,91
1:06.41 CANLCMAR Blair Holmes, 14,COBRA 1:06.47 EKIAPR Kelly Timmons, 14,OSC-UA 1:06.72 PQCUPFEB Julia Guay-Racine,14,CAMO 1:07.11 ODIV2APR Emily Gillespie,13,PERTH 1:07.72 EKIAPR Shannon Hackett,14,PDSA 1:07.81 PQIMAY Allyson Germain, 14,UL 1:07.96 EKIAPR Avery Kremer, 14,OSC 1:08.21 CDSCAPR Kayla Rawlings,13,PSW $\begin{array}{ll}\text { 1:08.46 } \\ 1: 08.96 & \text { EKIAPR Kimberly Kabesh, 13,STSC }\end{array}$ 1:09.60 MMAPR Stefanie Andruchuk, 14,MANTA 1:09.62 UCSAJAN Ally Jack, 14, GLEN 1:09.79 CDSCAPR Teresa Au Yeung, 14,PDSA 1:10.11 PQIMAY Marie-C. Dionne,13,UL 1:10.14 ODIV2APR Devon Sioui, 14,TD 1:10.15 EKIAPR Haley Kremer, 13,OSC 1:10.32 MMAPR Tiffany Monkman, 14,MANTA 1:10.42 PQIMAY Genevieve De Repentigny, 14,SAMAK 1:10.48 GMACMAR Sarah Porchak, 14,TAT 1:10.51 PQIMAY Genevieve Saumur,13,CAMO 1:10.55 GMACMAR Kristin Mcllroy,14,MMST 1:10.64 PQIIAPR Anne-M. L-Frechette,13,CNB 1:10.65 DAVISMAR Amanda Gordon,14,HWAC 1:10.82 EKIAPR Linda Duarte,13,ROD 1:10.88 ODIV3APR Michelle Mendez,14,MAC METRES BUTTERFLY
2:15.76 Sandra Marchand,ENL,88 2.25.49 CANLCMAR Bevan Haley, 13, WTSC 2:28.81 EKIAPR Shannon Hackett, 14,PDSA 2:28.88 TORLCJAN Brittney Scott,14,ROW 2:28.94 CDSCAPR Kayla Rawlings,13,PSW 2:39.88 TORLCJAN Bair Holmes, 14, COBRA 2.31.73 PQIMAY Allyson Germin, 14 IL 2:31.84 ISAPR Stephanie Bigelow, 14 IS 2:31.99 EKIAPR Kimberly Kabesh,13 STS $\begin{array}{ll}\text { 2:31.99 } & \text { EKIAPR Kimberly Kabesh,13,STSC } \\ \text { 2:32.09 } & \text { EKIAPR Haley Kremer 13,OSC }\end{array}$ 2:34.30 HTACAPR Amy Longobardi, 14,EAST 2:34.40 UCSAJAN Megan Bird, 14,UCSC 2:35.37 ODIV1APR Robyn Pimm, 14,RHAC 2:35.95 TORLCJAN Melissa Bartlett,14,CYPS 2:36.93 ODIV2APR Devon Sioui, 14,TD $\begin{array}{ll}\text { 2:37.74 } & \text { PQIMAY Marie-C. Dionne,13,UL } \\ \text { 2:37.89 } & \text { EKIAPR GInna Young 13 FMSC }\end{array}$ 2:37.89 EKIAPR Glenna Young,13,FMSC 2:38.45 ODIV1APR Katie Davis, 14,BRANT 2:38.64 EKIAPR Jody Jelen,13,ESWIM 2:38.66 PQIMAY Genevieve Saumur,13,CAMO 2:38.96 ODIV1APR Emily Victory, 14,STARS 2:39.28 ISAPR Shizuka Kikuchi,14,CRKW 2:39.34 PQIIAPR Anne-M. L-Frechette,13,CNB 2:39.39 ODIV1APR Juliana Gonzalez, 14,NYAC

200 METRES IND.MEDLEY
2.18. Allison Higson,ESC, 88 2.24.76 CANLCMAR Kelly Timmons,14,OSC-UA 2.27.05 PQCUPFEB Emily Gillespie,13,PERTH 2:30.63 RAPIDJAN Anne Schmuck 13, PSW 2:31.01 CANLCMAR Kelsey Rush, 14,RAYS 2:31.19 PQCUPFEB Caitlin Babb,14,DDO 2:31.80 EKIAPR Carleen Ready, 13,LASC $\begin{array}{ll}2: 31.81 & \text { ISAPR Stephanie Bigelow, 14,II } \\ \text { 2:32.15 } & \text { HTACAPR Bevan Haley, 13,WTSC }\end{array}$ 2:32.31 EKIAPR Michelle Mange,14,PDSA 2:33.42 ODIV1APR Melissa Bartlett,14,CYPS 2:33.87 CDSCAPR Shannon Hackett,14,PDSA 2:34.23 EKIAPR Mallory Hoekstra,13,EKSC2:34.26 ODIV1APR Katie Davis, 14,BRANT 2:34.39 ODIV1APR Chantelle Lonsdale, 13,WAC 2:34.42 CDSCAPR Kayla Rawlings,13,PSW 2:34.49 PQCUPFEB Andrea Zarins, 14,NKB 2:34.52 EKIAPR Carol Starratt,13,CASC 2:34.93 PQIMAY Genevieve Saumur,13,CAMO 2:34.96 UCSAJAN Thea Norton,14,OSC 2:35.05 ODIV2APR Roberta Gillespie,14, P 2:35.99 RAPIDJAN Genevieve Porier-Leroy, 13,NRST 2:36.05 PQCUPFEB Myriam Roy-L'Ecuyer, 13,CNB 2:36.12 MMAPR Landice Yestrau, 13,MM METRES IND.MEDLEY
Rec: 4:52.35 Joanne Malar,HWAC, 90
5:07.93 CANLCMAR Kelly Timmons, 14,OSC-UA
5:14.21 CDSCAPR Anne Schmuck, 13,PSW
5:17.51 HTACAPR Bevan Haley, 13 ,WTSC
$5: 17.72$ CANLCMAR Michelle Mange 14 PDSA
5:17.72 CANLCMAR Michelle Mange, 14,PDSA
5:17.83 ODIV2APR Emily Gillespie, 13,PERTH
5:19.52 PQIMAY Allyson Germain,14,UL
$\begin{array}{ll}\text { 5:19.52 PQIMAY Allyson Germain,14,UL } \\ 5: 21.27 & \text { ISAPR Stephanie Bigelow,14,IS }\end{array}$
5:22.10 ODIV1APR Katie Davis,14,BRANT 5:24.39 PQIMAY Caitlin Babb,14,DDO 5:24.89 ODIV3APR Kristin Mcllroy,14,MMST 5:25.26 UCSAJAN Thea Norton, 14,OSC 5:25.82 CDSCAPR Shannon Hackett, 14,PDSA
5:26.03 RAPIDAPR Brittany Reimer 13,SKSC $\begin{array}{ll}\text { 5:26.03 } & \text { RAPIDAPR Brittany Reimer, 13,SKSC } \\ 5.26 .14 & \text { CDSCAPR Kayla Rawlings, 13,PSW }\end{array}$ 5:26.62 TORLCJAN Eyse Dudar,14,MSSAC-TO $\begin{array}{ll}\text { 5:26.62 } \\ 5: 26.73 & \text { EKIAPR Avery Kremer, 14,OSC } \\ 5.26 .81\end{array}$ $\begin{array}{ll}5: 26.73 \\ 5: 26.81 & \text { ISAPR Kelsey Rush, 14,RAYS }\end{array}$ $\begin{array}{ll}\text { 5:26.81 } & \text { ISAPR Kersey Rush,14,RAYS } \\ \text { 5:26.91 }\end{array}$ 5:27.43 RAPIDJAN Courtenay Mulhern, 14,PSW 5:27.85 ODIV1APR Britney Scott,14,ROW 5:28.11 PQIMAY Jasmine Kastner,13,DDO 5:29.64 RAPIDJAN Valerie Pomaizl, 14,NRST 5:30.27 TORLCJAN Blair Holmes, 14,COBRA 5:30.42 RAPIDAPR Amanda Bell,13,SPART 5:30.58 ODIV1APR Allison Bennett,14,NYAC

## 50 MEDLEY RELAY

2. 2:02.81 Etobicoke Swimming,ETOB, 97

2:07.54 PQIMAY Montreal Aquatique,CAMO
2:10.34 EKIAPR Pacific Dolphins PDSA
2:10.70 POIMAY Dollard Swim Team DDO
2:10.70 PQIMAY Dollard Swim Team,DDO
2:11.67 UCSAJAN Edmonton Keyano,EKSC
2:11.67 UCSAJAN Edmonton Keyano,EKSC
$\begin{array}{ll}\text { 2:11.91 } & \text { ODIV3APR Markham AC,MAC } \\ \text { 2:12.11 } & \text { ODIV1APR Nepean Kanata,NKB }\end{array}$
2:12.34 PQIMAY Univ.Laval Rouge \& Or,UL
$\begin{array}{ll}\text { 2:12.34 } & \text { PQIMAY Univ.Laval Rouge \& Or,UL } \\ \text { 2:12.78 } & \text { ODIV3APR Milton Marlins,MMST }\end{array}$
$\begin{array}{ll}\text { 2:12.78 } & \text { ODIV3APR Milton Marlins,, } \\ \text { 2:12.86 } & \text { ODIV1APR Uxbridge SC,USC }\end{array}$
2:13.86 ODIV1APR North York AC,NYAC
2:13.28 MMAPR Manitoba Marlins,MM
2:13.58 PQIMAY Pointe Claire SC,PCSC
2:14.30 OEIIAPR Silver Tide SC,STSC
2:14.61 ODIV1APR Chatham Y,CYPS
2:14.63 ODIV1APR Toronto Swim Club,TSC
2:14.71 PQIMAY CN Outaouais,CNO 2:14.95 ODIV1APR Region of Waterloo,ROW
2:14.99 UCSAJAN Glencoe Gators, GEN 2:14.99 UCSAJAN Glencoe Gators,GLEN 2:15.03 UCSAJAN Univ.of Calgary SC, U
2:15.04 ODIV1APR Tillsonburg AT,TAT 2:15.04 OD $2: 15.22$
2:15.23
2 2:15.23
2:15.35
$2: 15: 55$ MMAPR Manta Swim Club,MANTA EKIAPR Etobicoke Swimming,ESWIM PQIIAPR CN Beauport,CNCB
PQIMAY Samak de Brossard,SAMAK 4X50

## FREE RELAY

1:50.15 Etobicoke Swimming,ETOB, 97 $\begin{array}{ll}1: 54.49 & \text { PQUMMAY Montreal Aquatique,CAMO } \\ 1.55 .61 & \text { PQIIAPR CN Laval, LAVAL }\end{array}$ PQIIAPR CN Laval,LAVAL ODIV1APR North York AC,NYAC EKIAPR Olympian Swim Club,OSC PQIMAY Univ.Laval Rouge \& Or,UL MMAPR Manitoba Marlins,MM UCSAJAN Cascade Swim Club,CASC PQIMAY Pointe Claire SC,PCSC ODIV1APR Glouc-Ottawa Kingfish,GO EKIAPR Pacific Dolphins,PDSA ODIV1APR Barrie Trojans,BTSC UCSAJAN Edmonton Keyano,EKSC ODIV1APR Nepean Kanata, NKB EKIAPR Etobicoke Swimming, ESWIM ODIVIAPR Brantford AC,BRANT ODIV1APR Uxbridge SC,USC EKIAPR Univ.of Calgary SC,UCSC
EKIAPR Silver Tide SC,STSC EKIAPR Silver Tide SC,STSC PQIMAY Dollard Swim Team,DDO ODIV1APR Cambridge Aquajets,CAJ :00.00 ODIV3APR Markham AC,MAC 2:00.30 PQIMAY CN Outaouais,CNO 2:00.33 ODIV3APR Milton Marlins,MMST 2:00.47 PQIMAY Samak de Brossard,SAMAK
2:00.50 ODIV1APR Toronto Swim Club,TSC

## TOP AGE GROUP TIMES

## BOYS 13:14

50 METRES FREESTYLE


## Rec: 4:05.63 Jamie Stevens,MANTA, 89

 4:25.93 ODIV2APR Buddy Green, 14,LUSC 4:29.31 PQIMAY David Provencher-F,14,GAMIN 4:29.40 ODIV2APR Dave Spencer, 14,GGST 4:29.66 RAPIDJAN James Monk, 14,PDSA 4:30.35 PQIMAY Philip Brassard-G.,14,DDO 4:33.89 RAPIDJAN Simon Wing,14,SSW 4.34.39 CDSCAPR Bad Raid, I, FACK 4:37.40 PGBAPR Alex Sherwood, 14,KCS 4:39.99 CDSCAPR Ray Betuzzi,13,PDSA 4:40.11 PQIMAY Aubert Lachance-F.,13,UL 4:40.42 ODIV2APR Anthony Orazietti,14,SSMAC 4:40.67 ODIV3APR Stephen Louli,13,MAC 4:40.85 EKIAPR Michael Smela,14,LASER 4:40.95 UCSAJAN Braden O'Neill,13,OSC 4:41.57 EKIAPR Gavin D'Amico,13,EKSC 4:41.75 CDSCAPR Matthew Sze,13,PDSA 4:41.90 ODIV2APR Sean Alexander, 13,TD4:41.91
ODIV2APR Christian Carl,13,TBT-NWO 4:42.69 DAVISMAR Aaron Donst, 14,HWAC 4:42.69 DAVISMAR Aaron Donst, 14,HWAC
4:42.90 DAVISMAR Brandon Holden, 13,HWAC 4:43.08 CDSCAPR Kris Yap-Chung,13,HYACK 4:43.41 ODIV3APR Max Kwok, 14,MAC
1500 M
16:00.93 Alex Baumann,LUSC,79
17:46.53 EKIAPR Jens Cuthbert,14,PDSA 17:52.41 PQIMAY Philip Brassard-G., 14,DDO 17:55.52 CDSCAPR Brad Reid,14,HYACK 18:09.67 ISAPR Richard Alexander,14,IS 18:13.25 PQIMAY David Provencher-F,F,14,GAMIN 18:13.99 CDSCAPR Leonard Ho, 13,HYACK $\begin{array}{ll}\text { 18:17.18 } & \text { EKIAPR Alexander Love,13,ROD } \\ \text { 18:22.04 } & \text { EKIAPR Edward Quinlan,14 PDSA }\end{array}$ $\begin{array}{ll}\text { 18:22.04 } & \text { EKIAPR Edward Quinlan,14,PDSA } \\ \text { 18:34.51 } & \text { EKIAPR Gavin D'Amico,13,EKSC }\end{array}$
10 18:41.99 ISAPR Derek Westra-Luney, 14,IS 18:45.42 EKIAPR Jesse Lund, 13,EKSC 12 18:51.11 HTACAPR Chris Dever,14,TIDE 13 18:52.56 EKIAPR Tyler Burton, 13,FMSC 18:53.34 ISAPR Ryan Clouston, 13,IS 18:56.97 PQIMAY Maximilian Leger,14,CAMO 18:57.86 CDSCAPR Travis Redpath,12,PDSA 18:58.19 EKIAPR Tyson Larone,13,EKSC 18:58.20 EKIAPR Jayme Hagen,13,OSC 100 METRES BACKSTROKE
Rec: 58.92 Tobias Oriwol,ESWIM,0 1:04.96 ODIV3APR Michael Allain,14,BST 1:05.29 DAVISMAR Aaron Donst, 14,HWAC
1:05.33 PQ|MAY Wesley Newman 14, 1:05.70 CNOAPR Andrej Lenert, 14,NKB 1:05.78 PQIMAY Vincent Boulanger-M.,14,CSQ 1:05.80 EKIAPR Eric Gendron,14,KSC-BRSA 1:06.04 UCSAJAN Kyle Sorrenti,14,GLEN 06.12 ODIV1APR Colin Ackroyd,14,SCAR 1:06.66 ODIV2APR Steven Posthumus, 13,TBT-NWO 2 ODIV1APR Hans Fracke, 14,USC

PQIIIAPR Felix Renaud, 13,CNB 1:07.05 PQIIAPR Alex Desilets,13,MEGO $\begin{array}{ll}\text { 1:07.34 } & \text { PGBAPR Alex Sherwood, 14,KCS } \\ \text { 1:07.47 ODIV2APR Dave Spencer, 14,GGST }\end{array}$ 1:07.83 ODIVLAPR Dave Spencer,14,GGS $\begin{array}{ll}\text { 1:07.94 } & \text { EKIAPR Lee Grant,13,UCSC } \\ 1: 07.97 & \text { CNOAPR Richard Shih,12, NYAC }\end{array}$ $\begin{array}{ll}\text { 1:07.97 } & \text { CNOAPR Richard Shih,12,NYAC } \\ \text { 1:07.98 } & \text { EKIAPR John Lapins,13,EXST }\end{array}$ $\begin{array}{ll}\text { 1:07.98 } & \text { EKIAPR John Lapins,13,EXST } \\ \text { 1:08.06 } & \text { PQIIIMAY Jean-P Martin,14,DYNAM }\end{array}$ ISAPR Richard Alexander, 14,IS EKIAPR Alexander Love,13,ROD PQIMAY Richard Zieba,13,PCSC
UCSAJAN Tyler Dahlseide,14,LEDUC UCSAJAN Tyler Dahlseide,14,LEDU
ODIV1APR David Arcand, $13, G 0$ 1:08.67 ODIV1APR David Arcand, 13,GO 200 METRES BACKSTROKE
Rec: 2:05.16 Tobias Oriwol, ESWIM,0
2:20.85 EKIAPR Jesse Lund,13,EKSC $\begin{array}{ll}\text { 2:21.95 ODIV1APR Hans Fracke,14,USC } \\ \text { 2:22.07 } & \text { PQlIAPR Felix Renaud, 13.CNB }\end{array}$ $\begin{array}{ll}\text { 2:22.64 EKIAPR Eric Gendron,14,KSC-BRSA } \\ \text { 2:22.76 } & \text { PGBAPR Alex Sherwood, 14,KCS }\end{array}$ $\begin{array}{ll}\text { 2:22.76 } & \text { PGBAPR Alex Sherwood,14,KCS } \\ 2.22 .81 & \text { PQIMAY Wesley Newman,14,DDO }\end{array}$ 2:22.85 DAVISMAR Aaron Donst, 14,HWAC 2:23.01 CNOAPR Andrej Lenert,14,NKB 2:23.17 ODIV2APR Dave Spencer, 14,GGST 2:23.91 ODIV3APR Michael Allain,14,BST 2:24.11 TORLCJAN Marco Monaco, 14,OAK $\begin{array}{ll}\text { 2:24.58 } & \text { PQIMAY Richard Zieba, 13,PCSC } \\ 2: 24.74 & \text { PQ|lAPR Alex Desilets,13,MEGO }\end{array}$ 2:24.74 PQIIAPR Alex Desilets,13,MEGO
2:25.03 UCSAJAN Kyle Sorrenti,14GLEN 2:25.06 EKIAPR Pascal Wollach,13,CASC 2:25.43 ODIV1APR Colin Ackroyd,14,SCAR $\begin{array}{ll}\text { 2:25.44 } & \text { PQIIIMAY Jean-P Martin,14,DYNAM } \\ 2: 26.12 & \text { PQIIIMAY Etienne Lavallee,13,EXCE }\end{array}$ $\begin{array}{ll}\text { 2:26.12 } & \text { PQillMAY Etienne Lavallee, } 13, \text { EX } \\ \text { 2: } 26.55 & \text { EKIAPR John Lapins, 13,EXST }\end{array}$ 2:27.59 ODIV2APR Sean Alexander,13,TD 2:27.63 ODIV2APR Steven Posthumus, 13 ,TBT-NWO 2:27.83 CNOAPR Richard Shih,12, NYAC $2: 28.33$ ODIV1APR Brandon Connerty 14 BRAN 2:28.54 ODIV1APR Stephen Malinas, 13,NYAC

100 METRES BREASTSTROKE
Rec: 1:04.53 Matthew Huang,PDSA,99
1:12.04 EKIAPR Rodale Estor,13,CASC 1:12.51 ODIV1APR Misha Vuiaklija,14,NYAC 1:13.31 PQIMAY Marc Laliberte, 14,UL 1:13.96 DAVISMAR James San Pedro, 14, OAK 1:14.25 PQIMAY Max Dumont 12,REG 1:14.57 ODIV3APR Jamie Ross,12,AUROR 1:15.18 EKIAPR Michael Smela, 14 LASER 1:15.18 EKIAPR Michael Smela, 14,LASER 1:16.10 ODIV1APR Andrew Cheung,14,WAC $1: 16.23$ ODIV3APR Adam Dunn,14,AAC 1.16.24 CDSCAPR Leonard Ho 13, HYACK 1:16.24 CDSCAPR Leonard Ho, 13,HYACK 1:16.36 OD2 ODIV3APR Adam Sapalak 14, WAAC 1:16.12 ODIVAAPR Adam Sapelak, 14,WAAC 1:16.90 PQIMAY Zachary Glassman, 14,CAMO 1:16.90 PQIMAY Zachary Glassman,14,CAMO
1:16.91 ODIV1APR Jonathan Caguiat,13,CHAMP 1:16.93 ODIV2APR Matteo Di Paolo,14,VAC $\begin{array}{ll}\text { 1:16.93 } & \text { ODIV2APR Matteo Di Paolo,14,VAC } \\ \text { 1:16.95 } & \text { EKIAPR Sean Armstrong,14,EKSC }\end{array}$ $\begin{array}{ll}\text { 1:16.95 } & \text { EKIAPR Sean Armstrong,14,EKSC } \\ \text { 1:17.29 } & \text { PQIMAY Marc-A. Duchesneau,13,CAMO }\end{array}$ 1:17.42 ODIV1APR Geoff Wyatt, 14,CHAMP 1:17.89 EKIAPR Brody Fowler, 14,LASER $\begin{array}{ll}\text { 1:18.14 } & \text { PQIIIIMAY Jean-S. Despatie,14,ENC } \\ \text { 1:18.16 } & \text { EKIAPR Andrew Malawski,14,ROD }\end{array}$

## 00 METRES BREASTSTROKE

2:19.95 Matthew Huang,PDSA,99
2:36.14 DAVISMAR M
2:36.14 DAVISMAR Marco Monaco, 14,OAK
2:39.37 EKIAPR Rodale Estor,13,CASC
2:39.80 ODIV1APR Misha Vujaklija,14,NYAC 2:40.26 DAVISMAR James San Pedro, 14, OAK 2:40.50 PQIMAY David Provencher-F,14,GAMIN 2:41.61 EKIAPR Edward Quinlan,14,PDSA 2:41.64 PQIMAY Marc Laliberte, 14,UL 2:42.18 PQIMAY Zachary Glassman, 14,CAMO 2:42.29 ODIV1APR Alex Olsen,14,SCAR 2:42.55 PQIMAY Max Dumont,12,REG 2:43.34 RYMMMAR Michael Smela, 14,LASER 2:44.65 ODIV3APR Jamie Ross,12,AUROR 2:45.02 ODIV1APR Andrew Cheung,14,WAC 2:45.99 CDSCAPR Leonard Ho, 13,HYACK 2:46.23 PQIIIMAY Jean-S. Despatie, 14,ENC 2:46.80 ODIV3APR Adam Dunn,14,AAC 2:46.96 PQIMAY Marc-A. Duchesneau, 13,CAMO 2:47.06 ODIV1APR Jonathan Caguiat,13,CHAMP 2:47.12 ODIV3APR Adam Sapelak,14,WAAC 2:47.19 CDSCAPR Sebastian Salas,14,PDSA $\begin{array}{ll}\text { 2:48.09 } & \text { EKIAPR Andrew Malawski, } 44 \text {,ROD } \\ \text { 2:48.59 } & \text { EKIAPR Sean Armstrong, 14,EKSC }\end{array}$ 2:49.18 ODIV2APR Jeremy Doner,13,10C 2:49.31 PQIIIMAY Etienne Lavallee,13,EXCEL 2:49.55 ODIV1APR Kyle Palfrey, 13,SCAR 00 METRES BUTTERFLY
Rec: 57.45 Philip Weiss,SKSC, 94
1:01.23 PQIMAY David Milot,13,PCSC
1:03.21 ODIV2APR Jeff Byrne,13,SSMAC 1:03.56 PQIMAY Maximilian Leger,14,CAMO
1:03.61 ODIV2APR Nathan Ferguson 14,EBSC 1:04.06 DAVISMAR Marco Monaco, 14 OAK 1:04.47 EKIAPR Tyson Larone,13,EKSC $\begin{array}{ll}\text { 1:04.47 } & \text { EKIAPR Tyson Larone,13,EKSC } \\ \text { 1:04.56 } & \text { PQIIIAPR Samuel Chartrand, } 13 \text {,ELITE }\end{array}$ $\begin{array}{ll}\text { 1:04.56 } & \text { PQ||IAPR Samuel Chartrand, } 13, \text { EL } \\ \text { 1:04.89 } & \text { PQ|IAPR Felix Renaud, } 13, \text { CNB }\end{array}$ $\begin{array}{lc}\text { 1:04.89 } & \text { PQIIIAPR Felix Renaud, 13,CNB } \\ 1: 05.50 & \text { CDSCAPR Simon Wing,14,PSW }\end{array}$ 1:05.54 PQIIAPR Alex Agostino,14,LAVAL 1:05.71 ODIV2APR Francesco Agueci,14,VAC 1:05.77 CDSCAPR Edward Quinlan, 14,PDSA 1:05.91 PQIMAY Octavian Petre,14,CAMO $\begin{array}{ll}\text { 1:05.94 } & \text { CDSCAPR Dan Minster, 14,PDSA } \\ \text { 1:06.14 } & \text { MMAPR Chris Jones, } 14 \text {,MANTA }\end{array}$ $\begin{array}{ll}\text { 1:06.14 } & \text { MMAPR Chris Jones, 14,MANTA } \\ \text { 1:06.19 } & \text { EKIAPR Kris Yap-Chung,13,HYACK }\end{array}$ 1:06.27 EKIAPR Justin Allen, 13,EKSC 1:06.35 DAVISMAR Julian Cino,14,HWAC 1:06.47 ODIV2APR Matteo Di Paolo,14,VAC 1:06.47 EKIAPR Jens Cuthbert, 14,PDSA 1:06.51 EKIAPR Matt Derochie,14,KSC-BRSA 1:06.69 PQIIIMAY Steven Marcoux, 14,EXCEL 1:06.75 ODIV3APR Adam MacWilliam,14,MAKOS 1:07.12 HTACAPR Brad Feicht, 14,TIDE
1:07.48 PQIIAPR Pierre-Luc Leblanc,12,ELITE

## ETRES BUTTERFL

2.21.19 POIMA,SKSC, 9
2.21.26

2:21.26 EKIAPR Tyson Larone,13,EKSC 2:21.91 PQIMAY Philip Brassard-G., 14,DDO 2:21.94 CDSCAPR Simon Wing,14,PSW 2:22.09 PQIMAY Maximilian Leger,14,CAMO 2:22.82 ODIV1APR Bryce Tung, 14,TSC 2:23.01 ODIV1APR Zachary Hurd, 14,BTSC 2:23.03 ODIV2APR Jeff Byrne,13,SSMAC 2:23.46 ODIV2APR Nathan Ferguson,14,EBSC 2:26.01 EKIAPR Kris Yap-Chung,13,HYACK 2:26.02 EKIAPR Edward Quinlan,14,PDSA 2:26.42 DAVISMAR Marco Monaco,14,OAK 2:26.67 ODIV1APR Brent Charlton, 14,TAT 2:27.16 RAPIDJAN James Monk 14, PDSA 2:27.25 PQllAPR Felix Renaud, 13,CNB 2:27.43 ODIV1APR Kyle Palfrey 13 SCAR 2:27.48 CDSCAPR Leonard Ho,13,HYACK 2:29.12 ODIV2APR Buddy Green,14,LUSC 2:29.54 ODIV2APR Francesco Agueci, 14, VAC 2:29.54 ODIVAPR Francesco Agueci, 14, ,
EKIAPR Justin Allen, 13, EKSC $\begin{array}{ll}\text { 2:30.34 EKIAPR Justin Allen, } 13, \text { EKSC } \\ \text { 2:30.37 } & \\ \text { EKIAPR Alexander Love,13,ROD }\end{array}$ 2:30.81 PQIIIMAY Etienne Lavallee,13,EXCEL

## 200 METRES IND.MEDLEY

## Rec: 2:09.65 Tobias Oriwol,ESWIM,0

2:19.78 DAVISMAR Marco Monaco,14,OAK 2:22.12 PQIMAY David Provencher-F,14,GAMIN $\begin{array}{ll}\text { 2:22.12 } & \text { PQIMAY David Provencher-F,14, } \\ \text { 2:23.31 } & \text { PQIMAY Marc Laliberte,14,UL }\end{array}$ $\begin{array}{ll}\text { 2:25.31 } & \text { PQIMAY Marc Laliberte,14,UL } \\ \text { 2:50. } & \text { PQIMAY Philip Brassard-G.,14,DDO }\end{array}$ $\begin{array}{ll}2: 25.33 & \text { PQIMAY Philip Brassard-G.,14,DDO } \\ 2: 25.57 & \text { EKIAPR Alexander Love, 13,ROD }\end{array}$ $\begin{array}{lr}\text { 2:25.57 EKIAPR Alexander Love,13,ROD } \\ \text { 2:25.72 } & \text { ISAPR Richard Alexander,14,IS }\end{array}$
2:25.86 CDSCAPR Simon Wing, 14 PSW
$\begin{array}{ll}\text { 2:25.86 } & \text { CDSCAPR Simon Wing, } 14, \text {, } 4 \text { SS } \\ \text { 2:26.01 } & \text { EKIAPR Matt Derochie, } 14, \text { KSC-BRSA }\end{array}$
2:26.01 EKAPR Matt Derochie, 14,KSC-BRS
2:26.02 CDSCAPR Andrew Wagner, 14, PDSA
2:26.02 CDSCAPR Andrew Wagner, 14,PDSA
2:26.44 ODIV1APR Brandon Connerty,14,BRANT
2:26.44 ODIV1APR Brandon Connerty, 4 ,
2:26.95 ODIV1APR Alex Olsen,14,SCAR
2:27.22 CNOAPR Andrej Lenert,14,NKB
2:27.22 CNOAPR Andrej Lenert, 14,NKB
2:27.33 EKIAPR Braden O'Neill,14,OSC
2:27.33 EKIAPR Braden ONeill, 14,OSC
2:27.54 ODIV2APR Brannyn Hale,14,NBYT
$\begin{array}{ll}\text { 2:27.54 } & \text { ODIV2APR Brannyn Hale, 14,NBYT } \\ \text { 2:27.87 } & \text { CDSCAPR Leonard Ho, } 13 \text {,HYACK }\end{array}$
$\begin{array}{ll}\text { 2:27.87 } & \text { CDSCAPR Leonard Ho, 13,HYACK } \\ \text { 2:27.88 } & \text { ODIV2APR Francesco Agueci,14,VAC }\end{array}$
$\begin{array}{ll}\text { 2:27.88 } & \text { ODIV2APR Francesco Agueci,14,VAC } \\ \text { 2:27.96 } & \text { EKIAPR Tyson Larone, 13, EKSC }\end{array}$
2:28.34 EKIAPR Pascal Wollach,13,CASC
2:28.48 EKIAPR Rodale Estor,13,CASC
$\begin{array}{ll}\text { 2:28.70 } & \text { ODIV3APR Adam MacWilliam, 14,MAKOS } \\ \text { 2:28.77 } & \text { ODIV1APR Bryce Tung.14 TSC }\end{array}$
2:28.77 ODIV1APR Bryce Tung, 14,TSC
2:29.08 CDSCAPR Dan Minster, 14,PDSA
2:29.17 UCSAJAN Kyle Sorrenti,14,GLEN

## 0 METRES IND.MEDLEY

Rec: 4:32.39 Tobias Oriwol,ESWIM,0
4:55.57 DAVISMAR Marco Monaco, 14,OAK
4:57.47 PQIMAY David Provencher-F,14,GAMIN
5:02.99 ODIV1APR David Hughes, 14,ROW
5:05.59 CDSCAPR Simon Wing, 14, PSW
5:06.13 PQIMAY Philip Brassard-G.,14,DDO
5:07.17 CDSCAPR Jens Cuthbert,14,PDSA
5:07.68 ODIV2APR Jeff Byrne,13,SSMAC
5:08.37 ODIV1APR Bryce Tung,14,TSC
5:08.40 ODIV1APR Brandon Connerty, 14,BRANT
5:09.13 ODIV1APR Colin Ackroyd, 14,SCAR
5:11.04 CDSCAPR Sebastian Salas, 14,PDSA
5:12.02 PQIMAY Marc Laliberte, 14, UL
5:12.27 CDSCAPR Andrew Wagner, 14, PDSA
5:13.99 EKIAPR Alexander Love,13,ROD
5:15.25 EKIAPR Matt Derochie,14,KSC-BRSA
5:16.37 ODIV2APR Buddy Green,14,LUSC
5:16.49 PQIMAY Zachary Glassman, 14,CAMO
5:16.87 UCSAJAN Braden O'Neill,13,OSC
5:17.46 ODIV1APR Kyle Palfrey,13,SCAR
5:18.13 ODIV1APR Matthew Pariseli,13,NYAC
5:18.63 PQIMAY Richard Zieba, 13, PCSC
MEDLEY RELAY
Rec: $1: 54.59$ Etobicoke Swimming, ESWIM, 98
2:01.44 ODIV1APR North York AC,NYAC
2:03.08 PKIMAY Pointe Claire SC PCSC
2.03.39 PQIMAY Dollard Swim Team DDO

2:03.39 PQMAMY Dollard Swim Team,DDO
2:03.60 UCSAJAN Edmonton Keyano,EKSC
2:03.63 ODIV1APR Scarborough SC,SCAR
$\begin{array}{ll}\text { 2:04.28 } & \text { EKIAPR Calgary Killarney, KSC } \\ \text { 2:05.41 } & \text { PQIMAY Montreal Aquatique,CAMO }\end{array}$
2:05.41 PQIMAY Montreal Aquatique,CAMO
2:05.74 ODIV1APR Glouc-Ottawa Kingfish,GO
$\begin{array}{ll}\text { 2:05.74 } & \text { ODIV1APR Glouc-Ottawa Kin } \\ \text { 2:06.11 } & \text { PQIMAY CS Quebec,CSQ }\end{array}$
2:06.11 PQIMAY CS Quebec,CSQ
2:07.10 PQIMAY Univ.Laval Rouge \& Or, UL
2:07.26 ODIV1APR Brantford AC,BRANT
2:07.83 ODIV3APR Markham AC,MAC
2:08.30 ODIV1APR Guelph Marlin AC,GMAC
$\begin{array}{ll}\text { 2:08.44 } & \text { ODIVIAPR Toronto Champs,CHAMP } \\ \text { 2:08.50 } & \text { ODIV2APR Thunder Bay,TBT-NWO }\end{array}$
2:08.50 EKIAPR Univ.of Calgary SC, UCSC
2:09.47 RYMMMAR Saskatoon Lasers,LASER
2:09.62 PQ\|APR Megophias Trois Rivieres,ME
2:10.21 ODIV1APR Richmond Hill AC,RHAC
2:10.42 PQIIAPR Longueuil,ELITE
2:10.81 MMAPR Manta Swim Club,MANTA
2:11.05 ODIV2APR Vaughan AC,VAC
2:11.10 ISAPR Island Swimming,IS

## FREE RELAY

:42.23 Etobicoke Swimming,ESWIM, 98
1:49.01 ODIV1APR North York AC,NYAC
1:50.04 PQIMAY Montreal Aquatique,CAMO
1:50.38 PQIMAY Dollard Swim Team,DDO
:51.23 EKIAPR Edmonton Keyano,EKSC
1:51.31 EKIAPR Cascade Swim Club,CASC
:51.43 ODIV1APR Toronto Champs,CHAMP
:51.72 PQIMAY Univ.Laval Rouge \& Or,UL
:51.79 ODIV1APR Brantford AC,BRANT
:52.06 ODIV1 APR Scarborough SC,SCAR
1:52.37 PQ|IAPR Longueuil,ELITE
1:52.88 $\quad$ PQIMAY Pointe Claire SC,PCSC
1:53.18 ODIV1 APR Glouc-Ottawa Kingfish, 1:53.50 ODIV2APR Vaughan AC, VAC 1:53.53 EKIAPR Univ.of Calgary SC,UCSC $: 54.39$ ODIV2APR Thunder Bay,TBT-NWO : $: 54.62$ EKIAPR Calgary Killarney,KSC 1:54.64 EKIAPR Saskatoon Goldfins, GOL D 1:54.78 PQIMAY Samak de Brossard,SAMAK $\begin{array}{ll}1: 54.78 & \text { PQIMAY Samak de Brossa } \\ \text { 1:55.69 } & \text { PQIMAY CS Quebec,CSQ }\end{array}$
$\begin{array}{ll}\text { 1:55.69 } & \text { PQMMAY CS Quebec,CSQ } \\ 1: 55.75 & \text { PQIIAPR Megophias Trois Rivieres,MEGO }\end{array}$
1:55.76 EKIAPR Saskatoon Lasers,LASER
$: 55.91$ ODIV2APR Ernestown Barracudas,EBSC
::56.38 ODIV3APR Markham AC,MAC

Financially supported by Swimming Natation Canada Compiled by SWIMNENS

## GIRLS

 $15 \cdot 17$
## 50 METRES FREESTYLE

Rec: 25.92 Laura Nicholls,ROW,96 26.39 CANLCMAR Laura Pomeroy, 17,OAK-TO 26.93 CANLCMAR Jennifer Porenta, 15,MMST-TO 27.00 PQIMAY Audrey Lacroix,17,CAMO 27.25 CANLCMAR Erin Kardash,15,MM 27.29 PQCUPFEB Victoria Poon, 16, CALAC 27.29 CANLCMAR Jessie Bradshaw,16,UCSA 27.50 CANLCMAR Diane Kardash,15,MM 27.55 SYDNJAN Eizabeth Wycliffe, 17 , EBSC 27.61 CANLCMAR Stephanie Kuhn,15,TMSC-NWO 27.64 MMAPR Jennifer Toogood, 16,MM 27.73 CANLCMAR Jennifer Beckberger 15 AA 27.77 CANLCMAR Joanna McLean,17,ESWIM 27.82 CANLCMAR MilaZvijerac, 15,HYACK 27.88 CANLCMAR Heather Crowdis 17 AAC 27.90 CANLCMAR Michaela Schmidt,17,UCSA 27.97 ODIV2APR Andrea Shoust,15,SSMAC 27.99 EKIAPR Kari Pomerleau,15,DEL 28.05 MMAPR Elizabeth Cleven,16.MM 28.05 PQIMAY Sarah Gault,15,DDO 28.12 CANLCMAR Jackie Garay, 17,TSC-TO 28.15 TORLCJAN Jackie Chan, 15,MSSAC-TO 28.16 TORLCJAN Leanna Lee,15,SCAR 28.18 PQIIAPR Marie-P. Blais, $15, M E G O$

## 100 METRES FREESTYLE

Rec: 56.61 Shannon Shakespeare,MM,94
57.40 CANLCMAR Laura Pomeroy,17,OAK-TO
57.66 CANLCMAR Jenna Gresdal 16, ESWIM 58.27 CANLCMAR Jennifer Porenta 15 MMST-TO 58.40 CANLCMAR Erin Kardash,15,MM 58.89 CANLCMAR Jessie Bradshaw, 16 ,UCSA 59.18 PQIMAY Chanell Charron-W.,16,CNO 59.2 CANLCMAR Marieve De Blois, 17,PPO
59.23 CAN 59.23 CANLCMAR Marieve De Blois, 17,PPO
59.23 59.38 CANLCMAR Adriana Koc-Spadaro, 17,PDSA 59.43 CANLCMAR Laura Grant, 16, UCSA 59.47 CANLCMAR Katherine Telfer,16,ESWIM 59.58 CANLCMAR Amanda Gillespie,16,NKB 59.76 CANLCMAR Isabelle Ascah-Coallier,17,CAMO 59.77 CANLCMAR Jennifer Beckberger,15,AAC 59.83 CANLCMAR Monica Wejman, 16, ESWIM 59.92 ODIV1APR Jackie Garay, 17, TSC-TO 59.95 CANLCMAR Joanna McLean, 17,ESWIM 1:00.00 CANLCMAR Diane Kardash,15,MM 00.0 CANCMAR Francin Ling, 17, DEI TA .00.25 CAN CMAR Fizaboth Ceven 16 MM :00.25 PAC IPFEB V Zaboick Culen, 17, PCA 1:00.48 ODIV2APR Stephanie Kuhn,15,TMSC-NWO :00.53 CANLCMAR Orlagh O'Kelly,15,EKSC-UA $\cdot 00.54$ EKIAPR Eizabeth Amer 16 EKSC ETRES FREESTYLE
Rec: 2:01.08 Jane Kerr, ESC, 85
2:06.60 SYDNJAN Danielle Bell, 17,IS
2:06.62 CANLCMAR Marieve De Blois,17,PPO 2:07.97 CANLCMAR Tamee Ebert 17, PDSA 2.07.97 CANLCMAR Tamee Ebert, 17,PDSA 2:08.50 CANLCMAR Cynthia Pearce,17,MSSAC-TO 2:08.50 CANLCMAR Cynthia Pearce, 17,MSSAC-TO
2:08.77 CANLCMAR Deanna Stefanyshyn, 16, PDSA 2:08.77 CANLCMAR Deanna Stefanyshyn, 16,PDSA
2:09.17 PQIMAY Chanell Charron-W.,16,CNO 2:09.21 ODIV3APR Jennifer Porenta, 15,MMST-TO 2:09.21 CANLCMAR Kathy Siuda, 15,ROW 2:09.81 CANLCMAR Kathy Siuda, 15, ROW
2:09.85 CANLCMAR Katherine Telfer, 16, ESWIM 2:09.85 CANLCMAR Katherine Telfer, 6 , 10.32 ABSRJAN Shawna Bothwell 17, RDCSC 2:10.32 ABSRJAN Shawna Bothwell, 17,RDO
2:10.33 PQCUPFEB Audrey Lacroix, 17,CAMO 2:10.58 EKIAPR Allison Laidlow,16,PDSA $\begin{array}{ll}\text { 2:10.62 PQIIAPR Patricia Perreault, 15,CNCB } \\ \text { 2:11.06 } & \text { EKIAPR Orlagh O'Kelly 15, } 15 \text {,KSC- UA }\end{array}$ $\begin{array}{ll}\text { 2:11.06 } & \text { EKIAPR Orlagh O'Kelly, 15,EKSC-UA } \\ \text { 2:11.09 } & \text { EKIAPR Meghan Demchuk,17, ROD }\end{array}$ 2:11.09 EKIAPR Meghan Demchuk,17,ROD 2:11.25 CANLCMAR Jennifer Coombs, 17,HYACK
2:11.32 MMAPR Erin Kardash,15,MM 2:11.32 MMAPR Erin Kardash, 15,MM
2:11.45 ODIV1APR Chandra Ens 2:11.45 ODIV1APR Chandra Engs,16,CAJ
2:11.70 CANLCMAR Monica Wejman, 16,ESWIM 2:11.70 CANLCMAR Monica Wejman, 16,ESWIM
2:11.76 PQIIAPR Veronick Cullen,17,RCA 2:11.97 RAPIDJAN Amber Dykes,17,HYACK $\begin{array}{ll}\text { 2:12.21 } & \text { EKIAPR Taryn Lencoe,15,PDSA } \\ \text { 2:12.34 } & \text { PQIMAY Isabelle Ascah-Coallier,17,CA }\end{array}$

## Rec: 4:14.45 DonnaMcGinnis,ESC, 86

4:23.03 SYDNJAN Danielle Bell,17,IS 4:23.98 CANLCMAR Tamee Ebert,17,PDSA 4:26.68 PQCUPFEB Karine Legault,22,PPO 4:28.09 PQIMAY Audrey Lacroix, 17,CAMO 4:29.90 CANLCMAR Katherine Telfer, 16 ,ESWIM 4:30.80 CANLCMAR Allison Laidlow,16,PDSA 4:31.65 CANLCMAR Meghan Brown,17,PDSA 4:31.76 CANLCMAR Cynthia Pearce,17,MSSAC-TO 4:32.45 CANLCMAR Bizabeth Wycliffe,17,EBSC 4:32.56 CANLCMAR Alicia Jobse, 17,MANTA 4:32.63 CANLCMAR Hayley Doody,15, UCSA 4:32.99 CANLCMAR Sara McNally, 16, EKSC-UA 4:33.20 CANLCMAR Taryn Lencoe, 15,PDSA 4:33.40 CANLCMAR Kathy Siuda, 15,ROW 4:33.87 CANLCMAR Shawna Bothwell,17,RDCSC 4:34.55 CANLCMAR Monica Wejman,16,ESWIM 4:34.84 EKIAPR Deanna Stefanyshyn, 6 ,
4:35.12 PQCUPFEB Joan Bernier,16.CNCB 4:36.05 PQCUPFEB Danielle Beland, 16,GO 4:36.81 PQIMAY Chanell Charron-W.,16,CNO 4:37.62 HTACAPR Bevan Haley, 13, WISC
4:37.76 CANLCMAR Emily Carwithen,16, COMOX 4:37.77 RAPIDAPR Francine Ling,17,DELTA 4:38.45 PQIMAY Alex Lachance-F,16,UL

## METRES FREESTYLE

: 8:39.19 Debbie Wurzburger, LYAC, 85 9:00.02 SYDNJAN Danielle Bell,17,IS 9:13.26 CANLCMAR Taryn Lencoe 15 PDS 9:13.26 CANLCMAR Taryn Lencoe, 15, PDSA
9:19.37 PQCUPFEB Joan Bernier,16,CNCB 9:19.43 EKIAPR Allison Laidlow,16,PDSA 9:19.43 EKIAPR Allison Laidlow, 16, ,PSA
9:19.69 CANLCMAR Danielle Beland, $16, \mathrm{GO}$ 9:21.35 TORLCJAN Nathalie Lacoste,15,MSSAC-TO 9:21.38 CANLCMAR Alicia Jobse,17,MANTA 9:21.38 CANLCMAR Alicia Jobse, 17,MANTA
9:21.63 CANLCMAR Sara McNally, 16,EKSC-UA 9:21.86 CANLCMAR Hayley Doody,15,UCSA 9:27.46 EKIAPR Deanna Stefanyshyn, 16,PDSA 9:31.16 EKIAPR Annamay Pierse,17,EKSC-UA 9:32.53 PQiMAY Annie Lizotte, 17,UL 9:37.78 CANLCMAR Emily Carwithen,16,COMOX 9:38.32 CANLCMAR Kelsey Nemeth, 15,AAC 9:39.13 PQIMAY Alex Lachance-F,16, UL 9:40.87 EKIAPR Meghan Demchuk 17 ROD 9.4124 POCUPFEB Patricia Perreault 15 CNCB 9:41.24 PQCUPFEB Patricia Perreault, 15,CNCB
9:43.73 TORLCJAN Alana Murphy,16,ESWIM 9:43.73 TORLCJAN Alana Murphy, 16,ESWIM
9:45.17 EKIAPR Cynthia Galfre,15,EKSC 9:46.02 EKIAPR Carolyn Skoworodko,16,STSC 9:46.29 EKIAPR Marla Breitkreutz,16,EKSC

EKIAPR
Rec: 1:02.14 Kelly Stefanyshyn,PDSA,99
1:02.87 CANLCMAR Jennifer Fratesi, 16, ROW 1.04.62 POCUPFEB Jennifer Carroll 19, 19 ,AMS 1:04.62 PQCUPFEB Jennifer Carroli, 19,CAMO $1: 06.35$ ODIV1APR Sheena Martin, 16 ROW 1.06.38 CANL CMAR Erin Kardash, 15 MM 1:06.54 PQIMAY Audrey Lacroix,17,CAM 1:06.54 PQQIMAY Audrey Lacroix, 17,CAMO
1:06.55 ODIV2APR Andrea Shoust,15,SSMAC 1:06.60 ODIV1APR Amy Jacina, 17,GMAC
1:06.69 CANLCMAR Amanda Gillespie,16,NKB 1:06.82 ESWIMAPR Jenna Gresdal, 16, ESWIM 1:06.88 EKIAPR Hania Kubas, 10, ESSC-UA
1.07.16 ANLMAR Randi Lesilie, 15, MSSAC 1:07.83 CANLCMAR Bizabeth 1:07.83 CANLCMAR Eizabeth Cleven, 16, MM 1:07.90 CANLCMAR Katherine Telfer, 16, ESWIM 1:07.94 CANLCMAR Tina Hoang,15,HYACK 1:07.94 CANLCMAR Tina Hoang,15,HYACK 1:08.04 PQCUPFEB Jessie Bradshaw,16,UCSA 1:08.42 CANLCMAR Allison Laidlow,16,PDSA 1:08.54 CANLCMAR Joanna McLean, 17,ESWIM 1:08.55 CANLCMAR Jennifer Esford,17,ROW 1:08.55 CANLCMAR Jenniter Esford,17,ROW
1:08.69 ABSRJAN Lynette Bayliss,15,UCSA 1:08.69 ABSRJAN Lynette Bayliss,15,UCSA
1:08.94 CANLCMAR Anna Szaflarski, 16,BROCK

## METRES BACKSTROKE

Rec: 2:12.42 Jennifer Fratesi, ROW, 1
2:12.42 SYDNJAN Jennifer Fratesi, 16,ROW 2:15.06 CANLCMAR Eizabeth Wycliffe, 17,EBSC 2:20.71 CANLCMAR Sheena Martin,15,ROW 2:21.49 CANLCMAR Allison Laidlow,16,PDSA 2:22.10
2:22.14 ODIV1APR Amy Jacina, 17,GMAC 2:22.14 ODIV1APR Amy Jacina,17,GMAC
2:22.53 CANLCMAR Shawna Bothwell, 17,RDCSC 2:23.03 CANLCMAR Amanda Leslie,17,RAYS 2:23.66 CANLCMAR Caitlin Meredith,17,KCS 2:23.75 CANLCMAR Hania Kubas, 15,EKSC-UA 2:24.09 CANLCMAR Katherine Telfer, 16,ESWIM
2.24.40 CANLCMAR Lynette Bayliss, 15 UCSA 2:24.40 CANLCMAR Lynette Bayliss,15,UCSA
2:24.98 PQIMAY Chanell Charron-W.,16,CNO 2:24.98 PQIMAY Chanell Charron-W.,16,CNO
2:25.96 CANLCMAR Anna Szaflarski,16,BROCK 2:25.96 CANLCMAR Anna Szaflarski, 16,BROCK
2:26.26 CANLCMAR Jennifer Esford,17,ROW 2:26.26 CANLCMAR Jennifer Esford,17,ROW
2:26.60 CANLCMAR Kathy Siuda,15,ROW 2:26.60 CANLCMAR Kathy Siuda, 15,ROW
2:26.92 HTACAPR Andrea Roberts,16,TCSC 2:26.92
2:27.19 ODIVAPR Andrea Roberts,16, TCSC
ODIVAPR Andrea Shoust,15,SSMAC 2:27.43 MMAPR Cindy Jobse, 15,MANTA 2:27.45 CANLCMAR Randi Beaulieu,15,MSSAC
2:27.97 ODIV3APR Diane Volpe,17,YORK 2:28.36 PQIMAY Kayleigh Donovan, 15,DDO 2:28.52 CANLCMAR Amber Dykes, 17,HYACK
$2: 28.96$ EKIAPR Emin Prove 15,EKSC-UA 2:28.96 EKIAPR Erin Prout,15,EKSC-UA 2:29.16 RAPIDJAN Tina Hoang, 15 ,HYACK

100 MEIRES BREASTSTROKE
Rec: 1:08.86 Allison Higson,EPS,88
1.12.98 CANLCMAR Annamay Pierse,17,EKSC-UA 1:13.23 SYDNJAN Tamara Wagner,15,ROW 1:15.07 CANLCMAR Courtenay Chuy, 15,HYACK 1:15.40 ODIV1APR Renee Hober, 16,ROW 1:15.86 SYDNJAN Kristen Bradley, 17,NEW 1:15.87 CANLCMAR Meghan Demchuk,17,ROD 1:16.12 CANLCMAR Ariane Kich, 17,GMAC 1:16.18 EKIAPR Haylee Johnson, 15, PDSA 1:16.19 ODIV1APR Shayna Burns,17,CHAMP 1:16.29 CANLCMAR Shannon Kryhul,15,ROW 1:16.30 CANLCMAR Meagan Sinclair,16,UCSA 1:16.36 CANLCMAR Joanna Lee,16,MSSAC-TO 1:16.63 CANLCMAR Kimberley Hirsch,15,STSC 1:16.63 CANLCMAR Francine Ling,17,DELTA 1:16.64 CANLCMAR Genevieve Dack,15,TBT-NWO 1:16.70 ABSRJAN Emma Spooner, 17,UCSA-UC 1:16.90 CANLCMAR Marcy Edgecumbe,17,EKSC-UA 1:16.92 EKIAPR Mitra Chandler,17,HYACK 1:16.96 PQCUPFEB Marieve De Blois,17,PPO 1:17.06 CANLCMAR Norah Vogan,16,GPP 1:17.76 ISAPR Jenny Lock,15,COMOX 1:17.78 CANLCMAR Julie Marcotte,17,UL 1:17.82 PQIMAY Sarah Gault,15,DDO 1:17.86 ODIV3APR Kathryn Chapman, 17,MMST

## METRES BREASTSTROKE

2:34.88 SYDNJAN Tamara Wagner, 15,ROW 2:35.48 CANLCMAR Annamay Pierse, 17,EKSC-UA 2:40.44 CANLCMAR Meagan Sinclair,16, UCSA 2:40.61 CANLCMAR Courtenay Chuy,15,HYACK 2:41.41 SYDNJAN Kristen Bradley, 17,NEW 2:42.84 CANLCMAR Marcy Edgecumbe,17,EKSC-UA 2:43.09 CANLCMAR Marieve De Blois, 17,PPO 2:43.31 CANLCMAR Heather Bell,17,BTSC 2:43.43 CANLCMAR Joanna Lee,16,MSSAC-TO 2:43.75 ODIV2APR Genevieve Dack,15,TBT-NWO 2:43.82 ODIV1APR Renee Hober,16,ROW 2:43.92 CANLCMAR Genevieve Frappier, 17,CAM 2:43.96 CANLCMAR Ariane Kich 17 GMAC 2:44.42 CANLCMAR Shannon Kryhul 15 ROW 2:44.58 EKIAPR Mitra Chandler 17, HYACK 2.44.63 CANLCMAR Norah Vogan 16 , GPP 2:45.30 EKIAPR Haylee Johnson, 15,PDSA 2:45.51 PQIMAY Micheline Dufour , 15, UL 2:45.85 CANLCMAR Kimberley Hirsch 15 STSC 2:46.29 CANLCMAR Julie Marcotte, 17, CSQ 2:46.46 POIMAY Sarah Gault 15 , DDO 2:46.54 ABSRJAN Emma Spooner,17,UCSA-UC 2:46.91 ODIV3APR Kathryn Chapman, 17,MMST 2:46.98 CANLCMAR Meghan Demchuk, 17,ROD 2:47.86 ODIV1APR Danielle Gervais, 16 , NKB METRES BUTTERFLY
1.22 Audrey Lacroix,CAMO,0

1:01.36 SYDNJAN Jennifer Fratesi,16,ROW 1:01.41 CANLCMAR Audrey Lacroix,17,CAMO 1.04.17 CANLCMAR Michell Landry 16 .PDSA 1:04.60 CANL MAR Michal Schmidt 17 UCSA 1:04.64 CANLCMAR Isabelle Ascah-Coallier,17,CAMO 1:05.13 CANCMAR Jobsie Bradshaw, 16, UCSA 1:05.36 CANL CMAR Orlagh O'Kelly 15 EKSC-UA 1.05.47 CANLMAR Amanda Kill 1.0552 PQMAY Valarie Tholkayan,16DDO 1.0565 CANL MAR M 1:05.87 CANLCMAR Darcie Armstrong, 16 TAT 1.05.87 CANCMAR Dance Arat 17 ROD 1:05.87 CANLCMAR Jennifer Graf, 17 ,ROD 1:05.92 ODIV3APR Jennifer Porenta, 15,MMST1:05.92
ODIVAAPR Jennifer Porenta, $15,06.02$ PQIMAY Julia Guay-Racine, 15,CAMO CMAR Laura Gan, 6, UCSA 1:06.37 PQIIAPR Chrystele Roy-l'Ecuyer,16,CNB 1:06.42 CANLCMAR Stephanio Kuhn,15 TMSC 1:06.42 CANLCMAR Dephanie Kunn, 5 , TMSC-NWO 1:06.52 CANLCMAR Danielle Gudgeon, 17 ,N 1:06.52 CANLCMAR Danielle Beland, 16, GO 1:06.53 ODIV3APR Heather Crowdis, 17,AAC
1:06.54 ODIV3APR MayaZiolkowski, 16,YORK 1:06.54 PQIMAY Sarah Bartosh,16,PCSC METRES BUTTERFLY

## Rec: $2 \cdot 1126$ Jescica Deglan PDSA 98

2:12.48 CANLCMAR Audrey Lacroix, 17,CAMO 2:20.62 CANLCMAR Nancy Gajos, 16,ESWIM 2:20.70 CANLCMAR Michaela Schmidt,17,UCSA 2:20.76 CANLOMAR Michelle Landry, 16, POSA 2:22.78 PQIMAY Alex Lachance-F,16,UL 2:23.34 CANLCMAR Jennifer Coombs,17,HYACK 2:23.62 CANLCMAR Danielle Beland, 16,GO 2:24.04 PQIIAPR Joan Bernier, 16,CNCB 2:24.48 EKIAPR Meghan Demchuk, 17,ROD 2:24.52 CANLCMAR Cynthia Pearce, 17,MSSAC-TO 2:24.81 CANLCMAR Meghan Brown, 17,PDSA 2:24.94 CANLCMAR Danielle Gudgeon, 17,NYAC 2:25.74 PQIIAPR Veronick Cullen,17,RCA 2:26.02 CANLCMAR Tiffany Vincent,15,BRANT
2:26.25 EKIAPR Orlagh O'Kelly,15,EKSC-UA $\begin{array}{ll}\text { 2:26.25 } & \text { EKIAPR Orlagh O'Kelly,15,EKSC-UA } \\ \text { 2:26.53 } & \text { EKIAPR Deanna Stefanyshyn,16,PDSA }\end{array}$ 2:26.53 EKIAPR Deanna Stefanyshyn,16,P
2:27.07 TORLCJAN Gillian Coles, 15,BROCK 2:27.48 PQIMAY Sarah Bartosh, 16, PCSC 2:28.19 PQIMAY Genevieve Frappier,17,CAMO 2:28.90 PQIMAY Julia Guay-Racine, 15,CAMO 2:29.31 ABSRJAN Brittney Kremer, 15,OSC $\begin{array}{ll}\text { 2:29.47 } & \text { EKIAPR Kristin Anstey,16,STSC } \\ \text { 2:29.98 } & \text { PQIMAY Milaine Gervais,16,DDO }\end{array}$ $\begin{array}{ll}\text { 2:29.98 } & \text { PQIMAY Milaine Gervais,16,DDO } \\ \text { 2:30.58 } & \text { ISAPR Meaghan McColl,15,IS }\end{array}$ 2:30.58 ISAPR Meaghan McColl,15,IS
2:30.95 PQCUPFEB Chanell Charron-W.,16,CNO

## 200 METRES IND.MEDLEY

2:18.70 CANLCMAR 2:20.01 CANLCMAR Marieve De Blois 17, PPO 2:21.01 CANLCMAR Kristen Bradley, 17,NEW 2:24.35 CANLCMAR Jennifer Coombs,17,HYACK 2:25.44 EKIAPR Annamay Pierse, 17,EKSC-UA 2:26.07 CANLCMAR Michelle Landry,16,PDSA 2:26.11 EKIAPR Meghan Demchuk, 17,ROD 2:26.19 CANLCMAR Kathy Siuda,15,ROW 2:26.45 CNOAPR Eizabeth Osterer,15,NKB 2:26.71 CNOAPR Amanda Gillespie,16,NKB 2:27.59 CANLCMAR Genevieve Frappier, 17,CAMO 2:27.95 PQCUPFEB Chanell Charron-W.,16,CNO 2:27.96 EKIAPR Allison Laidlow,16,PDSA 2:28.00 ODIV1APR Chandra Engs,16,CAJ 2:28.36 ODIV2APR Stephanie Kuhn, 15, TMSC-NWO 2:28.47 CANLCMAR Shawna Bothwell, 17,RDCSC 2:28.47 ODIV3APR Jennifer Porenta, 15,MMST-TO 2:28.75 PQIMAY Alex Lachance-F,16,UL 2:29.02 CANLCMAR Marcy Edgecumbe,17,EKSC-UA 2:29.03 PQIMAY Isabelle Ascah-Coallier,17,CAMO 2:29.28 CANLCMAR Katherine Telfer,16,ESWIM 2:29.57 ISAPR Danielle Bell, 17,IS

## METRES IND.MEDLEY

## 4:47.62 Nancy Sweetnam,LLSC, 91

4:54.70 SYDNJAN Kristen Bradley, 17,NEW
5:00.45 ODIV1APR Jennifer Fratesi,17,ROW 5:00.45 ODIV1APR Jennifer Fratesi,17,ROW
5:01.13 CANLCMAR Allison Laidlow,16,PDSA 5:02.17 CANLCMAR Marieve De Blois, 17,PPO 5:02.17 CANLCMAR Marieve De Blois, 7 O,Pr
ODIV1APR Kathy Siuda, 15,ROW 5:07.07 CANLCMAR Amber Dykes,17,HYACK 5:08.07 CANLCMAR Leah Schaab, 17,UCSA 5:08.07 CANLLMAR Lean Schaad, 7, 5:09.63 PQCUPFEB Annamay Pierse, 17,EKSC-SE 5:10.04 PQIMAY Chanell Charron-W.,16,CNO 5.11.27 GAN CMAR Glex Lachance F, 16 ,UL 5.11.32 RAPIDIAN MichelleLandry 16, PDSA 5:11.99 PQCUPFEB Joan Bernier,16,CNCB 5:12.18 RAPIDJAN Jennifer Coombs,17,HYACK 5:13.37 ODIV1APR Amanda Gillespie,16,NKB 5:14.22 CANLCMAR Eizabeth Osterer, 15,NKB 5:14.38 CANLCMAR Julie Babin, 17,ESWIM 5:15.68 ODIV1APR Carly Cermak,16,CAJ 5:16.22 CANLCMAR Alicia Jobse,17,MANTA 5:16.22 CANLCMAR Alicia Jobsell, 17,IS
5:16.45 ISAPR Danielle Bell, 17,IS 5:16.62 PQCUPFEB Aurelie Meziere,16,PPO 5:17.55 CANLCMAR Marcy Edgecumbe,17,EKSC-UA 5:17.72 ODIV2APR Genevieve Dack, 15,TBT-NWO 50 MEDLEY RELAY

## 1:59.20 Pt-Claire,PCSC,76

2:03.79 PQIMAY Dollard Swim Team,DDO
2.04.47 EKIAPR Edmonton Keyano,EKSC

2:07.29 PQIMAY Montreal Aquatique,CAMO 2:07.36 $\quad$ EKIAPR Pacific Dolphins,PDSA $\begin{array}{ll}\text { 2:07.36 } & \text { EKIAPR Pacific Dolphins,PDSA } \\ \text { 2:07.81 } & \text { EKIAPR Regina Opt.Dolphins,ROD }\end{array}$ 2:07.88 EKIAPR Univ.of Calgary SC, UCSC 2:08.12 PQIMAY Univ.Laval Rouge \& Or,UL
2:08.45 ODIV1APR Chatham Y CYPS 2:08.45 ODIV1APR Chatham Y,CYPS 2:09.30 MMAPR Manitoba Marlins,MM 2:09.30 MMAPR ManitobaM Marlins,MM 2:10.11 PQIMAY Samak de Brossard,SAMAK 2:10.16 EKIAPR Hyack Swim Club,HYACK $\begin{array}{ll}\text { 2:10.16 } & \text { EKIAPR Hyack Swim Club,HYACK } \\ \text { 2:10.36 } & \text { PQIIAPR Megophias Trois Rivieres,MEGO }\end{array}$ 2:11.02 PGBAPR Points North SC, PN
2:11.45 EKIAPR Silver Tide SC,STSC
$\begin{array}{ll}\text { 2:11.74 } & \text { ODIV1APR Toronto Champs,CHAMP } \\ \text { 2:12.02 } & \text { PGBAPR Kamloops Classic KCS }\end{array}$
$\begin{array}{ll}\text { 2:12.02 } & \text { PGBAPR Kamloops Classic,KCS } \\ \text { 2:12.04 } & \text { ISAPR Nanaimo Riptide ST,NRST }\end{array}$
2:12.07 HTACAPR Eastern Alliance,EAST
2:12.23 EKIAPR Cascade Swim Club,CASC
2:12.62 EKIAPR Delta SC,DEL
2:13.05 PQIMAY CN Outaouais,CNO
2:13.41 ODIV2APR Timmins Marlins,TM 2:13.41 ODIV
5REE RELAY
: 1:47.46 Etobicoke Swimming,ESWIM, 0
1:51.61 MMAPR Manitoba Marlins,MM
1:53.16 ODIV1APR North York $1: 53.16$
$1: 53.38$ ODIV1APR North York AC,NYAC PQIMAY Dollard Swim Team,DDO PQIMAY Montreal Aquatique,CAMO EKIAPR Pacific Dolphins,PDSA EKIAPR Hyack Swim Club,HYACK PQIMAY Pointe Claire SC,PCSC PQIMAY Univ.Laval Rouge \& Or,UL
EKIAPR Delta SC,DEL EKIAPR Delta SC,DEL EKIAPR Univ.of Calgary SC,UCSC PQUlAPR Megophias Trois Rivieres,MEGO ODIV1APR Chatham Y,CYPS PQIMAY Samak de Brossard,SAMAK EKIAPR Lethbridge ASC,LASC EKIAPR Regina Opt.Dolphins,ROD HTACAPR Eastern Alliance,EAST ODIV1APR Toronto Champs,CHAMP PGBAPR Points North SC,PN EKIAPR Silver Tide SC,STSC ODIV1APR Kenora Swimming,KSS-NWO 58.52 ODIV2APR Timmins Marlins,TMSC-NWO $\begin{array}{ll}\text { 1:58.52 } & \text { EDIAPR Calgary Killarney,KSC } \\ \text { 1:58.69 } & \text { EKIAPR } \\ \text { 1:58.74 } & \text { HTACAPR Truro Centurions,TCSC }\end{array}$

## TOP AGE GROUP TIMES

## BOYS $15 \cdot 17$

## 50 METRES FREESTYLE

Rec: 23.19 Yannick Lupien, GO,97 24.29 CANLCMAR Kurtis Miller,15,SCAR 24.64 ODIV3APR Bill Cocks, 17, TRENT 24.73 CANLCMAR Graeme Tozer, 16, UCSA 24.84 CANLCMAR Chris Lukas, 17, ESWIM 24.96 EKIAPR Devin Phillips,15,EKSC-UA 25.24 ODIV2APR Stefano Caprara 17 VAC 25.24 ODIV2APR Stefano Caprara, 17,VAC
EKIAPR Trevor Neufeld 16, CASC 25.24
25.26 RAPIDJAN Daniel Petrus,17,PDSA ODIV2APR Andrew Bignell,17,SSMAC EKIAPR Trevor Coulman,16,GOLD PGBAPR Brian Verigin,17,PGB MMAPR Ben Johnson,17,MM ODIV3APR Chris Ford, 17,CPAC .61 PQIIAPR Alex Chartrand,15,ELITE EKIAPR Kevin Gillespie, 15 ,EXST PQIIAPR Kevin Laflamme, 15,RCA TORLCJAN Nathan Chang, 15,SCAR PQIMAY Nicolas Guillotte,17,CAMO ABSRJAN Jian-Lok Chang, 15,EKSC ABSRJAN Jian-Lok Chang,15,EKSC 77 PQIIIMAY Hugues Bouchard,16,CNCI 25.78 PQCUPFEB Keith Beavers,17,STARS METRES FREESTYLE
Rec: 51.14 Yannick Lupien,CAGRA, 96
52.08 CANLCMAR Brent Hayden, 17,SPART
52.89 CANLCMAR Kurtis Miller,15,SCAR
53.38 CANLCMAR Devin Phillips, 15,EKSC-UA 53.49 CANLCMAR Graeme Tozer,16,UCSA 53.91 SYDNJAN Chad Thomsen, 17,EKSC-SE $\begin{array}{ll}53.91 & \text { SYDNJAN Chad Thomsen, 17,EKSC-SE } \\ 54.01 & \text { POIMAY Mark Thauvette 16,PCSC }\end{array}$ 54.01 PQIMAY Mark Thauvette, 16,PCSC 54.08 ODIV2APR Stefano Caprara, 17,VAC 54.20 CANLCMAR Daryl Rudolf, 16,PDSA 54.33 CANLCMAR Cedric Sureau-L.,17,PT 54.43
54.77 PQIIAPR Kevin Laflamme 15 54.77 PQIIAPR Kevin Laflamme, 15,RCA
55.39 EKIAPR Trevor Coulman,16,GOLD 55.39 EKIAPR Trevor Coulman, 16 ,GOLD
55.39 EKIAPR Marc Sze, 16, PDSA ODIV2APR A.J. Bakker,17,BOSC 55.70 PQCUPFEB Nicolas Guillotte,17,CAMO 55.70 PQCUPFEB Nicolas Guillotte,17 55.75 ODIV1APR Erik Binga, 17,TAT 55.76 PQIIAPR Alex Chartrand, 15,ELITE
55.82 ODIV2APR Andrew Bignell, 17,SSMAC EKIAPR Trevor Nignell, 17,SSMAC EKIAPR Kevin Gillespie,15,EXST
55.89 EAAPR Kevin
55.93 PQCUPFEB Kevin Rioux,15,CAMO
55.94 RAPIDJAN Daniel Petrus, 17,PDSA
56.23 EKIAPR Brent Hankewich, 17 GOID
56.41 POCUPFEB Jonathan Cantin,22,CAMO

ETRES FREESTYLE Jonathan Cantin,22,CAMO
200 1.50.34 Brian Johns R
ian Johns, RAPID, 0
$1: 53.82$ SYDNJAN Andrew Coupland, 17,GO
$1: 54.40$ CANLCMAR Bren Hayden 17 SPART 1:54.40 CANLCMAR Brent Hayden, 17,SPART 1:55.00 CANLCMAR Brent O'Connor,17,PDSA
1:57.52 ODIV1APR Kurtis MacGillivary,17,ROW :57.52 ODIV1APR Kurtis MacGillivary,17,ROW 1:58.18 PQIMAY Mark Thauvette, 16,PCSC 1:58.29 CANLCMAR Graeme Tozer, 16, UC
1:58.61 CANLCMAR Chris Kula,17,CA
1:59.60 EKIAPR Devin Phillips,15,EKSC-UA
$1: 59.81$ RYMMMAR Brent Hankewich, 1:59.81 RYMMMAR Brent Hankewich,17,GOLD 2:00.10 CANLCMAR Steven Medaglia, 16,NKB
2:00.45 PQIIAPR Jonathan Aubry, 15,CNB 2:00.45 PQUIAPR Jonathan Aubry,15,CNB 2:00.71 CANLCMAR Cedric Sureau-L.,17,PPO $\begin{array}{ll}\text { 2:00.74 } \\ \text { 2:00.79 } & \text { EKCUPFEB Kevin Rioux, 15,CAMO } \\ \text { EKIAPR Darryl Rudolf,16,PDSA }\end{array}$ 2:00.79 EKIAPR Darryl Rudolf,16,PDSA
2:00.81 RAPIDAPR Eliot Rushton,17,RAPID $\begin{array}{ll}\text { 2:00.81 } & \text { RAPIDAPR Eliot Rushton, 17,RAPID } \\ \text { 2:01.13 } & \text { ODIV3APR Scott Chester, 17,MAC }\end{array}$ $\begin{array}{ll}\text { 2:01.13 ODIV3APR Scott Chester,17,MAC } \\ \text { 2:01.20 } & \text { ODIV2APR A.J. Bakker, 17 BOSC }\end{array}$ $\begin{array}{ll}\text { 2:01.20 ODIV2APR A.J. Bakker,17,BOSC } \\ \text { 2:01.27 } & \text { ODIV3APR Eliot Burger,17,TRENT }\end{array}$ 2:01.27 ODIV3APR Eliot Burger, 17, TRENT 2:01.28 PQIMAY Nicolas Guillotte,17,CAMO
2.01 .53 PQCUPFEB Michad Brown 16 PERTH 2:01.53 PQCUPFEB Michael Brown, 16,PERTH $\begin{array}{ll}\text { 2:01.86 PQIIAPR Kevin Laflamme, } 15, \mathrm{RCA} \\ \text { 2:02.57 } & \text { EKIAPR Justin Ho, } 16, \text { PDA }\end{array}$ $\begin{array}{ll}\text { 2:02.57 } & \text { EKIAPR Justin Ho,16,PDSA } \\ \text { 2:02.77 } & \text { ABSRJAN James Reid, 17, JCSA }\end{array}$ $\begin{array}{ll}\text { 2:02.77 } & \text { ABSRJAN James Reid, 17,UCSA } \\ \text { 2:02.85 } & \text { PQIIIMAY Benoit Huot,17,HIPPO }\end{array}$ $\begin{array}{ll}\text { 2:02.85 PQIIIMAY Benoit Huot,17,HIPPO } \\ \text { 2:03.61 } & \text { ISAPR Bryce McRae,17,COMOX }\end{array}$

## Rec: 3:52.23 Andrew Hurd,MSSAC, 0

 4:00.05 CANLCMAR Brent O'Connor,17,PDSA 4:00.28 SYDNJAN Kurtis MacGillivary, 17,ROW 4:05.65 SYDNJAN Keith Beavers,17,STARS 4:05.95 SYDNJAN Andrew Coupland,17,GO 4:10.69 CANLCMAR Darryl Rudolf, 16, PDSA 4.1204 POMMAY Mark Thavett 16.PCSC 4:12.04 PQIMAY Mark Thauvette,16,PCSC 4:14.48 ODIV2APR Michael Brown,16,PERTH4:14.86 CANLCMAR Matt Johnston,16,MSSAC-TO 4:14.94 EKIAPR Devin Phillips,15,EKSC-UA 4:15.14 RAPIDAPR Bliot Rushton,17,RAPID 4:15.17 CANLCMAR Don Nicholson, 17, ISUN 4:16.40 PQIMAY Nicolas Guillotte,17,CAMO 4:17.59 PQIMAY Charles Rodrigue, 16, UL 4:17.96 ISAPR Travis Musgrave, 17,COMOX 4:17.99 ODIV3APR Eliot Burger, 17,TRENT
4:18.09 ABSRJAN Graeme Tozer,15,UCSA 4:18.87 PQCUPFEB Michael Ruggiero, 16,CAMO 4:18.88 PQCUPFEB Steven Medaglia, 16,NKB 4:19.37 EKIAPR Brent Hankewich,17,GOLD 4:19.80 RAPIDAPR Brent Hayden, 17,SPART 4:20.16 PQCUPFEB Jonathan Aubry,15,CNB 4.20.45 RAPID JAN Bryce McRas,16,COMOX 4:20.68 CANLCMAR Spencer Laidley, 17,PERTH

## 0 METRES FREESTYLE

Rec: 15:12.70 Andrew Hurd,MSSAC,
16:00.19 CANLCMAR Kurtis MacGillivary,17,ROW 16:37.57 CANLCMAR Matt Johnston,16,MSSAC-TO 16:41.85 CANLCMAR Don Nicholson,17,TSUN 16:42.45 SYDNJAN Brent O'Connor,17,PDSA 6:57.83 CANLCMAR Karim Abdulla,17,ROD 16:59.69 CANLCMAR Bentley Gaikis,17,TSC-TO 17:16.84 RAPIDJAN Darryl Rudolf,16,PDSA 17:19.63 PQIMAY Charles Rodrigue,16, U 17:20.69 EKIAPR Devin Phillips,15,EKSC-UA 17:21.23 CANLCMAR Andy Andrew, 17, WVOSC 17:21.92 PQCUPFEB Jonathan Aubry, 15,CNB 17.28.49 FKIAPR William Wabters 17, PDS 17:28.49 EKIAPR William Walters,17,PDSA 17:32.63 EKIAPR James Monk,15,PDSA 17.32.64 EKIAPR Michael Derban 16 UCS 17.38.92 POCUPFEB Andrew Bair 15, 16 ,UCSB 17:38.92 PQCUPFEB Andrew Baier,15,COBRA 17:47.29 PQCUPFEB David Fremeth,17,DDO 17:49.50 EKIAPR Aaron Blair,15,CASC 17:56.40 ISAPR Travis Musgrave,17,COMOX 17:56.98 PQCUPFEB Stephan Dumont,17,REG 100 METRES BACKSTROKE
Rec: 56.49 Mark Tewksbury,UCSC, 85
56.90 SYDNJAN Tobias Oriwol,15,ESWIM 59.12 ODIV2APR Stefano Caprara,17,VAC 1:00.09 CANLCMAR Adam Martinson,16,UCSA 1:00.51 CANLCMAR Devin Phillips,15,EKSC 1:00.62 ODIV1APR Kurtis Miller, 15,SCAR 1:01.17 CANLCMAR Mark Thauvette,16,PCSC 1:01.20 CANLCMAR Ryan Pallett,16,BRANT 1:01.21 CANLCMAR Douglas McQueen, 16,PDSA 1:01.38 EKIAPR Maciek Zielnik, 16, EKSC 1:01.38 EKIAPR Maciek Zelnik, 16 ,EKSM
1:01.43 CANLCMAR Chris Lukas,17,ESWIM 1:01.55 EKIAPR Trevor Coulman,16,GOLD 1:01.55 EKIAPR revorcer Laidley, 17,PERTH
1:01.88 CANLCMAR Spence 1:01.88 CANLCMAR Spencer Laid ey, $1: 01.97$ CANLCMAR Chris Kula, 17,CAJ 1:01.97 CANLCMAR Chris Kula, 17,CAJ
1:02.02 EKIAPR Charles Turanich-N.,17,EKSC 1:02.22 ODIV2APR Marshall Holbrook, 16,ROC 1:02.24 ESWIMAPR Ryan Atkinson,15,LAC 1:02.34 ODIV3APR Chris Ford,17,CPAC 1:02.69 EKIAPR Callum Ng,15,CASC $\begin{array}{lr}1: 02.89 & \text { EKIAPR Ryan Dube, 17,EKSC } \\ \text { 1:03.07 } & \text { ABSRJAN Craig Gillis,17,UCSA }\end{array}$ 1:03.08 ODIV1APR Erik Binga,17,TAT 1:03.14 CANLCMAR Ciaran Dickson,17,ROD 1:03.29 ODIV1APR Nathan French,17,CYPS 1:03.59 ODIV2APR Jamie Elerton, 15, VEW

## METRES BACKSTROKE

Rec: 2:00.03 Tobias Oriwol,ESWIM, 1
2:00.03 SYDNJAN Tobias Oriwol,15,ESWIM 2:08.34 CANLCMAR Adam Martinson,16, UCSA 2:08.34 CANLCMAR Adam Martinson,16,UCSA
2:08.42 SYDNJAN Andrew Coupland,17,GO 2:09.45 ODIV1APR Kurtis MacGillivary,17,ROW 2:10.98 CANLCMAR Ciaran Dickson, 17,ROD 2:11.43 PQIMAY Mark Thauvette,16,PCSC
2:11.45 CANLCMAR Douglas McQueen, 16, PDSA 2:13.26 CANLCMAR Spencer Laidley, 17,PERTH 2:13.32 ABSRJAN Craig Gillis, 17,UCSA 2:13.62 CANLCMAR Ryan Pallett,16,BRAN 2:15.22 ODIV1APR Milos Marjanovic, 16,NYAC 2:15.57 ODIV3APR Quinton Sabourin,17,UPCAN 2:15.61 ODIV2APR Stefano Caprara, 17,VAC 2:15.71 EKIAPR Callum Ng,15,CASC 2:16.01 CANLCMAR Devin Phillips,15,EKSC-UA 2:16.15 EKIAPR James Winfield,17,UCSA 2:16.19 ODIV1APR Oleg Chernukhin,16,NYAC 2:16.19 ODIV2APR Matt Hawes, 15,KBM 2:16.57 PQCUPFEB Jonathan Cantin,16,CAMO 2:16.64 ODIV3APR Aaron Maszko, 19,TRENT 2:16.77 PQCUPFEB Patrick Bourassa-F.,17,CAMO
2:16.98 CNOAPR 2:16.98 CNOAPR Danny Carter,15,NKB $\begin{array}{ll}\text { 2:17.39 } & \text { ABSRJAN Charles Turanich-N.,17,STSC } \\ \text { 2:17.47 } & \text { POIMAY Michel Bertrand } 15, \text { CAMO }\end{array}$ 2:17.47 PQIMAY Michel Bertrand,15,CAM 2:17.49 CANLCMAR Chris Kula, 17,CAJ

100 METRES BREASTSTROKE
Rec: 1:02.53 Morgan Knabe.UCSC. 99 1:03.93 SYDNJAN Chad Thomsen, 17,EKSC-SE ::03.98 SYDNJAN Michael Brown, 16,PERTH 1:06.49 ODIV1APR Scott Dickens, 16, RBANT 1:00.49 ODVIAPR Scott Dickens, 16, BRANT 1:07.08 CANLCMAR Nanan aner, 1.08 .23 OIV2APR Pat Russell 17, 170 C 1:08.23 ODIV2APR Pat Russell, 17,ROC 1:08.82 ODIV2APR Jim Hinton, 17,TBT-NWO 1:09.42 CANLCMAR Jung Hun Choi, 16 , PDSA 1:09.60 CNOAPR Steven Medaglia, 16,NKB 1:09.99 PGBAPR Brian Verigin,17,PGB 1:10.06 CANLCMAR Devon Ackroyd, 17,SCAR 1:10.23 PQIIAPR Simon Letendre, 15,SHER 1:10.33 PQIMAY Kevin Rioux, 16,CAMO 1:10.90 ODIV3APR Bill Cocks, 17,TRENT 1:11.28 ODIV3APR David McKechnie,15,CYC 1:11.39 RAPIDJAN lan Meredith,17,RAYS 1:11.61 PQIMAY Yohann Theriault-R., 15,CSQ 1:11.64 ODIV2APR Raymond Chow, 15,TMSC-NWO 1:11.72 ODIV1APR Daniel Tracy,17,USC 1:11.88 ESWIMAPR Adam Kakk, 16, LAC 1:11.88 ODIV3APR Dylan Pringle,16,UPCAN 1:11.91 ODIV3APR Eric Chan, $16, A A C$ MEIRES BREASTSTROKE

## 00 N

15.45 Morgan Knabo UCSC 99

2:16.35 CANLCMAR Michael Brown, 16,PERTH 2:19.20 SYDNJAN Keith Beavers, 17,STARS 2:23.08 CANLCMAR Matthew Huang,16,PDSA 2:23.37 SYDNJAN Chad Thomsen, 17,EKSC-SE 2:26.69 MMAPR Nathan Parker, 17,MJKFF 2:27.52 CANLCMAR Thomas South, 17,UCSA 2:27.69 CANLCMAR Jung Hun Choi, 16,PDSA 2:29.71 ODIV1APR Steven Medagia, 16,NKB 2:29.96 CANLCMAR Scott Dickens,16,BRANT 2:29.96 CANLCMAR Conrad Aach, 16, ESWIM 2:31.42 PGBAPR Brian Verigin,17.PGB 2:31.54 PQIMAY Kevin Rioux, 16,CAMO 2:32.49 ODIV2APR Pat Russell, 17,ROC 2:32.85 ODIV2APR Jim Hinton,17,TBT-NWO 2:34.86 PQIMAY Dominic Pelleter, $16, \mathrm{UL}$ 2:34.91 CANLCMAR Devon Ackroyd,17,SCAR 2:35.34 PQUIAPR Jonathan Aubry, 15,CNB 2:35.58 $\quad$ PQllAPR Maxime Samson, 15 ,ELITE 2:355.95 TORLCJAN Warren Barnes, 15,SCAR 2:35.95 TORLCJAN Warren Barnes, 15,SCAR
2:36.42 RAPIDAPR R Richard Taylor,17,RAPID $\begin{array}{ll}\text { 2:36.42 } & \text { RAPIDAPR Richard Taylor,17,RAPID } \\ \text { 2:36.76 } & \text { ODIVZAPR Raymond Chow,15,TMSC-NWO }\end{array}$ 2:37.05 ODIV1APR Danny Parsons, 17,SCAR 2:37.16 TORLCJAN Donald Smith,16,COBRA 2:38.38 ODIV3APR David McKechnie,15,CYC 2:38.80 ODIV3APR Kader E-Fityani, 17,UPCAN

## METRES BUTTERFLY

57.39 CANLCMAR Daryl Rudolf,16,PDSA
58.21 PQIMAY Sean Zunini, 17,CAMO 58.55 ODIV3APR Bill Cocks, 17,TRENT 58.59 CANLCMAR Karim Abdulla,17,ROD 59.08 CANLCMAR Ian MacLeod, 17,ESWIM 59.15 PQCUPFEB Keith Beavers,17,STARS 59.50 ODIV2APR Stefano Caprara, 17, VAC 59.75 CNOAPR Steven Medaglia, 16 , NKB 59.75 CNOAPR Steven Medagia, 1 , 1 $\begin{array}{ll}\text { 59.86 } & \text { ABISRJAN Graeme Iozer, 11,UCSA } \\ \text { 1:00.03 ODIV2APR Andrew Bignell, 17,SSMAC }\end{array}$ 1:00.21 PQIMAY Nicolas Guillotte,17,CAMO 1:00.50
100.060 ABSRJAN Craig Gillis,17,UCSA 1:00.60 EKIAPR Ryan Dube,17,EKSC 1:00.71 PQIMAY Sofian Mohand-Cherifi, 15,CAMO 1:00.81 EKIAPR Douglas McQueen,16,PDSA EKIAPR William Johnson,16,PDSA 1:00.93 EKIAPR Trevor Coulman,16,GOLD
1:01.11 ABSRJAN Callum Ng,15,CASC 1:01.19 EKIAPR Adam Martinson,16,UCSA 1:01.36 DAVISMAR Steven Caswell ,17,HWAC 1:01.41 RAPIDJAN Daniel Petrus, 17,PDSA 1:01.61 DAVISMAR Alex Watson, 16, OSHAC 1:01.67 PQCUPFEB Jonathan Cantin, 16,CAMO 1:01.73 PQIIAPR Alex Chatrand, 15,EITIE 1:01.75 ODIVZAPR Kader E-Fityani,17,UPCAN MEIRES BUTTERFLY
Rec: 2:00.78 Peter Ward,CDSC. 81
2:04.87 CANLCMAR Brent O'Connor, 17,PDSA 2:07.27 CANLCMAR Darryl Rudolf,16,PDSA 2:07.72 CANLCMAR lan MacLeod, 17,ESWI 2:08.89 ODIV1APR Steven Medaglia, 16,NKB 2:09.53 CANLCMAR Karim Abdulla,17,ROD 2:11.46 PQIMAY Sean Zuninin, 17,CAMO 2:11.79 ODIV1APR Adam Peacey,25,TSC-TO 2:12.41 TORLCJAN Evan Jellie,17,ROW 2:13.76 EKIAPR Callum Ng.15.CAS 2:14.58 ODIV3APR Bill Cocks, 17,TRENT 2:15.06 RAPIDJAN Chris Kargl-Simard, 16,PDSA 2:15.67 PQIMAY Sofian Mohand-Cherif,15,CAMO 2:15.84 EKIAPR Trevor Coulman,16,GOLD 2:16.36 TORLCJAN Roman Margulis, 16 ,NYAC 2:16.54 EKIAPR Ciaran Dickson,17,ROD 2:17.65 EKIAPR Douglas McQueen,16,PDSA 2:17.66 RAPIDJAN Daniel Petrus, 17,PDSA 2:17.66 MMAPR Andrew Metcale, 16 ,MANTA 2:17.83 DAVISMAR Steven Caswell, 17,HWAC 2:18.30 PQIMAY Dominic Pelletier, 16,UL 2:18.31 PQCUPFEB Dan Wright, 16,CNB 2:18.33 EKIAPR William Johnson,16,PDSA

2:1976 TORLAPR Macolm Lavoie, 15,0SC 2.1979 BAPIDAPR Richard Taylor 17K

## METRES IND.MEDLEY

c: 2:02.78 Alex Baumann,LUSC,81
2:04.04 SYDNJAN Tobias Oriwol, 15,ESWIM 2:04.91 SYDNJAN Keith Beavers,17,STARS $2: 1108$ CIMAR Sthael Brown, 16,PERTH 2:11.88 CNOAPR Steven Medaglia, 16,NKB 2:11.99 SYDNJAN Andrew Coupland,17,GO 2:14.62 CANLCMAR Scott Dickens, 16,BRANT
2:14.97 CANLCMAR Devon Ackroyd,17,SCAR 2:14.97 CANLCMAR Devon Ackroyd,17,SCAR
2:15.91 CANLCMAR Conrad Aach,16,ESWIM 2:16.06 ODIV2APR Jim Hinton, 17,TBT-NWO 2:16.44 PQIMAY Timothy Ruse, 15,PCSC 2:16.61 PQIMAY Charles Rodrigue,16,UL
2:16.83 PGBAPR Brian Verigin,17,PGB
2:17.26 POIMAY Kevin Rioux, 16,CAMO
2:17.32 RAPIDAPR Brent Hayden, 17,SPART
2:17.64 CANLCMAR Jung Hun Choi, 16, PDSA
2:17.75 ODIV1APR Roman Margulis,17,NYAC
2:17.93 PQIMAY Sean Zunini,17,CAMO
2:18.31 CANLCMAR Adam Martinson, 16, UCSA
2:18.82 ODIV1APR Jamie Del Mastro,16,USC 2:18.82 ODVIAPR Jamie Del Mastro, 16

## 00 METRES IND.MEDLEY

## :22.39 Alex Baumann,LUSC,81

4:22.55 SYDNJAN Keith Beavers, 17,STARS
4:24.27 SYDNJAN Tobias Oriwol, 15,ESWIM
4:36.46 ODIV1 APR Kurtis MacGillivary, 17,ROW
4:40.29 CANLCMAR Steven Medaglia, 16, NKB
4:42.07 CANLCMAR Douglas McQueen, 16,PDSA
4:45.54 ODIV2APR Michael Brown, 16,PERTH
4:46.31 TORLCJAN Conrad Aach,15,ESWIM
4:49.31 ABSRJAN Graeme Tozer,15,UCSA
4:49.87 PQIMAY Dominic Pelletier,16,UL
4:51.11 PQIMAY Charles Rodrigue. 16, UL
4:51.67 EKIAPR Callum Ng,15, 15 CASC
4:52.25 RAPIDJAN Matthew Huang,16,PDSA
4:52.48 RAPIDAPR Brent Hayden,17,SPART
4:53.96 EKIAPR Ciaran Dickson,17,ROD
4:54.00 ISAPR Bryce McRae, 17,COM OX
4:54.01 RAPIDAPR Richard Taylor, 17,RAPID
4:54.53 PQIMAY Timothy Ruse,15,PCSC
4:54.54 ODIV2APR Jim Hinton, 17,TBT-NWO
4:55.15 ODIV1APR Roman Margulis, 17,NYAC
4:55.15 ODIV1APR Roman Margulis, 17 ,NY
4:56.80 PGBAPR Brian Verigin, 17,PGB
4:56.87 PQCUPFEB Patrick Bourassa-F.,17,CAMO

## X50 MEDLEY RELAY

1:53.39
.54.49 EKAPR Edmonton Keyano,EKSC
1:54.77 PQIMAY Montreal Aquatique.CAMO
1:54.78 PQIMAY Pointe Claire SC,PCSC
1:55.04 EKIAPR Saskatoon Goldfins,GOLD
1:55.15 ODIV1APR Brantford AC,BRANT
1:56.65 EKIAPR Pacific Dolphins,PDSA
1:57.87 ODIVAAPR Toronto Champs CHAMP
1:58.27 HTACAPR Eastern Alliance,EAST
2:00.57 EKIAPR Regina Opt.Dolphins,ROD
2:00.67 EKIAPR Univ.of Calgary SC,UCSO
$\begin{array}{ll}\text { 2:00.94 } & \text { OYOMAR Upper Canada SC,UPCAN } \\ \text { 2:01.19 } & \text { PQIMAY Samak de Brossard,SAMAK }\end{array}$
$\begin{array}{ll}\text { 2:01.19 } & \text { PQIMAY Samak de Brossard,SAMAK } \\ \text { 2:01.25 } & \text { PQIMAY Dollard Swim Team,DDO }\end{array}$
2:01.25 PQIMAY Dollard Swim Team,DDO
2:01.48
HTACAPR Wolville Tritons, WTSC
$\begin{array}{ll}\text { 2:01.48 } & \text { HTACAPR Wortville Tritons, WISC } \\ \text { 2:01.51 } & \text { PQIMAY Univ.Laval Rouge \& Or,UL }\end{array}$
2:01.79 PQIIAPR Longueuil,ELITE
2:04.02 PQIIIMAY Charlesbourg-Loretteville,EXCEL
2:04.20 ISAPR Comox Valley AC,COMOX MMAPR Manta Swim Club,MANTA EKIAPR Olympian Swim Club,OSC
2:05.04
2:05.10
2:05.83
2:05.98
2:06.20 ODIV1 APR Glouc-Ottawa Kingisish,GO

## 2:06.20 P <br> \section*{O FREE RELA}

1:41.46 EKIAPR Pacific Dolphins,PDSA
$\begin{array}{ll}1: 41.74 & \text { EKIAPR Edmonton Keyano,EKSC } \\ 1: 42.79 & \text { EKIAPR Saskatoon Goldfins }\end{array}$
:42.79 EKIAPR Saskatoon Goldfins,GOLD
$\begin{array}{ll}\text { 1:43.30 } & \text { PQIMAY Pointe Claire SC,PCSC } \\ \text { 1:43.77 } & \text { EKIAPR Cascade Swim Club,CASC }\end{array}$
1:43.77 EKIAPR Cascade Swim Club,CASC
1:43.94 PQIMAY Montreal Aquatique,CAMO
1:45.02 HTACAPR Eastern Alliance,EAST
1:45.82 HTACAPR Wolfville Tritons,WTSC
$\begin{array}{ll}\text { 1:46.23 } & \text { PQIMAY Univ.Laval Rouge \& Or,UL } \\ \text { 1:48.03 } & \text { EKIAPR Univ. of Calgary SC, UCSC }\end{array}$
:48.16 POIMAY Samak algary sc, SAMAK
1:48.16
1:48.26
1:48.98
1:49.43

## GIRLS

 10\&U
## 100 METRES FREESTYLE

Rec: 1:04.42 Shauna Collins,ROD,88
1:14.84 ElITEMAR Lilia Hadouchi,10,LSCDN
2
:15.20 OYOMAR Erin Mills,10,EBSC 1:15.79 CDSCAPR Amity Chow,10,PDSA 1:15.79 HTACAPR Ashley MacKendrick, 10,SWAT 1:16.02 ESWIMAPR Natalie Hagan, 10, ESWIM
1:16.39 LEDUCMAY Danielle Newton,10,FMSC
1:16.60 ISAPR Shawnee Landolt, 10, IS 1:16.81 MMAPR Hannah Whitehead, 10,GFYND 1:17.13 CNOAPR Jenna York, 10,NKB 1:17.23 HTACAPR Ann Gordon, 10,SWAT 1:17.41 DAVISMAR Casey Leslie,10,HWAC 1:17.51 OYOMAR Kristen Bradbury, 10 ,HOST 1:17.57 CNOAPR Natasha Brousseau,9,CNO 1:17.90 ElITEMAR Kristen Campbell, 10,DDO 1:18.10 RYMMMAR Jordan Quick, 10,LASER 1:18.13 PGBAPR Carlene Creyke,10,PN 1:18.47 HTACAPR Nicole Brown,10,SWAT 1:18.51 CDSCAPR Christine Edwards, 10 ,PDSA 1:18.64 MMAPR Samantha Burnell, 10,SJS 1:18.88 PGBAPR Meredith Brule, 10, GPP 1:19.08 DAVISMAR Meghan Brockington, 9,0 OSHAC 1:19.16 MMAPR Jennifer Dailey, 10, SSSC 1:19.86 ElITEMAR Barbara Jardin,9,LSCDN

## 400 METRES FREESTYLE

Rec: 4:48.72 Amanda Hansford,ROW,96
5:29.08 EKSCMAR Megan Young, 10,FMSC
5:45.33 EKSCMAR Madison Achtymichuk, 10,STSC 5:48.68 EKSCMAR Nicole Delaloye, 10,CASC 5:49.59 ISAPR Shawnee Landolt,10,IS 5:52.74 LEDUCMAY Danielle Newton, 10,FMSC 6:01.71 EKSCMAR Michelle Beveridge, 10, UCSC 6:03.39 EKSCMAR Pamela Kunyk, 10,EKSC 6:03.58 HTACAPR Ashley MacKendrick,10,SWAT 6:08.60 ISAPR Justyna Sypniewski,10,NRST

## 100 METRES BACKSTROKE

Rec: 1:15.87 Jennifer Fratesi,SSMAC, 95 1:24.11 DAVISMAR Amy Harriman, 10,HWAC 1:25.19 ISAPR Shawnee Landolt, 10 IS 1:25.62 LEDUCMAY Krysta Shack, 10,EDSON 1:26.75 LEDUCMAY Danielle Newton, 10,FMSC 1:27.31 ESWIMAPR Natalie Hagan, 10,ESWIM 1:27.80 MMAPR Jennifer Dailey, 10,SSSC 1:27.89 GMACMAR Kaylee Dakers,9,COBRA 1:28.03 HTACAPR Ashley Mackendrick, 10,SWAT 1:28.22 ElITEMAR Lilia Hadouchi, 10,LSCDN
10 1:28.43 CDSCAPR Christine Edwards, 10,PDSA 1:29.13 DAVISMAR Casey Leslie,10,HWAC 12 1:29.75 MMAPR Samantha Holloway, 10,MANTA 13 1:29.83 OYOMAR Jenna York, 10, NKB 14 1:29.92 RYMMMAR Jordan Quick, 10,LASER 15 1:30.23 ESWIMAPR Carissa Carrabetta,10,ODSC
16 1:30.34 DAVISMAR Alyce Sutcliffe,10,BST 1:30.72 MMAPR Marissa Davies, 10,SJS 1:31.08 PGBAPR Carlene Creyke,10,PN 1:32.21 MMAPR Samantha Burnell,10,SJS 20 1:32.51 CDSCAPR Vanessa Hanbury,10,GATOR 21 1:32.53 MMAPR Karleigh Gallagher,10,SJS 1:32.78 DAVISMAR Tamara Gimon, 9, BAD 1:32.98 ESWIMAPR Sasha Menu-Courey,10,ESWIM 1:33.92 RYMMMAR Lauren Doupe, 10,YOSSC 1:34.04 ISAPR Justyna Sypniewski, 10,NRST 1:34.15 CDSCAPR Scarlett Smith,10,PDSA 1:34.20 DAVISMAR Kirstyn McCasey, 9,0 OSHAC 1:34.26 OYOMAR Basia Falicki,10,NKB 1:34.66 RYMMMAR Rikkia Trischuk,10,GOLD 100 METRES BREASTSTROKE

Rec: 1:25.18 Kelly Timmons,OSC,97
1:34.97 CDSCAPR Vanessa Hanbury, 10,GATOR 1:36.52 LEDUCMAY Nicole Norrie, 10,AMAC 1:37.08 ELITEMAR Karolyn Long, 10,DDO 1:37.69 MMAPR Marissa Davies, 10, SJS 1:37.75 ELITEMAR Marcela Rojas, 10,LSCDN 1:37.84 ELITEMAR Lilia Hadouchi,10,LSCDN 1:37.94 MMAPR Samantha Holloway,10,MANTA 1:38.11 LEDUCMAY Danielle Newton,10,FMSC 1:38.47 ESWIMAPR Sasha Menu-Courey, 10,ESWIM 1:39.67 PGBAPR Khuen Yi Hong, 10,PGB 1:42.06 CDSCAPR Amity Chow, 10,PDSA 1:42.26 OYOMAR Jenna York, 10,NKB 1:42.52 OYOMAR Lesley Stonebridge, 10, NKB 1:42.55 ESWIMAPR Alisha Ancinelli,10,ESWIM 1:42.76 MMAPR Sheila Alvaro, $10, \mathrm{MM}$ 1:43.20 DAVISMAR Rebecca Vedell,10,HWAC 1:43.30 ISAPR Eyse Richard,10,COMOX 1:43.49 ISAPR Anna Francis, 10 ,IS 1:43.80 ESWIMAPR Kaylee Dakers, 10,COBRA 1:43.85 RYMMMAR Jordan Quick,10,LASER 1:44.68 PGBAPR Carlene Creyke, 10,PN 1:44.85 MMAPR Meghan Winser,10,MANTA 100 METRES BUTTERFLY
Rec: 1:13.09 Tracy Osswald,VPSC,75
1:25.39 ISAPR Shawnee Landolt, 10,IS
2 1:26.74 ESWIMAPR Natalie Hagan,10,ESWIM 1:28.60 EKSCMAR Megan Young, 10,FMSC 1:30.36 MMAPR Marissa Davies, 10 ,SJS 1:31.14 DAVISMAR Meghan Brockington,9,OSHAC 1:32.01 DAVISMAR Amy Hariman,10,HWAC 1:33.67 DAVISMAR Casey Leslie, 10,HWAC 1:34.64 EKSCMAR Julie Kells,9,RDCSC
9 1:34.97 MMAPR Hannah Whitehead, 10,GFYND
1:35.11 MMAPR Jennifer Dailey, 10,SSSC
1:35.24 CDSCAPR Amity Chow,10,PDSA
1:35.78 GMACMAR Alana Byron, 10,GMAC
13 1:36.09 RYMMMAR Jordan Quick, 10,LASER
14 1:36.50 EKSCMAR Robyn Pape, 10,NCS
15 1:36.85 LEDUCMAY Evengeline Fletcher,9,AIR 1:38.02 ESWIMAPR Kaylee Dakers, 10,COBRA 1:38.14 DAVISMAR Kirstyn McCasey, 9,0 OSHAC 1:38.29 HTACAPR Ann Gordon, 10,SWAT
19 1:39.17 ESWIMAPR Sasha Menu-Courey,10,ESWIM
20 1:39.37 EKSCMAR Maura Lavoie, 9, OSC
21 1:39.72 ESWIMAPR Alisha Haricharan, 9, COBRA 1:39.77 RAPIDAPR Karen Hemmes, 10,CHENA 200 METRES IND.MEDLEY
Rec: 2:41.44 Mallory Hoekstra, EKSC,98 2:48.20 EKSCMAR Madison Achtymichuk, 10 ,STSC 2 2:56.38 EKSCMAR Megan Young, 10,FMSC 3 2:58.04 DAVISMAR Tamara Gimon,, BAD 4 3:02.01 GMACMAR Shauna Donaldson, 10,OSAC 3:02.17 GMACMAR Alana Byron,10,GMAC 6 3:03.28 DAVISMAR Meghan Knapton, 10,RISC 3:03.44 DAVISMAR Alyce Sutcliffe,10,BST 3:04.61 ESWIMAPR Natalie Hagan, 10,ESWIM 3:04.91 ELITEMAR Lilia Hadouchi, 10,LSCDN 10 3:05.31 ElITEMAR Kristen Campbell, 10, DDO 1 3:05.48 LEDUCMAY Danielle Newton,10,FMSC 12 3:06.42 DAVISMAR Alison Benton, 10,BAD 13 3:06.92 MMAPR Marissa Davies,10,SJS 14 3:07.36 RYMMMAR Jordan Quick, 10, LASER 15 3:08.30 ElITEMAR Marcela Rojas, 10, LSCDN 16 3:08.64 HTACAPR Ashley Mackendrick, 10,SWAT 17 3:09.29 MMAPR Samantha Holloway, 10,MANTA


## 100 METRES FREESTYLE

Rec: 1:05.02 Andrew Bignell,SSMAC,94 1:10.82 EKIAPR Curtis Lutsch,10,UCSC 1:13.15 ISAPR Will Hergesheimer, 10, NRST 1:13.40 GMACMAR Steven Saltzberry,10,TAT 1:13.46 GMACMAR Tyler Bredschneider,10,COBRA 1:13.63 PGBAPR Judd Grossman, 10,PN 1:13.86 CDSCAPR Hong-Kei Chan,10,PDSA 1:13.89 CDSCAPR Hong-Ting Chan,10,PDSA 1:14.27 DAVISMAR Dinos San Pedro,10,OAK 1:15.55 CDSCAPR Marko Gavric,9,PDSA 1:16.40 MMAPR David Woodman, 10,MANTA 1:16.86 MMAPR Romeo Zapata, 10,MM 1:17.44 OYOMAR Ben Roberts,10,KBM 1:17.93 DAVISMAR Curtis Samuel, 10,OAK 1:18.90 DAVISMAR Alex Serwotka,10,CYPS 1:19.60 CNOAPR Troy Baxter,9,NKB 1:19.90 ESWIMAPR Colin Coombs,10,ESWIM

## 400 METRES FREESTYLE

## Rec: 4:55.60 Trevor Jakisch,SJS,78

5:18.15 ISAPR Craig Dagnall,10,IS 5:31.79 ISAPR Will Hergesheimer, 10,NRST 5:37.65 LEDUCMAY Michael Clarke,10,OSC 5:47.66 DAVISMAR Dinos San Pedro,10,OAK 5:49.18 GMACMAR Tyler Bredschneider, 10,COBRA 5:49.79 EKSCMAR Michael Lowenstein,10,CASC 5:53.25 EKSCMAR Jordie Szoo, 10,CASC 5:57.31 LEDUCMAY Ben Schaeffer, 10,BRSC 6:00.13 EKSCMAR Aman Hansra, 10,FMSC 6:01.70 EKSCMAR Karl Wolk,9,EKSC 6:08.29 ISAPR Zachary Relf,10,IS 6:08.40 CDSCAPR Hong-Kei Chan,10,PDSA 100 METRES BACKSTROKE
Rec: 1:14.50 Andrew Bignell,SSMAC,94 1:17.19 CDSCAPR Andre Kudaba, 10,HYACK


Victor Davis Fund receives $\$ 26,400$ from the proceeds of the Davis Memorial Cup held annually in Guelph. The fund awards $\$ 1,000$ annual schoalrships, recipients for 2001 are Jessie Bradshaw, Kelly Marco Chiesa Doody, Kurtis MacGillivary, Tobias Oriwol, Annamay Pierse, Adam Siou and Chad Thomsen. Current and former Olympic swimmers accompany the presentation.

1:24.18 LEDUCMAY Michael Clarke,10,OSC 1:24.96 DAVISMAR Dinos San Pedro,10,OAK 1:26.53 DAVISMAR Frank Despond, 9, ,BAD 1:26.82 ISAPR Will Hergesheimer, 10,NRST 1:28.38 CDSCAPR Marko Gavric,,9,PDSA 1:28.68 RYMMMAR Parker Zeeben, 10,PASS 1:28.72 ESWIMAPR Colin Coombs, 10,ESWIM 1:29.03 CDSCAPR Hong-Ting Chan,10,PDSA 1:29.94 ISAPR Craig Dagnall,10,IS 1:30.49 LEDUCMAY Nicholas Vanderveen, 10,EDSON 1:30.60 OYOMAR Ben Roberts,10,KBM 1:30.60 ESWIMAPR Tyler Bredschneider, 10,COBRA 1:30.66 ESWIMAPR Scott Jessett, 10,SCAR 1:31.36 GMACMAR Evan Buck, 10,GMAC 1:32.19 RYMMMAR Bretton Love,9,GOLD 1:32.50 LEDUCMAY Mathew Peddie,10,OSC 1:33.47 DAVISMAR Colin Hubert, 10,CYPS 1:33.55 OYOMAR Ryan Cockell, 9, NKB 1:34.00 DAVISMAR Ben Wyman, 8,HWAC 1:34.62 MMAPR David Woodman,10,MANTA 2:13.35 LEDUCMAY Ben Schaeffer, 10,BRSC 00 METRES BREASTSTROKE
Rec: 1:22.79 David Cheung,CREST,92
1:27.53 EKIAPR Curtis Lutsch,10,UCSC
1:33.67 CDSCAPR Hong-Kei Chan, 10,PDSA
1:37.89 OYOMAR Troy Baxter,9,NKB
1:37.90 GMACMAR Steven Saltzberry, 10,TAT 1:38.05 CDSCAPR Marko Gavric,,9,PDSA 1:38.46 PGBAPR Judd Grossman, 10,PN 1:38.69 CDSCAPR Dennis Brotzky,9,9PSA 1:40.51 ISAPR Will Hergesheimer,10,NRST 1:40.84 LEDUCMAY Ben Schaeffer, 10,BRSC 1:43.02 LEDUCMAY Nathan Kindrachuk, 10,OSC 1:43.37 MMAPR Romeo Zapata, 10,MM 1:44.09 OYOMAR Eic Brunet, $10, \mathrm{CNO}$ 1:44.51 MMAPR Adam Brown,10,SD 1:44.65 ESWIMAPR Scott Jessett, 10, SCAR 1:44.70 LEDUCMAY Michael Clarke,10,OSC 1:44.91 RYMMMAR Patrick Cowan, 10,GOLD 0 METRES BUTTERFLY
Rec: 1:13.20 Alex Baumann,LUSC,75
1:19.44 CDSCAPR Andre Kudaba, 10,HYACK 1:23.80 EKSCMAR Michael Lowenstein,10,CASC 1:23.89 ISAPR Craig Dagnall, 10, IS 1:24.73 DAVISMAR Curtis Samuel,10,OAK 1:25.36 EKSCMAR Ben Berg,10,RDCSC 1:25.67 CDSCAPR Hong-Ting Chan,10,PDSA 1:25.79 ISAPR Will Hergesheimer,10,NRST 1:26.10 ESWIMAPR Tyler Bredschneider,10,COBRA 1:27.55 DAVISMAR Dinos San Pedro, 10,OAK 1:28.71 EKSCMAR Curtis Lutsch,10,UCSC 1:29.28 EKSCMAR Jordie Szoo, 10,CASC 1:33.09 DAVISMAR Alex Serwotka, 10,CYPS 1:33.65 EKSCMAR Justin Odger,9,CASC 1:33.70 EKSCMAR Michael Clarke,10,OSC 1:36.19 CDSCAPR Marko Gavic,, 9, PDSA 1:38.56 ESWIMAPR Colin Coombs, 10,ESWIM 1:39.54 RYMMMAR Alek Szmigielski,10,GOLD 1:39.78 LEDUCMAY Ben Schaeffer, 10,BRSC

## 0 METRES IND.MEDLEY

2: 2:35.84 Tobias Oriwol,PCSC,96 2:42.93 GMACMAR Steven Saltzberry,10,TAT
2:43.58 DAVISMAR Curtis Samuel, 10, OAK 2:46.54 EKIAPR Curtis Lutsch,10,UCSC 2:47.48 DAVISMAR Frank Despond, 9, BAD 2:51.01 DAVISMAR David Duhan, 10,BAD 2:58.44 DAVISMAR Alex Serwotka, 10,CYPS 2:58.58 CDSCAPR Hong-Kei Chan, 10,PDSA 2:59.45 ISAPR Will Hergesheimer,10,NRST 3:00.36 ISAPR Craig Dagnall, 10,IS 3:00.82 EKSCMAR Michael Lowenstein,10,CASC 3:01.21 CDSCAPR Hong-Ting Chan, 10,PDSA 3:02.67 EKSCMAR Michael Clarke,10,OSC 3:03.21 GMACMAR Kodie Yorke,10,GMAC 3:04.35 GMACMAR Evan Buck, 10,GMAC 3:05.44 DAVISMAR Duncan Patridge,10,OAK 3:05.60 DAVISMAR Colin Hubert, 10,CYPS 3:06.78 EKSCMAR Jordie Szoo, 10,CASC 3:07.22 CDSCAPR Marko Gavric,9,PDSA 3:08.14 RYMMMAR Alek Szmigielski,10,GOLD 3:09.89 EKSCMAR Ben Berg,10,RDCSC

## A PLEA FOR A CRITICAL REVIEW

Jeno Thihany, Ph.D.

For some time nowI have been quietly observing the progressive demise of the quality of international swimming in Canada. During the past eight years, Canada madeno significant advancein thedepth of successful participation internationally. The same swimmerscarniedtheweightofresponsibilityatSydney asatSeoul, with no podium potential linedupbehind them.

I don't think that the present World Cup system works to benefit Canadian swimming, an opinion shared by other coaches. International exposure is essential but it has to be driven not by fringe issues such as prize money, but by deliberately designed developmental ortactical and strategic-based plans. In my preparation of Alex Baumann for the 1984 Olympics, I implemented such a plan, which was basically followed by Cliff Barry (with Victor Davis) and Paul Meronan (with Anne Ottenbrite). The four years of a deliberate and well-designed plan earned the threeathletesin question four goldmedals. I dare say the Canadian talent pool has not deteriorated since; infactthepopulation hasincreased. Swimming progressed to morepopularheightsresulting in more children involved in swimming; the number of coaches increased and their technical exposure improved; money is still available, etc. So what is different?

I do not think that thepresentsystem of training centres operate to benefit Canadian swimming as they should. The thriving club system of the past ensured a more constant flow of athletes to international levels. At present, the club system is oppressed and even abused, less motivated, and certainly the financial support is not adequate. The answer to the Canadian problem may be partially resolved by the training centres; however, the process should not be at the expense of an impaired club system. To thispointin time thetraining centers have not contributed adequately to the high-performance advancement of this country; they significantly neglected their fiduciary responsibilities and at the end onemightsay" "didnotgiveusthe expected bang for our money."

One might then ask who should be responsible for the progressive death of Canadian swimming. Perhaps it is too easy to point fingers; however, accountability should behigh on thelist of priorities. It is too easy to generalize, and to avoid such a headhunting exercise, Swimming Canada should enter intoa well-publicizedselfexamination, critical review of programs, leadership, and objectives. During my 42 years of coaching ( 16 years at the intemational level), I haveneverparticipated in any sort of critical evaluation of process because Swimming Canada has never conducted such an investigation. Is it not time to do such a self-examination? Is it not time to find out why the past eight years have not seen any

> During my 42 years of coaching (16 years at the international level), I have never participated in any sort of critical evaluation of process because Swimming Canada has never conducted such an investigation. Is it not time to do such a selfexamination? Is it not time to find out why the past eight years have not seen any progress?

progress? One may anticipate some improvement between nowand 2004, more asa reaction to all the flack, butshort-term patchworkwill notofferdirection and depth of purpose.

The recent World Trials have certainly not improvedtheprofileofhigh-performanceswimming in Canada. The high-performance leadership failed again. Was it a wise decision to have an important long-course meet, after such Olympic letdown, so early in the season? Why not swim short courseif the countrymusthaveawinternationals?Thetopathletes
would havebeen happynottoput theirtraining cycle on the line, not wory about losing face, wondering about their worthiness, etc. And just to add insult to injury and to continue the string of poor decisions, after the scandalous results, the high-performance leadershipdecidestodesignateninemeetsforathletes in which to qualify. This type of program design will not advance high-performance swimming, it will only help to destroy the preparatory training cycle of athletes and perpetuates the concept of just making the team rather than developing to the highestlevel. Aside from the implication for training, the cost to transport these athletes should be considered. Is this the wisest way to spend large sums of money? This plan just perpetuates the Canadian dilemma solve short term problems and be damned about what happens years down the road.

Although self-examination may help to change thedirection ofthecountryanditisa time consuming and often hurfful experience, in the near future one should consider the implementation of a support program that will develop newfaces, new goals, and a new spirit of competiion. And what is different between now and the epast is the total disregard to the youth program of this country. It is much too late to develop Olympiansatthelevel of the training centres. Such process must be incubated, nurtured, and brought to fruition at the club level. This requires some judicious redirection of funds. I would think that such process can be readily implemented. The function of thetraining centreneedstoshiftto bepart of the developmental process and not just cary the motherlode (of kidnapped swimmers) of Canadian swimming.

Therearewaytoomanyissuesto cover; therefore, I implore the leadership of Swimming Canada to initiate some process that will redirect Canadian swimmingtoabrighterfuture. Thisistheperfectime toimplementchanges; letsbringCanadianswimming back to its former level.

Dr. Jeno Thanyi is a Professor in the School of Human Kinetics, Laurentian University, Sudbury, Ontario.

# MAKING WAVES 



Michael Brown, 16
Club: Perth Stingrays
Coach: Nandi Kormendi
Specialty: Breaststroke
1st ranked for LCM01 TAG in the 200 breast and 2nd in the 100 breast. 2nd in 200 breast at Spring Nationals

| Best Times | LCMOO | LCM01 |
| :--- | :--- | :--- |
| 100 breaststroke | $1: 05.71$ | $1: 03.98$ |
| 200 breaststroke | $2: 21.43$ | $2: 16.35$ |
| 200 indmedley | $2: 14.00$ | $2: 08.89$ |
| 400 ind.medley | $4: 37.80$ | $4: 45.54$ |



James San Pedro, 14
Club: Oakville Aquatic Club
Coach: Chris Yaremchuk
Specialty: Breaststroke
4th ranked for LCM01 TAG in the 200 breast and 5 th in the 100 breast

| Best Times | LCMOO | LCM01 |
| :--- | :--- | :--- |
| 100 breaststroke | $1: 17.04$ | $1: 13.96$ |
| 200 breaststroke | $2: 48.89$ | $2: 40.26$ |
| 200 ind.medley |  | $2: 29.62$ |

200 ind.medley


Joel Greenshields, 12
Club: Red Deer Catalina Swim Cluv Coach: Aaron Dahl
Specialty: Freestyle, back, fly and IM 1st ranked for LCM01 TAG in the 200-400 free, 200 back and 200 IM

| Best Times | LCM00 | LCM01 | Best Times | SCM01 | LCM01 |
| :--- | :--- | :--- | :--- | ---: | ---: |
| 200 freestyle |  | $2: 12.08$ | 50 freestyle | 27.35 | 27.59 |
| 400 freestyle |  | $4: 45.44$ | 100 freestyle | 58.88 | $1: 00.33$ |
| 200 backstroke | $2: 41.31$ | $2: 29.95$ | 100 backstroke | $1: 10.06$ | $1: 10.44$ |
| 200 ind.medley | $2: 42.24$ | $2: 31.75$ | 400 ind.medley |  | $5: 28.55$ |
|  |  |  |  | $5: 39.66$ |  |

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Tamara Wagner, 15
Club: Region of Waterloo Swim Club
Coach: Bud McAllister
Specialty: Breaststroke
1st ranked for LCM01 TAG in the 200 breast and 2nd in the 100 breaststroke. Finalist in all three breast events at Spring Nationals

| Best Times | LCMOO | LCM01 |
| :--- | :--- | :--- |
| 100 breaststroke | $1: 12.63$ | $1: 13.23$ |
| 200 breaststroke | $2: 36.89$ | $2: 34.88$ |



## Michael Allain, 14

Club: Breakers Swim Team
Coach: Janice Breckon
Specialty: Backstroke
1st ranked for LCM01 TAG in the 100 back 8th in the 200 back

| Best Times | LCM00 | LCM01 |
| :--- | ---: | ---: |
| 100 freestyle |  | 59.51 |
| 100 backstroke | $1: 08.36$ | $1: 04.96$ |
| 200 backstroke | $2: 28.91$ | $2: 23.91$ |

