## 2003 FINA WORLD CHAMPIONSHIIPS

## SwimNews



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Alexander Popov



Ian Crocker


Yana Klochkova

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## ABOUT THIS ISSUE

The FINA World Championships are the main focus of this issue with 25 pages of coverage. Nikki Dryden attended the swimming events in Barcelona and found ittruly awesome. As sheputit so well: Legends Reborn and Legends Created.

The return of Alexander Popov, 31, to the top of the podium in two individual events ( 50 and 100 freestyle) and his anchoring the winning Russian $4 \times 100$ free relay was a highlight as Barcelona, 11 years ago, was the site of his first Olympic triumph. Ian Thorpe (AUS) was his usual class act, winning the 200 and 400 freestyle, the $4 \times 200$ free relay, adding medals in the 100 free and the 200 IM . And then there was Michael Phelps (USA), with five world records, three individual golds, a silver in the amazing 100 fly (where three different swimmers broke the world record), and another in the men's $4 \times 200$ free relay.

Phelpswas theswimmer of the meet and certainly the swimmer of 2003.

HannahStockbauer (GER) won the 400,800 , and 1500 freestyle for the top women's performance.

Brittany Reimer (CAN), at her first major international championships, made her debut the best by a Canadian in three decades. She competed in the distance freestyle events and did her best time in each of her six swims, finishing in sixth (1500 free), fifth ( 400 free), and fourth ( 800 free), missing the bronze medal by 28/100ths.

Reimer's great performance was no fluke. The story on page 30 by Jeff Grace. who talked with Cory Beatt, explains that Reimer's success was planned for the past five years. It's the old formula-talent, hard work, great coaching in a nurturing clubenvironment. Nowcomes thehardpart as expectations for next year will put an enormous amount of pressure on her.

A short two years from now the FINA World Championships will be held in Montreal and the undertaking is huge. The Barcelona experience points the way to how to make it a success.

But no sooner were the Worlds over when some members of the team travelled to US Nationals where Phelps was again in the spotlightwinning five events, and adding another world record, bringing his total for the year to eight. Canadians won four events, an impressive showing after most of July in Europe.

TheEuropean Juniors was held in Glasgow, SCO. This yearly competition was scheduled to start three days after the end of the Worlds. Top performer was Laszlo Cseh (HUN), no surprise, as he already was one in Barcelona, with his second in the 400 IM there in 4:10.79, second fastest all time. In Glasgow he won four golds.

The Pan American Games are held every four years and Canada has participated in all but the

## The History of Competitive Swimming in Canada (1867-2002) By John (Jack) G. Kelso


#### Abstract

"Traced from the very beginnings of organized swimming in Canada, this work follows the establishment of organized competitions, the developers of the sport, the great coaches, and the athletes who have dominated the nationals and, in some cases, the international scene. In particular, there is a complete record of the Canadian championships and Canadian participation in the major international Games, a review of Canadian records, and an analysis of the major factors influencing the sport at each stage of its development.

The book will serve as the standard reference for all serious studies of swimming, as a stand-alone subject, or as part of the evolution of sport in Canada."


Richard W. Pound, O.C., O.Q., Q.C., F.C.A.
1960 Canadian Olympic Swimming Team
Past President, Canadian Olympic Asociation
Member, International Olympic Committee

## Editions signed

 by the Authorfirst Games in 1951. Swimming has treated this competition as a major event, with our bestswimmers taking partforthe last two PanAms (1995-1999). This year the Games were in Santo Domingo (DOM), Aug 11-16, and SNC decided to send a B team, composed of the next $16(8+8)$ swimmers from the June Trials. Although the Canadians swam well, they were no match for the USA (also with a B team) and Brazil. Our medal total of 12 was well off the 31 total from four years ago. Joanne Malar, competing atherfourth Games, won the 200 IM for the third consecutive time. Her comeback is off to a good start.

In 1988, Don Talbot was head coach for SNC and proposed tough Olympic standards. It resulted in his dismissal. For 2004 the Canadian Olympic Committee is proposing the same approach: 12th place (two per country) in the 2000 world rankings. See page 29 for the times. It is getting much harder to make your Olympic dream a reality.

Canadians participated in the Universiade in Daegu (KOR) August 24-30, without any financial
support from SNC. There were no medals, four individual finalists, and threewomen's relay finalists. The competition, held every second year, attracted many World championships medallists and was won by Ukraine with 20 (9-5-6) medals.

Two of the current greats (Hackett and Phelps) met in May and trained together. Justin Finney was there and logged their amazing efforts on pages 38-39.

A Canadian Club Nationals was held in late July. From senior down to 13 -and-unders, it was truly something for everybody.

Talbot, Notbing but the Best was published in Australia, and what an interesting story it is, including the two periods spent in Canada during the 1970s and again in the 1980s. The table on how Australia has improved since his return in 1988 and his appointment as head coach in 1989 is dramatic. The review is on page 46.

We hope you will enjoy this issue and thank all those who contributed to make it possible.

## GALENDAR

## CANADIAN

## 2003

November
27-30 Winter Nationals, Ste-Foy, QC
December
12-14 Ontario Sr Championships

## 2004

## January

23-25 Ontario Cup

## February

19-22 Eastern Canadians, Halifax, NS
19-22 Western Canadians, Vancouver, BC
20-22 CIS Interuniversity Champs, Toronto
March
5-7 Ontario JR Provincials
12-14 Canada Cup
April
23-25 Ontario Team Championships
May
14-16 Mel Zajac International, Vancouver
June
25-27 Ontario JR Provincials
July
7-11 Olympic Trials, Etobicoke, 0N
28-31 Club Nationals, Winnipeg, MB

## UNITED STATES

## 2003

## December

4-6 US Open, Federal Way, WA

## 2004

January
16-18 US Grand Prix, Minneapolis, MN
February
10-14 US Spring Nationals, Orlando, FL April
2-4 US Grand Prix, Indianapolis, IN
May
30-2 US Grand Prix, Palo Alto, CA
21-23 US Grand Prix, Ann Arbor
21-23 US Grand Prix, Santa Clara, CA
21-23 US Grand Prix, College Station, TX
July
7-14 US Olympic Trials, Long Beach, CA

## INTERNATIONAL <br> 2003 <br> October

4-18 All Africa Games, Abuja, NGR
November
24-25 World Cup 1, Daejon, K0R
28-30 World Cup 2, Melbourne, AUS
December
5-7 World Cup 3, Durban, RSA
11-14 European SC Championships, Dublin, IRL

## 2004

January
9-10 World Cup 4, Stockholm, SWE
13-14 World Cup 5, Berlin, GER
17-18 World Cup 6, Moscow, RUS
30-31 World Cup 7, New York, USA
February
6-8 World Cup 8, Rio de Janeiro, BRA
May
6-16 European Championships, Madrid, ESP
August
13-19 Olympic Games, Athens, GRE
October
1-7 Asian Swimming Championships, Doha, QAT
7-11 FINA SC World Championships, Indianapolis, USA

## December

9-12 European SC Championships, Vienna, AUT

## 2005

June
24-3 Mediterranean Games, Almeria, ESP
July
17-31 FINA World Championships, Montreal, CAN

## 2006

March
15-26 Commonwealth Games, Melbourne, AUS
July
27-6 European Championships, Budapest, HUN December
1-15 Asian Games, Doha, QAT

## CONTRIBUTORS

The coverage in this issue of so many different topics was possible due to the efforts of the following:

Nikki Dryden, a Canadian atending secondyear law school in Brooklyn, NY, was a two-time Canadian Olympian and Commonwealth Games medal winner. She has written on Canadian and international swimming for the past five years. And


A second for Nikki, in Barcelona
even more surprising, she came back from Barcelona with a second place-finish in the women journalist's 50 freestyle.

- Jeff Grace. who spoke with Cory Beatt about Brittany Reimer's training program, has been an assistant coach in 0ttawa, Calgary and now Langley, BC . He will be writing in future issues on topics aimed at the young athlete, parent, or coach. Hewill be interviewingJenoTihanyi, professor of child development at Laurentian University and the coach who developed Alex Baumann from the mid 1970s, for his next article.
- Justin Finney is an assistant age group coach at the Pointe Claire Swim Club, where he was a nationallevel swimmer representing Canada at the 1993 Pan Pacific Championships.
- Patrick Kramer is a freelance photographer from Switzerland; his pictures illustrate most of the current issue. He took thousands of images and sent us 200 pictures. We narrowed that down to about 50. Kramer has covered most major international swimming events during the past decade.

Nick Thierry, is a member of the FINA Press Commission and was in Barcelona producing the FINA Daily News for 15 days, as well as the extended swimming startlists for the media (television, radio, and journalists) on all final events. That was a total of 100 pages that had to be prepared during the two weeks of the championships. This gave him access to much of the material used to report on the Worlds.

## 2003 FINA WORLD CHAMPIONSHIPS

# LEGENDS REBORN AND LEGENDS CREATED They promised it would be incredible; it was, and more 

## Nikki Dryden

The last time theworld gathered atop Montjuïc in the Mediterranean city of Barcelona, Popov, Perkins, Evans, and Egerszegi were the Kings and Queens of the pool. Today, 11 years later, like the city itself, history stood tall against modernity. Alexander Popov still reigned over the sprint freestyle, but this time it was a battle against the more modern swimmers-Thorpe, van den Hoogenband, and Phelps - that took centre stage. It was the old Olympic pool up against the galvanized steel, cable-suspended, and computerized temporary indoor pool. It was Speedo vs. Nike and Adidas, and it was the old world vs. the new as the Europeans quieted the USA-Australia rivalry.

Atthe 1992 Olympic Games in Barcelona, Russian Alexander Popov, a converted backstroker, burst forth into the world of men's sprint freestyle, winning gold in the 50 and 100 frees. For eight years he ruled as the Tsar of those events, losing control in 1999 to a young Dutchman named Pietervanden Hoogenband. Most gave up on the old man. But fittingly, in the city that made him famous, Popov was resurrected. Most surprising was that over eight days and with crowds of 12,000 spectators each night, Popov was the man the people came to see. Five world records by Michael Phelps, the star that is Ian Thorpe, even the European van den Hoogenband were no match for the legend that is Popov, and each time he graced the podium, the people climbed to their feet to salute him.

But not to be outdone by the drama of the men's competition, three women, all very different, proved they too are legends. American Jenny Thompson, 30 , won three more world titles to bring her total gold to eight and her medal total to 14 -the most hardware of any woman in history at the Worlds. Her country-woman Amanda Beard, 22, a breaststroker who has continually improved since her debut in Atlanta in 1996 at age 14, tied the world record in the 200 breast, and Germany's Hannah Stockbauer erased one of Janet Evans' meet records en route to three gold medals. It was as beautiful to watch as the Barcelona skyline. Legends reborn and legends created in themostspectacularfashion. Thepromoters promised it would be incredible and it was.

The United States easily won the meet by all measures, gold medals, mostmedals, points. Australia was second with more medals than in Fukuoka. And 24 countries won medals, up from 19 in 2001.


Palau Sant Jordi recorded an attendance of 114,423 spectators during 8 days

## SWIMIMING MEDALS

|  |  | Gold | Silver | Bronze | Total |
| :--- | :--- | ---: | ---: | ---: | ---: |
| 1 | USA | 11 | 12 | 5 | 28 |
| 2 | AUS | 6 | 10 | 6 | 22 |
| 3 | GER | 5 | 1 | 2 | 8 |
| 4 | RUS | 3 | 2 | 2 | 7 |
| 5 | CHN | 3 | 0 | 4 | 7 |
| 6 | GBR | 2 | 3 | 3 | 8 |
| 7 | UKR | 2 | 2 | 2 | 6 |
| 8 | NED | 2 | 2 | 1 | 5 |
| 9 | JPN | 2 | 1 | 3 | 6 |
| 10 | POL | 1 | 1 | 0 | 2 |
| 11 | FIN | 1 | 0 | 0 | 1 |
| 11 | ESP | 1 | 0 | 0 | 1 |
| 11 | BLR | 1 | 0 | 0 | 1 |
| 14 | HUN | 0 | 4 | 1 | 5 |
| 15 | SVK | 0 | 1 | 1 | 2 |
| 16 | DEN | 0 | 1 | 0 | 1 |
| 16 | CZE | 0 | 1 | 0 | 1 |
| 16 | CRO | 0 | 1 | 0 | 1 |
| 19 | ROM | 0 | 0 | 2 | 2 |
| 19 | FRA | 0 | 0 | 2 | 2 |
| 21 | TUN | 0 | 0 | 1 | 1 |
| 21 | RSA | 0 | 0 | 1 | 1 |
| 21 | SWE | 0 | 0 | 1 | 1 |
| 21 | ITA | 0 | 0 | 1 | 1 |
|  |  | 40 | 42 | 38 | 120 |


| Points are kept as follows: |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Individual finals: 18, 16, 15, 14, 13, 12, 11, 10 |  |  |  |  |
| 9 to 16 in semifinals: 8, 7, 6, 5, 4, 3, 2, 1 |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| Rank | Country | Men | Women | Total |
| 1 | United States | 474 | 438 | 912 |
| 2 | Australia | 366 | 312 | 678 |
| 3 | Germany | 176 | 310 | 486 |
| 4 | Great Britain | 222 | 188 | 410 |
| 5 | China | 54 | 280 | 334 |
| 6 | Japan | 155 | 170 | 325 |
| 6 | Russia | 259 | 66 | 325 |
| 8 | Canada | 172 | 123 | 295 |
| 9 | Netherlands | 97 | 175 | 272 |
| 10 | Ukraine | 154 | 85 | 239 |
| 11 | Italy | 170 | 39 | 9 |
| 12 | France | 138 | 35 | 173 |
| 13 | Hungary | 50 | 104 | 164 |
| 14 | Sweden | 19 | 139 | 158 |
| 15 | Romania | 60 | 44 | 104 |
| The FINA Trophy is awarded to the top multi-medallist and record-setter based on the following points: Individual placing: 5, 3, 2, 1 World record bonus: 2 |  |  |  |  |
| Ranking |  | Points | Records | Total |
| M | Michael Phelps,USA | 18 | 10 | 28 |
| G | Grant Hackett,AUS | 15 | 0 | 15 |
| $1 a$ | lan Thorpe,AUS | 15 | 0 | 15 |
| H | Hannah Stockbauer,GER | ER 15 | 0 | 15 |
| K | Kosuke Kitajima,JPN |  | 4 | 14 |
|  | Matthew Welsh,AuS | 11 | 2 | 13 |
| Je | Jenny Thompson,USA |  | 0 | 11 |
| lan | lan Crocker,USA | 8 | 2 | 10 |
| Al | Alexander Popov,RUS | 10 | 0 | 10 |
| In | Inge de Bruijn,NED | 10 | 0 | 10 |
| X | Xuejuan Luo,CHN | 10 | 0 | 10 |
|  | Yana Klochkova, UKR | 10 | 0 | 10 |

## DAY ONE, JULY 20

## Nikki Dryden

## Men's 400 Free

Is it the smooth lines of his slick black suit, or is his stroke really thatsuperior? Watching IanThorpeswim is asclose to swimmingZen as one can get. The results, of course, can be predicted before he even touches the wall-the only difference between each race is his time. But Aussie teammate Grant Hackett always makes it interesting until the 300 ; then Thorpedo turns on his legs for the win. This time he clocked a 3:42.58, with Hackett touching in 3:45.17.

## Women's 400 Free

Hannah Stockbauer, the bronze medallist from 2001, led the field from start to finish, surging to a decisive victory in the final 15 metres with a 4:06.75. It looked like Eva Risztov (HUN) might take the win from Stockbauer, but she was only able to manage a 4:07.24. "Attheend I justwentfor it," said Stockbauer. "It's a fantastic feeling to win and the atmosphere here is great."

Canada's Brittany Reimer, in lane 8 and away from the leaders, hung on for fifth place and a new national record of 4:09.34. The 15 -year-old showed no fear in her first international competition as she
dropped almost three seconds from her previous best. "I just went in there with my head held high, thinking that I deserved it just as much as the other girls. I was prepared to go fast, I didn't walk onto the pool deck scared, but ready to race."

## Women's $4 \times 100$ Free

Jenny Thompson is the relay anchor Queen. She's done it for 8 Olympic gold medals and she did it again to boost the American women into first place. Her split of 53.44 was the fifth fastest of all time and her best ever to touch in 3:38.09. Germany fought hard for the win, but Sandra Volker managed split of only 54.31 and
 gaveup their leadforthesilver in $3: 38.73$ with Australia touching in third in 3:38.83.

## Men's $4 \times 100$ Free

The usually dominant American and Aussie men had to settle for second and fourth respectively, as Alexander Popov's Russian team won the gold in a new Championship and European record. In a solid swim, France placed third, 1/100th ahead of the

Aussies thanks to their anchor swimmer Frederique Bousquet who had the fastest split of the night with a 47.03 (second fastest all time). Popov swam a 47.71 while Jason Lezak brought the American's home in a 47.89 .

Canadawas 7 th in $3: 16.83$, a new record bettering theold mark of $3: 17.69$ from lastyear's Pan Pacs, with splits of Yanninck Lupien 50.16, Riley Janes 49.01, Michael Mintenko 48.78, and Brent Hayden 48.88.


Jenny Thompson anchored US team to relay gold

## Championship Records

Men's Relay 4x100 Free: 3:14.06 Russia (RUS) Final Women's 100 Fly: 58.14 Jenny Thompson (USA) prelims Women's 100 Fly: 58.05 Martine Moravcova (SVK) semifinal Women's 100 Fly: 57.99 Jenny Thompson (USA) semifinal

## Continental records

## Africa

Men's Relay $4 \times 100$ Freestyle : 3:18.73 South Africa (RSA) prelims America
Men's 50 Fly: 23.73 lan Crocker (USA) prelims
Men's 50 Fly: 23.47 Ian Crocker (USA) semifinal

## Asian

Men's 100 Breast: 59.98 Kosuke Kitajima ( JPN) semifinal
Europe
Men's Relay $4 \times 100$ Free: 3:14.06 Russia final
Oceania
Men's 100 Breast: 1:01.37 Brenton Rickard (AUS) prelims
Women's 200 Ind.medley: 2:13.69 Alice Mills (AUS) semifinal
Women's $4 \times 100$ Free: 3:38.83 Australia (AUS) final

## Commonwealth

Women's 4×100 Free: 3:38.83 Australia (AUS) final Canadian
Men's 50 Fly: 24.14 Michael Mintenko (UBCD) prelims Men's 50 Fly: 23.97 Michael Mintenko (UBCD) semifinal Men's 4x100 Free: 3:16.83 Lupien, Janes, Mintenko, Hayden final Women's 400 Free: 4:11.55 Brttany Reimer (SKSC) prelims Women's 400 Free: 4:09.34 Brttany Reimer (SKSC) final

## DAY TWO, JULY 21

## Nikki Dryden

## Women's 100 Fly

Jenny Thompson won her second gold of the championship in record time. Thompson, who trains just five times a week while attending Columbia Medical School in NewYork City, has spent the last two years focusing on her schoolwork, yet her swimming is better than ever. Thompson progressed through the heats, semis, and finals in threechampionship records: 58.14, 57.99, and her win of 57.96.

Natalie Coughlin (USA) was eighth, but still managed to find the silver lining. "I did my best and that's what my best is today. I was hoping Jennywould win, I knew I couldn't do it." Despite top rankings in several events heading into the championships, eighth placewas Coughlin's top finish. Suffering from a fever, the young star was unable to shake the illness and subsequently finished well out of top 14 in the 100 back and 100 free. Fighting back tears after the heats of the 100 back, Coughlin said, "It's just one of those challenges that I have to face. But of course I
am disappointed, the 100 back is the event I care about the most."

## Men's 50 Fly

Backstroker Matt Welsh (AUS) showed everyone that he certainly knows how to fly. First off the start and to the wall, Welsh broke the world record by $1 / 100$ th of a second en route to his 23.43 win. "I have no idea where that came from," said Welsh. "I just had no pressure, I was in lane 8, and my first thought was '0h my God I've won, oh my God it's a world record!"

Canadian Mike Mintenko broke the national record in the semi finals with his 23.97 swim. Unfortunately, he missed the final, finishing in ninth spot. "I am not focused on the 50 fly and there are 50 freestylers in there who are justswimming this forfun, so I'm not too disappointed with ninth.


It was a good swim and it's a good sign for the 100 ."

## Men's 100 Breast

The world record holder and defending champ (Roman Sloudnov) was missing, but that didn't take anything awayfrom Kosuke Kitajima's (JPN) win as he smashed the world record in a 59.78. It was a brilliant race for the 20 -year-old. He let James Gibson (GBR) take it out 0.63 under the world record, and as Gibson began to fade in the final 20 metres, Kitajima surged to the wall. American Brendan Hansen, the 200 breast defending
champ, also passed Gibson in the final metres to win silver in 1:00.21 to Gibson's 1:00.37. All three men swam best times to collect their medals.

Canada's Morgan Knabe commented on the fast field. "That's life! Just because I keep getting faster and so are the others, I can't be disappointed. I can't do anything about the other swimmers, only myself." Knabe had a solid swim in the final, good enough for fifth spot (the same as in 2001) with 1:01.07 and was Canada's top-performing male swimmer.

## Women's 200 IM

Yana Klochkova (UKR) wentoutfor theworld record, falling short in the final 25 metres. She was 0.37 under at the half, but fell off on the free leg. She touched just shy of her personal best in 2:10.75, but good enough for a meet record. Alice Mills (AUS) lowered her best time by another second to win silver. Mills progressed through the meet with a 2:15.37 in heats, a 2:13.69 in semis and 2:12.75 in the final.

Despite Canada's history of great individual medley swimmers, Marianne Limpert and Liz Warden missed the final. Limpert is the 1996 Olympic silver medallist and Warden had posted the second-fastest time of the year heading into the competition, but the duo finished in 11th and 13th, respectively in the semi-final.

## DAY THREE, JULY 22

## Nikki Dryden

## Women's 1500 Free

By the 300, reigning champion Hannah Stockbauer's lead was never in dispute. Her final time was a meet record of 16:00.18, narrowly missing the chance to crack the 16-minute barrier.

Hayley Peirsol (USA) pickedup thesilver, dropping 11 seconds from her previous best time in the heats. Veteran Jana Henke (GER) swam the perfect race for third. Her time of 16:10.13 was her lifetime best. At 29, Henke's success is quite spectacular. Brittany Reimer swam another best time and another national record, touching in sixth spot with her 16:15.98.

## Men's 200 Free

It's almost as if Thorpe wishes he could re-create the good olddayswhen he had people to race. It goes down the same way each time; he hangs with the pack then


## Xuejuan Luo (CHN) upset winner in 100 breaststroke

turns on the jets with 50 to go. This time he finished with a 1:45.14, and van den Hoogenband didn'tstand a chance, barely holding off a fast-finishing Grant Hackett 1:46.43 to 1:46.85. But through it all, Thorpe still cherishes each win, singing the words along with his national anthem each time it's played. "It was an average time, butI'm very happywith the result," said Thorpe. "I was aware of where Pieter was the whole time, but I wanted to concentrate on my own swim and not worry about where he was."

## Women's 100 Breast

After astunning swim in the semis, Leisel Jones (AUS) managed only a 1:07.42, for third, leaving the way open for defending champ Xuejuan Luo (CHN) to win in a personal best time of 1:06.80.

Amanda Beard (USA), in her lifetime best, won the silver in a 1:07.42, proving once again that if you want to win a medal (Thorpedo aside), you have to swim your best. "That was my best time and you can't ask for anything better than that," said Beard. "I'll be on the award stand and that is great!"


100 backstroke medallists Vyatchanin (RUS), Peirsol (USA), and Welsh (AUS)

In the semis, Jones broke Penny Heyns' (RSA) world record. Her time of 1:06.37 was an utter surprise to the young star, who couldn't believe the clock. "Those weren't quite tears of joy, but close to it. It was quite a shock to see the time on the scoreboard. It still hasn't sunk in yet, but I'm sure it will tonight when I go to bed. I think it was seeing Matt [Welsh] set a world record that inspired me." The new world record holder was last off the blocks in the final and only third to the wall.

Canada's Rhiannon Leier was
silver medal in 53.92. Peirsol's swim was over half a second better than his previous lifetime best, the same for Vyatchanin and a European record.

## Women's 100 Back

Antje Buschschulte (GER) finally had her day toshine. After a fourth-place finish in this event in 1999 and a bronze in 2001, Buschschulte put it all together at the right time for her 1:00.50 win, breaking her country's national record set back in 1984. Two more great swims were put in by Katy Sexton (GBR) and Louise Ornstedt (DEN), who tied for silver in 1:00.86. Yes, that's two ties for second in the same event, men's and women's 100 back.
eighth with a1:09.39, whileteammate and 1998 world bronze medallist Lauren van Oosten missed the final.

## Men's 100 Back

Aaron Peirsol (USA), inspired by his young sister's silver medal in the 1500 momentsearlier, missed theworld record by just $1 / 100$ th of a second, touching in 53.61. Peirsol letdefending champ Matt Welsh take out the race just under world record pace. But by 75, the race belonged to Peirsol as Welsh tightened up and allowed Arkady Vyatchanin (RUS) to catch and tie him for the

## World Record

Men 's 200 Fly: 1:53.93 Phelps Michael (USA) semifinal Championship Records
Men's 200 Fly: 1:53.93 Phelps Michael (USA) semifinal Men's 100 Back: 53.61 Peirsol Aaron (USA) final
Women's 1500 Free Style: 16:01.18 Stockbauer Hannah (GER) final
Continental Records

## American

Men's 200 Fly: 1:53.93 Phelps Michael (USA) semifinal
European
Women's 1500 Free Style: 16:10.18 Stockbauer Hannah (GER) final
Men's 100 Back: 53.92 Vyatchanin Arkady ( RUS) final
Asia
Women's 100 Breast: 1:06.80 Luo Xuejuan (CHN) final
Oceania
Men's 50 Breast: 28.13 Rickard Brenton (AUS) heats

## Comonwealth

Men's 50 Breast: 27.46 James Gibson (ENG) final
Men's 200 Fly: 1:55.90 Stephen Parry (ENG) semifinal
Canadian
Women's 1500 Free: 16:15.98 Brittany Reimer (SKSC) final

## DAY FOUR, JULY 23

## Nikki Dryden

## Men's 50 Breast

James Gibson (GBR) was absolutely elated to win Britain's first individual world-championships gold medal in over 28 years. His winning time of 27.56 was off his best, but good enough to beat out Oleg Lisogar (UKR) and Mihaly Flaskay (HUN) in 27.74 and 27.79. "I've been working for this for four years," said Gibson. "I had a good start, felt very relaxed and very chilled out." Countryman David Wilkie won the 100 breast and 200 breast at the 1975 World Champs, for the last British men's gold medal winner 28 years ago. It has been a long wait.
 a lifetime best of 1:55.52. Former world record holder and Olympic champion, Tom Malchow (USA), was third in 1:55.66.

## Men's $4 \times 200$ Free

Lead-off swimmers Phelps and Hackett played out "the race that might have been" had Phelps swum the 200 free individually. Phelps touched first in 1:
have taken the bronze from Hackett in the individual event. But Thorpe, the Aussie anchor, was given the
international medal with

46.60 -good enough to A $\mathbf{2 8}$ year draught is over as James Gibson (GBR) wins
lead and, despite a 1:45.99 split from American Klete Keller, it was no
match forThorpedo. His split of 1:44.41 was the second fastest relay leg of all time. Australia won in $7: 08.58$, well off their world record from 2001 of 7:04.66.

The USA, with 7:10.26 bettered their previous best of 7:11.81. Canada was in fifth, in 7:17.38, ahead of Great Britain with 7:18.99.

## Championship Record

Men's 200 Breast: 2:09.73 Kitajima Kosuke (JPN) semifinal Continental Records America
Men's 200 Free: 1:46.60 Michael Phelps (USA) relay lead-off Men's $4 \times 200$ Free relay: 7:10.26 United States (USA) final Asia
Men's 100 Free: 50.23 Chen Zuo (CHN) heats Men's 200 Breast: 2:09.73 Kitajima Kosuke (JPN) semifinal Men's 200 Fly: 1:55.52 Yamamoto Takashi (JPN) final Commonwealth
Men's 200 Breast: 2:10.69 lan Edmond (ENG) semifinal

Alena Popchenko won first-ever medal for Belarus

## Women's 200 Free

Alena Popchenko (RUS) swam a beautiful race, taking over the lead from Martina Moravcova (SVK) at the 100 and never looking back. Her winning time of $1: 58.32$ was just off her best from last summer. Moravcova won yet another silver medal in 1:58.44. "It's my secondbest time since the silver medal at the Olympics."

## Men's 200 Fly

Aspredicted,MichaelPhelpseasilyput away the rest of the field to win the 200 fly. Hewon in 1:54.35, four tenths slower than his world record from the semis. In a great swim, Takashi Yamamoto (JPN), who trained in Canada with coach Bud McAllister (until April), won his first major


Ian Thorpe swam 1:44.41 to give the gold to Australia in the $4 \times 200$ free

## DAY FIVE, JULY 24

## Nikki Dryden

## Women's 50 Back

Over 11,000 fans opened the night by lifting their adopted countrywoman to gold. Spain's Nina Zhivanevskaya moved from last to first, plunging to the wall for the win. "I deserve this medal," said Zhivanevskaya. "But all the people who have come here to support me deserve it more. At the start I was very calm and also a bit worried about coming in first. But in the end it went well."

## Men's 200 Breast

Kosuke Kitajima certainly gave Thorpe and Phelps a challenge for just who would be named Swimmer of the Championships. He swam the perfect race, letting Brendan Hansen (USA) take it out one second under world record pace at the 100. Kitajima moved ahead and was 0.90 under at the 150 . His final time of 2:09.42 was another new world record and his second gold medal.

Ian Edmond (GBR) continued Britain's breaststroke success, passing Hansen in the final 50 to winsilver in 2:10.92 to Hansen's 2:11.11, whileMike Brown (CAN) finished in seventh with a 2:13.30. Also noteworthywas 14-year-oldDaniel Gyurta (HUN), who swam a 2:13.63 in the heats, but missed the final with

## World Records

Men's 200 Breast: 2:09.42 Kitajima Kosuke (JPN) final Men's 200 Ind. medley: 1:57.52 Phelps Michael (USA) semifinal
Championship Records
Women's 50 Back: 28.48 Zhivanevskaya Nina (ESP) final Men's 200 Breast: 2:09.42 Kitajima Kosuke (JPN) final Men's 200 Back: 1:55.82 Peirsol Aaron (USA) semi final Men's 200 Ind. medley: 1:57.52 Phelps Michael (USA) semifinal Women's 4x200 Free relay:7:55.70 United States(USA) final
Continental Records
America
Men's 200 Ind. medley: 1:57.52 Phelps Michael (USA) semifinal Women's 200 Free: 1:57.41 Benko Lindsay (USA) relay lead-off Women's 4x200 Free: 7:55.70 United States (USA) final

## Asian

Women's 50 Back: 28.62 Inada Noriko (JPN) final
Men's 200 Breast: 2:09.42 Kitajima Kosuke (JPN) final
Men's 200 Ind. medley: 2:00.29 Mori Takahiro (JPN) semifinal
Oceania
Women's 4x200 Free relay: 7:58.42 Australia (AUS) final Commonwealth
Men's 200 Ind. medley: 1:59.86 George Bovell (TRI) semifinal
Women's 50 Back: 28.65 Jennifer Carroll (CAN) final
Women's $4 \times 200$ Free: 7:58.42 Australia (AUS) final
Canadian
Women's 50 Back: 28.65 Jennifer Carroll (MEGO) final


Second world record win for Kosuke Kitajima (JPN) in 200 breaststroke
a slower semi swim that placed him 14th overall

## Men's 100 Free

In the marquee event of men's swimming, Popov regained his title as Fastest Man in Swimming with his win in the 100 free in 48.42 . He did it by clearly defeating van den Hoogenband and Thorpe, and his satisfaction was apparent. In a rare display of emotion, Popov smiled, threw his fists in the air and waved to the crowd who gave him a standing ovation. It was a greatmomentforswimming, and for one of the greatest freestylers of all time.

Forvan denHoogenband and Thorpe, the race was a reminder not to forget the past. "I did my best (today) and that's all I could do," said vandenHoogenband. "Popov beat me in a direct duel in a
fair way, and I can live with that. It motivates me to try and beat him the next time."

While bronze is not a colour usually associated with Thorpe, it was his best performance in the event. "I've been working very hard on my speed and it is certainly coming, but it's not quite there yet," said Thorpe. "This is my first major medal at this level in this event and I'm very happy with that."

## Women's 4x200 Free

Lindsay Benko (USA) led out the American team with a 1:57.41—almost a second faster than Alena Popchenko, won the individual 200 free earlier in the competition. But it didn't stop there; her teammates Rachel Komisarz, Rhiannon Jeffery, and Diana Munz came within three tenths of breaking the oldest women's world record on the books. Their time of $7: 55.70$ broke the championship record set by China in 1994, but missed the German Democratic Republic's world record from 1987.


31-year-old Alexander Popov (RUS) won 100 free for third time

## DAY SIX, JULY 25

## Nikki Dryden

## Women's 100 Free

Hanna-MariaSeppala (FIN) made history, becoming the firstFinnish woman to win aworld championship title. In aperfectprogression from heats through finals, she won in a personal best time of 54.37. Seppala was 16th in this event in 2001.

Jodie Henry (AUS), last year's Pan Pac silver medallist in this event, was second while Jenny Thompson touched in third.

## Women's 200 Breast

Unfortunately, Phelps' pair of world records and Popov's performance overshadowed the top woman's swim of the championships. However, there is no dispute that Amanda Beard has proven her longevity in the breast events over the last seven years, from her double silver medal performances in Atlanta to her world record. Her 2:22.99 tied the existing record by Hui Qi (CHN). "My coach called it a perfect race," said a shocked Beard. "And you can't get better than that!"

## Men's 200 Back

Aaron Peirsol went too hard too soon in an effort to break the world record and suffered in the final 20 metres. Peirsol was under the world record at the 50 and 100 , but his stroke, usually so long and strong, looked too aggressive, and his stroke rate by the final 50 had fallen considerably. But that doesn't mean his championship win wasn'timpressive. Only thesecond manunder $1: 56$, he holds three of thesix performances under that standard. His time of $1: 55.92$ was off his best from the semis, but a clear win over Gordon Kozulj (CRO), who had his best major swim to earn silver in 1:57.47. Simon Dufour (FRA) was third
in $1: 57.90$, out-touching Matt Welsh (AUS) by $2 / 100$ ths.

## Men's 200 IM

There is no doubt in anyone's mind; Michael Phelps was the swimmer of the meet. In one of the top swimming performances of all time, Phelps shattered the world record and annihilated not only two of the best 200 IMers in theworld, Massimiliano Rosolino (ITA) andJaniSievinen (FIN), but Thorpe as well. And that was after hehad justbrokentheworld record in the 100 fly. Phelps is beyond great-he is incredible.

With just 30 minutes rest Phelpsswam a race that will leave jaws dropped for years to come. Phelpsdidn'tjustwin and hedidn't justbreak theworld record. Hehad oneof thoseswims that brings you to your feet and keeps you there, standing in awe at the greatness ofsuch an historical performance. He finished in 1:56.04, one and a half seconds faster than his previous best, and almost three body lengths ahead of the field.

That field included reigning Olympic Champion Rosolino (ITA) and former world record holder Sievinen (FIN), who finished in third and fourth. Overshadowed for the second time in as many nights, Thorpe won the silver in his best time of 1:59.66, the fifth bestperformance in history.


200 breaststroke winner Amanda Bear (USA) tying world record


Michael Phelps (USA) world record 200 IM win

## World Records

Men's 100 Fly: 51.76 Serdinov Andriy (UKR) semifinal 1 Men's 100 Fly: 51.47 Phelps Michael (USA) semifinal 2 Men's 200 Ind. medley: 1:56.04 Phelps Michael (USA) final Women's 200 Breast: 2:22.99 Beard Amanda (USA) final Championship Records
Men's 50 Free: 21.98 Popov Alexander(RUS) semifinal Men's 100 Fly: 51.76 Serdinov Andriy (UKR) semifinal Men's 100 Fly: 51.47 Phelps Michael (USA) semifinal Men's 200 Ind. medley: 1:56.04 Phelps Michael (USA) final Women's 200 Breast: 2:22.99 Beard Amanda (USA) final

## Continental Records

## America

Men's 200 Ind. medley: 1:56.04 Phelps Michael (USA) final Men's 800 Free: 7:48.09 Jensen Larsen (USA) final Women's 200 Breast: 2:22.99 Beard Amanda (USA) final Asia
Men's 100 Fly: 52:55 eq Yamamoto Takashi (JPN) semifinal Women's 50 Fly: 26.73 Zhou Yafei (CHN) semifinal Europe
Men's 100 Fly: 51.76 Serdinov Andriy (UKR) semifinal Oceania
Women's 200 Breast: 2:24.33 Jones Leisel (AUS) final Men's 200 Ind. medley: 1:59.66 Thorpe Ian (AUS) final Commonwealth
Men's 200 Ind. medley: 1:59.66 Thorpe Ian (AUS) final Canadian
Women's 800 free: 8:35.76 Brittany Reimer (SKSC) prelims


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## DAY SEVEN, JULY 26

## Nikki Dryden

## Women's 50 Fly

Inge de Bruijn (NED), clad in a swim cap with "Princess" printed on the front, won in a new championship record of 25.84 , off her best time from three years ago. Jenny Thompson swam a best time by over half a second to win silver in 26.00 , while the world record holder,Anna-Karin Kammerling (SWE), was third in 26.06 , well off her best also.

"Princess" Inge de Bruijn (NED) wins first of two 50 sprint golds

## Women's 200 Back

Katy Sexton (GBR) came home in 31.35 to win her first major international gold and highlight a muchimproved British team. Her winning time of 2:08.74 was a Commonwealth record. She beat a fading


Hannah Stockbauer (GER) completes sweep of 400, 800, and 1500 freestyle
Margaret Hoelzer (USA), who touched in 2:09.24.

## Men's 50 Free

Popov continued his comeback with a clear win in 21.92, buthewasn'tready to committo anypredictions for next summer. When asked about Athens, he said that he thought a lot of people could swim fast there. When asked about whether he ever thought he would retire after Sydney, he replied smiling, "I was only young then."

Mark Foster (GBR) won his first major long course medal by racing to second place in a 22.20 , while van den Hoogenband picked up the bronze. The three men behaved unlike our traditional notion of sprinters. They all hugged in the water and were throwing their arms over each other's shoulders on pool deck. "It doesn't bother me as much when I am beaten by Alex," said van den Hoogenband. "I respect him so much."
 disappointed because I was so close to getting a medal. But I am still really happy because it's a best time by so far."

Reimer said she saw Cooke only on the last lap and it was just too late. "I tried, but I just couldn’t catch her. My goal was to keep up to [Stockbauer] and IknewthatifI did, I would befairly fast, I Ijustdidn'tknowl'd bethatfast!" Reimer dropped almost eight seconds off her best from last month. Reimer's coach, Cory Beatt, was not selected to the team, but Reimer was in daily phone contact with him from Spain. "I owe about 70 Euros in phone bills at the hotel," she said laughing. "He is really happy with the way I've been swimming, and he justsays to do what


Ian Crocker (USA) won the 100 fly in an unbelievable 50.98

I do best and not to think about what the other girls are doing." Reimer had almost the perfect meet:eight swims and seven best times; only her lead-out heat swim in the $4 \times 200$ free was off her best.

## Men's 100 Fly

Three world records that were broken in two days by three men equals the event of the meet, and for the
ultimate champion, Ian Crocker (USA), the swim of the meet. Crocker had to take 1.23 seconds off his best time to beat Phelps and by doing it he smashed the world record. Crocker went for it and, while every other person in the building assumed Phelps would win, Crocker had the guts to believe it could be him. "I've been wanting to swim under 51 seconds for a long time, but I guess I skipped it and went straight to

50 seconds," said Crocker. "It's like a dream."
Crocker's time of 50.98 and Phelp's 51.10 were both faster than the world record set by Phelps in the semis. Even bronze medal winner Andriy Serdinov (RUS), the owner of the world record for five minutes after semi number one, had to go faster than Michael Klim's (AUS) oldworld record. "Thatwas an incredible race, it's probably the best race I've ever swum," said Phelps. "The race was fantastic, I thought Ian's swim was perfect."

After Serdinov's record breaking swim in the semis, it took everyone a few seconds for it to register, including Serdinov, that in fact he was the new world record holder, andeven when they did, they didn't quite knowhow to react. Butbefore Serdinovhad even afew moments to celebrate, Phelps erased him from the board. Another record for the shortest record holder will become the ultimate trivia question.

## Women's 4x100 Medley

China won in a new championship record of 3:59.89 after a 1:05.79 breast split for Xuejuan Luo (fastest split of all time) and 53.71 for Yu Yang (ninth fastest all time). Jenny Thompson split a 57.40100 fly (4th fastest all time) to lead USA to a $4: 00.83$. Natalie Coughlin led out in a 1:02.26, almost three seconds slower than her best time.


In what was a fantastic rookie performance, Brittany Reimer (CAN) missed a medal in the 800 free final by 28/100ths

## World Records <br> Men's 100 Fly: 50.98 Crocker lan (USA) final Championship Records

Men's 100 Fly: 50.98 Crocker lan (USA) final Men's 50 Free: 21.92 Popov Alexander (RUS) final Men's 50 Back: 25.19 Rupprath Thomas (GER) heats Men's 50 Back: 25.07 Rupprath Thomas (GER) semifinal Women's 50 Fly: 25.84 DeBruijn Inge (NED) final Women's 50 Breast: 30.64 Luo Xuejuan (CHN) semifinal Women's 800 Free: 8:23.66 Stockbauer Hannah (GER) final Women's 4x100 Medley: 3:59.89 China (CHN) final

## Continental Records

## Africa

Men's 50 Back: 25.38 Zandberg Gerhard (RSA) semifinal

## America

Men's 100 Fly: 50.98 Crocker lan (USA) final
Women's 50 Fly: 26.00 Thompson Jenny (USA) final

## Asia

Women's 50 Breast: 30.64 Luo Xuejuan (CHN) semifinal Women's $4 \times 100$ Medley: 3:59.89 CHINA (CHN) final Men's 100 Fly: 52.27 Yamamoto Takashi (JPN) final Europe
Men's 100 Fly: 51.59 Serdinov Andriy (UKR) final Oceania
Women's 50 Breast: 31.24 Hanson Brooke (AUS) heats Women's 50 Breast: 31.11 Hanson Brooke (AUS) semifinal

## Commonwealth

Women's 200 Back: 2:08.74 Sexton Katy (ENG) final Canadian
Women's 800 Free: 8:28.73 Reimer Brittany (SKSC) final Women's 50 Breast: 31.96 Leier Rhiannon (MM) heats

## DAY EIGHT, JULY 27

## Nikki Dryden

12,250 spectators came to watch the final night of swimming at the 10th FINA World Championships and none left disappointed. Michael Phelps made certain of that. He broke his fifth world record of the competition, breaking the total of four set by Mark Spitz at the 1972 Olympics. But what we will all eagerly wait for is to see if Phelps can break Spitz's other famous record of seven Olympic gold medals next summer in Athens.

## Men's 1500 Free

Ask any swimmer who swam in the 1990s what the most exciting event is at a major games and they will all tell you the 1500 free. Unfortunately, the battles between Kieren Perkins,JorgHoffman, GlenHousman, and Daniel Kowalski are long gone, and only Grant Hackett remains alone to dominate the event.

So for the third time in a row, Hackett won the world title in the 1500 to add to his win in the 800 earlier in the championships. His time of 14:43.14 was off his best, but still 18 seconds ahead of the rest of the field.


Men's 400 IM medallists: Ousama Mellouli (TUN), Michael Phelps (USA), and Laszlo Cseh (HUN)

Men's 50 Back Final
Thomas Rupprath (GER) won his first world championships in a world record time of 24.80 . The top six men all swam best times, including Matt Welsh (AUS) who picked up a silver in 25.01 and Gerhard Zandberg (RSA) who won bronze in 25.07. "I am extremely happy," said Rupprath. "I do not care about the time, I do not care about anything, I
am just happy that I won."

## Women's 50 Breast

Xuejuan Huo (CHN) won her third gold medal with her win of 30.67, while Brooke Hanson (AUS) had a strong swim to win silver in 31.13. Zoe Baker (GBR), the world record holder at 30.57 was well off her best, and only managed the bronze with a time of 31.37 .


World record for Thomas Rupprath (GER) in the 50 backstroke

## World Records

Men's 50 Back: 24.80 Rupprath Thomas (GER) final Men's 400 Ind. medley: 4:09.09 Phelps Michael (USA) final Men's 4x100 Medley: 3:31.54 United states (USA) final

## Championship Records

Men's 400 Ind. medley: 4:09.09 Phelps Michael (USA) final
Men's $4 \times 100$ Medley: 3:34.80 United states (USA) heats
Men's 50 Back: 24.80 Rupprath Thomas (GER) final
Men's $4 \times 100$ Medley: 3:31.54 United states (USA) final
Continental Records

## Africa

Men's 50 Back: 25.07 Zandberg Gerhard (RSA) final Men's 100 Back: 55.64 Zandberg Gerhard (RSA) relay lead-off heats Women's 400 Ind. medley: 4:48.75 Coventry Kirsty (ZIM) heats Men's 400 Ind. Medley: 4:15.36 Mellouli Oussama (TUN) final

## America

Men's 4x100 Medley: 3:31.54 United states (USA) final
Men's 400 Ind. medley: 4:09.09 Phelps Michael (USA) final

## Asia

Men's 4x100 Medley: 3:37.08 Japan (JPN) heats
Men's 4x100 Medley: 3:36.12 Japan (JPN) final

## Europe

Men's 50 Back: 24.80 Rupprath Thomas (GER) final
Men's 400 Ind. medley: 4:10.79 Cseh Laszlo (HUN) final
Men's $4 \times 100$ Medley : 3:34.72 Russia (RUS) final
Oceania
Men's 50 Back: 25.01 Welsh Matthew (AUS) final

## Commonwealth

Men's 50 Back: 25.01 Welsh Matthew (AUS) final

## Canadian

Men's 4x100 Medley: 3:37.94 Janes, Knabe, Mintenko, Hayden final
"I wanted to beat the world record," said Huo. "After the whistle I realized that my start was not terribly good. If I had had a good start I think I could have beaten the record, however I am satisfied because the important thing was to win gold."

## Women's 50 Free

Ingede Bruijn (NED) cleared out on the field to win gold in 24.47 , just off her championship recordfrom 2001. Butit was two young Aussies, Alice Mills (17 years old) and Lisbeth Lenton (18 years old) who out-touchedJennyThompson forothermedals. Millsswam abesttime of 25.07 for the silver while Lenton swam a 25.08 for the bronze.

Unlike de Bruijn, who swam only 50s and no relays for the Netherlands, Thompson's championship schedule looked much likeher one atmed school. She swam four individual events plus
two relays, finishing the meet with three golds, one silver, one bronze, and a fourth place finish with her 25.10 in the 50 free. "I couldn't be happier with my performances here this week," said Thompson, who goes to school from 9 to 5 , heads off to practice during most people's dinner break, then lugs her text books to the library until midnight each night. "I never expected this kind of success and, although I would have liked to get a medal in my final event, I think it is like a blessing in disguise because it will leave me with a hunger that I can use in training for next year."

## Men's $\mathbf{4 0 0}$ IM

Despite the throwing of pumpers and grins from ear


Yana Klochkova (UKR) wins 200 and 400 IM for the second championships in a row
to ear, Phelps finally looked tired. After winning in a perfectly paced race, Phelps swaggered across the pool-deck looking as if he couldn't swim another lap. His final time of $4: 09.09$ was almost two seconds faster than his world record swim last summer. As he had done all week, Phelps swam a more evenly paced race, taking the fly out slightly slower than last year and then progressively chopping time off the world record.

As he did for Ian Crocker in the 100 fly, Phelps's fast swimming carried along Laszlo Cseh (HUN) to a 4:10.79, only $6 / 100$ ths off Phelps's old world record, and a European record. And in for the bronze for Tunisia's first-ever medal was Oussama Mellouli in $4: 15.36$.

## Women's 400 IM

Yana Klochkova, untouched by anyone for several years, had to fight for gold against her new rival Eva Risztov. Risztov won four silver medals at last summer's Europeans and picked up her third world championship silver medal touching in 4:37.39 to Klochkova's 4:36.74. Beatrice Caslaru (ROM) won her first major (World or Olympic) international medal with a bronze in 4:41.86.

## Men's $4 \times 100$ Medley

Fittingly, the night started and ended with new world records. The American team of Peirsol, Hansen, Crocker, and Lezak dropped two seconds off their world record set last year in a time of 3:31.54. Russia was anchored by Popov to win silver in 3:34.72 and Japan was third with a 3:36.12. "We are very, very happy! Thank you," said an elated Takashi Yamamoto of Japan. It was the first (Olympic or World) relay medal for the Japanese men's team since the 1964 Olympics.

The top splits of the relay were: Back: Aaron Peirsol (USA): 53.71 (3rd fastest all time)

Breast: Kosuke Kitajima (JPN): 59.11 (fastest split of all time)

Fly: Ian Crocker (USA): 50.39 (fastest split of all time)

Free:PietervandenHoogenband (NED): 46.20 (fastest split of all time)

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## 2003 FINA WORLD CHAMPIONSHIPS

Barcelona, Jul 20-27 (50 M)

## MEN'S EVENTS

METRES
Final
21.92 Popov Alexander,71,RUS
22.20 Foster Mark,70,GBR
22.29 vdHoogenband Pieter,78,NED
22.30 Kenkhuis Johan,80,NED
22.38 Sicot Julien,78,FRA
22.40 Volynets Oleksander,74,UKR
22.41 Hawke Brett,74,AUS
22.44 Lezak Jason,75, USA

Semifinal, Jul 25
25.07 Rupprath Thomas,77,GER
25.38 Driesen Steffen,81,GER
25.38 Zandberg Gerhard,83,RSA
25.47 Peirsol Aaron,83,USA
25.50 Watson Josh,77,AUS
25.51 Bal Randall, 80, USA
25.52 Welsh Matt,76,AUS
25.61 Grigalionis Darius,77,LTU
25.62 Ortega David,79,ESP 25.68 Lim Alex.80,MAS 25.74 Ouyang Kunpeng, $82, \mathrm{CHN}$ 25.79 Morita Tomomi,84,JPN 25.81 Hussein Ahmed,82,EGY 25.91 Vyatchanin Arkadi,84,RUS 25.95 Nishikori Atsushi,78,JPN

16 25.99 Shyrshov Vyacheslav,79,UKR
Prelims, Jul 25
21.98 Popov Alexander,71,RUS
22.29 Lezak Jason,75,USA
22.32 Kenkhuis Johan,80,NED 22.36 Sicot Julien,78,FRA
22.51 vdHoogenband Pieter,78,NED 22.54 Mankoc Peter,78,SLO 22.54 Hawke Brett,74,AUS
822.56 Neethling Ryk,77,RSA 22.57 Volynets Oleksander,74,UKR 22.59 Foster Mark, $70, \mathrm{GBR}$
22.60 Lorente Eduardo,77,ESP

12 22.63 Novy Karel,80,SUI
22.63 Scarica Michele,82,ITA
22.63 Shyrshov Vyacheslav,79,UKR 22.64 Bousquet Frederick,81,FRA 22.69 Pimankov Denis,75,RUS
22.74 Schoeman Roland,80,RSA 22.74 Iles Salim,75,ALG

19 22.74 Ervin Anthony,81,USA
20 22.75 Kizierowski Bartosz,77,POL
22.75 Vismara Lorenzo,75,TIA 22.75 Nystrand Stefan,81,SWE

23 22.80 Scherer Fernando,74,BRA
2422.83 Busquets Ricardo,75,PUR 23.67 Miloslavskis Romans,83,LAT

## Total 165 competitors

Swim-off for 17th
22.44 Schoeman Roland,80,RSA 22.47 Ervin Anthony,81,USA 22.96 Iles Salim,75,ALG

100 METRES FREESTYLE
Final, Jul 24
48.42 Popov Alexander,71,RUS
48.68 vdHoogenband Pieter,78,NED 48.77 Thorpe lan,82,AUS 48.94 Lezak Jason,75, USA 48.95 Kapralov Andrei,80,RUS 49.30 Bousquet Frederick,81,FRA 49.51 Neethling Ryk,77,RSA 49.65 Cavic Michael,83,YUG

Semifinal, Jul 23
54.28 Peirsol Aaron, 83,USA 54.49 Vyatchanin Arkadi,84,RUS
54.60 Driesen Steffen,81,GER
54.77 Welsh Matt,76,AUS
54.77 Lim Alex,80,MAS
55.11 Rogan Markus,82,AUT 55.12 Cseh Laszlo,85,HUN 55.17 Morita Tomomi,84,JPN 55.21 Ouyang Kunpeng,82,CHN 55.30 Medvesek Baz,80,SLO 55.31 Dufour Simon,79,FRA 55.36 Nishikori Atsushi,78,JPN 55.42 Florea Razvan,80,ROM 55.67 Arnarson Orn,81,ISL

15 55.71 Gath Yoav,80,ISR
1655.83 Horvath Peter,74,HUN

Prelims, Jul 23
48.86 vdHoogenband Pieter,78,NED 48.93 Lezak Jason,75, USA 48.94 Popov Alexander,71,RUS 49.17 Thorpe lan,82,AUS 49.21 Kapralov Andrei,80,RUS 49.54 Hayden Brent,83,CAN 49.58 Spanneberg Torsten,75,GER 49.59 Tucker Scolt,75,USA 49.63 Mankoc Peter,78,SL0 49.63 Neethling Ryk,77,RSA 49.67 Bousquet Frederick,81,FRA 49.68 Cavic Michael,83,YUG 49.73 Novy Karel,80,SUI 49.74 Callus Ashley,79,AUS 49.78 Vismara Lorenzo,75,ITA 6 49.87 Herbst Stefan,78,GER 49.90 Galenda Christian,82,ITA 50.07 Kenkhuis Johan,80,NED 50.12 Gimbutis Rolandas,81,,TU 50.14 Frolander Lars,74,SWE 50.16 Barnier Romain,76,FRA 50.20 Iles Salim,75,ALG 23 50.23 Chen Zuo,82,CHN 2450.24 Shyrshov Vyacheslav,79,UKR

## Total 161 competitors

## 200 METRES FREESTYLE

## Final. Jul 22

1 1:45.14 Thorpe lan,82,AUS
2 1:46.43 vdHoogenband Pieter,78,NED
3 1:46.85 Hackett Grant,80,AUS
4 1:48.73 Svoboda Kvetoslav,82,CZE
5 1:48.76 Kapralov Andrei,80,RUS
6 1:48.79 Cappellazzo Federico,80,ITA 7 1:48.96 Mankoc Peter,78,SL0 8 1:49.35 Dusing Nate,78,USA Semifinal, Jul 21
1 1:46.32 vdHoogenband Pieter,78,NED
2 1:47.20 Thorpe lan,82,AUS
3 1:47.72 Hackett Grant,80,AUS
4 1:48.66 Dusing Nate,78,USA
5 1:48.84 Kapralov Andrei,80,RUS
6 1:48.92 Mankoc Peter,78,SLO 7 1:49.23 Svoboda Kvetoslav,82,CZE 8 1:49.29 Cappellazzo Federico,80,ITA 9 1:49.52 Say Rick,79,CAN 10 1:49.64 Bovell George,83,TRI 11 1:49.76 Herbst Stefan,78,GER 12 1:49.85 Wildeboer Olaf,83,ESP 13 1:49.98 Kuznetsov Maxim,82,RUS 14 1:50.59 Meichtry Dominik,85,SUI 15 1:50.66 Miloslavskis Romans,83,LAT 16 1:51.69 Keller Klete, 82,USA
Prelims, Jul 23
1:47.21 vdHoogenband Pieter,78,NED
2 1:47.99 Thorpe lan,82,AUS
3 1:49.30 Svoboda Kvetoslav,82,CZE
4 1:49.47 Herbst Stefan,78,GER
5 1:49.49 Dusing Nate,,78,USA
6 1:49.51 Bovell George,83,TR|
7 1:49.66 Hackett Grant,80,AUS
8 1:49.75 Say Rick,79,CAN
9 1:49.77 Keller Klete,82,USA 10 1:50.05 Miloslavskis Romans,83,LAT 11 1:50.06 Wildeboer Olaf,83,ESP 12 1:50.19 Cappellazzo Federico,80,ITA 13 1:50.29 Meichtry Dominik,85,SU 14 1:50.48 Kuznetsov Maxim,82,RUS 15 1:50.53 Kapralov Andrei,80,RUS

1:50.53 Mankoc Peter,78,SLO 17 1:50.54 Han Kyu-Chul,81,KOR 18 1:50.61 Xylouris Nikos,82,GRE 1:50.61 Castro Rodrigo,78,BRA 20 1:50.62 Chen Zuo,82,CHN 21 1:50.74 Liu Yu,82,CHN 22 1:50.77 Johnston Mark,79,CAN 23 1:50.90 Coman Dragos,80,ROM 24 1:51.00 Fesenko Sergiy,82,UKR Total 96 competitors

## 400 METRES FREESTYLE

## Final, Jul 20

1 3:42.58 Thorpe lan,82,AUS
2 3:45.17 Hackett Grant,80,AUS 3 3:46.87 Coman Dragos,80,ROM

3:47.44 Rosolino Massi,78,ITA
3:47.70 Keller Klete,82,USA
6 3:48.50 Prilukov Yuri, 84,RUS 3:50.36 Carvin Chad,74,USA 8 3:51.83 Smith Graeme,76,GBR Prelims, Jul 20
3:47.44 Thorpe lan,82,AUS
2 3:48.35 Hackett Grant,80,AUS
3 3:48.49 Prilukov Yuri,84,RUS
4 3:49.59 Rosolino Massi,78,ITA
5 3:49.85 Keller Klete,82,USA
6 3:49.92 Smith Graeme,76,GBR
7 3:50.28 Carvin Chad,74,USA
8 3:50.29 Coman Dragos,80,ROM
9 3:52.04 Mellouli Oussama,84,TUN
10 3:52.24 Fesenko Sergiy,82,UKR 11 3:52.34 Xylouris Nikos,82,GRE 12 3:52.53 Rostoucher Nicolas,81,FRA 13 3:52.93 Filipets Alexei,78,RUS 14 3:53.06 Johnston Mark,79,CAN 5 3:53.06 Say Rick,79,CAN
16 3:53.43 Brembilla Emiliano,78,ITA 17 3:54.17 Oikonomou Athanasios,78,GRE 18 3:54.68 Stanczyk Przemyslaw,85,POL
19 3:54.70 Davies David,85,GBR
20 3:54.87 Koptour Dmitry,78,BLR
21 3:55.07 Zdesar Bojan,84,SLO
22 3:55.13 Fujita Shunichi,82,JPN
23 3:55.41 Zhang Lin,87,CHN 24 3:55.81 Chervynskiy Igor,81,UKR Total 60 competitors
800 METRES FREESTYLE
Final, Jul 25
1 7:43.82 Hackett Grant,80,AUS
7:48.09 Jensen Larsen,85,USA
3 7:53.15 Chervynskiy Igor,81,UKR
4 7:53.48 Smith Graeme,76,GBR
5 7:57.22 Coman Dragos,80,ROM
6 8:01.75 MacGillivary Kurtis,84,CAN
7 8:02.38 Fujita Shunichi,82,JPN
8 8:04.10 Zhang Lin,87,CHN
Prelims, Jul 24
7:55.15 Hackett Grant,80,AUS
2 7:58.66 Smith Graeme,76,GBR
3 7:59.18 Jensen Larsen,85,USA
4 7:59.58 MacGillivary Kurtis,84,CAN
5 8:00.44 Coman Dragos,80,ROM
6 8:00.61 Chervynskiy Igor,81,UKR
7 8:02.84 Fujita Shunichi,82,JPN
8 8:04.74 Zhang Lin,87,CHN
9 8:06.48 Penfold Stephen,82,AUS
10 8:07.85 Ayalon Shilo,81,ISR
11 8:08.17 Kalteis Hannes,82,AUT
12 8:08.48 Carvin Chad,74,USA 13 8:10.07 Manganas Dimitris,78,GRE
14 8:10.56 Araujo Felipe,84,BRA
15 8:13.47 Han Kyu-Chul, 81, KOR
6 8:14.62 Zolezzi Giancarlo,81,CH
17 8:15.08 Lima Luiz,77,BRA 18 8:16.23 Yu Cheng, 83,CHN 19 8:17.31 Say Rick,79,CAN 20 8:22.99 Saw Yi-Khy,86,MAS 21 8:24.17 Livnat Shay,84,ISR 22 8:30.00 Masri Naeem,86,SYR 23 8:31.10 Chung Kwok Leung,84,HKG 24 8:34.10 Penaillo Roberto,86,CH

## Total 27 competitors

## 1500 METRES FREESTYLE

## Final, Jul 27

14:43.14 Hackett Grant,80,AUS
2 15:01.04 Chervynskiy Igor,81,UKR
3 15:01.28 Vendt Erik,81,USA
4 15:05.04 Davies David,85,GBR 5 15:08.25 Jensen Larsen,85,USA 6 15:12.64 Smith Graeme,76,GBR 7 15:13.28 Minotti Christian,80,ITA 8 15:13.98 Korzeniowski Pawel,85,POL
Prelims, Jul 26
15:08.79 Hackett Grant,80,AUS 15:12.74 Smith Graeme,76,GBR 3 15:13.41 Vendt Erik,81,USA 4 15:13.93 Davies David,85,GBR 5 15:14.01 Chervynskiy Igor,81,UKR 6 15:14.84 Minotti Christian,80,ITA 7 15:15.63 Jensen Larsen,85,USA 8 15:16.07 Korzeniowski Pawel,85,POL 9 15:17.02 MacGillivary Kurtis,84,CAN 1015:17.26 Prilukov Yuri,84,RUS 1115:17.85 Lurz Thomas,79,GER 1215:20.77 Filipets Alexei,78,RUS 1315:22.31 Zdesar Bojan,84,SLO

1415:22.44 Stevens Craig,80,AUS 515:22.92 Hurd Andrew,82,CAN 1615:24.77 Kalteis Hannes,82,AUT 1715:26.16 Gianniotis Spyridon,80,GRE 1815:26.86 Ayalon Shilo,81,ISR 1915:33.04 Coman Dragos,80,ROM 2015:34.24 Koptour Dmitry,78,BLR 2115:36.56 Fujita Shunichi,82,JPN 22 15:37.03 Zhang Lin,87,CHN 2315:43.07 Lima Luiz,77,BRA 2415:48.41 Bonfim Bruno,79,BRA Total 37 competitors

## 50 METRES BACKSTROKE

Final, Jul 27
24.80 Rupprath Thomas,77,GER 25.01 Welsh Matt,76,AUS 25.07 Zandberg Gerhard,83,RSA 25.14 Driesen Steffen,81,GER 25.19 Bal Randall,80,USA 25.53 Grigalionis Darius,77,LTU 25.62 Watson Josh,77,AUS 25.75 Peirsol Aaron,83,USA

Semifinal, Jul 26
25.07 Rupprath Thomas, 77, GER
25.38 Driesen Steffen,81,GER 25.38 Zandberg Gerhard,83,RSA 25.47 Peirsol Aaron,83,USA 25.50 Watson Josh,77,AUS 25.51 Bal Randall,80,USA 25.52 Welsh Matt,76,AUS 25.61 Grigalionis Darius,77,LTU 25.62 Ortega David,79,ESP 25.68 Lim Alex,80,MAS 25.74 Ouyang Kunpeng,82,CHN 2 25.79 Morita Tomomi,84,JPN 25.81 Hussein Ahmed,82,EGY 25.91 Vyatchanin Arkadi, 84, RUS 5 25.95 Nishikori Atsushi,78,JPN 6 25.99 Shyrshov Vyacheslav,79,UKR

## Prelims, Jul 26

25.19 Rupprath Thomas,77,GER
25.48 Driesen Steffen,81,GER
25.53 Bal Randall,80,USA 25.60 Welsh Matt,76,AUS 25.71 Ortega David,79,ESP 25.76 Peirsol Aaron,83,USA 25.76 Grigalionis Darius,77,LTU 25.80 Zandberg Gerhard, 83, RSA 25.85 Vyatchanin Arkadi,84,RUS
025.89 Hussein Ahmed, 82,EGY

1 25.93 Morita Tomomi,84,JPN 25.93 Lim Alex,80,MAS 3 25.97 Shyrshov Vyacheslav,79,UKR 4 26.01 Watson Josh,77,AUS
15 26.08 Nishikori Atsushi,78,JPN 26.08 Ouyang Kunpeng,82,CHN

7 26.11 Bodrogi Viktor,83,HUN
8 26.13 Laurentino Nuno,75,POR 26.18 Arnarson Orn,81,ISL 26.23 Tait Gregor,80,GBR 26.24 Janes Riley, $80, \mathrm{CAN}$ 26.25 Horvath Peter,74,HUN 26.26 Sung Min,82,KOR 26.26 Rogan Markus,82,AUT
otal 89 participants

## 00 METRES BACKSTROKE

Final, Jul 22
53.61 Peirsol Aaron,83,USA
53.92 Vyatchanin Arkadi,84,RUS
53.92 Welsh Matt,76,AUS
54.17 Driesen Steffen,81,GER 54.53 Rogan Markus,82,AUT 54.86 Morita Tomomi,84,JPN 54.95 Cseh Laszlo,85,HUN
55.18 Lim Alex,80,MAS

Semifinal, Jul 21
54.28 Peirsol Aaron,83,USA 54.49 Vyatchanin Arkadi, 84, RUS 54.60 Driesen Steffen,81,GER 54.77 Welsh Matt,76,AUS 54.77 Lim Alex,80,MAS 55.11 Rogan Markus,82,AUT 55.12 Cseh Laszlo,85,HUN 55.17 Morita Tomomi,84,JPN 55.21 Ouyang Kunpeng,82,CHN 55.30 Medvesek Blaz,80,SLO 55.31 Dufour Simon,79,FRA 55.36 Nishikori Atsushi,78,JPN 55.42 Florea Razvan,80,ROM 55.67 Arnarson Orn,81,ISL 55.71 Gath Yoav,80,ISR 55.71 Gath Yoav,80,ISR
55.83 Horvath Peter,74,HUN Prelims, Jul 21
54.79 Welsh Matt,76,AUS 54.81 Vyatchanin Arkadi,84,RUS 54.99 Peirsol Aaron,83,USA 55.06 Morita Tomomi, 84,JPN 55.11 Cseh Laszlo,85,HUN 55.28 Medvesek Blaz,80,SLO 55.29 Ouyang Kunpeng,82,CHN 55.41 Gath Yoav, 80,ISR 55.42 Rogan Markus,82,AUT 55.47 Arnarson Orn,81,ISL 55.47 Horvath Peter,74,HUN 55.49 Dufour Simon,79,FRA

13 55.56 Florea Razvan,80,ROM 55.56 Driesen Steffen,81,GER 55.62 Lim Alex,80,MAS

1:57.28 Peirsol Aaron,83,USA
1:58.26 Welsh Matt,76,AUS
1:59.18 Vyatchanin Arkadi;84,RUS
1:59.20 Kozulj Gordan,76,CRO
1:59.49 Cseh Laszlo,85,HUN
1:59.62 Tait Gregor,80,GBR
1:59.68 Dufour Simon,79,FRA
1:59.71 Hunt Bryce R.,81,USA
1:59.82 Gath Yoav,80,ISR
10 1:59.96 Florea Razvan,80,ROM
11 2:00.04 Rogan Markus,82,AUT
12 2:00.06 Medvesek Blaz,80,SLO
2:00.06 Driesen Steffen,81,GER
14 2:00.27 Sanchez Jorge,77,ESP
15 2:00.56 Beavers Keith,83,CAN
16 2:00.73 Meeuw Helge, 84,GER
17 2:00.76 Bugayov Anton,83,UKR
18 2:00.77 Hass Raymond,77,AUS
19 2:01.10 Morita Tomomi,84,JPN
20 2:01.35 Nikolaychuk Volodymy,75, UKR
21 2:01.42 Aleshine Evgeni,79,RUS
22 2:01.43 Lim Alex.80,MAS
23 2:01.44 Ouyang Kunpeng, 82,CHN
24 2:01.56 Zwering Klaas,81,NED
Total 59 participants
50 METRES BREASTSTROKE
Final, Jul 23
27.56 Gibson James,79,GBR
27.74 Lisogor Oleg,79,UKR
27.79 Flaskay Mihaly,82,HUN
27.87 Warnecke Mark,70,GER
27.92 Mew Darren,79,GBR
27.98 Terrin Alessandro,85,ITA
28.17 Tahirovic Emil,79,SLO
disa Tepavcevic Mladen,76,YUG
Semifinal, Jul 22
27.46 Gibson James,79,GBR
27.86 Lisogor Oleg,79,UKR
27.91 Warnecke Mark,70,GER 27.98 Mew Darren,79,GBR 28.03 Flaskay Mihaly,82,HUN 28.09 Terrin Alessandro,85, TA 28.10 Tepavcevic Mladen,76,YUG 28.12 Tahirovic Emil,79,SLO 28.13 Guttler Karoly,68,HUN 28.16 Rickard Brenton,84,AUS 28.32 Kruppa Jens,76,GER 28.33 Markic Matiaz,83,SLO 28.36 Moses Glenn Ed,80,USA 28.39 Pihlava Jarno,78,FIN 28.45 Lutolf Remo,80,SUI 28.52 Nystrom Morten,78,NOR

## Prelims, Jul 22

27.54 Gibson James,79,GBR
27.84 Flaskay Mihaly,82,HUN
27.85 Lisogor Oleg,79,UKR
27.96 Warnecke Mark,70,GER
27.97 Tahirovic Emil,79,SLO
28.04 Pihlava Jarno,78,FIN
28.13 Rickard Brenton,84,AUS
28.13 Terrin Alessandro,85,ITA
28.18 Kruppa Jens,76,GER
28.19 Markic Matiaz,83,SLO 28.25 Moses Glenn Ed, 80, USA 28.27 Mew Darren,79,GBR 28.32 Nystrom Morten,78,NOR 28.34 Guttler Karoly, 68,HUN 28.42 Tepaccevic Mladen,76,YUG 28.44 Lutolf Remo,80,SU 28.44 Knabe Morgan,81,CAN * 18 28.51 Gustavsson Martin,80,SWE 28.54 Stewart Christoph,78,RSA 28.61 Piper Jim,81,AUS 28.67 Fischer Eduardo,80,BRA 28.74 Denniston David,78,USA 28.80 Zeng Qiliang,74,CHN 2428.83 Rogulj Vanja, 82,CRO

Total 98 competitors (* declined swim-off)
100 METRES BREASTSTROKE
Final, Jul 21
59.78 Kitajima Kosuke,82,JPN

2 1:00.21 Hansen Brendan,81,USA
3 1:00.37 Gibson James,79,GBR
4 1:00.87 Moses Glenn Ed,80,USA
5 1:01.07 Knabe Morgan,81,CAN
6 1:01.23 Fioravanti Domenico,77,ITA
7 1:01.36 Mew Darren,79,GBR
8 1:01.48 Duboscq Hugues,81,FRA
Semifinal, Jul 20
159.98 Kitajima Kosuke,82,JPN

2 1:00.47 Gibson James, 79,GBR
3 1:00.77 Moses Glenn Ed,80,USA
4 1:00.83 Hansen Brendan,81,USA
5 1:00.98 Dubosca Hugues, 81,FRA
6 1:01.05 Knabe Morgan,81,CAN
7 1:01.46 Fioravanti Domenico,77,ITA
8 1:01.60 Mew Darren,79,GBR
9 1:01.65 Lisogor Oleg,79,UKR
10 1:01.77 Rickard Brenton,84,AUS
11 1:01.93 Ivanovski Roman,77,RUS
12 1:01.94 Gustavsson Martin,80,SWE
13 1:02.06 Brown Michael,84,CAN
1:02.06 Tahirovic Emil,79,SLO
15 1:02.18 Pihlava Jarno,78,FIN 16 1:02.44 Warnecke Mark,70,GER

## Prelims, Jul 20

1 1:00.20 Kitajima Kosuke,82,JPN
1:00.74 Gibson James,79,GBR
3 1:01.19 Knabe Morgan,81,CAN
4 1:01.35 Duboscq Hugues,81,FRA
5 1:01.37 Rickard Brenton,84,AUS
6 1:01.40 Lisogor Oleg,79,UKR
7 1:01.47 Hansen Brendan,81,USA
8 1:01.51 Moses Glenn Ed,80,USA
1:01.78 Ivanovski Roman,77,RUS
10 1:01.79 Pihlava Jarno, 78,FIN
11 1:01.86 Warnecke Mark,70,GER 12 1:01.90 Gustavsson Martin,80,SWE 13 1:01.96 Mew Darren,79,GBR 14 1:02.00 Brown Michael,84,CAN 15 1:02.14 Tahirovic Emil,79,SLO 16 1:02.28 Fioravanti Domenico,77,ITA 17 1:02.35 Guttler Karoly,68,HUN 18 1:02.37 Bodor Richard,79, HUN 19 1:02.50 Nystrom Morten,78,NOR 20 1:02.54 Schneider Reiner,82,GER 21 1:02.57 Komornikov Dimitri,81,RUS 22 1:02.78 Malek Daniel,73,CZE 23 1:02.80 Fischer Eduardo,80,BRA 24 1:02.82 Rummolo Davide,77,ITA

## Total 95 competitors <br> Total 95 competitors <br> 200 METRES Final, Jul 24

## , 09

2:09.42 Kitajima Kosuke,82,JPN
2 2:10.92 Edmond lan,78,GBR
3 2:11.11 Hansen Brendan,81,USA
4 2:11.55 Piper Jim,81,AUS
5 2:12.30 Komornikov Dimitri,81,RUS
6 2:13.20 Ivanov Andrei,76,RUS
7 2:13.30 Brown Michael,84,CAN 8 2:13.33 Podoprigora Max,78,AUT Semifinal, Jul 23
2:09.73 Kitajima Kosuke,82,JPN
2:10.69 Edmond lan,78,GBR
3 2:11.33 Hansen Brendan,81,USA
4 2:11.88 Piper Jim,81,AUS
5 2:12.74 Komornikov Dimitri,81,RUS
6 2:12.86 Ivanov Andrei,76,RUS
7 2:13.17 Podoprigora Max,78,AUT 8 2:13.19 Brown Michael,84,CAN 9 2:13.23 Knabe Morgan, 81, CAN 10 2:13.88 Gustavsson Martin, 80,SWE 11 2:14.23 Bernard Yohan,74,FRA 12 2:14.36 Rummolo Davide,77,ITA 13 2:14.60 Fioravanti Domenico,77,ITA 14 2:14.84 Gyurta Daniel,89,HUN 15 2:14.96 Parkin Terence,79,RSA 16 2:15.27 Sveinsson Jakob,82,ISL Prelims, Jul 23
1 2:10.66 Kitajima Kosuke,82,JPN 2 2:12.07 Edmond lan,78,GBR 3 2:13.35 Komornikov Dimitri,81,RUS 4 2:13.38 Brown Michael ,84, CAN 5 2:13.45 Ivanov Andrei,76,RUS 6 2:13.63 Gyurta Daniel,89,HUN 7 2:13.65 Piper Jim,81,AUS 8 2:13.92 Hansen Brendan,81,USA 9 2:14.14 Parkin Terence,79,RSA 10 2:14.53 Bernard Yohan,74,FRA 11 2:14.72 Knabe Morgan,81,CAN 12 2:14.78 Fioravanti Domenico,77,ITA 13 2:14.79 Rummolo Davide,77,ITA

2:14.79 Podoprigora Max,78,AUT 15 2:14.96 Gustavsson Martin,80,SWE 16 2:15.20 Sveinsson Jakob,82,ISL 17 2:15.23 Bree Andrew,81,IRL 18 2:15.24 Kawagoe Taiki,84,JPN 19 2:15.74 Bodor Richard, 79,HUN 20 2:15.77 Harrison Regan,77,AUS 21 2:15.89 Dubosca Hugues,81,FRA 22 2:16.01 Schneider Reiner,82,GER

23 2:16.05 Pihlava Jarno,78,FIN 24 2:16.43 Kasprowicz Kamil,84,GER Total 65 competitors
50 METRES BUTTERFLY
Final, Jul 21
23.43 Welsh Matt,76,AUS
23.62 Crocker lan,82,USA
23.73 Korotyshkin Evgeni,83,RUS 23.76 Huegill Geoff,79,AUS 23.79 Schoeman Roland,80,RSA 23.83 Rupprath Thomas, 77, GER 23.86 Foster Mark,70,GBR 23.96 Scherer Fernando,74,BRA Semifinal, Jul 20
23.47 Crocker lan,82,USA 23.61 Huegill Geoff,79,AUS 23.75 Rupprath Thomas,77,GER 23.76 Foster Mark,70,GBR 5 23.86 Scherer Fernando,74,BRA 23.86 Korotyshkin Evgeni,83,RUS 23.88 Schoeman Roland,80,RSA 23.91 Welsh Matt,76,AUS 23.97 Mintenko Michael,75,CAN 23.98 Frolander Lars,74,SWE 11 24.03 Breus Sergiy,83,UKR
12 24.09 Hard Jere,78,FIN 24.09 Serdinov Andriy,82,UKR 24.16 Keizer Joris,79,NED 15 24.41 Takayasu Ryo,81,JPN $\begin{array}{lll}16 & 24.43 & \text { Gaspar Zsolt, } 77, \text { HUN }\end{array}$

## Prelims, Jul 20

23.73 Crocker lan,82,USA
23.75 Huegill Geoff,79,AUS
23.75 Korotyshkin Evgeni,83,RUS
23.76 Rupprath Thomas,77,GER
23.90 Serdinov Andriy,82,UKR
24.04 Scherer Fernando,74,BRA 24.12 Hard Jere,78,FIN
24.14 Mintenko Michael,75,CAN 24.16 Keizer Joris,79,NED
24.17 Frolander Lars,74,SWE 24.21 Schoeman Roland,80,RSA 24.23 Welsh Matt,76,AUS 24.28 Breus Sergiy,83,UKR 24.34 Foster Mark,70,GBR 24.43 Takayasu Ryo,81,JPN 24.44 Gaspar Zsolt,77,HUN 24.45 Valimaa Tero,78,FIN 24.47 Marchenko Igor,75,RUS 24.51 Walker Neil,76,USA 24.52 Busquets Ricardo,75,PUR 24.53 Ilika Josh,76,MEX 24.59 Volcansek Ales,83,CRO 23 24.61 Pini Ryan,83,PNG 24 24.66 Sjodal Petter,79,NOR

## Total 119 competitor

## 100 METRES BUTTERFLY

Final, Jul 26
50.98 Crocker lan,82,USA 51.10 Phelps Michael,85,USA 51.59 Serdinov Andriy,82,UKR 51.95 Marchenko Igor,75,RUS 51.98 Rupprath Thomas,77,GER 52.27 Yamamoto Takashi,78,JPN 52.68 Esposito Franck,71,FRA 53.00 Korotyshkin Evgeni,83,RUS

Semifinal, Jul 25
51.47 Phelps Michael,85,USA
51.76 Serdinov Andriy,82,UKR
52.21 Crocker lan,82,USA
52.37 Rupprath Thomas,77,GER 52.44 Marchenko Igor,75,RUS

6 52.49 Esposito Franck,71,FRA
$\begin{array}{lll}6 & 52.49 & \text { Esposito Franck,71,FRA } \\ 7 & 52.55 & \text { Korotyshkin Evgeni,83,RUS }\end{array}$ 52.55 Yamamoto Takashi,78,JPN
52.57 Mintenko Michael,75,CAN
1052.64 Keizer Joris,79,NED
53.05 Pine Adam,76,AUS
253.12 Sylantyev Denis,76,UKR

13 53.13 Huegill Geoff,79,AUS
14 53.16 Nalesso Mattia,81,ITA
15 53.18 Gherghel Ioan,78,ROM
1653.76 Dietrich Johannes, 85,GER

## Prelims, Jul 25

52.27 Phelps Michael,85,USA 52.35 Crocker lan,82,USA 52.85 Esposito Franck,71,FRA 52.91 Rupprath Thomas,77,GER 52.91 Yamamoto Takashi,78,JPN 52.92 Mintenko Michael,75,CAN 53.01 Dietrich Johannes,85,GER


Michael Brown (CAN) 7th in the 200 breaststroke final
8 53.06 Serdinov Andriy,82,UKR
53.12 Nalesso Mattia,81,ITA
53.21 Marchenko Igor,75,RUS
153.28 Huegill Geoff,79,AUS
253.31 Pine Adam,76,AUS
53.42 Gherghel loan,78,ROM
53.44 Keizer Joris,79,NED
53.45 Sylantyev Denis,76,UKR
53.48 Korotyshkin Evgeni,83,RUS
53.68 Lagoun Pavel,79,BLR
53.74 Frolander Lars,74,SWE
53.95 Swanepoel Corney,86,NZL
53.96 Ilika Josh,76,MEX
53.96 Gaspar Zsolt,77,HUN
53.98 Almeida Kaio,84,BRA
54.05 Pini Ryan,83,PNG
54.07 Valimaa Tero,78,FIN

## Total 111 Competitors

200 METRES BUTTERFLY
Final, Jul 23
1:54.35 Phelps Michael,,85,USA
1:55.52 Yamamoto Takashi,78,JPN
1:55.66 Malchow Tom,76,USA
4 1:56.10 Parry Stephen,77,GBR
5 1:56.36 Sylantyev Denis,76,UKR
1:57.21 Advena Sergiy,84,UKR
1:58.22 Norris Justin,80,AUS
1:58.95 Nederpelt Travis,85,AUS
Semifinal, Jul 22
1:53.93 Phelps Michael,85,USA
1:55.90 Malchow Tom,76,USA
1:55.90 Parry Stephen,77,GBR
4 1:56.35 Yamamoto Takashi,78,JPN
1:56.96 Sylantyev Denis,76,UKR
1:57.28 Nederpelt Travis,85,AUS
1:57.31 Norris Justin,80,AUS
8 1:57.32 Advena Sergiy,84,UKR
1:57.60 Wu Peng,87,CHN
10 1:57.97 Gherghel Ioan,78,ROM 1:57.97 Poliakov Anatoli,80,RUS 2 1:58.34 Drymonakos loannis,84,GRE 13 1:58.83 Almeida Kaio,84,BRA 14 1:59.10 Korzeniowski Pawel,85,POL 15 1:59.21 Skvortsov Nikolai,84,RUS 16 1:59.96 Meeuw Helge,84,GER

## Prelims, Jul 22

1:55.70 Phelps Michael,85,USA 1:56.95 Yamamoto Takashi,78,JPN 1:57.25 Malchow Tom,76,USA
4 1:57.83 Drymonakos loannis,84,GRE 1:57.96 Wu Peng,87,CHN
6 1:58.06 Korzeniowski Pawel,85,POL
7 1:58.09 Norris Justin,80,AUS
1:58.09 Poliakov Anatoli,80,RUS
9 1:58.11 Parry Stephen,77,GBR 10 1:58.24 Gherghel loan,78,ROM 11 1:58.25 Nederpelt Travis,85,AUS 12 1:58.62 Advena Sergiy,84,UKR 13 1:58.63 Almeida Kaio,84,BRA 14 1:58.64 Meeuw Helge,84,GER 15 1:58.86 Sylantyev Denis,76,UKR 16 1:59.00 Skvortsov Nikolai,84,RUS 17 1:59.57 Han Kyu-Chul,81,KOR 18 1:59.75 Monteiro Pedro,75,BRA 19 1:59.83 Usuda Kentaro,83,JPN 20 1:59.89 Livingston Andrew,78,PUR 21 2:00.09 Kolozar David,81,HUN 22 2:00.48 Johns Brian,82,CAN 23 2:00.57 Dietrich Johannes,85,GER 24 2:00.60 Zheng Huazhang,86,CHN

## Total 62 competitors

200 METRES
Final, Jul 25
1:56.04 Phelps Michael, 85, USA
1:59.66 Thorpe lan,82,AUS
3 1:59.71 Rosolino Massi,78,ITA
4 1:59.98 Sievinen Jani, 74,FIN
5 2:00.06 Bovell George,83,TRI
6 2:01.29 Mori Takahiro,80,JPN
2:01.51 Clements Kevin,80,USA
8 2:01.62 Johns Brian,82,CAN
Semifinal, Jul 24
1:57.52 Phelps Michael,85,USA 1:59.84 Rosolino Massi,78,ITA 1:59.86 Bovell George,83,TRI 2:00.29 Mori Takahiro,80,JPN 2:00.42 Thorpe lan,82,AUS
2:00.98 Johns Brian,82,CAN 2:01.04 Clements Kevin,80,USA 2:01.08 Sievinen Jani,74,FIN 2:01.58 Badita Cezar,79,ROM 10 2:01.64 Mellouli Oussama,84,TUN 1 2:01.67 Janusaitis Vytautas,81,LTU 12 2:01.76 Keller Christian,72,GER 13 2:01.89 Francis Robin,82,GBR 14 2:02.09 Norris Justin,80,AUS 15 2:02.38 Wu Peng,87,CHN 16 2:02.81 Kerekjarto Tamas,79,HUN Prelims, Jul 24

1:59.71 Phelps Michael,85,USA
2:00.94 Bovell George,83,TRI
2:01.24 Rosolino Massi,78,ITA


6 8:35.70 Risztov Eva,85,HUN
8:39.96 Sytch Regina,87,RUS
8 8:46.78 Chen Hua, 82, CHN
Prelims, Jul 25
1 8:32.44 Munz Diana,82,USA
8:32.72 Chen Hua,82,CHN
3 8:32.86 Sytch Regina,87,RUS
4 8:32.95 Cooke Rebecca,83,GBR
8:32.98 Stockbauer Hannah,82,GER
8:35.40 Risztov Eva, 85,HUN 8:35.76 Reimer Brittany,88,CAN 8:36.07 Henke Jana,73,GER
9 8:36.29 Paduraru Simona,81,ROM 10 8:36.99 Villaecia Erika,84,ESP 11 8:38.78 Peirsol Hayley,85,USA 12 8:40.16 Yamada Sachiko,82,JPN 13 8:40.70 Shibata Ai,82,JPN 14 8:41.23 Beresnyeva Olga,85,UKR 15 8:42.27 Pascoe Amanda,85,AUS 16 8:43.08 MacKenzie Linda,84,AUS 17 8:43.16 Caballero Melissa,85,ESP 18 8:44.20 Lencoe Taryn,86,CAN 19 8:44.75 Manaudou Laure,86,FRA 20 8:45.13 Nagy Reka,86,HUN
21 8:45.23 Carman Anja,85,SLO
22 8:45.74 Strasser Chantal,78,SUI 23 8:46.76 Pechanova Jana, 81, CZE 24 8:50.99 Bulakhova Maria,88,RUS

## Total 35 participants

## 1500 METRES FREESTYLE

Final, Jul 22
16:00.18 Stockbauer Hannah,82,GER
2 16:09.64 Peirsol Hayley,85,USA
3 16:10.13 Henke Jana,73,GER
4 16:13.13 Sytch Regina,87,RUS 5 16:14.28 Munz Diana,82,USA 6 16:15.98 Reimer Brittany,88,CAN 7 16:20.41 Cooke Rebecca,83,GBR 8 16:29.06 Chen Hua,82,CHN

## Prelims, Jul 21

1 16:15.55 Chen Hua, 82,CHN 2 16:15.93 Henke Jana,73, GER 3 16:15.95 Stockbauer Hannah,82,GER 4 16:16.21 Reimer Brittany,88,CAN 5 16:16.78 Munz Diana,82,USA 6 16:17.95 Cooke Rebecca,83,GBR 7 16:20.34 Peirsol Hayley,85,USA 8 16:23.33 Sytch Regina,87,RUS 9 16:25.50 Paduraru Simona,81,ROM 1016:27.76 Beresnyeva Olga,85,UKR
1116:32.17 Villaecia Erika,84,ESP 1216:32.19 Shibata Ai,82,JPN 1316:35.83 Lencoe Taryn,86,CAN 1416:38.70 Pascoe Amanda,85,AUS 1516:39.75 Pechanova Jana,81,CZE 1616:41.81 Nagy Reka,86,HUN
1716:43.97 Ribeiro Nayara,84,BRA 1816:45.48 Yamada Sachiko,82,JPN 1916:57.10 Paton Sarah-L,86,AUS 2016:58.64 Carman Anja,85,SLO 2117:00.55 Bulakhova Maria,88,RUS 22 17:14.85 Zhang Yan,85,CHN
Total 23 participants
50 METRES BACKSTROKE
Final, Jul 24
28.48 Zhivanevskaya Nina,77,ESP
28.50 Hlavackova Ilona,77,CZE
28.62 Inada Noriko,78,JPN
28.65 Carroll Jennifer,81,CAN
28.69 Volker Sandra,74,GER 28.93 Ornstedt Louise,85,DEN 28.98 Manaudou Laure,86,FRA 28.99 Cope Haley,78,USA

Semifinal, Jul 23
28.52 Zhivanevskaya Nina,77,ESP
28.62 Hlavackova Ilona,77,CZE
28.79 Volker Sandra,74,GER
28.80 Cope Haley,78,USA
28.80 Ornstedt Louise,85,DEN
28.82 Inada Noriko,78,JPN 28.86 Manaudou Laure,86,FRA 28.91 Carroll Jennifer,81,CAN 28.94 Cheng Jiaru,86,CHN 28.96 Rooney Giaan,82,AUS 29.03 Nakamura Mai,79,JPN 29.05 Shim Min-Jie,83,KOR 29.20 Jovanovic Sanja,86,CRO 29.25 Gammel Erin,80,CAN 29.36 McLean Hannah,81,NZL
1629.64 Seppala Hanna-M.,84,FIN

Prelims, Jul 23
28.67 Hlavackova Ilona,77,CZE 28.85 Zhivanevskaya Nina,77,ESP 28.88 Inada Noriko,78,JPN 29.00 Carroll Jennifer,81,CAN 29.02 Volker Sandra,74,GER 29.05 Manaudou Laure,86,FRA 29.11 Nakamura Mai,79,JPN 29.17 Cope Haley,78,USA 29.18 Jovanovic Sanja,86,CRO 29.25 Rooney Giaan,82,AUS 29.26 Ornstedt Louise,85,DEN 29.41 Shim Min-Jie,83,KOR 13 29.43 Seppala Hanna-M.,84,FIN 29.45 McLean Hannah,81,NZL 29.46 Gammel Erin, 80, CAN 29.46 Cheng Jiaru, 86, CHN 29.47 Zhan Shu,86,CHN 18 29.49 Edington Sophie,85,AUS 29.54 Cappa Alessandra,82,ITA 29.60 Amshennikova Irina,86,UKR 29.61 Schreuder Hinkelien,84,NED 29.66 Price Sarah,79,GBR 29.73 Hoelzer Margaret,83,USA 429.85 Sexton Katy,82,GBR

## Total 64 participants

## 100 METRES BACKSTROKE

## Final, Jul 22

1 1:00.50 Buschschulte Antie,78,GER
1:00.86 Ornstedt Louise,85,DEN 1:00.86 Sexton Katy,82,GBR
4 1:01.18 Zhivanevskaya Nina, 77,ESP
5 1:01.36 Komarova Stanislava,86,RUS
6 1:01.43 Amshennikova Irina,86, UKR
7 1:01.51 Nakamura Mai,79,JPN
8 1:01.63 Price Sarah,79,GBR
Semifinal, Jul 21
1:00.61 Buschschulte Antje,78,GER
2 1:00.74 Zhivanevskaya Nina, 77,ESP
3 1:01.32 Sexton Katy,82,GBR
4 1:01.39 Amshennikova Irina,86,UKR
5 1:01.42 Komarova Stanislava,86,RUS
6 1:01.47 Nakamura Mai,79,JPN
7 1:01.59 Ornstedt Louise,85,DEN
8 1:01.61 Price Sarah,79,GBR
9 1:01.64 Nakamura Reiko,82,JPN 10 1:01.78 Zhan Shu,86,CHN
11 1:02.42 Manaudou Laure,86,FRA
12 1:02.47 Jovanovic Sanja,86,CRO
13 1:02.47 McLean Hannah,81,NZL
14 1:02.80 Hlavackova Ilona,77,CZE
15 1:03.08 Carroll Jennifer,81,CAN
16 1:03.19 Chen Xiujun,86,CHN
Prelims, Jul 21
1 1:01.16 Buschschulte Antje,78,GER
2 1:01.18 Nakamura Mai,79,JPN
1:01.18 Zhivanevskaya Nina,77,ESP
4 1:01.44 Komarova Stanislava,86,RUS
5 1:01.57 Nakamura Reiko,82,JPN
6 1:01.78 Sexton Katy,82,GBR
7 1:01.90 Amshennikova Irina,86,UKR
8 1:02.15 McLean Hannah,81,NZL
9 1:02.21 Price Sarah,79,GBR
10 1:02.23 Ornstedt Louise,85,DEN 11 1:02.43 Hlavackova Ilona,77, CZE 12 1:02.61 Manaudou Laure,86,FRA 13 1:02.61 Zhan Shu,86,CHN 14 1:02.69 Chen Xiujun, 86 , CHN 15 1:02.71 Carroll Jennifer,81,CAN 16 1:02.72 Jovanovic Sanja,86,CRO 17 1:02.87 Shim Min-Jie,83,K0R 18 1:02.93 Gammel Erin,80,CAN 19 1:03.09 Coventry Kristy,83,ZIM 20 1:03.13 Cappa Alessandra,82,ITA 21 1:03.16 Seppala Hanna-M.,84,FIN 22 1:03.18 Coughlin Natalie,82,USA 23 1:03.30 Rooney Giaan,82,AUS 24 1:03.40 Schreuder Hinkelien,84,NED Total 60 participants

## 200 METRES BACKSTROKE

## Final, Jul 26

1 2:08.74 Sexton Katy,82,GBR
2 2:09.24 Hoelzer Margaret,83,USA
3 2:10.17 Komarova Stanislava,86,RUS
4 2:10.82 Amshennikova Irina,86,UKR
5 2:10.95 Ito Hanae,85,JPN
6 2:12.53 Fratesi Jennifer,84,CAN
7 2:12.82 Hetzer Nicole,79,GER 8 2:13.78 Price Sarah,79,GBR
Semifinal, Jul 25
1 2:09.39 Komarova Stanislava,86,RUS

2:10.47 Sexton Katy,82,GBR
2:11.08 Amshennikoval lrina,86,UKR
4 2.11.13 Ito Hanae 85.JPN
2:11.38 Hoelzer Margaret,83,USA 2:11.69 Price Sarah,79,GBR 2:12.15 Hetzer Nicole,79,GER 2:12.36 Fratesi Jennifer,84,CAN 9 2:13.09 Terakawa Aya,84,JPN 10 2:13.39 McLean Hannah,81,NZL 11 2:13.50 Kejzar Alenka,79,SLO 12 2:14.58 Carman Anja,85,SLO 13 2:14.61 Ornstedt Louise,85,DEN 14 2:15.20 Coventry Kristy,83,ZIM 15 2:15.43 Jovanovic Sanja,86,CRO 16 2:15.49 Adcock Frances,84,AUS

## Prelims, Jul 25

2:10.98 Komarova Stanislava,86,RUS 2:11.93 Amshennikova Irina,86,UKR
3 2:12.35 Hoelzer Margaret, 83, USA
4 2:12.72 Fratesi Jennifer,84,CAN
2:12.79 Terakawa Aya,84,JPN
6 2:12.82 Price Sarah,79,GBR
2:13.01 Ito Hanae,85,JPN
8 2:13.32 Kejzar Alenka,79,SLO
9 2:13.57 Sexton Katy,82,GBR 10 2:13.78 Adcock Frances,84,AUS 1 2:14.37 Ornstedt Louise,85,DEN 12 2:14.38 McLean Hannah,81,NZL 13 2:14.75 Jovanovic Sanja,86,CRO 14 2:14.90 Hetzer Nicole,79,GER 15 2:14.91 Carman Anja,85,SL0 16 2:14.92 Coventry Kristy,83,ZIM 17 2:15.25 Corfe Melissa,85,RSA 18 2:15.64 Warden Elizabeth,78,CAN 19 2:16.43 Zhan Shu,86,CHN 20 2:16.53 Tonks Zoe,87,AUS 21 2:17.60 Gustamelsky Ania,81,ISR 22 2:18.06 Chen Xiujun,86,CHN 23 2:18.88 Norfolk Helen,81,NZL 24 2:19.27 Tsai Hiu Wai,83,HKG

## Total 37 competitors

## 0 METRES BREASTSTROKE

Final, Jul 27
30.67 Luo Xuejuan, $84, \mathrm{CHN}$
31.13 Hanson Brooke,78,AUS
31.37 Baker Zoe,76,GBR
31.50 Leisel Laura,85,AUS 31.87 Kirk Tara,82,USA
31.96 Kowal Kristy,78,USA 32.03 Poewe Sarah,83,GER 32.27 Bogomazova Elena,82,RUS

Semifinal, Jul 26
30.64 Luo Xuejuan,84,CHN 31.11 Hanson Brooke,78,AUS 31.23 Jones Leisel,85,AUS 31.29 Baker Zoe,76,GBR 31.40 Kirk Tara,82,USA 31.79 Kowal Kristy,78,USA 31.94 Poewe Sarah,83,GER 31.99 Bogomazova Elena,82,RUS 32.02 Igelstrom Emma,80,SWE 32.07 Tanaka Masami,79,JPN 32.14 Baans Madelon,77,NED 32.21 Crescentini Roberta,75,ITA 32.42 Bernhardt Vipa,82,GER 32.44 Leier Rhiannon,76,CAN 32.46 Jukic Mirna,86,AUT 1632.57 Pidlisna Yulija, 87, UKR Prelims, Jul 26
31.10 Baker Zoe,76,GBR 31.24 Hanson Brooke,78,AUS 31.49 Luo Xuejuan,84,CHN 31.80 Kowal Kristy,78,USA 31.81 Kirk Tara,82,USA 31.96 Leier Rhiannon,76,CAN 31.96 Poewe Sarah,83,GER 31.99 Bogomazova Elena,82,RUS 32.04 Tanaka Masami,79,JPN 32.11 Igelstrom Emma,80,SWE 132.18 Jones Leisel,85,AUS 32.21 Jukic Mirna,86,AUT 32.30 Bernhardt Vipa,82,GER 32.39 Crescentini Roberta,75,ITA 32.46 Baans Madelon,77,NED 32.54 Pidlisna Yulija,87,UKR 32.55 Ostling Maria, 78, SWE 32.56 Bondarenko Svitlana,71,UKR 32.68 Thorup Majken,79,DEN 32.73 Kovacs Agnes,81,HUN 32.93 Robinson Emma,78,IRL
32.94 Hissamutdinova Natalia,83,EST


Jennifer Carroll (CAN) 4th in the 50 backstroke
23 33.00 Schlegel Carmela,83,SUI 33.36 Haiden Ingrid,85,RSA Total 59 participants

## 100 METRES BREASTSTROKE

1:06.80 Luo Xueiuan,84,CHN
1:07.42 Beard Amanda,81,USA
1:07.47 Jones Laura,85,AUS
1:08.06 Poewe Sarah,83,GER
5 1:08.30 Kirk Tara,82,USA
6 1:08.55 Hanson Brooke,78,AUS
1:08.76 Jukic Mirna,86,AUT 1:09.39 Leier Rhiannon,76,CAN

## Semifinal, Jul 25

1:06.37 Jones Leisel,85,AUS 1:07.57 Beard Amanda,81,USA
1:07.76 Luo Xuejuan,84,CHN
4 1:07.88 Poewe Sarah,83,GER
1:08.24 Kirk Tara,82,USA
1:08.25 Hanson Brooke,78,AUS
1:08.86 Jukic Mirna,86,AUT
8 1:09.25 Leier Rhiannon,76,CAN
1:09.50 Bernhardt Vipa,82,GER
10 1:09.69 Baans Madelon,77,NED 11 1:09.77 Tanaka Masami,79,JPN 12 1:10.07 Igelstrom Emma,80,SWE 13 1:10.15 van Oosten Lauren,78,CAN 14 1:10.24 Ostling Maria,78,SWE 15 1:10.37 Kovacs Agnes, 81, HUN 16 1:10.51 Thorup Majken,79,DEN
Prelims, Jul 25
1:07.75 Jones Leisel,85,AUS 2 1:08.15 Beard Amanda,81,USA 3 1:08.48 Hanson Brooke,78,AUS 4 1:08.72 Poewe Sarah,83,GER 5 1:08.88 Luo Xuejuan,84,CHN
6 1:09.00 Bernhardt Vipa,82,GER 7 1:09.37 Leier Rhiannon,76,CAN 8 1:09.42 Tanaka Masami,79,JPN 9 1:09.43 Jukic Mirna,86,AUT 10 1:09.81 Baans Madelon,77,NED 11 1:09.83 Kirk Tara,82,USA 12 1:10.05 Kovacs Agnes, $81, H U N$ 13 1:10.25 Thorup Majken,79,DEN 14 1:10.40 Igelstrom Emma.80.SWE 15 1:10.47 Ostling Maria,78,SWE 16 1:10.53 van Oosten Lauren,78,CAN 17 1:10.76 Haiden Ingrid, 85, ,RSA 18 1:10.79 Bondarenko Svitlana,71,UKR 19 1:10.99 Luo Nan,86,CHN 20 1:10.99 Bogomazova Elena,82,RUS 21 1:11.07 Pidlisna Yulija,87,UKR 22 1:11.24 King Jaime,76,GBR 23 1:11.35 Remenyi Diana,86,HUN 24 1:11.43 Farina Sara,78,ITA Total 65 participants
200 METRES BREASTSTROKE
Final, Jul 25
2:22.99 Beard Amanda,81,USA 2:24.33 Jones Leisel, $85, A \cup S$ 2:25.78 Qi Hui, $85, \mathrm{CHN}$ 2:26.35 Poleska Anne,80,GER 2:26.38 Jukic Mirna,86,AUT 2:26.72 Poewe Sarah,83,GER 2:28.55 Tanaka Masami,79,JPN 2:29.20 Remenyi Diana,86,HUN Semifinal, Jul 24
2:25.54 Beard Amanda,81,USA
2:26.30 Qi Hui,85,CHN
2:26.46 Jukic Mirna,86,AUT
2:26.53 Poleska Anne,80,GER
2:26.59 Jones Leisel,85,AUS
2:27.62 Tanaka Masami,79,JPN
2:27.65 Poewe Sarah,83,GER 2:28.12 Remenyi Diana,86,HUN 2:28.18 Kovacs Agnes, 81, HUN 10 2:28.78 Caslaru Beatrice,75,ROM 11 2:28.79 Luo Nan, 86, CHN 12 2:28.79 Pidlisna Yulija,87,UKR 13 2:29.19 Kowal Kristy,78,USA 14 2:30.21 van Oosten Lauren,78,CAN 15 2:31.57 Haiden Ingrid,85,RSA 16 2:31.63 Leier Rhiannon,76,CAN Prelims, Jul 24
2:27.91 Jukic Mirna,86,AUT 2:27.95 Beard Amanda,81,USA 2:28.34 Poleska Anne,80,GER 2:28.58 Tanaka Masami,79,JPN 2:28.74 Qi Hui,85,CHN 2:28.79 Jones Leisel,85,AUS 2:28.90 Poewe Sarah,83,GER 2:28.97 Pidlisna Yulija,87,UKR 2:29.74 Kovacs Agnes,81,HUN 10 2:29.79 Remenyi Diana,86,HUN 11 2:29.84 Caslaru Beatrice,75,ROM 12 2:30.41 Kowal Kristy,78,USA 13 2:30.71 Leier Rhiannon,76,CAN 14 2:31.37 Haiden Ingrid,85,RSA 15 2:31.41 van Oosten Lauren,78,CAN 16 2:31.42 Luo Nan,86,CHN 17 2:31.89 Kasoulis Sarah,84,AUS 18 2:32.44 Bogomazova Elena,82,RUS 19 2:32.82 Farina Sara,78,ITA
27.53 Khudyakova Nataliya, 85,UKR 27.54 Aljand Triin,85,EST 27.56 San Juan Angela,83,ESP 27.64 Nadarajah Fabienne,85,AUT 27.65 Lenton Lisbeth,85,AUS 27.67 Fagundez Gabriella,85,SWE 27.73 Dufour Fabienne,81,BEL 27.81 Brett Rosalind,78,GBR 27.96 Houghton Melanie,86,AUS 28.00 Draxler Judith,70,AUT 28.02 Hillesund Maj,80,NOR 28.08 Loots Amanda,78,RSA 28.25 Carroll Jennifer,81,CAN 28.27 Button Jennifer,77,CAN 28.44 Oliveira Sara,86,POR

Total 56 participants
100 METRES BUTTERFLY
Final, Jul 21
57.96 Thompson Jenny,73, USA 58.22 Jedrzejczak Otylia,83,POL
58.24 Moravcova Martina,76,SVK 58.90 Popchenko Alena,79,BLR 59.08 Zhou Yafei, $84, \mathrm{CHN}$ 59.14 Kammerling Anna-Karin,80,SWE 59.32 Nakanishi Yuko,81,JPN 59.63 Coughlin Natalie,82,USA

Semifial, Jul 20
57.99 Thompson Jenny,73,USA 58.05 Moravcova Martina,76,SVK 58.44 Jedrzejczak Otylia,83,POL 58.61 Popchenko Alena,79,BLR 58.71 Kammerling Anna-Karin,80,SWE 58.97 Coughlin Natalie,82,USA 59.10 Zhou Yafei, 84,CHN 59.28 Nakanishi Yuko,81,.JPN 59.41 Borochovsky Vered, 84, ISR 59.48 Schipper Jessica,87,AUS 59.58 Groot Chantal, 82,NED 59.72 Onishi Junko,74,JPN 59.74 Dekker Inge,85,NED 59.76 Mehlhorn Annika,83,GER 59.93 Button Jennifer,77,CAN
59.97 Sjoberg Johanna,78,SWE Prelims, Jul 20
58.14 Thompson Jenny,73,USA 58.64 Moravcova Martina,76,SVK 58.89 Jedrzejczak Otylia,83,POL 59.05 Coughlin Natalie,82,USA 59.05 Kammerling Anna-Karin,80,SWE 59.33 Popchenko Alena,79,BLR 59.60 Sjoberg Johanna,78,SWE 59.66 Borochovsky Vered,84,ISR 59.69 Zhou Yafei, 84,CHN 59.72 Dekker Inge,85,NED 59.90 Schipper Jessica, 87, AUS 1:00.01 Button Jennifer,77,CAN 13 1:00.02 Nakanishi Yuko,81,JPN 14 1:00.08 Mehhorn Annika,83,GER 15 1:00.09 Onishi Junko,74,JPN 16 1:00.13 Groot Chantal, 82,NED 17 1:00.80 Dufour Fabienne,81,BEL 18 1:00.82 Sutiagina Natalia, 80, RUS 19 1:00.88 Lenton Lisbeth,85,AUS 22 1:01.52 Oliveira Sara,86,POR 23 1:01.65 Nadarajah Fabienne,85,AUT 24 1:01.69 Zahrl Petra,81,AUT

## Total 53 participants

## 200 METRES BUTTERFLY

## Final, Jul 24

1 2:07.56 Jedrzeiczak Otylia,83,POL
2 2:07.68 Risztov Eva, 85,HUN
3 2:08.08 Nakanishi Yuko,81,JPN
4 2:08.38 Descenza Mary,85,USA
5 2:09.49 Segat Francesca,83,ITA
6 2:09.61 Mehlhorn Annika,83,GER
7 2:10.58 Galvez Felicity,85,AUS 8 2:12.89 Vives Roser,84,ESP Semifinal, Jul 23
1 2:08.42 Jedrzejczak Otylia,83,POL
2 2:08.71 Descenza Mary,85,USA
3 2:08.88 Risztov Eva,85,HUN
4 2:09.41 Nakanishi Yuko,81,JPN 5 2:10.72 Segat Francesca,83,ITA 6 2:10.96 Vives Roser,84,ESP 7 2:10.99 Galvez Felicity,85,AUS 8 2:11.42 Mehlhorn Annika,83,GER 9 2:12.02 Osada Yukiko,81,JPN 10 2:12.28 Schipper Jessica,87,AUS 11 2:12.49 Cuil Li,86.CHN 12 2:12.56 Zhang Tianyi,90,CHN 13 2:12.74 Loots Amanda,78,RSA 14 2:12.76 Mason Emily,82,USA 2:12.76 Sutiagina Natalia,80,RUS 16 2:13.96 Melachroinou Zampia,79,GRE Prelims, Jul 23
1 2:09.08 Descenza Mary,85,USA 2 2:09.32 Ristov Eva,85,HUN 3 2:10.30 Jedrzejczak Otylia,83,POL 4 2:10.52 Klochkova Yana,82,UKR 5 2:10.65 Galvez Felicity,85,AUS 6 2:10.68 Nakanishi Yuko,81,JPN 7 2:10.73 Vives Roser,84,ESP 8 2:10.85 Mehlhorn Annika,83,GER 9 2:11.02 Segat Francesca,83, TA 10 2:12.10 Zhang Tianyi,90,CHN 11 2:12.33 Mason Emily,82,USA 12 2:12.35 Cui Li,86,CHN 13 2:12.36 Schipper Jessica,87,AUS 14 2:12.46 Lee Georgina,81,GBR 15 2:12.70 Sutiagina Natalia,80,RUS 16 2:12.77 Osada Yukiko,81,JPN 17 2:12.81 Melachroinou Zampia,79,GRE 18 2:12.84 Loots Amanda,78,RSA 19 2:13.64 Pelaez Maria,77,ESP 20 2:13.74 Zahrl Petra,81,AUT 21 2:13.86 Button Jennifer,77,CAN 22 2:14.11 Van Welie Elizabeth,79,NZL 23 2:16.53 Felgueiras Raquel,80,POR 24 2:16.54 Stojanovska Vesna,85,MKD Total 39 participants

## 200 METRES IND.MEDLEY

Finals, Jul 21
1 2:10.75 Klochkova Yana,82,UKR 2 2:12.75 Mills Alice,86,AUS


Rhiannon Leier (CAN) 8th in the 100 breaststroke final

3 2:12.92 Zhou Yafei, 84, CHN
4 2:14.51 Qi Hui. 85.CHN
5 2:14.60 Bowen Maggie,80,USA
6 2:14.63 Kovacs Agnes, 81, HUN
7 2:14.65 Caslaru Beatrice,75,ROM
8 2:16.70 Scherba Hanna,82,BLR
Semifinals, Jul 20
1 2:13.63 Klochkova Yana,82,UKR
2 2:13.69 Mills Alice,86,AUS
3 2:13.79 Zhou Yafei, 84, CHN
4 2:14.17 Scherba Hanna,82,BLR 5 2:14.32 Kovacs Agnes, 81, HUN 6 2:14.71 Caslaru Beatrice,75,ROM 7 2:14.74 Qi Hui, $85, \mathrm{CHN}$ 8 2:14.79 Bowen Maggie,80,USA 9 2:14.88 Coventry Kristy,83,ZIM 10 2:15.02 Rose Gabrielle,77,USA 11 2:15.14 Limpert Marianne,72,CAN 12 2:15.15 Kejzar Alenka,79,SLO 3 2:15.43 Warden Elizabeth,78,CAN 14 2:16.58 Fujino Maiko,83,JPN 15 2:16.73 Rouba Tatiana,83,ESP 16 2:16.75 Parise Sara,82,ITA
Prelims, Jul 20
1 2:13.74 Klochkova Yana,82,UKR 2 2:13.91 Zhou Yafei, 84,CHN 3 2:14.88 Bowen Maggie,80,USA
4 2:15.08 Kejzar Alenka,79,SLO
5 2:15.37 Mills Alice,86,AUS
6 2:15.50 Limpert Marianne,72,CAN 7 2:15.56 Caslaru Beatrice,75,ROM 8 2:15.78 Scherba Hanna,82,BLR 9 2:16.31 Kovacs Agnes,81,HUN 10 2:16.35 Warden Elizabeth,78,CAN 11 2:16.52 Coventry Kristy,83,ZIM 12 2:16.76 Qi Hui, $85, \mathrm{CHN}$ 13 2:16.83 Rose Gabrielle,77,USA 14 2:16.85 Rouba Tatiana,83,ESP 15 2:17.00 Parise Sara,82.ITA 16 2:17.03 Fujino Maiko,83,JPN 17 2:17.20 Remenyi Diana,86,HUN 18 2:17.28 UrbanczykAleksanrda,87,POL 19 2:17.30 Hetzer Nicole,79,GER 20 2:17.34 Hjorth-Hansen Julie,84,DEN 21 2:17.50 Carballido Paula,79,ESP 22 2:17.79 Norfolk Helen,81,NZL 23 2:17.95 Jones Leisel,85,AUS 4 2:18.56 Maranhao Joanna,87,BRA 35 2:22.48 Martynova Yana,88,RUS Total 55 participants
400 METRES IND.MEDLEY

## Final, Jul 27

1 4:36.74 Klochkova Yana,82,UKR 2 4:37.39 Risztov Eva,85,HUN 3 4:41.86 Caslaru Beatrice,75,ROM 4 4:43.21 Bowen Maggie,80,USA 5 4:43.32 Hetzer Nicole,79,GER 6 4:45.67 Remenyi Diana,86,HUN 7 4:46.06 Bardach Georgina,83,ARG 8 4:48.11 Reilly Jennifer,83,AUS Prelims, Jul 27
1 4:42.89 Ristov Eva,85,HUN
2 4:43.48 Hetzer Nicole,79,GER
3 4:44.14 Klochkova Yana,82,UKR
4 4:44.26 Caslaru Beatrice,75,ROM
5 4:44.77 Remenyi Diana,86,HUN 6 4:45.16 Bardach Georgina,83,ARG
7 4:45.57 Reilly Jennifer,83,AUS
8 4:47.08 Bowen Maggie,80,USA
9 4:47.17 Fujino Maiko,83,JPN 10 4:47.20 Qi Hui,85,CHN 11 4:47.72 Tolkacheva Yana, 87, RUS 12 4:47.84 Zhang Tianyi,90,CHN 13 4:48.59 Jedrzejczak Otylia,83,POL 14 4:48.75 Coventry Kristy,83,ZIM 15 4:49.04 Maranhao Joanna,87,BRA 16 4:49.28 Warden Elizabeth,78,CAN 17 4:50.28 Crippen Madeleine,80,USA 18 4:50.44 Carballido Paula,79,ESP 19 4:51.42 Van Welie Elizabeth,79,NZL 20 4:51.54 Norfolk Helen,81,NZL 21 4:52.72 Abbott Jessica,85,AUS 22 4:53.77 Martynova Yana,88,RUS 23 4:54.30 Hjorth-Hansen Julie,84,DEN 24 4:54.31 Levavi Inbal, 84, ISR Total 36 participants

4X100 MEDLEY RELAY
Final, Jul 27
1 3:59.89 China,CHN
1:01.86 Zhan Shu 1:05.79 Luo Xuejuan 58.53 Zhou Yafei 53.71 Yang Yu

2 4:00.83 United States,USA
1:02.26 Coughlin Natalie 1:06.87 Beard Amanda 57.40 Thompson Jenny 54.30 Benko Lindsay

3 4:01.37 Australia,AUS 1:01.75 Rooney Giaan 1:06.70 Jones Leisel 58.78 Schipper Jessicah 54.14 Henry Jodie

4 4:02.01 Germany,GER 1:00.33 Buschschulte Antje 1:07.54 Poewe Sara 59.04 Mehlhorn Annika 55.10 Volker Sandra

5 4:06.25 Japan,JPN 1:01.34 Nakamura Mai 1:09.32 Tanaka Masami 1:00.00 Nakanishi Yuko 55.59 Nagai Tomoko

6 4:07.73 Netherlands,NED 1:03.49 Schreuder Hinkelein 1:09.27 Baans Madelon 1:00.17 Groot Chantal 54.80 Veldhuis Marleen

7 4:08.39 Sweden,SWE 1:05.08 Moonan Susannah 1:10.01 Igelstrom Emma 59.02 Sjoberg Johanna 54.28 Lillhage Josetin

8 4:10.69 Great Britain,GBR 1:01.96 Sexton Katy 1:11.23 King Jaime 1:02.68 Savage Alexandra 54.82 Legg Karen

Prelims, Jul 27
4:04.06 United States,USA
4:04.58 Germany,GER
4:04.95 China,CHN
4:05.31 Australia,AUS 4:06.32 Netherlands,NED 6 4:06.38 Japan,JPN 4:06.99 Great Britain,GBR 4:07.82 Sweden,SWE 4:10.29 Ukraine,UKR
10 4:10.41 Italy,ITA
11 4:11.95 South Africa,RSA
12 4:16.87 Switzerland,SUI
13 4:21.01 Hong Kong,HKG
14 4:21.87 Brazil,BRA
15 4:23.02 Iceland,ISL
6 4:47.73 India,IND disq Canada,CAN disq Greece,GRE
4X100 FREE RELAY
Finlal, Jul 20
1 3:38.09 United States,USA 54,64 Coughlin Natalie 55.26 Benko Lindsay 54.75 Jeffrey Rhiannon 53.44 Thompson Jenny

2 3:38.73 Germany,GER 55.39 Dallmann Petra 54.94 Meissner Katrin 65.09 Buschschulte Antje 54.31 Volker Sandra

3 3:38.83 Australia,AUS 54.64 Lenton Lisbeth 55.36 Graham Elka 54.22 Henry Jodie 54.61 Mills Alice

4 3:41.04 Netherlands, NED 56,28 vanRooijen Manon 54.23 Veldhuis Marleen 55.74 Kosten Annabel 54.79 Groot Chantal

5 3:41.17 Great Britain,GBR 56.42 Sheppard Alison 54.75 Legg Karen 54.91 Marshall Melanie 55.09 Pickering Karen

6 3:41.36 Sweden,SWE 55.67 Lillhage Josefin 55.18 Sjoberg Johanna
54.88 Kammerling Anna-Karin 55.63 Alshammar Therese

7 3:41.46 China,CHN
55.35 Cheng Jiaru
54.69 Yang Yu
55.38 Xu Yanwei
56.04 Pang Jiayin

8 3:48.18 Italy,ITA
56.64 Vianini Cecilia
57.13 Chiuso Cristina
57.35 Parise Sara
57.06 Striani Luisa

Prelims, Jul 20
3:41.16 Australia,AUS
3:41.68 Great Britain,GBR
3:41.74 Netherlands,NED
4 3:42.77 Germany,GER
5 3:42.89 Sweden,SWE
3:43.14 United States,USA
3:43.36 China,CHN
3:44.53 Italy,ITA
3:45.46 Korea,KOR
10 3:46.35 Greece,GRE
11 3:47.44 Switzerland,SUI
12 3:47.85 Belarus,BLR
13 3:48.49 Belgium,BEL
14 3:49.02 Brazil,BRA
15 3:51.43 Estonia,EST
16 3:54.96 Hong Kong,HKG
17 4:13.00 India,IND
4X200 FREE RELAY
Final, Jul 24
1 7:55.70 United States,USA
1:57.41 Benko Lindsay
1:59.34 Komisarz Rache
1:59.14 Jeffrey Rhiannon
1:59.81 Munz Diana
2 7:58.42 Australia,AUS 1:59.06 Graham Elka
1:59.90 MacKenzie Linda
1:59.94 Thomson Kirsten 1:59.52 Mills Alice
3 7:58.53 China,CHN
2:00.35 Zhu Yafei
1:59.77 Xu Yanwei
2:01.17 Pang Jiaying
1:57.24 Yang Yu
4 8:00.01 Great Britain,GBR
2:00.20 Legg Karen
1:59.76 Marshall Melanie
2:01.50 Belton Janine
1:58.55 Pickering Karen
5 8:03.84 Spain,ESP
2:00.99 Rouba Tatiana
2:00.61 Caballero Melissa 2:01.62 Roca Laura 2:00.62 Villaecia Erika
6 8:05.05 Sweden,SWE
2:01.81 Sjoberg Johanna
1:59.54 Lillhage Josefin
2:01.19 Mattsson Ida
2:02.51 Svahnstrom Malin
7 8:05.82 Netherlands,NED 2:01.08 Veldhuis Marleen 2:01.66 van Rooijen Manon 2:00.96 van Stralen Haike
2:02.12 Lemmen Celina
8 8:08.42 Canada,CAN
2:01.25 Reimer Brittany
2:01.74 Limpert Marianne
2:02.63 Fratesi Jennifer 2:02.80 Nicholls Laura
Prelims, Jul 24
8:02.64 United States,USA
8:04.97 China,CHN
8:05.52 Spain,ESP
8:05.65 Great Britain,GBR
8:06.87 Sweden,SWE
8:07.30 Netherlands,NED

## PERSONALITY: BRITTANY REIMER

## From an anxious youngster to the star of the Canadian team

Nikki Dryden

Theonly thing that was disappointing about Brittany Reimer's swimming in Barcelona was that her coach couldn't be there to see it. Otherwise, it was near perfection: eight swims and seven best times including six Canadian records. Shefinishedwith afourth, fifth, and sixth, but her successes continued throughout the summer. She picked up a handful of medals at US Nationals before breaking the Canadian record in the 800 free atthe British shortcourse nationals and almost breaking the 100 free record too.


Near perfection for Brittany Reimer
"Brittany has a big heart," says her coach Cory Beatt. "Sheloves to race and shewill race as hard as she can to the wall. The big thing now is that being 15 , she doesn't have the experience of the other competitors. And sometimes, experience can outweigh desire." But that is what this summer is all about. "There is only one way to gain that experience and that's why we are swimming US and British Nationals. We will continue to fine tune the art of racing.'

Even this year, Brittany has gone from an anxious youngster to the only star of the Canadian team. "Even through at US spring nationals this year, she was intimidated in the ready room, but with every race she swam better. She has come to realize that she's as good as, if not better than, the other girls.'

But through it all, Brittany has remained tough and determined, having grown tremendously from
shy swimmer to a confident and humble success story. When asked about her swims from worlds, she was slightly tired and trying to concentrate on her next meet-the US Nationals. "It was good, but I have moved on already and want to beat those times." As far as being Canada's sweetheart, Brittany is not yet convinced. "I amvery proud of myswims, buteveryone else swam well and I can't really say that I did the best on the team.'

As for her coach being there in Athens, Cory says that she'll just have to swim faster next time to get him on the team. "I would have loved to be there. But there was a process in place and I didn't get selected. It will work out next time; she'll put me on the team.'

And that would probably put Cory a little more at ease too. "I was on the computer watching the live Omega splits. To watch that is almost more difficult
than not watching at all, though, because sometimes the splits come up quickly and other times they come up slower. I was yelling at my computer at times!'

Butasfar asherswimswere concerned, Corywasn't surprised. "I think I accurately predicted what she was going to do for the 400. We started to talk about times a bit before the meet, but Brittany said she didn't want to think about it. But we did a few things indirectly that was a form of goal setting." Brittany is a great student of swimming andshestudies meticulously abookletCory prepared for her with world rankings and results. She also kept a detailed logbook throughout the summer so when Cory wasn't around, she knew what she needed to do. "The premise of our training is to preparefortheworst-casescenario. Plusshe had worked withJim (Fowlie) before,so they had developed a relationship, which made me confidenteven if I couldn'tbe there. The next best thing to me being there is to have someone I know who is there to take care of her."

Their preparation seems to have worked, because in her first competition away from her coach, Brittany stepped up to the plate and delivered time and time again. That preparation includes training with her small team in Surrey, BC. "Brittany trains with the rest of the team and she's on a first-name basis with everyone. We are different than other teams in that she's not isolated. The 10- and 11-year-olds all know her and they know she's a real person." Which all made for an exciting week of swimming in Surrey. "Everyone on the team was very excited about her swims. I would bring in her results and pass them around, and everyone would look at her splits and times. It was really great, and the few times I was able to talk to her and hear her voice, the excitement and enthusiasm was really nice.'

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## OPEN WATER SWIMMING

## RUSSIA WINS TEAM CHAMPIONSHIPS Viola Vallis wins two golds

Open Water swimming was first added to the FINA World Championships program in 1991. In 2000 a separate World Championships for Open Water events was introduced to be held in between the bi-annual World Aquatic Championships as follows:

|  |  |  |
| :--- | ---: | :--- |
|  | Participants | Events |
| 1991 Perth, AUS |  | 25 km |
| 1994 Rome ITA | 65 | 25 km |
| 1998 Perth, AUS | 89 | $5 \mathrm{~km}, 25 \mathrm{~km}$ |
| 2000 Honolulu, USA | 164 | $5 \mathrm{~km}, 10 \mathrm{~km}, 25 \mathrm{~km}$ |
| 2001 Fukuoka, JPN | 104 | $5 \mathrm{~km}, 10 \mathrm{~km}, 25 \mathrm{~km}$ |
| 2002 Sharm el-Sheik,EGY | 89 | $5 \mathrm{~km}, 10 \mathrm{~km}, 25 \mathrm{~km}$ |
| 2003 Barcelona, ESP | 125 | $5 \mathrm{~km}, 10 \mathrm{~km}, 25 \mathrm{~km}$ |

The 2003 Open Watereventswere held in the Barcelona Harbour.

## Men's 5 km, July 13

In aclose-foughtrace, Evgeni Kochkarov (RUS) arrived first at the finish with six others closely bunched less than 10 seconds apart.

Marco Formentini (ITA) had the lead throughout the race and looked strong at the 3.5 km mark. "I felt really good throughout the race." Formentini said. "I was leading without any problem, but in the end it was chaos. A swimmer grabbed me in order to touch the line."

The Italian team filed a protest to argue that Formentini was interfered with in the last five metres of the race, but this was dismissed without a change in the order of finish.

The winning strategy used by Kochkarov was to "stay apart from the group and then accelerate at the end of the race" and it worked for him. In the last 100 metres Formentini did not have the stamina to hold off eitherChristian Hein (GER), who took thesilver medal, or Vladimir Diattchine (RUS), who earned bronze.
"I felt really good after this race. When I got to the last 1 km , I knew that I could win, but only then" Kochkarov said after the swim. "The only mistake I did was to take right side of the group while the shortest way to swim was on the left side. So I had to make an effort in order not to let leaders get too far ahead" added the Russian gold medalist.

Kochkarov's time of 53:11.9 was exactly two seconds faster than Hein's silver medal-winning performance. The other Russian, Diattchine, posted a final time of $53: 14.8$; both Russians are trained by Lidia Vlasevskaya (RUS) and their strategies were clearly effective.

## Women's $\mathbf{5} \mathbf{~ k m}$, July $\mathbf{1 3}$

On a hot and humid morning, 32 women started
the race.
At the 1.5 km mark, 15 swimmers were still bunched tightly together. At this pointJana Pechanova (CZE) and Edith Van Dijk (NED) decided they needed to be free of the others. At the 2.5 km mark, Pechanova had had the lead ahead of Viola Valli (ITA), the 2002 winner. Just before the 3.5 km mark, Van Dijk had taken a slim lead over Pechanova, who had slipped in ahead of Valli.

Van Dijk tried repeatedly to break away but Valli's experienceworked to her advantage. "I was very relaxed swimming next to Van Dijk and this was the right place for me to be," Valli said. "I raised my head several times because I was not exactly sure where my other rivals were. I noticed the Czech swimmer, who had been in the first position, was slowing down and I was able to overtake her."

Valli repeated as the gold medal winner in the 5 km event with a time of 57:01.2 and was closely followed by Pechanova at 57:03.9. Van Dijk faded quickly and placed only 8th. Britta Kamrau (GER) earned the bronze medal with a final time of 57:06.4.

Russia (45 points) edged Italy (42 points) in the 5 km combined trophy

## Men's 10 km, July 16

Barcelona has discovered Open Water events, with a huge crowd that came out to see David Meca (ESP) No one was disappointed as the race ended with Meca's final sprint to capture the bronze medal.

A comfortable breeze swept through the harbour at noon and caused a rougher chop than during the 5 km race. Dan DeMarco (USA) had a 10 -second lead over the field near the half-way mark but he handed that off to Mark Saliba (AUS), and Grant Cleland (AUS) who took turns leading the race until the 7.5 km buoys. As the lead changed so many times, it was impossible to know who really had control of the race until the swimmers became visible when they re-entered the harbour.

VladimirDiattchine (RUS) navigated the harbour as efficiently as he had done in the 5 km event where he won a bronze medal. "It left me with a bittersweet feeling because I knew that I could have done better, but I am very satisfied with today's performance as it was everything that I expected." Following the Russian was apack of 10 otherswimmers who sprinted together for the last 500 metres of the race.

Christian Hein (GER) was able to break out first and earn the silver medal. It was the German's second silver medal of the week as he had out-touched Diattchine in the 5 K event on Sunday. "The water was very cold and rough but this was not a problem for me.

There was a moment in the race in which I did not know anything about the leaders but I increased my speed and I managed to reach the second position. It was a long time since I began my training for these events, so this medal and the silver in the 5 km contest is very rewarding to me."

David Meca (ESP) wasswimming beforethehome crowd who had lined the pier and waved flags and blew whistles for their hero. Meca's finish gave many the impression that he should have entered the 50 metre event to be contested in Palau Sant Jordi next week. He followed Hein and Evgeny Bezruchenko until he was able to catch one of them. Meca's margin over Bezruchenko was one-tenth of a second. Meca said of his race:" "I am verypleased with thismedal. The lastew metres were just unbelievable. I managed to overtake Bezruchenko and place third. Although physically I am getting older it does not feel harder. Mentally I am getting younger and smarter and I hope to do better in the 25 K contest."

## Women's 10 km, Ju;y 16

Viola Valli (ITA) earned her second gold medal of the week. Already the owner of the gold medal in the 5 K event, she now has a pair with her two-second victory over Angela Maurer (GER). Valli won both the 5 km and the 25 km gold medals in 2001 Fukuoka.

She was in the lead at the 2.5 km mark, and also at the 5 km and 7.5 km . "I always felt in control of my race, in fact I felt more relaxed and paradoxically less tired that I did in the 5 km event" said the Italian champion.

Valli congratulated herfriendAngela Mauer (GER) who outpaced Edith Van Dijk (NED) toearn thesecond spot on the podium. Van Dijk swam slightly behind the Italian for most of the race, in fact she pulled even several times, butwas never able to overtake Valli. Van Dijk relinquished her place to Maurer during the finishing sprint.
"I will not swim the 25 km as I have not done enough preparation for the event," said Valli.

Russia (45 points) edged Germany (42 points) in the team combined 10 km trophy.

## Men 25 km, July 19

The final event of the Open Water program was contested by 21 men completing the 25 km distance in six hours or less.

Thefastestswimmerwas Yuri Kudinov (RUS) who completed the distance in 5:02.20. Kudinov won this event in each of the past three years beginning with his first title in Honolulu in November 2000.

The final 800 metre sprint of the men's event was preceded by a group of seven swimmers who began the final round by testing the endurance of each other. Three of them were able to break away from the pack and began an all-out sprint for the touchpads. David Meca (ESP) and Peter Stoichev (BUL) had taken turns as the lead swimmer of the event. Kudinov managed to "stalk the leaders" for most of the race, comfortably
"drafting" off thosewhoswam only afew metres ahead of him. Kudinov, Meca, and Stoichev swam-side-by side and stroke-for-stroke demonstrating near superhuman endurance as they completed the run-down of the last few metres.

The resultswere delayed for 10 minutes as officials and Omega Swiss Timing experts were consulted to determine the correct order of finish. Only four-tenths of a second separated Kudinov from Meca, while the ever-confident Meca told the television cameras that even he was not certain who had won the event.

Meca declared "It was a tough race, a very tough finish, and all three of us our champions." Meca earned a bronze medal in the 10 km event held three days before.

Kudinov told reporters "I am extremely pleased with this result, but this victory was much harder than the other three." Stoichev also competed in the 10 km event in 2000 and claimed the silver medal, finishing less than four seconds behind Meca.

AmericanAndrew Bray, born in 1958 and theoldest competitor at the FINA World Championships finished in 19th place, 45 minutes and 23 seconds behind the winner. That was about 9 minutes faster than Ryan Dvorak (USA), the youngest competitor (born 1985) who finished in 21st place.

## Women's 25 km, July 19

In the women's 25 km event Edith Van Dijk (NED) held the lead for the entire race. When Van Dijkstopped for water or a feeding, so did almost everyone else. For Van Dijk the week just got better and better. On July 13 she was 8 th in the 5 km event, and on July 16 she collected a bronze medal in the 10 km event. On July 19 she collected her 10th medal in a FINA Open Water World Championship event since her first appearance in 1998. "The last 5 km was very hard but in the end I kept to my strategy. I took advantage of the current and often would pick up the pace to escape from my competitors, and only the Germans were able to keep up with me."

Insecondplacewas Britta Kamrau (GER) whosaid "I intended to get a medal in the Open Water events and this is my best finish in a 25 km . I knew that if the finish was a sprint, I would be in a good position for a medal, and today we finished in a sprint."

She and teammate Angela Maurer (GER) swam together to the finish line with Kamrau touching only four-tenths of a second ahead of Maurer, who claimed the bronze medal.

The Germans enjoyed great success earlier in the week as Kamrau also received a bronze medal in the 5 km event, and Maurer a silver in the 10 km .

Russia (45 points) edged the Germans (42 points) in the 25 km team points.

In the combined team pointsfor the threedistances for men and women, Russia (136points) won the Open Water championships over Germany ( 120 points) and Italy, (79 points). Fifteen countries scored points out of a total of 28 participating nations.

| OPEN WATER SWIMIMING RESULTS |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Rank Athlete Coun | Country | YOB | 5 km | Pts |
| 5km Men, Jul 13 |  |  |  |  |
| 1 KOCHKAROV Evgeni | RUS | 82 | 0:53.11.9 | 18 |
| 2 HEIN Christian | GER | 82 | 0:53.13.9 | 16 |
| 3 DIATTCHINE Vladimir | RUS | 82 | 0:53.14.8 | 14 |
| 4 FORMENTINI Marco | ITA | 70 | 0:53.15.5 | 12 |
| 5 SANTACATERINA Josh | AUS | 80 | 0:53.17.5 | 10 |
| 6 RUBAUDO Stefano | ITA | 72 | 0:53.17.8 | 8 |
| 7 POISSER Emmanuel | FRA | 75 | 0:53.18.2 | 6 |
| 8 BIRCHER Alan | GBR | 83 | 0:53.25.0 | 5 |
| 9 CLELAND Grant | AUS | 78 | 0:53.26.5 | 4 |
| 10 BLAUM Damian | ARG | 81 | 0:53.29.6 | 3 |
| 11 SCHMITT Guy-Noel | FRA | 83 | 0:53.30.7 | 2 |
| 12 DEMARCO Daniel | USA | 80 | 0:53.31.0 | 1 |
| 13 BUCAR Jure | SLO | 66 | 0:53.32.4 |  |
| 14 SEROUR Mohamed | EGY | 82 | 0:53.32.9 |  |
| 15 van der WEIJDEN Maarten | N NED | 81 | 0:53.35.5 |  |
| 16 ELZANATY Mohamed | EGY | 84 | 0:54.24.2 |  |
| 17 MAURER Andreas | GER | 79 | 0:54.27.6 |  |
| 18 PAVAO Carlos | BRA | 75 | 0:54.28.9 |  |
| 19 DIDEUM Patrick | USA | 81 | 0:54.29.6 |  |
| 20 QUIROGA Facundo | ARG | 78 | 0:54.30.8 |  |
| 21 CREEL David | CAN | 81 | 0:54.31.5 |  |
| 22 NEGRON Moises | ESP | 78 | 0:54.31.9 |  |
| 23 SALAS Rolando | VEN | 82 | 0:54.34.3 |  |
| 24 VITEK Rostislav | CZE | 76 | 0:54.35.2 |  |
| 25 ANDERMATT Adrian | SUI | 69 | 0:54.37.9 |  |
| 26 PROUD David | GBR | 85 | 0:54.44.9 |  |
| 27 JOU Jordi | ESP | 78 | 0:54.45.7 |  |
| 28 BALLEM Jarod | CAN | 79 | 0:54.46.8 |  |
| 29 SRB Pavel | CZE | 80 | 0:58.03.8 |  |
| 30 TRBONJACA Alen | CRO | 81 | 0:58.04.6 |  |
| 31 RIVABENEIRA Adolfo | ECU | 83 | 0:58.11.2 |  |
| 32 RISTOVSKI Mihaljo | MKD | 83 | 0:58,48.8 |  |
| 33 PALACIOS Santiago | ECU | 84 | 1:07.54.0 |  |
| 34 RUBEL RANA Mohammad | d BAN | 83 | 1:16.00.7 |  |
| MAHAMAD Sarmad A,A, | IRQ | 50 | DNF |  |
| MASARI Hisham | SYR | 73 | DNF |  |



25km Men, Jul 19
1 KUDINOV Yury
2 MECA David
3 STOICHEV Petar 4 MAJCEN Igor 5 KOCHKAROV Evgeni 6 WANDRATSCH Christof 7 GOMEZ Stephane 8 LECAT Stephane 9 HANSMANN Christian
10 GARGARO Claudio 10 GARGARO Claudio 12 CAPELL Brendan 13 SALIBA Mark 14 MARTIN Alex 15 BLAUM Damian 17 VITEK Rostislav


18
16

## 10km Women, Jul 16

1 VALLI Viola
2 MAURER Angela
$\begin{array}{ll}3 & \text { VAN DIJK Edith } \\ 4 & \text { SELIVERTSOVA Ekater }\end{array}$
5 KAMRAU Britta
6 HUTCHINSON Trudee
7 vdWEIJDEN Etta
8 WOOD Paula
9 GUERRA Silvia 9 GUERRA Silvia
10 ZHDANOVA Ekaterina 11 ROSE Erica 12 SCHRADER Denise 13 STUTZEL Karley 14 NOGUES Marta 15 HUNKS Tanya 16 BERGEN Briley 18 ABBOTT Chloe 19 BARSI Claudia 20 LOPEZ Paloma
21 HEGEDUS Diana 21 HEGEDUS Di 23 CORDEIRO Priscilla 24 CUPUERAN Sandra SPERANDA Ines HLAVACOVA Yvetta MORALIEVA Ivanka
GEIJO Pilar

25KM Women, Jul 19 1 VAN DIJK Edith 2 KAMRAU Britta 3 MAURER Angela 4 POPOVA Ksenia $\begin{array}{ll}5 & \text { LA PIANA Laura } \\ 6 & \text { PERSOONS Cindy }\end{array}$
$\begin{array}{ll}6 & \text { PERSOONS Cindy } \\ 7 & \text { PANKINA Natalia }\end{array}$ $\begin{array}{ll}8 & \text { BERGEN Briley } \\ 9 & \text { NUNEZ Esther }\end{array}$ 9 NUNEZ Esther
10 SMITH Tobie 11 HLAVACOVA Yveta 12 CLARK Shelley 13 STUTZEL Karley 14 KRUEGER Nadia 15 MORALIEVA Ivanka 16 ROMITI Alessandra 18 PUNET Celeste 19 FERNANDEZ Elisabeth 20 BENSON Meliss 21 RIVERA Ibelis vdWEIJDEN Etta SPERANDA Ines

## Nikki Dryden and Matthew O'Connor

The start lists in Barcelona looked more like roll call at the United Nations General Assembly than a swim meet. Over the past few years, the number of nations competing has soared, meaning athletes from Mongolia and Cote d'Ivoire to Nepal and Iraq are just a few of the 157 countries competing. This idea of bringing swimming to the world and making it more competitive and better in the long run is exciting, however, in the early heats of the men's 50 breast, at least one person in each heat was being disqualified for infractions such as false starts and dolphin kicks. So the question is, are the World Championships the placeforswimmerswithout an acceptable grasp of the sport's basics the place to learn the hard way?

That said, mistakes do happen: Stephen Penfold (AUS), the training partner of Grant Hackett and Kurtis MacGillivary, missed his only race, the 800 free, although he was allowed to swim in the following heat. Randal Ball (USA) was disqualified for a 15 -metre violation in the 100 back, and even some of the top breaststrokers were disqualified for dolphin kicks.

- While FINA pays for two swimmers and one coach per country, perhaps the money could be better spent on a development meet before the World Championships. There is nothing to be gained from two swimmers of completely different levels racing each other. Jacques Rogge, head of the International Olympic Committee, has said he no longer wants the "Eddie the Eagles" or "Eric the Eels" at the Olympics; should FINA follow suit at the World Champs?

The inclusion of the 50 s of the strokes have also allowed weakerswimmers to compete and appears to behurting eventraditional swimming countries like Sweden, which doesn'thave a man who canswim over a 200-m free, let alone funding for one who could. On the flip side, there are a few fast swimmers from developing countries that are hopefully using the 50s of each stroke as stepping stones to the 100 s instead of stepping stones to retirement; for example, Egypt's Ahmed Hussein (USA trained) was 13th in the 50, 24th in the 100 , and 28th in the 200 back

Swimming, once a sacred Olympic sport, is now just part of another advertising campaign. Wherever you look there is advertising-at poolside, on the pool deck, in thestands, on the front of athlete's caps, and now even on real video ads streamed out on theJumbotron above thescoreboard. Those ads, along
with rotating sponsors emblazoned on the carpet, are part of the massive attempt to capture the attention of anyone incapable of looking anywhere else but at the products being touted.

Hype is not a word typically associated with swimming, but in Barcelona, hype was definitely the word of the week. From Thorpe's feet measurements to the exact millimetre to high-tech bodysuits made from the latest water resistant fabric, to removable cable-suspended swimming pools andwave-reducing lanelines, the WorldChampionshipswere a marketer's dream.

FINA, the Barcelonaorganisers, and sponsorssuch asAdidas andNike have all beenextremelykeentopush the material side of sport, making the championships as much about marketing as the actual swimming. It was more a sporting extravaganza, where glitz is as important as substance, where swimmers seem subsidiary to the event. If they swim fast, it's the latest "bodysuit" or the pool design or perhaps even the lane lines or the goggles. Hard work and talent, it seems, are less marketable.

As for the bodysuits, companies such as Nike and Adidas have jumped on the swimsuit bandwagon, each with their own famous-name swim star. Adidas sponsors Thorpe, while van den Hoogenband, his biggest rival, is sponsored by Nike. When the two go head-to-head in the pool, the duel is as much Adidas versus Nike as Thorpe versus van den Hoogenband. Huge press conferences before the championships from each of the sportswear giants informed us that the latest suits would make the two swimmers swim around three percent faster.

Neither swimmer did his best time at the championships, so is that the suit or the swimmer's fault? Was the preparation wrong or have Nike and Adidas in fact created a slower swimsuit?

- Worse than adding 50s of stroke, the idea of temporary pools has to be the biggest mistake world swimming has made yet. Many were questioning the sense of erecting a temporary pool for Worlds when the city of Barcelona is already home to many fine 50-metrepools, including the 1992 0lympic pool just five minutes' walk from where the championships were held. Where is the legacy? The pools for Montreal 2005 and Indianapolis (SC Worlds in 2004) will all be temporary. Montreal has several 50-metre pools and Indy has one of the fastest in the world. But, for some reason (and it has nothing to do with inside versus outside pools, since the one being built for Montreal is outdoor), this idea of wasting millions of dollars for something that leaves when the meet does has taken off.

Many swimmers complained that this fancy pool was too wavy anyway. The latest lane lines being used were supposed to cut down the waves better than any lane line ever, but many swimmers complained they were crashing into their own wake all the way down the pool, something quite evident when watching the sprint events.

Why didn't FINA use one of the many existing pools in Barcelona and invest the saved money in drug testing or athlete development? No youngster aspiring to be the next Thorpe or Phelps will be able to say he or she swam in the pool where they watched the world's elite compete. The people in charge say that the removable pool is the future of big swim events because they can pack more spectators into the meet. Sadly, even the front row is too far from the pool, and one can only imagine the tiny dot even Phelps must have looked like from the top row of the upper deck.

Add all this to the plight of the swimmers. Remember them? It used to be that if you swam poorly, you had buttwo people to answerto, yourself and your coach. Today, you must face the corral of journalists hungry to write about your failures. Poor Natalie Coughlin, fighting back the tears, was somewhat forced to hold a mini press conference when she failed to make the 100 back semi-final due to a fever. This might seem fair to other swimmers who use the media to make thousands of dollars in prize money and endorsements, but Coughlin is an NCAA college swimmer and owes no one an explanation. Alas, this is whatswimming has become and there's no turning back. We are now a part of the world of professional sportcompletewith giantdollarsigns. With thatcomes bigger and better media exposure as well as some of the less savory sides of big-money sport.

- It seems one morning after heats, Brittany Reimer was waiting for a bus back to the hotel where Canada and Australia were staying, when Ian Thorpe and Grant Hackett came by and hailed a taxi. As they were getting in Thorpe called, "Hey Brittany, do you wantaride?" Of courseshe accepted andsilentlyprayed for every red light the entire way home.
- Contrary to Bill Sweetenham's get-tough policy of the last three years, Brit after Brit withdrew from heat, semi, and final swims. Mum was the word from the British media handler, who actually told one journalist that one of the swimmers who pulled out had had a tough year and to go easy on him. What was that tough year? His final year of high school. Maybesomeone in Britainshould askjennyThompson how she manages med school and being the fastest swimmer in the world.

With extra-long prelims, the media often turned to stories during heats at worlds like that of Sarmad Mohamad and Zaid Saeed of Iraq. These two men hadn't swum since the US invasion/liberation/ occupation of their country. The pool in Baghdad remains intact, but out of reach for Iraq's national swimmers. "The pool was not damaged," said Saeed, "but things have been stolen by thieves and destroyed by looters." Since thewar, the Iraqi Olympic Committee has been dissolved, but the men received $\$ 1600$ to support their trip to Barcelona. As for preparing for next year's Olympic Games in Athens, the men are unsure when they will be able to train. "If the Americans leave, maybe we will be able to swim again in our country."

While Saeed is the quicker of the two men, Mohamad is lucky to be alive. Just over a month ago, Mohamad was injured by a bomb that exploded in the street beside him. He has a six-inch gash down his stomach and what appears to be shrapnel wounds around his gut, making his last place finish of 118th in the 50 fly seem unimportant. Surrounded by the media for hours after their swim, the men are, in more ways than one, casualties of war.

What does it mean to be a legend or a great swimmer? Is it a world record or an Olympic gold? Or is it longevity, the continual performances over a career that add up to greatness. When Popovwas asked would Michael Phelps be a great swimmer one day, he replied, "No...He already is." Being that Popov is himself an uncontested legend, it must be safe to say that so is Michael Phelps.

At the tender age of 18 , Phelps may be the best swimmer in the world, but his Mom still makes sure he saves for a rainy day. All his earnings go into savings, except when he breaks a world record. Then he's allowed to buy something extravagant. He already drives an Escalade, a 345-horsepower SUV. He recently installed a TV inside it and rims on the outside. He also has surround sound in the house, probably to listen to a little Eminen before workout, which is what fired him up before his many world records this summer.

Phelps is also the reason his coach, Bob Bowman, is probably feeling a bit lighter these days. It turns out that the two had a bet that if Phelps broke 1:56.00 in the 200 IM, Bowman would have to shave his head. At Worlds Phelps won in 1:56.04 and Bowman, said "too bad!" He also reminded Phelps before the finals of US Nationals that tonight was his last chance, then the betended. Phelps delivered with his 1:55.94swim. "It's gone," he said to his teammate Kevin Clements in the water after touching the wall. "That was a big motivator," he said jokingly after the race. "It's the little things that push me sometimes, and my teammates already have the clippers and shaving cream ready!"

## SELEGTION FOLLIES

For 2004, the Canadian Olympic Committee (COC) (known for most the last 100 years as the Canadian Olympic Association) is requiring a harder standard than FINA for Olympic selection.

A year ago, FINA published standards for one entry (FINA B) and two entries (FINA A) per event. These are fast times, many faster than the Canadian record. But the COC requires an even tougher 12thplace two-per-country from the 2000 world rankings to qualify for Athens.

| Event | COC | FINA A | FINA B |
| :---: | :---: | :---: | :---: |
| Men |  |  |  |
| 50 free | 22.41 | 22.51 | 23.64 |
| 100 free | 49.38 | 49.66 | 52.14 |
| 200 free | 1:49.04 | 1:49.60 | 1:55.08 |
| 400 free | 3:50.80 | 3:52.01 | 4:03.61 |
| 1500 free | 15:12.70 | 15:14.43 | 16:00.15 |
| 100 back | 55.58 | 55.63 | 58.41 |
| 200 back | 1:59.93 | 2:00.20 | 2:06.21 |
| 100 breast | 1:01.74 | 1:01.92 | 1:05.02 |
| 200 breast | 2:13.47 | 2:14.20 | 2:20.91 |
| 100 fly | 52.91 | 53.49 | 56.16 |
| 200 fly | 1:57.49 | 1:58.63 | 2:04.56 |
| 200 IM | 2:01.81 | 2:02.54 | 2:08.67 |
| 400 IM | 4:18.63 | 4:20.17 | 4:33.18 |
| Women |  |  |  |
| 50 free | 25.52 | 25.64 | 26.92 |
| 100 free | 55.46 | 55.58 | 58.36 |
| 200 free | 1:59.50 | 2:00.07 | 2:06.07 |
| 400 free | 4:10.78 | 4:11.60 | 4:24.18 |
| 800 free | 8:35.56 | 8:36.94 | 9:02.79 |
| 100 back | 1:01.80 | 1:02.42 | 1:05.54 |
| 200 back | 2:12.22 | 2:13.58 | 2:20.26 |
| 100 breast | 1:09.52 | 1:09.85 | 1:13.34 |
| 200 breast | 2:27.13 | 2:28.21 | 2:35.62 |
| 100 fly | 59.30 | 59.67 | 1:02.65 |
| 200 fly | 2:10.49 | 2:11.20 | 2:17.76 |
| 200 IM | 2:14.71 | 2:15.27 | 2:22.03 |
| 400 IM | 4:45.65 | 4:46.42 | 5:00.74 |

Qualifying procedure in swimming has been restricted to two competitions: the 2003 World Championships and the 2004 Canadian Olympic

## Trials.

Times done at 2003 Canadian Trials, Pan American Games, or US Summer Nationals don't count!

From the largest-ever swimming team in 2000 to possibly the smallest in the last 50 years, the COC expects that making it harder to get to Athens will result in more medals.

In 1976, when three entries were still possible Canada's Olympic Trials produced 38 qualifiers, who went on the win 8 medals ( 3 silvers and 5 bronze) Qualifying times were imposed by FINA based on the 1973World Championships— 157 swimmers reached the FINA standard at the Canadian trials.

In 1984, with a maximum of two entries per event, after Soviet block countries announced they would boycott the Olympics, selection standards were dispensed with and all first and second-place finishers qualified for the team. Total team size was 38 and they came back with 10 medals (4-3-3) finishing second overall.

In 2000, a team of 39 ( 23 in individual events and 13 as relay alternates) was selected. Two of the 13 alternates actually got to swim in relay prelims in Sydney. Curtis Myden won a bronze in the 400 IM.

## Qualifiers at 2003 World Championships: Men

Janes Riley, 100 back 55.39 (relay lead-off) Beavers Keith, 200 back 1:59.86 (14th semis) Knabe Morgan, 100 breast 1:01.07 (5th final) 200 breast 2:13.23 (9th semis) Brown Michael, 200 breast 2:13.30 (7th final) Mintenko Michael, 100 fly 52.57 (9th semis) Johns Brian, $\quad 200$ IM 2:00.98 (6th semis) 400 IM 4:18.33 (6th prelims)
Women
Reimer Brittany, $\quad 400$ free 4:09.34 (5th final) 800 free 8:28.73 (4th final) Leier Rhiannon, 100 breast 1:09.25 (8th semis)

## OLYMPIC TEAM SIZE AND PERFORMANCE 1948-2000

| Year | Women | Men | Total | Staff | Events | Placing | Medals |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1948 | 4 | 6 | 8 | 2 | 11 | 0 | 0 |
| 1952 | 4 | 5 | 9 | 3 | 11 | 0 | 0 |
| 1956 | 6 | 2 | 8 | 2 | 13 | 6 | 0 |
| 1960 | 4 | 4 | 8 | 2 | 15 | 2 | 0 |
| 1964 | 8 | 4 | 12 | 2 | 19 | 9 | 0 |
| 1968 | 6 | 9 | 15 | 3 | 29 | 15 | 4 |
| 1972 | 20 | 18 | 38 | 4 | 29 | 10 | 4 |
| 1976 | 18 | 20 | 38 | 8 | 27 | 24 | 8 |
| 1980* | 13 | 17 | 30 | 9 | 26 |  |  |
| 1984 | 19 | 19 | 38 | 10 | 29 | 21 | 10 |
| 1988 | 13 | 20 | 33 | 10 | 31 | 14 | 2 |
| 1992 | 13 | 16 | 29 | 13 | 31 | 11 | 2 |
| 1996 | 17 | 7 | 24 | 9 | 32 | 11 | 3 |
| 2000 | 19 | 20 | 39 | 23 | 32 | 13 | 1 |

*Canada did not participate in the 1980 Olympics in Moscow as the Federal Government supported an Olympic boycott lead by the USA to protest the Soviet Union's invasion of Afghanistan

# ENDURANCE-BASED PROGRAM IS THE KEY Brittany Reimer's Training Program 

## Jeff Grace

During the past few months, such bylines as "the Canadian teenage dynamo" have appeared beside Brittany Reimer's name, this coming after huge improvements on both the national and international stages at World Championship Trials in Victoria and the World Championships in Barcelona. As with all athletes who seem to magically appear on the scene, the years of concentrated work and dedication that have gone on behind the scenes are responsible for Brittany's success. Her practicestage has been centred in the community of Surrey, B.C. (an outlying suburb of Vancouver), which is home to the Surrey Knights Swim Club and Head Coach Cory Beatt.

When walking on deck at either the Fleetwood Recreation Complex or the North Surrey Community Center, you will find a serious figure either dressed in red or black (team colours) standing at the end of the pool, a man who is completed focused on the task at hand and does not take his responsibilities lightly. This attitude has allowed Beatt to develop a trust between himself and his club that has allowed him to balance the difficult task of running a club and directing a swimmer towards international success. "The athletes have to know that you are truly interested in each and every one of them and their success," said Beatt. "At times I have to choose attending oneswim meetwith one group over another with a second group. This is not any easy choice, and the swimmers and parents know this. It is difficult for me to miss any of the athletes' meets because my interest is in all my swimmers. I would like to be with all my athletes all the time."

During his years of coaching Beatt has devised a development plan that he feels works for the athletes in his program, "Our development program is fairly structured but is alwaysevolving. Abig part of what we do with everyone, including Brittany, is to concentrate on general athleticism both in and out of the pool. The athletes have to be able to do a variety of different skills."

| Thedryland program the Knights | Brittany's Training Schedule: |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| do is quite simple with a consistent |  | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| emphasisthrough thewholeprogram | am | 2 hours | Off | 2 hours | Off | 2 hours | 2 hours | Off |
| with varying amountsfor the different |  | LC |  | LC |  | LC | LC |  |
| groups. The bulk of Brittany's dryland | pm | 2 hours | 1.5 hours | 2 hours | 1.5 hours | 2.5 hours | Off | Off |
| program includes anhour onTuesday |  | SC | SC | SC | SC | SC |  |  |

Theswimming program is based around asimple and traditional concept of developing the 400 IM and 1500 free. By concentrating on developing proficiency in these two events, the benefit is two-fold: the first is it develops a wide range of skills in the water along with developing confidence in all the strokes, and the second is the development of an aerobic base.

Beatt explains, "The importance of the 400 IM is huge. Ilook at the analogy of the stock market: if your portfolio is going to do wel, it is usually going to be diversified. That is the 400 IM . You don't ride as many plateaus if you constantly work IM. The development of different strokes will improve at different times and different stages; it allows the athletes to improve on a more continuous basis."

When discussing the amount of volume that Brittany is swimming at the current moment, Beatt feels that it is a lot less than what most people expect. "In a typical hour-and-a-half workout, wedo 4500 m , in a two-hour workout we will do between $5,500 \mathrm{~m}$ and $7,500 \mathrm{~m}$." Beatt runs one workout a week on Friday afternoons where only his national qualifiers train. During this two-and-a-half-hour session, they will usually go $10,000 \mathrm{~m}$.
"It is not just hammering up and down the pool. We do a lot of technical work. Every set has technical criteria to it. I take my time explaining that before the set and how they have to perform the stroke to be successful in the set."

Beatt has coached Brittanysinceshewas ten years old and constantly sees her development process as an ever-evolving challenge. During this time, he has developed a stroke model he would like to ultimately see herperform. "Brittany started swimming summer club and was mainly doing short sprint swimming, so when she was young, she had a short and choppy stroke. At that time we did a lot of stroke count sets as well as a lot of coordination exercises, stressing both coordination between her legs and arms, and coordination of the two arms together."

Aspart of the strokemodel, Beattfeels verystrongly about the concept of rhythm and how it is used in Brittany's stroke development. To reinforce this concept, they have used a drill in the past where Brittany holds a hockey stick with both hands and simulates thefreestyle arm timing stressing the
kayak principle, where the arms are at opposite points of the stroke. "We used to do the hockey stick drill on the deck and then swim a 50 and get out and use the stick again." Beatt feels this was an extremely important aspect of her technical development.

Continuing with the process of building the perfect stroke for Brittany, Beatt has now focused his concentration on helping her control her breathing. "The other aspectwehaveworked a lot on is breathing and breathing patterns. When Brittany panics or gets tired, she tends to throw her head when she breathes, which breaks the stroke rhythm. We are doing a lot of sets that involve breathing patterns, such things as not breathing for three strokes off the wall or only having specific points in a length where she is allowed to breathe and doing sets of 100 s like that."

Beatt uses a very methodical building process for bothstroke andtraining development. He isconstantly looking to the long term for all of his swimmers' success in his planning and uses a process that he calls bridging to link the different parts of their development together. "When I assign a set, it is not in isolation; I link many sets together over a period of time." Beatt gives an example of a typical set he
has used to shift Brittany's ability to make short rest intervals. "We did a set that was excellent but that we left behind in the fall, $50 \times 100$ where you go in sets of ten, 9 @ 1:20 + 1 @ 1:10, $8+2,7+3,6+4$ and $5+5$. We were shifting her from $1: 20$ to $1: 10$. We get to where she is comfortable and then we bridge it over to where it should be the next step and keep moving forward."

Athletes who are successful on the international stage tend to have some very intangible qualities. Beatt feels that Brittany has two great strengths when looking at her personality. "The biggest thing I first saw in Brittany was that fire, she loved to get up and race. That is one thing that hasn't changed from the first time I saw her. Secondly, she is also very confident, she knows very, very clearly what she wants, it shows when she gets up on the blocks. The bigger the environment, the more she wants to race; she is very hungry and very aggressive."

The coach-athlete relationship and the environment that the swimmer is in can strengthen or weaken many of these intangible qualities. The relationship between Brittany and Beatt as well as the environment that they are currently training in seem
 to be doing the trick. Beatt explained some of the advantages of their situation. "I think it is partly our isolation; we do train with others at times, but regularly, other than her teammates, she looks at me and asks, "How was that?" Well, it is easy for me to say 'that is not good enough, you need to do it better.' The other thing I stress is not to mimic anyone else, if she wants to be better than everyone else. You are where you are because of your strengths; don't change them to be like someone else. If you are going to define what fast is, go and define it."

As with all great performances, behind the scenes stands a director who has spent the time with the performer preparing for the moment that
they will shine on stage. Each stage that Brittany Reimer has set foot on, she has given some great performances and keeps striving to achieve more and perform on the largest stages in the world. For the director, Coach Cory Beatt, be sure he will stay steadfast in creating an environment for Brittany and all of his swimmers where they can excel on whatever stage they choose.

Example of Neuromuscular Exercises:

- Alternating arm and leg raises
- Alternating arm swings
- Catch positioning on a railing
- Freestyle timing with a hockey stick

| QU\|GK FAGIS |  |
| :--- | :--- |
| REIMER, Brittany, CAN |  |
| BIRTHDATE | JJN 1988 |
| PLACE | Victoria, BC |
| HEIGHT | 170 cm |
| WEIGHT | 59 kg |
| HOME | Surrey, BC |
| CLUB | Surrey Knights |
| COACH | Cory Beatt |

- 2003 US Summer Nationals, August

1st 200 free 2:00.62
2nd 400 free $4: 10.70$
3rd 800 free 8:35.39

- 2003 Worlds, July

5th 400 free 4:09.34
4th 800 free $8: 28.73$
6th 1500 free 16:15.98

- 2003 Canadian Trials, June

1st 200 free 2:01.31
1st 400 free 4:12.00
1st 800 free 8:36.38
1st 1500 free 16:24.39

- 2003 US Spring Nationals, April

18th 200 free 2:03.36
9th 400 free 4:14.59
17th 800 free $8: 50.70$
5th 1500 free 16:33.28

- 2003 Sydney Youth Olympics, January 1st 200 free 2:02.84
2nd 400 free $4: 15.61$
2nd 800 free 8:41.03
2nd 1500 free 16:37.54
- 2002 US Open, December

11th 200 free 2:05.21
9th 400 free 4:19.48
6th 800 free 8:51.18

- 2002 Summer Nationals, August

7th 200 free 2:07.08
2nd 400 free 4:18.00
2nd 800 free $8: 52.40$

- 2002 Commonwealth Trials, March 7th 800 free $9: 08.60$


## EU JUNIOR CHAMPIONSHIPS 2003

The annual Junior Championships for boys aged 17-18 and girls aged 15-16 is an important stepping stone for European swimmers. Championship records are held by past and present superstars such as Diana Mocanu (ROM), Krisztina Egerszegi (HUN), Yana Klochkova (UKR)—all Olympic champions-and Franziska van Almsick (GER) and Dimitri Komornikov (RUS), worldrecord setters. Compare the results of this meet with the Youth Festival in Sydney (AUS) last January, which is a kind of Pan Pacific version of this meet, and you'll see how much further ahead the Europeans are.

## Some of the top performers

Laszlo Cseh (HUN), who won a silver in the 400 IM at the World Championships with a European record of 4:10.79 just days before, won four golds in Glasgow: the 100 and 200 backstrokes, the 400 IM, and the $4 \times 100$ medley relay, all in meet record times.

Yuri Yegoshin (UKR) won the 50 free with 23.02 and the 100 free with 49.63 , a new championships record.

David Davies (GBR) won the 1500 free in 15:09.69, with a silver in the 200 free in 1:51.15 and a bronze in the 400 free.

Top women's performer was Anja Klinar (SLO), a 15-year-old who won the 200 IM in 2:15.83 and the 400 IM in 4:42.67. Regina Sytch (RUS) won the 400 and 800 free, as well as helping the Russian $4 \times 200$ free relay to the gold, and adding two silvers in the 200 free and 4x100 free relay.

Daniela Gotz (GER) was the top sprinter with wins in the 50 free in 25.71 and the 100 free in 55.64 , and two more golds in the $4 \times 100$ medley and $4 \times 100$ free relay.

Kate Haywood (GBR) won the 50 breaststroke in a championship record of 31.67 , successfully defending her title from a year ago when she won with 32.54 . She also added a second in the 100 breast with 1:09.91 as Grace Callaghan (GBR) touched her out with a 1:09.86.

Russia won the most golds on the way to 12 medals (7-4-1), but Great Britain was the most improved with 20 medals (6-6-8),
 an almost threefold increase from a year ago when they won 7 . In all, 20 countries won medals.

Championships records were bettered in 20 of the 38 events. The competition is held over four days with prelims, semis, and finals in the 50s and 100s, and prelims and finals in the other events. Swimmers may compete two consecutive years during their career.

RESULTS

Glasgow, Jul 31 -Aug 3 ( 50 m )

## BOYS BORN 1985-86

## 50 METRES FREESTYLE

 23.02 Yegoshin Yuri,85,UKR 23.03 Mantymaki Manu,85,FIN 23.11 Grigoriadis Aristidis,85,GRE 23.14 Piehl Marcus,85,SWE 23.34 Galavtine Antoine,85,FRA 23.34 Gasior Lukasz,86,POL 23.54 Takacs Krisztian,85,HUN
## 100 METRES FREESTYLE

49.63 Yegoshin Yuri, 85,UKR 50.37 Leveaux Amaury, 85,FRA 50.51 Godec Jarnej, 86,SLO 50.61 Lagunov Evgeni,85,RUS 50.82 Delac Mario,85,CRO 51.12 Piehl Marcus,85,SWE 51.36 Gibbons Craig,86,GBR 51.46 Konneker Robert,86,GER

## 200 METRES FREESTYLE

 1:50.74 Natsvin Evgeni,85,RUS 1:51.15 Davies David,85,GBR 1:51.16 Cseh Laszlo,85,HUN 1:51.81 Cassio Nicola,84,ITA 1:51.97 Bodet Sebastien,85,FRA 1:52.39 Godec Jarnej,86,SL0 1:52.82 Konneker Robert,86,GER 1:52.83 Yegoshin Yuri, 85, UKR
## 400 METRES FREESTYLE

 3:51.71 Stanczyk Przemyslaw,85,POL 3:53.42 Cassio Nicola,84,ITA 3:54.80 Davies David,85,GBR 3:56.03 Natsvin Evgeni, 85, RUS 3:58.32 Rouault Sebastien,86,FRA 3:58.33 Petropoulos Petros,85,GRE 3:59.58 Araujo Joao,85,POR 3.59.58 Araujo Joao,85,POR4:03.33 Hunter Andrew, 86 , GBR 1500 METRES FREESTYLE
1 15:09.69 Davies David,85,GBR 15:25.24 Stanczyk Przemyslaw,85,POL 15:34.64 Rouault Sebastien,86,FRA 15:41.50 Natsvin Evgeni,85,RUS 5 15:41.94 Costa Fernando,85,POR ( $15: 48.26$ Gurianov Alexander,86,RUS 15:55.61 Grosvenor Carl,85,GBR 8 15:56.81 Reichert Christian,85,GER 50 METRES BACKSTROKE 25.60 Tancock Liam,85,GBR 25.76 di Carli Marco,85,GER 26.15 Grigoriadis Aristidis, 85 ,GRE 26.52 Keil Dominik,85,GER 26.68 Mantymaki Manu,85,FIN 26.85 Wildeboer Aschwin,86,ESP 27.09 Kutt Rasmus,86,EST 27.24 Yakimchuk Andriy.86,UKR 100 METRES BACKSTROKE 55.06 Cseh Laszlo,85,HUN 55.11 di Carli Marco,85,GER 56.21 Tancock Liam,85,GBR 56.71 Keil Dominik,85,GER 56.96 Grigoriadis Aristidis,85,GRE 57.02 Wildeboer Aschwin,86,ESP 58.17 Yakimchuk Andriy,86,UKR 58.51 Stoss Sebastian 86 AUT 200 METRES BACKSTROKE 1:58.99 Cseh Laszlo,85,HUN 2:01.77 Marin Luca,85,ITA 3 2:02.18 Stoss Sebastian,86,AUT 2:02.24 Keil Dominik,85,GER 5 2:02.99 Celik Emre,85,TUR 6 2:03.05 Rudolf Roland,85,HUN 2:03.47 Ptefferkorn Ralf,85,GER 8 2:06.26 Rantagni Sebastiano,83,ITA 50 METRES BREASTSTROKE 28.12 Terrin Alessandro,85,ITA 28.83 Financsek Gabor,85,HUN 29.05 Thiallet Anthony,85,FRA 29.23 Malul Michael,85,ISR 29.25 Neumann Johannes, 85, GER 29.38 Oen Alexander, 85, NOR 29.38 Dorch Jakob,85,SWE 29.41 Stekelenburg Lennart,86,NED 100 METRES BREASTSTROKE 1:02.36 Terrin Alessandro,85,ITA 1:02.53 Oen Alexander 85 NOR 1.02.94 Dymo Valeriy, 85, UKR 1.03.10 Nym Valeriy,85,UKR 1:03.10 Neumann Johannes,85,GER 1:03.10 Financsek Gabor,85,HUN 6 1:03.59 Stekelenburg Lennart,86, NED

## 7 1:04.07 Abele Florian,85,GER 1:04.28 Thiallet Anthony,85,FRA 200 METRES BREASTSTROKE

2:14.56 Neumann Johannes,85,GER 2:14.61 Bossini Paolo,85,ITA 2:17.65 Horth Fabien,85,FRA 2:17.77 Kougiountzoglou Savas, 85, GRE 2:18.42 Kuczko Slawomir,85,POL 2:18.59 Moreau Gael,86,FRA 2:19.27 Oen Alexander,85,NOR 2:22.04 Lepiez Matej,86,SVK 50 METRES BUTTERFLY
24.41 Puninski Alex,85,CRO
24.48 Andkjar Jakob,85,DEN 24.51 Piehl Marcus,85,SWE 24.64 Galavtine Antoine,85,FRA 24.65 Mantymaki Manu, 85, FIN 25.34 Salcius Rimvydas,85,LTU 25.39 Miziak Bartlomiej.85,POL 25.64 Hedo Dennis,85,SWE

## 100

53.25 Salcius Rimvydas,85,LTU 54.19 Leveaux Amaury,85,FRA 54.60 Pastras Sotiris,86,GRE 55.42 Starke Benjamin,86,GER 55.47 Kiss Boldizsar,85,HUN 55.75 Leel Martin, $85, G B R$ 55.81 Fonteyn Mathieu,85,BEL 55.81 Fonteyn Mathieu,85,BEL
55.94 Miziak Bartlomiej, $85, \mathrm{POL}$ 825.94 Miziak Bartlomi 200 METRES BUTTERFLY
1 1:58.32 Korzeniowski Pawel,85,POL 2:00.80 Kiss Boldizsar,85,HUN 2:01.04 Madarassy Adam,85,HUN 2:01.07 Edwards Matthew,86,GBR 2:01.20 Starke Benjamin,86,GER 2:02.51 Fonteyn Mathieu, 85,BEL 2:03.02 Leel Martin,85,GBR 2:03.16 Feren Erez,85,ISR 8 2.03.16 200 METRES IND.MEDLEY
1 2:03.72 Uppenkamp Marc, 86 , 2:03.72 Uppenkamp Marc,86,GER 2:04.51 Alexandrov Mihail,85,BUL 2:04.64 Gasse Jan-C,85,GER 2:04.86 Filippov Sergei,86,RUS 2:05.09 Marin Luca,85,ITA 2:05.80 Kiss Boldizsar,85,HUN 2:06.69 Korzeniowski Pawel,85,POL 2:07.30 Impric Sasa,86,CRO 400 METRES IND MEDLEY 400 METRES IND.MEDLEY 4:16.88 Cseh Laszlo,85,HUN
4:19.64 Marin Luca,85,TTA 4:22.13 Korzeniowski Pawel,85,POL 4:24.28 Mangoni Vanni,85,ITA 4:24.86 Uppenkamp Marc,86,GER 4:25.48 Petropoulos Petros,85,GRE 4:26.87 Filippov Sergei,86,RUS 4:27.37 Gasse Jan-C, 85, GER

## 4X100 MEDLEY RELAY

 3:42.69 Hungary,HUN 3:44.01 Germany,GER 3:45.63 Great Britain,GBR 3:46.33 France,FRA 3:46.91 Italy,ITA 3:48.74 Greece, GRE 3:51.81 Spain,ESP disq Israel,ISR
## 4X100 FREE RELAY

3:21.10 France,FRA 3:24.75 Croatia,CRO 3:24.83 Great Britain,GBR 3:25.15 Russia,RUS 3:27.01 Italy,ITA 3:28.10 Sweden,SWE 3:28.19 Netherlands,NED disq Germany,GER 4X200 FREE RELAY

7:27.24 Russia,RUS
7:27.41 France,FRA
7:27.75 Italy,ITA
7:29.88 Germany,GER
7:33.85 Great Britain,GBR
7:41.62 Portugal,POR
7:46.24 Switzerland,SUI
8 7:53.07 Sweden,SWE
GIRLS BORN 1987-88 50 METRES FREESTYLE 25.71 Gotz Daniela,87,GER 26.33 Ottesen Jeanette,87,DEN 26.37 Trepp Jane,88,EST 26.46 Matsa Martha,87,GRE 26.48 Pellegrini Federica,88,ITA
26.74 Otto Melanie,87,GER
26.78 Milly Katarina,88,SVk
26.80 Isakovic Sara,88,SLO

100 METRES FREESTYLE
55.64 Gotz Daniela,87,GER 56.24 Pellegrini Federica, 88, ITA 56.93 Ottesen Jeanette,87,DEN
57.23 Isakovic Sara,88,SLO
57.25 Timm Lara,87,GER
57.40 Balmy Coralie,87,FRA
57.55 Johannsen Charlotte,88,DEN
57.95 Heemskerk Femke,87,NED

## 200 METRES FREESTYLE

2:01.21 Parshina Daria,88,RUS 2:01.81 Sytch Regina,87,RUS 3 2:03.20 Tsagka Evangelia,87,GRE 2:03.87 Johannsen Charlotte,88,DEN 2:03.97 Friis Lotte,88,DEN 2:04.66 Richardson Kate,88.GB 2:05.74 Vagena Dimitra,87,GRE 2:05.74 Vagena Dimitra,87,GRE 2:06.69 Balmy Coralie,87 0 METRES FREESTYLE 4:12.28 Sytch Regina,87,RUS 4:13.61 Parshina Daria,88,RUS 4:16.64 Payne Keri Anne,87,GBR 4:17.28 Tsagka Evangelia,87,GRE 4:19.22 Hantke Stephanie,87,GER 4:19.81 Strouba Olga,87,GRE 4:21.27 Balogh Vanessa,88,HUN 4:21.60 Friis Lotte,88,DEN 800 METRES FREESTYLE

8:38.67 Sytch Regina,87,RUS 8:47.41 Payne Keri Anne,87,GBR 8:49.16 Friis Lotte,88,DEN 8:49.28 Bulakhova Maria,88,RUS 8:52.52 Strouba Olga,87,GRE 8:52.52 Strouba Olga,87,GRE 8:54.11 Balogh VanesSa,88,HUN 0.57.45 Muntaner Camen,88,ESP 8:57.53 Kossack Pia,88,GER O METRES BACKSTROKE 29.40 Spofforth Gemma,87,GBR 29.67 Zubkova Kateryna,88,UKR 29.76 Szepesi Nikolett,87,HUN 29.81 Meltzer Or,88,ISR 30.54 Gahler Franziska,88,GER 30.56 Guzovskaya Anna,88,RUS 30.62 Lanfredini Nora,87,ITA 30.67 Harnebrandt Elin,88,SWE 00 METRES BACKSTROKE 1:02.43 Baron Esther,87,FRA 1:02.69 Proud Stephanie,88,GBR 1:02.09 Proud Stephanie,88,GBR 1:03.13 Szepesi Nikolett,87,HUN 1:03.13 Szepesi Nikolett,87,HUN
1:04.02 Zubkova Kateryna,88,UKR 1:04.02 Zubkova Kateryna,80, UKR 1:04.80 Kama Danit,85,ISR 1:05.46 Staszak Katarzyna,74,POL 200 METRES BACKSTROKE 2:12.22 Proud Stephanie,88,GBR 2:12.60 Baron Esther,87,FRA 2:15.99 Szepesi Nikolett,87,HUN 2:16.29 Backhaus Stephanie,84,GER 2:18.57 Rocha Duane,88,ESP 2:18.58 Kama Danit 85 ISR 2:20.25 Olkhovikova Tatiana,88,RUS 2:20.25 Ikhovikova Jatiana,88 50 METRES BREASTSTROKE

31.67 Haywood Kate, 87,GBR 32.10 Callaghan Grace,88,GBR 32.27 Nijhuis Moniek,88,NED 32.30 Dizdarevic Sanja,87,SWE 32.43 Pidlisna Yulija,87,UKR 32.80 Helbig Sonja, 87, GER 32.91 Trepp Jane, 88, EST 32.91 Trepp Jane,88,EST 100 METRES BREASTSTROKE

1:09.86 Callaghan Grace,88,GBR 1:09.91 Haywood Kate,87,GBR 1:10.15 Pidlisna Yulija,87,UKR 1:10.79 Helbig Sonja,87,GER 1:10.92 Maystruk lryna,87,UKR 1:11.11 Demozzi Veronica,87,ITA 1:11.55 Dizdarevic Sanja,87,SWE 1:12.22 Nijhuis Moniek,88,NED 200 METRES BREASTSTROKE

2:28.21 Maystruk Iryna,87,UKR 2:29.70 Helbig Sonja, 87 GER
2.31.92 Pidlisna Yulija, 87 UKR

2:32.60 Tsimafeyeva Iryna, 87,BLR
2:32.60 Simafeyeva Iryna,87
2:33.03 Kinar Anja,88,SL0
2:33.28 Vereschagina Xenia,87,RUS
2:33.31 Wede Josefin,87,SWE
2:34.57 Wilson Rachael,88,GBR

## 50 METRES BUTTERFLY

26.96 Vladykina Vasilisa, 87, RUS
27.25 Ottesen Jeanette,87,DEN
27.28 Urbanczyk Aleksanrda,87,POL
28.00 Gemo Elena,87,ITA
28.35 Mussi Sabina,87,ITA
28.38 Guzovskaya Anna,88,RUS 28.53 Boulounaud Celine,87,FRA 28.85 Skrubel Franziska, 87, GER

## 00 METRES BUTTERFLY

59.77 Boulsevicz Bea,87,HUN 1:00.98 Ottesen Jeanette,87,DEN 1:01.02 Gemo Elena,87, ITA 1:01.75 Skrubel Franziska,87,GER 1:02.00 Mussi Sabina,87,ITA 1:02.10 Urbanczyk Aleksanrda,87,POL 1:02.34 Vladykina Vasilisa,87,RUS 1:02.93 Angelopoulou Vasiliki,87,GRE 00 METRES BUTTERFLY 2:10.64 Angelopoulou Vasiliki,87,GRE 2:10.91 Boulsevicz Bea,87,HUN 2:13.33 Martynova Yana,88,RUS 2:14.07 Mussi Sabina,87,ITA 2:17.18 Harle Isabelle,88,GER 2:17.84 Farkas Marianna,87,HUN 2:18.17 Nowak Agata,87,POL 2.18.91 Muela Aranza,87.ESP 200 METRES IND.MEDLEY
2:15.83 Klinar Anja,88,SLO 2:16.24 Angelopoulou Vasiliki, 87,GRE
2:16.35 Tzavela Athina,88,GRE
2:17.58 Urbanczyk Aleksanrda,87,POL
2:18.47 Tolkacheva Yana, 87,RUS

## 2003 PAN AMERIGAN GAMES

## MALAR WINS THIRD 200 IM GOLD USA wins almost half of all medals

After winning the Pan Am swimming competition in 1999 (most golds with 13), Canada sent a " B " team to the 2003 Pan Am Games in Santo Domingo (DOM) August 11-16. There were only two golds for the Canadians but lots of exposureto international competition under difficultconditions (mostly heat) for the 16 swimmers, most on their first team.

The Americans, with their own "B" team, were dominant, winning almost half of the available medals (46 out of 96) with 21 golds. Theywon five of the six relays, and were disqualified in the sixth. Therewere 20 Games records set in 14 of the 32 events; 17 were set by the Americans.

USA men won six individual events and two relays, while the women took 10 individual events and all three relays.

In a controversial move, exhibition swims in the prelims were allowed for the first time for swimmers looking for some fast official times. The Americanteam benefited the most; a number of Games records were bettered by exhibition swimmers, like Dana Vollmer in the 100 fly with a 59.35 . She had earlier won the 200 freestyle in 1:59.80.

Amanda Weir bettered the Games record in the 100 freestyle in one of the exhibition swims with a 55.29. She then improved on that with a 54.46 in leading off the freestyle relay, giving her the secondfastest time in the world for 2003 and the top women's performance of the meet.

George Bovell (TRI) was the top men's performer at the Gameswith hiswin themen's 200 IM in 1:59.49, second fastest in the world in 2003. He was fifth at Worlds in July. Bovell also won the 200 freestyle with 1:48.90 and was second in the 100 freestyle with 49.61.

Brazil finished second overall with 21 medals (3-6-12), much improved from 1999 when they won 12. Theirwomen won $4(0-1-3)$ including edging Canada in the $4 \times 200$ free relay; Fernando Scherer won the 50 freestyle in 22.40 , his third consecutive gold in this event. Rogerio Romero won the 200 backstroke in 1:59.92, his second gold as he first won this event in 1991 and won a bronze in 1995.

The two Canadian golds were by Audrey Lacroix

## PAN AM SWIMMING MEDALS

|  | Gold | Silver | Bronze | Total | 1999 |  |
| :--- | :--- | ---: | ---: | ---: | ---: | ---: |
| 1 | USA | 21 | 17 | 8 | 46 | 37 |
| 2 | BRA | 3 | 6 | 12 | 21 | 12 |
| 3 | CAN | 2 | 4 | 6 | 12 | 31 |
| 4 | ARG | 2 | 2 | 1 | 5 | 3 |
| 5 | TRI | 2 | 2 | 0 | 4 | 0 |
| 6 | VEN | 2 | 1 | 0 | 3 | 3 |
| 7 | GUA | 0 | 0 | 2 | 2 | 0 |
| 8 | PAN | 0 | 0 | 1 | 1 | 1 |
| 9 | CHI | 0 | 0 | 1 | 1 | 0 |
|  | MEX | 0 | 0 | 1 | 1 | 0 |
|  |  | 32 | 32 | 32 | 96 |  |

the 100 breaststroke in 1:10.56 and the 200 breaststroke in 2:31.93. Lisa Blackburn won a silver in the 200 breaststroke with 2:31.52, her best by two seconds for the 31-year-old.

Matthew Rose finished only seventh in the 50 freestyle with 22.89 , but his prelim time of 22.80 was a Canadian record, the only one of the Games, bettering the old mark of 22.81 . Rose was on two bronze-medal-winning free relays.

First-ever Pan Am swimming medals came for Trinidad and Tobago (all by George Bovell), Guatemala (Gisela Morales with bronze in the 100 and 200 backstroke), and Chile (Kristel Kobrich with a bronze in the 800 freestyle).

The next Pan Am Games are scheduled for 2007 in Rio de Janeiro (BRA).

Canada brought 421 athletes to Santo Domingo, compared to 618 in 1999 when the Games were held in Winnipeg. With many of the country's bestskipping the Pan Ams, the question of relevance of the Pan Ams is again an issue. Canadian Team Leader Gene Sutton expressed concern that the Pan Ams have turned into a development Games, at least for Canada and the USA.


[^1]
## 2003 PAN AMERICAN GAMES RESULTS

Santo Domingo, DOM. Aug 11-16 (50 M) $e=$ exhibition swims in prelims only

## MEN

## 50 METRES FREESTYLE

22.40 Scherer Fernando,74,BRA
22.42 Meolans Jose M.,78,ARG
22.43 Hall Gary,74,USA 22.52 Busquets Ricardo,75,PUR 22.64 Hernandez Marcos,78,CUB 22.80 Souza Jader, 82,BRA 22.89 Rose Matthew,81,CAN 23.16 Becerra Camilo,80,COL

## Fina

23.39 Santos Julio,77,ECU 23.43 McCrary Chris,81,USA 23.47 Rosal Raymond,83,VEN 23.48 Delgado Felipe,72,ECU 23.51 Laban Joshua,82,ISV 23.64 Alesi Octavio,86,VEN 23.69 Picasso Francisco,72,URU 24.04 Hinds Howard,78,AHO 23.26 Jones Bryan,78,USA 23.29 Jayme Carlos A,80,BRA 23.34 Hannan Thomas, 80,USA

## 0 METRES FREESTYLE

49.27 Meolans Jose M.,78,ARG 49.61 Bovell George,83,TRI 49.90 Borges Gustavo,72,BRA 50.04 Brunelli Nicholas,82,USA 50.24 Souza Jader,82,BRA 50.37 Busquets Ricardo,75,PUR 50.66 Hannan Thomas,80,USA 50.75 Rose Matthew,81,CAN

## Fina

51.48 Kutscher Paul A.,77,URU
51.57 Russell Colin,84,CAN 51.64 Gleason George,79,ISV 51.75 Hernandez Antonio,83,CUB
51.88 Siqueiros Alejandro,82,MEX 51.89 Alleyne Damian,83,BAR 52.01 Ortiz Ismael,82,PAN 52.14 Picasso Francisco,72,URU 50.40 Craner Jayme, 83, USA 50.40 Jayme Carlos A,80,BRA 50.82 Castro Rodrigo, 78,BRA 50.83 Jones Bryan,78,USA 51.61 llika Josh,76,MEX 51.78 Edeye Brian, 79, CAN

## 0 METRES FREESTYLE

1:48.90 Bovell George,83,TRI 1:49.34 Ketchum Daniel,81,USA
1:49.55 Castro Rodrigo,78,BRA
1:50.76 Lee Jeffrey,81,USA 1:51.39 Russell Colin,84,CAN 1:52.47 Zolezzi Giancarlo,81,CHI
1:52.60 Mosca Rafael,82,BRA 1:53.35 Edey Brian,79,CAN Final
1:53.22 Alleyne Damian,83,BAR
1:54.19 Schnettler Max,86,CHI 1:54.25 Bovell Nicolas,86,TRI 1:54.27 Siqueiros Alejandro,82,MEX 1:54.96 Diaz Javier,79,MEX 1:55.30 Valdivieso Juan,81,PER 1:56.05 Kutscher Paul A.,77,URU 1:56.95 Canepa Carlos,82,PER 1:49.61 Lochte Ryan,84,USA 1:51.36 Tarwater Davis,84,USA 1:53.80 Araujo Felipe, 84,BRA 1:54.78 Bonfim Bruno,79,BRA

## 400 METRES FREESTYLE

3:50.01 Monasterio Ricardo,78,VEN 3:52.62 Crippen Francis,84,USA 3:54.82 Bonfim Bruno,79,BRA 3:56.64 Araujo Felipe,84,BRA
3:57.89 Zolezzi Giancarlo,81,CHI 3:58.57 Tarwater Davis,84,USA

7 4:01.86 Russell Colin,84,CAN 8 4:03.10 Salinas Leonardo,80,MEX $B$ Final

4:01.41 Oriwol Tobias,85,CAN 4:05.03 Canepa Carlos,82,PER 4:08.20 Fraser Shaune,88,CAY 4:09.20 Penailillo Roberto,86,CHI 4:10.16 Melendez Carlos,79,ESA 4:10.81 Rodriguez Jorge,85,DOM 4:15.44 Mauri Jonathan,84,CRC 4:17.18 Van Rutten Vincent,87,AHO 3:51.94 Thompson Chris,78,USA 3:54.64 Margalis Robert,82,USA 3:59.25 Lima Luiz,77,BRA 4:01.48 Siqueiros Alejandro,82,MEX

## 500 METRES FREESTYLE

15:16.98 Monasterio Ricardo,78,VEN
15:19.63 Crippen Francis,84,USA
3 15:19.64 Thompson Chris,78,USA
15:41.41 Lima Luiz,77,BRA 5 15:52.40 Jimenez Andres, 87,MEX
6 15:54.84 Bonfim Bruno,79,BRA
7 16:00.99 Salinas Leonardo,80,MEX 16:05.59 Zolezzi Giancarlo.81,CHI

## 100 METRES BACKSTROKE

55.52 Marshall Peter,82,USA 55.81 Bovell George, 83,TRI 55.88 Cramer Jayme, 83,USA 56.35 Sepulis Sean,77,CAN 56.36 Otero Eduardo,80,ARG 56.68 Bent Neisser,76,CUB 57.21 Machado Paulo,78,BRA 57.73 Gleason George,79,ISV
57.30 Romero Rogerio,69,BRA
57.90 Neckles Nick,78,BAR
58.35 Rodela Juan, 79,MEX 58.85 Bovell Nicolas,86,TR| 59.09 Vythoulkas Christophe,84,BAH 59.11 Urreta Diego,81,MEX 59.40 MacKay Andrew,85,CAY 59.77 Oriwol Tobias,85,CAN 57.77 Wagner Luke,82,USA

## 200 METRES BACKSTROKE

1:59.92 Romero Rogerio,69,BRA 2:00.74 Wagner Luke,82,USA 2:01.31 Faltraco Joey,81,USA 2:04.30 Neckles Nick,78,BAR 2:04.41 Machado Paulo,78,BRA 2:04.67 Sepulis Sean,77,CAN 2:05.08 Urreta Diego,81,MEX 2:06.39 Rodela Juan, 79,MEX $B$ Final

2:05.22 Bovell Nicolas,86,TR 2:06.23 Ally Bradley,88,BAR 2:08.10 Oriwol Tobias,85,CAN 2:08.88 MacKay Andrew,85,CAY 2:10.17 Canepa Carlos,82,PER 2:12.18 Prudencio Carlos,80,BOL 2:12.21 Locke Kieran,84,ISV 2:13.47 Backhaus Chris,85,DOM

## 00 METRES BREASTSTROKE

1:00.95 Gangloff Mark,82,USA
1:01.71 Marrs Jarrod, 75, USA 1:01.88 Fischer Eduardo,80,BRA 1:02.13 Dickens Scott,84,CAN 1:02.81 Barbosa Henrique,84,BRA 1:03.44 Jacobo Alfredo,82,MEX
1:03.55 Vargas Juan,79,CUB 1:03.65 Mains Mathhew,81,CAN $B$ Final

1:03.82 Ally Bradley,88,BAR 1:04.01 Lopez Arsenio,79,PUR 1:05.43 Fortuny Alvaro,79,GUA 1:05.47 Suriano Francisco,78,ESA
1:05.63 Carrion Hiram,84,PUR 6 1:05.65 Soldano Cristian,76,ARG

200 METRES IND.MEDLEY
4:59.49 Bovell George,83,TRI 2:02.31 Pereira Thiago,86,BRA 2:02.52 Donnelly Eric,80,USA 2:02.74 Galloway James,81,USA 2:03.07 Oriwol Tobias, 85 ,CAN 2:03.81 Yabe Diogo,80,BRA 2:03.99 Knowles Jeremy,81,BAH 2:06.32 Urreta Diego,81,MEX B Final

2:05.09 Ally Bradley,88,BAR 2:05.64 Murray Chad,81,CAN 2:06.42 Bovell Nicolas,86,TRI 2:08.33 MacKay Andrew, $85, C A Y$ 2:08.94 Picasso Francisco,72,URU 2:09.82 Diaz Javier,79,MEX 2:09.83 Fraser Shaune, 88,CAY 2:13.03 Melendez Carlos,79,ESA 2:00.34 Lochte Ryan,84, USA 2:03.19 Margalis Robert,82, USA 2:06.71 Dickens Scott,84,CAN

## 400 METRES IND.MEDLEY

4:19.09 Margalis Robert,82,USA 4:19.65 Donnelly Eric,80,USA 4:19.89 Pereira Thiago,86,BRA 4:22.04 Knowles Jeremy,81,BAH 4:24.42 Ally Bradley,88,BAR 4:25.85 Yabe Diogo,80,BRA 4:29.37 Oriwol Tobias, 85, CAN 4:33.62 MacKay Andrew, 85, CAY B Final

4:30.73 Murray Chad,81,CAN 4:34.72 Fraser Shaune, 88,CAY 4:38.47 Burgos Marcos, $75, \mathrm{CH}$ 4:38.66 Carrion Hiram,84,PUR 4:43.42 Van Rutten Vincent, 87.AHO 4:47.91 Mauri Jonathan,84,CRC 4:16.80 Lochte Ryan,84,USA 4:23.49 Crippen Francis, 84, USA

## X100 MEDLEY RELAY

1 3:38.27 United States,USA
55.35 Marshall Peter

1:00.89 Gagngloff Mark
52.52 Michaelson Benjamin 49.51 Brunelli Nicholas

2 3:41.02 Brazil, BRA
56.90 Machado Paulo

1:01.57 Fischer Eduardo 53.28 Almeida Kaio 49.27 Gustavo Borges

3 3:41.12 Canada,CAN 55.69 Sepulis Sean 1:01.82 Dickens Scott 54.49 Murray Chad 49.12 Rose Matt 3:46.34 Mexico,MEX 3:49.11 Puerto Rico,PUR 3:52.98 Barbados,BAR 3:54.57 Bahamas,BAH 3:55.00 US Virgin Islands,ISV

## X100 FREE RELAY

3:18.66 Brazil,BRA
50.39 Scherer Fernando 49.26 Borges Gustavo
49.63 Souza Jader
49.38 Jayme Carlos

## RATING SUMMARY OF TOP PERFORMANCES

| 1) | 998 | $1: 59.49$ | 200 im M | Bovell George,83,TRI |
| :--- | ---: | ---: | ---: | :--- |
| 2) | 987 | $1: 00.95$ | 100 breast M | Gangloff Mark,82,USA |
| 3) | 978 | $3: 38.27$ | $4 \times 100$ medley M | United States,USA |
| 4) | 974 | $1: 57.33$ | 200 fly M | Raab Michael,82,USA |
| 5) | 973 | 49.27 | 100 free M | Meolans Jose M.,78,ARG |
| 6) | 972 | $4: 10.48$ | 400 free W | Hill Elizabeth,86,USA |
|  | 972 | 53.04 | 100 fly M | Michaelson Benjamin, 82, USA |
| 8) | 971 | $3: 18.66$ | $4 \times 100$ free M | Brazil,BRA |
| 9) | 970 | $1: 59.80$ | 200 free W | Vollmer Dana, 87,USA |
| 10) | 970 | $1: 01.71$ | 100 breast M | Marrs Jarrod,75,USA |
|  | 970 | $2: 13.37$ | 200 breast M | Salyards Kyle,80,USA |

2 3:23.14 Venezuela,VEN
51.71 Quevedo Osvaldo
51.01 Rosal Raymond
49.77 Rojas Luis
50.65 Alesi Octavio

3 3:23.83 Canada,CAN
51.61 Russell Colin
49.59 Rose Matt
50.80 Edey Brian
51.83 Murray Chad

4 3:26.68 Mexico,MEX
3:30.16 Barbados,BAR
3:30.70 US Virgin Islands,ISV
3:33.69 Bahamas,BAH
disq United States, USA

## 4X200 FREE RELAY

1 7:18.93 United States,USA
1:50.05 Lochte Ryan
1:49.86 Goldberg Bryan
1:50.34 Lee Jeffrey
1:48,68 Ketchum Daniel
2 7:25.17 Brazil,BRA
1:50.43 Castro Rodrigo 1:50.74 Jayme Carlos
1:52,04 Mosca Ratael
1:51.96 Borges Gustavo
3 7:27.18 Canada,CAN
1:50.99 Russell Colin
1:50.55 Dickens Scott
1:51.93 Oriwol Tobias
1:53.71 Edey Brian
7:30.20 Mexico,MEX
7:41.49 Chile,CHI
7:55.68 US Virgin Islands,ISV
7:58.58 Bahamas, BAH
7:59.22 Dominican Republic,DOM

## WOMEN

50 METRES FREESTYLE
25.24 Joyce Karalynn,86,USA
25.44 Delaroli Flavia,83,BRA
25.62 Coparropa Eileen,81,PAN 25.77 Semeco Arlene,84,VEN 25.84 Lanne Colleen,79,USA 26.39 Szigeti Florencia,81,ARG 26.82 McLean Sharntelle,84,TRI 27.85 Gusmao Rebeca,84,BRA B Final
26.86 Atkinson Alia,88,JAM 26.90 McEachrane Linda,83,TRI 26.91 Chuck Angela,71,JAM 26.93 de Alba Danielle,79,MEX 27.04 Bahamonde Yamile,87,ECU 27.38 Deveaux Nikia,85,BAH 27.40 Collins Elizabeth,82,CAN 27.62 Slowing Melanie,73,GUA 25.72 Weir Amanda,86,USA 26.15 Swindle Christina,84,USA

## 100 METRES FREESTYLE

 55.61 Shealy Courtney,77,USA 55.92 Swindle Christina,84,USA 55.92 Szigeti Florencia,81,ARG 56.41 Delaroli Flavia,83,BRA 56.58 Coparropa Eileen,81,PAN 57.17 Semeco Arlene,84,VEN 57.43 Gusmao Rebeca,84,BRA 57.44 Collins Elizabeth,82,CAN B Final57.21 Atkinson Janelle,82,JAM 57.68 Chuck Angela,71,JAM 57.69 Beaudry Maya,88,CAN 58.64 Galan Alejandra,88,MEX 58.99 Rivera Carolina, 73, VEN 59.55 McLean Sharntelle,84,TRI 1:00.24 Jimenez Patricia,87,PUR 1:00.48 Moreno Carolina,83,MEX 55.26 Weir Amanda,86,USA 55.87 Lanne Colleen, 79, USA 57.09 Lacroix Audrey,83,CAN 57.74 Lemos Lima Tatiana, 78,BRA

200 METRES FREESTYLE
1:59.80 Vollmer Dana, 87,USA

2:01.98 Lanne Colleen,79,USA 2:02.08 Brochado Mariana,84,BRA 2:02.26 Collins Elizabeth,82,CAN 2:02.26 Ferreira Monique,80,BRA 2:03.23 Szigeti Florencia,81,ARG 2:03.27 Atkinson Janelle,82,JAM 2:03.38 Beaudry Maya,88,CAN B Final

2:05.32 Galan Alejandra, 88,MEX 2:06.62 Lopez Atenas, 86,MEX 2:06.76 Chuck Angela,71,JAM 2:08.54 Mojica Solimar,82,PUR 2:08.81 Lopez Diana,86,VEN 2:08.90 Elphinstone Kaitlyn, 85, CAY 2:09.53 Martinez Vanessa,83,PUR 2:11.00 Wong Maria, 86,PER 2:01.61 Hill Mary,85,USA 2:02.39 Piper Carly,83,USA 2:03.34 Ribeiro Paula,81,BRA 2:04.34 Lacroix Audrey,83,CAN 2:05.45 Muniz Ana C.,84,BRA

## 400 METRES FREESTYLE

4:10.48 Hill Elizabeth,86,USA 4:13.03 Hentzen Morgan C.,85,USA 4:14.21 Ferreira Monique,80,BRA 4:14.85 Gravelle Julie, 79,CAN 4:15.99 Atkinson Janelle,82,JAM 4:17.73 Brochado Mariana,84,BRA 4:18.24 Kobrich Kristel,85,CHI 4:23.37 Galan Alejandra,88,MEX B Final

4:21.57 Beaudry Maya, 88,CAN 4:22.79 Alvarez Sonia,76, PUR 4:26.79 Galindo Tania,84,MEX 4:28.73 Elphinstone Kaitlyn,85,CAY 4:29.57 Roffey Heather,83,CAY 4:34.60 Mojica Solimar,82,PUR 4:36.52 Wong Maria,86,PER 7:19.53 Clavo Karina,89,PER 4:14.13 Burke Rachel,83,USA 4:15.03 Piper Carly,83,USA

## 800 METRES FREESTYLE

8:36.54 Hentzen Morgan C.,85,USA 8:37.61 Burke Rachel,83,USA 8:43.90 Kobrich Kristel, $85, \mathrm{CH}$ 8:45.82 Gravelle Julie,79,CAN 8:53.64 Ribeiro Nayara, 84, BRA 9:00.42 Muniz Ana C.,84,BRA 9:01.61 Beaudry Maya,88,CAN 9:03.48 Alvarez Sonia,76,PUR

## 100 METRES BACKSTROKE

1:02.50 MacManus Diana,86,USA 1:02.74 Shealy Courtney,77,USA 1:04.56 Morales Gisela,87,GUA 1:04.91 de Alba Danielle,79,MEX 1:05.15 Fernandez Serrana,73,URU 1:06.03 Aitken Kiera,83,BER 1:06.22 Ribeiro Paula,81,BRA 1:06.39 Ribeiro Talita,85,BRA B Final

1:06.61 Busquets Emily,76,PUR
1:07.43 Silva Valeria, 85, PER 1:08.15 Gotay Gretchen,80,PUR 1:08.76 Ketelaars Silvie,85,AHO 1:08.80 Valderrama Fatima,89,PER 1:08.98 Marin Marianella,76,CRC 1:09.66 Collymore Ayeisha,87,TRI 1:10.39 Caceres Diana,86,ECU 1:04.28 Reid Jamie, 83,USA
200 METRES BACKSTROKE
2:13.89 Reid Jamie, 83,USA
2:15.39 MacManus Diana,86,USA 2:16.19 Morales Gisela,87,GUA 2:17.46 Malar Joanne,75,CAN 2:21.70 Bardach Georgina,83,ARG 2:24.07 Gotay Gretchen,80,PUR 2:24.20 Silva Valeria, 85, PER 2:25.90 Caceres Diana,86,ECU B Final

2:26.17 Ribeiro Talita,85,BRA 2:27.57 Rodriguez Laura,88,DOM 2:29.28 Valderrama Fatima,89,PER


Matthew Rose (CAN) broke 15-year-old Canadian record in the 50 free

2:33.19 Dillette Alana,87,BAH 2:19.40 Caverly Kristen,84,USA

## 100 METRES BREASTSTROKE

1:09.01 Stitts Staciana,81,USA
1:10.09 Clark Corrie,82,USA 1:10.56 Stoody Kathleen,83,CAN 1:11.54 Blackburn Lisa,71,CAN 1:13.18 Marmolejo Adriana,82,MEX 1:13.30 de Giovanni Augustina, 85, ARG 1:14.02 Nunez Imaday,83,CUB 1:14.32 Comini Romero Patricia,75, BRA B Final

1:15.37 Atkinson Alia,88,JAM 1:16.05 Silva Valeria, 85, PER 1:17.68 Escalante Margoth,84,ESA 1:17.76 Duval Shannon,88,TRI 1:18.65 Zenoni Maria,85,DOM 1:18.79 Moreno Katerine,74,BOL 1:19.88 Franco Maria,87,PAR 1:22.67 Isenia Nilshaira,89,AHO 1:10.26 Klein Melissa,84,USA 1:11.10 Spann Alexandra,86,USA
200 METRES BREASTSTROKE 2:29.76 Spann Alexandra,86,USA 2:31.52 Blackburn Lisa,71,CAN 2:31.93 Stoody Kathleen, 83,CAN 2:33.63 Klein Melissa,84,USA 2:33.92 de Giovanni Augustina,85,ARG 2:34.10 Nunez Imaday,83,CUB 2:34.20 Marmolejo Adriana,82,MEX 2:38.12 Melo Joanna,87,BRA B Final

2:41.56 Duval Shannon,88,TRI 2:41.75 Comini Romero Patricia,75,BBA 2:44.87 Escalante Margoth,84,ESA 2:45.49 Atkinson Alia,88,JAM 2:45.68 Moreno Katerine,74,BOL 2:46.48 Zenoni Maria,85,DOM 2:51.53 Shufflebarger Jamie,86,ISV 2:34.98 Caverly Kristen,84,USA 2:35.31 Clark Corrie,82,USA

## 100 METRES BUTTERFLY

59.97 Goodwin Bethany,80,USA 1:00.18 Lacroix Audrey,83,CAN 1:00.51 Kirk Dana,84,USA

1:02.76 Collins Elizabeth,82,CAN 1:02.90 Monteiro Ivi,84,BRA 1:03.01 Rodriguez Maria,84,VEN 1:03.68 Lopez Atenas,86,MEX 1:03.95 Swaby Tamara,83,JAM B Final
1:03.97 Espana Paola,78,MEX 1:04.65 Amar Marcella,75,BRA 1:04.93 Duenas Vanessa,86,COL 1:05.00 McLean Sharntelle,84,TRI 1:05.13 Bahamonde Yamile,87,ECU 1:06.33 Roffey Heather,83,CAY 1:06.71 Martinez Vanessa,83,PUR 1:07.23 Zacarias Priscila,86,DOM 59.35 Vollmer Dana,87,USA 1:02.08 Doody Kelly,79,CAN 1:02.26 Davis Laura,84,USA

## 200 METRES BUTTERFLY

2:11.02 Lacroix Audrey,83,CAN 2:12.81 Bassi Noelle,83,USA 2:12.85 Kirk Dana,84,USA 2:13.23 Bardach Georgina,83,ARG 2:13.83 Gravelle Julie, 79, CAN 2:15.57 Ferreira Monique,80,BRA 2:20.19 Rodriguez Maria,84,VEN 2:21.10 Alvarez Sonia, 76, PUR $B$ Final

2:19.96 Roffey Heather,83,CAY 2:20.07 Amar Marcella,75,BRA 2:20.71 Espana Paola,78,MEX 2:23.03 Del Pozo Jimena,88,PER 2:23.53 Garcia Alicia, 85, PER 2:27.85 Swaby Tamara,83,JAM 2:28.90 Martinez Vanessa,83,PUR 2;15.00 Jill Mary,85,USA 2:18.20 Doody Kelly, 79,CAN

## 00 METRES IND.MEDLEY

2:15.93 Malar Joanne,75,CAN 2:16.78 Clark Corrie,82,USA 2:17.33 Davis Laura,84,USA 2:17.75 Melo Joanna,87,BRA 2:18.11 Doody Kelly,79,CAN 2:19.07 Bardach Georgina,83,ARG 2:22.98 Alvarez Sonia,76,PUR 2:23.12 Duenas Vanessa,86,COL

B Final
2:26.67 Atkinson Alia,88,JAM 2:28.18 Wong Maria,86,PER 2:28.84 Martinez Vanessa,83,PUR 2:29.10 Paulson-Andrews Raina,86,JAM 2:30.18 Dillette Alana,87,BAH 2:31.07 Zenoni Maria,85,DOM 2:31.37 Zacarias Priscila,86,DOM 2:31.85 Shufflebarger Jamie,86,ISV 2:18.58 Caverly Kristen,84,USA 2:20.51 Klein Melissa,84, USA

## 400 METRES IND.MEDLEY

 4:43.40 Bardach Georgina, 83,ARG 4:46.18 Caverly Kristen,84,USA 4:46.38 Melo Joanna,87,BRA 4:49.26 Malar Joanne,75,CAN 4:49.74 Cassidy Andrea,82,USA 4:51.63 Doody Kelly,79,CAN 5:01.38 Alvarez Sonia,76,PUR 5:07.93 Duenas Vanessa,86,COL BFinal5:06.77 Roffey Heather,83,CAY 5:12.90 Martinez Vanessa,83,PUR 5:13.57 Zenoni Maria,85,DOM 5:16.54 Del Pozo Jimena,88,PER 5:19.57 Shufflebarger Jamie,86,ISV 5:22.32 Zacarias Priscila,86,DOM 5:26.10 Collymore Ayeisha,87,TRI 5:28.19 Knowles Aprili,84,BAH 4:55.02 Reid Jamie,83,USA

## 4X100 MEDLEY RELAY

1 4:05.92 United States,USA
1:02.37 MacManus Diana 1:08.97 Stitts Staciana 1:00.13 Vollmer Dana 54.45 Weir Amanda

## 4:13.72 Canada,CAN

1:05.42 Malar Joanne 1:11.09 Stoody Kathleen 1:00.40 Lacroix Audrey
56.81 Collins Elizabeth

## 3 4:18.04 Mexico,MEX

1:04.38 De Alba Danielle 1:12.33 Marmolejo Adriana 1:03.44 Lopez Atenas
57.89 Galan Alejandra

4:18.29 Brazil,BRA
4:29.74 Peru,PER
4:31.47 Trinidad \& Tobago,TRI 4:40.05 Dominican Republic,DOM

## 4X100 FREE RELAY

## 1 3:41.93 United States,USA

54.46 Weir Amanda
55.75 Swindle Christina 55.99 Lanne Colleen
55.73 Shealy Courtney

2 3:46.65 Canada,CAN
56.68 Lacroix Audrey
56.73 Collins Elizabeth
56.49 Malar Joanne
56.75 Doody Kelly

3 3:47.05 Brazil,BRA
56.73 Delaroli Flavia
56.85 Gusmao Rebeca 57.29 Ferreira Monique
56.18 Lemos Tatiana

3:52.07 Venezuela,VEN
3:53.58 Jamaica,JAM
3:56.56 Mexico,MEX
3:59.91 Puerto Rico,PUR 4:00.37 Trinidad \& Tobago,TRI

## 4X200 FREE RELAY

1 8:05.47 United States,USA 2:00.56 Vollmer Dana 2:01.60 Hill Elizabeth 2:01.90 Piper Carly 2:01.41 Lanne Colleen
2 8:10.54 Brazil,BRA 2:03.73 Ferreira Monique 2:01.66 Brochado Mariana 2:03.23 Muniz Ana 2:01.92 Ribeiro Paula
3 8:10.85 Canada,CAN 2:02.55 Beaudry Maya 2:02.42 Malar Joanne 2:03.96 Collins Elizabeth 2:01.92 Doody Kelly 8:36.07 Mexico,MEX 8:38.89 Puerto Rico,PUR 9:10.03 Peru,PER

## US SUMMER NATIONALS

Barely a week after the end of the FINA World Championships, the USA held its summer nationals. Many of theAmerican starsfromBarcelonagave the meet apass, and the Pan American Games Team was already in Santo Domingo (DOM), but that hardly made much of adifferencein the quality of the winning times.

Michael Phelps did not pass on the opportunity to swim some new events as well as shatter another world record in the 200 IM for the fourth time in less than six weeks. He happens to live in Baltimore, which is close to College Park, Maryland.

Phelpswonfiveindividual events. He swam the 100 free in 49.19, and the 200 backstroke in 1:56.10, his fastest ever, on August 6. "I would have liked to break the world record in the 200 backstroke, but the last 30 metres was pretty painful. It felt like I hit a brick wall. I was pretty beat after that." Phelps said. "I knew I had to push it going out, but there is a lot of work to be done in that event if I'm going to be where I want to be."

On August 7, Phelps inched closer to Ian Thorpe's (AUS) world record in the 200 free; his winning time of 1:45.99 (American record) was the world's second fastest this year behind Thorpe's winning time of $1: 45.14$ in Barcelona. "I did what I wanted to do," Phelps said. "Split what I wanted to split, but Ifeltmy hands slipping a little bit. I wanted to break 1:46 and I did that."
"My goal is to get as many besttimes as possible, get as many records as possible, so I go out and swim as fast as I can every race. This is just the continuation of the World Championships."

On August 8, he won his fourth event, the 400 free, in 3:46.73, an American record and third fastest in the world. "I'm really starting to feel it

## PHELPS CONTINUES TO AMAZE WITH ANOTHER 200 IM WORLD RECORD First man at a U.S. Nationals to win five events



8th world record during 2003 for Michael Phelps
now," Phelps said. "I think I've reached my limits here, and the tank's feeling very, very empty now. At the 250 , I saw everyone's arms waving and cheering me on, and that really helped get home." point award.

But Phelps had one more trick left. On August 9 , he shattered his own world record in the 200 IM with a time of 1:55.94, the fourth time since late June that he lowered that record, and became the first man in history to win five events at a U.S. Nationals.
"I'mshocked," Phelpssaid. "I wanted to go faster than I did at Santa Clara, at the end of June. I wanted to split 54 at the 100 and try to hang on. My coach (Bob Bowman) said before thatifI broke 1:56, he'd shave his head. I just missed it at Worlds. He told me that tonight was the last night for the bet."

That swim have him the "performance of the meet" as well as the "high scoring" awards.
"Ending on this note definitely fires me up a bit," he said. "I'll have four or five days off, and then it's back in the water for Athens."

Of note was the second-place finish in the 200 IM behind Phelps of trainingmateKevinClementswith a $1: 59.56$, third fastest of the year. Clements also had a second in the 400 IM earlier.

Phelps plans to go to Australia in early December for the FINA World Cup and raceThorpe andGrantHackett(AUS) in their best events.

Other highlights:
Kalyn Keller swept the women's distance freestyle events, winning the 400 free in $4: 10,68$, the 800 free in 8 : 31.54 , and the 1500 free in 16:08.64.

Kaitlin Sandeno did even better, winning the 200 fly in 2:08.78, the 200 IM in 2:12.97 (breaking an 11-yearold meet record), the 400 IM in 4:40.82, and had a second in the 800 free, to win the women's high


Canadians did very well, winning four events and medalling in five others. Brian Johns (UBCD) won the 200 fly in $1: 59.29$ and the 400 IM in 4:17.04, with a third in the 400 free in 3:53.84.

Brittany Reimer (SKSC) won the 200 free in 2:00.62, adding a second in the 400 freeby $2 / 100$ ths, and a third in the 800 free.

Jennifer Fratesi (ROW) won the 200 back in 2:12.47. Brent Hayden (UBCD) was third in both the 100 free with 49.99 and the 200 free with 1:49.02.

## RESULTS USA SUMMEER NATIONAL

## College Park, MD, Aug 5-9 (50 M)

## MEN

50 METRES FREESTYLE
22.59 Walker Neil,76
22.81 Zaabadick Robert,80
22.82 Bernard Alain,83,FRA
22.95 Woodward Gabriel,79
22.96 Anderson Luke,82
22.97 Wildman-T. Ben,84
23.05 Muhammad Sabir,76
23.14 Kafer Ryan,77

100 METRES FREESTYLE
49.19 Phelps Michael, 85

2 49.99 Walker Neil,76
49.99 Hayden Brent,83,CAN

4 50.30 Bal Randall,80
50.33 Woodward Gabriel,79
50.62 Grevers Matthew, 85
51.10 Bubolcz Kyle,86
51.12 Muhammad Sabir,76

## 200 METRES FREESTYLE

1 1:45.99 Phelps Michael, 85
2 1:48.58 Golddalatt Scott,79
3 1:49.02 Hayden Brent,83,CAN
4 1:49.19 Carvin Chad,74
5 1:49.57 Mortimer Justin,82
6 1:50.68 Vanderkaay Peter,83
7 1:50.98 Mull Cameron,76
8 1:51.21 Owen Matthew,84

## 400 METRES FREESTYLE

1 3:46.73 Phelps Michael,85
2 3:51.74 Mortimer Justin,82
3 3:53.84 Johns Brian,82,CAN
4 3:54.17 Johnston Mark,79,CAN
5 3:54.98 Jensen Larsen,85
6 3:55.45 Vanderkaay Peter,83
7 3:56.39 Mull Cameron,76
8 3:59.17 Kaufmann Scott,83

## 800 METRES FREESTYLE

1 7:57.35 Jensen Larsen,85
2 8:03.07 Mortimer Justin,82
3 8:03.69 Owen Mathew,84
4 8:04.97 Klueh Michael, 87
5 8:08.30 Prichard lan,82
6 8:08.42 Schmitt Guy-Noel,83,FRA
7 8:09.13 Kaufmann Scott,83
8 8:09.56 Davis Brian,83
1500 METRES FREESTYLE
1 15:11.81 Jensen Larsen,85
2 15:25.53 Mortimer Justin,82
3 15:26.61 Klueh Michael. 87
4 15:35.97 Bishop Thomas, 85
5 15:36.29 DeMarco Daniel,80
6 15:36.38 Phillips Shaun,84
7 15:36.43 Schmitt Guy-Noel,83,FRA
8 15:38.33 Grimes James,79
100 METRES BACKSTROKE
54.63 Bal Randall,80
55.64 Rouse Jeff,70
355.70 Plummer David, 85
55.74 Grevers Matthew, 85
55.92 Walker Neil,76
56.01 Mania Adam,83,POL
56.43 Barlow Chad,82
56.86 Westcott James D., 80

200 METRES BACKSTROKE
1 1:56.10 Phelps Michael,85
2 2:01.01 O'Brien Nathaniel,83
3 2:01.44 Staley Trent,82
4 2:01.65 Barlow Chad,82
5 2:02.38 Vayo Louis,85
6 2:02.77 Grevers Matthew,85
7 2:03.47 Hartley Brian,83
8 2:03.92 Kellam Chris, 82
100 METRES BREASTSTROKE
1 1:01.11 Moses Glenn Ed,80
2 1:01.93 Usher Scott,83

3 1:02.44 Gardner Scott,83
4 1:02.59 Marshall Gary,82
5 1:02.67 Brown Michael,84,CAN
6 1:03.21 Denniston David,78
7 1:03.55 Wilkens Tom,75
disq McDonnell Jeremy,80
200 METRES BREASTSTROKE
1 2:13.28 Marshall Gary,82
2 2:13.50 Brown Michael,84,CAN
3 2:14.17 Usher Scott,83
4 2:14.51 Wilkens Tom,75
5 2:14.56 Clements Kevin,80
6 2:15.87 Perrot Stephan,77,FRA
7 2:16.67 Denniston David,78
8 2:18.21 de Pellegrini Tony,82,FRA
100 METRES BUTTERFLY
53.20 Botes Eugene, 80

2 53.74 Lawler James,82
353.84 Verhoef Peter,84
453.85 Abercrombie John,82
54.12 Bubolcz Kyle,86

6 54.47 Stovall William,86
54.59 Marshall Matthew,82
54.94 Stephens Delonte. 80

200 METRES BUTTERFLY
1 1:59.29 Johns Brian,82,CAN
2 1:59.73 Wilkens Tom,75
3 2:00.03 Valdivieso Juan, 81,PER
4 2:00.39 Lawler James, 82
5 2:00.72 Kendrick Rainer,82
6 2:00.82 Klueh Michael,87
7 2:01.09 Siouil Adam,82,CAN
8 2:01.23 Haupt Matthew, 80
200 METRES IND.MEDLEY
1 1:55.94 Phelps Michael, 85
2 1:59.56 Clements Kevin,80
3 2:01.19 Wilkens Tom,75
4 2:01.76 Johns Brian,82,CAN
5 2:02.62 Trupin Dan,83
6 2:03.35 Liscinsky Mark, 81
7 2:05.38 Clark Jeff,77
8 2:05.73 Flores Bayani,79
400 METRES IND.MEDLEY
1 4:17.04 Johns Brian,82,CAN
2 4:17.39 Clements Kevin,80
3 4:23.63 Trupin Dan,83
4 4:24.88 Greenwood Chris,82
5 4:25.95 Newman Keenan,85
6 4:26.87 Plummer Chris,81
7 4:28.45 Fahey Paul,83
8 4:29.64 Nead Kevin,85
4X100 MEDLEY RELAY
1 3:42.61 Circle C Swim
2 3:42.86 Stanford A
3 3:43.97 North Baltimore
4 3:46.21 Novaquatics A
5 3:46.39 Circle C Swim B
6 3:49.34 Tucson Ford
7 3:49.54 Curl-Burke A
8 3:50.13 Trojan Swim Club
4X100 FREE RELAY
1 3:21.45 Circle C Swim
2 3:25.16 Novaquatics A
3 3:27.32 Sun Devils
4 3:27.52 San Ramon Valley
5 3:27.70 Aggie Swim
6 3:28.01 Curl-Burke A
7 3:28.13 Pine Crest SC
8 3:29.26 Trojan Swim Club

## 4X200 FREE RELAY

1 7:24.43 Mission Viejo A
2 7:29.53 Circle C Swim
3 7:33.30 San Ramon Valley
4 7:34.31 Nashville Aquatics
5 7:35.05 Curl-Burke A
6 7:35.62 Trojan Swim Club
7 7:36.53 Pine Crest SC
8 7:37.96 Long Island AC

WOMEN
50 METRES FREESTYLE
25.18 Metella Malia,82,FRA

2 25.65 Wanezek Sarah, 82 25.99 Daniels Elizabeth,81 26.02 Correia Maritza, 81 26.05 Phenix Erin,81 26.10 Nymeyer Lacey,85
26.30 Platzer Sara, 83 26.34 Smith Julianne,89

100 METRES FREESTYLE
55.73 Wanezek Sarah, 82
55.81 Williams Stefanie,79
55.84 Metella Malia,82,FRA
56.21 Rose Gabrielle,77
56.34 Jamison Tanica,81 56.43 Nymeyer Lacey,85
56.46 Arsenault Samantha,81 56.78 Phenix Erin, 81

200 METRES FREESTYLE
1 2:00.62 Reimer Brittany,88,CAN
2 2:01.12 Kukors Emily,85
3 2:01.13 Komisarz Rachel, 77
4 2:01.30 Munz Diana,82
5 2:01.42 Keller Kalyn,85
6 2:02.27 Hardt Julie,81
7 2:02.49 Miller Anna,86
8 2:02.76 Jamison Tanica, 81
400 METRES FREESTYLE
1 4:10.68 Keller Kalyn,85 2 4:10.70 Reimer Brittany,88,CAN
3 4:11.08 Sandeno Kaitlin,83
4 4:12.18 Bennett Brooke,80
5 4:14.08 McLarty Sara,83
6 4:14.66 Kiel Alyssa,87
7 4:15.06 Komisarz Rachel,77 8 4:15.08 Stowers Julia,82
800 METRES FREESTYLE
1 8:31.54 Keller Kalyn,85
2 8:34.61 Sandeno Kaitlin,83
3 8:35.39 Reimer Brittany,88,CAN
4 8:36.09 Kiel Alyssa,87
5 8:36.15 Bennett Brooke,80
6 8:38.61 Hentzen Whitney,86
7 8:39.25 McLarty Sara,83 8 8:41.27 Kelly Kimberly,86
1500 METRES FREESTYLE
1 16:08.64 Keller Kalyn,85
2 16:16.31 Binder Adrienne,85
3 16:19.77 Bennett Brooke,80
4 16:25.06 Kiel Alyssa,87
5 16:36.70 Hentzen Whitney,86
6 16:37.35 Kelly Kimberly,86
7 16:41.27 Hutchinson Claire,86
8 16:41.34 Schmidt Rory,84
100 METRES BACKSTROKE
1 1:02.50 Rogers Lauren, 87
2 1:02.53 Woessner Susan. 80
3 1:02.70 McGregory Hayley,86
4 1:02.71 Sturdy Rebecca, 85
5 1:02.75 Fratesi Jennifer,84,CAN
6 1:02.86 Hanson Pamela,79
7 1:02.87 White Brielle,83
8 1:03.28 Botsford Beth,81
200 METRES BACKSTROKE
1 2:12.47 Fratesi Jennifer,84,CAN
2 2:14.86 Rogers Lauren,87
3 2:15.35 Chura Haley,85


Jennifer Fratesi (CAN) wins 200 backstroke title again

4 2:15.51 Weaner Tricia,89
5 2:15.52 Harrigan Kelly,84,USA
6 2:15.67 Sturdy Rebecca,85,USA
7 2:15.68 Smit Julia,87 8 2:18.01 Hanson Pamela,79
100 METRES BREASTSTROKE
1:08.80 Quann Megan,84
1:08.92 Kowal Kristy,78
1:08.93 Kirk Tara,82
4 1:09.50 Ertter Lindsey,82
1:09.91 Bruce Caroline,86
6 1:10.32 Tinnon Elizabeth,85,
7 1:10.44 Soni Rebecca,87
1:10.95 Wagner Jessica,81

## 200 METRES BREASTSTROKE

2:27.88 Bruce Caroline. 86
2:29.08 Soni Rebecca,87
2:30.09 Kowal Kristy,78
2:30.68 Quann Megan,84
2:31.46 Tinnon Elizabeth,85
6 2:32.46 Kirk Tara,82
2:32.46 Ertter Lindsey,82
2:33.10 Roby Ashley,80 100 METRES BUTTERFLY
59.87 Goetsch Emily,85
59.94 Hyman Misty,79
59.99 Krohn Jana. 81

1:00.20 Breeden Elaine,89
1:00.31 Wanezek Sarah,82
6 1:00.44 Metella Malia,82,FRA
1:00.68 Kwasny Michala,80
1:00.85 Du Plessis Renate, 81, RSA
200 METRES BUTTERFLY
2:08.78 Sandeno Kaitlin, 83
2:12.22 Krohn Jana, 81
2:12.56 McLarty Sara,83

RATING SUMMARY OF TOP PERFORMANCES

| 1) | 1041 | $1: 55.94$ |
| :--- | ---: | ---: |
| 2) | 997 | $1: 59.56$ |
| 3) | 987 | $16: 08.64$ |
| 4) | 985 | 54.63 |
| 5) | 984 | $1: 01.11$ |
| 6) | 982 | $2: 12.97$ |
| 7) | 978 | $2: 01.19$ |
| 8) | 976 | $16: 16.31$ |
| 9) | 975 | $4: 17.04$ |
| 10) | 972 | $2: 13.22$ |

200 im M Phelps Michael,85,USA 200 im M Clements Kevin,80,USA 1500 free W Keller Kalyn, 85 ,USA 100 back M Bal Randall,80,USA 100 breast M Moses Glenn Ed, 80 ,USA 200 im W Sandeno Kaitlin,83,USA 200 im M Wilkens Tom,75,USA
1500 free W Binder Adrienne, 85, USA
400 im M Johns Brian,82,CAN
200 breast M Marshall Gary,82,USA

4 2:12.86 Breeden Elaine,89
2:12.91 Hastrup Kristen, 86 6 2:13.60 Axtell Andrea,86 2:14.38 Goetsch Emily,85 8 2:14.67 Hyman Misty,79 200 METRES IND.MEDLEY
2:12.97 Sandeno Kaitlin,83
2:15.66 Rose Gabrielle,77
2:16.82 Bruce Caroline,86
2:16.97 Hoff Kathryn,89
2:17.43 Ellis Jamie,82
2:18.10 Kwasny Michala,80 2:18.90 Cartiaux Celine,79,FRA
8 2:19.38 Pendleton Bethany,82
400 METRES IND.MEDLEY
4:40.82 Sandeno Kaitlin,83
2 4:46.36 McLarty Sara,83
3 4:48.21 Smit Julia,87
4:49.95 Taflinger Brooke, 81
5 4:50.31 Kwasny Michala,80
$\begin{array}{ll}6 & \text { 4:50.82 Carusone Ashley,85 }\end{array}$
4:52.57 Green Meredith,83
4:52.90 Pendleton Bethany,82
4X100 MEDLEY RELAY
4:12.11 Novaquatics A
4:12.74 Athens BulldogSC
4:14.18 Tucson Ford
4 4:14.72 Tualatin Hills 5 4:14.76 De Anza Cupertino
4:14.80 Circle C Swim
4:16.86 Lakeside ST 8 4:16.91 Texas Aquatics A 4X100 FREE RELAY

3:44.97 Texas Aquatics A
2 3:45.77 Athens Bulldog SC
3:45.98 Novaquatics A
3:50.71 Tucson Ford
3:50.74 Texas Aquatics B
3:50.96 De Anza Cupertino
3:51.04 Circle C Swim
3:51.14 Trojan Swim Club

## 4X200 FREE RELAY

8:10.79 Trojan Swim Club
8:18.82 Texas Aquatics A
8:19.24 Arizona Desert Fox
4 8:19.26 Lake Erie A
5 8:20.25 Indiana Univ.
8:22.16 Pilot Knoxville
8:22.72 Reno Aquatic
8:22.98 Circle C Swim

## FOUR DAYS OF WORKOUTS WITH Grant Hackett and Michael Phelps

## Justin Finney

The first week of May, I was invited to speak at the Australian Swimming Coaches and Teachers Association's (ASCTA) Annual Convention in front of some of the best swimming coaches in the world. I also had the opportunity to spend 5 days with World Record holders Grant Hackett (Australia) and Michael Phelps (USA) and their respective coaches Dennis Cotterell and Bob Bowman.

Upon arriving on the Gold Coast, Alan Thompson, Australian Olympic coach and Head coach at the New South Wales Institute of Sport (NSWIS) in Sydney, invited fellow Pointe-Claire coach Jason Bowes and me to join in on the practices that were going on at the Miami Swim Club (home pool of World Record holder Grant Hackett), just down the beach. His entire squad was up from Sydney to train with Cotterell's squad, as well as 18 -year-old USA and World swimming sensation Michael Phelps, who accompanied his coach Bob Bowman who was the Keynote speaker at the ASCTA Convention.

There were 8 swimmers from the current USA and Australian World Championship Teams training together when I arrived. New South Wales Institute of Sport (NSWIS) Sydney, Australia Alan Thompson - Head Coach
Jim Piper - Breaststroke
Amanda Pascoe - Distance Freestyle
Miami Swim Club Inc - Gold Coast, Australia
Dennis Cotterell - Head Coach
Grant Hackett - World Record Holder, Middle \& Distance Freestyle
Stephen Penfold - Middle \& Distance Freestyle
Kurtis MacGillivary - (CAN) Middle \& Distance Freestyle
Felicity Galvez - Butterfly
Queensland Academy of Sport (QAS) Brisbane, Australia
Stefan Widmer - Head Coach
Casey Flouch - Sprint Freestyle
Libby Lenton - Sprint Freestyle
North Baltimore Aquatic Club (NBAC), North Baltimore, USA Bob Bowman - Head Coach
Michael Phelps - World Record Holder, IM \& Butterfly
Jamie Barone - Breaststroke (Phelp's training partner)
I will run you through the workouts that were swum over the 4 days I attended. Hackett and Phelps were the main focus being World Record holders and everyone wanted to see what they could do 'swimming side-by-side' in workout sessions. Now keep in mind that the majority of these workouts were written and given by Dennis Cotterell. They are freestyleoriented workouts. All workouts and times are long course.

## Friday May 2 (Afternoon session)

Friday's workout was a $\mathrm{VO}_{2}$ workout with the main emphasis on breakouts and explosions off the walls.
Warm Up: 1500 m
500 Swim
400 Pull
300 Kick
200 Drill
100 Swim (Explosions off the walls) All Choice \& continuous
6x200 Pull (with Pull buoy and Paddles)

$$
\begin{aligned}
& 2 @ 2: 30 \\
& 2 @ 2: 25 \\
& 2 @ 2: 20
\end{aligned}
$$

Main Set
200 easy
8x50@1:10
2 - Under water sprints
2-20 m Explosions
200 easy
8x50@1:10
All-20 m Explosions
200 easy
8x50@1:10
2 - Power Drill/Head up Fly
2-20 m Explosions
200 easy w/fins
$2 \times$ (50 under water)
(100 swim easy)
$3 \times 50$ Power drill w/sponge belt -20 m Explosions (150 easy)
(50 fast Freestyle swim w/fins)
Phelps = 21.1
Hackett $=21.2$
300 easy swim
6000 m total

## Saturday May 3 (Morning Session 6:00 am)

The next few workouts were some of the fastest workouts that I have ever been a witness to. Today's was no exception.

## Warm up:

800 swim choice (every 4th 50m - kick)
600 pull Free/Free/Free/Back/Free/Breast by 50
400 IM - 50 Drill/50 stroke count 4x50 Explosions
Main Set:
$5 \times(6 \times 50$ m Free pace work @ 0:50 (push)
( $3 \times 100 \mathrm{~m}$ easy choice @ 1:30 + 0:30 seconds rest Hackett \& Phelps were holding on average 25.5 the entire set

## Swim Down:

$3 \times 100$ m choice @ 1:30
1000 m
Pull - 300 m choice
Fins - 400 m choice
6000 m Total

## Sunday May 4 Morning Workout (Closed Session)

## Monday May 5 (Morning Session 6:00 am)

This workout was open to the entire ASCTA Convention. There were over 50 coaches on deck to watch the workout including Australian Institute of Sport (AIS) Head Coach Pierre Lafontaine and assistant AIS coach Barry Prime.

## Warm Up:

800 Swim (150 - free)
(50 - Form choice Drill)

## Pull:

$4 \times 150$ (kick- Drill- Stroke count by 50 m
$4 \times 50$ ( 20 m Explosions)
Main Set: (Freestyle)
A. 800 Pull $+4 \times 200$ Descend 1-4 @ 2:45
B. 600 Swim Tempo + 4x150 Descend 1-4 @ 2:00
C. 400 Swim Tempo + 4x100 Descend 1-4 @ 1:30
D. 200 Swim Tempo + 4x50 Descend 1-4 @ 0:50
A. 800 Pull

Hackett: 8:48
Phelps: 8:55
4x200 Descend 1-4 @ 2:45
Hackett: 2:16.2/2:12.0/2:06.3/1:56.6
Phelps: 2:16.2/2:12.0/2:06.5/1:56.8
B. 600 Swim Tempo

Hackett: 6:41.0
Phelps: 6:59.6
4x150 Descend 1-4 @ 2:00
Hackett: 1:43.6/1:38.5/1:36.5/1:24.3
Phelps: 1:43.6/1:38.5/1:36.4/1:26.3
C. 400 Swim Tempo

Hackett: 4:28.1
Phelps: 4:41.9
4x100 Descend 1-4 @ 1:30
Hackett: 1:08.0/1:04.8/1:01.2/55.2
Phelps: 1:08.0/1:04.4/1:01.9/55.9
D. 200 Swim Tempo

Hackett: 2:10.8
Phelps: 2:15.4
4x50 @ 0:50 Descend 1-4 @ 0:50
Hackett: 31.5/30.2/28.4/26.9 (Fly)
Phelps: 31.5/30.2/28.4/25.7 (Fly)
Total of 4000 m
Swim Down:
400 mixed
6000 m Total

## May 6 (Morning Session 5:30 am)

## Warm Up:

6x300 @ 4:20/4:30/5:00

1. Swim Choice
2. Pull Choice
3. Kick/Drill/Stroke choice
4. Free/Form by 50s
5. Pull Freestyle Form
6. Drill/Drill/Stroke Choice

Pull:

$$
\begin{aligned}
& 8 \times \text { (150 "Tempo" @ 2:15) } \\
& \text { (50 Quality @ 1:00) }
\end{aligned}
$$

## Kick:

$$
400 \text { Free kick (Easy) }
$$

$$
2 \times 200 \text { Free kick (Descend 1-2) }
$$

4×100 Free kick (Descend 1-4)

$$
400 \text { Free Kick All Out }
$$

Fins:
Phelps: 5:11 (with board)

$$
\begin{aligned}
& 300-\text { Scull/Drill } \\
& 200-\text { Swim } \\
& 6 \times 50 \text { Explosions }(20 \mathrm{~m})
\end{aligned}
$$

## Swim Down:

## 200 loose

## 5400 m Total

At the end of the week, Bob Bowman and I sat down for a few questions about the training and about Michael Phelps and Grant Hackett's time together.

JF: What did you find were the common factors between Michael and Grant?

BB: Well they both have competitive natures and they both enjoy training. It's not an ordeal for them. They are both really aware of what's going on in practice in relation to their times, speed, where everyone is, and, most importantly, where they are in training compared to their goals. Some swimmers are good at one thing and not the other. They are good at everything and work everything equally. They do not waste any time when it comes to drill work.

JF: What were their strengths and weaknesses this past week?
BB: Grant is a better puller and Michael is a better kicker. Kicking is to speed as pulling is to endurance. Grant is a better endurance swimmer as he is a better puller. Michael is a better speed swimmer, therefore, is a better kicker.

JF: Did you do anything different in Michael's training before coming to Australia?

BB : We knew that this week was going to be a reduced workload for Michael due to our commitments here. After the duel in the pool, Michael did 85000 m in order to compensate for that. The jet lag was not a factor.

JF: Could you tell us a little about Michael's attitude?
BB: Everything he does has been developed from when he was young. It is an appreciation of the process for success. The part you learn from is the process. Quoting former Australian Olympic Gold medallist Shane Gould: "Winning the Olympic Gold medal is not the achievement. The achievements are all the lessons learned through the process."

JF: What advice would you give to Canadian coaches?
BB: Canadian coaches are as passionate about swimming as anyone in the world, yet they seem to be looking for an answer. Maybe there is no answer. There are some questions that there are no answers to. They answer themselves throughout the process. There are too many variables to think that you will understand what it is all about.

# UBC DOLPHINS WIN CLUB NATIONALS Curtis Lynch betters 11-12 breaststroke records 

## Justin Finney

CALGARY - The Talisman Centre was the site of the first-ever Canadian Club National Championships held July 24-27, 2003. The competition was host to 584 swimmers from over 80 clubs from across Canada.

The University of British Columbia Dolphins (UBCD) won the team championship with 2742.50 points, ahead of second-place University of Calgary Swim Club's (UCSC) 1969 points, with third place going to the Cascade Swim Club (CASC) with 1760 points. Scoring categories were 13 \& under, 14-15, Senior Open for the women 16 and older; and 14 \& under, 15-17 and Senior men 18\& older. In addition, a National Championship was handed out in each individual age group category starting with girls 12\&under, $13,14,15,16$, and senior womenfollowed by boys $13 \&$ under, $14,15,16,17$, and senior men. The competition was an opportunityfor Canada's best age-group talent to show their stuff and as expected, there were no disappointments.

Leading the way for the 12 \& under girls was GabrielleSoucisse of the Beaconsfield Bluefins (BBF), coached by Russ Franklin, and Jessie Olson-Heisler (UCSC) coached by Ildi Deliu. Soucisse won the 50, 100 , and 200 back, and 200 and 400 IM , while OlsonHeisler took the $100,200,400$, and 800 free events.

The 13 -year-old girls category saw a battle between the east's Laura Murray of the St. John's Legends (NF), coached by Paul Dawe, and the west's Brittany Ozar (CASC), coached by Ken Fitzpatrick. Ozar took the 200 free, 200 back, and the 200 and 400 IM , while Murray won the $100,400,800$ free, and the 50 fly. "I thought this was a really great meet for me," said Murray. "I think the highlight of the meet for me was the first night where I swam 50 fly and 100 free back-to-back and won gold in both."

The 14 -year-old girls category was dominated by Stephanie Horner of the Beaconsfield Bluefins, coached by Russ Franklin. Horner won the 100, 200 , and 400 free events as well as the 50 fly and 50 back.

The 15 -year-old World Trials medallist Maya Beaudry (UBCD), coached by Kelly Taitinger, put on a clinic in the freestyle events, winning the women's senior category in the 100 free and 400 free while adding a silver in the 200 free. The girls 16 -year-old category saw Beaudry's UBCD teammate Shannon Hackett, coached by Derrick Schoof, win the 100,

200, and 400 free as well.
The top performance in the senior women's bracketwentto 25 -year-old Olympic veteranChristin Petelski of Pacific CoastSwimming, coached by Ron Jacks and Peter Vizsolyi. Her time of 1:11.40 in the 100 breast gave her 956 points on the Swimming/ Natation Canada (SNC) points chart, which was the top female swim of the competition.

In the 12-year-old boys category, Curtis Lutsch (UCSC), coached by Ildi Deliu, took the boys 13 \& under category, bettering two 11-12 National Age Group Records throughoutthefour-daycompetition. Lutsch's first record came in the 200 breast with a 2:34.12, smashing Ryan Chiew's (HYACK) 1999 record of 2:36.28. The second record for Lutsch came in the 200 IM with a time of $2: 20.64$, breaking Brian Johns' 1995 mark of 2:21.81. Lutsch said about his swims: "Ihadvery goodswims. Imadesomemistakes in my morning swims but my coach and I tried to smooth them out in finals. Overall, I was very happy with my meet."

The 14 -year-old boys' category saw some

| COMBINED TEAM RANKINGS |  |  |
| :--- | :--- | ---: |
| 1 | UBC Dolphins |  |
| 2 | University of Calgary SC | 1968 |
| 3 | Cascade Swim Club | 1760 |
| 4 | Edmonton Keyano SC | 1184 |
| 5 | Bow River Swim Association | 1052 |
| 6 | Island Swimming | 857 |
| 7 | Olympian Swim Club | 554 |
| 8 | Excalibur Swim Team | 545 |
| 9 | Beaconsfield Bluefins | 493 |
| 10 | Regina Optimist Dolphins | 483 |

good performances by Ryan Cochrane of Island Swimming (IS), coached by Randy Bennett, and Jordan Hartney of the Richmond Rapids Swim Club (RAPID), coached by Craig McCord. Hartney won six events: the 100 and 200 back, 50,100 , and 200 fly, and the 200 IM , while Cochrane finished off the meet with five wins in the $100,200,400$, and 1500 free, and the 400 IM .

In the 15 -year-old girlscategory, Pascale Wollach of CASC, coached by Mark Hahto, had some great performances, winning six events: the 50,100 , and 200 free, and the 50,100 , and 200 back.

Richard Alexander (IS) was the top 16 -year-old performer, coached by Randy Bennett, with fourwins in the 50 free, 50 and 100 fly , and 200 IM , while

17-year-olds Kevin Gillespie of the Excalibur Swim Team (EST), coached by Brad Mori, and Malcolm Lavoie of the Olympian Swim Club (OSC), coached by John Vadeika, each won four events.

The outstanding Senior men's swim and overall swim of the meet went to TrentSwim Club and World Trials National Champion in the 50 free, Matt Rose. Coached by Ian McDonald, his time of 22.95 was a best time by 1/100th (961 points on the SNC points chart).

Thebest overall teamperformancewasproduced by the Beaconsfield Bluefins, who train out of the 8-lane 25 m Beaconsfield Recreation Centre in Beaconsfield, Quebec. Head Coach Russ Franklin brought five swimmers to the competition with no relays. Franklin's team finished the competition 9th in the overall standings and 5th overall in the women's ranking behind UBCD, CASC, EKSC, and UCSC. When asked what he thought of his team's performance, Franklin responded: "We had no expectations coming into this meet. When you are going in with five kids, you never think that you are going toplace among the top ten. I was very pleased." Franklin added: "This meetformatbrought a lot out of all the swimmers, especially the younger ones; you can be a rookie and still be a player in the game at the same time."

Franklin's team finished the meet with 10 golds and 1 bronze.

The Club Nationals was also a preparation competition for our Pan American Games team in the Dominican Republic August 11-16. It was good for those aspiring to make our National Team to see swimmers such as Matt Rose and Joanne Malar compete and be introduced.

All in all, the 2003 Club Nationals was a tremendous success for all those who attended. It had a little bit of everything. It had new Canadian Age Group records set, our rising talent got to compete against each other and got the experience of swimming at a National-level competition. It brought clubs from all over the country together for some fast age-group swimming and gave many swimmers the opportunity to shine.

Next year the Club Nationals will be held at the Pan Am Pool in Winnipeg, Manitoba. With two 8-lane, 50 m pools, Swimming/Natation Canada in conjunctionwithSwimManitobaarelookingforward to providing one of thefastest Age Group and National Championship meets in recent memory.

## 2003 GLUB NATIONALS RESULTS

## Calgary, July 24-27 (50 M)

## SENIOR MEN

## 50 METRES FREESTYLE

22.95 Rose Matthew,22,TRENT 23.60 Wikins Paul,21,SFA 23.77 Tozer Graeme, 18,MM 23.89 Tisdall Justin,21,UBCD 24.17 Henderson Sandy,23,SFA 24.27 Hutchison Craig,28,TO 24.28 Ballem Josh,26,UCSO 24.62 Neufeld Trevor, 19,CASC

## 00 METRES FREESTYLE

52.25 Tozer Graeme, 18, MM 52.26 Tisdall Justin,21,UBCD 52.30 Edey Brian,23,UASC 52.70 Ballem Josh,26,UCSC 52.81 Rudolf Darryl,19,UBCD 52.89 Neufeld Trevor,19,CASC $53.410^{\prime}$ 'Connor Brent, 19,UBCD 53.60 Hortness Richard, 18,RSA

## METRES FREESTYLE

1:53.48 Russell Colin,18,BTSC 1:53.96 Edey Brian,23,UASC 1:55.72 Tozer Graeme,18,MM 1:56.36 Hankewich Brent,19,GOLD 1:56.49 Power Michael,22,UOFC 1:56.98 Hyder Cameron,20,UCSC 1:57.01 Tisdall Justin,21,UBCD 1:59.39 Cormack Richard,21,UCSC 400 METRES FREESTYLE 4:02.06 Russell Colin,18,BTSC 4:06.26 Tozer Graeme,18,MM 4:06.80 Oriwol Tobias,18,ESWIM 4:07.48 Cormack Richard,21,UCSC 4:07.76 O'Connor Brent,19,UBCD 4:10.38 Blair Aaron,18,CASC 4:13.91 Power Michael,22,UOFC 4:14.42 Lavoie Malcolm,17,UASC

## 1500 METRES FREESTYLE

16:19.06 Ballem Jarrod,24,UCSC 16:44.65 O'Connor Brent,19,UBCD 16:47.23 Lavoie Malcolm,17,UASC
16:55.13 Schjott Jonathan,22,UCSC 17:00.82 MacDonald Elliot,20,MANTA 17:02.03 Blair Aaron,18,CASC 17:08.57 Derban Willie,17,UCSC 8 17:38.93 Cohen Lawrence,21,MANTA

## 50 METRES BACKSTROKE

26.52 Ng Callum,18,CASC 27.42 Martinson Adam,19,CASC 27.76 Zielnik Maciek, 19,UASC 28.16 Oriwol Tobias,18,ESWIM 28.35 Tozer Graeme,18,MM 28.42 Phillips Devin,18,EKSC 28.58 Ballem Josh,26,UCSC 28.96 Miller Robert,18,UBCD

100 METRES BACKSTROKE 56.96 Sepulis Sean,26,IS 58.14 Rose Matthew,22,TRENT 58.43 Oriwol Tobias,18,ESWIM 58.45 Martinson Adam, 19,CASC 59.09 Strelzow Desmond,18,UBCD 59.73 Diehl Graham,20,UCSC 1:00.69 Schjott Jonathan,22,UCSC 1:01.00 Zielnik Maciek,19,UASC

## METRES BACKSTROKE

 2:05.78 Strelzow Desmond,18,UBCD 2:06.42 Martinson Adam,19,CASC2:08.69 Oriwol Tobias,18,ESWIM 2:10.50 Miller Robert,18,UBCD 2:10.68 Diehl Graham,20,UCSC 2:11.41 Maxey Myles,18,CASC 2:11.57 MacDonald Elliot,20,MANTA
50 METRES BREASTSTROKE
128.97 Brekke Trevor,26,SFA

## X50 MEDLEY RELAY

$4 \times 100$ MEDLEY RELAY
3:52.19 UBC Dolphins,UBCD 3:56.94 UBC Dolphins B,UBCD 3:57.01 Univ.of Calgary SC,UCSC 3:57.71 Edmonton Keyano,EKSC 4:03.99 Edmonton Keyano B, EKSC 4:04.62 Cascade Swim Club,CASC 4:05.27 Bow River Swim Assoc,BRSA 4:06.24 Univ.of Calgary SC B,UCSC

## X100 FREE RELAY

3:30.44 UBC Dolphins,UBCD
3:30.71 Univ.of Calgary SC, UCSC
3:34.98 Edmonton Keyano,EKSC
3:36.46 Cascade Swim Club,CASC
3:36.75 Saskatoon Goldfins,GOLD
3:39.20 Univ.of Calgary SC B,UCSC
3:39.78 Edmonton Keyano B,EKSC
3:42.64 Island Swimming

## X200 FREE RELAY

7:44.19 Univ.of Calgary SC,UCSC
7:52.05 UBC Dolphins,UBCD
7:58.25 Univ.of Calgary SC B,UCSC
7:59.36 Cascade Swim Club,CASC
:01.89 Saskatoon Goldfins,GOLD
8:05.67 Edmonton Keyano,EKSC
8:06.03 UBC Dolphins B,UBCD
8:10.22 Edmonton Keyano B,EKSC

## WOMEN

## 50 METRES FREESTYL

26.62 Clapham Caroline,22,UBCD 26.76 Beaton Erica, 15,HYACK 26.77 Kardash Erin,17,MM 27.12 Dykes Amber,19,HYACK 27.29 Grant Laura, 19, UCSC 27.47 Porenta Jennifer,18,TO 27.50 Pomerleau Kirsten,15,UCSC 28.02 Hoang Tina, 17,SFA

## 00 METRES FREESTYLE

 58.23 Beaudry Maya,15,UBCD 58.33 Kardash Erin.17.MM 58.45 Pomerleau Kirsten, 15,UCSC 58.69 Porenta Jennifer, 18,T0 58.81 Deglau Jessica,23,UBCD 58.85 Grant Laura, 19,UCSC 58.97 Lys Alexandra,18,UCSC 59.08 Clapham Caroline,22,UBCD
## METRES FREESTYLE

2:04.04 Collins Elizabeth,20,ROD 2:04.84 Beaudry Maya,15,UBCD 2:05.96 Deglau Jessica,23,UBCD 2:06.93 Hunks Tanya,22,HYACK 2:06.97 Kardash Erin,17,MM 2:07.48 Kinsella Megan,21,UCSA 2:07.94 Stefanyshyn Deanna, 18,UBCD 2:13.56 Gravelle Julie,23,10
OOO METRES FREESTYLE
4:23.72 Beaudry Maya, 15, UBCD 4:23.81 Hackett Shannon, 16, UBCD 4:28.27 Stefanyshyn Deanna, 18,UBCD 4:28.41 Collins Elizabeth,20,ROD 4:31.38 Schmuck Anne,15,SKSC 4:32.37 Bell Danielle,20,UVIC 4:33.28 Doody Hayley, 18, UCSC 4:37.96 Kinsella Megan,21,UCSA

800 METRES FREESTYLE
9:15.29 Hunks Tanya,22.HYACK 9:21.09 Haley Bevan, 16,WTSC 9:22.66 Schmuck Anne,15,SKSC 9:23.66 Lys Alexandra, 18,UCSC 9:26.52 Koskinas lfiyenia,21,0SC 9:26.70 Frey Shannon,19,BRSA 9:30.08 Bigelow Stephanie.17,COMOX 9:33.16 Brown Meghan,19,UBCD

## 50 METRES BACKSTROKE

30.40 Pomerleau Kirsten,15,UCSC 30.50 Meredith Caitlin,19,UBCD 30.68 Buckland Brooke,14,EAST 30.76 Clapham Caroline,22,UBCD 30.77 Kubas Hanna, 17,UASC 30.86 Bradshaw Jessie, 19,UCSA 30.96 Hoang Tina, 17,SFA 31.41 Schneider Kristen,22,ROD

## 00 METRES BACKSTROKE

1:04.80 Stefanyshyn Kelly,21,UBCD 1:04.86 Meredith Caitlin,19,UBCD 1:05.25 Kubas Hanna, 17, UASC 1:05.37 Buckland Brooke, 14,EAST 1:05.77 Schneider Kristen,22,ROD 1:06.10 Kardash Erin. 17.MM 1:06.85 Bradshaw Jessie, 19,UCSA 1:08.26 Hoang Tina,17,SFA

## 00 METRES BACKSTROKE

 2:20.20 Meredith Caitlin,19,UBCD 2:21.25 Bayliss Lynette,17,UCSC 2:21.53 Stefanyshyn Deanna,18,UBCD 2:24.78 Kubas Hanna, 17,UASC 2:24.85 Koskinas Ifiyenia,21,0SC 2:26.18 Hunks Tanya,22,HYACK 2:26.73 Durand Dena,22,UCSC 2:27.26 Brand Noemie,17,PCSC
## 50 METRES BREASTSTROK

32.77 Blackburn Lisa,31,ROW 32.84 Wagner Tamara,18,ROW 33.03 Spooner Emma,20,UCSC 33.54 Hober Renee,18,ROW 33.76 Pierse Annamay,19,UBCD 33.81 Zvijerac Mila,18,HYACK 33.85 Mange Michelle,16,UBCD 34.77 Stoody Kathleen,20,SFA

## 00 METRES BREASTSTROKE

1:11.40 Petelski Christin,25,PCS 1:12.90 Blackburn Lisa,31,ROW 1:13.53 Mange Michelle,16,UBCD 1:13.61 Hober Renee,18,ROW 1:13.78 Wagner Tamara,18,ROW 1:13.84 Spooner Emma,20,UCSC 1:14.11 Pierse Annamay,19,UBCD 1:15.75 Stoody Kathleen,20,SFA

## 00 METRES BREASTSTROKE

2:32.90 Petelski Christin,25,PCS 2:33.64 Mange Michelle,16,UBCD 2:36.37 Hober Renee, 18,ROW 2:39.52 Pierse Annamay,19,UBCD 2:39.92 Durand Dena,22,UCSC 2:40.84 Spooner Emma,20,UCSC 2:40.92 Dack Genevieve,17,TBT 2:42.40 Edgecumbe Marcy,19,UASC 50 METRES BUTTERFLY 28.13 Nicholls Stephanie,17,PRASC 39.90 Hyder Cameron,20,UCS 4:40.50 Murray Chad,21,UCSC 4:41.03 Ruse Timothy,18,PCSC 4:47.27 Pelechytik Jan,22,ROD 4:49.90 Lyon Colin,18,EKSC 4:56.57 Cohen Lawrence,21,MANTA 5:22.84 Haley Andrew,28,UCSC

1:45.32 UBC Dolphins,UBCD
1:46.15 Simon Fraser Aquatics,SFA 1:46.81 Edmonton Keyano,EKSC 1:48.95 UBC Dolphins B,UBCD 1:49.16 Cascade Swim Club,CASC 1:49.18 Univ.of Calgary SC,UCSC 1:50.80 Bow River Swim Assoc,BRSA 1:52.32 Excalibur Swim Team,EXT

## 00 METRES BUTTERFLY

2:18.83 Gravelle Julie,23,T0 2:20.01 Burgoyne Carrie,21,UCSC 2:20.90 Hunks Tanya,22,HYACK 2:21.06 Bigelow Stephanie,17,COMOX 2:23.63 Nicholls Stephanie, 17,PRASC 2:25.01 Olson Brigitta,21,UCSC 2:25.26 Scott Brittney,16,ROW 2:25.32 O'Kelly Orlagh,17,UASC

## 200 METRES IND.MEDLEY

2:20.43 Doody Kelly,23,UBCD 2:22.87 Kardash Erin,17,MM 2:23.40 Landry Michelle,18,UBCD 2:24.04 Durand Dena,22,UCSC 2:25.55 Stefanyshyn Deanna,18,UBCD 2:26.29 Kinsella Megan, 21,UCSA 2:26.79 Deglau Jessica,23,UBCD 2:27.11 Johnson Haylee,17,UBCD 400 METRES IND.MEDLEY 4:53.83 Malar Joanne,27,UCSC 4:57.54 Burgoyne Carrie,21,UCSC 5:00.74 Durand Dena,22,UCSC 5:05.15 Stefanyshyn Deanna,18,UBCD 5:09.43 Block Carmen,17,BRSA 5:09.45 Schmuck Anne,15,SKSC 5:11.48 Haley Bevan,16,WTSC 5:15.88 Dykes Amber,19,HYACK

## XX50 MEDLEY RELAY

1:58.74 UBC Dolphins,UBCD 2:00.40 Univ. of Calgary SC,UCSC 2:00.54 Edmonton Keyano,EKSC 2:01.01 UBC Dolphins B,UBCD 2:01.12 Hyack Swim Club,HYACK 2:01.78 Region of Waterloo,ROW 2:02.96 Univ.of Calgary SC B,UCSC 2:03.69 Bow River Swim Assoc.BRSA

## X100 MEDLEY RELAY

4:18.50 UBC Dolphins,UBCD 4:24.95 UBC Dolphins B,UBCD 4:25.30 Univ.of Calgary SC,UCSC 4:26.32 Region of Waterloo,ROW 4:26.38 univ.of Calgary SC B,UCSC 4:27.98 Edmonton Keyano,EKSC 4:28.14 Hyack Swim Club,HYACK 4:29.65 Regina Opt.Dolphins,ROD 4X100 FREE RELAY

3:53.34 UBC Dolphins,UBCD 3:54.13 Univ. of Calgary SC,UCSC 3:57.97 UBC Dolphins B,UBCD 3:58.81 Hyack Swim Club,HYACK 3:59.72 Regina Opt.Dolphins,ROD 3:59.96 Bow River Swim Assoc,BRSA 4:00.87 Edmonton Keyano,EKSC

## 4X200 FREE RELAY

8:24.52 UBC Dolphins,UBCD
8:33.17 Univ.of Calgary SC,UCSC 8:33.92 UBC Dolphins B,UBCD 8:40.85 Regina Opt.Dolphins,ROD 8:48.77 univ.of Calgary SC B,UCSC 8:49.65 Edmonton Keyano,EKSC
8:50.90 Hyack Swim Club,HYACK
8:51.01 Bow River Swim Assoc,BRSA

## 2003 UNIVERSIADE

## KLOCHKOVA WIN FOUR GOLDS

 Ukraine wins Universiade SwimmingOn the final day of swimming at the Universiade (Daegu, KOR, Aug 24-30), Ukraine surged into top spot with four golds and two silvers to win the competition with 20 (9-5-6), ahead of China with 16 (7-7-2). The United States had the most medals with 21 (3-10-8).

Yana Klochkova (UKR) won her fourth gold in the 200 fly with 2:09.52; earlier she was first in the $200 \mathrm{IM}, 400 \mathrm{IM}$, and the 200 freestyle. It has been a most impressive season for Klochkova, who has been undefeated in the IMs since 1999 at the Olympics, World, and European championships.

Vyacheslav Shyrshov (UKR) won the 50 freestyle in 22.59 and Olga Mukomol (UKR) did the same in thewomen'sevent in 25.57. Themenwon the $4 \times 100$ medley relay in a Games record of $3: 37.46$, including a great fly leg from Andriy Serdinov in 50.92.

Yuri Prilukov (RUS) won his third gold in the men's 1500 freestyle in 15:12.13; he earlier won the 400 free and 800 free and anchored the winning $4 \times 200$ free relay for Russia.

In the men's 50 breaststroke, it was a repeat of the World Championships as thesame threefinished in the same order:James Gibson (GBR) took the gold in 27.92, Oleg Lisogor (UKR) the silver in 27.94, and Mihaly Flaskay (HUN) the bronze in 28.05.

It was a one-two finish for Japan in the 200 backstroke, with Reiko Nakamura (JPN) in 2:12.17 and Aya Terakawa (JPN) in 2:13.21. Erin Volcan (USA) finished third in 2:13.82.

Xuejuan Luo (CHN) won the women's 100 breaststroke in 1:07.45, earning her the top women's individual performance of the competition ( 994 IPS points). Luo also won the 50 breast earlier. She was the world champion in the same events last month in Barcelona.

Canada had 11 swimers competing (without funding from SNC). Michel Boulianne was the only men's finalist with a fifth in the 200 breaststoke,

## MEDAL TOTALS

|  |  | Gold Silver Bronze |  |  | Total |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | UKR | 9 | 5 | 6 | 20 |
| 2 | CHN | 7 | 7 | 2 | 16 |
| 3 | RUS | 6 | 3 | 4 | 13 |
| 4 | GBR | 6 | 2 | 3 | 11 |
| 5 | JPN | 5 | 5 | 8 | 18 |
| 6 | USA | 3 | 10 | 8 | 21 |
| 7 | CZE | 2 | 0 | 0 | 2 |
| 8 | FRA | 1 | 1 | 0 | 2 |
| 9 | GER | 1 | 0 | 1 | 2 |
| 10 | AUS | 0 | 4 | 2 | 6 |
| 11 | SLO | 0 | 2 | 0 | 2 |
| 12 | ITA | 0 | 1 | 1 | 2 |
| 13 | HUN | 0 | 0 | 1 | 1 |
|  | BAH | 0 | 0 | 1 | 1 |
|  | IRL | 0 | 0 | 1 | 1 |
|  | ROM | 0 | 0 | 1 | 1 |
|  | ISR | 0 | 0 | 1 | 1 |
|  |  | 40 | 40 | 40 | 120 | swimming a 2:15.91 in the prelims, his best ever.

The sevenwomen fared better with four individual and three relays finalists, finishing mostly 7th and 8th. Best placing was Jennifer Porenta in the 200 free with a sixth and herpersonal best to qualify in 2:02.54.

The next Universiade will be in Izmir (TUR) during the summer of 2005.

## RESULTS

Daegu, Aug 24-30 (50 M)

## MEN

50 METRES FREESTYLE
22.59 Shyrshov Vyacheslav,79,UKR 22.77 Mankoc Peter, $78, S L 0$
22.81 Kapralov Andei, 80, RUS
23.00 Sapucaia Marco A. 83. BRA
23.08 Maitre David, 80, FRA
23.17 Lee Chung-Hee,81,KOR
23.20 Catter David,75,AUS
23.29 Cayette Germain,83,FRA
$B$ Final
23.09 Vassanelli Giacomo,83,TA
23.15 Felice Emanno,82,,TA
23.31 Kim Min-Suk,79,KOR
23.32 Gibb Derek,81,USA
23.47 Kidd Mathew,79,GBR
23.48 Noriega Javier, 80, ESP
523.51 Benda lvo, 75, CZE

16 23.55 Cozens Chris,82,GBR

## 100 METRES FREESTYLE

49.36 Kapralov Andrei,80,RUS
49.94 Cozens Chris,82,GBR
50.02 Yegoshin Yuri,85,UKR
50.14 Mankoc Peter,78,SLO
50.45 Kidd Matthew,79,GBR
50.56 Chen Zuo, 82, CHN
50.71 Sapucaia Marco A. 83, BRA
50.76 Vassanelli Giacomo,83,ITA

B Final
50.80 Usov Ivan,77,RUS
1050.96 Okumura Yoshihiro,83,JPN
51.10 Lequeux Sebastien,77,FRA
51.11 Mewing Andrew,81,AUS
51.27 Dyson Andrew,82,AUS
51.30 Benda Ivo,75,CZE
51.45 Lanzarini Klaus,77,ITA
51.45 Lanzarini Klaus,77,ITA
51.47 Kirkland Clay,83,USA

16 In.47 Kirkland Clay,83,
200 METRES FREESTYLE
1:49.82 Okumura Yoshihiro,83,JPN
1:50.10 Mankoc Peter,78,SLO
1:50.51 Davenport Ross,84,GBR
1:50.60 Kintz Nicolas,77,FRA
1:51.66 Viart Hugo,79,FRA
1:51.96 Kuznetsov Maxim,82,RUS 1:52.60 Vereitinov Dimytro,83,UKR B Final
B Fina
1:52.59 Chen Zuo,82,CHN
10 1:53.03 Vrhoysek Martin,83,SL0
11 1:53.41 Matsumoto Hisato,84,JPN
12 1:53.42 Han Kyu-Chul.81,KOR
13 1:54.28 Hell Heiko,80,GER
14 1:54.69 Preston Adam,84,USA
15 1:54.90 Hankewich Chad,81,CAN
400 METRES FREESTYLE
3:52.27 Prilukov Yuri,84,RUS
3:52.73 Mortimer Justin,82,USA
3:53.26 Coman Dragos,80,ROM
3:53.47 Fesenko Sergiv,82,UKR
3:54.74 Chervynskiy Igor,81,UKR
3:56.06 Vrhoysek Martin 83,SLO
3.56.17 Nelian Brendan 83USA 3:56.17 Neligan Brendan, 83, USA 8
B Final B Fina
3:56.60 Cleri Valerio,81,ITA
10 3:57.29 Koptour Dmitry,78,BLR
11 3:59.25 Han Kyu-Chul,81,KOR
12 3:59.40 Hell Heiko,80,GER
13 3:59.75 Zolezzi Giancarlo,81, CHI
14 4:01.18 Matsuda Takashi,84,JPN
15 4:04.09 Cho Sung-Mo,84,KOR
800 METRES FREESTYLE
7:54.18 Prilukov Yuri,84,RUS
7:57.21 Chervynskiy Igor,81,UKR
7:59.22 Vanderkaay Peter,83,USA
8:01.76 Cho Sung-Mo 84 KOR
8.01.07 Mortimer Justin 82, USA
8.06.12 Mortimer Justin,02, USA

8:06.12 Coman Dragos,80,ROM 8.06. 50 Masuar Adm, 81, UBR OOMETRES FREESTYLE
1500 METRES FREESTYLE
15:12.13 Prilukov Yuri,84,RUS
15:14.46 Chervynskiy Igor,81,UKR
3 15:19.44 Vanderkaay Peter,83,USA
4 15:19.49 Cho Sung-Mo,84,KOR
5 15:34.24 Wolfgarten Jan,82,GER
6 15:39.69 Koptour Dmitry,78,BLR
7 15:42.44 Matsuda Takashi,84,JPN
8 15:44.45 Neligan Brendan, 83,USA
50 METRES BACKSTROKE
25.80 Westcott James D.,80,USA 25.82 Ouyang Kunpeng,82,CHN
25.88 Shyrshov Vyacheslav,79,UKR
25.92 Sung Min,82,KOR
26.06 Lin Yi,82,CHN
26.12 Grigalionis Darius,77,LTU 26.20 Nikolaychuk Volodymyr,75,UKR 26.34 Talbot-Cameron Scott,81,NZL

## ${ }^{8}$ B Final

B Fina
26.28 Miyashita Jyunichi,83,JPN
26.30 Taylor Joshua, 84, AUS 26.36 Smirnov Dimitri,83,RUS 26.59 DeJong Chris,84,USA 26.67 Freitas Bruno,82,POR 26.74 Pichette Alexandre, 77, CAN 26.75 Krizko Lubos,79,SVK 26.96 Aminov Vladislav,77,RUS

## ETRES BACKSTROKE

54.99 Ouyang Kunpeng, 82,CHN
55.35 Westcott James D.,80, USA
55.70 Nikolaychuk Volodymyr,75,UKR 55.93 Grigalionis Darius,77,.LTU 56.13 Taboot-Cameron Scott 81, NZ 56.19 Miyashita Jyunichi, 83, JPN 5626 Smirnov Dimitri, B3, RUS 56.67 Sugayov Anton,83, UKR Final
56.12 Lin $\mathrm{Yi}, 82, \mathrm{CHN}$
56.65 Nakano Takashi, 84, JPN
56.73 Sung Min, 82,KOR
56.88 DeJong Chris, 84, USA
56.91 Garuglieri Alessandro,81,ITA
57.43 Janusaitis Vytautas,81,LTU
58.01 Aminov Vladislav,77,RUS

## 200 METRES BACKSTROKE

1:59.17 Ouyang Kunpeng,82,CHN
2:01.60 Nakano Takashi, 84, JPN
2:01.63 DeJong Chris 84, USA
2.01 .68 Staley Trent 82USA
2.01.86 Murphy Patrick, 1 AUS
2.01.86 Murphy Patrick,84,AUS
2.01.91 Bugayov Anton,83,UK
2.02.53 Sonoda Naoya, 82, JPN

2:03.09 Lapshyn Andriy,83,UKR
B Final
2:02.67 Garuglieri Alessandro,81,ITA
2:04.77 Ostermaier Lukas,83,AUT
2:04.91 Massacand Jonathan,84,SUI
2 2:05.05 Van der Kraay Anthony,80,NZL
2:05.06 Lucas Adam,83,AUS
2:05.23 Lin Yi,82,CHN
2:05.59 Sung Min,82,KOR
2:07.16 Kuzvard Tomas,79, CZE
50 METRES BREASTSTROKE
27.92 Gibson James,79, GBR 27.94 Lisogor Oleg,79,UKR 28.05 Flaskay Mihaly,82,HUN 28.28 Rickard Brenton,84,AUS 28.43 Riley Mark,82,AUS 28.54 Brandt Wilson,83,USA 28.56 Tahirovic Emil,79,SLO 28.75 Bodor Richard,79,HUN B Final
928.75 Sakimoto Hiromasa,84,JPN
29.28 You Seung-Hun,83,KOR
29.28 Dos Santos Felipe,79,BRA
29.39 Schurr Christian,84,USA
29.54 Daly Kieran,81,NZL
29.76 Jacobo Alfredo,82,MEX
29.81 Ivanovski Roman,77,RUS
29.89 Kim Sun-Jae,83,KOR

00 METRES BREASTSTROKE
1:00.71 Gibson James,79,GBR
:01.28 Cook Chris,79,GBR
1:01.69 Lisogor Oleg,79,UKR 1:01.94 Rickard Brenton,84,AUS
1:02.11 Bodor Richard,79,HUN
:02.45 Brandt Wilson,83,USA 1:02.60 Tahirovic Emil,79,SLO 1:02.91 Riley Mark,82,AUS B Final
1:02.62 Ivanovski Roman,77,RUS 1:02.68 Flaskay Mihaly,82,HUN 1:03.03 Dymo Valeriy,85,UKR 1:03.07 Yamashita Makoto,83,JP 1:03.32 Schurr Christian,84,USA 1:03.37 Cortesi Matteo,, 0, ITA
1:03.37 Cortesi Matteo,80,TA
1:03.43 Sakimoto Hiromasa,84,JPN
1:04.06 Boulianne Michel,78,CA
00 METRES BREASTSTROKE
2:13.78 Gerasimov Sergei, 80, RUS
2:14.00 Kimura Daisuke,81,JPN
2:15.52 Williamson Michael,81,IRL
2:16.30 Facci Loris,83,ITA
2:16.45 Boulianne Michel,78,CAN
2:16.68 Bree Andrew,81,IRL
2:16.75 Perrot Stephan, 77,FRA
2:19.55 Dymo Valeriy,85,UKR

## Final

2:16.88 Trickett Luke,83,AUS
2:17.12 Uruburu Alfonso,79,ESP
11 2:17.17 Schurr Christian,84,USA
24.41 Kawamoto Kohei,79,JPN
24.58 Soriano Javier,80,ESP
24.60 Cooper Todd,83,GBR
24.77 Westcott James D..80,USA
24.87 Prodnik Luka,81,SLO
24.91 Lagoun Pavel,79,BLR
25.02 Meszaros Gergely,84,HUN

## 100 METRES BUTTERFLY

51.99 Serdinov Andriy,82,UKR
52.94 Korotyshkin Evgeni,83,RUS
53.42 Takayasu Ryo,81,JPN
53.48 Lagoun Pavel,79,BLR
53.54 Skvortsov Nikolai,84,RUS
53.76 Kawamoto Kohei,79,JPN
53.91 Advena Sergiy,84,UKR
54.28 Abercrombie John,82, USA

B Final
$\begin{array}{ll}9 & 53.84 \\ \text { Gherghel Ioan,78,ROM }\end{array}$
54.21 Cooper Todd,83,GBR
$54.35 \mathrm{Jin} \mathrm{Hao}, 79, \mathrm{CHN}$
54.40 Taylor Joshua,84,AUS
54.50 Lebon Christophe,82,FRA
54.50 Lebon Christophe,82,FRA
54.89 Lequeux Sebastien,77,FRA
54.89 Lequeux Sebastien, 77,FRA
54.97 Sapucaia Marco A.,83,BRA
55.17 Hankewich Chad, 81, CAN

## 200 METRES BUTTERFLY

1:57.44 Matsuda Takashi,84,JPN
1:58.74 Advena Sergiy,84,UKR
1:59.21 Knowles Jeremy,81,BAH
1:59.78 Kendrick Rainer,82,USA
2:00.10 Han Kyu-Chul, 81, KOR
2:00.35 Usuda Kentaro,83,JPN
2:02.37 Kokosha Maxim,83,UKR B Final
9 2:01
2.01.37 Skvortsov Nikolai,84,RUS

0 2:01.60 Drzewinski Lukasz,84,POL
11 2:01.70 Creager Brent,79,USA
2:01.75 Vespe Francesco,83,ITA
2:01.97 Halika Michael,78,ISR
2:02.11 Kolozar David,81,HUN
2:03.93 Palma Nimrod,80,ISR
2:04.83 Cooper Todd,83,GBR
200 METRES IND.MEDLEY
2:00.59 Mori Takahiro,80,JPN
2:01.57 Bruckart Joe,81,USA
2:03.06 Lucas Adam,83,AUS
2:03.51 Knowles Jeremy,81,BAH
2:04.30 Nazarenko Dmytro,80,UKR
2:04.65 Halika Michael,,78,ISR
2:05.11 Bacon Mitchell,83,AUS
2:05.82 Sano Hidemasa,84,JPN

## Final

2:03.81 Janusaitis Vytautas,81,LTU
2:04.24 Zatsepin Alexei, 84,RUS
2:04.46 Ciancarini Simone,79,ITA
2:05.43 Badita Cezar,79,ROM
2:05.71 Zaharov Andrei,75,MDA
4 2:06.03 Jiracek Jakub,79,CZE
15 2:06.12 Kim Bang-Hyun,79,KOR
16 2:06.12 Kuzvard Tomas,79, CZE
400 METRES IND.MEDLEY
4:17.23 Mori Takahiro,80,JPN
4:19.82 Shanteau Eric,83,USA
4:20.52 Halika Michael,78,ISR
4:21.81 Nazarenko Dmytro,80,UKR
4.24.12 Lucas Adam 83,AUS

4:24.12 Lucas Adam,83,AUS
4.2.5.40 Kim Bang-Hyun,79,KOR

4:25.40 Kim Bang-Hyun,79,K
4:27.08 Edo Teo,79,ESP
8
$B$ Final
4:27.
$B$ Fina
4:25.16 Neligan Brendan,83,USA
10 4:25.42 Proverbio Tommaso,83,ITA 1 4:29.25 Bacon Mitchell,83,AUS
12 4:29.45 Zatsepin Alexei,84,RUS
13 4:30.72 Hanz Jochen, 77, GER
1 4:33.10 Goncalves Rafael,80,BRA
5 4:33.72 Badita Cezar,79,ROM

## 4X100 MEDLEY RELAY

1 3:37.46 Ukraine,UKR
56.20 Nikolaychuk Volodymyr

1:01.04 Lisogor Oleg
50.02 Lisogor Oleg
50.92 Serdinov Andriy
49.30 Yegoshin Yuri



Michael Phelps with 2003 World Championships medal haul *

## 2003 WORLD RECORDS

| 100 fly | 51.81 | Michael Klim,AUS $0: 24.49$ | Canberra,Dec 12,99 |
| :---: | :---: | :---: | :---: |
|  | 51.76 | Andriy Serdinov,UKR 0:24.46 | Barcelona,Aug 25,2003 |
| 1 | 51.47 | Michael Phelps,USA 0:25.11 | Barcelona, Jul 25,2003 |
|  | 50.98 | $\begin{aligned} & \text { Ian Crocker,USA } \\ & \text { 0:23.99 } \end{aligned}$ | Barcelona,Jul 26,2003 |
| 200 fly | 1:54.58 | Michael Phelps,USA $\begin{array}{lll} 0: 25.64 & 0: 54.81 & 1: 24.71 \end{array}$ | $\begin{aligned} & \text { Fukuoka, Jul } 24,2001 \\ & 1: 54.58 \end{aligned}$ |
| 2 | 1:53.93 | Michael Phelps,USA $\begin{array}{lll} 0: 25.95 & 0: 54.89 & 1: 24.28 \end{array}$ | $\begin{aligned} & \text { Barcelona,Jul 22,2003 } \\ & \text { 1:53.93 } \end{aligned}$ |
| 200 i.m. | 1:58.16 | $\begin{array}{ll} \begin{array}{l} \text { Jani Sievinen, FIN } \\ 0: 26.17 \end{array} & 0: 56.61 \end{array} \quad 1: 30.03$ | 1:58.16 Rome,Sep.11,94 |
| 3 | 1:57.94 | Michael Phelps,USA 0:25.72 0:55.14 1:30.00 | Santa Clara,Jun 29,2003 1:57.94 |
| 4 | 1:57.52 | Michael Phelps,USA 0:25.74 0:55.38 1:30.32 | $\begin{aligned} & \text { Barcelona, Jul 24,2003 } \\ & \text { 1:57.52 } \end{aligned}$ |
| 5 | 1:56.04 | Michael Phelps,USA 0:25.29 0:54.39 1:28.84 | Barcelona,Aug 25,2003 1:56.04 |
| 6 | 1:55.94 | Michael Phelps,USA 0:25.15 $\quad 0: 54.03 \quad 1: 28.35$ | College Park,Aug 9,2003 1:55.94 |
| 400 i.m. | 4:11.09 | Michael Phelps,USA $0: 55.97 \quad 1: 59.38 \quad 3: 13.14$ | Ft.Lauderdale,Aug 15.2002 4:11.09 |
| 7 | 4:10.73 | Michael Phelps,USA $\begin{array}{lll} 0: 55.04 & 1: 58.27 & 3: 12.50 \end{array}$ | Indianapolis,Apr 6,2003 4:10.73 |
| 8 | 4:09.09 | Michael Phelps,USA 0:55.44 1:58.22 $\quad 3: 10.98$ | $\begin{aligned} & \text { Barcelona, Jul 27,2003 } \\ & \text { 4:09.09 } \end{aligned}$ |

SWIMMER OF THE YEAR

- 2003 Worlds, Barcelona 2nd 100 fly 51.10 1st 200 fly $1: 54.35$ 1st 200 im 1:56.04 1st 400 im 4:09.09 2nd 4x200free
* Extra gold for relay prelims - 2003 Summer Nationals 1st 100 free 49.19 1st 200 free 1:45.99 1st 400 free 3:46.73 1st 200 back 1:56.10 1st 200 im 1:55.94
- 2003 Spring Nationals 1st 200 free 1:47.37 1st 200 back 1:57.04 1st 100 fly 51.89
- 2002 Pan Pacs 2nd 200 fly $1: 55.41$ 1st 200 im 1:59.70 1st 400 im 4:12.48 1st $4 \times 100$ medley 2nd $4 \times 200$ free


## -2002 Summer Nationals

 3rd 200 free 1:48.90 1st 100 fly 51.88 1st 200 fly $1: 54.86$ 1st 200 im 1:58.68 1st 400 im 4:11.09 - 2001 Worlds Fukuoka 1st 200 fly $1: 54.58$ - 2001 Summer Nationals 1st 100 fly 53.15 1st 200 im 2:00.86 - 2001 Spring Nationals 1st 200 fly 1:54.92 3rd 200 im 2:02.17 3rd 400 im 4:15.20 - 2000 Olympics, Sydney 5th 200 fly $1: 56.50$- 2000 US Olympic Trials 2nd 200 fly $1: 57.49$


## JUST A GOOD-NATURED, HAPPY, AMERICAN KID

## Trying to do something no one else has done

## MICHAEL PHELPS: born 30 JUN 1985 LONG COURSE PROGRESSION

| Event | 1995 | 1996 | 1997 | 1998 | 1999 | 2000 | 2001 | 2002 | 2003 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Actual Age | 9-10 | 10-11 | 11-12 | 12-13 | 13-14 | 14-15 | 15-16 | 16-17 | 18 |
| 50 free |  |  |  | 27.01 |  | 25.15 |  |  | 23.85 |
| 100 free | 1:06.32 |  | 59.96 | 59.25 |  |  |  | 51.98 | 49.19 |
| 200 free | 2:22.07 |  | 2:09.12 | 2:07.29 |  | 1:55.37 | 1:51.73 | 1:48.90 | 1:45.99 |
| 400 free |  |  | 4:29.71 | 4:24.27 | 4:11.61 | 3:58.80 | 3:57.38 | 3:55.32 | 3:46.73 |
| 800 free |  |  |  |  | 8:31.25 | 8:16.10 | 8:14.59 | 8:20.34 |  |
| 1500 free |  |  |  |  | 16:00.82 | 15:39.08 | 15:35.35 | 15:39.50 |  |
| 100 back | 1:16.27 |  | 1:05.91 | 1:07.00 |  | 1:01.21 | 59.49 |  | 56.51 |
| 200 back |  |  |  |  |  | 2:11.92 | 2:00.57 |  | 1:56.10 |
| 100 breast |  |  |  |  |  |  |  |  |  |
| 200 breast |  |  |  |  |  | 2:27.42 |  |  | 2:19.96 |
| 100 fly | 1:10.48 | 1:06.27 | 1:04.34 | 1:04.17 | 57.50 | 55.78 | 52.98 | 51.88 | 51.10 |
| 200 fly |  |  |  |  | 2:04.68 | 1:59.02 | 1:54.58 | 1:54.86 | 1:53.93 |
| 200 im | 2:42.17 |  | 2:23.18 | 2:22.13 | 2:14.85 | 2:06.50 | 2:00.86 | 1:58.68 | 1:55.94 |
| 400 im |  |  |  |  | 4:31.84 | 4:24.77 | 4:15.20 | 4:11.09 | 4:09.09 |

## Nikki Dryden

"Michael is one of the most amazing guys in sport. In just a couple of years he has truly spread his wings. He never gets tired, and he helps me have extra motivation."

If the only one who can beat you (Ian Crocker) has this to say about you, it must mean you are pretty special.

Months ago, to be compared to Ian Thorpe would, for most swimmers, be the greatest of achievements. Buttoday there is a newbenchmark-to becompared to Michael Phelps. And despite howyou compare them in the pool, the two young men seem very different on land. Ian Thorpe, the calm, sophisticated young man, seems wise beyond his years. Even when seen in brief moments of respite, he appears to never let his guard down. Perhaps, like manystars, he wonders just what you want from him. Conversely, Michael Phelps is youth personified. Also well spoken and more mature than others his age, Phelps bursts into the room rather than glides, as Thorpe seems to do. Phelps is animated, energized, and emotional when talking about his swims. After 24 races in 20 days, including 6 world and 8 American records, Phelps finished his season much the way he started out, a good-natured, happy, American kid.

Phelps has reached swim god status, but his ego remains in check. After breaking world record number eight this summer at the US Nationals in his hometown, Phelps was just as happy for his training partner, who touched in second. Kevin Clements swam the second-fastest time in the world this year with a 1:59.56 and, despite throwing pumpers for his own swim, Phelps was quick to congratulate his teammate.

Watching Phelps swim brings you to your feet. It sends chills up your spine and just makes you so enthusiastic aboutswimming. Listening to him speak about swimming or celebrating his success is just as exciting, "I love to swim and I love to compete. It's my job and I love to do it."

Phelps makes it clear he does not plan on being the second Ian Thorpe.
"It's quite flattering to be in the same league with him," Phelps says. "He's on top of the world right now, and for me it was a goal to reach where he is. Being compared to him is an unreal experience, but I'm doing everything I can to become the first Michael Phelps and try to do something no one else has done."

## TOP AGE GROUP PERFORMERS

## MAKING

## WAVES



Craig DAGNALL,12
Club: Pacific Coast Swimming Coach: Rod Barratt
Specialty: Free, fly, and ind.medley

- BC LC Age Group Championships 2003

11-12 category
6th 100 freestyle 1:07.33 (1:05.91 prelims)
5th 200 freestyle 2:19.66
4th 400 freestyle $4: 50.04$
3rd 1500 freestyle 18:40.36
3rd 200 butterfly $2: 35.99$
7th 200 ind.medley 2:42.08 (2:41 22 prelims)


## Jayme WEIMER, 12

Club: Pacific Coast Swimming
Coach: Rod Barratt
Specialty: freestyle

- BC LC Age Group Championships 2003

11-12 category
4th 50 freestyle 29.84
1st 100 freestyle 1:03.58
1st 200 freestyle 2:19.90
1st 400 freestyle 4:54.92
3rd 800 freestyle 10:18.26


Seanna MITCHELL, 15, (2 JUL 1988)
Club: Nepean Kanata Barracudas
Coach: Dave Heinbuch
Specialty: Breaststroke and IM

- Eastern Cup 2003

16 \& under category 3rd 50 freestyle 27.06 2nd 100 freestyle 58.66 6th 200 freestyle 2:09.74 8th 100 backstroke 1:09.60
8th 200 ind.medley 2:29.30


Katrina OBAS, 15, (8 FEB 1988)
Club: Nepean Kanata Barracudas
Coach: Dave Heinbuch
Specialty: Breaststroke

- Eastern CUP 2003

16 \& under category
4th 50 breaststroke 35.06 3rd 100 breaststroke 1:15.48 5th 200 breaststroke 2:44.10 8th 400 ind.medley 5:15.21

[^2] the wrong coach listed. It is Steve Vander Meulen with the Calgary Patriots.


Elisha O'CONNOR, 13
Club: CT33 North Bay, ON
Coach: Pierre Simard
Specialty: Free, back

- Ontario LC Junior Provincials 2003

12-13 category
2nd 50 freestyle 28.65
5th 100 freestyle 1:03.09
3rd 100 backstroke 1:10.63
1st 100 butterfly $1: 08.05$


Yi LIU, 13
Club: North York Aquatic Club
Coach: Murray Drudge
Specialty: Free, breast, fly, and ind.medley

- Ontario LC Junior Provincials 2003

12-13 category
3rd 200 freestyle 2:12.28
4th 100 breaststroke 1:16.42
1st 100 butterfly 1:01.30
1st 200 ind.medley 2:25.89


Jovanna RUFFOLO,12
Club: Pacific Coast Swimming
Coach: Rod Barratt
Specialty: Free, fly, ind.medley

- BC LC Age Group Championships 2003

11-12 category
4th 400 freestyle 5:04.61
6th 200 butterfly 2:50.85
5th 200 ind.medley 2:43.29
4th 400 ind.medley 5:43.69


Donald ELLISON, 16
Club: Newmarket Stingrays
Coach: Alan Swanston
Specialty: Breaststroke, ind.medley

- Eastern Cup

16 \& younger category
4th 200 ind/medley 2:16.33

- Ontario LC Junior Provincials

2nd 200 backstroke 2:14.94
6th 100 breaststroke 1:10.79
3rd 200 breaststroke 2:31.68
5th 400 ind.medley 4:59.84

## BOOK REVIEW

## TALBOT

## Nothing but the Best

By Don Talbot with Ian Heads and Kevin Berry
Illustrated, 302 pages
Thomas C Lothian Pty Ltd, South Melbourne

## Nick J. Thierry

Don Talbot is world famous for his uncompromising drive for success, and his story makes for a great read.

Talbot, Nothing but the Best is the story in his own words, as told to Ian Heads and Kevin Berry.

He first came to prominence with the Konrads kids, John and Ilsa. John Konrads was selected to the Australian 1956 Olympic Team as a 14 -year-old. He didn't get to swim much, to Talbot's disgust, who believed he was capable of winning the 1500 free. Ilsa broke her first world record in 1958 at age 13, and went on to better 13 more. John became even more successful, with 26 world records, and one Olympic gold and two bronze medals in 1960. That success ended Talbot's teaching career in 1958, and he's been a full-time swimming coach ever since.

Aiming high, Talbot's own swimmers won 29 Olympic medals (7-10-12) at Olympics from 1960 until 1980, when he coached variously in Australia, Canada, and the United States. Since then, he was the founding director of the Australian Institute of Sports (AIS) in Canberra, returning to Canada in 1984 where he was General Manager of the National Association and Head Coach, only to be fired in 1988. He returned again to Australia and was appointed Head Coach in 1989.

When he started in the 1950s, coaches were treated as pariahs by Australian swimming, with no privileges whatsoever. He battled Australian officials to gain recognition and respect, eventually being appointed in 1962 to the Commonwealth Games as a coach with accreditation.

The story develops with his observations on the 1960-64-68-72 0lympics and his subsequent move to Canada, where he coached 8 of his Thunder Bay club swimmers to the 1976 Canadian Olympic team, and helped Canada win 8 swimming medals out of the 12 overall total for the country. In 1978, Canada won the Commonwealth Games with one of his swimmers, Graham Smith, winning six golds (4 in the 100 and 200 breaststroke, 200 and 400 IM, and the $4 \times 100$ medley and $4 \times 100$ free relays). The total was 31 medals ( $15-7-9$ ) for Canada to Australia's 30 (10-9-11), the only time that has happened.

That was the beginning of the end for Talbot as a club coach in Canada. Although he was one of the head coaches of the Commonwealth swim team, the problems and restrictions that emerged were as bad as they had been in Australia. "People coveted my job

and were working against me," he says.
Shortly after he moved to Nashville (fall of 1978), hewasfortunateto coach the greatestAmericanfemale swimmer of theday, Tracy Caulkins. The 1980 Olympic boycott and his ineligibility to be appointed to the American team as a coach due to a policy of "no foreigners" ended his stay in the USA.

He returned to Australia in 1981 to head up the multi-sport AIS. The seeds of that early period came to fruition years later when Australia had its bestever Olympic results in 2000. As Talbot explains, "My philosophy of the coaching business has always been that the better thepeopleyou get around you, the better the results you are going to get. I would always seek people that had better skills in certain areas than I had. I know that years later, when Australia got to be

| THE TALBOT EFFECT |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
|  | Gold | Silver | Bronze | Total |
| Olympic Games |  |  |  |  |
| 1988 | 1 | 1 | 1 | 3 |
| 1992 | 1 | 3 | 5 | 9 |
| 1996 | 2 | 4 | 6 | 12 |
| 2000 | 5 | 9 | 4 | 18 |
| World Championships |  |  |  |  |
| 1986 | 0 | 0 | 0 | 0 |
| 1991 | 2 | 5 | 1 | 8 |
| 1994 | 4 | 2 | 3 | 9 |
| 1998 | 7 | 6 | 7 | 20 |
| 2001 | 13 | 3 | 3 | 19 |
| 2003 | 6 | 10 | 6 | 22 |
| Commonwealth Games |  |  |  |  |
| 1986 | 11 | 11 | 11 | 33 |
| 1990 | 21 | 19 | 13 | 53 |
| 1994 | 24 | 16 | 10 | 50 |
| 1998 | 23 | 14 | 11 | 48 |
| 2002 | 27 | 13 | 7 | 47 |

number one in world swimming, it was mainly due to the good people I had gathered around me."

After a change in the Australian government, Talbot came under increasing fire for his outspoken opinions and left in 1983, returning again to Canada.

He became executive director of Swimming Canada in 1984 and midway in 1986, National Coach. He set tough qualifying standards for the 1988 Olympics, which eventually led to his dismissal.
"I am comfortable in the knowledge that Ihelped build Canada into a world power in swimming," he says, "up there in the top four or five in the world. But the whole thing gradually fell apart. They have gone from winning golds to the occasional silvers and bronzes. They are just not doing it, but they think they are going all right."

Upon his return to Australia, he was appointed head coach in February of 1989. He believes that inappropriate behaviour by the athlete is one of the big stumbling blocks to higher achievement. "That was a time when swimmers on touring teams would be disappearing for the night," Talbotsays, "knotting sheets together like they do in prison movies, and sneaking away to go out on the town. They'd get back just in time to be ready to go to the pool next morning. Breaking the rules became apopularpastime andeven the main aim of many teams. Swimming performance was not always the main focus.
"Australian swimming was being treated more like a travel agency. During the early stages of my appointment it was easy to believe you were coaching a team of alcoholics."

In his contractual agreement with Australian Swimming, he negotiated that he would be the head of all delegations and have the authority to deal with all aspects of the team—a very controversial move but one that ultimately paid off.

The decade-long climb to the top spot of world swimming resulted in many battles with swimmers and administrators but culminated with a great Australian showing in 1999 at the PanPacs, the 2000 Olympics, and finally the win (as measured by gold medals) at the 2001 Worlds in Fukuoka.

Other topics covered are the crowded international calendar, the arrival of the professional swimmer, observations on great swimmers during the past 50 years, and great coaches in Australia and the United States. There is a chapter on Ian Thorpe and why he is so great, and why he might be even better in the future.

For fans of swimming, Talbot's story is a great read-one that you might not always agree with, but that you will find entertaining.

The book was firstpublished in Australia and will be available in North America in late fall of 2003.

SWIMNEWS / AUGUST-SEPTEMBER 2003


[^0]:    USA world record-setting 4x100 medley: Jason Lezak, Brendan Hansen, Ian Crocker, Aaron Peirsal

[^1]:    George Bovell (TRI) won two golds and a silver

[^2]:    CORRECTION; In our previous issue, Making Waves swimmer Erica Morningstar had

