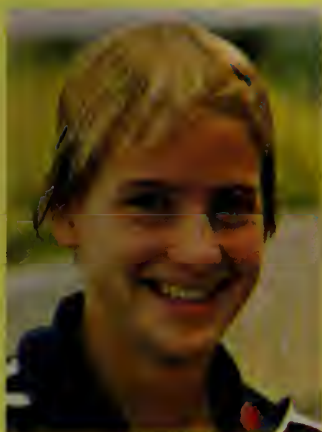


# SwimNews

NUMBER 292

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SEPTEMBER-OCTOBER 2006



Nancy Garapick, 14, 2 bronze



Cheryl Gibson, 17, 1 silver



Shannon Smith, 14, 1 bronze



Becky Smith, 14, 2 bronze

## 30 YEARS AGO AT THE 1976 OLYMPICS THESE 14 CANADIANS WON 2 SILVERS AND 6 BRONZE MEDALS



Stephen Pickell, 18, 1 silver



Graham Smith, 18, 1 silver



Clay Evans, 22, 1 silver



Gary MacDonald, 22, 1 silver



Gail Aumundrud, 19, 1 bronze



Anne Jardin, 17, 2 bronze



Wendy Hogg, 19, 1 bronze



Robin Corsiglia, 13, 1 bronze



Barbara Clark, 17, 1 bronze



Susan Sloan, 18, 1 bronze

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Cover: 1976 Canadian Olympic Medalists



Cheryl Gibson Olympic Silver



Nancy Garapick Two Bronze Medals



Petra Thumer, GDR Double Golds



Ryan Lochte

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## ABOUT THIS ISSUE

Nick Thierry

This is very special issue remembering the 1976 Olympics from 30 years ago.

Canadian swimmers had their finest hour that summer in Montreal. Canada won 11 medals in Montreal, with swimmers winning eight. We were the toast of Canadian sport. Cheryl Gibson, Nancy Garapick, and Becky Smith won individual medals, with both women's relays winning bronze.

The men took the silver in the 4x100 medley. It was the start of other triumphs. In 1978, when Canada hosted the Commonwealth Games, we bested the Australians for the only time. The 1980 Olympic Games was a bust, as the Canadian government forced a boycott of the Moscow Olympics. The 1984 Olympics was another triumph with 10 medals as the Soviet bloc boycotted the Games in Los Angeles.

With superlative performances in 1976 the result of a vigorous Canadian club system, some of the great swims are still at the top of the age-group rankings. Check pages 32-38 for our exclusive all-time TAG performances, only available in print form in *SwimNews*.

Craig Lord attended the 6th reunion of the former GDR (German Democratic Republic) Olympians in Riesa, in October—a real eye-opener. It was revealed years later that the GDR team stayed on a ship in the Montreal harbour, and once the Games were finished, all the used syringes and drugs were tossed into the St. Lawrence River.

Adam Sioui was a teammate of Ryan Lochte (USA) at the University of Florida. Who better to explain why Lochte is great and how he rose to stardom. The article is on pages 10-11.

Howard Firby died in 1991, but his greatness lives on. His article on page 12 on The Idea of Excellence explains how we learned to aim higher. The article first appeared in 1985, but is timeless.

Jeff Grace writes on the age-group success at Langley Olympians, a rare coach-run club in BC. Brian Metcalfe learned, after bitter experience, that the only way he would remain in the sport was if he could be in charge. The story is on page 13, and the seven club members who have qualified for youth and junior national teams are proof of his success.

Justin Finney talked with SNC's Pierre Lafontaine about the National Centres in Vancouver

and Montreal. With Paul Bergen and Josef Nagy as additions to coaching, the centres are more a resource than a threat.

Nikki Dryden was a teammate of Leanne Wilkinson in the late 1980s in Victoria. Leanne recently returned to the sport, and her story is on page 15.

The on-going series on Yoga continues on page 16 with freestyle as the focus of the various exercises.

After numerous inquiries on what to eat at competitions, Nikki Dryden gives basic advice on page 19.

Cecil Colwin, in part five of the Evolution of the Crawl, writes on the period 1930-1940 when theory and practice clashed. Profusely illustrated from his personal collection, wrong techniques and the teaching of same held back progress for 20 years.

The biggest controversy currently is the IOC's decision to move the swimming finals to mornings in Beijing. This would allow them to be in evening prime time in the east coast of the USA. Craig Lord's extensive commentary is on pages 26-27.

Next issue will be mailed at the end of the year. ■

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## MAJOR COMPETITIONS CALENDAR

### INTERNATIONAL

#### 2006

Nov	27-9	Paralympic Worlds, Durban, RSA
Dec	1-15	Asian Games, Doha, QAT
Dec	7-10	European SC, Helsinki, FIN

#### 2007

Jan	11-15	Junior Pan Pacs, Hawaii, USA
Jan	18-21	Youth Olympic Festival, Sydney, AUS
Mar	18-1	12th FINA Worlds, Melbourne, AUS
Jun	8-10	Seven Hills, Rome, ITA
Jun	9-10	Mare Nostrum 1, Canet, FRA
Jun	13-14	Mare Nostrum 2, Barcelona, ESP
Jun	16-17	Mare Nostrum 3, Monte Carlo, MON
Jul	11-23	All Africa Games, Algiers, ALG
Jul	13-29	Pan American Games, Rio, BRA
Jul	18-21	European Juniors, Antwerp, BEL
Aug	8-18	Universiade, Bangkok, THA
Aug	12-19	Pan Am Paralympics, Rio, BRA
Aug	16-25	Japan GP, Chiba, JPN
Oct/Nov	TBD	World Cup 1, Berlin, GER
Oct/Nov	TBD	World Cup 2, Belo Horizonte, BRA
Oct/Nov	TBD	World Cup 3, Durban, RSA
Oct/Nov	TBD	World Cup 4, Moscow, RUS
Oct/Nov	TBD	World Cup 5, Singapore, SIN
Oct/Nov	TBD	World Cup 6, Stockholm, SWE
Oct/Nov	TBD	World Cup 7, Sydney, AUS
Dec	13-16	European SC, Debrecen, HUN

#### 2008

Feb	1-5	Olympic Test, Beijing, CHN
Mar	26-6	European LC, Eindhoven, NED
Apr	9-13	9th FINA Worlds (25m), Manchester, GBR
Jul	15-20	2nd FINA World Youths, Monterrey, MEX
Aug	8-24	Olympic Games, Beijing, CHN
Aug	27-7	Paralympic Games, Beijing, CHN
Dec	11-14	European SC, Rijeka, CRO

#### 2009

Jul	19-2	13th FINA Worlds, Rome, ITA
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### Hello Friends and Colleagues

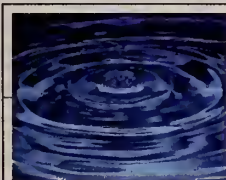
I have some exciting news. Recently I opened my Holistic Health & Nutrition practice La Santé Life!

I am proud to have teamed up with the Regent Health Centre at 150 Locke Street South in Hamilton.

Attached is some more information on my practice. If someone you know wants to improve their health, add balance to their life, is looking for optimal performance or a fresh start and perspective- La Santé Life is where YOU and your health comes first.

Best Wishes and Wellness,  
Joanne Malar, 3-Time Olympian  
Registered Holistic Nutritionist  
(RHN) Honours Kinesiology

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### UNITED STATES

#### 2006

Nov	10-12	Grand Prix (SCY), San Antonio, TX
Nov	30-2	US Open (LCM), West Lafayette, IN

#### 2007

Jan	12-15	Grand Prix (SCY), Long Beach, CA
Feb	16-19	Grand Prix (LCM), Univ of Missouri
Mar	27-31	US Spring Nationals (LCM), East Meadow, NY
Mar	8-10	Women's NCAA, Minneapolis, MN
Mar	15-17	Men's NCAA, Minneapolis, MN
Apr	3	Duel in the Pool, Sydney, AUS
May	17-20	Grand Prix 1, Ann Arbor, MI
Jun	7-10	Grand Prix 2, Charlotte, NC
Jun	28-1	Grand Prix 3, Santa Clara, CA
Jul	12-15	Grand Prix 4, Los Angeles, CA
Jul	31-4	US Summer Nationals, Indianapolis, IN
Aug	6-10	US Junior Nationals, Indianapolis, IN
Nov	9-11	Grand Prix (SCY), Minneapolis, MN
Nov	29-1	US (SCY) Nationals, Atlanta, GA
Dec	2	National Invitational (LCM), Atlanta, GA

#### 2008

Jan	19-21	Grand Prix (SCY), Long Beach, CA
Feb	15-18	Grand Prix (SCY), TBD
Mar	27-29	Men's NCAA, Federal Way, WA
Apr	3-6	Grand Prix, Stanford, CA
May	15-16	Grand Prix, Santa Clara, CA
Jun	5-8	Grand Prix, Charlotte, NC
Jun	5-8	Grand Prix, Omaha, NE
Jun	29-6	US Olympic Trials, Omaha, NE
Jul	29-2	US Summer Nationals, Minneapolis, MN
Aug	4-8	US Junior Nationals, Minneapolis, MN
Nov	14-16	Grand Prix (SCY), Minneapolis, MN
Dec	4-6	US (SCY) Nationals, Atlanta, GA
Dec	7	National Invitational (LCM), Atlanta, GA

### CANADA

#### 2006

Nov	24-26	Bell Grand Prix, Etobicoke, ON
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#### 2007

Feb	15-18	Western Canadians, Regina, SK
Feb	15-19	Eastern Canadians, Montreal, QC
Feb	23-25	CIS Championships, Halifax, NS
Mar	22-25	Pan Am/Universiade Trials, Victoria, BC
Jun	1-3	Zajac International, Vancouver, BC
Jul	13-15	CAN-AM Meet SWAD
Jul	19-22	Age Group Nationals, Montreal, QC
Jul	26-29	Summer Nationals, Calgary, AB
Nov	22-25	Grand Prix, Toronto, ON

#### 2008

Feb	15-17	Western Canadians
Feb	15-17	Eastern Canadians
Feb	29-2	CIS Championships, Vancouver, BC
Apr	2-6	Olympic Trials
May	30-1	Zajac International, Vancouver, BC
Jul	11-13	CAN-AM Meet SWAD
Jul	19-22	Age Group Nationals
Jul	24-27	Summer Nationals

# THIRTY YEARS AGO CANADIAN SWIMMERS MADE HISTORY

Nick Thierry

The biggest-ever swim competition to be held in Canada was the 21st Summer Olympic Games in Montreal 1976.

Our trials produced the largest and strongest-ever contingent, and their overall take of two silver and six bronze medals is twice as good as our 1972 showing and the best-ever international performance by a Canadian team in any individual sport.

True, we did not win any events as some had hoped and, outside of the major powers like the US and the GDR and the very-much-improved Soviet Union, Canada was the most improved team since 1975 or the last Olympic Games.

The top performer of the Olympic swim events was Kornelia Ender of the German Democratic Republic (GDR), who won three individual events, one relay, and had an additional silver in the free relay. Her greatest feat was to double in consecutive events, winning both the 100 fly and the 200 free in world-record times in the space of 27 minutes, an unprecedented achievement.

In a meet of superlatives, the US men's team was supreme. They swept the top three places in four events, and took first and second in no less than five other events to give them 28 of a possible 36 medals in the individual events.

Jim Montgomery, in winning the 100 free with a time of 49.99, broke through one of the great barriers of our sport.

Possibly the finest winning performance was Brian Goodell's 1500 metre victory. The anticipated sub-15-minute time was narrowly missed, but the great race for all of the duration among Goodell, Hackett (USA), and Holland (AUS) will not be forgotten. The race was tactical, with careful pacing being the key to Goodell's ultimate win. The slow early phase of the race was offset by Goodell's finish, especially his final 800, which was 7:57.3 compared to the existing World Record for 800 free at 8:01.5.

John Naber was the outstanding male swimmer with double world record and gold medal wins in the 100 and 200 back, with two more golds in the 4x100 medley and 4x200 free relays, and a silver in the 200 free.

The best single winning performance should be David Wilkie's (GBR) world record of 2:15.11 in the 200 breast. His margin over second place was over 2.5 sec. the largest in a 200 in a men's event.

To sum up, the US won all but one of the men's events, while the GDR won 11 of 12 individual women's events with the URS winning one, the GDR took the 4x100 medley relay and the US girls won the 4x100 free relay. Of the 58 countries that entered

swimmers (458 men and 257 women), only eight got any medals and two countries took 82% of the medals.

The strongest performers on the Canadian side were our women. Nancy Garapick was our only double medallist in individual events. She took the bronze in both the 100 and 200 back with record times. In the 100, it's worth noting that our women placed third, fourth, and fifth for our best-ever showing in an individual event at a world meet.

The most impressive Canadian performance was Cheryl Gibson's silver medal in the 400 individual medley. Her time of 4:48.10 was a seven-second improvement over her trials swim and approaches the near-impossible winning times of the GDR women. To make it even better, Becky Smith took the bronze in this event to show everyone that we can beat the German girls, some of them in any case.

The most unexpected medal was Shannon Smith's bronze in the 400 free with a time of 4:14.60, a five-second improvement since early June. Shannon was disappointing in the 800 free, considered her stronger event, where she only finished 6th with a less-than-best-ever time.

Outstanding had to be Wendy Quirk, who did not get a medal but was a finalist in both fly events and swam to record times in both. Her 100 fly was 1:01.54 and the 200 fly a great 2:13.68.

The girls' relays were superb, especially the 4x100 medley, where all the girls swam to their best-ever time; the splits were Wendy Hogg 1:04.17; Robin Corsiglia 1:13.6, Susan Sloan 1:01.59, and Anne Jardin 56.30 for an overall time of 4:15.22, 8 seconds faster than our best time in 1975.

The 4x100 free relay looked very strong after the heat swim when we qualified 2nd and Barb Clark split 56.59. But the final race was between the US and the GDR and we swam very well for third, with splits of: Gail Amundrud 57.60; Barb Clark 57.05; Becky Smith 57.11, and Anne Jardin 57.05.

Biggest disappointment was much heralded Stephen Pickell unable to make the final in his three individual events and then jumping early in his leg of the 4x200 relay to have our team disqualified.

## Medals Totals 1976 Montreal Olympic Swimming

	Gold	Silver	Bronze	Total
1 United States	13	14	7	34
2 German Dem. Rep	11	6	2	19
3 Soviet Union	1	3	5	9
4 Great Britain	1	1	1	3
5 Canada	-	2	6	8
6 Fed. Rep. Germany	-	-	2	2
7 Netherlands	-	-	2	2
8 Australia	-	-	1	1
	26	26	26	78



Silver medallist Cheryl Gibson

Pickell redeemed himself to a degree by starting off the 4x100 medley relay with his best ever 100 back with 57.58.

Our hope for a strong showing in the middle distance freestyle events, Stephen Badger was plainly outclassed. He swam to a record time in the 200 and 400 free but only made finals in the 400 free finishing 8th.

Graham Smith took part in three finals, two in breaststroke and the 400 IM. He put up a strong showing in all of them. In the 100 breast, he was second after the semifinals with a 1:03.92, but in the finals, couldn't quite do that time, finishing fourth. In the 200 he bettered his time to 2:19.42, finishing fourth behind the most seasoned veterans of the stroke; Wilkie, Hencken, and Colella. With the retirement of the above three, Smith should be one of the contenders of the stroke in the next few years.

Of our three flyers in the 100, only Clay Evans reached the finals finishing sixth with 55.81, while Bruce Robertson and Pickell didn't get past the semifinals.

The 4x100 medley relay was our finest-ever men's performance with a silver medal to show for it and a sub-world-record time of 3:45.94. Our splits were: Pickell 57.58, Graham Smith 1:02.59, Clay Evans 54.43, and Gary MacDonald 51.36. It's worth noting that Smith's breast leg was only bettered by world record holder John Hencken, who split 1:02.51.

A final comment on our performance is that our best showing came in our strongest events. That is, in the events where the competition within Canada was strongest.

In order to continue to improve or at least hold our position internationally, we have to ensure that we have many contenders for each spot on any international team so that the ultimate winner will have to be a world-record-level performer. That is the reason behind the US and GDR domination of the men's and women's events. ■

Reprinted from our August 1976 issue #26

## THE RETURN OF A LEGEND

### Baumann lured home by Olympic Road to Excellence

Jeff Grace

Much of the recent success of Canadian athletes in winter sports has been credited to the *Own the Podium Program*. Looking to create that same effect in summer sports, the Canadian Olympic Committee (COC) unveiled their *Road to Excellence* business plan this June.

The *Road to Excellence* business plan was written by Dr. Roger Jackson, the CEO of the Own the Podium program, and is an aggressive plan that includes goals of placing 16th at the Beijing Olympics in 2008 and 12th at the London Olympics in 2012.

Since announcing the creation of the business plan, Chris Rudge, CEO of the COC, has been looking for the perfect person to lead the program. In September, he finally found the person who appears to be the perfect fit—Alex Baumann. Baumann is no stranger to the top of the Olympic podium, having won two gold medals in swimming at the 1984 Olympics in the 200 and 400 individual medley events, and in recent years has worked in Brisbane, Australia, heading up the very successful Queensland Academy of Sport.

Because of the new initiatives and the recent change of attitude in the Canadian sporting system, Baumann was convinced by Rudge to leave Brisbane, where he has lived and worked since 1991, to become the executive director of the Road to Excellence program.

"You have a number of key people that are providing the high-performance agenda and trying to change the culture, really focusing on excellence; people like Chris Rudge from the Canadian Olympic Committee and Dr. Roger Jackson, who heads up the Own the Podium program," explains Baumann. "I just think that there is an attitude in Canadian sport that it is okay to aspire to win and be the best you can be."

The process that a country has to go through to make the changes necessary to achieve the type of success that is outlined in the *Road to Excellence* program will take a long-term approach, and there will be no a quick fixes.

"This is not going to happen overnight and I am not looking at a quick fix for the system," comments Baumann. "I am looking at a long-term solution so that Canada will be internationally competitive in the future."

The turnaround of the Australian sports system is a great example of the time-frame it takes to reach success on the international stage. The Australian sporting system began to make real changes in the early 1980s after a very poor performance at the Montreal Olympics in 1976, and the results were not truly seen until the Atlanta Olympics in 1996.

"I am not saying that it will take that long in Canada, but it will take time to develop a sustainable system that will produce quality results," states Baumann.

A key to the success in Australia has been their ability to achieve a coordinated effort involving all the stakeholders in their sporting system and having them focused on one vision. This process is something that Baumann has been intimately involved with for the last decade of his life and will bring that experience to the Canadian system.

"It is not going to take one person to change the system," says Baumann. "It is a team effort and a collaborative effort between all stakeholders, ensuring that they are all on the same page and heading in the same direction. I think one of the advantages that Australia has had is that its programs are integrated and their stakeholders and funding partners are on the same page. That is what we have to create in Canada."

By creating a coordinated sporting system, Baumann believes that Canadians can build on small successes, which will create the momentum necessary to reach the goals of the Road to Excellence program. In creating this momentum, Canadians will have a chance to develop a belief in their sporting system and their leaders, which is necessary to achieve success on the international stage.

"You build that confidence through success. Success can come in various ways; it doesn't have to happen at the Olympics," explains Baumann. "Certainly benchmark events such as world championships are important, and I do believe that success breeds success. It also comes from leadership: if the leaders believe that it is possible, then it permeates down through the system."

For a leader to truly inspire confidence in their vision, there must be a system of accountability. This is something that Bauman felt was missing in the Canadian sports system in the past, but is something that is changing.

"I think that there is now some accountability

in the system, whereas before I don't think that there was. From my perspective, there will be targeting and prioritizations that will be evaluated through accountability for performance. In the end, I don't believe in egalitarianism in high-performance sport. Sports will be treated on more of an individual basis, based on their current and potential performance and being able to get athletes on the medal podium."

The first step in effectively putting in place a strategy, which will create long-term changes that will help Canadian athletes reach the goals of being 16th at the Beijing Olympics and 12th at the London Olympics, will be a period of evaluation of the sporting system and what the priorities are for change.

"My first goal is to prioritize what we can do right from the start. One of the priorities is coaching and technical leadership, ensuring that the right people are in the right positions," says Baumann. "I have already had a number of discussions with Sport Canada officials and Brian MacPherson from the Paralympic Committee, and obviously discussions with Roger Jackson and also Chris Rudge from the Canadian Olympic Committee."

"There will be discussions with national sports federations as well. I think that as we do here, we have to go on a sport-by-sport basis; in the end, there has to be discussion with the sport in what they feel is required to get to the next level."

Baumann feels that for Canadian athletes to be successful on the international stage, they need to feel that they are getting world-class support services, but they must be careful not to fall into the trap of feeling that those services are a replacement for hard work.

"There is no substitute for hard work; there needs to be that message to the athletes themselves. I recall in 1981 when the Australian Institute of Sport started, when they started with the psychologists and the biomechanists, there was a feeling that they could get away with that rather than hard work," explains Baumann. "We have to be fairly careful that support services are there to enhance the athletes' performance, but in the end it takes a lot of hard work. There is no easy road and coaches have to be aware of that. In this day and age, I think a lot of people think that it is a lot easier to get to that podium and are not putting in that quality of work."

With the experience and vision that Alex Baumann brings to his work, the *Road to Excellence* program will have every possible opportunity to be successful. For Chris Rudge, bringing home this Canadian sporting legend to lead the COC's newest initiative should bring instant credibility to the program. ■

## TAINTED TIMES FROM THIRTY YEARS AGO

### They ruled at the Olympics, the Worlds, and the Europeans

Craig Lord

A quick glance around the room confirmed the terrible truth: there were more Olympic, world, and European medal winners standing within 10 metres of me than Britain, France, Spain, Sweden, and the Netherlands—just a few examples of the many teams hung, drawn, and quartered by those in the GDR who ought to have been charged with slaughtering the Olympic spirit and butchering the principals of fair play—had managed to place in their national trophy cabinets throughout swimming history.

Quaffing to my right were Diers, Kleber, Linke, Franke, Fiebig, Sehmisch; reminiscing straight ahead were Knacke, Vogel, Lindner, Kother-Gabriel; sharing a joke to my left were Meineke, Wuschek, Stellmach, Treiber; and over in a far corner with his wife was the token male, Jorg Woithe, a pleasant man whose brawn has bowed to the bulk of a life more ordinary.

On the whole, the women looked to be in good shape, though the tell-tale signs of the crime committed against them were all too evident: masculine qualities manifested themselves in various ways, the most common the presence of many a voice that would do a Welsh working man's choir proud. A few still swim regularly, about half swim from time to time, and half rarely go near a pool. There was not a single one of them that I would not have described as bright and engaging women, psychologists, doctors, teachers, theatrical directors in their midst. Sport often demands a keen mind alongside talent, training, and the will to win. A fifth element visited the youth of these women.

#### All drugged without parental consent

Take away Sehmisch and Lindner (pre-1973) and you can be certain (talent pierced as it was by syringe and pill, then damned by the bloody pen of the architects and enforcers of the GDR doping program) that all the rest were administered steroids and/or related, banned substances at some point during their swimming lives and mainly without the consent or knowledge of their parents.

The merry few gathered around me for the sixth Olympic reunion in East Germany accounted for (take a deep breath) 9 gold, 11 silver, 6 bronze at the Olympics; 17 gold, 9 silver, 5 bronze at world long-course; and 24 gold, 13 silver, 2 bronze at European long-course championships between 1970 and 1991. Thank heavens—for I would surely still be counting—that Friedrich, Geissler, Geweniger, Hase, Hempel, Hoffmann, Hunger, Matthes, Metschuk, Pollack, Richter, Horner, and Lodziewski did not show up (not to mention the legions not listed on

this year's program).

Many stayed away because of work commitments. Geissler was in mourning for the tragic death of her teenage daughter. She had suffered a genetic disorder throughout her short life.

Nor could Petra Thumer, Olympic champion and world record holder over 400 and 800 m freestyle in 1976, make it to the Friday evening reception either and was missed on the tour of a garden festival the next morning, when a Tupelo tree was planted in honour of the reunion. "For most of the year, the Tupelo (*Nyssa Sylvatica*) is quite ordinary... deciduous ... slow growing," states my book of trees. It comes good with a golden display in autumn.

How inappropriate for a squad of ex-Wundermadchen. There was nothing slow about their development; if one shoot wilted, another replaced it instantly; they were decidedly more evergreen than deciduous and, while hardy, their golden displays were not so much annual as placed on show whenever the dark guardians at the root of a hybrid success born of crossing talent with drugs wanted to prove a political point in the midst of the Cold War. They were not invincible, but by and large they trounced the world.

Many a positive doping case under the bridge—since the days when red-faced moments were confined to the IOC-accredited laboratory where GDR scientists kept (or were obliged to keep) the doping secret safely under Stasi wraps and beyond the gaze of a suspicious but all-too-often silent world—the medal winners feel they have a right to recall their training days and to celebrate their achievements.

There is little point in placing a name next to this quote—it fell from the lips of so many: "Yes, there was doping. But I trained so hard for so long. I was chosen for my talent and I worked so hard. The medals are mine. I won those races. I want to keep them as a reminder of what I did and how I worked for it."

That they were talented and capable of world-class performances in their own right is not in doubt. Otherwise, they would not have been chosen for a state sports school and then later placed under the supervision of the doctors and coaches who saw something special and added abuse to the cocktail that produced champions.

#### A bolt from the blue

Take Thumer. She showed up to join the garden party on arrival back at the splendid 50-metre pool in Riesa that stands next door to the hall that housed the temporary pool for the European short-course championships back in 2002. Thumer would not look out of place in the competitive pool today.

Fit and boasting a keen definition of triceps to this day, she donned her 1976 suit, swam two 50 metres in fun relay races with local children (she swam a little over 30 sec), employing a technique that was nothing short of astounding given the passing of time, before drying herself down with her Montreal Olympics team towel.

Back then in Canada, Thumer was like a bolt from the blue: not capable of a sub 4:20 a year before, she stunned the swim community in 1976 with a 4:09.89 (30 years ago!) 400 victory and another gold, in 8:37.14 over 800, keeping American Shirley Babashoff at bay in both events. A year later she took gold over 200, 400, and 800 m at the European Championships. It was the last time the world would see her.

And here is why: Before the GDR team left for the 1978 world championships in West Berlin, 10 out of 13 women tested positive for banned substances. All but two would be clean by the time they mounted their blocks at the other side of the Wall. The other two never made it: Thumer and Christiane Knacke, the first woman to race inside a minute over 100 m butterfly (29 years ago!).

Their urine was sent to Kreischa and fresh samples were tested every 12 hours, according to Stasi documents unearthed by anti-doping campaigners Prof Werner Franke, a leading cell biologist, and his wife Birgitte Berendonk. Time and again the same result came back: traces of a precursor to testosterone caused by the anabolic steroid Depot-Turinabol, a drug that came only in injectable form in those days. Depot-Turinabol was the East German word for something now more commonly known as nandrolone.

Up in the Gods as Thumer graced the waters of Riesa stood a stoney faced Volker Frischke, a former coach, Stasi operative, and informer in Berlin. One with the nerve to show up at a reunion of a community upon whose head he had helped to heap shame. What was he thinking? Perhaps he imagines himself forgiven. He certainly can't have forgotten: in 1999, in the midst of a series of doping trials that made an ass of German law and fell woefully shy of even skimming the surface of the sporting crime of the 20th century, Frischke was found guilty in the case against two doctors and four coaches charged with administering anabolic steroids to 19 underage female swimmers at the Sport Club Dynamo Berlin between 1975 and 1989.

#### Still involved with the system

And here he was. It was gratifying to note that few spoke to him. He is a man on the fringe. Not so Uwe Neumann, another coach steeped in the GDR system and now steeped in the current DSV national team. He has just spent four weeks at altitude training German team swimmers alongside performance director Orjan Madsen.

I followed Neumann, local coach in Riesa, out on to the roof, where he had taken refuge to take in his own drug of choice: tobacco. I asked him how he felt about the reunion of a community that still

suffered—and probably always would— from the stigma of the doping years. As he spoke through a grin, his mouth dried up, his throat became constricted. It was quite right that testing was carried out. It was needed so that innocent talent could prosper. It was right that Madsen has instituted a system under which German swimmers will give blood at the start and end of each of four altitude training camps over the coming year.

“The problem back then (in GDR times) was that there was no level playing field. There was no out-of-competition testing. In the early days, substances were not banned,” said Neumann. So, the suggestion is that the GDR was not alone in taking drugs? He laughed, shrugged, and said: “Of course not. Do you imagine that the GDR was capable of producing these drugs in the first instance? The drugs came from America (in the first instance).” Even if true (and there is evidence to confirm that the GDR developed its own performance-enhancing substances), are you suggesting that the USA team, those women who beat the GDR women (as they did) were also swimming beyond natural capacity? He nodded, shrugged, and laughed.

And on it went for a little while longer before we drifted back inside. There is forgiveness in this world but confession usually precedes it. Confession has been a rare path in Germany’s poor attempts at dealing with a difficult doping past. All the records were adopted by the DSV (they must have been out of their minds) and GDR results are still perceived as achievements to look up to among the wider community: the fairly sizeable number of autograph hunters at the garden festival confirmed as much.

### Sports traitors

Where false champions are applauded, truth is gagged. Pity the swimmer who speaks out. To be ostracized within the community in which you must live out your life is not a mixed blessing people willingly invite into their lives. When Petra Schneider returned home from work one day in the week after a newspaper had run quotes from her acknowledging that she had been doped, she was confronted by the words “Sports Traitor” daubed across her door. Too few of those involved in GDR sport have been prepared to stand up and be counted, too few have supported the brave few who faced their former coaches and doctors in court, too many have been allowed to carry on in sport, in a variety of capacities, without ever having admitted to what they know to be the truth, too few have been punished.

Time heals wounds, the saying goes. Not always. In the words of Rica Reinisch, former backstroke world record holder and Olympic champion: “There are so many victims and so many people who are just scared and intimidated ... there are many mothers who gave birth to deformed children, and they are



**Petra Thumer, age 45, with 1976 GDR towel**

Craig Lord

afraid to come out of hiding, afraid that their lives will be shattered further.” Justice, she said, had not been served at the doping trials of the late 1990s.

It probably won’t be served either if the 162 former GDR athletes, many of them swimmers, intent on pursuing further action, win the right to sue Jenapharm, the drugs company that made the doping given to them, and the National Olympic Committee of Germany, which took on the responsibility of the equivalent GDR body upon reunification.

Real justice can never really be served for the victims of the GDR era, neither for those who raced for the Democratic Republic that was anything but, nor for those beaten by her. Yet, better efforts can be made by those who administer sport and by those who wrote its history. I wrote a comment recently criticizing the International Swimming Hall of Fame for their failure to acknowledge the GDR’s crime alongside some defective biographies of East German swimmers. My words upset a few people but I stand by them and was delighted to hear from the new man at the helm of the ISHOF.

Bruce Wigo has rolled up his sleeves and is putting the ISHOF house in order. Part of that weighty exercise will see a statement posted on the Hall’s website alongside GDR results and honoree biogs. It is overdue but most welcome. It acknowledges that “from 1966 on, hundreds of physicians and scientists, including top-ranking professors, performed doping research and administered prescription drugs as well as unapproved experimental drug preparations.” The administration of those drugs has “resulted in irreversible damages to many of the International Swimming Hall of Fame’s honorees from the DDR,

including signs of virilization such as liver damage, an increased growth of bodily hair (hirsutism), voice changes, and disturbances in libido” while many “continue to suffer from the after effects of this experimentation.”

The ISHOF will not remove the GDR honorees and results. How could it? It notes: “As neither FINA or the IOC have taken action to revoke their awards or records, the International Swimming Hall of Fame has not sought to remove these athletes from the Hall of Fame.”

It is what we’re left with and probably the most sensible solution possible. Yet it grates to know that the likes of Frischke and Neumann have dined out on the success of the doped girls—and boys—who trained under their guidance. For that and so many other reasons, the sight of GDR performances being celebrated feels, at the very least, uncomfortable.

### A few still live in the past and can’t escape it

The past defines a man who lives in it. The same can be said of the present. There is always scope to make amends, move on, change, adapt, learn. Frischke lives in the past

and will never escape it. He was not alone in that regard in Riesa. But the same cannot be said of the swimmers. They have moved on, to professionals, families, to a life more ordinary, perhaps, but what more meaningful that a gold medal claimed on a diet of substances destined to harm their health, as it did in the case of so many of the 10,000 or so athletes said to have been caught in the Stasi’s pharmaceutical war.

In the round, catharsis is perhaps all we can hope for in time. In that sense, Klaus Katzur, the 1970 European 200 m breaststroke champion for the GDR, former husband to Thumer and organiser of the reunions, is to be congratulated for bringing a smile to the faces of those who wish to remember their time as GDR swimmers, relive a common experience, talk through their joys and sadnesses.

Meineke, now a doctor, said: “It’s great to be here. It’s the first one I’ve been to for a few years. It’s good to make contact with people and to talk about old times. I think it’s a shame that today so many people in sport prepare apart; no one comes together. A lot of us trained, traveled, and lived together. We have a bond. It’s worth remembering the way we trained.”

The next reunion will not be held for several years. When Klaus reaches for the invitations and recalls the excellent time had by most in Riesa, he might consider the guest list and aim for those who would not wish to raise a glass of anything but poison with those who have failed to raise an arm and say from the heart and mind—and mean it: “I apologize without reservation. Yes, we cheated—and I played my part. This was who I was. This is what I did. Never again.” ■

## THE GREAT ONES UNDERSTAND WHAT THEY NEED TO DO TO GET BETTER AND THEY DO IT

### Adam Sioui

No one really thinks that they'll train with one of the world's best. Swimmers that leave a lasting impression on the record books are few and far between. So when you find one on your own team, it's all the more incredible.

### A promising start

When Ryan Lochte walked on the campus at the University of Florida, few were blown away. He was like most incoming freshmen: skinny, probably a bit naïve, but still filled with visions of grandeur. Unlike others, however, it didn't take long for him to leave his mark. While he earned Southeastern Conference Freshman and Swimmer of the Year honours in his first season, this was simply the beginning. As one of his teammates, I got to catch an early glimpse of what the rest of the world was about to see.

Lochte made his senior national team debut at the 2003 Pan American Games in the Dominican Republic in the 4x200 free relay. Due to his qualifying in the relay, he was allowed to swim other events, but was relegated to compete only in the preliminaries. Swimming in the summer heat of Santo Domingo in a 90-degree pool, Lochte opened the eyes of everyone there, including himself. "I loved that pool," says Lochte. "It was just like the pool I grew up swimming in. We would be training at the YMCA pool in Daytona Beach and there would always be these aqua-aerobic classes going on. They needed the pool a certain temperature and I just grew accustomed to it. So when the Pan-Am pool was just as hot, it didn't bother me at all, I actually liked it... which is probably one of the reasons why I swam so well there. It didn't affect me like it may have the others." Lochte concluded the meet with a gold in the relay and world-class times while swimming exhibition in the 200 free (1:49.61), 200 IM (2:00.34), and 400 IM (4:16.80).

For those who know Ryan, they will tell you he is one of the most laid-back people you will ever meet. He carries a certain nonchalance about him that is very discernible, no doubt a hazard of growing up in Daytona. He spent most of his youth in the surf and the sand, while also playing basketball for his high-school team. Swimming was never pushed on him growing up, so he never had to take it too seriously.

"Yeah we didn't swim too much," says Lochte.

"We were only going five days a week and we never got over 5000 yards in a workout." Even during practice, a sense of fun was instilled. "We also had Friday Fun-day," Lochte adds with a laugh. "We would play water-polo or some other game." His competitors have learned, however, that this carefree attitude should not be taken for a weakness. After talking to him, it becomes readily apparent that he hates to lose, and in the same line loves to race. No evidence backs this up more than the 2004 US Olympic Trials. In what has now become his signature event, Lochte trailed at the 150-m mark in the 200 IM by almost 9/10ths of a second. He split a 27.92 to finish off a 1:59.41 swim, and stole the second and final spot for the event, out-touching the third-place finisher by 3/10ths of a second. At the 2004 Athens Olympics, Lochte was a quarter of the now-famous 4x200 free relay that stunned the world when they beat world-record-holding and reigning champion Australia. Two days later in the 200 IM, Lochte made another one of his comebacks in the freestyle and sprinted to the silver medal (1:58.78), beating out the third and fourth finishers by a combined 6/100ths of a second.

### Ever higher goals

There are many good swimmers in the world, but far fewer great ones. It is the great ones that understand what their strengths and weaknesses are. They understand what they need to do to get better and they do it. They don't accept their successes, but only look to further them. Lochte, an Olympic gold and silver medallist and one of history's fastest 200 IMers, still wanted to improve. He decided to set his goals higher. Being merely a freestyle and IM specialist wasn't good enough for him.

So Ryan Lochte became a backstroker.

"I guess it all started the summer of the Olympics," Lochte states. "During my freshman and sophomore years in college, there was never a need for me to race that much backstroke. After people left, though [due to graduation], there was a shortage of backstrokers on the team, so I started training more of it, which would also help in my IM. The biggest thing was the kick, of course. I just did a bunch of fly kick on my back, which strengthened my legs a lot."

As he returned from Athens, there was a sense of invincibility that surrounded Lochte. Not only did

he feel no one could beat him, the swimmers that faced him felt the same. "Right after the Olympics, knowing how I had done there, really helped me in my final two years of college. I knew not a lot of people I was going to race had been to Athens. And even if they had, not many returned with a gold and silver medal. When I stepped on the blocks, I had this new sense of confidence that I didn't have before."

### One of the all time NCAA greats

In his final two seasons at Florida, he proceeded to go undefeated in collegiate duel meets in every event he swam, and finished his college career with seven NCAA titles and left as arguably the greatest male to ever swim yards. If events were not limited to three individual, his haul would've been even more impressive. More striking still was by how much he dominated. Utilizing to its fullest potential his demoralizing underwater kick, he destroyed the American and NCAA records in the 100 back, 200 back, and 200 IM, knocking off Neil Walker, Aaron Peirsol, and Michael Phelps' names in the process.

While watching other phenoms before him forego their eligibility, Lochte instead chose the road less traveled, a road, for the moment without money. "Right after the Olympics, after the success I had, I could've gone pro right then, but I had already decided to swim at least one more year." As the year came to a close, however, Lochte found it hard to walk away from the place that made him a star. "I was asked again by a lot of people to sign. I just loved racing in college so much and I didn't want to let my teammates down," adds Lochte with a genuine sense of sincerity.

### Short course world records

This is not to say Lochte is living the life of a struggling student anymore. This past spring he signed a long-term deal with Speedo, and as it turned out, it came at the perfect time. As if sensing something special was about to happen, Lochte continued his record-breaking performances at the 2006 Short Course World Championships. "The year before, I swam three meets all back-to-back, so when I finished our conference champs and NCAA champs this time, I knew doing a third meet wouldn't be a problem." He first warmed up the Shanghai crowd with a 1:53.31 200 IM and a

1:49.05 200 back (both world records). "The hardest part was the travel and time change," says Lochte. "As the meet went on, I felt stronger each day as my body adjusted, which is why my performances were better at the end." The end, this time, was the 4x100 medley relay, and like so many times before, Lochte saved his best for last. With what still seems like a good freestyle time, Lochte uncorked a ridiculous 49.99 in the 100 back to lead off the relay. He left the meet with six medals (three gold), three world records, and Male Swimmer of the Meet honours. Not a bad start in your professional career.

It has been said that swimming is 10% physical and 90% mental. Whatever the numbers actually translate to, it cannot be argued that the strain of it can take a toll on your mind. That said, Ryan possesses the inane ability to simply "turn himself on and off" to the sport. He continually finds himself in the most stressful environments, yet you would never know it. This is perhaps his greatest gift. "I've never been nervous," Lochte says with conviction. "I just don't think about the racing. Every day in workout you practise the things you need when you're at the competition. So when you finally step on the blocks, everything's already done for you. Now you can just go."

#### Long-term prospects

At 22, Lochte has seen and experienced things swimmers only dream of, and at the age where others may find themselves at a plateau, Ryan is seemingly in cruise control. In the last two years alone, he has dropped his 200 IM from a 2:00.34 to a stunning 1:56.11, and every time he swims it, inches closer to Phelps' once-untouchable record of 1:55.84. Currently, he is ranked in the top four in the world in three long-course events: 100 back 53.78 (4th), 400 IM 4:11.53 (3rd), and 200 IM 1:56.11 (2nd), proving without a doubt that he is not just a short-course flash in the pan. In the meantime, Ryan continues to live and train in Gainesville, Florida, where he has committed to stay until after the 2008 Beijing Olympics. The long-term goal is four years later in London, England, where by then Lochte will "try out the 100 and 200 butterfly" and see if it can be fit into his ever-growing schedule.

After his impressive swims at the recent Pan Pacific Championships in Victoria, Canada, many onlookers were buzzing about the possibilities. A question was posed on how much more famous Lochte would be if Phelps weren't around. After a brief hesitation, the response came, "He'd be Phelps." Although this statement may seem inflated, if Ryan's past two years have been any indication, the next few could be just as entertaining. Now, if the competition has learned anything, they shouldn't doubt him. ■

*Adam Stoui was a teammate of Lochte at the University of Florida*



Patrick Kraemer

#### QUICK FACTS:

BIRTHDATE

PLACE

HEIGHT / WEIGHT

OCCUPATION

REPRESENTS

COACH

*International*

- 2006 Pan Pacs 2nd 100 back, 2nd 200 IM, 1st 4x200 free
- 2005 Worlds 3rd, 200 back, 3rd 200 IM, 5th 400 IM
- 2004 Olympics 1st 4x200 free, 2nd 200 IM
- 2003 Pan Ams 1st 4x200 free, 3rd 200 free

*Short course*

- 2006 SC Worlds 1st 200 back, 1st 200 IM, 1st 400 IM, wr in relay lead-off
- 2004 SC Worlds 3rd 200 free, 2nd 200 IM, 1st 4x200 free
- 2006 NCAA 1st 200 back, 1st 200 IM, 1st 400 IM, led-off 100 back in 4x100 medley, all in US records, named swimmer of the year for second year in a row
- 2005 NCAA Broke the American record in the 200y IM en route to winning his second NCAA title; also captured his third title in the 200y back (NCAA record) and finished second in the 100y back to be named swimmer of the meet
- 2004 NCAA Won his first NCAA title, taking the 400m IM and breaking the American record; also was third in the 200m IM
- 2003 NCAA Was fourth in the 200y IM and eighth in the 1650y free at the NCAA Championships.

#### LOCHTE, Ryan, USA

3 AUG 1984

Daytona Beach, FL

188 cm / 86 kg

Univ. of Florida '06 / full-time swimmer

Daytona Beach

Greg Troy

# THE IDEA OF EXCELLENCE

## Switching from cardboard boxes to computers

Howard Firby

### My first Nationals

The 1950 Nationals were in Verdun (Quebec) August 17-18 in a 25-yard pool. We travelled by train and it took us four days. The Nationals were always at one end of the country or the other, never in the middle.

Nobody really trained in those days. We had one-and-a-half hours, twice a week, and ran what you could jokingly call by today's standards, a workout. After 50 minutes, the coach would whistle and we'd have playtime for the next 40 minutes.

I would swim with the kids and then sit on the edge and help Percy Norman coach the kids. Percy would never get away to take the kids on trips, so I became more involved in coaching because I liked to travel.

A typical meet would have 100 swimmers. It was very small. There were no qualifying times.

There were some girls who came up from the States and swam 100 yards freestyle in 1:02 and we were flabbergasted. At the 1951 Nationals in Fergus, Ontario, the local team was one of the big powers, with a women's 4x100 yards free relay that could go 4:24. We were astounded. Imagine 4 x 1:06 all in the same club.

That was Dr. Paul Hauch's first Nationals. Because there were so few clubs with any kind of relay strength, it was his idea to allow provincial section teams to compete. That is how that started. It got way out of hand when they became all-star teams. We went through all those growing pains.

In the 1930s, championships could be held anywhere. Lets say you had a good backstroker at your club. You would apply, for a small fee, to hold the backstroke championships at your meet and hope nobody but the local people would show up. If your swimmer won, he was the national champion. This went on for years.

### 1954 Commonwealth Games

The Commonwealth Games were in Vancouver and that's when our attitude really hit me. When a swimmer made a team they were told, "You've got your blazer, you're not really expected to win. Let's not reach for the moon." The idea of winning never dawned on anyone.

George Gate in Ocean Falls (BC), Alex Stermac in Toronto, and I were the only ones clued into the fact that maybe we could make the centre lanes at a major meet.

I saw the Aussies begin to show their strength in

1954. I watched them for a week prior to the start of the Games. That's when I really had my eyes opened and saw how Mickey Mouse everything in Canada was.

### 1955 Pan American Games

There were no funds or trials for the 1955 Pan Am Games held in Mexico, March 18-26 in a 50-m outdoor pool. Canada received permission to take part, so CASA (Canadian Amateur Swimming Association) sent out a letter saying you were on the team if you had the money and nobody challenged you. BC sent nine swimmers.

There was a lot of skullduggery in those days. The eastern coaches were very suspicious of the western coaches and vice versa. I went to Mexico to take care of the BC swimmers and someone tried to prevent my visa going through. They were very surprised when I showed up.

Beth Whittall was named Canadian athlete of the year in 1955. She was from Montreal, but had really done her training at Purdue University in the States. She surprised everyone at the Games by winning two gold medals.

One of my swimmers, Helen Stewart, won the 100 free. She was by no means Percy's favourite. She was too high spirited. Percy's approach, and most of the coaches in the country at that time, was that you broke the spirit of someone and got them to swim your way. I gave her free rein and she won it, much to the dislike of all kinds of people.

I still wonder how many people we have who are crippled into conformity by being in high-mileage programs and that sort of thing. I really think that coaches everywhere tend to do that. I don't think it speaks well for a coach if all they can produce are 1500 metre swimmers. Big deal. There's more to it than that.

A lot of people thought that Canada had come of age in 1955. We had won four events and some silvers. It was a fluke. The Americans thought that Canada had been hiding in the weeds doing something fantastic. It was similar to how we view the East Germans.

### Turning point

The selection of Games teams was often political. There were fewer events and we didn't need as many swimmers. There was only one backstroke and breaststroke event. There wasn't a 200 free and the medley relay didn't get into the act until 1960.

There wasn't a Sport Canada. The first money

support came about during the Diefenbaker era. The government put up \$1 million, which became the original priming of the pump that has grown into that enormous thing we now know.

In those days, all the energy was spent trying to get swimmers to the Nationals. The coaches weren't paid and pool rentals were low. When the clubs received travel support to Nationals, it enabled them to start thinking about renting more pool time or paying coaches. Qualifying times were a direct result of the funding support.

In 1966 we really broke through. At the 1964 Olympics, we were eighth overall and in 1968 we were fifth. It was at the 1965 Nationals in Red Deer, Alberta, that we fought to get the Nationals closed to foreigners. It was a hard fight, but I believe it was one of the things that helped us grow up. If you tried to have our Nationals opened up now, everyone would think you were crazy.

I remember when the young turks, people like George Gate and me, began to take over. Now there is a new generation of young turks and they are doing just fine. For every two we had 20 years ago, we've got about 100 now.

It was very easy to be number one for a long time. A lot of glory that has been heaped on me was because I was a medium-sized toad in a very small puddle. It's so much harder now.

### Swimming is the model

Having Talbot at the helm has made coaches feel more in tune with Ottawa. When the "new era" came in, with the idea of a sports centre in Ottawa, swimming was blessed with a number of very capable executive types.

As a result, swimming was able to look very good very quickly. We did our briefs beautifully. Our sport is still held as a model to the other wayward sports who don't do their homework.

We happen to be blessed with a lot of good officials when we switched from cardboard boxes to computers. We had the right people and enough calibre swimmers to warrant federal funding. Of course, the sport looks good on television and we became very visible. We had all these 50 metre pools that made it all possible too. All those factors came into focus at the same time.

In 1968, the Task Force was set up to see what we could learn about sport in Canada and the rest of the world. We explained to the commission, after the 1968 Olympics, what we'd like to see happen and a lot of these changes have come to pass.

It was significant that they invited someone from the swimming coaches association to come, since I had just started the CSCA in 1966. Right from the beginning the CSCA was set up to be a lobbying group with the national body.

### Reprinted from *Swim Canada*, October 1985

Howard Firby was Canada's Commonwealth Coach in 1958, Olympic coach in 1964. He was the founding coach of the Canadian Dolphins in 1955.

## SUCCESS AT LANGLEY OLYMPIANS

Seven club members qualify for youth and junior national teams.  
Coach Brian Metcalfe builds a strong age group program

### Jeff Grace

In the last two years, there have been few age-group clubs that have experienced the level of success that the Langley Olympians Swim Club has. They have placed in the top three at the last four BC AAA Championships, placing second at this year's long course competition. They placed in the top five at the last two club nationals, winning this year's women's team title. And they have had seven individuals qualify for youth and junior national teams.

### Managing your club

The key to the Olympians' success has been the creation of an environment where all decisions begin and end with the leader of the club, the head coach. By creating such an environment, Brian Metcalfe has been able to incorporate his vision of excellence in all areas of the club, ensuring that the focus is on developing swimmers to the point where they are able to perform at the highest possible level.

"I think that more coaches need to take the opportunity to manage their own club," says Metcalfe. "I think that coaches can get a lot more out of themselves and their swimmers if they have more ownership in their own life in coaching. I think not enough people try, and I think it could go a long way to help coaches with stability and passion of coaching."

After working for years with clubs that were structured in a traditional way, being run and operated by a volunteer board consisting of parents, Metcalfe realized that if he was going to be able to keep coaching for the long term, he was going to have to do something different.

"I did this because I saw the limitations of being a coach and dealing with parent-led clubs, which are generally comprised of good-hearted parents, but sometimes not," explains Metcalfe. "I don't think I would be coaching if I had to work for another parent-led club. When it is good, it can be really good, but when it is bad, it can be really bad. I always thought I was good at coaching, I enjoy coaching, so why should I leave coaching because of the structure?"

In 1997, Metcalfe started a club in a community where there was an absence of a year-round program—Langley, British Columbia. The

club was started from scratch. Initially, the city of Langley was hesitant to allow the Olympians to start in the city pool. For that reason, the Olympians had a very humble beginning, swimming their inaugural season in a 4-lane 20-yard pool at a juvenile delinquents' centre.

"We really started from ground zero," comments Metcalfe. "I don't think you do it for nothing, but you do it for little and you don't get paid for everything you do. If you have to go put flyers on cars in malls, then you do that. You have to make sacrifices and do extra work."

After working in less-than-ideal conditions in the first year of their existence, the Olympians began to secure pool time in the city pools and, as luck would have it, a new 50-metre facility was built in Langley that the Olympians now call home. The club has grown to a membership of approximately 150 swimmers and is linked with an association partner in Abbotsford, the Abbotsford Olympians Swim Club, that has a membership of approximately 50.

### Clearly defined roles

The role of the coach and the role of the parent in the club are very clear. The head coach makes all of the decisions that pertain to the club and these responsibilities filter down to the rest of the coaching staff. The parents' role is to support the swimmers financially.

"Anything to do with administration or operation of the club starts with me and goes down to all the other coaches. The parents have a role in helping raise money for swimming."

Metcalfe created this club structure to allow him to coach on deck following the philosophy that he has proven to be successful. That philosophy is one of simplicity: concentrating on developing the fundamentals in technique and training; being tough; and having fun.

### Training for all events

The Olympians training program is based on teaching swimmers how to swim all of the Olympic events. Metcalfe feels that the athletes that he is working with are all age-group swimmers, no matter how good they are, and because of that fact, they still need to have a development plan that is based around being good all-around swimmers.

"I think that I have always been IM based," explained Metcalfe. "I just think it works. A kid can be a sprinter, but they can also be a distance swimmer in our program. They need to learn to do everything; the older they get they can specialize. I think they really specialize when they get to college."

One of the most prominent characteristics of the Olympians swimmers is the toughness that they portray in their racing. An example of the pride that the athletes take in swimming difficult events was evident at this year's club nationals where Olympian swimmers placed in the top three in five different age groups in the 200-metre butterfly. This toughness is not something that just happens by accident. Athletes are taught to have this mindset from a very early age.

"I think that part of it comes from their coaching as youngsters in their way up in the program," states Metcalfe. "I think it is the expectation if you talk about it often enough and demand it often enough, kids will respond. It is an everyday thing; every day it is an expectation, and if you live it every day, you start to believe; each and every day you start to buy into it and believe it."

### Creating an environment for success

A training philosophy can be well thought out and fundamentally sound, but if the athletes do not enjoy the process and are not motivated to follow the program, it does not matter. The environment that has been created at the Olympians since the club began is one where the athletes' goals are taken seriously, but the process is one that is enjoyable.

"You want it to be a serious environment, but a fun environment. You want them to realize that they are there for a purpose, have ambitions for them and goals for them, and teach them how to dream. Things like that hook them into swimming."

This environment is created in large part by the way that the Olympians handle the recognition of their swimmers. They not only use traditional methods, such as swimmer of the month, but they have taken this one step further by rewarding young swimmers for exceptional efforts in practices through achievement certificates and by starting a tradition that each athlete who makes a national time standard receives a key chain and a bin of jelly beans. These are the little things that have made the environment in Langley an extremely enjoyable place to be.

Taking the initiative to create a situation where he has been able to control his own destiny and create an environment that focuses on developing excellence in athletes, Brian Metcalfe has been able to build one of the most successful age-group programs in Canada. ■

## CANADA'S NEW NATIONAL TRAINING CENTRES Montreal and Vancouver will broaden our resources

**Justin Finney**

The vision of Swimming/Natation Canada is simple: "If we want to compete with the best swimming nations in the world, we need to broaden our resources."

### Doing whatever it takes to get to the podium

That's exactly what SNC National Team Head Coach Pierre Lafontaine has done with his implementation of the new Canadian Centre structure. "A lot of hard work went into the development of the new National Centre structure," said Lafontaine. "Our centres are basically a service organization for all coaches in Canada to have access to resources to help guide them throughout their quadrennial. The ultimate goal is to do whatever it takes to put their swimmers in Canada on the podium at the international and Olympic levels."

### We've been down this road before

However, the argument can be made that we have been down this same centre road before, and we could be hearing the same sell job once again. In essence, our former centre structure was seen by many Canadian coaches and swimming enthusiasts as a way to take our top Canadian swimmers away from their home clubs and pack them into as many as eight centres across the country based on a variety of factors which, at the time, were unclear to many. Those centre swimmers then associated themselves with the club team that was linked "unofficially" to their centre, whether it was by pool or by coach. In short, under the old centre structure, our Canadian club system and their coaches were beginning to feel that they were becoming a feeder system for the National training centres and their unofficial mega clubs. More importantly, however, our club coaches who wanted to make a career out of coaching were losing their top prospects to these centres. What would be the difference now with the new SNC centre structure?

### Sport Canada wants Training Centres

"I would like to make it crystal clear that our new centres are not clubs," said Lafontaine. "We have money that is earmarked for National Training Centres by Sport Canada. We did not want to lose that support. Our goal is to pour that support

into two centres instead of eight. By doing so, we will be able to pool our resources to provide all the necessary sports physiologists, strength and conditioning coaches, doctors, and internationally renowned coaches at both centres for our coaches' swimmers."

### Recognition for homes club

More importantly, the questions that the Canadian swimming community are asking themselves are "What will be the criteria for these new centres?" and "How will our Canadian club structure benefit from these centres?"

"The criteria for swimmers to get into the centres are very clear," said Lafontaine. "Swimmers who achieve 880 points on the FINA IPS Chart can apply for a spot in the centres. Each application must be signed by the club coach of said swimmer. This is an important component to the swimmer's application as we want our club coaches to be a part of that process." As for our club system, the answer was very precise. "Our Canadian clubs are the strength of the Canadian system," said Lafontaine. "Every swimmer who is accepted and signs on to be a part of a centre is obligated to represent their club for a full year. Furthermore, all club grant money achieved and National teams made go back to the club and coach of record of said swimmer."

### Bergen and Nagy add credibility

There are many other resources that are provided to our clubs and club coaches through our new Canadian Centre system. "We have gone and hired legendary coaches Paul Bergen and Josef Nagy to work at our centres," said Lafontaine. Bergen, coach of Olympic gold-medallist Inge De Bruijn and Canadian world-record-holder Allison Higson, is the Head Centre coach in Montreal, with Canadian Commonwealth coach Benoit Lebrun as his Assistant. Nagy, arguably the best breaststroke coach in the world, will assist one of Canada's most accomplished international leaders, Head Centre Coach Tom Johnson at UBC.

"Our centres are not only there for the swimmer but also for the coach," said Lafontaine. "There are countless opportunities for our Canadian club coaches to come to the centres for a day or a week to be mentored by our centre coaches. Club coaches can also set up training camps for their club for a

weekend or a week to use the services provided by our centres. We really want to get our Canadian club coaches involved in the learning process."

### The goal is to help clubs and coaches

How do the centre coaches view their role in the new Canadian Centre structure? "I am so pleased to be back in Canada," said Coach Bergen. "I have gotten reacquainted with coaches from around the country. I have for the most part been traveling, speaking at the Ontario Swim Coaches conference as well giving three Provincial camps throughout Quebec. I got to work with coaches and their programs, providing them with feedback to help them develop. All the coaches seem positive and receptive to making adjustments to their programs. The goal is to bring our swimmers and coaches in Canada from the level we are at to the next level of performance."

Coach Lebrun is of the same mind as Coach Bergen. "I have been a club coach all my life," said Lebrun. "The goal is to take the good of what we were doing and make it better. The perspective is different and the mandate is simple. We need to produce finalists and medalists at the Olympics. With our centres, our swimmers and coaches have the resources to allow them to be more precise with their goals and development. Everything is geared towards swimming." Lebrun adds, "Our top swimmers are learning to be professional, and our centres are the major tool in allowing them to achieve that goal."

Coach Johnson's message to the Canadian swimming community was as simple as it was important for all to understand. "I am working for all the coaches in Canada," said Johnson. "I am not working for UBC or the Pacific Dolphins; I am working for Canada. I want to make Olympic medal winners and finalists into a program dynamic in the country. I want our Canadian coaches and swimmers to recognize that we can be the best in the world." Johnson adds, "The work that Pierre (Lafontaine) has done is extremely positive. Our centres are there as a service to the clubs and swimmers in the area. Together, we can create an environment that builds programs, strategies, and confidence."

The new Canadian Centre structure is in place. The role of the centres is in place. The centres are there for every club coach and aspiring international swimmer to take full advantage of. Every club in Canada has the opportunity to benefit by supporting our centres. It is up to the coaches, who aspire to be the best coaches they want to be, to take advantage of the resources provided to them through the centres.

"The future of swimming in Canada is in the hands of our clubs and especially our coaches," said Lafontaine. It is that simple. ■

## BACK TO HER ROOTS AND BACK TO THE POOL

### One woman gives the gift of swimming to her community

**Nikki Dryden**

Over 15 years ago, Leanne Sirup (nee Wilkinson) was one of the top age-group swimmers in Canada. A distance girl, she could tough it out with the best, and qualified in 1989 for the Canadian youth team for Amersfoort, Netherlands and in 1990 for the team that went to Vittel, France for the 8 Nations Youth Championships. Against some of the best in the world in Vittel, she won a handful of silvers and bronzes in the 100 and 200 flies, the 200 and 400 IMs, and the 400 and 800 frees. She was on the brink of making the senior team, but after a tough move from her small town club in Duncan to the big city of Victoria, she walked away from the sport prior to the 1992 Olympic Trials. And she headed for some dark times, as she calls it. Living away from home as a young teen, battles with her weight and with her coach over it, and probably a bit of over-training pushed Leanne to quit the sport well before she reached her potential. It took five years before she came back to the water and five more to find the love again.

Bruce Clarke, her old coach from the Duncan Stingrays, wooed her back to compete at the North American Indigenous Games in 1997. Leanne's mother was Inuit, from Clyde River, Nunavut, and after a little training, she won five golds and three silvers at the Games. She was then named the Aboriginal athlete of the year in BC and was inducted into the BC Sports Hall of Fame. From her wins in the pool, Leanne took to the ocean and started doing long open-water races, including a 34 km swim across Lake Cowichan; it took her over nine hours.

It was at one of her open-water races that she ran into Gary Vandermeulen, the then-coach of the Stingrays and coach to his wife, Scottish sprint star Alison Sheppard. Gary needed an assistant and asked if Leanne was interested. She said yes.

"I started teaching/coaching swimming, but it was nothing of huge consequence," said Leanne. "Then I started coaching fulltime in 2001 and realized I wanted to change from swimmer to adult. I kept swimming during that time, though, doing open-water races and training with Gary. I liked his practices and enjoyed it. I could see where he was going with things, and I kept swimming under him

to learn from him."

After Vandermeulen left, Leanne got passed over to lead the Stingrays, but a group of parents got together and asked if she would coach their kids. She took them up on their offer and, in 2004, started the Cowichan Steelhtun Swim Club, which boasts almost 50 swimmers. Pronounced st'al'tuhn, it means "salmon" in the Hul'qumi'num' language of the Cowichan tribes, with whom the club is

<b>QUICK FACTS WILKINSON Leanne, born 1975</b>					
Represented: Duncan SwimTeam to 1988 and Island Swimming after 1988					
Long course progression					
Event	(12)1987	(13)1988	(14)1989	(15)1990	(16)1991
200 free	2:22.10	2:14.60	2:11.06	2:10.75	2:09.09
400 free	4:53.74	4:39.05	4:34.80	4:26.82	4:29.27
800 free	10:04.85	9:32.15	9:10.14	9:10.97	9:03.94
200 back	2:44.50	2:39.89	2:29.75	2:27.96	2:28.44
100 fly	1:13.76	1:09.00	1:07.56	1:04.55	1:05.61
200 fly	2:38.17	2:28.70	2:19.10	2:18.66	2:19.57
200 im	2:43.89	2:31.16	2:28.18	2:24.91	2:26.96
400 im	5:38.42	5:14.90	5:00.18	4:59.91	4:59.84

currently in the process of creating a formal partnership. While they are having trouble securing pool time, the club's aim is to provide a swimming program for the youth of the Cowichan Valley. "My philosophy is participation. Everyone gets a chance to swim, and if they want to excel, I can help them with that too. Kids need discipline to stay focused, and the discipline we provide in swimming translates into the rest of our lives. Without focus, many youth will float along and don't accomplish much."

Not only has Leanne rediscovered her love of swimming, but she's also using all its benefits to help youth in her community. This July, with the support of SwimBC and the Aboriginal Sports and Recreation Association of BC, Leanne led a group of eight kids from BC to the North American Indigenous Games in Colorado; they came home with 35 medals. She also provides opportunity and discipline to those who would otherwise not have many prospects.

Despite seeing the dark side of sport and the darker side of life, Leanne has finally found peace with herself and the water. She doesn't think you have to compromise fun and participation to be successful, and while her program is still in its infancy, she certainly has the experience and heart to flourish. ■



Leanne leads Team BC at the North American Indigenous Games

# YOGA FOR FREESTYLERS

## Designed for strength and flexibility

**Freestyle:** A race in which a contestant is free to use any style.

**Crawl:** A slow mode of transport.

"From these two definitions. . .", it doesn't tell us much about the stroke we will concentrate on in this article.

### The front crawl

For a long time, it was referred to as the Australian Crawl. In the water, it is the most efficient and, thereby, the fastest stroke. It is said that lifeguards, who required a strong stroke while dealing with heavy surf, developed the crawl. In succeeding decades, the Crawl has been through many changes and many alterations. Research has been spent on calculating the timing of the legs and arms, the exact positioning of the head for breathing, the entry of the arm, and the extent of the pull back. The freedom of this stroke has disappeared. But the optimum intention remains: get yourself through the water as streamlined and as accurately as you can.

### Pace

If the job is to get to the finish line first, it requires a sophisticated connection between the brain and the muscles to calculate your energy store and still be able to execute your technique at a high level.

When do you hold back? When do you let go? Is it possible to feel secure while holding back, staying behind the other swimmers, and believing that you will have the strength to take over by the end of the race?

I was in University early and, consequently, found myself racing against my older sister (Judy Garay) at CIAUs. She is five years older and was a much more accomplished swimmer than I, having already won a gold at the Canadian Championships. We were in the final of the 200 m breaststroke. I dove in the water like a bat out of hell and split my first 100 faster than I had ever swum before. I held on until the last 50 m. My mind raced ahead, I lost focus, and watched my sister pass me by. In my head, I could not beat her. In my heart, I was afraid. My body was capable of winning that race, but my thought process killed me and the piano fell.

My mother Valeria Gyenge, was an unknown swimmer on the Hungarian team in 1952. Her

event was the 400 m freestyle. She was second or third in Hungary in this event. She knew she was not fast, but she knew that she had the endurance and the strength to speed up in the last 100. The final was filled with world record holders. She remained calm. She didn't panic when she was behind the leaders for the first 200 m. She knew it was too fast for her, a pace that she could not hold for a full 400 m. She kept back at a safe distance from the lead. At the 250-m turn, she called on the strength she was holding in her core, powered up her stroke, and won the gold medal with a new Olympic record.

### Experiment

While going through this practice, which is specifically designed for strength and flexibility in the joints and muscles most used in the front crawl, play with the idea of pulling in, feeling secure, conserving the energy, and then letting it fly. In many of these asanas, the arms are extended. Play with the positioning of the arm, think of your stroke, and don't forget to have a good time.

### To begin

Before going into this practice, please refer back to the first two articles in *SwimNews* "Learning About Yoga" and "Essentials of Yoga." If you feel pain or discomfort during the practice, ask yourself if it is from taking your body to a new and challenging place, or if it is a sharp, inappropriate pain. If it is the latter, stop, refocus, go back to your breath, and start again. If this pain persists, it would be best to seek out a yoga practitioner to take you through your practice.

**SUKHASANA:** a comfortable cross-legged seated position. ("Essentials of Yoga")

- Deepen and soften your breath. Close your eyes.
- Become aware of the noises and the atmosphere that surrounds you.
- As you inhale, feel the energy of the atmosphere moving into your body; as you exhale, feel your energy moving into the atmosphere.
- Feel your connection with the rest of the world. As each wave in a pool is a separate energy force, each wave is also connected to the body of water. Each swimmer creates his or her own wake;

each wake is affected by the others in the pool. Contemplate this for a while, wherever it might take you.

- When you are ready, open your eyes.
- Come to TADASANA (mountain pose).
- Follow through series one, two, and three of the warm up ("Essentials of Yoga") and finish in ADHO MUKHA SVANASANA (downward facing dog).
- Come back into TADASANA.

If the former articles are not available to you, I suggest warming up before jumping into this practice. Spend at least 20 to 25 minutes doing a basic warm-up in which you create some heat in your body to loosen and limber your muscles and joints.

### The Practice

From TADASANA:

- Exhale; bend the knees, hips and shoulders facing front, take the left foot back to the floor behind you, straighten the left leg, toe mounds on the floor, the heel reaching back.
- Inhale; shoulder blades moving in and down, inner rotate the thighs back and away from each other, scoop the tailbone.
- Exhale; arms above the head, reaching for the sky.

This posture:

VIRABHADRASANA I (VIRABHADRA — a warrior) is the first asana in the series one warm up ("Essentials of Yoga").



**VIRABHADRASANA III**

- From VIRABHADRASANA I,
- Exhale; bring the

torso over the front leg, arms out in front, palms facing each other.

- Inhale; straighten the front leg and lift the back leg parallel to the floor.
- Keep the standing leg straight, the hips level, the back foot flexed, and the shoulders open (don't hunch forward).
- Spread the toes wide on both feet.
- Keep the tailbone scooped and the tummy firm; find that ball of fire, the core strength right in your centre.

- Exhale; from this core, extend the top half of the body towards the front of the room, the lower half of the body towards the back of the room.

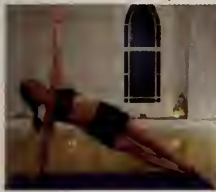
- Imagine the back foot is standing on a wall. -Stay here for 5 deep, even breaths. With each inhale, bring the energy into your core; with each exhale, extend it back out again.

To come out:

- Inhale; bend the front leg and softly come back to VIRABHADRASANA I.

- Exhale; arms down to your sides.
- Inhale; TADASANA.
- Repeat other side.

### VASISTHASANA (VASISTHA - name of a celebrated sage)



- Come on to your hands and knees.
- Spread your fingers wide, creases of the wrists lined up with

the front of your mat.

- Inhale; come on to the toe mounds, spread the toes wide, inner rotate the thighs back and away from each other.

- Exhale; scoop the tailbone, lift the hips up and back coming into ADHO MUKHA SVANASANA (downward facing dog – “Essentials of Yoga”).

- Inhale; bring the inner feet together.
- Exhale; roll onto the outside edge of the right foot, keep the inner feet glued together, both feet flexed and the toes spread wide, bring the left hand to the left hip.

- Inhale; lift the right hip and the right inner thigh towards the sky, extend the left arm up towards the ceiling.

- Stay here for 5 deep, even breaths. With each inhale, pull the energy into the centreline of your body; with each exhale, extend out while keeping this strength in your core. Let your shoulders move down towards your tailbone and in towards each other.

(Note-If you are feeling this too much in the shoulder, lift through the bottom leg and hip. The strength in this asana is from lifting the hip and thigh, and keeping your feet flexed and together, not by holding yourself up by your shoulder.)

- Exhale; ADHO MUKHA SVANASANA.
- Inhale; repeat other side.

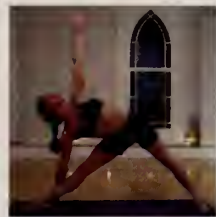
To come out:

- Exhale; ADHO MUKHA SVANASANA, then come to your hands and knees.

The next three asanas are most exhilarating when done on one side first, then the other. Through this series, remember to keep the energy compact and as you extend through the limbs; you

are not giving the energy out, just rejuvenating the body. Find the power in the release.

### UTTHITA TRIKONASANA (UTTHITA



- extended, TRIKONA
- triangle)
- From TADASANA.
- Inhale; turn to the side and step the left foot back into a stance that is as long as one of your

legs. Legs are straight; hips and shoulders are now facing the long side of the mat.

- Exhale; keep the right foot perpendicular to the front of the mat, the right knee in line with the second toe.

- Turn the left foot out to a 45-degree angle. This is an open hip posture, so the arch of the back foot lines up with the heel of the front foot.

- Inhale; bring the arms up and out to the side at shoulder height. As you root yourself down through the four points of your feet, imagine the spine as a magnet; all the muscles are gently being pulled into this force.

- Exhale; lengthen through your torso, reach for the front wall with the right hand and, bending at the waist, bring the right hand down to the outside of your shin or to the floor. Bring the hand down only as far as you can keep a straight open spine on both sides. Left hand extends towards the sky.

- Inhale; bring your energy towards your core.
- Exhale; extend through the tips of the fingers and the bottom of the feet; open your chest to the sky.

- To feel more streamlined, imagine yourself between two panes of glass.

- Stay here for 5 deep, even breaths.

### ARDHA CHANDRASANA (ARDHA - half, CHANDRA - moon)



- From TRIKONASANA.
- Exhale; Look down, bend the right knee, take the right hand a foot in

front of the right foot and slightly out to the side, come onto the fingertips.

- Inhale; lift the left leg up, parallel to the floor and in line with the torso, left arm extending up towards the sky. Left hip open.

- Stay for 5 deep, even breaths.

- If you can't reach the floor while keeping your standing leg straight, place your hand on a prop (pull-buoy).

### PARIVRITA ARDHA CHANDRASANA



(PARIVRITA - revolved)

- From ARDHA CHANDRASANA.
- Exhale; look down, square the hips off to the floor, back toes pointing down, left

leg still in the air.

- Inhale; Take the left hand to the floor, push through the left heel.

- Exhale; twist from the lower left back reaching the right arm up to the sky.

- Experiment with the arm position. Bring it behind you, in front of you, and bend it as you would to enter the water in a front crawl stroke.

- Say for 5 deep, even breaths.

- Inhale; come back to ARDHA CHANDRASANA for one breath

- Inhale; softly come back to TRIKONASANA for one breath.

To come out:

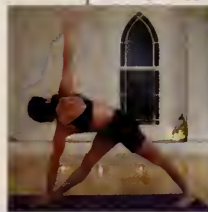
- Exhale; look down.

- Inhale; pull all your energy towards your centre as you come back to standing.

- Exhale; release your arms down by your sides.

- Inhale; TADASANA.

- Repeat the three asanas on the other side.



### PARIVRITA TRIKONASANA

- From TADASANA.
- Exhale, step the left foot back, turn the foot out to a 45 degree angle,

make sure all points of the foot are rooted into the floor. Stay facing the front of the room.

- This is a closed hip posture. Line up the inner heels.

- Inhale; left arm up to the ceiling, right hand on to the sacrum.

- Exhale; take your torso over the front leg, keeping the hips square, top of the head reaching for the front wall.

- Inhale; pull the energy towards your center.

- Exhale; place the left hand down to the inside, or the outside of the right foot. If you can't reach the floor and keep your legs straight, put your hand on a prop.

- Inhale; pull your energy towards your centre.

- Exhale; scooping the tailbone, twist from the lower left back and extend the right arm up towards the ceiling.

- Inhale; find that ball of fire.

- Exhale; extend through the top of the head,

look at the left hand, open the shoulders, and lift your chest towards the sky.

- Stay here for 5 deep, even breaths.

To come out:

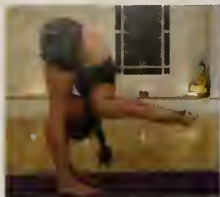
• Exhale; look down, bring the torso to face the right leg.

- Inhale; come back to standing.

• Exhale; come on to the toe mounds of the back foot and bend the front knee.

- Inhale; TADASANA

- Repeat other side.



### UTTANASANA- variation.

- From TADASANA.
- Take the feet hip distance apart, parallel, toes spread wide.

- Inhale; arms

above the head, URDHVA HASTASANA (“Essentials of Yoga”)

• Exhale; bend the knees, bring the torso over the legs (forward bend), clasp the hands behind you, keeping the elbows bent.

• Inhale; move the calves forward and the inner thighs back and away from each other to straighten the legs.

• Exhale; scoop the tailbone, soften the shoulder blades towards each other. Straighten the arms and bring them overhead.

- Stay for 5 deep, even breaths.

To come out:

- Exhale; bend the knees, release the arms.

• Inhale; with the knees directly over the second toe, roll up the spine starting from the tailbone, head coming up last until you are standing in TADASANA.



### NAVASANA (NAU - boat)

- Come to sitting with your legs stretched out in front – DANDASANA (“Essentials Of Yoga”)

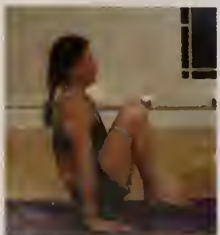
• Inner feet, inner knees glued together, find your sitting bones.

• Inhale; raise the legs, lower the torso, stretch the arms out in front.

- The shoulders are moving back and down as the chest lifts to the sky, keep the feet flexed, the inner thighs, knees, and feet glued together.

- Stay for 5 deep, even breaths.

- On the fifth exhale, place the hands at your



sides, pull your knees into your chest.

• Inhale; pulling yourself into a tiny ball, lift up, without rounding the shoulders forward.

• Exhale lower yourself back down to the ground.

- Inhale; NAVASANA

- Repeat this series 3 times.

- Come back to DANDASANA.

### PARIVRTTA JANU SIRSASANA (JANU – knee,



SIRSA - head)

- From DANDASANA.

• Inhale; bend the right knee, out the side, past the hip and bring the right foot close to the pubic bone. Take the hands to the floor; use them as leverage to lengthen through the torso.

• Exhale; turn to face the left leg. Sit evenly on both sitting bones.

- Inhale; Lift the arms over head.

• Exhale; fold over the left leg, stay for 5 deep, even breaths.

• Exhale; staying on both sitting bones, bring the left arm to the inside of the left leg using the left forearm as leverage against the left inner calf, float the right arm up.

- Inhale; find that ball of fire right in your core.

• Exhale; extend the right arm towards your left foot, looking up at the right inner elbow, twist from the lower left back.

- Stay for 5 deep, even breaths.

• If it is available to you, take the left hand to the inside of the foot, the right hand to the outside of the foot, and use them as leverage to open your chest even more.

To come out:

- Exhale; look down.

• Inhale; bring the torso back to centre, stretch the right leg out (DANDASANA)

- Repeat other side.

### MARICYASANA III (MARICHI- son of BRAHMA,



the supreme being, first deity of the Hindu Trinity)

- From DANDASANA

- Inhale; bend the

right knee up towards the

ceiling, right foot on the floor close to your pubic bone.

• Exhale; turn the torso to the right, bring the left arm to the outside of the right thigh.

• Inhale; lengthen through the torso, find both sitting bones.

• Exhale inner rotate the left arm around the right thigh, inner rotate the right arm and bring it behind the back. Clasp your hands, or hold onto a towel.

• Inhale; pull all your muscles into your core, spread the toes wide on both feet.

• Exhale; twist from the lower left back, lift the chest towards the ceiling, let your head roll back slightly.

- Stay for 5 deep, even breaths.

To come out:

- Inhale; face centre, release the clasp.

- Exhale; DANDASANA

- Repeat other side.

SAVASANA: (corpse – “Essentials of Yoga”), 5 to 10 minutes.

To come out:

• Knees towards the ceiling, feet into the floor.  
• Roll onto one side in a fetal position, resting your head in your hand.

- Keeping the eyes closed come to SUKASANA.

- Come back to your breath.

• Feel the energy around you and the energy inside you.

- Do you feel any different?

- When you are ready, open your eyes.

### To Follow

When you are training, doing a set of front crawl, reflect on this yoga sequence and see if you can experience the postures within your stroke. Remember the mental focus and body awareness, especially during those long freestyle sets. Perhaps you are already much more aware. You might already be able to recognize the improvement.

Namaste. ■

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Photos: *Michael Proudfoot*

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The continuing help and knowledge of Jeremy McCormack.

# EATING RIGHT BEFORE (AND AFTER) COMPETITION

**Nikki Dryden**

We've had lots of parents asking us how to get their swimmers to eat properly before competition. Fussy eaters, nervous kids, and timing make it a challenge to get the right food in your body so you can race your best. While every athlete is different, we can provide a few rules that should make pre-race eating easier and better.

Your pre-race meal serves two purposes: to stop you from getting hungry before and during your races, and to keep up the energy stores in your muscles so you can perform at your best in every event.

Skipping breakfast before heats will hurt your performance, so if you are not a big eater in the morning, either because you don't feel hungry or because butterflies make you feel full, then start slowly and keep trying to find something you like until you find the right fuel for you.

A quick rule if you are getting stomach problems at meets is to avoid high-fibre and fatty foods. You can try liquid meals like those made for athletes or you can make your own shake using protein powder or skim milk powder with fruit or yogurt. But whatever you do, don't try something new the morning of a meet. Training isn't just where you work to get your times down; it can also be an opportunity to try what nutrition works best for you.

## The Basics

The key to eating right at a big meet actually starts much sooner than your breakfast before heats or even your dinner the night before. Eating a proper diet during training will ensure that you have good energy stores in your body before the meet even starts. In the past, big pasta dinners the night before a meet were considered a must, but this probably has a negligible effect on events that are short, like swim races. The key is starting out with, and keeping up, glycogen stores in your body to fuel your muscles every day.

During swimming, your muscles burn fat and glucose, which you get from the glycogen stores in your muscles and glucose in the blood. When you run out of the glucose in your blood during exercise, your body can reach into the stores to get more to

keep you going. The longer your race, the more glycogen starts to factor in.

Overnight, when your body is fasting, glycogen stores are lowered. If you have to get up and swim heats without eating, you are starting with a half-full tank. But if you eat first, you top up the stores so your body can last longer.

Of course, you don't want a full tummy when you are racing, so you should eat your full meal one to three hours before your race so your body has

### *Here are a few suggestions for pre-race eating:*

#### **1 hour or less before competition**

real fruit or vegetable juice  
fresh fruit such as apples, watermelon, peaches, grapes, or oranges  
half a sports drink

#### **2 to 3 hours before competition**

fresh fruit, real fruit or vegetable juices  
bread, bagels, with small amounts of butter or cream cheese  
low-fat yogurt  
a sports drink

#### **3 to 4 hours before competition**

fresh fruit, real fruit or vegetable juices  
bread, bagels, baked potatoes, cereal with low-fat milk  
low-fat yogurt  
sandwiches with a small amount of peanut butter, lean meat, or low-fat cheese  
a sports drink

time to digest your food. If you are nervous, it may take longer to digest, so each person will vary.

## Hypoglycaemic Backlash?

There are two kinds of carbs that you can eat to boost your glycogen. Some give you a big surge—high glycaemic index (GI) foods like glucose, bread, and bananas—and some give you sustained energy—low GI foods like beans and lentils. There are contradicting studies on whether eating high GI foods right before a race cause a sugar-low backlash or not. A lot of this depends on you and how long your race is.

What you eat at the last minute before a race probably isn't going to make as much difference as eating a proper meal before, so try to replace glycogen after and between races, and eat healthy during training.

High GI foods are better after you race since they replenish glycogen faster than low GI foods. You should be eating these foods within 15 minutes after a race. If you have another event, even eating something small or drinking something will help you recover from your first race and keep you in top shape for your second one.

## Caffeine and Junk Food

Caffeine is a stimulant, but caffeine does not work for everyone. Some people are very sensitive to caffeine and too much can lead to stomach upset or dehydration, which can really hurt your performance. But for some people in middle-distance events, caffeine has been shown to improve your ability to pick it up at the end of a race. It's up to you on this one—a lot will depend on your age and your event.

Whatever you do, don't drink pop to get your caffeine kick! Junk food, often found at pool concession stands, should be avoided completely. Stay away from deep-fried foods, chips, or chocolate bars. They are high in fat and are hard to digest.

## Water, Water, Water!

Just because you don't see yourself sweating at a swim meet, it doesn't mean that you aren't losing a lot of fluid when you race. It is crucial to be fully hydrated before the meet starts and to stay that way throughout the competition.

One set of guidelines to follow for consuming enough water during exercise is as follows: about 1 hour before exercise, drink 1-2 cups of water; while exercising, drink about 2 cups per hour (half a cup every 15 minutes); and after exercising, another 2 cups or more if you feel thirsty.

Of course, waiting until you feel thirsty is not the way to stay hydrated. If you wait until you feel thirsty to drink fluids, it is too late as you are already dehydrated. Also, water is not the only thing you lose during exercise. Electrolytes (such as sodium and potassium) are also lost during intense activity when you sweat. Drinking a sports drink before and after your races will help you replace these electrolytes, as well as provide fuel for your muscles that break down during racing.

## The Final Word

The bottom line is that you are unique, and copying other swimmers isn't necessarily going to get you to perform at your best. Just like getting enough sleep and training hard are things you do to swim fast, what you do or don't put in your body is also crucial. You need to eat before you race, so keep on trying to find what works best for you. Otherwise, all that work you put into your workouts will be lost come race time. ■

# AN AGE WHEN THEORY AND PRACTICE CLASHED

## The 1930s and the 1940s marked a time of puzzlement, theory, and experimentation for swimmers and coaches everywhere.

### The Evolution of the Crawl (Part Five)

Cecil Colwin

Crawl-stroke development entered a dark age during the third and fourth decades of the 20th Century, 1930–1950, seven years of which were interrupted by World War II, causing a 12-year gap, 1936–1948, in Olympic competition, as well as a gap in information exchange.

The writer grew up in this era of swimming and later went on to follow a career as a full-time coach. The 1940s provided few formal coaching or training opportunities for aspiring youngsters, and the few people who knew anything about coaching were away in the forces.

This was a time of puzzlement, theory, and experimentation for swimmers and coaches everywhere. When compared with the information readily available today, much of which is set out in neat synthesis, young swimmers and coaches alike were left to their own devices to learn the finer points of technique.

For instance, most students of the sport didn't understand the three-dimensional nature of the swimming stroke, and especially how one phase of the stroke could affect the other. As Orville Wright said about learning flight from birds, "After you once know the trick and know what to look for, you start to see things that you didn't notice when you did not know exactly what to look for." (Vogel, 1998, p.261)

#### Seeking Answers

In the early evenings, when most recreational swimmers had gone home to eat, my teammates and I would meet to swim laps. We swam shoulder-to-shoulder, pacing each other; "circle swimming" had not yet been invented. When we stopped for a "breather," we would discuss certain parts of the stroke that we were trying to master.

We would mull over such topics as "What is the best head position? High head or low? How far should the head turn to the side to inhale?"

"Is a flat body position preferable to rolling the shoulders?" And, if rolling was a bad fault, as many insisted it was, "How could one prevent the shoulders from performing this natural tendency?"

With the wisdom of hindsight, I can think of no other phase of swimming where theory was allowed

to override practicality than the question of whether or not a swimmer should roll or keep a flat body position.

When I first started out as a serious competitive swimmer, I rolled my shoulders naturally when swimming crawl. In doing so, my stroke felt more powerful and comfortable.

I probably would have continued rolling my shoulders had I not let so-called experts dissuade me from doing so on the advice that it set up resistance that I couldn't feel.

Searching for information on different topics, I started exploring second-hand bookshops for books or magazine articles on swimming. Over the years I found rare books as well as interesting magazines and photographs from the 1930s onwards, some of which appear in this article.

#### Crawl-Stroke Variations

There were individual variations of the "American Crawl" as seen in the techniques of such male stars as Charles Daniels, Duke Kahanamoku, Johnny Weissmuller, Alan Ford, Bill Smith, and Jimmy McLane.

The American females, Ethelda Bleibtrey, Gertrude Ederle, Helene Madison, Lenore Kight-Wingard, Ann Curtis, and others, developed types of crawl stroke better suited to women and their natural buoyancy, especially the number of leg beats per arm-stroke cycle.

Successful swimmers from the Netherlands, Hungary, Denmark, France, and Germany swam a variety of stroke patterns. Many European swimmers used a peculiar arm action in which the arms were recovered over the water with a low, lateral, scythe-like sweep, while the Dutch women used a high-elbow recovery with each arm smashing into the water at the entry. (Armbruster, 1942)

From the Far East came the Japanese Crawl used by Miyazaki, Kitamura, Masonori Yusa, Naboru Terada, Shoza Makino, Shunpei Uto, and many other compatriots who scored sensational victories at the 1932 Los Angeles Olympics.

#### Major False Trails of the Dark-Age Era

During the mishmash course of crawl development in the 1940–1950 era, many false trails were followed. This was especially true of the three notable errors, both in concept and practice, discussed in this article, namely:

1. Too high a head position,
2. The flat-body position, and
3. The "catch-up" stroke.

#### 1. TOO HIGH A HEAD POSITION

Johnny Weissmuller, the major proponent of the hydroplaning concept in swimming, claimed to have been able to hydroplane simply by lifting his head out of the water and inclining his chest at a slight angle to the surface. (Weissmuller, 1930, p.72)

But the hydroplaning principle is not applicable to human swimmers because they are unable to reach a speed necessary for the bow wave to come under the body.

Rather than planing over the surface, an 80-year-old "Pathe News-Reel" movie film, given to me by my colleague, Forbes Carlile, clearly shows Weissmuller swimming with his head completely out of the water and pushing large mounds of water ahead of him. (See Fig.1) Weissmuller's stroke placement was poor and so was his body alignment. Erratic vortex shedding showed his arm stroke constantly slipping the water, and the amount of hip sway in his stroke was surprising. Had the world of swimming been copying a very poor technique?

Weissmuller himself was quoted as saying: "I could make good time because I was so long and skinny, shooting through the water like a stick." Maybe Weissmuller succeeded because of a thin body shape, despite poor basic technique.

Copying Weissmuller's false hydroplaning concept caused many talented swimmers to fall short of their potential, because a high position of the chest and upper spine increased resistance with large volumes of water pushed ahead of the swimmer and swirling over the lower back and hips.

This increased resistance only slowed the swimmer and *increased the energy output required to overcome it.*

## Adjusting Head Position

At what point swimmers finally realized the futility of trying to hydroplane remains a matter for conjecture. To hold a straight course before better pool filtration and clearer water aided a swimmer's vision, it was common practice to either swim all the time with the head out, or to raise the head occasionally to take one's bearings. Swimming with head held high and eyes clear of the surface was easier for tall lanky swimmers with long necks than for swimmers less endowed who found a lower head position more comfortable.

Eventually, swimmers settled for a head position that varied from a position with the eyes looking forward just under the surface of the water, to a head position with the eyes looking well down at the bottom of the pool.

## Different Head Positions for Sprinting and Long Distance

Another reason for swimming with a high head and shoulder position, particularly when swimming short distances, was that this posture enabled the swimmer to engage pressure on the water as soon as the hand entered. Using a "chop catch" or "dig pull," as they were called, it was possible to develop stronger leverage early in the stroke by "riding" on the downward press of the arms.

However, when swimming longer distances, it was common to swim with the head well down and to let the water carry the weight of the body instead of having to press down with hands and forearms for support.

## Swimming in Sea Water

When swimming in sea water, yet another adjustment was made, this time to counter the unusual buoyancy caused by sea water. To prevent the kick from rising too high out of the water and losing purchase, the head was raised higher than usual to keep the feet submerged.

## Head Too High When Breathing

To keep the body as flat as possible, many swimmers kept their heads high to prevent rolling when breathing. Only a half-turn of the head to inhale was necessary with the head still mainly facing forward and only a few inches to the side. Many swimmers held their heads so high that the entire crown of the head was out of the water from the middle of the forehead all around the head to the occipital bone at the back of the head.

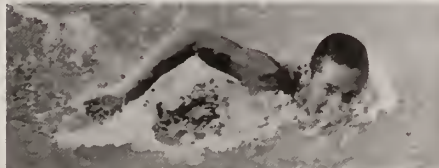
This high position of the head caused great resistance instead of producing a smooth flowing bow wave wrapped closely around the body. Largely unnoticed by swimmers and coaches of the era, who had little knowledge of fluid dynamics, swimming with head too high hindered progress in crawl stroke



1. Johnny Weissmuller's high head at speed builds mounds of water resistance in front of him



2. Yasuji Miyazaki, 1932 Olympic 100 free winner



3. Kusuo Kitamura, 1932 Olympic 1500 free winner



4. Shozo Makino, 1932 Olympic 1500 free 2nd place



5. Ralph Flannagan's high head position piles up water resistance in front of him



6. Alan Ford, who broke Weissmuller's 17-year-old 100 yards free record, with high head and shoulder position, and arched lower back, showing water resistance build-up in front



7. Helen Madison, 1932 Olympic 100 and 400 free winner, swims with eyes out of the water to swim straight



8. Lenore Kight Olympic 400 free 1932 silver, 1936 bronze, with high head, looks ahead to steer straight

mechanics for many years.

## 2. THE FLAT BODY POSITION

In the mid-20th century the need to swim with a flat body position became almost a religion among the accepted gurus of the sport. On March 18, 1944, Alan Ford broke Weissmuller's 17-year-old world 100 yards freestyle record of 51 seconds when he recorded 49.7 seconds in the Yale Pool, New Haven, Connecticut. His Yale University coach, Bob Kiphuth, said that Ford's stroke was near perfect excepting for a slight drop of his right shoulder as he turned his head to breathe.

Kiphuth insisted that there should be "no dipping of the shoulder or rolling of the body" as well as "no lunging of one shoulder ahead of the other."

He added that the arms should move in the shoulder joint, but that the shoulder itself should remain in a fixed position (Kiphuth, 1942, p.72)

Maintaining this posture restricted the mobility of the shoulder girdle with the result that swimmers of this era were severely restricted in the range of their arm strokes.

Swimmers were told to maintain a flat body position, "like a plank lying on the water" while the arms moved round and round as they pulled and recovered. To keep the body flat, the swimmer was told to turn the head to inhale only when the arm on the breathing side had completed its pull.

The leg kick, always kept even, was kept wide and deep and in the vertical plane throughout. Still aiming to keep the body flat, the kick—three beats to each arm pull—was consciously timed in with the arms. As each arm started its pull, the leg on the opposite side of the body was poised to start its kick.

The weight of each shoulder was thrown behind the pulling arm as it started its stroke simultaneously with the downbeat of the opposite leg to provide a counterbalance between arm pull and leg kick. This timing between pull and kick was considered vital to maintaining the much-sought-after flat body position.

This contrived close connection between arm pull and leg action, despite the theory that it kept the body flat, in reality caused a cramped and laboured style of swimming that hindered any natural tendency towards a continuous smooth-flowing action.

The serious drawback to swimming in a flat position was that it restricted the range of the arm stroke and the movement of the scapulae necessary to bring the large trunk muscles more powerfully into the pull.

*By interfering with a swimmer's natural shoulder roll, the concept of the flat body position set swimming back more than any other mistaken notion in the history of the sport. In a*

sense, those who taught swimmers to swim with shoulders held flat were victims of their time. A comparison between motion films showing the dramatic changes in stroke techniques between the stars of yesteryear and those of today, should serve as a reminder to today's students of the sport to always keep an open mind, and not to become complacent.

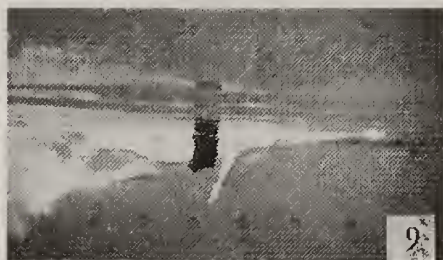
### The flat body position



9. Flat body position with shoulders squared caused swimmers to catch at the surface, thus shortening the stroke out front.



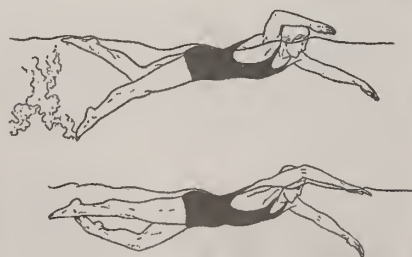
10. Ralph Flanagan swam too flat, and his stroke cadence was too slow as a result of too deep an arm pull and too wide a kick.



11. Alan Ford's flat body position restricted the range of his arm pull. His pull and his kick were both too deep.

### 3. THE "CATCH-UP" STROKE

Many leading swimmers of the 1930–1950 era swam the "catch-up" stroke, usually typified by the long forward glide in front of the body before starting the stroke. In mid-stroke the amount of overlap between the arms was sometimes reduced until one arm formed a right-angle with the other. A pronounced amount of surging was apparent as each arm accelerated through a power phase at the end of the stroke.



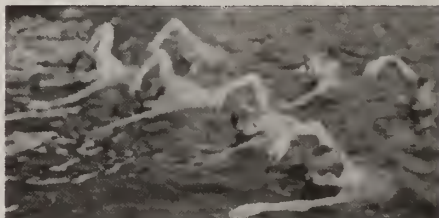
12. Armbruster's catch-up stroke and bicycle kick



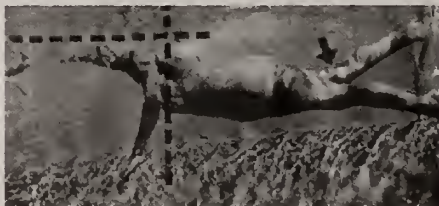
13. 1948 Olympic 1500 Champion Jimmy McLane rides on his forward arm



14. A typical catch-up stroke shows swimmer quickly flipping arm forward in overlap timing



15. Group of boys at an American swim camp are taught the catch-up stroke



16. 1948 Olympic Champion Ann Curtis' catch-up timing



17. 1948 Olympic Champion Bill Smith rides on his forward arm

The "catch-up" stroke was performed by extending the entry arm forward just below the surface of the water while the pulling arm rapidly accelerated through to the end of the stroke, and then was flipped quickly forward over the water in relaxed fashion to almost catch up with the forward arm. The forward arm now, in turn, moved down and back into the propelling phase of its stroke. The "catch-up" stroke, in effect, produced two different speeds within the same stroke cycle—a slow stroke by the entering arm and a rapidly accelerating stroke by the pulling arm.

When first adopted, the "catch-up" was hailed as a big energy-saving advance in the art of relaxed swimming. However, the "catch-up style" not only caused alternating periods of acceleration and deceleration within the arm-stroke cycle, but also caused the legs to kick harder to fill in the dead spots in the arm stroke, resulting in greater oxygen demands by the large leg muscles.

*(Conversely, the use of a continuous arm action, with reduced emphasis on the kick, produces greater propulsion with less energy expenditure. (James E. Counsilman, "An Analysis of the Application of Force in Two Types of Crawl Stroke." PhD. dissertation, University of Iowa, 1951))*

### The "Bicycle" Crawl Kick used in "Catch-Up" Swimming

Armbruster (1942 pg.78) said that the kick that accompanied the "catch-up arm stroke" could be likened to the motions of pedaling a bicycle. "In riding a bicycle the pressure is exerted on the balls of the feet, whereas in the crawl kick pressure is exerted alternately, on the soles of the feet in the upward tread and on the instep in the downward tread. The width of the stride should be 18 to 26 inches."

### How the "Catch-Up Stroke" Was Taught

In 1950, at a swim clinic at the Witwatersrand

University in Johannesburg, this writer learned at first hand from American coach Harold Minto how the “catch-up” stroke was taught. Minto was coach of Jimmy McLane, 1948 Olympic 1500 metres champion, and one of the “catch-up” stroke’s leading advocates.

The swimmer was instructed to kick steadily while holding both arms extended out front with one hand placed over the other. While the lower arm pulled through its stroke and was then flipped quickly over the water into the recovery, the forward arm remained extended in front of the swimmer until the recovery hand was now placed on top of the forward hand.

The drill was repeated in sequence until eventually the next phase was introduced, namely allowing the extended forward hand to start its pull a split second before the recovery hand could be placed on top of it, and, voila!, the swimmer was doing the “catch-up” stroke.

### Arm Stroke Was a “Double-Press”

Coach Minto described the arm pull of the “catch-up” stroke as a “double press.” With the arm held straight throughout the stroke, the swimmer pressed down until the arm reached a position vertical to the surface of the water. This was the first press, and the second press was when the arm was pressed backward and upward until it reached the end of the stroke at the hips.

The arm action was accompanied by the so-called “bicycle kick” described above, in which the swimmer was asked to “shorten” the leg by having the knee precede the foot in the downward kick. In the upward motion of the kick, the idea was to have the leg sweep backward and upward with the back of the knee, the popliteal area, leading a straightening and stretching action of the leg at the top of the kick.

### Produced Too Slow a Stroke Cadence

The “broken rhythm timing” of the “catch-up” arm stroke, combined with the large, wide-and-deep bicycle kick, produced a stroke cadence that resulted in swimming in “overdrive,” rather than in “direct” gear. The leading exponents of the “catch-up” stroke described the action as “feeling like swimming downhill.” Perhaps they were going downhill in more ways than one, because the deep straight-arm pull combined with the ultra-wide bicycle kick slowed the swimmer’s cadence.

The bottom line is that, compared with the continuous timing of the rotary arm stroke, “catch-up stroke” swimmers, then as now, swim mostly in overdrive and rarely in direct gear, except to change to the rotary stroke timing to put in a fast sprint in a short distance race, or at the end of a distance swim.

### FURUHASHI’S BIG BREAKTHROUGH

At the 1949 U.S. national championships, Hironoshin Furuhashi gained sweeping victories, especially in beating the 1948 Olympic champion Jimmy McLane’s world-record time of 19:18.5 for 1500 m Freestyle Men by recording 18:19.0, an improvement of almost a minute.

His unique crawl stroke technique was analyzed underwater by Jamison Handy, a Detroit producer of training films, using 35-millimetre moving picture film, which was checked frame by frame through a viewer and subsequently with the prints. (Armbruster, 1952. 2nd ed. p.7)



**18. Furuhashi—underwater view shows pronounced body roll; left leg is counter balancing the start of the right-arm pull, while right leg is poised for a powerful downward whip-lash kick**



**19. Furuhashi’s right leg thrusts vigorously downward with a whiplash kick in time with the end of the right-arm pull. Note how the left arm has gone directly into its pull instead of waiting out front for an overlapping entry by the opposite arm as performed in the catch-up stroke**

### Furuhashi’s Stroke Sequence

The sequence showed a complete stroke starting and ending with the finish of the right arm pull. The rhythm of Furuhashi’s kick was that of a four-beat crawl that began with the completion of a powerful downbeat of the right leg. There followed (a) a slight beat of the left leg with a movement that suggested balance rather than propulsion. Then came (b) the recovery of the right leg, which then kicked downward and backward with a terrific whiplash. The left leg beat (c) that followed was not very powerful but slightly greater than its balancing movement already seen. There followed (d) another powerful whiplash kick of the right leg. (Kiphuth and Burke, 1951. p.116)

The beats of the right leg were made during the second half of the pull of both the right and left arms, which accounted for Furuhashi’s high upper

back position and the bounciness of his stroke.

By using a four-beat kick instead of the conventional six-beat kick used by most swimmers at that time, some of the parasitic drag of the legs during the arm pull was reduced, thus eliminating the need for a supporting initial slide of the arm at the entry so that the arm started its pull earlier and was thus more effective.

### A Revolutionary Technique

In effect, Furuhashi’s action had not the slightest hint of a “catch-up” motion of the arms in relation to each other. Furuhashi’s reducing the tempo of the kick from a standard six-beat enabled him to swim a true wheel-like rotary stroke with no remaining semblance of the retarding stop-start action of the “catch-up” stroke.

And so it was that the Japanese, who had initially popularized the “catch-up” stroke at the 1932 and 1936 Olympics, now produced a great swimmer who showed up the shortcomings in this much-vaunted technique.

However, the Japanese coaches at the time maintained that Furuhashi’s stroke could not be imitated by anyone but another Furuhashi, and that the average swimmer who attempted it would merely go more slowly than if he swam the standard six-beat crawl with the “catch-up” arm stroke. They added that it was rigid training that had enabled Furuhashi to swim anywhere from 200 to 1500 metres at speeds never before equaled by any human being. (Kiphuth and Burke, 1951. p.116)

But those experts who came to Furuhashi’s defence said that there was more to his success than merely harder training and that his technique was ahead of its time. They must have realized that there is a difference between faulty technique and idiosyncrasy.

*The evolution of swimming has shown that what is idiosyncrasy one year often becomes the accepted technique of the future. ■*

### Acknowledgements

Photographs.  
*New Magic of Swimming 1934.* Gilbert Collins. Plates. #'s 2,3,4,7,8.  
*Swimming the American Crawl,* Weissmuller. 1930. Plate. #1  
*Colliers Magazine.* May 1945. Plate #6, June 1947, Plate 13. May, 1948 Plates #16, June 1948. Plate # 17.  
*Basic Swimming.* Kiphuth and Burke, 1951. Plates # 11,8 & 19.  
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*Swimming* (1940) Matt Mann II and Charles C Fries. Plate # 15. p. 57

## 2007 CANADIAN TEAM WORLD AQUATIC CHAMPIONSHIPS

Melbourne (AUS), 17 March - 1 April

### MEN

BEAVERS Keith,23,ROW	200 back 2:00.57
BROWN Michael,22,UCSC	100 breast 1:01.58, 200 breast 2:12.56
COCHRANE Ryan,17,IS	1500 free, 800 free
HAYDEN Brent,23,UBCD	50 Free 22.22, 100 Free 48.59
	200 free 1:47.78, 4x100 free, 4x200 free
HURD Andrew,23,TSC	400 free 3:49.32, 4x200 free
JOHNS Brian,23,UBCD	200 free 1:49.54, 200 IM 2:01.71,
	4x200 free
ROSE Matt,25,IS	4x100 free
RUSSELL Colin,21,DS	4x200 free
SAY Rick,27,IS	100 free 49.79, 4x100 free

### Open Water

BALLEM, Jarrod,27UCSC
CREEL, David,25,UVPCS
DUBREUIL, Philippe,24,CNS

### WOMEN

DOWNING Mackenzie,19,UVPCS	200 fly 2:10.53
LACROIX Audrey,22,CAMO	200 fly 2:10.96
MORNINGSTAR Erica,17,CP	100 free 55.36, 4x100 free
POON Victoria,21,CAMO	4x100 free
REIMER Brittany,18,IS	400 free 4:12.84, 800 Free 8:37.84
SAUMUR Genevieve,19,CAMO	4x100 free
STEFANYSHYN Kelly,24,UBCD	200 back 2:13.83
WILKINSON Julia,18,NYAC	4x100 free

### Open Water

HUNKS Tanya,26,UBCD
MURRAY, Caroline,17,UL

### Coaching staff

Tom Johnson (Vancouver, BC)	Head coach swimming
Jan Bidrman (Calgary, AB)	Assistant coach swimming
Randy Bennett (Victoria, BC)	Assistant coach swimming
Dean Boles (Kitchener, ON)	Assistant coach swimming
Ron Jacks (Victoria, BC)	Open water coach



Swimming Canada concluded its 2006 Annual General Meeting (AGM) by announcing its 2006-07 Board of Directors.

The 2006-07 Board of Directors will consist of Dan Thompson (Toronto) as President, Brian Johnson (Vancouver) as Vice-President, Susan Bauhart (Kelowna) as Secretary, Bill Hogan (St. John's, NFLD), Anne Bell (Toronto), Jean Marie de Koninck (Québec) and Steve Norris (Calgary).

During the AGM, Swimming Canada CEO Pierre Lafontaine and President Dan Thompson highlighted several great accomplishments outlined within the Strategic Plan for the 2005-06 season. A 5% increase in number of registered swimmers, 8% increase in provincial and national records, 3% increase in operating budget as well 24 medals at Commonwealth Games and Pan Pacific Swimming Championships surpassed the initial Swimming Canada goals set for the precedent year.

While celebrating the successes of the 2005-06 season, the main focus of Swimming Canada's AGM was to present the new goals and tactics for 2007 leading towards 2008 and 2012 Olympics. Major goals for 2007 include winning 5 medals at World Championships, a 10% increase in number of competitive

## 2008 OLYMPIC ENTRY STANDARDS

FINA has finalized the procedures for entries in swimming events at the 2008 Olympics in Beijing.

The target totals for swimming is a maximum of 800 athletes. Each country may enter a maximum of two qualified athletes in each event provided they both meet the A standard. One entry per event meeting the B standard.

Countries without qualifiers may enter one male and one female and those with one qualifier may enter an additional one of the opposite sex, provided they took part in the 2007 World Championships.

The top 12 relay teams from the 2007 World Championships will qualify as well as an additional 4 teams from approved competitions.

The qualifying period starts:

**15 March 2007 and ends 15 July 2008.**

Approved competitions will be the 2007 Worlds, and continental games (2007 Pan Ams, etc.) National Olympic Trials to be approved in advance by FINA and other international competitions receiving FINA advance approval. Qualifying standards

	Men		Women	
	A - 2 entries	B - 1 entry	A - 2 entries	B - 1 entry
50 freestyle	0:22.35	0:23.13	0:25.43	0:26.32
100 freestyle	0:49.23	0:50.95	0:55.24	0:57.17
200 freestyle	1:48.72	1:52.53	1:59.29	2:03.47
400 freestyle	3:49.96	3:58.01	4:11.26	4:20.05
1500 freestyle	15:13.16	15:45.12 (800 free)	8:35.98	8:54.04
100 backstroke	0:55.14	0:57.07	1:01.70	1:03.86
200 backstroke	1:59.72	2:03.91	2:12.73	2:17.38
100 breaststroke	1:01.57	1:03.72	1:09.01	1:11.43
200 breaststroke	2:13.69	2:18.37	2:28.21	2:33.40
100 butterfly	0:52.86	0:54.71	0:59.35	1:01.43
200 butterfly	1:57.67	2:01.79	2:10.84	2:15.42
200 ind.medley	2:01.40	2:05.65	2:15.27	2:19.97
400 ind.medley	4:18.40	4:27.44	4:45.08	4:55.06

### Open water 10km for men and women

Total participants:

25 men and 25 women for a total of 50 (max 2 per country)

All qualifiers from a combination of:

2008 Open water worlds, Seville, 29 April-4 May (10 each)

2007-2008 Open water continentals (5 each)

2008 FINA Olympic qualifier Beijing, 31 May-1 June (remaining open spots).

swimmers / Masters registrations, 15% of national records broken, a 10% increase in revenues over 2006, the creation of National Code of Conduct, establishing a National online officials' development program, as well as aligning Provinces/territories program and competition to Long Term Athlete Development (LTAD) principles.

"As we move forward, we must build and foster strong relationships with athletes, coaches, Provincial Sport Organizations (PSO), and other stakeholders" added Lafontaine. "We aim to be the Number One Sport Federation in Canada. We must be the leader in all aspects of our organization—Quality at all levels!"

Also, Swimming Canada unveiled its new brand identity during its 2006 Annual General Meeting in Vancouver BC. The new Swimming Canada logo reflects the particular attributes of the sport of swimming—power, speed and fluidity, and above, through the use of stylized maple leaf, it is symbolic of Canada.

The 2005-06 Board of Directors for Swimming Canada were proud to award the inaugural *Leadership Awards* to Mr. Mark Hahto, General Manager, and Mr. Andrew Moss, Operations Director of the 2006 Pan Pacific Championships; the *Community Service Award* to Nick Thierry, founder, publisher, editor for Canada's bi-monthly magazine publication, *SwimNews*, which he created in 1974, as well as the *Administrator of the Year Award* to Christian Blais for his outstanding contribution to competitive swimming for over eight years. ■

## 2007 CANADIAN JUNIOR TEAM Junior Pan Pacific Championships

Maui, Hawaii (USA) 11-15 January 2007

Girls	Event
BARNES, Laura, 18, SCAR, Scarborough, ON	200 breast
BELL, Hilary, 15, TSC, Toronto, ON	200 free
CHEVERTON, Samantha, 18, PCSC, Point Claire, QC	100 back
HARRICHARAN, Alisha, 14, COBRA, Brampton, ON	200 fly
HENDRIKS, Breanna, 17, UCSC, Calgary, AB	200 free
IVANITZ, Tara, 17, VKSC, Vernon, BC	1500 free
JARDIN, Barbara, 15, CNPPO, Montreal, QC	200 IM
MCCABE, Martha, 16, GGST, Toronto, ON	200 breast
MURRAY, Caroline, 17, UL, Matane, QC	400 free
POLAND, Danielle, 17, RAC, Qualicum Beach, BC	5 km
ROTH, Hollis, 18, UVPCS, Victoria, BC	200 fly
SALLI, Rachelle, 16, LOSC, Langley, BC	200 IM
SOUCCISSE, Gabrielle, 15, Beaconsfield, QC	100 back
Boys	Event
BABI, Endi, 18, ESWIM, Etobicoke, ON	200 fly
CUCH, Patrick, 17, TSC, Toronto, ON	200 fly
DOERKSEN, Derek, 17, CASC, Calgary, AB	200 back
FORD, Andrew, 17, GMAC, Guelph, ON	400 IM
LANDSIEDEL, Spencer, 18, LOSC, Langley, BC	100 free
LOCKHART, Sandy, 17, UBCC, Vancouver, BC	800 free
LUTSCH, Curtis, 15, UCSC, Calgary, AB	400 IM
MCLAREN, Alex, 18, IS, Victoria, BC	100 back
PENHALE, Sean, 17, UCSC, Calgary, AB	1500 free
RAWLICK, Doug, 17, OSC, Edmonton, AB	5 km
SWANSTON, Matthew, NEW, Newmarket, ON	200 free
SZOO, Adam, 18, CASC, Calgary, AB	100 breast
TCHOUGAINOV, Feodor, 16, ESWIM, Etobicoke, ON	200 breast
Coaches	
BERTRAND, Claude-Yves, VKSC, Vernon, BC	
GIRARDIN, Johanne, UL, Québec City, QC	
GROOTVELD, John, TSC, Toronto, ON	
METCALFE, Brian, LOSC, Langley, BC	
SIMONSON, Carl, OSC, Edmonton, AB	

## 2007 CANADIAN YOUTH TEAM, AUSTRALIAN YOUTH OLYMPIC FESTIVAL

Sydney (AUS) 18-21 January, 2007

Girls	Event
XU, Amy, 16, ESWIM, Etobicoke, ON	400 free
LEMIEUX, Roxane, 15, CNB, Beauport, QC	200 free
SCHULTZ, Page, 15, TSC, Toronto, ON	400 IM
SEEMANN, Lindsay, 14, NEW, Newmarket, ON	800 free
COUILLARD, Marie-Pier, 15, REG, Levis, QC	100 free
BOUCHARD, Dominique, 15, NBYT, North Bay, ON	100 back
SAVARD, Sarah-Eve, 16, CSQ, Quebec, QC	100 fly
MYERS, Victoria, 13, WAC, Windsor, ON	200 breast
Boys	Event
AU, Joshua, 16, OSC, Edmonton, AB	200 fly
BUCH, Evan, 15, GMAC, Guelph, ON	200 back
HERGESHEIMER, Willem, 16, LOSC, Langley, BC	200 free
JESSETT, Scott, 16, SCAR, Scarborough, ON	1500 free
CHERTRAT, Zack, 15, OAK, Oakville, ON	200 fly
BEZEAU, Christopher, 15, SHER, Sherbrooke, QC	100 fly
AUDY, Dominique, 16, HIPPO, Saint-Hubert, QC	200 IM
STEPHENSON, Matthew, 16, BRANT, Brantford, ON	100 breast
Coaches	
LAROCHE, René, CNB, Boucherville, QC	
THORNBURN, Kevin, ESWIM, Etobicoke, ON	

## BOOK REVIEW

### *Golden Girl: How Natalie Coughlin Fought Back, Challenged Conventional Wisdom, and Became America's Olympic Champion*

By Michael Silver with Natalie Coughlin  
285 pages, \$33.95 CAD hardcover  
Rodale Inc., 2006

Nikki Dryden

When I picked up the new biography of Natalie Coughlin, I have to admit, I was a bit over the whole swimmer biography. I mean I love swimming, but I had just finished Ian Thorpe's bio and an autobiography of Michael Phelps, and I was dreading the whole "... at 6, Natalie was a natural in the water" thing. Much to my pleasant surprise, *Golden Girl* is much better than a biography, and there was very little about Natalie's early life, with the focus of the book on the 2004



Olympic year and the swimming philosophy of her coach, Teri McKeever.

In fact, the book delves much deeper into McKeever's psyche than into Coughlin's, and the interesting tidbits and quotes come from a variety of people including Dave Salo (former Irvine coach and new head coach at USC), stroke guru Milt Nelms, backstroke star and Playboy poser, Haley Cope, and the women of the Cal-Berkeley swim team.

There is more dish in this book than the last few I have read, and its juiciness was hard to put down. From former Cal assistant Mike Walker to former Stanford coach Richard

Quick, *Golden Girl* author Mike Silver of *Sports Illustrated* says quite a bit about McKeever's feelings and views on the two men, and more.

If you aren't familiar with the players in the book—mostly top US college coaches and a bevy of California college girls—then the amount of insight into Coughlin and her Olympic dream may not be enough to pull you through. But if you even know a bit of what was going on in the US prior to Athens, you will find this book a dishy delight.

That said, the book is very pro Cal-athletics, as its author is himself an alumnus. However, it is quite cute most of the time, and what is a bit more annoying is the repetition of certain points and the very unsubtle attempt at swaying the reader to McKeever and Coughlin's swimming philosophy, which they say is revolutionary.

I've always deeply admired Coughlin. She is poised, mature, and always smiling. I have never quite understood her decision not to swim the 200 back. Perhaps that's because I was a 200 backstroker, but it is just incomprehensible to me that someone who is the best in the world at something would choose not to participate. Almost 300 pages later, I still don't quite get it, but I do understand her a lot more, and appreciate her willingness to put her frailties and failures down on paper for the world to read.

If you think you know everything about what it takes to be the best swimmer in the world, you need to read this book. Coughlin and McKeever have proven that you don't have to train like an animal to break world records and win Olympic golds. There is a lot in this book I wish I had known about when I was still swimming. They've successfully begun to change the old paradigm of swimming fast and proven that girls can rule. ■

# IOC FIDDLES WHILE ITS OLYMPIC SPIRIT BURNS

## Morning finals in Beijing condemned world-wide

**Craig Lord**

Swimmers and coaches the world over have condemned the IOC's decision to stage swimming finals in the morning in Beijing as a victory for the dollar over the Olympic spirit, voices of support coming as lonely noises from within the US. Jaques Rogge—they thought you were better than that. How disappointed are they now?

As Olympic champion Roland Schoeman of South Africa, put it to the *Los Angeles Times*: "I think it's an indication of the times we live in. Whereas the Olympics were founded on the ideals of fair play and fair sport, and amateurism, and now where a television station can purchase when they want the Olympic Games finals to be held, it's just really ridiculous to me. I don't think they were taking the swimmers into consideration at all. It's what was better for NBC and what was better for the American public, not the swimmers."

Said an NBC spokesperson: "In terms of recommendations, we and many others make recommendations to the IOC, just as we always had. And many constituent groups make recommendations for various reasons. We're pleased with the IOC announcement from Beijing that will allow the two most popular summer Olympic sports in the US to be seen here mostly live."

Well, no mistaking it there; not a hint of trying to disguise its parochial interests, interests that fly in the face of the vast—and very vast—majority of opinion in the swimming world. It is the kind of stuff that has led certain factions and nations around the world to speak of their "hatred" of America. Of course, no one condones that and there are many American voices who have spoken up for reason and the right way to go about things.

Sadly, there have also been statements like those from NBC, USA Swimming, and gymnastics, which have been truly unpalatable to the rest of the world.

Take this self-serving garbage, for example: "This is our biggest chance to showcase who and what we are, and being in prime time guarantees having as many people as possible tuned in. We believe this is one of the best ways for the Olympic movement to remain relevant to American fans," said Steve Penny, president of USA Gymnastics.

Stuff the rest of the world and their viewers, then. They can go to hell, presumably, or just stop whinging and get up in the middle of the night or whenever else it suits America to watch TV.

### US Trials will have evening finals

The USA will not be switching its Olympic trials format in Omaha in 2008: finals will be in the evening. "It's not only the selection meet, but it's a big event for USA Swimming," said Bob Bowman, Michael Phelps' coach, of the Omaha trials. "To preserve it as a big event, you want as many people as you can get in the stands, and that means night finals."

Precisely Bob. Well done. You spotted it. Domestic night finals for a US audience. Why not have international night finals in tune with the country and the region of the world actually hosting the Games? Now wouldn't that be a way of showing you care about the Olympic spirit and the rest of the world? I've met Bob Bowman several times. He's a great coach, a decent man, and struck me as being very bright indeed. Statements of self-interest are at odds with the character I met. One question I'd love to have a direct answer to, if you're out there Bob: please assure us that you found out about the NBC's request at the same time as the rest of the world (I take it to be so)—a world that would today have boasted a few more friends of America had self-interest not been served.

### An affront to world swimming

Take the following from JJ Madrigal, an Olympian in 1996 and 2000 for Costa Rica: "This is a great mistake and an affront to world swimming... the athletes will suffer once more for a decision taken around a table. It wasn't enough that the experience of Seoul (where so many suffered poor performances on the one chance of their career to excel) and what it signified, and what it will signify again, for the careers of swimmers... what a pity that money is more powerful than sport and its athletes."

JJ makes other worthy comments but the one above sums up the feeling of so many who feel that their voices are not heard in their own sport.

Schoeman's voice is heard, of course, even if the IOC ignored it. He trains in Tuscon, Arizona—a great place. And let's be very clear here: there can be no question that the US does way more than its fair share—and has done for many a long year—for the development of world swimming. For the record, I am a huge fan of US swimming, and some of the characters I've met and come to know over the years are among the finest people you'd care to meet. Schoeman may feel the same about some of those he has worked and lived with in Arizona. He is also

clearly totally opposed to the IOC move and the self-serving nonsense that accompanies it.

The South African estimates that he will have to get out of bed at 3 a.m. if finals start at 9 a.m. I wonder how many IOC chiefs will be up to offer words of encouragement and support—not just in Beijing but in the many months leading up to it during which swimmers, coaches, parents, and others around the world will have their lives turned upside down.

"If NBC said 'We'll put up \$100,000 for every gold medal, etc.' then that's fine," Schoeman said. "If they want me to swim at 1 in the morning, then I'll swim at 1 in the morning." Not a bad point, Roland, one the IOC should consider—they certainly have enough money to offer goodly prizes, or would have if they changed their spending habits.

### Unfair competition

China, of course, as host, has the biggest reason to complain. Head coach Zhang Yadong led the way, saying that the host nation would be unfairly disadvantaged by a decision that went against the spirit of fair play (yes, there is a deep irony in that statement from Chinese swimming, though in this case it rings most true).

"It will be an unfair competition," Zhang said in a statement. "I don't see how the Olympic spirit can be seen in this decision, I doubt it is. Next year we'll have to reschedule all the domestic tournaments to match the time of the Olympic finals. We'll have to gradually move the wake-up time of our swimmers back to 6:30 a.m. and start training at 8:30. As the decision won't be changed, this is the only thing we can do. The European and American swimmers, in particular the Americans, will have a big advantage."

### Learning from sports with morning finals

In Australia, head coach Alan Thompson, second-guessing the IOC, asked Dr David Pine to look into the impact of morning finals two months ago, shortly after *SwimNews* broke the story about NBC's request and the IOC's intentions.

Dr Pine's draft report will be handed to coaches in Sydney this weekend, when Thompson is at the helm of a gathering of sports worthies to brainstorm the issue of morning finals.

Stephan Widmer, coach of Leisel Jones and Libby Lenton, told the Australian media that he believed the last three months before the Games would be

the most critical in terms of altering preparation. The issue of how fast swimmers could race in the morning was unknown, given that it had so rarely happened on the biggest of occasions.

Thompson, like head coaches around the world, said that everyone in swimming would and could simply adapt to the new conditions. He added: "The only thing that gets me cranky is that (the IOC) have made the decision for commercial reasons, not for the good of the sport."

Australian swimming coaches will hear Brian Richardson, head coach of the AIS rowing team, in Sydney this weekend. "One of the items he's going to talk to us about is how the rowing team attack the morning finals. Their assaults on the Olympic Games have been very successful, and we'll certainly be using his expertise on the weekend and in the next few months," said Thompson.

Canada will follow and consult the rowers about coping with morning finals.

### The ripple effect

Many of the world's top swimmers will rise as early as 4am, train hardest at dawn not dusk, eat three breakfasts a day, skip lunch, have dinner at noon, sleep in recovery suits and spend much of their time in the China time zone in the lead-up to the Beijing Olympics following the International Olympic Committee's decision to switch finals from their traditional evening slot to mornings in the pool in 2008.

Team Britain, Sweetenham told *SwimNews* and *The Times* of London, will also compete at the Seven Hills International in Rome next summer, Italian organisers among the first to announce that they will stage morning finals as a way of rehearsing for Beijing. The Britain director has also called on the European swimming league (LEN) to stage finals at its long-course championships in Eindhoven in 2008 in the morning. That is unlikely to happen for the same reason that Beijing will stage morning finals because NBC has a US audience to please: European broadcasters will not want to go live at 10am when audiences are low.

"We have some serious thinking to do about how we go about the next two years," Sweetenham said. "We have to take steps to ensure that our swimmers will be ready to race at peak in the morning. The Beijing Games will be no place for the swimmer who can't race fast in the morning. It will mean turning their day on its head.

"There's a problem with swimming evening heats and morning finals in that your whole recovery time is passive - you're asleep. Swimmers do their hardest training sets in the evening, when their bodies are ready and before an evening and night when they have the longest time to recover. We've effectively been asked to reverse the circadian

rhythm."

Levels of hormones and flexibility of the body change throughout any given day. Scientific research suggests that an athlete is not as flexible in the morning as they are later in the day after hours of moving around, eating, drinking and exercising body and mind. No amount of stretching can change that, many sports scientists believe.

### European Broadcasters Protest

The European Broadcasting Union has formally protested against the International Olympic Committee's unpopular decision to hold Olympic swimming and gymnastic finals in the morning during the 2008 Olympic Games in Beijing.

The IOC made its decision for commercial reasons, NBC, the US broadcaster and Olympic rights holder, having requested morning finals to suit its domestic advertising planning.

Good news for NBC and those who pay it for advertising, good news, perhaps, for US viewers, but very bad news indeed for China, Australia and European nations, which, the EBU notes, will now have to broadcast swim finals in the middle of the night when audiences are low.

"With this decision the IOC ends the tradition of staging these finals in the evening irrespective of the time zone at the venue," said the EBU, which represents public service broadcasters in Europe and neighboring regions.

The EBU said it told the IOC that the decision meant "viewers in Europe as well as the vast majority of the global TV audience will be disadvantaged."

The EBU describes itself as the largest professional association of national broadcasters in the world, with 74 active members in 54 countries of Europe, North Africa and the Middle East, and 44 associate members in 25 other countries. It negotiates broadcasting rights for major sports events on behalf of its members and operates the Eurovision and Euroradio networks.

Beyond the needs of broadcasters, the written media is also affected: European newspapers will have to wait more than 24 hours before bringing news of live finals to their readers. Coverage of swimming will suffer as a result.

### Bussiness as usual at the IOC

Meanwhile, amid the storm, the IOC appears to be somewhat aloof and even disrespectful of the views of swimmers and swim coaches. Here is the news agenda in its bulletin today—on the day when the world of swimming is calling the Olympic movement a fool:

1. Beijing 2008: on track with bid assurances materialising The IOC's Coordination Commission for the Games of the XXIX Olympiad: Beijing 2008 today concluded its seventh visit to Beijing since the

Chinese capital was awarded the Olympic Games in 2001.

Splendid

2. IOC President Meets Chinese Prime Minister As he continued his visit to the next host city of the Olympic Games - Beijing: IOC President Jacques Rogge today met with the Chinese Prime Minister, Wen Jiabao.

How nice for them both

3. World Forum on Sport, Olympic Education and Culture Closes in Beijing The 5th World Forum on Sport, Olympic Education and Culture held under the theme 'Sport and a World of Harmony' closed in Beijing on Tuesday.

Grand

4. World Sport for All Congress in Havana The 11th edition of the World Sport for All Congress is being held for the first time in Havana (Cuba) from 31 October to 3 November 2006.

Terrific...and even better:

5. The Values of the Olympic Movement Zhenliang He, Chairman of the IOC Education and Culture Commission, explains how the Commission is using a combination of traditional and modern ways to introduce millions of Chinese children to the values of the Olympic Movement...

What values of the Olympic movement, we wonder. Values like, if a huge community of people tell you they're unhappy with something but there's money to be made from it, do it anyway.

6. Preview of the exhibition 125 Years of Gymnastics On Tuesday 24 October, the Olympic Museum celebrated the preview of a new temporary exhibition entitled 125 Years of Gymnastics...

Great—shame so few in Europe will see any gymnastics finals given that it'll be about 3 a.m. when NBC provides the live feed.

And last, but definitely not least, this little gem:

7. Angel or Demon? The choice of Fair Play exhibition Until 5 November 2006. Whether in sport or in our daily lives, human beings choose, suffer or impose their behaviour. In competition as in play, the balance between self control and...

You couldn't make it up.

### Unable to say no

What is needed was for FINA and US Swimming to bang a loud fist on the IOC table and say "No way!" For differing reasons, they felt unable to do so and the rest of the swimming world will now pay the price of having to reinvent their programming to suit the commercial needs of NBC. In effect, the US broadcaster owns swimming for at least the next two years. That should not be.

And in conclusion, if anyone out there feels that the above is a tad disrespectful of anyone or any body, all I can say is: imagine how thousands of swimmers, coaches, and associated people are feeling around the swimming world right now. Respect is a two-way street. ■

# MEN'S EVENTS

## 100 METRES BACKSTROKE

			50	100
1	Peirsol Aaron, USA	USALCAPR	LCM05	0:25.96 0:53.17
2	Meeuw Helge, GER	GERLCJUN	LCM06	0:26.10 0:53.46
3	Vyalchanin Arkadi, RUS	EUR06AUG	LCM06	0:26.25 0:53.50
4	Krayzelburg Lenny, USA	PAC99AUG	LCM99	0:26.25 0:53.60
5	Welsh Matt, AUS	AUSLCMAR	LCM04	0:25.96 0:53.78
6	Lochte Ryan, USA	PAC06AUG	LCM06	0:26.64 0:53.78
7	Bal Randall, USA	PAC06AUG	LCM06	0:26.05 0:53.84
8	Morita Tomomi, JPN	JPNLCPAPR	LCM06	0:26.32 0:53.85
9	Rouse Jeff, USA	OLYMPICS	LCM92	0:26.32 0:53.86
10	Tewksbury Mark, CAN	OLYMPICS	LCM92	0:26.39 0:53.98

## 100 METRES BUTTERFLY

			50	100
1	Crocker Ian, USA	WORLD05	LCM05	0:23.51 0:50.40
2	Phelps Michael, USA	WORLD03	LCM03	0:24.61 0:51.10
3	Serdinov Andriy, UKR	OLYMPICS	LCM04	0:24.30 0:51.36
4	Klim Michael, AUS	AISDEC	LCM99	0:24.49 0:51.81
5	Rupprath Thomas, GER	GERLCMAY	LCM02	0:24.13 0:51.88
6	Marchenko Igor, RUS	WORLD03	LCM03	0:24.53 0:51.95
7	Huegill Geoff, AUS	OLYMPICS	LCM00	0:24.12 0:51.96
8	Frolander Lars, SWE	OLYMPICS	LCM00	0:24.33 0:52.00
9	Pankratov Denis, RUS	OLYMPICS	LCM96	0:24.19 0:52.27
10	Yamamoto Takashi, JPN	WORLD03	LCM03	0:24.53 0:52.27

## 200 METRES BACKSTROKE

			50	100	150	200
1	Peirsol Aaron, USA	PAC06AUG	LCM06	0:26.97 0:55.85	1:24.87	1:54.44
2	Phelps Michael, USA	USNATFEB	LCM04	0:27.93 0:57.09	1:26.54	1:55.30
3	Vyalchanin Arkady, RUS	EUR06AUG	LCM06	0:27.72 0:57.14	1:26.28	1:55.44
4	Krayzelburg Lenny, USA	PAC99AUG	LCM99	0:27.18 0:56.19	1:25.64	1:55.87
5	Meeuw Helge, GER	GERLCJUN	LCM06	0:27.15 0:55.87	1:25.53	1:56.34
6	Lopez-Zubero Martin, ESP	TUSCNOV	LCM91	0:28.29 0:58.08	1:27.50	1:56.57
7	Rogan Markus, AUT	WORLD05	LCM05	0:27.90 0:57.53	1:26.82	1:56.63
8	Cseh Laszlo, HUN	EUR06AUG	LCM06	0:27.63 0:57.07	1:27.23	1:56.69
9	Lochte Ryan, USA	WORLD05	LCM05	0:27.42 0:56.43	1:26.16	1:57.00
10	Florea Razvan, ROM	WORLD05	LCM05	0:27.36 0:57.08	1:27.16	1:57.03

## 200 METRES BUTTERFLY

			50	100	150	200
1	Phelps Michael, USA	PAC06AUG	LCM06	0:25.79 0:55.27	1:24.65	1:53.80
2	Yamamoto Takashi, JPN	OLYMPICS	LCM04	0:25.98 0:55.21	1:25.07	1:54.56
3	Esposito Franck, FRA	FRALCAPR	LCM02	0:25.19 0:53.95	1:23.66	1:54.62
4	Korzeniowski Pawel, POL	WORLD05	LCM05	0:25.97 0:55.50	1:25.12	1:55.02
5	Malchow Tom, USA	WORLD01	LCM01	0:25.88 0:54.88	1:24.47	1:55.03
6	Shibata Ryuichi, JPN	JPUNISEP	LCM05	0:26.33 0:55.27	1:24.88	1:55.11
7	Pankratov Denis, RUS	CANETJUN	LCM95	0:25.61 0:55.57	1:25.51	1:55.22
8	Sylyantsev Denis, UKR	EUR02JUL	LCM02	0:25.70 0:54.41	1:24.56	1:55.42
9	Parry Stephen, GBR	OLYMPICS	LCM04	0:25.90 0:55.16	1:24.90	1:55.52
10	Polyakov Anatoli, RUS	EUR02JUL	LCM02	0:25.87 0:54.88	1:24.57	1:55.62

## 400 METRES FREESTYLE

			100	200	300	400
1	Thorpe Ian, AUS	CW02AUG	LCM02	0:53.02 1:49.57	2:45.43	3:40.08
2	Hackett Grant, AUS	WORLD01	LCM01	0:53.69 1:50.80	2:47.32	3:42.51
3	Rosolino Massi, ITA	OLYMPICS	LCM00	0:54.00 1:50.23	2:46.64	3:43.40
4	Perkins Kieren, AUS	WORL094	LCM94	0:53.96 1:51.11	2:48.15	3:43.80
5	Keller Klete, USA	OLYMPICS	LCM04	0:54.23 1:51.37	2:48.24	3:44.11
6	Priukov Yuri, RUS	WORL005	LCM05	0:54.85 1:51.95	2:49.33	3:44.44
7	Sadoviy Evgeni, RUS	OLYMPICS	LCM92	0:54.61 1:52.74	2:50.38	3:45.00
8	Brembilla Emiliano, ITA	WORLD01	LCM01	0:55.29 1:52.03	2:49.03	3:45.11
9	Park Tae-Hwan, KOR	PAC06AUG	LCM06	0:54.74 1:52.08	2:49.93	3:45.72
10	Jensen Larsen, USA	OLYMPICS	LCM04	0:55.92 1:52.89	2:50.01	3:46.08

## 800 METRES FREESTYLE

			100	200	300	400	500	600	700	800
1	Hackett Grant, AUS	WORLD05	LCM05	0:54.38 1:51.89	2:49.49	3:47.17	4:45.03	5:43.55	6:42.11	7:38.65
2	Thorpe Ian, AUS	WORLD01	LCM01	0:55.02 1:52.93	2:51.65	3:50.54	4:49.43	5:48.66	6:45.93	7:39.16
3	Jensen Larsen, USA	WORLD05	LCM05	0:56.13 1:55.07	2:54.19	3:53.04	4:51.68	5:50.40	6:48.83	7:45.63
4	Perkins Kieren, AUS	CWLTHAUG	LCM94	0:54.81 1:52.91	2:51.48	3:50.37	4:49.04	5:48.01	6:47.72	7:46.00
5	Priukov Yuri, RUS	WORLD05	LCM05	0:56.06 1:55.57	2:55.16	3:54.38	4:53.54	5:52.42	6:51.12	7:46.64
6	Kowalski Daniel, AUS	PAC95AUG	LCM95	0:55.37 1:54.33	2:53.94	3:53.86	4:53.96	5:54.12	6:54.29	7:50.28
7	Rosolino Massi, ITA	ITALCAPR	LCM05	0:57.26 1:56.47	2:55.76	3:54.65	4:54.49	5:53.22	6:52.06	7:50.40
8	Sainikov Vladimir, RUS	GOODWILL	LCM86	0:57.17 1:56.18	2:55.46	3:54.54	4:54.00	5:53.27	6:52.61	7:50.64
9	Slanczyk Przemyslaw, POL	WORLD05	LCM05	0:56.71 1:56.09	2:55.78	3:55.61	4:55.19	5:54.35	6:53.62	7:50.83
10	Melloulif Oussama, TUN	WORLD05	LCM05	0:56.07 1:54.98	2:54.48	3:53.89	4:52.88	5:52.00	6:51.24	7:51.03

## 1500 METRES FREESTYLE

			100	200	300	400	500	600	700	800	900	1000	1100	1200	1300	1400	1500
1	Hackett Grant, AUS	WORLD01	LCM01	0:54.19 1:52.45	2:51.29	3:50.18	4:48.82	5:47.45	6:45.96	7:44.47	8:43.05	9:41.78	10:40.56	11:39.51	12:38.51	13:37.89	14:34.56
2	Perkins Kieren, AUS	CWLTHAUG	LCM94	0:54.81 1:52.91	2:51.48	3:50.37	4:49.04	5:48.01	6:47.72	7:46.00	8:45.28	9:44.94	10:44.63	11:44.50	12:44.70	13:44.44	14:41.66
3	Jensen Larsen, USA	OLYMPICS	LCM04	0:57.28 1:57.18	2:56.96	3:56.74	4:56.68	5:56.02	6:55.36	7:54.58	8:53.47	9:52.28	10:51.14	11:50.20	12:49.06	13:47.48	14:45.29
4	Davies David, GBR	OLYMPICS	LCM04	0:56.86 1:56.77	2:56.57	3:56.50	4:56.12	5:55.63	6:55.05	7:54.21	8:53.41	9:52.50	10:51.97	11:51.25	12:50.12	13:48.89	14:45.95
5	Hoffmann Jorg, GER	WORLD91	LCM91	0:57.71 1:56.71	2:55.56	3:54.70	4:54.13	5:53.66	6:52.95	7:52.55	8:52.55	9:52.46	10:52.27	11:52.35	12:52.62	13:52.91	14:50.36
6	Priukov Yuri, RUS	WORLD05	LCM05	0:56.98 1:57.74	2:57.92	3:57.49	4:57.26	5:56.86	6:56.56	7:56.61	8:56.07	9:56.04	10:55.83	11:55.70	12:55.71	13:54.85	14:51.62
7	Kowalski Daniel, AUS	WORLD94	LCM94	0:56.73 1:55.77	2:55.25	3:55.10	4:54.68	5:54.46	6:54.39	7:54.27	8:54.05	9:54.54	10:54.48	11:54.82	12:54.99	13:55.46	14:53.42
8	Housman Glen, AUS	AUSDEC	LCM89	0:58.10 1:57.57	2:56.99	3:56.58	4:56.20	5:55.94	6:55.78	7:55.31	8:54.96	9:55.04	10:55.22	11:55.23	12:55.43	13:55.32	14:53.59
9	Sainikov Vladimir, RUS	RUSLCEFB	LCM83	0:58.20 1:58.72	2:59.12	3:59.21	4:59.20	5:59.35	6:59.25	7:59.44	8:59.35	9:59.36	10:59.22	11:58.93	12:58.44	13:57.45	14:54.76
10	Rouault Sebastien, FRA	EUR06AUG	LCM06	0:57.37 1:57.81	2:58.08	3:58.64	4:58.84	5:58.76	6:58.56	7:58.76	8:59.11	9:58.95	10:58.97	11:58.65	12:57.87	13:56.79	14:55.73

## 100 METRES FREESTYLE

				50	100
1	vdHoogenband Pieter, NED	OLYMPICS	LCM00	0:23.16 0:47.84	
2	Magnini Filippo, ITA	WORLD05	LCM05	0:23.14 0:48.12	
3	Lezak Jason, USA	USTRIALS	LCM04	0:23.02 0:48.17	
4	Schoeman Roland, RSA	OLYMPICS	LCM04	0:22.62 0:48.17	
5	Klim Michael, AUS	OLYMPICS	LCM00	0:22.83 0:48.18	
6	Popov Alexander, RUS	MONACJUN	LCM94	0:23.33 0:48.21	
7	Ervin Anthony, USA	WORLD01	LCM01	0:22.66 0:48.33	
8	Neethling Ryk, RSA	WORL005	LCM05	0:22.93 0:48.34	
9	Biondi Matt, USA	USAUG	LCM88	0:23.25 0:48.42	
10	Walker Neil, USA	USTRIALS	LCM00	0:22.95 0:48.55	

## 100 METRES BREASTSTROKE

				50	100
1	Hansen Brendan, USA	USTRIALS	LCM06	0:27.66 0:59.13	
2	Kitajima Kosuke, JPN	WORLD05	LCM05	0:28.29 0:59.53	
3	Studnov Roman, RUS	WORLD01	LCM01	0:28.49 0:59.94	
4	Mew Darren, GBR	GBRLCAPR	LCM04	0:28.30 1:00.02	
5	Duboscq Hugues, FRA	WORLD05	LCM05	0:28.41 1:00.05	
6	Lisogor Oleg, UKR	WORLD05	LCM05	0:28.23 1:00.06	
7	Moses Ed, USA	USNATAPR	LCM03	0:28.28 1:00.21	
8	Gibson James, GBR	WORLD03	LCM03	0:27.86 1:00.37	
9	Rickard Brenton, AUS	PAC06AUG	LCM06	0:28.53 1:00.39	
10	Fioravanti Domenico, ITA	OLYMPICS	LCM00	0:28.91 1:00.46	

## 200 METRES FREESTYLE

			50	100	150	200
1	Thorpe Ian, AUS	WORLD01	LCM01	0:24.81 0:51.45	1:18.26	1:44.06
2	vdHoogenband Pieter, NED	EUR02JUL	LCM02	0:24.48 0:50.90	1:17.69	1:44.89
3	Phelps Michael, USA	WORLD05	LCM05	0:24.72 0:51.13	1:18.31	1:45.20
4	Hackett Grant, AUS	AUSLCMAR	LCM04	0:25.08 0:51.88	1:17.96	1:45.61
5	Keller Klete, USA	OLYMPICS	LCM04	0:25.52 0:52.31	1:19.38	1:46.13
6	Burnett Simon, GBR	GBRLCAUG	LCM05	0:24.75 0:51.78	1:19.20	1:46.59
7	Rosolino Massi, ITA	OLYMPICS	LCM00	0:25.23 0:52.80	1:19.31	1:46.60
8	Neethling Ryk, RSA	WORLD05	LCM05	0:24.34 0:51.33	1:19.49	1:46.63
9	Lamberti Giorgio, ITA	EUR89AUG	LCM89	0:25.14 0:52.42	1:19.74	1:46.69
10	Sadoviy Evgeni, RUS	OLYMPICS	LCM92	0:25.37 0:52.62	1:19.72	1:46.70

## 200 METRES BREASTSTROKE

			50	100	150	200
1	Hansen Brendan, USA	PAC06AUG	LCM06	0:29.10 1:02.26	1:35.12	2:08.50
2	Kitajima Kosuke, JPN	WORL003	LCM03	0:29.46 1:02.47	1:35.75	2:09.42
3	Komornikov Oimiri, RUS	BARCJUN	LCM03	0:29.11 1:03.35	1:36.65	2:09.52
4	Barrowman Mike, USA	OLYMPICS	LCM92	0:30.43 1:03.91	1:37.12	2:10.16
5	Moses Ed, USA	AUSLCFEB	LCM01	0:29.15 1:02.26	1:35.92	2:10.40
6	Piper Jim, AUS	USALCMAR	LCM06	0:29.54 1:02.44	1:36.08	2:10.51
7	Edmond Ian, GBR	WORLD03	LCM03	0:30.50 1:03.40	1:36.64	2:10.69
8	Gyurta Daniel, HUN	OLYMPICS	LCM04	0:30.64 1:04.54	1:37.59	2:10.75
9	Fioravanti Domenico, ITA	OLYMPICS	LCM00	0:30.50 1:04.15	1:37.35	2:10.87
10	Usher Scott, USA	USTRIALS	LCM04	0:30.06 1:03.78	1:37.51	2:10.90

## 200 METRES IND. MEDLEY

			50	100	150	200
1	Phelps Michael, USA	PAC06AUG	LCM06	0:25.11 0:54.49	1:28.39	1:55.84
2	Lochte Ryan, USA	PAC06AUG	LCM06	0:25.		

# WOMEN'S EVENTS

## 100 METRES BACKSTROKE

			50	100	
1	Coughlin Natalie,USA	USNATAUG	LCM02	0:28.86	0:59.58
2	He Cihong,CHN	WORLD94	LCM94	0:29.54	1:00.16
3	Mocanu Diana,ROM	OLYMPICS	LCM00	0:29.80	1:00.21
4	Zhen Yingjuan,CHN	CHNOCT	LCM97	0:29.08	1:00.22
5	Coventry Kirsty,ZIM	WORLD05	LCM05	0:29.73	1:00.24
6	Egerszegi Krisztina,HUN	EUR91AUG	LCM91	0:29.82	1:00.31
7	Buschschulte Antje,GER	WORLD03	LCM03	0:29.65	1:00.33
8	Ornstedt Louise,DEN	DENLCMAR	LCM05	0:29.82	1:00.48
9	Sexton Katy,GBR	GBRLCMAR	LCM03	0:29.87	1:00.49
10	Nakamura Mai,JPN	OLYMPICS	LCM00	0:29.17	1:00.55

## 100 METRES BUTTERFLY

			50	100	
1	de Bruijn Inge,NED	OLYMPICS	LCM00	0:26.67	0:56.61
2	Schipper Jessica,AUS	AUSLCFEB	LCM06	0:26.94	0:57.15
3	Moravcova Martina,SVK	EUR02JUL	LCM02	0:26.76	0:57.20
4	Lenton Lisbeth,AUS	AUSLCFEB	LCM06	0:26.71	0:57.35
5	Thomas Petria,AUS	AUSLCMAR	LCM04	0:27.06	0:57.36
6	Torres Dara,USA	USTRIALS	LCM00	0:26.50	0:57.58
7	Thompson Jenny,USA	USTRIALS	LCM00	0:26.86	0:57.59
8	Coughlin Natalie,USA	PAC02AUG	LCM02	0:26.78	0:57.78
9	Komisarz Rachel,USA	USALCAUG	LCM06	0:27.41	0:57.79
10	Jedrzejczak Otylia,POL	OLYMPICS	LCM04	0:27.53	0:57.84

## 200 METRES BACKSTROKE

			50	100	150	200	
1	Egerszegi Krisztina,HUN	EUR91AUG	LCM91	0:30.55	1:02.34	1:34.79	2:06.62
2	He Cihong,CHN	WORLD94	LCM94	0:30.20	1:02.38	1:35.00	2:07.40
3	Mocanu Diana,ROM	OLYMPICS	LCM00	0:31.56	1:03.67	1:36.21	2:08.16
4	Zhen Yingjuan,CHN	CHNOCT	LCM97	0:31.10	1:04.40	1:37.06	2:08.51
5	Coventry Kirsty,ZIM	WORLD05	LCM05	0:30.70	1:02.80	1:35.61	2:08.52
6	Coughlin Natalie,USA	USNATAUG	LCM02	0:29.73	1:01.85	1:35.19	2:08.53
7	Mitchell Betsy,USA	USTRIALS	LCM86	0:30.25	1:02.64	1:35.43	2:08.60
8	Sexton Katy,GBR	WORLD03	LCM03	0:31.53	1:04.29	1:37.99	2:08.74
9	Nakamura Reiko,JPN	PAC06AUG	LCM06	0:30.25	1:02.81	1:35.76	2:08.86
10	Wagstaff Janie,USA	USAAPR	LCM91	0:30.56	1:02.43	1:35.43	2:09.09

## 200 METRES BUTTERFLY

			50	100	150	200	
1	Schipper Jessica,AUS	PAC06AUG	LCM06	0:28.35	1:00.11	1:32.46	2:05.40
2	Jedrzejczak Otylia,POL	WORLD05	LCM05	0:28.70	1:01.19	1:33.07	2:05.61
3	O'Neill Susan,AUS	AUSLCMAY	LCM00	0:28.51	1:00.24	1:32.71	2:05.81
4	Hyman Misty,USA	OLYMPICS	LCM00	0:28.38	0:59.91	1:32.44	2:05.88
5	Meagher Mary T.,USA	USNATAUG	LCM81	0:29.53	1:01.41	1:33.69	2:05.96
6	Thomas Petria,AUS	AUSLCMAR	LCM04	0:28.19	1:00.20	1:32.91	2:06.01
7	Nakanishi Yuko,JPN	PAC06AUG	LCM06	0:28.39	1:00.23	1:33.33	2:06.52
8	Liu Limin,CHN	ASIA94	LCM94	0:29.31	1:01.84	1:34.67	2:06.77
9	Mehlhorn Annika,GER	WORLD01	LCM01	0:28.24	1:00.92	1:33.95	2:06.97
10	Qu Yun,CHN	WORLD94	LCM94	0:28.67	1:01.43	1:34.05	2:07.42

## 400 METRES FREESTYLE

			100	200	300	400	
1	Manaudou Laure,FRA	EURLC AUG	LCM06	0:57.81	1:59.11	3:01.16	4:02.13
2	Evans Janet,USA	OLYMPICS	LCM88	0:59.99	2:02.14	3:03.40	4:03.85
3	Chen Yan,CHN	CHNOCT	LCM97	1:01.04	2:02.87	3:04.43	4:05.00
4	Ziegler Kate,USA	USALCAUG	LCM06	0:59.42	2:01.48	3:04.53	4:05.75
5	Bennett Brooke,USA	OLYMPICS	LCM00	0:59.90	2:01.91	3:03.91	4:05.80
6	Hoff Katie,USA	USALCAUG	LCM06	0:59.65	2:01.76	3:04.20	4:05.83
7	Mohring Anke,GDR	EUR89AUG	LCM89	1:00.12	2:02.36	3:04.77	4:05.84
8	Jedrzejczak Otylia,POL	OLYMPICS	LCM04	0:59.09	2:01.68	3:04.52	4:05.84
9	Friedrich Heike,GDR	OLYMPICS	LCM88	1:00.23	2:02.49	3:03.56	4:05.94
10	Sandeno Kaitlin,USA	OLYMPICS	LCM04	1:00.54	2:03.05	3:05.19	4:06.19

## 800 METRES FREESTYLE

			100	200	300	400	
1	Evans Janet,USA	PAC89AUG	LCM89	1:00.20	2:02.53	3:05.12	4:07.92
2	Manaudou Laure,FRA	EUR06AUG	LCM06	0:58.30	2:00.06	3:02.61	4:05.70
3	Mohring Anke,GDR	EUR87AUG	LCM87	1:01.41	2:04.60	3:07.46	4:09.89
4	Bennett Brooke,USA	OLYMPICS	LCM00	1:00.50	2:02.87	3:05.37	4:07.83
5	Strauss Astrid,GDR	OLYMPICS	LCM88	1:01.47	2:05.03	3:09.06	4:12.96
6	Klochkova Yana,UKR	OLYMPICS	LCM00	1:00.84	2:03.47	3:06.58	4:10.08
7	McDonald Julie,AUS	OLYMPICS	LCM88	1:02.78	2:06.97	3:11.03	4:14.73
8	Stockbauer Hannah,GER	WORLD03	LCM03	1:00.89	2:04.74	3:08.60	4:12.42
9	Yamada Sachiko,JPN	JPNLCAPR	LCM04	1:00.57	2:04.05	3:07.40	4:10.88
10	Henke Jana,GER	EUR02JUL	LCM02	1:01.46	2:05.17	3:09.11	4:13.05

## 1500 METRES FREESTYLE

			100	200	300	400	500	
1	Evans Janet,USA	USAMAR	LCM88	1:01.17	2:04.46	3:08.04	4:11.70	5:15.37
2	Ziegler Kate,USA	PAC06AUG	LCM06	1:00.25	2:03.35	3:07.19	4:11.01	5:14.78
3	Peirso Hayley,USA	PAC06AUG	LCM06	1:01.08	2:04.38	3:08.15	4:12.02	5:15.92
4	Stockbauer Hannah,GER	WORLD03	LCM03	1:02.32	2:07.21	3:12.00	4:16.30	5:20.69
5	Manaudou Laure,FRA	FRALCMAY	LCM06	1:00.56	2:04.75	3:09.10	4:13.63	5:18.13
6	Munz Diana,USA	USALCMAR	LCM00	1:01.46	2:04.92	3:08.94	4:12.89	5:17.08
7	Rigamonti Flavia,SUI	WORLD05	LCM05	1:02.13	2:06.71	3:11.53	4:16.08	5:20.72
8	Linehan Kim,USA	USNATAUG	LCM79	1:02.10	2:06.70	3:11.50	4:16.10	5:20.80
9	Lewis Hayley,AUS	PAC93AUG	LCM93	1:02.28	2:06.57	3:11.31	4:15.99	5:20.47
10	Yamada Sachiko,JPN	USNATFEB	LCM04	1:01.67	2:05.52	3:09.62	4:14.29	5:18.77

## 100 METRES FREESTYLE

			50	100	
1	Steffen Britta,GER	EUR06AUG	LCM06	0:25.84	0:53.30
2	Lenton Lisbeth,AUS	AUSLCFEB	LCM06	0:25.73	0:53.42
3	Henry Jodie,AUS	OLYMPICS	LCM04	0:26.24	0:53.52
4	Amanda Weir,USA	USALCAUG	LCM06	0:25.99	0:53.58
5	de Bruijn Inge,NED	OLYMPICS	LCM00	0:25.81	0:53.77
6	Coughlin Natalie,USA	PAC06AUG	LCM06	0:25.80	0:53.83
7	Mills Alice,AUS	AUSLCMAR	LCM05	0:26.02	0:53.96
8	Le Jingyi,CHN	WORLD94	LCM94	0:25.79	0:54.01
9	Zhu Yingwen,CHN	CHNOCT	LCM05	0:25.57	0:54.03
10	Thompson Jenny,USA	USTRIALS	LCM00	0:26.03	0:54.07

## 100 METRES BREASTSTROKE

			50	100	
1	Jones Leisel,AUS	CW06MAR	LCM06	0:30.83	1:05.09
2	Hardy Jessica,USA	WORLD05	LCM05	0:31.03	1:06.20
3	Heyns Penelope,RSA	PAC99AUG	LCM99	0:31.16	1:06.52
4	Luo Xuejuan,CHN	OLYMPICS	LCM04	0:31.34	1:06.64
5	Edmiston Jade,AUS	AUSLCFEB	LCM06	0:31.24	1:07.03
6	Quann Megan,USA	OLYMPICS	LCM00	0:31.65	1:07.05
6	Kirk Tara,USA	PAC06AUG	LCM06	0:31.36	1:07.05
8	Hanson Brooke,AUS	OLYMPICS	LCM04	0:31.92	1:07.15
9	Stitts Staciana,USA	USTRIALS	LCM04	0:31.81	1:07.20
10	Tanaka Masami,JPN	JPNLCAPR	LCM00	0:31.92	1:07.27

## 200 METRES FREESTYLE

			50	100	150	200	
1	van Almsick Franziska,GER	EUR02JUL	LCM02	0:27.14	0:56.27	1:28.33	1:56.64
2	Lu Bin,CHN	WORLD94	LCM94	0:27.22	0:56.62	1:28.62	1:56.89
3	Lenton Lisbeth,AUS	WORLD05	LCM05	0:26.90	0:56.49	1:26.58	1:57.06
4	Jedrzejczak Otylia,POL	EUR06AUG	LCM06	0:28.47	0:58.73	1:28.12	1:57.15
5	McClatchey Caitlin,GBR	CW06MAR	LCM06	0:27.68	0:57.54	1:27.71	1:57.25
6	Chen Yan,CHN	CHNOCT	LCM97	0:28.42	0:58.15	1:27.52	1:57.30
7	Wang Wei,CHN	CHNOCT	LCM97	0:28.11	0:58.30	1:28.05	1:57.32
8	Benko Lindsay,USA	WORLD03	LCM03	0:27.69	0:56.93	1:26.99	1:57.41
9	O'Neill Susan,AUS	AUSLCMAY	LCM00	0:27.86	0:57.74	1:27.65	1:57.47
10	Poll Claudia,CRC	PAC97AUG	LCM97	0:27.98	0:57.57	1:27.80	1:57.48
	Liebs Annika,GER	EUR06AUG	LCM06	0:27.66	0:57.27	1:27.69	1:57.48

## 200 METRES BREASTSTROKE

			50	100	150	200	
1	Jones Leisel,AUS	AUSLCFEB	LCM06	0:32.19	1:08.18	1:43.97	2:20.54
2	Beard Amanda,USA	USTRIALS	LCM04	0:33.25	1:09.60	1:46.24	2:22.44
3	Qi Hui,CHN	CHNLCPAR	LCM01	0:33.37	1:10.00	1:46.64	2:22.99
4	Heyns Penelope,RSA	PAC99AUG	LCM99	0:32.52	1:09.16	1:46.02	2:23.64
5	Kovacs Agnes,HUN	OLYMPICS	LCM00	0:33.36	1:10.72	1:47.71	2:24.03
6	Balfour Kirsty,GBR	CW06MAR	LCM06	0:33.15	1:09.55	1:46.36	2:24.04
7	Tanaka Masami,JPN	JPNLCAPR	LCM00	0:33.31	1:10.33	1:47.25	2:24.12
8	Luo Nan,CHN	CHNLCPAR	LCM02	0:33.57	1:10.53	1:48.23	2:24.41
9	Kwal Kristy,USA	OLYMPICS	LCM00	0:33.42	1:10.21	1:47.13	2:24.56
10	Luo Xuejuan,CHN	ASO2OCT	LCM02	0:32.47	1:09.61	1:41.62	2:24.67

## 200 METRES IND. MEDLEY

			50	100	150	200	
1	Wu Yanyan,CHN	CHNOCT	LCM97	0:28.81	1:01.91	1:39.44	2:09.72
2	Hoff Katie,USA	USALCAUG	LCM06	0:28.51	1:01.88	1:39.49	2:10.05
3	Myers Whitney,USA	PAC06AUG	LCM06	0:28.60	1:01.58	1:39.31	2:10.11
4	Klochkova Yana,UKR	OLYMPICS	LCM00	0:28.70	1:01.78	1:40.05	2:10.68
5	Coventry Kirsty,ZIM	WORLD05	LCM05	0:29.25	1:02.21	1:40.19	2:11.13
6	Chen Yan,CHN	CHNOCT	LCM97	0:29.07	1:03.03	1:40.95	2:11.27
7	Lin Li,CHN	OLYMPICS	LCM92	0:28.68	1:02.05	1:40.77	2:11.65
8	Beard Amanda,USA	OLYMPICS	LCM04	0:29.17	1:03.73	1:40.65	2:11.70
9	Geweniger Ute,GDR	GDRLCJUL	LCM81	0:28.60	1:02.22	1:40.75	2:11.73
10	Schneider Petra,GDR	SEASN82	LCM82	0:28.91	:02.80	1:40.92	2:11.79

## 400 METRES IND. MEDLEY

			100	200	300	400	
1	Klochkova Yana,UKR	OLYMPICS	LCM00	1:01.62	2:11.30	3:30.63	4:33.59
2	Chen Yan,CHN	CHNOCT	LCM97	1:03.22	2:12.15	3:32.28	4:34.79
3	Sandeno Kaitlin,USA	OLYMPICS	LCM04	1:02.95	2:13.30	3:33.09	4:34.95
4	Filippi Alessia,ITA	EUR06AUG	LCM06	1:03.12	2:11.37	3:32.06	4:35.80
5	Hoff Katie,USA	USALCAUG	LCM06	1:03.86	2:14.45	3:32.36	4:35.82
6	Tajima Yasuko,JPN	OLYMPICS	LCM00	1:03.21	2:11.74	3:33.98	4:35.96
7	Schneider Petra,GDR	SEASN82	LCM82	1:02.42	2:12.16	3:	

# MEN'S EVENTS

## 100 METRES BACKSTROKE

			50	100
1	Tewksbury Mark,24,UCSC	OLYMPICS	LCM92	0:26.39 0:53.98
2	Versfeld Mark,21,UBC	WORLD98	LCM98	0:27.18 0:55.17
3	Murphy Sean,23,EPS	CANMAY	LCM88	0:26.12 0:55.22
4	Rose Matthew,23,TRENT	CANLCJUL	LCM04	0:26.47 0:55.32
5	James Riley,23,NRST	WORLD03	LCM03	0:26.74 0:55.39
6	Renaud Chris,21,UCSC	CANAUG	LCM98	n/a 0:55.48
7	Sepulis Sean,26,IS	PAN03AUG	LCM03	0:26.71 0:55.69
8	Braknis Robert,22,COBRA	CANJUL	LCM95	n/a 0:56.12
9	Hersee Dustin,23,PDSA	CANLCMAR	LCM99	n/a 0:56.16
10	Oriwol Tobias,16,ESWIM	CANLCMAR	LCM02	0:27.17 0:56.19

## 100 METRES BUTTERFLY

			50	100
1	Mintenko Michael,27,UBCD	USOPNDEC	LCM02	0:24.56 0:52.44
2	Bartoch Joe,23,LAC	CANLCJUL	LCM06	0:24.93 0:53.13
3	Clarke Stephen,23,COBRA	OLYMPICS	LCM96	0:24.65 0:53.33
4	Pietucha Shamek,22,UCSC	PAN99AUG	LCM99	0:25.07 0:53.40
5	Pulle Garrett,20,PDSA	CANAUG	LCM98	0:25.32 0:53.69
6	Gery Marcel,24,EPS	SWEFEB	LCM90	0:25.18 0:53.73
7	Ponting Tom,23,UCSC	CANMAY	LCM88	0:25.27 0:53.77
8	Kindler Thomas,25,CAMO	CW06MAR	LCM06	0:24.80 0:53.83
9	Cerny Vlastimil,25,NYAC	CANAUG	LCM88	0:25.42 0:53.92
10	Sioui Adam,23,TD	CANLCMAY	LCM05	0:25.45 0:53.92

## 200 METRES BACKSTROKE

			50	100	150	200
1	Beavers Keith,23,ROW	CANLCJUL	LCM06	0:28.84	0:58.92	1:29.03 1:58.97
2	O'Brien Nathaniel,21,UVPCSCANLCJUL	LCM04	0:29.03	0:59.20	1:29.95 1:59.17	
3	Versfeld Mark,21,UBC	WORLD98	LCM98	0:28.88	0:59.13	1:29.71 1:59.39
4	Renaud Chris,19,UCSC	CANAUG	LCM96	0:28.31	0:58.65	1:29.74 1:59.81
5	Strelzow Desmond,20,IS	CANLCNOV	LCM05	0:28.52	0:58.85	1:29.62 2:00.00
6	Oriwol Tobias,15,ESWIM	SYDNJAN	LCM01	n/a		2:00.03
7	Draxinger Kevin,24,PDSA	PAC91AUG	LCM91	0:29.26	0:59.75	1:30.37 2:00.54
8	Hamm Greg,23,PDSA	CANLCAUG	LCM99	0:28.61	0:58.77	1:29.67 2:00.67
9	Hawes Matt,20,UBCD	PAC06AUG	LCM06	0:28.42	0:58.26	1:29.65 2:00.75
10	Hersee Dustin,24,PDSA	CDNLCMAY	LCM00	0:28.44	0:58.88	1:30.03 2:00.96

## 200 METRES BUTTERFLY

			50	100	150	200
1	Pietucha Shamek,23,UCSC	CDNLCMAY	LCM00	0:26.77	0:56.90	1:27.13 1:58.08
2	Ponting Tom,23,UCSC	CANMAY	LCMBB	0:26.74	0:56.98	1:27.45 1:58.14
3	Cerny Vlastimil,21,MANTA	PANPACIF	LCM85	0:27.64	0:57.72	1:28.44 1:59.22
4	Johns Brian,21,UBCD	USNATAUG	LCM03	0:27.21	0:57.95	1:28.86 1:59.29
5	Kelly Jon,22,VICO	OLYMPICS	LCM88	0:27.28	0:57.49	1:28.35 1:59.40
6	Gery Marcel,23,NYAC	ROMEJUN	LCM88	0:27.33	0:58.05	1:29.13 1:59.57
7	Barrett Casey,21,PDSA	OLYMPICS	LCM96	0:26.87	0:57.48	1:28.60 1:59.72
7	Hirniak Stetan,21,IS	PAC06AUG	LCM06	0:26.79	0:57.24	1:28.09 1:59.72
9	Ward Peter,20,NYAC	SEASN84	LCM84	0:27.82	0:58.30	1:28.61 1:59.99
10	McFarlane Rob,21,UCSC	CANJUL	LCM95	n/a		2:00.01

## 400 METRES FREESTYLE

			100	200	300	400
1	Hurd Andrew,23,TO	CW06MAR	LCM06	0:55.77	1:54.10	2:51.99 3:49.08
2	Say Rick,21,IS	CDNLCMAY	LCM00	0:54.81	1:53.56	2:52.46 3:49.99
3	Szmidt Peter,18,EKSC	CANLCJUL	LCM80	0:56.88	1:55.57	2:53.10 3:50.49
4	MacGillivray Kurtis,20,ROWAUSLCMAR	LCM04	0:56.52	1:55.59	2:54.39	3:51.43
5	Johnston Mark,20,PDSA	CDNLCMAY	LCM00	0:56.08	1:54.14	2:52.93 3:51.71
6	Cochrane Ryan,17,IS	PAC06AUG	LCM06	0:56.71	1:56.54	2:55.73 3:52.63
7	Russell Colin,20,TO	CANLCMAY	LCM05	0:56.73	1:56.07	2:55.19 3:52.81
8	O'Hare Turlough,20,CDSC	PACB9AUG	LCM89	0:58.11	1:57.83	2:56.39 3:52.89
9	VanderMeulen Gary,22,UCSC	CANMAY	LCMBB	0:56.50	1:55.88	2:55.67 3:53.65
10	Johns Brian,21,UBCD	USNATAUG	LCM03	0:56.63	1:56.71	2:56.79 3:53.84

## 800 METRES FREESTYLE

			100	200	300	400	500
1	Hurd Andrew,23,TSC	PAC06AUG	LCM06	0:57.59	1:58.73	2:59.27	3:59.95
2	Cochrane Ryan,17,IS	PAC06AUG	LCM06	0:57.26	1:57.66	2:58.11	3:58.41
3	MacGillivray Kurtis,19,RDWA	CANLCJUN	LCM03	0:58.28	1:58.43	2:58.73	3:59.15
4	Bowie Chris,23,EKSC	CANAUG	LCM90	0:58.75	1:59.19	2:59.73	3:59.67
5	Say Rick,24,UCSC	CANLCJUN	LCM03	0:55.63	1:55.53	2:56.23	3:57.65
6	O'Hare Turlough,23,NYAC	FISLUJUL	LCM93	0:58.79	1:59.77	2:59.98	4:01.57
7	Taylor Harry,21,EKSC	PAC89AUG	LCM89	0:58.82	1:58.85	2:58.79	4:00.16
8	McLellan David,18,LAC	CANAUG	LCM91	1:00.55	2:02.26	3:03.54	4:04.87
9	VanderMeulen Gary,23,UCSC	CANAUG	LCM88	0:58.02	1:58.77	3:00.21	4:02.17
10	Peterson Tim,22,PDSA	SCSCJUN	LCM01	n/a			

## 1500 METRES FREESTYLE

			100	200	300	400	500
1	Hurd Andrew,23,TO	CW06MAR	LCM06	0:58.68	2:00.35	3:01.88	4:03.69 5:05.77
2	MacGillivray Kurtis,20,ROW	AUSLCMAR	LCM04	0:57.53	1:57.39	2:57.52	3:58.04 4:58.73
3	Taylor Harry,21,EKSC	COMMJAN	LCM90	0:59.51	2:00.55	3:01.53	4:02.93 5:04.34
4	Cochrane Ryan,17,IS	PAC06AUG	LCM06	0:58.25	1:59.95	3:01.55	4:02.96 5:04.48
5	Chalmers Chris,18,LYAC	COMMWLTN	LCM86	0:59.06	2:00.48	3:02.24	4:03.86 5:05.38
6	Bowie Chris,22,EKSC	PAC89AUG	LCM89	1:00.76	2:02.99	3:04.95	4:07.19 5:09.14
7	Shemilt David,18,BROCK	OLYMPICS	LCM84	0:59.78	2:00.99	3:02.84	4:04.90 5:06.92
8	Peterson Tim,21,PDSA	CANLCJUL	LCM00	0:59.99	2:01.14	3:02.89	4:04.63 5:06.52
9	Szmidt Peter,18,EKSC	DUALJUL	LCM80	1:00.68	2:02.22	3:04.15	4:06.45 5:08.95
10	McLellan David,18,LAC	CANAUG	LCM91	1:00.19	2:02.34	3:04.33	4:06.81 5:09.20

## 100 METRES FREESTYLE

			50	100
1	Hayden Brent,23,UBCD	PAC06AUG	LCM06	0:23.45 0:48.59
2	Say Rick,27,IS	CANLCJUL	LCM06	0:23.92 0:49.42
3	Lupien Yannick,26,UJL	CW06MAR	LCM06	0:23.88 0:49.65
4	Rose Matthew,25,IS	CANLCJUL	LCM06	0:23.86 0:49.75
5	Greenshields Joel,18,UCSC	CANLCJUL	LCM06	0:24.43 0:49.81
6	Russell Colin,21,DS	CANLCJUL	LCM06	0:24.41 0:50.02
7	Clarke Stephen,24,ROW	PAC97AUG	LCM97	0:24.26 0:50.06
8	Hutchison Craig,25,PCSC	CANLCAUG	LCM00	0:24.32 0:50.07
9	Mintenko Michael,27,UBCD	USNATAPR	LCM03	0:24.15 0:50.19
10	Hankewich Chad,23,GOLD	CANLCMAY	LCM05	0:24.24 0:50.26

## 100 METRES BREASTSTROKE

			50	100
1	Knabe Morgan,22,UCSA	CANLCJUN	LCM03	0:28.30 1:00.70
2	Brown Michael,21,UCSC	WORLD05	LCM05	0:28.95 1:01.30
3	Dickens Scott,21,UBC	CW06MAR	LCM06	0:28.67 1:01.51
4	Davis Victor,19,ROW	OLYMPICS	LCM84	0:29.37 1:01.99
5	Cleveland Jon,21,UCSC	CANMAY	LCM92	0:29.72 1:02.26
6	Bois Mathieu,18,CAMO	CANLCJUL	LCM06	0:29.28 1:02.32
7	Huang Matthew,20,UBCD	CANLCMAY	LCM05	0:29.03 1:02.49
8	Thomsen Chad,18,EKSC-UA	CAGMSAUG	LCM01	0:29.26 1:02.89
9	Myden Curtis,18,UCSC	CANMAY	LCM92	0:29.81 1:03.12
10	Stamhuis John,21,IS	CDNLCMAY	LCM00	0:29.78 1:03.17

## 200 METRES FREESTYLE

			50	100	150	200
1	Hayden Brent,22,UBCD	WORLD05	LCM05	0:24.69	0:51.70	1:19.22 1:46.85
2	Say Rick,25,UCSC	CANLCJUL	LCM04	0:25.54	0:52.56	1:19.89 1:47.16
3	Hurd Andrew,23,TSC	CANLCJUL	LCM06	0:25.90	0:53.72	1:21.58 1:48.89
4	Johnston Mark,21,PDSA	WORLD01	LCM01	0:25.83	0:52.88	1:20.76 1:48.90
5	Johns Brian,20,UBCD	USNATAPR	LCM03	0:25.76	0:53.71	1:21.93 1:49.07
6	Russell Colin,21,DS	PAC06AUG	LCM06	0:25.99	0:53.47	1:21.53 1:49.34
7	O'Hare Turlough,21,CDSC	WORLD91	LCM91	0:26.19	0:53.94	1:21.89 1:49.71
8	Gery Marcel,22,NYAC	PANPAC	LCMB7	0:26.63	0:55.13	1:23.01 1:49.84
9	Ward Darren,23,UCSC	PAC91AUG	LCM91	0:26.11	0:53.75	1:21.83 1:50.22
10	Szmidt Peter,18,EKSC	CANLCJUL	LCMB0		0:54.14	1:50.27

## 200 METRES BREASTSTROKE

			50	100	150	200
1	Brown Michael,21,UCSC	WORLD05	LCM05	0:29.22	1:02.91	1:38.81 2:11.22
2	Knabe Morgan,22,UCSA	CANLCJUN	LCM03	0:29.80	1:04.00	1:38.13 2:12.74
3	Davis Victor,19,ROW	OLYMPICS	LCMB4	0:30.43	1:03.83	1:38.67 2:13.34
4	Cleveland Jon,21,UCSC	CANMAY	LCM92	0:30.48	1:04.53	1:38.64 2:13.97
5	Dickens Scott,19,UBCD	CANLCJUL	LCM04	0:29.84	1:03.97	1:38.28 2:14.98
6	Bois Mathieu,17,CAMO	CANLCNOV	LCM05	0:30.24	1:04.42	1:39.63 2:15.44
7	Mason Michael,18,PEPSI	CANMAY	LCM92	0:31.17	1:05.74	1:40.50 2:15.55
8	Mains Matthew,22,ROW	CANLCJUL	LCM04	0:31.34	1:05.50	1:39.86 2:15.73
9	Stamhuis John,23,IS	PAC02AUG	LCM02	n/a		2:15.87
10	Boulianne Michel,25,CAMO	FISJUG	LCM03	0:31.19	1:05.71	1:49.63 2:15.91

## 200 METRES IND. MEDLEY

			50	100	150	200
1	Myden Curtis,24,UCSC	GOODWJUL	LCM98	0:26.37	0:57.58	1:31.32 2:00.38
2	Johns Brian,21,UBCD	USOPNDEC	LCM03	0:26.40	0:57.51	1:32.06 2:00.91
3	Baumman Alex,21,LUCS	ESSOCUP	LCMB6	0:27.33	0:58.21	1:33.19 2:01.42
4	Beavers Keith,23,ROW	CANLCMAY	LCM06	0:26.60	0:57.42	1:32.10 2:01.73
5	Anderson Gary,21,NYAC	CANAUG	LCM90	0:26.73	0:57.76	1:33.11 2:01.88
6	Oriwol Tobias,19,ESWIM	CANLCJUL	LCM04	0:26.31	0:57.81	1:32.67 2:02.37
7	Ward Darren,23,UCSC	CANMAY	LCM92	0:26.49	0:57.54	1:33.64 2:02.83
8	Von Richter Owen,23,ESWIM	CANLCMAR	LCM99	n/a		2:02.91
9	McLeod Jonathan,18,UNATTAUSTNAUG	LCM94	n/a			2:03.34
10	Murray Chad,23,UCSC	CANLCMAY	LCM05	0:26.83	0:58.65	1:34.37 2:03.48

## 400 METRES IND. MEDLEY

			100	200	300	400
1	Myden Curtis,26,UCSC	OLYMPICS	LCM00	0:58.01	2:04.92	3:16.53 4:15.33
2	Johns Brian,20,UBCD	PAC02AUG	LCM02	n/a		4:16.44
3	Baumman Alex,19,LUCS	OLYMPICS	LCMB4	1:00.01	2:04.63	3:17.99 4:17.41
4	Beavers Keith,21,ROW	CANLCJUL	LCM04	0:59.15	2:03.41	3:16.75 4:17.65
5	Von Richter Owen,24,ESWIM	PAN99AUG	LCM99	1:00.03	2:06.50	3:20.80 4:19.62
6	Sayao Chuck,20,TO	CANLCJUN	LCM03	0:59.85	2:05.01	3:19.71 4:19.66
7	Brown Raymond,21,EPS	CANAUG	LCM90	0:59.84	2:06.54	3:22.68 4:22.28
8	Ward Darren,21,UCSC	CANNOV	LCM90	n/a		4:23.14
9	Oriwol Tobias,16,ESWIM	USGP1MAY	LCM01	n/a		4:23.38
10	Meldrum Mike,20,UCSC	CANAUG	LCMBB	0:58.93	2:07.14	3:23.05 4:23.85

	500	600	700	800
4:59.08	5:58.46	6:57.66	7:55.88	
4:58.84				

# WOMEN'S EVENTS

## 100 METRES BACKSTROKE

			50	100	
1	Stefanyszyn Kelly,23,UBC	CW06MAR	LCM06	0:30.19	1:01.69
2	Gammel Erin,25,UCSC	CANLCMAY	LCM05	0:30.19	1:01.93
3	Lischinsky Michelle,26,MANTA	CANLCMAR	LCM01	0:30.94	1:02.48
4	Carroll Jennifer,22,MEGO	CANLCJUN	LCM03	0:29.48	1:02.53
5	Fratesi Jennifer,17,ROW	WDRLD01	LCM01	0:30.98	1:02.62
6	Howard Julie,18,BRANT	PAC95AUG	LCM95	0:30.58	1:02.75
7	Wycliffe Elizabeth,20,EBSC	USNATFEB	LCM04	0:30.73	1:03.05
8	Gresdal Jenna,20,ESWIM	CANLCMAY	LCM05	0:30.77	1:03.05
9	Meredith Caitlin,22,UBCD	CANLCJUL	LCM01	0:30.96	1:03.13
10	Garapick Nancy,14,HTAC	DLYMPICS	LCM76	0:30.52	1:03.28

## 100 METRES BUTTERFLY

			50	100	
1	Lacroix Audrey,22,UDEM	CW06MAR	LCM06	0:27.62	0:58.89
2	Downing MacKenzie,19,UVPCS	PAC06AUG	LCM06	0:28.33	0:59.43
3	Button Jennifer,24,RDW	PAC02AUG	LCM02	0:28.23	0:59.68
4	Amev Jessica,18,UCSC	PAC95AUG	LCM95	0:28.14	1:00.24
5	Deglau Jessica,19,PDSA	PAN99AUG	LCM99	0:28.66	1:00.48
6	Chevrier Karine,22,CAMD	CDNLCMAY	LCM00	0:28.28	1:00.71
7	Stefanyszyn Kelly,22,UBCD	CANLCJUL	LCM04	0:28.43	1:00.78
8	Kitson Shona,23,DSC-UA	PQCUPJUN	LCM01	n/a	1:00.96
9	Topham Kristin,18,PEPSI	CANAUG	LCM91	0:28.95	1:01.18
10	Evantz Sarah,20,PDSA	CANAPR	LCM96	0:28.93	1:01.18

## 200 METRES BACKSTROKE

			50	100	150	200	
1	Fratesi Jennifer,17,RDW	WDRLD01	LCM01	0:31.66	1:05.17	1:38.58	2:11.16
2	Stefanyszyn Kelly,17,PDSA	PAN99AUG	LCM99	0:31.94	1:04.91	1:40.06	2:13.24
3	Warden Elizabeth,25,TD	CANLCJUN	LCM03	0:31.96	1:05.75	1:39.82	2:13.42
4	Gibson Cheryl,18,UCSC	WDRLD78	LCM78	0:31.18	1:05.27	1:39.65	2:14.23
5	Wycliffe Elizabeth,22,EBSC	CANLCNOV	LCM05	0:31.18	1:05.68	1:40.09	2:14.58
6	Meredith Caitlin,21,UBCD	CANLCNOV	LCM05	0:31.97	1:06.06	1:40.28	2:14.77
7	Malar Joanne,19,HWAC	CANJUL	LCM95	n/a			2:14.84
8	Dryden Nikki,23,PDSA	CANAUG	LCM98	0:32.06	1:06.62	1:40.75	2:14.86
9	Bouchard Melanie,24,UL	CANLCJUL	LCM06	0:32.45	1:06.25	1:40.33	2:14.89
10	Hazel Beth,20,UNATT	CWLTHAUG	LCM94	0:32.89	1:06.51	1:40.51	2:15.24

## 200 METRES BUTTERFLY

			50	100	150	200	
1	Deglau Jessica,19,PDSA	PAN99AUG	LCM99	0:29.61	1:02.14	1:35.29	2:09.64
2	Lacroix Audrey,22,UDEM	CW06MAR	LCM06	0:28.92	1:01.84	1:35.28	2:09.96
3	Downing MacKenzie,19,UVPCS	PAC06AUG	LCM06	0:29.07	1:02.04	1:36.01	2:10.53
4	Button Jennifer,24,RDW	PAC02AUG	LCM02	n/a			2:11.05
5	Horstead Jill,18,ESC	CANNATLS	LCM85	0:30.00	1:03.46	1:37.64	2:11.48
6	McGinnis Donna,16,EKSC	CANNATLS	LCM85	0:30.47	1:03.75	1:37.76	2:11.72
7	Quirk Wendy,20,EKSC	TDKYAUG	LCM80	0:30.30	1:03.50	1:37.60	2:12.15
8	Cater Mojca,18,EPS	DLYMPICS	LCM88	0:30.79	1:04.14	1:38.42	2:12.66
9	Schwartz Andrea,18,ROD	CANAPR	LCM96	0:30.41	1:04.58	1:38.61	2:12.71
10	Moore Marie,16,DCSC	CANJUN	LCM84	0:30.66	1:03.97	1:38.30	2:12.96

## 400 METRES FREESTYLE

			100	200	300	400	
1	Reimer Brittany,17,SKSC	WDRLD05	LCM05	1:00.22	2:02.90	3:06.25	4:07.32
2	Malar Joanne,23,UCSC	PAN99AUG	LCM99	1:00.49	2:04.37	3:08.82	4:12.64
3	Daigneault Julie,18,PCSC	SEASN83	LCM83	1:02.37	2:06.50	3:10.13	4:12.83
4	Charron-Watson Chanelle,21,UL	FISUAUG	LCM05	1:01.62	2:03.99	3:11.07	4:13.27
5	Noall Patricia,18,CNMMN	CANAUG	LCM88	1:01.84	2:06.36	3:11.07	4:13.40
6	Dryden Nikki,19,IS	CWLTHAUG	LCM94	1:01.73	2:05.91	3:10.70	4:13.49
7	Deglau Jessica,21,UBCD	CANLCMAR	LCM02	1:01.44	2:05.68	3:10.01	4:13.81
8	McGinnis Donna,17,ESC	ESSDCUP	LCM86	1:01.94	2:05.83	3:10.47	4:14.45
9	Legault Karine,21,PPD	CDNLCMAY	LCM00	1:01.23	2:05.10	3:09.71	4:14.47
10	Wurzburger Debbie,15,LYAC	CANNATLS	LCM85	1:00.82	2:05.18	3:10.07	4:14.49

## 800 METRES FREESTYLE

			100	200	300	400	500	600	700	800	
1	Reimer Brittany,17,SKSC	WDRLD05	LCM05	1:01.04	2:05.08	3:09.37	4:13.82	5:17.93	6:21.67	7:25.37	8:27.59
2	Wurzburger Debbie,18,LYAC	DLYMPICS	LCM88	1:03.55	2:08.02	3:12.61	4:17.70	5:22.69	6:27.15	7:33.08	8:36.24
3	Dryden Nikki,19,IS	CWLTHAUG	LCM94	1:02.77	2:07.09	3:11.36	4:16.17	5:21.40	6:27.15	7:33.08	8:37.70
4	Malar Joanne,23,UCSC	EVANSJUL	LCM99	n/a							8:38.32
5	Legault Karine,21,PPD	CDNLCMAY	LCM00	1:03.05	2:08.31	3:13.59	4:19.27	5:24.04	6:29.34	7:34.95	8:39.21
6	Daigneault Julie,17,PCSC	SEASN83	LCM83	1:03.40	2:08.66	3:14.15	4:19.64	5:25.12	6:31.61	7:36.21	8:41.10
7	Hunks Tanya,26,UBCD	PAC06AUG	LCM06	1:03.75	2:09.08	3:14.80	4:20.82	5:26.42	6:31.56	7:37.01	8:41.43
8	Milne Kim,15,LYAC	PANPACIF	LCM85	1:04.08	2:09.33	3:14.63	4:19.83	5:24.96	6:30.27	7:36.48	8:41.95
9	Charron-Watson Chanelle,22,UL	CANLCJUL	LCM06	1:04.02	2:10.60	3:17.25	4:23.60	5:28.57	6:33.72	7:39.00	8:42.11
10	Lencoe Taryn,18,UBCD	8CSRMAR	LCM04	1:02.90	2:08.24	3:14.01	4:20.10	5:25.84	6:32.04	7:38.38	8:42.91

## 1500 METRES FREESTYLE

			100	200	300	400	500	600	700	800	900	1000	1100	1200	1300	1400	1500	
1	Reimer Brittany,17,SKSC	WDRLD05	LCM05	1:01.77	2:06.06	3:10.57	4:15.37	5:19.92	6:24.33	7:28.59	8:33.15	9:37.85	10:42.77	11:47.74	12:52.64	13:57.80	15:03.92	16:07.73
2	Lencoe Taryn,17,UBCD	CANLCJUN	LCM03	1:02.06	2:07.07	3:12.91	4:18.97	5:25.29	6:31.58	7:38.02	8:44.15	9:50.33	10:56.56	12:02.75	13:09.07	14:15.59	15:21.61	16:25.64
3	King Savannah,14,VKSC	CANLCJUL	LCM06	1:03.01	2:08.63	3:14.50	4:20.37	5:26.24	6:32.97	7:39.41	8:45.94	9:52.93	11:00.02	12:07.04	13:14.31	14:22.19	15:28.91	16:34.27
4	Hunks Tanya,24,HYACK	CANLCMAY	LCM05	1:02.47	2:08.01	3:13.95	4:20.30	5:27.15	6:34.27	7:41.46	8:48.41	9:55.55	11:02.66	12:10.07	13:17.34	14:24.45	15:31.47	16:36.60
5	Jellie Emily,16,ROW	JRPACJAN	LCM05	1:03.87	2:10.14	3:16.56	4:23.50	5:30.83	6:37.86	7:45.08	8:52.18	9:59.36	11:07.00	12:13.74	13:20.66	14:27.75	15:35.08	16:40.03
6	Purvis Elissa,15,CDSC	PACJUL	LCM86	n/a														16:40.60
7	Knox Melissa,15,PDSA	CANJUL	LCM94	1:03.29	2:09.39	3:16.26	4:23.11	5:29.88	6:36.86	7:44.23	8:51.75	9:58.95	11:06.24	12:13.43	13:20.79	14:28.37	15:36.11	16:41.37
8	Holland Erin,17,UCSC	CANAUG	LCM90	1:04.25	2:10.61	3:17.32	4:23.99	5:30.81	6:37.75	7:44.70	8:51.85	9:58.76	11:05.82	12:13.04	13:20.51	14:28.18	15:35.79	16:42.44
9	Wurzburger Debbie,19,EKSC	PAC98AUG	LCM89	1:04.20	2:10.75	3:17.46	4:24.30	5:30.78	6:37.45	7:43.96	8:50.55	9:57.29	11:04.37	12:11.51	13:19.34	14:27.79	15:35.67	16:42.60
10	Smith Shannon,15,HYACK	SCSCJUL	LCM77	n/a														16:43.98

## 100 METRES FREESTYLE

				50	100
1	Morningstar Erica,17,CP	PAC06AUG	LCM06	0:26.76	0:55.36
2	Saumur Genevieve,18,CAMD	CANLCNDV	LCM05	0:26.95	0:55.61
3	Nicholls Laura,22,RDW	PQCUPJUN	LCM01	0:26.97	0:55.69
4	Limpert Marianne,27,PDSA	DLYMPICS	LCM00	0:27.01	0:56.87
5	Poon Victoria,21,CAMO	PAC06AUG	LCM06	0:27.07	0:56.02
6	Shakespeare Shannon,19,MM	DLYMPICS	LCM96	0:27.35	0:56.05
7	Button Jennifer,26,TD	USNATFEB	LCM04	0:27.30	0:56.07
8	Wilkinson Julia,18,NYAC	PAC06AUG	LCM06	0:27.30	0:56.27
9	Rolland Nadine,25,CAMD	TDULMAY	LCM00	n/a	0:56.29
10	Gresdal Jenna,20,ESWIM	CANLCMAY	LCM05	0:27.03	0:56.32

## 100 METRES BREASTSTROKE

				50	100
1	Leier Rhiannon,27,MM	CANLCJUL	LCM04	0:31.99	1:08.14
2	van Oosten Lauren,18,NRST	WDRLD98	LCM98	0:32.68	1:08.66
3	Higson Allison,15,EPS	DLYMPICS	LCM88	0:32.18	1:08.86
4	Cloutier Guylaine,24,CAMO	DLYMPICS	LCM96	0:32.58	1:09.40
5	Sloan Tara,17,UCSC	CANAUG	LCM97	0:32.26	1:09.43
6	Petelski Christin,22,IS	DLYMPICS	LCM00	0:33.01	1:09.54
7	Duggan Keltie,19,AL8	CANNDV	LCM89	0:32.80	1:09.64
8	Flood Lisa,24,PDSA	CANAPR	LCM96	0:33.18	1:09.98
9	Blackburn Lisa,32,RDW	CANLCJUL	LCM04	0:32.93	1:09.98
10	Tyler Jillian,17,NCSA	PAC06AUG	LCM06	0:33.43	1:10.19

## 200 METRES FREESTYLE

				50	100	150	200
1	Simard Sophie,26,UL	WDRLD05	LCM05	0:28.53	0:58.60	1:29.22	1:59.38
2	Reimer Brittany,17,SKSC	USNATAUG	LCM05	0:28.65	0:59.00	1:29.62	1:59.73
3	Limpert Marianne,27,PDSA	DLYMPICS	LCM00	0:27.88	0:58.07	1:28.56	1:59.85
4	Charron-Watson Chanelle,22,UL	CANLCJUL	LCM06	0:28.74	0:59.23	1:29.71	1:59.99
5	Deglau Jessica,19,PDSA	PAN99AUG	LCM99	0:28.41	0:58.73	1:29.32	2:00.21
6	Noall Patricia,18,CNMMN	CANAUG	LCM88	0:28.78	0:59.68	1:30.81	2:00.61
7	Nicholls Laura,21,RDW	CDNLCMAY	LCM00	0:29.42	1:00.63	1:30.84	2:01.01
8	Kerr Jane,17,ESC	CANNATLS	LCM85	0:28.90	0:59.88	1:30.68	2:01.08
9	Wilkinson Julia,18,NYAC	PAC06AUG	LCM06	0:28.90	0:59.39		

# ALL TIME LONG COURSE TAG TIMES

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## GIRLS 11-12

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### 50 METRES FREESTYLE

1	27.16	Collins, Shauna,12,ROD	LCM90
2	27.38	Cruz, Michelle,12,ACE	LCM93
3	27.39	Melien, Lori,11,AAC	LCM84
4	27.52	Pelletier, Anne-M.,12,SL	LCM93
5	27.60	Baird, Andrea,12,RDCSC	LCM98
6	27.72	Pomerleau, Kirsten,12,UCSC	LCM00
6	27.72	Gabor, Alexandra,12,WG8	LCM06
8	27.74	Lachapelle, Edith,12,GO	LCM89
9	27.79	Mainville, Sandrine,12,CN8	LCM05
10	27.82	Promislow, Janna,12,EKSC	LCM84

### 100 METRES FREESTYLE

1	58.04	Collins, Shauna,12,ROD	LCM90
2	59.36	Melien, Lori,12,AAC	LCM85
3	59.84	Lachapelle, Edith,12,GO	LCM89
4	59.93	Cruz, Michelle,12,ACE	LCM93
5	1:00.04	Promislow, Janna,12,EKSC	LCM84
6	1:00.07	Gabor, Alexandra,12,WG8	LCM05
7	1:00.24	Howard, Julie,12,BRANT	LCM89
8	1:00.39	Bakken, Alyssa,12,S8C	LCM05
9	1:00.64	Pollard, Alix,12,TOMAC	LCM94
10	1:00.76	Seemann, Lindsay,12,NEW	LCM05

### 200 METRES FREESTYLE

1	2:03.72	Collins, Shauna,12,ROD	LCM90
2	2:08.17	Gabor, Alexandra,12,WG8	LCM06
3	2:09.90	MacLean, Brenna,12,WVOSC	LCM05
4	2:10.03	Smith, Shannon,12,VANPK	LCM74
5	2:10.55	Pollard, Alix,12,TOMAC	LCM94
6	2:11.41	Beattie, Megan,12,CARO	LCM77
7	2:11.64	McComb, Holly,12,PCSC	LCM88
8	2:11.70	Malar, Joanne,12,HWAC	LCM88
9	2:12.06	Cruz, Michelle,12,ACE	LCM93
10	2:12.10	Ticktin, Miriam,12,PCSC	LCM83

### 400 METRES FREESTYLE

1	4:28.48	Collins, Shauna,12,ROD	LCM90
2	4:30.05	Gabor, Alexandra,12,WG8	LCM06
3	4:31.48	Birchenough, Nancy,12,PCSC	LCM84
4	4:31.69	Hunks, Tanya,12,HWAC	LCM93
5	4:33.40	Seemann, Lindsay,12,NEW	LCM05
6	4:33.88	Buck, Monica,12,HYACK	LCM85
7	4:34.21	McGinnis, Donna,12,EKSC	LCM81
8	4:34.50	Smith, Shannon,12,VANPK	LCM74
9	4:34.56	Shewchuk, Stephanie,12,PCSC	LCM87
10	4:34.74	Belluz, Alicia,12,HWAC	LCM88

### 800 METRES FREESTYLE

1	9:12.83	Smith, Shannon,12,VANPK	LCM74
2	9:12.93	Shewchuk, Stephanie,12,PCSC	LCM87
3	9:16.71	Belluz, Alicia,12,HWAC	LCM88
4	9:17.86	Malar, Joanne,12,HWAC	LCM88
5	9:18.42	Hunks, Tanya,12,HWAC	LCM93
6	9:18.77	Knox, Melissa,12,CDSC	LCM91
7	9:21.97	Birchenough, Nancy,12,PCSC	LCM84
8	9:23.12	Bodak, Anne,12,T8T	LCM81
9	9:24.77	Pilgrim, Shannon,12,LYAC	LCM86
10	9:26.95	McGinnis, Donna,12,EKSC	LCM81

### 100 METRES BACKSTROKE

1	1:07.31	Cruz, Michelle,12,ACE	LCM93
2	1:07.51	Bakken, Alyssa,12,UVPSC	LCM05
3	1:07.73	Melien, Lori,12,AAC	LCM85
4	1:07.90	Garapick, Nancy,12,HTAC	LCM74
5	1:08.08	Buckland, Brooke,12,WTSC	LCM01
6	1:08.14	Wise, Laura,12,COBRA	LCM99
7	1:08.60	Bouchard, Dominique,12,NSA	LCM04
8	1:08.65	Tung, Pamela,12,AUROR	LCM94
9	1:08.68	Pollard, Alix,12,TOMAC	LCM94
10	1:08.80	Vanlandeghem, Chantal,12,MANTA	LCM06

### 200 METRES BACKSTROKE

1	2:22.00	Bakken, Alyssa,12,UVPSC	LCM05
2	2:24.64	Cruz, Michelle,12,ACE	LCM93
3	2:24.88	Garapick, Nancy,12,HTAC	LCM74
4	2:25.68	Malar, Joanne,12,HWAC	LCM88
5	2:25.80	Kwasny, Suzanne,12,T8T	LCM75

6	2:26.31	Buckland, Brooke,12,WTSC	LCM01
7	2:26.50	Fratesi, Jennifer,12,SSMAC	LCM97
8	2:27.12	Pollard, Alix,12,TOMAC	LCM94
9	2:27.17	Bradley, Kristen,12,NEW	LCM96
10	2:27.18	Wise, Laura,12,COBRA	LCM99

### 100 METRES BREASTSTROKE

1	1:10.94	Higson, Allison,12,ESC	LCM86
2	1:13.10	Chuy, Courtenay,12,HYACK	LCM98
3	1:14.95	Cloutier, Guylaine,12,MTMY	LCM85
4	1:15.12	Wizniuk, Oanica,12,STSC	LCM93
5	1:15.16	Kierstead, Morgan,12,AQUA	LCM01
6	1:15.46	Myers, Victoria,12,WAC	LCM05
7	1:15.88	Heagy, Jennifer,12,SPART	LCM90
8	1:16.23	Jonusaitis, Jennifer,11,SSMAC	LCM93
9	1:16.30	Ozezeuw, Sheila,11,BYAC	LCM77
10	1:16.47	Pitchik, Helen,12,TSC	LCM03

### 200 METRES BREASTSTROKE

1	2:34.11	Higson, Allison,12,ESC	LCM86
2	2:35.08	Chuy, Courtenay,12,HYACK	LCM98
3	2:40.50	Cloutier, Guylaine,11,MTMY	LCM84
4	2:41.98	Heagy, Jennifer,12,SPART	LCM90
5	2:42.39	Myers, Victoria,12,WAC	LCM05
6	2:43.31	Kierstead, Morgan,12,AQUA	LCM01
7	2:43.65	Pitchik, Helen,12,TSC	LCM03
8	2:44.28	Ozezeuw, Sheila,11,BYAC	LCM77
9	2:45.02	Bacon, Kim,12,COBRA	LCM97
10	2:45.30	Craft, Jacquelyn,12,TRENT	LCM98

### 100 METRES BUTTERFLY

1	1:05.51	Collins, Shauna,12,ROD	LCM90
2	1:05.86	Barriscale, Allison,12,KMSC	LCM89
3	1:05.89	Howard, Julie,12,BRANT	LCM89
4	1:05.97	Truscott, Tasha,12,HHBF	LCM06
5	1:05.99	MacLean, Brenna,12,WVOSC	LCM05
6	1:06.05	Gomba, Danielle,12,PICK	LCM05
7	1:06.08	Coulombe, Michelle,12,CNMM	LCM78
8	1:06.08	MacPherson, Michelle,12,ET08	LCM79
9	1:06.17	Ste. Marie, Devin,12,AAC	LCM06
10	1:06.51	Kubacki, Christina,12,TOMAC	LCM94

### 200 METRES BUTTERFLY

1	2:22.47	Coulombe, Michelle,11,CNMM	LCM77
2	2:23.53	Seebach, Catherine,12,EPS	LCM88
3	2:23.90	Oesmarais, Marie-C.,12,OJ	LCM77
4	2:24.19	Mahood, Lea,11,COSC	LCM82
5	2:24.90	McKinnon, Kaleigh,12,NYAC	LCM02
6	2:25.56	Malar, Joanne,12,HWAC	LCM88
7	2:26.31	Higson, Allison,12,ESC	LCM86
8	2:26.32	Harrison, Chantal,12,CAMO	LCM87
9	2:26.46	Bakken, Alyssa,12,UVPSC	LCM05
10	2:26.55	Sewell, Karen,12,GO	LCM86

### 200 METRES IND. MEDLEY

1	2:21.55	Higson, Allison,12,ESC	LCM86
2	2:24.59	Bakken, Alyssa,12,UVPSC	LCM05
3	2:25.87	Chuy, Courtenay,12,HYACK	LCM98
4	2:26.37	Oozzo, Alison,11,NYAC	LCM80
5	2:26.55	Sewell, Karen,12,GO	LCM86
6	2:27.30	Malar, Joanne,12,HWAC	LCM88
7	2:27.31	Collins, Shauna,12,ROD	LCM90
8	2:27.50	Coulombe, Michelle,12,CNMM	LCM78
9	2:27.95	Melien, Lori,12,AAC	LCM85
10	2:28.31	MacPherson, Michelle,12,ET08	LCM78

### 400 METRES IND. MEDLEY

1	5:02.71	Malar, Joanne,12,HWAC	LCM88
2	5:07.00	Higson, Allison,12,ESC	LCM86
3	5:07.42	Bakken, Alyssa,12,UVPSC	LCM05
4	5:10.95	Smith, Shannon,12,VANPK	LCM74
5	5:12.18	Chuy, Courtenay,12,HYACK	LCM98
6	5:14.03	Seemann, Lindsay,12,NEW	LCM05
7	5:14.12	MacPherson, Michelle,12,ET08	LCM78
8	5:15.04	Allen, Iona,12,HTAC	LCM87
9	5:15.37	MacLean, Brenna,12,WVOSC	LCM05
10	5:15.56	Coulombe, Michelle,11,CNMM	LCM77

# ALL TIME SHORT COURSE TAG TIMES

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## GIRLS 11-12

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### 50 METRES FREESTYLE

1	26.34	Melien, Lori,12,AAC	SCM85
2	26.52	Collins, Shauna,12,ROD	SCM91
3	27.08	Couillard, Marie-P,12,REG	SCM05
4	27.26	Menu-Courey, Sasha,12,ESWIM	SCM04
5	27.27	Mainville, Sandrine,12,RIS	SCM05
6	27.28	Chan, Jackie,12,MSSAC	SCM98
7	27.34	Gabor, Alexandra,12,WG8	SCM06
8	27.35	MacLean, Brenna,12,WVOSC	SCM05
9	27.38	Bennett, Allison,12,NYAC	SCM00
10	27.44	Lachapelle, Edith,12,GO	SCM89

### 100 METRES FREESTYLE

1	57.36	Melien, Lori,12,AAC	SCM85
2	57.74	Collins, Shauna,12,ROD	SCM91
3	58.04	Gabor, Alexandra,12,WG8	SCM06
4	59.22	McComb, Holly,12,PCSC	SCM89
5	59.22	Couillard, Marie-P,12,REG	SCM05
6	59.23	Lachapelle, Edith,12,GO	SCM89
7	59.25	Oaigneault, Julie,12,WVOSC	SCM05
8	59.31	Oaigneault, Julie,11,PCSC	SCM78
9	59.59	Ticktin, Miriam,12,PCSC	SCM83
10	59.62	Oozzo, Alison,12,NYAC	SCM81

### 200 METRES FREESTYLE

1	2:04.88	Gabor, Alexandra,12,WG8	SCM06
2	2:05.41	Collins, Shauna,12,ROD	SCM91
3	2:06.30	MacLean, Brenna,12,WVOSC	SCM05
4	2:06.96	Ticktin, Miriam,12,PCSC	SCM83
5	2:07.29	Melien, Lori,12,AAC	SCM85
6	2:08.18	Oozzo, Alison,12,NYAC	SCM81
7	2:08.45	McComb, Holly,12,PCSC	SCM88
8	2:08.46	Oaigneault, Julie,11,PCSC	SCM78
9	2:08.49	Chan, Jackie,12,MSSAC	SCM98
10	2:08.75	Bakken, Alyssa,12,UVPSC	SCM05

### 400 METRES FREESTYLE

1	4:22.38	Gabor, Alexandra,12,WG8	SCM06
2	4:23.93	Shewchuk, Stephanie,12,PCSC	SCM87
3	4:26.04	Ticktin, Miriam,12,PCSC	SCM78
4	4:26.50	Higson, Allison,12,ESC	SCM86
5	4:27.13	Chan, Natalie,12,U8CD	SCM02
6	4:27.82	Collins, Shauna,12,ROD	SCM91
7	4:28.57	Daigneault, Julie,11,PCSC	SCM78
8	4:28.83	King, Savannah,12,VKSC	SCM05
9	4:29.36	McComb, Holly,12,PCSC	SCM88
10	4:30.03	Chan, Natalie,12,U8CO	SCM02

### 800 METRES FREESTYLE

1	8:55.85	Shewchuk, Stephanie,12,PCSC	SCM87
2	9:07.33	Kiinck, Tracy,12,ROW	SCM77
3	9:09.26	Chan, Natalie,12,U8CD	SCM02
4	9:09.55	Ticktin, Miriam,12,PCSC	SCM83
5	9:11.23	Knox, Melissa,12,POSA	SCM92
6	9:12.79	Pilgrim, Shannon,12,LYAC	SCM87
7	9:14.76	Chan, Natalie,12,U8CO	SCM02
8	9:15.31	King, Savannah,12,VKSC	SCM05
9	9:15.61	Collins, Shauna,12,ROD	SCM91
10	9:16.02	Lakusiak, Jill,12,MANTA	SCM88

### 100 METRES BACKSTROKE

1	1:04.33	Buckland, Brooke,12,WTSC	SCM02
2	1:05.62	Bakken, Alyssa,12,UVPSC	SCM06
3	1:05.71	Brueschke, Stephanie,12,MAC	SCM94
4	1:06.12	Bouchard, Dominique,12,NBYT	SCM04
5	1:06.17	Fratesi, Jennifer,12,SSMAC	SCM97
6	1:06.23	Melien, Lori,12,AAC	SCM85
7	1:06.35	Schneider, Kristen,12,ROD	SCM94
8	1:06.51	Colgan, Alana,12,STARS	SCM06
9	1:06.52	Gillespie, Emily,12,PERTH	SCM00
10	1:06.55	Bakken, Alyssa,12,UVPSC	SCM05

### 200 METRES BACKSTROKE

1	2:18.39	Bakken, Alyssa,12,UVPSC	SCM06
2	2:19.97	Buckland, Brooke,12,WTSC	SCM02
3	2:20.47	Fratesi, Jennifer,12,SSMAC	SCM97
4	2:21.50	Bouchard, Dominique,12,NBYT	SCM04
5	2:21.92	Melien, Lori,12,AAC	SCM85

6	2:22.34	Colgan, Alana,12,STARS	SCM06
7	2:22.60	Soucisse, Gabrielle,12,BBF	SCM04
8	2:22.83	Wise, Laura,12,COBRA	SCM99
9	2:23.08	Ozar, Brittany,12,CASC	SCM03
10	2:23.47	Russell, Sinead,12,DS	SCM06

### 100 METRES BREASTSTROKE

1	1:10.11	Higson, Allison,12,ESC	SCM86
2	1:11.76	Chuy, Courtenay,12,HYACK	SCM98
3	1:13.30	Richardson, Stephanie,12,NYAC	SCM90
4	1:14.12	Heagy, Jennifer,12,SPART	SCM90
5	1:14.22	Terejko, Rebecca,12,BRANT	SCM06
6	1:14.35	Salli, Chelsey,12,LOSC	SCM05
7	1:14.56	Cloutier, Guylaine,11,MTMY	SCM84
8	1:14.70	Rich, Whitney,12,ISS	SCM01
9	1:14.72	Dyson, Melissa,12,EKSC	SCM97
10	1:14.88	Pollard, Stephanie,12,IS	SCM01

### 200 METRES BREASTSTROKE

1	2:30.55	Chuy, Courtenay,12,HYACK	SCM98
2	2:32.10	Higson, Allison,12,ESC	SCM86
3	2:37.83	Heagy, Jennifer,12,	

# ALL TIME LONG COURSE TAG TIMES

1974-2006

BDYS 11-12

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## 50 METRES FREESTYLE

1	26.17	Mills, John M.,12,GO	LCM92
2	26.32	Calkins, Michael,12,IS	LCM91
3	26.44	Dawson, Sean,12,GO	LCM00
4	26.72	Toth, Jeff,12,ROD	LCM89
5	26.80	Mitchell, Garret,12,CASC	LCM92
6	26.89	Delagrave, Tomy,12,CNCB	LCM96
6	26.89	Greenley, Connor,12,AAC	LCM06
8	26.91	Pulle, Garret,12,MAC	LCM91
9	26.91	Johns, Brian,12,RACER	LCM95
10	26.94	Munro, Andrew,12,TOMAC	LCM90

## 100 METRES FREESTYLE

1	57.20	Munoz, Miguel,12,ESC	LCM86
2	57.59	Calkins, Michael,12,IS	LCM91
3	58.41	Oawson, Sean,12,GO	LCM00
4	58.51	Sayao, Chuck,12,TOMAC	LCM95
5	58.53	Johns, Brian,12,RACER	LCM95
6	58.60	Bois, Mathieu,12,HIPPO	LCM01
7	58.74	Ho, Calvin,12,EKSC	LCM05
8	59.10	Kendrick, James,12,CASC	LCM04
9	59.11	Munro, Andrew,12,TOMAC	LCM90
10	59.21	Mills, John M.,12,GO	LCM92

## 200 METRES FREESTYLE

1	2:05.83	Sayao, Chuck,12,TOMAC	LCM95
2	2:07.70	Munoz, Miguel,12,ESC	LCM86
3	2:07.79	Ho, Calvin,12,EKSC	LCM05
4	2:07.94	Kendrick, James,12,CASC	LCM04
5	2:07.97	Grillo, Matthew,12,PCSC	LCM06
6	2:08.01	Wake, Doug,12,YLSC	LCM89
7	2:08.57	Richards, Nicolas,12,PCSC	LCM84
8	2:08.92	Kurtzer, Mark,12,NEW	LCM00
9	2:08.94	Calkins, Michael,12,IS	LCM91
10	2:09.14	Dacosta, Jason,12,CNCB	LCM06

## 400 METRES FREESTYLE

1	4:19.04	Sayao, Chuck,12,TOMAC	LCM95
4	4:26.47	Richards, Nicolas,12,PCSC	LCM84
3	4:30.53	Johns, Brian,12,RACER	LCM95
4	4:30.72	Madden, Paul,12,COSC	LCM86
5	4:31.26	Wake, Ooug,12,YLSC	LCM89
6	4:31.74	O'Connor, Brent,12,POSA	LCM96
7	4:32.25	McLeod, Jonathan,12,ROO	LCM88
8	4:32.30	Grillo, Matthew,12,PCSC	LCM06
9	4:32.34	Stevens, Jamie,12,OSC	LCM87
10	4:33.51	Ellis, David,12,LYAC	LCM86

## 1500 METRES FREESTYLE

1	17:05.50	Richards, Nicolas,12,PCSC	LCM84
2	17:32.83	McLeod, Jonathan,12,ROO	LCM88
3	17:33.08	Stevens, Jamie,12,OSC	LCM88
4	17:43.60	Dolynchuk, John,12,ROW	LCM85
5	17:44.38	Sayao, Chuck,12,TOMAC	LCM95
6	17:49.96	Ellis, Oavid,12,LYAC	LCM86
7	17:55.74	O'Connor, Brent,12,POSA	LCM96
8	18:00.00	Madden, Paul,12,COSC	LCM86
9	18:00.58	Debrun, Jeremy,12,SPART	LCM06
10	18:03.58	White, Jamie,12,LAC	LCM90

## 100 METRES BACKSTROKE

1	1:05.47	Lee, Jimmy,12,WEST	LCM03
2	1:05.60	Oriwol, Tobias,12,PCSC	LCM98
3	1:06.03	Miesmer, Greg,12,WAC	LCM92
4	1:06.07	Mitchell, Garret,12,CASC	LCM92
5	1:06.32	Kendrick, James,12,CASC	LCM04
6	1:06.54	Johns, Brian,12,RACER	LCM95
7	1:06.89	Hartney, Jordan,12,PSW	LCM01
8	1:06.97	Lutsch, Curtis,12,UCSC	LCM03
9	1:07.06	Cho, Andrew,12,HYACK	LCM91
10	1:07.46	Zielnik, Maciek,12,EKSC	LCM97

## 200 METRES BACKSTROKE

1	2:18.05	Oriwol, Tobias,12,PCSC	LCM98
2	2:20.62	Lee, Jimmy,12,WEST	LCM03
3	2:21.16	Petrone, Franco,12,ESWIM	LCM06
4	2:21.74	Lutsch, Curtis,12,UCSC	LCM03
5	2:22.31	Coulman, Trevor,12,GOLD	LCM97

6	2:22.40	Cho, Andrew,12,HYACK	LCM91
7	2:22.69	Wyjad, Mark,12,PCSC	LCM92
8	2:23.64	Johns, Brian,12,RACER	LCM95
9	2:24.32	Chorney, Drew,12,TMSC	LCM90
10	2:24.79	Pommerville, Justin,12,IS	LCM99

## 100 METRES BREASTSTROKE

1	1:12.24	Cheung, David,12,CREST	LCM94
2	1:12.26	Mason, Michael,12,ESC	LCM87
3	1:12.27	Lysak, Steve,12,HWAC	LCM91
4	1:12.59	Lutsch, Curtis,12,UCSC	LCM03
5	1:12.73	Bois, Mathieu,12,HIPPO	LCM01
6	1:13.05	Huang, Matthew,12,ARBU	LCM96
7	1:13.47	Chiew, Ryan,12,HYACK	LCM99
8	1:14.12	Lund, Jesse,12,EKSC	LCM00
9	1:14.76	McKechnie, Nick,12,EBSC	LCM94
10	1:14.93	Ross, Jamie,12,AUROR	LCM00

## 200 METRES BREASTSTROKE

1	2:34.12	Lutsch, Curtis,12,UCSC	LCM03
2	2:36.28	Chiew, Ryan,12,HYACK	LCM99
3	2:37.89	Lysak, Steve,12,HWAC	LCM91
4	2:38.34	Huang, Matthew,12,ARBU	LCM96
5	2:38.38	Bois, Mathieu,12,HIPPO	LCM01
6	2:39.19	Cheung, David,12,CREST	LCM94
7	2:39.54	Roberts, Tony,12,CRKW	LCM89
8	2:39.65	Richmond, Corby,12,TBT	LCM90
9	2:40.40	Mason, Michael,12,ESC	LCM87
10	2:42.01	Monaco, Marco,12,OAK	LCM99

## 100 METRES BUTTERFLY

1	1:03.26	Calkins, Michael,11,IS	LCM90
2	1:04.09	Johns, Brian,12,RACER	LCM95
3	1:04.27	Harvey, Brent,12,ROCSC	LCM84
4	1:04.53	Ouchi, Kurt,12,VKSC	LCM88
5	1:04.60	Cho, Jimmy,12,HYACK	LCM89
6	1:04.93	Bois, Mathieu,12,HIPPO	LCM01
7	1:04.96	Greenley, Connor,12,AAC	LCM06
8	1:05.16	Cho, Andrew,12,HYACK	LCM91
9	1:05.41	Monaco, Marco,12,OAK	LCM99
10	1:05.69	Milot, Oavid,12,PCSC	LCM00

## 200 METRES BUTTERFLY

1	2:19.98	Cantin, Jonathan,12,PLUS	LCM91
2	2:19.90	Cho, Andrew,12,HYACK	LCM91
3	2:20.87	Richards, Nicolas,12,PCSC	LCM84
4	2:21.07	Harvey, Brent,12,ROCSC	LCM84
5	2:22.13	Cho, Jimmy,12,HYACK	LCM89
6	2:22.81	Abdulla, Karim,12,ROO	LCM96
7	2:23.05	Cargin, Sean,12,WAC	LCM90
8	2:23.11	Chang, Joon-Keon,12,NYAC	LCM88
9	2:23.39	Barrett, Matthew,12,BTSC	LCM88
10	2:24.25	Calkins, Michael,11,IS	LCM90

## 200 METRES IND. MEDLEY

1	2:20.64	Lutsch, Curtis,12,UCSC	LCM03
2	2:21.81	Johns, Brian,12,RACER	LCM95
3	2:21.90	Sayao, Chuck,12,TOMAC	LCM95
4	2:22.75	Cheung, David,12,CREST	LCM94
5	2:23.79	Oriwol, Tobias,12,PCSC	LCM98
6	2:24.60	Cho, Andrew,12,HYACK	LCM91
7	2:25.28	Monaco, Marco,12,OAK	LCM99
8	2:25.50	Bois, Mathieu,12,HIPPO	LCM01
9	2:25.72	Lund, Jesse,12,EKSC	LCM00
10	2:25.74	Roberts, Tony,12,CRKW	LCM89

## 400 METRES IND. MEDLEY

1	5:03.60	Cho, Andrew,12,HYACK	LCM91
2	5:04.77	Madden, Paul,12,COSC	LCM86
3	5:05.37	Hurwitz, Paul,12,ARBU	LCM91
4	5:05.81	Foulds, Andrew,12,TBT	LCM85
5	5:05.87	Sayao, Chuck,12,TOMAC	LCM95
6	5:06.09	Monaco, Marco,12,OAK	LCM99
7	5:06.68	Lutsch, Curtis,12,UCSC	LCM03
8	5:07.29	Cheung, David,12,CREST	LCM94
9	5:08.78	Chang, Joon-Keon,12,NYAC	LCM88
10	5:09.18	White, Jamie,12,LAC	LCM90

# ALL TIME SHORT COURSE TAG TIMES

1974-2006

BOYS 11-12

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## 50 METRES FREESTYLE

1	25.28	Mills, John M.,12,GO	SCM93
2	25.43	Pulle, Garret,12,MAC	SCM91
3	25.43	Creelman, Brad,11,TOMAC	SCM83
4	25.64	Huang, Matthew,12,ARBU	SCM97
5	25.69	Calkins, Michael,12,IS	SCM92
6	25.69	Keung, Chris,12,SCAR	SCM95
7	26.00	Lupien, Yann ick,12,CAGRA	SCM93
8	26.25	Boulanger-M,Vincent,12,CNQ	SCM00
9	26.26	Munro, Andrew,12,EPS	SCM91
10	26.26	Joo, Jason,12,PDSA	SCM97

## 100 METRES FREESTYLE

1	55.99	Creelman, Brad,11,TOMAC	SCM83
2	56.38	Mills, John M.,12,GO	SCM93
3	56.54	Pulle, Garret,12,MAC	SCM91
4	56.70	Keung, Chris,12,SCAR	SCM95
5	57.12	Munro, Andrew,12,EPS	SCM91
6	57.18	Lupien, Yannick,12,CAGRA	SCM93
7	57.18	Wake, Doug,12,YLSC	SCM90
8	57.21	Phipps, Bob,12,COBRA	SCM96
9	57.25	Boulanger-M,Vincent,12,CNQ	SCM00
10	57.40	Toth, Jeff,12,ROD	SCM89

## 200 METRES FREESTYLE

1	2:01.59	Wake, Ooug,12,YLSC	SCM90
2	2:04.25	Abdel-Khalik, Hassan,12,ESWIM	SCM05
3	2:04.60	White, Jamie,12,LAC	SCM91
4	2:04.66	Marjanovic, Goran,12,HWAC	SCM95
5	2:05.24	Sayao, Chuck,12,TOMAC	SCM96
6	2:05.47	Kendrick, James,12,CASC	SCM04
7	2:05.55	Boulanger-M,Vincent,12,CNQ	SCM00
8	2:05.64	Pommerville, Justin,12,IS	SCM99
9	2:05.70	Madden, Paul,12,COSC	SCM87
10	2:05.70	Lupien, Yannick,12,CAGRA	SCM93

## 400 METRES FREESTYLE

1	4:15.89	Sayao, Chuck,12,TOMAC	SCM96
2	4:18.52	White, Jamie,12,LAC	SCM91
3	4:20.46	Wake, Doug,12,YLSC	SCM90
4	4:21.14	Stevens, Jamie,12,OSC	SCM88
5	4:22.70	Madden, Paul,12,CDSC	SCM87
6	4:23.00	Baumann, Alex,12,LUSC	SCM77
7	4:23.36	Barrett, Keith,12,HWAC	SCM94
8	4:23.56	Oriwol, Tobias,12,PCSC	SCM98
9	4:25.12	Lupien, Yannick,12,CAGRA	SCM93
10	4:25.71	Myden, Curtis,12,CASC	SCM87

## 1500 METRES FREESTYLE

1	16:58.85	White, Jamie,12,LAC	SCM91
2	16:59.70	Baumann, Alex,12,LUSC	SCM77
3	17:12.22	Jakisch, Trevor,11,SJS	SCM80
4	17:13.18	Richards, Nicolas,11,PCSC	SCM84
5	17:15.40	Foulds, Andrew,12,TBT	SCM86
6	17:16.71	Volz, Bernhard,11,NYAC	SCM81
7	17:22.57	Cho, Andrew,12,HYACK	SCM91
8	17:22.84	Madden, Paul,12,CDSC	SCM87
9	17:24.97	Petrone, Franco,12,ESWIM	SCM06
10	17:28.60	Thomas, Steven,12,HWAC	SCM78

## 100 METRES BACKSTROKE

1	1:03.13	Lee, Jim,12,WEST	SCM03
2	1:03.53	Oriwol, Tobias,12,PCSC	SCM98
3	1:03.63	Mills, John M.,12,GO	SCM93
4	1:04.77	Henderson, Matthew,12,CASC	SCM92
5	1:04.88	White, Jamie,12,LAC	SCM91
6	1:05.02	Lee, Alex,12,RHAC	SCM04
7	1:05.16	Kendrick, James,12,CASC	SCM04
8	1:05.28	Hartney, Jordan,12,PSW	SCM01
9	1:05.33	Keung, Chris,12,SCAR	SCM95
10	1:05.35	Pommerville, Justin,12,IS	SCM99

## 200 METRES BACKSTROKE

1	2:14.05	Oriwol, Tobias,12,PCSC	SCM98
2	2:16.27	Lee, Jim,12,WEST	SCM03
3	2:16.39	Sayao, Chuck,12,TOMAC	SCM96
4	2:16.83	Barrett, Keith,12,HWAC	SCM94
5	2:17.41	Petrone, Franco,12,ESWIM	SCM06

6	2:17.98	Dimitrov, David,12,MMST	SCM04
7	2:18.21	Pommerville, Justin,12,IS	SCM99
8	2:18.61	Wyjad, Mark,12,PCSC	SCM93
9	2:18.94	Henderson, Matthew,12,CASC	SCM92
10	2:19.67	Botman, Peter,12,GSC	SCM77

## 100 METRES BREASTSTROKE

1	1:07.51	Huang, Matthew,12,ARBU	SCM97
2	1:10.35	Lim, Jonathan,12,ACE	SCM94
3	1:10.54	Mason, Michael,12,ESC	SCM87
4	1:11.02	Lau, Dennis,12,MAC	SCM91
5	1:11.70	Bois, Mathieu,12,HIPPO	SCM01
6	1:11.33	Young, Matthew,12,ELAC	SCM83
7	1:11.33	Sy, Mark,12,CREST	SCM96
8	1:11.58	Lysak, Steve,12,HWAC	SCM91
9	1:11.70	Roberts, Tony,12,CRKW	SCM89
10	1:11.76	Gleason, Gregg,12,BROCK	SCM94

## 200 METRES BREASTSTROKE

1	2:26.87	Huang, Matthew,12,ARBU	SCM97
2	2:32.13	Bois, Mathieu,12,HIPPO	SCM01
3	2:32.69	Lim, Jonathan,12,ACE	SCM94
4	2:33.91	Mason, Michael,12,ESC	SCM87
5	2:33.94	Lau, Dennis,12,MAC	SCM91
6	2:34.29	Kneze	

# ALL TIME LONG COURSE TAG TIMES

1974-2006

GIRLS 13-14

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## 50 METRES FREESTYLE

1	26.51	Melien, Lori,13, AAC	LCM86
2	26.62	Howard, Julie,14, BRANT	LCM91
3	26.62	MacAuley, Chrissy,14, ETOB	LCM97
4	26.63	Collins, Shauna,13, ROD	LCM91
5	26.67	Gresdal, Jenna,14, ESWIM	LCM99
6	26.76	Bowman, Kimberly,14, PSW	LCM05
7	26.92	Zwarich, Allison,14, UCSC	LCM95
8	26.93	Couillard, Marie-P,13, REG	LCM05
9	26.94	Gault, Sarah,14, CAC	LCM00
10	26.96	Bradshaw, Jessie,14, UCSC	LCM99

## 100 METRES FREESTYLE

1	56.91	Howard, Julie,14, BRANT	LCM91
2	57.38	Gresdal, Jenna,14, ESWIM	LCM99
3	57.58	Collins, Shauna,13, ROD	LCM91
4	57.66	Melien, Lori,14, AAC	LCM86
5	58.02	Bell, Hilary,14, TSC	LCM06
6	58.03	Lachapelle, Edith,14, GO	LCM91
7	58.07	Topham, Kristin,14, MANTA	LCM88
8	58.14	Lessard, Petrina,14, PCSC	LCM89
9	58.15	Barbeau, Julie,14, ELITE	LCM89
10	58.20	Clarke, Debbie,13, TBT	LCM76

## 200 METRES FREESTYLE

1	2:02.84	Reimer, Brittany,14, SKSC	LCM03
2	2:03.35	Barbeau, Julie,14, ELITE	LCM89
3	2:03.42	Smith, Shannon,14, HYACK	LCM76
4	2:03.70	Howard, Julie,14, BRANT	LCM91
5	2:04.22	Collins, Shauna,14, ROO	LCM92
6	2:04.39	Bell, Hilary,14, TSC	LCM06
7	2:04.70	Clarke, Debbie,13, TBT	LCM76
8	2:04.72	Higson, Allison,14, ESC	LCM87
9	2:05.39	Noall, Patricia,14, BBF	LCM85
10	2:05.51	Wu, Donna,14, POSA	LCM92

## 400 METRES FREESTYLE

1	4:14.60	Smith, Shannon,14, HYACK	LCM76
2	4:15.61	Reimer, Brittany,14, SKSC	LCM03
3	4:17.03	King, Savannah,14, VKSC	LCM06
4	4:19.19	Dufour, Sophie,14, CRY	LCM85
5	4:20.05	McGinnis, Donna,14, EKSC	LCM83
6	4:20.17	Purvis, Elissa,14, CDSC	LCM86
7	4:20.94	Shannon, Shyanne,13, BAY	LCM90
8	4:21.33	Sallee, Michelle,14, CDSC	LCM88
9	4:21.36	Cowan, Jolene,14, CDSC	LCM86
10	4:22.52	Knox, Melissa,14, PDSA	LCM93

## 800 METRES FREESTYLE

1	8:41.03	Reimer, Brittany,14, SKSC	LCM03
2	8:43.63	King, Savannah,14, VKSC	LCM06
3	8:44.45	Sallee, Michelle,14, CDSC	LCM88
4	8:46.39	Smith, Shannon,14, HYACK	LCM76
5	8:47.42	Dufour, Sophie,14, CRY	LCM85
6	8:49.44	Purvis, Elissa,14, CDSC	LCM86
7	8:50.24	Cowan, Jolene,14, OSC	LCM86
8	8:51.09	McGinnis, Donna,14, EKSC	LCM83
9	8:51.47	Knox, Melissa,14, PDSA	LCM93
10	8:52.10	Geary, Lisa,14, HYACK	LCM76

## 100 METRES BACKSTROKE

1	1:03.28	Garapick, Nancy,14, HTAC	LCM76
2	1:04.29	Weckend, Suzanne,14, IS	LCM91
3	1:04.39	Howard, Julie,14, BRANT	LCM91
4	1:04.71	Buckland, Brooke,14, EAST	LCM03
5	1:05.06	Stelanshyn, Kelly,14, MANTA	LCM97
6	1:05.25	Soucisse, Gabrielle,14, BBF	LCM05
7	1:05.26	Dryden, Nikki,14, IS	LCM89
8	1:05.34	Melien, Lori,14, AAC	LCM87
9	1:05.34	Virgini, Lisa,14, PCSC	LCM91
10	1:05.35	Fratesi, Jennifer,14, SSMAC	LCM99

## 200 METRES BACKSTROKE

1	2:15.60	Garapick, Nancy,14, HTAC	LCM76
2	2:17.02	Stelanshyn, Kelly,14, MANTA	LCM97
3	2:17.20	Malar, Joanne,14, HWAC	LCM90
4	2:18.25	Soucisse, Gabrielle,14, BBF	LCM05
5	2:19.15	Weckend, Suzanne,14, IS	LCM91

6	2:19.19	Melien, Lori,14, AAC	LCM87
7	2:19.78	Seeman, Lindsay,13, NEW	LCM06
8	2:19.79	Shannon, Shyanne,14, TIDE	LCM91
9	2:19.83	Fratesi, Jennifer,14, SSMAC	LCM99
10	2:19.89	Boulianne, Jennifer,13, PCSC	LCM77

## 100 METRES BREASTSTROKE

1	1:09.84	Higson, Allison,13, ESC	LCM86
2	1:10.31	Chuy, Courtenay,13, HYACK	LCM98
3	1:10.59	Cloutier, GUYLAINE,14, MTMY	LCM86
4	1:11.49	Salli, Chelsey,14, LOSC	LCM06
5	1:11.55	Heagy, Jennifer,14, SPART	LCM92
6	1:11.75	Bostock, Willa,14, PEPSI	LCM93
7	1:12.35	Corsiglia, Robin,14, PCSC	LCM77
8	1:12.52	Wagner, Tamara,13, TORCH	LCM99
9	1:12.71	Pitchik, Helen,14, TO	LCM05
10	1:13.22	Ozezeuw, Sheila,14, HWAC	LCM79

## 200 METRES BREASTSTROKE

1	2:29.18	Chuy, Courtenay,13, HYACK	LCM98
2	2:31.20	Higson, Allison,13, ESC	LCM86
3	2:31.57	Salli, Chelsey,14, LOSC	LCM06
4	2:33.97	Cloutier, GUYLAINE,13, MTMY	LCM85
5	2:35.21	Ozezeuw, Sheila,14, HWAC	LCM79
6	2:35.41	Heagy, Jennifer,14, SPART	LCM91
7	2:36.18	Giguere, Nathalie,14, CAC	LCM87
8	2:36.23	Bostock, Willa,14, PEPSI	LCM93
9	2:36.29	Pierse, Hanna,14, EKSC	LCM03
10	2:36.88	McCabe, Martha,14, GGST	LCM04

## 100 METRES BUTTERFLY

1	1:02.87	Howard, Julie,14, BRANT	LCM91
2	1:02.96	Amy, Jessica,14, UCSC	LCM91
3	1:03.17	Lacroix, Audrey,13, CSO	LCM98
4	1:03.18	Marchand, Sandra,14, ENL	LCM88
5	1:03.58	Fratesi, Jennifer,14, SSMAC	LCM99
6	1:03.63	Charron, Vanessa,14, CSO	LCM06
7	1:03.78	Collins, Shauna,14, ROD	LCM92
8	1:03.84	Therrien, Anne-M.,14, CAG	LCM87
9	1:03.84	Melien, Lori,14, AAC	LCM87
10	1:03.84	MacLean, Brenna,13, WVOSC	LCM06
11	1:03.87	Gomba, Danielle,13, PICK	LCM06

## 200 METRES BUTTERFLY

1	2:15.76	Marchand, Sandra,14, ENL	LCM88
2	2:16.51	Harricharan, Alisha,14, COBRALCM06	
3	2:16.62	McNicol, Shay,14, BRANT	LCM87
4	2:17.46	Gaudin, Maria,14, EKSC	LCM87
5	2:17.62	Dufour, Sophie,14, CRY	LCM85
6	2:17.82	Coulombe, Michelle,14, CNMN	LCM79
7	2:18.03	Balazs, Zsafia,14, TO	LCM05
8	2:18.29	Harrison, Chantal,14, CAMO	LCM89
9	2:18.40	McGinnis, Donna,14, EKSC	LCM83
10	2:18.62	Pineau, Jacynthe,14, SELCT	LCM88

## 200 METRES IND. MEDLEY

1	2:18.08	Higson, Allison,14, ESC	LCM88
2	2:18.51	Malar, Joanne,14, HWAC	LCM90
3	2:19.27	Sweetnam, Nancy,14, LLSC	LCM88
4	2:20.19	McElroy, Jennifer,14, ROW	LCM84
5	2:21.09	Couillard, Marie-Pier,14, REG	LCM06
6	2:21.22	Bell, Hilary,14, TSC	LCM06
7	2:21.42	Jardin, Barbara,14, CAMO	LCM06
8	2:21.46	Belisle-Leclerc, Tania,14, GO	LCM92
9	2:21.49	Coulombe, Michelle,14, CNMN	LCM79
10	2:21.50	Stitski, Monika,14, ESWIM	LCM04

## 400 METRES IND. MEDLEY

1	4:52.27	McGinnis, Donna,14, EKSC	LCM83
2	4:52.35	Malar, Joanne,14, HWAC	LCM90
3	4:54.33	Higson, Allison,14, ESC	LCM88
4	4:55.41	Chuy, Courtenay,13, HYACK	LCM98
5	4:55.58	Stitski, Monika,14, ESWIM	LCM04
6	4:56.82	Komarnycky, Alex,14, ESWIM	LCM04
7	4:57.41	Reimer, Brittany,14, SKSC	LCM03
8	4:57.96	Hewerdine, Sheila,14, LAC	LCM89
9	4:58.13	Burgoyne, Carrie,14, MANTA	LCM96
10	4:58.82	Komarnycky, Alex,14, ESWIM	LCM04

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## 50 METRES FREESTYLE

1	26.02	Oeglau, Jessica,14, PDSA	SCM94
2	26.04	Topham, Kristin,14, MANTA	SCM88
3	26.09	Couillard, Marie-P,14, REG	SCM06
4	26.24	Melien, Lori,14, AAC	SCM87
5	26.30	Collins, Shauna,13, ROO	SCM91
6	26.31	MacAuley, Chrissy,14, ETOB	SCM97
7	26.34	Bowman, Kimberly,14, PSW	SCM06
8	26.37	Shakespeare, Shannon,14, MM	SCM92
9	26.38	Wilkinson, Julia,14, SKYAC	SCM02
10	26.39	Kerr, Jane,14, ESC	SCM83
10	26.39	Pomeroy, Laura,14, OAK	SCM99
10	26.39	Lemieux, Roxane,14, CNB	SCM06

## 100 METRES FREESTYLE

1	56.29	Collins, Shauna,13, ROO	SCM91
2	56.62	Kerr, Jane,14, ESC	SCM83
3	56.67	Horner, Stephanie,14, BBF	SCM04
4	56.78	Topham, Kristin,14, MANTA	SCM88
5	56.87	Saumur, Genevieve,14, CAMO	SCM02
6	56.89	Lys, Alexandra,14, UCSC	SCM00
7	56.90	Shakespeare, Shannon,14, MM	SCM92
8	56.93	Lemieux, Roxane,14, CNB	SCM06
9	57.12	York, Jenna,14, NKB	SCM05
10	57.26	Melien, Lori,14, AAC	SCM87

## 200 METRES FREESTYLE

1	2:00.88	Kerr, Jane,14, ESC	SCM83
2	2:01.53	Smith, Shannon,13, HYACK	SCM76
3	2:02.29	Barbeau, Julie,13, LAVAL	SCM89
4	2:02.70	Collins, Shauna,13, ROO	SCM91
5	2:02.79	Reimer, Brittany,14, SKSC	SCM03
6	2:02.88	Wurzburger, Debbie,14, LYAC	SCM85
7	2:02.95	Bell, Hilary,14, LSC	SCM06
8	2:03.29	Lemieux, Roxane,14, CNB	SCM06
9	2:03.35	Montgomery, Jennifer,14, PCSC	SCM80
10	2:03.47	Stelanshyn, Oeanna,14, POSA	SCM99

## 400 METRES FREESTYLE

1	4:12.58	Reimer, Brittany,14, SKSC	SCM03
2	4:14.43	Purvis, Elissa,14, COSC	SCM86
3	4:14.79	Smith, Shannon,13, HYACK	SCM76
4	4:15.51	Dryden, Nikki,14, IS	SCM90
5	4:16.23	McGinnis, Donna,13, EKSC	SCM83
6	4:16.59	Wurzburger, Debbie,14, LYAC	SCM85
7	4:17.41	Hutchison, Jennifer,14, PCSC	SCM87
8	4:17.50	Daigneault, Julie,13, PCSC	SCM80
9	4:18.28	Horner, Stephanie,14, BBF	SCM04
10	4:18.53	Knox, Melissa,14, PDSA	SCM93

## 800 METRES FREESTYLE

1	8:38.35	Reimer, Brittany,14, SKSC	SCM03
2	8:40.43	Purvis, Elissa,14, CDSC	SCM86
3	8:41.17	Smith, Shannon,14, HYACK	SCM77
4	8:43.61	McGinnis, Donna,13, EKSC	SCM82
5	8:44.54	Dryden, Nikki,14, IS	SCM90
6	8:47.45	Knox, Melissa,14, PDSA	SCM93
7	8:47.84	Fowlie, Carrie,14, PDSA	SCM92
8	8:48.02	Sallee, Michelle,14, CDSC	SCM88
9	8:48.35	Ebert, Tamee,14, PDSA	SCM98
10	8:48.88	Wurzburger, Debbie,14, LYAC	SCM85

## 100 METRES BACKSTROKE

1	1:02.21	Weckend, Suzanne,14, IS	SCM92
2	1:02.57	Soucisse, Gabrielle,14, BBF	SCM05
3	1:02.67	Fratesi, Jennifer,14, SSMAC	SCM99
4	1:02.69	Stelanshyn, Kelly,14, MANTA	SCM97
5	1:02.73	Buckland, Brooke,14, EAST	SCM04
6	1:02.98	Harriman, Amy,14, HAC	SCM05
7	1:03.69	Bouchard, Dominique,14, NBYT	SCM06
8	1:03.80	Chiang, Marylyn,14, TPRR	SCM92
9	1:03.85	Bakken, Alyssa,13, UVPCS	SCM06
10	1:04.04	Couillard, Marie-Pier,14, REG	SCM06

## 200 METRES BACKSTROKE

1	2:12.86	Stelanshyn, Kelly,14, MANTA	SCM97
2	2:14.36	Weckend, Suzanne,14, IS	SCM92
3	2:14.41	Soucisse, Gabrielle,14, BBF	SCM06
4	2:14.93	Bakken, Alyssa,13, UVPCS	SCM06

5	2:15.19	Fratesi, Jennifer,14, SSMAC	SCM99
6	2:15.31	Shannon, Shyanne,14, TIDE	SCM91
7	2:15.84	Buckland, Brooke,14, EAST	SCM04
8	2:15.85	Garapick, Nancy,13, HTAC	SCM76
9	2:16.10	Wycliffe, Elizabeth,14, EBSC	SCM98
10	2:16.39	Cruz, Michelle,14, ACE	SCM95

## 100 METRES BREASTSTROKE

1	1:08.64	Higson, Allison,14, ESC	SCM88
2	1:10.23	Bostock, Willa,14, PEPSI	SCM93
3	1:10.74	Shakespeare, Shannon,14, MM	SCM92
4	1:10.83	Chuy, Courtenay,13, HYACK	SCM99
5	1:10.85	Pitchik, Helen,14, TSC	SCM05
6	1:11.08	Corsiglia, Robin,13, PCSC	SCM77
7	1:11.23	Wagner, Tamara,14, TORCH	SCM00
8	1:11.46	Timmons, Kelly,14, OSC-SE	SCM01
9	1:11.51	Cloutier, GUYLAINE,14, MTMY	SCM86
10	1:11.66	Heagy, Jennifer,14, SPART	SCM92

## 200 METRES BREASTST

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## 50 METRES FREESTYLE

1	23.97	Miller, Kurtis, 14, SCAR	LCM00
2	24.39	Lupien, Yannick, 14, CAGRA	LCM94
3	24.53	Kondziolka, Dean, 14, TOMAC	LCM87
4	24.63	Pulle, Garret, 14, MAC	LCM92
5	24.65	Gow, Ryan, 14, TRENT	LCM03
6	24.68	Appleton, Andrew, 14, KAJ	LCM96
7	24.83	Creelman, Brad, 13, TOMAC	LCM84
8	24.88	Whang, Oavid, 14, ESWIM	LCM98
9	24.98	Johns, Brian, 14, RACER	LCM97
10	25.04	Sioui, Adam, 14, TD	LCM97

## 100 METRES FREESTYLE

1	52.91	Lupien, Yannick, 14, CAGRA	LCM94
2	53.17	Miller, Kurtis, 14, SCAR	LCM00
3	53.68	Johns, Brian, 14, RACER	LCM97
4	53.75	Calkins, Michael, 14, IS	LCM93
5	54.01	Pulle, Garret, 14, MAC	LCM92
6	54.17	Abdel-Khalik, Hassaan, 14, ESWIM	LCM06
7	54.27	Lukeman, Jason, 14, PHTAC	LCM87
8	54.30	Peltifer, Robert, 14, RACER	LCM92
9	54.46	Boulanger-M, Vincent, 14, CSO	LCM01
10	54.50	Gabsch, Eric, 14, TOMAC	LCM95

## 200 METRES FREESTYLE

1	1:55.97	Johns, Brian, 14, RACER	LCM97
2	1:57.56	Abdel-Khalik, Hassaan, 14, ESWIM	LCM06
3	1:58.25	Volz, Bernhard, 14, NYAC	LCM83
4	1:58.43	Gabsch, Eric, 14, TOMAC	LCM95
5	1:58.87	Kurtzer, Mark, 14, NEW	LCM02
6	1:59.08	Szekula, Paul, 14, PCSC	LCM83
7	1:59.28	Lupien, Yannick, 14, CAGRA	LCM94
8	1:59.45	Von Richter, Owen, 14, EPS	LCM90
9	1:59.69	Swanston, Matthew, 14, NEW	LCM05
10	1:59.77	Sureau-L, Cedric, 14, ELITE	LCM98

## 400 METRES FREESTYLE

1	4:05.63	Stevens, Jamie, 14, MANTA	LCM89
2	4:05.69	Johns, Brian, 14, RACER	LCM97
3	4:06.60	Volz, Bernhard, 14, NYAC	LCM83
4	4:07.45	Von Richter, Owen, 14, EPS	LCM90
5	4:07.72	Webster, Peter, 14, LYAC	LCM82
6	4:09.11	O'Connor, Brent, 14, PDSA	LCM98
7	4:09.39	Jakisch, Trevor, 14, SJS	LCM82
8	4:09.52	Shemilt, David, 13, GGST	LCM79
9	4:09.52	Sayao, Chuck, 14, PDSA	LCM97
10	4:09.64	Abel, Jaret, 14, EKSC	LCM89

## 1500 METRES FREESTYLE

1	16:00.93	Baumann, Alex, 14, LUSC	LCM79
2	16:10.48	Stevens, Jamie, 14, MANTA	LCM89
3	16:13.15	Volz, Bernhard, 14, NYAC	LCM83
4	16:15.23	Abel, Jaret, 14, EKSC	LCM89
5	16:18.02	Seebach, Kyle, 14, ESC	LCM85
6	16:20.08	Von Richter, Owen, 14, EPS	LCM90
7	16:25.19	O'Connor, Brent, 14, PDSA	LCM98
8	16:28.06	Shemilt, David, 13, GGST	LCM79
9	16:29.09	Skilling, Darryl, 14, TBT	LCM75
10	16:29.18	Murray, Bill, 14, PCSC	LCM85

## 100 METRES BACKSTROKE

1	58.92	Oriwol, Tobias, 14, ESWIM	LCM00
2	59.95	Whang, Oavid, 14, ESWIM	LCM98
3	1:00.00	Miller, Kurtis, 14, SCAR	LCM00
4	1:00.07	Buck, Evan, 14, GMAC	LCM05
5	1:00.30	Johns, Brian, 14, RACER	LCM97
6	1:00.49	Janes, Riley, 14, GOLD	LCM95
7	1:00.93	Wolk, Karl, 14, EKSC	LCM06
8	1:01.22	Renaud, Chris, 14, CASC	LCM91
9	1:01.26	Pulle, Garret, 14, MAC	LCM92
10	1:01.28	Mills, John M., 14, GO	LCM94

## 200 METRES BACKSTROKE

1	2:05.16	Oriwol, Tobias, 14, ESWIM	LCM00
2	2:09.22	Buck, Evan, 14, GMAC	LCM05
3	2:09.66	Blouin, Jonathan, 14, CSO	LCM04
4	2:09.67	Whang, David, 14, ESWIM	LCM98
5	2:10.33	Versfeld, Mark, 14, FMSC	LCM91

6	2:10.84	Wolk, Karl, 14, EKSC	LCM06
7	2:11.25	Goss, Sandy, 14, NYAC	LCM81
8	2:11.44	Miller, Kurtis, 14, SCAR	LCM00
9	2:12.12	Sayao, Chuck, 14, PDSA	LCM97
10	2:12.21	Wyjad, Mark, 14, PCSC	LCM94

## 100 METRES BREASTSTROKE

1	1:04.53	Huang, Matthew, 14, PDSA	LCM99
2	1:05.74	Mason, Michael, 14, EPS	LCM88
3	1:05.88	Bois, Mathieu, 14, HIPPO	LCM03
4	1:06.23	Knabe, Morgan, 14, EKSC	LCM96
5	1:06.92	Creelman, Brad, 13, TOMAC	LCM84
6	1:06.97	Lutsch, Curtis, 14, UCSC	LCM05
7	1:07.20	Lim, Jonathan, 14, ACE	LCM95
8	1:07.76	Brown, Michael, 14, PERTH	LCM99
9	1:08.12	Knezevic, Bogdan, 14, ESWIM	LCM06
10	1:08.42	Chan, Andrew, 14, YORK	LCM94

## 200 METRES BREASTSTROKE

1	2:19.95	Huang, Matthew, 14, PDSA	LCM99
2	2:22.72	Mason, Michael, 14, EPS	LCM88
3	2:23.34	Knabe, Morgan, 14, EKSC	LCM96
4	2:25.78	Lutsch, Curtis, 14, UCSC	LCM05
5	2:26.47	Lim, Jonathan, 14, ACE	LCM95
6	2:27.44	Chan, Andrew, 14, YORK	LCM94
7	2:28.34	Fairley, Grey, 14, HWAC	LCM86
8	2:28.50	Young, Matthew, 14, ELAC	LCM84
9	2:28.83	Moore, Michael, 14, EPS	LCM88
10	2:28.92	Bois, Mathieu, 14, HIPPO	LCM03

## 100 METRES BUTTERFLY

1	57.45	Weiss, Philip, 14, SKSC	LCM94
2	57.62	Blouin, Jonathan, 14, CSO	LCM04
3	58.02	Pulle, Garret, 14, MAC	LCM92
4	59.15	Letourneau, Dan, 14, CNCB	LCM90
5	59.22	Parenti, Gerry, 14, NSC	LCM87
6	59.27	Pun, Joshua, 14, STSC	LCM94
7	59.30	Miller, Kurtis, 14, SCAR	LCM00
8	59.35	Bezeau, Christopher, 14, FNO	LCM05
9	59.38	Johns, Brian, 14, RACER	LCM97
10	59.44	Wake, Ooug, 14, ROO	LCM91

## 200 METRES BUTTERFLY

1	2:05.20	Weiss, Philip, 14, SKSC	LCM94
2	2:06.74	Blouin, Jonathan, 14, CSO	LCM04
3	2:07.94	Letourneau, Dan, 14, CNCB	LCM90
4	2:08.15	Babi, Endi, 14, ESWIM	LCM03
5	2:08.43	Hamel, Robert, 13, COW	LCM77
6	2:09.24	McFarlane, Rob, 14, GOLD	LCM88
7	2:09.37	Hulford, Stephen, 14, ROW	LCM86
8	2:10.17	O'Connor, Brent, 14, POSA	LCM98
9	2:10.91	Cho, Andrew, 14, HYACK	LCM93
10	2:11.01	Block, Paul, 13, HYACK	LCM84

## 200 METRES IND. MEDLEY

1	2:09.65	Oriwol, Tobias, 14, ESWIM	LCM00
2	2:10.82	Weiss, Philip, 14, SKSC	LCM94
3	2:11.36	Johns, Brian, 14, RACER	LCM97
4	2:12.55	Lutsch, Curtis, 14, UCSC	LCM05
5	2:12.65	Baumann, Alex, 14, LUSC	LCM79
6	2:12.88	Versfeld, Mark, 14, FMSC	LCM91
7	2:13.00	Stevens, Jamie, 14, MANTA	LCM89
8	2:13.18	Sayao, Chuck, 14, PDSA	LCM97
9	2:13.24	Myden, Curtis, 14, CASC	LCM88
10	2:13.46	Huang, Matthew, 14, PDSA	LCM99

## 400 METRES IND. MEDLEY

1	4:32.39	Oriwol, Tobias, 14, ESWIM	LCM00
2	4:34.52	Baumann, Alex, 14, LUSC	LCM79
3	4:39.17	Stevens, Jamie, 14, MANTA	LCM89
4	4:39.39	Myden, Curtis, 14, CASC	LCM88
5	4:40.45	Jakisch, Trevor, 14, MANTA	LCM82
6	4:40.60	Medaglia, Steven, 14, GO	LCM99
7	4:41.03	Weiss, Philip, 14, SKSC	LCM94
8	4:41.34	Fairley, Grey, 14, HWAC	LCM86
9	4:41.51	Sayao, Chuck, 14, POSA	LCM97
10	4:42.14	Foulds, Andrew, 14, TBT	LCM87

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## 50 METRES FREESTYLE

1	23.45	Lupien, Yannick, 14, CAGRA	SCM95
2	23.57	Creelman, Brad, 14, TOMAC	SCM85
3	23.61	Pulle, Garret, 14, MAC	SCM93
4	23.71	Appleton, Andrew, 14, KAJ	SCM97
5	23.90	Johns, Brian, 14, RACER	SCM97
6	24.07	Miller, Kurtis, 14, SCAR	SCM00
7	24.11	Sioui, Adam, 14, TO	SCM97
8	24.17	Tozer, Graeme, 14, UCSC	SCM00
9	24.32	Munro, Andrew, 14, PEPSI	SCM93
9	24.32	Swanston, Matthew, 14, NEW	SCM06
10	24.33	Kondziolka, Dean, 14, TOMAC	SCM87

## 100 METRES FREESTYLE

1	51.03	Lupien, Yannick, 14, CAGRA	SCM95
2	51.93	Tozer, Graeme, 14, UCSC	SCM00
3	52.23	Pulle, Garret, 13, MAC	SCM92
4	52.46	Creelman, Brad, 14, TOMAC	SCM85
5	52.55	Appleton, Andrew, 14, KAJ	SCM97
6	52.57	Johns, Brian, 14, RACER	SCM97
6	52.57	Knezevic, Bogdan, 14, ESWIM	SCM06
8	52.89	Whang, David, 14, ETOB	SCM98
9	52.91	Swanston, Matthew, 14, NEW	SCM06
10	53.05	Miller, Kurtis, 14, SCAR	SCM00

## 200 METRES FREESTYLE

1	1:52.51	Lupien, Yannick, 14, CAGRA	SCM95
2	1:53.28	Baumann, Alex, 14, LUSC	SCM79
3	1:54.10	Johns, Brian, 14, RACER	SCM97
4	1:54.46	Swanston, Matthew, 14, NEW	SCM06
5	1:55.01	Stevens, Jamie, 14, MANTA	SCM90
6	1:55.03	Wake, Ooug, 14, ROO	SCM92
7	1:55.05	Von Richter, Owen, 14, EPS	SCM90
8	1:55.18	Kurtzer, Mark, 14, NEW	SCM02
9	1:55.25	Munoz, Miguel, 14, ESC	SCM88
10	1:55.74	Oriwol, Tobias, 14, ESWIM	SCM00

## 400 METRES FREESTYLE

1	3:58.32	Stevens, Jamie, 14, MANTA	SCM90
2	4:00.17	Baumann, Alex, 14, LUSC	SCM79
3	4:00.92	Von Richter, Owen, 14, EPS	SCM90
4	4:01.96	White, Jamie, 14, LAC	SCM93
5	4:02.40	Webster, Peter, 13, LYAC	SCM82
6	4:03.26	Blouin, Jonathan, 14, CSO	SCM04
7	4:05.34	Knezevic, Bogdan, 14, ESWIM	SCM06
8	4:03.50	Szmidt, Peter, 13, PCSC	SCM76
9	4:03.76	Brown, Raymond, 14, CAJ	SCM84
10	4:03.83	Lupien, Yannick, 14, CAGRA	SCM95

## 1500 METRES FREESTYLE

1	15:32.15	Baumann, Alex, 14, LUSC	SCM79
2	15:52.98	Von Richter, Owen, 14, EPS	SCM90
3	15:54.57	Volz, Bernhard, 13, NYAC	SCM83
4	15:56.37	Jessett, Scott, 14, SCAR	SCM05
5	15:58.38	White, Jamie, 14, LAC	SCM93
6	15:59.73	Shemilt, David, 13, GGST	SCM79
7	16:04.37	Stevens, Jamie, 14, MANTA	SCM90
8	16:05.59	Brown, Raymond, 14, CAJ	SCM84
9	16:09.05	Lomax, Bill, 14, OSC	SCM87
10	16:09.94	Foulds, Andrew, 14, TBT	SCM88

## 100 METRES BACKSTROKE

1	56.93	Pulle, Garret, 14, MAC	SCM93
2	57.10	Oriwol, Tobias, 14, ESWIM	SCM00
3	57.85	Miller, Kurtis, 14, SCAR	SCM00
4	58.00	Johns, Brian, 14, RACER	SCM97
5	58.29	Swanston, Matthew, 14, NEW	SCM06
6	58.56	Whang, Oavid, 14, ETOB	SCM98
7	58.64	Phillips, Devin, 14, EKSC	SCM00
8	58.78	Lee, Jimmy, 14, WEST	SCM05
9	58.79	Blouin, Jonathan, 14, CSO	SCM04
10	58.98	Fisher, Kris, 14, MAC	SCM91

## 200 METRES BACKSTROKE

1	2:00.04	Oriwol, Tobias, 14, ESWIM	SCM00
2	2:03.22	Swanston, Matthew, 14, NEW	SCM06
3	2:05.16	White, Jamie, 14, LAC	SCM93
4	2:05.33	Blouin, Jonathan, 14, CSO	SCM04
5	2:05.49	Whang, David, 14, ESWIM	SCM99

6	2:05.69	Johns, Brian, 14, RACER	SCM97
7	2:06.52	Phillips, Devin, 14, EKSC	SCM00
8	2:07.43	Chorney, Orew, 14, TMSC	SCM93
9	2:07.48	Flowers, Scott, 14, OSC	SCM83
10	2:08.17	Miller, Kurtis, 14, SCAR	SCM00

## 100 METRES BREASTSTROKE

1	1:03.21	Bois, Mathieu, 16, CAMO	SCM05
2	1:03.27	Mason, Michael, 14, EPS	SCM89
3	1:04.18	Huang, Matthew, 13, ARBU	SCM98
4	1:04.46	Creelman, Brad, 14, TOMAC	SCM85
5	1:05.35	Knabe, Morgan, 14, EKSC	SCM96
6	1:05.35	Lim, Jonathan, 14, ACE	SCM96
7	1:05.41	Knezevic, Bogdan, 14, ESWIM	SCM06
8	1:06.16	Brown, Michael, 14, PERTH	SCM99
9	1:06.41	Noppen, Alexandre, 14, BFB	SCM92
10	1:06.64	Lutsch, Curtis, 14, UCSC	SCM05

# ALL TIME LONG COURSE TAG TIMES

1974-2006

## GIRLS 15-17

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### 50 METRES FREESTYLE

1	25.92	Nicholls, Laura,17,ROW	LCM96
2	25.93	Gresdal, Jenna,15,ESWIM	LCM00
3	26.00	Pomeroy, Laura,17,OKA-TO	LCM01
4	26.06	Amey, Jessica,16,UCSC	LCM93
5	26.10	Shakespeare, Shannon,16,MM	LCM94
6	26.11	Morningstar, Erica,17,CP	LCM06
7	26.16	Nugent, Andrea,17,UCSC	LCM86
8	26.21	Zwarich, Allison,16,UCSC	LCM97
9	26.25	Klimpel, Carol,16,SSAC	LCM80
10	26.26	Topham, Kristin,16,MANTA	LCM89

### 100 METRES FREESTYLE

1	55.36	Morningstar, Erica,17,CP	LCM06
2	56.42	Saumur, Genevieve,17,CAMO	LCM05
3	56.61	Shakespeare, Shannon,16,MM	LCM94
4	56.83	Wong, Emily,16,NKB	LCM05
5	56.92	Pomeroy, Laura,17,OKA-TO	LCM01
6	56.96	Beckberger, Jennifer,17,AAC	LCM03
7	56.97	Nicholls, Laura,17,ROW	LCM96
8	56.99	Higson, Allison,15,EPS	LCM88
9	57.01	Beaudry, Maya,17,UBCD	LCM05
10	57.02	Amey, Jessica,17,UCSC	LCM94
10	57.02	Wilkinson, Julia,17,NYAC	LCM05

### 200 METRES FREESTYLE

1	1:59.73	Reimer, Brittany,17,SKSC	LCM05
2	2:01.08	Kerr, Jane,17,ESC	LCM85
3	2:01.46	Brambley, Kate,16,IS	LCM95
4	2:01.56	Beaudry, Maya,17,UBCD	LCM06
5	2:01.62	Deglau, Jessica,17,PDSA	LCM98
6	2:02.05	Morningstar, Erica,16,CP	LCM05
7	2:02.12	Noall, Patricia,17,CNMM	LCM88
8	2:02.36	Daigneault, Julie,17,PCSC	LCM83
9	2:02.39	Malar, Joanne,17,HWAC	LCM93
10	2:02.54	Higson, Allison,16,UCSC	LCM89

### 400 METRES FREESTYLE

1	4:07.32	Reimer, Brittany,17,SKSC	LCM05
2	4:14.45	McGinnis, Donna,17,ESC	LCM86
3	4:14.49	Wurzburger, Debbie,15,LYAC	LCM85
4	4:15.11	Daigneault, Julie,16,PCSC	LCM82
5	4:15.28	Noall, Patricia,17,CNMM	LCM88
6	4:15.37	Milne, Kim,15,LYAC	LCM85
7	4:15.81	Smith, Shannon,15,HYACK	LCM77
8	4:16.22	Dryden, Nikki,17,IS	LCM92
9	4:16.44	Gibson, Cheryl,17,SSSC	LCM77
10	4:16.48	Ebert, Tamee,17,PDSA	LCM00

### 800 METRES FREESTYLE

1	8:27.59	Reimer, Brittany,17,SKSC	LCM05
2	8:39.19	Wurzburger, Debbie,15,LYAC	LCM85
3	8:41.10	Daigneault, Julie,17,PCSC	LCM83
4	8:41.95	Milne, Kim,15,LYAC	LCM85
5	8:43.34	Purvis, Elissa,15,CDSC	LCM86
6	8:43.60	Bell, Danielle,16,IS	LCM00
7	8:43.95	Lencoe, Taryn,17,UBCD	LCM03
8	8:44.49	Holland, Erin,17,UCSC	LCM90
9	8:45.45	Currah, Joanne,17,LAC	LCM89
10	8:45.71	Ebert, Tamee,16,PDSA	LCM99

### 100 METRES BACKSTROKE

1	1:02.14	Stefanyshyn, Kelly,17,PDSA	LCM99
2	1:02.62	Fratesi, Jennifer,17,RDW	LCM01
3	1:03.27	Wycliffe, Elizabeth,17,EBSC	LCM01
4	1:03.29	Howard, Julie,15,BRANT	LCM92
5	1:03.36	Dryden, Nikki,17,IS	LCM92
6	1:03.51	Gammel, Erin,17,KCS	LCM97
7	1:03.55	Melien, Lori,16,AAC	LCM88
8	1:03.73	Stanworth-B., Karah,16,BBF	LCM06
9	1:03.78	Kubas, Hanna,17,UASC	LCM03
10	1:03.92	Weckend, Suzanne,16,IS	LCM93

### 200 METRES BACKSTROKE

1	2:11.16	Fratesi, Jennifer,17,RDW	LCM01
2	2:13.24	Stefanyshyn, Kelly,17,PDSA	LCM99
3	2:15.06	Wycliffe, Elizabeth,17,EBSC	LCM01
4	2:15.15	Dryden, Nikki,17,IS	LCM92

5	2:15.29	Melien, Lori,16,AAC	LCM88
6	2:15.44	Weckend, Suzanne,16,IS	LCM94
7	2:16.05	Walters, Katrina,17,PSW	LCM93
8	2:16.34	Puhm, Kia,15,NYAC	LCM88
9	2:16.36	Malar, Joanne,15,HWAC	LCM91
10	2:16.59	Gribben, Nancy,17,EPS	LCM88

### 100 METRES BREASTSTROKE

1	1:08.86	Higson, Allison,15,EPS	LCM88
2	1:09.43	Sloan, Tara,17,UCSC	LCM97
3	1:10.19	Tyler, Jillian,17,NCSA	LCM06
4	1:10.31	Duggan, Keltie,17,EKSC	LCM88
5	1:10.63	Ottenbrite, Anne,16,AAC	LCM83
6	1:10.78	Cloutier, Guylaine,15,SAMAK	LCM87
7	1:11.31	Anderson, Christy,17,STARS	LCM00
8	1:11.36	Mants-West, Riley,16,MANTA	LCM95
9	1:11.61	Hendrick, Elizabeth,17,UCSC	LCM05
10	1:11.75	Pitchik, Helen,16,TSC	LCM06

### 200 METRES BREASTSTROKE

1	2:27.27	Higson, Allison,15,EPS	LCM88
2	2:29.85	Mants-West, Riley,17,MANTA	LCM96
3	2:30.55	Ottenbrite, Anne,16,AAC	LCM83
4	2:30.64	Sloan, Tara,17,UCSC	LCM97
5	2:31.07	Giguere, Nathalie,17,SELECT	LCM90
6	2:31.57	Sallii, Chelsey,15,LDCS	LCM06
7	2:31.61	Mange, Michelle,17,UBCD	LCM03
8	2:32.49	Pierse, Hanna,15,EKSC	LCM04
9	2:32.62	Pierse, Annamay,16,EKSC	LCM00
10	2:32.70	Cloutier, Guylaine,16,SAMAK	LCM88

### 100 METRES BUTTERFLY

1	1:00.20	Lacroix, Audrey,17,CAMO	LCM01
2	1:01.27	Amey, Jessica,17,UCSC	LCM94
3	1:01.28	Alroubaie, Sara,17,MANTA	LCM98
4	1:01.34	Downing, MacKenzie,17,WGB	LCM04
5	1:01.36	Fratesi, Jennifer,16,RDW	LCM01
6	1:01.38	MacPherson, Michelle,15,ESC	LCM83
7	1:01.54	Quirk, Wendy,16,PCSC	LCM76
8	1:01.61	Deglau, Jessica,17,PDSA	LCM98
9	1:01.68	Topham, Kristin,17,EPS	LCM90
10	1:01.78	Sweetnam, Nancy,16,LLSC	LCM90

### 200 METRES BUTTERFLY

1	2:11.26	Deglau, Jessica,17,PDSA	LCM98
2	2:11.36	Lacroix, Audrey,17,CAMO	LCM01
3	2:11.72	McGinnis, Donna,16,EKSC	LCM85
4	2:12.96	Moore, Marie,16,DCSC	LCM84
5	2:12.99	Horstead, Jill,15,ETDB	LCM83
6	2:13.28	Cater, Mojca,17,ESC	LCM87
7	2:13.68	Quirk, Wendy,17,PCSC	LCM77
8	2:13.91	Gibson, Cheryl,16,CDSC	LCM76
9	2:14.31	Albright, Kelly,17,ETDB	LCM78
10	2:14.62	Downing, MacKenzie,17,WGB	LCM04

### 200 METRES IND. MEDLEY

1	2:15.61	Sweetnam, Nancy,16,LLSC	LCM90
2	2:16.13	Cameron, Kristy,17,GMAC	LCM98
3	2:16.89	Higson, Allison,15,EPS	LCM88
4	2:17.37	Fratesi, Jennifer,17,RDW	LCM01
5	2:17.51	MacPherson, Michelle,16,NYAC	LCM84
6	2:17.52	Bradley, Kristen,16,NEW	LCM99
7	2:17.77	Horner, Stephanie,17,BBF	LCM06
8	2:17.92	Malar, Joanne,16,HWAC	LCM92
9	2:18.37	Dozzo, Alison,15,NYAC	LCM84
10	2:18.47	Burgoyne, Carrie,16,MANTA	LCM98

### 400 METRES IND. MEDLEY

1	4:47.62	Sweetnam, Nancy,17,LLSC	LCM91
2	4:48.10	Gibson, Cheryl,16,CDSC	LCM76
3	4:48.10	Malar, Joanne,17,HWAC	LCM93
4	4:49.80	Higson, Allison,15,EPS	LCM88
5	4:50.12	MacPherson, Michelle,15,ESWIM	LCM81
6	4:50.17	McGinnis, Donna,17,ESC	LCM86
7	4:50.17	Komaranycky, Alexa,16,ESWIM	LCM06
8	4:50.48	Smith, Becky,16,TBT	LCM76
9	4:50.49	Burgoyne, Carrie,15,MANTA	LCM97
10	4:50.55	Gingras, Nathalie,15,PCSC	LCM84

# ALL TIME SHORT COURSE TAG TIMES

1974-2006

## GIRLS 15-17

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### 50 METRES FREESTYLE

1	25.25	Shakespeare, Shannon,16,MM	SCM94
2	25.32	Pomeroy, Laura,17,DAK-TO	SCM02
3	25.34	Morningstar, Erica,16,CP	SCM06
4	25.42	Topham, Kristin,16,UNATT	SCM90
5	25.66	Gresdal, Jenna,16,ESWIM	SCM01
6	25.68	Klimpel, Carol,16,SSAC	SCM80
7	25.75	Wilkinson, Julia,17,NYAC	SCM05
8	25.80	MacAuley, Chrissy,17,ESWIM	SCM00
8	25.80	Saumur, Genevieve,17,CAMD	SCM05
8	25.80	Pomerleau, Kirsten,17,CASC	SCM05
10	25.83	Porenta, Jen,16,TO*	SCM02

### 100 METRES FREESTYLE

1	54.36	Morningstar, Erica,16,CP	SCM06
2	54.75	Shakespeare, Shannon,17,MM	SCM95
3	54.93	Reimer, Brittany,15,SKSC	SCM04
4	55.35	Saumur, Genevieve,17,CAMO	SCM05
5	55.37	Horner, Stephanie,16,BBF	SCM06
6	55.52	Wong, Emily,17,NKB	SCM06
7	55.73	Saumur, Genevieve,17,CAMO	SCM05
8	55.74	Gresdal, Jenna,17,ESWIM	SCM02
9	55.77	Wilkinson, Julia,17,NYAC	SCM05
10	55.87	Porenta, Jen,16,MMST	SCM02

### 200 METRES FREESTYLE

1	1:57.51	Reimer, Brittany,15,SKSC	SCM04
2	1:58.58	Beaudry, Maya,16,UBCD	SCM05
3	1:58.85	Shakespeare, Shannon,16,MM	SCM94
4	1:59.74	Brambley, Kate,16,IS	SCM95
5	1:59.76	Deglau, Jessica,17,PDSA	SCM98
6	2:00.08	Higson, Allison,16,UCSC	SCM90
7	2:00.16	Kerr, Jane,16,ESC	SCM85
8	2:00.28	Garapick, Nancy,16,HTAC	SCM79
9	2:00.28	Morningstar, Erica,16,CP	SCM06
10	2:00.29	McArton, Cheryl,17,ESC	SCM84

### 400 METRES FREESTYLE

1	4:03.61	Reimer, Brittany,15,SKSC	SCM04
2	4:07.79	Dryden, Nikki,17,IS	SCM93
3	4:09.30	Daigneault, Julie,15,PCSC	SCM82
4	4:10.77	Brambley, Kate,16,IS	SCM95
5	4:10.78	Horner, Stephanie,16,BBF	SCM06
6	4:10.95	Komaranycky, Alexa,16,ESWIM	SCM06
7	4:11.03	Malar, Joanne,17,HWAC	SCM93
8	4:11.64	Beaudry, Maya,16,UBCD	SCM05
9	4:11.93	McArton, Cheryl,17,NYAC	SCM84
10	4:12.15	Lencoe, Taryn,17,UBCD	SCM04

### 800 METRES FREESTYLE

1	8:23.97	Reimer, Brittany,15,SKSC	SCM04
2	8:31.65	Dryden, Nikki,17,IS	SCM93
3	8:33.89	Daigneault, Julie,15,PCSC	SCM82
4	8:34.32	Holland, Erin,15,UCSC	SCM89
5	8:35.64	Komaranycky, Alexa,16,ESWIM	SCM06
6	8:36.38	Lencoe, Taryn,17,UBCD	SCM04
7	8:36.77	Sallee, Michelle,16,CDSC	SCM90
8	8:37.96	Ebert, Tamee,15,PDSA	SCM99
9	8:38.14	Wurzburger, Debbie,16,LYAC	SCM86
10	8:38.25	Dufour, Sophie,16,CRY	SCM87

### 100 METRES BACKSTROKE

1	1:00.43	Stefanyshyn, Kelly,16,PDSA	SCM99
2	1:00.75	Fratesi, Jennifer,17,RDW	SCM02
3	1:01.10	Howard, Julie,16,BRANT	SCM93
4	1:01.19	Wycliffe, Elizabeth,17,EBSC	SCM01
5	1:01.25	Saumur, Genevieve,17,CAMD	SCM05
6	1:01.32	Yestrau, Landice,17,MM	SCM05
7	1:01.65	Dryden, Nikki,16,IS	SCM92
8	1:01.78	Soucisse, Gabrielle,15,BBF	SCM06
9	1:01.88	Harriman, Amy,15,HAC	SCM06
10	1:02.03	Andersen, Anne-Marie,17,EPS	SCM89

### 200 METRES BACKSTROKE

1	2:07.73	Fratesi, Jennifer,17,RDW	SCM02
2	2:08.06	Stefanyshyn, Kelly,17,PDSA	SCM00
3	2:09.47	Wycliffe, Elizabeth,17,EBSC	SCM01
4	2:10.15	Dryden, Nikki,17,IS	SCM93
5	2:11.61	Virgini, Lisa,15,PCSC	SCM92

6	2:11.66	Cruz, Michelle,16,ACE	SCM97
7	2:11.83	Weckend, Suzanne,17,IS	SCM95
8	2:12.19	Soucisse, Gabrielle,15,BBF	SCM06
9	2:12.48	Walters, Katrina,16,PSW	SCM92
10	2:13.14	Yestrau, Landice,17,MM	SCM05

### 100 METRES BREASTSTROKE

1	1:07.96	Sloan, Tara,17,UCSC	SCM97
2	1:08.26	Higson, Allison,15,EPS	SCM89
3	1:08.84	Tyler, Jillian,16,CASC	SCM05
4	1:08.88	Wizniuk, Danica,16,STSC	SCM97
5	1:09.34	Bostock, Willa,16,ETDB	SCM95
6	1:09.41	Sweetnam, Nancy,17,LLSC	SCM91
7	1:09.46	Shakespeare, Shannon,17,MM	SCM95
8	1:09.54	Ottenbrite, Anne,17,AAC	SCM84
9	1:09.55	Cloutier, Guylaine,17,SAMAK	SCM89
10	1:09.82	Heagy, Jennifer,16,SPART	SCM94

### 200 METRES BREASTSTROKE

1	2:27.08	Ottenbrite, Anne,17,AAC	SCM84
2	2:27.11		

# ALL TIME LONG COURSE TAG TIMES

1974-2006

BOYS 15-17

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## 50 METRES FREESTYLE

1	23.19	Lupien, Yannick, 17, GO	LCM97
2	23.36	Kondziolka, Dean, 17, TOMAC	LCM90
3	23.43	Janes, Riley, 16, GOLD	LCM97
4	23.53	MacDonald, Simon, 17, NKB	LCM96
5	23.62	Fisher, Kris, 17, MAC	LCM93
6	23.67	Rose, Matthew, 17, TRENT	LCM99
7	23.68	Laurin, Ryan, 17, SPART	LCM93
8	23.70	Miller, Kurtis, 16, SCAR	LCM01
9	23.73	Taylor, Robbie, 16, COBRA	LCM97
10	23.75	VanderMeulen, Steven, 17, VKSC	LCM86

## 100 METRES FREESTYLE

1	50.87	Greenshields, Joel, 17, UCSC	LCM05
2	51.14	Lupien, Yannick, 16, CAGRA	LCM96
3	51.24	Taylor, Robbie, 17, COBRA	LCM98
4	51.45	Hayden, Brent, 17, SPART	LCM01
5	51.61	Zochowski, Thomas, 17, NYAC	LCM98
6	51.65	Gabsch, Eric, 17, MSSAC	LCM97
7	51.81	Johns, Brian, 16, RACER	LCM99
8	51.82	Goss, Sandy, 17, NYAC	LCM84
9	52.00	Haddow, Don, 17, ESC	LCM87
10	52.03	Fisher, Kris, 17, MAC	LCM93

## 200 METRES FREESTYLE

1	1:50.34	Johns, Brian, 17, RAPID	LCM00
2	1:51.14	Baumann, Alex, 16, LUSC	LCM81
3	1:51.31	Lupien, Yannick, 16, CAGRA	LCM96
4	1:51.69	Goss, Sandy, 17, NYAC	LCM84
5	1:51.71	Haddow, Don, 17, ESC	LCM87
6	1:51.72	Johnston, Mark, 17, BROCK	LCM97
7	1:51.94	Szmidt, Peter, 16, PCSC	LCM78
8	1:52.11	8etuzzi, Ray, 17, UCSC	LCM05
9	1:52.19	Ward, Darren, 86, UNATT	LCM86
10	1:52.29	Greenshields, Joel, 17, UCSC	LCM05

## 400 METRES FREESTYLE

1	3:52.23	Hurd, Andrew, 17, MSSAC	LCM00
2	3:52.63	Cochrane, Ryan, 17, IS	LCM06
3	3:55.21	Johns, Brian, 17, RAPID	LCM00
4	3:55.37	Johnston, Mark, 17, BROCK	LCM97
5	3:56.34	8aumann, Alex, 15, LUSC	LCM80
6	3:56.48	Szmidt, Peter, 16, PCSC	LCM78
7	3:56.97	O'Hare, Turlough, 17, CDSC	LCM87
8	3:56.98	Flowers, Scott, 17, EKSC	LCM86
9	3:57.31	Chalmers, Chris, 17, LYAC	LCM85
10	3:57.77	8etuzzi, Ray, 17, UCSC	LCM05

## 1500 METRES FREESTYLE

1	15:12.70	Hurd, Andrew, 17, MSSAC	LCM00
2	15:13.44	Cochrane, Ryan, 17, IS	LCM06
3	15:24.45	Taylor, Harry, 17, EKSC	LCM86
4	15:28.07	Chalmers, Chris, 17, LYAC	LCM85
5	15:31.38	Volz, Bernhard, 15, NYAC	LCM84
6	15:32.01	Seebach, Kyle, 17, EPS	LCM88
7	15:32.40	McLellan, David, 17, LAC	LCM90
8	15:36.01	Johnston, Mark, 17, 8ROCK	LCM97
9	15:39.14	Baumann, Alex, 15, LUSC	LCM80
10	15:42.98	Shemilt, David, 16, BROCK	LCM81

## 100 METRES BACKSTROKE

1	56.19	Oriwol, Tobias, 16, ESWIM	LCM02
2	56.49	Tewksbury, Mark, 17, UCSC	LCM85
3	56.81	Sawbridge, Chris, 17, NRST	LCM98
4	56.95	Renaud, Chris, 17, UCSC	LCM94
5	57.03	Tapp, Jake, 17, LOSC	LCM06
6	57.11	Goss, Sandy, 17, NYAC	LCM84
7	57.14	Anderson, Gary, 17, ESC	LCM87
8	57.16	West, Mike, 16, ROW	LCM81
9	57.19	Janes, Riley, 17, CKSC	LCM98
10	57.24	Wollach, Pascal, 17, UCSC	LCM05

## 200 METRES BACKSTROKE

1	2:00.03	Oriwol, Tobias, 15, ESWIM	LCM01
2	2:01.79	Renaud, Chris, 17, UCSC	LCM94
3	2:02.60	Goss, Sandy, 17, NYAC	LCM84
4	2:02.72	Sayao, Chuck, 17, MSSAC	LCM00
5	2:03.53	West, Mike, 17, ROW	LCM82

6	2:03.66	Strelzow, Desmond, 17, U8CD	LCM03
7	2:03.81	Hawes, Matt, 17, ROW	LCM03
8	2:03.86	Tewksbury, Mark, 17, UCSC	LCM86
9	2:03.94	Versfeld, Mark, 17, EKSC	LCM93
10	2:04.27	Francis, Charles, 17, CAMO	LCM06

## 100 METRES BREASTSTROKE

1	1:02.53	Knabe, Morgan, 17, UCSC	LCM99
2	1:02.92	Bois, Mathieu, 17, CAMO	LCM05
3	1:02.98	Huang, Matthew, 16, PDSA	LCM00
4	1:03.17	Brown, Michael, 17, PERTH	LCM02
5	1:03.57	Thomsen, Chad, 17, EKSC	LCM00
6	1:03.61	Mason, Michael, 17, PEPSI	LCM91
7	1:04.11	Cleveland, Jon, 17, UCSC	LCM88
8	1:04.15	Dickens, Scott, 17, BRANT	LCM02
9	1:04.18	Chan, Andrew, 16, ETOB	LCM96
10	1:04.24	Davis, Victor, 16, ROW	LCM81

## 200 METRES BREASTSTROKE

1	2:15.44	Bois, Mathieu, 17, CAMO	LCM05
2	2:15.45	Knabe, Morgan, 17, UCSC	LCM99
3	2:15.83	Brown, Michael, 17, PERTH	LCM02
4	2:16.00	Cleveland, Jon, 17, UCSC	LCM88
5	2:16.43	Mason, Michael, 16, EPS	LCM90
6	2:17.60	Chan, Andrew, 17, ETOB	LCM97
7	2:17.88	Huang, Matthew, 15, PDSA	LCM99
8	2:18.87	Grant, Cameron, 17, SSC	LCM87
9	2:19.16	Taylor, Braeden, 17, MM	LCM05
10	2:19.20	Beavers, Keith, 17, STARS	LCM01

## 100 METRES BUTTERFLY

1	54.50	Sioui, Adam, 17, TD	LCM99
2	55.07	Versfeld, Mark, 17, EKSC	LCM94
3	55.33	8louin, Jonathan, 17, CSO	LCM06
4	55.52	Gabsch, Eric, 17, MSSAC	LCM98
5	55.64	Ponting, Tom, 16, UCSC	LCM82
6	55.81	Pulle, Garret, 17, AAC	LCM95
7	55.91	Clarke, Stephen, 17, COBRA	LCM91
8	56.17	McLeod, Jonathan, 17, ROD	LCM93
9	56.22	Creelman, Brad, 17, TOMAC	LCM87
10	56.27	Wake, Doug, 17, ROD	LCM94

## 200 METRES BUTTERFLY

1	2:00.78	Ward, Peter, 17, CDSC	LCM81
2	2:00.80	Weiss, Philip, 16, PSW	LCM95
3	2:00.84	Sioui, Adam, 17, TD	LCM99
4	2:01.74	Davis, Victor, 17, ROW	LCM82
5	2:02.35	Blouin, Jonathan, 17, CSO	LCM06
6	2:02.78	Seebach, Kyle, 17, EPS	LCM88
7	2:03.40	Kelly, Jon, 15, VICO	LCM83
8	2:03.47	Bredschneider, Claus, 17, ETOB	LCM77
9	2:03.49	Letaourneau, Dan, 17, CNCB	LCM93
10	2:03.61	Meldrum, Mike, 17, UCSC	LCM85

## 200 METRES IND. MEDLEY

1	2:02.78	8aumann, Alex, 16, LUSC	LCM81
2	2:02.80	Johns, Brian, 17, RAPID	LCM00
3	2:04.04	Oriwol, Tobias, 15, ESWIM	LCM01
4	2:04.65	Versfeld, Mark, 17, EKSC	LCM94
5	2:04.91	Beavers, Keith, 17, STARS	LCM01
6	2:04.92	Myden, Curtis, 17, UCSC	LCM91
7	2:05.28	Sayao, Chuck, 17, MSSAC	LCM00
8	2:05.45	Ward, Darren, 86, UNATT	LCM86
9	2:05.98	Bovell, George, 16, PPO	LCM00
10	2:05.98	Anderson, Gary, 17, ESC	LCM87

## 400 METRES IND. MEDLEY

1	4:22.39	Baumann, Alex, 16, LUSC	LCM81
2	4:22.55	Beavers, Keith, 17, STARS	LCM01
3	4:23.02	Sayao, Chuck, 17, MSSAC	LCM00
4	4:23.38	Oriwol, Tobias, 16, ESWIM	LCM01
5	4:23.77	Myden, Curtis, 17, UCSC	LCM91
6	4:24.61	Versfeld, Mark, 17, EKSC	LCM94
7	4:27.09	8aird, Stephen, 17, GO	LCM90
8	4:27.63	Seebach, Kyle, 17, EPS	LCM88
9	4:27.70	Davis, Victor, 17, ROW	LCM82
10	4:27.89	Pratt, Jasen, 17, EKSC	LCM90

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## 50 METRES FREESTYLE

1	22.56	MacDonald, Simon, 17, NKB	SCM97
2	22.85	Miller, Kurtis, 16, SCAR	SCM02
3	22.92	Lupien, Yannick, 17, GO	SCM97
4	22.93	Johns, Brian, 16, RACER	SCM99
5	22.94	Kondziolka, Dean, 17, TOMAC	SCM90
6	22.99	Gabsch, Eric, 17, MSSAC	SCM98
7	23.02	Miller, Kurtis, 17, SCAR	SCM02
8	23.06	Shivers, Mark, 17, CATS	SCM99
9	23.09	Fisher, Kris, 17, MAC	SCM94
9	23.09	Janes, Riley, 17, CKSC	SCM98
10	23.11	Gow, Ryan, 17, TRENT	SCM06

## 100 METRES FREESTYLE

1	49.73	Greenshields, Joel, 17, UCSC	SCM06
2	49.84	Lupien, Yannick, 16, GO	SCM97
3	49.93	Johns, Brian, 17, RAPID	SCM00
4	50.06	Miller, Kurtis, 17, SCAR	SCM03
5	50.12	8aumann, Alex, 16, LUSC	SCM81
6	50.13	Pettifer, Robert, 17, RACER	SCM95
7	50.23	Hayden, Brent, 17, SPART	SCM02
8	50.29	Miller, Kurtis, 16, SCAR	SCM02
9	50.44	VanderMeulen, Steven, 17, VKSC	SCM86
10	50.65	Hortness, Richard, 17, AMAC	SCM03

## 200 METRES FREESTYLE

1	1:47.58	Baumann, Alex, 17, LUSC	SCM83
2	1:47.83	Parenti, Eddie, 17, NSC	SCM89
3	1:48.14	Lupien, Yannick, 16, GO	SCM97
4	1:48.15	Goss, Sandy, 16, NYAC	SCM84
5	1:48.21	Johns, Brian, 16, RACER	SCM99
6	1:48.44	Greenshields, Joel, 17, UCSC	SCM06
7	1:48.53	Szmidt, Peter, 16, PCSC	SCM79
8	1:48.63	McWha, Michael, 17, WAC	SCM95
9	1:48.81	8etuzzi, Ray, 17, UCSC	SCM05
10	1:49.07	Johnston, Mark, 17, BROCK	SCM97

## 400 METRES FREESTYLE

1	3:47.27	Johns, Brian, 17, RAPID	SCM00
2	3:47.65	Baumann Alex, 16, LUSC	SCM81
3	3:48.39	McWha, Michael, 17, WAC	SCM95
4	3:49.28	Parenti, Eddie, 17, NSC	SCM89
5	3:49.95	Johnston, Mark, 17, 8ROCK	SCM97
6	3:50.05	8etuzzi, Ray, 17, UCSC	SCM05
7	3:50.39	Oriwol, Tobias, 16, ESWIM	SCM02
8	3:50.57	Cochrane, Ryan, 17, IS	SCM06
9	3:50.71	Von Richter, Owen, 16, PEPSI	SCM92
10	3:51.16	Szmidt, Peter, 16, PCSC	SCM79

## 1500 METRES FREESTYLE

1	15:04.00	Cochrane, Ryan, 17, IS	SCM06
2	15:04.14	McWha, Michael, 17, WAC	SCM95
3	15:08.66	Johnston, Mark, 17, BROCK	SCM97
4	15:08.85	Baumann, Alex, 16, LUSC	SCM80
5	15:09.52	McLellan, David, 17, LAC	SCM91
6	15:11.40	Shemilt, David, 16, BROCK	SCM82
7	15:13.76	Chalmers, Chris, 17, LYAC	SCM86
8	15:13.76	Hurd, Andrew, 17, MSSAC	SCM00
9	15:17.01	Von Richter, Owen, 16, PEPSI	SCM92
10	15:17.44	O'Hare, Turlough, 16, CDSC	SCM86

## 100 METRES BACKSTROKE

1	54.56	Renaud, Chris, 16, UCSC	SCM93
2	54.99	Janes, Riley, 17, CKSC	SCM98
3	55.02	Tapp, Jake, 17, LOSC	SCM06
4	55.15	Ng, Callum, 17, CASC	SCM03
5	55.27	Oriwol, Tobias, 16, ESWIM	SCM02
6	55.46	West, Mike, 16, ROW	SCM82
7	55.52	Tewksbury, Mark, 17, UCSC	SCM86
8	55.67	Miller, Kurtis, 17, SCAR	SCM03
9	55.78	Wollach, Pascal, 17, UCSC	SCM05
10	55.82	Sepulis, Sean, 17, GMAC	SCM95

## 200 METRES BACKSTROKE

1	1:56.74	Oriwol, Tobias, 16, ESWIM	SCM02
2	1:57.13	Renaud, Chris, 17, UCSC	SCM94
3	1:57.95	Goss, Sandy, 16, NYAC	SCM84
4	1:59.06	Versfeld, Mark, 16, EKSC	SCM93

5	1:59.78	Tapp, Jake, 17, LOSC	SCM06
6	1:59.81	Tewksbury, Mark, 17, UCSC	SCM86
7	1:59.95	Francis, Charles, 17, CAMO	SCM06
8	2:00.53	Blouin, Jonathan, 16, CSO	SCM06
9	2:00.64	Johns, Brian, 16, RACER	SCM99
10	2:01.19	West, Mike, 16, ROW	SCM82

## 100 METRES BREASTSTROKE

1	59.93	Knabe, Morgan, 17, UCSC	SCM99
2	1:01.04	Thomsen, Chad, 17, FKSC	SCM01
3	1:01.36	Davis, Victor, 17, ROW	SCM82
4	1:01.75	Chan, Andrew, 17, ETOB	SCM97
5	1:01.76	Filion, Guillaume, 17, CNC8	SCM97
6	1:01.94	Huang, Matthew, 15, PDSA	SCM00
7	1:02.05	Hunter, Jason, 17, NRST	SCM98
8	1:02.30	Dickens, Scott, 17, BRANT	SCM02
9	1:02.33	Myden, Curtis, 17, UCSC	SCM91
10	1:02.63	Bois, Mathieu, 17, CAMO	SCM06

## 200 METRES BREASTSTROKE

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**50 METRES FREESTYLE**

1	29.55	Collins, Shauna,10,ROD	LCM88
2	30.14	Gabor, Alexandra,10,WGB	LCM04
3	30.45	Lu, Nicole,10,NYAC	LCM06
4	30.83	Liu, Sherry,10,DYNA	LCM05
5	31.00	Day, Becky,10,SSMAC	LCM03
6	31.07	Gimon, Tamara,10,BAD	LCM02
7	31.33	Cook, Madison,10,NKB	LCM03
8	31.43	Sun, Amy,10,WVOSC	LCM06
9	31.47	MacLean, Brenna,10,WVOSC	LCM03
10	31.50	Matthews, Drew,10,LASER	LCM04

**100 METRES FREESTYLE**

1	1:04.40	Collins, Shauna,10,ROD	LCM88
2	1:05.39	Gabor, Alexandra,10,WGB	LCM04
3	1:05.68	Liu, Sherry,10,DYNA	LCM05
4	1:06.20	Kerr, Jane,10,ETOB	LCM79
5	1:06.81	Pollard, Alix,10,TOMAC	LCM92
6	1:07.29	Day, Becky,10,SSMAC	LCM03
7	1:07.64	Ouon, Caitlin,10,UBCD	LCM05
8	1:07.78	Bodak, Anne,10,TBT	LCM79
9	1:07.92	Dozzo, Alison,10,NYAC	LCM78
10	1:08.03	Yakemow, Cora,10,WD	LCM78

**400 METRES FREESTYLE**

1	4:48.72	Hansford, Amanda,10,ROW	LCM96
2	4:57.12	Ouon, Caitlin,10,UBCD	LCM05
3	4:57.20	Bodak, Anne,10,TBT	LCM79
4	4:59.00	Kerr, Jane,10,ETOB	LCM79
5	4:59.45	Liu, Sherry,10,DYNA	LCM05
6	5:02.34	Gabor, Alexandra,10,WGB	LCM04
7	5:02.90	Ahola, Kathy,10,TBT	LCM78
8	5:03.40	McEachern, Barba,10,ROO	LCM76
9	5:06.58	Hoekstra, Mallory,10,EKSC	LCM98
10	5:06.70	Dozzo, Alison,9,NYAC	LCM78

**100 METRES BACKSTROKE**

1	1:15.30	Bakken, Alyssa,10,PCS	LCM03
2	1:15.44	Couillard, Marie-Pier,10,REG	LCM02
3	1:15.87	Fratesi, Jenniler,10,SSMAC	LCM95
4	1:16.29	Colgan, Alana,10,STARS	LCM04
5	1:16.41	Tung, Pamela,10,NYAC	LCM92
6	1:16.43	Hoekstra, Mallory,10,EKSC	LCM98
7	1:16.63	Savelle, Charlotte,10,LUSC	LCM77
8	1:16.74	Liu, Sherry,10,DYNA	LCM05
9	1:16.84	Quon, Caitlin,10,UBCD	LCM05
10	1:16.95	Elias, Elizabeth,10,CREST	LCM92

**100 METRES BREASTSTROKE**

1	1:24.68	Lee, Bora,10,UBCD	LCM02
2	1:25.18	Timmons, Kelly,10,OSC	LCM97
3	1:25.61	Liu, Sherry,10,DYNA	LCM05
4	1:26.00	Glos, Martina,10,GSC	LCM78
5	1:27.14	Green, Laurie,10,NEWS	LCM92
6	1:27.18	McCord, Kate,10,UCSC	LCM03
7	1:27.52	Skinner, Andrea,10,MAC	LCM95
8	1:27.68	Bacon, Kim,10,COBRA	LCM95
9	1:27.82	Kerr, Jane,10,ETOB	LCM79
10	1:27.88	Jonusaitis, Jenniler,10,SSMAC	LCM92

**100 METRES BUTTERFLY**

1	1:13.09	Oswald, Tracy,10,VPSC	LCM75
2	1:13.79	Fratesi, Jenniler,10,SSMAC	LCM94
3	1:14.11	Hoekstra, Mallory,10,EKSC	LCM98
4	1:14.48	Mittermaier, Emma,10,SKSC	LCM05
5	1:14.51	McElroy, Jennifer,10,GMAC	LCM80
6	1:14.76	Tetz, Stacey,10,UCSC	LCM92
7	1:15.23	Kubacki, Christina,10,TOMAC	LCM92
8	1:15.27	Bodak, Anne,10,TBT	LCM79
9	1:15.90	Horslead, Jill,10,ETOB	LCM78
10	1:15.91	Kells, Andrea,10,ROSCC	LCM99

**200 METRES IND. MEDLEY**

1	2:38.90	Gimon, Tamara,10,BAD	LCM02
2	2:41.44	Hoekstra, Mallory,10,EKSC	LCM98
3	2:41.62	Liu, Sherry,10,DYNA	LCM05
4	2:43.60	Bodak, Anne,10,TBT	LCM79
5	2:43.66	Fratesi, Jenniler,10,SSMAC	LCM95
6	2:43.71	Kerr, Jane,10,ETOB	LCM79
7	2:43.74	Schmidt, Erica,9,PERTH	LCM95
8	2:44.32	Quon, Caitlin,10,UBCD	LCM05
9	2:44.75	Dozzo, Alison,9,NYAC	LCM78
10	2:47.14	Kloosterman, Rachael,10,WISC	LCM99

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**50 METRES FREESTYLE**

1	30.10	Finch, Cory,10,ROD	LCM81
2	30.55	Lubberding, Mackenzie,10,OSC	LCM06
3	30.65	Gavric, Marko,10,UBCD	LCM02
4	30.75	Rubenchik, Darren,10,CHAMPLCM02	
5	30.92	Celej, Max,10,TSC	LCM05
6	31.17	Demyanenko, Danny,10,TSC	LCM05
7	31.19	Abdel-Khalik, Aly,10,ESWIM	LCM05
8	31.28	Kiel, Brian B,10,ROC	LCM02
9	31.56	Harper, Cameron,10,AAC	LCM04
10	31.64	Harding, Grant,10,ROW	LCM02

**100 METRES FREESTYLE**

1	1:05.02	Bignell, Andrew,10,SSMAC	LCM94
2	1:05.59	Guernsey, David,10,TRENT	LCM80
3	1:06.58	Clouthier, Brett,10,OSHAC	LCM92
4	1:06.67	Creelman, Brad,9,TOMAC	LCM80
5	1:06.68	Rubenchik, Darren,10,CHAMPLCM02	
6	1:07.18	Duchek, Daniel,10,UCSC	LCM92
7	1:07.20	Dubois, Justin,10,YLSC	LCM93
8	1:07.50	Webster, Peter,10,LYAC	LCM78
9	1:07.50	Abdel-Khalik, Aly,10,ESWIM	LCM05
10	1:07.68	Preston, Stephen,10,NEW	LCM92

**400 METRES FREESTYLE**

1	4:55.60	Jakisch, Trevor,10,SJS	LCM78
2	4:55.80	Webster, Peter,10,LYAC	LCM78
3	5:00.43	Cote, Tristan,10,MSSAC	LCM06
4	5:03.43	Graboski, Peter,10,FSC	LCM78
5	5:05.71	Bignell, Andrew,10,SSMAC	LCM94
6	5:06.04	Morrow, Keane,10,ROSCC	LCM04
7	5:06.42	Abdel-Khalik, Aly,10,ESWIM	LCM05
8	5:06.65	Sayao, Chuck,10,TOMAC	LCM93
9	5:08.10	Bielby, Steven,10,PCSC	LCM00
10	5:09.06	Block, Paul,10,HYACK	LCM80

**100 METRES BACKSTROKE**

1	1:14.50	Bignell, Andrew,10,SSMAC	LCM94
2	1:15.02	Cheung, David,10,CREST	LCM92
3	1:15.08	Oriwol, Tobias,10,PCSC	LCM96
4	1:16.13	Guernsey, David,10,TRENT	LCM80
5	1:16.36	Wood, Russell,10,CASC	LCM05
6	1:16.72	Duchek, Daniel,10,UCSC	LCM92
7	1:17.07	Preston, Stephen,10,NEW	LCM92
8	1:17.14	Hastings, Campbell,10,SCSC	LCM80
9	1:17.14	Harper, Cameron,10,AAC	LCM04
10	1:17.19	Kudaba, Andre,10,HYACK	LCM01

**100 METRES BREASTSTROKE**

1	1:22.79	Cheung, David,10,CREST	LCM92
2	1:24.10	Chiew, Ryan,10,HYACK	LCM97
3	1:24.23	McRae, Jeff,10,OSHAC	LCM76
4	1:24.51	Johnson, Tim,10,WAC	LCM92
5	1:24.51	Riley, David,10,TSC	LCM05
6	1:25.07	Raffa, Lee,10,UCSC	LCM93
7	1:25.11	Savin, Artyom,10,RAMAC	LCM05
8	1:25.24	Chang, Nathan,10,MAC	LCM96
9	1:25.77	Oriwol, Tobias,10,PCSC	LCM96
10	1:26.44	Sy, Mark,10,MAC	LCM93

**100 METRES BUTTERFLY**

1	1:13.50	Bignell, Andrew,10,SSMAC	LCM94
2	1:13.74	Verfeld, Niels,10,EKSC	LCM92
3	1:13.79	Cuch, Patrick,10,TSC	LCM99
4	1:14.19	Cheung, David,10,CREST	LCM92
5	1:14.50	Ward, Peter,10,NYAC	LCM74
6	1:14.83	Sy, Mark,10,MAC	LCM93
7	1:15.17	Abdel-Khalik, Aly,10,ESWIM	LCM05
8	1:15.31	Ryu, Hochan,10,JOSS	LCM05
9	1:15.73	Vanderkam, Bradley,10,POW	LCM94
10	1:16.34	Lubberding, Mackenzie,10,OSC	LCM06

**200 METRES IND. MEDLEY**

1	2:35.84	Oriwol, Tobias,10,PCSC	LCM96
2	2:36.36	Cheung, David,10,CREST	LCM92
3	2:37.70	Despond, Frankie,10,BAD	LCM02
4	2:39.60	Cote, Tristan,10,MSSAC	LCM06
5	2:42.60	Jakisch, Trevor,10,SJS	LCM78
6	2:43.58	Samuel, Curtis,10,OK	LCM01
7	2:43.67	Preston, Stephen,10,NEW	LCM92
8	2:43.75	Bignell, Andrew,10,SSMAC	LCM94
9	2:44.84	Abdel-Khalik, Aly,10,ESWIM	LCM05
10	2:45.45	Guernsey, David,36,TRENT	LCM80

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**50 METRES FREESTYLE**

1	28.64	Collins, Shauna,10,ROD	SCM88
2	29.56	Gabor, Alexandra,10,WGB	SCM04
3	30.29	Liu, Sherry,10,DYNA	SCM05
4	30.52	Bouchard, Dominique,10,NSASCM02	
5	30.63	Cook, Madison,10,NKB	SCM03
6	30.75	MacLean, Brittany,10,ESWIM	SCM05
7	30.90	Day, Becky,10,SSMAC	SCM03
8	31.00	Olivares, Isabella,10,MSSAC	SCM06
9	31.05	Mittermaier, Emma,10,SKSC	SCM05
10	31.08	McGhee, Pamela,10,UCSC	SCM02

**100 METRES FREESTYLE**

1	1:02.65	Collins, Shauna,10,ROD	SCMBB
2	1:04.62	Gabor, Alexandra,10,WGB	SCM04
3	1:04.82	Hoekstra, Mallory,10,EKSC	SCM99
4	1:04.85	Dozzo, Alison,10,NYAC	SCM79
5	1:05.19	Pomerleau, Kirsten,10,UCSC	SCM99
6	1:05.96	Kerr, Jane,10,ETOB	SCM79
7	1:06.17	Long, Amanda,10,LAC	SCM98
8	1:06.21	Liu, Sherry,10,DYNA	SCM05
9	1:06.46	Chuy, Courtenay,10,HYACK	SCM96
10	1:06.46	Dermod, Claire,10,HWAC	SCM98

**400 METRES FREESTYLE**

1	4:49.12	Liu, Sherry,10,DYNAM	SCM05
2	4:51.13	Hackett, Shannon,12,PSA	SCM99
3	4:51.90	Bodak, Anne,10,TBT	SCM79
4	4:52.00	Kerr, Jane,10,ETOB	SCM79
5	4:54.39	Long, Amanda,10,LAC	SCM98
6	4:55.59	Mulhern, Courtenay,12,PSW	SCM99
7	4:57.30	Dozzo, Alison,10,NYAC	SCM79
8	4:58.53	Quon, Caitlin,10,UBCD	SCM05
9	5:00.60	MacPherson, Michelle,10,SDSC	SCM77
10	5:00.84	Gabor, Alexandra,10,WGB	SCM04

**100 METRES BACKSTROKE**

1	1:10.94	Bakken, Alyssa,10,UVPCS	SCM03
2	1:13.00	Hoekstra, Mallory,10,EKSC	SCM99
3	1:13.44	Fratesi, Jenniler,10,SSMAC	SCM95
4	1:13.72	Pomerleau, Kirsten,10,UCSC	SCM99
5	1:14.89	Dozzo, Alison,10,NYAC	SCM79
6	1:14.99	MacLean, Brittany,10,ESWIM	SCM05
7	1:15.03	Buckland, Brooke,10,WTSC	SCM00
8	1:15.23	Jardine, Whitney,10,TMSC	SCM04
9	1:15.30	McKenna, Carly,10,PSW	SCM94
10	1:15.34	Shreanan, Kathleen,10,DCSC	SCM06

**100 METRES BREASTSTROKE**

1	1:21.79	Lee, Bora,10,UBCD	SCM02
2	1:22.68	Rich, Whitney,10,ISS	SCM99
3	1:23.29	Chuy, Courtenay,10,HYACK	SCM96
4	1:23.40	Lee, Janica,10,MSSAC	SCM04
5	1:23.46	Liu, Sherry,10,OYNA	SCM05
6	1:23.49	Beatty, Bronwyn,10,ROO	SCM76
7	1:23.67	Lee, Heather,10,USC	SCM93
8	1:24.50	Green, Laurie,10,NEWS	SCM93
9	1:24.73	Oozoo, Alison,10,NYAC	SCM79
10	1:24.96	McCord, Kate,10,UCSC	SCM03

**100 METRES BUTTERFLY**

1	1:11.26	Collins, Shauna,10,ROD	SCM88
2	1:11.30	MacPherson, Michelle,10,SDSC	SCM77
3	1:11.48	Fratesi, Jenniler,10,SSMAC	SCM95
4	1:12.11	Hoekstra, Mallory,10,EKSC	SCM99
5	1:13.20	Coulombe, Michelle,10,CNMM	SCM76
6	1:13.33	Oozoo, Alison,10,NYAC	SCM79
7	1:13.96	Lallamme, Melissa,10,RCA	SCM93
8	1:15.14	Tung, Pamela,10,NEW	SCM93
9	1:15.40	Kells, Andrea,10,ROSCC	SCM00
10	1:15.86	McKinnon, Kaleigh,10,TORCH	SCM01

**200 METRES IND. MEDLEY**

1	2:35.89	Dozzo, Alison,10,NYAC	SCM79
2	2:38.80	Hoekstra, Mallory,10,EKSC	SCM99
3	2:39.31	Liu, Sherry,10,DYNA	SCM05
4	2:40.40	Kerr, Jane,10,ETOB	SCM79
5	2:40.70	MacPherson, Michelle,10,SDSC	SCM77
6	2:41.32	Fratesi, Jenniler,10,SSMAC	SCM95
7	2:42.48	Long, Amanda,10,LAC	SCM98
8	2:42.70	Coulombe, Michelle,10,CNMM	SCM76
9	2:42.78	Quon, Caitlin,10,UBCD	SCM05
10	2:42.98	Chuy, Courtenay,10,HYACK	SCM96

**BOYS 10 & Under**

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