

CANADIAN OLYMPIC MEDALLISTS

IN-SEASON RECORD FOR MALCHOW

# SWIMNEWS

NUMBER 259

[www.swimnews.com](http://www.swimnews.com)

JULY 2000

\$ 4.95 USA  
\$ 4.95 CAN

***WORLD 200 IM LEADER  
MASSIMILIANO ROSOLINO***



**OLYMPIC SPOT FOR FAST  
IMPROVING KARINE LEGAULT**



N. J. Thierry, *Editor & Publisher*  
 Marco Chiesa, *Business Manager*  
 Karin Helmstaedt, *International Editor*  
 Russ Ewald, Sunland, *USA Editor*  
 Paul Quinlan, *Australian Editor*  
 Cecil Colwin, Ottawa, *Features Editor*  
 Anita Smale, *Copy Editor*  
*Feature Writers*  
 George Block, San Antonio, USA  
 Nikki Dryden, Calgary  
 Katharine Dunn, Halifax  
 Wayne Goldsmith, Australia  
 Anita Lonsbrough, England

### International Statistical Support Group:

Jorge Aguado, Argentina  
 Rumen Atanasov, Bulgaria  
 Chaker Belhadj, Tunisia  
 Young-Ryul Cho, Korea  
 Szabolcs Fodor, Hungary  
 Gerd Heydn, Germany  
 Franck Jensen, Denmark  
 Berth Johansson, Sweden  
 Daniel Pichon / Michel Salles, France  
 Hans Peter Sick, Germany  
 Juan Antonio Sierra, Spain  
 Neville Smith, South Africa  
 Frantisek Stochl, Czech Republic  
 Nelson Vargas, Mexico  
 Janusz Wasiko, Poland  
 Sumire Watanabe, Japan

Computer programs for TAG, World Rankings developed by EveryWare Development Corporation.

SWIMNEWS established in 1974

Published ten times yearly (January to October)

Contents copyright © No portion of this magazine may be reprinted without permission of the publisher.

The following names: *SWIM*, *TAG*, *TOP* and *Making Waves* are registered trademarks and their unauthorized use is strictly prohibited. All rights reserved.

Subscription rates:

Canada \$35 yearly

Inquire about bulk discounts to club teams.

Foreign (air mailed) \$45 US

United States \$35 US

Single issues \$4.95 CAN \$4.95 USA

Payments by cheque, bank money orders and VISA

VISA payments require card number and expiry date

All Canadian subscriptions include 7% Federal GST

International Standard Serial Number ISSN 1209-5966

**Publications Mail Registration No. 09981**

Gateway Postal Facility, Mississauga.

SWIMNEWS (USPS #015-207) is published monthly for US \$35

per year. Periodicals postage paid at Champlain, N.Y. and

additional mailing offices. Address changes should be sent to:

**SWIMNEWS, 356 Sumach Street, Toronto, ON, M4X 1V4**

or (USA and International only)

IMS of N.Y., 100 Walnut St. #3, P.O. Box 1518, Champlain, N.Y.

12919-1518. For details call: IMS at 1 (800) 428-3003

*Editorial Offices:*

SWIMNEWS,

356 Sumach St., Toronto, Ontario,

M4X 1V4, CANADA

Tel: (416) 963-5599 Fax: (416) 963-5545

E-mail: swimnews@inforamp.net

<http://www.swimnews.com>

### FEATURES

- 4 Canadian Personality: Karine Legault** **Nikki Dryden**  
 One Day I Want to Have Everyone Cheering for Me
- 13 German Championships** **Karin Helmstaedt**  
 Seven National Records in Four Days
- 13 Ask Judy** **Judy Goss**  
 Do You Really Want It?
- 14 European Championships** **Nick Thierry**  
 Impressive Depth As Majority Swim Through
- 16 Swimming History** **Jack Kelso**  
 Canadian Swimmers at the Olympics
- 18 American Personality: Tom Malchow** **Russ Ewald**  
 Designed to Swim0
- 19 Its Not the Swimmer Its the Suit** **Karin Helmstaedt**
- 20 German Drug Trials** **Karin Helmstaedt**  
 Stories Told In Court Defy the Imagination
- 21 Two Men Who Distorted Sporting History** **Karin Helmstaedt**
- 29 Scandal** **Karin Helmstaedt**  
 Banned Coach Arrested in Spain
- 29 Book Review** **Karin Helmstaedt**  
 Australian Athlete Tells (Not Quite) All



Cover photo: Marco Chiesa



Karine Legault



Yana Klochkova



Tom Malchow



Manfred Ewald

### DEPARTMENTS

- 3 Contents 10 European Championships Results
- 5 Record Setters 12 European Junior Championships Results
- Calendar 23-27 TAG (Top Age Group Times)
- 6 TOP (Tiny Olympic Prospects) 28 Backwash
- 8 Results Canadian Youth & Junior Nationals 38 Making Waves

# ONE DAY I WANT TO HAVE EVERYONE CHEERING FOR ME

**Nikki Dryden**

At the 1996 Canadian Olympic Trials, then 22-year-old Hugues Legault won the 50 freestyle and qualified for the Olympic Games. Seemingly out of nowhere, this quiet young Frenchman sprinted his way to Atlanta. Four years later, his baby sister, Karine, would perform a similar feat to qualify for Sydney.

In winning the 400 and 800 freestyles at this year's Olympic Trials, Karine Legault (PPO) joined with her brother to become one of only a handful of brother-sister duos to swim in the Olympics for Canada. After having met Karine several months ago, and knowing her brother Hugues from Atlanta, I was very surprised to hear that the two were related.

Not only is Karine a distance junkie, but her contagious, outgoing personality made me question whether the composed and controlled sprinter I knew as "Hugs" was in fact her brother.

But this sibling bond is one of the reasons Karine's coach Benoit Lebrun believed she could be on the 2000 Olympic Team. "I knew Karine could be a great swimmer," says Benoit. "She has great high elbows at the catch and she is a natural two-beat kicker. Plus it was in the family. She is tall and has good genes."

The summer of 1998 was not a good one for Karine. Although her coach and program had been successful for her brother, she was not having the success she wanted and was working for. Karine even thought about quitting the sport, but instead decided to try another program. She gave Benoit a one-month chance.

Neither he nor she needed a month. Karine was convinced after her first practice with Benoit that this was the place for her. In one year she went from a 9:01 in the 800 to an 8:51 and a bronze medal at Nationals.

"Wow!" I thought, says Karine. "I just dropped ten seconds off my best time—that's pretty good. So I decided to keep going and see what could happen."

But life wasn't all roses for Karine even with her new coach and newfound confidence. "If you ask Ben what he thought I would do in February, he would tell you he didn't think I would make the team.

During the fall I was taking four classes, I was stressed out, and I had gained some weight." By December, Karine could not make 400s on five minutes and she took a week break in January to figure out her future.

During that time, Karine made an appointment with a nutritionist. They sat down and made a plan for Karine to lose some weight. By the time of Trials, Karine had lost twenty pounds.

"At some point Karine made the decision," says Benoit. "My coaching philosophy has always been to fix things through stroke drills and simple areas, not to change the personality of an individual. Since

Karine had come to swim with me I had always remained consistent in my approach to her swimming." Both Karine and Benoit knew that she needed to make a change and that was her weight. "Karine has always been doing the right kind of work, but had been overweight. She could train fast but she could not race fast."

With an easier school load and a decision to



Karine Legault second Olympian in family Marco Chiesa

reduce her weight and take care of herself, Karine moved into the final phase of her Olympic Trials preparation. With limited pool space in Montreal (37 people in 3 long course lanes), Benoit had three training camps for his top group of swimmers. "I like to expose my swimmers to better teams and better swimmers. It is then that they realize they are good. They begin to understand their strengths and weaknesses."

Karine and two of her PPO teammates were in Florida in April when UCSC was also training. "Having the opportunity to train with so many top swimmers really helped me learn a lot about my own swimming. I learned to go easier on certain sets and really go hard on others. Watching Curtis Myden, who knew when to be intense and when to be relaxed, helped me a great deal. I was also able to follow Joanne Malar in a set of 10x100, which really boosted my confidence."

It was just before the Olympic Trials that Karine knew she had a solid shot at making the team. "I went a 4:15 at the Quebec Team Championships wearing the new leg suit. I made my carding for the first time and I figured if I went a 4:15 and a 4:15 then I could go an 8:30 for the 800!"

Karine won the 400 at Trials but missed the "A" standard. She then swam hard in the heats of the 800 and just missed the "A" standard again.

However, she had one chance left to secure her spot on the team and Karine couldn't have dreamed a more perfect race.

Back in the early 1990s when I used to swim distance free, the then-titled Swim Magazine quoted me as saying that I loved swimming distance because you are in the lead for longer. It was a bit arrogant, I suppose, but when you are young you don't often realize these subtleties. But it really is a reward for distance swimmers who toil away long after everyone finishes practice, to be able to race with the crowd cheering behind you. Karine related to me when it was that she dreamed up her perfect race. "It was at the 1993 Nationals in St. John and you were swimming the 400 free and the whole crowd was cheering you on to break the Canadian record. I pointed at you and said, 'One day I want to swim like that, one day I want to have everyone cheering for me just like that.'"

Well, Karine had her wish come true. She swam the 800 freestyle in her home pool in front of hundreds of screaming fans, swam her best time, and secured her ticket to Sydney. "I was nervous before the race, but if I had done the time in the heats I wouldn't have had the race I dreamed of, so it is a good thing I missed the time. In the 400, I could sense from the crowd that I was not on pace. At the 750 in my 800, I knew I had it. I could tell by the reaction from the fans, I could feel from their energy that I was going to make the team."

Even though life seems perfect for Karine Legault, it isn't. "I am a perfectionist, and this year my goal time for Trials was an 8:38. I didn't reach that goal so I am pretty upset! I know I can go faster than 8:39. I was very nervous at Trials and I took the race out too slow because I was trying to set up my stroke. I would love to make the final at the Olympics and go an 8:33. It is a long shot, but so was 8:39!"

Karine will be one of a few rookies on this year's Olympic Team, but don't try to tell her that she isn't fully capable in this situation. "I went to Atlanta to watch Hugues swim. I went to the Olympic Village and saw all that he experienced. Most of the time I was on the other side of things, and I do have a different perspective, but I won't be going to Sydney without an Olympic experience."

My interview with Karine was like none other. Perhaps my questions were too trivial for the McGill Psychology major, but Karine kept offering up interesting tidbits into her life and swimming career. For example, Karine informed me that she is learning Mandarin as part of her minor in East Asian Studies. "It is very relaxing to work on my characters. When I practise my calligraphy I can get mesmerized for hours. It is my meditation time!"

Karine also flirts with German and Spanish, which will all certainly help her as she travels the world with the National Team. "I will swim for four more years. I am finally carded so why would I stop? Now I can take my time with school and relax. And besides, I love swimming!"

## CALENDAR

### CANADIAN

#### October

- 13-15 POW Invitational, Woodstock, ON
- 20-21 McMaster Invitational, Hamilton
- 27-29 Richmond Hill Fall Classic

#### November

- 4-5 Ontario Senior Circuit, Sudbury
- 10-12 Swim International, Brantford
- 10-12 Island Pacific Cup, Victoria
- 18-19 World Cup, Edmonton
- 24-28 Ontario Seniors, Etobicoke

#### December

- 30-31 Prairie Winter Invitational, Winnipeg
- 1-3 Richmond Rapids Fast Swim
- 7-10 Youth Cup, NYAC at Etobicoke
- 8-10 Pointe Claire Invitational
- 8-10 Kamloops Ice Classic

### 2001

#### January

- 19-21 Regina Invitational
- 19-21 Hyack Invitational, New Westminster
- 20-21 Ontario Senior Circuit, Toronto
- 27-27 Canada West Championships
- 28-29 Richmond Hill Invitational

#### February

- 2-4 Coupe du Quebec
- 3-4 BC Senior Championships, Vancouver
- 9-11 Ontario University Champs, Nepean
- 16-18 Malar Invitational, Hamilton
- Quebec A Champs, Thetford Mines, Brossard, Beaconsfield
- 16-18 BC Age Groups, Prince George
- 23-25 CIAU Championships, Guelph
- 23-25 Youth & Junior Nationals
- East - Saint John, NB
- West - Saskatoon, SK
- 23-25 Quebec AA Champs, Montreal

#### March

- 1-4 Man/Sask Championships, Winnipeg
- 2-4 Ontario Age Groups, Nepean
- Quebec Championships, Trois-Rivieres
- 14-17 Spring Nationals (50 m) Edmonton
- 23-25 Davis Invitational, Guelph

#### April

- 6-8 Ajax Sprints, Toronto
- 20-22 Ontario Team Championships
- 20-22 Island Invitational, Victoria
- 27-28 Quebec Team Championships
- 28-29 West Coast Open, Richmond

#### May

- 19-21 Hyack Invitational, New Westminster
- 25-27 Pacific Dolphins International, Vancouver
- Thunder Bay Invitational

#### June

- 1-3 Ontario Canada Games Trials, London
- 15-17 Island Invitational, Victoria
- 22-24 BC Championships, Surrey
- 22-24 McCormick Invitational, Hamilton

### INTERNATIONAL

#### September

- 16-23 Olympic Games, Sydney, AUS

#### October

- 7-8 Bremen SC International, GER
- 12-15 SC Champs, Melbourne, AUS

#### November

- 10-12 World Cup 1, Rio de Janeiro, BRA
- 15-16 World Cup 2, College Park, MD, USA
- 18-19 World Cup 3, Edmonton, CAN
- 17-22 FINA World Open Water Champs, Hawaii

#### December

- 1-2 World Cup 4, Shanghai, CHN
- 5-7 World Cup 5, Melbourne, AUS
- 14-17 European SC Championships, Valencia, ESP
- 16-17 British Winter Champs, Sheffield, GBR

### 2001

#### January

- 13-14 World Cup 6, Naples, ITA
- 17-18 World Cup 7, Sheffield, GBR
- 20-21 World Cup 8, Berlin, GER
- 24-25 World Cup 9, Stockholm, SWE
- 27-28 World Cup 10, Paris, FRA

#### July

- 5-8 European Junior Championships, Malta
- 17-29 FINA World Championships, Fukuoka, JPN

#### August

- 22-1 FISU Universiade, Beijing, CHN
- 25-7 Mediterranean Games, Tunis, TUN

#### September

- 29-9 Goodwill Games, Brisbane, AUS

#### November

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

#### December

- 13-16 European SC Championships

### 2002

#### April

- 4-7 FINA World SC Champs, Moscow, RUS

#### July

### US CALENDAR

#### August

- 9-16 Olympic Trials, Indianapolis, IN

#### November

- 15-16 FINA World Cup 1, College Park, MD
- 30-2 US Open (25 M), Auburn, AL

### 2001

#### March

- 15-17 Women's NCAA, Long Island, NY
- 22-24 Men's NCAA, College Station, TX
- 27-3 World Champs Trials, (50 m), Austin, TX

#### August

- 14-18 Summer Nationals

## RECORD SETTERS

### Ratified World Records

- **Men's 200 butterfly:** 1:55.18 Tom Malchow, USA, Charlotte, July 17. Better's old record of 1:55.22 Denis Pankratov, RUS, 1995.

### World records pending FINA ratification

- **Women's 50 backstroke:** 28.25 Sandra Volker, GER, Berlin, Jun 17. Better's old record of 28.67 Mai Nakamura, JPN, April 2000.
- **Women's 100 butterfly:** 56.64 Inge de Bruijn, NED, Federal Way, Jul 22. Better's own record of 56.69 from May 2000.

### COMMONWEALTH

#### • Women's 50 freestyle:

- 25.16 Alison Sheppard, SCO, Sheffield, Jul 25 prelims
- 25.12 Alison Sheppard, SCO, Sheffield, Jul 25, semis
- Better's own record of 25.33 from Aug 1, 1999.

### CANADIAN SENIOR

- **Men's 100 butterfly:** 53.10 Michael Mintenko, PDSA, Los Angeles, July, 16. Better's old record of 53.33 Steven Clarke, COBRA, 1996.

### National Age Group

- **Girls 15-17 100 fly:** 1:01.22 Audrey Lacroix, CAMO, Montreal, May 29. Better's old record of 1:01.27 Jessica Amey, UCSC, 1995.
- **Boys 13-14 50 free:** 24.15 Kurtis Miller, SCAR, Thunder Bay, Jul 8. Better's own record of 24.38 from May 2000.

## ABOUT THIS ISSUE

This issue covers a variety of topics. The most important competition in July was the European Championships, held for the first time in an Olympic year which obviously affected performances. Some prominent swimmers didn't come and everyone present was swimming through in Olympic preparation mode. The results speak for themselves. It was fast.

Other items in this issue: After years of swimming in circles Karin Legault dropped 7 seconds in the 400 free and 20 seconds in the 800 free to win both at the Olympic Trials and make her first international team. Her story is on page 4.

Tom Malchow (USA) broke the world record in the 200 fly last June while in heavy training. Read all about it on page 18.

A look at Canadians at the Olympics by historian Jack Kelso on page 16 and the final installment of the German Drug Trials on page 20.

TAG times include all but Quebec Age Groups and Eastern Cup. Next issue will have the rest.

# TINY OLYMPIC PROSPECTS

# TOP

CLUB NAME	CODE	PROV	BOYS	GIRLS	TOTAL
Canadian Dolphins	CDSC	BC	13	9	22
Edmonton Keyano SC	EKSC	AB	17	26	43
Etobicoke Swimming	ESWIM	ON	7	6	13
Island Swimming	IS	BC	19	26	45
Miramich Whitecaps	MWC	NB	3	5	8
Olympian SC	OSC	AB	10	13	23
Pointe Claire	PCSC	QC	34	35	69
Pacific Sea Wolves	PSW	BC	8	19	27
Red Deer Catalina SC	RDCSC	AB	2	5	7
Region of Waterloo SC	ROW	ON	6	4	10
Calgary Swimming	UCSC	ON	6	5	11
Uxbridge Swim Club	USC	ON	9	17	26
Vancouver Pacific SC	VPSC	BC	17	27	44
			<b>151</b>	<b>197</b>	<b>348</b>

## GIRLS EVENTS

### GIRLS 7&U - 200 FREESTYLE

- Rec: 2:55.04 Donna Wu, AQUA, 85
- 3:43.08 Ashley McGregor, PCSC
  - 4:35.24 Briana Baxter, PCSC
  - 4:47.62 Saidye Assi, PCSC
  - 4:51.28 Hayley Lippiatt, PCSC
  - 5:00.89 Francesca Millington, PSW
  - 5:04.00 Lynnae Mulligan, PSW
  - 5:10.90 Destinee Hunter, PSW
  - 5:31.12 Kearston Livingstone, IS
  - 5:37.08 Gloria Ho, VPSC
  - 5:45.57 Anasazi Valair, CDSC
  - 5:49.69 Megan Jacobs, USC
  - 5:58.61 Breanne Hart-Dowhun, OSC
  - 5:59.94 Ashley Cameron, EKSC
  - 6:01.12 Stephanie Chin, VPSC
  - 6:03.04 Danica Edwards, VPSC
  - 6:08.00 Catherine Creppnjaj, PSW
  - 6:22.20 Brett Hastings, IS
  - 6:36.00 Katie Caldwell, PSW
  - 6:43.48 Chloe Cragg, USC
  - 6:46.00 Madison McAnevin, PSW
  - 6:53.37 Lindsay Silva, EKSC
  - 6:54.00 Kierra Davies, PSW
  - 6:57.05 Kyra Wise, CDSC
  - 7:08.55 Stephanie Hillman, VPSC
  - 8:40.28 Catherine Alcorn, RDCSC

### GIRLS 8 - 400 FREESTYLE

- Rec: 5:49.44 Sandy Sabo, DDO, 83
- 6:50.29 Brittany Buna, IS
  - 6:59.02 Alexandra Cloutier, PCSC
  - 7:06.21 Deanna Matthews, EKSC
  - 7:35.43 Kyra Lippiatt, PCSC
  - 7:42.40 Maura Lavoie, OSC
  - 7:58.58 Isabelle Yeadon, USC
  - 7:59.01 Molly McCullough, PCSC
  - 8:14.05 Fionnuala Pierser, EKSC
  - 9:04.01 Grace Lauristo, VPSC
  - 9:19.27 Lina Mograbie, PCSC
  - 9:20.79 Eleni Rompotinos, PCSC
  - 9:37.51 Sabrina Novak, PCSC
  - 9:51.56 Caroline Thong, ESWIM
  - 9:53.11 Joey Shea, VPSC

- 9:53.72 Amanda Schenk, ESWIM
- 10:01.79 Lindsey Rizzo, ESWIM
- 10:09.33 Katie Yurkovich, EKSC
- 10:25.31 Lindsey Moore, VPSC
- 10:29.07 Cindy Chu, CDSC
- 10:33.12 Kajsa Heyes, VPSC
- 10:36.57 Jordan Gardner, CDSC
- 10:37.19 Iliia Schunithew, EKSC
- 11:00.69 Alison Hooper, IS
- 11:18.11 Lydia Schramm, EKSC
- 11:20.80 Kristie Foreman, IS
- 11:23.00 Isabella Miller, PSW
- 11:28.00 Andrea Temple, PSW
- 11:45.15 Patricia Austin, RDCSC
- 11:55.90 Kelly Sutton, IS
- 12:40.00 Andrea Vizsolyi, IS
- 12:49.92 Samantha Prill, IS
- 13:20.00 Kunsang Kyirong, PSW
- 14:42.00 Danielle Duquette, IS
- 17:14.72 Kendra Edwards, RDCSC

### GIRLS 9 - 800 FREESTYLE

- Rec: 10:45.42 Julie Bodenbender, AQUA, 88
- 12:18.22 Melissa Larocque, PCSC
  - 12:43.91 Catherine Powell, PCSC
  - 12:57.37 Shawnee Landolt, IS
  - 13:03.50 Rachel Judges, ROW
  - 13:04.91 Jemma Hinkley, PCSC
  - 13:26.04 Alexandra Centomo, PCSC
  - 14:12.10 Eleanora Dalling, VPSC
  - 14:12.77 Amity Chow, CDSC
  - 14:18.21 Ivana Djordjevic, CDSC
  - 14:20.93 Katie Matheson, MWC
  - 14:33.40 Lisa Alibrando, PCSC
  - 14:55.73 Colleen Lehnert, MWC
  - 14:59.72 Dana Morch, IS
  - 15:08.69 Alex Williams, OSC
  - 15:14.31 Christine Edwards, VPSC
  - 15:15.69 Jovanna Ruffolo, IS
  - 15:16.77 Jessica McCrindle, PCSC
  - 15:18.10 Lindsay Reed, PCSC
  - 15:18.42 Kristine MacLeod, UCSC
  - 15:43.45 Grainne Pierser, EKSC
  - 15:50.60 Brielle Bukieda, EKSC
  - 16:06.57 Megan Sully, USC

- 16:10.10 Jenna Cook, USC
- 16:10.34 Victoria Roduta, OSC
- 16:34.14 Laura Thompson, USC
- 16:44.35 Brittnee Ronan, MWC
- 16:52.52 Jessica Thrower, PSW
- 16:58.05 Scarlett Smith, VPSC
- 16:59.06 Victoria Burgess, OSC
- 17:07.48 Nicole Che, VPSC
- 17:23.67 Angela Sullivan, IS
- 17:43.68 Darby Nelson, IS
- 18:00.02 Rebecca Britten, EKSC
- 18:11.02 Kaelyn Armstrong, PSW
- 18:14.00 Monica Rossa, IS
- 18:36.78 Sabrina Dionisi, PCSC
- 18:40.47 Brittany Vader, OSC
- 18:49.60 Erika Sweetland, IS
- 18:52.67 Michelle Russell, VPSC
- 19:14.71 Emily Pearce, IS
- 19:30.02 Brooke Petersmeyer, PSW
- 20:59.36 Emma Kelebay, ESWIM
- 21:25.91 Lorayne Mercado, VPSC
- 21:39.01 Gillian Fuss, IS
- 22:47.39 Vanessa Berry, RDCSC
- 23:16.07 Tina Tay, VPSC
- 25:57.13 Danielle Rimstad, EKSC
- 26:17.26 Chelsea Zuber, VPSC

### GIRLS 10 - 1500 FREESTYLE

- Rec: 19:12.09 Melanie Coppel, AQUA, 86
- 21:26.00 Jessica Crepnjak, PSW
  - 21:59.06 Dayna Ahrens, ROW
  - 22:56.86 Brooke Sullivan, MWC
  - 24:18.28 Sara Dick, PCSC
  - 24:44.16 Christina McDonald, PCSC
  - 24:57.31 Jessica Daigneault, PCSC
  - 25:01.32 Jenny Hart-Dowhun, OSC
  - 25:17.04 Caitlin Cuggy, PCSC
  - 25:45.23 Chelsey Harma, EKSC
  - 25:46.10 Erin Hogg, VPSC
  - 25:53.42 Michelle Beveridge, UCSC
  - 26:08.35 Carly Perreaux, OSC
  - 26:17.33 Andrea Reichert, CDSC
  - 26:32.71 Cressida Frey, ROW
  - 26:35.29 Cherry Lee, EKSC
  - 26:45.15 Megan Chi, EKSC
  - 27:37.17 Kara Artym, USC
  - 27:43.44 Tiffany Ouimet, PCSC
  - 27:52.18 Seana Sterner, PCSC
  - 28:09.41 Mahalia Coniah, EKSC
  - 28:14.24 Meghan Straight, VPSC
  - 28:46.19 Lauren Voisin, ROW
  - 28:49.72 Anna Francis, IS
  - 29:01.19 Marianne Stefopoulos, USC
  - 29:04.09 Janelle Bonkowski, EKSC
  - 29:06.32 Melissa Reed, PCSC
  - 29:16.89 Katie Coughlin, IS
  - 29:28.32 Christina Service, IS
  - 29:49.72 Maggie Drinkwater, VPSC
  - 29:50.03 Becca Murton, VPSC
  - 29:54.10 Allison Moore, VPSC
  - 30:09.81 Lucy Lauristo, VPSC
  - 30:12.00 Monica Emme, EKSC
  - 31:20.40 Polly Storey, VPSC
  - 31:21.29 Sannatha Chien, VPSC
  - 31:25.43 Kelsey Mills, USC
  - 31:51.63 Jacqueline Alberta, EKSC
  - 32:14.00 Brittany Elchuk, PSW
  - 33:29.00 Madison Canuel, VPSC
  - 33:37.16 Jenna Chelowa, OSC
  - 33:39.27 Laura Taille, OSC
  - 34:03.40 Genevieve Laurent, EKSC
  - 34:16.26 Stephanie Smolsky, ESWIM
  - 34:19.52 Chelsea Fry, OSC
  - 34:25.81 Lauren Pigozzo, USC

- 34:57.50 Kaela Shaw, USC
- 35:03.51 Diana Siroti, VPSC
- 35:08.22 Natasho Medinano, EKSC
- 35:08.98 Samantha Borgford, USC
- 35:18.46 Steoahnie Zale, IS
- 35:23.65 Lesley James, USC
- 35:24.41 Holly Pettigrew, USC
- 35:25.27 Rachel Grehan, EKSC
- 35:33.18 Amy Austin, RDCSC
- 35:59.00 Sarah McConnell, EKSC
- 36:11.91 Lindsay Hoetzel, IS
- 37:39.74 Ashley Pivetta, IS
- 38:53.30 Kim Kosik, OSC
- 40:48.00 Cara Davies, PSW
- 42:16.91 Alisha Fung, VPSC
- 52:28.01 Megan Ho, VPSC

### GIRLS 7&U - 100 IND. MEDLEY

- Rec: 1:28.46 Donna Wu, AQUA, 85
- 1:46.59 Ashley McGregor, PCSC
  - 2:08.86 Anne Kerr, PCSC
  - 2:14.28 Briana Baxter, PCSC
  - 2:16.21 Hayley Lippiatt, PCSC
  - 2:22.00 Destinee Hunter, PSW
  - 2:24.26 Saidye Assi, PCSC
  - 2:32.00 Lynnae Mulligan, PSW
  - 2:35.62 Kearston Livingstone, IS
  - 2:40.15 Gloria Ho, VPSC
  - 2:41.82 Ashley Cameron, EKSC
  - 2:44.16 Megan Jacobs, USC
  - 2:49.53 Sarah Assi, PCSC
  - 2:51.27 Anasazi Valair, CDSC
  - 2:54.53 Meghan Reiser, OSC
  - 2:55.19 Lindsay Silva, EKSC
  - 2:57.52 Patricia Pierser, EKSC
  - 2:59.46 Stephanie Hillman, VPSC
  - 3:07.17 Breanne Hart-Dowhun, OSC
  - 3:08.00 Brett Hastings, IS
  - 3:21.63 Danica Edwards, VPSC
  - 3:30.21 Kyra Wise, CDSC
  - 3:38.19 Amanda Wang, EKSC
  - 3:38.62 Chloe Cragg, USC
  - 4:10.56 Stephanie Chin, VPSC

### GIRLS 8 - 100 IND. MEDLEY

- Rec: 1:27.52 Donna Wu, AQUA, 85
- 1:40.07 Alexandra Cloutier, PCSC
  - 1:49.17 Deanna Matthews, EKSC
  - 1:52.62 Fionnuala Pierser, EKSC
  - 1:55.75 Isabelle Yeadon, USC
  - 1:56.38 Kyra Lippiatt, PCSC
  - 1:58.28 Katie Stefopoulos, USC
  - 2:00.24 Molly McCullough, PCSC
  - 2:01.61 Maura Lavoie, OSC
  - 2:04.57 Eleni Rompotinos, PCSC
  - 2:08.03 Jordan Gardner, CDSC
  - 2:08.29 Joey Shea, VPSC
  - 2:09.40 Brittany Buna, IS
  - 2:10.26 Grace Lauristo, VPSC
  - 2:11.63 Lina Mograbie, PCSC
  - 2:16.97 Caroline Thong, ESWIM
  - 2:17.41 Kajsa Heyes, VPSC
  - 2:19.34 Lindsey Moore, ESWIM
  - 2:24.97 Amanda Schenk, ESWIM
  - 2:27.10 Sabrina Novak, PCSC
  - 2:27.81 Katie Yurkovich, EKSC
  - 2:29.50 Iliia Schunithew, EKSC
  - 2:32.11 Lydia Schramm, EKSC
  - 2:40.60 Kristie Foreman, IS
  - 2:45.52 Alison Hooper, IS
  - 2:53.16 Andrea Temple, PSW
  - 2:54.42 Brooke Scott, USC
  - 2:57.69 Patricia Austin, RDCSC
  - 2:58.91 Andrea Vizsolyi, IS

### GIRLS 9 - 200 IND. MEDLEY

- Rec: 2:50.84 Leslie Dowson, WISC, 88
- 3:06.93 Melissa Larocque, PCSC
  - 3:12.56 Catherine Powell, PCSC
  - 3:21.92 Shawnee Landolt, IS
  - 3:23.68 Jemma Hinkley, PCSC
  - 3:25.75 Amity Chow, CDSC
  - 3:29.17 Alexandra Centomo, PCSC
  - 3:30.00 Rachel Judges, ROW
  - 3:35.31 Eleanora Dalling, VPSC
  - 3:38.41 Grainne Pierser, EKSC
  - 3:38.56 Christine Edwards, VPSC
  - 3:38.82 Lisa Alibrando, PCSC
  - 3:39.82 Jovanna Ruffolo, IS
  - 3:42.93 Ivana Djordjevic, CDSC
  - 3:46.57 Tanya Hurtubise, PCSC
  - 3:51.29 Laura Thompson, USC
  - 3:51.63 Kristine MacLeod, UCSC
  - 3:54.15 Dana Morch, IS
  - 3:58.00 Alex Williams, OSC
  - 4:02.00 Jessica Thrower, PSW
  - 4:03.00 Kaelyn Armstrong, PSW
  - 4:03.87 Scarlett Smith, VPSC
  - 4:04.13 Jessica McCrindle, PCSC
  - 4:05.67 Lindsay Reed, PCSC
  - 4:07.20 Rebecca Britten, EKSC
  - 4:07.28 Brielle Bukieda, EKSC
  - 4:08.00 Hilary Caldwell, PSW
  - 4:08.23 Megan Sully, USC
  - 4:11.65 Gabrielle Pellerin, PCSC
  - 4:12.36 Victoria Burgess, OSC
  - 4:14.03 Nicole Che, VPSC
  - 4:20.64 Monica Rossa, IS
  - 4:22.60 Lisa Billson, IS
  - 4:29.60 Emily Pearce, IS
  - 4:32.35 Erika Sweetland, IS
  - 4:34.20 Angela Sullivan, IS
  - 4:37.97 Sabrina Dionisi, PCSC
  - 4:41.62 Emily Pearce, IS
  - 4:42.45 Victoria Roduta, OSC
  - 4:47.39 Darby Nelson, IS
  - 4:49.58 Lorayne Mercado, VPSC
  - 4:51.96 Michelle Russell, VPSC
  - 4:54.22 Brittany Vader, OSC
  - 4:54.49 Jenna Cook, USC
  - 5:10.26 Emma Kelebay, ESWIM
  - 5:13.73 Bobbie Mielnichuk, EKSC
  - 5:17.47 Jennie Losie, IS
  - 5:40.81 Alexa Miller, ESWIM
  - 5:51.20 Gillian Fuss, IS
  - 5:52.86 Vanessa Berry, RDCSC
  - 6:18.80 Tina Tay, VPSC
  - 6:31.96 Danielle Rimstad, EKSC
  - 6:50.02 Chelsea Zuber, VPSC

### GIRLS 10 - 400 IND. MEDLEY

- Rec: 5:36.76 Stephanie Shewchuk, PCSC, 85
- 6:24.32 Jessica Crepnjak, PSW
  - 6:37.05 Sunny Huang, PSW
  - 6:39.96 Brooke Sullivan, MWC
  - 6:51.74 Caitlin Cuggy, PCSC
  - 6:52.37 Christina McDonald, PCSC
  - 6:55.15 Jessica Daigneault, PCSC
  - 6:57.23 Stacy Perrier-Armas, PCSC
  - 6:57.83 Dayna Ahrens, ROW
  - 7:01.07 Cherry Lee, EKSC
  - 7:06.72 Megan Chi, EKSC

- 11) 7:11.37 Nicole Welsh,UCSC
- 12) 7:14.69 Myriam Donato,PCSC
- 13) 7:14.76 Sara Dick,PCSC
- 14) 7:18.33 Katherine Morielli,PCSC
- 15) 7:19.08 Elizabeth Macneill,UCSC
- 16) 7:21.36 Carly Perreux,OSC
- 17) 7:22.74 Janelle Bonkowski,EKSC
- 18) 7:25.79 Kara Artym,UCSC
- 19) 7:28.45 Cressida Frey,ROW
- 20) 7:32.36 Lauren Voisin,ROW
- 21) 7:33.68 Mahalia Coniah,EKSC
- 22) 7:34.38 Michelle Beveridge,UCSC
- 23) 7:34.51 Anna Francis,IS
- 24) 7:34.60 Chelsey Harma,EKSC
- 25) 7:38.72 Marianne Stofopoulos,USC
- 26) 7:40.10 Erin Hogg,VPSC
- 27) 7:46.29 Katie Coughlin,IS
- 28) 7:48.25 Lauren Fairlie,PCSC
- 29) 7:50.91 Becca Murton,PCSC
- 30) 7:52.57 Seanna Stoner,EKSC
- 31) 7:58.23 Christina Service,IS
- 32) 8:01.29 Meghan Straight,VPSC
- 33) 8:03.30 Stephanie Ludgate,PCSC
- 34) 8:07.43 Jacqueline Alberta,EKSC
- 35) 8:12.26 Tiffany Ouimet,PCSC
- 36) 8:12.62 Monica Emme,EKSC
- 37) 8:13.97 Brea Garner,CDSC
- 38) 8:25.03 Lauren Pigozzo,USC
- 39) 8:29.67 Melissa Reed,PCSC
- 40) 8:33.43 Savannah King,MWC
- 41) 8:35.93 Genevieve Laurent,EKSC
- 42) 8:38.00 Brittany Elchuk,PSW
- 43) 8:46.14 Samnatha Chien,VPSC
- 44) 8:48.83 Elise Mayo,PCSC
- 45) 8:48.88 Ashley Pivetta,IS
- 46) 8:52.19 Samantha Borgford,USC
- 47) 8:52.63 Allison Moore,VPSC
- 48) 8:59.70 Maggie Drinkwater,VPSC
- 49) 9:00.31 Lucy Lauristo,VPSC
- 50) 9:05.15 Kelsey Mills,USC
- 51) 9:15.36 Amy Austin,RDCSC
- 52) 9:16.53 Kim Kosik,OSC
- 53) 9:19.18 Kaela Shaw,USC
- 54) 9:19.26 Lesley James,USC
- 55) 9:24.12 Diana Sirotic,VPSC
- 56) 9:31.87 Rachel Grehan,EKSC
- 57) 9:39.40 Steohanie Zale,IS
- 58) 9:46.87 Lindsay Hoeltzel,IS
- 59) 9:47.40 Polly Storey,VPSC
- 60) 9:51.47 Holly Pettigrew,USC
- 61) 9:55.60 Stephanie Smolsky,ESWIM
- 62) 9:57.46 Chelsea Fry,OSC
- 63) 10:05.77 Sarah McConnell,EKSC
- 64) 10:08.81 Lesley Arnott,USC
- 65) 10:09.06 Jenna Chelowa,OSC
- 66) 10:10.26 Laura Tailleux,OSC
- 67) 10:11.00 Madison Canuel,PSW
- 68) 10:16.52 Natasha Medinano,EKSC
- 69) 10:24.94 Cara Davies,PSW
- 70) 10:25.99 Jessica McBeth,USC
- 71) 10:39.64 Alisha Fung,VPSC
- 72) 11:09.63 Bianca Takacs,CDSC
- 73) 13:43.27 Megan Ho,VPSC

**BOYS EVENTS**

**BOYS 7&U - 200 FREESTYLE**

- Rec: 2:50.36 Joshua Hammervold,UCSC,97
- 1) 3:42.77 Matthew Emory,PCSC
  - 2) 4:15.42 Jason Lai,EKSC
  - 3) 4:17.15 Mike Dionisi,PCSC
  - 4) 4:21.28 Thomas Jirasek,PCSC
  - 5) 4:29.12 Nicholas Tatigian,PCSC
  - 6) 4:57.00 Phil Clifford,PCSC

- 7) 4:59.62 Ryan Simonyk,PCSC
- 8) 5:06.50 Tanner Fisher,OSC
- 9) 5:13.68 Keegan Zanatta,IS
- 10) 5:29.06 Reid White,EKSC
- 11) 5:39.04 Ivan Huynh,CDSC
- 12) 6:17.31 Sam Hogg,VPSC
- 13) 6:49.76 Jeremy Gardner,CDSC

**BOYS 8 - 400 FREESTYLE**

- Rec: 5:22.65 Doug Wake,YLSC,86
- 1) 6:21.60 Marko Gavric,CDSC
  - 2) 6:46.41 Erick Convery,PCSC
  - 3) 6:47.16 Aaron Blumenthal,PCSC
  - 4) 6:58.55 Karl Wolk,EKSC
  - 5) 6:59.91 Grant Harding,ROW
  - 6) 7:18.00 Thomas Rae,PSW
  - 7) 7:33.85 Sammy Zayed,PCSC
  - 8) 7:39.09 Marlow Nicol,VPSC
  - 9) 7:40.14 Andy Chu,VPSC
  - 10) 7:55.19 Riley Schwarz,IS
  - 11) 7:55.19 Greg MacDonald,MWC
  - 12) 7:57.99 Dennis Brotzky,CDSC
  - 13) 8:02.34 Joshua Bothelo,PCSC
  - 14) 8:26.90 Josh McDonald,PSW
  - 15) 8:45.32 Brandon Chan,EKSC
  - 16) 8:54.50 Michael Klassen,IS
  - 17) 8:58.57 Alex Zhang,PCSC
  - 18) 9:26.00 Troy Peakman,PSW
  - 19) 9:37.52 Mark Grehan,EKSC
  - 20) 9:44.51 Angus Straight,VPSC
  - 21) 9:50.95 John Mancini,PCSC
  - 22) 9:55.63 Wayland Chang,VPSC
  - 23) 9:57.71 Malcolm Milton,VPSC
  - 24) 10:32.13 Sam Hardwicke-B.,EKSC
  - 25) 10:33.20 Martin Laurent,EKSC
  - 26) 10:46.83 Eric Huang,VPSC
  - 27) 10:47.87 Gavin Hastings,IS
  - 28) 11:13.00 Luc Toupin,EKSC
  - 29) 11:24.12 Kevin Andal,ESWIM
  - 30) 11:28.76 Solomon Vandt,VPSC
  - 31) 12:10.00 Cory McAnevin,PSW
  - 32) 12:34.00 Kishen Raja,PSW
  - 33) 12:50.00 Mark Stewart,PSW
  - 34) 13:18.00 Steven Brewers,IS
  - 35) 14:15.20 Matthew De Visser,VPSC
  - 36) 17:53.00 David Morrison,IS

**BOYS 9 - 800 FREESTYLE**

- Rec: 10:27.10 Doug Wake,YLSC,86
- 1) 12:02.36 Curtis Lutsch,UCSC
  - 2) 12:12.90 Spencer Ayre,PCSC
  - 3) 12:45.64 Karim Zayed,PCSC
  - 4) 12:49.15 Craig Dagnall,IS
  - 5) 13:04.02 Michael Clarke,OSC
  - 6) 14:04.61 Trace Kremer,OSC
  - 7) 14:13.92 William Humphrey,UCSC
  - 8) 14:17.79 Alex Partridge,CDSC
  - 9) 14:41.80 Keith Eggen,UCSC
  - 10) 14:47.99 Ben Britten,EKSC
  - 11) 15:00.07 Parker Lang,IS
  - 12) 15:17.49 Kennedy Lys,UCSC
  - 13) 15:37.46 Matthew Hanson,EKSC
  - 14) 15:59.41 Cenna Ghaderpanah,PCSC
  - 15) 16:09.16 Matthew Peddie,OSC
  - 16) 16:28.06 Zach Relf,IS
  - 17) 16:30.23 Hayden Luck,USC
  - 18) 16:40.00 Andrew Ferraro,USC
  - 19) 16:41.33 Mitchell Broughton,USC
  - 20) 17:02.36 Nathan Kindrachuk,OSC
  - 21) 17:10.20 Nicholas Chien,VPSC
  - 22) 17:14.00 Kyle Crepnjak,PSW
  - 23) 17:17.19 Trevor David,USC
  - 24) 17:25.27 Matthew Kerr,PCSC
  - 25) 17:34.74 Daniel McLoughlin,USC

- 26) 17:41.01 Artem Zaloga,ESWIM
- 27) 17:51.00 Cameron Bailey,PSW
- 28) 17:54.63 Danny Taylor,VPSC
- 29) 17:58.27 Patrick Laporte,PCSC
- 30) 18:23.13 Geoffrey Newsome,ESWIM
- 31) 18:45.63 Matthieu Novak,PCSC
- 32) 18:46.37 Sam Starko,VPSC
- 33) 19:06.00 Mackenzie White,PSW
- 34) 19:06.32 Erik Olson,OSC
- 35) 21:25.39 Andrew Lai,EKSC
- 36) 22:12.87 Max Walker,ESWIM
- 37) 22:56.17 David Riediger,OSC
- 38) 23:56.24 Ravi Grewal,IS
- 39) 25:56.60 Denis Lachance,EKSC

**BOYS 10 - 1500 FREESTYLE**

- Rec: 18:41.93 Michael Calkins,VICO,89
- 1) 20:40.66 Steven Bielby,PCSC
  - 2) 21:56.70 Michael Tatigian,PCSC
  - 3) 22:36.15 Derek Woodhall,ROW
  - 4) 22:52.66 Russell Dunkley,PCSC
  - 5) 23:01.79 Richard Elkington,EKSC
  - 6) 23:38.78 Abdallah Gandhi,PCSC
  - 7) 23:39.40 Bruce Malcolm,PCSC
  - 8) 23:47.60 Conor Groerer,ROW
  - 9) 24:12.64 Wilson Kwan,CDSC
  - 10) 24:47.65 Nicholas Mancini,PCSC
  - 11) 24:55.63 Callum Lavoie,OSC
  - 12) 25:04.00 Kieran Wallace,PCSC
  - 13) 25:27.63 Evan Emory,PCSC
  - 14) 25:50.08 Terence Hui,VPSC
  - 15) 25:52.27 Matt Volpini,ROW
  - 16) 25:59.41 Alex Peplowski,PCSC
  - 17) 26:10.39 Bernard Joosten,USC
  - 18) 26:19.22 Aaron Horsfield,IS
  - 19) 26:23.00 Dexter Bligh,IS
  - 20) 27:35.94 Olivier Godard,PCSC
  - 21) 28:12.56 Tai Shudo,CDSC
  - 22) 28:13.70 Stephen Lambert,USC
  - 23) 28:23.31 Stefan Milanovic,CDSC
  - 24) 28:33.91 Alex Martineau,PCSC
  - 25) 28:36.53 Stephan Wenzel,EKSC
  - 26) 28:42.80 Mavrick Meyer,ROW
  - 27) 28:43.00 Jake White,PSW
  - 28) 28:49.64 David Vizsolyi,IS
  - 29) 28:57.64 Andres Poras,UCSC
  - 30) 29:16.73 Ian Kendall,ROW
  - 31) 29:26.00 Michael Rosenbloom,PSW
  - 32) 29:34.26 Kiefer Hagan,OSC
  - 33) 29:41.52 Bryce Fisher,OSC
  - 34) 29:43.94 Shawn Au,EKSC
  - 35) 29:50.47 Austin McGrath,RDCSC
  - 36) 30:13.18 Julian Chang,VPSC
  - 37) 31:03.20 Lorenz Yeung,CDSC
  - 38) 31:15.70 Justin Ng,VPSC
  - 39) 31:31.25 Brandt Carlson,IS
  - 40) 32:10.60 Jeff Wright,IS
  - 41) 32:15.87 Robby Lhner,MWC
  - 42) 32:17.00 Travis Hunter,PSW
  - 43) 35:44.21 Ashkaughn Forghani,IS
  - 44) 35:58.63 Mark Mekechuk,EKSC
  - 45) 36:23.49 Taylor Nadon,VPSC
  - 46) 36:31.66 Justin Chelak,VPSC
  - 47) 37:17.01 Nicholas Bush,USC
  - 48) 37:38.32 Griffith Boysis,RDCSC
  - 49) 37:59.00 Jason Liu,PSW
  - 50) 41:11.49 Alistair Hayward,IS
  - 51) 41:52.49 Alex McFadyen,IS
  - 52) 41:54.00 Dylan Martin,PSW
  - 53) 44:34.10 Bikram Singh,ESWIM

**BOYS 7&U - 100 IND. MEDLEY**

- Rec: 1:29.77 Andrew Bignell,SSMAC,91
- 1) 1:54.55 Matthew Emory,PCSC

- 2) 2:07.67 Thomas Jirasek,PCSC
- 3) 2:15.94 Mike Dionisi,PCSC
- 4) 2:20.24 Keegan Zanatta,IS
- 5) 2:21.02 Jason Lai,EKSC
- 6) 2:27.66 Nicholas Tatigian,PCSC
- 7) 2:39.41 Ivan Huynh,CDSC
- 8) 2:49.60 Tanner Fisher,OSC
- 9) 2:56.38 Reid White,EKSC
- 10) 3:08.52 Jeremy Gardner,CDSC
- 11) 3:10.28 Sam Hogg,VPSC
- 12) 5:14.16 Ryan Bailey,PSW

**BOYS 8 - 100 IND. MEDLEY**

- Rec: 1:21.38 Andrew Bignell,SSMAC,92
- 1) 1:32.81 Marko Gavric,CDSC
  - 2) 1:37.65 Karl Wolk,EKSC
  - 3) 1:42.98 Grant Harding,ROW
  - 4) 1:43.00 Erick Convery,PCSC
  - 5) 1:43.00 Thomas Rae,PSW
  - 6) 1:45.47 Aaron Blumenthal,PCSC
  - 7) 1:47.24 Andy Chu,VPSC
  - 8) 1:49.10 Marlow Nicol,VPSC
  - 9) 1:55.79 Dennis Brotzky,CDSC
  - 10) 1:59.26 Sammy Zayed,PCSC
  - 11) 2:00.68 Joshua Bothelo,PCSC
  - 12) 2:02.94 Riley Schwarz,IS
  - 13) 2:03.00 Mackenzie White,PSW
  - 14) 2:04.39 Wayland Chang,VPSC
  - 15) 2:04.80 Greg MacDonald,MWC
  - 16) 2:05.70 Brandon Chan,EKSC
  - 17) 2:08.21 Michael Klassen,IS
  - 18) 2:10.74 Malcolm Milton,VPSC
  - 19) 2:20.31 Mark Grehan,EKSC
  - 20) 2:20.36 Kevin Andal,ESWIM
  - 21) 2:24.47 Geoff Steventon,PCSC
  - 22) 2:25.58 Matthew De Visser,VPSC
  - 23) 2:25.63 Sam Hardwicke-B.,EKSC
  - 24) 2:26.20 Troy Peakman,PSW
  - 25) 2:26.92 Alex Zhang,PCSC
  - 26) 2:29.62 Martin Laurent,EKSC
  - 27) 2:29.63 Angus Straight,VPSC
  - 28) 2:32.76 John Mancini,PCSC
  - 29) 2:39.00 Gavin Hastings,IS
  - 30) 2:39.81 Solomon Vandt,VPSC
  - 31) 2:40.06 Eric Huang,VPSC
  - 32) 2:44.27 Luc Toupin,EKSC
  - 33) 2:58.23 Steven Brewers,IS
  - 34) 2:59.70 Mark Stewart,PSW
  - 35) 3:42.60 Albert Kozak,PSW

**BOYS 9 - 200 IND. MEDLEY**

- Rec: 2:41.91 Tobias Oriwol,PCSC,95
- 1) 2:51.69 Curtis Lutsch,UCSC
  - 2) 3:09.63 Spencer Ayre,PCSC
  - 3) 3:13.02 Daniel Jensen,PCSC
  - 4) 3:19.52 Michael Clarke,OSC
  - 5) 3:20.33 William Humphrey,UCSC
  - 6) 3:24.42 Karim Zayed,PCSC
  - 7) 3:31.38 Kennedy Lys,UCSC
  - 8) 3:33.77 Jonathan Lafleche,PCSC
  - 9) 3:40.66 Zach Relf,IS
  - 10) 3:45.54 Alex Partridge,CDSC
  - 11) 3:50.37 Keith Eggen,UCSC
  - 12) 3:53.63 Andrew Ferraro,USC
  - 13) 3:55.60 Ben Britten,EKSC
  - 14) 3:57.24 Matthew Peddie,OSC
  - 15) 4:01.13 Matthew Hanson,EKSC
  - 16) 4:01.40 Trace Kremer,OSC
  - 17) 4:01.76 Parker Lang,IS
  - 18) 4:06.52 Cenna Ghaderpanah,PCSC
  - 19) 4:06.71 Sam Starko,VPSC
  - 20) 4:12.48 Mitchell Broughton,USC
  - 21) 4:13.21 Trevor David,USC
  - 22) 4:18.00 Cameron Bailey,PSW

- 23) 4:19.00 Kyle Crepnjak,PSW
- 24) 4:20.06 Danny Taylor,VPSC
- 25) 4:22.93 Matthew Kerr,PCSC
- 26) 4:23.95 Nicholas Chien,VPSC
- 27) 4:30.98 Patrick Laporte,PCSC
- 28) 4:31.92 Nicholas Kamel,PCSC
- 29) 4:41.08 Artem Zaloga,ESWIM
- 30) 4:48.16 Geoffrey Newsome,ESWIM
- 31) 4:48.61 Nathan Kindrachuk,OSC
- 32) 4:51.91 Andrew Lai,EKSC
- 33) 4:58.71 Alexander Zamozdra,PCSC
- 34) 4:59.86 Matthieu Novak,PCSC
- 35) 5:01.26 Erik Olson,OSC
- 36) 5:22.68 David Riediger,OSC
- 37) 5:38.64 Hayden Luck,USC
- 38) 5:55.42 Daniel McLoughlin,USC
- 39) 6:30.81 Max Walker,ESWIM
- 40) 6:34.23 Denis Lachance,EKSC
- 41) 7:17.48 David Russ,IS
- 42) 7:23.68 Ravi Grewal,IS

**BOYS 10 - 400 IND. MEDLEY**

- Rec: 5:29.10 Tobias Oriwol,PCSC,96
- 1) 6:01.27 Steven Bielby,PCSC
  - 2) 6:21.18 Michael Tatigian,PCSC
  - 3) 6:30.22 Abdallah Gandhi,PCSC
  - 4) 6:31.11 Nicholas Blach,PCSC
  - 5) 6:34.20 Wilson Kwan,CDSC
  - 6) 6:34.98 Bruce Malcolm,PCSC
  - 7) 6:36.71 Kieran Wallace,PSW
  - 8) 6:38.84 Richard Elkington,EKSC
  - 9) 6:39.19 Russell Dunkley,PCSC
  - 10) 6:46.71 Callum Lavoie,OSC
  - 11) 6:53.63 Conor Groerer,ROW
  - 12) 6:59.05 Peter Ostrom,UCSC
  - 13) 7:02.00 Jake White,PSW
  - 14) 7:03.16 Nicholas Mancini,PCSC
  - 15) 7:10.01 Derek Woodhall,ROW
  - 16) 7:18.87 Evan Emory,PCSC
  - 17) 7:21.06 Matt Volpini,ROW
  - 18) 7:27.50 Olivier Godard,PCSC
  - 19) 7:31.16 Dexter Bligh,IS
  - 20) 7:35.43 Shawn Au,EKSC
  - 21) 7:38.00 Stephan Wenzel,EKSC
  - 22) 7:39.54 Ian Kendall,ROW
  - 23) 7:40.13 Mavrick Meyer,ROW
  - 24) 7:40.88 Aaron Horsfield,IS
  - 25) 7:41.31 Tai Shudo,CDSC
  - 26) 7:44.51 David Vizsolyi,IS
  - 27) 7:50.47 Stefan Milanovic,CDSC
  - 28) 7:55.79 Bernard Joosten,USC
  - 29) 8:04.91 Jeff Wright,IS
  - 30) 8:09.90 Alex Martineau,PCSC
  - 31) 8:17.29 Alex Peplowski,PCSC
  - 32) 8:22.39 Brandt Carlson,IS
  - 33) 8:24.62 Stephen Lambert,USC
  - 34) 8:24.67 Lorenz Yeung,CDSC
  - 35) 8:24.98 Kiefer Hagan,OSC
  - 36) 8:27.67 Bryce Fisher,OSC
  - 37) 8:36.44 Julian Chang,VPSC
  - 38) 8:37.30 Justin Ng,VPSC
  - 39) 8:40.00 Travis Hunter,PSW
  - 40) 8:47.84 Murray Huynh,CDSC
  - 41) 9:17.66 Mirko Manojlovic-K.,CDSC
  - 42) 9:23.13 Austin McGrath,RDCSC
  - 43) 9:58.74 Winter Li,CDSC
  - 44) 10:03.96 Jason Liu,PSW
  - 45) 10:08.33 Justin Chelak,VPSC
  - 46) 10:18.33 Terence Hui,VPSC
  - 47) 10:33.51 Arvin Pasha,CDSC
  - 48) 10:42.87 Adam Wray,USC
  - 49) 10:58.00 Daniel Beresh,EKSC
  - 50) 11:00.54 Brendan Cotter,ESWIM
  - 51) 11:16.25 Bikram Singh,ESWIM
  - 52) 11:20.54 Teo Kelebay,ESWIM
  - 53) 11:31.60 Ashkaughn Forghani,IS
  - 54) 11:58.20 Alistair Hayward,IS

# CANADIAN RESULTS

## 2000 YOUTH & JUNIOR NATIONALS

Etobicoke, Jul 13-16 (50 M)

### BOYS

#### 50 METRES FREESTYLE

##### Junior

- 1) 23.88 Matthew Rose,81,TRENT
- 2) 24.50 Mathieu Heroux,81,CAMO
- 3) 24.64 Sean Broadbent,81,WAC
- 4) 24.87 Roger Boucher,81,PASS
- 5) 24.98 Serge Loisel,81,LUSC
- 6) 25.05 Dominic Lessard,82,CAMO
- 6) 25.21 Scott Briggs,82,USC
- 8) 25.49 Christian Lachapelle,82,CAMO

##### Youth

- 1) 24.08 Brent Hayden,83,SPART
- 2) 24.53 Cedric Sureau-L.,83,PPO
- 3) 24.65 Graeme Tozer,85,UCSC
- 4) 24.90 Andrew Bignell,83,SSMAC
- 5) 24.99 Mathieu Aubry,83,CNHR
- 6) 25.06 Bradley Vanderkam,83,LAC
- 7) 25.07 Devin Phillips,85,EKSC
- 8) 25.29 Nicolas Guillotte,83,CAMO

#### 100 METRES FREESTYLE

##### Junior

- 1) 53.35 Chuck Sayao,82,MSSAC-TO
- 2) 53.71 Serge Loisel,81,LUSC
- 3) 53.92 Mathieu Heroux,81,CAMO
- 4) 53.99 Sean Broadbent,81,WAC
- 5) 54.54 Chris Olynik,81,ESWIM
- 6) 55.22 Borrey Kim,82,OSC
- 7) 55.36 Dominic Lessard,82,CAMO
- 8) 55.43 Scott Briggs,82,USC

##### Youth

- 1) 52.25 Brent Hayden,83,SPART
- 2) 53.47 Cedric Sureau-L.,83,PPO
- 3) 53.69 Graeme Tozer,85,UCSC
- 4) 53.88 Andrew Coupland,83,GO
- 5) 54.13 Nicolas Guillotte,83,CAMO
- 6) 54.62 Mathieu Aubry,83,CNHR
- 7) 54.67 Tobias Oriwol,85,ESWIM
- 8) 55.76 Jerome Le Siege,84,LAVAL

#### 200 METRES FREESTYLE

##### Junior

- 1) 1:53.99 Andrew Hurd,82,MSSAC-TO
- 2) 1:55.53 Chuck Sayao,82,MSSAC-TO
- 3) 1:56.64 Mathew Swanton,81,ESWIM
- 4) 1:57.43 Borrey Kim,82,OSC
- 5) 1:57.67 Serge Loisel,81,LUSC
- 6) 1:58.01 Chris Olynik,81,ESWIM
- 7) 1:58.81 Simon Gignac,82,SHER
- 8) 2:00.82 Robbie Stanger,81,OSC

##### Youth

- 1) 1:55.93 Andrew Coupland,83,GO
- 2) 1:55.94 Tobias Oriwol,85,ESWIM
- 3) 1:56.91 Brent Hayden,83,SPART
- 4) 1:57.34 Cedric Sureau-L.,83,PPO
- 5) 1:57.42 Nicolas Guillotte,83,CAMO
- 6) 1:58.93 Mark Thauvette,84,PCSC
- 7) 1:59.56 Graeme Tozer,85,UCSC
- 8) 2:01.34 Steven Medaglia,84,NKB

#### 400 METRES FREESTYLE

##### Junior

- 1) 4:07.01 Mathew Swanton,81,ESWIM
- 2) 4:08.80 Robbie Stanger,81,OSC
- 3) 4:10.92 Serge Loisel,81,LUSC
- 4) 4:11.40 Simon Gignac,82,SHER
- 5) 4:13.07 Erik Gendreau,82,CAMO
- 6) 4:15.10 John McErlain,82,ESWIM
- 7) 4:15.39 Marcin Partyka,82,PGB
- 8) 4:15.82 Michael Sax,81,ESWIM

##### Youth

- 1) 4:03.66 Tobias Oriwol,85,ESWIM
- 2) 4:05.76 Keith Beavers,83,STARS
- 3) 4:06.65 Kurtis MacGillivray,84,ROW
- 4) 4:10.04 Andrew Coupland,83,GO

- 5) 4:10.31 Mark Thauvette,84,PCSC
- 6) 4:12.35 Jerome Le Siege,84,LAVAL
- 7) 4:12.91 Nicolas Guillotte,83,CAMO
- 8) 4:18.02 Matt Johnston,84,MSSAC

#### 1500 METRES FREESTYLE

##### Junior

- 1) 15:59.00 Chuck Sayao,82,MSSAC-TO
- 2) 16:32.19 Mathew Swanton,81,ESWIM
- 3) 16:34.84 Robbie Stanger,81,OSC
- 4) 16:37.04 Simon Gignac,82,SHER
- 5) 16:49.51 Michael Sax,81,ESWIM
- 6) 16:49.63 Brian Galardo,81,DDO
- 7) 16:54.01 Daniel McRory,81,OSC
- 8) 17:57.38 Marc Prud'homme,82,CALAC

##### Youth

- 1) 16:15.76 Kurtis MacGillivray,84,ROW
- 2) 16:32.72 Matt Johnston,84,MSSAC
- 3) 16:42.13 Jerome Le Siege,84,LAVAL
- 4) 16:42.89 Bentley Gaikis,83,TSC
- 5) 16:50.43 Karim Abdulla,83,ROD
- 6) 16:51.09 Andy Andrew,83,WVOSC
- 7) 16:53.74 Don Nicholson,83,TSUN
- 8) 17:06.02 Rylan Kafara,83,RDCSC

#### 50 METRES BACKSTROKE

##### Junior

- 1) 27.98 Doug McCarthy,81,GO
- 2) 28.09 Francois Castonguay,82,PPO
- 3) 28.42 Bryan McMillan,82,GMAC
- 4) 28.52 Chris Olynik,81,ESWIM
- 5) 28.77 Mathieu Heroux,81,CAMO
- 6) 28.85 Christian Lachapelle,81,CAMO
- 7) 29.01 Richard Malolepsy,82,ROW
- 8) 29.04 Marc Prud'homme,82,CALAC

##### Youth

- 1) 28.03 Bradley Vanderkam,83,LAC
- 2) 28.78 Devin Phillips,85,EKSC
- 3) 28.92 Craig Gillis,83,CASC
- 4) 29.02 Ryan Dube,84,EKSC
- 5) 29.08 Adam Martinson,84,CASC
- 6) 29.09 Charles Turanich-N.,84,STSC
- 7) 29.22 Brent Hayden,84,SPART
- 8) 29.36 Ian Ford,85,OAK

#### 100 METRES BACKSTROKE

##### Junior

- 1) 59.46 Francois Castonguay,82,PPO
- 2) 1:00.50 Mathieu Heroux,81,CAMO
- 3) 1:00.75 Christian Lachapelle,81,CAMO
- 4) 1:01.16 Doug McCarthy,81,GO
- 5) 1:01.31 Martin Enault,82,CNB
- 6) 1:01.99 Rodrigo Diaz,81,GO
- 7) 1:02.04 Bryan McMillan,82,GMAC
- 8) 1:05.37 Serge Loisel,81,LUSC

##### Youth

- 1) 59.48 Tobias Oriwol,85,ESWIM
- 2) 1:00.68 Craig Gillis,83,CASC
- 3) 1:00.93 Bradley Vanderkam,83,LAC
- 4) 1:01.20 Keith Beavers,83,STARS
- 5) 1:01.43 Devin Phillips,85,EKSC
- 6) 1:01.54 Charles Turanich-N.,84,STSC
- 7) 1:02.08 Patrick Doret,83,ESWIM
- 8) 1:02.49 Andrew Coupland,83,GO

#### 200 METRES BACKSTROKE

##### Junior

- 1) 2:03.72 Chuck Sayao,82,MSSAC-TO
- 2) 2:08.96 Andrew Hurd,82,MSSAC-TO
- 3) 2:09.31 Francois Castonguay,82,PPO
- 4) 2:10.76 Rodrigo Diaz,81,GO
- 5) 2:14.47 Martin Enault,82,CNB
- 6) 2:14.80 Doug McCarthy,81,GO
- 7) 2:16.05 Geoff Keyser,82,GLEN
- 8) 2:17.13 Michel Tremblay,81,CNCB

##### Youth

- 1) 2:03.48 Tobias Oriwol,85,ESWIM
- 2) 2:08.72 Andrew Coupland,83,GO
- 3) 2:09.31 Keith Beavers,83,STARS
- 4) 2:09.35 Ciaran Dickson,83,ROD

- 5) 2:09.40 Craig Gillis,83,CASC
- 6) 2:11.83 Andrew McGillivray,83,MANTA
- 7) 2:12.10 Adam Martinson,84,CASC
- 8) 2:13.47 Patrick Bourassa-F.,83,CAMO
- 16) 2:17.00 Charles Turanich-N.,84,STSC

#### 50 METRES BREASTSTROKE

##### Junior

- 1) 30.26 Roger Boucher,81,PASS
- 2) 30.50 Richard Hui,82,RHAC
- 3) 30.65 Matt Mains,82,WAAC
- 4) 30.67 Adam Taschereau-C.,81,SHER
- 5) 31.66 Jay Soullier,82,WAC
- 6) 31.84 David Montpetit,82,PPO
- 7) 31.89 Denis Alisic,82,CBSC
- 8) 32.46 Glen Mori,81,MAC

##### Youth

- 1) 30.54 Nathan Parker,84,MJKFF
- 2) 30.59 Louis-P. Delorme,83,MEGO
- 3) 30.66 Jonathan Moga,83,ESWIM
- 4) 30.81 Brett Levert,83,NKB
- 5) 31.02 Scott Dickens,84,BRANT
- 6) 31.33 Pat Russell,84,ROC
- 7) 31.50 Ian Meredith,83,RAYS
- 8) 31.56 Keith Beavers,83,STARS

#### 100 METRES BREASTSTROKE

##### Junior

- 1) 1:06.18 Matthew Mains,81,WAAC
- 2) 1:06.85 Adam Taschereau-C.,81,SHER
- 3) 1:06.93 Roger Boucher,81,PASS
- 4) 1:06.94 John Bartlet,81,NEW
- 5) 1:07.46 Alex Boulanger,82,CAMO
- 6) 1:08.04 Richard Hui,82,RHAC
- 7) 1:09.83 Rick Jamison,81,RACE
- 8) 1:09.93 Francois Castonguay,82,PPO

##### Youth

- 1) 1:07.14 Keith Beavers,83,STARS
- 2) 1:07.29 Louis-P. Delorme,83,MEGO
- 3) 1:07.59 Michael Brown,84,PERTH
- 1:07.59 Nathan Parker,84,MJKFF
- 5) 1:08.71 Jonathan Moga,83,ESWIM
- 6) 1:08.96 Brett Levert,83,NKB
- 7) 1:09.26 Kevin Rioux,85,CAMO
- 8) 1:10.73 Ian Meredith,83,RAYS

#### 200 METRES BREASTSTROKE

##### Junior

- 1) 2:22.15 Matthew Mains,81,WAAC
- 2) 2:25.60 Adam Taschereau-C.,81,SHER
- 3) 2:27.98 Alex Boulanger,82,CAMO
- 4) 2:30.56 Francois Castonguay,82,PPO
- 5) 2:30.62 Andrew Sweet,82,PGB
- 6) 2:31.53 Marcin Partyka,82,PGB
- 7) 2:32.04 Aleksy Jones,81,LUSC
- 8) 2:32.05 John McErlain,82,ESWIM

##### Youth

- 1) 2:26.83 Michael Brown,84,PERTH
- 2) 2:27.35 Kevin Rioux,85,CAMO
- 3) 2:28.44 Louis-P. Delorme,83,MEGO
- 4) 2:29.24 Nathan Parker,84,MJKFF
- 5) 2:31.83 Conrad Aach,85,ESWIM
- 6) 2:32.00 Ian Meredith,83,RAYS
- 7) 2:32.42 Steven Medaglia,84,NKB
- 8) 2:33.91 Tobias Oriwol,85,ESWIM

#### 50 METRES BUTTERFLY

##### Junior

- 1) 26.00 Matthew Rose,81,TRENT
- 2) 26.65 Roger Boucher,81,PASS
- 26.65 Chris Olynik,82,ESWIM
- 4) 26.69 Martin Thorne,81,EKSC
- 5) 26.71 Andy White,82,WTSC
- 6) 26.84 Borrey Kim,82,OSC
- 7) 27.18 Martin Enault,82,CNB
- 8) 27.53 Patrick Byam,82,TSC

##### Youth

- 1) 26.23 Bradley Vanderkam,83,LAC
- 2) 26.47 Andrew Bignell,83,SSMAC
- 3) 26.48 Ian MacLeod,83,USC
- 4) 26.81 Mathieu Aubry,83,CNHR
- 5) 26.88 Brent Hayden,83,SPART
- 6) 26.97 Graeme Tozer,85,UCSC
- 7) 26.97 Cedric Sureau-L.,83,PPO

- 8) 27.04 Sean Zunini,84,CAMO

#### 100 METRES BUTTERFLY

##### Junior

- 1) 57.13 Andy White,82,WTSC
- 2) 58.01 Serge Loisel,81,LUSC
- 3) 58.28 Andrew Dragunas,81,PCSC
- 4) 58.55 Borrey Kim,82,OSC
- 5) 58.75 Niels Versfeld,81,FMSC
- 6) 59.03 Jean-S. Savard,82,CAMO
- 7) 59.34 Marin McGinnis,81,STSC
- 8) 1:00.27 Erik Gendreau-B.,82,CAMO

##### Youth

- 1) 57.49 Craig Gillis,83,CASC
- 2) 57.63 Bradley Vanderkam,83,LAC
- 3) 58.71 Cedric Sureau-L.,83,PPO
- 4) 59.19 Sean Zunini,84,CAMO
- 5) 59.25 Andrew Bignell,83,SSMAC
- 6) 59.34 Graeme Tozer,85,UCSC
- 7) 59.40 Mathieu Aubry,83,CNHR
- 8) 59.67 Ian MacLeod,83,USC

#### 200 METRES BUTTERFLY

##### Junior

- 1) 2:05.91 Andrew Dragunas,81,PCSC
- 2) 2:07.37 Andy White,82,WTSC
- 3) 2:08.10 Michel Tremblay,81,CNCB
- 4) 2:08.21 Andrew Hurd,82,MSSAC-TO
- 5) 2:09.93 Marin McGinnis,81,STSC
- 6) 2:10.33 Jean-S. Savard,82,CAMO
- 7) 2:10.34 Lawrence Cohen,82,MANTA
- 8) 2:13.59 Max Jensen,82,HYACK

##### Youth

- 1) 2:08.80 Karim Abdulla,83,ROD
- 2) 2:09.41 Craig Gillis,83,CASC
- 3) 2:10.56 Steven Medaglia,84,NKB
- 4) 2:10.77 Kurtis MacGillivray,84,ROW
- 5) 2:11.95 Alex Watson,84,OSHAC
- 6) 2:12.44 Darryl Rudolf,84,PDSA
- 7) 2:12.48 Patrick Doret,83,ESWIM
- 8) 2:13.23 Malcolm Lavioie,85,OSC

#### 200 METRES IND. MEDLEY

##### Junior

- 1) 2:09.93 Francois Castonguay,82,PPO
- 2) 2:10.66 Andy White,82,WTSC
- 3) 2:11.64 Alex Boulanger,82,CAMO
- 4) 2:12.02 John Bartlet,81,NEW
- 5) 2:13.55 Mathieu Grignon,81,LAVAL
- 6) 2:14.21 Michel Tremblay,81,CNCB
- 7) 2:15.98 Blaine Dolcetti,82,SSMAC
- 8) 2:21.16 Mathieu Heroux,81,CAMO

##### Youth

- 1) 2:07.03 Tobias Oriwol,85,ESWIM
- 2) 2:07.20 Keith Beavers,83,STARS
- 3) 2:11.00 Craig Gillis,83,CASC
- 4) 2:13.04 Conrad Aach,85,ESWIM
- 5) 2:13.15 Graeme Tozer,85,UCSC
- 6) 2:14.12 Steven Medaglia,84,NKB
- 7) 2:14.34 Andrew McGillivray,83,MANTA
- 8) 2:18.73 Chris Kargl-Simard,84,PDSA

#### 400 METRES IND. MEDLEY

##### Junior

- 1) 4:36.59 Andrew Hurd,82,MSSAC-TO
- 2) 4:36.75 Francois Castonguay,82,PPO
- 3) 4:39.76 Andy White,82,WTSC
- 4) 4:40.14 Michel Tremblay,81,CNCB
- 5) 4:41.46 Alex Boulanger,82,CAMO
- 6) 4:42.84 Andrew Dragunas,81,PCSC
- 7) 4:46.92 John McErlain,82,ESWIM
- 8) 4:47.02 Mathieu Grignon,81,LAVAL

##### Youth

- 1) 4:30.62 Keith Beavers,83,STARS
- 2) 4:30.87 Tobias Oriwol,85,ESWIM
- 3) 4:38.71 Conrad Aach,85,ESWIM
- 4) 4:40.48 Kurtis MacGillivray,84,ROW
- 5) 4:47.70 Graeme Tozer,85,UCSC
- 6) 4:49.00 Andrew McGillivray,83,MANTA
- 7) 4:52.62 Steven Medaglia,84,NKB
- 8) 5:15.08 Scott Dickens,85,BRANT



**GIRLS****50 METRES FREESTYLE**

- Junior
- 27.46 Chrissy MacAulay,82,ESWIM
  - 28.05 Kelly O'Toole,82,EKSC
  - 28.63 Magda Vavak,82,STARS
  - 28.70 Loren Sweny,82,NKB
  - 28.76 Sara Richmire,82,BTSC
  - 28.76 Elisha James,82,ROC
  - 29.01 Andrea Donohoe,82,CHENA

- Youth
- 26.81 Jenna Gresdal,84,ESWIM
  - 27.08 Jennifer Porenta,85,MMST
  - 27.13 Audrey Lacroix,83,CAMO
  - 27.35 Sarah Gault,85,CAC
  - 27.42 Jessie Bradshaw,84,UCSC
  - 27.50 Jackie Chan,85,MSSAC-TO
  - 27.61 Laura Pomeroy,83,OAK-TO
  - 27.78 Stephanie Kuhn,85,TMSC

**100 METRES FREESTYLE**

- Junior
- 59.03 Elizabeth Collins,82,ROD
  - 1:00.04 Loren Sweny,82,NKB
  - 1:01.03 Kristen Schneider,81,ROD
  - 1:01.20 Stephanie Martin,81,CASC
  - 1:01.31 Kelly O'Toole,82,EKSC
  - 1:01.96 Alison McKay,82,EKSC
  - 1:02.47 Shauna McNally,82,EKSC
  - 1:03.35 Elisha James,82,ROC

- Youth
- 57.70 Jenna Gresdal,84,ESWIM
  - 58.46 Audrey Lacroix,83,CAMO
  - 58.92 Monica Wejman,85,ESWIM
  - 59.21 Jessie Bradshaw,84,UCSC
  - 59.39 Kate Plyley,85,OAK-TO
  - 59.88 Jennifer Porenta,85,MMST
  - 1:00.11 Michaela Schmidt,83,CASC
  - 1:00.35 Natalie Kiegelmann,83,BTSC

**200 METRES FREESTYLE**

- Junior
- 2:06.87 Lindsay Beavers,81,STARS
  - 2:07.34 Elizabeth Collins,82,ROD
  - 2:10.56 Kristen Schneider,81,ROD
  - 2:11.52 Alison McKay,82,EKSC
  - 2:11.71 Steohanie Martin,82,CASC
  - 2:12.14 Michelle Araki,82,ESWIM
  - 2:12.87 Arianne Beauchamp,82,CAMO
  - 2:13.48 Michelle Howard,82,BRANT

- Youth
- 2:05.23 Audrey Lacroix,83,CAMO
  - 2:07.12 Monica Wejman,85,ESWIM
  - 2:07.53 Jenna Gresdal,84,ESWIM
  - 2:08.86 Elizabeth Wycliffe,83,EBSC
  - 2:09.28 Hayley Doody,85,CASC
  - 2:09.54 Isabelle Ascah,83,CAMO
  - 2:10.30 Katherine Telfer,84,ESWIM
  - 2:11.52 Sara McNally,84,EKSC

**400 METRES FREESTYLE**

- Junior
- 4:25.93 Lindsay Beavers,81,STARS
  - 4:31.32 Shauna McNally,82,EKSC
  - 4:32.63 Kristy MacLennan,82,ESWIM
  - 4:32.66 Kristen Schneider,81,ROD
  - 4:35.95 Alison McKay,82,EKSC
  - 4:40.43 Michelle Araki,82,ESWIM
  - 4:41.26 Michelle Howard,82,BRANT
  - 4:43.58 Arianne Beauchamp,82,CAMO

- Youth
- 4:27.69 Kristen Bradley,83,NEW
  - 4:29.26 Danielle Beland,84,ROW
  - 4:29.37 Sara McNally,84,EKSC
  - 4:29.74 Hayley Doody,85,CASC
  - 4:30.59 Monica Wejman,85,ESWIM
  - 4:31.14 Dominique Charron,84,PPO
  - 4:33.87 Katherine Telfer,84,ESWIM
  - 4:36.53 Nathalie Lacoste,84,MSSAC

**800 METRES FREESTYLE**

- Junior
- 9:11.85 Lindsay Beavers,81,STARS
  - 9:29.24 Loren Sweny,82,NKB
  - 9:29.94 Michelle Araki,82,ESWIM
  - 9:33.20 Alison McKay,82,EKSC
  - 9:38.66 Michelle Howard,82,BRANT

- 9:40.45 Jocelyn Tanner,82,ROD
- 9:44.73 Noemie Loiselle,82,DDO
- 9:47.26 Jennifer Catton,82,WAC

- Youth
- 9:11.67 Danielle Beland,84,ROW
  - 9:14.85 Bevan Haley,87,WTSC
  - 9:14.94 Alicia Jobse,84,MANTA
  - 9:16.70 Sara McNally,84,EKSC
  - 9:19.20 Joan Bernier,84,CNCB
  - 9:19.63 Hayley Doody,85,CASC
  - 9:22.61 Alexandra Lys,85,UCSC
  - 9:23.33 Kristen Bradley,83,NEW

**50 METRES BACKSTROKE**

- Junior
- 31.03 Kristen Schneider,81,ROD
  - 31.49 Jennifer Cooper,82,LAC
  - 31.74 Alexis Rieck,82,ROW
  - 32.02 Kristy MacLennan,82,ESWIM
  - 32.24 Andrea Donohoe,82,CHENA
  - 32.32 Kelly O'Toole,82,EKSC
  - 33.43 Stephanie Martin,82,CASC

- Youth
- 31.10 Jenna Gresdal,84,ESWIM
  - 31.17 Elizabeth Wycliffe,83,EBSC
  - 31.20 Katie Smith,86,COBRA
  - 31.37 Amy Jacina,84,GMAC
  - 31.54 Heather McIntosh,83,LEDUC
  - 31.56 Randi Beaulieu,85,MSSAC-TO
  - 31.81 Andrea Shoust,85,SSMAC
  - 31.95 Tiffany Vincent,85,BRANT

**100 METRES BACKSTROKE**

- Junior
- 1:05.58 Kristen Schneider,81,ROD
  - 1:05.59 Jennifer Cooper,82,LAC
  - 1:07.26 Alexis Rieck,82,ROW
  - 1:07.41 Elizabeth Collins,82,ROD
  - 1:08.13 Pamela Tung,81,MAC
  - 1:08.67 Shauna McNally,82,EKSC
  - 1:08.81 Arianne Beauchamp,81,CAMO
  - 1:08.93 Kristy MacLennan,82,ESWIM

- Youth
- 1:04.78 Elizabeth Wycliffe,83,EBSC
  - 1:06.21 Jennifer Esford,83,ROW
  - 1:06.93 Amanda Gillespie,85,PERTH
  - 1:06.99 Katie Smith,86,COBRA
  - 1:07.79 Andrea Shoust,85,SSMAC
  - 1:07.79 Amanda MacNeill,85,ESWIM
  - 1:07.82 Erin Kardash,85,MM
  - 1:07.85 Hanna Kubas,85,EKSC

**200 METRES BACKSTROKE**

- Junior
- 2:21.54 Jennifer Cooper,82,LAC
  - 2:21.56 Kristy MacLennan,82,ESWIM
  - 2:21.64 Dominique Kennedy,81,ROW
  - 2:24.69 Kristen Schneider,81,ROD
  - 2:25.54 Arianne Beauchamp,81,CAMO
  - 2:26.25 Alison McKay,82,EKSC
  - 2:27.48 Shauna McNally,82,EKSC
  - 2:34.08 Andrea Donohoe,82,CHENA

- Youth
- 2:19.07 Elizabeth Wycliffe,83,EBSC
  - 2:20.67 Jennifer Esford,83,ROW
  - 2:21.41 Amy Jacina,84,GMAC
  - 2:25.36 Chantal Ares,83,GO
  - 2:25.49 Andrea Shoust,85,SSMAC
  - 2:25.70 Katherine Telfer,84,ESWIM
  - 2:28.56 Marcia Bryon,83,USC
  - 2:29.44 Mallory Hoekstra,87,EKSC

**50 METRES BREASTSTROKE**

- Junior
- 34.49 Christy Anderson,82,STARS
  - 35.24 Chrissy MacAulay,82,ESWIM
  - 35.66 Lesley Williams,82,STSC
  - 36.17 Kristy Corley,82,LAC
  - 36.27 Sandra Najar,82,LAVAL
  - 36.31 Tajjana Banjeglav,82,ESWIM
  - 36.84 Jennifer Cooper,82,LAC
  - 37.24 Ingrid von Beckman,82,PDSA

- Youth
- 33.97 Laura Pomeroy,83,OAK
  - 34.16 Marcy Edgecumbe,83,EKSC
  - 34.53 Joanna Lee,84,MSSAC-TO
  - 34.63 Sarah Gault,85,CAC
  - 35.06 Kelly Millar,83,OAK
  - 35.19 Marieve De Blois,84,PPO
  - 35.24 Kim Bacon,84,COBRA
  - 35.60 Meagan Sinclair,84,CASC

**100 METRES BREASTSTROKE**

- Junior
- 1:13.25 Christy Anderson,83,STARS
  - 1:16.30 Chrissy MacAulay,82,ESWIM
  - 1:17.12 Lesley Williams,82,STSC
  - 1:17.45 Erin Dilkes,82,ROW
  - 1:17.89 Eva Reddington,82,ROW
  - 1:19.68 Sandra Najar,82,LAVAL
  - 1:19.69 Jaclyn Mann,82,MJKFF
  - 1:20.02 Kristy Corley,82,LAC

- Youth
- 1:13.98 Marcy Edgecumbe,83,EKSC
  - 1:15.40 Marieve De Blois,84,PPO
  - 1:16.04 Kelly Millar,83,OAK
  - 1:16.15 Kim Labbett,87,OAK
  - 1:16.37 Ariane Kich,83,GMAC
  - 1:16.59 Joanna Lee,84,MSSAC-TO
  - 1:17.86 Kim Bacon,84,COBRA
  - 1:18.25 Brooke Heath,85,TAT

**200 METRES BREASTSTROKE**

- Junior
- 2:41.52 Christy Anderson,82,STARS
  - 2:44.58 Lesley Williams,82,STSC
  - 2:46.00 Chrissy MacAulay,82,ESWIM
  - 2:47.33 Erin Dilkes,82,ROW
  - 2:48.18 Eva Reddington,82,ROW
  - 2:49.74 Susie Nieder,81,ESWIM
  - 2:49.81 Kristy Corley,81,LAC
  - 2:50.95 Sandra Najar,82,LAVAL

- Youth
- 2:38.31 Marcy Edgecumbe,83,EKSC
  - 2:40.87 Marieve De Blois,84,PPO
  - 2:42.28 Michelle Mange,87,PDSA
  - 2:42.87 Kim Labbett,87,OAK
  - 2:43.65 Kelly Timmons,86,OSC
  - 2:44.82 Elizabeth Engs,87,CAJ
  - 2:46.31 Alicia Jobse,84,MANTA
  - 2:47.04 Joanna Lee,84,MSSAC-TO

**50 METRES BUTTERFLY**

- Junior
- 29.15 Elizabeth Collins,82,ROD
  - 29.49 Christina Kubacki,82,OAK
  - 29.75 Kelly O'Toole,82,EKSC
  - 29.91 Stephanie Martin,82,CASC
  - 30.10 Colleen Nuc,82,OSC
  - 30.10 Alexis Rieck,82,ROW
  - 30.21 Jennifer Cooper,82,LAC
  - 30.71 Sara Richmire,82,BTSC

- Youth
- 28.71 Michaela Schmidt,83,CASC
  - 28.96 Audrey Lacroix,83,CAMO

- 29.35 Jessie Bradshaw,84,UCSC
- 29.40 Jennifer Graf,84,ROD
- 29.57 Isabelle Ascah,83,CAMO
- 29.66 Rocio Flores,83,PPO
- 29.91 Valerie Tcholkayan,84,DDO
- 30.53 Blair Holmes,86,COBRA

**100 METRES BUTTERFLY**

- Junior
- 1:02.73 Elizabeth Collins,82,ROD
  - 1:05.22 Emily Aubie,82,NKB
  - 1:06.39 Alexis Rieck,82,ROW
  - 1:06.55 Colleen Nuc,82,OSC
  - 1:06.99 Pamela Tung,81,MAC
  - 1:07.05 Kelly O'Toole,82,EKSC
  - 1:07.15 Stephanie Martin,82,CASC
  - 1:08.71 Michelle Howard,82,BRANT

- Youth
- 1:01.98 Audrey Lacroix,83,CAMO
  - 1:03.17 Michaela Schmidt,83,CASC
  - 1:04.38 Nancy Gajos,84,ESWIM
  - 1:05.04 Amanda Gillespie,85,PERTH
  - 1:05.28 Isabelle Ascah,83,CAMO
  - 1:05.69 Valerie Tcholkayan,84,DDO
  - 1:05.72 Rocio Flores,83,PPO
  - 1:07.26 Danielle Beland,84,ROW

**200 METRES BUTTERFLY**

- Junior
- 2:18.36 Kristy MacLennan,82,ESWIM
  - 2:23.86 Emily Aubie,82,NKB
  - 2:28.45 Pamela Tung,81,MAC
  - 2:28.83 Loren Sweny,82,NKB
  - 2:29.78 Colleen Nuc,82,OSC
  - 2:31.28 Lindsay Meihm,82,MANTA
  - 2:31.52 Josianne Legris,82,CAMO
  - 2:32.57 Renee Kelly,81,LAC

- Youth
- 2:16.10 Audrey Lacroix,83,CAMO
  - 2:18.03 Michaela Schmidt,83,CASC
  - 2:20.89 Nancy Gajos,84,ESWIM
  - 2:22.39 Joan Bernier,84,CNCB
  - 2:23.59 Danielle Beland,84,ROW
  - 2:25.07 Shannon Hackett,86,PDSA
  - 2:26.11 Rocio Flores,83,PPO
  - 2:27.13 Julia Guay-Racine,86,CAMO

**200 METRES IND. MEDLEY**

- Junior
- 2:24.76 Christy Anderson,82,STARS
  - 2:25.21 Lindsay Beavers,81,STARS
  - 2:25.75 Emily Aubie,82,NKB
  - 2:26.07 Jennefer Brankovsky,82,EYSC
  - 2:26.34 Shauna McNally,82,EKSC
  - 2:27.77 Elizabeth Collins,82,ROD
  - 2:29.32 Kristen Schneider,81,ROD
  - 2:29.75 Loren Sweny,82,NKB

- Youth
- 2:21.94 Jenna Gresdal,84,ESWIM
  - 2:22.94 Elizabeth Wycliffe,83,EBSC
  - 2:23.39 Marieve De Blois,84,PPO
  - 2:23.94 Michaela Schmidt,83,CASC
  - 2:25.93 Amanda Gillespie,85,PERTH
  - 2:28.93 Monica Wejman,85,ESWIM
  - 2:28.97 Meghan Demchuk,84,ROD
  - 2:31.80 Marcia Bryon,83,USC

**400 METRES IND. MEDLEY**

- Junior
- 5:02.31 Lindsay Beavers,81,STARS
  - 5:06.35 Kristy MacLennan,82,ESWIM
  - 5:07.70 Shauna McNally,82,EKSC
  - 5:07.99 Emily Aubie,82,NKB
  - 5:14.95 Christy Anderson,83,STARS
  - 5:15.21 Alison McKay,82,EKSC
  - 5:16.58 Lesley Williams,82,STSC
  - 5:20.82 Susie Nieder,81,ESWIM

- Youth
- 5:02.94 Marieve De Blois,84,PPO
  - 5:06.66 Marcia Bryon,83,USC
  - 5:08.33 Amanda Gillespie,85,PERTH
  - 5:08.33 Terra Welsh,83,MANTA
  - 5:09.01 Julie Babin,83,ESWIM
  - 5:09.24 Leah Schaab,84,UCSC
  - 5:11.67 Joan Bernier,84,CNCB
  - 5:15.33 Kelly Timmons,86,OSC

**Rating Summary of top performances**

1)	928	2:03.48	200 back M	Tobias Oriwol, 85,ESWIM
2)	925	2:03.72	200 back M	Chuck Sayao, 82,MSSAC-TO
3)	915	57.70	100 free W	Jenna Gresdal, 85,ESWIM
4)	913	1:01.98	100 fly W	Audrey Lacroix, 84,CAMO
	913	2:07.20	200 IM M	Keith Beavers, 82,STARS
6)	902	1:53.99	200 free M	Andrew Hurd, 82,MSSAC-TO
7)	901	1:04.78	100 back W	Elizabeth Wycliffe, 83,EBSC
8)	897	31.03	50 back W	Kristen Schneider, 81,ROD
9)	895	1:02.73	100 fly W	Elizabeth Collins, 82,ROD
	895	52.25	100 free M	Brent Hayden, 83,SPART



WOMEN

50 METRES FREESTYLE, July 9

- 1) 24.44 Therese Alshammar, 77,SWE
2) 25.46 Wilma van Rijn, 71,NED
3) 25.54 Olga Mukomol, 79,UKR
4) 25.82 Anna-K. Kammerling, 80,SWE
5) 25.82 Ana Belen Palomo, 77,ESP
6) 25.89 Judith Draxler, 70,AUT
7) 25.97 Cristiana Chiușo, 73,ITA
8) 26.25 Liesbeth Dreesen, 76,BEL

Semi-final, July 8

- 1) 24.86 Therese Alshammar, 77,SWE
2) 25.59 Wilma van Rijn, 71,NED
3) 25.67 Olga Mukomol, 79,UKR
4) 25.72 Anna-K. Kammerling, 80,SWE
5) 25.78 Judith Draxler, 70,AUT
6) 25.82 Cristiana Chiușo, 73,ITA
7) 25.96 Liesbeth Dreesen, 76,BEL
8) 25.97 Ana Belen Palomo, 77,ESP
9) 26.00 Ivana Walterova, 77,SVK
10) 26.02 Elena Poptchenko, 79,BLR
11) 26.03 Chantal Groot, 82,NED
12) 26.16 Hanna Scherba, 82,BEL
13) 26.19 Karen Eggdal, 78,DEN
14) 26.24 Hanna-M. Seppala, 84,FIN
15) 26.34 Jana Kulokanova, 81,EST
16) 26.53 Tine Bossuyt, 80,BEL

100 METRES FREESTYLE, July 5

- 1) 54.41 Therese Alshammar, 77,SWE
2) 54.45 Martina Moravcova, 76,SVK
3) 55.31 Mette Jacobsen, 73,DEN
4) 55.67 Karen Pickering, 71,GBR
5) 56.12 Louise Johncke, 76,SWE
6) 56.18 Elena Poptchenko, 79,BLR
7) 56.23 Sue Rolph, 78,GBR
8) 56.30 Antonia Machera, 71,GRE

Semi-final, July 4

- 1) 55.16 Therese Alshammar, 77,SWE
2) 55.32 Martina Moravcova, 76,SVK
3) 55.46 Sue Rolph, 78,GBR
4) 55.48 Mette Jacobsen, 73,DEN
5) 55.98 Louise Johncke, 76,SWE
6) 56.00 Elena Poptchenko, 79,BLR
7) 56.03 Karen Pickering, 71,GBR
8) 56.17 Antonia Machera, 71,GRE
9) 56.18 Natalia Baranovskaya, 79,BLR
10) 56.22 Wilma van Rijn, 71,NED
11) 56.57 Ilona Hlavackova, 77,CZE
12) 56.72 Hanna-M. Seppala, 84,FIN
13) 56.81 Cristiana Chiușo, 73,ITA
14) 57.17 Marina Chepurkova, 80,RUS
15) 57.44 Liesbeth Dreesen, 76,BEL
16) 57.46 Chantal Gibezy, 80,IRL

200 METRES FREESTYLE, July 8

- 1) 1:59.51 Natalia Baranovskaya, 79,BLR
2) 2:00.08 Martina Moravcova, 76,SVK
3) 2:00.32 Camelia Potec, 82,ROM
4) 2:00.68 Solenne Figues, 79,FRA
5) 2:01.70 Laura Roca, 80,ESP
6) 2:01.74 Nina van Koeckhoven, 83,BEL
7) 2:02.19 Sara Parise, 82,ITA
8) 2:02.69 Kirsten Vlieghuis, 76,NED

Semi-finals, July 7

- 1) 1:59.40 Camelia Potec, 82,ROM
2) 2:00.16 Solenne Figues, 79,FRA
3) 2:00.45 Natalia Baranovskaya, 79,BLR
4) 2:00.90 Nina van Koeckhoven, 83,BEL
5) 2:00.96 Martina Moravcova, 76,SVK
6) 2:01.13 Laura Roca, 80,ESP
7) 2:01.47 Kirsten Vlieghuis, 76,NED
8) 2:02.19 Sara Parise, 82,ITA
9) 2:02.35 Luisa Striani, 78,ITA
10) 2:02.83 Chantal Gibezy, 80,IRL
11) 2:03.13 Olena Lapunova, 80,UKR
12) 2:03.22 Ida Mattisson, 85,SWE
13) 2:03.29 Nicole Zahnd, 80,SUI
14) 2:03.64 Sofie Wolf, 81,BEL
15) 2:03.73 Lotta Wanberg, 79,SWE
16) 2:03.82 Elina Partoka, 83,EST

400 METRES FREESTYLE, July 9

- 1) 4:09.41 Yana Klochkova, 82,UKR
2) 4:11.37 Natalia Baranovskaya, 79,BLR
3) 4:11.76 Camelia Potec, 82,ROM
4) 4:12.68 Kirsten Vlieghuis, 76,NED
5) 4:12.94 Simona Paduraru, 81,ROM
6) 4:15.15 Maria A. Bardina, 80,ESP
7) 4:15.17 Chantal Strasser, 78,SUI
8) 4:20.76 Laetitia Choux, 78,FRA

800 METRES FREESTYLE, July 6

- 1) 8:29.16 Flavia Rigamonti, 81,SUI
2) 8:31.36 Chantal Strasser, 78,SUI

- 3) 8:37.94 Kirsten Vlieghuis, 76,NED
4) 8:46.71 Rebecca Cooke, 83,GBR
5) 8:47.98 Adi Bichman, 83,ISR
6) 8:48.20 Maria A. Bardina, 80,ESP
7) 8:48.35 Mirjana Bosevska, 81,MKD
8) 8:51.25 Ingrid Bourre, 76,FRA

50 METRES BACKSTROKE, July 9

- 1) 28.76 Nina Zhivanevskaya, 77,ESP
2) 28.85 Diana Mocanu, 84,ROM
3) 29.18 Ilona Hlavackova, 77,CZE
4) 29.64 Anu Koivisto, 80,FIN
5) 29.95 Aleksandra Miciul, 82,POL
6) 30.26 Brenda Starink, 74,NED
7) 30.36 Raluca Udriou, 79,ROM
8) 30.57 Anna Kopatchenia, 80,BLR

Semi-finals, July 8

- 1) 28.83 Nina Zhivanevskaya, 77,ESP
2) 29.03 Diana Mocanu, 84,ROM
3) 29.30 Ilona Hlavackova, 77,CZE
4) 29.81 Anu Koivisto, 80,FIN
5) 29.85 Aleksandra Miciul, 82,POL
6) 30.08 Brenda Starink, 74,NED
7) 30.20 Anna Kopatchenia, 80,BLR
8) 30.21 Raluca Udriou, 79,ROM
9) 30.24 Alena Nytilova, 82,CZE
10) 30.32 Dominique Diezi, 77,SUI
11) 30.41 Sofie Wolfs, 81,BEL
12) 30.75 Alenka Kejzar, 79,SLO
13) 31.10 Barbara Auer, 81,AUT
14) 31.21 Agnieszka Stanislawka, 83,POL
15) 31.22 Maria Dean, 75,FIN
16) 31.28 Ivana Gabrilo, 84,SUI

100 METRES BACKSTROKE, July 7

- 1) 1:01.02 Nina Zhivanevskaya, 77,ESP
2) 1:01.54 Diana Mocanu, 84,ROM
3) 1:01.88 Louise Orstedt, 85,DEN
4) 1:03.08 Ilona Hlavackova, 77,CZE
5) 1:03.25 Aleksandra Miciul, 82,POL
6) 1:03.33 Anu Koivisto, 80,FIN
7) 1:04.41 Helene Ricardo, 74,FRA
8) 1:04.78 Brenda Starink, 74,NED

Semi-finals, July 8

- 1) 1:01.49 Nina Zhivanevskaya, 77,ESP
2) 1:02.28 Diana Mocanu, 84,ROM
3) 1:02.29 Louise Orstedt, 85,DEN
4) 1:02.49 Ilona Hlavackova, 77,CZE
5) 1:03.17 Aleksandra Miciul, 82,POL
6) 1:03.69 Anu Koivisto, 80,FIN
7) 1:03.83 Helene Ricardo, 74,FRA
8) 1:04.18 Brenda Starink, 74,NED
9) 1:04.27 Raluca Udriou, 79,ROM
10) 1:04.40 Sofie Wolfs, 81,BEL
11) 1:04.45 Anna Kopatchenia, 80,BLR
12) 1:04.64 Anne-F. Glatre, 79,FRA
13) 1:04.68 Yseult Gervy, 79,BEL
14) 1:04.87 Agnieszka Stanislawka, 83,POL
15) 1:05.40 Camilla Johansson, 74,SWE
16) disq. Sandra Volker, 74,GER

200 METRES BACKSTROKE, July 4

- 1) 2:09.53 Nina Zhivanevskaya, 77,ESP
2) 2:11.62 Diana Mocanu, 84,ROM
3) 2:12.04 Antje Buschschulte, 78,GER
4) 2:13.35 Joanna Fargus, 82,GBR
5) 2:13.80 Louise Orstedt, 85,DEN
6) 2:14.39 Ivette Maria, 75,ESP
7) 2:14.69 Aleksandra Miciul, 82,POL
8) 2:14.77 Helene Ricardo, 74,FRA

Semi-finals, July 3

- 1) 2:12.68 Joanna Fargus, 82,GBR
2) 2:13.33 Antje Buschschulte, 78,GER
3) 2:13.76 Nina Zhivanevskaya, 77,ESP
4) 2:13.81 Diana Mocanu, 84,ROM
5) 2:14.43 Aleksandra Miciul, 82,POL
6) 2:15.20 Helene Ricardo, 74,FRA
7) 2:15.27 Louise Orstedt, 85,DEN
8) 2:15.84 Ivette Maria, 75,ESP
9) 2:16.86 Katerini Blitamos, 82,GRE
10) 2:17.27 Raluca Udriou, 79,ROM
11) 2:17.99 Katerina Pivonkova, 79,CZE
12) 2:18.32 Barbara Auer, 81,AUT
13) 2:18.85 Sofia Svensson, 78,SWE
14) 2:18.90 Alenka Kejzar, 79,SLO
15) 2:18.95 Camilla Johansson, 74,SWE
16) 2:19.12 Agnieszka Stanislawka, 83,POL

50 METRES BREASTSTROKE, July 7

- 1) 31.68 Agnes Kovacs, 81,HUN
2) 32.00 Zoe Baker, 76,GBR
3) 32.02 Sylvia Gerasch, 69,GER
4) 32.17 Emma Igelstrom, 80,SWE
5) 32.52 Sviltana Bondarenko, 71,UKR
6) 32.52 Maria Ostling, 78,SWE
7) 32.54 Emma Robinson, 78,IRL

- 8) 33.04 Natasha Kejzar, 76,SLO

Semi-finals, July 6

- 1) 31.92 Agnes Kovacs, 81,HUN
2) 31.94 Sylvia Gerasch, 69,GER
3) 31.95 Zoe Baker, 76,GBR
4) 32.15 Emma Igelstrom, 80,SWE
5) 32.53 Sviltana Bondarenko, 71,UKR
6) 32.60 Maria Ostling, 78,SWE
7) 32.65 Emma Robinson, 78,IRL
8) 32.68 Natasha Kejzar, 76,SLO
9) 32.92 Roberta Crescenini, 75,ITA
10) 32.95 Nienke Valen, 77,NED
11) 33.01 Krisztina Kovacs, 83,HUN
12) 33.05 Vera Lischka, 76,AUT
13) 33.12 Delphine Leprest, 78,FRA
14) 33.21 Terrie Miller, 78,NOR
15) 33.39 Linda Robinson, 71,NZL
16) 33.60 Anne S. Le Paranthoen, 77,FRA

100 METRES BREASTSTROKE, July 5

- 1) 1:08.38 Agnes Kovacs, 81,HUN
2) 1:09.28 Sylvia Gerasch, 69,GER
3) 1:09.81 Sviltana Bondarenko, 71,UKR
4) 1:09.95 Brigitte Becue, 72,BEL
5) 1:10.26 Emma Igelstrom, 80,SWE
6) 1:10.38 Madelon Baans, 77,NED
7) 1:10.83 Maria Ostling, 78,SWE
8) 1:11.25 Krisztina Kovacs, 83,HUN

Semi-finals, July 4

- 1) 1:08.34 Agnes Kovacs, 81,HUN
2) 1:10.04 Sylvia Gerasch, 69,GER
3) 1:10.05 Emma Igelstrom, 80,SWE
4) 1:10.39 Brigitte Becue, 72,BEL
5) 1:10.41 Krisztina Kovacs, 83,HUN
6) 1:10.53 Sviltana Bondarenko, 71,UKR
7) 1:10.74 Maria Ostling, 78,SWE
8) 1:10.80 Madelon Baans, 77,NED
9) 1:10.87 Natasha Kejzar, 76,SLO
10) 1:11.05 Simone Karn, 78,GER
11) 1:11.39 Elvira Fischer, 78,AUT
12) 1:11.42 Anne S. Le Paranthoen, 77,FRA
13) 1:11.65 Terrie Miller, 78,NOR
14) 1:11.78 Natalia Hissamuddinova, 83,EST
15) 1:12.28 Elena Bogomazova, 82,RUS
16) 1:13.44 Louise Robinson, 78,IRL

200 METRES BREASTSTROKE, July 9

- 1) 2:26.76 Beatrice Caslaru, 75,ROM
2) 2:26.85 Agnes Kovacs, 81,HUN
3) 2:28.20 Mirela Garcia, 81,ESP
4) 2:28.77 Ina Hugging, 80,GER
5) 2:29.68 Anne Poleska, 80,GER
6) 2:30.86 Elvira Fischer, 78,AUT
7) 2:30.98 Martina Krawczyk, 82,POL
8) 2:31.54 Agata Czaplacki, 83,SUI

Semi-finals, July 8

- 1) 2:27.87 Agnes Kovacs, 81,HUN
2) 2:28.05 Beatrice Caslaru, 75,ROM
3) 2:28.90 Karine Bremond, 75,FRA
4) 2:30.17 Elvira Fischer, 78,AUT
5) 2:30.68 Ina Hugging, 80,GER
6) 2:31.12 Agata Czaplacki, 83,SUI
7) 2:31.15 Martina Krawczyk, 82,POL
8) 2:32.10 Anne Poleska, 80,GER
9) 2:32.61 Jaime King, 76,GBR
10) 2:32.61 Emma Igelstrom, 80,SWE
11) 2:32.69 Lourdes Becerra, 73,ESP
12) 2:33.40 Elena Bogomazova, 82,RUS
13) 2:34.30 Katerina Uvarova, 80,UKR
14) 2:35.61 Beata Kaminska, 80,POL
15) 2:37.79 Michelle Vlasakova, 83,CZE
16) 2:39.86 Krisztina Kovacs, 83,HUN

50 METRES BUTTERFLY, July 4

- 1) 26.40 Anna-K. Kammerling, 80,SWE
2) 26.97 Karen Eggdal, 78,DEN
3) 26.98 Martina Moravcova, 76,SVK
4) 27.08 Johanna Sjoberg, 78,SWE
5) 27.24 Vered Borochoviski, 84,ISR
6) 27.46 Otilia Jedrejczak, 83,POL
7) 27.60 Judith Draxler, 70,AUT

- 8) 27.79 Natalia Sutiagina, 80,RUS

Semi-finals, July 3

- 1) 26.60 Anna-K. Kammerling, 80,SWE
2) 26.81 Martina Moravcova, 76,SVK
3) 27.02 Karen Eggdal, 78,DEN
4) 27.24 Johanna Sjoberg, 78,SWE
5) 27.26 Fabienne Dufour, 81,BEL
6) 27.26 Otilia Jedrejczak, 83,POL
7) 27.42 Judith Draxler, 70,AUT
8) 27.43 Natalia Sutiagina, 80,RUS
9) 27.43 Vered Borochoviski, 84,ISR
10) 27.54 Mette Jacobsen, 73,DEN
11) 27.68 Chantal Groot, 82,NED
12) 27.74 Marja Paivinen, 71,FIN
13) 27.91 Blanca Ceron, 74,ESP
14) 28.10 Ivana Walterova, 77,SVK
15) 28.31 Anna Uryniuk, 74,POL
16) 28.37 Eydís Konradsdóttir, 78,ISL

100 METRES BUTTERFLY, July 7

- 1) 58.72 Martina Moravcova, 76,SVK
2) 58.97 Otilia Jedrejczak, 83,POL
3) 59.29 Johanna Sjoberg, 78,SWE
4) 59.43 Mette Jacobsen, 73,DEN
5) 59.47 Anna-K. Kammerling, 80,SWE
6) 1:00.33 Cecile Jeanson, 72,FRA
7) 1:00.37 Chantal Groot, 82,NED
8) 1:00.44 Vered Borochoviski, 84,ISR

Semi-finals, July 6

- 1) 58.64 Martina Moravcova, 76,SVK
2) 58.77 Otilia Jedrejczak, 83,POL
3) 59.64 Johanna Sjoberg, 78,SWE
4) 59.97 Anna-K. Kammerling, 80,SWE
5) 1:00.03 Mette Jacobsen, 73,DEN
6) 1:00.34 Cecile Jeanson, 72,FRA
7) 1:00.44 Vered Borochoviski, 84,ISR
8) 1:00.45 Chantal Groot, 82,NED
9) 1:00.53 Diana Mocanu, 84,ROM
10) 1:00.61 Ekaterina Vinogradova, 80,RUS
11) 1:00.74 Sophia Skou, 73,DEN
12) 1:00.79 Fabienne Dufour, 81,BEL
13) 1:00.86 Natalia Sutiagina, 80,RUS
14) 1:01.30 Maria Pelaez, 77,ESP
15) 1:01.33 Anna Uryniuk, 74,POL
16) 1:01.48 Marja Paivinen, 71,FIN

200 METRES BUTTERFLY, July 9

- 1) 2:08.63 Otilia Jedrejczak, 83,POL
2) 2:08.77 Mette Jacobsen, 73,DEN
3) 2:10.44 Mirela Garcia, 81,ESP
4) 2:11.98 Sophia Skou, 73,DEN
5) 2:12.08 Silvia Szalai, 75,GER
6) 2:12.50 Ekaterina Vinogradova, 80,RUS
7) 2:12.85 Anna Uryniuk, 74,POL
8) 2:14.75 Zhanna Lozmyrskaya, 81,UKR

Semi-finals, July 8

- 1) 2:09.13 Otilia Jedrejczak, 83,POL
2) 2:10.53 Mirela Garcia, 81,ESP
3) 2:10.53 Mette Jacobsen, 73,DEN
4) 2:11.92 Silvia Szalai, 75,GER
5) 2:12.63 Ekaterina Vinogradova, 80,RUS
6) 2:12.78 Sophia Skou, 73,DEN
7) 2:14.41 Zhanna Lozmyrskaya, 81,UKR
8) 2:14.49 Anna Uryniuk, 74,POL
9) 2:14.52 Petra Zahrl, 81,AUT
10) 2:14.77 Marcela Kubalcikova, 73,CZE
11) 2:15.48 Kim van Kruyssen, 79,BEL
12) 2:15.53 Zobia Melachrinou, 74,GER
13) 2:15.75 Maria Pelaez, 77,ESP
14) 2:15.83 Caroline Smart, 82,GBR
15) 2:16.30 Anna M. Resendes, 80,POR
16) 2:17.49 Raquel Felgueiras, 80,POR

200 METRES IND. MEDLEY, July 6

- 1) 2:12.57 Beatrice Caslaru, 75,ROM
2) 2:12.57 Yana Klochkova, 82,UKR
3) 2:15.82 Sue Rolph, 78,GBR
4) 2:17.16 Sara Nordenstam, 83,SWE
5) 2:17.28 Federica Biscia, 80,ITA
6) 2:19.52 Vered Borochoviski, 84,ISR
7) 2:19.62 Simona Paduraru, 81,ROM

- 8) 2:20.15 Yseult Gervy, 79,BEL

Semi-finals, July 5

- 1) 2:14.89 Beatrice Caslaru, 75,ROM
2) 2:15.19 Yana Klochkova, 82,UKR
3) 2:16.87 Simona Paduraru, 81,ROM
4) 2:16.88 Federica Biscia, 80,ITA
5) 2:17.13 Sara Nordenstam, 83,SWE
6) 2:17.52 Vered Borochoviski, 84,ISR
7) 2:17.59 Sue Rolph, 78,GBR
8) 2:18.03 Yseult Gervy, 79,BEL
9) 2:18.51 Hana Cerna, 74,CZE
10) 2:18.66 Sabine Herbst-Klenz, 74,GER
11) 2:18.80 Nicole Hetzer, 79,GER
12) 2:18.96 Alenka Kejzar, 79,SLO
13) 2:19.45 Ana Koivisto, 80,FIN
14) 2:20.21 Nadiya Beshevli, 82,UKR
15) 2:21.22 Pavla Christova, 79,CZE
16) 2:23.57 Lourdes Becerra, 73,ESP

400 METRES IND. MEDLEY, July 3

- 1) 4:39.78 Yana Klochkova, 82,UKR
2) 4:41.64 Beatrice Caslaru, 75,ROM
3) 4:46.15 Yseult Gervy, 79,BEL
4) 4:47.92 Nicole Hetzer, 79,GER
5) 4:48.04 Hana Cerna, 74,CZE
6) 4:48.56 Sabine Herbst-Klenz, 74,GER
7) 4:50.26 Simona Paduraru, 81,ROM
8) 4:51.36 Lourdes Becerra, 73,ESP

4X100 METRES RELAY, July 6

- 1) 4:06.00 Sweden, SWE
2) 4:02.42 Therese Alshammar
1:09.61 Emma Igelstrom
58.95 Johanna Sjoberg
55.02 Louise Johncke
2) 4:09.52 Belgium, BEL
1:04.45 Sofie Wolfs
1:00.29 Brigitte Becue
1:09.07 Fabienne Dufour
55.71 Nina van Koeckhoven
3) 4:10.05 Romania, ROM
1:04.22 Raluca Udriou
1:10.18 Beatrice Caslaru
59.74 Diana Mocanu
55.91 Camelia Potec
4) 4:10.40 France, FRA
5) 4:10.80 Netherlands, NED
6) 4:11.17 Spain, ESP
7) 4:12.77 Poland, POL
8) 4:22.21 Ukraine, UKR

4X100 FREE RELAY, July 3

- 1) 3:42.38 Sweden, SWE
56.02 Louise Johncke
56.66 Johanna Sjoberg
55.23 Anna-K. Kammerling
54.47 Therese Alshammar
2) 3:45.31 Italy, ITA
56.96 Luisa Striani
56.19 Sara Parise
55.62 Cecilia Vianini
56.54 Cristina Chiușo
3) 3:46.42 Belgium, BEL
57.08 Nina van Koeckhoven
56.63 Liesbet Dreesen
56.61 Sofie Goffin
56.10 Tine Bossuyt
4) 3:46.45 Romania, ROM
5) 3:46.49 Netherlands, NED
6) 3:48.29 Belarus, BLR
7) 3:50.22 Ukraine, UKR
8) 3:50.58 Switzerland, SUI

4X200 FREE RELAY, July 4

- 1) 8:03.17 Romania, ROM
1:59.69 Camelia Potec
2:02.70 Simona Paduraru
2:00.80 Lorena Diaconescu
1:59.98 Beatrice Caslaru
2) 8:08.14 Italy, ITA
2:02.41 Luisa Striani
2:01.85 Cecilia Vianini
2:01.19 Sara Parise
2:02.69 Sara Goffi
3) 8:08.30 France, FRA
2:01.01 Solenne Figues
2:01.05 Laetitia Choux
2:03.37 Katarine Quellenec
2:01.87 Alicia Bozon
4) 8:09.59 Belgium, BEL
5) 8:12.56 Spain, ESP
6) 8:15.09 Sweden, SWE
7) 8:17.00 Netherlands, NED
8) 8:22.33 Switzerland, SUI

Rating Summary of Top Performances

Table with 3 columns: Rank, Name, Time.
1) 1025 24.44 50 free W Therese Alshammar, 77, SWE
2) 1009 48.34 100 free M Alexander Popov, 71, RUS
1009 28.76 50 back W Nina Zhivanevskaya, 77, ESP
4) 1007 52.23 100 fly M Lars Frolander, 74, SWE
5) 1006 26.40 50 fly W Anna-K. Kammerling, 80, SWE
6) 1004 28.85 50 back W Diana Mocanu, 84, ROM
7) 1001 27.75 50 breast M Mark Warnecke, 70, GER
7) 1001 23.88 50 fly M Jere Hard, 78, FIN
9) 1000 54.45 100 free W Martina Moravcova, 76, SVK
10) 998 27.81 50 breast M Oleg Lisogor, 79, UKR
11) 997 48.77 100 free M Pieter vdHoogenband, 78, NED

# EUROPEAN RESULTS

## 2000 EUROPEAN JUNIOR

### CHAMPIONSHIPS

Dunquerque, FRA, Jul 27-30 (50 M)

### BOYS 1982-83

#### 50 METRES FREESTYLE

- 22.68 Duje Draganja,83,CRO
- 23.08 Michele Scarica,82,ITA
- 23.30 Anton Naumenka,82,BLR
- 23.43 Per Nylen,82,SWE
- 23.45 Ermanno Felice,82,ITA
- 23.69 Chris Cozens,82,GBR
- 23.71 Georgios Danas,82,GRE
- 23.72 Germain Cayette,83,FRA

#### 100 METRES FREESTYLE

- 51.16 Duje Draganja,83,CRO
- 51.46 Johannes Osterling,83,GER
- 51.65 Kvetoslav Svoboda,82,CZE
- 51.80 Michele Scarica,82,ITA
- 52.00 Leif-M. Kruger,83,GER
- 52.02 Anton Naumenka,82,BLR
- 52.06 Ermanno Felice,82,ITA
- 52.25 Martin Skacha,83,CZE

#### 200 METRES FREESTYLE

- 1:49.76 Kvetoslav Svoboda,82,CZE
- 1:51.90 Johannes Osterling,83,GER
- 1:52.25 Maxim Kuznetsov,82,RUS
- 1:52.34 Dirk Mennicke,82,GER
- 1:52.36 Ilya Nikitin,81,RUS
- 1:52.48 Franck Southon,82,FRA
- 1:53.51 Robin Francis,82,GBR
- 1:53.65 Gregor Mroz,83,POL

#### 400 METRES FREESTYLE

- 3:53.40 Kvetoslav Svoboda,82,CZE
- 3:54.35 Guy-Noel Schmitt,83,FRA
- 3:55.30 Ilya Nikitin,81,RUS
- 3:57.94 Hannes Kalleis,82,AUT
- 3:58.00 Gregor Mroz,83,POL
- 3:58.81 Maxim Kouznetsov,82,RUS
- 3:59.34 Franck Southon,82,FRA
- 4:01.42 Dirk Mennicke,82,GER

#### 1500 METRES FREESTYLE

- 15:21.41 Hannes Kalleis,82,AUT
- 15:25.33 Guy-Noel Schmitt,83,FRA
- 15:43.24 Vasilios Demetis,83,GRE
- 15:44.83 Sergiy Fesenko,82,UKR
- 15:46.07 Nick Baker,82,GBR
- 15:52.83 Gerry Strasser,83,SUI
- 15:52.91 Christian Hein,82,GER
- 15:54.05 Antoine Boulanger,82,FRA

#### 50 METRES BACKSTROKE

- 26.14 Toni Helbig,82,GER
- 26.85 Sander Ganzvles,82,NED
- 26.96 Enrico Catalano,83,ITA
- 27.12 Matti Maki,82,FIN
- 27.18 Florea Lang,83,SUI
- 27.28 Matthew Bowe,83,GBR
- 27.47 Ales Volcanskej,83,GBR
- 27.72 Peter Sengerlund,82,SWE

#### 100 METRES BACKSTROKE

- 56.45 Toni Helbig,82,GER
- 56.77 Viktor Bodrogi,83,HUN
- 57.00 Sander Ganzvles,82,NED
- 57.53 Andriy Oleynyk,83,UKR
- 57.73 Dimitri Smirnov,83,RUS
- 57.91 Pierre Roger,83,FRA
- 58.43 David O'Brien,83,GBR
- 58.69 Pavlo Ollichov,83,UKR

#### 200 METRES BACKSTROKE

- 2:00.22 Viktor Bodrogi,83,HUN
- 2:00.39 Sander Ganzvles,82,NED
- 2:03.25 David O'Brien,26,AUS
- 2:03.26 Lukas Ostermaier,80,AUT
- 2:04.19 Kiril Mishonin,83,RUS
- 2:04.70 Andriy Oleynyk,83,UKR

- 2:04.82 Dimitri Smirnov,83,RUS

- 2:05.67 Andriy Lapshyn,83,UKR

#### 50 METRES BREASTSTROKE

- 28.54 Mihaly Flaskay,82,HUN
- 28.60 Vanja Rogulj,82,CRO
- 28.79 Michael Fischer,82,GER
- 29.29 Guido Jansen,82,NED
- 29.48 Chris Tidey,82,GBR
- 29.70 Helder Lopes,82,POR
- 29.92 David Gustavsson,82,SWE
- 29.99 Pablo Serra,82,ESP

#### 100 METRES BREASTSTROKE

- 1:03.11 Michael Fischer,82,GER
- 1:03.25 Vanja Rogulj,82,CRO
- 1:04.57 Alexei Tiourine,83,RUS
- 1:04.60 Thijs van Valkengoed,83,NED
- 1:04.66 Szymon Kujat,82,POL
- 1:05.27 Jakob Sveinsson,82,ISL
- 1:05.77 Chris Tidey,82,GBR
- disq. Helder Lopes,82,POR

#### 200 METRES BREASTSTROKE

- 2:17.25 Thijs van Valkengoed,83,NED
- 2:18.63 Jakob Sveinsson,82,ISL
- 2:18.78 Alexei Tiourine,83,RUS
- 2:18.79 Helder Lopes,82,POR
- 2:20.48 Jacek Borkowski,83,POL
- 2:20.49 Stefan Fuhrmann,82,GER
- 2:20.54 Simone Cirani,82,ITA
- 2:23.09 Vladimir Labzin,83,EST

#### 50 METRES BUTTERFLY

- 24.75 Andriy Serdinov,82,UKR
- 25.04 Ricardo Coxo,82,POR
- 25.17 Evgeni Korotyshkin,83,RUS
- 25.20 Anders Beck,82,DEN
- 25.37 Dzianis Silkou,82,BLR
- 25.38 Andreas Dreizler,82,GER
- 25.49 Bjorn Lundin,82,SWE
- 25.57 Artur Akhmetov,82,RUS

#### 100 METRES BUTTERFLY

- 53.73 Andriy Serdinov,82,UKR
- 54.88 Artur Akhmetov,82,RUS
- 55.75 Ricardo Coxo,82,POR
- 55.80 Cristian Galenda,82,ITA
- 56.04 Leif-M. Kruger,83,GER
- 56.21 Nick van der Zandt,83,NED
- 57.04 Anders Beck,82,DEN
- 57.53 Christophe Lebon,82,FRA

#### 200 METRES BUTTERFLY

- 2:00.03 Sergiy Fesenko,82,UKR
- 2:00.97 Viktor Bodrogi,83,HUN
- 2:02.88 Cristian Galenda,82,ITA
- 2:03.93 Artur Akhmetov,82,RUS
- 2:04.30 Ilya Skrydlov,82,RUS
- 2:04.46 Alexandros Kokkinos,82,GRE
- 2:05.33 Krzysztof Piotrowicz,82,POL
- 2:06.15 Manuel Aberle,83,GER

#### 200 METRES IND. MEDLEY

- 2:04.74 Dirk Mennicke,82,GER
- 2:06.73 James Goddard,83,GBR
- 2:06.96 Georgios Dimitras,82,NED
- 2:07.02 Robin Francis,82,GBR
- 2:07.54 Andriy Lapshyn,83,UKR
- 2:07.67 Tomasz Dziedzic,82,POL
- 2:08.35 Sebastien Sudre,82,FRA
- 2:08.64 Lukasz Wojt,82,POL

#### 400 METRES IND. MEDLEY

- 4:26.62 Vasilios Demetis,83,GRE
- 4:28.85 Georgios Dimitras,82,NED
- 4:29.32 Tomasz Dziedzic,82,POL
- 4:31.02 James Goddard,83,GBR
- 4:32.32 Gergo Szabo,82,HUN
- 4:33.44 Vadim Lymarev,83,RUS
- 4:34.54 Jan Wolfgarten,82,GER
- 4:40.00 Alex Kokkinos,82,GRE

#### 4X100 MEDLEY RELAY

- 3:45.82 Germany,GER
- 3:47.21 Russia,RUS
- 3:49.44 Portugal,POR
- 3:49.74 Netherlands,NED
- 3:52.01 Italy,ITA
- 3:52.47 Great Britain,GBR
- 3:52.56 France,FRA
- 3:55.46 Sweden,SWE

#### 4X100 FREE RELAY

- 3:27.79 Germany,GER
- 3:27.89 Great Britain,GBR
- 3:27.98 France,FRA
- 3:30.00 Russia,RUS
- 3:30.09 Sweden,SWE
- 3:32.78 Poland,POL
- 3:33.45 Finland,FIN
- 3:33.69 Portugal,POR

#### 4X200 FREE RELAY

- 7:31.33 Russia,RUS
- 7:31.53 Germany,GER
- 7:33.92 France,FRA
- 7:34.29 Italy,ITA
- 7:41.72 Great Britain,GBR
- 7:42.99 Poland,POL
- 7:43.10 Spain,ESP
- 7:45.51 Czech Republic,CZE

#### GIRLS 1984-85

##### 50 METRES FREESTYLE

- 26.07 Hanna-M. Seppala,84,FIN
- 26.14 Hinkelien Schreuder,84,NED
- 26.47 Antonia Albers,82,GER
- 26.49 Cristina Tatar,85,ROM
- 26.63 Aleksandra Herasimenia,85,BLR
- 26.96 Giorgia Mancini,84,ITA
- 27.08 Marijana Surkovic,84,CRO
- 27.12 Penelope Liapakis,85,GRE

##### 100 METRES FREESTYLE

- 56.69 Hanna-M. Seppala,84,FIN
- 57.54 Marina Scheepbrouwer,84,NED
- 57.56 Hinkelien Schreuder,84,NED
- 57.72 Lisa Chapman,84,GBR
- 57.87 Ida Mattsson,85,SWE
- 58.38 Susan Nagelschmidt,85,GER
- 58.43 Albina Bordunova,84,UKR
- 58.55 Aleksandra Herasimenia,85,BLR

##### 200 METRES FREESTYLE

- 2:02.00 Irina Oufimtseva,85,RUS
- 2:02.96 Eva Risztoz,85,HUN
- 2:03.41 Ida Mattsson,85,SWE
- 2:03.87 Zoe Dimoshaki,85,GRE
- 2:05.65 Brenda den Hoed,84,NED
- 2:05.68 Vesna Stojanovska,85,MKD
- 2:05.73 Kornelia Kovacs,84,HUN
- 2:06.30 Albina Bordunova,84,UKR

##### 400 METRES FREESTYLE

- 4:12.12 Eva Risztoz,85,HUN
- 4:12.94 Irina Oufimtseva,85,RUS
- 4:16.29 Kornelia Kovacs,84,HUN
- 4:17.88 Olga Bogoslovenko,85,RUS
- 4:18.33 Hanna Miluska,84,SUI

- 4:19.37 Zoe Dimoshaki,85,GRE

- 4:19.75 Ann Berglund,84,SWE

- 4:21.54 Olga Beresnyeva,85,UKR

##### 800 METRES FREESTYLE

- 8:36.54 Eva Risztoz,85,HUN
- 8:36.73 Olga Beresnyeva,85,UKR
- 8:38.38 Irina Oufimtseva,85,BLR
- 8:42.31 Kornelia Kovacs,84,HUN
- 8:53.03 Ann Berglund,84,SWE
- 8:58.33 Ganna Klochkova,85,UKR
- 8:58.38 Hanna Miluska,84,SUI
- 9:00.22 Christiane Vendel,85,GER

##### 50 METRES BACKSTROKE

- 29.37 Louise Ornstedi,85,DEN
- 29.53 Aleksandra Herasimenia,85,BLR
- 29.89 Tatiana Platkovskaya,84,BLR
- 30.29 Sabrina Buur,85,NED
- 30.75 Irina Raevskaya,83,RUS
- 30.78 Adi Cohen,85,ISR
- 30.82 Valentina Brat,85,ROM
- 30.96 Jennie Lindh,84,SWE

##### 100 METRES BACKSTROKE

- 1:01.85 Diana Mocanu,84,ROM
- 1:02.10 Louise Ornstedi,85,DEN
- 1:03.14 Irina Raevskaya,83,RUS
- 1:03.93 Tatiana Platkovskaya,84,BLR
- 1:04.45 Fanny Leclercq,84,FRA
- 1:04.50 Valentina Brat,85,ROM
- 1:04.51 Christine Bachinger,84,GER
- 1:04.96 Louise Coulli,84,GBR

##### 200 METRES BACKSTROKE

- 2:13.25 Irina Raevskaya,83,RUS
- 2:14.58 Louise Ornstedi,85,DEN
- 2:17.14 Louise Coulli,84,GBR
- 2:17.16 Fanny Leclercq,84,FRA
- 2:17.25 Valentina Brat,85,ROM
- 2:18.24 Anastasia Vazhenina,84,RUS
- 2:18.34 Melissa Caballero,85,ESP
- 2:18.92 Christine Bachinger,84,GER

##### 50 METRES BREASTSTROKE

- 32.35 Desiree Mahle,84,GER
- 33.03 Roberta Panara,84,ITA
- 33.33 Kirsty Balfour,83,GBR
- 33.33 Anne-M. Gulbrandsen,84,NOR
- 33.57 Evgenia Alekhina,85,RUS
- 33.74 Caroline Ruhnau,84,GER
- 33.77 Katarzyna Jakubiak,84,POL
- 34.32 Nadia Correia,85,POR

##### 100 METRES BREASTSTROKE

- 1:10.78 Desiree Mahle,84,GER
- 1:11.35 Kirsty Balfour,83,GBR
- 1:11.49 Anne-M. Gulbrandsen,84,NOR
- 1:13.05 Caroline Ruhnau,84,GER
- 1:13.08 Charlotte Evans,84,GBR
- 1:13.38 Nadia Correia,85,POR
- 1:13.48 Iris Heimsdottir,84,ISL
- 1:15.28 Szentia Szanto,85,HUN

##### 200 METRES BREASTSTROKE

- 2:31.04 Desiree Mahle,84,GER
- 2:32.10 Caroline Ruhnau,84,GER
- 2:32.74 Anne-M. Gulbrandsen,84,NOR
- 2:34.92 Szentia Szanto,85,HUN

- 2:35.15 Alexandra Malanina,85,RUS

- 2:35.26 Olga Dmytruk,84,UKR

- 2:36.97 Charlotte Evans,84,GBR

- 2:37.20 Evgenia Alekhina,85,RUS

##### 50 METRES BUTTERFLY

- 27.30 Vered Borochovski,84,ISR
- 27.50 Hinkelien Schreuder,84,NED
- 28.07 Orsolya Ferenczy,84,HUN
- 28.32 Lisa Chapman,84,GBR
- 28.32 Marina Scheepbrouwer,84,NED
- 28.36 Antonia Albers,82,GER
- 28.59 Hanna-M. Seppala,84,FIN
- 28.72 Malgorzata Gembicka,85,POL

##### 100 METRES BUTTERFLY

- 1:00.19 Diana Mocanu,84,ROM
- 1:00.92 Vered Borochovski,84,ISR
- 1:01.70 Malgorzata Gembicka,85,POL
- 1:01.72 Marina Scheepbrouwer,84,NED
- 1:01.90 Orsolya Ferenczy,84,HUN
- 1:02.20 Rotem Peled,85,ISR
- 1:02.92 Maria Melnikova,83,RUS
- 1:03.33 Viktoria Molnar,85,HUN

##### 200 METRES BUTTERFLY

- 2:11.20 Eva Risztoz,85,HUN
- 2:12.75 Diana Mocanu,84,ROM
- 2:14.60 Malgorzata Gembicka,85,POL
- 2:16.61 Claudia Barsi,84,HUN
- 2:19.14 Patricia Pawlak,85,POL
- 2:19.29 Vesna Stojanovska,85,MKD
- 2:20.56 Natalia Roubina,84,CYP
- 2:23.60 Lucia Salice,84,ITA

##### 200 METRES IND. MEDLEY

- 2:14.42 Diana Mocanu,84,ROM
- 2:18.35 Sophie De Ronchi,85,FRA
- 2:19.40 Vered Borochovski,84,ISR
- 2:19.86 Julie Hjorth-Hansen,84,DEN
- 2:21.60 Ann Berglund,84,SWE
- 2:22.41 Xenia Brazhnikova,84,RUS
- 2:23.85 Kathy Siuda,85,POL
- disq. Roser Vives,84,ESP

##### 400 METRES IND. MEDLEY

- 4:52.62 Roser Vives,84,ESP
- 4:55.22 Ann Berglund,84,SWE
- 4:56.65 Katalin Molnar,85,HUN
- 4:56.99 Xenia Brazhnikova,84,RUS
- 4:58.01 Sophie De Ronchi,85,FRA
- 4:58.19 Gemma Howells,84,GBR
- 4:58.50 Melissa Caballero,85,ESP
- 5:02.28 Inbal Levavi,84,ISR

##### 4X100 MEDLEY RELAY

- 4:15.72 Russia,RUS
- 4:16.44 Great Britain,GBR
- 4:17.05 Germany,GER
- 4:19.36 Italy,ITA
- 4:19.60 Denmark,DEN
- 4:20.85 Netherlands,NED
- 4:22.74 Israel,ISR
- 4:24.06 Belarus,BLR

##### 4X100 FREE RELAY

- 3:49.77 Netherlands,NED
- 3:51.39 Germany,GER
- 3:52.27 Sweden,SWE
- 3:53.49 Italy,ITA
- 3:53.65 Russia,RUS
- 3:56.23 Switzerland,SUI
- 3:58.09 Israel,ISR
- 3:58.76 Belgium,BEL

##### 4X200 FREE RELAY

- 8:15.98 Russia,RUS
- 8:22.79 Hungary,HUN
- 8:23.63 Sweden,SWE
- 8:26.79 Germany,GER
- 8:32.22 Italy,ITA
- 8:34.81 Poland,POL
- 8:35.79 Ukraine,UKR
- 8:41.81 Greece,GRE

#### Rating Summary of Top Performances

1)	979	29.37	50 back W	Louise Ornstedi,85,DEN
2)	974	27.00	50 fly W	Vered Borochovski,84,ISR
3)	971	29.53	50 back W	Aleksandra Herasimenia,85,BLR
4)	970	1:01.85	100 back W	Diana Mocanu,84,ROM
5)	968	2:00.22	200 back M	Viktor Bodrogi,83,HUN
	968	53.65	100 fly M	Andriy Serdinov,82,UKR
7)	966	2:00.39	200 back M	Sander Ganzvles,82,NED
8)	964	26.14	50 back M	Toni Helbig,82,GER
9)	964	4:12.12	400 free W	Eva Risztoz,85,HUN
10)	960	28.54	50 breast M	Mihaly Flaskay,82,HUN
	960	29.75	50 back W	Tatiana Platkovskaya,84,BLR

# SEVEN NATIONAL RECORDS IN FOUR DAYS

## FRANZI'S BACK, AND THE WOMEN'S RELAYS LOOK SET

### Karin Helmstaedt

BERLIN—Germany's National Team Director Winfried Leopold was hard pressed to find a plausible explanation for the glowing performances at the German Championships held on June 15-18.

"Lots of factors played a role," he said. "The athletes put their Olympic qualifications above everything else, and in a comfortable facility there were comfortable performances."

Fair enough, but it's not as if anyone was expecting quite such a show, least of all national coaches Manfred Thiesmann and Achim Jedamsky.

After a relatively unexciting year, German swimmers went for the gusto and broke seven national records in Berlin's new Europacentre pool, including one European and one world record.

Although the author of the latter (she won back her world mark in the 50 backstroke in 28.25), Sandra Voelker of Hamburg was not the centre of attention this time. The German sprint queen was upstaged in both the 100 back and 100 free by Magdeburg's Antje Buschschulte. "Buschi," as she's known, surprised even herself with a German record in her "off-discipline," the 100 freestyle. The towering swimmer (1.85 m) said that her work with coach Bernd Henneberg was finally what it should be and



Record in 100 free for Buschschulte

Marco Chiesa

that he "doesn't have to kick me in the rear as much anymore."

And then there was Franziska, whose long years of dismal performances and boulevard press harassment seem to have—thankfully—come to an end. After clocking more-than-respectable performances at this year's Mare Nostrum tour, the 22-year-old proved in Berlin that she can still make the grade, regardless of her millions.

Still touted as the world's richest swimmer, Franziska van Almsick took the world by storm in 1994 with her world record in the 200 freestyle (1:56.78), and she's never come near it since. Things went awry in 1996 at her second Olympics, when Costa Rica's freestyle wonder Claudia Poll deprived Franziska of the 200 freestyle victory. She came home a silver medalist, and the trouble began.

But after countless disappointments, false predictions, and downright embarrassing performances, Franziska has rediscovered her motivation. Her 100 freestyle was not only faster than she's been for five years (55.18), but she won the 200 freestyle (1:59.25) and a new event, the 200 butterfly (2:10.58)! She's now off to her third Olympics as one of the strongest medal hopes, but not as a favourite—rather "a midfielder, with a chance at a medal."

Another surprise came from Berlin's Daniela Samulski who, in edging out Franziska and winning the 100 butterfly, secured her first Olympic berth.

Her time of 59.87 ranks her 20th in the world. At 16, Samulski is only 1.68 m tall.

With Samulski, and former world champion (1986) Sylvia Gerasch, 31, still around in the breaststroke, and the fact that four women were under 55 seconds in the 100 freestyle, Germany can look forward to some exciting women's relays in Sydney.

As winner of the 100 (52.58) and 200 (1:56.82) butterfly, Thomas Rupprath secured the distances for Sydney and in so doing broke Michael Gross' 16-year-old 100 fly record. Stev Theloke of Chemnitz made a convincing comeback from illness with a European record in the 50 back (25.63).

Breastroker (1:01.72) Mark Warnecke, 31, is another medal hope for Sydney; Jorg Hoffmann, on the other hand, was the only veteran who totally missed the ticket in all three of his freestyle distances. Visibly out of sorts, he had to rely on a second chance at qualifying—for what would be his fourth Olympic Games—in Helsinki.

## DO YOU REALLY WANT IT?

Lately, I have received more questions from coaches than swimmers. Most coaches have questions pertaining to ways or methods to help their swimmers swim faster. Some coaches focus on pre-competition strategies, others on ways to maintain high quality training, and some on how to have their swimmers be more committed to swimming. Commitment, to me, is essential, so I will focus on commitment and how this results in better performances.

Commitment is a difficult concept to describe to young swimmers; we can define commitment as a pledge or promise to do something. Research on the essential elements of excellence or peak performance has shown that, along with things such as distraction control strategies and optimal arousal, there is also personal commitment.

I don't think that many athletes disagree that a high level of commitment is necessary for high performance, and hand-in-hand with this, of course, there must also be a level of maturity and self-control in order to achieve real athletic success. However, since a coach asked the question, I am going to turn the question around to the coaches. What can a coach do to help the athletes be more committed? Here are a few suggestions.

1. Coaches need to be able to clearly communicate the goals and values of the club/program to the swimmers. Good coaches hold a clear picture of what constitutes good performances and good training, and can communicate it. Without clarity it is difficult to have focus, and without focus you can't expect commitment.

2. Athletes become committed to things that they do well. To build competence in athletes, they need the knowledge, skills, direction, and practice. Feedback is critical to building confidence and a sense of competence.

3. Athletes are more committed when they have a sense of influence and ownership. They need to have some sense of control. Athletes don't perform well when they are denied input and are expected to unquestionably follow orders.

4. Athletes work best when they believe what they do matters to someone else, especially their coach. They will strive to please. For recognition to be effective, it has to be sincere and relevant to the individual. One size does not fit all in this case.

Coaches who can provide and demonstrate these components to their athletes will probably have athletes who are ready and willing to participate fully and to commit.

Keep the emails coming at [gossj@dalelessmann.com](mailto:gossj@dalelessmann.com). Judy Goss, Ph.D., is a Sport Psychology Consultant at the National Sport Centre—Toronto.

# IMPRESSIVE DEPTH AS MAJORITY SWIM THROUGH

## ALSHAMMAR, FROLANDER, KLOCHKOVA, AND POPOV TOP PERFORMERS

**Nick Thierry**

HELSINKI-Sweden, Russia, and Italy were the top swimming nations based on the number of gold medals but a surprising Romania won the most medals with 14.

All the swimmers swam through the meet in preparation for the Olympics. Performances were very good and the depth of the competition was better than a year ago in Istanbul when everybody was there and in peak form. Three-quarters of the events required faster times to reach finals and semis this year. That said, not every event had all the contenders present. The cause of that was the re-introduction of bi-annual world championships from 2001 onwards. The Europeans, which had been on a two-year cycle since 1981, had to shift to the even years, creating a conflict in the Olympic year.

Some prominent medal contenders in Sydney opted to miss the Europeans. German and British women, perennial relay medallists did not enter any relays.

The next Championships will be in 2002 in Berlin and will conflict with the Commonwealth Games hosted by England in Manchester, eliminating Great Britain from the European competition.

There were some notable top individual performers.

Alexander Popov (RUS) dominated with four golds and some tantalizingly near-record swims in the 50 and 100 free. In the 50, he went 21.98 in the semis and a championships record of 21.95 in the final. There have only been eight sub 22.00-second swims ever; Popov

SWIMMING MEDAL TOTALS				
	G	S	B	Total
1 SWE	6	2	2	10
2 RUS	6	0	1	7
3 ITA	5	5	1	11
4 UKR	4	2	3	9
5 ESP	4	0	2	6
6 ROM	3	6	5	14
7 HUN	3	1	0	4
8 GER	2	5	2	9
9 SVK	1	2	1	4
10 SUI	1	1	1	3
11 FIN	1	1	0	2
12 BLR	1	1	0	2
13 POL	1	1	0	2
14 CRO	1	0	0	1
15 NED	0	4	2	6
16 GBR	0	2	5	7
17 DEN	0	2	2	4
18 BEL	0	1	2	3
19 LTU	0	1	0	1
20 FRA	0	0	5	5
21 TUR	0	0	1	1
22 AUT	0	0	1	1
23 ISR	0	0	1	1
24 CZE	0	0	1	1
* 39 37 38 114				
* Tie for first in women's 200 IM				

has five of them, four during the last two months. In the 100 semis, his 48.34 was another championships record and the third-fastest performance of all time. In the final he visibly slowed down with 10 metres remaining, saving his best effort for another time. He anchored Russia's 4x100 medley and 4x100 free relays for two more golds.

Massimiliano Rosolino (ITA) was the winner of the 200 free in 1:47.31 over last year's star of these championships, Peter van den Hoogenband (NED). Rosolino then won the 200 IM in 2:00.62, the fastest time in the world this year. He won his third gold in the 4x200 free, an event Italy last won in 1989.

Emiliano Brembilla (ITA) won the 400 free in 3:48.56 but his second place in the 1500 free was the



200 fly winner Jędrzejczak (POL)

most unusual of the championships. Last at the 200, he gradually moved up on the field, passing all but the winner, Igor Chervynskiy (UKR) 15:05.31 to Brembilla's 15:06.42. The final 300 was 2:56.24, faster than the world record pace of 2:56.96.

One of two European records at the championships came from Stev Theloke (GER) in the 50 back with 25.60, making up somewhat for missing the final of the 100 back, where he was the defending champion from last year.

Expectations were raised by Jarno Pihlava (FIN), who posted a 1:01.17, the 10th-fastest performance ever, in the heats of the 100 breaststroke. He was still fastest in the semis with 1:01.68 but finished second in the final with 1:02.07 as Domenico Fioravanti (ITA) won with 1:02.02.

Lars Frolander (SWE) established the second European record in the 100 fly with 52.23. He also finished second in the 50 fly, third in the 100 free, and split 51.75 for the 100 fly (third fastest ever) on Sweden's 4x100 medley



Yana Klochkova (UKR) won three golds 400 free, 200-400 IM with Natalia Baranovskaya (BLR) silver in 400 free and gold in 200 free.

Marco Chiesa



Gordam Kozulj (CRO) won 200 back

Marco Chiesa

relay.

Jere Hard (FIN) won the 50 fly in 23.88, the only gold for the host country.

The 200 fly winner, Anatoli Poliakov (RUS) in 1:56.73, held off James Hickman (GBR), in second with 1:58.44. But this was the weakest final field, with four of the top Europeans missing from the championships: Franck Esposito (FRA) 1:55.63, Denys Sylantsev (UKR) 1:56.25, Stephen Parry (GBR) 1:56.34 (all faster this year than the winner), and Thomas Rupprath (GER) 1:56.82.

Jani Sievinen (FIN) did not live up to expectations in front of his countrymen. He was only 11th in the 200 IM with 2:04.80 (he's the current world record holder with 1:58.16 from 1994).

Therese Alshammar (SWE) was in a class of her own. In the 50 free, her 24.44 was a championships record and the second-fastest of all time, just 5/100ths of a second off Inge de Bruijn's (NED) recent world record of 24.39. In the 100 she was on record pace and added another meet record with 54.41 after visibly fading in the last 10 metres.

Yana Klochkova (UKR) was the queen of the middle distance events. Winning the 400 free in 4:09.41 and the 400 IM in 4:39.78, she tied for first in the 200 IM with 2:12.57.

Beatrice Caslaru (ROM) won the 200 breast in 2:26.76, tied for first in the 200 IM in 2:12.57, was second in the 400 IM with 4:41.61, and anchored Romania's winning 4x200 free relay with a 1:59.98 split and an overall time of 8:03.17.

Switzerland, who had only won four swimming medals since 1926, almost doubled its total with three at this meet. In the 800 free, Flavia Rigamonti won with 8:29.16 and training mate



Beatrice Caslaru, Simona Padurarur, Lorena Diaconescu, and Camelia Potec winners of the 4x200 free relay for Romania

Marco Chiesa

Chantal Strasser placed second with 8:31.36. The other bronze came from Remo Lutolf in the men's 50 breaststroke.

Nina Zhivanevskaya (ESP) swept the three backstroke races: 28.76 in the 50, 1:01.02 in the 100, and 2:09.53 in the 200 (life time best). Main challenger Sandra Volker (GER) was disqualified for kicking freestyle too long into the turn, an interpretation of the backstroke turn rule that seems to contradict FINA's interpretation last March in Athens. Volker, fresh off a world record swim at the German Championships two weeks before the competition, was so upset that she left for home. A few minutes later, Ralf Braun (GER), defending champion in the 200 back, was also disqualified for the same thing.

Agnes Kovacs (HUN) won the 50 (31.68) and the 100 (1:08.38) breaststrokes but in the 200, after a torrid pace, she was passed on the last length and was second with 2:26.85.

Martina Moravcova (SVK) won four medals: gold in the 100 fly with 58.72, silvers in the 100 free (54.45) and 200 free (2:00.08) and a bronze in the 50 fly.



Popov (RUS) turned tables on vdHoogenband (NED) in the 50 and 100 free

Marco Chiesa

Otilia Jedrzejczak (POL), 2:08.63, upset veteran Mette Jacobsen (DEN), 2:08.77, in the 200 butterfly. The 17-year-old Polish flyer was second in the 100 with 58.97 and was one of the revelations of the championships. She's headed to UCLA on a scholarship.

The meet format over seven days with three rounds (prelims and semis one day, and finals the next) for all but the 400s and up did create conflicts that were difficult for some. There was little need for semis in most events as the entries were small. Spectator interest was not high and the hosts took somewhat of a financial beating. The championships was unable to secure a title sponsor in spite of daily live Eurosport coverage for the finals.

Plans for the next championships are for a six-day meet and semis in the 50s and 100s only.

# CANADIAN SWIMMERS AT THE OLYMPICS

**Jack Kelso**

In 1908, Canada sent its first contingent of representative athletes to the Olympic Games. One member of this inaugural team, Robert M. Zimmerman of the Montreal Swimming Club, represented aquatic sports. He qualified for the Olympics by winning the 100 metres backstroke and the springboard diving events at the trials held in Montreal. He competed in these London Olympics both as a swimmer and a diver—the only athlete from Canada to achieve this double. He competed in the 100 metres backstroke, 100 metres freestyle, and springboard diving at the Games, but failed to advance past the preliminary stages.

The 1912 Olympics, held in Stockholm, provided an historical highlight for Canadian aquatics, when Montreal swimmer George Hodgson won both the 400 and 1500 metres freestyle events. This was a most exceptional performance, especially as Hodgson also set new world records in both events. He was the only swimmer on the team that year, yet he established a record that only two other Canadian athletes have matched, in all sports, up to the present.

The 1920 Antwerp Games had another Canadian swimmer winning two individual medals, again in the freestyle distance events. George Vernot won silver in the 1500 free, and followed this with a bronze in the 400 free. He also placed fifth in the final of the 100 metres Free. Vernot, a Montrealer, was the first and only swimmer to place in the finals of three freestyle events and win two medals in a single Games.

Although Canada competed in all future Games, the swimmers did not fare well in Olympic competition until the 1960s. A bronze medal in the men's 4X200 freestyle relay at the 1928 Games was the only other medal won by Canada during this lengthy period.

The new era of success for Canadian swimmers was initiated at the 1968 Olympics in Mexico City. Elaine Tanner won two silver medals in the 100 and 200 metres backstroke, as well as a bronze on the 4X100 freestyle relay team. Ralph Hutton won the silver medal in the 400 freestyle. From 1968 through to 1984, Canadian swimmers were very successful at the Olympics, in comparison to other Canadian Olympic sports. For example, in 1968, Canada won a total of only five medals in all sports; swimming won four of these! The non-swimming medal was a gold by the equestrian Grand Prix Team. The same story

emerged from the 1972 Olympics in Munich, with the swimmers winning four of the five medals for Canada. The other one was a bronze by the Solings Class yachtsmen. In 1976, the swimmers came away with 8 medals, out of a total of 11 won by the entire Canadian team in Montreal. The Moscow Games, although boycotted by many Western countries, would have, in all likelihood, continued to demonstrate the predominance of Canadian swimmers over their counterparts in all other Canadian sports.

The 1984 Los Angeles Games gave way to the Canadian swimmers winning 10 medals—the best ever overall performance for the team at an Olympics. It is true that these Games were not representative of the world's best in many respects as the USSR and its allies boycotted the event, however, in looking at the times of our swimming medallists, most of these medals were achieved in world-class times. The stars of these Games were Alex Baumann, Victor Davis, and Anne Ottenbrite. They won four gold, three silver, and one bronze (including relayswims) medals. Baumann and Davis also established new world marks in their events, and Ottenbrite became the one and only female Canadian athlete in all sports to win a full set of medals in an Olympic Games.

This lengthy period of comparative dominance by the swimmers in Olympic competition began to diminish by the end of the 1980s. In 1988, Canada won only two relay medals. The Barcelona Games of 1992 was again a two-medal win total by the swimmers. However, this was highlighted with an excellent individual performance by Mark Tewksbury in winning the gold medal in the 100 metres backstroke. He also set the pace for the men's medley relay to win a bronze medal.

By 1996, Canada's swimming experts were beginning to recognize that their perennial top ten world ranking in swimming was looking rather tenuous. It was up to the swimmers to come through with a more satisfactory team effort in the Atlanta Games. Curtis Myden lived up to his expectations in winning two bronze medals in the Individual Medley events, and Marianne Limpert swam exceptionally well in winning a silver medal in the 200 Individual Medley. These three individual medals were the best the Canadian swimmers would earn in the Atlanta Olympics. For once the team was unable to win a relay medal of any colour. However, the team did manage to place ninth overall in medals won at these Games.

A total of 36 nations have won medals in

swimming and 76 nations have competed in swimming at the Olympic Games. Canadian swimmers have won a total of 38 medals at the Olympics, placing Canada in eighth place overall. This eighth-place world position places swimming as the top Olympic sport for Canada. From 1912 to 1996, a span of 84 years, the swimmers have averaged two medals per Games.

## Triple Olympians Lead the Way to Sydney

Marianne Limpert and Joanne Malar have just made Canadian sports history in being selected to their third Olympic Swimming Team. No other female swimmer in Canadian history can make this claim, and to have both of these great individual medley specialists achieve this in the same Olympics is a noteworthy accomplishment. The other triple Olympian on the team, Curtis Myden, joins five other men who have set this standard: Munroe Bourne (1928-32-36), Ralph Hutton and Ron Jacks (1964-68-72), Tom Ponting (1984-88-92), and Jon Cleveland (1988-92-96). Limpert, Malar, and Myden will be medal threats at the upcoming Games, as they are top-ten world-ranked individual medley specialists.

## Comments

By reviewing the records of Canadian swimming through all of these years, it is most notable that there is a real dearth of talent in the sprint freestyle events for both men and women. There have been no finalists at any Games for the team in the 50 metres freestyle, an event inaugurated in 1988. In the 100 metres freestyle, there have been only three men finalists and none since 1960! For the women, there have also been only three finalists and none since 1968! Why do we have such a difficult time producing freestyle sprinters? Freestyle sprinting is the core of success in international competition, with the two individual events tied to the two freestyle relays leading to eight sets of medals available. Canadian swimming has been unable to break into this important arena. The team selected to the upcoming Olympic Games has, for the first time in many years, been able to enter a full set of relay teams. This is good news in one way, yet we have not one individual swimmer who has made the team in an individual sprint freestyle event. This does not augur well for our chances in the sprint freestyle relays. The 4X200 freestyle relay teams do have a few individuals who have made the 200 metre freestyle standard, so that will enable these relays to have a better chance in finals, and perhaps even medal.

The recent Olympic swim trials produced, once again, an interesting mix of talented athletes from national training centres and individual club programs. The success of a fair number of our past Olympians evolved from one-to-one training



environments, and this is still the case today. For example, consider Brian Johns' and Andrew Hurd's selection to the team. Both of these young individuals come from reasonably small programs, yet they have now moved onto the world stage. Alex Baumann, Victor Davis, and Anne Ottenbrite came from this type of personal, up-close relationship with their respective coaches, and all were extremely successful at the international level. The trend today in Canada to go more toward the large clubs associated with national training centres is an interesting one, yet it is still to prove itself beneficial in raising the level of swimming to that of world power. These training centres have been in place for a few years now, and it is time that some positive rewards (world-class medals) are garnered from this type of program. It will be interesting to see how the swimmers from the clubs fare in comparison to those from the training centres in the upcoming world competitive scene.

Canadian swimming continues to operate within the confines of "big" government. The question is: why not break out of this bureaucratic model and step into the real world where corporate sponsorship, fund-raising, monetary rewards for excellence, and

the like, may be a much better way to run the sport? Perhaps, as Canadians, we are simply able to accept the status quo and not really care that much about attaining world-class status in our sports. The Canadian psyche has been one of relative passivity when it comes to elite sport expectations. There have been individual athletes who have become the best in the world in spite of the indifferent support programs; thus, we must ask the question, how did that happen?

Do we truly believe that we can compete equally with the rest of the world in swimming if we cannot produce, at a constant level, athletes who are ranked in the world's top ten? If one looks at the vast improvement of many of the other countries in the world in swimming, it can be done, yet Canada has not shown any real improvement in the last several years.

Many of our top swimmers live just above the poverty line, and this is a shame in today's society. Why do we not provide a better lifestyle for our ambitious, dedicated swimmers? Where are the funds to encourage them to continue to strive for excellence? Do we need to take a closer look at what is happening in many other countries vis-à-vis monetary compensation as a reward for excellence?

What do we expect from our team as they head into the new millennium and the Sydney Olympics this September? One has only to look at the world's top ten listing for all events, making it fairly obvious that we are expecting, realistically, to have podium chances in the women's and men's individual medley events, men's breaststroke, women's butterfly and backstroke, men's medley relay, and women's freestyle relays. Predictions are always a bad gamble, but Canada could come out of this Games with as many as five or six medals, and perhaps as few as one or two. The world swimming scene has improved vastly over the past ten years. The depth and strength of this growth can be readily appreciated by checking current Olympic Trials results from other countries. As in the past, it will be extremely difficult to win a coveted Olympic swimming medal in Sydney, but we do have history on our side with 38 medals garnered in previous tough conditions, and we are certainly capable of winning our share this time around. We are all looking forward to the next Games with the normal expectations of medal wins, and we sincerely wish our dedicated swimmers and coaches the best of good fortune in Sydney.

## CANADIAN OLYMPIC SWIMMING MEDALLISTS

### 1912 Stockholm, SWE

**George Hodgson gold 400 freestyle**

**George Hodgson gold 1500 freestyle**

### 1920 Antwerp, BEL

George Vernot silver 1500 freestyle

George Vernot bronze 400 freestyle

### 1928 Amsterdam, NED

4x200 free men bronze

Garnet Ault, Munroe Bourne,

Walter Spence, Jim Thompson

### 1968 Mexico City, MEX

Elaine Tanner silver 100 backstroke

Elaine Tanner silver 200 backstroke

Ralph Hutton silver 400 freestyle

4x100 free women bronze

Angela Coughlan, Marilyn Corson,

Elaine Tanner, Marion Lay

### 1972 Munich, GER

Leslie Cliff silver 400 ind. medley

Bruce Robertson silver 100 butterfly

Donna-M.Gurr bronze 200 backstroke

4x100 medley men bronze

Erik fish, Bill Mahony,

Bruce Robertson, Bob Kasting

### 1976 Montreal, CAN

Cheryl Gibson silver 400 ind. medley

Becky Smith bronze 400 ind. medley

Nancy Garapick bronze 100 backstroke

Nancy Garapick bronze 200 backstroke

4x100 medley bronze

Wendy Cook, Robin Corsiglia,

Susan Sloan, Anne Jardin

4x100 free women bronze

Gail Amundrud, Barbara Clark,

Becky Smith, Anne Jardin

4x100 medley men silver

Steven Pickell, Graeme Smith,

Clay Evans, Gary MacDonald

### 1984 Los Angeles, USA

**Alex Baumann gold 200 ind. medley**

**Alex Baumann gold 400 ind. medley**

**Victor Davis gold 200 breaststroke**

Victor Davis silver 100 breaststroke

Michael West bronze 100 backstroke

Cam Henning bronze 200 backstroke

4x100 medley men silver

Michael West, Victor Davis,

Tom Ponting, Sandy Goss

### **Anne Ottenbrite gold 200 breaststroke**

Anne Ottenbrite silver 100 breaststroke

4x100 medley bronze

Reema Abdo, Anne Ottenbrite,

Michelle MacPherson, Pamela Rai

### 1988 Seoul, KOR

4x100 medley bronze

Mark Tewksbury, Victor Davis,

Tom Ponting, Sandy Goss

4x100 medley bronze

Lori Melien, Allison Higson

Jane Kerr, Andrea Nugent

### 1992 Barcelona, ESP

**Mark Tewksbury gold 100 backstroke**

4x100 medley bronze

Mark Tewksbury, Jon Cleveland,

Marcel Gery, Stephen Clarke

(Tom Ponting fly leg in prelims)

### 1996 Atlanta, USA

Curtis Myden bronze 200 ind. medley

Curtis Myden bronze 400 inv. medley

Marianne Limpert silver 200 ind. medley

# DESIGNED TO SWIM

## ADD MALCHOW TO IN SEASON RECORD SETTERS

### Russ Ewald

Officials at the Charlotte UltraSwim didn't have the proper forms on hand that must be filled out after a world record is broken. They scrambled to have one faxed in.

Who would have imagined a record would be set in June when all U.S. swimmers are training hard in preparation for their Olympic trials in August? In the 16 years of the Charlotte, N.C. meet, a world mark had never fallen.

But the time was right for Tom Malchow, the long, lean swimmer from St. Paul, Minn. Wearing the controversial new Fastskin body suit, the unshaved Malchow blasted out to a huge lead in the 200 meter butterfly.

He brought the capacity crowd to its feet when he reached the halfway point in 55.53, 4/100ths of a second under record pace. The spectators remained standing the last two laps. The noise became deafening as they realized the world mark would be broken. Malchow touched in 1:55.18, shaving 0.04 seconds off the record set by Russia's Dennis Pankratov in 1995.

"I could hear the crowd cheering, so I knew I was probably close or on world record pace," says Malchow. "The crowd was still loud at the 150.

At that point, I realized that maybe I have a shot. It got a little ugly then. I am not going to lie. But at the point in training, it's always a struggle to get home. I knew it was a matter of how well I was going to keep it together. Obviously, I was going to fall apart somewhat."

The University of Michigan graduate didn't alter his training one bit for the meet. He was averaging 14,000 m a day in double workouts with the middle distance group at Michigan. Earlier in the season, he sometimes did as much as 17,000 m when he swam with the distance group.

He still put in a couple of distance workouts a week prior to Charlotte.

Malchow was primed for an assault on the world mark. He just missed the record at last year's Pan Pacs (1:55.41 for a U.S. mark). This long-course season he opened with a sizzling 1:55.68 at

Michigan in late May, coming off 27 days of altitude training at the USA-Swimming headquarters in Colorado.

"I knew I was capable of going 55 after doing the Michigan meet," he says. "But I didn't have expectations of setting the world record. It's not what you consider in-season when you are doing hard training."

At Charlotte, Malchow wore the Fastskin body



Highly motivated Tom Malchow

Marco Chiesa

### QUICK FACTS: TOMMALCHOW

BIRTHDATE	18 AUG 1976
HEIGHT	6' 7" (1.98 m)
WEIGHT	185 lbs. (84 kg)
HOME	Ann Arbor, Michigan
CLUB	Club Wolverine
COACH	Jon Urbanchek

### LONG COURSE PROGRESSION

#### 200 Butterfly

Year	Time	Ranking
2000	1:55.18	1
1999	1:55.41	1
1998	1:56.75	3
1997	1:57.71	5
1996	1:57.39	3
1995	1:59.95	16
1994	1:59.86	14
1993	2:00.27	9
1992	2:01.26	33

suit for the first time.

"I guess it helps," he says. "I can't put a percentage on it. A few tenths maybe. It's hard to say. If you think it helps, then it helps. I feel confident in it. It may be a more psychological benefit than physical."

The University of Michigan's Jon Urbanchek, his coach, explained the record this way: "Ever since the Pan Pacs, he has been highly motivated and very consistent in training. He has never missed a practice. He pushes himself to the limit in every single workout and spends a lot of time in dryland training."

His dryland work includes weightlifting, medicine ball, the Stairmaster, and plyometrics.

Malchow has a technique

unlike other butterflyers. Because he has such long arms and was uncoordinated at the beginning of his career, he had difficulty lifting his hands out of the water. He would lead with the elbow out—his elbow was early because he didn't have the strength to sweep wide like most flyers.

"He has great reach and is excellent on the water," says Urbanchek. "His second kick is not as powerful as most. But because of his long body, he still gets a good snap out of it."

Malchow, 6' 7" and 185 pounds (he says) or 178 (thinks Urbanchek), has size 16 feet and is extremely flat-footed, with such loose ankles they act like fins.

"He was designed to swim," Urbanchek says.

Malchow first caught the Michigan coach's attention when he competed in the 200 fly at the 1992 U.S. Nationals right after the Barcelona Olympics. He had just turned 16. He led at the 150 mark before fading to fourth.

"He impressed me a great deal with how fast he went out the first half," says the Michigan coach. "He turned for home in something like 1:27 or 1:28. He died the last 50. I knew sooner or later he would be able to last."

Malchow, who swam for the STAR club in Minnesota, wound up fourth in 2:01.26. He got started in the 200 fly because "that was the event nobody wanted to do. Everybody was kind of scared of it. I think I got the mindset I might as well focus on an event nobody else wants to do. It would be easier to excel."

For the next three years when he was still in high school, Malchow made steady, if unspectacular, progress. He placed fifth, fourth and sixth, respectively, in the 200 fly at the Summer Nationals. He won the event at the 1995 World University Games and placed second that year in the Pan Ams.

Malchow made his big move in the Olympic year. He dropped his best time 2.47 seconds at the U.S. trials for an upset win in 1:57.39 and relegated defending Olympic gold medallist Melvin Stewart to third. At 19, Malchow was the youngest member of the 1996 U.S. Olympic swimming team and took the silver medal behind Pankratov in Atlanta.

"The key to that (drop) was going to Michigan and doing so much more yardage and dryland work than ever before," says Malchow. "I got abused in practice. The calibre of athletes that Michigan had—Dolan, Namesnik, Piersma, Borges—it was a rude awakening for me. But it was a good one."

Malchow, though, doesn't regret not being in a more intense program earlier.

"I attribute my success to the consistency of coaching," he says.

"I have had only two coaches during my career. My club coach (Paul Lundsten) realized I had a lot of talent but didn't do a lot of things to get me to produce then. I didn't do tons of weightlifting, yardage, and didn't use paddles until my senior year in high school. I didn't do training that would destroy a swimmer physically and mentally.

"When I got to Michigan, my body was ready to

handle that workload. I haven't had shoulder problems or any injuries. And I still enjoy the sport."

Another big factor in Malchow's improvement is his work ethic.

"I am probably not the most talented swimmer out there," he admits.

"But if you buy into the programs and do what is asked of you, it's going to pay off. I work hard day in and day out. I might not be the fastest person in the pool every day. But I'm never the slowest. I am always very consistent."

A year ago, Michigan's Chris Thompson, the 1999 spring U.S. champion in the mile, told USA-Swimming publicist Charlie Snyder: "Well, his (Malchow's) nickname is Rocket, and we can all see why. He is just incredible both at workouts and meets. Most people can have a few good practices. Then their bodies just quit, and they can't swim well for a given period of time. Not Malchow. He is able to go fast all the time.

There is hardly anything that can faze him."

Urbanek states: "I have had some awesome world-class swimmers in the program here. But Tom has superceded all of them in consistency of work and commitment in and out of the water, especially out of it. Not abusing your body—he is unique in that respect. He is not like your typical college swimmer. He is focused."

Yet, Malchow never won an NCAA title. He was second twice and third and fifth once each in the 200 fly. He also competed in the middle distances, finishing as the runner-up in the 500 in 1998.

"I wasn't a great short course swimmer. My turns aren't great. Yards doesn't provide me with the opportunity to get the rhythm. With a 6-foot-7-inch frame, the longer I can go without having to turn that long body around, the better."

Sickness during his college years also hampered Malchow. Like former teammate Tom Dolan, he suffers from asthma. And his senior season he had two bouts with pneumonia.

"I have learned to deal with asthma because I've had to deal with it all my life," he says. "I don't want to use it as a crutch. But it's frustrating at times. I have learned how to medicate myself and prevent myself from getting into situations where my asthma is going to react.

It's just caused me to work that much harder. Maybe I am not breathing as well as the swimmer next to me. I have to figure some other way to beat them, whether it's I have more endurance and have trained harder than them. It's always provided a source of motivation and drive."

Urbanek thinks the key to Malchow's record swim may have been as simple as moving off campus after graduating last year with a degree in sports management and communications.

"He now has a nice, clean apartment," says Urbanek. "That helped his health a great deal because these college kids live in dumps. There is so much dust and dirt in the dormitories. I don't think it is good for an asthmatic. Ever since he moved out, he has been healthy."

## IT'S NOT THE SWIMMER IT'S THE SUIT

### Karin Helmstaedt

The purists are wondering, "Well, when will they start using flippers?"

Indeed, it looks like the new full-body swimsuit may be the next thing to revolutionize our sport, and although it could be argued that some swimmers are already reaping the benefits of less drag, others maintain the suits are a publicity gimmick.

Approved by FINA in October of 1999, the full-length suits were brought before the Court of Arbitration for Sport (CAS) in Lausanne earlier this year to determine whether or not they would provide some swimmers with an unfair advantage. The CAS gave the suits the OK, but several federations, including Canadian and US Swimming, outlawed them for their Olympic Trials (now rescinded for the US Trials) because they were not available on time for the majority of swimmers.

So, thanks to the work of dozens of biomechanical, biological, and marine experts, here's what's available:

Speedo has outdone its original Aquablade (1996) with the new "fastskin." Designed to mimic the skin of a shark, the suit is made of a hydrophobic elastane material that absorbs less moisture and has a denticle print of v-shaped ridges. Athlete passive drag tests show the suit is 7.5% faster than all other suits and 3% faster than the Aquablade. The fastskin is intended to mould to the body and is anatomically designed to fit the shape of an elite swimmer; further,

Speedo claims that the unique panelled structure of the suit actually increases the coordination of muscles, thus allowing more efficiency of movement and less muscle vibration. Maximum body coverage is considered optimal. Among others, the Speedo suit has been tested by Australian Michael Klim and adopted by the German National Team for the Sydney Olympics. It costs about US\$350.

Adidas has come up with the "Full Bodysuit." A variation on the theme, it's a polyamide-lycra blend covered with a thin Teflon coating, also supposed to help the muscles with better support and therefore better performance. This is the suit used by Aussie Wunderkind Ian Thorpe.

Not to be outdone, Arena created its own Powerskin model, which was tested by sprint Tsar Alexander Popov himself and worn by Franziska van Almsick (short version) at the German Championships. Made of a high-tech polyamide material, it is very light and absorbs a minimum of water.

Popov, who won the 50 and 100 meter freestyle titles at both the 1992 and 1996 Olympics, has said he doesn't plan to wear the full-length suit himself. "Maybe some swimmers prefer them because they think such suits give them the edge," he said. "But I will continue to use my regular swimming trunks. They've been good to me for many years."

And what about who's going to wear them? When it comes to the Olympic crunch, will breaststrokers want to hem in their knees or butterflyers their shoulders? Germany's Ralf Braun says the suit rubs uncomfortably over 200 metres, while French flyer Franck Esposito claims it makes him feel more bouyant.

It all boils down to a matter of personal taste and of feeling good in the water. Some experts claim the suit can make a difference of up to one second per hundred metres; others are marvelling at Speedo's fantastic marketing job. Another point is that it adds a fantastic variable into the recent tumult of world records, making it very difficult to know if drugs, mental edge, or the bodysuit itself has had more effect.

In the final analysis, there is still no independent study to how much difference, if any, the suit can make to performance. Perhaps German Team Director Winfried Leopold put it best: "From what we've seen so far, it's safe to say it doesn't hurt."



Malchow already the best without body suit

Marco Chiesa

# STORIES TOLD IN COURT DEFY THE IMAGINATION

## MANY VICTIMS TOLD TALES OF MASCULINIZED BODIES AND DEFORMED CHILDREN

### Karin Helmstaedt

BERLIN—It was a quick transformation. On Day 1 of his trial in early May, Manfred Ewald turned up in Berlin's Moabit Courthouse grinning from ear to ear. The former East German sports chief was visibly confident that, after making a tidy little deal, he'd be home in time for lunch.

Along with former chief doctor Dr. Manfred Hoepfner, Ewald was being called to task for his part in steering the drug-powered East German sport system. In addition to having conceptualized the government-sponsored doping program, they were accused of having contributed to 142 counts of bodily harm through administering anabolic steroids to young female athletes and swimmers without their knowledge or parental consent.

The trial that was years in the making was scheduled for only one day.

Rumour had it that a deal had been cut with the judge, and that in exchange for a quick confession Ewald and Hoepfner would get off with a suspended prison sentence and a fine. That ignited a small scandal in expert circles, and subsequently motivated 17 victims to show up in court as part of the prosecution.

On that first day, the "grand finale" of Germany's less-than-spectacular series of doping trials attracted a horde of media. Photographers wrestled to get a shot. Print journalists were squashed aside by broad-shouldered camera teams, including one from ABC TV, proof that international interest in the story had reached an unprecedented high.

Ewald, often referred to as the "Honecker of sport" in East Germany, grinned smugly as he pushed his way through the crowd. Feigning amused disbelief, an ironic "What's going on here?" was all he had to offer.

### Trial Turned Around

But by the time he left the courthouse at noon that day, Ewald's stature had shrunk. Upon the insistence of the victim's lawyers, Judge Dirk Dickhaus announced he felt it necessary to prolong the trial and let all the victims testify as witnesses.

And so began yet another long and painful affair. With proceedings only on Tuesday and Fridays, it threatened to drag on endlessly. Ewald, who had been declared fit for only three-and-a-half hours of

proceedings a day, also slowed things down, something of which all parties were keenly aware: with a statute of limitations for all doping crimes coming up on

October 3, 2000, a first instance verdict had to be reached in time.

It was a minor victory for the victims' lawyer, Michael Lehner. "What we're looking for is a reason-



Manfred Ewald welcomes one of the successful swimmers who won all but one event at European Championships

able trial and a clarification of what happened, so that the thousands of other victims who have no idea of their situation can seek help when they need to," he said.

On the second day Dr. Hoepfner delivered his testimony, which most victims felt was a slap in the face. Despite the fact he'd already come clean with his story in 1991, Hoepfner made a case for himself as the doctor who "only wanted to help the athletes withstand the punishment of their heavy training regime." The judge himself was dissatisfied, and proceeded to spend three days reading aloud Hoepfner's numerous statements to investigating police.

Only then could the court proceed with hearing victims.

### Terrible Testimonies

Some of the stories told in court defy the imagination. Few of them were new, as many victims had already come forward with their tales of masculinized bodies and deformed children.

Women like Birgit Matz and Carola Beraktchjan,

former swimmers for Berlin's Dynamo club, had already testified against their coaches in 1998. Both have permanently deepened voices, and Matz has noticeable facial hair.

Rica Reinisch, a triple Olympic champion in 1980, has had five miscarriages and suffers from recurring ovarian cysts. Catherine Menschner, who received male hormones from the age of 10, suffers from permanent damage to her spine and reproductive organs.

Jutta Gottschalk, a former swimmer from Magdeburg, gave birth to a daughter who is blind in one eye. Her teammate Martina Gottschalk has a 15-year-old son who was born with severe club feet.

Shot and discus throwers Brigitte Michel and Birgit Boese both had great difficulties conceiving; as

a young woman wanting to get pregnant, Michel was told by a gynecologist she would have to give up sport because her reproductive organs were like those of a 10-year-old girl.

Perhaps the most grotesque story of all came from Andreas Krieger, formerly European champion shotputter Heidi Krieger. She was so physically changed by the drugs she received that she finally underwent a sex change in 1995, suffering great emotional trauma and even contemplating suicide

along the way.

As the court heard these horrors day after day, Ewald did his best to look frailer and more disoriented. Reinisch voiced her disgust after just a few days saying, "Look at him! Suddenly he's the stricken old man. I'm sure he's acting!" Ewald's attempt at an "apology" to Reinisch, in which he told her, bewildered, that he had no idea what was going on in the courtroom, she laughed off as "the last straw."

After several days Ewald's lawyer ordered yet another medical examination, claiming that his client could not follow the proceedings and was physically and psychologically unfit to be in court. But the ace that came to Erich Honecker's rescue during the trial of those responsible for the killings at the East German border did Ewald no good.

The one-time sport Fuehrer was declared fit for two hours a day, and on it went.

After one month of proceedings, the court reduced the number of cases being handled from 142 to 22, strictly a time-saving measure. The judge meant business, but that meant compromise.

In the end it was agreed the same result could have been achieved in a day. The court found 74-year-old Ewald guilty on 20 counts of contributing to bodily harm. His punishment: a 22-month suspended jail term, with no financial penalty.

As grounds for Ewald's mild sentence, the judge cited first and foremost the amount of time elapsed since the actual doping took place, which makes it conceivable police investigators might be partly to blame. It is argued that had they gotten their act together sooner, in 1992 or 1993, this trial might have had a different conclusion. The fact that it took more than ten years to bring those responsible on a political level to court speaks for the shoddy work of the German justice system. Viewed from that angle, investigators and the prosecutors themselves share a portion of the blame for the fact that time simply got too tight.

Hoepfner, also convicted, received an 18-month suspended sentence. As he left the courtroom he told reporters, "I can live with this verdict. I just hope that East German sport will no longer be discredited."

"Every now and then you have to know how to lose," he added, "That's what sport is all about."

Given that he walks and that his victims have yet to see a penny in compensation, there's no doubt about who the losers in this saga really are.



Sven Lodziewski, Manfred Ewald, and Birte Weigang in 1983 after European Championships where women won 1st and 2nd in every event.

## TWO MEN WHO DISTORTED THE COURSE OF SPORTING HISTORY

### Karin Helmstaedt

Manfred Ewald and Manfred Hoepfner stand accused of 142 counts of assisting grievous bodily harm for their masterminding role in the East

German steroid system. The 208 athlete testimonies and volumes of Stasi files—many of them delivered by Hoepfner himself in his dual role as Stasi Informant "Technik"—attest to the massive manipulation of an estimated 10,000 elite athletes.

One of East Germany's most powerful functionaries, Ewald directed the country's sporting success for nearly three decades. Despotic, ruthless, and politically cunning, he was President of the East German Sport and Gymnastics Union (DTSB), leader of the National Olympic Committee, and he sat next to Erich Honecker himself on the Communist Party's Central Committee.

As director of the so-called High Performance Sport Commission, it was Ewald who in 1974 drafted the secret State Plan 14.25, which made it state policy to administer muscle-building anabolic steroids to young athletes. In this way he hoped to gain international recognition for East Germany in the sporting arena.

Neither the athletes nor their parents were advised of the practice; instead young swimmers and athletes received the East German-manufactured steroid Oral-Turinabol in the guise of vitamin pills. Many of the athletes were young girls and well under the age of 18. Older athletes were forced to sign an oath of secrecy, but were not further advised of the potential damaging effects of the drugs.

With the help of Dr. Manfred Hoepfner, the plan worked. At the 1972 Olympics in Munich, East Germany outdid West Germany's medal total for the first time. By 1976 in Montreal, East Germany's "Wundermaedchen" ruled in the pool and led the entire Olympic team to a medal victory over the United States.

Hoepfner, 66, was the doctor second-in-charge of East Germany's Sports Medicine Services. From 1975 he directed the Working Group for research into "UM" or "unterstuetzende Mittel" ("supporting means"), the codified euphemism for Oral-Turinabol. It was Hoepfner who oversaw the distribution of performance-enhancing drugs to sports federation and club doctors. He determined how much each individual athlete received and meticulously noted the drug's effects.

In addition to a marked improvement in athletic

performance, Hoepfner noted deepened voices and increased musculature in the women. The girls themselves complained of excessive body hair and acne. As time went on, the side-effects multiplied: liver damage, hormonal disturbances, tumours, and gynecological complaints.

In his Stasi reports, Hoepfner described in detail Ewald's zealous "medals ueber alles" mentality. On more than one occasion, he went to Ewald with the recommendation that the drugs be stopped for a particular athlete due to ill effects. On more than one occasion, Ewald refused.

When the female swimmers' baritone voices could no longer be denied, the duo agreed jointly to forbid the women to give interviews to the foreign press.

In swimming, the East German women dominated as in no other sporting discipline. Their world records have been picked off one by one since 1989, with the exception of the 4x200 freestyle relay, set in 1987 at the European Championships in Strasbourg. Despite trials that have proven every one of that multitude of records was tainted, that record still stands, as do ten European records—proof that swimming as a sport is just as helpless to put it right as the generations of swimmers who swallowed the pills.



TOP AGE GROUP TIMES

Rankings for the period (results received)
January 1, to July 30, 2000
TAG is financially supported by
Swimming/Natation Canada. Compiled by SWIMNEWS

2000 LONG COURSE TAG

BOYS
11-12

50 METRES FREESTYLE

Rec: 26.17 John M. Mills, GO, 92
1 26.44 ONAGJUL Sean Dawson, 12, GO
2 27.00 ONAGJUL Mark Kurtzer, 12, NEW
3 27.39 NEORJUN Jeff Byrne, 12, SSMAC

100 METRES FREESTYLE

Rec: 57.20 Miguel Munoz, ESC, 86
1 58.41 ONAGJUL Sean Dawson, 12, GO
2 1:00.05 ONAGJUL Mark Kurtzer, 12, NEW
3 1:00.40 BCAGJUL Gavin D'Amico, 12, EKSC

200 METRES FREESTYLE

Rec: 2:05.83 Chuck Sayao, TOMAC, 95
1 2:08.92 ONAGJUL Mark Kurtzer, 12, NEW
2 2:09.61 ONAGJUL Sean Dawson, 12, GO
3 2:11.76 BCAGJUL Gavin D'Amico, 12, EKSC

400 METRES FREESTYLE

Rec: 4:19.04 Chuck Sayao, TOMAC, 95
1 4:38.32 BCAGJUL Gavin D'Amico, 12, EKSC
2 4:40.96 MBSKJUL Alexander Love, 12, ROD
3 4:42.28 ONAGJUL Mark Kurtzer, 12, NEW

1500 METRES FREESTYLE

Rec: 17:05.50 Nicholas Richards, PCSC, 84
1 18:22.49 MBSKJUL Alexander Love, 12, ROD
2 18:32.39 BCAGJUL Gavin D'Amico, 12, EKSC
3 18:41.47 ABAGJUL Pascal Wollach, 12, LASC

100 METRES BACKSTROKE

Rec: 1:05.60 Tobias Oriwol, PCSC, 98
1 1:08.61 ABAGJUL Jesse Lund, 12, EKSC
2 1:08.83 ABAGJUL Pascal Wollach, 12, LASC
3 1:09.35 BCAGJUL Jordan Hartney, 11, PSW

200 METRES BACKSTROKE

Rec: 2:18.05 Tobias Oriwol, PCSC, 98
1 2:27.47 BCAGJUL Jesse Lund, 12, EKSC
2 2:27.99 ONAGJUL Mark Kurtzer, 12, NEW
3 2:28.77 BCAGJUL Jordan Hartney, 11, PSW

100 METRES BREASTSTROKE

Rec: 1:12.24 David Cheung, CREST, 94
1 1:14.12 ABAGJUL Jesse Lund, 12, EKSC
2 1:14.93 ONAGJUL Jamie Ross, 12, AUROR
3 1:15.02 CASCAMY Rodale Estor, 12, CASC

200 METRES BREASTSTROKE

Rec: 2:36.28 Ryan Chiew, HYACK, 99
1 2:42.85 ABAGJUL Jesse Lund, 12, EKSC
2 2:43.82 EKSCAPR Rodale Estor, 12, CASC
3 2:44.86 ONAGJUL Jamie Ross, 12, AUROR

100 METRES BUTTERFLY

Rec: 1:03.26 Michael Calkins, IS, 90
1 1:05.69 PCSJUN David Milot, 12, PCSC
2 1:07.80 ABAGJUL Jesse Lund, 12, EKSC
3 1:08.01 PPOMAY Etienne Lavallee, 12, EXCEL

200 METRES BUTTERFLY

Rec: 2:19.88 Jonathan Cantin, PLUS, 91
1 2:31.94 BCAGJUL Kris Yap-Chung, 12, HYACK
2 2:33.88 MBSKJUL Alexander Love, 12, ROD
3 2:34.38 NYACAMY Matthew Pariselli, 12, NYAC

200 METRES IND. MEDLEY

Rec: 2:21.81 Brian Johns, RACER, 95
1 2:25.72 BCAGJUL Jesse Lund, 12, EKSC
2 2:28.48 ONAGJUL Chris Bento, 12, LAC
3 2:30.44 PPOMAY Etienne Lavallee, 12, EXCEL

400 METRES IND. MEDLEY

Rec: 5:03.60 Andrew Cho, HYACK, 91
1 5:09.86 BCAGJUL Jesse Lund, 12, EKSC
2 5:13.84 BCAGJUL Gavin D'Amico, 12, EKSC
3 5:16.90 MBSKJUL Alexander Love, 12, ROD

450 METRES RELAY

Rec: 2:06.96 Mississauga AC, TOMAC, 92
1 2:09.96 CASCAMY Edmonton Keyano, EKSC
2 2:13.20 EKSCAPR Cascade Swim Club, CASC
3 2:14.04 ONIAPR Nepean Kanata, NKB

**TOP AGE GROUP TIMES**

# GIRLS 13-14

Rankings for the period (results received)  
January 1, to July 30, 2000  
TAG is financially supported by  
Swimming/Natation Canada. Compiled by SWIMNEWS

# 2000 LONG COURSE TAG<sup>®</sup>

**400 METRES FREESTYLE**

Rec: 4:14.60 Shannon Smith, HYACK, 76

- 1 4:29.74 YTHJRJUL Hayley Doody, 14, CASC
- 2 4:31.71 CDNLCMAY Kathy Siuda, 14, ROW
- 3 4:32.08 BCAGJUL Shannon Hackett, 13, PSDA
- 4 4:32.72 MSSACMAY Nathalie Lacoste, 14, MSSAC
- 5 4:32.89 YTHJRJUL Bevan Haley, 13, WTSC
- 6 4:33.25 BCAGJUL Jenny Lock, 14, COMOX
- 7 4:35.48 CDNLCMAY Kate Pleyley, 14, OAK
- 8 4:37.96 ESWIMJUN Elyse Dudar, 13, MSSAC
- 9 4:39.21 BCAGJUL Brianna Cloak, 14, IS
- 10 4:39.28 BC SRFBEC Chelsey Burnett, 14, NRST
- 11 4:39.41 ESWIMJUN Amanda Kelly, 13, HWAC
- 12 4:39.78 BCAGJUL Lynette Bayliss, 14, UCSC
- 13 4:40.31 YTHJRJUL Stacy Cormack, 14, GLEN
- 14 4:40.58 ONAGJUL Kelsey Nemeth, 14, AAC
- 15 4:41.87 ESWIMJUN Krista Haslund, 14, ROD
- 16 4:42.00 YTHJRJUL Patricia Perreault, 14, CNCB
- 17 4:42.17 BCSRFEB Maria May, 14, KCS
- 18 4:42.45 BCAGJUL Valerie Pomaizl, 14, NRST
- 19 4:43.33 YTHJRJUL Brittany Cooper, 13, LAC
- 20 4:43.50 YTHJRJUL Amanda Long, 13, LAC
- 21 4:43.60 YTHJRJUL Kelly Timmons, 13, OSC
- 22 4:44.08 ONIIAPR Kristen McIlroy, 13, MMST
- 23 4:44.18 ONAGJUL Sarah Chan, 14, NYAC
- 24 4:44.48 BCAGJUL Stephanie Nicholls, 14, PN
- 25 4:44.86 BCAGJUL Taryn Lencoe, 14, PSDA

**800 METRES FREESTYLE**

Rec: 8:44.45 Michelle Sallee, CDSC, 88

- 1 9:14.85 YTHJRJUL Bevan Haley, 13, WTSC
- 2 9:16.35 ONAGJUL Kathy Siuda, 14, ROW
- 3 9:17.78 CANLCMAR Hayley Doody, 14, CASC
- 4 9:21.43 BCAGJUL Shannon Hackett, 13, PSDA
- 5 9:25.37 YTHJRJUL Elyse Dudar, 13, MSSAC
- 6 9:30.75 EOSAJUN Elizabeth Oester, 14, NKB
- 7 9:33.23 BCAGJUL Brianna Cloak, 14, IS
- 8 9:33.86 ESWIMJUN Nathalie Lacoste, 14, MSSAC
- 9 9:34.88 ESWIMJUN Krista Haslund, 14, ROD
- 10 9:36.48 YTHJRJUL Stacy Cormack, 14, GLEN
- 11 9:36.73 BCSRFEB Chelsey Burnett, 14, NRST
- 12 9:37.13 YTHJRJUL Patricia Perreault, 14, CNCB
- 13 9:38.64 YTHJRJUL Brittany Cooper, 13, LAC
- 14 9:40.81 YTHJRJUL Amanda Long, 13, LAC
- 15 9:42.57 BCAGJUL Stephanie Nicholls, 14, PN
- 16 9:42.97 ONAGJUL Kelsey Nemeth, 14, AAC
- 17 9:43.01 YTHJRJUL Thea Norton, 13, STSC
- 18 9:43.72 YTHJRJUL Kristen Vandenberg, 13, LAC
- 19 9:43.99 BCAGJUL Michelle Mange, 13, PSDA
- 20 9:45.73 BCAGJUL Taryn Lencoe, 14, PSDA
- 21 9:46.60 BCAGJUL Valerie Pomaizl, 14, NRST
- 22 9:47.02 BCAGJUL Lesley Emtar, 14, LL
- 23 9:47.31 MBSKJUL Amy Killpatrick, 14, M3F
- 24 9:48.09 BCSRFEB Maria May, 14, KCS
- 25 9:48.59 BCAGJUL Courtney Mulhern, 13, PSW

**100 METRES BACKSTROKE**

Rec: 1:03.28 Nancy Garapick, HTAC, 76

- 1 1:06.21 MSSACMAY Randi Beauieu, 14, MSSAC
- 2 1:06.42 YTHJRJUL Katie Smith, 14, COBRA
- 3 1:06.78 MBSKJUL Erin Kardash, 14, MM
- 4 1:07.02 BCAGJUL Tina Hoang, 14, HYACK
- 5 1:07.63 BCAGJUL Lynette Bayliss, 14, UCSC
- 6 1:07.69 MSSACMAY Kathy Siuda, 14, ROW
- 7 1:07.71 YTHJRJUL Andrea Shoust, 14, SSMAC
- 8 1:07.85 YTHJRJUL Hanna Kubas, 14, EKSC
- 9 1:08.13 YTHJRJUL Melissa Bartlett, 13, CYPES
- 10 1:08.41 MBSKJUL Diane Kardash, 14, MM
- 11 1:08.69 MSSACMAY Laura Wise, 13, COBRA
- 12 1:08.72 CANLCMAR Jackie Chan, 14, MSSAC-TO
- 13 1:09.28 YTHJRJUL Julia Guay-Racine, 14, CAMO
- 14 1:09.36 YTHJRJUL Genevieve Saumur, 13, CAMO
- 15 1:09.57 PCSJUN Emilie Chan, 14, PCSJ
- 16 1:09.76 YTHJRJUL Kristen McIlroy, 13, MMST
- 17 1:09.78 ONAGJUL Callan Gault, 14, TSC
- 18 1:10.23 PCSJUN Noemie Brand, 14, PCSJ
- 19 1:10.49 CASCAMAY Hayley Doody, 14, CASC
- 20 1:10.58 YTHJRJUL Stacy Cormack, 14, GLEN
- 21 1:10.69 YTHJRJUL Thea Norton, 13, STSC
- 22 1:10.89 CASCAMAY Orlagh O'Kelly, 14, EKSC
- 23 1:11.03 YTHJRJUL Melissa Lam, 13, SPART
- 24 1:11.07 YTHJRJUL Hilary Jackson, 13, COBRA
- 25 1:11.15 ABAGJUL Kari Pomerleau, 14, UCSC

**200 METRES BACKSTROKE**

Rec: 2:15.60 Nancy Garapick, HTAC, 76

- 1 2:22.44 BCAGJUL Lynette Bayliss, 14, UCSC
- 2 2:24.07 CDNLCMAY Kathy Siuda, 14, ROW
- 3 2:24.39 MSSACMAY Laura Wise, 13, COBRA
- 4 2:25.15 MSSACMAY Randi Beauieu, 14, MSSAC
- 5 2:25.49 YTHJRJUL Andrea Shoust, 14, SSMAC
- 6 2:25.70 BCAGJUL Lesley Emtar, 14, LL
- 7 2:26.56 YTHJRJUL Genevieve Saumur, 13, CAMO
- 8 2:28.16 BCAGJUL Tina Hoang, 14, HYACK
- 9 2:28.23 YTHJRJUL Kristen McIlroy, 13, MMST
- 10 2:28.24 YTHJRJUL Stacy Cormack, 14, GLEN
- 11 2:28.28 CASCAMAY Hayley Doody, 14, CASC
- 12 2:28.59 UTORJAN Sheena Martin, 14, TORCH
- 13 2:29.37 YTHJRJUL Thea Norton, 13, STSC
- 14 2:30.20 BRANTAPR Jackie Chan, 14, MSSAC-TO
- 15 2:30.41 BCAGJUL Kelsey Rush, 13, RAYS
- 16 2:30.45 YTHJRJUL Melissa Bartlett, 14, CYPES
- 17 2:30.57 YTHJRJUL Erin Kardash, 14, MM
- 18 2:30.68 CDNLCMAY Katie Smith, 14, COBRA
- 19 2:30.68 MBSKJUL Diane Kardash, 14, MM
- 20 2:30.78 CASCAMAY Hanna Kubas, 14, EKSC
- 21 2:31.12 YTHJRJUL Gillian Bryon, 14, USC
- 22 2:31.32 YTHJRJUL Noemie Brand, 14, PCSJ
- 23 2:31.56 ONIIAPR Kristin Cloutier, 14, CAJ
- 24 2:31.88 YTHJRJUL Kayleigh Donovan, 14, DDO
- 25 2:32.12 YTHJRJUL Alex Purdy, 17, LAC

**100 METRES BREASTSTROKE**

Rec: 1:09.84 Allison Higson, ESC, 86

- 1 1:12.18 CANLCMAR Courtney Chuy, 14, HYACK
- 2 1:13.80 CANLCMAR Tamara Wagner, 14, TORCH
- 3 1:14.97 CDNLCMAY Kelly Timmons, 13, OSC
- 4 1:16.12 ONAGJUL Shannon Kryhul, 14, LAC
- 5 1:16.15 YTHJRJUL Kim Labbett, 13, OAK
- 6 1:16.16 YTHJRJUL Michelle Mange, 13, PSDA
- 7 1:16.49 EKSCAPR Kimberley Hirsch, 14, STSC
- 8 1:17.00 YTHJRJUL Elizabeth Oester, 14, NKB
- 9 1:17.16 ONIIAPR Brett Rumble, 14, GGST
- 10 1:17.36 ONIIAPR Brooke Heath, 14, TAT
- 11 1:17.36 YTHJRJUL Elizabeth Engs, 13, CAJ
- 12 1:18.08 MSSACMAY Kathy Siuda, 14, ROW
- 13 1:18.27 YTHJRJUL Caitlin Babb, 14, DDO
- 14 1:18.39 ONIIAPR Genevieve Dack, 14, TBT
- 15 1:18.76 YTHJRJUL Marie-P. Ratelle, 14, MEGO
- 16 1:18.96 ONAGJUL Kristen Yee, 14, BYST
- 17 1:18.96 YTHJRJUL Sybil De Jonge, 14, CYPES
- 18 1:19.41 YTHJRJUL Kristin Cloutier, 14, CAJ
- 19 1:19.45 YTHJRJUL Jasmine Kastner, 13, DDO
- 20 1:19.57 ONIIAPR Jacquelyn Craft, 14, TRENT
- 21 1:19.57 BCAGJUL Johanna Wick, 13, PN
- 22 1:19.62 BCAGJUL Jenny Lock, 14, COMOX
- 23 1:19.64 BCAGJUL Haylee Johnson, 14, PSDA
- 24 1:19.72 ONIAPR Meaghan Nicholson, 13, NKB
- 25 1:19.74 PCSJUN Jennifer Hodgson, 14, PCSJ

**200 METRES BREASTSTROKE**

Rec: 2:29.18 Courtney Chuy, HYACK, 98

- 1 2:31.14 CANLCMAR Courtney Chuy, 14, HYACK
- 2 2:39.31 CDNLCMAY Kelly Timmons, 13, OSC
- 3 2:42.06 ONAGJUL Kim Labbett, 13, OAK
- 4 2:42.16 CANLCMAR Tamara Wagner, 14, TORCH
- 5 2:42.23 BCAGJUL Michelle Mange, 13, PSDA
- 6 2:42.39 CANLCMAR Shannon Kryhul, 14, LAC
- 7 2:43.68 ONIIAPR Genevieve Dack, 14, TBT
- 8 2:44.82 YTHJRJUL Elizabeth Engs, 13, CAJ
- 9 2:45.50 ONAGJUL Kathy Siuda, 14, ROW
- 10 2:46.94 YTHJRJUL Elizabeth Oester, 14, NKB
- 11 2:47.17 EKSCAPR Kimberley Hirsch, 14, STSC
- 12 2:48.08 PGBMAR Natalie Foster, 14, LL
- 13 2:48.10 YTHJRJUL Haylee Johnson, 14, PSDA
- 14 2:48.24 CASCAMAY Thea Norton, 13, STSC
- 15 2:49.16 YTHJRJUL Jasmine Kastner, 13, DDO
- 16 2:49.83 YTHJRJUL Caitlin Babb, 14, DDO
- 17 2:50.02 BCAGJUL Amy Ballantyne, 14, PGB
- 18 2:50.04 YTHJRJUL Marie-P. Ratelle, 14, MEGO
- 19 2:50.36 YTHJRJUL Sybil De Jonge, 14, CYPES
- 20 2:50.81 BCAGJUL Chantal Huard, 14, IS
- 21 2:50.99 ONIAPR Meaghan Nicholson, 13, NKB
- 22 2:51.05 YTHJRJUL Johanna Wick, 13, PN
- 23 2:51.18 ONAGJUL Amanda Williams, 13, NEW
- 24 2:51.38 ONAGJUL Lauren Dorrington, 14, USC
- 25 2:51.52 ONIAPR Brooke Heath, 14, TAT

**100 METRES BUTTERFLY**

Rec: 1:02.87 Julie Howard, BRANT, 91

- 1 1:05.42 POCUJUL Julia Guay-Racine, 14, CAMO
- 2 1:05.82 YTHJRJUL Orlagh O'Kelly, 14, EKSC
- 3 1:06.04 MSSACMAY Kathy Siuda, 14, ROW
- 4 1:06.19 ONAGJUL Callan Gault, 14, TSC
- 5 1:06.60 MSSACMAY Blair Holmes, 13, COBRA
- 6 1:06.78 BCAGJUL Kelsey Rush, 13, RAYS
- 7 1:07.16 ONAGJUL Brittney Scott, 13, ROW
- 8 1:07.47 MSSACMAY Kahla Walkinshaw, 14, HWAC
- 9 1:07.77 ONIIAPR Jennifer Porenta, 14, MMST
- 10 1:08.01 YTHJRJUL Avery Kremer, 13, OSC
- 11 1:08.05 ABAGJUL Andrea Baird, 14, RDSC
- 12 1:08.15 YTHJRJUL Kate Pleyley, 14, OAK-TO
- 13 1:08.34 BCAGJUL Tina Hoang, 14, HYACK
- 14 1:08.39 BCAGJUL Shannon Hackett, 13, PSDA
- 15 1:08.42 BRANTAPR Tiffany Vincent, 14, BRANT
- 16 1:08.58 MBSKJUL Stefanie Andruchuk, 13, MANTA
- 17 1:08.67 PPOAMY Elizabeth Oester, 14, NKB
- 18 1:08.83 ONIIAPR Stephanie Kuhn, 14, TMSC
- 19 1:08.84 BCAGJUL Brianna Cloak, 14, IS
- 20 1:08.86 ONAGJUL Amanda Williams, 13, NEW
- 21 1:08.86 BCAGJUL Teresa Au Yeung, 13, PSDA
- 22 1:08.92 ABAGJUL Kelly Timmons, 13, OSC
- 23 1:08.97 CASCAMAY MacKenzie Clarke, 14, GLEN
- 24 1:09.10 ESWIMJUN Amanda Long, 13, LAC
- 25 1:09.18 PCSJUN Emilie Chan, 14, PCSJ

**200 METRES BUTTERFLY**

Rec: 2:15.76 Sandra Marchand, ENL, 88

- 1 2:25.07 YTHJRJUL Shannon Hackett, 13, PSDA
- 2 2:26.50 AACAPR Blair Holmes, 13, COBRA
- 3 2:26.74 YTHJRJUL Julia Guay-Racine, 14, CAMO
- 4 2:27.01 ABAGJUL Avery Kremer, 13, OSC
- 5 2:28.25 ABAGJUL Orlagh O'Kelly, 14, EKSC
- 6 2:28.34 YTHJRJUL Brittney Scott, 13, ROW
- 7 2:28.36 YTHJRJUL Kelsey Rush, 13, RAYS
- 8 2:28.58 EASTJUL Bevan Haley, 13, WTSC
- 9 2:28.62 ESWIMJUN Kahla Walkinshaw, 14, HWAC
- 10 2:29.32 BCAGJUL Brianna Cloak, 14, IS
- 11 2:29.42 BCAGJUL Meaghan McColli, 14, IS
- 12 2:30.80 YTHJRJUL Callan Gault, 14, TSC
- 13 2:30.95 EKSCAPR Elizabeth Oester, 14, NKB
- 14 2:32.05 BRANTAPR Kathy Siuda, 14, ROW
- 15 2:32.12 CASCAMAY MacKenzie Clarke, 14, GLEN
- 16 2:32.25 YTHJRJUL Amanda Long, 13, LAC
- 17 2:32.42 YTHJRJUL Tanya Fry, 14, CYPES
- 18 2:33.51 YTHJRJUL Stefanie Andruchuk, 13, MANTA
- 19 2:33.55 YTHJRJUL Kelly Timmons, 13, OSC
- 20 2:33.96 BCAGJUL Stephanie Nicholls, 14, PN
- 21 2:34.43 YTHJRJUL Gillian Bryon, 14, USC
- 22 2:34.91 YTHJRJUL Cindy Joobe, 14, MANTA
- 23 2:34.96 YTHJRJUL Brittany Cooper, 13, LAC
- 24 2:35.14 NSAJUN Amy Longobardi, 13, EAST
- 25 2:35.72 ONIIAPR Allison Ryan, 14, LUSC

**200 METRES IND. MEDLEY**

Rec: 2:18.08 Allison Higson, ESC, 88

- 1 2:23.39 CDNLCMAY Kathy Siuda, 14, ROW
- 2 2:25.62 CANLCMAR Courtney Chuy, 14, HYACK
- 3 2:27.84 BCAGJUL Lynette Bayliss, 14, UCSC
- 4 2:28.28 CDNLCMAY Elizabeth Oester, 14, NKB
- 5 2:28.76 CASCAMAY Hayley Doody, 14, CASC
- 6 2:28.82 ESWIMJUN Blair Holmes, 13, COBRA
- 7 2:29.64 YTHJRJUL Kelly Timmons, 13, OSC
- 8 2:29.70 ONIIAPR Jennifer Porenta, 14, MMST
- 9 2:30.11 ONAGJUL Amanda Williams, 13, NEW
- 10 2:30.50 BCAGJUL Tina Hoang, 14, HYACK
- 11 2:30.76 ABAGJUL Thea Norton, 13, STSC
- 12 2:30.91 ONAGJUL Callan Gault, 14, TSC
- 13 2:31.03 BCAGJUL Stephanie Nicholls, 14, PN
- 14 2:31.21 BCAGJUL Kelsey Rush, 13, RAYS
- 15 2:31.33 ONIIAPR Stephanie Kuhn, 14, TMSC
- 16 2:31.72 BCAGJUL Andrea Baird, 14, RDSC
- 17 2:32.00 ONIIAPR Jane Wilkinson, 14, SKY
- 18 2:32.31 BCAGJUL Genevieve Poirier-Leroy, 13, NRST
- 19 2:32.62 PPOAMY Sarah Gault, 14, CAC
- 20 2:32.65 PCSJUN Jennifer Hodgson, 14, PCSJ
- 21 2:32.88 ONTSRIMAY Amanda Long, 13, LAC
- 22 2:32.91 ONAGJUL Lauren Dorrington, 14, USC
- 23 2:32.93 MBSKJUL Erin Kardash, 14, MM
- 24 2:32.93 ONAGJUL Kristen McIlroy, 13, MMST
- 25 2:32.96 AACAPR Kate Pleyley, 14, OAK

**400 METRES IND. MEDLEY**

Rec: 4:52.35 Joanne Malar, HWAC, 90

- 1 5:05.18 ONTSRIMAY Kathy Siuda, 14, ROW
- 2 5:10.35 CDNLCMAY Elizabeth Oester, 14, NKB
- 3 5:12.48 YTHJRJUL Kelly Timmons, 13, OSC
- 4 5:13.28 CANLCMAR Lynette Bayliss, 14, UCSC
- 5 5:13.41 MSSACMAY Blair Holmes, 13, COBRA
- 6 5:13.57 PSSAMAY Jenny Lock, 14, COMOX
- 7 5:15.05 BCAGJUL Stephanie Nicholls, 14, PN
- 8 5:15.81 BCAGJUL Michelle Mange, 13, PSDA
- 9 5:15.93 YTHJRJUL Thea Norton, 13, STSC
- 10 5:16.37 YTHJRJUL Amanda Long, 13, LAC
- 11 5:17.78 BCAGJUL Shannon Hackett, 13, PSDA
- 12 5:17.87 BCAGJUL Stephanie Bigelow, 14, IS
- 13 5:18.74 ONAGJUL Amanda Williams, 13, NEW
- 14 5:19.16 YTHJRJUL Stacy Cormack, 14, GLEN
- 15 5:19.42 EASTJUL Bevan Haley, 13, WTSC
- 16 5:19.59 YTHJRJUL Brittany Cooper, 13, LAC
- 17 5:20.01 ONAGJUL Shannon Kryhul, 14, LAC
- 18 5:21.12 ESWIMJUN Nathalie Lacoste, 14, MSSAC
- 19 5:21.29 CASCAMAY Hayley Doody, 14, CASC
- 20 5:21.83 ESWIMJUN Krista Haslund, 14, ROD
- 21 5:21.90 ONIIAPR Kristen McIlroy, 13, MMST
- 22 5:22.63 YTHJRJUL Avery Kremer, 13, OSC
- 23 5:23.26 KCSJUN Lesley Emtar, 14, LL
- 24 5:23.31 ONIIAPR Jane Wilkinson, 14, SKY
- 25 5:23.35 ONIIAPR Cassandra Wolfe, 14, MUSAC

**4X50 MEDLEY RELAY**

Rec: 2:02.81 Etobicoke Swimming, ETOB, 97

- 1 2:07.73 CASCAMAY Edmonton Keyano, EKSC
- 2 2:07.81 BCAGJUL Pacific Dolphins, PSDA
- 3 2:10.06 EOSAJUN Nepean Kanata, NKB
- 4 2:10.55 AACAPR Cobra Swim Club, COBRA
- 5 2:10.71 CASCAMAY Cascade Swim Club, CASC
- 6 2:10.95 ONAGJUL Uxbridge SC, USC
- 7 2:10.99 ONIAPR Region of Waterloo, ROW
- 8 2:11.13 ONAGJUL Chatham Y, CYPES
- 9 2:11.29 ABAGJUL Nose Creek SA, NCSA
- 10 2:11.32 CASCAMAY Silver Tide, STSC
- 11 2:11.32 ONAGJUL Newmarket SC, NEW
- 12 2:11.46 MBSKJUL Manitoba Marlins, MM
- 13 2:11.79 ONIAPR Tilsonburg AT, TAT
- 14 2:11.89 ONAGJUL North York AC, NYAC
- 15 2:12.16 PPOAMY Montreal Aquatique, CAMO
- 16 2:12.26 ONAGJUL Ajax Aquatic Club, AAC
- 17 2:12.27 MSSACMAY Hamilt-Wentworth AC, HWAC
- 18 2:12.29 EKSCAPR Calgary Swimming UCSC
- 19 2:12.89 EKSCAPR Glencoe Gators, GLEN
- 20 2:12.99 EKSCAPR Mississauga AC, MSSAC
- 21 2:13.14 ESWIMJUN London AC, LAC
- 22 2:13.74 ONAGJUL Olympian Swim Club, OSC
- 23 2:13.89 TBTMAY Thunder Bay, TBT
- 24 2:14.06 LUSCMAY East York SC, EYSC
- 25 2:14.07 ONIIAPR Milton Marlins, MMST

**4X50 FREE RELAY**

Rec: 1:50.15 Etobicoke Swimming, ETOB, 97

- 1 1:54.11 MBSKJUL Manitoba Marlins, MM
- 2 1:54.28 ONAGJUL North York AC, NYAC
- 3 1:55.48 EKSCAPR Edmonton Keyano, EKSC
- 4 1:55.61 ABAGJUL Cascade Swim Club, CASC
- 5 1:55.72 PCSJUN Pointe Claire SC, PCSJ
- 6 1:56.03 ONIAPR Nepean Kanata, NKB
- 7 1:56.28 ABAGJUL Calgary Swimming UCSC
- 8 1:56.51 MSSACMAY Hamilt-Wentworth AC, HWAC
- 9 1:56.82 ONIIAPR Milton Marlins, MMST
- 10 1:56.91 AACAPR Cobra Swim Club, COBRA
- 11 1:57.11 BCAGJUL Pacific Dolphins, PSDA
- 12 1:58.00 ONAGJUL Newmarket SC, NEW
- 13 1:58.07 ONAGJUL Etobicoke Swimming, ESWIM
- 14 1:58.09 ONAGJUL Uxbridge SC, USC
- 15 1:58.27 PPOAMY Montreal Aquatique, CAMO
- 16 1:58.86 ONIIAPR East York SC, EYSC
- 17 1:58.86 BCAGJUL Nanaimo Rip tide, ST, NRST
- 18 1:59.21 TBTMAY Thunder Bay, TBT
- 19 1:59.22 ONAGJUL Chatham Y, CYPES
- 20 1:59.41 ONAGJUL Ajax Aquatic Club, AAC
- 21 1:59.41 ONIIAPR Burlington AD, BAD
- 22 1:59.50 BRANTAPR Brantford AC, BRANT
- 23 1:59.75 ONIAPR Chatham Swim Club, CSC
- 24 1:59.88 EOSAJUN Trenton Dolphins, TD
- 25 2:00.10 CASCAMAY Glencoe Gators, GLEN



**TOP AGE GROUP TIMES**

# BOYS 13-14

Rankings for the period (results received)  
January 1, to July 30, 2000  
TAG is financially supported by  
Swimming/Natation Canada. Compiled by SWIMNEWS

# 2000 LONG COURSE TAG®

**50 METRES FREESTYLE**

Rec: 24.15 Kurtis Miller, SCAR.O

1	24.15	ONAGJUL	Kurtis Miller, 14, SCAR
2	25.65	CALACAPR	Tristan Jones, 14, CNNG
3	25.67	ONAGJUL	Kieran O'Neill, 14, SSMAC
4	25.74	ONAGJUL	Ian McLean, 14, CYPES
5	25.89	ABAGJUL	Chase Reid, 14, CASC
6	25.99	ABAGJUL	Kevin Gillespie, 14, EXST
7	26.07	ONAGJUL	Eric Chan, 14, AAC
8	26.25	AAACAPR	Michael Chu, 14, CHAMP
9	26.25	EKSCAPR	Jian-Lok Chang, 14, EKSC
10	26.34	POCUPJUL	Alex Chartrand, 14, ELITE
11	26.35	ESWIMJUN	Paul Ouevedo, 14, COBRA
12	26.36	CDSCAPR	Ben Keast, 14, HYACK
13	26.37	BCAGJUL	Jim Tung, 14, HYACK
14	26.39	BCAGJUL	Dario Isic, 14, PDSA
15	26.41	NYACMAY	Nathan Chang, 14, TORCH
16	26.55	BCAGJUL	William Wray, 14, LL
17	26.64	ONAGJUL	Matthew Sy, 14, CREST
18	26.65	BCAGJUL	Justin Pommerville, 14, IS
19	26.68	PPOMAY	Sofian Mohand-Cherif, 14, CAMO
20	26.72	CALACAPR	Serge Demers-Giroux, 14, CNTR
21	26.74	EASTJUL	Colin Baird, 14, BLAST
22	26.77	KCSJUN	Jason Steeple, 14, DELTA
23	26.80	ONTIAPR	Devin McCarty, 14, KSS
24	26.86	CDSCAPR	Richard Horton, 14, SKSC
25	26.86	CASCMAJ	Ben Adam, 14, CASC

**100 METRES FREESTYLE**

Rec: 52.91 Yannick Lupien, CAGRA.94

1	53.17	CNDLCCMAY	Kurtis Miller, 14, SCAR
2	55.22	MSSACMAY	Tobias Oriwol, 14, ESWIM
3	55.95	MSSACMAY	Aaron Dons, 13, HWAC
4	56.86	CALACAPR	Tristan Jones, 14, CNNG
5	56.92	EKSCAPR	Jian-Lok Chang, 14, EKSC
6	57.26	BCAGJUL	Dario Isic, 14, PDSA
7	57.31	CASCMAJ	Kevin Gillespie, 14, EXST
8	57.47	ONAGJUL	Ian McLean, 14, CYPES
9	57.50	ONAGJUL	Kieran O'Neill, 14, SSMAC
10	57.76	ABAGJUL	Chase Reid, 14, CASC
11	57.79	KCSJUN	Thomas Demetzer, 14, PGB
12	57.80	KCSJUN	William Wray, 14, LL
13	57.88	NYACMAY	Nathan Chang, 14, TORCH
14	57.92	ONTIAPR	Devin McCarty, 14, KSS
15	57.99	BCAGJUL	Justin Pommerville, 14, IS
16	58.08	PO3MAY	Alex Chartrand, 14, ELITE
17	58.08	ESWIMJUN	Paul Ouevedo, 14, COBRA
18	58.14	POCUPJUL	Jonathan Aubry, 14, CNB
19	58.18	CDSCAPR	Ben Keast, 14, HYACK
20	58.21	BCAGJUL	Jim Tung, 14, HYACK
21	58.28	EASTJUL	Colin Baird, 14, BLAST
22	58.38	BCSRFEB	Marc Sze, 14, PDSA
23	58.39	AAACAPR	Eric Chan, 14, AAC
24	58.66	BCAGJUL	Janco Mynhardt, 14, PSW
25	58.71	KCSJUN	Jason Steeple, 13, DELTA

**200 METRES FREESTYLE**

Rec: 1:55.97 Brian Johns, RACER.97

1	2:01.62	ESWIMJUN	Kurtis Miller, 14, SCAR
2	2:04.34	ONAGJUL	Kieran O'Neill, 14, SSMAC
3	2:04.44	AAACAPR	Joe Bajcar, 14, OAK
4	2:04.88	CALACAPR	Tristan Jones, 14, CNNG
5	2:05.87	PO3MAY	Jonathan Aubry, 14, CNB
6	2:06.00	BCAGJUL	Brendan Robertson, 14, HYACK
7	2:06.00	BCAGJUL	Justin Pommerville, 14, IS
8	2:06.00	BCAGJUL	Thomas Demetzer, 14, PGB
9	2:06.07	BCAGJUL	Suk Jin Yoon, 14, PDSA
10	2:06.20	EKSCAPR	Jian-Lok Chang, 14, EKSC
11	2:06.21	BCAGJUL	Dario Isic, 14, PDSA
12	2:06.23	MSSACMAY	Marco Monaco, 13, OAK
13	2:06.25	BCAGJUL	Kevin Gillespie, 14, EXST
14	2:06.39	MSSACMAY	Simon Gabsch, 13, MSSAC
15	2:06.81	PO3MAY	Nicolas Murray, 13, DYNAM
16	2:06.93	CDSCAPR	Ben Keast, 14, HYACK
17	2:07.44	CDSCAPR	Janco Mynhardt, 14, PSW
18	2:07.63	ONAGJUL	Adam Slater, 14, NEW
19	2:07.73	PPOMAY	Sofian Mohand-Cherif, 14, CAMO
20	2:07.91	ONTIAPR	Devin McCarty, 14, KSS
21	2:08.22	ONAGJUL	Ian McLean, 14, CYPES
22	2:08.39	CDSCAPR	Adam Richardson, 14, PDSA
23	2:08.49	CASCAPR	Erik Hogan, 14, UCSC
24	2:08.65	CASCMAJ	Aaron Blair, 14, CASC
25	2:08.81	KCSJUN	Chase Reid, 14, CASC

**400 METRES FREESTYLE**

Rec: 4:05.63 Jamie Stevens, MANTA.89

1	4:11.72	MSSACMAY	Tobias Oriwol, 14, ESWIM
2	4:21.45	BCAGJUL	Malcolm Lavoie, 14, OSC
3	4:22.63	AAACAPR	Joe Bajcar, 14, OAK
4	4:23.36	ONAGJUL	Marco Monaco, 13, OAK
5	4:25.99	MSSACMAY	Simon Gabsch, 13, MSSAC
6	4:26.18	ONAGJUL	Adam Slater, 14, NEW
7	4:26.50	ONAGJUL	Kieran O'Neill, 14, SSMAC
8	4:26.84	ESWIMJUN	Kurtis Miller, 14, SCAR
9	4:27.06	ONAGJUL	Gareth Chantler, 14, OAK
10	4:27.09	ONAGJUL	Jonathan Aubry, 14, CNB
11	4:27.59	BCAGJUL	Justin Pommerville, 14, IS
12	4:27.61	BCAGJUL	Jens Culthbert, 13, PDSA
13	4:27.82	BCAGJUL	Suk Jin Yoon, 14, PDSA
14	4:28.24	BCSRFEB	Marc Sze, 14, PDSA
15	4:29.67	ONTSRMAJ	Jonathan Long, 14, LAC
16	4:30.39	BCAGJUL	Dario Isic, 14, PDSA
17	4:30.91	BCAGJUL	James Monk, 14, PDSA
18	4:31.70	ONAGJUL	Matt Hawes, 14, ROW
19	4:31.84	ONAGJUL	Buddy Green, 14, LUSC
20	4:31.88	ONTIAPR	Jason Chan, 14, TORCH
21	4:31.97	ONAGJUL	Justin Bronson, 14, OSHAC
22	4:31.98	ESWIMJUN	Garrett Moran, 14, NYAC
23	4:32.07	BCAGJUL	Brendan Robertson, 14, HYACK
24	4:32.09	CDSCAPR	Adam Richardson, 14, PDSA
25	4:32.65	BCAGJUL	Janco Mynhardt, 14, PSW

**1500 METRES FREESTYLE**

Rec: 16:00.93 Alex Baumann, LUSC.79

1	17:14.91	YTHJRJUL	Simon Gabsch, 14, MSSAC
2	17:24.95	ONAGJUL	Gareth Chantler, 14, OAK
3	17:27.60	PO3MAY	Jonathan Aubry, 14, CNB
4	17:31.85	ONAGJUL	Buddy Green, 14, LUSC
5	17:34.40	ONAGJUL	Matt Hawes, 14, ROW
6	17:40.06	ESWIMJUN	Adam Abdulla, 14, ROD
7	17:43.26	BCSRFEB	Suk Jin Yoon, 14, PDSA
8	17:44.22	BCAGJUL	James Monk, 14, PDSA
9	17:48.01	ONAGJUL	Marc Mazzucco, 14, ESWIM
10	17:48.45	BCSRFEB	Marc Sze, 14, PDSA
11	17:52.20	ONAGJUL	Danny Carter, 14, NKB
12	17:52.21	ABAGJUL	Malcolm Lavoie, 14, OSC
13	17:53.60	ONAGJUL	Simon Borjeson, 14, OAK
14	17:53.81	BCAGJUL	Brendan Robertson, 14, HYACK
15	17:57.39	CASCMAJ	Aaron Blair, 14, CASC
16	17:59.43	ESWIMJUN	Garrett Moran, 14, NYAC
17	18:01.21	BCAGJUL	Janco Mynhardt, 14, PSW
18	18:05.44	BCAGJUL	Justin Pommerville, 14, IS
19	18:06.99	CASCMAJ	Morgan Engi, 14, RDSCC
20	18:07.80	BCAGJUL	Brad Reid, 13, HYACK
21	18:10.07	ONAGJUL	Justin Bronson, 14, OSHAC
22	18:10.74	BCAGJUL	Sebastian Salas, 13, PDSA
23	18:18.32	BCAGJUL	Simon Wing, 14, PSW
24	18:19.40	ABAGJUL	Lee Cookson, 14, CP
25	18:19.82	PO3MAY	David Provencen, 13, GAMIN

**100 METRES BACKSTROKE**

Rec: 58.92 Tobias Oriwol, ESWIM.O

1	58.92	CANLCCMAY	Tobias Oriwol, 14, ESWIM
2	1:00.79	ESWIMJUN	Kurtis Miller, 14, SCAR
3	1:04.63	PPOMAY	Kevin Bouchard, 14, EXCEL
4	1:04.69	ONTIAPR	David Gibson, 14, LUSC
5	1:05.20	EASTJUL	Colin Baird, 14, BLAST
6	1:05.27	EOSAJUN	Danny Carter, 14, NKB
7	1:05.39	ABAGJUL	Eric Gendron, 13, KSC
8	1:05.64	BCAGJUL	Justin Pommerville, 14, IS
9	1:05.70	EKSCAPR	Callum Ng, 14, CASC
10	1:05.91	EKSCAPR	Myles Macey, 14, CASC
11	1:06.03	EASTJUL	Patrick Craine, 14, EAST
12	1:06.20	BCAGJUL	Alex Shenwood, 13, KCS
13	1:06.21	ONAGJUL	Ian McLean, 14, CYPES
14	1:06.37	ABAGJUL	Kevin Gillespie, 14, EXST
15	1:06.42	KCSJUN	Thomas Demetzer, 14, PGB
16	1:06.45	BCAGJUL	William Wray, 14, LL
17	1:06.78	ESWIMJUN	Aaron Dons, 13, HWAC
18	1:06.80	EOSAJUN	AndreW Lener, 14, CNB
19	1:06.81	ESWIMJUN	Brian Holland, 13, MSSAC
20	1:06.81	BCAGJUL	Malcolm Lavoie, 14, OSC
21	1:06.91	CASCAPR	Marcus Greenshields, 14, RDSCC
22	1:06.94	ESWIMJUN	Adam Cunningham, 14, NEW
23	1:06.94	BCAGJUL	Brad Barton, 13, VKSC
24	1:07.36	CDSCAPR	Dario Isic, 14, PDSA
25	1:07.40	ONAGJUL	Marc Mazzucco, 14, ESWIM

**200 METRES BACKSTROKE**

Rec: 2:05.16 Tobias Oriwol, ESWIM.O

1	2:05.16	MSSACMAY	Tobias Oriwol, 14, ESWIM
2	2:13.53	ESWIMJUN	Kurtis Miller, 14, SCAR
3	2:18.69	ONAGJUL	Danny Carter, 14, NKB
4	2:18.96	BCAGJUL	Justin Pommerville, 14, IS
5	2:19.29	YTHJRJUL	Kevin Bouchard, 14, EXCEL
6	2:19.92	YTHJRJUL	Marc Mazzucco, 14, ESWIM
7	2:19.96	BCAGJUL	Thomas Demetzer, 14, PGB
8	2:20.34	CASCMAJ	Myles Macey, 14, CASC
9	2:20.68	ONAGJUL	Ian McLean, 14, CYPES
10	2:21.54	ONAGJUL	Colin Acroyd, 13, SCAR
11	2:21.87	ISJUN	Erich Schmitt, 14, IS
12	2:22.28	ONAGJUL	AndreW Lener, 14, NKB
13	2:22.38	BCAGJUL	Nolan Liedke, 14, PGB
14	2:22.39	ABAGJUL	Eric Gendron, 13, KSC
15	2:22.67	EKSCAPR	Callum Ng, 14, CASC
16	2:23.21	ESWIMJUN	Adam Cunningham, 14, NEW
17	2:23.21	EASTJUL	Colin Baird, 14, BLAST
18	2:23.34	ONAGJUL	Jamie Ellerton, 14, VEW
19	2:23.41	ESWIMJUN	Jonathan Long, 14, LAC
20	2:23.41	ABAGJUL	Kevin Gillespie, 14, EXST
21	2:23.42	NSAGJUN	Patrick Craine, 14, EAST
22	2:23.61	ONAGJUL	Matt Hawes, 14, ROW
23	2:23.70	OSCAPR	Devin Phillips, 14, EKSC
24	2:23.90	BCAGJUL	William Wray, 14, LL
25	2:23.95	BCAGJUL	Brad Barton, 13, VKSC

**100 METRES BREASTSTROKE**

Rec: 1:04.53 Matthew Huang, PDSA.99

1	1:12.00	ONTIAPR	Warren Barnes, 14, PICK
2	1:12.17	NSAGJUN	Douglas Young, 14, SWAT
3	1:12.27	BCAGJUL	Brendan Robertson, 14, HYACK
4	1:12.67	ONAGJUL	David McKechnie, 14, CYC
5	1:12.70	ISJUN	Ben Keast, 14, HYACK
6	1:12.78	ONAGJUL	Eric Chan, 14, AAC
7	1:12.87	BCAGJUL	Ryan Chiew, 14, HYACK
8	1:12.90	ONAGJUL	Raymond Chow, 14, TMSC
9	1:12.96	PCSCJUN	Andrew Munro, 14, PCSC
10	1:13.20	ONAGJUL	Marco Monaco, 13, OAK
11	1:13.80	BCAGJUL	Joe Richard, 14, COMOX
12	1:13.90	CALACAPR	Tristan Jones, 14, CNNG
13	1:14.00	KCSJUN	Chase Reid, 14, CASC
14	1:14.00	ABAGJUL	Brandon Grove, 14, EDSON
15	1:14.57	PCSCJUN	Mathieu Powell, 14, PCSC
16	1:14.60	PO3MAY	Maxime Samson, 14, ELITE
17	1:14.62	NYACMAY	Nathan Chang, 14, TORCH
18	1:14.87	CNHRMAY	Jonathan Aubry, 14, CNB
19	1:14.90	EKSCAPR	Tim Kinsella, 14, EKSC
20	1:15.08	ABAGJUL	Rodale Estor, 13, CASC
21	1:15.39	CASCMAJ	Matthew Gettler, 14, CONNU
22	1:15.87	ONTIAPR	Davin Elliott, 14, ODSC
23	1:15.99	MBSKJUL	Michael Lett, 13, PASS
24	1:16.38	ONAGJUL	Gareth Chantler, 14, OAK
25	1:16.51	ABAGJUL	Tadamasa Miyashita, 13, NCSA

**200 METRES BREASTSTROKE**

Rec: 2:19.95 Matthew Huang, PDSA.99

1	2:35.19	ONAGJUL	Marco Monaco, 13, OAK
2	2:36.01	BRANTAPR	Tobias Oriwol, 14, ESWIM
3	2:38.00	BCAGJUL	Ryan Chiew, 14, HYACK
4	2:38.01	ONAGJUL	Gareth Chantler, 14, OAK
5	2:38.23	YTHJRJUL	Tim Kinsella, 14, EKSC
6	2:38.91	ONAGJUL	Raymond Chow, 14, TMSC
7	2:40.39	ONAGJUL	David McKechnie, 14, CYC
8	2:41.07	ABAGJUL	Brandon Grove, 14, EDSON
9	2:41.60	YTHJRJUL	Jonathan Aubry, 14, CNB
10	2:41.78	CDSCAPR	Ben Keast, 14, HYACK
11	2:42.29	PO3MAY	Maxime Samson, 14, ELITE
12	2:42.31	EASTJUL	Douglas Young, 14, SWAT
13	2:42.56	KCSJUN	Chase Reid, 14, CASC
14	2:42.58	ONAGJUL	Bryn Jones, 13, NEW
15	2:42.67	NYACMAY	Nathan Chang, 14, TORCH
16	2:43.72	ONAGJUL	Eric Chan, 14, AAC
17	2:43.73	BCAGJUL	Brendan Robertson, 14, HYACK
18	2:43.99	ONTSRMAJ	Jonathan Long, 14, LAC
19	2:45.30	ABAGJUL	Rodale Estor, 13, CASC
20	2:45.79	ONAGJUL	Andrew Malawski, 13, ROD
21	2:45.99	MBSKJUL	Cody Hitchcock, 14, ROD
22	2:46.46	PPOMAY	Kevin Bouchard, 14, EXCEL
23	2:46.63	MBSKJUL	Oswald Lee, 14, MANTA
24	2:46.83	BCAGJUL	Sebastian Salas, 13, PDSA
25	2:46.89	BCAGJUL	Edward Quinlan, 13, PDSA

**100 METRES BUTTERFLY**

Rec: 57.45 Philip Weiss, SKSC.94

1	1:00.80	ONAGJUL	Kurtis Miller, 14, SCAR
2	1:01.47	BCAGJUL	Malcolm Lavoie, 14, OSC
3	1:02.21	ONAGJUL	Marco Monaco, 13, OAK
4	1:02.51	ONAGJUL	Eric Chan, 14, AAC
5	1:03.05	ONTSRMAJ	Tobias Oriwol, 14, ESWIM
6	1:03.43	BCAGJUL	Janco Mynhardt, 14, PSW
7	1:03.98	ONAGJUL	Michael Commlio, 14, TMSC
8			





## BACKWASH

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

**Voided:** On July 28, after eight weeks of controversy, Shauna Nolden's appointment to the Olympic Team Coaching Staff was voided by Swimming Canada in a move to avoid a long and costly hearing into allegations the original selection was arbitrary and biased.

A three-member committee that will appoint a female coach to the Games staff and announce its choice at the conclusion of the summer nationals on August 6 in Winnipeg.

**Rewards:** Russia announces big financial rewards for Olympic medals. Individual gold-medal winners can expect a US \$100,000 bonus. Russian President Putin confirmed awards of \$50,000, \$20,000, and \$10,000 respectively for gold, silver, and bronze medals. In addition, the Olympic committee will pay an additional \$50,000 to gold medalists. These incentives are typical of most leading nations.

**Surprise:** Wu Yanyan (CHN) has failed a drug test and has been dropped from the Chinese Olympic Team. Wu, winner of the 1998 World 200 IM championships and current world record holder, received a four-year ban from Chinese authorities.

**World Cup news:** Reduced from 12 to 10 competitions, increased prize monies of US \$500,000 will be available for the 2000-01 series. Hong Kong has been dropped and Australia will stage only one competition in Melbourne. The series will run from mid-November 2000 through to the end of January 2001. Awards for winning the 34 events/categories will remain the same at \$4,000 for first, \$2,000 for second, and \$1,000 for third. World-record bonuses of \$4,000 for each record up to a maximum of \$40,000 remain unchanged. Each competition will award \$50,000 in prize money. For the schedule of competition, see the calendar on page 3.

**Disgusted:** In utter disgust for this sport of professional swimming that has emerged over the past 10 years, I am withdrawing from participating in it. I have closed my web site, the Swimming Science Journal, although it will be still available on CD (compact disk).

It is remarkable that a fine sport can go down the drain so quickly. I wonder if the historians will see it that way? Now I will have time for rowing, rugby and health.

*Brent Rushall, Ph.D.  
San Diego State University, CA*

**Editor:** Got the latest issue covering the Canadian and Australian Trials last night and read it cover-to-

cover with tremendous pleasure and enthusiasm—and even checked it out before checking out the new *Vanity Fair*, which I also got the same day!

Reading Ian Hanson's account of Susie O'Neill's 200 fly race at the Aussie Trials really brought back memories, as I happened to have been privileged to have seen Mary T. go that 2:05.96 in Brown Deer at the 1981 U.S. Nationals in Brown Deer, Wisc. She did it on the meet's first day and, while it was a truly astounding time, nobody was surprised as she had done 2:06+ the previous summer at the U.S. "Olympic Trials" in Irvine and these sorts of swims for T were almost expected.

Then, when she went her world record 57.93 in the 100 three days later, the atmosphere was truly mind-boggling. Subsequently she and the U.S. national team flew to Kiev to swim the Russians in a dual meet, and I remember how all the Soviet coaches were in disbelief over her accomplishments. T herself was almost blasé about the records (of course it helped that she was only 15 or 16 years old then and the monumental impact hadn't yet registered).

Anyway, as I say, I read the entire issue cover-to-cover and reading about O'Neill's exploits made me feel as if I had been on the deck at Sydney myself.

As for Thorpe, I'm sure there are any number of world-class middle-distance freestylers who would not be at all unhappy were he to take up soccer or any other sport in the next 10 weeks or so and stay the heck out of the pool.

That that's NOT going to happen is almost a good thing because if anybody does beat him at the Big Os he'll have beaten the best—and that's always what you want to do, topple No. 1 (not that I think for a moment that he's beatable, but didn't the Dodgers win the World Series many moons ago against an "unbeatable" Oakland team?)

Keep up the great work (the photo spreads were first class too) and I hope to read many more issues in the months and years to come.

*Bill Bell  
Los Angeles, CA*

**Editor:** I was disappointed to not see any coverage of this year's CIAU Championships in your March issue. Coverage of the CIAUs has been a feature of your magazine for many years. It was even more disconcerting to see three pages of coverage of the NCAA Championships in the same issue. I do not begrudge the coverage of the NCAAs, they are, after all, a major world event. However, I do see this "editorial decision" as sending the wrong message to those Canadian swimmers that choose to stay and train and attend university in Canada. Are we again undervaluing important Canadian events in favour of perhaps higher-profile American swimming? While the depth and quality of swimming at the CIAUs do not compare to the NCAAs, the CIAUs do showcase many of our national team members and top university swimmers. I hope that in future years, some room can be found for coverage of the top university swimming event in Canada.

*Peter M. Tiidus, Ph.D.*

*Department of Kinesiology & Physical Education  
Wilfrid Laurier University*

**Editor:** I was most pleased to read in the recent issue of SWIMNEWS the exciting news of your selection as an Honor Contributor to the International Swimming Hall of Fame in Fort Lauderdale. It is a long-overdue tribute, which you richly deserve for your many contributions to swimming as a coach and a journalist. As a long-time reader of SWIMNEWS, I extend warmest congratulations. I am pleased to learn that you will be involved through FINA in important journalistic activities at the upcoming Sydney Olympics. I will be participating as well, as a member of the international team writing the official Post Games Report for SOCOG. I hope we cross paths in Australia.

*Bruce Kidd, Ph.D.,  
Dean, Faculty of Physical Education and Health,  
University of Toronto*

**Editor:** I just wanted to add my congratulations to all the others who are so thrilled for you. Here's to many more years of success!

*Tom Ponting  
Calgary Patriots*

**Editor:** I have received your recent magazine with an envelope of thanks. My grand thanks to you. My congratulations to you on getting into the International Swimming Hall of Fame. I'm glad for it.

*Oleg Gorlov  
Moscow, Russia*

**Editor:** Congratulations. And I had to read it in the illustrated guide (so to speak). I got my SWIMNEWS today and there it was—the big news.

About time you had some public recognition, though we have always known who and what you are—the best.

*Dorothy Liedtke  
Victoria, B.C.*

Mon cher Nick, tu as été honoré. C'est just. Félicitations, tu as mérité ceci avec plusieurs années de travail. Nous avons donné la bonne nouvelle aux amis italiens, comme tu peux voir. Salutations,

*Aronne Anghileri,  
Gazzetto dello Sport, Milan, Italy*

**Editor:** You're a winner! Congratulations! ISHOF 2001! Your dedication and thoroughness on behalf of swimming is remarkable. Let's keep 'em swimming!  
*Adolph Kiefer,  
Zion, Illinois*

(Kiefer won the 100 backstroke at the 1936 Olympics.)

\*\*\*\*\*

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

## BANNED COACH ARRESTED IN SPAIN

**Karin Helmstaedt**

One of the better-known rogues of the Canadian swimming scene has been arrested in Spain for drug trafficking. Allegedly the ringleader of one of the biggest Ecstasy drug rings on the Iberian peninsula, Cecil Russell was caught red-handed in May while selling 513 Ecstasy pills near Malaga, in southeastern Spain.

Now Spanish Swimming is faced with a dilemma.

Russel, 47, was back on the pool deck at this year's Mare Nostrum events in Monaco and Barcelona as the coach of Russian-born backstroker Nina Zhivanevskaya.

The story went that Russell was "trying out a career as a businessman" in the southern tourist hotspot Torremolinos and had bumped into Zhivanevskaya, who since her comeback to competition in 1999, was in desperate need of a coach.

Zhivanevskaya, who married Francisco Medina in 1998 and took on Spanish citizenship, had to sit out of competition for two years while waiting for her new passport. The former world record-holder in the 50 backstroke (28.69 in April 2000, subsequently bettered by Mai Nakamura in 28.67) and a 2000 European gold medalist (50-100-200 back) is also known as one of five athletes who tested positive for Bromantan at the 1996 Olympics in Atlanta. She got lucky though: the stimulant had been recently identified by Canadian drug researcher Christiane Ayotte, but because it was not on the IOC banned list, the initial suspension was overturned by the Court of Arbitration in Atlanta. According to Ayotte, Bromantan turned up most often in the urine samples of Russian and East bloc women between 1994 and 1996.

It looked like a match made in heaven. Zhivanevskaya was performing well and the Sydney Olympics were looming. But if Russell thought he could hoodwink the swimming authorities, he underestimated the Spanish authorities. In cooperation with the United States Drug Enforcement Administration (DEA), they've been watching his every move for months, based on his illustrious past.

In 1995, Russell was arrested by the RCMP Bowmanville Drug Section (Ontario) on charges of conspiracy for trafficking illegal anabolic steroids. Convicted in 1997, he was banned for life from coaching swimming in Canada and received a

suspended sentence.

That sent him south of the border to try his luck; he was hired by Fort Lauderdale coach Jack Nelson to help coach the Ft. Lauderdale swim team. Russell did not inform Nelson of his banned status in Canada.

When it came out in 1998 that he was barred from coaching, Russell was relieved immediately of his coaching duties at Cardinal Gibbons High School and the Fort Lauderdale Swim Team.

He appealed the Canadian decision but that verdict was upheld by an Ontario civil court in August of 1998. He was then apparently out of circulation, until he was spotted in Spain.

Zhivanevskaya, a strong medal hope for Spain at the Sydney Olympics, was shocked upon hearing the news. "I don't know how I'm to go on," she said. "I'm devastated."

The President of the Spanish Federation (FEN), Luis Villanueva, also voiced his distress. "We had no idea, and now shortly before the Olympic Games we're faced with a vacuum. We have to wait now and see how things can proceed."

A former coach of Gloucester-Ottawa and Oshawa Aquatic Club, Russell is married to former Canadian national champion Erin Corcoran. Four others suspected of involvement in the ring, two Brits and a Spaniard, have also been detained.



Nina Zhivanevskaya (ESP)

Marco Chiesa

## AUSTRALIAN ATHLETE TELLS (NOT QUITE) ALL

**Karin Helmstaedt**

An appropriate bomb to drop before the Sydney Olympics...just 72 days before the Olympic Summer Games are declared open, Australian discus thrower Werner Reiterer caused pandemonium with his claims that the success of Australian athletes is due largely to drugs.

At the launching of his book *Positive* in early July, Reiterer said that he had not only been supported but also advised by high-ranking Australian sport officials on how to cover up his use of human growth hormone, anabolic steroids, and testosterone. At the same time the two-time Olympian announced his retirement from sport.

In his book, Reiterer confesses to the widespread use of drugs and a web of corruption in Australian sport, with athletics and swimming being particularly hard hit.

He claimed that Australian track athletes were instrumental in hiring former East German doper Eckart Arbeit in 1997 and that the Australian swimmers have access to the best and most effective drugs available.

Just hours after his revelations, the Australian Olympic Committee established an official inquiry into Reiterer's allegations, as did the Australian Sports Drug Agency (ASDA), which Reiterer said had lots of good will but few results. But that fizzled when Reiterer refused to divulge the names of the people he had referred to in the book.

While the AOC pursued the idea of forcing Reiterer to name drug culprits, an article in *The Age* (Melbourne) reported that Australia is one of the world's leading suppliers to the multi-million dollar international steroid black market. It's top steroid destinations include Mexico, the Philippines, Chile, Romania, and Swaziland, all of which are centres for black-market steroid dealing.

Not very solid ground to stand on for coaches who like to point fingers at other countries.

And just for the record, Reiterer claimed that although he had up to six banned substances at a time in his body, his drug tests always came up clean. How's that for an effective testing procedure?

AOC officials rejected speculation that the theft of 1,000 vials of the drug EPO from a hospital in central Australia is connected with the Olympics. The drugs were stolen on July 23 from a hospital pharmacy.

# MAKING WAVES®



**Kayla Rawlings, 12**

Club: Pacific Sea Wolves

Coach: Brian Metcalfe

Specialty: Butterfly and individual medley

1st ranked in LCM00 TAG for 200 fly, 2nd for 100 fly, 7th for 200 IM

Best Times	LCM99	LCM00
100 butterfly	1:12.48	1:08.98
200 butterfly	2:41.56	2:31.09
200 ind.medley	2:44.52	2:36.16



**Brett Rumble, 14**

Club: Granite Gators Swim Team

Coach: Bill Durrant

Specialty: Breaststroke

9th ranked LCM00 TAG in the 100 breaststroke

Best Times	LCM99	LCM00
100 breaststroke	1:17.86	1:17.16
200 breaststroke	2:50.56	2:51.93
200 ind.medley		2:36.89



**Marcy Edgecumbe, 16**

Club: Edmonton Keyano SC

Coach: Marc Tremblay

Specialty: Breaststroke

4th ranked for LCM00 TAG in the 100 breast and 5th in the 200 breaststroke

Best Times	LCM99	LCM00
100 breaststroke	1:16.85	1:13.64
200 breaststroke	2:41.33	2:38.31
200 ind.medley	2:28.705:065:19.67	2:28.70
	5:06.88	



**Emily Gillespie, 12**

Club: Perth Stingrays

Coach: Scott Faithfull

Specialty: Free, back and fly

1st ranked in LCM00 TAG for 200 and 400 free, 2nd for 100-200 back, 3rd for 100 free, 100 fly

Best Times	LCM99	LCM00
200 freestyle		2:15.96
400 freestyle	5:08.59	4:42.72
100 backstroke	1:13.83	1:09.13
200 backstroke	2:43.20	2:30.27
100 butterfly	1:15.50	1:09.03



**Tim Kinsella, 14**

Club: Edmonton Keyano SC

Coach: Jack Ashton

Specialty: Breaststroke

5th ranked for LCM00 TAG in the 200 breast a

Best Times	LCM99	LCM00
100 breaststroke		1:14.90
200 breaststroke	2:47.76	2:38.23
200 butterfly		2:31.43

## It's Fast, Easy & FREE

Web based e-mail for the entire swimming community

### What is SwimMail?

SwimMail is a free internet e-mail account that allows you—swimmers, coaches, officials, parents, and fans—to access your e-mail from any computer in the world with a browser. All you need to do is Sign up and Login.

This means while you are at school, at work, at the local public library, or while traveling to swim meets, you'll be able to check your e-mail! SwimMail gives you one central place to store and read all your messages. Your account will have the same messages in it no matter where you check it. And, since your e-mail address looks like:

yourusername@SwimMail.com, people can instantly tell you are a swimmer.

### SwimMail is Private, Personal & Permanent

Your SwimMail account is accessible only by your secret password, which can be changed as often as you like.

It's personal. You can give your account any name you like and because we're not as big as similar services like "Hotmail" you are more likely to get the username you really want, without giving up any of the services.

You can change schools, colleges, teams, programs, jobs, or ISPs without having to change your email address.

You can move or travel without having to inform your friends of your new e-mail address.

Your SwimMail account will stay the same no matter where you go.

So don't delay. Go to [www.SwimMail.com](http://www.SwimMail.com) and sign up today!



**Whitney Rich, 12**

Club: Ingersholl

Coach: Brian Lindsay

Specialty: Breaststroke, fly and IM

2nd ranked for LCM00 TAG in the 100 breast, 4th for 200 IM, 5th for 200 breast

Best Times	LCM99	LCM00
100 breaststroke	1:22.94	1:19.78
200 breaststroke	2:57.48	2:52.90
100 butterfly		1:10.45
200 ind.medley		2:33.99

# SwimMail.com